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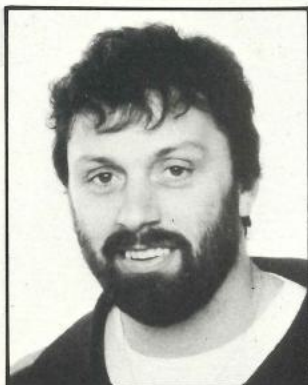
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33p



Linsey Macdonald
— Featured Inside

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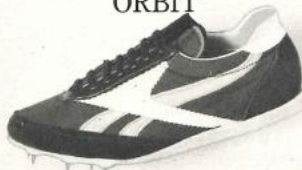
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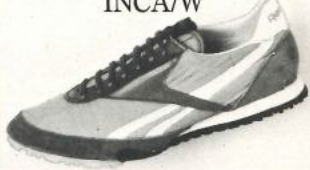
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 Assistant Editor: BARRY TROWBRIDGE
 Editorial Assistant: BRIAN SMYTH
 Business & Advertisement Director: TIM GREEN
 Advertising Assistant: DAVID MATTHEWS
 Consultant Director: P. W. GREEN
 Subscriptions & Books: JACKIE PENNEY
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THE WEEK AHEAD

Saturday, June 6th: GRE British League (Div. 2 — Kirkby, Div. 3 — Grangemouth, Div. 4 — Woodford, Div. 5 — Luton); Welsh WAAA Champs, Cwmbran; SCWAAA Champs (1st day), Crystal Palace; Midland WAAA Champs, Birmingham; Scottish WAAA Inter & Junior Champs, Meadowbank; Southern League; Kent League, Ashford; Cleckheaton Highland Games; Scottish Civil Service Champs, Stirling; Darlington Half-Marathon, Hurworth; Examiner '10', Huddersfield; University '10', Coventry; Bulmers Apple Juice Marathon, Llanwrtyd Wells, Powys; Kingham Village '7 1/4', Oxford; Coombe Hill Race; Brooks Canterbury '6'; Preston Yeovil 20km Road Race; Northern 20M Walking Champs, York; Southern Track Walking Champs, Mile End; British Rail Walking Champs, Doncaster.

Sunday, June 7th: England v Scotland v Italy v Ethiopia (inc. IAAF Citizen Golden 5000), Gateshead; SCWAAA Champs (2nd day), Crystal Palace; East v West Lanes Match, Blackburn; NE League, Dundee; National YA League; Scottish & Newcastle Women's League,

Meadowbank; Oxford Univ. Open Meeting, Iffley Road; Nuneaton Carnival Meeting, Nuneaton; Michelin '10', Stoke-on-Trent; Airdrie '13'; Vauxhall Show YA Races, Luton; Scolty Hill Race, Banbury; Sarn Helen Hill Races, Lampeter; National Water Sports Quarter Marathon, Nottingham; Roseberry Topping Race, Newton; Edenfield Fell Race, Bury.

Tuesday, June 9th: N. Yorks & S. Durham League Fast Race Meeting, Billingham; Oxford City Open Meeting, Iffley Road.

Wednesday, June 10th: SCAAA Open Meeting, Crystal Palace; Wycombe Ph. Open Meeting, High Wycombe; Middlesex League; Bucks League, Leighton Buzzard; Army Champs, Aldershot; Torfaen & Newport Open Meeting; Cwmbran; ESH & EAC Northern Trophy, Meadowbank; Otley Chevin Fell Race, Otley; Leicester Handicap Walk, Leicester.

Thursday, June 11th: Staffs M 'Around the Houses' '4'.

Continued on page 54

COVER PHOTO (By Allsport/Tony Duffy)
 Linsey Macdonald — featured on page 26.

O'VETT REPAYS IRISH HOSPITALITY

"I NEEDED THE RACE, but more importantly, I would not like to see the Championships disintegrate, especially as they are in Northern Ireland". Those were the sentiments expressed by Olympic 800m champion, Steve Ovett, when asked why he had decided to compete at the last minute in this year's GRE-sponsored UK National Championships at the Antrim Forum on May 24th/25th.

Ovett's appearance was the finishing touch to what was still, in spite of the decision by many athletes not to compete because of the current political climate, a very successful meeting. Steve expressed what almost every athlete there felt, every athlete who experienced the warmth and hospitality of their Irish hosts, which was evident everywhere. It didn't seem to matter to anyone there that the Championships were being held in Northern Ireland, and it was the athletes who did take the trouble to go out to compete that mattered, not those who stayed behind. The meeting went off successfully enough without them, especially the 1500m, where it would have taken the beating of the world record holder to win the title!

Steve may not have broken any records in this 1500m but he still managed to entertain the 6000-plus crowd who turned out to watch these Championships. He qualified comfortably enough in his heat, as did another of our top milers in recent years, Frank Clement, making a welcome return to top class athletics following a serious injury to his back. In the final, Clement took the lead from the gun, only to be passed by Steve Anders and Keith Rothwell as the field went through 400m in 61 sec with Ovett back in fourth. They remained bunched at 800m (2:04) until Mike Downes took the lead followed by Ovett and Clement at 900m. The order remained the same until 250m from home when Ovett made his break, covered quickly by Clement and Buckner. Ovett broke clear from the rest 150m out but was chased hard by a determined Clement who held off Buckner for second. Ovett, who had contracted a stomach bug that morning and had felt sick all through his warm-up, enjoyed the race and said "I think if you come and run in a

meeting like this, a meeting for the people, you lose yourself and forget your worries". He added "I was just helping out a lot of people who put a lot of hard work into the thing".

But Ovett wasn't the only attraction of these Championships. In the shot, Venissa Head put together the finest series ever by a British thrower and capped it with a British record-breaking throw of 17.62m in the final round, improving the mark which she set at Cwmbran only seven days earlier. Venissa's series was 17.40, 17.07, 17.00, 17.09, 17.45 and 17.62; the best also being a new Northern Ireland all-comers' record.

Brian Smyth reports

All-comers' records seemed to fall in almost every other event. Louise Miller broke the existing record in the high jump with her third time clearance at 1.89m to win an exciting contest from Anne-Marie Cording, while 18-year-old Sharon McPeake of Ballymena added 7cm to her best and 1cm to Mary Peters' NI National record when she flopped over 1.83m on her first attempt. Obviously the occasion was having its effect on the Irish athletes as, in front of his home crowd, Martin Girvan again broke the NI record in the hammer, only 50cm short of the 70 metre mark. 17-year-old Phil Beattie broke Gary Oakes' UK age-best for the 400mH with a fast 52.62 behind Bill Hartley's all-comers' best of 51.58, and Steve Scutt recorded the fastest electrical one lap time this year, and another all-comers' record, with his 46.52, while the Irish hope in this event, Clive Beattie, Phil's brother, just missed out on a medal in fourth.

Dave Clarke knocked 11 seconds from his best in winning an entertaining 5000m from Steve Binns. Binns made the early pace, going through 800m in 2:06.9 and the mile mark in 4:18. He was beginning to open a gap on the following group of Prince, Banning, Murphy and Emson, while Clarke sensed this and moved up to cover. At 2000m it was Binns from Prince, Clarke and Banning, now almost 20m clear of the rest of the

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field. Clarke took the lead at 2800m with only Binns going with him and continued to push the pace. Binns though, regained the lead at 3600m. 40m back the field had bunched, with Murphy, Prince, Emson and Banning all running together. With just under two laps remaining, Clarke made the decisive break and Binns had no reply. He quickly opened a gap of 10 then 20m to come home well clear at the line. A furious battle was going on for third place with Richard Callan having moved up to the chasing group, only to stumble 40m from the line as Emson got the verdict from Prince.

Although missing a lot of top names, the sprint events didn't go unnoticed. In the 200m, Earl Tulloch broke 21 sec for the first time with a new all-comers' record of 20.84 (only Clancy Edwards has run faster, but with a hand timed 20.7), finishing strongly and comfortably ahead of Scottish Olympian, Cameron Sharp who had previously won the 100m after being a metre down on Steve Green who pulled up with cramp at 70m. Linsey Macdonald gained the double in the women's sprints and in the 200m unexpectedly ("I didn't think I'd beat her") defeated Verona Elder after holding her form superbly in the straight. The 400m saw two of Britain's medal quartette from Moscow in action, with Joslyn Hoyte-Smith running her usual 'eyeballs out from the gun' race to just hold off Michelle Scutt by one hundredth of a second for another all-comers' record. Another Olympian, Dave Black won a slowish 10,000m, finally making his move 1200m from home after sitting at the back for the earlier part of the race; and in the other 10,000m, Steve Barry clocked a superb time of 42:32.43, the second fastest ever recorded by a Briton, to defeat Roger Mills in a classy walks race.

The meeting, as a whole, provided both the spectators and the Irish athletes with a level of competition which previously they had only rarely encountered and congratulations should go to all those who made the Championships the success they were.

100 METRES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: (-4.0m) 1, C. Sharp (Shett) 10.97; 2, E. Tulloch (Sale) 11.03; 3, D. Harding (Warr) 11.20; 4, G. Watson (B'htth) 11.21; 5, N. Ritchens (AF&D) 11.23; 6, R. McComb (Lis) 11.35; 7, A. Fawcett (Anna) 11.46; 8, C. Monk (Leic) 11.48. Ht 2: (-2.2m) 1, S. Green (B'htth) 10.92; 2, J. Evans (E&E) 11.08; 3, A. McKenzie (Shaft) 11.11; 4, A. Pitts (Harl) 11.20; 5, M. Owen (Ex. B) 11.25; 6, T. Olabini (TVH) 11.33; 7, P. Lavender (E&E) 11.47; 8, P. Hutton (Furn) 11.49.

Final, Sun: 1, SHARP 10.86; 2, TULLOCH 10.90; 3, EVANS 11.07; 4, Pitts 11.09; 5, Watson 11.09; 6, McKenzie 11.15; 7, Harding 11.20; 8, Green 14.30 (injured).

200 METRES

(Heats, Mon: 1st and six fastest losers to final)

Ht 1: (-0.3m) 1, Sharp 21.72; 2, T. Carrington (Sale) 21.81; 3, P. Dunn (Liv) 21.99; 4, Evans 22.03; 5, Richens 22.08; 6, Hutton 22.45; 7, Monk 22.46. Ht 2: (+0.6m) 1, Tulloch 21.46; 2, McKenzie 21.62; 3, Pitts 21.92; 4, Jones 22.07; 5, K. Grant (B'mena) 22.13; 6, McComb 22.22; 7, Olabini 22.72.

Final, Mon: (+0.9m) 1, TULLOCH 20.84 (NI All-comers rec); 2, SHARP 21.21; 3, RICHENS 21.40; 4, McKenzie 21.42; 5, Evans 21.64; 6, Pitts 21.78; 7, Jones 23.12.

(Carrington pulled up injured and Dunn withdrew from final with Richens qualifying as next fastest loser).

400 METRES

Final, Mon: 1, S. SCUTT (W&B) 46.52 (NI a-c rec); 2, P. DUNN (Liv) 47.87; 3, JONES 47.99; 4, C. Beattie (Shorts) 48.11; 5, D. Spencer (Liv) 48.51; 6, J. Blackledge (B'burn) 49.36; 7, M. Clark (Craw) 51.54.

800 METRES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: 1, R. Harrison (Liv) 1:50.87; 2, G. Brown (Wyc) 1:51.29; 3, R. Weedon (Chelm) 1:51.38; 4, S. Larder (TVH) 1:51.64; 5, P. Lewis (S&E) 1:53.25; 6, M. Kirk (B'mena) 1:53.73; 7, J. Wilkinson (B'htth) 1:54.11; 8, N. Brooks (B'htth) 1:56.75. Ht 2: 1, P. Elliott (Roth) 1:50.97; 2, J. Goodacre (Notts) 1:51.10; 3, K. Thompson (Anna) 1:53.15; 4, S. O'Neill (B'mena) 1:53.61; 5, K. Rodgers (Roth) 1:54.38; 6, M. Clark (Craw) 1:55.11; 7, J. Blackledge (B'burn) 1:56.90; 8, A. Rajan (Dunc) 2:00.74.

Final, Mon: 1, HARRISON 1:48.35; 2, GOODACRE 1:48.89; 3, ELLIOTT 1:49.19; 4, Weedon 1:50.41; 5, Brown 1:50.42; 6, Lewis 1:50.60; 7, Larder 1:51.52; 8, Thompson 1:53.73.

1500 METRES

(Heats, Sun: 1st and 10 fastest losers to final)

Ht 1: 1, F. Clement (Bella) 3:46.63; 2, M. Downes (Cann) 3:46.95; 3, S. Martin (Lough S)

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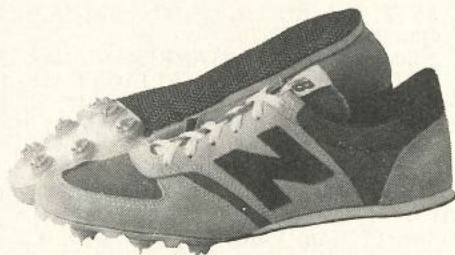
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3:47.98; 4, K. Rothwell (Stret) 3:48.41; 5, T. Redman (Lough S) 3:48.79; 6, N. Leach (Charn) 3:48.81; 7, S. Anders (St. H) 3:49.04; 8, P. McGrath (Bel. O) 3:51.01; 9, G. Staines (Ver) 3:54.88; 10, K. Newton (Sun) 4:00.67. **Ht 2:** 1, S. Ovet (Phoe) 3:45.1; 2, A. Blackwell (W&B) 3:46.1; 3, J. Buckner (Lough S) 3:47.6; 4, A. Salter (Bir) 3:47.9; 5, N. Dorey (Newb) 3:49.0; 6, J. Doherty (Leeds) 3:50.6; 7, D. Swain (E&E) 3:50.9; 8, M. Wilson (Ex. B) 3:53.6; 9, S. Lowe (Shaft) 4:00.4.

Final, Mon. 1, OVETT 3:42.80; 2, CLEMENT 3:44.10; 3, BUCKNER 3:44.22; 4, Salter 3:44.33; 5, Downes 3:46.18; 6, Martin 3:46.37; 7, Dorey 3:46.48; 8, Rothwell 3:46.53; 9, Leach 3:49.78; 10, Anders 3:52.20; 11, Blackwell 3:53.11; 12, Redman 3:56.29.

(Blackwell and Redman fell on first lap).

5000 METRES

(Sun): 1, D. CLARKE (HW) 13:36.13; (NI a-c rec); 2, S. BINNS (Bing) 13:42.28; 3, S. EMSON (Tip) 13:57.94; 4, M. Prince (CoH) 13:58.40; 5, R. Callan (Leic) 14:02.30 (fell); 6, D. Murphy (Liv) 14:03.57; 7, P. Banning (And) 14:08.18; 8, C. Brown (Cov) 14:27.62; 9, Gerry Hannon (Unatt) 14:39.55; 10, Greg Hannon (Dunc) 14:44.53; 11, G. Smith (Sun) 14:56.36; 12, D. Cowles (West) 15:05.31.

10,000 METRES

(Mon): 1, D. BLACK (Tam) 29:09.09; 2, G.

HARVEY (Staffs M) 29:14.21; 3, R. SPENCE (Shett) 29:15.50; 4, D. Fowles (Car) 29:17.23; 5, R. Westwood (Tip) 29:20.04; 6, M. Prince (CoH) 29:24.99; 7, J. McLaughlin (Dunc) 29:41.17; 8, J. Robertshaw (Newp) 29:42.30; 9, P. Baker (Spark) 29:50.11; 10, J. Dingwall (FVH) 29:55.92; 11, A. Holden (Tip) 30:09.67; 12, D. Frame (Law) 30:13.17; 13, P. Barry (Swin) 30:25.67; 14, R. Coles (B'ht) 30:45.75.

3000 METRES STEEPLECHASE

(Mon): 1, K. CAPPER (L&M) 8:43.99; 2, T. FIELDSEND (Sheff) 8:46.15; 3, P. BETTRIDGE (Hav) 8:46.73; 4, R. McKim (TVH) 9:01.96; 5, P. Barratt (E&S) 9:09.70; 6, I. Atkins (Worc) 9:13.87; 7, R. Shorrocks (B'burn) 9:22.69; 8, — 9:27.24.

110 METRES HURDLES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: (—2.0m) 1, P. Barthropp (E&E) 15.26; 2, G. Myles (W&B) 15.27; 3, A. Sumner (EAC) 15.35; 4, G. MacDonald (Bolt) 15.48; 5, H. Moscrop (B&H) 15.67. **Ht 2:** (—2.5m) 1, K. Moore (W&B) 15.35; 2, C. Boreham (B'mena) 15.49; 3, I. Willoughby (Bris) 15.79; 4, A. Drysdale (Spark) 15.95; 5, C. Marshall (Holb) 16.52; 6, W. McCarron (Anna) 18.57.

Final, Sun: (—2.0m) 1, MOORE 15.02; 2, BARTHROPP 15.08; 3, MYLES 15.08; 4, Sumner 15.15; 5, MacDonald 15.19; 6, Boreham 15.22; 7, Moscrop 15.77; 8, Willoughby 16.07.

400 METRES HURDLES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: 1, W. Hartley (Liv) 52.93; 2, H. Moscrop (B&H) 53.17; 3, S. Sole (Sheff) 53.80; 4, K. Lidlow (Hav) 53.90; 5, I. Willoughby (Bris) 54.60; 6, L. Mulholland (Lis) 56.56. **Ht 2:** 1, M. Robertson (Yeo) 53.31; 2, Carrington 53.34; 3, D. Fishwick (Car) 53.38; 4, P. Beattie (Shorts) 53.51; 5, R. Tolson (TVH) 54.14; 6, D. Anderson (NIAA) 55.41.

Final, Mon: 1, HARTLEY 51.58 (NI a-c rec); 2, SOLE 52.33; 3, MOSCROP 52.41; 4, Carrington 52.45; 5, Beattie 52.62; 6, Fishwick 52.68; 7, Lidlow 52.81; 8, Robertson 55.48.

HIGH JUMP

(Sun): 1, B. BURGESS (EAC) 2.15; 2, O. CHAM (HHH) 2.10; 3, F. MANDERSON (AF&D) 2.10; 4, D. Costello (Norf) 2.05; 5, R. Charles (QPH) 2.05; 6, R. Atun (W. Gn) 2.05; 7, A. McIver (Car) 2.05; 8, D. Watson (Tip) 2.05; 9, R. Willsmer (Houn) 2.00; 10, G. Griffin (Anna) 2.00; 11, P. McKinney (Anna) 1.95; 12, L. Houghton (HHH) 1.95; 13, F. Redley (Spark) 1.95.

POLE VAULT

(Sun): 1, G. EGGLETON (Har) 4.80; 2, M. BULL (W&B) 4.80; 3, W. DAVEY (Sy) 4.40. (K. Stock no ht at 5.00; W. McCarron no ht at 4.20).



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LONG JUMP

(Sun): 1, C. RATTIGAN (Lon) 7.49w; 2, D. WILLIAMS (Bel) 7.22; 3, J. KING (Med) 7.18; 4, S. Pegler (Sale) 6.99; 5, C. West (E&E) 6.79.

TRIPLE JUMP

(Mon): 1, G. GALLAGHER (Ell) 15.46 (NI a-c rec); 2, J. ALLISON (SLH) 15.11; 3, S. METCALFE (Leeds) 15.03; 4, A. Lees (TVH) 14.88; 5, S. Anderson (WS&E) 14.77; 6, I. Timbers (AF&D) 14.39; 7, M. McDonald (SLH) 14.11; 8, Williams 14.10.

SHOT

(Mon): 1, S. RODHOUSE (S&E) 17.73; 2, I. LINDLEY (W&B) 17.58; 3, M. ATKINSON (Anna) 15.13; 4, J. Reynolds (Anna) 15.02.

DISCUS

(Sun): 1, P. GORDON (Met. P) 52.06; 2, P. MARDLE (Lough S) 50.86; 3, C. SUTHERLAND (W&B) 50.32; 4, N. Woolcott (Ver) 48.58; 5, G. Savory (AF&D) 44.40.

WOMEN**100 METRES**

Final, Sun: (—2.6m) 1, L. MACDONALD (Pit) 12.20; 2, P. BAKER (Lough S) 12.38; 3, D. WARNER (Rad) 12.46; 3, K. Jeffrey (Cen. R) 12.75; 5, K. Rist (Rad) 12.77; 6, C. Rushforth (Furn) 12.79; 7, R. Gaynor (Tailte) 12.85; 8, C. Smart (Car) 13.24.

200 METRES

Final, Mon: (—1.9m) 1, MACDONALD 23.97; 2, V. ELDER (Hav) 24.21; 3, WARNER 24.42; 4, Jeffrey 24.66; 5, Gaynor 25.59; 6, Smart 25.96; 7, A. Calderwood (Shorts) 26.11; 8, G. Fletcher (Furn) 26.24.

400 METRES

(Heats, Sun: 1st and six fastest losers to final)
Ht 1: 1, M. Scutt (Sale) 53.40 (eq NI a-c rec); 2, L. Forsyth (W&B) 54.41; 3, R. Chettleburgh (Hav) 56.46; 4, C. Pendleton (B&F) 57.74; 5, C. Fernley (Bris) 58.17. Ht 2: 1, J. Hoyte-Smith (DHTC) 52.86; (NI a-c rec); 2, C. Whitehurst (CoH) 55.85; 3, K. Baker (Cov) 55.92; 4, F. Weston (Tam) 58.11.

HAMMER

(Mon): 1, M. GIRVAN (Anna) 69.50 (NI National rec); 2, R. JAMES (WLHS) 64.58; 3, I. CHIPCHASE (NSP) 61.74; 4, D. Smith (Hull S) 60.76; 5, M. Fenton (Ips) 59.68; 6, M. Jones (WLHS) 57.74; 7, A. Kenneally (WLHS) 56.24.

JAVELIN

(Mon): 1, D. OTTLEY (Thur) 82.84; 2, R. BRADSTOCK (Enf) 75.56; 3, R. HOOPER (Exe) 69.66; 4, K. Beard (Worth) 61.76; 5, G. Watson 58.60; 6, Boreham 54.14; 7, McCarron 53.76; 8, F. McCrystal (B'mena) 51.52.

10,000 METRES WALK

(Sun): 1, S. BARRY (Car) 42:32.43 (CBP & NI a-c rec); 2, R. MILLS (Ilf) 43:46.16; 3, G. VALE (Sy) 43:52.52; 4, A. James (Enf) 44:52.88; 5, C. Lawton (Bel) 45:31.70; 6, M. Greasley (Sheff) 45:32.75; 7, R. Hankin (Sheff) 45:44.08; 8, P. Vesty (Leic) 46:15.58; 9, D. Stevens (Sheff) 46:19.98; 10, M. Holmes (Bing) 46:44.06; 11, A. Trigg (Leic) 47:36.05; 12, — 47:37.03; 13, M. Smith (Cov) 48:24.41; 14, S. Phillips 48:44.32; 15, J. Sharp (Bris) 54:34.77.

Final, Mon: 1, HOYTE-SMITH 52.33 (NI a-c rec); 2, SCUTT 52.34; 3, FORSYTH 53.47; 4, Baker 54.76; 5, Chettleburgh 55.13; 6, Whitehurst 55.15; 7, Weston 56.57; 8, Pendleton 59.19.

800 METRES

Final, Mon: 1, G. DAINITY (Bir) 2:08.12; 2, K. FORD (Pit) 2:08.71; 3, L. BAKER (Cov) 2:08.86; 4, C. Lightfoot (Shett) 2:09.26; 5, S. Alt (Ox. C) 2:11.00; 6, N. Salisbury (Bir) 2:17.70.

1500 METRES

Final, Sun: 1, DAINITY 4:21.39; 2, K. HUGHES (Thur) 4:22.25; 3, S. ARTHURTON (Leeds) 4:23.70; 4, L. MacDougall (Glas) 4:23.75; 5, J. Laughton (Der) 4:26.77; 6, S. Harvey (LOAC) 4:27.32; 7, A. Alford (S&NH) 4:29.46; 8, P. Barr (Sparta) 4:42.09; 9, U. Barry (Bel. O) 4:53.79.

