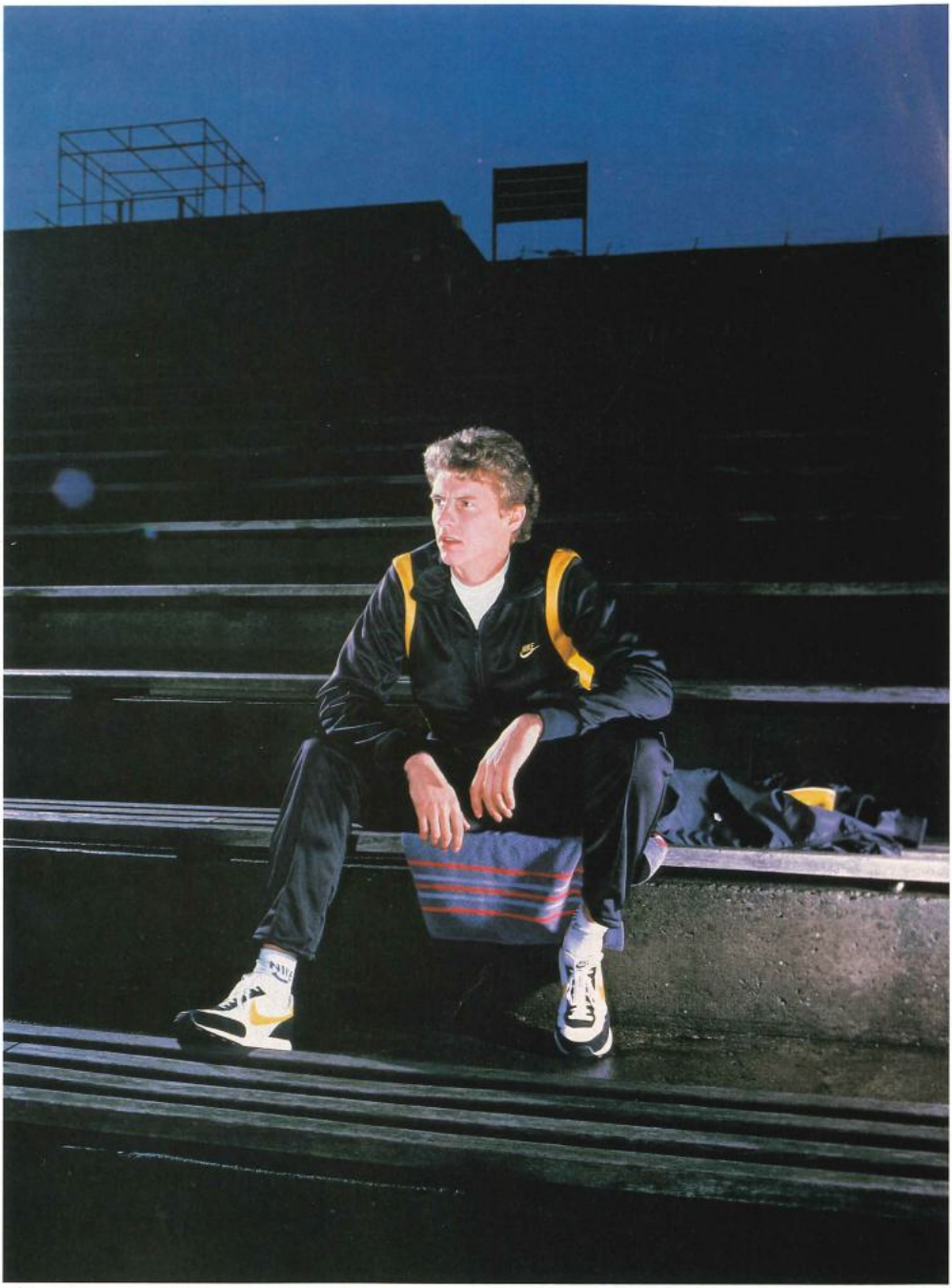
Athletics Weekly

JULY 26th 1986 50p



English Schools Championships — Report & Results

Commonwealth Games Preview



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Vol. 40 No. 30 **26th July**

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. . . Next Week

BESIDES covering in detail the first three days of the Commonwealth Games, next week's issue will also include Brian Smyth's on-the-spot event-by-event coverage of last week's inaugural IAAF World Junior Championships in Athens. The meeting, on all accounts, epitomised all that is good in athletics, over 140 nations competing in a boycott-free, apolitical atmosphere; with the British team collecting eight medals. Leading the way, Colin Jackson set a new European Junior record of 13.44 for 110m hurdles, ahead of Jon Ridgeon, with the latter picking up his golden prize by anchoring the sprint relay team, also comprising Jamie Henderson, Philip Goedluck and David Kirton, to the narrowest of victories in 39.80. David Sharpe won our third gold with a 1:48.32 800m, but had to give best to Johan Boakes' bronze in his other chosen event, the 1500m. 17-year-old Henderson had the honour of being the first Brit to collect a medal in the history of the Championships with a 100m bronze in 10.34, whilst Haringey's Mark Roberson gained an equally distinguished silver in the javelin with a UK Junior record throw of 74.24m, surprising both himself and the more fancied Gary Jenson. Realistically, our women were never going to figure very well medalwise, but what an inspirational performance Philippa Mason provided! Knocking no less than 18 seconds off her best in two races, she stole the 3000m silver with 9:03.35 — our only 'gong' on the ladies' side — but also high on the merit list must go Lynne Robinson's fourth in the 800 — with a three seconds-plus pb, and Jayne Barnetson's likewise place in the high jump.

Also next week, Mel Watman will be reporting on last weekend's Pearl Assurance International Invitation Meeting in Birmingham (there simply wasn't room for it in this issue!), Nick Davis covers Steve Ovett's 3:52.99 in the Cork City Sports, and the not-forgotten Welsh Championships — held a while ago now — will get their due space.

Cover photo of ESAA champion and Commonwealth Games medal prospect Lesley-Ann Skeete by Mark Shearman.

XIII COMMONWEALTH GAMES SCOTLAND 1986

Commonwealth Games Form Guide

Compiled by Mel Watman. Best 1986 marks by athletes expected to be competing in Edinburgh. The notable absentees listed are athletes affected by the boycott.

THE ruinous effect of the Games boycott can be gauged from this Form Guide. There will still be many great contests, like Cram v Coe in the 800 and 1500 and a potentially dramatic women's javelin, but the loss of the Kenyans, Nigerians and most of the West Indians in particular will be keenly felt. Five of the top eight in the men's 400 will be missing, the top two in the 10,000, steeplechase and women's 100 hurdles, the first four in the triple jump, women's 100 and 200. No, these will not be the Commonwealth Games as we have known them.

At the last count, the countries who have decided not to take part are Antigua, Bahamas, Bangladesh, Barbados, Cyprus, Dominica, Gambia, Ghana, Grenada, Guyana, India, Jamaica, Kenya, Lesotho, Malaysia, Nigeria, Papua New Guinea, St. Kitts, St. Lucia, St. Vincent/Grenadines, Seychelles, Sierra Leone, Sri Lanka, Tanzania, Trinidad & Tobago, Uganda, Zambia and Zimbabwe; with Malawi and Swaziland still to decide.

100 METRES

World rec: 9.93 Calvin Smith (US) 83. **Comm rec:** 9.95 Ben Johnson (Can) 86. **UK rec:** 10.04 Linford Christie 86. **Games rec:** 10.02w Allan Wells (Sco) 82. **1982 result:** 1, Wells (Sco) 10.02w; 2, Johnson 10.05; 3, Sharp (Sco) 10.07. **Previous UK winners:** (100y) Arthur Sweeney (E) 34, Cyril Holmes (E) 38; (100m) Wells (S) 82.

Best 1986 marks by athletes known or expected to be competing in Edinburgh (compiled in association with Stan Greenberg).

9.95	Ben Johnson (Can)
10.04	Linford Christie (Eng)
10.20	Elliot Bunney (Sco)
10.22	Mike McFarlane (Eng)
10.31	Desai Williams (Can)
10.33	Jamie Henderson (Sco)
10.34	Chris Perry (Aus)(10.29w)
10.37	Gerrard Keating (Aus)(10.33w)
10.39	Clarence Callender (Eng)
10.39	Mike Dwyer (Can)
10.40	William Trott (Ber)(10.32w)

Notable absentees:

10.04	Chidi Imo (Nig)
10.14w	Gabriel Okon (Nig)
10.25	Ron Barclay (Tri)

Prospects: Johnson is not just the fastest man in the Commonwealth; he's now the world's number one and it would be a shock if he didn't go one better than his second place of four years ago — particularly as his closest rival, Imo, is out because of the boycott. Christie looks a solid choice for silver with McFarlane, co-holder of the 200 title, capable of lifting the bronze although the young Scots could also be in contention.

200 METRES

World rec: 19.72 Pietro Mennea (Ita) 79. **Comm rec:** 19.86 Don Quarrie (Jam) 71. **UK rec:** 20.21 Allan Wells 80. **Games rec:** 20.12w Wells (Sco) 78. **1982 result:** 1eq, Wells (Sco) & McFarlane (Eng) 20.43; 3, Sharp (Sco) 20.55. **Previous UK winners:** (220y) Stanley Engelhart (E) 30, Arthur Sweeney (E) 34, Cyril Holmes (E) 38; (200m) Wells (S) 78, Wells & McFarlane (E) 82.

20.19	John Dinan (Aus)
20.34	Atlee Mahorn (Can)
20.41	John Regis (Eng)
20.50	Todd Bennett (Eng)
20.51	Linford Christie (Eng)
20.71	Desai Williams (Can)
20.75	Robert Stone (Aus)
20.76	Miles Murphy (Aus)(20.73w)
20.99	Mike Dwyer (Can)
21.17	George McCallum (Sco)

Wind assisted:

20.69	Cameron Sharp (Sco)

Notable absentees:

20.36	Chidi Imo (Nig)
20.56	Earl Laing (Jam)
20.56	Leroy Reid (Jam)(20.38w)

Prospects: Assuming Johnson does not wish to double, Canadian hopes will rest on the shoulders of Mahorn, who impressed greatly with his recent victories in Nice and Birmingham. List-topper Dinan has yet to regain his Australian form and the biggest threat to Mahorn could come from Christie and Bennett.

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400 METRES

World rec: 43.86 Lee Evans (US) 68. **Comm rec:** 44.58 Bert Cameron (Jam) 81. **UK rec:** 44.82 Derek Redmond 85. **Games rec:** 45.01 Charles Asati (Ken) 70. **1982 result:** 1, Cameron 45.89; 2, Mitchell (Aus) 46.61; 3, Minihan (Aus) 46.68. **Previous UK winners:** (440y) Godfrey Rampling (E) 34, Bill Roberts (E) 38. Most recent medallist: Robbie Brightwell (E) 62 (2nd).

(* hand time plus 0.14 sec)

44.94	Darren Clark (Aus)
45.16	Roger Black (Eng)
45.29	Phil Brown (Eng)
45.38	Brian Whittle (Sco)
45.62	Atlee Mahorn (Can)
45.64	Miles Murphy (Aus)
45.65	Kriss Akabusi (Eng)
45.98	David Johnston (Aus)
47.11	Jim Nicoll (Sco)
47.38	Martin Johnston (Sco)

Notable absentees:

44.82	Innocent Egbunike (Nig)
44.9	David Kitur (Ken)
45.07	Devon Morris (Jam)
45.10	Ian Morris (Tri)
45.27	Bert Cameron (Jam)

Prospects: Clark, with four AAA titles and an Olympic fourth place to his credit, has all the credentials to win the title, although Mahorn's victory over him at 300 last weekend might boost the Canadian record holder's chances at this distance. The man most likely to be in the lead at 300 is Black, who one day might not fade and will shock the world. Could Sunday, July 27th be that day?

800 METRES

World, Comm & UK rec: 1:41.73 Seb Coe 81. **Games rec:** 1:43.85 John Kipkurgat (Ken) 74. **1982 result:** 1, Bourke (Aus) 1:45.18; 2, Maina (Ken) 1:45.45; 3, McGeorge (Eng) 1:45.60. **Previous UK winners:** (880y) Tom Hampson (E) 30, John Parlett (E) 50, Derek Johnson (E) 54.

1:43.62	Steve Cram (Eng)
1:44.10	Seb Coe (Eng)
1:44.87	Peter Elliott (Eng)
1:46.02	Tom McKean (Sco)
1:46.08	Pat Scammell (Aus)
1:46.92	Simon Hoogewerf (Can)
1:47.27	Brian Thompson (Can)
1:47.33	Peter Bourke (Aus)
1:47.64	Malcolm Edwards (Wal)
1:47.99	Mark Kirk (NI)
1:48.11	Paul Forbes (Sco)

Notable absentee:

1:46.14	Sammy Koskei (Ken)



Photo: Associated Sports Photography

DARREN CLARK

Prospects: All the attention is directed at Cram v Coe, which is fair enough as long as one bears in mind what happened at the 1978 European Championships when all the talk was about whether Coe would beat Ovett or vice versa, and in the end unheralded Olaf Beyer beat them both. Could Scotland's own McKean upset the form book in the Beyer manner this time? Anything's possible, particularly with home crowd support, but more realistically he should be battling with Elliott for the bronze. Cram v Coe is an intriguing prospect. Both are in superb form and with Cruz out of action (he's having an Achilles operation) they are clearly the two

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Coe 6, Cram 2

There have been eight previous encounters between Seb Coe and Steve Cram. **1980:** Aug. 1 (Moscow Olympic 1500) — 1, Coe 3:38.40; 8, Cram 3:41.98; Aug. 13 (Zurich 1500) — 1, Coe 3:32.19; 5, Cram 3:34.74. **1981:** July 19 (Leicester 1000) — 1, Coe 2:17.6; 2, Cram 2:18.5; Aug. 19 (Zurich mile) — 1, Coe 3:48.53; 3, Cram 3:49.95. **1983:** July 31 (Gateshead 800) — 1, Cram 1:45.03; 4, Coe 1:45.31. **1984:** Aug. 11 (LA Olympic 1500) — 1, Coe 3:32.53; 2, Cram 3:33.40. **1985:** June 21 (Birmingham 800) — 1, Coe 1:46.23; 2, Cram 1:46.46; July 27 (Oslo mile) — 1, Cram 3:46.32; 3, Coe 3:49.22.

best in the world. For all his record exploits Coe has yet to win a major outdoor title at 800. His moment may be at hand at last if he can call upon all his vast experience at this distance, but he'll need to be at or very close to his world record breaking form if he is to beat Cram, who is contesting his first international championship at two laps. A classic confrontation.

1500 METRES

World rec: 3:29.46 Said Aouita (Mor) 85. **Comm & UK rec:** 3:29.67 Steve Cram 85. **Games rec:** 3:32.16 Filbert Bayi (Tan) 74. **1982 result:** 1, Cram (Eng) 3:42.37; 2, Walker (NZ) 3:43.11; 3, Boit (Ken) 3:43.33. **Previous UK winners:** (Mile) Reg Thomas (E) 30, Jim Alford (W) 38, Roger Bannister (E) 54; (1500) Dave Moorcroft (E) 78, Cram (E) 82.

3:33.06*	Steve Cram (Eng)(& 3:48.31 mile)
3:34.32	Seb Coe (Eng)
3:34.50	Mike Hillardt (Aus)
3:35.93	John Gladwin (Eng)
3:36.89	Peter Bourke (Aus)
3:37.8	John Walker (NZ) (& 3:53.72)
3:38.21	Neil Horsfield (Wal)(& 3:54.39)
3:38.4	Pat Scammell (Aus)
3:38.73i	Doug Consiglio (Can)
3:40.60	Alistair Currie (Sco)
3:40.81	Malcolm Edwards (Wal)
3:40.84	Dave Campbell (Can)
3:41.80	Steve Martin (NI)

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3:44.14	John Robson (Sco)

Notable absentee:

3:35.67	Peter Koech (Ken)

Prospects: Cram v Coe again and much will depend on the result of the 800. The two men are probably very closely matched physically; the deciding factor may be which of the two is the hungrier for success — as when Coe came back from his 800 reverse in Moscow to take the 1500 over his earlier conqueror, Ovett. They are in a class apart but some way behind them there should be a lively dust-up for the bronze with Gladwin prominently involved.

5000 METRES

World rec: 13:00.40 Said Aouita (Mor) 85. **Comm & UK rec:** 13:00.41 Dave Moorcroft 82. **Games rec:** 13:14.3 Ben Jipcho (Ken) 74. **1982 result:** 1, Moorcroft (Eng) 13:33.00; 2, Rose (Eng) 13:35.97; 3, Koech (Ken) 13:36.95. **Previous UK winners:** (3M) Stan Tomlin (E) 30, Walter Beavers (E) 34, Len Eyre (E) 50, Chris Chataway (E) 54; (5000) Ian Stewart (S) 70, Moorcroft (E) 82.

13:19.28	John Walker (NZ)
13:20.06	Steve Ovett (Eng)
13:25.03	Tim Hutchings (Eng)
13:26.08	Jack Buckner (Eng)
13:27.55	Paul Williams (Can)
13:27.65	Paul McCloy (Can)
13:30.0	Kerry Rodger (NZ)
13:32.7	Dave Burridge (NZ)
13:34.45	Rob Lonergan (Can)
13:42.31	Nat Muir (Sco)

Notable absentees:

13:23.18	Wilson Waigwa (Ken)
13:29.0	John Ngugi (Ken)

Prospects: New territory for Ovett who, like Coe, will be contesting his first Commonwealth Games. Assuming his recent injury in Nice has no serious implications, Ovett is fully capable of handling anyone in the field. He may have to run very fast, though, for no one will want to test his sprinting ability against Ovett's and contenders like Hutchings and Buckner will be well advised to set a hot pace. At 34 Walker has prepared well for this race and will be tough to drop or outkick.

10,000 METRES

World rec: 27:13.81 Fernando Mamede (Por) 84. **Comm rec:** 27:22.47 Henry Rono (Ken) 78. **UK rec:** 27:30.30 Brendan Foster 78. **Games rec:** 27:46.4 Richard Tayler (NZ) 74. **1982 result:** 1, Shahanga (Tan) 28:10.15; 2, Barie (Tan) 28:10.55; 3, Goater (Eng) 28:16.11. **Previous UK winners:** (6M) Arthur Penny (E) 34, Peter Driver (E) 54; (10,000) Lachie Stewart (S) 70, Foster (E) 78.

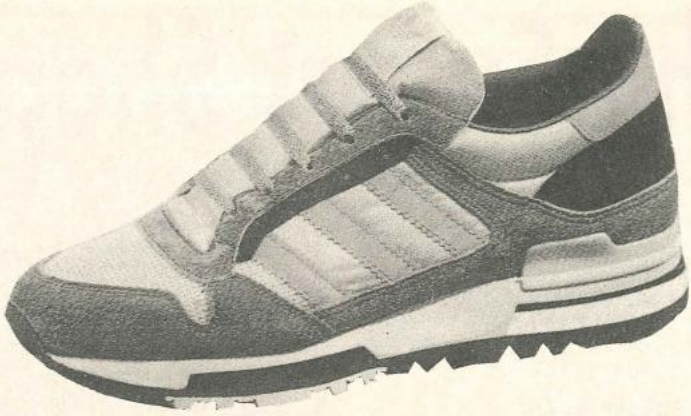
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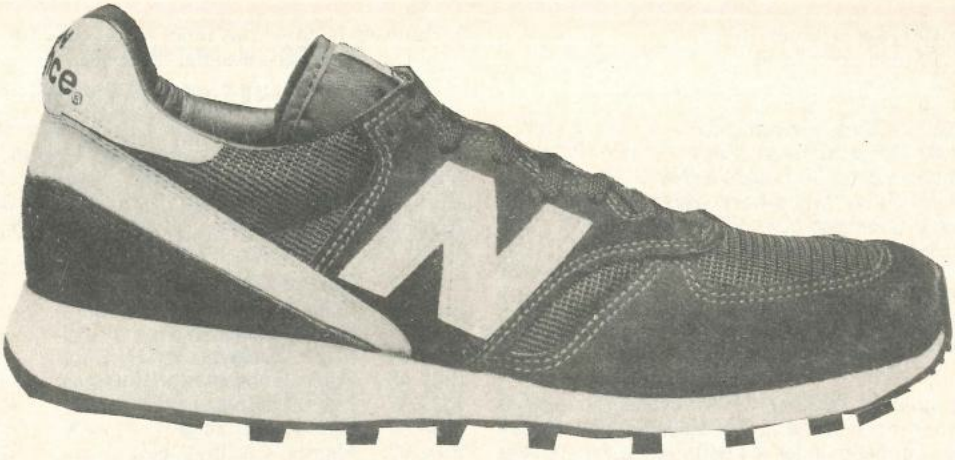
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27:50.19 Paul Williams (Can)
27:51.76 Jon Solly (Eng)
27:56.8 Paul McCloy (Can)
27:58.69 Steve Binns (Eng)
27:59.12 Allister Hutton (Sco)
28:02.83 Mike McLeod (Eng)
28:15.58 Martin McLoughlin (NI)
28:20.95 Steve Moneghetti (Aus)
28:29.41 John Bowden (NZ)
28:37.98 Rob de Castella (Aus)
— Steve Jones (Wal) (13:30.60 5000)

Notable absentees:
27:43.31 Paul Kipkoech (Ken)
27:44.53 Some Muge (Ken)
27:55.6 Mike Musyoki (Ken)

Prospects: Without the Kenyans the race is extremely open and with that splendid AAA victory plus a swift 5000 under his belt Solly must stand as good a chance as anybody. Binns and McLeod complete a solid English trio of contenders, but it's possible that two marathon stars, Steve Jones and Hutton (who will want to achieve what Lachie Stewart did in the 1970 Games), could prove the best of the UK contingent. Top ranked Williams is the husband of Lynn, the Olympic 3000 bronze medallist. A family double at Meadowbank is not inconceivable.

MARATHON

World best: 2:07:12 Carlos Lopes (Por) 85. **Comm & UK best:** 2:07:13 Steve Jones 85. **Games rec:** 2:09:12 Ian Thompson (Eng) 74. **1982 result:** 1, de Castella (Aus) 2:09:18; 2, Ikangaa (Tan) 2:09:30; 3, Gratton (Eng) 2:12:06. **Previous UK winners:** Dunkie Wright (S) 30, Jack Holden (E) 50, Joe McGhee (S) 54, Brian Kilby (E) 62, Jim Alder (S) 66, Ron Hill (E) 70, Ian Thompson (E) 74.

2:07:51 Rob de Castella (Aus)
2:11:15 Art Boileau (Can)
2:11:39 Dave Edge (Can)
2:13:42 John Graham (Sco)
2:14:38 Ieuan Ellis (Wal)
2:15:00 Phil O'Brien (Eng)
2:15:03 Lindsay Robertson (Sco)
2:15:19 Kevin Forster (Eng)
2:16:06 Martin Deane (NI)
— Charlie Spedding (Eng)

Notable absentees:
2:08:10 Juma Ikangaa (Tan)
2:11:27 John Burra (Tan)
2:13:27 Gidemas Shahanga (Tan)

Prospects: De Castella stands poised to make more marathoning history as the first to retain a Commonwealth title. He won't have the exciting Tanzanians to chase this time, more's the pity, but he'll find Spedding a handful no doubt.

World Junior 110m hurdles champion Colin Jackson. Photo: Ian Weightman

3000 METRES STEEPLECHASE

World & Comm rec: 8:05.4 Henry Rono (Ken) 78. **UK rec:** 8:13.50 Colin Reitz 85. **Games rec:** 8:20.8 Ben Jipcho (Ken) 74. **1982 result:** 1, Korir (Ken) 8:23.94; 2, Fell (Eng) 8:26.64; 3, Duhaime (Can) 8:29.14. **Previous UK winners:** George Bailey (E) 30, Stanley Scarsbrook (E) 34.

8:14.57 Graeme Fell (Can)
8:18.90 Colin Reitz (Eng)
8:20.16 Peter Renner (NZ)
8:22.30 Roger Hackney (Wal)
8:27.48 Eddie Wedderburn (Eng)
8:29.35 Peter McColgan (NI)
8:33.89 Nick Peach (Eng)
8:34.62 Michael Gilchrist (NZ)
8:38.45 Bob Rice (Can)
8:46.89 Richard Charleston (Sco)
8:47.02 Colin Hume (Sco)
8:47.49 Tom Hanlon (Sco)

Notable absentees:
8:12.74 Julius Korir (Ken)
8:13.33 Peter Koech (Ken)
8:28.99 Samson Obwocha (Ken) (5:19.68 2000SC — world best)

Prospects: With the brilliant Kenyans eliminated, Fell (second to Korir in Brisbane) has been presented with a golden opportunity to go one better than last time. Now a Canadian citizen, Fell can expect the stiffest competition to come from his former England (and Essex Beagles) teammate and arch-rival Reitz.



110 METRES HURDLES

World rec: 12.93 Renaldo Nehemiah (US) 81. **Comm rec:** 13.27 Mark McKoy (Can) 84 & 85. **UK rec:** 13.43 Mark Holtom 82. **Games rec:** 13.37 McKoy 82. **1982 result:** 1, McKoy 13.37; 2, Holtom (Eng) 13.43; 3, Wright (Aus) 13.58. **Previous UK winners:** (120y) Lord Burghley (E) 30, Don Finlay (E) 34, David Hemery (E) 66; (110m) Hemery 70, Berwyn Price (W) 78.

13.35	Mark McKoy (Can)
13.44	Colin Jackson (Wal)
13.65	Don Wright (Aus)
13.66	Jon Ridgeon (Eng)
13.66	Nigel Walker (Wal)
13.91	David Nelson (Eng)(13.82w)
13.94	Wilbert Greaves (Eng)(13.70w)
14.13	Jeff Glass (Can)
14.24	Kieran Moore (NI)
14.40	Neil Fraser (Sco)(14.23w)
14.51	John Wallace (Sco)(14.32w)

Noteable absentee:

13.67	Andrew Parker (Jam)

Prospects: McKoy has been the pre-eminent Commonwealth high hurdler since winning the title four years ago, but the gap between him and his challengers is closing. Last season it looked as though Ridgeon might be up with him this year; now it's Jackson who is the real threat.

400 METRES HURDLES

World rec: 47.02 Ed Moses (US) 83. **Comm rec:** 47.82 John Akii-Bua (Uga) 72. **UK rec:** 48.12 David Hemery 68. **Games rec:** 48.83 Alan Pascoe (Eng) 74. **1982 result:** 1, Brown (Aus) 49.37; 2, Rwamuhanda (Uga) 49.95; 3, Rolle (Bah) 50.50. **Previous UK winners:** (440y) Lord Burghley (E) 30, Alan Hunter (S) 34; (400m) John Sherwood (E) 70, Pascoe (E) 74.

49.53	Max Robertson (Eng)
49.96	John Graham (Can)
50.20	Gary Oakes (Eng)
50.33	Mark Holtom (Eng)
50.33	Pierre Leveille (Can)
50.42	Phil Beattie (NI)
50.47	Ken Gordon (Aus)
50.70	Wayne Paul (NZ)
51.80	Mark Fulton (Sco)
51.85	David McCutcheon (Sco)

Notable absentees:

49.26	Henry Amike (Nig)
50.05	Winthrop Graham (Jam)
50.1	Joseph Maritim (Ken)

Prospects: The loss of Amike makes a British victory likely, with Robertson, Oakes, Holtom or Beattie each capable of breaking 50 seconds on the day, although so too is Graham of Canada. Robertson will start favourite.

HIGH JUMP

World rec: 2.41 Igor Paklin (USSR) 85. **Comm rec:** 2.33 Milt Ottey (Can) 86. **UK rec:** 2.28 Geoff Parsons 86. **Games rec:** 2.31 Ottey & Stephen Wray (Bah) 82. **1982 result:** 1, Ottey 2.31; 2, Wray 2.31; 3, Saunders (Ber) 2.19. **Previous UK winners:** None. Highest placing: equal 2nd — Alan Paterson (S) 50.

2.33	Milt Ottey (Can)
2.30i	Geoff Parsons (Sco)(2.28)
2.26	Natty Crooks (Can)
2.25	Nick Saunders (Ber)
2.24	Brian Marshall (Can)
2.21	Fayyaz Ahmed (Eng)
2.20	Dalton Grant (Eng)
2.20	Floyd Manderson (NI)
2.19	John Atkinson (Aus)
2.15	Henderson Pierre (Eng)

Noteable absentee:

2.22	Troy Kemp (Bah)

Prospects: Ottey and Saunders are probable repeat medallists, but Parsons, seventh last time at age 18, will expect to be in at the kill this time. Competing in a Scottish vest at Meadowbank could make all the difference when the bar reaches the decisive height.

WYCOMBE PHOENIX HARRIERS

OPEN MEETINGS

Handy Cross Track, High Wycombe (Junc. 4, M40)
(Under AAA/WAAA Laws)

WED. AUGUST 13th

7.00 pm **110mH** (SM, JM)
7.00 pm **Pole Vault** (All ages M)
7.00 pm **Discus** (All ages M&W)
7.00 pm **Shot** (All ages M&W)
7.05 pm **5,000m** (SM, JM, SL, IL)
7.45 pm **200m** (All ages M&W)
8.10 pm **1 Mile** (All ages M&W)

Timings approx. Entries 70p for 1 or 2 events (Entry on the night if allowed charged double).
To: Mrs. M. Roote, 20 Amersham Hill Drive, High Wycombe, Bucks. By SAT AUG 9th.

SUN. AUG 17th at 1.30 pm

Y.A. MEETING

Sponsored by WOODWARD & STALDER HUGH'S SONY CENTRE

Boys & Girls.	**Ages at Sept. 1st 1986**
8 & 9 Years	**60m, 400m, LJ.**
10 & 11 Years	**100m, 600m, LJ, SP.**
12 & 13 Years	**100m, 800m, LJ, SP, Dis.**

Entries: 30p per event.
To: Mr. M. Beales, 25 Kilnwood, Walters Ash, High Wycombe, HP14 4UN. **By Thurs Aug. 14th.**
Medals to winners Certs. to all participants.

POLE VAULT

World rec: 6.01 Sergey Bubka (USSR) 86. **Comm & UK rec:** 5.65 Keith Stock 81. **Games rec:** 5.20 Ray Boyd (Aus), Jeff Gutteridge (Eng) & Graham Eggleton (Sco) 82. **1982 result:** 1, Boyd 5.20; 2, Gutteridge 5.20; 3, Eggleton 5.20. **Previous UK winners:** Tim Anderson (E) 50, Geoff Elliott (E) 54 & 58, Mike Bull (NI) 70.

5.30	Andy Ashurst (Eng)
5.30	Brian Hooper (Eng)
5.25	Neil Honey (Aus)
5.25	Steve Wilson (Aus)
5.25	Daley Thompson (Eng)
5.20	Ross Girvan (Can)
5.18	Bob Ferguson (Can)
5.15	Doug Wood (Can)
5.10	Simon Arkell (Aus)

Note: Top Commonwealth mark of 1986 is 5.35 by Keith Stock (Eng)

Prospects: Along with the shot this has to be the weakest of all the men's events, and that has nothing to do with the boycott. A clearance of 5.30, maybe even 5.20, could suffice for the gold — a measurement which world class vaulters would not even consider as a starting height. That said, it should be a very close contest with any one of half a dozen a feasible winner.

CITY OF PLYMOUTH ATHLETIC CLUB

Presents

FIRST SENIOR OPEN MEETING

AND

FIRST VETERANS OPEN MEETING

On SATURDAY, 23rd AUGUST, 1986

Entries: 75p for first event: 45p for each other event; entries on the day £1.00 per event. Relay £1.50 per team or £2.00 on the day.

Entries close 15th August 1986

Entries to: R. Blank, 13 School Close, Woodford, Plympton, Plymouth PL7 4HP.

EVENTS: MEN: 100m, 200m, 400m, 800m, 1500m, 5000m, Steeplechase, 110m Hurdles (or equivalent), **400m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Hammer, Shot, Discus, Javelin, 4 × 200m Relay.**

N.B. There will be NO Steeplechase or Relay for Veterans.

LADIES: 100m, 200m, 400m, 800m, 1500m, 3000m, 100m Hurdles (or equivalent), **400m Hurdles, High Jump, Long Jump, Shot, Discus, Javelin, 4 × 200m Relay.**

LONG JUMP

World rec: 8.90 Bob Beamon (US) 68. **Comm rec:** 8.27 Gary Honey (Aus) 84. **UK rec:** 8.23 Lynn Davies 68. **Games rec:** 8.13 Honey 82. **1982 result:** 1, Honey 8.13; 2, Hanna (Bah) 7.79; 3, Walsh (NZ) 7.75. **Previous UK winners:** Ken Wilmshurst (E) 54, Lynn Davies (W) 66 & 70, Alan Lerwill (E) 74, Roy Mitchell (E) 78.

8.09	Ian James (Can)
8.08	Gary Honey (Aus)(8.12w)
7.90	Derrick Brown (Eng)(8.12w)
7.81	David Culbert (Aus)
7.78	Edrick Floreal (Can)(7.89w)
7.76	Fred Salle (Eng)(7.87w)
7.69	John King (Eng)(7.94w)
7.48	Ken McKay (Sco)
7.39	Mark Forsythe (NI)

Wind assisted:

7.96	Colin Jackson (Wal)

Notable absentees:

8.15	Paul Emordi (Nig)(8.22w)
7.94	Uchenna Agu (Nig)
7.93	Yussuf Alli (Nig)(7.94w)
7.90	Lyndon Sands (Bah)(7.98w)
7.88	Moses Kiyai (Ken)(8.20w)

Prospects: As an established big-time competitor Honey (whose younger brother is one of those possible pole vault winners) will suffer less from nerves than most and is a good bet to emulate Lynn Davies' feat of retaining a Commonwealth long jump title.

TRIPLE JUMP

World rec: 17.97 Willie Banks (US) 85. **Comm & UK rec:** 17.57 Keith Connor 82. **Games rec:** 17.81w Connor (Eng) 82. **1982 result:** 1, Connor 17.81w; 2, Lorraway (Aus) 17.54; 3, Moore (Eng) 16.76. **Previous UK winners:** Ken Wilmshurst (E) 54, Keith Connor (E) 78 & 82.

16.85	John Herbert (Eng)(16.96w)
16.71	Vernon Samuels (Eng)
16.55	Peter Beames (Aus)(16.90w)
16.54i	Edrick Floreal (Can)(16.78w)
16.51	Mike Makin (Eng)(16.67w)
16.44	Aston Moore (Eng)
16.08	Craig Duncan (Sco)(16.24w)

Notable absentees:

17.12	Joseph Taiwo (Nig)
17.05	Paul Emordi (Nig)(17.31w)
17.05	Frank Rutherford (Bah)
16.94	Norbert Elliott (Bah)
16.73i	Marios Hadzandreou (Cyp)(15.99)
16.69	Ajayi Agbebaku (Nig)

Prospects: The boycott has hit hard here: the top two on the rankings are Nigerian, the next two from the Bahamas. Herbert, a possible winner anyway after his splendid successes of last summer, is now a clear favourite (he beat Taiwo last weekend).

SHOT

World rec: 22.62 Ulf Timmermann (GDR) 85. **Comm & UK rec:** 21.68 Geoff Capes 80. **Games rec:** 20.74 Capes (Eng) 78. **1982 result:** 1, Pauletto (Can) 19.55; 2, Winch (Eng) 18.25; 3, Chambul (Can) 17.46. **Previous UK winners:** John Savidge (E) 54, Arthur Rowe (E) 58, Martyn Lucking (E) 62, Geoff Capes (E) 74 & 78.

19.01	Billy Cole (Eng)
18.52	Stuart Gyngell (Aus)
18.29	John Minns (Aus)
18.26	Lucy Chambul (Can)
18.00	Joe Quigley (Aus)
17.85	Graham Savory (Eng)
17.75	Andy Vince (Eng)
17.45	Shaun Pickering (Wal)
17.40	Eric Irvine (Sco)

Note: Top Commonwealth mark is 20.83 by Mike Spiritoso (Can), who has been disqualified for a doping infringement.

Prospects: As Spiritoso has been kicked off the Canadian team following a drug test (as have 18m man Pete Dajia and Commonwealth discus record holder Rob Gray), Cole suddenly finds himself clear favourite as the only 19m performer around.

DISCUS

World rec: 74.08 Jurgen Schult (GDR) 86. **Comm rec:** 67.32 Rob Gray (Can) 84. **UK rec:** 65.16 Richard Slaney 85. **Games rec:** 64.04 Brad Cooper (Bah) 82. **1982 result:** 1, Cooper 64.04; 2, Gray 60.66; 3, Dolegiewicz (Can) 60.34. **Previous UK winners:** None. Highest placings: 2nd — Douglas Bell (S) 34, David Young (S) 38, Mike Lindsay (S) 62, Bill Tancred (E) 74.

62.74	Richard Slaney (Eng)
61.40	Paul Mardle (Eng)
61.34	Paul Nandapi (Aus)
61.02	Ray Lazdins (Can)
60.92	Graham Savory (Eng)
58.64	Werner Reiterer (Aus)
58.56	Vlad Slavnic (Aus)
55.58	Henry Smith (W. Samoa)
54.24	Shaun Pickering (Wal)
53.08	George Patience (Sco)

Notable absentees:

65.06	Brad Cooper (Bah)
63.08	Chris Okoye (Nig)

Another Slaney gold?

Prospects: In 1978 Cooper finished second and Gray third; four years ago they were first and second respectively. This time neither man will be present, which enhances the chances of Slaney (fourth in Brisbane) contributing a gold medal to the family collection.

HAMMER

World rec: 86.66 Yuriy Sedykh (USSR) 86. **Comm & UK rec:** 77.54 Martin Girvan 84. **Games rec:** 75.08 Robert Weir (Eng) 82. **1982 result:** 1, Weir 75.08; 2, Girvan (NI) 73.62; 3, Black (Sco) 69.84. **Previous UK winners:** Malcolm Nokes (E) 30 & 34, Duncan Clark (S) 50, Mike Ellis (E) 58, Howard Payne (E) 62, 66 & 70, Ian Chipchase (E) 74, Weir (E) 82.

73.92	David Smith (Eng)
73.92	Martin Girvan (NI)
72.86	Joe Quigley (Aus)
72.82	Matt Mileham (Eng)
70.22	Phil Spivey (Aus)
69.46	Hans Lotz (Aus)
68.50	Mike Jones (Eng)
66.32	Shaun Pickering (Wal)
64.74	Chris Black (Sco)

Prospects: Girvan, silver medallist last time, could move up a notch unless Smith returns to his form of last year. Australia provides the main opposition.

JAVELIN

World best (new model): 85.38 Tom Petranoff (US) 86. **Comm & UK best:** 81.74 Roald Bradstock 86. **Games rec:** To be established; with old model: 89.48 Mike O'Rourke (NZ) 82. **1982 result:** 1,



O'Rourke 89.48; 2, Babits (Can) 84.88; 3, Malekwa (Tan) 80.22. **Previous UK winners:** Colin Smith (E) 58, John FitzSimons (E) 66, Dave Travis (E) 70, Charles Clover (E) 74.

80.24	Dave Ottley (Eng)
79.04	Mike Mahovlich (Can)
77.40	Mike Hill (Eng)
76.66	Gavin Lovegrove (NZ)
75.06	Steve Fereday (Can)
74.90	Darryl Brand (Eng)
74.68	Mike Brennan (Can)
73.76	John Stapylton-Smith (NZ)
73.52	Colin MacKenzie (Wal)
69.62	Tim Newenham (Wal)
67.14	John Guthrie (Sco)

Notable absentee:

76.48	Zak Malekwa (Tan)

Note: Top Commonwealth mark is 81.74 by Roald Bradstock (Eng).

Prospects: Ottley has been superbly consistent all season at or close to the 80m mark, and on recent form his most dangerous rival could well be his teammate Hill.

