

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

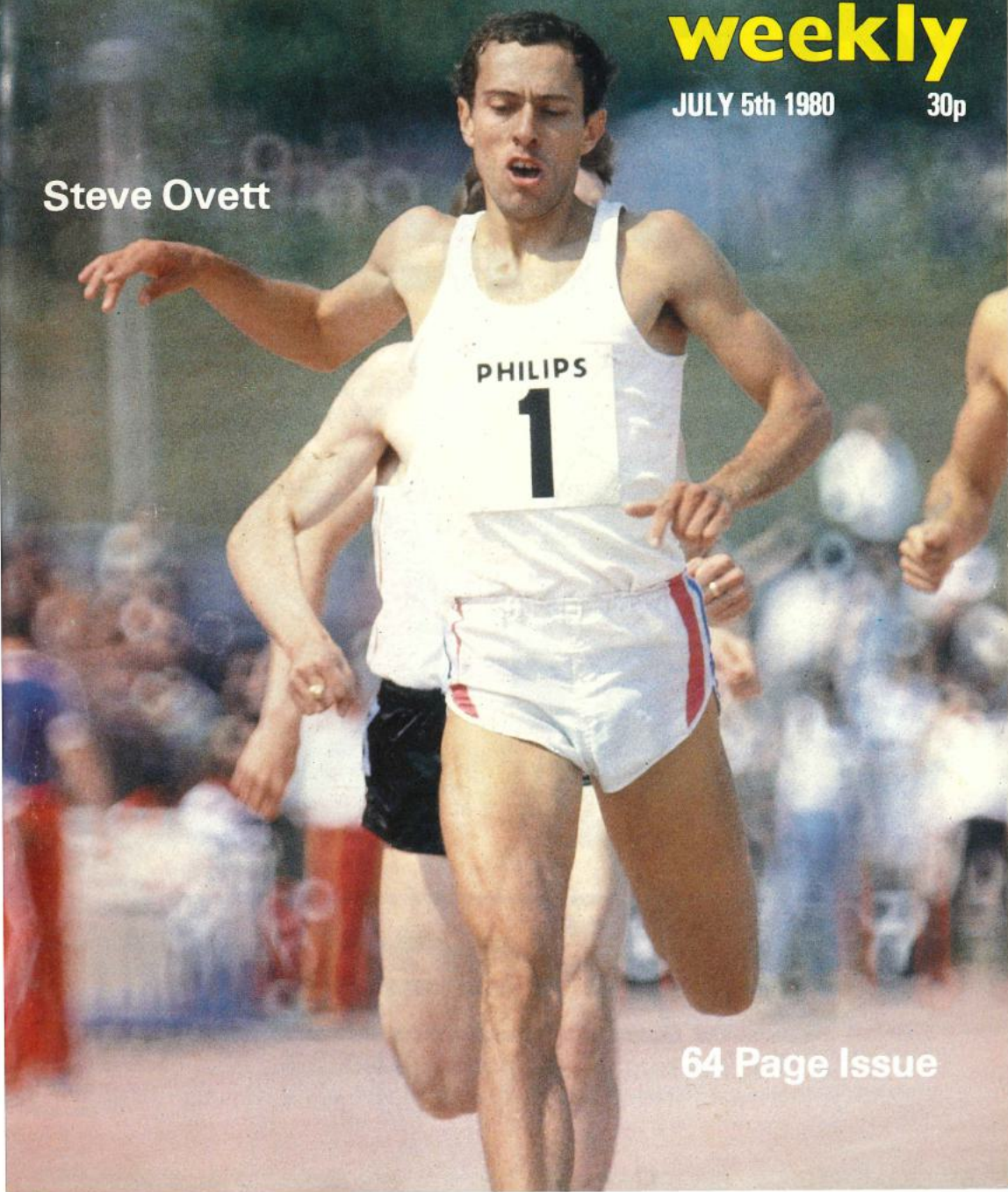
athletics

weekly

JULY 5th 1980

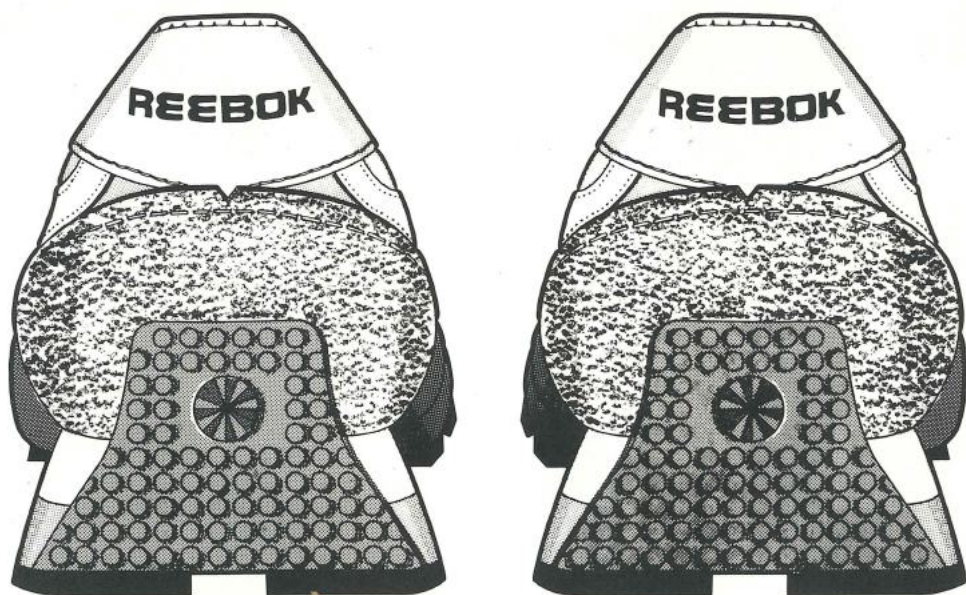
30p

Steve Overt



64 Page Issue

SHOW A CLEAN PAIR OF HEELS



U.K. Distributors to the Sports Trade, Carter Pocock Ltd
235 Southwark Bridge Road, London SE1 6NN Tel: 01-407 8321

Editor: MEL WATMAN
 Assistant Editor: BARRY TROWBRIDGE
 Business & Advertisement Director: TIM GREEN
 Advertising Assistant: DAVID MATTHEWS
 Consultant Director: P. W. GREEN
 Subscriptions & Books: JACKIE PENNEY
 Subscriptions & Circulation: GABRIELLE PACE

Published by:

World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.
 Telephone: Medway (0634) 409260
 Medway (0634) 409269

Printed by:

Kent Art Printers Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces: £19.24
 Through an agency: £22.62
 Overseas Surface Mail: £22.36
 Air Mail Europe: £26.00
 Other Air Mail rates on application.
 USA Surface: \$54. Air Mail: \$71.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

Overseas subscriptions (including Eire) should be paid by cheque in sterling on a London bank, or by International Money Order.

Audited Circulation: July-December 1979 19,539.

No part of this magazine may be used or reproduced without the express permission of the editor or publishers, and even if such permission is given, the source must be acknowledged when used.

INCORPORATING WOMEN'S ATHLETICS • MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

Vol. 34 No. 27

JULY 5th 1980

CONTENTS

* Talbot International Games	4
* European Results	14
* Northern Junior Championships	18
* Olympic Form Guide	19
* Who's Who: Fatima Whitbread	29
* Ferenc Paragi Feature — by Ivan Berenyi	33
* Personal View — by Julian Hopkins.	40
* RWA 35km Walk Championship	44
* USA National Championships	49
* Protest Over Drug Offenders	50
* Vets Corner — by Alastair Aitken	56
* Fine Display By UK All-Rounders.	58
* Midland Championships	61

COVER PHOTO BY TIM PIKE

THE WEEK AHEAD

Saturday, July 5th: British University Champs (2nd day), Nottingham; Southern Champs (SY, 2nd day), Crystal Palace; UK v Germany Junior International, Grangemouth; Southern Women's League; Midland Junior Champs; Northern Women's Champs, Cleckheaton; Welsh Schools Champs, Cwmbran; Sale Open Meeting, Stretford; Ebbsisham League, Croydon; Eccles '10', Salford; Goldenlay Poly Marathon, Windsor; Annan '12', Dumfriesshire; Wisbech to March '10'; MONC '10', Dronfield-Woodhouse; Chiltern Striders 5km Road Race, Amersham; Cuckoo '7½', Gotham; N. Ireland Champs (1st day), Belfield; W. Midlands Schools Pentathlon/Decathlon Champs, Birmingham; Carlisle Highland Games; Forbes Highland Games; Birmingham Open 35km Walk, Sutton Coldfield; Mamore Hill Race, Kinlochleven; Saunders Lakeland Mountain Marathon.

Sunday, July 6th: Southern Champs (SY, 3rd day), Crystal Palace; Southern Vets Champs, Luton; Camberley Open Meeting, Aldershot; Pilkington Open Meeting, St. Helens; Crawley Open Meeting; Hampson Trophy 800s (men & women) & Young Athletes Relays, Stevenage;

Wycombe Young Athletes Open Meeting, Handycross; Hyde '7', Tameside; Welwyn Half Marathon; Horndon Village 10km Road Race; Winsford Road Race Festival; Fleetwood Young Athletes Promenade Road Races; Perth to Dundee Road Race; N. Ireland Champs (2nd day), Belfield; W. Midlands Schools (U14) Champs, Birmingham; Raymond Justin 7M Walk, Eastbourne; Skiddaw Fell Race.

Monday, July 7th: Knock Hill Race, Crieff.

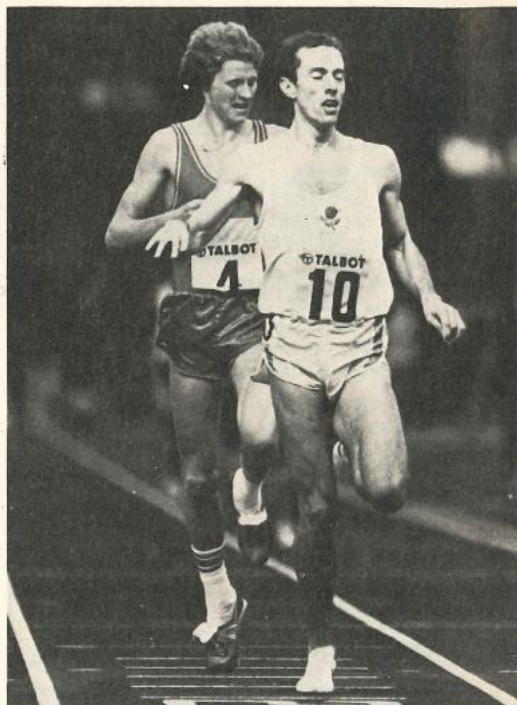
Wednesday, July 9th: Southern Counties Open Meeting, Crystal Palace; Inter-Services Champs, Cosford; Middlesex League, Chiswick; HAC Memorial Trophy Meeting, Wimbeldon Park; Woodford Green Graded Meeting; London Vidarians 5M Walk, Carshalton; Enfield 3km Walk; Police Regional 3km Walk, Luton; Post Office v Stock Exchange v London Banks 9km Walk, Blackheath; Bury St. Edmunds 3km Walk; Scrabo Race, Newtownards, Co. Down.

Friday, July 11th: English Schools Champs (1st day), Kirkby; LAC Schools Challenge Cups Meeting, Copthall; Welsh International Games, Cwmbran.

Talbot International Games**Mel Watman reporting****CRAM CLOSE BEHIND AS OVETT RUNS 3:35.3****19-year-old clocks 3:35.6 . . . UK records for Joslyn Hoyte-Smith & Chris Boxer**

STEVE OVETT, who along with every other British athlete named has accepted his Olympic team selection, took over leadership of the 1980 world 1500m list with a time of 3:35.3 — the fourth fastest of his career — at the Talbot International Games at Crystal Palace on June 27th. It was a superb run by any standards, and particularly on a cool and breezy evening, but so close was Steve Cram at the finish that Ovett was obliged to dispense with his usual crowd-waving antics. Instead, repeatedly glancing back, Ovett had to concentrate on holding the 19-year-old at bay. The reward for Cram's persistence was the stunning time of 3:35.6, the fastest ever by a teenager. That topped the 3:36.1 recorded by Jim Ryun in 1966, although it should be remembered that the American did set a world mile record of 3:51.3 at the age of 19 years and 2 months. Cram, who is 19 years and 8 months, had not broken 3:40 before this year; his breakthrough came in Bergen on June 19th when he convincingly defeated Suleiman Nyambui in 3:37.3, taking the lead after a pacemaker had covered the first 800 in 1:57.

The Crystal Palace race, watched by the biggest crowd of the season (about 12,000), was set up with the object of providing Ovett with a fast time, perhaps even a shot at Seb Coe's world record of 3:32.1. It was known beforehand that Bob Benn would be the early pacemaker, with Olympic 800 representative Dave Warren primed to take over on the third lap. Sure enough, Benn cut out a lively pace, covering the first lap in 55.0 followed by Warren (55.2) and Ovett (55.5) with Cram 4th in perhaps a shade over 56 sec. By way of comparison, Coe's time in Zurich last August was 54.3. Benn kept a good tempo going throughout the second lap, clocking 1:53.0 at 800

**1st Ovett 3:35.3 . . . 2nd Cram 3:35.6**

Mark Shearman

with Warren, Ovett (1:53.4) and Cram all close behind. That second lap of 57.9 by Ovett compared with 58.9 by Coe in his record and it meant that Steve was now only 0.2 sec behind Seb's corresponding 800 time.

However, Ovett's record chances disappeared on the third lap. Coe had covered that segment in an outstanding 56.3 in Zurich, whereas Ovett took 60.2. "Faster", yelled Ovett to Warren, who replaced Benn just after the 800 mark, but Dave was unable to oblige and dropped out exhausted at 1200 in 2:53.6. As soon as Ovett took over with 300 to go the pace quickened drastically (from 15.2 for the 12th 100m to 13.8 for the 13th) and Ovett looked set for a comfortable win over Cram, some 7m behind. But the young Tynesider, who only began to think Olympic selection might be a possibility a few weeks ago, gave chase and closed to within a couple of metres . . . a glorious run. Ovett's last lap was 56.9 — precisely the same as Coe's. It

TRACKSUITS

We are specialist Manufacturers of Tracksuits, Vests etc., and can make for Clubs and individuals alike in a large choice of colours, to any design. Attractive prices and excellent service.

We can also supply Holdalls, T-shirts, Badges etc. — send for quotation.

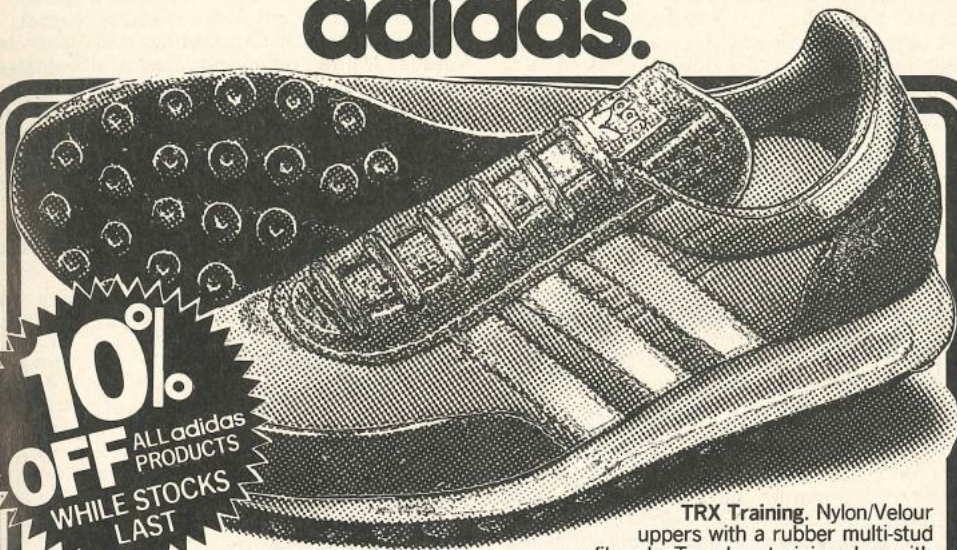
**TRIKA SPORTS LTD.**

St. Paul's Road, Cliftonville, Kent CT9 2DB

Telephone: Thanet (0843) 293123/4

A sporting offer from adidas.

**10%
OFF** ALL adidas
PRODUCTS
WHILE STOCKS
LAST



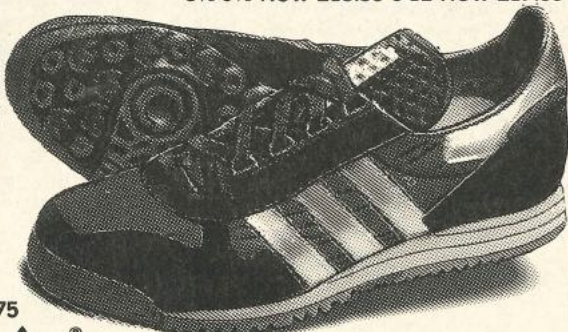
TRX Training. Nylon/Velour uppers with a rubber multi-stud profile sole. Top class training shoe with mid-sole wedge, lightweight and flexible 3½-5½ **NOW £15.30** 6-12 **NOW £17.55**



Medium Carrier. Vinyl with a full length zip, two grip handles and side pocket. Wide range of colours.

NOW £6.75

adidas 
The mark of a winner



SL80. Reinforced long lasting sole in contrasting colours, nylon uppers with velour reinforcement. 5-5½ **NOW £17.24** 6-13 **NOW £19.80**

FULL RANGE OF REQUIREMENTS FOR THE ATHLETE.
SEND CASH, CHEQUE OR PHONE CREDIT CARD NUMBER.
ALL GOODS SENT POST FREE.

Mel Batty Sports

33 LODGE LANE,
GRAYS, ESSEX.
TEL: 0375 31922.

was that third lap which made all the difference to the final times.

Ovett's 100m splits, as taken by Dave Cocksedge, were 13.8, 27.6, (13.8), 41.5 (13.9), 55.5 (14.0), 1:09.6 (14.1), 1:24.3 (14.7), 1:38.7 (14.4), 1:53.4 (14.7), 2:08.3 (14.9), 2:23.5 (15.2), 2:38.4 (14.9), 2:53.6 (15.2), 3:07.4 (13.8), 3:21.3 (13.9), 3:35.3 (14.0).

Steve Cram said later: "I reckon somebody will beat Steve this year. He doesn't seem to have that little bit of zip he has had in the past". Cram, who admitted to "struggling a little bit" on the first lap ("I prefer an even paced race"), thought that if selected for the Olympics he saw no reason why he shouldn't reach the final. "I know I don't do as much training as others in my event — my winter mileage is about 70 a week — but that's on purpose. I'm getting stronger each year". Cram added: "There's no way I can ever run 47 seconds for 400 like Seb and Steve, so eventually I'll move up to 5000 when I know I can't get any more out of the 1500".

The 1500m was just one of several highlights of these Talbot Games. Others included Dave Moorcroft's splendid 2 miles victory in the world's fastest outdoor time of the year, UK records for Joslyn Hoyte-Smith (400) and Chris Boxer (1000), excellent sprint wins by Allan Wells, Sonia Lannaman and Kathy Smallwood, notable personal bests by Gary Oakes and Keith Stock, and further world-class efforts by Geoff Capes and Tessa Sanderson.

Dave Moorcroft, it seems, can't put a foot wrong this summer. Having won the UK 1500 and 5000 titles, he ran a magnificent 2 miles — a performance which was all the more remarkable considering that he nearly dropped out after two laps because his calves were so sore. It was an absorbing race throughout, and for a time Ovett's world 2 miles best of 8:13.5 was under threat. Filbert Bayi, always such a welcome visitor to Britain, reached 880y in 2:02.0, and at one point in the third lap (3:04.0 at ¾M) was as much as 15m ahead. On the next lap, Moorcroft moved up to Bayi's shoulder at the start of the backstraight only for the Tanzanian to surge

away again. Moorcroft persisted and rushed past Bayi just before the mile mark, reached in 4:06.9. Moorcroft stayed in front for nearly a lap and a half before Bayi seized the initiative again. The pace eased considerably during the sixth quarter (65.9), allowing five other runners to regain contact with Bayi and Moorcroft. At the bell (7:21.0) Bayi, Moorcroft, Brendan Foster, Nat Muir, Barry Smith, Dave James and Geoff Smith were all still in contention. Foster, needing to do well in this race to demonstrate his racing fitness after injury, challenged Bayi with 300 to go. It was a brave try but Bayi held him off. The African's next challenge came from Moorcroft and he succeeded in containing his successor as Commonwealth 1500 champion around the final turn. But when Moorcroft changed gear entering the straight Bayi had no reply, and was even pipped for 2nd on the line by Muir.

The times were terrific and the race had a devastating effect on the UK all-time list:—

8:13.5	Steve Ovett	15.9.78
8:13.7	Brendan Foster	27.8.73
8:18.4i	Nick Rose	17.2.78
8:18.6	Dave Moorcroft	27.6.80
8:19.4	Nat Muir	27.6.80
8:20.3	Dave James	27.6.80
8:21.1	Barry Smith	27.6.80
8:21.9	Dave Black	14.9.73
8:22.0	Ian Stewart	14.8.72
8:23.0	Geoff Smith	27.6.80

The race proved many things . . . that Moorcroft is in formidable form and that even after a very fast first mile and a spell out in front the strength of his kick remained intact . . . that Muir's showing in the UK 5000, which cost him his chance of Olympic selection, was an isolated bad run — as borne out by a 13:24 5000 in Cork three days later . . . that Bayi could be in vintage form by the time of the Olympics (he is planning to double at the 1500 and steeplechase, having recently clocked 8:44 for the latter at altitude) . . . and that Foster, after a shaky start to the season, is back on course and should be ready for a spirited bid in the Olympic 10,000. So too will Mike McLeod, another Elite Squad selection whose preparations had been blighted by injury. True, he did not show up prominently in this race (11th in 8:32.5) but he had already proved his fitness — and how — by winning that Cork 5000 three days earlier in a personal best of 13:23.8. With Steve Binns (19) winding up 10th (9th Briton) despite a personal best of 8:27.0 it is clear that British depth of talent has never been greater in this department. The quarter-mile splits were 60.2, 61.8, 62.0, 62.9, 63.4, 65.9, 64.8 and 57.6. Bayi led at 3000 in 7:48.0.

The race to become the first British girl to break 51 sec for 400m is on in earnest. For years it looked as though that distinction would fall either to Donna Hartley (51.28 in 1975) or Verona Elder (51.4 in 1976) but now it seems

**If you find an ad
unacceptable,
don't turn the page:
turn to us.**

**The Advertising
Standards Authority.**



A.S.A. Ltd., Brook House, Torrington Place, London WC1E 7HN.

increasingly likely that the barrier will first be broken by either Linsey Macdonald or Joslyn Hoyte-Smith. Linsey's UK record of 51.16 in the UK Championships lasted less than a fortnight, for Joslyn — second on that occasion in 51.47 — improved to a crackling 51.06, a mere 4/100ths away from Marilyn Neufville's Commonwealth (and former world) record set 10 years ago. As usual Joslyn ran a blazing 300/36.4, hitting the straight with an enormous lead, but instead of fading — as she has sometimes tended to — she maintained her quick cadence and drew even further ahead to win by nearly 20m from Donna Hartley. Joslyn, who has been coached by the great Dorothy Hyman since she was 11, was understandably overjoyed with her performance ("I always wanted to get the British record"), and attributes her improvement this year to being stronger in the finishing straight. A civil servant, she has not yet heard whether her application for leave to compete in the Olympics has been granted — "but I'll go anyway", she vows.

The other UK record, or more accurately best performance, fell in the infrequently run 1000m. Bernie Madigan led at 400 in 63.6; the second lap also took 63.6 as Chris Boxer passed 800 in 2:07.2 ahead of Jo White and Gillian Dainty. Chris cut loose over the last 200, which she covered in an impressive 30.3, to record 2:37.5 — 0.9 inside Evelyn McMeekin's UK best.

For the second time in a fortnight Sonia Lannaman's UK 200m record of 22.58 only

narrowly eluded Kathy Smallwood. At the UK Championships she clocked a personal best of 22.62 with a 2.1m/sec headwind in the straight, and this time she returned 22.63 into an 0.5m breeze. Bev Goddard, who will run in the Olympic 200 as Heather Hunte has decided that the 100 and 4×100 relay is enough racing for her in Moscow, finished 2nd ahead of two of the Commonwealth's leading Olympic contenders at this distance, Merlene Ottey and Denise Boyd. The 100m was a terrific race, in which Sonia levelled the score against Heather this season to 2-2. It was close, though! Heather held the edge for most of the way but couldn't counter Sonia's final surge which snatched victory for her by 1/100th of a second.

The men's sprinting was eventful too. Hasely Crawford, whose reign as Olympic champion looks likely to come to an end in a month's time, wound up a lumbering last in the 100 — over three metres behind the man who must stand a reasonable chance of becoming his successor, Allan Wells. The headwind of 0.8m could have put paid to Cameron Sharp's chances of achieving the Olympic qualifying standard of 10.44 he needed to clinch his selection in that event, but the UK champion ran brilliantly to finish within 1½ metres of his fellow-Scot and clock 10.43. Drew McMaster, also seeking a 10.44, could not reproduce his remarkable Scottish Championships form and will have to try again. Mike McFarlane and Daley Thompson,

WHOEVER HEARD OF A JOCKEY AT CRYSTAL PALACE?



You have now. You'll find the Jockey name on a new range of sports and leisurewear — shirts, sweaters, T-shirts, jackets, shorts, singlets, tracksuits and even towels.

From now on, wherever people are playing it cool, you'll find Jockey sports and leisurewear.

Buy some. It may not make you a champion. But it'll make you feel like one.

JOCKEY
THE INTERNATIONAL NAME

Lyle & Scott Limited, 22 Hanover Square, London W1A 1BS.



The foreshortening effect of the camera lens gives the impression that there was little in it at the finish of the 100 between Hasely Crawford and Allan Wells, but in fact the Scot finished over three metres — and seven places — ahead.

Mark Shearman

both of whom have been slightly injured lately, made a welcome reappearance. Another Montreal Olympic champion, Don Quarrie, is running well again after an unhappy 1979 season, as he demonstrated by winning the 200 from Jamaican team-mate Colin Bradford, with David Jenkins 4th in 20.97 — his fastest time for five years.

One of the best races of the evening came in the 400, where Alan Bell added to his fast growing reputation by coming tantalisingly close to beating the Jamaican record holder (45.23) and winner of the USA collegiate title, Bert Cameron. Bell, in lane 3, was some three metres ahead of Cameron (lane 4) entering the finishing straight and yielded only in the last couple of strides. Losing by 1/100th of a second, Bell was credited with the second fastest time of his career — 45.78. Glen Cohen picked up two places in the straight to finish 3rd, ahead of Sudan's World Cup winner Kasheef Hassan, which might have won him his place in the individual 400 in Moscow. The 400 hurdles was a close race too . . . until the final hurdle. Gary Oakes and James King rose to that last barrier together, but

whereas Oakes took it cleanly his American rival (who ran 49.00 last year) crashed into it. Oakes ran home an exultant winner and his joy was complete when he heard the time. After so many marks in the 50.1 to 50.5 range over the past two seasons he finally cracked 50 sec — and by a whopping margin. At one stroke he reduced his best time from 50.15 to 49.60, overtaking Bill Hartley, Andy Todd and the late John Cooper for 4th place on the UK all-time list. Hartley himself produced his quickest time since his great year of 1975.

The 800 featured a bold attempt by the powerfully built Steve Caldwell to run away from the opposition around the final turns, but he faded to 5th place in the straight as Spain's Colanan Trabado won from Garry Cook, with John Walker — embarking upon a European tour during which he will bid for the world 1500m and mile records — a rather flat 4th. An Olympic champion of earlier vintage, 1972 high hurdles winner Rod Milburn, had the satisfaction of defeating world record holder Renaldo Nehemiah — but then so too did another American, Tony Campbell, as well as Britain's Wilbert Greaves and Mark Holtom! Milburn held a 2m advantage over Nehemiah at halfway but that lead was being whittled down as the 13.00 phenomenon got into his stride. Nehemiah was just about to shoot past Milburn off the final hurdle when his leg buckled under him on landing and in that split second the opportunity was lost. Greaves and Holtom performed magnificently in this exalted company, with Greaves catching and passing his close rival on the run-in. Despite the headwind, Holtom clocked a legal personal best and Greaves missed his by just 1/100th.

Big news from the field events was Keith Stock's vaulting breakthrough. Not only did he beat Brian Hooper again, not to mention former world record holder Earl Bell, but in so doing he raised his personal best by 10cm to 5.40m, just 2cm below Hooper's UK record. Feeling super-confident, Stock didn't enter the contest until the bar was at 5.25 (Bell came in at 5.00, Hooper at 5.10). He cleared at the 2nd attempt, passed at 5.30 (which Hooper made after one miss) and then succeeded first time at 5.40, as did Hooper. For the first time ever two Britons attacked 5.50 (18'0½"). It remains to be seen whether the Olympic selectors will add Stock to the team as a result of this fine victory. European indoor champion Bela Bakosi set Keith Connor a tough target when he triple jumped 16.58m in the 3rd round to overhaul Connor's 16.35 opener. The Commonwealth record holder left his best effort until the final round but fell short with 16.49. Not at his best due to a pinched nerve in his back, Geoff Capes nevertheless flirted with the 21m line and was disconcerted when in the 4th round a put which landed well beyond that was red flagged on account of his touching the top of the stopboard.

