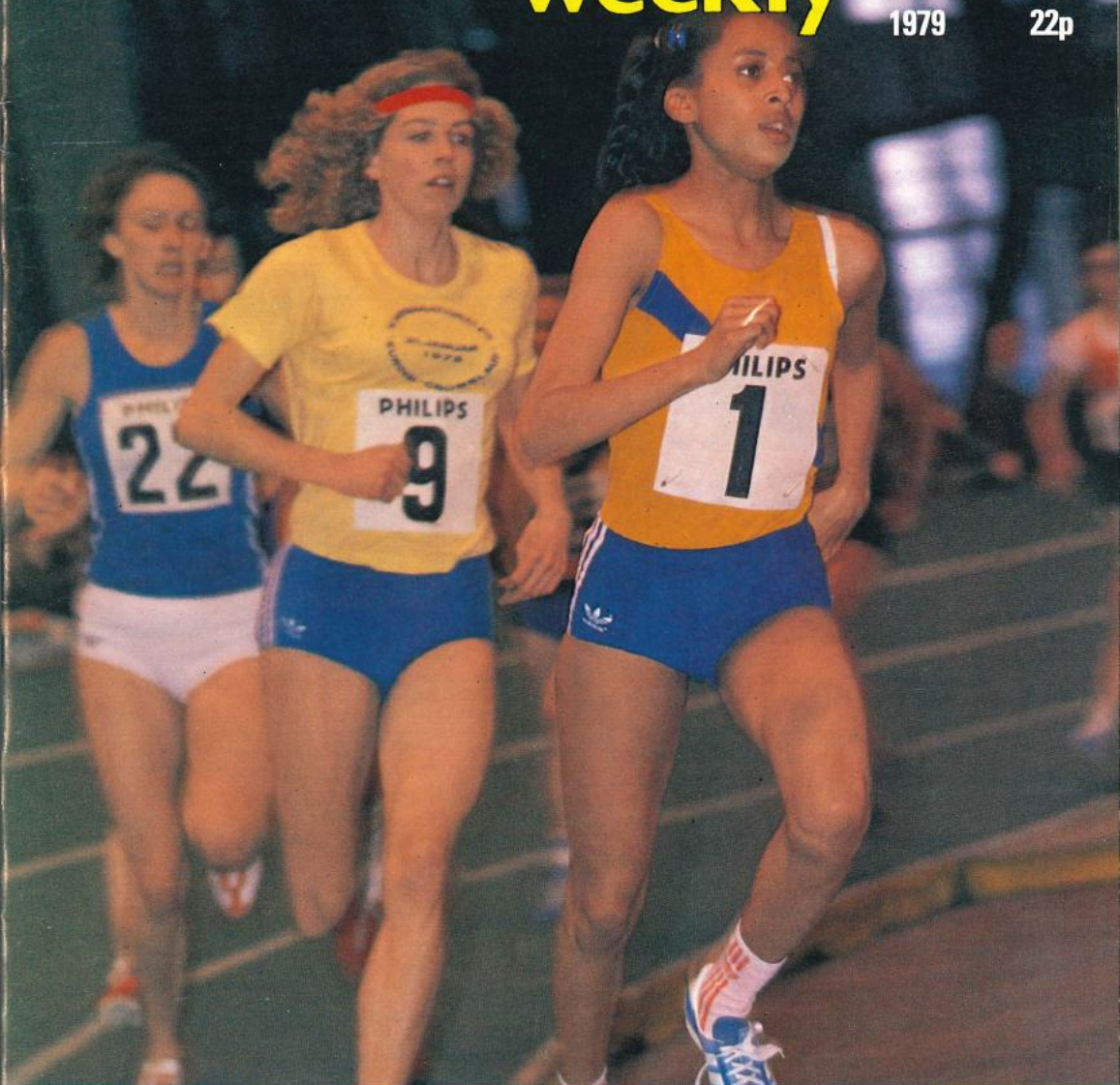


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athletics weekly

MARCH 17th
1979 22p



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OXFORD CITY A.C. YOUNG ATHLETES OPEN MEETING

Iffley Road, Oxford.

7th April, First Event 10.30 a.m.

Minor Girls 100m, 200m, 800m, LJ, HJ.
Junior/Inter Girls 100m, 200m, 800m, 1500m, 75/80mH, HJ, LJ, SP, DT, JT.
Colts 100m, 200m, 800m, HJ, LJ, SP.
Boys/Youths 100m, 200m, 400m, 800m, 1500m, 80/100mH, HJ, LJ, TJ, SP, PV, DT, JT.
Senior 3000m graded.

Entry: 30p per event. Entry forms from Tony Fox, Chislehurst, South Moreton, Nr Didcot, Oxon by 25th March.

Medals to the winners of each event. The club reserves the right to cancel any event and restrict the number of entries as it deems necessary.

NB All weather track. Maximum 6 mm spikes permitted.

SOUTHAMPTON & EASTLEIGH A.C. OPEN GRADED MEETING

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

Saturday, 31st March, 1979, at 2.00 p.m.
at Sports Centre (Polytrak), Bassett, Southampton

Men S/J:	100m, 200m, 400m, 800m, 1500m, 3000m, 110mH (2.00 p.m.), SP, DT, HJ
Y:	100m, 200m, 800m, DT
B:	100m, 1500m
Ladies S/L:	100m, 200m, 400m, 800m, 1500m, 100mH, SP, DT, HJ
J:	100m, 800m (Max 30)

Entries 20p per event to:

M. E. F Gray, 23 Broadwater Road, Southampton SO2 2DU, with 1978 best performance.

Closing date Wednesday, 28th March, 1979.

Definitely no late, no tele, no on day entries.

Next meetings 12 June, 10 July, 12 Aug, 8 Sept.

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Start 2 p.m.**

Entries (with SAE please): Senior 35p (No Team fee), Boys 50p per Team.

To: Mr. K. Lowe, 25 Humberton Close, Hackney, E.9.
Closing Date 31st March (Under A.A.A. Laws)

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MARCH 17th 1979

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THE WEEK AHEAD

Friday, March 16th: AAA U/20 & WAAA Inter. & Junior Indoor Champs, RAF Cosford, (1st day).

Saturday, March 17th: AAA U/20 & WAAA Inter. & Junior Indoor Champ, RAF Cosford, (2nd day); RWA National and Inter-Counties 10M Walk Champs, York; Welsh Inter-Schools CC Champs, Llandrindod Wells; Cambridge H Road Relay; Ilford AC Women's Road Relays, Eastway Cycle Circuit; Chingford Road Relay; Northern Women's Road Relays; Longwood H Road Races, Honley; Bath '10'; Ballyclare '10'; Balloch to Clydebank '12'; Scottish Veterans Relays, Westerton; Sutton Road Races, St. Helens; Univ. of Lancaster CC Meeting; Leicester Rutland Road Relay, Melton Mowbray; British YMCA CC Champs, Manchester; Dorking Hill Races, (1st day); Leeds Univ. CC Match.

Sunday, March 18th: Dorking Hill Races, (2nd day); Uxbridge LAC Garland Trophy Road Relays, Brunel Univ; Blackheath H Open Meeting, Crystal Palace; Tayside AAC CC Races, Arbroath; Troon Tortoises Open CC

Races; Croydon H 'Pedro Domecq' Road Relays; Hertford & Ware CC Races; Catholic Girls CC Champs, Stoke; Tendring Beach Races, Clacton; Gisborough Moors Race.

Wednesday, March 21st: Army Indoor Champs, RAF Cosford.

Friday, March 23rd: RAF Support Command Indoor Champs, RAF Cosford.

Saturday, March 24th: English Schools (Boys) CC Champs, Leicester; Essex Ladies AC Road Relays; Watford '6'; NW London CC League, Trent Park; Liverpool Open Road Relay; Romford Half-Marathon; Surrey WC Keston Cup 14M, Croydon; Midland CAAA Boys, Youths & Juniors Walk Champs; Gloucester AC Road Race; Hastings AC Road Races; Limerick AC Road Races.

COVER PHOTO
(By Mark Shearman)

Sandra Arthurton leads from Cherry Hanson and Mary Stewart in the National Indoor 1500m. For details of Sandra's exploit against the East Germans at Cosford see the next page.

UK v GDR (Indoors)**Mel Watman reports**

EAST GERMANS GIVEN A CLOSER MATCH

THREE days after a series of fine performances in Vienna, Britain's international athletes ended the indoor season on an equally encouraging note with a better than anticipated showing against the GDR in a Philips sponsored match at Cosford on February 28th. Last year, at Senftenberg, the East German men won by 40 points and the women by an embarrassing 46 pts; this time the damage was restricted to 27 pts and 13 pts respectively.

Far from suffering a reaction after her Viennese triumph, Verona Elder totally dominated two redoubtable opponents in the 400m. Pacing herself shrewdly, Verona led at 200m in 25.2, 3m up on Barbara Krug and twice that distance ahead of Brigitte Kohn. Always in control and never allowing her rivals to come to terms, Verona had stretched her margin over Krug to a good 5m by the finish, her time of 53.0 clipping 0.2 from her own Cosford record dating back to 1975. Verona thus completed an unbeaten season on the boards and one looks forward eagerly to her new career as an 800m specialist this summer. Karen Williams ran possibly the finest race of her career so far to clock an indoor personal best of 54.1 only a step

or two behind Krug (who has an outdoor best of 51.36) and Kohn (50.26 on the flat and 55.46 for 4th in the European 400H final).

The other British victory in the women's match came from a delightfully unexpected quarter: 16-year-old Sandra Artherton. Admittedly, the opposition here was not quite as fearsome as in most other events (Doris Gluth, best of 4:12.3 last summer; Angelika Kuhse, indoor fastest of 4:18.1 this winter), but Sandra's own indoor best stood at 4:22.8 and she had had only four days to recover after winning the National Intermediate CC title. Gluth led through 400 in 68.6, Kuhse was ahead at 800 in 2:20.5, with all four runners closely bunched. Sandra went to the front briefly, was passed by Gluth, and then made a determined break with over 400m to run. "I had to go to the front when I did", she explained, "because I was getting pushed and shoved no matter where I ran. So I thought now is the time to get away from it all and I just went". And didn't she just! Passing the 1200m mark in 3:30.1, 3m up on Gluth, she applied the pressure to reach the bell 10m clear and, with the capacity crowd roaring its approval, she never looked in danger of being caught during a gritty last lap.

THE BRITISH MILERS' CLUB — SOUTH WEST

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SATURDAY NIGHT, 14th APRIL, 1979

to

MONDAY, 16th APRIL, 1979

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A delighted Sandra Arthurton wins 1500m.

Mike Street

Her time of 4:19.9 was an indoor personal best, as was Gillian Dainty's 4:22.9 in 3rd place.

This indoor season has been the making of Wendy Clarke, a first-rate sprinter for some years now but now on the verge of becoming truly world class. Inspired by her excellent performance in placing 4th in Vienna in 7.26, Wendy held the great Marita Koch to 4/100ths in the 60m 'A' race and ran her to a single hundredth in the second (non-scoring at the visitors' request) race: 7.33 to 7.34. Eleanor Thomas also gave a good account of herself, shading Klara Eberding in the match race. Shirley Strong did well enough in the match 60 hurdles to reduce her best on electrical timing to 8.31, less than a metre behind the winner, but was no match for the East Germans in the second 'exhibition' race. One of the most formidable GDR pairings was in the 800 (1:55.7 performer Anita Weiss partnered by Hildegard Ullrich at 1:57.5!) and it says much for Cherry Hanson that she took the initiative for as long as she could. After a fast start by 15-year-old Louise Parker, Cherry held the lead through 200 (29.7) and 400 (60.8). At 600 she was 2nd (94.3) to Weiss (93.8) and it was only in the last 100m that she was overtaken by Ullrich. She never gave up trying, though, and was only a tenth behind her opponent at the finish.

First the good news . . .

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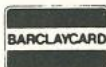
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DARTFORD HARRIERS**OPEN TRACK & FIELD MEETINGS 1979**

Most events U/12 to Vets over 4 Meetings

Mon., May 28th — O/17 • Sat., June 30th — U/17
 female • Sat., July 14th — U/17 male • Sat., Aug. 18th
 — Hds (all ages) & misc. events.

Details: SAE to Brian Fagg, 125 Halford Way,
 Dartford, DA1 3AA. Entries will close 10 days before
 each event. Under AAA/WAAA Laws.

SOUTHERN COUNTIES W.A.A.A.**FLOODLIT OPEN
GRADED MEETING**

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

AT WEST LONDON STADIUM**WEDNESDAY, 28th MARCH**

7.00 p.m. Long Jump JL, IL, SL.

400mH IL, SL.

7.10 p.m. 100m JL, IL, SL.

7.30 p.m. 800m JL, IL, SL.

7.50 p.m. 800m C, B, Y, JM, SM.

8.10 p.m. 3000m Y, JM, SM.

8.30 p.m. 200m JL, IL, SL.

(times approx.)

Entries: 20p each event to Mrs P. Butler, 211
 Woodcock Hill, Kenton, Harrow, Middx, by 23rd
 March.

Please state name, address, date of birth, club,
 event(s) and best recent performance. SAE if
 acknowledgement required. No entries on the day.

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on

SUNDAY, 8th APRIL, 1979

9.15 a.m. — 5.15 p.m.

CONTENT:

Periodization for the 1500m
 Speed work (including track session)
 Dynamic strength training
 Planning for competition
 International 800m running

SPEAKERS:

Conrad Phillips • Tony Saunders
 Gary Cook • Cy Knibb
 B.A.A.B. Senior Coaches

Applications with S.A.E. and conference fee of £1
 (coaches) or 75p (athletes) to: C. Knibb, 24 Verlands,
 Congresbury, Avon, before Friday, March 30th, 1979.



Jurgen Straub holds John Robson at bay in the 1500m.

Mike Street

In the women's field events bonus points were achieved in the high jump, where the East Germans fielded only one competitor — that outstanding young all-rounder Kristine Nitzsche, who in addition to being a 1.93m high jumper has run 800 in 2:12.7, clocked 13.84 for the hurdles, long jumped 6.27m and placed 4th in the Prague pentathlon with 4599 pts. Good jumping here in 2nd place by Ann-Marie Devally, who followed up her personal best 1.81m against West Germany with a 1.80 clearance. European indoor champion (and Olympic pentathlon winner) Sigrun Siegl was untroubled in the long jump as Sharon Colyear's last round 6.07m pipped Barbara Clarke's 6.06 opener for 2nd position. Ilona Slupianek confounded the officials by firing the shot beyond the matting with a 3rd round 21.45m, over two metres past her own UK all-comers best. Judy Oakes was back over 16m again and Vanessa Redford produced her all-time best of 15.16.

Of the three British winners in the men's match, two were fairly predictable (Geoff Capes and Brian Hooper), the other less so (Dick Callan in the 3000). Capes, Britain's most bemedalled indoor athlete, found Matthias Schmidt quite a handful. Capes opened with a modest 19.01m,



Verona Elder completes a magnificent indoor season by defeating the East Germans in the fastest 400m ever recorded at Cosford. Barbara Krug (22) was 2nd, Brigitte Kohn 3rd and Karen Williams a splendidly close 4th.

Mike Street

followed by Schmidt at 19.09; Capes took the lead in the 2nd round with 19.34 and improved to 19.53 with his next — Schmidt countering with 19.52. That was too close for comfort and Capes reached 19.75 in the 4th round, only for Schmidt to step into the circle and blast one out to 19.89. The pressure was now on Capes, but with his 5th put of 20.01 he settled the issue. A grand competition. The pole vault was tense too. Both Hooper and Joachim Krumpolt cleared 5.20m, the Briton at the 2nd try and the East German at the 3rd, and that proved crucial as neither man could make 5.30.

A strong favourite for the 3000 was Andreas Basig, who had finished one place ahead of Nick Rose in Vienna with the cracking time of 7:45.6. However, even he was unable to overcome the handicap of falling over (he hit the kerb) at the 1900m mark. He picked himself up and set off in pursuit but he expended so much energy to get back in contact within the space of a lap that he was a spent force on the last circuit. Running 2nd, some 4m behind Callan at the bell, he eventually trailed in last as Callan stormed to victory after leading throughout the last 800. He covered the first 1500 in 4:09.6, the second in 4:02.0.

The East Germans piled up maximum points in the 60, 400, 60 hurdles, long jump (in which 17-year-old Trevor Sinclair made a notable debut by leaping a personal best of 7.42m) and triple jump, but British athletes had their moments in several other events. Mark Naylor gave 2.30m performer Henry Lauterbach some competition, taking the lead when he cleared 2.18 first time whereas his opponent needed two tries. Lauterbach redeemed himself by making 2.21 and Naylor, after two failures at that height, took his third unavailingly at 2.23. Young Tim Foulger

opened his senior international career in an admirable fashion, equalling his best of 2.10. Malcolm Edwards ran with characteristic determination in the 800; he wasn't able to catch Bernd Wulf (a 1:47.7 performer) but he did



Geoff Capes, winner of a tense contest.

Tim Pike

outkick Detlef Wagenknecht (1:45.8 last summer) for 2nd spot. The 1500 was a hard fought race too, with Jurgen Straub's 26.8 last 200 sufficing to hold off John Robson's persistent challenge.

Parting shot: After 30 years of service to the sport, chief starter Frank Hicks made his final appearance in that role.

60: (A) 1, K-D. Kurrat 6.71; 2, O. Prenzler 6.82; 3, SELWYN CLARKE 6.96; 4, LES HOYTE 7.08. (B) 1, Kurrat 6.72; 2, Prenzler 6.82; 3, CLARKE 6.95; 4, HOYTE 7.17. **400:** 1, U. Bauer 48.0; 2, F. Richter 48.4; 3, EARL TULLOCH 49.3; 4, ANDY KERR 49.8. **800:** 1, B. Wulf 1:50.6; 2, MALCOLM EDWARDS 1:50.9; 3, D. Wagenknecht 1:51.1; 4, JOHN GOODACRE 1:52.7. **1500:** J. Straub 3:45.4; 2, JOHN ROBSON 3:45.6; 3, G. Ruth 3:47.3; 4, PAUL WILLIAMS 3:47.5. **3000:** 1, DICK CALLAN 8:11.6; 2, H. Kunze 8:12.4; 3, STEVE EMSON 8:12.6; 4, A. Basig 8:14.3. **60H:** (A) 1, T. Dittrich 7.88; 2, A. Pannicke 7.91; 3, DAVE WILSON 8.07; 4, MARK HOLTOM 8.11. (B) 1, Dittrich 7.83; 2, Pannicke 7.95; 3, WILSON 8.07; 4, HOLTOM 8.19. **HJ:** 1, H. Lauterbach 2.21; 2, MARK NAYLOR 2.18; 3, G. Wessig 2.15; 4, TIM FOULGER 2.10. **PV:** 1, BRIAN HOOPER 5.20; 2, J. Krumpolt 5.20; 3, ALLAN WILLIAMS 5.10; 4, D. Eckardt 4.70. **LJ:** 1, U. Lange 7.58; 2, L. Franke 7.55; 3, BILLIE KIRKPATRICK 7.48; 4, TREVOR SINCLAIR 7.42. **TJ:** 1, L. Gora 16.06; 2, K. Hufnagel 15.96; 3, DAVE JOHNSON 15.81; 4, RICHARD



Wendy Clarke runs Marita Koch to 1/100th of a second in the 60m 'B' race.

Tim Pike

THURROCK HARRIERS ROAD RELAYS

ON SATURDAY, 7th APRIL, 1979

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

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Junior Ladies 3 x 1M 6yds.

Inter/Senior 3 x 1M 6yds.

Awards first 3 teams, fastest laps. Schools & reserve teams according to entry.

Entry fees: Male events 'A' teams £1.00, reserve teams 60p. Female events 'A' teams 80p, reserve teams 50p. All ages as at 1st April, 1979.

Entries must show D of B, be accompanied by entry fees and SAE for acknowledgment and directions.

To R. A. Sales, 78 Orchard Road, South Ockendon, Essex RM15 6HH. Close 24th March.

LATE ENTRIES DOUBLE FEE

Thurrock Harriers reserve the right to divide any event should entries make this necessary.

PHILIPS 15.34. **SP:** 1, GEOFF CAPES 20.01; 2, M. Schmidt 19.89; 3, W. Warnemunde 18.90; 4, MIKE WINCH 18.02. **Match Result:** UK 47, GDR 74.

Women

60: (A) 1, M. Koch 7.34; 2, WENDY CLARKE 7.38; 3, ELEANOR THOMAS 7.42; 4, K. Eberding 7.43. (B) 1, Koch 7.33; 2, CLARKE 7.34; 3, Eberding 7.37; 4, THOMAS 7.40. **400:** 1, VERONA ELDER 53.0 (UK all-comers best); 2, B. Krug 53.7; 3, B. Kohn 53.8; 4, KAREN WILLIAMS 54.1. **800:** 1, A. Weiss 2:04.6; 2, H. Ullrich 2:08.0; 3, CHERRY HANSON 2:08.1; 4, LOUISE PARKER 2:13.7. **1500:** 1, SANDRA ARTHURTON 4:19.9; 2, D. Gluth 4:20.8; 3, GILLIAN DAINTY 4:22.9; 4, A. Kuhse 4:26.0. **60H:** (A) 1, R. Beyer 8.21 (UK a-c best); 2, M. Bartkowiak 8.25; 3, SHIRLEY STRONG 8.31; 4, YVETTE WRAY 8.59. (B) 1, Bartkowiak 8.23; 2, Beyer 8.27; 3, STRONG 8.45; 4, WRAY 8.54. **HJ:** 1, K. Nitzsche 1.86; 2, ANN-MARIE DEVALLY 1.80; 3, GILLIAN HITCHEN 1.75; no 4th. **LJ:** 1, S. Siegl 6.36; 2, SHARON COLYEAR 6.07; 3, BARBARA CLARKE 6.06; 4, K. Nitzsche 5.90. **SP:** 1, I. Slupianek 21.45 (UK a-c best); 2, M. Adam 20.49; 3, JUDY OAKES 16.22; 4, VANESSA REDFORD 15.16. **Match Result:** UK 37, GDR 50.



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AW/7

English Women's CC Champs — Further Results

INTERMEDIATES

Incomplete teams:

Basingstoke (2, L. King; 77, S. Curtis; 100, K. Dyke); **Bedford & C** (136, J. Ferguson; 173, S. Gough; 197, K. West); **Birchfield** (4, S. Harris; 31, M. Salisbury; 194, T. Townsend); **Bracknell** (12, S. Coulson; 70, J. Belmont; 74, J. Crompton); **City of Hull** (110, S. Godley; 129, T. Hood; 189, C. Thompson); **E. Cheshire** (73, R. Harmsworth; 96, N. Williams; 214, D. Sumner); **Frodsham** (125, A. Berrington; 206, J. Boyd; 207, J. Mather); **Leeds City** (1, S. Arthurton; 29, L. Holdsworth; 159, S. Gent); **Luton** (64, S. Cullerton; 67, L. Ramsbottom; 165, G. Pugh); **Rossendale** (114, E. Makin; 184, A. Greenwood; 185, C. Caine); **Warrington** (59, A. Briggs; 87, S. Heesom; 106, M. Briggs); **Airedale & SV** (57, R. Toth; 202, A. Fox); **Berry Hill & M** (55, T. Gill; 171, D. Wharton); **Bingley** (118, J. Pickering; 180, M. Wayte); **Borough of Enfield** (24, J. Vernon; 26, B. Tierney); **Charnwood** (143, E. Griffin; 152, M. Gillard); **Chelmsford** (146, C. Gould; 168, S. Bentley); **Crawley** (137, M. Ayson; 150, A. Tulip); **Dudley & S** (111, R. Oakley; 124, R. Heathcock); **Exeter** (131, N. Mortimore; 174, J. Summers); **Gateshead** (155, A. Cavanagh; 201, L. Taylor); **Leamington** (85, W. Bates; 93, J. Hemming); **Leighton Buzzard**

(15, C. Draper; 144, E. Cooper); **Manx** (20, M. McDermott; 32, M. Noon; **Melbourn** (52, F. Bannister; 167, L. Bridgeman); **Morpeth** (44, H. Boyes; 48, A. Hunt); **Parkside** (139, K. Horswood; 215, J. Marks); **Pilkington** (71, S. Beckley; 193, Y. Frame); **Southampton & E** (160, R. Bowles; 220, T. May); **Stevenage & NH** (104, H. Aldous; 151, J. Dale); **Windsor S&E** (205, J. White; 219, S. Richardson); **Wolverhampton & B** (123, D. Ingram; 138, L. Aston).

