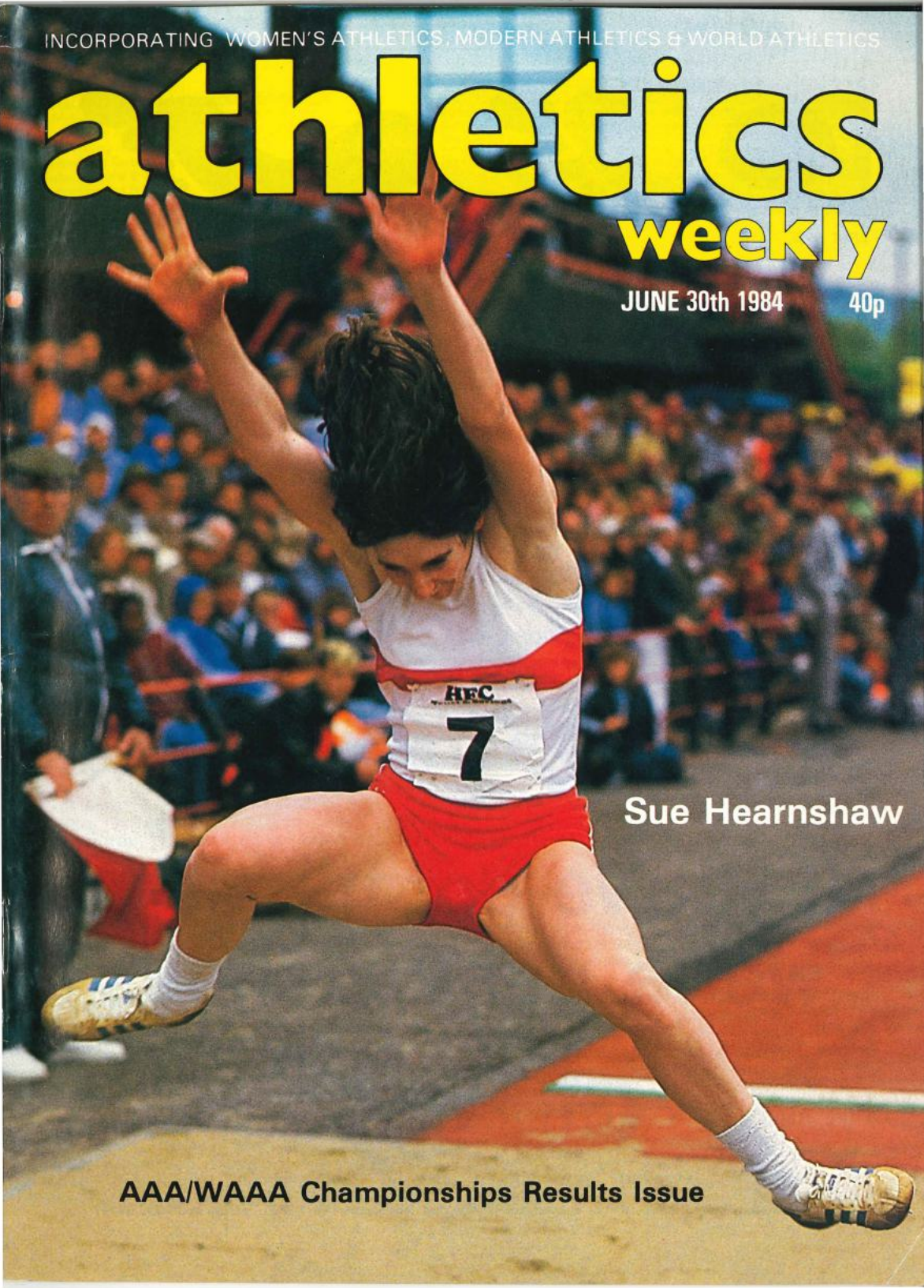
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

JUNE 30th 1984 40p



Sue Hearnshaw

AAA/WAAA Championships Results Issue



If you've got the style we've got the shoes



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Editor: MEL WATMAN
Assistant Editor: BARRY TROWBRIDGE
Editorial Assistant: BRIAN SMYTH
Business & Advertisement Director: TIM GREEN
Advertising Assistant: PAMELA TERRY
Consultant Director: P. W. GREEN
Subscriptions & Books: JACKIE WOOD
Subscriptions & Circulation: DOREEN BOURNE

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INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

Vol. 38 No. 26 **JUNE 30th 1984**

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COVER PHOTO (By Allsport/Tony Duffy)
Olympic long jump hope Sue Hearnshaw.

THE WEEK AHEAD

Saturday, June 30th: Scottish Champs (1st day), Meadowbank; Southern Women's Combined Events Champs (1st day); Army Junior Champs, Bramcote; Wrexham Open Meeting, Queensway Sports Centre; Lightfoot Sports Centre Open Meeting, Newcastle; Larne Half Marathon; Winson Green '4', Birmingham; Bourton '15'; Yeovil '20K'.

Sunday, July 1st: Belgium v England v Yugoslavia U/23 Match, Brussels; Brooks Inter-County Champs, Birmingham; Scottish Champs (2nd day), Meadowbank; Southern Women's Combined Events Champs (2nd day); Thurrock YA Open Meeting, Grays; Barrow Open Meeting, Walney Island; Banbury Open Meeting; Exeter Minors Meeting; Brighton YA Open Meeting, Withdean; Camberley YA Trophy Meeting; Stretford U/15 Open Meeting, Longford Park; Piccadilly Radio Marathon, Manchester; Mansfield 'Stars & Stripes' Half Marathon; Jaguar Half Marathon, Coventry; Otley Half Marathon; Pennine Marathon, Huddersfield; Avon Cosmetics Women's '10', Darlington; North Downs Run; Lambeth Run '84 Half Marathon, Herne Hill; Southwark '5', Bermondsey; Alnwick Fair '5'; Blists Hill Foot Races, Telford; Tod '22', Todmorden; Chester Half Marathon; Brooks Horndon Village '10K'.

Monday, July 2nd: Sri Chinmoy Grand Prix, Battersea Park.

Tuesday, July 3rd: Runnercare Summer League '8', Hull; Banbury '5'.

Wednesday, July 4th: TVH Open Graded Meeting, West London; Beverley Baxter Trophy Meeting, Haringey; Gloucestershire Midsummer League, Cheltenham; 'Round the Park' Road Races, Greenhead Park, Huddersfield; Nike Rugby '6'.

Friday, July 6th: Rank Xerox Series 10 Games (inc. England v Spain v Sweden), Gateshead.

Saturday, July 7th: N. Ireland WAAA Champs, Antrim; BLE Senior Champs, Santry; GRE British League (Div. 1 — Birmingham, Div. 2 — Stretford, Div. 3 — Brighton, Div. 4 — Aldershot, Div. 5 — Enfield); Access UK Women's League (Div. 1 — Meadowbank, Div. 2 — Woodford, Div. 3 — West London, Div. 4 — Oxford); Northern League; Oxford City U/13 Open Meeting, Horspath Track; Rockingham

Continued on page 18

U-Bix Copiers AAA Champs **At Crystal Palace, June 23rd/24th**

ELLIOTT SNATCHES VICTORY OVER COE

THESE are troubled times for Seb Coe. After illness had ruined his last two seasons, he appeared to be well on his way back to vintage form this year — until an injury in training (he tore fibres at the top of the thigh) halted his progress, causing him to withdraw from the Loughborough v AAA match. He would rather not have raced as soon as the AAA Championships, to safeguard against the risk of further injury, but he felt obliged to as the Olympic team selection date was looming and the selectors required evidence of his fitness at 1500.

And so he lined up at Crystal Palace for a 'shoot-out' with Peter Elliott, already his Olympic partner at 800 and himself keen to go for the middle distance double in LA. Prior to this year it would have appeared an unlikely match, for Elliott's 1500 best stood at 3:49.1 — some 17 seconds slower than the Olympic champion's fastest. But Elliott has made tremendous strides at the 1500 and mile in 1984, his times down to 3:38.13 and 3:55.71, and his vow to be a thorn in Seb's side was no empty threat. The race could hardly have been more dramatic. The two main protagonists entered the last lap practically abreast and when Coe cancelled out the lead taken by Elliott along the backstraight and kicked past at the start of the final straight it looked all over. But Elliott, as gritty a competitor as you could hope to find, never lost heart; he stuck in and, as Coe ran out of steam in the closing stages, he inched past to snatch victory. Thus Elliott, who first made a name for himself on the track when chasing after Coe in Yorkshire and Northern 800 title races, became the first Briton to beat Coe at this distance for eight years.

Of the 19 Senior titles contested, four went overseas — two to Cuba (who scored clean sweeps in both the high and triple jumps), one apiece to Australia and Ireland. The only successful defending champions were Darren Clark (now all of 18) in the 400, Jeff Gutteridge in the pole vault and Bob Weir in the discus — the latter setting an AAA national record of 62.50m. Phil Vesty established a UK record of 11:42.94 in the 3000 walk, with Tim Berrett setting UK Junior figures of 11:54.23 behind him, and championship bests fell to Spain's Domingo Ramon (8:23.12) in the steeplechase and to the Cuban pair of Francisco Centelles and 17-year-old Javier Sotomayor (2.30m) in the high jump.

Event-by-event reports by Mel Watman (100-3000SC) and Barry Trowbridge.

AMATEUR ATHLETIC ASSOCIATION CHAMPIONSHIPS 1984

DECATHLON CHAMPIONSHIP

Senior and Under 20 years

SATURDAY & SUNDAY, 14th/15th JULY, 1984

Copthall Stadium, Hendon

Entries close: Tuesday, 10th July

A.A.A. CHAMPIONSHIP STANDARD. Senior 6500 points. Junior 5300 points.

Entries to be sent to A.A.A., Francis House, Francis Street, London SW1P 1DL (S.A.E. to be sent with entry forms).

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A.A.A. UNDER 20 YEARS CHAMPIONSHIPS

Alexander Park Stadium, Birmingham

SATURDAY & SUNDAY, 11th/12th AUGUST, 1984

Entries close: Tuesday, 24th July

Entries to be send to A.A.A., Francis House, Francis Street, London SW1P 1DL. (S.A.E. to be send with entry forms).

100 METRES (Saturday)

Donovan Reid finally won himself a big race. Third in the 100 (10.17w) and second in the 200 (20.62) in the UK Championships, third in both events (10.62/20.87) in the Trials, Reid looked in danger of just missing Olympic selection in an individual event . . . until his magnificent AAA win. A tremendous run in his semi of 10.53 into a 2.53m/sec wind was followed by clearcut victory in the final. He drew away from Lincoln Asquith after halfway, with Linford Christie and Eddie Cutting just pipping the European Junior champion for the other medals. Reid equalled his legal best of 10.42 and looks capable of considerably faster. A sad sight was that of Cameron Sharp, whose right hamstring went again in the semis and who limped across the finish line, his last Olympic hopes dashed.

Heats (1st 4 to semi-finals): Ht. 1: (—1.41m) 1, D. Reid (Shaft) 10.95; 2, N. Richens (AF&D) 10.99; 3, D. Crosby (Hill) 11.04; 4, V. Esprey (Bir) 11.04; 5, P. Davies (B'hth) 11.14; 6, P. Roberts (Enf) 11.29; 7, J. Roote (Wyc) 11.29; 8, E. Roofe (E&E) 11.30. **Ht. 2:** (—3.42m) 1, A. Lightbourne (Bah) 11.00; 2, J. Mayers (Read) 11.00; 3, C. Sharp (Shett) 11.09; 4, R. Brown (Lon. I) 11.22; 5, G. Proctor (Notts) 11.34; 6, P. Sanders (Ov) 11.34; 7, M. Williams (Leic) 11.36; 8, C. Orr (Lough) 11.47. **Ht. 3:** (—1.72m) 1, A. Parker (B&H) 10.87; 2, G. Keating (Aus) 10.90; 3, G. Wilson (Shaft) 10.94; 4, I. Simpson (Leeds) 11.05; 5, S. Rutherford (Mor) 11.12; 6, D. Callender (HW) 11.26; 7, P. Merrell (Peter) 11.75. **Ht. 4:** (—2.53m) 1, L. Christie (TVH) 10.99; 2, D. Parker (Bah) 11.01; 3, E. Obeng (Gha) 11.07; 4, J. Green (Notts) 11.21; 5, B. Allen (N. Lon) 11.40; 6, L. White (Read) 11.43; 7, N. Bowd (Swan) 11.50. **Ht. 5:** (—0.1m) 1, L. Asquith (Bir) 10.56; 2, E. Cutting (RAF) 10.57; 3, R. Brobby (N. Lon) 10.73; 4, M. Wilby (Blay) 10.79; 5, A. Hay (Read) 11.18; 6, A. Hunte (HHH) 11.21; 7, F. Nettle (Har) 11.98. **Ht. 6:** (—3.08m) 1, P. Keeble (S&NH) 10.98; 2, C. Callender (Har) 11.02; 3, H. King (Brack) 11.06; 4, P. Cooke (CoH) 11.15; 5, E. John (S&NH) 11.16; 6, J. Phillips (B'hth) 11.37; 7, R. Wilson (TVH) 11.72.

Semi-finals (1st 2 & 2 fastest losers to final): Ht. 1: (—2.53m) 1, Reid 10.53; 2, Lightbourne 10.72; 3, Keeble 10.73; 4, King 10.76; 5, G. Wilson 10.86; 6, Wilby 10.88; 7, Green 10.94; 8, Brown 11.23. **Ht. 2:** (—1.09m) 1, Asquith 10.65; 2, Mayers 10.81; 3, Brobby 10.81; 4, A. Parker 10.83; 5, Richens 10.99; 6, Simpson 10.99; 7, Crosby 11.06; 8, Sharp 14.04. **Ht. 3:** 1, Cutting 10.61; 2, Christie 10.73; 3, Obeng 10.80; 4, Keating 10.89; 5, D. Parker 10.89; 6, Callender 10.96; 7, Esprey 11.07; 8, Cooke 11.09.

Final: (+0.1m) 1, REID 10.42; 2, CHRISTIE 10.48; 3, CUTTING 10.49; 4, ASQUITH 10.50; 5, LIGHTBOURNE (Bah) 10.72; 6, MAYERS 10.75; 7, KEEBLE 10.77; 8, KING 10.83.

200 METRES

With Mike McFarlane (ecstatic over his friend Donovan Reid's 100 success) deciding to opt out, the main challenge to Todd Bennett was expected to come from late entrant Buster Watson. Lincoln Asquith, steadily advancing towards top form after recovering from injury, got away well and was in the lead with Watson at the start of the straight. Ainsley Bennett was third and his namesake fourth some 3-4m behind the leaders. Confident in his strength, Todd coolly picked them off one at a time . . . Ainsley, Lincoln, Buster . . . and even had time to celebrate in advance of the finish. He clocked a just windy 20.79, a metre and a half clear of Watson. Todd — who has run 20.36 — remains adamant that he is not interested in running the 200 at the Olympics, but it's interesting to note that at the shorter distance there are only two men certain to be in LA who have faster times this year (Carl Lewis 19.84, Kirk Baptiste 20.05) while at 400 there are 13 candidates who have gone faster than Todd's 45.56 so far this season — five of them having run inside 45 seconds.

Heats (Winners & 3 fastest losers to final): Ht. 1: (—0.43m) 1, T. Bennett (S&E) 21.43; 2, P. Dunn (Liv) 21.69; 3, Keeble 21.72; 4, G. Mahoney (Ports) 21.91; 5, Phillips 22.23; 6, Proctor 22.40; 7, C. Lester (Army) 22.75. **Ht. 2:** (+0.79m) 1, B. Watson (B'hth) 21.32; 2, Esprey 21.62; 3, P. Nelson (Lut) 21.88; 4, E. John (S&NH) 22.11; 5, T. Bonsor (W&B) 22.19; 6, M. Bond (HHH) 22.43; 7, N. Pyle (W. Gn) 23.11. **Ht. 3:** (+0.52m) 1, E. Tulloch (Sale) 21.49; 2, Davies 21.66; 3, Green 21.74; 4, R. Ashby (Bed) 21.93; 5, Keating 22.07; 6, O. Parker (HHH) 22.17; 7, R. Hunter (Spark) 22.55. **Ht. 4:** (+0.47m) 1, D. Parker 21.48; 2, A. Bennett (Bir) 21.58; 3, M. St. Louis (HHH) 21.60; 4, R. Haizelden (S&C) 21.75; 5, D. Jenkins (Gate) 21.79; 6, Cooke 21.95; 7, Richens 22.23. **Ht. 5:** (+0.40m) 1, Asquith 21.31; 2, S. Eden (Read) 21.57; 3, Lightbourne 21.61; 4, M. Williams (Leic) 21.70; 5, C. Thompson (Sale) 21.86; 6, Bowd 22.37.

Final: (+2.26m) 1, T. BENNETT 20.79; 2, WATSON 20.93; 3, ASQUITH 21.10; 4, A. BENNETT 21.16; 5, D. PARKER (Bah) 21.26; 6, ST. LOUIS 21.29; 7, EDEN 21.49; 8, TULLOCH 21.52.

400 METRES

The qualifying conditions were surely unnecessarily vicious: seven heats with just the winners and one fastest loser going through to the final next day. With so many top-notch overseas runners entered, it was obvious that very few British runners would survive the heats, and it became all the more frustrating when the fastest loser (Cuba's Francisco Alfonso at 46.85) did not turn up for the final. Men like Claude Moseley (46.90), Nigel Kitchen (46.90), Stephen Heard

(46.92) and David Jenkins (47.15) would dearly have liked a second crack.

Phil Brown did well to win his heat ahead of Allen Ingraham of the Bahamas who has run 45.26 this year in the USA, but he misjudged his race in the final. For once he started off too fast and was sold out by the final straight, enabling Alan Slack to finish as the highest placed Briton behind Darren Clark, Gabriel Tiacoh and Mike Paul. Clark, a sensational winner last year in a world age-17 best of 45.05, ran a very strong third 100 to head the field and never lost the advantage. Hoping for sub-45, he had to settle for 45.66 ("the wind seemed to be in my face the whole way round") but was well pleased. It was his first race since February, having pulled a hamstring three times since then.

Heats (Saturday — Winners & fastest loser to final): Ht. 1: 1, D. Clark (Aus) 46.20; 2, C. Moseley (Har) 46.90; 3, Jenkins 47.15; 4, G. Delaney (Irl) 47.38; 5, S. Thomas (Chelt) 48.38; 6, C. Thompson 49.09; 7, M. Bowen (Notts) 49.23; 8, N. Jackson (W&B) 49.49. **Ht. 2:** 1, M. Paul (Trin) 46.04; 2, A. Bennett 47.56; 3, R. Barrett (Carm) 47.67; 4, P. Jones (Gate) 47.91; 5, W. Armstrong (Mor) 48.74; 6, J. Shaw (B'hth) 48.92; 7, N. Thompson (Notts) 49.77. **Ht. 3:** 1, M. Soloman (Trin) 47.61; 2, T. Whitehead (Har) 47.87; 3, B. Whittle (Ayr S) 47.97; 4, H. Smith (Notts) 49.29; 5, Hunter 49.50; 6, C. Chick (Enf) 49.69; 7, D. Rippon (Newb) 49.80; 8, M. Thomas (Car) 50.50. **Ht. 4:** 1, P. Brown (Bir) 46.76; 2, A. Ingraham (Bah) 46.94; 3, D. Redmond (Lut) 47.12; 4, S. Baggaley (Ell) 48.39; 5, T. Foulger (B'hth) 48.50; 6, B. Odunsi (Croy) 49.18; 7, D. Simmonds (TVH) 52.31. **Ht. 5:** 1, R. Dickens (Shaft) 46.50; 2, S. Heard (W&B) 46.92; 3, R. Ramos (Cub) 47.14; 4, K. Bentham (TVH) 47.19; 5, O. Parker 48.70; 6, R. Daniel (Har) 48.78; 7, V. Golding (Craw) 49.28. **Ht. 6:** 1, A. Slack (Wake) 46.58; 2, F. Alfonso (Cub) 46.85; 3, N. Kitchen (High) 46.90; 4, M. McMahon (Gate) 47.64; 5, S. Grant (Ox. C) 48.05; 6, A. Medley (Spen) 49.00; 7, S. Scutt (W&B) 51.37. **Ht. 7:** 1, G. Tiacoh (Iv. C) 46.61; 2, L. Martinez (Cub) 47.09; 3, K. Finn (Irl) 47.75; 4, S. Garrett (Bex) 48.19; 5, C. Hamilton (Sale) 48.93; 6, D. Lake (N. Lon) 49.22; 7, P. Hughes (B&H) 49.62.

Final: 1, CLARK (Aus) 45.66; 2, TIACOH (Iv. C) 45.81; 3, PAUL (Trin) 45.88; 4, SLACK 46.51; 5, BROWN 46.76; 6, DICKENS 46.80; 7, SOLOMON (Trin) 47.53; Alfonso scr.

HARINGEY

YOUNG ATHLETES MEETING



(Under AAA & WAAA Laws)

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WEDNESDAY, 11th JULY, 1984

(Sponsored by: THE HEALTH EDUCATION COUNCIL)

First event 6.30 p.m. Limited Entry

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EVENTS:

6.30 p.m.	**70H** (G). **Long Jump** (G., JG., IL) **Shot** (B., Y) **Discus** (JG., IL)
6.40 p.m.	**800m** (G., C.)
7.00 p.m.	**75H** (JG., C.)
7.10 p.m.	**800m** (JG., B.)
7.30 p.m.	**80H** (B., IL) **Long Jump** (C., B., Y) **Shot** (JG., IL) **Discus** (B., Y)
7.40 p.m.	**800m** (IL., Y)
8.00 p.m.	**200m** (G., C., JG., B., IL., Y)

Entries close 6th July

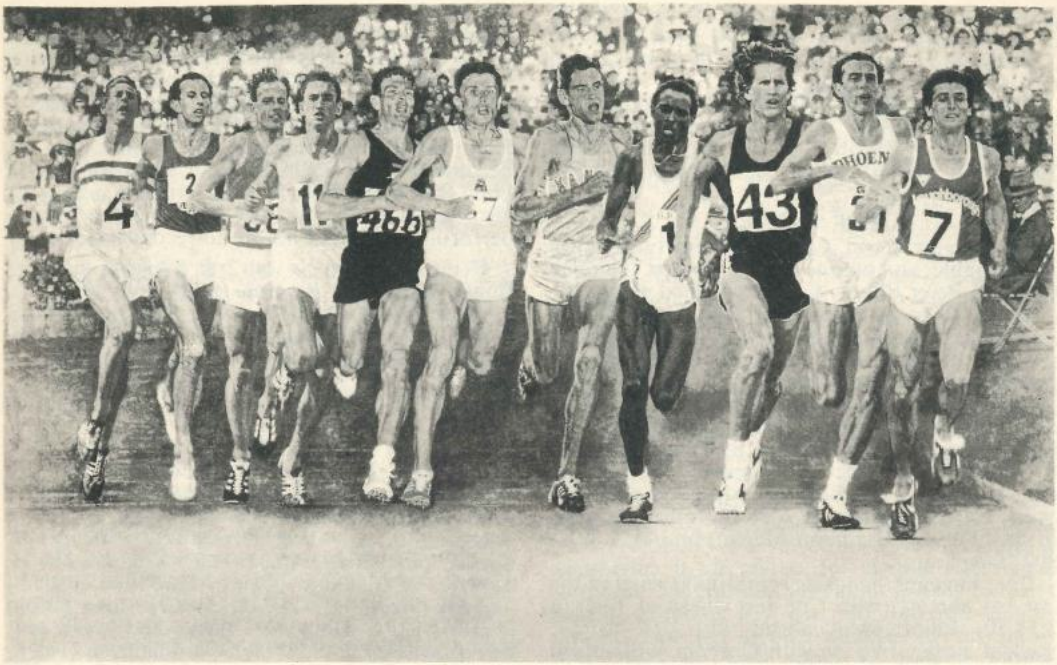
To: D. E. Ives, 12 Edinbridge Road, South Hackney, London E9 7DR, stating name, address, club, d.o.b., events and best times.

Entry Fee: 40p per event. Cheques/P.O. payable 'H.A.C.'

800 METRES

This event turned out to be a tale of woe. The heats saw the mysterious demise of Alberto Juantorena; having run several fast times on the Continent recently (including 1:44.88 and a sprightly 46.01 400) he was expected to be Steve Cram's stiffest opposition, but he hardly seemed to be trying in his heat and never came remotely close to qualifying. The final proved slow enough to justify the decision of the absent Steve Ovett (1:46.15 in Belfast a few days earlier) to rest on his laurels, and ended in worrying fashion when Cram limped over the line, victim of an injury just above the right Achilles tendon. He won all right, but although Steve has a habit of coming back from injury just before major races, this latest setback must be disturbing. His near namesake, Steve Crabb, led for over 600m (79.7, after 53.11 at 400) before Cram passed him on the final turn and led into the straight by 2m from Rob Harrison. Cram began to pull away, until he felt the muscle go in the last few metres. He hobbled over the line and fell to the ground clutching his leg.

Heats (Saturday — Winners & 4 fastest losers to final): Ht. 1: 1, S. Cram (J&H) 1:47.27; 2, C. Szwed (Cov) 1:49.02; 3, S. Redwine (US) 1:49.37; 4, S. O'Neill (B&A) 1:49.64; 5, D. Slipper (Els) 1:50.87; 6, R. White (N&EB) 1:51.52; 7, J. Greaves (Har) 1:51.64; 8, P. Forbes (EAC) 1:55.02. **Ht. 2:** 1, S. Crabb (Enf) 1:47.08; 2, G. Brown (Car) 1:47.38; 3, R. Weedon (Chelm) 1:48.47; 4, A. Juantorena (Cub) 1:50.68; 5, F. O'Mara (Irl) 1:50.86; 6, A. Webber (S&SH) 1:52.81; 7, B. Jennings (Irl) 1:54.41; 8, S. Caldwell (Bol) 1:56.39. **Ht. 3:** 1, R. Harrison (Liv) 1:46.71; 2, J. Mays (US) 1:46.86; 3, J. Blackledge (B&F) 1:47.71; 4, I. Marron (Irl) 1:49.44; 5, D. Ottaway (E. Hull) 1:49.58; 6, A. Morrell (M&C) 1:49.96; 7, D. Baptiste (TVH) 1:52.90. **Ht. 4:** 1, I.



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Billy (Wirr) 1:46.91; 2, G. Cook (W&B) 1:47.26; 3, J. Gladwin (Bel) 1:47.51; 4, S. Lane (Bir) 1:49.21; 5, J. Hunter (Irl) 1:50.16; 6, E. Curran (Irl) 1:51.62.

Final: 1, CRAM 1:46.84; 2, HARRISON 1:46.90; 3, MAYS (US) 1:46.91; 4, COOK 1:46.98; 5, CRABB 1:47.31; 6, GLADWIN 1:47.47; 7, BILLY 1:47.57; 8, BROWN 1:48.24.

1500 METRES

Twelve runners in a relatively slowly run race spell trouble, and no one came off worse than Seb Coe and Peter Elliott. Coe got pushed across the track at 300m by the young Frenchman Cyrille Laventure, and precisely one lap later he was so severely buffeted that he twice came close to falling as he lurched about like a drunk, losing several places. Elliott, a far more robust runner, didn't fare much better. He was spiked on both legs (''I kept getting bumped by everyone'') and for much of the race was seemingly inextricably boxed in. However, both were in good positions as the bell was reached in 2:44.44, following splits of 58.49 at 400 (Eamonn Martin) and 1:59.39 at 800 (Laventure).

Coe, hugging the inside, and Elliott entered the last lap abreast, with Coe just ahead at 1200 in 2:58.50. Elliott went ahead with 250 to go, tracked closely by Coe with Graham Williamson third, but the lead switched to Coe early in the final straight. The Olympic champion moved inside ahead of Elliott rather prematurely, causing the latter to check, and built up a lead of 3-4 metres. But Elliott was in no mood to concede. ''There was a time when I didn't think I could beat Coe, but I'm believing in myself now''. He pulled back slowly but surely, and thrust ahead in the final five metres, having run the last lap in 55.2. Another distinction for Elliott: he has become the first man to finish ahead of Coe at both 800 and 1500. It was certainly a notable victory for him, but the pluckiness of Coe's performance should not go unrecognised.

Heats (Saturday — 1st 2 & 4 fastest losers to final): Ht. 1: 1, S. Coe (Har) 3:43.40; 2, P. Larkins (W&B) 3:43.54; 3, C. Bradeley (Stoke) 3:44.04; 4, E. Borge (Nor) 3:46.33; 5, M. Chorlton (Stain) 3:46.35; 6, L. Tredell (Cov) 3:47.07; 7, E. Fitzpatrick (Irl) 3:49.57; 8, M. Green (Cor) 3:49.70; 9, Alan Currie (Edin. U) 3:50.64; 10, M. Wright (Gate) 3:51.69; 11, N. Ovington (TVH) 3:55.29; 12, E. Stevens (Bel) 3:56.00. **Ht. 2:** 1, P. Elliott (Roth) 3:42.52; 2, S. Martin (Har) 3:42.62; 3, S.James (Cov) 3:42.94; 4, D. Swain (E&E) 3:43.25; 5, K. Baker (Cann) 3:44.10; 6, J. Webster (Inv) 3:46.10; 7, Wynsberghe (Bel) 3:46.31; 8, P. Kogbara (TVH) 3:49.50; 9, G. Grant (Camb. H) 3:49.65; 10, P. Tootell (Stret) 3:51.15; 11, T. Crossman (Wok) 3:53.47; 12, A. Douglas (Craw) 3:58.05. **Ht. 3:** 1, S. Paton (Bel) 3:42.69; 2, G. Williamson (W&B) 3:42.81; 3, T. Moloney (Irl) 3:42.95; 4, E. Martin (Bas) 3:43.13; 5, P. Black (Bir) 3:44.58; 6, S. Crossman (Wok) 3:47.90; 7, I. Stewart (Lut)

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Final: 1, ELLIOTT 3:39.66; 2, COE 3:39.79; 3, E. MARTIN 3:41.00; 4, WILLIAMSON 3:41.29; 5, MOLONEY (Irl) 3:41.67; 6, LAVENTURE (Fra) 3:41.68; 7, LARKINS 3:42.02; 8, RICHARDS 3:42.23; 9, James 3:42.33; 10, Paton 3:42.98; 11, Redman 3:43.57; 12, S. Martin 3:44.10.

5000 METRES

Just as Eamonn Coghlan found the 5000m was his best event, so fellow Irishman Ray Flynn, after years of world class 1500m racing without ever winning a major event, has made a successful move up in distance. A 13:31.25 win in Tennessee in May was promising, but it was in this AAA race that Flynn, the ninth fastest miler in history at 3:49.77, really proved his worth. Covering the last 800 in a shade over two minutes, Flynn moved into third place on the 1984 world rankings with 13:19.52. He burst past Tim Hutchings (who had led from just after the 2000 mark) 250 from home, with Nick Rose also showing a good turn of speed to come within two seconds of his 1977 pb. Hutchings kept David Lewis (pb of 13:27.03) at bay to earn an Olympic place after injury had long threatened to ruin his chances. Last year's champion Steve Harris, who had set out at world record pace (61.67, 2:05.45 way ahead of the field), wound up ninth with Jack Buckner following up his fine 3000 at Loughborough with a 13:45.57 debut in 11th position. Kilometre splits were 2:37.49 (Harris), 5:19.76 (Harris), 8:03.14 (Hutchings) and 10:46.72 (Hutchings).

1, R. FLYNN (Irl) 13:19.52; 2, N. ROSE (Bris) 13:22.00; 3, T. HUTCHINGS (Craw) 13:26.11; 4, D. LEWIS (Ross) 13:27.03; 5, J. TREACY (Irl) 13:31.04; 6, J. GARCIA (Spa) 13:37.14; 7, J. DOHERTY (Leeds) 13:39.74; 8, J. SOLLY (Newb) 13:41.07; 9, S. Harris (Shaft) 13:44.94; 10, G. Turnbull (Gate) 13:45.25; 11, J. Buckner (Charn) 13:45.57; 12, J. Goater (Shaft) 13:46.66; 13, K. Harrison (Stret) 13:47:87; 14, R. Carroll (Irl) 13:53.08; 15, J. Gees (Bel) 13:53.71; 16, S. Emson (Bir) 13:54.32; 17, A. Guilder (Ell) 13:56.44; 18, G. Nagel (Gate) 13:56.59; 19, C. Buckley (West) 13:57.73; 20, A. Leonard (Sal) 13:58.57; 21, R. Callan (Leic) 14:05.45; 22, Rosman (Yug) 14:06.83; 23, R. Partridge (Bir) 14:11.00; 24, D. Taylor (Irl) 14:12.61; 25, P. Standing (WS&E) 14:13.19; 26, C. Robison (Der) 14:17.59; 27, P. O'Callaghan (Tip) 14:37.95; 28, S. Lamb (Bas) 14:47.25.

10,000 METRES

With two Olympic places on offer and three good men bidding, it was Julian Goater who missed out. "It's not been my year at all", he sighed. Mike McLeod wasn't any happier. Relief at making the team was overshadowed by disgust at his performance. "It was a terrible run. When Jones went away I went to pieces". McLeod made sure of second place by outsprinting Goater, far behind Steve Jones — who wasn't exactly ecstatic either. He felt he should have been selected after finishing second to Nick Rose in the Trials. What more had he needed to do to impress the selectors, he argued. Only Rose among British athletes had beaten him over 10,000 in the last two years, he had placed third in the World Cross Country, won the AAA 10km road title and run 27:39.14 last year.

Jones did much of the early pace work but, surprisingly, it was McLeod who was in the lead at 5000 (14:06.37) and stayed there for a couple of kilometres. It was on the 19th lap that Jones made his break. He toured that circuit in 66.3 to take a lead of 25m over McLeod and 40m over Goater, and his next lap of 66.1 doubled his advantage over McLeod. With Jones an assured winner, attention switched to the battle for that all-important second spot. Goater went past with four laps to go but he couldn't get away and, inevitably, succumbed to McLeod's finish.

1, S. JONES (Newp) 28:09.97; 2, M. McLEOD (Els) 28:16.87; 3, GOATER 28:17.62; 4, HARRISON 28:30.75; 5, J. WOODS (Liv) 28:44.92; 6, S. BINNS (Bing) 28:53.22; 7, G. PAYNE (S'end) 28:58.32; 8, A. HUTTON (ESH) 29:05.01; 9, K. Penny (Camb. H) 29:05.91; 10, K. Jacques (St. H) 29:07.44; 11, C. Moore (Bing) 29:08.28; 12, G. Deegan (Irl) 29:12.06; 13, S. Anders (St. H) 29:14.39; 14, J. Wigley (B'hth) 29:25.93; 15, D. Fowles (Car) 29:27.62; 16, D. Lowes (C. le S) 29:31.82; 17, J. Ashworth (Bing) 29:34.45; 18, M. Brameld (B'hth) 29:39.04; 19, J. O'Toole (Irl) 29:39.87: 20, R. O'Flynn (Irl) 29:44.76; 21, A. Bridge (Ell) 30:20.58; 22, J. Kilsby (Har) 30:50.19; 23, S. Surridge (Walt) 30:51.38.

