

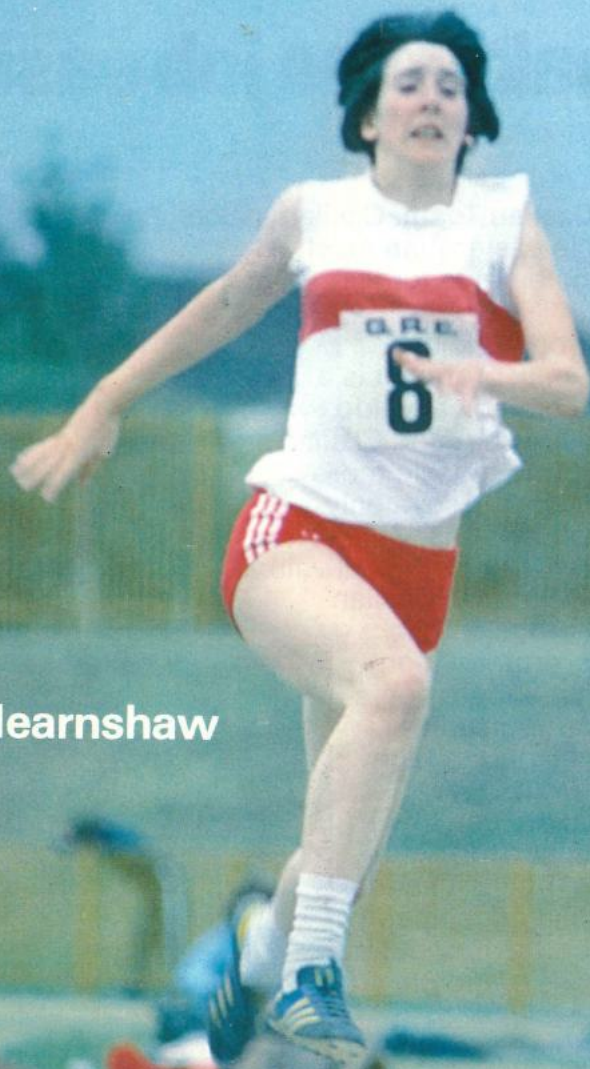
ORLE
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

JUNE 28th 1980

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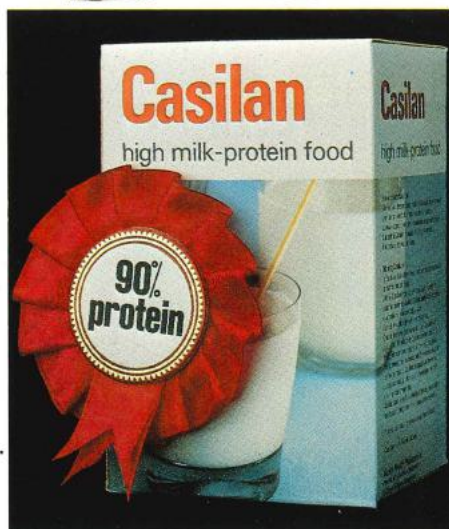
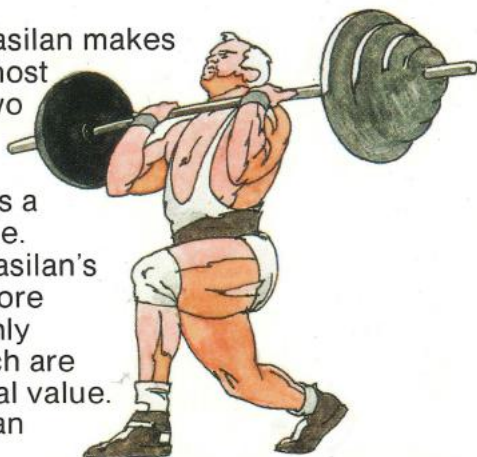
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athletics

weekly

Vol. 34 No. 26

JULY 28th 1980

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COVER PHOTO (By Mike Street)
 UK long jump champion Sue Hearnshaw

THE WEEK AHEAD

Saturday, June 28th: GRE British League (Div. 1 — Meadowbank; 2 — Stretford; 3 — Woodford; 4 — Cleckheaton; 5 — Cwmbran); UK Women's League (Div. 1 — Grangemouth; 2 — Nottingham; 3 — Wolverhampton; 4 — ?); Northern Leagues (Men & Women); Southern League; UK v Sweden v Norway Women's Track Walks International (1st day), Cwmbran; Denmark v Scotland v Ireland International (1st day), Copenhagen; Lily B League, Tooting Bec; Ranelagh Half Marathon, Effingham; Turners Hill Fete '5', Crawley; Whitnash Carnival '4 3/4', Leamington Spa; Stantonbury '6', Milton Keynes; Chalfont Carnival Road Races, Chalfont St. Peter; Sri Chinmoy '7', Hyde Park; Manchester to Blackpool 51 1/2 M Walk; Lambeth Walk, Brockwell Park; Cairngorm Hill Race; Braw Lads Gathering, Galashiels; Hamilton Sports Festival; Irish Schools Interprovincial Match; Belfield; Northern Ireland Champs.

Sunday, June 29th: Denmark v Scotland v Ireland International (2nd day), Copenhagen; UK v Sweden v Norway Women's Track Walks International (2nd day), Cwmbran; National Young Athletes League; Welsh Women's League;

Northern Leagues (Men & Women); Camberley Open Meeting; Dublin v Liverpool Schools Match; Manchester YMCA '20km'; Thurrock '10', Grays; Scottish Champs (JYB), Meadowbank; Lambeth Festival of Road Races, Brockwell Park; West Midlands Cycling & Athletics Festival, Kings Heath; Bradda Fell Race, Isle of Man; Blackheath 100 x 1M Club Relay, Crystal Palace & other venues.

Tuesday, July 1st: Stretford Track League; London Postal Region 9km Walk, Blackheath.

Wednesday, July 2nd. Midland Counties v RAF, Leicester; TVH Open Meeting, West London; BMC Open Graded Meeting, Cwmbran; Woodford Green Open Meeting, Ashton Playing Fields; Rosenheim League Walton; Women's Midweek League, Wimbledon Park; 'Milk In Action' Schools Cup (2nd Round); Black Hill Race, Earlston; Independent Schools National Champs, Birmingham.

Thursday, July 3rd: Army Junior Inter-Unit Team Champs, Aldershot.

Friday, July 4th: British University Champs (1st day), Nottingham; Southern Champs (SY, 1st day), Crystal Palace.

Scottish Championships

At Meadowbank, June 20th/21st

WIND BLOWS WELLS TO 10.05 & 20.11!

THREE UK National Championships, held over from the previous week to help Olympic aspirants double up, were staged during the British Meat sponsored Scottish Championships, but it was Allan Wells — contesting the domestic events — who dominated the meeting. Although the wind, strong even by Meadowbank standards, made life very difficult for anyone having to run into it, the sprinters were able to benefit from the conditions — and Wells took advantage to produce two sprint times that will have reverberated throughout the world: 10.05 for 100m, 20.11 for 200m!

The 200 came first, on the Friday. The wind was blowing at up to 8m/sec at times, and it was cold. According to the calendar it was midsummer but it was one of those evenings when officials out in the open jig about to keep the circulation going and spectators in the stand huddle together for communal warmth. So, although the wind gauge in the straight measured the tailwind at the time of the 200 at 3.7m/sec, the advantage which accrued must have been reduced by the cold. In the circumstances, Wells' performance was a breathtaking one. Running in

lane 2 (he was actually drawn in the sharply curved lane 1 but, with the referee's consent, was allowed to swap with an accommodating opponent), Wells drove hard out of his blocks, swept powerfully around the turn and extended his considerable lead as well as maintaining good form in the straight. His cross-town rival Drew McMaster, legs positively twinkling, never ran better in clocking 20.66 but he was still six metres back at the finish. Peter Little nudged under 21 sec a further 3m behind. Wells' time of 20.11 was the fastest ever by a Briton, surpassing his windy (but warm) 20.12 at the Commonwealth Games, and has been bettered by only two Europeans in the entire history of sprinting: Pietro Mennea and Valeriy Borzov. It ranks him 4th (behind three Americans) on the 1980 world rankings.

The tail wind was stronger (4.9m/sec) but the weather not much warmer the next afternoon for the 100m final. While Wells ambled through his heat in 10.88, Little (10.41) and McMaster (personal best of 10.28) poured it on in theirs, but in the final it was no contest for first place. Wells, better than ever this year at the age of 28 and as good with starting blocks as he was without them

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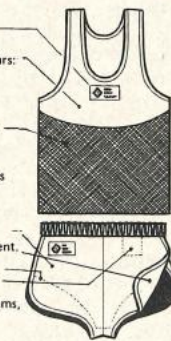
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ALLAN WELLS

Keith Turnbull

(just as well in view of the IAAF ruling that blocks must be used at the Olympics), came home over two metres clear of McMaster in 10.05 — again the quickest ever British clocking, topping by 2/100ths his Edmonton time. In the world this year only James Sanford has run faster. McMaster trimmed his best again, to an excellent 10.27, well ahead of Eddie Cutting and Little.

Wells, who was responsible for one of two breaks in the final ("the starter held us for a long time and I was a bit unstable; it was my first false start for a long time"), pronounced himself very happy with his starting from blocks this year. He was delighted with his times, although at the same time aware that by topping the pre-Moscow ranking lists he would be "a marked man". He added: "I don't think I've done anything fancy; there's a wee bit more to come", and pointed out that for a sprinter to operate even at 99% means there is a metre in hand in the 100.

Ten minutes before his own 100m final, Allan saw his wife Margot retain her Scottish title in a season's best of 11.54. Margot did not compete in the 200 which ended dramatically when Kaye Jeffrey (17) tripped over just five metres short of the finish as she was heading for victory in under 24 sec. The race went instead, in a very close finish, to Wendy Barnes over Yvonne Anderson — the latter, who only turned 15 a few days

earlier, clocking a remarkable 24.21. Other good performances in the women's events came from 16-year-old Susan Brown, high jump winner at 1.75m; Karen Glen (16) who long jumped 6.08m; and Janine MacGregor whose 400m time of 54.98 in the blustery conditions was fine running, especially when one considers that Steve Scutt — running hard — was reduced to a mere 48.37.

Sprinting apart, the best achievements in the men's events included a championship pole vault mark of 4.75m by Dick Williamson (both he and Graham Eggleton attempting 4.92); an unexpected 1500m victory by fast finishing Ian Archibald (with Adrian Weatherhead, now only 3 years away from the veteran ranks, 4th); and an exciting finish to the last event, the 400 hurdles, in which Stan Devine (who has improved from 54.83 to 52.15 this year) just got the better of Norman Gregor. In more helpful conditions both would have gone under 52 sec.

Mel Watman

Results

(a) June 20th, (b) June 21st

100: (b) (+4.9m) 1, A. Wells (ESH) 10.05 (CBP); 2, A. McMaster (EAC) 10.27 (10.28 ht); 3, E. Cutting (W&B) 10.46; 4, P. Little (EAC) 10.48 (10.41 ht); 5, B. Livingstone (EAC) 10.70; 6, F. Rafferty (Clyde V) 10.88 (10.84 ht); 7, A. McDonald (Ayrshire) 10.96; 8, A. Harley (Pit) 10.98 (10.80 ht). Elim: N. Patrick (Perth Strath) 10.85, S. Ritchie (EAC) 10.94.

200: (a) (+3.7m) 1, Wells 20.11 (CBP); 2, McMaster 20.66; 3, Little 20.97; 4, Patrick 21.45; 5, Livingstone 21.53; 6, Harley 21.81; 7, Rafferty 22.04; 8, Ritchie 22.12.

400: (b) 1, S. Scutt (W&B) 48.37; 2, D. Mulherron (Clyde V) 49.80; 3, W. Armstrong (Morp) 49.92; 4, I. Cuthbertson (Pit) 50.30; 5, I. Callander (Edin Un) 50.59; 6, K. Glass (EAC) 51.08 (50.78 ht).

1500: (b) 1, I. Archibald (Glas Un) 3:49.0; 2, S. Markley (Midd & C) 3:49.7; 3, S. Laing (EAC) 3:49.8; 4, A. Weatherhead (EAC) 3:50.4; 5, R. Woods (Dur) 3:51.9; 6, G. Millar (Clydes) 3:53.2; 7, C. Hume (ESH) 3:57.4. In hts: H. Forgie (Law) 3:54.3, A. Douglas (VP) 3:54.6.

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10,000: (a) 1, S. Forster (Sund) 30:16.7; 2, J. Dingwall (Falk. V) 30:38.0; 3, D. Frame (Law) 30:46.0; 4, D. Ellis (Dur Un) 30:51.6; 5, J. Clyne (A'deen) 31:05.3; 6, I. Kerr (Ayrshire) 31:06.5; 7, G. Clark (SVAC) 31:10.4; 8, A. Coutts (Greenock (W'pk) 31:16.9.

3000SC: (b) 1, G. Rimmer (Cambus) 8:54.5; 2, I. Gilmour (Clyde V) 9:01.9; 3, J. Thomson (Living) 9:10.2; 4, R. Murray (Glas Un) 9:24.2; 5, J. Evans (Shett) 9:36.6; 6, N. Jones (EAC) 9:38.2.

110H: (b) 1, A. Sumner (Edin Un) 14.63w; 2, S. McAslan (EAC) 14.83; 3, G. McCallum (Central R) 14.94; 4, A. Erskine (Central R) 15.18; 5, D. Findlay (Pit) 15.23; 6, K. McEwan (Perth Strath) 15.26; 7, I. McEwan (Shett) 15.62.

400H: (b) 1, S. Devine (Edin Un) 52.73; 2, N. Gregor (EAC) 52.76; 3, A. Tarquini (EAC) 53.16; 4, A. Sumner (Edin. Un) 54.99; 5, E. McAslan (EAC) 55.48; 6, D. Thomson (Dund Un) 55.76; 7, K. McEwan (Perth Strath) 55.80; 8, J. Wallace (Fife S) 58.00 (56.88 ht).

HJ: (b) 1, B. Burgess (EAC) 2.05; 2, G. Griffin (Annadale) 2.00; 3, T. Smith (Craw) 2.00; 4, C. Orr (EAC) 1.95; 5, A. Neilson (EAC) 1.90.

PV: (b) 1, R. Williamson (EAC) 4.75 (CBP); 2, G. Eggleton (BRC) 4.60; 3, A. Leiper (AFD) 4.40; 4, D. Hamilton (ESH) 4.08; 5, A. Sosnia (St. And) 3.92; 6, N. Foster (Shett) 3.92; 7, R. Sinclair (ESH) 3.76; 8, N. Williamson (EAC) 3.76.

LJ: (b) (windy) 1, H. Davidson (Falk. V) 7.20; 2, D. Emslie (A'deen Un) 7.10; 3, S. Atkins (W&B) 7.07; 4, R. McKay (Pit) 6.94; 5, K. Lyon (A'deen) 6.72.

TJ: (a) (windy) 1, R. Harkins (Shett) 14.79; 2, G. Gilliatt (Edin Un) 14.67; 3, McKay 14.31; 4, J. Brierley (Ex B) 14.25; 5, Davidson 13.71.

SP: (b) 1, E. Irvine (EAC) 14.50; 2, P. Mardle (EAC) 14.01; 3, N. Atkinson (Anna) 14.00; 4, R. Healey (EAC) 13.18.

DT: (a) 1, K. Christie (ESH) 45.28; 2, Healey 42.60; 3, A. Rankin (ESH) 39.46.

HT: (b) 1, J. Whitehead (W&B) 65.48; 2, I. Chipchase (NSP) 60.62; 3, K. Hutton (Loth) 50.48; 4, L. Nisbet (ESH) 47.92; 5, W.

Gentleman (EAC) 45.42; 6, N. Atkinson (Anna) 43.22.

JT: (b) 1, A. Black (ESH) 67.86; 2, S. Maxwell (Pit) 63.64; 3, D. Scullion (ESH) 61.72; 4, A. Whyte (Fife S) 60.64; 5, F. McCrystal (B'mena) 57.42.

Marathon: (b) 1, G. Laing (A'deen) 2:23:03; 2, C. Youngson (ESH) 2:24:56; 3, A. MacFarlane (Spring) 2:25:39. Fuller details next week.

Women

100: (b) 1, M. Wells (ESH) 11.54w; 2, A. Dalton (Shett) 11.88; 3, W. Barnes (NSP) 12.06; 4, S. MacDonald (Glas Un) 12.13; 5, S. Whittaker (Glas) 12.26 (12.23 ht); 6 eq, D. Black (Inv) & D. Menzies (Pit) 12.34; 8, R. Gaylor (N. Ire) 12.35.

200: (a) 1, Barnes 24.20w; 2, Y. Anderson (Glas) 24.21; 3, Dalton 24.46 (24.45 ht); 4, Whittaker 24.63; 5, A. Reid (EAC) 24.66; 6, G. Spurgin (W&B) 24.78; 7, MacDonald 24.80; K. Jeffrey (Central R) dnf (24.35 ht). Elim: Gaylor 25.24, Menzies 25.30.

400: (b) 1, J. MacGregor (Houn) 54.98; 2, A. Bridgeman (Glas) 55.91; 3, A. Harley (Central R) 56.75; 4, R. Livingston (Liv) 56.99; 5, F. Hargreaves (ESH) 57.37; 6, E. Douglas (ESH) 57.44; 7, M. Hutton (Clyde V) 57.52; 8, F. Anderson (Pit) 58.82; (58.32 ht). Elim: D. Kitchen (A'deen) 58.88.

800: (b) 1, E. McArthur (Falk. V) 2:11.2; 2, C. Lightfoot (Shett) 2:12.0; 3, B. Harvie (A'deen Un) 2:12.6; 4, A. Wright (ESH) 2:13.7; 5, A. McGeown (Pais) 2:18.4; 6, A. Harkness (ESH) 2:20.4 (2:17.6 ht); 7, S. Doyle (N. Ire) 2:22.7 (2:17.8 ht).

3000: (b) 1, V. Duffy (RoI) 9:49.1; 2, C. Price (Bolt) 9:50.8; 3, F. McQueen (Glas) 9:59.8; 4, J. Shepherd (Glas) 10:13.4; 5, S. McLaren (A'deen) 10:15.4; 6, B. Breen (Falk. V) 10:17.0; 7, J. Higgins (Glas) 10:27.6.

100H: (b) 1, L. Scott (ESH) 14.27w; 2, J. Lindsey (Glas) 14.49; 3, J. Rogers (N. Ire) 14.84; 4, E. McKie (Glas) 14.91; 5, C. McKinney (N. Ire) 15.23; 6, M. Spence (Caith) 15.34; 7, C. Anderson (Dund Hawk) 15.75.

400H: (b) 1, C. Walkinshaw (Camb. H) 62.59; 2, L. Dick (ESH) 63.63; 3, C. Hogg (Pit) 63.83 (63.23 ht); 4, M. Southerden (Wyc) 64.28 (63.89 ht); 5, F. Fyfe (ESH) 66.37 (65.59 ht); 6, R. McFetridge (N. Ire) 67.80 (66.16 ht); 7, S. Urquhart (Fife S) 68.00 (65.92 ht); 8, I. Anderson (Glas) 70.59 (65.33 ht). Elim: S. Livingstone (Pit) 66.35, R. Atkinson (N. Ire) 67.04.

HJ: (b) 1, S. Brown (Shett) 1.75; 2, R. Stratton (Craw) 1.75; 3, M. Maguire (ESH) 1.70 (retired after 2 failures at 1.75); 4, W. Phillips (N. Ire) 1.70; 5, S. McPeake (N. Ire) 1.70; 6, R. Pinkerton (Glas) 1.70; 7, A. Leitch (Glas) 1.70; 8, C. McKinney (N. Ire) 1.70; 9, M. Prior (EAC) 1.65; 10, J. Gilchrist (Fife) 1.65; 11, J. Robinson (N. Ire) 1.65; 12, N. Sweeney (ESH) 1.65.