Individuals:

10, J. Godliman (Mil. K); 16, H. McNee (Ayr S); 25, J. Simcock (Stoke); 30, C. Francis (KH VIII); 33, L. Gibson (Durs); 36, E. Young (Man); 39, C. Bradford (Cle); 40, S. Alt (Ox. C); 42, J. Savage (Chelt); 43, L. Adams (Folk); 47, W. Sharpe (Pit); 51, C. Cross (Houn); 54, A. Chattaway (Camb. H); 56, D. Bryant (Darl); 65, P. Doherty (L&M); 72, D. Bowe (Thet); 76, J. Leavesley (B&R); 81, J. Higley (Barn); 89, S. Power (Wall); 91, G. Kaminski (LOAC); 98, C. Brown (Hull S); 101, S. King (Norf); 108, A. Wilkinson (Roch); 116, G. Jerwood (Sport W); 117, A. Rosbrook (Bas); 133, G. Wagstaff (Holm); 163, O. Morris (Liv. P); 172, S. Jeffries (Low); 179, J. Edwards (Alt); 182, C. Wallace (Dav); 191, V. Chappell (Stock); 196, H. Battle (Leigh); 198, C. Summerton (C&C); 203, N. Bray (O&R).

HAVERING ATHLETIC CLUB

present

The Access Relays And Races

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

Sponsored by Access Credit Card Co. Ltd.,

incorporating the

9th Annual Ladies Relays & Race

8th Annual Colts/Boys/Youths Relays

3rd Annual Ladies Walks

1st Annual Boys and Men's Walks

AT HORNCHURCH STADIUM ON GOOD FRIDAY, APRIL 13th

10.30 a.m. U/11 Minor Colts

12.40 a.m. U/17 Youths

3.20 p.m. U/13 Colts

5.00 p.m. U/15 Boys

11.30 a.m. U/13 Minor Girls

2.30 p.m. U/17 Inter Ladies

2.55 p.m. Senior Ladies Race

4.20 p.m. U/15 Junior Ladies

All boys races are 4 x 1 1/4 mile relays. All girls races are 3 x 1 1/4 mile relays. Senior Ladies 3 mile race (Team prizes — 3 to score). All ages as at 1st September, 1978. Course consists of park track, field and road.

Entry Fee: Boys £1 per team, girls 75p per team. Senior Ladies 25p per Ind. Cash with entry please or not accepted. **Entries definitely close Monday, April 2nd.**

To: Ladies — E. Chettleborough, 119 Grovesnor Road, Hornchurch (Tel: 70150). Boys — W. Lunny, 8 Victor Gardens, Hornchurch. (Tel: 46390).



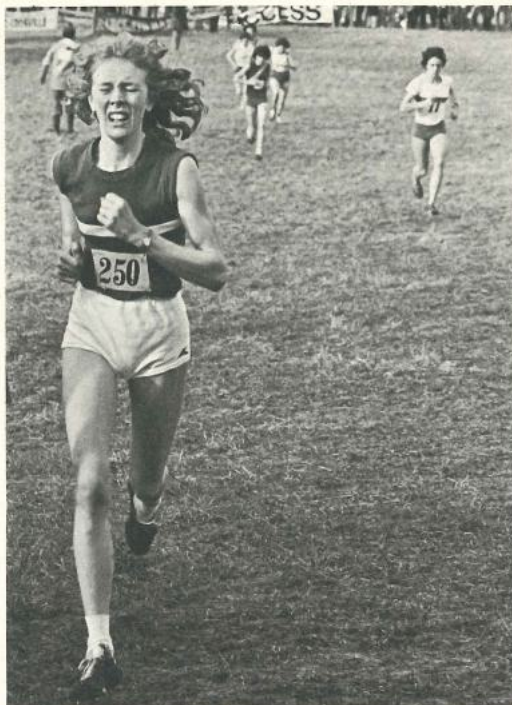
Kath Binns (250) and Penny Yule fight for the lead soon after the start of the senior race at Runcorn.

Peter Tempest

JUNIORS

Note: Subsequent to the results sheets issued at Runcorn (the basis for the results printed in 'AW') the 2nd and 3rd placings were reversed. Thus, Kate Fairbrass is now officially 2nd and Kay Barringham 3rd.

1, P. Matheson (Sale) 10:25
 2, K. Fairbrass (Reading) 10:27
 3, K. Barringham (Hallamshire) 10:27
 4, M. Witts (Ess) 10:28; 5, L. Silva (Mel) 10:28;
 6, K. Hughes (Thur) 10:35; 7, A. Alford (S&NH)
 10:39; 8, C. Clark (Cov) 10:41; 9, J. Glass (Warr)
 10:48; 10, E. Hand (Bord) 10:49; 11, L. Wight
 (S&NH) 10:50; 12, S. Foster (Thur) 10:53; 13, K.
 Williams (P. Tal) 10:55; 14, T. Davison (Hal)
 10:55; 15, D. Robson (Mor) 10:55; 16, F. Keyte
 (Man) 10:55; 17, W. Norman (G&G) 10:58; 18,
 N. Carmody (Card. W) 10:59; 19, J. Rose (Ash)
 11:00; 20, J. Midgeley (Leeds) 11:01; 21, M.
 Riley (B'stoke) 11:01; 22, L. Smith (Houn) 11:01;
 23, K. Bonney (LOAC) 11:04; 24, N. Parsons
 (B'mouth) 11:05; 25, S. Tait (ESH) 11:06; 26, S.
 Weaver (Stour) 11:07; 27, D. Burton (Leeds)
 11:08; 28, S. Glass (Gat) 11:08; 29, L. Ealham
 (Ver) 11:09; 30, D. Wildash (B'stoke) 11:09; 31,
 K. Broderick (Bord) 11:10; 32, L. Gaulbourne



The strain shows as Kath Binns wins the coveted title ahead of Ruth Smeeth and Penny Yule.

Peter Tempest

(Sale) 11:10; 33, J. Campion (E. Hull) 11:11; 34,
 S. Kenyon (Bol) 11:14; 35, Z. Hall (Leeds) 11:14;
 36, F. Rider (Camb. H) 11:14; 37, J. Bradley
 (Stour) 11:14; 38, A. Williams (Pilk) 11:16; 39,
 L. Davies (E. Ches) 11:16; 40, D. Hobbs (Ver)
 11:16; 41, M. Drath (Ashton) 11:16; 42, T.
 Lavelle (Sutt) 11:18; 43, M. Farrell (Alt) 11:18;
 44, J. Cooper (New) 11:18; 45, G. Gordon (Read)
 11:18; 46, C. Simcock (Stoke) 11:20; 47, S. Morss
 (E&E) 11:20; 48, S. Batstone (Cov) 11:20; 49, S.
 Connochie (Thet) 11:20; 50, H. Churn (AF&D)
 11:20.

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Paula Matheson leads in the Junior race, which she won. Running 2nd here is Kay Barringham, who eventually placed 3rd.

Mark Shearman

Teams:

1, **Sale** 173 pts (1, P. Matheson; 32, L. Gaulbourne; 59, B. Fox; 81, S. Stevens; 121, G. Fox; 244, V. Murray; 297, J. Horsfall).
 2, **Stevenage & NH** 182 pts (7, A. Alford; 11, L. Wight; 63, L. Dale; 101, J. Lindsey; 128, D. Cutts; 389, Alton; 397, J. Borsi).
 3, **Leeds City** 216 pts (20, J. Midgeley; 27, D. Burton; 35, Z. Hall; 134, T. Rawnsley; 173, G. Addinall; 316, M. Hayden).
 4, **Border** 297 (10, E. Hand; 31, K. Broderick; 103, D. Middlemore; 153, M. Elliott; 249, P. Brown; 348, N. Farish; 5, **Basingstoke** 329 (21, M. Riley; 30, D. Wildash; 122, L. Keough; 156, S. Moore); 6, **Halifax** 338 (14, T. Davison; 75, S. Barker; 108, K. Oddy; 141, T. Maud; 200, A.

Brady; 227, D. Littlewood; 299, S. Johnson; 439, J. Yarker); 7, **Aldershot F&D** 366 (50, H. Churn; 61, Y. Shotton; 126, A. Howard; 129, J. Burton; 211, G. Fearnley; 251, R. Ralph; 493, J. Seal); 8, **East Hull** 376 (33, J. Campion; 79, M. Maull; 116, C. Shann; 148, W. Chatterton; 446, J. Richardson; 475, D. Hadfield; 487, J. Dawes); 9, **Reading** 382 (2, K. Fairbrass; 45, C. Gordon; 136, D. Sawyer; 199, J. Coburn; 255, J. Wheeler; 357, L. Potton; 366, S. Cossey; 400, K. Sawyer; 484, J. Carpenter); 10, **Blaydon** 384 (66, J. Ferguson; 85, J. Dixon; 93, L. Skidmore; 140, D. Wilde; 266, F. Carney; 284, B. Bewley); 11, **Mitcham** 393 (64, R. Titmarsh; 87, C. Gair; 119, D. Wilson; 123, L. Tyler; 212, L. Barham; 232, M. Afflick; 239, R. Watson; 246, D. Smith; 281, D. White; 367, T. Jenkins; 388, J. Spacey); 12, **Manchester** 393 (16, F. Keyte; 60, J. Massey; 67, M. McPhee; 250, K. Wilkinson); 13, **City of Stoke** 397 (46, C. Simcock; 88, M. George; 106, P. Brannelly; 157, N. Quinlan; 198, G. Moston; 431, C. Furnival); 14, **Victoria Park** 423 (68, T. Reid; 92, M. Young; 131, S. Ferrier; 132, K. McKee; 214, A. Rennie; 216, C. Bryans; 318, E. Anderson; 338, L. Barnett; 399, B. Powell); 15, **Coventry Godiva** 452 (8, C. Clark; 48, S. Batstone; 84, D. Parry; 312, S. Keiran; 463, S. Meecroft; 478, D. Meecroft); 16, **Verlea** 487 (29, L. Ealham; 40, D. Hobbs; 175, M. Griffiths; 237, J. Wheeler; 379, E. McHugh; 480, C. Brazier); 17, **Melbourn** 485 (5, L. Silva; 105, T. Huggins; 181, W. Brown; 194, T. Cambridge); 18, **Southport W** 489 (78, M. McLoughlin; 113, C. Denny; 146, D. Pinkington; 152, E. Donoghue; 217, H. Bolland; 306, B. Wetton; 333, K. Salt; 385, P. Currie; 425, E. Halsall; 467, C. McKenzie); 19, **Thurrock** 506 (6, K. Hughes; 12, S. Foster; 197, T. Jex; 291, E. Dudley; 344, K. Enticknap); 20, **Cannock Chase** 516 (82, J. Platt; 111, D. Foster; 158, E. Lea; 165, A. Lockley; 224, J. Eaton; 226, A. Taylor); 21, **Hallamshire** 535 (3, K. Barringham; 143, R. Smedley; 154, J. Holt; 235, T. Howe; 241, J. Robertson); 22, **Barnet** 538 (56, S. Burling; 91, M. Nicholls; 171, A. Trainor; 220, A. Rockett; 314, C. Maynard; 339, J. Hayward; 340, S. Baverstock; 405, H. Surrey; 470, M. Espir); 23, **Westbury** 553 (127, Shape; 139, C. Nuttall; 142, J. Stokes; 145, D. Scadding; 234, R. Gould); 24, **Stourport** 575 (26, S. Weaver; 37, J. Bradley; 182, S. Taylor; 330, S. Moreton); 25, **Bournemouth** 582 (24, N. Parsons; 52, S. Goodwin; 137, D. Howarth; 269, C. Honeybun; 360, L. Birch; 387, J. Hamblin; 408, S. Dixon; 491, R. Dixon); 26, **Altrincham** 618 (43, M. Farrell; 80, A. Sixsmith; 178, Y. Davies; 317, A. Hailes; 454, L. Bainton; 27, **Bristol** 626 (102, D. White; 164, T. Blandford; 177, J. Spencer; 183, G. Blandford; 222, C. Douglas); 28, **East Cheshire** 644 (39, L. Davies; 180, J. Rowbotham; 206, J. Harding; 219, J. Bacon; 248, W. Thompson; 267, J. Dobson; 407, C. Davies; 411, L. Howard; 415, D. Griffiths); 29, **Northampton Ph.** 644 (89, F. Cassidy; 95, B.

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Bristol A.C.'s

20th MIKE SULLY CROSS COUNTRY RACES

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NIKE WAFFLE TRAINER		6-12	£17.50
NIKE LADY WAFFLE	3-5 1/2	£15.75, 6-12	£16.99
NIKE OCEANIA	3-5 1/2	£9.25, 6-12	£9.99
NIKE WALLY WAFFLE		small 10-5 1/2	£6.99
KARHU CHAMPION — Road & general trainer.		6-12	£19.95
KARHU ROADSTER — Rough terrain & general trainer.		6-12	£20.80
KARHU TOPMASTER — Cross country & distance spike.		6-12	£21.95
REEBOK SIROCCO — Road racer.	3-5 1/2	£12.80, 6-12	£13.85
REEBOK STAR — Suede spike.	3-5 1/2	£10.95, 6-12	£11.95

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Small, medium or large, all **£5.95**. Red, bottle, navy & royal blue.

MILLINGTON TRACKSUITS

960 Model — Jacket has raglan sleeves and contrast stripes. Trousers have 2 inset pockets and contrast stripes down outside leg. Ankle zip and strap. Wear dated guarantee.

Available in: Royal/white, navy/white, red/white, black/white, black/tangerine, green/white, maroon/sky, royal/gold, purple/white, bottle/gold. Price 28" **£12.50**, 30" **£13.00**, 32" **£13.75**, S **£15.75**, M **£17.00**, L **£18.25**, XL **£19.50**.

685 Model — Contrasting jacket & trousers with co-ordinating stripes. Roll neck collar with cuffs & waistband to match. 2 inset pockets. Ankle zip and straps. Available in: Tangerine/black, white/royal, gold/navy, canary/royal, sky/navy, fawn/brown, red/navy. Sizes and prices as 960 model. (685 not available in fawn/brown, sky/navy, white/royal for sizes 28" and 30").

GYMPHLEX — Ladies Running Briefs — 100% nylon, 2 contrast stripes down each side. Available in: black with gold or white or scarlet stripes, scarlet with white, emerald with gold, royal with white, maroon with white, white with scarlet. Sizes 22", 24", 26", 28", all at **£2.45**.

GYMPHLEX — Men's Singlets — 67% cotton, 33% viscose. Available in: Emerald, black, scarlet, royal, gold. Sizes 26/28" **£1.70**, 30/32" **£1.85**, 34/36" **£2.15**, 38/40" **£2.60**.

QUOTATIONS — Let us give you a quote for all your athletic requirements for school, university, athletic club.



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Sanderson; 207, H. Easton; 253, S. Matthews; 30, **Stockport 652** (55, J. Newton; 70, S. Lindsay; 109, H. Watts; 418, K. Edwards; 424, C. Lee; 450, E. Hudson; 31, **Warley 660** (9, J. Glass; 76, A. Gilling; 274, J. Lawton; 301, A. Bryan; 437, W. Davis); 32, **Tynedale 666** (57, A. McVey; 96, P. Harbottle; 191, K. Green; 322, L. Twizell); 33, **Charnwood 686** (133, M. Heald; 155, J. Harvey; 193, L. Hastings; 205, F. Betts; 479, S. Hepburn); 34, **Morpeth 727** (15, D. Robson; 77, A. Gordon; 223, C. O'Neill; 412, S. Taylor); 35, **Wycombe Ph. 744** (151, J. Knight; 159, B. Lovett; 189, C. Martin; 245, H. Main; 290, S. Knight; 302, H. Bunting; 321, M. Stone); 36, **Cardiff 756** (124, L. Yardley; 167, J. Thomas; 204, H. Brenton; 261, D. Heaven; 276, L. Marchetti; 296, N. Tokalon; 353, H. Chalinder; 394, D. Penny; 429, G. Salmon; 430, G. Cox; 474, A. Webster); 37, **Sutton 760** (42, T. Lavelle; 203, N. Hankey; 243, L. Norcross; 272, K. Flynn; 376, S. Evans; 383, C. Pendergase; 403, I. Cathedral); 38, **Stretford 767** (58, J. Wildman; 218, C. Bailey; 221, L. O'Connor; 270, C. Pollard; 289, J. Parry; 307, S. Ajibade; 308, G. Lloyd; 341, A. Croley); 39, **Borough of Hounslow 786** (22, L. Smith; 97, S. Marshall; 315, A. Everett; 352, Y. Thompson); 40, **Bury 788** (65, S. Lees; 83, A. Hardman; 278, S. Barlow; 362, L. Rose); 41, **Basildon 806** (110, M. Lyons; 118, T. Feeney; 236, Z. Courts; 342, M. Sandford); 42, **Derby 816** (98, T. Morton; 107, C. McNamee; 265, S. Harpley; 346, D. Selley; 355,

H. Barrett; 375, D. Gardiner; 413, J. Gregory; 452, D. Taberner; 453, T. Holloway; 497, T. Mather); 43, **Bingley 821** (53, B. Noble; 161, E. Robinson; 185, R. Featherstone; 238, D. Swindlehurst; 345, P. Hill; 440, C. Noble); 44, **Epsom & E 847** (47, S. Morss; 125, L. Nicholson; 326, J. Cannon; 349, K. Barwell; 373, M. Coleman); 45, **Stafford 871** (62, L. Cochrane; 184, J. Evans; 288, D. Raine; 337, J. Powell; 406, F. Looker); 46, **Notts 915** (202, E. Borthwick; 208, D. Newton; 242, L. Davell; 263, J. Chidley; 332, S. Taylor; 428, E. Gash); 47, **Bromsgrove & R 969** (120, A. Cardus; 210, L. Askey; 280, S. Withers; 359, J. Spencer; 377, J. Kelly; 384, C. Vale; 398, J. Green; 419, L. Heath); 48, **Exeter 1041** (187, L. Winsor; 215, B. Ford; 319, A. Richards; 320, A. Tutty); 49, **Crawley 1052** (166, K. Miller; 192, L. Shepherd; 271, P. McGivern; 423, W. Jenkins); 50, **Wolverhampton & B 1055** (107, D. Link; 273, C. Parkinson; 287, P. Husselbee; 325, A. Moore; 380, M. Halford; 434, K. Davies; 451, J. Hapley; 482, M. Johnson); 51, **Herne Hill 1083** (190, M. Sheahan; 230, M. Williams; 293, S. Cohen; 370, A. Gates; 417, C. Trott; 421, T. Salmon; 438, S. Smith; 466, B. Hibbert; 485, M. Long); 52, **Cambridge H 1095** (36, F. Rider; 209, S. Lancaster; 386, J. Cliff; 464, J. Kempton; 486, C. Kurucz; 496, M. Constable); 53, **Bolton 1118** (34, S. Kenyon; 247, P. McGuire; 401, F. Higgins; 436, S. Headley); 54, **Wigan 1157** (168, H. Gaskell; 272, A. Steele; 285, A. Gregson; 422, D. Callaghan; 489, J.

BARNET & DISTRICT ATHLETIC CLUB

3rd Spring Festival of Road Running

Oak Hill Park, East Barnet

SATUDAY, 28th APRIL

Under A.A.A. Laws

HAMPSTEAD '10'

(Fred Burton Memorial Road Race)
Accurate 3 lap course

Prizes: At least — first 10 individuals, first 3 Vets, first U/21 (state d.o.b. on entry), first 3 teams (4 to run, 3 to score).

Entry Fee: 35p, all enter as individuals.

All entries to, and further details from:

Steve Allen, 15 Westbury Road, London N12 7NY. (S.A.E. appreciated for acknowledgement).

ENTRIES DEFINITELY CLOSE 18th APRIL

5th Annual COLTS ROAD RELAY

4 x 1 1/4 miles (Under 14 at 1.4.79) Start 1.30 p.m.

24th Annual BOYS ROAD RELAY

4 x 2 miles (Under 16 at 1.4.79) Start 2.15 p.m.

Awards: first 3 teams, first 'B' team, 3 fastest laps.

Entry Fees: 75p first team, 50p others.

16th Annual YOUTHS ROAD TEAM RACE

3 miles (Under 18 at 1.4.79) Start 3.15 p.m.

Awards: first 3 teams (4 to run, 3 to score) first 3 individuals.

Entry Fee: 25p, all enter as individuals.

Brewis; 55, **Luton 1161** (100, P. Simmonds; 264, J. Ford; 298, C. Beards; 499, J. Hunt); 56, **Rochdale 1189** (195, D. Hughes; 303, J. Ryman; 310, J. Broadhurst; 381, S. Kennedy); 57, **Bedford & C 1211** (176, S. Aldred; 294, L. Payne; 309, J. Tibbetts; 432, K. Kyle; 435, S. Perry); 58, **Rotherham 1222** (172, K. Rowbotham; 231, R. Hill; 372, A. Spafford; 447, P. Wilson); 59, **Harlow 1232** (72, J. Robinson; 336, L. May; 391, T. Foxe; 433, P. Grundy; 494, C. Dyer); 60, **Southampton & E 1232** (112, D. White; 304, J. Perkins; 354, D. Grist; 462, A. Fern; 465, H. Jamison); 61, **Bracknell 1276** (160, M. Picton; 313, S. Watts; 358, T. Parlance; 445, D. Gammell; 459, J. Parlance); 62, **Salford 1330** (252, S. Curran; 295, D. Grime; 363, A. Cannon; 420, L. Dolan; 458, Y. Thorpe; 498, P. Marsden); 63, **Cambridge & C 1373** (225, L. Collins; 283, J. Spinks; 416, L. Page-Croft; 499, A. Poulter); 64, **Parkside 1387** (233, A. Combey; 324, L. Tointon; 369, L. Gordon; 461, L. Jameson); 65, **Dudley & S 1388** (260, P. Cartwright; 262, S. Wheeler; 393, A. Priest; 473, S. Colley; 476, M. Harrison); 66, **City of Hull 1499** (240, A. Money; 402, L. McCoid; 414, C. Allanson; 443, C. Tanfield; 495, J. Gibson); 67, **Windsor S&E 1517** (256, G. Flynn; 328, P. Thomas; 456, J. Martin; 477, S. Franklin; 492, Hodge); 68, **Frodsham 1733** (365, T. O'Brien; 427, V. Griffiths; 469, J. Pearsall; 472, S. Foot; 488, D. Law).

