

INCORPORATING: WOMEN'S ATHLETICS • MODERN ATHLETICS & WORLD ATHLETICS

# athletics weekly

JULY 28th  
1979 22p



Inside —  
Profile of  
Sebastian Coe



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## CLAYTON-LE-MOORS HARRIERS 9th BARNOLDSWICK WEETS FELL RACE

(Under A.A.A. Laws)

Sunday, 19th August, 1979, at 11 a.m.

Rolls Royce Sports and Social Centre, Skipton Rd.

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\* DEFINITELY NO ENTRIES ON THE DAY \*

## THURROCK HARRIERS YOUNG ATHLETES OPEN MEETING

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

SAT., 15th SEPTEMBER, 1979  
Start 11 a.m.

at King George V Playing Fields, Grays

Colts 100m, 200m, 800m, 1500m. Boys 100m, 200m, 400m, 800m, 1500m, 80mH, LJ, HJ, PV, SP, JT. Youths 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m S/C, LJ, HJ, TJ, PV, JT, SP. Minors 100m, 200m, 800m, LJ. Jnr Ladies 100m, 200m, 800m, 1500m, 75mH, LJ, SP. Inter Ladies 100m, 200m, 400m, 800m, 1500m, 80mH, LJ, SP.

Awards: 7 entries – 1st 3, 4 to 6 entries – 1st 2, 3 or less – 1st only. Entry Fee: 25p per event. Entry must be accompanied by correct fee, state D of B and include SAE for acknowledgement. Block entries accepted. To: R. A. Sales, 78 Orchard Road, South Ockenden, Essex, by 1st September.

## WYCOMBE PHOENIX HARRIERS & A.C. present the annual

## FURNITURE '5' ROAD RACES

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

ON SUNDAY, 2nd SEPTEMBER, 1979

From The Rye Recreation Ground,  
Keep Hill Road, High Wycombe

1.15 p.m. Boys and Youths 1 1/2 Miles Race  
1.45 p.m. Junior and Inter. Girls 1 1/2 Miles Race  
2.15 p.m. Senior Ladies '5'  
3.15 p.m. Junior and Senior Men's '5'

Entry Fees: Snr Ladies, Jnr and Snr Men 50p per Individual, 50p per Team (4 run, 3 score). £1 Individual on the day. Boys, Youths, Jnr and Inter Girls 30p per Individual. No team fee.

Entries to: L. G. B. Thomas, 20 Stephenson Close, High Wycombe, Bucks. HP13 5SY. Tel. H.W. 31239.

ENTRIES CLOSE 25th AUGUST

Editor: MEL WATMAN

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Business & Advertisement Director: TIM GREEN

Advertising Assistant: DAVID MATTHEWS

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Subscriptions & Distribution: GABRIELLE PACE

Subscriptions & Books: JACKIE PENNEY

Published by:

World Athletics & Sporting Publications Ltd,

344 High Street,

Rochester, Kent.

Telephone: Medway (0634) 409260

Medway (0634) 409269

Printed by:

Kent Art Printers Ltd,

New Road, Rochester,

Kent ME1 1DT.

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces:

£13.22

Through an agency £15.08

Overseas Surface Mail: £15.08

Air Mail Europe: £16.12

Other Air Mail rates on application.

USA Surface \$34. Air Mail \$42.

Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

Overseas subscriptions (including Eire) should be

paid by cheque in sterling on a London bank, or

by International Money Order.

Audited Circulation: July-December 1978 18,340.

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# athletics weekly

Vol. 13 No. 30

JULY 28th 1979

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## THE WEEK AHEAD

**Saturday, July 28th:** Sun Silk Women's AAA Champs (2nd day), Crystal Palace; World Veterans Champs (2nd day), Hannover; GRE British League (Div. 1 — Cwmbran; 2, — Stretford; 3 — Kirkby; 4 — Hendon; 5 — Windsor); Southern, Midland and Northern Men's Leagues; Army v Royal Navy, Junior Match, Aldershot; Heckington '10', Sleaford; Lochaber Highland Games, Fort William; Cupar Highland Games; Meall An't Suidhe Race; Southern Track Walking Champs, Parliament Hill.

**Sunday, July 29th:** World Veterans Champs (3rd day), Hannover; National YA League; Dewhurst Games, Spalding; YA Trophy Meeting, Blackpool; Open Meeting, Redruth; Sunderland '5'; Half Nevis Race; Ilford Festival Walks, Seven Kings; Whitbread 'City of London' Walks.

**Monday, July 30th:** Army v Royal Navy v Wales, Junior Match, Bargoed; Cow Hill Race.

**Tuesday, July 31st:** Stretford Track League; Combined Services v Surrey, Women's Match, Aldershot; London Postal Region v Stock Exchange, Walk Match, Blackheath.

**Wednesday, August 1st:** Junior International, UK v Italy v Canada, Wolverhampton; SCAAA v Combined Services and others, Crystal Palace; TVH Open Meeting, West London; Gloucester Festival '79; W. Yorkshire League, Castleford; London Vidarians 4km Walk, Carshalton.

**Saturday, August 4th & Sunday, August 5th:** European Cup Finals, Turin.

The Southern League September Shield Meeting will be held at Cophall Stadium on September 1st (11.00 a.m.). All field events except the pole vault and all track events except the 1500, 5000 and 3000SC will be held, although there will be a 5000m road race open to any number of competitors. The meeting has attracted 66 teams.

### COVER PHOTO

(By Mike Street)

Twins Ann Ford (2) and Paula Fudge

# Seb Coe (3:49.0) Now World's Fastest Miler

JUST 12 days after his stunning 800m record of 1:42.4, Sebastian Coe (22) produced from that slender frame of his another astonishing performance by winning the IAAF's Dubai Golden Mile in Oslo on July 17th in the fastest time yet recorded. Soundly defeating a field so 'loaded' that Dave Moorcroft wound up 9th even though he clocked a personal best, Coe clipped four-tenths off John Walker's celebrated record with a mark of 3:49.0 — actually 3:48.95 rounded upwards. He thus became the first man since Peter Snell to own simultaneously the world records for 800m and the mile; the great New Zealander held that rare distinction between February 1962 and June 1965 with times of 1:44.3 and 3:54.4/3:54.1. Prior to Snell one has to go back to Britain's Sydney Wooderson, who held both marks for less than 11 months just before the war with 1:48.4 and 4:06.4. En route, Coe broke Jean Wadoux's long-standing European 1500m record of 3:34.0 with 3:32.8, which ranks him 3rd of all-time behind Filbert Bayi (3:32.2) and Walker (3:32.4). The previous UK records for both distances were held by Steve Ovett with 3:34.5 and 3:52.8.

The figures are impressive, but it was the way in which Coe dominated the race which will be remembered by those who saw the run live or on TV long after the record itself has been broken.

For a man who entered the race with a question mark hovering over his ability to handle a tough third lap, and who had run only two mile and no 1500m races in almost three years, he acquitted himself rather well!

Even without Ovett, winner of last year's lacklustre inaugural Golden Mile in Tokyo, the line-up was a promoter's dream turned reality: world record holder John Walker (3:49.4), 1979 world leader Eamonn Coghlan (3:52.6 indoors, 3:52.9 out), European record holder Thomas Wessinghage (3:52.5), Commonwealth 1500m champion Dave Moorcroft (3:55.1), the American trio of Steve Scott (3:52.9), Steve Lacy (3:54.7) and Craig Masback (3:54.7), the Scottish pair of John Robson (3:54.3) and Graham Williamson (3:55.8), Australian Ken Hall (3:55.2) and Asian record holder Takashi Ishii (3:59.7, but 3:38.2 for 1500). Slowest on paper of the dozen stars in the field: Seb Coe with a best time of 3:57.7 when outkicking Bayi in the 1977 Emsley Carr Mile and a fastest 1500 of merely 3:42.7 back in 1976!

A Norwegian hare, Borge Ruud, was included but his services were not required. In the initial surge Coe was unceremoniously bundled to the front, and within 100m he was replaced by a purposeful Steve Lacy. The American had opened up a 5m gap on Scott and Coe by the

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200m mark and at 440y his time was 57.5. Scott was 2nd, then came Wessinghage, Coe (57.8?) and Williamson, with Coghlan — probably the pre-race favourite — dead last. At exactly halfway (1:54.5) Lacy dropped out, having set a perfect pace for a sub-3:50 mile, and it was Scott (1:55.0?) who took over, closely pursued by Coe (1:55.3?). Wessinghage and Coghlan were next, but they were fully 10m behind Coe and such was the relentless pace of the third lap that neither they nor anyone else were able to make up the deficit on the leaders. On the contrary, Scott and Coe pulled ever further away.

Coe shadowed Scott until, about 40m in advance of the bell, he edged into the lead for the first time since his involuntary stint at the outset. The ¾M mark was reached by Coe in a pulsating 2:53.4, which meant he had covered the feared third quarter in around 58 sec. Now he needed to run under 56 sec to break Walker's record — not that Coe was aware of his lap times, nor even of the exact world record figures other than being just inside 3:50!

He started the last quarter some 6m up on Scott and the best part of 30m clear of anyone else. Only Scott was in any position to offer a challenge, but as Coe smoothly stretched his advantage it soon became apparent there was no question of his being caught. But could he break the record into the bargain? The electrical timer provided the affirmative answer by registering 3:48.95 as the elegant striding Englishman crossed the finish line. The appreciative 20,000 audience in Bissett Stadium, most of whom had thrilled to Coe's 800m exploit less than a fortnight earlier, rose to him as he took a prolonged lap of honour clutching a Union Jack offered by a group of ecstatic British fans. Also present was the proudest man of all, Sebastian's father and self-taught coach, Peter Coe.

At the finish Coe's victory over the gallant Scott, whose forceful third lap paved the way to the world record, was 15m. And what place times! Scott, the AAA 800m champion and the last man to defeat Ovett over 1500, was desperately unlucky to miss Jim Ryun's American (and former world) record of 3:51.1 by 1/100th of a second as he clocked 3:51.11 (i.e. 3:51.2). Masback, a familiar figure on the British scene as an Oxford student, surprised everybody with a storming finish to take 3rd in 3:52.02. Coghlan broke the Irish record with 3:52.45 despite a fearsome schedule of racing (including two fast 5000's) in recent weeks. Robson, who only began to show glimpses of his 1978 form three days earlier at the AAA Championships, was a revelation as he took 5th place in 3:52.74 — which, rounded up to 3:52.8, equalled Ovett's former UK record. Next came Walker (3:52.85), still in there fighting despite all the injuries that have frustrated him these past two years.

A special word of praise for that stimulating young runner Graham Williamson in 7th place.

## EVOLUTION OF WORLD MILE RECORD

|        |                          |            |
|--------|--------------------------|------------|
| 4:15.6 | Thomas Conneff (Ire/USA) | 30.8.1895  |
| 4:15.4 | John Paul Jones (USA)    | 27.5.1911  |
| 4:14.4 | John Paul Jones (USA)    | 31.5.1913  |
| 4:12.6 | Norman Taber (USA)       | 16.7.1915  |
| 4:10.4 | Paavo Nurmi (Fin)        | 23.8.1923  |
| 4:09.2 | Jules Ladoumegue (Fra)   | 4.10.1931  |
| 4:07.6 | Jack Lovelock (NZ)       | 15.7.1933  |
| 4:06.7 | Glenn Cunningham (USA)   | 16.6.1934  |
| 4:06.4 | Sydney Wooderson (UK)    | 28.8.1937  |
| 4:06.1 | Gunder Hagg (Swe)        | 1.7.1942   |
| 4:04.6 | Gunder Hagg (Swe)        | 4.9.1942   |
| 4:02.6 | Arne Andersson (Swe)     | 1.7.1943   |
| 4:01.6 | Arne Andersson (Swe)     | 18.7.1944  |
| 4:01.3 | Gunder Hagg (Swe)        | 17.7.1945  |
| 3:59.4 | Roger Bannister (UK)     | 6.5.1954   |
| 3:57.9 | John Landy (Aus)         | 21.6.1954  |
| 3:57.2 | Derek Ibbotson (UK)      | 19.7.1957  |
| 3:54.5 | Herb Elliott (Aus)       | 6.8.1958   |
| 3:54.4 | Peter Snell (NZ)         | 27.1.1962  |
| 3:54.1 | Peter Snell (NZ)         | 17.11.1964 |
| 3:53.6 | Michel Jazy (Fra)        | 9.6.1965   |
| 3:51.3 | Jim Ryun (USA)           | 17.7.1966  |
| 3:51.1 | Jim Ryun (USA)           | 23.6.1967  |
| 3:51.0 | Filbert Bayi (Tan)       | 17.5.1975  |
| 3:49.4 | John Walker (NZ)         | 12.8.1975  |
| 3:49.0 | Sebastian Coe (UK)       | 17.6.1979  |

Barely a month past his 19th birthday he ran a blinder to register 3:53.15 — way inside Ari Paunonen's European junior record of 3:55.7, as well as smashing his own 1500m figures of 3:37.7 with a time en route of 3:36.6. At his current rate of progress he could one day be a world record breaker himself, and this great race would have been an important stepping stone. Wessinghage finished just behind the Scot in 3:53.22, followed by the still slightly injured but always game Moorcroft (3:54.35). Hall found 3:55.27 good only for 10th place, and Ishii was last man home in 4:02.00. Eight of the 11 set personal bests, but none by such a margin as Coe . . . a cool 8.7 sec. His approximate quarter-mile splits were 57.8, 57.5, 58.1, 55.6; first half — 1:55.3, second half — 1:53.7.

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Result (with 1500m times): 1, Coe 3:49.0 (3:32.8); 2, Scott 3:51.2 (3:34.6); 3, Masback 3:52.1 (3:36.7); 4, Coghlan 3:52.5 (3:37.4); 5, Robson 3:52.8 (3:38.3?); 6, Walker 3:52.9 (3:37.0); 7, Williamson 3:53.2 (3:36.6); 8, Wessinghage 3:53.3 (3:37.9); 9, Moorcroft 3:54.4 (3:37.4); 10, Hall 3:55.3 (3:38.3?); 11, Ishii 4:02.0.

Now over to Seb for his comments on the race:

*"I never knew beforehand that anyone planned to lead and I thought it would be a race with everyone hanging back. I would have forecast that it would be slow paced for three laps and then a sprint for the tape."*

*"As an 800m runner the early pace did not disturb me, but all day I had been worrying about how I would feel on the third lap. I was mentally prepared to be hurt on that lap and to go through a pain barrier but it didn't happen. It was not all that hard."*

*"Coming towards the start of the final lap I glanced back and the nearest runner (other than Scott) was some 30 yards behind. Then I knew I could win. But all the time over the last lap I was frightened that someone would come surging through. When I was so far ahead I honestly thought I had misjudged things and a big kicker would come up on me before the tape. When I looked back twice in the final straight it was fear, it was panic, not pain, that I was feeling. I certainly wasn't in the slightest distress at the finish."*

*"I was astonished when told I had broken the world record. I had no idea it would be that fast though I suppose I should have realised it, because I imagine this must have been the best mile field ever assembled. I honestly didn't approach the race with the idea of breaking the record. What I did was to come here to win. Naturally I'm thrilled to bring the world record back to Britain, particularly as it was not a soft one to break. I am proud to have beaten such a fine field. I didn't feel, in any way, that I have achieved a hollow victory."*

#### WOKING A.C.

### YOUNG ATHLETES OPEN MEETING

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

**SUNDAY, 9th SEPTEMBER, comm. 10.30 am  
at SHEERWATER TRACK, WOKING**

**Colts:** 100m, 200m, 400m, 800m, 1500m, HJ, LJ, Jav.  
**Minor Girls:** 100m, 200m, 800m, 1500m, HJ, LJ, Jav.  
**Jnr. Ladies:** 100m, 200m, 800m, 1500m, HJ, LJ, Dis, Jav, Shot.  
**Boys, Inter Ladies and Youths:** 100m, 200m, 400m, 800m, 1500m, HJ, LJ, Dis, Jav, Shot.  
**Plus Pole Vault for Colts, Boys, Youths and Jnr. Men.** MEDALS FIRST THREE EACH EVENT  
20p per event or 3 events for 50p.

Send S.A.E. for entry form to: Mrs J. Deering, Deerleigh, Park Road, Woking, Surrey.

**CLOSING DATE MON., 13th AUG. (POSTMARK)**

### QUOTES FROM FELLOW MILERS

**Steve Ovett:** "Congratulations to Seb, he is running brilliantly at the moment. To be honest, when you hear times like that they can be quite frightening, but for me it doesn't change anything. I don't get caught up in times. I never run against the clock. I run against men on the day."

**Derek Ibbotson:** "Just fabulous. I thought he could do the 800 this year — but not the mile. That is tremendous."

**Sydney Wooderson:** "I didn't think the mile could be run that fast. It's very difficult to know where it will stop."

**Dave Moorcroft:** "It's not just a great runner but a great bloke who has brought the mile record back to Britain."

### WHAT THE PAPERS SAID

**Terry O'Connor (Daily Mail):** "A field of exceptional talent was left shell shocked by the power, grace and speed of his running . . . It was incredible to see runners like Walker, Coghlan and Wessinghage struggling while Coe sailed majestically to victory."

**Sydney Hulls (Daily Express):** "Coe came up the final straight looking almost relaxed, hardly gasping, to crash the golden barrier. What a fantastic contrast to the complete exhaustion of the first ever four-minute miler Sir Roger Bannister when he ran 3:59.4 a quarter of a century ago."

**Colin Hart (Sun):** "Sebastian Coe ran the mile of the century . . . With that effortless floating style he stormed over the final 200m to break the tape 15y ahead of Scott. The rest were nowhere."

**Frank McGhee (Daily Mirror):** "Sebastian Coe established himself as indisputably the world's greatest middle-distance runner — how does that feel, Steve Ovett?"

**John Rodda (The Guardian):** "Last night's mile — apart from being the fastest in the history of the event and bringing back the world record to Britain for the first time since Derek Ibbotson recorded 3:57.2 in 1957 — was the greatest race of all time with the tenth man to finish, Ken Hall of Australia, doing so in 3:55.3. Steve Ovett must really eat those words about the victory in the race he missed being hollow."

**Neil Allen (Evening Standard):** "Our new record-holder is capable of under 3:47. But future times matter little to me today, remembering the incredible sight of Coe running further and further away from his almost mesmerised rivals until he took his last, unfaltering stride."