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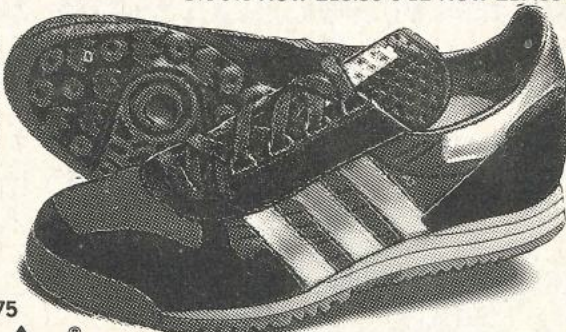


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SCOTTISH WOMEN'S LEAGUE**At Grangemouth, June 8th****Glasgow 516; Shettleston 511; Edinburgh Southern 484; Pitreavie 419; Edinburgh AC 342; Central Region 247.**

100: (A): 1, L. Macdonald (Pit) 11.6; 2, M. Wells (ESH) 11.9; 3, D. Currie (Glas) 12.2. (B): H. Hogarth (ESH) 12.3. 200: 1, Macdonald 24.2; 2, Hogarth 24.4; 3, S. Whittaker (Glas) 25.1. 400: (A): 1, K. Ford (Pit) 56.5; 2, E. Douglas (ESH) 57.2; 3, F. Harding (EAC) 57.3; 4, B. Harvie (Glas) 57.8; 5, A. Reid (Shett) 57.8. (B): 1, F. Anderson (Pit) 57.2; 2, F. Hargreaves (ESH) 57.6. 800: (A): 1, C. McMeekin (Glas) 2:05.5; 2, A. Harkness (ESH) 2:15.1. (B): F. McQueen (Glas) 2:14.3. 1500: (A): 1, C. Lightfoot (Shett) 4:28.9; 2, Y. Murray (EAC) 4:34.0; 3, J. Shepherd (Glas) 4:39.7. (B): S. Morris (Shett) 4:37.1. 3000: (A): 1, A. Wright (ESH) 9:33.5; 2, B. Harvie (Glas) 9:40.4. (B): 1, V. Blair (ESH) 10:11.4; 2, J. Higgins (Glas) 10:19.7. 100H: (A): 1, L. Scott (ESH) 14.3; 2, J. Lindsay (Glas) 14.3; 3, L. Stephen (Shett) 14.6. (B): 1, E. McKie (Glas) 15.0; 2, S. Brown (Shett) 15.2; 3, F. Fyfe (ESH) 15.5. 400H: (A): 1, C. Hogg (Pit) 61.3; 2, Fyfe 63.3; 3, I. Anderson (Glas) 65.6. (B): Scott 63.8. 4x100: 1, ESH 47.4; 2, Pitreavie 48.8; 3, Glasgow 49.3; 4, Shettleston 49.4. 4x400: 1, Pitreavie 3:50.7; 2, ESH 3:52.0; 3, Glasgow 3:56.6. HJ: S. Brown (Shett) 1.70. LJ: 1, S. Hay (ESH) 5.84; 2, L. Watt (Shett) 5.50. SP: 1, S. McDonald (Pit) 12.17; 2, C. Vance (Glas) 11.57;

3, M. Maguire (ESH) 11.07. DT: 1, (A): McDonald 42.86; 2, Vance 40.80; 3, K. Lynch (EAC) 37.20; 4, L. Robertson (ESH) 35.38. (B): C. Cameron (Glas) 35.28. (Inters): 100: (A): Y. Anderson (Glas) 12.2. (B): A. Bridgeman (Glas) 12.4. 200: (A): 1, Bridgeman 24.7; 2, D. Menzies (Pit) 25.4. (B): Anderson 25.1. 800: (A): 1, L. MacDougall (Glas) 2:13.5; 2, A. Everett (Shett) 2:15.0; 3, S. Walker (ESH) 2:18.1. (B): C. Neville (Glas) 2:19.2. 80H: 1, K. Murdoch (Shett) 12.0; 2, A. Gillespie (Glas) 12.0. 4x100: Glasgow 49.2. SP: L. Marshall (Glas) 10.10. (Juniors): 100: 1, C. Candlish (Pit) 12.6; 2, G. Bain (Shett) 12.7. 200: 1, Candlish 25.4; 2, C. Gardiner (Glas) 26.2. 75H: (A): 1, R. McLeod (Glas) 12.1; 2, D. Timmons (Shett) 12.1. (B): 1, J. Duncan (Shett) 12.1; 2, N. Deakin (Glas) 12.1. HJ: L. McQuarrie (Glas) 1.57. (Girls): 800: M. Anderson (EAC) 2:23.1.

OTHER SCOTTISH RESULTS

Scottish & North-Western League, at Meadowbank (May 18th). Div. 1: 200: 1, G. McCallum (Cen. R) 21.9; 2, A. Harley (Pit) 22.0. 3000: D. Frame (Law) 8:15.2. PV: C. Faulder (Bord) 3.70. JT: S. Maxwell (Pit) 65.44. (Youths): 200: S. Gold (Ayr) 22.6. (Boys): 1500: D. Russell (Law) 4:13.2. HJ: A. Edgar (Bord) 1.75. (Women): 200: K. Jeffrey (Cen. R) 25.2. SP: S. McDonald (Pit) 11.54. (Juniors): 800: 1, C. Candlish (Pit) 2:19.7; 2, J. Uren (Bord) 2:20.0. Div. 2: 3000: J. Brown (CV) 8:14.9. (Youths): 800: D. Gray (Ayr S) 1:58.5. (Boys):

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COUNTY CHAMPIONSHIPS

GREATER MANCHESTER

At Stretford, May 18th

100: 1, D. Edge (Sale) 12.0; 2, M. Massie (Sale) 12.2. 200: 1, Edge 24.8; 2, Massie 25.3. 400: 1, V. Bowbotham (Sale) 56.6; 2, J. Corry (Bol) 57.7; 3, B. Butcher (Bury) 58.1. 800: 1, J. Asgill (Stret) 2:08.5; 2, L. Driver (Sale) 2:10.4; 3, H. Waterhouse (E. Ches) 2:12.1; 4, M. Hendley (Bol) 2:13.8. 1500: 1, J. Davidson (Sale) 4:29.5; 2, S. Simpkin (Sale) 4:29.8; 3, C. Price (Bol) 4:33.3; 4, S. Walker (Sale) 4:37.2. 100H/LJ: L. Beeley (Stret) 15.1/5.48. 400H: 1, G. Parry (Bury) 62.2; 2, D. Markendale (Stock) 62.5; 3, J. Graham (Stret) 65.0. HJ: 1, G. Hitchen (Wig) 1.80; 2, J. Frost (Stret) 1.66. SP: 1, N. Njoku (Stret) 13.38; 2, E. Jackson (Stret) 11.71. DT: 1, Njoku 41.00; 2, A. Porter (Sale) 36.12. JT: 1, D. Royle (Stret) 48.22; 2, Njoku 40.70; 3, A. Johnson (Sale) 37.04. 4 x 100: Sale 48.6. (Inters): 100: 1, A. Keegan (Wig) 12.2; 2, P. Dunn (Stret) 12.3; 3, T. Taylor (Sale) 12.5; 4, D. Anderson (E. Ches) 12.5. 200: Keegan 25.4. 400: 1, S. Peak (Stret) 58.4; 2, B. Taylor (E. Ches) 58.8. 800: A. Taylor (Stock) 2:19.9. 1500: 1, B. Brown (Sale) 4:41.3; 2, J. McLean (Stret) 4:41.6; 3, F. Keyte (Man) 4:42.8; 4, M. Drath (Ashton) 4:45.2; 5, J. Bacon (E. Ches) 4:47.7; 6, S. Kenyon (Bol) 4:49.5. 80H: 1, D. Griffiths (E. Ches) 12.1; 2, S. Harris (Stret) 12.2; 3, S. Preece (Stret) 12.2. 200H: 1, Harris 29.8; 2, Griffiths 30.7. 400H: 1, Peak 66.9; 2, P. Sutherland (Bury) 68.0. HJ: 1, S. Watson (O&R) 1.66; 2, M. Cropper (Ashton) 1.63; 3, S. Portman (Stret) 1.60. LJ: D. Anderson (E. Ches) 5.41. SP: 1, D. Winstanley (Stret)

SCOTTISH RESULTS continued

800: A. Currie (Dumb) 2:00.4. HJ: G. Moffatt (Fife S) 1.75. (Women): 200: S. McDonald (Ayr S) 24.8.

Lanarkshire County 10M Road Champs, at Rutherglen (May 20th). 1, D. Frame (Law) 51:13; 2, D. Gunstone (EAC) 53:46; 3, J. Ash (Garn. V-V) 54:45; 4, R. Ronald (E. Kil) 55:02; 5, G. Getty (Strath. U) 55:07.

Central Region AC Club Champs, at Grange-mouth (May 21st). (Juniors): 110H: G. McCallum 15.2. (Women): 400H: S. Malcolm 67.2.

Scolty Hill Race, at Banchory (June 8th). 1, F. Clyne (A'deen) 31:11; 2, C. Donnelly (A'deen U) 31:46; 3, G. Milne (A'deen) 31:56; 4, A. Smith (Forr) 32:11; 5, M. Edwards (A'deen) 32:55; 6, R. Mitchell (A'deen U) 33:11; 7, D. McLean (Forr) 33:37. Teams: 1, Aberdeen 9; 2, Forr 19. (Vets): 1, J. Morrison (A'deen) 35:42; 2, I. Morrison (A'deen) 37:42. (Women): G. Ingham (Edin. U) 48:23.

11.09; 2, D. Watson (Stret) 10.29; 3, H. Clough (Sale) 10.01. DT: Clough 31.16. JT: 1, J. Harding (E. Ches) 41.54; 2, D. Connell (Sale) 33.16. 4 x 100: 1, E. Cheshire 50.5; 2, Sale 50.5; 3, Stretford 50.5. (Juniors): 100: 1, E. Kessebeh (Bury) 12.2; 2, C. Yates (Stret) 12.5; 3, A. Nestor (Sale) 12.6. 200: 1, Kessebeh 25.5; 2, Nestor 25.8; 3, M. Watson (Sale) 26.0. 800: 1, D. Edwards (Sale) 2:17.2; 2, M. Dineen (Sal. M) 2:17.6. 1500: 1, R. Adshead (Stock) 4:46.6; 2, A. Rowson (Bury) 4:47.9; 3, C. Donegan (Stret) 4:51.6; 4, F. Cooper (Sale. M) 4:53.0; 5, J. Gough (Leigh) 4:53.8; 6, B. Ely (Sale) 4:54.5. HJ: 1, C. Woolley (Ashton) 1.65; 2, J. Sharples (Bol) 1.55.

SOUTH YORKSHIRE

At Cudworth, May 31st

100: G. Watts (Hick) 11.0. (Women): 400/100H: S. Morley (Hick) 56.6/15.2. 800: J. Pearson (Sheff) 2:14.3. 2000W: B. Lupton (Unatt) 10:13.5. (Inters): 200: H. Thorpe (Hallam) 25.9. 800/1500: K. Barringham (Hallam) 2:16.5/4:48.6. 80H: L. Roper (Hallam) 11.9. HJ: J. Potter (Hallam) 1.60. (Juniors): 1500: V. Sowerby (Sheff) 4:52.9. JT: G. Major (Hallam) 36.16.

The Salford Harriers Mather & Platt Gala Day '6', advertised in last week's 'AW' will take place on Sunday, July 20th and not as advertised.

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Dave Moorcroft Decides: It's The 5000

DAVE MOORCROFT, Commonwealth champion and European bronze medallist at 1500, will run the 5000 in Moscow. A few weeks ago he said he would win the Olympic trials at both events and then make a decision — and that's just what he did. One week after his triumph in the UK 1500 championship at Crystal Palace, he completed an admirable double by sprinting to victory in the 5000 championship at Meadowbank last Saturday in 13:41.8. The exceedingly windy conditions made fast times impossible in this event, or the two other UK championships deferred for a week: the 800 and women's 1500.

There were 30 starters from an original entry of 41, and of the men with a realistic chance of gaining an Olympic team place only one — Julian Goater (top of the UK rankings with 13:21.9) — was missing. The early pace set by Nat Muir was quite brisk in the circumstances (2:44 at 1000, 5:29 at 2000) but not surprisingly the tempo slowed considerably on the third kilometre, which took 2:53. Moorcroft edged ahead after eight laps, with Barry Smith in close attendance, and the speed pepped up. Smith and Moorcroft, running practically abreast, passed 4000 in 11:09 with a horde of runners close behind but when Smith injected a 62.3 penultimate lap only Nick



Dave Moorcroft wins the UK 1500m title the previous week from Graham Williamson and Dave Warren (27).

Bob Sly

BELGRAVE HARRIERS

29th Annual

20 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SPONSORED BY "CHARRINGTONS"
at Wimbledon Common

ON SATURDAY, JULY 19th, 1980
at 3 p.m.

The Race will incorporate the Surrey County Championship and the Inter-Counties Championship.

LADIES RACE ALSO IN CONJUNCTION

Open Race: Prizes to 1st 3 Individuals, 1st Newcomer to 20 Miles, 1st Vet O/40, O/50, 1st Newcomer to Belgrave 20. 1st 3 Teams (6 may run, 3 will score).

Ladies Race: Prizes according to entry.

Surrey Championship: County Medals to 1st 3 Individuals and 1st 3 Teams (6 may run, 3 will score).

Entries as follows: ALL to enter Open Race, fee 60p per Individual, no additional team fee. Surrey Championship, 15p per Individual, in addition to the above, or 75p per team (6 may enter, 3 will score).

Send to: D. Crookes, 209 Lynmouth Avenue, Morden, Surrey SM4 4RX. (Tel. 01-330 0132).

CLOSING DATE 9th JULY, 1980

Please send S.A.E. if acknowledgement is required. Inter-Counties details from C. Robinson, 27 Field Rise, Littleover, Derby. (Tel. 0332 767688).

Changing at Belgrave Hall, Denmark Rd., Ridgway, Wimbledon SW19 4PG. (5 min jog to start).

Rose, Moorcroft and Geoff Smith were able to go with him. At the bell five metres covered the four of them, with Steve Jones next a dozen metres back and such fancied names as Steve Binns, Nat Muir and Mick Morton out of the running for a high placing.

Both Rose and Moorcroft chose the same moment to accelerate against the wind along the backstraight, and it was Rose who gained an initial advantage. Nick gave it all he had rounding the final bends, opening up a 5m gap over Moorcroft, but he had no answer when Dave struck hard entering the finishing straight. Moorcroft covered the last lap in 57.6, the final 800 inside 2 minutes, for a well merited win having done his fair share of the leading.

Rose ran an unusually passive race, except for his bold dash on the last lap, but that was perfectly understandable considering he was still recovering from the virus infection of the throat which had caused him to drop out of the previous week's 10,000. His was really a tremendous run, fully deserving of Olympic selection after his earlier misfortune. Smith (Barry) held off Smith

(Geoff) for third place, followed by the Welsh duo of Dave James and Steve Jones.

Three Olympic places were available in the 5000, only one in the 800 in view of the prior claims of Seb Coe and Steve Ovett. The favourite to fill that vacancy must have been Garry Cook (best of 1:45.9) after his astonishing 400m breakthrough the week before, but on the day he was nowhere, finishing 6th in the final some 20m behind the winner. That was Dave Warren, who came up with the most convincing run of his career just when it mattered. Always well placed, Warren was second at the bell — reached by Steve Caldwell five metres ahead in 54.1 — and closed up on the pace-setter along the back straight. Warren, 3rd in the 1500 trial, took the lead with 200 to go (81.9) and produced such a burst of speed that in no time he was 7-8m up. He never faltered and at the finish he was 10m clear of Paul Forbes in 1:48.6, excellent time in that weather. Steve Cram, who had set a magnificent 1500 personal best of 3:37.3 two days earlier in Bergen (beating Nyambui, 3:38.5), stormed from 5th to 3rd in the closing stages, but his rival for the third Olympic 1500 team place, Graham Williamson, was subdued by a cold and trailed home last in outside 2 min.

The women's 1500 resulted in an equally decisive win for Jo White (19) who, one hopes, is now over the various injuries that have held her

back over the past two seasons. She made a very cautious start, running last for the first two laps as Hilary Hollick led past 800 in 2:23.5. Already one of the strongest contenders was out of the race: poor Janet Marlow (Britain's fastest this year at 4:09.0) hit the kerb while tightly hemmed in on the bend after less than 600m, and injured an ankle. Jo began to move up on the third lap and took the opposition by surprise as she accelerated hard some 20m before the bell. She quickly opened up a 20m lead, and held on to all of it as Wendy Smith chased after her to no avail. Jo clocked 4:19.5, having covered the last lap in 62.3 and the final 800 in under 2:12. Hilary Hollick closed fast at the end to narrowly miss catching Wendy Smith, and could have a good 3000 in her this season.

M.W.

(a) June 20th, (b) June 21st

800: (Heats, a; 1st 2 to final). **Ht 1:** 1, S. Larder (TVH) 1:53.0; 2, G. Cook (W&B) 1:53.0; 3, C. McGeorge (Cocker) 1:53.2; 4, A. Mottershead (Stret) 1:53.4; 5, R. Benn (Croy) 1:53.4; 6, K. Rothwell (Stret) 1:55.9; 7, D. Kirk (Dumb) 1:57.4. **Ht 2:** 1, D. Warren (E&E) 1:52.2; 2, M. Edwards (W&B) 1:52.6; 3, J. Spooner (B'ht) 1:53.3; 4, C. Sly (Houn) 1:54.7; 5, S. Evans (Bris) 1:56.2; 6, J. Wilson (E&E) 1:56.4; 7, T. Young (Cen. R) 1:59.1. **Ht 3:** 1, P. Forbes

Continued on page 54

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(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
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World Class 400's

Right: David Jenkins wins the UK 400m championship in 45.29, with Alan Bell (3) 2nd in 45.80 and Dick Ashton (2) 7th in 46.78.

Below: The end of one era and the start of another. Linsey Macdonald breaks the UK record of Donna Hartley (9) with a sparkling 51.16 as she beats Joslyn Smith (51.47), with Michelle Probert (14) 3rd in 52.31.

All-Sport/Bob Martin



NATIONAL YOUNG ATHLETES LEAGUE (Midland Division At Derby, June 8th

Tipton 406½; Newcastle 328; Bromsgrove & R 323; Warley 308½; Shrewsbury 302½; Derby 276; Sutton in Ashfield 231; Stafford 182.
(Youths): HT: K. Smith (Tip) 48.50.

EASTERN YOUNG ATHLETES LEAGUE At St. Ives, June 15th

Luton 502; Huntingdon 382; Southend-on-Sea 358; Lowestoft 216; Tendring 159.
(Youths): DT: T. Izatt (Hunt) 43.38. (Junior Women): 75H: C. Donald (Lut) 12.1.

BOGNOR REGIS & CHICHESTER A.C.

OPEN MEETING

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

SATURDAY, JULY 12th, 1980

Hawthorn Road Rec. Ground, Bognor Regis

Events: 100m, 200m, 800m — All ages Men & Women
Long Jump — All ages Men & Women Discus
— All ages Men, Junior, Inter and Senior Women.

1500m — Senior Men & Relays.

Entry Fee: 10p per event on the day.

Olympic Team is 67-strong

EARLIER FEARS that Britain's Olympic athletics team might be severely cut in numbers proved groundless when the BAAB announced that the team would comprise 41 men and 26 women, with the possibility of further names being added by the deadline of July 6th if justified.