Incomplete teams:

Airedale & SV (229, M. Bell; 334, P. Bell; 382, E. Stubbs); **Birchfield** (138, C. Dwyer; 327, L. Wainwright; 329, L. Atkinson); **Chelmsford** (144, J. Lamb; 162, W. Lamb; 323, M. Owers); **Dursley** (279, F. Munroe; 350, C. West; 410, F. McDonald); **Lakeland** (54, J. Wilkinson; 490, S. Hogg; —, B. Newton); **Liverpool** (94, C. Smith; 305, L. Whitmore; 396, B. Best); **Longwood** (254, D. Smith; 378, H. Dean; 471, C. Glen); **Milton Keynes** (174, M. Culpeck; 356, J. Pearce; 392, A. Quill); **Norfolk O** (201, J. Darby; 292, J. Clowes; 404, A. Wallace); **Pilkington** (374, Lightfoot; 395, McEvoy; 426, McEvoy); **Rossendale** (71, Spencer; 268, Entwistle; 467, Cullen); **Thetford** (49, S. Connochie; 114, A. McKim; 117, E. Smith); **Ayr Seaforth** (135, G. Noble; 259, D. Noble); **Chester & EP** (213, H. Kenyon; 331, J. Jones); **Darlington** (51, S. Raine; 99, L. Walker); **Furness G** (228, D. Jewell; 444, C. Minnican); **Holmfirth** (150, D. Nunn; 441, K. Jameson); **Leighton Buzzard** (311, A. Quinn; 361, K. Gilston); **Newbury** (44, J. Cooper; 186, D. Jones); **Rugby** (275, L. Silver; 455, R. Andrew); **Warrington** (149, E. Davenport; 179, J. O'Neill).

Individuals:

4, M. Witts (Ess); 13, K. Williams (P. Tal); 17, W. Norman (G&G); 18, N. Carmody (Card. W); 19, J. Rose (Ash); 23, K. Bonney (LOAC); 25, S. Tait (ESH); 28, S. Glass (Gat); 41, M. Darth

(Ashton); 69, D. Hammonds (Rib. V); 73, J. McGee (Wall); 74, T. Birch (Houn); 86, D. Ridings (B'burn); 104, B. McDonough (Inv); 115, N. McDonnell (Card. W); 130, M. McGuire (L&M); 147, M. Keeley (Leigh) 163, C. Hall (S'end); 169, S. Hornsby (Nun); 188, W. Howarth (Stock); 196, J. Smith (H&W); 257, S. Vernon (Enf); 258, E. Whittaker (Leam); 277, S. Egan (KH VIII); 286, D. Horton (Folk); 343, V. Rimmington (BH&M); 347, Deegan (Card. W); 351, L. Cannell (Cle); 364, A. Fletcher (Sal. M); 368, P. Willis (And); 371, T. Gregory (Ov); 390, S. Allen (Hill); 405, Williams (Unatt); 409, P. Clarkson (Low); 442, S. Palmer (High); 460, M. Letman (Card. W); 481, K. Whalley (Burn); 483, Tucker (Card. W).

GIRLS

1, T. Gleed (Wycombe Phoenix)..... 8:44
2, D. Thomas (Bognor Regis)..... 8:47
3, A. Crewe (Bingley)..... 8:49
4, G. Millership (CoH) 8:57; 5, M. Dinneen (Sal. M) 8:59; 6, D. Wilkinson (Darl) 9:00; 7, S. Hughes (Mor) 9:01; 8, D. Campbell (Craw) 9:02; 9, B. Ely (Sale) 9:04; 10, D. Edwards (Sale) 9:05; 11, H. McDonald (Cann) 9:08; 12, J. Uren (Bord); 13, S. Ramsdale (Leeds) 9:10; 14, K. Nurse (Charn); 15, J. Hickson (Bed); 16, S.



Winner of the Girls title: Tracey Gleed

Eric North

Driver (Man); 17, J. Oliver (Ess); 18, D. Fairclough (Sutt); 19, L. Vose (Sutt); 20, T. Jones (Stoke) 9:14; 21, L. O'Connor (Thet); 22, H. Graham (Ross); 23, J. Gough (Leigh); 24, L. Smith (Mor); 25, M. McKie (Exe) 9:18; 26, R. Freeman (Cann); 27, C. Lillie (AF&D); 28, L. Thomas (Darl); 29, A. Connochie (Thet); 30, J. Holland (Man) 9:23; 31, B. Muckalt (Ross); 32, J. Penfold (North); 33, S. Woods (Sutt); 34, C. Mahoney (S&NH); 35, C. Lord (Hal); 36, A. Walthew (B&R); 37, E. Barrett (ESH); 38, K. Hendrickse (Mit); 39, H. Gent (Roth) 9:28; 40, J. Cutler (Roth); 41, J. Fitton (Bol); 42, J. Alexander (Bris); 43, K. Wilson (Ayr S); 44, D. Amey (B'stoke); 45, S. Tierney (WS&E) 9:52; 46, J. Davenport (Warr); 47, N. Caville (Exe); 48, K. Myers (Camb. H); 49, N. Abraham (Bing); 50, R. Green (Bris) 10:00.

Teams:

1, **Sutton 139 pts** (18, D. Fairclough; 19, L. Vose; 33, S. Woods; 69, T. Otlow; 121, D. Cowell; 130, K. Jones; 260, A. Anslow; 272, H. Ryan).
2, **Thetford 161 pts** (21, L. O'Connor; 29, A. Connochie; 53, J. Smith; 58, T. Sampson; 237, M. Harrison; 245, T. Points).
3, **Darlington 177 pts** (6, D. Wilkinson; 28, L. Thomas; 70, L. Souter; 73, V. Challies; 228, C. Kelly).
4, **Bristol 211** (42, J. Alexander; 50, R. Green; 59, S. Parker; 60, A. Presley; 65, C. Douglas; 84, H. Gould; 216, V. Alexander); 5, **City of Hull 237** (4, G. Millership; 72, H. France; 76, D. France; 85, V. Daws; 100, K. Frankish; 214, M. Flintoff; 307, D. Demain; 328, S. Galbraith); 6, **Bingley 239** (3, A. Crewe; 49, N. Abraham; 88, L. Coultas; 99, S. Sanderson; 106, A. Firm; 193, A. Glover; 194, C. Attwood; 219, J. Blades); 7, **Sale 250** (9, B. Ely; 10, D. Edwards; 67, J. McGuire; 164, J. Dalton; 220, K. Saunders; 345, R. Carver); 8, **Rossendale 269** (22, H. Graham; 31, B. Muckalt; 57, M. Entwistle; 159, T. Grimshaw; 175, A. Ashworth; 184, B. Spencer; 430, V. Edwards; 438, E. Binder); 9, **Stevenage & NH 274** (34, C. Mahoney; 51, D. Campbell; 56, D. Taylor; 133, A. McGovern; 143, S. York; 195, A. Pullin; 246, A. Smith; 332, P. Demonti); 10, **Mitcham 279** (38, K. Hendrickse; 61, A. White; 63, T. Francis; 117, M. Spacey; 137, A. Munsell; 192, J. Owens; 202, K. O'Toole; 297, A. Woodman); 11, **Manchester 283** (16, S. Driver; 30, J. Holland; 96, J. Massey; 141, H. Caseley; 342, M. Courtney; 360, D. Gair; 449, B. Ross); 12, **Wycombe Ph. 298** (1, T. Gleed; 52, Y. Hague; 74, S. Hague; 171, E. Lyons; 172, K. Hood); 13, **Morpeth 310** (7, S. Hughes; 24, L. Smith; 93, M. Emmerson; 186, J. Taylor); 14, **Border 314** (12, J. Uren; 68, C. Abbott; 112, S. Slater; 122, M. McMillan; 129, A. Murray; 150, G. Gilmore; 181, G. Hurd); 15, **Bolton 365** (41, J. Fitton; 66, D. Hayes; 118, A. Walsh; 140, J. Kenyon); 16, **Andover 374** (80, A. Willis; 81, K. Petford; 89, L. Pigrome; 124, K. Smith; 160, H.

Wallace; 166, A. Perron; 205, E. Watson; 336, R. Cox); 17, **Leeds City 445** (13, S. Ramsdale; 114, B. Bates; 153, J. Southwell; 165, D. Hirst; 290, F. Southwell); 18, **Rotherham 461** (39, H. Gent; 40, J. Cutler; 98, J. Creamer; 284, J. Carter); 19, **Basingstoke 516** (44, D. Amey; 134, J. Rich; 147, D. Jeffs; 191, M. Crossley; 347, J. Brown); 20, **Charnwood 536** (14, K. Nurse; 135, J. Bryan; 197, V. Kimber; 208, M. Stowell; 270, J. Wright; 358, J. Coar); 21, **Halifax 538** (35, C. Lord; 121, G. Smith; 173, T. Walker; 213, M. Dixon; 219, A. Cawthra; 263, D. Brooks; 376, M. Burgin); 22, **Aldershot F&D 541** (27, C. Lilley; 154, J. Fitzmaurice; 163, S. Heard; 197, J. Harrison; 320, T. Bennett; 348, T. Howard-Jones; 368, A. McClelln; 405, M. McSalley; 412, E. Linton; 431, T. McClelln; 479, K. Harrison; 481, T. Hunt); 23, **Exeter 542** (25, M. McKie; 47, N. Caville; 223, G. McKie; 247, S. Blett; 262, M. Lavercombe); 24, **Cannock Chase 544** (11, H. McDonald; 26, R. Freeman; 212, L. Wattis; 295, C. Brookes); 25, **Blackburn 573** (87, L. Heard; 91, M. Brankin; 178, M. Gaffney; 217, J. Walker; 271, J. Bennison; 318, V. Hindle); 26, **Victoria Park 590** (83, E. McInnes; 102, L. Docherty; 144, J. Stewart; 261, M. Quearns; 282, S. Graham; 309, W. Carrick; 374, S. Cunningham; 451, C. Logue; 473, K. MacDonald); 27, **Salford M 630** (5, M. Dinneen; 176, F. Cooper; 215, S. Darlington; 234, A. Wilson); 28, **Bromsgrove & R 643** (36, A. Walthew; 155, A. Garry; 225, Y. Reynolds; 227, J. Passey; 255, S. Minton); 29, **Coventry G 650** (95, A. Snelson; 146, J. Andrews; 177, S. Cole; 232, B. Barry; 233, A. Winter; 321, T. Lovell; 359, J. Haigh); 30, **Warrington 700** (46, J. Davenport; 167, J. Yates; 235, D. Aspey; 252, V. Sidebotham; 323, J. Murphy; 393, A. Hickson); 31, **Tipton 706** (92, T. Hooper; 125, S. Maybury; 238, N. Fletcher; 251, K. Bricknell; 304, D. Challenor); 32, **Crawley 715** (8, D. Campbell; 123, G. Hallett; 285, S. Neil; 299, A. Timms); 33, **Rugby 747** (111, M. Gerces; 120, H. Townsend; 132, G. Taylor; 384, C. Harding); 34, **City of Stoke 779** (20, T. Jones; 166, J. Allen; 281, S. Miller; 312, C. Smith; 369, J. Bentley; 378, G. White; 445, C. Bradbury); 35, **Liverpool 801** (103, J. Hardman; 157, A. Lyons; 266, M. Curtis; 275, G. Cresswell); 36, **E. Cheshire 805** (168, A. Warburton; 174, A. Thomas; 189, A. Thomas; 274, S. Atkinson; 330, R. Davies; 434, J. Batty); 37, **Cardiff 821** (145, A. Barker; 188, M. Davies; 240, J. Celnik; 248, D. Gill; 288, A. Stephens; 308, J. Benton; 486, M. Wilkins); 38, **Cambridge H 822** (48, K. Myers; 230, N. Munns; 239, K. Cambridge; 305, L. Munns; 311, C. Fowler; 395, L. Death; 421, L. Gilby; 460, Z. Rankin; 503, K. Constable); 39, **Stretford 853** (55, C. Donegan; 183, N. Wildman; 289, M. Wildman; 326, S. Hayward; 334, L. Fielden; 338, F. O'Connor; 450, E. Welsby; 485, S. Maloney); 40, **Ashton 854** (138, J. Webb; 200, R. Dunne; 222, G. Dyson; 294, L. O'Connor); 41, **Notts 861**

(149, K. McQueen; 170, D. Bowley; 241, M. Smith; 301, J. Benfield); **42, Bournemouth 865** (139, H. Elton; 211, L. Sturme; 229, P. Boyce; 286, C. Goodwin; 349, S. Wheeler; 396, T. Harvey; 397, K. Whitlock; 440, J. Boyce; 452, E. Cox; 454, G. Wyeth; 493, S. Hamblin; 506, L. Facer); **43, Burnley 887** (104, A. Kostelec; 128, S. Turner; 267, S. Moore; 388, M. Preedy); **44, Wolverhampton & B 888** (77, L. Ingram; 224, S. Kelsey; 231, H. Owen; 356, S. Bradley; 417, L. Langford; 508, T. Stanton); **45, Chester & EP 924** (78, M. Smith; 142, S. Stant; 269, W. Stant; 435, C. Jones; 464, S. Sowyer; 501, P. Steventon; 511, L. Prescott); **46, Altrincham 935** (156, Y. Blow; 180, L. Cooper; 207, C. Shelley; 392, E. Hales; 441, R. Jones); **47, Windsor S&E 977** (45, S. Tierney; 206, L. Brockwell; 264, T. Benham; 462, G. Anthill; 478, J. White; 500, C. Laptalis); **48, Pilkington 980** (82, A. Pendington; 243, G. Parr; 273, J. Malvern; 382, C. Parr); **49, Westbury 994** (127, J. Iles; 198, M. Arpina; 199, M. Boyd; 470, R. Allen); **50, Bedford & C 1037** (15, J. Hickson; 249, M. Brown; 371, S. Young; 402, L. Gough; 409, T. Harvey; 423, K. Little); **51, Blaydon 1073** (62, M. Collins; 182, H. Parker; 370, D. Sinclair; 459, H. Holmes); **52, Bury 1087** (109, L. Cottom; 256, K. Jackson; 355, J. Whitehouse; 387, H. Yates; 474, J. Farrow); **53, Dursley 1097** (105, D. McTiffin; 303, L. Drysdale; 339, S. Ford; 350, J. Meager; 355, T. Newman; 403, N. Jotcham; 414, I. Jones; 497, J. Critchley); **54, Harlow 1110** (126, K.

Hickman; 316, D. Monk; 325, L. Mitchinson; 343, C. Snell; 391, J. Chinn-Shaw; 463, C. McCarthy); **55, Grantham 1147** (94, A. Parry; 244, Y. Baker; 361, J. McCloud; 448, D. O'Hara; 487, G. Heney); **56, Stockport 1161** (148, E. Walker; 298, L. Gollings; 340, C. Hudson; 375, F. Normansell; 426, R. Adshead); **57, Sutton 'B' 1206** (273, K. Akers; 278, S. Moreland; 313, P. Woodward; 322, L. Anslow; 363, S. Smith; 364, A. Ellis; 404, S. Tilley; 415, G. Chadwick); **58, Dudley & S 1207** (187, K. Tranter; 280, A. Dillow; 329, T. Brookes; 411, R. Lloyd; 439, B. Griffin; 468, A. Harrison); **59, Epsom & E 1212** (190, D. Hall; 259, H. Tippell; 271, C. Johns; 492, S. Cannon; 509, F. Butcher); **60, Derby 1214** (152, D. White; 254, P. Barnaby; 401, R. King; 407, K. Butcher); **61, Northampton Ph. 1217** (32, J. Penfold; 344, D. Raynes; 365, B. Raynes; 476, P. Briggs); **62, Stafford 1249** (158, H. Barr; 283, T. Regan; 386, L. Powell; 422, A. McLaughlin; 444, E. Cunnion); **63, Hursthead 1268** (108, J. Derby; 353, L. Tate; 380, A. Grumbley; 427, E. Parkes); **64, Southport W 1280** (136, J. Clarke; 296, L. Rowlands; 373, C. Baden; 475, J. McKenzie); **65, Cardinal Wiseman School 1295** (221, A. Carmody; 306, M. Fivey; 379, L. Otley; 389, C. Wilson; 436, B. Cuddy; 469, J. Corrigan); **66, Verlea 1298** (253, J. Brown; 276, C. Douglas; 279, S. Buckingham; 490, E. Errington; 512, E. Allen; 514, J. Sweet); **67, Reading 1328** (291, L. Gaffney; 300, M. Sutton; 354, L. James; 383, J. Lerner; 385, L.



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Coburn; 413, J. Eeles; 458, A. Temple); **68, Barnet 1384** (196, K. Walters; 242, J. Kitchen; 455, N. Garner; 491, J. Raynor); **69, Bracknell 1463** (314, M. Strange; 315, A. Nash; 352, M. Nicholson; 482, D. Rozycki; 496, T. Hulbert; —, S. Pengilly; 515, W. Smith); **70, Tynedale 1538** (257, P. Rushton; 400, J. Dover; 410, D. Latham; 471, S. Miller); **71, Neston CS 1540** (351, S. Fairclough; 362, D. Flanagan; 408, S. Foote; 419, E. Woolley; 420, J. Tongue); **72, East Hull 1601** (333, A. Skewis; 394, E. Holmes; 418, K. Giblin; 456, G. Johannessen); **73, Salford 1659** (337, T. Cannon; 406, C. Helsby; 428, G. Martin; 488, J. Burke; 494, J. Massey); **74, Sutton 'C' 1797** (433, A. Nugent; 446, P. Catterall; 453, G. Bethell; 465, A. Flynn; 466, J. Cunliffe; 478, G. Donaldson; 480, J. Bridge; 483, G. Atherton; 499, J. Rawley; 505, H. Ward; 506, L. Sharpe; 507, G. Hewitt).

Incomplete teams:

Airedale & SV (169, T. Whyatt; 185, J. Howe; 367, E. Judd); **Berry Hill & M** (292, T. Allwood; 489, B. Wharton; 502, D. Binnall); **Birchfield** (107, M. Travers; 110, C. Travers; 210, M. Townsend); **Cambridge & C** (119, S. Palmer; 258, S. Everest; 265, A. Valentine); **Edinburgh S** (37, E. Barrett; 54, K. Husband; 86, C. Brotherstone); **Frodsham** (113, B. Rose; 116, L. Nicholson; 398, K. Walton); **Longwood** (331, V. Gee; 484, B. Smith; 495, G. Burgess); **Luton** (172, F. Richardson; 236, M. Rolph; 341, J.

Culleton); **Stourport** (377, J. Moreton; 381, N. Briggs; 390, J. Briggs); **Wigan** (218, A. Gaskell; 425, H. Steele; 510, L. Atherton); **Hertford & W** (161, N. Upperton; 429, T. Boden); **Milton Keynes** (399, R. Quill; 461, R. Pearce); **Oldham & R** (203, E. Freer; 327, I. Entwistle); **Ribble V** (131, M. Wightman; 151, J. Mawdesley); **Southend** (79, S. Fenn; 467, J. Stewart); **Southampton & E** (250, H. Langley; 302, H. White); **Tamworth** (71, T. Martin; 204, S. Kendall); **Thurrock** (115, J. May; 201, A. Hughes).

Individuals:

2, D. Thomas (Bog); 17, J. Oliver (Ess); 23, J. Gough (Leigh); 43, K. Wilson (Ayr S); 75, D. Brockley (E. Ches); 90, H. Mackay (Manx); 97, V. Field (Mel); 268, S. Cooke (Trow); 277, J. Lyons (L&M); 319, J. Britton (Park); 357, A. Holmes (Hill); 372, D. Simms (Holm); 416, D. Good (Ux).

Laraine Cooper would like to thank all the runners who provided her with information about their training and dietary regimes for her college study.

* * *

Dartford Harriers Ladies winter fixtures secretary: Arthur Head, 128 Hawley Road, Wilmington, Dartford, Kent. (Tel. Dart. 22698).

Longwood Harriers Athletic Club (1888)

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Overseas News and Results

NZ: Two records for Rumanian

Rumania's Natalia Marasescu highlighted the international series of meetings in New Zealand during January with two world records. She ran 2000m (an unofficial world record event for women) in 5:39.0 in Auckland on January 13th, with lap times of 64.0, 67.5, 69.5, 71.0 and 67.0. Passing the 1500m point in 4:14.0, she went on to break the previous best on record of 5:43.2 by compatriot Marica Puica last August. Again in Auckland, on January 27th, Marasescu broke her own world mile record with 4:22.1 (4:04.5 at 1500m). Her quarter-mile splits were 64.5, 67.0, 67.0 and 63.6. At the same meeting, left handed Pentti Sinersaari of Finland moved into 5th place on the world all-time javelin list with a 6th round throw of 93.84. His earlier throws were 87.94, —, 92.10, —, —. He became the first man to throw over 300ft twice in one meeting.

Murray McKinnon

13.1 Auckland. JT: O'Rourke 84.20. 17.1. Hastings. 100: (+4.1m) ALLAN WELLS 10.25, Quarrie (Jam) 10.28, Crawford (Tri) 10.49; 200: (+5.2m) WELLS 20.74 (not 20.14 as earlier reported), O'Sullivan (Aus) 21.46; 400: O'Sullivan 48.00, Peerless 48.82, TERRY WHITEHEAD 48.88; 800: Maina (Ken) 1:53.3, Darvall (Aus) 1:54.4 ... 5, DANE JOSEPH 1:54.8; 3000: JOHN ROBSON 8:04.2, Barrett (Aus) 8:05.0, Floroiu (Rum) 8:09.7; DT: 2, Tait 55.00; Women's 100: (+2.8m) Brown 11.69, MARGOT WELLS 11.98, Boyle (Aus) 12.40; 1500: Marasescu (Rum) 4:12.5, Waitz (Nor) 4:13.8. **20.1. Christchurch.** 100: Wind on WELLS' 10.49 was —0.2m; 200: wind on WELLS' 20.92 was —0.5m; 800: 4, Norris 1:48.5; 1500: (won by ROBSON in 3:43.80) 6, DAVE MOORCROFT 3:50.2; 9, TERRY COLTON 3:54.7; 5000: 4, Dixon 13:43.5; 5, Vainio (Fin) 13:45.9; 6, Thurlow 13:47.9; 3000SC: 4, H. Healy 8:37.2; 5, Coudwell 8:38.4 ... 9, Toukonen (Fin) 8:57.0; HJ: Meisler (US) 2.14, Lomax 2.11; Women's 100: (+0.2m) Brown 11.80, D. Wells (Aus) 11.88, Boyle (Aus) 11.98, WELLS 12.08; 200: (+0.1m) Boyle 24.23, Brown 24.25, Robertson 24.75, WELLS 25.19. **24.1. Hamilton.** PV: Pullard (US) 5.10; TJ: Campbell (Aus) 16.39, Wood 15.98; Women's 1500: 3, Audain 4:18.3; 4, Wright 4:19.7. **27.1. Auckland.** 800: Maina (Ken) 1:48.0. JOSEPH 1:49.29, Obwocha (Ken) 1:49.9, Darvall (Aus) 1:49.9; 1500: Walker 3:45.9 (39.9 last 300), ROBSON 3:46.2, Norris 3:46.4, Dixon 3:46.4; 5000: Ryffel (Swi) 13:30.3, Quax 13:31.7, Floroiu (Rum) 13:32.0, Barrett (Aus) 13:34.5; TJ: Wind on Campbell's 16.78 was +1.8m; SP: 2, Falle 16.88.

