

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

JULY 30th 1977

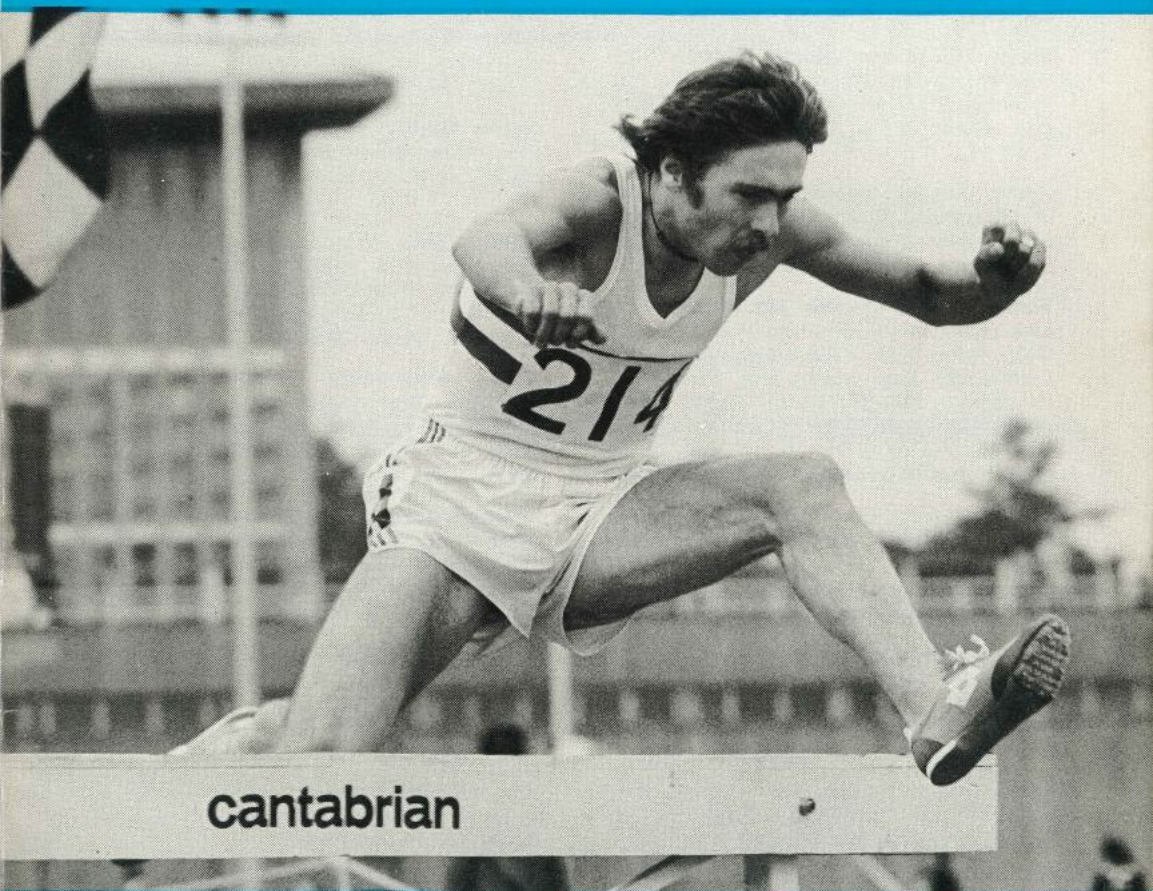
Vol. 31 No. 31

18p

AAA CHAMPIONSHIPS RESULTS

* Tony Simmons Feature

* Athletes Clinic



UK steeplechase
record holder,
DENNIS
COATES, in action
in European Cup.



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ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, July 30th: Philips Gateshead Games (2.00pm start); AAA U/20 Champs, Aldershot (1st day); NI Champs, Belfast (1st day); UK v Netherlands v Bulgaria Decathlon/Pentathlon (1st day); British League (Div 1, Haringey/2, Woodford/3, Liverpool/4, Oxford); British Women's League (Div 1, Edinburgh/2, Nottingham/3, Hull/4, Cannon); Northern League; Northern League (Div 1, Huddersfield/2, Derby/3, Bolton/4, St Helens); Northern Women's League; Scottish Decathlon Champs, Aberdeen (1st day); World Veterans 10km Road Race Champs, Bruges; Woodford to Southend '36'; Heckington '10'; Lochaber Highland Games (inc Melantee Fell Race) (1st day); Shetland AAA Jubilee Run (Muckle Flugga-Buckingham Palace).

Sunday, July 31st: AAA U/20 Champs (2nd day); NI Champs (2nd day); International Decathlon/Pentathlon (2nd day); Scottish Decathlon Champs (2nd day); Notts AC 'Salute to Sport' Meeting; Northern League Div 5 (East), Stretford; Luton United Post Trophy; Lochaber Highland Games (Half Nevis Race) (2nd day); Latrigg Fell Race (A/3M/950'), Keswick.

Monday, August 1st: Vets AC Open Meeting, Parliament Hill.

Tuesday, August 2nd: Vets AC 5M Run/5M Walk, Battersea.

Wednesday, August 3rd: SCAAA v Combined Services v Middlesex v Oxbridge, Crystal Palace; Combined Services (W) v Surrey WAAA, Aldershot; Gloucester Carnival 7M Road Race; Rosenheim League, Croydon; TVH Open Meeting, West London.

SONIA INJURED IN STOCKHOLM

Sonia Lannaman was carried off the track after injuring herself in the relay on the first day of the Sweden v UK v Poland match in Stockholm last Monday. She had earlier won the 100 in 11.27, her fastest legal time of the year. Other British winners on the first day—1500: M. Kearns 3:43.3; 10,000: N. Coupland 28:33.8; HT: C. Black 72.00; women's 400: D. Hartley 51.76; 800: J. Colebrook 2:01.2; 3000: A. Ford 9:03.9; 4x100: UK 44.39; LJ: S. Reeve 6.60. Full results, and report by Cliff Temple, next week.

Cover photo by Mike Street

AAA Championships**Mel Watman reporting**

European Cup Boost For Britain

BRITAIN'S European Cup prospects took a turn for the better when at last weekend's Nationwide Building Society Silver Jubilee AAA Championships at Crystal Palace both Sebastian Coe and Alan Pascoe made successful comebacks after injury. With all respect to Dave Warren and Pete Kelly, both of whom performed valiantly in the cup semi-final the previous week, the presence of Coe and Pascoe in Helsinki will strengthen the team considerably. Most of that team picks itself, but the selectors' difficulties in choosing the men to run 5000 and 10,000 have become even more acute . . . not because of any shortage of worthy candidates, but quite the reverse. How can Brendan Foster, who in his two outings this year has won over 5000 in 13:21.2 and now the AAA 10,000 title in 27:45.7, and with his supreme competitive record over the years also taken into consideration, possibly not be selected for one of those events? But, equally, how can one drop either Nick Rose or Tony Simmons, both of whom have done all the selectors could ask of them? Rose won the UK 5000 title at Cwmbran in 13:20.6 (heading the UK rankings) and won well in the cup semi; Simmons owns the fastest 10,000 time of the season (27:43.6) and also was a fine winner in the semi-final. Who would be a selector?

Foster's 10,000, which may have failed as a world record attempt but was a fabulous piece of running by all other criteria, was the outstanding performance of the championships. Among other highlights was another forceful front-running steeplechase by Dennis Coates, an extraordinary 5000 in which the clash between world record breakers Dick Quax and Samson Kimombwa resulted in a win for Dave Black over Bernie Ford, and a 7ft-plus high jump (2.14m) by Alan Dainton. Saturday's crowd of around 14,000 was the highest for the AAA Championships for many years.

100 METRES (Friday)

Clancy Edwards (USA), 6th fastest man in the world this year at 10.18, produced a scintillating burst of speed over the second half of the race to win comfortably from his rocket-starting countryman Charlie Wells. The distinction of being first Briton home was extremely closely contested, with Tim Bonsor nosing out Ernest Obeng, Steve Green and Les Hoyte. However, many of the top ranking British sprinters (Ainsley Bennett, Allan Wells, Dave Hill etc) were absent. So, too, was defending champion Don Quarrie, who was required to compete in Mexico City at the World Cup trials to determine the American (non-USA) team for Dusseldorf.

HIGHGATE HARRIERS

Floodlit Open Graded Meeting

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

PARLIAMENT HILL FIELDS**WEDNESDAY, AUGUST 17th, 1977**

- 7.00 p.m. 100 metres Men's.
- 7.20 p.m. 100 metres Ladies'.
- 7.40 p.m. 400 metres Men's.
- 8.00 p.m. 3000 metres Ladies'.
- 8.15 p.m. 3000 metres Men's.
- 7.00 p.m. Discus Men's.
- 7.00 p.m. High Jump Ladies'.

Entries: Vets., Seniors and Senior Ladies 20p per event, others 15p per event to P. G. Hall, 29 Homecroft Road, London N22 5EL, stating name, address, age, club, event, and best recent performance. SAE for acknowledgement of entry. Needle spikes only may be used on this surface, maximum 6 mm.

ENTRIES CLOSE AUGUST 15thEntries **NOT** accepted on the day**HIGHGATE HARRIERS**

OPEN SPONSOR MEETING

SUNDAY, 28th AUGUST, 1977**PARLIAMENT HILL FIELDS****PRIZES**

- Senior Ladies** 3000m, 800m, 400m, 100m, 100mH, LJ, Javelin, Discus.
- Inter. Ladies** 1500m, 400m, 100m, 80mH, Discus, Javelin, LJ.
- Junior Ladies** 1500m, 200m, 100m, 75mH, HJ, Discus.
- U/13 Girls** 800m.
- MEN** 800m—Standard 1m. 55s.

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ENTRY: Senior/Inter. 30p first event, 25p subsequent. Juniors 25p each event.

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STATE Best Performance — Please enclose S.A.E.

CLOSING DATE 13th AUGUST, 1977



Brendan Foster starts to pull away from Josh Kimeto in the AAA 10,000.

Mike Street

(Heats; 1st 4 to final) **Ht 1:** (-1.9) 1, E. Obeng (Bel) 10.74; 2, T. Bonsor (W&B) 10.76; 3, C. Edwards (USA) 10.75; 4, L. Hoyte (TVH) 10.88; 5, D. Baptiste (Ex B) 10.96; 6, R. Sharp (J'hill) 11.06; 7, P. Allen (N Lon) 11.06. **Ht 2:** (-1.8) 1, C. Wells (USA) 10.82; 2, S. Green (TVH) 10.89; 3, D. Roberts (Card) 11.00; 4, A. Davies (Jam) 11.02; 5, A. Staniland (Leeds Cty) 11.24; 6, T. Wells (Ex B) 11.30; 7, M. Jarrett (B'field) 11.47.

Final: (-1.3) 1, EDWARDS (USA) 10.48; 2, WELLS (USA) 10.65; 3, BONSOR 10.74; 4, OBENG 10.75; 5, GREEN 10.76; 6, HOYTE 10.79; 7, DAVIES (Jam) 10.86; 8, ROBERTS 10.98.

200 METRES

Following the recent example of Steve Riddick and Don Quarrie, Clancy Edwards completed the sprint double. This is his stronger distance (only Pietro Mennea at 20.11 has run faster than his 20.13 this season) and he left all but Glen Cohen the best part of 10 metres or more behind.

(Heats; 1st 2 to final) **Ht 1:** (-1.9) 1, Edwards 21.65; 2, S. Hall (Army/Hill) 21.79; 3, A. McMaster (EAC) 21.91; 4, P. Machin (Stret) 22.47; 5, A. Neves (B&H) 22.59. **Ht 2:** (-2.1) 1, Hoyte 21.99; 2, Davies 22.02; 3, M. Bond (Camb H) 22.14; 4, J. Chivers (Bally) 22.35; 5, T. Hadley (B'field) 22.95. **Ht 3:** (-2.5) 1, Bonsor 22.3; 2, P. Allen (N Lon) 22.4; 3, Staniland 22.5; 4, M. Jarrett (B'field) 23.0. **Ht 4:** (-1.4) 1, G. Cohen (W&B) 21.44; 2,

D. Laing (SLH) 21.73; 3, Obeng 21.83; 4, T. Whitehead (Chelm) 21.92; 5, Baptiste 22.28; 6, Sharp 22.32.

Final: (-3.0m) 1, EDWARDS (USA) 21.05; 2, COHEN 21.58; 3, DAVIES (Jam) 21.96; 4, HOYTE 22.05; 5, HALL 22.20; 6, LAING 22.34; 7eq, ALLEN & BONSOR 22.45.

400 METRES

Had David Jenkins won, it would have been his seventh successive AAA title and he would have equalled a record shared by Dennis Horgan (shot), Don Finlay (120y hurdles), Bert Cooper (2M walk), Harry Whittle (440y hurdles) and Maurice Herriott (steeplechase). But he didn't quite make it, for although he left the British opposition way behind and finished ahead of two high-class overseas rivals in Mike Solomon (45.84 this year) and Olympic finalist Richard Mitchell, Jenkins was passed in the final straight by Tom Andrews, who besides ranking as the second fastest 400 hurdler in the world this year (49.03 for second in Edwin Moses' world record race) has run 45.57 on the flat. That's not the full extent of his talent: last year he clocked 48.55 for the 400 hurdles as well as 13.6 over the 'highs'! Steadily improving Steve Scutt trimmed his personal best again, as did Alan Bell.

(Heats; 1st 2 to final) **Ht 1:** 1, M. Solomon (Tri) 47.27; 2, A. Bell (Wake) 47.87; 3, R. Milne (G&G) 48.00; 4, G. Armstrong (Sale) 48.62; 5, A. Kerr (CR) 48.82; 6, G. Stewart (W'stow) 49.45. **Ht 2:** 1, D. Jenkins (Gates) 47.78; 2, P. Hoffmann (EAC) 47.99; 3, P. Pusey (BRC) 48.32; 4, M. Clark (G&G) 48.59; 5, D. King (Vic Pk) 49.47; 6, C. Van Rees (Army/Ox) 49.80. **Ht 3:** 1, R. Mitchell (Aus) 47.23; 2, B. Jones (Camb Un) 48.05; 3, R. Benn (Croy) 48.14; 4, S. Wymark (Hull S) 48.34; 5, J. Gostelow (Croy) 48.85. **Ht 4:** 1, T. Andrews (USA) 47.52; 2, S. Scutt (Lough) 47.79; 3, G. Cook (W&B) 48.17; 4, C. Hamilton (Sale) 49.00; 5, K. O'Meally (Tip) 50.27.

Final: 1, ANDREWS (USA) 46.00; 2, JENKINS 46.34; 3, SOLOMON (Tri) 46.48; 4, MITCHELL (Aus) 46.55; 5, SCUTT 47.24; 6, BELL 47.48; 7, HOFFMANN 47.62; 8, JONES 48.98.

800 METRES

Sebastian Coe, who has been sorely missed this summer following that marvellous indoor campaign, made a magnificent and timely re-entry to finish second to the formidable Yugoslav, Milovan Savic, in an outdoor personal best of 1:46.8 and thus take over as Britain's number one in the event. A mysterious injury to his left achilles has left him very short of specific 800 training (no speed work yet, just 3½-4 miles running a day), but he has tried to compensate for that by improving his overall fitness through a lot of weight training, plus gym work, cycling and swimming. This was his first meeting, apart from a 1:51.7 at Spalding the other week, since his European indoor triumph (1:46.5) at San Sebastian.

It was a very good race, with Coe shadowing John Walker's every move as the New Zealander led through 200 in 26.0 and 400 in 53.6. These two plus Savic pulled well clear of the rest along

the next back straight, and it was still Walker just ahead of Coe as the final straight was reached. The man with the strongest finish, though, was Savic (1:45.5 this year) and he took the lead 50m from the end to win by some 4m in 1:46.3. Clearly he is looming up as a worthy successor to Luciano Susanj, who has retired from racing. Coe narrowly got the better of Walker for second place, but Dave Warren—who gave Savic such a good race the previous week—was unable to do himself justice: troubled by a sore throat and a stomach upset, he had been on antibiotics all week. UK record holder Andy Carter and 17-year-old English Schools champion Colin Szwed were both timed at 1:49.1 in their heat, a season's best for Carter (making his umpteenth comeback after injury) and the first sub-1:50 mark of his career for the young Coventry Godiva Harrier who must have clinched selection for Donetsk, along with Garry Cook—who sharpened up with a personal best 400 of 48.17.

(Heats, Friday, 1st 2 to final) **Ht 1:** 1, J. Walker (NZ) 1:48.2; 2, P. Lawther (Ann S) 1:48.9; 3, A. Carter (Stret) 1:49.1; 4, C. Szwed (Cov) 1:49.1; 5, G. Long (Bog R) 1:51.3; 6, L. Nicholson (SS) 1:51.6; 7, R. Weatherburn (ESH) 1:51.8. **Ht 2:** 1, S. Kipkurgat (Ken) 1:48.5; 2, L. Johnson (USA) 1:48.6; 3, P. Lewis (B'field) 1:49.4; 4, R. Woods (Durh) 1:50.3; 5, N. Brooks (B'heath) 1:51.6; 6, A. Roper (Swan) 1:53.9; 7, D. Marlow (H&S) 1:55.7. **Ht 3:** 1, M. Savic (Yug) 1:49.3; 2, D. Warren (E&E) 1:49.5; 3, P. Browne (TVH) 1:49.7; 4, P. McGrath (Bris) 1:49.8; 5, R. Ashton (W Corn) 1:52.0; 6, D. Elston (B'mouth) 1:53.7. **Ht 4:** 1, S. Coe (Lough) 1:50.2; 2, P. Forbes (EAC) 1:50.4; 3, P. Boswell (Sale) 1:50.7; 4, T. Young (CR) 1:50.8; 5, G. Hasler (Lich) 1:51.1; 6, J. Goodacre (Notts) 2:01.5.

Final: 1, SAVIC (Yug) 1:46.3; 2, COE 1:46.8; 3, WALKER (NZ) 1:46.9; 4, JOHNSON (USA) 1:47.7; 5, KIPKURGAT (Ken) 1:48.6; 6, LAW- THER 1:49.2; 7, WARREN 1:51.0; 8, FORBES 1:55.2.

1500 METRES

A sparkling first heat, in which Nick Rose set the pace in 60.0, 2:00.8 and 2:58.0 and five Britons finished inside 3:42, proved to be more noteworthy than the final. The heat was won by Frank Clement in 3:40.8, with Nick Rose equalling his personal best with the same time, and the next three finishers smashing theirs. John Robson (20) improved from 3:45.0 to 3:41.1; Chris Sly (19) booked his place for Donetsk with a UK junior record of 3:41.6, taking 1½ sec off Paul Lawther's mark; and Alex Amos clocked a tenth slower. The final was ruined by the slow beginning (65.2, 2:05.7) and it was Nick Rose who breathed life into it by covering the third lap in 56.1. It was the sort of race to suit Eamonn Coghlan, and the Irishman outpaced his rivals in the straight, having completed the final 800 in around 1:51. Glen Grant just held off Robson for second as Rose faded to fifth.

(Heats, Friday; 1st 5 to final) **Ht 1:** 1, F. Clement (Bella) 3:40.8; 2, N. Rose (Bris) 3:40.8; 3, J. Robson (ESH) 3:41.1; 4, C. Sly (Felt) 3:41.6 (UK

Junior record; 5, A. Amos (Gates) 3:41.7; 6, K. Hall (Aus) 3:42.3; 7, M. Fromant (Mit) 3:43.7; 8, J. Goater (RAF/Shaft) 3:46.8; 9, A. Mottershead (Stret) 3:47.3; 10, M. Coram (West) 3:50.7; 11, G. Jackson (HBS) 3:51.5. **Ht 2:** 1, G. Grant (Army/Camb H) 3:43.5; 2, W. Wilkinson (Rown) 3:45.1; 3, E. Coghlan (RoI) 3:45.1; 4, P. Banning (And) 3:45.4; 5, S. Markley (M&C) 3:45.7; 6, R. Spiers (Bella) 3:46.9; 7, A. Weatherhead (EAC) 3:47.6; 8, J. Odlin (N Lon) 3:48.6; 9, T. Colton (W&B) 3:49.8; 10, N. Leach (Craw) 3:50.6.

Final: 1, COGHLAN (RoI) 3:43.0; 2, GRANT 3:43.8; 3, ROBSON 3:43.8; 4, CLEMENT 3:44.1; 5, ROSE 3:44.3; 6, WILKINSON 3:46.0; 7, BANNING 3:47.5; 8, SLY 3:48.0; 9, Markley 3:48.6; 10, Amos 3:53.7.

5000 METRES

Who would have forecast that a clash between Dick Quax, recent world record breaker with 13:12.9, and Samson Kimombwa, Dave Bedford's successor as world 10,000 record holder, would end up with both of them being soundly beaten by Dave Black and Bernie Ford? Not Black, for one: "This was the most surprising win of my career," he declared, and no one could dispute that.

It was an odd race. The hot weather (27°C) precluded an all-out world record attack, although there were a couple of hares on hand in Ron Speirs and Australia's Ken Hall. It was at 2600m that Kimombwa began to cut loose. A lap of 62.4 opened up an 8m advantage over Quax and the next circuit, though 'only' a 64.8, extended the margin to fully 25m. With four laps to go the tiny, bustling Kenyan was 30m clear of Black, Ford, Quax and Mike McLeod—and it looked all over. Half a lap later Quax was a detached fifth, and merely going through the motions, while Black and Ford—running even pace—were beginning to make inroads on Kimombwa's lead. With the crowd roaring encouragement, Black drew close at the bell and passed his man 270m from home, while Ford slipped into second on the final bend. Running the last lap in 60.8, Black scored the most notable 5000 victory of his career—and it was all the more remarkable in view of his exertions the previous evening in the 10,000. Ray Smedley produced his best performance for quite a while to beat Quax for fourth. The New Zealander was philosophical: "I've no excuses. Some you win, some you lose—it just wasn't my day." He now intends to cut short his European tour in favour of returning to Colorado for another spell of altitude training, but he'll be back later in the season. Black said his legs felt tired from the 10,000 but he got carried away by the race. "With three laps to go I realised the African was coming back, so I put my head down."

1, D. BLACK (Small Hth) 13:33.2; 2, B. FORD (AF&D) 13:34.8; 3, S. KIMOMBWA (Ken) 13:39.4; 4, R. SMEDLEY (B'field) 13:44.6; 5, D. QUAX (NZ) 13:45.4; 6, M. McLEOD (Els) 13:45.8; 7, N. COUPLAND (S&E) 14:01.2; 8, J. TREACEY (RoI) 14:02.0; 9, R. Spence (Shett) 14:04.8; 10, M. Prince (Cty Hull) 14:08.4; 11, A. Hutton (ESH) 14:08.6; 12, R. Milne (Notts) 14:10.6; 13, G. Smith (Liv H) 14:12.0; 14, H.