3000 METRES STEEPLECHASE

That Domingo Ramon, the tiny (1.65/5'5") Spaniard who was fourth in Moscow, won the race was of little significance when set against the dour battle between Paul Davies-Hale and Graeme Fell for second place and the one remaining Olympic team berth. Davies-Hale, who got the better of Fell in the Trials, would have preferred to sit on that result but he was prevailed upon to race UK record holder Fell again in a decisive head-to-head. It was a riveting duel. With

Davies-Hale shadowing his every move, Fell went in front with four laps remaining but was unable to drop the main opposition. At the bell (7:20.2) Fell led by a couple of strides from Ramon with Davies-Hale a close third. Ramon flew away at the start of the backstraight, while the two Britons were locked together. It was touch and go until Davies-Hale edged slightly ahead at the last barrier, and his was the livelier sprint on the run-in. While Davies-Hale joined Ramon on a well deserved lap of honour, Fell was a picture of dejection. It summed up what these championships were all about.

1, D. RAMON (Spa) 8:23.12 **(CBP)**; 2, P. DAVIES-HALE (Cann) 8:24.07; 3, G. FELL (N&EB) 8:25.46; 4, L. O'BRIEN (Irl) 8:27.24; 5, P. DAENENS (Bel) 8:32.57; 6, E. WEDDERBURN (Tip) 8:42.48; 7, J. HARNETT (Irl) 8:42.80; 8, J. TORRES (Spa) 8:43.41; 9, Pannier 8:46.80; 10, M. Roberts (Ken) 8:48.84; 11, D. Parish (Leeds) 8:51.97; 12, P. Barratt (E&S) 8:53.31; 13, K. Stack (Irl) 8:54.74; 14, R. Charleston (Chelm) 9:02.78; 15, P. Gaden (Camb. H) 9:04.16; 16, M. King (Corn) 9:04.62; 17, T. Fieldsend (Sheff) 9:05.54.

110 METRES HURDLES

Nigel Walker did exactly what was necessary to guarantee a run in LA, as at last he got everything right to storm home in 13.78 into a 0.65m/s headwind — a lifetime improvement of 0.39 seconds and an Olympic qualifying time. After Wilbert Greaves had clattered the first flight to lose about 3m, Walker and UK champion, Hugh Teape, showed clear at half distance before Walker surged ahead and Teape capitulated to Greaves' powerful finish; the latter also bettering the Olympic mark. Teape, Phil Barthropp and Mark Whitby all posted lifetime bests, whilst Jon Ridgeon, in fourth place — in only his second and third runs over Senior hurdles — set new standards for UK 17-year-olds in both heats and final!

Mark Holtom, who after his heat accepted that, Olympic-wise, it was probably do or die for him (or something like that), sadly "bust" whilst preparing for the final. After looking very determined on Saturday and training lightly Sunday morning, his adductor muscle gave him trouble in the warm-up area and he wisely chose to pass.

Heats (Saturday — Winners & 4 fastest losers to final): Ht. 1: (—1.03m) 1, M. Holtom (W&B) 14.15; 2, H. Teape (Enf) 14.23; 3, T. Clifton (W. Gn) 14.64; 4, M. Johnson (Leeds) 14.98; 5, K. Bruce (Read) 15.06; 6, R. Honey (Ilf) 15.41; 7, N. Andrew (Hull S) 15.55; S. Buckridge (Bir) disq. **Ht. 2:** (+1.07m) 1, N. Walker (Car) 14.12; 2, M. Whitby (Lut) 14.39; 3, K. Moore (W&B) 14.48; 4, J. Wallace (N&EB) 14.68; 5, N. Fraser (I'ness) 14.90; 6, C. Smith (Craw) 15.10; 7, T. Leeson (Yeo) 15.35; 8, M. Coker (S&E) 16.24. **Ht. 3:**

Nigel Walker — 13.78

(+0.5m) 1, W. Greaves (Ilf) 14.14; 2, J. Ridgeon (C&C) 14.23 **(UK age-17 best)**; 3, G. Myles (W&B) 14.97; 4, D. Wilkinson (Lut) 15.07; 5, M. Erysthee (Met. P) 15.07; 6, P. Mizen (Exe) 15.48; 7, A. Palk (S&E) 15.88. **Ht. 4:** (—0.99m) 1, P. Barthropp (E&E) 14.37; 2, P. Brice (Shaft) 14.41; 3, A. Tapp (Birm. U) 14.70; 4, N. Dakin (Lough) 15.21; 5, B. Mullen (Irl) 15.51; 6, K. Robbins (Bir) 15.58.

Final: (—0.65m) 1, WALKER 13.78; 2, GREAVES 14.03; 3, TEAPE 14.17; 4, RIDGEON 14.18 **(UK age-17 best)**; 5, BARTHROPP 14.26; 6, WHITBY 14.31; 7, BRICE 14.79; Holtom scr.

400 METRES HURDLES

Like Walker, Gary Oakes knew that his Olympic aspirations probably rested on a good run here, but after giving it his best shots for nine flights he clambered over the tenth and was helpless as Martin Gillingham (who?) swept past in the next lane. Early elimination in the UK Champs and a best before this year of 53.2 excluded the 20-year-old Shaftesbury Harrier from the Trials, but his 51.00 heat win (a pb) and excellent judgement gave ample warning of what was to come. Both Gillingham and Oakes clocked Olympic qualifying marks to join Phil Beattie — who chose not to run — as possible event-mates for Trials winner Martin Briggs.

Heats (Saturday — 1st 2 & 2 fastest losers to final): Ht. 1: 1, G. Oakes (Har) 50.80; 2, M. Whittingham (HHH) 51.30; 3, S. Devine (ESH) 51.41; 4, R. Harris (S&E) 52.97; 5, P. Austridge (B'hth) 53.34; 6, D. McCutcheon (Liv) 53.47; 7, N. Ramsdale (Cann) 55.03. **Ht. 2:** 1, P. Atherton (Shaft) 51.55; 2, S. Sole (Hallam) 51.92; 3, H. Moscrop (B&H) 52.33; 4, K. Lidlow (Har) 52.36; 5, K. Currid (E&E) 53.13; 6, Dakin 54.47; 7, Coker 56.93. **Ht. 3:** 1, M. Gillingham (Shaft) 51.00; 2, Whitby 51.25; 3, G. Brown (Aus) 51.80; 4, M. Robertson (W&B) 51.87; 5, T. Burton (Leeds) 53.09; 6, N. Hammersley (Ips) 53.26.

Final: 1, GILLINGHAM 50.24; 2, OAKES 50.47; 3, SOLE 50.70; 4, WHITTINGHAM 50.80; 5, WHITBY 50.94; 6, DEVINE 51.38; 7, BROWN (Aus) 51.91; 8, ATHERTON 52.14.

HIGH JUMP

111 — 'Nelson' — is a bogy score to cricketers; and it's beginning to seem that 222, albeit with a decimal point, is having a similar effect on Geoff Parsons. Mark Naylor came back from injury to win the Trial at that height from Parsons, only on countback, and once again Ron Murray's lanky 19-year-old ended up with 2.22 by his name here, as three Cubans advanced effortlessly to 2.26 and beyond. In a competition that lasted some three hours — can we have qualifying next year, please?

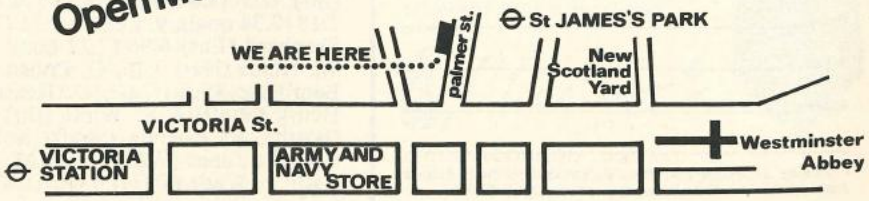
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— Francisco Centelles and 17-year-old Javier Sotomayor both went over 2.30m to set a new championship best, whilst of the other British jumpers, Naylor managed only 2.14 which allowed a delighted Alex Kruger to take the UK 'silver' with a career best 2.19.

1, J. CENTELLES (Cub) 2.30 (**CBP**; 2.14 — 2, 2.22 — 2, 2.26 — 1, 2.30 — 2, 2.35 — fail); 2, J. SOTOMAYOR (Cub) 2.30 (**eq. CBP**; 2.14 — 1, 2.19 — 3, 2.22 — 1, 2.26 — 3, 2.30 — 3, 2.35 — fail); 3, J. ALFARO (Cub) 2.26; 4, G. PARSONS (Lon) 2.22; 5, A. KRUGER (Liv. P) 2.19; 6eq, B. ASHPOLE (Notts), R. CHARLES (QPH), S. WRAY (Bah) & M. NAYLOR (Hill) 2.14; 10, T. Whittle (Poly) 2.14; 11, D. Grant (TVH) 2.09; 12eq, A. Breden (Met. P) & I. Moore (Hough 2.04; 14, L. Haughton (HHH) 2.04; C. Alcindor (Cor), D. Abrahams (N&EB), S. Hewitt (B&H), S. Gibbs (RN) & M. Powell (W&B) no height.

POLE VAULT

A second attempt clearance at 5.40m by Jeff Gutteridge — above the LA qualifying standard — denied Brian Hooper the perfect return to pole vaulting, although to beat his old adversary, Keith Stock, at 5.20m and take second place was probably more than he'd hoped for. Gutteridge's win equalled his lifetime best, first achieved back in 1980.

1, J. GUTTERIDGE (WS&E) 5.40 (5.00 — 2, 5.20 — 2, 5.30 — 2, 5.40 — 2, 5.45 — fail); 2, B. HOOPER (Wok) 5.20; 3, K. STOCK (Har) 5.20; 4, L. JESSEE (US) 5.10; 5, C. SUEY (US) 5.10; 6, R. GAMMAGE (W&B) 4.90; 7, P. LOVELL (Bel) 4.60.

LONG JUMP

Trials winner and UK champion, Derrick Brown, registered a wind-assisted 7.85m in France a few days before this meeting, but his last chance of achieving the 7.80m which would have assured him a place in LA went begging as he could only muster 7.52 to place fourth behind Fred Salle, David Burgess and John Herbert. Salle took the lead as late as the fifth round, in a competition that had an extraordinary high percentage of no jumps.

1, F. SALLE (Shaft) 7.59 (7.24, —, —, 7.39, 7.59, —); 2, D. BURGESS (Har) 7.58 (7.42, 7.58, —, —, 7.28, —); 3, J. HERBERT (Har) 7.55 (—, 7.38, 7.55, —, 7.53, —) (7.58 qual); 4, D. BROWN (LONG) 7.52 (7.52, —, 7.24, 7.02, pass, 7.29); 5, E. SAGLI (NOR) 7.42; 6, T. HOYTE (Houn) 7.32w (7.24) (7.30 qual); 7, T. SINCLAIR (Bir) 7.17 (7.39 qual); 8, R. MITCHELL (Enf) 7.18 (7.34 qual); 9, Leeson 7.11 (7.20 qual); 10, J. Shepherd (Enf) 6.96 (7.22 qual). Non-qualifiers: W. Hinds (Har) 7.16; G. Pullen (B'hth) 7.13; L. Boardman (Sutt) 7.07; D. Heard (Exe) 7.06; T. Henry (Shaft) & L. White (Bir) 7.05; P. Davies (B'hth), F. Abejide (Shaft) & S. Pegler (Sale) 6.96; R. Jones (W&B) 6.88; M. Forsythe (B&A) 6.83; T. Wade (TVH) 6.68; D. Oyediran (HHH) 6.53; C. Rattigan (Har) three fouls.

TRIPLE JUMP (Saturday)

Matching the achievement of their high jumpers, the Cuban trio swept away the medals in a seesaw contest which provided ten jumps of 16.50m and above. Lazaro Betancourt has a 17.43m to his credit this year, and was well on schedule for that had he been allowed to jump indefinitely, as each of his marks was an improvement on the last. Ken Lorraway reversed the recent Loughborough placings on John Herbert, whilst Aston Moore saw his Olympic hopes fade further away with a recurrence of his thigh injury in the first round of qualifying.

1, L. BETANCOURT (Cub)16.93 (15.72, 16.44, 16.54, 16.77, 16.78, 16.93); 2, L. BALCINDES (Cub) 16.80 (—, 16.51w, —, 16.12, 16.80, —); 3, J. REYNA (Cub) 16.74 (16.02, 16.64, 16.52, 16.46, 16.74, 16.50); 4, K. LORRAWAY (Aus) 16.44; 5, HERBERT 16.39; 6, M. MAKIN (Leeds) 15.89; 7, C. BROWN (Bir) 15.31 (15.68w qual); 8, OYEDIRAN 15.12 (15.30 qual); 9, R. Cameron (TVH) 15.00 (15.57 qual); 10, R. Corbin (HHH) 14.92 (15.29w, 15.16 qual). Non-qualifers: R. Farquharson (TVH) 15.26; M. McDonald (B&A) 14.95; M. Brown (Har) 14.89w (14.85); J. Allison (SLH) 14.85; F. Attoh (Shaft) 14.66; R. Edwards (Craw) 14.64; L. Lynch (Har) 14.39; A. Moore (Bir) withdrew after one foul.

SHOT

Time at last run out for Mike Winch, and that elusive 19.40m which would have booked him a place on the team must now seem miles away. All-in-all a disappointing competition.

1, M. WINCH (B'hth) 18.39 (18.29, 17.92, 18.15, 18.33, 18.39, 18.05); 2, P. NETTLE (Aus) 16.93; 3, P. QUIRKE (Irl) 16.92; 4, A. VINCE (W&B) 16.71; 5, M. ALDRIDGE (Har) 16.63; 6, W. COLE (Thur) 16.55; 7, S. PICKERING (Har) 16.02; 8, N. GRAY (Ports) 15.57; 9, C. Jennings (Hull S) 15.13; 10, L. Wiltshire (Ports) 15.00.

DISCUS (Saturday)

Showing competitive mettle of the highest order, Bob Weir bounced back from his defeat in the hammer to wing the discus out to 62.50m and wrest the AAA national record from the hands of Richard Slaney in the second round. Brad Cooper (59.90 — 5th and 60.60 — 6th) and Paul Nandapi (60.40 — 5th) came closest to Big Bob, whilst down in eighth place Shaun Pickering upped his Welsh record to 52.46.

1, R. WEIR (Bir) 62.50 **(AAA national rec.;** 59.62, 62.50, —, 56.26, 57.64, —); 2, B. COOPER (Bah) 60.60; 3, P. NANDAPI (Aus) 60.40; 4, P. MARDLE (Bir) 59.26; 5, P. GORDON (W&B) 56.22; 6, G. SAVORY (B'hth) 52.66; 7, K. ONUAGULUCHI (Bel) 52.58; 8, PICKERING 52.46 **(Welsh rec);** 9, P. Reed (Mor) 48.66; 10, K. Brown (Bir) 47.80; 11, G. Herrington (Bir) 44.20; N. Griffin (WS&E) three fouls.

HAMMER (Saturday)

A solid rather than spectacular competition throughout, which was inevitable really once Martin Girvan and Matt Mileham withdrew. Bob Weir came away with the best series — 66.90, 68.94, 67.56, 69.92, 71.76 & 69.06 — but lost his title to David Smith's fourth round effort of 72.40, just 18cm off his best. The only pb went to Mark Sterling, though his 62.12 was not enough to make the final eight.

1, D. SMITH (Hull S) 72.40 (64.98, 68.10, 69.06, 72.40, —, —); 2, WEIR 71.76; 3, P. DICKENSON (Enf) 70.24; 4, C. BLACK (ESH) 67.62; 5, S. EGAN (Irl) 66.68; 6, PICKERING 65.76; 7, M. JONES (Shaft) 64.90; 8, P. SPIVEY (Aus) 63.80; 9, M. Sterling (Army) 62.12; 10, S. Peacock (Hull S) 54.60.

JAVELIN

David Ottley put on a fine display of javelin throwing, all five of his measured efforts well beating second placed Marcus Humphries' best of 76.48m.

1, D. OTTLEY (Tel) 81.34 (—, 78.62, 79.56, 79.32, 81.34, 79.18); 2, M. HUMPHRIES (Har) 76.48; 3, P. YATES (B'hth) 76.24; 4, S. OSBORNE (Bir) 74.14; 5, J. TROWER (B&H) 71.24; 6, M. HILL (Leeds) 69.76; 7, C. CRUTCHLEY (Cov) 68.80; 8, T. NEWENHAM (Norf) 66.92; 9, P. Morgan (Shaft) 63.58; 10, D. Messom (Old G) 63.56; 11, C. Hodder (Army) 62.14; P. Olsen (Nor) three fouls.

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3000 METRES WALK (Saturday)

Continuing his record-breaking season, Phil Vesty blazed away from the gun, covered the three kilometres in 3:47.11, 3:54.50 and 4:01.33, and came home almost two seconds inside Roger Mills' 1981 UK record of 11:44.68. Phil's earlier reported 11:28 came in the Leicestershire Championships on May 9th, but he is satisfied that insufficient officials of the required grade were present and that the time cannot be submitted for record purposes.

Tim Berrett and Roger Mills filled the frame places throughout, with the 19-year-old from Tonbridge showing fine style and pace to move away from the 'old master' in the second half and stop the clock at a new UK Junior record of 11:54.23.

1, P. VESTY (Leic) 11:42.94 **(UK rec);** 2, T. BERRETT (Ton) 11:54.23 **(UK Junior rec);** 3, R. MILLS (Ilf) 12:13.52; 4, G. VALE (Sy) 12:18.91; 5, A. JAMES (Enf) 12:38.33; 6, A. DRAKE (Cov) 12:39.25; 7, D. HENLEY (B&R) 12:45.67; 8, D. THORN (Cov) 13:03.00; 9, C. Hobbs (Med) 13:07.83; 10, A. King (Leic) 13:14.17; 11, D. Stevens (Stey) 13:17.74; 12, S. Moore (Cov) 13:22.89; 13, A. Penn (Cov) 13:27.83; 14, J. Hall (Bel) 13:29.09; 15, A. Trigg (Leic) 13:34.61; 16, M. Wall (Yk. P) 13:49.81; 17, E. Shillabeer (Dawl) 13:53.28.

3000 METRES JUNIORS

A run-out in the 1500m heats the previous day robbed Enda Fitzpatrick of some of his kick, but that may have been to the furtherance of Junior athletics as he and David Miles shared in the closest finish of the meeting — the final result being a dead-heat in 8:15.09 — and will hopefully open a few more of the paying public's eyes towards youngsters. Carl Udall (67.94), Chris Ryalls (2:15.53) and Paul Taylor (3:23.62) led through the first three laps before Fitzpatrick took over at halfway, shadowed closely by Paul Roden, Alistair Currie and Miles. When the bell came up in 7:15.72 it looked like a three-way race between Currie, Miles and Robert Quinn, but much was still to happen as Taylor came again to hit the front a furlong out. Into the home straight, first a re-inspired Roden and then Miles started their runs, but with 50m left the green vest of Fitzpatrick came back into the reckoning and he and Miles went stride-for-stride to the line.

1eq, D. MILES (Gos) & E. FITZPATRICK (Irl) 8:15.09; 3, P. RODEN (E. Ches) 8:15.98; 4, ALISTAIR CURRIE (Dumb) 8:17.03; 5, P. TAYLOR (Cope) 8:18:08; 6, J. BOAKES (Phoe) 8:19.38; 7, D. STONES (Gate) 8:19.93; 8, R. QUINN (Kilb) 8:20.03; 9, A. Rodgers (Leeds) 8:21:30; 10, R. Higgins (Pres. H) 8:22.57; 11, C. Udall (Burt) 8:23.28; 12, J. Nuttall (Pres. H) 8:23.68; 13, K. Palmer (High) 8:24.21; 14, D. Neale (Ton) 8:24.42; 15, C. Ryalls (Leeds) 8:25.02; 16, S. Newport (Ton) 8:25.17; 17, M. Catlan (N&EB) 8:25.66; 18, P. Barr (Bas) 8:25.97; 19, D. Robinson (E. Ches) 8:26.36; 20, D. Laughlin (Chelm) 8:27.60; 21, I. Shepherd (Hallam) 8:27.99; 22, P. Tranter (Tip) 8:28.14; 23, M. Casey (Irl) 8:28.35; 24, D. MacFarlane (Scun) 8:28.94; 25, L. Woolridge (Tip) 8:33.31; 26, G. Clarke (Manx) 8:33.84; 27, N. Hopkins (Reig. P) 8:33.94; 28, R. Gooderham (Brack) 8:34.39; 29, G. Brimble (WS&E) 8:34.66; 30, G. Farooq (A&SV) 8:37.27; 31, J. Hartigan (Bir) 8:38.77; 32, R. Findlow (A&SV) 8:44.28.

THE FOURTH

Royal Wedding Day 7km

Presented by

LONDON ROAD RUNNERS CLUB

Bushey Park, Hampton Hill

FRIDAY, 27th JULY, 1984

Start 7.30 p.m.

Entries: £1.50 (£1.00 for LRRC members) to: K. Haworth, Wedding Day 7km., LRRC Hqtres., Alexandra Lodge, Hyde Park, London S.W.7.
Please use a standard LRRC entry form (available from Runners Need, The Sweat Shop, Cobra, London Runner, Barry Whitmore Sports, Sport Today and LRRC) and enclose a 9"/4" SAE.

Entries close 14th July.

AAA U/20 RELAY CHAMPS

The AAA Junior and Youth 4×100m relay championships, originally scheduled to be held last weekend at the AAA Champs, will now take place at the Nike Classic on August 18th. Entry forms are available from the AAA offices. Please enclose an sae.

INTER-COUNTY CHAMPS

Contrary to the entry in last week's 'Week Ahead', this year's CAU Inter-County Champs — the Brooks Inter-County Athletic Championships — will be a **one day** meeting this **Sunday (July 1st).** First event is at noon, with the final event, the mile, at 5.35 pm.

The Vets AC 10,000m track championship for the 40-49 group will take place at Battersea Park on August 1st.

VIREN'S GREATEST RACE?

Lasse Viren's legion of fans will be intrigued by a newly available videocassette entitled "Lasse Viren — Running Is Your Life", This 52-minute colour film, made by Seppo Luhtala, documents the struggle back to fitness and Olympic preparations of the legendary Finnish runner between 1978 and 1980. There is unique footage of Viren's training and a number of his races are covered. The English commentary is on the florid side but the pictures tell the story well, and what comes across strongly is the inner strength of the man. Against all the odds, in view of the problems he encountered, he made it to the Olympics in 1980 . . . and the climax of the film is the 10,000 final in Moscow. As we know, he didn't manage to withstand the Ethiopian challenge, but what a fight he put up in defence of his title. There he was, at the bell, in the lead, having given his all. In some respects it may have been his greatest race.

M.W.

* The videocassette is available on VHS or Beta, price £19.95 (plus £1.50 registered post & packing), from Tantivy Press, 136-148 Tooley Street, London SE1 2TT.

OLYMPIC CONTENDERS

Leading 1984 marks by athletes selected for the Games, or likely to be, are: 100/200/LJ: Lewis (US) 9.99/19.84/8.79i (8.71); 400: McKay (US) 44.71; 800: Jones (US) & Gray (US) 1:43.74; 1500: Hillardt (Aus) 3:34.20; 5000: Aouita (Mor) 13:04.78; 10,000: Vainio (Fin) 27:41.75; Mar: SPEDDING (UK) 2:09.57; 3000SC: Marsh (US) 8:15.91; 110H: Foster (US) 13.21; 400H: Moses (US) 47.58; HJ: Zhu (Chi) 2.39; PV: Vigneron (Fra) 5.85i/Tully (US) 5.81; TJ: Conley (US) 17.50; SP: Carter (US) 21.76; DT: Powell (US) 71.26; HT: Tiainen (Fin) 81.52; JT: Atwood (US) 93.44; Dec: Hingsen (FRG) 8798; 20kmW: Canto (Mex) 1:18:40; 50kmW: Gonzalez (Mex) 3:46:41; (Women) 100: Ottey (Jam) 11.12; 200: Brisco-Hooks (US) 22.16; 400: Cheeseborough (US) 49.28; 800/1500: Melinte (Rom) 1:57.97/3:58.10; 3000: Decker (US) 8:34.91; Mar: Kristiansen (Nor) 2:24:26; 100H: STRONG (UK) 12.96; 400H: Brown (US) 54.93; HJ: Ritter (US) 1.96i/Stanton (Aus) & Vasile (Rom) 1.95; LJ: Cusmir (Rom) 7.27; SP: Losch (FRG) 20.55; DT: Stalman (Neth) 67.58; JT: Lillak (Fin) 74.24; Hept: Joyner (US) 6520.

Ryde Harriers inform us that as well as the individual awards, a men's **team trophy** will be awarded at their Brighstone '10' on July 28th ('AW', June 23rd, pg. 24).

Due to lack of support, all **Copeland AC Open Track Meetings** scheduled for 1984 have been **cancelled.**

Barry Whitmore presents



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OTHER EVENTS IN 1984 AND 1985: Sierre/Zinal 30km running week, 8-16/8 — European Track Tour, Zurich, Brussels, Cologne, 20-27/8 — Anglo-French Inter Club Athletics Match, Le Touquet, 15/9 — Brussels Marathon, 30/9 — 6th Paris Inter. 20km, 14/10 — 9th Paris to Versailles '10' Mile, 28/10. **1985** 12th Apeldoorn Marathon & 18½km, 2/2 — European Indoor Athletics Champs, Athens, 2-3/3 — 11th City Pier City '½', 30/3 — 3rd Lyons Marathon, France, 7/4 — 5th Rotterdam Inter. Marathon, April — Athletics Training Weekend, Le Touquet, April — 3rd Munich Marathon, 5/5 — 10th Paris Inter. Marathon, 11/5 — Amsterdam Marathon, 11/5 — 6th Copenhagen Marathon, 18/5 — Bruges 25km, Belgium, June — Antwerp City Marathon, June — Sierre-Zinal 30km Running Week, August — European Cup Final, 17-18/8 European Track Tour, Zurich, Brussels, Cologne, August — 20th Enschede Inter. Marathon, Sept — Brussels Marathon, Sept — Anglo-French Inter Club Athletics Match, Le Touquet, 14/9 — 12th Berlin Inter. Marathon, 29/9 — 7th Paris Inter. 20km, 13/10 — 10th Paris to Versailles '10' Mile, 27/10.

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Entry Fee: Senior, Junior & Senior Ladies — 50p. per event.
All others — 25p per event.

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Entries close Saturday 14th July 1984

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Britain's Olympic Team **Editorial Comment**

MORE NAMES MUST BE ADDED

BRITAIN'S Olympic team, announced last Monday, is fine as far as it goes. The trouble is, it doesn't go far enough. The 45 men and 30 women chosen constitute the biggest and strongest squad Britain has ever sent to an Olympics, but there are still several startling omissions which, one hopes, will be rectified by the time you read this.

The problem is numbers. The figure which was originally agreed with the British Olympic Association, who have the final say in this department, was 75 — and that has been strictly adhered to in the team as announced. However, it became obvious some time ago that this total was inadequate if every worthy athlete was to be included, and all the more so when the Eastern bloc countries decided to shun the Games. Suddenly, and particularly in the women's events and men's field events, many more British athletes were deemed capable of reaching finals or at least semi-finals, which is the usual criterion for selection. Clearly, negotiations with the BOA should have begun weeks ago, but that was not the case.

The petition has, belatedly, been put into motion and BAAB general secretary Nigel Cooper anticipated additional names being announced later this week, but he would not say what numbers were involved. Thus, many athletes who might have thought they had done enough to merit selection — Gladys Taylor, Buster Watson, either Aston Moore or John Herbert (difficult to choose between them, but surely one or other must go), Geoff Parsons, Sharon Gibson to name just a few — are having to sweat it out still longer, not knowing whether they are in or not.

Other than the gaps in the team and the absence at this stage of a women's 4×400 squad (a men's 4×100 team will go but has not yet been finalised), the selectors have done a good job in picking the strongest possible team. Despite their low profiles this summer, Bev Kinch and Wendy Sly — who ought to have been pre-selected anyway — have rightly been picked, although it's a pity that Wendy felt obliged to turn out in last Saturday's international in Birmingham when injured. Someone in authority should have been in a position to allay Wendy's fears of missing selection if she didn't run.

There was another breakdown in communication concerning that dramatic 1500 in the AAA Championships. Agreed, the Board had stated all along that there would be no Olympic 1500 trial as such, but despite all the massive publicity preceding the Coe v Elliott clash, no official appears to have told either man that selection did **not** depend on the result. Along with just about everyone else in the country, both Seb and Peter were under the impression that victory would ensure a spot in the 1500 team — and that's why Seb, who would otherwise have preferred to test himself in a later event, took part.

One's sympathy must go out to Elliott, who won in such splendid fashion, and it is easy to understand his indignation at being passed over by the selectors for this event. However, taking the overall picture, the right man was picked. As Frank Dick explained: "The selectors looked at the past and present records of both athletes and at the conclusion voted that Sebastian Coe was the athlete to go". In fact, as Coe has yet to show top form at 1500 this year he was obviously picked on his past form and might just as well have been pre-selected, avoiding much misunderstanding. It might be unfair to other aspirants to have had a closed shop in the 1500, but when you have the current Olympic champion (Coe), world champion (Cram) and world record holder (Ovett) all willing and able then special circumstances do apply.

Of the other selections, the most contentious is the inclusion of Commonwealth hammer champion Bob Weir (who also goes in the discus) in preference to David Smith, who beat Weir for the AAA title after winning the UK championship and placing third to Girvan and Mileham in the Trials.

Mel Watman

The Team For Los Angeles

(including athletes' best 1984 marks)

100: Mike McFarlane 10.32/10.08w, Donovan Reid 10.42/10.17w, Allan Wells 10.50/10.21w. **200:** Wells 20.62/20.55w, Ade Mafe 20.77. **400:** Todd Bennett 45.56, Phil Brown 45.76, Kriss Akabusi 45.85. **800:** Seb Coe 1:45.2, Peter Elliott 1:45.72, Steve Ovett 1:46.15. **1500:** Ovett 3:35.36, Coe 3:39.79, Steve Cram —. **5000:** Eamonn Martin 13:23.33, Tim Hutchings 13:26.11, Dave Moorcroft 13:34.0. **10,000:** Nick Rose 28:00.70, Steve Jones 28:09.97, Mike McLeod 28:16.87. **Mar:** Charlie Spedding 2:09:57, Geoff Smith 2:10:34, Hugh Jones 2:11:54. **3000SC:** Roger Hackney 8:20.16, Paul Davies-Hale 8:20.83, Colin Reitz —. **110H:** Nigel Walker 13.78, Wilbert Greaves 14.03. **400H:** Martin Briggs 49.86. **HJ:** Mark Naylor 2.22. **PV:** Keith Stock 5.35. **TJ:** Eric McCalla 16.86i (16.74/16.79w), Keith Connor 16.73. **DT:** Bob Weir 62.50. **HT:** Martin Girvan 77.54, Matt Mileham 77.02, Weir 72.48. **JT:** Roald Bradstock 88.26, Dave Ottley 85.86. **Dec:** Brad McStravick 7975w (8018 hand-timed), Daley Thompson 7938 (9 events), Colin Boreham 7884w. **20kmW:** Ian McCombie

1:24:14, Steve Barry 1:24:37, Phil Vesty 1:24:58. **50kmW:** Chris Maddocks 4:02:00. **4×400:** from Bennett, Brown, Akabusi, Garry Cook, Alan Slack, Roy Dickens.

Women

100: Heather Oakes 11.27/11.08w, Shirley Thomas 11.39/11.13w, Bev Kinch 11.50. **200:** Kathy Cook 22.77, Sandra Whittaker 23.23, Joan Baptiste 23.25. **400:** Cook 51.53. **800:** Lorraine Baker 2:01.79. **1500:** Chris Boxer 4:05.33, Lynne MacDougall 4:06.99, Chris Benning 4:07.27. **3000:** Zola Budd 8:37.5, Wendy Sly 8:47.73, Jane Furniss 8:48.04. **Mar:** Priscilla Welch 2:30:06, Sarah Rowell 2:31:28, Joyce Smith 2:38:55. **100H:** Shirley Strong 12.96/12.95w, Sharon Danville 13.27/13.07w. **400H:** Sue Morley 57.63. **HJ:** Diana Elliott 1.90, Judy Simpson 1.90. **LJ:** Sue Hearnshaw 6.83/7.00w, Kinch 6.57. **SP:** Venissa Head 19.06i (18.93), Judy Oakes 18.35i (18.28). **DT:** Meg Ritchie 65.02, Head 62.02. **JT:** Fatima Whitbread 71.86, Tessa Sanderson 68.88. **Hept:** Simpson 6101, Kim Hagger 6100. **4×100:** from Oakes, Thomas, Cook, Baptiste, Bev Callender, Simone Jacobs.

THE TELEVISION CONTRACT

Athletics will soon be an immensely rich sport in Britain. The contract for the exclusive rights to televise BAAB and AAA fixtures from 1985 to 1989 inclusive is currently being negotiated and whatever the outcome — which will be decided before the Olympics — the sport will reap a huge financial harvest. By all accounts ITV have bid £10.5 million, while the BBC (which have had the contract for some 20 years) have offered £9 million over five years. Those figures compare with £1.6 million paid by the BBC for four years from 1981, and I understand the split would be 66⅔% to the AAA and 33⅓% to the BAAB as a reflection of the meetings on offer.

If money is the only consideration then the extra £1.5 million offered by ITV will be decisive, but clearly there are many other factors to take into account — not least being the BBC's proven expertise in this field and their long and distinguished record, through good times and bad, of presenting athletics to the nation in an attractive and authoritative manner. But should ITV forever be denied their chance? Obviously they lack experience of covering athletics meetings on home soil and would need to recruit top talent (presumably from the BBC), but they are clearly very eager to capture this particular contract and would want to do a good job. It's a difficult decision for the administrators to take.

M.W.

The AGM of the Icknield CC League will be held at 'The Views', Huntingdon Conservative Club, Brampton Road, Huntingdon on July 27th at 8.00 pm.

INTERNATIONAL RUNNING GUIDE 1984

Edited by Cliff Temple

For the second year, Cliff Temple has assembled a feast of reading about the international athletics scene.

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HAMPSHIRE WOMEN'S CHAMPS

At Portsmouth, June 17th

100: 1, S. Larwood (Ports) 12.2; 2, L. Keough (B'stoke) 12.3; 3, A. Fudge (Ports) 12.3. 200: 1, Keough 24.5; 2, Fudge 24.7; 3, Larwood 24.9. 400: 1, D. Gandy (Win) 55.0; 2, C. Stanley (Ports) 56.8; 3, H. Myers (Ports) 57.8. 1500: 1, A. Wyeth (S&E) 4:34.4; 2, K. Petford (And) 4:37.6. 400H: 1, J. Parker (Win) 61.7; 2, L. Porter (S&E) 62.4; 3, Myers 62.7; 4, S. Freeman (S&E) 65.2. HJ: C. Hayden (Fare) 1.66. SP: B. Carter (Ports) 13.50. DT: 1, J. Curtis (S&E) 47.04; 2, Carter 38.52; 3, J. Harris (Havant) 35.86. JT: N. Bradshaw (Fare) 45.30. **(Inters):** 800: H. Jenner (Ports) 2:18.0. JT: C. Stubings (Fare) 39.94. **(Juniors):** 200: T. Goddard (MH) 26.0. 800: 1, A. Davies (MH) 2:16.2; 2, A. Evans (MH) 2:20.3; 3, A. Palmer (And) 2:21.5. 2500W: S. Isted (AF&D) 14:14.7.