EUROPEAN INDOOR RESULTS

10-12.2. Minsk (USSR Champs) 60: N. Kolesnikov 6.65, Muravyev 6.68, Vachanelov 6.69, Vorobyov 6.70, Aksinin 6.72; 100: Muravyev 10.46, Kolesnikov 10.52; 400: Burakov 47.7; 800: Kirov 1:49.8; 1500: Ponomaryov 3:47.3; 3000: Fedotkin 7:55.0, Antipov 7:57.2; 2000 SC: Epichin 5:29.6; 60H: Prokofiev 7.63, Kulebyakin 7.77, Pereverzev 7.79, Putchkov 7.85, Myasnikov 7.88; 110H: Myasnikov 13.6, Putchkov 13.6, Smirnov 13.7; HJ: Belkov 2.27, V. Kolesnikov 2.21, Kiba 2.21; PV: Prokhorenko 5.50, Volkov 5.40, Krupski 5.40, Issakov 5.40, Dolgov 5.40, Boiko 5.40; LJ: Podluzhny 7.93, Charitonov 7.80, Tsepelev 7.71; TJ: Valyukevich 17.29 (world best), 17.18 in qualifying — world best), Uudmae 17.10, Piskulin 17.00, Lissitchonok 16.70, Schechovzov 16.68, Segal 16.54, Kovtunov 16.51; SP: Kissilyov 20.46, Yarosh 19.57, Baryshnikov 19.40; women's 60: Storoshkova 7.29, V. Anisimova 7.35, Maslakova 7.36; 100: Kondratyeva 11.58; 400: Kulchunova 53.7; 800: Stykina 2:04.2, Vesselkova 2:04.6, Ivanova 2:04.7, Providokhina 2:05.0; 1500: Zaitseva 4:12.1, Sadretidinova 4:13.3, Guskova 4:13.4, Ilynikh 4:13.6, Ivanova 4:13.8; 60H: T. Anisimova 8.14, Komissova 8.17; 100H: Komissova 13.39; HJ: Serkova 1.91 (1.93 in jump-off), Sysoyeva 1.91; LJ: Frimane 6.45, Prokushyarkova 6.44; SP: Abachidze 19.01. **11.2. Magglingen.** (Swiss Champs) 60: Fahndrich 6.74; 400: Haas 47.52, Kamber 47.80; SP: Egger 19.39. **11.2. W. Berlin.** 400: Krieg 46.96; 800: Taskinen (Fin) 1:49.3; Masback (US) 1:49.7; 50H: Gebhard 6.61, Giegeli (Pol) 6.69, Pusty (Pol) 6.71; HJ: Wszola (Pol) 2.21; PV: Lohre 5.30, Kozakiewicz (Pol) 5.30, Buciariski (Pol) 5.30, Klimczyk (Pol) 5.30; women's 50H: Perka (Pol) 6.76, G. Rabszty (Pol) 6.77. **14.2. Usti (Cze).** Women's HJ: Nitzsche (GDR) 1.92, Kielan (Pol) 1.88. **16.2. Trinec (Cze).** Women's

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HJ: Kielan (Pol) 1.93. **17.2. Budapest (Hun).** Women's HJ: Matay 1.98 (**world best**).

17/18.2. Senftenberg. (250m track) (GDR Champs) 60m: Kurrat 6.65, Prenzler 6.73, Kubeck 6.75; 100y: Kurrat 9.57, Kubeck 9.65; 400: Richter 46.3, Beck 46.4, Bauer 46.5; 800: Wulf 1:47.6, Busse 1:48.6, Reimer 1:48.7, Wagenknecht 1:48.9; 1500: Straub 3:43.5, Ruth 3:43.6; 3000: Basig 7:53.2, Weippert 7:54.6, Baumbach 7:54.8; 5000: Basig 13:55.0; 60H: Munkelt 7.76, Pannicke 7.80, Dittrich 7.81; HJ: Lauterbach 2.22; PV: Krumpolt & Weber 5.20; LJ: Franke 7.87; TJ: Hufnagel 16.22; SP: M. Schmidt 19.87, Krumm 19.75, Warnemunde 19.41; women's 60m: Koch 7.16, Gohr 7.17, Eberding 7.37; 100y: Koch 10.33 (**world best**), Gohr 10.35, Eberding 10.59; 400: Krug 52.4, Kohn 53.1, Rossley 53.7; 800: Weiss 2:03.5, Ullrich 2:04.5; 1500: Gluth 4:17.9; 60H: Besser 8.06, Bartkowiak 8.18; HJ: Nitzsche 1.86; LJ: Siegl 6.64; SP: Slupianek 21.20, Reichenbach 20.19, Adam 19.99, Droese 19.87, Retzlaff 19.58. **18.2. Munich (Ger).** Women's LJ: Everts 6.38.

USA: World Record for Rodgers

Marathon ace Bill Rodgers set his first world record in a 30km track race at Saratoga, Calif, on February 21st . . . but not at 30km. Jim Alder's record of 1:31:30.4 set in 1970 survived the onslaught, but Rodgers did succeed in breaking Pekka Paivarinta's 25km mark of 1:14:16.8 en route. In what was virtually a solo run (he set his own pace from 4 miles onwards) Rodgers reached 25km in 1:14:11.8 and then proceeded to stop. He resumed at jogging pace before really picking up speed again over the final six laps. That 5km stretch took him over 17½ minutes and his 30km time was 1:31:50. "The Henry Rono's don't leave many records that a guy like me can break, so I had to find one that was pretty easy", he said later. Rodgers covered 12M 997y in the hour, also an American record as his mark of 12M 1351y in Boston in 1977 was disallowed because of irregularities.

9.2. New York. 2M: NICK ROSE, not Malley, was 3rd in 8:35.0. **10.2. Louisville.** 3000: S. ANDERS 8:19.8; 4×800: Murray State 7:30.1 (P. CHIMES 1:54.0, D. RAFFERTY 1:51.7, D. WARREN 1:51.4); Dist Med: Memphis State 10:00.3 (G. COOPER 2:57.2 1200m). **17.2. Baton Rouge.** 1000y: COOPER 2:09.9; Mile: 4, A. LEEK 4:07.0; 2M: A. BLACKWELL 8:41.1, ANDERS 8:42.6. **17/18.2. Murfreesboro.** (260y unbanked track) 880y: 2, CHIMES 1:55.4 (1:54.5 ht); 1000y: RAFFERTY 2:12.0 . . . 3, WARREN 2:12.7; Mile: WARREN 4:03.3 . . . 5, J. ODLIN 4:08.5; 2M: 2, R. CHARLESTON 8:42.0; 3, D. MURPHY 8:44.7; 3M: ODLIN 13:26.6, D. LONG 13:27.4; Distance Medley: 1, Murray State 9:49.2 (WARREN 1:51.2 1st leg, RAFFERTY 2:59.1 ¾M, CHARLESTON 4:08.0). **24.2. Lexington.** 800: 2, N. BROOKS

1:55.1; 1500: COOPER 3:49.3, BLACKWELL 3:51.1 . . . 4, ANDERS 3:53.8. **Other British indoor marks:** COLIN SZWED 2:09.3 1000y; EVELYN McMEEKIN 1:23.4 600y; 2:09.6 880y; 2:33.7 1000y; CHRISTINE McMEEKIN 2:34.7 1000y; 4:22.5 1500m.

23.2. New York. (AAU Indoor Champs) 60y: Riddick 6.14, McTeer 6.16, Williams 6.20. Dickey & Hart 6.22; 600y: Solomon (Tri) 1:12.4. Sowerby (Ant) 1:12.5; 1000y: White 2:08.6. Belger 2:08.6; Mile: Scott 4:01.4, Lacy 4:01.5, Masback 4:02.3, Jones 4:03.9, O'Shaughnessy (RoI) 4:04.7 . . . 7, Bayi (Tan) 4:12.8; 3M: Liquori 13:14.7, Donakowski 13:15.7, Perkins 13:21.7; 60yH: Nehemiah 6.94, Cooper 7.09; HJ: Fields 2.25, Jacobs 2.25, Frazier 2.25; PV: Ripley 5.51, Bell 5.40, Haynie 5.30; LJ: Myricks 7.97, Ogunfeyimi (Nig) 7.90; TJ: Livers 16.71, Haynes 16.60, Tiff 16.33; SP: Anderson 20.57, Pauletto (Can) 19.61, Shmock 19.49, Feuerbach 19.39, Dolegiewicz (Can) 19.25; 35lb Wt: Kania 21.77; 2M Walk: Scully 12:40.0 (**world best**: 6:11 + 6:29) (note his mile world best in NY on Feb 9th was 5:55.8, not 5:58.8), Heiring 12:50.5; Women's 60y: Ashford 6.71 (**world best**), Morehead 6.72, Hodges (Jam) 6.78; 220y: Cheeseborough 23.93 (**world best**); 440y: Griffith (Guy) 54.0; 880y: Knudson 2:07.3; Mile: Larrieu 4:39.2, Merrill 4:39.6 (40 min after 2M); 2M: J. Brown 9:46.1, Merrill 9:46.2, Bremser 9:49.0; 60yH: Candy Young (16) 7.50 (**world best**), La Plante 7.53 (7.51 sf); HJ: Ritter 1.85; LJ: McMillan 6.48, Anderson 6.44; SP: Philipp (Ger) 17.35, Seidler 17.30; Mile Walk: Chris Shea (18) 6:58.9 (**world best**), S. Brodock 7:12.1.

PUERTO RICO: Cannon 4th

4.2. Coamo. San Blas Half Marathon (85°F heat) Yifter (Eth) 1:04:52, Atkins (US) 1:05:51, Medana (Mex) 1:06:10, DAVE CANNON 1:06:12, Vigil (US) 1:06:26, Barboza (Col) 1:06:26 . . . 42, Viren (Fin); 48, Kimobwa (Ken).

ISRAEL: Thompson 5th

30.12. Tiberias. Sea of Galilee Marathon: Shaw (SA) 2:14:02, R. Hooper (RoI) 2:17:16, Dorrenbacher (Ger) 2:17:29 . . . 5, IAN THOMPSON 2:19:50.

* * *

Scottish teams for the World Cross-Country Championships at Limerick are: Seniors: N. Muir, L. Spence, J. Brown, G. Rimmer, L. Reilly, A. Hutton, B. McSloy, J. Dingwall (capt), J. Robson; res. J. Patton, G. Laing, and G. Clark. Juniors: G. Williamson, A. Douglas, D. Kirk, I. Campbell, P. Fox, D. McTavish; res. C. Hume and G. Millar. Women: J. Shepherd, K. Robinson, F. McQueen, V. Hope, M. Coomber, E. Trotter; res. C. Nasbett-Price and S. McLaren.

Women's Marathon Running (1)**By Cliff Temple****ACCEPTED NOW – BUT THE PIONEERS
HAD TO FIGHT FOR THEIR RIGHTS**

PERHAPS the most significant performance by a woman runner in 1978, with an eye to the future, came in an event which is not yet even included in the programme for any major Games: Grete Waitz's 2:32:30 marathon in New York last October. For although Grete was already acknowledged as one of the greatest female runners the world has seen, her achievement in knocking two minutes off the previous best time by a woman was remarkable, bearing in mind three distinct disadvantages she had that day. She had not prepared properly for a marathon, she had no previous experience of the distance (though there are those who would say that was a positive advantage!), and the temperature in New York was unhelpfully high.

Thus, when athletes of similar world standing prepare seriously, gain experience, and can race in cooler conditions, times well below 2:30 should become commonplace for an event which is slowly but surely gaining acceptance.

At present, with very little incentive internationally, few top class women runners have turned their attention to the marathon. To do so would mean neglecting the track to some

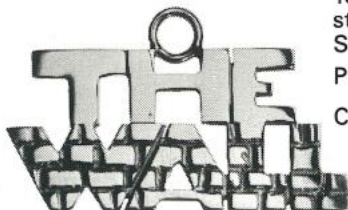
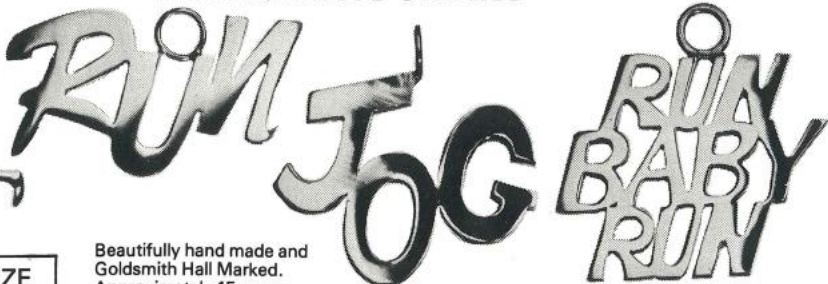
extent, and even if the Olympic Games offers nothing further than 1500m for women, and the European and Commonwealth Games nothing more than 3000m, then it is understandable why they should still be reluctant to turn their backs on such distances. Even Grete Waitz ran in New York mainly because she wanted to visit the USA, not run a marathon.

Now, though, it seems distinctly possible that a women's marathon may be included in the inaugural World Championships in 1983, and that could be a turning point for the event, especially if Los Angeles could offer a women's marathon at the 1984 Olympics in that running-mad country. (In 1978 30 women marathoners bettered 2:49, and 23 of them came from the USA. But a hint of its growing worldwide acceptance was that the others came from Norway, West Germany, Canada, Brazil and New Zealand!).

The relatively short history of the early days of women's marathon running was covered fairly comprehensively in my feature in 'AW' of February 3rd 1973, "Women Are No Strangers to the Marathon", but with six years having passed

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since then, some of it bears repeating as a preface to the story to date. This short series of articles is designed to pull together the history of the event, in world and UK terms, to reflect the views of those who have run (or plan to run) the marathon, and perhaps provide some encouragement for those who are thinking about it. The UK, as will be seen, was the scene of some pioneering efforts at the distance, but then as the event gathered popularity elsewhere, British runners and officials got left behind. Now, though, there is a National Women's Marathon Squad, a national championship race, and in 1979 at least eleven UK marathons are open to female competitors. First, though, let's take a closer look at how the current position was reached:

The earliest woman marathoner appears to be a French girl, Marie-Louise Ledru, who finished 38th in a men's marathon in 1918, although her time is unknown. And in 1926, as women's athletics was getting underway in Britain, there is a record of a Violet Piercey, who ran the Windsor to Chiswick course in 3:40:22 on October 3rd 1926.

But in more recent times the story really starts in Culver City, California, on December 16th 1963. As 67 male runners set off for the annual Western Hemisphere marathon, two young women clad in running gear emerged from behind some bushes across the street and set off in

**"An official grabbed me
... so I punched him."**

pursuit of the men. Horrified race officials tried to stop them.

"An AAU official grabbed me while I was running," said one of them, Lyn Carman, "so I punched him". Mrs Carman, a 26-year-old mother of three, got as far as 18 miles, passing several male competitors, before tightening leg muscles forced her to retire. But her companion, a 20-year-old blonde student, Merry Lepper finished the course in 3:37:07, an average of about 8¼ minutes per mile. So that is really considered the inaugural women's "record".

It lasted only a few months. Scotland's Dale Greig, from Tannahill Harriers, set out four minutes ahead of the field at the tough Isle of Wight Marathon from Ryde on May 23rd 1964. She was followed all the way by an ambulance, but she didn't need it, and in fact finished with a sprint in 3:27.45, nearly 10 minutes faster than Merry Lepper's time. Dale announced afterwards that she would challenge Merry to a race, but it never took place. (Eight years later, though, Dale was still setting precedents by running the London to Brighton course, a double-marathon).

Sadly, Dale's marathon time didn't last long as

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FIXTURES

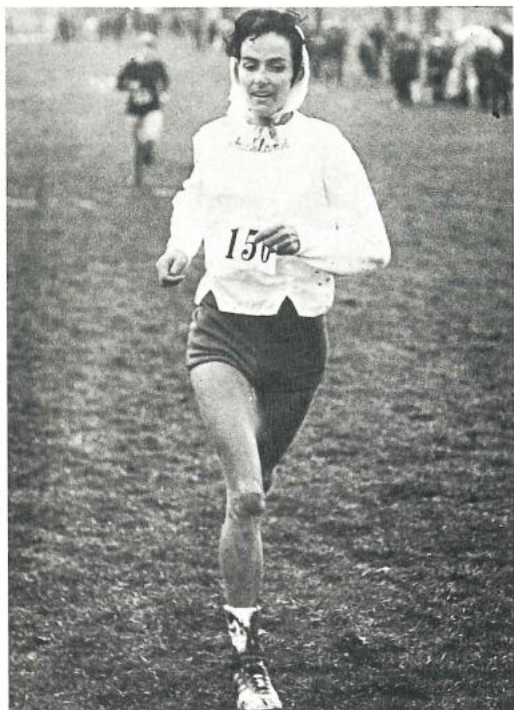
AAA Marathon, Sandbach Marathon, Milton Keynes Marathon, Cleveland Marathon, Harlow Marathon, North Staffs 20, Manchester YMCA 20 Kms, Welwyn ½ Marathon, Dartford ½ Marathon, Witney 12, K & M 15.

Chas Kendall 10, Michelin 10, Altrincham 10, Churchdown 10, Reading 10, Walton 10, Tipton 10.

1978 Winners

Open: Trevor Wright (Wolverhampton & Bilston AC)
Veteran: Robin Campbell (Essex Beagles).

Championship Secretary: D. Shelley, 22 Mount Avenue, Stoke, Staffs ST15 8HU.



MILLIE SAMPSON (NZ)

Eric North

a world best either, as Millie Sampson, four times NZ national cross-country champion, clocked 3:19:33 at Auckland in July 1964. This stood as a world best for nearly three years, before being bettered most unexpectedly.

The new record holder was not some super-human running machine but a 13-year-old Canadian, Maureen Wilton. Known affectionately as "Little Mo", she stood all of 1.42/4'8" tall, and starting unofficially in a Toronto marathon on May 8th 1967, she finished sixth, in a field of 28 men, in 3:15:23. "Sure I was pooped at the end of it," she said, "but I'd like to do it again sometime". She had been up half the previous night dancing, but a doctor who took her pulse after the race found it was back to normal within two minutes. Her average pace for the race was inside 7½ minutes per mile, but she covered the final mile in just six minutes.

Later that summer, 27-year-old Anni Pederkamp of West Germany reduced the world's best to 3:07:26, to show that Europe would not be left out of the advance, but a great deal of progress would be made in the USA first. For the "phantom" runners in American races had grown more numerous. In 1966 23-year-old Roberta Bingay hid behind some bushes near the

start of the Boston Marathon, joined in, and finished — unofficially — in under 3½ hours.

("After five miles I heard 'It's a girl. Is that really a girl? Pardon me . . . Hey, it is a girl . . . fantastic! I wish my wife would run. Good for you. Are you going the whole way?'")

"I hope so, if they don't throw me out".)

And after the race . . . "Some kind soul threw a blanket around my shoulders. The other runners went to have soup together. I felt a pang at being left out. After all, we had just run the Boston Marathon together. But the doors were shut".

She ran again the following year, when an official tried, unsuccessfully, to physically eject another female interloper, Kathy Switzer, from the race. And in each following year (until women were finally officially admitted to the Boston Marathon in 1972) there were female "gatecrashers" in the race.

So, virtually unnoticed in Britain at the time, there was already some activity on the women's marathon scene in the US. As the Seventies began the increasing number of "unofficial" women competitors in men's marathons there was underlining the need for official AAU acceptance of the event for women. Times were getting faster. Sara Mae Berman ran 3:05:07 at the 1970 Boston Marathon, for instance — "unofficially" — but two months earlier 16-year-old Caroline Walker had taken the world best within realistic sight of three hours when running 3:02:53 at Seaside, Oregon.

The general outlook for official acceptance, though, was bleak as Dr Nell Jackson, head of the AAU Women's Track and Field Committee, expressed her opposition to the marathon at a national convention. "I wouldn't give permission to run a marathon. It's not in the best interest of the national programme. I'm very concerned about the effect of these long distances on females. Only two medical studies have been done, and they're still in progress".

Backed by several other members of her committee, Dr Jackson went on to emphasise that male-female competition was specially forbidden by AAU rules. "By running together" she said, "not only does the woman or girl threaten her own eligibility, but also that of every male in the race. I have no objection to distances up to a certain point. But men and women must run in separate races. I think it's a sound rule".

In October 1970, however, the AAU did finally sanction a mixed marathon, albeit a closed race for members of the Road Runners Club in Atlantic City. The women's section was won by Sara Mae Berman in 3:07:10, and the gradual process of acceptance had been started. The US women marathoners were the suffragettes of the event, and when the AAU unbent a little more and allowed women to compete in the same race as the men at the 1972 New York marathon **providing the women started ten minutes before**

the men, the female runners simply sat down on the line at the sound of "their" starting gun, and only began to race when the men did. No action was taken by the AAU, but ten minutes was still added to the women's finishing times.

The same year, the Boston Marathon, admitting women officially for the first time, actually defied a ruling that the women should start half an hour earlier, but again no action was taken by the AAU which, in November 1972, finally agreed that female runners could start "from a common line at a common gunshot with men" in races of more than two miles.

3-hour barrier broken

And while all this wrangling over rules was taking place, the American runners were busy reducing the world best by over 20 minutes between February 1970 and December 1973. Caroline Walker's 3:02:53 was quickly eclipsed by Beth Bonner (3:01:42) and Sara Berman (3:00:35), and the three hour "barrier" was finally broken at the New York Marathon in

September 1971 by two Americans. Beth Bonner (19) had a great duel with 32-year-old Nina Kuscsik, as Beth (2:55:22) and Nina (2:56:04) finished 34th and 35th out of 163 finishers. "I don't think three hours is a great barrier to women", Beth said afterwards. "Most female runners train as hard as I do, and can run under three hours if they want to try".

Already the leading runners were clocking up big training mileages. Beth Bonner, for example, said that she had trained twice a day, seven days a week, totalling 70-80 miles in spring and autumn, 45 during bad winter weather, and up to 100 miles during the summer. Nina Kuscsik had averaged 68 miles a week for the previous three months, including one run over the full marathon distance every fortnight. A year later another leading US marathon girl, Teri Anderson, was doing 100-140 miles a week.

The increases in training loads resulted, inevitably, in the world best times simply crumbling. Less than three months after Beth Bonner had convincingly cracked three hours for the first time, 23-year-old Cheryl Bridges took the mark under 2:50 with a 2:49:40 run at Culver City, California, in the Western Hemisphere Marathon. Two years later, in the same race on the same course, 38-year-old Miki Gorman (who weighed just 37kg/83lb and stood 1.55/5'1"), reduced the world best to 2:46:36, and followed that up in April 1974 by winning the Boston Marathon in 2:47:11.

The reply from Europe

Europe, though, was beginning to get back into the reckoning. Or, at least, West Germany was. Three of the first six finishers at Boston that year were Germans, with Christa Kofferschlager (later Vahlensieck) setting a European best of 2:53:00 in second place. The reply from Europe had begun, and in June 19-year-old Chantal Langlace of France was reported to have run 2:46:18, 18 sec better than Miki Gorman's world best. The course, though, was subsequently found to be 1300m short.

There was a lot of interest, therefore, in the first ever Women's International Marathon race in September 1974 as it brought together Vahlensieck, Langlace, Kuscsik and the 1973 Boston winner Jackie Hansen. The event was organised by Dr Ernst van Aaken (coach to the great Harald Norpoth) in his home town of Waldniel (pop. 4000), which is situated west of Dusseldorf in West Germany, near the border with Holland.

Van Aaken, a long-time champion of women's distance running, had organised the first ever national women's marathon championship at the same venue the previous year, and although this particular race had no IAAF-approved status as an "International Championship", it attracted

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Organising Secretary, Noel Baisbourn

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an official team of six runners from the USA, including Kuscsik and Hansen. But the winner, in a European best of 2:50:31, was none of the favourites. Instead, it was a tall 32-year-old West German, Liane Winter. A member of the national cross-country team in her younger days, she had only the previous year come out of a long retirement and begun to train for marathons on van Aaken's LSD principles. Langlace finished second (2:50:45), and Vahlensieck third (2:54:40), with Hansen the first American home, in fifth position (2:56:25).