Starkey (Shaft) 14:16.8; 15, A. Armitage (Lough) 14:21.6; 16, M. Baxter (Leeds) 14:22.6; 17, N. Gates (Bris) 14:26.0; 18, P. Carey (Liv H) 14:28.0; 19, K. Steere (C&C) 14:31.0; 20, J. Cain (Port) 14:33.0; 21, G. Ellis (Holm) 14:56.0; 22, J. Graham (Clyde V) 15:10.0.

10,000 METRES (Friday)

Brendan Foster came away with his first AAA 10,000 title but nothing in the way of records—not even a personal best—despite a truly outstanding run in the humid conditions. His time of 27:45.7 may have been a little slower than Tony Simmons' UK best for the year (27:43.6) but it has to be noted that whereas Simmons finished fourth in his race, a fiercely competitive affair behind Samson Kimombwa's world record 27:30.5, Foster was out on his own for the last 6000m. In the entire history of 10,000 racing, only seven men have won in faster time: Ron Clarke, Lasse Viren, Dave Bedford, Steve Prefontaine, Carlos Lopes (who, by the way, is out injured for the rest of the season), Kimombwa and Foster himself.

"I came here to run a good ten," said Foster. "I hoped to take the world record and I didn't. I'm not apologising for it. It's a good run, a good time." The arrangement was that Josh Kimeto, Kenyan holder of the American collegiate 5000 title, would attempt to run the first half of the race in 13:35 (his personal best is 13:37.8!) and Bren would then be on his own. As it turned out, Kimeto was unable to hold the required pace for more than 4000m, and 50m into the 11th lap Foster struck out, opening a 40m lead with a 65.4

Intermediate Times Compared

	Bedford	Kimombwa	Foster
1000	2:40.0	2:45.2	2:42.8
2000	5:23.2	5:28.2	5:23.6
3000	8:08.4	8:14.3	8:05.4
4000	10:54.6	11:01.4	10:53.3
5000	13:39.4	13:48.7	13:38.9
6000	16:26.2	16:35.7	16:28.5
7000	19:14.2	19:17.4	19:17.4
8000	22:02.0	22:00.5	22:10.4
9000	24:50.4	24:46.0	25:01.0
10,000	27:30.8	27:30.5	27:45.7

lap. At 5000 Brendan's time was 13:38.9—the fastest split in 10,000 history — while Kimeto passed in 13:46 and Dave Black in 13:48.

"That first 5000 was a dream," he enthused. "It was beautiful; I was floating. When he (Kimeto) was leading, it was magic. I've never had anybody leading me that long in this type of race. But I was away before I wanted to be; if he had gone another four or five laps I wouldn't have had too long on my own. I wasn't prepared to dig deep enough. With eight or nine laps to go I thought I had to keep something back. If the record had still been on with three laps to go I could have mustered up a couple of 63's to finish up with, but when you've lost it you really cannot do a lot. I could have run 27:45 off an even pace and felt terrific, but I laid it on the line. I'm pleased with the run and I think 27:30 is on the cards for me."

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ATHLETES CLINIC

QUERIES are answered and advice given by an orthopaedic surgeon specialising in athletic injuries. If you have any such problem on which you have not been able to obtain expert advice, write to 'Athletes Clinic', c/o 'Athletics Weekly' with full details relating to your case, but keeping your letter as brief as possible. Answers will be of a general nature rather than individual, so that other athletes who may be suffering from, or may suffer in the future from this type of injury will therefore benefit from the advice given. The orthopaedic surgeon concerned cannot enter into individual correspondence.

CALF MUSCLE PAIN

Dear Sir,

In October 1975, during a 5 mile road race, I felt a tight pain in the calf muscles of both legs going up a steep hill. I finished the race and unwisely kept training in the weeks that followed.

I began running at the age of 18 in 1970 and until the above date never experienced any leg injuries. I trained a lot in light shoes; my miles increased from 20 to 45-50 and each year saw a steady improvement in my fitness. Despite an increase in training, 1975 was a poor year. My legs felt heavy but I regarded this as a psychological not a physical problem.

The pain in my calves did not go away and in February 1976 I went to the doctor. His answer was rest. I jogged till June but every time I tried to run hard the tightness returned. In desperation I asked my doctor to make an appointment for me at the orthopaedic clinic in a Glasgow hospital. In September 1976 the specialist examined my legs and stated that if you run you must expect pain and that in his opinion the pain was caused by a build-up of lactic acid in my legs. The magic cure: rest.

I did light training in the winter of 76/77 and in February I successfully completed the Scottish 7½M CC championship. Encouraged by this I steadily increased my mileage, to 40-45 a week at LSD pace. I now run only in heavy shoes and I do exercises before each run that stretch my calf muscles. I feel a slight tightness in my right leg and am worried that if I try to train hard again the pain will return. I hope that your athletes clinic could give advice on this problem.

Francis Cooney,
Dumbarton Harriers

It sounds from Mr Cooney's story as if he had been developing one of the over-use conditions which sometimes affects the legs of middle and long-distance runners and which is associated with feelings of pain and tension in or around a muscle. Certainly the condition, or at least the discomfort arising from the condition, can be made worse by psychological stress. It is interesting to note that Mr Cooney finds it easier to run and train in heavy shoes; this is probably

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To: Mr C. Bagulay, 55 Craven Street, Melton Mowbray, Leics (Tel: Melton 4383).

BY 15th SEPTEMBER, MONDAY—LATEST

(Any late entries will be returned this year)

N.B. Boys aged 14 & 15 yrs on August 31st

because the weight of the shoe together with its characteristics in terms of shoe flexibility and so on modify his running gait in such a way that the over-use condition does not arise so markedly. I doubt very much whether there was a genuine build-up of lactic acid in Mr Cooney's legs—this may have been an oversimplified description for him of what was going on. Certainly in over-use conditions there is a build-up of muscle metabolites, particularly intramuscular fluid, which causes the symptoms to be worse. Rest is of course the right way of dealing with the problem in the acute phase. In the long run, if symptoms persist, it is necessary to localise very accurately which particular muscle groups are affected when occasionally decompression by a small surgical operation can work wonders. It is also necessary in these cases to be sure that one is not dealing with a stress fracture. It would probably be a good idea for Mr Cooney to find a specialist in the Glasgow area who has a particular interest in the disabilities of sport. It must be understood that not all Orthopaedic Surgeons are interested in sports injuries since these form really only a small part of the very wide area of orthopaedic practice.

BLOCKED NOSTRIL

Dear Sir,

For two years I was suffering from a deflected nasal septum, of which I was unaware. One nostril was completely blocked and when I eventually found out the cause of my chronic loss of form I had an operation on my nose. Some of the septum bone at the bridge of the nose was removed but the right nostril is still only two-thirds the size of the left one. As a middle distance runner will this affect my overall oxygen intake and my performance?

Before the injury I held several county titles and had finished 10th in the English Schools CC of 1973. Following the operation I was found to be suffering from four impacted wisdom teeth which required another operation on April 1st and now I find it very tough work after about 6 minutes jogging.

I am a very keen athlete and realise that my case probably has no relevance to other athletes but would welcome any advice.

Robin Hewitt,
Southampton

Deviated nasal septum is not at all uncommon and in some people, as in your case, may be quite severe. When that happens the operation of submucous resection has to be carried out to try to make a little bit more of an airway. This is really more important for the prevention of sinus infection than from the point of view of helping you to run because most runners get all the air they need by breathing through their mouth rather than through their nose. I don't think there is any reason to suspect that the problem with your nose need seriously affect your overall oxygen intake as a middle-distance runner.

Wisdom teeth can also cause a great deal of trouble, not only because of pain and discomfort, but also give rise to a certain amount of sepsis. After you have had the wisdom teeth removed you feel knocked about for quite a long time and it is not uncommon to find getting back into training very difficult. Don't worry about this, press on with the good work and you will find you get back to form in due course.

BLISTERS

Dear Sir,

Whilst recently running in a 1500m race on a hot cinder track I developed very large blisters on the ball of each foot. My feet were in very good condition before the race (I had rubbed surgical spirit into them for several weeks but not on the day of the race) but during the race the blisters swelled up and burst; as a result the skin peeled and my feet began to bleed.

I wonder whether you could give any hints on the prevention/reduction in risk of blisters and the treatment of blisters which occur. I would also be interested in your views on the wearing of socks during races as I have read that they can cause blisters, but till now have always worn them.

Andrew Charman,
Polytechnic Harriers

Blisters are very common in runners and are most frequent when there is sudden change in atmospheric conditions causing excessive perspiration in the feet or if the shoes are suddenly changed. Rubbing spirit onto the feet may cool but it does not do anything very much to prevent blisters. The important way of preventing blisters is the gradual build-up of training to harden the feet and then to wear as far as possible the same type of shoes all the time. Socks may or may not help and are very much a matter of individual preference. Too many athletes use different shoes for training and racing; it is not uncommon to get blisters if you wear a new pair of shoes, or relatively new pair of shoes, for racing having trained in old and sloppy shoes. Treatment can be pretty uncomfortable. When the blister is burst application of tincture of iodine or mercurochrome in spirit stings like the very devil but does dry things up very quickly. After application of suitable drying agent or spirit a light elastoplast may be stuck straight onto the blistered area as a protection for further running.

HAMSTRING WEAKNESS

Dear Sir,

The problem I would like your advice about is, I think, rather unusual. It concerns the (left) hamstring, which has gradually developed a 'weakness'. I first noticed this in races over 18 months ago, when I seemed to lose the 'elasticity' of the muscle needed to drive off the ground while racing (it did not affect me in the slower pace used in training). Last winter I got through

the cross-country races OK but in the first road race I attempted (in March) the hamstring 'went' after about $\frac{1}{4}$ mile and I couldn't get any power into my stride. It was not a complete 'pull' and I could manage to jog on to the end of the race. After this race I got through another CC race (on a very wet, muddy and soft surface) at half effort—so it appears that hard surfaces such as roads or tracks do the damage, and even then only at hard efforts as in races or speed work.

I obtained one medical opinion after the 5M road race, to the effect that there was nothing seriously wrong and that after a ten day complete break and a week at 3 miles per day on grass and another week at 6 miles per day on grass I could then train normally (ie 85-90 miles per week) again. It did not quite work out as well as I hoped, and even now the hamstring seems to be a bit weak at times, though at other times it seems quite OK. I have not yet taken the chance of an all-out race or speed work session, and have been doing around 50 miles per week for the last month.

I would also mention that the right hamstring and the left knee (just below the kneecap) have developed some soreness in consequence of favouring the left hamstring. Any advice you can give in this matter would be gratefully appreciated.

R. J. Petley,
London

Mr Petley's problem is interesting and not uncommon. It should be understood right away that hamstring tears do NOT develop gradually. Occasionally patients come with a history of pain or weakness in the hamstrings which comes on gradually and this is almost invariably due to sciatica, that is to say irritation of the main (or sciatic) nerve of the leg from pressure or inflammation in one of the posterior spinal joints, or in some cases from a prolapsed intervertebral disc. It is interesting in this case that Mr Petley describes how his symptoms are worse after running on a hard surface as this is typical in cases of sciatica in track and field athletes.

The pain and discomfort usually go away with rest but tend to recur when normal training is resumed. Sometimes, as in this case aches and pains develop in other parts of the leg associated with unevenness in running gait. The first important thing to be done is to exclude the possibility either of a disc prolapse or of some other so-called space-occupying lesion in or around the spinal nerve routes. The most common cause of this sort of sciatica is opposed to intervertebral joint irritation. Various forms of treatment are available including anti-inflammatory medication and physiotherapy. Once an accurate diagnosis is made logical treatment should put Mr Petley right.

PAIN IN THE FOOT

Dear Sir,

I am a middle-distance runner. In December I

started to experience severe pain in the instep of my right foot. After 6-8 weeks of resting, jogging and physiotherapy treatment I was told that it had healed; it was diagnosed as a 'march fracture'. When I ran, my foot was still stiff, and this was accompanied by aching across the toes. I was told that this was nothing to worry about and would go away in time.

Unfortunately I am still having trouble with aching in my toes. This is accompanied by pain on the outside of my foot and pain in my big toes. Despite resting for a further two weeks, this injury shows no sign of healing.

I would be grateful of any advice of where to get a proper diagnosis of what is wrong.

Malcolm W. J. Cross,
Poole

Pain in the foot is not at all uncommon in middle and long-distance runners and is often associated with unsatisfactory footwear or with sudden changes in running surfaces, particularly changes onto very hard or uneven surfaces. There are a number of possible causes of pain, one of which is a march fracture, or stress fracture of one of the metatarsal bones, usually the third or fourth. Other causes of pain include sprain, leading to chronic synovitis or inflammation of the small joints between the bones in the middle part of the foot or inflammation around the leaders on the upper side of the foot. This latter is commonly associated with running in shoes which are tied too tight. It is difficult to be clear from the description in your letter precisely what sort of problem is assailing you and I can only suggest that you seek an appointment with a doctor who is very experienced in the treatment of sports injuries who should be able to help.

GREECE v WALES (WOMEN)

At Athens, July 2nd

100: 1, Smyrniou (G) 12.1; 2, C. Jenkins (W) 12.1; 3, L. Dando (W) 12.2. 200: 1, Lambrou (G) 25.27; 2, D. Heath (W) 25.42; 3, Dando 25.66. 400: 1, J. Davies (W) 57.21; 2, B. Butcher (W) 57.31. 800: 1, G. Rickhard (W) 2:12.0; 2, Troubouki (G) 2:12.9; 3, A. Hartley (W) 2:15.1. 1500: 1, H. Hollick (W) 4:37.4; 2, A. Notman (W) 4:42.1; 3, A. Disley (W-n/s) 4:46.0. 100H: 1, Pantazi (G) 14.18; 2, Pagdati (G) 14.29; 3, Heath 14.77; 4, P. Middle (W) 16.39. HJ: 1, Hatzopoulou (G) 1.78; 2, Batatoli (G) 1.71; 3, S. Lovell (W) 1.65; 4, R. Davies (W) 1.60. LJ: 1, Lambrou 6.34; 2, C. Jenkins (W) 5.94; 3, J. Davies (W) 5.84w. SP: 1, Venissa Head (W) 15.48; 2, Kokosseli (G) 13.58; 3, J. Beese (W) 13.42. DT: 1, Kokosseli 44.10; 2, Beese 43.92; 3, Viv Head (W) 43.46. JT: 1, Sakorafa (G) 50.62; 2, Verouli (G) 43.66; 3, J. Zaslona (W) 42.48; 4, Y. Norton (W) 35.52. 4 x 100: 1, Greece 46.8; 2, Wales (Dando, Jenkins, Heath, Jill Davies) 47.3. 4 x 400: 1, Wales (Butcher, Bennington, Rickard, Davies) 3:49.4; 2, Greece 3:55.6. Match Result: Greece 68, Wales 66.

SCOTTISH WESTERN DISTRICT CHAMPS (PART)

At Coatbridge, June 14th

BMC Invitation 1500: 1, J. Graham (Clyde V) 3:48.4; 2, K. McCartney (Law) 3:49.3; 3, J. Brown (Clyde V) 3:49.8; 4, N. Muir (Shett) 3:51.5; 5, J. Golder (Ayr) 3:53.6. 10,000: 1, J. Dingwall (FVH) 30:17.1; 2, D. Gunstone (EAC) 30:23.0; 3, W. Day (FVH) 30:35.2; 4, A. Partridge (E Kil) 30:39.7. 3000W: D. Howie (Stir Un) 13:57.1. (Junior Boys) 100/200: C. Currie (Shett) 12.7/26.8. 800: M. Taggart (Shett) 2:19.2.

SCOTTISH LEAGUE

(Division One)

At Meadowbank, July 3rd

Edinburgh AC 374; Edinburgh Southern 324; Shettleston 291; Fife 232; Victoria Park 209; Aberdeen 188; Bellahouston 150; East Kilbride 139.

100: 1, R. Denham (ESH) 10.8; 2, A. Sumner (EAC) 10.9; 3, G. Currie (Shett) 11.0. 200: Denham 22.0. (B): S. Brodie (EAC) 22.1. 800: 1, J. Robson (ESH) 1:52.0; 2, K. Taylor (EK) 1:53.3; 3, M. Wilson (EAC) 1:54.8. 1500: 1, N. Muir (Shett) 3:55.8; 2, Taylor 3:56.3. 3000SC: 1, J. Burns (Shett) 9:19.0; 2, A. Robertson (ESH) 9:25.0. (B): A. Blamire (ESH) 9:25.0. 110H: 1, I. McEwan (Shett) 15.1; 2, C. Luxon (EAC) 15.3. (B): K. Maguire (EAC) 15.8. 400H: 1, D. Hislop (EAC) 56.9. (B): 1, D. Hendry (Fife) 57.1; 2, N. Jones (EAC) 57.1. HJ: 1, S. Bainbridge (EAC) 1.95; 2, R. Fullelove (Vic P) 1.90. PV: 1, N. Don-

achie (EAC) 4.20; 2, J. Johnston (Fife) 4.10; 3, N. Foster (Shett) 3.70. (B): Bainbridge 4.00. TJ: T. Black (Shett) 13.82. SP: P. Buxton (ESH) 16.89. DT: 1, Buxton 52.60; 2, Bainbridge 41.70. HT: 1, C. Black (ESH) 69.26; 2, W. Gentleman (EAC) 44.94. (B): Buxton 64.92. JT: A. Black (ESH) 58.72. 4 x 100: 1, EAC 42.2; 2, ESH 42.6; 3, Shettleston 43.8.

CARLUKE HIGHLAND GAMES

July 2nd

100: G. Currie (Shett) (4m) 10.5. 800: K. McCartney (Law) (15m) 1:50.1. **Scottish 10,000m Champs:** 1, J. Dingwall (FVH) 30:36.0; 2, D. Gunstone (EAC) 30:37.6; 3, C. Youngson (ESH) 31:13.9; 4, W. Yate (Mary) 31:47.3. (**Senior Boys**) 100/200 (scr): J. Forsyth (CR) 11.9/24.5. 4 x 100: Clyde Valley 47.9. (**Senior Women**) 100: 1, K. Williams (Pit) (5m) 11.5; 2, A. Dalton (Law) (1m) 11.8. 200: Williams (10m) 23.9. 400: C. Hutton (Clyde V) (14m) 56.6. 800: C. Lightfoot (Shett) (15m) 2:09.8. (**Juniors**) (scr) 100: 1, K. Jeffrey (CR) 12.5; 2, L. McDonald (Pit) 12.5; 3, E. McIntyre (CR) 12.5. 4 x 100: Shettleston 51.1. (**Girls**) (scr) 100/200: G. McArthur (Pais) 13.1/27.8. 800: C. Candlish (Pit) 2:27.7.

No more applications for the moment, please, for sample copies of American magazines. We shall advertise again when fresh stocks are received.

Greater London Council

London Amateur Athletic Championships

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

SATURDAY, 3rd, SEPTEMBER, 1977 at 2.00 p.m. at WEST LONDON STADIUM.

If necessary, preliminaries will be held on 2nd September at 6.30 p.m.

The meeting is open to athletes 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
200 metres Steeplechase

Men (Junior)

100 metres
200 metres

400 metres

800 metres
1500 metres
Long Jump
Triple Jump

Youths

100 metres
200 metres
800 metres

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.

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Closing Date: 4th August, 1977

GLC Parks

ROAD RACES

NORTH STAFFS ROAD RUNNERS ASSN KEELE UNIV ROAD RACE (c 6½M)

June 8th

1, M. Roberts (Stoke) 33:50; 2, N. Deakin (Stoke) 34:20; 3, A. Mills (New) 34:55; 4, I. McKay (C&N) 35:16; 5, E. Williams (Shrew-J) 35:31; 6, M. Thacker (Stoke) 35:34; 7, E. Johnson (Stoke) 36:13; 8, M. Smith (New) 36:40; 9, S. Chalk (Staff) 36:45; 10, T. Billington (Wrex-V) 36:45.

EAST HULL 'OLD TOWN' '5'

June 26th

1, C. Nightingale (City of Hull) 24:28
2, P. Elletson (East Hull) 24:41
3, C. Voden (City of Hull) 25:17
4, R. Allan (Harr-V) 25:18; 5, B. Jones (Cty Hull) 25:47; 6, T. Hunter (E Hull) 25:54; 7, K. Bartlem (Cty Hull) 25:57; 8, T. Warrenner (E Hull) 26:04; 9, J. Napier (E Hull) 26:05; 10, D. Welch (Harr-V) 26:06; 11, G. Naylor (Rock) 26:09; 12, C. Haynes (WYP) 26:12; 13, R. Branton (Cty Hull) 26:19; 14, R. Hall (Cty Hull) 26:22; 15, P. Durrant (Sheff) 26:37; 16, S. Shallcross (Cty Hull) 26:54; 17, T. Shields (E Hull) 27:06; 18, P. Jarvis (Cty Hull-V) 27:16; 19, E. Tribick (Scar) 27:26; 20, P. Ashton (Grim-V)

27:27. Teams: 1, City of Hull; 2, East Hull; 3, City of Hull 'B'.

MONC '10'

At Sheffield, July 2nd

1, R. Foster (Notts) 53:52
2, J. Norman (Notts) 54:00
3, B. Whittaker (Rotherham) 54:18
4, C. Woodward (Leam) 54:57; 5, D. Trickett (Hallam) 55:27; 6, M. Watts (Notts) 55:43; 7, B. Mullarkey (Sheff) 56:15; 8, M. Hague (Roth) 57:25; 9, R. Hawkins (Sutt) 57:32; 10, P. Hands (Leic) 58:10; 11, P. Muddeman (Leam) 58:28; 12, D. Pinkard (Leam) 58:28. Teams: 1, Notts 9; 2, Rotherham 25; 3, Leamington 27. (Vets): 1, Whittaker; 2, T. Pickering (Roth) 59:45; 3, J. Berry (Bing) 61:05.

SKELTON & BROTON DIST CARNIVAL 8½ MILES ROAD RACE

July 2nd

1, J. Myatt (Gateshead) 43:36
2, G. Rippon (South Shields) 44:05
3, K. Brackstone (RAF Leeming) 44:15
4, K. Bartham (Cty Hull) 45:07; 5, C. Voden (Cty Hull) 45:28; 6, P. Barker (Clev P) 45:49; 7, C. Pickett (M&C) 46:32; 8, T. Rooke (M&C) 46:59; 9, C. Vaux (M&C) 47:11; 10, P. Fowler (M&C) 47:31; 11, R. Branton (Cty Hull) 47:52; 12, D. Burdett (Unatt) 48:16. Teams: 1, City of Hull 20; 2, Middlesbrough & C 24; 3, RAF Leeming 48; 4, South Shields 58; 5, M&C 'B' 72; 6, Scarborough 78.

1977 A.A.A. 9th ANNUAL

Six Stage (3½ Miles)

NATIONAL ROAD RELAY CHAMPIONSHIP

(Under A.A.A. Laws)



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AAA Medals to first three teams PLUS top prizes to first 3 teams and fastest lap prizes.