DECATHLON

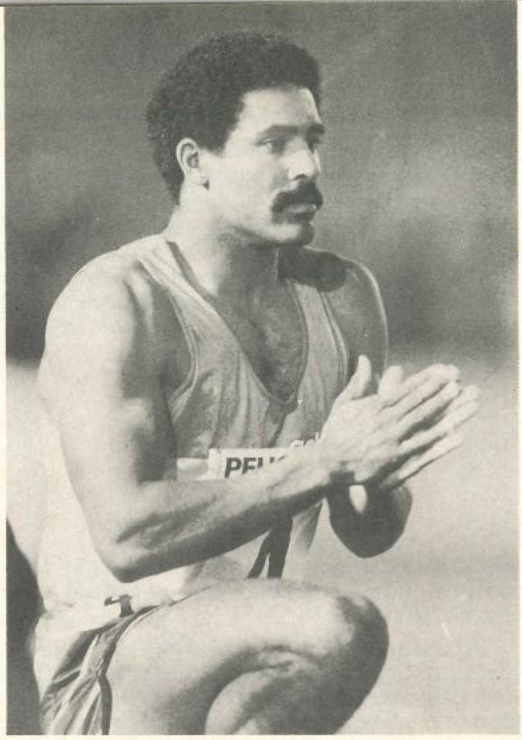
World, Comm & UK rec: (new tables) 8847 Daley Thompson 84. **Games rec:** 8470w Thompson (Eng) 78. **1982 result:** 1, Thompson 8424; 2, Steen (Can) 8003; 3, Obikwu (Eng) 7668. **Previous UK winners:** Mike Bull (NI) 74, Thompson (E) 78 & 82.

8667	Daley Thompson (Eng)
8244	Dave Steen (Can)
8158	Simon Poelman (NZ)
7889	Eugene Gilkes (Eng)
7584	Simon Shirley (Aus)
7523	Mike Smith (Can)
7491	Stuart Andrews (Aus)
7457	Greg Richards (Eng)
7432w	Peter Fossey (Aus)
—	Brad McStravick (Sco)

Prospects: Competing in his first decathlon on British soil since he was 17, Thompson should — barring accidents — notch up his third consecutive Commonwealth title, which would equal the record of Don Quarrie (100), Howard Payne (hammer), Pam Ryan (hurdles) and Val Young (shot). Steen should pick up another silver with Poelman taking the bronze unless Gilkes can improve considerably.

30 KILOMETRES ROAD WALK

World best: 2:03:06 Daniel Bautista (Mex) 80. **Comm best:** 2:05:59 David Smith (Aus) 86. **UK best:** 2:07:56 Ian McCombie 86. **Games rec:** 2:10:16 Steve Barry (Wal) 82. **1982 result:** 1, Barry



Number three for Mr. T? . . . Probably! Prayers certainly don't seem necessary . . .

Photo: Associated Sports Photography

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2:10:16; 2, Jobin (Can) 2:12:24; 3, Leblanc (Can) 2:14:56. **Previous UK winners:** (20M) Ron Wallwork (E) 66, John Warhurst (E) 74; (30km) Ollie Flynn (E) 78, Barry (W) 82.

2:05:59 David Smith (Aus)
2:07:56 Ian McCombie (Eng)
2:09:20 Simon Baker (Aus)
2:11:53 Chris Maddocks (Eng)
2:12:34 Willi Sawall (Aus)
2:13:29 Martin Rush (Eng)
2:20:22 Murray Day (NZ)
2:21:47 Graham Seatter (NZ)
— Steve Johnson (Wal)

20km times:
1:23:17 Guillaume Leblanc (Can)
1:24:10 Francois Lapointe (Can)

Prospects: Smith and McCombie have very fast times to their credit and should have a cracking race, but both will need to beware also of the French-Canadians Leblanc and Lapointe.

4×100 METRES RELAY

World rec: 37.83 USA 84. **Comm rec:** 38.39 Jamaica 68. **UK rec:** 38.62 in 1980. **Games rec:** 39.15 Nigeria 82. **1982 result:** 1, Nigeria 39.15; 2, Canada 39.30; 3, Scotland 39.33. **Previous UK winners:** (4×110y) England 34, 58, 62; (4×100) Scotland 78.

39.21 Canada
39.28 England
40.26 Australia
— Scotland

Notable absentees:
Nigeria, Jamaica, Trinidad, etc.

Prospects: Unless they use Johnson on the anchor, Canada will need to be a few metres up at the last change to withstand the charge of Christie. Scotland can field a useful team, as can Australia.

4×400 METRES RELAY

World rec: 2:56.16 USA 68. **Comm & UK rec:** 2:59.13 in 1984. **Games rec:** 3:02.8 (4×440y) Trinidad & Tobago 66. **1982 result:** 1, England 3:05.45; 2, Australia 3:05.82; 3, Kenya 3:06.33. **Previous UK winners:** (4×440y) England 30, 34, 54; (4×400) England 82.

3:02.54 England
3:06.36 Australia
3:08.28 Canada

Notable absentees:
Nigeria, Kenya, Jamaica, etc.

Prospects: This would have been a classic with such teams as Kenya, Nigeria and Jamaica involved; now it shapes up as a straight fight between England and Australia.

COBALT APPEAL FUND
CRACK CANCER CAMPAIGN
FOR THE THREE COUNTIES & WELSH BORDER

6th CRACK CANCER HALF-MARATHON

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

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Entry Fee: £2.50 payable to "COBALT MARATHON" **and send to:** Crack Cancer Half Marathon, Cheltenham Racecourse, Cheltenham GL50 4SH. Please enclose 2 (two) LARGE SAEs (9"×6½"), one for Ack etc., one for Results.

The Cobalt Appeal Fund (Registered Charity No. 240464) supports the regional Cancer Treatment & Research Centre, The Cobalt Unit, Cheltenham General Hospital.

ENTRY FORM

I will be aged 17 or over on 14th September 1986

I agree to abide by the Rules & Laws of the A.A.A. & W.A.A.A. and regulations of the Crack Cancer Half-Marathon Committee. I accept my responsibility for my participation.

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Surname & Initials

Mr, Mrs, Ms. (please delete). Age on 14/9/86.....

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CLASSIFICATION Please complete the following for computer classification of Results by ticking the appropriate Box (Unclear entries will be included in Men's general group).

	MEN	Class	LADIES
39 & under	☐	Men	☐
40-49	☐	Veteran 1	☐
Over 50	☐	Veteran 2	☐
34 & under	☐	Ladies	☐
Over 35	☐	Lady Veterans	☐

No. of previous Half-Marathons.....

Best ½ Marathon time.....Target time.....

Signed.....

Date..... assisted by NIKE

Please feel free to photocopy

Who's Who In England's Commonwealth Team

SEB Coe, Steve Ovett, Steve Cram, Daley Thompson and Tessa Sanderson — all Olympic or World Championship gold medallists — are included in the strongest team ever to represent England in the Commonwealth Games, a team capable of winning as many as 30 medals in the men's events and 20 in the women's. Facts and figures compiled by Stan Greenberg.

Fayyaz Ahmed (Southampton & Eastleigh) — high jump; born 10.4.66; pb — 2.21 (1986).

Kriss Akabusi (Army) — 400 & 4×400; born 28.11.58; pb — 45.43 (1985). Semi-finalist 1984 Olympic 400, silver in 4×400.

Andy Ashurst (Sale/Birmingham Univ.) — pole vault; born 2.1.65; pb — 5.35 (1985; indoors 1986).

Lincoln Asquith (Birchfield) — 4×100: born 3.4.64; pb — 10.33/10.20w (1985).

Todd Bennett (Southampton & Eastleigh) — 200 & 4×400; born 6.7.62; pb — 20.36 (1984), 45.35 (1985). 1981 European Junior 400 champion; 5th 1982 Commonwealth 400 (gold in 4×400); silver in 1982 European 4×400; semi-finalist 1983 World Champs 400 (bronze in 4×400); silver in 1984 Olympic 4×400; 1985 European Indoor 400 champion.

Steve Binns (Bingley) — 10,000; born 25.8.60; pb — 27:55.66 (1983). 1979 European Junior 5000 champion.

Roger Black (Southampton & Eastleigh) — 400 & 4×400; born 31.3.66; pb — 45.16 (1986). 1985 European Junior 400 & 4×400 champion.

Darryl Brand (Blackheath) — javelin; born 6.8.63; pb — 74.90 (1986; 86.28 old model — 1986).

Derrick Brown (Longwood) — long jump; born 21.11.63; pb — 8.00 (1985) & 8.12w (1986).

Phil Brown (Birchfield) — 400 & 4×400; born 6.1.62; pb — 45.26 (1985). 4th 1982 European 400 (silver in 4×400); 6th 1982 Commonwealth 400 (gold in 4×400), semi-finalist 1983 World Champs 400 (bronze in 4×400); silver in 1984 Olympic 4×400.

Jack Buckner (Charnwood) — 5000; born 22.9.61; pb — 13:21.06 (1985).

Clarence Callender (Haringey) — 100 & 4×100; born 16.11.61; pb — 10.39 (1986).

Linford Christie (Thames Valley) — 100, 200 & 4×100; born 2.4.60; pb — 10.04 (1986; UK rec), 20.51 (1986). 1986 European Indoor 200 champion.

Seb Coe (Haringey) — 800 & 1500; born 29.9.56; pb — 1:41.73 (1981; world rec), 3:31.95 (1981; former world record holder). 1977 European Indoor 800 champion; 3rd 1978 European 800; 1980 Olympic 1500 champion (2nd 800); 2nd 1982 European 800; 1984 Olympic 1500 champion (2nd 800); holds current world records at 800, 1000 and 4×800.

Billy Cole (Thurrock) — shot; born 10.2.65; pb — 19.01 (1986).

Steve Cram (Jarrow & Hebburn) — 800 & 1500; born 14.10.60; pb — 1:42.88 (1985), 3:29.67 (1985; former world rec). 1979 European Junior 3000 champoin; 8th 1980 Olympic 1500; 1982 European & Commonwealth 1500 champion; 1983 World 1500 champion; 2nd 1984 Olympic 1500; holds current world records at mile, 2000 and 4×800.

Peter Elliott (Rotherham) — 800; born 9.10.62; pb — 1:43.98 (1983). 2nd 1983 European Indoor 800; 4th 1983 World 800; semi-finalist 1984 Olympic 800 (scratched); holds world record at 4×800.

Kevin Forster (Gateshead) — marathon; born 16.5.58; pb — 2:11:41 (1984).

Eugene Gilkes (Newham & Essex Beagles) — decathlon; born 5.3.62; pb — 7889 (1986).

John Gladwin (Belgrave) — 1500; born 7.5.63; pb — 3:35.93 (1986).

Dalton Grant (Thames Valley) — high jump; born 8.4.66; pb — 2.22 (1985).

Wilbert Greaves (Haringey) — 110 hurdles; born 23.12.58; pb — 13.60 (1985). Semi-finalist 1980 Olympics; 4th 1982 European; 4th 1982 Commonwealth; semi-finalist 1984 Olympics.

Rob Harrison (Birchfield) — 4×400; born 5.6.59; pb — 47.69 (1979); also 800 — 1:45.31 (1985), 1500 — 3:35.74 (1986). 1985 European Indoor 800 champion.

Steve Heard (Wolverhampton & Bilston) — 4×400; born 29.4.62; pb — 45.74 (1985).

John Herbert (Haringey) — triple jump; born 20.4.62; pb — 17.41 (1985). 4th 1982 Commonwealth LJ (5th TJ); 10th 1984 Olympic TJ; 1st 1985 European Cup TJ; 3rd 1985 World Student Games TJ.

Mike Hill (Leeds City) — javelin; born 22.10.64; pb — 77.40 (1986; 82.30 old model — 1985).

Mark Holtom (Wolverhampton & Bilston) — 400 hurdles; born 6.2.58; pb — 49.49 (1985). Semi-finalist 1980 Olympic 110H; 2nd 1982 Commonwealth 110H (in UK record of 13.43); semi-finalist 1983 World 110H; elim. 1984 Olympic 110H hts; 3rd 1985 European Cup 400H.

Brian Hooper (Woking) — pole vault; born 18.5.57; pb — 5.59 (1980). 3rd 1974 Commonwealth; 16th 1976 Olympics; 3rd 1978 Commonwealth; 7th equal 1978 European; 11th 1980 Olympics.

RIDDINGS Y.C.A.C.
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Tim Hutchings (Crawley) — 5000; born 4.12.58; pb — 13:11.50 (1985). Finalist 1978 Commonwealth 1500; 7th 1982 European 5000; 2nd 1984 World CC; 4th 1984 Olympic 5000.

Mike Jones (Shaftesbury) — hammer; born 23.7.63; pb — 68.50 (1986).

John King (Medway) — long jump; born 13.2.63; pb — 7.89 (1985) & 7.94w (1986).

Ian McCombie (Cambridge H) — 30km walk; born 11.1.61; pb — 2:07:56 (1986; UK rec). 13th 1982 European 20km; 41st 1983 World 20km; 19th 1984 Olympic 20km.

Mike McFarlane (Haringey) — 100 & 4×100; born 2.5.60; pb — 10.22 (1986) & 10.08w (1984). 5th 1978 Commonwealth 100; 1979 European Junior 200 champion (3rd in 100); 1982 Commonwealth 200 co-champion; 5th 1984 Olympic 100; 1985 European Indoor 60 champion.

Mike McLeod (Elswick) — 10,000; born 25.1. 52; pb — 27:39.76 (1979). 3rd 1978 Commonwealth 10,000 (4th 5000); 1st IAAF Golden 10,000 in 1979 & 1981; 12th 1980 Olympic 10,000; 9th 1982 Commonwealth 10,000; 12th 1982 European 10,000; 2nd 1984 Olympic 10,000.

Chris Maddocks (Dawlish & S. Devon) — 30km walk; born 28.3.57; pb — 2:11:53 (1986). 16th 1984 Olympic 50km.

Mike Makin (Leeds City) — triple jump; born 1.3.62; pb — 16.51 & 16.67w (1986). 3rd 1981 European Junior.

Paul Mardle (Wolverhampton & Bilston) — discus; born 10.11.62; pb — 61.86 (1984).

Matt Mileham (Haringey) — hammer; born 27.12.56; pb — 77.02 (1984). 11th 1984 Olympics.

Aston Moore (Birchfield) — triple jump; born 5.2.56; pb — 16.86 & 17.02w (1981). 1975 European Junior champion; 8th 1978 European; 3rd 1978 Commonwealth; 3rd 1981 European Indoor; 3rd 1982 Commonwealth.

David Nelson (Wolverhampton & Bilston) — 110 hurdles; born 11.3.67; pb — 13.91 (1986).

Gary Oakes (Haringey) — 400 hurdles; born 21.9.58; pb — 49.11 (1980). 3rd 1977 European Junior; 7th 1978 Commonwealth; 3rd 1980 Olympcis; 8th 1982 Commonwealth.

Ernie Obeng (Belgrave) — 4×100; born 8.4.56; pb — 10.21 (1980). 8th 1978 Commonwealth 100 (representing Ghana); 1979 & 1982 African 100 champion; semi-finalist 1982 Commonwealth 100.

Phil O'Brien (Old Gaytonians) — marathon; born 17.5.57; pb — 2:15:00 (1986).

Dave Ottley (Telford) — javelin; born 5.8.55; pb — 80.24 (1985; 90.70 old model — 1985). 5th 1978 Commonwealth; 7th 1982 Commonwealth; 2nd 1984 Olympics.

Steve Ovett (Phoenix) — 5000; born 9.10.55; pb — 13:20.06 (1986). 1973 European Junior 800 champon; 2nd 1974 European 800; 5th 1976 Olympic 800 (semi-finalist in 1500); 1978 European 1500 champion (2nd in 800); 1980 Olympic 800 champion (3rd in 1500); 4th 1983 World 1500; 8th 1984 Olympic 800 (dnf in 1500 final); former world record holder at 1500 and mile.

Nick Peach (Sale) — 3000 steeplechase; born 18.10.59; pb — 8:33.89 (1986).

Henderson Pierre (Haringey) — high jump; born 29.10.63; pb — 2.16 (1984).

Derek Redmond (Birchfield) — 4×400; born 3.9.65; pb — 44.82 (1985; UK rec).

John Regis (Belgrave) — 200 & 4×100; born 13.10.66; pb — 10.49 (1986), 20.41 (1986). 3rd 1985 European Junior 100 & 1st 4×100.

Colin Reitz (Newham & Essex Beagles) — 3000 steeplechase; born 6.4.60; pb — 8:13.50 (1985; UK rec). 2nd 1979 European Junior 2000SC; semi-finalist 1980 Olympics; 9th 1982 European; 8th 1982 Commonwealth (6th in 1500); 3rd 1983 World; 5th 1984 Olympics.

Greg Richards (North London) — decathlon; born 25.4.56; pb — 7679 (1985).

Jon Ridgeon (Haringey) — 110 hurdles; born 14.2.67; pb — 13.46 (1985). 1985 European Junior champion; 2nd 1986 World Junior.

Max Robertson (Wolverhampton & Bilston) — 400 hurdles; born 27.12.63; pb — 49.53 (1986).

Martin Rush — (Cumberland) — 30km walk; born 25.12.64; pb — 2:13:29 (1986).

Fred Salle (Shaftesbury) — long jump; born 10.9.64; pb — 7.76 (1986) & 7.92w (1985).

Graham Savory (Blackheath) — shot & discus; born 11.10.60; pb — 17.85 (1986), 60.92 (1986).

Alan Slack (Wakefield) — 4×400; born 8.2.60; pb — 46.04 (1985).

Richard Slaney (Newham & Essex Beagles) — discus; born 16.5.56; pb — 65.16 (1985; UK best). 4th 1978 Commonwealth SP & DT; non-qualifer 1984 Olympic DT.

Dave Smith (Hull Spartan) — hammer; born 21.6.62; pb — 77.30 (1985).

Jon Solly (Bingley) — 10,000; born 18.6.63; pb — 27:51.76 (1986).

Charlie Spedding (Gateshead) — marathon; born 19.5.52; pb — 2:08:33 (1985). 4th 1982 Commonwealth 10,000; 8th 1982 European 10,000; 3rd 1984 Olympic Mar.

Daley Thompson (Newham & Essex Beagles) — decathlon, pole vault & 4×100; pb — 8847 (1984), 5.25 (1986), 10.34 & 10.28w (1986). 18th 1976 Olympics; 1977 European Junior, 1978 Commonwealth, 1980 Olympics, 1982 European & Commonwealth, 1983 World & 1984 Olympic champion; 2nd 1978 European. World record holder.

Andy Vince (Wolverhampton & Bilston) — shot; born 9.5.59; pb — 18.04 (1983).

Eddie Wedderburn (Tipton) — 3000 steeplechase; born 6.12.60; pb — 8:21.20 (1985). 2nd 1985 World Student Games.

Women's Details — See Page 61

English Schools Championships

THE Mountbatten Centre in Portsmouth played host to this year's English Schools Championships on July 11th/12th — the 56th in the series — which were once again sponsored by the National Dairy Council and produced the now traditional feast of athletics.

Although clouds lurked ominously over the hills to the north of the city, this particular part of the Hampshire coastline stayed all-but dry for the two days of competition, and the complex timetable duly ran its accurate course from beginning to end, even though the absence of an extra straight track this year added to the organisers' problems.

Barry Trowbridge Reports

In the arena, England's Commonwealth hurdler, cover girl Lesley-Ann Skeete was probably the star, but the Millfield scholar was only one of ten athletes who set new a Championship Best Performance . . . the others being Simon Williams (Snr SP), Spencer Duval (Inter SC), Michael Williams (Jnr 200), Craig Winrow (Jnr 800), Jennifer Howell (Snr 400), Justine Buttle (Inter SP), Emma Langston (Jnr 800), Claire Nicholson (Jnr 1500) and Lea Haggett (Jnr HJ) . . . whilst Intermediate one lap hurdler Robert Brown equalled the old mark of 53.7 in his heat. Of the 11 athletes entered and also in Britain's World Junior team, six did in fact turn up, with Johan Boakes in particular looking impressive and hinting that that bronze medal he picked up at 1500m in Athens was always within his sights; whilst of the Cottbus 'veterans' of last summer, Richard Ashby (winning the 200 in 21.1), Bridget Smyth (Snr 800 in 2:06.4) and Lesley-Ann, of course, stood apart as being experienced campaigners.

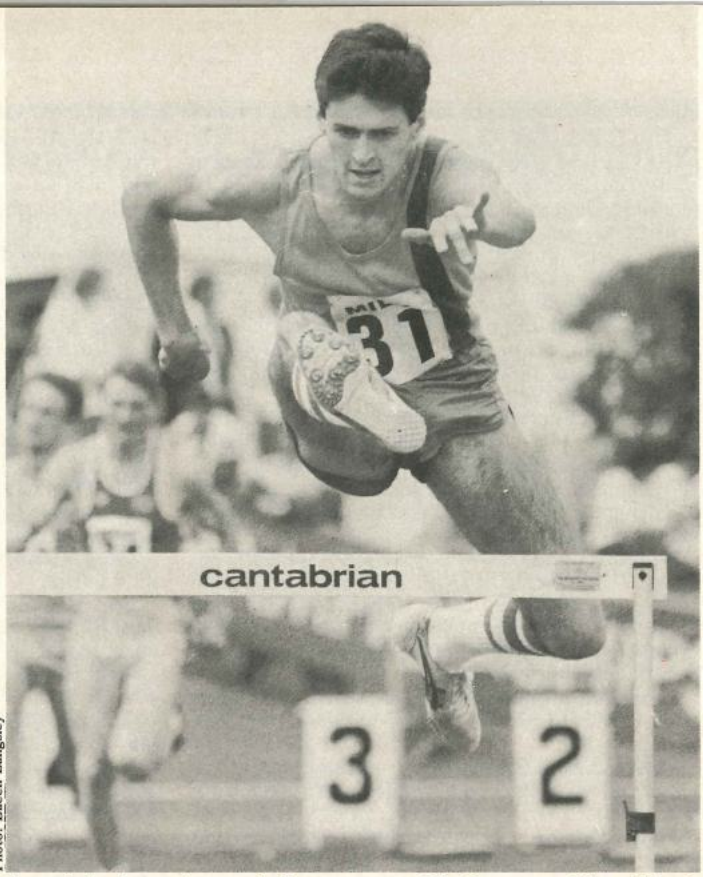


Photo: Eileen Langsley

Scottish champion and Commonwealth Games athlete Mark Fulton on his way to winning the ESAA 400m hurdles title.

Off the track — whether intentional or not — security did not seem as rigid as is usual at the ESAA Championships; something I found particularly pleasing, except for one small incident which threatened to get out of hand during — need I say it — the *Grand Parade of Competitors*. It seemed that a polite "Excuse me" was all that was forthcoming (and necessary) to allow a clear view of 'Little Johnny' running, jumping or throwing; but when the parade was on you blocked views only if you had a scant value for your life. If only the kids could have seen them . . .

Anyway, that passed very quickly, as did the meeting — all too quickly, I'm afraid; but next year, too, will be here before we know it, when Alexander Stadium, Birmingham, on July 10th/11th, will be the venue for the 57th English Schools Championships. I, for one, can't wait.

Overall Scores

Gp. A (Areas with population over 1½ millions): 1, W. Midlands 263½; 2, Surrey 183½; 3, Gt. Manchester 171½; 4, Essex 161½; 5, Kent 155½. **Gp. B (Areas with population between 600,000 and 1½ millions):** 1, Staffs 108; 2, Berks 101; 3, Notts 83½; 4, Herts 78; 5, S. Yorks 76. **Gp. C (Areas with population under 600,000):** 1, Somerset 67; 2, Oxon 59; 3, Warwicks 58½; 4, Dorset 52; 5, Beds 48½.

SENIOR BOYS

100. Word was, before the meeting, that 1984 Intermediate champion Russell Boaler was back to racing fitness, and this he demonstrated with an accomplished piece of sprinting, aided by a 1.24 m/s tailwind.

1, R. Boaler (Der) 10.7; 2, C. Rumbolt (N'hants) 10.9; 3, K. Fitzpatrick (Sy) 10.9; 4, T. Edwards (Dev) 11.0; 5, D. Subryan (Mx) 11.0; 6, C. Shore (Leics) 11.0; 7, P. Shaw (Gt. M) 11.1; 8, P. Sloan (Notts) 11.2. In semis: R. Noel (Dev) 11.0; A. Williams (Ex) 11.1.

200. Not only was Richard Ashby defending champion, but don't forget he also placed second to Ade Mafe in last summer's European Junior Championships. As befits a man of that pedigree Richard, out in lane eight, had more than enough to spare over Solomon Wariso, who was equally dominant over the rest of the field. World Junior triple jumper Lawrence Lynch was a non-starter, and the following wind in the final measured 1.31m/s.

1, R. Ashby (Beds) 21.1; 2, S. Wariso (Mx) 21.5; 3, T. Silvester (Herts) 22.0; 4, N. Will (Cambs) 22.2; 5, A. Parton (WM) 22.3; 6, C. Jagoe (Som) 22.3.

400. A Yorkshire head-to-head between Peter Crampton and Gary Bakewell, third and first respectively in last year's Intermediate race and teammates in the British Junior squad for Athens, looked like being one of the highlights of the meeting, but Crampton — in the individual 400 in Greece — withdrew, whilst Bakewell seemed to be running without last year's sparkle. Taking full advantage of all this, Richard Hill, better known as a one lap hurdler, kept Bakewell in his sights (they occupied lanes seven and eight) and entered the home straight a metre clear, a gap he had easily doubled by the line.

1, R. Hill (Hum) 48.0; 2, G. Bakewell (S. Yk) 48.3; 3, J. Rowlands (Ex) 48.9; 4, I. Goodall (Mer) 49.7 (49.6 ht); 5, P. Hamilton (Ches) 49.8; 6, D. Morgan (Av) 49.9 (49.6 ht).

Event by Event Reports

800. In true north-east tradition, Terry West started to wind things up after the bell, only for Richard Youngs to edge in front at 600m as the field at last started to string out. West, though, regained the initiative 50m from the line, but found Richard Harley, the fastest qualifier, fifth last year and with 1:50.15 to his name at the UK Championships, on a late charge and matching him stride for stride for 30m before easing ahead at the line.

1, R. Harley (Notts) 1:53.1 (1:51.7 ht); 2, T. West (N'land) 1:53.2; 3, J. Goldthorpe (Kt) 1:53.7; 4, R. Youngs (Cambs) 1:54.1 (1;52.9 ht); 5, N. Mannion (S. Yk) 1:54.2 (1:53.6 ht); 6, A. Standen (Hants) 1:54.5 (1:53.6 ht); 7, S. Brown (Ches) 1:55.1 (1:53.9 ht); 8, S. Hilton (Der) 1:55.3 (1:54.3 ht).

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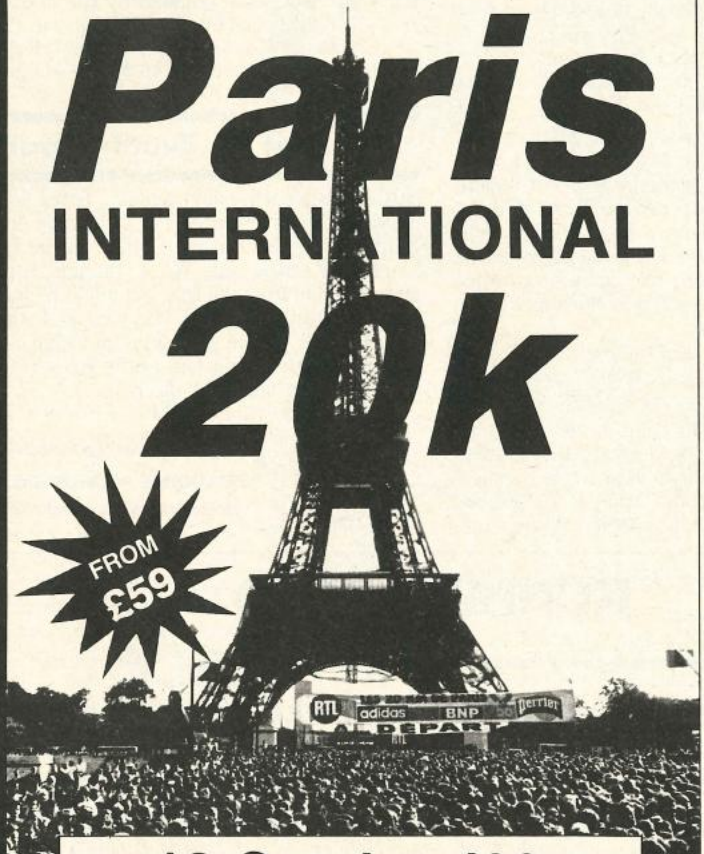
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VISA

Teams: ***Gp. A*** — 1, Middlesex 47; 2, W. Midlands 45; 3, Essex 42½. ***Gp. B*** — 1, Staffs 27; 2, Devon 21; 3, Sussex 20. ***Gp. C*** — 1, Dorset 17; 2, Cleveland 16½; 3, Northants 15.

1500. Kevin McKay has been winning some quality 800s this summer, but had his finishing speed negated in this race by Johan Boakes' masterful tactics. Content to let Robert Denmark do the spade work, Boakes and McKay were close on his heels at the bell; but whereas pehaps a last 200 'thrash' was expected, Johan — warming up well for Athens — took the initiative entering the back straight and stole what was to prove a winning margin of no more than five metres. Momentarily, 80m out, the gap seemed to close, but with typical Phoenix panache the 1984 Intermediate champion held on. In a moment of contemplation after her disappointment in Cottbus last summer, Boakes' clubmate Bridget Smyth said "If only I had a fraction of Johan's talent . . ." We saw what she meant in Portsmouth.

1, J. Boakes (Sx) 3:46.4; 2, K. McKay (Gt. M) 3:46.7; 3, R. Denmark (Ex) 3:52.0; 4, S. Fury (Kt) 3:52.9; 5, P. Hilton (Der) 3:54.1; 6, J. Andersson (Sx) 3:55.1; 7, R. Whalley (N. Yk) 3:55.8.

3000. Now seemingly fixed in the timetable for Saturday lunchtime, this race was again run with the sun at its highest. Following absolutely everything with ease, recent AAA runner-up James Starling (second to John Nuttall last year in Hull) was in control throughout, moved to the front with a kilometre remaining, covered that in a spectacular 2:31.9 and crossed the line some 12 seconds to the good.

1, J. Starling (Hants) 8:12.8; 2, P. Kirbey (Herts) 8:24.6; 3, T. Richardson (Gt. M) 8:24.9; 4, C. Payne (Sy) 8:27.4; 5, N. Flint (Mx) 8:29.1; 6, M. Olden (Lon) 8:30.1; 7, R. West (Dur) 8:30.7; 8, J. Rawlings (Corn) 8:33.1; 9, S. Halliday (W. Yk) 8:33.8; 10, M. Jones (Sy) 8:34.0; 11, T. Hewson (Dev) 8:34.2.

2000 Steeplechase. The semi-final draw looked very loaded, and so it proved as the first five home in the final all came from the same heat. Three of them — Richard Schlanker, Phil Helm and the bespectacled Adrian Green — dominated the race, with Schlanker, who was only third last year in the Intermediate race, applying gradual but telling pressure over the second half to ease clear. Helm always had the better of Green for the minor honours, whilst second and third from 1985 — Robert Temple and Robert Deakin — suffered mixed fortunes; the former being disqualified and the latter running considerably faster yet finishing this time in seventh place.

1, R. Schlanker (WM) 5:45.3; 2, P. Helm (Mer) 5:47.4; 3, A. Green (Ex) 5:52.0; 4, S. Arnold (Hants) 5:52.3; 5, R. Johnson (Hum) 5:53.7; 6, D. Duke (Som) 5:55.4; 7, R. Deakin (Staffs) 5:57.7; 8, M. Wortley (Staffs) 5:57.7; 9, C. Knight (Kt) 6:00.1; 10, S. Denham (Sy) 6:06.1 (6:00.6 ht); R. Temple (WM) disq (6:00.6 ht). In hts: L. Immins (Hants) 6:05.0; C. Scott (N'land) 6:06.7; M. Pemberton (Berks) 6:07.4; S. Patton (Som) 6:08.7.

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110 Hurdles. This contest was always going to be between Tony Jarrett and Brett St. Louis, and it was the lesser known Middlesex lad who came out on top. A follow wind of 2.21m/s plus 3'3" barriers took St. Louis down the course a good deal faster than for his own good, but nevertheless it must be emphasised he was still trailing Jarrett at the final flight, the two virtually inseparable from the gun. Rapping it heavily with what looked like his trailing leg, St. Louis lost balance and walked over the line in second place, only to be later disqualified for, so I was told, "Not attempting to clear it". Rubbish!

1, A. Jarrett (Mx) 13.9w (14.8 ht); 2, A. Smailes (Cle) 14.4 (15.0 ht); 3, M. Loizias (WM) 14.6 (14.8 ht); 4, P. Chong (Dor) 14.6 (15.7 ht); 5, V. Chukwuemeka (Herts) 14.6 (15.4 ht); 6, P. Walker (Mx) 14.7 (15.0 ht); 7, G. Stephenson (Cle) 14.8 (15.3 ht); B. St. Louis (Lon) disq (14.3 ht). In hts: P. Brilus (Ex), C. Dolling (Lincs) & A. Squires (Staffs) 15.4.

400 Hurdles. Heats were required to eliminate just one competitor, the luckless Adam Hartley (N. Yk) finding 56.2 not quite enough to qualify. Oozing class, Scottish Senior champion and Commonwealth Games selection Mark Fulton found time to stutter badly at flights five, six and seven, yet still cruise home in relative comfort from his national Junior champion, Peter Campbell.

1, M. Fulton (Gt. M) 53.0; 2, P. Campbell (Staffs) 53.6; 3, A. Nelson (Mx) 54.6; 4, D. Warburton (Staffs) 54.8; 5, K. White (Som) 54.8; 6, R. Foulkes (W. Yk) 54.8; 7, D. Harbour (Cambs) 55.3; 8, D. Haizelden (Sy) 56.6 (56.1 ht).

High Jump. Solihull clubmates John Hopper and Nick Hay were alone together in the closing stages, the former leading on countback as the bar went to 2.09m. He didn't need that advantage, though, clearing first time as his pal bowed out. Julian Rifat's 2.03 for third was 8cm higher than on his best of last year.

1, J. Hopper (WM) 2.09; 2, N. Hay (WM) 2.06; 3, J. Rifat (Dev) 2.03; 4eq, A. Young (Cambs), A. Graham (Ex), J. Wallace (N'land) & A. Brannen (Cle) 1.98; 8, M. Newman (Bucks) 1.98; 9eq, J. Munroe (Lon) & M. Mulenga (Dor) 1.98; 11, A. Hodge (Kt) 1.98; 12eq, N. Buck (Av), H. Griffiths (Mx) & P. Beales (Norf) 1.93; 15, C. Trotman (N'hants) 1.93; 16, S. Knight (Beds) 1.93.

Pole Vault. Again threatening to disrupt the hallowed *'Grand Parade of Competitors'*, this event lasted well over three hours, though still resulted in a win for the favourite, 4.83m man Paul Phelps, after he scared both himself and his supporters by taking a full quota of jumps when entering the contest at 4.40m. Only he, Mike Edwards — remember his 'classic' with Ian Lewis last year — and Ian Tullett were involved beyond 4.50m, but after losing the initiative to Edwards at 4.60m, Phelps — third last year — popped over 4.70m first time to put the pressure back on Edwards, who fell badly on one of his failures and couldn't regain sufficient composure.

1, P. Phelps (W. Yk) 4.70; 2, M. Edwards (Hants) 4.60; 3, I. Tullett (Sy) 4.50; 4, I. Lewis (Sy) 4.40; 5eq, D. Wright (Notts) & H. Gooderham (Sy) 4.20; 7, P. Beswick (Staffs) 4.10; 8, S. Leader (Herts) 3.85; 9, J. Meech (Gloucs) 3.85; 10eq, J. Fowler (Herts) & A. Orrell (Lancs) 3.85; 12, J. Lay (Ex) 3.70; 13, G. Hallas (W. Yk) 3.70.

Determined 'chaser Richard Schlanker.

Photo: Eileen Langsley

Long Jump. 17-year-olds Stewart Faulkner and Darren Gomersall were the only athletes to better seven metres; Faulkner on all three of his measured jumps. After opening with 7.29m he never jumped again till round four when, in response to Gomersall's 7.06, he put in his 7.46m (+0.24) winner. Gomersall finished with 7.12m (—1.03m); third place went to Mark Belben — who withdrew after just three jumps — and virtually the entire contest was held into winds between one and two m/s.

1, S. Faulkner (N'hants) 7.46; 2, D. Gomersall (Bucks) 7.12; 3, M. Belben (Cle) 6.83; 4, G. Slade (Av) 6.80; 5, T. Soboyejo (Dev) 6.74; 6, R. Warner (WM) 6.73; 7, S. Omisore (Wks) 6.68 (6.65, 6.55); 8, P. Haymead (Hants) 6.68 (6.65, 6.53).

Triple Jump. Mark Whitehead has improved considerably since winning the Intermediate title last year, and entered the contest having recently placed third in the Northern Senior Championships. Eldon Lake and Richard Edwards joined Mark over 15m, but the Yorkshireman's wind assisted (+2.58m) fifth round 15.19m saw him home. Of the three, Edwards was the most consistent, having all six jumps measured between 14.57 and 15.09.

1, M. Whitehead (W. Yk) 15.19w (15.06); 2, E. Lake (Berks) 15.11; 3, R. Edwards (Sx) 15.09; 4, D. Brown (Lon) 14.93w (14.86); 5, P. Weston (Av) 14.65 (14.64w); 6, C. Chukwulozie (Mx) 14.65 (14.57); 7, J. Miatt (Salop) 14.48; 8, S. Houliston (Lincs) 14.45; 9, B. Onyeabo (Sy) 14.43; 10, M. Hemmings (Ox) 14.21; 11, R. Smith (Berks) 14.06; 12, G. McCullough (Mx) 13.89w (13.77).

Shot. As soon as the shot left Simon Williams' left hand in the first round, the contest — if there ever was one — was over. That throw landed at 18.21m to better Chris Ellis' CBP, and he followed with 17.86 and 17.95 before unleasing the ball to 18.52 in the fourth round — a 10cm improvement on his best and a fine send-off for his trip to Athens.

1, S. Williams (Mx) 18.52 **(CBP)**; 2, M. Fletcher (W. Yk) 14.84; 3, R. Hancock (Ches) 14.68; 4, D. Williams (WM) 14.46; 5, P. Timms (Sx) 14.44; 6, B. Redman (Ex) 14.17; 7, H. Lamb (Mx) 13.88; 8, G. Rees (Mx) 13.65.

Discus. Guy Litherland (17) won the Intermediate title last year and was the country's outstanding Youth. Throwing with the Seniors this season he progressed well and fully justified his label of favourite for the Senior Schools crown with a series reading

47.20, foul, 48.90, 48.56, 49.26, 49.26. If he competes in 1987 he should have little trouble in demolishing Peter Weir's CBP of 52.12.

1, G. Litherland (Staffs) 49.26; 2, M. Green (Gt. M) 43.24; 3, E. Mbu (Kt) 43.22; 4, A. Hargreaves (Dor) 42.50; 5, R. Turner (Ox) 41.66; 6, G. Jones (Berks) 40.88; 7, M. Twigg (Lincs) 40.72; 8, N. Addison (Lon) 40.48.

Hammer. Just as last year, Andrew Tolputt rounded things off nicely for Alan Bertram's West London Hammer School by collecting the third schools title for the group and his own sixth ESAA crown. Injury has prevented Andrew from seriously threatening 70m this season with the 6.25kg tool, but his series of 61.54, 63.06, 67.66, foul, 66.12, 67.72 suggests he may now be on the upward spiral once more.

1, A. Tolputt (Berks) 67.72; 2, C. Howe (Ex) 59.86; 3, G. Cook (Sy) 59.36; 4, M. Gray (Ches) 55.42; 5, B. Dickinson (Lancs) 52.88; 6, N. Homer (WM) 52.42; 7, M. Edwards (Ex) 50.20; 8, S. Davis (Gt. M) 48.70; 9, M. Flecknoe (Notts) 45.62; 10, A. Tyre (N'hants) 44.84.

INTERMEDIATE BOYS

100. Ian Kenton was defending the title he won in 1985, but this season's form suggested that he would have difficulty in holding off Hull runner-up Raymond Burke. That proved to be the case as the 'low-slung' Croydonian zipped to 10.8 aided by a 0.72m/s wind, whilst Karl Ferguson, who had impressed in both heat and semi, ran a powerful second 50 to also get the better of Fenton.