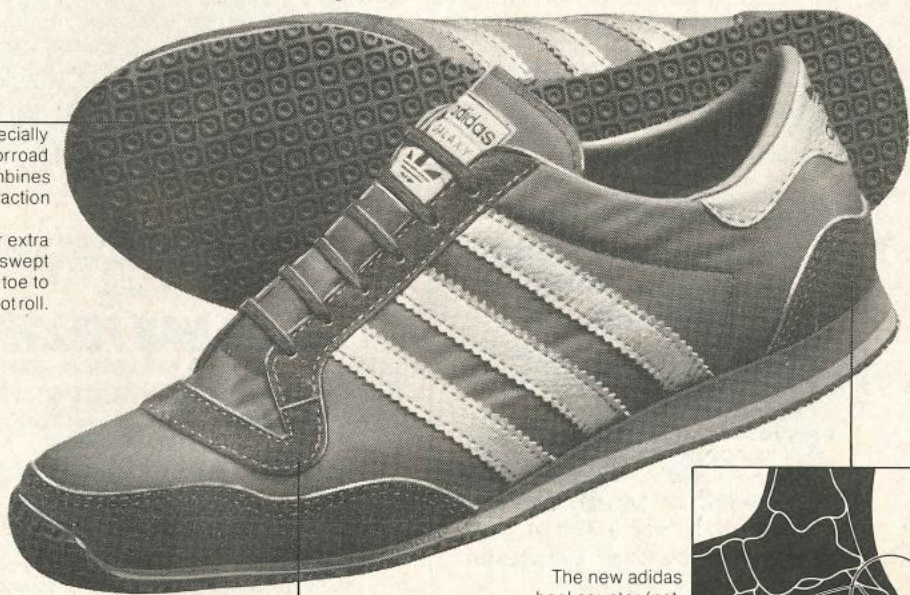
## PROFILE OF SEB COE

### See pages 12-14

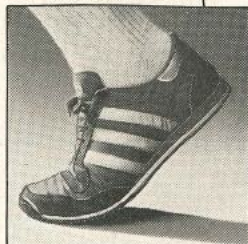
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## Personal View

By 'Jimmy' Green

# NO SPECIAL TREATMENT FOR OVETT

JUST as you cannot have one law for the rich and another for the poor, you cannot have any rule which applies to all but one or two athletes. Not only does justice have to be done, it has to be seen to be done. Ever since I can remember we have had a few athletes railing against authority and "the establishment". Now, despite the fact that we are getting more younger people, almost invariably ex-athletes of only a few years ago, in official positions, we are still getting a few athletes complaining and criticising those whose job — a thankless one at any time — it is to legislate for athletics and the athletes.

Many of the rules are those laid down by the IAAF with which we have to conform. And the others are not the work of a lot of old fuddy-duddies, they are rules worked out and laid down for the benefit of all our athletes. I cannot see why any particular athlete should be exempted from these rules, no matter how good he is. Great athletes of the past have not expected to be considered a class apart and I cannot see why they should now. I have not heard Sebastian Coe complaining, and he is, after all, a double world record holder!

I can understand any top class athlete wanting

to work out his season's programme with his coach and I cannot see why this should raise any problems. Athletes have been doing this for years. Even back in Jack Crump's time it was possible to discuss and arrange with the team manager what events an athlete wanted or did not want to compete in, and so far as I know it has been the same ever since. All it wants is discussion and understanding on both sides — with the onus on the athlete to initiate the dialogue.

While appreciating some of the points made by Steve Ovett in the TV interview by David Coleman, some of the comments were a load of hog's wash. Couldn't concentrate on his training for three weeks because of the pressures put on him by the governing body! He's fortunate in not having to work for a living!

All athletes know they must get permission to race abroad. Surely it is much easier to ensure that this is done, rather than chance some 'aggro' later. If they don't they are only bringing it on their own head and have no reason to complain.

Steve didn't help matters by stating that he was going to go his own way in future and be bloody-minded. That is hardly conducive to good

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**ENTRY FEES:** Men's Race, Individuals 40p, Team £1, (4 run, 3 count). All competitors including team entries must make an individual entry. **Ladies Race** Individuals 40p, (All entrants must be over 19 on day of race). **Youths Race** Individuals 20p, (All entrants must be under 18 on day of race).

**Entry forms from:** A. D. Dorlids, Chief Recreation & Amenities Officer, Langbaugh Borough Council, Albion Terrace, Saltburn, Cleveland. Tel: Saltburn (02872) 2013 ext. 7 or 8. **Late entries accepted.**

**ENTRIES CLOSE 20th AUGUST, 1979**



Steve Ovett (28) in this year's AAA 1500.

Mark Shearman

relations. Steve is one of the finest athletes of my lifetime and I have enjoyed seeing his successes, but he seems to think he should be treated differently to everyone else.

I would also like to point out to Steve how grossly unfair he is being to promoters in keeping them guessing until the last moment before letting them know whether or not he is going to compete at their meetings. As one who promoted international class meetings for some fifteen years I know that any promoter depends largely on two things to make his meeting a success: (a) the weather, and (b) big names. Either can make all the difference between a successful meeting or a heavy loss. We have to take our chance on the weather, but where the stars of the meeting are concerned, the local press in particular want to know just who is going to compete, and this can and does make all the difference in tickets sold before the day (which is an insurance against bad weather to some extent) and the number paying at the gate.

There is nothing worse than advertising or having it stated in the press that so-and-so will compete, and then the athlete fails to turn up. The public are very sceptical about such things and invariably feel they have been 'conned' and think twice about believing the pre-event

publicity the following year. If every class athlete left it until the last minute before confirming their intentions, it would be complete chaos.

By his recent actions and comments Steve is alienating many who have appreciated his great running and potential for even greater things. One can readily understand how Steve Scott and Rod Dixon were upset by the suggestion that our Steve has to chase them all over the world to get a race against them, as though they were 'ducking' a meeting with him, when the reverse has, rightly or wrongly, appeared to be the case.

I would like to think that the quoted comment in the *Daily Mail*, "I know I'm the best in the world and it will be a hollow victory whoever wins the race", when referring to the Golden Mile in Oslo, was not correct, but Roy Moor — one of the best and most experienced athletics journalists I have known — has always been most meticulous with his quotes. One may think these things, but saying them gives the impression of having an outsize ego. One would like to think that Steve is not only a really great athlete but a modest one too.

Mrs. Ann Williams, Standards Officer for the Welsh AAA, has moved to 'Rohais', Wepre Lane, Northophall, Clwyd (Tel: Deeside 817220).

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# Ovett Lets Rip—Verbally

**CONTROVERSIAL** Steve Ovett spent 10 minutes slamming British officials on BBC television on July 14th . . . prior to spending 3 minutes and 39.1 seconds slamming a good class 1500m field in the AAA Championships.

Recent brushes with officialdom caused Ovett to come out of his self-inflicted 'cone of silence'. Both the British press and BAAB officials were dismayed at his decision not to run in the European or World Cup and there had been a threat of disciplinary action against him for allegedly running in Holland without official sanction on June 24th when he left British team headquarters in Bremen, again without permission.

"I think it's only been my own sheer bloody-mindedness that's carried me through the past three weeks of arguing and bad organisation of the governing bodies," Ovett fumed to millions of TV viewers. "Anyone else of, shall we say, lesser character, would have succumbed to the pressure put upon them a long time ago. In those three weeks I've done more political arguing than training, and that can't be good for any athlete."

Accused of competing abroad more often than in domestic races, Ovett countered with: "That just doesn't stand up to analysis. I've competed for my club more often than for anybody else. And I'm not competing in the Golden Mile in

Oslo; so these accusations just don't hold up when you examine the facts. I made my plans clear at the start of 1979: that I was low-keying the whole season. No big races. But the British press can't accept that. As the season comes on and these events come up, they want to know why I'm not running here, there and everywhere. I repeat that I'm bypassing big races and once again I'm accused of being unpatriotic. But the BAAB must understand that I feel I've earned a break. I've run in four Europa Cup races and won all four, I've won the World Cup 1500m and the Golden Mile in Tokyo last year. Now I want a break. They MUST realise that I've done my bit and they must allow me to choose my own way of preparing for Moscow. But they have been as bloody minded as I have been. They have said: 'No, you must compete here and there and there, and if you don't we will stop you competing in the races you want to do for your Olympic preparation.' I don't like to have a loaded gun held up to my head, and I will therefore be as bloody minded as they are."

Ovett concluded with his own view of the Golden Mile. "The race has got to be held here in Britain," he maintains. "We are supplying four milers out of a field of 12 for the race, and if we have that many in it, we should hold it here in front of the British public and not have to trek over to Oslo for it. I've beaten the world's best in Dusseldorf and everyone who turned up in Tokyo and now if the best milers in the world want to take me on, they must come here to do it. I'll race anyone on my home ground in front of my own crowd. I've proved I'm the best and I'm sick of chasing races around the world. If they want to beat me they must come here and race me — that's the right of the world champion, surely?"

On Moscow: "I want to prepare in my own way and by training exclusively in Britain. I don't need to go and train in the sun for three months or anything like that. I have my own routine here, and that's the best way for me. I'm not asking for anything except to be left alone to prepare in my own way. Maybe I'm wrong, but at least that's all on my own organisation. If I'm wrong, and this is not the best way to prepare, I've only myself to blame. Let us get on with it, and we'll be there in Moscow — but what I don't want is all these stupid barriers put in my way. If people think I'm an arrogant bastard for doing things my own way, then that's what I am. But I'll still do it. But I am patriotic in my own way. Press my doorbell and it rings 'Rule Britannia' That's the truth."

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**MONEY BACK GUARANTEE**

# SPEED THE KEY TO SEB COE'S SUCCESS

A profile of Britain's double world record breaker by Mel Watman

THE PATTERN of Sebastian Coe's career makes one wonder how many middle-distance runners of comparable talent never realise their potential due to an over-emphasis on training mileage and neglect in the vital area of leg speed. For it has been unremitting work in this department that has largely been responsible for Seb's dazzling world record double in recent weeks.

Coe started off as a sprinter but, facing the fact that his light build wasn't suited to that activity, he switched to cross-country and 15000/3000m races. As AAA Youth 1500 and English Schools Intermediate 3000 champion at the age of 16, and bronze medallist in the 1975 European Junior 1500 two years later, he appeared to be well along the conventional path leading to the longer track events. With a best 800 time in 1975 of 1:53.8 to set alongside 3:45.2 for the 1500 and 8:14.8 for the 3000, his future did seem to rest in the 1500 and above, rather than below.

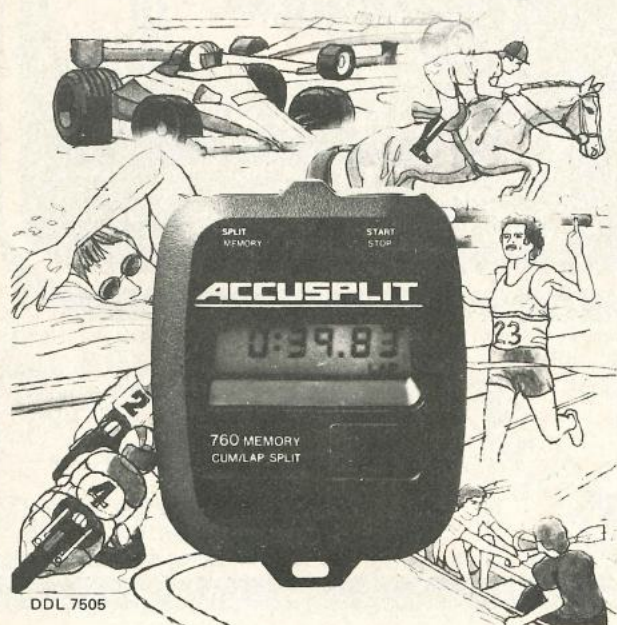
But Sebastian and his father-coach, Peter Coe, came to a momentous decision: if Seb was to approach his limits as a 1500 runner his basic speed had to be improved drastically.

As Seb explained when interviewed for this magazine by Jon Wigley early in 1978: "The

basic reason I came down to 800 was to work on the leg speed for 1500 and then 1500 or anything above — who knows what it will be. I've come down-distance from cross-country, 3000 track, 1500, right down to 800, and I'm planning to do a few 400's this season. I'm sure when it's time to move up again, having a good grounding in 800 running can only be to my benefit. I don't think you can make a great separation between 800 and 1500. You can no longer go up-distance to hide from speed — it's speed, speed, speed. In 1976 I was running 3:42.7 for 1500 and I ran the Emsley Carr Mile in 3:58.4, so I left the 1500 with fairly good times and a European Junior medal. Obviously when I go back to it I'll be that much faster and stronger, with the psychological advantage of knowing that I can run sub-1:45. At the moment 5000 is a long way off. It might ultimately be my distance. I do basically 5000 track training in the summer. The only link that's missing for a decent 5000 is the distance work, the necessary amount of solid distance work. I know where I'm going and for me it's going to matter in 2½-3 years time. Up until then it's still very much a matter of learning. I have a long way to go yet, I still have a lot to tap".

When Seb made those remarks his best

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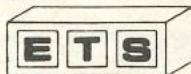
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In between his world record shattering exploits in Oslo, Seb Coe dropped down to 400m in the AAA Championships and placed second in a personal best of 46.87 to Sudan's Kasheef Hassan (18), with Roger Jenkins (20) third.



Mike Street

performances stood at 48.9 for 400, 1:45.0 (UK record) for 800, 3:42.7 for 1500 and 3:57.7 for the mile. Now, a year and a half later, he is not only world record holder for 800 (1:42.4) and the mile (3:49.0), and Europe's fastest ever at 1500 (3:32.8), but was the first Briton home in the AAA 400 in 46.87. It's that 400 speed which is the key; no other world class miler runs that fast — and it represents an astonishing metamorphosis for an athlete whose first major title was winning the Yorkshire Colts cross-country ahead of Kim McDonald and Malcolm Prince.

The first hint that Britain had a new 800m star in the offing came at Stretford in August 1976 when, a week before the AAA 1500, he knocked three full seconds off his best with 1:47.7. He was only expecting around 1:49.8! "I suppose that was the first time that I ran a race from the front", he recalled. "I realised that I had hit upon something that had otherwise been untapped. Although I had raced over 800 a few times I had never really considered myself as an 800 man, it was just for basic speed but nothing more". He ended that season, his first as a senior, with a series of forceful runs at 1500/mile. In the AAA, after a slow beginning, he injected a 58.1 third lap and — covering his final 400 in an eye opening 53.2 (even if winner Rod Dixon ran 51.9) — placed 4th in 3:42.7. A week later, on a very windy day at Gateshead, he was as much as 40m clear of John Walker at one stage of the mile and, along with Dave Moorcroft, was still 25m to the good at the bell. Walker went on to win but Coe's 3rd place in 4:01.7 was a notable effort. The weekend after that he made all the running in the Emsley Carr Mile until Filbert Bayi swept past with 300 to go. Moorcroft won in 3:57.1, with Coe less than 10m behind in 7th place in 3:58.4. He was still 19.

The transition from an immensely promising miler to international 800m star occurred early in 1977. A clue to what was about to happen was dropped in November 1976 when Coe won an indoor 600m race at Cosford in a nippy time of 79.7, but it wasn't until two months later that he made the headlines of 'AW' for the first time, running away with the national indoor 800 title in 1:49.1. That was only the start. He set a UK indoor best of 1:47.6 in Dortmund and reduced that to 1:47.5 back at Cosford and 1:46.5 — just a tenth away from Carlo Grippio's world best — when lifting the European Indoor title in, appropriately, San Sebastian. On this last occasion he led all the way through 200 in 24.9, 400 in 51.4 and 600 in 78.9. Fears that because of his slight build (1.76/5'9¼", 58kg/129lb) he would be at great risk in the hurly-burly of indoor racing proved groundless as he sped away from any possible trouble from the start. However, he did encounter severe problems in the European Cup Final in Helsinki that summer, and in an ill-mannered race in which he was repeatedly balked Seb was unable to finish higher than 4th in a race he would have won given a clear run. He thus lost his chance of being selected to represent Europe in the World Cup in Dusseldorf (the Juantorena-Boit classic) but compensation came

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ENTRIES CLOSE AUGUST 2nd

in the form of a famous victory over Bayi in the Emsley Carr Mile, his first race over the distance for exactly a year. Here Coe demonstrated he had a kick to be respected, edging ahead of Bayi 30m out and setting a personal best of 3:57.7. Later, at the Coke Meeting, he ran the great Mike Boit to a metre or so, clocking the UK record time of 1:45.0 in the process, even though he was a little disappointed with the way he ran the race. The time was the fastest by a European in 1977.

The decision was taken that he would continue to concentrate on the 800 during 1978 and that he would aim solely (as would Steve Ovett) for the European Championships. Early season times of 47.7 for 400 and a solo 1:45.6 800 indicated all was going well, and he signalled that he was peaking just right for Prague with a super run in Brussels a fortnight before the European, lowering his UK record to 1:44.3 after passing 400 in 50.6. He and Ovett made an impressive showing in the preliminaries in Prague, and the stage was set for an epic showdown in the final. It would be the first (and, to date, only) time their paths would cross in competition since the 1972 English Schools CC Championship for Intermediates, when Ovett was runner-up to Kirk Dumpleton in 21.42 and Coe — a year younger — placed 10th in 22:05.

The race was indeed a memorable one as Coe tried to run the legs off his pursuers. He swept through the first 200 in 24.3 and reached 400 in a heroic but suicidal 49.32. Seb had misjudged it; planning for a time between 50.0 and 50.5 which he believed would enable him to finish in close to 1:43, he had been carried away by the excitement of the occasion. He went by 600 in 76.2 and was still in the lead entering the final straight but by then he was a spent force and powerless to prevent first Ovett and then Olaf Beyer going past. He finished a bitterly disappointed 3rd in 1:44.8 in the knowledge that, had his pacing been better, he might have won the race in world record time. Ovett took possession of the UK record with 1:44.1 in 2nd place but he didn't hold it long as Seb won the Coke race in 1:44.0 off a 51.0 first lap. For his now traditional mile a year, he signed off for the season by easily outstripping Henry Rono in 4:02.2 in very windy conditions at Gateshead.