The most controversial selections are in the 5000 and steeplechase, where the fastest UK performers of the year, Julian Goater (13:21.9) and Gordon Rimmer (8:26.6), have failed to win places in the team. Goater did not run in last Saturday's 5000 trial and the selectors have opted to pick the first three home: Dave Moorcroft, Nick Rose and Barry Smith. That result weighed more heavily with them than the race in Louvain where Goater finished ahead of Smith (13:24.7). It was in the same Belgian meeting that Rimmer clocked his best steeplechase time but a disappointing run in the trials (where he placed 5th) led again to the selectors picking the first three home on that occasion. The decision to pick only one walker — Ian Richards (50km) — is a reflection of the widening gap between British and world standards in this department although it's a pity that our athletes are being penalised for attempting to adhere to the rules while others pay them scant regard.

There are still some ifs and buts about the team. Drew McMaster and Cameron Sharp have fast wind-assisted 100m times to their credit but can run in the individual event only if they achieve wind-free qualifying times by July 6th. There is still one 400m place open, as there is so little to choose from a number of men after David Jenkins and Alan Bell; while Graham Williamson and Steve Cram will be required to run off for the distinction of accompanying Seb Coe and Steve

Ovett in the 1500. If Williamson has recovered from his cold in time the race in question would be at this Friday's Talbot Games. Fatima Whitbread has been named with Tessa Sanderson for the javelin but must prove her fitness at the July 13th Amoco Games by consistently throwing over the Olympic standard. Janet Marlow, in tears after her unhappy race at Meadowbank, is our sole representative in the 1500 but trial winner Jo White could join her if she runs a sufficiently fast time in the next week. Chris Benning, training again after a knee injury, was not available for selection although she may try to make the team for the World 3000 Championship in Sittard.

M.W.

THE TEAM

100: Allan Wells, plus Drew McMaster & Cameron Sharp subject to reaching qualifying standard by July 6th; **200:** Mike McFarlane, Sharp, Wells; **4x100:** from Steve Green, Trevor Hoyte, McFarlane, McMaster, Sharp, Wells; **400:** Alan Bell, David Jenkins, A. N. Other; **4x400:** from Bell, Glen Cohen, Mel Fowell, Jenkins, Rod Milne, Terry Whitehead; **800:** Seb Coe, Steve Ovett, Dave Warren; **1500:** Coe, Ovett, A. N. Other (Steve Cram or Graham Williamson); **5000:** Dave Moorcroft, Nick Rose, Barry Smith; **10,000:** Brendan Foster, Mike McLeod, Geoff Smith; **Mar:** Dave Black, Bernie Ford, Ian Thompson; **3000SC:** Roger Hackney, Colin Reitz, Tony Staynings; **110H:** Wilbert Greaves, Mark Holtom; **400H:** Gary Oakes; **HJ:** Mark Naylor; **PV:** Brian Hooper; **TJ:** Keith Connor; **SP:** Geoff Capes; **HT:** Chris Black, Paul Dickinson; **JT:** Dave Ottley; **Dec:** Brad McStravick, Daley Thompson; **50kmW:** Ian Richards. No selections for LJ, DT and 20kmW.

Women's 100 & 200: Heather Hunte, Sonia Lannaman, Kathy Smallwood; **4x100:** from Wendy Clarke, Bev Goddard, Hunte, Lannaman, Andrea Lynch-Saunders, Smallwood; **400:** Joslyn Hoyte-Smith, Linsey Macdonald, Michelle Probert; **4x400:** from Verona Elder, Donna Hartley, Hoyte-Smith, Macdonald, Janine MacGregor, Probert; **800:** Chris Boxer; **1500:** Janet Marlow; **100H:** Lorna Boothe, Shirley Strong; **HJ:** Louise Miller; **LJ:** Sue Hearnshaw, Sue Reeve; **SP:** Angela Littlewood; **DT:** Meg Ritchie; **JT:** Tessa Sanderson, Fatima Whitbread (subject to fitness); **Pent:** Judy Livermore, Sue Longden, Yvette Wray.

DIARY DATE

NEWBURY ATHLETIC CLUB

NIAS "10" ROAD RACES

Formerly Nias Newbury Nine
(Under A.A.A. & W.A.A.A. Laws)

Sunday, 5th OCTOBER, 1980, 3 p.m.

Revised, accurate 10 mile course

Over £100 Prizes to Inds, Vets, Ladies & Teams.

Full details in AW later, or from Mr A. Kilberry, 8 Beverly Close, Thatcham, Berks.

CANNOCK CHASE

YOUNG ATHLETES MEETING

YOUTHS	INTER LADIES
BOYS	JUNIOR LADIES
COLTS	MINOR GIRLS

SUNDAY, 24th AUGUST, 1980

Forms & entries: D. G. Bushnell, 3 Brendon Close, Weeping Cross, Stafford, Staffs. ST17 0BJ. (Tel: Stafford 59754).

JOYCE BREAKS MARATHON RECORD

Joyce Smith broke the Commonwealth marathon best with a time of 2:33:32 at Sandbach last Sunday, which ranks her 3rd on the world all-time list behind Grete Waitz (2:27:33) and Joan Benoit (2:31:23). Trevor Wright won the men's section in 2:13:45. Michelle Probert won over 400 in 51.83 at Graz last weekend.

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Results In Brief

April 19th

Milton Keynes Road Relay. 1, Sparkhill (R. O'Hara 14:02, D. Tierney 13:56, A. Laukam 14:09, S. Rayner 14:27, J. Thornbury 13:59, J. Butlin 13:56) 84:15; 2, Milton Keynes 85:25; 3, Vale of Aylesbury 89:48. **Fastest:** I. Stewart (Mil K) 13:06.

May 3rd

Wrekin Fell Race. 1, J. Wild (Cos) 34:27; 2, M. Short (Horw) 35:51; 3, T. Davies (AF&D-V) 36:33; 4, A. Adams (Staffs M) 36:55; 5, M. J. Bishop (Staffs M) 37:09; 6, A. Darby (Sale) 37:20; 7, M. A. Bishop (Staffs M) 37:51; 8, M. McGann (E. Ches) 37:52; 9, R. Pearson (Dark P) 38:07; 10, R. Boswell (Lochaber) 38:11; 11, D. Jackson (Tel) 38:13; 12, I. Crilly (Bol) 38:15; 13, J. Bigham (Cos) 38:17; 14, A. Styran (Holm) 38:41; 15, K. West (W&B) 38:42. **Teams:** 1, Staffs Moorlands 16; 2, Aldershot F&D 46; 3, Telford 59; 4, RAF Cosford 59. **(Women):** 1, J. Pearson (Sheff) 45:18; 2, J. Lochhead (A&SV) 46:12; 3, G. Pile (Man) 51:02; 4, A. Bland (Ken) 54:12.

Ercall Hill Races. (Youths): 1, M. Flint (Tel)

11:33; 2, M. Bradshaw (Ross) 11:51; 3, A. Yates (Tel) 12:00; 4, C. Bucknall (Stret) 12:07; 5, J. Payne (Shrew) 12:21. **Team:** Telford. **(Boys):** 1, D. Robinson (E. Ches) 12:21; 2, P. Field (Glouc) 12:30; 3, A. Soper (Vaux) 12:33. **Team:** Westbury. **(Colts):** 1, J. Holloway (Bir) 12:41; 2, P. Downes (Bir) 12:42; 3, N. Smith (Bir) 12:43. **Team:** Birchfield.

May 7th

Bucks Midweek League, at Windsor. 3000: P. Standing (WS&E) 8:07.3. SP/DT: N. Griffin (WS&E) 14.15/50.86.

May 17th

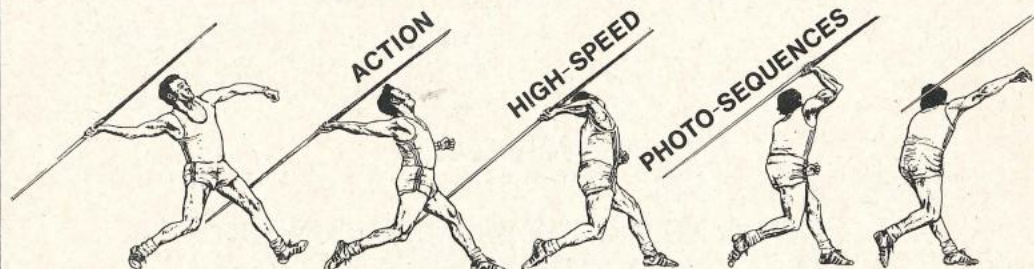
S. Glamorgan Champs, at Barry. HT: D. Window (Rhon) 49.20. **(Inters):** 400: B. Preece (B&V) 59.0.

May 17th/18th

Avon County Champs, at Bristol. 400: S. Bennett (Bris) 49.6. **(Women):** 1500: C. Bradford (Cle) 4:38.5.

May 20th

N. Yorks & S. Durham League, at Middlesbrough. 800: A. Morrell (M&C-J) 1:53.2. **(Boys):** 1500: M. Peevor (M&C) 4:09.9. **(Junior Women):** 1500: M. Kell (M&C) 4:49.2.



NEW!! ATHLETICS ACTION SEQUENCES IN COLOUR ON SLIDES

by Howard Payne (Official photographer to the AAA, BAAB and IAAF)

Available for the first time is this ideal coaching and teaching aid — action sequences of the world's best athletes (Nehemiah, Moses, Volkov, Myricks, Beyer, Oerter, Riehm, Mills, Brill, Jahl, Fuchs, etc., etc.) on 35 mm colour slide transparencies. Better than cine film for 'stopping' the movement, these sequences have been shot at speeds up to 45 pictures per second with exposure times as fast as one two-thousandth of a second, and selected frame by frame to show the essential positions throughout a stride cycle in running, a hurdling action, technique in a throw, etc. (The number of slides per sequence varies according to the event but an average is 20, for which the price is £8.65, including plastic wallet, postage, etc.).

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For details of the sequences on slides and on posters send a stamped, self-addressed envelope to Howard Payne, 48 Upland Road, Selly Park, Birmingham B29 7JS.



Gary Taylor (Borough of Hounslow), whose 1500m time of 3:45.6 at Cwmbran on May 26th is a UK (and possibly world) age-16 best.

Anthony Taylor

May 26th

Yeovil Bank Holiday Games. HJ: 1, A. Bedford (S&E) 2.00; 2, B. Jewers (B'stoke) 1.95. PV: 1, P. Lovell (Sy. B) 4.20; 2, B. Tonkin (Ply) 4.00. DT: 1, W. Ridewood (Yeo) 41.36; 2, D. Barton (Ply) 40.86. HT: 1, E. Berry (Yeo) 56.10; 2, A. Bilous (Glouc) 47.32. 3000W: 1, S. Maidment (Stey) 13:21; 2, K. Baker (Wey) 13:43. (Youths): PV: J. Lewis (Coll) 3.80. (Women): HJ: C. Howarth (B'mth) 1.65. SP/DT: L. Mallin (Torb) 12.45/49.52. (Juniors): HJ: J. Aplin (Yeo) 1.57. SP/JT: J. Abel (Yeo) 10.11/35.68.

May 28th

Open Women's High Jump Competition, at Hendon. 1, A. Devally (Bed) 1.80; 2, L. Matthews (Bed) 1.65.

June 1st

Michelin '10', at Stoke. 1, C. Mattock (W&B) 48:29; 2, J. Wigley (Inv) 48:35; 3, T. Wright (W&B) 48:59; 4, B. Bowler (Staffs M) 49:19; 5, J. McLaughlin (Dunc) 49:23; 6, M. Brameld (Inv) 49:42; 7, R. Sinclair (Sheff) 49:49; 8, M. Bishop (Staffs M) 49:53; 9, J. Atkin (A&SV) 50:28; 10, G. Dugdale (TVH) 50:39. Teams: 1, Staffs

Moorlands 29; 2, Sheffield 41; 3, Manchester 46. (Vets): 1, L. Carroll (Wirr); 2, J. O'Brien (Bridge); 3, G. Entwistle (Man). (O/50): E. Kirkup (Roth). (Women): 1, C. Readdy (Stoke) 59:15; 2, A. Tamplin (Harl); 3, J. Pearson (Sheff).

Midland Women's League, at Cannock. 100: 1, C. Smart (Car) 12.2; 2, L. Fraser (Rug) 12.3. 200: Smart 25.1. 400: L. Baker (Cov) 56.8. 100H: 1, B. Malpass (Cov) 15.1; 2, R. Law (Leic) 15.4. 400H: M. Wiltshire (West) 66.8. SP: 1, E. Reid (Cov) 11.43; 2, A. George (Cann) 10.96. DT: E. Hindley (Cann) 35.98. (Inters): 80H: 1, L. Parry (Cov) 12.0; 2, J. Langston (Cann) 12.2; 3, S. Brown (Leic) 12.3. (Juniors): 100/200: S. Clarke (Leic) 12.7/26.3. SP: L. Angulatta (Car) 10.29. 4 x 100: Coventry 52.5.

1:47.3 800m By Garry Cook

June 3rd

Stretford Track League. BMC 800: 1, G. Cook 1:47.3; 2, K. Rothwell 1:49.8; 3, S. Cahill 1:50.6. 3000: G. Harvey 8:02.0.

June 4th

Birkenhead Park Road Races. 1, H. Jones (Liv. U) 23:38; 2, K. Best (Bol) 24:02; 3, E. White (Liv) 24:11; 4, C. Taylor (A&SV) 24:26; 5, M. Flynn (Liv. P) 24:32; 6, E. Arrowsmith (Liv) 24:49; 7, G. Richards (Wirr) 24:59; 8, R. Brown

G.E.C. (Whetstone) Sports & Social Club

4th Annual

GALA DAY OPEN 10 MILE ROAD RACE

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

Start at 3.00 p.m.

ON SUNDAY, 24th AUGUST, 1980

Sponsored by G.E.C. Gas Turbines Ltd.,
G.E.C. Reactor Equipment Ltd. &
Nuclear Power Co. Ltd.

Prizes: 1st, 2nd and 3rd Individuals, 1st and 2nd Teams (3 per team). 1st G.E.C. (Whetstone Club Runner). 1st Lady.

TOTAL VALUE OF PRIZES £180

Entry Fees: All Individuals 50p. No Team fee. S.A.E. for acknowledgement. Entries on day £1.00.

CLOSING DATE 18th AUGUST

Cheques & P.O.'s payable to: G.E.C. (Whetstone) Sports & Social Club.

Entries to: '10 Mile Road Race', The General Secretary, G.E.C. (Whetstone) Sports & Social Club, Cambridge Road, Whetstone, Leics. LE8 3LH. Start/Finish & Changing Rooms are at the G.E.C. Social Club.

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

(Liv. P) 25:06. (Vets): 1, E. Isaacs (Wirr) 26:14; 2, T. Harper (Wirr) 26:16; 3, M. Morrell (Wirr-O/45). (O/50): S. Smith (Liv. P) 28:38. (Boys): 1, A. Holloway (EP) 9:37; 2, N. Tozer (Wirr) 10:14; 3, R. Lester (EP) 10:17. (Colts): P. Johnson (Wirr) 10:22.

Brynmawr Carnival '67. 1, M. Lane (Newp) 31:22; 2, M. McGeoch (Unatt) 31:55; 3, J. O'Brien (Bridge-V) 33:00; 4, S. Games (Gil) 33:20; 5, N. Adams (Swan) 33:29; 6, R. Atkinson (Unatt) 33:30. Teams: 1, Bridgend YMCA 23; 2, Newport 43.

June 7th

S. Yorkshire Schools Champs, at Cudworth. (Snr. Boys): 5000: M. Chorlton 14:49.3. (Inters): DT: T. Atkin 42.64. (Juniors): 800: D. Battersby 2:06.3. LJ: G. Reynolds 5.97. TJ: E. Barrows 12.67. 4x100: Sheffield 47.7. (Snr. Girls): 800: J. Walker 2:14.5. 100H: K. Morley 14.9. 400H: A. Higgins 66.6. (Inters): 800: K. Barringham 2:13.1. 80H: 1, L. Roper 11.6; 2, M. Allott 11.7. HJ: J. Potter 1.65. SP: Y. Hanson-Norty 11.22. JT: C. Bennett 36.12. 4x100: Sheffield 50.3. (Juniors): 100: H. Braisby 12.7. 200: G. Hayes 25.8. 800: H. Gent 2:18.7. 1500: A. Gibson 4:52.1. JT: G. Major 36.72. 4x100: Rotherham 51.4.

University '10', at Coventry. 1, A. Holden (Tip) 49:04; 2, T. Wright (W&B) 49:07; 3, P. Kemp (Notts U) 49:48; 4, A. Kean (Der) 50:38; 5,

SILVERSTONE GRAND PRIX

Over 2000 runners took part in the Silverstone Athletics Grand Prix on the Northamptonshire motor racing circuit on May 4th, enabling £250 to be raised for British Olympic Association funds. Andy Catton ran the fastest 3M lap of the Grand Prix circuit (13:42, close to Tony Simmons' 1979 record of 13:37) in helping Ilford win the club relay race. Fastest lap in the competitive joggers' relay was 15:03 — which is some jogging! The organisers, Silson Joggers AC, have applied to stage one of the AAA national road relays on the circuit next year.

Men's Relay (6x3M): 1, Ilford 1:27:04; 2, Sparkhill 1:27:41; 3, Luton 1:30:16. Fastest: A. Catton (Ilf) 13:42. **Veterans Relay (4x3M):** 1, Solihull & Small Heath 1:03:47; 2, Oxford City 1:06:46; 3, Northampton Ph 1:07:56. (U/17 3M): 1, S. Rayner (Milt K) 14:53; 2, G. Spring (N'ton) 14:58. (U/15 1.6M): 1, J. Barker (Charn) 7:59; 2, M. Everitt 8:04. **Women's Relay (4x1.6M):** 1, Wycombe Ph 35:57; 2, Ilford 36:51. (U/17 1.6M): 1, A. McKim (N'ton) 8:58; 2, C. Draper (L. Buz) 9:06. (U/15 1.6M) 1, K. Brighton (Hunt) 8:51; 2, G. Ewart (L. Buz) 9:06.

Men's Joggers Relay (6x3M): 1, Burnham Joggers 1:37:51; 2, Massey Ferguson 1:37:59; 3, Deeping Funnars 1:38:47. **Veteran Joggers Relay (4x3M):** 1, Terbow Striders 1:06:38; 2, Burnham Joggers 1:10:05. **Women Joggers Relay (4x1.6M):** 1, Burnham Joggers 41:00; 2, Stone Joggers 41:55.

ALTRINCHAM & DISTRICT A.C.

ALTRINCHAM FESTIVAL 10

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

**10 mile road races
for Senior Men & Senior Ladies**

SUNDAY, 13th JULY, 1980

Start 3.00 p.m.

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Entry Fee: 50p (£1 on the day) Individual, £1 per Team, (3 score, all must enter as Inds).

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Linotype Midland Bank 5
for Men and Ladies
3rd September, 1980

J. Cain (Ports) 50:43; 6, J. Montgomery (Cov) 50:53; 7, M. McGeoch (Car) 50:57; 8, M. Mountford (Staff) 50:58; 9, M. Wilson (TVH) 51:08; 10, E. Cameron (Lon. U) 51:23; 11, M. Kearns (Tip) 51:39; 12, A. Mills (Newc) 51:48; 13, D. Patterson (TVH) 51:55; 14, R. Games (Chelt) 52:10; 15, J. Wagstaff (Tip) 52:16. Team: Tipton. (Women): S. Hassan (Bir) 58:31.

