

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

# athletics

## weekly

MARCH 28th 1981

30p

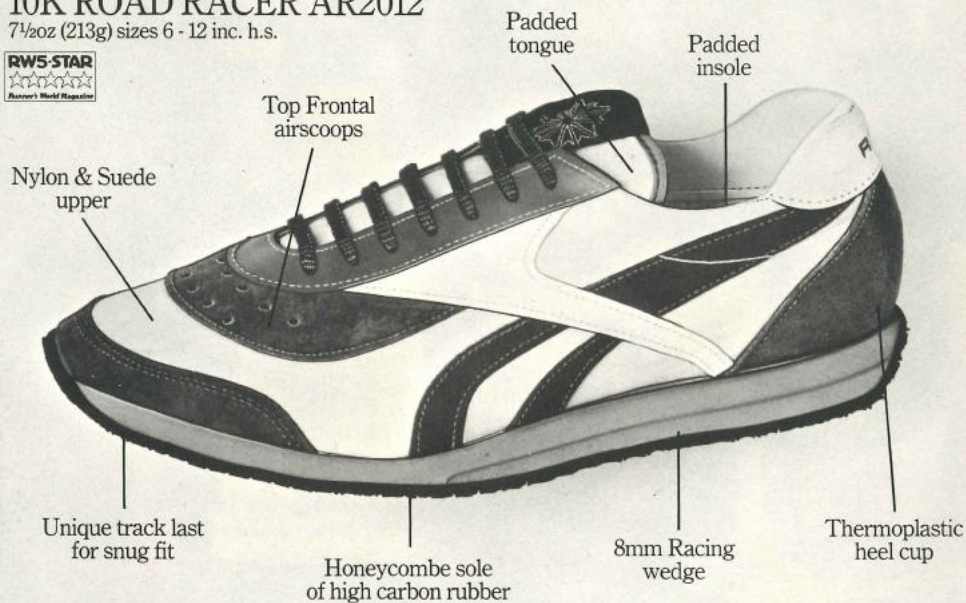


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## weekly

Vol. 35 No. 13

MARCH 28th 1981

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## THE WEEK AHEAD

**Saturday, March 28th:** IAAF World CC Champs, Madrid; English Schoolboys CC Champs, Wigan; Welsh Indoor Champs, St. Athan; TVH Road Relays, Cranford; Gloucester '4', Black Bridge; Henderson Half-Marathon, Romford; Sri Chinmoy '5', Battersea Park; Gosforth Open Road Relays, Gosforth Park; NW London YA League, Cockfosters; N. Gloucs Women's League, Gloucester; AAA & WAAA 10km Walk Champs, Parliament Hill.

**Sunday, March 29th:** Gillette London Marathon; Brighton Open Meeting, Withdean Stadium; Surrey Beagles Open Meeting, Crystal Palace; Liverpool Open Meeting, Kirkby; Duchy of Cornwall Marathon; Kent AC '10'; Hertford & W YA CC Races, Ware; Torfaen CC Champs, Cwmbran; Lep Cup Races, Stockport; Arbroath CC Meeting, Victoria Park.

**Tuesday, March 31st:** London Postal Region 9km Walk, Blackheath.

**Wednesday, April 1st:** Round Sutton Park Run; Essex 10km Walk Champs, Hornchurch.

#### HOUNSLOW THIRD

The Women's Cross-Country Association have confirmed the senior team result at this year's championships as: 1, Sale; 2, Bracknell; 3, Hounslow. Originally, Hounslow were declared winners but it was discovered that the club had run an athlete (Annette Roberts 49th) not named on the start list. That runner was disqualified, and Hounslow's last scorer became Betty Green (108th).

Next week's issue will include reports and results of the Gillette London Marathon — plus an interview with Lynn Davies, a Who's Who Feature on John Doherty, the Scottish CC Championships and the National Indoor U/20 Championships.

An invitation to London Marathon competitors: drop us a line with your (brief, please) comments about the race's organisation, atmosphere or whatever. We shall be publishing a selection of your views.

**COVER PHOTO (By Mike Kelly)**  
**Marathoners John Graham & Dave Black**

# Tony Zaidman Beats A Geoff Capes Record

JUNIOR performances took pride of place at the Cosford Open Meeting held on March 7th.

Tony Zaidman had one last opportunity to break Geoff Capes' age bests, before he turned 19 on March 18th. Competing in the Junior shot, but using the Senior weight, Tony came close to his indoor best with 16.66m, and later in the afternoon in the Senior event he reached 16.87, to add 7cm to Geoff's UK age-18 best, set some 13 years ago. This mark does in fact beat Geoff's UK Junior record set outdoors (Geoff did 17.26 indoors), and it shouldn't be long before Tony exceeds this officially outdoors, where his best is 16.78. William Cole also looked good in winning the Youths shot at 17.02, and finishing 2nd in the Junior Shot (with 6.25kg) at 15.66.

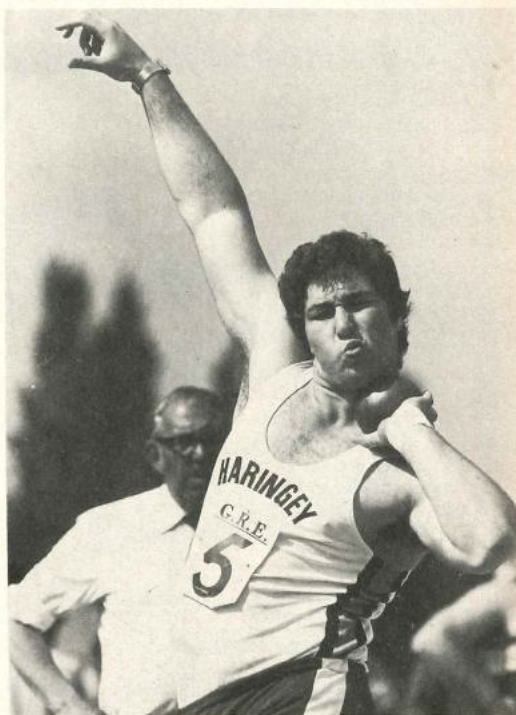
Billy Davey, who only turned 17 on January 25th, also made his mark. Having earlier won the Junior pole vault with a first time clearance at 4.60m, he competed in the invitation event, won by Brian Hooper at 5.00, finishing equal 2nd with Mike Bull. Billy cleared 4.40 and 4.60 first time and then had the bar raised to 4.80, 10cm above the UK indoor best Billy shares with Andy Jackson. This proved to be no problem as he cleared once again on his first attempt, and he had good attempts at 4.90. There is now a good squad of young vaulters coming through, with Jimmy Lewis (15) winning the Youths competition ahead of Barry Foster who improved from 3.60 to 3.90.

## Fast 600 by Chris McGeorge

On the track, Chris McGeorge (19) — who was plagued by injury for most of 1980 — showed that he is out to gain his place at the European Junior, with an outstanding win in the 600m in 1:18.6. Not only did Chris take over 3 sec off the UK Junior best, but more significant was the fact that it was only 0.9 away from Martin Bilham's Senior best of 1:17.7 which stood as a world best for some considerable time. Running over the same distance, Yvette Wray showed her paces, winning in a fast 1:36.0.

Greg Richards, who made a breakthrough in the decathlon during 1980, looks like having another successful season after winning the annual indoor sextathlon at Cosford on March

## Alan Lindop reporting



TONY ZAIDMAN

Tommy Hindley

8th. Both he and Colin Boreham fought out the number one place through all six events.

Wendy Laing was an easy winner of the Women's pentathlon, and it was good to see in both the men's and women's events the interest from Ireland, both North and South.

Wolverhampton & Bilston, who had claimed two national relay titles the previous day, added another three to their collection on the Sunday, and only failed to make it 100% when Borough Road College captured the women's 4 x 400m — helped by a 54.3 leg from Kathy Smallwood.

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A close race in the 60m hurdles during the sextathlon at Cosford between Greg Richards (17), Colin Boreham (far left) and Bill McCarron (12).



Midwest Sports Photography

### Relay Champs & Multi-Events

**4 × 100:** 1, Wolverhampton & B 43.3; 2, City of Stoke 44.0; 3, Borough Road 44.1; Birchfield dnf (44.2 ht). **4 × 400:** 1, Wolverhampton & B 3:18.8; 2, Borough Road 3:20.3; 3, Sheffield 3:22.5; 4, Warley 3:22.6 (3:22.3 ht). **Medley:** 1, Wolverhampton & B 4:20.5; 2, TVH 4:22.5; 3, Worksop 4:30.3; 4, Sheffield 4:40.2 (4:38.2 ht). **(Juniors): Medley:** 1, Wolverhampton & B 4:29.7; 2, Birchfield 4:49.3; 3, Thurrock 4:49.4. **(Women): 4 × 100:** 1, Wolverhampton & B 48.9; 2, Birchfield 50.1; 3, Winchester 50.5; 4, Coventry 50.5 (50.3 ht). **4 × 400:** 1, Borough Road 3:45.6; 2, Wolverhampton & B 3:48.7; 3, Coventry 3:53.2; 4, Birchfield 3:58.1. **Sextathlon:** (60m, 60H, LJ, SP, PV, 1000m): 1, G. Richards (Ver) (7.3, 8.7, 6.94, 13.55, 4.00, 2:51.4) 4266; 2, C. Boreham (B'mouth) (7.3, 8.6, 6.86, 13.06, 3.90, 2:48.1) 4256; 3, S. Carlin (Finn V) (7.3, 9.1, 6.47, 12.24, 3.90, 2:48.7) 3976; 4, B. McCarron (Anna) (7.4, 8.8, 6.09, 12.01, 4.10, 3:03.3) 3824; 5, G. Ward (Stoke) (7.5, 9.3, 6.31, 10.87, 4.00, 3:00.9) 3629; 6, S. Brock (Car) (7.4, 8.8, 6.35, 11.26, 3.00, 2:55.7) 3602; 7, I. Condon (B'mena) 3597; 8, B. Curtin (Rol) 3594; 9, I. Tierney (Nen. O) 3409; 10, P. Brice (Shaft) 3351. **(Women's Pentathlon):** (60H, SP, HJ, LJ, 800m): 1, W. Laing (Liv) (9.0, 11.33, 1.70, 5.40, 2:32.6) 3863; 2, C. Henley (B'mouth) (9.3, 10.67, 1.73, 5.45, 2:46.9) 3659; 3, E. Wren (Brom) (9.1, 9.80, 1.64, 5.20, 2:30.3) 3659; 4, A. Wallace (Gos) (9.6, 10.18, 1.61, 5.21, 2:34.0) 3515; 5, C. McKinney (Belf) (9.4, 7.96, 1.69, 5.01, 2:40.7) 3362; 6, J. Brown (Ash) (10.2, 9.97, 1.55, 4.67, 2:23.5) 3317; 7, M. Cropper (Ashton) (10.3, 10.00, 1.58, 4.78, 2:27.7) 3312; 8, L. Hamilton (HW) (10.2, 10.71, 1.50, 4.80, 2:27.0) 3303; 9, D. McDowell (Belf) (9.7, 9.07, 1.64, 4.99, 2:56.0) 3196; 10, S. Oram (Brack) (10.9, 11.43, 1.50, 5.19, 2:44.3) 3155.

### Open Events

**60:** (A): 1, D. Harding (Warr) 7.0; 2, R. Nicholson (RN) 7.1; 3, R. Haycock (Dav-J) 7.1. (B): D. Crosbie 7.0. **300:** 1, P. Dunn 36.0; 2, P. Moran 36.7. **600:** (A): 1, M. McNulty (Lut) 1:22.1; 2, I. Lindsay (Warl) 1:22.2; 3, R. White (Ox. U) 1:22.3. (B): 1, C. McGeorge (Cock) 1:18.6; 2, P. Morran (Liv. P) 1:22.2. **1000:** (A): P. Elliott (Roth) 2:33.7. (B): 1, S. Haycock (Leic) 2:32.6. **Inv. PV:** 1, B. Hooper (Wok) 5.00; 2 eq, W. Davey (Sy-Y) & M. Bull (W&B) 4.80; 4, N. Phipps (Sheff) 4.30; 5, R. Gammage (Wok-J) 4.30. **TJ:** 1, A. Earle (Spark) 14.76; 2, A. Bloomfield (Spark) 13.98; 3, H. James (Glouc) 13.92; 4, I. Worrall (Spark) 13.89; 5, M. Sharma (W&B) 13.79; 6, J. McColgan (Strob) 13.75. **SP:** 1, A. Zaidman (Har-J) 16.87; 2, T. Walhen (RN) 14.48; 3, L. Wiltshire (Ports) 14.01. **(Juniors): 60:** (A): 1, L. Asquith (Bir) 7.0; 2, Haycock 7.1; 3, J. McCree (Lut) 7.2. (B): I. George (Bed) 7.2. (C): K. Hunter (Spark) 7.2. **60H:** 1, K. Moore (W&B) 8.1; 2, G. Myles (W&B) 8.2. **HJ:** 1, M. Powell (W&B) 1.95; 2, H. Williams (Aberys)

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1.90; 3, M. Stanford (Houn) 1.90. **PV:** 1, Davey 4.60; 2, Gammage 4.35; 3, J. Lewis (Rut. Sch.-Y) 4.00; 4, A. Gayle (Spark) 3.80; 5, D. Minter (WS&E) 3.60. **SP:** 1, Zaidman 16.66 (7.26kg); 2, W. Cole (Thurr-Y) 15.66; 3, R. Weir (Bir) 14.86. **(Youths):** 60: 1, R. Hunter (Spark) 7.1; 2, M. Stevens (BH&M) 7.4. **600:** (A): 1, P. Hoddle (Notts) 1:26.4; 2, D. Peak (Stret) 1:28.3. (B): S. Pickering (Bed) 1:28.7. **1000:** 1, Dammerell (Tip) 2:41.8. **60H:** M. Ravel (BH&M) 8.9. **PV:** 1, Lewis 4.20; 2, B. Forster (Sale) 3.90; 3, S. Fuller (Wok) 3.70; 4, M. Johnson (Norm) 3.60; 5, C. Willson (Wok) 3.40; 6, A. Tucker (Norm) 3.30; 7, A. Ashurst (Sale) 3.30. **TJ:** W. Green (Long) 12.86. **SP:** W. Cole 17.02.

**(Women):** 60: (A): 1, D. Campbell (W&B) 7.7; 2, P. Dunn (Stret) 7.9. (B): 1, T. Such (Bir) 7.9; 2, K. Robin-Millerchip (Bir) 8.0. (C): T. Sanderson (W&B) 7.9. **600:** (A): 1, Y. Wray (Shrew) 1:36.0; 2, G. Richard (Bir) 1:39.1; 3, S. Peak (Stret) 1:39.3. (B): 1, J. Dale (S&NH) 1:40.5; 2, L. Dale (S&NH) 1:40.6. **1000:** 1, K. Pilling (Warw) 2:52.9; 2, J. Boydell (Stret) 2:53.2. **60H:** 1, Robin-Millerchip 8.9; 2, Such 8.9. **SP:** 1, L. Blake (Bir) 12:07; 2, A. George (Cann) 11:18; 3, D. Brentnall (Notts) 10.72. **(Inters):** **HJ:** 1, C. Summerfield (W&B) 1.74; 2, J. Charlton (Carm) 1.68; 3, J. Burrows (Stret) 1.65; 4, A. Tingay (Sy. B) 1.65; 5eq, T. Murray (Gate) & A. Langdon (Walton) 1.60. **(Juniors):** 60: 1, C. Yates (Stret) 8.1; 2, M. McCoy (Ports) 8.1; 3, M. Smith (Rad) 8.2. **800:** 1, A. Darcey (Mel) 2:20.5; 2, S. Wright (Barn) 2:25.0. **LJ:** 1, S. Van Federici (Mit) 5.26; 2, D. Bridges (S&SH) 5.12; 3, S. Butler 5.11. **SP:** T. Salt (Stoke) 11.67.