THE WEEK AHEAD From page 3

Open Meeting, Hoyland Common; Eccles '10', Salford; Annan Half Marathon; Slough Marathon, Upton Court Park; Bircham Newton '6', Kings Lynn; Tennents Lager Road Race, Dundrum; Bateman's Wrangle Show '10', Skegness; Thurlstone Chase Road Races, Bakewell Carnival Road Races; Mytholmroyd Fell Race.

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TSB WAAA Championships

Well deserved 'Golden' award to Kathy Cook

These reports were written by Barry Trowbridge, prior to the announcement of the British team for the Los Angeles Olympics last Monday.

100 METRES

By far the quickest into her stride, Jayne Andrews lost out to Kathy Cook only in the last 30m, the part of the race in which Mrs. C has always excelled. The Gateshead injury to Shirley Thomas and Bev Kinch's (or her coach's) reluctance to contest the straight 100 left the selectors with something of a problem in this event, and although in the 'international' relay that closed the meeting Miss Kinch took something out of Jayne Christian on the first leg, one feels that Jayne may well have done enough to claim a place. In third place, Sue Hearnshaw lowered her lifetime best to 11.66, following an 11.73 heat into the wind.

Heats (Friday — 1st 2 and 2 fastest losers to final): Ht. 1: (+0.29m) 1, K. Cook (W&B) 11.56; 2, B. Callender (Read) 11.67; 3, P. Baker (Sale) 11.84; 4, J. Webb (W&B) 12.12; 5, V. Ellis (Bas) 12.21; 6, L. Smith (Hav) 12.25; 7, T. Mylan (Mand) 12.50. **Ht.2:** (—1.7m) 1, J. Andrews (Liv) 11.64; 2, A. Inniss (Leic) 12.06; 3, L. Draper (R&R) 12.07; 4, L. Goreeph (Ex) 12.16; 5, W. Addison (NSP) 12.17; 6, S. Platts (Leic) 12.52. **Ht.3:** (—1.3m) 1, S. Hearnshaw (Hull S) 11.73; 2, H. Barnett (Croy) 11.74; 3, J. Harman (Houn) 11.83; 4, S. Joseph (Brom) 12.10; 5, D. Warner (Rad) 12.21; 6, M. Ascroft (Bir) 12.38; 7, A. Orr (ESH) 12.66.

Final: (+1.51m) 1, COOK 11.44; 2, ANDREWS 11.55; 3, HEARNSHAW 11.66; 4, CALLENDER 11.67; 5, BARNETT 11.67; 6, BAKER 11.78; 7, HARMAN 11.82; 8, INNISS 12.04.

200 METRES

Helen Barnett (lane 5), Kathy Cook (6) and Bev Callender (7) stormed round the bend together to decide the medallists, and as Kathy inevitably pulled clear in the second half so Bev continued her day-by-day progress back to best form by edging into second in the last 50m. Their times were the fastest two 'legals' by British girls this year, whilst LA-bound Sandra Whittaker is the only other to have bettered Helen's fine 23.25. Sue Hearnshaw (23.43) posted another superb pb — her best prior to 1984 was 24.5! — as did Wendy Addison and Sybil Joseph.

'SULTAN' 10

(AAA & WAAA permits applied for)

2nd Annual Mens & Women's OPEN ROAD RACE

(Incorporating R. N. Road Race Championship)

SUNDAY, 23rd SEPT., 1984

Start 11.00 a.m.

Course: Start Military Road, Gosport. A totally flat, measured 10 miles.

Prizes: First 3 individuals (male & Female, civilian and R.N.). First Vets O/40 and O/50. First Men's team of 4 (civilian and R.N.).

Limit 500 entries

Entry Fee: £1.50 per individual. £2.00 unattached runners and entries on day. Cheques to be made payable to: "The Welfare Fund, HMS Sultan".

Entries by 10th September

To: The Race Secretary, Gymnasium, HMS Sultan, Gosport, Hants. Please give name, sex, age, AAA affiliated Club and a (realistic) estimated finishing time. Registration on day at 0900 to 1030. If further details required, please enclose s.a.e.

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SUNDAY, 12th AUGUST, 1984

Start 11.30 a.m.

★ Course, 2 lap scenic route.
★ R.R.C. certified accurate course.
★ Mile markers. ★ 5 — mile times.
★ Copies of results on the day.
★ Medals to all finishers.

(Men O/17 on day of race, Ladies O/17 on 1.9.83)

Changing and Reception — Worsborough Miners' Welfare Football Gound (on A61, 2 miles south of Barnsley)

Prizes: Men 1 to 6. 1st Vet. 1st team of 3. Ladies 1 to 3. 1st unattached/AAA regis. runner.

Fee: £1.25 (Affiliated club athletes and AAA registered runners. £1.75 unattached.

Entries to: M. McNally, 29 Havercroft Rise, South Hiendley, Barnsley, South Yorks. (Cheques payable Barnsley Road Runners). No ack. unless accompanied by s.a.e. S.A.E. for travel directions.

Entries close 6th August — No late entries.



Kathy Cook proudly shows off her award.

Allsport/Mike Powell

Heats (Friday — 1st 3 and 2 fastest losers to final): Ht.1: (+0.74m) 1, Cook 23.74; 2, Addison 23.89; 3, D. Flockhart (ESH) 24.19; 4, Draper 24.39; 5, Ellis 24.54; 6, Smith 24.97; 7, Inniss 25.07; 8, Warner 25.07. **Ht. 2:** (—1.37m) 1, Hearnshaw 23.64; 2, Callender 23.66; 3, Barnett 23.67; 4, D. Wells (Aus) 24.18; 5, Joseph 24.27; 6, Goreeph 24.48; 7, J. Jordan (Ex) 25.11; 8, Platts 25.15.

Final: (+1.79m) 1, COOK 22.77 **(CBP)**; 2, CALLENDER 23.18; 3, BARNETT 23.25; 4, HEARNSHAW 23.43; 5, ADDISON 23.49; 6, WELLS (Aus) 23.56; 7, JOSEPH 23.83; 8, FLOCKHART 23.99.

400 METRES

Tracy Lawton and Angela Bridgeman shared the lead at 200m, but as Angela faded round the bend, so Tracy seemed to grow in strength and powered home to win her first national title by all but a full second in a lifetime best and Olympic qualifying time.

Heats (Friday — 1st 2 and 2 fastest losers to final): Ht. 1: 1, T. Lawton (Enf) 53.86; 2, C. Finlay (Liv) 54.21; 3, S. Perrins (Sale) 54.62; 4, V. Gibbins (Hales) 55.77; 5, J. Brown (Ox. C) 56.42. **Ht.2:** 1, A. Piggford (Gate) 55.26; 2, L. Keough (B'stoke) 55.41; 3, L. Hopkins (Lut) 55.84; 4, G. Honley (Barn) 56.44; 5, J. Arnold (Brack) 57.63; 6, H. Wilson (Sparta) 58.34. **Ht.3:** 1, A. Bridgeman (Glas) 54.96; 2, A. Williams (Sutt) 55.65; 3, D. Gandy (Win) 55.85; 4, H. Thorpe (Ash) 56.24; 5, Mylan 57.00; 6, M. van Frederici (Mit) 57.18.

Final: 1, LAWTON 52.74; 2, KEOUGH 53.73; 3, FINLAY 53.76; 4, PERRINS 54.29; 5, BRIDGEMAN 54.35; 6, GIBBINS 55.10; 7, WILLIAMS 55.82.

800 METRES

Perhaps the most predictable statistic of the entire meeting was that the 800m would be won outside two minutes, and when the clock stopped at 61.67 for the first lap, expectancy was well on the was towards reality. For once, Chris Boxer let somebody else do some of the work, and showed in front for the first time only from 600m onwards. A beautifully timed, wide run by Australian champion, Heather Barralet (who hasn't yet been picked for the Olympics), took her from about sixth to first in the home straight, but until other British girls can regularly beat Chris — who considers herself too slow for the event at top level, the event will remain in the doldrums. A sad sight was a tearful Kirsty McDermott, who trailed home in sixth place in her heat, admitting that she was completely incapable this year of motivating herself when the chips were down.

Heats (Friday — 1st 2 and 2 fastest losers to final): Ht.1: 1, H. Barralet (Aus) 2:05.14: 2, T. Colebrook (Cann) 2:05.22; 3, K. Steer (Exe) 2:05.31; 4, S. Parker (Warr) 2:06.01; 5, M. Atkinson (Bir) 2:08.10; 6, K. McDermott (Bris) 2:08.13; 7, M. Hendley (Stret) 2:09.75; 8, N. Mullan (Sparta) 2:13.01. **Ht. 2:** 1, C. Boxer (AF&D) 2:03.94; 2, D. Edwards (Sale) 2:04.02; 3, S. Bailey (Croy) 2:04.07; 4, C. Sharp (Glas) 2:06.50; 5, A. Winter (Hill) 2:07.91; 6, S. Forrestal (Craw) 2:08.61; 7, S. Raine (Darl) 2:09.27; 8, J. Cole (Hill) 2:09.80. **Ht.3:** 1, A. Purvis (ESH) 2:04.58; 2, J. Finch (Cann) 2:04.95; 3, J. Prictoe (B&P) 2:06.76; 4, Thorpe 2:08.11; 5, E. MacArthur (Pit) 2:09.61; 6, J. Compton (Brack) 2:09.83; 7, T. McCullough (Sale) 2:09.96; 8, A. Bott (Wok) 2:12.92.

Final: 1, BARRALET (Aus) 2:02.37; 2, BOXER 2:02.66; 3, PURVIS 2:02.98; 4, FINCH 2:03.00; 5, BAILEY 2:03.46; 6, EDWARDS 2:04.50; 7, COLEBROOK 2:05.52; 8, STEER 2:05.53.

1500 METRES

Chris Benning, Ruth Smeeth and Gillian Green moved ahead of the early leader, Elise Lyon, approaching 800m (2:14.08) and had established a sufficient lead over fourth-placed Janet Marlow by the bell (3:03.71). Gillian made her move 250m out, but Chris followed her gamely and moved alongside 50m from the line . . . and against British opposition she seldom loses from that position. The girls were rewarded with fine times



Chris Benning eases ahead in the home straight.
Eileen Langsley

— 4:07.27 and 4:07.90 respectively — the latter being a pb for Mrs. Green, whilst Ruth, too, went faster than ever before. Jo White continued her topsy-turvy season/career by dropping out after two laps after contesting the very early stages at the head of the field and thereafter looking in trouble.

Heats (Friday — 1st 5 and 2 fastest losers to final). Ht. 1: 1, J. White (Mit) 4:16.1; 2, R. Smeeth (AF&D) 4:16.3; 3, J. Laughton (Der) 4:17.9; 4, C. Bradford (Cle) 4:19.3; 5, E. Lyon (Mill. S) 4:20.1; 6, S. Batstone (Cov) 4:21.7; 7, G. Settle (Norf) 4:22.1; 8, J. Beasley (BHM) 4:22.5; 9, R. Disley (Houn) 4:29.0; 10, J. Rothwell (Liv) 4:31.3. **Ht.2:** 1, J. Marlow (Stret) 4:17.0; 2, G. Green (Bir) 4:17.1; 3, D. Peel (Craw) 4:17.1; 4, C. Benning (S&E) 4:17.4; 5, J. Holt (Stret) 4:17.7; 6, S. Crehan (Sutt) 4:21.2; 7, J. Burtonwood (Leic) 4:27.1; 8, B. Madigan (Houn) 4:32.3; 9, V. Blair (ESH) 4:35.2.

Final: 1, BENNING 4:07.27; 2, GREEN 4:07.90; 3, SMEETH 4:10.76; 4, MARLOW 4:11.51; 5, LAUGHTON 4:16.16; 6, LYON 4:16.85; 7, HOLT 4:17.15; 8, BRADFORD 4:18.41; 9, Peel 4:20.00; 10, Batstone 4:21.07; 11, Crehan 4:36.79.

5000 METRES

Carol Haigh led Sue Crehan and Shireen Samy through 3km in 9:39.81 clear of the others, and a lap later Shireen made her effort to seal the title with a decisive break. She opened a gap of 25m within one circuit, led by 70m by the bell, and held an 11 second margin of supremacy by the end.

1, S. SAMY (Brack) 16:10.10; 2, C. HAIGH (Holm) 16:21.83; 3, CREHAN 16:26.58; 4, B. EVERLEY (Leic) 16:32.17; 5, D. HOLMES (Liv) 16:44.58; 6, A. EVERETT (Glas) 16:48.44; 7, L. GIBSON (Cle) 17:20.05; 8, M. WITTS (Ply) 17:23.05.

100 METRES HURDLES

Shirley Strong used the semi-final to post the first sub-13 by a British girl this year, and with a useful 1.88 m/s wind at her back in the final, she improved further to 12.96, just one-hundredth slower than the then UK record and CBP and set in last year's championships. Lorna Boothe led Sally Gunnell in second place for most of the race, but the Essex heptathlete added further confusion to the selection problem in this event by powering through in the closing stages to snatch second place in a UK Junior record time of 13.30. Lorna held off trial 'bronze' medallist Pat Rollo to take third, and when you throw in a 13.27 from Sharon Danville, clocked in Warsaw behind Shirley's 13.03 a few days before this meeting, you can appreciate that a couple of girls will be very disappointed. Wendy Jeal, Kim Hagger and Heather Ross all ran faster than ever before, each going inside 13.5, but it's doubtful they will even make the shortlist!

Heats (Friday — 1st 3 and 4 fastest losers to semi-finals): Ht.1: (—1.17m) 1, S. Strong (Stret) 13.80; 2, L. Roper (Hallam) 14.24; 3, L. Skeete (Mill. S) 14.44; 4, J. Rodgers (Lis) 14.51; 5, E. Wren (Brom) 14.94; 6, S. Longden (Craw) 15.29; 7, A. Barnes (Bas) 15.85. **Ht.2:** (—0.9m) 1, W. Jeal (Har) 13.80; 2, P. Rollo (Pit) 13.86; 3, H. Platt (Warr) 13.97; 4, A. Girvan (Stret) 13.99; 5, P. St. Ange (Houn) 14.28; 6, T. North (Houn) 14.56; 7, M. Barnes (Brom) 14.62; 8, J. Kay (Brom) 16.09. **Ht.3:** (—0.49m) 1, K. Hagger (Ex) 13.76; 2, L. Boothe (Houn) 13.81; 3, L. Parry (Der) 14.47; 4, J. Vernon (Mit) 14.53; 5, J. Fisher (Ply) 14.54; 6, M. Marriott (Ox. C) 15.00; 7, J. Gibson (Bas) 15.06. **Ht. 4:** (—1.22m) 1, S. Gunnell (Ex) 13.63; 2, H. Ross (Bris) 14.23; 3, K. Morley (Hick) 14.28; 4, J. Fraser (Enf) 14.60; 5, K. Warren (Mit) 14.75; 6, S. Maynard (Mx) 15.06; 7, S. Dean (Win) 15.25.

Semi-Finals (1st 3 and 2 fastest losers to final): Ht.1: (+1.43m) 1, Strong 12.99; 2, Hagger 13.46; 3, Boothe 13.48; 4, Ross 13.57; 5, Girvan 13.80; 6, Skeete 14.01; 7, St. Ange 14.44; 8, Vernon 14.57. **Ht.2:** (+0.2m) 1, Gunnell 13.57; 2, Rollo 13.64; 3, Jeal 13.80; 4, Roper 13.94; 5, Platt 14.06; 6, Rodgers 14.27; 7, Parry 14.38; 8, Morley 14.40.

Final: (+1.88m) 1, STRONG 12.96; 2, GUNNELL 13.30 **(UK Junior rec)**; 3, BOOTHE

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13.31; 4, ROLLO 13.36; 5, JEAL 13.39; 6, HAGGER 13.45; 7, ROSS 13.47; 8, GIRVAN 13.95.

400 METRES HURDLES

Gladys Taylor was anything but impressive in the heats, chopping badly at flights five and six and again looking in trouble at nine and ten, but the final was different altogether as at long last she held herself together to dip under 57 seconds for the first time. It wasn't a completely faultless run, as the final flight once more proved troublesome, but she had so much to spare by then over a game Maureeen Prendergast that it would have been disastrous had she lost. Gladys's time elevates her to fourth place — behind Sue Morley, Christine Warden and Yvette Wray — on the UK all-time list, and she must surely now join Sue in the LA team. Maureen went over half a second faster than ever before to further her Olympic aspirations and claim seventh place on the all time list, whilst 19-year-old Clare Sugden (61.1 before this year) notched up an impressive pb of 58.53 in fourth, behind Margaret Southerden's season's best of 58.07.

Heats (Friday — 1st 3 and 2 fastest losers to final). Ht.1: 1, G. Taylor (Ex) 58.26; 2, S. Cluney (Mit) 59.24; 3, K. Simpson (Med) 60.09; 4, C. Dawkins (S&E) 60.41; 5, C. Smith (Pit) 61.14; 6, J. Parker (Mill. S) 61.25; 7, S. Glover (Croy) 64.17. **Ht.2:** 1, M. Prendergast (Mx) 58.32; 2, C. Sugden (Spen) 58.74; 3, M. Southerden (Wyc) 58.76; 4, J. Seamon (Ash) 59.30; 5, M. McBeath (Shett) 60.80; 6, L. Elliott (L&M) 61.72.

Final: 1, TAYLOR 56.78; 2, PRENDERGAST 57.49; 3, SOUTHERDEN 58.07; 4, SUGDEN 58.53; 5, SEAMON 59.26; 6, CLUNEY 59.56; 7, SIMPSON 59.97; 8, DAWKINS 60.11.

HIGH JUMP

A somewhat disappointing show this, with Debbie Marti and Louise Manning not really doing themselves either justice or any selectional favours with below-par performances. Diana Elliott took the title by virtue of a second attempt clearance at 1.86 to Vanessa Browne's third.

1, D. ELLIOTT (Leic) 1.86; 2, V. BROWNE (Aus) 1.86; 3, L. MANNING (S&C) 1.83; 4, M. MAGUIRE (ESH) 1.83; 5, D. MARTI (R&R) 1.80; 6, G. EVANS (CoH) 1.80; 7eq, C. SUMMERFIELD (W&B) & J. MINOTT (HHH) 1.75; 9, L. Chilton (S'end) 1.75; 10eq, J. Boyle (Bel. L) & J. Gilchrist (Pit) 1.75; 12, L. Gittens (Chelm) 1.75; 13, E. Hickey (Rad) 1.70.

LONG JUMP

It was obvious that Sue Hearnshaw was on song when she recorded 6.42m in Friday's qualifying round, having got nowhere near the board on her approach. She didn't disappoint come the final.

Injury prevented defending champion, Robyn Lorraway of Australia from joining the line-up, although in her current form Sue would have been

pretty much unstoppable anyway. She opened with a 6.67m, and extended to 6.71 before forfeiting her third attempt as she was involved in the concurrent 100m final. A pb there was followed by another 6.71, and a 6.62 fifth, before she rounded things off nicely with the only 'wind-aided' leap of her series — a CBP 6.79.

Kim Hagger added a centimetre to her best for the year with 6.37 in the fourth round, but that was good enough for only fourth as the Oladapo sisters claimed the other medals — Georgina coming out on top for the first time. Joyce hit 6.40 twice (once legal and once not), but was awestruck in the third round as her younger sister entered unchartered waters with a massive leap of 6.52, 20cm up on her previous legal best. It was a UK age-17 best, bettering her sister's previous mark of 6.46, but all did not end well for Georgina as after a follow-up 6.37 in the fourth round she took the 'full count' in the fifth and had to leave the competition with a badly twisted knee. The feeling was that it looked worse than it actually was, but only time and a specialist will be able to answer that.

1, HEARNSHAW 6.79w **(CBP)**; 2, G. OLADAPO (Houn) 6.52 **(UK age-17 best)**; 3, J. OLADAPO (Brom) 6.40; 4, HAGGER 6.37; 5, M. BERKELEY (Croy) 6.10; 6, L. CAMPBELL (ESH) 5.99; 7, S. GREEN (Harl) 5.85; R. Lorraway (Aus) qualified with 6.27 and withdrew. **Non-qualifiers (Fri):** Longden 5.74; Marriott 5.68; C. Neal (Barn) 5.54; T. Greisen (Har) 5.13.

SHOT

The second round opened with Myrtle Augee bettering Judy Oakes' UK age-19 best of 16.74m (indoors) with 17.10, which at last gives her the Olympic qualifying standard and a chance of Games selection as the powers that be decide between her and discus ace, Meg Ritchie. The trip would do Myrtle no harm at all. Not to be outdone, Judy followed in the same round with 18.01 to beat the CBP she set herself last year, and went on with a 17.81 before completing a solid series, all trials in excess of 17.50m.

1, J. OAKES (Croy) 18.01 **(CBP;** 17.54, 18.01, 17.81, 17.59, 17.55, 17.55); 2, M. AUGEE (Camb. H) 17.10 **(UK age-19 best)**; 3, Y. HANSON-NORTEY (Hallam) 13.77; 4, A. FOWLES (Houn) 13.51; 5, K. FARR (S'port W) 13.21; 6, S. SMITH (Ex) 13.03; 7, C. PRYCE (Mit) 12.90; 8, I. DUFFIN (Camb. H) 12.68; 9, H. Kemp (S&C) 12.25; 10, D. Woolgar (Worth) 11.76.

DISCUS

Great joy for Lynda Whiteley came at the end of the first round as she hurled the platter out to 57.32m, to improve her English record by some 32cm and, more importantly, better the Olympic qualifying standard for the first time. Her place alongside Meg Ritchie and Venissa Head must now be assured. Behind her there was some solid if not spectacular throwing with, of the first half



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dozen, only Karen Pugh (besides Lynda) registering a season's best.

1, L. WHITELEY (Enf) 57.32 **(English rec;** 57.32, 52.12, 57.00, 54.74, —, 54.34); 2, K. PUGH (Bir) 49.98; 3, J. PICTON (Brack) 47.20; 4, T. WHINCUP (CoH) 46.62; 5, J. CURTIS (S&E) 46.42; 6, D. BUSHNELL (Chelm) 45.74; 7, A. HOLLYOAKE (Rad) 42.00; 8, M. WHELAN (Ex) 39.96.

JAVELIN

Competing against virtually everybody's orders (see box), Britain's number one showed champion quality and a deal of pride as she retained her much-cherished title and set a new CBP with the very last throw of the day. That contest for the third LA place, though, really **is** something. Sharon Gibson started the day two-nil up in the 'big ones' though she hadn't matched Diane Royle's Scottish record of 61.92m, and after losing the lead to Diane's 59.92 in the fourth round, answered brilliantly in the fifth with 60.58 to join Fatima, Tessa Sanderson and Diane in that elite 60m-plus club. Both girls have claim to the place . . . but who will get the nod?

1, F. WHITBREAD (Thur) 65.76 **(CBP;** 58.12, 63.52, 59.64, 62.08, —, 65.76); 2, S. GIBSON (Notts) 60.58 (57.32, —, 57.30, 59.22, 60.58, 57.02); 3, D. ROYLE (Sale) 59.92 (55.36, 58.04, 56.66, 59.92, 55.68, 54.22); 4, J. ROSE (Houn) 54.54; 5, A. LOCKTON (W&B) 50.62; 6, J. ABEL (Yeo) 44.58; 7, C. GARSIDE (Roth) 41.74; 8, T. AVERIES (Rad) 41.24.

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FATIMA THREW AGAINST ORDERS

That magnificent early season throw of 71.86m in Cyrprus was an indication of what we could expect from Fatima Whitbread this summer, but in recent weeks she has experienced severe setbacks in her run-up to the Olympics.

In May she underwent an operation for the removal of a (benign) growth from her womb, returning to competititon — but with some discomfort — at the UK Championships at Cwmbran on May 27th when she won with 65.44. Shortly afterwards she travelled to Finland, where she had been due to clash with Tiina Lillak, but the world champion was herself in the wars . . . out of action for a month after breaking a bone in her foot. Fatima threw 64.24, beaten by Tuula Laaksalo (66.08), at Laaksolahti on June 5th.

Four days later, at Furth in Germany, she easily defeated former world record holder Antoaneta Todorova with a throw of 65.04 — when she really should not have been competing. She was "very ill", in the words of her mother and coach Margaret Whitbread, the day before the meeting. The problem was diagnosed as fibroids, which needed to be cauterized, and that treatment was undertaken on June 12th, four days before the WAAA Championships.

Not surprisingly Fatima was advised both by her mother and by one of the country's leading gynaecologists not to compete in the Championships, particularly in view of the fact that she had been haemorrhaging, but Fatima was resolute. The WAAA title meant so much to her (it would be her fourth consecutive victory) and she so badly wanted to put herself into a competitive situation that she went against all the good advice. "If it had been my decision she would not have competed", said Margaret. "But she is the one who throws the javelin". Margaret remarked: "It's like an electric shock through her system every time she throws".

Fatima's second round throw of 63.52 would have sufficed for victory but she took a full complement of throws, finishing up with a remarkable championship best of 65.76. Foolish . . . but magnificent. Wisely allowing her body to heal now, Fatima will probably not throw in competition again until the Oslo meeting of June 28th.

M.W.

5000 METRES WALK

Lilian Millen's tearaway start was cancelled by 800m, from which point Jill Barrett and Ginney Birch put on a repeat performance of their



A courageous champion — Fatima Whitbread.
Mark Shearman

'Southern' race over 3km, though this time with Ginney leading. Jill moved level with five laps left, and from then on she steadily increased her lead to come home some 18 seconds to the good.

1, J. BARRETT (Ver) 23:51.63; 2, V. BIRCH (B&H) 24:09.96; 3, H. ELLEKER (Sheff) 24:28.76; 4, L. MILLEN (Cumb) 24:34.05; 5, B. LUPTON (Sheff) 24:49.63; 6, L. LANGFORD (W&B) 25:07.88; 7, A. PERRY (Sheff) 26:52.96; 8, P. LEADER (B&R) 27:05.61; 9, S. Brown (Stey) 27:54.90; 10, J. Savage (Stey) 28:14.67; 11, M. Worth (Stey) 28:48.29; 12, T. Butler (Hav) 28:55.61; 13, L. Simpson (Mit) 29:27.23.

GEORGINA OLADAPO

We have received news from Georgina Oladapo's step-father and coach, Eric Payne, that Georgina's injury was indeed more serious than a twisted knee, as first reported. Georgina has unfortunately sustained a detached cartilage and torn ligaments and following an operation last week has her right knee in plaster and will not be competing for the rest of the season. We wish her a speedy recovery.

'International' 4 × 100: 1, GB 'A' (Bev Kinch, Joan Baptiste, Helen Barnett, Simone Jacobs) 43.89; 2, GB 'N' (Jayne Andrews, Kathy Cook, Bev Callender, Sue Hearnshaw) 44.16; 3, Composite team (Debbie Wells (Aus), Wendy Addison, Jackie Harman, Lorna Boothe) 44.86.

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Brian Smyth reports on the Intermediate & Junior events

Margaret Cheetham gets better and better

UNFORTUNATELY, the overall lasting impression from the Intermediate and Junior events at this year's championships was one of modest entry and lack of depth in many events, borne out by the facts that the Intermediate 1500, 100H and 200H, and the Junior 75H were all straight finals, with no more than three entrants in the Inter. 'high' hurdles and only four in the Inter. high jump! With the meeting being brought forward by more than a month from last year, there was a direct clash with English school examinations, whilst the Scottish Schools Championships on the Saturday must have also taken its toll.

However, there were a number of excellent performances over the two days, and the highlight of the two age-groups was, by far, Margaret Cheetham's excellent long jumping which, at the close of her series, had resulted in a new UK Intermediate record and UK age-15 and -16 best of 6.42m. Agonisingly, she was only three centimetres short of the Olympic qualifying mark, but was, of course, still pleased. It was the first occasion where the Liverpool lass had covered six metres on all of her trials. Her best mark was understandably a CBP, but she also managed to beat the previous best (Georgina Oladapo's 6.29 from last year) with all but her fourth round jump, and it was a fine way to complete a competition which gave her the national title in her first year in the age-group.

One girl who may have given Margaret some competition, had she jumped to her form this year, was Michelle Stone. However, her 6.22 ability had deserted her on this occasion and she probably felt unfulfilled with 5.82 and third spot behind Tina Malcolm's 6.04. She shouldn't feel too disappointed with her weekend's work though, as she also found time to pick up two firsts in the 100 and 200m hurdles. In the former, she was one of only three entrants and wasn't exactly pressed in winning in 14.51, and for Michelle the 200m, another straight final, proved only slightly tougher.

Another double win went to Sallyanne Short in the sprints, where she used her good finishing strength to overhaul her rivals in both races. In the 100m, Judy Slater seemed to get the best start but faded soon after and the final 30m saw a battle between a fast-finishing Miss Short and Margaret Cheetham, with both runners being rewarded with electronic bests. Someone who

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MARGARET CHEETHAM

Eileen Langsley

may have upset the score was Dartford's Hayley Clements, who withdrew ill from the final following a 12.09 heat. Another withdrawal, through injury, this time in the 200m, was Southern champion, Janet Smith, although she would have had to improve on her best to have beaten the 'Torfaen Tornado', who overhauled a fast-starting Lorraine Hall with some excellent sprinting in the home straight. Although Sallyanne's final time was 'windy', she had clocked a legal best of 24.30 in her heat while Lorraine's 24.49 in her heat was also a pb. With five girls beating 25 seconds it was a good final, although Basingstoke's Angelique Richards can feel a bit 'cheated', as she was the only elimination from the heats, and ultimately there was a spare lane in the final!

Another field which was small enough to make a straight final was the Inter. 1500, and overwhelming favourite before the race, who lived up to all expectations, was Bridget Smyth. Crawley's Linda Glossop took up the running on the first lap, completed in a swift 68.8, but she was closely tracked by Bridget and Diane Critchlow. Bridget, the Southern champion, went ahead at this point though, and was then never headed.

Other winners on the track included Michelle Cooney, who ran a well-judged 400m from lane one to overhaul Joanne Howell around 12m from the line, whilst fast-finishing Patricia Clark made a close-up threesome, all under 57 seconds. Having shown particularly well in her heat, Susan Burtonwood looked a strong possibility for the 800m and she would have pulled it off but for a slightly stronger surge from Lynne Robinson who combined with the Bromley girl to provide a tense battle all down the home straight. In the other hurdles events, the 80m was a close battle between Alison Glasgow and Amanda Thorpe, who both finished strongly after Emma Westlake hit a hurdle halfway (as she had done in winning her heat) and finished outside the medals, while the 400m hurdles was another two-girl battle, after hurdle nine, as Claudine Church, who rose to that flight almost in unison with Susan Fowlie and Helen Price, faded down the straight but was still comfortably clear of the rest of the field in third.

Among the field events, the high jump was probably the most disappointing, with only four competitors showing up on the day. Debbie Marti, entered for this and the Senior event, was not permitted to jump, having elected to compete with the 'big girls' with a view to Olympic selection, so the title went, on countback, to Kingston's Claire Bessant with a moderate 1.72 by these standards. With the exception of the long jump, the highlight on the field was provided by Edinburgh AC's Mary Anderson who, with three of her throws, broke the previous CBP in the shot of 13.57. She opened with a 13.69, followed with 13.58 and finished her series with a best mark of 13.70. Lorraine Stiby was her nearest opposition with 12.31, but just to make it more difficult for herself, Mary also took time out from that competition to land second in the javelin behind a slightly below par Karen Hough, who threw 46.40 to win easily. Catherine Bradley's second round 43.98 was good enough to win the discus with Belinda Hockley only coming close with her fifth round effort of 42.92.

A field event was again the highlight of the Junior events, when Jo Jennings came very close to Ursula Fay's CBP in clearing 1.78 in the high jump, six centimetres higher than the Intermediate winning height! It was really a case of third time lucky for the West Suffolk lass, as she got over that height and the previous one — 1.76 — only with her full quota of tries. Prior to this event, Jo was the only Junior in the country over 1.70, but she was joined by Fiona Ross who went over 1.71 third time to land second spot.

The £500 training grant was awarded to the winner of an exciting 800. Although leading the lists this year prior to this event, it was thought by many present that Sharron Davenport wouldn't get the better of Southern 800 and 1500m champion, Angela Davies, and it looked as though the Mid Hants star was going to run away from the field when she started to pull away after a 31.1 first 200, but Sharron hung on and went with Angela only to take the lead herself after 600m and move away to a clear win by the line.

There were, as usual, a number of double medallists, a particularly common feature of the Junior events. Kerrie Hughes looked good in her heats of the 100 and 200m and followed this up with a good win in the 100m final, overtaking Nicola Short, sister of Sallyanne, who started well, in the latter half of the race. Tracy Goddard, third, was the strongest finisher and this was to prove ominous for the 200m field as Tracy, Southern champion at both events, led into the straight and withheld good finishes from Kerrie Hughes and Sharon Burbridge, who took the other medals. Nicola Short went home with two medals, just like her sister, when she added a 'silver' in the long jump to her 100m. Her distance of 5.52 was good, but not good enough to match Fiona May, who had two jumps over six metres in the opening two rounds to dominate that event completely. The other double medallists were Julie Mulcock, who ran to a fast 75m hurdles win in 11.28, whilst also picking up second in the shot behind Justine Buttle, and Rachel Hems, who was a close second in that hurdles race and also scaled 1.68 for third in that memorable high jump. Justine Buttle's exploits can't be allowed to pass without further mention though. Competing for the newly formed Greenwich AC, a club based upon the throwing events at the moment, her series was 12.38, 12.35, 12.15, 11.89, 11.60 and 12.24, all throws in excess of any other competitor's best — obviously an athlete with a promising future from the Hillier/Littlewood stable.

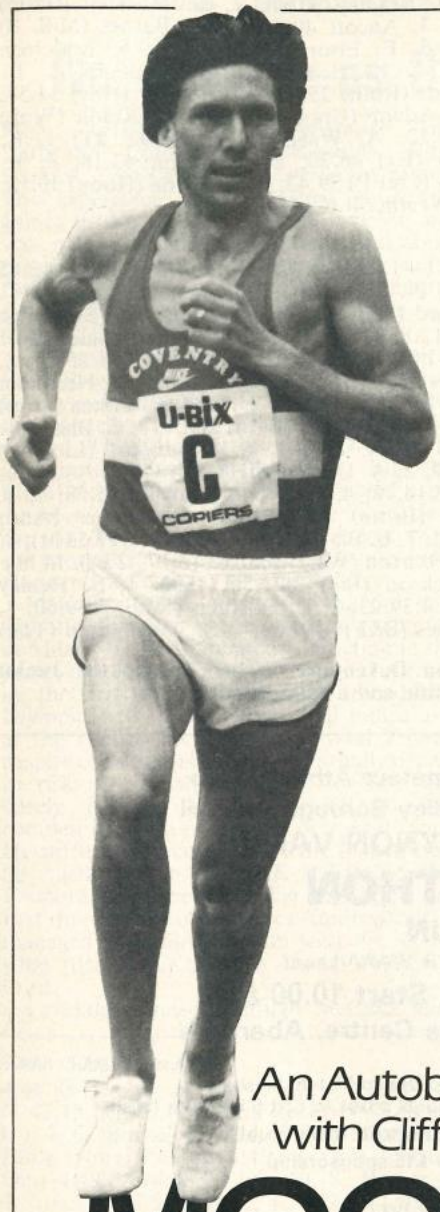
There certainly was a drastic lack of good in-depth performances in this year's championships, but hopefully, in future, the meeting will be better supported by the younger age-groups and be of a quality, as it has been in the past, that a national championships deserves.