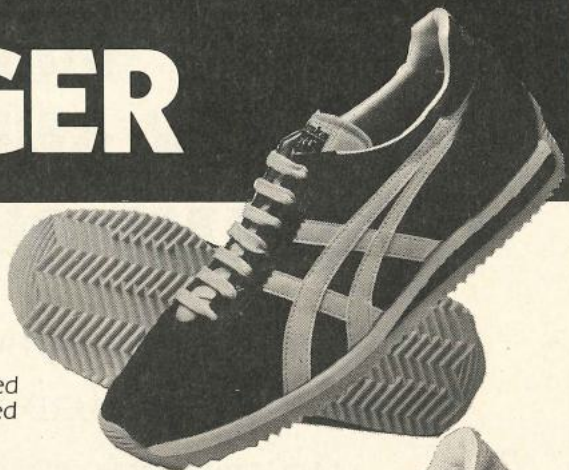
Continued on page 11



asics TIGER

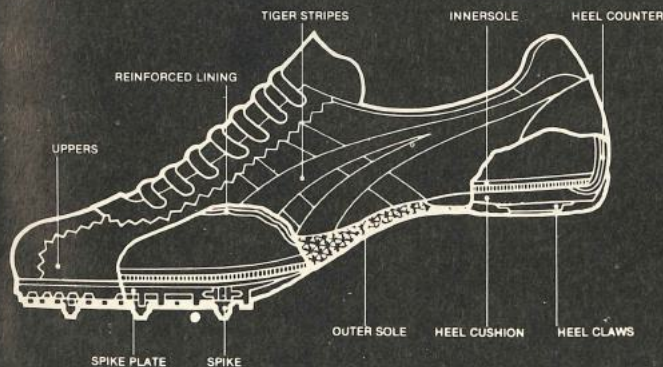
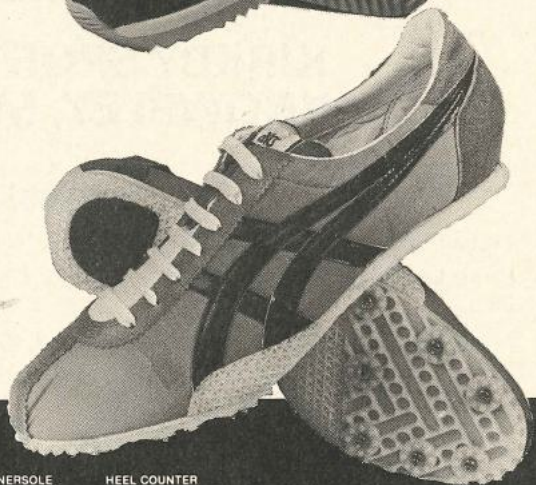
MONTREAL III

Tiger air suspension for flexibility and cushioning. Thicker mid-sole for shock absorption. Tiger cushion inner-sole for added comfort. Durable new herringbone designed outer sole. Royal blue with yellow stripes.



SPARTAN 'B'

With high quality nylon fabric uppers. Soft pliable rubber soling with waffle tread. Creates perfect rear soling for traction and cushion on synthetic surfaced track. Heel features leather and nylon 'heel cup' counter, anklepad and heel collar. Dense foam heel wedge for ultimate cushion and achilles protection.



MEIRIC

Sole Trade Distributors:
STARCRAFT SPORTS CO LTD.
 40 Daire Rd.
 London SW19
 Tel: 01-542 2446

ENGLISH SCHOOLS ATHLETIC ASSOCIATION

**50th
TRACK AND FIELD
CHAMPIONSHIPS**

Sponsored by National Dairy Council

FRIDAY, 11th & SATURDAY, 12th JULY, 1980

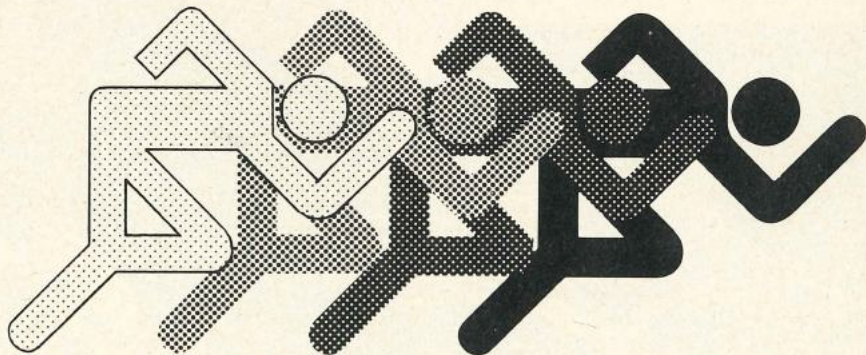
**KIRKBY SPORTS CENTRE,
KNOWSLEY, MERSEYSIDE**

ADMISSION

Friday: Stand seats £2. Covered seating £1.50 (children £1). Ground £1 (children 50p).

Saturday: Stand seats £2.50. Covered seating £1.75 (children £1.25). Ground £1.25 (children 65p).

From: Miss M. Meikle, Noctorum High School, Woodchurch, Birkenhead, Merseyside.



MILK IN ACTION

TALBOT GAMES Continued from page 8

Britain's other great medal hope in the throws, Tessa Sanderson, started well with 64.68m and 63.34 but slipped after that, though never threatened by former world record holder Kate Schmidt whom she recently displaced from 2nd on the world all-time list. The men's javelin event was much more competitive. Miklos Nemeth opened with 85.46m, Ferenc Paragi went ahead with his 2nd throw of 85.52 only for Nemeth to reply immediately with 86.78. That proved to be the winner although Paragi's final effort went very close at 86.54. Peter Yates, not selected for Moscow, led Dave Ottley, who has been, by 80.80 to 80.52 from the first round until the UK record holder salvaged the day with his final delivery of 81.20. Louise Miller maintained her good standard by jumping 1.85m but failed at 1.88, a height cleared by Debbie Brill. The Canadian will be sadly missed in Moscow.

100: Ht. 1: (-3.9m) 1, M. McFarlane 10.79; 2, E. Obeng (Gha) 10.82; 3, C. Sharp 10.89; 4, H. Crawford (Trin) 10.96; 5, S. Green 11.03; 6, A. Lawrence (Jam) 11.24; 7, A. Bruce (Trin) 11.26; 8, E. Noel (Trin) 11.43. Ht. 2: 1, A. Wells 10.44; 2, T. Hoyte 10.58; 3, A. McMaster 10.65; 4, D. Thompson 10.65; 5, H. King 10.68; 6, C. Brathwaite (Trin) 10.72; 7, M. Davies (Jam) 11.05; 8, F. Adams (Trin) 11.24. Final: 1, Wells 10.30; 2, Sharp 10.43; 3, Hoyte 10.54; 4, Obeng 10.57; 5, McFarlane 10.59; 6, McMaster 10.60; 7, Thompson 10.60; 8, Crawford 10.62.

200: 1, D. Quarrie (Jam) 20.84; 2, C. Bradford (Jam) 20.89; 3, O. Melvin (US) 20.95; 4, D. Jenkins 20.97; 5, McMaster 21.13; 6, A. Davies (Jam) 21.47; 7, Bruce 21.64.

400: (A): 1, B. Cameron (Jam) 45.77; 2, A. Bell 45.78; 3, G. Cohen 46.34; 4, H. El Kashief (Sud) 46.43; 5, S. Scutt 46.51; 6, J. Coombs (Trin) 46.73; 7, R. Benson (US) 47.46; 8, M. Solomon (Trin) 47.90. (B): 1, C. Joseph (Trin) 46.44; 2, R. Milne 46.75; 3, T. Whitehead 47.07; 4, D. Peynado (Jam) 47.16; 5, M. Paul (Trin) 48.21; 6, D. Henry (Jam) 48.64; 7, R. Mohammed (Trin) 49.46; 8, A. Daly (Jam) 50.90.

800: 1, C. Trabado (Spa) 1:48.1; 2, G. Cook 1:48.3; 3, O. Khalifa (Sud) 1:48.6; 4, J. Walker (NZ) 1:48.9; 5, S. Caldwell 1:49.1; 6, M. Enyeart (US) 1:49.6; 7, O. Hamilton (Jam) 1:50.2; 8, P. Forbes 1:50.2.

1500: 1, S. Ovett 3:35.3; 2, S. Cram 3:35.6; 3, J. Gonzales (Spa) 3:37.9; 4, J. Abascal (Spa) 3:39.0; 5, C. Sly 3:41.5; 6, S. Cahill 3:41.5; 7, C. Reitz 3:43.1; 8, H. Ebba (Eth) 3:54.3.

2 Miles: 1, D. Moorcroft 8:18.6; 2, N. Muir 8:19.4; 3, F. Bayi (Tan) 8:19.5; 4, B. Foster 8:20.2; 5, D. James 8:20.3; 6, B. Smith 8:21.1; 7, G. Smith 8:23.6; 8, S. Jones 8:26.8; 9, J. Goater 8:26.8; 10, S. Binns 8:27.0; 11, M. McLeod 8:32.5; 12, R. Callan 8:36.7; 13, D. Fitzsimons (Aus) 8:38.9; 14, M. Prince 8:40.0; 15, A.

Armitage 8:43.8; 16, G. McCallum 8:44.2; 17, A. Catton 8:44.3.

110H: (-0.6m) 1, R. Milburn (US) 13.69; 2, A. Campbell (US) 13.71; 3, W. Greaves 13.84; 4, M. Holtom 13.88; 5, R. Nehemiah (US) 13.90; 6, B. Price 14.39; 7, A. James 14.58; 8, N. Gerrard 14.59.

400H: 1, G. Oakes 49.60; 2, J. King (US) 50.17; 3, W. Hartley 50.60; 4, R. Danville 51.80; 5, P. Atherton 51.92; 6, E. Shirley 53.11.

PV: 1, K. Stock 5.40; 2, B. Hooper 5.40; 3, E. Mako (Hun) 5.30; 4, E. Bell (US) 5.20; 5, E. Sakellariadis (Gre) 5.00; 6, J. Gutteridge 5.00.

TJ: 1, B. Bakosi (Hun) 16.58; 2, K. Connor 16.49; 3, F. Attoh 15.60; 4, D. Johnson 15.33; 5, G. Gallagher 14.74; 6, N. Stoppard 14.39.

SP: 1, G. Capes 20.98; 2, B. Pauletto (Can) 20.33; 3, M. Winch 18.22; 4, R. Slaney 17.58; 5, N. Tabor 16.87; 6, S. Rodhouse 16.81; 7, I. Lindley 16.18.

JT: 1, M. Nemeth (Hun) 86.78; 2, F. Paragi (Hun) 86.54; 3, D. Ottley 81.20; 4, P. Yates 80.30; 5, M. O'Rourke (NZ) 78.82; 6, J. Trower 78.06; 7, B. Roberts 75.08.

4x100: 1, Great Britain (Green, McFarlane, Sharp, Hoyte) 39.69; 2, Trinidad 40.39; 3, Jamaica 40.44.

Women

100: (-1.3m): 1, S. Lannaman 11.43; 2, H. Hunte 11.44; 3, A. Lynch-Saunders 11.73; 4, L. Hodges (Jam) 11.83; 5, M. Ottey (Jam) 11.83; 6, W. Clarke 11.85; 7, N. Kyomo (Tan) 12.06; 8, D. Scott (Jam) 12.13.

200: (-0.5m): 1, K. Smallwood 22.63; 2, B. Goddard 23.17; 3, Ottey 23.24; 4, D. Boyd (Aus) 23.36; 5, R. Allwood (Jam) 23.88; 6, Kyomo 24.55; 7, H. Blake (Jam) 25.06.

400: 1, J. Hoyte-Smith 51.06 (UK rec); 2, D. Hartley 53.33; 3, J. Pusey (Jam) 53.46; 4, K. Robertson (NZ) 53.63; 5, J. MacGregor 53.88; 6, R. Simpson (Jam) 54.56; 7, K. Battary (Jam) 54.80; 8, C. Fernley 56.03.

1000: 1, C. Boxer 2:37.5 (UK and all-comers best); 2, A. van Nuffel (Bel) 2:39.4; 3, G. Dainty 2:39.7; 4, W. Smith 2:40.0; 5, J. White 2:40.5; 6, P. Newnham 2:42.8; 7, E. Barnes 2:45.2; 8, S. Morley 2:46.4; 9, B. Madigan 2:48.3; 10, J. Presley 2:52.9.

HJ: 1, D. Brill (Can) 1.88; 2, L. Miller 1.85; 3, A. Devally 1.80; 4eq, D. Elliott, B. Gibbs, & G. Hitchen 1.75.

JT: 1, T. Sanderson 64.68; 2, K. Schmidt (US) 60.66; 3, J. Zaslon 53.26; 4, E. van Beuzekom (Neth) 51.44; 5, J. Rose 51.12; 6, M. Jervis 50.26.

Steeplechase international Ian Gilmour and former English Schools (1966-70) sprint champion, Sue Midgley, who hasn't competed seriously since breaking a leg in 1970, are to be married on August 16th.

SCOTTISH SCHOOLS RESULTS BOYS CHAMPIONSHIPS

At Pitreavie, June 14th

(O/17): 100: 1, M. Learmonth 10.7w (10.7 ht); 2, G. McCallum 10.8. 200: Learmonth 22.1w. 400: D. Archibald 49.9. 2000SC: A. McKay 6:04.9. 110H: McCallum 15.0w. 400H: F. Arnott 56.9. (U/17): 100: G. Fergie 11.2w. 100H: B. Clark 14.2w. 400H: J. Gorrie 57.7. TJ: H. Davidson 13.60. (U/15): 100: J. Burt 11.5w. 80H: R. Sharp 11.9. 400H: G. Nugent 61.0. (U/13): D. Boyd 2:14.5.

FSAA TROPHY MEETING

At Pitreavie, June 18th.

(Boys U/17): 400: S. Tabb 53.0. (Girls U/17): 100: L. Macdonald 12.2. 400: F. Anderson 57.0. 800: 1, K. Greally 2:15.6; 2, S. Urquhart 2:16.6. SP/DT: S. McDonald 11.93/41.62. (U/15): 200: C. Candlish 26.2. 75H: K. Hood 11.8 (11.7 ht). HJ: A. Reid 1.59. DT: G. Hunter 27.50. JT: L. Currie 30.00.

EASTERN YOUNG ATHLETES LEAGUE

At Peterborough, June 15th

Haverling 453; Peterborough 447½; Milton Keynes 326½; Braintree & W 287; Dacorum 184. (Youths): DT: N. Boyton (B&W) 43.10. JT: G. Hayward (Peter) 54.86. (Inters): 400/800: W. Hoskins (Peter) 57.3/2:15.6. (Juniors): SP: 1, J. Rose (Mil. K) 10.67; 2, A. Quick (Hay) 10.35.

BRIGHTON POLYTECHNIC

Are you interested in Physical Education and do you have two 'A' levels?

CHELSEA SCHOOL OF HUMAN MOVEMENT

offers the following degree programmes:

BSc (Hons) Sports Science (CNA)

BA Human Movement Studies and Human Biology of Sociology (University of Sussex)

The following degree is offered in association with Eastbourne Department of Education:

BEd and BEd (Hons) Physical Education/ Dance (University of Sussex)

Combined academic studies with specialist practical performance. BEd includes wide range of options and possibility of study abroad.

Details from: The Registrar, Brighton Polytechnic, Milnthorpe Court, Meads Road, Eastbourne, BN20 7QD. Tel. (0323) 21400.

At Welwyn Garden City, June 15th

Verle 446½; Hertford & W 260; Thetford 252; W. Norfolk 159; Leighton Buzzard 51; Borehamwood 40½.

(Inters): DT: K. Honey (Ver) 31.00.

At Norwich, June 15th

Bedford 467; Norfolk Olym. 345; Harlow 338; Chelmsford 279; Gt. Yarmouth 230.

(Youths): SP: S. Thorne (Norf) 14.46. DT: K. Stapton (Bed) 42.74. (Juniors): HJ: M. Durrant (Norf) 1.55.

HONOURS DEGREE COURSE

Careers in sport were given a significant boost this year by the introduction of a B.Sc. (Hons) Sport (Administration and Science) degree course at Trent Polytechnic, Nottingham. Course leader, former European 1500m champion John Whetton, and his team have looked closely at the job outlets in sport, examined the job requirements and structured a course around a number of vocational objectives.

It is felt that the degree elements will fill a gap in higher education which not only provides young people with sporting talent to develop their existing skills and others, but also gives its students an educational completeness in all aspects of sport: its science, its philosophy and sociology, and its administration. Graduates from this course will be well equipped to enter sports centre administration, coaching, sporting goods manufacturing industries, Sports Council work, sports club administration etc. Post Graduate courses will be available for those wishing to take further qualifications in management and for those who want to undertake research in sport.

As well as the expected stress physiology, practical sport, experimental psychology and administration theory, the course contains substantial elements of law, economics, computing and technology as they relate to sport. Furthermore, the uniqueness of this honours degree course is highlighted by the somewhat revolutionary inclusion of sport for Disabled. Although its allocation of time is not great, its inclusion in undergraduate studies is thought to be long overdue and a significant step forward by those who work in this field.

The course starts in September. Applications to School Officer, Modern Studies, Trent Polytechnic, Clifton, Nottingham.

The Goldenlay Poly Marathon, being held today, has attracted a record entry of 634 competitors, including 14 women, led, predictably, by Gillian Adams and Leslie Watson.

SQUARE DEAL — CHEERS

We are open **SUNDAY, JULY 6th**, the day of the 'HYDE 7'. Why not come in and see our **SQUARE DEAL** for yourself — range — prices — service. And while you're there enjoy a

FREE GLASS (or two) of sparkling BURTONWOOD BITTER

RON HILL SPORTS TUBE SOCKS (21 INCH). White with three stripes. Royal/Red/Royal, Green/Gold/Green, Navy/Sky/Navy, Red/Black/Red, Royal/Gold/Royal, Black/Orange/Black. **£1.30.**

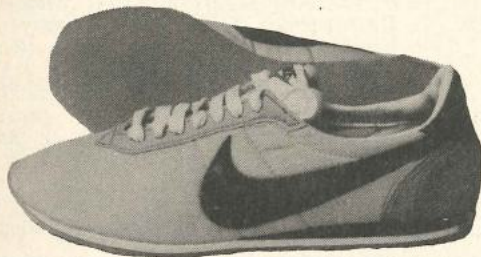
RON HILL SPORTS VELOUR SPORTS SOCK. White with three stripes. Black/Red/Grey, Brown/Rust/Camel, Navy/Sky/Grey, Navy/Burgundy/Sky, Red/Gold/Burgundy. **£1.50.**

RON HILL SPORTS FREEDOM SHORTS. Lightweight polyester/cotton. Gold, red, orange, sky, royal, navy, emerald, bottle, purple, black, white, maroon, 24/26", 28/30", 32/34", 36/38". Plain colour **£3.45**, 2 contrast stripes **£3.95**. New Zealand, Moscow 1980, Scotland **£4.25**. Union Jack, U.S. Flag, Maple Leaf **£4.75**.

RON HILL SPORTS MESH VESTS. World famous lightweight mesh vests. White, black, gold, orange, red, royal, emerald, sky. Plain or contrast trim (give alternative on contrast colour if possible). **£3.95.**

JUNE issue of THE RUNNER magazine now in. £1.15. Back issues available at £1.15.

EXTRA SPECIAL JULY OFFERS SAVE £6 ON TWO NIKE SHOES



NIKE NEW BOSTON. One piece nylon upper in yellow with black trim. Well cushioned heel lift and mid-sole. Honeycomb rubber outsole with wrap-up heel and toe. Slight heel flare for stability. All this adds up to a winner. One size 8 shoe weighs 220 gms (8 ozs). Sizes 3-12½ (no 6, 6½ or 12) **£9.99** (RRP £15.99).



NIKE UNIVERSE. Indoor/outdoor track racing/training spike. Ideal also for Steeplechase, hurdling, long and triple jump. Features a 7 spike plate and seamless one piece nylon upper with suede reinforcements. Mini-waffle covers plate and rear sole for cushion and traction. Brick red with white trim. One size 8 shoe weighs 180 gms (6½ ozs). Sizes 6-12 **£27.99** (RRP £33.99).

N.B. because of rock bottom prices, offer shoes will be sent out 2nd class letter post, but still post free! and same day!

NEW SHOES

ADIDAS SPACE
ADIDAS MARATHON TRAINING
PUMA ROCKET
PUMA HURRICANE (spike)
REEBOK AZTEC
REEBOK 10K
INTER PREMIER

	6-12 £22.95 (£24.25)
5-5½ £20.65 , 6-12 £23.70 (£24.99)	
4-5½ £12.40 , 6-12 £13.99 (£15.99)	
2-5½ £10.80 , 6-12 £12.45 (£13.99)	
	6-11 £20.20 (£22.70)
	6-11 £17.25 (£19.30)
5-5½ £10.15 , 6-12 £11.85 (£12.49)	

Terms: Cheques or postal order with order, or credit card number. When ordering state your present shoe size and model — if possible send foot outline also.

**To: RUNNING WILD (Dept. AW),
FREEPOST**

(i.e. no stamp required UK mainland but if your order is URGENT we recommend using 1st class post).

**2, TOWER ST., HYDE, CHESHIRE.
Tel. (MON-FRI) 061 368 8008.**

Credit card orders may be phoned to the shop Saturdays, Tel. 061 366 9191.

The Running Wild shop is at 148/150 Market Street, Hyde, Cheshire. Open all day everyday except Sunday, 9.00-5.30 (late opening until 6.00 p.m. Friday and Saturday).



Running Wild®
**POST FREE SERVICE
BY FIRST CLASS POST**

EUROPEAN RESULTS

USSR: New pentathlon record

Nadyezhda Tkachenko tops the 1980 world list with a pentathlon score of 4880 (with hand timing), but she has lost her electrically-timed world record — standing at 4839 — to Olga Kuragina who in Moscow on June 20th amassed a score of 4856. Her performances: 13.38 for 100m hurdles, 13.44m with the shot, a high jump of 1.86m and a long jump of 6.41m — and finally a prodigious 800m time of 2:03.8! Olga, who is 21, has progressed rapidly: from 4212 in 1978 and 4629 last year. She was hard pressed by Olga Rukavishnikova, who just missed the old record with 4836 made up of 13.84, 13.50m, 1.89m, 6.52m and 2:04.5. Yuriy Kutsenko won the decathlon with 8329 ahead of Valeriy Katschanov (8306), with former Olympic champion Nikolay Avilov placing 7th with 8062. At the same meeting, Sergey Litvinov approached his world record with a hammer throw of 81.08m, defeating Igor Nikulin (80.34) and Juri Tamm (78.40).

13.5. Stravropol. DT: Kolnochenko (21; best of 60.72 in 1979) 67.36 (rec). **14.5. Kharkov.** 1500: Kirov 3:38.6, Yakovlyev 3:39.2. **11/12.6. Moscow.** 100: Shlyapnikov 10.32; Aksinin 10.33; 200: Muravyev 20.76; 400: Markin 45.33,

Chernetskiy 45.60, Linge 45.60, Lovachov 45.75, Valiulis 45.89; 800: Kirov 1:46.5; 5000: Fyedorov 13:21.3, Sellik 13:21.7, Chesterov 13:22.3, Abramov 13:24.4, Tekle Fentessa (Eth) 13:30.5; 10,000: Tolosa Kotu (Eth) 27:55.0, Sellik 27:56.5, Antipov 27:56.7, Fentessa (Eth) 27:57.7; 3000SC: Olizaryenko 8:26.5; 110H: Chervanyov 13.59 Prokofiev 13.64, Kulebyakin 13.79, Myasnikov 13.79; 400H: Arkhipenko 49.12, Kharlov 49.89; PV: Volkov 5.69 (rec), Polyakov 5.60, Kulibaba 5.60; LJ: Podluzhnyi 8.14; Belskiy 8.04; TJ: Uudmae 16.92, Beskrovnyi 16.80 . . . 6, Sanyeyev 16.44; SP: Kissilov 20.93, Yarosh 20.88 Voikin 20.18; HT: (wet circle) Sedykh 79.50 Tamm 77.68 Kozlov 77.32, Malyukov 76.82, Zaichuk 76.44, Nikulin 75.84; JT: Makarov 86.88, Yevsyukov 85.34; 20kmW (Olympic trial): Solomin 1:22.33, Potchenchuk 1:22.37, Yevsyukov 1:22.51; women's 100: Kondratyeva 11.24; 200: (+0.1m) Kondratyeva 22.31 (rec), Bochina 22.57 (world jnr rec); 400: Bagryantseva 50.11, Mineyeva 50.78, Prorochenko 51.19; 800: Olizaryenko 1:54.9 (world rec) (1:56.7 ht), Lovin (Rom) 1:56.7, Vakrusheva 1:57.0, Kazankina 1:57.0 (1:57.7 ht), Rutshayeva 1:57.9, Gerassimova 1:57.9; 1500: Podkopayeva 3:58.4, Zaitseva 3:58.5, Sorokina 3:59.3, Smolka 4:01.0; 3000: Romanova 8:46.2, Sadretdinova 8:47.0, Sycheva 8:49.1; 100H: Anisimova 12.82, Komissova 12.84, Litovchenko 13.01; HJ: Bykova 1.94, Serkova 1.92, Polouiko 1.90, Sisoyeva 1.90; LJ:

Hi-potency
100mg.
tablet!

Another success story from Surf City!



Pangamate — the new dietary supplement, referred to as Vitamin B15, is currently undergoing intensive research in conjunction with its possible beneficial contribution to general good health and performance as a blood normaliser and oxygen conveyor.

Hi-potency Surf City Pangamate B15 provides 100mg of Pangamate B15 per tablet. Each tablet is strip-packed to preserve its original freshness and unbeatable value. The recommended intake for 'Keep-fitters' is one tablet daily, and up to two tablets daily for athletes and sportsmen.



SURF CITY PANGAMATE B15
Tablets are strip-packed to retain their original freshness.

Everyone is interested in this new revelation and the makers of SURF CITY PANGAMATE B15 100mg tablets claim that you are getting only the real thing, manufactured to precise specification under strict quality control, with the same natural guarantee of replacement as in the entire range of Surf City Natural Fitness Foods

Available from all good health food stores including all branches of Holland & Barrett.

Now available from
CENTRESPORT
at Crystal Palace N.S.C.



Surf City Natural Fitness Foods Park Road, Overseal, Burton-on-Trent, Staffs.

Skatchko 6.85; Alfeyeva 6.84, Kalpakova 6.78, Bardauskiene 6.59 (6.68 at an earlier meet); SP: Krachevskaya 20.80, Abachidse 20.21; JT: Nikanorova 64.72.

BULGARIA: Stafka Popova runs 11.14

13-15.6. Sofia. (Balkan Games) 100: Petrov 10.23, Keffalas (Gre) 10.35; 200: Argyropoulos (Gre) 20.71, Petrov 20.80; 400: Alebic (Yug) 45.91; 800: Savic (Yug) 1:47.2; 3000SC: Bichea (Rom) 8:28.4; 400H: Kopitar (Yug) 49.44, Toboc (Rom) 49.65; LJ: Stekic (Yug) 8.11; TJ: Tschotschov 16.68, Spasojevic (Yug) 16.58; SP: Stoev 20.09, Khristov 20.06; women's 100: Popova 11.14; 400: Tarita (Rom) 52.04; 800: Shtereva 1:59.3; 100H: Doukova 13.29; 400H: Ivanova 56.96; HJ: Popa (Rom) 1.90; LJ: Nedeva 6.51; SP: Vesselinova 21.11, Stoyanova (reinstated after drugs disqualification) 20.95; DT: Vergova 69.00; JT: Todorova 63.72; Pent: Dimitrova 46.50; 4 x 100: Bulgaria 43.81; 4 x 400: Bulgaria 3:27.8, Romania 3:28.1.

FRANCE: Girls set relay mark

18.6. Saint-Maur. 800: Milhau 1:46.3, Dupont 1:46.3. 18.6. Charlely. PV: Houvion 5.55. 21/22.6. Thonon. (France 198, Sweden 116, Switzerland 107) 100: Panzo 10.40; 400: Dubois 46.10; 1500: A. Gonzalez 3:40.8, Dien 3:41.1, Deleze (Swi) 3:41.1; 110H: Raybois 14.16 ... Drut dnf (injured); 400H: Gullstrand (Swe) 49.93, Meier (Swi) 50.10, Chazot 50.22; HJ: Agbo 2.25; PV: Houvion 5.60, Zalar (Swe) 5.50, Ferreira 5.45; TJ: Valetudie 16.54; 4 x 100: France 39.41; 4 x 400: France 3:04.9, Switzerland 3:06.3. Women (France 137½, Sweden 96, Switzerland 77½) 100: Haglund (Swe) 11.28, Rega 11.32; 200: Naigre 22.97, Rega 23.05, Haglund 23.11; HJ: Lorentzon (Swe) 1.90; 4 x 100: France 42.94 (rec).

POLAND: Szewinska's fifth Olympics

9/10.6. Warsaw. 1500 (56.0, 1:56.3, 2:55.3) 4, Baranski (Ger) 3:36.5 ... 6, Kalicki 3:38.1; 7, Nabein (Ger) 3:38.6; 8, Matosz 3:39.2; 3000SC: 3, Maminski 8:26.4; 4, Karst (Ger) 8:27.0; 400H: 6, Schmid (Ger) 56.96 (injured); 4 x 100: 2, Germany 39.23; HJ: 4, Nagel (Ger) 2.26; LJ: 4, Klepsch (Ger) 8.00w (legal 7.91); TJ: Hoffman 16.56w; HT: 2, Ploghaus (Ger) 75.38; JT: 3, Werner 83.80; women's HJ: 4, Holzapfel (Ger) 1.90; 5, Bulkowska 1.90; 6, Matay (Hun) 1.87; LJ: 2, Schmidt (Ger) 6.78; 3, Weigt (Ger) 6.69; 4, Wojnar 6.57; 5, Pap (Hun) 6.55; SP: Wilms (Ger) 19.75; JT: Janak (Hun) 60.76. 13/14.6. Warsaw. Women's 100H: 5, E. Rabsztyn 12.80; HJ: 2 eq, Kielan & Krawczuk 1.93.

Poland's Olympic team includes Woronin and Dunecki (100/200), Zerkowski (1500), Malinowski, Maminski and Wesolowski (3000SC), Pusty (110H), Wszola (HJ), Kozakiewicz, Slusarski and Klimczyk (PV),

Klimaszewski (LJ) Szewinska (she will choose from 100, 200, 400 and both relays), Januchta (800), G. Rabsztyn, Langer and Bielczyk (100H), Kielan, Krawczuk & Bulkowska (HJ), Wlodarczyk (LJ).