3000 METRES

Final, Mon: 1, R. SMEETH (AF&D) 9:00.36; 2, J. FURNISS (Sheff) 9:03.14; 3, H. HOLLICK (Sale) 9:05.03; 4, C. Fairbrass (Read) 9:29.47; 5, F. McQueen (Glas) 9:33.06; 6, S. Simpkin (Sale) 9:58.90; 7, L. King (B'stoke) 10:04.79; 8, B.

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Steve Green (8) pulls up with cramp in the groin in the final of the 100m, leaving Cameron Sharp (1) to pick up the spoils. David Harding (9) finished seventh.

Tony Duffy

Murray (Glas) 10:09.02; 9, A. McClung (B'mena) 10:27.95; 10, C. Boyce (Bel. O) 10:41.14.

100 METRES HURDLES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: (—3.0m) 1, J. Duffield (Enf) 14.87; 2, J. Rogers (Tailte) 15.11; 3, W. Laing (Liv) 15.20; 4, S. Owen (Newp) 15.22; 5, E. Little (Bir) 15.48. **Ht 2:** (—2.1m) 1, M. Laing (Liv) 14.31; 2, E. McMaster (ESH) 14.31; 3, D. Greenidge (Unatt) 14.61; 4, K. Millerchip (Bir) 14.86.

Final, Sun: (—3.8m) 1, M. LAING 14.20; 2, McMASTER 14.43; 3, DUFFIELD 14.59; 4, Greenidge 14.78; 5, Rogers 15.01; 6, Owen 15.07; 7, W. Laing 15.21; 8, Millerchip 15.25.

400 METRES HURDLES

(Heats, Sun: 1st and six fastest losers to final)

Ht 1: 1, K. Tuffnell (C&C) 60.30 (NI a-c rec); 2, M. Southerden (Wyc) 60.85; 3, V. LeMoignan (S&E) 61.38; 4, H. Gourlay (S'wood) 61.58; 5, H. Selway (Exe) 62.06; 6, S. Coulson (Brack) 62.68; 7, R. Atkinson (Tailte) 64.55. **Ht 2:** 1, S. Morley (Hick) 59.86 (NI a-c rec); 2, W. Griffiths (Ilf) 59.90; 3, M. Chambers (Bel) 60.31; 4, C. Hogg (Pit) 61.31; 5, J. Lindsey (S&NH) 62.18.

Final, Mon: 1, GRIFFITHS 58.51 (NI a-c rec); 2, MORLEY 59.74; 3, SOUTHERDEN 60.17; 4, Le Moignan 60.37; 5, Hogg 60.87; 6, Gourley 61.43; 7, Tuffnell 61.65; 8, Chambers 63.27.

HIGH JUMP

(Mon): 1, L. MILLER (Chelm) 1.89 (NI a-c rec); 2, A-M. CORDING (Bed) 1.86; 3, S. McPEAKE (B'mena) 1.83 (NI National rec); 4, E. Hickey (Rad) 1.75; 5, J. Crouchley (Bir) 1.75; 6, J. Gilchrist (Pit) 1.75; 7, W. Phillips (Bel) 1.75; 8, J. Hilliard (Ver) 1.70.

LONG JUMP

(Sun): 1, S. GREEN (Harl) 6.17w; 2, K. GLEN (AF&D) 6.08w; 3, B. KINCH (Ips) 6.02; 4, C. Earlington (Houn) 5.99; 5, J. Edwards (Bris) 5.90; 6, L. Pears (NSP) 5.85; 7, S. Hay (ESH) 5.83.

More action photos from Antrim on pages 52 & 53

SHOT

(Sun): 1, V. HEAD (Bris) 17.62 (UK National rec & NI a-c rec); 2, C. DYER (AF&D) 14.03; 3, H. CLARKE (Chelm) 13.16; 4, Owen 12.76; 5, J. Williams (Cann) 12.21.

DISCUS

(Mon): 1, HEAD 45.20; 2, J. McKERNAN (Uls) 37.18; 3, L. HANNA (B'mena) 33.14; 4, D. Quigley (B'mena) 30.88.

JAVELIN

(Sun): 1, F. WHITBREAD (Thur) 56.10 (NI a-c rec); 2, J. ZASLONA (Bir) 51.16; 3, J. WILLIAMS 50.74; 4, J. Rose (Sel) 47.40; 5, J. Harding 41.82; 6, A. Lockton (EAC) 37.68.

5000 METRES WALK

(Mon): 1, C. TYSON (Lake) 24:09.89; 2, L. MILLAN (Lake) 24:32.09; 3, E. COX (S&SH) 25:18.98; 4, G. Edgar (Lake) 25:37.60; 5, B. Lupton (Sheff) 25:53.82; 6, S. Brown (Stey) 26:00.42; 7, J. Wilkinson (Lake) 28:01.02; 8, J. Cork (S'end) 29:01.21; 9, D. Wood (Sheff) 29:21.53; 10, S. Hughes (Lake) 31:00.98.

Steve Ovett: Why I Ran

DESPITE A HUGE number of major problems, the fifth edition of the UK Championships went ahead as planned at the Antrim Forum. During the build-up to the meeting, the national press focussed the spotlight of attention on the Province's political problems and highlighted the large number of withdrawals from the programme. Yet one would have thought that the front pages of their respective journals would have sufficiently informed readers of the civil unrest in Northern Ireland and that they as sports correspondents would have endeavoured to keep politics well clear of athletics.

The announcement that Steve Ovett would be contesting the 1500m title was made by David Shaw at lunchtime on Sunday, he himself having not been informed of Ovett's decision to compete until 1.15 that afternoon, and the Board's General Secretary made no attempt to disguise his obvious discontent at the way the matter had been handled. The following day, after winning the 1500m, Steve gave a rare press conference.

Why did you decide to contest the championships? "There will be those who think I am here for personal gain (money) or that some shady deal has been agreed but I'm here primarily because I need the race and to help the organisers. I feel I will benefit more from competing in the championships rather than an open meeting in Worthing".

What about David Shaw's outburst? "Athletics has been for a long time now an entertainment sport. I felt my presence would be beneficial to the meeting. I contacted the local organiser, Les Jones, who gave me permission to compete. I've never let anyone down (certainly not in Northern Ireland) and if I have caused some inconvenience by not going through the proper channels, I'm sorry."

Is there a rift between yourself and the Board Secretary? "I think before you can have a rift, there has to be communication. The last time David Shaw phoned me was over two years ago and apart from an occasional hello, we rarely speak. The last time I had a conversation with David was when the Board tried to ban me after competing in Nijmegen."

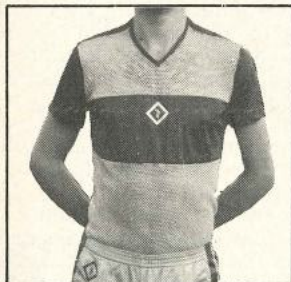
Were you happy with your recent road form? "I feel very strong. I could run a very good 5000m but I have no immediate plans to do so. I leave decisions concerning competition to virtually the last minute. My decision to compete in the championships wasn't a premeditated one; that's how I missed my flight!"

The decision to go ahead with the championships in Northern Ireland provided local sport with a much needed lifeline. Long after the tantrums in Antrim are forgotten, the gesture by all the athletes and officials who recognised the need to come to the Province will be remembered.

Brian Rowan

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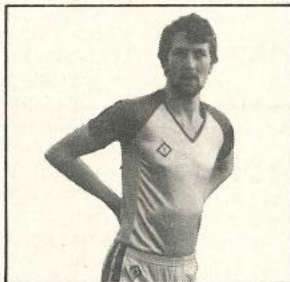


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PEOPLES MARATHON A HUGE SUCCESS

THERE WERE 1,858 official starters for the Nike Peoples Marathon, at Chelmsley Wood, Solihull, on May 10th... and some 1,900 finishers! As in London the restriction on entries led to an influx of unofficial runners, and the total of 1,726 official finishers was augmented as a result. The huge field, more than three times the size of last year's venture, contrasted vividly with the sparse turn-out for the AAA/WAAA Marathon at nearby Rugby the same day.

The event, efficiently and enthusiastically organised by Centurion Joggers with John Walker as race director, was an even greater success than last year's inaugural promotion. Apart from there being many more runners, the percentage of finishers was incredibly high considering the large number of first-time marathoners: 97.9% of the 1,722 official male starters completed the course (the 1980 figure was 85%) and 81% of the 136 women (72% in 1980). The standard, too, was much higher — although it should be noted that whereas anyone who had run faster than 2:50 in the year preceding was barred from last year's event, the time limit was eased to 2:40 this time.

Conditions were more favourable too — merely torrential rain instead of the heat and gale-force winds of 1980! — and this was reflected in the times. Last year's winner in 2:40:44, Graham Patton, ran only 2¼ min slower this time... and wound up 46th. In a thrilling finish, Noel Gray of the local Solihull & Small Heath club — who had led practically all the way — was pipped by Salford's David Brown in the highly commendable time of 2:28:03. Last year 27 athletes dipped under 3 hours; this time the figure was 245 men and one woman, the latter being Elizabeth Pfeiffer (Middlesex Ladies), who finished 206th overall in a fast 2:57:54, 37 sec faster than her marathon debut in London six weeks earlier. Fellow-vet Sammy Green was second lady home (nearly 29 min quicker than last year when fourth) and Ann Kirkham — wife of international marathoner Colin — clocked 3:03:34 for third place in her initial marathon.

The difference a year can make in the life of an athlete was shown in the official results print-out which listed athletes' times in the 1980 Peoples Marathon where applicable. Paul Stack progressed from 3:07:14 to 2:36:39 and Christopher Holmes from 3:19:39 to 2:38:27, while John Davenport (first veteran home) made an incredible leap forward from 3:41:36 to 2:38:40, as did Jeffrey Aston from 4:21:34 to 2:53:35!

The organisation was superb, eliciting many tributes from participants (a couple were printed in last week's issue). John Walker and his band of helpers never lost sight of the fact that they are there to serve the athletes, and they deserve full marks for their exhausting efforts. The only flaw in the system occurred at the finish where runners had to be confined to pens while being recorded, but no doubt this will be resolved for next year's race which, it is hoped, will start and finish under cover at Birmingham's National Exhibition Centre. There are already 2000 runners, whose entries had to be rejected this year, on the list.

The event, held in aid of The International Year For Disabled People, attracted six wheelchair participants, three of whom completed the full distance, and overall some £70,000 was raised — a marvellous example of what can be achieved for the general good by a caringly organised athletic event.

John Walker informs us that, because of unofficial runners, about 50 official finishers failed to receive a medal. These will be sent out shortly, but if any genuine finisher doesn't receive one in the next couple of weeks they should notify him. He should also be contacted by any participant who might have received a wrong-sized or unprinted vest and would like that rectified (returning the vest received); and would welcome the return of sponsor forms with cheques etc. payable to Peoples Marathon/International Year for Disabled People (or PM/IYDP for short). His address: 111 Cooks Lane, Kingshurst, Birmingham B37 6NU.

Mel Watman

1, David Brown (Salford) 2:28:03
2, Noel Gray (Solihull & S. Hth) 2:28:07
3, Jim Jones (Wrexham) 2:29:03
4, M. Smith 2:29:18; 5, S. Kendall (Dudley LC) 2:30:31; 6, M. Lyne 2:32:49; 7, C. Cooksey 2:32:59; 8, E. Acton (Les Croupiers) 2:33:43; 9, C. Elson 2:34:00; 10, P. Farrell (Inv) 2:34:01; 11, J. Rowe (Soli) 2:34:04; 12, J. Wilkins (Soli) 2:34:34; 13, K. Stebbings (Kalamazoo) 2:35:25; 14, J. Fisher (Staffs M) 2:35:32; 15, G. Kerr (A'deen) 2:35:39; 16, K. West (W&B) 2:36:07;

17, P. Stack (Warw Un) 2:36:39; 18, R. Dalby (Harro) 2:36:47; 19, D. Tierney (Spark) 2:36:54; 20, J. Roger (Read) 2:38:12; 21, G. Youngs (Read) 2:38:20; 22, C. Holmes (Burnham J) 2:38:27; 23, W. Strickland 2:38:30; 24, A. Hardy (Burnham J) 2:38:37; 25, J. Davenport (V) 2:38:40; 26, J. Boyle 2:38:58; 27, J. Mould (Bris Un) 2:39:01; 28, M. Simms (Soli) 2:39:17; 29, G. Burns (Alt-V) 2:39:44; 30, B. Elliott (Barnsley RR) 2:40:07; 31, M. Langrish (Cov G-V) 2:40:30; 32, M. Cadman (Spark) 2:40:49; 33, W. Groom (Knowle J) 2:40:52; 34, D. Rosen (Shaft) 2:40:55; 35, M. Capewell (Mid Vets-V) 2:41:24; 36, P. Greenwood (Inv) 2:41:30; 37, I. Spiers (S'end-U/21) 2:41:37; 38, J. Hassall (W&B) 2:42:02; 39, M. Casse (Hill-V) 2:42:11; 40, D. Walton (Alt) 2:42:15; 41, R. Devitt (Shaft) 2:42:20; 42, P. Sutcliffe (Telf) 2:42:23; 43, D. Chalfen (Shaft-U/21) 2:42:27; 44, R. Burt (Shrew) 2:42:52; 45, D. Moore (Frod) 2:42:55; 46, G. Patton (Massey F) 2:42:59; 47, H. Artiss (Ver) 2:43:00; 48, J. Cleator (Newb-V) 2:43:04; 49, M. Hector 2:43:09; 50, C. Finney (Chesterfield) 2:43:29;

51, P. Rogers (Bahrain HHH-V) 2:43:35; 52, H. Quigley (Soli) 2:43:47; 53, M. Hall (Massey F) 2:43:48; 54, W. Sichel 2:43:49; 55, S. Balmer (Wirr) 2:43:54; 56, P. Toms 2:44:15; 57, M. Fraser (Ferranti) 2:44:20; 58, D. Mahoney 2:44:26; 59, J. Thornes 2:44:33; 60, J. Crouch (N'ton Ph) 2:44:34; 61, R. Sparkes (Glouc) 2:44:40; 62, M. Jeffries (Newp-V) 2:44:59; 63, S. Kemp (Aston Un-U/21) 2:45:07; 64, S. Fletcher (Stoke) 2:45:12; 65, M. Simpson (Rock-V) 2:45:38; 66, D. Pitt 2:45:39; 67, N. Holland (Aston Un-U/21) 2:45:40; 68, K. Woodhouse (Warr) 2:45:43; 69, J. Batho (Havant-U/21) 2:45:47; 70, B. Fox (Swansea) 2:45:53; 71, P. Wakefield (Leeds C) 2:45:53; 72, N. Harney (Swinton Jog-Fit) 2:46:01; 73, G. Grew 2:46:10; 74, P. Aldridge 2:46:21; 75, A. Lewsley 2:46:30; 76, A. Stedman (Biggles) 2:46:34; 77, E. Labhart (Aston WP) 2:46:40; 78, N. Thurston (Here-V) 2:46:51; 79, D. Brearley (B&R) 2:46:54; 80, J. Edmonds 2:47:22; 81, J. Queenan (B&R-V) 2:47:38; 82, S. Worrall (S&NH) 2:47:40; 83, W. Hill (E&E) 2:47:45; 84, I. Brierly (Saddle-V) 2:47:47; 85, B. Robinson (Swinton JF-V)



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Late nights Tuesday and Thursday until 9 pm

2:47:48; 86, P. Parker (RSC) 2:47:52; 87, A. Freer 2:47:52; 88, K. Whicheloe (B'ht) 2:47:55; 89, E. Williams (Shrew-V) 2:48:07; 90, J. Winters (B'pool-V) 2:48:12; 91, W. Griffiths (Here) 2:48:22; 92, C. Groom (Soli) 2:48:34; 93, B. Gallagher (Shaft) 2:48:37; 94, D. McCormack (Fleet & C) 2:48:39; 95, P. Barrington-King (B'ht) 2:48:40; 96, R. Muhl (High) 2:48:45; 97, M. Hobbs (Linc W-C) 2:48:51; 98, S. Redmayne 2:48:53; 99, J. Cooney (Ferranti-V) 2:48:58; 100, B. Iddon 2:48:59;

101, R. Hughes (Deeping Vets-V) 2:49:02; 102, M. McDonald (Wigan-V) 2:49:09; 103, B. Clifton (Tip) 2:49:10; 104, T. Burbridge (Ver) 2:49:13; 105, J. Moore (S&E-V) 2:49:24; 106, B. Roger (RSC-V) 2:49:25; 107, M. Titcomb 2:49:29; 108, R. Slade (TVH-V) 2:50:07; 109, G. Lawrence 2:50:14; 110, J. Cooper (Staffs Pol) 2:50:16; 111, A. Clarke (Thet-V) 2:50:18; 112, D. Stokes (Nun) 2:50:24; 113, R. Jordan 2:50:30; 114, I. Robotham (Birch) 2:50:34; 115, R. Carey (Cov G-V) 2:50:56; 116, B. Mist (Bolt) 2:50:58; 117, R. Hutchinson (Barnet C-V) 2:50:59; 118, A. Lowe 2:51:13; 119, A. Clephane (V) 2:51:16; 120, M. Bevan 2:51:24; 121, D. Gray (Midd & C) 2:51:28; 122, J. Rowley (Wolanbil) 2:51:31; 123, W. Ulett (Trow) 2:51:40; 124, M. Clenaghan (RSC-U/21) 2:51:43; 125, T. Miles (Wrex-V) 2:51:45; 126, M. Tilley (St Edmunds-V) 2:51:46; 127, W. McGee 2:51:48; 128, B. Kilty (Oswestry) 2:51:48; 129, R. Robinson 2:51:58; 130, G. Griffiths 2:52:07; 131, J. Smith (GEC Whet-O/50) 2:52:09; 132, A. Michell (Camb H-O/50) 2:52:27; 133, D. Todd (Stret) 2:52:44; 134, D. Powell (Trow) 2:52:53; 135, M. Milnes 2:52:56; 136, G. Williams (Chelt) 2:53:09; 137, A. Gardner (Gates) 2:53:10; 138, A. Fishburn (Chesterf) 2:53:11; 139, F. Chidlow (Staff) 2:53:11; 140, C. Simpson (Soli-O/50) 2:53:13; 141, R. Simpson 2:53:18; 142, M. Speake (Bildeston) 2:53:26; 143, T. Kille (Fife) 2:53:29; 144, J. Aston (Les Croupiers) 2:53:35; 145, J. Hughes (Mid Vets-V) 2:53:38; 146, R. Webb (W. Mercia Pol) 2:53:47; 147, A. Taylor (Shrew) 2:53:55; 148, C. Gamble (Cov G) 2:53:59; 149, D. Beer (Soli) 2:54:07; 150, D. Woodward (Swindon-V) 2:54:09.

Women

1, Elizabeth Pfeiffer (Middx L-V) 2:57:54
2, Sammy Green (Burnham Joggers-V) . . . 3:03:08
3, Ann Kirkham (Coventry G) 3:03:34
4, M. Wits (Ex. L) 3:06:27; 5, M. Thoms 3:06:32; 6, P. Hudson (Rock) 3:06:49; 7, J. Standerwick (Porton Camp) 3:07:52; 8, D. Fellows (Cann) 3:09:16; 9, E. Adams (Sutton-in-Ash) 3:09:31; 10, P. Shore (LDWA) 3:11:47; 11, B. Smith (B&R) 3:13:46; 12, B. Cook (Staff) 3:15:06; 13, L. Willden 3:15:48; 14, G. Shields (Oct) 3:17:29; 15, R. Paul (Hermes) 3:20:20.

Mamede (27:27.7) in form for Golden 5000 metres

FERNANDO MAMEDE (29) of Portugal, who made a distinguished start to the year by placing a close third behind Craig Virgin and Mohamed Kedir in the World CC Championship and who ran 5000m in 13:19.2 in April after setting a fearsome pace which took him through kilometres of 2:33.0, 5:11.7, 7:55.6 and 10:40.0, has succeeded Dave Bedford and Brendan Foster as European 10,000m record holder. In Lisbon last Saturday he clocked the second fastest time in history — 27:27.7 — after reaching halfway in 13:43.0 and thanks to a spirited 57 sec solo last lap. Behind him, Portuguese colleagues Carlos Lopes, Rafael Marques and Jose Sena were timed in 27:47.8, 28:02.2 and 28:02.8. Mamede boasts an imposing range of best times: 48.2 for 400 (he ran in the 1972 Olympic 4x400) 1:47.5 for 800 (in a heat at the 1974 European), 3:37.98 for 1500 (in a heat at the 1976 Olympics), 7:45.88 for 3000, 13:17.76 for 5000. He graduated to 10,000 in 1975 (29:45.2) and improved subsequently to 29:10.2 (1977), 28:36.9 (1978), 28:16.4 (1979), 27:37.88 (1980) and 27:27.7 (1981). He could be the man to beat in the IAAF Citizen Golden 5,000m at Gateshead on Sunday (June 7th) which, despite the regretted absence of Miruts Yifter, promises to be a cracking race. If the conditions are good, says Mamede, Emiel Puttemans' European record of 13:13.0 could be broken.

The line-up, in order of best times, includes: **Emiel Puttemans (Bel)** 13:13.0, European and former world record holder; **Bill McChesney (USA)** 13:15.77, 1981 world leader; **Mohamed Kedir (Eth)** 13:17.5, Olympic 10,000 bronze medallist & 2nd 1981 World CC; **Bronislaw Malinowski (Pol)** 13:17.69, Olympic steeplechase champion; **Fernando Mamede (Por)** 13:17.76, European 10,000 record holder & 3rd 1981 World CC; **Nat Muir (UK)** 13:17.9, Scottish record holder & 3rd fastest ever Briton; **Craig Virgin (USA)** 13:19.62, World CC champion 1980 & 1981; **Francis Gonzalez (Fra)** 13:20.24; **Nick Rose (UK)** 13:20.35; **Wilson Waigwa (Ken)** 13:20.37; **Venanzio Ortis (Ita)** 13:20.82, 1978 European champion (if selected by Italy); **Barry Smith (UK)** 13:24.7; **Geoff Smith (UK)** 13:26.1; **Dave Moorcroft (UK)** 13:29.1, 1978 Commonwealth 1500 champion; **Berhanu Girma (Eth)** 13:33.6; **Tolossa Kotu (Eth)** 13:35.2, 4th Olympic 10,000.

The competition voucher was inadvertently left off the photo caption contest in last week's issue. All entries accepted, but only one attempt per reader please.

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Results In Brief

March 14th

Open Meeting, at Iffley Road. 400: K. Blackburn (Shaft) 48.8. 400H: 1, M. Robertson (Yeo) 55.4; 2, A. Greaves (Lut) 56.2. **(Women):** 200: L. Keough (B'stokes) 25.1. 800: S. Parker (Camb. U) 2:13.9. 3000: K. Brighton (Hunt) 10:21.8.

April 25th

Inter-Club Match, at Iffley Road. Further results: HJ: 1, G. Robertson (RAF) 2.00; 2, L. Thompson (Har) 1.95. **(Women):** 100: P. Baker (Lough) 12.1. 400: K. McDermott (Lough) 57.3. 100H: 1, S. Dalgoutte (Lough) 15.1; 2, Baker 15.1. DT: J. Hope (Lough) 34.04. Teams: 1, Loughborough 106; 2, WRAF 77; 3, Oxford Univ. 37.

April 29th

Inter-Varsity Match, at Iffley Road. 110H: D. Knowles (Read) 15.8. TJ: P. Moon (Bris) 13.94. HT: V. Miihkinen (Ox) 43.92. Teams: 1, Oxford 250; 2, Bristol 170; 3, E. Anglia 98; 4, Reading 83; 5, Sussex 71. **(Guests):** DT/HT: J. Tucker (Ox. C) 43.38/43.34. **(Women):** 800/SP: M. Marriott (Ox. C) 2:13.6/11.57.