That Seb Coe was wintering well was shown when he made his first indoor appearance for two years in January 1979, and proceeded to take the

## EVOLUTION OF WORLD 800m RECORD

|        |                           |            |
|--------|---------------------------|------------|
| 1:53.4 | Charles Kilpatrick (USA)  | 21.9.1895  |
| 1:52.8 | Mel Sheppard (USA)        | 21.7.1908  |
| 1:52.8 | Emilio Lunghi (Ita)       | 15.9.1909  |
| 1:51.9 | Ted Meredith (USA)        | 9.7.1912   |
| 1:51.6 | Otto Peltzer (Ger)        | 3.7.1926   |
| 1:51.4 | Lloyd Hahn (USA)          | 7.7.1928   |
| 1:50.6 | Sera Martin (Fra)         | 14.7.1928  |
| 1:49.7 | Tom Hampson (UK)          | 2.8.1932   |
| 1:49.7 | Glenn Cunningham (USA)    | 20.8.1936  |
| 1:49.6 | Elroy Robinson (USA)      | 11.7.1937  |
| 1:48.4 | Sydney Wooderson (UK)     | 20.8.1938  |
| 1:46.6 | Rudolf Harbig (Ger)       | 15.7.1939  |
| 1:45.7 | Roger Moens (Bel)         | 3.8.1955   |
| 1:44.3 | Peter Snell (NZ)          | 3.2.1962   |
| 1:44.3 | Ralph Doubell (Aus)       | 15.10.1968 |
| 1:44.3 | Dave Wottle (USA)         | 1.7.1972   |
| 1:43.7 | Marcello Fiasconaro (Ita) | 27.6.1973  |
| 1:43.5 | Alberto Juantorena (Cub)  | 25.7.1976  |
| 1:43.4 | Alberto Juantorena (Cub)  | 21.8.1977  |
| 1:42.4 | Sebastian Coe (UK)        | 5.7.1979   |

national 3000m title in 7:59.8. The stamina was there, but could he improve his speed more to effect further progress at 800? A 46.3 relay leg in May provided the answer. Another aspect of the intelligent way Seb approaches his running was his use of relatively unimportant races to experiment. He knew he could run a first lap in close to 50 sec and flourish, and the Prague experience had taught him that the law of diminishing returns begins to operate if one is too ambitious; now was the time to test the effectiveness of a fast second lap, and in one slow race he even managed to generate a 50.3 last 400. The phenomenal change of pace he achieved along the finishing straight in Malmo hinted at great things to come, but no one — not even Seb for all his quiet ambition — was prepared for the first of his Oslo explosions just four days later. A time of 1:42.4, a full second inside Alberto Juantorena's world record, opened a whole new era of 800m running — and he showed no signs of physical hardship at the end after lapping in 50.6 and 51.8. Back to London for his first ventures into sub-47 territory over 400, and then that fabulous 3:49.0 mile. What a year it's been for the modest 22-year-old Hallamshire Harrier — and in between all the track activity he found (or rather made) the time to study for and gain a B.Sc honours degree in economics and social history from Loughborough University.

The records are important if ephemeral, but the real contribution Seb Coe is making to our sport is through his own personality and example. He is living proof that it is still possible for nice guys to win, that in events recently dominated by big strapping fellows like Juantorena, Walker and Ovett the good little 'un can still succeed, and that one can reach the dizzy heights without needing to be a full-time athlete. Long may he thrive.

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**FEMALE**

|                     |          |                        |
|---------------------|----------|------------------------|
| Junior Ladies       | 4 × 200m | 3 × 800m               |
| Inter/Senior Ladies | 4 × 100m | 4 × 400m      3 × 800m |

Awards 1st, 2nd and 3rd Teams

**ALSO 3000m races for Junior/Senior Men**

**Entry Fee:** 30p Individual. Prizes and races according to entry and at organizers discretion.

Please state best time and enclose S.A.E. if acknowledgement required.

All entries for relays and 3000m must **close Monday, 20th August.**

**NO LATE ENTRIES**

**NO ENTRIES ON THE NIGHT**

ALL Spectators entry by programme 20p.

**Entries to:** Mike Street, P.O. Box 9, Hornchurch, Essex.

# Obituary

## BOB KOTEI

The news that Major General Robert Kotei has been shot in Ghana both shocks and saddens me.

Born in 1935 he first came to Britain in 1958 and joined my group in preparation for the Cardiff Commonwealth Games at which he gained the bronze medal in the high jump with 6'7" (2.00m). Two years later, while a cadet at Sandhurst, he won the AAA title with a jump of 6'10" (2.08) which, I believe, is still the Ghana record.

Under six feet in height and gifted with immense spring and agility Bob approached the bar from almost straight in front, using a simple layout that was not even a crude sweeny twist, and landed on his feet . . . an action that was the very opposite of today's cushioned flop.

We last met in London — exactly a year ago to the very day before his execution — and we spent a pleasing, nostalgic hour chatting about the sport and his British contemporaries. He looked as fit and lean as ever and was still deeply interested and involved in athletics.

I mourn the passing of a great athlete and fine sportsman.

Arthur Gold

## JOHN BURTON

You would have to look quite hard through back issues of the UK Athletics Annual to find his name. John Burton put the shot 13.65m in 1967 and threw the discus 39.38m in 1970 and competed for Herne Hill Harriers from 1964 until 1975 when he settled back in Ireland, though he was born in London on August 8th 1939. Johnny Burton was a rumbustious, likeable Irishman who did everything with an engaging gusto. He was also my friend. Ironically, it was cancer that claimed him just as it did John Wayne, the man John Burton most admired. He died in Ireland on June 23rd.

The last time I saw John he was working in Chartham, near Canterbury, as a Registered Mental Nurse and was busy licking the hospital staff athletics team into shape for the Inter-Hospitals Championships. He'd cornered a section of the recreational area for himself and had made a discus circle. A hedge some 40m away was his border, and he'd spend tireless hours flinging his 2 kilo implement towards it.

That evening in Chartham, he hatched another of his great schemes, and put a 'phone call through to Kev Kelly in London. Feeding the greedy call box with coins, he talked enthusiastically about organising a series of training weekends at this remote but beautiful place for groups of athletics clubs. Alas, it was never to be. The onset of the malignant disease that beset him necessitated the removal of a leg. It

was probably the only way to slow big John down. But still he wasn't finished. Occasionally the 'phone calls would come in — he'd have some fresh idea and would be bubbling with enthusiasm and plans. Everything was always on a grand scale. Nothing petty or mean about John. Cancer killed him at the age of 39 and left his two children fatherless. But it never cowed him. Big John was defiant till the end.

Dave Cocksedge

## ERNIE BAINES

Ernie's death has come as a great loss to athletics. He commenced his athletics career as sprinter with the New Barnet club and subsequently moved on to Hornsey. At the early age of 25 he began his long service as an administrator and official. His interests varied from club secretary to league secretary to Middlesex officials secretary to field judging.

He will be especially remembered, however, by the clubs forming the Chingford and District League. To us he was the League, having been one of the founder members and its secretary for 23 years. Ernie worked quietly in the background preparing the necessary paper work and ensuring that each race was adequately prepared. He missed very few and epitomised the friendly nature of the League.

He will be sorely missed. We extend our condolences to his wife, Kitty, who often graced our meetings with her presence.

B.W.H.

## ARTHUR RIGGS

Three years ago Arthur Riggs was just another parent at Leeds City AC when his daughter Angela joined the junior sprinting group. Such was her enthusiasm that it began to rub off onto her father, until he became a very useful parent, doing a tremendous amount of work for the Parents Association, and generating Fund raising Functions for the benefit of his club.

Leeds City AC was growing and becoming desperately short of coaches. Undaunted by his non-athletic background, Arthur attended courses and took over a group of junior girls. Throughout last summer and winter his squad grew and grew. It sprouted a boys and youths section, and through this summer the results began to show improvements at every outing.

Regretfully, Arthur passed away on June 18th. The greatest asset and the greatest loss to Leeds City AC and more so to his wife and family who took his new found enthusiasm for athletics with all the energy they could muster. They were always helping and encouraging him. May he rest in peace.

Anthony Lett,  
Coach CAAA (Kenya),  
ex-Leeds City AC.

**UK RESULTS ROUND-UP**

**14.7. Stretford.** Women's 1500: J. Marlow 4:15.2. **15.7. Leicester.** Women's HJ: A-M. Devally 1.80. **16.7. Grangemouth.** HJ: O. Cham 2.10. **17.7. Oslo.** 100: E. Obeng 10.45; 800: 2, C. Sly 1:48.1; 3, D. Warren 1:48.6; 2M: 1, Dixon (NZ) 8:15.2; 2, B. Foster 8:17.0 ... 6, D. Murphy 8:38.4; 400H: 3, R. Danville 50.90 (1, Moses 47.67); women's 800: C. Benning 2:03.5. **18.7. Lausanne.** SP: G. Capes 19.86; women's 800: C. Boxer 2:00.6. **18.7. Crystal Palace.** Women's SP: A. Littlewood 16.08. **21.7. Cwmbran.** 100: C. Sharp 10.57; HT: C. Black 67.92; women's 100/400: M. Probert 11.75/53.88; 200: L. MacDonald 23.97; SP: V. Head 16.12; JT: D. Royale 53.36. **21.7. Coventry.** RWA 50kmW Champ: 1, M. Parker (NZ) 4:14.26; 2, A. James 4:14.30; 3, C. Maddocks 4:22.09. Team: Sheffield. **21.7. Wimbledon.** Belgrave '20'; M. Hurd 1:44.24 ... Joyce Smith 1:57.00 (**UK best**). **21.7. Middlesbrough.** Women's 200: K. Smallwood 23.5; 800: J. White 2:05.0; 100H: S. Strong 13.3; 400H: S. Dalgoutte 59.0.

**YUGOSLAVIA & ROMANIA QUALIFY**

Winners of the European Cup 'B' Finals last weekend, and thus qualifying for Turin, were Yugoslavia (men) and Rumania (women).

**CAMBERLEY & DISTRICT A.C.**

Annual

**ROAD RELAY RACES**

and

**THE CAMBERLEY '10' ROAD RACE**

(Under AAA, WAAA, SCCC &amp; RWA Rules)

**SUNDAY, 30th SEPTEMBER, 1979**

12 noon onwards

|                             |                         |
|-----------------------------|-------------------------|
| <b>Minor Ladies (U/13)</b>  | 3 x 1 1/4 Miles approx. |
| <b>Colts (U/14)</b>         | 3 x 1 1/4 Miles approx. |
| <b>Junior Ladies (U/15)</b> | 3 x 1 1/4 Miles approx. |
| <b>Boys (U/16)</b>          | 3 x 1 1/4 Miles approx. |
| <b>Inter Ladies (U/17)</b>  | 3 x 2 Miles approx.     |
| <b>Youths (U/18)</b>        | 3 x 2 Miles approx.     |

(All age groups as at 1.9.79)

Trophies for winning teams and medals for 1st, 2nd and 3rd teams.

**Entries:** 60p per team of three, stating d.o.b. to M. E. Goodway (address below).

**CAMBERLEY '10' ROAD RACE**

(R.R.C. STANDARDS)

**FOR MEN AND WOMEN**

Prizes for first three, plus 1st Veteran, plus first Lady.

**Entries:** 45p per entrant, to: M. E. Goodway, 'The Crest', 6 Crawley Hill, Camberley, Surrey GU15 2BZ. Tel. Camberley 24708.

PLEASE ENCLOSE S.A.E.

**ENTRIES CLOSE FOR BOTH EVENTS****SEPTEMBER 17th, 1979****WORLD BESTS FOR OUR WALKERS**

Between them, Carol Tyson and Marion Fawkes set walking world bests at three distances in Sweden recently. In a match at Ostersund on June 30th in which Britain (22) beat Sweden (14) and Norway (10), Carol clocked 23:11.2 for 5000m, with Marion 2nd in 23:19.2 and Irene Bateman 6th in 23:44.0; the following week Carol covered 3000m in 13:25.2 and Marion 10,000m in 48:11.0!

**TWO UK JUNIOR RECORDS**

Leading results from the AAA Under-20 Championships at Cleckheaton last weekend — 100: M. Powell 10.4w, P. Little 10.4, P. Cooke 10.4; 200: Cooke 21.5w, 400: M. Fowell 48.6; 800: C. McGeorge 1:54.8; 1500: G. Williamson 3:41.6, S. Cram 3:47.2; 5000: M. Scrutton 14:08.6; 2000SC: C. Reitz 5:31.6 (**UK Jnr rec**), D. Lewis 5:41.6; 110H: T. Carrington 14.9w; 400H: P. Goacher 54.8; HJ: O. Cham 2.05; PV: A. Leiper 4.50; LJ: E. Starrs 7.56w; TJ: C. Brown 15.24w; SP: G. Savory 14.91; DT: C. Dinsdale 48.68; HT: M. Girvan 66.14 (**UK Jnr rec**); JT: I. Marsh 68.32; 10,000W: G. Vale 45.55.2. (**Yths**) 100: D. Reid 10.9w; 200: I. James 22.0w; 400: M. James 50.2; 800: P. Elliott 1:55.6; 1500: K. Newton 3:57.0; 1500SC: M. Newby 4:22.3; 100H: P. Wilkinson 13.3; 400H: P. Beattie 56.0; HJ: O. Cham 2.05; PV: J. Andrews 4.22; LJ: D. Burgess 6.97w; TJ: J. Browne 14.55w; SP: G. Brocklebank 17.76; DT: P. Mardle 47.90; HT: T. Kenneally 66.72 (**UK Yth best**); JT: M. O'Connor 53.36; 3000W: G. Maynard 13.39.6.

Apologies for the non-appearance of Southern Junior Champs results; these have not yet been received from the SCAA.

**WILLIAMSON v McGEORGE**

One of the highlights of the British Meat sponsored junior international between the UK, Canada and Italy at Wolverhampton on August 1st (2.30) should be the 800 where Graham Williamson and Chris McGeorge form the British partnership. Steve Cram runs the 1500, Steve Binns the 5000, Colin Reitz the steeplechase, and field events include Ossie Cham and Martin Girvan. The women's team includes Sandra Arthurton and Fatima Whitbread.

**COE RACES AT SPALDING**

Sebastian Coe is due to race over 600m (at which point he clocked 75.4 en route to his world 800 record) at the Dewhurst Games at Spalding on Sunday. Other top athletes competing will include Allan Wells, Mike McFarlane, David Jenkins, Dave Moorcroft, Nick Rose, Dave Black, Mark Holtom, Geoff Capes, Sonia Lannaman and Donna Hartley.

# Scottish Results

**East Kilbride Games, at Murray Track (June 10th).** 100 Handicap: B. Livingstone (EAC-1m) 10.6. Mile: 1, R. McKim (E. Kil) 4:09.7; 2, L. Spence (Shett) 4:09.9; 3, B. McSloy (Clyde V) 4:13.1. 6½M Road Race: 1, J. Brown (Clyde V) 30:49; 2, A. McFarlane (S'burn) 31:13; 3, A. Partridge (E. Kil) 31:22; 4, I. Campbell (E. Kil) 31:25; 5, A. Daly (Bella-J) 32:03; 6, C. Joss (Bella) 32:42; 7, D. Fairweather (Law) 32:49; 8, D. Marshall (Clyde V-J) 33:06; 9, G. Eadie (Cam-V) 33:25; 10, R. Ronald (E. Kil) 33:32. (**Senior Boys**): 800 Handicap: 1, S. Johnston (Bella-15m) 2:02.6; 2, S. Carmichael (Bella-30m) 2:03.8. (**Women**): 100 Handicap: L. MacDonald (Pit-2m) 11.9. 300 Handicap: 1, MacDonald (6m) 38.4; 2, A. Harley (Pit-5m) 40.1; 3, L. Bannerman (Shett-12m) 40.1.

**Scottish Schoolboy Champs, at Scotstoun (June 16th).** (O/17): 100: 1, M. Learmonth 10.9; 2, D. Clarke 11.0; 3, W. Beresford 11.1. 200: Learmonth 22.4. 110H: 1, S. McAslan 15.1; 2, C. Dunlop 15.4; 3, W. Webster 15.5. HJ: McAslan 1.93. PV: G. Brown 3.60. SP: E. Irvine 14.31. (15-17): 100: S. Gold 11.2. 200: 1, G. McLennan 22.4; 2, Gold 22.4. 1500SC: J. Steele 4:33.5. 100H: G. McCallum 14.2. SP/DT: P. Mardle 16.19/52.86. (13-15): 100: M. Rhind 11.5. 200: C. Forsyth 23.6. 800: C. Gray 2:06.7. 80H: R.

Sharp 12.1. TJ: A. Brown 12.68. SP: G. Irvine 13.26. (11-13): 800: R. Skilling 2:18.9.

**Lesmahagow 13 Mile, (June 16th).** 1, C. Youngson (ESH) 1:09:21; 2, E. Cameron (ESH) 1:12:19; 3, C. Martin (Dumb) 1:12:54; 4, A. Neal (E. Kil) 1:13:45; 5, B. Ronald (E. Kil) 1:14:29; 6, J. Rowley (Law) 1:15:59; 7, H. Scott (Per-V) 1:16:20; 8, M. Paxton (Per) 1:18:52. Team: E. Kilbride.

## EDINBURGH SELECT v HARVARD & YALE At Meadowbank, June 22nd

100/200: B. Livingstone (ES) 10.86/21.77. 800: A. Dixon (H&Y) 1:54.5. 110H: 1, C. Johnson (H&Y) 15.24; 2, S. Aquero (H&Y) 15.49; 3, K. McEwan (Gst) 15.80. 400H: 1, L. Miller (H&Y) 53.78; 2, McEwan (ES) 56.56; 3, R. Buckley (H&Y) 56.97. PV: 1, G. Stiles (H&Y) 4.35; 2, D. Williamson (ES) 4.15; 3, R. Swett (H&Y) 4.00. LJ: J. Scott (ES) 7.08. TJ: T. Shoebridge (ES) 14.40. SP: 1, G. Quantock (H&Y) 16.14; 2, T. Spears (H&Y) 15.68; 3, E. Lawlor (ES) 15.27; 4, M. Lockley (ES) 14.56. DT: 1, J. Pellegrini (H&Y) 51.56; 2, L. Tron (H&Y) 42.46. HT: 1, Lawlor 63.36; 2, D. Huxley (ES) 54.78; 3, C. Ball (H&Y) 54.54. JT: 1, D. Scullion (ES) 67.26; 2, D. Kinney (H&Y) 63.48; 3, A. Black (ES) 62.24. 4x400: Edinburgh Select 3:23.3. (**Women**): Mile: 1, F. McQueen (ES) 4:52.0; 2, J. Shepherd (ES) 4:52.1; 3, V. Hope (ES) 5:07.1.