ROMANIA: Good discus throwing

11.5. Snagov. DT: Nagy 65.78 (rec); women's DT: Tacu 67.02. 11.5. Constanta. HJ: Matei (17) 2.22. 17/18.5. Bucharest. TJ: Bedrosian 16.76; women's HJ: Vasile 1.90; LJ: G. Ionescu 6.51; JT: Raduly-Zorgo 64.56. 31.5/1.6. Bucharest. 10,000: Floroiu 28:04.0; HJ: Proteasa 2.23 (rec); DT: Delis (Cub) 67.74, Martinez (Cub) 66.42, Nagy 65.80 (rec); women's 200: Lia 23.95, DONNA HARTLEY 23.97; 400: Lazariuc 52.58 ... HARTLEY 56.04 ht; 800/1500: Lovin 1:59.0/4:03.7; LJ: G. Ionescu 6.37, SUE REEVE 6.29; SP: Sarria (Cub) 20.40 (rec), Loghin 19.55 (rec); DT: Tacu 64.66, Romero (Cub) 64.16, Menis 62.70; JT: Raduly-Zorgo 65.86, Colon (Cub) 65.64.

SWEDEN: 1.90m standing high jump!

3.5. Karlstad. HJ: Rune Almen 2.24 (and 1.90 standing high jump — best on record). 31.5. Stockholm. Women's 400H: Skoglund 56.77 (world jnr rec). 16.6. Stockholm. 5000: Nyambui (Tan) 13:26.6, Ryffel (Swi) 13:27.6, F. Gonzalez (Fra) 13:29.8, Maaninka (Fin) 13:31.4, Bouster (Fra) 13:32.1, Vainio (Fin) 13:36.6; women's 3000: Waitz (Nor) 8:48.1.

SWITZERLAND: Brydenbach 45.19

24.5. Berne. 200: Schmid (Ger) 20.69. 25.5. Martigny. Mar: NIGEL GATES 2:26.22. 26.5. Basle. Women's 1500: Puica (Rom) 4:03.5, Burki 4:04.4 (rec), Besliu (Rom) 4:04.7, Waitz (Nor) 4:05.4 (& 9:08.9 3000), Kraus (Ger) 4:06.7. 14/15.6. Winterthur. 400: Brydenbach (Bel) 45.19; 800: Trabado (Spa) 1:47.0; 1500: Gonzales (Spa) 3:36.6, Flynn (Rol) 3:37.7, Deleze 3:38.0, Nemeth (Aut) 3:38.2; 5000: Coghlan (Rol) 13:44.7; 10,000: Tebroke (Hol) 28:27.2; 3000SC: Ramon (Spa) 8:25.6; 400H: Schulting (Hol) 49.33; women's 400: Kafer (Aut) 51.63.

BUYING A CAR?

Particularly if you are an athlete you should try us first. Fellow athletes always well looked after. Any make of new car supplied. Also a huge selection of low mileage, mostly one-owner cars available.

RENAULT AGENTS • HIRE PURCHASE

Write or telephone: Stoke-on-Trent 514444

George Rhodes Ltd.

BIDDULPH, STOKES-ON-TRENT, STAFFS

HAMPSHIRE SCHOOLS CHAMPIONSHIPS**At Southampton, June 14th**

(**Snr. Boys**): HJ: 1, A. Bedford 2.03; 2, B. Jewers 1.95. SP: 1, L. Wiltshire 14.90; 2, S. Wilson 14.41. (**Inters**): 400H: D. Lewis 58.6. TJ: I. Timbers 14.45. SP: 1, D. Calloway 14.69; 2, J. Jeffreys 13.86. (**Inter. Girls**): 400: J. Smith 59.5. 800: H. Stringer 2:18.2. 1500: 1, V. Strickland 4:44.1; 2, A. Tindall 4:44.7; 3, D. Hillyer 4:45.2; 4, T. Long 4:48.0. 400H: S. Gandy 67.1. HJ: 1, H. Myers 1.63; 2, C. White 1.60; 3, K. McShane 1.60. SP: V. Lewis 10.27. DT: L. Higman 33.58. JT: 1, N. Bradshaw 33.58; 2, T. Beavers 33.28. (**Juniors**): 200: S. Richards 26.2. 1500: K. Petford 4:51.8. LJ: 1, A. Tipton 5.18; 2, C. Edwards 5.17. SP: M. Matthews 10.29. JT: T. Bennett 30.14.

KENT SCHOOLS CHAMPS**At Tenterden, June 14th**

(**Snr. Boys**): 400: 1, E. Gilkes 49.5; 2, S. Heard 49.9. 110H: 1, D. Adkins 15.2; 2, M. Key 15.3. JT: C. MacKenzie 69.60. (**Inters**): 200: 1, P. Colwell 22.6; 2, P. Ashen 22.7. 100H: C. Davies 14.7 (14.2 ht). HJ: 1, G. Parsons 2.06; 2, L. Tickeridge 1.93. LJ: G. Mitchell 6.73. SP: 1, C. Gubbins 14.76; 2, Mortley 14.15; 3, A. Osgood 14.11; 4, C. Lawes 14.06. DT: S. Jones 42.22. (**Juniors**): 1500: Martin 4:19.9. (**Inter Girls**): 80H: 1, C. Venner 12.0; 2, M. Wilson 12.1. HJ: V. Walsh 1.66. SP: C. Koppell 10.66. JT: C. Dawkins 37.24. (**Juniors**): 100: L. Lacey 12.7. 75H: 1, J. Kay 12.0; 2, D. Pert 12.2 (12.0 ht). HJ: S. Watkins 1.63. DT: K. Springate 27.68. JT: 1, H. Porter 32.60; 2, A. Alder 31.20.

MERSEYSIDE SCHOOLS CHAMPIONSHIPS**At Kirkby, June 14th**

(**Snr. Boys**): 200: S. Lawrenson 22.3. 400: D. Galvin 49.2. 1500: D. Hughes 3:54.0. HJ: N. Tustin 1.93. HT: D. Roberts 54.66. (**Inters**): 800: P. Wynn 1:56.7. (**Juniors**): 1500: T. Larcombe 4:16.1. (**Snr. Girls**): 200: J. Christian 25.2. 100H: W. Laing 15.1. 400H: C. McGowan 65.9. SP: A. Hanson 11.37. (**Inters**): 1500: P. Matheson 4:39.1. 400H: L. Norcross 68.2. SP: G. Burns 10.79. (**Juniors**): 200: C. Lamb 25.7. 1500: L. Vose 4:47.7.

CHELTENHAM & COUNTY HARRIERS**7.4 MILES FESTIVAL ROAD RACE**

(Under A.A.A. Laws)

Sponsored by Windsor Wright & Co.
SATURDAY, 12th JULY, at 6 p.m.

Prizes: First 6 Ind., first Vet, Awards first 3 Teams. Standard medals to all inside 39 mins., not gaining any other award.

Entry Fees: 50p Ind. No Team fees. All must enter as individuals. S.A.E. with entry fee please.

Entries to: Cliff Franks, 23 Salisbury Avenue, Cheltenham, Glos. GL51 5BT. Tel. 28548.

ENTRIES CLOSE MON., 7th JULY, 1980**Hooper Brothers First And Second In Irish Marathon**

THE HOOPERS continued their domination of Irish National Marathon when 23-year-old Dick regained a title he last won in 1978 on the same course (Tullamore, May 18th). Last year his brother Pat won the title in Dick's absence but this year he had to settle for second — a position he also filled in 1978. The winning time of 2:16:27 was highly commendable in the extremely hot conditions with the temperature in the seventies. Pat clocked 2:19:53 and Paddy Murphy surprised many in third spot with 2:21:12.

A record field of 155 set off and after 6 miles (30:05) there was a group of 18 at the head of affairs. The Hoopers were at the front of the group which included experienced men like Danny McDaid, Jim McNamara, Tony Kearns, Des McGann and Paddy Coyle, whilst newcomers Mick Byrne, Tony Conroy, Phil English and Ray Treacy all had returned from the USA for the race and were still very involved. The 10M mark was reached in 50:20 and it was one mile later that the big bunch began to break up. At the turn, reached in 67:04, it was down to six: the two Hoopers, English, Murphy, Byrne and Conroy. McDaid led the chasing bunch through in 67:13.

At 14M Dick Hooper had a gap of five yards on Murphy and Pat Hooper. As Dick began to take it away Pat was finding it tough, not helped by a bucket of water received midriff from a 'well wisher'. Dick continued to stretch his lead with a marvellous bounce to his stride, with Paddy Murphy some 58 sec behind as 19M was reached. With Dick on his way to the tape Pat regained his composure and overhauled Murphy and it was now Hoopers 1st and 2nd. That's the way it remained to the tape. Murphy held off the Arkansas-based Tony Conroy who looks to have a bright future at the distance. Tony Kearns finished full of running in 5th with Mick Woods of Aldershot one of the race surprises in 6th spot.

Dick, as winner of the race, gained automatic Olympic selection and the selectors have now announced that Pat will join him in the team.

Nick Davis

1, D. Hooper (Raheny) 2:16:27; 2, P. Hooper (Rah) 2:19:53; 3, P. Murphy (Kild) 2:21:12; 4, A. Conroy (M'mellick) 2:21:42; 5, T. Kearns (Kett) 2:21:52; 6, M. Woods (AFD) 2:22:19; 7, T. Brien (Don) 2:23:13; 8, M. Byrne (Clon) 2:23:51; 9, B. O'Shea (Don) 2:25:22; 10, D. McGann (C. Serv) 2:26:06; 11, D. McDaid (L'keny) 2:26:35; 12, P. Coyle (Lourdes) 2:27:23; 13, M. Coleman (Liffey) 2:27:30; 14, M. Dean (Belf Oly) 2:31:07; 15, S. Meeny (Don) 2:31:7.

ACCUSPLIT

You can now buy the famous Accusplit Stopwatches with quartz crystal accuracy at a special offer price. They feature positive action switches and watertight engineering to resist rain or even total submersion in water—and they float.

Then there's the easy-to-read liquid crystal display which runs continuously for at least a year on a single watch battery.

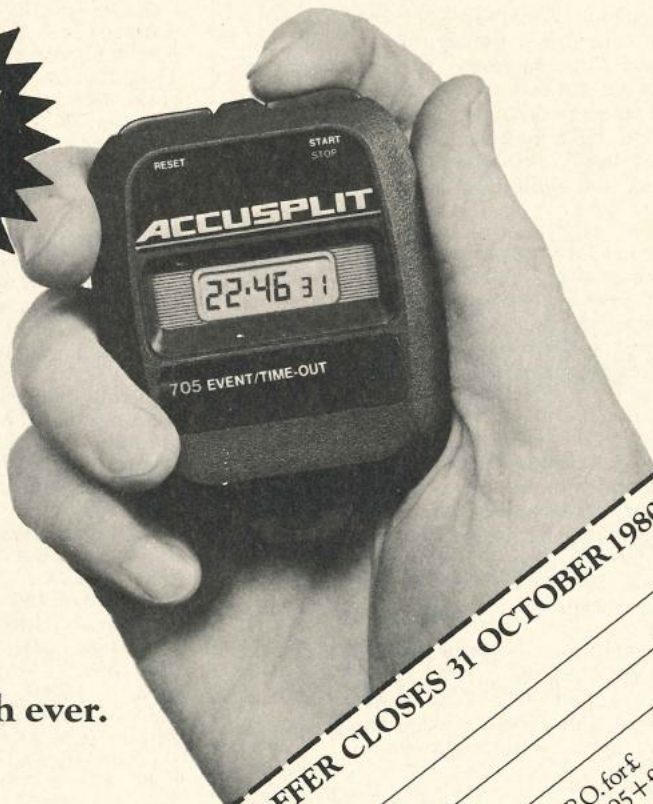
Accusplit is designed for extraordinary

comfort and ease of operation: it fits neatly into the palm of your hand or into your shirt pocket and weighs less than 2 ounces.

Accusplit 705 LCD Event Timer with Start/Stop and Time In/Out facility. £19.95 including VAT.

Accusplit 725 LCD Cumulative Split Timer with 1, 2 Fast Finish facility. £25.00 including VAT.

**Special
offer, only
£19.95
INC. VAT**



Available from your local dealer or direct from:

Newitt & Co. Ltd.
Goodramgate, York YO1 2LU
P.G.R.
126 Walter Road, Swansea
SA1 5RG

European Timing Systems
Gorselands, West Chiltington
Common, Pulborough, W. Sussex
Norsport,
13 Albury Place, Aberdeen

The best stopwatch ever.

Siliconix

Siliconix Ltd., Morriston, Swansea SA6 6NE

BUY NOW—OFFER CLOSES 31 OCTOBER 1980

Name _____
Address _____

Enclosed is Cheque/P.O. for £
(Accusplit 705 = £19.95 + £1.00
p&p. Accusplit 725 = £25 +
£1.00 p&p) Payable to
the distributor of
your choice.

ATHLETICS 1980

**Edited by Ron Pickering
and Mel Watman**

'Athletics 1980' is a comprehensive record — in text, figures and photographs — of British and international track and field athletics during 1979 and the early months of 1980.

It's all here: Sebastian Coe's three fabulous world records, the European Cup and World Cup meetings, the excitement of Britain's famous victory over Russia... and so up to date that it includes coverage of the 1980 European Indoor Championships, the World Cross-Country Championships, and even records up to the end of May.

The special Olympic section includes highlights of every Games from 1896 to 1976 (together with the results of the first three finishers in each event), the timetable of events in Moscow, and career details of Britain's leading medal contenders.

The book, now in its seventh year of publication, also includes lists of world and United Kingdom records, world all-time rankings, a fixture list, and Ron Pickering's forceful and authoritative comments on many of the problems facing the sport at present. No true athletics enthusiast can afford to be without this unique and invaluable guide.

The editors of this book are Ron Pickering and Mel Watman; joint compiler of the main section of the volume, the review of 1979, is Cliff Temple, while the other main contributor is Peter Matthews.

Order now from Athletics Weekly, 344 High Street, Rochester, Kent; price £5.50 post free.

AN ATHLETICS WEEKLY PUBLICATION
In association with Esso

Northern Junior Championships

PETER ELLIOTT and Andy Lawrence, the top two 800m youngsters in the country, squared up in the Northern Counties Under-20 Championship at Kirkby on June 21st. Both topped the charts at 1:50.7. When they stepped off the track there was still not much in it. Elliott, who came off the last bend fourth, won by a tenth in 1:54.6. Paul Dunn, the Lancashire 400m champion and last year's Northern Youth titleholder, moved a grade higher with success. He ripped open the field in 48.9 on a day when March had dropped into June. Phil Dixon ran a personal best 1500m and held off challenger David Hughes for a win in 3:55.3, while Peter Turnbull claimed the 100m and a championship best performance of 10.7.

Joe Lancaster

100: 1, P. Turnbull (Sale) 10.7; 2, H. Thomas (Als) 10.7; 3, L. Rotherforth (Wake) 10.9; 4, M. Ashworth (Pen) 10.9; 5, P. Hutton (Furn) 11.0; 6, S. Lawrenson (Stret) 11.0; 7, I. Herbert (Linc) 11.0. **200:** M. Towers (Bol) 22.3. **400:** 1, P. Dunn (Liv) 48.9; 2, D. Archer (Harr) 50.0; 3, G. Seymour (Wirr) 50.1; 4, M. Malkin (Macc) 50.1; 5, A. Medley (Spen) 50.3. **800:** 1, P. Elliott (Roth) 1:54.6; 2, A. Lawrence (Darl) 1:54.7. **1500:** 1, P. Dixon (Ross) 3:55.3; 2, D. Hughes (Liv) 3:55.7. **5000:** 1, P. Tootell (Stret) 14:50.5; 2, N. Rimmer (Warr) 14:54.3; 3, D. Topham (Long) 14:56.7. **2000SC:** A. Green (Warr) 6:10.5. **110H:** 1, R. Willard (Sale) 14.2; 2, C. Marshall (Holb) 14.5; 3, M. Johnson (Leeds) 14.9. **400H:** I. Welsh (Leeds) 56.2. **HJ:** 1, A. Oversby (Spen) 2.00; 2, A. Kruger (Liv. P-Y) 1.95; 3, N. Tustin (Liv. P) 1.95; 4, P. McDonnell (Sale) 1.95. **PV:** 1, D. Fehily (Sale) 3.70; 2, N. Cunningham (Liv. P) 3.60. **LJ:** 1, M. Makin (Leeds) 6.87; 2, D. Brown (Long) 6.78. **TJ:** 1, Makin 14.88; 2, J. Browne (Warr) 13.95. **SP:** G. Brocklebank (L&M) 15.31. **DT:** 1, A. Martin (Leeds) 44.22; 2, T. Rogerson (Spen) 43.72; 3, A. Emmerson (Warr) 42.28. **HT:** 1, D. Smith (Hull S) 57.04; 2, S. Rogerson (Sale) 52.42; 3, J. Borszcz (Bol) 50.14. **JT:** C. Glossop (Sheff) 58.28.

(Youths): **100:** 1, L. Cafferty (Bol) 11.0; 2, P. Wilkinson (Hull S) 11.2; 3, D. Browne (Long) 11.2. **200:** Cafferty 23.6. **400:** D. Robinson (Sale) 50.1. **800:** P. Wynn (Pilk) 1:58.7. **1500:** G. Green (Warr) 4:08.4. **5000SC:** P. Coulson (M&C) 4:36.7. **100H:** C. Egege (Leeds) 14.2. **400H:** S. Moran (Leeds) 61.2. **HJ:** Kruger 1.90. **PV:** E. Pawson (Leeds) 3.60. **LJ:** D. Browne (Long) 6.49. **TJ:** R. Sammerson (Long) 13.28. **SP:** C. Jennings (E. Hull) 12.62. **DT:** D. McGill (Lin. C&C) 44.56. **HT:** S. Benson (Sale) 50.50. **JT:** M. Hill (Leeds) 49.24.

Dorothy Hyman Track Club secretary: Mrs. K. Buckley, 17 Highfields Road, Darton, Barnsley (Tel: Darton 2234).

Olympic Form Guide

Best 1980 marks — as at June 24th — by leading Olympic contenders (excludes Americans, West Germans, Kenyans etc). Note: Maximum of 3 athletes per event from any one country, although for instance there are 5 USSR hammer throwers over 80m.

100 METRES

- 10.05w ALLAN WELLS (UK) (10.29)
 10.13w Marian Woronin (Pol) (10.19)
 10.15 Silvio Leonard (Cuba)
 10.16w Eugen Ray (GDR) (10.18)
 10.19 Hasely Crawford (Trinidad)
 10.19 James Gilkes (Guyana)
 World leader 1980:
 9.88w James Sanford (US) (10.02)

200 METRES

- 20.11w ALLAN WELLS (UK) (20.75)
 20.43 Pietro Mennea (Italy)
 20.45 Don Quarrie (Jamaica)
 20.49 Marian Woronin (Poland)
 20.49 Greg Illorson (Cameroun)
 20.55 James Gilkes (Guyana)
 World leader:
 19.94w James Sanford (US) (19.7)

400 METRES

- 45.19 Fons Brydenbach (Belgium)
 45.23 Bert Cameron (Jamaica)
 45.29 DAVID JENKINS (UK)
 45.33 Viktor Markin (USSR)
 45.35 Rick Mitchell (Australia)
 45.4 Remigijus Valiulis (USSR)
 45.4 Mikhail Linge (USSR)
 45.57 Frank Schaffer (GDR)
 45.65 ALAN BELL (UK)
 World leader:
 44.84 Billy Mullins (US)

800 METRES

- 1:44.7 SEB COE (UK)
 1:44.8 Andreas Busse (GDR)
 1:45.9 John Higham (Australia)
 1:45.9 Detlef Wagenknecht (GDR)
 1:46.3 Philippe Dupont (France)
 1:46.3 Roger Milhau (France)
 1:46.5 Nikolay Kirov (USSR)
 1:46.5 Agberto Guimaraes (Brazil)
 1:46.6 STEVE OVETT (UK)
 1:46.6 Bernd Wulf (GDR)

1500 METRES

- 3:35.4 Vladimir Malozemlin (USSR)
 3:35.8 Vitaliy Tischenko (USSR)
 3:36.2 Mirolaw Zerkowski (Poland)
 3:36.3 Nikolay Kirov (USSR)
 3:36.3 Antti Loikkanen (Finland)
 3:36.5 Andreas Baranski (Poland)
 3:36.6 Jose-Luis Gonzales (Spain)

- 3:36.7 Jurgen Straub (GDR)
 3:37.1 Andreas Busse (GDR)

5000 METRES

- 13:16.4 Miruts Yifter (Ethiopia)
 13:17.5 Mohammed Kadir (Ethiopia)
 13:20.0 Fernando Mamede (Portugal)
 13:21.3 Aleksandr Fyedorov (USSR)
 13:21.7 Enn Sellik (USSR)
 13:22.3 Vladimir Chesteroy (USSR)
 13:23.8 Bill Scott (Australia)
 13:24.4 Tekle Fentessa (Ethiopia)
 13:24.7 BARRY SMITH (UK)

10,000 METRES

- 27:46.8 Bill Scott (Australia)
 27:53.6 Werner Schildhauer (GDR)
 27:55.0 Tolosa Kotu (Ethiopia)
 27:56.5 Enn Sellik (USSR)
 27:56.7 Aleksandr Antipov (USSR)
 27:57.7 Tekle Fentessa (Ethiopia)
 28:00.8 Hansjorg Kunze (GDR)
 28:01.5 John Treacy (RoI)
 World leader:
 27:31.7 Henry Rono (Ken)

MARATHON

- 2:09:01 Gerard Nijboer (Holland)
 2:10:52 Go Chu Sen (N. Korea)
 2:10:52 Vladimir Kotov (USSR)
 2:11:16 Satimkul Dzumanazarov (USSR)
 2:11:17 Waldemar Cierpinski (GDR)
 2:11:42 Gerard Barrett (Australia)

MONEY SAVING SUMMER OFFER!

We will give you the best deal in Fundraisers.

Contact us now to find out about our special money saving Fundraising offers.

- Largest range
- Express return service
- Best prices by far

When did you last contact us??



Morris Sheffras & Sons Ltd
 127 Vicarage Road, Croydon CR9 4AQ
 Telephone: 01-681 2921. Telex: 8812193

Please send me your latest 1980 Catalogue ☐

Please send details of latest offers ☐

Name

Club/Organisation

Address

AW



In the absence of Ed Moses and Harald Schmid, Dutchman Harry Schulting is shaping up as a possible 400 hurdles medallist. He clocked 48.44 last year.

Mark Shearman

3000 METRES STEEPLECHASE

- 8:19.7 Bronislaw Malinowski (Poland)
- 8:24.2 Krzysztof Wesolowski (Poland)
- 8:24.5 Eshetu Tura (Ethiopia)
- 8:25.0 Ralf Ponitzsch (GDR)
- 8:25.0 Dusan Moravick (Czech)
- 8:25.6 Dan Betini (Romania)
- 8:25.6 Domingo Ramon (Spain)

110 METRES HURDLES

- 13.37 Alejandro Casanas (Cuba)
- 13.41 Thomas Munkelt (GDR)
- 13.58 Jan Pusty (Poland)
- 13.59 Yuriy Chervanyov (USSR)
- 13.64 Andrey Prokofiev (USSR)
- 13.68 Thomas Dittrich (GDR)
- World leader:
- 13.27 Greg Foster (US)

NOTTS. ATHLETIC CLUB

SALUTE TO SPORT

Annual Open Athletics Meeting
(Under A.A.A. & W.A.A.A. Laws)

SUNDAY, 10th AUGUST, 1980, at 1 p.m.

HARVEY HADDEN STADIUM
(TARTAN TRACK)

Prizes to total value of at least £300

Events: Men 5,000m & 1,000m. Ladies 1,500m & 400m. Youths (15/16) 3,000m & 800m. Inter Ladies 100m, 200m & 800m. Boys (13/14) 1,500m & 200m. Junior Ladies (U/15) 100m & 200m. Colts (11/12) 1,200m & 100m. Young Colts (U/11) 800 & 100m.

Ages as at 31st August, 1980

Entry Fee: 35p per event + a foolscap S.A.E.
Entries on AAA or WAAA forms to: Keith Picklesley, 106 Ingram Road, Bulwell, Nottingham NG6 9GQ. Tel: (0602) 277696. No late entries. Acknowledgement of entry will be by programme during previous week.

CLOSING DATE SAT., 19th JULY, 1980

Sponsors: T.S.B. (Nottingham), Mapperley Sports Centre, Riden Sports (Hucknall), Eliv Pele Sports (Bingham), Home Brewery Co. Ltd., Briggs & Widdowsdon Ltd., Naylor Automatics Ltd., Poster & Display Artists (Nottingham), Mr E. C. Winfield, South Notts Bus Company.

Previous winners include: Nick Lees, Sebastian Coe, Mike Tagg, Ken Newton, Cherry Hanson, Peter Elliott, David Lewis, Tim Gardner, Robert Slater, David Constable, Guy McCallum, Colin Szwed, Debbie Bunn, Yvette Wray.

400 METRES HURDLES

- 49.0 Nikolay Vasiliev (USSR)
- 49.11 Rok Kopitar (Yugoslavia)
- 49.12 Volker Beck (GDR)
- 49.12 Vasilii Arkhipenko (USSR)
- 49.33 Harry Schulting (Holland)
- 49.46 Horia Toboc (Romania)
- World leader:
- 47.90 Ed Moses (US)

HIGH JUMP

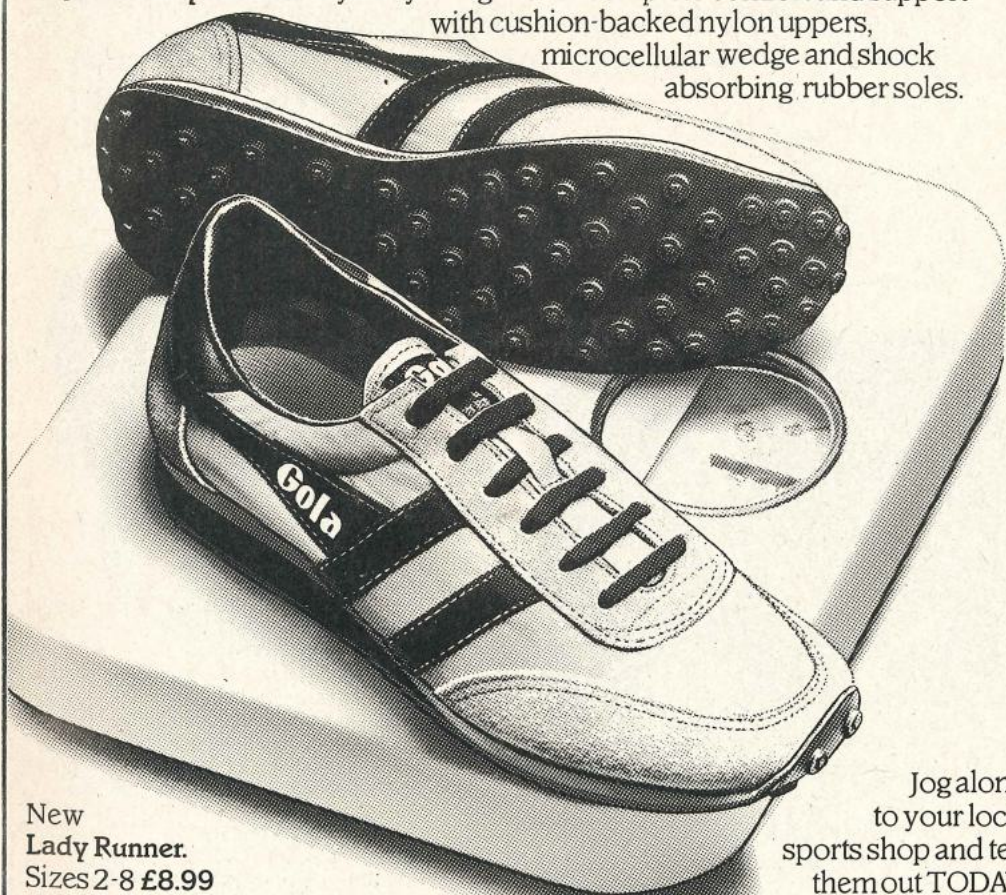
- 2.35 Jacek Wszola (Pol) (WR)
- 2.29i Adrian Prosteanu (Romania)
- 2.29i Gerd Wessig (GDR)
- 2.28i Gennadiy Byelkov (USSR)
- 2.28 Borghi (Italy)
- 2.27 Freimuth (GDR)
- World leader: (joint)
- 2.35 Dietmar Mogenburg (Ger) (WR)

POLE VAULT

- 5.75 Thierry Vigneron (Fra) (WR)
- 5.72 Wladyslaw Kozakiewicz (Pol)
- 5.70 Philippe Houvion (France)
- 5.69 Konstantin Volkov (USSR)
- 5.65 Jean-Michel Bellot (France)
- 5.65 Tadeusz Slusarski (Poland)

Gola

Stay slim and trim with Gola's specialist jogging shoe-
NEW Lady Runner. -stylishly designed for complete comfort and support
 with cushion-backed nylon uppers,
 microcellular wedge and shock
 absorbing rubber soles.



New
Lady Runner.
 Sizes 2-8 £8.99

Jog along
 to your local
 sports shop and test
 them out TODAY!

Never go without your Gola's

LONG JUMP

- 8.36 Frank Paschek (GDR)
 8.33w Andrzej Klimaszewski (Pol) (8.00)
 8.19 Nenad Stekic (Yugoslavia)
 8.19w Charlton Ehizuelen (Nig) (8.14)
 8.19w Rolf Bernhard (Switzerland)
 8.18w David Giralt (Cuba)
 World leader:
 8.38i Larry Myricks (US)

TRIPLE JUMP

- 17.35w Ken Lorraway (Australia)
 17.19w Ian Campbell (Aus) (17.09)
 17.16 KEITH CONNOR (UK)
 16.93 Joao Carlos de Oliveira (Bra)
 16.92 Jaak Uudmae (USSR)
 16.90 Alessandro Herrera (Cuba)
 World leader:
 17.36w Willie Banks (US)

SHOT

- 21.98 Udo Beyer (GDR)
 21.68 GEOFF CAPES (UK)
 21.23 Reijo Stahlberg (Finland)
 21.20 Hans-Jurgen Jacobi (GDR)
 21.14 Vladimir Milic (Yugoslavia)
 21.13 Vladimir Kisilyev (USSR)



Geoff Capes' toughest opponent will be reigning Olympic champion Udo Beyer.