May 2nd

North Wales AAA 10 mile road race, at

Wrexham. 1, D. Lindesay (Wirr) 50:25; 2, L. Carroll (Wirr-V) 50:54; 3, G. Richards (Wirr) 51:03; 4, D. Williams (Pem) 51:15; 5, G. Nixon (Wrex) 51:17; 6, J. Jones (Wrex) 51:40; 7, D. Crague (Pem) 51:47; 8, S. Hope (C&N-V) 51:48; 9, N. Holliday (Warr) 51:50; 10, J. Davies (Newc) 52:22; 11, J. Cooper (Wirr) 52:29; 12, A. Taylor (C&N) 52:40. Teams: 1, Wirral 6; 2, Pembroke 25; 3, Wrexham 27. **(Women):** G. Jones (Wrex) 83:55.

May 3rd

Newark '6' at Newark. 1, M. Prince (CoH) 27:45; 2, S. Shallcross (CoH) 28:03; 3, M. Puddifoot (TVH) 28:06; 4, G. Dugdale (TVH) 28:28; 5, C. Voden (CoH) 28:42; 6, M. Palmer (Notts) 28:43; 7, D. Pratt (Sheff) 28:49; 8, M. Turner (Liv-V) 28:52; 9, A. Robertson (S. in A) 29:04; 10, B. Williams (RAF) 29:06; 11, R. King (Leic) 29:10; 12, J. Craven (Rown-V) 29:13; 13, P. Upton (Notts) 29:15; 14, A. Watt (TVH) 29:19; 15, S. Dalglish (S. in A) 29:22; 16, D. Burdett (Unatt) 29:27; 17, R. Dennehy (Bed) 29:38; 18, D. Moore (Charn) 29:46; 19, G. Astell (Notts) 29:50; 20, P. Coyne (Bed) 29:53. Teams: 1, City of Hull 8; 2, Thames Valley 21; 3, Notts 38; 4, Sutton-in-Ashfield 50; 5, Charnwood 85; 6, Newark 114. **(Vets):** 1, Turner; 2, Craven; 3, J. Nettleton (Rown) 30:19; 4, J. Short (CoH) 30:34; 5, M. Prosser (Stam) 30:51; 6, R. Dimpleby (Lin. W) 31:11. **(Women):** 1, J. Beasley (BH&M) 12:10; 2, S. Cooper (S. in A) 12:27; 3, D. Mason



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11.30 am	U/11 Boys & Girls	1M
11.45 am	U/13 Girls & U/15 Jnr Ladies	1½M
12.15 pm	U/13 & U/15 Colts & Boys, and U/17 Inter Ladies.	2¼M
1.00 pm	Snr Men, Women & U/17 Youths.	4¼M

Entry Fees: Seniors 50p, 75p on day, Juniors 35p, 50p on day.

ENTRIES BY WEDNESDAY, 17th JUNE

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(S. in A) 12:31; 4, T. Huggins (Hunt) 12:36; 5, T. Ashmore (Sheff) 12:39; 6, T. Gill (BH&M) 12:45. Teams: 1, Sutton-in-Ashfield 13; 2, Berry Hill & M 22.

Coca-Cola Marathon, in Jersey. 1, L. Benjamin (Hill) 2:29:44; 2, C. Haynes (WYP) 2:31:28; 3, D. Goodwin (Thet) 2:39:16; 4, M. Perrio (Guern) 2:42:27; 5, D. Bendy (Leam) 2:43:22. (Vets): M. Stafford (Hill) 2:48:03. (Women's Half-Marathon): P. Randel (Guern) 1:43:36.

Alder Valley Women's YA League, at Windsor. (Inters): 800: E. Lyon (Wyc) 2:19.0. DT: J. Stanton (Brack) 36.92. (Juniors): 100: E. Robinson (WS&E) 12.7. DT: C. Parker (Brack) 28.28. Teams: 1, Reading 343; 2, Aldershot F&D 306; 3, Bracknell 235; 4, Windsor S&E 162½; 5, Guildford & G 120½; 6, Wycombe Ph. 117.

May 4th

Bream 6½ mile Road Race. 1, N. Wilson (TVH) 33:10; 2, M. McGeogh (Les C) 33:57; 3, P. Wood (Worc) 34:08; 4, N. Thomas (Glouc) 34:18; 5, D. Price (Glouc-J) 34:29; 6, B. Stanton (TVH) 34:47; 7, J. Mitchell (Glouc) 34:55; 8, A. Nolder (Durs) 35:12; 9, S. Webb (Bris) 35:14; 10, M. Daykin (Glouc) 35:16; 11, A. Daley (Glouc) 35:17; 12, K. Willis (Chelt) 35:23. (Vets): 1, D. Cooper (Worc) 35:42; 2, N. Thurston (Here) 38:38; 3, C. Evans (West) 41:48.

Inter-Club Trophy Meeting, at Southampton. SP: 1, P. Rees (B'mth) 15.80; 2, R. Kennedy (S&E) 14:51; 3, L. Wiltshire (Ports) 14:40; 4, S. Wilson (Fare) 13.92. (Women): 100/200: C. Dawkins (S&E) 12.2/24.9. 400: V. Lemoignan (S&E) 57.7. LJ: J. Smith (S&E) 5.55. SP: J. Garner (S&E) 11.35. 4×400: Southampton & E 3:59.3. Teams: 1, Southampton & E 131; 2, Fareham 100; 3, Bournemouth 88.

Gorman Construction Open Pentathlons, at Exeter. 1, H. Selway (Exe) 3351; 2, K. Brimicombe (Ply) 3160 (1.67); 3, E. Butters (Exe) 2865. (Inters): 1, L. Churchley (Exe) 2881 (16.0); 2, M. McKie (Exe) 2833.

May Day Road Races, at Chorley. 1, S. Kenyon (Bol) 29:23; 2, D. Singleton (Bol) 30:04; 3, P. Ravalid (Horw) 30:24; 4, P. Banks (B'burn) 30:33; 5, D. Blakeley (Man) 30:36; 6, B. Little (Bol) 30:37; 7, D. Cartridge (Bol) 30:51; 8, K. Vose (B'burn) 30:58; 9, P. Campbell (Bol) 31:03; 10, R. McAndrew (Wig) 31:05. Teams: 1, Bolton 9; 2, Blackburn 25. (Vets): C. Robinson (Roch) 32.37. Team: Bolton. (O/45): B. Bullen (Stret). (O/50): B. Crook (Roch). (Women): C. Harkin (Bol) 34:38.

Trowbridge May Day Road Races. Bowyers '10': 1, I. Ray (Salis) 48:25; 2, B. Knight (West) 49:20; 3, D. Francis (West) 49:41; 4, N. Gates (B&P) 49:50. Teams: 1, Westbury 32; 2, Salisbury 69; 3, Bath & P 92. (Vets): 1, J. O'Brien (Bridge) 51:57; 2, G. Blackburn (West) 52:15; 3, H. Clayton (Bris) 54:47. (O/50): R. Franklin

(TVH) 56:47. (Women): 1, C. Curthoys (B'mth); 2, L. Pfeiffer; 3, E. Bartlett (Ply). (Youths): 1, J. Phillips (B'mth) 11:36; 2, G. Laing 11:39; 3, K. Miles (West) 11:45; 4, T. Davis (Swin) 11:52. Teams: 1, Swindon 15; 2, Bournemouth 24. (Boys): 1, S. Male (Ox. C) 12:03; 2, S. Alford (West) 12:15; 3, A. Wheatley (F&C) 12:19; 4, G. Watts 12:23. Teams: 1, Oxford City 12; 2, Bristol 20. (Colts): G. Alford (Pres. S) 9:33. Team: Preston Sch. (Women): 1, C. Bradford (Cle) 13:09; 2, S. Smith (West) 14:27; 3, J. Manners (Cle-V) 14:36. Teams: 1, Clevedon; 2, Trowbridge. (Inters): 1, C. Bolt (Tiv) 14:08; 2, D. Howarth (B'mth) 14:17; 3, S. Goodwin (B'mth) 14:41; 4, N. Jackson (Swin) 14:46. Teams: 1, Bournemouth 12; 2, Swindon 20. (Juniors): 1, B. Davis (Swin) 9:51; 2, A. Brown (B'mth) 9:55; 3, K. Bishop (Chelt) 10:01; 4, A. Willis (And) 10:05. Teams: 1, Westbury 24; 2, Bournemouth 26. (Girls): E. Smith (Havant) 9:45. Team: Whitchurch SC. Traders Trophy 7M Walk: 1, J. Ball (S&E) 51:12; 2, D. Jones (Wey) 51:45; 3, S. Maidment (Stey). Teams: 1, Trowbridge 23; 2, Weymouth 24; 3, Southampton & E 31. (Vets): J. Turner (Trow) 55:28. (Women): 1, B. Lupton (Sheff) 59:29; 2, D. Birbeck (Worc) 60:09; 3, J. Farr (Trow-V) 60:44.

May 6th

Inter-Club Match, at Iffley Road. 3000SC: N. Brawn (Ox. U) 9:11.1. HJ: D. Parsons (Ox. C) 1.95. SP: R. Howman (Read) 13.19. DT: 1, N. Winchcombe (Read) 43.44; 2, Howman 42.92. HT: 1, Winchcombe 45.88; 2, V. Miihkinen (Ox. U) 45.10. Teams: 1, Oxford Univ. 174; 2, Oxford City 106; 3, Oxford Poly. 55; 4, Reading 52. (Women): 800: S. Alt (Ox. C) 2:12.3. 100H: M. Marriott (Ox. C) 15.2. HJ: B. Simmons (Ox. C) 1.70. Teams: 1, Oxford City 76; 2, Oxford Univ. 46. (Guests): TJ: M. Sellars (Ox. U) 14.25.

University of London Champs, at Motspur Park. 200: A. Bell 21.7. 400: N. Kitchen 47.9.

May 9th

United Hospitals Champs, at Motspur Park. 400: A. Bell 47.1.

University of East Anglia Trojans v Old Boys, at Norwich. 1, P. Tunnell (T) 33:39; 2, P. Butcher (OB) 34:25; 3, A. Cropper (T) 35:33; 4, J. Sprackland (T) 36:08; 5, A. Settle (OB) 36:44. Teams: 1, Trojans 14; 2, Old Boys 32.

Vets AC 9 miles, at Wimbledon. 1, L. O'Hara 51:44; 2, T. Ryan 53:13; 3, R. Parker 53:52; 4, R. Minns 54:40. (O/50): R. Franklin 56:40. (O/60): E. Flowers 61.20. (O/70): R. White 100:34.

Achilles Schools Relays, at Iffley Road. 4×200: Wellington 1:33.58. 4×400: 1, Abingdon 3:27.48; 2, Sherborne 3:28.3. 4×800: 1, Haberdashers 8:01.11; 2, Marlborough 8:13.47. (U/17): 4×200: 1, Wellington 1:36.61; 2, Clifton 1:36.91. (U/15): 4×100/200: Bedford Modern 49.1/1:43.45.

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U/18 4 Miles 1.30 p.m.

Open 6 Miles 2.30 p.m.

First 3 Individuals, First 3 Teams, First Vet.

Entries: U/18 30p, Open 40p, no Team fee (double fees on day) by 20th June to Roger Cressy, 45 Denham Lane, Chalfont St. Peter, Bucks. (SAE for reply).

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from Dursley Recreation Ground

Prizes: 1st 6 Individuals. Awards: 1st 3 teams (3 to score), 1st Vet O/40, 1st Vet O/50.

Entry Fee: 50p, no team fee.

Entries to: L. E. Cooper, The Old Golden Heart, Pittcourt, North Nibley, Dursley, Glos. (SAE for acknowledgement please).

ENTRIES CLOSE 15th JUNE, 1981

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

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SAT., 1st AUGUST, 1981

Start 10.30 a.m.

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CLOSING DATE 4th JULY, 1981

No entries on day — No late entries

SPOTLIGHT ON YOUTH

PETER ELLIOTT

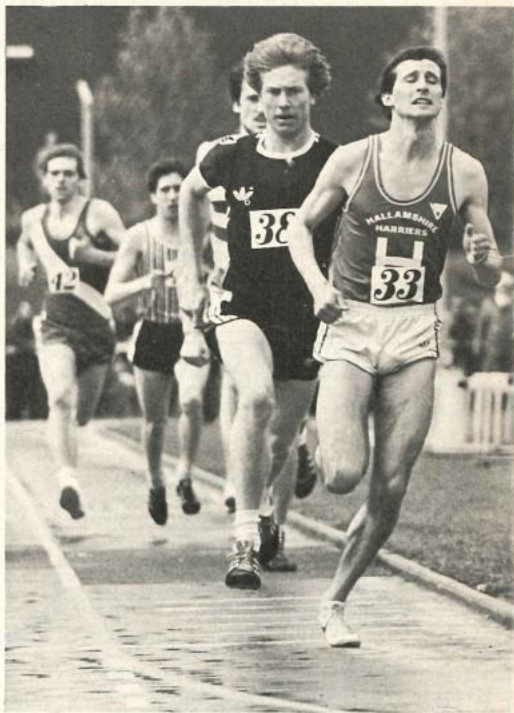
Born at Rawmarsh, Rotherham, 9.10.62. Height: 1.81m (5'11"). Weight: 67kg (147lb). Works as an apprentice joiner, is a member of Rotherham Harriers and is coached by Wilf Paish. Got started in athletics "by running for school". Joined Rotherham in 1975.

Has competed in the English Schools Championships four times. In 1976 he was eliminated in the heats of the Junior 800m, won it in 1977, placed second in the Inter 800m in 1978 and won that in 1979. Details of achievements in other major competitions: 1979 — 2nd Inter. Boys Schools CC International; 1st Northern Youths 800m; 1st AAA Youths 800m. 1980 — 1st National Youths CC Champs; 57th World Junior CC Champs; 1st Northern Junior 800m; 6th AAA Junior 800m; 1st 800m v Germany (Jun). 1981 — 3rd UK Champs 800m.

Annual progression at 800m:

1978	1:52.1
1979	1:50.7
1980	1:51.3
1981	1:49.19

Favourite event is the 800m. Most enjoyable part of athletics is "the sportsmanship between



Peter Elliott running second to Seb Coe in the Yorkshire 800m championship.

Eric North

athletes and crowd". No dislikes. Performance which has given the greatest pleasure was "winning the National Youths cross country in 1980". Greatest disappointment — "the AAA Junior Champs 800m in 1980 (6th)".

Training: Trains five days a week in summer and six days a week in winter. **Typical week's training in summer:** Monday — Track work. Tuesday — 3-5M. Wednesday — Speedwork on the track. Thursday — 3-6M. Friday — Rest. Saturday — Race. Sunday — 3-8M. **Typical week's training in winter:** Monday — Weights, circuits and indoor running. Tuesday — 3-6M. Wednesday — Speedwork. Thursday — 3-6M. Friday — Easy run or rest. Saturday — Competition or rest. Sunday — 10M or more.

Rates Chris McGeorge, Julian Spooner and John Blackledge as his main rivals. Admires "Brendan Foster for what he has done for Gateshead, and Steve Ovett". Short-term aim is "the 1982 Commonwealth Games" and long-term aim is "an Olympic Gold Medal".

Coaches comment: "Peter is a superb, natural, co-operative athlete and a real joy to coach. He has the full support of his parents and club, so any success Peter will enjoy will be due to his own dedication, hard work and natural ability knowing that he has the necessary back-up should he require it". — **Wilf Paish** (ex-National Coach).

HUGH TEAPE

FULL NAME: Hugh Teape. Born in Hackney, London, 26.12.63. Height: 1.78m (5'10"). Weight: 76kg (168 lbs). Attends Southgate Technical College and is a member of Borough of Enfield Harriers. Coach: John Isaacs. Got started in athletics when "I used to run for my Junior School in the annual District Championships in the sprints, then I joined Enfield in June 1978".

Has competed in the English Schools Championships three times. In 1978 he finished last in the Junior triple jump, in 1979 he placed 12th in the Inter long jump and in 1980 he placed third in the Inter triple jump. Brief details of achievements in other major competitions: AAA Youths Indoor Champs, 1st long jump and triple jump; Southern Youths Champs, 1st long jump, triple jump and 100mH; AAA Youths Champs, 2nd triple jump, 1st 100mH.

Annual progression:

	LJ	TJ	Hurdles
1978	6.01m	12.53m	11.6 (80m)
1979	6.97m	14.53m	13.7 (100m)
1980	7.21m	14.94m	12.9 (100m)

Favourite event is high hurdles. Most enjoyable part of athletics is "breaking records". Dislikes "the idea of athletes taking drugs, being punished and then let off. There should be strict ruling where drugs are involved". Performance which has given the greatest pleasure is

"Breaking the 13 second barrier in the 100m hurdles". Greatest disappointment: "Coming only third in the English Schools last year with 14.20m".

Training: "During the summer, a typical training session involves a few laps jog around the track. Then I start limbering up with some stretching exercises for about 15 min. Afterwards I do some drills over a set of about four hurdles and some starts, just clearing the first hurdle, followed by full speed runs over them, taking a long rest in between. This is followed by some work on the long and triple jump, doing exercises to strengthen my legs and exercises to improve technique plus lots of run-up practice. I also include some bounding exercises — multiple hops, multiple steps, multiple hops and steps, hopping over hurdles etc. Mainly I work on my weaknesses, which I have a lot of. Afterwards I finish my session with some 150m runs at three-quarter pace, working on style and relaxation. Each session lasts about two hours, three days a week. I will be starting winter training for the first time this year, as previously I took all winter as a rest period".

Considers Kieran Moore (hurdles) and Stephen Anderson (TJ) as his main rivals. Athlete he particularly admires is "Renaldo Nehemiah — he was an exceptional Junior in holding the world Junior record, and as a senior in holding the world record". Short-term target: "to complete in the European Junior Championships next year in the hurdles". Long-term: "I am hoping to compete in the next two Olympic Games at the event I finally take up, and win medals in both Games".

Comment: "Personally I think that athletics should turn professional. I think that athletes should get more than just medals for their efforts. As professionals they can spend more time training and get more involved in the sport. If it turned professional people would show more interest and there wouldn't be so many athletes who at one stage are exceptional but shortly afterwards are not heard of any more as a result of them losing interest. This way they would be working for a goal — Money".

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WOMEN'S 400 HURDLES DEVELOPING FAST

Steve Brennan traces the 10-year history of this new Olympic event

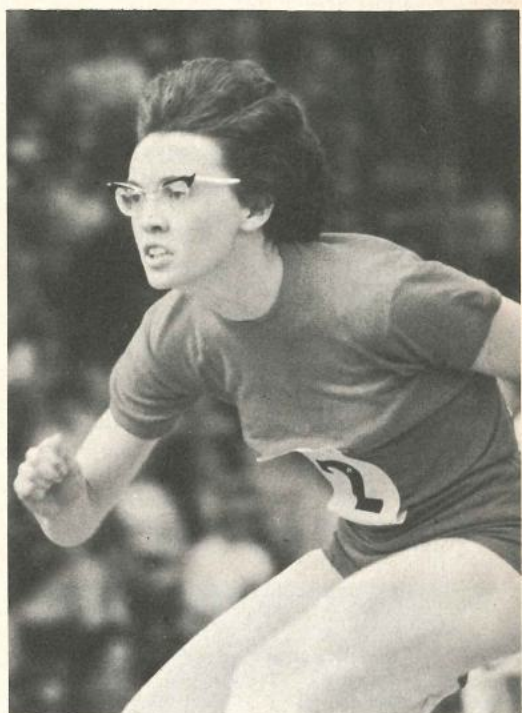
THE 400 metres hurdles race for women was born on May 15th 1971. It was on that date that the very first experimental hurdles race was held over a full lap, and the first girl to finish, in a time of 61.1, was Sandra Dyson, the then joint British record holder for 200m hurdles. The time was largely irrelevant; the important thing was that the experiment showed that a 400m race for women, incorporating 10 flights of 76cm/2'6" hurdles spaced 35 metres apart, was a viable proposition.

Sandra's race preparation and results showed that a stride pattern of 17 strides to the eighth hurdle and 19's from there to the finish, would serve very well. Other girls in the race found that similar stride patterns also produced good results. In contrast, none of the girls attempting the experimental 300m hurdles race, held the previous day, could come up with a suitable stride pattern and so that event was dropped in preference to the longer race.

The first official women's 400m hurdles race in Britain was staged at Crystal Palace on October 3rd, when Sandra Dyson again won, this time in 61.4. By the end of that year the best time on record was a 60.7 clocking by a Czechoslovakian girl, Libuse Macounova.

The new event really began to take off in 1973 with the world best performance being broken six times. The distinction of becoming the first woman to run under 60 sec went to Wendy Koenig (USA) with a 59.1 clocking. Our own Judy Vernon had just missed the barrier by 0.4 sec four days earlier at Crystal Palace.

One who obviously took to the new event like a duck to water was the 1969 European 400m bronze medallist Maria Sykora of Austria. With her combination of 52.7 400m speed and the strength to run 800m in 2:01.5, Sykora made short work of reducing the world best performance. In the space of 28 days the Austrian



The pioneer of women's 400m hurdling, Sandra Dyson, winner of the first experimental race in 61.1.

George Herringshaw

took the record down, in three instalments, to 57.3.

Despite the quite substantial revision of the record, the event was obviously still very much in its infancy and there was plenty of room for improvement. This fact was emphasised less than three weeks later when Poland's Danuta Piecyk hacked a further 0.6 from the record, with a 56.7 clocking.

Britain was the first nation to make the women's 400m hurdles a major championship event, incorporating it into the WAAA Championships in July 1973. The first title winner was Sue Howell with a modest time, by world standards, of 61.4.

The following year was significant in that the IAAF began recognising performances in the event for world record purposes. The inaugural world record was set by Poland's Krystyna Kacperczyk, who in Augsburg, West Germany, on July 13th produced an electrically recorded time of 56.51. Second in that race was Piecyk

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with 56.83, a time probably superior to her manually timed previous world best. The cream of the British hurdlers in 1974 included Christine Warden, who reduced the UK record to 58.0 in Warsaw.

Rather surprisingly, for the next two years the event stagnated. Debbie Esser (USA) led the world with a 57.3 in 1975 while in 1976 Tatyana Storozheva (USSR) ranked first with 56.8.

Things changed dramatically in 1977 when Storozheva produced a stunning performance at Karl-Marx-Stadt in June. There the Soviet athlete took on the world record holder, Kacperczyk, and destroyed both the Pole and her record with a speedy 55.74. On that sort of form Storozheva must have felt confident of victory at the European Cup final in Helsinki that year, where the women's 400m hurdles was to be included for the first time. In that European Cup event was 20-year-old Karin Rossley, competing in only her third race at the distance. Not only did the East German beat Storozheva and Kacperczyk but she also reduced the world record to 55.63 into the bargain.

In 1978, seven years after that first experimental race, the event was included at the European Championships. As usual in a major championship year, the sparks began to fly a couple of weeks before the Games opened. On successive days first Krystyna Kacperczyk and then Tatyana Zelentsova (USSR) broke the world



TATYANA ZELENTSOVA

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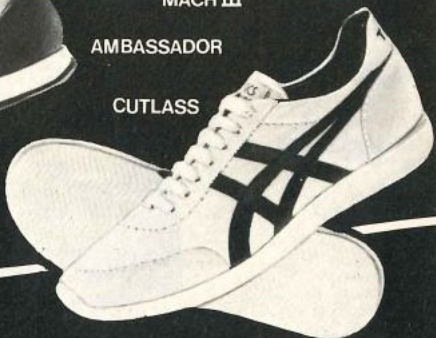
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record with times of 55.44 and 55.31 respectively. With West Germany's Silvia Hollmann having run 55.84 and a host of other girls under 57 sec, the Prague race was clearly going to be a cracker.

As expected, the final gave rise to some stunning performances. The race very quickly developed into a three way battle between Zelentsova, Hollmann and Rossley, the gold medal winner not being decided until the very last hurdle. The eventual winner, Zelentsova, could not possibly have hoped for more. A gold medal, and the first sub-55 clocking with a time of 54.89. Hollmann also broke the pending world record with 55.14, and third was Rossley in 55.36. In all, seven of the eight finalists ran inside 56 sec, to occupy seven of the first eight places on the world all-time list.