Restricted entry via Areas by 3rd October. Fee £5, special entry forms from Area Secretaries.

GREENWICH 11 MILES OPEN ROAD RACE

SATURDAY, 10th SEPTEMBER,
1977

3.30 p.m. from Harrow Meadow,
Sutcliffe Park, Eltham Road, London
SE9

Individual: Handicap and Scratch.

Prizes value £10, £7 and £4.

Veteran: Prize, 1st home.

Team: 4 to run, 3 to score.

Trophies to 1st, 2nd and 3rd Teams.

Medals to 1st non-placed 'B' Team.

CLOSING DATE WEDS., 10th
AUGUST

Entries: 30p per runner, on A.A.A. forms, together with a stamped addressed envelope with remittances to be made payable to the London Borough of Greenwich to: The Sports Officer, Plumstead Baths, Plumstead High St., London SE18 1JL. 01-854 9217

WINSFORD '7

July 3rd

July Six

1, H. Leeming (Derby)	32:42
2, R. Fowler (Staffs Moorland-V)	33:16
3, G. Harvey (Staffs Moorland)	33:31
4, A. Birks (Staffs M) 33:34; 5, A. Mills (New) 34:00; 6, G. Harvey (Staffs M) 35:12; 7, D. Warren (Wins-Y) 35:33; 8, G. Williams (Wirr) 36:10; 9, G. Nixon (Wrex) 36:36; 10, R. Smith (New) 36:42; 11, K. Northad (Dby) 36:53; 12, M. Weston (Wrex) 37:24. Teams: 1, Staffs Moorland 9; 2, Newcastle 33; 3, Derby 33. (U/16): 1, C. Dagnall (Liv) 15:33; 2, M. Dodd (Brid) 15:51; 3, A. Green (Warr) 15:54; 4, E. Arrowsmith (Liv) 16:08; 5, A. Barlow (Stret) 16:33; 6, P. Totell (Stret) 16:42. Teams: 1, Liverpool 17; 2, Stretford 27; 3, Bingley 32. (U/14): 1, M. Crewe (Bing) 7:07; 2, S. Dry (Bing) 7:15; 3, D. Sweeney (Warr) 7:20; 4, P. Bailey (Stret) 7:24; 5, I. Billy (St Ans) 7:27; 6, D. Spencer (Liv) 7:29. Teams: 1, Bingley 11; 2, Stretford 20; 3, Liverpool 27. (U/12): 1, G. Green (Warr) 7:33; 2, J. Green (Bing) 7:47; 3, M. Kirkham (Warr) 7:53. Teams: 1, Warrington 12; 2, Bingley 34; 3, Staff 37. (9 & 10): 1, P. Cooney (Warr) 7:05; 2, R. Scarborough (Bing) 7:07; 3, R. Campbell (Staffs) 7:09. Teams: 1, Warrington 20; 2, Bingley 27; 3, Winsford 34.	

SALFORD H '5'

July 9th

1, R. Smedley (Birchfield)	(rec) 23:30
2, F. Davies (Liverpool H)	23:44
3, J. Woods (Liverpool H)	23:46
4, P. G. Carey (Liv H) 23:58; 5, R. Wilde (Man) 24:05; 6, H. Leeming (Dby) 24:15; 7, F. Pendlebury (Man) 24:20; 8, D. Blakeley (Man) 24:27; 9, M. O'Connell (Long) 24:30; 10, N. Sloane (B&F) 24:35; 11, K. Best (Stret) 24:53; 12, P. Shaw (Man) 24:55; 13, D. Brown (Salf) 24:56; 14, F. McGuire (B&F) 24:57; 15, C. Woodhouse (Dby) 24:59; 16, J. Montgomery (Kett) 25:00; 17, P. B. Carey (Liv H) 25:07; 18, D. Edge (B&F) 25:09; 19, E. Ranicar (Bolt) 25:10; 20, R. Brown (Liv P) 25:14; 21, M. Flynn (Liv P) 25:15; 22, J. Jones (Man) 25:20; 23, C. Leigh (Salf-V) 25:23; 24, B. Hilton (Leeds) 25:26; 25, W. Moore (Liv H) 25:30; 26, P. Malcolmson (Liv P) 25:31; 27, J. Lunn (Leeds) 25:33; 28, B. Renshall (Liv P) 25:35; 29, T. Dwyer (Liv P) 25:42; 30, G. Lawson (Man) 25:44; 31, D. Williams (Liv P) 25:45; 32, L. Carroll (Wirr) 25:47; 33, G. Entwistle (Man) 25:53; 34, I. Kiltie (B'ham Un) 25:56; 35, R. Gwilt (Stret) 26:03; 36, A. Hudson (B&F) 26:05; 37, P. Morris (Salf) 26:09; 38, K. Binks (Stret) 26:11; 39, M. Ridout (B'ham Un) 26:12; 40, D. Widdison (Sutt) 26:13; 41, R. Chaisty (Bury) 26:15; 42, B. Aspden (Salf) 26:16; 43, R. Waters (Stret) 26:17; 44, P. Doherty (Alt) 26:19; 45, F. Day (E Ches) 26:21; 46, G. Claff (Salf) 26:22; 47, M. Morrell (Wirr-V) 26:25; 48, C. Nash (Bolt) 26:26; 49, M. Oldham (Man) 26:28; 50, K. Hodgkinson (Salf) 26:30. 200 finished. Teams: 1, Liverpool H 26; 2, Manchester 32; 3, Blackpool & Fylde 78.	

CHELTENHAM & CO FESTIVAL

ROAD RACE

(7.4 Miles)

July 9th

1, S. Jones (RAF Lynham)	35:06
2, D. Francis (Westbury)	35:45
3, G. Davis (Sale)	36:14
4, P. Haywood (New) 36:17; 5, D. Holt (Swan) 36:29; 6, J. Wright (Tip) 36:37; 7, R. Cytla (Glos) 36:51; 8, M. Critchley (Card) 36:01; 9, J. Potts (B'field) 37:03; 10, N. Wilson (TVH) 37:04; 11, E. Austin (Tip-V) 37:07; 12, B. Plain (Card) 37:15; 13, J. Edwards (Brid) 37:17; 14, W. Weller (Bel) 37:26; 15, A. Rushmer (Tip) 37:32; 16, I. Kellie (West) 37:32; 17, M. Cowman (West) 37:39; 18, M. Butler (Wyc) 37:40; 19, N. Jinks (Worc) 37:47 20, R. Tilling (B'field) 37:48; 21, P. Craig (Bris) 37:49; 22, M. Bardsley (B'field) 37:51; 23, M. Pickering (B'field) 37:54; 24, S. Appleton (Glos) 37:58; 25, C. Ridley (West) 37:59; 26, P. Darney (Card) 38:05; 27, J. Wise (RAF) 38:07; 28, M. Lane (Cwm) 38:11; 29, S. McHale (Glos) 38:12; 30, H. Atkins (Tip) 38:18; 31, N. Thomas (Glos) 38:28; 32, R. Bentley (Tip) 38:29; 33, J. Peck (S Heath) 38:29; 34, B. Forster (Notts) 38:37; 35, R. Morris (Leam) 38:38; 36, S. Murrin (S Heath) 38:42; 37, S. Games (Chelt) 38:43; 38, A. Nolder (Durs) 38:45; 39, A. Barr (B&R) 38:46; 40, A. Laker (RAF) 38:51. 174 finished. Teams: 1, Tipton 32; 2, Westbury 35; 3, Cardiff 46; 4, Birchfield 51; 5, Gloucester 60; 6, Worcester Nomads 124; 7, Bridgnorth 138; 8, Bristol 138; 9, Small Heath 144; 10, Bromsgrove & Redditch 153.	

WISBECH TO MARCH '10'

July 9th

1, P. Romaine (Holbeach)	47:57
2, H. Starkey (Shaftesbury)	48:13
3, R. Hughson (Toronto)	48:37
4, J. Offord (Leic) 48:53; 5, M. Turner (Liv H)	49:34; 6, B. Legge (High) 50:15; 7, G. Edgington (Port) 50:17; 8, J. Jenkins (Unatt) 50:46; 9, G. Hallett (Hill) 51:06; 10, J. Barker (Grim) 51:10; 11, G. Astill (Notts) 52:02; 12, J. Clare (B'heath) 52:04; 13, S. Farris (Norf) 52:20; 14, J. Daniels (Low-V) 52:28; 15, J. Wright (Low-V) 52:45; 16, D. Desavigny (High) 52:47; 17, G. Towler (Notts) 52:49; 18, P. Clark (Grim) 52:58; 19, A. Larrad (Leic) 53:10; 20, J. Alcock (Leic) 53:16. Teams: 1, Leicester 43; 2, Notts 50; 3, Grimsby 52; 4, Holbeach 118; 5, Cambridge & C 122; 6, March 145.

LUTON/BEDFORDSHIRE '10'

At Luton, July 10th

1, A. Simmons (Luton United)	(rec) 50:01
2, F. Kolbeck (France-gst)	50:28
3, D. Patterson (Luton/TVH)	51:30
4, L. Mann (Bel) 53:15; 5, J. Arnold (Leigh B) 53:20; 6, R. Towler (Fra-gst) 54:32; 7, T. Barnes (Leigh B) 55:15; 8, P. Coleman (Lut) 56:28; 9, G. Thomas (Lut) 56:29; 10, B. Kiernan (Leigh B) 57:17. (Beds Champs): 1, Simmons; 2, Mann; 3, Arnold.	

France v UK 'A'

At Nice, July 16th/17th

JO WHITE IMPROVES TO 2:02.8

WHILE the first strings (with, in many cases, second strings in reserve) were on European Cup duty at Crystal Palace and Dublin, the UK 'A' team engaged in a three-a-side match with their French counterparts in sweltering Nice on July 16th/17th. The results of the match—France winning the men's encounter by 49 pts, Britain the women's by 70 pts—were less important than the individual performances.

Outstanding on the men's side was the victory in personal best time of 8:30.6 by Pete Griffiths, while other personal bests included 1:49.8 800 by Nick Brooks (18), 8:40.0 steeplechase by Ian Gilmour, 7.56m long jump by Willie Kirkpatrick, 15.78m triple jump by Frank Attoh, and hammer throws of 68.56m by Paul Buxton and 68.40 by Jim Whitehead.

Big news in the women's match was the improvement from 2:04.9 to 2:02.8 by 16-year-old Jo White, which not only breaks Lesley Kiernan's UK age best but is a time which has not been bettered by any British athlete under the age of 19. She opened up a lead of some 20m over Christina Boxer in the final 200. Another English Schools champion, Kathy Smallwood, scored an excellent sprint double with personal best times of 11.79 and 23.22; while progress was made also by Eleanor Thomas (23.59 200), Liz Eddy (53.88 400), Chris Tranter (4:13.0 1500), Sue Hassan (9:30.0 3000), Blondelle Caines (13.49) and Lorna Boothe (13.51) in the 100 hurdles and by Frances McCall (60.59) and Denise Kiernan (61.33) in the 400 hurdles.

(a) July 16th (b) July 17th

100 (a): 1, Amoureux 10.83; 2, Panzo 10.86; 3, MIKE McFARLANE 10.88; 4, Petitbois 10.98; 5, DREW McMASTER 11.04; 6, DAVID ROBERTS 11.30.

200 (b): 1, Pascal 20.87; 2, McMASTER 21.21; 3, Brel 21.27; 4, TERRY WHITEHEAD 21.28;

5, Lauzanas 21.48; 6, TONY HENRY 21.52.

400 (a): 1, Nallet 46.93; 2, Gombault 47.01; 3, Froissard 47.34; 4, PETER HOFFMANN 47.36; 5, STEVE WYMARK 47.97; 6, ALAN BELL 48.87.

800 (b): 1, Marajo 1:48.5; 2, Bahu 1:49.0; 3, PETE BROWNE 1:49.1; 4, Sanchez 1:49.5; 5, NICK BROOKS 1:49.8; 6, PETER LEWIS 1:50.0.

1500 (a): 1, MIKE KEARNS 3:43.2; 2, Gonzales 3:44.6; 3, ADRIAN WEATHERHEAD 3:44.8; 4, JIM McGUINNESS 3:46.0; 5, Benoit 3:49.4; 6, Rappenne 3:58.2.

5000 (b): 1, BERNIE FORD 13:34.9; 2, JULIAN GOATER 13:42.5; 3, Cairoche 14:01.3; 4, Coux 14:25.1; 5, Lelut 14:32.4; 6, LAURIE SPENCE 14:35.9.

10,000 (a): 1, Paugam 29:17.3; 2, Rault 29:17.5; 3, PETER STANDING 29:40.3; 4, Tijou 30:03.1; 5, BERNIE PLAIN 31:04.8; 6, ALISTER HUTTON 31:32.6.

3000SC (b): 1, PETER GRIFFITHS 8:30.6; 2, Cousin 8:39.6; 3, IAN GILMOUR 8:40.0; 4, JOHN DAVIES 8:54.1; 5, Villain 8:56.4; 6, Page 9:03.9.

10,000m Walk: 1, Lelievre 44:41.1; 2, CARL LAWTON 45:33.1; 3, Garnung 45:43.1; 4, DAVE COTTON 47:04.2; 5, PETER SELBY 47:27.0. Saint-Martin disq.

110H (a): 1, Dussancourt 14.26; 2, BOB DANVILLE 14.40; 3, Sellier 14.46; 4, MARK HOLTON 14.48; 5, MARK HATTON 14.65; 6, Briet 14.79.

400H (a): 1, COLIN O'NEILL 51.10; 2, DAVID WEST 51.88; 3, CLIVE BEATTIE 52.01; 4, Craille 52.54; 5, Nallet 52.55 (shortly after flat 400); 6, Belloc 53.12.

HJ (a): 1, Aletti 2.21; 2, Poaniewa 2.19; 3, MARK NAYLOR 2.09; 4, MILTON PALMER 2.09; 5, Klemenczak 2.09; 6, DERRICK MORRAIS 2.06.

PV (b): 1, Houvion 5.35; 2, Abada 5.30; 3, JEFF GUTTERIDGE 5.00; 4, Desbois 5.00; 5, KEITH STOCK 4.80; 6, ALLAN WILLIAMS 4.60.

LJ (a): 1, Deroche 7.82; 2, Charles 7.64; 3, WILLIE KIRKPATRICK 7.56; 4, KENNETH COCKS 7.51; 5, TONY HENRY 7.51; 6, Bonheme 7.47.

TJ (b): 1, Valetudie 16.64; 2, Legoupil 15.94; 3, DAVID JOHNSON 15.86; 4, Stievenard 15.80; 5, FRANK ATTOH 15.78; 6, JOHN PHILLIPS 15.33.

SP (b): 1, PAUL BUXTON 18.43; 2, Letang 18.07; 3, ROGER KENNEDY 17.87; 4, BOB DALE 17.66; 5, Duhaze 17.55; 6, Heinrich 17.23.

DT (b): 1, JOHN HILLIER 57.38; 2, Chabrier 56.16; 3, Lebaron 54.72; 4, Coquin 54.52; 5, MIKE CUSHION 54.34; 6, GUY DIRKIN 53.64.

HT (b): 1, Suriray 69.96; 2, BUXTON 68.56; 3, JIM WHITEHEAD 68.40; 4, Steunou 66.06; 5, Ramat 64.74; 6, MATTHEW MILEHAM 61.16.

SOUTHAMPTON & EASTLEIGH A.C.

OPEN GRADED

TRACK MEETING

(Under AAA & WAAA Laws)

SATURDAY, 13th AUGUST at 2 p.m.

The Sports Centre, Bassett, Southampton

(Avon Synthetic Polytrak)

Men: S/J—400mH (2pm), 100m, 200m, 400m, 800m, 1500m, 3000m, HJ, LJ, SP, DT, JT, PV (2pm).

Y/B—100m, 800m, SP, LJ. C—100m, 1500m.

Ladies: S/I—100m, 800m.

Entries to M. J. Smith, 265 Upper Deacon Road, Thornhill, Southampton, by Tuesday, 9th August with 1977 performance.

Fees: 20p one event, 30p two or more.

NO ENTRIES ON DAY

JT (a): 1, DAVE TRAVIS 76.60; 2, Lutui 74.56; 3, Cabaud 71.44; 4, Trefou 71.02; 5, PETER YATES 69.98; 6, JOHN TROWER 69.30.

4 x 100 (a): 1, France (Amoureux, Panzo, Patrick Barre, Pascal Barre) 39.82; 2, UK (McMASTER, ROBERTS, WHITEHEAD, DANVILLE) 41.02.

4 x 400 (b): 1, France 3:10.2; 2, UK 3:11.7.

Team Score: France 240½; UK 191½.

Women

100 (a): 1, KATHY SMALLWOOD 11.79; 2, Prajet 11.89; 3, JANET MARTIN 12.08; 4, MARGOT WELLS 12.11; 5, Mas 12.34; 6, Poujolle 12.71.

200 (b): 1, SMALLWOOD 23.22; 2, ELEANOR THOMAS 23.59; 3, Capogna 24.00; 4, Darbonville 24.05; 5, JANINE MCGREGOR 24.11; 6, Naigre 24.11.

400 (a): 1, LIZ EDDY 53.88; 2, Martin 54.56; 3, Aubry 54.57; 4, LIZ BETON 55.19; 5, ANNE BALDOCK 55.51; 6, Schetter 56.58.

800 (b): 1, JO WHITE 2:02.8; 2, CHRISTINA BOXER 2:05.5; 3, Rooms 2:07.3; 4, WENDY SMITH 2:08.6; 5, Ladet 2:09.2; Jouvhomme 2:09.6.

1500 (a): 1, CHRIS TRANTER 4:13.0; 2, PENNY YULE 4:14.4; 3, JANET LAWRENCE 4:17.3; 4, Iceaga 4:27.5; 5, Bouchonneau 4:29.5.

3000 (b): 1, SUE HASSAN 9:30.0; 2, Nicholas 9:31.8; 3, CAROL GOULD 9:33.3; 4, Audibert 9:37.7; 5, THELWYN BATEMAN 9:51.1; 6, Langlace 10:06.4.

100H (b): 1, BLONDELLE CAINES 13.49; 2, LORNA BOOTHE 13.51; 3, Elloy 13.98; 4, FIONA McCAULAY 14.09; 5, Tarlin 14.10; 6, Lebeau 14.14.

400H (b): 1, FRANCES McCALL 60.59; 2, DENISE KIERNAN 61.33; 3, LINDA BRADY 61.82; 4, Mechelaere 62.27; 5, Goyon 63.19; 6, Laval 63.39.

HJ (b): 1, Preneville 1.78; 2, MOIRA WALLS 1.78; 3, VAL RUTTER 1.76; 4, Sins 1.76; 5, Picault 1.76; 6, VAL KELLY 1.73.

LJ (a): 1, WALLS 6.36; 2, KAREN MURRAY 6.24; 3, Tarlin 6.10; 4, Quinchon 5.97; 5, Furrer 5.83; JANET PEACOCK no jumps.

SP (a): 1, JUDITH OAKES 15.82; 2, ANGELA LITTLEWOOD 15.14; 3, JANIS KERR 14.75; 4, Creantor 14.15; 5, Menard 12.95; 6, Le Mouvellic 12.91.

DT (a): 1, Massard 47.58; 2, KERR 47.32; 3, LESLEY MALLIN 46.56; 4, Barge 45.98; 5, Bazin 44.52; 6, VIV HEAD 40.36.

JT (b): 1, Bock 50.38; 2, JANEEN WILLIAMS 48.12; 3, LINDA STRATFORD 46.08; 4, ANNE FARQUHAR 45.52; 5, Blaelke 43.36; 6, Del Vecchio 39.54.

4 x 100 (a): 1, UK (MARTIN, WALLS, SMALLWOOD, THOMAS) 44.96; 2, France 45.84.

4 x 400 (b): 1, UK 3:38.7; 2, France 3:39.0.

Team Scores: UK 184½; France 114½.

Overall Team Scores: UK 376; France 355.

International pentathlete Pat McNab, wife of national coach Tom McNab, gave birth to an 8lb 15oz daughter, Kate, on June 30th.



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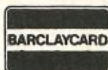
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**SOUTHERN COUNTIES
AMATEUR ATHLETIC ASSOCIATION**

OPEN MEETING

(Under A.A.A. Laws)

at

CRYSTAL PALACE

on

WEDNESDAY, 10th AUGUST, 1977

OPEN EVENTS:

FIELD

7.00 p.m. Pole Vault.

7.00 p.m. Long Jump (Seniors & Juniors).

7.00 p.m. High Jump (Seniors & Juniors).

TRACK

6.30 p.m. 1500M (Seniors, Juniors, Youths, Boys & Colts).

7.30 p.m. 400M (Seniors, Juniors, Youths & Boys).

8.30 p.m. B.M.C. Invitation Race.

8.40 p.m. 5000M (Seniors & Juniors).

OPEN EVENT ENTRY FEES: Seniors 25p, Juniors, Youths, Boys & Colts 20p per event. If acknowledgement of entry is required, please send S.A.E. with entry/entries.

ENTRIES CLOSE FRIDAY 5th AUGUST, 1977.

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

NAME:

ADDRESS:

EVENT:

AGE GROUP:

CLUB:

BEST PERFORMANCE:

I enclose entry fee of:

WEDNESDAY, 10th AUGUST, 1977

MASON TROPHY

West Midlands 519; Cheshire 444; Avon 429½; Hereford & Worcs 326½; Shrops 307; Merseyside 298; Notts 166; Gloucs 164.

Senior Boys

400: 1, C. Hopkins 50.4; 2, M. Kinsey 50.5. 800: S. Bennett 1:56.0. 1500: 1, I. McEvoy 3:57.0; 2, J. Earleton 3:57.6; 3, J. Clarke 3:57.8. 5000: A. Milosorov 14:44.6. HJ: 1, A. Beardmore 1.90; 2, D. McComp 1.90. PV: N. Heal 3.70. TJ: 1, Wells 13.77. DT: L. Lobb 40.46. (Inters) 200: E. Dennis 22.7. (B): P. Brown 22.5. 400: S. Field 50.5. 800: 1, K. Bennett 1:59.3; 2, D. Galvin 1:59.7. 1500: 1, E. Wedderburn 4:05.5; 2, I. Mills 4:05.5. 3000: K. Holloway 9:05.2. 1500SC: 1, S. Bushell 4:26.1; 2, A. Christopher 4:31.5; 3, K. Race 4:34.2. (B): M. Jones 4:28.7. HJ: 1, F. Redley 1.95; 2, S. Watts 1.90. PV: 1, T. Green 3.60; 2, T. Wall 3.50. TJ: 1, C. Brown 14.01; 2, D. Smith 13.70; 3, C. Constantinon 13.42. SP: 1, N. Phipps 15.05; 2, P. Davies 14.28. DT: 1, P. Jenkins 42.68; 2, A. Emmerson 42.66. HT: R. Weir 45.36. 4 x 100: 1, West Midlands 44.3; 2, Merseyside 45.1; 3, Notts 45.5. (Juniors) 400: 1, Springer 53.4; 2, D. Francis 54.6; 3, Garcia 55.0. 800: M. Appleton 2:05.4. 1500: 1, P. Hicken 4:10.6; 2, D. Constable 4:19.2. (B): P. Wilde 4:21.0. 80H: 1, R. Penketh 11.6; 2, M. Strawford 11.7; 3, N. Saunders 12.2. (B): A. Thorn 12.2. HJ: A. Page 1.75. PV: C. Edwards 2.90. LJ: 1, J. Daly 6.03; 2, D. Stanley 5.96. (B): H. Whyte 5.90. DT: 1, S. Webber 39.28; 2, S. Cole 38.20; 3, D. Roberts 37.94. (B): P. Rollason 38.02. HT: D. Roberts 43.62. JT: 1, D. Mail 50.18; 2, T. Dubberley 44.78. 4 x 100: West Midlands 46.3.