### WORLD STUDENT GAMES

Nomination standards for the British team to compete in the World Student Games in Bucharest in July are 100-10.50, 200-21.20, 400-47.30, 800-1:48.5, 1500-3:44, 5000-13:50, 10,000-29:00, Mar-2:20, 3000SC-8:45, 110H-14.20, 400H-51.50, HJ-2.12, PV-5.00, LJ-7.50, TJ-15.70, SP-18.00, DT-55.00, HT-64.00, JT-75.00, Dec-7000, 20kmW-1:35, (Women) 100-11.70, 200-23.80, 400-54.00, 800-2:04, 1500-4:16, 3000-9:25, 100H-13.90, 400H-59.00, HJ-1.80, LJ-6.10, SP-15.50, DT-51.00, JT-51.00, Pent-4000.

Nomination forms, to be returned by June 5th, are available from the British Students Sports Federation, 28 Woburn Square, London WC1H 0AD. The athletics team manager will be Harry Mawdsley and coach will be Carlton Johnson. Former international Tony Settle will be one of the headquarters assistants.

We have been asked by Dr. Peter Sperryn to mention that the clinic he runs at Hillingdon Hospital ('AW', Nov. 29th) is an **Athletics Clinic** and not a Sports Injury Clinic as suggested in 'Medisport'. The phone number is Uxbridge 38282 (not as printed).

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| KARHU       |         | OUR PRICE |        | RRP             |
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| NAVY STAR   |         | 6-11      | £20.85 | (£21.95)        |
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| TRX COMP    | 5-5 1/2 | £16.80    | 6-12 | £19.35 (£21.75) |

## SPIKES

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| TRACK         | 3 1/2-5 1/2 | £16.65    | 6-12 | £19.10 (£21.50) |
| MARINER       | 3 1/2-5 1/2 | £13.10    | 6-12 | £15.10 (£16.99) |
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## RAF's Ninth In A Row

THE RAF scored a record ninth consecutive victory, and Steve Jones completed a hat-trick of titles, in this year's Inter-Services Championships at HMS Dryad, Portsmouth, on February 27th. The enormously improved Army champion, Andy Robertson ensured a race, rather than a tactical team affair, by storming the first 2km but shortly afterwards the familiar duo of the Welsh champion and Julian Goater had sorted out the contenders for the mantle of the Service's number one, closely supported by team captain John Wild.

Any possibility of a close team event was put beyond doubt early into the second lap as Roger Hackney, returning from a bout of 'flu, shook off the attentions of Robertson with a storming 2km into the biting, icy headwind, while some spirited running by Glen Grant and marathoner Norman Wilson contained the score to reasonable proportions. During the final 2km, Jones flexed his muscles, to look heir apparent to the English 'National' title, one week hence, drawing some 8 sec clear of Goater. Ray Crabb, ninth, Terry McBrien, in a creditable twelfth place debut, completed the scoring for the airmen.

In the inaugural Junior event, the Navy's Chris Robison ran out an impressive individual winner

ahead of Mark Flint, whilst the experience of the RAF's Paul Watson, Kevin Heather and Callan Murray, during the latter half of the race, saw them to victory.

Alan Warner

1, S. Jones (RAF) ..... 32:08  
2, J. Goater (RAF) ..... 32:16  
3, J. Wild (RAF) ..... 32:33  
4, R. Hackney (RAF) 33:49; 5, A. Robertson (A) 32:52; 6, G. Grant (A) 33:11; 7, N. Wilson (A) 33:16; 8, C. Hazelwood (RN) 33:24; 9, R. Crabb (RAF) 33:29; 10, M. Binks (A) 33:37; 11, W. Cain (A) 33:43; 12, T. McBrien (RAF) 33:48; 13, T. Osborne (RN) 33:55; 14, R. Clark (RAF) 34:08; 15, K. Holmes (A) 34:18; 16, D. Cain (A) 34:22; 17, T. Davies (A) 34:28; 18, G. Rimmer (RAF) 35:35; 19, W. Beavan (RN) 35:50; 20, C. Chapman (RN) 36:08. **Teams:** 1, RAF 31; 2, Army 54; 3, Royal Navy 103. (**Juniors:**) 1, C. Robison (RN) 19:10; 2, M. Flint (RAF) 19:45; 3, M. Booth (A) 19:49; 4, T. Barlow (A) 19:52; 5, P. Watson (RAF) 19:53; 6, K. Heather (RAF) 20:13; 7, R. Large (A) 20:21; 8, C. Murray (RAF) 20:23; 9, T. Din (RAF) 20:30; 10, N. Pedge (A) 20:35. **Teams:** 1, RAF 21; 2, Army 24; 3, Royal Navy 44.

The best known couple in British walking, Marion and Peter Fawkes, have become the proud parents of a 6lb 15oz baby, Lee.

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### MELBOURNE TROPHY OPEN MEETING

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

KIRKBY SPORTS CENTRE

SUNDAY, 26th APRIL, 1981

#### FIELD:

- 1.00 pm — Shot (SW, then JM, Y, JW, SM).
- 1.00 pm — Hammer (SM), Pole Vault (SM/JM/Y).
- 1.00 pm — H. Jump (Y, SM, SW), L. Jump (SW, SM).
- 2.00 pm — Discus (SM).
- 3.00 pm — T. Jump (SM/JM/Y), Javelin (SM/JM, Y).

#### TRACK:

- 1.00 pm — 400m Hurdles (SM, SW).
- 1.15 pm — 800m (SM, Y, C, SW, IW).
- 1.50 pm — Hurdles (80m JW, 100m IW, 110m SM).
- 2.15 pm — 100m (JW, IW, SW, Y, JM, SM).
- 3.10 pm — 400m (B, Y, JM, SM, SW).
- 3.40 pm — 1500m (SM, B, JW).
- 4.15 pm — 3000m (SM, Y).
- 4.40 pm — 200m (SM, JM, Y, JW, IW, SW).

The MELBOURNE TROPHY awarded to the CLUB scoring most points in the SENIOR MEN'S events.

**ENTRIES:** On AAA/WAAA forms, 30p per event to T. J. O'Mahoney, 12 Kirkmore Road, Liverpool L18 4QN.

**CLOSING DATE THURS., 16th APRIL**

Entries MUST be received BEFORE Easter weekend.

**Next OPEN MEETING — 19th July**

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## THE CAMBRIDGE MARATHON

for Veterans and Ladies

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

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**SUNDAY, 26th APRIL**  
**12 Noon**

**Entries:** By April 5th, with £1 entry fee and S.A.E. to: Dr. A. E. Churchill, Hemingford Grey House, Hemingford Grey, Huntingdon, Cambs.

**General enquiries to:** K. St. J. Robinson, 12 Bateman Street, Cambridge.

# LEAGUE RACES

## ESSEX LEAGUE

### At Ipswich, February 21st

1, N. Allison (Ipswich) ..... 26:19  
 2, P. Bettridge (Havering) ..... 26:25  
 3, M. Rolfe (Essex Beagles) ..... 26:45  
 4, R. Green (Harl) 27:01; 5, L. Gough (Ex. B) 27:11; 6, P. Fletcher (Chelm) 27:13; 7, D. Watkins (Ips) 27:16; 8, C. Turnel (Ex. P) 27:22; 9, D. Bathasar (S'end) 27:28; 10, S. Kightley (Ips) 27:38; 11, S. Bishop (Chelm) 27:48; 12, D. Horton (Harl) 27:55; 13, R. Weedon (Chelm) 27:56; 14, M. Ede (Ips) 27:59; 15, P. Bryan (Hav) 28:05; 16, V. Monk (Thur) 28:10; 17, M. Morrison (Norf) 28:20; 18, P. Whymark (Col) 28:22; 19, L. Stock (Hav) 28:24; 20, E. Brown (Bas) 28:26. **Teams:** 1, Chelmsford 108; 2, Ipswich 117; 3, Essex Beagles 167; 4, Harlow 183; 5, Havering 196; 6, Basildon 230. **(Youths):** 1, P. Haynes (Bas) 21:39; 2, R. Gray (Ex. B) 21:44; 3, P. Barr (Bas) 21:46; 4, S. Clark (Ex. B) 22:00; 5, G. Couch (Bas) 22:13; 6, S. Burr (Ex. B) 22:23; 7, I. Chalk (Bas) 22:27; 8, T. Lloyd (Col) 22:45; 9, M. Gibbs (Chelm) 22:48; 10, A. Buckingham (Chelm) 22:51. **Teams:** 1, Basildon 16; 2, Essex Beagles 27; 3, Chelmsford 64; 4, Southend-on-Sea 70. **(Boys):** 1, A. Rushbrook (Bas) 16:45; 2, D. Laughlin (Chelm) 16:49; 3, P. Speight (Ex. B) 16:54; 4, T. Dufosse (Ex. B) 16:55; 5, J. Knight (S'end) 16:56; 6, S. Debenham (Ex. B) 17:05. **Teams:** 1, Essex Beagles 22; 2, Basildon 58; 3, Havering 73. **(Colts):** 1, J. Kiernan (Hav) 11:48; 2, M. Kemp (Ex. B) 11:50; 3, H. Thomas (Bas) 11:54. **Teams:** 1, Basildon 38; 2, Norfolk Olym. 67; 3, Ipswich 91. **(Women):** 1, C. Brown (Hav) 14:35; 2, S. Jeffries (Hav) 14:37; 3, C. Wilkins (Hav) 15:08; 4, B. Lock (Ilf) 15:09; 5, J. Maskell (Brain) 15:16; 6, C. Hall (S'end) 15:21; 7, J. Lamb (Chelm) 15:26; 8, K. Davidson (Norf) 15:31; 9, S. Bidwell (Bas) 15:41; 10, T. Fenney (Bas) 15:46. **Teams:** 1, Norfolk Olym. 59; 2, Chelmsford 60; 3, Southend-on-Sea 75; 4, Basildon 104. **(Juniors):** 1, G. Dawson (Bas) 12:32; 2, L. Bignell (Norf) 12:40; 3, J. Brown (Norf) 12:48; 4, P. Radley (Bas) 12:56; 5, K. Carroll (Hav) 12:57; 6, E. Haley (Hav) 12:58. **Teams:** 1, Basildon 23; 2, Norfolk Olym. 29; 3, Havering 35. **(Girls):** 1, A. Penfold (Thur) 8:02; 2, W. Catlin (Ex. B) 8:06; 3, C. Williams (S'end) 8:18; 4, L. Cue (Harl) 8:23. **Teams:** 1, Essex Beagles 29; 2, Harlow 58; 3, Chelmsford 66.

## KENT LEAGUE

### At Bexley, February 21st

1, B. McSloy (Elliott) ..... 24:36  
 2, M. Brameld (Invicta) ..... 24:37  
 3, P. Gaden (Cambridge H) ..... 24:43  
 4, J. Wigley (Inv) 24:47; 5, G. Clark (Ell) 25:14; 6, S. Kirk (Ton) 25:39; 7, T. Ferguson (Ash)

25:58; 8, L. Collins (Ash) 26:07; 9, J. Huntingford (Camb. H) 26:10; 10, G. McCall (Inv) 26:15; 11, J. Medes (Dart) 26:16; 12, J. Orr (Dart) 26:19; 13, G. Meredith (Camb. H) 26:25; 14, B. Watson (Camb. H) 26:35; 15, T. Patton (Kent) 26:37; 16, A. Chattaway (Camb. H) 26:41; 17, J. Wilkinson (B'hth) 26:53; 18, S. Almond (Ash) 26:56; 19, J. Wilkins (Inv) 26:57; 20, R. Carter (Camb. H) 27:01. **Teams:** 1, Invicta 35; 2, Cambridge H 45; 3, Ashford 71; 4, Cambridge H 'B' 80; 5, Blackheath 93; 6, Elliott 98.

## SURREY LEAGUE

### (Division 1)

#### At Coulsdon, February 21st

1, D. Clarke (Hercules Wimbledon) ..... 27:08  
 2, B. Ford (Aldershot F&D) ..... 27:16  
 3, R. Hillier (Epsom & E) ..... 27:37  
 4, P. Barratt (HW) 27:45; 5, W. Upcott (SLH) 27:48; 6, G. Mackie (Bel) 27:53; 7, T. Davies (AF&D) 28:06; 8, A. Nicholson (E&E) 28:10; 9, S. Newton (HW) 28:11; 10, R. Holt (HW) 28:14; 11, J. Alcock (E&E) 28:18; 12, M. Woods (AF&D) 28:24; 13, J. Peel (AF&D) 28:24; 14, J. Bicourt (Bel) 28:27; 15, I. Logan (AF&D) 28:28; 16, R. Roath (Walton) 28:31; 17, D. Faircloth (Croy) 28:34; 18, J. Abberton (Bel) 28:36; 19, M. Walmsley (Croy) 28:37; 20, I. Duncan (Bel) 28:38; 21, P. Williams (SLH) 28:39; 22, R. Yeomans (AF&D) 28:41; 23, J. Watts (AF&D) 28:45; 24, P. Clarke (HW) 28:47; 25, M. Connelly (Walton) 28:49; 26, S. Martin (E&E) 29:04; 27, T. Marsden (E&E) 29:07; 28, M. Fuller (HW) 29:08; 29, M. Kortenray (HW) 29:08; 30, D. Bishop (E&E) 29:09. **Teams:** 1, Aldershot F&D 218; 2, Hercules Wimbledon 253; 3, Epsom & E 289; 4, S. London 344; 5, Belgrave 362; 6, Walton 500. **Final placings:** 1, Faircloth 31; 2, Upcott 37; 3, Woods 46. **Teams:** 1, Aldershot F&D 660; 2, Epsom & E 1440; 3, Walton 1459; 4, Croydon 1505; 5, Hercules Wimbledon 1537; 6, S. London 1570.

### (Division Two)

#### At Mitcham Common, February 21st

1, P. Gilbey (Surrey AC) ..... 24:13  
 2, R. Payne (Herne Hill) ..... 24:18

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### SURREY WOMEN'S LEAGUE

#### At Brockwell Park, February 21st

1, D. Phillips (Croy) 11:55; 2, D. Chettle (Croy) 12:45; 3, S. Shields (E&E) 12:54; 4, C. Flynn (E&E) 13:10; 5, W. Williams (HHH) 13:33; 6, K. Flynn (DSP) 13:35; 7, Z. Hyde (E&E) 13:36; 8, V. Graham (G&G) 13:39. **Teams:** 1, Epsom & E 24; 2, Croydon 27; 3, Guildford & G 58. **Final placings:** 1, Chettle 5; 2, Shields 8; 3, L. Dally (Sy. B) 10. **Teams:** 1, Croydon 44; 2, Epsom & E 43; 3, Guildford & G 41. **(Juniors):** 1, M. Bryars (Croy) 9:42; 2, R. Eldridge (E&E) 9:47; 3, J. Streeter (R&R) 9:58; 4, T. Bartlett (DSP) 10:13; 5, A. Ramos (Croy) 10:23; 6, L. Smith (E&E) 10:25. **Teams:** 1, Croydon 24; 2, Epsom & E 39; 3, Redhill & R 63. **Final placings:** 1, Streeter 5; 2 eq, Bryars & Eldridge 6. **Teams:** 1, Croydon 41; 2, Epsom & E 41; 3, Redhill & R 35. **(Girls):** 1, H. McLeish (G&G) 7:54; 2, R. Fairchild (Croy) 7:55; 3, K. Firth (G&G) 7:58; 4, A. Shave (HHH) 7:59. **Teams:** 1, Epsom & E 43; 2, Woking 65; 3, Croydon 65. **Final placings:** 1, Shave 4; 2, E. Clarke (HW) 7; 3, A. Huntley (Croy) 11. **Teams:** 1, Epsom & E 44; 2, Croydon 40; 3, Woking 38.