1, R. Burke (Sy) 10.8; 2, K. Ferguson (Lon) 10.9; 3, I. Kenton (WM) 10.9; 4, J. Bone (Suf) 11.2; 5, D. Burke (Ex) 11.2; 6, D. Baylis (Sy) 11.3; 7, D. Maclaren (WM) 11.4 (11.3 sf).

200. Defending champion Paul Bartley (21.9 this year) withdrew, as they say, without coming under orders, leaving Alex Fugullo head, shoulders and a good deal else above the opposition. His wind-aided semi-final time of 22.3 would have been more than enough to see off the others, but with a 1.64 m/s breeze at his back he stretched out to 22.0 when it most mattered.

1, A. Fugallo (Lon) 22.0; 2, J. Lees (Der) 22.6; 3, G. Jancke (Cumb) 22.7; 4, C. Blower (Dev) 22.7; 5, R. Jerrin (Hants) 22.7 (22.6w sf); 6, S. Phills (Mx) 22.8; 7, C. Minah (Sx) 22.9; 8, P. Wood (Der) 23.1.

400. Wayne McDonald has emerged this season as a youngster of immense potential, setting a UK age-15 best of 48.5 last month, whilst David McKenzie, on the other hand, who showed outstanding all round ability last summer, has perhaps been a little disappointing in his progress. Both of these, though, were completely overshadowed in the first half of the final as Oliver Markham in lane two blazed away to take back an incredible *three* staggers by half distance. Running much more sensibly through 300m, it was McDonald, however, who entered the home straight with a 5m lead over McKenzie, and as the leader held his form so t'other 'Mac' tied up, allowing the rest of the field to close right down by the line. Markham's time speaks for itself, as does McDonald's class — for he also ran 48.6 in the semi.

1, W. McDonald (Mx) 48.6; 2, D. McKenzie (Sy) 49.7; 3, D. Bigham (Ex) 49.8; 4, V. Corless (Kt) 49.9; 5, G. Fell (Ches) 50.1; 6, C. Wagstaff (Berks) 50.7; 7, K. Madden (WM) 50.9 (50.6 ht & sf); 8, O. Markham (Som) 51.9 (49.9 sf). In qual: T. Gilchrist (H&W) 50.8; D. Moore (Mx) & B. Harding (Dur) 51.0; R. Houchin (W. Yk) & N. Bee (Hants) 51.2; L. Ward (Cl) & S. Gregory (Cambs) 51.8.

800. Commenting last year on Paul Burgess' win in the Junior 800, I wrote "Wait till he grows!". Well, physically Paul still found himself the smallest runner in the field this time out, but mentally he proved his maturity by overcoming deliberate buffeting from his opponents both on the track **and** in the pen, no less, and whipped a good quality field in 1:52.6. I hope the lads responsible for those childish actions feel suitably proud of themselves, as perhaps they will one day feel proud of Master Burgess should he progress to the top level of our sport. Maybe the way Paul toyed with the field in his heat upset a few people, but the maner in which he took both that race and the final suggests that here is real talent for the future.

Never worse than second, Paul gave a metre to Jason Walbyoff approaching 600m as the latter stretched the field, but was back alongside by the water jump before letting rip a devastating finish. Brian Brackstone and Matthew Barker both finished strongly to relegate Walbyoff to fourth, but Burgess had

Javelin. The three 'medallists' from the Intermediate competition in Hull were all entered, and between them not only thwarted last year's runner-up Nigel Bevan from taking the title, but also kept the 'oohs' and 'aahs' to themselves. Steve Backley paved the way with a 69.70m opener, Justin Rubio threatened with 67.70, to which Backley responded with 69.74 in the third round to tie things up.

1, S. Backley (Kt) 69.74; 2, J. Rubio (Dor) 67.70; 3, N. Bevan (Suf) 63.26; 4, P. Bushnell (Ex) 59.68; 5, C. Raymond (Gloucs) 56.08; 6, K. Rehill (Kt) 56.02; 7, A. Karpal (Sy) 54.68; 8, P. Smith (Sy) 54.22.

4 x 100. Bringing the track events to a very fitting conclusion, Paul Creeden pulled back a metre deficit on anchor to bring the Hampshire hosts home more comfortably than the times suggest. Middlesex in fact finished second but were disqualified (as were London in the heats), whilst the traditionally powerful West Midlands squad failed to finish.

1, Hants 42.6; 2, Devon 42.6; 3, Bucks 43.7 (43.6 ht); 4, Essex 44.6; 5, N. Yorks 45.0; 6, Staffs 45.0; Middlesex disq (42.7 ht); W. Midlands dnf (43.0 ht).



Drawn next to each other in the 100m final, Raymond Burke (78), Karl Ferguson (49) and Ian Kenton easily filled the first three places in 10.8, 10.9 and 10.9 respectively. Photo: Eileen Langsley

run splits of 57.2 and 55.4, which was more than enough for the others.

1, P. Burgess (Gt. M) 1:52.6; 2, B. Brackstone (Hants) 1:53.8; 3, M. Barker (Leics) 1:54.1; 4, J. Walbyoff (Wks) 1:55.1; 5, D. Swanborough (Ex) 1:55.1; 6, T. Savage (Sx) 1:55.8; 7, I. Gillespie (Av) 1:57.2. In hts: S. Mayne (Staffs) 1:55.1; M. Alford (Wilts) 1:56.8; M. Chilvers (N. Yk) 1:58.0.

1500. This race provided particular pleasure, not only because winner Martin Forder is our Editorial Assistant, but also because he *thought* his way to victory. Having been worried about Jason Lobo most of the summer — and particularly since Jason convincingly won the AAA Youth 3000m title — Martin followed the example of Johan Boakes and kicked to victory from the front. A 2:09 800m split did, to some extent, play into his hands — though Steve Duffy and Gavin Burren both *fell* victims of the inevitable crowding — but nonetheless it was Lobo leading and dictating events, right through to the kilometre. Approaching the bell (2:57-ish) Forder moved to the front, and, embarking on a long run for home, picked up the pace. Whether it surprised the leader or not is subject to supposition, but in half a lap he was 5m adrift; Forder now looking round to boot! Within the next 100 it became obvious that the gap wouldn't close, and with a deal of resignation — possibly reacting a little to the fact that the final included a 'full house' of Kent lads — Lobo throttled back in second. For the winner, his time was within a second of Lobo's own UK age-15 best of 3:54.92 — although he also ran 3:55.0 on July 2nd — which makes them both faster than certain *other gentlemen* were at that age.

1, M. Forder (Kt) 3:55.7; 2, J. Lobo (Lancs) 3:57.3; 3, R. Leonard (Kt) 3:58.1; 4, M. Proudlove (Ches) 3:58.3; 5, K. Holmes (Sx) 4:00.5; 6, J. Kendall (Hants) 4:01.2; 7, G. Burren (Kt) 4:02.6 (4:01.6 ht); 8, B. Mabon (Gt. M) 4:03.6 (4:03.2 ht); 9, I. Grime (Gt. M) 4:04.9 (4:01.1 ht); S. Duffy (Mer) dnf (4:00.7 ht). In hts: C. Pullin (W. Yk) 4:00.9; I. Muxlowe (Notts) 4:03.8; C. Ryan (Mer) 4:04.5; C. Lawlor (WM) 4:05.3; A. Richardson (Lincs) 4:06.0.

3000. The racing began in earnest only two laps from home, when an injection of pace by Jonathan Dennis (ninth last year) took himself and Chris McCartney (fourth) 40m clear of the chasing pack within half a lap. That lead had stretched to 70m by the bell and Dennis simply kept the momentum going to finally break his game opponent.

1, J. Dennis (Hants) 8:28.0; 2, C. McCartney (WM) 8:32.8; 3, V. Harry (H&W) 8:39.2; 4, G. Day (W. Yk) 8:40.9; 5, M. Fysh (S. Yk) 8:41.5; 6, J. Brown (S. Yk) 8:41.6; 7, D. Middleton (Staffs) 8:41.7; 8, M. Campbell (Hants) 8:42.9; 9, E. Hall (N'hants) 8:48.6; 10, S. Brooks (W. Yk) 8:50.7 (8:49.9 ht).

1500SC. Disqualification — because he hadn't officially entered — after winning the Midland Youth title the previous weekend in 4:16.77, only served to make Spencer Duval more determined than ever to better his second place of 1985, and the red-hot favourite duly obliged with a CBP of 4:15.0. Never seriously threatened, he started to pull away round about halfway, and thereafter kept a watchful eye on his followers, responding whenever danger seemed imminent. Ken Stirrat also ran well to better 4:20 in second, though may not have held that place had Lee Dunn not stumbled badly when within 250m of home.

1, S. Duval (Staffs) 4:15.0 **(CBP);** 2, K. Stirrat (W. Yk) 4:19.4; 3, P. Marsh (Norf) 4:20.3; 4, L. Dunn (Gt. M)

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4:23.3; 5, L. Chambers (Kt) 4:24.1; 6, P. Northrop (Mx) 4:24.3; 7, M. Cole (Sx) 4:28.8; 8, G. Alford (Som) 4:30.8 (4:28.2 ht); 9, M. Andrews (Cle) 4:35.3 (4:28.3 ht). In hts: G. Scott (Ex) 4:27.5; P. Gateley (Gt. M) 4:30.1; R. Mason (Wks) 4:33.1; J. Godfrey (H&W) 4:34.2.

100 Hurdles. What was akin to a 'Demolitioin Derby' left 1985 runner-up James Wright perhaps flatteringly clear in a competition that looked very open after the heats. In virtually windless conditions he came home 0.4 to the good after Midland Youth champion David Humphreys had looked a serious threat until faltering badly in the closing stages. Victim of 'first two' qualifying rounds, Darren Ely ran 13.9 for third place to miss out, which was quicker than the other three heat winners!

1, J. Wright (N. Yk) 13.2; 2, D. Humphreys (WM) 13.6; 3, V. Parry (Som) 13.6; 4, A. Gill (Hum) 13.6; 5, L. Ajayi (Som) 13.7; 6, D. Colford (Wilts) 13.7; 7, D. Spence (Staffs) 14.0; 8, P. Gannon (Gt. M) 14.6 (14.1 ht). In hts: D. Ely (Staffs) 13.9; M. Cowell (Cle) 14.3.

400 Hurdles. Although he ran 53.9 in the West Yorkshire School Champs to place fourth on the UK Youths all-time list and an even better 53.7 in the heats here to equal the CBP, Robert Brown is still in his first season at this event, and showed his inexperience by almost **not** winning the final. Drawn in lane eight, he appeared to lack confidence in his own ability and pace judgement, and found Chris Irvine in lane two a serious threat in the home straight. Edging ahead towards the last flight, Brown's task was made easier as Irvine clattered it badly, maybe losing his chance of surprise victory.

1, R. Brown (W. Yk) 54.3 (53.7 ht, **eq. CBP**); 2, C. Irvine (N'land) 54.9; 3, P. Wagstaff (WM) 55.7; 4, R. Taylor (Sy) 55.9; 5, G. MacPherson (Dor) 56.7; 6, J. Sargent (WM) 56.9; 7, D. Torr (Dur) 57.3 (56.6 ht); 8, R. Berogna (Hants) 57.3 (56.3 ht). In hts: R. Atkinson (Lincs) 57.4; N. Cullum (Som) 57.6; S. Fairclough (Gt. M) & N. Bourne (Gloucs) 57.9.

High Jump. In a contest that lasted all of Friday afternoon, Hopeton Lindo retained his title; a first time clearance at 2.02m being the only 2m-plus jump of the competition. Of his three attempts at 2.05, the third was very close indeed.

1, H. Lindo (Sy) 2.02; 2, L. Whittington (Ox) 1.99; 3, I. Gidley (Beds) 1.99; 4, S. Wood (Hum) 19.6; 5, M. Huggins (Sy) 1.96; 6, T. Blakeway (WM) 1.93; 7, E. Gittins (Hants) 1.88; 8, M. King (Suf) 1.88; 9, C. Knowles (Wks) 1.88; 10, G. Carpenter (Ex) 1.88.

Pole Vault. Although won at a lower height than in the last three years, this competition still took 4¼ hours to complete, with Adrian Bailey emerging as victor over Daniel Chalkley well after 6 pm on Friday evening. A first time failure at 4.05 by Chalkley was the only difference in their records, both athletes clearing the winning height first time before failing 4.25.

1, A. Bailey (WM) 4.15; 2, D. Chalkley (W. Yk) 4.15; 3, R. Bond (Dev) 3.95; 4, G. Slowly (Ox) 3.85; 5, D. Robinson (WM) 3.85; 6, R. Leonard (N'land) 3.75; 7, A. Gallagher (Gt. M) 3.75; 8, G. Olliver (Sx) 3.60; 9eq, L. Bathbone (Herts) & N. Saddler (Salop) 3.60; 11, S. Lawrence (Herts) 3.60; 12eq, M. Lambert (Staffs) & J. Richards (Sx) 3.45; 14, D. Snell (Dev) 3.45; 15, P. Nichol (Mx) 3.45.

Long Jump. A very keenly fought contest this, with only 27cm covering the first seven and giving athletes in the Competitors' Stand much to appreciate in the still of Saturday afternoon. Marcus Browning couldn't match his 6.85 leading qualifier come the final and found 6.62 good enough for only sixth, as 1985 Junior champion Kevin Liddington stretched out to 6.85m in the fifth round to overcome Mark Beste's 6.74 opener. Lincolnshire's Ian Simpson qualified with 6.66 but had three no jumps in the final.

1, K. Liddington (N'hants) 6.85; 2, M. Beste (Mx) 6.74; 3, N. Wood (Staffs) 6.67; 4, S. Hooper (Lancs) 6.66; 5, M. Atkinson (W. Yk) 6.63; 6, M. Browning 6.62 (6.85 qual); 7, R. Haynes (Ches) 6.58 (6.65 qual); 8, G. Kelly (WM) 6.42. In qual: I. Simpson (Lincs) 6.66; J. Isle (Hum) 6.43w (6.33); A. Farmer (Staffs) 6.41w (6.29).

Triple Jump. Woodford Green's Junior Campbell, the 1984 Junior champion, won as expected — by 67cm — though even then his leap of 14.88m was around two feet short of his best mark. Of the others, only Wayne Griffith, with a wind-aided 14.21, broke the sand beyond 14m.

1, J. Campbell (W. Gn) 14.88; 2, W. Griffith (Herts) 14.21w; 3, P. Farmer (Ex) 13.87; 4, S. Gordon (Lon) 13.82w; 5, J. Lee (Norf) 13.81; 6, T. Payne (Lancs) 13.70; 7, M. Lawrence (W. Yk) 13.65; 8, U. Chukukere (Sx) 13.64; 9, P. Angus (Berks) 13.60; 10, M. Rossiter (Dev) 13.56; 11, P. Teape (Mx) 13.42.

Shot. Anywhere near his best form of 17.60m and Matthew Simson would have been unbeatable, and leaving (or heaving (?)) nothing to chance his three measured puts read 16.15, 17.45 and 17.39, with Chris Bailey over two metres adrift in second.

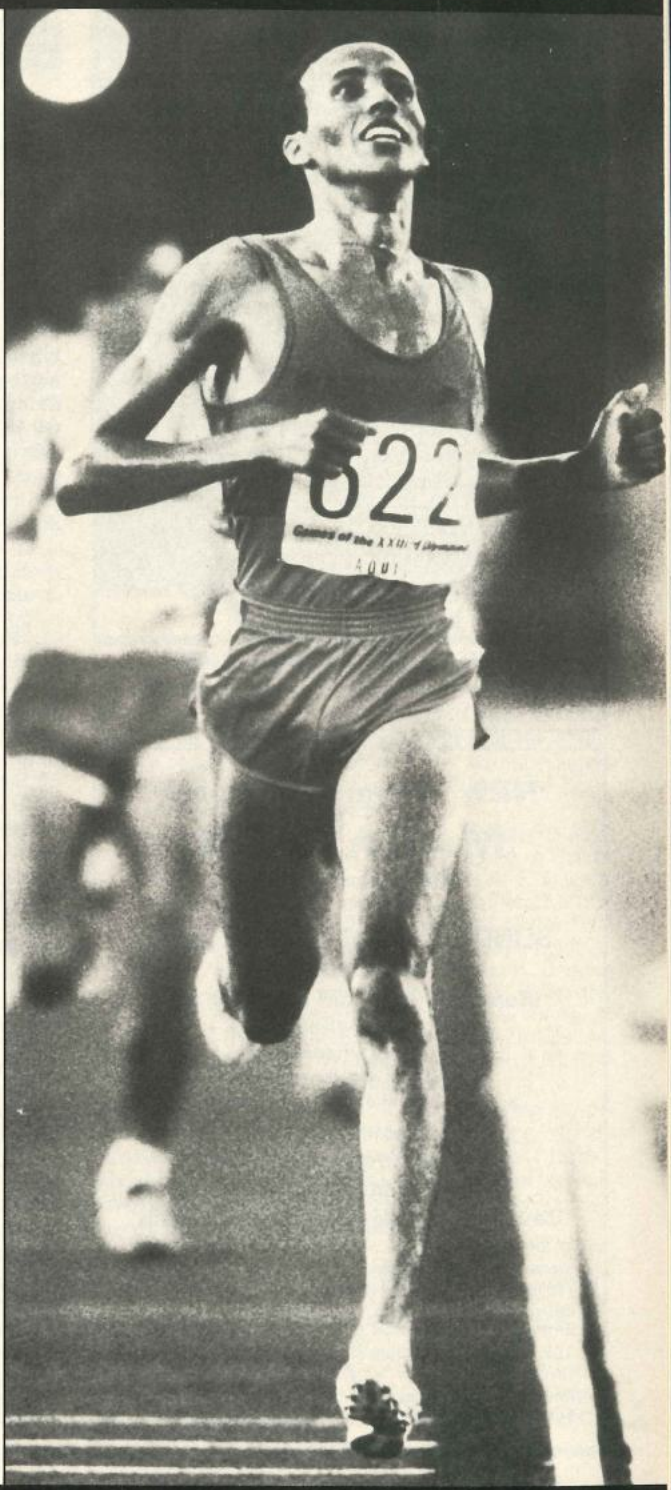
1, M. Simpson (Ex) 17.45; 2, C. Bailey (Mer) 15.34; 3, N. Spratley (Berks) 15.05; 4, L. Coolican (W. Yk) 14.92; 5, S. Brown (H&W) 14.66; 6, R. Briffitt (Herts) 14.49.

Discus. Neal Brunning has progressed splendidly this year, and at the bottom of the age-group (he was second in Hull as a Junior to Chris Symonds) fell just 34cm short of Ashley Ward's six-year-old CBP of 51.54. After two fouls, Neal made sure of three more throws with a 46.08; and then got to grips with the situation and crashed out 51.20, 49.66 and 50.42. In a close contest for second, Jason Bridges threw 46.68, 44.00, 46.56 and 46.80 in rounds two to five,

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Entry Fee — £2.50.

but just couldn't quite reach John Carty's opening effort of 46.82.

1, N. Brunning (Lon) 51.20; 2, J. Carty (WM) 46.82; 3, J. Bridges (WM) 46.80; 4, S. Hallam (N'hants) 45.68; 5, C. Symonds (Ox) 43.24; 6, D. Segust (Herts) 42.94; 7, J. Tranter (Dev) 42.72; 8, J. Overall (Lon) 41.20.

Hammer. The first three Juniors from Hull led the way here, and the promised monumental duel, between the WLHS pair Peter Vivian — after his third ESAA title — and Jason Byrne, was every bit as good as anticipated. Jason took the lead in round two with 64.64, but that was just the spur Peter needed, and his immediate answer of 66.00 turned out to be the winner. Their complete series were: Vivian (throwing before Byrne) — 63.32, 62.88, 66.00, 62.56, 61.46, 62.94; Byrne — 57.02, 64.64, 63.82, 64.68, 64.44, 63.12. At their current rate of progress, both lads could challenge Andrew Tolputt's CBP of 73.58m next year. Potential 'bronze medallist' Jason Lea (58.80 this year), fouled out in the qualifying competition.

1, P. Vivian (Lon) 66.00; 2, J. Byrne (Berks) 64.68; 3, P. Binley (N'hants) 59.98; 4, G. Cook (Sy) 54.54 (55.08 qual); 5, T. Hobbs (Bucks) 54.40; 6, M. Spicer (Av) 54.08; 7, R. Hartley (Lancs) 52.70; 8, N. Davidson (Herts) 51.88; 9, G. Morgan (Cle) 50.84; 10, J. Nevis (Hum) 49.96; 11, P. Sumner (Gt. M) 48.56; 12, A. Paffett (Kt) 46.16 (48.38 qual).

Javelin. From the *Vectis* side of Hampshire and Vectis, Jeremy Abadom emerged the winner of a competition which saw five athletes between 59.50 and 56.66m — all a long way adrift of Colin MacKenzie's 1979 CBP of 70.30m. Out of the frame at the start of round five, Abadom unleashed his winner to push third round leader Rohan Goonewardena back to fourth place; Mark Lawrence and Myles Cotterell — 1985 Junior champion — having moved ahead of him in the previous series. Along with Goonewardena in the last eight were his Holbeach clubmates Jason Brackenbury and Heath White; quite an achievement for a small club.

1, J. Abadom (Hants) 59.50; 2, M. Lawrence (W. Yk) 58.84; 3, M. Cotterell (Hants) 58.22; 4, R. Goonewardena (Lincs) 57.58; 5, S. Baldwin (Cambs) 56.66; 6, D. Jones (Gt. M) 53.52; 7, J. Brackenbury (Lincs) 52.70; 8, H. White (Lincs) 52.52.

4 x 100. Running a time which would not have been a disgrace in the Senior race, the Surrey quartet of Raymond Burke, David Baylis, Scott Fuller and David McKenzie were not as far ahead of the West Midlands as the time suggests. Both teams ran 43.6 in the heats, in which there were five disqualifications, including the London team that with Ferguson and Fugallo to call upon had obvious 'medal' potential.

1, Surrey 43.3; 2, W. Midlands 43.8 (43.6 ht); 3, Sussex 43.8; 4, Middlesex 43.9; 5, Cheshire 44.1; 6, Somerset 45.1; 7, Lincs 45.6 (45.3 ht); 8, Cumbria 46.5 (44.7 ht). In hts: Hants & Devon 45.5; Warwicks & Berks 45.7; Suffolk & Staffs 45.9; Wilts 46.0.

JUNIOR BOYS

100. Fastest in the heats (11.5) and a semi-final winner in 11.6, Jason John — another of Tony Hadley's Birchfield squad — led from start to finish, including over the first 30m of the false start . . . one of very few throughout the two days of competition. The following wind was 1.57m/s.

1, J. John (WM) 11.4; 2, C. Chidi-Ofong (Wks) 11.5; 3, N. Hall (S. Yk) 11.6; 4, J. Urron (N'land) 11.6; 5, D. Garwell (Kt) 11.7; 6, A. Buckley (Staffs) 11.8; 7, B. Hinds (Mx) 11.8 (11.6 sf). In qual: S. Ball (Lincs) 11.7; K. Maguire (Ches) & A. Smith (H&W) 11.9.

200. A. wry grin couldn't hide the absolute delight in Michael Williams' sparkling eyes seconds after he'd won a thrilling 'furlong' from the much fancied Midland Boys champion Tony Cairns. In equalling the CBP of 22.7 in his heat, Williams — the double Welsh Boys sprint champion — had towed Duncan Game to 22.8, and into a wind of 1.06m/s Cairns set the scene for the final with a 22.9 semi. Those marks, though, were just setting the prelude to the main event, in which the finishing order had effectively been decided after only 30m. The times, even with a following wind of 1.51m/s, were staggering — Williams 22.2, Cairns 22.3 and Games 22.4; especially as the listed AAA Boys record stands at 22.30 to Jamie Nixon.

1, M. Williams (Hants) 22.2 **(CBP);** 2, A. Cairns (Staffs) 22.3; 3, D. Game (Av) 22.5; 4, A. Mensah (Mx) 23.4; 5, A. Evans (Cle) 23.7; 6, M. Smith (Ex) 23.9 (23.8 ht); 7, C. Mynott (Herts) 24.1; 8, R. Howard (Lon) 25.1 (23.9 ht). In qual: M. McGlone (Mx) & L. Kingsbury (Dor) 24.1; C. Conway (Av) & R. Pearson (Gloucs) 24.2; B. O'Sullivan (Mx) 24.3; L. Barker (Dur) 24.4.

400. After Tim Mather had made a do or die bid for glory over 200m, maintained a lead into the home straight and then 'hit the wall', form took over; with Richard Holt and John Forrest coming through strongly to be given equal times of 52.2.

1, R. Holt (Sy) 52.2; 2, J. Forrest (Kt) 52.2; 3, J. Gibson (Dev) 53.3 (53.1 ht); 4, T. Mather (Sx) 53.5 (52.8 ht); 5, M. Sergeant (Wks) 53.9; 6, M. Harrison (Sy) 54.0 (53.6 ht); 7, S. Le Poidevin (Kt) 54.6 (54.0 ht); 8, C. Gibson (Cle) 55.1 (54.4 ht).

800. Showing scant respect for his training partner Paul Burgess' CBP, Craig Winrow followed Piers Counsell and Delroy Smith through 400m in 57.1 as the three of them pulled steadily clear of David Bond. Finding Counsell a tough nut to crack, Winrow didn't hit the front until the final bend, with Smith also closing a 3m gap to take second in the closing stages. Craig's win set up a fine double for Wigan coach Chris Butler, who also looks after 1984 AAA Youth, and 1986 Lancashire Junior champion Paul Causey.

1, C. Winrow (Lancs) 1:56.1 **(CBP);** 2, D. Smith (Beds) 1:57.1; 3, P. Counsell (Dor) 1:58.1; 4, D. Bond (Sy) 1:59.2; 5, M. Sesay (W. Yk) 2:02.1; 6, R. Noone (Ex) 2:02.9; 7, A. Rosen (Mx) 2:06.8 (2:02.7 ht).

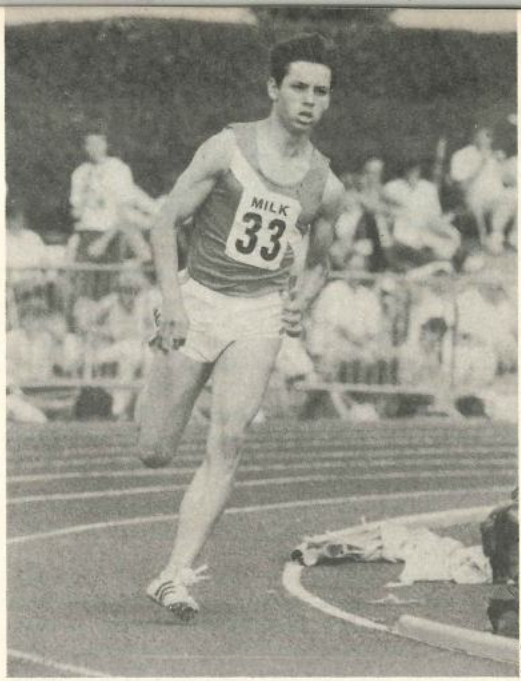


Photo: Eileen Langsley

MICHAEL WILLIAMS

1500. Nothing decisive happened in the first three laps, though my notes do show that Mike Threadgill looked the most likely winner going through the bell. Making his move at 200m, he led a breakaway group of five round the final bend and was strong enough to stave off the challenge of long-legged Midland Boys 800 champion Peter Broadley.

1, M. Threadgill (Cle) 4:07.7; 2, P. Broadley (Notts) 4:08.2; 3, A. White (Dur) 4:09.1; 4, J. Leece (Hants) 4:09.7; 5, G. Cunningham (Gt. M) 4:11.1; 6, I. Irwin (Gt. M) 4:12.0; 7, N. Green (Sy) 4:12.5 (4:12.3 ht); 8, B. Webb (Sx) 4:14.0; 9, T. Bedford (Ex) 4:15.1 (4:13.9 ht); 10, P. Hull (Sy) 4:16.0 (4:12.9 ht); 11, P. Delaney (Mer) 4:17.0 (4:14.3 ht). In hts: P. Darkins (W. Yk) 4:12.8; L. Crainie (N'hants) 4:15.5; E. Dandel-Njie (Kt) 4:16.6; J. Steel (Mx), J. Gascoyne (Herts) & S. Crainie (N'hants) 4:16.8; J. Dunne (Mer) 4:17.4; A. Wilson (WM) 4:18.1; M. Yelling (Sx) 4:18.9; R. Hadley (Av) 4:19.7; C. Rees (N'land) 4:20.3.

80m Hurdles. Perhaps the 2.18m/s following wind was the reason, but of the three leaders at half distance, Mark Purser fell (and would rather forget about his time) and Wing Yik made a mess of the last two flights, leaving Richard Fisher, who in truth was never headed, relatively unchallenged.

1, R. Fisher (WM) 11.4w; 2, W. Yik (Mx) 11.5; 3, D. Bainbridge (Ex) 11.6; 4, J. Massie (Herts) 11.9 (11.8w ht); 5, C. Harris (Staffs) 12.0; 6, B. Ajayi (Som) 12.4 (12.1 ht); 7, M. Birchall (Mer) 13.2 (12.1 ht); 8, M. Purser (Sy) 20.7 (11.7 ht).

High Jump. A first time clearance at 1.81m took Chris Trimby into the lead for the first time, which he consolidated when — as the only jumper left in

Team: ***Gp. A*** — 1, W. Midlands 57; 2, Middlesex 38; 3, Merseyside 31. ***Gp. B*** — 1, Berks 26; 2, Staffs 25; 3, Herts 19. ***Gp. C*** — 1, Dorset 21; 2, Warwicks 18; 3, Cleveland 13.

— he cleared 1.85 second go.

1, C. Trimby (Berks) 1.85; 2, M. Cooke (Dor) 1.78; 3, B. Bewley (Hum) 1.75 (1.78 qual); 4, T. Hallchurch (Staffs) 1.75; 5, A. Piper (Av) 1.75. In qual: G. Oakley (Herts) 1.78; J. Dennison (Wks), M. Smith (Dur), D. Egbokhan (Notts) & A. Morrod (Gt. M) 1.75.

Pole Vault. Although slightly below his best, Mark Brunskill performed well enough to take the title; a clear run from 3.05 through 3.45 putting him ahead of Gerald McDonnell on countback. Both lads tried and failed at 3.55m.

1, M. Brunskill (Mer) 3.45; 2, G. McDonnell (WM) 3.45; 3, L. Deakin (W. Yk) 3.15; 4, R. Feller (Dor) 3.05; 5, M. Hodkinson (Notts) 3.05.

Long Jump. Midland Boys winner with 6.23m (probably 'windy') the previous weekend and fifth in Hull last year, Matthew Kendall was tipped to win. However, he found Ryan Stead too good on the day, the Durham lad reaching 6.14 in the fifth round to which Matthew could only respond with his closing 6.09. A wind gauge was available for neither the qualifying rounds nor the final.

1, R. Stead (Dur) 6.14; 2, M. Kendall (Staffs) 6.09; 3, C. Beecham (Ex) 5.99; 4, T. Hinds (Der) 5.75; 5, R. Janjuma (Berks) 5.70. In qual: G. Blankson (Kt) & A. Harvey 5.78; J. Porteous (Notts) 5.70.

Triple Jump. A rare place in the first three for the Channel Islands, but Mark Gregory was not to be denied: his 13.27m winner capably supported with back-ups of 13.10 and 12.92.

1, M. Gregory (WM) 13.27; 2, C. Elliott (CI) 12.86; 3, J. Paul (Lon) 12.84 (12.98 qual); 4, S. Phillips (Wks) 12.81; 5, M. Poku (WM) 12.64; 6, C. Cotter (Dev) 12.25w (12.18, 12.35w qual); 7, J. Quarry (Kt) 12.25 (12.12); 8, A. Martin (Notts) 12.19. In qual: P. Clarke (S. Yk) 12.41w (12.34); M. Groom (Norf) 12.19.

Shot. Left-handed Barry Nash's last two puts — 15.05 and 15.00 — were the only two of the competition to reach 15m, but until that point he was back in fourth place, as the contest was led by Gerard Clarke (fourth round 14.88) and 15.26m thrower Justin South (fifth round, but before Nash, 14.54). To these athletes Chris Ellis's 1980 CBP of 18.18m must seem, as indeed it is, yards away.

1, B. Nash (Bucks) 15.05; 2, G. Clarke (Mer) 14.88; 3, J. South (Berks) 14.54; 4, D. Hussey (W. Yk) 14.30; 5, N. Evison (Lincs) 14.03; 6, A. Henry (Lon) 13.92; 7, T. Rees (Dev) 13.65; 8, D. Bow (Hants) 13.44; 9, J. Mulcahy (Lon) 13.42; 10, R. James (Dor) 12.92.

Discus. Spencer English, fourth last year, discovered that the ESAA Championships are no place to be below your best; and as he fell far short of his 50m potential he saw Stuart Grant put together a far more solid series — 42.12, 42.02, 42.68, 40.40, 42.04, 40.92 — to take the title by 2cm. Indeed, until his fifth round 42.66, English was back in seventh place.

1, S. Grant (Berks) 42.68; 2, S. English (Herts) 42.66; 3, D. Willett (Cambs) 41.50; 4, D. Meheux (Kt) 41.44; 5, A. Davies (H&W) 40.08; 6, M. Bernard (Suf) 39.74; 7, K. Bentley (Ex) 38.40; 8, G. Majed (Sy) 38.34. In qual: C. McLeod (Hum) 38.82; W. Jennings (Lancs) 38.16; A. Thomas (Bucks) 37.62; D. Sullivan (Dor) 37.06.

Hammer. Starting Saturday where Messrs. Vivian and Byrne left off on Friday, Adrian Johnson collected (yet) another title for the West London Hammer School in a competition he was never in danger of losing . . . his three valid throws measuring 55.40, 55.80 and 57.46 — just over 2m down on his 59.58 pb. The work Alan Bertram does at West London cannot be praised too highly, and after an enlightening evening in their company on Friday I shall follow the fortunes of the group, Mr. Bertram and the ever reliable Mr. Morangie with renewed interest!

1, A. Johnson (Lon) 57.46; 2, J. Shilvock (WM) 44.68; 3, A. Williams (Mer) 44.44; 4, J. Roberts (Mx) 43.38; 5, S. Johnson (Lon) 42.96; 6, M. Miller (Herts) 42.58; 7, D. Lawrence (WM) 42.52; 8, S. Bowman (Norf) 42.00.

Javelin. Paul Smith backed up his winning throw of 54.12m with a solid rather than spectacular series including three more over 50m, but there wasn't really much in it between him and Sebastian Pampanini, who also had three over that particular barrier.

1, P. Smith (Hum) 54.12; 2, S. Pampanini (Mx) 53.62; 3, G. Harrison (Lon) 52.18; 4, S. Hosker (WM) 51.06; 5, D. Jewell (Dev) 50.84; 6, J. Hinton (WM) 49.08; 7, M. Blair (WM) 48.20.

4 × 100. Not a race to stir the soul; Middlesex came home 0.3 slower than in their heat win, with potential rivals West Midlands disqualified and second fastest qualifiers Essex suffering back in fifth place.

1, Middlesex 45.9 (45.6 ht); 2, Northumberland 46.3; 3, Avon 46.3 (46.2 ht); 4, Merseyside 46.3; 5, Essex 46.5 (46.0 ht); 6, S .Yorks 47.1 (46.9 ht); 7, Warwicks 47.7 (47.5 ht); W. Midland disq (46.1 ht). In hts: Leics 47.4; Surrey 47.5; Herts, Hereford & Worcs & Devon 47.6; Staffs & Notts 48.0; Cheshire & Durham 48.1; Hants 48.3; Somerset 48.6; Berks 48.7; Suffolk 48.8; Beds 49.0; N. Yorks 49.2.

3rd Annual ROSSENDALE SPORTS CLUB
GALA DAY
HALF MARATHON & FUN RUN
SUNDAY, 10th AUGUST, 11.00 a.m.
(A.A.A.'s Rules)

Prizes subject to entry. Medals for all entrants. Trophies etc. for winners of male, female & vets.
Start/finish: Marl Pits, Newchurch Rd., Rossendale.
Fee £1.50. **Entries to:** J. Graham, 332 Bury Rd., Rossendale, Lancs. S.A.E. please.
FUN FOR ALL THE FAMILY AT GALA

SENIOR GIRLS

100. After placing seventh and third as an Intermediate in 1984 and 1985, Christine Chambers came of age at Portsmouth to win a tightly fought contest with Janet Levermore and Christine Bloomfield, all three girls — with a 1.93m/s wind at their backs — clocked at 12.1. You were given the feeling, though, that all three would have struggled to place in the frame in the Intermediate race.

1, C. Chambers (Der) 12.1; 2, J. Levermore (WM) 12.1; 3, C. Bloomfield (Lon) 12.1; 4, P. Dyson (Gt. M) 12.2; 5, S. Douglas (Gt. M) 12.3; 6, L. Harvey (Av) 12.3; 7, M. O'Brien (Lon) 12.3. In hts: L. Harvey (Av), S. Frisby (Wks) & L. Ellis (Mer) 12.4.

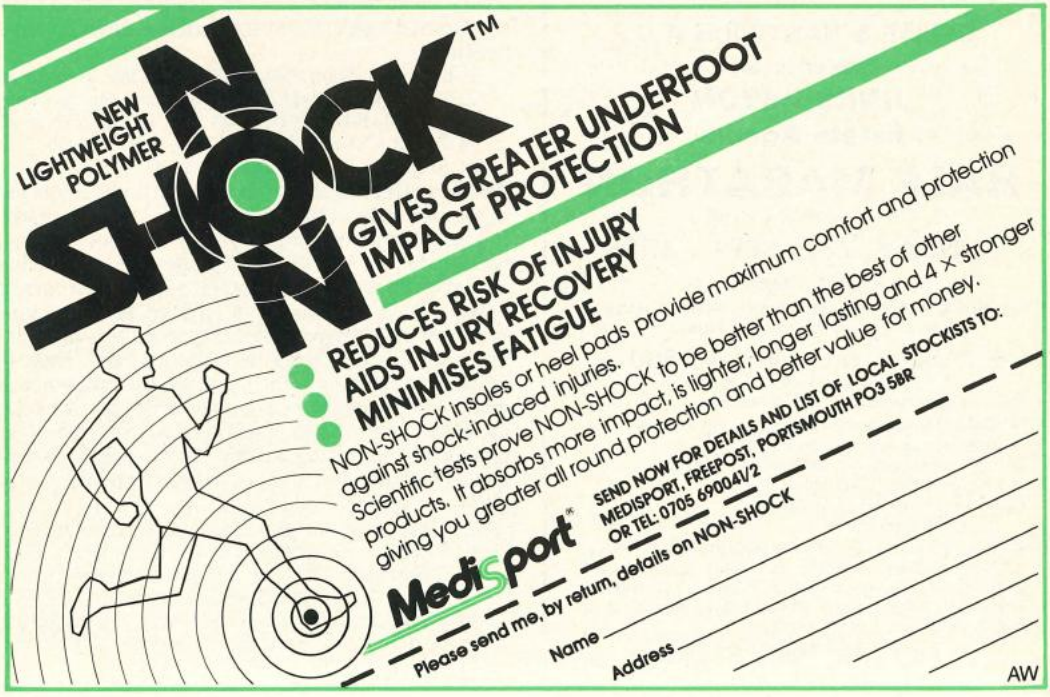
200. Through two rounds of qualifying Hayley Clements looked superb, and with the near-perfect draw of lane seven for her long legs in the final, she demonstrated to the full just why she is number one in the British Junior team. A couple of years back I suggested her build might be better suited to one lap running, but in the interim she has matured into a powerful young lady and looks to have a grand future at the furlong for the time being. It was her third — and last — ESAA title; having won as a Junior in 1983 and as an Intermediate last year. The wind measured 0.60m/s against.

1, H. Clements (Kt) 24.1; 2, J. Smith (Sy) 24.6; 3, R. Kirby (Norf) 25.0; 4, M. Hammond (Wks) 25.1; 5, S. Plummer (Gt. M) 25.4; 6, C. Akpan (Ches) 25.7 (25.5 ht).