Intermediates

100: (+1.69m) 1, S. Short (Torf) 11.88; 2, M. Cheetham (Liv) 11.97; 3, M. Erskine (Croy) 11.98; 4, J. Smith (Mit) 12.19 (12.06 ht); 5, J. More (ESH) 12.22; 6, M. Sims (Bir) 12.27; 7, J. Slater (Cen. R) 12.53 (12.34 ht); H. Clements (Dart, 12.09 ht) scr. In hts: L. Ellis (Stret) 12.35; F. Boswell (ESH) 12.38; D. Cousins (Bas) & S. Douglas (Rad) 12.45. **200:** (+2.54m) 1, Short 24.21 (24.30 ht); 2, L. Hall (Notts) 24.39 (24.49 ht); 3, More 24.78 (25.01 ht); 4, Boswell 24.88 (26.04 ht); 5, Ellis 24.93 (25.16 ht); 6, B. Ross (Mit) 25.24 (25.36 ht); 7, C. Kidd (Sale) 25.36 (25.30 ht); Smith (24.80 ht) scr. **400:** 1, M. Cooney (Camb. H) 56.21; 2, J. Howell (Liv) 56.31; 3, P. Clark (ESH) 56.99; 4, N. Lamb (B&R) 57.94 (57.63 ht); 5, F. Hunt (B'stoke) 58.54; 6, S. Burgis (Ton) 58.54 (58.50 ht); 7, A. Meachan (Cen. R) 58.37 (58.02 ht); 8, D. Ford (Nene V) 59.50 (58.47 ht). In hts: M. Chambers (Med) 59.51. **800:** 1, L. Robinson (Cov) 2:09.54; 2, S. Burtonwood (Brom) 2:09.78; 3, S. Wheeler (B'mth) 2:13.12; 4, M. Rooney (Phoe) 2:13.43; 5, H. Nicholson (Notts) 2:13.93; 6, N. Dilley (Wyc) 2:16.82 (2:13.78 ht); 7, L. Purdie (EAC) 2:18.24 (2:14.54 ht); 8, A. Hughes (Thur) 2:20.72 (2:14.99 ht). In hts: M. Bloss (Thur) 2:16.12; T. Lord (Mx) 2:16.22; K. Chalkley (Hav) 2:16.35; J. Tierney (S&NH) 2:17.47; H. Riley (CoH) 2:18.13; P. Mates (Thur) 2:19.18. **1500:** 1, B. Smyth (Phoe) 4:24.20; 2, D. Critchlow (Wey) 4:32.89; 3, J. Cooper (Darl) 4:33.91; 4, J. Parsons (Bir) 4:37.85; 5, S. Jordan (Lut) 4:38.86; 6, M. Sunshine (Harl) 4:39.76; 7, H. Ruffell (Hav) 4:40.50; 8, S. Riley (Der) 4:41.06; 9, L. Glossop (Craw) 4:41.12; 10, J. Richardson (Darl) 4:41.38; 11, A. Reason (Hav) 4:45.54; 12, L. Reilly (Mor) 4:48.79. **80H:** (+2.36m) 1, A. Glasgow (ESH) 11.72 (12.09ht); 2, A. Thorpe (Hull S) 11.77 (12.12 ht); 3, S. Douglas (Rad) 11.84 (12.31 ht); 4, E. Westlake (E. Kt) 11.94 (11.87 ht); 5, M. Knowles (N. Bel) 11.99 (12.08 ht); 6, M. Jordan (Leic) 11.99 (11.97 ht); 7, A. Chambers (Walls) 12.13 (12.23 ht); 8, N. Spencer (Hors) 12.31 (12.46 ht). **100H:** (— 0.69m) 1, M. Stone (S'end) 14.51; 2, W. Brown (Ex) 15.14; 3, K. Reynolds (Rad) 15.78. **200H:** (+0.49m) 1, Stone 28.68; 2, S. McPeake (B&A) 29.08; 3, Brown 29.13; 4, E. Farmer (CoH) 29.23; 5, Glasgow 29.50; 6, S. Jeoffroy (Houn) 30.73; 7, D. Cooper (Bir) 31.37. **400H:** 1, S. Fowlie (Craw) 63.25; 2, H. Price (Rug) 63.38; 3, C. Church (Wok) 64.17; 4, K. Redfern (Hull S) 65.39 (65.32 ht); 5, D. Brill (Read) 65.69; 6, Brown 66.87 (65.95 ht); 7, T. Leeder (Wok) 67.67 (65.88 ht); 8, D. Cook (S'end) 68.34 (66.23 ht). In hts: Farmer 67.91.

HJ: 1, C. Bessant (Kings) 1.72; 2, J. Ainslie (ESH) 1.72; 3, S. Bailiff (C&EP) 1.67; 4, J. Barber (B&V) 1.62. **LJ:** 1, Cheetham 6.42 **(UK Inter. rec., UK age-15 & -16 best, CBP;** 6.42, 6.41, 6.33, 6.03, 6.36, 6.38w); 2, T. Malcolm (Bir) 6.04; 3, Stone 5.82; 4, J. Warwick (Rad) 5.65; 5, Westlake 5.51; 6, J. Jackson (Ver) 5.46; 7, L. Venables (Sale) 5.41. **SP:** 1, M. Anderson (EAC) 13.70 **(CBP;** 13.69, 13.58, 13.02, 13.46, 13.23, 13.70); 2, L. Stiby (Nene V) 12.31; 3, S. Atack (Wake) 11.42; 4, C. Kelly (Strab) 11.12; 5, G. Keig (Liv) 10.92; 6, C. Bradley (Brack) 10.67; 7, A. Smith (Ex) 10.44; 8, J. Aucott (Cov) 10.41.

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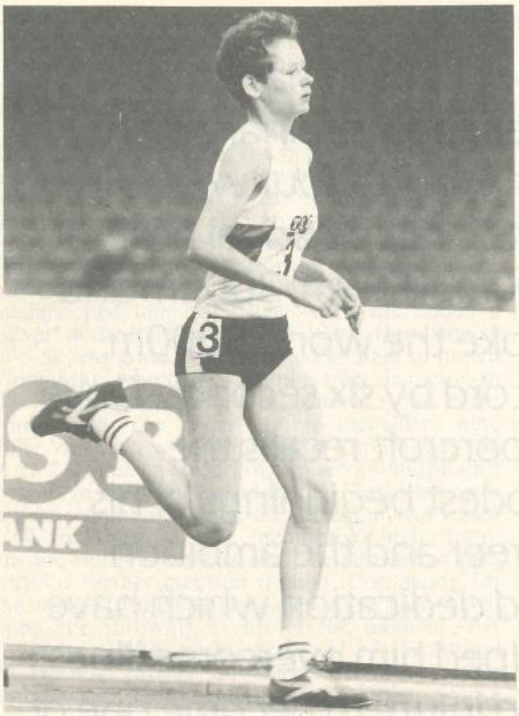
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Running Commentary



Eileen Langsley

DT: 1, Bradley 43.98; 2, B. Hockley (Brain) 42.92; 3, Aucott 40.46; 4, A. Barnes (Mill. S) 39.80; 5, E. Elson (C'ley) 37.76; 6, Anderson 37.40; 7, K. Beardsley (Notts) 36.46; 8, C. Edwards (Roth) 35.88; 9, R. Lister (Hav) 34.58; 10, C. Adams (Craw) 32.74; 11, T. Riddle (Wok) 32.08; 12, A. Walsh (CoH) 32.02. **JT:** 1, K. Hough (Ex) 46.30; 2, Anderson 43.18; 3, K. Fenlon (C&EP) 39.42; 4, A. Forde (Houn) 39.12; 5, J. Weatherill (CoH) 33.94.

Juniors

100: (—1.29m) 1, K. Hughes (Rug) 12.62 (12.45 ht); 2, N. Short (Torf) 12.71 (12.55 ht); 3, T. Goddard (MH) 12.77 (12.67 ht); 4, S. Burbridge (Hal) 12.85 (12.70 ht); 5, R. Bulpitt (Sale) 12.91 (12.76 ht). **200:** (+1.85m) 1, Goddard 25.15; 2, Hughes 25.33; 3, Burbridge 25.40; 4, D. Needham (Stret) 25.70; 5, Bulpitt 25.72; 6, P. Cohen (Stret) 25.77; 7, M. Walker (Barn) 26.21; 8, C. Bleasdale (G&G) 26.24. **800:** 1, S. Davenport (Lin. W) 2:12.17; 2, A. Davies (MH) 2:14.05; 3, A. James (Liv) 2:14.78; 4, J. Ewing (Hunt) 2:15.58; 5, J. Farish (Brom) 2:17.91; 6, A. Palmer (And) 2:20.42; 7, L. Black (ESH) 2:20.54 (2:17.53 ht); 8, J. Warburton (Warr) 2:21.63 (2:17.42 ht). In hts: K. Jackson (Liv) 2:21.56. **1500:** 1, S. Healey (Stret) 4:37.23; 2, L. Hastings (B&F) 4:39.60; 3, R. Jones (B&F) 4:40.62; 4, S. Washington (Ton)

Sharron Davenport on her way to the Junior 800m title and a £500 training grant.

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European Clubs' Championships **Martin Smith reports**

No disgrace as Birchfield finish good sixth

FOR THEIR first appearance in the European Clubs' Championships, Birchfield Harriers' sixth place was perfectly respectable. The experience many of their young athletes gained in the heat of Milan on June 9th and 10th was of the greatest importance and should, if properly applied, stand them in good stead for the future. The taste of international competition has also given the club an extra incentive to retain their GRE British League title.

The only disappointment was that athletes like Phil Brown, Lincoln Asquith and Vaughan Esprey, who had done so much to help them win the league, were not there to enjoy the tangible reward. The little matter of the Olympic Trial at Gateshead held their attention. But the two Birchfield athletes already selected for Los Angeles, Eric McCalla and Bob Weir, did make the trip; both joining the team at Luton Airport the morning after winning the triple jump and discus respectively at Crystal Palace.

McCalla turned out to be the only outright Birchfield winner at the two-day championships in Milan. He had intended competing in the long jump, to enable his cousin, Aston Moore, second in the trial, the opportunity to advance his Olympic claims. But Moore had pulled a muscle at the top of his thigh at Crystal Palace and, despite constant treatment, eventually decided not to risk it. McCalla switched to the triple and barely had to stretch himself to win the competition with one of his two legal clearances. He suffered a recurrence of the hamstring injury he sustained in the UK Championships at Cwmbran two weeks earlier and took only the first three jumps of his series, fouling the first. He managed a winning 16.18m with the second and what turned out to be a crucial 16.09 with the third.

Crucial, because although McCalla and team manager Dave Lawrence had been carefully scrutinising the jumps of his rivals in the 'A' group, they had completely ignored the result of the 'B' seedings for supposedly inferior performers. "I would have taken an extra jump to make sure", admitted McCalla when he found out Barcelona's Jordi Vinas had also jumped 16.18 earlier, although the Spaniard's next best jump was only 15.98.

But if McCalla was one of the successes of the Birchfield team, Weir was something of a disappointment. He had opted out of meeting Martin Girvan at Gateshead, hoping to clinch his Los Angeles place in the hammer at the AAA Championships, but despite signs that he was starting to get into some form in America, Weir's sequence was erratic and he finished fourth with a best of 71.08m. After bouncing his first throw out of the sector on to the seven-day-old synthetic track, laid specially for the meeting, Weir followed with 68.44, 70.76, 70.73, 67.06 and 71.08.

If anyone deserved a medal for triumphing over adversity, it was Darren Pemberton. He arrived at the impressive Napoleonic Stadium on the Saturday expecting just to watch the first day proceedings. He settled down, enjoyed a pizza for lunch and then discovered, through typical Italian disorganisation, that the 5000m had been brought forward 24 hours and he was running that afternoon. A dash by taxi to the club's base on the outskirts of the city to collect his running gear, and a breathless Pemberton was lining up against the mighty Alberto Cova, darling of the local crowd.

Pemberton's lack of physical and mental preparation was evident at the start, but by halfway he had made his way through the field to the fourth place he was to keep to the line. "Fourth was the best I was ever going to finish",

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WAAA CHAMPS, Continued

4:46.88 (4:42.84 ht); 5, C. Pattison (Darl) 4:47.36 (4:42.45 ht); 6, N. Watts (Swin) 4:47.88 (4:45.42 ht); 7, C. Burnell (Car) 4:48.80 (4:43.50 ht); 8, S. Elson (Harr) 4:49.62 (4:46.59 ht); 9, L. Duffy (C. Om) 4:49.84 (4:43.23 ht); 10, S. Parker (Warr) 4:51.62; (4:42.52 ht); 11, J. Adkin (Ton) 4:56.39 (4:46.13 ht). **75H:** (+2.16m) 1, J. Mulcock (B'mth) 11.28; 2, R. Hems (D&S) 11.36; 3, C. Robinson (Croy) 11.38; 4, S. Farquharson (Croy) 11.58; 5, L. Covey (G&G) 11.97; 6, S. Fletcher (Torf) 12.13; 7, A. Terrill (Warr) 12.21; 8, T. Hallal (Mx) 12.39.

HJ: 1, J. Jennings (W. Suf) 1.78; 2, F. Ross (Leic) 1.71; 3, Hems 1.68; 4eq, M. Knowles (Bel. L) & F. May (Der) 1.63; 6, S. Gilbert (Read) 1.63; 7, L. Macdonald (Ex) 1.58; 8, J. Day (R&R) 1.58. **LJ:** 1, May 6.07 (6.07, 6.05, 5.72, 5.98, 5.99, 5.92); 2, Short 5.52; 3, N. Goddard (Nene V) 5.39; 4, A. Flannery (Mit) 5.26; 5, L. Connolly (Liv) 5.22; 6, A. Stansbie (B&R) 5.16; 7, Mulcock 5.13. **SP:** 1, J. Buttle (Green) 12.38; 2, Mulcock 11.39; 3, A. Sinclair (Caith) 11.31; 4, J. Thornton (Long) 11.25; 5, C. Cooksley (Nun) 11.17; 6, R. Foxall (Ex) 10.86; 7, K. Hambrook (E. Hull) 10.45; 8, K. Etheridge (Womb) 10.25; 9, S. Rawlings (Kings) 10.23; 10, D. Killeen (F&C) 10.23. **DT:** 1, Thornton 31.52; 2, Hookem 29.74; 3, Rawlings 27.76. **JT:** 1, A. Moffitt (N. Down) 36.04; 2, R. Manning (Ex) 35.34; 3, C. Eagles (Ver) 33.70; 4, S. Painter (Rad) 32.38; 5, L. Ray (B&H) 31.04.

he said later. "The only thing I might have done was to improve my time, but I felt really awful at the start and I could feel the pizza churning away inside". He clocked 14:34.60, and in front of him Cova lost out in a late sprint to fellow Italian, Stefano Mei.

Richard Partridge, the other victim of the switch, his 10,000m being put back a day, did not fare so well. Beset with a cold and dehydration problems, Partridge's first attempt at the distance saw him timed at 31:22.41 in seventh place. "That's the equivalent of 29 minutes for a long stage in the road relay", he moaned. "I didn't realise 80 second laps existed".

On a more positive note, Ainsley Bennett, hoping for an Olympic relay spot, ran two impressive solo races in the 200m (21.37) and 400m (47.40) and a valiant anchor leg in the 4 × 400m relay, if it only made up the deficit rather than any places. Steve Buckridge, with 14.46 over the 110 metre hurdles, and Byron Morrison, with a 2.10m high jump, both set personal bests, as did Kevin Brown, 51.06m in the non-scoring discus competition.

Predictably, the Italians, whose teams had won five of the previous nine tournaments, dominated the championships with the host club, Pro Patria Pierrel, beating Fiamme Oro Padova, winners in 1982 and '83, by 11 points. Pro Patria were helped on their way with national records in the long jump for Giovanni Evangelisti (8.16m) and discus for Marco Bucci (66.60).

Meanwhile, it was confirmed that Britain has first refusal on next year's competition, and depending who wins the National League it will be held in either Birmingham or London, provisionally on June 8th and 9th.

(Martin Smith is athletics correspondent for The Birmingham Post)

Pro Patria Pierrel (Ita) 301; Fiamme Oro Padova (Ita) 290; Futbol Club Barcelona (Spa) 256; Racing Club de France (Fra) 219; Stella Rossa Belgrado (Yug) 216½; BIRCHFIELD 209; Amsterdamsche AC (Neth) 186½; Royal Excelsior SC (Bel) 178; Stadtturnver (Swi) 137½; Viipurin Urheilijat (Fin) 136; Union Leichtaletick CW (Aut) 121½; Panhellinios AC (Gre) 114½; Holte Idraetsforening (Den) 91; Cercle D'Athletisme (Lux) 87; Limerick AC (Irl) 86; Galatasaray (Tur) 84½.

(a) June 9th, (b) June 10th

100: (a) (+0.10m) 1, Pale (Fra) 10.52; 2, Nodari (PPP Ita) 10.60; 3, Zucchini (FOP Ita) 10.60 . . . 5, FENTON CAMPBELL 10.70. **200:** (b)(A): (+1.82m) 1, Simionato (PPP Ita) 20.76; 2, Rho (FOP Ita) 21.28; 3, De Kom (Neth) 21.45. (B): AINSLEY BENNETT 21.37 (3rd overall). **400:** 1, Lazaro (Spa) 45.45; 2, Sabia (FOP Ita) 45.73; 3, Quentrec (Fra); 4, BENNETT 47.40 (5th overall). **800:** (b) 1, Materazzi (FOP Ita) 1:47.18; 2, Gomez (Spa) 1:47.61; 3, Savic (Yug) 1:48.04 . . . 5, SIMON LANE 1:48.73. **1500:** (a) 1, Abascal (Spa) 3:44.27; 2, Materazzi 3:45.04; 3, Patrignani (PPP Ita) 3:45.12 . . . 5, ALAN SALTER 3:46.90. **5000:** (a) 1, Mei (FOP Ita) 14:05.52; 2, Cova (PPP Ita) 14:11.43; 3, Gonzales (Spa) 14:13.95; 4, DARREN PEMBERTON 14:34.60. **10,000:** (b) 1, De Madonna (PPP Ita) 29:18.77; 2, Tiainen (Fin) 29:36.09; 3, Perez (Spa) 30:06.72 . . . 7, RICHARD PARTRIDGE 31:22.41. **3000SC:** (b) 1, Koeleman (Neth) 8:31.28; 2, Panetta (PPP Ita) 8:36.69; 3, Hoeser (Lux) 8:46.02 . . . 9, STEVE MARZILLIUS 9:04.20. **110H:** (a)(A): (+0.86m) 1, Fontecchio (FOP Ita) 13.84; 2, Torrente (Spa) 13.86; 3, Prast (PPP Ita) 14.09. (B): STEVE BUCKRIDGE 14.46 (7th overall). **400H:** (b) (A): 1, Ba (Fra) 49.74; 2, Zimmermann (Bel) 50.67; 3, Cosi (PPP Ita) 51.08. (B): . . . 3, DAVE HISLOP 54.88 (11th overall).

HJ: (a) 1, Millo (PPP Ita) 2.18; 2, Toso (FOP Ita) 2.15; 3, Grau (Spa) 2.10; 4, BYRON MORRISON 2.10. **PV:** (b) 1, Ferreira (Fra) 5.60; 2, Barella (FOP Ita) 5.40; 3, Drechsel (PPP Ita) 5.30 . . . 8, ROBIN SIMPSON 4.40. **LJ:** (a) 1, Evangelisti (PPP Ita) 8.16; 2, Stekic (Yug) 7.93; 3, Mellaard (Neth) 7.78 . . . 11, TOM LEESON 7.09. **TJ:** (b)(A): ERIC McCALLA 16.18 (16.09). (B): Vinas (Spa) 16.18 (15.98). **SP:** (a) 1, Andre (FOP Ita) 21.13; 2, Milic (Yug) 19.95; 3, Montelatici (PPP Ita) 19.63 . . . 10, KEVAN LOBB 13.28. **DT:** (b) 1, Bucci (PPP Ita) 66.60; 2, Zerbini (FOP Ita) 64.00; 3, Milic 60.86 . . . 9, GARY HARRINGTON 47.46. **HT:** (b) 1, Serrani (PPP Ita) 75.24; 2, Ciofani (Fra) 75.10; 3, Budai (FOP Ita) 71.54; 4, ROBERT WEIR 71.08. **JT:** (a) 1, Ghesini (PPP Ita) 79.88; 2, Prevel (Fra) 74.47; 3, Michielon (FOP Ita) 72.00 . . . 12, GLYN AMOS 54.84. **4×100:** (a) 1, Pro Patria Pierrel 39.73; 2, Fiamme Oro Padova 40.15; 3, Racing Club de France 41.05 . . . 6, BIRCHFIELD. **4×400:** (b) 1, Fiamme Oro Padova 3:08.11; 2, FC Barcelona 3:08.40; 3, Pro Patria Pierrel 3:08.81 . . . 6, BIRCHFIELD 3:12.99.

Non-match events: DT: (b) 1, KEVIN BROWN 51.06; 2, KEVAN LOBB 42.42. HT: (b) 1, Superina (Ita) 63.06; 2, ALAN WOODS 51.74.

LOFTUS C&AC

A new athletics section has been started at the Loftus Cricket Club in Saltburn, Cleveland, where training sessions are held every Tuesday evening at 7pm under the watchful eye of AAA Coach Peter Covey. A recent 10 mile road race organised by the club attracted over 250 entries and was a resounding success.

Any information about the club, which is pending acceptance by Northern Counties AA, can be obtained from the secretary, Roy Enticknap, 'Cromwell House', 1 East Crescent, Loftus, Saltburn, Cleveland (Tel: Guisborough 42211).

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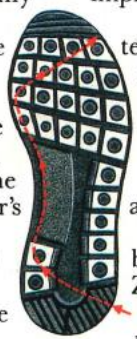
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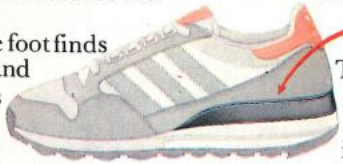
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BERKSHIRE
At Reading, May 19th & 20th

200: S. Eden (Read) 21.9. 400: 1, R. Rippon (Newb) 47.9; 2, M. Thomas (Car) 49.4; 3, A. Wallis (WS&E) 49.9. 800: 1, G. Marlow (Brack) 1:51.5; 2, D. Brockwell (WS&E) 1:53.2. 5000: 1, R. Watt (Read) 14:43.1 . . . 3, M. Duff (WS&E-V) 14:49.8. 400H: 1, D. Robinson (Read) 54.6; 2, S. Harridge (S&E) 55.1; 3, M. Marlow (Brack) 55.9. PV: F. Bunyan (J) 3.80. TJ: M. James (WS&E) 14.06. HT: R. Tolputt (WS&E) 57.16. JT: R. Mullen (Read) 65.42. **(Juniors):** 400: M. Sevilla (WS&E) 49.6. HJ: 1, S. Chapman (Read) 2.07; 2, M. Roach (WS&E) 2.04. PV: Bunyan 4.00. LJ: K. Fleming (WS&E) 6.79. TJ: J. Sweeney (WS&E) 14.16. SP: P. Green (Brack) 14.02. HT: A. Tolputt (WS&E-Y) 64.50. **(Youths):** 200: S. Dorset (Brack) 22.6. HT: 1, A. Tolputt 74.96 **(UK Youth best);** 2, M. Westbury (Brack) 44.06. 4 × 400: Reading 3:36.8. **(Boys):** 800/1500: B. Brackstone (Brack) 2:04.9/4:14.2. LJ: M. John (WS&E) 6.24. SP: N. Spratley (Read) 12.92.

CUMBRIA

100: B. Moore (Derw) 10.8. 800: R. Lindsay (ESH) 1:54.2. 1500: M. Roberts (Ken) 3:54.2. 5000: K. McCluskey (Cope) 14:25.4. HT: H. Richardson (Cumb) 45.02. JT: D. Abernethy (Barr) 57.08. **(Juniors):** 400: B. Bell (Cumb) 49.7. 1500: P. Taylor (Cope) 3:54.6. HJ: A. Edgar (Bord) 2.05. **(Youths):** 100: M. Cameron (Derw) 11.3. 400: G. Pattinson (Cumb) 50.4. **(Boys):**100: D. Templeton (Carl) 11.9.

SUSSEX
At Crawley, May 19th & 20th

100: 1, A. Parker (B&H) 10.5; 2, A. Ross (B&H) 10.9. 200: P. Hughes (B&H) 22.0. 400: 1, Hughes 48.8; 2, M. Fuller (Craw) 48.9; 3, N. Grover (B&H) 49.1; 4, P. Simpson (B&H) 49.9. 800: 1, M. Rowland (Phoe) 1:53.0; 2, M. Clark (Craw) 1:53.6. 3000SC: 1, M. Laflin (B&H) 9:17.4; 2, M. Wheeler (E. Grin) 9:23.3. 110H: 1, A. McKenzie (Shaft) 15.0; 2, C. Smith (Craw) 15.2. 400H: 1, H. Moscrop (B&H) 52.8; 2, M. Davis (B&H) 55.7. HJ: 1, S. Hewitt (B&H) 2.00; 2, McKenzie 1.95. PV: 1, B. Riley (Craw) 4.00; 2, Ross 3.80. LJ: 1, Spencer (B&H) 6.87; 2, McKenzie 6.83; 3, Simpson 6.81. SP: 1, G. Perryman (B&H) 13.61; 2, A. Kennedy-Rose (ESH) 13.48. DT: 1, G. Power (HHH) 41.66; 2, Ross 41.58. HT: 1, M. Jones (Shaft) 65.52; 2, K. Lasis (Craw) 50.56. JT: 1, J. Trower (B&H) 68.90; 2, A. Holloway (B&H) 61.64. 3000W: 1, D. Stevens (Stey) 13:24.1; 2, K. Dale (B&H) 14:26.5; 3, R. Penfold (Stey) 14:35.3. 4×400: 1, Phoenix 3:18.3; 2, Brighton & H 3:18.8. **(Juniors):** 110H: J. Mason (Craw) 15.3. DT: 1, D. Sole (Craw) 42.98; 2, J. Nowell (Christ's H) 41.38. **(Young Athletes):** 800: J. Boakes (Phoe) 1:56.1. LJ/TJ: R. Edwards (Craw) 6.51/14.87. 3000W: 1, G. Brown (Stey) 13:34.2; 2, P. Nunn (Stey) 13:58.1; 3, D. Stone (Stey) 14:26.1; 4, T. Watts (Stey) 15:10.7. **(Boys):** 800: 1, M. Cole (B&H) 2:05.6; 2, K. Holmes (Hast) 2:06.5.

WOMEN

BERKSHIRE
At Reading, May 19th & 20th

200: S. Jacobs (Read) 24.7. 400: 1, J. Arnold (Brack) 56.7; 2, M. Miles (Newb) 57.5. 800: S. Samy (Brack) 2:13.1. 1500: 1, M. Samy (Brack) 4:27.2; 2, S. Samy 4:27.2; 3, B. Madigan (Houn) 4:29.4. SP: H. Yule (Newb) 12.04. DT: 1, J. Picton (Brack) 48.34; 2, Yule 35.30; 3, M. Stevens (Read) 34.86. **(Inters):** 800: 1, N. Dilley (Wyc) 2:16.5; 2, W. Lunn (Read) 2:19.1. SP: C. Bradley (Brack) 10.97. DT: 1, Bradley 43.18; 2, A. Whitney (Read) 32.46.

CUMBRIA

100: A. Hodgson (Bord) 12.1. 800: L. Riley (Cumb) 2:13.6. HJ: J. Little (Bord) 1.75. 3000W: L. Millen (Cumb) 14:28. **(Inters):** 100: D. Carrick (Cumb) 12.3. HJ: S. Braithwaite (Bord) 1.68. DT: S. Coxon 32.68. **(Juniors):** 100: 1, S. Pratt (Ken) 12.7; 2, D. Robinson (Cumb) 12.8. 800: R. Baker (Cope) 2:21.4.

GWENT
At Cwmbran, May 19th

(Women): 400H/SP: S. Owen (Newp) 64.7/11.64. **(Inters):** 100/200/LJ: S. Short (Torf) 12.6/25.5/5.33. 800: K. Whitehouse (Abert) 2:17.8. JT: C. Gunn 33.82. **(Juniors):** LJ: N. Short (Torf) 5.21.

SHROPSHIRE
At Shrewsbury, May 19th

(Juniors): SP: D. Killeen 10.65.

SOMERSET
May 19th & 20th

(Inters): SP: 1, A. Barnes (Mill. S) 11.05; 2, H. Marsh (Yeo) 10.61. DT/JT: Barnes 39.40/38.04.

YORKSHIRE, HUMBERSIDE & CLEVELAND
At Cleckheaton, May 19th

100: 1, A. Chappell (DHTC) 12.0; 2, D. Glazebrook (Wake) 12.1. 200: 1, Chappell 24.6; 2, Glazebrook 24.7; 3, S. Morley (Hick) 24.8. 400: 1, J. Hoyte-Smith (DHTC) 53.0; 2, R. Elder (Lin. W) 55.9; 3, J. Wyard (Wake) 57.0. 800: 1, C. Wood (Leeds) 2:11.5; 2, S. Thomas (Long) 2:11.7; 3, J. Furniss (Sheff) 2:11.9; 4, D. Burton (Leeds) 2:14.1. 1500: 1, S. Arthurton (Leeds) 4:28.8; 2, C. Haigh (Holm) 4:31.2; 3, A. Crewe (Bing) 4:34.8. 100H: 1, K. Morley (Hick) 13.8; 2, L. Roper (Hallam) 14.1; 3, S. Goacher (Rown) 14.9; 4, J. Lee (Hallam) 15.0; 5, A. Riggs (Leeds) 15.1. 400H: 1, S. Morley 57.8; 2, C. Sugden (Spen) 62.1; 3, S. Fowler (Chelm) 64.5. HJ: 1, T. Phillpots (Sale) 1.81; 2, K. Bailey (DHTC) 1.68.

LJ: 1, T. Collier (Leeds) 5.88; 2, A. Forbes (Spen) 5.54. SP: 1, Y. Hanson-Nortey (Hallam) 14.00; 2, T. Whincup (CoH) 12.75; 3, S. Bedford (Wake) 12.15; 4, S. Wilson-Wolfe (Hallam) 11.95. DT: 1, Whincup 45.12; 2, K. Morley (Leeds) 37.84; 3, J. Daley (Wake) 34.84. JT: 1, C. Garside (Roth) 55.38; 2, G. Major (Stret) 48.76; 3, H. Lythgoe (Tod) 38.20; 4, C. Lythgoe (Tod) 36.38. 4 × 100: Hallamshire 48.9. **(Inters):** 200: G. Burnhill (A&SV) 25.8. 400: H. Clarke (Roth) 58.9. 800: 1, K. Scobie (Leeds) 2:17.0; 2, S. Moore (Womb) 2:18.0; 3, R. Woodward (Roth) 2:18.7. 1500: 1, Scobie 4:39.7; 2, F. Southwell (Leeds) 4:39.9. 80H: S. Smith (Spen) 12.3. 200H: 1, J. Cadman (Darl) 30.2; 2, J. Usher (Scun) 30.5. SP: 1, S. Atack (Wake) 11.20; 2, A. Sheppard (Hal) 10.48. DT: C. Edwards (Roth) 35.24. JT: 1, J. Weatherill (CoH) 41.54; 2, J. Coote (Rown) 34.14. **(Juniors):** 100: 1, S. Earnshaw (Roth) 12.6; 2, S. Burbridge (Hal) 12.6 (12.5 ht); 3, J. Summers (Hallam) 12.7 (12.6 ht). 200: Burbridge 25.9. 800: 1, J. Heathcote (Hallam) 2:18.2; 2, A. Cooke (Rock) 2:21.7. 1500: 1, C. Bennett (Bing) 4:43.0; 2, J. Lindley (Leeds) 4:50.5; 3, S. Elson (Harr) 4:52.6. 75H: K. Holland (DHTC) 12.0. SP/DT: J. Thornton (Long) 11.6/32.76. **(Girls):** 800: S. Carter (Leeds) 2:24.5.



Richard Kemp

Tracey Whincup won the discus and was second in the shot at Cleckheaton on May 19th before travelling across to Hull to win the Humberside shot title the next day.

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BROOKS GRAPHLEX — Pre-moulded EVA midsole, Graphite heel counter. wt 8/9 ozs. sz 7-12 (£36.99) **£33.99.**

NIKE EQUATOR Mk1 — The proven pronator fighter. sz 6½, 7, 7½, 9½, 12, 13 (£38.95) **£29.95.**

NB. Full Nike range stocked and all subject to club discount by post including:— **Trophi, Pegasus, Internationalist, Equator 2, Odyssey, Terra and Eagle.**

CLOTHING

SUB 4 WORKOUT SUIT — hooded tracksuit with distinctive chest band logo. Black/white. sz XS, S, M, L **£27.95.**

Bill Rodgers PINSTRIPES — Navy/white, Burg./white vest or shorts. sz S, M, L, XL. **£7.90** separate or **£14.00 for kit.**

For shoes state size and enclose foot outline, for clothing state size and second colour choice.

RUNNERCARE

27 Jameson Street, Hull
Tel: (0482) 28503/27483
after 6 pm (0482) 647108



Harrow Charity Marathon Run Association



President — The Mayor of Harrow

3rd Annual Harrow Marathon

SUNDAY, NOVEMBER 4th, 9.00 a.m.

Sponsored by KODAK Limited

Specially designed course incorporating full First Aid coverage • watering holes route markers • Marshalls, etc. Starting and finishing at the Harrow Leisure Centre.

Awards to all finishers —
HARROW KODAK MARATHON TROPHIES
AWARDED TO WINNING MAN AND WOMAN.

All entrants must be over 18 years of age.

For Entry Form please write to:

David Brough
5 Vernon Court
Vernon Drive
Stanmore
Middx.

enclosing 9 × 4 stamped addressed envelope

CLOSING DATE: 28th SEPTEMBER 1984

COME . . .
RUN IN LONDON'S OTHER MARATHON

Northern Women's Champs At Cleckheaton, June 2nd

Regal effort from Diane — 61.92m

ON A DAY when the absence of Olympic hopefuls Shirley Strong, Jane Parry and Jane Furniss may have been thought to have been decisive, the Northern Women's Championships proved to be more than an hour of glory for what might be cheerfully called, in some company at least, the 'also rans'.