### AVALON LEAGUE

#### At Yeovil, February 22nd

1, A. Reid (T&WS) 27:20; 2, M. Rideout (Trow) 27:33; 3, K. Parker (West) 27:49; 4, A. Coleman (Wey) 27:55; 5, H. Clayton (Weston) 28:00; 6, S. Knapp (Cle) 28:09; 7, J. Valentine (Cle) 28:27; 8, W. Valentine (B&P) 28:30; 9, I. Macintosh (B&P) 28:42; 10, G. Sanderson (Cle) 28:43; 11, E. Martin (West) 28:57; 12, R. Wyatt (Cle) 29:22; 13, J. Bolton (Wey) 29:27; 14, P. Thomas (Yeo) 29:38; 15, R. Orr (West) 29:44. **Teams:** 1, Clevedon 35; 2, Weymouth 47; 3, Westbury 47; 4, Bath & P 55; 5, Trowbridge 83; 6, Weston 85. **(Youths):** 1, K. Miles (West) 17:57; 2, D. Adams (West) 18:07; 3, S. Towler (T&WS) 18:13; 4, D. Fairbrother (West) 19:02; 5, D. Hazell (West) 19:10; 6, S. Wyatt (B&P) 19:12; 7, R. Moore (T&WS) 19:19; 8, J. Croome (Trow) 20:38. **Teams:** 1, Westbury 12; 2, Trowbridge 34; 3, Taunton & WS 37; 4, Bath & P 45. **(Boys):** 1, G. Shaw (Yeo) 13:43; 2, P. Stevenson (B&P) 14:00; 3, S. Berwick (Whit) 14:09; 4, A. Manners (Cle) 14:21; 5, W. McColloch (T&WS) 14:27; 6, S. Hopes (West) 14:34. **Teams:** 1, Whitchurch 34; 2, Yeovil Olym. 40; 3, Westbury 49. **(Colts):** 1, L. Adams (West) 10:19; 2, J. Emery (Cle) 10:23; 3, C. McCabe (T&WS) 10:29; 4, J. Hartrey (West) 10:36. **Teams:** 1, Westbury 35; 2, Taunton & WS 46; 3, Trowbridge 52. **(Women):** 1, C. Bradford (Cle) 17:27; 2, J. Manners (Cle-V) 19:18; 3, G. Spencer (Whit) 19:44; 4, H. McEnaney (Trow) 19:49; 5, E. Edes (Trow) 20:22; 6, S. McCoy (Whit) 20:30. **Teams:** 1, Clevedon 14; 2, Trowbridge 16; 3, Whitchurch 30; 4, Trowbridge 'B' 35; 5, Yeovil Olym. 43. **(Juniors):** 1, K. Sweetman (Trow) 10:59; 2, A. Willis (Trow) 11:24; 3, S. Daniels (West) 11:30; 4, S. Parbury (West) 11:36; 5, T. Croome (Trow) 11:39; 6, J. Clarke (Yeo) 11:40. **Teams:** 1, Trowbridge 8; 2, Westbury 14; 3, Yeovil 35. **(Girls):** 1, L. Clements (Yeo) 8:18; 2, N. Mounty (Whit) 8:29; 3, R. Stinchcombe (West) 8:38; 4, J. Langley (Whit) 8:45. **Teams:** 1, Whitchurch 15; 2, Yeovil Olym. 16; 3, Westbury 23.

### ICKNIELD WOMEN'S LEAGUE

#### At Cambridge, February 22nd

1, K. Brighton (Hunt-I) 19:50; 2, S. McDiarmid (C&C) 20:11; 3, C. Rawlings (Holb-I) 20:17; 4, A. McKim (North-I) 20:19; 5, A. Alford (S&NH-I) 20:20; 6, S. Aldred (Bed-I) 20:20; 7, T. Huggins (Hunt-I) 20:26; 8, M. Lawson (H&W-I) 20:42; 9, E. Skelton (WRAF) 21:24; 10, A. Graham (Mel) 21:28. **Teams:** 1, Stevenage & NH 171; 2, Cambridge & C 142; 3, Holbeach 124; 4, Bedford 120; 5, Hertford & W 112; 6, Luton 109. **(Juniors):** 1, A. Connachie (Thet) 11:11; 2, D. Campbell (S&NH) 11:15; 3, S. Davis (Mil. K) 11:17; 4, L. O'Connor (Thet) 11:22; 5, N. Curtis (Kett) 11:23; 6, N. Upperton (H&W) 11:27; 7, T. Sampson (Thet) 11:40; 8, S. Cox (Peter) 11:44. **Teams:** 1, Thetford 185; 2,

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Bedford 163; 3, Stevenage & NH 156; 4, Milton Keynes 132. (Girls): 1, S. Jordan (Lut) 9:31; 2, K. Murray (Holb) 9:35; 3, S. York (S&NH) 9:37; 4, N. Dilley (Bed) 9:43; 5, J. Eady (Bed) 9:45; 6, T. Points (Thet) 9:46. **Teams:** 1, Bedford 264; 2, Stevenage & NH 238; 3, Thetford 219.

### METROPOLITAN LEAGUE

At Cranford, February 28th

1, R. Samuel (Shaftesbury) ..... 24:44  
2, P. Barratt (Ealing & S) ..... 25:13  
3, M. Plint (Sheffield-Guest) ..... 25:15  
4, A. Ross (Ver) 25:27; 5, D. Coates (Ilf) 25:34;  
6, O. Arif (N. Lon) 25:38; 7, A. Nichol (Ilf) 25:41; 8, M. English (N. Lon) 25:47; 9, C. Barley (Enf) 25:51; 10, R. Green (Gst) 25:53; 11, M. Philpott (Hill) 25:55; 12, G. Webb (Ilf) 25:56; 13, J. Batchelor (Ilf-V) 26:02; 14, M. Coram (TVH) 26:04; 15, D. Desborough (Ver) 26:06; 16, B. Standen (TVH) 26:08; 17, J. Barnard (Poly) 26:15; 18, J. Broe (Shaft) 26:19; 19, D. Beaver (Poly) 26:19; 20, A. Gilham (Ilf) 26:19; 21, P. Browne (TVH) 26:22; 22, A. Lunnon (Shaft) 26:23; 23, M. Puddifoot (TVH) 26:25; 24, N. Morrison (Ver) 26:28; 25, S. Livingstone (Ver) 26:35; 26, M. Dixon (Ver) 26:36; 27, P. Holland (N. Lon) 26:39; 28, D. Clark (Ver) 26:40; 29, D. Cox (W. Gn) 26:41; 30, D. Wilcock (N. Lon) 26:43. **Teams:** 1, Verlea 1917; 2, N. London 1848; 3, Thames Valley 1807; 4, Ilford 1588; 5, Hillingdon 1359; 6, Verlea 'B' 1297; 7, Highgate

1259; 8, Polytechnic 1245; 9, Shaftesbury 1017; 10, Ealing & S 872. **Final placings:** 1, Verlea 12,486; 2, N. London 12,268; 3, Ilford 11,652; 4, Thames Valley 11,312; 5, Borough of Enfield 9967. (Vets): 1, Batchelor; 2, J. MacNamara (TVH) 27:03; 3, M. Barratt (E&S) 27:10. **Teams:** 1, Ealing & S 112; 2, Verlea 105; 3, Ilford 99.

### Final placings

1, Verlea 69; 2, Ealing & S 622; 3, Borough of Enfield 596. (Youths/Boys): 1, E. Kimani (Shaft) 15:46; 2, S. Pink (Hill) 6:17; 3, S. Burton (N. Lon) 16:19; 4, G. Watts (Lon. I) 16:30; 5, P. James (N. Lon) 16:33; 6, P. Rose (Poly) 16:37; 7, D. Hoinville (High) 16:39; 8, K. Gilzean (N. Lon) 16:40; 9, R. Lynch (N. Lon) 16:42; 10, R. Farnell (W. Gn) 16:43; 11, D. Shuker (High) 16:46; 12, G. Leader (Enf) 16:47; 13, J. Scott (Enf) 16:49; 14, D. Baptiste (TVH) 16:49; 15, D. Cameron (N. Lon) 16:53. **Teams:** 1, N. London 247; 2, Woodford Green 203; 3, Borough of Enfield 203; 4, Shaftesbury 188; 5, Hillingdon 165; 6, Thames Valley 149. **Final placings:** 1, Shaftesbury 1422; 2, Highgate 1309; 3, Hillingdon 1300; 4, N. London 1275. (Colts): 1, H. Pringle (W. Gn) 14:18; 2, T. Sloman (W. Gn) 14:41; 3, B. Robbins (TVH) 14:52; 4, M. Beauchamp (W. Gn) 14:59; 5, S. Duncan (Hill) 15:09; 6, R. Gilzean (N. Lon) 15:14. **Teams:** 1, Woodford Green 234; 2, N. London 224; 3, Shaftesbury 189. **Final placings:** 1, N. London 1198; 2, Shaftesbury 1099; 3, Hillingdon 1090.



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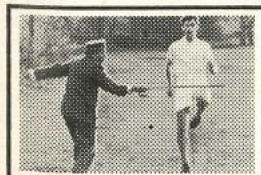
Guest Stars (in alphabetical order):

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# Coe anchors Loughborough to Hyde Park Relay win

CONSISTENT RUNNING by Loughborough University was clearly good enough to enable them to take their fourth title in five years, at the 33rd Annual Imperial College relay sponsored by National Westminster Bank, at Hyde Park on February 28th. They sliced 14 seconds off Birmingham University's 1975 course record of 83:20, and that was without Tim Hutchings, their man in form, who is injured with a pinched nerve in his back. Leeds, last year's winners, could point to two valuable absentees, as well, in Paul Johnson and Glyn Harvey, but still would not have been able to match Loughborough's overall strength.

With a mile to go on the first lap Jack Buckner (13:38), the AAA 1500 Junior champion who was recently laid off with achilles tendon trouble, forged ahead for Loughborough, but all the other 'favourite' teams were in the first eight of the 107 starters. On the second circuit Omer Khalifa, who suffered a little with hamstring trouble, ran a solid 13:37, but was overtaken by the improving Terry Colton, running for the 'Old Boys'. Terry recorded the second equal fastest time ever done for the course — 13:17. Tim Redman went ahead again for Loughborough on lap three, coming home in 14:14, and Leeds had also come into the reckoning with their fastest man Keith Rothwell (13:54) second, and within striking distance of the

leader. Kevin Capper (WLIHE) who ran 13:58 came in fourth and handed over to BUSF cross country champion, Dave Clarke. Dave moved his team up to second with a speedy 13:25. Up front for Loughborough was Dave Lewis who, despite a virus all week managed 14:06, to hold the lead.

On lap five Martin Burnhope took Birmingham up to third, with a 13:50, but Steve Martin's 13:53 gave Seb Coe a fair lead. Coe ran round on his own, driving against the wind by the Serpentine, to run in well ahead in 13:38. He fought hard and did not take his advantage for granted but his time was academic.

**Alastair Aitken**

1, Loughborough Univ. (J. Buckner 13:38, O. Khalifa 13:37, T. Redman 14:14, D. Lewis 14:06, S. Martin 13:53, S. Coe 13:38) 83:06;

2, West London IHE (A. Bridge 13:47, S. Berridge 14:30, K. Capper 13:58, D. Clarke 13:25, S. Harris 13:54, D. Minter 14:37) 84:11;

3, Birmingham Univ. (M. Lawther 13:42, A. Taylor 14:17, P. Griffiths 14:14, A. Bristow 14:21, M. Burnhope 13:50, P. Magner 14:13) 84:37;

4, Leeds Univ. (I. Sage 14:01, P. McCullagh 14:00, K. Rothwell 13:54, G. Turnbull 14:06, G. Heathers 14:29, M. Calvert 14:28) 84:58.

*(We are awaiting further results)*

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**9.30 a.m.-14.30 p.m.**

A further two sessions are to be held at the National Recreation Centre, Crystal Palace.

In the interest of both Coaches and athletes it is advisable that they attend the last two of these sessions, those athletes and Coaches who have already attended the winter sessions there will be no further charge, however should other athletes and Coaches wish to attend these further sessions, there will be a charge of £4 per Coach — per Athlete. (Cheques/Postal Orders to be made out to R. J. Murray).

**The Dates of the further clinics are as follows:—**

**Saturday, 4th April, 1981 — CONDITIONING**

**Saturday, 2nd May, 1981 — TECHNICAL — 'FOSBURY AND STRADDLE'  
COACHES AND ATHLETES WILL ASSEMBLE IN LECTURE ROOM G.55**

**Applications to: Ronald J. Murray, 11 New Farm Avenue, Bromley, Kent BR2 0TX. (Tel: 01-460 7548).**

# GUIDE TO THE GILLETTE LONDON MARATHON

EVEN BEFORE the gun is fired at 9 am (and the noise of the 25-pounder field piece will wake many an unsuspecting South Londoner on an otherwise peaceful Sunday morning!) the inaugural Gillette London Marathon must be accounted a huge success. As race director Chris Brasher puts it, "the name of the game now is participation", and in that respect the response has been beyond the organisers' wildest dreams. "We had expected three or four thousand runners in the first year and then to build on that", says Brasher — whereas in fact no fewer than 21,872 applications were received for entry forms. It wasn't possible to cope with that number of runners and so the field had to be limited to just over 7,700 — which is about 4½ times as many as ran in this year's National senior cross-country championship.

The London Marathon, which is inspired by and modelled on the celebrated New York Marathon, has come at just the right time to satisfy the growing demand in this country for a mass participation race at the distance. The Masters and Maidens Marathon for some years, and the first People's Marathon on the outskirts of Birmingham last summer, helped pave the way — as have the Sunday Times National Fun Runs. The long heralded jogging boom has arrived, but joggers need objectives ... otherwise the activity, for all its health benefits, does tend to become rather boring and aimless.

Admittedly, the marathon is a daunting objective for what may be termed the recreational runner, who at the outset has probably never run more than two or three miles at a stretch — but, as has been the case in the USA and elsewhere, an extraordinary number of fun-runners do become obsessed by the challenge of completing a marathon and set about achieving the goal. Half the entrants for Sunday's marathon have never run the distance before. I wish them well. The delight and personal fulfilment I experienced when completing the New York Marathon five months ago remains one of the highlights of my life, and I hope thousands will share that sense of satisfaction on Sunday. What has been equally gratifying is the number of people who have written or spoken to me saying how encouraged they were by my own experience. That's just the response I was hoping for from my article ("Operation Big Apple") last November; to engender the feeling that if I could do it then a multitude of others — given a degree of preparation — could do it too!