June 8th

Junior Pole Vault Competition, at Crystal Palace. 1, J. Andrews (E&E) 4.30; 2, R. Hooper (Wok) 4.15; 3, R. Gamage (Wok) 4.00.

SCOTTISH CHAMPS Continued from page 6

LJ: (b) (windy) 1, K. Glen (AFD) 6.08; 2, S. Hay (ESH) 6.05; 3, L. Pears (NSP) 6.02; 4, L. Watt (Shett) 5.85; 5, W. Phillips (N. Ire) 5.76; 6, Y. Anderson (Glas) 5.58; 7, M. Fraser (A'deen) 5.48.

SP: (b) 1, H. Yule (Glas) 12.30; 2, S. McDonald (Pit) 12.15; 3, C. Cameron (Glas) 10.13.

DT: (b) 1, C. Vance (Glas) 43.98; 2, McDonald 43.04; 3, D. Ashworth (NSP) 40.82; 4, L. Robertson (ESH) 38.74; 5, K. Lynch (EAC) 38.56; 6, A. Robinson (NSP) 36.10; 7, E. Aitken (Shett) 34.04; 8, M. Ross (Caith) 34.00.

JT: (a) 1, D. Royle (Stret) 44.14; 2, Lynch 35.36; 3, C. Shaw (Ayr S) 33.38.

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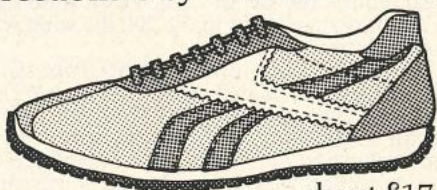
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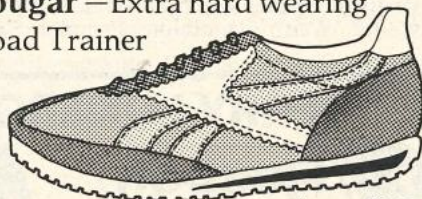
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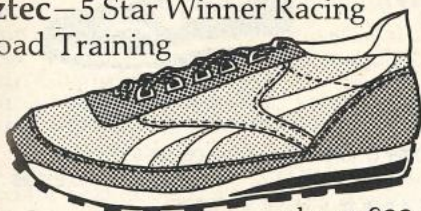
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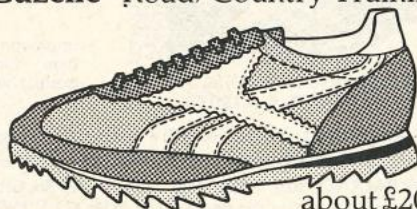
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Record Breaking Display By Welsh Women

— Clive Williams reports

DESPITE gale force winds, the recent rise in standards was further emphasised at the Whitbread-sponsored Welsh Women's Championships at Cwmbran on June 7th. Fifteen championship bests were set along with two new Welsh records, with two others equalled. Altogether 16 Welsh records have been bettered or equalled since the season started, and there is ever indication that this tally is just a start.

Michelle Probert, still feeling the effects from her part in Britain's international win in Stuttgart, from which she had returned late the previous evening, easily scored a sprint double with 11.3w/23.8w, to add to her 100/400 wins of last year. In the 100 she was aided by a wind that "was off the gauge", but in the 200 the wind was just as much trouble as a help.

Venissa Head, once inferior to her twin sister Viv in the discus, added 1.06m to her Welsh record to become only the 8th UK athlete to top 50m with 50.22. She also took the shot with a championship best of 15.79m. Other highlights in the senior section were Kirsty McDermott's first 800m win over Hilary Hollick in 2:09.2 — but Hilary returned later to win the 1500m in a championship best of 4:28.5; and Sarah Bull's narrow 100m hurdles win over Sarah Rowe in a windy 14.2. Welsh pentathlon champion Sarah

Bull had a busy afternoon, finishing second in three events — 400m hurdles behind Jane Evans (61.7) with 62.2; high jump, 5cm behind Marian Hughes' CBP 1.75; and the shot where she set a personal best with 13.03.

In the Intermediate events, Lynn Parry, who has already set a Welsh record this season of 11.7 for the 80m hurdles, looked impressive in winning in a windy 11.5, whilst Jackie Leonard added 14cm to her best with 11.20 in taking the shot. Amanda Horrex took the javelin with 39.76, beating Jane Dawkins (Welsh record holder with 41.08) by 46cm.

Julia Charlton was the star of the Junior events, taking three events — 75m hurdles (11.8w); long jump (5.08); and of course the high jump with 1.75. Without doubt, she is one of the greatest talents ever produced in Wales. Just take a look at her records haul: UK age 13 and 14 "record" holder for high jump (1.79i) and pentathlon (3438 pts); Welsh junior record holder for long jump (5.47), and her 1.79 high jump is, along with Sarah Rowe's feat, the best ever by a Welsh female, irrespective of age. At Cwmbran she went very close to 1.80, and at just turned 14

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NEW BALANCE: **620**, 6-12 £32.95; **375**, 6-12 £24.95; **GROUNDHOG**, 3-5 £8.95, 6-11 (no ½'s) £9.95.

TIGER: ARROW, 7-11 £21.95; **MARATHON**, 5, 5 ½ £10.15, 6-10 £11.50; **ATLANTIS** spikes 6-10 £15.95.

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Michelle Probert (7) setting a Welsh 400m record of 52.27 at Cwmbran on May 18th.

Bob Sly

this height just seems a formality. She looks to have 1.85 within her grasp before the season is out. The other stars were Julia's Carmarthen team-mate Delyth Evans who took both shot and discus, the former with a Welsh record 11.53; and Helen Miles who had an outstanding sprint double, equalling the Welsh record with a legal 12.2 in taking the 100. Claire Lucas starred in the events for minors winning high jump, shot and discus.

The Whitbread Mile held annually in an attempt to get a Welshman to better 4 min for the first time on Welsh soil, was doomed from the start because of the wind. However, Jon Wilson towed the field through the halfway in a fraction under 2 min, before Nick Rose took off from Steve Jones with 200m to go to win in 4:03.0.

100: 1, M. Probert (Sale) 11.3w; 2, C. Smart (Car) 11.6; 3, J. Webb (W&B) 11.8; 4, E. Gould (AF&D) 12.2. **200:** 1, Probert 23.8w; 2, Smart 24.4. **400:** 1, C. Fernley (Bris) 55.6; 2, B. Butcher (Bury) 58.1. **800:** 1, K. McDermott (Brec) 2:09.2; 2, H. Hollick (Sale) 2:09.3; 3, A. Hartley (Car) 2:14.2. **1500:** 1, Hollick 4:28.5; 2, K. Lock (Car) 4:32.0; 3, A. Fox (Swan) 4:40.1. **3000:** 1, Fox 9:55.6; 2, K. Williams (P. Tal) 10:03.5; 3, L. Lerue (Torf) 10:24.8; 4, B. Thomas (Car)

10:31.9. **100H:** 1, S. Bull (Newp) 14.2w; 2, S. Rowe (Glouc) 14.2; 3, A. Simmons (Newp) 15.5. **400H:** 1, J. Evans (Bris) 61.7; 2, Bull 62.2; 3, L. Lewis (S&E) 62.7; 4, J. Buttress (Newp-I) 63.6. **HJ:** 1, M. Hughes (Der) 1.75; 2, Bull 1.70; 3, Rowe 1.70. **LJ:** 1, G. Regan (Car) 5.94w; 2, Rowe 5.72; 3, Hughes 5.54. **SP:** 1, V. Head (Bris) 15.79; 2, Bull 13.03; 3, J. Francis (Car) 11.25; 4, A. Hourihan (Car) 11.13. **DT:** 1, Head 50.22; 2, Hourihan 39.48. **JT:** 1, J. Zaslonia (Bir) 49.04; 2, J. Morley (Brack) 40.14. **(Inters):** 100/200: S. Morris (P. Tal) 12.5/25.9. **400:** 1, B. Preece (B&V) 58.6; 2, C. Owen (Swan) 58.8. **800:** A. Howard (AF&D) 2:18.9. **1500:** 1, J. Howes (CoH) 4:44.7; 2, T. Kenward (Car) 4:45.2; 3, K. Williams (P. Tal) 4:49.1. **80H:** 1, L. Parry (Cov) 11.5w; 2, Buttress 11.7; 3, S. Oakley (Newp) 12.0; 4, S. Nicholls (Bridge) 12.3. **HJ:** 1, Nicholls 1.65; 2, P. Walker (P. Tal) 1.63. **LJ:** J. Edwards (Bris) 5.51. **SP:** 1, J. Leonard (Swan) 11.20; 2, J. Richardson (Car) 10.29. **DT:** 1, S. Lee (Friars) 42.96; 2, Richardson 31.30. **JT:** 1, A. Horrex (Brec) 39.76; 2, J. Dawkins (Beav) 39.30; 3, Leonard 35.68; 4, J. Tayler (P. Tal) 35.42; 5, S. Jones (P. Tal) 34.28. **(Juniors):** 100: 1, H. Miles (Bridge) 12.2; 2, E. Simister (Car) 12.7. **200:** Miles 26.0. **800:** J. Thomas (Carm) 2:20.5. **75H:** 1, J. Charlton (Carm) 11.8; 2, S. Collins (Newp) 11.9. **HJ:** 1, Charlton 1.75; 2, K. Crook (Cled) 1.60; 3, K. Evans (Carm) 1.55. **SP:** 1, D. Evans (Carm) 11.53; 2, L. Angulatta (Car) 10.35.

Whitbread Mile: 1, N. Rose (Bris) 4:03.0; 2, S. Jones (Bris) 4:04.8; 3, G. Grant (Camb. H) 4:08.5; 4, M. Edwards (W&B) 4:10.5; 5, D. James (Car) 4:12.0.

The AGM of The Icknield Cross Country League will be held at 'The Views' (Huntingdon Conservative Association), Brampton Road, Huntingdon on Friday July 18th, 8pm.

Australian marathon runners Dave Chettle and Chris Wardlaw have entered the Wisbech to March '10' on July 5th. The first prize for the race has been valued at £75. Entries (50p) should be sent to A. Lefevre, 66 Maple Grove, March, Cambridgeshire.

SALISBURY ATHLETIC CLUB'S
26th Annual

"ROUND THE HOUSES"
ROAD RACES

SUNDAY, 21st SEPTEMBER, 1980

Senior 5 Miles

Young Athletes 3½ Miles Boys 2½ Miles
(Full details later AW)

Midland Championship Double For Yvette Wray

HEAVY RAIN twice held up the Midland Counties WAAA Championships (Part 1) at Perry Park, Birmingham, on June 7th but did not stop a number of championship bests being recorded.

In the Senior events, Yvette Wray scored a good double. She won the 100m Hurdles, taking an early lead over Judy Livermore (winner of the shot) and remained ahead for a time of 13.5, with Judy clocking a legal personal best of 13.6 and 18-year-old Heather Ross also dipping under 14.0. Yvette then won the 100m into a headwind of 1.5m over a good field, with Sue Reeve taking 2nd spot over her clubmates Maxine Ascroft and Debbie Bunn.

Evergreen Thelwyn Bateman, now 35, had a convincing win in the 1500m in a championship best time of 4:23.6, while Linda Forsyth recorded a fast 54.6 to take the 400m title. One of the best performances came in the 5000m walk, where Elaine Cox set a new championship best and Midland record of 24:43.2 for 5th place on the UK all-time list. Brenda Gibbs did well to clear 1.78m in the high jump from a waterlogged take-off.

Pick of the Intermediates was Lorraine Baker. Having won her heat of the 800 in 2:15.6 she 'walked' the final in a Midland record and championship best of 2:09.8, while Karen Pugh added to the list of championship bests with an easy win in the Junior Discus (35.04m).

Alan Lindop

100: (-1.5m) 1, Y. Wray (Shrew) 11.9; 2, S. Reeve (Bir) 12.0; 3, M. Ascroft (Bir) 12.2 (11.9 ht); 4, D. Bunn (Bir) 12.3 (12.1w ht); 5, G. Spurgin (W&B) 12.3 (12.1 ht). **200:** Bunn 25.2. **400:** 1, L. Forsyth (W&B) 54.6; 2, K. Baker (Cov) 55.7; 3, L. Callow (Bir) 55.7. **800:** 1, C. Smith (Bris) 2:12.2; 2, K. Bissell (Bir) 2:15.7. **1500:** 1, T. Bateman (Bir) 4:23.6; 2, C. Bradford (Cle) 4:36.6; 3, A. Turland (Dav) 4:40.2; 4, A. Pattinson (Cann) 4:42.4. **100H:** (+0.4m) 1, Wray 13.5; 2, J. Livermore (Rug) 13.6; 3, H. Ross (Bris) 13.9; 4, E. Little (Bir) 14.3; 5, L. Ilderton (Stoke) 14.3; 6, K. Millerchip (Bir) 15.0; 7, K. Swallow (Worc) 15.5; 8, D. Marson (Rug) 15.6. **400H:** 1, D. Wade (Notts) 62.5; 2, Ilderton

64.1; 3, J. Lowes (Notts) 65.8; 4, A. Wiltshire (West) 67.3 (66.0 ht); 5, D. Leek (Cann) 67.4; 6, Millerchip 67.8 (66.7 ht). **HJ:** 1, B. Gibbs (Leic) 1.78; 2, D. Elliott (Leic) 1.75; 3, Livermore 1.70. **LJ:** 1, J. Ascroft (Bir) 5.65; 2, Elliott 5.65. **SP:** 1, Livermore 12.20; 2, S. Gibson (Notts) 11.36. **DT:** 1, F. Vittles (Notts) 40.52; 2, E. Thomas (Cann) 38.42; 3, M. Annetts (Bir) 37.28; 4, V. Hindley (Cann) 36.36; 5, J. Salter (Bir) 35.82; 6, L. Charlton (Bir) 34.98; 7, J. Parry (Glouc) 34.66; 8, L. Hatton (Glouc) 34.60. **JT:** 1, S. Spragg (Bris) 49.34; 2, S. O'Toole (Bir) 45.12; 3, S. Gibbon (Notts) 43.86; 4, R. Brooke (S&SH) 35.20. **5000W:** 1, E. Cox (S&SH) 24:43.2; 2, E. Worth (Bole) 25:30.3; 3, W. Toach (Leic) 27:59.4; 4, M. Paige (Shrew) 28:21.2; 5, H. Rose (RSC) 28:29.1.

(Inters): 100: 1, D. Phipps (Spark) 12.4; 2, L. Fraser (Rug) 12.5; 3, T. Such (Bir) 12.5. 200: L. Hanson (Spark) 25.7. 800: 1, L. Baker (Cov) 2:09.8; 2, A. McKim (North) 2:17.0; 3, J. Presley (Bris) 2:17.3; 4, S. Batstone (Cov) 2:17.5; 5, N. Carmody (Card. W) 2:21.3 (2:19.9 ht); 6, Y. Eden (S&SH) 2:22.6 (2:19.1 ht); 7, D. Yule (North) 2:23.6 (2:19.4 ht). 80H: 1, T. Such (Bir) 11.8; 2, S. White (Bris) 11.8; 3, J. Langston (Cann) 11.9; 4, D. Scott (Notts) 12.0 (11.9 ht); 5, C. Jackson (Notts) 12.0 (11.9 ht); 6, K. Nethercoat (Shrew) 12.5 (12.2w ht). 100H: 1, White 14.7; 2, Jackson 15.2. 200H: 1, Scott 29.9; 2, Langston 30.1; 3, Nethercoat 31.0. **HJ:** C. Summerfield (W&B) 1.63. **LJ:** C. O'Rourke (Bir) 5.47. 3000W: 1, C. Nichol (S&SH) 16:12.3; 2, E. Gaffer (Leic) 16:42.9; 3, C. Fierek (Worc) 16:47.7. **Juniors:** 100: 1, A. Turner (Bir) 12.5 (12.4w ht); 2, N. Parsons (S&SH) 12.6 (12.4w ht); 3, A. Muxworthy (Bris) 13.0 (12.7w ht). 800: 1, K. Flannagan (Stoke) 2:19.5; 2, D. Scott (Bir) 2:20.1; 3, L. Hooper (Tip) 2:20.4. 75H: J. Roscoe (Shrew) 12.0. **HJ:** 1, V. Waldron (Cann) 1.57; 2, S. Webb (Hales) 1.57. **LJ:** J. Mulliner (W&B) 5.26. **SP:** D. Campbell (Spark) 10.60. **DT:** 1, K. Pugh (Nun) 35.04; 2, E. Ayres (Shrew) 28.00. **JT:** 1, J. Griffiths (Cann) 32.42; 2, M. Murphy (Spark) 31.04; 3, F. Dale (W&B) 30.18. 4x100: Birchfield 50.8.

GRE GOLD CUP, 1st ROUND

At Blackburn, June 1st

Stretford 98; Liverpool Pem. 88; Blackburn 87; Warrington 78; Wallasey 60; Wakefield 6.

100: 1, D. Harding (Warr) 10.7; 2, A. Hughes (Stret) 11.0. 10,000: D. Wilson (B'burn) 30:57.2. 110H: M. Kindon (Stret) 15.7. 400H: H. Robinson (Stret) 54.9. TJ: J. Browne (Warr) 14.43. SP: 1, D. Roscoe (Stret) 15.27; 2, D. Sorrell (B'burn) 13.12. DT: 1, Roscoe 53.00; 2, Sorrell 40.62. HT: B. Williams (Stret) 59.20. JT: P. Ostapowycz (Stret) 62.38.

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. + O/40, O/45, O/50 & O/60.

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



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Av. Wt. 6oz.



This is new, it's low in price but has all the features an athlete can demand of a track shoe. Superbly balanced, another Reebok winner. Nylon upper—4 spike UHL system nylon sole.

Arena 3 to 5½ £13.00 6 to 12 £15.00

Aztec Av. wt. 11ozs.

A new dimension in trainers and one of the new 'gold' range. Nylon upper, speed lacing, silk suede support trim fitted to the new multigrip cushion sole to give the smoothest and most comfortable tread of all training shoes.

**Aztec 3 to 5½ £16.00
6 to 12 £18.95**

**RW5-STAR
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Orbit
Av. Wt. 7½ozs.



The Reebok policy of continual improvement has developed a new era in deep wedge track shoes. Now with mesh upper and six spike UHL system sole this deep wedge track shoe shades out all competition.

Orbit 3 to 5½ £14.50 6 to 12 £17.00

10K
Av. Wt. 7½ozs.



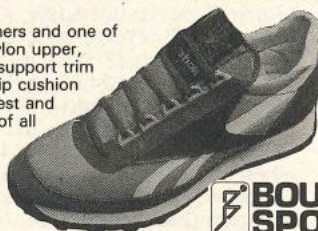
Racing Shoe with 'air scoops' to keep the foot cool. No other nylon shoe includes this feature. Nylon upper with silk suede trim. The new 'honeycombe' outsole has a cushion midsole and wedge.

10K 3 to 5½ £15.00 6 to 12 £17.00

Midas Av. Wt. 8ozs.

A racing version of aztec and tracklasted for closer fit. Super soft construction allows the foot maximum cushioning and comfort. The multigrip sole has locating elements at the edge to increase traction and wear.

**Midas 3 to 5½ £17.50
6 to 12 £19.50**



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Size Code	Sizes Available							
A Waist	24"	26"	28"	30"	32"	34"	36"	
B Chest	31/3"R	34/6"R	37/9"R	40/2"R	43/5"R			
C Chest	31/3"R	34/6"R	34/6"L	37/9"R	37/9"L	40/2"R	40/2"L	43/5"R
D Womens	8	10	12	14	16			

N.B. R = Regular Fit; L = Long Fit approx. 1½ inches longer on arms, body and leg.