400. Although Jennifer Howell won the Intermediate 400m title in 1984, she has been greatly overshadowed since by her Notts AC clubmate, Loreen Hall. A win in the Midland Championships at the end of June, though, suggested that she was ready to emerge, and Loreen's absence from Portsmouth seemed the perfect fillip for Jennifer — who, incidentally, is just five days younger. After the heats, which were wholly uninspiring with regards to the future of the event in the UK, she was odds-on favourite for the title, and from the inside track duly obliged with a very controlled CBP of 54.4.

1, J. Howell (Notts) 54.4 **(CBP);** 2, J. Hurley (WM) 55.9; 3, C. Kidd (Ches) 56.2; 4, H. Urquhart (Der) 56.4; 5, R. Cassidy (Dur) 56.8; 6, D. Smith (WM) 57.4; 7, J. Williams (Gt. M) 57.7; 8, A. Thomas (Lancs) 58.8 (57.5 ht). In hts: K. Firth (Sy) 58.2.

800. Bridget Smyth's philosophy at this level is delightfully simple: 'If I run somewhere near my fastest — which is better than yours — then I should win'! Lynne Robinson had been "advised" not to run in view of the imminent World Junior Championships (she had 800m heats on Wednesday), which removed any potential danger, and by dictating things from the front Bridget had no trouble defending her title. After following the leader at close order for most of the race, Lynn Gibson and Paula Fryer both conceded to Michelle Faherty's flourish in the home straight, but once Bridget had laid down her game plan, there was only ever one winner.



1, B. Smyth (Sx) 2:06.4; 2, M. Faherty (W. Yk) 2:07.4; 3, L. Gibson (Ox) 2:07.8; 4, P. Fryer (W. Yk) 2:08.0; 5, H. Saunders (Gt. M) 2:08.9; 6, H. Nicholson (Notts) 2:11.1 (2:09.9 ht); 7, A. Dwyer (Gt. M) 2:14.0 (2:11.0 ht); 8, C. Webb (Sy) 2:16.8 (2:11.1 ht). In hts: N. Waine (WM) 2:11.2; C. Darke (Dev) 2:12.3; M. Bloss (Ex) 2:12.9; S. Burtonwood (Kt) 2:14.0; G. Clare (W. Yk) 2:14.3; M. Griffiths (H&W) 2:15.6.

1500. Of the entries in the programme, Wendy Wright would have been a clear favourite here, but she, like Lynne Robinson and for the same reason, was also an absentee, and the race subsequently produced very little commitment. Clare Lavers, Samantha Baines, Sian Pilling and Janet Cooper filed round from 400m onwards, leaving the rest one by one, and there was still all to go for going into the final bend. To the delight of the minorities, Miss Pilling, now at Millfield but from the Isle of Man, produced the best of the finishes, and from 100m out gradually eased away to start what was to be a grand finale for the island. Back in ninth place, defending champion Melanie Kell completed her **15th** English Schools Championships (track and cross country), to go one ahead of Tim Berrett's total. A record?

1, S. Pilling (Som) 4:29.9; 2, J. Cooper (Dur) 4:30.7; 3, C. Lavers (Norf) 4:31.4; 4, K. Scobie (W. Yk) 4:32.0; 5, S. Baines (Sy) 4:32.1; 6, L. Reilly (N'land) 4:33.9 (4:32.7 ht); 7, S. Riley (Der) 4:36.7; 8, S. Jordan (Beds) 4:36.7 (4:36.3 ht); 9, M. Kell (Cle) 4:37.5 (4:36.1 ht); 10, L. Cox (H&W) 4:38.6 (4:34.7 ht). In hts: J. Smith (Notts) 4:38.1; K .Sage (Av) 4:39.8.

CREWE & NANTWICH A.C.
Presents 3rd
JINKS ASTON
Estate Agents

HALF MARATHON
(AAA & WCCA Rules)

SUNDAY, 28th SEPT., 1986
at 11 a.m.

★ **Start & finish from Shavington Sports Centre**
(Midway between Crewe & Nantwich)

★ **Prizes to the value of £600** ★
(Usual categories)

Commemorative award to all finishers.

★ New accurately measured two lap course.
★ Feed stations & mile markers.
★ Full changing/toilet facilities & parking.
★ Licensed Bar & Barbecue.

Fees: £2.50 affiliated athletes.
£3.00 all others.

Entries to: D. Pointon, 5 Wordsworth Drive, Crewe, CW1 1JN. Cheques/P.O.'s only, payable to Crewe & Nantwich A.C. (Enclose S.A.E. 9" × 4" with entries). Entries on AAA's or an official entry form (Enclose S.A.E. with entry form request).

Entries close: Thurs. 18th Sept.



100 Hurdles. The star performer at the meeting, there was never any doubt that Lesley-Ann Skeete, in her last year at Millfield, **would** — if she stayed on her feet — retain her title and **could** claim the CBP as her own. She obliged on both accounts with a very sound performance, knocking one-fifth of a second from the old, shared standard aided by a 0.98m/s tailwind.

1, L. Skeete (Som) 13.5 **(CBP);** 2, D. Ible (Bed) 14.3; 3, S. Douglas (Bucks) 14.4; 4, R. Jones-Morris (Som) 14.6; 5, M. Edwards (Lon) 14.7; 6, K. Gibbs (N'land) 14.7; 7, A. Chambers (N'land) 14.8; 8, R. Wiltshire (Av) 14.9. In hts: E. Westlake (Kt) 15.6.

400 Hurdles. Last year in Hull Samantha Flynn fell at the last flight in her heat and failed, just, to make the final. Such was her superiority this time out, you had the distinct impression that she could have fallen a couple of times, picked herself up, brushed herself down and, as the song says, started all over again. Well, perhaps not quite, but two seconds is an enormous margin to win by in a one lap race. Handily drawn in lane two with her strongest challengers either side, flame-haired Samantha not only claimed the title, but also went under 60 seconds for the first time; even though she actually ran the final more conservatively than her heat . . . ask anybody who clocked her at 200m!

1, S. Flynn (Gt. M) 59.5; 2, S. Chaplin (Dev) 61.5; 3, H. Patterson (Gt. M) 61.6; 4, C. Brown (Hum) 63.3; 5, T. Springate (Kt) 63.3; 6, R. Knott (Som) 63.5; 7, O. Ehiogu (Lon) 64.8 (63.9 ht); 8, A. Smith (Lon) 65.2 (63.7 ht). In hts: A. Crompton (Lancs) 65.6; S. Addenbrook (Ches) 66.2; L. Quinn (N. Yk) 66.9; W. Brown (Ex) 68.0.

Sian Pilling (69) delights in her 1500m win over Durham's Janet Cooper. Photo: Eileen Langsley

High Jump. Equal fourth in the UK Championships, defending champion and having flirted (firstly as long ago as 1983) with the 1.80m barrier on several occasions, Kerry Roberts once again beat the Warwickshire (Coventry) Claire Smith into second place. Inseparable going into 1.78m, Kerry's second time clearance saw her home. The lack of depth was illustrated when third placed Tracey Tebbutt was the only other jumper to exceed 1.70m.

1, K. Roberts (Sx) 1.78; 2, C. Smith (Wks) 1.75; 3, T. Tebbutt (Lancs) 1.72; 4, K. Fletcher (WM) 1.69; 5eq, L. Jervis (Wks) & G. Howard (Der) 1.69; 7, S. Bailiff (Ches) 1.64; 8, A. Boston (Beds) 1.64.

Long Jump. If the high jump quality was shallow, what can be said of this? Winning her fourth consecutive title, Margaret Cheetham was the only athlete to exceed six metres; but 6.13 was her shortest winning mark in that time — and she started as a 14-year-old in 1983!

1, M. Cheetham (Mer) 6.13; 2, S. Rose (WM) 5.84; 3, J. Warwick (Ox) 5.77; 4, L. Lynch (Beds) 5.69w (5.49); 5, S. van Frederici (Sy) 5.62; 6, D. Pace (Cambs) 5.56w (5.52).

Shot. Sixth in both the UK and WAAA Championships, Sharon Andrews had just her first three throws measured: 12.81, 13.52 and 13.23; but that was quite adequate as Lorraine Stiby was the only other thrower to approach 13m.

1, S. Andrews (Mx) 13.52; 2, L. Stiby (Cambs) 12.90;



Photo: Eileen Langsley

SAMANTHA FLYNN

Team: ***Gp. A*** — 1, W. Midlands 55; 2, Gt. Manchester 47; 3, Merseyside 21. ***Gp. B*** — 1, Notts 17; 2, Derby 16½; 3, Sussex 16. **Gp. C** — 1, Somerset 29; 2, Warwicks 17½; 3, Beds 13.

3, S. Coyne (Gt. M) 12.31; 4, J. Gordon (WM) 12.28; 5, S. Keig (Mer) 11.99; 6, S. Heron (Notts) 11.60; 7, A. Gardner (N'hants) 11.45; 8, C. Grassie (Som) 10.50.

Discus. A very classy field assembled for this event, with WAAA runner-up, 17-year-old Jane Aucott, preparing for Athens, topping the list. She, in fact, led all the way, her four valid throws measuring 49.10, 49.82, 48.40 and 49.00, but behind her there was tremendous intrigue, with no less than 13 other throws over 44m. Angela Sellars moved into second place with her second round 45.68, and try as she did Belinda Hockley couldn't quite match that until the last round (46.40), by which time Angela had moved on steadily to 46.88. An ESAA champion since 1982, Catherine Bradley's fourth place can be attributed in part to her having spent most of last winter with her leg in plaster; but she did mention in passing that she might — just might — be back again next year.

1, J. Aucott (WM) 49.82; 2, A. Sellars (Hum) 46.88; 3, B. Hockley (Ex) 46.40; 4, C. Bradley (Berks) 44.88; 5, A. Barnes (Som) 44.02; 6, C. Edwards (S. Yk) 42.68; 7, R. Lister (Ex) 41.92; 8, R. Hardy (Leic) 40.56; 9, K. Beardsley (Notts) 38.24; 10, A. Walsh (Lon) 37.36; 11, S. Rayment (Hants) 36.24; 12, S. Coxon (Cumb) 36.20; 13, S. Glanfield (Dev) 35.26; 14, S. Williams (Suf) 34.88; 15, A. Whitney (Berks) 33.76; 16, M. Harlick (Sy) 33.62.

Javelin. Lorraine Thomas, third last year and throwing third in a field of 16, took the competition by storm with an opener of 46.54m, which had varying degrees of effect on her opponents. Intermediate winner in Hull and Junior international Angelique Pullen answered immediatley with 46.04 and Caroline White — second to Angelique last year — hit a second round 46.50, but thereafter they struggled in vain. But that was better than the defending champion and runner-up could muster: Catherine Garside reaching only 44.56m in round four, by which time Tina Fletcher had departed with three fouls.

1, L. Thomas (WM) 46.54; 2, C. White (Cumb) 46.50; 3, A. Pullen (Suf) 46.04; 4, C. Garside (S. Yk) 44.56; 5, M. Poole (Staffs) 41.08; 6, L. Pollen (Ex) 38.62; 7, T. Denton (Sy) 38.18; 8, N. Spencer (Som) 37.12; 9, J. Staley (H&W) 37.00; 10, L. O'Shaughnessy (Ex) 36.96; 11, J. Coote (N. Yk) 36.64.

4 × 100. With three finalists in the individual sprints Greater Manchester has a solid base to work from, and after running the fastest heat won comfortably in lane three.

1, Gt. Manchester 47.7; 2, Merseyside 48.1; 3, W. Midlands 48.2; 4, Kent 48.4; 5, Norfolk 48.4 (48.3 ht); 6, Warwicks 48.6; 7, Humberside 49.1 (48.7 ht); 8, Avon 51.1 (49.2 ht).

INTERMEDIATE GIRLS

100. WAAA champion from the Isle of Man Danaa Myhill and her Northern Champs conqueror Rebecca Bulpitt, who showed ahead early on, were joined in a blanket finish by Susan Earnshaw and Paulette McLean. Danaa held half a yard 20m from the line, and there really wasn't that much in it at the death — the first three all being credited with 12.1. The following breeze measured 1.47m/s.

1, D. Myhill (Mer) 12.1; 2, S. Earnshaw (S. Yk) 12.1; 3, P. McLean (WM) 12.1; 4, R. Bulpitt (Ches) 12.2; 5, K. Goodwin (Hum) 12.5; 6, R. Williams (Dur) 12.5.

200. This title also went with form to the WAAA champion: Tracey Goddard holding Southern winner Sonia Middleton reasonably easily in a wind-assisted (+2.49m) 24.7.

1, T. Goddard (Hants) 24.7w (25.2 ht & sf); 2, S. Middleton (Sy) 24.9 (25.2 ht & sf); 3, M. Devereux (Ex) 25.2 (25.4 sf); 4, J. Reynolds (Ex) 25.2 (25.1 ht); 5, A. Consterdine (Ches) 25.2 (25.3 sf); 6, H. Ashton (Suf) 25.3 (25.3 sf); 7, K. Hughes (Wks) 25.3 (25.4 sf); 8, R. Annan (Lancs) 25.5 (25.3 ht). In qual: J. Pennant (Leic) & L. Lewis (Mx) 25.5; M. Walker (Mx) & P. Cohen (Gt. M) 25.7.

400. After Joanne Abraham — basically a 100/200 runner using the event as a 'soft opinion' on the way back from injury, and perhaps showing it up for what it presently is — and Amanda Salter showed ahead at half distance, WAAA champion and 1985 ESAA runner-up Sharron Davenport drifted level round the final bend and maintained her form to move clear by the line.

1, S. Davenport (Lincs) 56.1; 2, A. Salter (Hum) 56.4; 3, J. Sowerby (Cle) 56.9; 4, L. Hearne (Dor) 57.0; 5, J. Abraham (Ox) 57.2; 6, R. Smith (Kt) 57.3; 7, M. Radcliffe (Mer) 57.9 (57.8 ht); 8, S. Williams (Mx) 58.6 (57.6 ht). In hts: A. Mitchell (Dev) 58.3; C. Robinson (Kt) & K. Wilkinson (Lancs) 58.7; B. Mogg (Hants) 58.9; A. Watson (Der) 59.0.

800. Jayne Heathcote's selection for Athens and subsequent absence from Portsmouth made this all together a more competitive event, and for those who were either at the Mountbatten Centre or witnessed it on Channel Four, competitive it surely was. Quite predictably Angela Davies led through 400m (65.0) and round most of the second lap, with Alanna Cooke and Jody Allen close behind. Trying hard to get away near the water jump, Angela opened a couple of yards of daylight, only for first Alanna to peg it back and move to her shoulder and then Jody (second to Jayne in the WAAA race), with a mouth-watering last ditch surge, take them both for a narrow triumph.

1, J. Allen (Herts) 2:09.9; 2, A. Cooke (S. Yk) 2:10.1; 3, A. Davies (Hants) 2:10.3; 4, V. Wilson (WM) 2:12.1; 5, C. Butler (Norf) 2:13.4; 6, J. Pownall (Gt. M) 2:13.8 (2:11.5 ht); 7, E. Hamill (Mer) 2:15.9 (2:15.0 ht); 8, S. Goddard (Hants) 2:18.7 (2:15.4 ht). In hts: J. Ewing (Cambs) 2:15.5.

1500. The Portsmouth crowd loved this one as the Tulloh twins, running bare-footed — **as their father did many moons ago** — and with arms and elbows akimbo, put on a disciplined display of shared front-running to dishearten the opposition. Kelly Holmes seemed to realise only in the last 250m that the leaders were *human* and closed to within ten yards at the start of the home straight, but Katherine had plenty in hand to deal with such 'nerve' and accelerated again to the line. The twins will be back next year, when Louise Parker's 1979 CBP of 4:24.1 will surely come under examination.

1, K. Tulloh (Wilts) 4:25.5; 2, J. Tulloh (Wilts) 4:26.2; 3, K. Holmes (Kt) 4:26.9; 4, L. York (Leic) 4:29.3; 5, S. Parker (Ches) 4:29.3; 6, A. Holmes (Mer) 4:33.8. 7, C. Forbes (Som) 4:34.3 (4:33.1 ht); 8, J. Birkett (Mer) 4:34.5; 9, L. Field (H&W) 4:34.8 (4:31.6 ht); 10, A. Evans (Hants) 4:37.0 (4:35.1 ht); 11, L. Lewin (Sx) 4:39.6 (4:35.9 ht); 12, J. Morris (Notts) 4:42.8 (4:28.4 ht). In hts: S. Healey (Gt. M) 4:39.5; K. Sutton (Sy) 4:40.4; J. Nye (Dor) 4:41.0; J. Watson (Hum) 4:41.2; A. Forrest (Lancs) 4:43.5.

80 Hurdles. One of the most eagerly awaited head-to-heads of the meeting was Amanda Parker against Samantha Farquharson, the 1986 WAAA champion

Teams: ***Gp. A*** — 1, Merseyside 38; 2, Surrey 31; 3, Hants 25. ***Gp. B*** — 1eq, S. Yorks & Leics 19; 3eq, Notts, Herts, Derby & Cheshire 16. ***Gp. C*** — 1, Suffolk 20; 2eq, Wilts & Warwicks 15.

CHESHIRE COUNTY COUNCIL

FRODSHAM HILL RACES

(Under AAA & WAAA Laws)

SUNDAY, 31st AUGUST, at 2.00 p.m.

EVENTS: (Ages as at 1.9.86)

4⅝ Miles Seniors O/18 (3 hill laps)
3⅝ Miles Youths 16 & 17 (2 hill laps)
2½ Miles Boys 14 & 15 (1 hill lap)
2½ Miles Colts 12 & 13 (1 hill lap)
2½ Miles Ladies O/15 (1 hill lap)

Entry Fees: Seniors £2.00 (Unattached £2.50). Youths and Ladies £1.50. £1.00 for Boys and Colts.

Prizes: Good Prizes for first four each age group and first three teams.

Also Trophies, including new Ralph Hill Memorial Cup for 1st lady O/50.

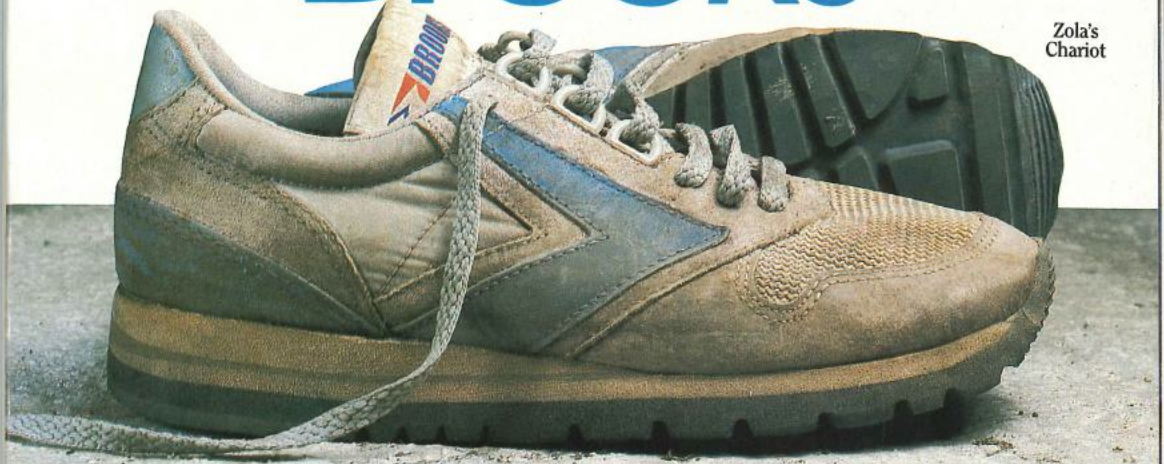
Also first three Locals awards. All competitors must enter as individuals.

Entries to: Mrs. S. Bunner, 3 Borrowdale Close, Frodsham, Via Warrington, Cheshire WA6 7LN. Please mark envelope 'Hill Race'.

Entries close 19th August

Late entries not accepted

Zola Budd's Brooks



Zola's Chariot

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The naturally correct style of running is, of course, barefoot, as Zola Budd has now proved so decisively in record breaking track events. But for the remaining 99% of her running — road racing, training and cross country — she needs shoes for protection. And she chooses Brooks for preference.

That's because the motion control, stability and cushioning features of all Brooks shoes conspire to promote natural style — whatever a runner's capability or training programme.

Zola Budd is just one of a team of front runners, including Wendy Sly, Eamonn Martin, Tim Hutchings, and Dave Lewis, who place their feet and their confidence in Brooks. And Zola's legendary Chariot is just one of an innovative new generation of Brooks shoes that now introduces the revolutionary Trilogy — a shoe as advanced as technology and experience can make.

Because different runners have different needs, so the new generation from Brooks has been created.

As with the Brooks brand runners, so with their shoes. If you can't beat them, join them. At your nearest Brooks stockist.

BROOKS®

Seriously you should try them.



Trilogy

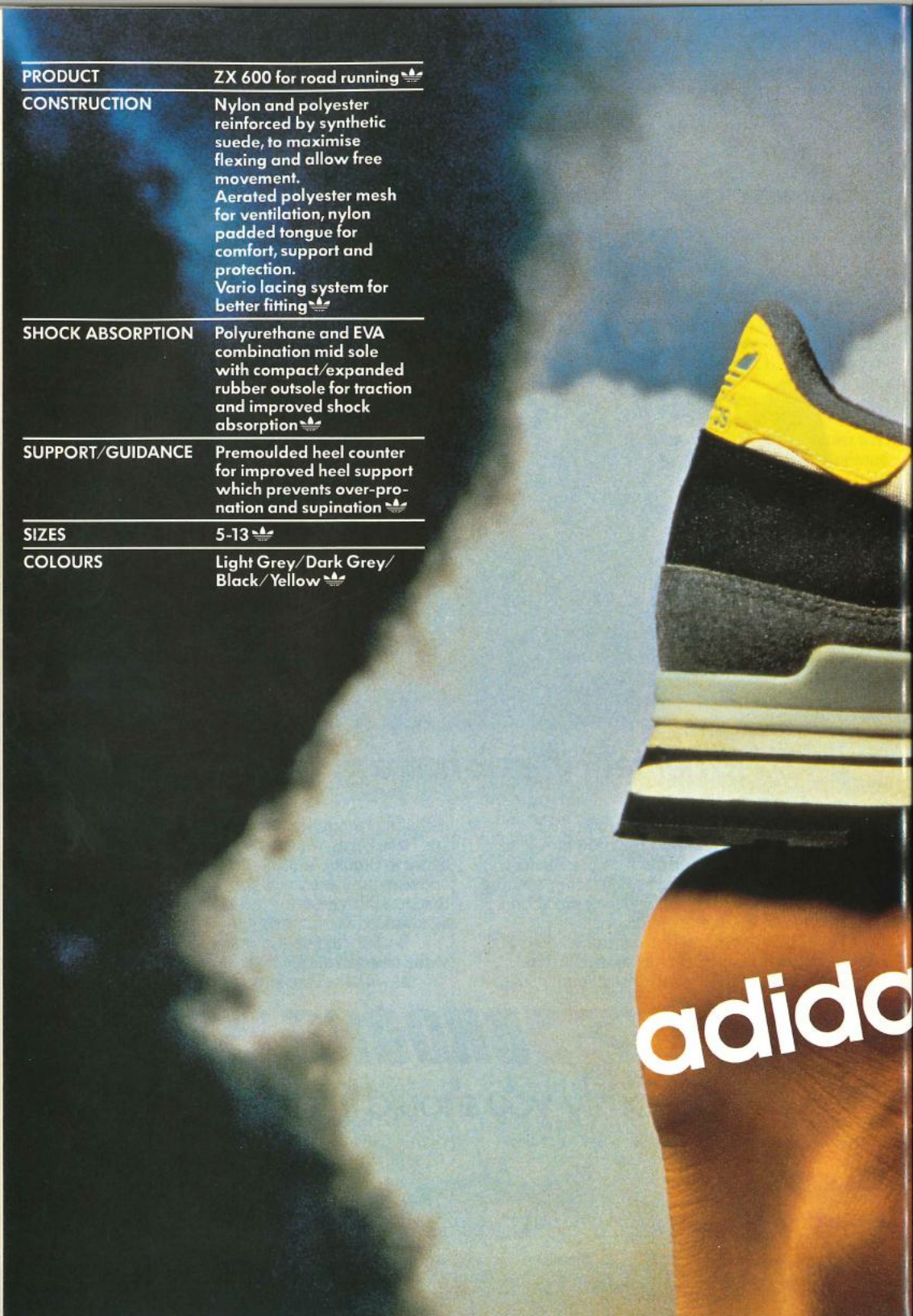


Tempo



Apex

PRODUCT	ZX 600 for road running
CONSTRUCTION	Nylon and polyester reinforced by synthetic suede, to maximise flexing and allow free movement. Aerated polyester mesh for ventilation, nylon padded tongue for comfort, support and protection. Vario lacing system for better fitting
SHOCK ABSORPTION	Polyurethane and EVA combination mid sole with compact/expanded rubber outsole for traction and improved shock absorption
SUPPORT/GUIDANCE	Premoulded heel counter for improved heel support which prevents over-pronation and supination
SIZES	5-13
COLOURS	Light Grey/Dark Grey/Black/Yellow




S
ZX600

10 KILOMETRE FUN RUN SERIES 1986

SUNDAY SEPTEMBER 14 1986

FOR WOMEN ONLY

The 1986 Fun Run is the third in the series. Through the first two runs in the series we have raised in excess of £300,000 for the Save the Children Fund. This year's run will help to take the figure above the £500,000 mark. Please join in the fun and help us to achieve this target.

EVERY ENTRANT TO FINISH THE FUN RUN WILL RECEIVE.

- A Nike/Womans Own kit bag.
- A certificate.
- Free refreshments provided by Just Juice AND THERE WILL BE ADDITIONAL CATEGORY AND SPOT PRIZES!

Save the Children Fund

IMPORTANT: READ NOTES BELOW BEFORE COMPLETING THIS FORM

SURNAME

FORENAME

MAILING ADDRESS

TELEPHONE No. WITH DIALLING CODE and extension if applicable

DATE OF BIRTH

I WANT TO RUN AT

CHECKLIST

1. ENTRY FEE £3.25
2. 2 SELF-ADDRESSED STAMPED ENVELOPES (must be at least 9 in. x 4 in.)

I accept that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my training for or participation in the Woman's Own/Nike Fun Run.

Signature.....

Parent or guardian (if under 17)

.....

TICK IF YOU HAVE A MEDICAL CONDITION ABOUT WHICH THE ORGANISERS SHOULD BE INFORMED ☐

TICK IF YOU ARE COMPETING IN A SELF-PROPELLED WHEELCHAIR (see notes below) ☐ TICK IF YOU ARE MEDICALLY FIT ☐

POST TO ADDRESS OF RACE YOU WISH TO RUN IN. CLOSING DATE IS AUGUST 16, 1986.

*NEWPORT/GWENT and NORTHERN IRELAND will run on Saturday September 13, 1986.

HULL AND GRANGEMOUTH will run on Sunday September 21, 1986

INSTRUCTIONS FOR ENTRY FORM

Use a ballpoint pen to fill in your entry form. Write in BLOCK CAPITALS and put only one letter in each box. Only one entry allowed per form.

1. Surname or family name.
2. Forename, plus initials of any other names.
3. Please write clearly the address to which you want all correspondence sent.
4. Include your STD code.
5. Enter the name of the Woman's Own Fun Run location at which you wish to run.
6. It is recommended that only experienced wheelchair racers attempt the distance unaided.
7. The entry fee is £3.25 (25p goes to The Save the Children Fund). All cheques should be made payable to the Woman's Own/Nike 10K Run 1986 (plus name of chosen venue in brackets).
8. Entrants must be a minimum of 13 years old by September 14, 1986.

GENERAL NOTES

1. Only one entry per person is allowed.
2. Only correct entry forms can be accepted.
3. Only one entry per form will be accepted.
4. Only entries on official entry forms will be accepted.
5. Please write the name of the runner on the back of the cheque.
6. If your entry is accepted, your entry fee is not refundable.
7. For reasons of safety, no entries from people on roller skates, in beds or carrying various objects for charity, etc., will be accepted.
8. Entries will be treated strictly on a first come, first served basis.
9. Unsigned entries will not be accepted.
10. All applications will be acknowledged as soon as possible. Final race details (maps, numbers and so on) will be issued to entrants about three weeks before the race.

FUN RUN DETAILS

Choose the Fun Run you wish to enter. Send your entry form with a cheque and two 9 in. x 4 in. s.a.e.s. to the relevant address (see below).

1. **ABERDEEN:** Mr. M. Edwards, Running North, 5 South Mount St., Aberdeen AB2 4TN.
2. **ABINGDON:** Mr. R. Roe, 23 Hendred Way, Abingdon, Oxon OX14 2AN.
3. **ALDERSHOT:** Beryl Aston, 25 Stourhead Close, Farnborough, Hants GU14 7HF.
4. **ANGLESEY:** Andy Harris, c/o Menai Cleaning Supplies, Menai House, Llanfair P.G., Anglesey.
5. **AVON:** Pam MacIntosh, 8 Ferndale Ave., Longwell Green, Bristol BS15 6XS.
6. **BIRMINGHAM:** Mr. J. Walker, 111 Cooks Lane, Kinghurst, Birmingham B37 6NU.
7. **BOURNEMOUTH:** Mr. I. Eddy, 41 Wesley Road, Wimborne, Dorset BH21 2QB.
8. **CANTERBURY:** Mr. M. Knapp, 37 Norman Road, Canterbury, Kent CT1 3LX.
9. **CARLISLE:** Mrs. M. Matthews, 28 Roseberry Rd., Stanwix, Carlisle, Cumbria.
10. **CHESTERFIELD:** Mr. A. Plater, 10 Summerfield Road, Chesterfield S40 2LJ.
11. **DARLINGTON:** Mr. D. Nelson, 58 Branksome Green, Cockerton, Darlington.
12. **GRANGEMOUTH:** (21/9/86) Howard Gee, Grangemouth Sports Complex, Abbots Road, Grangemouth.
13. **GREENOCK:** Mr. L. Spence, 17 Johnstone Terrace, Greenock.
14. **HARLOW:** Mr. D. McCombie, c/o J.D. Sports Limited, 25 Westgate, Harlow, Essex.
15. **HORSHAM:** David Bridges, 2 Field Place Cottages, Byfleets Lane, Warnham, West Sussex.
16. **HULL:** c/o Runnercare, 27 Jameson Street, Hull HU1 3HR.
17. **ISLE OF WIGHT:** Roger Snow, 189 Staplers Road, Newport, Isle of Wight.
18. **LEEDS:** John Wilkinson, 11 Larkfield Drive, Rawdon, Leeds LS19 6EL.
19. **LIVERPOOL:** Mr. G. R. Roberts, Recreation & Open Spaces Dept., The Mansion House, Calderstones Park, Liverpool L18 3JD.
20. **LONDON:** L.R.R.C., Alexandra Gate Lodge, Hyde Park, London SW7 1QH.
21. **LOUGHBOROUGH:** J. Hawkins, 6 Clewbridge Drive, Loughborough.
22. **MANCHESTER:** Derek Blakeley, 1 Hastings Road, Winton, Eccles M30 8JR.
23. **MANSFIELD:** Head of Leisure Services, 58/60 Leeming Street, Mansfield, Notts NG18 1NG.
24. **NEWPORT/GWENT:** (13/9/86) Josie Adams, 12 Clayton Street, Newport, Gwent NP9 7AU.
25. **NORTHERN IRELAND:** (13/9/86) Pam Reece, 28 Ravelston Ave., Cammoney, Glengormley, Co. Antrim BT36 6PF.
26. **NOTTINGHAM:** Mrs. D. James, Southwell Leisure Centre, Nottingham Road, Southwell, Notts NG25 0LG.
27. **ORMSKIRK:** Dave Goulding, 38 Tiverton Ave., Skelmersdale.
28. **PRESTON:** Mr. and Mrs. R. G. Welfare, 59 Ribblesdale Drive, Grimsargh, Preston PR2 5RJ.
29. **SHEFFIELD:** Mr. A. Harris, 336 Manor Road, Brimington, Chesterfield, Derbyshire S43 1PP.
30. **STAFFORD:** Don Shelley, Potteries Marathon Club, Y.M.C.A., Harding Road, Hanley, Stoke-on-Trent ST1 3AE.
31. **TORBAY:** Mrs. J. Spencer, 30 Leys Road, Chelston, Torquay TQ2 6ED.
32. **WELWYN GARDEN CITY:** Angie Curtis, 36 Brockswood Lane, Welwyn Garden City, Herts AL8 7BG.
33. **WINCHESTER:** Linda Wakeling, Conifers, Doctors Hill, Sherfield English, Romsey, Hants
34. **WREXHAM:** Mr. B. Harris, 11 Pant-y-Fownog Drive, Buckley, Clwyd, N. Wales.

ALL CHEQUES SHOULD BE MADE PAYABLE TO THE WOMAN'S OWN/NIKE 10K RUN 1986—add name of chosen venue, e.g. WOMAN'S OWN/NIKE 10K RUN 1986 (BOURNEMOUTH).



Amanda Parker repeated her WAAA 80m hurdles win over Samantha Farquharson at Portsmouth. Photo: Eileen Langsley

and UK record holder (11.07) eager to confirm her new-found superiority over the reigning Schools queen. After identical heat wins in 11.4 and semi-final victories in 11.3, neither girl disappointed as they charged down the course together, but once again, though, it was the Amblefield School-girl from Suffolk who prevailed, just getting home 11.2 to 11.3. The following wind was measured at 1.57m/s.

1, A. Parker (Suf) 11.2; 2, S. Farquharson (Sy) 11.3; 3, P. Wright (Staffs) 11.4; 4, R. Rigby (Gt. M) 11.5; 5, J. Mulcock (Dor) 11.8; 6, L. Fraser (Gt. M) 11.8; 7, A. De A'Echevarria (Ox) 11.8 (11.7 ht & sf); 8, S. Bowen (Mer) 11.9 (11.8 sf). In qual: T. Hallal (Mx), C. Robinson (Kt), S. Thorpe (Lon) & C. Rotherham (Mer) 11.8; C. Lockton (Leics) & K. Allmond (Ox) 11.9; K. Clarke (Sx) & J. Roberts (Sy) 12.1; D. Lockwood (Gt. M) & S. Taylor (Dev) 12.2; N. Pettit (CI) & K. Ash (Ex) 12.3; J. Underwood (Bucks) 12.4.

400 Hurdles. Although Clare Bleasdale had been beaten into second place in the Southern Championship by Tracey Allen and was only fourth in the WAAA race — the three in front of her all running here — the two rounds of qualifying suggested that she would be the girl to beat. Drawn in the outside lane, she and WAAA champion Sara Elson showed slightly ahead at 200m; positions they asserted round the turn to enter the straight a clear one-two, Miss Bleasdale a couple of strides ahead. Maintaining her composure well, the Guildford lass held that advantage to the ninth barrier before pushing on in the last 50m to win by a clear second.

1, C. Bleasdale (Sy) 62.8; 2, S. Elson (W. Yk) 63.8; 3, S. West (Cambs) 64.2 (64.0 sf); 4, M. Egbe (Mx) 64.4 (64.1 sf); 5, H. Fowler (N. Yk) 64.6; 6, T. Allen (Mx) 65.0 (64.3 sf); 7, J. Moore (Sy) 65.7 (64.6 sf): 8, T. Morrell (W. Yk) 68.6 (64.9 sf). In hts: N. Andrews (Suf) 65.5; T. Brunger (Kt) 65.6; C. Greig (Herts) 66.1; L. Smith (Av), A. Terrill (Ches) & S. Wallace (N'land, & sf) 66.6; P. Daniels (Cambs) 66.7; A. Mills (Beds) 66.8; J. Hawthorne (Dor) 66.9; C. Knight (Gt. M) & M. Hewitt (Berks) 67.0; S. Penrose (Cumb) 67.3; H. Cooke (Hants) 67.4; A. Norris (Lincs) 67.5; M. McWilliams (Corn) 67.6; E. Gough (Gt. M) 67.8.

High Jump. Jo Jennings hasn't produced last summer's 1.83m form yet this year, but as the only competitor to clear 1.75m she retained her title as expected. Last year's Junior winner Tracey Clarke and Fiona Ross shared second place to give the England selectors a problem regarding who to take to the Schools International . . . which they promptly overcame by, in this writer's opinion, quite rightly naming WAAA Junior champon Lea Haggett, **but only after she'd won the Junior Schools title with 1.77.**

1, J. Jennings (Suf) 1.75; 2eq, T. Clarke (Beds) & F. Ross (Leics) 1.72; 4eq, L. Chamberlain (Leics) & A. Wakefield (Dur) 1.72; 6, K. Mason (Cumb) 1.69; 7, R. Hems (WM) 1.69; 8, J. Major (Ex) 1.69; 9, L. Flynn (Herts) 1.64; 10, E. Gent (Staffs) 1.64; 11eq, S. Jenkinson (Cumb) & D. McTaggart (Mx) 1.64.

Long Jump. Way ahead of her contemporaries on paper and due to fly out to Athens the day after the Championships, Fiona May never really got it together; but having said that, the four jumps she took — 5.88, 5.75, 6.10 and 5.91 — were all further than Joanne Wise's best. With 5.74m as a first year here and the Midland title already this summer, Joanne should start as favourite for the Schools crown next year.

1, F. May (Der) 6.10; 2, J. Wise (Wks) 5.74; 3, L. Connolly (Mer) 5.66; 4, J. Robertson (Herts) 5.57; 5, K. Hambrook (Kt) 5.57; 6, A. Thorpe (Lon) 5.51; 7, C. Angell (Av) 5.44; 8, H. Crisps (Staffs) 5.41.

Shot. Something of a disaster area in championship events last year when top of the rankings, Justine Buttle confirmed that she can now handle herself adequately in competition by not only adding the Schools title to her WAAA 'gong' but also braking Sue King's existing CBP with **all five** of her valid throws, which were, of course, also beyond the winning distance in the Senior event! Series: 13.86, 13.81, foul, 13.74, 13.82, 13.83.

1, J. Buttle (Kt) 13.86 **(CBP);** 2, C. Cooksley (Wks) 12.87; 3, S. Chambers (Notts) 11.68; 4, J. Passley (Sy) 11.67; 5, D. Killeen (Salop) 11.50; 6, K. Lancaster (Hants) 11.36; 7, K. Hickey (Lancs) 10.90; 8, D. Wilson (Hum) 10.72; 9, L. Bayles (Dor) 10.62; 10, R. Reed (Av) 10.60; 11, J. Essien (Lincs) 10.52; 12, S. Hutchings (Berks) 10.44; 13, J. Kelly (Lon) 10.42; 14, V. Hyatt (Hants) 10.20.

Discus. Second last year in the shot, double Northern champion Jayne Thornton turned to the platter this year and, again as expected, won quite easily. Three no throws suggest that probably she was trying a little too hard to close on her best of 45.52m, but nevertheless had a 40.50 to support her third round winner of 41.26, which at the time actually stood between Jayne and possible elimination.

1, J. Thornton (W. Yk) 41.26; 2, M. Cullen (Der) 39.28; 3, C. Clarke (Staffs) 37.92; 4, S. Read (Beds) 37.28; 5, Z. Thompson (Lon) 37.24; 6, J. Walter (Berks) 36.82; 7, A. O'Conor (Berks) 36.28; 8, K. Yeoll (Sx) 34.14; 9, R. Morris (Herts) 33.22; 10, J. Fletcher (Wks) 32.64; 11, K. Ethridge (S. Yk) 32.54; 12, E. Blowers (Ex) 32.52; 13, A. Tibbert (Som) 32.08.

Javelin. Nine of the 12 finalists threw their best in the first round, after which the afternoon became hotter and more still, making throwing increasingly difficult. One of them, Midland champion Diane Caldwell, found a 40.62m, which stood up eventually as the only 40m-plus throw of the competition. Jacqui Cotton's final effort came hellishly close at 39.96 to back up her 39.80 opener, whilst in fourth place Sally Painter was left to ponder on the 40.62 with which she qualified.