Senior Girls

100H: 1, S. Strong 14.3; 2, M. Laing 14.5; 3, C. Hardaker 14.8; 4, T. O'Nions 15.2; 5, D. Cooper 15.5. LJ: 1, Strong 5.58; 2, J. Arscott 5.48. DT: 1, D. English 37.82; 2, J. Jones 34.00. JT: S. Williams 40.34. (Inters) 100: 1, V. Mullings 12.6; 2, D. Walker 12.6. 200: 1, L. Callow 25.4; 2, C. Kelly 25.6; 3, J. Quinn 25.7. 400: K. Bissell 57.1. (B): Baker 58.7. 800: 1, A. Soar 2:14.3; 2, M. Briggs 2:16.6; 3, J. Clark 2:17.7; 4, W. Read 2:18.4; 5, C. Edwards 2:19.0. 1500: 1, R. Bowers 4:51.2; 2, S. Tooby 4:54.5. 80H: 1, D. Fisher 12.1; 2, J. Hughes 12.1; 3, Ross 12.1; 4, Millerchip 12.1. LJ: 1, E. Little 5.54; 2, C. James 5.52; 3, K. Mason 5.45; 4, D. Summerfield 5.41. SP: 1, C. Pryce 10.71; 2, B. Mahoney 10.07; 3, L. Hatton 9.92; 4, K. Boyle 9.60. DT: 1, J. Caldicott 32.06; 2, Hatton 31.80. (B): S. Woodhouse 30.52. JT: 1, S. Gibson 34.88; 2, C. Brooke 34.52; 3, L. Tottey 33.66. 4 x 100: 1, Avon 50.2; 2, Cheshire 51.0. (Juniors) 200: 1, D. Bunn 25.3; 2, P. Marshall 26.2. (B): N. Clarke 26.3. 800: 1, L. Baker 2:12.6; 2, S. Whitty 2:14.6; 3, W. Adams 2:17.6; 4, A. Berrington 2:21.7. 1500: 1, P. Mattheson 4:43.4; 2, J. Perry 4:48.2; 3, J. Blackwell 4:52.3; 4, A. Cardus 4:53.4; 5, C. McLeod 4:54.8; 6, L. Goulborn 4:55.7. (B): 1, T. Gill 4:54.8; 2, K. Messenger 4:55.7. 75H: B. Malpass 11.8. HJ: 1, W. Laing 1.55; 2, S. Rowe 1.55. LJ: K. Rose 5.09. SP: 1, J. Hayden 10.75; 2, A. Hanson 10.33. (B): P. Webber 10.04. DT: K. Beesley 30.16. JT: J. Hawkins 31.24. (B): K. Keating 28.78. 4 x 100: 1, West Mids 50.1; 2, Hereford & W 50.7; 3, Avon 51.5; 4, Cheshire 51.6; 5, Gloucs 51.8.

Results In Brief

May 7th

Lanarkshire Champs, at Coatbridge. 5000: J. Graham (Clyde V) 14:23.6. (Youths) 800: G. Williamson (Spring) 1:59.8.

May 11th

Lanark 10 Mile Road Race Champs, at Carlisle. N. Muir (Shett) 51:45. (Youths) 1600m Medley: Clyde Valley 3:45.1.

May 31st

Renfrewshire Champs at Greenock. 100: 1, J. Harte (Pais-J) 10.9 (eq CBP); 2, A. Thornton (WoS) 10.9; 3, D. Auld (Bella) 11.0. 200: Harte 22.6. (Senior Boys) 800: G. Scott (Pais) 2:06.6 (CBP).

June 8th

Glasgow Schools Prelim Meeting at Scotstoun. (Junior Boys) SP: D. Donaldson (Shaw Ac) 13.74.

June 11th

Scottish Schoolgirls Pentathlon Champs, at Westerlands. 1, S. Hay 3065; 2, A. Fraser 2841. (Inters): M. Sommerville 3271. (Juniors): 1, L. Smith 2876; 2, L. Stephen 2811.

June 15th

Glasgow Schools Champs, at Scotstoun. (Senior Girls) 800: A. Linton 2:13.6. (Juniors) 800: A. Reid 2:25.6. HJ: S. Brown 1.62.

June 21st

Cheshire Relay Champs, at Hartford. (Youths) 4 x 100: Warrington 45.3. 4 x 800: 1, Wirral 8:29.8; 2, Warrington 8:35.6. (Boys) 4 x 800: Warrington 8:40.8. (Inter Women) 3 x 800: Warrington 7:16.4. (Juniors) 3 x 800: Warrington 7:42.8. (Girls) 3 x 800: 1, Macclesfield 7:50.6; 2, Warrington 7:55.6.

June 22nd

Royal Navy Champs, at Portsmouth. 400: A. Woodin (RM) 49.9. 1500/5000: R. Ward (Ply) 3:53.7/14:27.2. 3000SC: B. Davis (Port) 9:31.0. 400H: T. Lewis (Air) 56.7. PV: 1, S. Ellis (Med) 4.00; 2, Lewis 3.70. LJ/TJ: M. Johnson (Port) 6.75w/14.82. SP: 1, T. Walhen (Port) 14.94; 2, E. Kelland (RM) 14.75; 3, Lewis 13.01. DT: 1, Kelland 45.70; 2, Walhen 42.54; 3, Lewis 42.42. HT: 1, Walhen 45.94; 2, Kelland 45.74; 3, B. Grubb (Ply) 44.82; 4, S. Robinson (Port) 44.16; 5, A. Valentine (Air-V) 41.44; 6, L. Bell (Ind-V) 40.90. JT: R. Evans (RM) 56.26.

June 22nd & 28th

Insurance Champs, at Motpur Park. 200: G. Stewart 22.6. 110H: J. Pyman 15.8. 3000W: O. Flynn 13:05; 2, G. Morris 13:08.

June 26th

Open Throws Competition, at Loughborough. SP: 1, I. Lindley 16.45; 2, G. Dirkin 13.62. DT: 1, Dirkin 51.50; 2, Lindley 41.74. Exhibition SP/JT: W. Tancred 16.84/55.22.

June 29th

City of London Poly Handicap (2½M), at Tower Hill: 1, A. Catton (Ilf) 12:29; 2, J. Dryden (Shaft) 12:57; 3, P. Brenchley (Inv) 13:05.

Chrysler 3000: 1, R. Callan (Leic) 8:22.0; 2, Carter (B'ham) 8:23.0; 3, P. Lee (Lough) 8:24.5.

June 30th

Alnwick 4½M Road Race. 1, M. Bateman (Morp) 21:53; 2, A. Jenkins (Morp) 22:31; 3, D. Prudham (Gates) 23:16.

July 1st

Exhibition Shot/Discus Competition, at Loughborough: W. Tancred 16.92/58.60.

July 2nd

Gloucester AC Open Meeting, at Black Bridge. HT: A. Bilous (Glos-J) 41.00.

Eldwick Gala Fell Race. 1, D. Slater (Bing) 16:01; 2, J. Temperton (A&SV) 16:35; 3, A. Parkinson (A&SV) 16:50; 4, D. Mayho (A&SV) 16:58; 5, J. Fox (A&SV) 17:08; 6, J. Barnard (Notts) 17:11; 7, D. Quinlan (Bing) 17:13; 8, J. Penrose (Bing) 17:17; 9, D. Anderson (Bing) 17:37; 10, K. Duckworth (A&SV) 17:51. **Teams:** 1, A&SV 9; 2, Bingley 16; 3, Bingley 'B' 38.

July 6th

Wordsley '10'. 1, D. Fownes (Tip) 53:00; 2, B. Baldero (Tip) 53:56; 3, J. Wagstaff (Tip) 54:16; 4, K. Rollason (Tip) 57:28; 5, J. Taylor (Dud) 58:08; 6, P. Wakeman (Loz) 58:20.

NORTH GLOUCESTERSHIRE LEAGUE

At Cheltenham, June 21st

Gloucester 246; St Pauls 203; Cheltenham 187; Innsworth 168; Hereford 35; Oxford 5.
3000SC: C. O'Carroll (Glos) 9:29.6. (Senior Women): Gloucester 121; Cheltenham 116; Innsworth 51; Hereford 28.

At Black Bridge, June 28th

Gloucester 246; St Pauls 228; Innsworth 167; Cheltenham 135; Hereford 127; Oxford Poly 26.
(Senior Women): Gloucester 106; Cheltenham 97; Innsworth 24. DT: L. Hatton (Glos) 33.40. (Final League Positions): (Senior Men): Gloucester 48; St Pauls 42; Innsworth 33; Cheltenham 30; Brize Norton 19; Hereford 16; Oxford Poly 14. (Senior Women): Gloucester 35; Cheltenham 31; Innsworth 19; Hereford 11.

MAMORE HILL RACE

At Kinlochleven, July 2nd

1, A. Partridge (East Kilbride) 1:39:22
2, P. Dolan (Clydesdale) 1:44:25
3, J. Sands (Ayrshire) 1:48:50
4, T. McCulloch (Ayr) 1:51:15; 5, T. Doonan (Ayr) 1:55:35; 6, P. Brooks (Loch) 1:55:36; 7, I. White (Spring-V) 1:56:40; 8, G. McConnacher (Loch) 2:02:00; 9, J. Smith (Cambus) 2:06:40; 10, E. Campbell (Loch) 2:11:10.

EUROPEAN CUP SEMI-FINALS

(Men)

At Athens, July 16th/17th: GDR 132, Italy 117, Czechoslovakia 109, Finland 98, Hungary 86, Greece 77, Netherlands 59, Denmark 38.

100: Ray (GDR) 10.15, Mennea (I) 10.25; 200: Mennea 20.15, Kubeck (GDR) 20.68, Karttunen (F) 20.80; 400: Utikal (GDR) 46.54; 800: Plachy (C) 1:46.8, Hoving (N) 1:47.3, Beyer (GDR) 1:47.4, Grippo (I) 1:48.3; 1500: Plachy 3:47.8, Straub (GDR) 3:49.2, Paunonen (F) 3:49.6, Zemen (H) 3:50.2; 5000: Hermens (N) 13:36.2, Zarcone (I) 13:39.5, Kuschmann (GDR) 13:41.0; 10,000: Tebroke (N) 28:47.8, Fava (I) 29:33.6; 3000SC: Ponitzsch (GDR) 8:33.1, Fava 8:33.2; 110H: Munkelt (GDR) 13.68, Bryggare (F) 13.75; 400H: Beck (GDR) 49.97; 4 x 100: Italy 39.48; GDR disq; 4 x 400: GDR 3:04.9, Italy 3:05.7; HJ: Beil-schmidt (GDR) 2.28, Bruni (I) 2.20; PV: Weber (GDR) 5.30; LJ: Leitner (C) 8.04; TJ: Mazzucato (I) 16.32; SP: Beyer (GDR) 21.26; DT: Schmidt (GDR) 64.70, Tegla (H) 61.68; HT: Urlando (I) 71.74; JT: Nemeth (H) 86.16, Hanisch (GDR) 83.94, Puranen (F) 83.30.

At Warsaw, July 16th/17th: W Germany 142, Poland 133, Rumania 99, Bulgaria 87, Sweden 77, Spain 70, Norway 65, Portugal 45.

100: Petrov (B) 10.48; 200: Weisenseel (WG) 20.94, Licznarski (Pol) 20.95; 400: Herrmann (WG) 46.21, Sjoberg (Swe) 46.44; 800: Wulbeck (WG) 1:48.2, Gesicki (Pol) 1:48.4; 1500: Hudak (WG) 3:41.3, Kanev (B) 3:41.3, Wasilewski (Pol) 3:41.9; 5000: Kowol (Pol) 13:59.5, Cerrada (Spa) 13:59.7, Uhlemann (WG) 14:01.3; 10,000: Floroiu (R) 28:48.7; 3000SC: Glans (Swe) 8:28.0, Karst (WG) 8:32.0; 110H: Pusty (Pol) 13.56, Sebestyen (R) 13.85; 400H: Schmid (WG) 51.26; 4 x 100: Poland 39.36; 4 x 400: Poland 3:03.3, WG 3:04.5; HJ: Thronhardt (WG) 2.23, Wszola (Pol) 2.20; PV: Kozakiewicz (Pol) 5.66 (European rec); LJ: Baumgartner (WG) 7.98; TJ: Kolmsee (WG) 16.44; SP: Komar (Pol) 19.91; DT: Hjeltne (N) 65.06, Neu (WG) 61.76, Velez (B) 61.26; HT: Dulgerov (B) 73.78; JT: Pihl (Swe) 81.94.

(Women)

At Bucharest, July 17th: USSR 107, Rumania 98, Italy 84, France 77, Finland 66, Yugoslavia 46, Switzerland 42, Portugal 17.

100: Anisimova (USSR) 11.65; 200: Kondrasheva (USSR) 23.68; 400: Aksyonova (USSR) 52.81, Bottiglieri (I) 52.85; 800: Silai (R) 1:59.2, Dubois (Fra) 2:00.5, Mouchta (USSR) 2:01.2; 1500: Maracescu (R) 4:02.7, Tyynela (Fin) 4:10.7, Dorio (I) 4:10.8; 3000: Puica (R) 8:56.8, Romanova (USSR) 9:06.8; 100H: Nikityenko (USSR) 13.45; 400H: Storocheva (USSR) 57.16, Badescu (R) 58.83; 4 x 100: France 44.64, USSR 44.83; 4 x 400: USSR 3:29.5; HJ: Popa (R) 1.88, Simeoni (I) 1.86; LJ: Gheorghiu (R) 6.68; SP: Zapkalenko (USSR) 19.05; DT: Veleva (USSR) 66.80, Menis (R) 61.50; JT: Zorgo (R) 57.22.

At Stuttgart, July 16th: Poland 100, W Germany 92, Hungary 77, Czechoslovakia 65, Belgium 63, Sweden 59, Norway 45, Spain 36.

100: Szewinska (P) 11.38, Haglund (Swe) 11.51; 200: Szewinska 22.92, Haglund 23.38; 400: Fuhr-

mann (WG) 52.77; 800: Hook (WG) 1:59.4, Katolik (P) 2:00.1; 1500: Waitz (N) 4:05.1, Kraus (WG) 4:10.7; 3000: Ludwischowska (P) 9:07.3, Valero-Omedes (Spa) 9:10.9; 100H: Rabsztyń (P) 13.46; 400H: Kacperczyk (P) 56.78, Weinstein (WG) 57.67; 4 x 100: Poland 43.63; WG disq; 4 x 400: Poland 3:31.5, WG 3:32.8; HJ: Holzapfel (WG) 1.93, Karbanova (C) 1.90; LJ: Nygrynova (C) 6.53, Szabo (H) 6.47; SP: Wilms (WG) 21.15; DT: Prouzova (C) 62.54; JT: Becker (WG) 62.80.

NEW FROM THE BOOK DEPARTMENT

'Success in Athletics' by Carl Johnson. The various events are explained and illustrated (including many action sequences) to help the beginner athlete progress and improve his or her skill in performance; ideal also for coaches and teachers. Price: £2.75.

'Starting and Timekeeping' by J. W. Aspland and H. A. Hathway. New edition of influential AAA instructional booklet. Price: 85p.

'British Athletics Handbook 1977'. BAAB publication listing records and results of leading international and domestic events in 1976, plus details of BAAB constitution etc. Price: £1.65.

'The Superstars' by David Vine. The inside story of the popular BBC television sports series, profusely illustrated. Detailed results and biographies. Price: £2.15.



Nikolay Grebnyev (USSR), javelin winner in the Cup Semi-Final at Crystal Palace.

Crack 5000 At Gateshead

ANOTHER feast of athletics is in store at Gateshead this Saturday (July 30th) when Big Bren himself tackles a top-class 5000m field in the Philips Gateshead Games. Apart from Ian Stewart, Bernie Ford, David Black, Jos Hermens and possibly Steve Ovett, the field includes Munich 10,000m bronze medallist Mirus Yifter, who heads an Ethiopian squad at the meeting. Brendan Foster himself sidesteps the issue slightly when he says, "With a field like that, you can't think about records, just winning", because it will obviously take a very fast time even to do that.

A fast time is likely too in the 3000m where the entries include Nick Rose and Tony Simmons. The mile brings together world record holder John Walker, European record holder Thomas Wessinghage, and former European record holder Eamonn Coghlan, plus Steve Scott from the USA and 3:37 1500m man Takel Worku from Ethiopia.

Dennis Coates, who turned down selection for the Stockholm match to concentrate on his preparation for this meeting, takes on Ethiopia's Yohannes Mohammed, an 8:18 performer, in the steeplechase, and in the women's mile Mary Stewart's UK record of 4:36.1 seems doomed. Mary and Penny Yule, who both just missed it at

the Debenhams meeting, are joined by Norway's Grete Waitz (4:05.1 for 1500m in the recent European Cup semis) and UK 1500m champion Hilary Hollick.

Leading entries include: 200m: Jenkins, Quarrie (Jam), Wells (USA). 800m: Enyeart (USA), Lewis, Warren. Mile: Wessinghage (WG), Coghlan (RoI), Scott (USA), Walker (NZ), Worku (Eth). 3000m: Rose, Simmons, Kearns, McLeod, Spedding, Kedir (Eth). 5000m: Foster, Stewart, Yifter (Eth), Black, Ford, Hermens (Neth), Ovett. 3000m SC: Coates, Mohammed (Eth), Glans (Swe). SP: Capes, Shmook (USA), Feuerbach (USA). HJ: Torring (Den), Kotinek (USA), Butterfield. PV: Isaksson (Swe), Tully (USA), Pullard (USA), Hooper, Williams, Gutteridge. Women's 200m: Lannaman, Colyear, McCormack, Clarke, Boyle (Aus). 400m: Hartley, Elder, McCormack, Nail (Aus). Mile: Stewart, Hollick, Yule, Ford, Waitz (Nor), Garrett (NZ), Wright (NZ). LJ: Reeve, Colyear, Peacock.

Cliff Temple

BRITISH LEAGUE DECIDER

The result of the final Division 1 meeting of the GRE British Athletics League at Haringey today (July 30th) will decide which British club is champion for the season. The battle is between Wolverhampton & Bilston, champions for the past two seasons, and Stretford—both clubs having 16 points.

Wolverhampton were beaten into second place in the previous league meeting at Meadowbank, but were under the handicap of providing six internationals for the Finland v UK match, with six of their most promising youngsters competing at the English Schools Championships. Their athletes today will include Glen Cohen, Peter Tancred, Mike Bull, Pete Kelly, Steve James and Keith Connor. The meeting starts at 1 pm (first track event 2.30).

OLYMPIC FILM

Howard Payne has access to 16mm colour film of all the Montreal Olympic athletics events. This was taken for research purposes at 100 frames per second and is excellent coaching material. Also available is film of the USA Olympic Trials (eg Dave Roberts' world record PV) and NCAA Championships of past three years. The film could be reduced to 8mm if demand exists. Anyone interested please contact Howard Payne, Physical Education Dept, University of Birmingham, Birmingham B15 2TT.

BRIAN ADAMS WINS TITLE

National 50km walk championship, at Milton Keynes: 1, B. Adams 4:25:28; 2, J. Warhurst 4:27:33; 3, P. Hodgkinson 4:36:27.

HELSINKI TOUR

Readers who were too late to join the AW/Finlandia Travel party to the European Cup Final (August 13/14) priced at £135 are advised to ring Rosemary Wilson at 01-363-3316 (9.00—5.30 Mon. to Fri.).



Anatoliy Piskulin (USSR), who tops this year's European rankings with 17.04m.

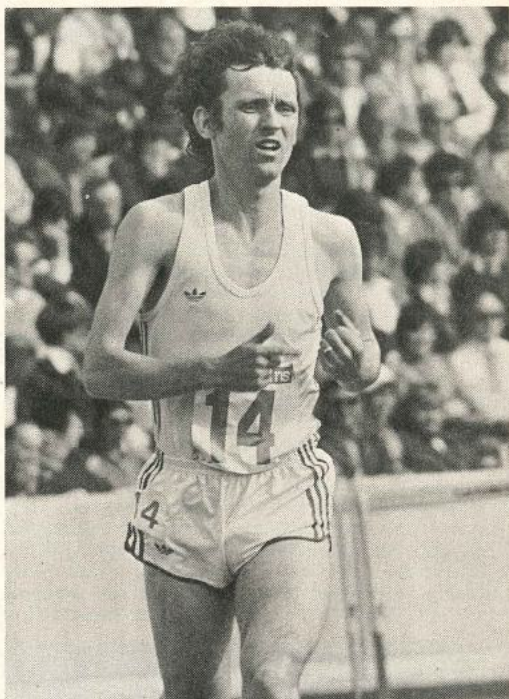
Mike Street

TONY SIMMONS TALKING

(After European Cup Semi)

"It was hard today, very windy. I like running 10,000's. That's my event, so I don't see why I shouldn't run them every other week if necessary. I run cross-country races every week so I'm sure I can do 10's—they are not as hard as they used to be to me. This (28:16.8) is my slowest time in ten races! Yes cross-country is easier because you have a changing terrain and you're running against opposition rather than times, but my present frame of mind is such that it doesn't make any difference to me. I know I can run 28:00 or under without too much stress. I ran 28:16 or so today because this guy (Gomez) was tripping me up—I've got a couple of spike marks on me. When I discovered he was with me I knew I could outkick him or do anything I wanted, I was in control of the race and knew what I wanted to do later on. So I sat behind him for a few laps and then just went away after I had rested up a bit.

"Running the UK National Championships, then running the AAA means there is too much competition this year. I feel as if I have done my stint running at Cwmbran and running the European Cup. The meeting at Cwmbran is going to be like the Inter-Counties, which has given way now. One of these events (the AAA or UK Champs) is going to go. Top class athletes don't want too many domestic races. Some people don't want to run all the matches, they want one or two matches a year. If they start putting three or four domestic races



"I think I'm the most consistent 10,000 runner Britain has ever had," says Tony Simmons.