Lynne Roper may not have beaten Miss Strong in the hurdles, but she had a superb race with Ann Girvan before claiming Shirley's title by the narrowest of margins. Carol Finlay would probably have followed Jane Parry up the straight in the 400m, but her devastating last 30m surge to defeat Ann Williams would not have lost the impact it had as the final event of a long afternoon. And there's no guarantee that Miss Furniss, beaten by Kath Carter in the 800m last year, would have fared any better behind the acceleration of Diane Edwards which left Mrs Carter thankful for fifth place.

Not all Olympic candidates gave the meeting a miss, though. Sue Hearnshaw attempted a sprint double and lost only to the consistent Jayne Andrews in the 100m. Diane Royle recorded 61.90m in the javelin for a new Scottish record which was promptly raised to 61.92m when measured in accordance with the procedure for records! Margaret Cheetham's 6.10m in the Intermediate long jump overshadowed Fiona Mays's 6.01 in the Junior competition and Tracey Collier's second successive victory in the Senior event.

Yvonne Hanson-Nortey (shot), Tracy Whincup (discus) and Clare Sugden (400m hurdles) all successfully defended Senior titles, while Wendy Addison (200) and Jennifer Little (high jump) picked up 'silver' medals, as did Julie Laughton, the 1983 1500m champion, who switched to 800 prior to meeting Zola Budd in the Olympic trials. Sue Crehan prepared for Zola with a victory in the 1500m, while Wendy Wright's narrow victory over Lisa Reilly in the Intermediate event was in the same time which she recorded in 1983.

If established stars preferred to miss the championships this year, the up-and-coming youngsters did not, as a remarkable contest in the Intermediate high jump saw four clear the same height, whilst Kathy Farr and Catherine Garside gained 'silvers' in their Senior debuts. And while Miss Farr was happy with her two medals, Susan Coyne's record breaking 12.36m reminded the likeable Southport lass there's no room for complacency.

"It's the best meeting of the lot", remarked one spectator thawing after Cwmbran had taken its toll, "we always enjoy the Northern". So, apparently, do the entrants, which compared very favourably with a badly attended Northern Men's Championship in far-off Middlesbrough the same day. The centrality of the venue helps, as does the absence of rain, but it was the competitors who left the memories — good ones.

Phil Thomas



DIANE ROYLE'S RECORD THROW

David Warburton

100: 1, J. Andrews (Liv) 11.8; 2, S. Hearnshaw (Hull S) 11.8; 3, W. Addison (NSP) 12.2; 4, D. Anderson (E. Ches) 12.2; 5, H. Platt (Warr) 12.2; 6, D. Glazebrook (Wake) 12.3. **200:** 1, Hearnshaw 24.2; 2, Addison 24.4; 3, Anderson 24.7; 4, C. Finlay (Liv) 25.0 (24.9 ht); 5, L. Stuart (M&C) 25.1; 6, Glazebrook 25.4 (25.2 ht). **400:** 1, Finlay 55.3; 2, A. Williams (Sutt) 55.9; 3, H. France (CoH) 56.2; 4, H. Thorpe (Ash) 56.6; 5, J. Wyard (Wake) 57.3 (57.2 ht); 6, T. Mylan (Mand) 57.4 (56.9 ht); 7, R. Elder (Lin. W) 59.6 (57.8 ht). **800:** i, D. Edwards (Sale) 2:05.4; 2, J. Laughton (Der) 2:07.0; 3, T. McCullough (Sale) 2:07.8; 4, M. Hendley (Stret) 2:08.9; 5, K. Carter (Sale) 2:10.2; 6, M. Atkinson (Bir) 2:10.9; 7, C. Wood (Leeds) 2:11.6; 8, C. Gowland (Spen) 2:12.6; 9, J. Millership (CoH) 2:14.8 (2:13.2 ht); 10, D. Burton (Leeds) 2:15.8 (2:13.6ht). **1500:** 1, S. Crehan

(Sutt) 4:21.8; 2, J. Holt (Stret) 4:24.5; 3, B. Nicholson (Sale) 4:30.8; 4, C. Allanson (CoH) 4:33.2; 5, M. Kell (Darl) 4:34.2. **3000:** 1, J. Rothwell (Liv) 9:18.8; 2, D. Holmes (Liv-V) 9:22.8; 3, L. Ramwell (Sale) 9:37.1; 4, H. Kenyon (Stret) 9:51.4; 5, S. Hales (Sheff. U) 9:54.0; 6, J. Fish (Der) 9:56.6; 7, S. Robinson (Lin. W) 10:10.9; 8, C. Riley (Stret) 10:11.7; 9, A. Bithell (Sale) 10:14.5. **100H:** 1, L. Roper (Hallam) 14.1; 2, A. Girvan (Stret) 14.1; 3, K. Morley (Hick) 14.3; 4, Platt 14.3; 5, D. Johnson (Bol) 14.9; 6, B. Smith (Hull S) 14.9 (14.8 ht); 7, A. Mills (NSP) 15.2. **400H:** 1, C. Sugden (Spen) 60.5; 2, Mills 60.8; 3, Smith 63.3; 4, M. Cropper (Ashton) 64.6 (62.9 ht); 5, S. Higgins (Chels) 65.8 (64.3 ht). In hts: L. Norcross (Sutt) 65.2; S. Leonard (Long) 65.5; B. McLennon (Mand) 65.7; L. Alexander (CoH) 66.0; A. Jones (Hull S) 66.5. **HJ:** 1, G. Evans (CoH) 1.80; 2, J. Little (Bord) 1.75; 3, Cropper 1.65; 4, K. Bailey (DHTC) 1.65. **LJ:** 1, T. Collier (Leeds) 5.87; 2, A. Forbes (Spen) 5.84; 3, A. Garvey (Liv) 5.48. **SP:** 1, Y. Hanson-Nortey (Hallam) 14.00; 2, T. Whincup (CoH) 12.85; 3, K. Farr (S'port W) 11.90; 4, E. Jackson (Stret) 11.61; 5, M. Laing (Liv) 11.10. **DT:** 1, Whincup 46.18; 2, Farr 42.54; 3, E. Creese (Holb) 40.28; 4, A. Local (NSP) 38.42; 5, K. Morley (Leeds) 36.96; 6, J. Calvert (M&C) 35.02. **JT:** 1, D. Royle (Sale) 61.92 **(Scottish rec., CBP);** 2, C. Garside (Roth) 50.50; 3, J. Harding (E. Ches) 44.40; 4, G. Cresswell (Der) 39.40. **4 × 100:** 1, Liverpool 48.2; 2, Wakefield 48.3; 3, Hull Spartan 48.4.

Intermediates

100: 1, L. Ellis (Stret) 12.5; 2, M. Cheetham (Liv) 12.6 (12.5 ht); 3, J. Guishard (Sale) 12.6. **200:** 1, Ellis 25.6; 2, Guishard 25.8; 3, J. Shellie (Wirr) 25.8; 4, D. Carrick (Cumb) 25.8. **400:** 1, J. Howell (Liv) 57.1; 2, J. Forrester (Wirr) 57.4; 3, A. Thomas (Chor) 58.2; 4, C. Kidd (Sale) 58.8 (58.3 ht); 5, C. Glossop (Lin. W) 59.1 (58.8 ht); 6, H. Riley (CoH) 59.4. **800:** 1, H. Saunders (Sale) 2:13.4; 2, A. Dwyer (Sale) 2:14.4; 3, S. Riley (Der) 2:15.9; 4, K. Scobie (Leeds) 2:16.3 (2:16.2 ht); 5, S. Moore (Womb) 2:17.2 (2:16.3 ht); 6, P. Fryer (Long) 2:19.1 (2:17.0 ht). In hts: I. Degnan (Darl) 2:16.2. **1500:** 1, W. Wright (Der) 4:39.3; 2, L. Reilly (Mor) 4:39.3; 3, R. Smith (Hallam) 4:41.7; 4, F. Southwell (Leeds) 4:41.7; 5, M. Faherty (Sky) 4:44.8; 6, J. Richardson (Darl) 4:45.1; 7, D. Potter (Liv) 4:48.4 (4:45.6 ht). In hts: S. Wilson (CoH) 4:45.3; C. Gilmartin (Sale) 4:46.8. **80H:** 1, A. Thorpe (Hull S) 12.1 (12.0 ht); 2, K. Gibbs (Mor) 12.1; 3, L. Minnott (Sale) 12.1; 4, Cheetham 12.1; 5, A. Chambers (Walls) 12.4; 6, S. Smith (Spen) 12.4 (12.3 ht). **200H:** 1, P. Cooper (Leigh) 28.3 **(CBP);** 2, E.Farmer (CoH) 30.0; 3, Smith 30.2; 4, Minnott 31.0 (30.7 ht); 5, Thorpe 31.6 (30.5 ht). **400H:** 1, K. Redferne (Hull S) 65.9; 2, Cooper 67.6; 3, Farmer 68.4. **HJ:** 1, E. Baker (Gate) 1.65; 2, J. Shepherd (C&EP) 1.65; 3, S. Bailey (C&EP) 1.65; 4, J, Kinsella (Liv) 1.65; 5, H. Patterson (Sale) 1.60; 6, L. Crossland (Spen) 1.60; 7, M. Barlow (Sale) 1.60. **LJ:** 1, Cheetham 6.10 **(CBP);** 2, L. Turner (Chor) 5.29; 3, L. Venables (Sale) 5.26. **SP:** 1, S. Coyne (Wake) 12.36 **(CBP);** 2, G. Keig (Liv) 11.34; 3, S. Atack (Wake) 10.90. **DT:** 1, C. Edwards (Roth) 34.78; 2, A. Walsh (CoH) 33.68; 3, S. Smith (Liv) 32.58. **JT:** 1, J. Weatherill (CoH) 38.62; 2, K. Fenlon (C&EP) 36.54. **4 × 100:** 1, City of Hull 49.6; 2, Wirral 49.9; 3, Sale 50.3; 4, Hull Spartan 50.5 (50.3 ht).

Juniors

100: 1, S. Burbridge (Hal) 12.7; 2, L. Bratt (Sale) 12.8; 3, P. Cohen (Stret) 12.8. **200:** 1, Burbridge 25.8 (25.6 ht); 2, A. Bratt (Sale) 26.3; 3, R. Bulpitt (Sale) 26.4 (26.0 ht). **800:** 1, S. Davenport (Lin. W) 2:14.4; 2, A. James (Liv) 2:17.0; 3, S. McKeever (Sale) 2:17.5; 4, J. Warburton (Warr) 2:18.8. **1500:** 1, C. Pattison (Darl) 4:43.5; 2, S. Parker (Warr) 4:44.3; 3, L.Hannaby (Sutt) 4:46.4; 4, S. Elson (Harr) 4:49.7; 5, A. Thorpe (Hynd) 4:50.5; 6, M. Holmes (Liv) 4:51.4; 7, J. Morris (Wig) 4:52.0. In hts: C. Davis (NSP) 4:52.3; M. Murphy (Mor) 4:53.7. **75H:** 1, S. Balderstone (Stret) 12.1; 2, A. Terrill (Warr) 12.1; 3, K. Holland (DHTC) 12.2. **HJ:** 1, A. Wakefield (Gate) 1.63; 2, D. Jones (Sale) 1.60. **LJ:** 1, F. May (Der) 6.01; 2, L. Connolly (Liv) 5.07. **SP:** 1, J. Thornton (Long) 11.35; 2, K. Hickey (B&F) 10.36; 3, D. Smith (CoH) 10.33; 4, S. Hookham (E. Hull) 10.30. **DT:** 1, Thornton 33.28; 2, Hookham 31.04; 3, Hickey 27.22. **JT:** 1, J. Cotton (Sutt) 31.10; 2, Smith 28.88. **4 × 100:** 1, Sale 50.0 **(CBP);** 2, Stretford 51.1; 3, Middlesbrough & C 51.4. **(Girls): 80:** 1, C. Morgan (Leigh) 11.0; 2, L. Oladoyin (Stret) 11.0. **800:** 1, C. McLoughlin (H'forth) 2:23.3; 2, K. Nicholson (Donc) 2:24.8; 3, C. West (CoH) 2:25.7.

Sixth Annual Lydney Gala

SEVEN MILE ROAD RACE

(Under AAA & WAAA Rules)

SAT., 28th JULY, 6.30 p.m.

From Lydney R.F.C. Club (flat, lap course)

Prizes: 1st 10. 1st and 2nd Vet O/40. 1st and 2nd Vet O/50. 1st and 2nd Junior (born after 1.1.65). 1st and 2nd Lady. 1st 3 Teams of 3 (6 to run, declare on day).

Entry Fees: 50p. Unattached runners £1.00. Team fees £1.00. (All must enter as individuals). Late entries double. S.a.e. for travel directions. **by Saturday, 21st July.**

To: T. Haines, 48 The Triangle, Gloucester, GL2 0NG.

Sponsored by: W. H. Eagles & Son

(The Insurance Agents for the Forest of Dean)

Our congratulations go to Eileen Langsley, a regular contributor to 'AW', who has recently won fourth prize — worth 1500 French Francs — in the AIPS/adidas International Sports Photo Contest for 1983. Eileen's award came in the black and white category and follows the first (1982) and third (1981) prizes she previously won in the colour class.

CIB Falkirk People's Half Marathon

SUNDAY 28th OCTOBER 1984 (11a.m. Start)

IN ASSOCIATION WITH

FALKIRK DISTRICT COUNCIL & THE FORTH VALLEY JUNIOR CHAMBER OF COMMERSE

OFFICIAL ENTRY FORM

UNDER PERMIT FROM THE S.C.C.U. & S.W.C.C.U.

SURNAME: ..... CHRISTIAN NAMES: .....

ADDRESS: .....

DISTRICT: ..... TOWN: .....

DATE OF BIRTH: ..... TEL NO. .....

ANTICIPATED FINISH TIME: ..... IF DISABLED PLEASE TICK: .....

CLUB (if any): ..... MALE/FEMALE: .....

IF PARTICIPATING AS TEAM - NAME OF TEAM: .....

NAMES OF MEMBERS: (1) ..... (2) ..... (3) .....

ENTRY FEE £3 (limit 2,500) - Cheques/postal orders payable to CIB FALKIRK PEOPLE'S HALF MARATHON should be forwarded to the RACE SECRETARY, AMENITY & RECREATION DEPARTMENT, FALKIRK DISTRICT COUNCIL, KILNS HOUSE, KILNS ROAD, FALKIRK. Entries close Saturday, 29th September 1984 or when race limit is reached. Men must be 18 years or over, women 17 years or over, on the day of the race. (Entries will not be accepted unless fee enclosed).

In consideration of your accepting this entry, I hereby attest that I am physically fit and have trained for this Race and that I waive and release all rights of claim for damages against the S.C.C.U. and S.W.C.C.U., the sponsors and their successors against injuries suffered by me in this event and that my fitness has been verified by my Doctor. I declare that I will be *17/18 years of age or over on or before the day of the Race and that I have not competed in any athletic, track, field, road race, cross country or road walk race as a professional or having done so have been reinstated to amateur status.

I hereby declare that the above particulars are complete and correct in every detail.

*delete as applicable

Signature: .....

Date: .....

Remember to enclose 2 stamped addressed envelopes with your entry - minimum size 9" x 4"

MEDALS TO ALL PARTICIPANTS

Spotlight on Youth

By David Cocksedge

Bridget Smyth – a talent from Sussex

WHEN YOU run 1500m in 4:18.23 at the age of 16 and win every cross country title of importance in your age-group, you are described as a precocious talent. If you run that time chasing home a frail former South African girl, then the performance gets largely ignored, even though the media were there *en masse* just to cover that one event. All of that happened to Brighton's Bridget Smyth, a spritely young lady with a mind of her own, and the UK's leading cross country runner in the Intermediate ranks last winter.

"I was pleased to get the chance to race Zola Budd (on April 25th)" she says, "but I really don't want to get drawn into talking too much about her. It was pleasing to improve that much all in one race *(from 4:33.4 to 4:18.23)*, but when she was away and gone after two laps I was really racing Janet Prictoe. Just before the start she *(Zola)* suddenly appeared while we were warming up, did some strides pursued by hordes of photographers, and then when she finished she was hustled away. Didn't even get time to chat with any of us. Officials were going mad when she finished and the cameramen rushed up to block the finish and impede girls trying to complete the race! Apart from that aspect, I think she'll be a great bonus to British middle distance running".

Bridget was sitting down to talk into a tape recorder just two days after front-running her way to a 4:26.4 title win in the Sussex Schools Championships. A few days before her 4:18, she had cruised 9:28.9 for 3000m (UK age-16 best) at Crawley, and a week before the Schools' she had won the Southern Intermediate 1500m title after a slow first 800. Her sudden rush of fast times has come as something of a minor surprise to both herself and her coach, Matt Paterson, founder and driving force behind Phoenix AC. "Last September Bridget and I sat down and worked out targets of 2:10, 4:20 and 9:30". He now says "I've had to revise them. She still has to do the 2:10 for 800. It's just a case of her jumping into a fast race somewhere. Bridget is not what you can call fast — around 27 seconds for 200, but she has good speed endurance, thanks to the sessions we have been doing these past few months. When she ran that 9:28 for 3000, she chased Debbie Peel down the last home straight and ran the last 200 in 31.6. So she can kick when she has to. I know she can run a reasonable 800. In the Budd race she passed two laps in inside 2:13, though her best in an open race to date is only 2:15.3".

There is no segregation in Matt's coaching group. The girls all run in with the boys. On the

HECKINGTON AND DISTRICT AGRICULTURAL SOCIETY

ATHLETICS

SAT 28th JULY, 1984, 1.30 p.m.

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

Afternoon Events	Prize Values 1st	2nd	3rd	Fee
800m Scratch Open	£20	£13	£ 7	60p
1 Mile Scratch Open	£33	£20	£11	60p
Ladies 800m Scratch Open	£16	£11	£ 6	60p
Ladies 1M Scratch Open	£22	£13	£ 7	60p
Youth 800m Scratch Open	£ 8	£ 5	£ 4	60p
(O/15 & U/17 on 1.9.84)	Unattached add 50p extra			

OPEN 10 MILE ROAD RACE (limit 500)
Start: 3.30 p.m. approx. 2 lap course.

Sponsored by: Thompson and Richardson Ltd., Sleaford

Entry Fees: Men & Ladies: £1.00. No Team Fee. Unatt. 50p extra.
Prizes Values: Men 1st: £47, 2nd: £29, 3rd: £19, 4th: £11, 5th: £9, 6th: £6. Ladies 1st: £19, 2nd: £13, 3rd: £7. Teams (First 3 score) 1st: 3 @ £9, 2nd: 3 @ £8, 3rd: 3 @ £6. No Ladies Team Awards. **Please note:** A club with more than 3 runners: their next 3 will count as a team. First Vet O/40 years on day: £8.

Closing date: Saturday, 14th July

No late entries. Entries on AAA forms

Please send large s.a.e. for result sheet, thank you.
To: Mr. L. Taylor, 8 Exeter Drive, Sleaford, Lincs. NG34 8UB. Tel: Sleaford (0529) 304985.

VALE OF AYLESBURY A.C.

Presents the Fourteenth Annual

REX FOULKES MEMORIAL 20 Km ROAD RACE

(Under A.A.A. Rules)

and the Ninth Annual

20 Km ROAD RACE FOR LADIES

(Under W.C.C.A. & R.W.A. Rules)

SAT., 14th JULY, 1984 at 3 p.m.

Venue: Quarrendon School Aylesbury
(On ring road between A41 and A413)

Prizes: Sponsored by:

ALLPORT FREIGHT LTD.

Plaques to winners only of ind., team, vets & ladies.
Prizes: First 6 men; First 3 ladies; First 3 O/40; First 2 O/50; First Lady Vet; First team. Plus spot prizes.

Sponsored again by: DEANS FARM EGGS
One dozen eggs to every finisher.

Entry Fee: £1 per ind. (All must enter as inds.).

Team Fee: £2 (4 to run, 3 to score). Vets state date of birth. Please enclose 2 s.a.e. for ack. and results.

Entries by 7th July, or when 500 entries received if prior. No individual or team entries on day. **N.B.** Regret entries from non-affiliated runners not accepted.

To: Mr D. Brown, 14 Mason's Court, Aylesbury, Bucks.



Bridget and her coach, Matt Paterson.
Matt doesn't believe in segregation in his group, so Bridget ends up doing sessions with Steve Ovett. No wonder she's a winner!

David Cocksedge

afternoon of the interview, Bridget had completed a session of 5×300m with such luminaries as Steve Ovett, Johan Boakes (3:50.4 at 16 this year), Jonathan Bigg and Melissa Rooney (Southern Inter. 800 champion) included in the large group. Though Ovett was crusing home in 36-37 seconds for each rep, the others were all working hard behind him and the recovery (two minutes) was the same for everyone. Bridget's younger brother Duncan was also in there, running 45 second reps just behind her.

"This ridiculous business of halving the sessions for the girls, or giving them easier separate training is one of the major factors in us being behind Eastern Europe in women's middle distance running", says Matt, a forthright Scot who has been a great guiding influence and confidant of Steve Ovett for the past ten years. "All my group work hard. Our track sessions are not long — about 40 minutes at the longest — but they are always intensive. And I make the girls work just as hard as the boys. No one gets time off with me in training, though if someone is obviously having a rough time, I'll make him or her miss a rep and come in later. That's the only concession I'll make. When people tell you they are training for 1½ hours a day on the track, I think you'll find they spend an hour of that talking. We get on the track, warm up, bash out the session and then warm down and go home. No messing around".

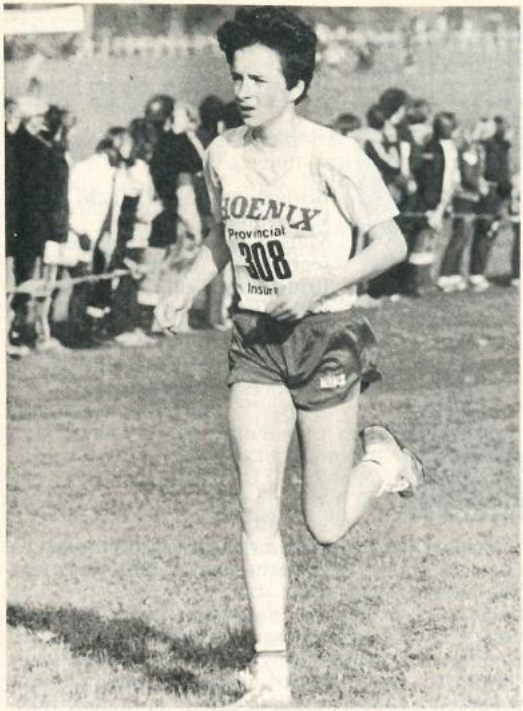
"I enjoy the training", says Bridget, "though it is hard. There's plenty of joking and bantering around as we spike up, which keeps the fun element going, but when we are running it's down to serious business. I get on well with all the lads; and frankly I've never been one for female company all the time. I was always a tomboy at home and in fights with the boys, I always gave as good as I got".

Bridget does not have the classic arms-across-chest swinging female arm action when she runs. She floats along, arms working straight up and back and legs flicking out under her in the best Ovett straight-back manner. She also prefers the freedom of movement offered by loose men's shorts to the popular stretch towelling type favoured by most women runners in the UK. Off the track it's jeans and t-shirts and she rides her 50cc motorcycle with laced sandals on her long feet. She is currently studying for 'A'-levels next summer after gaining 7 'O'-levels last year (aged 15) at Brighton & Hove High School for Girls, an institution with high academic standards and almost zero interest in sport.

Her interest in athletics blossomed when she ran cross country at age eight and nine for the Belfour Middle School, and her mother, a teaching colleague of Paterson's, asked the coach to give her some guidance. Prior to that she had been a champion County class swimmer, which indicated excellent cardio-vascular fitness. "My father is Irish and my mother is from Basingstoke originally", says Bridget. "Her father was Scottish. I joined Brighton & Hove AC first of all, but never really progressed in training there until I went in with Matt's group. I joined Phoenix in 1981 when the club was formed". The split caused some bitter feelings locally on both sides which have yet to heal.

Bridget's cross country successes came swiftly. She finished 66th in her first ESAA Championships, then 16th, fourth and first. This year she also won the English 'National' and retained her Schools' International title. In two starts over 3000m, she has run 9:45.3, and then 9:28.9 in an invitation race at Crawley, won by Ruth Smeeth.

"That time is an age-16 record", I said, "the announcer at Crawley didn't seem to realise that



Peter Tempest photo

WOODFORD TO SOUTHEND

40 MILES

OPEN ROAD RUNNING RACES

For Men & Women

Starting from Woodford Green 9.30 a.m.

SATURDAY, 28th JULY, 1984

Individual trophy to first and medals to second, third and fourth finishers. Team trophy and medals to first team of 3. Medals to second and third teams of 3. Veteran awards to first Vet O/40, O/50, O/60 years.

Standard medals 1st and 2nd class and finishers medals. Equivalent awards to any lady competitors finishing.

Closing date for entries 18th July, 1984

Entry Fee: £1.00 per entrant. No extra for teams.

Entries to: Honorary Race Secretary, 123 Coxtie Green Road, near Brentwood, Essex. With s.a.e. for reply, please. Cheques payable to Reg Jacobs Races Account.

Under AAA Laws, permit applied for.

Sorry, no joggers, fun runners or wheelchairs.

Winning this year's Intermediate 'National'.

Bridget Catharine Smyth was born on September 8th, 1967 in Exeter, Devon. She is 1.67m/5'5¾" tall and weighs 50kg/110lb. Best marks: 400 — 61.9; 800 — 2:15.3 (2:12.0 estimated at 800 in 1500 race); 1500 — 4:18.23; 3000 — 9:28.9.

Progression:

	800	1500	3000
1981	2:25.2	5:04.0	—
1982	2:18.2	4:40.2	—
1983	2:15.3	4:33.4	—
1984	2:12.0e	4:18.23	9:28.9

Training: Winter: Sunday — (am) 5×1000m or 4×1M (5:20 pace); Monday — (am) 20 min. run, (pm) 5M hard; Tuesday — (am) 20 min. easy, (pm) circuits in gym; Wednesday — (am) 20 min. easy, (pm) 10×200m track (30-31 sec); Thursday — (am) 20 min. easy, (pm) long hills session (6×600m); Friday — (am) 20 min. easy or rest if racing next day; Saturday — race or 4×1600m in park. **Summer:** Sunday — (am) 6×600m, (pm) 10×150 strides on cycle track; Monday — (am) 20 min. easy, (pm) 5×300m track (44 sec); Tuesday — (am) 20 min. easy, (pm) 6×400m in park; Wednesday — (am) 20 min. easy, (pm) 6×200m track (29-30 sec); Thursday — (pm) 6×600m park; Friday — (am) 20 min. easy, (pm) short/long hills session in park; Saturday — race or (am) 3×600m fast and (pm) 150m strides on grass cycle track.

Jo White ran her 9:26.8 Intermediate record on her 17 birthday''. Bridget grimaced. ''Age records are the kiss of death, I'm not too impressed with chasing them. I've also noticed that most of the people who get featured in 'AW' start to run badly afterwards, too! I'm still unsure about how to pace 3000m; I lose count of the laps. Now I think I need to race more 800's for speed''.

She has looked into scholarship offers in the USA and at the possibility of a three year term at Loughborough, though Matt would prefer her to stay in Sussex and mature into a world class athlete under his watchful eye and expert guidance. Both of them are encouraged by the advent of the female 'professional' athlete, as personified in the UK by Wendy Sly and Shirley Strong. Ms. Smyth is the type of determined, dedicated young lady who could fit into the mould effortlessly. She brushes aside my warnings that it's not all that glamorous. There are setbacks, such as plenty of boredom apart from the warm weather winter training and trips to Oslo and Zurich every summer. Much of the 'jetting around' boils down to long frustrating hours in hotel lobbies and airport lounges.

''I'm sure I can cope'', says Bridget grinning her mischievous smile. ''I've seen how Steve

LEICESTER MIDSUMMER WOMEN'S MEETING
June 17th

100H: 1, J. Lee (Hallam) 15.1; 2, S. Withnall (Burt) 15.2; 3, T. Lewis (Wrex) 15.3. 400H: H. Price (Rug) 64.1. In hts: D. Moss (Notts) 66.0. HJ: 1, G. Evans (CoH) 1.75; 2, C. Summerfield (W&B) 1.70; 3eq, C. Smith (Leic) & C. Smith (Nun) 1.70. SP: 1, T. Whincup (CoH) 13.03; 2, S. Bayston (Hull S) 12.08; 3, N. Wilkinson (Hull S) 11.20. DT: 1, Whincup 44.36; 2, A. Dimmick (Bir) 42.98; 3, Wilkinson 41.46; 4, Bayston 39.38. JT: A. Caine(C&C) 48.22. **(Euro-Juniors):** 100: 1, D. Waite (Leic) 12.2; 2, J. Gibson (Bas) 12.5. 200: 1, H. France (CoH) 25.0; 2, J. Wyard (Wake) 25.0; 3, Waite 25.1. 400: 1, France 56.5; 2, S. Howe (Leeds) 57.7; 3, Wyard 57.7; 4, J. Millerchip (CoH) 57.9. 800: J. Penfold (Cann) 2:15.8. 100H: Gibson 14.5. **(Inters):** 100: 1, S. Frisby (Nun) 12.0; 2, S. Thorburn (CoH) 12.3; 3, J. Henry (Leic) 12.3; 4, M. Hammond (Cov) 12.3. 200: 1, Frisby 24.9; 2, J. Hurley (S&SH) 25.3; 3, Hammond 25.7. 800: C. Mercer (Cov) 2:18.4. 80H: 1, Henry 12.1; 2, M. Hackett (Notts) 12.2. 200H: 1, Thorburn 29.7; 2, Hackett 30.8. **(Juniors):** 100/200: K. Hughes (Rug) 12.6/26.0. 800: L. Chambers (Rug) 2:21.7. 75H: 1, R. Hems (D&S) 11.3; 2, H. White (Rug) 11.6; 3, D. Read (Leic) 11.7; 4, K. Allmond (Rad) 11.7; 5, D. Corley (Bed) 11.9; 6, C. Lockton (Leic) 12.2; 7, G. Collingwood (CoH) 12.2. HJ: 1, Hems 1.65; 2, F. Ross (Leic) 1.60.

AVON WOMEN'S CIRCUIT

This Sunday (July 1st) sees the start of the Avon Cosmetics Women's Running Circuit 1984 with a race over ten miles at Darlington. The series comprises three races — the others being over 10km at Birmingham on August 19th and 10M at Copthall on October 7th — with points being awarded on a sliding scale from 20 to one; the overall winner receiving an all expenses paid trip to the Avon Women's International Marathon in 1985. In addition, the first four home in each race will receive training bursaries — £150 1st, £125 2nd, £100 3rd and £75 fourth.

BRIDGET SMYTH Continued

manages it. Apart from the training, there will be plenty of things to keep me occupied during the day. One of the great things about our group here is that no one is ever allowed to get big headed. Matt and Steve soon bring you back to earth''.

''That's true'' says Matt. ''When Bridget won the Schools International for the second time, she turned up for training the next day looking very pleased with herself. Steve just took one look at her and said: 'Okay megastar. It's hills tonight and you're doing them with us. So get on with it'''.

Since this interview, Bridget won the WAAA Intermediate 1500m title very convincingly in 4:24.20; reported elsewhere in this issue.

athletic tours

SWISS RUNNING CAMP TOUR **8th-16th August**
Sierre-Zinal 30 Km Race **12th August**



The Running Camp — Saas Grund Organised in association with Village Camps this training camp is suitable for those in preparation for the Sierre-Zinal race, or for any athlete — road, country or track runner. Under the direct supervision of Nigel Gates and Keith Angus, both top class mountain men with international experience. Run on mountain trials and along the valley, on courses that are as varied as they are beautiful.

With trips to Zermatt, Interlaken, Berne and Geneva offered, and accommodation in a Swiss style chalet hotel, the toal tour is a well co-ordinated athletic and holiday programme.

The Race The Sierre-Zinal race attracts over 3,000 runners and is one of the world's most prestigious mountain races. A gruelling challenge to serious runners, it also draws many recreational runners who wish to enjoy the unique atmosphere and stunning scenery. Over the 30km the course rises 2000m to its ultimate height of 2700m-9000ft — before descending to 1800m. The course record is just outside 2½ hrs.

Race Entry Fee £10.00.

9 DAY TOUR from only £179.00

BRUSSELS MARATHON TOUR **28th-30th Sept.**
Brussels Marathon Race **29th Sept.**



1984 Brussels International Marathon will include runners from over 20 nations. With good sponsorship and a prize list to the value of £20,000 top internationals will be running in the anticipated field of 3-5000 runner. The course starts and finishes at the Cinquantenaire, and is essentially an 'out and back, course and makes it way through the Eastern suburbs of Brussels. Feeding stations every 5km, and all participants will receive a certificate and a medal.

Race Entry Fee: £5.00. Our three day, two night tour is based at the very comfortable 4 star New Hotel Siru, an easy jog or walk from the centre of Brussels, and the start/finish of the race. Optional Sunday excursion allows you to visit the historic town of Waterloo, and thus make the most of a short weekend trip at a good value price.

3 DAY TOUR from only £66.00

FUTURE PROGAMME	Race Entry Fee
30.09.84 Berlin Marathon	£12.00
14.10.84 Paris 20Km	£5.00
28.10.84 Paris to Versailles	£5.00
02.02.85 Apeldoorn Marathon	£6.00
30.03.85 City-Pier-City Race	TBA
07.40.85 Lyon Marathon	TBA
20.04.85 Rotterdam	TBA

For full details of any of these events forward a SAE — min size 9inch × 4inch. Details will be sent by return or when available.

ATHLETIC TOURS LIMITED
P.O. BOX 417, INGATESTONE
ESSEX CM4 9ED
12 hour telephone service
(0277) 354377 0900-17.30 hrs
(0277) 222260 1730-21.00 hrs

Northern Irish News

Ulster District Schools Champs, at Mary Peters Track (May 19th). (Snr.Boys): 110H: J. Kell 14.5. **(Inters):** HT: D. Todd 54.90. **(Snr. Girls):** 800: U. McKee 2:13.6. HJ/LJ: C. Scott 1.76/5.48. **(Inters):** 400H: S. Glass 64.8. HJ/LJ: U. Fay 1.81/5.62.

Meeting at Antrim Forum (May 20th). 100: P. Snoddy (J) 10.8. 200: S. Baird 21.8. TJ: M. McDonald (J) 14.66. **(Women):** 800: R. Smyth 2:08.8. HJ: S. McPeake 1.78. DT: A. Kane 37.30.