Several athletes looked capable in 1979 of breaking the world record but the outstanding performer in the early part of the season was ex-world record holder Rossley. At Karl-Marx-Stadt she produced the second fastest time ever of 55.0 and four days later she struck again with a 55.53 clocking at Halle. Despite her superb form, Rossley was narrowly beaten by an up and coming Soviet talent named Marina Makeyeva during a match between the USSR and the GDR later in June.

The 26-year-old Makeyeva went from strength to strength after that race, the highlight of her season being an inspired run in the Moscow Spartakiade on July 27th, 1979. Competing in



KARINA ROSSLEY

Mike Street

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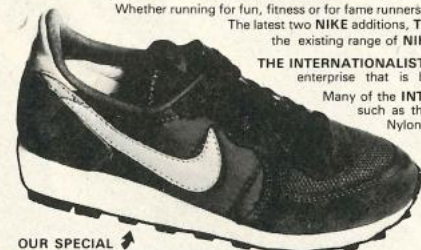
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Under 54 sec This Year?

that one race were the European champion and world record holder, Zelentsova, and the USSR's first record holder at this event, Storozheva. In the big race Storozheva left Zelentsova way behind, clocking a sharp 55.08, but a good 2½m in front of her at the tape was Makeyeva, with a superb new world record time of 54.78.

While still on 'cloud nine', Makeyeva again took on Rossley and European silver medallist Hollmann at the European Cup Final in Turin on August 4th. This time Makeyeva just missed her record with 54.82, but had a clear two metres to spare over second placed Rossley. Makeyeva did sustain one major defeat that year, at the World Cup in Montreal at the end of August, but only then as a result of a disastrous clearance at the last hurdle, allowing East Germany's Barbel Klepp to nip through for first place. On the British scene there was a great leap forward in 1979 thanks to Christine Warden, who produced a world class 56.06 at the WAAA Championships.

As in 1979, Karin Rossley hit top form very early in 1980 and on May 17th she regained the world record with an astonishing run in Jena, timed at 54.28. Not long after the new record, the inevitable flood of sub-55 clockings began. Tatyana Storozheva struck first with 54.80 in July and the following month, Barbel Broschat (née Klepp) was timed at 54.97.

The IAAF staged its own World Championship in 1980, as the event was not catered for at the Moscow Olympics. Although the meeting, at Sittard in Holland, was poorly supported, it did produce a final of the very highest calibre. The race was won by the World Cup gold medallist Barbel Broschat with a superb 54.55, the second fastest of all time. Even with that performance, Broschat only managed to beat her team-mate, Ellen Neumann, by the smallest margin — just one hundredth of a second separating the two girls. On this sort of form one of these girls could well be the next world record holder.

The women's 400m hurdles is still a relatively undeveloped event, so a considerable improvement in the next few years is only to be expected. It is quite likely that we will see the

WORLD RECORD PROGRESSION

61.1	Sandra Dyson (UK)	15.5.1971
60.7	Libuse Macounova (Cze)	29.9.1971
60.4	Judy Vernon (UK)	21.3.1973
59.1	Wendy Koenig (USA)	25.3.1973
58.6	Maria Sykora (Aut)	25.5.1973
58.5	Maria Sykora (Aut)	16.6.1973
57.3	Maria Sykora (Aut)	23.6.1973
56.7	Danuta Piecyk (Pol)	11.8.1973
56.51*	Krystyna Kacperczyk (Pol)	13.7.1974
55.74*	Tatyana Storozheva (USSR)	26.6.1977
55.63*	Karin Rossley (GDR)	14.8.1977
55.44*	Krystyna Kacperczyk (Pol)	18.8.1978
55.31*	Tatyana Zelentsova (USSR)	19.8.1978
54.89*	Tatyana Zelentsova (USSR)	2.9.1978
54.78*	Marina Makeyeva (USSR)	27.7.1979
54.28*	Karin Rossley (GDR)	17.5.1980

* Performance officially ratified by the IAAF

WORLD ALL-TIME TOP TWENTY

54.28	Karin Rossley (GDR)	1980
54.55	Barbel Broschat (GDR)	1980
54.56	Ellen Neumann (GDR)	1980
54.78	Marina Makeyeva (USSR)	1979
54.80	Tatyana Storozheva (USSR)	1980
54.89	Tatyana Zelentsova (USSR)	1978
55.14	Silvia Hollmann (Ger)	1978
55.44	Krystyna Kacperczyk (Pol)	1978
55.46	Brigitte Kohn (GDR)	1978
55.60	Petra Pfaff (GDR)	1980
55.63	Anita Weiss (GDR)	1978
55.66	Yekaterina Fessenko (USSR)	1980
55.81	Anna Kastezkaya (USSR)	1980
55.84	Ingrid Barkane (USSR)	1979
56.06	Chris Warden (UK)	1979
56.09	Tatyana Subova (USSR)	1980
56.16	Esther Mahr (USA)	1980
56.36	Charmaine Fick (S. Afr)	1981
56.40	Sandra Myers (USA)	1980
56.47	Hildegard Ullrich (GDR)	1978

record dip under 54 sec in 1981, but a time of around 52.50 would be required to bring this event into line with the current standard of performance achieved in other women's track events. Should the women come up with their answer to Ed Moses in the next couple of seasons, then we might see the first sub-53 clocking before the next Olympics.

N. EAST COUNTIES WAAA CHAMPS

At Gateshead, May 3rd

3000: 1, D. Wilkinson (Darl) 10:14.0; 2, M. Brown (ESH) 10:15.6; 3, H. Boyes (Mor) 10:16.3; 4, J. Scott (Darl) 10:23.1; 5, M. McDonald (Darl) 10:26.1; 6, S. Raine (Darl) 10:29.7.

At Middlesbrough, May 17th

200: W. Barnes (NSP) 24.9. 400: A. Piggford (Gate) 57.0. 1500: 1, M. Brown (ESH) 4:37.2; 2,

H. Boyes (Mor) 4:39.9. 400H: A. Mills (NSP) 65.1. HJ: A. Wallace (Gos) 1.65. LJ: 1, L. Pears (NSP) 5.68; 2, Wallace 5.54. SP: K. Lowe (M&C) 12.86. (Inters): 400: D. Harrison (Mand) 58.9. 800: 1, D. Robson (Mor) 2:16.3; 2, L. Walker (Darl) 2:17.6; 3, D. Robinson (Darl) 2:18.0. 1500: D. Wilkinson (Darl) 4:49.7. HJ: 1, T. Murray (Gate) 1.75; 2, J. Trueman (Gate) 1.60; 3, C. Gordon 1.60. SP: A. Hall (M&C) 11.80. DT: A. Local (NSP) 38.04. (Juniors): 800/1500: M. Kell (Darl) 2:22.0/4:55.0.

Who's Who In British Athletics

LINSEY MACDONALD

Born at Cumnock (Ayrshire), 14.2.1964. Height: 1.61/5'3½"; Weight: 42kg/92lb. Pitreavie AAC. Schoogirl. Lives in Dunfermline (Fife). Hobbies: badminton, other sports, art and craft. Coached by James Bryce ever since starting athletics.

Became interested in athletics "when I was very young . . . I used to win all my school sports and Sunday school picnic races". Began at 100 and 200m. Joined Pitreavie AAC at age 11. Won Scottish Schools 100 and 200m titles for past four years. Realised three years ago that she could reach international level. Favourite events are 100, 200 and 400m.

Personal bests: 100 — 11.70 (1980), 11.61w (1979), 11.3w (1980); 200 — 23.43 (1980), 23.11w (1980); 300 — 36.46 (1980), 400 — 51.16 (1980), 800 — 2:10.3 (1980, indoors). Career achievements include: 1978 — WAAA indoor Junior 60m champion; 2nd WAAA Junior 100 & 200; 1979 — WAAA indoor Inter 60 & 400 champion; WAAA Inter 100 & 400 champion; 5th European Junior 400 (& 4th 4×400); 2nd UK v Russia 400 (& 1st 4×400); 1980 — WAAA indoor 200 champion; WAAA Inter 100 & 200 champion; UK 400 champion; 8th Olympic 400 (& 3rd 4×400); 1981 — UK 100 & 200 champion. Former holder UK 400 record.

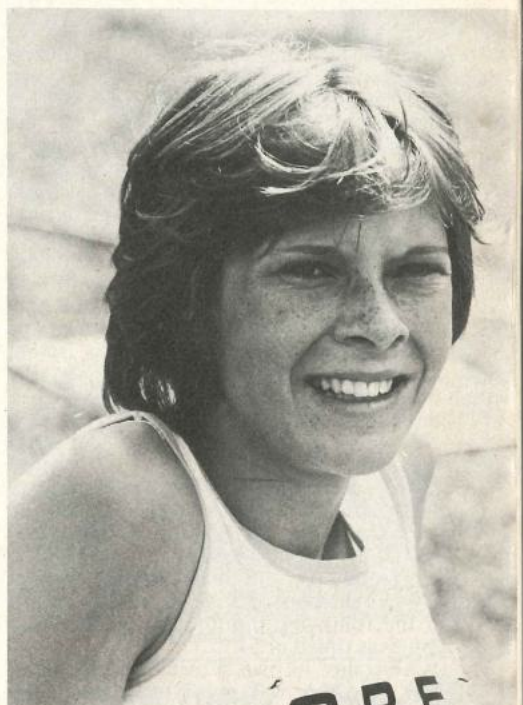
Annual progression:

	100m	200m	400m
1977	12.4	25.7	—
1978	11.9	24.78	57.8
1979	11.88/11.61w	23.95/23.53w	52.62
1980	11.70	23.43/23.11w	51.16

Most pleasing performances: "All my races in Moscow, and winning UK 400m championship". No great disappointments so far. "I hope to compete in the 1982 Commonwealth Games and 1984 Olympics. However, my aim is to carry on doing all different athletic events and to enjoy it". What she likes most about athletics are "competing, meeting other people and travelling to different countries". Dislikes? "I'm not too keen on training in cold and wet weather". Father is Scottish international at fly-fishing. Advice to a youngster taking up athletics: "Enjoy your athletics and don't become deeply involved too soon".

Training

Trains five times a week all year round, usually from 6 to 8.30 pm. Track training is at Pitreavie (Rubcor track); Meadowbank is about 25km away. "Coaching is very important and I'm lucky to have such a good coach". Sees him (James Bryce) every time she trains. Training she



Only 17, Linsey can already point to such achievements as an Olympic bronze medal, a UK 400m record, several national titles . . . and has even competed in the World Cross-Country Championships!

Mark Shearman

enjoys most is "short sprint work, i.e. practice at coming out of blocks".

Typical week's training in winter: Sunday: Cross-country competition or 40 min hill work on grass then 2 mile jog on roads. Monday: Circuit work: 2×10 min circuit × 20 sec of exercises × 10 sec to change exercise; 3M road run. Tuesday: 8 × 200m in 32/33 sec with 90 sec recovery. Wednesday: (on grass) 36 min × 1 min fast/1 min slow running. Thursday: 150m down to 100m in 10's with jog round track recovery. Friday: Rest. Saturday: Cross-country race or rest.

Typical week's training in summer: Sunday: Competition. Monday: 10 × 60m × 30m/30 = 200/TQ speed. Tuesday: 6 × 50m × block starts round bend. Wednesday: 8 × 40m × block starts. Thursday: 6 × 30m × block starts. Friday: Rest. Saturday: Competition or rest.

Likes one or two days rest before a major competition and prefers to compete almost every weekend in summer.

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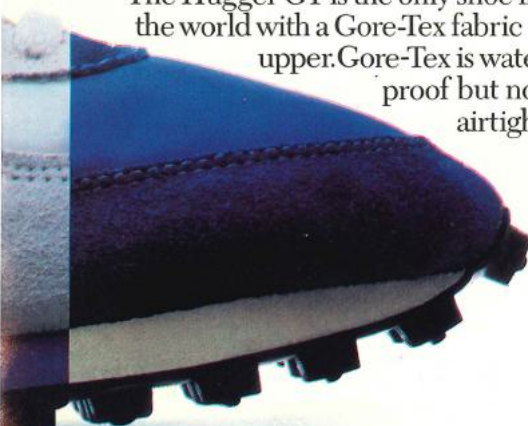


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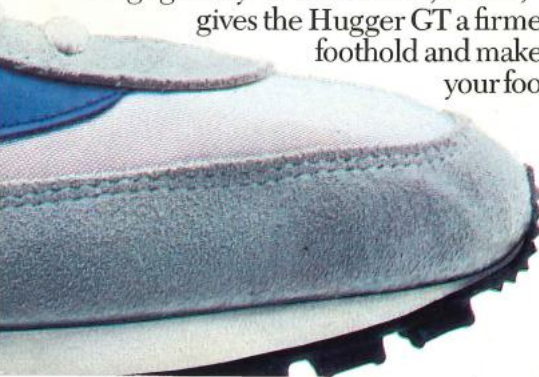
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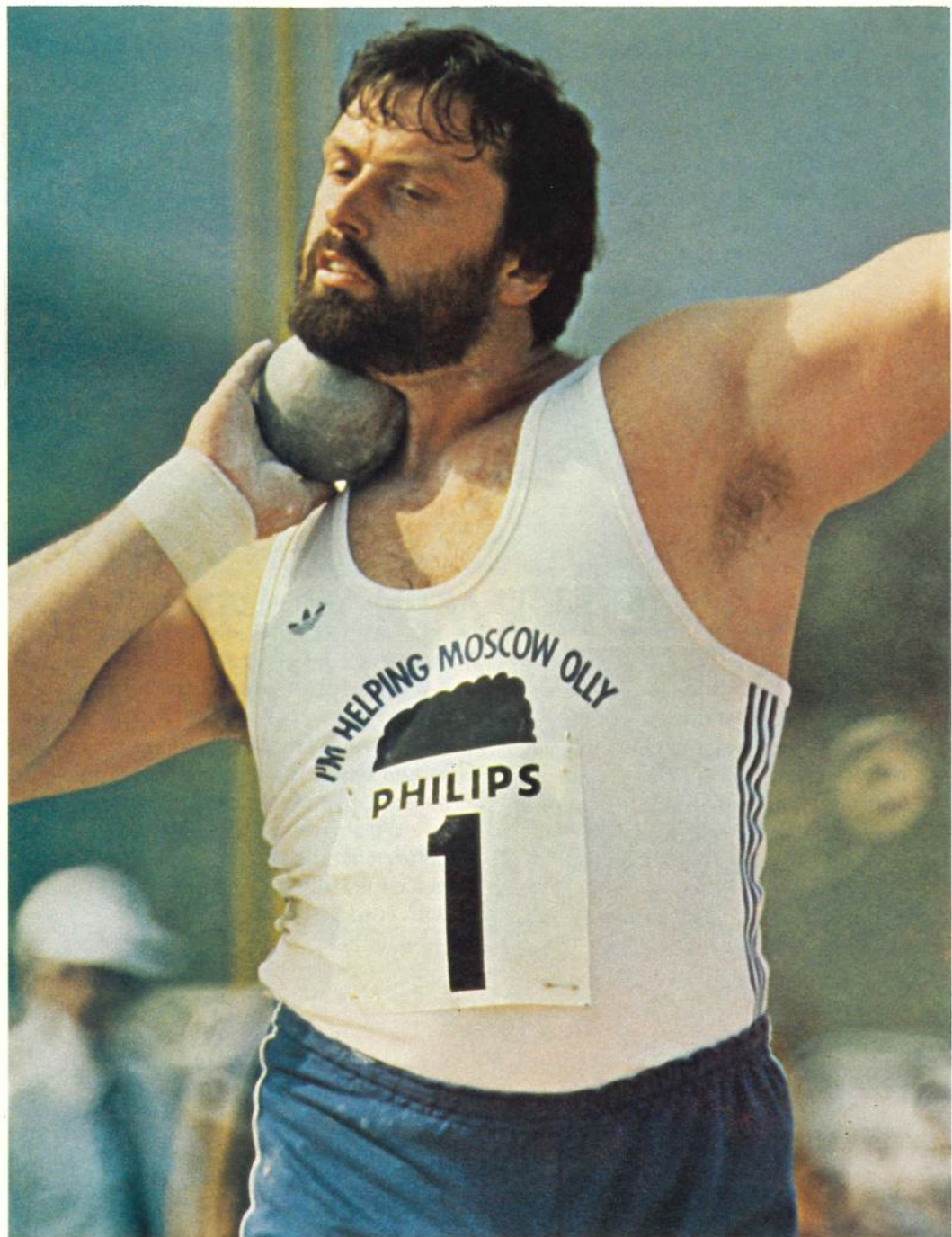
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GEOFF CAPES — PHOTO BY TIM PIKE

Book Review

By Barry Trowbridge

Drugs Problem: Rule Out Old Records And Start Afresh—Urges Geoff Capes

WITH 67 FULL Great Britain international appearances to his credit, as well as an incomparable string of other major victories, it is just as well for the reader that in *Big Shot* Geoff Capes resists the temptation to slog his way chronologically through his years at the top.

The informed reader will not be shocked by the chapters covering drug abuse and 'illegal' payments, nor will he learn much about Geoff's life away from the track, but something is to be learned about 'odd' international selections — or, more to the point, non-selections — during the '70s, as Geoff's opinion of 'them' (officialdom) is made very clear. His love for the sport to which he dedicated himself for so many years comes through abundantly clearly, and if any member of the IAC has any doubts about the bona fides of their new chairman they should read this volume and think again.

Neil Wilson's introduction to the closing chapter, where he quotes Allan Wells and Seb Coe, sums up what's gone before perfectly:

Allan Wells spoke for many in the British team at the end of 1980 when he said, 'There isn't a man in the British team more respected by the other athletes than Geoff Capes. People think of him as a rebel but he's been a great ambassador for the British team and no athlete has done more to help other members of the team. He'll be difficult to replace'.

Sebastian Coe had another idea. 'He'd make a great team manager. He commands enormous respect from the athletes, and he has shown many times that he is happy to stand up for them. I can't think of a better man for the job'.

He will not get the job, of course. Capes stood up once or twice too often for official liking.

Perhaps Geoff will never be accepted as an administrator, but as I discovered from his book if he wants something enough he usually gets it.

Geoff's early life is dealt with quite briefly, but he was obviously a potential delinquent from the off.

At the bus station there was Smithy with a warning that there was a boy in town looking for me. That was the boy's first mistake; his second was to hit me. I met him by a paper shop, across the road from Pledger's, the local cycle dealer. I didn't hit him, I just threw him and he flew across

the road and through the shop window. Then I dusted him down, marched him to the police station and made him claim it was an accident and offer to pay for the damage. Another time when I was set on by two kids down by the church, I threw both of them over the church wall.

Fortunately for Geoff, international high hurdler Stuart Storey — who was something of a local hero — noticed his potential as an athlete and told him to put his aggression into his shot putting. "I was only fifteen", writes Geoff, "but he was all I had ever needed. Somebody to take an interest in me. I made the choice to dedicate myself to becoming a champion and I haven't had a punch-up — for the fun of it — since that day. Athletics became everything to me. Within a year of finishing second to last in the All-England Schools Championship, I improved 15 feet to become the best youth in Britain".

Inevitably the book is not without humour, and there are some anecdotes of Geoff's days in the police force which are small treasures.

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* "Big Shot", by Geoff Capes with Neil Wilson, is published by Stanley Paul and obtainable from the Book Dept., Athletics Weekly, 344 High St., Rochester, Kent ME1 1DT, price £6.40 (inclusive of P&P).

Geoff, of course, left the force over the Moscow issue. All he, and the rest of the British team, wanted to do was compete, yet he still had to suffer the mindless abuse of so-called dogooders. His words explain it best:

There was still the letters; I filed all of them. More than half supported my desire to compete; some were against it, and some were extreme in their opposition.

An extract from one will demonstrate just how extreme the opposition could be. How about the letter from 'students of a Rotherham Comprehensive School' which was signed 'the True British Student' and written on the torn pages of an exercise book:

We think you are a traitor to England by going to the Olympic Games. You are only thinking of your big-headed self. If you go to Moscow, don't come back.

But why only athletes? Why not businessmen? Why should they trade with Moscow when we could not compete there? Why should British companies be allowed to set up offices there in the very month a Prime Minister was calling on athletes to boycott the country? It was so much sanctimonious, hypocritical humbug. And we have all seen now the enormous difference the absence of the United States, West Germany and a few other countries made to the people of Afghanistan!

As I said at the start, Geoff's attitude to 'them'

"Anabolic Steroids? They Are Old Hat"

is made very clear, and a chapter entitled 'The Official Verdict' gives several examples of the athlete/official conflict. Not that he is critical of everyone. "Just occasionally", he writes, "the administration unearthed a good team manager by mistake. Jim Biddle was one. He was the director of physical education at Borough Road College in London. He was working throughout his life with young athletes. He understood them, and knew how and when to help. The administration soon dumped him. He was not one of their old school. He was too close to the athletes. Jim was the best team manager Britain had had in ten years, but his face did not fit". The situation is improving, he concedes. The Olympic management team of Nick Whiehead, Lynn Davies and Mary Peters "brought a breath of fresh air".

Geoff's attitude towards drugs (he has been dope-tested 24 times since 1975 — a world record?) makes an interesting chapter . . . and you are left to read between the lines if you wish. "Anabolic steroids? They are old hat. They passed their peak in 1975 when the tests were introduced. Throwers just laugh at the tests now. They and their coaches know more about steroids than all the testers in the world. The laboratories

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Sponsored by Denis's of Tring
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ENTRIES CLOSE SAT., 13th JUNE, 1981

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ON SATURDAY, 27th JUNE, 1981
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Note: Course particularly hilly.

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Entry Forms from: Norman Wilson,
21 Wyvern Road,
Chepstow,
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CLOSING DATE 19th JUNE, 1981



The power of Geoff Capes — all 300 pounds of him. He went 11 years without losing to a British shot-putter.

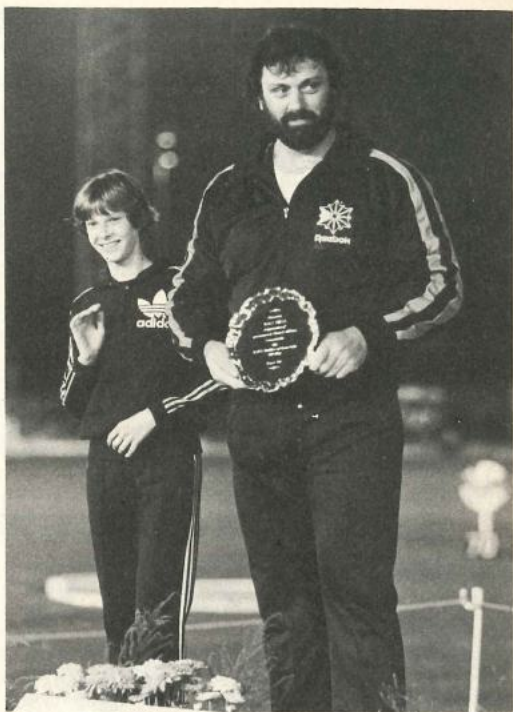
Tim Pike

are years behind us". Maybe, but only three months ago two more athletes — including a shot putter — were caught out at the European Indoor Championships. I would like to think that his sweeping statement — "there has not been a wholly clean world drugs record in athletics since 1960" — is not accurate. We all have our heroes, and I would hate to think that mine have triumphed with the help of artificial aids.

How to deal with the drugs problem? Geoff favours an amnesty and a fresh start, with the old records ruled out and a mandatory life ban on drug offenders from a date to be fixed by the IAAF. "What we must do is clear the way for the young" he urges. "Rub out all that has gone before, and let the new generation set their own standards".

In his chapter on illicit payments Geoff openly admits to having received appearance money (\$1250 being his biggest single fee), and explains how he cleared himself from the investigation into the accounts of the Gateshead Games where the promoters paid him £250 to compete.

All in all, a good read. Little, as I said, about Geoff Capes the family man, but ample material on Geoff Capes the athlete — which, after all, was how he chose to spend some 14 years of his life.