No.	Description	Colour	Sizes
ACR 100	Mens Athletic Shorts	White/Red & Blue Trim	A £4.95
ACR 101	" " "	Royal/White Trim	A £4.95
ACR 102	" " "	Red/White Trim	A £4.95
ACR 103	" " "	Emerald/Gold Trim	A £4.95
ACR 104	" " "	Yellow/Royal Trim	A £4.95
ACR 105	" " "	Black/Orange Trim	A £4.95
ACR 201	Crew Neck Jog Suit	Grey/navy Piping	B £20.85
ACR 301	" " "	Sky/navy Piping	B £20.85
ACR 302	" " "	Coral/White Piping	B £20.85
ACR 303	" " "	Brown/White Piping	B £20.85
ACR 202	Hooded Jog Suit	Grey/White Piping	B £23.60
ACR 304	" " "	Sky/White Piping	B £23.60
ACR 305	" " "	Coral/White Piping	B £23.60
ACR 306	" " "	Brown/White Piping	B £23.60
ACR 203	Crew Neck Jog Top only	Grey/White Piping	B £11.15
ACR 307	" " "	Sky/White Piping	B £11.15
ACR 308	" " "	Coral/White Piping	B £11.15
ACR 309	" " "	Brown/White Piping	B £11.15
ACR 204	Hooded Jog Top only	Grey/White Piping	B £14.00
ACR 310	" " "	Sky/White Piping	B £14.00
ACR 311	" " "	Coral/White Piping	B £14.00
ACR 312	" " "	Brown/White Piping	B £14.00
ACR 205	Tracksuit:Tapered Leg	Navy/Red	C £28.75
ACR 206	" " "	Sky/White	C £28.75
ACR 207	" " "	Burgandy/Cream	C £28.75
ACR 208	" " "	Brown/Beige	C £28.75
ACR 501	Ladies Racing Vest	Sky/White	D £9.35
ACR 502	" " "	Brown/Gold	" " "
ACR 503	" " "	Red/White	" " "
ACR 510	Ladies Racing Pants	Sky/White	D £6.15
ACR 511	" " "	Brown/Gold	" " "
ACR 512	" " "	Red/White	" " "
ACR 520	Ladies Racing Pants	Sky	D £5.35
ACR 521	" " "	Navy	" " "
ACR 522	" " "	Brown	" " "
ACR 523	" " "	Gold	" " "
ACR 524	" " "	Red	" " "
ACR 525	" " "	Black	" " "
ACR 526	" " "	White	" " "



WIGAN '6'

May 18th

1, R. May (Airedale & SV) 31:06
 2, G. Ellis (Holmfirth) 31:15
 3, A. Armitage (Charnwood) 31:19
 4, C. Mattock (W&B) 31:30; 5, H. Jones (Liv. U) 31:33; 6, J. King (S&SH) 31:46; 7, B. Bowler (Staffs M) 32:03; 8, J. Woods (Liv) 32:09; 9, G. Harvey (Staffs M) 32:17; 10, P. Lightfoot (CoH) 32:24; 11, D. Austin (Man) 32:32; 12, S. Shallcross (CoH) 32:38; 13, F. Pendlebury (Man-V) 32:42; 14, S. Blinston (Wig) 32:46; 15, L. Carroll (Wirr-V) 32:47; 16, J. Temperton (A&SV) 32:56; 17, D. Gee (Man) 32:58; 18, A. Sladen (Sal) 32:59; 19, T. Hopkins (Charn) 33:06; 20, D. Lindsay (Wirr) 33:08; 21, J. Jackson (Wig) 33:11; 22, M. Oldham (Man) 33:27; 23, D. Gaskill (A&SV) 33:34; 24, Mike Bishop (Staffs M) 33:38; 25, M. Critchley (Bol) 33:40; 26, D. Nicholl (W&B) 33:42; 27, C. Smith (Liv) 33:44; 28, R. Belk (A&SV) 33:46; 29, G. Woodburn (B'burn) 33:47; 30, C. Vodden (CoH) 33:52. **Teams:** 1, Airedale & SV 40; 2, Staffs Moorlands 40; 3, Manchester 41; 4, City of Hull 52; 5, Holmfirth 95; 6, Wirral 95. **(Vets):** 1, Pendlebury; 2, Carroll; 3, G. Entwistle (Man) 34:14. **(O/50):** K. Raistrick (Bing) 40:25. **(Boys):** 1, N. Schofield (O&R) 11:56; 2, P. Roden (E. Ches) 12:00; 3, G. Boyd (Hal) 12:13; 4, K. Russell (E. Ches) 12:15. **Teams:** 1, E. Cheshire 19; 2, Oldham & R 24.

PETER DRIVER ROAD RACES

At Fleet, June 1st

1, P. Adams (Aldershot F&D) 18:23
 2, F. Upcott (S. London) 18:48
 3, M. Woods (Aldershot F&D) 18:56
 4, E. Turner (Army) 19:13; 5, R. Tyler (Read) 19:18; 6, S. Crawte (AF&D) 19:19; 7, N. England (Swin) 19:21; 8, L. Wells (Walton) 19:24; 9, G. Youngs (Read) 19:27; 10, M. Moody (Maid-V) 19:35; 11, R. Roath (Walton) 19:37; 12, M. Wayland (Walton) 19:41; 13, A. Kindley (Ver) 19:43; 14, A. Bennett (Army) 19:44; 15, C. Presst (Ox. C) 19:46; 16, S. Woods (Read) 19:47; 17, B. Chapman (Army) 19:47; 18, M. Page (Walton) 19:50; 19, A. Harmer (Ports) 19:53; 20, M. Connolly (Walton) 19:56. **(Vets):** 1, Moody; 2, D. Ellison (Read) 20:09; 3, G. North (Ports) 20:11. **(Boys):** 1, I. Chalk (Bas) 10:03; 2, P. Barr (Bas) 10:04; 3, S. Rose (B&P) 10:13; 4, M. Howard (Worth) 10:19; 5, S. Male (Ox. C) 10:20; 6, D. Peaple (Read) 10:23; 7, K. Howard (Worth) 10:25; 8, C. Walters (Ox. C) 10:31. **(Colts):** 1, S. Burton (N. Lon) 10:51; 2, B. Jones (AF&D) 10:58; 3, P. Hoare (Ov) 11:00. **(Women):** 1, L. King (B'stoke) 22:11; 2, J. Broad (S&E) 22:55; 3, K. Draper (Lut) 24:13; 4, B. Cattle (Fare) 24:24; 5, L. Gibson (Durs) 24:39. **(Juniors):** 1, D. Hillyer (Ports) 8:36; 2, M. Reilly (B'stoke) 8:40; 3, T. Long (F&C) 8:48; 4, D. Amey (B'stoke) 9:00; 5, L. Young (Ports) 9:01; 6, K. Petford (And) 9:04. **(Girls):** 1, T. Gleed (Wyc) 8:47; 2, R. Hughes (F&C) 8:49; 3, M. O'Shea (B'stoke) 8:51.

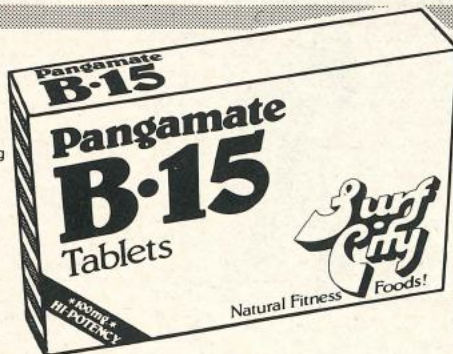
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WORLD BEST FOR 50km SET BY JEFF NORMAN

JEFF NORMAN, Altrincham AC's marathon and fell running star, knocked almost 2½ minutes off Don Ritchie's world best for 50km when easily winning his club's second track race at this distance at Timperley on June 7th. It was in Altrincham's previous race that Ritchie brought the record down to 2:50:30. A total of 21 turned out, and there were 16 finishers, with 14 completing the 125 laps within the stipulated time limit of 3½ hours.

Norman was soon leading the field, lapping at a steady 80 sec with never more than a second or two's variation for almost the entire distance. He passed through the marathon stage in 2:30:53 and went on to set new world best performances for 30 miles (2:42:00) and 50km (2:48:06).

Tom O'Reilly, winner of the 1979 Barnsley marathon, moved into second place at 10km and held that position to the end. Martin Daykin established himself in third place but was overtaken by Paul Kilbey who made 2½ minutes up on him between 30km and 40km. But Daykin then found new life and in the closing laps pulled back into third place.

The event was sponsored by Instrumentation Laboratory (UK) Ltd. Altrincham AC won the team race and John O'Brien headed the sealed handicap placings.

Wilf Richards

1, J. Norman (Alt) 2:48:06; 2, T. O'Reilly (S&SH) 2:57:50; 3, M. Daykin (Glouc) 3:02:10; 4, P. Kilbey (Alt) 3:02:46; 5, T. Bentley (Mor) 3:16:59; 6, D. Attwell (Alt) 3:17:53; 7, K. Gill (Ex. B) 3:19:25; 8, J. O'Brien (Man) 3:20:01; 9, D. Weir (Sale) 3:21:01; 10, S. Townsend (Liv. Poly) 3:23:18; 11, D. George (Sale) 3:23:56; 12, G. Bennison (Bol) 3:25:21; 13, B. Slade (Exe) 3:25:38; 14, C. Bent (Buxt) 3:28:04.

(Photo, by Graham Bell, shows Jeff Norman during his record-breaking run).



NATIONAL YOUNG ATHLETES LEAGUE

(Eastern Division)

At Luton, June 8th

Borough of Enfield 246½; Luton 205; Havering 174; Windsor S&E 114½.

(Youths): 100: K. McRea (Lut) 11.1. 200/400: J. Weston (Enf) 22.7/49.4. 800: S. Crabb (Enf) 1:57.0. 400H: 1, S. Stewart (Enf) 57.7; 2, M. Whitby (Lut) 58.3. Relays: Borough of Enfield 44.2/3:28.2. (Boys): 3000: P. Halsey (Lut) 9:25.2. 80H: A. Gardiner (Enf) 12.1.

VALE OF AYLESBURY A.C.

presents the tenth annual

Rex Foulkes Memorial 20 Km ROAD RACE

the fifth annual

20 Km ROAD RACE FOR LADIES

ON SATURDAY, 12th JULY, 1980
at 3.00 p.m.

(Under AAA, WAAA & RWA Laws)

Changing and registration: Quarrendon School, Aylesbury (on Ring road between A41 and A413).

Prizes: Sponsored by Allport Freight Ltd., to the value of £350 for Individuals, Teams, Vets and "Scrubbers". Sponsored by Deans Farm Eggs: One dozen eggs for every finisher — Yes a prize for everyone.

Entry fee: 50p per Ind. (all must enter as Ind.), £1 per team (4 run, 3 score). Vets mention D.O.B.

Entries to: Ken Fiddler, 30 Quakers Mede, Haddenham, Bucks., HP17 8EB.

Entries close: 5th July, 1980. Late postal entries and entries on day accepted, but entrants not eligible to main prize list (Ghost runners please note).

1979 Winners — Colin Kirkham (Coventry G AC) 62m. 57s. Robin Campbell (Essex B AC) 67m. 05s. (First Vet.). Joyce Smith (Barnet Ladies AC) 73m. 41s. (First Lady). Team — Invicta AC 196m 22s. (Total time). Course Record — Harry Leeming (Derby) 61m. 07s.

Who's Who In British Athletics

TREVOR HOYTE

Born in Trinidad, 5.1.57; Height: 1.80/5'11", Weight: 80kg/176lb. Club: Thames Valley Harriers. Unemployed. Single. Lives at Ealing (West London). Coached by Ron Roddan until 1978; no coach since then. Hobbies and interests: football, music, building Hi-Fi equipment.

Became interested in athletics "when I was little, but when I came to England my father used to take me and my brother Leslie to the park and train us to run and play football". Began at sprints and high jump. Joined TVH, along with his brother, at age of 10. Competed in the English Schools Championships, failing to make the final of the high jump but member of record-breaking relay team. Inspired in early days by Lee Evans, Tommie Smith, John Carlos and Lynn Davies. Athletes he particularly admires today are Don Quarrie ("for consistency over the last ten years"), Ed Moses ("competitiveness and technique") and Steve Ovett ("for his showmanship"). Realised he could reach international level in 1977 "when I took over from my brother in the sprints for the club while he was running for Britain. I won all but the GRE Cup Final when Allan Wells just beat me". Favourite events are sprinting and long jump.



Trevor Hoyte on his way to victory in last year's UK 100m championship.

George Herringshaw

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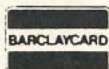
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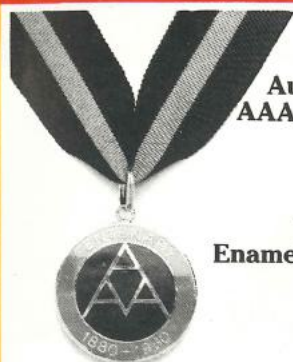


Personal bests: 100 — 10.40, 200 — 20.70w & 21.11, HJ — 2.00i, LJ — 7.29. Competitive record: 1975 — Southern high jump champion; 1978 — 7th Commonwealth 200, elim European 200 heat; 1979 — UK 100 champion. Annual progression at 100 & 200: 1976 — 10.8; 1977 — 10.7, 21.1; 1978 — 10.70/10.58w, 21.15/20.90w; 1979 — 10.40, 21.11/20.70w; 1980 — 10.56, 21.1/20.9w.

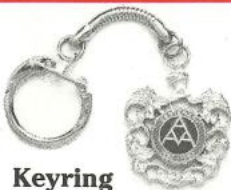
Most pleasing performance: "Making Commonwealth Games final in only my second season running". Greatest disappointment: 1978 European Championships. Ambition: "To be number one decathlete in the world". Intends to coach after he retires from competition. What he likes most about athletics is "travelling and meeting other people"; dislikes "drug takers". Brother, Leslie, has run 10.54w/10.60 and 21.29.

"Have just begun to train seriously, twice a day, four days a week". Spends about 2½ hours on each session: early morning and afternoon. Trains on a golf course and on a dirt track. Likes two days rest before a major competition, and likes to compete as often as possible.

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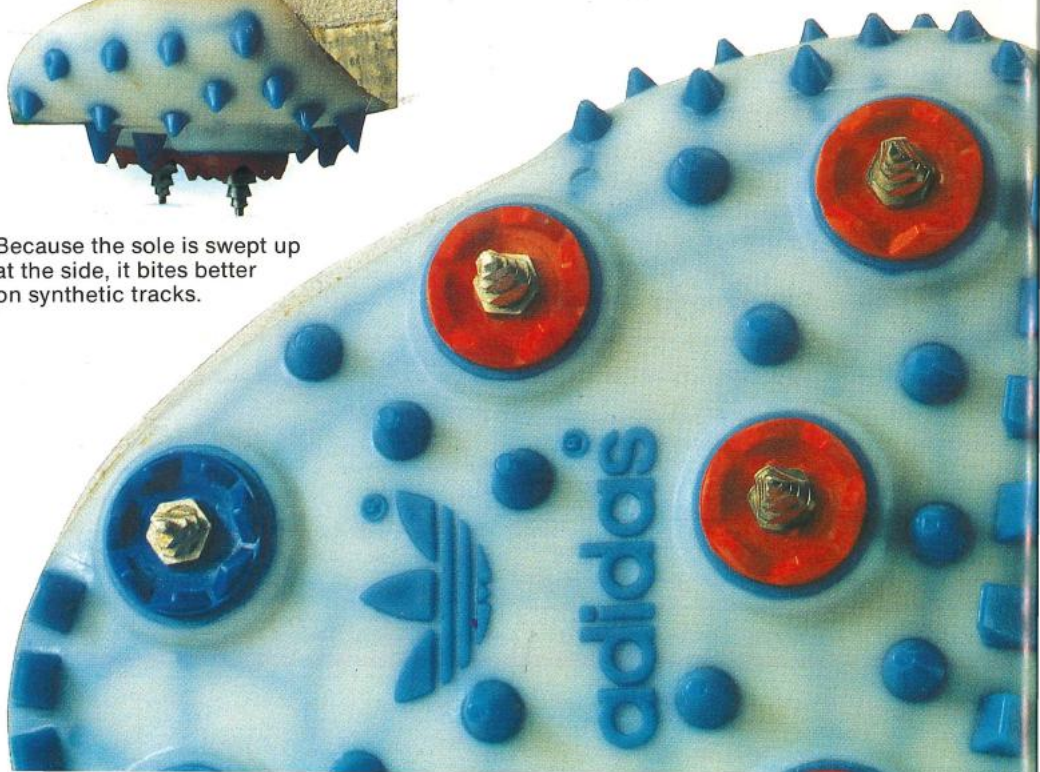
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The 7.50m Jump: Vilma's "Impossible Dream"

By Ivan Berenyi

ONE OF THE Cinderella field events of the 1976 Montreal Olympics was the women's long jump. The East German favourite, Angela Voigt, captured the gold with her first round effort of 6.72m which utterly discouraged the opposition, and though the world record was broken twice in the Olympic run-up the evidence of post-Olympic 1976 as well as of the 1977 main season was that the event had come to a total standstill. That is, until Vilma Bardauskiene from Vilnius, capital of Russia's Lithuanian SSR, burst upon the scene in late 1977.

Vilma's results appeared to have come right out of the blue for most concerned. Mid-August, she finished runner-up to Jarmyla Nygrynova (6.61) of Czechoslovakia in Tallin with a modest 6.48. But then, early September she achieved 6.78 in Kishinov, in the Soviet Cup, breaking the USSR record. Next Vilma jumped 6.75 in Tbilisi, and then 6.82 in Krasnodar.

The then 24-year-old brunette topped the 1977 world list, with the trio of Brigitte Kunzel, Heidi Wycisk (both GDR) and Hungary's Ildiko Szabo immediately behind her, all with 6.76. The two leading stars of 1976 faded out of the picture for the post-Olympic season. Angela Voigt, who held the world record for 10 days with 6.92 prior to the Games, gave birth to a son in June 1977, and only got back into training in September; and Sigrun Siegl, who took the record away from her with 6.99, had to skip the year due to hamstring injury. But what most of the pundits pondered was — who is Vilma Bardauskiene?

The 1978 season was to provide them with a thumping answer. The 1.73/5'8" 64kg/140lb geography student did not start the season too well. She flopped in the European Indoors in Milan, failing to make the finals with a mere 6.15m. But, outdoors, she opened with a 6.80 in Vilnius in June, taking off from way back. Igor Ter-Ovanesyan, the USSR national long jump coach and former world record holder, went on record to say that it was a jump worth 7.04 and that Vilma would soon tackle the 7-metre 'dream barrier'. Asked after the competition what she thought about getting past the magic 7m, Vilma was unequivocal. "Seven metres is no longer magic. Voigt and Siegl had it within sight last year, and I feel I have it within my grasp now. I have managed to stabilise my run-up now, which is proven by the fact that all my six efforts were

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VILMA BARDAUSKIENE
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Tony Duffy

valid, despite the multi-directional wind. But I still can't judge my take-off right".

She could, though, on August 18th when she took part in the "Day of Jumpers" Contest in Kishinov. There Vilma became the first woman to jump beyond the 7m mark. Her series was quite fantastic. She opened with a wind-assisted 7.07, but for her second round jump of 6.82 the wind had dropped, and her follow-up leaps of 7.07 and 7.06 were also legal. With her third-round 7.07, Vilma set up a new world record.

Less than a fortnight later, Vilma was attending the European Championships in Prague. Already a clear favourite for the gold, she achieved a staggering series in last-minute training, when her jumps included a 7.10, 7.19, and 7.22! Next, in the qualifying round on August 29th she flew out to 7.09, another world record.