Ulster Schools Champs, at Antrim Forum (May 26th). (Snr. Boys): 100: (+ 3.5m) 1, P. Snoddy 10.5; 2, N. Watson 10.6; 3, J. Kell 10.8. 200: (+1.4m) 1, Snoddy 21.2; 2, Watson 21.7. 5000: S. McCann 15:12.6. 110H: (+4.2m) Kell 14.1. LJ: 1, S. Cross 6.88; 2, R. Papafio 6.80. TJ: 1, M. McDonald 15.44w; 2, Cross 14.03. **(Inters):** 100 (+3.0m)/200(+1.7m): M. Clyde 10.8/22.2. 100H: (+1.5m) S. Pollock 13.7. HJ: T. Johnston 1.96. HT: D. Todd 49.14. **(Jnrs):** 200: (+2.7m) R. Sexton 23.7. 80H: 1, S. McIvor 11.8; 2, P. McGonigle 11.8. PV: H. Parr 3.00. DT: A. Bell 44.62. **(Minors):** 100 (+1.8m)/LJ: J. Gray 12.7/5.06. **(Snr. Girls):** 1500: 1, U. McKee 4:36.0; 2, A. O'Neill 4:36.1. 100H: D. O'Connell 15.5. HJ/LJ: C. Scott 1.73/5.52. DT/JT: A. Kane 38.30/36.76. **(Inters):** 100: (+2.8m) 1, E. Faulkner 12.1; 2, K. Graham 12.2; 3, J. Crossan 12.2. 800: T. McKenna 2:16.4. 80H: 1, S. Glass 11.6; 2, R. Glass 11.7. 400H: S. Glass 65.5. HJ: U. Fay 1.83. LJ: 1, Fay 5.86; 2, J. McAdoo 5.57. SP: C. Kelly 11.35. DT: J. Crawford 34.10. **(Jnrs):** 100: (+4.3m) J. Heaney 12.3. 80H: 1, M. Knowles 11.8, 2, A. McClure 12.6. SP/JT: A. Moffitt 10.71/34.30.

Meeting at Mary Peters Track (June 3rd). LJ: M. McCleenan (J) 6.76.

N. Ireland Junior & Youth Champs, at Antrim Forum (June 9th). (Juniors): 100: P. Snoddy (B&A) 11.0. 200: 1, Snoddy 22.0; 2, N. Watson (B&A) 22.1. 2000SC: M. Wray (C&D) 6:09.1. 110H: J. Kell (Anna) 15.0. HJ: S. Boyle (Anna) 2.00. TJ: M. McDonald (B&A) 15.22 **(NI Snr. & Jnr. rec). (Youths):** 100/200: M. Clyde (B&A) 11.3/22.6. 400: J. Boyle (Anna) 50.7. 100H: S. Pollock (Anna) 14.0. HT: D. Todd (Anna) 54.88.

Meeting at Mary Peters Track (June 9th). 100/200: A. Gough 10.6/22.0.

USC Champs, at Antrim Forum (June 10th). 100/200: P. Snoddy (B&A) 10.7/21.7. 400: K. Thompson (Anna) 48.4. 1500: T. Greene (Bel. C) 3:53.1. 100H: M. McClure (Anna) 15.0. 400H: L. Mulholland (Lis) 55.6. HJ: F. Manderson (Anna) 2.06. PV: J. Alexander (Anna) 4.10. TJ: 1, M. McDonald (B&A-J) 14.96; 2, J. McColgan (Strab) 14.40. SP/DT: 1, J. Reynolds (Anna) 15.79/47.90; 2, M. Atkinson (Anna) 14.82/43.44 HT: 1, R. Hanley (B&A) 47.10; 2, H. Benson (B&A) 47.04.

A. Keys

WED., 11th JULY, 1984

FORBANKS A.C.

5 MILE ROAD RACE

At Beckenham Hill Road, Beckenham, Kent

Sponsored by BROOKS

(Under A.A.A. Laws)

Prizes to first four. First Vet not receiving a prize. First Lady (entries permitting). First Team (4 to run 3 to score).

Race to start at 7.30 p.m.

Race numbers to be given on the day by 7.15 p.m

Entry Fee: £1.00.

Entries to: R. Wigley, 21 Newlyn Road, Welling, Kent. Tel: 01-856 0906. Cheques payable to Forbanks A.C.

Entry Form:

Name.....

Address.....

.....

Age..... Sex: M/F.....

Club.....

Closing date: 25th July, 1984

ARMTHORPE WELFARE FOOTBALL CLUB

10,000 METRES ROAD RACE AND FUN RUN

6.21 miles under AAA & WCCA Laws)

1983 Winner: Michael Plint, Sheffield A.C. 29.45.

BANK HOLIDAY MONDAY, 27th AUGUST

Road Race Starts 11.00 a.m.

Fun Runs Starts 11.15 a.m.

Fast flat course, voted a winner by many athletes last year. Start at Markham Main Colliery. Finish on Welfare Football Ground.

VERY GOOD PRIZES – ALL CATEGORIES

Men, Women, Vets, 16-19 Junior Boys and 15-17 and 17-19 Girls. Excellent Fun Run Prizes.

Drawn out spot prizes include free use for one week of a six berth luxury caravan at Skegness in June '85.

CERTIFICATES TO ALL FINISHERS

Closing date: Monday, 6th August, 1984

Entry Fee: £1.00 plus 50p for runners who are not affiliated to the AAA or WCCA. 12 to 19 years 50p.

Entries and enquiries to: Charles Dunn, 12 Uplands Road, Armthorpe, Doncaster DN3 3DS. Tel: (0302) 834081. Please enclose s.a.e.

Graded Track Meeting, at Antrim Forum (May 19th). 110H: 1, M. McClure (Anna) 15.6; 2, P. McIlfatrick (Lis) 15.6.

Meeting at Antrim Forum (May 21st). 400: K. Grant (B&A) 49.7. 110H: D. Coyle (Sparta) 15.7. LJ: C. Murray (B&A) 6.90. **(Boys):** 80H: P. McConigle (RH) 12.2. **(Women):** 100H: J. Rodgers (Lis) 14.2. HJ: S. McPeake (B&A) 1.65. **(Girls):** 75H: A. McClure (RH) 12.5. SP: 1, L. Kane (N. Down) 9.59; 2, K. Campbell (Bel. O) 9.18.

Road Races

Enniskillen '10K' (May 19th). 1, J. McLouglin (Anna) 28:10; 2, D. McDaid (Irl) 28:20; 3, F. Sharkey (Bel. O) 28:47; 4, S. Doherty (Anna) 28:58; 5, G. Craig (Anna) 29:04; 6, E. Oxlade (Anna) 29:21; 7, M. Shields (C&D) 29:25; 8, M. Dean (Bel. O) 29:30; 9, P. Murray (Irl) 29:44; 10, P. McKeown (Anna) 30:01. **(Women):** 1, D. Nagle (Irl) 33:24; 2, C. Kennedy (Irl) 33:52; 3, A. O'Neill (N. Down) 33:54; 4, M. O'Boyle (Bel. L) 34:20.

Richardson & Cardy '10K', at Lisburn (May 23rd). 1, P. McCaffrey (Anna) 30:29; 2, G. Hannon (C&D) 30:56; 3, M. Shields (C&D) 31:25; 4, J. White (C&D) 32:08; 5, D. Graham (9th OB-V) 32:15; 6, J. Gracey (Beech) 32:39; 7, M. Murdock (C&D) 32:54; 8, D. Seaton (N. Bel) 32:55; 9, J. McManus (C&D) 32:58; 10, W. Brannigan (N. Down) 33:08. **(Women):** A. McCullough (Lis) 38:42.

Ballyclare May Fair Festival '5' (May 23rd). 1, J. Ross (Dunc) 25:12; 2, A. Dodds (N. Bel) 25:40; 3, M. McKnight (Anna) 25:50; 4, G. Morris (Anna) 26:09; 5, D. Gawn (Anna) 26:10; 6, I. Lennon (Willow) 26:24; 7, J. Moreland (Anna) 26:26; 8, J. McGivern (N. Bel) 26:39; 9, G. Lowens (Anna) 27:03; 10, A. Keys (Anna) 27:09. Teams: 1, Annadale 19; 2, N. Belfast 37; 3, Willowfield 44. **(Women):** 1, R. Turley 35:15; 2, N. Thompson 37:10.

Foyle Festival Marathon, at Londonderry (May 26th). 1, T. Hughes (B'screen) 2:24:25; 2, G. Williamson (Sparta-V) 2:31:35; 3, A. Reed (Sparta-V) 2:31:56; 4, D. Burke (Irl) 2:33:49; 5, P. Carson (Bel. O) 2:35:05; 6 eq, D. Higgins & T. Foley (both Irl) 2:37:25; 8, P. Higgins (Irl) 2:38:05; 9, M. Doherty (Bel. O) 2:38:19; 10, T. Mason (Beech) 2:39:31; 11, J. McCarthy (L'derry) 2:39:31; 12, P. O'Neil (Irl) 2:43:52. **(Women):** 1, T. Kidd (B'screen) 2:53:54; 2, B. Mount (Sparta-V) 3:05:59; 3, C. Ward (Sparta) 3:12:09.

Co. Antrim Half Marathon, in Belfast (June 2nd). 1, S. Doherty (Anna) 67:27; 2, E. Oxlade (Anna) 70:17; 3, W. Brannigan (N. Down-V) 70:25; 4, J. Gracey (Beech) 71:13; 5, J. Lennon (Willow) 72:40; 6, K. Barton 72:56; 7, O. Kelly (Beech) 73:50; 8, J. Moreland (Anna) 73:58 . . . 10, W. Corbett (A'ville-V). Teams: 1, Annadale 11; 2, Willowfield 25. **(Women):** P. Hawtin 77:47.

Phil Marsden

CLIFFORD THORP
14.11.1883 — 26.2.1984

Keen on running, swimming and gardening.

As a young boy, on his way to work at a mill in the early mornings, he used his halfpenny tram fare to call in at Wostley open air pool for a swim, and would then finish up by running to work. He taught many lads how to swim.

In 1899 he was the founder of Wortley & Armley Harriers, who later changed the name round to Armley & Wortley Harriers, which became a good and well-known club. They won the Yorkshire and Northern Youths races in 1923.

In 1900, at Bramley Carnival, Cliff ran and won his heat in the 440 yd but through some misunderstanding missed running in the final, which he thought he could have won.

On moving to live at Bramley in 1909, he was soon a member of the swimming club, and in 1910, along with some of his pals, they formed a running club named Bramley & District Harriers. Cliff was secretary for the first year or two, and also acted as club chairman.

The first prizes the club won was third team in the Junior race at the Leeds & District Cross Country Championships in 1914 at Morley, and then second team in the Senior race in the Bradford & District Champs.

After the first World War finished in 1918, the club formed up again and in 1923 acquired its own headquarters. Cliff was one of the trustees, and then became president in 1925 — a position he held for over 30 years. He was also a life member of the club and Bradford & District CCA.

A grand fellow and respected by eveyone. His mind and memory were wonderful right up to a peaceful end.

Clem Briggs

Few clubs can celebrate their 75th Anniversary with a founder member still alive, but in 1983 Pudsey & Bramley AC was in that happy position. Clem Briggs, himself nearly 80, fondly remembers Cliff Thorp as his senior.

The **1985 Coniston '14'** will be a joint race for men and women, starting at 11.00 am, and **not** two separate races as previously advertised.

MOUNTSORREL SPORTS ASSOCIATION
ANNUAL CHARITY GALA DAY

5th Annual 8½ MILE ROAD RACE

(Under A.A.A. Laws)
Starts from Mountsorrel Green
at 3.30 pm SAT., 11th AUGUST 1984
OPEN: VETS: LADIES: LOCALS & TEAMS
Prizes: First 5 Overall. First 3 Vets (O/40). First 3 Ladies. First 3 Locals. Teams.
Entry Fee £1.25 (refreshments inc.) Unatt. Runners £1.75. **Entries to:** Michael Roberts, 85 Leicester Rd., Mountsorrel, Lougborough, Leics. **By 7th August.** Late entries do not qualify for prizes (50p extra).

Southern Women's League

DIVISION TWO

At Grays, April 14th

Basildon 168; Thurrock 145; Herne Hill 141; Middlesex 130; Southend-on-Sea 129.

800: T. Pike (S'end) 2:14.5. 100H: 1, M. Stone (S'end) 15.2; 2, S. Maynard (Mx) 15.3. 400H: 1, A. Barnes (Bas) 64.5; 2, J. Minott (HHH) 65.1. HJ: Minott 1.65. LJ: 1, Stone 5.92; 2, E. Finikin (Mx) 5.78. SP: R. Doyley (HHH) 11.45. JT: Stone 36.64.

At West London, May 5th

Mitcham 165; Brighton & H 160; Croydon 153½; Southampton & E 134; Medway 120½.

100: (A): 1, J. Smith (Mit) 12.0; 2, S. Burke (Croy) 12.0; 3, L. Reeves (S&E) 12.1. (B): M. Berkeley (Croy) 12.3. 200: 1, Smith 24.6; 2, Burke 24.7; 3, Reeves 25.2. 400: K. Simpson (Med) 56.5. 800: 1, C. Benning (S&E) 2:10.3; 2, J. White (Mit) 2:10.9. 3000: 1, A. Wyeth (S&E) 9:59.5; 2, B. Murray (B&H) 10:08.9. 100H: (A): 1, J. Vernon (Mit) 14.4; 2, Berkeley 15.5. (B): M. Chung (Mit) 15.0. 400H: 1, S. Cluney (Mit) 60.3; 2, Simpson 60.6; 3, S. Glover (Croy) 64.5. HJ: K. Gomes (Croy) 1.73. LJ: Berkeley 5.79. SP: C. Pryce (Mit) 12.87. DT: J. Curtis (S&E) 45.32. JT: M. Bennett (Med) 43.90. 4×100: 1, Croydon 48.8; 2, Mitcham 48.8. **(Juniors):** 800: M. Murray (Mit) 2:22.0. 1500: A. Holmes (Med) 4:54.5. 75H: (A): 1, S Farquharson (Croy) 12.0; 2, L. Carter (Mit) 12.3. (B): C. Robinson (Croy) 11.8. LJ: A. Flannery (Mit) 5.17. JT: L. Ray (B&H) 31.86.

At Hayes, May 5th

Guildford & G 160; Windsor S&E 159; Ipswich 156; Hillingdon 137; Herne Hill 109.

3000: T. Glynn (Hill) 10:14.4. SP: (A): 1, S. King (Ips) 13.00; 2, R. Doyley (HHH) 11.25. (B): S. Browne (Ips) 10.80. DT: Browne 43.00. JT: N. Wyeth (G&G) 38.06. **(Juniors):** 75H: 1, A. Parker (Ips) 11.8; 2, L. Covey (G&G) 12.3. HJ: Parker 1.60.

At Exeter, May 5th

Woking 184; Exeter 173; Thurrock 149; Worthing 156.

100H: J. Honour (Wok) 15.4. SP/DT: D. Woolgar (Worth) 12.35/36.08.

COLLINGBOURNE A.C.
presents
THE FIRST ANNUAL
10K ROAD RACE
(Under A.A.A. & W.A.A.A. Laws)
ON SUNDAY, 15th JULY, 1984
Start 12 p.m.
AT TIDWORTH OVAL
Entries to: Mrs D. Richards, 31 Wood Park, Ludgershall, Andover, Hants.
Entry Fee: £1.50 (£2.00 unattached).
CLOSING DATE 9th JULY, 1984
(Please send SAE)

Outstanding GRE Cup Ties

First Round, at Peterborough, May 6th

GOLD — Peterborough 144; Coventry 131; Stevenage & NH 128; Leamington 109; Rugby 104.

100: P. Keeble (S&NH) 10.6. 200: E. John (S&NH) 22.2. LJ: S. Simmons (S&NH) 6.91. SP/DT: S. Jeffery (Peter) 13.80/42.42. HT: N. German (Peter) 43.98. JT: S. Iregbu (Cov) 60.34.

JUBILEE — Stevenage & NH 111; Rugby 104; Peterborough 92; Leamington 78.

HJ: T. Reeson (Peter) 1.65. JT: 1, T. Fletcher (Leam) 41.92; 2, G. D'Arcy (S&NH) 38.72.

Second Round, at Cheltenham, May 28th

GOLD — Brighton & H 127; Tipton 125; Swansea 121½; Southampton & E 112; Warley 102; Cheltenham 86½.

400: 1, G. Fraser (Warl) 49.0; 2, P. Hughes (B&H) 49.7. 5000: R. Bentley (Tip) 14:39.6. 10,000: 1, A. Holden (Tip) 30:41.3; 2, S. Brown (Chelt) 30:48.0. 3000SC: 1, P. Griffiths (Tip) 9:17.6; 2, S. Smith (Swan) 9:29.8. 110H: B. Price (Swan) 14.8. 400H: 1, Price 55.2; 2, M. Davies (B&H) 56.0; 3, P. Carpenter (Tip) 56.2. HJ: 1, F. Ahmed (S&E) 2.00; 2, S. Hewitt (B&H) 1.95; 3, K. Little (Warl) 1.95; 4, D. Rowe (Chelt) 1.95. PV: 1, A. Ross (B&H) 4.00; 2, G. Lewis (Swan) 3.80; 3, Q. McQuillion (Chelt) 3.80. LJ: A. Morgan (Swan) 6.83. TJ: D. Parke (Tip) 13.86. SP: D. Callaway (S&E) 14.44. DT: Ross 41.66. HT: 1, K. Smith (Tip) 55.78; 2, C. Phillips (Chelt) 47.74. JT: 1, A. Holloway (B&H) 63.36; 2, G. Robinson (Swan) 60.98. 4 × 100: Brighton & H 43.3. 4 × 400: 1, Warley 3:20.0; 2, Brighton & H 3:20.5.

JUBILEE — Bristol 114; Southampton & E 107; Swansea 74; Halesowen 73; Cardiff 73; Torfaen 69.

400: 1, V. Gibbins (Hales) 56.1; 2, C. Dawkins (S&E) 57.2. 800: S. Smith (Bris) 2:14.6. 3000: A. Wyeth (S&E) 10:19.7. 400H: 1, M. Cooke (Swan) 62.1; 2, L. Porter (S&E) 63.3; 3, A. Evans (Car) 63.3; 4, F. Griffiths (Bris) 65.9; 5, L. Gummer (Torf) 66.4. HJ: 1, K. Miller (S&E) 1.68; 2, L. Lewis (Swan) 1.65. LJ: J. Willoughby (Bris) 5.82. SP: L. Angulatta (Car) 11.37. DT: 1, J. Curtis (S&E) 41.10; 2, M. Warner (Car) 36.48. JT: 1, S. Littlewood (Bris) 39.96; 2, S. Evelyn (Car) 38.30. 4 × 100: Bristol 49.0. 4 × 400: 1, Bristol 3:58.0; 2, Southampton & E 4:00.3.

TIMEX

The watch of world record holders Alberto Salazar and Mary Decker.

"We all know that along with our shoes the most important thing a runner can wear is his watch. Timing is critical to superior performance. That's why we depend on Timex Marathon Runners Quartz watches. They're split-second accurate and tough enough to go the distance. And they've got real style. In both men's and women's versions, they are lightweight, water-resistant, computer-chip accurate and easy to read even at night because there's a light. "The Timex Marathon Runners Quartz is a stopwatch, a normal watch, and an alarm watch. It also tells you the day and date. If you demand top performance, run with the winning watch".



Marathon Runners Quartz model 71541 Price £11.95
Ladies model available in 4 colours. Model 67111 black; Model 68951; White model 68931; red; Model 68951 blue. **Price £12.95**



Bill Rodgers Athletic Wear
141 womens pinstripe short, colours: raspberry, lilac, light blue. Sizes: S 24", M 26", L 28". **Price £7.95**
142 mens pinstripe shorts, colours: navy, black, cranberry, royal. Sizes: S 36/38", M 38/40", L 40/42", XL 42/44". **Price £7.95**
261 womens pinstripe singlet, colours: raspberry, lilac, light blue. Sizes: S 32", M 34", L 36" **Price £7.95**
262 mens pinstripe singlet, colours: navy, black, cranberry, royal. Sizes: S 36/38", M 38/40", L 40/42", XL 42/44" **Price £7.95**
202 Eliot Lounger mens T shirt, colours: royal, navy, cranberry. Sizes: S, M, L. **Price £8.99**
301 womens Nor'easter suit, colours: lt.blue/navy. Sizes: S, M, L. **Price £39.99**
307 womens Nor'easter jacket only £28.95
305 womens Nor'easter pants only £11.95
302 mens Nor'easter suit, colours: black/silver, navy/red, red/royal, silver/royal. Sizes: S, M, L. **Price £39.95**
303 mens Nor'easter jacket only £28.95
304 mens Nor'easter pants only £11.95
361 womens Goretex suit, colours: royal, charcoal, mauve, lt.blue. Sizes: S, M, L. **Price £110.00**
362 mens Goretex suit, colours: royal, charcoal, mauve, lt.blue. Sizes: S, M, L, XL. **Price £110.00**
402 BR socks, quarter and crew. **Price £2.25**
405 BR running tight, sizes: S, M, L, XL. **Price £9.95**
407 BR T shirt, colours: white, royal. Sizes: ladies, S, M, L; mens S, M, L, XL. **Price £7.50**
410 BR bag, navy or silver duffle **Price £11.99**

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TIMEX



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Nike T Shirt
Strata (cotton). Navy, sky, white, pink. **Price £6.95**



Lightweight running trouser a really lightweight good cup tapered trew with 2 pockets plus elastic and tie waist, modern cuff ankle. Colours: burgundy with fine silver stripe or black with fine emerald stripe. Sizes: S inside leg 28/29", M ll 30/31", L ll 32/33", XL ll 34/35". Usual price £9.99 Offer price £5
Runners waist pouch, will prove most useful to carry clean shirt, sandwiches, etc. when running to work or for carrying extra garments when on a long run or taking to the fells. Usual price £5.95 **EXTRA** Special Offer price £4.50

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Food and Drink Supplements
1. Protein Powder. Powder full of essential vitamins and minerals. Can be added to milk, cereal, yoghurt, etc. 250g tub £3.25
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Gola weathersuits full lined jacket and trousers. 100% nylon fully lined showerproof jacket, incorporating concealed hood and velcro-fasten top pocket. Sizes: XS34", S 36", M38", L40/42", XL44". Colour: Light blue/navy £17.50

Matching fully lined trousers with three-quarter length outside leg zip. Sizes: XS, S, M, L, XL. Colour: Light blue £17.50

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Lined suit £32.95
Suit with unlined trousers £24.50
The Gola lined trousers are exclusively available from Bourne Sports

JETPAC

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THE ACE OF PACE MARATHON FEEDING BOTTLE
60p or £2.95 set of 6

- **Drink on the move**
- **Reduce time loss**
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- **Eliminate spillage**
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Improve your race time without extra training effort

At last **Jetpac**, the innovation that lets you drink without sacrificing time and pace, ensuring that you maximise your performance on race day. By reducing spillage and choking hazards **Jetpac** increases your chances of a trouble free event. Advanced **Jetpac** remains sealed until required, then by a simple controlled operation you drink as much or as little as you wish. **Jetpac** reduces time spent at aid stations and can be reseated for further use if required. Play the **Jetpac Ace** in your next event. Start training with **Jetpac** now.

NEW SHOES Now Available '84

Reebok



Victory GTI 6-12.....£44.99

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TRX 10.....£25.99



Tulsa.....£27.99



ZX500.....£42.99
Marathon '84.....£46.99
Adistar Racer.....£39.99

HI-TEC INVADER
Designed for maximum mileage with minimum stress, the Hi-Tec Invader offers a unique combination of support, shock absorption, flexibility and durability. The Hi-Tec mid sole incorporates 'blasted wedge' technology to resist over-pronation. The blown rubber sole has a solid rubber heel strike area, and the special thermoplastic heel cup ensures excellent rear foot stability.
6--12 Price £7.95



HI-TEC SILVER SHADOW
Silver Shadow is now Britain's top-selling running shoe. Its superb lightweight (290 gms) construction combines good looks, excellent comfort and top performance--a good all rounder for training and competing. It's outstanding value
4--5½ £16.95
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SA 26.....£29.99

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Stratos.....£14.99

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Phoenix 'Bravo'
Nylon mesh upper with suede trims, lined with fabric to avoid stretch. Mid-sole with dual density E.V.A. including heel shock block insert, black rubber outer sole. Ideal for plus 25 miles per week runners. Colour blue/silver **£19.99** available sizes 2-5½ 6-11 **£21.95.**



Phoenix 'Flex 180'
Ultra light marathon shoe, weight 180 grams (size 7), nylon uppers, foam and tricot lined, pigskin suede trims, double heel counter, pillow padded collar lining, interchangeable footbed. Available sizes 4-5½ **£17.85**, 6-11 **£19.95.**
Beige Maroon or Grey Silver

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BIRCHFIELD HARRIERS
FOUNDED 1877

1984 PROMOTIONS
YOUNG ATHLETES OPEN TRACK AND FIELD MEETING

SUNDAY, 19th AUGUST. 1st Event 11.00.

Events (Ages as at 31/8/84).
Minor Girls — 100m, 800m, 75mH, 20,00m Walk, Long Jump.
Junior Girls — 200m, 800m, 80mH, 2,500m Walk, High Jump, Long Jump, Shot Putt, Discus.
Intermediates — 100m, 400m, 100mH, High Jump, Long Jump, Shot Putt, Javelin.
Under 20s — 200m, 800m, 100mH, High Jump, Long Jump, Shot Putt, Discus, Javelin.
Colts — 100m, 800m, Long Jump.
Boys — 200m, 1500m, 3,000m, 80mH, High Jump, Long Jump, Javelin.
Youths — 100m, 400m, 1500m, 3,000m, 100mH, High Jump, Long Jump, Discus.
Under 20s — 200m, 800m, 1500m, 110mH, High Jump, Long Jump, Shot Putt, Discus, Javelin.

Entry: 40p per event. Max of three events per athlete.

Closing date 8th August 1984. SAE for timetable & entry ticket
Cheques & PO made payable to Birchfield Harriers

Entries to — R. Tilling, 53 Burnham Court, Muscovy Road, Erdington, Birmingham, B23 7YW.

ALEXANDER MEMORIAL PARKLAND RACES

SATURDAY, 13th OCTOBER. 1st Event 12.00.

Events

12.00	**Boys** 3 @ 3,000m relay.	**12.40**	**Inter. Girls** 3 @ 3,000m relay.
1.20	**Colts** 3 @ 2,000m relay.	**2.05**	**Junior Girls** 3 @ 2,000m relay.
2.40	**Minor Girls** 3 @ 2,000m relay.	**2.20**	**Sen. Ladies** 4,000m ind. race.
3.30	**Youths** 3 @ 4,000m relay.	**4.05**	**Sen. Men** 8,000m ind. race.

Entry: Relays A teams £2.00, others £1.00, Sen. Ladies & Men 40p per ind.

Closing date for entries 1st October. SAE for more details
Cheques and PO made payable to Birchfield Harriers

Entries to — R. Tilling, 53 Burnham Court, Muscovy Road, Erdington, Birmingham, B23 7YW.

BIRCHFIELD 10 MILE ROAD RACE

SUNDAY, 14th OCTOBER. Start 12.00.

Entry Fee — £1.50 for members of affiliated clubs.
£2.00 for non members.

Closing date for entries 1st October 1984.
Cheques & PO payable to Birchfield Harriers.

Entries to — R. Tilling, 53 Burnham Court, Muscovy Road, Erdington, Birmingham, B23 7YW.

All of the above events are held under A.A.A. & W.A.A.A. Laws.

UAU CHAMPIONSHIPS
At Crystal Palace, May 6th/7th

100: 1, C. Orr (Lough) 10.8; 2, W. Sterling (Sy) 10.9. 200: 1, Orr 22.0; 2, Sterling 22.2. In hts: C. Gaynor (Lough) 22.0. 400: J. Blackledge (Lanc) 49.3. 800: 1, Blackledge 1:53.6; 2, I. Marron (Lough) 1:54.4. 1500: 1, H. McInnes (Lough) 3:49.4; 2, A. Bristow (Birm) 3:51.4; 3, W. Vinton (Notts) 3:52.1; 4, J. Solly (Dur) 3:53.2; 5, M. Trees (Lough) 3:53.4. 5000: P. Kogbara (Yk) 14:49.3. 10,000: 1, A. Guilder (Lough) 30:25.3; 2, T. Leader (Sheff) 30:50.2; 3, P. Parry (Exe) 30:54.7; 4, L. Marsh (Birm) 31:08.1; 5, A. Maddocks (Lough) 31:16.4. 3000SC: 1, S. Bird (Sx) 9:06.5; 2, S. Jones (Dur) 9:12.9; 3, D. Lee (Lough) 9:26.9. 110H: 1, A. Tapp (Birm) 14.3; 2, J. Wallace (Lough) 14.5; 3, M. Briggs (Birm) 14.8; 4, A. McKie (Soton) 15.7; 5, R. Dickens (Bris) 15.7; 6, A. Park (Sheff) 15.8. 400H: 1, Briggs 52.9; 2, Wallace 54.6; 3, N. Dakin (Lough) 56.2; 4, Dickens 56.4; 5, J. Hill (Hull) 56.8 (56.5 ht). HJ: 1, Orr 2.00; 2, A. Jones (Lanc) 1.95; 3, M. Stanford (Birm) 1.95. PV: 1, A. Ashurst (Birm) 5.10; 2, R. Gammage (Lough) 4.70. LJ: 1, M. Hausler (Birm) 7.24; 2, R. Jones (Man) 7.15; 3, B. Ramsahoye (Bris) 7.05. TJ: 1, D. Corless (Birm) 14.07; 2, A. Khan (Birm) 13.96. SP: 1, F. Bacon (Lough) 13.41; 2, C. Bloomfield (Lough) 13.37. DT/HT: C. Kabitsis (Birm) 44.74/43.40. JT: 1, C. Crutchley (Birm) 68.10; 2, A. Quixley (Notts) 60.56. 3000W: 1, P. Vesty (Read) 11:59.4; 2, C. Maddocks (Ex) 12:09.9; 3, M. Easton (Liv) 12:44.9. 4×100: 1, Birmingham 42.5; 2, Loughborough 43.3; 3, Bristol 43.9. 4×400: 1, Birmingham 3:19.6; 2, Loughborough 3:20.0. **Teams:** 1, Birmingham 199; 2, Loughborough 173; 3, Bristol 53; 4, Exeter 52½; 5, Lancaster 27; 6, Southampton 23½.

(Women): 100/200: L. Smith (Read) 12.1/24.9. 800: 1, S. Gandy (Lough) 2:12.7; 2, W. Lodge (Birm) 2:13.9. 1500: 1, Lodge 4:33.8; 2, B. Everley (Leic) 4:35.7. 3000: 1, Everley 9:35.7; 2, M. Samy (Bath) 9:38.7; 3, C. Mijovic (Birm) 9:57.6; 4, H. Kenyon (Lough) 9:59.3. 100H: 1, H. Ross (Keele) 13.4; 2, K. Morley (Man) 14.2; 3, D. Baker (Birm) 14.4; 4, L. Beeley (Lough) 15.1; 5, J. Langston (Birm) 15.5. 400H: 1, Gandy 60.8; 2, J. Lindsey (Lough) 65.0. HJ: 1, T. Murray (Hull) 1.66; 2, H. Dodd (Read) 1.66. LJ: 1, A. Preskey (Swan) 5.85; 2, D. Baker (Birm) 5.79; 3, C. O'Rourke (Hull) 5.74; 4, A. Lewis (Ex) 5.53. SP: 1, Y. Hanson-Nortey (Lough) 14.39; 2, D. Bushnell (Birm) 11.65; 3, L. King (Keele) 10.96. DT: 1, Bushnell 45.80; 2, Hanson-Nortey 34.14. JT: 1, J. Zaslona (Birm) 50.98; 2, Bushnell 39.40. 4×400: Loughborough 3:59.2. **Teams:** 1, Birmingham 133; 2, Loughborough 127; 3, Leicester 59; 4, Reading 28; 5, E. Anglia 21; 6, Keele 21.

Winner of the Surrey Youths 800m title at Motspur Park ('AW', June 9th, pg. 22) was **D.** Haizelden (born 14.9.67) and not as stated.

BRITISH POLYTECHNICS 156; LEEDS CITY 134; BRITISH POLICE 130; BRITISH COLLEGES 113; UAU 60
At Carnegie College, Leeds, May 16th

400: 1, S. Cole (Gst) 47.5; 2, V. Grealy (UAU) 49.0; 3, W. Lyn (BPSA) 49.5; 4, J. Oakley (Leeds) 49.8. 800: (A): 1, I. Burgin (BPSA) 1:51.9; 2, Lancaster (Leeds) 1:53.0. (B): Baker (Pol) 1:53.9. 1500: 1, — (UAU) 3:53.4; 2, A. Howden (Leeds) 3:53.7. 3000SC: 1, D. Birchill (BPSA) 9:14.0; 2, C. Lines (BPSA) 9:16.9. 110H: 1, Smith (Col) 15.2; 2, M. Erysthee (Pol) 15.3; 3, M. Johnson (Leeds) 15.5; 4, S. Tomaszewski (BPSA) 15.6. 400H: (A): 1, M. Gillingham (BPSA) 52.4; 2, I. Iveson (Pol) 55.3; 3, D. Wild (Leeds) 56.7. (B): D. Moles (Pol) 55.0. HJ: 1, R. Robinson (BPSA) 2.05; 2, D. Parsons (BPSA) 2.00; 3, V. Clemmens (Pol) 1.95; 4, S. Gill (Pol) 1.95; 5, T. Leighton (Col) 1.95. LJ: S. Metcalfe (Leeds) 6.89. TJ: 1, Metcalfe 15.10; 2, A. Gayle (BPSA) 14.56. SP: 1, J. Clare (BPSA) 14.15; 2, G. Perryman (Col) 13.25. DT: 1, G. Herrington (BPSA) 47.46; 2, G. Power (Col) 43.56. HT: C. O'Connell (Leeds) 46.12. JT: 1, C. Crutchley (UAU) 72.00; 2, T. Aspey (Pol) 62.84; 3, A. Quixley (UAU) 60.82; 4, J. Buckley (Leeds) 60.14. 4×100: 1, Leeds City 42.4; 2, BPSA 43.3. **(Women):** 200: 1, J. Smith (Gst) 24.1; 2, R. Gaylor (BPSA) 25.3. 400: (A): A. Piggford (BPSA) 54.3. (B): D. Gandy (BPSA) 55.7. 800: 1, A. Walker (BPSA) 2:13.3; 2, J. Walker (UAU) 2:15.0. 100H: (A): 1, K. Morley (UAU) 14.4; 2, B. Malpass (Col) 14.6; 3, J. Rodgers (BPSA) 14.7. (B): 1, A. Mills (BPSA) 14.8; 2, S. Dean (UAU) 15.2. HJ: T. Murray (UAU) 1.70. LJ: T. Collier (Leeds) 5.62. SP: 1, T. Whincup (Gst) 11.53; 2, D. Bushnell (UAU) 11.19; 3, S. Wilson-Wolfe (BPSA) 10.79. DT: 1, Whincup 47.20; 2, Bushnell 46.04; 3, J. Wilderspin (BPSA) 39.04; 4, A. Local (BPSA) 37.50; 5, J. Daley (Leeds) 35.50; 6, E. Ayres (Col) 34.96. JT: 1, T. Sanderson (Gst) 66.14; 2, G. Major (Gst) 44.14; 3, J. Harding (B. Col) 39.46; 4, N. Wyeth (BPSA) 39.46; 5, C. Hatton (Col) 38.86. 4×100: British Polytechnics 48.9. **Teams:** 1, British Polytechnics 119½; 2, British Colleges 98½; 3, UAU 65; 4, Leeds City 57.

The organisers of the Woodford to Southend '40' on July 28th would be grateful for any assistance on the day. Could any would-be helpers please contact Reg Jacobs on 0277 73320.