Linsey Macdonald, less than a third his weight, made this special IAC presentation to Geoff last August.

George Herringshaw

He first surpassed 15m and 16m in 1967, 17m in 1968, 18m and 19m in 1971, 20m in 1972 (the year he succeeded Arthur Rowe as UK record holder) and 21m in 1974. In all Geoff set 17 UK records, starting with 19.56m on 26.4.72 and finishing with 21.68m on 18.5.80. The last time he was ever beaten in the shot by a Briton was on 8.8.1970 — an unmatched run of 11 years! He had 17 competitions where he reached 21m or more. He competed for GB in 67 internationals, winning a record 34 times.

His record in major events: 1970 — 4th Commonwealth; 1971 — 10th European Indoor, 16th European; 1972 — 8th European Indoor, 20th Olympics; 1973 — 7th European Indoor, 3rd European Cup Final; 1974 — 1st Commonwealth, 1st European Indoor, 3rd European; 1975 — 2nd European Indoor, 1st European Cup Final; 1976 — 1st European Indoor, 6th Olympics; 1977 — 2nd European Indoor, 4th European Cup Final; 1978 — 3rd European Indoor, 1st Commonwealth, disq European; 1979 — 2nd European Indoor, 5th European Cup Final; 1980 — 5th Olympics.

A PROFILE OF BRIAN OLDFIELD

IT OFTEN HAPPENS that especially in the strength events, the top athletes are considered like the freaks of the booths of the fair: extremely strong but narrow minded men, rather primitive and rough customers. Speaking of Oldfield I previously formed such an opinion on him, supported by his past as an exhibitionist 'pro'. Instead I've immediately changed my mind on him, because Oldfield is, in reality, a very intelligent and experienced man.

Also those coaches who have never approached him think that his best throws come from great explosiveness but rough technique. No doubt Brian is blessed with terrific explosiveness but this is coupled with highly mastered technique.

Everything he's doing or he's speaking of he finds analogies with his own throwing style: "You see, I write like I throw, without any wrench: only fluency and rhythm"... when I'm running on the beach, I always search for the rhythm and the tempo".

One could guess that Brian has developed a sixth sense, to such an extent that technique has penetrated his mind and body. Technique is an important part of his lifestyle, even more important than training. For him throwing the shot doesn't simply mean to put an iron ball: it is a more complex question that involves his entire being.

In his personality you can grasp two contrasting aspects: a basic sensible, worldly wise, extremely amenable nature on one side; but on the other the jesting side for which Oldfield is generally recognised get the upper hand — as if to hide the deepest feelings of his personality.

But this isn't the place to analyse the psychology of the athlete and also I'm no psychologist, so let's start with the basic statistics.

Brian Oldfield is 36 years old, but he doesn't look it. He stands 1.95/6'5" tall and weighs 123-125 kg/270-275lb. His best marks in lifting are: Bench Press — 465lb; Snatch — 290lb; Squat — 585 x 5 reps; Back Lift (on power rack) — 780lb; Front Half Jerk — 650lb; Pulls to the waist (on power rack) — 685lb.

His throwing bests: shot — 22.86m; discus — 62.26m; overhead throw with 16lb shot — 22.80m; standing throw — 20.50m; 6kg shot (in competition in 1976) — 24.08m; 6kg shot (in training) — 25.60m. From the discus circle he has thrown the shot, without fouling, more than 23m. Javelin 72m; hammer about 50m (two swings and release).

He has run 100m in 10.5, high jumped 2.00m (straddle) and reached 3.05m in the standing long jump.

Why did you begin to throw with the rotational technique?

I started with the spiral technique because I

by Jimmy Pedemonte

injured the cartilage of my right knee while throwing the discus. So I was no longer able to support the great flexion of the right leg so typical of the conventional technique. But I very soon realized that my new technique was more efficient than the O'Brien style. Actually it's very difficult for me now to throw 20m with the conventional technique, but it's much more easy to throw 21m with the spin.

What are, in your opinion, the advantages of throwing with the spin?

With the conventional technique the shot travels in two dimensions, while with the spin it will travel in three dimensions and this is a great advantage. My hips will arrive in the power position with greater speed if compared with that of the O'Brien technique. Moreover, the rotational technique is very suitable with my physical build, since I'm not very strong in the upper body (in 1980 I was able only to bench press 365lb and yet I put the shot 21.81m); my



Brian Oldfield in action in his great year of 1975 when he reached a stunning 22.86m as a professional. He has recently set an official US record of 22.02m, only 13cm short of the world record.

Peter Tempest



OLYMPIC QUALITY

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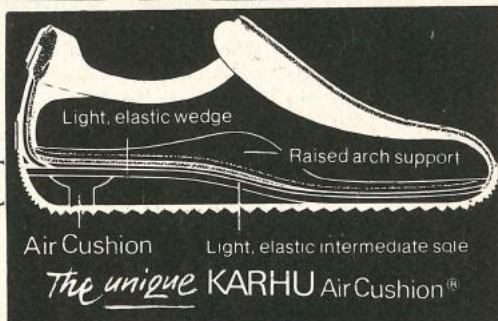
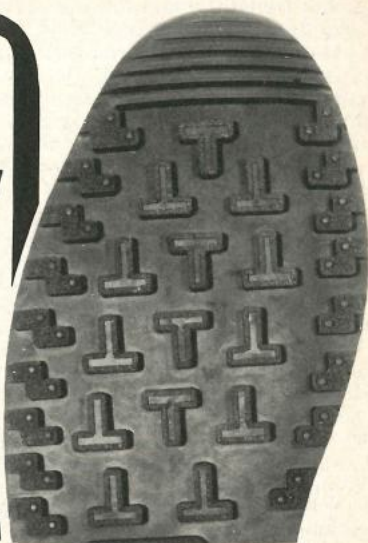
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great strength comes from my legs, which are very strong as well as co-ordinated.

Do you place great stress on lifting in training?

In the past, yes I did. But now my mind is completely different. Last year I had the confirmation of my change of view because I lifted only a few weights but I threw a long way.

I think that the ideal thrower should be a big runner, not a dull bear. Keep in mind that the thrower is neither a powerlifter nor a bodybuilder, even if practising the former can be more advantageous than the second. I detest those putters who can throw from the stand only a few feet less than with the complete movement. In Milan (February 1980) I warmed up with some standing throws and the best was 18.60m. In competition I threw 21.31m and I'm proud of this differential because it means that my technique is efficient. I'm completely different from the conventional putters: I'm a thrower, they are 'pushers'. In this sense I consider Udo Beyer the best pusher in the world.

What are the strong and weak points of your technique?

The best aspect of my technique is 'rhythm', what I call 'tempo', based on my feet speed. I put great emphasis on rhythm. Also smoothness is very important for me. Usually I have the greatest troubles on the rear of the circle, while the power position is generally correct.

Maybe the most important feature of the rotational technique is that, on the contrary of

the conventional style, it's not a 'brute strength' event, it much rather needs great ability and control. The weakest aspects of my technique emerge when I throw with strength, forgetting the vitally important 'finesse'.

Systematically the peculiar features of my technique are:—

The grip: I hold the shot in the full hand, against the neck but under the ear because the trajectory of my shot is very high especially in the first half (great lifting of the elbow). After the 'wind-up' and the 'sitting' positions, I get into the sprinting not swinging the right leg out like Baryshnikov. I prefer to 'close' the leg when the hips face the throwing direction. I believe that in this moment, if your leg is still away from the body while it's gaining centrifugal force, it will cause your body to counter-balance it, with exaggerated movements to the left. In the power position, hips are ahead of the shot (the right foot leg is the motor), block with the left arm and explode upward as to hit the centre of a 'black hole' in the universe. Avoid making only forward push; instead of the shot's upward-forward lift. The eyes are focused on the highest point of the shot's trajectory, before, at the moment, and after the implement has reached it. Remember that, at the release, both feet should face the throwing direction.

What's your general approach to competitions?

Three days before a competition, I begin a

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28th JUNE, 2.30 pm Start

EVENTS

Senior Men:	Discus,
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	200 metres,
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Veteran Men:	3000 metres.
Senior Women:	200 metres,
	400 metres,
	800 metres,
	100 metres hurdles,
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Entries to: Colin Brand, 56 Bourne Way, Hayes, Kent, before 15th June, 1981. Send stamped addressed envelope for event time and confirmation.

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

	Prize Values			Entry Fee
	1st	2nd	3rd	
AFTERNOON EVENTS				
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Male Scratch Open	£30	£18	£10	40p
Ladies 800m Scratch Open	£15	£10	£5	40p
Ladies Mile Scratch Open	£20	£12	£6	40p
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Sponsored by

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Start 3.30 p.m. approx. 2 lap course

Entry Fees: Men 50p, Ladies 40p. No Team fee. **Prize Values:** Men — 1st £35, 2nd £23, 3rd £14, 4th £9, 5th £7, 6th £5. Ladies — 1st £15, 2nd £10, 3rd £5. Teams (3 score) — 1st 3@£7, 2nd 3@£6, 3rd 3@£5. No Ladies Team awards.

Please note: A club with more than 3 runners: their next 3 will count as a team. First Veteran O/40 on day £6. Entries too late for programme not accepted.

Entries on A.A.A. forms to: Mr D. G. Bell, 71 Church Street, Heckington, Sleaford, Lincs. Tel. Sleaford 60978. Please send SAE for result sheet. Thank you.

CLOSING DATE SAT., 11th JULY, 1981



He's strong — and fast too. Brian claims to have run 100 yards in 9.6 and 100 metres in 10.5!

Peter Tempest

complete rest. I found the sleep of two days before the competition is very important for me since the night before the event I can't sleep soundly and relax. Another important aspect is the warm up since it also has a tactical importance. I think that you can win some competitions just during warming up. I also think that every warm up is composed of throws with feet on the stop board forward; overhead throws; a few standing throws; South African spins and complete throws, all at full effort.

What part does periodisation play in your training programme?

I don't believe in 'strict' periodisation programmes followed by the Europeans. I couldn't be subjected to the stern mentality of the Eastern nations: "I'm the coach and you are the subject: now you train, now you rest, now you eat and so on". It's impossible for me!

The only difference I make in training is between off and in seasons. However maintenance has the greatest part in my conditioning programme throughout the year.

During the off season I work with the weights in high repetitions and I perform at least 30 throws per session. I run a lot, especially on the grass, sprints with a walk back recovery for

numerous repetitions. My preferred form of run is sprinting, since I think it's rather similar with the throw: powerful and co-ordinated.

I don't work extensively with dry drills or with dumbbell imitation exercises, neither with standing throws. I always throw with the complete movement since that is the real heart of training. I occasionally use also heavy shots with the spin and I've found that they allow me to throw with great efficiency.

During the in season I generally will reach a 'peak' every ten days, working with the weights with 1-2 or 3 reps. and throwing with the standard weight implement.

Could you give your views on the United States throwing scene?

It's not a very exciting situation at the moment. Maybe you know that some putters have changed to the spiral technique; among them I would mention Dave Laut. He often asked me to teach him the technique because his is very erratic: his shots go in all directions. But he's very strong, I saw him performing two jerks behind the neck with 450lb. and he's also a dedicated athlete, so I think he can improve very much in the future.

Another interesting person is the young Mike Carter. My opinion on him is that he's a very 'natural' talented boy. Well, you know that he comes from football and in football the coach is 'god'. So he strongly believes in his coach. But this coach was not a thrower and he doesn't understand the natural style of his pupil. He tried to teach him a technique that cannot be for Mike. It is an ideal technique that doesn't take into consideration the individual characteristics. As a result, now Mike is quite confused.

In my opinion the coach shouldn't be an endless corrector i.e. "Turn the hips, no! no!!", but rather he must follow the natural inclination of his pupil, only trying to maintain that technique in the correct limits.

This article has been reprinted from the May issue of "Circle" (the magazine for the heavy throws) by courtesy of the editor, Max Jones (National Coach — Midlands). "Circle", a quarterly, is an admirable publication crammed full of information and interest for the shot putter, discus thrower, hammer thrower and coaches in those events. Besides the Brian Oldfield feature the May issue includes a summary by Jess Jarver of Australia of the basic mechanical concepts of the discus throw, analyses of orthodox technique, and elementary principles of training; a profile of 1964 Olympic shot champion Dallas Long; analysis of an action sequence of German hammer thrower Klaus Ploghaus (78.78m this year); Venissa Head's training; a technical check list for the hammer by Carlton Johnson; and lots of news and statistics. Annual subscription is £2 per year; from Max Jones, 7 Rosedale Avenue, Sandal, Wakefield WF2 6EP.

SCOTTISH RESULTS

SCOTTISH WAAA WEST DISTRICT CHAMPS

At Grangemouth, May 2nd

100: (+4.1m) 1, K. Jeffrey (Cen. R) 11.7 (12.2 ht); 2, S. Whittaker (Glas) 11.9; 3, D. Currie (Glas) 12.2 (12.2 ht). 200: (+6.6m) 1, Jeffrey 24.0 (23.9w ht); 2, A. Bridgeman (Glas) 24.2; 3, Whittaker 24.6 (24.2w ht); 4, Currie 24.9. 400: 1, Bridgeman 55.6; 2, M. Hutton (CV) 57.5; 3, E. McArthur (FVH) 58.3 (58.2 ht); 4, E. Dunn 59.2 (57.3 ht). 800: 1, C. Lightfoot (Shett) 2:11.7; 2, F. McQueen (Glas) 2:13.8; 3, A. Gordon (Glas) 2:14.8. 1500: H. Everett (Shett) 4:40.3. 3000: 1, L. MacDougall (Glas) 9:53.4; 2, McQueen 9:54.3; 3, J. Shepherd (Glas) 10:02.2; 4, J. McColl (Glas) 10:24.8. 100H: (+0.9m) 1, J. Lindsay (Glas) 14.6; 2, E. McKie (Glas) 15.3. 400H: 1, S. Booth (Cen. R) 64.9; 2, I. Anderson (Glas) 65.9. HJ: A. Leitch (Glas) 1.68. LJ: 1, L. Campbell (Shett) 5.65; 2, M. Spence (Shett) 5.63. SP: 1, H. Yule (Glas) 12.72; 2, L. Marshall (Glas) 11.48; 3, C. Vance (Glas) 11.25. DT: 1, Yule 37.90; 2, C. Cameron (Glas) 37.66; 3, Vance 37.38. JT: 1, C. Shaw (Ayr S) 35.58; 2, M. Rettie 35.40. (Inters): 100: (+4.0m) 1, Y. Anderson (Glas) 12.0; 2, F. Johnstone (Per) 12.3 (12.2w ht); 3, M. Todd (CV) 12.3. In qual: L. McLachlan (Sheff) 12.5w. 200: (+3.6m) Anderson 25.2. 400: G. McArthur (Unatt) 58.9. 800: A. McGeown (Unatt) 2:19.5. 1500: S. Morris (Shett) 4:44.2. 100H: (+1.8m) 1, A. Girvan (Ayr S) 14.1; 2, D. Fortune (Vol.) 14.9; 3, S. Booth (Cen. R) 15.0 (14.8w ht); 4, K. Murdoch (Shett) 15.1; 5, R. McLeod (Glas) 15.1; 6, N. Deakin (Glas) 15.5. 200H: (+4.6m) 1, Girvan 29.6; 2, Murdoch 30.5. HJ: L. McQuarrie (Glas) 1.71. LJ: G. Provan (Glas) 5.36. SP: 1, D. Lewthwaite (Sheff) 10.80; 2, S. Freebairn (Colz) 10.30. DT: 1, Freebairn 34.46; 2, Lewthwaite 34.20. JT: 1, J. Barclay (CV) 40:62; 2, D. Gray (Glas) 33.84. (Juniors):

100: (+3.8m) 1, C. Gardiner (Glas) 12.5; 2, J. Clemmy 12.6 (12.4w ht); 3, A. McSherry (Glas) 12.8 (12.7w sf). In qual: J. McMath (Shett) 12.7w. 200: (+5.3m) Gardiner 26.0. 800: L. Docherty (VP) 2:19.8. 80H: (+2.9m) J. Duncan (Shett) 12.6. In qual: N. MacKintosh (Glas) 12.8w. HJ: E. Thomson (Glas) 1.57. (Girls): 200: (+5.6m) M. Paterson (Cen. R) 26.8.

Linsey runs 23.7 into wind

SCOTTISH WAAA EAST V WEST MATCH

At Grangemouth, May 16th

100: (-4.6m) L. Macdonald (E) 12.1. 200: (-2.6m) 1, Macdonald 23.7; 2, A. Reid (E) 24.3; 3, K. Jeffrey 24.3; 4, A. Bridgeman (W) 24.3; 5, S. Whittaker (W) 24.5. 400: 1, Bridgeman 56.1; 2, M. Hutton (W) 57.4. 800: 1, B. Murray (E) 2:09.3; 2, K. Ford (E) 2:09.6; 3, C. Lightfoot (W) 2:09.7; 4, E. McArthur (W) 2:12.5; 5, A. Gordon (W) 2:14.5. 1500: 1, A. Clarkson (E) 4:35.4; 2, A. Everett (W) 4:37.4; 3, E. Lynch (E) 4:39.3. 3000: 1, K. Robinson (E) 9:35.3; 2, J. Shepherd (W) 10:14.4; 3, J. McColl (W) 10:22.8. 100H: (-4.2m) 1, E. McMaster (E) 14.5; 2, J. Lindsay (W) 15.2. 400H: 1, C. Hogg (E) 62.0; 2, V. Tyrie (E) 66.9. HJ: 1, A. Leitch (W) 1.73; 2, M. Maguire (E) 1.65; 3, L. McQuarrie (W) 1.65. LJ: 1, S. Hay (E) 5.97; 2, L. Campbell (W) 5.81; SP: 1, H. Yule (W) 12.56; 2, C. Vance (W) 11.61; 3, L. Marshall (W) 11.33. DT: 1, Vance 39.16; 2, K. Lynch (E) 37.42; 3, Yule 36.86; 4, C. Cameron (W) 36.44; 5, M. Ross (E) 34.78. JT: Lynch 35.30. 4x100: 1, West 47.5; 2, East 49.0. 1600 Medley: 1, West 4:01.0; 2, East 4:01.8. (Inters): 200: (-5.2m) J. Todd (E) 25.8. 400: 1, L. McMillan (E) 57.8; 2, G. McArthur (W) 58.8; 3, K. Brown (E) 59.3. 800: 1, L. MacDougall (W) 2:10.0; 2, A. McGeown (W) 2:14.0; 3, C. Candlish (E) 2:17.5. 1500: 1, Y. Murray (E) 4:37.2; 2, S. Morris (W) 4:44.3; 3, A. Skelton (W) 4:47.2. 100H: (-4.1m) D. Fortune (W) 15.5. 200H: (-0.5m) 1, S. Moran (E) 30.3; 2, A. Mair (W) 30.4; 3, K. Murdoch (W) 30.6. LJ: 1, G. Provan (W) 5.60; 2, L. Graham (E) 5.42. SP: 1, S. Freebairn (W) 10.49; 2, D. Lewthwaite (W) 10.32. DT: L. Adams (E) 33.24. JT: J. Barclay (W) 38.68. 4x100: 1, West 49.4; 2, East 49.4. (Juniors): 200: D. Flockhart (E) 26.2. 800: 1, L. Docherty (W) 2:18.0; 2, M. Sprang (W) 2:20.4. 1500: 1, F. Dunnigan (E) 4:50.5; 2, K. Colley (W) 4:51.8; 3, V. Vaughan (E) 4:52.5. 80H: (-3.8m) J. Duncan (W) 12.9. HJ: E. Thomson (W) 1.57. SP: 1, H. Cowie (E) 10.78; 2, M. Russell (W) 10.05. 4x100: West 51.4. (Girls): 800: 1, L. Moreland (W) 2:24.6; 2, S. Hamilton (E) 2:25.8. Teams: 1, West 252; 2, East 250.

PETERSFIELD A.C.

OPEN MEETING

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

SUNDAY, JUNE 28th, 1981

MG/MB	100m, 800m, LJ.
G/C	100m, 200m, 400m, 800m, 1500m, LJ, HJ, Jav.
JL/B	100m, 200m, 400m, 800m, 1500m, LJ, HJ, Jav., Shot.
IL/Y	100m, 200m, 400m, 800m, 1500m, LJ, HJ, Jav., Shot.
SL	100m, 800m, 1500m.
JM/SM	100m, 400m, 800m, 1500m.

To be held at Penns Place, Petersfield, Hants.

First Event 11.00 a.m.

Entries: 40p, on day 70p, by 21.6.81.

Entries to: R. E. J. Noble (Men & Boys), 14 The Causeway, Petersfield, Hants.

C. Perryman (Women & Girls), 225 The Causeway.

Scottish Women's League, Div. 3, at Pitreavie (April 26th). (Inters): 100/200: J. Todd (Liv) 12.3/25.4. Teams: 1, Victoria Park 499; 2, Livingston 482; 3, Falkirk Victoria 436; 4, Dundee Hh. 357; 5, Fife 315; 6, Caithness 212.

Sri Chinmoy '5', at East Kilbride (May 3rd). 1, D. Gunstone (S'burn) 25:18; 2, C. McDougall (E. Kil) 25:20; 3, A. McIndoe (S'burn) 25:36; 4, A. McFarlane (S'burn) 25:41; 5, D. Marshall (CV-J) 26:17; 6, R. Anderson (Cam) 26:50; 7, D. Gillies (Liv) 26:51; 8, H. Barrow (VP) 26:55; 9, S. Miller (Cam-J) 27:01; 10, D. Fairweather (Law) 27:07; 11, D. Ferrie (Cam-J) 27:14; 12, G. Haddow (Edin. U-J) 27:28; 13, R. McGeechan (E. Kil) 27:31; 14, W. Marshall (CV-V) 27:36; 15, C. Cackette (Edin. U) 27:39. **Teams:** 1, Springburn; 2, Cambuslang; 3, E. Kilbride. **(Vets):** 1, Marshall; 2, J. Leggatt (Liv) 27:53.

Ben Lomond Hill Race, at Rowardennan (May 9th). John Wild continued his recent run of hill running successes in the Ben Lomond. A last minute decision to enter proved fruitful for the 28-year-old electronics instructor from Cosford as he broke the existing course record by 16 sec.

Conditions were perfect on the 3,192ft mountain as drying winds and warm sunshine had left conditions dry and firm underfoot for the record field of 224 competitors. Wild set a fast pace from the gun and was 50m clear of his rivals as the field left the shores of Loch Lomond for the Ben slopes proper. He maintained his lead all the way to the top, reaching the summit in under 40 min and extended it all the way down the steep descent to win by over 500m from Harry Jarrett who finished runner-up for the second successive year. Last year's winner, Mike Short,

could only finish fifth, nine seconds behind that remarkable veteran, Taff Davies who broke the previous veterans best performance by 2:47.

Ros Coats finished 61st overall to set a new record when winning the ladies race, one minute better than Jean Lochhead's old time.

1, J. Wild (RAF) 1:03:18; 2, H. Jarrett (Cumb. FR) 1:05:35; 3, J. Reade (Clay) 1:07:06; 4, T. Davies (AF&D-V) 1:07:37; 5, M. Short (Hor) 1:07:46; 6, R. Whitfield (Ken) 1:08:06; 7, R. Aucott (Dark P-V) 1:08:33; 8, D. Lee (Cumb. FR) 1:08:48; 9, R. Morris (EAC) 1:09:20; 10, J. Broxap (Kes) 1:09:25; 11, D. Overton (Ken) 1:10:05; 12, J. Maitland (A'deen U) 1:10:11; 13, P. Chapman (Ken) 1:10:42; 14, E. Harvey (Unatt) 1:11:35; 15, A. Trowbridge (Dark P) 1:11:55; 16, J. Blair-Fish (ESH) 1:12:39; 17, A. Daly (Bella) 1:12:54; 18, A. Neal (E. Kil) 1:12:56; 19, J. Lamont (A'deen) 1:13:24; 20, R. Shields (Loch) 1:11:35; 21, A. Philipson (Gos-V) 1:13:57; 22, C. Joss (Bella) 1:14:09; 23, B. Brindle (Hor) 1:14:24; 24, D. Armitage (A'deen) 1:14:35; 25, D. Jewell (Dark P-V) 1:14:37; 26, J. Rowley (Law) 1:14:42; 27, P. Haworth (Kes) 1:14:45; 28, R. Unwin (Lanc. U) 1:14:53; 29, R. Boswell (Loch) 1:15:20; 30, W. Cairns (Dumb) 1:15:27. **Teams:** 1, Kendal 30; 2, Dark Peak 47; 3, Horwich RMI 63; 4, Keswick 70; 5, Bellahouston 84; 6, Clayton-le-Moors 85. **(Women):** 1, R. Coates (Loch) 1:21:26; 2, F. Hinde (Loch) 1:26:05; 3, P. Haworth (Kes) 1:29:14.