1, D. Caldwell (Notts) 40.62; 2, J. Cotton (Mer) 39.96; 3, L. Barnes (N'land) 39.18; 4, S. Painter (Ox) 39.02 (40.62 qual); 5, J. McClean (Hum) 36.58 (36.98 qual); 6, I. Ray (Sx) 36.54 (37.06 qual); 7, J. Montgomery (Lancs) 36.42 (36.80 qual); 8, S. Broom (Cambs) 36.34; 9, J. Toon (Staffs) 36.16. In qual: R. Scott (Suf) 35.58; P. Spinks (Bucks) 35.50; C. Faragher (N. Yk) 34.80; D. Williams (S. Yk) 34.66.

4 × 100. Claiming a third win for the Isle of Man, Danaa Myhill anchored a solid Merseyside performance as she overhauled fastest qualifiers Greater Manchester down the home stretch.

1, Merseyside 48.2; 2, Gt. Manchester 48.3; 3, Essex 48.5; 4, S. Yorks 48.9; 5, Cheshire 48.9 (48.7 ht); 6, Hants 48.9; 7, Leics 48.9; 8, Avon 49.3 (48.9 ht). In hts: Cleveland & Oxon 49.5; Devon 49.6; Herts 49.7; Northumberland 49.8; London 50.3; Lancs 50.9.

JUNIOR GIRLS

100. Quadruple WAAA champion Annabel Soper, who languished back in fifth place over 200m in Hull, was pushed all the way by Northern winner Justine Bobmanuel and last year's runner-up Vivienne Francis, but was probably never headed from gun to tape. The wind was as marginally over the limit as possible at +2.01m/s, with all three girls being given 12.1.

1, A. Soper (Sy) 12.1w (12.5sf); 2, V. Francis (Herts) 12.1 (12.7 sf); 3, J. Bobmanuel (Gt. M) 12.1 (12.6 sf); 4, J. Riley (Ches) 12.2 (12.6 sf); 5, Y. Idowu (Ox) 12.4 (12.4 sf); 6, J. Tank (Bucks) 12.5 (12.7 sf); 7, K. Gray (Hants) 12.5 (12.8 ht & sf); 8, H. McMurray (Hants) 12.6 (12.8 sf). In qual: K. Devenish (Beds), A. Lowdell (Lon), A. Bickell (Ex), J. Stern (Cambs) & M. Prescott (WM) 12.8.

200. Leggy Donna Fraser beat Annabel Soper for the Southern title after placing third in the WAAA race, and was favourite here. The Staffs pair of Keri Maddox and Samantha Baker showed little respect for form though and hared away in the first 50m, but Donna recovered well in the straight to peg them both back. The following wind was 1.26m/s.

1, D. Fraser (Sy) 24.9; 2, K. Maddox (Staffs) 25.0; 3, S. Baker (Staffs) 25.6; 4, N. Chikwe (Sx) 25.8; 5, V. Rowbotham (Notts) 25.9; 6, D. Curley (Gt. M) 26.2; 7, A. Thatcher (Berks) 26.2 (26.0 ht); 8, A. Thorne (Bucks) 26.5 (26.3 ht). In hts: S. Atkinson (W. Yk) 26.3.

800. How refreshing it was to see Juniors conserving energy in qualifying rounds after so often in the past we have seen them subject to parental advice of "Go for a time" when, surely, progress to the next stage of the competition was of primary importance. With semi-finals this year on Saturday morning, there had to be some doubt as to whether Emma Langston — and it was always assumed she would win — could remove one of Rachel Hughes' marks from the record books, but a 63.3 first 400 and the close attentions of initially Michelle Wilkinson — a first year Junior — and latterly Natalie Tait proved important factors when she stopped the clock at 2:08.7 for a new personal best. Very like Bridget Smyth's run in the Senior race, Emma had set her own standard and let the others try to match it — they couldn't.

OPEN GRADED TROPHY MEETING

(Under AAA/WAAA Rules)

MONDAY, 1st SEPTEMBER, 1986

Aldershot Military Stadium

Commencing 6.30 pm

EVENTS

Girls 200m, 800m, Shot.
Jun Ladies 200m, 1500m, LJ, Shot*
Int Ladies 200m, 400m, 3000m*, LJ, HJ*, Shot*
Euro-Jnr Ladies 400m*, 3000m*
Sen Ladies 200m, 400m*, 3000m*, HJ*
Colts 200m ,800m, Shot, HJ*
Boys 200m, 400m, 1500m, LJ, HJ*
Youths 200m, 800m, LJ, HJ*, Pole Vault*
Jun Men 400m*, 1500m, Shot*, Pole Vault*
Sen Men 400m*, 1500m, Shot*, Pole Vault*

Order of Events

Track — 3000m
— 200m
— 800m
— 400m
— 1500m

Field

Youngest First
* Indicates Combined Event

Awards Trophies/Medals — Max. 3 per event.

Entries FLEET & CROOKHAM AC, BOX 1, FLEET, HANTS. 50p per event. Cheques: Fleet & Crookham AC. INCLUDE: Full name, address, DOB., Best time 1985/86. Tel. No., Club. Send 10" × 9" SAE for No's/Details.

LIMITED ENTRIES

Closing Date: 17th August 1986

1, E. Langston (Kt) 2:08.7 **(CBP);** 2, N. Tait (Cumb) 2:10.6; 3, M. Wilkinson (Gt. M) 2:13.2; 4, M. Harries (Mx) 2:14.7 (2:14.5 sf); 5, L. Nicholson (S. Yk) 2:14.7; 6, C. Raven (N'hants) 2:14.8; 7, L. Kehoe (Gt. M) 2:17.2 (2:15.8 sf); 8, K. Allinson (Lancs) 2:18.9 (2:15.1 sf). In qual: S. McNeil (Ox) 2:15.6; C. Wiffen (Notts) 2;15.7; A. Faherty (W. Yk) 2:15.9; K Dodds (N. Yk) 2:16.5; K. O'Mahoney (Kt) 2:16.6; V. Hulme (Gt. M) 2:16.7; L. Earl (Ox) 2:16.8; E. Cowley (Av) 2:18.5; S. Keely (Dur) 2:19.4.

1500. Although in her third Schools final and improving her best to 4:33.6, multi cross country champion and 1985 winner Julie Adkin had no reply to Northern champion Claire Nicholson's cracking last lap as she took up the running 300m from home then kicked hard again into the final bend. Of British Juniors only Lynne MacDougall has run faster than Claire with 4:29.6, and as the Durham girl is in the same age-group next year who knows what's in store. Looking back, one wonders how, just five weeks before, Claire had finished sixth in the WAAA race with 4:42.18; her winning time at Portsmouth bettered by only the winner in the Senior race.

1, C. Nicholson (Dur) 4:30.5 **(CBP);** 2, J. Adkin (Kt) 4:33.6; 3, E. Drye (Mer) 4:34.5; 4, J. Colleran (Mer) 4:35.2; 5, S. Carter (W. Yk) 4:35.9 (4:35.7 ht); 6, N. Ashe (Mx) 4:36.2; 7, W. Farrow (Der) 4:37.4; 8, D. Sullivan (Ex) 4:40.2; 9, L. Watson (Kt) 4:40.6 (4:36.2 ht); 10, C. Holdcroft (Staffs) 4:40.7; 11, C. Fothergill (S. Yk) 4:42.3; 12, J. Forrester (Mer) 4:51.5 (4:42.6 ht). In hts: S. Hillam (Beds) 4:43.1; L. Greensmith (Dev) 4:44.0; R. Evans (Corn) 4:45.3; C. Woodhouse (Corn) & A. Rankin (Gt. M) 4:46.4; F. Clayton (Ex) 4:46.7; S. Griffiths (N'land) 4:47.0.

Teams: ***Gp. A*** — 1, Gt. Manchester 39; 2, Kent 37; 3, Surrey 29. ***Gp. B*** — 1, Berks 27; 2, Notts 23; 3eq, Staffs & S. Yorks 17. ***Gp. C*** — 1, Oxon 14; 2eq, Somerset & Cumbria 8.

75 Hurdles. Wigan's WAAA champion Lydia Chadwick won as easily as the three-tenths margin suggests. For her club, it was their third title — Paul Burgess and Craig Windle being the others — at a Championships where they paraded 18 athletes, 14 of whom made the finals. Lydia's winning time of 11.0, with a legal following wind of 1.43m/s is in the top half dozen all-time amongst WAAA Juniors.

1, L. Chadwick (Lancs) 11.0; 2, L. Cameron (Lon) 11.3; 3, R. Ventre (Mer) 11.4; 4, L. Jones (Notts) 11.4; 5, J. Puckeridge (Kt) 11.5; 6, J. Emson (S. Yk) 11.6; 7, N. Thompson (Ex) 11.6 (11.5w ht); 8, R. Smith (Wks) 11.6. In qual: L. Brunning (Sy) 11.6w (11.8); A, Brown (Ox) 11.7w (11.8); B. Thomas (Sy) & V. Smith (Av) 11.8; K. Fairclough (Mer), J. Walker (Herts), J. Peet (Cl) & S. Stanley (H&W) 11.9; T. Mould (Sy) 11.9w (12.0); C. Vickers (Lon) 11.9w; F. Manning (Ex) 12.1; A. Thorpe (S. Yk) & N. Babb (Dev) 12.2w.

High Jump. Having sacrificed a Welsh Senior vest to compete at the Championships, it was perhaps fitting that the WAAA champion Lea Haggett — whose

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Junior 1500m champion Claire Nicholson.

best last year was only 1.65 —should not only win so very convincingly, but also set a new CBP and gain selection for the, basically Intermediate, Home Countries Schools International. One failure at 1.68m was the only blemish on a card that was clean through from 1.59m to 1.77.

1, L. Haggett (Lon) 1.77 **(CBP)**; 2, K. Barlow (Notts) 1.65; 3eq, A. Purton (WM) & K. White (Hants) 1.62; 5, S. Bradley (Der) 1.62; 6, J. Anderson (Kt) 1.62; 7, S. Mackrory (Staffs) 1.62; 8, L. Howard (Ex) 1.59.

Long Jump. The West Midlands pair, Denise Lewis and Jackie Harris, and WAAA champion Samantha Bird were comfortably clear of the rest, with newly crowned Midland champion Jackie setting things up with 5.41m in the first round. That sparked last year's third placer Denise to improve from 5.36 to 5.45 in round two, from which point they watched hopefully as Samantha improved gradually through the competition. Her last round 5.32 wasn't quite enough, though, on an afternoon perfect for long jumping. Behind Jackie's 'silver' jump, she had back-ups of 5.30, 5.24 twice and 5.20.

1, D. Lewis (WM) 5.45; 2, J. Harris (WM) 5.41; 3, S. Bird (Berks) 5.32; 4, L. Turner (Ex) 5.15; 5, J. McCoy (Mer) 5.13; 6, L. Rolfe (N'hants) 5.12; 7, T. Harris (Kt) 5.11; 8, C. Stead (Mx) 5.09 (5.10 qual). In qual: M. Griffith (Mx) 5.28; P. Fagan (Mer) 5.13; N. Lawrence (Av) 5.10.

Shot. In a straight final involving 26 girls, Millfield student Yvonne Anekwe produced an excellent series — 12.38, 12.89, 12.13, 12.81, 11.27, 12.94 — with only one throw bettered by second placed Tracey Quartey.

1, Y. Anekwe (Som) 12.94; 2, T. Quartey (Lon) 11.37; 3, A. Tomkins (W. Yk) 11.0; 4, R. Hyam (Berks) 10.93; 5, A. James (Mx) 10.89; 6, S. Buttle (Kt) 10.81; 7, H. Harris (WM) 10.70; 8, S. Parkinson (S. Yk) 10.49; 9, C. Manning (Sy) 10.31; 10, R. Squires (Dev) 10.30.

Discus. WAAA shot and discus champion Natalie Hart chose wisely, and from a virtually assured second place unleashed a mighty 37.10m in round six to wrest the title from Nicola Talbot, who led with 34.80, having improved at the close on her third round and long time leader of 34.44.

1, N. Hart (Ex) 37.10; 2, N. Talbot (Salop) 34.80; 3, K. Martin (Berks) 31.48 (31.40); 4, S. Hughes (Ox) 31.48 (31.36); 5, A. Gallagher (Berks) 31.42; 6, D. Pickerill (WM) 30.90; 7, S. Pengelly (Hants) 29.32; 8, K. Nausine (Lancs) 29.14; 9, E. Beales (Bucks) 28.34; 10, J. Foster (Hants) 28.34.

Javelin. The girls beaten by Kerry Tudor in the WAAA and Northern Championships respectively, Shelley Holroyd and Gail Hornby, turned the tables along with Southern winner Tracy Page and relegated the firm favourite to fourth. Leading qualifier with 36.46, Tracy opened the final with what was to prove her best of 37.06, but then saw Shelley (in round three) and Gail (five) find just one throw each to rob her of the top prize.

1, S. Holroyd (Gt. M) 37.58; 2, G. Hornby (Dur) 37.20; 3, T. Page (Ex) 37.06; 4, K. Tudor (Gt. M) 36.60; 5, A. Bloxsome (Gloucs) 35.74; 6, K. Dangerfield (Gloucs) 35.24; 7, C. Lithgoe (W. Yk) 34.04; 8, T. Humphries (WM) 33.38; 9, M. Fogarty (Mer) 32.42 (34.08 qual); 10, C. Burns (Ex) 32.06 (33.98 qual); 11, R. Josh (Kt) 31.06; 12, A. Liverton (Dev) 30.52 (31.92 qual).

4 × 100. Linking up with Louise Brunning (leg one) and Yvonne Hallett (three), individual sprint winners Annabel Soper (two) and Donna Fraser (anchor) formed a formidable Surrey squad which confirmed its heat superiority (48.8) with a healthy margin in the final.

1, Surrey 48.7; 2, Gt. Manchester 49.3; 3, Kent 49.7; 4, Notts 49.9; 5, London 50.4 (50.1 ht); 6, Berks 50.4 (49.8 ht); 7, S. Yorks 50.5 (50.1 ht); 8, Oxon 50.6 (50.3 ht). In hts: Staffs 50.7; Lancs 51.1; Cheshire 51.3; Merseyside 51.6.

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DAIRY CREST MIDLAND WOMEN'S CHAMPIONSHIPS

Waldo And Watt Set The Pace

WITH the England team for the Commonwealth Games already selected, it was inevitable that some of the 'names' would stay away from the Dairy Crest Midland Women's Championships at Birmingham on June 28th. However, those that did compete were blessed with a glorious sunny day, resulting in four Championship Best Performances.

In the Senior sprints there was a great dual between Birchfield's Ena Waldo and this season's WAAA Indoor 400m champion Phylis Watt, with Ena producing a pb of 11.85 to take the 100m, 0.03 ahead of Phylis. These placings looked certain to be reversed in the 200m as Phylis entered the home straight in the lead after running a good bend, but a strong finish by Ena, in the outside lane, saw her fight back and get the verdict as they shared the same time of 24.1; another pb for Ena. Coventry's Kerrie Hughes also had a sprint double 12.43/25.4 in the Intermediate age-group.

Using the 400m event to sharpen up, Commonwealth Games 800m selection Lorraine Baker had to be content with third place, 0.03 behind Jane Hurley, while the Notts AC Junior international Jennifer Howell impressed, winning in a Championship best time of 54.40. The hurdles event over the same distance went to Tracie Such in 59.61.

Another Notts AC athlete who achieved a CBP was Collette Cofie-Cudjoe with a 10.65 timing in the Girls 80m, with a third going to Claire Raven from Daventry, who looked impressive as she eased passed Claire Holdcroft with 200m to go, to take the Junior 800m title in 2:17.6.

In the field events Claire Summerfield cleared 1.83 to win the high jump, while Junior Alison Purton won with 1.69, just failing to equal the CBP of 1.72. Sharon Gibson's first round throw of 52.00m in the javelin looked certain to take the title, until Wolverhampton's Anna Lockton threw just 28cm further with her final effort. The Senior and Junior shot contests went to two Wolverhampton athletes, heptathlete Joanne Mulliner and Henrietta Harris, putting 12.48 and 11.31 respectively. Birchfield's Karen Pugh easily won the discus with her best throw reaching 51.24m, while teammate long jumper Sharon Bowie ended the day showing excellent form to record a pb and break the CBP twice with 6.39 and then 6.40.

Steve Harlow

Seniors — 100: 1, E. Waldo (Bir) 11.85; 2, P. Watt (W&B) 11.88; 3, A. Turner (Bir) 12.03; 4, S. Dolby (Notts) 12.15; 5, A. Inniss (Leic) 12.23. **200:** (—7.4m) 1, Waldo 24.1; 2, Watt 24.1; 3, J. Thomas (Bir) 24.9; 4, S. Platts (Bris) 25.0; 5, Dolby 25.1; 6, M. Hammond (Cov) 25.2. In hts: Turner 25.2. **400:** 1, J. Howell (Notts) 54.40; 2, J. Hurley (S&SH) 54.80; 3, L. Baker (Cov) 54.83; 4, L. Monk (W&B) 56.65; 5, D. Smith (Bir) 57.30; 6, J. Swan (Warl) 57.50. **1500:** 1, N. Salisbury (Bir) 4:25.8; 2, J. Burtonwood (Leic) 4:28.6; 3, C. Mijovic (Birm. U) 4:29.8. **3000:** F. Truman (Notts) 10:13.0. **100H:** 1, S. Postings (C&S) 14.7; 2, K. Price (Worc) 15.0; 3, S. Withnall (Burt) 15.2. **400H:** 1, T. Such (Bir) 59.61; 2, L. Hanson (Spark) 62.23; 3, J. Lindsey (Bir) 63.35; 4, H. Price (Cov) 64.61. **HJ:** 1, C. Summerfield (Bir) 1.83; 2, M. Wheeler (Cov) 1.70; 3, C. Smith (Cov) 1.70; 4, L. Jervis (S&SH) 1.65; 5, C. Smith (Leic) 1.65. **LJ:** 1, S. Bowie (Bir) 6.40; 2, D. Rigby (Dav) 5.76; 3, Price 5.64; 4, S. Childs (North) 5.54. **SP:** 1, J. Mulliner (W&B) 12.48; 2, J. Williams (Bir) 12.08; 3, T. Oldfield (S. in A) 12.05; 4, S. Gibson (Notts) 12.03; 5, J. Gordon (Bir) 11.75; 6, A. Gardner (Cor) 11.37; 7, C. Smith (Cov) 11.12. **DT:** 1, K. Pugh (Bir) 51.24; 2, K. Beardsley (Notts) 41.24; 3, L. Charlton (Bir) 41.08; 4, R. Hardy (Charn) 39.02; 5, L. Taylor (S. in A) 37.60; 6, A. Dimmock (Bir) 37.02. **JT:** 1, A. Lockton (W&B) 52.28; 2, Gibson 52.00; 3, Williams 47.70; 4, J. Griffiths (C&S) 44.84; 5, J. Zaslona (Bir) 43.38; 6, K. Ball (C&S) 42.44; 7, M. Poole (Newc) 39.96. **5kmW:** 1, R. Harper (Spark) 26:24.0; 2, E. Worth (B&R) 28:06.8; 3, M. Brookes (B&R) 28:39.2.

Inters — 100: K. Hughes (Cov) 12.43. **200:** (—3.0m) 1, Hughes 25.4 (25.0 ht); 2, J. Pennant (Charn) 25.4. In hts E. Ebbs (Work) 25.4. **800:** 1, M. Newman (Stoke) 2:12.3; 2, M. Wilkes (Leic) 2:15.0; 3, L. York (Leic) 2:17.7. **3000:** H. Price (Here) 10:37.2. **80H:** 1, C. Lockton (Charn) 11.9; 2, N. Turner (Rudd) 12.2; 3, T. Peacock (Cov) 12.5. In hts: P. Wright (C&S) 12.1; E. Gent (C&S) 12.4. **400H:** S. Damm (Shrew) 67.55. **HJ:** 1, F. Ross (Leic) 1.65; 2, R. Hems (Bir) 1.65. **LJ:** 1, J. Wise (Cov) 5.40; 2, C. Angell (Bath) 5.36. **SP:** S. Chambers (Work) 10.93. **DT:** 1, C. Clarke (C&S) 36.52; 2, J. Fletcher (Leam) 33.90; 3, D. Whelan (Cov) 33.14. **JT:** 1, D. Caldwell (Der) 38.92; 2, J. Toon (Burt) 36.40. **3kmW:** 1, S. Pratt (Leic) 15:35.0; 2, L. Pye (B&R) 15:59.3; 3, C. Penhallow (Worc) 16:17.0; 4, D. Smith (Leic) 16:38.5; 5, A. Hughes (B&R) 16:56.7.

Juniors — 100: (+0.71m) 1, K. Maddow (C&S) 12.90 (12.74 ht). In qual: V. Rowbotham (Notts) & S. Baker (C&S) 12.74; M. Rowbotham (Notts) 12.8; A. Dunwell (Notts) 12.81. **800:** 1, C. Raven (Dav) 2:17.6; 2, C. Holdcroft (Stoke) 2:19.5; 3, C. Wiffen (BHM) 2:20.4. **75H:** 1, D. Lewis (W&B) 11.4; 2, L. Jones (Notts) 11.6; 3, R. Smith (Cov) 11.8; 4, J. Harris (D&S) 12.0 (11.9w & 12.03 qual); 5, S. Stanley (Worc) 12.0 (11.9 & 12.09w qual); 6, L. Glover (Charn) 12.2; 7, V. Smith (Bris) 12.2 (12.0w sf). In hts: R. Newton (Bir) 12.21. **HJ:** 1, A. Purton (Spark) 1.69; 2, S. Mackrory (Stoke) 1.63. **LJ:** 1, Harris 5.22; 2, Lewis 5.15. **SP:** H. Harris (W&B) 11.31. **4 x 100:** 1, Cannock & S 50.4; 2, Notts 50.6.

Girls — 80: 1, C. Cofie-Cudjoe (Notts) 10.65; 2, K. Merry (Rug) 10.74 (10.7 ht). **800:** R. Bowen (Leam) 2:25.0. In hts: A. Bird (C&S) 2:25.5.

CURVER INTER-COUNTIES CHAMPIONSHIPS

Surrey's Title By Just One Point

SUNSHINE and a large enthusiastic crowd gave the Curver Consumer Products—sponsored Inter-Counties Championships a well deserved boost at Corby on July 5th. Somewhat reminiscent of the former 'glory days' at White City, the day was a fitting tribute to the CAU, who the previous evening had celebrated their Diamond Jubilee with a dinner in Leicester at which journalist and former CAU champion Roy Moor was chief guest.

Despite the absence of many star names who had been enticed abroad, together with an unfortunate clash with league fixtures, the meeting came alive right at the outset, when Martin Rush of Cumbria, in retaining his title, re-wrote the record for the 10km walk with a time of 41:24.7, almost a full minute inside Phil Embleton's 1971 time. Not content to rest on his laurels, Rush later took second place in the 3km event behind Leicester's Phil Vesty, who recorded an excellent 11:55.3.

The scene had been set and with a series of blanket finishes on the track, which saw Harry King (Berks) take the 100 against the wind in 10.8, Michael St. Louis (Sy) the 200 in 21.8 and Paul Sanders (Hants) the 400 in 47.2, spectators were being treated to some superb and exciting contests, and none more so than in the 800, where John Blackledge (Lancs) narrowly held off Michael Steele (Yks), and in the steeplechase, where David Baptiste (Mx) scored a determined victory over Colin Walker (NE) in 8:46.9.

In between, Trevor Burton ran 51.4 for the 400 hurdles, whilst David Smith (Hum) demonstrated the art of hammer throwing with 68.20m, and Mike Winch put the shot a useful 17.97m. Mike's effort also enabled Surrey to retain the Achilles Trophy by the narrowest of margins, by just one point from Yorkshire, who at one stage during the afternoon were poised to win their first title, especially after Peter Gordon had won an exciting discus competition with 53.14m over Paul Mardle (Wks).

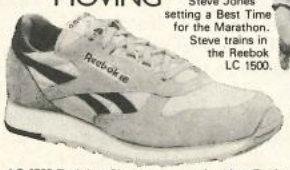
Overall times were obviously affected by the windy conditions, but this did not detract from the vigorous competitiveness which was distinctly evident in all events and which surely athletics is all about. Add to this two demonstration trials by the England Women's Commonwealth Games relay squad, together with the appearance of New Zealand decathlete Simon Poelman, javelin thrower John Staplyton-Smith and 400m hurdler Wayne Paul, and

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Wild XC Spike: The Wild XC Spike incorporates the same upper materials as the Wild Runner. It has a strong, flexible polyurethane spike plate with a 7 spike option. The heel is of carbon rubber with the studs spaced wide to avoid clogging. A lightweight EVA mini wedge provides cushioning under the heel area. Designed to be worn by Cross Country Champions. Colour Off White/Black/Red. Sizes 4-5½ **£25.95** 6-12 **£29.95**

Wild Runner (Off-road Running Shoe): Colour, Off White/Black/Red. Sizes 4-12. Price 4-5½ **£25.95.** 6-12 **£29.95**

the Championships offered an air of fulfilment for spectator and athlete alike.

Cliff Robinson

Achilles Trophy: ***Surrey 69; Yorks 68; Warwicks 45; Lancs 39; NE Counties 29; Kent 23; Herts & Middlesex 19; Hants 18½; Devon & Humberside 17; Avon & Leics 16; Cumbria, Staffs & Sussex 15; Worcs 14½; Essex & Norfolk 14; Berks 12; Notts 11½; Beds 9; Hereford 7; Derby 6; Cornwall 4½; Oxon 4; Bucks, Dorset, Lincs & Northants 2.***

100: 1, H. King (Berks) 10.8; 2, P. Davies (Kt) 10.9; 3, R. Boaler (Der) 10.9; 4, E. John (Herts) 11.0; 5, R. Wilson (Wks) 11.0. **200:** 1, M. St. Louis (Sy) 21.7; 2, A. Slack (Yks) 21.8; 3, J. Mayers (Berks) 21.8; 4, M. Waldron (Wks) 22.0; 5, P. Williams (Lancs) 22.1; 6, P. Nelson (Beds) 22.2. **400:** 1, P. Sanders (Hants) 47.2; 2, C. Hamilton (Lancs) 47.5; 3, M. Cowing (Ex) 48.1; 4, S. Grant (Ox) 48.5; 5, A. Medley (Yks) 48.5; 6, P. Batton (Dev) 48.6. **800:** 1, J. Blackledge (Lancs) 1:50.8; 2, M. Steele (Yks) 1:50.9; 3, A. Webber (Wks) 1:51.7; 4, P. Rowbotham (Kt) 1:54.2; 5, R. White (Hum) 1:54.8. **Mile:** 1, R. McDonnell (Sy) 4:06.1; 2, S. Fielding (Yks) 4:07.0; 3, A. Passey (Worcs) 4:07.5; 4, P. Chester (Herts) 4:07.8; 5, D. Ottaway (Hum) 4:09.0; 6, D. Mead (Norf) 4:09.2; 7, J. Lucas (NE) 4:09.5; 8, A. Guilder (Kt) 4:11.3. **5000:** 1, P. Tootell (Lancs) 13:59.4; 2, M. Scrutton (Kt) 13:59.7; 3, M. Dalloway (Worcs) 14:00.6; 4, C. Mochrie (Leics) 14:11.0; 5, B. Rushworth (NE) 14:11.2. **10,000:** 1, G. Nagel (NE) 29:47.4; 2, J. Ashworth (Yks) 29:51.6; 3, J. Wheway (Staffs) 29:53.2; 4, C. Bucknall (Lancs) 30:50.1; 5, I. Lamplough (Sy) 30:53.5. **3000SC:** 1, D. Baptiste (Mx) 8:46.9; 2, C. Walker (NE) 8:47.8; 3, P. Barratt (Sy) 9:00.9; 4, M. Hawkins (Yks) 9:03.3; 5, P. Hayes (Wks) 9:04.5; 6, C. Roberts (Cumb) 9:06.1; 7, K. Hayes (Kt) 9:06.2; 8, D. Birchall (Lancs) 9:14.8; 9, I. Atkins (Worcs) 9:16.0; 10, S. Bird (Sx) 9:18.4. **110H:** 1, D. Wilkinson (Beds) 14.8; 2, B. St. Louis (Sy) 15.0; 3, K. Bunce (Notts) 15.0; 4, E. Harrison (Mx) 15.1; 5, N. Andrews (Hum) 15.4; 6, T. Finnemore (Sx) 15.5; 7, W. Jewers (Hants) 15.6; 8, M. Loizias (Worcs) 15.8. **400H:** 1, T. Burton (Yks) 51.4; 2, M. Evans (Sy) 52.6; 3, A. Abrahams (NE) 53.0; 4, N. Ramsdale (Staffs) 53.0; 5, L. Antoine (Wks) 53.3 (52.8 ht); 6, I. Bland (Dev) 54.8 (54.2 ht). In hts: W. Paul (NZ-gst) 52.7; P. Harries (Der) 53.0; N. Dakin (Av) 54.8; A. Pamah (Kt) & M. Littlejohns (Mx) 54.9; G. Brett (Corn) 55.1; I. Wells (Norf) 55.5; J. Ireland (Hum) 55.6; R. Williams (Som) 55.8. **HJ:** 1, P. Jeffs (Here) 2.14; 2, D. Costello (Norf) 2.11; 3, Jewers 2.08; 4, M. Byron (NE) 2.00; 5, J. Hopper (Wks) 2.00; 6, L. Haughton (Sy) 1.95; 7, P. Minshull (Kt) 1.95; 8, J. Hechavarria (Av) 1.95. **PV:** 1, I. Lewis (Sy) 4.60; 2, R. Gammage (Staffs) 4.50; 3eq, A. Gayle (Worcs) & R. Quixley (Corn) 4.20; 5eq, A. Leiper (Hants) & A. Main (Notts) 4.20; 7, D. McComb (Lancs) 4.00; S. Poelman (NZ-gst) 4.60. **LJ:** 1, J. Shepherd (Sy) 7.45; 2, Costello 7.34; 3, P. Johnson (Yks) 7.20; 4, Jewers 6.93. **TJ:** 1, V. Samuels (Av) 15.97; 2, D. Smith (Gloucs) 15.25; 3, W. Green (Yks) 15.23; 4, A. Oyediran (Sy) 15.15; 5, M. McDonald (Kt) 15.12; 6, S. Balment (Dev) 14.95; 7, M. Seeley (Sx) 14.47; 8, J. Church (Worcs) 14.14; 9, M. Pickerill (Bucks) 14.05. **SP:** 1, M. Winch (Sy) 17.97; 2, C. Ellis (Av) 16.90; 3, M. Aldridge (Herts) 16.72; 4, P. Reed (NE) 15.44; 5, G. Perryman (Sx) 14.88; 6, D. Allen (Notts) 14.78; 7, J. Clare (Lancs) 14.50; 8, G. Litherland (Staffs) 13.42. **DT:** 1, P. Gordon (Yks) 53.14; 2, P. Mardle (Wks) 53.02; 3, Winch 50.20; 4, Clare 49.92; 5, G. Tyler (Ex) 49.50; 6, N. Woolcott (Herts) 48.40; 7, Reed 47.34; 8, M. Symonds (Ox) 46.70; 9, G. Power (Sy) 44.34; 10, Litherland 43.16; 11, D. Allen (Notts) 42.08; 12, R. Joseph (Bucks) 41.44; 13, A. Nicholls (Av) 40.58. **HT:** 1, D. Smith (Hum) 68.20; 2, R. Earle (Ex) 57.54; 3, Gordon 56.76; 4, G. Callow (Kt) 56.10; 5, R. Payne (Wks) 54.66; 6, J. Feeley (N'Hants) 51.94; 7, C. Preston (Worcs) 49.80; 8, K. Weeks (Dor) 48.76; 9, D. Read (Bucks) 47.66; 10, M. Madden (Lincs) 46.32. **JT:** 1, D. Messom (Mx) 69.80; 2, C. Crutchley (Wks) 67.00; 3, R. Hooper (Lancs) 63.16; 4, T. Ratcliffe (Herts) 62.78; 5, I. Peddie (Sy) 62.38; 6, I. King (Lincs) 60.78; 7, D. Abernethy (Cumb) 60.74; 8, L. Peters (Notts) 58.46; 9, G. Amos (Yks) 57.04; 10, A. Rowberry (Worcs) 56.82; 11, P. Jolley (Staffs) 55.88; 12, W. Angelo-Sparling (Av) 55.88; 13, C. Simmons (N'hants) 55.56; J. Staplyton-Smith (NZ-gst) 67.74. **3kmW:** 1, P. Vesty (Leics) 11:55.3; 2, M. Rush (Cumb) 12:05.6; 3, G. Seater (NZ-gst) 12:21.7; 4, M. Smith (Wks) 12:57.5; 5, R. Hankin (Yks) 13:09.5; 6, E. Shillabeer (Dev) 13:12.5; 7, K. Baker (Dor) 13:27.2; 8, P. Hannell (Sy) 13:42.6. **10kmW:** 1, Rush 41:24.7; 2, C. Maddocks (Dev) 41:36.8; 3, Vesty 43:05.4; 4, A. Drake (Wks) 44:28.4; 5, S. Partington (Lancs) 44:29.3; 6, L. Morton (Yks) 45:38.8; 7, A. James (Mx) 46:13.3; 8, M. Greasley (Der) 48:59.3.

Women's Invitation Events — 100H: 1, L. Stott (NZ) 14.2; 2, L. Osmers (NZ) 15.6. 4×100: 1, England 'B' (H. Barnett, J. Stoute, P. Windle, J. Parry) 44.2; 2, England (P. Dunn, S. Jacobs, J. Baptiste, H. Oakes) 44.2.

CANNOCK CHASE DISTRICT COUNCIL

OFFICIAL OPENING OF THE NEW ALL WEATHER RUNNING TRACK

in conjunction with

CANNOCK & STAFFORD A.C.

YOUNG ATHLETES TRACK & FIELD MEETING

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

SAT., 20th SEPTEMBER, 1986

Cannock Stadium — First Event 11.00 am

all ages at Midnight 31st Aug 1986

B & G U/11 — 80m, 800m.
Colts U/13 — 100m, 800m, 70mH, HJ, LJ.
J. Boys U/15 — 100m, 200m, 400m, 800m, 1500m, 80mH, HJ, LJ, TJ, Shot, Dis, Jav.
Youths U/17 — 200m, 800m, 3000m, 100mH, 1500m, S/Chase, HJ, LJ.
Min Girls U/13 — 100m, 800m, 70mH, HJ, LJ.
Jun Ladies U/15 — 100m, 200m, 800m, 1500m, 75mH, HJ, LJ, Shot, Dis, Jav.
Int Ladies U/17 200m, 1500m, 80mH, HJ, LJ, Jav.

MEDALS TO FIRST THREE ALL EVENTS

Trophies to the winners of all Jun Boys, Youths, Jun and Inter ladies.

INVITATION INTERNATIONAL EVENTS

Entry Fees: 50p per Event to: H. R. Whittaker, 3 North Street, Bridgtown, Cannock WS11 3BB. Telephone Cannock (05435) 70157). SAE for numbers and event times.

Closing date 6th September 1986

ACCESS UK WOMEN'S LEAGUE — SECOND SERIES

Division Two, Harlow (July 5th)

Essex 327 (6 League Points); Birchfield 296 (5); Radley 232 (4); Monklands Shettleston 221 (3); Borough of Hounslow 211 (2); Pitreavie 152 (1).

100: A — 1, W. Hoyte (Houn) 12.0; 2, E. Waldo (Bir) 12.3; 3, L. Goreeph (Ex) 12.3; 4, S. Douglas (Rad) 12.3. B — J. Harman (Houn) 12.1. **200:** A — 1, G. Oladapo (Houn) 24.5; 2, Waldo 24.6; 3, Goreeph 24.8; 4, D. Warner (Rad) 25.2. B — 1, G. Taylor (Ex) 25.0; 2, S. Thomas (Houn) 25.3. **400:** 1, Taylor 53.7; 2, S. Guise (Bir) 54.3; 3, E. McArthur (Pit) 56.4. **800:** 1, McArthur 2:05.7; 2, G. Dainty (Bir) 2:06.8; 3, C. Wells (Houn) 2:14.2. **1500:** 1, N. Salisbury (Bir) 4:29.0; 2, L. Smith (Houn) 4:35.2. **3000:** L. Reynolds (Ex) 10:05.5. **100H:** A — 1, J. Simpson (Bir) 13.8; 2, K. Hagger (Ex) 14.1; 3, P. St. Ange (Houn) 14.4; 4, Douglas 15.0; 5, C. Boyle (Shett) 15.2. B — 1, T. Such (Bir) 14.5; 2, K. Reynolds (Rad) 15.3; 3, A. Brown (Shett) 15.5; 4, C. Johnson (Houn) 15.5. **400H:** 1, S. Gandy (Houn) 59.0; 2, Brown 61.9; 3, Such 62.8. B — J. Lindsey (Bir) 63.2.

HJ: A — 1, C. Summerfield (Bir) 1.75; 2, L. Manning (Houn) 1.75; 3, A. Cording (Ex) 1.70; 4, J. Gilchrist (Pit) 1.70. **LJ:** A — 1, S. Bowie (Bir) 6.15; 2, Hagger 6.12; 3, J. Jackson (Shett) 5.57. B — Simpson 6.06. **SP:** A — 1, Simpson 13.67; 2, S. Smith (Ex) 13.52; 3, A. Fowles (Houn) 12.34; 4, J. Barclay (Shett) 11.30. B — 1, S. Andrews (Ex) 13.28; 2, J. Williams (Bir) 11.75. **DT:** A — 1, K. Pugh (Bir) 50.88; 2, Andrews 43.14; 3, A. Morris (Pit) 39.52; 4, A. Hollyoake (Rad) 35.56. B — L. Charlton (Bir) 39.20. **JT:** A — 1, J. Rose (Houn) 45.86; 2, Williams 45.28; 3, Barclay 40.22. B — 1, J. Currie (Shett) 39.94; 2, J. Zaslona (Bir) 36.84. **4 × 100:** 1, Borough of Hounslow 45.5; 2, Essex 46.5; 3, Birchfield 46.9; 4, Radley 48.2; 5, Monklands Shettleston 48.5. **4 × 400:** 1, Birchfield 3:44.8; 2, Essex 3:49.0; 3, Borough of Hounslow 3:59.2.

Positions after two matches: *Essex 12; Birchfield 10; Monklands Shettleston 7; Radley 6; Borough of Hounslow 5; Pitreavie 2.*

Inters — 100/200: A. McGillivray (Shett) 12.9/26.4. **800:** J. Haslett (Houn) 2:15.3. **80H:** A — 1, A. De A'Echevarria (Rad) 11.9; 2, A. McGregor (Shett) 12.2. B — K. Allmond (Rad) 12.3. **200H:** A — 1, De A'Echevarria 29.9; 2, A. Little (Ex) 30.4. B — Allmond 30.5. **LJ:** McGregor 5.30. **SP:** A — 1, A. Morris (Pit) 12.63; 2, A. Sinclair (Shett) 11.52. B — A. Shepherd (Pit) 10.24. **JT:** 1, S. Painter (Rad) 35.20. **4 × 100:** 1, Radley 50.4; 2, Monklands Shettleston 50.7.

Juniors — 100/200: S. McFarland (Shett) 12.9/26.7. **800:** S. McNeil (Rad) 2:20.3. **1500:** R. Jordan (Bir) 4:52.1. **75H:** A — 1, L. Cameron (Ex) 11.6; 2, A. Brown (Rad) 12.0. B — J. Golding (Bir) 12.3. **HJ:** Cameron 1.71. **LJ:** A — Cameron 5.13. B — L. Turner (Ex) 5.11. **SP/DT:** N. Hart (Ex) 10.89/34.24. **JT:** 1, C. Burns (E) 33.02; 2, T. Humphries (Bir) 31.08. **4 × 100:** 1, Essex 51.9; 2, Monklands Shettleston 52.0.