Tony Duffy

DISCUS

- 67.94 Wolfgang Schmidt (GDR)
 67.84 Luis Delis (Cuba)
 67.54 Hilmar Hossfeld (GDR)
 67.50 Markku Tuokko (Finland)
 67.36 Georgi Kolnochenko (USSR)
 67.26 Yuriy Dumshev (USSR)
 World leader:
 69.76 Mac Wilkins (US)

HAMMER

- 81.66 Sergey Litvinov (USSR) (WR)
 80.64 Yuriy Sedykh (USSR)
 80.48 Boris Zaichuk (USSR)
 78.94 Detlef Gerstenberg (GDR)
 77.84 Gian Paolo Orlando (Italy)
 77.02 Orlando Bianchini (Italy)

JAVELIN

- 96.72 Ferenc Paragi (Hun) (WR)
 92.06 Dainis Kaula (USSR)
 90.98 Detlef Michel (GDR)
 90.74 Wolfgang Hanisch (GDR)
 90.26 Arto Harkonen (Finland)
 89.56 Karl Heller (GDR)

DECATHLON

- 8622 DALEY THOMPSON (UK)
 8480 Siegfried Stark (GDR)
 8329 Yuriy Kutsenko (USSR)
 8308 Aleksandr Shablenko (USSR)
 8306 Valeriy Katschanov (USSR)
 8196 Sepp Zeilbauer (Austria)
 World leader:
 8649 Guido Kratschmer (Ger) (WR)

WOMEN**100 METRES**

- 10.93 Marlies Gohr (GDR)
 10.99 Marita Koch (GDR)
 11.01w HEATHER HUNTE (UK) (11.33)
 11.02 Romy Muller (GDR)
 11.06w SONIA LANNAMAN (UK) (11.38)
 11.14 Sofka Popova (Bulgaria)
 11.14w Irena Szewinska (Poland)
 11.19w KATHY SMALLWOOD (UK)

200 METRES

- 22.19 Barbel Wockel (GDR)
 22.31 Lyudmila Kondratyeva (USSR)
 22.35 Denise Boyd (Australia)
 22.45 Marlies Gohr (GDR)
 22.52 Romy Muller (GDR)
 22.56 Merlene Ottley (Jamaica)
 22.57 Natalia Bochina (USSR)
 22.58 SONIA LANNAMAN (UK)
 22.62 KATHY SMALLWOOD (UK)

400 METRES

- 49.15 Marita Koch (GDR)

Gola

Wasp – the world class track shoe that stings the opposition for speed and style!

Lightweight design with inbuilt resilience and support – seven spike position sole with 5mm spikes, nylon upper with suede calf cap plus polyurethane topline and heel tab.

Put **Wasp** through its paces at your local sports shop **TODAY!**



Wasp
Sizes 3 - 12 from £12.50

Never go without your Gola's

50.11	Irina Bagryantseva (USSR)
50.39	Christina Lathan (GDR)
50.78	Olga Mineyeva (USSR)
50.99	Gabi Lowe (GDR)
51.16	LINSEY MACDONALD (UK)
51.19	Tatyana Prorochenko (USSR)
51.20	Jarmila Kratochvilova (Czech)
51.23	Irena Szewinska (Poland)

800 METRES

1:54.9	Nadyezhda Olizaryenko (USSR) (WR)
1:56.7	Fita Lovin (Romania)
1:57.0	Olga Vakrusheva (USSR)
1:57.0	Tatyana Kazankina (USSR)
1:58.8	Jolanta Januchta (Poland)
1:59.0	Christine Wartenberg (GDR)

1500 METRES

3:58.3	Yekaterina Podkopayeva (USSR)
3:58.5	Zamira Zaitseva (USSR)
3:59.3	Tamara Sorokina (USSR)
4:01.8	Christine Wartenberg (GDR)
4:03.5	Maricica Puica (Romania)
4:03.7	Fita Lovin (Romania)

100 METRES HURDLES

12.36	Grazyna Rabsztyń (Pol) (WR)
12.44	Lucyna Langer (Poland)
12.66	Zofia Bielczyk (Poland)
12.67	Bettina Gartz (GDR)
12.79	Kerstin Claus (GDR)
12.80	Gudrun Wakan (GDR)

HIGH JUMP

1.98	Sara Simeoni (Italy)
1.96	Nina Serbina (USSR)
1.95i	Rosi Ackermann (GDR)
1.95	Urszula Kielan (Poland)
1.94	LOUISE MILLER (UK)
1.94i	Valentina Poluiko (USSR)
1.94	Elzbieta Krawczuk (Poland)
1.94	Tamara Bykova (USSR)

LONG JUMP

6.90	Anna Włodarczyk (Poland)
6.88	Tatyana Skatchko (USSR)
6.85	Sigrid Heimann (GDR)
6.84	Lidia Alfeyeva (USSR)



New world record holder Nadyezhda Olizaryenko.

Mike Street

6.83	Ramona Neubert (GDR)
6.83	Sigrun Siegl (GDR)
6.83	Tatyana Kalpakova (USSR)
6.68	SUE REEVE (UK)
6.61	Barbara Wojnar (Poland)
6.57	SUE HEARNshaw (UK)

SHOT

22.45	Ilona Slupianek (GDR) (WR)
21.53	Helena Fibingerova (Czech)
21.30	Verzhinia Vesselinova (Bul)
21.22	Margitta Pufe (GDR)
21.04	Esfir Krachevskaya (USSR)
21.00	Ines Reichenbach (GDR)

IVYBRIDGE ROUND TABLE**BEACON RACE****SATURDAY, 6th SEPTEMBER, 1980****Starting at 2 p.m.**

A 4½ mile course, rising some 900ft on to Dartmoor and return.

Individual Mens, Ladies, U/16, U/14 & O/40's.

Entry Fee: 50p.

Relays: max. 8 runners. **Fee:** £3 per team.

Entries to: A. Bartlett, Virginia Lodge, Ugborough, South Devon.

SECOND ANNUAL**LYDNEY GALA****SEVEN MILE ROAD RACE****SATURDAY, AUGUST 2nd, 1980**

Prizes: First ten, first two Vets (O/40), first two Vets (O/45), first two Vets (O/50). First two Juniors, first two Ladies, first three teams, first 'B' team.

Entry Fees: 40p Ind. Team of six, three to count £1. To: Terry Haines, 48 The Triangle, Gloucester GL2 0NG. SAE for directions. **Changing:** Lydney Rugby Club.

Closing date: Sat., July 26th. Late entries double fees. Record: 37:41.8 A. Holden & B. Westwood, (Tipton), '79.

Results In Brief

May 17th

Open Meeting, at Black Bridge. HT: A. Bilous (Glouc) 47.20. (Women): DT: L. Hatton (Glouc) 34.44.

May 25th

Midland Women's League, at Leamington. (Juniors): DT: M. Hampton (Tip) 28.80.

May 26th

Eldersfield Beer Race. 1, J. Graham (Bir) 19:57; 2, D. Francis (Bris) 20:30; 3, P. Wood (Worc) 20:32; 4, M. Ridout (Worc) 20:34; 5, S. Games (Chelt) 20:48; 6, D. O'Daly (Swin) 20:53; 7, I. Atkins (Worc) 20:58; 8, N. Thomas (Glouc) 21:01; 9, K. Fahey (Worc) 21:05; 10, D. Wheeler (Ox. C) 21:10; 11, S. McHale (Glouc) 21:17; 12, A. Daley (Glouc) 21:22; 13, N. England (Swin) 21:26; 14, J. Polgreen (Ox. C) 21:30; 15, T. Clegg (Glouc) 21:31. (Vets): 1, J. Mills (Spark) 22:08; 2, R. Pannell (Bris) 22:21; 3, R. Phelps (Glouc) 23:14.

June 3rd

N. Gloucestershire Women's League, at Cheltenham. SP: S. Thompson (Glouc) 11.10.

June 7th

Fenney-Brennan Trophy Meeting, at

DISCUS

71.50	Evelin Jahl (GDR) (WR)
69.80	Maria Vergova (Bulgaria)
67.68	Margitta Pufe (GDR)
67.52	Galina Muracheva (USSR)
67.22	Galina Savenkova (USSR)
67.04	Gisela Beyer (GDR)

JAVELIN

69.96	Ruth Fuchs (GDR) (WR)
69.70	TESSA SANDERSON (UK)
68.04	Maria Colon (Cuba)
67.22	Eva Raduly-Zorgo (Rumania)
66.40	Antoaneta Todorova (Bulgaria)
65.52	Ute Ritcher (GDR)

PENTATHLON

4880	(hand) Nadyezhda Tkachenko (USSR)
4856	Olga Kuragina (USSR) (WR)
4836	Olga Rukavishnikova (USSR)
4724	Christine Laser (GDR)
4718	Ramona Neubert (GDR)
4707	Burglinde Pollak (GDR)

Our final, deep Olympic Form Guide will appear in the July 19th issue

Warrington. (Boys): SP: J. Nicholls (Warr) 14.60. (Junior Women): 75H: J. Booth (Warr) 11.8.

Kingham Village '7'. 1, P. Adams (AF&D) 35:47; 2, R. Harris (Ox. C) 35:50; 3, M. Lane (Newp) 35:57; 4, M. McCarthy (Bed) 36:24; 5, M. Ridout (Worc) 36:47; 6, F. Gillies (Banb) 37:03; 7, T. Davies (AF&D-V) 37:08; 8, T. Jones (Bris) 37:10; 9, V. Rollason (Spark) 37:18; 10, E. Austin (Worc-V) 37:22; 11, R. Harrison (A&SV) 37:24; 12, P. Lanfear (Read) 37:26; 13, N. Thomas (Glouc) 37:38; 14, I. Atkins (Worc) 37:45; 15, D. Wheller (Ox. C) 37:50; 16, J. Polgreen (Ox. C) 37:52; 17, S. Crawte (AF&D) 38:14; 18, C. Rutland (Banb) 38:26; 19, J. Smith (West) 38:34; 20, C. Beauvais (Walton) 38:39. (Vets): 1, Davies; 2, Austin; 3, M. Moody (Maid) 39:38.

June 8th

Whitehaven '6'. 1, H. Jarrett (Cumb) 32:27; 2, J. Ritson (Derw) 32:38; 3, P. Leviston (Barr) 32:40; 4, J. McGee (Cumb) 32:41; 5, D. Thomas (Bord) 32:59.

Newark 'Round the Town' Road Races. 1, J. Clarke (Grim) 27:43; 2, P. Shaw (Sheff) 28:03; 3, D. Allan (Man) 28:27; 4, G. Dugdale (TVH) 28:35; 5, J. Barker (Grim) 28:40; 6, I. Ray (Der) 28:54; 7, I. Robertson (Der) 28:58; 8, A. Catley (Mor) 29:06; 9, P. Coyne (Bed) 29:07; 10, J. Stringer (Sheff) 29:07. Teams: 1, Grimsby 18; 2, Sheffield 23; 3, Derby 32. (Vets): 1, A. Hughes (Newk) 30:03; 2, E. Kirkup (Roth) 30:43; 3, M. Rawson (Hallam) 30:53. (Women): 1, E. Adams (S. in A) 12:14; 2, J. Wilson (Clee) 12:41; 3, S. Cooper (S. in A) 13:00. Team: Sutton in Ashfield.

Roseberry Topping Races. 1, A. McGee (Bol) 11:20; 2, J. Williams (Mand) 11:54; 3, H. Forrest (Gos) 12:33; 4, S. Williams (Mand) 12:36. (Juniors): 1, R. Jack (M&C) 13:27; 2, D. Rymer (Mand) 14:05.

June 9th

Otley Chevin Hill Race, at Otley. 1, G. Turnbull (Leeds U) 16:36; 2, M. Calvert (Leeds U) 16:56; 3, C. Leggatt (Bing) 17:00; 4, D. Orme (Leeds U) 17:08; 5, I. Moore (Holm) 17:20; 6, K. Robinson (Bing) 17:31. (Women): K. Barnett (Leeds U) 25:10.

June 10th

Black Country 'Olympics', at Warley. (Girls): 4x100: Wolverhampton & B (G. Smith, J. Porton, K. Vernon, A. Buck) 53.5 (UK age-12 best).

Open Meeting, at Southampton. 300: 1, M. Gregory (TVH) 35.3; 2, M. Jackson (S&E) 35.9. 5000: 1, M. Couldwell (AF&D) 14:11.1; 2, C. Bunyan (S&E) 14:16.7; 3, P. Berry (Swin)

14:17.6; 4, I. Logan (AF&D) 14:23.5; 5, B. Kitcher (S&E) 14:25.0; 6, P. Ledger (AF&D) 14:30.1; 7, E. Herridge (AF&D) 14:30.8. 400H: M. Coker (Fare) 56.0. SP: 1, M. Winch (B'wth) 18:33; 2, S. Rodhouse (S&E) 17.26; 3, D. Rees (B'mth) 15.62. (Women): 100: D. Warner (Rad) 12.3. 300: L. Reeve (S&E) 40.8.

June 11th

Middlesex League, at Haringey. 200: V. Bramble (Har) 22.2. JT: C. Taylor (Har) 59.58. (Juniors): 200: C. Moseley (Har) 21.9. TJ: M. Brown (Har) 14.16. (Youths): PV: P. Hoad (Enf) 3.60. (Boys): 200: D. Smith (Har) 23.6.

Murphy 10km Road Race, at Bingley. 1, G. Ellis (Holm) 29:33; 2, A. Sladen (Sal) 30:08; 3, C. Taylor (A&SV) 30:15; 4, D. Allen (Man) 30:19; 5, J. Temperton (A&SV) 30:32; 6, E. Irving (Bing) 30:35; 7, M. Deegan (O&R) 30:36; 8, P. Flatman (E. Hull) 30:48; 9, A. Marsh (Holm) 30:52; 10, P. Blakeney (Sal) 30:56. Teams: 1, Salford 24; 2, Bingley 36; 3, Holmfirth 41. (Vets): 1, C. Robinson (Roch) 30:59; 2, D. Anderson (Bing) 31:04; 3, J. Craven (Rown) 31:05. (Women): J. Pearson (Sheff).

Open Women's High Jump Competition, at Luton. 1, A. Devally (Bed) 1.83; 2, A. Thomson (Wyc) 1.70; 3, J. Hilliard (Ver) 1.65.

Hammer Competition, at Madeley. 1, J.

TELFORD ATHLETIC CLUB

presents

3rd IRONBRIDGE 4.5 MILE ROAD RACE

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

ON SATURDAY, 12th JULY, 1980

at 2.30 p.m.

- * held in conjunction with Ironbridge fair.
- * numerous attractions including beer tent.
- * fast course through the beautiful Severn Gorge.
- * ran over the first Ironbridge ever built.
- * over 3000 attended the fair in 1979.
- * prizes to leading finishers, sponsored by local industry.
- * including 1st Vet. O/40, 1st Vet. O/50.

Entries: 50p, entries on the day 75p.

ENTRIES CLOSE MON., 7th JULY, 1980

Entries to: Alan Nicholls, 10 Meadow Road, Albrighton, Wolverhampton, Staffs. Tel: Albrighton 3474. S.A.E. for details.

Chris Black throws hammer 68.88m

... Jim Whitehead 67.04m ...

Ann-Marie Devally jumps 1.83m.

Whitehead (W&B) 67.04; 2, B. Williams (Stret) 59.98; 3, G. Middleton (Newc) 49.72.

June 11th

Fleet Street Bridges Race, at Blackfriars. Fastest: J. Avis (Camb. H) 13:18; D. Hardstaff (N. Lon) 13:22; H. Evans (AF&D) 13:49. (Women): R. Harrold (Enf) 17:26.

Northern Trophy Meeting, at Meadowbank. 400: K. Glass (EAC) 49.27. 400H: S. Devine (ESH) 56.35. HJ: B. Burgess (EAC) 2.05. PV: 1, D. Williamson (EAC) 4.30; 2, N. Williamson (EAC) 3.70. SP: 1, E. Irvine (EAC) 14.87; 2, E. Lawlor (ESH) 14.79. DT: K. Christie (ESH) 42.16. HT: 1, C. Black (ESH) 68.88; 2, Lawlor 63.26; 3, N. McDonald (EAC) 54.04; 4, Irvine 44.66. JT: 1, D. Scullion (ESH) 63.18; 2, A. Black (ESH) 62.78. Teams: 1, Edinburgh AC 68; Edinburgh Southern 56.

June 14th

Dollar Hill Race. 1, A. McGee (Bol) 46:15; 2, M. Edwards (A'deen) 48:15; 3, A. Adams (Dumb) 49:39; 4, P. Simpson (Liv) 50:48; 5, A. Stapley (Fife) 50:58; 6, P. Shave (Pit) 51:34.

June 15th

Portsmouth Atalanta Trophy Meeting. 100: 1, R. Blackwell (Glouc) 11.0; 2, G. Mahoney (Ports) 11.0. SP/DT: T. Walhen (RNS) 13.36/43.02. (Women): 200: C. Williams (Ports) 25.2. 800: 1, T. Rashford (Ports) 2:14.9; 2, K. Fairbrass (Read) 2:15.1. SP: 1, B. Carter (Ports) 12.49; 2, J. Garner (S&E) 10.90; 3, S. Thompson (Glouc) 10.88. DT: 1, L. Higman (Fare) 36.66; 2, Carter 35.16. JT: 1, N. Bradshaw (Fare) 36.98; 2, Carter 36.08. (Juniors): 100: 1, S. Jacob (Read) 12.3; 2, A. McCoy (Ports) 12.4; 3, A. Lynn (Glouc) 12.7. 200: 1, Jacob 25.4; 2, S. Richards (Fare) 25.5; 3, McCoy 25.7. 75H: 1, B. Scott (S&E) 11.6; 2, Lynn 12.0.

June 18th

Swinton '6'. 1, G. Helme (St. H) 29:01; 2, R. Wilde (Man) 29:06; 3, S. Kenyon (Bol) 29:12; 4, P. Shaw (Man) 29:42; 5, K. Best (Bol) 29:54; 6, I. Patten (Man) 29:59; 7, T. Byrne (Sal) 30:05; 8, M. Flynn (Liv. P) 30:11; 9, I. Clarkeson (Roch) 30:14; 10, M. Wakefield (Bol) 30:23; 11, F. Pendlebury (Man-V) 30:30; 12, M. Burgess (E. Ches) 30:45; 13, J. Read (Clay) 30:49; 14, S. Curran (Sal) 30:51. Teams: 1, Manchester 12; 2, Bolton 18; 3, Salford 36. (Vets): 1, Pendlebury; 2, D. Ellison (Ridd) 32:44; 3, A. Dunne (Stock) 32:53. (O/50): B. Blow (Alt) 36:00.

FEET FIRST.

Most sportsmen would agree that without good, healthy feet they'd be nowhere. And healthy feet means wearing the right footwear.

A recent medical survey showed that the most important item for sportsmen was the right shoe. For comfort, confidence and protection from injury. Which is why at Cobra Sports Shoes we put feet first.

Both our shops carry a massive choice of shoes, including top names like Brooks, Nike, Adidas, Karhu, Tiger, New Balance and Reebok.

So there's a pretty good chance we've got the right shoes for you, whatever your sport.

Come and have a look around. And please try them on.

As many as you like. No single make is suitable for all sportsmen. And even with one type of shoe, sizes can vary from one batch to the next.

So it's vital to get them on your feet and get the feel of them before you decide.

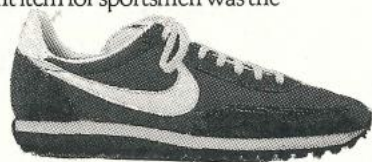
Don't worry about taking up our time. Our staff are helpful, enthusiastic and knowledgeable. They'll do all they can to make sure you get the shoes that are right for you.

If what you want isn't in the shop, we'll be only too happy to order it for you.

And if by some chance we can't help, there's no hard feelings. Even if you've tried everything in the shop!

We'd rather you walked out with no shoe, than the wrong shoe.

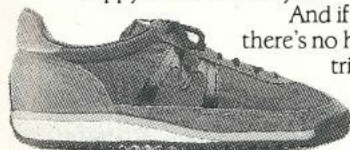
If you put your feet first, put them in our door.



NIKE ELITE



BROOKS VANTAGE SUPREME



KARHU MASTER

cobra 

349 KINGS ROAD, CHELSEA SW10. TEL: 01 352 3995.
110 WESTBOURNE GROVE, LONDON W2. TEL: 01 221 3733.

**Welsh Games Council
Cygnor Mabolgampau Cymru**

**21st
WELSH GAMES**

(Under I.A.A.F. Laws)

**FRIDAY, JULY 11, 1980,
at 7.00 p.m.**

at

CWMBRAN STADIUM

INTERNATIONAL EVENTS — FOR MEN & WOMEN

OLYMPIC COMPETITORS G.B. & OVERSEAS

MEN: 100m, 200m, 800m, 2000m, 400mH, Pole Vault, Discus, Long Jump, High Jump.

WOMEN: 100m, 200m, 800m, 3000m, 400mH, Discus, Long Jump.

Tickets Grandstand No. & Reserved	Adults	£1.50
	Child/O.A.P.	£1.00
Terrace/Ground	Adults	£1.00
	Child/O.A.P.	50p

Applications: BOX Office,
Cwmbran Stadium,
Cwmbran,
Gwent.
(06333) 66192/3.

Who's Who In British Athletics

FATIMA WHITBREAD

Born at Hackney (London), 3.3.1961. Height 1.65/5'5"; Weight: 64kg/140lb; Pulse rate at rest: 65. Club: Thurrock Harriers. Student. Single. Lives at Chadwell St Mary, Grays (Essex). Hobbies: Hockey, squash, cooking, D.I.Y. Coached "from the beginning" by her mother, Margaret Whitbread (National Event Coach and former international).

Became interested in athletics in 1975. "During a literature lesson we were read an interesting story about a Greek goddess, Atalanta, who could throw a spear farther than a man could fire an arrow. By sheer co-incidence the following lesson was PE and we were introduced to the javelin. I enjoyed both lessons and when I arrived home I asked my mum to let me go training with her!" At school competed in discus, sprints and jumps as well as javelin — "in fact any event in which the school needed me". Joined Thurrock Harriers in 1976. Was unplaced in 1975 English Schools Championships, 8th in 1976, 1st in 1977. Inspired in early days by Ruth Fuchs, Tessa Sanderson and Mary Rand ("I read Mary's book"). Athletes she particularly admires today: "Ruth Fuchs for her consistency over a long

period; Tessa Sanderson for dragging British women's javelin standards from a 'joke' to respectability (also for being a good friend when I needed help); Geoff Capes: I have great admiration for his achievements and for the way he has helped youngsters in the sport".

Personal best with javelin of 60.14m (1980), which ranks her 2nd on UK all-time list behind Tessa Sanderson. Was 5th in 1978 Commonwealth Games and European Junior champion in 1979. Holder of UK Junior record (58.20 in 1979).

Annual progression:

1975	34.94	1978	53.88
1976	41.20	1979	58.20
1977	48.34	1980	60.14

Most pleasing performance was winning European Junior gold medal. Greatest disappointment: "Commonwealth Games placing and the persistent back injury since February 1979". This year's target is 62m; all-time goal is "to hold the world record". Intends competing "until I get married". Will stay in athletics after that: "I would like to coach". What she likes most about athletics is "travelling and meeting people, and the satisfaction of feeling fit". Dislikes? "Life is what you make it!"

Training

Trains 7 days a week (18 sessions) in winter; 5/6 days (8-10 sessions) in summer; for 2-3 hours. Usually trains at home, St Chads School, Southend and Havering. Travels 10 miles to Havering for first class throwing facilities, 25 miles for weight training. Coaching has been "very important. My mum has made me realise one has to be 'aware' of why one does certain training sessions and also to practise visualization of my technique". For actual coaching sessions sees her coach "only when I am throwing; otherwise, whenever she wants a cup of tea!"

Training cycle: conditioning period — heavy loads — peaking when necessary. **Typical week's training in winter:** (from diary for November 1979) **Sunday:** Technique training; running. **Monday:** Basic weights; weight throwing; bounding. **Tuesday:** Specific weights; running. **Wednesday:** Basic weights; weight throwing; hurdling. **Thursday:** Specific weights; running; gymnastics. **Friday:** Basic weights; weight throwing; bounding. **Saturday:** Hockey, squash.

Typical week's training in summer: (from diary for June 1979) **Sunday:** Throwing. **Monday:** Basic weights; bounding. **Tuesday:** Specific weights; throwing. **Wednesday:** Throwing; speed session. **Thursday:** Speed sessions. **Friday:** Rest. **Saturday:** Competition. "We vary training according to the importance of competition". Likes one or two days rest before a major competition, and prefers to compete once a week.



Eileen Langsley photo

Runner's World Publications

The following are available from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT. These new prices supersede those previously published; they are inclusive of postage & packing. (*hardback)

African Running Revolution £1.90; Age of the Runner £1.30; Always Young £2.60; Athletes Feet £1.30; Beginners Running Guide* £6.95; Beginning Running £1; Book For Every Body £4.65; Boston Marathon £1; Complete Diet Guide for Runners & Other Athletes £3.15; Complete Marathoner* £7.45; Complete Runner* £7.45; Complete Weight Training Book £3.15; Complete Woman Runner* £7.45; Cures for Common Running Injuries £3.65; Dr Sheehan's Medical Advice for Runners* £7.45; Dr Sheehan on Running £2.60; Encyclopaedia of Athletic Medicine £1.65; The Female Runner £1.00; Finnish Running Secrets £2.20; First Steps to Fitness £1.00; Fitness After Forty £3.15; Food For Fitness £2.60; The Foot Book* £8.45; Frank Shorter Story £1.00; Guide to Sprinting £1.30; Hurdling & Steeplechasing £1.30; Interval Training £1.65; Jog, Run, Race £2.60; Living Longer & Better £3.85; Long Run Solution £2.60; Marathoning £3.65; New Guide to Distance Running* £6.95; New Exercises for Runners £2.60; New Views of Speed Training £1.30; 1976 Olympic Games £2.60; Orienteering Book £2.20;

Practical Running Psychology £1.30; Race Walking £1.00; Racing Techniques £1.00; Return to Running £2.60; Run Farther, Run Faster £3.15; Run Gently, Run Long £2.60; Runner's Cookbook £9.55; Runner's Diet £2.60; Runner's Training Guide £2.60; Runner's World Yoga Book £7.25; Running After Forty £1.00; The Running Body £1.30; The Running Foot Doctor £2.60; The Running Mind £3.15; Running to the Top £3.15; Running With Style £1.30; Running With The Elements £1.90; Self Made Olympian £2.60; Serious Runner's Handbook £2.60; Step Up to Racing £1.15; Steps to a Longer Life £3.15; Training Diary £1.15; Training With Cerutti £3.15; Ultramarathoning* £8.45; Van Aaken Method £3.15; Varied World of Cross Country £1.00; Women's Running £3.15; Yoga and the Athlete £1.65; Young Runner £1.30; Sports Source* £6.95.

Notes on some of the new titles:

Running to the Top — by Derek Clayton. Runners have long been in awe not only of Derek Clayton's accomplishments but also of his legendarily brutal training regimen. This book combines an autobiographical account with the training insights of the man who has held the world marathon record for 12 years. 176 pages; illustrated.

Marathoning — by Manfred Steffny (translated by George Beinhorn). The internationally acclaimed German distance runner and coach Manfred Steffny offers a systematic plan for becoming a marathoner. Straightforward enough for even the novice runner, he presents a logical training progression that will be useful even to runners competing at international level. 196 pages; illustrated.

Ultramarathoning: The Next Challenge — by Tom Osler & Ed Dodd. Deals with the most demanding running events: an ultramarathon is any race longer than marathon length. 240 large pages; illustrated.

Runner's Cookbook — by Joanne Milkereit with Hal Higdon. Anyone who runs and enjoys a good meal will find the book chock full of recipes and anecdotes to delight the stomach and the mind . . . and anyone who runs competitively will appreciate the nutritional and pre-race information. 332 large pages; illustrated; spiral bound.

Runner's World Yoga Book — by Jean Couch. Contains more than 300 photos, the spiral binding and the arrangement of photos and instructions making this a convenient guide to use during the actual exercise. The most complete and easy-to-use volume on yoga ever devised for the athlete. 220 large pages.

EASTBOURNE ROVERS A.C.

LADIES OPEN MEETING

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

SUNDAY, 20th JULY
at PRINCES PARK, EASTBOURNE
commencing at 1 p.m.

Minor Girls (11 years plus): 100m, 800m, L.J.

Junior Ladies: 75mH, 100m, 200m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

Inter Ladies: 80mH, 100m, 200m, 400m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

Senior Ladies: 100mH, 100m 200m, 400m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

AWARDS FOR ALL EVENTS

Entry Fee: 30p per event.

Entries to: Mrs S. Keen, 46 Ringwood Road, Eastbourne, Sussex, (Tel. Eastbourne 639128) with date of birth and S.A.E.

ENTRIES CLOSE JULY 10th

Still available from the Book Dept: the UK Athletics Annual 1980, compiled by the NUTS price £3.40.

Inter. The best thing next to feet.



Your feet have to stand up to a lot of punishment from your favourite sports. Jogging, squash, badminton, tennis, basketball—they all take their toll. So you should be careful to choose the best sports shoes to look after your feet.

Inter sports shoes are designed to care for your feet. We use top-quality materials to give light weight and durability. We add comfort with features like foam linings, towelling insoles and padded collars. We use specially-developed soles for maximum grip. We add Inter's renowned styling flair, so that your feet look as good as they feel. And last, but not least, we give them prices which won't leave you breathless.

See the tremendous Inter range at your local sports shop. You'll find that Inter shoes are the best thing next to feet.



Inter-Marathon.

Designed as a jogger, but so comfortable that many people wear them as leisure shoes! Mesh nylon and suede uppers, foam lining, padded collar and wrap-round Inter-grip sole. Choose from beige, white or black with contrasting Inter logo.



Inter-Sprint.

An exceptional trainer/jogging shoe. Nylon/suede upper, foam lining, padded collar and towelling insole. Durable Inter-grip sole. Available in green or blue.



Inter-Squash.

High performance shoe with nylon/suede upper, foam lining, high-backed padded collar and towelling insole. Special Inter-grip sole. Favoured by many top players including Britain's Angela Smith and Jane Ashton.