In terms of mass participation this London Marathon has more than justified its existence, the only regret being the disappointment caused to those thousands whose entries were rejected on this occasion. Let's hope that if all goes smoothly this year then subsequent London Marathons will

**By Mel Watman**

be able to accommodate many more runners (New York handled 14,000 last year), and in this connection I would appeal to any disgruntled runner whose entry was turned down not to gate-crash the race. The organisers warn that any unofficial runners who are identified will be barred from all future London Marathons, but more to the point is that there may not be any future London Marathons if events get out of hand on Sunday by the appearance on the course of hordes of unregistered runners.

The London Marathon is not, of course, just a huge fun run — although that is an important element. It is also a high quality race. Much has been made in the national press of the absence of top runners from abroad and the fact that several of our leading men won't be appearing. What hasn't been emphasised is that rarely if ever have so many sub-2:30 runners been assembled for one race, and that there has been a marvellous response from the top British women.

It's a pity we won't be seeing men like Dave Cannon, Bernie Ford, Ian Thompson (who after running 2:14:39 in Tokyo recently, felt he wasn't in sufficiently good form to run the London with its burden of public expectation), Dave Black and

## MITCHAM A.C. 25 KILOMETRES ROAD RACE JANUARY 9th, 1982 (Advance Notice)

In the interests of road safety, and because of the overwhelming entry in the 1981 race, the Management Committee of Mitcham A.C. have decided to restrict the entries for the above race to the first 400 runners belonging to Clubs affiliated to the Amateur Athletic Association. The entry fee is being increased to 75p per individual, (no team fee). Unattached runners who have been competing for less than a year, will be allowed to enter on the day for an increased entry fee of £2 per individual, only if the limit of 400 has not been reached by that date.

## SOUTHAMPTON & EASTLEIGH A.C. present in conjunction with SUSSEX COUNTY BUILDING SOCIETY OPEN & INVITATION MEETINGS 1981

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on 18th April

Steve Kenyon, but there's really no need to apologise for a domestic entry which includes John Graham (best of 2:11:47), Don Faircloth (2:12:19), Trevor Wright (2:12:32), Chris Garforth (2:13:27), Jim Dingwall (2:13:58), Malcolm East (2:14:29), Ricky Wilde (2:14:44), Bernie Plain (2:14:56), Barry Watson (2:15:08), Andy Holden (2:15:18), Dave Clark (2:16:01), Ian Ray (2:16:04), Dave Allen (2:16:14), John Cain (2:16:16), Max Coleby (2:16:18), Norman Wilson (2:16:21), Paul Eales (2:16:39), Brian Cole (2:16:55) and Keith Penny (2:16:57). Graham, who was severely blistered in the Auckland race, was not a definite starter at the time of writing but 10 mile times of 48:13 and 47:16 the past two weekends indicate that he has recovered. Holden, nominated as travelling reserve for the World CC Champs, has told the ECCU that he would prefer to run the marathon unless guaranteed a run in Madrid. At the time of entry, athletes were asked for an estimate of the time they expected to run in London, and on this basis the front-runners could be Graham (2:11), Ray (2:11:45), Penny (2:12), Wright, Holden and Cain (2:13), Garforth (2:13:45) and East (2:14).

Other British runners worth watching for include Terry Colton (best of 2:19:15 and shooting for 2:15), former UK 1500m record holder Mike Kearns (best of 2:35:20; estimate of 2:18), the rejuvenated Allan Rushmer (best of 2:51; target of 2:20), and former top miler Walter

Wilkinson who is looking for around 2:25 in his first attempt. Another making his marathon running debut is walking star Roger Mills, who has estimated 2:35, while colleagues such as Ian Richards and Colin Young will be heel and toeing it all the way. The line-up will also include Jimmy Savile, who will be raising money for the Stoke Mandeville Appeal in the process, rugged great J. P. R. Williams and a number of journalists and broadcasters who for once cannot be accused of being merely armchair critics. And, as a gesture of appreciation to the man whose organisation of the New York Marathon has been such an inspiration, number 1 will be worn by Fred Lebow (49), whose best time is 3:19. A minute and a half faster on paper is No. 2, race director Chris Brasher (52).

The top opponent from abroad is the USA's Dick Beardsley, who gave Bill Rodgers a good race in Houston in January when clocking a personal best of 2:12:49 and then at Beppu in February recorded 2:12:41 in third place behind Japan's Sou twins after reaching halfway in 1:03:12. Other strong contenders are the Norwegians Inge Simonsen (6th in New York in 2:13:29) and the well-known track star Knut Kvalheim who is making his marathon debut; Emmanuel Ndiemandoi (Tanzania), 15th both in Moscow (2:16:47) and New York (2:15:47); and Australian 2:14 performer John Stanley.

The distinction of being the first veteran home will be extremely hard fought, with several runners capable of close to 2:20 in good conditions. Among those in the running are Syd Hope, Martin Craven, Jim Avis, Eric Austin, Nat Fisher, Geoff Harrold and Paul Livesey, while aiming for around 2:30 will be two of the great figures of British athletics: Jim Alder (best of 2:12:04 and still holder of the world 30km track record) and Bruce Tulloh (2:39:40), the 1962 European 5000m champion.

The official WAAA marathon championship is being held in conjunction with the AAA event at Rugby on May 10th, but the line-up this Sunday is such that the London event could well have served as this year's national championship. With the exception of Gillian Burley, who has opted for the Duchy of Cornwall Marathon, and Kath Binns (who is not planning another marathon in the near future), all of the British elite will be present. Joyce Smith, Commonwealth record holder at 2:30:27, says she is not at her very best, but she will still be very tough to beat. Her main opponents are Carol Gould (best of 2:35:05), Gillian Adams (2:37:56), Australia's Elizabeth Hassell (2:39:48), Suzan Hassan-Morris (2:42:12), New Zealander Gillian Drake (2:44:11), Leslie Watson (2:45:40), Brazil's Eleonora Mendonca (2:48:45), Julie Barleycorn (2:50:17), Alison Blake (2:50:45), Rosemary Harrold (2:50:54), Christine Readdy (2:50:55), Margaret Lockley (2:50:58) and Lyn Billington (2:52:53).



## FLOODLIT OPEN GRADED MEETING

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

Parliament Hill Fields  
WEDNESDAY, 15th APRIL, 1981

- 7.00 p.m. 1500m — WOMEN
- 7.00 p.m. Discus — WOMEN
- 7.15 p.m. 1000m — MEN
- 7.35 p.m. Discus — MEN
- 7.40 p.m. 200m — MEN & WOMEN
- 8.00 p.m. 5000m — MEN

**Entries:** Seniors, Juniors & Senior Ladies 35p per event, others 20p per event to T. A. Driscoll, 145 Billy Lows Lane, Potters Bar, Herts. EN6 1VY. Please give name, address, club, event & best recent performance; and enclose entry fee. S.A.E. for acknowledgement of entry.

Needle spikes only may be used on this surface — maximum 6mm.

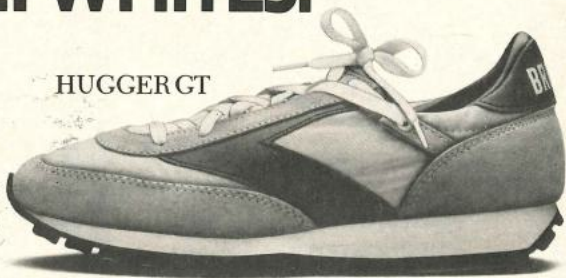
**ENTRIES CLOSE SAT., APRIL 11th**

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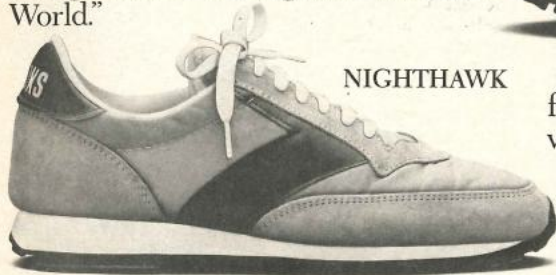
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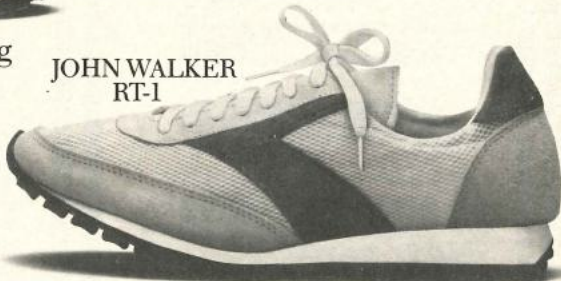
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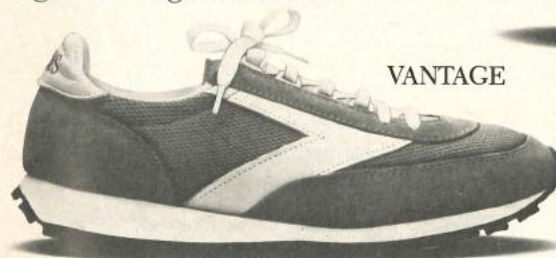
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The Brooks dual purpose shoe for racing and training. Designed by 1976 Olympic 1500m champion John Walker.

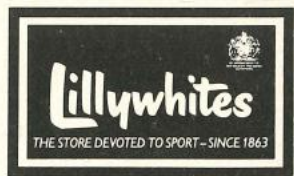
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87 BECKENHAM LANE, SHORTLANDS,  
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The race will start on Charlton Way, Greenwich Park, at 9 am and the route will hug the River Thames for much of the way (see map). The streets through which the race will be run were listed in the March 7th issue; there is one change — the route now includes Brunel Road and not St Mary's Church Street.

One of the best vantage points for spectators is near the Cutty Sark at Greenwich, which is at around the 6 miles mark but geographically close to the starting area. The leaders will pass this point at about 9.30. After watching most of the field pass it's a simple matter to walk through the pedestrian tunnel under the river to the southern tip of the Isle of Dogs which will constitute the 18 miles mark (expect the first runners at about 10.30).

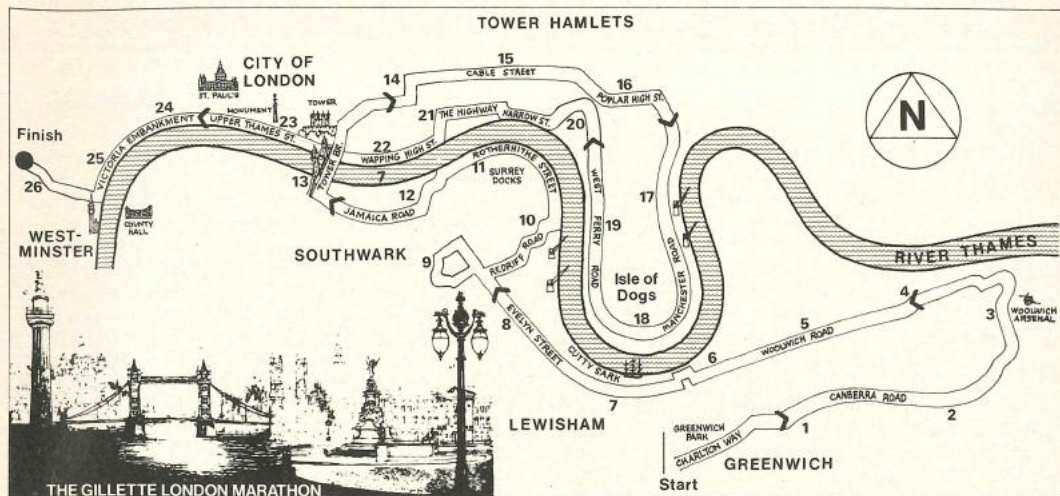
Another good base is the Tower of London, which is just beyond halfway. The leading runners should reach the Tower, approaching from Tower Bridge, a few minutes after 10, and then after proceeding through East London will pass the Tower again (at 23 miles), heading westward, shortly before 11. In the meantime the slower runners will be passing the Tower for the first time.

The race will end along Constitution Hill, some 250 yards past Buckingham Palace. The winner is likely to arrive soon after 11.10, with the first woman in some 20 minutes later.

The nearest underground stations to the finish are St James Park and Green Park, and as the marathon route goes by stations at Surrey Docks, Rotherhithe, Tower Hill, Wapping, Blackfriars, Embankment and Westminster, the active spectator could watch the race at several points. As the police will be closing all roads and junctions on the route for the duration of the race, spectators are advised to leave cars and cycles well away from the course.

**SEE THE RACE ON TV**

Edited highlights of the race will be shown on BBC-1 from 4.00 to 4.50 on Sunday afternoon. It will be one of BBC television's biggest outside broadcast operations, with 14 cameras in use including one in a helicopter and one in a car which will keep pace with the leading runners. Fixed positions will include the start, Tower Bridge and the finish. ITN will be giving extensive news coverage to the event (reporter Ian Edwards is among the runners), and radio will also be featuring the race heavily. BBC Radio 2 is broadcasting a Marathon Special — a mixture of race news and music — from 8.30 to noon, while LBC and Capital Radio are also broadcasting special programmes.



## Notes For Competitors

\* Registration is at the Strand Palace Hotel between 11 am and 8 pm on Thursday, Friday and Saturday. In addition to receiving their numbers, baggage tags and bags of goodies, competitors can visit a Running Trade Exhibition and the London Road Runners Club Hospitality Desk.

\* The best way for athletes to reach the start on Sunday morning, if they are coming from Central London, is by special train from Charing Cross (British Rail) to Greenwich, stopping at Waterloo East. Journey time is 13 minutes, and Greenwich Station is about a mile from the starting area in Greenwich Park. Tickets for these special trains, which will run between 6.58 am and 7.58 am, cost 50p and can be bought only at time of registration.

\* Don't wait for that last train at 7.58 if you're competing as entrants are requested to arrive at the start area by 8.15 at the latest. The bar code on each athlete's running number has to be scanned by the Olivetti computer staff; otherwise you won't figure in the official results.

\* As there are no changing facilities in Greenwich Park, come in your tracksuit etc. and bring a plastic bag or small hold-all. Hot coffee will be available free of charge during the check-in and warm-up period, but no food. Temporary toilets will include a 100ft urinal. There is no shelter, so runners are urged to bring plenty of warm clothing and protection against the elements.

### ONE HOUR'S LESS SLEEP!

British Summer Time starts on the morning of the race, so all clocks go forward one hour on the Saturday night.

Shortly before the start, outer clothing should be packed into a bag with your label attached and loaded on London Transport buses which will carry your baggage to the finish area at Constitution Hill. It's a good idea if it's a really cold morning to start the race wearing extra items of disposable clothing which can be discarded en route.

Continued on page 46

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# GREAT BRITISH MARATHON RUNNERS

— recalled by Mel Watman

IT IS a popular misconception that the marathon race owes its origins to the ancient Olympic Games. The event was in fact contested for the first time at the inaugural Olympics of the modern era in 1896. At the suggestion of a Frenchman, M. Michel Bréal, the organisers arranged as a climax to the festivities a race from the plains of Marathon to the gleaming marble stadium in Athens, in commemoration of Pheidippides' legendary feat of 2,386 years earlier. The distance was 40 kilometres (24 miles 1,504 yards) and, amid great rejoicing, the race was won by a Greek, Spyridon Louis, in 2:58:50. The next two Olympic marathon champions were Michel Theato (France) and English-born Thomas Hicks (USA).