COLLINGWOOD A.C.
PRELIMINARY NOTICE

ANNUAL CROSS COUNTRY RACES

To be held in Beddington Park, Surrey.
(Under AAA & WAAA Rules)

Races for U/11 Boys to Vet Men and for the first time Senior & Vet Ladies.

SUNDAY, 14th OCTOBER, 1984
More details in later issues of A.W.

Dunlop Young Athletes' League

WELL under way now is this year's National Young Athletes' League, sponsored for the second year by Dunlop. This year the League has grown from 156 to 175 clubs in total and it is estimated that around 12,000 young athletes will be in action on each designated weekend of the league, with matches for four premier and 14 minor divisions, leading to promotion or places in the national finals for the successful clubs. Five qualifying finals are the targets for clubs in the minor divisions, which will hopefully lead to promotion into the premier divisions for next season.

Again Dunlop will be providing an extensive array of prizes and awards for the finals, the Auxiliary at Copthall on September 2nd and the Main at Birmingham on September 9th, while in addition they will again be providing a special award for the outstanding performance at every league venue throughout the year.

NORTHERN PREMIER
At Stretford, April 29th

Sale 246; Leeds City 203½; Oldham & R 190; Mandale 109½.

(Youths): 100: 1, P. Farrow (Mand) 11.1; 2, P. Nelson (Sale) 11.2. 200: Farrow 22.8. 1500: D. O'Grady (Sale) 4:08.5. 400H: C. Atkinson (Leeds) 58.3. HJ: N. Coultas (Leeds) 1.90. PV: P. Phelps (Leeds) 3.80. **(Boys):** 3000: P. Grimes (O&R) 9:38.6. HJ: A. Seed (Sale) 1.78. JT: M. Lawrence (Leeds) 49.00*. **(Colts):** 1500: (A): C. Murphy (Sale) 4:38.0. (B): J. Stockdale (Sale) 4:44.4.

Middlesbrough & C 229; Blackburn 169; Warrington 162; Stretford 160.

(Youths): 1500: 1, R. Goddard (Stret) 4:03.9; 2, M. Isherwood (B'burn) 4:06.7. 1500SC: B. Barlow (Stret) 4:30.4. 100H: D. Capper (Warr) 14.1. LJ: M. Belben (M&C) 6.25. **(Boys):** 3000: L. Dunn (Stret) 9:39.2.

At Cudworth, April 29th

Liverpool 203; N. Shields Poly. 179; Wakefield 169; Rowntree 152.

(Boys): SP/DT: J. Muirhead (Liv) 13.84*/36.04.

Spenborough 257; Morpeth 184; Wigan 142; Chesterfield 120.

No individual results supplied.

NORTH
At Gateshead, April 29th

Border 319; Durham City 217; Wallsend 209½; Gateshead 167; Houghton 154½; Sunderland 148.

(Youths): PV: G. Jackson (Dur. C) 3.80*.

NORTH WEST
At Bebbington, April 29th

Wirral 379; Frodsham 274; Southport Waterloo 265; Sutton (St. H) 186; Liverpool Pem. 128.

(Youths): 1500: P. Helm (Liv. P) 4:10.6*.

NORTH WEST CENTRAL
At Woodbank Park, April 29th

Stockport 321; Bolton 288; Sale 236; Salford Met. 193; Crewe & N 151; Burnley 130.

(Boys): 3000: G. Riley (Burn) 10:04.6*.

NORTH EAST CENTRAL
At Rotherham, April 29th

Rotherham 362; Longwood 286; Spenborough 238; Sheffield 155; Halifax 151; Airedale & SV 104.

(Youths): 3000: S. Halliday (Hal) 8:51.2. TJ: P. Johnson (Long) 13.06*.

MIDLAND PREMIER
At Nottingham, April 29th

Wolverhampton & B 248; Tipton 192; Cardiff 160; Leicester 140.

(Youths): 1500: M. Brazier (W&B) 4:03.0. HJ: C. Williams (W&B) 1.90. TJ: S. Meredith (W&B) 13.50*. HT: S. Bunch (Tip) 53.32. **(Boys):** 100/200: I. Kenton (W&B) 11.7/23.6.

Notts 245; Cheltenham 215; Burton on Trent 158; Barry & V 133.

(Youths): HT: P. Murden (Notts) 55.56. **(Boys):** HJ: C. Keys (Notts) 1.70.

2nd GOONHILLY DOWNS
½ MARATHON
(AAA Registered)
ALSO
5 MILE FUN RUN
SUNDAY, 5th AUGUST, 3 p.m.
KENNACK SANDS

AGE GROUPS/PRIZES
½ Marathon: Male — 1st 10; 1st Vet O/40, O/45, O/50; Female — 1st 3.
5 Mile Fun Run: Male and Female — 1st 3; U/13, U/15, U/17, U/21, Over 21. Ages as at 31.8.84.
All finishers in both events receive timed certificates.

FULL SUPPORTING PROGRAMME
Including Pig Roast, B-BQ, Stalls, Licensed Bar
A GREAT FAMILY DAY OUT

Entry Fees: ½ Marathon £2, 5 Mile Run £1.
Entries (and cheques to): Mr. Péter Hickey, 1 Glebe Place, Ruan Minor, Nr. Helston, Cornwall, Tel. The Lizard 290735, stating age, sex and event (please enclose SAE).

At Birmingham, April 29th

Birchfield 210; Cannock Chase 208; City of Plymouth 162; Berry Hill Mansfield 148.

(Youths): 4 × 100: Birchfield 3:39.9. **(Boys):** LJ: J. Flanagan (Cann) 5.82.

Swansea 193; Halesowen 184; Sparkhill 181; Leamington 159.

(Youths): 400H: A. Cleaver (Leam) 58.2. HT: N. Homer (Spark) 60.16*. **(Boys):** 1500: G. Owen (Swan) 4:23.7. PV: A. Bailey (Spark) 3.30. HT: R. Winstanley (Spark) 42.48.

MIDLAND SOUTH EAST

At Bristol, April 29th

Bristol 332; Yate 285; Worcester 238; Gloucester 235; Westbury 232; Clevedon 76.

(Youths): 100: P. Wall (Worc) 11.4. 200: 1, D. Roughley (West) 22.3; 2, Wall 22.8. 400: 1, Roughley 50.9; 2, M. Wride (Bris) 51.0. LJ: Roughley 6.61*.

SOUTHERN PREMIER

At Portsmouth, April 29th

Old Gaytonians 221; Portsmouth 197; Southampton & E 169; Reading 164.

(Youths): LJ: D. Moilette (Old G) 6.35. **(Boys):** SP: N. Spratley (Read) 13.13*.

LONDON WEST

At High Wycombe, April 29th

Ealing & S 289; Wycombe Ph. 237; Hillingdon 233; Oxford City 209; Tring 154; Slough 49.

(Youths): 100: 1, T. Harding (Ox. C) 11.2; 2, D. Kirton (E&S) 11.3. 200: Harding 22.7. 100H/LJ: Kirton 13.9/6.44*. DT: M. Symonds (Ox. C) 47.18. **(Boys):** 100: L. Malatesta (Hill) 11.9. 80H: P. Connolly (E&S) 12.5. TJ: D. Alexander (E&S) 12.13. DT: C. Symonds (Ox. C) 35.36.

(Denotes award-winning performance)*

CHAPLAIN FOR SPORT AND LEISURE

On Monday, May 21st, at St. Mary's Church, Swansea, the Reverend Jonathan Barker was appointed Chaplain for Sport and Leisure for the local community by the Bishop of Swansea and Brecon. This is the first time such an appointment has been made and an appropriate one, as the new chaplain has been an active athlete for some years ("except on Sunday mornings!") and is a current member of Swansea Harriers and Chorley AC.

JÜRI LOSSMANN

1920 Olympic marathon silver medallist, Jüri Lossmann, died on May 1st in Stockholm. Representing Estonia, Lossmann was involved in the closest ever Olympic marathon finish, only 12 seconds behind Finn Hannes Kohlemainen at the Antwerp Games.

Toomas Ojasoo

SCOTTISH AMATEUR ATHLETIC ASSOCIATION

THE EDINBURGH GAMES
INTERNATIONAL ATHLETICS

Meadowbank Stadium, TUESDAY, 17th JULY, 1984

Commencing 7.00 p.m.

(Doors Open 6.00 p.m.)

Pre-Meeting Entertainment 6.15 p.m.

Reserved Seats £4.00 and £3.00.

Unreserved Seats £2.00.

Ground, Unreserved £1.50.

Tickets from: Meadowbank Sports Centre, London Road, Edinburgh.

Children & Senior Citizens Half Price.

ADVANCE BOOKING	Adult			Senior Citizen/Child		
	No.		Total	No.		Total
Stand		£4.00			£2.00	
Stand		£3.00			£1.50	
		Total			Total	

Please include S.A.E. for your ticket and make cheques/P.O.'s payable to MEADOWBANK SPORTS CENTRE.

Name.....

Address.....

.....

.....

Getting to grips with the event

Alastair Aitken interviews Gladys Taylor, following her victory in the WAAA 400 hurdles, and her coach, Ron Bowden

Ron, what made you both think of concentrating on the 400m hurdles?

It was a sort of gut reaction. We thought that perhaps she had gone far enough on the flat, with a certain amount of leg troubles, and persistence with speed training might have made it worse.

She has had certain difficulties towards the end of her 400m hurdle races this year, but is that something she is learning to cope with now as she takes it up more seriously as a single event?

That's right. It is not a slowing down due to sheer fatigue, although obviously that comes into it, but it is a space-judgement thing under fatigue, which you can only get right through experience. She did not start 400m hurdling until she was 30, and so she is coming in at the hurdles a lot faster than the average hurdler. She was very lucky in the WAAA Championships as she had a girl prepared to run with and at her for the first 300 metres.

I suppose the technique of concentrating on one event as opposed to many, as was the case for her when she was a pentathlete, must be a difficult change.

That is a long way behind her, and in actual fact I think the trouble is she is such a natural athlete that she can run the first 200 without any problem at all . . . she does not even look at the hurdles. We found last year this was happening. She switched on to the first 200 very easily in top class company, but thereafter you have got the technical difficulties. We had not experienced them, so are having to learn as we go along. She is having to think on her feet, and thinking on her feet when she is tired!

Has her training been different this year?

What we have done this year is to extend the endurance factor of the training and do a lot more cross country, a lot more hill running, and road running, and I think we have probably gone as far into that as we need to go. What we need to do now is to crystallize it, and if she stays in the sport next winter we don't need to do as much endurance work. But she had to do it to get the confidence, and that is half the battle for an athlete. They have to have the confidence in their training background to bring out the performances in racing.

NIKE

2nd BRADFORD TO LEEDS '10'

SUNDAY, AUGUST 26th '84 at 11 am

(Under AAA & WCCA Rules)

Promoted by Airedale & Spen Valley AC.

START Bradford City Centre

Last year's Winners
Mens C. Moore 46 mins 03 secs.
Ladies J. Laughton 54 mins 45 secs

FINISH Leeds Town Hall

Entry Fees (as last year!)
£1.00 (AAA/WCCA Club Members)
£1.50 (Unattached)

(Enclose additional 75p if transport back to Bradford is required)

EXCELLENT PRIZES

Open to both male and female competitors — 1200 limit

Age Limit: 17 years or over on the day

ENTRIES CLOSE AUGUST 13th: Send fee & 9"×4" SAE to
J. Temperton, 56 Sunny Bank Walk, Mirfield, West Yorkshire WF14 0NH.



Eileen Langsley photo

Do you see Gladys staying with the 400 hurdles in the future?

We are going to have a flirtation with 800m, but I think the 400 hurdles is a fairly comfortable touch. Let's face it, athletes who stay in the sport probably do move around. Gladys, if she took on a heptathlon this year, would probably score 5600 to 5700 points.

Gladys, who brought you into the sport?

My sister Joy, who is in Australia now, got me interested in athletics. To get fit for the Insurance Championships she joined the club, then I went along with her and it started from there.

You won a lot of events at the Insurance Championships at Motspur Park, and that must have made you feel, even at the beginning, that maybe the pentathlon was your event.

I think I just enjoyed doing lots of events, that's what it was. I enjoyed competing and I did all the events I could.

Do you have any special memories of being an international pentathlete?

Yes, My very first international was in Holland, a long time ago, and Sue Mapstone beat me by one point. Sue, because she was younger than me, went to the Commonwealth Games and everything and I used to miss out. Then, I think, I started to sprint.

You started to sprint and went to the Olympics in 1976 as a 400m runner.

VERSATILE GLADYS

Gladys Taylor, born in Jamaica on March 5th, 1953, has been a member of Essex Ladies since 1968 and has been coached by Ron Bowden since 1973. She began at the high jump and 200m, finishing 2nd in the latter event in the 1970 English Schools and 3rd in 1971. She gained her first international in 1973.

Personal bests: 100 — 11.75 (1975), 200 — 23.69 (1976), 400 — 52.50 (1982), 100H — 14.3 (1973), 400H — 56.78 (1984), HJ — 1.72 (1980), LJ — 6.24 (1979), SP — 11.55 (1980), Pent — 4123 (1979). Placed 7th in 1976 Olympic 4 × 400, 5th in 1982 European 4 × 400, 4th in 1982 Commonwealth 400.

Annual progression at 400 & 400H:

1973	57.5	1979	54.50
1974	55.8	1980	—
1975	52.77	1981	—
1976	52.5	1982	52.50
1977	53.28/62.4	1983	53.35/57.31
1978	53.5/62.5	1984	53.29/56.78

It was nerve-racking as it was my very first international at 400m, apart from the relay. I got to the semi-final. Then we did the relay; we got to the final but we did not run very well.

What was the highlight of your career as a 400m runner?

I think my best race ever was the very first international 4 × 400 relay against East Germany. Two weeks beforehand I did the 400 here at Crystal Palace and being a sprinter I went hareing off and did the first 200 in 23.7 and I was still way up at 300. Then I hit what they call the wall and finished up with 54.6. I had that in mind when I did the international relay, but I don't know what happened I just kept running and running and ended up with a 51-dead split, and I never looked back since!

You later took up 400m hurdles and had certain problems, but you are gradually becoming a class hurdler.

In the WAAA's this year it went 60% right. I can knock off a good two seconds, hopefully, if I get everything right. I am so very fit and I have been trying to get to the Olympics. Each time I went out racing I got so nervous and nothing would go right this year, but if I get selected I can just sit back and work on my hurdling and just hope it comes good. I felt I needed to do under 57 to justify going, and today I have achieved that and hopefully the Board will have faith in me and select me.

What qualities do you think Ron Bowden has as a coach?

He puts so much in that you feel you have to work hard for him really. Ron is a great

'Ultra' News
— from Andy Milroy

THE RECENT Trentham Gardens Six Day, won by Mike Newton with 516 miles, was only one of a whole series of multi-day races which have taken place around the world in the last couple of months.

The first was a Six Day, held at El Cajon, a suburb of San Diego, on April 14th-20th. Former US record holder, Don Choi, battled with Robert Perez, a Texan 5 hour 21 minute 50 miler. They both finished with over 500 miles (the first Americans to do so), Choi winning with 506M 893yd to Perez's 501M 893yd.

Just as this event was finishing, a 320km race, split into three daily stages, was beginning in the middle of Europe. The event was along the Danube from Schlogen to Hainburg. This race was of special interest because one of the entrants was Yiannis Kouros, winner of the Spartathlon in an incredible time. Some doubt had been expressed over his performance at the time, and many people waited to see what he was capable of on what was apparently a well marshalled course. Kouros won the first stage with 7:55 for the 114km/70.8M, the second with 9:01 for 122km/75.8M, and he completed a hat-trick of wins with 6:19 for the final 84km. His cumulative total of 23:16:15 was over three hours clear of Dusan Mravlje of Yugoslavia . . . an effective reply to his critics. Perhaps one of the most positive aspects of the race was the fact that ultra distance runners from eight countries took part, from both sides of the Iron Curtain.

On May 5th, on the other side of the world, it was the Australians' turn. The Westfields Sydney to Melbourne race didn't attract quite such a strong field as last year, and the eventual winner, Geoff Molloy, took over eight days for the 536 mile course, some three days slower than Cliff Young's phenomenal run last year. Young himself was injured early on, and has now apparently retired from 'ultra' running.

Finally, the latest such test of endurance — this time a mere 360M/580km race from Bordeaux to Paris. From the start on June 1st the race was headed by Ramon Zabalo, who recently set a new world 48 hour best of 260 miles. By 100km, however, he had lost the lead to Bernard Gaudin, holder of the road 24 hours best. Zabalo weathered a bad patch and pushed back into the lead, with Alfredo Uria of Spain moving through to second. However, neither Gaudin nor Uria were to finish. There were two compulsory rests of three hours and 2½ hours, and Zabalo finally emerged the winner with an overall time of 82½ hours — three days five hours running time for the 360M course.

Such races are on the increase — at least five Six Day events are scheduled for the rest of the year. However, there does seem to be some doubt about the ultimate event — the trans-America race called *The Sea to Shining Sea Marathon.* Informed opinion suggests that this particular race won't take place, but for those of you fancying a race of 3000 miles-plus across the USA, don't despair — a potentially more viable event called *The Great Trans-America Footrace,* organised by well known 'ultra' runners, is being planned for the autumn of 1985.

NOTTS A.C. with NOTTS AAA & WAAA
County & Open
COMBINED EVENTS MEETING
SAT., AUG. 4th/SUN., AUG. 5th
Harvey Hadden Stadium, Nottingham

Sat. Aug. 4th Pentathlon
(Minors, Juniors, Colts, Boys)
Heptathlon (Senior Ladies)
Decathlon (1st day) (Junior & Senior Men)
Sprint Triathlon (60m, 100m, 200m)
(Minors, Juniors, Colts, Boys)

Sun. Aug. 5th HEPTATHLON (second day)
Decathlon (second day) **Pentathlon** (Inters, Youths)
Sprint Triathlon (100m, 200m, 400)
(Inters, Senior Ladies, Youths, Senior Men)

Entry Fee: 50p, except Seniors £1.00.

Forms (send s.a.e.) from Les Wall, 19 Longacre, Woodthorpe, Nottingham.

Closing date: first post Monday 23rd July

ROY YOUNG

Roy Young, who was 37, tragically died on May 29th some two weeks after being knocked down whilst out on a training run.

He first made his name as a cross country runner, and his free-wheeling action brought him honours in the mid-60's when he finished runner-up to Mike Tagg in both the ECCU 'National' and International Junior CC Champs. Although not blessed with blazing speed, Roy's perseverance brought him many representative honours in the late 60's and early '70s, and he joined the 'elite' with a 3:59.4 mile in the BMC-sponsored 'Chubb Mile'.

All those who knew Roy well will remember him with affection as the 'joker' in the pack away from the discipline of the track, and our sympathies are with his wife, Barbara, and two children at their sad loss.

David Bland,
Havering AC

GLADYS TAYLOR Continued

motivator. You can be down to your last ounce and he will come and give you a thumbs up, and you know everything is going to go right. We have worked so hard and I am pleased for him that it went right in the WAAA.

© **Alastair Aitken, 1984**

WORTHING & DISTRICT HARRIERS

YOUNG ATHLETES OPEN MEETING

(Under AAA and WAAA Rules)

SUNDAY, 12th AUGUST, 1984

From 10.30 am

AT WEST PARK, SHAFTESBURY AVENUE, WORTHING

EVENTS & PROVISIONAL TIMES

	U/11 GIRLS	GIRLS	JUNIOR WOMEN	INTER WOMEN	U/11 COLTS	COLTS	BOYS	YOUTHS
75m	1(10.30)				28(10.40)			
100m		4(11.00)	9(11.20)	18(11.40)		31(11.10)	39(11.30)	51(11.50)
200m		5 (3.05)	10 (3.25)	19 (3.45)		32 (3.15)	40 (3.35)	52 (3.50)
400m				20 (1.50)			41 (1.30)	53 (1.40)
800m	2(12.00)	6(12.05)	11(12.25)	21(12.25)		33(12.15)	42(12.30)	54(12.45)
1500m			12 (4.30)	22 (4.55)	29 (4.00)	34 (4.15)	43 (4.40)	55 (5.05)
3000m							44 (2.15)	
1500m S/c								56 (2.30)
SP			13(12.30)	23 (2.15)		35 (3.45)	45 (1.30)	57 (3.00)
DT			14(10.30)	24(11.50)			46(11.00)	58(12.20)
JT			15 (2.00)	25 (4.00)		36 (1.00)	47 (2.45)	59 (4.30)
HJ		7(10.30)	16 (4.30)	26 (4.30)		37(11.30)	48 (1.30)	60 (3.30)
LJ	3 (2.45)	8(12.30)	17 (1.45)	27(1.45)	30(11.30)	38 (4.45)	49 (3.45)	61(10.30)
PV							50(12.00)	62(12.00)

NOTES: 1. Advance entries only — no entries taken on day.
2. Medals for first 3 (or 4 if over 20 entries).
3. Entry fee 50p per event (maximum 3) **by 28th July.**
4. Synthetic run-ups. 6mm spikes.

ENTRY FORM

NAME:..... **DATE OF BIRTH:**.....

ADDRESS:..... **AGE GROUP:**.....

.....

CLUB/SCHOOL:.....

SHOW NUMBER(S) OF THE EVENT(S) TO BE ENTERED FROM THE ABOVE LIST (eg 37, 45):.....

ENCLOSE FEE OF 50p PER EVENT — TOTAL ENCLOSED.....

Please supply stamped addressed envelope if you require acknowledgement and travel directions

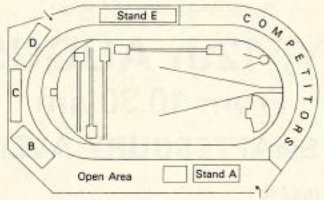
SEND ENTRY TO: MRS P. LEEVES, DOWNSIDE, STABLE LANE, FINDON, WEST SUSSEX, BN14 0RR. (CHEQUES MADE PAYABLE TO "WORTHING HARRIERS") BY 28th JULY.

English Schools Athletic Association present

54th TRACK & FIELD MILK CHAMPIONSHIPS

At Thurrock, Essex.

FRIDAY 13th & SATURDAY 14th JULY, 1984



Accomodation in this arena is strictly limited. Please book early to avoid disappointment.
Stand tickets reserve individual seats and include £1.50 admission to the grounds. Stand C is not covered.
Car parking is £1.00 per vehicle is adjacent to the arena. A camping area is available near the car park.

ADVANCE BOOKING FORM

NAME:.....

ADDRESS:.....

..... Tel No.....

	No.	Fri. each	Total	No.	Sat. each	Total
Stand A		£3.50			£4.00	
*Stand B☐ D☐ E☐		£3.00			£3.50	
Children (Accompanied)		£2.00			£2.00	
Stand C (Not covered)		£2.50			£2.50	
Children		£2.00			£2.00	
*Tick which		Total			Total	

Please include S.A.E. for your tickets and make cheque/postal order payable to **ESAA 1984 Thurrock**
Send to: Mr. S. H. Pountney, Lorne Croft, Gosfield, Halstead, Essex.
Notes. No reduced rate for Stand 'A'. Postal booking closes on 3rd July.

SPONSORED BY THE NATIONAL DAIRY COUNCIL

MILK IN ACTION

Overseas News and Results

Aouita Must Choose: Will It Be 1500 or 5000?

WHEN the Moroccan, Said Aouita, set a national 5000 record of 13:34.8 in Italy on May 13th, it was confirmation that for a 1500 runner of proven speed (1:44.38 for 800) his endurance factor was quite impressive. His next race at 5000, precisely one month later in Florence, reverberated around the world — for the World Championships 1500 bronze medallist became the second fastest man in history (to Dave Moorcroft's 13:00.41) with the stupendous time of 13:04.78. Steeplechaser Boguslaw Maminski was the early pacemaker, covering the first two kilometres in 2:35.6 and 2:38.4. After seven laps Aouita and Ethiopia's Wodajo Bulti were out on their own, passing 3000 (2:38.2 third kilometre) in 7:52.2 — two seconds down on Moorcroft's corresponding time. The 4000 mark was reached in 10:34.0 (2:41.8), and it was during that fourth kilometre that any realistic chance of a world record slipped away. Moorcroft's time had been 10:28.7. A 55.8 last lap enabled Aouita to pull comfortably clear of Bulti and complete the final kilometre in 2:30.8. Now Aouita must choose between the 1500 and 5000 at Los Angeles; it's not possible to double. The other highlight of the Florence meeting was the 800, in which Italy's new athletics hero, European indoor champion Donato Sabia, clocked 1:43.88 ahead of Rob Druppers and Alberto Juantorena to establish himself among the Olympic medal contenders.

Italian Results

6.5. Milan. Stramilano Half Mar: Cova 1:01:52, da Silva (Bra) 1:01:56, Nicosia 1:03:36; women — Fogli 1:14:10. **13.5. Piacenza.** Italian 20kmW: M. Damilano 1:20:09, Pezzatini 1:20:18, Mattioli 1:22:07. **13.5. Livorno.** 5000: Aouita (Mor) 13:34.8 (rec). **20.5. Forli.** DT: Bucci 65.56 (rec), Martino 63.60; HT: Serrani 74.90. **20.5. Bolzano.** Women's 100: HEATHER OAKES 11.37, SHIRLEY THOMAS 11.53, Ivanova (Bul) 11.60, de Jesus (Bra) 11.68, HELEN BARNETT 11.73; 200: OAKES 23.75; (B) Ivanova 23.54, BARNETT 23.64; 1500: GILLIAN GREEN 4:16.63, SUZANNE MORLEY 4:18.89 . . . 5, DEBBIE PEEL 4:23.68; 400H: Baranova (USSR) 56.80 . . . 4, KAY SIMPSON 60.61; (B) Tata (Ken) 58.66; HJ: DIANA ELLIOTT 1.86, Butusova (USSR) 1.86, dos Santos (Bra) 1.80, GILLIAN EVANS 1.80; LJ: Ninova (Bul) 6.47, de Jesus 6.27, JOYCE OLADAPO 6.19; SP: VENISSA HEAD 17.30; DT: Schramseis (Aut) 53.14, HEAD 52.74; JT: TESSA SANDERSON 68.58 (63.42, 68.58, —, 66.22, —, —), Parachina (USSR) 60.58, SHARON GIBSON 59.50 . . . 5, JEANETTE ROSE 53.02. **25.5. Lomello.** Women's 10kmW: Jansson (Swe) 46:49, Yan Hong (Chi) 47:02, Salce 47:08; Junior women's 5kmW: Wang Yan (Chi) 23:06. **26.5. Busto Arsizio.** 500: Sabia 60.08 (**world best**; previously 60.35 by Weber, FRG); 3000: Cova 7:51.18; HJ: Thranhardt (FRG) 2.23, Davito 2.23, Mogenburg (FRG) 2.19; DT: Martino 66.30 (rec). **27.5. Caravaggio.** 200: Mennea 20.61; 800: Cecchini 1:46.60, Materazzi 1:46.69; LJ: Evangelisti 8.05; SP: Andrei 21.11 (rec).

2.6. Turin. 100: Woronin (Pol) 10.15 (rec), Tili 10.28, Muravyov (USSR) 10.35; 400: Markin (USSR) 46.13; 800: Sabia 1:45.35, Ostrowski (Pol) 1:45.69, Kalinkin (USSR) 1:45.87, Lotaryev (USSR) 1:46.34; (B) Aouita (Mor) 1:46.81; 3000: A. Selvaggio 7:48.14, Shumakov (USSR) 7:49.47; 400H: Kharlov (USSR) 49.67; HJ: Paklin (USSR) 2.29 (attempted 2.40!), Wszola (Pol) 2.27; LJ: Evangelisti 8.15 (rec), Szalma (Hun) 8.09; DT: Ubartas (USSR) 66.92, Delis (Cub) 66.66, Martino 66.56 (rec), Bucci 65.98; HT: Sedykh (USSR) 81.52, Litvinov (USSR) 80.60, Serrani 75.76; 4 × 100: USSR 39.05, Poland 39.36, Hungary 39.51, Italy 39.64; 10,000W: M. Damilano 39:43.91. **3.6. Turin.** (USSR 115, Italy 96; Italy 120, Poland 92; Italy 125, Hungary 87; USSR 132, Poland 79; USSR 140, Hungary 71; Poland 117, Hungary 95) 200: Mennea 20.60, Muravyov (USSR) 20.76, Tilli 20.77, Woronin (Pol) 20.78; (B) Leonard (Cub) 20.86; 1500: Aouita (Mor) 3:36.31, Materazzi 3:37.66; 5000: Dmitriyev (USSR) 13:37.49, Cova 13:40.31; 3000SC: Maminski (Pol) 8:21.00, Wesolowski (Pol) 8:22.11, Konovalov (USSR) 8:25.81, Panetta 8:26.90; 110H: Bakos (Hun) 13.76, Usov (USSR) 13.78; TJ: Yemets (USSR) 17.18, Betancourt (Cub) 16.71, Bordukov (USSR) 16.68, Bakosi (Hun) 16.67; SP: Andrei 21.12 (rec),

CHELTENHAM & COUNTY HARRIERS

7.4 MILES FESTIVAL ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 14th JULY at 6.00 p.m.

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

Entry Fees: 50p ind. Unattached £1.00. No Team fees. All must enter as inds. S.a.e. with entry fee please.

Entries to: Dave McNamee, 85 Scott House, Princess Elizabeth Way, Cheltenham, Glos.

ENTRIES CLOSE TUES. 3rd JULY, 1984

Kasnauskas (USSR) 20.65; JT: Puuste (USSR) 82.50; 4 × 400: USSR 3:04.33, Italy 3:04.49.

13.6. Florence. 100: Woronin (Pol) 10.20, Lara (Cub) 10.24, Tilli 10.29, Penalver (Cub) 10.32; 200: Mennea 20.51, Gonzalez (Cub) 20.84; 800: Sabia 1:43.88, Druppers (Neth) 1:44.60, Juantorena (Cub) 1:44.88, Dragoescu (Rom) 1:46.81; 1500: Wirz (Swi) 3:36.63, Vera (Spa) 3:37.53, Materazzi 3:37.63, Patrignani 3:38.20, Nabein (FRG) 3:38.42, Nemeth (Aut) 3:38.53, Cecchini 3:38.67, Khalifa (Sud) 3:39.31, Zahafi (Mor) 3:39.92, JACK BUCKNER 3:40.53; 5000: Aouita (Mor) 13:04.78 (African rec), Bulti (Eth) 13:10.08, Rousseau (Bel) 13:24.81, Bounour (Alg) 13:25.26, F. Gonzalez (Fra) 13:26.22, P. Selvaggio 13:27.08; 10,000: Vainio (Fin) 27:41.75, Antibo 27:48.02, Shahanga (Tan) 28:03.24, Panetta 28:03.99, Watrice (Fra) 28:04.61, da Silva (Bra) 28:09.59; PV: Tarev (Bul) 5.50; LJ: Jefferson (Cub) 8.23, Evangelisti 7.90; SP: Machura (Cze) 21.29, Andrei 21.07, Saracevic (Yug) 20.64; women's 100: Masullo 11.41, Cooman (Neth) 11.44, Mercurio 11.62, SONIA LANNAMAN 11.67; 400: Kocembova (Cze) 49.87, El Moutawakil (Mor) 53.15; 800: Melinte (Rom) 1:57.97, Lovin (Rom) 1:59.40, Cojocaru (Rom) 2:00.76, Moravcikova (Cze) 2:01.34, LORRAINE BAKER 2:01.79, Radu (Rom) 2:02.49; 3000: Puica (Rom) 8:37.04, Kraus (FRG) 8:40.90, JANE FURNISS 8:48.04, Michallek (FRG) 8:55.99, Burki (Swi) 8:56.31; SP: Sarria (Cub) 19.94, Loghin (Rom) 19.39; JT: TESSA SANDERSON 66.76, Colon (Cub) 63.58, Vila (Cub) 61.46, Quintavalla 60.42.

Tiainen A Medallist?

After the boycott decision of the Soviet Union and other strong hammer throw nations, Juha Tiainen suddenly looms as one of the safest Finnish bets for a medal in Los Angeles. "I feel very sad about the lowered standard of the Olympic competition, but there is nothing I can do about it", said Tiainen after improving his national record to 81.36m at Joutseno on May 26th.

If Tiainen seems to have everything in his favour at the moment, Tiina Lillak cannot say the same. The javelin world champion tore her foot in a meeting in West Germany — a fracture was diagnosed — and was ordered a four-week rest by the Finnish team doctor. Even earlier, Tiina had some technical problems; and to top it all she has been sued by a well-known shoe company for breaking their contract early this year. "I had some good reasons to change the brand", Lillak says, "and I will show everybody who is right".

The ever-circulating rumours in foreign newspapers about Lasse Viren's come-back seem to have no foundation, as the four-time Olympic winner finished a poor 42nd at the national cross country race in May. "Yes, of course I will be racing this year . . . and in 1988 . . . and in 1992, but not in the Olympics", said Lasse. Three weeks later, he dropped out of the Stockholm Marathon, which was the last Olympic trial for the Finns. Pertti Tiainen has already been selected; the other places will likely be filled by Martti Vainio (who seems to be better than ever just now) and old warrior Jukka Toivola.

Olli Kanervisto, a 26-year-old shot putter, was tragically shot dead by a drunken local policeman in front of a night club in the Canary Islands, in late April. Kanervisto's best was 19.24m (indoors 19.36).

Matti Hannus

* A couple of weeks later another international athlete was shot dead. The Tanzanian marathon runner, Richard Temilinga Mbelwa, was killed while on a training run, reports Bob Pateman. He apparently joined a crowd chasing a suspected criminal and was hit when the man, who turned out to be a policeman, opened fire on his pursuers.

Finnish Results

12.5. Imatra. (CC Champs) 15km: Vainio 48:11 . . . 42, Viren 52:50. **14.5. Aanekoski.** JT: Manninen 90.26. **19.5. Lahti.** HT: Tiainen 76.36, Huhtala 75.64; JT: Markus 84.46, Ihalainen 84.08; women's JT: Lillak 68.90, Laaksalo 61.68. **21.5. Kerava.** Women's DT: Lundholm 65.58. **26.5. Keitele.** JT: Manninen 87.26. **26.5. Koski.** HJ: Niemi 2.25 (rec). **26.5. Joutseno.** HT: Tiainen 81.36 (rec), Huhtala 78.06. **30.5. Turku.** JT: Korte 83.32. **2.6. Pertteli.** Women's DT: Lundholm 66.02. **2/3.6. Turku.** Women's Hept: Jarvenpaa 5919 (rec). **3.6. Alavus.** JT: Pollari (1.70/5'7" tall) 82.82. **3.6. Forssa.** HT: Tiainen 78.52, Huhtala 77.00. **3.6. Heinola.** LJ: Karna 8.02w (legal 7.90). **3.6. Karjaa.** JT: Markus 86.90. **5.6. Valkeakoski.** PV: Peltoniemi 5.50; JT: Markus 85.12, Ihalainen 83.46, Aho 83.38. **5.6. Savonlinna.** 5000: Vainio 13:28.09. **5.6. Laaksolahti.** Women's JT: Laaksalo 66.08, FATIMA WHITBREAD 64.24.