## Sport today



|                          | Size | Price  | Size  | Price  |
|--------------------------|------|--------|-------|--------|
| OCEANIA BEIGE/BLACK/BLUE | 3-5½ | £8.99  | 6-12  | £10.50 |
| NYLON ROAD RUNNER        | 3-5½ | £10.99 | 6-12  | £11.99 |
| LEATHER ROAD RUNNER      | 4-5½ | £11.99 | 6-12  | £12.99 |
| WAFFLE TRAINER           | 4-5½ | £15.45 | 6-13  | £17.85 |
| LDV                      |      |        | 6-12  | £23.49 |
| ELITE                    |      |        | 6-13  | £22.00 |
| WALLY WAFFLE             | 8-13 | 1-5    | £7.19 |        |
| INTERVALLE SPIKE         |      |        | 6-12  | £17.99 |
| TRIUMPH SPIKE            | 4-5½ | £16.60 | 6-12  | £19.15 |
| AMERICAS SPIKE           | 5-5½ | £17.50 | 6-12  | £20.10 |
| UNIVERSE SPIKE           | 5-5½ | £21.75 | 6-12  | £24.90 |
| VA'NQUEUR SPIKE          | 5-5½ | £24.99 | 6-12  | £28.75 |

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(BLOCK LETTERS PLEASE)

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## On the Road

### GOLDENLAY POLY MARATHON

June 16th

1, M. Gratton (Invicta) ..... 2:19:53  
 2, L. Slater (Invicta) ..... 2:22:58  
 3, M. Woods (Aldershot F&D) ..... 2:25:33  
 4, J. Avis (Camb. H) 2:27:40; 5, B. Sweeting (Sun) 2:28:13; 6, L. Burgess (S&E) 2:28:23; 7, A. Boyall (Enf) 2:30:00; 8, A. Lambourne (B&H) 2:30:15; 9, R. Friend (Dart) 2:30:42; 10, V. Tarrant (RNS) 2:30:58; 11, R. Donkin (Sun) 2:31:13; 12, R. King (Unatt) 2:31:53; 13, D. Case (E&S) 2:32:00; 14, C. Hunn (SLH) 2:32:10; 15, J. Geoghegan (Camb. H) 2:32:13; 16, D. Dixon (Sun) 2:32:41; 17, C. Ryan (QPH) 2:33:50; 18, Y. Seigneuric (France) 2:34:31; 19, W. Weller (Gloucs) 2:34:57; 20, M. Daykin (Gloucs) 2:35:00; 21, V. Phillips (COS) 2:35:35; 22, A. Law (Wyt) 2:35:39; 23, M. Keough (B'stoke) 2:36:11; 24, G. Ashdown (B&H) 2:36:13; 25, G. Anderson (Newb) 2:36:38; 26, I. McKenzie (Met. P) 2:36:53; 27, R. Wadeley (Bigg) 2:36:59; 28, E. Bateman (SLH) 2:37:01; 29, V. Gutteridge (Hill) 2:37:25; 30, V. Webster (DoC) 2:37:29;  
 31, C. Abrahams (Tor) 2:38:05; 32, S. Crawte (AF&D) 2:38:09; 33, J. Halliday (Hav) 2:38:15; 34, K. Vine (Camb. H) 2:38:48; 35, J. Pearson (Mor) 2:38:59; 36, A. Ive (WS&E) 2:39:10; 37, S.

Smythe (Camb. H) 2:39:37; 38, J. Pintado (France) 2:39:43; 39, M. Etherton (C&C) 2:39:49; 40, R. Taylor (Newb) 2:39:50; 41, R. Dalby (Harr) 2:39:50; 42, R. Dennehy (Bed) 2:40:12; 43, D. Grayson (Camb. H) 2:40:22; 44, G. Morgan (Durs) 2:40:37; 45, E. French (RNS) 2:40:42; 46, G. Archer (Hill) 2:40:59; 47, M. Casse (Hill) 2:41:08; 48, M. Coventry (E&E) 2:41:13; 49, A. Orr (Rane) 2:41:29; 50, D. Latter (Brack) 2:41:41; 51, T. Jones (Newp) 2:41:58; 52, G. Valentine (Bas) 2:42:08; 53, E. Gutteridge (Hill) 2:42:17; 54, J. Walsh (Car) 2:42:18; 55, J. Blackburn (Brack) 2:42:37; 56, J. Thomas (Ov) 2:42:51; 57, R. Donkin (Sun) 2:42:56; 58, K. Jackson (Sy) 2:43:30; 59, M. Lane (Rane) 2:44:21; 60, D. Catlow (Chelt) 2:44:30. **Teams:** 1, Sunderland 32; 2, Cambridge H 53; 3, Brighton & H 190. **(Vets):** (O/40): Avis 2:27:40. (O/45): Case 2:32:00. (O/50): D. Lee (Shaft). **(Women):** 1, J. Davies (E&E) 3:21:23; 2, S. Smith (High) 3:32:22. 319 finished.

### WELWYN HALF MARATHON

June 17th

1, D. Clark (Verlea) ..... 1:06:10  
 2, G. Dugdale (Thames Valley) ..... 1:06:37  
 3, P. Romaine (Holbeach) ..... 1:07:14  
 4, D. Patterson (TVH) 1:07:33; 5, J. King (S. Hth) 1:08:24; 6, J. Sheridan (TVH) 1:08:58; 7, M. Exton (Holb) 1:09:07; 8, J. Patton (Ports) 1:09:13; 9, S. Speller (S&NH) 1:09:38; 10, P. Barnett (AF&D) 1:10:06; 11, G. Taylor (Camb.

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Christopher Thorneycroft-Smith

H) 1:10:17; 12, G. Harrold (Enf-V) 1:10:34; 13, D. Felsenstein (Shaft) 1:11:25; 14, B. Lauckner (Ver) 1:12:03; 15, J. Steed (Ver-V) 1:12:12; 16, B. Booth (Ver) 1:12:36; 17, D. Parsons (Ox. C) 1:12:49; 18, K. Barker (Ver) 1:12:58; 19, A. Watt (TVH) 1:13:20; 20, S. Livingstone (Ver) 1:13:45; 21, J. Hazelden (Th. H&H) 1:13:49; 22, D. March (Mil. K) 1:13:54; 23, B. Copps (Houn) 1:13:58; 24, R. Macey (Ver-V) 1:14:15; 25, P. Edwards (Ver) 1:14:25. Teams: 1, Thames Valley 12; 2, Verlea 30. (Women): B. Norrish (B&H-O/45) 1:36:37.

### **TODMORDEN '6'**

**June 17th**

1, D. Edge (Sal) 30:56; 2, A. Sladen (Sal) 31:23; 3, J. Temperton (A&SV) 31:29; 4, D. Warren (Wins) 31:37; 5, J. Waterhouse (Bing) 32:09; 6, S. Heap (Sal) 32:36; 7, G. Murphy (A&SV) 33:00; 8, D. Lawson (Bing-V) 33:05; 9, G. Fitzpatrick (Liv. P) 33:13; 10, D. Hazell (E. Ches) 33:24; 11, D. Smith (Hal) 33:42; 12, E. Shackleton (Clay) 33:47; 13, P. Loker (P&B) 33:50; 14, N. Wade (Wake) 33:51; 15, P. Munday (Roch) 33:53. Team: Salford. (Youths): 1, K. Barrett (Roch) 13:18; 2, J. Bolton (Bol) 13:32; 3, A. Holloway (EP) 13:37; 4, A. Uttley (Bol) 13:45;

5, A. Severs (Bol) 13:49; 6, S. Growney (EP) 13:54; 7, T. Uttley (Bol) 13:58; 8, M. Flint (Unatt) 14:10; 9, M. Crewe (Bing) 14:17; 10, J. Howarth (Leigh) 14:20. Team: Bolton. (Colts): 1, C. Smith (Hal) 14:48; 2, M. Byrne (Stret) 15:17; 3, T. Padgett (Bing) 15:23. Team: Stretford.

### **SWINTON '6'**

**June 20th**

1, P. Raval (Horwich RMI) ..... 29:46  
2, K. Best (Bolton) ..... 30:06  
3, M. Critchley (Bolton) ..... 30:12  
4, A. McGee (Bol) 30:14; 5, E. Williams (Sale) 30:25; 6, D. Blakeley (Man) 30:31; 7, M. Wakefield (Bol) 30:33; 8, R. Hill (Clay-V) 31:04; 9, D. Gaynor (Liv. P) 31:07; 10, T. Dwyer (Liv. P) 31:12; 11, E. Ranicar (Bol) 31:12; 12, D. Williams (Liv. P) 31:18; 13, D. Clague (Liv. P) 31:22; 14, W. Halsall (Wig) 31:27; 15, P. Rawnsley (Sheff) 31:36; 16, M. Simpkinson (Sal) 31:37; 17, S. Walker (Sale) 31:48; 18, S. Barlow (Horw) 31:54; 19, H. Thompson (Stock) 32:00; 20, B. Little (Bol) 32:05; 21, E. Maloney (Wig) 32:15; 22, R. Fox (Sale) 32:16; 23, A. Hulme (Alt) 32:18; 24, G. Dearlove (Harr) 32:19; 25, S. Williams (E. Ches) 32:21; 26, M. Levery (Sheff) 32:25; 27, G. Fitzpatrick (Liv. P) 32:30; 28, M. Donnellan (Sal. M) 32:35; 29, I. Holloway (Roch) 32:35; 30, S. Bullen (Sal) 32:40. Teams: 1, Bolton 9; 2, Liverpool Pem. 31; 3, Sale 44. (Vets): 1, Hill; 2, T. Parr (Bol) 32:55; 3, S. Malcolm (Bol) 33:25. (O/45): B. Bullen (Stret) 34:17. (O/50): S. Smith (Liv. P) 35:22.

### **CHALFONT CARNIVAL '6'**

**June 23rd**

1, D. Beaver (Polytechnic) ..... 29:22  
2, D. Clark (Verlea) ..... 29:38  
3, M. McGeoch (Barry) ..... 29:46  
4, B. Lamkin (WS&E) 30:16; 5, J. Davy (Mil. K) 30:37; 6, B. Standen (TVH) 30:42; 7, J. Hazleden (Th. H&H) 30:59; 8, F. Gillies (Banb) 31:02; 9, J. Barnard (Poly) 31:06; 10, R. Smith (WS&E) 31:09; 11, D. March (Mil. K) 31:12; 12, G. Bourne (Mil. K) 31:15; 13, J. Broe (Shaft) 31:17; 14, D. Kennedy (Mil. K) 31:20; 15, C. Beavans (Walton) 31:35; 16, A. Howard (Ver) 31:40; 17, M. Page (Unatt) 31:45; 18, D. Catlin (Mil. K) 31:51; 19, B. Booth (Ver) 31:58; 20, S. Hampson (Read) 32:08; 21, J. Lamont (Shaft) 32:11; 22, R. Lines (SLH) 32:19; 23, R. Ellis (Ox. C) 32:20; 24, A. Gibbons (Th. H&H) 32:23; 25, G. Doyly (Banb) 32:27. Teams: 1, Milton Keynes 37; 2, Verlea 37; 3, Polytechnic 37; 4, Windsor S&E 42; 5, Banbury 65; 6, Shaftesbury 81. (U/18): 1, S. Anderson (WS&E) 21:32; 2, K. Miller (VoA) 21:49; 3, A. Magnall (VoA) 22:17; 4, J. Rooney (VoA) 22:22; 5, M. Disbrey (Hill) 23:29; 6, M. Archer (Hill) 24:00. Team: Vale of Aylesbury.

### **SUNDERLAND TO SOUTH SHIELDS RACE**

**June 24th**

1, A. Catley (Mor) 26:01; 2, J. Trainor (Gat)

26:14; 3, D. Gibbon (Gat) 26:23; 4, D. Kelly (Salt) 26:30; 5, I. Brown (Mor) 26:46; 6, D. Johnston (S. Sh) 26:50; 7, R. Dunn (Mor) 26:52; 8, H. Foy (J&H) 26:56; 9, D. Gray (Gos) 27:00; 10, J. Pearson (Mor) 27:15; 11, D. Welsh (Harr-V) 27:22; 12, K. Carr (Sun) 27:25; 13, W. Wardle (Gat) 27:28; 14, R. Marshall (Mor) 27:29; 15, J. Alder (Mor) 27:49; 16, D. Smith (Tyne) 27:51; 17, T. Laybourn (J&H-V) 27:52; 18, S. Beattie (Mor) 27:58; 19, R. Balding (Heat-V) 27:59; 20, K. French (Mor) 28:00; 21, — 28:02; 22, R. Allen (Harr-V) 28:06; 23, B. Cordes (Mor-V) 28:13; 24, D. Dixon (Sun) 28:18; 25, T. Flory (M&C-V) 28:22.

### STANTONBURY '6'

At Milton Keynes, June 30th

1, I. Thompson (Luton) ..... 28:12  
2, D. Clark (Verlea) ..... 28:49  
3, D. Coates (Ilford) ..... 28:54  
4, G. Dugdale (TVH) 28:55; 5, M. Exton (Holb) 29:00; 6, M. Hanahoe (HHH) 29:09; 7, A. Etchells (Ilf) 29:11; 8, K. Clifford (C&C) 29:15; 9, D. Patterson (TVH) 29:21; 10, B. Tonner (Ox. C) 29:38; 11, P. Varney (Banb) 29:42; 12, F. Gillies (Banb) 29:45; 13, B. Standen (TVH) 29:47; 14, S. Graham (HW) 29:54; 15, R. Church (Nene V) 30:00; 16, R. Hill (Lut) 30:02; 17, A. Nicholl (Ilf) 30:06; 18, M. Puddifoot (TVH) 30:10; 19, J. Montgomery (Cov) 30:12; 20, J. Davy (Mil. K) 30:14; 21, D. Wheeler (Ox. C) 30:14; 22, R. Campbell (Ex. B-V) 30:14; 23, C. Rutland (Banb) 30:22; 24, G. Bourne (Mil. K)

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30:25; 25, K. Barker (Ver) 30:36; 26, D. March (Mil. K) 30:45; 27, D. Hall (Ver) 30:54; 28, D. Williams (Sy) 30:55; 29, D. Christopher (Lut) 31:05; 30, M. Holt (Nene V) 31:07. **Teams:** 1, Thames Valley 26; 2, Ilford 27; 3, Luton 46; 4, Verlea 54; 5, Oxford City 68; 6, Banbury 74.

## WHITNASH CARNIVAL '4¾'

June 30th

1, D. Tierney (Sparkhill) ..... 21:55  
2, P. Banks (Coventry) ..... 21:57  
3, C. Kirkham (Coventry) ..... 21:58  
4, J. King (S. Hth) 22:06; 5, D. Lavelle (Cov) 22:16; 6, R. Godfrey (Cov) 22:33; 7, P. Wood (Unatt) 22:34; 8, J. Harvey (Tip) 22:35; 9, I. Atkins (Worc) 22:41; 10, R. Davies (Bir) 22:51; 11, D. Peggs (Cov) 22:53; 12, T. Settle (Rug) 22:57; 13, H. Lambert (B&R) 23:04; 14, B. Wilkins (Spark) 23:06; 15, N. England (Rug) 23:12; 16, P. Barnes (Leam) 23:26; 17, P. Muddeman (Leam) 23:33; 18, T. Thomas (Rug) 23:39; 19, P. Munn (Sheff) 23:46; 20, M. Botterill (Leam) 23:51; 21, M. Ridout (Worc) 23:55; 22, J. Wilkins (Inv) 23:56; 23, J. Martin (RSC) 23:57; 24, C. Donovan (Leam) 24:00; 25, C. Woodward (Leam) 24:03.

## ALNWICK FAIR '4½'

July 1st

1, C. Spedding (Gateshead) ..... 21:38  
2, A. Catley (Morpeth) ..... 22:08  
3, B. Paterson (Blaydon) ..... 22:11  
4, M. Harris (Mor) 22:13; 5, I. Brown (Mor) 22:16; 6, B. Dunn (Mor) 22:20; 7, P. Whittle (Els) 22:30; 8, J. Pearson (Mor) 22:47; 9, D. Gray (Gos) 22:48; 10, M. Roberts (Dur. C) 22:59; 11, S. Beattie (Mor) 23:04; 12, J. Colquhoun (Blay) 23:08; 13, M. Best (Mor) 23:13; 14, D. Camp (Mor) 23:17; 15, A. Jenkins (Mor) 23:19; 16, J. Alder (Mor) 23:31; 17, E. Hudspeth (Mor) 23:33; 18, B. Cordes (Mor-V) 23:40; 19, C. Bolton (Els) 23:52; 20, N. Jobson (Blay) 23:53; 21, D. Jackson (Mor) 23:59; 22, J. Marshall (Dur. C) 24:00; 23, S. Raine (Sun) 24:01; 24, P. May (Heat) 24:06; 25, D. Balding (Heat-V) 24:16. **Team:** Morpeth.

## 23.6 200m by Eleanor Thomas

SURREY 84; CIVIL SERVICE 81; WRAF 16

At Motspur Park, July 15th

100: 1, E. Thomas (S) 11.9; 2, J. Hoyte-Smith (CS) 12.1. 200: 1, Thomas 23.6; 2, Hoyte-Smith 24.0; 3, C. Smart (CS) 24.5. 400: 1, A. Dunn (S) 55.9; 2, P. Whitter (CS) 57.7; 3, D. Heath (CS) 58.3. 800: P. Yule (CS) 2:11.2. 100H: A. Manley (S) 15.7. HJ: 1, Manley 1.70; 2, J. Minott (CS) 1.65. LJ: S. Simmonds (CS) 5.71. SP: 1, J. Thompson (S) 14.29; 2, J. Kerr (S) 14.19; 3, J. Garner (CS) 11.07. DT: 1, Thompson 51.78; 2, Kerr 42.90; 3, J. Lacayo (CS) 41.54. JT: P. Whelan (WRAF) 36.70. 4x100: Surrey 47.9.

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# Overseas News and Results

## Chinese Triples Over 17m

JAPANESE athletes picked up 20 gold medals during the Asian Track and Field Meeting of Tokyo from May 31st to June 3rd. China won seven events and there were three golds for Iraq, two each for India, South Korea and North Korea. The meeting, the biggest in Japan since the 1964 Olympics, was to have carried the designation of Asian Championships but that title was withheld by the IAAF because Israel, which is a member of the 34-nation Asian AAA, was not invited for security reasons according to the organising officials.

Chinese triple jumper Zou Zhen-xian, a 23-year-old PE student from Peking, bounded over 17m for the first time in bettering his own Asian record of 16.90 set last year also in Tokyo. Zou leaped 17.02 to win the event. His series: 16.50, 16.74, 17.02 (+0.9m), —, 16.77, —. Born on November 10th 1955, he is 1.84m tall and weighs 92kg. Another world-class Asian record by a Chinese came in the Javelin where Shen Mao-mao threw 86.50m. To the disappointment of the 50,000 spectators, Japan's top woman high jumper Tamami Yagi, who cleared 1.90m last

year, jumped only 1.81 to finish second behind China's Zheng Da-zhen (19), 1.87.