The rather odd distance (26 miles 385 yards or 42,195 metres) that has come to be accepted as the standard length of a marathon race was a legacy of the 1908 Games. The course from Windsor Castle to the entrance of the White City Stadium measured exactly 26 miles but in order that the runners might finish opposite the royal box an extra 385 yards were tacked on. This race, like several other marathons to follow, is remembered chiefly for a gallant loser. Few recall the winner's name — it was John Hayes (USA) in

2:55:18.4 — but every athletics fan has heard of Dorando Pietri, the Italian who entered the stadium first, collapsed on the track, was helped across the line and subsequently disqualified.

British runners, who had expected to dominate the proceedings, made the pace for half the distance before dropping out of the reckoning. The highest placed home entrant turned out to be W. T. Clarke . . . twelfth in 3:16:08.6. Still, in those days anyone who could complete a marathon, regardless of their position or time, was regarded as something of a physical phenomenon. The organisers, for their part, took pains to provide as much comfort as possible for the runners. 'Refreshments en route', proclaimed the instructions to competitors: 'The Oxo Company have been appointed official caterers and will supply the following free of charge to competitors: Oxo Athletes Flask, containing Oxo for immediate use; Oxo hot and cold; Oxo and soda; rice pudding, raisins, bananas, soda and milk'. Just as well the announcement ended . . . 'Stimulants will be available in cases of collapse'.

The first Briton to place among the first six in an Olympic marathon was Irish-born **Sam Ferris**, who finished fifth (2:52:26) in 1924. Ferris remains one of the great names in British road running history: he won the Polytechnic marathon eight times between 1925 and 1933, was AAA champion from 1925 to 1927 and competed in two more Olympics. He came eighth (2:37:41) in 1928, only 4 min 44 sec behind the winner; while in 1932 he recorded 2:31:55 to finish second a mere 19 sec after Argentina's Juan Zabala. Ferris may have forfeited the gold medal in Los Angeles through being over cautious in the early stages. He was over four minutes down on Zabala at the halfway turning point and was still no higher than sixth after 20 miles. Then he began to move. With 4½ miles to go he was fourth (at which stage the Scot, **Duncan Wright**, was leading Zabala by a minute) and less than two miles later he had moved into second position, behind Zabala. Ferris was closing all the way to the tape, looking unbelievably fresh, and was little more than 100 yards in arrears at the end. The winner, on the other hand, finished in a state of collapse.

Wright, who had defeated Ferris by half a mile in the 1930 Empire Games, lost ground in the closing stages but his fourth position, in 2:32:41, was a magnificent effort. This was for Wright, as for Ferris, his third and finest Olympic performance. Back in 1924, running with his feet bandaged, he was in fifth place close behind the leaders at 17 miles. The bandages, however, created more trouble than they were worth and he

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

King George V Stadium, Weelsby Road, Grimsby  
BANK HOLIDAY MONDAY, 4th MAY, 1981

£500 IN PRIZES

### EVENTS

|                                                                 | Prize Values |     |     |
|-----------------------------------------------------------------|--------------|-----|-----|
|                                                                 | 1st          | 2nd | 3rd |
| <b>Senior Men</b> 100m, 200m, 1500m, 5000m.                     | £15          | £10 | £5  |
| <b>Senior Ladies</b> 100m, 200m (Inters also may enter), 1500m. | £15          | £10 | £5  |
| <b>Youths</b> 100m, 200m, 800m.                                 | £10          | £6  | £4  |
| <b>Inter Ladies</b> 100m, 400m, 800m.                           | £10          | £6  | £4  |
| <b>Boys</b> 100m, 1500m.                                        | £10          | £6  | £4  |
| <b>Girls</b> (13/15 yrs) 100m, 800m.                            | £10          | £6  | £4  |
| <b>Colts</b> 100m, 800m.                                        | £8           | £5  | £3  |
| <b>Girls</b> (11/13 yrs) 100m, 800m                             | £8           | £5  | £3  |
| <b>Boys</b> (8/11 yrs) 80m                                      | £6           | £4  | £3  |
| <b>Girls</b> (8/11 yrs) 80m                                     | £6           | £4  | £3  |

**Entry Fees:** Inters, Youths, Senior Men and Senior Ladies 50p per event, all others 30p per event.

**Organisers reserve the right to cancel any event if insufficient entries or inclement weather.**

**Entries to:** Derek Leeming, 83 Highbrooke Crescent, Cleethorpes DN35 9PX. On Official Forms plus SAE.

NO LATE ENTRIES

**CLOSING DATE 8th APRIL, 1981**

sat down to remove them . . . developed cramp . . . and was forced to retire.

Britain's next Olympic marathon hero, at Berlin in 1936, was 34-year-old **Ernie Harper**, a man who could look back over a dozen years of international competition. He had won the AAA 10 miles track title in 1923, finished fourth in the following year's notorious Olympic cross-country race (won by Paavo Nurmi) and lifted the International cross-country championship in 1926. At the 1928 Olympics he had come in 21st in 2:45:44 after having reached the halfway point sixth. His most recent notable exploit was setting a world two hours track record of 20 miles 1,604 yards in 1933.

This grand veteran surpassed all reasonable expectations by matching Japan's Kitei Son stride for stride for mile after mile. Even though the pair ignored the fast start by defending champion Zabala — he was over a minute ahead of them at six miles — their pace was a cracking one. At the halfway mark Zabala was timed in 1:11:29, Son and Harper in 1:12:19. Zabala fell victim to his own impetuosity and was overhauled just before 17½ miles. Harper continued to run his heart out but in Son he was facing the greatest marathoner the world had yet produced. Inevitably the Korean-born Japanese representative drew away, to win in 2:29:19.2, but Harper worked wonders to remain within half a mile of him. His time was 2:31:23.2.

Another silver medal came Britain's way two years later at the European Championships, with **Squire Yarrow** (now the AAA president) clocking 2:39:03, and yet another at the 1948 Olympics. The recipient on this latter occasion was **Tom Richards**, a Welshman who had first made ripples in the pool of marathon racing by taking fourth place in the 1939 Polytechnic race in 2:50:26.4. Richards improved considerably after the war but was persistently overshadowed by **Jack Holden**. It was Holden, winner of the 1948 AAA title in 2:36:44.6 (Richards was second in 2:38:03), who was considered Britain's golden hope at the Olympics but he fell victim to the bane of all road runners . . . blisters. In order to guard against sore feet he had pickled his feet in potassium permanganate but when blisters developed under the leather-like outer skin he had no alternative but to drop out. Holden was not the only poignant figure, for Etienne Gailly (Belgium) experienced the mortification of reaching Wembley Stadium first but in such an exhausted state that two men overtook him during the lap of the track. Delfo Cabrera (Argentina), a worthy successor to Zabala, won in 2:34:51.6 with Richards, who finished very fast *à la Ferris* in 1932, 16 sec behind. Richards continued in competition for many years, setting a personal best of 2:29:59 in 1954 (at the age of 44), but without ever again featuring prominently on the international scene.

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## European champion at 43

It was different in Jack Holden's case. Three years Richards' senior, he it was who kept the flag flying proudly. Born at Bilston (Staffs) on March 13th 1907, Holden joined Tipton Harriers in 1925. Within four years he was an English cross-country international and during the thirties he built up the most distinguished record in Britain's cross-country history: national champion in 1938 and 1939; international champion in 1933, 1934, 1935 and 1939.

As he was 38 when the war ended it might have been thought that Holden's running days were long over but in 1946 he decided to take up marathoning. He made a successful debut by taking the Midland title in 2:46:34 but the selectors overlooked him when picking the team for the European Championships. Just to show them the error of their ways he completed the season with two great runs. He triumphed in the South London Harriers 30 miles road race in 3:02:09 and in a track race over the same distance at the White City (120 laps!) he recorded a world's best of 3:00:16.4, his time at the marathon point *en route* being 2:36:39.4.

His great season was 1950 when, aged 43, he proved himself the world's number one marathoner by winning five races out of five including the British Empire and European

Championships. He began in February with the Empire Games in Auckland. He won by over four minutes in 2:32:57, a performance all the more remarkable in that he ran the last ten miles barefoot after discarding his sodden shoes... and was even attacked by a Great Dane a couple of miles from the end. Next came the Midland (2:38:23.6), Polytechnic (2:33:07) and AAA (personal best of 2:31:03.4) races, and as a grand finale he seized the European crown in 2:32:13.2. As he was presented to the 19-year-old Prince Baudouin of Belgium this astonishing runner was able to remark: 'Glad to meet you, sir. Met your father and grandfather before you!'

Holden made his farewell in 1951. He attained a new level of excellence by winning the Finchley '20' in a record 1:50:48, 1½ minutes ahead of 1948 Olympic 10,000m representative **Jim Peters**, but in the Windsor to Chiswick race two months later Peters, making a spectacular marathon debut, ran Holden into the ground and set a UK best time of 2:29:24 in the process. Holden displayed his usual aggressiveness: he led by 30 sec at 15 miles but in attempting to stay with Peters over the final few miles he ran himself to a standstill.

The new king of marathon brought a fresh approach to the event. Just at Emil Zatopek revolutionised track running standards by his training methods and racing performances so Jim Peters revised all concepts of how to run a



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**JIM PETERS**

**The man who revolutionised the marathon.**

H. W. Neale

marathon. With very rare exceptions, the marathoner of the pre-Peters era was basically a 'plodder', a man with highly developed qualities of persistence and courage but quite lacking in speed. Two and a half hours, which had first been approached as long ago as 1920, remained the magical figure throughout three decades of marathon running. Peters and his coach, 'Johnny' Johnston (an Olympic 5000m finalist in 1928), came to realise that, given a suitable preparation, 2:20 was a definite possibility. That they succeeded in translating theories into deeds assures them of an important place in the history of athletic progress.

Peters had considered retiring after the disappointment of being lapped in the Olympic 10,000m. At the age of 29 he could look back on a certain measure of success as a track runner — AAA champion at 6 miles in 1946 and 10 miles in 1947 — and although his times were nowhere near world class he had at least achieved his ambition of representing his country. Johnston pleaded with him to train for the next Olympic marathon. Peters was reluctant, for he knew the demands that would be made on his time and body, but after continual persuasion from Johnston and such stars of the past as Sam Ferris

and Harry Payne he decided, towards the end of 1949, to give it a try.

By 1951 Peters was almost ready to shake the road running world. He made his marathon debut in the Polytechnic race from Windsor to Chiswick. Did Peters have what it takes? Jack Holden, for one, was soon to find out. Peters passed the ageing champion before 20 miles, and stormed away to win by five minutes from another 'first-timer', pre-war 5000m international **Stan Cox**, in 2:29:24. First to congratulate Peters at the finish was the race referee, Harry Payne, whose British 'record' of 2:30:57.6 set in 1929 had at last been broken.

In 1952 he was untouchable, covering the Finchley '20' in 1:49:39 and an accurately measured Essex '20' in 1:48:33. These times were judged phenomenal but it was in the combined AAA/Polytechnic marathon that he really left the athletics world gasping. The wide difference in courses makes accurate comparison of marathon performances difficult but up until June 14th 1952 no man had ever bettered 2:25 in authentic conditions. What a sensation, therefore, when Peters snapped the tape in the Polytechnic Stadium, Chiswick, just 2:20:42.2 after leaving Windsor! Almost as incredible was the time of Stan Cox, another 'Johnny' Johnston protégé, in second place (2:21:42). 'Short course' was the first thought of the sceptics but the distance was found to be 260 yards over the standard!

Peters and Cox travelled to Helsinki the following month as favourites for the Olympic gold and silver medals, regardless of the announced intention of Emil Zatopek to contest the marathon as well as the 5000 and 10,000. Alas, neither was able to finish the race, which the incredible Zatopek won by 2½ minutes in 2:23:03.2 to complete a treble that may never be emulated. Seemingly carried away by the occasion, Peters opened up a 100m lead while speeding through the first 10km in 31:55 — faster than the time he achieved in the track race at Wembley four years earlier. He was caught shortly before ten miles and just after the halfway mark, while in third place, he developed severe cramp in his left leg. He gallantly hobbled on until eventually collapsing after 19 miles.

**SRI CHINMOY  
5 MILE OPEN ROAD RACE  
EAST KILBRIDE**

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

**SUN., 3rd MAY, 1981 at 8 a.m.**

Flat course, mile markers/time splits, light breakfast. Cash value prizes to 1st 3 Ind., 1st Jnr., 1st Vet., 1st Woman, 1st Team Trophy (3 to run). Log books to 1st 10. Certificates to all finishers.

**Entries:** Ind. 30p, Team 50p, to B. J. Grassom, 72 Loch Ave., St. Leonards, East Kilbride, Glasgow G74 2EW, by April 19th. Entries on day 50p, women 30p. Please state name, D.O.B., Male or Female, Club or unattached.

Meanwhile Cox, suffering from pain all down his left side, had blacked out four miles earlier while in sixth position.

Peters did his best to erase the memory of this blow during a 1953 season of sustained brilliance. He won all four of his marathons; the 'Poly' (159 yards over distance this time) in a world's best of 2:18:40.2, the AAA in 2:22:29, the Enschede race in 2:19:22 and the Turku event in another world's fastest of 2:18:34.8 — 1¼ miles ahead of Finland's sub-2:20 performer, Veikko Karvonen.

For Peters, 1954 was the important year. The year in which to compensate for Olympic disappointment by winning Commonwealth and European titles. Four marathon races were scheduled. In the first, the Boston classic, he was runner-up to Karvonen in 2:22:40, but in the AAA event over his favourite Windsor to Chiswick route he lowered the world's best yet again with the stupendous time of 2:17:39.4. His perpetual shadow, Stan Cox, was second in 2:23:08.

Having just set a personal best 6 miles time of 28:57.8, Peters made his way to Vancouver for the Commonwealth Games in good spirits. He ran there for the bronze medal in the 6 miles and all seemed ready for his first major title. The afternoon of the marathon was hot and humid, the long distance runner's nightmare. It was obviously prudent to move off at a relatively modest pace in order to guard against the body becoming overheated and dehydrated but Peters, by nature, was a man who refused to compromise. He would not hold himself back and at 20 miles, reached in 1:48, he was a quarter of a mile ahead of Cox with the rest of the field almost literally miles behind. Disaster struck both men practically simultaneously. Sunstroke caused Cox to run straight into a steel lamp-post less than two miles from the stadium, while just a few minutes later the cruel conditions took their toll of Peters. A good quarter of an hour in front of the next survivor, Peters entered the stadium in a groggy manner and proceeded to horrify the crowd for the next eleven minutes as he repeatedly fell over while attempting to cover the last few hundred yards of track. The agony came to an end, at least for the spectators, just 200

yards from the mirage of the finishing tape when officials, unable to stand by helplessly any longer, carried him off. Peters, who had intended running in the European Championships 18 days later, never raced again.

The next truly great British marathoner was **Brian Kilby**, who in 1962 emulated Holden's achievement by winning two major titles. He gained the first half of his double by taking the European gold medal in 2:23:18.8 after leading for the last seven miles. Later in the year he achieved an even more comfortable (if that term can ever be applied to marathon running) success in the Commonwealth Games and registered his best time of 2:21:17. Having proved his worth competitively, Kilby knuckled down to the task of recording some super-fast times in 1963. In the Welsh open event at Port Talbot he was timed at 2:14:43, the fastest by a European and surpassed only by the 2:14:28 the previous month by the Essex-based American 'Buddy' Edelen from Windsor to Chiswick.