FEET FIRST.



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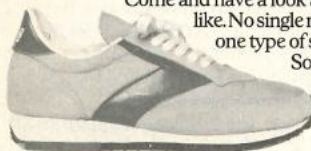
If what you want isn't in the shop, we'll be only too happy to order it for you. And if by some chance we can't help, there's no hard feelings. Even if you tried everything in the shop!

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

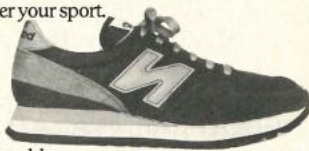
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... Final Advertisement ...

MANCHESTER Y.M.C.A.**125 RACE (20Kms)****SUNDAY, JUNE 28th, 12 noon****Venue: Y.M.C.A. Sportsfield**

(2 1/2 miles south of city centre on A5103)

50p entry (no team fee), by **14th June** to D. Farwell, 5 Corda Avenue, Northenden, Manchester M22 4JH.
Late entries £1. A.A.A. rules apply.

CUPAR HIGHLAND GAMES

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

SUNDAY, 12th JULY, 1981, 2 p.m.**EVENTS**

- Handicap** — 100m, 200m, 400m, 800m, 1500m, High Jump, Pole Vault, 11 Mile Road Race.
- Scratch** — 3000m Ind. & Team, 11 Mile Road Race.
- Heavies** — Shot, Caber, Scots Hammer, Weight for Height.
- Y. Athletes** — 100m Girls & Junior Girls, 800m Youths, Senior Boys & Junior Boys.
- Tug-of-War.

Entry forms from J. Hendry, 3 Bonnygate, Cupar, Fife. (Enclose S.A.E.).

ENTRIES CLOSE FRIDAY, 19th JUNE**STAFFS. MOORLANDS A.C.****5th Annual**

FESTIVAL 4 MILE ROAD RACE

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

At Cheadle, Staffs.**SAT., 25th JULY, 1981****at 3 p.m.**

**BIG PRIZES AND
GREAT CARNIVAL ATMOSPHERE**

Awards to the first 3 individuals, first Vet., first U/18, first 3 ladies and team prizes.

Fee: 50p per person to be included with entry. Please include a SAE for information to: Mr T. Evans, 14 Ladydale Close, Leek, Staffs. Tel. Leek 371509. No Team fee.

WALLASEY A.C.

See A.W. No. 21 for details re

AUGUST MONDAY TROPHY MEETING

Details Wallasey Athletic Club, Doug Hanna, 9 St. Elmo Road, Wallasey, Merseyside L44 8BL.

NEW MILLS ROAD RACE

6.3 miles

(Under A.A.A. Laws)

WEDNESDAY, JUNE 24th**at 7.30 p.m.****PROMOTED BY NEWSPA**

Registration at Swimming Pool before 7.15 p.m.

MANY VALUABLE PRIZES**Entry Fee:** 50p.**S.A.E. for details from:**

B. G. Smith,
21 Parkland Avenue,
New Mills,
Nr Stockport,
Cheshire SK12 4DT.
New Mills 43523.

SAT., 22nd AUGUST, 1981

18th BRACKNELL RELAYS

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

Sponsored by**Bracknell District Council****AT SPORTS CENTRE,****BAGSHOT ROAD, BRACKNELL****EVENTS:****Junior Ladies:** 4 x 100m, 4 x 800m.**Inter Ladies:** 4 x 100m, 4 x 200m, 4 x 800m.**Senior Ladies:** 4 x 100m, 4 x 200m, 4 x 800m.**Boys:** 4 x 800m.**Youths:** 4 x 100m, 4 x 200m, 4 x 400m.**Junior Men:** 4 x 100m, 1600m Medley.**Senior Men:** 4 x 100m, 4 x 200m, 4 x 400m,

4 x 1500m, 1600m Medley.

ALSO: Senior Ladies Open 800m for the D. L. McJannet Trophy. (Entry Fee 40p).

Entry Fees: £1 per team. Clubs limited to 2 teams per event.

Trophy for club with highest aggregate score in all relays.

Entries and further details: Mrs J. Wright, 24 Vandyke, Great Hollands, Bracknell, Berks.

ENTRIES CLOSE SAT., 18th JULY, 1981

On the Road

KING HENRY VIII '10' At Coventry, April 8th

1, D. Ellis (Dur. U) 50:32; 2, D. Dix (Cov) 50:34; 3, T. Settle (Rug) 50:36; 4, L. Tredell (Cov-J) 50:59; 5, C. Rigby (Liv) 51:01; 6, D. Smith (Cov) 51:09; 7, S. Taylor (Sun) 51:39; 8, R. Panter (Bir) 51:50; 9, I. Higgins (Bish. V-J) 52:04; 10, C. Kirkham (Cov) 52:05; 11, M. Aldersley (KH-J) 52:13; 12, A. Cooper (Newc. U) 52:29; 13, N. Cowie (Bris. U) 52:46; 14, D. Glassborow (HHH) 52:55; 15, S. Horton (Old C-J) 53:04; 16, J. McKeown (Cov-J) 53:17; 17, S. Wankling (Cov) 53:22; 18, M. Hall (Mass. F) 53:45; 19, M. Smith (Fin. P-Y) 53:58; 20, G. Wood (Tip-V) 54:02. (Vets): 1, Wood; 2, M. Langrish (Oct. D) 55:05; 3, R. Carey (Cov) 55:43. (Youths): 1, Smith; 2, S. Holliday (Liv-B) 55:16; 3, G. Tydings (St. T. A) 55:50; 4, R. Owen (Bab) 56:04. (Women): 1, A. Kirkham (Cov) 60:01; 2, S. Carey (Oct. D) 64:10; 3, G. Shields (Oct. D) 67:32.

SOUTH SHIELDS OPEN 20 MILES & N. EASTERN CHAMPS At South Shields, April 26th

1, P. Whittle (Elswick) 1:49:32
2, A. Whitfield (Chester-le-Street) 1:51:08
3, M. Roberts (Durham) 1:51:48
4, N. Jobson (Blay) 1:51:49; 5, D. Smith (Tyne) 1:52:14; 6, R. Marshall (Mor) 1:52:14; 7, B. Baggaley (Gate) 1:55:04; 8, M. Pearson (Mand) 1:55:11; 9, D. McGukon (C. le S) 1:55:18; 10, A. Bone (S&SH) 1:58:17; 11, H. Gamble-Thompson (M&C-V) 1:58:41; 12, A. Elders (Salt) 1:59:10; 13, R. Cherkley (Heat-V) 1:59:31; 14, R. Scott (Gate) 1:59:33; 15, J. Woodcock (C. le S) 2:00:59; 16, A. Lauder (Gos) 2:01:17; 17, R. Reilly (Salt) 2:01:33; 18, A. Richardson (Dur) 2:01:42; 19, K. Scater (Dur-V) 2:01:43; 20, F. Docherty (J&H-V) 2:02:04; 21, A. Gallon (Heat) 2:02:36; 22, K. Boyce (Sun-V) 2:04:27; 23, D. Johnston (S&SH) 2:04:32; 24, O. McGarrell (S&SH) 2:04:35; 25, A. Leitch (Mor) 2:05:54; 26, P. Coulson (Heat) 2:06:10; 27, J. Taylor (Heat-V) 2:06:45; 28, D. Gray (M&C) 2:07:19; 29, R. Balmer (S&SH) 2:07:35; 30, D. Whitmore (S&SH-V) 2:07:37; 31, N. Hodgson (C. le S) 2:07:42; 32, W. Morrison (Mor-V) 2:07:59; 33, M. Hendry (Mor) 2:08:44; 34, G. Freeman (Sun-V) 2:09:10; 35, E. Appleby (Heat-V) 2:09:39; 36, R. Wright (Dur) 2:09:49; 37, P. Squires (Dun. U) 2:10:14; 38, J. Baggett (Blay-V) 2:10:35; 39, W. Money (Tyne) 2:10:42; 40, R. Pow (Gate) 2:10:50. Teams: 1, Chester-le-Street 26; 2, Durham 40; 3, South Shields 57; 4, Heaton 60; 5, Gateshead 61; 6, Morpeth 63. (Vets): 1, Gamble-

Thompson (O/45); 2, Cherkley; 3, Scater (O/45); 4, Docherty (O/45); 5, Boyce (O/45); 6, Taylor. (O/50): Freeman.

BARNET FESTIVAL OF ROAD RUNNING At East Barnet, April 26th

Hampstead '10': 1, D. Clark (Ver) 50:05; 2, S. Livingstone (Ver) 50:12; 3, G. Ogden (High) 50:27; 4, O. Arif (N. Lon) 50:34; 5, S. Poulton (Enf) 51:40; 6, E. Blackman (Ver) 51:51; 7, D. Hardstaff (N. Lon) 52:16; 8, C. Ross (High) 52:23; 9, S. Martin (E&E) 52:32; 10, J. Keating (E&S) 52:34; 11, M. Page (Walton) 52:39; 12, S. Penny (Old G) 52:40; 13, M. Barratt (E&S-V) 52:47; 14, J. Shemilt (High) 53:00; 15, A. Campbell (Enf) 53:02; 16, D. Hiller (Med) 53:20; 17, G. Harrold (Enf-V) 53:32; 18, D. Walsh (L. Buz) 53:34; 19, A. Cronin (N. Lon) 53:36; 20, B. Booth (Ver) 53:40. Teams: 1, Verlea 9; 2, N. London 30; 3, Borough of Enfield 37; 4, Highgate 44; 5, Ealing & S 54. (Vets): 1, Barratt; 2, Harrold; 3, J. Steed (Ver) 54:08; 4, D. Case (E&S) 54:56; 5, D. Day (Enf) 55:46; 6, R. Campbell (W. Gn) 56:34. (O/50): 1, J. Wood (Barn) 56:37; 2, A. Layton (Vaux. M) 61:59; 3, D. Lee (Shaft) 62:27. (Youths): 1, N. Martin (High) 14:25; 2, P. Chester (S&NH) 14:36; 3, N. Stops (Shaft) 14:44; 4, A. Parr (Ex. B) 14:54; 5, D. Hoinville (High) 15:13; 6, G. Spring (North) 15:19; 7, A. Smith (Shaft) 15:22; 8, M. Archer (Hill) 15:26. Teams: 1, Highgate 16; 2, Shaftesbury 19; 3, Stevenage & NH 29. (Boys Relay): 1, Oxford City (K. Peart 10:28, C. Walters 10:09, R. Scott 10:18, S. Male 9:52) 40:47; 2, Thames Valley 41:46; 3, Shaftesbury 41:59; 4, Havering 42:38; 5, Barnet 10:14. Fastest: E. Kimani (Shaft) 9:43. (Colts Relay): 1, Huntingdon (K. O'Connor 7:39, B. Bowkis 8:08, J. Medd 8:25, R. Youngs 7:39) 31:51; 2, Havering 31:54; 3, Oxford City 31:59; 4, Shaftesbury 32:09; 5, Hillingdon 33:17. Fastest: D. Wright (Shaft) 7:32.

BBC RADIO STOKE FESTIVAL '4' May 2nd

1, D. Black (Tamworth) 16:13
2, R. Hackney (RAF) 16:16
3, J. Graham (Birchfield) 16:32
4, G. Harvey (Staffs M) 16:42; 5, R. Harris (Ox. C) 16:44; 6, P. Flavel (Ox. C) 16:45; 7, B. Cole (Tip) 16:47; 8, T. Wright (W&B) 16:48; 9, M. Roberts (Staffs M) 16:53; 10, J. Wheway (W&B) 17:03; 11, M. Deegan (O&R) 17:11; 12, R. Cytla (Tip) 17:14; 13, P. Bowler (Staffs M) 17:22; 14, M. Pountney (Tip) 17:35; 15, D. Ash (Staffs M) 17:49; 16, A. Palfreyman (Stoke) 18:02; 17, N. Deakin (Newc) 18:04; 18, N. Reeves (Cann) 18:09; 19, C. Kirkham (Cov) 18:10; 20, P. Whitman (Staffs M) 18:12. (Women): 1, R. Wright (W&B) 20:05; 2, K. Whapshott (Brack) 20:10; 3, A. Tunnicliffe (Stoke) 20:20; 4, A.

Kirkham (Cov) 20:41; 5, A. Turland (B&R) 20:59.

Note: Course changed at last minute and reduced to 3½M approx.

Inaugural Bearwood '4'

A LARGE AND enthusiastic crowd greeted Tipton's Tony Milovsorov as he came home a clear winner of the inaugural Bearwood '4' on May 4th. Tony completed his winter plans with a fine victory over local rival and training partner John Wheway. The latter was delighted to hold off a fast-finishing Brian Cole and he seems to be recovering from the illnesses that interrupted his training programme. The ever-consistent Andy Holden was fourth, just 24 hours after winning the Midland 10,000m title.

Juniors, Mark Flint and Ashy Laukam, had a fine battle for seventh and eighth positions. Just behind these youngsters came Colin Kirkham making a most welcome return to competition. His wife just failed to make it a family double, conceding first lady home to Bronwen Smith, and Sharon Milovsorov in her first race (7th lady) completed the second husband and wife duo. Alan Whittle won a fierce sprint finish with Eric Austin to steal the Vets honours. Ron Bentley was a very popular winner of the O/50 section and Edgar Nicholls just made the first hundred (99th) and took the O/55 prize.

Over 150 athletes finished and with the prizes extending to 75th position, and the very real enthusiasm of the crowd, the race could well become a highlight of the Midland road circuit.

B. Baldaro

1, A. Milovsorov (Tipton) 16:53
2, J. Wheway (Wolverhampton & B) 17:03
3, B. Cole (Tipton) 17:06
4, A. Holden (Tip) 17:09; 5, D. Tierney (Spark) 17:13; 6, M. Densley (Bir) 17:13; 7, M. Flint (RAF) 17:40; 8, A. Laukam (Spark) 17:41; 9, C. Kirkham (Cov) 17:43; 10, G. Spencer (Tip) 17:47; 11, A. Taylor (Man) 17:48; 12, K. Fahey (Worc) 17:50; 13, C. Perkins (Tip) 17:52; 14, R. Cytla (Tip) 17:53; 15, R. Marshall (Mor) 18:00; 16, S. Willimott (Cann) 18:00; 17, J. Thornbury (Spark) 18:06; 18, R. White (Tip) 18:07; 19, N. Reeves (Cann) 18:10; 20, S. Walton (Tip) 18:13; 21, P. Morris (Man) 18:15; 22, P. Saint (NSP) 18:19; 23, A. Mills (Newc) 18:20; 24, I. Higgins (Bir) 18:22; 25, P. O'Callaghan (S&SH) 18:23; 26, K. Stebbings (Harb) 18:29; 27, S. Lerwill (Bir) 18:29; 28, R. Foster (Notts) 18:29; 29, M. Dawes (Shrew) 18:29; 30, M. Slevin (Cov) 18:29. **(Vets):** 1, A. Whittle (Tip) 18:31; 2, E. Austin (Worc-O/45) 18:32; 3, E. Williams (Shrew-O/45) 18:52; 4, J. Mills (Spark-O/45) 19:11; 5, M. Whittaker (Staff-O/45) 19:24; 6, D. Harris (D&S-O/45) 20:06. **(Women):** 1, B. Smith (B&R) 20:15; 2, A. Kirkham (Cov) 20:45; 3, J. Savage (Tip) 22:05; 4, C. Readdy (Stoke) 22:20.

Ray Smedley's Fine '10'

A TREMENDOUS SOLO performance from Ray Smedley hacked over two minutes off Mike McLeod's record in the TI Tube Products' Croxdale '10', at Durham on May 9th. With McLeod 'jogging' around in 15th after visiting the physiotherapist in the morning and under instructions from coach Alan Storey to run below full pace, Smedley was unchallenged to forge further ahead on each of the four laps. Already 40m clear on the opening circuit, the Birchfield 1972 Olympian who said he expected to be in the North East for a lengthy period through his job, left Kevin Forster of Saltwell to collect the North Eastern championship over a minute behind but still inside the old record of 49:17.

Brian Kirkley.

1, R. Smedley (Birchfield) 47:24
2, K. Forster (Saltwell) 48:35
3, A. Robertson (Army) 48:54
4, G. Forster (Sun) 49:42; 5, D. Robson (Els) 49:46; 6, M. Coleby (Gate) 49:47; 7, K. Johnson (Els) 50:34; 8, P. Taylor (Sun) 50:34; 9, C. Hallimond (Sun) 50:36; 10, M. Roberts (Dur) 51:05; 11, A. Catley (Mor) 51:14; 12, K. Angus (Sheff) 51:16; 13, P. Whittle (Els) 51:17; 14, R. Donkin (Sun) 51:19; 15, D. Ellis (Dur. U) 51:41; 16, D. Dixon (Sun) 51:43; 17, A. Thomas (Dur. U-J) 51:45; 18, C. Chandler (Dur. U) 51:59; 19, P. Gibson (Dur) 52:03; 20, S. Ponsonby (Dur. U) 52:04; 21, D. Smith (Tyne) 52:06; 22, J. Alder (Mor-V) 52:14; 23, R. Dunn (Mor) 52:18; 24, A. Jenkins (Mor) 52:26; 25, G. Hetherington (Dur. C) 52:31; 26, R. Hepworth (Long) 52:36; 27, K. Robinson (Bing) 52:44; 28, M. McLeod (Els) 52:48; 29, H. Matthews (Els) 53:05; 30, M. Pearson (Mand) 53:10. **Teams:** 1, Elswick 114; 2, Sunderland 194; 3, Durham 202; 4, Durham Univ 217; 5, Morpeth 335; 6, Gateshead 450. **(Vets):** 1, Alder; 2, C. Pickett (M&C) 54:00; 3, E. Hudspith (Mor) 54:13; 4, H. Gamble-Thompson (M&C) 54:50; 5, R. Balding (Heat) 55:07; 6, R. Checkley (Heat) 55:21; 7, K. Slater (Dur) 55:36; 8, A. Martin (Rown) 55:54; 9, F. Docherty (J&H) 55:56; 10, T. Rooke (M&C) 56:25. **Teams:** 1, Morpeth 288; 2, Middlesborough & C 303; 3, Heaton 326. **(Women):** M. Chambers (Blay) 63:15.

Due to a printer's error, the caption and credit were omitted from last week's Mark Shearman photo of Allan Wells on page 30.

The results of the Shaftesbury runners in the 200m at Wolverhampton on May 9th ('AW', May 16th) should be transposed; and it was Brian Dickens who ran 35.8 for 300m at Crystal Palace on March 22nd ('AW', April 18th).

TEN SPIKES FOR THE TRACK

ADIDAS

MARINER — Navy blue nylon upper with silver contrast, wedge heel. Ideal all round spike at a reasonable price. 4-5½ £15.65, 6-12 £17.99.

INTERVALL II — Our best selling spike. White nylon upper with blue contrast. Good heel wedge. Ideal for track or country. Tremendous value. 4-5½ £13.99, 6-12 £15.99.

N.B. Both of these shoes are small sizing. Please give us size and name of present spike plus outline.

KARHU

LASER — Blue nylon lightweight spike. 6 replaceable spikes. 6-12 (except 10) £24.95.

TITAN — Grey nylon uppers with black contrast. Ideal for track or country. 6 spike plate. Incorporates the Karhu air cushion. 5-11 £26.95.

NEW BALANCE

SPIKE 100 — Blue nylon uppers with grey suede all round extra support. 7 spike plate with slight 'Intervall' heel. 'D' medium fit 6½, 8, 8½, 9, 10. '2E' broad fit 6-9½ except 7 £27.95.

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HURRICANE — White nylon upper with blue flash, well padded heel. Ideal all round spike. Superb value 4½-5½ £13.90, 6-12 £15.99.

TIGER

ATLANTIS — Blue nylon upper with yellow contrast. A general purpose spike at a reasonable price. 4-5½ (except 4½) £16.60, 6-11 £19.10.

NIKE

VAINQUEUR — The top shoe in the Nike range. Yellow nylon with green suede supports and red swoosh. Built up heel for added comfort & protection. 6-12 (except 9, 10, 11 & 12) £36.99.

BLACK FLY — A solidly built spike in black nylon with silver contrast. Good heel wedge. 3, 3½, 4 £17.40, 6, 6½, 7, 7½, 8, 10½, 11½ only £19.99.

STAR BUY

WHITE FLY — We have obtained a quantity of last year's model of the Fly in white nylon at a special price. Hurry! While stocks last. 8-12 inclusive of ½ sizes. ~~£19.99~~ NOW ONLY £15.99!

* * *

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KARHU GROUNDHOG — Superb quality training shoe. Ideal for uneven terrain & roads. Silver grey uppers with the air cushion sole. 5, 5½, 6, 8, 9½, 11 & 11½. Was £24.95, NOW ONLY £20!

NIKE ELITE — The former No. 1 selling racing shoe. Just a few pairs at this silly price. 5, 5½, 6, 6½, 7, 10 & 10½ ONLY £20.00!

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BOROUGH ROAD 211; OXFORD UNIV. 165; THAMES VALLEY 152; ETC.

At Iffley Road, May 2nd

100: (A): 1, D. Thompson (Ex. B) 10.5; 2, A. Pitts (BRC) 10.7; 3, L. Christie (TVH) 10.7. (B): 1, M. Owen (Ex. B) 10.9; 2, D. Crosby (BRC) 11.0. 200: 1, Christie 21.8; 2, J. Davis (Ex. B) 21.9; 3, A. Kerr (BRC) 22.0; 4, P. Key (Poly) 22.3. 400: 1, K. Raymond (Poly) 48.8; 2, P. Batten (BRC) 48.9. 1500: D. Clarke (BRC) 3:47.0. 110H: (A): 1, H. Moscrop (BRC) 15.2; 2, R. Honey (Ex. B) 15.2; 3, K. Pascoe (TVH) 15.2; 4, C. Humphrey (Ox. C) 15.7. (B): M. Naylor (BRC) 15.7. 400H: 1, Moscrop 54.1; 2, R. Tolson (TVH) 55.5. HJ: 1, Naylor 2.11; 2, C. Harris (TVH) 2.05. PV: (A): G. Eggleton (BRC) 4.60. (B): P. Brook (BRC) 4.00. LJ: 1, M. Griffiths (Poly) 7.05; 2, T. Wade (TVH) 7.04; 3, N. Bugge (Ex. B) 6.96; 4, Humphrey 6.86. TJ: 1, J. Brierly (Ex. B) 14.38; 2, A. Shoebridge (Poly) 14.21; 3, M. Pickerrill (BRC) 14.04; 4, T. Herbert (Ox. U) 14.03. SP: M. Eyres (Ex. B) 14.36. DT: 1, Thompson 44.82; 2, P. Yates (BRC) 43.78; 3, J. Moreland (Ox. U) 40.00. HT: 1, G. Curtis (Ex. B) 52.04; 2, V. Miihkinen (Ox. U) 46.40. JT: (A): 1, Yates 78.72; 2, S. Ladds (TVH) 62.32. (B): C. Dickenson (BRC) 60.04. 4x100: 1, Essex Beagles 41.9; 2, Borough Road 42.8. 4x400: Borough Road 3:20.9. (Women): 100: 1, K. Smallwood (BRC) 11.5; 2, J. MacGregor (BRC) 11.9. 200: 1, MacGregor 24.0; 2, A. Worrell (BRC) 25.1. 400: 1, Smallwood 56.5; 2, R. Richards (BRC) 57.2.