Peter Tempest

on or minor internationals, people are going to start moaning, saying: 'Why aren't you running here, there and everywhere.' Take Nick Rose and Ian Stewart: they have run and won, so why should they run against Foster or myself in the AAA—they have everything to lose. It's a cat and mouse game really. If you have just one championship like the AAA they are forced to run together to prove who's No 1 in the country. Now you've got two or three events and everyone can miss one another and run personal best times or win a race and say 'well, who's better?'—and you're never going to find out.

"I want to enjoy my running this year. There are times when you should enjoy your running and this year my target is times. I ran 27:43 (Helsinki) and got fourth. That guy (Samson Kimombwa, 27:30.5—world record) probably wouldn't have done that time if I had not led, but I didn't know who he was in the first place. I was pleased that I had done that time even though I was disappointed coming fourth. Today (European Cup Semi-Final) it's satisfying that I won the race. This year I'm fulfilling different aspects of my running. Next year is all serious because we come to the Commonwealth and European again—where winning matters and times are irrespective. Last year people said the (Olympic) 10,000 was a slow race and also the European (1974) when I got a silver in Rome—but positions matter not times.

BROMSGROVE & REDDITCH A.C.

11th Annual

BOYS ROAD RACE & RELAYS

(Under AAA Laws)

AT ABBEY STADIUM, REDDITCH

SATURDAY, 10th SEPTEMBER, 1977

10 & 11 Years	Race 1.00pm	1½ Miles
Colts (12 & 13)	Relay 1.20pm	4 x 2½ Miles
Youths (16 & 17)	Relay 2.30pm	4 x 2½ Miles
Boys (14 & 15)	Relay 3.30pm	4 x 2½ Miles

(Ages on 31st August, 1977)

Awards: First 3 Teams, first unplaced "B" Team, fastest lap each relay; first 3 Teams, first 6 Individuals in 10 & 11 years race. Perpetual trophies for relays.

Entries to Mr T. P. Battle, 30 Hinton Avenue, Alvechurch, Birmingham B48 7LY. Tel: 021-445 1981. Fees: 60p first team, 50p additional; 20p individuals (10 & 11 yrs race—no team fee).

CLOSING DATE 27th AUGUST

"I'm running for Wales next year. The 10,000 and marathon in the Commonwealth Games and the 10,000 in the European Championships. In preparation I'm trying to bash in all these races this year and try to get a high consistency of running. I'm hoping to do a good 5000 this year, that's one event where I don't think I've reached my optimum yet.

"I've got a lot more to look forward to because I'm improving all the time. I'm sure there is far more scope for me running a marathon. If I can run 2:08/2:09 for a marathon it would be nice, wouldn't it? I don't think I would be satisfied running a 2:13/2:14. No, I've not got a mental block about the marathon—I just couldn't finish one that's all! I can do the training now. I've matured in the last three years. There's not a barrier, it's a matter of fitness. I did the Stoke marathon and did 22 miles and was on a schedule for 2:12 and got cramp—that's nothing to do with barriers. It's a matter of salt deficiency. Everything will be all right if I can get the training in for it. I've got some very good training partners and they look after my interests far more than I do! They keep me on the track. They have more enthusiasm for the sport than I have, I'm sure.

"I think I'm the most consistent 10,000 runner Britain has ever had. I suppose I have to beat Brendan to prove I'm No 1, but I feel I'm underrated. I'm not worried though. We'll all run in the Coke meeting. The world record for 10,000 will go again this year if you get the right attitude. It's always been on for the last four years. It could have gone in the Coke meeting two years ago.

"I don't care if I lose races, I want fast times. I'm prepared to go anywhere where I can run personal best races in meetings. That's why I did the 1500 early in the year and I tried to do 5000 but I had a bad stomach (Debenhams). My 10,000 and 1500 have come up. Everything's going OK. I'll race where there is good competition."

VIIth INTERNATIONAL COACHES' CONVENTION EDINBURGH

5th-6th NOVEMBER, 1977

- The Convention's International reputation for technical presentations of the highest quality is well matched this year.
- The focus of the first day is on the teaching and developmental side of coaching athletes. Topics include 'The Beginner Athlete'; 'Roots of Techniques — Introductory Practices'; 'Factors determining Specificity' and 'Relating Sport to Physical Education'.
- The second day embraces current thinking in Strength Training; Biomechanics and Modern Techniques; Evaluation in Track and Field; Psychology and Sports Injuries; and Internationalism in Coaching.
- The Convention also presents a unique opportunity to discuss modern coaching with colleagues not only from the United Kingdom, but also from several European countries.
- An international team of lecturers has been invited to present the programme, which is once again, one that should not be missed by the thinking coach and teacher of athletes.

For further information please write to:—

Frank W. Dick, B.Sc., D.L.C.,
8 Frederick Street,
Edinburgh EH2 2HB.

FASTEST 10,000m MARKS OF ALL-TIME BY BRITISH ATHLETES

27:30.8	Dave Bedford	13.7.1973
27:43.6	Tony Simmons	30.6.1977
27:45.4	Brendan Foster	29.8.1975
27:45.7	Foster	22.7.1977
27:47.0	Bedford	10.7.1971
27:47.7	Dave Black	29.8.1975
27:48.6	Black	25.1.1974
27:51.3	Ian Stewart	11.6.1977
27:52.4	Bedford	15.7.1972
27:53.6	Bedford	31.8.1972
27:53.6	Simmons	29.8.1975
27:53.7	Foster	12.6.1976
27:54.2	Black	1.8.1975
27:54.9	Foster	26.7.1976
27:55.6	Black	6.10.1973
27:56.3	Simmons	26.7.1976
27:56.4	Simmons	12.6.1976
28:00.4	Stewart	23.6.1976
28:00.6	Jim Brown	1.8.1975
28:00.8	Bernie Ford	29.8.1975
28:01.6	Simmons	6.10.1973
28:02.1	Simmons	19.5.1977

BINGLEY HARRIERS & A.C. YOUNG ATHLETES ROAD RACES

SUNDAY, SEPTEMBER 18th, 1.30 p.m.
Male/Female U/11, U/13, U/15, U/17 on 1.9.77.
Individual and Team (3 to score) awards.
20p Individual to T. Leigh, 10 Cavendish
Drive, Eldwick, Bingley (7394), by Saturday,
September 10th. Under AAA & WAAA Rules.
Sponsored by Valprint Ltd. of Harden

SALE '15'

(Under A.A.A. Laws)

SATURDAY, 6th AUGUST

At Wythenshawe Park (South M/c)

Change: Park Changing Rooms, Wythenshawe
Road (B5167).

6 Individuals, O/40, O/50. **Entries on the day**
30p. Tel: Warrington 61935.

BRISTOL A.C. PRESENTS THE 18th TALBOT FASTENERS LTD. CROSS COUNTRY RACES

(Under ECCU & WCC & RWA Rules)

In memory of Mike Sully, Sunday 6th Nov.
Events both sexes, all ages (min. age 11), 1st
event 12 noon. Details, timetable & fees in
'AW' mid-Sept. Enquiries: Mr A. Dance, 11
Lymore Avenue, Bath (Bath 315115). Enclose
S.A.E.

PRIZES £750 IN VALUE

C. A. BRABANT WALLON & SPIRIDON, BELGIUM

4th International Marathon

Memorial Etienne Gailly

(Under IAAF Laws—Men & Women)

on Saturday, 1st October, 1977, 14.30 pm

AT NIVELLES (BELGIUM)

30 km. south of Brussels

Entries free: Michel Goffaut, av. Trigodet
14, B 1401 Baulers, Belgium. Lodging
possible.

NOTES FOR YOUR DIARY

CAMBERLEY and DISTRICT A.C.

ROAD RELAYS (LADIES & MEN)

SENIOR MEN 10 MILES

SUNDAY, OCTOBER 2nd, 1977

LADIES CROSS COUNTRY

SUNDAY, DECEMBER 4th, 1977

MEN'S CROSS COUNTRY

SUNDAY, MARCH 5th, 1978

WCC & RWA RULE CHANGE

The following amendment to Competition Rule
47 has been approved by the Women's Cross-
Country & Race Walking Association's executive
committee:

WCC & RWA COMPETITION RULE 47—
Cross-country, road running and road relays:—
After the calculation of ages, DELETE "Compe-
titors are not permitted to compete in other than
their own age groups", and INSERT the follow-
ing:—

"Juniors and Girls may not compete in other
than their own age groups. In National and Area
championships, Intermediates may compete only
in Intermediate events. In other competitions,
where permitted by Promoting and Organising
Bodies, Intermediates may compete in Senior
events providing that the distance of the race or
stage of the race does not exceed 4000 metres (2½
miles). Competitors may not compete in Inter-
mediate and Senior events on the same day."

★ The revised edition of the WCC & RWA
Laws & Competition Rules Book is now avail-
able, price 40p, from the National Hon Secretary,
National Hon Treasurer, or Area Hon Secre-
taries. The National Hon Secretary is Mrs V.
Duerdin, 10 Anderton Close, Bury BL8 2HQ,
Lancs.

IRELAND v GREECE

At Limerick, June 1st/2nd

100: Chatsinicolaou (G) 10.4; 2, J. Ryan (I)
10.8. 200: 1, Georgalious (G) 21.3; 2, Ryan 21.5.
400: D. O'Connell (I) 49.1. 800: 1, Bontitsopoulos
(G) 1:50.8; 2, Kourtis (G) 1:51.9; 3, B. Murphy
(I) 1:54.2. Mile: 1, E. Coghlan (I) 3:59.8; 2, F.
Clement (UK-gst) 4:00.2; 3, M. Kearns (UK-gst)
4:01.2; 4, Kourtis 4:02.0. 5000: 1, G. Deegan (I)
13:57.0; 2, Coussis (G) 14:06.4; 3, Zacharopoulos
(G) 14:22.0; 4, G. Kiernan (I) 14:23.0. 10,000: 1,
Christodoulidis (G) 30:06.0; 2, R. Treacy (I)
30:09.0; 3, P. Murphy (I) 30:10.0. 3000SC: 1,
Contossoros (G) 8:53.3; 2, P. O'Riordan (I)
8:54.4; 3, P. O'Callaghan (I) 8:59.3. 110H: 1,
Vassiliou (G) 14.0w; 2, Mandellos (G) 14.4; 3,
S. Power (I) 15.6. 400H: 1, Valdiraus (G) 52.8;
2, C. Beattie (NI-gst) 52.8; 3, Baulais (G) 53.8;
4, T. Crowe (I) 54.8. 4 x 100: 1, Ireland 41.5; 2,
Greece 41.6. 4 x 400: 1, Greece 3:15.1; 2, Ireland
3:15.6. HJ: 1, Patronis (G) 2.08; 2, Papaconstan-
tinou (G) 2.00; 3, K. Martyn (I) 1.90. PV: 1,
Kittfas (G) 5.15; 2, Saullariadis (G) 5.00; 3, L.
Hennessy (I) 4.20. LJ: 1, Vicheloudas (G) 7.16; 2,
Delifotis (G) 7.12; 3, P. Shine (I) 6.77. TJ: 1,
Kathiniotis (G) 15.90; 2, Kaperonis (G) 15.77; 3,
C. Cronin (I) 15.70 (rec). SP: 1, Loukas (G)
18.11; 2, Kollias (G) 16.36; 3, G. McEvoy (I)
16.02. DT: 1, S. Aglopas (G) 55.96; 2, Tsiaris
(G) 55.88; 3, L. Braham (I) 53.04. HT: 1, Ieris-
tiotis (G) 63.66; 2, Moutafidis (G) 62.68; 3, B.
Hartigan (I) 60.36. JT: 1, Caponis (G) 66.54; 2,
Maurigiannis (G) 66.22; 3, P. Moore (I) 60.22.
Match Result: Greece 135, Ireland 76.

NORTHERN IRELAND CHAMPIONSHIPS**At Mary Peters Track, June 25th**

100: 1, C. Millar (AS) 11.0; 2, J. McMillen (Shorts) 11.1; 3, J. Christie (AS) 11.1. 200: 1, J. Chivers (W&B) 21.8; 2, McMillen 22.0. 400: 1, Chivers 47.7; 2, C. Beattie (Sh) 48.9. 800: 1, M. McCausland (Stret) 1:56.0; 2, I. Fairclough (AS) 1:57.4. 1500: 1, J. Allen (WTH) 3:56.5; 2, J. McIntyre (9th OB) 4:00.2. 5000: 1, P. Lawther (AS) 14:18.7; 2, J. McDonald (NBH) 14:23.5. 3000SC: 1, A. Philpott (Lis) 9:08.6; 2, S. McArthur (AS-J) 9:12.4; 3, R. Hamilton (Stret) 9:26.2. 110H: 1, W. McCarron (Sh) 15.6; 2, I. Grant (B'mena) 15.7. 400H: 1, C. Beattie 53.4; 2, J. Glover (AS) 54.0; 3, P. Beattie (Sh) 54.0; 4, C. Porteus (Camp) 55.2. 3000W: 1, A. Agnew (EAH) 13:35.6; 2, J. Todd (EAH) 13:36.5. HJ: 1, Grant 1.99; 2, P. Meaklim (AS) 1.96; 3, G. Griffin (AS) 1.93; 4, D. Harrison (AS) 1.90. PV: 1, M. Bull (W&B) 5.02; 2, McCarron 4.40. LJ: 1, W. Kirkpatrick (B'mena) 7.05; 2, Grant 6.55. TJ: 1, J. McLister (Dunc) 14.51; 2, T. Lammey (Sh) 14.39; 3, D. Lammey (Sh) 13.70. SP: 1, M. Atkinson (AS) 13.80; 2, L. Browne (AS-J) 13.46; 3, H. Black (B'mena) 13.40; 4, H. Benson (Cooks) 13.18; 5, H. Robinson (Dunc) 13.08. DT: 1, M. Fulton (Dunc) 46.16; 2, O. Anderson (Dunc) 41.44; 3, Atkinson 39.92. HT: 1, D. Bays (Sh) 50.58; 2, K. Hutton (Dunc) 48.98; 3, B. Connor (Sh) 47.34. JT: 1, D. Coulter (B'mena) 57.80; 2, F. McCrystal (B'mena) 51.34. Vets 1500: R. Kernaghan (NBH) 4:28.4.

(Women) 100: 1, L. McCurry (Sh) 12.1; 2, A. McClelland (B'mena/Stret) 12.2. 200: 1, McCurry 24.6 (24.5 ht); 2, McClelland 24.8. 400/800: A.

Smyth (Sh) 55.6/2:11.8. 1500: A. McCullough (Tailte) 5:01.6. 100H: 1, V. Hancox (BL) 14.6 (NI rec); 2, R. McFetridge (B'mena) 14.9. 400H: 1, McFetridge 62.5 (NI rec); 2, M. Chambers (Tailte) 62.7. HJ: 1, W. Phillips (BL) 1.75 (NI rec); 2, R. White (BL) 1.63. LJ: 1, Hancox 5.46; 2, V. Campbell (Sh) 5.36. SP: M. Alexander (B'mena) 11.00. DT: 1, R. Hanvey (N'abbey) 35.72; 2, D. Quigley (UC) 35.44.

ANNADALE STRIDERS YA MEETING**At Mary Peters Track, June 21st**

(Jnrs) 100: C. Millar (AS) 11.2. 200: C. Smyth (AS) 1:56.5. 3000: S. McArthur (AS) 8:43.6. 400H: C. Porteus (AS) 55.6. HJ: P. Meaklim (AS) 1.95. (U/17) 400: R. Humphries (Lis) 51.0. 3000: J. McGready (ND) 8:56.5. 1500SC: 1, T. Melville (Dunc) 4:32.4; 2, I. Hill (Dunc) 4:33.4. LJ: B. McLaughlin (AS) 6.35. (U/15) 800: R. Murtagh (Lis) 2:06.0. LJ: G. Moore (Dunc) 5.81. (U/13) P. McKillop (St Mal) 4:44.0.

NIAAA BOYS & COLTS CHAMPIONSHIPS**At Mary Peters Track, June 25th**

(Boys) 100: P. Ferrett (Lis) 12.6. 200: K. Thompson (N Down) 25.3. 400: N. Bryce (Regent House) 56.2. 800: R. Murtagh (Lis) 2:09.5. 1500: 1, Murtagh 4:13.8; 2, D. Leckey (B'drain) 4:13.8. LJ: G. Moore (Dunc) 5.65. DT: N. Johnston (Dunc) 28.30. (Colts) 100: D. McIntyre (Boys Model) 14.4. 200: McIntyre 29.9. 400: S. Purcell (Lis) 65.1. 800: P. McKillop (St Malachys) 2:29.3. 1500: McKillop 4:50.3. HJ: S. Boyle (Inst) 1.35.

Mileham Over 62 Metres

The inaugural Travelwell International at Luton on July 9th proved a resounding success, with athletes from six overseas countries taking part. The promoting club, Luton United, may decide to stage this meeting on a two-yearly basis with the next one due in July/August 1979. All the throwing events were of a good standard, with Matt Mileham throwing the hammer 62.86m (3 over 62m), but the dusty and at times blustery conditions were not conducive to top class track performances. Max Little of Australia, winner of the 5000, was the nominee for the best track performer (would he please contact Jim Smith, 1 Westbury Gardens, Luton; tel: 37682, with forwarding address) and the field event award went to 36-year-old former French high jump record holder Robert Sainte-Rose for his remarkable leap of 2.06m off a crumbling take-off.

100: 1, R. Griffiths (Lut) 10.9; 2, N. Dutt (Ver) 11.0. 200: Griffiths 22.3. 5000: 1, M. Little (Aus) 14:15.8; 2, F. Kolbeck (Fra) 14:25.8; 3, J. Langford (Aus) 14:33.4; 4, I. Thompson (Lut) 14:51.8. HJ: 1, R. Sainte-Rose (Fra) 2.06; 2, Sjolín (Swe) 1.90; 3, I. Murray (H&S) 1.90. TJ: S. Ashdown (Lut) 13.90. SP: G. Tyler (Sale) 15.59. DT: 1, Tyler 52.02; 2, C. Scott (Lut) 41.66. HT: 1, M. Mileham (W Gn) 62.86; 2, Chastan (Fra) 57.90; 3, Faury

(Fra) 52.60. . . . 6, Scott 44.06. JT: 1, C. Harrison (Lut) 61.24; 2, J. Ferrary (Leic) 60.52; 3, D. Young (Lut) 57.46. (Women) 200: M. Ascroft (Cov) 25.1. 800: C. Petitjean (B'field) 2:15.2. 3000: 1, M. Ashcroft (Lut) 10:11.6; 2, C. Ready (Stoke) 10:26.4. 100H: 1, J. Kirilin (Can) 15.0; 2, C. Lagerkvist (Swe) 15.1. HJ: 1, A-M. Devally (Bed) 1.66; 2, J. Harrison (Leic) 1.60; 3, M. Gamyr (Fra) 1.60. LJ: 1, A. Matthews (Swe) 5.56; 2, M. Forget (Fra) 5.50; 3, A. Isaksson (Swe) 5.38. SP: 1, J. Oakes (Croy) 15.19; 2, J. Kerr (Mit) 14.25; 3, C. Carter (Bed) 10.98; 4, S. Goddard (Ver) 10.98. DT: 1, Kerr 46.18; 2, Oakes 39.40; 3, Goddard 39.00.

We regret to announce that Mrs W. M. Neuff died in her sleep on June 30th. All communications about Bantex or SaBer poles, or other pole vault matters, should now be directed to Dr A. T. Neuff, 118 Brownspring Drive, London SE9.

Result of a 15km road race at Geneva: 1, Moser (Swi) 46:29; 2, Paul Eales 46:40; 3, John Hazelden 47:23; 4, Bill Mullett 48:04. Team. Brighton Concord.

Lakeland AAC officers: President, R. Parker; chairman, G. K. Thompson; secretary, J. R. Cameron, Klondike, Barnegates, Ambleside, Cumbrria (Tel: 096 66 492).

E. GERMAN WINS MILTON KEYNES MARATHON

THE heatwave broke just in time, and there was no repetition of last year's blazing temperatures in the Milton Keynes Marathon on July 9th. The sun was behind the clouds for most of the afternoon, and a north-east wind sprang up, perhaps strong enough to slow some of the runners. Once again, the course had to be changed because of road closures, but was again almost free of traffic, with about two miles of footpath on each lap, and most of the rest on country lanes, with one or two short but sharp hills. The start, and about the first half-mile of the first of the three laps, were on open road, but, not surprisingly, we had excellent police help in holding back the traffic!

Bernd Arnhold, from East Germany, and Mike Hurd took a strong line from the start, leaving no doubt of their intentions, and clocked an almost steady pace or just over 5 min miles all the way. They were nearly a minute clear of Paul Eales and Paul Norell by the end of the first lap. By the end of the second lap, at 17½M, Mike was flagging by a few seconds, but hung on to lose by less than two minutes.

Roger Bean was a worthy winner of the Police Championship, with Sawyer of Longwood the first Veteran, and Ted Flowers (aged 59) the first winner of the Memorial Trophy given in memory of Tom Buckingham for the over 50's.

A women's race was included for the first time, and was won by Manuela Angenvoorth, from West Germany, in 2:53:19. Like the other ladies, she looked attractive and efficient as well as running well. No doubt they put new heart into some of the old stagers. Patricia Day, of Verleas, was 23 min behind her husband Ron, but Martin and Linda Thompson from Australia ran together to finish in 3:16:21.

All the arrangements seem to have worked out well. There was plenty of everything at the sponging and refreshment stations and polythene bags with plenty of pins ensured that only one number was lost on the way. The time aggregate system of working out the team result again justified itself when one runner thought to have finished 20th was eventually found to have done only two laps. No confusion resulted. Hillingdon and Longwood did the almost impossible by achieving a tie on times, resolved by the position of the last man. Bad luck, Longwood!

This race is for the ordinary RRC member and ordinary runner as well as for the stars, and is held late in the afternoon on quiet roads largely for their benefit, so it is pleasing that of the 242 starters 185 finished inside the limit of 3½ hours.

Harold Lee

1, B. Arnhold (GDR)	2:19:57
2, M. Hurd (Croydon)	2:21:53
3, P. Eales (Mitcham)	2:23:27
4, P. Norell (H&S)	2:25:31; 5, W. Van Houten (Neth)
2:26:55; 6, Lacour (Fra)	2:27:12; 7, K.