### Atsushi Hoshino

100: Jaesuraparp (Thai) 10.63, Suh Mal-Ku (S. Kor) 10.75. 200: Harada 21.34, Shitoh 21.38; 400: Handa 47.45, Luaibi (Iraq) 47.47; 800: Naji (Iraq) 1:49.5, Shigenari 1:49.6, Kumar (Ind) 1:50.1; 1500: Rattan Singh (Ind) 3:49.8, Ishii 3:50.1, 5000: Kita 13:55.3, Nakamura 13:59.8, Saini (Ind) 13:59.8; 10,000: Seko 28:59.2, Itoh 29:00.2, T. Soh 29:02.5; 3000SC: Shintaku 8.40.8, Iwabuchi 8:57.2; 110H: Fujimori 14.29, Stabir Singh (Ind) 14.53; 400H: Kadhum (Iraq) 51.18, Nagao 51.53; HJ: Koshikawa 2.15, Sakamoto 2.15, Katamine 2.15; PV: Takanezawa 5.25, Takahashi 5.10; LJ: Usui 7.97, Babu (Ind) 7.94, Yoshimoto 7.91w, Liu Yu-huang (Chi) 7.85; TJ: Zou Zhen-xian (Chi) 17.02 (Asian rec), Hiratani 16.52w, Nakanishi 16.50; SP: Zinkawi (Kuwait) 17.78, Zhao Bao-qin (Chi) 17.60, Bahadur Singh (Ind) 17.47; DT: Kawasaki 55.34, Li Weinan (Chi) 54.64; HT: Murofushi 66.72, Kawata 65.94, Raghbir Singh (Ind) 61.52; JT: Shen Mao-mao (Chi) 86.50 (Asian rec), Yamada 78.46; Dec: Kasai 7096, Kobayashi 6983, Jin Xue-wei (Chi) 6975; 4 x 100: Japan 39.70, Thailand 40.20, India 40.41; 4 x 400: Iraq 3:08.8, Japan 3:08.9, India

G.E.C. Sports & Social Club (Whetstone)  
3rd Annual

## GALA DAY OPEN 10 MILE ROAD RACE

(Under A.A.A. Laws)

Start at 3 p.m.

ON SUNDAY, 19th AUGUST, 1979

Sponsored by GEC Reactor Equipment Limited  
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Prizes: 1st, 2nd & 3rd Individuals.  
1st & 2nd Teams (3 per Team).  
1st G.E.C. or N.P.C. employee.

TOTAL VALUE OF PRIZES £100

Entry Fees: All Individuals 40p. No Team fee.  
S.A.E. for acknowledgement. Entries on day 80p.

CLOSING DATE 13th AUGUST

Cheques & P.O.s payable to: "G.E.C. Sports & Social Club".

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Whetstone is about 5 miles South of Leicester, near Blaby on the A426.

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THEN at 2.30 p.m.

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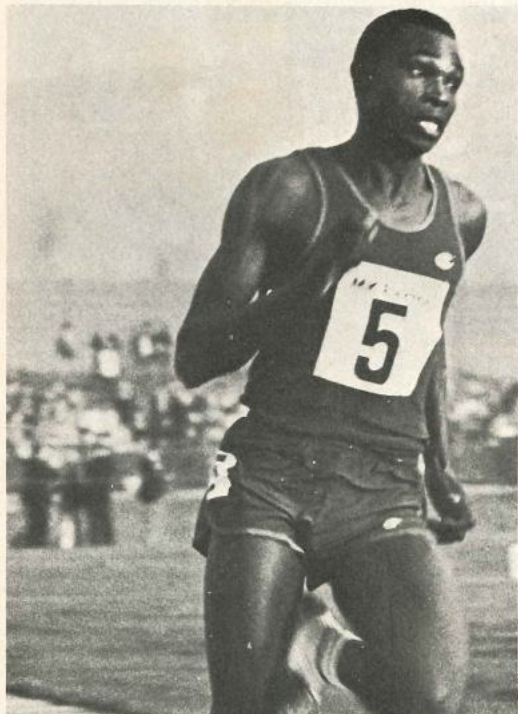
BY MONDAY, 3rd SEPTEMBER — LATEST  
(No late entries accepted)

3:11.8; 20kmW: Harkam Singh (Ind) 1:35.40, Wang Qiang (Chi) 1:35.48, Subramaniam (Malay) 1:36:27.

**(Women)** 100: Konishi 12.09, Yin Ya-ping (Chi) 12.10; 200: Kaibara 24.45, Mo Myung-hi (S. Kor) 24.49; 400: Chung Bong-soon (S. Kor) 54.53, Rita Sen (Ind) 54.99; 800: Chung Bong-soon 2:06.1, Jang Yong-ae (N. Kor) 2:10.2; 1500: Kim Ok-sun (N. Kor) 4:25.0, Kim Chun-hwo (N. Kor) 4:29.1; 3000: Kim Ok-sun 9:24.9, Yang Yan-ying (Chi) 9:30.8; 100H: Akimoto 14.17, Dai Jian-hua (Chi) 14.33; 400H: Aoi 60.46 (Asian rec), Chin (Malay) 61.63; HJ: Zheng Dazhen (Chi) 1.87, Yagi 1.81, Fukumitsu 1.81; LJ: Awara 6.42w, Zou Wa (Chi) 6.27w; SP: Shen Lijuan (Chi) 17.48, Seo 14.78; DT: Li Xiao-hui (Chi) 58.62 (Asian rec), Seo 46.64; JT: Li Xia (Chi) 58.44, Yao Rui-ying (Chi) 54.82; Pent: Yeh Pei-su (Chi) 4139 (Asian rec; 1.83 HJ), Uchida 3753; 4x100: Japan 45.85 (Asian rec), Thailand 46.03, 4x400: Japan 3:45.9.

### KENYA: A 12-year-old to watch

The inaugural Jomo Kenyatta Games in Nairobi on June 20th was supported by a good number of well-known names, but the headlines were stolen by a tiny 12-year-old Kisii Schoolgirl, Elizabeth Onyambu, who running barefoot outprinted experienced Rose Thompson to win



**JAMES ATUTI**

Mark Shearman

the 1500 in 4:23.2. Highlight of the men's events was James Atuti's Kenyan open record of 45.21 in the 400. Highly rated Kasheef Hassan (Sweden) was shunted into third place by Kenya's Billy Konchella, whose time of 45.39 is the best in the world by a 17-year-old. Billy's aim is to run the distance in 43 sec! Ed Moses had to work hard to hold off Daniel Kimaiyo in the 400 hurdles but was tired after his long flight from the States. There was one British victory: by Wilbert Greaves in the high hurdles. There was a crowd of 15,000 for the meeting, staged at mile-high altitude.

**Cliff Roffey**

**25/26.5. Nakuru.** (Champ) 100/200: Mutiso 10.7/21.2; 400: Atuti 46.5 (45.4 earlier in month), Kibenei 46.9; 800: Maina 1:48.7, Koech 1:49.1, Obwocha 1:49.1; 1500: Waigwa 3:45.0, Serem 3:45.1; 5000: Mayaka 14:16.0; 10,000: Nyasani 29:45.4; 3000SC: K. Rono 8:41.0; 110H: P. Sang 14.5; 400H: Kibyege 50.5, D. Kimaiyo 50.6, Kipchumba 50.9; LJ: Kimngetich 7.48; women's 100/200/400: Ruth Waithera 11.9/24.4/54.2; 800/100H/400H: Tata 2:09.3/15.7/59.3 (rec); 1500/3000: Thompson 4:31.5/9:49.8. **9.6. Nyeri.** HJ: Rotich 2.09 (rec). **20.6. Nairobi.** 100: Williams (US) 10.30, Deal (US) 10.32, Obeng (Gha) 10.34, 200: Coleman (US) 20.75, Obeng 21.10, Atuti 21.14, Konchella 21.26; 400: Atuti 45.21, Konchella 45.39, Hassan (Sud) 45.77, Njiri 46.32, Kibenei 46.40, RICHARD ASHTON 47.26, TERRY WHITEHEAD 47.38; 800: Maina 1:49.0, Obwocha 1:49.7, White (US) 1:50.0; 1500: Boit 3:42.8, Serem 3:43.7, Jones (US) 3:43.9, Hall (Aus) 3:44.0; 3000: Kamau 8:00.9, Chapa (US) 8:02.7, Salazar (US) 8:02.8; 3000SC: H. Rono 8:34.2, K. Rono 8:35.8, Tuwei 8:41.7; 110H: WILBERT GREAVES 14.28, P. Sang 14.30; 400H: Moses (US) 49.76, D. Kimaiyo 49.83, Kibyege 50.54; Women's 100/200/400: Waithera 11.78/24.11/53.45; 800: Chemweno 2:10.7; 1500: Onyambu 4:23.2, Thompson 4:23.3.

### RUMANIA: Silai (38) still improving

**13.5. Bucharest.** HJ: Proteasa 2.22 (rec). **20.5. Bucharest.** Women's 800: Silai 1:59.8; HJ: Popa 1.88; JT: Raduly 62.16. **2.6. Bucharest.** 10,000: Floroiu 28:32.2; women's 1500: Silai 4:00.0 (not 3:59.8), Puica 4:03.3. **3.6. Bucharest.** Women's 800: Silai 1:58.7, Lovin 2:00.4, Shtereva (Bul) 2:02.0, Van Nuffel (Bel) 2:02.6; JT: (behind Sanderson's 64.82) Raduly 62.68, Helmschmidt (Ger) 57.14. **23/24.6. Bucharest.** Women's 800: Lovin 1:57.4, Puica 1:57.8, Silai 2:01.0; 1500: Silai 3:58.6 (rec; 2nd on all-time list), Lovin 4:05.4; JT: Raduly 64.56.

### SOUTH AFRICA

**14.5. Germiston.** 200: Smit 20.89; HT: Barnard 72.10; JT: Potgieter 84.52; women's HJ: de kock 1.86 (African rec).

# UK WOMEN'S BEST PERFORMERS 1979

(Compiled by the NUTS)

## 100 METRES

|        |                        |
|--------|------------------------|
| 11.34w | Sonia Lannaman (11.44) |
| 11.44  | Bev Goddard            |
| 11.46  | Wendy Clarke           |
| 11.48  | Heather Hunte          |
| 11.55w | Maxine Ascroft         |
| 11.60w | Helen Barnett (11.72)  |
| 11.61w | Linsey MacDonald       |
| 11.65w | Margot Wells           |
| 11.68  | Kathy Smallwood        |
| 11.75  | Michelle Probert       |

## 200 METRES

|             |                         |
|-------------|-------------------------|
| 23.00       | Sonia Lannaman          |
| 23.06w      | Bev Goddard (23.25)     |
| 23.11       | Kathy Smallwood         |
| 23.64       | Heather Hunte           |
| 23.78       | Rosalee Wilson          |
| 23.84       | Helen Barnett           |
| 23.86       | Eleanor Thomas          |
| 23.94       | Michelle Probert        |
| 23.97       | Linsey MacDonald (23.6) |
| (hand) 23.7 | Joslyn Smith            |

## 400 METRES

|        |                  |
|--------|------------------|
| 51.47  | Donna Hartley    |
| 51.80i | Verona Elder     |
| 52.83  | Ruth Kennedy     |
| 53.08  | Linsey MacDonald |
| 53.25  | Karen Williams   |
| 53.47  | Joslyn Smith     |
| 53.85  | Dianne Clark     |
| 53.88  | Michelle Probert |
| 54.09  | Chris Warden     |
| 54.26  | Sue Smith        |

## 800 METRES

|        |                |
|--------|----------------|
| 2:00.3 | Chris Boxer    |
| 2:02.6 | Liz Barnes     |
| 2:03.2 | Verona Elder   |
| 2:03.4 | Chris Benning  |
| 2:03.9 | Janet Marlow   |
| 2:04.1 | Janet Pricoe   |
| 2:04.3 | Angela Creamer |
| 2:04.4 | Jane Colebrook |
| 2:05.0 | Jo White       |
| 2:05.5 | Louise Parker  |

## 1500 METRES

|        |               |
|--------|---------------|
| 4:07.7 | Chris Benning |
|--------|---------------|

|        |                           |
|--------|---------------------------|
| 4:13.1 | Wendy Smith               |
| 4:13.2 | Cherry Hanson             |
| 4:13.8 | Paula Fudge               |
| 4:14.8 | Mary Stewart              |
| 4:15.2 | Janet Marlow              |
| 4:15.4 | Alison Wright             |
| 4:16.9 | Ruth Smeeth               |
| 4:17.0 | Chris Boxer (4:30.2 mile) |
| 4:17.3 | Glynis Penny              |

## 3000 METRES

|        |                    |
|--------|--------------------|
| 9:03.7 | Paula Fudge        |
| 9:13.0 | Bernadette Madigan |
| 9:13.7 | Annette Roberts    |
| 9:14.1 | Judith Shepherd    |
| 9:14.9 | Ann Ford           |
| 9:19.0 | Glynis Penny       |
| 9:22.0 | Penny Yule         |
| 9:23.1 | Kath Binns         |
| 9:27.3 | Julia Armstrong    |
| 9:29.6 | Thelwyn Bateman    |

## 100 METRES HURDLES

|        |                         |
|--------|-------------------------|
| 13.19w | Lorna Boothe (13.46)    |
| 13.41w | Shirley Strong (13.3)   |
| 13.46w | Wendy McDonnell (13.56) |
| 13.57  | Yvette Wray             |
| 13.67w | Elaine Davidson         |
| 13.68w | Judy Vernon (13.82)     |
| 13.72  | Judy Livermore          |
| 13.81w | Sue Longden             |
| 13.95w | Mannidy Laing           |
| 13.97w | Fiona Macaulay          |

## 400 METRES HURDLES

|       |                 |
|-------|-----------------|
| 56.80 | Chris Warden    |
| 58.83 | Sue Smith       |
| 58.96 | Diane Heath     |
| 59.07 | Fiona Macaulay  |
| 59.0  | Susan Dalgoutte |
| 59.5  | Linda Brady     |
| 59.74 | Sue Reed        |
| 60.64 | Val LeMoignan   |
| 60.6  | Sue Morley      |
| 60.90 | Kim Tufnell     |
| 60.9  | Irene Anderson  |

## HIGH JUMP

|       |                   |
|-------|-------------------|
| 1.84i | Gillian Hitchen   |
| 1.84  | Louise Miller     |
| 1.84  | Moir Maguire      |
| 1.82  | Ann-Marie Devally |
| 1.81  | Barbara Simmonds  |
| 1.81  | Ros Few           |

|      |                |
|------|----------------|
| 1.81 | Joy Crouchley  |
| 1.78 | Judy Livermore |
| 1.78 | Janet Harrison |
| 1.77 | 5 girls        |

## LONG JUMP

|       |                       |
|-------|-----------------------|
| 6.69  | Sue Reeve             |
| 6.30? | Sue Hearnshaw (6.22)  |
| 6.26w | Allison Manley (6.19) |
| 6.25? | Gillian Regan         |
| 6.24w | Barbara Clarke (6.23) |
| 6.21w | Gladys Taylor         |
| 6.18  | Carol Earlington      |
| 6.18w | Janet Frank-Lynch     |
| 6.17  | Sue Longden           |
| 6.17w | Jill Davies           |

? = wind status unknown

## SHOT

|        |                   |
|--------|-------------------|
| 16.72  | Judy Oakes        |
| 16.62i | Angela Littlewood |
| 16.12  | Venissa Head      |
| 15.47  | Meg Ritchie       |
| 15.18i | Lana Newton       |
| 15.16i | Vanessa Redford   |
| 15.08  | Janet Thompson    |
| 14.79  | Janis Kerr        |
| 14.21  | Caroline Dyer     |
| 13.68i | Susan Tudor       |

## DISCUS

|        |                        |
|--------|------------------------|
| 58.28  | Meg Ritchie            |
| 54.60  | Janet Thompson         |
| 52.66  | Lesley Mallin          |
| 51.16  | Vanessa Redford        |
| 51.04? | Fiona Condon (49.60)   |
| 49.16  | Venissa Head           |
| 49.10  | Denise Sturman         |
| 48.84  | Angela Littlewood      |
| 47.80? | Janette Picton (46.34) |
| 45.92  | Janis Kerr             |

? = downhill slope?

## JAVELIN

|        |                       |
|--------|-----------------------|
| 65.34  | Tessa Sanderson       |
| 56.66  | Fatima Whitbread      |
| 53.36  | Diane Royale          |
| 50.98  | Jane Williams         |
| 50.70  | Jackie Zaslon         |
| 49.94  | Sandra O'Toole        |
| 49.80? | Maxine Jervis (48.20) |
| 49.20  | Linda Stratford       |
| 48.34  | Jeanette Rose         |
| 46.56  | Shara Spragg          |

## SUNSLK WAAA CHAMPS TIMETABLE

**Friday, July 27th:** 16.00 — 400H hts, Int DT, Int LJ; 16.15 — 800 hts; 16.30 — Jnr 1500 hts, Jnr HJ; 16.55 — Jnr 100 hts; 17.00 — Jnr SP; 17.15 — Int 100 hts; 17.30 — 100 hts; 17.45 — Int 400 hts; 18.00 — 400 hts, Jnr JT; 18.20 — 1500 hts; 18.30 — Jnr LJ; 18.40 — Jnr 800 hts; 18.50 — Jnr 200 hts; 19.05 — Int 200 hts; 19.15 — Jnr DT; 19.20 — 200 hts; 19.35 — Int 800 hts; 19.50 — Int 200H hts; 20.05 — Int 1500 hts; 20.20 — Int 100H final (2'6"); 20.25 — 3000 hts.

**Saturday, July 28th:** 11.30 — LJ qual, Int JT, Int HJ; 12.30 — 100H hts, Int SP; 12.45 — Jnr/Int 80H hts; 13.00 — Jnr 75H hts; 13.15 — inauguration ceremony of **Sunsilk Golden Pathway** (Ann Brightwell, Mary Peters and **Toomey** will be present); 13.45 — DT, HJ; 14.00

— 100H final; 14.05 — 3000 final; 14.25 — Jnr/Int 80H final; 14.35 — Jnr 75H final; 14.45 — Int 1500 final; 14.55 — Jnr 100 final; 15.00 — Int 100 final; 15.05 — 100 final; 15.10 — Int 400 final; 15.20 — 400 final; 15.30 — 800 final, SP, JT; 15.40 — Int 800 final; 15.45 — LJ final; 15.50 — Jnr 800 final; 16.00 — Jnr 1500 final; 16.10 — 400H final; 16.20 — 1500 final; 16.30 — Int 200H final; 16.40 — Jnr 200 final; 16.45 — Int 200 final; 16.50 — 200 final.

Next week's issue will include coverage of the **Sunsilk WAAA Championships** and **UK Veterans Championships**, a preview of the **European Cup Final**, and a summary of **Sebastian Coe's** racing career from 1971 to date.

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**RELAY THRILLS IN HHH GALA MEETING**  
JUNE 3rd was the date and Tooting Bec Track the venue for the Herne Hill Harriers' relays for veterans, held as part of the club's 90th year celebrations.