100H: 1, K. Warren (BRC) 14.7; 2, D. Greenidge (BRC) 14.8. LJ: Greenidge 5.61. SP: Warren 11.74. 4x100: Borough Road 47.2. Teams: 1, Borough Road 56; 2, Oxford Univ 53. (Guests): 100: B. Watson 11.0. PV: Woodruff (BRC) 4.00. (Women): 100/200: K. Rist (Rad) 12.3/25.2. 100H/SP: M. Marriott (Ox. C) 14.9/11.01.

WHO'S FOR BOBSLEIGH?

TOM McNAB is again on the look-out for would-be bobsleighters to supplement the British squad which now comprises several ex-athletes. Fitness trials will be held at the New River Sports Centre, Haringey on June 28th, and any athlete who would like to be tested should write to Tom at 9 Corder Close, Westfields, St. Albans, Herts, AL3 4NH, enclosing a passport-size photo, a £1 testing fee, details of height and weight and a 100m time. He suggests that no athlete weighing less than 12 stone or more than 16 stone should apply, and that all should be capable of reaching the following standards:— 100m inside 12.10 standing triple jump of 4-5 times standing height and a power clean and bench press of bodyweight. Finally, he points out that bobsleighting involves a minimum of 4-5 weeks away from home and an initial yearly cost of about £200.

Lost at the National Road Relay at Sutton Coldfield on April 25th, a white hooded towelling top. Contact Chris Buckley, 0272-633727.

LOCHABER A.A.C.

present

LOCHABER HIGHLAND GAMES

(Under S.A.A.A. Laws)

SATURDAY, 25th JULY, 1981

at 2.00 p.m.

**in the Town Park, Claggan, Fort William
FULL TRACK & HEAVIES PROGRAMME
PLUS**

- * CHIEFTAIN, JIMMY SAVILLE, MBE *
- * HILL RACE * PIPE BAND *
- * DISPLAYS * HIGHLAND DANCING *

ALSO

A FEAST OF HILL RUNNING

THE LOCHABER THREE

THE MELANTEE — SAT., 25th JULY 3 1/2 Miles — 1500' — Cat 'A' — 3 pm approx. FRA Champ. Race.
HALF NEVIS — SUN., 26th JULY 6 Miles — 2200' — Cat 'A' — 12 noon.

COW HILL MON., 27th JULY 3 Miles — 900' — Cat 'B' — 7 pm Seniors, 6.30 pm Youngsters.

ALL 3 RACES OPEN TO WOMEN

Entry forms for all events from: Eric Lee, Leesholme, Cameron Road, Fort William, Inverness-shire. Tel. 0397 4204.

ENTRIES CLOSE 13th JULY, 1981

CHESHIRE COUNTY CHAMPIONSHIPS

(Under AAA & WAAA Laws) — (All ages as 1.9.81)

AT HARTFORD TRACK, NORTHWICH

6.45 pm THURS., 25th JUNE, 1981

3x800m Relay — G.	Fee £1
5000m — Vet Men O/40, O/50.	Fee 40p
3000m — IL & SL (+ 1st Vet O/35).	Fee 30p

(ENTRIES CLOSE 11.6.81)

6.45 pm THURS., 2nd JULY, 1981

4x800m Relay — C.	Fee £1
5000m — SM & JM.	Fee 40p
1500m S/C — Y.	Fee 30p
2000m S/C — J.	Fee 30p
100m — Vet Men O/40.	Fee 40p

(ENTRIES CLOSE 11.6.81)

6.45 pm TUES., 14th JULY, 1981

4x100m Relay — C, B, Y, SM, G, JL, IL, SL.
3x800m Relay — JL, IL, SL.
4x800m Relay — B, Y, SM.

All Entry Fees £1 (ENTRIES CLOSE 30.7.81)

Organiser: A. G. Bunner (Frodsham 33594).

Entries on AAA/WAAA forms to: Mrs. A. Uren, "Overdale", Church Rd., Frodsham, via Warrington WA6 6AD. (Frodsham 33402). **No late entries.**

Events at Wallasey on Mon., 31st Aug., 1981.

3000m S/C — SM. 3000m — Youths.

Enquiries to: Doug Hanna 051 638 0296.

Event at Stockport on Thurs., 27th Aug., 1981.

10,000 — SM.

Enquiries to: George Tivey 061 483 7345.

Astonishing Displays Of All-Round Ability

THE WOMEN'S HEPTATHLON, which receives world record status this year, is developing at a furious rate. The world's highest score, as at the end of last season, was 6144 pts by Yekaterina Gordinenko (USSR). That was broken by Jane Frederick (USA) with 6166 at Walnut on April 23rd/24th (14.05 100H, 15.63m SP, 1.74m HJ, 24.92 200, 5.84m LJ, 43.90m JT, 2:15.2 800), only for Nadyezhda Vinogradova (USSR) to score 6212 at Kislovodsk on May 5th/6th. Her individual marks: 14.34, 14.68m, 1.71m, 24.29, 6.47m, 41.54m, 2:14.7. Jane Frederick had an early chance to regain the record at Gotzis (Austria) on May 23rd/24th, and she took the opportunity with a splendid score of 6308 (13.82, 14.67m, 1.80m, 24.78, 6.03m, 47.20m, 2:14.61) — but her thunder was stolen by East Germany's Ramona Neubert who, simultaneously in Halle, piled up the colossal total of 6621! Setting up personal bests galore, Ramona (née Gohler), aged 22, reeled off marks of 13.58, 14.75m, 1.80m, 23.70, 6.82m, 40.98m and 2:07.55. The 1.75/5'8 3/4", 65kg/143lb East German, who was 6th in the 1978 European and 4th in the 1980 Olympic pentathlon, recorded 4874 for the five pentathlon events during the course of the heptathlon. Her annual progression in long jump and pentathlon: 1973 — 5.55, 3538; 1974 — 5.93, 3808; 1975 — 6.20, 4166; 1976 — 6.42, 4299; 1977 — 6.30, 4295; 1978 — 6.59, 4565; 1979 — 6.73, 4602; 1980 — 6.72 (& 6.83w), 4718.

On the subject of all-round versatility, Germany's 2.00/6'6 3/4" tall Jurgen Hingsen (best decathlon score of 8407) produced a score of 7104 at Krefeld on May 16th. So what? So he took only half an hour to amass it! Here was Hingsen's hectic timetable that afternoon:—

3.30 — 100m in 11.1. 3.32 — long jump of 7.11m. 3.36 — shot put of 14.49m. 3.39 — successive high jumps of 1.90, 2.00 and 2.05m. 3.42 — 400m in 56.1 ("first day" completed in a shade under 13 minutes). 3.48 — 110m hurdles in 15.6. 3.52 — discus throws of 38.96 and 40.46m. 3.55 — pole vault clearances of 3.80 and 4.00m. 3.58 — javelin throws of 28.57, 43.86 and 43.86m. 3.59 (& 58 sec!) — 1500m in 4:56.9. The previous best score in a 30-minute decathlon was 6854 by Josef Zeilbauer of Austria in 1977.

European Results

4.3. **Bekescsaba (Hun).** 20kmW: Szalas 1:24:00 (rec); 50kmW: Domjan 4:02:22. 22.3. **Madrid (Spa).** 50kmW: Llopert 3:48:17, Marin 3:55:17. 28.3. **Vallingby (Swe).** Mar: Erik Ostbye (60) 2:51:48. 5.4. **Martigny (Swi).** JEFF NORMAN 2:21:46, MICHAEL CROWELL & GUY OGDEN 2:24:21. 5.4. **San Vittore Olona (Ita).** Five Mills CC: Kedir (Eth) 29:46, de Castella

(Aus) 29:52, Yifter (Eth) 30:02, Nedi (Eth) 30:04, Balcha (Eth) 30:13, Girma (Eth) 30:17, Tura (Eth) 30:18, Lewry (Aus) 30:21, Ortis 30:26, Austin (Aus) 30:27 . . . 23, JULIAN GOATER; Jnrs: PAUL DAVIES-HALE 23:18, Butler (US) 23:43. 11.4. **Maassluis (Hol).** Westland Marathon: Vriend 2:17:06, Kneppers 2:17:21, Mentink 2:18:45, COLIN YOUNGSON 2:18:55, Wassenaar 2:22:39, PETE FLATMAN 2:22:54 . . . 10, ROY ROATH 2:25:46; 11, EVAN CAMERON 2:27:48; 18, GRAHAM MILNE 2:32:22; 21, MARTIN PAYE 2:33:13. 11.4. **Snagov (Rom).** Women's DT: Craciunescu (née Tacu) 64.42, Ionescu 63.52. 11.4. **Geneva (Swi).** Mar: IAN THOMPSON 2:17:17, Castenada (US) 2:20:26, PRINCE 2:28:02.

12.4. **Milan.** Stramilano 22km road: de Castella (Aus) 1:04:52, Balcha (Eth) 1:04:53, Kedir (Eth) 1:06:15, da Silva (Bra) 1:07:05, Nedi (Eth) 1:07:56, Weyel (Ger) 1:08:02, DAVE CANNON 1:08:36 . . . Yifter (Eth) retired after 7km. 12.4. **Geleen (Hol).** 15km road: Puttemans (Bel) 43.54, Lok 44:19 . . . 6, RAY CRABB 45:06; 11, MIKE HURD 46:47. 14.4. **Nice (Fra).** PV: Vigneron 5.70. 18.4. **Lisbon (Por).** 5000: Mamede 13:28.5. 19.4. **Vigevano (Ita).** 7.5km road: STEVE OVETT 21:37, Cova 21:50, Ortis 21:56. 19.4. **Liffre (Fra).** Half Mar: K. BELL (Wyc Ph) 1:09:45 . . . 3, J. STRICKLAND (Wyc-J) 1:11:47; 8, M. MOODY (Maidenhead - V) 1:14:10. Team: Vale of Aylesbury. Mar: R. ELLERTON (V of Ayles) 2:32:43. 19.4. **Cassel (Fra).** 23.5km road: Constant (Bel) 1:15:07 . . . 4, A. CATLEY (Morp) 1:17:50; 9, M. HARRIS (Morp) 1:18:56; first woman — GILL BURLEY (Exeter) 1:34:17. 25.4. **Rome (Ita)** 800: Cecchini 1:46.7; women's 3000: Cruciata 8:46.8 (rec). 25.4. **Bargteheide (Ger).** JT: Gambke 85.34. 25.4. **Orsoy.** German Mar Champs: Salzmann 2:15:42; women — Teske 2:33:13, Vahlensieck 2:35:37, Hutterer 2:43:13. 25.4. **Oslo (Nor).** 9km road: OVETT 26:06, Fjaerestad 26:16, ERIC TOOGOOD (Blackburn; lives in Norway) 26:40 . . . 7, MIKE DEEGAN 26:56; 8, RON HARRIS 27:03. 26.4. **Wolfsburg.** German 50kmW champs: Degener 4:07:40 . . . 4, Weidner (V) 4:17:45. 26.4. **Lisbon.** 100: (+1.8m) TREVOR HOYTE 10.3; Le Joncour (Fra) 10.3; 200: (— 1.7m) Petitbois (Fra) 20.7 . . . 3, HOYTE 21.5; 5000: Mamede 13:19.2, Sykora (Cze) 13:35.2, Sena 13:36.9, Cerrada (Spa) 13:37.7, Marques 13:39.2; JT: Utriainen (Fin) 82.44, Temesi (Hun) 81.94, DAVE OTTLEY 78.58, JOHN TROWER 75.94.

1.5. **Frankfurt (Ger).** Women's 3000: Friedmann 9:07.2, Teske 9:19.0, ANGELA MASON 9:53.3. 1.5. **Karl-Marx-Stadt (GDR).** Mar: Eberding 2:15:25, Kristensen (Den) 2:15:45,

Truppel 2:16:20. **1.5. Naumburg (GDR).** 20kmW: Pribilinec (Cze) 1:21:56 (rec), Wieser 1:22:12, Yevsyukov (USSR) 1:22:19, Polosov (USSR) 1:22:49, Bulakowski (Pol) 1:22:54, Kowalsky 1:23:02 (jnr rec), Gauder 1:23:27, Andersen (Nor) 1:23:47; 50kmW: Dunkel 3:45:56 (rec), Matern 3:51:27, Nefyodov (USSR) 3:54:19, Muller 3:54:42, Meisch 3:56:59, Schaeffer 4:01:06, Zymbalyuk (USSR) 4:03:41; Jnr 10km: Brandt 42:39. **1.5. Sesto San Giovanni (Ita).** 30kmW: Bellucci 2:22:36, M. Damilano 2:22:53, Pezzatini 2:25:22, Szalas (Hun) 2:29:12; women's 5km: CAROL TYSON 24:48.2, IRENE BATEMAN 25:26.0, Vetterli (Swi) 25:50.2, JILL BARRETT 26:55.4. **2.5. Bonn (Ger).** 10,000: Lok (Hol) 28:29.0, Uhleman & Fleschen 28:48.6. **2.5. Leverkusen (Ger).** JT: Tafelmeier 85.24. **2.5. Aalen (Ger).** JT: Schreiber 88.82. **2.5. Combs-la-Ville (Fra).** PV: Houvion 5.60. **3.5. Oslo.** 9km road: OVETT 25.43, Fjaerestad 25:45, Dahl 25:48, K. Kvalheim 26:17, IAN STEWART (Lut) 26:23, MIKE TAGG 26:34... 14, STEVE FLINT 27:12; women — Waitz 13:41, Rasmussen (Den) 14:08, CHRIS BENNING 14:24. **3.5. Paderborn (Ger).** HT: Riehm 76.44. **3.5. W. Berlin.** 25km road: Yurdadon (Turk) 1:16:59, Terzi (Turk) 1:16:59, Altun (Turk) 1:17:44, Sensburg 1:17:57, Kolbeck (Fra) 1:18:01, COLIN TAYLOR 1:18:04;... 9, PETER CLARKE 1:20:33; 12, NEIL LEACH 1:21:19. **3.5. Epinay (Fra).** 1hr Walk: Lelievre 14,481m.

5/6.5. Kislovodsk (USSR). Women's Hept: Vinogradova 6212 (world best), Schulshenko 5920. **7.5. Zagreb (Yug)** 5400m road: Zdravkovic 15:24, Uvizi (Cze) 15:25, Leitao (Por) 15:27, Lences (Cze) 15:30, Sena (Por) 15:35, DENNIS FOWLES 15:43, ANDY ARMITAGE 15:47. **9.5. Ljubljana (Yug).** 4200m road: Sena (Por) 11:42, Leitao (Por) 11:45, Lences (Cze) 11:47, Kacar 11:49, ARMITAGE 11:50... 9, FOWLES 11:54; 10, JOHN DOHERTY 11:56. **9.5. Frankfurt.** 200/400/400H: Schmid 20.7/45.7/49.3. **10.5. Darmstadt (Ger).** HT: Ploghaus 76.72. **10.5. Dormagen (Ger).** 5000: Hudak 14:18.9, Wessinghage 14:19.6; HJ: Thranhardt 2.25; women's HJ: Meyfarth 1.90; LJ: Weigt 6.62, Everts 6.56, Sussiek 6.53. **10.5. Hamburg (Ger).** DT: Danneberg 62.50. **10.5.**

Colombes (Fra). 200: Petitbois 20.91. **10.5. Saint-Denis (Fra).** Women's 400H: Rega 58.4 (debut). **15/16.5. Dusseldorf (Ger).** Women's Hept: Everts 6017 (rec; 13.79, 12.12, 1.70, 24.04, 6.38, 31.50, 2:10.68). **16.5. Milan.** 400: di Guida 46.86, ALAN BELL 47.52; 3000: Wessinghage (Ger) 7:56.24; 400H: Schmid (Ger) 49.80, GARY OAKES 50.73; HJ: Thranhardt (Ger) 2.20, Mogenburg (Ger) 2.20; LJ: ROY MITCHELL 7.64.

17.5. Rhele (Ger). 300: Skamrahl 32.2, Weber 32.8; HT: Ploghaus 78.78, Riehm 77.46, Huning 73.86, Urlando (Ita) 70.56; JT: Tafelmeier 87.22, Schreiber 86.62, Gambke 84.82; women's LJ: Weigt 6.81w (legal 6.57), Hanel 6.75, Paas 6.56. **17.5. Darmstadt.** Women's 800: MASON 2:14.2. **17.5. Frankfurt.** Mar: Stahl (Swe) 2:13:20, Mielke 2:13:58, Rodriguez Schleder (Braz) 2:14:54, Will 2:15:03, Dorrenbacher 2:16:41, Manners (NZ-V) 2:18:08... 20, BILL VENUS (V) 2:23:24; 22, ERIC AUSTIN (V) 2:23:56; 32, LES WOOD 2:27:11; 39, ALAN RICH 2:29:43; women — Schlosser 2:47:13, Drake (NZ) 2:48:33. **20.5. Berlin (GDR).** JT: Michel 89.24. **22.5. Bordeaux (Fra).** 5000: F. Gonzalez 13:26.4, Puttemans (Bel) 13:26.9, Sena (Por) 13:28.1, JULIAN GOATER 13:28.3. **23.5. Marignane (Fra)** 3000SC: ROGER HACKNEY 8:32.4, Mahmoud 8:34.0. **23/24.5. Halle (GDR).** Dec: Pottel 8161; Women's Hept: Neubert 6621 (world best) Weser 6090. **23/24.5. Gotzis (Aut).** Dec: Zeilbauer 8191, Ludwig (Pol) 8045; women's Hept: Frederick (US) 6308 (rec), Gordienko (USSR) 6092, Guzonska (Pol) 6046. **24.5. Paris.** Mar: DAVE CANNON & Tabb (US) 2:11:44, Boxberger 2:15:09 (debut).

Tessa Sanderson threw javelin 68.86m and Verona Elder won 400 (51.94) from Joslyn Hoyte-Smith (52.74) at Furth last Saturday.

N. Staffs. Amateur Cross Country League

12th Annual Road Race

'JOHN OULTRAM MEMORIAL 10'

(Under A.A.A. Laws)

SATURDAY, 11th JULY, 1981

Starting at 3 p.m.

In Winghouse Lane, Tittensor, Stoke-on-Trent
Just off main A34 Stafford to Stoke-on-Trent Road
Changing in nearby Tittensor Jnr. Sch.,
Winghouse Lane

Easy access from M6 and other main roads

Team and Individual trophies. Good prizes as usual (value further increased) including Vets. team and Vets. Individual — O/40, O/45, O/50, O/55 & O/60.

Entry Fee: Ind. 50p. No team fee but teams (A, B and Vets.) to be declared at venue before start of race.

Entries by 27.6.81, to G. Silvester, 23 Bevan Place, Madeley, Nr. Crewe, Cheshire CW3 9JL. Late entries £1.25. Please enclose SAE if acknow. required. Cheques/PO's payable to John Ultram Memorial Fund.

BANBURY HARRIERS ATHLETIC CLUB

OPEN MEETING

SUNDAY, 28th JUNE, at 11 am
GRASS TRACK

Events: U/11 Boys 100m & 800m. Colts 100m, 800m, HJ, LJ, Boys & Youths 100m, 200m, 400m, 800m, 1500m, HJ, LJ, SP, DT. Mini Minors 100m & 800m. Minors 100m, 800m, HJ, LJ, Juniors 100m, 200m, 800m, 1500m, HJ, LJ, SP, DT. Inters 100m, 200m, 400m, 800m, HJ, LJ, SP, DT. Snr Men's 100m, 3000m, SP. Snr Women's 100m, 3000m.

Entries: 25p per event, by June 15th, to The Secretary, 7 Wolsley Close, Banbury, Oxon. Enclose S.A.E. for directions & timetable.

DIARY DATES: Banbury 5 20th Sept. Great Run 4th Oct. AP20 - Nov. 15th.

AAA's New Sponsor

ROBINSON'S BARLEY WATER is to contribute £100,000 to British athletics between now and 1983, the major part of this commitment being the company's sponsorship of the annual two-day AAA Championships which in future will be known as the 'Robinson's Barley Water AAA Championships'. This year's meeting will be held at Crystal Palace on August 7th/8th.

Welcoming this new sponsorship, Squire Yarrow, the AAA president, said last week: "I find it entirely appropriate that the new sponsor of the AAA Championships should be Robinson's Barley Water because in my more active athletic days, barley water was one of our most favoured drinks. Perhaps our new and closer association will bring its popularity to the notice of our current athletes, thus creating a rewarding situation for us both. We thank Robinson's for its support and look forward to a happy relationship".

UK RESULTS ROUND-UP

16.5. Long Beach. HT: M. Mileham 70.08.
23.5. Gotzis. 400: E. Gilkes 46.9. **24.5. Villanova.** 800: 4. J. Spooner 1:48.86. **25.5. Walnut.** 1500: G. Fell 3:43.9. **27.5. Motspur Park.** 400: N. Kitchen 47.3. **27.5. Gateshead.** 3000: S. Cram 7:55.9. **29.5. Helsinki.** 10,000: S. Jones 28:02.49. **30.5. Crystal Palace.** HJ: T. Llewelyn 2.13. **30.5. Bristol.** Women's 200: L. Macdonald 24.1; 400H: C. Warden 57.1. **30.5. Birmingham.** Women's 200: M. Scutt 23.7; 800: J. Marlow 2:07.1; 100H: S. Strong 13.8; 4 x 100: Hounslow 44.9 (UK club rec). **30.5. Nottingham.** Women's 400: A. Bridgeman 54.2; 800/1500: C. Hanson 2:07.0/4:22.3. **30.5. Plymouth.** Women's 400: T. Burgess 54.6; HJ: D. Elliott 1.84. **30.5. Philadelphia.** Women's 800: J. White 2:07.70. **30.5. New York.** 10km road: Waitz (Nor) 32:43 . . . 4. K. Binns 33:54.

Britain's most northerly marathon will take place on Sunday, July 12th at Thurso, Caithness. Full details on page 48.

NEW FROM BOOK DEPARTMENT

New titles now available: "Running Free" by Sebastian Coe with David Miller, £7.60; "Big Shot" by Geoff Capes with Neil Wilson, £6.40; "The Science of Track & Field Athletics" by Howard & Rosemary Payne, £13.50; "The Flying Scotsman" (biography of Eric Liddell) by Sally Magnusson, £2.85. All prices inclusive of post & packing. Write to Book Dept., Athletics Weekly, 344 High St., Rochester, Kent ME1 1DT.

ALNWICK FAIR '5'

(Under A.A.A. Laws)

SUNDAY, JUNE 28th
11.30 a.m.

Prizes include 1st 10 ind., 1st 3 teams, 1st 3 Vets., 25 non-prize winner plaques.

Entries/information (S.A.E.) A. Jenkins, 117 Chapel Lands, Alnwick, Northumberland NE66 1ER. (0665 6031139).

GOLDEN VALE ATHLETIC CLUB
 in conjunction with
HANWELL CARNIVAL COMMITTEE
 10th Annual

CARNIVAL '5'

Senior Road Race

(Under A.A.A. Laws)

SAT., 20th JUNE, 3.30 p.m.

Elthorne Park, Boston Rd., Hanwell W7
 (Changing: Elthorne Sports Hall)

Medals: First 3 teams (4 run, 3 score). **Prizes:** First 3 Inds., first 3 Vets.

(Carnival Cup Holders: South London A.C.)

All enter as Inds. (40p) to: M. Barber, 66 Framfield Rd., Hanwell, W.7. (01-567 0705). SAE for directions.

ENTRIES CLOSE TUESDAY, 16th JUNE

LANGBAURGH BOROUGH COUNCIL
RECREATION & AMENITIES DEPT.

in conjunction with

SKELTON & BROTTON DISTRICT
CARNIVAL COMMITTEE

present

7th OPEN SKELTON & BROTTON CARNIVAL 8½ MILES ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 27th JUNE, 1981

at 1.45 p.m.

Changing/Registration: Carnival Field, Station Rd., Skelton, Cleveland. **Course:** Over 8½ miles of undulating country roads through eight local villages.