EAST HULL HARRIERS & A.C. Present

THE ROYAL BANK OF SCOTLAND

OPEN TROPHIES MEETING

(Under AAA & WAAA Laws)

SUNDAY 17th AUGUST, 12.00 noon

The Costello Athletics Stadium, Kingston Upon Hull

Ages at Midnight 31/8/86	Schedule of Events	Entry Fee per event
Sen/Jun Men	100m, 800m, 300m, Hammer (7.26kg), Discus (2kg), LJ, PV	50p
Youths (15/16 yrs)	100m, 1500m, LJ, Shot	40p
Boys (13/14 yrs)	100m, 800m, LJ, Discus	40p
Colts (11/12 yrs)	100m, 800m, LJ, HJ	40p
Min Boys (8/10 yrs)	100m, 800m, Standing LJ	30p
Ladies	100m, 800m, 3000m, 100mH	50p
Ladies & Int Ladies	LJ, Javelin, Discus	50p
Int Ladies (15/16 yrs)	100m, 800m, 80mH	40p
Jun Ladies (13/14 yrs)	100m, 800m, 80mH, LJ, Javein	40p
Girls (11/12 yrs)	100m, 800m, 75mH, HJ, Discus	40p
Min Girl (8/10 yrs)	100m, 800m, Standing LJ	30p

Entries close first post Wed. 6th August.

To: G. Griffin, 76 Tweendykes Road, Sutton, Hull HU7 4XG. On AAA/WAAA Forms. Cheques/Postal orders cross payable to EAST HULL HARRIERS & A.C.

Awards Trophies to 1st, 2nd and 3rd in each event. Standard certificates.

Enclose a s.a.e. if you require ack. of entry

Division Three, Aldershot (July 6th)

Coventry 282 (6 League Points); Wolverhampton & B 246½ (5); Aldershot F&D 246 (4); Derby 244 (3); Mitcham & S 242 (2); City of Hull 167½ (1).

100: A — 1, P. Watt (W&B) 11.8; 2, J. Smith (M&S) 12.3. B — R. Crawford (W&B) 12.3. **200:** 1, Watt 24.1; 2, L. Parry (Der) 25.2; 3, D. Burkmar (AF&D) 25.3. **400:** 1, L. Robinson (Cov) 54.6; 2, H. Urquhart (Der) 56.6; 3, M. Day (M&S) 57.3. **800:** A — 1, W. Wright (Der) 2:10.8; 2, J. Cole (M&S) 2:11.8; 3, D. Fisher (W&B) 2:13.1. B — L. Monk (W&B) 2:11.9. **1500:** 1, J. Laughton (Der) 4:22.5; 2, W. Lodge (AF&D) 4:24.2; 3, Cole 4:29.6; 4, Robinson 4:33.6. **3000:** A — M. Smith (AF&D) 9:57.3. B — C. Duncan (AF&D) 10:05.3. **100H:** A — 1, Parry (Der) 14.1; 2, J. Vernon (M&S) 14.5; 3, L. Parry (Cov) 15.1. B — D. Baker (Der) 14.3. **400H:** A — 1, Parry (Der) 61.2; 2, H. Price (Cov) 64.8; 3, C. Roe (Mit) 65.4. B — 1, Parry (Cov) 63.1; 2, Baker 64.6.

HJ: A — 1, M. Hughes (Der) 1.78; 2, M. Wheeler (Cov) 1.75. B — C. Smith (Cov) 1.70. **LJ:** 1, S. van Frederici (M&S) 5.43. **SP:** 1, I. Duffin (M&S) 12.90; 2, J. Aucott (Cov) 11.60. **DT:** A — 1, Aucott 48.56; 2, Duffin 39.88; 3, M. Cullen (Der) 39.18. B — C. Cooksley (Cov-I) 33.40. **JT:** A — 1, A. Lockton (W&B) 53.70; 2, G. Cresswell (Der) 37.26. B — F. Dale (W&B) 36.30. **4 × 100:** 1, Derby 48.0; 2, Mitcham & S 48.8; 3, Aldershot F&D 48.9. **4 × 400:** 1, Derby 3:53.7; 2, Coventry 3:54.7; 3, Wolverhampton & B 3:56.2; 4, Mitcham & S 3:56.5.

Birchfield long jumper Sharon Bowie.

Positions after two matches: ***Coventry 12; Wolverhampton & B 10; Aldershot F&D 8; Derby 6; Mitcham 3 (435½); City of Hull 3 (375½).***

Inters — 100: 1, P. McLean (W&B) 12.4; 2, F. May (Der) 12.6. **200:** E. Smith (M&S) 26.6. **800:** A. Harvey (W&B) 2:20.6. **80H:** 1, L. Carter (M&S) 12.3; 2, R. Bell (Cov) 12.4. **200H:** A — Carter 29.9. B — H. White (Cov) 30.8. **LJ:** J. Wise (Cov) 5.63. **SP:** Cooksley 12.84. **JT:** 1, D. Caldwell (Der) 40.62; 2, J. McClean (CoH) 33.60. **4 x 100:** Mitcham & S 50.6.
Juniors — 100/LJ: Y. Hallett (Mit) 12.8/5.49. **200:** 1, Hallet 25.8; 2, J. Williams (W&B) 26.0. **800:** 1, W. Farrow (Der) 2:20.2; 2, H. Alderman (AF&D) 2:20.9. **1500:** L. Mallows (Cov) 4:45.1. **75H:** A — 1, L. Brunning (M&S) 11.7; 2, R. Smith (Cov) 11.8. B — L. Meldrum (AF&D) 12.0. **HJ:** S. Bradley (Der) 1.55. **SP/DT:** H. Harris (W&B) 10.61/27.42. **JT:** 1, E. McClean (CoH) 26.68; 2, C. Hovey (Der) 26.44. **4 x 100:** 1, Wolverhampton & B 52.0; 2, City of Hull 52.1.



Photo: Steve Harlow

Division Four, Barnet (July 6th)

Barnet-Copthall 266 (6 League Points); Cannock & S 264½ (5); Borough of Enfield 256½ (4); Bournemouth 225½ (3); Chelmsford 228½ (2); Leicester 207 (1).

100: A — L. Hopkins (Enf) 12.5. B — J. Kirk (Enf) 12.3. **200:** Hopkins 25.6. **400:** 1, S. Chick (Enf) 56.2; 2, T. Colebrook (C&S) 57.0; 3, J. Allen (Barn-C) 57.1. **800:** 1, J. Burtonwood (Leic) 2:13.1; 2, S. Taylor (B'mth) 2:14.7. **1500:** C. Mijovic (Barn-C) 4:37.6. **3000:** 1, L. Harvey (Enf) 9:49.9; 2, A. Gooderham (B'mth) 9:51.9; 3, Burtonwood 10:04.7. **100H:** 1, Kirk 13.9; 2, L. Elliott (Barn-C) 14.6; 3, S. Postings (C&S) 14.6; 4, A. Rothwell (Chelm) 14.9. B — 1, G. Rhind (Enf) 14.1; 2, S. Goacher (C&S) 14.5; 3, J. Agyepong (Barn-C) 15.5. **400H:** A — 1, Rothwell 63.7; 2, Goacher 64.1. B — Colebrook 64.7. **HJ:** F. Ross (Leic) 1.63. **LJ:** G. Morton (Leic) 5.85. **SP:** A — 1, D. Bushnell (Chelm) 12.37; 2, J. Avis (Barn-C) 12.25. B — B. Hockley (Chelm) 10.75. **DT:** A — 1, Avis 49.68; 2, Bushnell 45.04; 3, L. Smith (B'mth) 41.62; 4, C. Clarke (C&S) 39.18. B — Hockley 41.66. **JT:** A — 1, L. Flitney (Barn-C) 45.86; 2, J. Griffiths (C&S) 42.56; 3, L. O'Shaughnessy (Chelm) 40.48. B — K. Ball (C&S) 41.56. **4 x 100:** Borough of Enfield 49.7. **4 x 400:** 1, Borough of Enfield 3:55.4; 2, Bournemouth 3:58.5; 3, Chelmsford 3:59.9.

Positions after two matches: ***Barnet-Copthall 11; Cannock & S 9; Leicester 7; Borough of Enfield 6 (481½); Bournemouth 6 (469); Chelmsford 3.***

Inters — 100: 1, M. Walker (Barn-C) 12.4; 2, D. Mee (Leic) 12.5; 3, T. Howard (Chelm) 12.6. B — A. Okereke (Barn-C) 12.5. **200:** 1, Walker 25.4; 2, L. Hearne (B'mth) 25.9. **800:** M. Wilkes (Leic) 2:16.0. **80H:** 1, J. Mulcock (B'mth) 11.8; 2, E. Gent (C&S) 12.2; 3, C. Greig (Barn-C) 12.2. **200H:** A — 1, Mulcock 29.3; 2, Greig 29.8. B — J. Robertson (Enf) 30.7. **LJ:** Robertson 5.50. **SP:** 1, S. Lindsey (Enf) 10.98; 2, Mulcock 10.30. **JT:** 1, A. Omersher (B'mth) 35.76. **4 x 100:** Barnet-Copthall 51.2.
Juniors — 100: A — 1, V. Francis (Enf) 12.3; 2, S. Denny (Barn-C) 12.8; 3, K. Maddox (C&S) 12.8; 4, R. Dunthorne (Chelm) 12.9. B — S. Baker (C&S) 12.6. **200:** A — 1, Maddox 25.6; 2, L. Gilzene (Barn-C) 26.3; 3, L. Whetstone (Leic) 26.5. B — Baker 25.6. **800:** C. McIntosh (Barn-C) 2:22.6. **1500:** J. Bilcliff (C&S) 4:54.9. **75H:** Maddox 11.8. **HJ:** E. Charles (C&S) 1.43. **LJ:** Baker 4.94. **SP/DT:** H. Lindley (C&S) 9.47/24.88. **JT:** C. Muller (Enf) 26.58. **4 x 100:** Cannock & S 51.4.

THE FIFTH
WREXHAM EXPRESS CHARITY
HALF MARATHON
2 pm, SUN 7th SEPTEMBER, 1986
Prizes include video recorder, radio/cassette microwave.
For application form, write: Half Marathon, Wrexham Express, Lord St., Wrexham, LL11 1LR. (0978-350101).
(Run under AAA & WCCA Rules)
Sponsored by RON HILL SPORTS

Oslo:

Ingrid Kristiansen Supreme

ONE could have forgiven Bislett Games entrepreneur Arne Haukvik if, for once, no world records had been forthcoming in Oslo on July 5th. A blustery wind and grey clouds did not bode well, but the Bislett magic was in evidence again as the enthusiastic crowd lifted their heroes from around the world to superlative performances, with Ingrid Kristiansen, who lives just a few minutes away from the stadium, turning up trumps with an almost unbelievable new 10,000m record.

Last year, when setting world figures of 30:59.42, Ingrid set off at a rather sedate pace, but this year she had welcome assistance from American Lesley Welch. As Ingrid later related, "Welch set the right pace for me, a good pace", and as a result the first kilometre was completed in 3:01.15 — nearly 14 seconds up on 1985. After reaching 3000 in 9:10.01 Ingrid took over the front running at the start of the eighth lap. The crowd loved it and the Norwegian star responded by zipping through the half way mark in an astonishing 15:11.33. When one considers that only Zola Budd among British runners has ever bettered that time for 5000 it gives a measure of Ingrid's ability. But more was to come . . . she was to run the second 5000 in 15:02.41!

National records galore

To high pitched encouragement by the excited fans, Ingrid reached 6km half a minute ahead of last year's schedule and by 9km she was 42 seconds in front of her 1985 pace. Finishing off with a 67.76 last lap and lapping the entire field, she came home in the fabulous time of 30:13.74. Behind her there were national records for Aurora Cunha of Portugal, Erszebet Vereb of Hungary, Ria Van Landeghem of Belgium, Christina Tomasini of Italy and Evy Palm of Sweden, while Britain's Shireen Samy set a personal best of 33:10.25 in 15th place.

A delighted Mrs. Kristiansen said: "Before the race I told you that 30:30 was my target, but I also thought I could run between 30 minutes and this time". She added: "I don't think too much about the 30 minutes barrier . . . but if there were some good girls competing at the distance I believe it could be run 30 to 40 seconds faster". Ingrid said she hopes to run both the 10,000 and 3000 at the European Championships (not the marathon, for which she holds the world best of 2:21:06) — "but I also want a good 5000 race".

Dave Martin

Ingrid's 10,000m Records Compared

	1985	1986
400	1:19.96	1:12.05
800	2:37.08	2:24.76
1000	3:13.29	3:01.15
1200	3:49.69	3:37.81
1600	5:03.17	4:52.70
2000	6:18.37	6:05.23
2400	7:32.58	7:18.33
2800	8:45.67	8:33.6
3000	9:22.32	9:10.01
3200	9:59.08	9:46.17
3600	11:12.08	10:58.64
4000	12:27.49	12:11.24
4400	13:41.99	13:23.44
4800	14:56.55	14:35.16
5000	15:34.54	15:11.33
5200	16:12.11	15:46.76
5600	17:26.56	16:58.86
6000	18:41.53	18:11.47
6400	19:56.46	19:23.99
6800	21:10.81	20:36.21
7000	21:47.55	21:13.00
7200	22.24.56	21:49.41
7600	23:29.14	23:02.77
8000	24:54.04	24:16.01
8400	26:08.69	25:28.94
8800	27:23.50	26:41.85
9000	28:00.76	27:18.40
9200	28:37.94	27:54.79
9600	29:51.53	29:05.98
10,000	30:59.42	30:13.74

After such a performance, **reports Richard Hymans,** everything else could have been anti-climactic, but, as usual, Bislett provided many highlights. Said Aouita made a memorable 10,000 debut with a 13:33.6 second half (and last 3000 in 8:02) to beat the excellent Mark Nenow, 27:26.11 to 27:28.80. Aouita later paid tribute to Nenow's unselfish running (the only way the American could have won was to try and break Aouita) and declared that of the current world records within his sphere this would be the easiest to break, with 27 minutes being a natural target for 1987. Aouita was spiked early in the race. With 12 runners finishing inside 28 minutes this was a superb race in depth of quality. Among the non-finishers were world record holder Fernando Mamede and Olympic champion Alberto Cova, the latter falling at the 4000 mark and being left with too much work to do in trying to catch up. Britain's Tim Hutchings (in his debut) and Carl Thackery also failed to complete the distance.

Aouita had declared 12 months earlier that he was planning to run the 10,000 in this meeting, so no one



Said Aouita overtakes Mark Nenow on his way to a 27:26.11 debut 10,000m.

Photo: Associated Sports Photography

should have been surprised that he was not in the hideously titled 'Dream Mile'. The current *de luxe* pacemaker, James Mays, set off at a terrific clip, going through the quarter in a too hasty 53.24, slowing to 1:53.59 at the halfway point, with only secondary pacesetter John Gladwin and Steve Cram in attendance. Gladwin then took over and hauled Cram to the bell in 2:52.05. Some 25m back Sydney Maree, Jim Spivey and Steve Scott led the pack, with Stockholm 1500 winner Mike Hillardt struggling near the back of the field. Cram showed great fortitude in the last lap, but that over-fast start to the race robbed him of much of his finishing kick as a rejuvenated Scott gained all but three of the 25 metres. Cram produced the second fastest mile time of his career (3:48.31) after passing the 1500 mark in 3:33.06.

There was a British success also in the 3000. The pace was relatively pedestrian until 1200 (3:08.56), whereupon Jack Buckner took over with a 59.54 lap. Looking strong and confident, Buckner applied laps of 60-61 for the remainder of the race, finishing with a 1986 world best of 7:40.43. This is probably Buckner's best distance at the moment, but his 5000 potential is very exciting. Other British winners were Linford Christie, who with a tremendous mid-race surge powered away from Thomas Schroder (GDR champion in 10.10 the previous week) in a 10.26 100, Steve Crabb in the 1500 and Fatima Whitbread, who showed super consistency, culminating with an excellent 69.28m to beat Norway's Trine Solberg whose 67.80 final cast was a result of an interesting interpretation of the rules governing flat throws.

Flintoff runs 53.76

The two 400m hurdles races were superb. In the women's event Cornelia Feuerbach led for the first four hurdles, then world record holder Sabine Busch took over as expected. What was unforeseen was Debbie Flintoff. The Australian moved from fourth at the seventh hurdle to second at the tenth barrier, just behind Busch, and her momentum and superior technique carried her past the East German to a magnificent 53.76 — a Commonwealth record and a time which only Busch and the Soviet pair of Margarita Khromova and Marina Stepanova have ever beaten. Weather permitting, Flintoff will go for the world record of 53.56 in Edinburgh. In the men's event, Andre Phillips (whose decathlon training has made him look even more powerful) led until the last hurdle, despite a stutter at the eighth, but Danny Harris was too quick on the run-in, finishing with a world leading 47.82 to Phillips' 48.15. As this was Phillips' first outing since May, fireworks can be expected in this event in coming weeks, particularly if Ed Moses stops 'playing hard to get'.

In the 1500 Maricica Puica followed Svetlana Guskova through 800 (2:10.06) and then powered away from the field with a 63.4 third lap. To the delight of British onlookers, Yvonne Murray led the chase, holding off Canada's Brit McRoberts until the last 50m, while Chris Whittingham showed great strength in picking up three positions in the last 150m to finish fourth. Both Scots broke new ground with pbs of 4:05.76 and 4:06.24. Heike Drechsler showed enormous power to cruise away from Jeanette Bolden in the last 40m of the 100 to clock a tremendous 10.80, albeit wind assisted. Drechsler is the most exciting talent in women's athletics, and could well push the long jump record up to 7.60 — 7.60 later this season.

Both the men's field events were won by Americans. Jim Howard was very close to a US high jump record of 2.37m and Charlie Simpkins produced three triple jumps of 17.36m or better, the worst of which was actually over 17.70 from toe to heel. Willie Banks was at last back over 17m, while John Herbert showed terrific spring, but lack of competition recently hindered his rhythm and held him back to fourth with 16.67.

Grand Prix Scoring Events

Men

100: (+1.4m) 1, LINFORD CHRISTIE (UK) 10.26; 2, Thomas Schroder (GDR) 10.39; 3, Roy Martin (US) 10.40; 4, Gerrard Keating (Aus) 10.49; 5, Lorenzo Daniel (US) 10.61; 6, Einar Sagli (Nor) 10.62. **800:** 1, Earl Jones (US) 1:44.70; 2, Moussa Fall (Sen) 1:45.41; 3, Niang Babacar (Sen) 1:45.55; 4, Dave Mack (US) 1:45.57; 5, Ralph Schumann (GDR) 1:46.10; 6, Bo Breigan (Nor) 1:46.18; 7, ROB HARRISON (UK) 1:46.88; 8, Slobodan Popovic (Yug) 1:47.14; 9, CHRIS McGEORGE (UK) 1:47.20; 10, Stanley Redwine (US) 1:47.20. **1500:** (counts towards Mile) 1, STEVE CRABB (UK) 3:39.03; 2, Osten Buskas (Swe) 3:39.15; 3, Pat Scammell (Aus) 3:39.41; 4, Uwe Becker (FRG) 3:39.42; 5, Willi Wulbeck (FRG) 3:39.97; 6, Ronny Olsson (Swe) 3:40.96; 7, Lars-Ove Stromo (Nor) 3:41.10; 8, Johan Engholm (Swe) 3:41.20; 9, Tony Rogers (NZ) 3:41.33; 10, Niels-Kim Hjort (Den) 3:42.03; 11, DAVE SHARPE (UK) 3:42.77; 12, Lars Stene (Nor) 3:42.82; 13, ALAN SALTER (UK) 3:42.98. **Mile:** 1, STEVE CRAM (UK) 3:48.31; 2, Steve Scott (US) 3:48.73; 3, Jim Spivey (US) 3:49.80; 4, Jose-Luis Gonzalez (Spa) 3:50.82; 5, John Walker (NZ) 3:53.72; 6, Sydney Maree (US) 3:55.10; 7, Frank O'Mara (Irl) 3:56.99; 8, Mike Hillardt (Aus) 4:00.58; 9, Pierre Deleze (Swi) 4:02.31. **3000:** (counts towards 5000) 1, JACK BUCKNER (UK) 7:40.43; 2, Terry Brahm (US) 7:46.96; 3, Ray Wicksell (US) 7:50.29; 4, Robert Nemeth (Aut) 7:51.50; 5, Rich Harris (US) 7:53.61; 6, Thomas Wessinghage (FRG) 7:55.54. **10,000:** (counts towards 5000) 1, Said Aouita (Mor) 27:26.11; 2, Mark Nenow (US) 27:28.80; 3, Salvatore Antibo (Ita) 27:39.52; 4, Stefano Mei (Ita) 27:43.97; 5, Martti Vainio (Fin) 27:44.57; 6, Toshihiko Seko (Jap) 27:45.45; 7, Gerhard Hartmann (Aut) 27:49.35; 8, Paul Williams (Can) 27:50.19; 9, Francesco Panetta (Ita) 27:51.05; 10, Steve Plasencia (US) 27:51.70; 11, Ezequiel Canario (Por) 27:53.72; 12, Gerry Donakowski (US) 27:58.41; 13, Henrik Jorgensen (Den) 28:08.19; 14, Mats Erixon (Swe) 28:09.30; 15, Masanari Shintaku (Jap) 28:09.47; 16, Douglas Maina (Ken) 28:17.12; 17, Kurt Hurst (Swi) 28:18.41; 18, Steve Moneghetti (Aus) 28:20.95 . . . non-finishers included Alberto Cova (Ita), Fernando Mamede (Por), TIM HUTCHINGS (UK) & CARL THACKERY (UK). **400H:** 1, Danny Harris (US) 47.82; 2, Andre Phillips (US) 48.15; 3, Harald Schmid (FRG) 48.98; 4, Rik Tommelein (Bel) 50.13. **HJ:** 1, Jim Howard (US) 2.32; 2, Dietmar Mogenburg (FRG) 2.29; 3, Jan Zvara (Cze) 2.25; 4, Doug Nordquist (US) 2.25; 5, Patrik Sjoberg (Swe) 2.25; 6, GEOFF PARSONS (UK) 2.20; 7, Jindrich Vondra (Cze) 2.20; 8, DALTON GRANT (UK) 2.15. **TJ:** 1, Charlie Simpkins (US) 17.42; 2, Willie Banks (US) 17.15; 3, Arne Holm (Swe) 17.03w (legal 16.31); 4, JOHN HERBERT (UK) 16.67; 5, Paul Emordi (Nig) 16.50 . . . FEMI ABEJIDE (UK) no mark.

Women

200: (+0.4m) 1, Valerie Brisco-Hooks (US) 22.59; 2, Chandra Cheeseborough (US) 23.14; 3, KATHY COOK (UK) 23.24; 4, Florence Griffith (US) 23.93. **400:** 1, Diana Dixon (US) 50.24; 2, Petra Muller (GDR) 50.84; 3, Tatana Kocembova (Cze) 51.19; 4, Maree Chapman (Aus) 52.28 . . . Kirsten Emmelmann (GDR) 51.76 (disq). **1500:** 1, Maricica Puica (Rom) 4:01.20; 2, Brit McRoberts (Can) 4:05.36; 3, YVONNE MURRAY (UK) 4:06.24; 5, Katrin Wuhn (GDR) 4:06.66; 6, Anne Jorunn Flaten (Nor) 4:06.72; 7, Sue Addison (US) 4:07.35; 8, Lynn Williams (Can) 4:07.35; 9, Debbie Scott (Can) 4:09.37; 10, Svetlana Guskova (USSR) 4:10.81; 11, Lynn Jennings (US) 4:10.91; 12, Ruth Wysocki (US) 4:14.28; 13, Penny Just (Aus) 4:15.09 . . . 18, KATH CARTER (UK) 4:24.94. **10,000:** (counts towards 5000) 1, Ingrid Kristiansen (Nor) 30:13.74 **(world record);** 2, Aurora Cunha (Por) 31:29.41; 3, Erszebet Vereb (Hun) 32:19.86; 4, Ria Van Landeghem (Bel) 32:29.73; 5, Grete Kirkeberg (Nor) 32:37.99; 6, Christina Tomasini (Ita) 32:40.22; 7, Carla Beurskens (Neth) 32:40.69; 8, Evy Palm (Swe) 32:47.25 . . . 15, SHIREEN SAMY (UK) 33:10.25. **DT:** 1, Tsvetanka Khristova (Bul) 69.78; 2, Diana Sachse (GDR) 69.02; 3, Silvia Madetzky (GDR) 67.08; 4, Irina Meszynski (GDR) 66.34; 5, Carol Cady (US) 64.24; 6, Marta Kripli (Hun) 61.40. **JT:** 1, FATIMA WHITBREAD (UK) 69.28; 2, Trine Solberg (Nor) 67.80; 3, Natalya Yermolovich (USSR) 66.46; 4, Jana Kopping (GDR) 65.42; 5, Tiina Lillak (Fin) 64.76; 6, Elisabet Nagy (Swe) 60.66; 7, Zsuzsa Malovecz (Hun) 60.16.

Non-Grand Prix Events

400: Clark (Aus) 45.08, Schersing (GDR) 45.30, Nix (US) 45.72, Armstead (US) 46.38; **SP:** Sagedal (Nor) 20.24, Backes (US) 20.19, Nilsen (Nor) 20.08; **DT:** Hjeltnes (Nor) 67.22, Bugar (Cze) 65.68. **Women — 100:** (+2.8m) Drechsler (GDR) 10.80, J. Bolden (US) 11.11, SALLY GUNNELL (UK) 11.79; **800:** Wachtel (GDR) 1:59.99, Bussmann (FRG) 2:00.54, Clark (US) 2:00.57, SHIREEN BAILEY (UK) 2:01.30, LORRAINE BAKER (UK) 2:02.23; **400H:** Flintoff (Aus) 53.76 **(Commonwealth rec),** Busch (GDR) 54.05, Feuerbach (GDR) 54.38, Skoglund (Swe) 55.07, Brown-King (US) 55.76, YVETTE WRAY 57.64; **LJ:** Lorraway (Aus) 6.68w (legal 6.36), Boegman (Aus) 6.46w, Sundberg (Swe) 6.25, Fredriksen (Nor) 6.23w, CAROL ZENIOU (UK) 6.18w (legal 5.95).

Helsinki:

Petranoff Makes Javelin History

TOM Petranoff may start liking the new javelin after all. It cannot be too bad if you are able to unleash a world record with it! Jovial Tom's 85.38m in the second round of the 20th World Games in Helsinki on July 7th may not be so unusual yet — you are going to see longer throws soon — but the way he prepared for it certainly was.

"I did not sleep a wink last night", said Petranoff, who had won in Moscow with an 83.46 effort the day before. "Because of a dope test, I missed my flight to Helsinki and had to hang around for six hours at Moscow Airport. Some night . . . I finally got to Helsinki, but was so tired I did not do a single warm-up throw. Maybe I have invented something sensational . . .!"

Tom Petranoff has a special liking for Finland; he says it is "the greatest javelin country in the world".

omega

Running Club

(Weybridge, Surrey)

3rd Annual

10Km ROAD RACE

(Under AAA Laws)

TUES., 19th AUGUST, 7 pm

★ Fast, accurate course.
★ Good prizes in all categories.
★ Barbecue after at Surrey's friendliest pub — Hand & Spear by Weybridge Station.
★ No unatt or O/45-mins runners please.
★ Name, address, age, sex, club, and £2.

To: Clive Beauvais, 9 The Dell, Bishopsgate Road, Englefield Green, Egham, Surrey. (Please don't write asking for an entry form).

Closing date 16 August
Entries on day £4.00

(To be donated to Leukaemia Research)

LANCASHIRE COUNTY FIRE BRIGADE

10 MILE ROAD RACE

FIRE BRIGADE '10'

1pm SUNDAY, 14 SEPTEMBER, 1986

Venue:

Fire Brigade International Training Centre, Euxton, Chorley

Sponsored by Lookers Grosvenor Motors

ENTRY FORMS Please send S.A.E. **To:** 'Road Race', Lancashire County Fire Brigade, 'C' Division Headquarters, Blackpool Road, Deepdale, Preston PR1 6US.

Fee: £2.50 Club Runners
£3.00 Unattached Runners
£1.50 Fire Brigade Personnel

PRIZES Mens, Ladies, Veterans & Team.
(First four to count)

Closing date — 7 September 1986
No entries accepted on the day

COMMEMORATIVE MEDALS

YEOVIL OLYMPIADS A.C.

YEOVIL GAMES

(Under AAA's & WAAA's Laws)(6mm spikes all Track Events)

MONDAY, AUGUST 25th, 1986

PRIZES FOR ALL EVENTS

Sponsored by COLBORNE PEARSON TROPHIES (Trowbridge) and local Trade and Industries.

At The Yeovil Athletic Track, Yeovil Recreation Centre

EVENTS

12.00	approx	100m (heats)	B, JL, Y, L.M.					
12.45	"	400mH (Times)	IL, L, Y, M.				Semi Finals	
13.05	"	1500m	L.				and Finals as	
13.15	"	200m (Heats)	L, M, Y, JL.				and when required	
13.55	"	Sprint Hurs (Heats)	M, Y, L.					
14.15	"	400m (Heats)	L, M.					
14.30	"	5000m	M.	16.30	approx	800m	JL.	
15.15	"	800m	B.	16.40	"	MILE WALK	M.	
15.45	"	MILE	M.	17.00	"	1500m	Y.	

FIELD

12.00	"	Javelin	M.	High Jump	L.	Long Jump	M			
12.45	"	Shot	L.	Pole Vault	M, Y.					
13.00	"	Javelin	Y.	Long Jump	JL.					
13.45	"	Shot	M.							
14.00	"	Discus	L.	Long Jump	L.	T. Jump	M.	High Jump	Y.	
15.00	"	Discus	M.	Long Jump	B.					
15.15	"	Javelin	L.	15.30 High Jump	M.	16.00 Hammer	M.			

ENTRY FEE: 50p per event. **No late entries accepted. The Closing Date for Entries is Monday, 18th August, 1986.**

To: Mrs P. Mesney, 168 Mudford Road, Yeovil, Somerset.

Please enclose SAE if acknowledgement is required. Cheques and Postal Orders, made payable to Yeovil Olympiads A.C.

Sports and Recreation Department presents

Gateshead Metropolitan Borough Council

YOUNG ATHLETES OPEN MEETING

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

Assisted by NIKE

SATURDAY, 23rd AUGUST, 1986

at Gateshead International Stadium.

First Event Commences 1.00 pm

Colts: 200m, 800m, High Jump, Long Jump.
Boys: 80m Hurdles, 100m, 400m, 1500m, High Jump, Shot, Javelin, Pole Vault.
Youths: 100m Hurdles, 200m, 800m, 3000m, Pole Vault, Long Jump, Discus.
Minor Girls: 80m, 800m, High Jump, Long Jump.
Juniors Ladies: 75m Hurdles, 200m, 800m, Discus, High Jump.
Inter Ladies: 80m Hurdles, 100m, 400m, 1500m, Long Jump, Shot.
Euro Juniors: 100m Hurdles, 200m.

Invitation: 3000m Senior Men (Applications to Stan Long 091 477 5140).

Entries: 50p per event (Postal Orders and cheques made payable to Gateshead M.B.C.)

Entries to: Young Athletes Open Meeting, Gateshead International Stadium, Neilson Road, Gateshead, Tyne and Wear NE10 0EF. Tel: 091 478 1687.

Detailing name, address, club, date of birth, events entered, age group, best performance (to assist in seeding and grading). Please enclose a S.A.E. (min 9×4) for confirmation of the entry and timetable of events.

CLOSING DATE: for entries Friday, 8th August, 1986

Prizes: Medals for first three (3) in each event. Nike prize vouchers for event winners.

The organisers reserve the right to cancel events if there are insufficient entries.

ANNUAL RELAYS AND MULTI EVENTS MEETING

(Under AAA & WAAA Laws)

SATURDAY, 30th AUGUST, 1986

Prospectus RELAYS (first event 1.00 pm)

Veterans	3×100m, 3×1500m
Senior Men	4×100m, 4×800m, 4×1500m.
Junior Men	4×100m, 4×400m, 4×1500m.
Youths	4×100m, 4×400m, 4×800m.
Boys	4×100m, 4×400m.
Colts	4×100m, 4×400m.
Senior Ladies	4×100m, 4×1500m.
Inter Ladies	4×100m, 4×800m.
Junior Ladies	4×100m, 4×800m.
Girls	4×100m, 4×800m.

MULTI EVENTS (first event 11.00 am)

Senior Ladies	Open Pentathlon* (100m Hurdles, High Jump, Long Jump, Shot Putt, 800m)
Inter Ladies	Open Pentathlon* (80m Hurdles, High Jump, Long Jump, Shot Putt, 800m)
Junior Ladies	Open Pentathlon* (75m Hurdles, High Jump, Long Jump, Shot Putt, 800m)
Girls	Open Triathlon (Long Jump, Shot Putt, 200m)

***Incorporating N.E.C.W.A.A.A. Championships**

Entry Fees: Relays £1 50 per team. Individuals 50p per person.

Prizes: Multi Events — medals for first three. Relays — medals to first team.

JUST SPORT RELAY TEAM TROPHY — points will be awarded to the 1st, 2nd & 3rd teams in each race (7pts, 4 pts & 1pt). The club with the most accrued points will hold the above trophy for one year.

ENTRIES: Close FRIDAY, 15th AUGUST, 1986

Entries to: Annual Relay & Multi Events Meeting, Gateshead International Stadium, Neilson Road, Gateshead, Tyne and Wear NE10 0EF. Tel 091 478 1687.

Please enclose a S.A.E. (minimum size 9″×4″) for confirmation of entry and timetable of events.

The organisers reserve the right to cancel events if there are insufficient entries.

It is most fitting then that he now has the first ever men's javelin world record (albeit an unofficial one) made at the Helsinki Olympic Stadium. Even Matti Järvinen made his records of 76.10 in 1933 and 77.23 in 1936 at the Zoological Gardens grounds a few hundred metres away. Petranoff's series: 80.26 — 85.38 — 81.38 — foul — 80.48 — 74.38. He was followed by Seppo Räty (81.50), England's Mike Hill and Finnish veteran Jorma Markus, whose 79.70 had beaten Petranoff in Turku only four days earlier.

In ideal weather for distance running, Switzerland's Pierre Deleze showed his talent for 5000m by beating Vincent Rousseau, Antonio Leitao and new British hope Jon Solly in a world leading 13:15.31. Graeme Fell won the steeplechase in 8:19.79 and Jose-Luis Gonzalez the 1500 from fit again Peter Elliott (pb of 3:35.62) in 3:35.19.

In the 400, Sunder Nix had a hard time beating Susumu Takano's Japanese record of 45.24, while in the hammer there was a superb show by Yuriy Sedykh and Sergey Litvinov: 84.14 and 84.02 — the worst of their seven valid throws measuring 82.58! As so many times before, Tiina Lillak's best work (a couple of throws in the 71m region) went out of the sector, and world record holder Petra Felke won with 70.06.

Matti Hannus

Grand Prix Scoring Events

Men

100: (+0.5m) 1, Imo (Nig) 10.23; 2, McSwain (US) 10.39; 3, Williams (Can) 10.49; 4, Keating (Aus) 10.52; 5, ERNIE OBENG (UK) 10.58. **800:** 1, Robinson (US) 1:46.72; 2, Druppers (Neth) 1:46.86; 3, Fall (Sen) 1:46.88; 4, Mayr (Swi) 1:47.58. **1500:** 1, Gonzalez (Spa) 3:35.19; 2, PETER ELLIOTT (UK) 3:35.62; 3, Hacksteiner (Swi) 3:38.44; 4, Guldberg (Den) 3:38.90; 5, Wirz (Swi) 3:39.09. **5000:** 1, Deleze (Swi) 13:15.31; 2, Rousseau (Bel) 13:16.66; 3, Leitao (Por) 13:20.04; 4, JON SOLLY (UK) 13:22.39; 5, Ryffel (Swi) 13:32.34; 6, Vainio (Fin) 13:33.60; 7, Valkonen (Fin) 13:35.34; 8, Wessinghage (FRG) 13:40.79; 9, Easker (US) 13:41.20; 10, Kananen (Fin) 13:41.20; 11, NAT MUIR (UK) 13:42.31; 12, STEVE HARRIS (UK) 13:43.46. **3000SC:** 1, Fell (Can) 8:19.79; 2, Van Dijck (Bel) 8:20.57; 3, Baccouche (Tun) 8:23.69; 4, Maminski (Pol) 8:27.05; 5, Sorensen (Fin) 8:29.00; 6, Gerber (US) 8:29.37; 7, Fadil (US) 8:29.75; 8, Chelelgo (Ken) 8:29.98; 9, COLIN REITZ (UK) 8:30.78; 10, Siivonen (Fin) 8:31.10; 11, Ilg (FRG) 8:34.74. **400H:** 1, Harris (US) 49.07; 2, Kaloyannis (Gre) 49.82; 3, MAX ROBERTSON (UK) 49.88; 4, Futterknecht (Aut) 50.55; 5, Tommelein (Bel) 50.64. **HJ:** 1, Thranhardt (FRG) 2.27; 2, Jacoby (US) 2.23; 3eq, Kotovich (USSR) & Ottey (Can) 2.19. **TJ:** 1, Bordukov (USSR) 16.99; 2, Elbe (GDR) 16.93; 3, Chernikov (USSR) 16.88; 4, Harrison (US) 16.82; 5, Pomashki (Bul) 16.75; 6, Banks (US) 16.61. **HT:** 1, Sedykh (USSR) 84.14; 2, Litvinov (USSR) 84.02; 3, Tamm (USSR) 77.10; 4, Tiainen (Fin) 76.84; 5, Huhtala (Fin) 75.28; 6, Gustafsson (Swe) 75.10.

Women

800: 1, Wodars (GDR) 1;58.98; 2, KIRSTY WADE (UK) 2:00.01; 3, Addison (US) 2:01.37; 4, McRoberts (Can) 2:02.29. **3000:** 1, Puica (Rom) 8:40.72; 2, Burki (Swi) 8:47.03; 3, van Hulst (Neth) 8:48.25 (rec); 4, Williams (Can) 8:52.91; 5, Wood (Aus) 8:56.36; 6, Dornhoefer (US) 8:57.71; 7, Scott-Bowker (Can) 8:57.86. **JT:** 1, Felke (GDR) 70.06; 2, Malovecz (Hun) 63.00; 3, Lillak (Fin) 62.68; 4, Laaksalo (Fin) 60.02.

Non-Grand Prix Events

400: Nix (US) 45.18, Takano (Jap) 45.24 (rec), PHIL BROWN (UK) 45.35, Armstead (US) 45.58, KRISS AKABUSI (UK) 46.22; **110H:** (+0.2m) McKoy (Can) 13.47, Turner (US) 13.75, Pohland (GDR) 13.86, JON RIDGEON (UK) 13.98, Oschkenat (GDR) 14.03; **PV:** Collet (Fra) 5.70, Tarev (Bul) 5.60, Zalar (Swe) 5.60, Fraley (US) 5.60; **LJ:** Chochev (Bul) 7.91, DERRICK BROWN (UK) 7.90; **JT:** Petranoff (US) 85.38 **(world best),** Raty (Fin) 81.50, MIKE HILL (UK) 77.40, Markus (Fin) 77.28, Borglund (Swe) 76.84, Mizoguchi (Jap) 75.50, ROALD BRADSTOCK (UK) 73.78, Jadwin (US) 73.28. **Women — 200:** (+0.8m) Gladisch (GDR) 22.57, KATHY COOK (UK) 23.19, Martin (US) 23.57.



Photo: Allsport/Michael King

Yuriy Sedykh throwing in Helsinki.

Moscow:

Jackie Joyner's Perfect Score

"OLYMPIC silver medallist Jackie Joyner could well become the first woman to top 7000 points for the heptathlon" we predicted in May — and that she did in the Goodwill Games in Moscow on July 6th/7th. Her score was a stupendous 7148 — no fewer than 202 points better than the world record set by Sabine Paetz (GDR) in 1984! Except for her shot putting, she was just brilliant throughout the two days of competition, getting off to a sensational start by clocking 12.85 for 100m hurdles, followed by a 1.88m high jump, 14.76m shot put and 23.00 200 for a first day score of 4151. She began the second day with the longest ever jump in any heptathlon (7.01m), and finished up with a 49.86m javelin throw and 2:10.02 800. Paetz wound up only fourth in the competition with 6456 behind Sybille Thiele (GDR) 6635 and Natalya Shubenkova (USSR) 6631.