Breeze (Sale) 2:29:11; 8, G. Taylor (Camb H) 2:29:17; 9, J. Avis (Camb H) 2:29:59; 10, G. Umbach (GDR) 2:30:37; 11, R. Bean (C&C) 2:31:15; 12, A. Roper (W Suff) 2:32:37; 13, Didima (Fra) 2:33:06; 14, P. Hampton (Camb H) 2:33:10; 15, R. Strik (Neth) 2:33:45; 16, A. Stafford (N Lon) 2:34:24; 17, R. Charney (TVH) 2:34:25; 18, J. Binks (VoA) 2:34:27; 19, M. Dunne (Sale) 2:34:39; 20, C. Woodward (Leam) 2:35:14; 21, A. Johns (SLH) 2:35:21; 22, C. Van Weyden (Neth) 2:35:37; 23, B. O'Shea (Ire) 2:35:50; 24, B. Lauckner (Ver) 2:36:25; 25, J. Sawyer (Long) 2:37:32; 26, K. Garrett (B'burn) 2:37:56; 27, I. Burgess (S&E) 2:38:17; 28, W. Yate (Mary) 2:38:34; 29, G. Bourne (Lut) 2:38:43; 30, C. Haynes (W Yks Pol) 2:38:48; 31, G. Carpenter (Port) 2:39:02; 32, V. Gutteridge (Hill) 2:39:51; 33, R. Aconley (S Yks Pol) 2:40:45; 34, G. Bennison (Bolt) 2:42:39; 35, A. Butcher (Ips) 2:42:45; 36, C. Gray (QPH) 2:42:52; 37, J. Mudie (RN) 2:43:19; 38, H. Artiss (Ver) 2:44:00; 39, G. Kay (Barn) 2:44:02; 40, J. De Boeck (Neth) 2:44:48; 41, D. Pickering (E Hull) 2:44:58; 42, G. Archer (Hill) 2:45:26; 43, E. Gutteridge (Hill) 2:45:39; 44, R. Hepworth (Long) 2:46:00; 45, J. O'Brian (Man Pol) 2:46:03; 46, M. Baggs (Wey St P) 2:46:05; 47, J. Nixon (E&E) 2:46:21; 48, M. Buis (Ips) 2:46:49; 49, A. Herrett (S&E) 2:47:04; 50, G. Valentine (Bas) 2:47:09. (Women): 1, A. Angenvoorth (WG) 2:53:19; 2, P. Day (Ver) 3:15:36; 3, L. Thompson (Leam) 3:16:21; 4, L. Watson (LOAC) 3:21:17; 5, I. Wojciechowska (LOAC) 3:28:02. Teams: 1, Cambridge H 8:00:54; 2, Hillingdon 8:10:56; 3, Longwood 8:10:56.

The Midland WAAA are staging an Open 10,000m Walk for athletes over 17 on July 30th at North Birmingham Poly.

GO WITH THE A.W. PARTY TO DUSSELDORF

for the World Cup (Sept. 2/3/4)

There are no places left on the air trip, but still some vacancies on the coach tour which leaves London Thursday evening, Sept. 1st arriving Dusseldorf on the morning of 2nd. The nights of Sept. 2nd and 3rd will be spent in a good class hotel. Return on the evening of Sept. 4th, arriving back in London by midday on Monday 5th. All for £68.

Stadium tickets in an excellent position obtained for members at extra cost.

Starting times: Friday 18.45 (Opening Ceremony); Saturday 18.15; Sunday 14.45.

Booking fee £5. To ensure your place send without delay to David Dryer Sports Travel Ltd., 242 Oxford Street, London, W1N 0BN.

SOUTHERN LEAGUE

(Division One)

At Yeovil, June 25th

North London 135; Bedford 127; Ilford 116; Yeovil 83; Hercules Wimbledon 73.

100: Allen 10.9. 200: 1, Allen 21.9; 2, Blount 22.1. 1500: 1, Odlin 3:53.8; 2, Catton 3:54.6; 3, Odell 3:55.2. 110H: Bovell 15.7. 400H: 1, Dunnetts 55.8; 2, Morgan 56.5. 3000SC: 1, Shotbolt 9:28.4; 2, Coates 9:30.2. HJ: Burgess 1.90. PV: Davis 3.70. SP/DT: Frances 15.38/45.10. JT: 1, Bushnell 59.56; 2, Loten 56.64; 3, Devido 56.08; 4, Webster 56.06.

At Windsor, June 25th

Croydon 120; Windsor, Slough & Eton 117; Victoria Park 110; Herne Hill 103; Cambridge & Coleridge 84.

100: 1, V. Bramble (VPH) 10.9; 2, S. Bradbrook (Croy) 10.9. 200: Bramble 22.4. (B): Bradbrook 22.4. 400: 1, Grant (Croy) 49.9. 800: R. Benn (Croy) 1:53.3. 5000: M. Russell (Croy) 14:34.2. 110H: N. Christie (WS&E) 15.9. 400H: M. Whittingham (HHH) 54.8. PV: S. Clark (Croy) 3.80. JT: 1, R. James (WS&E) 14.15; 2, G. Doerr (HHH) 14.09. HT: 1, James 47.94; 2, C. King (Croy) 42.74. JT: 1, P. Bramford (C&C) 60.60; 2, R. Harradine (Croy) 58.24. 4 x 100: 1, Croydon 43.2; 2, VPH 43.3.

(Division Two)

At Portsmouth, June 2nd

RNAC (S) 148; Bracknell 137; Medway 95; Guildford & Godalming 90; Kent 63.

3000SC: Marson (G&G) 9:18.4. HJ: Rikly (Brack) 1.90. PV: 1, Lewis (RN) 3.70; 2, Young (Brack) 3.60; 3, Williams (G&G) 3.60. LJ: Johnson (RN) 6.91. JT: 1, Johnson 14.91; 2, Flowers (Med) 14.00. (B): Gallagher (Med) 13.96. SP: 1, Glover (G&G) 14.15; 2, Walhen (RN) 13.74. DT: 1, Glover 43.76; 2, Walhen 42.06. (B): Lewis (RN) 41.46. HT: 1, Glover 45.54; 2, Walhen 44.60. JT: 1, Richards 57.32; 2, Harland (Kt) 56.44.

At Welwyn Garden City, July 2nd
Verlea 135; Wycombe 124; Bournemouth 104; Barnet & Eastbourne 87.

400H: N. Brothers (Wyc) 57.2. HJ: 1, C. Boreham (B'mouth) 1.95; 2, N. Simpson (East) 1.90. JT: 1, Boreham 14.35; 2, P. Clarke (Ver) 13.89.

At Norbiton, July 2nd

Surrey AC 135; Walthamstow 110; Surrey Beagles 108; Tonbridge 98; Norfolk 86.

400: 1, D. Mote (SAC) 49.5; 2, D. Joseph (W'stow) 49.9. 3000SC: A. Sharp (Ton) 9:26.8. 110H: 1, A. Johnson (SAC) 15.8; 2, G. Long (Norf) 15.8. 400H: 1, Long 57.1; 2, Johnson 57.2. LJ/TJ: A. Lees (Tonb) 6.82/14.16. HT: W. Treharn (SAC) 42.84. JT: D. Travis (SAC) 72.08. (B): D. Mole (SAC) 56.24.

At Portsmouth, June 25th

Royal Navy 142; Wycombe 115; Newbury 109; Surrey Beagles 97; Ealing & Southall 77.

400: Woodin (RN) 49.8. 5000: Treadwell (Sy B) 14:34.0. 3000SC: Davis (RN) 9:35.6. PV: Ellis (RN) 3.70. SP: Walhen (RN) 14.13. DT: Walhen 44.28. (B): Lewis (RN) 44.08. HT: Walhen 45.38. JT: 1, Hancock (RN) 58.38; 2, Rickman (Sy B) 56.10.

(Division Three)

At Windsor, July 2nd

Oxford 125; Hastings 115; Bognor 111; QPH 105; Windsor, Slough & Eton 82.

PV: 1, Burgess (Hast) 3.90; 2, Gaffney (Bognor) 3.80.

EASTERN YOUNG ATHLETES LEAGUE

At Luton, June 26th

Luton 479; Oxford 378; Peterborough 322; Havering 290; Dacorum 276.

(Boys) 200: Meadows (P'borough) 23.7. (Inter Girls) SP: Ross (P'borough) 9.73. (Juniors) 1500: 1, K. Godfrey (Ox) 5:03.9; 2, M. Braines (P'borough) 5:04.0.

Lost: At Leicester Sports Centre on Sunday, 17th July (Midland Women's League), navy Adidas wet suit jacket with name tape (Jill Bartlett) at neck. Postage refunded if finder will kindly contact owner at 19 Brook Road, Craven Arms, Shropshire.

FRODSHAM HILL RACES

2.30 p.m. SUNDAY, 4th SEPTEMBER 1977 (Under A.A.A. Laws)

2½ Miles Colts
Age 12 & 13
Mothers Trophy
Warrington A.C.
£8, £6, £4, £2

2½ Miles Boys
Age 14 & 15
Birtles Trophy
Rossendale A.C.
£8, £6, £4, £2

3½ Miles Youths
Age 16 & 17
Sam Williams Trophy
Stretford A.C.
£20, £10, £5, £2

4½ Seniors
Over 18
Fred Ford Trophy
A.S.V.A.C.
£40, £20, £10, £5

Also prizes for first three teams, first O/40, O/50, first Junior, first Locals. All ages as 1/9/77.

ENTRIES CLOSE 22nd AUGUST 1977 (No Late Entries)

Entries & enquiries to Mrs. Sheila Bunner (Hill Race Sec), 3 Borrowdale Close, Frodsham via Warrington WA6 7LN.

AAA CHAMPS continued from page 7

After passing 7000m in precisely the same time (19:17.4) as Kimombwa, Foster steadily lost ground vis-à-vis the record. Lap times were: 64.5, 66.1, 64.4, 64.3, 64.3, 64.1, 65.2, 65.5, 67.3, 67.6, 65.4, 66.7, 67.4, 67.7, 68.0, 67.7, 67.7, 68.3, 69.5, 68.7, 68.3, 68.7, 69.9, 68.1, 60.3.

1, B. FOSTER (Gates) 27:45.7; 2, BLACK 28:19.0; 3, J. KIMETO (Ken) 28:36.4; 4, M. LITTLE (Aus) 29:08.9; 5, D. CANNON (Gates) 29:23.2; 6, M. BRAMELD (Inv) 29:33.0; 7, K. ANGUS (Sheff) 29:37.5; 8, R. ROJAS (USA) 29:43.0; 9, C. Stewart (B'mouth) 29:52.1; 10, Smith 29:59.7; 11, P. Adams (AF&D) 30:07.8; 12, A. Dewhirst (A&SV) 30:35.9; 13, P. Ratcliffe (Card) 31:02.9; 14, R. Lunnon (AF&D) 31:10.8.

3000 METRES STEEPLECHASE

Dennis Coates took off like a rocket, hurtling around the first lap in 62 sec, 25m ahead of John Wild with Tony Staynings already well back. Coates reached 2000m in 5:33.5 (8:20 pace), at which point he was some 70m in front of Andy Holden, with Staynings a close third and Graham Tuck (under 8:50 in his heat for the first time) fourth another 20m back. Staynings moved into second on the sixth lap but there was no dramatic late run from him this time and Coates ran out the winner of his first title by the handsome margin of ten seconds. Micky Morris fell at a barrier after 1000m.

(Heats, Friday; 1st 5 to final) **Ht 1:** 1, D. Coates (Gates) 8:44.9; 2, J. Bicourt (Bel) 8:46.8;

3, S. Mitchell (W Gn) 8:49.9; 4, J. Wild (RAF/C&C) 8:53.9; 5, M. Morris (Cwm) 8:56.1; 6, R. Harris (Stoke) 8:59.1; 7, R. Charleston (Chelm) 9:03.7; 8, H. Richards (Shaft) 9:10.2; 9, A. Parkinson (A&SV) 9:16.1; 10, C. Stebbings (Lut) 9:23.1; 11, R. Evans (Card) 9:30.2. **Ht 2:** 1, A. Staynings (Bris) 8:42.2; 2, A. Holden (Tip) 8:43.4; 3, Grah Tuck (C&C) 8:49.2; 4, I. Gilmour (Clyde V) 8:53.3; 5, S. Jones (Swin) 8:54.5; 6, R. Samuel (Shaft) 8:58.0; 7, D. Lockley (Lut) 9:01.0; 8, P. Bettridge (Hav) 9:01.5; 9, C. Moxsom (H&S) 9:08.6; 10, A. Philpott (Lisnag) 9:16.0; 11, N. Saunders (H&S) 9:17.2.

Final: 1, COATES 8:28.3; 2, STAYNINGS 8:38.9; 3, HOLDEN 8:42.8; 4, BICOURT 8:42.4; 5, GILMOUR 8:50.4; 6, TUCK 8:55.1; 7, MITCHELL 9:00.2; 8, MORRIS 9:27.2.

110 METRES HURDLES

English Schools champion Mark Holtom showed up well in the early stages, and though unable to hold off Berwyn Price (notching up his fifth consecutive AAA title) he did marvellously well to retain second place ahead of Bob Danville and Dave Wilson in 14.34—a personal best, and into an 0.9m wind at that.

(Heats; 1st 2 to final) **Ht 1:** (−2.0) 1, B. Price (Card) 14.92; 2, T. James (W&B) 15.22; 3, T. Clifton (W Gn) 15.29; 4, I. McEwan (Shett) 15.79; 5, N. Towell (BoE) 15.80. **Ht 2:** (−1.4) 1, D. Wilson (EAC) 14.94; 2, N. Gerrard (Met P) 15.08; 3, G. Gower (Hill) 15.33; 4, I. Ratcliffe (W&B) 15.50; 5, K. Pascoe (BRC) 15.56. **Ht 3:** (−2.0) 1, R. Danville (W&B) 14.92; 2, M. Kindon (Stret) 15.33; 3,

ALTRINCHAM ATHLETIC CLUB

presents

**LINOTYPE '5'
OPEN ROAD RACE**

(Under AAA Laws)

WEDNESDAY, SEPTEMBER 7th**Start 7.30 p.m.****FROM LINOTYPE FACTORY****Woodfield Road, Broadheath, Altrincham**

Prizes: 1st £20, 2nd £15, 3rd £7, 4th £4. 1st Team 3 x £5.50, 2nd team 3 x £4.50, 3rd team 3 x £3.50. 1st O/40 £4, 1st O/50 £4.

Entry Fees: Team 50p, Individual 30p. Late entries double.

Entries to: Mrs S. A. Blinston, 19 St Mark's Ave., Oldfield Brow, Altrincham, Cheshire WA14 4JB. Tel: 061-928 8666.

CLOSING DATE MON., AUGUST 22nd

If you require further information or directions please send s.a.e.

MERSEYSIDE COUNTY W.A.A.A.

present

**OPEN PENTATHLONS,
WALKS & 3 x 800m
RELAYS****for Senior, Inter. & Junior Ladies****Also Men's 5000 & 10,000 Metres****ON SUNDAY, 25th SEPTEMBER****AT KIRKBY SPORTSCENTRE****Entries to Dr P. R. Thomas****CLOSING DATE 31st AUGUST**

40p per individual event,

75p per relay team

AWARDS FOR ALL EVENTS

(value according to entry)

Under W.A.A.A. & A.A.A. Laws**A National Standards Meeting**

A. Drayton (S&E) 15.56; 4, P. Barthropp (E&E) 15.97; 5, R. Simpson (B'field) 16.31. **Ht 4:** (-2.0) 1, M. Holtom (Stoke) 14.69; 2, M. Hatton (Read) 15.07; 3, J. Hobbs (E&E) 15.22; 4, C. Luxon (EAC) 16.07.

Final: (-0.9) 1, PRICE 14.17; 2, HOLTOM 14.34; 3, DANVILLE 14.41; 4, WILSON 14.42; 5, HATTON 14.88; 6, JAMES 14.93; 7, KINDON 15.06; 8, GERRARD 15.13.

400 METRES HURDLES

It's not often Alan Pascoe is pleased with a race he loses, but he must have been more than a little relieved by his performance in finishing second to the USA's Richard Graybehl (who set a personal best of 49.96), clearly ahead of all his British rivals. His time of 50.95 is the fastest this season by a UK athlete and, if he suffers no further setbacks, he could well be back to sub-50 sec form in time for the European Cup Final. To be honest, it was not one of Pascoe's better races from a technical point of view: he started with 13 strides, took the next four at 14's, then changed down to 15's and was reduced to 17's for the last two. Ragged it may have been, but Pascoe's steely competitive drive remains intact and his leg stood up well to this his first race since breaking down at Southampton on May 22nd. Only three-tenths separated the next four British finishers, all running 51.6 or better with David West and Steve James claiming personal bests.

(Heats, Friday; 1st 2 & 2 fastest losers to final)
Ht 1: 1, R. Graybehl (USA) 51.04; 2, S. James (W&B) 51.35; 3, A. Pascoe (Poly) 51.94; 4, M. Whittingham (HHH) 53.49; 5, J. McGing (Dby) 53.90; 6, A. Shiret (S'end) 54.78. **Ht 2:** 1, P. Kelly (W&B) 51.47; 2, D. West (TVH) 51.58; 3, G. Brown (Aus) 51.90; 4, S. Hinchliffe (Poly) 53.41; 5, A. Tarquini (Gates) 54.89; 6, M. Gill (Exet) 55.20. **Ht 3:** 1, C. O'Neill (Bris) 52.10; 2, C. Beattie (Shorts) 52.48; 3, A. James (Stret) 52.48; 4, Danville 52.55; 5, I. Willoughby (Bris) 54.66.

Final: 1, GRAYBEHL (USA) 49.96; 2, PASCOE 50.95; 3, BROWN (Aus) 51.10; 4, KELLY 51.25; 5, WEST 51.47; 6, JAMES 51.48; 7, O'NEILL 51.58; 8, BEATTIE 52.33.

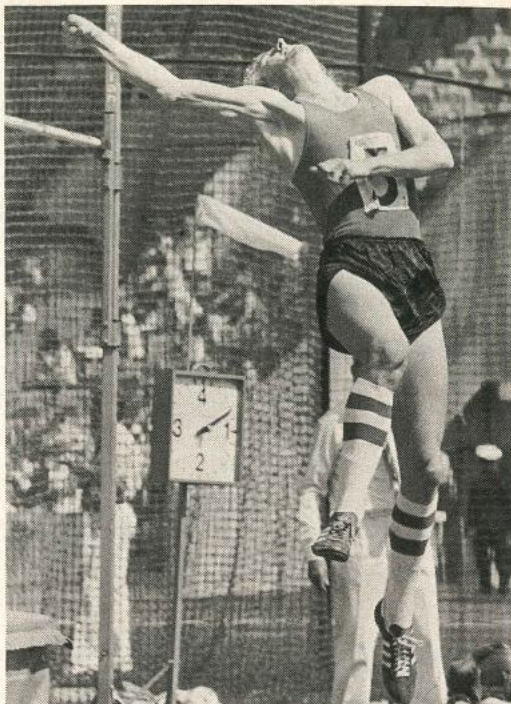
3000 METRES WALK (Friday)

Leading throughout, Roger Mills reeled off kilometres in 3:52.2, 4:04.3 and 4:11.9 to win his sixth AAA title at this distance since 1969, equaling Paul Nihill's championship best in the process. Graham Seatter moved into second place with four laps to go, while Brian Adams—the day before his RWA 50km triumph—was an equally clear third.

1, R. MILLS (Ilf) 12:08.4 (eq CBP); 2, G. SEATTER (Bel/NZ) 12:14.9; 3, B. ADAMS (Leic) 12:39.8; 4, C. LAWTON (Bel) 12:56.7; 5, A. SEDDON (BoE) 13:12.6; 6, G. MORRIS (Stey) 13:14.0; 7, A. BUCHANAN (B&H) 13:16.0; 8, D. STEVENS (Stey) 13:17.0; 9, D. Hall (Bel) 13:28.4; 10, D. Johnson (B&H) 13:39.1; 11, C. Maddocks (Daw) 13:51.2; 12, A. King (Leic) 13:51.3.

HIGH JUMP

The much maligned world of British high jump-



Going up! Alan Dainton in action at the AAA Championships.

Mike Street

ing is beginning, slowly, to improve. Nothing remarkable yet, but never before have 12 Britons cleared 2.00m or higher in the same competition, or six succeeded at 2.05m and upwards. Alan Dainton (21), whose best last year was 2.00 and who had twice cleared 2.10 recently, made first time jumps at 2.00, 2.05, 2.10 and 2.14—the latter height (7'0½") making him the fourth UK athlete, after Mike Butterfield, Gus McKenzie and Brian Burgess, to top the 7ft mark. Dainton, a flopper, went on to make two very good attempts at a UK record of 2.17 (7'1½"). He had never before faced a bar at 2.14 and now that he is over the 7ft barrier (his dream for the past six years) he is hoping for the British record this year and 2.20 next season. Alan, who is coached by Ken Day of Harlow ("he has helped tremendously; my technique is much better now"), is the elder brother of Teresa Dainton, who jumped 1.76 at the age of 16 in 1974. Mark Naylor, back after injury, produced an outdoor personal best of 2.10, while both Norman Duffin (18) and George Robertson (18) equalled their highest of 2.05.

1, A. DAINTON (Harlow) 2.14 (eq AAA national rec & CBP); 2, M. NAYLOR (Hill) 2.10; 3, M. PALMER (W&B) 2.05; 4, C. BOREHAM (B'mouth) 2.05; 5, N. DUFFIN (Stret) 2.05; 6, G. ROBERTSON (Ox) 2.05; 7, A. BREDEN (Met P) 2.00; 8, A. ORD (Sale) 2.00; 9, M. Shorten (Lough)

continued on page 30

Southern Women's League

(Division Two)

At Barking, June 25th

Mitcham 174; Norfolk 159; Essex Beagles 154; Feltham 131; Kent 61.

100: P. Baker (Norf) 12.1. 3000: B. Colmer (Ex B) 10:44.4. 100H: C. Hawkins (Mit) 15.9. SP/DT: B. Bedford (Mit) 15.41/37.80. (Juniors) 100: V. Barry (Ex B) 12.7. (B): M. Van Frederick (Mit) 12.9. 75H: M. Boxall (Mit) 12.2. 200: A. Close (Felt) 26.4. 1500: T. McCarthy (Ex B) 5:04.5. HJ: P. Sweeney (Ex B) 1.50. (B): K. Vickers (Ex B) 1.50. SP: K. Styles (Ex B) 10.29. JT: J. D'Arcy (Ex B) 28.42.

(Division Four)

At Newham, May 21st

Havering 271; Ipswich 211; Newham 133; Victoria Park 36; Tendring 35.

200: 2, J. Parker (Tend-I) 25.7. 100H/SP: S. Forrest (Hav) 15.9/10.69. 400H: D. Kiernan (Hav-I) 66.4. HJ: I. McCormack (Hav) 1.64. (Juniors) HJ: 1, K. Morris (Hav) 1.53; 2, J. Marsh (Ips) 1.53. LJ: A. Gladwell (Ips) 5.14. JT: Marsh 35.78.

At Aldershot, May 21st

Portsmouth 'B' 222; Aldershot, F&D 'B' 210; Belgrave 134; Dorchester 112½; Winchester 110½; Hercules Wimbledon 97.

100H: J. Maddison (Dor-I) 15.9. SP/DT: B. Carter (Port) 11.55/33.26.