The big man in the all-important year of 1964 was not Kilby, however, but **Basil Heatley**, his Coventry Godiva clubmate. Heatley, aged 30, had been Midland marathon champion in 1956 (2:36:55.2) and 1957 (2:32:01) at a time when his best track marks were merely 13:59.8 for 3 miles and 29:07.8 for 6 miles. By 1962 he had progressed to 13:30.0 and 28:03.0 but although he had achieved outstanding successes as a cross-country runner (International champion in 1961) and was holder of the world 10 miles track record at 47:47.0 he found himself unable to make the British team for the season's two major meetings. He decided, with the Olympics in mind, to add another string to his bow by returning to the marathon and in 1963, after six years away from the event, he turned in a highly promising 2:19:56. That same year he improved his track times to 13:22.8 and 27:57.0, but any doubts as to his true vocation must have been dispelled in June 1964 when he covered the Windsor to Chiswick course in the world's fastest time of 2:13:55. Content to pass 10 miles in 51:20, a full minute behind the leaders (who included **Ron Hill**, credited with a world's best 20 miles road time of 1:40:55 two weeks earlier), Heatley passed Hill for the lead shortly before 20 miles (1:42:05 against 1:42:10) and came home 100y ahead. Hill, the UK 6 miles record holder, also bettered all known performances by returning 2:14:12, while Scotland's **Jim Alder** made his mark with a time of 2:17:46.

The selectors promptly named Heatley and Hill to the Olympic team with one vacancy to be filled after the AAA Championship in August. Juan Taylor, yet another Godiva Harrier, won the Welsh open race in 2:15:37 but the only way he could win selection for Tokyo was to defeat Kilby for the AAA title. The race, appropriately held in Coventry, was made even more murderous by the very warm weather. In the

## LLOYDS BANK ATHLETIC CLUB OPEN ROAD RELAY

(Under A.A.A. Laws)

at Copers Cope Road, New Beckenham, Kent

TUESDAY, APRIL 7th, at 6.30 p.m.

2 x 3,000m, 2 x 4,000m

**Fees:** £1.50 per team of 4, £1 each subsequent team.

**Prizes:** 1st 3 teams, 1st 'B' team, 1st 3 Business House teams (unplaced in Open Relay), fastest legs.

**Entries to:** Peter Hicks, c/o Lloyds Bank Limited, Mincing Lane Branch, 31-34 Fenchurch Street, London EC3, by April 1st.

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| <b>NIKE LDVII</b>        | 5, 5½, 6, 6½, 8 and 11½ | <b>£27.99 down to £24.50</b> |
| <b>NIKE WAFFLE RACER</b> | 6½, 7, 7½, 8½ and 12    | <b>£27.99 down to £15.00</b> |
| <b>PUMA EASY RIDER</b>   | 6½, 9½                  | <b>£24.99 down to £14.00</b> |
| <b>PUMA LITE RIDER</b>   | 6, 10½, 11              | <b>£22.99 down to £12.00</b> |

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knowledge that there was no consolation prize for the loser the two men ground out a blistering pace, passing 10 miles together in 50:23. Eventually Taylor found he could not sustain the inhuman speed and at 15 miles Kilby was 20 sec ahead in 1:16:20, quarter of a minute faster than the corresponding intermediate time in the much 'easier' Poly race. Kilby himself inevitably had to slacken off drastically and, his feet bleeding, he was reduced to a final time of 2:23:01. Taylor failed to finish. This grim race exacted a considerable physical and psychological toll from Kilby and it says much for his ability and temperament that he was able to finish fourth in the Olympic race in 2:17:02.4. Heatley ran with characteristic steadiness and, although outclassed by the incredible Abebe Bikila (2:12:11.2), he proved himself the second best marathoner in the world. He passed Japan's Kokichi Tsuburaya on the stadium lap and made sure of his silver medal by sprinting the final 200 metres in an extraordinary 32.3 sec. Hill, who had dropped out of the 1962 European race, again met with misfortune and was placed 19th.

The year of 1966 was a notable one for British marathon runners. Scotsman **Alastair Wood** set a European record of 2:13:45 on the Forres to Inverness course, in a race he won by two miles, but although he wasn't selected for the

**Right: Basil Heatley entering Polytechnic Stadium, Chiswick, to win the 1964 Poly Marathon in a world's best of 2:13:55.**



Ed Lacey

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and also the County Champs. of the Hampshire AAA, the Wiltshire AAA and the Dorset AAA.  
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**Entry Fee:** £1 (plus 50p if entering a County Champ). There is no team fee. Late entries £2. **Entries to:** Hon. Marathon Sec., Ryde Harriers H.Q., 31 Oakfield High Street, Ryde, I.O.W. PO33 1EJ.

#### **CLOSING DATE 6th MAY**

We're after a bumper field this year, so what about all you runners who consistently support marathons abroad? Show 'em you're proud to support British events too! **Thanks.** Please enclose S.A.E.

Organised by Cynon Valley Bor. Council  
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## **"ABERDARE 5"**

3.30 p.m.

**PLUS**

## **"ABERDARE MILE"**

2.25 p.m.

**SATURDAY, 11th APRIL, 1981**

(Under A.A.A. & W.A.A.A. Laws)  
In the Traffic Free Aberdare Park

### **SUPPORTING ROAD RACES**

|                                |                       |
|--------------------------------|-----------------------|
| Novice Male U/12 1.4.81        | 1 Mile 1.35 p.m.      |
| Novice Female U/12 1.4.81      | 1 Mile 1.45 p.m.      |
| Minor Girls O/12; U/14 1.4.81  | 1 Mile 1.55 p.m.      |
| Junior Women O/14; U/16 1.4.81 | 1 Mile 2.05 p.m.      |
| Int/Snr Women O/16 1.4.81      | 1 Mile 2.15 p.m.      |
| Colts O/12; U/14 1.4.81        | 1 1/2 Miles 2.35 p.m. |
| Boys O/14; U/16 1.4.81         | 2 1/4 Miles 2.50 p.m. |
| Youths O/16; U/18 1.4.81       | 3 Miles 3.05 p.m.     |

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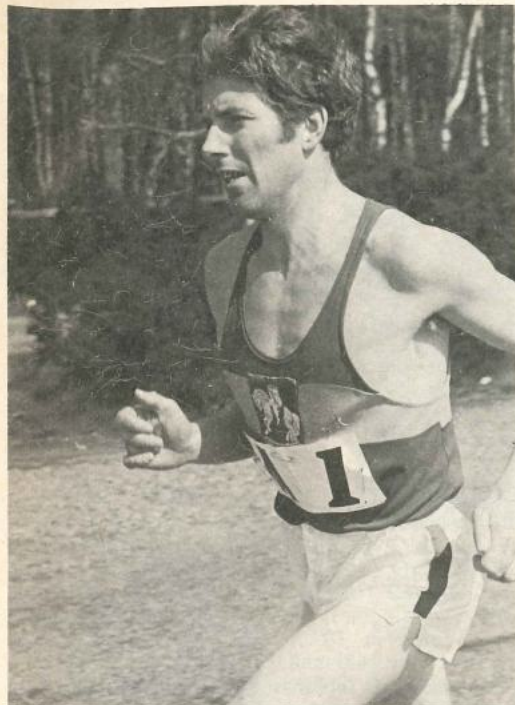
**Prizes:** Senior Men's Mile 1st, 2nd & 3rd Individuals. All other races 1st, 2nd & 3rd Individuals & 1st, 2nd & 3rd Teams (3 to score).

**Changing:** At Michael Sobell, Sports Centre, (one mile from Aberdare Park).

**Entry Fees:** Senior Men 50p, all other ages 20p.

**Entries to:** Dave Collier, Michael Sobell Sports Centre, Aberdare, Mid-Glamorgan. (Tel. 874323). Please Enclose SAE for directions. Double entry fee on day.

**ENTRIES CLOSE MONDAY, 6th APRIL**

**BILL ADCOCKS**

Twice a European record breaker.

Tim Pike

Commonwealth Games in Jamaica it was still a Scot who became champion. Despite a mix-up by officials which cost him his lead approaching the stadium, Jim Alder (whose world 30km track record still survives after ten years) went on to win over England's **Bill Adcocks**, yet another distinguished Coventry Godiva Harrier. The European Championship, three weeks later in Budapest, also resulted in a UK victory as former Irish international **Jim Hogan** — making his debut in Britain's colours — answered his critics who said he would never win a big race by showing masterly judgment in taking the title.

Although the very highest honours eluded him, Adcocks compiled one of the most impressive international records of any British road runner. During 1968 he won at Karl-Marx-Stadt (GDR) in a European record of 2:12:17, placed 5th in the high-altitude Olympic marathon at Mexico City, and scored a brilliant victory in the Japanese classic at Fukuoka in another European record of 2:10:48. At the time it was the world's second fastest ever clocking, bettered only by the 2:09:37 registered in the same race the previous year by Australia's Lancashire-born Derek Clayton.

Probably Adcocks' greatest run came in the Marathon to Athens race of April 1969, in which he trounced all four of the men who finished

**RON HILL**

European champion salutes the crowd.

Fionnbar Callanan

ahead of him in the Olympics and for good measure recorded an astonishing 2:11:08 on a tough course, albeit with the wind behind him. Unhappily for him, when Adcocks returned to Athens for the European Championship five months later he suffered from severe foot trouble and dropped out before 30km. But such was Britain's marathon strength a decade or so ago that the gold and bronze medals were won by Britons all the same. Ron Hill, like Hogan his predecessor, more than made up for some

**DON'T FORGET**  
**PENCOED**  
**ROAD RACES**

**EASTER MONDAY,**  
**20th APRIL, 1981**

**Start 1.30 p.m.**

**Entries to:** G. L. Johnson, 5 Moorlands Road, Bridgend. Tel: Bridgend 3413.

**CLOSING DATE 11th APRIL, 1981**



The early stages of the 1974 Commonwealth Games marathon, with Ian Thompson (22) — winner in 2:09:12, the fastest ever in any major championship race — leading the pack. Number 50 is New Zealand's Jack Foster, the world veterans record holder.

Mark Shearman

disappointing previous showings in international races by producing a storming finish for victory, while the dependable Alder filled third place.

During 1970 Hill became the world's undisputed number one. He scorched to a European record of 2:10:30 in winning the Boston Marathon and then topped that three months later at the Commonwealth Games in Edinburgh. Running what was to prove the race of his life, Hill led through 10M in 47:45, halfway in an incredible 1:02:36, 15M in 1:12:18 and 20M in 1:37:32 to score in another European mark of 2:09:28. That was the second fastest time ever, bettered only by Clayton's 2:08:34 in 1969. Alder finished 2nd in 2:12:04 and Don Faircloth 3rd in 2:12:19 (still the fastest ever run by a 21-year-old), while Adcocks placed 6th.

Prospects looked bright for another British success in the 1971 European Championships, especially after Hill had won the AAA title race in 2:12:39 followed by Trevor Wright, whose 2:13:27 was the fastest first-marathon then recorded, but in Helsinki Hill had to settle for the

bronze as Belgium's Karel Lismont triumphed with Wright second. Hill's big target remained to become the first Briton to win the Olympic marathon — but it was not to be. He finished 6th in Munich in 1972 as Frank Shorter (USA) collected the gold medal.

The latest in the line of great British marathon runners has been **Ian Thompson**, whose career in the event got off to a sensational start in October 1973 when he lifted the AAA title, well clear of Hill, in 2:12:40 — the world's fastest debut at that time. It was no fluke, as he proceeded to score devastating victories in both the 1974 classics: the Commonwealth Games in a European record of 2:09:12 (which remains the fastest ever registered in a major championship race) and the European Championships, in hot weather, in 2:13:19. He's had his moments since, but Thompson has never fully recaptured that scintillating form and the past two Olympics have been disastrous for British marathon runners. However there are some fine runners making their way towards top international class ... and maybe this London Marathon will provide the opportunity for one of these athletes to make a real name for himself.

On the women's side, once one has paid tribute to the brave pioneering efforts of Violet Piercy, who ran 3:40:22 in 1926, and Scotland's Dale Greig (3:27:45 in 1964), we come to the amazing **Joyce Smith**. She chopped nine minutes off the British best in her debut (2:41:37) in 1979 and has subsequently reduced her time in three instalments to 2:30:27 (November 1980), which at the age of 43 ranks her third fastest ever in the world. Indeed, in the context of women-only races or loop courses, no one has run faster. To date, two other British women have broken 2:40 and are in international class: Carol Gould and Gillian Adams.

### THE RACE OF THE WEST Annual BAMPTON TO TIVERTON ROAD RACE (8 Miles)

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

**EASTER MONDAY, 20th APRIL, 1981**

|                    |                          |
|--------------------|--------------------------|
| Ladies O/20 on day | Start 11.00 am 50p entry |
| Men O/17 on day    | Start 11.30 am 50p Entry |
| Junior Ladies 2½M  | Start 10.15 am 30p Entry |
| Colts 2½M          | Start 10.30 am 30p Entry |
| Boys 3M            | Start 11.00 am 30p Entry |

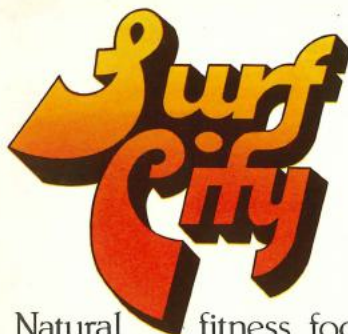
(Junior Ladies, Colts & Boys D.o.B. with entry)

Buses leave Tiverton Youth Centre Juniors 9.50 am, Senior 10.20 am. All races finish at Tiverton Motel.

**All Entries and Fees:** P. Morgan, Borough House, Shillingford, Tiverton, Devon.

**Closing date 6.4.81**

**No Late Entries**



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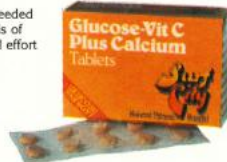
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## Grete — The Reluctant Long Distance Runner

INTERVIEWED at the end of 1974, the season she became European 1500m bronze medallist, Grete Andersen — as she was then — was asked whether she would be moving up to 3000m in view of her moderate basic speed. "No", she replied. "I've raced the distance once and thought it far too long" Irony, considering the future Grete Waitz was to develop into the greatest long distance runner in women's athletics history!

That 3000m debut, in 1973, took a less than earth-shattering 9:34.2, but when she tried the event again two years later her time was a world record cracking 8:46.6. Whether she liked it or not, she had found the track event which suited her best. Shortly before the 1976 Olympics she trimmed the record to 8:45.4, but at the Games she failed to reach the final of the 1500m — the longest race for women on the programme. To make matters worse, her 3000m record was wiped out just after the Games by Lyudmila Bragina (USSR), whose revolutionary time of 8:27.2 remains unchallenged.

There was some compensation for the tall, majestic Norwegian in 1977 when first she reduced her own best time to 8:36.8 and then she trounced Bragina (8:43.5 to 8:46.3) in the World Cup. Her prospects for success in the 1978

European Championships were looking bright, particularly after an amazing 30 sec margin of victory in her first attempt at the World Cross-Country Championship and the second fastest ever 3000m time of 8:32.1, but in Prague she was outspurred to finish third behind Svetlana Ulmasova (USSR), who clocked 8:33.2, and Natalia Marasescu of Romania.

That disappointment was put firmly behind her when, in October 1978, she made an astonishing marathon debut in New York — slicing over two minutes from the previous world best with a time of 2:32:30.