Bubka 6.01m vault . . . Johnson 9.95 100

Another world record fell in Moscow on July 8th when Sergey Bubka added a centimetre to his barrier-breaking vault of last year with a height of 6.01m. *Tass* quotes Bubka as saying: "When I was clearing the bar at the record height I felt I was doing so with quite a margin to spare. After watching the video recording I saw that the margin was about 30cm. In my preparations of late I lay emphasis on training, reducing the number of competitions for myself. I think it was precisely such an approach that enabled me to establish a world record in the second competition of the season". Asked about his results in other events, Bubka replied that he has run 100m in 10.2, high jumped over two metres and had long jumped 7.60m in 1983.

Other records at the Goodwill Games included a Commonwealth 100 best of 9.95 by Ben Johnson of Canada, on July 9th. That 9.95, only two-hundredths of a second away from Calvin Smith's world record (at high altitude), must be rated the greatest 100 in history. Behind him, Chidi Imo of Nigeria set an African record of 10.04 and Carl Lewis was third in 10.06. On the same day the USSR clocked 38.19 for a European 4 × 100 relay record (behind the USA's 37.98), while on July 6th there were European records for two other Soviet athletes. Andrei Prokofyev clocked 13.28 for the 110 hurdles (equalling Guy Drut's mark) in winning the 'B' race, after Greg Foster had clocked 13.25 in the 'A', and Robert Emmiyan long jumped 8.61m.



Sergey Bubka sailing over 6.01m.

Photo: Allsport/Michael King

Grand Prix Scoring Events (July 8th/9th)

Men

100: (+0.8m) 1, Johnson (Can) 9.95 **(Commonwealth rec);** 2, Imo (Nig) 10.04 **(African rec);** 3, Lewis (US) 10.06; 4, McRae (US) 10.12; 5, Morris (US) 10.21; 6, Glance (US) 10.24; 7, Yushmanov (USSR) 10.26; 8, Bryzgin (USSR) 10.31. **800:** 1, Gray (US) 1:46.52; 2, Redwine (US) 1:46.89; 3, Ostrowsksi (Pol) 1:47.25; 4, Kalinkin (USSR) 1:47.42. **1500:** 1, Lotarev (USSR) 3:40.18; 2, Scott (US) 3:40.31; 3, Spivey (US) 3:40.41; 4, Busse (GDR) 3:40.65. **10,000:** 1, Domingos Castro (Por) 28:11.21; 2, G. Donakowski (US) 28:11.87; 3, Dionisio Castro (Por) 28:12.04; 4, Nenow (US) 28:20.84; 5, Nakayama (Jap) 28:23.36; 6, Andriopoulos (Gre) 28:27.23; 7, Schildhauer (GDR) 28:32.49. **3000SC:** 1, Melzer (GDR) 8:23.06; 2, Marsh (US) 8:23.92; 3, Matyushenko (USSR) 8:25.73; 4, Boinet (Ken) 8:28.20. **400H:** 1, Moses (US) 47.94; 2, Vasilyev (USSR) 48.24; 3, Patrick (US) 48.59; 4, Dia Ba (Sen) 48.73; 5, Tomov (Bul) 49.08; 6, Young (US) 49.35. **HJ:** 1, Nordquist (US) 2.34; 2, Paklin (USSR) 2.32; 3, Matei (Rom) 2.32; 4, Malchenko (USSR) 2.29; 5, Zvara (Cze) 2.29; 6, Povarnitsyn (USSR) 2.25; 7, Avdeyenko (USSR) 2.25; 8, GEOFF PARSONS (UK) 2.25. **TJ:** 1, Conley (US) 17.69; 2, Markov (Bul) 17.35; 3, Musiyenko (USSR) 17.33; 4, Simpkins (US) 17.23; 5, Yakovlyev (USSR) 17.00; 6, Emordi (Nig) 16.73. **SP:** 1, Smirnov (USSR) 21.79; 2, Gavryushin (USSR) 21.09; 3, Brenner (US) 20.62; 4, Tafralis (US) 20.32; 5, Bojars (USSR) 20.11. **HT:** 1, Sedykh (USSR) 84.72; 2, Litvinov (USSR) 84.64; 3, Viluckis (USSR) 80.04; 4, Haber (GDR) 78.50; 5, Nikulin (USSR) 78.50;

6, Tamm (USSR) 77.50; 7, Logan (US) 74.78; 8, Rodehau (GDR) 74.50.

Women

200: 1, Marshall (US) 22.12; 2, Kasprzyk (Pol) 22.13; 3, Barbashina (USSR) 22.27; 4, Torrence (US) 22.53; 5, Givens (US) 22.61; 6, Cazier (Fra) 22.71; 7, Cuthbert (Jam) 22.88. **400:** 1, Vladykina (USSR) 49.96; 2, Pinigina (USSR) 50.29; 3, Leatherwood (US) 50.47; 4, Dixon (US) 50.77; 5, Blaszak (Pol) 51.52; 6, Olizarenko (USSR) 51.60. **1500:** 1, Samolenko (USSR) 4:05.50; 2, Agletdinova (USSR) 4:06.14; 3, Kitova (USSR) 4:07.21; 4, Keszeg (Rom) 4:08.34; 5, Junghiatu (Rom) 4:08.37. **5000:** 1, Bondarenko (USSR) 15:03.51; 2, Ulmasova (USSR) 15:05.50; 3, Bremser (US) 15:11.78; 4, Guskova (USSR) 15:17.90; 5, Plumer (US) 15:20.88; 6, Veith (GDR) 15:21.90. **100H:** (+0.4m) 1, Donkova (Bul) 12.40; 2, Oschkenat (GDR) 12.62; 3, Zagorcheva (Bul) 12.72; 4, Elloy (Fra) 12.75 (12.69 ht, rec); 5, Grigoryeva (USSR) 12.86; 6, Knabe (GDR) 12.86; 7, Akimova (USSR) 12.91; 8, Politika (USSR) 12.97. **DT:** 1, Khristova (Bul) 69.54; 2, Hellmann (GDR) 69.04; 3, Sachse (GDR) 68.46; 4, Zveryeva (USSR) 68.34; 4, Zverkova (USSR) 64.44; 6, Mitkova (Bul) 62.88. **JT:** 1, Felke (GDR) 70.78; 2, Kostyuchenkova (USSR) 61.28; 3, Yermolovich (USSR) 60.58; 4, Gavrilova (USSR) 59.48.

Non-Grand Prix Events (July 6th-9th)

200: (+0.6m) Heard (US) 20.12, Evans (US) 20.45, Spearmon (US) 20.49, Fyodorov (USSR) 20.53, Krylov (USSR) 20.62; **400:** McKay (US) 44.98, C. Daniel (US) 45.11, D. Robinson (US) 45.15, McCoy (US) 45.56, Kurochkin (USSR) 45.66; **5000:** Padilla (US) 13:46.65; **Mar:** Dinsamo (Eth) 2:14:42; **110H:** Foster (US) 13.25, Prokofyev (USSR) 13.28 **(eq. European rec),** Talley (US) 13.31, Perevedentsev (USSR) 13.47, Markin (USSR) 13.48, Kazanov (USSR) 13.50, Shishkin (USSR) 13.50, Wright (Aus) 13.65; **PV:** S. Bubka (USSR) 6.01 **(world rec),** Gataullin (USSR) 5.80, Bell (US) 5.75, Tully (US) 5.70, Krupskiy (USSR) 5.60, V. Bubka (USSR) 5.60; **LJ:** Emmiyan (USSR) 8.61 **(European rec),** Myricks (US) 8.41, Layevskiy (USSR) 8.20; **DT:** Ubartas (USSR) 67.12, Kovtsun (USSR) 64.24, Hjeltnes (Nor) 64.02, Bugar (Cze) 63.80; **JT:** Petranoff (US) 83.46, Puuste (USSR) 83.12, Gavras (USSR) 81.44, Yevsyukov (USSR) 80.82, Vilhjalmsson (Ice) 78.62; **Dec:** Degtyaryev (USSR) 8322, Apaichev (USSR) 8244; **20kmW:** Pershin (USSR) 1:23:29, Boyarshinov (USSR) 1:23:36, Misyulya (USSR) 1:23:53, Leblanc (Can) 1:23:57 . . . 8, Smith (Aus) 1:25:47; **4 x 100:** USA (McRae, Heard, Glance, Lewis) 37.98, USSR (Yevgenyev, Yushmanov, Muravyov, Brizgyn 38.19 **(European rec); 4 x 400:** USSR (Krylov, Prosin, Volodko, Kurochkin) 3:01.25, USA (McCoy, Daniel, Everett, Robinson) 3:01.47. **Women — 100:** Ashford (US) 10.91, Drechsler (GDR) 10.91, Barbashina (USSR) 11.12, Brown (US) 11.14, Slyusar (USSR) 11.22; **800:** Gurina (USSR) 1:57.52, Zabolotneva (USSR) 1:57.54, Junghiatu (Rom) 1:57.87, Strnadova (Cze) 1:57.90, Kiryukina (USSR) 1:58.69, Olizarenko (USSR) 1:58.74, Groenendaal (US) 1:59.31; **3000:** Stanescu (Rom) 8:38.83, Ulmasova (USSR) 8:39.19, Chistyakova (USSR) 8:39.25, Zupiyeva (USSR) 8:43.46, Plumer (US) 8:46.24, Knisely (US) 8:49.00; **Mar:** Gumerova (USSR) 2:33:35; **400H:**

Wolverhampton & Bilston Athletic Club present

BOB ROBERTS MEMORIAL MEETING

at Wolverhampton Stadium, Aldersley Road, Wolverhampton

SATURDAY, 27th SEPTEMBER 1986

(Under AAA & WAAA Rules)

First Event 11.00 am

EVENTS:

Colts (11-13) **100m, 800m, 80mH, LJ, HJ.**
Boys (13-15) **100m, 200m, 400m, 800m, 1500m, 80mH, HJ, LJ, Shot, Discus, Javelin.**
Youths (15-17) **200m, 400m, 800m, 1500m, 3000m, Field as Boys.**
Girls (11-13) **100m, 800m, 75mH, LJ, HJ.**
Juniors (13-15) **100m, 200m, 800m, 1500m, 75mH, Discus, LJ, HJ, Shot, Javelin.**
Inters (15-17) **200m, 400m, 800m, 1500m, Field as Juniors.**

AWARDS FOR THE FIRST THREE IN EACH FINAL

TROPHIES FOR BEST PERFORMANCES ON DAY

Fee: 60p per event — payable to Wolverhampton & Bilston A.C. WILL Close 6th September.
To: C. K. Michell, 39 Lime Tree Gardens, Bilbrook, Codsall, W-ton. WV8 1NR. Tel. Codsall 3857. Enclose Large Stamped Addressed envelope for numbers and timetable.

SAXONS
'5'

(Sponsored By Pennine Hosts)
(Organised by Winsford A.C.)
WEDNESDAY, 20th AUGUST, 1986
at 7.00 pm
Start: Saxons Public House, Over Square, Winsford

A FIVE MILE ROAD RACE
OVER FLAT FAST
2 LAP COURSE

★ Badges to all finishers ★

★ **Prizes:** 1st three men, 1st three women, 1st male vet, 1st female vet, 1st athletic club team, 1st local pub team.

★ Spot Prizes ★

★ Pie & peas supper to all entrants ★

Entry Fees: £1.50 affiliated. £2.00 Unaffil.

(Limit 300) Cheques payable to Winsford A.C.

To: Race Co-ordinator, 8 Ryecroft Close, Middlewich, Cheshire, CW10 0PJ. Tel: 060684 5329.

SPRINGFIELDS A.C. Present
the 8th ANNUAL

KIRKHAM 10KM ROAD RACE

(Under WAAA and AAA Laws Permit No. 1244)

SAT., 6th SEPTEMBER, 1986
At 3.00 pm
Sponsored by
BRITISH NUCLEAR FUELS Plc.

Prizes: Min total value £350. Men — at least 1st 10 Ind, 1st 3 teams (3 to count).
1st 3 O/40, 1st 2 O/45, 1st O/50. Ladies 1st 3 ind. Prize list will be extended (as last year) if large entry.

Venue: Kirkham is 2 miles off M55 between Preston and Blackpool.

Course: Accurately measured by RRC. Slightly undulating, mainly on country lanes. Start and finishes at Y.M.C.A. Kirkham.

Changing: At Y.M.C.A., Kirkham Baths available after the race.

Entries: AAA club member or AAA affil — £1. (£1.50 unatt). Please state category if vet. Cheques/P.O.'s to Springfields A.C. **Closing Date 29th August** or earlier if limit of 300 reached.

To: Roy Peters, 4 Mayfield Rd., Ashton, Preston, PR2 1EX. (0772-727697).

Notes: 1) All entrants must enclose S.A.E. as all numbers will be sent by post. 2) No late entries. 3) Age limit — 18 years on the day of the race. **Winner 1985** — Hugh Jones (Ranelagh).

READING ATHLETIC CLUB Presents

'THE READING TEN'

Senior Men's & Women's
Ten Mile Road Race
(Under A.A.A. & W.C.C.A. Laws)
Sponsored by 'THE CLAUDE FENTON GROUP OF COMPANIES'
SAT, 20th SEPTEMBER 1986
3.00 pm Start
from the University of Reading, Whiteknights, Reading
(2 miles South of the Town Centre on the A327)

Great Prizes for: Men's Race — Inds, Vets and Teams. Ladies Race — Ind.

Entries limited to only members of affiliated athletic clubs. Limit: 600.

Entry Fee: £1.50. No team fee — 4 to score. All enter as ind.

Entries to: Mr D. Bradfield, 36 Blewbury Drive, Tilehurst, READING RG5 5HL. Cheques/PO's payable to Reading A.C. S.A.E. please if ack travelling instructions required.

Entries close 8th September 1986

USUAL FAST, FLAT COURSE
EXCELLENT CHANGING . . . REFRESHMENTS

'THE ATHLETES TEN'

WALTON A.C.
(Affiliated to the AAA)

OPEN SPECTACULAR

(Under AAA & WAAA Laws)
SUNDAY, 21st SEPTEMBER, 1986
Start 10.30 am at Stompond Lane, Walton-on-Thames, Surrey
All proceeds to
Walton A.C. Ground Improvement Fund

EVENTS

U/11 G & B: 100m, Long Jump.
U/13 G & B: 100m, 200m, 800m, Long Jump.
U/15 G & B: 100m, 200m, 800m, 1500m, High Jump, Discus.
U/17 G & B: 100m, 200m, 800m, 1500m, High Jump, Shot.
Sen Ladies & Men: 100m, 200m, 800m, 1500m, 3000m (L) 5000m (M) Long Jump, Shot, Javelin.

Prizes or medals for first three in every event.

Entries £1.00 per event, with d.o.b. to Miss D. Harmsworth, 25 Canford Drive, Addlestone, Weybridge, Surrey, KT15 2HH.

Entries close 20 August 1986 and are strictly limited, so hurry and be sure your entry is accepted. Cheques/P.O.'s payable to Walton A.C.

Refreshments and car parking available.

Stepanova (USSR) 53.81, Matei (Rom) 54.55, Fiedler (GDR) 54.80, Khromova (USSR) 55.08, Goncharova (USSR) 55.34, Brown-King (US) 56.06, Farmer (Jam) 56.28; **HJ:** Kostadinova (Bul) 2.03, Turchak (USSR) 2.01, Bykova (USSR) & Issayeva (Bul) 1.96, Helm (GDR) 1.96, Brigadnaya (USSR) 1.96; **LJ:** Chistyakova (USSR) 7.27, Belevskaya (USSR) 7.17, Valyukevich (USSR) 7.07, Ionescu (Rom) 6.91; **SP:** Lisovskaya (USSR) 21.37, Akhrimenko (USSR) 20.33, Loghin (Rom) 19.89; **Hept:** Joyner (US) 7148 **(world rec)** (12.85, 1.88, 14.76, 23.00; 7.01, 49.86, 2:10.02), Thiele (GDR) 6635, Shubenkova (USSR) 6631, Paetz (GDR) 6456, Maslennikova (USSR) 6416, Dmitrova (Bul) 6403; **10kmW:** (track) Saxby (Aus) 45:08.13 **(Commonwealth rec),** Gun Ping (Chi) 45:56.50, Grigoryeva (USSR) 46:00.27, Levandovskaya (USSR) 46:11.21; **4 × 100:** USA 42.12, USSR 42.27; **4 × 400:** USA 3:21.22.

Nice:

Another Victory For Cram

STEVE Cram returned to the scene of his world record 1500 triumph over Said Aouita and produced the fastest 800 time in the world so far this year with 1:43.62 — **reports Mel Watman from Nice.** The occasion was the Nikaia Meeting on July 15th and Cram exceeded his own expectations of a time in the region of 1:44.5. Near the back of the field in the early stages (as one of several useless pacemakers in this meeting blasted through 200 in 23.7), Cram worked his way through to fourth place by the bell, which he reached in a shade outside 51 seconds. Peter Elliott led along the back straight, pursued by the steadily improving Frenchman Philippe Collard and Cram, but when Cram swept past shortly before the 600 mark (1:17.4) the race for first place was over. The sight of Cram in full flight is one of the supreme experiences in present-day athletics, and the appreciative crowd rose to him as he winged his way to the third quickest time of his career. The ease and speed of his vicotry will have reinforced his growing feeling that he should bid for the 800/1500 double in the European Championships as well as the Commonwealth Games. Elliott, who partners Cram and Seb Coe in the 800 in Edinburgh, ran a good race too, being passed by Olympic bronze medallist Earl Jones only in the last 20m and clocking easily his fastest time of the season with 1:44.87. Indeed, Elliott has only once in his life bettered that . . . when he ran 1:43.98 in 1983.

Steve Ovett, returning to Nice for the first time since — at the age of 19 — he won the European Cup Final 800 in 1975, was also shaping up for an exceptional performance in preparation for the Games. With the bell reached in 6:47.6 and himself one of six men bunched together there was a distinct possibility that he could challenge his personal best of 7:41.3 for 3000m, set back in 1977. Not that the time was particularly important to Ovett; as always he was simply concerned about winning the race, and



Outstanding Grand Prix leader Maricica Puica.
Photo: Allsport/Michael King

it was looking good for him as he and Belgium's Vincent Rousseau led the field rounding the final bend. Suddenly Ovett was out of the contest . . . he had felt a twinge in his right buttock as he launched his finishing kick and took the instantaneous and surely prudent decision to drop out for fear of sustaining an injury which could cause him to miss the Games. He has experienced this particular problem a few times in recent years and although the cause is a mystery he has found that prompt treatment enables him to be back racing with the minimum of delay. Apart from that, Ovett declared he had felt great during the race and was happy with how his racing was progressing. Rousseau went on to win in 7:42.15, having covered the final kilometre in 2:28.

There was a Belgian success also in the steeplechase, a very classy event in which William Van Dijck produced his greatest masterpiece yet. Fourth at the bell behind Olympic champion Julius Korir, former UK record holder Graeme Fell and

IAAF/Mobil Grand Prix Standings

Men

100: Chidi Imo (Nig) 25 pts, Roy Martin (US) 22; **800:** Johnny Gray (US) 31, Earl Jones (US) 30; **1500:** Steve Scott (US) 32, Jim Spivey (US) 19; **5000:** Vincent Rousseau (Bel) 23, Said Aouita (Mor) & Stefano Mei (Ita) 18; **3000SC:** Henry Marsh (US) 22, Graeme Fell (Can) 21; **400H:** Danny Harris (US) 52, David Patrick (US) 23; **HJ:** Doug Nordquist (US) 30, Jake Jacoby (US) 27½; **TJ:** Charles Simpkins (US) 29, Mike Conley (US) 23; **SP:** Ron Backes (US) 26, John Brenner (US) 15; **HT:** Yuriy Sedykh (USSR) 34, Sergey Litvinov (USSR) 32.

Overall leaders: 1, Danny Harris 52; 2, Yuriy Sedykh 34; 3eq, Sergey Litvinov & Steve Scott 32.

Women

200: Evelyn Ashford (US) 27, Ewa Kasprzyk (Pol) 21; **400:** Diane Dixon (US) 39, Tatana Kocembova (Cze) 30; **1500:** Maricica Puica (Rom) 42, Sue Addison (US) 31; **5000:** Ingrid Kristiansen (Nor) 24, Patti-Sue Plumer (US) 22; **100H:** Cornelia Oschkenat (GDR) 34, Kerstin Knabe (GDR) & Laurence Elloy (Fra) 21; **DT:** Tsvetanka Khristova (Bul) 36, Diana Sachse (GDR) 20; **JT:** Petra Felke (GDR) 36, Trine Solberg (Nor) 32.

Overall leaders: 1, Maricica Puica 51; 2, Diane Dixon 39; 3eq, Tsvetanka Khristova (Bul) & Petra Felke (GDR) 36.

The Grand Prix Series resumes on August 8th with the IAC Meeting at Crystal Palace

Peter Koech (who recently ran his fastest 1500 of 3:35.67), Van Dijck blasted ahead with 200 to go and was never in danger of being caught by Korir. The time was a Belgian record of 8:11.52, fastest in the world this year, and he looks a worthy successor to Gaston Roelants. Korir went close to his best ever time and Koech — best known as a 5000 runner (13:09.50 in 1982) — reduced his best time from 8:29.09 to 8:13.33. As in so many events, the Africans will be terribly missed in Edinburgh. With the Kenyans out, the favourite must be Graeme Fell, who was second (for England) to Korir in the 1982 Games and this time represents Canada. A winner over Van Dijck in the recent Helsinki World Games, Fell placed fourth in Nice in 8:14.57 . . . with is great rival and former clubmate Colin Reitz seventh in 8:18.90 for a big improvement over his showing in Helsinki where in his first steeplechase of the season he managed only 8:30.78.

Several other results had a bearing on Commonwealth Games prospects. Fatima Whitbread, with three throws beyond 70m, maintained her unbeaten record this season; Debbie Flintoff came up with her (and the Commonwealth's) second fastest ever 400 hurdles time of 54.00; Canada's Atlee Mahorn defeated several top Americans in an impressve 20.34 200. Unhappily, the excellent form shown by such as Chidi Imo (who left Calvin Smith over a metre behind in the 100) and Innocent Egbunike (a good second in the 400 to Gabriel Tiacoh) can now have no bearing on events in Edinburgh.

Among other fine results, Ingrid Kristiansen ran the fastest 3000 of her life with 8:35.88, Maricica Puica missed her chance of another world record when a pacemaker dragged her round the first quarter mile in 59.9 (she finished in 4:18.25 as against Mary Slaney's mark of 4;16.71), Steve Scott won the men's mile in 3:52.13 with Rob Harrison trimming his pb to 3:53.85 in fouth place, Harald Schmid came quite close to catching Danny Harris in the 400 hurdles, Yuriy Sedykh had four throws beyond 83m, Evelyn Ashford outsprinted Ewa Kasprzyk in a 22.38 200 and Diane Dixon edged Lillie Leatherwood in a tremendous finish to the 400.

Grand Prix Scoring Events

Men

100: (—0.7m) 1, Imo (Nig) 10.22; 2, Smith (US) 10.34 (10.28 ht); 3, Marie-Rose (Fra) 10.34; 4, Richard (Fra) 10.40; 5, Williams (Can) 10.42; 6, McSwain (US) 10.44 (10.42 ht); 7, Glance (US) 10.48 (10.42 ht); 8, Moriniere (Fra) 10.51 (10.47 ht) . . . ELLIOT BUNNEY (UK) 6th heat (10.58). **800:** 1, STEVE CRAM (UK) 1:43.62; 2, Jones (US) 1:44.71; 3, PETER ELLIOTT (UK) 1:44.87; 4, Collard (Fra) 1:45.11; 5, Ostrowski (Pol) 1:45.14; 6, Kalinkin (USSR) 1:45.36; 7, Fall (Sen) 1:48.92; 8, Mack (US) 1:50.24. **Mile:** 1, Scott (US) 3:52.13 (3:38.27 at 1500); 2, Spivey (US) 3:53.20; 3, O'Mara (Irl) 3:53.60; 4, ROB HARRISON (UK) 3:53.85; 5, Thiebault (Fra) 3:54.06; 6, Harris (US) 3:57.24; 7, Khalifa (Sud) 4:02.22. **3000:** 1, Rousseau (Bel) 7:42.15; 2, Mai (Ita) 7:42.85; 3, Gonzalez (Spa) 7:44.25; 4, Leitao (Por) 7:44.53; 5, Draddy (US) 7:49.41; 6, PAUL DAVIES-HALE (UK) 7:50.37; 7, Laventure (Fra) 7:51.99; 8, Brahm (US) 7:53.10; 9, Baccouche (Tun) 7:53.29 . . . 13, ALAN GUILDER (UK) 8:13.25; STEVE OVETT (UK) dnf. **3000SC:** 1, Van Dijck (Bel) 8:11.52 (rec); 2, Korir (Ken) 8:12.74; 3, Koech (Ken)

LUTON UNITED A.C.

EVENING

OPEN GRADED MEETING

Stockwood Park All Weather Track, Farley Hill

WED., AUGUST 13th

6.45 pm **200m** All age groups Men/Women
800m All age groups Men/Women
3000m Senior Ladies
5000m Senior Men

6.45 pm Long Jump All age group Ladies.

NEXT EVENING OPEN SEPT. 10th

All entries to: John Howard, 19 Stavely Road, Luton, Beds.

Entries: 50p per event — £1.00 on the night.

8:13.33; 4, Fell (Can) 8:14.57; 5, Debacker (Fra) 8:18.54; 6, Pannier (Fra) 8:18.82; 7, COLIN REITZ (UK) 8:18.90; 8, Renner (NZ) 8:20.16; 9, Maminski (Pol) 8:20.56; 10, Sanchez (Spa) 8:21.01; 11, Panetta (Ita) 8:32.08; 12, Mahmoud (Fra) 8:34.11; 13, Koeleman (Neth) 8:34.54. **400H:** 1, Harris (US) 48.23; 2, Schmid (FRG) 48.40; 3, Dia Ba (Sen) 48.84; 4, Young (US) 49.23; 5, Patrick (US) 50.01; 6, Graham (Can) 50.16; 7, Djedjemel (Iv. C) 50.28; 8, Amike (Nig) 50.77. **HJ:** 1, Matei (Rom) 2.31; 2eq, Ottey (Can) & Jacoby (US) 2.28; 4eq, Nagel (FRG), Thranhardt (FRG) & Sjoberg (Swe) 2.25; 7, Verzy (Fra) 2.21. **SP:** 1, Backes (US) 20.20 (& 20.18); 2, Krieger (Pol) 20.20 (& 19.94); 3, Weil (Chile) 19.78; 4, Oldfield (US) 19.50. **HT:** 1, Sedykh (USSR) 84.26 (81.28, 82.54, 83.10, 84.26, 83.98, 83.86); 2, Tamm (USSR) 78.80; 3, Sahner (FRG) 78.58; 4, Ciofani (Fra) 75.54; 5, Ploghaus (FRG) 75.52.

Women

200: (—0.8m) 1, Ashford (US) 22.38; 2, Kasprzyk (Pol) 22.60; 3, Jackson (Jam) 22.72; 4, Cazier (Fra) 22.95; 5, Givens (US) 22.98; 6, Cuthbert (Jam) 23.03. **400:** 1, Dixon (US) 50.71; 2, Leatherwood (US) 50.72; 3, Blaszak (Pol) 51.36; 4, Killingbeck (Can) 51.70; 5, Fischer (Fra) 52.11; 6, Payne (Can) 52.23. **Mile:** 1, Puica (Rom) 4:18.25 (4:01.15 at 1500); 2, Addison (US) 4:23.93; 3, McRoberts (Can) 4:24.69; 4, Stanescu (Rom) 4:25.52; 5, Williams (Can) 4;25.57; 6, Detlefsen (US) 4:29.49; 7, Van Hulst (Neth) 4:32.65; 8, CHRIS BENNING (UK) 4:35.72 . . . CHRIS WHITTINGHAM (UK) dnf. **3000:** 1, Kristiansen (Nor) 8:35.88; 2, Bondarenko (USSR) 8:40.34; 3, Guskova (USSR) 8:42.04; 4, Welch (US) 8:44.86; 5, Burki (Swi) 8:45.00; 6, Sergent (Fra) 8:46.94 (rec); 7, Plumer (US) 8:48.36; 8, Knisely (US) 8:51.85; 9, Fays (Fra) 8:52.45; 10, Scott-Bowker (Can) 8:53.28; 11, Wood (Aus) 8:54.00; 12, JANE SHIELDS (UK) 8:58.76. **100H:** (+0.2m) 1, Elloy (Fra) 12.80; 2, Siska (Hun) 13.01; 3, Piquereau (Fra) 13.02; 4, Monique Ewanje-Epee (Fra) 13.14; 5, Olijslager (Neth) 13.29; 6, Nunn (Aus) 13.42. **JT:** 1, FATIMA WHITBREAD (UK) 70.74 (70.60, 63.46, 63.70, 62.38, 70.74, 70.02); 2, Solberg (Nor) 67.18; 3, Graune (FRG) 55.80; 4, SHARON GIBSON (UK) 55.14; 5, Schoellkopf (Fra) 50.82.

Non-Grand Prix Events

200: (+0.7m) Mahorn (Can) 20.34, Smith (US) 20.41, McSwain (US) 20.43, Evans (US) 20.43, Martin (US) 20.44, Marie-Rose (Fra) 20.70, Williams (Can) 20.76, Pascal Barre (Fra) 20.94; **400:** Tiacoh (Iv. C) 44.75, Egbunike (Nig) 45.04, D. Robinson (US) 45.44, Robinzine (US) 45.72, Uti (Nig) 45.83, Morris (Jam) 46.05; **1000:** Koskei (Ken) 2:17.01, Niang (Sen) 2:18.14, Belkessam (Alg) 2:18.78, Wuyke (Ven) 2:20.54, Kram (Alg) 2:20.77, CHRIS McGEORGE (UK) 2:21.53, Ameur (Fra) 2:22.31, MARK SCRUTTON (UK) 2:23.00; **PV:** Coller (Fra) 5.72; Vigneron (Fra) 5.66, Zalar (Swe) & Bell (US) 5.60, Tarev (Bul) 5.60, S. Davis (US) 5.50, Pursley (US) 5.50. **Women — 100:** (—1.3m) Williams (US) 11.26, Cooman (Neth) 11.28, Brown (US) 11.29, Vader (Neth) 11.46, Bailey (Can) 11.55; **800:** Giolitti (Fra) 1:59.32 (rec), Groenendaal (US) 2:00.47, Clark (US) 2:00.79, Thoumas (Fra) 2:01.86, Aouam (Mor) 2:01.88; **400H:** Flintoff (Aus) 54.00, Brown-King (US) 55.26, Farmer (Jam) 55.89, El Moutawakil (Mor) 57.28; **HJ:** Kostadinova (Bul) 1.95, Sterk (Hun) 1.92, Stanton (Aus) 1.92, Beugendre (Fra) 1.92.

BIGGIN HILL ROUND TABLE

10KM BIGGIN HILL RUN

(Under AAA & WAAA Laws)

SUN., 14th SEPTEMBER

2 pm

Sponsored by:
BURTON & DEAKIN (HAYES, KENT) LTD

ENTRY FORM

Surname.....

Forename.....

Sex.....

AAA Reg. No.....

Address.....

.....

.....

Home Tel.....

Age on day of race.....D.O.B.....

Club or Team.....

Entry Fee: £2.00 AAA Affiliated
£2.50 Unaffiliated

Enclose a CHEQUE/PO for the entry fee made payable to BIGGIN HILL ROUND TABLE and a 9" × 4" S.A.E.

Please enter me for the 10km Biggin Hill Run. I am medically fit to compete and fully understand that the organisers will in no way be responsible for any injury sustained by me or for the loss of any property.

Signed.....

Entries to: BIGGIN HILL RUN,
46A Aperfield Road, Biggin Hill, Kent TN16 3LX.
Don't forget the S.A.E.)

Closing date 8th September 1986

The race details and your running number will be posted to you.

WELWYN HATFIELD SPORTS CENTRE TRUST LTD
(GOSLING STADIUM)
in conjunction with VERLEA ATHLETIC CLUB
are staging

AN OPEN GRADED MEETING

(Under AAA & WAAA Laws)

At Gosling Stadium, Stanborough Road, Welwyn Garden City

on SUNDAY 21st SEPTEMBER 1986

COMMENCING 12 noon

THIS IS AN INAUGURAL MEETING OF BRITAINS NEW ALL WEATHER TRACK

APPROXIMATE TIMETABLE:

TRACK

12 pm	75m Hurdles	Jun. Ladies
12.10	3000m	Int/Sen Ladies
12.25	80m Hurdles	Int. Ladies
12.35	80m Hurdles	Boys
12.45	800m	Girls
12.55	100m Hurdles	Youths
13.05	100m Hurdles	Sen. Ladies
13.15	800m	Jun. Ladies
13.25	110m	Sen. Hurdles
13.30	800m	Int. Ladies
13.40	800m	Sen. Ladies
13.50	800m	Colts
14.00	800m	Boys
14.10	800m	Youths
14.20	800m	Jun/Sen Men
14.30	100m	All Groups Ladies
15.00	Invitation One Mile	
15.15	100m	All Groups Male
15.45	400m	Youths
15.55	400m	Senior Men
16.10	1500m	All Groups
16.50	200m	All Groups
17.20	Invitation Schools 4 × 100m Relays	

FIELD

12 pm	Pole Vault	All Groups
	High Jump	Ladies All Groups
	Long Jump	Int/Sen Ladies
	Discus	Jun/Sen Men
	Shot	Colts/Boys/Youth
1.30 pm	Long Jump	Jun/Sen Men
	Discus	Int/Sen Ladies
	Shot	Jun. Ladies
3.15 pm	High Jump	Men All Groups
	Long Jump	Jun. Ladies
	Discus	Boys/Youths
	Shot	Jun/Sen Men
4.15 pm	Discus	Jun. Ladies
	Shot	Int/Sen Ladies
	Triple Jump	All Groups
	Long Jump	Colts/Boys

ENTRIES TO: Bill Wilsmore, 18 Meadway, Welwyn Garden City, Herts AL7 4NH

Fees: 50p per event. £1 on the Day — before 11.30 am. Cheques or postal orders paayble to "Gosling Stadium".

IMPORTANT: Please state Name — Address — Age Group — Best recent performance

All Weather Surface — Spikes — Track Max 6mm, Field 9mm.

COMMONWEALTH GAMES FORM GUIDE — WOMEN'S EVENTS

100 METRES

World rec: 10.76 Evelyn Ashford (US) 84. **Comm rec:** 10.92 Merlene Ottey-Page (Jam) 85. **UK rec:** 11.10 Kathy Cook 81. **Games rec:** 10.92w Angella Taylor (Can) 82. **1982 result:** 1, Taylor 11.00; 2, Ottey (Jam) 11.03; 3, Pekin (Aus) 11.24. **Previous UK winners:** (100y) Eileen Hiscock (E) 30, Dorothy Hyman (E) 62; (100m) Sonia Lannaman (E) 78.

11.28	Angella Issajenko (Taylor)(Can)
11.34	Paula Dunn (Eng)
11.36	Heather Oakes (Eng)
11.39	Angie Phipps (Can)
11.48	Angela Bailey (Can)
11.50	Sandra Whittaker (Sco)
11.52	Pippa Windle (Eng)
11.59	Janice Neilson (Sco)
11.65	Kerry Johnson (Aus)
11.71	Sallyanne Short (Wal)
11.76	Helen Miles (Wal)
11.77	Carmen Smart (Wal)

Notable absentees:

11.05	Merlene Ottey-Page (Jam)
11.24	Juliet Cuthbert (Jam) (10.97w)
11.27	Pauline Davis (Bah)(11.11w)
11.28	Mary Onyali (Nig)

Prospects: Although she hasn't yet shown her devastating form of old, defending champion Issajenko (née Taylor) looks good enough to defeat the rest of a sadly depleted entry. Either or both of England's best, Dunn and Oakes, could make the rostrum.

200 METRES

World rec: 21.71 Marita Koch (GDR) 79 & 84, Heike Drechsler (GDR) 86. **Comm rec:** 21.93 Merlene Ottey-Page (Jam) 85. **UK rec:** 22.10 Kathy Cook 84. **Games rec:** 22.19w Ottey 82. **1982 result:** 1, Ottey 22.19w; 2, Smallwood (now Cook) (Eng) 22.21; 3, Taylor (Can) 22.48. **Previous UK winners:** (220y) Eileen Hiscock (E) 34, Dorothy Hyman (E) 62.

22.88	Angella Issajenko (Taylor)(Can)
23.02	Angela Bailey (Can)
23.12	Marita Payne (Can)
23.19	Kathy Cook (Eng)
23.23	Kerry Johnson (Aus)
23.39	Angela Bridgeman (Sco)
23.53	Sandra Whittaker (Sco)
23.54	Simone Jacobs (Eng)(23.34w)
23.65	Jennifer Stoute (Eng)(23.51w)
24.09	Janice Neilson (Sco)(23.3w)
24.18	Sallyanne Short (Wal)(23.83w)
24.4	Sian Morris (Wal)

Notable absentees:

22.39	Grace Jackson (Jam)
22.46	Merlene Ottey-Page (Jam)
22.71	Juliet Cuthbert (Jam)(22.35w)
22.83	Pauline Davis (Bah)
22.90	Mary Onyali (Nig)(22.77w)

Prospects: The absence of the Jamaican speedsters presents Cook with the best opportunity she'll ever have of capturing a major 200 title. She has been far below her best form so far this season, but if anyone can rise to the occasion it's Kathy. The Canadian trio are her main opponents.

400 METRES

World rec: 47.60 Marita Koch (GDR) 85. **Comm & UK rec:** 49.43 Kathy Cook 84. **Games rec:** 51.02 Marilyn Neufville (Jam) 70. **1982 result:** 1, Boyle (Aus) 51.26; 2, Scutt (Wal) 51.97; 3, Hoyte-Smith (Eng) 52.53. **Previous UK winner:** Donna Hartley (E) 78.

50.78	Debbie Flintoff (Aus)
50.84	Charmaine Crooks (Can)
51.50	Jillian Richardson (Can)
51.66	Maree Chapman (Aus)
51.70	Molly Killingbeck (Can)
52.27	Sharon Stewart (Aus)
52.98	Helen Barnett (Eng)
53.09	Angela Piggford (Eng)
53.14	Kathy Cook (Eng)
53.34	Fiona Hargreaves (Sco)
53.65	Sian Morris (Wal)
54.05	Dawn Kitchen (Sco)
54.16	Linsey Macdonald (Sco)

Notable absentees:

50.94	Grace Jackson (Jam)
51.76	Ilrey Oliver (Jam)
51.83	Airat Bakare (Nig)

Prospects: Going purely on times this year Cook may be hard pressed to make the final, but a return to 51 seconds form, never mind sub-50, would put her in line for another medal. There is some formidable Australian and Canadian opposition, though, with Flintoff chasing the first half of a 400 flat/hurdles double.

800 METRES

World rec: 1:53.28 Jarmila Kratochvilova (Cze) 83. **Comm & UK rec:** 1:57.42 Kirsty Wade 85. **Games rec:** 2:01.1 Charlene Rendina (Aus) 74. **1982 result:** 1, McDermott (now Wade)(Wal) 2:01.31; 2, Clarkson (now Purvis)(Sco) 2:01.52; 3, Barralet (Aus) 2:01.70. **Previous UK winners:** (880y) Gladys Lunn (E) 34; (800) Rosemary Stirling (S) 70, Kirsty McDermott (W) 82.

1:59.99 Lorraine Baker (Eng)
2:00.01 Kirsty Wade (Wal)
2:00.67 Diane Edwards (Eng)
2:01.63 Anne Purvis (Sco)
2:01.93 Renee Belanger (Can)
2:02.02 Helen Thorpe (Eng)
2:02.07 Julie Schwass (Aus)
2:02.29 Brit McRoberts (Can)
2:02.99 Camille Cato (Can)
Notable absentee:
2:01.98 Evelyn Adiru (Uga)

Prospects: No athlete, male or female, has ever successfully defended a Commonwealth 800 title and Wade (née McDermott) is poised to make some history although her form so far on the track this summer has been less effective than last year. Her close runner-up last time, Purvis (née Clarkson), will be particularly anxious to reverse the placings before her home crowd (mind you, Kirsty is Scottish-born too!), while Baker and Edwards could have plenty to say also.