The afternoon started with a real bang with the 40-49 4x800. Havering's Archie Tewkesbury and Herne Hill's Tom Farrell (ex-UK 400m hurdles record holder and Olympic 800m man at Rome) were locked in mortal combat on the first leg and drilled holes in each other all the way down the home straight to cover their 800 in 2:09.2. Stan Allen crept into a small lead on his leg for HHH although Havering swept into an impressive lead on the third leg through Tom Hoyle so that Ted Andrews took off some 50y in front of Don Taylor (ex-UK 10,000m record holder) with only two laps to go. Don drove hard, went away from Ted and then discovered that Laurie O'Hara of Belgrave was having an inspired leg and gaining on him very rapidly. Don found some of his old form over the last 200 to hold the lead for a HHH victory in 8:52.4. Bels were 2nd in 8:56.8 and Havering 3rd in 9:10.2. The over-50 race saw a powerful Cambridge Harriers squad catch the Woodford Green team with Dave Dellar and Jackie Brown looking most impressive. They clocked 9:32.6 to Woodford Green's 9:56.0.

The 4x100 (under 50) was won by Mitcham in 52.9 (over HHH 53.0) with Phil Munn storming into the lead just before the tape. Neville

## VETS CORNER

Hendrickse, who ran the first leg for Mitcham, only got involved with athletics as his daughter was interested in cross-country running and has been very successful. The 4x200 went to a Herne Hill quartet in 1:47.6 while Munn pulled a leg muscle trying to keep big John Howell at bay on the final leg. The Herne Hill squad were also successful in the 4x400 (4:00.5) with Tom Farrell clocking 56.0 on the first leg. This must be a world's best performance in itself as he had returned to his church between the 4x800 relay and this event and taken a baptism! There is no truth in the rumour that he wore his red and black hooped vest under his clerical garb during the service. The over-50 race went to Woodford Green with 4:40.8 after a close battle with a strong Vets AC squad. The placings were reversed in the 4x200: Vets AC 1:58.1, Woodford Green 1:59.9.

The under-50 5000m race was taken apart by Johnny Oliver of KG Sports fame and Cambridge Harriers in 15:33.4 while evergreen Mike Barratt was second in 15:51.2. Ron Franklin stormed into a very brisk early lead in the over-50 race but George Smith of Eton Manor pulled him back quietly with great style to win in 16:36.8, as against Franklin's 16:51.8.

**Stan Allen**

### CAMBRIDGE HARRIERS

## OPEN TRACK MEETING

Sponsored by  
Woolwich Equitable Building Society

**SUNDAY, 19th AUGUST, 1979**

**AT CRYSTAL PALACE**

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

**First race 1.00 p.m.**

**Minor Girls** — 200m, 800m.

**Junior Girls** — 200m, 800m, L.J.

**Inter Ladies** — 200m, 800m.

**Colts** — 200m, 800m.

**Boys** — 200m, 800m, 1500m, L.J.

**Youths** — 200m, 800m, 1500m, L.J.

Prizes for best performance in each age group.

**VETERANS 3000m** — prizes for first six.

**Entry fee:** 25p per event. Ages as at 1.9.79.

**Entries to:** Mrs Joan Allison, 65 The Heights, Charlton SE7, stating d.o.b. event(s), best performance(s), club and S.A.E.

**CLOSING DATE 6th AUGUST, 1979.**

### BARNET SPORTS GALA 10km ROAD RACE

**At Copthall, June 9th**

1, L. O'Hara (Bel/1B) 31:53; 2, R. Gomez (VoA) 32:05; 3, M. Barrett (Eal/1B) 32:21; 4, L. Hughes (Bath & P) 32:37; 5, M. Moody (M'head) 32:48; 6, A. Jones (Camb) 32:51; 7, R. Parker (Worth) 32:58; 8, J. Geoghegan (Camb) 33:03; 9, D. Case (Eal/1B) 33:43; 10, R. Mecey (Ver) 33:54; 11, R. Grubb (Camb) 33:58; 12, C. Canton (Eal) 34:01; 13, R. Franklin (TVH/O-50) 34:09; 14, S. Charlton (TVH/O-50) 34:31; 15, B. Joins (Leam) 34:34; 16, C. Simpson (S. Hth/O-50) 34:43; 17, D. Turnbull (NZ/O-50) 34:47; 18, J. Luxford (Hors/1B) 34:52; 19, R. Blastland (VoA/1B) 34:57; 20, D. Rikly (Brack/O-50) 35:00; 21, M. Hunter (High) 35:09; 22, G. Smith (EM/O-50) 35:13; 23, J. Blackburn (Brack/1B) 35:15; 24, J. Wright (Low) 35:16; 25, R. Lovegrove (Herc W) 35:20. 105 finished. (O/60) 1, G. Betts (QPH) 41:09; 2, G. Scutts (Port) 41:33. **Teams:** (40-49) 1, Ealing & S 24; 2, Cambridge H 42; 3, Eton Manor 85. (O/50) TVH.

### BARNET SPORTS GALA

**At Copthall, June 10th**

(O/40) 100: 1, A. Blackman 11.6; 2, F. Smith 11.8; 3, C. Jones 11.9. 200: 1, Blackman 23.2; 2, B. Roebuck 24.8. (B) Jones 24.7. 400: 1, Smith 53.7; 2, E. Hamer 54.6; 3, K. Whitaker 56.9. 800:

1, Hamer 2:05.5; 2, A. Tewkesbury 2:09.0. 1500: 1, J. Oliver 4:16.8; 2, W. Roe 4:18.3. 3000: M. Presser 9:15.9; 2, B. Gore 9:56.3. 200H: 1, W. Lane 27.9; 2, Whitaker 28.3. DT: D. Burrage 28.72. (O/50) 100: 1, F. Martindale 12.6; 2, S. Stein 13.0. 200: 1, Martindale 25.8; 2, R. Archbold 26.5; 3, Stein 26.8. 400: 1, Archbold 59.9; 2, R. Swain 61.3. 800: 1, D. Turnbull (NZ) 2:13.1; 2, G. Smith 2:13.7. 1500: 1, J. Charman 4:30.2; 2, Smith 4:31.9. 3000: 1, S. Charlton 9:49.1; 2, R. Franklin 9:58.7. 200H: B. Thomas 37.0. DT: 1, O. Feldmanis 43.74; 2, I. Briggs 38.72. (O/60) 100: 1, C. Fahey 13.3; 2, L. Batt 14.1. 200: 1, Fahey 27.9; 2, Batt 29.3. 400: 1, Batt 65.4; 2, W. Taylor 67.8. 800: 1, Taylor 2:30.4; 2, L. Rolls 2:44.9. 1500: 1, Taylor 5:23.3; 2, Rolls 5:38.4. 200H: R. Evans 41.1. DT: B. Metcalfe 33.60. (O/70) 100: J. Searle 18.1. (O/90) 100/200: C. Speechley 29.1/76.8. (Women) 100: 1, V. Gore (O/40) 13.5... 5, S. Kennedy (O/50)\* 16.2; 6, M. Williams (O/60) 18.3. 400: 1, J. Kimber (O/35) 61.4; 2, Gore 66.5. 3000 (British Veterans AF Champ): 1, V. Howe (O/35) 9:49.1; 2, B. Cushen (O/35) 11:00.3; 3, B. Brookes (O/40) 11:04.0; 4, H. Rider (O/45) 11:33.1. DT: W. Feldmanis 25.64.

### INTER-COUNTIES 10km ROAD CHAMPIONSHIP

At Leamington, June 17th

1, M. Freary (Lancs; age 40) 30:24 (rec); 2, E. Austin (Worcs; 43) 31:38; 3, A. Jones (Kent; 41) 31:59; 4, P. Flynn (Warks; 40) 32:07; 5, J. Oliver (Kent; 44) 32:19; 6, W. Giddings (Kent; 44) 32:37; 7, P. Morris (Warks; 46) 32:47; 8, A. Hughes (Lancs; 48) 33:01; 9, R. Pannell (Avon; 42) 33:13; 10, J. Mills (Warks; 43) 33:20; 11, B. Joines (Oxon; 40) 33:21; 12, H. Clayton (Avon; 43) 33:25; 13, R. Franklin (Gwent; 51) 33:46 (O/50 rec); 14, R. Froggatt (Warks; 43) 33:52; 15, M. Capewell (Warks; 46) 33:57; 16, M. Thorpe (Warks; 40) 34:05; 17, L. Willmott (Worcs; 48) 34:06; 18, D. Dellar (Kent; 50) 34:08; 19, D. Briggs (Northants; 41) 34:10; 20, G. Martin (Kent; 42) 34:13; 21, A. Jones (Leics; 40) 34:26; 22, C. Simpson (Warks; 50) 34:38; 23, L. Pratt (Leics; 40) 34:58; 24, B. Forey (Northants; 43) 35:15; 25, G. Phipps (Warks; 53) 35:22; 26, I. Farr (Wilts; 42) 35:29; 27, G. Crowder (Kent; 46) 35:35; 28, A. Barden (Leics; 44) 35:38; 29, A. Clark (Avon; 41) 35:40; 30, S. Rogers (Worcs; 44) 35:43. 80 finished. 1st O/60. W. McMinnis (Lancs; 64) 39:10. Teams: (40-49) 1, Kent 32; 2, Warks 34; 3, Worcs 78. (O/50) 1, Warks 13; 2, Worcs 28; 3, Lancs 30. Women's 5000m: Fastest 1, J. Farr 19:31; 2, B. Brookes 20:44; 3, M. Bray 22:12.

### NORTHERN VETERANS CHAMPIONSHIPS

At Hull, May 5th

(O/40) 100: 1, D. Herman 11.4; 2, D. Burton 11.9. 200: 1, Herman 24.2; 2, Burton 24.2; 3, G. Lee 24.5. 400: 1, R. Anderson 55.5; 2, Lee 56.3.

800: 1, Anderson 2:07.5; 2, D. Welch 2:07.9. 1500: 1, Welch 4:15.6; 2, R. Maddison 4:15.9. 5000: 1, Welch 15:36.2; 2, W. Dance 15:36.6; 3, D. Shaw 15:44.4. 3000SC: 1, M. Morrell 10:20.6; 2, T. Hunter 10:21.3; 3, W. Robinson 10:42.2. 110H: C. Shafto 18.3. 400H: 1, Shafto 62.1; 2, R. Maddison 63.1. PV: R. Wilson 3.60. LJ: Wilson 5.72. DT: H. Richardson 34.88. JT: J. Ross 45.02. 5000W: G. Goodair 25:55.3. (O/45) 100: 1, D. Howarth 12.4; 2, P. Watson 12.5; 3, J. Cross 12.6. 200: 1, K. Whitaker 24.8; 2, Watson 24.9; 3, B. Parnaby 25.0. 400: 1, Howarth 56.1; 2, Whitaker 56.5. 800/1500: R. Allen 2:09.3/4:10.8. 5000: A. Hughes 16:01.6. 400H: Whitaker 64.4. (O/50) 100: 1, H. Smith 12.9; 2, F. Moran 12.9. 200/400: F. P. Higgins 24.3/54.0. 800: E. Gallagher 2:17.4. 1500: F. Wrigley 4:47.6. 5000: E. Kirkup 16:37.3. 110H/400H/LJ: I. Steedman 18.3/66.2/5.09. 5000W: H. Jaquest 27:19.0. (O/55) 100: J. Pritchard 13.3. 200: H. Tafford 28.1. 800/500/5000: E. Joynson 2:31.6/4:50.8/17:44.1. (O/60) 1500/5000: N. Ashcroft 5:27.0/19:34.6. 5000W: S. Smith 30:55.4. (O/65) 5000: E. Wallace 20:32.6. (Women) (O/35) 200/1500: B. Brookes 30.1/ 5:05.6. (O/40) 200/1500: E. Steedman 30.2/5:53.0.

### SOUTHERN VETERANS CHAMPIONSHIPS

Iffley Road, Oxford, hosted the Southern Counties Veterans Championships for the first time on June 30th and it was rewarded with a 'world record' in the discus event. Dr Ken Maksimczyk from Bristol demolished the official over-65 age group best set up by a Spaniard no less than five times from the six throws he released, the other being a no-throw. He registered a magnificent series (45.56, 49.52, 47.90, NT, 48.96, 47.82) and his best distance of 49.52m was just short of the 50m mark which he has already thrown over this season although not officially. He hopes to better 50m when he competes in Germany shortly in the World Veterans Championships. There was also a British best in the over-45 javelin, John Phillips reaching 45.08m. In the 5000m we were hoping for a good performance in his first Vets meeting from Bruce Tulloh. However, after a couple of laps, Bruce dropped out of the race as he was felling a twinge in his legs.

The atmosphere of the whole meeting brought the fun back into athletics with everyone helping each other out in events, and generally having a great time. One 70-year-old described it as "social athletics" and really that's exactly what it is... no pressures, just competing for fun — and that's marvellous!

Stuart Cameron

(O/40) 100: 1, F. Taylor 11.9; 2, E. Jones 11.9; 3, P. Cornell 12.1. 200: 1, Taylor 24.0; 2, F. Smith 24.1; 3, C. Jones 24.5. 400: 1, R. Harvey 53.9; 2, E. Hamer 55.1; 3, H. Harding 55.4. 800:

1, Harvey 2:02.1; 2, A. Kimber 2:04.0; 3, F. Coles 2:04.6. 1500: 1, B. Bartholomew 4:12.5; 2, A. Kimber 4:13.8. 5000: 1, R. Gomez 15:12.2; 2, R. Parker 15:42.0; 3, R. Grubb 16:08.8. 3000SC: K. Robinson 12:04.0. 110H: J. Howell 17.5. 400H: W. Lane 60.5. HJ: M. Burrell 1.60. PV: A. McKay 3.20. LJ: 1, D. Gale 5.85; 2, F. Taylor 5.75. TJ: 1, D. Smith 12.64; 2, M. Burrell 12.13. SP: 1, J. Walters 13.83; 2, B. Strange 11.56. DT: 1, Walters 43.46; 2, W. Bushnell 34.04. HT: 1, W. Trehane 44.70; 2, A. Cook 36.04. JT: 1, Bushnell 53.52; 2, D. Hable 52.76. (O/45) 100: 1, C. Williams 12.7; 2, N. Hendrickse 12.8. 200: 1, Williams 25.6; 2, Hendrickse 25.9. 400: 1, F. Smith 54.2; 2, K. Whitaker 56.4. 800: P. Wilkes 2:13.9. 1500: L. O'Hara 4:13.7. 5000: 1, O'Hara 15:26.0; 2, M. Barratt 15:46.0; 3, J. Luxford 16:03.8. 3000SC: Barratt 10:16.6. 110H/LJ: C. Knowles 19.6/5.02. HJ: G. Hickey 1.65. PV: J. Day 2.80. TJ: J. Philips 10.80. DT: D. Burrage 29.64. HT: D. Birch 35.38. JT: Philips 45.08 (UK O/45 best).

(O/50) 100/200: F. Martindale 12.6/26.0. 400: D. Turnbull 60.2. 800: 1, Turnbull 2:08.9; 2, H. Tempan 2:10.3; 3, G. Smith 2:11.7. 1500: 1, Turnbull 4:21.5; 2, J. Charman 4:24.0; 3, G. Smith 4:27.9. 5000: 1, R. Franklin 16:25.2; 2, G.

**WARRINGTON ATHLETIC CLUB PRESENT  
4th ANNUAL HAROLD WOOD MEMORIAL  
7 1/4 MILES ROAD RACE**

(Under A.A.A. Laws)

**SATURDAY, 11th AUGUST, at 3 p.m.**

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**Fee:** Postal entries 30p all Ind., by 30th July, other entries 60p, 50p team fee, to: N. Kirkham, 59 Tomlinson Avenue, Orford, Warrington, Cheshire.

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SOUTHERN  
10 MILE ROAD RACE**

(Under A.A.A. Laws)

**Sponsored by EN TOUT CAS**

**SATURDAY**

**11th AUGUST, 1979, at 3 p.m.**

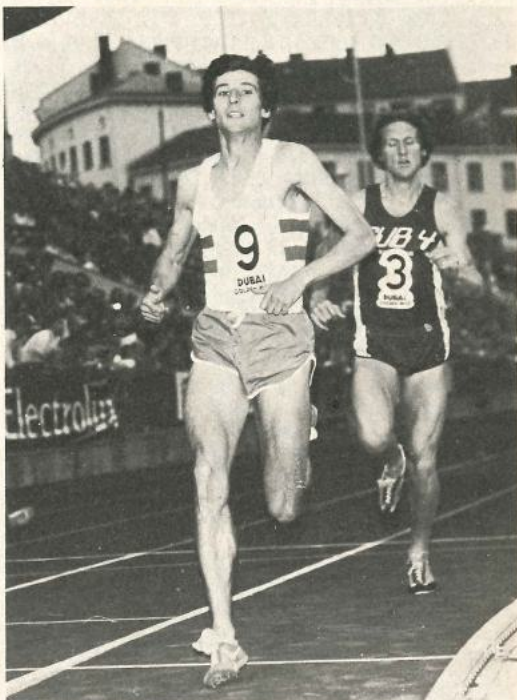
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**Shaftesbury Races:** Trophy to winning Team (3 to score). Prizes to first 15 Individuals & 3 Teams. Prizes to first U/21 & Veteran. Prize to first Lady (if entries permit).

**Southern Race:** Trophy to winning Team (3 to score). Medals to first 3 Individuals & 3 Teams.

**Entries to:** A. J. C. Kendall, B.E.M., 10 Squires Lane, London N3 2AT, with 50p entry fee (no team fee — 1st 3 home score). Only 40p entry fee if Southern entry not required, by **Wednesday, 1st August, 1979.** Send SAE(s) for acknowledgement/result sheet — please state which.

# COE'S GOLDEN MILE



**Seb Coe leads from Steve Scott in his world record mile at Oslo**

PHOTO BY BELA DOMOKOS

Smith 16:43.4; 3, Turnbull 17:00.6. 400H: B. Thomas 74.5. HJ/LJ/TJ: A. Kalirai 1.40/4.80/9.80. SP: 1, O. Feldmanis 13.79; 2, A. Woods 12.97. DT: 1, Feldmanis 42.44; 2, I. Briggs 42.34. JT: W. Bunton 36.66. 3000W: H. Jaquest 16:03.8. (O/55) 100/200: S. Stein 12.9/26.8. 400/800/1500: B. Neilson 62.1/2:22.8/4:44.4. 5000: J. Brent-Jones 18:08.4. 400H: P. Munn 73.7. DT/HT: J. Dalrymple 36.92/43.16. 3000W: G. Eastwood 16:52.0. (O/60) 100/200/SP/DT: B. Metcalfe 14.0/30.2/ 10.65/34.50. 400/800/1500: H. Taylor 68.6/2:35.5/5:07.4. 5000: G. Betts 19:22.0. 110H/LJ: W. Hartfree 21.6/4.30. (O/65) 100/200: S. Busby 14.7/30.9. 400/LJ: R. Evans 80.2/3.94. SP/DT: K. Maksimczyk 13.60/49.52. (world O/65 best). (O/70) 100/200/HJ/LJ: J. Searle 17.3/37.4/1.14/3.35. (O/75) 100/200: N. Martin 16.7/36.0.