Inter-Badminton.

A very successful badminton shoe. Lightweight nylon and suede upper, foam lining, padded collar and towelling insole. Special Inter-grip sole.



Inter-Courtmaster.

Just one of Inter's range of tennis shoes. Top quality canvas shoe with padded nylon collar and tongue, padded insole and hardwearing grip sole.



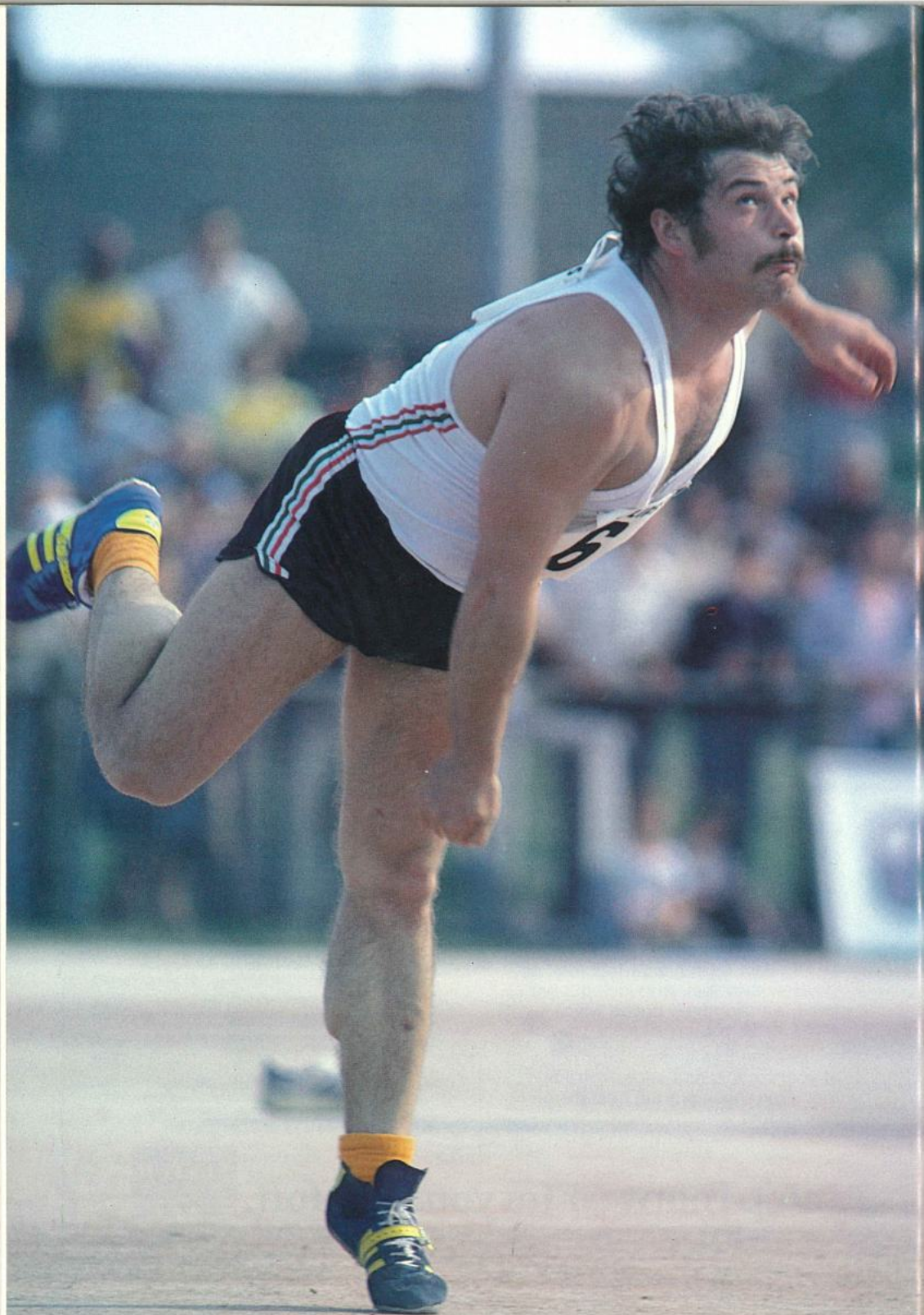
Inter-Giant.

This superb basketball boot has high padded ankles, padded tongue and insole with supporting instep. Tough Inter-grip sole. Popular the world over.

Inter. Footwear for your comfort.



Inter-Footwear Limited, Towerfield Road, Shoeburyness, Essex. Telephone: 03708-4138/4139/4130 Telex: 995468



Ferenc Paragi: The First 100 Metre Thrower?

HUNGARIAN javelin star Ferenc Paragi had a sensational spring season, which marks him as a favourite for the Olympic gold. He broke the world record of compatriot Miklos Nemeth (94.58m) by a massive 2.14m margin with a throw of 96.72m at home in Tata, confirmed his form with a 96.20m win at Cwmbran and chalked up a glancing series of further performances. It seems that at the age of 26 the relatively short (1.80/5'11"), chunky (100kg/220lb) athlete has finally found the style and equipment that suits him best, and emerged with perfect timing — in the Olympic run-up — as the world's No 1 javelin thrower.

Following a six-week tour of New Zealand early this year, "Feri" Paragi was showing consistently good form in training by mid-April, bombarding the 87m mark with alarming regularity. But neither he, nor his coach since age 14, Laszlo Tamas, expected anything spectacular when the javelin men lined up on April 23rd for a competition staged by MASZ (Hungarian Athletic Association) at their Tata training camp in rather inauspicious circumstances. It was quite cold, with intermittent light snow and an unfavourable side-backwind blowing.

Paragi was fifth in line with his opener, concentrated for a long time, then caught a perfect rhythm in his run-up and the Sandvik Champion N-100 metal javelin just did not want to land. With the 96.72m result he improved his personal best of 92.14m, with which he had been 12th on the all-time list, by a staggering margin. His next throw was also way beyond the 90m mark, but it was uncontrolled and landed out of bounds, and after two more modest throws (88.06m and 88.18m) he had enough. In the same competition, Tamas Bolgar threw a personal best of 84.86m.

"Feri Paragi has come a long way technically since last season," stated Zoltan Fejes, the Hungarian track and field squad's chief coach, in the wake of the competition. "The New Zealand trip did, clearly, a world of good, too. Our throwers trained, competed and went through their technical paces there under the most ideal circumstances".

Paragi himself was both surprised and happy concerning the result, but said: "I feel this is still far from my best. I will be able to do better, and I don't just mean the weather and the wind. Even my co-ordination was not 100% today".

In congratulating Paragi, the reigning Olympic champ, Miklos Nemeth (34) talked of the Hungarian javelin tradition. "I knew for sure that my world mark was going to be broken this year, and am happy that if it had to go, it was at

Profile by Ivan Berenyi

least a compatriot who broke it. Let's keep it in the family. Hungary had several world-class throwers — Mor Koczian, Miklos Varszegi, my coach Gergely Kulcsar. But only myself and Feri managed to get on the world record list. We had better hang on to it for a while now".

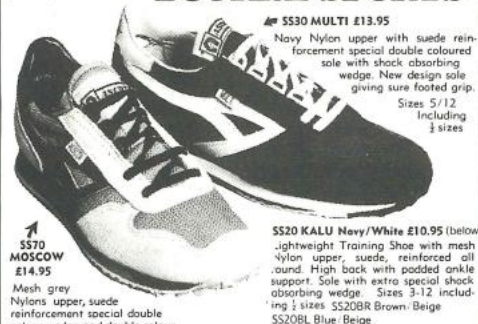
At the tail-end of the 'end-grip' era, in 1911, Koczian threw 60.64m — an official world mark at the time. It was in 1912 that the switch was made to today's middle-grip technique, with Sweden's Erik Lemming becoming the first official holder of the world record with a 62.32m throw that year. The record stayed in Swedish and Finnish hands for the next four decades, and it was Erik Lundqvist of Sweden who first exceeded the 70m barrier in 1928. The American, Bud Held, led the way past 80m in 1953, and Norway's Terje Pedersen 90m in 1964.

Sixteen years later, the 100m throw is still just a dream, but by no means a distant one according to the triple Olympic medallist Gergely Kulcsar, who trains Nemeth and Bolgar and is the Hungarian national javelin coach. Kulcsar says that the optimal launch angle is 28-30°, and he

THE NEW ASCOT SHOES FOR RUNNING & LEISURE FROM Mail Order Specialists BOURNE SPORTS

Orders to:
BOURNE SPORTS,
Church Street,
Stoke-on-Trent, ST4 1DJ
Tel: 0782 410411.

CALLERS WELCOME
All Orders despatched same day
post free if over £15 value
(otherwise add 75p).
Barclaycard or Access
Card - Phone with number,
goods despatched same day.



SS30 MULTI £13.95
Navy Nylon upper with suede reinforcement special double coloured sole with shock absorbing wedge. New design sole giving sure footed grip.
Sizes 5/12
Including 1/2 sizes

SS20 KALU Navy/White £10.95 (below)
Lightweight Training Shoe with mesh Nylon upper, suede, reinforced all round. High back with padded ankle support. Sole with extra shock absorbing wedge. Sizes 3-12 including 1/2 sizes. SS20BR Brown/Beige SS20BL Blue/Beige

SS70 MOSCOW £14.95
Mesh grey Nylons upper, suede reinforcement special double colour wedge and double colour sole, with new design grip for all types of surface. Sizes 5-12 Including 1/2 sizes. A copy of the famous runner super that sells at over £24.

BOURNE SPORTS
One of the largest sports shops in the country

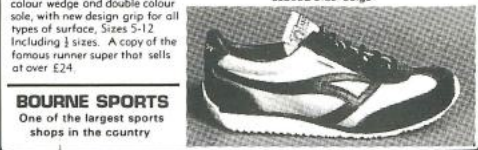


PHOTO OF FERENC PARAGI BY TONY DUFFY



Olympic champion and ex-world record holder Miklos Nemeth, son of 1948 Olympic hammer gold medallist Imre Nemeth. The all-time world list now reads: 96.72 Paragi (Hun) 1980; 94.58 Nemeth (Hun) 1976; 94.22 Wessing (Ger) 1978; 94.08 Wolfermann (Ger) 1973; 93.90 Siitonen (Fin) 1973.

George Herringshaw

lists 19 potential 100m throwers who could have already reached the magic mark, had they done everything just right. He says that Nemeth's gold-winning world record of 94.58m in Montreal was launched at 35°, and would have flown to 102m if launched 5-7° lower. He says that both Nemeth and Paragi are capable of reaching 100m.

Ferenc Paragi was 14 when he started to train for the javelin with the same coach he has today, Laszlo Tamas. "It was the javelin for me straight off," he reflects, "mainly because it has always been such a popular event in Hungary. He was the first European junior to surpass 80m, in 1972, but the Hungarians had three mature stars in Nemeth (87.20), Kulcsar (87.06) and Jozsef Csik (83.58), and the youngster did not enter the reckoning for Olympic nomination.

He first broke into the top senior echelon in 1975, placing 3rd on the year's world list with 89.92m behind Nemeth and Finland's Hannu Siitonen (91.38 and 90.22), and went to Montreal with an 87.80m pre-Olympic best for 1976, with which he was listed 6th in the Olympic form guide. But then in Montreal the excessive weight training of the previous winter took its toll, he had severe back-pains and failed to qualify. After the Games, however, he returned to form, won the national title the second year running and improved his PR for the year to 87.98m, with which he placed 8th on the world list.

But the late season surge proved costly. His right elbow (Paragi is right-handed) was a mess, and a complex, dangerous operation was suggested as the only alternative to giving up his athletic career. Two months of agonising ensued, which Paragi today refers to as the 'dark hour' of his career, filled with desperate hope that maybe another solution could be hit upon. In the end, he

submitted his elbow to a 4-hour operation in December.

Tortured by doubt

Coach Tamas still becomes drawn-faced when reflecting back to that time. "When the plaster was put on Feri's elbow, and I had listened to all the doctors had to say, I had serious doubts about him ever throwing again," he recalls. "So did Feri. He was tortured by doubt for months, and the least we could do was give him as much verbal encouragement as he would take without becoming suspicious. Then, gingerly, we attempted the first technical session, four months later. Without touching the javelin. But even his run-up seemed quite unsteady, and he was hopelessly overweight, as well as fearful of a setback. Still, in his first real training session mid-March he threw 40m, in the 2nd 50m, and in the 3rd 70. It was only then, at the end of March, that we knew he'd make it."

Paragi's pre-injury weight was 92kg. He was still 105kg in May, but by that time he was tenaciously slugging away in training. Down to 100kg and in shape (Paragi never went back to his pre-injury weight) by June 1st, he won the season opener for 1977 with 86.06m, and five days later, again in the Nepstadion in Budapest, he finished runner-up to Nemeth (89.64m) with 89.06m.

With the Hungarian men out of the Europa Cup, a 3-week recess gave opportunity for Paragi for another heavy-duty training spell, when coach Tamas mainly worked on his rhythm and launch. "We must eliminate the fluctuations," he said. "And get his weight down — at least a bit. Trouble is, Feri has a 'drink problem'. He guzzles Cokes, and then eats 3-4kg water-melon after a decent training session. Too much." But Paragi,

Lacking Pace? Batteries running down? Get a recharge with a dose of **PUMA** Power from our large stock of running and jogging shoes

FOR THE ROAD RACER...

FAST RIDER 5-star rated, Federbein sole with varied angled multi studs for better grip. Sizes 6-12. A top quality shoe at a reasonable price **£22.75**

LITE RIDER Another 5-star rated shoe. Super lightweight, wedge heel. Sizes 6-12 all at the economic price of **£18.50**

SUPERSONIC Lightest running shoe ever (175 grammes for size 9), wedge heel, flat natural gristle sole. Sizes 6-12 at the fantastic price of **£18.00**

FOR THE TRACK...

HURRICANE Lightweight, nylon upper distance runners' spike. Sizes 6-12 for this economically priced track shoe **£12.25**

MUNCHEN Moccasin styled spike of kangaroo leather, rubber sole and heel, interchangeable spikes. Sizes 6-12. A touch of class for **£27.95**

PLUS many more bargains from not only the Puma range but famous names like **Le Coq, Nike, Karhu, Adidas, Viga**, etc.

Sport today

25 THE PARADE,
BOURNE END, BUCKS
Tel: Bourne End 28991

PERSONAL SHOPPERS ARE ALWAYS WELCOME

HOURS OF BUSINESS: Monday to Saturday, 9-5.30. Wednesday 9-1.

AMATEUR ATHLETIC ASSOCIATION

**1880 — 1980
CENTENARY
CELEBRATIONS**

Reception — Buffet — Dance

at the

GUILDHALL, LONDON

(with kind permission of the Lord Mayor)

Saturday, 6th September, 1980

from 7.30 p.m. following the Championships

Strings and Dance Band of the Coldstream Guards

Films: Exhibition of Photos,
Trophies and Athletic Memorabilia

**Tickets £10 (including wine)
from A.A.A. Office**

ONCE ONLY IN YOUR LIFETIME



Paragi in action at Crystal Palace in May on which occasion he threw 89.40m.

Peter Tempest

who usually follows the advice of his coach and is normally a very undemanding person, "was adamant this time: "I need liquids, and I like Cola and water-melon."

Paragi was training with the dedication of a monk, though, more determined than ever to catch up with Nemeth. "I have promised myself that I would become a steady 90m thrower," he said. "Self-confidence? I do have a lot of that. You need it, too, because without it the javelin just limps along. But the main thing is that I must perfect my technique. I am single, but don't even take time off to go dancing or dating."

While Paragi trained like fury, coach Tamas said: "I have great faith in this boy. He is dedicated to a fault, prepared to put his heart out in training — and that's what really counts. He'll make it big, I am sure of that."

The last training spell did a world of good. Paragi won all 11 remaining competitions. He won the Hungarian title with 89.50m, beating Sandor Boros (85.14) and Nemeth (84.74) in the process, and he closed the season at Baja with a PR of 91.92m, eclipsing Nemeth (85.78) and Boros (85.30).

In 1977, the Hungarians and Finns had the world of javelin throwing as their oyster. Nemeth

and Paragi locked up the lead with the world's 10 best throws between them, with the Olympic champ still on top. The next 10 best throws were shared between the two Hungarians and the three Finnish veterans, Hannu Siitonen, Aimo Aho and Seppo Hovinen.

Despite his world supremacy in 1977, Nemeth showed his suspect temperament in the two competitions that really counted: the World Cup in Dusseldorf and the Hungarian championship, finishing 3rd on both occasions. "I was in world record form from May to July", Nemeth said at season's end. "When I won with 92.92m in Munich, or just stepped in following a 94.34m throw in Rehlingen, it was only ill-luck that prevented me from setting up a new mark. But Dusseldorf came too late for me." Coach Kulcsar stressed that his ward peaked early, and competed an unprecedented 40 times. But the Hungarian sports leadership was looking primarily to Paragi by this time to produce the big-trophy goods.

In 1978, with the emphasis firmly on the European Championships in Prague, the javelin men's preparations were thrown off schedule by insistence from MASZ that they train together with the rest of the Hungarian track and field squad and would forego touring. Nemeth, who invariably organises the tours himself, was particularly incensed. "Making winter preparation varied is a fine idea; but who wants to train outside in minus 10°C? Now we are out of sorts, and I'll be lucky to reach moderate form by June", he said, while recovering from a foot injury in May. "Paragi feels the same way, even if he stays quiet, true to his nature. But, since the others consider me 'boss' or 'spokesman' or whatever, I do speak up. We do best when left on our own".

Disastrous year

It was to be a disastrous year for both Nemeth and Paragi, who were injured much of the season and struggled with trying to find new equipment. Sandor Boros won the national title with an indifferent 84.46m, in front of Nemeth (83.44m) and Paragi (81.60m), and the omens for Prague were bleak. In Prague, Paragi led the qualifiers (86.04m), with the others 6th and 7th, but in the final the trio flopped, as did the Finns. West Germany's Michael Wessing, winner of the previous year's World Cup, capped the gold with 89.12m and Nemeth (83.58m) placed 7th, Paragi (79.08m) 10th, and Boros 11th.

National coach Kulcsar said: "The final's 40 minute delay did no good to our trio at all. They warmed up in time and perhaps too strongly. The other favourites were only recovering by the 4th round, too, but by that time the temperature had dropped 10°C, Paragi and Boros were out of the

Ferenc Paragi

Born 21.8.1953 in Budapest. Height: 1.80m. Weight: 100kg. Occupation: student at Institute for Physical Culture in Budapest. Single. Coach: Laszlo Tamas. Club: Csepel SC, Budapest.

Annual progression:

1967	41.88 (600gm)	1974	82.02
1968	59.68	1975	89.92
1969	67.70	1976	87.98
1970	70.06	1977	91.92
1971	74.36	1978	86.04
1972	80.06	1979	92.14
1973	81.24	1980	96.72

race, and Nemeth was feeling his old back injury."

An additional problem was the equipment. The Apollo model with which Nemeth won at Montreal and the others also used was discontinued, and only Boros stayed with the new Apollo javelin. It did not suit either Nemeth or Paragi, so both transferred allegiance to the Swedish Sandvik firm. Sandvik modified its javelin, at Nemeth's request, several times, but the latest model was still nose-diving mid-course.

Miklos Nemeth had this to say: "Before my Montreal win, I had frequently been desperately angry with myself for choosing the javelin. It was taking up all my time, and doing little for me or for my family. The javelin may be fairly light as an implement, but its wear and tear on muscles is horrific, and the key question in the javelin fraternity is always: who will last longest? You've got to pick your spots, phase your career with caution. In 1978, I competed only 26 times. So OK, I took a breather."

In 1979, Nemeth kicked off with a New Zealand tour in January, but he failed to ignite in the main season. So did Paragi, troubled by injuries, though improving his personal best to 92.14m in Koblenz in September, and Boros — plagued by family problems — dropped out altogether.

The 1979/80 winter preparations worked out well, and both Paragi and Nemeth were allowed

to go to New Zealand in January, where Paragi displayed excellent form with a 92.10m win over Harkonen, though Nemeth succumbed to injury again and had to take a two-month break.

This year, Paragi has won every single competition he has taken part in, and kept his 90m-plus form well in the wake of his world record. His April-June results — 96.72, 96.20, 90.40, 89.90, etc — speak for themselves. The big question though is: will he be able to keep in peak form until the Olympic final?

Paragi says with supreme confidence that he will, and cites as proof his unusual early season form and new-found tendency to come up with big openers. True enough, in the past he has invariably peaked in the second half of the season and come from behind in competition, so 1980 may be a new departure for him — the year when he fully matured into stardom.

© Ivan Berenyi, 1980

MELBOURNE TROPHY MEETING

At Kirkby, June 15th

Liverpool 122; Sale 95; Cannock Chase 42; Notts 40; Stretford 16.

100: (A): D. Spencer (Liv) 11.0. (B): P. Burn (Cann) 10.9. 200: Spencer 22.3. 400: (A): C. Beaumont (Leeds) 49.9. (B): D. Sowter (Notts) 50.0. 1500: M. Burgess (Sale) 3:53.4. 110H: D. Jones (Sale) 15.2. 400H: M. Davidson (Sale) 56.1. HJ: 1, J. Lee (Cann) 2.00; 2, B. Ashpole (Notts) 1.95; 3, P. McDonnell (Sale) 1.95. SP: 1, D. Roscoe (Stret) 15.37; 2, G. Tyler (Sale) 13.62; 3, P. Davies (Liv) 13.49; 4, S. Thomas (Furn) 13.47; 5, D. Blyton (Notts) 13.42. DT: 1, Tyler 52.78; 2, Roscoe 52.16; 3, M. Holmes (Liv) 41.92; 4, Davies 40.50. HT: 1, S. Rogerson (Sale) 48.72; 2, J. Newett (Liv) 45.20; 3, K. Madden (Sale) 43.60. JT: A. Baker (Liv) 56.76. (**Juniors**): 100: P. Hutton (Furn) 11.0. (**Women**): 100: M. Crowley (Liv) 12.2. 800: J. Blackwell (Notts) 2:14.9. 400H: D. Leek (Cann) 67.1. HJ: 1, J. Heaney (Bir) 1.74; 2, D. Kerfoot (Liv) 1.71; 3, S. Watson (O&R) 1.65. SP: W. Laing (Liv) 11.11. (**Inters**): 100: 1, C. Rushforth (Furn) 12.4; 2, G. Fletcher (Furn) 12.5. 80H: 1, M. Allott (Sheff) 11.9; 2, K. Nethercoat (Shrew) 12.3; 3, B. Booth (Cann) 12.3. (**Juniors**): 100/200: C. Lamb (Liv. P) 12.7/26.4. 75H: (A): A. McArdle (Liv. P) 12.0. (B): L. Wong (Liv. P) 12.0.

TORBAY ATHLETIC CLUB**20Km OPEN ROAD RACE**

Sponsored by

Whitehill Garages, Torquay's Renault Dealers

SUNDAY, 27th JULY, 1980

Over £100 prizes: Inds. + 1st 3 Teams (4 score), 1st 3 Vets & Vets Team + 1st 0/50 Ind.

YOUTHS 4 MILE ROAD RACE

Inds. + 3 team prizes (3 score).

Entry: 50p, by Monday, 14th July. 20% discount for teams over 4 entries. Double entry fee on the day. Free entry if you buy a New Renault!!

Details (SAE): Clyde Mills/Barry Knight, Whitehill Garages, Barton Road, Torquay, Devon. Tel. (0803) 39444.

GRE GOLD CUP

At Huddersfield, June 1st

Liverpool 90; City of Hull 83; Longwood 73; Wigan 72; Morpeth 64; Middlesbrough & C 58.

200: P. Cooke (CoH) 22.0. 400: W. Armstrong (Mor) 49.3. 110H: A. Shaw (Long) 15.8. TJ: B. Camp (Liv) 14.11. SP/DT: M. Holmes (Liv) 14.06/40.42. HT: 1, Holmes 44.84; 2, A. Randhawa (Long) 43.12. JT: 1, T. Aspy (Wig) 61.06; 2, A. Hill (M&C) 60.64.

ACCUSPLIT

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
THE UNBEATABLE MEMORY STOPWATCHES
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

NEW INFLATION BEATING PRICES

with limited special offer on:

705 Single event timer

£19.95

725 Accumulative split

£24.95

PGR prices for the 80's:

705 ~~£30.33~~ **£24.99**

715 ~~£36.43~~ **£29.95**

725 ~~£36.43~~ **£29.95**

735 ~~£41.20~~ **£34.96**

740 ~~£52.82~~ **£44.97**

760 ~~£64.14~~ **£54.99**

780 ~~£67.65~~ **£57.50**

plus £1.00 post and packaging



Do the same as our National Coaches and get your Accusplit Stopwatches from PGR, or telephone for your nearest PGR dealer.

TELEPHONE 0792 — 464934

PGR

The Time Keeping Specialists

126 Walter Road, Swansea SA1 5RG, UK.

UK Distributors for Accusplit, the best stopwatch ever.

Personal View

By Julian Hopkins

SHOULD 'LIFTERS' BE DISQUALIFIED?

IN A RECENT ARTICLE entitled "Time to stop dodging the issue: 'lifters' must be disqualified," (*Athletics Weekly*, April 26th), Colin Young considered the phenomenal improvement in performance which has taken place in race walking in the last couple of seasons. Whilst admitting that greatly increased training loads and a more scientific approach have played their part, he singles out the failure of race walkers to keep contact with the ground as the factor mainly responsible for the revolution in standards.

I agree with this conclusion, but disagree with Colin Young's solution, "'lifters' must be disqualified." Below I will endeavour to show that, in my opinion, it is the definition of walking which is outmoded.

Firstly, it is necessary to examine the differences between running and walking which are apparent to any onlooker. I hope the diagrams illustrate the important points of comparison.

(1) The race walker has a low, flat stride with minimal knee lift (fig. 4).

(2) The race walker's forward foot makes contact well in front of his body, with his leg fully

stretched (fig. 5). In contrast, the runner re-establishes contact with his foot right under his body and his leg clearly bent (fig. 3).

(3) At full stride, the race walker's legs make a triangle with the ground, in sharp distinction with the runner at this point (figs. 2 & 5).

(4) The race walker's supporting leg is fully stretched until the instant the rear foot is about to leave the ground (fig. 5). In running, just the reverse is true — the supporting leg is bent until the foot is just about to leave the ground (fig. 1).

(5) The race walker's body maintains a virtually constant level. In running, the trunk rises and falls appreciably.

Now, what does the definition of walking (IAAF Rule 191) require of the race walker? Firstly, that he keeps continuous contact with the ground, and, secondly, that his supporting leg is straight when it reaches the vertical position. Let us examine each of these requirements in turn.

Continuous contact has traditionally been considered to clearly distinguish walking from running. This is certainly true of ordinary walking in which the forward heel is clearly placed down before the rear toe is raised. But is it

LOOKING GOOD

in these brand new designs in running gear from RON HILL SPORTS

BOSTON VEST

1. Our label is your guarantee of quality.
2. Featherweight **Colson** tricot in 5 rich colours: gold, red, blue, green and black.
3. Open white mesh in soft **Villoft**/polyester designed to our specification.
4. Total weight of medium vest; 55 grams, less than 2 ozs.



1. Matching silky **Colson** tricot.
2. Wrapover side vent for freedom of movement.
3. Built in brief.
4. Fob pocket inside shorts.
5. Total weight of medium shorts only 60 grams, just over 2 ozs.

BOSTON SHORTS



LADY BOSTON VEST

1. V-neck for cool ventilation.
2. Double thickness silky **Colson** tricot fabric for modesty (single layer at back for lightness). Smart 2 colour combinations; blue/red, green/blue, gold/green, black/lilac, lilac/gold.
3. **Villoft**/polyester open white mesh for coolness.
4. Total weight 58 grams, 2 oz in medium size.



VESTS around £5.95 each
SHORTS around £4.95 a pair

1. Fob pocket inside shorts.
2. Double thickness silky **Colson** tricot for drape and modesty. Colours co-ordinate with vest.
3. Non-knicker type design for running in public.
4. Total weight of medium shorts only 60 grams, just over 2 oz.

LADY BOSTON SHORTS



Available July - to avoid disappointment take this ad. to your sports outfitter and place an order now.

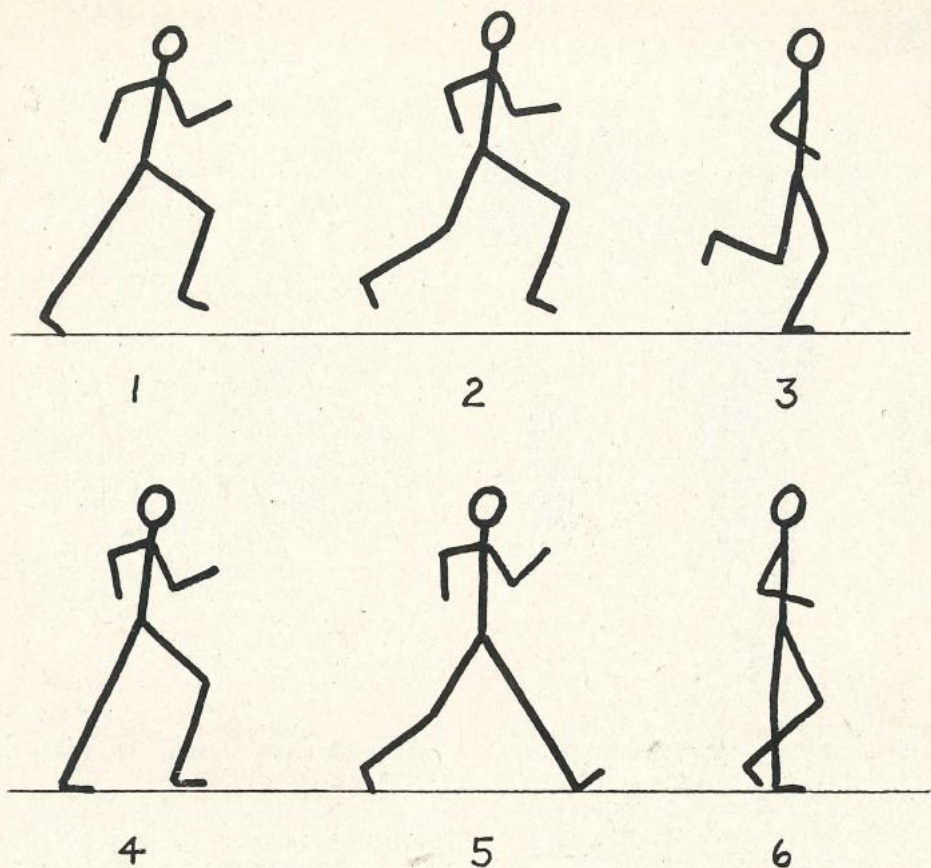
RON HILL SPORTS LTD

Leaders in running gear design since 1970

WORLD HEADQUARTERS, P.O. BOX 11, HYDE, CHESHIRE

Telephone: 061-368 4353

Garments in Courtaulds **Villoft** and polyester mesh, with silky tricot in Courtaulds **Colson**



true of race walking? As speed increases, the brief moment of double support — when both feet are on the ground — becomes shorter. So short in fact that it is beyond the ability of the eye to decide whether contact has been maintained or not. Films are projected at 24 frames per second, yet actions appears to be perfectly smooth due to the persistence of vision. How can the judge be expected to 'freeze' the instant around double support which will certainly last for less than one hundredth of a second? Indeed, the camera frequently proves that contact is an illusion.