It seemed certain that she would pick up the gold with ease in the finals, and Ter-Ovanesyan predicted that "Vilma will give shock treatment to the opposition". But things did not quite turn out that way. She only improved to 6.69 in the third round, and ensured victory with her fourth jump of 6.88. It was a hard-earned win.

"It was a day when all imaginable bad things were to come together", Vilma explained.

"Headache, cold weather, rain, continually changing wind . . . And the competition was pretty tough, too, I must admit. There is nothing I hate more than the cold, and the first thing I will do when I get away from the stadium is to get into a hot bath and soak for hours. Did I get what I expected? Not quite. I expected 6.90 and a clear, easy win. Instead I got a qualifying world record, which oddly disturbed me in the final, and a nail-biting win there. But when I got over 6.80 I knew it would be enough in this weather".

Following her Prague victory, Vilma won the USSR title with 6.83 in early September, and switched to winter training. Simultaneously, she predicted that the "new dream barrier", which set at 7.50m, would also be broken by — or at — the 1980 Moscow Games, hinting broadly that she herself would do all the breaking.

"Fantastic in triple jump"

Her coach, Jan Gadovich, largely agreed. "Vilhelmina is an all-rounder and this gives her a good base to lay siege to the 7.50m," he said. "She is capable of 11.2 for the 100 and 23.3 for 200 with a flying start, without any special speed training, and she is fantastic in the triple jump. Pity the triple jump is not a women's event, because nobody could get near her. At the same time, her long jump technique still leaves a lot to

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photos by Mike Street



Above: Reigning Olympic champion Angela Voigt (GDR). Left: Vilma Bardauskiene in Prague.

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be desired, and a lot of room for improvement, which can be translated into distance."

Olympic triple jump champion Viktor Saneyev reckoned that Vilma could "almost compete with the men in the triple jump", and must have a good chance to get into the 7.30's; and Ter-Ovanesyan also gave her a chance "to come close to her dream, due to her continually improving sprint speed and growing strength." But, of course, Vilma is known for 'thinking big': in Kishinov, when she broke the world record with 7.07, she was aiming at 7.30, no less.

For an outsider's view, perhaps it is best to quote Angela Voigt. "Vilma had a great season in 1978, and what was remarkable was that she managed to stabilise her run-up and, generally, her form so well, after fluctuating performances in earlier seasons. If she hangs on to this form through 1979, and participates in the Universiade in Mexico, the dream result she is talking about could be within her reach. But, overall, the 7.50 jump may only be achieved by the generation coming after us, and probably by one of those who are at the 6.50 stage now."

Vilhelmina Augustinaviciute was born on June 15th 1953 in the Lithuanian village of Pokruois, the daughter of a peasant. At school she was immediately singled out for her sporting prowess

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but (since Lithuania is more winter than summer sports-oriented) was initially seen as a future speed-skating or ski champion. She did win a junior ski title on the 3km run, but then her athletic ability was unearthed at age 14, in 1967, when she jumped 5.09. Algimantas Kukshta, who is the chairman of the Lithuanian SSR's Sports Committee today, saw this jump and deemed that Vilma was to become an athlete.

Kukshta himself took charge of her training for the next two years, 'in co-operation' with long jump coach Tramas Varkala. "They treated me like a rare flower, brining me along with the greatest care and caution," Vilma recalls. Still in 1967, she jumped a valid 5.14 and a windy 5.46, and in 1968 her best was 5.96. The following year, at 16, Vilma jumped 6.12, and this time her performance inflamed coach Kestutis Sapka, the 1971 European high jump champion who — completely taken by the fast, explosive action of the dark-haired youngster, vowed to make a world record holder of her. "You have to train harder and more to get to the top," Sapka dispensed the advice, and helped her to enroll at Vilnius Teacher's Training College, where she was to study sports and geography. It was also at this time in Vilnius that she met Jan Gadovich, Sapka's coach, who was later to steer her to world records and fame.

Big city life in Vilnius must have hindered Vilma's development to start with. In 1970 she only improved 1cm, to 6.13; but in the ensuing year came the breakthrough. She won in the USSR v GDR junior match and jumped a USSR junior record of 6.37 later in Warsaw. These results, Vilma acknowledges, were mainly due to instant empathy with coach Jan Gadovich, who took over her training at the start of 1971, and gave it new impetus.

But in 1972, Vilma started having hamstring problems, competed little and had to be satisfied with 6.34 as the year's best. In 1973, she jumped 6.20 and then a period of serious troubles set in. She had terrible pains in her back and left leg (the right is her take-off leg), devolving on the parasympathetic nerve nodes according to the diagnosis of the time. She was at the crossroads. "With coach Gadovich I glimpsed new horizons, but the pains and disappointing results deflated me temporarily, and something else was missing, too," she reflects.

This something needed no diagnosis. Vilma met architect Bardauskiene, and wanted to get married. When permission was granted, she married the dashing Atanas and son Thomas was born. In the meantime, however, she skipped the 1974/75 seasons, and only agreed to try for a comeback, at the persistence of coach Jan Gadovich, in the autumn of 1975.

The comeback effort, aimed at getting her into shape for the 1976 Games, was real heavy going, and even Vilma's college chipped in. One scientist developed "new equipment" to help her, and

"The Olympic Final will be a battle of nerves"

another experimented with the 'salto jump', hoping for a long jump breakthrough this way. But Vilma soon diagnosed these efforts herself. "It's not new ways or equipment you have to look for to get through a difficult period," she was to say, "but a combination of dedication and personality. You have to reach deep down to find them, of course, and the person who did this best is Irena Szewinska. For me, she is the top athlete of all time. My idol".

The childbirth was, however, said to have positively influenced Vilma's physique, husband Atanas alternated with his brother, Raimunds, in looking after the baby while Vilma trained, and coach Gadovich laid prime stress on weight training at this stage. "Are you trying to make a David Rigert out of me?" — Vilma asked him at the time, referring to the world record weightlifter.

Then came the first competition in early 1976 — an indoor event where Vilma jumped a flat 6.00m. Her disappointment was limitless, and she broke off training. But, a few days later, coach Gadovich was at the door, with a huge bunch of red roses in hand, and his gallant approach swayed Vilma.

"They were the most beautiful roses I have ever seen," recalled Vilma, "and Jan told me that he had his full trust in me and was sure we would make it if we continued". "A poor coach has got to be inventive," says Gadovich. "To train at full stretch, which is a *sine qua non* today to reach the top, you have to be a romantic. I knew that Vilma was one, and hence the roses".

But the pair's romantic dreams about Montreal were doomed to failure. Vilma got as far as 6.51 in an early meeting, and was then back on the injury trail, having to watch with a jaundiced eye as Voigt and Siegl collected the 1976 laurels and got closer and closer to 7m. She was to surface again only in mid-1977, with that 6.48.

The universal feeling is that in Moscow virtually anything could happen, unless of course Bardauskiene, who had no appreciable results in 1979, suddenly starts blazing a trail again, back with the form she bowed out with at the end of 1978.

Vilma says, in fact, that this is precisely what will happen. "I conceded last season as a competitive option — sacrificed it to make sure that I am at my very best this year," she says. "And I am already a lot stronger physically than I was in 1978. Just wait and see. I believe that 6.90 or 7.00m will be enough for the Olympic gold, and the final will be a battle of nerves, with Stukane, Wujak and Voigt as my main rivals. But I may also just reach my peak in Moscow, and surprise the world with a record that will knock all for six".

The reference to last season is not completely

truthful, because it is well known that Vilma was troubled by serious back-pains, and her form early this year, when she competed on the last day of January in Budapest, was anything but promising. She finished 5th with 6.22, behind two pairs of little-known East Germans and Hungarians.

But few would dispute that Vilma Bardauskiene is, potentially, the greatest in the women's long jump today. And if she can be nursed back to health and form in time, her optimistic prediction may just come true. Only the other week she offered a glimpse of what may be . . . by jumping 6.68.

© Ivan Berenyi, 1980

WORLD ALL-TIME LIST

7.09	Vilma Bardauskiene (USSR)	1978
6.99	Sigrun Siegl (GDR)	1976
6.92	Angela Voigt (GDR)	1976
6.90	Brigitte Wujak (GDR)	1979
6.90	Anna Wlodarczyk (Poland)	1980
6.89	Jodi Anderson (USA)	1978
6.85	Sigrid Heimann (GDR)	1980
6.85	Tatyana Skatchko (USSR)	1980
6.84	Heide Rosendahl (Ger)	1970
6.84	Lidiya Alfeyeva (USSR)	1980

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London Postal Region 9km Yacht Handicap, at Blackheath (May 20th). Joining the select band of walkers who have broken 40min on this demanding circuit, Dave Jarman put in an outstanding performance beating his twin brother by 4 min. 1, D. Jarman (Sy) 39:39; 2, P. Jarman (Sy) 43:22; 3, E. Crossingham (Bel) 43:42; 4, S. Marshall (Bel) 44:26; 5, J. Newnham (Bel) 44:31; 6, R. Parkins (Med) 44:34; 7, S. Bennett (Ilf) 45:41; 8, M. Davitt (Camb. H) 46:34.

Highgate Open 3km, at Parliament Hill (May 21st). 1, M. Angrove (Grey) 13:49.8; 2, K. McDermot (Bel) 13:52.0.

Outstanding win for Mike Parker and excellent personal bests for Amos Seddon and Roy Sheppard in Southern RWA team competition, at Parliament Hill (June 7th). Winning by three laps, Mike Parker put aside the disappointment of not competing in Moscow long enough to put on a superb display, clearly showing his current



Adrian James, pictured here during the second Olympic 50km trial (he was 2nd in 4:10:57), went on to win the UK 10,000m track title the following week.

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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 & Widdowson Ltd., Naylor Automatics Ltd., Poster & Display Artists (Nottingham), Mr E. C. Winfield, South Knotts 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.

fitness. Dave Stevens belied his veteran status with a clear cut victory in the 5km, while in the 3km there was a feast of sprint walking with Amos Seddon clocking his fastest ever in a long career. He was given a hard fight, though, as Roy Sheppard led for 2km to pulverise his pb and hold off consistent Graham Morris. In the Div. 2 events Cambridge were well to the fore, with father and son combination Dave and Graham Maynard winning their events. Bob Bestley, improving with every race, was an easy winner of the 10km with stalwart, Shaun Lightman, an isolated second.

Div. 1: 3km: 1, A. Seddon (Enf) 12:37; 2, R. Sheppard (Ilf) 12:49; 3, G. Morris (Stey) 12:51; 4, C. Lawton (Bel) 13:18; 5, M. Nicholls (Bel) 13:36. 5km: 1, D. Stevens (Stey) 22:57; 2, M. Scamell (Bel) 23:38; 3, S. Uttley (Ilf) 23:54; 4, S. Mendham (Hav) 24:08; 5, A. Buchanan (B&H) 24:12; 6, D. Sheppard (Ang-Gst) 24:27. 10km: 1, M. Parker (B&H) 43:52; 2, D. Hay (Hav) 48:37; 3, E. Shillabeer (Dawl) 48:40; 4, P. Jarman (Sy) 48:46; 5, S. Maidment (Stey) 48:54; 6, R. Dorman (Bel) 49:28. **Div. 2:** 3km: 1, G. Maynard (Camb. H) 13:44; 2, T. Hayes (Med) 13:57. 5km: 1, D. Maynard (Camb. H) 24:55; 2, M. Davitt (Camb. H) 25:44; 3, A. Morris (B'stoke) 26:36.

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10km: 1, R. Bestley (Ton) 47:23; 2, S. Lightman (Met) 48:25.

Big breakthrough at 50km by USA walkers, at Niagara Falls (May 10th). Tremendous efforts from Carl Shueler and Marco Evoniuk, and personal bests from all of the first six, made the 'Olympic Trial' the most outstanding race yet held in the USA at this distance. Carl walked a superbly judged even pace race, passing Marco in the final mile. 1, C. Shueler 3:59:34 (47:57, 1:35:22, 1:58:57, 2:22:31, 3:10:13); 2, M. Evoniuk 4:00:30 (47:34, 1:34:27, 1:57:03, 2:20:33, 3:08:06); 3, D. O'Connor 4:11:03 (2:00:00 25km); 4, J. Heiring 4:12:37 (1:59:24); 5, V. O'Sullivan 4:17:57; 6, W. Glusker 4:23:44.

Willi Sawall leads Australian record breakers. Obviously benefitting from their current full-time training, Willi Sawall, Dave Smith and Tim Erickson have turned in some startling performances at all distances from 3 to 50km. All three were selected for the Olympic Squad, though later — due to a cut in numbers — Erickson was dropped. Sawall's 3:46:34 50km is even more remarkable considering it was a solo effort and the closing stages were held in very warm conditions. Excellent performances too from Sue Cook (née Orr), who will obviously challenge the very best British and Swedish girls

at their next meeting. (**Victorian 20km Champs, Feb. 3rd**). 1, T. Erickson 1:29:55 ... 6, Sue Cook 1:41:42 (world best). (**Victorian 10km Champs, March 1st**) 1, D. Smith 40:54.7 (Commonwealth rec); 2, W. Sawall 41:43. (**Australian Champs, March 20th-22nd**) 3000: 1, Sawall 11:32.8; 2, Smith 12:04.8 ... 5, P. Fullager (ex-UK) 12:40.3; Jnr 3000: M. Woods 12:45.6; Women's 5000: S. Cook 24:40.6. (**Olympic 20km Trial, at Sydney, March 23rd**) 1, Sawall 1:24:05 (20:23, 40:52, 62:42); 2, Smith 1:27:11 (20:31, 42:36, 64:32); 3, Erickson 1:31:54; 4, Fullager 1:34:18. (**Olympic 50km Trial, at Adelaide, Apr 6th**). 1, Sawall 3:46:34 (43:43, 1:29:15, 2:14:41, 3:00:04); 2, Erickson 4:05:05.

Roger Pietquin smashes Strasbourg to Paris record. The 42-year-old Belgian withstood the constant challenge of last year's winner, Roger Quemener, at a pace (near 5 1/2 mph average) that shattered all previous records for the longest annual foot race in the world. Pietquin held a 35 min lead at the first obligatory stop (for 3 hours) at Verdun (235km); Jean-Claude Gouveaux was battling with Quemener for 2nd with four-time winner Josy Simon a distant 4th. By the second compulsory stop, at Chateau Thierry (409km), Pietquin had stretched his lead to 61 min, and despite a gallant burst by the Parisian

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RUNNERCARE



Carol Tyson (16) won the inaugural UK 5000m walk title, with Irene Bateman (2) second.

Bob Sly

the Belgian held on to win the 507km race by 42 min. At his final attempt, Paddy Dowling achieved his ambition by being classified 10th after being stopped at 439 km in 64hr 5 min. It was a courageous effort by the immensely popular Irishman from Sheffield who has become such a well known figure at the European long distance classics over the past decade. 1, R. Pietquin (Bel) 60:01:10; 2, R. Quemener (Fra) 60:43:55; 3, J-C. Gouveneaux (Fra) 63:45:05; 4, J. Simon (Lux) 63:45:18; 5, M. Dalmazi (Ita) 64:51:45.

Yevgeniy Ivchenko sets world best road 50km time of 3:37:36 — at 41 years of age! For a man who was last in the 1974 European 20km at Rome in 1974 (1:39:56), Ivchenko has certainly worked on his stamina because it is only in the past 3 years that he has been regarded as anything but a 20km specialist. Born on July 27th 1938, he is some 6 months older than his illustrious compatriot, Veniamin Soldatenko, so long the USSR's No. 1 50km man.

No Mexican walkover in Moscow. Following their recent tour of Europe, the Mexican speedsters now realise that they will have strong opposition from the Russians, Spanish and Italians, besides individuals such as Finland's

Reima Salonen. Judging by the Naumburg results, the East German Squad will also be right up amongst the leaders, and Australians Willi Sawall and Dave Smith will be eager to have a crack at the 'top names'.

Outstanding performance by Ann Sayer in French 200km event (May 3rd/4th). Competing in one of the Strasbourg-Paris selection races, Enfield's Ann Sayer finished 4th. Going through 100 miles in 20hr 15min, Ann achieved 191.6km in 24hr 6min, continuing for an extra circuit when she found she had 26 min remaining when just short of the 187.7km she achieved at Rouen last year. 1, A. Mgulinet (Fra) 201km — 23:11:44; 2, M. Landrieu (Fra) 191.6km — 23:48:49; 3, J. Dufay (Fra) 186.9km — 23:22:34; 4, A. Sayer 186.9km — 23:34:00.

Ann Sayer breaks 20 hours for 100M. Following her 190.7km for 24 hours at Torey on May 4th/5th, Ann Sayer went even better at Sink-Dedenrode (Netherlands) on May 31st/June 1st as she clocked 19:32:37 for 100M. This was 65 min better than her effort in the Bristol '100' in October 1977, when she became the first female centurion. Ann unofficially had clocked 20:27 (Rouen, 1979) and 20:15 (Torcy, 1980) and is undoubtedly the finest long distance woman walker at present. Last September she set a record time of 7 days and 31 minutes for the 420M 'Three Peaks' course, which takes in Ben Nevis, Scafell Pike and Snowdon, taking 11 hours 40 min off the former, male-held, record.

Things to come? It was interesting, though not surprising, to hear the National Event Coach fully concur with those advocating that reference to contact should be eliminated from the current definition of walking, at the recent Judges Seminar in London. It would seem, according to the 'no contact' enthusiasts, that the two golden rules for future top men at the sport will be (a) be straight legged, and (b) be airborne!

Colin Young
* National Event Coach Julian Hopkins explains in next week's issue why he believes that continuous contact is not applicable to race walking.

M.O.N.C. 10 MILES ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 5th JULY, 1980

2.30 p.m. Start

**Recreation Ground,
Dronfield-Woodhouse, Nr. Sheffield**

Prizes: Trophies to 1st 6 Individuals & 1st 2 Teams, 1st 3 Vets 0/40, 3 0/45, 3 0/50, 1st 0/60, 1st Vets Team.
Entries: 40p taken on day to M. H. Bromley, 50 Barnes Avenue, Dronfield-Woodhouse, Sheffield 18.

Overseas News and Results

USA: Super-fast sprinting

Stanley Floyd (18) established a world junior 100m record of 10.07 (wind of 2.0m/sec) at Austin on May 24th, and proved his competitive ability by winning the National Collegiate title on the same track a fortnight later in 10.10 (wind of 1.1m/sec). In the latter race he narrowly defeated Mike Roberson and James Sanford (both 10.12), while Roberson took the 200 in a windy 19.96. Other NCAA highlights included a 2.32m high jump by Jeff Woodard, equalling Dwight Stones' US record, a Jamaican 400 record of 45.23 by Bert Cameron and a 1980 world leading 400 hurdles of 48.87 by David Lee.