USA: Mary Decker Sub-4

2.6. Pasadena. HJ: Stones 2.30. **3.6. Walnut.** 100: J. Sanford 10.29, Egbunike (Nig) 10.32; 200: McDonald 20.48w; 400: Egbunike 45.41, McDonald 45.71; 110H: McCraney 13.55; PV: Ripley 5.56; LJ: Taylor 8.07; TJ: Caldwell 16.70w; SP: Smith 20.65; women's 100: (+ 2.25m) Brisco-Hooks 11.02, Inniss (Guy) 11.24; 200: (+ 2.8m) Brisco-Hooks 22.25; 100H: Page 13.18; LJ: Joyner 6.75w; DT: Stalman (Neth) 67.06. **4.6. Eugene.** 800: Redwine 1:46.20, Aragon 1:46.30; 3000SC: Diemer 8:24.35, Gregorek 13:26.08; PV: Tully 5.60, Bell 5.40; TJ: Jordan 16.93w, Banks 16.70; SP: Laut 21.64; DT: Wilkins 66.16, Hjeltnes (Nor) 65.46, Burns 65.38; JT: Atwood 87.32, Petranoff 83.84; women's 1500: Decker 3:59.19; 3000: Bremser 8:46.67, Hansen 8:50.90, Williams (Can) 8:53.07; JT: Smith 61.02.

FRANCE: Mahmoud runs 8:17.60

30.5. Paris. PV: Vigneron 5.65, Leveur 5.50. **31.5. Beaupreau.** 3000SC: Mahmoud 8:17.60, Debacker 8:22.66. **2.6. Saint-Denis.** 800: Juantorena (Cub) 1:47.31; PV: Bubka (USSR) 5.88 **(world rec;** 5.50 — 3, 5.70 — 1, 5.80 — 1, 5.86 — 1 failure, 5.88 — 2), Polyakov (USSR) 5.70, Vigneron 5.60, Kozakiewicz (Pol) 5.60 . . . Houvion (5.30), Ferreir (5.40) & Abada (5.50) no height; TJ: Hoffman (Pol) 17.34 (—0.8m), Helan 16.66; SP: Machura (Cze) 20.72, Jubes (Cze) 20.29; HT: Tarasyuk (USSR) 78.56, Ciofani 73.28; women's 100: Vader (Neth) 11.33, Kondratyeva (USSR) 11.43; 200: Kocembova (Cze) 22.96; 800: Kratochvilova (Cze) 1:58.53, Olizaryenko (USSR) 1:58.87; 100H: Elloy 13.07, Gusarova (USSR) 13.08; HJ: Bykova (USSR) 1.96, Vasile (Rom) 1.93, Belkova (USSR) 1.93, Rougeron 1.90, Ewanje-Epee 1.87; LJ: Cusmir (Rom) 7.03 (+ 1.6m), Ionescu (Rom) 6.86; DT: Craciunescu (Rom) 63.98.

6.6. Saint-Maur. 800: Dupon 1:46.51; 1500: Thiebaut 3:36.22, Monkemeyer (FRG) 3:36.95, Morceli (Alg) 3:37.03, A. Gonzalez 3:37.58, Begouin 3:38.06, Mahmoud 3:38.39, Laventure 3:38.82; 5000: Watrice 13:34.62. **6.6. Brest.** 100: Lara (Cub) 10.24, Simon (Cub) 10.30, Leonard (Cub) 10.36; 200: Gonzalez (Cub) 20.55w, Patrick Barre 20.67, Canti 20.79; 400/800: Juantorena (Cub) 46.22/1:53.22; 110H: Casanas (Cub) 13.40w; LJ: Jefferson (Cub) 8.11; TJ: Bouschen (FRG) 17.09w, Jaros (FRG) 16.80; 4 × 100: Cuba 39.35. **6.6. Paris.** HT: Farmer (US) 74.66. **11.6. Nimes.** PV: Ferreira 5.50, Donias 5.50, women's HJ: Ewanje-Epee 1.90.

GDR: Decathlon records broken

2/3.6. Neubrandenburg. Dec: Apaichev (USSR) 8643 (rec; 10.96, 7.50, 16.00, 1.97, 48.72; 13.93, 48.00, 4.90, 72.24, 4:26.51), Freimuth 8553 (rec; 11.10, 7.79, 16.42, 1.94, 48.93, 14.54, 51.54, 4.90, 66.32, 4:27.95), Voss 8505, Akhapkin (USSR) 8327, Gruzenkin (USSR) 8278, Grummt 8187, Kutsenko (USSR) 8128; women's Hept: Vater 6566 (13.37, 1.77, 13.95, 23.26; 6.17, 46.98, 2:07.33). **9.6. Berlin.** 100: Emmelmann 10.25; LJ: Dombrowski 8.10, Koch 8.08, Beer 8.06; SP: Timmermann 20.78; DT: Schult 65.00; 5000W: Kowalsky 18:42.66 (rec), Wieser 18:47.98, Weigel 18:53.38; 4 × 100: GDR 39.01: women's 100: (—1.0m) Gohr 11.13, Koch 11.19; 800: Wuhn 1:58.99, Schroder 1:58.99; 100H: Riefstahl 12.81; HJ: Bienias 1.91; LJ: Daute 7.09, Grosshennig 7.00, Duwe 6.91, Schima 6.89, Radtke 6.87, Wujak 6.83, Ulbrict 6.78; SP: Briesenick 20.88; Muller 20.64, Pufe 20.49; DT: Beyer 70.80, Meszynski 67.30, Opitz 66.78; 4 × 100: GDR 42.62.

Bob Smith, listed on page 54 of our June 16th issue as finishing second to Martin Duff in a Vets 1500m at Reading, isn't in fact a Vet.

BLACKPOOL & FYLDE A.C.
President: J. H. Dale, M.B.E.

OPEN TROPHY & MEDAL MEETING

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

Sponsored by British Nuclear Fuels PLC

SATURDAY, 28th JULY, 1984
at Stanley Park, Blackpool.
START 12 Noon

EVENTS (Not in order)

80m	U/11 (Girls & Boys).
100m	G, JL, IL, SL, C, B, Y, SM.
200m	JL, IL, SL, C, B, Y, SM.
400m	IL, SL, B, Y, SM.
800m	U/11 (G, B), G, JL, C, B.
1500m	IL, SL, Y, SM.
HJ	JL, IL, B, Y.
LJ	G, JL, IL, C, B, Y.

ENTRIES: 40p per event, to Mr G. Burnell, 62 Kilgrimol Gardens, St. Annes, Lancs FY8 2RA, payable to 'Blackpool and Fylde A.C.'

CLOSING DATE 9th JULY, 1984

FRODSHAM HILL RACES

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

SUN., 2nd SEPTEMBER, 1984
at 2.00 p.m.

Road Running Age Groups:

SENIORS: 4¾ miles (3 hill laps)
O/18 on 1.9.84. **Fee:** £1.50. Ind. Team £2.00. (Prizes also for 1st 3 Vets O/40). 1st Vets Team, 1st Junior.

YOUTHS: 3⅝ miles (2 hill laps)
16 & 17 on 1.9.84. Fee: £1.00.

BOYS: 2½ miles (1 hill lap)
14 & 15 on 1.9.84. Fee: 75p.

COLTS: 2½ miles (1 hill lap)
12 & 13 on 1.9.84. Fee: 75p.

LADIES: 2½ miles (1 hill lap)
O/15 on 1.9.84. Fee: £1.00.

GOOD PRIZES. Also trophies valued at £1200. Prizes for 1st 4 Inds. 1st 3 Teams of 3. 1st 3 Locals in each race.

Closing date: 21st August.

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

BOROUGH OF SUNDERLAND
RECREATION DEPARTMENT

Present

"THE LONG RUN"
HALF MARATHON

(5,000 entry limit)

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

On SUNDAY, JULY 29th, 1984

at 10.30 a.m.

(Accurately measured course from Herrington Burn to Seaburn)

Application Forms available from:

Borough of Sunderland, Recreation Department,
Area Office, Houghton-le-Spring DH4 1UJ.
Tel: 0783 843222

and in association with

SUNDERLAND HARRIERS

Present under A.A.A. Laws

9th CARNIVAL
5 MILE ROAD RACE
& BOYS 2½ MILE RACE

SUNDAY, 5th AUGUST, 1984

at 12 noon

Venue: Seaburn Showfield, Sunderland

Entry Fee: £1.00 per Team. 70p per individual. Every runner must enter as an individual. Boys Race 60p per Team. 30p Individual Entry. (Cheques and Postal Orders made payable to "Sunderland Harriers and A.C.")

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

Please enclose S.A.E. for programme

Entries close Saturday, 21st July, 1984

CARL LEWIS IS ON HIS WAY!

Qualifies in four events at the US Olympic Trials

CARL LEWIS is on course to emulate Jesse Owens' fabulous 1936 Olympic achievement. He qualified for the same four events by winning the 100 in 10.06 (into a 2.2m/sec wind), the 200 in 19.86 (after a 19.84 heat) and long jump with 8.71m at the US Olympic Trials in Los Angeles last week. World record holder Calvin Smith placed 4th in the 100 and thus only made the relay team, but otherwise most of the American superstars took the first step to Olympic glory. Ed Moses, Greg Foster, Evelyn Ashford (but only in the 100 and relay as she dropped out of a 200 heat), Mary Decker (who won the 3000 but was surprisingly beaten in the 1500), Steve Scott and Sydney Maree (both defeated, though, by Jim Spivey) all made the tremendously powerful American team. New US records were set in the 800 by Earl Jones and Johnny Gray (1:43.74), high jump by evergreen Dwight Stones (2.34m), pole vault by Mike Tully (5.81m) and women's 400 by Chandra Cheeseborough (49.28), 400 hurdles by Judi Brown (54.93) and heptathlon by Jackie Joyner (6520). Danny Harris set a fabulous world Junior record of 48.02 in the 400 hurdles.

The unluckiest athletes? James Robinson ran 1:43.92 and didn't make it at 800 . . . while Stephanie Hightower, who led the non-East European rankings in the 100 hurdles, finished 1/100th of a second behind the winner but was placed fourth!

Here are the qualifiers for the US team; first three in each event were automatically picked. Detailed coverage of the meeting will appear shortly in 'AW'.

100: 1, C. Lewis 10.06; 2, S. Graddy 10.21; 3, R. Brown 10.23. **200:** 1, Lewis 19.86; 2, K. Baptiste 20.05; 3, T.Jefferson 20.37. **400:** 1, A. McKay 44.71; 2, A. Babers 44.86; 3, S. Nix 45.15. **800:** 1, E. Jones 1:43.74; 2, J. Gray 1:43.74; 3, J. Marshall 1:43.92. **1500:** 1, J. Spivey 3:36.43; 2, S. Scott 3:36.76; 3, S. Maree 3:37.02. **5000:** 1, D. Padilla 13:26.34; 2, S. Lacy 13:27.72; 3, D. Clary 13:28.62. **10,000:** 1, P. Cummings 27:59.08; 2, C. Virgin 28:02.27; 3, D. Porter 28:03.86. **3000SC:** 1, H. Marsh 8:15.91; 2, B. Diemer 8:17.00; 3, J. Gregorek 8:18.45. **110H:** 1, G. Foster 13.21; 2, T. Campbell 13.34; 3, R. Kingdom 13.36. **400H:** 1, E. Moses 47.76 (47.58 sf); 2, D. Harris 48.11 (48.02 sf — **world Junior rec**); 3, T. Hawkins 48.28. **HJ:** 1, D. Stones 2.34; 2, D. Nordquist 2.31; 3, M. Goode 2.28. **PV:** 1, M. Tully 5.81; 2, D. Lytle 5.71; 3, E. Bell 5.61. **LJ:** 1, C. Lewis 8.71; 2, L. Myricks 8.25; 3, M. McRae 8.15. **TJ:** 1, M. Conley 17.50; 2, A. Joyner 17.19; 3, W. Banks 17.14. **SP:** 1, D. Laut 21.35; 2, A. Wolf 21.24; 3, M. Carter 20.84. **DT:** 1, J. Powell 67.14; 2, M. Wilkins 66.14; 3, A. Burns 65.54. **HT:** 1, B. Green 73.24; 2, J. Logan 72.48; 3, E. Burke (Vet) 71.82. **JT:** 1, D. Atwood 93.44; 2, T. Petranoff 84.94; 3, S. Roller 83.00. **Dec:** 1, J. Crist 8102; 2, T. Bright 8098; 3, J. Wooding 8072. **20kmW:** 1, M. Evoniuk 1:26:17; 2, J. Heiring 1:27.18; 3, D. O'Connor 1:29:12. **50kmW:** 1, Evoniuk 4:02:25; 2, V. O'Sullivan 4:14:04; 3, C. Schuler 4:15:06.

Women

100: 1, E. Ashford 11.18; 2, A. Brown 11.20; 3, J. Bolden 11.24. **200:** 1, V. Brisco-Hooks 22.16; 2, F. Griffith 22.40; 3, R. Givens 22.59. **400:** 1, C. Cheeseborough 49.28; 2, Brisco-Hooks 49.79; 3, L. Leatherwood 50.19. **800:** 1, K. Gallagher 1:58:50; 2, R. Wysocki 1:59.34; 3, R. Campbell 1:59.77. **1500:** 1, Wysocki 4:00.18; 2, M. Decker 4:00.40; 3, D. Richburg 4:04.07. **3000:** 1, Decker 8:34.91; 2, C. Bremser 8:41.19; 3, J. Hansen 8:41.43. **100H:** 1, K. Turner 13.12; 2, B. Fitzgerald 13.13; 3, P. Page 13.13. **400H:** 1, J. Brown 54.93; 2, A. Wright 55.33; 3, S. Barksdale 55.58. **HJ:** 1, L. Ritter 1.92; 2, P. Spencer 1.89; 3, J. Huntley 1.89. **LJ:** 1, C. Lewis 6.89; 2, J. Joyner 6.65; 3, A. Thacker 6.56. **SP:** 1, L. Griffin 17.10; 2, C. Cady 16.96; 3, R. Pagel 16.95. **DT:** 1, L. Deniz 61.76; 3, L. De Snoo 58.08; 3, Griffin 57.36. **JT:** 1, K. Smith 61.18; 2, L. Sutfin 58.08; 3, C. Sulinski 55.62. **Hept:** 1, Joyner 6520; 2, J. Anderson 6413; 3, C. Greiner 6204.

THREE WORLD RECORDS IN USSR

What would have constituted the Soviet Olympic Trials in Kiev last weekend produced three women's world records. Margarita Ponomaryova (née Navickaite) clocked 53.58 for 400m hurdles, Tamara Bykova high jumped 2.05m and Olga Bondarenko ran 10,000m in 31:13.78! Poland's Marian Woronin set a European 100m record of 10.00 in Warsaw on June 9th.

GLOUCESTER A.C.

CARNIVAL 7 MILE ROAD RACE

(Under AAA & WAAA Rules)

WED., 1st AUGUST, 1984

Start 7.45 p.m.

Changing: Gloucester Leisure Centre.

Prizes: 1st 6. 1st 2 O/40. 1st O/50. 1st 2 Ladies. 1st 3 Teams of 3.

Entry Fee: 50p. Unattached £1.00. Late entries double. Team entry £1.00 (No late team entries). Send cheques payable to Gloucester A.C. to: Norman Thomas, 7 Gambier Parry Gardens, Coppice Corner, Gloucester.

Entries by 27th July. Race limit 500.

Sanatogen Olympic Challenge **At Loughborough, June 17th**

Impressive start by Ovett and Cram

A CROWD of over 7000, basking in the sunshine, enjoyed a relaxed yet stimulating afternoon's athletics at Loughborough on June 17th. The event, the Sanatogen Olympic Challenge (Loughborough Students Past & Present v the AAA), attracted several world ranking athletes, including Steve Ovett and Steve Cram, and with Seb Coe the meeting director (but prudently not risking a race while still recuperating from a thigh injury) the three superstars of middle distance running were interviewed and photographed together — a rare occurrence.

Coe saw both his two great rivals in splendid form. Ovett, only just recovered from a bout of bronchitis followed by a pulled hamstring (a probable consequence of trying to train through an infection), launched his bid for Olympic 800m selection with a confident, unstrained victory over two other LA hopefuls in Rob Harrison and Ikem Billy. Harrison tried to drop Ovett round the final bends, but the Olympic champion stuck close and kicked past at the start of the straight. Running no faster than necessary, Ovett clocked 1:47 flat, having covered the second lap in a shade over 52 seconds. "There's life in the old legs yet", he remarked. It was his first track race of the European season.

Far from disgraced in last place was 16-year-old David Sharp in 1:51.62, and it was his somewhat better known training mate who won the 1000. Steve Cram, whose two previous track races this season were a 13:48.0 5000 and a 49.6 400, simply exuded fitness as he ambled along behind pacemaker Andrew Webber through 200 in 27.2 and 400 in 55.4. He was out on his own shortly after the bell (1:23.2), and that was when he began to stretch out. He covered the next 200 in 26.3 to reach 800 in 1:49.52 and maintained that searing pace seemingly effortlessly as a 26.5 final 200 brought him home in 2:15.98 — which was close to his UK all-comers record of 2:15.12. There was a phenomenal run in third place, inches behind Roland Weedon, by Steve Ovett's youthful Phoenix clubmate (coached by Matt Paterson), Johan Boakes. He was timed at 2:20.37, which is amazing for a lad who only turned **sixteen** on April 12th! The UK Junior record stands at 2:19.92 by Graham Williamson, and Johan will still be a Junior in 1987.

Speaking of Williamson, he has — as usual — been dogged by ill-fortune this year but he ensured fast times all round by towing the big field through 800 in 1:58.56 and 1200 in 2:56.12. Mark Scruton, enjoying by far the best race of his career, took the lead along the backstraight and withstood Williamson's determined onslaught to win in 3:38.78, a huge improvement on his previous best. In fact, pb's went wholesale in this race — Mike Chorlton, Geoff Turnbull, Richard Callan, Jon Richards, Steve James and Clifton Bradeley all producing best ever times in the 3:39 — 3:42 range.

There was fine running too in the 3000, where Jack Buckner, whose previous best was 7:57.77 indoors, outkicked Tim Hutchings in 7:45.19, the world's fastest so far this year. Hutchings was also inside his previous best and appeared at last to be over his shin injury.

Other track action included sharp victories by Australians Paul Narracott (10.42 100) and Don Wright (13.89), the latter followed in by Jon Ridgeon (17) who made a remarkable debut in the Senior 110m hurdles with 14.35. Todd Bennett twinkled round 200 in 20.73, leaving Trinidad's Mike Paul, a finalist in Helsinki, to take the 400 equally untroubled in 46.7. David Jenkins, back in competition after two years, finished second in 47.3 and later contributed a 46.5 relay leg. Highlights of the field events included a fine hammer duel between Paul Dickenson and David Smith with both topping 71m, and a notable triple

HORSHAM BLUE STAR HARRIERS

OPEN PARKLAND RACES

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

SUNDAY, 9th SEPTEMBER, 1984.

in Horsham Park

Girls U/11 (1M)	**1.00 pm**
Colts U/11 (1M)	**1.15 pm**
Girls (1M)	**1.30 pm**
Colts (1½M)	**1.45 pm**
Jnr. Ladies (1½M)	**2.05 pm**
Boys (1½M)	**2.25 pm**
Inter. Ladies (2M)	**2.40 pm**
Youths (2M)	**3.00 pm**
Sen. Ladies (2M)	**3.15 pm**
Sen. Men (3M)	**3.35 pm**
Veterans (3M)	**4.00 pm**

Prizes valued at over £500

Fee 50p.

Entries to F. Jordan, 56 Swindon Road, Horsham, Sussex. Tel: Horsham 57426. S.A.E. for ack. state club and d.o.b.

Entries close August 30th

Prizes awarded for first three each race.
Extra prizes depending on entries.

jump in which John Herbert showed little gratitude for the help given him recently by Ken Lorraway by defeating the Australian with a final round leap of 16.77m!

Mel Watman

100: (+0.1m) 1, P. Narracott (Aus) 10.42; 2, E. Obeng (L) 10.47; 3, E. Cutting (A) 10.50; 4, G. Keating (Aus) 10.61; 5, H. King (A) 10.70; 6, V. Jones 10.72. **200:** (+1.2m) 1, T. Bennett (A) 20.73; 2, Obeng 21.25; 3, M. Williams (L) 21.35; 4, K. Akabusi (A) 21.46; 5, S. Eden 21.54. **400:** 1, M. Paul (Trin) 46.7; 2, D. Jenkins (A) 47.3; 3, A. Bell 47.3; 4, N. Kitchen (A) 47.7; 5, T. Foulger (L) 48.3; 6, C. Orr (L) 48.9. **800:** 1, S. Ovett (A) 1:47.00; 2, R. Harrison (A) 1:47.47; 3, I. Billy (L) 1:47.47; 4, J. Blackledge 1:48.88; 5, I. Marron (L) 1:48.99; 6, C. Szwed nt; 7, D. Sharp 1:51.62. **Inv. 1000:** 1, S. Cram 2:15.98; 2, R. Weedon 2:20.34; 3, J. Boakes 2:20.37; 4, H. McInnes 2:20.37: 5, A. Morrell 2:20.93; 6, J. Webster 2:21.27; 7, M. Clark 2:23.69; 8, S. Caldwell 2:25.68. **1500:** 1, M. Scruton (L) 3:38.78; 2, G. Williamson 3:39.17; 3, M. Chorlton (A) 3:39.43; 4, G. Turnbull 3:39.84; 5, R. Callan 3:40.21; 6, J. Richards 3:40.50; 7, T. Redman 3:41.05; 8, S. Cahill 3:41.57; 9, S. James 3:41.93; 10, C. Bradeley 3:42.38; 11, L. Tredell 3:44.68; 12, D. Lewis (L) 3:45.20; 13, P. Dixon 3:45.40; 14, M. Green 3:45.96; 15, A. Douglas 3:46.19; 16, P. Wynn 3:46.27; 17, A. Mottershead (A) 3:49.04. **3000:** 1, J. Buckner (L) 7:45.19; 2, T. Hutchings (L) 7:46.62; 3, K. Harrison 7:56.53; 4, S. Lamb 7:58.50; 5, C. Mochrie 8:00.12; 6, S. Binns (A) 8:00.40; 7, D. Buzza 8:00.74; 8, N. Gates 8:01.70; 9, S. Anders 8:01.95; 10, T. Milovsorov 8:02.53; 11, A. Guilder 8:03.63; 12, R. Charleston 8:05.24; 13, K. Dumpleton 8:08.28; 14, P. O'Callaghan 8:13.13; 15, P. Makepeace 8:13.18; 16, D. McNeilly 8:14.11; 17, D. Driver 8:15.60; 18, C. Howe 8:16.16.

2000SC: 1, P. Philippou (Cyp) 5:40.80; 2, M. Roberts 5:41.15; 3, C. Walker (A) 5:41.17; 4, R. Male 5:43.88; 5, D. Stones (A) 5:46.05; 6, I. Atkins 5:46.17; 7, T. Fieldsend 5:48.70; 8, A. Rodgers 5:49.07; 9, M. Laflin 5:49.23; 10, S. Bird 5:51.76; 11, J. Bristow (L) 5:53.92; 12, D. Lee 5:55.15. **110H:** 1, D. Wright (Aus) 13.89; 2, J. Ridgeon (A) 14.35; 3, P. Barthropp (A) 14.72; 4, K. Pascoe 14.92; 5, N. Dakin (L) 15.22; 6, N. Andrew 15.51; 7, R. Hope (L) 15.56. **400H:** 1, S. Sole (A) 50.77; 2, M. Whittingham (L) 51.53; 3, H. Moscrop (L) 51.90; 4, G. Brown (Aus) 52.23; 5, R. Harris (A) 52.73; 6, N. Dakin 54.38. **HJ:** 1, A. Kruger (A) 2.10; 2, R. Charles (A) 2.10; 3eq, D. Watson & C. Alcindor 2.05; 5, T. Smith (L) 2.00. **PV:** 1, J. Lewis (A) 4.40; 2, I. Lewis (A) 4.40. **LJ:** 1, L. Boardman (A) 7.53w; 2, P. Kropp (L) 6.97. **TJ:** 1, J. Herbert (A) 16.77 (15.71, 16.20, 16.26, —, —, 16.77); 2, K. Lorraway (Aus) 16.74w (16.44, —, —, 16.74w, —, —); 3, M. Makin (A) 16.20; 4, V. Samuels 15.63; 5, J. Allison 15.62w (legal 15.35); 6, D. Oyediran 15.39; 7, D. Johnson 15.25; 8, M. McDonald

THE SPORT SPOT

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1984 adidas® 10 MILE ROAD RACE

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

Incorporating: Southern A.A.A. 10 Mile Championship

Organised by: SHAFTESBURY HARRIERS

On: SATURDAY 11th AUGUST, 1984.

from: Barnet Copthall Stadium, Hendon, N.W.4

Two Races: 'A' Race: Southern Championship Club A teams race and for Individuals who have previously broken 60 minutes for 10 miles.

Start at 2.30 pm

'B' Race: Ladies 'B' teams, remaining individuals.

Start at 3.45 pm

A veteran wishing to compete in the 'A' race should state this on his entry form, otherwise will be included in the 'B' race.

An athlete competing in a race for which he is not entered will be disqualified and no time given.

TEAMS 9 may be entered, 6 to run and 3 to score (entries on A.A.A. forms)

ENTRIES to A.J.C. Kendall, 10 Squires Lane, Finchley, London N.3

ENTRY FEE £1.00 (no team fee), £1.50 for unattached runenrs.

Entries Close on 28th July 1984 NO ENTRIES accepted on the day of the race.

Enclose stamped addressed envelope if acknowledgement required.

RESULTS — Please enclose SAE if full result sheet required.

Course: Exactly 10 miles — 3 laps — acceptable for R.R.C. standards.

Awards: Southern medals to first three Southern athletes and first three Southern teams (6 to run 3 to score) Trophy to winning team. Prizes to leading individuals in both races. Prizes to first 3 teams in A race and first 3 teams in B race. Winning team in A race to hold A.J.C. Kendall Trophy for one year. Prizes to first three veterans in each race. Prizes to first three ladies. No athlete to take more than 1 individual prize.

TOTAL VALUE OF PRIZES IN EXCESS OF £750

OFFICIAL ENTRY FORM ADIDAS 10 MILE ROAD RACE — 11 AUGUST 1984

Surname

Other Names

Address

A.A.A. Club

I declare I am an amateur as defined by the A.A.A. rules and will abide by those rules. I hereby agree that the organisers shall not be liable for any accidents, injury, loss or damage as a consequence of my participation in the Adidas 10 miles road race.

Signature _____

Age on day of race

mins secs

Previous best '10' miles

Are you a member of an Athletic Club affiliated to the Amateur Athletics Association.

☐ Yes ☐ No

Entrance Fee Enclosed, please tick

☐ £1 ☐ £1.50

☐ Club Member ☐ Non Club Member

Are you eligible for the Southern Championship

☐ Yes ☐ No

14.49. **SP:** 1, A. Satchwell (A) 16.78; 2, N. Tabor (A) 16.49; 3, C. Jennings 15.34. **DT:** P. Reed (A) 46.82. **HT:** 1, P. Dickenson (A) 71.90; 2, D. Smith (A) 71.26; 3, S. Peacock 54.58; 4, C. Bloomfield (L) 43.88. **JT:** 1, D. Ottley (A) 81.02; 2, J. Trower (L) 75.36; 3, D. Messom (A) 71.42; 4, T. Newenham (L) 71.02; 5, M. Hill 70.50; 6, G. Jenson 68.62; 7, R. Hooper 59.48. **4×100:** 1, Guest Team 41.11; 2, Loughborough 41.24; 3, AAA 42.46. **4×400:** 1, Commonwealth Team 3:09.14; 2, AAA 'A' 3:09.95; 3, AAA 'B' 3:11.44; 4, AAA 'C' 3:12.35; 5, Loughborough 3:13.42. **Match Result:** AAA 126, Loughborough Students AC 83.

(Women): 400H: 1, S. Gandy 59.39; 2, V. Lee 60.37; 3, T. Colebrook 61.77; 4, J. Lindsey 64.59. **SP:** 1, J. Oakes 18.26; 2, M. Augee 16.08; 3, Y. Hanson-Nortey 14.28; 4, S. Smith 13.55; 5, A. Fowles 13.40; 6, S. Wilson-Wolfe 11.74.

A blue official's cardigan, badged with an English red rose, was left in the Officials' Room at Gateshead after the Olympic Trials on June 10th. If anybody picked it up would they please contact Roy West on 0642 592482, who will meet the cost of its return.

AW TOURS FOR 1984

European Track Tour

Zurich/Brussels/Cologne — 22nd/24th/26th August, 1984

Your chance to see three of the summer's premier IAAF Permit Meetings, featuring many of the Los Angeles medal winners and losers in action, no doubt with a few world record attempts on the way.

The itinerary is planned to allow a leisurely journey around Europe by luxury Scenicruiser with as much time as possible for relaxation and sightseeing.

The party will depart from London (or Manchester if sufficient demand) on Monday, 20th August, crossing the Channel by ferry and stopping overnight in Reims en route to Zurich. From then on two nights stay in Zurich, Brussels and Bonn in 3/4 star hotels on bed and breakfast basis, with an evening meal also on the first night at each hotel. This allows a full day's sightseeing at each of the three venues. Leaving Bonn on Monday, 27th August, arriving in London early evening.

PRICE: £229 (tickets £40 extra). Single supplement £42.00.

Compass Allsport, Woodgrange House, 11 High Street, Ingatestone, Essex. Telephone: Dave Barnet 0277 354377.

Adidas British Marathon Package for competitors/spectators

2nd September, 1984

Join our party and travel in one of our luxurious coaches (with onboard video, toilets and coffee/tea facilities) from London or Birmingham and stay at the Race Headquarters Hotel.

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After the race and a refreshing bath at the hotel, the coach will leave on the homeward journey during which you will be able to watch a full length recording of the television transmission of the race.

PRICE: £34 (sharing a twin bedded room with private bath, WC and colour television, on a bed and breakfast basis).

ACT Centresport Travel Ltd., 9 Deansgate, Bolton BL1 1EY. Telephone (0204) 34281. Telex 635232. Anglo G. Or Telephone Vince Regan (0204) 655566/386202 for information/advice on the race itself.

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INTERNATIONAL MARATHON PROGRAMME

BERLIN — September 30th, 1984 — Price £185

Last year this famous marathon attracted over 6,000 runners — of which over 1,100 were British! The race is extremely well organised, as are the pre- and post race festivities, and follows an extremely flat, well marked course, over good quality roads and paths, through the boroughs of Berlin.

Every finisher inside 5 hours receives a medal and certificate.

Tour details: Departs London Gatwick on Friday 28th September at 17.00 arriving at 19.55. Returns from Berlin on Monday 1st October at 20.35 arriving 21.30.

Price includes: Guaranteed race entry; Return flight; 3 nights accommodation in twin bedded room with private bath or shower and WC, on B&B basis (single supplement £24); Services of an experienced courier; Transfers and local taxes.

ATHENS — October 14th, 1984 — Price £235

You can run marathons the world over but how many can boast having run the 'classic' marathon in Athens — where it all began.

Tour details: Departs London Heathrow on Monday 8th October at 12.30 arriving 17.00. Returns from Athens on Monday 15th October at 07.00 arriving 09.45.

Price includes: Guaranteed race entry; Return flight; 7 nights accommodation in triple bedded room in the Hotel Stanley (Grade 'B') on Half Board basis (single supplement £38, twin supplement £10); Services of an experienced courier; Transfers and local taxes.

NEW YORK — October 28th, 1984 — Price £489

Once again Vince Regan will personally lead our eighth trip to the world's greatest running spectacle. We are again pleased to announce that we have been officially appointed by the New York Road Runners Club to handle tours to this famous race and have been allocated a large number of guaranteed race entries. Naturally, we are proud of this appointment since it confirms not only the expertise we have gained in our last seven trips but also the high level of co-operation achieved between ourselves and the N.Y.R.R.C. We therefore invite you to travel with us on this trip of a lifetime to experience the thrill of being cheered round the course by the two million spectators and to soak up the indescribable atmosphere of the Big Apple during race week.

Tour details: Depart from London Heathrow, Manchester, Birmingham, Glasgow, Liverpool, Leeds/Bradford or Dublin (at no extra cost) on Tuesday 23rd October. Returns from J.F.K. on Wednesday 31st October (overnight).

Price includes: Guaranteed race entry; Return flight; 7 nights accommodation at the Hotel Taft in triple bedded room with private bath and colour TV on a room only basis (twin supplement £10, single supplement £22); Services of an experienced courier; Transfers and local taxes; FREE sightseeing tour of the course.

DUBLIN — October 29th, 1984 — Price £72 (Sea) or from £127 (Air)

This marathon has been highly acclaimed over the last two years, a fact endorsed by our groups.

The race is routed around the streets of 'The City of Dreams', a city with a historic past and a colourful present. This tour is always popular, so don't miss out on the chance to taste some of that genuine Irish hospitality.

Tour details: (Sea) — Departs Liverpool Dock on Saturday 27th October at 22.15 arriving at 07.00 on Sunday 28th. Returns on Tuesday 30th October at 23.00 arriving 07.00 on Wednesday 31st. (Air) Departs Liverpool, Manchester or Glasgow (£8 suppl.), or London Heathrow (£18 suppl.) on Saturday 27th October. Returns from Dublin on Tuesday 30th October.

Price includes: Return flight/ferry; 2/3 nights accommodation at the Hotel Consul in a twin bedded room with private bath, WC, television and telephone. (Single supplement £10/£15); Services of an experienced courier; Transfers and local taxes.

HONOLULU — December 9th, 1984 — Price £659

Hawaii — the most beautiful scenic marathon course in the world — where you can combine a holiday in the exotic islands and be the envy of all your marathon colleagues and friends.

Tour details: Departs London Gatwick on Tuesday December 4th at 12.45. Returns on Wednesday December 12th at 12.05.

Price includes: Guaranteed race entry; Return flights (via Los Angeles); 7 nights accommodation at Reef Hotel on Waikiki beach (overlooking the Pacific) in triple bedded room on a room only basis; (twin supplement £10, superior (with view) triple supplement £28, superior twin £52); Services of an experienced courier; Transfers and local taxes.

PLUS on the domestic scene, after our successful operation to the London Marathon, a fully organised package to the

ADIDAS BRITISH MARATHON, BOLTON — September 2nd, 1984 — Price £34

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Tour details: Departs London Gatwick on Friday October 12th at 11.45 arriving Berne at 13.20. Returns from Berne on Monday 15th October at 13.50 arriving 15.30.

Price includes: Return flight; 3 nights accommodation in twin bedded room at the Hotel Schweizerhof on B&B basis (single supplement £15); Services of experienced courier; Transfers and local taxes.

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SAN DIEGO, CALIFORNIA — December 1st/2nd — Price £497

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Tour details: Departs London Gatwick on Tuesday November 27th at 12.00 arriving San Diego at 19.45. Returns Tuesday December 4th at 07.35 arriving 06.05 on Wednesday 5th.

Price includes: Return flight on scheduled 747 (via Minneapolis/St. Paul); 7 nights accommodation in triple bedded room at the Harbour View Holiday Inn (twin supplement £42, single on application); Services of an experienced courier; Transfers and local taxes. Car hire available at only £38 per week.

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