This is not a new phenomenon, but it has been highlighted in recent times because more photographs have been taken by cameras with faster shutters. Due to the vast improvement in the fitness and suppleness of modern race walkers, speeds can now be maintained over 20km and beyond which lead naturally to a loss of contact. It must be emphasised that these walkers are not deliberately cheating, but just using their walking ability to the full as did earlier generations of walkers. For me, Bautista walking

20km is one of the great sights in athletics, although I know that the camera will show him to be off the ground. He is very smooth, rhythmic and relaxed despite the fact that he is walking at over 15km per hour. He looks a really great athlete while others, walking far slower and making contact (?), look unimpressive.

In my view, continuous contact is not applicable to race walking. It is not discernable to the eye and is not necessary to distinguish walking from running. That is why I did not list it above as a characteristic of race walking.

So what is necessary to make this important distinction? I think it is the straight leg requirement. At first sight, this looks an artificial restriction, but it keeps race walking looking like walking to everybody — judge and spectator alike. This is because the walker needs to make contact with his forward leg fully extended for it to be straight by the time it reaches the vertical. So he achieves the characteristic 'triangle' at full stride. Walking with constantly bent knees looks like running to anybody. In fact, the bent



"For me, Bautista walking 20km is one of the great sights in athletics", says Julian Hopkins.

George Herringshaw

supporting leg acts like a compressed spring. As the body drops, the 'spring' is compressed and stores energy which is released when the rear leg extends again. This is the very mechanism which gives running its main mechanical advantage over walking.

What would happen if we tried to shut the stable door after the horse had bolted, and enforce the contact rule? The use of video tape replay has been suggested but it is impracticable. To ensure fair play you would have to film every stride of each walker in the field. Then you would have to scrutinise the results virtually frame by frame. From films, we know that this would destroy race walking, for speeds have progressed well beyond the point at which contact is being maintained. You cannot slow everyone down drastically so that they are walking well below their capabilities. How can you have a race in which nobody is allowed to make more than, say, 90% effort? This would be tantamount to turning the clock back fifteen years.

Judging will continue to be done by eye, so whilst the contact rule remains, the camera will continue to cause a scandal in race walking. We should be honest and admit that we cannot judge contact. Techniques have evolved in other events

SOUTHERN LEAGUE

(Division 1)

At Feltham, June 7th

Borough of Hounslow 148; Portsmouth 121; Havering 116; Royal Navy South 77; Wycombe Ph. 73.

100: G. Mahoney (Ports) 10.9. 400H: R. Attrill (Houn) 56.2. PV: T. Anstiss (Houn) 4.60. SP: C. Smith (Ports) 13.58. JT: V. Watson (Houn) 56.18.

At Norbiton, June 7th

Old Gaytonians 133; Surrey 119; Herne Hill 118; Yeovil Olym. 90; Harlow 78.

200: A. Pitts (Harl) 22.3. 400: 1, J. Moseley (Old G) 49.1; 2, A. Cord (HHH) 49.1; 3, D. Mote (Sy) 49.1. 3000SC: (A): T. Conlon (HHH) 9:20.7. (B): R. Payne (HHH) 9:29.3. 110H: S. Burke (Old G) 15.8. PV: (A): 1, W. Davey (Sy) 4.30; 2, P. Mascall (HHH) 3.80. (B): D. Hooper (Sy) 4.20. LJ: R. Philips (Old G) 6.82. TJ: (A): 1, Philips 14.69; 2, A. Oyediran (HHH) 14.55. (B): C. Carden (HHH) 13.99. HT: E. Berry (Yeo) 60.14. JT: D. Travis (Sy) 71.74.

(Division 2)

At Bournemouth, June 7th

SP: 1, P. Rees (B'mth) 15.47; 2, G. James (BR&C) 13.17. DT: Rees 45.44. HT: (A): 1, K. Lasis (Craw) 50.82; 2, Rees 48.92; 3, A. Hall (BR&C) 45.76. (B): M. Jones (Craw) 49.18.

At Rochester, June 7th

Shaftesbury 148; Medway 108; Thurrock 103; Oxford City 98; Newbury 81.

200: K. Ansah (Shaft) 22.0. 400H: R. Jarrett (Med) 55.8. TJ: 1, S. Wordley (Thur) 14.33; 2, P. Lewis (Shaft) 13.92. SP: M. Oliver (Shaft) 14.34. HT: 1, K. Robinson (Thur) 51.30; 2, S. Blackwell (Shaft) 45.42.

At Lakenham, June 7th

Norfolk Olym. 127; Elliott 118; Cambridge H 107; Newham 105; Tonbridge 79.

PV: A. Williams (Camb. H) 5.00. LJ: 1, G. Gallagher (Ell) 6.98; 2, D. Costello (Norf) 6.86; 3, C. Colman (Camb. H) 6.81. TJ: 1, Gallagher 14.46; 2, Costello 14.05; 3, E. Hinds (Newh) 13.96. HT: C. Melliush (Camb. H) 49.06.

(Division 3)

At Windsor, June 7th

Basingstoke 136; Blackheath 118; Windsor S&E 101; Victoria Park 93½; Worthing 87½.

100: D. Barnett (B'stoke) 11.0. 3000SC: T. Sontar (B'hth) 9:25.2. HJ: B. Jewers (B'stoke) 1.95. PV: K. Beard (Worth) 67.02.

to improve performance, so why not in race walking as well? The straight leg rule is all that is required — you cannot run with straight legs.

** Julian Hopkins is the BAAB's National Event Coach for Race Walking.*

**THREE OF THE BEST!
AT PRICES
YOU JUST CAN'T REFUSE!**

ADIDAS TOKYO



Probably the best selling quality spike ever. Supersoft blue suede uppers. Well padded at the heel. Nylon sole with 4 screw in spikes. Current Price £31.75! **OUR PRICE** sizes 4, 5-5½ **£16.00**, and sizes 6½, 7, 8, 9, 9½, 10, 10½, 11½ & 12 **£18.50**.

ADIDAS CORD

An ideal leisure or training shoe. Dark brown suede upper with contrast stripes. Hard wearing sole with built in heel counter and heel padding. Current Price £19.50! **OUR PRICE** sizes 4½-5 **£12.80**, and sizes 6-11½ except 8½ & 11 **£14.75**.



REMEMBER 1972?

The year of the Munich Games with Lasse Viren! And the year of the fabulous **SL72!** This was by far the most popular of the SL range. Royal blue nylon uppers with white contrast stripes. Long wearing traction tread sole and thick heel wedge for achilles protection. Sizes 4½-5½ **ONLY £13.60**, and sizes 6-11½ **ONLY £15.65**.

★ ★

ALL ORDERS POST FREE

CASH WITH ORDER

Access or Barclaycard accepted. Just send your full name and address (**print please**) plus your card number. Goods exchanged or money refunded if returned in new condition within 7 days.

K. G. SPORTS LTD.

The Catford Centre, 28/29 Winslade Way, Catford SE6 4JU.

Tel. 01-690 7324

Sweet Victory For Amos Seddon In RWA 35km

At Victoria Park, June 21st

THE EAST LONDON park circuit holds bitter/sweet memories for the popular Enfield policeman, Amos Seddon. It was here he had his finest victory before this race, when he won the European Games 20km trial six years ago in 88:50 from Roger Mills and Olly Flynn. Last year he looked set to win the National 20km when he was, like his main rivals, disqualified in the closing stages, in a race which caused much controversy in the sport. This time, it was sweet victory again, as he swept by Australian, Tim Erickson, with two of the ten large circuits remaining, going on to win by almost three minutes.

From the start Ian Richards, closely followed by Erickson and Adrian James, set a very hot pace, and opened up a gap from Seddon, Brian Adams and Dennis Jackson. Following his four fast 50km efforts so far this year, Richards was probably due a 'rough one', and this proved to be it. Following his blitz start, the Coventry man tired, but managed to remain in the top ten, helped in the closing stages by a lapped Brian Armstrong.

Midway through the race Erickson appeared to have it won, but as he slowed so the pace judgement of Seddon came into play. In turn he

By Colin Young

dropped Jackson, Adams, who later slowed considerably, and finally the persistent James. Indeed, at the finish, Erickson himself barely held off the now familiar sprint finish of the blond James. Seemingly improving with every race, Dennis Jackson finished an excellent fourth, and must be due for an International vest in the near future. Two of the younger school, George Nibre and Alan King, had a close battle until the former's stamina paid off in the last kilometre, while Bob Dobson finished impressively, and could well finish the year yet again with a sub-4:10 50km.

The times for the leaders were exceptionally fast, and, judged by the fact that Erickson was a fine third in Edmonton and is currently in top form, the performances by the home walkers auger well for Brisbane in 1982. With Mick Greasley, Olly Flynn, Chris Maddocks and Roger Mills all non-starters in this event, the standard would definitely appear to be climbing steadily and yet remain, for the greater part, well within the IAAF definition.

1, A. Seddon (Enf) 2:40:04; 2, T. Erickson (Aus) 2:42:55; 3, A. James (Enf) 2:43:02; 4, D.

DUCHY OF CORNWALL ATHLETIC CLUB

presents

THE DUCHY OPEN

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

at Carn Brea Leisure Centre, Redruth

SUNDAY, 3rd AUGUST, 1980

Start 10.30 a.m.

Perpetual Trophies for nearly every event + awards to first three in each event.

Last year over 1,000 entries.

Senior Men 100m, 200m, 400m, MILE (£15, £10, £5), 10,000m (£15, £10, £5), L.J., Shot, Jav., P.V.

Youths 100m, 200m, 400m, MILE, 3,000m, L.J., Shot, Jav., P.V., Relay.

Boys 100m, 200m, 400m, 800m, 3,000m, L.J., Shot, Jav., P.V., H.J., Relay.

Colts 100m, 200m, 800m, 3,000m, L.J., H.J., Relay.

Senior Women 100m, 200m, 400m, MILE, L.J., H.J.

Inter. Women 100m, 200m, MILE, L.J., H.J., Shot, Jav., Relay.

Junior Women 100m, 200m, 800m, H.J., L.J., Shot, Jav., Relay.

Minor Girls 100m, 200m, 800m, H.J., L.J., Relay.

Entry Fees: 30p per event, 50p relay.

Closing date 16th July. S.A.E. for reply. Please state D.O.B., best performance & club name. Cheques & P.O.s payable to Duchy of Cornwall A.C.

Entries to: J. C. Polglase, The Elms, New Road, St. Hilary, Penzance, Cornwall. Tel. Germoe (0736 76) 2385.

Some free accommodation available.

HECKINGTON & DIST. AGRIC. SOC.

ATHLETICS

To be held on

SATURDAY, 26th JULY, 1.30 p.m.

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

AFTERNOON EVENTS	Prize Values			Entry Fee
	1st	2nd	3rd	
800m Scratch Open	£18	£12	£6	30p
1 Mile Scratch Open	£30	£18	£10	30p
Ladies 800m Scratch Open	£15	£10	£5	25p
Ladies 1 Mile Scratch Open	£20	£12	£6	25p
Youths 800m Scratch Open	£7	£4	£3	20p

(O/15, U/17, 1.9.80)

OPEN 10M ROAD RACE

Sponsored by

Thompson and Richardson Ltd., Sleaford

Start 3.30 p.m. approx.

2 lap course

Entry Fees: Men 35p, Ladies 30p. No Team fee. Prize Values: Men — 1st £25, 2nd £18, 3rd £12, 4th £7, 5th £6, 6th £4. Ladies — 1st £15, 2nd £10, 3rd £5. Teams (3 score) — 1st 3 @ £6, 2nd 3 @ £5, 3rd 3 @ £4. No Ladies team awards.

Please note: A club with more than 3 runners: their next 3 will count as a team. First Veteran O/40 on day £5.

Entries on A.A.A. forms to: Mr D. G. Bell, 71 Church Street, Heckington, Sleaford, Lincs. Tel. Sleaford 60978. S.A.E. for results sheet.

CLOSING DATE SAT., 12th JULY, 1980

Jackson (Yk. P) 2:45:50; 5, G. Nibre (Ilf) 2:48:10; 6, A. King (Leic) 2:49:13; 7, R. Dobson (Ilf) 2:50:52; 8, C. Lawton (Bel) 2:53:26; 9, I. Richards (Cov) 2:53:27; 10, P. Ryan (Sheff) 2:53:29; 11, D. Holly (Ang) 2:54:23; 12, D. Jarman (Sy) 2:54:56; 13, G. Morris (Stey) 2:55:01; 14, J. Paddick (Leic) 2:55:38; 15, M. Lambden (Bound) 2:56:22; 16, P. Selby (Sy) 2:56:26; 17, A. Geal (Stey) 2:57:10; 18, P. Jarman (Sy) 2:57:20; 19, B. Adams (Leic) 2:57:53; 20, C. Harvey (Yk. P) 2:59:16; 21, B. Graham (Yk. P) 3:01:45; 22, J. Warhurst (Sheff) 3:02:56; 23, G. Chaplin (Cov) 3:03:37; 24, D. Stevens (Stey) 3:03:50; 25, G. Berwick (Leic) 3:03:57; 26, P. Blegg (Bel) 3:04:26; 27, R. Elliott (Yk. P) 3:04:34; 28, P. Hodgkinson (Camb. H) 3:05:25; 29, J. Hall (Bel) 3:06:20; 30, A. Worth (Leic) 3:06:27; 31, J. Errington (Yk. P) 3:06:55; 32, R. Middleton (Bel) 3:07:13; 33, S. Maidment (Stey) 3:10:40; 34, M. McCann (Yk) 3:11:02; 35, J. Newnham (Bel) 3:14:05; 36, W. Johnson (Yk. P) 3:14:24; 37, D. Long (Yk. P) 3:14:50; 38, J. Robinson (Ang) 3:15:17; 39, K. Smith (Cov) 3:15:32; 40, S. Uttley (Ilf) 3:15:45; 41, M. Angove (Grey) 3:16:40; 42, B. Armstrong (Ilf) 3:17:30; 43, D. Rowland (Stey) 3:18:35; 44, C. Young (Ex. B) 3:18:48; 45, R. Wallwork (Ang) 3:19:07; 46, B. Mosley (Sheff) 3:19:50; 47, R. Parkin (Med) 3:20:30; 48, J. Dunsford (Bel)

3:21:20; 49, P. Worth (Enf) 3:24:35; 50, J. Sturgess (Leic) 3:25:26. **Teams:** 1, Leicester 57; 2, York Postal 73; 3, Steyning 78; 4, Ilford 84; 5, Belgrave 85; 6, Surrey 87; 7, Borough of Enfield 100; 8, Coventry 120; 9, Sheffield 121.

Roger Mills sets season best in Essex 20 kilometres (April 26th). Despite his troublesome groin injury, Roger Mills again got inside the RWA Olympic Standard of 89 min, though he was rather surprisingly hard pressed for 15km by Roy Sheppard who slashed his personal best, with Ken Carter also setting a new pb. 1, R. Mills (Ilf) 88:53; 2, R. Sheppard (Ilf) 90:22; 3, K. Carter (Ang) 92:16. Team: Ilford.

Roger Lancefield wins the Stock Exchange 'Brighton' with over an hour to spare. Two men dominated the race from the start, with Paul Jarman (1:26:54) leading Roger Lancefield by 4:28 at Croydon, with the third man over 13 min back. By Horley, Jarman (3:43:50) now led by nearly a mile, and the gap behind Lancefield had stretched to 37 min. However, the leader now felt the hard pace he had set, and by Pease Pottage had just 61 sec to spare as he passed in 5:01:41, retiring soon after. Lancefield continued to widen his vast lead, and won in a very creditable time on a day which was far from easy for distance walking. 1, R. Lancefield (Sy) 8:21:55; 2, R. Hague (Sy) 9:30:17; 3, D. Railton (Sy) 9:33:03; 4, S. Davis 9:52:27; 5, R. Green (Sy) 10:07:55; 6, A. Brown 10:15:33.

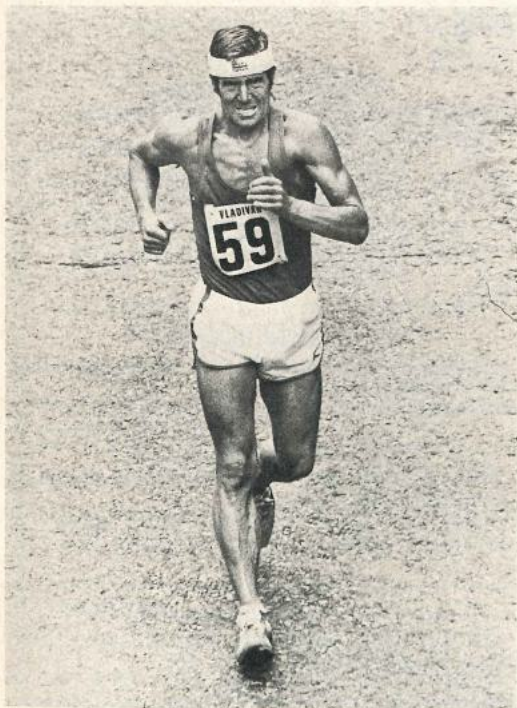
Carl Lawton nearly a kilometre clear in Vauxhall 10km, at Luton (June 7th). Following a car dash from Parliament Hill where he had finished fourth in the 3km, the consistent Carl Lawton soon moved clear of the field as they completed 2km on the grass track before going on to the demanding road circuit. Veteran Eric Taylor surprised many with his second placing. 1, C. Lawton (Bel) 44:46; 2, E. Taylor (Cov) 49:03; 3, B. Armstrong (Ilf) 49:20.

Enfield Open 10km (June 11th). 1, G. Nibre (Ilf) 45:37; 2, D. Holly (Ang) 46:50; 3, G. Scott (Enf) 49:25; 4, E. Holmquist (High) 49:30. Team: Ilford.

London Vidarians Invitation 2M Track Race, at Carshalton (June 11th). 1, M. Scammell (Bel) 14:58; 2, M. Easton (Sy) 15:09; 3, W. Sutherland (Ilf) 16:18.

Hertfordshire 10km Track Champs, at Watford (June 15th). 1, E. Livermore (Enf) 53:02; 2, P. Worth (Enf) 54:28.

Steve Barry scores an outstanding 'double' in Welsh Track Champs, at Cwmbran (June 21st). Despite a fall in the shorter event, Steve Barry put



AMOS SEDDON

Mike Street

in two outstanding efforts with just a 3¼ hour interval. The inside lane was in such bad condition that the half-dozen competitors in the 3km slipped and tripped, and the ground staff were actually repairing the track while the race was in progress. Steve, with his tenth Welsh title, emulated his spectating father, Dai, who notched up nine wins during his career. In both races the winner set Championship, National and All-comer records, taking over from Brian Adams and Roger Mills in the latter category. John Eddershaw and Reg Gardiner put in solid performances to fill the other medal placings in both events. **3km:** 1, S. Barry (Roath) 12:26.4; 2, J. Eddershaw (Sheff) 13:52.1; 3, R. Gardiner (Hales) 14:11.8; 4, W. Wright (Cov) 14:40.6; 5, J. Thomas (Bris) 14:45.2; 6, D. Ainsworth (Ilf) 15:38.1. **10km:** 1, Barry 43:34; 2, Eddershaw 48:16; 3, Gardiner 49:38; 4, Wright 52:57; 5, M. Stacey (Bris) 53:12.5; 6, Thomas 53:40.7.

Mike Holmes . . . back better than ever. With his father and grandfather walkers of longstanding, it was natural for Mike to take up the sport, which he did at a very tender age. With a 4:19:55 50km in 1973, Mike made our Lugano Cup squad, a feat he repeated four years later at Milton Keynes at the shorter 20km distance. Then disaster struck as the popular Yorkshireman discovered he had diabetes. Determined not to be beaten by his misfortune, Mike trained

intelligently and kept to the prescribed diet regime. That he has succeeded is proved by his 12:43.0 and 43:46.6 track clockings this year, and his 91:46 20km achieved in the Isle of Man. Due to the physiological demands of diabetes, Mike finds 20km difficult as he is unable to benefit from refreshments, nor is he able to build up glycogen supplies. However, looking fitter and sharper than ever before, Mike will surely test our very best at the sprints for some time.

SOUTHERN WOMEN'S LEAGUE

(Division 1)

At Croydon, June 21st

Croydon 184; Brighton & H 177; Crawley 151; City of Plymouth 111; Thurrock 108.

100: 1, A. Manley (Croy) 12.2; 2, T. Simmonds (Craw) 12.2. 200: 1, Manley 24.8; 2, Simmonds 24.9. 800: 1, S. Morley (B&H) 2:12.8; 2, S. Hassan (Croy) 2:13.6; 3, S. Murray (Ply) 2:15.2. 1500: D. Phillips (Croy) 4:32.8. 3000: 1, D. Chettle (Croy) 10:03.2; 2, J. Barleycorn (Craw) 10:13.3. 400H: S. Glover (Croy) 66.3. HJ: J. Tomey (B&H) 1.65. LJ: 1, Manley 5.80; 2, J. Davies (Ply) 5.48. SP: 1, J. Oakes (Croy) 16.43; 2, G. Grey (Thur) 11.24. JT: 1, J. Lintern (Craw) 41.30; 2, C. Martin (B&H) 35.44. 4x100: Croydon 49.4. (Juniors): 100: S. Burke (Croy) 12.7. 75H: J. Evans (Croy) 11.6. HJ: M. Fry (B&H) 1.63. JT: T. Neal (Craw) 29.40.

(Division 3)

At Newham, June 21st

Ilford 200; Norfolk Olym. 191; Newham 141; Cambridge & C 118.

100: 1, D. Gray (Norf) 12.1; 2, W. Griffiths (Ilf) 12.2. 100H: Griffiths 14.6. 400H: D. Church (Ilf) 65.6. JT: G. Brister (Norf) 35.86. (Juniors): 100: (A): D. McPherson (Newh) 12.7. (B): L. Campbell (Newh) 12.7. 75H: 1, M. Webb (Ilf) 12.0; 2, C. Oxe (C&C) 12.0. JT: D. Treloar (Ilf) 30:00.

At Bedford, June 21st

Highgate 192; Hayes 183; Bedford 151; Diss 113; Maidenhead 43.

(Juniors): DT: D. Crawley (Hayes) 32.02.

At Eastbourne, June 21st

Havant 188; Belgrave 183; Hastings 165; Yeovil Olym. 87; Bexley 77.

100H: C. May (Havant) 15.6. (Juniors): 100/75H: P. St. Ange (Bel) 12.6/11.9.

(Division 2)

At Tenterden, June 21st

Ashford 176; Middlesex 151½; Luton 134; Surrey Beagles 131; Surrey AC 127½.

100H: 1, M. Prendergast (Mx) 15.0; 2, J. Seamon (Ash) 15.3; 3, L. Thompson (Sy. B) 15.3. 400H: 1, Prendergast 65.2; 2, Thompson 67.4. (Juniors): 800: P. Weaver-Smith (Ash) 2:20.0.

Owing to popular demand we are continuing to offer briefs + singlets at discount prices:

Viga 'Jet Queen' Towelling Briefs

Sizes 22", 24", 26", 28" in Black, Red, White & Royal.
1 pr. £2.70 2 prs. £5.20 3 prs. £7.50

Karhu Towelling Briefs

Sizes 22", 24", 26", 28" in Navy or Gold.

Karhu Tops

Sizes small, Medium & Large in Navy, Red or White.
Briefs £4.95 Tops £3.95

OR SELECT

Briefs + Top £8.30
2 prs. Briefs £9.20
2 Tops £7.40

FREE with the following shoes, 3 pairs of Top Quality Ankle Socks — **Worth £3.90.**

NIKE OCEANIA	6-12 £12.99
NIKE ROADRUNNER	6-12 £14.99
NIKE WAFFLE TRAINER	6-12 £21.95
REEBOK COUGAR	6-12 £20.50
REEBOK ORBIT	6-12 £19.35

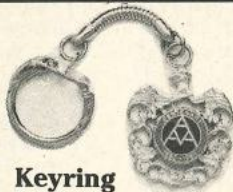


COLSON BROS. LTD.
14 Rochdale Road, Middleton,
Greater Manchester.
061 643 9386

1880 — A.A.A. — 1980 CENTENARY



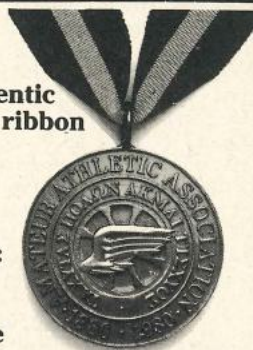
Authentic
AAA ribbon



Keyring

Enamelled Medal

Authentic
AAA ribbon



Available in:
Gold Plate
Silver Plate
Bronze Plate

OFFICIALLY APPROVED COMMEMORATIVE ITEMS

MEDALS

Gold plated — limited edition of 200	£18.75
Silver plated	£15.75
Bronze plated	£12.75
Enamelled — specially designed for schools and clubs	£ 2.95

KEYRINGS

Enamelled medal keyrings	£ 1.95
--------------------------	--------

For plated medals add £1.75 per order to cover postage and insurance. All other items post free.

All items are on display at the major meetings at Crystal Palace.

Royalty paid to AAA for every item sold.

SPORTSWEAR — Featuring special design illustrated below. (State chest size when ordering).

T-Shirts — white, blue, beige, grey (with contrasting trim)	£ 2.95
Sweatshirts — grey, navy	£ 5.95
Hooded tops — grey, navy	£ 8.95



MEDALS

GOLD PLATED	Qty. _____ @ £18.75	£ _____
SILVER PLATED	Qty. _____ @ £15.75	£ _____
BRONZE PLATED	Qty. _____ @ £12.75	£ _____
ENAMELLED	Qty. _____ @ £ 2.95	£ _____

NAME _____

ADDRESS _____

KEYRINGS

ENAMELLED	Qty. _____ @ £ 1.95	£ _____
-----------	---------------------	---------

SPORTSWEAR

T. SHIRTS	Qty. _____ @ £ 2.95	£ _____
Size _____	Colour _____	
SWEATSHIRTS	Qty. _____ @ £ 5.95	£ _____
Size _____	Colour _____	
HOODED TOPS	Qty. _____ @ £ 8.95	£ _____
Size _____	Colour _____	

Send Cheque/P.O./Cash with order to:-Blundell Willis Associates Limited, Thames Tower, Burleys Way, Leicester.

MIDLAND LEAGUE**May 31st****Division 1**

Sparkhill 203; Birchfield 192; Cannock Chase 187; City of Stoke 170; Tipton 158; Newcastle 115.

200: (A): V. Esprey (Bir) 22.0. (B): M. Garmston (Cann) 22.3. 400: 1, P. Brown (Bir) 47.9; 2, K. Hunter (Spark) 49.3. 1500: 1, D. Constable (Bir) 3:52.0; 2, E. Wedderburn (Tip) 3:52.8; 3, Butlin (Spark) 3:54.0. 5000: (A): A. Holden (Tip) 14:32.5. (B): B. Cole (Tip) 14:32.5. 2000SC: (A): 1, J. Davies (Tip) 5:43.0; 2, P. Davies-Hale (Cann) 5:45.0; 3, B. Tilley (Bir) 5:58.8. (B): P. Griffiths (Tip) 5:53.9. 400H: 1, P. Goacher (Cann) 53.0; 2, M. Millward (Stoke) 54.5. HJ: Ridley (Spark) 1.95. TJ: A. Bloomfield (Spark) 14.12. DT: J. Howell (Stoke) 40.38. HT: 1, G. Middleton (Newc) 47.36; 2, J. Murphy (Spark) 44.02. JT: M. Williams (Spark) 61.92. (Youths): 1500SC: Hartigan (Bir) 4:33.4. SP: P. Weir (Bir) 15.04. HT: Smith (Tip) 48.74.

Division 2, at Leicester

Gloucester 196; Wolverhampton & B 189; Notts 185; Charnwood 177; Coventry 165; Leicester 164.

100: 1, D. Bills (Cov) 10.8; 2, T. Bonsor (W&B) 10.9; 3, C. Monk (Leic) 11.0; 4, R. Blackwell (Glouc) 11.0. 200: 1, Bonsor 21.9; 2, Monk 22.3. 400: 1, W. Thompson (Charn) 49.9;

2, R. Duncan (Glouc) 50.0. 1500: 1, O. Khalifa (Charn) 3:46.8; 2, I. Mills (Notts) 3:52.6. 5000: P. Banks (Cov) 14:34.6. 400H: (A): 1, C. Preston (W&B) 55.2; 2, S. Ward (Charn) 55.6; 3, J. Gillespie (Leic) 55.6. (B): 1, P. Kelly (W&B) 54.1; 2, M. Craig (Leic) 55.8. HJ: 1, M. Palmer (W&B) 2.05; 2, B. Ashpole (Notts) 1.95; 3, R. Pyatt (Leic) 1.95. PV: R. Brown (Notts) 3.80. DT: (A): 1, G. Blyton (Notts) 41.32; 2, M. Higgins (W&B) 40.32; 3, F. Ince (Charn) 40.24; 4, I. Jackson (Cov) 40.10. (B): R. Burdell (Charn) 40.18. HT: 1, J. Whitehead (W&B) 67.36; 2, C. Higgins (Charn) 44.10; 3, A. Bilous (Glouc) 44.08. 4x100: 1, Wolverhampton & B 42.9; 2, Coventry 43.2. 1600 Medley: Wolverhampton & B 3:30.9. (Youths): 1500SC: 1, D. Ramsden (Cov) 4:30.8; 2, L. Taylor (Leic) 4:35.0. HT: C. Phillips (Glouc) 48.16.