MIDLAND WOMEN'S LEAGUE

(Division One)

At Nottingham, July 2nd

No team scores received. 100: 1, R. Kennedy (Notts) 12.2; 2, E. Manders (Dby) 12.3; 3, M. Ross (B'field) 12.3. (B): A. Drakes (Notts) 12.1. 200: 1, Kennedy 24.4; 2, J. Colebrook (Cann) 24.7. 400: 1, Colebrook 53.6; 2, K. Bissell (B'field) 56.8; 3, H. Goodings (Notts) 57.1; 4, C. Fernley (Bris) 59.0. (B): 1, J. Farnorth (B'field) 58.4; 2, A. Soar (Notts) 59.0. 800: 1, C. Avery (Dby) 2:13.5; 2, S. Smith (Bris) 2:14.9; 3, J. McDermott (Cann) 2:15.7; 4, V. Lancashire (Notts) 2:17.2. (B): G. Dainty (B'field) 2:15.8. 1500: 1, C. Hanson (Dby) 4:23.6; 2, T. Bateman (B'field) 4:29.2; 3, C. Stenhouse (Bris) 4:29.3; 4, A. Tunnicliffe (Stoke) 4:41.8. (B): 1, S. Andrews (Bris) 4:34.9; 2, Y. Rowe (Dby) 4:37.6; 3, A. Patterson (Stoke) 4:46.0. 3000: 1, Hanson 9:54.2; 2, Stenhouse 10:08.4; 3, C. Readdy (Stoke) 10:15.6. 100H: T. O'Nions (Bris) 15.8. 400H: 1, E. Manders (Dby) 63.8; 2, C. Petitjean (B'field) 63.9; 3, J. Stewart (Bris) 67.6. (B): F. Patterson (Dby) 64.3. HJ: 1, J. Harrison (B'field) 1.78; 2, K. Warren (Dby) 1.78; 3, V. Kelly (Stoke) 1.78; 4, H. Spencer (Cann) 1.71; 5, G. Gardner (Bris) 1.62. (B): 1, D. Hemmingway (Dby) 1.71; 2, J. Barret (Stoke) 1.59. LJ: 1, S. Reeve (B'field) 6.46; 2, Warren 5.74; 3, H. Brown (Cann) 5.44. DT: 1, J. Frampton (Notts) 43.72; 2, D. English (Dby)

38.32; 3, V. Hindley (Cann) 35.90; 4, Y. James (Bris) 34.82. (B): F. Vittles (Notts) 37.12. JT: 1, S. Spragg (Bris) 44.34; 2, J. Williams (Cann) 42.90; 3, J. Cross (Dby) 36.64; 4, S. Gibson (Notts) 35.58. (B): C. Johnson (Bris) 41.28. 4 x 100: 1, Notts 48.8; 2, Birchfield 49.6; 3, Derby 49.7. (Inters) 80H: 1, H. Ross (Bris) 11.9; 2, J. Turner (Stoke) 11.9; 3, K. Millerchip (B'field) 12.1; 4, D. Wade (Notts) 12.3. (Jnrs) 100: 1, D. Bunn (B'field) 12.2; 2, H. Morton (Cann) 12.3; 3, E. Stevens (Bris) 12.4; 4, D. Baker (Dby) 12.8. 200: Bunn 26.0. 800: S. Whitting (Notts) 2:22.0. 1500: 1, F. Corothers (Cann) 4:43.9; 2, J. Blackwell (Notts) 4:47.3; 3, E. Sinclair (Bris) 4:55.2; 4, C. McNamee (Dby) 5:00.0. (B): J. Smith (Cann) 4:56.4. 75H: Baker 12.0. HJ: 1, K. McCausland (Stoke) 1.60; 2, J. Stephen (Bris) 1.60; 3, J. Wragg (Cann) 1.55. LJ: 1, S. Clayton (Dby) 4.99; 2, H. Carter (Cann) 4.99. SP: 1, C. Gregory (B'field) 12.02; 2, A. George (Cann) 11.13; 3, S. Davies (Stoke) 10.55; 4, J. Stephens (Bris) 9.70. (B): 1, P. Webber (B'field) 10.32; 2, S. Skinner (Cann) 9.79. DT: E. Hindley (Cann) 30.68. JT: J. Hawkins (Bris) 32.02. 4 x 100: 1, Cannock 51.4; 2, Birchfield 51.5; 3, Notts 51.6; 4, Bristol 51.9.

(Division Six)

At Mansfield, June 12th

Charnwood 318; Burton 228; Berry Hill 220; Sutton-in-Ashfield 219; Worksoop 185.

DT: M. Arnold (Berry) 35.54. (Juniors) 1500: T. Gill (Berry) 4:59.6. DT: S. Holwell (Charn) 35.00.

TYNESIDE LEAGUE

June 1st

Blyth 12; Elswick 9; Gosforth 9; Gateshead 8½; Sunderland 6; Houghton 5½; Durham 4; North Shields Poly 4; South Shields 4; Jarrow & H 3; Crook 3; Morpeth 2; Saltwell 2.

800: 1, L. Nicholson (SS) 1:51.9; 2, R. Woods (Durh) 1:51.9; 3, J. McCarthy (Gos) 1:53.7. 3000: 1, M. McLeod (Els) 8:08.0; 2, M. Bateman (Morp) 8:19.4; 3, S. Parr (Gates) 8:19.8. (Youths) 3000: 1, G. Smith (Sund) 8:52.0; 2, A. Matthewson (Gos) 9:00.8. (Boys) 800: K. Newton (Sund) 2:04.5. (Senior Women): Gateshead 13; South Shields 5; Gosforth 4; Blaydon 3; Houghton 2; Jarrow 2; North Shields Poly 1.

June 8th

Blyth 29; Gosforth 21; Sunderland 14; Gateshead 13½; Houghton 13½; North Shields Poly 12; Elswick 10; Durham 8; South Shields 8; Jarrow 8; Crook 8; Morpeth 7; Saltwell 2; Wallsend 2; Blaydon 1; Universities 1.

800: 1, R. Woods (Durh) 1:53.3; 2, B. Foster (Gates) 1:53.9; 3, M. Coram (Univ) 1:54.1. 5000: 1, B. Sweeting (Sund) 14:40.2; 2, B. Leddicot (Gates) 14:42.3. Gateshead 21; South Shields 17; Jarrow & H 11; Durham 8; Gosforth 6; Blaydon 4; Houghton 2; Crook 2; North Shields Poly 1. (Junior Women) 1500: L. Hesford (J&H) 5:00.5.

Edinburgh Highland Games

International Athletics
Meadowbank Stadium

Saturday,
20 August 1977

Doors open 12.30 p.m. 1st Event 1.15 p.m.
Highland Dancing — Wrestling — Pipe Band Displays
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AAA CHAMPIONSHIPS from page 27

2.00; 10, I. Murray (H&S) 2.00; 11eq, P. Munt (Mit) & C. Mitchell (H&S) 2.00; 13eq, I. Grant (Bally), T. Foulger (Langley Pk) & R. Hepburn (EAC) 1.95; 16, T. Llewellyn (B'heath) 1.95; 17, T. Whittle (Poly) 1.95; 18, G. Griffiths (Stret) 1.95; 19, D. Morais (W&B) 1.95.

POLE VAULT

A 4½ hour contest, which saw four Britons attempting 5.20m (17'0½") or higher for the first time in the same meeting, ended in victory for the American 5.50 performer Larry Jesse with a 5.30 clearance. Brian Hooper maintained his British supremacy, while Keith Stock (personal best of 5.10) finished ahead of Jeff Gutteridge on formula. Commonwealth record holder Don Baird failed three times at his opening height of 5.20. Daley Thompson recorded the second highest vault of his career (4.65) and retired after two misses at 4.80 in favour of the long jump, which was going on simultaneously.

1, L. JESSEE (USA) 5.30; 2, B. HOOPER (Wok) 5.20; 3, K. STOCK (Croy) 5.10; 4, J. GUTTERIDGE (WS&E) 5.10; 5, M. BULL (W&B) 5.00; 6, M. SABATINO (USA) 5.00; 7, G. KINGSTEAD (USA) 4.80; 8, A. WILLIAMS (Camb H) 4.80; 9, D. Thompson (Ex B) 4.65; 10, W. Best (Enf) 4.65; 11, R. Williamson (EAC) 4.65; 12, T. Gardner (Hill) 4.50; 13, R. Goodall (Stret) 4.50; 14, N. Phipps (Enf) 4.35; 15, C. McCarthy (W&B) 4.20. D. Baird (Aus) not ht.

LONG JUMP

Daley Thompson's vaulting exertions didn't hamper his long jumping much. He led from the second round (7.43m) onwards and improved to 7.52 in the sixth round. Second place went to another who is not a long jump specialist: Aston Moore. Roy Mitchell did not compete.

1, D. THOMPSON (Ex B) 7.52; 2, A. MOORE (B'field) 7.38; 3, W. KIRKPATRICK (Bally) 7.31; 4, K. COCKS (W. Corn) 7.17w; 5, C. WRIGHT (Stoke) 7.11w; 6, R. EDWARDS (H&S) 7.11; 7, B. GARNER (Bris) 7.03; 8, N. STOPPARD (BRC) 7.02; 9, L. Tyson (TVH) 6.87; 10, G. Byham (Met P) 6.80; 11, T. Wells (Ex B) 6.76; 12, D. Burnett (Bas) 6.63.

ST. JOHNS DAY OF AUTUMN JUBILEE RACES

(Under AAA & WAAA Laws)
IN PECKHAM RYE PARK
ON OCTOBER 8th, 1977

Events for Colts/Boys/Youths/Jun./Sen., and Women/Girls all ages. Organised on the basis of individual sponsorship, acting as a fund-raiser for a charity holiday scheme for children.

Individual awards first 3 each event, certificates all runners.

S.A.E. for details: J. V. Powell, 1 Druce Road, Dulwich Village, London SE21 7DW.

CLOSING DATE 22nd SEPTEMBER

TRIPLE JUMP (Friday)

With neither Aston Moore nor Keith Connor competing, the way was open for David Johnson to win back the AAA title after five years. His consistency was remarkable: after three successive efforts of 15.88m he bounded out to 16.06 (+1.1m/sec wind) in the final round. A terrific scrap for second was won by Megarry Effiong, whose 15.61 (backed up by 15.57) constituted a UK age-17 best and is very close to what Aston Moore achieved (15.65) at 18. Chris Colman also jumped 15.61 but his second best was 15.48. Admirable improvement was shown by Nick Stoppard (18), up from 15.03 to 15.46, and by Aston Moore's cousin Eric McCalla, from 15.02 to 15.30, which broke his UK age-16 best.

1, D. JOHNSON (Sheff) 16.07; 2, M. EFFIONG (HW) 15.61; 3, C. COLMAN (Camb H) 15.61; 4, F. ATTOH (Shaft) 15.58; 5, N. STOPPARD (BRC) 15.46; 6, E. MCCALLA (B'field) 15.30; 7, S. POWER (Card) 14.99; 8, B. CAMP (Liv H) 14.70; 9, G. Gallagher (Med) 14.63; 10, R. Philps (Old G) 14.61; 11, T. Lamme (Shorts) 14.44; 12, J. Batteridge (Stret) 13.93.

SHOT

A fifth AAA title, in six years, for Geoff Capes who showed better form than in his last couple of competitions with this series: 20.31, foul, 20.49, 20.70, 20.50, 20.32. He's come a long way since his first AAA senior appearance, in 1968, when he placed 7th with 15.19.

1, G. CAPE (BoE) 20.70; 2, P. SHMOCK (USA) 19.56; 3, M. WINCH (B'heath) 18.65; 4, R. DALE (Stoke) 18.37; 5, R. KENNEDY (S&E) 17.47; 6, P. BUXTON (ESH) 16.82; 7, I. LINDLAY (Leeds) 15.99; 8, G. TYLER (Sale) 15.35; 9, N. Griffin (WS&E) 15.14; 10, S. Clark (W Gn) 15.00.

DISCUS

Peter Tancred led from the start: 55.10m in the first round, 57.28 in the second and 57.58 in the third. He thus won his first AAA title, to add to the seven gained by brother Bill between 1966 and 1973. It was quite close, though, for Richard Slaney came up with a lifetime best of 57.04 and John Hillier wasn't far behind either with his 56.70.

Midland Area Joint Coaching Committee

The following qualified coaches are actively involved in coaching HAMMER THROWING in the Midlands. Athletes requiring assistance are asked to contact one of the coaches below:

Derek Benning (Staff Coach), 4 Lower Oxford Rd., Basford, Newcastle, Staffs.

Dave Pope, 21 Lime Grove, Bugbrook, Northampton.

John Duton, 94 Bankside Cresc., Streetly, Sutton Coldfield, W. Mids.

John Murphy, 155 Pinewood Drive, Bartley Green, Birmingham.

Graham Roberts, 4 Kingfield Rd., Solihull Lodge, Solihull, W. Mids.

Enclose S.A.E. please.

1, P. TANCRED (W&B) 57.58; 2, R. SLANEY (Ex B) 57.04; 3, J. HILLIER (Hill) 56.70; 4, M. CUSHION (W Gn) 54.10; 5, P. BUXTON (ESH) 54.00; 6, G. TYLER (Sale) 53.04; 7, G. DIRKIN (Stret) 52.60; 8, D. ROSCOE (TVH) 51.34; 9, N. Griffin (WS&E) 48.00.

HAMMER (Friday)

Silver jubilee note: for the first time since 1952, when Duncan Clark won from Ewan Douglas, Scots filled the first two places in this event. Chris Black retained his title, ahead of Paul Buxton.

1, C. BLACK (ESH) 69.50; 2, BUXTON 66.19; 3, J. WHITEHEAD (W&B) 63.88; 4, M. MILEHAM (W Gn) 58.64; 5, N. LIA (Card) 55.38; 6, M. MASON (BoE) 53.52; 7, C. MELLISH (Camb H) 52.36.

JAVELIN

Dave Ottley was happy to win his first AAA title but was disappointed with the distance of 77.78m. He lacked aggression, he thought. There was a tight battle for the next places, with Peter De Kremer's opening 75.40 holding out against the final throw of 74.88 by seven-time champion Dave Travis, while Charles Clover (80.98 at Cosford recently) was unable to improve upon his first round 74.50. De Kremer injured himself with his last throw and had to drop out of the team for Stockholm.

1, D. OTTLEY (Thurr) 77.78; 2, P. De KREMER (B'mouth) 75.40; 3, D. TRAVIS (Sy AC) 74.88; 4, C. CLOVER (Army) 74.50; 5, B. ROBERTS (H&S) 70.90; 6, J. TROWER (B&H) 70.70; 7, C. SMITH (QPH) 67.86; 8, C. HARRISON (Lut) 66.88.

JUNIOR 3000 METRES

Eighteen-year-old James Espir (whose grandfather, E. R. Smouha, won an Olympic bronze medal in 1928 for the 4 x 100 relay) underlined his great potential when he added this title to the indoor junior 3000 with a 59.0 last lap which demolished Nick Lees, Mick Morton (leader at the bell) and Tony Blackwell. 1, J. Espir (Hill) 8:09.2; 2, N. Lees (Dby) 8:11.8; 3, M. Morton (B'burn) 8:13.4; 4, A. Blackwell (W&B) 8:16.6; 5, A. Leek (Card) 8:19.0; 6, S. Parr (Gates) 8:22.8; 7, G. Fell (Ex B) 8:26.6; 8, R. Swann (Bas) 8:28.6; 9, K. Irvine (Wig) 8:30.2; 10, A. Royle (Grim) 8:32.2; 11, T. Milovsorov (Tip) 8:32.2; 12, J. Wilson (E&E) 8:33.6; 13, T. Hutchings (Craw) 8:36.6; 14, S. Butler (Liv H) 8:38.2; 15, T. Redman (Leam) 8:39.6; 16, P. Venmore (Tip) 8:40.4.

JUNIOR 4 x 100 METRES RELAY

1, Victoria Park H 42.75; 2, Thurrock 43.31; 3, Croydon 43.37; 4, Haringey & Southgate 44.12; 5, Tipton 44.37.

YOUTHS 3000 METRES

This new event was supported by a massive field of 33 dominated by two runners—Welshman Colin Clarkson and Simon Catchpole. They fought it out over the last lap, Catchpole taking the lead with 230m to go, only to be decisively outpaced by 15-year-old Clarkson along the final straight. The

last lap took 61.2, the final 200 only 29.2. 1, C. Clarkson (Swan) 8:34.8; 2, S. Catchpole (London) 8:38.5; 3, P. Lanfear (Read) 8:42.8; 4, D. Jackson (B'burn) 8:43.6; 5, J. Docherty (Leeds) 8:44.8; 6, D. Lewis (Ross) 8:47.2; 7, D. Pemberton (B'field) 8:49.1; 8, A. Schofield (B'burn) 8:49.4; 9, J. Parish (Rown) 8:51.4; 10, G. Smith (Sund) 8:54.5; 11, S. Flint (Thet) 8:54.9; 12, C. Barley (BoE) 8:56.0; 13, C. Moss (Bas) 8:57.0; 14, S. Round (Tip) 8:58.1; 15, R. Shorrocks (B'burn) 8:58.9; 16, T. Bedell (Shrew) 9:01.5; 17, E. Wood (Chelm) 9:01.9; 18, P. Ledger (AF&D) 9:02.5.

YOUTHS 4 x 100 METRES RELAY

1, Coventry Godiva 43.15 (CBP); 2, Hickleton Main YC 43.45; 3, Haringey & Southgate 44.01; 4, Essex Beagles 44.19; 5, Hercules Wimbledon 44.32; 6, Epsom & Ewell 44.85; 7, Grimsby 46.27.

The men's 4 x 100m relay event, originally scheduled to be staged at the WAAA Championships, will not now be held.

The Runner's World booklet, 'Training With Cerutti, listed in error by the Postal Book Sales Dept in the July 9th issue, has not yet been published and is unlikely to be available in Britain before the autumn.



Kevin Tesh (75) on the way to victory in the English Schools 5000 in 14:18.2. Both he and Tony Milovsorov (84), second in 14:23.0, smashed Kevin Steere's championship best of 14:28.2.

WALKING NEWS

Dave Cotton impressive winner of Birmingham Open 35km at Sutton Park (July 2nd). Using the course featured in the recent National 20 Miles, competitors not only had the undulating terrain to contend with but hot weather as well. George Chaplin, Ken Smith and Adrian James all accompanied Dave Cotton at varying stages in the first 10M, but when the Junior international put on full power in the second half he pulled away to win easily. Veteran George Chaplin took a well deserved second. 1, D. Cotton (Holl P) 3:03:10; 2, G. Chaplin (Cov) 3:09:30; 3, K. Smith (Cov) 3:10:15; 4, R. Posner (B'ham) 3:10:55; 5, A. James (BoE) 3:13:10. Teams: 1, Coventry Godiva 16; 2, Leicester 32; 3, Yorkshire 42.

Ken Harding easy winner of Manchester to Blackpool in record time (June 25th). Making a now rare racing appearance, Ken Harding won his fourth successive 'Blackpool', breaking Lorne Duncan's nine-year-old course record by over 5 min. He won by over half an hour from clubmate, the in-form John Paddick, who edged out John Heywood. For the promoting club, Steve Crow had an excellent race to place fourth. 1, K. Harding (RSC) 7:51:52; 2, J. Paddick (RSC) 8:25:53; 3, J. Heywood (Leic) 8:28:48; 4, S. Crow (Lancs) 8:47:41; 5, J. Colyer (Leic) 8:50:47; 6, D. Fletcher (Lancs) 8:53:35; 7, G. Tranter (RSC) 9:01:36; 8, L. Holton (Leic) 9:10:18; 9, E. Crompton (Lancs) 9:16:49; 10, G. Dowling (Yks) 9:20:09; 11, D.

Bolton (S Yks Pol) 9:21:37; 12, E. Murphy (Lancs) 9:26:33; 13, R. Marsden (Lancs) 9:28:38; 14, D. Kilbride (Yks PO) 9:34:03; 15, W. Maxwell (Lancs) 9:35:06. 42 finished. Teams: 1, Royal Sutton 26; 2, Lancs 31; 3, Leicester 39. (H/cap): Tranter.

Woodford Green Open 3km at Woodford (June 29th). 1, M. Dunion (Ex Pol) 13:18.6; 2, G. Scott (BoE) 13:23.6; 3, W. Sutherland (Ilf) 13:47.6; 4, M. Scamell (New) 13:54.6; 5, D. Sheppard (New) 14:22.0; 6, S. Thompson (W Gn) 14:26.6; 7, L. Mockett (Ilf) 14:34.2; 8, J. Hedgethorpe (New) 14:37.0.

Veterans AC 3200m Championship at Battersea Park (July 3rd). 1, G. Meadows (BoE) 16:29; 2, D. McMullen (Bel) 16:30; 3, J. Dunsford (Bel) 16:34.

Chris Harvey wins Stretford League 5km (July 5th). 1, C. Harvey 23:07; 2, A. Malone 23:35; 3, S. Crow 24:35; 4, D. Fletcher 24:57.

Southern Counties 3km Championship. This Championship, postponed earlier in the year, will now take place on September 14th at Crystal Palace. Entries will be accepted from walkers who did not enter for the original May date.

Jacky Lord to emigrate. The diminutive former Junior champion is due to leave the shores for Canada in the near future. Although the Highgate Harrier has not raced for some time he does hope to resume racing when he is settled down in his new surroundings.

Midland Area training session televised. The programme, 'Midlands Today', featured a training session held at Sutton Coldfield on June 30th. Walkers from Birmingham WC, Greyfriars, Sutton Coldfield and Halesowen took part under the watchful eye of coach, Les Lewis. Special attention was given to Dave Cotton, Roy Posner and veteran George Mitchell.

Book Review: Race Walking World Statistics—10km and Lugano Trophy Cup, 20km and Olympic Games. Editor: Palle Lassen, Bulowsvej 40, DK—1870 Copenhagen V, Denmark. Price: three dollars each. Both books are excellently produced by Palle Lassen and Egon Rasmussen, covering the full history of walks in the Olympics and every eliminator and final in the Lugano competition. There are both year ranking lists and all-time lists at five yearly intervals on the 10 and 20km from which the reader can trace the progression of the event over the years. Many British walkers will be surprised to read of the fine performances of Harold Whitlock and Lloyd Johnson at 20km back in the mid-thirties in places like Riga, Munich and Stockholm. It would also appear that the great Golubnichiy's christian name is not, as universally known, Vladimir but Volodimir. Palle has also produced a third book covering the 50km and the European Games. Certainly invaluable to all walk statisticians and close followers of the sport.

Colin Young

Sussex Champs (Part 2) at Withdean, June 11th. With Stuart Elms an injured spectator, the anticipated duel with Graham Morris was disappointingly off. However, the 19-year-old did

TURNERS HILL FETE 5 MILE ROAD RACE

(Under AAA Laws)

SATURDAY, 20th AUGUST, 1977

Starting 3pm from Turners Hill
Recreation Ground

Prizes first 3 Ind, first 3 Vets, first 3 Ladies, first 3 Teams (3 score), Trophy for winner (held for 1 year). Entries to Mike Saward, "Crown", Turners Hill, nr. Crawley, Sussex (enclose s.a.e.) by Wed., 17th August. Fee: 40p per ind (no team fee).