Another momentous but flawed season followed in 1979. Over the country (winner of the World title by 26 sec) and on the road, where she set breathtaking world bests of 31:15.4 for 10,000m, 53:05 for 10 miles and 2:27:33 in the New York Marathon, she reigned supreme. But on the track, despite trimming her personal bests for 1500 and 3000m to 4:00.6 and 8:31.8, she was again outkicked by Ulmasova in the biggest event of the year — the World Cup 3000m.

**Grete Waitz taking the final stride of her world record shattering 2:25:41.29 Marathon in New York last October. Photo by All-Sport/Duomo.**

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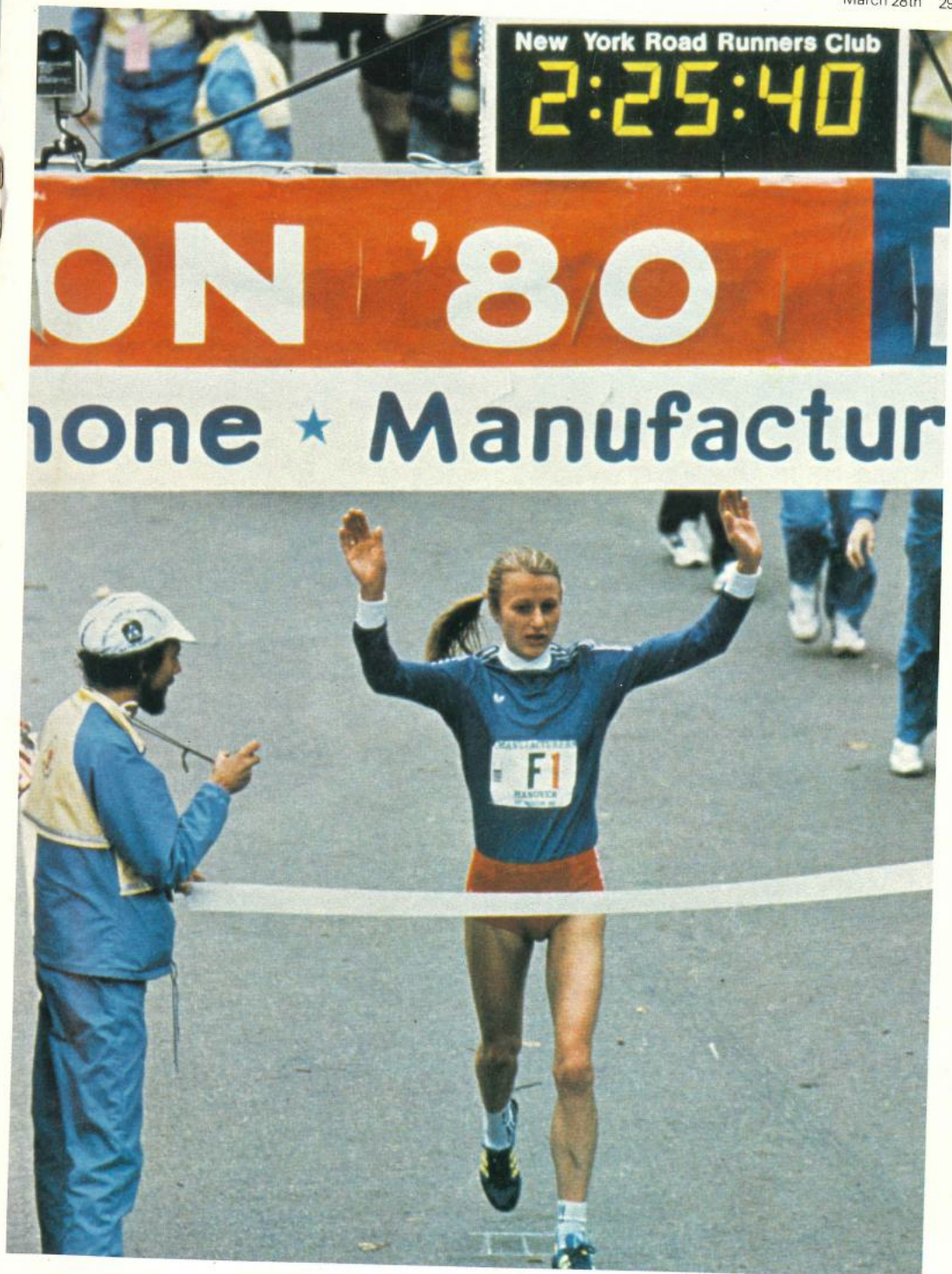
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**CLOSING DATE 5th APRIL, 1981**

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Grete completed a hat-trick of World cross-country titles in 1980 (this time with all of 40 sec to spare), but wasn't seen much on the track. There was little incentive, with the 1500m still the longest Olympic event for her, but in the end the decision on whether to compete or not in Moscow was taken for her when Norway boycotted the Games. The inaugural World 3000m championship would have been a natural target but injury caused her to miss that event. On the USA road circuit, however, she showed phenomenal form with world bests of 30:59.8 for 10,000m and 2:25:42 for the marathon. Placing 74th out of 14,012 starters in New York, she thus notched up her third world record in three tries at the marathon! It was a time which would have won every Olympic marathon title up to and including 1948 and been good enough for a silver medal as recently as 1956. She passed 10 miles in 54:53, halfway in 1:12:37 and 20 miles in another world's best of 1:51.23.

Grete's best track times are 57.6 for 400m, 2:03.1 for 800m, 4:00.6 for 1500m and 8:31.8 for 3000m; and she high jumped 1.61m at the age of 17. She was born in Oslo on October 1st, 1953.

*Extracted from the forthcoming 5th edition of Mel Watman's "Encyclopaedia of Track & Field Athletics", to be published by Robert Hale this summer.*

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## Derek Clayton's 2:08:33.6

### — Was It Genuine?

AT THE TIME that Derek Clayton ran his 2:08:33.6 marathon in Antwerp in May 1969, the world record for 800m stood at 1:44.3 (now it's 1:42.33), the 1500m at 3:33.1 (now 3:31.6), 5000m at 13:16.6 (now 13:08.4), 10,000m at 27:39.4 (now 27:22.4) and steeplechase at 8:24.4 (now 8:05.4). For nearly 12 years now Clayton's mark has been unchallenged — Gerard Nijboer's European record of 2:09:01 last year is the nearest approach — and because of this the performance has continued to be regarded with suspicion in some quarters. The American magazine, *Track & Field News*, has just recently removed Clayton's time from its published list of 'world records', substituting Nijboer's time, following renewed allegations that the Antwerp course was short — measured, it is said, by car. No documentation on the course used that day has survived.

Clayton himself has never doubted the authenticity of his run, and he gives the full story of the race from his point of view in his book, *Running To The Top\**. This was the event that he, the hardest training marathon runner in the world, had peaked for and conditions were ideal in Antwerp.

"I reached the halfway point and heard the good news", he writes. "My time at the halfway mark was 1:03:55. If I can hold this pace, I thought, I can give my world record (2:09:36.4) a shake.

"The strength was with me through the 17th mile. Then fatigue set in and I began to slow down. My mind began to wander as the exhaustion became too painful to concentrate on. Then fear took over. Had I slowed too much by not concentrating? Was I off the pace? I listened to the people around me. They were shouting times, but I couldn't understand the language. I began to speed up, to push through this wall of exhaustion.

"The harder I pushed, the more I realised that this exhaustion wasn't a wall, it was a swamp that grew muddier and deeper the harder I went. Still I pushed. I felt weighted down and exhaustion and depression those last six miles; exhaustion from the run, depression from the fear that I had fallen off pace.

"The last two miles added another impediment to my running. I began to retch violently, bringing up bile that gagged me as I breathed. I crossed the finish line and was engulfed by an ocean of people. This had to be a record. I knew I could have run no faster. I heard '2:08' shouted through the mayhem. I forgot my exhaustion.

Within a couple of hours, the agony of a world record run would manifest itself. The elation would be replaced by fear. I would be urinating quantities of blood and vomiting black mucus. The race left me so totally spent that it took me six months to recover. But for now — standing at the finish line — I felt only elation. This was the pinnacle of my career."

Here, to complement Clayton's graphic account of an astonishing but, to my mind, perfectly feasible run, are his intermediate times that day: 10km in 30:06, 20km in 1:00:30 (30:24), 30km in 1:30:56 (30:26) and 40km in 2:01:55 (30:59). Akio Usami was second in a Japanese record of 2:11:28 (he improved to 2:10:38 the following year) and Commonwealth champion Jim Alder (who ran his best time of 2:12:04 in 1970) was third in 2:16:35.

## Barrier-breaking run

What is often overlooked by those who are quick to dismiss Clayton's Antwerp run as short is that there is no doubt cast over his previous world record of 2:09:36.4 on the well-established Fukuoka (Japan) course in December 1967 — a performance that was, in its way, even more of a



Two great Australian distance runners, Ron Clarke (5) and Derek Clayton (6).

Australian News & Information Bureau

breakthrough. On that occasion the 1.88/6'2" tall Australian clocked 29:57 at 10km, 59:59 at 20km, 1:03:22 at halfway, 1:30:32 at 30km and 2:02:16 at 40km. No man had ever broken 2:12 before — the record was 2:12:00 by Japan's Morio Shigematsu on the Windsor to Chiswick course in 1965 — and yet here he had broken through the 2:11 and 2:10 barriers as well!

Clayton's time at Fukuoka, still the course record after 13 years despite the high quality fields attracted each December, and to date the



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(holders)

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v  
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## "I swore that I would some day break three hours"

seventh fastest marathon ever run, surely proves that he was capable of a minute faster. Remember that in 1967 he was only at the start of his marathon career and prior to Fukuoka he hadn't even bettered 2:18.

The Lancashire-born athlete was inspired to take up running after watching on television in his Belfast home the sight of Herb Elliott trouncing all opposition in the 1960 Olympic 1500m. He began as a miler and was a 4:20 performer when he emigrated to Australia in 1963. Over there he realised he lacked the basic speed to become a great miler (his best quarter was 52.8) and so he moved up.

In his book, Clayton describes his first marathon — about a month after arriving Down Under. Originally he was just going to use the race as a training run with the intention of dropping out halfway. "But", he writes, "when I reached the 13 mile point I saw no sense in stopping. I decided to run to the 16 mile point. But when I got there I figured I might as well try to finish the damn thing". Suffering agonies over the last few miles he finished in a frustrating 3:00:02. "I swore to myself after that race that I would someday run another marathon, just to break three hours".

Two and a half years later, in October 1965, he tried again . . . and set an Australian record of 2:22:12. Next year he suffered the first of many severe injuries, the result of his very heavy training mileage (he was up to 200 miles a week at periods), but in August 1967 — only four months after an achilles tendon operation — he lowered his national record to 2:18:28. A month later he won the Australian title, which brought with it an invitation to compete at Fukuoka. The best he was hoping for was a time under 2:15 and perhaps a place in the first six. The rest is history.

In his absorbing book, Clayton has set out "to get the jogger or more serious athlete to think for himself — to try and make it easier for him to formulate his goals and plan a training schedule that will suit him". His hope is that the reader can better understand how the author ran to his own top and then apply the lessons to his or her own training. In addition to its autobiographical content, there are chapters on many facets of the marathon: training, diet, exercises, footwear, running style, injuries, and a wealth of tips which were often learned the hard way by the man who once strung together twenty-six 4:54 miles.

**Mel Watman**

\*"Running To The Top", by Derek Clayton, is published by Anderson World Inc. (USA), and is obtainable from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £3.65.

# Marathon Evolution

There are no official records for the marathon, owing to the varying conditions of various courses, but the following tables show how times have fallen over the years. All marks originally timed to a fraction of a second have been rounded up to the full second above. Grateful acknowledgment is made to the research of early performances by Dr David E. Martin and Roger W. H. Gynn, authors of the classic work, "The Marathon Footrace".

## WORLD MEN

|         |                          |          |
|---------|--------------------------|----------|
| 2:55:19 | Johnny Hayes (USA)       | 24.7.08  |
| 2:52:46 | Robert Fowler (USA)      | 1.1.09   |
| 2:46:53 | James Clark (USA)        | 12.2.09  |
| 2:46:05 | Albert Raines (USA)      | 8.5.09   |
| 2:42:31 | Fred Barrett (UK)        | 26.5.09  |
| 2:38:17 | Harry Green (UK)         | 12.5.13  |
| 2:36:07 | Alexis Ahlgren (Swe)     | 31.5.13  |
| 2:32:36 | Hannes Kolehmainen (Fin) | 22.8.20  |
| 2:29:02 | Al Michelsen (USA)       | 12.10.25 |
| 2:27:49 | Fusashige Suzuki (Jap)   | 31.3.35  |
| 2:26:44 | Yasuo Ikenaka (Jap)      | 4.4.35   |
| 2:26:42 | Kitei Son (Jap)          | 23.11.35 |
| 2:25:39 | Yun Bok Suh (Kor)        | 19.4.47  |
| 2:20:43 | Jim Peters (UK)          | 11.6.52  |
| 2:18:41 | Peters                   | 13.6.53  |
| 2:18:35 | Peters                   | 4.10.53  |
| 2:17:40 | Peters                   | 26.6.54  |
| 2:15:17 | Sergey Popov (USSR)      | 24.8.58  |
| 2:15:17 | Abebe Bikila (Eth)       | 10.9.60  |
| 2:15:16 | Toru Terasawa (Jap)      | 17.2.63  |
| 2:14:28 | Buddy Edelen (USA)       | 15.6.63  |
| 2:13:55 | Basil Heatley (UK)       | 13.6.64  |
| 2:12:12 | Abebe Bikila             | 21.10.64 |
| 2:12:00 | Morio Shigematsu (Jap)   | 12.6.65  |
| 2:09:37 | Derek Clayton (Aus)      | 3.12.67  |
| 2:08:34 | Clayton                  | 30.5.69  |

## UK MEN

|         |               |         |
|---------|---------------|---------|
| 2:42:31 | Fred Barrett  | 8.5.09  |
| 2:38:17 | Harry Green   | 12.5.13 |
| 2:37:41 | Arthur Mills  | 17.7.20 |
| 2:35:59 | Sam Ferris    | 30.5.25 |
| 2:35:27 | Ferris        | 28.9.27 |
| 2:34:34 | Harry Payne   | 6.7.28  |
| 2:33:00 | Ferris        | 26.9.28 |
| 2:30:58 | Payne         | 5.7.29  |
| 2:29:28 | Jim Peters    | 16.6.51 |
| 2:20:43 | Peters        | 11.6.52 |
| 2:18:41 | Peters        | 13.6.53 |
| 2:18:35 | Peters        | 4.10.53 |
| 2:17:40 | Peters        | 26.6.54 |
| 2:14:43 | Brian Kilby   | 6.7.63  |
| 2:13:55 | Basil Heatley | 13.6.64 |
| 2:13:45 | Alastair Wood | 9.7.66  |
| 2:12:17 | Bill Adcocks  | 19.5.68 |
| 2:10:48 | Adcocks       | 8.12.68 |
| 2:10:30 | Ron Hill      | 20.4.70 |
| 2:09:28 | Hill          | 23.7.70 |
| 2:09:12 | Ian Thompson  | 31.1.74 |