Division 3, at Leamington

Rugby 208; Warley 194; Leamington 181; Worcester 180; Worksop 147; Shrewsbury 139.

1500: T. Redman (Leam) 3:50.7. DT: Allen (Works) 41.16. JT: K. Murch (Rug) 58.14.

Division 4, at Redditch

Solihull & S. Hth 200; 2, Bromsgrove & R 184; Westbury 181; Bristol 178; Sutton in Ashfield 164; Halesowen 131.

400H: I. Willoughby (Bris) 56.4. (Youths): SP: M. Evans (B&R) 14.09.

4th Annual

BUNNY ROAD RACES

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

SUNDAY, AUGUST 3rd, 1980**Men's 6 mile Road Race 3.30 p.m.****Ladies 3 mile Road Race 2.30 p.m.****Jogging for Fun 1.45 p.m.**
(approx. 3 mile)**Venue: Bunny Village, South Notts.****Entry Fees: Ind. 40p, Teams 50p.****CLOSING DATE POSTAL ENTRIES****JULY 30th****Entries taken on the day: Ind. 50p, up to 2 p.m.**

Entries to: Dave Eastgate,
15 Albert Road,
Bunny,
Notts. NG11 6QE.
Tel. Nott'm. 841570.

ISLE OF MAN ATHLETIC ASSOCIATION

(Affiliated to N.C.A.A.)

**are pleased to announce the following
OPEN events to be organised by
affiliated clubs this summer & autumn.**

(All under A.A.A. & W.A.A.A. Laws)

July 13th Boundary Harriers Half Marathon at Douglas.**July 22nd** Isle of Man 10 mile Road Running Championship, from Douglas to Castletown.**July 27th** Greeba Fell Race — 7 miles
August 10th Bob Baxter Round Part One — 27 miles, 23 peaks over 1000'.**August 16th** OPEN T.T. Course Walk.
August 28th Ramsey Commissioners Gala Fell Race — 5 miles.**August 31st** Laxey Horseshoe Fell Race — 12 miles, 3750'.**September 7th** 25 Kilometre Road Race.**September 14th** End to End Walk.**September 28th** 1st OPEN ISLE OF MAN MARATHON — (on flat, fast course).**October 5th** T.T. Relay Walk.**October 12th** St. Lukes Horseshoe Fell Race — 10 miles.

All initial enquiries from clubs/individuals about these events should be sent to the Association Secretary, David W. Phillips, Flat 5, 89 Woodbourne Road, Douglas, Isle of Man.

The 'Old Lady' Wins US Title

THE 1968 Olympic 800m champion Madeline Manning, described by the Associated Press as "one of the grand old ladies of track and field" (she's 32), regained the USA title at Walnut, California, in 1:58.8 — second only in American annals to her national record of 1:57.9 set in 1976. Tall, long striding Madeline — watched by her 9-year-old son — led all the way, with Mary Decker far below her early 1980 form in third place. Madeline was named female athlete of these Athletics Congress (successor to the AAU) Championships; voted top male was La Monte King, better known as a long jumper but winner of the 200m in 20.08. James Gilkes of Guyana, who would have given King a good race, pulled up injured in the final. Previously, in the 100, he had lost by the narrowest of margins to Stanley Floyd (18), holder of the world junior record and winner the week before of the NCAA title. Floyd, who is 1.77/5'9½" tall and weighs 74kg/162lb, was a miler in high school until one day, for a joke, his coach challenged him to a sprint race. Floyd beat him — and so began a remarkable career. James Sanford, the early season sprint sensation, did not compete. He had collapsed at the finish of the NCAA 200 after his right leg cramped up as he entered the straight; earlier he had won his semi in a windy 19.94 easing up. Brian Oldfield (35), using the rotational technique, came close to Terry Albritton's US shot record with a put of 21.82m — his best in amateur competition — but his day was ruined when he learned that he and other former members of the ITA pro circuit had been ruled ineligible by The Athletics Congress to compete in the US Olympic Trials.

Two international meetings organised by The Athletics Congress (TAC) for the purpose of providing top class competition for athletes from nations boycotting the Olympics have been cancelled. They were due to have been staged at Berkeley on July 17th/18th and Philadelphia on July 22nd/23rd. Ollan Cassell, executive director of TAC, explained that "comments by politicians within the city of Berkeley and the surrounding area have created an unfavourable climate in which to hold the competition. We find the situation so highly politicized that the athletes might not enjoy the positive experience we were hopeful of providing". With regard to the Philadelphia meeting, University of Pennsylvania athletics director Charles Harris said the university had withdrawn its offer of the use of its stadium. He commented: "We were interested initially in hosting a track meet for top athletes from around the world. We did not, however, see a role for the university to play in the middle of an international track squabble. Adriaan Paulen, the IAAF's president, had warned TAC that they would be in breach of the rules if the Philadelphia

meeting took place, as it fell within the period of the Olympic Games.

USA National Championships

At Walnut, June 13th-15th

100: (+0.4m) Floyd 10.19, Gilkes (Guy) 10.19, McTear 10.25 (10.24 sf), Mullins 10.28 (10.16w sf), Glance 10.34 (10.17w ht, 10.24 sf), Washington 10.47 (10.25w sf). **200:** (+0.9m) King 20.08, Hampton 20.37, Taylor 20.48, Washington 20.59, McDonald 20.61, Nance 20.62; Gilkes dnf (20.49 ht). **400:** W. Smith 45.36, Darden 45.49, Oliver 45.84, Frazier 45.86. **800:** Robinson 1:46.2, D. Korir (Ken) 1:46.3, Wilson 1:46.4, Futrell 1:46.9, Wuycke (Ven) 1:47.1. **1500:** Lacy 3:40.9, Durkin 3:41.2, Ryan 3:41.4, Wicksell 3:41.5; Scott scratched (hamstring injury). **5000:** Centrowitz 13:33.7, Plascencia 13:34.9, Virgin 13:35.7, Waigwa (Ken) 13:38.6 . . . 18, Liquori 14:21.5. **10,000:** Gomez (Mex) 28:44.0, Bjorklund 28:49.4. **3000SC:** Brown 8:26.2, Marsh 8:34.6. **110H:** (+1.0m) Nehemiah 13.49, Cooper 13.56 (13.54 sf), Campbell 13.70 (13.59 sf), Milburn 13.76 (13.59 sf). **400H:** Lee 49.38, King 49.43, Hanlon 49.88, Graybehl 49.95. **HJ:** Jacobs 2.24, Page 2.21, Stones 2.21. **PV:** Hintnaus 5.55, Ripley 5.55, Woepse 5.44. **LJ:** (windy) Myricks 8.26, Doubly 8.15, Robinson 8.08 (legal 8.03), King 8.06, Artis 8.01. **TJ:** Banks 17.36w (legal 16.72), Garner 16.94w (legal 16.89), Caldwell 16.63. **SP:** Oldfield 21.82, Anderson 21.09, Shmock 20.62 (2nd best of 20.55), Stuart 20.62 (20.48), Feuerbach 20.62 (20.37), Laut 20.41, Pyka 20.23, Summers 20.21. **DT:** Wilkins 68.36 (68.88 qual), Powell 67.80, Hjeltne (Nor) 65.84 (66.12), Plucknett 65.26 (66.04), Gardner (Isr) 64.56, Oerter 62.96 (64.96), Swarts 62.96, Burns 62.82 (64.60). **HT:** Orlando (Ita) 76.58, Olsen (Nor) 74.48, Bessette 70.54, Farmer (Aus) 70.24. **JT:** Atwood 83.46, Petranoff 83.40, Roggy 82.74. **5000W:** Sharp 20:27.8 (rec), Scully 20:33.5.

Women's 100: Brown 11.21, Morehead 11.30, Hawkins 11.40. **200:** (+2.8m) Hawkins 22.80, Morehead 22.80, Cheeseborough 23.04. **400:** S. Howard 51.51, Dabney 52.35, Gardner 52.35 (51.59 ht), D. Howard 52.58, Griffith (Guy) 52.62 (52.44 ht). **800:** Manning 1:58.8, Campbell 2:01.6, Decker 2:02.3. **1500:** Larrieu 4:12.8, Bremser 4:13.7. **3000:** Brown 9:07.9. **10,000:** St. Hilaire 33:31.1. **100H:** Hightower 13.14, Fitzgerald 13.23. **400H:** Mahr 56.3, Whitehead 57.2. **HJ:** Rienstra 1.93, Spencer & Ritter 1.86. **LJ:** Anderson 6.65, McMillan 6.63w (legal 6.56), Ferguson (Bah) 6.47. **SP:** Seidler 18.01. **DT:** Griffin 58.44. **JT:** Smith 60.68, Schmidt 60.20. **5000/10,000W:** S. Brodock 23:19.1 (rec)/51:01.0.

16/17.6. Knoxville. (USA Junior Champs) **100:** Lewis 10.21, Smith 10.23; **200:** Lewis 20.66; **400:** Hill 46.35; **5000:** Zishka 13:55.7; **110H:** Wilson 13.95 (13.86 ht); **PV:** Stubblefield 5.33 (high school rec); **women's 100:** Ware 11.34.

(Results from Stan Eales)

Protest Over Reinstated Drug Offenders

A LETTER from the British Milers' Club, signed by Christine Benning (president), Michael Dunphy (secretary) and Harry Wilson (chairman), has been sent to IAAF general secretary John Holt, protesting about the reinstatement of athletes found guilty last year of taking anabolic steroids. The letter reads:—

We are writing to express the feelings of shock and dismay we have experienced at learning of the recent decision of the IAAF Council to reinstate the five women athletes disqualified for failing to pass a drugs test.

We understand that representatives of the athletes concerned asked for clemency, in view of the fact that not being able to compete in the Olympic Games constituted 'an extra punishment'. We strongly disagree with this argument, as in our opinion this inability to compete in the Olympics is the only effective punishment for athletes who have blatantly cheated and brought the sport into disrepute.

Our organisation has a membership of over five hundred of the most outstanding middle distance runners in the United Kingdom and we have yet to meet a single member who agrees that any of these cheats should be reinstated.

We earnestly implore you to reconsider the consequences of this ill-advised decision. The taking of drugs by any human being is to be abhorred. Experience has shown that control of intake is difficult and all too often the side-effects, both short-term and long-term, are horrific. Of all the problems faced by sport in our modern society drug-taking is by far the most serious. Only by making it quite clear that transgressors will be banned can the IAAF hope to control drug abuse. Leniency with offenders is most definitely NOT the answer.

Chris Benning, UK 1500m record holder at 4:01.6, had previously announced that she would not be seeking Olympic selection in view of the fact that three of the women banned but then reinstated (as from July 1st) were likely competitors in her event: Natalia Marasescu and



CHRIS BENNING

"I am completely disillusioned".

Peter Tempest

Ileana Silai of Romania, and Totka Petrova of Bulgaria. "I am completely disillusioned", she said. "These girls have cheated and yet they've been banned for only nine months and can compete in the Olympic Games. The International Federation has let down the athletes in a complete abrogation of their responsibility". Another athlete who has reacted strongly is Irish record holder Mary Purcell. She too was unavailable for Olympic selection, partly in protest over Soviet action in Afghanistan but also because "I will not compete against any runner who has been found to be taking dope".

The man who carries the major responsibility for the premature reinstatement of the five Eastern European women is IAAF president Adriaan Paulen. His explanation appeared in the Spring issue of the IAAF Bulletin.

The decision of the IAAF Council to reinstate five athletes as of the 1st July 1980, who were disqualified in connection with Rule 144 paragraph 7, and consequently were no longer eligible to compete under IAAF Rule 53 (iv), has raised comments from various sides, as was to be expected.

**PORTLAND
CARNIVAL 10**
SATURDAY, 12th JULY
Start 1 p.m.

at R.N. Sports Ground, Castle Road

Entry Fee: 40p Individual, 50p Team. All to enter as individuals.

Entries to: Mr D. Savill, 7 Reforme Close, Easton, Portland, Dorset DT5 2AS.



The Sports Centre

8 Medway Street, Chatham, Kent ME4 4HD

Telephone 0634 47055

Specialists in Athletic Clothing & Footwear



THE SALE YOU HAVE BEEN WAITING FOR

Midsummer Madness Clearance Sale at unrepeatable prices
Whilst stocks last — first come first served.



Starmaker

Blue nylon mesh with suede wrap, double layer soled training shoe. Sizes 5½, 6½, 7½, 8½, 9½, 10½.

Was £21.95 NOW £11.95



Cordova

Lightweight training/racing shoe, royal blue and suede. Sizes 3, 4, 5, 5½, 6-12 (incl. ½'s).

Was £20.95 NOW £16.95



Sirocco

Blue nylon, micro runner, flaired wedge racing shoe. Sizes 6, 6½, 7½, 8½, 9½, 10½, 11, 11½.

Was £16.95 NOW £9.95



Cougar

Blue nylon, light, flexible and durable training shoe. Sizes 3, 4, 5, 5½, 6-12 (incl. ½'s).

Was £20.95 NOW £16.59



Orient Express

Nylon training shoe with grip sole. Sizes 6-11 (incl. ½'s).

Was £12.25 NOW £10.99



Freedom of the City

Red nylon, blue/white trim, super training shoe. Sizes 3, 4, 5, 5½, 6-11 (incl. ½'s).

Was £17.90 NOW £11.65



Aztec

Blue nylon, red/yellow trim with multigrip cushion sole. Sizes 7-12 (incl. ½'s).

Was £22.70 NOW £20.40



Omega

Blue nylon, grange/white trim, 6 spike sole system. Sizes 3-5½

£14.25 (£15.80), 6-11½.

Was £18.20 NOW £16.40



Orbit

Blue nylon mesh with six spike system and deep wedge. Sizes 3-5½

£15.10 (£16.80), 6-12 (incl. ½'s).

Was £19.35 NOW £17.40

NIKE AMERICAS

Sizes 5, 5½, Was £20.85 NOW £17.75

Sizes 6-11 (incl. ½'s) & 12

Was £23.99 NOW £19.95

ACCUSPLIT 760

Was £64.14

NOW £57.73



All sent post free as soon as order is received. Please write name and address in block letters and always send foot outline for shoes to ensure perfect fit. Goods exchanged (postage must be sent) if returned in new condition within 7 days.





ADRIAAN PAULEN

Fionnbar Callanan

The Council of the IAAF has asked me to explain the procedure which led to the majority decision of the Council.

Rule 11 paragraph 2 of the IAAF Handbook deals with this matter of reinstatement in the following wording:—

"On the application of any Member, the Council may reinstate any athlete who by reason of any infringement of the IAAF Rules has become ineligible to take part in competition under IAAF Rules. Any application for reinstatement must be forwarded to the General Secretary of the IAAF by the Member responsible for the athlete concerned. Such application shall give in detail the circumstances leading to the ineligibility and the reasons advanced for reinstatement."

The first letters to the IAAF General Secretary received on this matter, from the two Members concerned, dealt with protests against the procedure of the tests. These protests have been discussed with the Doping Control authorities and the representatives of the two Members. They were completely and unanimously rejected by the IAAF Council. The representatives of the Members concerned — Romania and Bulgaria — were informed about this decision at the Council Meeting in Paris, where they were present to advance their reasons for reinstatement, Rule 11 paragraph 2. The representatives asked for clemency, in view of the fact that not being able to compete in the Olympic Games constituted an

COVENTRY GODIVA HARRIERS

2nd Annual

YOUNG ATHLETES UNDER 20 MEETING

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

EDMONSCOTE TRACK, LEAMINGTON SPA

SATURDAY, 9th AUGUST, 1980

12 Noon

Colts 100m, 800m.

Boys 100m, 1500m, 2000m Walk.

Youths 100m, 200m, 800m, 3000m, Long Jump.

Junior Men 100m, 1500m, 4 x 100m Relay.

Minor Girls 100m, 800m.

Junior Girls 75mH, 100m, 800m, Long Jump, 4 x 100m Relay.

Inter Ladies 100m, 200m, 1500m, 80mH, 3 x 800m Relay.

U/20 Ladies (1.9.80) 100mH, 400m, 800m.

Entries: Individual 25p per event, 50p per relay team to: C. J. Kelly, 3 Elmbank Road, Kenilworth.

Entries on A.A.A. forms or through club secretary on block entry form. Send S.A.E. for further details, acknowledgement, directions, provisional timetable.

Plaques for 1st, 2nd & 3rd. Medals for relays.

CLOSING DATE 19th JULY, 1980

SCARBOROUGH HARRIERS & A.C.

CORRIGAN'S SIX ROAD RACE

(Under A.A.A. Laws)

Start 2 p.m.

South Bay, Scarborough

SAT., 30th AUGUST, 1980

ALSO YOUTHS, BOYS, COLTS

£300 PRIZE LIST

Entries: Seniors 50p, (No team fees), rest 25p.

To: R. Tribick,
92 Hackness Road,
Scarborough.
Tel. (0723) 69038.

Two of the athletes at the centre of the controversy. Totka Petrova (1) of Bulgaria, and Ileana Silai (6) of Romania.



Mike Street

extra punishment. They asked the Council to consider that the athletes had been punished enough. After a long discussion, a proposal to reinstate the athletes concerned as from the 1st July 1980, was voted upon — 8 members for, 8 members against, the President abstained.

The President then re-opened the debate, but the majority of the Council decided that the arguments had been conclusive and they asked for the President to give the decisive vote.

The President referring to law practice which is general all over the world, which in the case of doubt gives the benefit to the accused, then decided for clemency and thus ended the case.

In conclusion, I should like to make two points very clear —

(1) The procedure which led to the disqualification was never in doubt. The only argument was a request for clemency. This with reference to a similar discussion in Rhodes, where a vote was taken on the report of the Doping Control Medical Officers. The value of the Technical Report submitted by the laboratory and IAAF doctor in charge, was, in this case, never under discussion.

(2) It is my conviction that this acceptance of a plea of clemency will not affect our struggle against the use of drugs in such a way as has been expressed by those who have supported the IAAF in its campaign so far. It seems as least debatable to me, that penalisation alone will stop the abuse. Education and instruction as to the consequences of the use of drugs by club leaders and athletic federation members to athletes and/or coaches will achieve a far greater success than punishment alone.

In accordance with Rule 5 paragraph 9 (d), the Moscow Congress will be informed about the decision of Council.

After the IAAF Council decision to reinstate the five Bulgarian and Romanian athletes, Council member Arne Ljungqvist (Sweden) made the following statement, which it was agreed by Council should be incorporated in the Council minutes:—

“At the hearing in front of the Council, both the Bulgarian and Romanian Federations declared that they accepted the positive doping tests on the athletes concerned. The Federations also declared that their request was to ask the Council to shorten the period of disqualification, making it possible for the athletes to participate in the Summer Olympic Games of 1980.

“It is my definite opinion that the request put forward by the Bulgarian and Romanian Federations should have been rejected by the Council, and that the Doping Control Regulations, laid down by the 1978 IAAF Congress, should be adhered to, meaning a minimum disqualification period of 18 months for the athletes concerned.

“Misuse of drugs is one of the most serious and difficult problems in our sport today. It is my decided conviction that the acceptance by Council of the request put forward by the two Federations will have disastrous effects on the fight against drugs in our sport, if indeed it will be meaningful to continue this fight at all. Their acceptance will be a slap in the face to all those sporting and scientific experts who are now making a common effort to solve the problem of doping. Finally, their acceptance will severely injure the general confidence in our organisation, since such a decision deviates drastically from what has been declared to be the official attitude of the IAAF towards the problem of drugs in sport.

“For the above reasons, I strongly oppose the decision reached by the majority of Council.”

MOSCOW TOUR

Readers booked on the Moscow tour will like to know that, apart from a week's delay in sending out of tickets, the recent 'flap' over British Airways flights is not likely to affect them. Only a small number of flights at peak time were affected and it would appear that these have been adequately covered. Correspondence and telephone calls to David Dryer Ltd. will only add to their work load and is unnecessary — tickets and full details will be arriving soon.

VIGNERON VAULTS 5.75m AGAIN

Thierry Vigneron equalled his own pending world pole vault record of 5.75m in the French Championships at Villeneuve-d'Ascq on June 29th, clearing at the 2nd attempt. He needed to clear to win, because Jean-Michel Bellot had made 5.70 — a height Vigneron elected to pass. Bellot did not try 5.75, and both men failed at 5.80. Britain's Penny Forse was 2nd in the 1500 (4:14.7) and Mike Whittingham 4th in the 400H (52.05; 51.21 semi).

Bernie Ford and Grenville Tuck head a large field in the Horndon Village 10km Road Race tomorrow (July 6th, 1.00 pm). Entries, 50p, will be accepted on the day.

STAFFORDSHIRE MOORLANDS A.C.

4th Annual

FESTIVAL 4 MILE ROAD RACE

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

At Cheadle, Staffs.

SATURDAY, 19th JULY, 1980

Start 3.00 p.m.

USUAL BIG PRIZES AND
GREAT CARNIVAL ATMOSPHERE

'Byatt' Trophy to winning team (4 to count).
Awards to first 3 individuals, first 3 teams, 1st Veteran, 1st U/18, first 3 Ladies.

(Previous Ind. winners — Trevor Wright, Mike Tagg, Glyn Harvey).

Entry Fee: 50p plus S.A.E. for details to: M. J. Horn, 10 Fairfields Road, Biddulph Moor, Stoke-on-Trent ST8 7PE. No team fee.

ENTRIES CLOSE 15th JULY

WHAT A SPRINT TRIO

EVEN the East Germans are going to have to watch out for the British girls in the Olympic 4×100, as can be seen from the result of the 100m at Porsgrunn in Norway on June 29th. Despite rain soaked conditions (which temporarily put the electrical timing out of action), Sonia Lannaman, Heather Hunte and Kathy Smallwood — in that order — were all timed in 11.1 for 100m. Two days after his pacemaking duties in the Talbot Games 1500, Dave Warren dropped back into his Olympic event, the 800, and brought off a magnificent win in a personal best of 1:46.2. Steve Caldwell, finishing just behind Garry Cook in 5th place, also broke 1:47 for the first time. There were personal bests also for Gary Oakes (400) and Jo White (1500), the latter losing to Wendy Smith — and her Olympic selection chances.

100: 1, E. Obeng (Gha) 10.2; 2, D. Quarrie (Jam) 10.2; 3, A. McMaster 10.2; 4, T. Hoyte 10.3; **200:** 1, M. McFarlane 21.17; 2, C. Sharp 21.22; 3, H. Crawford (Tri) 21.52; **400:** 1, M. Solomon (Tri) 47.03; 2, G. Oakes 47.42; **800:** 1, D. Warren 1:46.2; 2, O. Khalifa (Sud) 1:46.6; 3, W. Martin (US) 1:46.7; 4, G. Cook 1:46.9; 5, S. Caldwell 1:46.9; 6, F. Bayi (Tan) 1:49.7 . . . J. Walker (NZ) fell; **3000:** D. Fitzsimmons (Aus) 8:03.0; **110H:** 1, R. Milburn (US) 13.6; 2, A. Bryggare (Fin) 13.8; 3, W. Greaves 13.9; 4, M. Holtom 14.1; **4×100:** 1, UK 39.41; 2, Jamaica 39.98; **LJ:** K. Connor 7.08; **SP:** B. Pauletto (Can) 20.48; **DT:** 1, K. Hjeltne (Nor) 65.30; 2, M. Wilkins (US) 65.10; **JT:** 1, F. Paragi (Hun) 85.34 . . . 4, D. Ottley 78.90; **Women's 100:** 1, S. Lannaman 11.1; 2, H. Hunte 11.1; 3, K. Smallwood 11.1; 4, A. Lynch-Saunders 11.6; **200:** B. Goddard 23.21; . . . 4, J. Hoyte-Smith 23.50; **1500:** 1, W. Smith 4:14.2; 2, J. White 4:15.7; **100H:** 1, L. Boothe 13.2; 2, H. Fredriksen (Nor) 13.4; 3, S. Colyear 13.4; **4×100:** 1, UK 43.81; 2, Jamaica 44.24.

OLYMPIC FORM GUIDE UPDATE

Late amendments to the 1980 lists (pages 19-25): **100** — 10.19 Pietro Mennea (Ita); **200** — 20.38 Mennea, 20.49 Gilkes; **800** — 1:46.2 DAVE WARREN; world leader — 1:44.6 Don Paige (US); **1500:** 3:35.3 STEVE OVETT, 3:35.6 STEVE CRAM; world leader: 3:35.2 Steve Scott (US); **3000SC** — world leader: 8:15.7 Henry Marsh (US); **110H** — 13.54 Chervanyov, 13.65 Viktor Myasnikov (USSR); world leader: 13:26 Renaldo Nehemiah (US); **PV** — 5.70 Bellot; **DT** — 67.56 Wolfgang Warnemunde (GDR); **Women's 400** — 51.06 JOSLYN HOYTE-SMITH; **LJ** — world leader: 7.00 Jodi Anderson (US).

Competitors travelling to the Hyde '77 tomorrow (July 6th) from the east side of town are advised that they may be subject to traffic delays, and should leave themselves ample journey time.

It's stayed the pace for 100 years.



Bukta

SPORTWEAR

...outstrips the field

The Bukta symbol. It says everything about unchallenged leadership in fine sportswear. You just can't better Bukta. Tailored for the tough life at every stitch and seam. Acclaimed by professional and amateur alike for style and stamina in sport and leisure.

Are you wearing anything less than Bukta? Britain's best made sportswear for over 100 years.

Edward R. Buck & Sons Limited, Brinksway, Stockport, SK4 1ED

Return of David Jones

REMEMBER DAVID JONES? He was one of Britain's finest sprinters, Commonwealth 220y silver medallist in 1962 and Olympic 4x100 bronze medallist in 1960. The Woodford Green star turned 40 in March and is now a Vets competitor. He was 4th at the Barnet Sports Gala on June 15th, and will compete in the Southern Veterans Championships at Stockwood Park, Luton, on July 6th, the British Veterans Championships at Barnet Copthall Stadium on July 12th/13th, and the European Veterans Championships in Helsinki (August 6th-10th), for which over 2000 have entered to date.

* Three others who look like having a good summer judging by their form so far this year in the 40-44 age group are 'Taff' Davies and Les Presland from Aldershot and Liverpool's Cambridge University lecturer Mike Turner. Presland will be running in Helsinki as well as the World Vets Road Championships in Glasgow in September.

* John Gilmour, the astonishing Australian whose prolific performances in the 60-64 group made him one of the stars of last year's World Vets meeting in Hannover, is hoping to compete in the British Championships. A feature article on John will be appearing in 'AW' shortly.

* One of the all-time greats of British athletics,

Vets Corner — by Alastair Aitken

world record breaker and 1956 Olympic 5000m silver medallist Gordon Pirie (49), finished 2nd in the Australian Open Veterans Championships in Adelaide over Easter, clocking 34:39 behind Morgan Morris (34:15). Representing New Zealand, Pirie was also 9th in the 1500 in 4:40.3.

* In the USA recently several world age bests were achieved, according to the June issue of 'National Masters Newsletter' edited by Al Sheahan. Mick Newton (46) has run 400m in 51.1, Herm Wyatt (a world class athlete in the 1950's) high jumped 1.90m at age 48, and Shirley Davison set an age 50 men's LJ mark of 6.42m. And, of course, Al Oerter — at 43 — has smashed all discus records. The veterans of the USA can be well pleased as Penn Mutual Insurance Company are to spend in the region of \$350,000 on Masters sports programmes in the USA. Their executive director, 1968 Olympic decathlon champion Bill Toomey, insists "over forty isn't over the hill".

* Harry Tempan (Victoria Park H) has recently run 2:14.5 and 2:14.3 for 800m and must test Basil Nielsen's UK 2A (55-59) best of 2:13.6 in the Southern and National Championships.

* Interesting to note the continued support given to veterans road races. At the Barnet Sports Gala, 133 veterans finished the 10km race, and only 83 in the open 10km race!

BOROUGH OF SUNDERLAND RECREATION DEPARTMENT

in association with
SUNDERLAND HARRIERS

present under A.A.A. Laws

6th CARNIVAL 5 MILE ROAD RACE & BOYS 2½ MILE RACE

SUNDAY, AUGUST 3rd
at 2.30 p.m.

Venue: Seaburn Showfield, Sunderland

OVER £260 IN PRIZES

1st £50, 2nd £25, 3rd £20, 4th £15, 5th £12, 6th £10, 7th £9, 8th £8, 9th £7, 10th £6 and prizes for the next 10 runners (otherwise not a prizewinner). Prizes first 4 teams, first B team, Veterans prizes (Team race, 6 to run, 3 to count). 1st Vets team 2 O/40, 2 O/45, 2 O/50. Boys Race: 1st 8 Individuals, 3 team prizes (6 to run, 3 to count). Ages 14 & 15 on 1st April, 1980.

Entry Fee: £1 per team, 30p Individual. Every runner must enter as an individual. Boys Race 60p per team, 20p individual entry. Cheques and P.O.'s made payable to "Borough of Sunderland".

Entries to: Kevin Carr, 46 Ainthorpe Close, Tunstall (Silksworth), Sunderland. Tel. Sunderland 211209.

ENTRIES CLOSE SAT., 19th JULY, 1980

S.A.E. for programme

LUTON UNITED A.C.

OPEN MEETING

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

Stockwood Park, Luton

16th JULY, 1980

Start 6.45 p.m.

- 6.45 p.m. 800m — All age groups
- 7.45 p.m. 200m — All age groups
- 8.30 p.m. 3000m — Youths, Senior Men
- 6.45 p.m. P.V. — Men
- T.J. — Men
- 7.30 p.m. L.J. — Ladies

ENTRIES CLOSE SAT., JULY 12th

Entry Fee: 25p per event.