(Women)(O/35) 100/200/LJ: P. McNab 13.0/27.3/5.10. 800: 1, J. Kimber 2:20.1; 2, S. Fitzmaurice 2:29.7. (O/40) 100/200: U. Gore 13.5/28.6. 800: B. Brookes 2:31.0. (O/45) DT: W. Feldmanis 26.72. (O/50) 100/200: S. Kennedy 15.7/34.6. 800: V. Mijowic 3:14.9.

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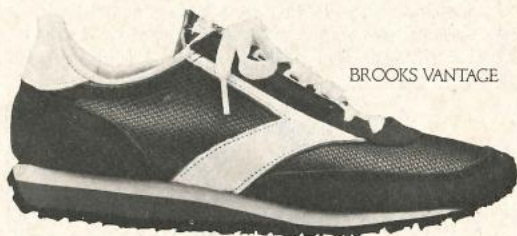


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# Young Athletes' Results

## SCHOOL'S INTER-COUNTY MASON TROPHY MEETING At Warley, June 16th

West Midlands 528; Greater Manchester 442½; Staffordshire 430½; Cheshire 341; Merseyside 337; Nottinghamshire 316½; Hereford & Worcester 286½; Shropshire 227.

(Senior Boys): 100: (A): 1, P. Brown 10.7; 2, P. Turnbull 10.9; 3, H. Thomas 10.9. (B): A. Drysdale 11.1. 200: Thomas 22.4. 400: 1, M. Fowell 48.5; 2, C. Walker 49.7. 2000SC: 1, B. Tilloy 6:01.0; 2, K. Royce 6:07.0. 110H: 1, Drysdale 14.7; 2, R. Willard 14.9. 400H: P. Goacher 55.5. HJ: (A): 1, Charlton 2.03; 2, J. Seale 1.90. (B): V. Hughes 1.90. PV: B. Evans 3.65. TJ: 1, C. Brown 14.21; 2, I. Anderson 13.90. DT: Emmerson 41.12. HT: 1, J. Burszcz 48.74; 2, G. Middleton 47.86. (Inters): 200: (A): 1, S. Swaffield 22.8; 2, M. Towers 22.8. (B): I. Asquith 22.7. 400: (A): 1, B. Robinson 50.3; 2, C. Powell 51.2; 3, D. Deans 51.3. (B): K. Hunter 51.4. 800: (A): 1, A. Myatt 1:54.7; 2, A. Gately 1:56.0; 3, C. Corbott 1:57.6. (B): 1, Gregory 1:57.3; 2, C. Bate 1:59.1; 3, R. Bradbury 1:59.2. 1500: 1, P. Potter 4:01.8; 2, D. Constable 4:02.5; 3, P. Hicken 4:03.5. 1500SC: 1, Green 4:24.8; 2, M. Smith 4:28.6. 100H: (A): 1, G. Myles 13.9; 2, M. Partridge 14.2; 3, N. Saunders 14.2. (B): K. Moore 14.0. 400H: (A): 1, M. Briges 56.3; 2, O.

Reilly 56.7; 3, D. Burrell 57.7. (B): 1, M. Strawford 58.9; 2, S. Harlow 58.9. HJ: D. Watson 1.90. LJ: (A): J. Daly 7.04. (B): H. Whyte 6.70. TJ: 1, A. Bloomfield 14.01; 2, D. Davies 13.79. SP: (A): 1, S. Webber 15.17; 2, D. Swindell 15.15; 3, A. Morris 14.44. (B): B. Woodcock 13.94. DT: 1, Higgins 45.66; 2, Woodcock 40.30. (Juniors): 100: (A): 1, R. Hunter 11.5; 2, S. Hoddle 11.6; 3, T. Williams 11.9. (B): 1, A. Jones 11.9; 2, K. Nye 11.9. 200: (A): 1, Hoddle 23.1; 2, Hunter 23.3; 3, C. Thompson 23.6. (B): A. Smith 23.9. 400: (A): 1, S. Heaton 51.5; 2, M. Davies 53.3; 3, P. Williams 54.8. (B): 1, R. Brown 53.9; 2, R. Holding 54.5. 800: 1, S. Bell 2:05.1; 2, S. Collins 2:05.9; 3, L. McGeehan 2:06.9. 1500: (A): 1, G. Green 4:11.8; 2, A. Severs 4:15.1; 3, A. Deeley 4:15.5. (B): D. Clarke 4:20.9. 80H: (A): 1, A. Winning 12.0; 2, P. Slater 12.1. (B): L. O'Toole 11.9. HJ: (A): 1, N. York 1.85; 2eq, R. Lautch & A. Pollard 1.65; 4eq, P. Atkin & S. Winstanley 1.65. (B): D. Glover 1.71. PV: 1, Ashurst 3.15; 2, P. Woolley 3.05. TJ: 1, C. Bloomfield 12.72; 2, A. Smalling 12.31; 3, R. Edwards 12.30. SP: 1, B. George 14.47; 2, J. Clare 14.45; 3, J. Nicholls 14.39. DT: (A): 1, K. Homer 38.72; 2, P. Cawthorn 37.82; 3, Clare 36.42. (B): 1, Mobley 37.62. HT: Fox 40.56. JT: K. Buckley 50.22.

(Senior Girls): 400: 1, R. Heathcock 57.1; 2, H. Waterhouse 57.7. 800: A. Soar 2:15.7. 100H: (A): 1, E. Little 14.5; 2, H. Brown 14.9; 2, C. Price 15.3. (B): K. Millerchip 15.4. HJ: S. Hunt



## FLOODLIT OPEN GRADED MEETING

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

Parliament Hill Fields

WEDNESDAY, 15th AUGUST, 1979

|           |        |        |
|-----------|--------|--------|
| 6.00 p.m. | Hammer | Men    |
| 7.00 p.m. | 100m   | Men    |
| 7.20 p.m. | 100m   | Ladies |
| 7.30 p.m. | 400m   | Men    |
| 7.55 p.m. | 3000m  | Ladies |
| 8.10 p.m. | 3000m  | Men    |

Entries: Senior, Juniors and Senior Ladies 35p per event, others 20p per event to Paul C. Lovell, 78 Parkhill Road, London NW3 2YT. Please give name, address, club, event and best recent performance; and enclose entry fee. S.A.E. for acknowledgement of entry.

Needle spikes only may be used on this surface — maximum 6mm.

ENTRIES CLOSE 11th AUGUST

## DERBY & COUNTY A.C. present a

# 3000 METRES OPEN RACE

(Under A.A.A. Laws)

in conjunction with their annual  
ATHLETICS MEETING

at Derby Municipal Stadium  
on

TUESDAY,  
AUGUST 21st, 1979

Meeting starts at 7 p.m.

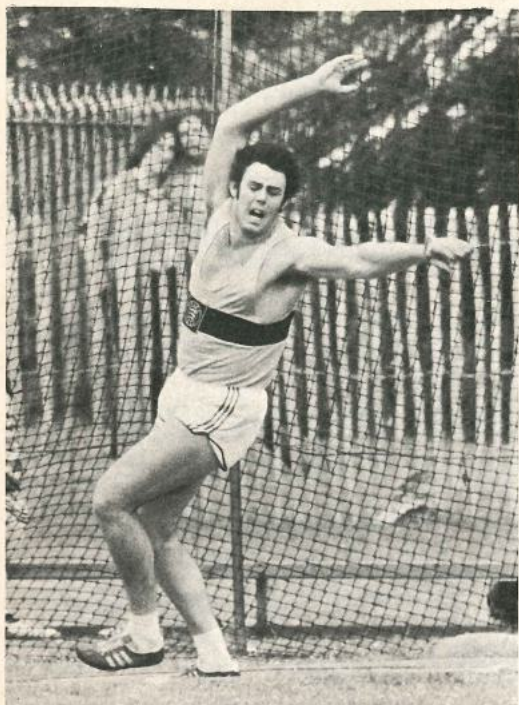
3000 metres approximately 8 p.m.

### PRIZE VALUES

1st £50, 2nd £40, 3rd £30, 4th £20

NO ENTRY FEE

Entries, early as possible please and not  
later than August 8th, to G. Edwards, 47  
Marjorie Road, Chaddesden, Derby.



**Martin Girvan: an outstanding winner of the hammer at the English Schools.**

Mike Street

1.70. SP: 1, Price 11.96; 2, B. Meloney 11.10; 3, C. Pearson 10.76. DT: E. Ayres 36.72. JT: (A): 1, P. Haes 41.92; 2, S. Gibson 40.42; 3, A. Archer 36.14. (B): D. Middleton 37.00. (Inters): 100: 1, J. Grey 12.2; 2, K. Ball 12.3; 3, D. Phipps 12.3; 4, A. Keegan 12.4. 200: M. Lewis 25.8. 400: (A): 1, F. Weston 57.3; 2, W. Adams 58.8; 3, B. Taylor 58.8; 4, D. Spicer 59.4; 5, A. Berrington 59.8; 6, J. Onion 59.9. (B): J. Cash 60.0. 800: (A): 1, L. Baker 2:15.0; 2, N. Salisbury 2:16.4; 3, S. Lees 2:17.5; 4, M. George 2:18.1. (B): 1, H. Gaskell 2:18.0; 2, Weaver 2:19.5. 1500: (A): 1, P. Matherson 4:35.9; 2, L. Driver 4:39.4; 3, W. Benfield 4:51.0; 4, N. Carmodie 4:53.0; 5, L. Goulborn 4:54.2. (B): 1, M. Drath 4:45.0; 2, T. Gill 4:52.2. 80H: (A): 1, L. Belley 11.6; 2, B. Malpass 11.7; 3, D. Leek 11.8; 4, J. Pottifer 12.4. (B): D. Phipps 11.7; 2, J. Langston 11.9; 3, K. Swallon 12.2; 4, L. Sellers 12.3. HJ: (A): 1, D. Kerfoot 1.75; 2, J. Frost 1.70; 3, D. Butler 1.60. (B): K. Robinson 1.65. LJ: (A): 1, J. Boyd 5.33; 2, L. Chent 5.31. (B): A. Barrett 5.26. SP: (A): 1, C. Gregory 11.96; 2, A. Hanson 10.70; 3, D. Mitchell 10.43; 4, M. Rainford 10.30; 5, K. Thompson 9.84. (B): 1, P. Webber 10.80; 2, G. Bunns 10.61; 3, H. Clough 9.74. DT: (A): 1, E. Hindley 33.70; 2, J. Salter 32.02. (B): K. Beesley 30.58. JT: 1, J. Harding 34.46; 2, C. Wallis

34.38; 3, A. Douglas 31.78. (Juniors): 100: (A): 1, H. Pinkington 12.5; 2, E. Kessebeh 12.5. (B): A. Turner 12.5. 200: (A): J. Parry 24.7. (B): L. Hanson 26.3. 800: (A): 1, M. McPhee 2:18.2; 2, S. Withers 2:19.1; 3, E. Donague 2:19.7; 4, P. Weaver-Smith 2:20.9; 5, K. Lawrie 2:21.9; 6, T. Ingram 2:22.5. (B): J. McGee 2:19.0; 2, S. Batstone 2:21.8. 1500: (A): 1, F. Keyte 4:45.5; 2, A. Cardus 4:46.4; 3, A. Shirloy 4:52.8; 4, L. Vose 4:54.9; 5, J. Platt 4:55.9. (B): 1, B. Liely 4:49.5; 2, A. Taylor 4:59.6. 75H: (A): 1, B. Booth 11.6; 2, S. Preece 11.6; 3, A. McArdle 11.8; 4, J. Booth 12.0. (B): 1, S. Harris 12.0; 2, A. Girvan 12.0. HJ: (A): 1, C. Summerfield 1.70; 2, M. Cropper 1.65. (B): 1, S. Burrows 1.60; 2, D. Goodwin 1.55. LJ: C. O'Rourke 5.17. SP: 1, D. Winstanley 10.82; 2, D. White 10.52; 3, D. Wilson 10.26; 4, S. Peach 9.92. DT: K. Norton 27.00. JT: 1, J. Griffiths 30.60; 2, M. Murphy 29.02; 3, M. Fitzgerald 28.18.

## SCHOOLS COUNTY CHAMPIONSHIPS

### BERKSHIRE

**At Denefield, June 30th**

(Junior Girls): 100: L. Troup 12.8.

### HAMPSHIRE

**At Aldershot, June 9th**

(Senior Boys): 100: D. Cave 11.0. 2000SC: P. Barratt 6:06.0. (Inters): 400: S. Snook 51.3. 3000: S. Judah 8:57.6. 100H: P. Besanko 13.70. 400H: N. Bridger 58.4. HJ: B. Jewers 1.92. TJ: 1, Timbers 13.92. SP: S. Wilson 14.83. 3000W: 1, J. Ball 14:30.4; 2, M. Dennison 14:36.4. (Juniors): 400: W. Morris 53.5. LJ: 1, A. Buchan 5.79; 2, C. Baker 5.78. DT: R. Frost 37.96. JT: T. Gyorffy 44.00. (Senior Girls): 200/400: L. Reeve 25.4/58.0. 1500: K. Dunn 4:37.2. HJ: 1, S. Grady 1.69; 2, D. Mulberry 1.66. LJ: M. Smallwood 5.69. DT: J. Curtis 36.26. (Inters): 200: L. O'Toole 25.6. 400: 1, L. Keough 56.9; 2, P. Russell 59.5; 3, C. Wallace 60.2. 800: 1, C. Thompson 2:18.2; 2, R. Griffiths 2:19.3. 1500: 1, W. Lodge 4:31.7; 2, L. King 4:32.9; 3, W. Purser 4:38.3; 4, D. Wildash 4:52.0. 80H: T. Ramsden 12.4. HJ: C. White 1.59. LJ: J. Berry 5.26. SP: E. Beardmore-Grey 10.02. DT: J. Hobson 31.44. JT: N. Bradshaw 33.98. 4x100: Eastleigh/Winchester 49.9. (Juniors): 800: 1, M. Reilly 2:19.9; 2, H. Stringer 2:20.8; 3, J. Burton 2:21.2. 1500: 1, D. Hillyer 4:50.2; 2, J. Devlin 4:55.4; 3, D. Amey 4:55.6; 4, G. Fearnley 4:57.7; 5, S. Roland 4:59.5. 75H: 1, S. Sherratt 11.9; 2, C. May 12.1; 3, F. Carter 12.1. HJ: H. Myers 1.63. DT: L. Higman 33.12.

### SOMERSET

**June 9th**

(Senior Boys): 100/200: P. Adedeji 11.1/22.6. 400: 1, M. Weaving 49.6; 2, P. Crole 50.7. 400H: 1, S. Anderson 57.1; 2, D. Sussex 57.2 (56.8 ht).

DT: P. Bowkett 43.74. HT: N. Skinner 45.56. (Inters): 100H: T. Leeson 14.4. 400H: R. Davies 59.6. (Juniors): JT: B. Aranah 46.60. (Senior Girls): 400: K. McDermott 56.5; 2, S. Perrins 58.3. 1500: A. Edwards 4:43.2. 100H: S. Neeham 15.6. (Inters) HJ: 1, F. Waterman 1.66; 2, K. Adams 1.58. (Juniors): JT: T. Maurer 29.34.

### SUSSEX

(Senior Boys): 110H: 1, A. Finnemore 15.2; 2, A. Milner 15.5. HJ: C. Welch 1.90. SP: G. Taylor 13.65. HT: 1, A. Carruthers 53.22; 2, A. Noakes 47.72; 3, A. Hall 46.00. (Inters): 400: M. Fabes 49.4. 800: M. Rowlands 1:53.8. 1500: C. Bigg 4:04.9. 3000: M. Lassester 8:50.9. 1500SC: 1, M. Clark 4:31.4; 2, P. Bristow 4:33.3; 3, P. Chamberlain 4:37.2. 100H: D. Lawrence 14.3. 400H: C. Lush 58.7. HJ: J. French 1.88. SP: S. Elsley 13.70. DT: 1, G. Power 42.76; 2, A. Bonetti 42.00; 3, A. Ward 41.18. HT: M. Jones 48.90. (Juniors): HJ: N. Buss 1.78. TJ: A. Waites 12.27. JT: D. Gibbing 46.98. (Inter Girls): 400: 1, A. Nichols 57.8; 2, L. Owen 60.0; 3, M. Pratt 60.1. HJ: 1, K. Bachtiger 1.65; 2, A. Brookes 1.60. LJ: B. Dixon 5.50. DT: T. Read 34.20. JT: 1, K. Miller 36.40; 2, J. Elliott 31.26. (Juniors): 800: 1, D. Campbell 2:19.7; 2, S. Vinal 2:21.6. 1500: 1, D. Thomas 4:47.4; 2, L. Shepherd 4:48.1. HJ: H. Main 1.54. SP: 1, J. Creed 10.73; 2, L. Allday 10.17. DT: 1, D. Woolgar 29.08; 2, M. Oweche 28.30. JT: 1, C. Marten 39.10; 2, D. Scott 28.22.

\* \* \*

**Berks Schools Championships, at Bracknell.** (U/20 Boys): 5000: P. Lanfear (Read) 14:57.0. (U/17): 800: G. Marlow (Brack) 1:59.6. 3000: J. Solly (Newb) 8:56.6. 100H: B. Chandler (Read) 14.4. HT: A. Kenneally (Read) 62.26. (U/15): 100: K. Wade (Slough) 11.9. 1500: D. Peaple (Newb) 4:18.9. HJ: K. Carty (Slough) 1.67. TJ: S. Anderson (Slough) 13.60. DT: J. Willis (Newb) 36.70. (U/20 Girls): LJ: J. Browning

(Slough) 5.68. DT: F. Condon (Brack) 45.00. (U/17): 800: S. Coulson (Wok) 2:16.6. 1500: 1, K. Fairbrass (Read) 4:38.0; 2, K. Whapshott (Brack) 4:47.8; 3, J. Parr (Newb) 4:49.9; 4, M. Whittle (Newb) 4:56.5. SP: L. Hester (Brack) 9.86. DT: 1, J. Picton (Slough) 43.00; 2, S. Parker (Brack) 41.40. JT: J. Horley (Brack) 35.74. (U/15): 200: M. Miles (Brack) 26.2. 800: C. Gordon (Wok) 2:19.9. 1500: 1, J. Cooper (Newb) 4:46.9; 2, M. Picton (Slough) 4:54.1. DT: J. Stanton (Brack) 32:82.