This high European standard was emphasised the following month when, on the same weekend, Christa Vahlensieck recorded 2:42:38 in Essen, only to find that the course was 835m short — worth approximately 3½ minutes — and Chantal Langlace finally broke Miki Gorman's world best with 2:46:24 for the full length course at Neuf Brisach in France. That record lasted little more than two months before the USA took it back again through Jackie Hansen, a 26-year-old Los Angeles insurance worker, who ran 2:43:54 at Culver City in December 1974, the third world best to be set at the Western Hemisphere race in four years.

Hansen had started running only four years earlier as a mile-a-day fair-weather jogger, just intent initially on keeping fit. Two years later she ran her first marathon in 3:15. "I was delirious. I learned what it was all about. I was determined to go as far as I could. I finished . . . somehow. I went the first 20 miles thinking I've got this thing licked. What's the big fuss about?" I clipped along at seven minute mile pace until 22 miles, undaunted. The rest of the race I can't remember. It was the hardest thing I have ever done in my life. Back to the drawing board".

But in April 1973, guided by the US-based Hungarian coach (and former mile star) Laszlo Tabori, she won the Boston marathon in 3:05, and the following year was the highest American finisher (5th) in that inaugural International Marathon at Walden. That race, she later admitted, convinced her that she was ready to step up into the world scene, though it must be added that she had been putting in regular training weeks of 140 miles. "It was hard to do those 20 mile training days, because I kept breaking down. But the truth of it is that I did enough of them to carry me through Boston and the rest of the season".

The record stayed with Hansen for only 4½ months, before Europe, in the shape of Liane Winter, took it back again. This time Winter had the audacity not only to break the record but to do so in the Boston Marathon! Clocking 2:42:24, she reduced the record by half a minute, winning the women's race by nearly 10 minutes.

Watching the event was her coach, van Aaken. The German doctor explained: "Liane, like most of the German women, trains by my endurance



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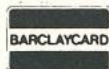
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Prizes for first 3

Details and entry forms from J. C. Hatto, 57 Watchetts Drive, Camberley, Surrey GU15 2PQ. S.A.E. PLEASE

ENTRIES CLOSE 30th APRIL

method — daily long runs at a slow pace, and few speed workouts. Saturdays or Sundays she often runs up to 60km (37 miles) in training. This background has strengthened her heart and circulation to the point where hills encountered in long races pose few difficulties for her. It wasn't hill training that made her strong. Rather, because of her long build-up with slow runs, her circulatory system is in tremendous condition. Thus, Liane found the Boston course not too difficult".

So at this time, April 1975, the top women marathon runners were knocking on the door of 2:40, training as much as 140 miles a week, with single runs of anything up to 37 miles at a time. Women had taken part officially in the Boston Marathon for four years (and unofficially for nine), and both the USA and West Germany had already established their own annual national women's marathon championships.

However, in the UK things had moved more cautiously. The maximum distance for a senior woman road or cross-country runner, under Women's CC and RWA Rules, was still just 6000m (approx 3 3/4 miles). The change started when a meeting of the Association's Executive in Birmingham the same month decided to permit athletes over the age of 17 to compete in long distance road races under a set of Experimental Rules, which would be tried out initially for approximately one year. Then a review would be made, and, based on results and reports, any changes to existing rules would be considered. The experimental rules allowed athletes under 19 to compete at distances up to 7 miles, under 20 up to 10 miles, and under 21 up to 15 miles. For those over 21 there was no limit, so the full marathon distance was given an official go-ahead — temporarily, at least — for those above that age.

It was a big advance, although the original stipulations for races held in conjunction with men's events included the quite impractical rule that "women should start not less than 30 minutes after the start of the men's race". (This was dropped when the rules were eventually adopted).

(Continued next week)

Broken ranges of 'AW' are available for 1974-78 at Heriot-Watt University Sports Centre, Riccarton, Currie, Edinburgh. EH14 4AS (Tel: 031-449 5111). Contact should be made with David Mieras at the Centre.

T. Dunn, 29 Briarwood Avenue, Gosforth, Newcastle-upon-Tyne, NE3 5DB (Tel: 852916), is the new secretary of Gateshead H & AC ladies section and of the North Eastern Counties Women's AAA.

Results In Brief

January 17th

Fleet Street Handicap, at Blackfriars. (Fastest): A. Etchells (Ilf) 13:23; J. Dryden (Shaft) 13:27; D. Clarke (Ver) 13:49; F. Upcott (SLH) 13:51; G. Harrold (Enf) 13:52. (Women): R. Cox (Enf) 15:48.

January 20th

Southend-on-Sea Borough CC Champs. 1, L. West (S'end) 53:09; 2, W. Stowe (S'end) 55:02; 3, G. Hewitt (S'end) 57:35. (Youths): 1, J. Atter (C. Jones) 22:49; 2, M. Hynes (St. T. More) 22:50; 3, S. Moreton (S'end) 23:12. (Boys): 1, D. Allard (Sch. Hall) 19:15; 2, R. Gunn (Shoebury) 20:00; 3, R. Sant (C. Jones) 20:03. (Colts): 1, J. Knight (Eton H) 11:03; 2, C. Ilett (S'end) 11:03; 3, P. Styles (St. T. More) 11:32.

February 4th

National Industrial CC Champs, at Rivington. 1, S. Kenyon 31:42; 2, R. Spence 32:05; 3, M. Deegan 32:21; 4, K. Lazarides 32:42; 5, M. Critchley 32:56; 6, M. Freary 32:58; 7, A. Adams 33:11; 8, S. Cauldwell 33:18; 9, R. Morris 33:19; 10, N. Deakin 33:32. Teams: 1, Rolls Royce 113; 2, NW Civil Service 143; 3, Vickers 150.

February 7th

TVH Open Meeting, at West London. (Women): 300: S. Reed (Wig) 42.8; 600: B. Lovett (Berks BMC) 1:40.6.

February 10th

North Wales CC Champs, at Connahs Quay. (Boys): 1, A. Wylie (N. Powys) 18:19; 2, R. Smith (Wrex) 18:34; 3, N. Jones (Dees) 18:50. Team: Deeside. (Colts): 1, N. Jones (Den. HS) 14:59; 2, H. Collinson (N. Powys) 15:03; 3, G. Ellis (Eryri) 15:28. Team: Deeside. (U/11): 1, N. Bennet (N. Powys) 13:14; 2, R. Cound (N. Powys) 13:53; 3, A. Rowley (Wrex) 14:02. Team: N. Powys. (Women): 1, P. Jones (Dees) 25:34; 2, J. Barrett (Dees) 27:25; 3, D. Williams (Dees) 30:48. Team: Deeside. (Inters): 1, C. Davies (Dees) 12:28; 2, B. Davies (Dees) 12:29; 3, K. McGrady (Dees) 13:28. Team: Deeside. (Juniors): 1, E. Smallman (Dees) 8:33; 2, S. Roberts (Den. HS) 8:37; 3, S. Lowe (N. Powys) 8:38. Team: Deeside. (Girls): 1, C. Edwards (N. Powys) 5:10; 2, S. Butler (N. Powys) 5:49; 3, P. Williams (Eryri) 6:09. Team: N. Powys.

February 17th

Ilford AC CC Champs & Invitation Race, at Chigwell. 1, A. Catton (Ilf) 53:39; 2, L. Gough (Thur) 53:57; 3, D. Coates (Ilf) 54:54; 4, B. Diss (Hav) 55:11; 5, G. Butler (Chelm) 55:59; 6, D.

Stokes (Thur) 56:17; 7, A. Etchells (Ilf) 56:17; 8, A. Nichol (Ilf) 56:24; 9, R. Thurston (Hav) 56:44; 10, G. Webb (Ilf) 56:55.

County Championships

SOMERSET

At Yeovil, January 27th

1, R. Cornish (West) 32:08; 2, P. Dover (Yeo) 32:19; 3, M. Rose (B&P) 32:45; 4, G. Blackburn (West) 32:53. Teams: 1, Westbury; 2, RNAS Yeovilton. (Juniors): 1, R. Nash (West) 24:58; 2, J. Kennedy (RNAS Yeo) 25:29; 3, T. Matthews (West) 26:02. (Youths): 1, D. Dixon (West) 20:42; 2, R. Hodgson (Yeo) 20:57; 3, S. Rogers (W. Som. S) 21:02. (Boys): 1, P. Anderson (Pres. CS) 17:47; 2, J. Dixon (Pres. CS) 18:14; 3, D. Bale (KoW. S) 18:20. Team: Preston CS. (Colts): 1, S. Alford (Pres. CS) 13:54; 2, B. Horley (Pres. CS) 14:43; 3, M. Hawkins (Pres. CS) 15:14; 4, S. Paul (Pres. CS) 15:20. Team: Preston CS. (Inter Women): 1, K. Adams (Yeo) 16:33; 2, C. Ahearn (Yeo) 17:08; 3, V. Glendenning (Yeo. C) 19:07. (Juniors): 1, G. Piper (Yeo) 11:46; 2, L. Frost (Yeo) 11:55; 3, S. Everitt (Yeo) 12:21. (Girls): 1, S. Parker (Yeo) 11:08; 2, T. Parker (Yeo) 12:34; 3, R. Bagwell (Yeo) 13:40.

CORNWALL

At St. Austell, February 3rd

1, A. Rowling (DoC) 31:29; 2, P. Meredith (DoC) 32:28; 3, V. Webster (DoC) 33:31; 4, T. Meredith (DoC) 33:58; 5, R. Retter (Ply) 34:10; 6, I. Hines (Ply) 34:33; 7, E. Phillips (CoP) 35:24; 8, M. Chambers (DoC) 35:31; 9, M. Scott (Culd) 36:00; 10, G. Hobbs (W. Corn) 36:20. Teams: 1, Duchy of Cornwall; 2, City of Plymouth. (Juniors): 1, A. Muller (DoC) 38:15. (Youths): 1, M. King (W. Corn) 19:35; 2, R. Clements (DoC) 19:50; 3, J. Knowles (DoC) 19:58; 4, D. Buzza (DoC) 20:05; 5, G. Dobson (DoC) 21:12; 6, P. Baron (DoC) 21:18. Team: Duchy of Cornwall. (Boys): 1, J. Richards (DoC) 15:46; 2, T. Scott (DoC) 16:37; 3, M. Curnow (W. Corn) 16:47; 4, A. Moore (DoC) 17:15; 5, N. Polglase (DoC) 17:23; 6, D. Angille (Ply) 17:39. Team: Duchy of Cornwall. (Colts): 1, L. Knight (Laun) 12:14; 2, D. Ford (DoC) 12:19; 3, I. Miller (DoC) 12:30; 4, P. Murray (W. Corn) 13:03; 5, C. Morrall (DoC) 13:15; 6, P. Baron (DoC) 13:22. Team: Duchy of Cornwall. (Women): 1, D. Davey (DoC) 25:58. (Inters): 1, M. Everard (DoC) 12:39; 2, T. Knight (Laun) 12:57; 3, S. Hosking (W. Corn) 14:23. Team: Duchy of Cornwall. (Juniors): 1, A. Plaine (DoC) 13:10; 2, T. Jennings (DoC) 13:22; 3, H. Hill (Par) 13:23. Team: Duchy of Cornwall. (Girls): 1, E. Ellis (DoC) 9:42; 2, E. Dove (Par) 9:49; 3, C. Dove (Par) 9:56; 4, K. Turtle (DoC) 10:01; 5, C. Burnett (DoC) 10:12; 6, A. Oliver (DoC) 10:33. Teams: 1, Duchy of Cornwall 10; 2, Par 12.

NATIONAL CROSS-COUNTRY ACTION AT LUTON



Steve Binns (Bingley) was a runaway winner of the Junior title, building up a margin of 25 seconds by the finish.

Peter Tempest



Like Steve Binns, David Lewis (Rossendale) completed a grand-slam of titles: Northern, Inter-Counties and National Youths.

Peter Tempest



The trio who dominated the Senior race (left to right: Nick Rose, Bernie Ford, Mick McLeod) fight out the lead, followed here by Barry Smith, Julian Goater and Steve Kenyon.

Eric North

WORLD BEST FOR DON RITCHIE

Don Ritchie took 68 sec off his own world best for the 50km track run with a time of 2:50:30 at Timperley on March 10th. Cavin Woodward was 2nd (2:55:24) and Tom O'Reilly 3rd (2:56:34).

NO CRIMINAL PROCEEDINGS

Following a full report submitted by the Procurator Fiscal's office in Edinburgh, the Crown Office has decided not to institute criminal proceedings over the matter of alleged irregular payments to athletes at last year's Edinburgh Highland Games. This is not the end of the 'Meadowbank Affair', however. A BAAB sub-committee is continuing its investigations into whether the rules were transgressed by competitors.

Norman Harris (Tel: 01-876 3522) wishes to borrow or buy an Adidas 'Olympia' or 'Roma' shoe, dating back to 1963-65. It has a white leather upper with black stripes; the sole was a moulded unit of white, softish rubber with circular patterns on the sole. One shoe — no matter how worn — would suffice.

Thames Valley H hold one of their Open Graded Meetings on Wednesday, April 4th with 400, 1500, 5000, SP, DT, HJ. Advt in March 31 issue.

ENGLISH CC SUCCESSES

4.2. Amorebieta (Spa). 11.8km: 1, ROY BAILEY 38:49; 2, BOB TREADWELL 38:55; 3, Gonzalez (Spa) 39:06; 4, Prieto (Spa) 39:30; 5, GRENVILLE TUCK 39:40. **11.2. Manresa (Spa).** 11.2km: 1, BARRY SMITH 33:12; 2, Uhlemann (Ger) 33:32; 3, GRAHAM TUCK 33:40; 4, RAY CRABB 33:43; 5, Adsuara (Spa) 33:47; 6, Bouguerra (Tun) 33:50. **.9. ROY BAILEY;** 12, NIGEL GATES; 25, KEITH PENNY. Team: England. Women: 1, RUTH SMEETH 12:10; 2, JULIE ARMSTRONG 12:49; 3, GLYNIS PENNY 12:54; 4, Escudero (Spa) 13:15. **18.2. Mommenheim (Ger).** 10.5km: 1, Boxberger (Fra) 31:01; 2, TONY SIMMONS 31:16; 3, DAVE BLACK 31:35; 4, Weyel (Ger) 31:48.

HIGHGATE 10th IN YOUTHS

Highgate H should have been placed 10th with 375 pts, and not 16th with 475, in the National Youths CC.

Ron Hill (40) placed 3rd in the Mardi Gras Marathon in New Orleans on February 18th in a fast 2:15:46, and 4th in another marathon in St Louis seven days later in 2:29:45... "hence my 399th place in the National on March 3rd!" adds Ron.

Verlea AC's Welwyn Half Marathon scheduled to take place in June has now been put back to July 7th. Full details will be advertised at a later date.

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Tipton Sixth In European Clubs Cross-Country

AFTER witnessing this year's European Clubs Cross-Country Championships at Arlon (Belgium) on February 4th, one wonders whether the 'clubs' title was wrongly used by the leading sides, with the team winners — Sporting Club of Lisbon — fielding Fernando Mamede, Carlos Lopes and Anecito Simoes for their three to count. England's representatives, Tipton, placed sixth.

"To meet the continentals on equal terms", said Tipton team manager Ron Bentley, "we would have to bring in runners like David Black and Tony Simmons, but that would never be allowed under our rules. As long as the European system continues, I can never see a British club winning this championship". The last British team to triumph was North Staffs & Stone in 1967.

The individual title was never in doubt as Karel Lismont of Liege dictated the 10,000m race to take the honours for the third time. The former European marathon champion reeled off the eight circuits at an unbelievable pace, with Frenchman Jacky Boxberger narrowing a 200m gap to finish second. In a star-studded field, Bob Westwood of Tipton ran superbly for 13th place.

This was an amazing performance by Westwood (23), who is in only his second year of competition after joining the Tipton squad from local football.

Bryan Clifton

Result: 1, Lismont (Liege/Bel); 2, Boxberger (Sochaux/Fra); 3, Mamede (Lisbon/Por); 4, Delaby (Sochaux); 5, De La Parte (Palencia/Spa); 6, Hagelsteens (Liege); 7, Simoes (Lisbon); 8, Lopes (Lisbon); 9, Brien (Donore/RoI); 10, Husby (IB/Nor); 11, Haro (Palencia); 12, Dahl (IB); 13, WESTWOOD (Tipton/Eng) . . . 17, EVANS (Cardiff/Wal); 23, I. STEWART (Tip); 26, CYTLAU (Tip); 29, HAYWARD (Card); 30, Flood (Don); 33, McGlynn (Don); 35, JAMES (Card); 36, McLAUGHLIN (Duncairn/Ni); 39, DOHERTY (Dunc); 44, DONALDSON (Dunc); 46, Meaney (Don); 47, WATSON (EAC/Sco); 48, HUNTER (EAC); 50, COLE (Tip); 51, Phelan (Don); 53, GUNSTONE (EAC); 58, JONES (EAC); 60, GRIFFITHS (Tip); 61, MORRIS (EAC); 62, ANNETT (Dunc); 63, FOWLES (Card). 66 finished. **Teams:** 1, Benfica-Lisbon (Por) 18; 2, Liege (Bel) 21; 3, Sochaux (Fra) 26; 4, Palencia (Spa) 32; 5, IB (Nor) 40; 6, TIPTON (Eng) 62; 7, Donore (RoI) 72; 8, Milan (Ita) 80; 9, CARDIFF (Wal) 81; 10, Hulsters (Hol) 97; 11, DUNCAIRN (NI) 119; 12, Odense (Den) 130; 13, Bern (Swi) 143; 14, EDINBURGH AC (Sco) 148; 15, Malmö (Swe) 163.

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Young Athletes' Results

RUGBY & DIST. YOUNG ATHLETES LEAGUE

At Sparkhill, February 4th

(Youths): 1, P. Black (Tam) 12:07; 2, S. James (Nun) 12:09; 3, A. Evans (Rug) 12:15; 4, M. Green (Cor) 12:20; 5, K. Hack (Rug) 12:22; 6, M. Clenagman (Sutton) 12:29; 7, G. Hickin (Sutton) 12:44; 8, P. McGinlary (Cor) 12:49; 9, E. Twohig (Leam) 12:53; 10, K. Knightley (Spark) 13:02. Teams: 1, Rugby 233; 2, Corby 221; 3, Sparkhill 219; 4, Sutton 211; 5, Nuneaton 205; 6, Northampton 169. (Boys): 1, Herbert (Northants) 9:50; 2, C. Wills (Northants) 9:53; 3, G. Quick (Northants) 10:21; 4, S. McMorron (Leam) 10:41; 5, A. Maiden (Spark) 10:46; 6, N. Beere (Rug) 10:47; 7, R. Peacock (Sutton) 10:50; 8, M. Hickin (Sutton) 10:53; 9, M. Reed (Ban) 10:54; 10, S. Williams (Rug) 10:54. Teams: 1, Northampton 257; 2, Sutton 229; 3, Corby 218; 4, Rugby 212; 5, Leamington 200; 6, Banbury 196. (Colts): 1, R. Jones (Spark) 7:08; 2, M. Feely (Cor) 7:14; 3, M. Barford (Rye) 7:24; 4, D. Baldwin (Rye) 7:26; 5, I. George (S. Hth) 7:27; 6, R. Oram (Kett) 7:28; 7, T. Preston (Rye) 7:29; 8, M. Steele (Sol) 7:29; 9, C. Brettie (Nun) 7:30; 10, S. Clarke (Sutton) 7:32. Teams: 1, Ryeland 248; 2, Solihull 222; 3, Sutton 213; 4, Sparkhill 208; 5, Nuneaton 199; 6, Corby 182. (Inter. Women): 1, S. Cotton (Spark) 11:52; 2, K. Messenger (Sol) 11:53; 3, M. Carmody (Card. Wise) 12:02; 4, J. Hemming (Leam) 12:04; 5, H. Stone (Sol) 12:11; 6, W. Bates (Leam) 12:21; 7, J. Mumford (Leam) 12:26; 8, S. Baker (Sol) 12:27; 9, D. Hughes (Northants) 12:27; 10, J. Maiden (Spark) 12:52. Teams: 1, Leamington 262; 2, Solihull 204; 3, Sparkhill 196; 4, Northampton 126; 5, Cardinal Wiseman 70; 6, Rugby 59. (Juniors): 1, N. Carmody (Card. Wise) 11:27; 2, B. Sanderson (Northants) 11:27; 3, F. Cassidy (Northants) 11:40; 4, H. Easton (Northants) 11:42; 5, L. Bassett (Northants) 11:46; 6, R. Taylor (Rug) 11:49; 7, S. Hornsby (Nun) 11:57; 8, C. Moore (Northants) 11:59; 9, J. Cooke (Ald. Call) 12:12; 10, S. Millward (Sutton) 12:19. Teams: 1, Northampton 278; 2, Solihull 230; 3, Alderman Callow 225; 4, Sparkhill 192; 5, Leamington 186; 6, Corby 165. (Girls): 1, J. Penfold (Northants) 7:37; 2, S. Dixon (Ald. Call) 7:40; 3, S. Eady (Rye) 7:53; 4, H. Moody (Ald. Call) 7:54; 5, S. Cooke (Ald. Call) 8:00; 6, T. Martin (Tam) 8:04. Teams: 1, Alderman Callow 274; 2, Solihull 232; 3, Ryeland 220; 4, Rugby 217; 5, Banbury 210; 6, Cardinal Wiseman 206.

SCHOOLS CC RESULTS

King Henry VIII Relay, Coventry. 1, Maidstone 74:30; 2, Manchester GS 75:22; 3, Marple Hall 75:27; 4, Bradford GS 75:40; 5, King Henry VIII 75:53; 6, Skinner's 76:11. Fastest:

legs. M. Hodson (Man) & J. Sharp (St. Bren. C) 11:38; 3, N. Peach (Marple) 11:45.

January 27th

Ken Bailey Races. 1, Jones (Kings) 29:54; 2, Spriggs (Peter S) 30:01; 3, Pinker (Marl) 30:16; 4, Sudbury (Peter S) 30:30; 5, Parker (Canf) 30:33; 6, Upton (Marl) 30:55; 7, Gardner (Marl) 31:08; 8, Scott (Marl) 31:08; 9, Campbell (Kings) 31:18; 10, Beazley (Marl) 31:46. Teams: 1, Marlborough 45; 2, Peter Symonds 72; 3, Cranford School 113. (U/16): 1, Price (Wey) 20:30; 2, Stainer (Bourn) 20:31; 3, Phillips (Henry H) 21:17; 4, Self (Wey) 22:05; 5, Archer (Bourn) 22:27; 6, Dyble (Wey) 22:27. Teams: 1, Weymouth Grammar 71; 2, Bournemouth 87; 3, Marlborough 113. (U/13): 1, Todd (Henry H) 14:30; 2, Lane (Wey) 14:55; 3, Share (Bourn) 15:16; 4, Dykes (Hill) 15:25; 5, Miles (Hill) 15:27; 6, Eaton (Henry H) 15:44. Teams: 1, Hillbourne Middle 70; 2, Weymouth Grammar 82; 3, Henry Harbin 82.

February 3rd

'Ranelagh Cup', Richmond Park. 1, C. Cornwall (Hayd) 20:26; 2, O. Foote (Bev) 20:44; 3, S. Arnold (Skinn) 20:53; 4, A. Wickens (King's Coll) 21:05; 5, A. Wilson (Skinn) 21:05; 6, M. Johnson (Hayd) 21:15. Teams: 1, Haydon 22; 2, Skinners 52; 3, Haberdashers Askes, Elstree 58.