Entries to: R. Griffiths,
108 Bearton Road,
Hitchin,
Herts.

BARNET SPORTS GALA**At Cophthall, June 15th**

(40-49) 100: 1, R. Taylor (W&B) 11.5; 2, F. Taylor (Bed) 11.8; 3, P. Durham (Sy B) 11.8; 4, D. Jones (W. Gn) 12.2. 200: 1, R. Taylor 23.7; 2, Durham 24.3; 3, F. Taylor 24.3. 400: 1, C. Williams (Poly) 54.7; 2, A. Churchill (C&C) 56.8 (56.6 ht); 3, H. Boggett 57.1 (56.0 ht) ... Durham 53.9 ht. 800: 1, W. Morgan (Loz) 2:02.0; 2, W. Lane (Ver) 2:04.8; 3, A. Kimber (Dart) 2:05.0; 4, R. Purle (Craw) 2:07.4; 5, J. Bowles (E. Manor) 2:07.8. 1500: 1, R. Grubb (C&C) 4:14.6; 2, P. Freeman (Eal) 4:15.2; 3, Kimber 4:22.2; 4, W. Kerr (Bel) 4:30.0; 5, E. Bates (Bolt) 4:30.9. 3000W: 1, J. Dunsford (Bel) 15:02.6; 2, R. Powell (Enf) 15:26.0. HJ: 1, M. Burrell (Sy B) 1.60; 2, A. Mackay (Bed) 1.55. LJ: 1, F. Taylor 5.95; 2, Burrell 5.78. SP/DT: B. Strange (Ox) 10.41/34.60. (50-59) 100: 1, S. Stein (High) 13.0; 2, J. Cross (Tam) 13.2; 3, R. Archbold (Norf) 13.3. 200: 1, Archbold 27.3; 2, T. Brown (Liv) 27.6. 400: 1, Archbold 58.8; 2, Brown 60.7. 800: 1, H. Tempan (VPH) 2:14.5; 2n B. Nielsen (Hill) 2:21.0. 1500: 1, Tempan 4:51.0; 2, S. Toms (E. Manor) 5:00.8. 3000W: 1, K. Easlea (Enf) 16:17.2; 2, A. Goodwin (SLH) 16:27.5. HJ: B. Thomas (Ver) 1.40. LJ: A. Kalerai (TVH) 5.48.

SP: A. Wood (Vets) 13.74. DT: 1, I. Briggs (Sy B) 45.26 (**UK O/50 best**); 2, O. Feldmanis (WVAC) 39.64. (60 & over) 100: 1, C. Fairey (Kett) 13.3; 2, B. Metcalf (Vets) 14.1; 3, L. Batt (High) 14.3. 200: 1, Fairey 28.4; 2, Metcalf 29.1. 400: 1, Batt 67.5; 2, H. Taylor (March) 69.6. 800: 1, Taylor 2:36.7; 2, B. Spiller (Poly) 2:49.1. 1500: 1, K. Price (Vets) 5:23.8; 2, Taylor 5:26.1. HJ: A. Rawlinson (Ver) 1.23. LJ: R. Evans (Lut) 4.11. SP/DT: K. Maksimczyk (W'bury) 12.84/51.34.

(Women) 100: 1, R. Allcock (Aylesbury) 13.5; 2, H. Boggett (WVAC) 14.0; 3, S. Forrest (Hav) 14.0. 400: 1, J. Kimber (Med) 61.7; 2, Allcock 62.2; 3, Boggett 62.2. **3000 (BVAf Champs)**: 1, L. Billington (Enf) 10:52.0; 2, Y. Miles (B'mth) 10:55.0; 3, B. Cushen (Mit) 11:08.2; 4, Kimber 11:44.0; 5, K. Koppell (W40) 11:45.0; 6, P. Maffia (Watf; W45) 12:12.2 ... 9, V. Mijovic (Watf; W50) 12:43.2. LJ: S. Farley (WVAC) 4.18. SP: Forrest 10.43. DT: W. Feldmanis (WVAC) 27.76.

Geoff Capes Puts 21.12m

**PRINCETON & WEST POINT 151;
NORTHERN COUNTIES 148; HULL 94**

At Hull, June 18th

100: 1, P. Cooke (H) 11.0; 2, J. Blow (P&WP) 11.0. 200: E. Tulloch (N) 22.2. 400: 1, S. Wymark (H) 47.9; 2, C. Hamilton (N) 48.3; 3, B. Jones (N) 48.8. 800: M. Scruton (N) 1:53.9. Mile: M. Plant (N) 4:08.8. 5000: 1, R. May (N) 14:07.9; 2, G. Ellis (N) 14:17.4. 3000SC: 1, T. Fieldsend (N) 9:02.3; 2, A. Taylor (N) 9:16.2. 110H: 1, M. Fahnestock (P&WP) 15.0; 2, J. Cook (P&WP) 15.4; 3, A. Shaw (N) 15.6; 4, L. Tissiman (H) 15.6. 400H: 1, S. Sole (N) 53.7; 2, P. Arduino (P&WP) 53.8; 3, R. Tolson (H) 54.1; 4, H. Robinson (N) 54.6. HJ: 1, K. Schulte (P&WP) 2.05; 2, J. Daley (N) 2.05; 3, A. Oversby (N) 2.00. PV: 1, A. Madsen (P&WP) 4.87; 2, B. Hawkey (P&WP) 4.70; 3, B. McStravick (H) 4.40; 4, R. Bett (H) 3.90; 5, R. Murphy (N) 3.80. LJ: 1, T. Brostrom (P&WP) 6.96; 2, N. Stoppard (N) 6.92; 3, C. Leeming (N) 6.82. TJ: 1, Brostrom 15.36; 2, M. Gray (P&WP) 14.81; 3, M. Makin (N) 14.80; 4, S. Metcalfe (H) 14.61. SP: 1, G. Capes (H) 21.12; 2, I. Lindley (N) 15.88; 3, J. Daly (P&WP) 14.96; 4, M. Ciavarrá (P&WP) 14.19; 5, M. Holmes (N) 14.10; 6, Tissiman 13.76. DT: 1, M. Rifkin (P&WP) 55.04; 2, G. Tyler (N) 54.28; 3, A. Wolf (P&WP) 46.08; 4, Holmes 42.48. HT: 1, J. Whitehead (H) 66.14; 2, D. Pellegrini (P&WP) 56.76; 3, S. Sandhu (N) 55.56; 4, J. Scott (P&WP) 53.16; 5, D. Smith (N) 51.86. JT: 1, T. Myer (P&WP) 74.16; 2, R. Bauder (P&WP) 66.32; 3, K. Taylor (N) 65.40; 4, T. Aspey (N) 62.88. 4x100: 1, P&WP 41.9; 2, NCAA 42.0; 3, Hull 42.1. 4x400: 1, NCAA 3:13.8; 2, P&WP 3:15.7; 3, Hull 3:21.4.

**COLIN FAIREY****Won the Over-60 sprints at Barnet Sports Gala.**

George Herringshaw

Fine Display By British All-Rounders

THE TOP all-rounders had one final opportunity of gaining Olympic selection when competing in the international against Denmark, Italy and Netherlands at Lyngby Stadium, Copenhagen, over the weekend of June 21st/22nd.

DECATHLON

First day (warm — intermittent rain): The British quartet started off well with all athletes winning their heats, Graeme Watson, (a finalist in the UK 100m championship a week earlier) clocking the fastest time — a legal personal best of 10.73 (+0.8m). AAA champion Brad McStravick was the only other below 11sec in 10.96 (+2.3m). Pan Zeniou clocked his best electrical 100 with 11.24. Watson retained his lead with a 7.14m first round effort in the long jump, but landed badly and had to withdraw injured with a dislocation in his foot — a great pity in view of the good start. Zeniou had difficulty in his run-up and only managed 5.99m, but came back with an easy shot victory when he gained a decathlon best of 14.48m, as did Colin Boreham with 12.24m. The overall lead had been taken by Alessandro Brogini (Italy), competing in only his third Decathlon. A bronze medallist in the 1977 European Junior high jump and a 2.20m jumper, Brogini increased his lead with a 2.09m clearance, with only Zeniou coming close to his best of the British trio still left in. As in the 100m the British competitors won their 400m heats, with McStravick moving into 2nd place overall with a fast 48.70. At the end of the first day Brogini led with 3967 with McStravick 2nd (3830), Boreham 8th (3650) and Zeniou 11th (3565).

Second day (warm — windy): Three athletes went under 15 sec in the hurdles, and McStravick reduced his career best to 15.08 to stay in 2nd place. He moved closer to Brogini when he headed the discus group with 42.60m, Zeniou being next best in the event with 42.04m. The lead was reduced to 39 points when Brogini vaulted 4.00m compared to McStravick's 4.40m, which was only 10cm below his recent best. Zeniou was similarly below his best mark with a 4.30 clearance. Zeniou moved up the positions by

Alan Lindop reports from Copenhagen

gaining the best javelin mark, his final round throw landing at 66.46m, just 2cm below his best, while McStravick gained another 6 points advantage over the Italian with a 56.54m throw. A quick look at the tables showed that Brad had to run 4:19.0 for the 1500m to score 7700 pts, which was 5 sec inside his personal best. However, this did not deter him, as he went into an early lead and stayed ahead of Brogini. He finished strongly to win the heat in 4:18.5 (actual time 4:18.41), with Brogini stopping the clock at 4:23.0. Final calculations were made, before it was found that both McStravick and Brogini had not only beaten 7700 points but had actually scored the same number of points ... 7704. McStravick won by virtue of 'winning' 6 events compared to the Italian's 4. Brad's score added 41 points to his recent hand-timed AAA win of 7663, and his name was added to Daley Thompson's in the Olympic team. His 2nd day score of 3874 has only been beaten by Daley among British athletes. Zeniou recorded his best electrically timed score of 7386, while Boreham went over 7000 again with 7133 points. The British team finished 150 points behind a young Italian team.

PENTATHLON

(Weather as 2nd day of Decathlon): With Sue Longden and Moira Maguire withdrawing, Kathy Warren and Marcia Marriott were brought into the team. Marcia started off with a hurdles heat victory, reducing her best from 14.9 to a legal 14.69 (+1.0m). In the 2nd heat Kathy recorded her best electrically timed hurdles in placing 3rd with 14.64. Yvette Wray and Judy Livermore were placed in the top heat. With the assistance of a 3.0m wind, both girls got off to a good start, with Judy in the lead. By the 5th hurdle she was about a metre up on Yvette, but came to grief when she gave the 6th hurdle a bang, which knocked her completely off balance, but she recovered to finish in 14.07. One wonders what her time would have been if she had not hit the hurdle, as Yvette's winning time was 13.51. With grit and determination Judy went on to the shot event, where Yvette had opened with her 2nd best ever shot mark of 12.99m, increasing her overall lead over Dutch record holder Sylvia Barlag. Judy produced a superb 3rd round put of 13.21m, which compared with her previous best of 12.27m (she has done 12.49m indoors). Marcia came close to her best with 11.63m. Barlag

SALE '15'

(Under A.A.A. Laws)

on Saturday, 2nd August, at 3 p.m.

at Wythenshawe Park (South Manchester)

Change at Park Changing Rooms.

Awards: 8 Inds. + 0/40, 0/45, 0/50 & 0/60.

Entries: 30p (double on day), by July 26th, to J. M. Frost, 34 Carlton Road, Hale, Altrincham, Cheshire. Tel. 061 980 6807.

ble



Bord Luthchleas na hEireann

Director of Coaching

Bord Luthchleas na hEireann, I.A.A.F. member for Ireland, invites applications for the post of Director of Coaching to be appointed for a period of 3 years, commencing 1st November, 1980, or by agreement.

The successful applicant will be based in Dublin and will be responsible for the development of the existing National Coaching Scheme, which is based entirely on voluntary amateur effort, into a comprehensive integrated Coaching Structure, and will assist in the development of athletic talent in the country.

Appropriate professional qualifications, a wide experience of athletics and proven administrative ability are essential requirements. The post will involve week-end and evening work.

The starting salary will be in the region of IR£8,500. Exceptional qualifications may command a higher salary.

Application forms and further details, including Job Specification, from: Brendan T. Foreman, Hon. National Secretary, B.L.E., 69 Jones Road, Dublin 3. Phone Dublin 744105.

Closing date for receipt of completed application forms: Friday, 22nd August, 1980.

The appointment of a Director of Coaching to B.L.E. is made possible through the sponsorship of Cement-Roadstone Holdings Ltd.

SUPER SAVERS

To make way for new stocks we are clearing out some of our surplus shoes at unrepeatable prices.

★ SAVE ★ SAVE ★ SAVE ★

ADIDAS

SL76	6-10½	£15.99
Sao Paulo	5½-12 (No 8, 8½, 9 & 11)	£15.99
Gazelle	6-7½ & 10½	£17.55
Apollo	6-10	£10.99
Mexico	5, 5½	£13.75
Jet	6-10 (No 8½)	£17.50
Sprint	9	£28.25

NIKE

Oregon Waffle	7-10 (No 7½)	£12.99
Americas	6½, 7 & 8½	£18.99
Leather Cortez	5½	£14.59
Lady Waffle	4-5½	£14.99
	6-7½	£17.99

REEBOK

Sirocco	6½-8 & 9	£13.99
Orbit	5-10½	£17.35
Arena	6½-9 & 10½	£15.30
California Runner	6-7½, 9 & 10	£12.99
Cougar	6-10	£17.99

★ OTHER SUPER SAVERS ★

NIKE

Waffle Trainer	6-12	£18.65 (£21.99)
Elite	6-12	£24.90 (£27.99)
LDV	6-12	£24.65 (£29.99)
Triumph	6-12	£22.20 (£24.99)
Fly	6-12	£17.99 (£19.99)
Interval	6-12	£21.20 (£23.99)

ADIDAS

TRX Trainer	6-10½ (No 9½)	£17.35 (£19.50)
-------------	---------------	-----------------

PLUS	NEW BALANCE 375	6-12 £24.95
	NEW BALANCE 620	6-12 £29.95

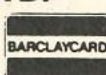
★ FREE POST SERVICE ★

Please state size and enclose foot outline.

KNIGHT SPORTS LTD.



79 Old Church Road,
Chingford, London E14.
01-529 2693



PERSONAL CALLERS ALWAYS WELCOME

moved into the first place with a 1.84m high jump (failing at 1.87m) and although Judy was below her best of 1.81m, her 1.75m gave her 983 marks to move her into 2nd place. Marcia Marriott was having her best ever pentathlon, adding 3cm to her best mark of 1.72m, set some 4 years ago, with a third time clearance of 1.75m. Yvette Wray failed at a personal best of 1.69m, with Kathy going clear at 1.72m.

Normally the Dutch girls, with their excellent jumping talents, move into the lead, but the British girls all long jumped well. Judy had two efforts over 6 metres, her first jump being measured at 6.07m (+1.5m), although Barlag had increased her overall lead with a 6.39m (+3.5m) jump. Kathy added 6cm to her lifetime best with 5.92m, and Marcia continued her successes with another best of 5.80m. All four girls ran their hearts out in the 800m. Kathy, who represented England this year at 800m, and Marcia ran in the first heat, where Marcia had a battle with Anita Solyst for first place. She was beaten down the home straight but clocked an impressive 2:11.4 (2:11.36 elec) compared to her best of 2:10.7, while Kathy reduced her best to 2:16.2. Yvette also had a tussle with Els Stolk in the final event, with the Dutch girl winning by 8/100ths (2:15.18 to 2:15.26 on the photo), which reduced Yvette's best time from 2:15.38. Judy had a remarkable run. On this occasion she kept in contact with the leaders all the way through the race, and despite her 800m best standing at 2:25.19, she reduced this to 2:18.9 (2:18.85). Barlag, clocking 2:16.5, broke her own Dutch record by 26 points with a final score of 4538, while Judy improved from 4252 (hand) to 4357 to replace Yvette in 2nd place on the UK all-time list — only 38 points behind Sue Longden's recent UK record of 4395. Yvette had her second best ever score of 4315, and both girls were added to the Olympic team with Sue Longden. Not to be outdone, Marcia finished 5th, improving from 10th on the UK all-time list at 4041 to 5th with 4229, while Kathy also improved from 4045 to 4144. The total score for the top 3 girls (12,901 pts) was the best ever scored by Britain in an international with the 800m, and gave them victory by nearly 300 points over the Dutch girls.

Decathlon (21st/22nd): 1, B. McSTRAVICK 7704 (10.96w, 6.63w, 12.90, 1.88, 48.70 — 3830 — 15.08, 42.60, 4.40, 56.54, 4:18.5); 2, A. Brogini (Ita) 7704 (11.25, 7.27, 12.95, 2.09, 51.39 — 3967 — 14.90w, 41.82, 4.00, 56.10, 4:23.0); 3, H. Indra (Ita) 7589 (11.55w, 6.92w, 13.77, 1.91, 51.08 — 3731 — 15.14w, 40.14, 4.70, 64.62, 4:37.9); 4, P. ZENIOU 7386 (11.24w, 5.99, 14.48, 1.82, 51.01; 15.92w, 42.04, 4.30, 66.46, 4:25.8); 5, F. van der Ham (Neth) 7331; 6, W. Rossen (Neth) 7226; 7, C. BOREHAM 7133 (11.41, 6.67, 12.24, 1.91, 50.18; 15.27w, 36.52, 3.80, 53.52, 4:26.2); 8, E. Hansen (Den) 7124; 9, D. Dotti (Ita) 7080; 10, T. Kristiansen (Den)

Midland Championships

At Birmingham, June 20th/21st

100: 1, D. Bills (Cov) 10.54w; 2, C. Moven (W&B) 10.66; 3, F. Campbell (Bir) 10.68; 4, P. Brown (Bir) 10.68; 5, R. Blackwell (Glouc) 10.82 (10.78 ht); 6, P. Moxham (Cov) 10.85; 7, C. Monk (Leic) 10.92. 200: 1, M. Fowell (Newc) 21.73w (21.67 ht); 2, Moven 21.94; 3, Bills 22.01; 4, Brown 22.05. 400: M. Ducasse (W&B) 49.09; N. Jackson (W&B) ran 49.80 ht, dnc. 800: O. Khalifa (Charn) 1:52.7. 1500: M. Downes (Cann) 3:53.6. 5000: 1, J. Graham (Bir) 14:22.4; 2, B. Cole (Tip) 14:30.8; 3, R. Partridge (Bir) 14:32.5. 3000SC: 1, E. Wedderburn (Tip) 9:04.1; 2, S. Baker (Notts) 9:23.7; 3, I. Atkins (Worc) 9:26.5. 110H: 1, G. Myles (W&B) 15.10; 2, I. Willoughby (Bris) 15.24; 3, A. Wells (Cov) 15.42. 400H: 1, P. Goacher (Cann) 52.64; 2, M. Millward (Stoke) 53.58; 3, D. Hislop (Bir) 54.24; 4, D. Hall (Leic) 54.35; 5, A. Greaves (Lut) 56.03; 6, S. Ward (Charn) 56.18; 7, M. Craig (Leic) 56.29. HJ: F. Redley (Spark) 1.95. LJ: 1, E. Starrs (W&B) 7.49; 2, A. Earle (Spark) 7.28; 3, R. Haycock (Dav) 7.01; 4, M. Kalewski (Worc) 6.99. TJ: 1, D. Perkins (Spark) 15.13; 2, Earle 14.75; 3, I. Worrall (Spark) 14.12. SP: 1, R. Steventon (W&B) 13.57; 2, G. Blyton (Notts) 13.55. DT: 1, R. Weir (Bir-J) 45.06; 2, F. Ince (Charn) 41.82; 3, R. Burdell (Charn) 41.72. HT: 1, Weir 63.16; 2, G. Middleton (Newc) 48.48; 3, A. Bilous (Glouc) 43.96; 4, J. Murphy (Spark) 43.16. JT: 1, S. Pearson (W&B) 72.42; 2, M. Williams (Spark) 60.48; 3, M. Gerrard (Spark) 56.42. (Youths): 100: M. Grzesiak (W&B) 10.95w. (Boys): 200: D. Hillery (North) 23.69. 800: D. Perks (Shrew) 2:05.9.

DECATHLON RESULTS Continued

7050; 11, J. Bromwasser (Neth) 7039; 12, H. van der Pal 7046; 13, K. Jorgensen (Den) 6848. G. WATSON withdrew after 2 events — 10.73, 7.14. Teams: 1, Italy 22,373; 2, UK 22,223; 3, Netherlands 21,615; 4, Denmark 21,022.

Pentathlon (22nd): 1, S. Barlag (Neth) 4538 (13.89w, 12.75, 1.84, 6.39w, 2:16.5); 2, J. LIVERMORE 4357 (14.07w, 13.21, 1.75, 6.07, 2:18.9); 3, Y. WRAY 4315 (13.51w, 12.99, 1.66, 5.79w, 2:15.3); 4, E. Stolk (Neth) 4307; 5, M. MARRIOTT 4229 (14.69, 11.63, 1.75, 5.80, 2:11.4); 6, K. WARREN 4144 (14.64, 11.29, 1.72, 5.92, 2:16.3); 7, H. Sichlau (Den) 4118; 8, D. Rasmussen (Den) 4098; 9, B. Bachlechner (Ita) 4092; 10, L. Pedersen (Den) 3949; 11, A. Ferrario (Ita) 3937; 12, A. Sylvest (Den) 3896; 13, T. Hidding (Neth) 3766; 14, R. Schaefer (Ita) 3758; 15, R. Rosati (Ita) 3680. Teams: 1, UK 12,901; 2, Netherlands 12,611; 3, Denmark 12,165; 4, Italy 11,781.

SOUTHERN COUNTIES AMATEUR ATHLETIC ASSOCIATION

SENIOR DECATHLON

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

**SATURDAY/SUNDAY,
19/20th JULY, 1980**

at

CRYSTAL PALACE

ALSO

OPEN EVENTS

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

SATURDAY, 19th JULY

Ladies 800m Open — Senior, Inter. & Junior.

SUNDAY 20th JULY

Men's 800m Open — Senior, Junior, Youths, Boys, Colts.

ENTRY FEES: DECATHLON: £1; OPEN EVENTS: SENIOR & JUNIOR MEN, SENIOR & INTER LADIES: 40p; OTHERS: 30p.

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

ENTRIES CLOSE MONDAY, 14th JULY

Men's entries to: The Hon Secretary, S.C.A.A.A., 70 Brompton Road, London SW3 1EE.

Ladies entries to: Mrs Jill Lindsay, 28 Wykeham Hill, Wembley Park, Middlesex.

NAME:

ADDRESS:

Event:

Age Group:

Club:

Best Performance:

I enclose entry fee of:

SAT./SUN., 19th/20th JULY, 1980

ATHLETIC EVENTS

With approximately 20,000 copies going out weekly and an estimated total readership of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £13, ½ page £24, page £45. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

BROMSGROVE & REDDITCH A.C.

REDDITCH ROAD RACES AND RELAYS

Sponsored by
Staffordshire Building Society

SATURDAY, 6th SEPTEMBER, 1980

12.30 p.m.	Road Race (10-11 yrs)	1 ½ miles
1.00 p.m.	Colts (12-13 yrs) Relay	3 x 2 ½ miles
1.45 p.m.	Boys (14-15 yrs) Relay	3 x 2 ½ miles
2.30 p.m.	Youths (16-17 yrs) Relay	3 x 2 ½ miles
3.15 p.m.	Senior Road Race (Vets Awards)	5 miles
(Ages as on 1.9.80)		

Further details: J. D. Robinson, 17 Hennals Ave.,
Wedneath, Redditch, Worcestershire. (S.A.E.).

CLASSIFIED ADVERTISEMENTS

6p per word. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word — prepaid.

TRAINING DIARY. 90p, (B.A.A.B. APPROVED). Starts anytime! Any event/sport! 'NUTRITION', 50p; 'ATHLETICS INJURIES', 50p; 'TEACHING ATHLETICS', 60p. **150-PLUS BAG/CAR STICKERS!** Amusing, Serious; "OLYMPIC REPORT 1976", J. Coote: £1.50/Published: £4 (* = post-paid). Samples, Catalogue (10p S.A.E.): **Arena Publications, 325 High Road, London SW16 3NS.**

RUNNING TO KEEP FIT, by Brian Mitchell, is a "Teach Yourself" paper-back, 95p from all bookshops. Companion volume, **RUNNING TO WIN**, also available.

1980 MECHANICS OF THE POLE VAULT — New edition, Ganslen — £3.50 — **Dr A. T. Neuff, 118 Brownspring Drive, London SE9 3LD.**

SLEEVELESS QUILTED JACKETS. All sizes, zip front £4.95. Kagoules, full zip £3.75, half zip £2.95. Colours — Red, Royal, Navy. All post free. Cheque/P.O. to **Dave Everson, 86 Lumley Road, Walsall, West Midlands.**

WOKING A.C.

YOUNG ATHLETES OPEN MEETING

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

SPONSORED BY FORBUOYS
SUNDAY, 14th SEPTEMBER
commencing 10.30 a.m.

Sheerwater Track, Blackmore Cres., Woking

Colts: 100m, 200m, 400m, 800m, 1500m, H.J., L.J., Javelin.
Minor Girls: 100m, 200m, 800m, 1500m, H.J., L.J., Javelin.
Junior Ladies: 100m, 200m, 800m, 1500m, H.J., L.J., Discus, Javelin, Shot.
Inter. Ladies: 100m, 200m, 400m, 800m, 1500m, L.J., Discus, Javelin, Shot.
Boys/Youths: 100m, 200m, 400m, 800m, 1500m, H.J., L.J., Discus, Javelin, Shot.
Pole Vault: Colts, Boys, Youths and Junior Men.
Opening Heights for High Jump: Mnr. Ladies/Colts 1.10m, Jr. Ladies 1.15m, Boys 1.20m, Youths 1.30m.

TROPHIES AND MEDALS

ENTRY FEE: 25p per event.

Entries to: Mrs C. Fuller, 61 Holly Ave., New Haw, Weybridge, Surrey. Tel. Byfleet 42988. If time table required (when ready) SAE please with entry.

ENTRIES CLOSE 16th AUG. POSTMARK

NAME
ADDRESS
.....
EVENT 1 2 3
AGE GROUP D.O.B.
CLUB
I enclose entry fee of
SUNDAY, 14th SEPTEMBER, 1980

ATHLETIC AWARDS, CLUB BADGES, MEDALS & PRESENTATIONS of EVERY DESCRIPTION; Send for list and full details. **GREENS of OLYMPIC TROPHIES', Astley Lane, Bedworth, Warwickshire. Phone: 0203 312183.**

T-SHIRTS, SWEATSHIRTS, Running Vests printed with your club logo. Top quality, low prices. Send for brochure **NOW to T. S. Design and Marketing, Andil House, Court St., Trowbridge, Wilts.**

AMERICAN STYLE JOGGING SUITS, 92% Cotton, long sleeves, crew neck. Gun metal grey. Small, Medium or Large. £9.95 + 80p P & P. Access/Barclaycard orders welcome by telephone. Reynolds Sports, Dept. AW, 51/52 High Street, Lincoln. Tel. 20339.

RUNNING MAKES YOU BEAUTIFUL — Look even better in a Mr Print-it custom designed Teeshirt, Sweatshirt or Singlet. Minimum order 10. S.A.E. Mr Print-it, 64 Portland Drive, Forsbrook, Stoke-on-Trent, ST11 9AU.

THE CIRCLE — Quarterly magazine for Shot, Discus, Hammer events. Sequences, profiles, news, statistics etc. Two year subscription £3.00. **Max Jones, 7 Rosedale Avenue, Sandal, Wakefield, W. Yorks.**



AVON COSMETICS International Marathon Championship for Women

London, England – Sunday 3 August 1980 – Start: 10.00 am

Under the jurisdiction of the Women's Cross Country Association of England in accordance with the regulations and sanction of the I.A.A.F.

- ★ London's first City marathon race
- ★ The world's top seven women marathon runners invited
- ★ Invited runners from the 30 countries worldwide where Avon Cosmetics are sold
- ★ Unofficial World Championship (the women's marathon has yet to be accepted as an Olympic event)
- ★ Potentially very fast, flat course
- ★ Closed to traffic
- ★ Full television coverage

If you feel able to pit yourself against the full Marathon distance of 26 miles, 385 yards, as well as the best Marathon runners in the world, write for an entry form to

Avon Cosmetics International Running Circuit
Avon Overseas Ltd
Imperial Drive
Harrow
Middlesex
HA2 7JW

Please note: Last date for return of entry forms is 19th July 1980.

Send me entry form(s) for the
Avon Cosmetics International Marathon
Name (Miss/Mrs)
Address

"The inside story"

What to look for in a running shoe.

GENERAL — The shoe should provide cushioning for comfortable easy running, should withstand all-round weather conditions appertaining to the activity and shoe should be washable and tested under extreme conditions.

UPPERS — (Nylon uppers) mould themselves to the foot and can be of one-piece construction — eliminating unnecessary seams.

SOCK LINER — Material should be removeable and washable like the NIKE Permafoam® or Spenco® as well as providing the foot anti-slip features.

ARCH COOKIE — Essential for foot arch support.

HEEL CASE — Should provide snug fit, preventing lateral drift of heel.

MID SOLE — Creates cushioning and heel lift for optimum impact absorbtion.

OUTER SOLE — Choice of sole as well as traction and cushioning requirement.

All these features and many more are standard in all NIKE shoes.

Waffle Trainer II



LDV II



WAFFLE TRAINER II

Uppers Oxford nylon — navy with navy suede toe, lace and heel case. Scarlet swoosh and heel pull finish. White ankle trims.

Sole Black Mini Waffle, bonded two-tone Blue/White flared mid-sole with bevelled heel.

LDV II

Uppers Now in Oxford Nylon as its sister shoe the Elite, navy with suede navy toe, lace and heel case, featuring Canary swoosh, heel pull and ankle trims.

Sole Black Maxi Waffle bonded to twin rubber mid-sole, with bevelled heel section.

'Nike is waiting for you'



RELIANCE SPORTSWEAR LIMITED

Ryburne Mill, Hanson Lane, Halifax,
West Yorkshire HX1 4SE.
Telephone: 0422 62171.
Telex: 517192.



Fully illustrated brochure available on request.

NEW LINE WALLY WAFFLE
Soon to be available
in red with white
swoosh