1500 METRES

World rec: 3:52.47 Tatyana Kazankina (USSR) 80. **Comm & UK rec:** 3:59.96 Zola Budd 85. **Games rec:** 4:06.34 Mary Stewart (Eng) 78. **1982 result:** 1, Boxer (Eng) 4:08.28; 2, Dainty (Eng) 4:10.80; 3, Moller (NZ) 4:12.67. **Previous UK winners:** Rita Ridley (E) 70, Stewart (E) 78, Chris Boxer (E) 82.

4:01.93 Zola Budd (Eng) (if eligible)
4:05.36 Brit McRoberts (Can)
4:05.76 Yvonne Murray (Sco)
4:06.24 Chris Whittingham (Sco)
4:07.35 Lynn Williams (Can)
4:08.68 Chris Boxer (Eng)
4:09.37 Debbie Scott-Bowker (Can)
4:10.23 Lynne MacDougall (Sco)
4:11.3 Anne Hare (NZ)
4:11.44 Chris Pfitzinger (NZ)
4:11.48 Suzanne Morley (Eng)
4:11.59i Kirsty Wade (Wal)(4:18.7)
4:12.84 Penny Just (Aus)
Notable absentee:
4:09.61 Evelyn Adiru (Uga)

Prospects: Had Budd been ruled eligible there would have been little doubt as to the destination of the gold medal; in her absence the race becomes very open with the Scottish pairing of Murray and Whittingham capable of dethroning Boxer unless the English runner makes a timely return to top form. So too on last year's form would be Wade, while the Canadians are strongly represented. Should a replacement be allowed for Budd, then Sly (the natural choice) would also be a strong contender.

3000 METRES

World rec: 8:22.62 Tatyana Kazankina (USSR) 84. **Comm & UK rec:** 8:28.83 Zola Budd 85. **Games rec:** 8:45.53 Anne Audain (NZ) 82. **1982 result:** 1, Audain 8:45.53; 2, Smith (now Sly)(Eng) 8:48.47; 3, Moller (NZ) 8:55.76. **Previous UK winner:** Paula Fudge (E) 78.

8:46.53 Liz Lynch (Sco)
8:47.00 Wendy Sly (Eng)
8:52.91 Lynn Williams (Can)
8:53.28 Debbie Scott-Bowker (Can)
8:56.00 Yvonne Murray (Sco)
8:56.30 Chris Benning (Eng)
8:56.61 Jane Shields (Eng)
8:56.83 Chris McMiken (NZ)
8:58.6 Chris Pfitzinger (NZ)
8:58.6 Penny Just (Aus)
8:59.0 Sue French-Lee (Can)
9:03.32 Anne Audain (NZ)
9:19.34 Marcella Robertson (Sco)
Note: Commonwealth best for 1986 is 8:34.43 by Zola Budd (Eng).

Prospects: Sly, silver medallist in Brisbane and Los Angeles, meets up with Olympic bronze medallist Williams, but they are not going to have it all their own way with the Scottish fans roaring on Murray and Lynch. Should be a great race, with Murray capable of taking close to 20 seconds off her best time.

10,000 METRES

World rec: 30:13.74 Ingrid Kristiansen (Nor) 86. **Comm rec:** 32:17.1 Anne Audain (NZ) & Chris McMiken (NZ) 86. **UK rec:** 32:57.17 Kath Binns 80. **Games rec:** New event.

32:17.1 Anne Audain (NZ)
32:17.1 Chris McMiken (NZ)
32:30.93 Carole Rouillard (Can)
32:34.14 Sue French-Lee (Can)
32:36.37 Nancy Rooks (Can)
32:40.61 Lorraine Moller (NZ)
32:59.59 Liz Lynch (Sco)
33:27.69 Jill Clarke (Eng)
32:28.66 Marina Samy (Eng)
33:34.77 Debbie Peel (Eng)
33:40.6 Andrea Everett (Sco)
34:04.27 Susan Tooby (Wal)
35:02.33 Christine Price (Sco)
— Lisa Martin (Aus)
— Angela Tooby (Wal)

Prospects: A new event for the Games. The New Zealanders will take some beating, but Martin (if she runs this instead of the marathon) and Lynch can be relied upon to offer stiff opposition. Price (née Haskett) is one of three survivors of the 1970 Games at Meadowbank to win selection again . . . the others being the high jump and javelin champions of 16 years ago, Brill and Rivers.

MARATHON

World best: 2:21:06 Ingrid Kristiansen (Nor) 85. **Comm best:** 2:26:46 Allison Roe (NZ) 81. **UK best:** 2:28:04 Veronique Marot 85. **Games rec:** New event.

2:30:24	Lorraine Moller (NZ)
2:30:52	Mary O'Connor (NZ)
2:32:16	Lizanne Bussieres (Can)
2:36:31	Julia Gates (Eng)
2:38:47	Glynis Penny (Eng)
2:41:12	Deborah Butterfield (Ber)
2:41:12	Angela Pain (Eng)
2:42:33	Yuku Gordon (Hong Kong)
2:43:27	Moira O'Boyle (NI)
—	Lisa Martin (Aus)
—	Silvia Ruegger (Can)
—	Jacqueline Gareau (Can)
—	Glenys Quick (NZ)
—	Lorna Irving (Sco)

Prospects: Another new event. Of the leading contenders only Moller and O'Connor have run marathons this year. Martin would start favourite if she plumps for this event; otherwise the Canadians and New Zealanders should dominate.

100 METRES HURDLES

World rec: 12.36 Grazyna Rabsztyn (Pol) 80. **Comm & UK rec:** 12.87 Shirley Strong 83. **Games rec:** 12.78w Strong (Eng) 82. **1982 result:** 1, Strong 12.78w; 2, Boothe (Eng) 12.90; 3, Kameli (Can) 13.10. **Previous UK winners:** Judy Vernon (E) 74, Lorna Boothe (E) 78, Strong (E) 82.

13.34	Wendy Jeal (Eng)(13.27w)
13.39	Sally Gunnell (Eng)(13.13w)
13.42	Glynis Nunn (Aus)
13.47	Faye Blackwood (Can)
13.50	Lesley-Ann Skeete (Eng)(13.24w)
13.50	Jane Flemming (Aus)
13.50	Julie Rocheleau (Can)
13.52	Jenny Laurendet (Low)(Aus)
13.53	Faye Blackwood (Can)
13.54	Sylvia Forgrave (Can)
13.65	Judith Rodgers (NI)
13.66	Kay Morley (Wal)
13.77	Ann Girvan (Sco)
13.82	Pat Rollo (Sco)

Hand timing:

13.4	Lynette Stock (NZ)

Notable absentees:

13.13	Maria Usifo (Nig)
13.33	Sophie Hunter (Jam)(13.06w)

Prospects: The boycott has improved the chances of an English success, particularly as Nunn is not in her best form. Gunnell starts favourite.

400 METRES HURDLES

World rec: 53.56 Sabine Busch (GDR) 85.

HIGHGATE HARRIERS & MIDDLESEX COUNTY AAA

MIDDLESEX OPEN DECATHLON CHAMPIONSHIPS AND OPEN GRADED MEETING

(Held Under AAA & WAAA Rules)

At New River Stadium — Haringey (Needle spikes only to be used — 6mm max.)

SATURDAY & SUNDAY 23rd & 24th AUGUST, 1986

SATURDAY 23rd AUGUST **Timetable of events:** **SUNDAY 24th AUGUST**

1pm	**Decathlon Start.**
1.30 pm	**100m** SL, IL, JL, SM, JM, Y, B, C.
2.00 pm	**400mH** SL, IL, SM, JM.
2.30 pm	**1500m** SL, IL, JL, SM, JM, Y, B, C.
4.00 pm	**200m** SL, IL, JL, SM, JM, Y, B, C.
4.40 pm	**3000m** SL, IL, SM, JM.

FIELD

1.30 pm	**PV** Mens. **1.30 pm JT** Ladies.
2.00 pm	**LJ** Mens. **3.00 pm JT** Mens.
4.00 pm	**LJ** Ladies.

1 pm	**Decathlon Starts**
1.30 pm	**110mH** SM, JM (3'3)
2.00 pm	**400m**
2.50 pm	**100mH** Y (3'0), SL (2'9)
3.00 pm	**3000m** S/C, SM, JM.
3.30 pm	**80mH** B (2'9), IL (2'6)
3.40 pm	**75mH** JL (2'6)
3.50 pm	**2000m** S/C
4.00 pm	**1500m** S/C.
4.10 pm	**800m** SL, IL, JL, SM, JM, Y, B, C.
5.30 pm	**5000m** SM, JM.

FIELD

1.30 pm	**HJ** Men. **2.00 pm SP** Ladies.
3.00 pm	**HJ** Ladies. **3.30 pm SP** Men.

Closing date for Decathlon 16th August. Entry Fee £1. Entries may be restricted dependent on numbers. State whether entering Middlesex Championships or Open Decathlon.

Entry Fee for Open Events: 70p per individual event, then 50p per subsequent event. Entries on the day £1.20 per individual event then 80p per subsequent event. No advance entries taken without fee.

All entries to: The Meeting Organiser, 206 Roundhills, Waltham Abbey, Essex EN9 1UN. Cheques etc. payable to Highgate Harriers. Please state name, club, event and best recent performance.

Comm rec: 53.76 Debbie Flintoff (Aus) 86. **UK rec:** 56.04 Sue Morley (Chick) 83. **Games rec:** 55.89 Flintoff 82. **1982 result:** 1, Flintoff 55.89; 2, Kyalisiima (Uga) 57.10; 3, Wray (Eng) 57.17. **Previous UK winners:** None (event started in 1982).

53.76	Debbie Flintoff (Aus)
56.48	Jenny Laurendet (Low)(Aus)
56.74	Sally Fleming (Aus)
57.35	Donalda Duprey (Can)
57.53	Gwen Wall (Can)
57.56	Simone Gandy (Eng)
57.59	Yvette Wray (Eng)
58.3*	Elaine McLaughlin (NI)
58.90	Alyson Evans (Wal)
59.26	Aileen Mills (Eng)
59.96	Moira McBeath (Sco)

Notable absentees:

55.16	Maria Usifo (Nig)
55.89	Sandra Farmer (Jam)
57.5	P. T. Usha (Ind)

Prospects: Flintoff is so outstanding that she, the defending champion, could be 20 metres clear at the finish and it's possible Australia could sweep the medals.

HIGH JUMP

World rec: 2.08 Stefka Kostadinonva (Bul) 86. **Comm rec:** 1.98 Debbie Brill (Can) 84. **UK rec:** 1.95 Diana Davies 82. **Games rec:** 1.93 Katrina Gibbs (Aus) 78. **1982 result:** 1, Brill 1.88; 2, Stanton (Aus) 1.88; 3, Simmonds (Eng) 1.83. **Previous UK winners:** Dorothy Odam/Tyler (E) 38 & 50, Thelma Hopkins (NI) 54, Barbara Lawton (E) 74.

1.97i	Debbie Brill (Can)(1.89)
1.94	Chris Stanton (Aus)
1.91i	Diana Davies (Eng)(1.88)
1.91i	Vanessa Browne (Aus)(1.90)
1.89	Trudy Painter (NZ)
1.89	Sharon McPeake (NI)
1.88	Jenny Talbot (Aus)
1.88	Jayne Barnetson (Sco)
1.87i	Tami Lutz (Can)
1.86	Linda McCurdy-Cameron (Can)
1.86	Jennifer Little (Eng)
1.85	Janet Boyle (NI)
1.85i	Louise Manning (Eng)(1.83)

Prospects: Little has been heard of Brill this summer, but if she can recapture her indoor form (1.97) a third title — 16 years after her first — awaits her. Stanton, silver medallist last time, will be favourite otherwise, but in what could be a very open competition look to McPeake for a high placing.

LONG JUMP

World rec: 7.45 Heike Drechsler (GDR) 86. **Comm & UK rec:** 6.90 Bev Kinch 83. **Games rec:** 6.91w Shonel Ferguson (Bah) 82. **1982 result:** 1, Ferguson 6.91w; 2, Strong (now Lorraway)(Aus) 6.88; 3, Kinch (Eng) 6.78. **Previous UK winners:** Phyllis Bartholomew (E) 34, Sheila Hoskin (E) 58, Mary Rand (E) 66, Sheila Sherwood (E) 70, Sue Reeve (E) 78.

6.86	Robyn Lorraway (Aus)
6.55	Nicole Boegman (Aus)(6.63w)
6.50i	Mary Berkeley (Eng)(6.40)
6.45	Sharon Clarke (Can)(6.49w)
6.43i	J. Bartholomew (Gren)(6.37)
6.40	Tracey Smith (Can)
6.39	Jayne Mitchell (NZ)(6.55w)
6.39	Kim Hagger (Eng)(6.57w)
6.36	Megan McLean (Aus)(6.58w)
6.35	Gillian Regan (Wal)
6.27	Joyce Oladapo (Eng)
6.16	Lorraine Campbell (Sco)

Notable absentees:

6.70	Cynthia Henry (Jam)
6.54	Comfort Igeh (Nig)

Prospects: Lorraway (née Strong) was only 3cm away from the gold in Brisbane and is heavily favoured to win this time. The battle for other medals will be fierce, with Berkeley in the thick of it.

SHOT

World rec: 22.53 Natalya Lisovskaya (USSR) 84. **Comm rec:** 19.74 Gael Martin (Aus) 84. **UK rec:** 19.00 Judy Oakes 86. **Games rec:** 17.92 Oakes (Eng) 82. **1982 result:** 1, Oakes 17.92; 2, Mulhall (now Martin)(Aus) 17.68; 3, Hauch (Can) 16.71. **Previous UK winners:** Mary Peters (NI) 70, Oakes (E) 82.

19.00	Judy Oakes (Eng)
18.69	Gael Martin (Aus)
17.65i	Myrtle Augee (Eng)(17.62)
17.24	Astra Etienne (Aus)
17.03	Rose Hauch (Can)
16.89	Melody Torcolacci (Can)
16.55	Yvonne Hanson-Nortey (Eng)

Prospects: The duel between defending champion Oakes and the 1978 champion (and 1982 silver medallist) Martin will be intense and possibly acrimonious. There's no love lost between them. Augee has a good chance to take third.

DISCUS

World rec: 74.56 Zdenka Silhava (Cze) 84. **Comm & UK rec:** 67.48 Meg Ritchie 81. **Games rec:** 62.98 Ritchie (Sco) 82. **1982 result:** 1, Ritchie 62.98; 2, Mulhall (now Martin)(Aus) 58.64; 3, Whiteley (Eng) 54.78. **Previous UK winners:** Suzanne Allday (E) 58, Rosemary Payne (S) 70, Ritchie (S) 82.

62.44	Gael Martin (Aus)
55.74	Venissa Head (Wal)
54.94	Astra Etienne (Aus)

54.42	Karen Pugh (Eng)
53.96	Julia Avis (Eng)
53.10	Kathryn Farr (Eng)
52.52	Melody Torcolacci (Can)
51.10	Michelle Brotherton (Can)
50.04	Morag Bremner (Sco)
49.78	Jackie McKernan (NI)

Prospects: Unless Head can get back to her best form there is no one to prevent Martin (second in the last two Games) gaining the gold. Any of the English girls could finish up a medallist.

JAVELIN

World rec: 75.40 Petra Felke (GDR) 85. **Comm & UK rec:** 73.58 Tessa Sanderson 83. **Games rec:** 64.46 Suzanne Howland (Aus) 82. **1982 result:** 1, Howland 64.46; 2, Rivers (Aus) 62.28; 3, Whitbread (Eng) 58.86. **Previous UK winners:** Gladys Lunn (E) 34, Sue Pratt (E) 62, Sanderson (E) 78.

71.78	Fatima Whitbread (Eng)
69.80	Suzanne Howland (Aus)
68.50	Tessa Sanderson (Eng)
57.98	Diane Royle (Sco)
57.62	Faye Roblin (Can)
57.04	Petra Rivers (Aus)
56.70	Jeanette Kieboom (Aus)
55.90	Kristy Evans (Can)
55.82	Karen Hough (Wal)
55.42	Celine Chartrand (Can)
55.00	Anna Lockton (Eng)
53.54	Laverne Eve (Ber)
51.10	Shona Urquhart (Sco)

Prospects: Classiest of all the field events, matching defending champion Howland (in the best form of her life) against 1978 winner Sanderson and 1982 bronze medallist Whitbread — both the English girls having gone on to greater things. Whitbread's consistency around 70m is staggering and the onus is on the other two to haul their performance up to her level. Should be a thriller from start to finish, but Whitbread is the most likely winner.

HEPTATHLON

World rec: 7148 Jackie Joyner (US) 86. **Comm rec:** 6387 Glynis Nunn (Aus) 84. **UK rec:** 6347 Judy Simpson 83. **Games rec:** 6254 Nunn 82. **1982 result:** 1, Nunn 6254; 2, Livermore (now Simpson)(Eng) 6162; 3, Ross (Can) 5895. **Previous UK winners:** (Pent) Mary Peters (NI) 70 & 74.

6259	Kim Hagger (Eng)
6217	Judy Simpson (Eng)
5885	Joanne Mulliner (Eng)
5882	Jane Flemming (Aus)
5678	Linda Spenst (Can)
5658	Jocelyn Millar-Cubit (Aus)
5588	Terry Genge (NZ)
5548	Val Walsh (Sco)

ATHLETIC EVENTS

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

REDHILL & REIGATE A.C.

Open Pentathlons Meeting

SAT, 23rd AUGUST, 1986, 11.45 am

(AAA/WAAA Laws)

Battlebridge Track, Redhill

C, B, Y, JM, SM, VETS. G, JL, IL, SL, VETS.

Entry fee: 50p. SAE for timetable to Mrs. R. Russell, 1 Rose Cottages, Plaistow Street, Lingfield, Sy. RH7 6AU (Tel. Lingfield 834648).

ADVANCE NOTICE — 7½ Mile Road Race from Battlebridge Track, Redhill on **Nov 30th** — details in Sept from Roger Gibbens, 22 Palmer Close, Redhill (67231).

Under AAA & WCCA Permits

IBA — 10K (Winchester)

Supported by BROOKS

11 a.m., SUN., 28th SEPT., 1986

- ★ Two laps of pleasant country route — proven course, our 4th year.
- ★ Free parking, changing, some showers.
- ★ Prizes first 12 men, first 5 women. First 5 female vets, first 5 male O/40, first 2 male O/50, first 3 teams.

Closing date: 6th Sept. or at 500 entries

Fee: £1.00 attached, £2.00 unattached. B.A.R.R. Form O.K.

S.A.E. to: Mr. C. Allerton, I.B.A., Crawley Court, Winchester, Hants SO21 2QA.

EAST HULL HARRIERS & A.C. Present

THE MAJOR G. H. STONE HALF MARATHON RACE

(Under AAA, WCC & RRA Laws — Permit 1310)

MONDAY, 25th AUGUST, 12 noon

Accurate Course — Record 62.25, K. Best

Prizes: 1st 6 Men, 1st Vet, 1st Team, 1st 3 Females, subject to entries.

Incorp. Humberside County Championships.

Entry Fee: £1.50 (AAA & WAAA aff.)
£2.00 (Unattached).

Entries/enquiries to: R. V. Kemp, 13 Saddleworth Close, North Bransholme, Hull HU7 5BW. Entries on AAA/WAAA forms, **by Tues. 19th August.**

Miles marked. Result sheet on the day.

5480 Alison Armstrong (Can)
5479 Sharon Jaklofsky-Smith (Aus)
5455 Lyn Osmers (NZ)

Prospects: Hagger and Simpson have had one great domestic scrap this year, and another is in prospect. With Olympic champion Nunn confining herself to the hurdles, the two English athletes are in a class apart and both Simpson's UK record of 6347 and Nunn's Commonwealth figures of 6387 must be under threat.

4×100 METRES RELAY

World rec: 41.37 GDR 85. **Comm & UK rec:** 42.43 in 1980. **Games rec:** 43.15 England 82. **1982 result:** 1, England 43.15; 2, Canada 43.66; 3, Jamaica 43.69. **Previous UK winners:** (4×110y) England 58; (4×100) England 78 & 82.

44.22 Canada
44.51 England
Notable absentees:
43.71 Nigeria
— Jamaica

Prospects: England v Canada.

4×400 METRES RELAY

World rec: 3:15.92 GDR 84. **Comm rec:** 3:21.21 Canada 84. **UK rec:** 3:25.51 in 1984. **Games rec:** 3:27.19 England 78. **1982 result:** 1, Canada 3:27.70; 2, Australia 3:27.72; 3, Scotland 3:32.92.

WENLOCK OLYMPIAN SOCIETY
(Founded 1850)
Present the

3rd BRIDGNORTH REGATTA* 7

(Under AAA/WAAA Laws)

SATURDAY, 16th AUGUST, 1986

Start 2.00 pm Entry Limit 500

Entry Fee: £1.00, Unattached £1.50.

A seven mile road race through the beautiful Shropshire Countryside, starting and finishing on the banks of the River Severn in the historic and picturesque market town of Bridgnorth.

Prizes in the usual categories, including the Bridgnorth Walk Committee lap to be held by the winning team (of three).

Course records 35.00 Bob Westwood (Tipton H.)
48.52 Sandra Blackburn (Chase H.)

Entries giving name, address, M/F, age, D.O.B. and club with entry fee and S.A.E. (2 if results required) to Peter Hepworth, 85 Cartway, Bridgnorth, Shropshire, WV16 4BW, **by 11th August 1986.**

* Due to circumstances beyond the Society's control the Regatta was brought forward this year to 14th June.

Edinburgh Timetable

Due to the sharp drop in entries as a result of the boycott, it is probable that many qualifying rounds will be dispensed with. According to the originally approved timetable, the finals are scheduled as follows:

Saturday, July 26th: 10.00 — start of women's heptathlon; 13.00 — hammer; 18.10 — 10,000m.

Sunday, July 27th: 10.00 — start of decathlon; 14.00 — 110m hurdles; 15.00 — 3000m steeplechase; 15.20 — women's 400m; 15.30 — 400m final; 15.55 — women's discus; 16.00 — final event of women's heptathlon; 16.25 — women's 100m; 16.35 — 100m; 17.00 — women's 3000m.

Monday, July 28th: 14.05 — women's shot; 16.30 — final event of decathlon; 17.00 — women's 400m hurdles; 17.15 — 400m hurdles; 17.25 — women's 10,000m.

Thursday, July 31st: 11.30 — start of 30km walk; 14.00 — long jump; 14.35 — high jump; 15.15 — women's 800m; 15.30 — 800m; 15.35 — women's javelin; 16.00 — women's 200m; 16.25 — 5000m; 17.05 — 200m.

Friday, August 1st: 11.00 — start of men's marathon; 11.30 — start of women's marathon; 13.00 — pole vault; 14.00 — women's long jump; 14.45 — women's high jump; 15.40 — discus; 16.35 — women's 100m hurdles.

Saturday, August 2nd: 12.30 — javelin; 12.45 — triple jump; 13.00 — women's 1500m; 13.05 — shot; 13.20 — women's 4×100m; 13.45 — 4×100m; 13.55 — 1500m; 14.35 — women's 4×400m; 15.05 — 4×400m.

Previous UK winners: England 74 & 78.

3:28.54 England
3:30.64 Australia
3:35.64 Canada
Notable absentees:
3:33.54 Trinidad
— Jamaica

Prospects: Canada v Australia, although England could be close.

Don't forget! Mel Watman's event by event coverage of the first three days of action in Edinburgh will appear in next week's *Athletics Weekly*.

Who's Who In England's Women's Team

Myrtle Augee (Cambridge H) — shot; born 4.2.65; pb – 17.65i/17.62 (1986).

Julia Avis (Barnet-Copthall) — discus; born 6.2.63; pb — 53.96 (1986).

Lorraine Baker (Coventry) — 800; born 9.4.64; pb — 1:59.99 (1986). 6th 1982 Commonwealth; 5th 1984 Olympics.

Joan Baptiste (Wolverhampton & Bilston) — 4×100; born 12.10.59; pb — 11.32 (1983). 2nd 1983 European Indoor 200; semi-finalist 1983 World & 1984 Olympic 200; 2nd 1983 World 4×100.

Helen Barnett (Croydon) — 400 & 4×400; born 13.5.58; pb — 52.13 (1984). 9th 1982 Commonwealth 200; semi-finalist 1984 Olympic 400.

Chris Benning (Southampton & Eastleigh) — 3000; born 30.3.55; pb — 8:44.46 (1984). 2nd 1978 Commonwealth 1500; 13th 1978 European 3000, 13th 1983 World 3000; 5th 1984 Olympic 1500. Ex-UK record holder at 1500 & 3000.

Mary Berkeley (Croydon) — long jump; born 3.10.65; pb — 6.58 (1985).

Chris Boxer (Aldershot, Farnham & Dist.) — 1500; born 25.3.57; pb — 4:00.57 (1984). 11th 1978 Commonwealth 1500; semi-finalist 1980 Olympic 800; 1982 Commonwealth 1500 champion; 9th 1983 World 1500; 6th 1984 Olympic 1500. Ex-UK record holder at 800 & 1500.

Jill Clarke (Sheffield) — 10,000; born 20.6.58; pb — 33:27.69 (1986).

Kathy Cook (Wolverhampton & Bilston) — 200, 400, & relays; born 3.5.60; pb — 11.10 (1981; UK rec), 22.10 (1984; UK rec), 49.43 (1984; UK rec). 19 medals in major championships including gold in 1978 & 1982 Commonwealth 4×100 and 1981 World Student Games 200. Other individual medals: (silver) 1979 World Student Games 100/200, 1982 European & Commonwealth 200; (bronze) 1977 European Junior 100/200, 1983 World 200, 1984 Olympic 400.

Diana Davies (Leicester) — high jump; born 7.5.61; pb — 1.95 (1982; UK rec). 6th 1982 Commonwealth; 9th 1984 Olympics.

Paula Dunn (Stretford) — 100 & 4×100; born 3.12.64; pb — 11.34 (1986).

Diane Edwards (Sale) — 800; born 17.6.66; pb — 2:00.67 (1986).

Kathryn Farr (Southport Waterloo) — discus; born 1.4.67; pb — 53.10 (1986).

Simone Gandy (Borough of Hounslow) — 400 hurdles; born 28.7.65; pb — 57.56 (1986).

Julia Gates (City of Bath) — marathon; born 12.5.59; pb — 2:36.31 (1986).

Sally Gunnell (Essex) — 100 hurdles; born 29.7.66; pb — 13.30 (1985) & 13.13w (1986).

Kim Hagger (Essex) — long jump & heptathlon; born 2.12.61; pb — 6.48 (1984) & 6.58w (1985), 6259 (1986). 8th 1984 Olympics.

Yvonne Hanson-Nortey (Hallamshire) — shot; born 18.2.64; pb — 16.55 (1986).

Simone Jacobs (Reading) — 200 & 4×100; born 5.9.66; pb — 11.45/11.26w (1984), 23.28 (1983) & 23.01w (1984). 2nd 1983 European Junior 100 (3rd 200); 3rd 1984 Olympic 4×100.

Wendy Jeal (Haringey) — 100 hurdles; born 21.11.60; pb — 13.34 (1986) & 13.18w (1984).

Linda Keough (Basingstoke) — 4×400; born 26.12.63; pb — 52.49 (1985).

Jennifer Little (Border) — high jump; born 8.4.65; pb — 1.86 (1986).

Anna Lockton (Wolverhampton & Bilston) — javelin; born 5.5.64; pb — 56.28 (1985).

Louise Manning (Sutton & Cheam) — high jump; born 21.1.67; pb — 1.87 (1984).

Aileen Mills (N. Shields Poly.) — 400 hurdles; born 13.2.62; pb — 58.28 (1985).

Suzanne Morley (Brighton & Hove) — 1500; born 11.10.57; pb — 4:11.00 (1985).

Joanne Mulliner (Wolverhampton & Bilston) — heptathlon; born 18.8.66; pb — 5885 (1986).

Heather Oakes (Haringey) — 100 & 4×100;

BARNSLEY ROAD RUNNERS Present the
BARNSLEY METRO LEISURE FESTIVAL

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SUN., 10 AUGUST, 1986, 11 am

★ 2 lap scenic route ★ RRC certified accurate course ★ Mile markers ★ 5 mile times ★ Copies of results on the day ★ Medals to all finishers. Extensive prize list.

Changing and reception, Worsbrough Miners Welfare Football Ground (on A61 2 miles south of Barnsley).

First Prize: 4 day trip to Paris 20K 12th Oct 1986

Entry fee: £1.75 (Affiliated/AAA Registered). £2.25 (Unattached) Payable to 'Midwood 10'.

Entries to: Midwood 10, 21 Binstead Grove, Wadsley Bridge, Sheffield S5 8NT.

Entries close 3rd August. No late entries.

No ack or details unless accompanies by SAE.

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born 14.8.59; pb — 11.20/11.01w (1980). 8th 1980 Olympic 100 (3rd 4×100); 7th 1982 Commonwealth 100; 7th 1984 Olympic 100 (3rd 4×100); 2nd 1985 World Indoor Games 60; 3rd 1985 European Indoor 60.

Judy Oakes (Croydon) — shot; born 14.2.58; pb — 19.00 (1986; UK rec). 3rd 1978 Commonwealth; 1982 Commonwealth champion; 13th 1983 World Champs; 4th 1984 Olympics.

Joyce Oladapo (Bromley) — long jump; born 11.2.64; pb — 6.75/6.80w (1985). 3rd 1981 European Junior.

Angela Pain (Leeds City) — marathon; born 8.2.62; pb — 2:37:06 (1985).

Jane Parry (Stretford) — 4×400; born 15.11.64; pb — 52.65 (1983).

Debbie Peel (Crawley) — 10,000; born 19.8.58; pb — 33:34.77 (1986). 7th 1982 Commonwealth 3000; 4th 1984 World 10km Road Champs.

Glynis Penny (Cambridge H) — marathon; born 28.1.51; pb — 2:36:21 (1983). 13th 1978 European 3000.

Angela Piggford (Gateshead) — 400 & 4×400; born 17.8.63; pb — 53.09 (1986).

Karen Pugh (Birchfield) — discus; born 4.9.65; pb — 54.42 (1986).

Marina Samy (Bracknell) — 10,000; born 4.9.60; pb — 33:28.66 (1986).

Tessa Sanderson (Wolverhampton & Bilston) — javelin; born 14.3.56; pb — 73.58 (1983; UK rec). 5th 1974 Commonwealth; 10th 1976 Olympics; 1978 Commonwealth champion; 2nd 1978 European; dnq 1980 Olympics; 4th 1983 World; 1984 Olympic champion. Ex-holder UK heptathlon record.

Jane Shields (Sheffield) — 3000; born 23.8.60; pb — 8:45.69 (1983). 7th 1983 World 3000; 5th 1984 World CC; elim 1984 Olympic 3000 hts.

Judy Simpson (Birchfield) — heptathlon; born 14.11.60; pb — 6353 (1983; UK rec). 13th 1980 Olympic pentathlon; 7th 1982 European heptathlon; 2nd 1982 Commonwealth heptathlon (5th in 100H); dnf 1983 World heptathlon (semi-finalist 100H); 5th 1984 Olympic heptathlon; 3rd 1985 World Student Games heptathlon.

Lesley-Ann Skeete (Swindon) — 100 hurdles; born 20.2.67; pb — 13.50/13.24w (1986).

Wendy Sly (Borough of Hounslow) — 3000; born 5.11.59; pb — 8:37.06 (1983; ex — UK rec). 2nd 1982 Commonwealth 3000; 5th 1983 World 1500 & 3000; 1983 World 10km Road champion; 2nd 1984 Olympic 3000.

Jennifer Stoute (Bromley) — 200; born 16.4.65; pb — 23.65/23.51w (1986).

Helen Thorpe (Ashford) — 800; born 24.10.63; pb — 2:02.02 (1986).

Fatima Whitbread (Thurrock) — javelin; born 3.3.61; pb — 72.98 (1985). 6th 1978 Commonwealth; 1979 European Junior champion; dnq 1980 Olympics; 8th 1982 European; 3rd 1982 Commonwealth; 2nd 1983 World; 3rd 1984 Olympics.

Pippa Windle (Sale) — 100 & 4×100; born 8.9.61; pb — 11.52 (1986).

Yvette Wray (Stretford) — 400 hurdles; born 18.10.58; pb — 56.46 (1981). 3rd 1978 Commonwealth pentathlon; 16th 1980 Olympic pentathlon; 3rd 1982 Commonwealth 400H.

NOTICE BOARD

Amersham '5'. Due to major roadworks and other local factors, there was some uncertainty until recently concerning the date of this year's race and it is given in some handbooks and lists as either September 14th or 21st. The date, though, has now been confirmed as **September 21st.**

Vets AC. The extra committee meeting will take place at the usual venue on Wednesday, August 20th (7.00 pm).

Matthew Symonds finished **sixth** in the Southern Championships discus with **47.62m,** and not as detailed on page 47 of our July 12th issue.

Cranham Feast. With reference to the ad. on page 56 of last week's issue, the post code should read **GL4 8HT.**

The Welwyn 'Workshop' Meeting advertised on page 63 of our July 12th issue will take place on Bank Holiday Monday, August **25th.**

Great North Run. The 'unknown' athlete who placed 33rd in this year's Great North Run (June 21st issue, pg. 6) was 20-year-old Gateshead Harrier **David Miles.**

BMC 1000m. The BMC promotion due to be held during the Southern Counties AAA v New Zealand fixture at Crystal Palace on **August 13th,** has been switched to the Metropolitan Police Training School at Colindale. Anybody interested in running should contact David Cocksedge on 01-679 3977.

Shireen Samy. A couple of results appeared in our July 12th issue that did not give Shireen Samy due credit: page 41 — Southern 3000, she won in **9:30.0** (not 9:38.6); and page 57 — Commonwealth 10,000m Trial, she placed **fourth** in **33:40,** relegating Sue Crehan and those below her one place.

New Kent Club. Swale Combined AC (Swale) was born on July 1st from a merger of Sheppey and Sittingbourne & Dist. ACs. The new club will be competing in most local leagues, and anybody interested in joining is asked to contact David Jerram at 6 Medway Close, Sittingbourne, Kent, ME10 1LP (tel: Sitt. 71039).

Worthing YA Open Meeting. Regarding the ad. on page 56 of our July 5th issue, a **Colts 800m** has been **added** to the programme at 12.00 noon, whilst two **javelin times** should be **amended,** to: Inters — 3.30 pm and Junior Women — 1.45 pm.

Opposite: Javelin medallists last time round, Fatima Whitbread (silver), Suzanne Howland (gold) and Petra Rivers (bronze). All three ladies will be throwing in Edinburgh. Photo: Allsport

CLASSIFIED ADVERTISEMENTS

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Details/application forms can be obtained from:

BASILDON '10'

SUNDAY, 7th SEPTEMBER, 1986 — 2.00 pm

Paul West,
212 Pound Lane,
Bowers Gifford,
Basildon, Essex SS13 2JS

FORD NEWS HALF MARATHON

SUNDAY, 5th OCTOBER, 1986 — 10.30 am

The Race Secretary,
40/181 Ford Motor Co. Ltd.,
Trafford House,
8 Station Way,
Basildon, Essex SS16 5XX

PITSEA '5'

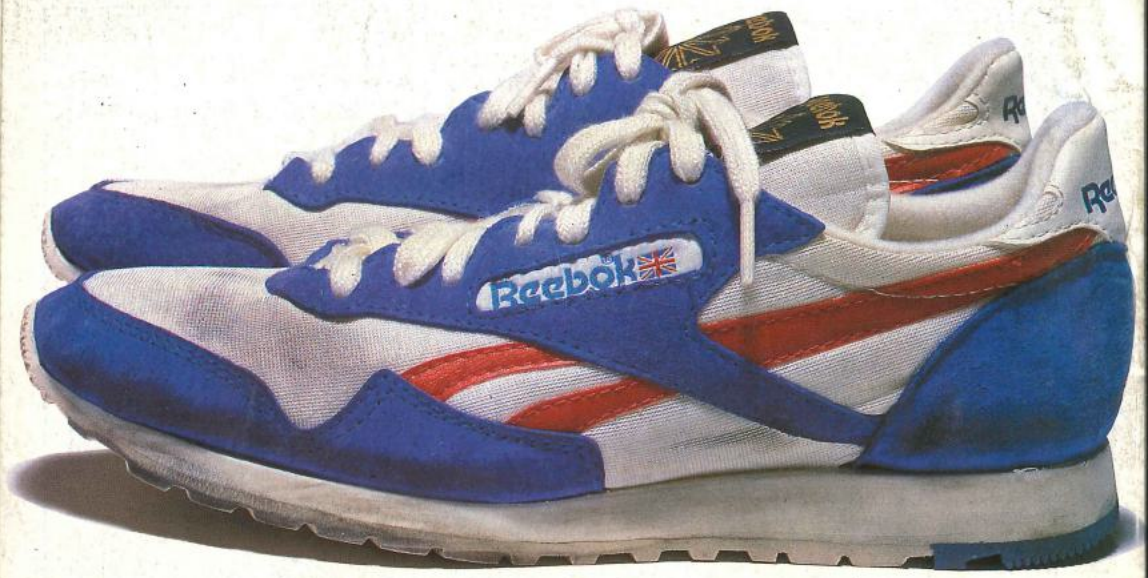
SUNDAY, 16th NOVEMBER, 1986 — 11.00 am

Dave Joyce,
28 Wythefield,
Pitsea, Basildon, Essex

Another race in the district is the Billericay Striders Half Marathon on Sunday, 31st August, 1986 at 10.00 am

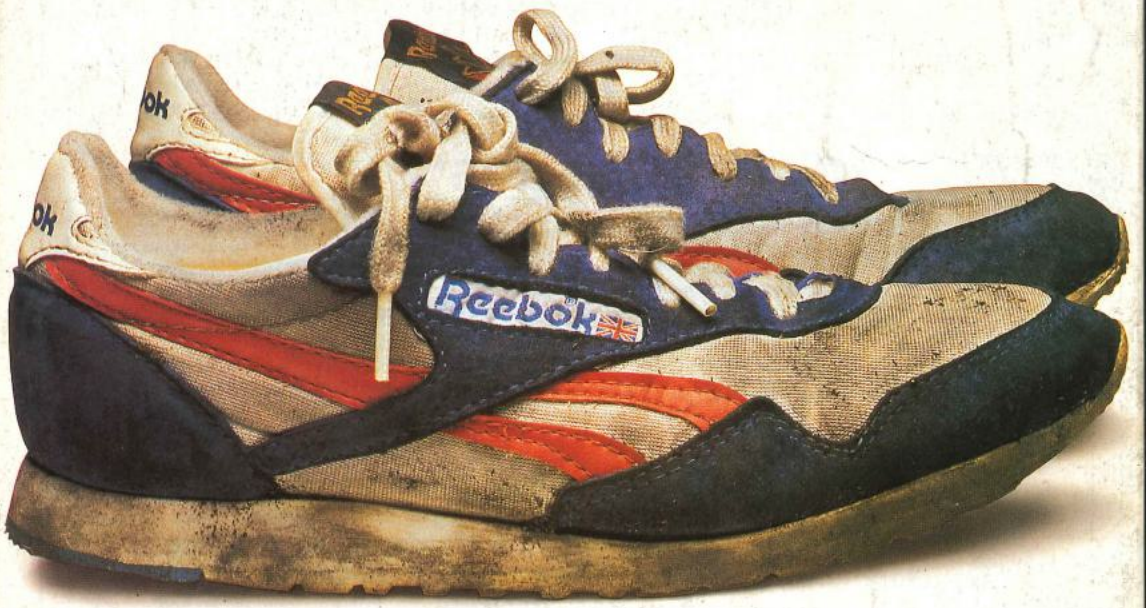
CONTACT: Billericay Striders
4 Glanmire
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Any questions please contact Rob Hardy, Head of Leisure Development, Basildon District Council, Basildon, Essex. Tel: Bas 294550



Steve Jones, winner of the 1985 London Marathon wearing these Reeboks, was pre-selected for the British team in the Marathon at the 1986 European Championships.

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Hugh Jones, first British runner in the 1986 London Marathon, wearing these Reeboks, has been selected for the British team in the Marathon at the 1986 European Championships.