3.5. San Diego. DT: (2 competitions) RICHARD SLANEY 59.92 & 59.76. **3.5. Hayward.** DT: Burns 66.76, Gardner (Isr) 63.38, Chambul (Can) 63.10. **16.5. University Park.** 800: Kipkorir (Ken) 1:48.9, JULIAN SPOONER 1:49.4. **18.5. Cleveland.** 10,000 road: TONY STAYNINGS 29:06, Brown 29:10, BRENDAN FOSTER 29:30 ... 38, Quax (NZ) 32:34. **22/23.5. Abilene.** 100: Portis 10.15w (10.09w ht & sf). **24.5. Abilene.** DT: Scott 62.94, Jakobsson (Ice) 62.52. **24/25.5. Philadelphia.** 400: (sf) GLEN COHEN 46.50; 800: Paige 1:46.2, Ouma (Ken) 1:46.7, Martin 1:47.0, SPOONER 1:47.8 (1:49.0 sf); 1500: 8, JOHN WILSON 3:47.4 (3:44.0 ht); 400H: 6, BOB DANVILLE 52.16. **24/25.5. Knoxville.** 400: Coombs (Tri) 45.80 ht; 800: 5, Flynn (Rol) 1:48.3 ... 8, DAVE RAFFERTY 1:50.1; 10,000: 2, Kenney (Rol) 28:45.8; 3000SC: 5, STAYNINGS 8:49.2; women's LJ: Ferguson (Bah) 6.50 **29/30.5. Walnut.** 100: Clarke (Barb) 10.38 (10.33w ht) ... 3, Enchill (Gha) 10.41 (10.32ht); HT: Linscheid (Rol) 62.90. **30/31.5. Wichita.** 100: 3, Levarity (Bah) 10.26w; 200: 4, Williams (Can) 20.92; 400: 3, Sowerby (Ant) 46.14; 110H: McDaniel's 13.54 was windy; 400H: Lee 49.84 (not 48.84); SP: Oldfield 21.47, Anderson 20.87, Stuart 20.21; DT: (31st) Oerter's series: 64.96, 66.04, 66.42, 69.48, 65.12, 68.18 (ideal

quartering wind gusting up to 30mph); (30th) Plucknett 65.28, Oerter 62.20, Swarts 61.64; women's 100/200: Allwood (Jam) 11.31w/23.47. **31.5. San Diego.** 100: Gilkes (Guy) 10.42; DT: Van Reenen (SA; ex-WR holder) 58.58. **31.5. Tallahassee.** DT: Cooper (Bah) 61.70. **31.5. New York.** 10,000 road: Waitz (Nor) 30:59.5 (world best), Lyons 33:03, Benoit 33:43, Moller (NZ) 34:01 ... 8, JOYCE SMITH 34:13; 20, GILLIAN ADAMS 34:56.

1.6. Berkeley. 100: Carl Lewis (long jumper) 10.43, J. Sanford 10.49, Quarrie (Jam) 10.54, S. Williams 10.54, Glance 10.54; 200: Glance 20.46w; 400: W. Smith 45.86; Mile: Scott 3:56.3, Paige 3:56.8, Lacy 3:57.5, Flynn (Rol) 3:58.5 ... 6, Masback 4:11.3; 5000: Centrowitz 13:27.8, Treacy (Rol) 13:28.4, Macdonald 13:28.6, R. Gomez (Mex) 13:30.6, Aquino (Mex) 13:33.4 ... 8, Liquori 13:40.0; 16, Dixon (NZ) 13:57.5; 110H: Cooper 13.66; 400H: Walker 49.05; HJ: Ferragne (Can) 2.24 ... 3, Stones 2.12; SP: Oldfield 21.63, Laut 21.11, Feuerbach 20.57, Pyka 20.20, Dolegiewicz (Can) 20.11; DT: Powell 68.20, Wilkins 67.28, Hjeltne (Nor) 66.60, Chambul (Can) 64.06; JT: Atwood 87.00, Roggy 86.26, Ewaliko 84.58; women's 100: Anderson 11.60, ANDREA LYNCH-SAUNDERS 11.65; 800: Manning 2:01.3. **2.6. Provo.** DT: Jay Silvester (Vet; ex-WR holder) 60.26. **4.6. Colorado.** 200: Washington 20.63; TJ: Lloyd 16.74w. **6.6. Eugene.** 1500: Chapa 3:40.9, Castro (Mex) 3:41.0 ... 7, BOB MAPLESTONE 3:42.1; 5000: R. Gomez (Mex) 13:33.0; 10,000: Geis 28:06.3, J. Gomez (Mex) 28:06.9, Aquino (Mex) 28:11.9, Mavis 28:13.3; 3000SC: Marsh 8:23.5; HJ: Ferragne (Can) 2.11; TJ: Banks 16.72; SP: Laut 20.67, Feuerbach 20.64, Summer 20.23; DT: Wilkins 64.90; JT: Roggy 86.84, Atwood 85.34. **8.6. Santa Barbara.** Women's Pent: Zambrzycki (Bra) 4299.

National Collegiate Champs At Austin, June 3rd-7th

100: (+1.1m) Floyd 10.10, Roberson 10.12 (10.08w sf), J. Sanford 10.12 (10.00w ht), Smith 10.17 (10.12w ht), Brown 10.27 (10.14w ht), Deal 10.29 (10.20w sf), Phillips 10.32 (10.27w ht), Lattany 10.32 (10.27w sf) ... Levarity (Bah) 10.21w sf; **200:** (+2.8m) Roberson 19.96 (19.95w ht), Butler 20.22, G. Foster 20.33, Williams (Can) 20.35, Lattany 20.56 (20.50w ht), Woolfolk 20.66 (20.60w ht), Levarity 20.88 (20.50w ht), Sanford 20.91 (19.94w sf) ... In hts: Mallard 20.18w, Floyd 20.39w, Campbell 20.47w; **400:** Cameron (Jam) 45.23 (rec), Green 45.37, McCoy 45.59, Hogan 45.71, Grimes (Barb) 45.74 (rec), Kerr 46.05 (45.93 sf); **800:**

SIXTEENTH ANNUAL GLOUCESTER CARNIVAL 7 MILE ROAD RACE

Wednesday, July 30th, 7.45 p.m.

Course Record: 31m 58s N. Rose (Bristol) 1979

Prizes: First six, first two Vets, first Vet (O/50), first three teams. First two Ladies.

Entries: 40p Ind. Team £1 (6 to run, 3 to score). All must enter as individuals. **To:** Mrs S. Daley, 39 Manderville Close, Longlevens, Gloucester.

Closing date: Wednesday, July 23rd. Late entries double fees. S.A.E. for travel directions.

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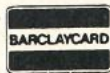
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Paige 1:45.9, Martin 1:46.7, Korir (Ken) 1:46.7, Mays 1:46.7, Lemashon (Ken) 1:46.7, Mack 1:47.5 (1:46.9 ht) . . . In hts: SPOONER 1:49.0, Hunter (RoI) 1:49.5, NICK BROOKS 1:52.5; **1500:** Maree (SA) 3:38.7 (1:52.6 last 800), Harbour 3:39.7, Harris 3:39.7 . . . 7, MARK SCRUTON 3:45.1, RAFFERTY 3:52.8 ht; **5000:** Nyambui (Tan) 13:44.5, Cherbor (Ken) 13:47.4; **10,000:** Nyambui 29:21.9, Kimobwa (Ken) 29:27.1; **3000SC:** Jackson 8:22.9, Martin 8:24.1, Korir (Ken) 8:26.5 (fell at last water jump), Hunt 8:27.0, Tuwei (Ken) 8:28.6 . . . 12, RICHARD CHARLESTON 9:17.5 (8:51.2 ht); **110H:** (+1.3m) G. Foster 13.42 (13.34 ht), McDaniel 13.64 (13.53w ht), Mason 13.65, Campbell 13.66 (13.56w ht), Miller 13.67 (13.59w ht), Hancock 13.68, Edwards 13.69, Wilson 13.85 (13.54w ht) . . . Smith (Jam) 13.87w ht; **400H:** Lee 48.87, Mulli (Ken) 49.69, Hanlon 49.91 . . . Ayoo (Uga) 50.55 ht; **4x100:** USC 39.16; **4x400:** Tennessee 3:04.0; **HJ:** Woodard 2.32 (eq US rec), Frazier 2.28, Glover 2.22, Mays & Morris (Jam) 2.22 (rec), Howard 2.22, Rudolph 2.22; **PV:** Hall 5.54, Hintnaus 5.48; **LJ:** Lewis 8.35w (legal 8.11), Doubley 8.13, Handy 8.04w Artis 8.02w; **TJ:** Hanna (Bah) 16.79, Owolabi 16.76, Williams 16.66w; **SP:** Carter 20.40, Jakobsson (Ice) 20.21, Halldorsson (Ice) 19.91; **DT:** Svensson (Swe) 61.72; **HT:** Sjolholm (Swe) 68.58, MATT MILEHAM 68.46 (only valid throw) . . . 11, PAUL BUXTON 58.10 (60.60 qual); **JT:** Ransford 82.08; **Dec:** Anderson 7893.

BULGARIA: World junior record

Antoaneta Todorova, beaten into third place in last year's European Junior Championship won by Fatima Whitbread, has made startling progress with the javelin this season. She set a Bulgarian junior record of 60.64m at Russe on April 3rd . . . and then suddenly improved to a world junior record of 66.40 in Sofia on May 25th!

18.4. Petritsch. Women's DT: Vergova 69.10 (rec). **19.4. Petritsch.** Women's DT: Vergova 69.24 (rec), Bozhkova 66.28. **25/26.4. Sofia.** Dec: Andonov 8116 (rec). **3/4.5. Sofia.** LJ: Tuparov 7.90 (rec); TJ: Tschotschov 16.86 (rec). **10/11.5. Sofia.** LJ: Yanev 7.97 (rec); SP: Khristov 20.12; women's SP: Vesselinova 20.75. **22/23.5. Sofia.** Dec: Andonov 8049. **24/25.5. Sofia.** LJ: Tuparov 8.00 (rec); HT: Dyulgerov 74.80 (rec); women's 800: Lovin (Rom) 1:57.4; LJ: Nedeva 6.55; SP: Vesselinova 21.30, Petrova 20.49, Stoyanova 20.42; DT: Vergova 67.86, Bozhkova 66.26; JT: Todorova 66.40 (world junior rec), Vantcheva 63.78, Mikhailova 62.28. **31.5/1.6. Sofia.** SP: Stoev 20.30; DT: Vladimirov 64.12; women's HJ: Blagoeva 1.89; SP: Vesselinova 21.10, Stoyanova 20.69; DT: Bozhkova 66.78; JT: Vantcheva 64.40, Todorova 62.36.

CZECHOSLOVAKIA: Yifter 13:16.4

Ethiopia's Miruts Yifter is going to be the man to beat in Moscow. By winning over 5000 in

INTERNATIONAL 10 MILE ROAD RACE

27th JULY, 1980, Start 4 p.m.

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13:16.4 in Bratislava he proved he is an outstanding form already, and from now until a week before the Games he will continue training at high altitude back home. Tempted at one time to go for the marathon, he has decided to contest the 5000 and 10,000 at the Olympics.

11.5. Prague. LJ: Leitner 7.95; HT: Nikulin (USSR) 80.08. **17.5. Prague.** DT: Bugar 64.38. **24.5. Prague.** 400: Kolar 45.84; SP: Vlk 20.53; DT: 3, Daneke (Vet) 61.26; women's 200: Kratochvilova 22.91 (rec); SP: Fibingerova 21.53. **4.6. Bratislava.** 100: Leonard (Cub) 10.15, Petrov (Bul) 10.22; 200: Leonard 20.75; 1500: Gysin (Swi) 3:40.4; 5000: Yifter (Eth) 13:16.4, Kadir (Eth) 13:17.5, Tura (Eth) 13:27.3; 3000SC: Bichea (Rom) 8:26.9, Hailu (Eth) 8:28.8; 110H: Casanas (Cub) 13.49, Ivan 13.78; TJ: Herrera (Cub) 16.88, Bakosi (Hun) 16.56; DT: Delis (Cub) 67.84, Martinez (Cub) 66.46; JT: Nemeth (Hun) 87.94, Kula (USSR) 84.14; women's 100: Popova (Bul) 11.36; 200/400: Kratochvilova 22.97/51.20; 800: Shtereva (Bul) 2:00.3; HJ: Matay (Hun) 1.88; SP: Fibingerova 21.01, Adam (GDR) 20.47; DT: Romero (Cub) 64.62; JT: Colon (Cub) 68.04 (rec).

FRANCE: Puttemans in form

28.5. Saint-Maur. 3000: Puttemans (Bel) 7:46.5. **11.6. Saint-Maur.** 1500: Begouin 3:39.3, Dien 3:39.8; 5000: Puttemans (Bel) 13:33.7; 110H: Drut 13.97; women's mile: PENNY FORSE 4:39.8. **14/15.6. Talence.** Dec: Werthner (Aut) 7937; women's Pent: Picaut 4463 (rec).

GERMANY: World record for Kratschmer

Guido Kratschmer has had his Olympic ambitions dashed but he gained some consolation when breaking Daley Thompson's world decathlon record of 8622 pts, set four weeks earlier, with a score of 8649 at Filderstadt on June 13th/14th. Here is how they compared (individual marks and running scores):—

	Thompson	Kratschmer
100	10.55 (919)	10.58 (911)
LJ	7.72 (1884)	7.80 (1891)
SP	14.46 (2640)	15.47 (2707)
HJ	2.11 (3590)	2.00 (3564)
400	48.04 (4486)	48.04 (4460)
110H	14.37 (5405)	13.92 (5432)
DT	42.98 (6148)	45.52 (6223)
PV	4.90 (7176)	4.60 (7180)
JT	65.38 (8002)	66.50 (8019)
1500	4:25.50 (8622)	4:24.20 (8649)

8.6. Bochum. JT: Wessing 84.90. **13/14.6. Filderstadt.** Dec: Kratschmer 8649 (world rec), Hingsen 8407, Munders 8100, Schultze 8077, Schmidt 8004, Brumund 7987, Rizzi 7965, Marek 7940, Wentz 7902; women's Pent: Everts 4756 (13.31, 12.28m, 1.87m, 6.54m, 2:15.6), Sulek 4589, Losch 4440. **15.6. Bremen.** 800: Wulbeck 1:46.2; 1500: Wessinghage 3:38.2, Lederer 3:39.2; 110H: Drut (Fra) 13.87, Gebhard 13.97;

HJ: Mogenburg & Nagel 2.20; LJ: Meier 8.02; HT: Riehm 79.44, Ploghaus 76.40, Huning 73.76, Golda (Pol) 73.70; 4×100: Poland 39.55; women's 100: Rega (Fra) 11.33w; 1500: Friedmann 4:08.8; 100H: G. Rabsztyń (Pol) 12.72, Langer (Pol) 12.77; HJ: Meyfarth 1.89, Holzapfel 1.89, Kielan (Pol) 1.89; LJ: Weigt 6.77, Hanel 6.54; 4×100: France 43.69 (rec).

HUNGARY: Record falls after 26 years

4.5. Budapest. Women's JT: Janak 61.46 (rec). **7.5. Budapest.** PV: Mako 5.30 (rec). **10/11.5. Budapest.** 800: Paracszai 1:47.0 (rec; previously 1:47.1 by Szentgali winning 1954 European title); 400H: Szalai 50.26 (rec); JT: Paragi 89.84; women's DT: Herczeg 62.98 (rec). **14.5. Budapest.** JT: Nemeth 85.38.

POLAND: Hurdles record smashed

Friday the thirteen was no unlucky day for Grazyna Rabsztyń. She took her world 100m hurdles record apart in Warsaw, clocking an astonishing 12.36 with a legal following wind of 1.9m/sec. Behind her, Lucyna Langer was also inside the previous world mark of 12.48 with a time of 12.44, and two other Poles — indoor champion Zofia Bielczyk and Danuta Perka — clocked 12.66 and 12.69 respectively! Earlier, Rabsztyń had run 12.45 in a heat, but on that occasion the wind was over the limit at 2.8m. At the age of 34 Irena Szewinska is slowing up only slightly. At an earlier Warsaw meeting she

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Inter. Ladies — 100m, 200m, 400m, 800m, 1500m, 80m Hurdles.

Jnr. Ladies — 100m, 200m, 800m, 1500m, 75m Hurdles, L.J., S.P., D.T., J.T., H.J.

Girls — 100m, 800m.

Snr. Men — 100m, 200m, 400m, 800m, 3,000m, L.J., S.P.

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S.A.E. for entry forms, acknowledgement etc.

CLOSING DATE TUESDAY, 15th JULY



Grazyna Rabsztyn (centre) on her way to victory in last year's World Cup in 12.67. Tatyana Anisimova (USSR), left, was second and Kerstin Claus (GDR) third.

All-Sport/Steven E. Sutton

clocked a windy 11.14 for 100m, only 1/100th outside her best legal time. She opened her 400m account for the season with a 51.23 victory.

24/25.5. Zabrze. 100: Woronin 10.29; HT: Golda 73.70; JT: Adamus 86.10; women's 100: Stachurska 11.36; 200: Szewinska 23.08w; 100H: Bielczyk 12.95, E. Rabsztyn 12.97; LJ: Baran 6.51; JT: Blechacz 61.86. **28.5. Grudziadz.** Women's HJ: Kielan 1.95 (rec); LJ: Wojnar 6.61.

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Enclose S.A.E. for confirmation.

31.5/1.6. Warsaw. (cold & wet conditions) 100: (+0.6m) Woronin 10.19; 200: (+1.5m) Woronin 20.49; 3000SC: Maminski 8:26.6, Wesolowski 8:28.2; 110H: Pusty 13.64; HJ: Wszola 2.25; LJ: Klimaszewski 8.00, Jaskulka 7.95; women's 100/200: Szewinska 11.14w/22.80w; 400: Gajewska 52.36; 100H: (+2.0m) Langer 12.51, E. Rabsztyn 12.90, Bielczyk 12.91; LJ: Wlodarczyk 6.62. **9/10.6. Warsaw.** (Poland beat Germany 107-104) 100: (-1.7m) Woronin 10.32, Dunecki 10.58, Haas (G) 10.59; 400: Weber (G) 46.06; 800: Wulbeck (G) 1:45.0, Ferner (G) 1:46.5; 1500: Wessinghage (G) 3:36.0, Becker (G) 3:36.2, Zerkowski 3:36.2, Baranski 3:36.5, Lederer (G) 3:37.6; 3000SC: Malinowski 8:19.7, Wesolowski 8:24.2, Karst (G) 8:26.5; 400H: Rzepakowski 50.60... Schmid (G) injured; HJ: Wszola 2.29, Thrandhardt (G) 2.26, Schneider (G) 2.26, Trzepizur 2.23; PV: Slusarski 5.65 (attempted WR 5.76); LJ: Klimaszewski 8.03w, Busse (G) & Cybulski 8.00; SP: Reichenbach (G) 21.13; HT: Riehm (G) 78.08; JT: Tafelmeier (G) 86.40, Schreiber (G) 84.50; 4x100: Poland 38.84; 4x400: Germany 3:05.3; Poland 3:05.6; (Women: Poland beat Germany 78-55) 100/200: Szewinska 11.70/23.44; 400: Pal (Hun) 52.23; 800: Januchta 1:58.8, Katolik 1:59.8; 1500: Friedmann (G) 4:07.1, Bukis 4:07.3 (rec); 100H: (-3.4m) G. Rabsztyn 12.73, Langer 12.82; HJ: Meyfarth (G) & Kielan 1.94, Krawczuk 1.90, Matay (Hun) 1.87; LJ: Wlodarczyk 6.90; 4x100: Germany 43.93; 4x400: Poland 3:29.8.

13.6. Warsaw. (Kusocinski Memorial) 100: (+3.1m) Woronin 10.13 (10.22 ht) Leonard (Cub) 10.17, Lara (Cub) 10.21 (10.33 ht), Panzo (Fra) 10.23 (10.34 ht), Nkounkou (Congo) 10.40 (10.28w ht); Haas (Ger) 10.32 ht; LJ: Klimaszewski (European junior champion) 8.33 (3.7m following wind), Jaskulka 7.97, Klepsch

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SPAIN: John Graham's fast marathon

John Graham, the Scottish international steeplechaser, ran the fastest marathon by a Briton this year when he won at Laredo in 2:13:21. In the same race, run on a flat three-lap course in almost ideal conditions (though it did become a little warm as the race progressed), inter-services champion Andy Robertson took nearly 4 min off his best time with 2:18:14 in 13th place. Always in the leading group, Graham held back in the early stages, passing 10km in 31:40 and 20km in 63:45, but then as the pace slowed he broke away to run the next 5km in 15:15, opening up a 45 sec gap. He increased his margin to 1 min 20 sec at 35km, reached in 1:49:40. From then on he coasted to the finish, coming home 51 sec ahead of two Italians. It was a great pity that John was ill for the AAA marathon as it is obvious from this performance that he would have been challenging for a place in the first three. 1, GRAHAM 2:13:21; 2 eq, Erotaro & Poli (Ita) 2:14:12; 4, Bobes (Fra) 2:14:25; 5, Palacios (Spa) 2:14:32; 6, Colo (Ita) 2:14:53; 7, Sanchez-Pinill (Spa) 2:14:55; 8, Pizzolato (Ita) 2:15:07; 9, Gaitan (Spa) 2:15:13; 10, Vey (Swi) 2:16:46 ... 13, ROBERTSON 2:18:14.