MIDLAND VETERANS CC CHAMPS

At Sparkhill, January 21st

1, R. Cooper (Worcester) 29:38
2, H. Clayton (Bristol) 30:04
3, B. Cook (Stafford) 30:14
4, E. Austin (Tip) 30:28; 5, P. Morris (Loz-1st 45-49) 30:37; 6, R. Pannell (Bris) 30:53; 7, P. Flynn (S. Heath) 30:56; 8, L. Pratt (Charn) 31:07; 9, L. Stowell (Charn) 31:33; 10, A. Whittle (Tip) 31:36; 11, J. Peet (Tam) 31:41; 12, M. Capewell (Loz) 31:52; 13, G. Kay (Staff) 31:57; 14, B. Joines (Leam) 32:26; 15, P. Wilkinson (Der) 32:45; 16, M. Whittaker (Staff) 32:49; 17, C. Simpson (S. Heath) 33:05; 18, R. Froggatt (S. Heath) 33:09; 19, B. Ashwell (Charn) 33:22; 20, D. Harris (D&S) 33:24; 21, D. Davies (Here) 33:25; 22, J. Ellis (Tam-1st 50-54) 33:26; 23, R. Taylor (Leam) 33:28; 24, R. Bunn (Hales) 33:29; 25, G. Phipps (Leam) 33:41; 26, E. Nicholls (B&R) 33:50; 27, A. Clark (Bris) 33:51; 28, R. Nelson (Loz) 34:23; 29, G. Hawkins (Stour) 34:27; 30, D. McWhirter (Tip) 34:28. 1st 55-59: H. Haden (Tip) 36:56; 1st O/60: J. Selby (Cov) 43:04. Teams: 1, Stafford 32; 2, Bristol 35; 3, Charnwood 36; 4, Small Heath 42; 5, Tipton 44; 6, Lozells 45; 7, Leamington 62; 8, Worcester 74; 9, Hereford & C 106; 10, Dudley & S 114. (Women): 1, B. Brookes (Stoke) 21:35; 2, B. Cook (Staff) 23:33; 3, M. Darlington (W. Vets) 27:39.

Walking: INTERNATIONAL SELECTION POLICY 1979

MILAN 30km and Naumburg 20km (May 1st). Selections will be made following the National 10M. **UK v Italy (May 20th).** Selection will be made in early May taking into consideration the above events plus the Met WC 20km (April 7th) and the Area 20M Championships (April 28th). Juniors will be chosen based on the AAA Senior 10km Track Championships (March 31st). **European Junior Championship 10km.** The RWA require a performance of sub-46 min before nominating a walker — a full minute under the official qualifying standard. Juniors are requested to compete in as many top class track 10km as possible, in particular the AAA Junior Championship at Cleckheaton (July 21st or 22nd). **Lugano Cup.** Teams will be chosen at Coventry on June 22nd. The following events will form a basis of selection: 20km — National (May 12th); Essex Open (June 9th); Midland (June 23rd) and Coventry Open (June 22nd); 50km — BRWC Track, Stratford (June 3rd) and National (July 21st) plus all international events, particularly the Italian Match. Providing Britain qualify for the final the team will be chosen immediately after the semi-final, also taking into account form shown in the Southern Open 20km at Victoria Park on August 11th.

Carl Lawton easy winner of Belgrave H Club

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Entries: 30p, by 14th April, to R. W. Mitchell, 14 Brooke Close, Baxenden, Accrington. (Tel. Accrington 384873) No team fee.

S.A.E. for confirmation if required.

10M Championship, at Wimbledon (January 20th). 1, C. Lawton 75:14; 2, R. Dorman 79:32; 3, A. James (Enf) 81:09; 4, M. Scammell 81:23; 5, P. Blagg 81:34; 6, D. Salter (Enf) 84:58; 7, E. Holmquist (High) 85:56; 8, R. Picton 86:25; 9, V. Hutchins 86:38; 10, J. Dunsford (V) 87:12. **Teams:** 1, Belgrave 19; 2, Met. Police 36. **(Juniors 5M):** 1, Dorman 39:28; 2, Blagg 40:52; 3, N. Morris 42:44; 4, K. McDermot 43:35; 5, P. Morris 43:44; 6, T. McDermot 44:50.

RWA set tough time standards for Moscow.

Before any walker is nominated to the BAAB he will have to clock sub-89 min for 20km or sub-4:10 for 50km. These times will have to be achieved between June this year and the selection date early in June 1980. Special trial races will be held next year at both Olympic distances on April 27th and June 1st. The selectors have again stated they will be more impressed by the walker who concentrates on one distance.

National coach and training squad in Spain.

Taking full advantage of the mild climate prevailing in the Benidorm area, National Coach Julian Hopkins and his charges put in some demanding training which should prove invaluable for the forthcoming international season. Seven of our most promising walkers were involved — George Nibre (Ilf), Peter Ryan (Sheff), Mark Wordsworth (Ton), Dave Cotton (H'way), Alan King (Leic), Graham Morris (Stey) and John Lees (B&H).

Shaun Lightman edges out Adrian James in Middlesex 10M Championship, at Mill Hill (February 24th). Dropping James on the fourth of the ten one-mile laps, Shaun Lightman led by 7 sec at 5M in 36:10 and held that margin to the finish recording mile splits of 7:12; 7:14; 7:15; 7:11; 7:18; 7:12; 7:23; 7:22; 7:28; 7:27. In a tiny field it was good to see Barry Ingarfield back to racing and finishing a solid third. 1, S. Lightman (Met) 73:02; 2, A. James (Enf) 73:09; 3, B. Ingarfield (Met) 78:57; 4, E. Holmquist (High) 82:43; 5, G. Meadows (High) 82:51; 6, M. Oliver (Enf) 83:08; 7, G. Robinson (Enf) 85:38; 8, D. Fotheringham (Bel) 85:58. **Teams:** 1, Met. WC 14; 2, Enfield 15; 3, Highgate 21.

Dave Jarman easy winner of Kent 20km Championship, at Old Bexley (February 24th). With an 800m plus margin the rapidly improving Dave Jarman finished well clear of Steve Holiday. The winner's twin, Peter, just held off consistent Maurice Fullager for third. 1, D. Jarman (Sy) 97:42; 2, S. Holliday (Med) 101:51; 3, P. Jarman (Sy) 102:55; 4, M. Fullager (Sy) 103:19; 5, C. Bradley (Med) 105:29; 6, D. Maynard (Camb. H) 106:47; 7, R. Parkins (Med)

107:57. Teams: 1, Surrey WC 8; 2, Medway 14; 3, Cambridge H 25.

Bob Picton Pips Peter Worth in Quadrangular Inter-County 10M Championship, at Luton (February 24th). 1, R. Picton (Bel/Berks) 83:47; 2, P. Worth (Enf/Herts) 83:57; 3, R. Purkis (Met/Herts) 84:54; 4, J. Rossitter (Enf/Herts) 87:52; 5, W. Daysh (High/Beds) 90:00; 6, G. Smith (Enf/Herts) 90:34. **Herts:** 1, Worth; 2, Purkis; 3, Rossitter. **Beds:** 1, Daysh. **Bucks:** 1, T. Parslow-Williams (Met) 91:40.

Roger Mills takes Essex 10M from Amos Seddon and Bob Dobson, at Basildon (February 24th). With Olly Flynn, the winner for the past six years, a non-starter it was Roger Mills who took the honours with a clear cut victory over Amos Seddon. The course was 6-plus laps of the circuit used for the Basildon open 15km — a testing one particularly in the prevailing windy conditions. Brian Armstrong held third spot for most of the first half before giving way to Bob Dobson with Dennis Holly and Roy Sheppard also overhauling Armstrong. Ron Wallwork became the holder of the Suffolk title held for the first time since 1969. Ilford easily won the team race with Anglia Striders taking second and obviously re-creating interest in the sport in the Eastern Counties. 1, R. Mills (Ilf) 73:48; 2, A. Seddon (Tend) 75:08; 3, R. Dobson (Ilf) 77:43; 4, D. Holly (B&H) 77:47; 5, R. Sheppard (Ilf) 78:22; 6, B. Armstrong (Ilf) 78:40; 7, D. Sheppard (Ang) 79:04; 8, D. Cox (Ilf) 79:44; 9, M. Scamell (New) 80:27; 10, K. Carter (Ang) 81:58; 11, D. Hay (Hav) 82:41; 12, J. Evans (Ilf) 83:11; 13, S. Mendham (Hav) 83:45; 14, J. Robinson (Ang) 84:07; 15, J. Sales (Bas) 84:16. **Teams:** 1, Ilford 11; 2, Anglia Striders 34; 3, Havering 49.

British Empire Medal for Charly Fogg. In recognition of his services to the Police, particularly in respect of crowd control, the popular British international from Enfield has been awarded the BEM in the Honours list.

Enfield Ladies section. Virginia Birch (née Lovell) the British international, and Centurion Ann Sayers have become the first lady member of the walking section.

Colin Young

Basingstoke Open 10M (February). 1, A. James (Enf) 74:29; 2, D. Stevens (Stey) 76:29; 3, S. Maidment (Stey) 76:55; 4, C. Maddocks (Daw) 77:36; 5, E. Shillabeer (Daw) 78:30; 6, D. Rowland (Stey) 79:10; 7, J. Newnham (Bel) 79:31; 8, D. Hurst (Bris) 79:59; 9, E. Holmquist (High) 81:03; 10, A. Geal (Stey) 82:29; 11, V. Hutchins (Bel) 83:22; 12, R. Picton (Bel) 83:47; 13, G. Meadows (High-V) 83:59; 14, C. Flint (Lon. Vid) 85:05; 15, R. Eade (B'stoke-V) 85:43;

'AW' TOURS IN 1979

World Cup, Montreal (Aug. 24/26). Leave Heathrow Aug. 22nd, return Aug. 29th (later return also possible). Cost approx. £355.

European Cup Finals, Turin (Aug. 4/5). **Tour 1:** leave Heathrow Aug. 3rd, return Aug. 6th. **£125.** **Tour 2:** 9-day holiday tour on the coast in first class hotel, cost includes transfers to and from athletics. Leave Heathrow July 31st, return Aug. 8th. **£240.** **Tour 3:** 6-day VIP air tour, staying in 5-star hotel on Lake Maggiore, cost including transfers to and from athletics. Leave Heathrow Aug. 1st, return Aug. 6th. **£336.**

For any of the above contact David Dryer Sports Travel Ltd., 242 Oxford Street, London, W1N 0BN (01-408-1141).

16, J. Ball (S&E) 86:15; 17, C. Dunn (Wey) 87:02; 18, A. Johnson (RSC) 87:59; 19, R. Jones (Wey) 88:12; 20, C. Ball (S&E-V) 88:32. **Teams:** 1, Steyning 14; 2, Dawlish & Devon 31; 3, London Vidarians 38.

Lost — Pair of Reebok "Three Towers" shoes at the RAF Championships on Feb. 14th. Would the finder please send on to Cpl. Cook R.P., G.E.F., RAF Bruggen, BFPO25. Postage will be refunded.

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on

BANK HOLIDAY MONDAY 7th MAY

(postponed from 31st December)

First event 2 o'clock

ALL ORIGINAL ENTRIES REMAIN VALID

New entries close Friday, 20th April

Late entries double fees

Minor Girls	1M	11/13 on	1.9.78
Colts	1M	12/13 on	31.8.78
Junior Women	1½M	13/15 on	1.9.78
Boys	2M	14/15 on	31.8.78
Youths	2½M	16/17 on	31.8.78
Inter Women	2½M	15/17 on	1.9.78

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LEAGUE RACES

MID-LANCS LEAGUE

At Blackburn, January 13th

1, J. Calvert (B'burn) 33:32; 2, D. Wilson (Clay) 33:38; 3, R. Hill (Clay-V) 33:46; 4, D. Overton (Ken) 33:55; 5, J. Bradshaw (Wig) 34:07; 6, G. Mason (Barr) 34:16; 7, P. Livesey (Clay) 34:25; 8, B. Robinson (Ken) 34:42; 9, A. Taylor (Ken) 34:51; 10, H. Walker (B'burn) 35:00; 11, I. Rawlinson (B&F) 35:11; 12, K. Turner (B'burn) 35:24; 13, I. Perrow (Clay) 35:37; 14, J. McGrow (Clay) 35:47; 15, P. Wilkinson (Clay) 35:55; 16, D. Halpin (Lanc. U) 35:57; 17, B. Lloyd (Wig) 35:58; 18, C. Fay (B'burn) 36:03; 19, A. Brown (L&M) 36:14; 20, M. Winstanley (L&M) 36:23; 21, T. Stableton (Clay) 36:25; 22, S. Grimshaw (Wig) 36:27; 23, S. Bird (Lanc. U) 36:28; 24, G. Lee (Wig) 36:29; 25, J. Read (Clay) 36:30. Teams: 1, Clayton 54; 2, Kendal 149; 3, Clayton 'B' 160; 4, Wigan 169; 5, Blackburn 173; 6, Barrow 258. (Youths): 1, K. O'Connor (B'burn) 19:30; 2, M. Smith (B'burn) 19:50; 3, M. Wright (B&F) 20:10; 4, D. Cunningham (Wig) 20:27; 5, N. Weaver (Clay) 20:28; 6, K. Barrett (Roch) 20:29; 7, C. Roberts (Ken) 20:32; 8, C. Nelligan (B&F) 20:41; 9, D. Dyson (Clay) 21:05; 10, M. Roberts (Ken) 21:14; 11, A. Hardy (Clay) 21:17; 12, G. Woods (B'burn) 21:22; 13, G. Cumberland (B'burn) 21:24; 14, M. Warrender (B&F) 21:25; 15, M. Tribley (Pres) 21:27. Teams: 1, Blackburn 28; 2, Clayton 44; 3, Blackpool & F 51; 4, Wigan 64; 5, Kendal 76; 6, Rochdale 90. (Boys): 1, J. Whelan (Clay) 12:14; 2, S. Murgatroyd (Clay) 12:20; 3, R. Croken (Burn) 12:21; 4, A. Birtwell (Rib. V) 12:22; 5, D. Bostock (B&F) 12:24; 6, S. Turner (Roch) 12:25; 7, J. Boylan (Barr) 12:27; 8, M. Richards (Barr) 12:30; 9, K. Kenchington (Pres) 12:37; 10, A. Conlon (B'burn) 12:44; 11, I. Scriven (Clay) 12:45; 12, A. Grime (L&M) 12:46; 13, Hargreaves (Burn) 12:50; 14, P. Watson (Ross) 12:52; 15, G. Seddon (B&F) 12:53. Teams: 1, Clayton 31; 2, Blackpool & F 59; 3, Burnley 68; 4, Lancaster & M 93; 5, Blackburn 95; 6, Preston 123. (Colts): 1, P. Causey (Wig) 13:43; 2, P. Aitcheson (Wig) 13:43; 3, R. Carradus (Ken) 13:59; 4, P. Darbyshire (Wig) 14:05; 5, D. Almond (B'burn) 14:09; 6, A. Anderton (Rib. V) 14:16; 7, S. Wilkinson (Pres) 14:19; 8, K. Clarke (Wig) 14:31; 9, B. Millican (L&M) 14:43; 10, J. Juretic (Wig) 14:53. Teams: 1, Wigan 15; 2, Blackburn 64; 3, Burnley 69; 4, Kendal 69; 5, Clayton 137; 6, Preston 138. (Women): 1, E. Brennan (Pres) 14:05; 2, H. Gollop (Wig) 16:07; 3, A. Bland (Ken) 16:32; 4, K. Millar (Wig) 16:42. Team: Wigan. (Inters): 1, J. King (B'burn) 14:35; 2, D. Heckingbottom (B'burn) 14:56; 3, P. Doherty (L&M) 15:00; 4, A. Wilkinson (Roch) 15:28; 5, J. Cottom (L&M) 15:53; 6, S. Puckering (B'burn) 15:56. Teams: 1, Blackburn 9; 2,

Lancaster & M 19; 3, Wigan 39. (**Juniors**): 1, D. Ridings (B'burn) 12:40; 2, H. Gaskell (Wig) 12:44; 3, M. McGuire (L&M) 12:54; 4, J. Taylor (Burn) 12:59; 5, D. Hammonds (Rib. V) 13:13; 6, J. Spencer (Ross) 13:22. **Teams**: 1, Southport W 42; 2, Wigan 59; 3, Blackpool & F 101. (**Girls**): 1, L. Sunderland (Burn) 13:03; 2, M. Brakin (B'burn) 13:06; 3, J. Gilbert (B'burn) 13:27; 4, J. Ashworth (B'burn) 13:30; 5, S. Turner (Burn) 13:31; 6, M. Wightman (Rib. V) 13:39. **Teams**: 1, Blackburn 22; 2, Burnley 25; 3, Lancaster & M 80; 4, Kendal 87.

BIRMINGHAM CC LEAGUE

(Division One)

At Birchfield, January 27th

1, R. Smedley (Birch) 36:34; 2, R. Cytla (Tip) 36:56; 3, R. Westwood (Tip) 37:10; 4, I. Stewart (Tip) 37:11; 5, M. Tagg (Staffs M) 37:56; 6, R. Fowler (Staffs M) 38:05; 7, C. Brown (Cov) 38:13; 8, R. Partridge (Birch) 38:22; 9, R. Tilling (Birch) 38:29; 10, R. Maule (Cov) 38:33; 11, P. Banks (Cov) 38:36; 12, P. Griffiths (Tip) 38:39. **Teams**: 1, Tipton 49; 2, Birchfield 91; 3, Coventry G 111; 4, Staffs Moorlands 137; 5, Wolverhampton & B 266; 6, Birmingham Univ 276. (**Youths**): 1, R. Ellerton (Staffs M) 19:24; 2, R. Copestake (Birch) 20:25; 3, S. Bond (Glouc) 20:30; 4, P. Potter (W&B) 20:41; 5, A. Fowler (Staffs M) 20:45; 6, D. Price (Glouc) 20:47. **Teams**: 1, Gloucester 19; 2, Stoke 24; 3, Wolverhampton & B 37.

At Tipton, February 17th

1, R. Smedley (Birch) 27:05; 2, R. Partridge (Birch) 27:14; 3, A. Holden (Tip) 27:16; 4, T. Wright (W&B) 27:24; 5, G. Harvey (Staffs M) 27:44; 6, M. Kearns (Tip) 27:48; 7, S. Fowler (Staffs M) 27:50; 8, R. Maule (Cov) 27:51; 9, B. Cole (Tip) 27:53; 10, B. Martynneau (B'ham U) 27:55; 11, J. Wheway (W&B) 27:59; 12, R. Cytla (Tip) 28:07. **Teams**: 1, Tipton 60; 2, Birchfield 99; 3, Coventry G 122; 4, Staffs Moorlands 141; 5, Wolverhampton & B 162; 6, Birmingham Univ 228; 7, Bromsgrove & R 305; 8, Stoke 319; 9, Gloucester 342. **Final Placings**: 1, Tipton 358; 2, Coventry G 394; 3, Birchfield 487; 4, Staffs Moorlands 589; 5, Wolverhampton & B 685; 6, Birmingham Univ 764; 7, Gloucester 1192; 8, Bromsgrove & R 1259; 9, Stoke 1482. (**Youths**): 1, D. Bennett (Birch) 20:07; 2, R. Ellerton (Staffs M) 20:16; 3, M. Hurst (Stoke) 21:00; 4, S. Chandler (Stoke) 22:21; 5, D. Batstone (Cov) 22:35; 6, R. Finney (Stoke) 22:59. **Teams**: 1, Stoke 13; 2, Coventry G 28; 3, Gloucester 36. **Final Placings**: 1, Stoke; 2, Gloucester.

(Only results received)

KENT WOMEN'S LEAGUE

At Ashford, February 4th

1, L. Hall (Ash) 12:05; 2, D. Goble (Dart)

12:29; 3, J. Boorman (Med) 12:49; 4, A. Rumbold (Med) 13:00; 5, J. Brown (Ash) 13:14; 6, K. Koppell (Dart) 13:24. **Teams**: 1, Ashford 14; 2, Dartford 19; 3, Medway 23. (**Inters**): 1, L. Adams (Folk) 11:39; 2, L. Jemmett (Dart) 11:54; 3, K. Charnell (Wig) 12:06; 4, K. Wade (Wig) 12:38; 5, J. Howell (Med) 12:55; 6, W. Laws (Wig) 13:31. **Teams**: 1, Wigmore 13; 2, Dartford 25; 3, East Kent 32. (**Juniors**): 1, J. Rose (Ash) 7:12; 2, B. McDonough (Inv) 7:25; 3, A. Wittekind (Dart) 7:27; 4, J. Eldred (Dart) 7:30; 5, K. Dyett (Dart) 7:39; 6, S. Covington (Med) 7:44. **Teams**: 1, Dartford 12; 2, Invicta 17; 3, Medway 26. (**Girls**): 1, L. Grant (Med) 7:32; 2, H. Conti (Med) 7:34; 3, H. Shepherd (E. Kent) 7:45; 4, C. Blackburn (Wig) 7:48; 5, J. Newton (E. Kent) 7:51; 6, R. Mattocks (Med) 8:12. **Teams**: 1, Medway 9; 2, East Kent 17; 3, Dartford 29.

Final League positions: 1, Medway 30; 2, Dartford 39; 3, East Kent 63; 4, Ashford 69; 5, Wigmore 69; 6, Folkestone 86.

SURREY LEAGUE (Division I)

At Richmond Park, February 17th

1, Gren. Tuck (Ran) 27:22; 2, M. Russell (Croy) 27:35; 3, T. Woods (Ran) 27:45; 4, S. Collingridge (Ran) 28:03; 5, C. Stebbings (Croy) 28:18; 6, D. Faircloth (Croy) 28:24; 7, K. Harrison (Ran) 28:36; 8, R. Figg (G&G) 28:40; 9, J. Bryant (Sy. AC) 28:47; 10, K. Hutchin (MP) 28:55; 11, J. Lee (Croy) 28:57; 12, I. Beauchamp (Ran) 29:06; 13, D. Daniels (Ran) 29:25; 14, A. Orr (Ran) 29:34; 15, G. Daniels (Ran) 29:52. **Teams**: 1, Ranelagh 104; 2, Croydon 191; 3, Metropolitan Police 349; 4, Surrey AC 377; 5, Mitcham 408; 6, Guildford & God. 495. Final League Positions: 1, Ranelagh 588; 2, Croydon 648; 3, Mitcham 1340; 4, Metropolitan Police 1482; 5, Surrey AC 1725; 6, Guildford & God. 1898. (**Colts**): 1, T. Gundry (Sy. AC) 16:16; 2, P. Jackson (G&G) 16:44; 3, P. Barry (Mit) 17:09; 4, A. Keat 17:17; 5, K. Brooks (Mit) 17:31; 6, L. Scott (Ran) 17:46. **Teams**: 1, Mitcham 12; 2, Surrey 26; 3, Ranelagh 28.