Crawley AC Disco at the "Crown", Turners Hill, on Sat., 10th Sept. Tickets limited. After the race retire to

The Crown

Come into our house for a warm welcome.

TURNERS HILL, SUSSEX
16th Century Inn.

A congenial and old-world atmosphere.

Good food and country wines

Specialities: Sussex Oak-smoked Gammon,
Trout and Chips.

Every lunchtime and evening except Sundays

Coffee specialities

L.V.'s accepted.

Function room available

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Reservations Advised

not have the race all his own way as 41-year-old club-mate Dave Stevens led him most of the way in possibly his best ever race in his best ever year after 23 years competition! Both set excellent personal bests, as did Dominic O'Shea (17). Beverley Francis (18) clocked her second fastest 3000m, only 4 sec short of her fine 15:09 at West London the previous week despite racing on her own most of the way. In the Junior women's race, Carole Buchanan achieved something her father and brother could not this year by winning a county title. (10,000): 1, G. Morris (Stey-J) 45:38.8; 2, D. Stevens (Stey) 45:50.4; 3, A. Buchanan (B&H) 47:15.0; 4, A. Geal (Stey) 47:55.8; 5, J. Lees (B&H) 49:15.4; 6, D. O'Shea (B&H-J) 49:28.0. (Senior Women 3000m): 1, B. Francis (B&H) 15:13.8; 2, S. Till (Craw-I) 16:04.6; 3, D. Mann (B&H-I) 19:22.6. (Juniors 2000m): 1, C. Buchanan (B&H) 11:40.5; 2, E. Clarke (Stey) 11:50.4; 3, S. Brown (Stey) 11:55.8.

3000m Track Races at Brighton (June 21st). 1, S. Wood (B&H-J) 14:14; 2, D. O'Shea (B&H-J) 14:18; 3, B. Reid (B&H-J) 14:46. (Youths): N. Perry (B&H) 15:40. (Boys): G. Mann (B&H) 17:33. (Senior Women): 1, B. Francis (B&H) 15:38; 2, S. Till (Craw) 16:43. (Junior) S. Brown (Stey) 18:33.

Men's 10,000m Road Walk at Luton (June 25th). 1, G. Seatter (Bel) 45:49; 2, G. Scott (BoE) 47:34; 3, G. Robinson (BoE) 47:40; 4, P. Fawkes (NSP) 47:53; 5, A. James (BoE) 48:08; 6, R. Middleton (Bel) 49:16; 7, B. Armstrong (Ilf) 49:22; 8, D. O'Shea (B&H) 50:32; 9, R. Posner (B'ham) 51:01; 10, T. Morris (Grey) 51:03. (Senior Women 5000m): 1, M. Fawkes (NSP) 24:22; 2, J. Farr (Trow) 24:39; 3, C. Coleman (Unatt) 26:21.

Inter-Counties Match at Hove (July 3rd). The warm sunny weather and the undulating 2km lap took its toll on the walkers and times were slow. The 50km suffered most with Essex finishing only one of their four walkers and this cost them the match to Sussex. Indeed seven of the 15 starters failed to finish the 50km, including Dave Boxall (disqualified) and Carl Lawton. Carl started at a pace on schedule for a UK best performance, which proved unwise in the weather conditions. At 20km he was only 5sec slower than Graham Seatter was to win that event. He maintained his pace to 30km having passed half distance in just over 2:06. After this his pace dramatically dropped to 10 min a kilometre before he finally lay down and gave in. Peter Hodgkinson survived a bad patch in mid-race to win although some 23 min slower than his course record. Ray Middleton was closing fast at the finish but ran out of road. Times in the 20km, some 6 min or so below their best, reflect the effect of the heat on the walkers but the first three walked well judged races with John Lees, more noted at 50km, having a fine race especially after having spent the previous 5½ hours commenting over the P.A. system. Beverley Francis was in complete command in the women's 5km as was Julian Robinson in the Junior 10km which Essex walkers dominated. (20km): 1, G. Seatter (Sy) 100:24; 2, K. Carter (Ex) 102:34; 3, J. Lees (Sx) 103:32; 4, S. Elms (Sx) 103:56; 5, D. Stevens (Sx) 105:10; 6, B. Armstrong (Ex) 105:16;

7, M. Scamell (Ex) 107:22; 8, D. Sheppard (Ex) 110:54; 9, T. Sliwinski (Sy) 112:16; 10, K. Dale (Sx) 114:25. (50km): 1, P. Hodgkinson (Sx) 4:46:08; 2, R. Middleton (Sy) 4:49:20; 3, A. Ardley (Kt) 4:58:05; 4, R. Michel (Kt) 5:10:56; 5, A. Buchanan (Sx) 5:16:45; 6, S. Holliday (Kt) 5:16:59. (Junior 10km): 1, J. Robinson (Ex) 50:25; 2, N. Stone (Ex) 51:22; 3, M. Croft (Ex) 52:23; 4, R. Wardhaugh (Sx) 53:25; 5, S. Wood (Sx) 53:43; 6, M. Wordsworth (Kt) 54:07; 7, S. Thompson (Ex) 54:22; 8, D. Buchanan (Sx) 54:23; 9, I. Statter (Sy) 55:09; 10, S. Marshall (Kt) 55:46. (Senior Women 5km): 1, B. Francis (Sx) 27:31; 2, S. McCauley (Ex) 28:20; 3, J. Robery (Ex) 28:40; 4, M. DeGiovanni (Sy) 29:28; 5, A. Matthews (Sy) 29:32; 6, S. Till (Sx) 30:15; 7, C. Poole (Ex) 30:48; 8, D. Hoare (Sy) 31:29; 9, M. White (Kt) 31:46; 10, L. Nicholls (Kt) 31:52. **Teams:** 1, Sussex 142; 2, Essex 130; 3, Surrey 98; 4, Kent 86.

3000m Track Races at Brighton (July 5th). 1, S. Wood (B&H-J) 14:11; 2, D. O'Shea (B&H-J) 14:19; 3, K. Dale (B&H) 14:53; 4, B. Hawkins (Met-V) 15:07. (Youths): D. Buchanan (B&H) 15:37. (Boys): G. Mann (B&H) 17:50. (Senior Women): B. Francis (B&H) 16:06. (Junior): S. Brown (Stey) 18:42.

Steayning 24 v Brighton & Hove 22 v ADESA (France) 16 at Brighton (July 9th). (Senior Men 5000m): 1, G. Morris (Stey-J) 23:36; 2, D. Stevens (Stey) 23:37; 3, D. O'Shea (B&H-J) 23:45; 4, D. Boxall (B&H) 25:07; 5, D. Rowland (Stey) 26:23; 6, D. Buchanan (B&H-Y) 26:32. (Boys 2000m): 1, T. Lauwereys (Fra) 11:15; 2, J. Buchanan (B&H) 11:45; 3, G. Brown (Stey) 11:49. (Senior Women 5000): S. Till (Craw) 28:43. (Junior 2000m): 1, A. Lozay (Fra) 11:47; 2, C. Buchanan (B&H) 11:51; 3, S. Brown (Stey) 12:04.

Raymond Justin Open '7' at Eastbourne (July 10th). New Zealander Mike Parker led all the way to win in a course record on a circuit which is not noted for fast times. Dominic O'Shea (17)

Britain's Classic Fell Race

First recorded results taken in 1881

BURNSALL FEAST SPORTS

(Under AAA Laws)

in Wharfedale, Yorks—on Village Green

9 Miles Skipton, 11 Ilkley, 22 Harrogate

SAT., 22nd AUGUST, from 1.30 pm

2.00pm BCM Cycle Road Race. Side Shows.

3.00pm 10M Road Race. £15; £10; £5; £4;

£3; £2; 1st Vet £2; Teams (3) £3; £2; £1.50.

4.40pm Boys Fell Race. 12-16yrs 1/9/77. £6; £5;

£4; £3; £2; £1. 1st to top £2; Teams (3)

£2.50; £2; £1.50. Entry Fee 20p.

5.00pm Classic Fell Race. 17yrs on 20/8/77.

£20; £12; £7; £5; £4; £3; £2. Under 14.20m

£2; 1st Vet £2; 1st to top £3; Teams (3) £3;

£2; £1.50; Silver Trophy to course record

breaker. Entry fee 30p. No team fee.

Entries by Monday, August 29th on AAA

forms with fee to D. B. Smith, Wayside,

Station Road, Grassington, via Skipton, N.

Yorks. Tel: 0756-752-329. No late entries.

No advance programmes.

Pubs open all day. Clay pigeon shoot. Fancy

dress comp. Make it a family day out.

clocked his fastest '7' despite the warm sun and is back at his best after a four months break from training last winter. In the women's 7 miles, Beverley Francis was in fine form, clocking 63:51. Ginny Lovell, the 1975 WAAA champion, was having her first race in 18 months following two serious leg injuries. 1, M. Parker (B&H/NZ) 52:31; 2, G. Morris (Stey-J) 53:01; 3, A. Buchanan (B&H) 54:16; 4, A. Ardley (Ton) 54:33; 5, D. Stevens (Stey) 55:09; 6, D. O'Shea (B&H-J) 55:32; 7, D. Johnson (B&H) 57:57; 8, J. Lees (B&H) 58:10; 9, D. Salter (BoE) 59:41; 10, D. Boxall (B&H) 60:06. (Senior Women): 1, B. Francis (B&H) 63:51; 2, V. Lovell (B'field) 67:53; 3, S. Till (Craw) 69:30.

Alan Buchanan

Basildon Festival of Walking. (Senior Men 15km): 1, A. Seddon (BoE) 72:43; 2, D. Stevens (Stey) 73:16; 3, B. Armstrong (Ilf) 74:50; 4, M. Scamell (New) 76:12; 5, R. Middleton (Bel) 76:20; 6, D. Sheppard (Ex Pol) 77:18; 7, L. Mockett (Ilf) 77:23; 8, N. Stone (New) 79:05; 9, J. Hedgethorpe (Ex Pol) 79:09; 10, J. Bromley (Bel) 79:17. Teams: 1, Newham 24; 2, Ilford 25. (Junior/Youth 5000m): 1, A. King (Leic-J) 23:41; 2, M. Miley (Harb-Y) 23:59; 3, N. Troy (Harb-Y) 24:11; 4, S. Thompson (Walth-J) 24:35; 5, I. Statter (Sy-J) 24:41; 6, J. Dunsford (Bel-J) 24:47. Teams: 1, Leicester 19; 2, Harborne 19; 3, Waltham 26. (Boys): 1, P. Vesty (Leic) 14:37; 2, K. Walsh (Grey) 14:54; 3, G. Maynard (Camb H) 15:03; 4, M. Nicholls (New) 15:07; 5, C. Marchant (Hav) 15:19; 6, S. Mortimer (Sy) 15:39. Teams: 1, Havering 15; 2, Greyfriars 21; 3, Leicester 23. (Colts 2000m): 1, P. Saunders (Walth F) 11:13; 2, M. Bingham (Shaft) 11:14; 3, M. Maidment (Walth F) 11:40. Team: Shaftesbury. (Senior Women 3000m): 1, I. Bateman (Bas) 14:47; 2, J. Wickham (Harb) 15:06; 3, E. Cox (Sol) 15:18; 4, P. Branson (Harb) 15:29; 5, C. Coleman (Unatt) 15:33; 6, C. Brooke (Sol) 15:46. Teams: 1, Harborne 12; 2, Solihull 13; 3, Essex Police 28. (Junior 2000m): 1, K. Eden (Sol) 10:16; 2, J. Mullins (Sol) 10:24; 3, J. Barrett (Ver) 10:30; 4, H. Roe (Sol) 10:44; 5, A. Burdett (Leic) 10:53; 6, J. Harvey (Magna C) 11:05. Teams: 1, Solihull 6; 2, Magna Carata 20; 3, Havering 23. (Girls 2000m): 1, L. Smith (Sol) 11:11; 2, Y. Eden (Sol) 11:25; 3, A. Warren (Shaft) 11:26. Team: Solihull.

Surrey WC Schools League at Selsdon (July 5th). (O/15 5000m): 1, M. Wordsworth 24:13; 2, G. Vale 25:51; 3, D. Jones 26:10. Team: Magna Carta. (U/15 3000m): 1, S. Mortimer 16:05; 2, C. Weedon 16:20; 3, A. O'Farrell 16:30. Team: Magna Carta. (Girls U/15 3000m): 1, J. Harvey 17:33; 2, M. Goode 18:52; 3, J. Seers 18:56.

Kent Women's Walk Champs at Dartford (July 10th). (Senior 3000m): M. White (Med) 18:09.6. (Junior 2500m): F. Rider (Camb H) 15:06.2.

The British runner, Pat Chimes, ran 800 in 1:50.8 at Bloomington (USA) on June 25th.

Clive Beattie (19) 51.9

BUSF CHAMPIONSHIPS

At Mary Peters Track, Belfast, July 1st/2nd

100: 1, J. Christie (Queens) 11.0; 2, J. Wilson (Dund) 11.1; 3, G. Wood (Camb) 11.1. 200: 1, B. Jones (Camb) 21.8; 2, Christie 21.8; 3, C. Beattie (Queens) 21.9; 4, Wood 22.4. 400: 1, Jones 48.9; 2, J. Tuck (B'ham) 49.3; 3, R. Smyth (Queens) 50.0; 4, B. Davey (B'ham) 50.3 (50.2 sf); 5, C. Beattie (Leeds) 50.4 (50.0 sf). 800: 1, P. McGrath (Man'r) 1:49.8; 2, M. Kearns (B'ham) 1:49.8; 3, S. Gibson (Edin) 1:50.2; 4, A. Hunter (Glas) 1:51.9; 5, M. Wilson (Camb) 1:51.9; 6, D. Spalding (Stir) 1:52.6. 1500: 1, P. Lawther (Queens) 3:42.5; 2, R. Smedley (B'ham) 3:45.7; 3, I. Orton (H-Watt) 3:47.4; 4, M. Coram (Dur) 3:49.2; 5, M. Deegan (B'ham) 3:52.0; 6, M. Bateman (B'ham) 3:52.9. 5000: 1, W. Sheridan (Glas) 14:33.8; 2, Greg Hannon (Queens) 14:37.2; 3, S. Williams (York) 14:43.1. 10,000: 1, Hannon 30:54.0; 2, P. McGouran (Leeds) 31:16.4; 3, R. Thomas (Edin) 31:28.6. 3000SC: 1, W. Sheridan (Glas) 9:07.6; 2, I. Logan (B'ham) 9:14.0; 3, C. Prestt (Ox) 9:28.8. 110H: 1, A. Shiret (Camb) 15.4; 2, J. Rose (Glas) 15.5; 3, N. Young (Nott) 15.8; 4, I. Grant (Lough) 15.8; 5, F. Carpenter (Nott) 15.9. 400H: 1, C. Beattie (Queens) 51.9 (N Ireland rec); 2, T. Tarquini (Dund) 53.9; 3, M. Carroll (Keele) 54.9; 4, Shiret 54.9; 5, D. Pownall-Gray (B'ham) 55.1; 6, S. Corbin (Dur) 60.9 (56.1 ht). In ht: S. Kay (B'ham) 56.9. 3000W: 1, D. Howie (Stir) 13:33.7; 2, L. Hall (Ox) 13:52.9. HJ: 1, M. Shorten (Lough) 1.95; 2, G. Griffiths (Man'r) 1.95; 3, G. Pazdzierski (Sheff) 1.90; 4, I. Grant (Lough) 1.90. PV: A. Sosna (St A) 3.60. LJ: 1, D. Katala (B'ham) 6.74; 2, P. Barker (B'ham) 6.72; 3, G. Gilliatt (Edin) 6.63. TJ: 1, Gilliatt 13.92; 2, J. Shannon (Queens) 13.86. SP: 1, I. Lindley (Lough) 15.56; 2, M. Atkinson (Queens) 13.49. DT: 1, D. Anderson (Queens) 41.72; 2, Lindley 39.16. HT: 1, C. Preston (B'ham) 46.52; 2, A. Monaghan (B'ham) 42.24. JT: M. Orchel (Nott) 57.46.

Women

100: 1, A. McClelland (Man'r) 12.1; 2, V. White (Glas) 12.2; 3, G. Bruce (B'ham) 12.4. 200: 1, McClelland 25.0; 2, Bruce 26.4. 400: 1, P. Lloyd (B'ham) 55.7; 2, McClelland 58.5; 3, B. Harvie (Glas) 59.3. 800: 1, Lloyd 2:09.8; 2, G. Hutchinson (Edin) 2:10.6; 3, Harvie 2:14.2; 4, S. Davison (B'ham) 2:17.2. 1500: 1, Hutchinson 4:29.2; 2, J. Clarke (B'ham) 4:30.0; 3, P. Gunstone (Edin) 4:36.5; 4, R. Young (Glas) 4:47.1. 100H: 1, F. Macauley (Edin) 14.0; 2, J. Richardson (B'ham) 15.9. HJ: 1, G. Howell (Leeds) 1.70; 2, M. Kabat (Lough) 1.60. LJ: 1, Macauley 6.00; 2, White 5.76; 3, Bruce 5.60. SP: 1, N. Njoku (Man'r) 12.36; 2, Kabat 10.19. DT: Njoku 42.46. JT: 1, Njoku 41.80; 2, J. Dallas (Glas) 38.08; 3, J. Arnold (Leeds) 35.02; 4, M. McCullough (Bris) 34.98.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1.20 per centimetre, per insertion, **prepaid** (minimum 3cms). Quarter page £10, Half page £18, Page £32, per insertion, **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—Tuesday of the week previous.

CRAWLEY ROAD RELAYS

(Under AAA and WCC & RWA Rules)
SUNDAY, 25th SEPTEMBER at 1.45 pm

At Broadfield Rec. Centre, Crawley

Colts, Boys, Youths; Minor, Junior, Inter & Senior Women (all 3 x 2400m—new course).

Prizes: First 3 teams each age group and fastest lap. Also the Upjohn Trophy (agg. award for women). **Entries** (50p per team & SAE) to Tony Miller, 6 Beachy Road, Broadfield, Crawley, W. Sussex close 14th Sept.

BASILDON ATHLETIC CLUB

presents the

BASILDON "10"

For the Tanswell Trophy and an

INAUGURAL "LADIES' 5"

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

ON SUNDAY, 11th SEPTEMBER

Generous Team (6 run, 3 score) and Individual prizes including Vets. S.A.E. for acknowledgement and details.

Entry 30p (no team fee) to: Eric Hawthorne, 52 Brownlow Bend, Basildon, Essex.

ENTRIES CLOSE 1st SEPTEMBER

EAST HULL HARRIERS & A.C.

Eighth Annual

HALF MARATHON

(Under AAA Laws)

MONDAY, 29th AUGUST, Start 2.30 pm

Excellent prize list: First 10 Ind, first 3 Teams (3 count). Vets prizes O/40, O/45, O/50.

Flat course on quiet country roads. Programme & result sheet sent to all entrants. **Entry fee** 40p per ind—no team fee. **Entries**, which close on **Thurs, 18th Aug**, to Peter Dearing, 1 Collynsdon Close, Willerby, Hull (Office Tel: 0482-24796).

Course record: Jim Alder 65.30

THAMES VALLEY POLICE

"E" Div. Sports & Social Club

READING "10"

SATURDAY, SEPTEMBER 17th, 1977

Numerous prizes—Ind., Team, Police Ind. & Teams, Vets., Police Cadets & others.

Fees: Full team of 6 £1, Ind. 25p. Full details S.A.E. to B. T. Caldwell, 54 Langley Common Road, Barkham, Wokingham, Berks. **Closing date Sept. 11th.** No tel. enquiries between Aug. 7 and Sept. 10 due to holiday.

LONDON BOROUGH OF HILLINGDON

proudly present

HARLINGTON "6"

ROAD RACE

over a flat and fast course

12 NOON, SUNDAY, 14th AUGUST

Prizes: First 3 Ind, first 3 Teams, first 3 Vets. Spot prizes for the average club runner, and out of work "Bearers". Late entries accepted on the day.

Entry Fee: 30p (no team fee—3 to score). Bar & Refreshment Facilities Available. **Entries** to Jeff Henry, Harlington Sports Centre, Pinkwell Lane, Hayes, Middlesex (01-848 0839).

SOUTH LONDON HARRIERS

30 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

AT OLD COULSDON, SURREY

SAT., 3rd SEPTEMBER, at 2.30 p.m.

Medals, prizes, Vets O/40 and O/50 prizes.

Entries: 35p each and 35p teams (3 score) to: Tom Roden, 26 Thurland House, Camilla Road, London SE16.

ENTRIES CLOSE 28th AUGUST, 1977

CLAYTON-LE-MOORS HARRIERS

BARNOLDSWICK WEETS

FELL RACE

(Under A.A.A. Laws)

SUNDAY, 14th AUGUST, at 11 a.m.

6 Miles Road, Track and Fell

New Start: Rolls-Royce Sports Field

USUAL VALUABLE PRIZES

Entries: 25p Individual (50p on the day).

To: H. Smith, 'Marton Way', Coates Lane, Barnoldswick, Colne, Lancs. Tel: B/wk 812024.

NOTE: Late entries not eligible for prizes.

CLOSING DATE 9th AUGUST, 1977

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SOUTH PACIFIC ATHLETICS 1976. 40-page Information Sheet including South Pacific Championships and Top-Twenty lists. 75p from A. P. Isaacs, 68 Kennedy Avenue, Macclesfield.

SUNSILK

Women's Amateur Athletic Association

NATIONAL TRACK & FIELD CHAMPIONSHIPS 1977

Seniors, Intermediates & Juniors

(Under WAAA & IAAF Rules)

AT CRYSTAL PALACE SPORTS CENTRE
NORWOOD, LONDON, SE19

Friday, August 19

At 4 p.m.

Saturday, August 20

At 12 noon

PLUS

★ Women Competitors from Overseas ★

★ Men's International SunsilK 4 x 100 Relay ★

★ Women's International SunsilK 4 x 100 Relay ★

FRIDAY, AUGUST 19 ... ALL SEATS FREE

ADVANCED BOOKING FORM FOR SATURDAY, AUGUST 20

Old Stand	Price	No. of tickets*	I enclose PO/Cheque for £ plus a stamped, addressed envelope. Name (block letters please) Address Tel. No. *Remittance made payable to SPORTS COUNCIL and posted to: Box Office, Crystal Palace Sports Centre, Norwood, London SE19 (Tel. No. 01-778 0131/7.
Covered Reserved Blocks 5-11	Adult £1		
	Child 50p		
Open Un- reserved Numbered Seats, Blocks 1-4, 12-20	Adult 50p		
	Child 25p		
	*Please state number of seats required		

Postal applications must reach the Box Office at least 4 days prior to the event
All prices include VAT