Don Shelley

USSR: No record for Kondratyeva

Our scepticism over the reported world record 10.87 100m by Lyudmila Kondratyeva in Leningrad on June 3rd (see June 14th issue) proved to be justified. Robert Pariente of *L'Equipe* has revealed that the time will not be forwarded to the IAAF for ratification because there was no photo finish film available — as required by IAAF rules in the sprints. It seems likely that Kondratyeva's time (and other spectacular marks in the sprints and high hurdles) were taken either by digital manual stopwatches or by semi-automatic electrical timekeeping. Either method is highly flattering to the athlete if released in 1/100ths. In effect, a manual 10.87 rounds off to 10.9 and equates to around 11.14

on fully automatic timing. Significantly, Kondratyeva won her next race, in Moscow on June 11th, in 11.24; next day she set a Soviet 200 record of 22.31 with Natalia Bochina (18) 2nd with a world junior record of 22.57.

This Moscow meeting threw up several other outstanding performances, including a USSR pole vault record of 5.69m by Konstantin Volkov (who did not attempt anything higher) and — as reported last week — a world record 1:54.9 800 by Nadyezhda Olizaryenko (née Muchta), whose husband Sergey won the steeplechase in 8:26.5. Nadyezhda, who is in the Army and runs up to 500 "fast" kilometres (310 miles) a month in training, believes the record will be broken in the Olympics. Olga Kuragina set a new world pentathlon record of 4856 pts in Moscow last weekend.

High jumper Vladimir Yashchenko is out of the Olympics. A place in the team was being held for him in the event of his being able to jump reasonably well in Moscow on July 4th, but after a series of medical tests on his left knee (on which he has had two operations) doctors informed him he would not be fit to compete. Indeed there are doubts as to whether he will ever jump again. Yashchenko's world record of 2.34m was broken recently by Wszola and Mogenburg, although he still ranks as equal highest jumper of all time on account of his 2.35m indoors.

WORLD STARS AT TALBOT GAMES

There is a great line-up of talent from all over the world for the Talbot International Games at Crystal Palace on Friday (June 27th) evening; seats still available along back straight. Athletes include — 100: Wells, Jenkins, McFarlane, Sharp, D. Thompson, Crawford (Tri), Glance & McTear (US), Obeng (Gha); 200: Jenkins, Quarrie & Bradford (Jam); 800: Walker (NZ), Hamilton (Jam), Enyeart (US); 1500: Ovet, Cram, Williamson, Gonzales (Spa); 2M: Moorcroft, McLeod, Foster, B. Smith, Binns, Bayi (Tan), Puttemans (Bel), Lindsay (US), Scott (Aus); 110H: Greaves, Holtom, Milburn & G. Foster (US); 400H: Oakes, Hartley, Moses, Shine, King & Phillips (US); PV: Hooper; TJ: Connor, Jordan (US), Bakosi (Hun); SP: Capes; JT: Ottley, Paragi & Nemeth (Hun), O'Rourke (NZ); women's 100: Hunte, Lannaman, Ottley (Jam), Kyomo (Tan); 200: Lannaman, Smallwood, Goddard, Ottey, Boyd (Aus); 400: Hartley, Hoyte-Smith, Probert, Robertson (NZ); HJ: Miller, Brill (Can), Ritter (US); JT: Sanderson, Schmidt & Smith (US).

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The Ten Step Scheme: Tom McNab Replies

Dear Sir,

I refer to David Couling's letter in the May 31st issue.

The chronology of the Ten Step Scheme is as follows (and here I have referred to minutes of Five Star Committee, Southern Counties Coaching Committee, National Coaches' Conferences and my work-diaries).

(1) I first brought up the idea of a specialised Scheme for primary schools in a paper to Southern Counties Coaching Committee, entitled 'Fun Athletics' in late 1974 and this concept was later that year discussed at National Five Star Committee.

(2) The subject was again discussed in 'any other business' at Five Star Committee in the autumn of 1975.

(3) As a direct result, I held a seminar with a group of Hertfordshire primary school teachers on the possibility of a new type of primary schools scheme at Watford on October 2nd, 1975, under the aegis of a local primary school teacher Miss Marian Heath. The response was favourable. If, as Couling says, the subject only came up in 1977, what on earth were we discussing at Watford two years earlier?

(4) The scheme was discussed at the June 5th 1976 Five Star Committee meeting and minuted.

'Mr McNab was asked to submit his paper (on 'Fun Athletics'), as he had to leave early . . . 'It was agreed that an outright table for a separate scheme, possibly called 'Fun Athletics', aimed at 8-12 year olds, to be available for the October meeting . . . '

(5) In October 1976 the National Five Star Committee again discussed the scheme formally and at a meeting at my home in April 1977 I carried the concept further with Phil Johnson and David Couling.

(6) In 1977 several primary schools (of which Couling's was only one) put the Scheme on trial, with Couling producing the first primitive tables. The results were far from discouraging, but Five Star Committee decided to carry Ten Step no further.

Letters

(7) In 1978 I re-structured the Scheme and its tables, created teaching-notes, secured a scheme-sponsor, Carnation Foods, and the Southern Counties AAA agreed to continue to pilot the Scheme, with Arthur Kendall (whose enthusiasm and persistence had ensured the early success of Five Star) acting as Scheme Administrator. 1979 results were encouraging and in 1980 the response has been both positive and substantial.

It is therefore clear, from documents readily available, that I had been involved with teachers in discussion-groups on a new primary schools award as early as October 1975, fully a year before Couling lays any claim to action. It is equally clear that Five Star Committee's decision to advance the idea came from my paper of June 1976 and from no other source.

I leave it to those in athletics and physical education, who have been involved with me for over thirty years, to make up their own minds on the likely source of the Scheme. I must allow that the AAA has always been generous in placing at my door the creation of the Five Star Scheme. Ten Step has, however, had its birth-pangs, but in the end, primary school children and their teachers will decide on the merits or demerits of the Ten Step Scheme. If it has no value, then it will die, and deservedly so.

I would also make the point that, as with Five Star Scheme, where such men as Derek Hayward, Alan Launder, David Pickup and Arthur Kendall were indispensable to the Scheme's development, so similarly others made their contribution to Ten Step Scheme. Alas, by rejecting it, the AAA may have lost a rich source of future revenue.

It might be worth asking why this subject has come up at this particular time, after there have

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been at least six articles over the last three years attributing the Scheme's creation to me. Can it be that Ten Step is beginning to take off in a big way?

Tom McNab

PARENTAL FURY

Dear Sir,

Following the recent publication in 'AW' of the excerpt from my book "Cross Country and Road Running", centring on the problem of young athletes, I have received a number of reports, letters and comments from around the country which initially gave me some concern but later, I must confess, gave increasing cause for amusement.

There are, it seems, some parents who identified so strongly with that extract from the book that they were apparently convinced that I – somehow – had based it specifically on them. What gave rise to the amusement was the increasingly wide geographical distances between these beliefs, usually centring on people I had never met.

Let me reassure them all that the section was based purely on my general observations over 20 years in athletics, and referred to no specific cases. As evidence, may I mention my article entitled "Take It Easy, Mum and Dad!", which covered the same topic (about which I admit to having strong feelings), and which was published in 'AW' as long ago as December 20th 1969.

By 1990 I shall no doubt be due to commit myself to print again on the subject, and fully expect to offend some parents whose children will not have taken up athletics until around 1988. They, too, will be certain that I was getting only at them.

Cliff Temple,
Hythe, Kent

LAP TIMES

Dear Sir,

I've never been given the opportunity to vote for or against the calling of 400-metre lap times in races, and I don't know of any other athlete who has. And I share "Jimmy" Green's scepticism at his chief timekeeper friend's claim "that a vote amongst athletes came down heavily on the side of" times being given only at the finish. I'm sure that a vote would favour 400-metre times.

Many chief timekeepers do their best to see that athletes get 400-metre lap times, but a hard core seems determined on being awkward for the sake of it by wanting it both ways. They will tell you they can't spare a timekeeper to call out 400-metre splits, then ungraciously clamp down on anyone who offers to do the job for them and help them out of a spot.

Incidentally, one official told me that it is now a Southern Counties ruling that lap times should only be called at the finish line. I find that one

hard to believe, too — particularly as a friend who was chief timekeeper at an important meeting in the SCAA are recently has not had this "ruling" passed on to him. Perhaps someone from the SCAA could explain their position on this.

Phil Postings,
Romford.

THE 'NATIONAL'

Dear Sir,

Having read letters in your columns and heard discussions at various area cross-country association meetings concerning limiting the number of competitors in the National I would like to make the following points:

Firstly as to improving the finishing system. It is quite commonplace for organisers of large road races in the USA to use a computerised finishing system. Although I am not familiar with the working of such systems, I have seen it used to good effect in the orienteering event at Alderley Edge last year, which worked well despite a power loss during the afternoon. Such a system could quite easily be employed in the National.

Secondly as to changing accommodation and other facilities. It would be no great hardship to have extra changing accommodation at schools two or three miles away from the course and for athletes to transport themselves to and from it. The width of the starting line could be reduced by having two teams per pen, the teams who were to be at the back being decided by performance in area championships for example.

Lastly as to the cost of such facilities, improvements and providing extra officials. As the National is the most important event of the year for a club athlete it would be no great injustice to expect him to pay more to compete if it were to mean that all those who wish to compete can do so. I find it disappointing that so much has been said about limiting the National and so little time has been devoted to looking into alternatives such as the above. A majority of athletes would certainly support the idea that the National should be kept as it is, and if limits were imposed it would be very harmful to club athletics.

Dennis Orme,
Road Running Secretary,
Leeds University AC

Dear Sir,

Dr. Philip Thomas in your issue of May 31st asks for constructive suggestions as to how the ever growing 'National' field can be restricted.

One practical way of achieving this without reducing the quality of the field would be to restrict entry to those clubs who have finished a full team in their regional championships.

I know of no top class runner in this area who belongs to a club who could not so qualify in the

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'Northern'; Joggers would be greatly reduced and good veterans who can command a place in their club team could still compete. Most important, all the part teams, running because it is the 'National', would be excluded and yet the fundamental democratic character of the race would be preserved.

Geoff Pickstone,
Sheffield

SERVICE

Dear Sir,

At last a word of congratulation for a British shoe manufacturer. I bought a pair of Reebok Midas road shoes last year and was very pleased with them. I decided to get them repaired through the London offices of Carter Pocock and asked for them to be ready for a specific race over three weeks away. This they promised to do. When I went back the day before the race the shoes had not been returned. Their solution was to present me with a new pair of identical Midas shoes. Thank you, Carter Pocock and Reebok, for a service that must be second to none.

Charles Jennett,
London SE1.

CRYSTAL PALACE SECURITY

Dear Sir,

I competed in the recent Kent County AAA Championships at Crystal Palace, during which I had the bad luck of being assaulted by means of a head butt to the bridge of my nose by a drunken yob who had "invaded" the arena and joined in a couple of races, thus distracting competitors and crowd alike.

The hiring of the National Sports Centre track must have cost the Kent AAA a considerable sum of money, yet they get virtually no security save for a few elderly commissioners who do a fine job but do not exactly inspire confidence.

While training at the NSC track I often see hordes of security guards with large dogs. Yet at meeting such as these Championships they are noticeable by their absence. Why? Do the authorities at the NSC think we are not important enough to protect? All I ask is that decent people who do go to watch athletics, sometimes with children, should be protected from the yobs who seem to be getting the upper hand.

David Moles,
Metropolitan Police AC

As Chief Starter for this meeting I saw this quite serious assault which took place when David Moles was escorting the individual who had joined in a 1500m race, tried to join in a 400m but found the runners too fast for him and then joined in another 1500m event, but was chased into the centre by officials and after a chase all over the arena was finally tripped up. He became violent when escorted off and David Moles showed him his warrant card and was marching

him off when a colleague of the troublemaker ran across and after some argument with David Moles suddenly butted him violently in the face and hit out viciously at him. Then, before officials nearby could do anything to detain them, the two ran up the steps and were away. Fortunately the number of their car was taken by a commissioner and the police alerted. I understand they were chased and detained later. It was thought at first that David Moles had broken his nose but fortunately this was not the case, though it was a nasty injury. Certainly this is something to which the NSC authorities should give serious thought for the future.

"Jimmy" Green

NUTS NOTES

The NUTS have now decided that copies of 'NUTS Notes' should be sold to non-members. The publication, which contains information of statistical and general athletics nature, is in A5 booklet form.

Subscription rates are: 12 months — £5.00 (a minimum of 4 editions per year, but possibly more); single copies — £1.00; these prices include postage and packing. Overseas subscribers should pay by International Money Order. Cheques/POs payable to the 'NUTS'.

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at Marl Pits Sports Complex, Rawtenstall

ON SUNDAY, 13th JULY, 1980

1.00 p.m.	200m	(G, C, JW, B, SW, SM)
2.00 p.m.	3000m	(SW, SM)
2.30 p.m.	1500m	(G, C, JW, B, IW, Y)
3.15 p.m.	100m	(U/11, G, C, JW, B, IW, Y)
4.15 p.m.	400m	(SW, Y)
4.30 p.m.	800m	(U/11, G, C, JW, B, SW, SM)
	L.J.	(U/11, G, C, JW, B, SW, Y)
	Javelin	(JW, B, SW, Y)
	Shot	(JW, B, SW, Y, SM)
	Discus	(SW, SM)
	H.J.	(JW, B, SW, SM)

Entries: 30p per number on day, (max. 3 events).

Further information: Mrs E. Graham, 22 Oaklands Drive, Rossendale, Lancs. BB4 6SA. Tel. Rossendale 27439.

UK CHAMPIONSHIPS Contd from page 11

(EAC) 1:53.1; 2, S. Caldwell (Bolt) 1:53.6; 3, P. McGrath (Bris) 1:54.3; 4, P. Lewis (S&E) 1:55.7; 5, D. Joseph (W'stow) 1:55.9; 6, S. Lowe (Shaft) 1:56.5. **Ht 4:** 1, S. Cram (Jarr) 1:54.4; 2, G. Williamson (Spring) 1:54.4; 3, R. Ashton (Poly) 1:54.8; 4, I. Stewart (Lut) 1:56.3; 5, J. Espir (Shaft) 1:56.3; 6, R. Ridley (unat) 1:56.4.

Final: (b) 1, WARREN 1:48.6; 2, FORBES 1:49.8; 3, CRAM 1:50.2; 4, Edwards 1:50.3; 5, Caldwell 1:50.8; 6, Cook 1:51.4; 7, Larder 1:52.6; 8, Williamson 2:00.1.

5000: (b) 1, D. MOORCROFT (Cov) 13:41.8; 2, N. ROSE (Bris) 13:42.2; 3, B. SMITH (Gate) 13:44.4; 4, G. Smith (Liv) 13:44.9; 5, D. James (Card) 13:48.0; 6, S. Jones (Bris) 13:48.9; 7, S. Binns (Bing) 13:49.7; 8, A. Armitage (Charn) 13:51.8; 9, M. Prince (C of Hull) 13:53.1; 10, R. Smedley (Bir) 13:55.2; 11, A. Hutton (ESH) 13:55.9; 12, N. Muir (Shett) 13:57.1; 13, C. Spedding (Gate) 13:57.1; 14, D. Clarke (Herc W) 13:59.0; 15, A. Leek (Card) 14:00.0; 16, M. Scrutton (Ton) 14:04; 17, K. Newton (Sheff) 14:05; 18, A. Catton (Ilf) 14:08; 19, K. Penny (Camb. H) 14:09; 20, M. Morton (B'burn) 14:11; 21, A. Staynings (Bris) 14:13; 22, J. Wheway (W&B) 14:13; 23, D. Murphy (Liv) 14:17; 24, S. Emson (Tip) 14:21; 25, G. McCallum (Shaft) 14:24; 26, D. Fowles (Card) 14:27; 27, R. Callan (Leic) 14:28; 28, J. Doherty (Leeds) 14:30; 29, G. Harvey (Staffs M) 14:36; 30, Simon Cahill (Leeds) 15:33.

Women's 1500: (Heats, a; 1st 4 to final) **Ht 1:** 1, J. White (Mit) 4:29.7; 2, J. Marlow (Stret) 4:30.5; 3, S. Arthurton (Leeds) 4:30.7; 4, T. Bateman (Bir) 4:31.2; 5, C. McMeekin (Glas) 4:31.6; 6, M. Coomber (Camb. H) 4:33.0; 7, J.

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Davidson (Sale) 4:33.1; 8, J. Laughton (Derby) 4:33.5; 9, V. Blair (ESH) 4:41.7. **Ht 2:** 1, C. Hanson (ESH) 4:24.6; 2, H. Hollick (Sale) 4:25.0; 3, B. Madigan (Houn) 4:25.8; 4, G. Dainty (Bir) 4:27.1; 5, M. Joyce (Craw) 4:28.1; 6, J. Asgill (Stret) 4:29.2; 7, J. Prictoe (Linc) 4:28.3; 8, A. Mason (Bir) 4:38.4; 9, S. Simkin (Sale) 4:50.3. **Ht 3:** 1, W. Smith (Houn) 4:24.6; 2, P. Forse (C.A. Ouest, France) 4:25.2; 3, R. Smeeth (AFD) 4:25.3; 4, J. Clarke (Sheff) 4:26.3; 5, R. Joyce (Craw) 4:27.1; 6, L. Parker (Lake) 4:35.5; 7, J. Croasdale (B'burn) 4:40.3.

Final: (b) 1, WHITE 4:19.5; 2, SMITH 4:22.5; 3, HOLLOCK 4:22.6; 4, Dainty 4:23.5; 5, Hanson 4:23.7; 6, Clarke 4:25.7; 7, Forse 4:27.4; 8, Madigan 4:28.4; 9, Bateman 4:28.8; 10, Smeeth 4:30.1; 11, Arthurton 4:34.0; Marlow dnf.

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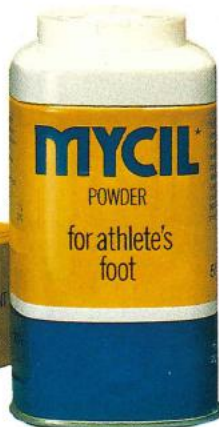
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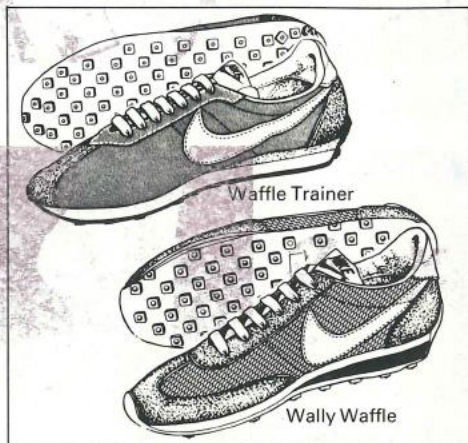
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