CHINGFORD & DIST. LEAGUE

At Walthamstow, February 20th

1, P. Norell (Har) 16:16; 2, D. Hurlock (W'stow) 16:20; 3, K. Davies (N. Lon) 16:23; 4, J. Goldring (W'stow) 16:30; 5, S. Kerr (Enf) 16:33; 6, G. Ward (Har) 16:49; 7, G. Harrold (Enf) 17:04; 8, S. Allen (Barn) 17:06; 9, C. Cloke (Enf) 17:11; 10, T. Sullivan (N. Lon) 17:19; 11, K. Ward (Lough) 17:21; 12, S. Surridge (W'stow) 17:23; 13, S. Poulton (Enf) 17:24; 14, J. Bowles (E. Man) 17:24; 15, B. Martin (W'stow) 17:27. **Teams**: 1, Borough of Enfield 71; 2, Walthamstow 83; 3, VPH 106; 4, North London 160; 5, Eton Manor 182; 6, Loughton 185. Final Placings: 1, Haringey 48; 2, Walthamstow 43; 3, Borough of Enfield 38; 4, Barnet & D 28; 5, VPH 26; 6, Loughton 25.

ESSEX LEAGUE**At Leigh-on-Sea, January 13th**

1, P. Betteridge (Hav) 31:17; 2, L. Gough (Thur) 31:56; 3, M. Fletcher (Chelm) 32:08; 4, P. Cheate (Es. B) 32:12; 5, N. Tyler (Hav) 32:18; 6, R. Thurston (Hav) 32:20; 7, E. Emms (Es. B) 32:26; 8, E. Martin (Bas) 32:41; 9, B. Diss (Hav) 32:43; 10, D. Horton (Harl) 33:03; 11, P. Whymark (Col) 33:17; 12, D. Stokes (Thur) 33:20; 13, A. Roper (W. Suf) 33:26; 14, G. Rippin (S'end) 33:29; 15, M. Batty (Thur) 33:34; 16, M. Emms (W. Gn) 33:35; 17, T. Farrow (Chelm) 33:37; 18, E. Brown (Bas) 33:44; 19, V. Monk (Thur) 33:46; 20, A. Bridge (Harl) 34:00. Teams: 1, Havering 74; 2, Thurrock 113; 3, Southend 149; 4, Essex Beagles 203; 5, Basildon 210; 6, Colchester 214. Final placings: 1, Havering 5; 2, Chelmsford 12; 3, Thurrock 17; 4eq, Colchester, Essex Beagles & Harlow 23. (Youths): 1, M. Rolfe (Es. B) 21:47; 2, J. Christie (Norf) 22:24; 3, M. Calver (W. Suf) 22:39; 4, J. Harold (Norf) 22:52; 5, G. Thomas (Col) 22:59; 6, C. Stringer (Es. B) 23:08; 7, D. McIntosh (Es. B) 23:15; 8, B. Pontin (Harl) 23:18; 9, P. Borrott (Hav) 23:23; 10, G. Deans (Norf) 23:33; 11, D. Salter (Es. B) 23:39; 12, J. Gray (Thur) 23:40; 13, A. Tilley (Hav) 23:52; 14, I. Fergusson (Es. B) 23:57; 15, M. Hynes (S'end) 23:57. Teams: 1, Essex Beagles 25; 2, Norfolk O 35; 3, Havering 62; 4, Thurrock 118; 5, Chelmsford 123. Final placings: 1, Essex Beagles 4; 2, Norfolk O 9; 3, Havering 11; 4, Chelmsford 17; 5, Thurrock 22; 6, W. Suffolk 28. (Boys): 1, J. Frost (Norf) 15:48; 2, I. Chalk (Bas) 15:54; 3, J. Hicks (Ips) 15:54; 4, R. Gray (Es. B) 15:55; 5, G. Couch (Bas) 16:09; 6, S. Durham (S'end) 16:17; 7, S. Crisp (Hav) 16:19; 8, S. Clark (Es. B) 16:20; 9, R. Self (Thur) 16:32; 10, S. Hilditch (Thur) 16:34; 11, R. Simpson (Norf) 16:34; 12, K. Berrett (Hav) 16:40; 13, P. Barr (Bas) 16:43; 14, B. Burns (Bas) 16:49; 15, D. Fletcher (Thur) 16:53. Teams: 1, Basildon 34; 2, Thurrock 53; 3, Essex Beagles 54; 4, Southend 75; 5, Norfolk O 80; 6, Chelmsford 90. Final placings: 1, Basildon 4; 2eq, Chelmsford & Essex Beagles 14; 4, Norfolk O 18; 5, Southend 21; 6, Thurrock 23. (Colts): 1, A. Rosbrook (Bas) 15:17; 2, P. Turner (Hav) 15:20; 3, J. Knight (S'end) 15:23; 4, P. Yeoman (S'end) 15:31; 5, C. Harper (Chelm) 15:35; 6, L. Bright (Col) 15:35; 7, M. O'Neill (New) 15:40; 8, P. Styles (S'end) 15:46; 9, P. Watson (Harl) 15:49; 10, C. Ilett (S'end) 15:54. Teams: 1, Southend 25; 2, Thurrock 64; 3, Havering 66; 4, Colchester 85; 5, Essex Beagles 95; 6, Basildon 96. Final placings: 1, Southend 5; 2, Havering 8; 3, Colchester 15; 4, Thurrock 16; 5, Basildon 18; 6, Essex Beagles 26. (Women & Inters): 1, B. Lock (S'end) 15:47; 2, D. Cole (Ilf) 15:50; 3, B. Clement (S'end) 16:02; 4, C. Eyre (Harl) 16:11; 5, I. Peaty (Ips) 16:12; 6, T. Tanton (S'end) 16:22; 7, L. Smith (Col) 16:25; 8, W. Orrowe (Harl) 16:47; 9, J. Rice (Chelm) 16:54; 10, T. McCarthy (Es. B) 17:00; 11, J. Cork (S'end) 17:01; 12, J. Dawson (Chelm) 17:01; 13,

S. Honey (Es. B) 17:07; 14, S. Bowtloy (Chelm) 17:10; 15, Y. Hart (Ips) 17:13. Teams: 1, Southend 21; 2, Chelmsford 52; 3, Colchester 87. Final placings: 1, Southend 4; 2, Chelmsford 9; 3, Colchester 13; 4, Basildon 24; 5eq, Essex Beagles & Havering 29. (Juniors): 1, M. Glading (Ips) 8:35; 2, J. Robinson (Harl) 8:40; 3, W. Lamb (Chelm) 8:40; 4, C. Hall (S'end) 8:40; 5, M. Lyons (Bas) 8:45; 6, J. Lamb (Chelm) 8:46; 7, S. Hay (Col) 8:55; 8, T. Feeney (Bas) 8:57; 9, J. Moss (Chelm) 8:57; 10, M. King (Brain) 8:57. Teams: 1, Chelmsford 44; 2, Havering 62; 3, Southend 67; 4, Basildon 67; 5, Colchester 98; 6, Norfolk O 105. Final placings: 1, Havering 8; 2, Southend 9; 3, Chelmsford 10; 4, Basildon 13; 5, Colchester 23; 6, Harlow 28. (Girls): 1, S. Fenn (S'end) 8:32; 2, D. Webb (Hav) 8:38; 3, S. Cobb (Ips) 8:39; 4, M. Durrant (Norf) 8:42; 5, A. Cushen (Thur) 9:25; 6, C. Bidwell (Bas) 9:25. Teams: 1, Basildon 43; 2, Thurrock 66; 3, Southend 78; 4, Ipswich 101; 5, Harlow 113; 6, Essex Beagles 121. Final placings: 1, Basildon 5; 2, Southend 12; 3eq, Havering & Thurrock 16; 5eq, Essex Beagles & Harlow 21.

JIMMY CLARKE

Northern Ireland athletics lost one of its stalwarts with the sudden and unexpected death of Jimmy Clarke on February 2nd. Jimmy had given a lifetime of service to the sport and his passing at 68 years of age brought deep shock and sorrow to the local athletics fraternity. A life-long member of North Belfast Harriers and a Past President of the NIAAA, Jimmy was very actively involved both administratively and competitively up until his death.

As an official he attended the 1948 Olympic Games in London and more recently was Senior Throws Judge at the Commonwealth Games in Edinburgh. Competitively his main objective in 1979 had been participation in the Masters Championships in Hanover and indeed up until his death he was regularly perfecting his "turn" in the hammer cage at the Mary Peters Track.

A man with many friends, and probably more important, very few enemies, Jimmy Clarke received numerous awards during his lifetime in the sport and although these are too numerous to mention it is worth noting that the last honour came his way just four days before his death when we was elected a Vice President of the Commonwealth Games Council for Northern Ireland.

Sadly, Jimmy Clarke has passed on but it is safe to say that as long as the hammer continues as an event on the athletics programme, then here in Northern Ireland he will not be forgotten. To his wife, Maureen, and the other members of his family we extend our deepest sympathy.

David Seaton,
Northern Ireland AAA



BELGRAVE RELAY

WILL BE SPONSORED BY

Haig

(Scotch Whisky Distillers)

Club Secretaries—If your club would like to run and has not yet entered please contact:

Gordon Biscoe (Race Hon. Sec.), 34 Pams Way, Ewell, Epsom, Surrey.
Tel: 01-393 4433 for details.

Open only to clubs affiliated to the Southern Counties AAA

Race day: 7th April — 12 stages — Wimbledon — 12 noon

Closing date for entries: Tuesday 20th March

ABSOLUTELY NO LATE ENTRIES

AWARDS

The winning team will receive the Belgrave 'Le Soir' Trophy, to be held for one year.

The first three teams will receive plaques.

Cups will be given to competitors with fastest time on each of the short and long stages.

ADDITIONAL PRIZES

First Team: One bottle of Haig Whisky to each runner

Second Team: One half bottle of Haig Whisky to each runner

Third: One quarter bottle of Haig Whisky to each runner

Scottish Cross-Country Championships

JUNIORS

1, B. McSloy (Strathclyde Univ) 25:30
 2, G. Williamson (Springburn) 25:39
 3, A. Douglas (Victoria Park) 25:53
 4, D. Kirk (Dum) 26:00; 5, I. Campbell (E. Kil)
 26:05; 6, R. McWatt (Cly'dale) 26:15; 7, C.
 Hume (ESH) 26:22; 8, S. Gibson (Edin. U) 26:29;
 9, G. Braidwood (Bella) 26:34; 10, N. Jones
 (EAC) 26:51; 11, D. Smith (Shett) 26:54; 12, G.
 Getty (Strath. U) 26:58; 13, D. Gibson (FVH)
 27:05; 14, J. Gray (EAC) 27:12; 15, A. Daly
 (Bella) 27:14; 16, D. McGrory (VP) 27:20; 17, R.
 Mitchell (A'deen) 27:22; 18, R. Adams (FVH)
 27:24; 19, C. Farquarson (Strath. U) 27:25; 20,
 C. Donnelly (Cam) 27:28; 21, D. McDonald
 (Cly'dale) 27:30; 22, C. Cottam (Edin. U) 27:30;
 23, I. Smith (Strath. U) 27:41; 24, D. McMillan
 (I'ness) 27:41; 25, G. Marland (VP) 27:45; 26, S.
 Smullen (VP) 27:47; 27, J. Stevenson (St.A. U)
 27:53; 28, C. Martin (Ayr) 28:01; 29, J. Docherty
 (VP) 28:05; 30, C. Feechan (Cam) 28:08; 31, M.
 McAllister (Edin. U) 28:11; 32, D. Spalding (Stir.
 U) 28:14; 33, R. Baker (EAC) 28:22; 34, K.
 Mortimer (Edin. U) 28:26; 35, G. Ferrie (Fife)
 28:26; 36, S. Barker (Tev) 28:26; 37, J. McKay
 (Cly'dale) 28:34; 38, W. Dunn (G. G'park) 28:35;
 39, D. Gisbey (Glas. U) 28:37; 40, A. Hargreaves

(Edin. U) 28:38; 41, M. Todd (FVH) 29:01; 42, J.
 Thomson (Ayr S) 29:06; 43, D. Armstrong (Tev)
 29:08; 44, S. Brennan (Glas. U) 29:19; 45, M.
 Wilson (EAC) 29:23; 46, N. Pakey (Ayr) 29:26;
 47, M. Steele (Bella) 29:27; 48, G. Mearns (Shett)
 29:30; 49, G. Cunningham (Edin. U) 29:40; 50,
 A. Kay (St.A. U) 29:43. **Teams:** 1, Strathclyde
 Univ. 55; 2, Victoria Park 70; 3, Edinburgh
 Univ. 95; 4, Edinburgh AC 102; 5, Clydesdale
 116; 6, Bellahouston 124; 7, Falkirk Victoria 130;
 8, Cambuslang 178; 9, Glasgow Univ. 202.

YOUTHS

1, P. Fox (Clyde Valley) 18:50
 2, G. Millar (Clydesdale) 19:12
 3, C. Voice (Shettleston) 19:32
 4, J. Steel (ESH) 19:39; 5, A. Black (VP) 19:43;
 6, S. Paul (Clyde V) 19:48; 7, C. Henderson (Tay)
 19:50; 8, J. Pentecost (FVH) 19:53; 9, T. Miller
 (EAC) 19:55; 10, D. Marshall (Clyde V) 19:57;
 11, A. Callan (S'burn) 20:05; 12, N. Tennant
 (C&C) 20:07; 13, R. Arbuckle (A'deen) 20:15; 14,
 A. Mackay (EAC) 20:20; 15, C. McQueen (VP)
 20:24; 16, T. Gourlay (Fife S) 20:25; 17, K.
 Wilson (EAC) 20:27; 18, G. Green (Shett) 20:31;
 19, E. Jenkins (A'deen) 20:33; 20, J. Milne
 (Lark) 20:36; 21, J. McAllister (E. Kil) 20:38; 22,

RYDE HARRIERS

Annual

NEWPORT TO RYDE (Town Hall to Town Hall) ROAD RACE

Approx. 7 Miles
FOR MEN & WOMEN

SPONSORED BY WHITBREAD WESSEX LTD.

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

SATURDAY, 7th APRIL, 1979

3.00 p.m. Ladies — 3.15 p.m. Men

Awards: MEN — Individual 1st, 2nd and 3rd, 1st and
 2nd Vets 40 plus, 1st and 2nd Vets 50 plus, 1st Vet 60
 plus. Team 1st and 2nd (4 to count).

LADIES — Individual only — 1st, 2nd, 3rd and 1st Vet
 (over 35).

Fees: 50p Individual, plus £1.00 per team, by 2nd April.

Last boat from Portsmouth (30 min. journey) to
 connect with special coaches from Ryde Esplanade
 Coach Park, to Newport, will depart at 12.32 p.m.

Entries and enquiries (both races) to Eddie Leal, Hon.
 Race Sec., Ryde Harriers H.Q., 31 High Street,
 Oakfield, Ryde, I. of W. PO33 1EJ.

Isle of Wight Marathon — (The tough one!)

May 19th — Men and Women

From Ryde 2 p.m. **Entries & Enquiries** — £1 entry to
 Marathon Sec., same address.

3rd Annual

SANDBACH MARATHON

(Under AAA & WAAA Rules)

SUNDAY, 17th JUNE, 1979

Start 12 noon

Promoted by Congleton Sports Council

*Incorporating Women's National and Northern
 Counties AAA Championships.

*Fastest course in England (Course record 2h 12m 33s).
 (AAA, Greek and Swedish records set in 1978).

*Excellent organisation, first class changing &
 showering facilities.

*Venue adjacent to M6 (Junction 17) and 6 miles from
 Crewe railway station (Transport arranged from
 Station).

*Good prizes.

MEN: 1st 10 Individuals, 1st 3 Vets. (O/40), 1st Vet
 (O/50), 1st Novice (running first marathon), 1st local
 runner, 1st 3 overseas runners (outside British Isles). 1st
 Team (3 to score). Perpetual trophies to Individual
 Winner and 1st Team. Awards to 1st three in Northern
 Counties Championship.

WOMEN: 1st 3 Individuals, 1st Vet. Medals to 1st three
 in National Championship.

Entry Fees: £1 per Individual (covers all
 Championships). No team fee.

Overnight accommodation will be provided wherever
 possible.

Entry Forms and further details available from: — John
 Nolan, 7 Kendal Place, Clayton, Newcastle ST5 3QT.
 (Tel. 0782 625726).

Closing date for entries 28th May, 1979.



Midway through the Scottish Senior Championship: Nat Muir leads from Lawrie Spence and Jim Brown. They finished in that order.

B. Bickerton

J. Cook (Shett) 20:40; 23, S. Dick (EAC) 20:40; 24, A. Murray (Cen. R) 20:42; 25, S. Callan (S'burn) 20:44; 26, D. McTavish (Bella) 20:46; 27, J. Cunningham (Cam) 20:47; 28, K. Anthony (Fife S) 20:47; 29, K. Smart (A'deen) 20:47; 30, P. Gunn (Lochaber) 20:49; 31, C. Curran (Shett) 20:49; 32, J. Lamarro (Clyde V) 20:49; 33, K. Bishop (EAC) 20:53; 34, P. Faulds (FVH) 20:53; 35, R. Riach (E. Kil) 20:53; 36, J. Wood (G. W'park) 20:56; 37, S. Notman (GHS) 20:58; 38, D. Williams (Cly'dale) 21:03; 39, G. Smith (Vol) 21:03; 40, E. Cameron (A'deen) 21:03; 41, E. McQueen (GHS) 21:05; 42, D. McMillan (Cen. R) 21:05; 43, J. Lambie (Cen. R) 21:08; 44, C. Smith (E. Kil) 21:08; 45, D. Davidson (Fett) 21:08; 46, N. Green (EAC) 21:10; 47, G. Patterson (Cen. R) 21:13; 48, S. Arnold (Cen. R) 21:16; 49, K. Turner (ESH) 21:16; 50, K. Street (Shett) 21:20. **Teams:** 1, Clyde Valley 49; 2, Edinburgh AC 63; 3, Shettleston 74; 4, Aberdeen 101; 5, Edinburgh S 136; 6, Victoria Park 136; 7, Central Region 156; 8, Clydesdale 162; 9, Springburn 165; 10, Falkirk Victoria 180; 11, East Kilbride 189; 12, George Heriot's School 196; 13, Fife Southern 225; 14, Inverness 225; 15, Lochaber 268; 16, Ayrshire 268; 17, Cambuslang 292.

SENIOR BOYS

1, R. Hawkins (Kilbarchan) 14:56
2, Geo. Mitchell (Falkirk Victoria) 15:01
3, M. Fawcett (Ayrshire) 15:16
4, J. Watson (Liv) 15:28; 5, S. McPherson (S'burn) 15:31; 6, T. Farrel (Cam) 15:33; 7, K. Maxwell (FVH) 15:34; 8, K. Rance (Cam) 15:34; 9, I. Matheson (A'deen) 15:34; 10, A. Henderson (Tay) 15:41; 11, M. Walker (Cen. R) 15:45; 12, N. Robertson (EAC) 15:51; 13, T. McQuade (Cam) 15:51; 14, R. Cameron (Cen. R) 15:53; 15, G. McLean (Cam) 15:55; 16, P. Mooty (Clyde V) 15:57; 17, S. Brown (A'deen) 15:59; 18, C. O'Brien (Shett) 16:00; 19, A. Wright (Pent) 16:01; 20, J. Lewis (Fife S) 16:04; 21, D. McShane (Clyde V) 16:04; 22, G. Parker (Cly'dale) 16:07; 23, J. Kelly (Cam) 16:08; 24, T. McKean (Clyde V) 16:09; 25, J. McNeill (Law) 16:09; 26, D. Currie (G. G'park) 16:10; 27, I. Mitchell (GHS) 16:10; 28, D. Skelton (Dun) 16:10; 29, S. Murray (S'burn) 16:10; 30, A. Anderson (VP) 16:10; 31, P. Donnelly (Clyde V) 16:12; 32, J. Cowan (VP) 16:12; 33, T. Birrell (Dum) 16:12; 34, S. Johnstone (Bella) 16:14; 35, M. Coyne (FVH) 16:19; 36, D. Farrell (Liv) 16:21; 37, R. Chalmers (S'burn) 16:25; 38, W. Collins (Ayr. S) 16:27; 39, J. Miller (VP) 16:28; 40, I. Johnston (Liv) 16:30; 41, A. Bennet (Pen) 16:30; 42, J. McGovern (St.C. HS) 16:32; 43, J. Burke (Clyde V) 16:33; 44, G. McMillan (Ayr) 16:33; 45, J. Blair (EAC) 16:33; 46, T. Todd (Liv) 16:36; 47, W. Grieve (FVH) 16:37; 48, D. Rae (E. Kil) 16:37; 49, M. Taggart (Shett) 16:40; 50, A. Puckrin (Kil) 16:40. **Teams:** 1, Cambuslang 42; 2, Falkirk Victoria 91; 3, Clyde Valley 92; 4, Livingston 126; 5, Springburn 130; 6, Victoria Park 169; 7, Aberdeen 198; 8, Ayrshire 200; 9, Edinburgh AC 209; 10, Central Region 223; 11, Clydesdale 231; 12, Kilbarchan 238; 13, Shettleston 252; 14, Pentastar 279; 15, St. Columba's High School 280; 16, Greenock Glenpark 342; 17, Bellahouston 372; 18, George Heriot's School 380; 19, Inverness 411; 20, Teviotdale 465; 21, East Kilbride 466.

JUNIOR BOYS

1, D. McShane (Cambuslang) 8:27
2, W. Curle (Edinburgh Southern) 8:28
3, C. Little (Fife) 8:39
4, S. Bradley (S'burn) 8:46; 5, K. Sinclair (S'burn) 8:46; 6, J. Kyle (S'burn) 8:48; 7, N. Sweeney (ESH) 8:51; 8, D. Bowie (Clyde V) 8:51; 9, J. Ferguson (Fife S) 8:59; 10, G. Steel (ESH) 8:59; 11, D. McLaughlin (Cam) 8:59; 12, T. Ritchie (Fife S) 9:03; 13, N. Tait (ESH) 9:05; 14, J. Pirie (Cly'dale) 9:06; 15, R. Skilling (Ayr) 9:07; 16, P. McManus (Clyde V) 9:08; 17, A. McInnes (G. G'park) 9:09; 18, R. Lillie (ESH) 9:09; 19, G. McAlpine (Pit) 9:09; 20, P. McDonald (Cam) 9:09; 21, S. Holden (FVH) 9:09; 22, L. Wilson (Fife S) 9:12; 23, D. Castello

Loughborough Hat-Trick In Hyde Park Relay

LOUGHBOROUGH UNIVERSITY won the 31st Imperial College Hyde Park Road Relay on February 24th for the third year running in a close race with West London Institute of Higher Education — and had the latter's anchor leg runner, Kevin Capper, not had a throat infection all week the result may have been even closer. Leeds University ran solidly enough to hold off Birmingham University for the third place medals, out of a field of 111 finishing teams.

Peter Daenens (K.U. Leuven) broke away after 2½M of the first leg to record 13:41 for the 2M 1740y lap with Steve Mitchell (guest team Nanpantan Notars) following in 13:47. Already on that first lap the two firm favourites, Loughborough (Pat McGrath 5th, 13:54) and WLIHE (Steve Lowe 7th, 13:59) were beginning to play a vital part in the final outcome.

On Lap 2 Roger Hackney (Birmingham Univ) scythed his way through from 31st to 1st (13:39), followed by Derek Stevens (WLIHE) with Pat McCullagh bringing Leeds up from 22nd to 3rd place (13:56). Loughborough slipped to 8th.