Prizes: Individuals: 1st man home Carnival Shield + prize to value of £15, 2nd £8, 3rd £7, 4th & 5th £5, 6th £4, 7th-9th £3, 10th-12th £2. 1st Vet O/40 £5. Oldest competitor to finish £5. **Team** (3 to count): 1st team home 'Merryweather Trophy' + 3 prizes to value of £7, 2nd team 3 x £6, 3rd team 3 x £5.

Entry Fees: Individuals 75p (includes refreshments, programme, results). Late entries and entries on day 75p (N.B. not eligible for prizes). No team fee.

Entries to: Mr P. T. Hawkins, 27 Rosedale Crescent, Guisborough, Cleveland. Tel. Guis. (0287) 33512.

ENTRIES CLOSE 13th JUNE, 1981

Late entries and entries on the day
not eligible for prizes

BUXTON & DISTRICT A.C.
present 5th annual

DORMA 5 MILE ROAD RACE

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

Incorporating 2nd Annual Ladies Race

11th JULY, 1981, Start 2 p.m.

Great Prize List — Carnival Procession

Big Crowds — Fun Fair — Wellsdressing

Entries: 35p individual, 50p team, £1 on day.

Entries close 6th July, to P. Newsome, 14 London Road, Buxton. Tel. 78153.

6th Annual

WHITNASH CARNIVAL

4¾ MILE

MEN'S ROAD RACE

(Under A.A.A. Laws)

**From the Whitnash Community Centre,
Acre Close, Whitnash**

SATURDAY, 27th JUNE, 1981

3.00 p.m.

Prizes valued at 1st £10, 2nd £5, 3rd £3, 1st Vet £4.

Team race for **The Avana Meat Products Trophy.**

Entries: 40p, 50p per team, made payable to The Whitnash Carnival and S.A.E. by **22nd June** to Mr A. J. Hall, 38 Heathcote Road, Whitnash, Leamington Spa, Warwickshire CV31 2NF.

CAITHNESS A.A.C.

Britain's most Northerly

MARATHON

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

will be held in

THURSO, CAITHNESS

on

SUNDAY,

12th JULY, 1981

OVER £300 PRIZE LIST

WITH 1st PRIZE FOR MEN

TO THE VALUE OF £100

MEDALS TO ALL FINISHERS

Entry Fee £1 per Individual.

Entry Forms from: A. J. Gunn,
14 Ormlie Hill,
Thurso, Caithness.
Tel. 0847 2981.

ENTRIES CLOSE 5th JULY, 1981

Readers' Letters

AMATEURISM SUB-COMMITTEE

Dear Sir,

You will recall that it was Dr. W. A. L. Evans who chaired the special AAA sub-committee on amateurism whose report we circulated to affiliated clubs prior to our Extraordinary General Meeting at the end of February.

I feel sure that many of your readers will be interested to know that Bill Evans has kindly agreed to reform that committee for a further look at all the opinions voiced at our EGM, in letters, in newspaper articles, etc. I understand from Bill that his committee may well circularise clubs in due course. Meanwhile I know that he would welcome any further expressions of opinion in writing, and these may be addressed to him at "Winterbourne", Greenway Close, Llandough, Penarth, South Glam. CF6 1LZ.

Barry Willis,

Honorary Secretary, AAA

BENEFICIAL VAT RULING

Dear Sir,

I have been advised by the Sports Council of a beneficial ruling on VAT which follows formal agreements undertaken by the Amateur Swimming Association.

The Commissioners have come to the conclusion that, with effect from May 1st 1981, a formal agreement for a series of lets of a swimming bath, sports ground, or premises equipped for other sports **to a club, school or similar body**, where the periods of hire making up the series of lets occur at regular and reasonably frequent intervals, may be regarded as a single VAT exempt supply of a licence to occupy land. While recognising that each case will have to be decided on its own particular facts, the following guidelines will be applied by their officers in determining whether or not there is a licence to occupy:

(a) There must be clear evidence of the existence of a formal arrangement, including a requirement that payment be made in full whether or not the option to hire is actually exercised on a particular occasion. Suitable evidence would be a formal agreement between the parties, an exchange of letters or an invoice issued in advance of the series requiring payment for the whole of the series.

(b) The series must extend over the season for the sport or for at least three calendar months whichever is less and must consist of at least ten individual hire periods occurring not less frequently than once a fortnight except for breaks caused by school holidays.

(c) The formal arrangement must be such that

the licensee is granted exclusive use of the sports facilities during each period of hire.

F. J. Martell,
National Administrator, AAA.

NO PRIZES — AND NO LUNCH EITHER

Dear Sir,

As a Committee we feel the experience of our own Club with a certain Mr Brendan Hill may prove interesting to other organisations who are, or at some time in the future find themselves, in a similar position.

Saturday, October 18th, 1980 saw several teams from Barrow AC competing along with many others in the Hoad Hill Fell Relay organised by Mr Hill and run under AAA, WAAA and the Fell Runners Association Rules. The prizes were to include the Sovereign Trophy and Shields for the 1st, 2nd and 3rd teams, and Trophy and Shields for the 1st Veterans team, with the promise of a fish and chip lunch inclusive in the £4 entry fee (£5 on the day).

After a hard fought race our teams emerged overall winners in both the Open and Vets categories and were therefore looking forward not only to the presentation but the lunch as well.

However, disaster struck as Mr Hill informed us, after the race had been run, that the sponsors had withdrawn at the last minute (one of the sponsors being Mr Hill's own firm) and there were no prizes or lunches to be had — a fact which did not deter him from taking entry fees on the day!

Mr Hill promised faithfully to forward the prizes at a later date, but patience yielded no reward despite repeated verbal assurances on later occasions. Finally, in desperation we wrote to him in March 1981, but received no reply. It is now May and the problem has yet to be resolved.

Barrow Athletic Club Committee

There have been many complaints about Mr Hill's activities in recent years. This gentleman used to operate under the banner of the "Northern Branch of the B.O.A." but following numerous complaints a small delegation headed by B.O.A. Secretary Dick Palmer went to Barrow and the branch was wound up. This is something the NCAA could well look into — P.W.G.

HURDLE SPECIFICATIONS

Dear Sir,

Since the WAAA took the decision to change the hurdle specifications for junior and intermediate ladies, there have been many opinions expressed on the subject both in your columns and in private. Therefore could I ask for coaches to send me any observations they make through the summer months. The two main areas in my opinion are, (a) can the majority of young hurdlers run properly over the new 80m and 100m distances? and (b) what effect on the hurdlers does the present need to prepare for both

distances i.e. 75m and 80m, and 80m and 100m, have?

Hopefully both the ESAA and the WAAA will take stock of the situation at the end of this season with the help of as much informed opinion as possible. In my opinion it is essential for the future development of the event in this country for as many athletes as possible to hurdle in younger age groups not only to provide a broad base for the senior ranks, but also to involve as many coaches as possible in hurdling.

Graham Knight,
Event Coach (Sprint Hurdles).
43 Hillwood Road, Madeley Heath,
Nr. Crewe, Cheshire CW3 9JY.

RACE FEES

Dear Sir,

I have just posted off two entries for road races. My bank balance now reads minus £4. I took a look at two more races that interested me, checked the entry fee and decided not to bother.

What is happening? Race fees of £1 are now common and £3 fees are gradually creeping in. These fees are making big holes in my student grant and I wonder if runners on the dole have second thoughts because of the fee. With fees at this level, one must seriously consider the returns. If you run at my level you know only too well that your name will not appear on the prize list, the return is not here. What about the 'goodie bags'? Well I have collected enough plastic bags, my pens will see me through my remaining student years and I don't like wearing head bands, so these can be cut out for me!

I run for nothing but pleasure, I find I am paying through the nose for races and I read that prize-winners often have their expenses paid!

Bob Hargreaves,
Clayton-Le-Moors & Lancaster University

MAN VERSUS HORSE

Dear Sir,

I was intrigued by the advertisement on page 47 of 'AW' April 11th. It says "Llanwryd Wells Marathon, 2nd Running, Man versus Horse (under AAA Laws) June 6th 1981, Mass start (runners) 11 am". What, I wonder, does it mean?

A "marathon". As the event is advertised in

CAMBERLEY & DISTRICT A.C.

OPEN MEETING

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

SUN., 5th JULY, 1981, 12 Noon
ALDRSHOT MILITARY STADIUM
(Tartan Track)

TRACK EVENTS FOR ALL AGES
(Men & Women)

Selected events up to, and including, 3,000m & 2,000m
Steeplechase, plus High & Long Jumps.

Entries: 50p per number, on the day.

Enquiries: D. Newman, Tel: Deepcut 6727.

your magazine and is allegedly under AAA laws, I assume it is an "athletic race". "2nd Running, Man versus Horse". Versus means against, but a marathon race with a man against a horse, surely not? It then says "Mass start (runners) 11 am". This is plural so perhaps it is "men versus horses". Horses in AAA laws? I had a thorough look. I found references to "flat races", "Colts", "Hurdles" and "Steeplechase", all horseracing terms, but no actual mention of a horse as a competitor in a race.

The idea of such an event sounds interesting, but there are pitfalls in the AAA laws that could make such a contest rather difficult:—

Rule 50 (a) "promoters shall provide sufficient and convenient dressing accommodation for the competitors taking part" — a stable — cor, what a pong!!

Rule 52 (a) "In all events, competitors must wear at least a vest and shorts which are clean and so designed and worn as not to be objectionable" — a horse wearing shorts, I like it!

Rule 53 (a) "Competitors may compete in bare feet or with footwear on one or both feet" — what happens if you have four feet?

Rule 22 (2) (b) "For races over 35km, competitors must be at least 20 years old on the day of the race" — is a 20 year old horse capable of running a marathon?

Rule 107 (a) "Marathon races shall be run on roads"; (d) "Marathon races shall only be races of 26 miles 385 yards (42.195m)".

These are just a few examples. Can I invite the entries secretary, T. E. Radford, to enlighten us further on the exact nature of his event?

Ian Champion,
Tooting, S.W. 17.

County Championships

ESSEX

At Havering, May 17th

(Women): 400: 1, R. Chettleburgh (Hav) 55.7; 2, S. Whitnell (Ex. L) 57.4; 3, R. Richards (S'end) 57.7; 4, M. Kitson (Col) 57.7. 1500: 1, K. Trunley (Ilf) 4:35.7; 2, C. Hall (S'end) 4:39.3; 3, M. Wits (Ex. L) 4:41.2. 100H: 1, W. McDonnell (Harl) 14.5; 2, S. Longden (Ex. L) 14.8; 3, A. Simmonds (S'end) 15.0; 4, J. Taylor (Ex. L) 15.3. 400H: 1, T. Askins (Harl) 65.8; 2, P. Woodhouse (Ex. L) 65.8. HJ: 1, L. Miller (Chelm) 1.80; 2, S. Taylor (Ex. L) 1.65; 3, Longden 1.65. LJ: Longden 5.84. SP: 1, H. Clarke (Chelm) 13.76; 2, D. Sturman (Chelm) 12.63; 3, S. Bracey (Chelm) 12.57; 4, D. Bushnell (Chelm) 11.90; 5, Longden 11.36; 6, G. Heapy (Thur) 10.83. DT: 1, Sturman 46.42; 2, Bushnell 42.88; 3, J. Wilderspin (Hav) 40.84; 4, J. D'Arcy (Ex. B) 35.66; 5, Bracey 34.26; 6, L. Quilter (Hav) 34.18. JT: F. Whitbread (Thur) 55.06. 3000 Walk: 1, Bateman (Hav) 14:10.6. 4x100: 1, Basildon 49.4; 2, Harlow 49.6 (49.4 ht).

HAMPSHIRE

At Southampton, May 16th

100: 1, N. Richens (AF&D) 10.7; 2, M. Kelly (S&E) 11.0. 200: Richens 22.2. 400: G. Mahoney (Ports) 49.3. 400H: K. Pascoe (TVH) 55.6. HJ: A. Bedford (S&E) 1.96. TJ: T. Coker (Farn. C) 14.95. SP: 1, S. Rodhouse (S&E) 17.16; 2, N. Tabor (S&E) 16.01; 3, G. Savory (AF&D) 15.85; 4, S. Wilson (Fare) 14.24; 5, L. Wiltshire (Ports) 14.01. DT: 1, Savory 50.40; 2, Tabor 49.50. HT: P. Dolding 46.50. 4x100: Aldershot F&D 43.6.

At Southampton, May 3rd & Aldershot, May 16th

(Women): 400: V. Lemoignan (S&E) 56.8. 400H: 1, Lemoignan 61.3; 2, L. Porter (S&E) 64.6; 3, D. Gorman (S&E) 66.0. LJ: K. Glen (AF&D) 5.73. SP: 1, C. Dyer (AF&D) 14.50; 2, J. Garner (S&E) 11.23. DT: 1, J. Curtis (S&E) 42.76; 2, Dyer 41.82. JT: 1, I. Stratford (AF&D) 42.20; 2, N. Bradshaw 37.00.

MIDDLESEX

At Enfield, April 26th & May 16th

(Women): 100: 1, J. MacGregor (Houn) 11.7; 2, J. Miller (Har) 12.0; 3, C. Haslam (LOAC) 12.1. 200: 1, T. Burgess (Enf) 25.0; 2, Miller 25.1. 400: Burgess 54.6. 1500: 1, V. Rowe (LOAC) 4:28.8; 2, L. Harvey (LOAC) 4:33.1; 3, S. Harvey (LOAC) 4:34.0; 4, J. Bennett (High) 4:36.4. 3000: 1, P. Fudge (Houn) 9:24.4; 2, S. Harvey 9:41.9; 3, A. Ford (Houn) 9:43.0; 4, Rowe 9:47.9; 5, Bennett 9:56.9; 6, T. Glynn (Hill) 10:08.9. 100H: J. Duffield 14.6. HJ: D. Wilkinson (Enf) 1.75. LJ: K. Wenlock (Houn) 5.88. SP: 1, S. Tudor (Har) 13.81; 2, J. Jackson (Houn) 13.59; 3, M. Jervis (Har) 12.98; 4, J. Avis (Barn) 11.44. DT: 1, Avis 45.60; 2, Jervis 40.74; 3, Jackson 38.04; 4, Tudor 37.44. JT: 1, Jervis 44.86; 2, S. Brice (Barn) 37.76. Pent: P. Blake 3181.

SURREY

At Motspur Park, May 14th

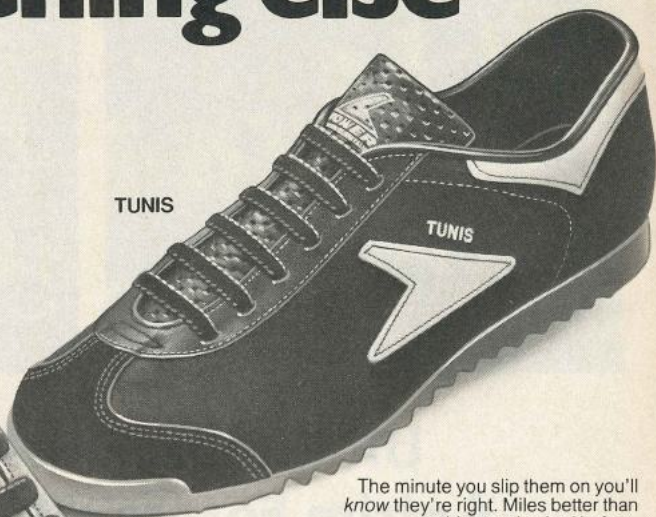
(Women): 400: 1, V. Graham (G&G) 55.8; 2, M. van Frederici (Mit) 57.7 (57.2ht); 3, L. Thompson (Sy. B) 58.1 (57.5ht); 4, V. Lee (Wok) 58.3; 5, J. Tomley (Croy) 58.3; 6, J. Compton (Brack) 58.3 (58.2ht).

At Motspur Park, May 16th

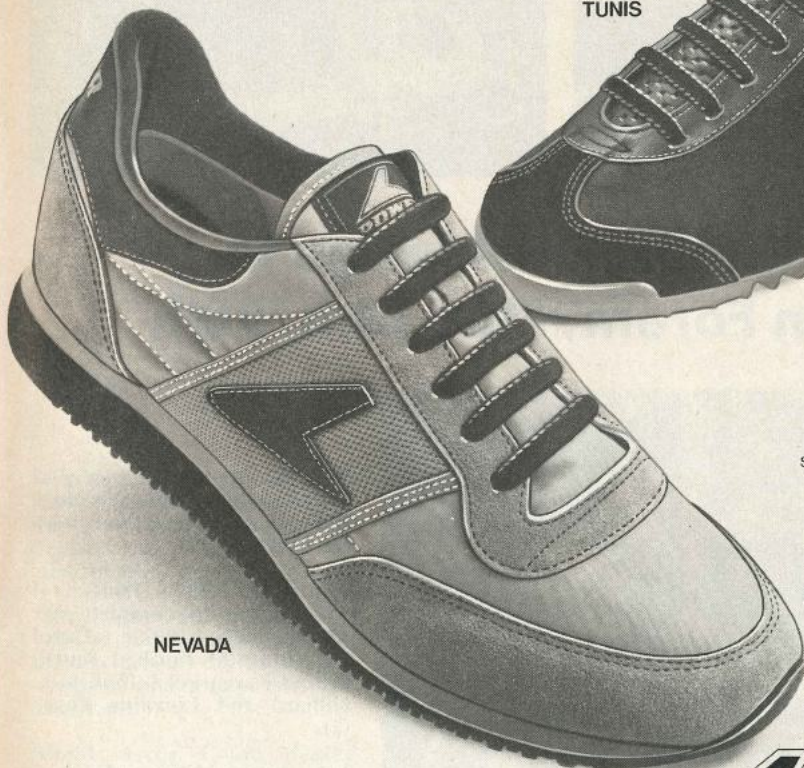
(Women): 100: 1, E. Thomas (Houn) 11.9 (11.8w ht); 2, A. Campbell (HHH) 12.2; 3, A. Worrell 12.3 (12.1w ht); 4, A. Manley (Croy) 12.3 (12.2w ht). 200: 1, Thomas 24.2; 2, Worrell 25.0. 1500: 1, A. Roberts (Houn) 4:28.4; 2, D. Phillips (Croy) 4:34.6; 3, A. Wilkins (Hasl) 4:37.8. 100H: J. Vernon (Mit) 14.6. HJ: 1, Manley 1.70; 2, C. Liquorish (S&C) 1.65. LJ: 1, J. Frank-Lynch (Mit) 5.87; 2, J. Oladapo (Brom) 5.87; 3, Manley 5.84. SP: 1, J. Kane (Craw) 13.29; 2, S. Oram (Brack) 12.00; 3, L. Hamilton (HW) 11.35; 4, R. Doyley (Sel) 11.23. DT: Kane 52.50.

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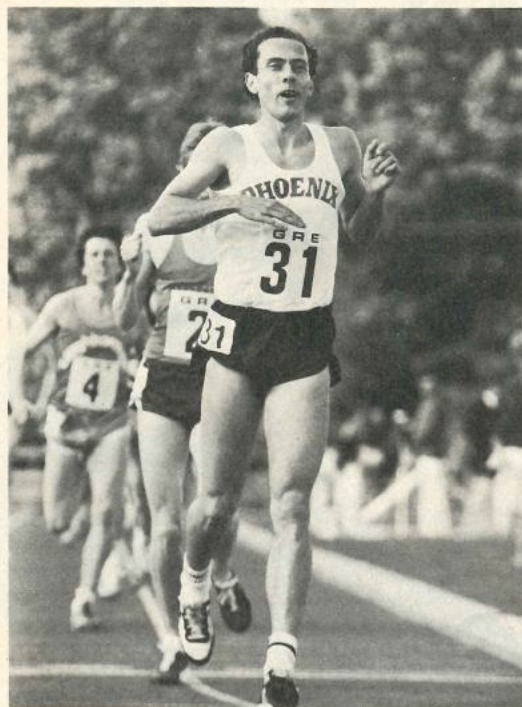
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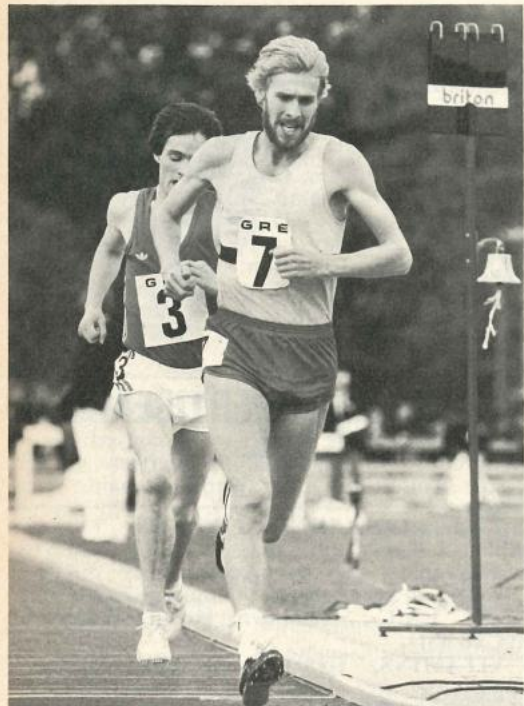
UK Championships go to Antrim Forum, May 24th/25th



Top left: A familiar face, but in the colours of his new club, Phoenix AC, Steve Ovett wins the 1500m.

Top right: Gillian Dainty (14) winding up to complete her 1500m/800m double. Carol Lightfoot (6) finished fourth behind Karen Ford (hidden by Gillian) and Lorraine Baker (2).

Left: Louise Miller on her way to a Northern Ireland all-comers' record of 1.89m.



Photos supplied by Tony Duffy

Top left: Dave Clarke leads Steve Binns on the way to lowering his 5000m pb by over ten seconds. His 13:36.13 was also an all-comers' record.

Top right: Steve Barry (1) walked 42:32.43 for 10,000m, to take second on the UK all-time list behind the late Phil Embleton.

Right: Ossie Cham cleared 2.10m but was beaten for top spot by Brian Burgess.



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POST FREE SERVICE



THE WEEK AHEAD Contd from page 3

Friday, June 12th: NIWAAA Heptathlon (1st day), Antrim Forum.

Saturday, June 13th: GDR v UK, (Dresden (1st day); Canada v UK Decathlon/Heptathlon, Saskatoon (1st day); Germany v UK (Juniors), Bremen (1st day); NIWAAA Heptathlon (2nd day), Antrim Forum; Gloucester Open Meeting; Schools County Champs; Bearsden & Milngavie Highland Games, Glasgow; Goldenlay Poly Marathon, Windsor; Cliviger '6', Overtown; Chigwell '10', Loughton; Dollar Hill Race, Dollar; Sri Chinmoy '3', Ipswich; Barnet Festival '10', Cophall; Ennerdale Horseshoe Race; Sutton & Birmingham 15km Walk, Sutton Coldfield.

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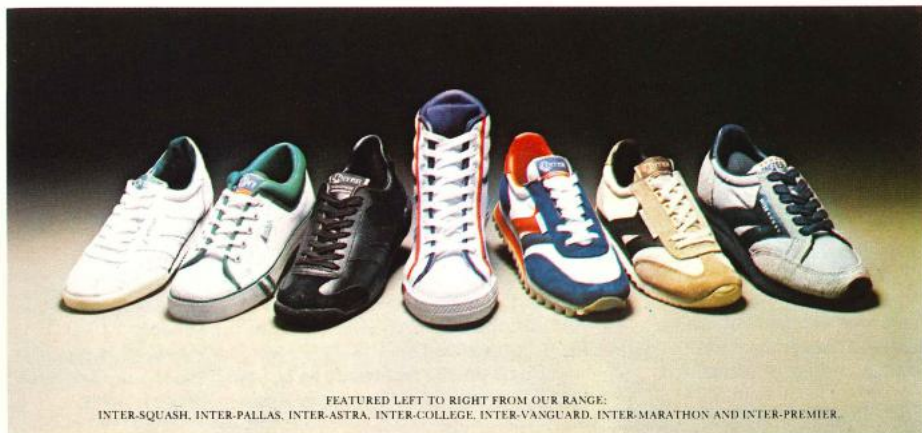
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