### June 9th

**Kent Schools Championships. (Snr Boys):** 110H: Hunt 15.5. HJ: J. Bancroft 1.91. SP: P. Milbourn 16.65. DT: M. Lambert 41.38. (Inter Boys): 800: Snell 1:59.7. 400H: B. Rodger 58.4. SP: 1, C. Gubbins 14.02; 2, G. Scales 13.86. DT: R. Wood 41.40. JT: 1, C. Mackenzie 69.12; 2, N. Hayford 62.24; 3, R. Cear 54.68. (Junior Boys): 100: Ashen 11.6. 400: Berkeley 55.4. 1500: Bean 4:16.5. SP: 1, A. Osgood 14.97; 2, I. Smith 14.12. (Inter Girls): 800: 1, F. Rider 2:19.9; 2, C. Mole 2:20.3. HJ: V. Walsh 1.63. JT: 1, C. Dawkins 35.00; 2, B. Davies 33.60; 3, C. Jones 31.70. (Juniors Girls): 800: 1, Hughes 2:21.4; 2, Wittekind 2:21.8; 3, Bruce 2:22.4. 1500: 1, J. Rose 4:43.3; 2, N. Brown 4:48.7. SP: C. Koppell 10.08. JT: 1, D. Briggs 30.80; 2, M. Bennett 29.50.

### UK JUNIOR ALL TIME HANDBOOK

Just published, this booklet will appeal to all who follow junior athletics. It includes deep all-time lists, UK age bests, and results (first 8 & UK placings) of previous European Junior Championships. Compiled by the NUTS, the publication is available from the 'AW' Book Dept, price £1.75.

Readers will be sorry to hear that Barbara, the wife of former mile star Ken Wood, was knocked down by a car recently while out jogging and is in the Intensive Care Unit at Sheffield's Hallamshire Hospital. As a result Ken will be unable to run in the vets events he had entered.

Tim Butters, the secretary of the Southern Women's League, informs us that some addressed labels have been 'lost in the post'. Clubs wanting results but not receiving them should send replacement labels to Tim at Fennell Cottage, Station Road, Nassington, Peterborough, Cambridgeshire.

Regina Joyce did not run 800 in 2:05.4 on July 14th as reported last week; in fact it was Monica Joyce who won the race — in 2:09.4.

### SOUTHAMPTON & EASTLEIGH A.C.

## OPEN GRADED MEETING

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

**SUNDAY, 12th AUGUST, 1979, at 2.15 p.m.**

At the Sports Centre (Polytrak), Bassett, Southampton

**Men S/J** 400mH (2.15 pm), 100m, 200m, 400m, 800m, 1 Mile, 5000m, S.P., D.T., J.T., H.J., L.J.

**Y** 100m, 200m, 400m, 800m, 1 Mile.

**B** 100m, 200m, 400m, 800m, 1 Mile.

**Ladies: S/I** 100m, 200m, 800m.

**Entry Fee:** 20p per event to M. E. F. Gray, 23 Broadwater Road, Southampton SO2 2DU, with 1979 best performance. **Closing date: Tuesday, 7th Aug.**

Definitely no late, no telephone, no on day entries.

**Last Open Meeting 1979 — 8 September**

# Greater London Council London Amateur Athletic Championships

Promoted by the Greater London Council in co-operation with the Amateur Athletic Association.

**Saturday, 1st September, 1979, at 2 p.m.  
at West London Stadium**

If necessary, preliminaries will be held on 31st August at 6.30 p.m.

The meeting is open to athletes from within the Greater London Council area (see regulations).

## EVENTS

### Men (Senior)

100 metres  
200 metres  
400 metres  
800 metres  
1500 metres  
5000 metres  
3000 metres Walk  
High Jump  
Long Jump  
Triple Jump

Shot  
Hammer  
Discus  
Javelin  
2000m S/C

### Youths

100 metres  
200 metres  
800 metres

### Men (Junior)

100 metres  
200 metres  
400 metres  
800 metres  
1500 metres  
Long Jump  
Triple Jump

Challenge trophies for all established events. W. J. Pepper Trophy to top-scoring club (men's events). Individual awards and certificates under A.A.A. Standard Award Scheme.

Full particulars and entry forms can be obtained from Club Secretaries, G.L.C. tracks or from Chief Officer of the Parks Department (M4/S), The County Hall, London SE1 7PB. Telephone: 01-633 1708.

**Closing Date 9th August, 1979**

**GLC Parks**

# Walking Commentary

**50th Birthday win for Ken Harding in Manchester to Blackpool (June 23rd).** Though his race appearances are sparse nowadays, Ken Harding has always been a very consistent performer. This was again confirmed when he made amends for his defeat by John Lees last year by scoring his fifth victory in six years on his 50th birthday. 1, K. Harding (RSC) 8:01:02; 2, A. Collins (Holl) 8:06:58; 3, K. Halstead (Cov) 8:09:24; 4, J. Heywood (Leics) 8:39:28; 5, J. Dowling (Sheff) 8:52:45. Team: Leicester.

**Hans Michalski wins Luxembourg 50km Champs, at Esch (June 24th).** German international, Hans Michalski, won narrowly from local favourite, Lucien Faber, in a close race with Walter Schwoche surprisingly hard on their heels. Using the 7 a.m. start and 2km lap to advantage, the start was a fast one with the summer weather slowing men later on. Dennis Sheppard (Anglia) retired, but Geoff Hunwicks battled through for 15th. 1, H. Michalski (Ger) 4:22:21; 2, L. Faber (Lux) 4:23:28; 3, W. Schwoche (Ger) 4:24:57; 4, W. Drossler (Ger) 4:27:39... 15, G. Hunwicks (Ilf) 4:53:00.

**Carl Lawton beats Amos Seddon in Basildon 15km, at Basildon (June 24th).** Repeating his victory of last year, Carl Lawton took 30 sec off his 1978 clocking despite the windy conditions and a strong challenge from Amos Seddon. There was a good battle for third place, which saw George Nibre emerge the stronger from the informal Essex 'twins', Don Cox and Ken Carter. In a close women's 5km, Beverley Francis held off Sue Till and Julie Robery, both of whom are rapidly nearing our impressive top group. 1, C. Lawton (Bel) 69:13; 2, A. Seddon (Enf) 69:46; 3, G. Nibre (Ilf) 71:17; 4, D. Cox (Ilf) 71:34; 5, K. Carter (Ang) 71:58; 6, M. Dunion (Ang) 73:14; 7, R. Sheppard (Ilf) 74:28; 8, P. Hodgkinson (Camb.

H) 75:37; 9, B. Armstrong (Ilf) 76:00; 10, J. Newnham (Bel) 76:02; 11, D. Hay (Hav) 76:27; 12, L. Mockett (Ilf) 76:42; 13, G. Scott (Enf) 76:44; 14, M. Nicholls (Bel) 76:45; 15, J. Evans (Ilf) 78:06. Team: Ilford. **(Juniors/Youths 5km):** 1, R. Dorman (Bel) 23:46; 2, D. Buchanan (B&H) 24:10; 3, K. McDermott (Bel-Y) 25:35; 4, C. Hunt (Hav) 26:10; 5, P. Sugg (B&R) 26:20; 6, N. Perry (B&H) 26:35; 7, J. Bean (Stey-Y) 26:51; 8, C. Blundell (B&H-Y) 27:03; 9, R. Goad (Stey-Y) 27:15; 10, I. Hartles (B&R-Y) 27:59. Team: Brighton & H. **(Boys 3km):** 1, K. Zuber (Hav) 15:30; 2, N. Buchanan (B&H) 15:44; 3, P. Tuft (Hav) 15:50; 4, J. Markham (W. Gn) 15:51; 5, S. Maguire (Hav) 16:15; 6, D. Bearman (Stey) 16:23. Team: Havering. **(Colts 2km):** 1, G. Ringshaw (Stey) 10:14; 2, G. Brown (Stey) 10:25; 3, S. Herring (Hav) 10:28; 4, M. Hesketh (Stey) 10:37. Team: Steyning. **(Women 3km):** 1, B. Francis (B&H) 15:23; 2, S. Till (B&H) 15:29; 3, J. Robery (Hav) 15:32; 4, J. Wickham (Harb) 16:27; 5, K. Blows (Hav-I) 17:33; 6, H. Roe (Sol-I) 17:54; 7, C. Buchanan (B&H-I) 18:00; 8, J. Askew (Med-I) 18:07. Team: Brighton & H. **(Juniors 2km):** 1, T. Butler (Hav) 10:37; 2, L. McCarthy (Hav) 10:39; 3, E. O'Rawe (S'end) 11:00; 4, S. Brown (Stey) 11:13. Team: Havering. **(Girls 2km):** 1, K. Bowers (B&R) 10:40; 2, D. Naylor (Harb) 10:42; 3, H. Ringshaw (Stey) 10:46. Team: Bromsgrove & R.

**A. D. McSweeney Memorial 3km, at Parliament Hill (June 26th).** 1, G. Nibre (Ilf) 13:36; 2, J. Newnham (Bel) 13:44; 3, G. Scott (Enf) 14:04; 4, E. Holmquist (High) 14:19; 5, S. Wynn (Sy) 14:21; 6, D. Salter (Enf) 14:21. **(Juniors):** 1, I. Cole (Wal. F) 14:30; 2, M. Hills (Met. P) 16:42. **(Youths):** 1, K. McDermot (Bel) 14:50; 2, S. Griffiths (Wal. F) 16:07; 3, R. Sadiq (Wal. F) 16:15; 4, S. Phillips (Wal. F) 16:28. **(Boys):** 1, T. McDermot (Bel) 16:47; 2, P. Saunders (Wal. F) 16:53.

**Southern Western Counties 10km Champs.** The track championship will be held at the Weymouth Athletic Centre on August 18th at 2.00 p.m., incorporating an open race. There will also be a 2km championship for boys.

**Germany v France 20km, at Grand Quevilly (June 2nd).** 1, H. Michalski (G) 1:33:31; 2, H. Schubert (G) 1:36:22; 3, J-P. Garnung (F) 1:36:50.

**American results.** Chris Shea (18) recorded the fastest women's mile, indoors or out, with a 6:58.4 time indoors in New York (AAU Champs) on February 23rd. Another world best at this meeting was a 12:40.0 2M by Todd Scully. Scully had, in New York on February 9th, set a world best of 5:55.8 for the mile with quarter times of 85.4, 88.6, 92.4 and 89.4. Jim Heiring and Chris Hansen clocked a USA record of 20:53.9 for 5km

**LEAMINGTON C. & A.C.**  
Second

## THREE TOWNS RACE (OVER 20Kms)

**MONDAY, 27th AUGUST, at 10.30 a.m.**  
ALSO

## LADIES 4½ MILE ROAD RACE

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

**Prizes:** 1st 8 Ind. and 1st & 2nd Vet. 1st Vet O/50, 1st & 2nd Teams (3 to count). Prizes for 1st 3 in Ladies event.

**Entry Fee:** 40p to Mrs. V. Brant, 10 Normandy Close, Hampton Magna, Warwick, by 15th August.

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indoors at Racine, Washington, on February 3rd. In Montreal on February 11th, still indoors, Canada's Marcel Jobin defeated Scully over 3km, 11:37.0 to 11:40.4. In the USA v USSR match 3M at Fort Worth on March 3rd, Yevgeniy Yevsyukov clocked 19:03.3 (6:08, 12:23) ahead of Scully (20:02.2) and Heiring (20:36.4).

The encouraging depth of American walking is shown by the fact that no fewer than nine men bettered 8 miles in the AAU one hour competition held on a postal basis. 1, Neal Pyke 8M 1021y; 2, T. Scully 8M 807y; 3, L. Walker 8M 496y; (Masters) D. Romansky 8M 174y; (Women) C. Shea 7M 133y. (11.2. San Mateo) 20M: 1, Pyke 2:35:53; 2, W. Ranney 2:36:44. (4.3. Palo Alto) 20km: Pyke 1:28:27. (24.3. Palo Alto) Track 5000: Pyke 20:41.6 (US rec). (25.3. Mission Bay) 20km: 1, L. Walker 1:31:37; 2, Ron Laird (Vet) 1:36:22. (21.4. San Diego) 20km: Roy Sheppard (Ilford) 1:48:00 (in 80°F heat). (28.4. Seattle) Track 5000: 1, P. Millard 23:41.2; 2, Peter Ryan (Sheffield) 23:41.3. (28.4.) Track 20km: Heiring 1:30:04 (US rec). (6.5. Wisconsin) AAU 15km: 1 eq, M. Jobin (Can) & Hansen 66:58; 3, Heiring 68:22 ... 8, Ryan 73:32; 10, Sheppard 75:48.

Colin Young

**Sussex 10km Track Championships, at Brighton (June 23rd).** 1, G. Morris (Stey) 46:43.0; 2, S. Elms (Stey) 47:15.6; 3, D. Hall (Bel) 48:15.6; 4, D. Stevens (Stey) 48:23.2; 5, A. Geal (Stey) 49:04.8.

**3km Track Races at Brighton (June 28th).** 1, M. Parker (B&H/N.Z.) 12:38; 2, K. Dale (B&H) 14:48; 3, N. Perry (B&H) 15:05. (Youths): C. Blundell (B&H) 15:42. (Boys): 1, G. Ringshaw (Stey) 15:56; 2, G. Brown (Stey) 15:58; 3, M. Hesketh (Stey) 17:29. (Women): D. Mann (B&H) 17:33. (Juniors): 1, S. Brown (Stey) 17:23; 2, H. Ringshaw (Stey) 18:05.

**3km Track Races, at Brighton (July 1st).** 1, D. Johnson (B&H) 14:01.8; 2, D. Buchanan (B&H) 14:11.8; 3, A. Attou (France) 14:31.0. (Boys 2km): 1, D. Bearman (Stey) 10:30.0; 2, J. Buchanan (B&H) 10:30.0; 3, M. Hesketh (Stey) 10:38.6. (Women): 1, B. Francis (B&H) 15:12.6; 2, S. Till (B&H) 15:21.4; 3, D. Mann (B&H) 18:01.6. (Juniors): 1, A-M. Lozay (France) 16:43.0; 2, S. Brown (Stey) 17:29.6; 3, C. Maho (France) 17:51.0.

**Raymond Justin 7M, at Eastbourne (July 8th).** 1, M. Parker (B&H/N.Z.) 51:11; 2, S. Gower (If) 52:32; 3, P. Selby (Sy) 53:30; 4, D. Stevens (Stey) 54:29; 5, A. Ardley (Ton) 55:44; 6, M. Wordsworth (Ton) 56:16; 7, A. Geal (Stey) 57:11; 8, P. Hodgkinson (E'bourne) 57:20; 9, K. Dale (B&H) 58:32; 10, C. Hobbs (Ton) 59:24. (Women): S. Till (B&H) 63:32.

Alan Buchanan

## Cooke And Binns Star

PHIL COOKE opted out of the "B" international against France and made his priority the Northern Counties Under-20 Championships at Hull on June 30th. With the exception of those defeated in the 100 and 200m everybody agreed he made the right decision. He was presented with the "athlete of the championship" award for a championship best of 21.2 in the 200 and a 10.8 that equalled the 100 championship best. It brought his Northern haul for the season to three, for earlier he had won the senior 100 crown.

Steve Binns joined the record breakers with a startling 5000m. He was challenged to the half-way mark by John Doherty but finished 150m clear in 13:47.4, a time 6.8 sec better than the record set last year by Mick Morton.

Joe Lancaster

(Juniors): 100: 1, P. Cooke (CoH) 10.8 (eq CBP); 2, D. Harding (Warr) 10.9; 3, P. Turnbull (E. Ches) 10.9; 4, G. Watts (Hick M) 10.9; 5, S. Lawrenson (Stret) 11.0; 6, H. Thomas (Warr) 11.1; 7, R. McIver (Gat) 11.1. 200: 1, Cooke 21.2 (CBP); 2, Lawrenson 21.6; 3, D. Myers (CoH) 21.9; 4, R. Gaisie (Sale) 22.0; 5, Watts 22.2; 6, P. Hutton (Furn) 22.5. 400: 1, C. Walker (Frod) 49.3; 2, W. Yates (Sale) 49.3; 3, R. Bell (Gat) 50.5. 800: 1, S. Cram (J&H) 1:56.1; 2, J. Blackledge (B'burn) 1:56.9; 3, A. Lawrence (Darl) 1:57.3. 1500: 1, P. Livesey (B'burn) 3:56.5; 2, I. Adams (Sutt) 3:56.7; 3, C. Miller (A&SV) 3:59.0. 5000: 1, S. Binns (Bing) 13:47.4 (CBP); 2, J. Doherty (Leeds) 14:04.5; 3, C. Moore (Bing) 14:44.8; 4, G. Smith (Sun) 14:49.4. 2000SC: 1, D. Lewis (Ross) 5:56.5; 2, T. Connolly (Sale) 6:00.4; 3, R. Shorrocks (LCS) 6:02.3; 4, P. Banks (B'burn) 6:02.5; 5, K. Race (Liv. P) 6:07.1. 110H: 1, R. Willard (Stock) 14.9; 2, T. Carrington (Sale) 15.1; 3, A. Medcalf (Hull S) 16.2. 400H: 1, Carrington 55.7; 2, I. McDonnell (S'port W) 56.9; 3, T. Bradley (Wake) 59.5. HJ: 1, S. Watts (C&N) 1.95; 2, M. Chalton (Wirr) 1.90; 3, G. Jones (Warr) 1.90; 4, N. Tustin (Liv. P) 1.90. PV: 1, B. Wooland (NSP) 3.64 (CBP); 2, C. Faulder (Cald. S) 3.56; 3, P. Sanderson (Liv HS) 3.48. LJ: 1, S. Metcalfe (Scun) 6.60; 2, P. Kropp (Stret) 6.52; 3, P. Corless (S'port W) 6.39. TJ: 1, Metcalfe 14.48; 2, M. Makin (Leeds) 14.38; 3, Corless 14.10; 4, P. Welsh (Wirr) 14.10; 5, D. Myers (CoH) 13.73. SP: 1, P. Davies (Liv) 14.16; 2, P. Ward (Harr) 13.01; 3, J. Borszcz (Bol) 12.26. DT: 1, T. Rogerson (Spn) 37.92; 2, Davies 37.80; 3, Borszcz 37.74. HT: 1, D. Smith (Hull S) 54.78; 2, S. Rogerson (Sale) 51.82; 3, Borszcz 47.54; 4, C. Houghton (E. Hull) 44.48. JT: 1, C. Glossop (Sheff) 61.26; 2, D. Williams (Liv) 54.70; 3, M. James (Gran) 49.30.

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