Birmingham's advantage was soon whittled away on lap 3 by John Davies (WLIHE) who was chased hard by Sebastian Coe (Lough). The net result was that Davies broke the course record of 13:21 with 13:17 and Coe clocked the second fastest time of the day (13:26). Davies, the 1974 Commonwealth steeplechase silver

medallist, said: "Last year I had a total loss of form. I find I am running better on 80 miles a week rather than 100. I was surprised by the ease I won the Southern CC. I will be doing 5000 and a 10,000 in the summer as too many steeplechases are hard on you." Andy Armitage (Guest 'N.N.' team) ran 13:35 for third place on that lap. Laurie Adams (WLIHE) kept his team ahead on lap 4, with Sean Butler holding Loughborough in second place. On the next lap. Dave Clarke (WLIHE) reduced his best of last year from 14:05 to 13:33 and slightly widened the gap but Tim Hutchings (Lough) ran 13:49 and kept his team in with a strong chance.

As the final lap began some were asking whether West London could pull off a surprise victory. Kevin Capper anchored in 14:23 but Loughborough's Malcolm Prince (13:32) was running well enough to draw back Capper as they approached the run by the side of the Serpentine. Although Prince went away then, in the last half mile he made no more ground on Capper.

Alastair Aitken

1, Loughborough (P. McGrath 13:54, J. Bristow 14:32, S. Coe 13:26, S. Butler 14:20, T. Hutchings 13:49, M. Prince 13:32) 83:33;

2, West London Inst of HE (S. Lowe 13:59, D. Stevens 14:17, J. Davies 13:17, L. Adams 14:19, D. Clarke 13:33, K. Capper 14:23) 83:48;

3, Leeds Univ (M. Calvert 14:21, P. McCullagh 13:56, P. Johnson 14:35, K. Irvine 14:07, K. Rothwell 14:01, A. Evans 14:15) 85:15;

4, Birmingham Univ (N. Millar 14:35, R. Hackney 13:39, M. Burnhope 14:55, B. Martyniuk 14:04, M. Lawther 14:01, C. Smith 14:02) 86:16;

5, Oxford Univ (G. Reynolds 14:13, V. le Grand 14:05, D. Schlesinger 14:31, R. Holdsworth 14:49, D. Golding 14:57, N. Brawn 13:43) 86:18;

6, Kent Univ-Guest (P. Brenchley 13:52, P. Wright 14:28, M. Heysham 14:27, M. Knapp 14:06, M. Tang 14:52, L. Goodenough 14:48) 86:33; 7, Nanpantan Nomads 87:06; 8, WLIHE 'B' 87:11; 9, Catholic Univ of Leuven (Bel) 87:21; 10, London Univ 87:46. Small Colleges Trophy: St Mary's College, Twickenham.

Fastest: Davies 13:17 (rec), Coe 13:26, Prince 13:32, Clarke 13:33, A. Armitage (Lough) 13:35, Hackney 13:39, P. Daenens (Leuv) 13:41, Brawn 13:43, G. Fell (Nott) & Hutchings 13:49.

Southampton & Eastleigh AC require fixtures for men on June 16/17, 23, July 7, 14 and August 27, and for women on May 5, 26/28, June 16/17, July 28, August 4 and 25/27. Their fixtures secretary is M. Gray, 23 Broadwater Road, Southampton, SO2 2DU (Tel: 0703 552512).

SCOTTISH RESULTS continued

(Fife S) 9:12; 24, S. Marshall (Clyde V) 9:16; 25, G. Collins (Ayr S) 9:16; 26, P. Morris (Cam) 9:16; 27, R. McColl (Shett) 9:16; 28, M. O'Hare (Clyde V) 9:16; 29, C. Mearns (Shett) 9:16; 30, G. Gray (VoL) 9:22; 31, M. Mitchell (I'ness) 9:22; 32, F. Boyne (A'deen) 9:22; 33, D. Walls (FVH) 9:22; 34, J. Henderson (G. G'park) 9:22; 35, C. Reilly (Ayr) 9:22; 36, J. Lindsay (Kil) 9:30; 37, W. Banks (EAC) 9:32; 38, I. Davidson (S'burn) 9:32; 39, J. Bingham (Liv) 9:32; 40, Alan Meldrum (FVH) 9:32; 41, M. Heron (St. C. HS) 9:32; 42, A. Brown (Clyde V) 9:32; 43, M. Stoen (Fife) 9:32; 44, W. Jack (Pit) 9:32; 45, E. Green (Shett) 9:32; 46, G. Scott (Tev) 9:32; 47, G. Martin (Ayr S) 9:40; 48, S. Munn (VP) 9:41; 49, C. Martian (I'ness) 9:41; 50, A. McMillan (FVH) 9:41. **Teams:** 1, Edinburgh Southern 32; 2, Springburn 53; 3, Cambuslang 58; 4, Fife Southern 66; 5, Clyde Valley 76; 6, Falkirk Victoria 144; 7, Shettleston 171; 8, Inverness 212; 9, Greenock Glenpark 217; 10, Fife 220; 11, Ayrshire 226; 12, Clydesdale 235; 13, Edinburgh AC 236; 14, St. Columba's High School 243; 15, Pitreavie 250; 16, Aberdeen 269; 17, Ayr Seaforth 298; 18, Victoria Park 299; 19, George Heriot's School 349; 20, Teviotdale 361; 21, Bellahouston 433; 22, Peterhead 456.

AFCENT**STRIDERS RUNNING CLUB**

HQ ALLIED FORCES CENTRAL EUROPE,
BRUNSSUM (L). THE NETHERLANDS

In collaboration with **ACHILLES-TOP Atletiekvereniging Kerkrade**
and **Gemeente Brunssum**

THE FOURTH AFCENT-BRUNSSUM INTERNATIONAL CROSS COUNTRY MEETING

SATURDAY, 31st MARCH, 1979

to be held in the **BRUNSSUMMERHEIDE (SOUTH BRUNSSUM)**

adjacent to the 'Koffiepoel' and Sportscomplex 'Langeberg'.

Under KNAU (Dutch Amateur Athletic Union) and IAAF Rules

Meeting Secretariat, Changing facilities and Prize Giving Ceremony: — AFCENT International School, Ferdinand Bolstraat, Brunssum (approx. 800m from course Start and Finish).

Programme

	(born)
12.00 hrs 1000m Young Girls 'B'	1970
12.10 hrs 1000m Young Boys 'B'	1970
12.20 hrs 1000m Young Girls 'A'	1969
12.30 hrs 1000m Young Boys 'A'	1968/69
12.40 hrs 1000m Junior Girls 'D'	1967/68
12.50 hrs 1000m Junior Boys 'D'	1966/67
13.00 hrs 1500m Junior Girls 'C'	1965/66
13.10 hrs 2000m Junior Boys 'C'	1964/65
13.25 hrs 2000m Junior Girls 'B'	1963/64
13.40 hrs 2500m Junior Boys 'B'	1962/63
14.00 hrs 5000m Junior Boys 'A'	1960/61
14.30 hrs 3000m Senior Women & Junior Girls 'A'	1962
15.00 hrs 1000m Senior Men and Veterans I, II, III	1959

16.00 hrs 5000m 'FUN-RUN' (Joggers and Trimmers) for everyone, young and old.

17.00 hrs Prize Giving Ceremony.

(Individual Junior awards and prizes will be presented on course approximately 15 minutes after each event).

Reporting

Participants should collect start numbers from the Secretariat in the AFCENT School as follows: Juniors — No later than 30 mins. before event start time. Seniors & Veterans by 14.30 hrs.

'FUN-RUN'

All Joggers or Fun Runners taking part in the 'Fun-Run' can book-in at the Secretariat in the AFCENT School until 14.30 hrs. Booking is then possible at the Start/Finish point on the course in the Press caravan of the Limburgs Dagblad.

All Junior entries to be sent to:

ACHILLES-TOP A. V. Kerkrade, Harry Linders, Iloofstraat 345, 6372 CZ SCHAESBERG (LI), The Netherlands. (Tel: 045-317427).

Prizes and Awards

Juniors: Awards for 1st three individuals. Prizes for 1st six and mementoes for all runners. Overall team trophy (scoring three in each race).

Veterans: Awards and trophies for all classes. Veterans I, II and III, separate results. (NB: Veteran I — 40-50; Veteran II — 51-60; Veteran III — 61 & over).

Senior Women: Awards/prizes to 1st six individuals.

Senior Men: Awards to 1st three civilian individuals, 1st three military individuals. Trophy to 1st civilian team (scoring 4). Trophy to 1st National military team (scoring 6) — 'The CINCENT Trophy'. Trophy to 1st military unit team (scoring 4). Prizes to 1st 50 finishers — at least! (Runners may score towards more than one team trophy providing they have official affiliation to each team).

Entries: Not later than **Wednesday, 28th March, 1979 to address given below.**

KNAU (Dutch) Clubs on form 'A'. Military Units and Non-Dutch clubs by letter giving details of: Full name, date of birth, event of each competitor.

Fees: Juniors — Young Boys and Girls 'A' & 'B' £1.50, all other Juniors £2.50. Seniors — Men and Women and all Veterans — £3.50.

(Entries received after 28th March and on the day — ONE GUILDER EXTRA).

Fun-Run £3.50 — NO DATE LIMIT!

Please note that a time limit of 50 minutes has had to be imposed for the 10 kilometre senior men's race. No limit for Veterans.

All Senior entries & Fun-Run to:

AFCENT STRIDERS R.C., Pete Williams, van Bronsfeltsstraat 17, 6451 AL SCHINVELD (LI), The Netherlands. (Tel: 045-254758).

END THE '78/'79 SEASON IN STYLE — ON THE BEAUTIFUL BRUNSSUM HEATH

Staffs Moorlands Triumph

JANUARY 20th proved to be a day of mixed fortunes for Staffordshire Moorlands. Due to heavy snow falls and drifting in their area they were unable to get to the Inter-Counties, where Roy Fowler and Barry Bowler should have been representing Staffordshire. On eventually getting out of the snow they decided to go to Michelin for a run in their 4 x 2M cross-country relay.

Along with 32 other teams, Staff Moorlands took on a tougher than ever Michelin cross-country course. There was about six inches of snow on the course, covering patches of deep mud, and this — together with the two steep climbs — made for a real test of strength. These conditions were to ensure that Glyn Harvey's course record of 9:40 would not be bettered. In fact the conditions were to prove so tough that eleven minutes was not broken!

The first lap saw Phil Bowler (Staffs Moorlands) take the lead with a run of 11:10, second fastest of the day. "He must be one of the most improved athletes in Staffordshire over the last twelve months", said Roy Fowler of Phil.

Anthony Fowler, Roy's son, took over from Phil for the second lap but was soon caught and passed by Martin Exley (19) from Newcastle. On the next stage evergreen Roy Fowler himself proved himself still a force to be reckoned with, especially over tough country, by recording the

fastest time of the day (11:09), giving his team a 30 sec lead going into the last lap. The final leg saw Barry Bowler with a relatively easy job, for him, to cruise round the course to win.

John Nolan

1, Staffs Moorlands (P. Bowler 11:10, A. Fowler 12:06; R. Fowler 11:09, B. Bowler 11:19) 45:44; 2, Newcastle (Staffs) (D. Brown 11:40, M. Exley 11:25, C. Smith 11:50, P. Larkin 11:57) 46:52; 3, Sparkhill (M. Edwards 11:44, M. Wrenn 11:54, J. Thornbury 11:34, B. O'Hara 11:47) 46:59; 4, Sale 47:02; 5, Stoke 48:54; 6, Shrewsbury 49:58; 7, Sale 'B' 50:56; 8, Leamington 51:50; 9, Wolverhampton & B 51:52; 10, Stafford 51:53; 11, Newcastle 'B' 51:54; 12, Michelin 52:00. (Vets): 1, W&B 55:18; 2, Sale 56:02; 3, Tipton 56:44. **Fastest:** R. Fowler 11:09; P. Bowler 11:10; S. Collingridge (Univ of Keele) 11:18; B. Bowler 11:19; P. Gaytor (Sale) 11:23; M. Exley 11:25; K. Fradley (Stoke) 11:31; J. Thornbury 11:34; D. Brown 11:40; P. Gayter (Sale) 11:42.

Sixth in the Midland Counties Boys' CC Championships was C. Wills of Northampton Phoenix.

Middlesex County AAA secretary: E. Whitehead, 'Pengwyn', King College Road, Ruislip.

GRIMSBY HARRIERS & A.C.

"MAY DAY" OPEN ATHLETICS MEETING

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

King George V Stadium,
Weelsby Road, Grimsby

**BANK HOLIDAY MONDAY,
7th MAY, 1979**

Senior Men 200m, 1500m, 10,000m,	1st 2nd 3rd
Long Jump	£12 £8 £5
Senior Women 100m, 400m, 1500m,	
Long Jump	£12 £8 £5
Youths 100m, 400m, 1500m, Long	
Jump	£8 £5 £3
Inter Women 100m, 400m, 800m,	
Long Jump	£8 £5 £3
Boys 200m, 1500m	£8 £5 £3
Girls (13/15 yrs) 100m, 800m	£8 £5 £3
Colts 100m, 800m	£7 £4 £2.50
Girls (11/13 yrs) 100m, 800m	£7 £4 £2.50
Boys (8/11 yrs) 80m	£5 £3 £2
Girls (8/11 yrs) 80m	£5 £3 £2

Also Trophy for best performance in 15/17 year age group.

Entry Fees: Inters, Youths, Senior Men and Senior Women 30p per event, all others 20p.

Entries to: Jim Barclay, 53 Columbia Road, Grimsby, on official forms and enclosing a S.A.E.

NO LATE ENTRIES

CLOSING DATE 7th APRIL, 1979

WORTHING & DISTRICT HARRIERS

GATEWAYS OPEN TEN & LADIES' FIVE ROAD RACES

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

Sponsored by Gateway Building Society
(Local Offices & Agents throughout Sussex & U.K.)

SATURDAY, 31st MARCH, 1979, 3 p.m.

FLAT COURSE BY THE SEA

**From West Park Sports Centre,
Shaftesbury Avenue, Worthing**

PRIZES: ('10') 1st 6 Inds. (1st prize value £10),
1st Vet, 1st 3 Teams.
(Ladies '5') 1st 3 Inds. 1st Vet (over 35), 1st Team.

TOTAL VALUE OF PRIZES OVER £100

ENTRIES: Ind. 30p, Team 75p extra (3 to score) to Cliff Howard, 1 Douglas Avenue, Worthing, Sussex (Worthing 46479).

SAE FOR DIRECTIONS

ENTRIES CLOSE 21st MARCH

REDHILL & REIGATE A.C.**Open Graded and Pentathlon Meeting****SATURDAY, 31st MARCH, 1979, 12 noon****Battlebridge Track, Redhill****Pentathlons** — JL, IL, SL, Y, JM, SM **LJ** — G/JL
HJ/SP — Y**100m/200m/800m** — M & L — all ages from 11 years**Entries free**, to Miss R. Buckmaster, Flat 3 Honeycrook House, Honeycrook Lane, Salfords, Redhill, Surrey, RH1 5JN (Redhill 67729) with best times, by March 24th. SAE for timetable. Under AAA & WAAA Laws.**ADVANCE NOTICE****PILKINGTON HARRIERS & A.C.****OPEN MEETINGS**

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

at Ruskin Drive, St. Helens,**Sunday, May 6th** Closing date 15.4.79**Saturday, May 19th** Closing date 27.4.79**Saturday, June 23rd** Closing date 1.6.79**Sunday, August 19th** Closing date 28.7.79**Entries:** 20p per athlete. S.A.E. for information and list of events to Mrs M. Goodwin, 31 Station Road, Sutton, St. Helens, Merseyside, WA9 3JH.**CAMBRIDGE & COLERIDGE A.C.****ANNUAL OPEN '10'**

(Under A.A.A. Laws)

Incorporating Eastern Counties and Cambridgeshire County Championship**SUNDAY, 15th APRIL, 1979****Start:** Hockey Ground, Barton Road, Cambridge.

Good prizes, Ind., Vet. and Team awards.

Entry Fees: 40p per Ind., no Team fee, plus SAE if acknowledgement required.**Entries to:** Charles Booth, 34 Quarry Lane, Swaffham Bulbeck, Cambs CB5 0LU.**ENTRIES CLOSE 10th APRIL****MANCHESTER Y.M.C.A.****'125' ROAD RACE****20 Kilometres** **12 miles 752 yards**

(Under A.A.A. Laws)

Incorp. Northern Veterans A.C. Champs**SUNDAY, JUNE 24th, at 12 Noon****YMCA Sportsground, Princess Rd., (A5103)****2½ miles south of the City centre.****Awards:** 10 Individuals (1st £40), 3 Teams, 3 Veterans O/40, O/45, O/50, O/55, O/60. Spot prizes and certificates (plus NVAC awards).**Fees:** 30p Ind. (plus 25p for NVAC) 50p Team.**Entries close June 9th** **Late entries £1.****Entries to:** D. Farwell, 5 Corda Ave., Northenden, Manchester M22 4JH. (Tel: 061-998 0407)**PLEASE ENCLOSE SAE
IF ACKNOWLEDGEMENT IS REQUIRED****HASTINGS A.C. IN CONJUNCTION
WITH ST. LEONARDS MOTORS**

present the

**ST. LEONARDS MOTORS
ROAD RACES**

(Under AAA, WCC & RWA Laws)

SATURDAY, 24th MARCH, 1979, 1 pm Start**IN ALEXANDRA PARK, HASTINGS**

(Traffic free Courses)

SENIOR MEN 6 Miles (Prizes: 1st £20, 2nd £15, 3rd £10, 1st Vet, First 3 Teams).**SENIOR LADIES 2 Miles** (Prizes First 3 Individuals & Team Prizes according to entry).**YOUTHS U/17, BOYS U/15, COLTS U/13****JUNIOR LADIES U/15, GIRLS U/13**

(Awards First 3 Individuals & First 3 Teams)

TOTAL PRIZE VALUE £200 PLUS

Ages as at 1.9.78. Fees: 35p Seniors, 25p others.

Teams 4 to score in male races, 3 to score in ladies races.

Entries to: P. Martin, 16 Winchelsea Lane, Hastings, E. Sussex. Tel: Pett (042-486) 2466.**BY TUESDAY, 20th MARCH**

SAE for acknowledgement

CLASSIFIED ADVERTISEMENTS

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

BAAB APPROVED TRAINING DIARY 80p — Starts anytime! All events! "ATHLETICS INJURIES" 50p. **Arena Publications, London SW16 3NS.****CLUB/SCHOOL MONEYSPINNERS: BAG/CAR STICKERS** (Promotional, commemorative); **BOOKS** (Prizes, incentives). S.a.e. Samples/Catalogues (**Arena, above**).**RUNNING MAKES YOU BEAUTIFUL** — Look even better in a Mr Print-it custom designed Teeshirt, Sweatshirt or Singlet. Minimum order 10. S.A.E. **Mr Print-it, 64 Portland Drive, Forsbrook, Stoke-on-Trent, ST11 9AU.****NATIONAL ATHLETICS RECORDS** for all World countries (1978 edition) £3: International money order to **Luigi Mengoni, Casella Postale 135, 63100 Ascoli Piceno, Italy.****PHYSICAL EXERCISES** for Athletes £1.60 for posture, interaction, fitness. Weight Training £1.00 low poundage barbell exercises. **White, 71 Norburn, Bretton, Peterborough PE3 8NT.****RUNNING SHOES FROM AMERICA** — Those hard to find models. Tiger, Brooks, Etonic, New Balance, Nike. Prompt air delivery. We ship worldwide. Send £1 for catalogue — refunded on first order. **T. E. Sports, 213 East Liberty Plaza, Ann Arbor, Michigan, USA 48107** — owned by runners.**RUNNING WILD** — we are . . .

ATHLETIC EVENTS

With more than 17,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

NORTHERN COUNTIES ATHLETIC ASSOCIATION

50 MILES ROAD RELAY CHAMPIONSHIP

(Under A.A.A. Laws)

Sponsored by Associated Dairies Ltd.

To be held near
CLECKHEATON, W. YORKS
SATURDAY, 7th APRIL
Commencing at 11.30 a.m.

Entry fees: £3 per team

CLOSING DATE: THURS., MARCH 22nd

Entries to Northern Counties A.A., Studio 44,
Bluecoat Chambers, School Lane, Liverpool 1.

SOLIHULL ATHLETIC CLUB

SOLIHULL '10'

SATURDAY, APRIL 21st
at 3 p.m. Prompt

TOTAL PRIZE VALUE £250

FIRST 10 HOME, FIRST 3 VETS,
ALSO FIRST 3 TEAMS
(3 to count)

(Under AAA Rules, Appr. RRC course)

ENTRIES TO:

SOLIHULL ATHLETIC CLUB,
SOLIHULL ATHLETICS AND
YOUTH CENTRE,
BLOSSOMFIELD ROAD,
SOLIHULL.

Individuals 45p, on AAA entry forms.
Teams no fee. Late entries accepted for
times only — not prizes.

ENTRIES CLOSE SATURDAY, 14th APRIL

SURREY COUNTY AAA/WAAA JOINT TRACK & FIELD CHAMPIONSHIPS

April 28th/29th (Incl. Open Decathlon — SM)

May 8th/10th/11th and 12th

Entries for all events close:

7th April (Ladies)

14th April (Men)

Entry forms from:

(Ladies) Mrs W. Shepherd, 104 Florence Road,
Wimbledon SW19 (01-540 1554).

(Men) Miss R. Buckmaster, Flat 3 Honeycroft
House, Honeycroft Lane, Salfords, Redhill,
Surrey RH1 5JN (Redhill 67729).

JARROW & HEBBURN A.C. present the

ROHM & HAAS ROAD RACE FESTIVAL

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

Sponsored by Rohm & Haas (UK) Ltd.,
SATURDAY, 21st APRIL, at 2.15 p.m.

Colts 2M U/14 on 1.4.79 1st 3 Ind, 1st 4 Teams.

Boys 2M U/16 on 1.4.79 1st 3 Ind, 1st 4 Teams.

Youth 3M U/18 on 1.4.79 1st 3 Ind, 1st 3 Teams.

Jnr Ladies 2M U/15 1.9.78 1st 3 Ind, 1st 3 Teams.

Snr Ladies 2M 1st 3 Ind, 1st 2 Teams.

Men's 6¼M 1st 8 Ind, 3 Teams, 5 Handicap, 3 Vets.

Details & forms from: R. Charlton, 71 Hill Park Road,
Jarrow, Tyne & Wear. (Tel. 898718).

ENTRIES CLOSE MARCH 28th.

FINCHLEY '20'

HILLINGDON A.C. PRESENT

ON SUNDAY, 22nd APRIL, 1979

THE 47th FINCHLEY 20

(Under A.A.A. Laws)

From The Clubhouse, Bury Street, Ruislip

at 2.30 p.m.

Sponsored by DAF Trucks Ltd.

The race incorporates Southern Counties, Middx, Herts, Bucks, Berks, Beds, and Kent County Championships. Trophies: 1st Team and Indivs. Prizes: 1st 10 Indivs, 1st 3 Teams of 4, 1st 3 Vets Teams of 3. Additional prizes (excluding 1st 10 Indivs) 1st Novice, competing in first ever 20 or over, please state. 1st in age groups 35-40, 40-45, 45-50, over 50. Competitors not stating date of birth will not be considered for these prizes.

Entry Fees: 50p FINCH INDIV, 50p Southern Indiv, 25p Berks Indiv, 25p Beds Indiv, 25p Herts Indiv, 30p Bucks Indiv, 30p Middx Indiv, £1 Middx Team. No other fees. Teams: Finch, any enter, 8 run, 4 score; Southern 9 enter, 6 run, 3 score; Middx 12 enter, 6 run, 3 score; Kent any enter, 6 run, 3 score. Entries to: A. Chidley, 34 Winfield Park, Hartspring Lane, Aldenham, Herts WD2 8AG, by 6th April, with SAE please. Maximum 350 entries (first come, first served).