## WORLD WOMEN

|         |                           |          |
|---------|---------------------------|----------|
| 3:40:22 | Violet Piercy (UK)        | 3.10.26  |
| 3:27:45 | Dale Greig (UK)           | 23.5.64  |
| 3:19:33 | Millie Sampson (NZ)       | 21.7.64  |
| 3:15:22 | Maureen Wilton (Can)      | 6.5.67   |
| 3:07:26 | Anni Pede-Erdkamp (Ger)   | 16.9.67  |
| 3:02:53 | Caroline Walker (USA)     | 28.2.70  |
| 3:01:42 | Beth Bonner (USA)         | 9.5.71   |
| 2:46:30 | Adrienne Beames (Aus)     | 31.8.71  |
| 2:46:24 | Chantal Langlace (Fra)    | 27.10.74 |
| 2:43:55 | Jackie Hansen (USA)       | 1.12.74  |
| 2:42:24 | Liane Winter (Ger)        | 21.4.75  |
| 2:40:16 | Christa Vahlensieck (Ger) | 3.5.75   |
| 2:38:19 | Hansen                    | 12.10.75 |
| 2:35:16 | Langlace                  | 1.5.77   |
| 2:34:48 | Vahlensieck               | 10.9.77  |
| 2:32:30 | Grete Waitz (Nor)         | 22.10.78 |
| 2:27:33 | Waitz                     | 21.10.79 |
| 2:25:42 | Waitz                     | 26.10.80 |

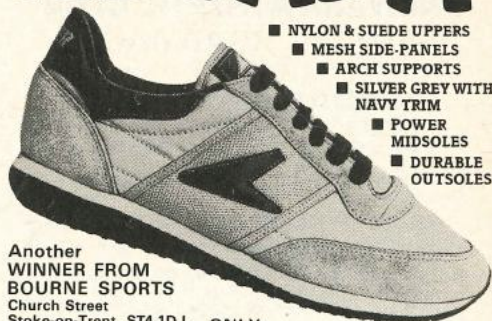
## UK WOMEN

|         |                   |          |
|---------|-------------------|----------|
| 3:40:22 | Violet Piercy     | 3.10.26  |
| 3:27:45 | Dale Greig        | 23.5.64  |
| 3:11:54 | Anne Clarke       | 19.10.75 |
| 3:07:47 | Margaret Thompson | 26.10.75 |
| 2:50:55 | Christine Readdy  | 16.4.76  |
| 2:50:54 | Rosemary Cox      | 3.9.78   |
| 2:41:37 | Joyce Smith       | 17.6.79  |
| 2:41:03 | Gillian Adams     | 9.9.79   |
| 2:36:27 | Smith             | 22.9.79  |
| 2:33:32 | Smith             | 22.6.80  |
| 2:30:27 | Smith             | 16.11.80 |

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## WORLD MEN

|         |                           |          |
|---------|---------------------------|----------|
| 2:08:34 | Derek Clayton (Aus)       | 30.5.69  |
| 2:09:01 | Gerard Nijboer (Hol)      | 26.4.80  |
| 2:09:06 | Shigeru Soh (Japan)       | 5.2.78   |
| 2:09:12 | Ian Thompson (UK)         | 31.1.74  |
| 2:09:27 | Bill Rodgers (USA)        | 16.4.79  |
| 2:09:28 | Ron Hill (UK)             | 23.7.70  |
| 2:09:37 | Clayton                   | 3.12.67  |
| 2:09:41 | Alberto Salazar (USA)     | 26.10.80 |
| 2:09:45 | Toshihiko Seko (Jap)      | 7.12.80  |
| 2:09:49 | Takeshi Soh (Jap)         | 7.12.80  |
| 2:09:55 | Rodgers                   | 21.4.75  |
| 2:09:55 | Waldemar Cierpinski (GDR) | 31.7.76  |
| 2:10:00 | Marc Smet (Bel)           | 14.9.79  |
| 2:10:05 | Kunimitsu Itoh (Jap)      | 7.12.80  |
| 2:10:09 | Jerome Drayton (Can)      | 7.12.75  |
| 2:10:09 | Garry Henry (Aus)         | 7.12.80  |
| 2:10:10 | Rodgers                   | 24.10.76 |
| 2:10:12 | Seko                      | 16.4.79  |
| 2:10:13 | Rodgers                   | 17.4.78  |
| 2:10:14 | Rodolfo Gomez (Mex)       | 26.10.80 |

## UK MEN

|         |              |         |
|---------|--------------|---------|
| 2:09:12 | Ian Thompson | 31.1.74 |
| 2:09:28 | Ron Hill     | 23.7.70 |
| 2:10:30 | Hill         | 20.4.70 |
| 2:10:48 | Bill Adcocks | 8.12.68 |

Hastings A.C. present  
(Under A.A.A., W.C.C. & R.W.A. Laws)

## THE ST. LEONARDS MOTORS ROAD RACES

on Saturday, April 11th, 1981, Comm. 1 pm  
at Alexandra Park, Hastings

Races for S.M., Y.B., C., S.L., J.L., G.

Entries and enquiries to: Mr S. Roberts, 66c Church Road, St. Leonards-on-Sea, East Sussex. Tel. 0424 440219. Full details in AW of March 14th, 1981.

## NEWARK ATHLETIC CLUB ANNUAL ROAD RACES

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

### SUNDAY, MAY 3rd, 1981

LADIES: 2.5 miles 2.30 p.m.

MEN'S: 6 miles 3.00 p.m.

Changing at: Lilley & Stone School, London Road, Newark.

### RACES SPONSORED BY LOCAL FIRMS

Prizes: Individuals; Teams; Vet.; Local.

Entry Fees: 60p Individual (all competitors must enter as individuals); 60p per team, 90p individual on day.

### ENTRIES BY TUESDAY, 28th APRIL

(S.A.E. for details)

Entries to: R. O. Yeomans, 3 The Hemplands, Collingham, Newark, Notts. Tel. (0636) 892864.

|         |               |          |
|---------|---------------|----------|
| 2:10:51 | Bernie Ford   | 2.12.79  |
| 2:11:08 | Adcocks       | 6.4.69   |
| 2:11:22 | Dave Cannon   | 6.9.80   |
| 2:11:35 | Cannon        | 7.12.80  |
| 2:11:47 | John Graham   | 26.10.80 |
| 2:11:55 | Hill          | 7.12.69  |
| 2:12:04 | Jim Alder     | 23.7.70  |
| 2:12:17 | Adcocks       | 19.5.68  |
| 2:12:19 | Don Faircloth | 23.7.70  |
| 2:12:32 | Trevor Wright | 3.12.78  |
| 2:12:33 | Tony Simmons  | 7.5.78   |
| 2:12:34 | Steve Kenyon  | 8.2.81   |
| 2:12:35 | Hill          | 15.6.75  |
| 2:12:39 | Hill          | 13.6.71  |
| 2:12:40 | Thompson      | 27.10.73 |
| 2:12:50 | Jeff Norman   | 7.5.78   |

## WORLD WOMEN

|         |                           |          |
|---------|---------------------------|----------|
| 2:25:42 | Grete Waitz (Nor)         | 26.10.80 |
| 2:27:33 | Waitz                     | 21.10.79 |
| 2:29:34 | Patti Catalano (USA)      | 26.10.80 |
| 2:30:27 | Joyce Smith (UK)          | 16.11.80 |
| 2:30:58 | Catalano                  | 6.9.80   |
| 2:30:58 | Jacqueline Gareau (Can)   | 16.11.80 |
| 2:31:23 | Joan Benoit (USA)         | 3.2.80   |
| 2:31:42 | Gareau                    | 6.9.80   |
| 2:31:42 | Lorraine Moller (NZ)      | 7.9.80   |
| 2:32:29 | Marja Wokke (Hol)         | 7.9.80   |
| 2:32:30 | Waitz                     | 22.10.78 |
| 2:33:32 | Smith                     | 22.6.80  |
| 2:34:25 | Ingrid Christensen (Nor)  | 26.10.80 |
| 2:34:28 | Gareau                    | 21.4.80  |
| 2:34:29 | Allison Roe (NZ)          | 7.9.80   |
| 2:34:48 | Christa Vahlensieck (Ger) | 10.9.77  |
| 2:35:05 | Carol Gould (UK)          | 26.10.80 |

## UK WOMEN

|                       |                  |          |
|-----------------------|------------------|----------|
| 2:30:27               | Joyce Smith      | 16.11.80 |
| 2:33:32               | Smith            | 22.6.80  |
| 2:35:05               | Carol Gould      | 26.10.80 |
| 2:36:27               | Smith            | 22.9.79  |
| 2:37:48               | Smith            | 18.11.79 |
| 2:37:56               | Gillian Adams    | 26.10.80 |
| 2:38:31               | Adams            | 21.10.79 |
| 2:39:17               | Adams            | 21.4.80  |
| 2:39:18               | Adams            | 16.3.80  |
| 2:39:28               | Adams            | 18.11.79 |
| 2:40:34               | Adams            | 7.9.80   |
| 2:40:37               | Gould            | 22.9.79  |
| 2:40:53               | Adams            | 16.11.80 |
| 2:41:03               | Adams            | 9.9.79   |
| 2:41:22               | Smith            | 3.8.80   |
| Next best performers: |                  |          |
| 2:42:12               | Sue Hassan       | 1981     |
| 2:45:09               | Gillian Burley   | 1980     |
| 2:45:38               | Kathryn Binns    | 1981     |
| 2:45:40               | Leslie Watson    | 1980     |
| 2:50:17               | Julie Barleycorn | 1980     |
| 2:50:45               | Glynis Penny     | 1979     |
| 2:50:45               | Alison Blake     | 1980     |

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The new 455 typifies the new generation of comfortable, robust, New Balance running shoes. The combination the triple-layer sole unit and the exclusive 'Lunaris Pillow' create very good cushioning, while the multi-stud sole is the same as that of the highly popular 375. Uppers of light blue nylon reinforced with grey and navy suede complete an excellent sole. Weight (size 8): 320 grams. 5 1/2 £25.15, 6-12 1/2 £28.95. Widths: D, 2E, 4E.



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5 1/2 £24.30, 6-12 1/2 £27.95.  
Widths D, 2E, 4E



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**WORLD AGE-GROUP BESTS**

**Under-20:** 2:15:36 Jurgen Eberding (GDR; age 19) 1975. **20-24:** 2:09:01 Gerard Nijboer (Hol; 24) 1980. **25-29:** 2:08:34 Derek Clayton (Aus; 26) 1969. **30-34:** 2:09:27 Bill Rodgers (USA; 31) 1979. **35-39:** 2:12:10 Geoff Bacon (SA; 38) 1980. **40-44:** 2:11:19 Jack Foster (NZ; 41) 1974. **45-49:** 2:17:29 Foster (46) 1978. **50-54:** 2:22:49 Piet Van Alphen (Hol; 50) 1980. **55-59:** 2:26:35 Erik Ostbye (Swe; 55) 1976. **60-64:** 2:41:25 Karl Hassler (Swi; 61) 1980. **65-69:** 2:51:12 Clive Davies (USA; 65) 1980. **70-74:** 3:06:24 Wally Hayward (SA; 70) 1978. **75-79:** 3:31:42 Friedrich Tempel (Ger; 76) 1978. **80-plus:** 4:23:55 Paul Spangler (USA; 80) 1979.

**Women**

**Under-20:** 2:39:48 Gail Volk (USA; 18) 1979. **20-24:** 2:31:23 Joan Benoit (USA; 22) 1980. **25-29:** 2:25:42 Grete Waitz (Nor; 27) 1980. **30-34:** 2:36:47 Christa Vahlensieck (Ger; 30) 1980. **35-39:** 2:35:05 Carol Gould (UK; 36) 1980. **40-44:** 2:30:27 Joyce Smith (UK; 43) 1980. **45-49:** 2:57:41 Nicki Hobson (USA; 45) 1976. **50-54:** 2:57:25 Toshiko D'Elia (USA; 50) 1980. **55-59:** 3:09:47 Helen Dick (USA; 56) 1980. **60-64:** 3:21:35 Liese Schultz (Ger; 60) 1980. **65-69:** 3:53:53 Marie Lynnerup (Den; 65) 1979. **70-plus:** 4:37:37 Mavis Lindgren (USA; 72) 1979. (Information extracted from "Runner's World 1981 Annual")

**WELSH WOMEN'S AMATEUR ATHLETICS ASSOCIATION**

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**Welsh and Open Intermediate and Senior**  
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**Welsh Minor and Junior 1500m Championships**

**AT CWMBRAN STADIUM****ON SATURDAY AND SUNDAY, MAY 9th AND 10th, 1981**

For details and Entry Forms please send to: Miss R. M. Evans, 9 Millwood Rise, Barry, S. Glamorgan CF6 8LD, enclosing a stamped addressed envelope.

**HAVERING A.C. PRESENT**

**THE ACCESS**  
**GOOD FRIDAY RELAYS**

**Sponsored by Access Credit Cards Ltd.****AT HORNCHURCH STADIUM****ON GOOD FRIDAY, APRIL 17th, 1981**

All races 4 x 1 1/4 Mile (approx.) — Course consisting of track, cross country and road

**13.45 p.m. Under 11 Minor Colts****14.45 p.m.****Under 17 Youths****15.30 p.m. Under 13 Colts****16.30 p.m.****Under 15 Boys**

All ages as at 1st September, 1980

**Trophies** 1st 3 teams, fastest lap, 1st reserve team (if entries permit). Perpetual Trophies winning teams.

**Entries:** £1 first team, 60p subsequent teams in each age group. **To:** Ian Berrett, 17 Cavenham Gardens, Hornchurch, Essex. Tel: Hornchurch 46303.

**ENTRIES MUST CLOSE SATURDAY, 4th APRIL**

**Road Walk Races** for all age groups will take place same afternoon — same venues.

**Entries to:** Derek Robery, 3 Berwood Road, Corringham, Essex.

# Who's Who In British Athletics

## Featuring John Graham — 2:11:47 In First Year At Marathon!

**FULL NAME:** John Ephriam Graham. Born in Glasgow, 18.6.56. Height: 1.80/5'11"; Weight: 66kg/144lb. Pulse rate at rest: 42. Works as a Curator and is a member of Clyde Valley AC & Birchfield Harriers. Hobbies and interests outside athletics include reading, listening to music, tasting good food and wine. Wife's name is Alyson. Coached by Bert McKay (since 1972) and Maurice Millington (since 1978). Lives in Erdington, Birmingham.

Became interested in athletics when "I started running cross-country for the Boys Brigade when I was 15, to help keep me fit for football. I managed to win my first race so I decided to keep at it". Started at 800m and joined Motherwell YMCA in 1972. Competed in the Scottish Schools Championships in 1972, reaching the semi-final of the Intermediate 800m.

Influenced in his early days by Jim Brown. "He often passed my house when he was training. I was amazed at how often he trained,

and at his pace". Athlete he admires today is Frank Shorter. "I had the great privilege of meeting him. I think he was the first athlete who combined both marathon and track running, showing being a marathon runner didn't mean you had to speed". Favourite event is the marathon.

Personal bests: 800 — 1:53.3 (1976), 1500 — 3:46.6 (1979), 3000 — 8:02.8 (1977), 5000 — 14:01.5 (1977), 10,000 — 30:05.0 (1976), 3000SC — 8:39.3 (1978), Marathon — 2:11:47 (1980). Achievements during career: 1978 (all 3000m SC) — 5th UK Champs, 2nd Scottish Champs, 2nd v Greece. 1979 (all 3000m SC) — 4th UK Champs, 2nd Scottish Champs. 1980 — 1st Spanish Marathon, 3rd New York Marathon.

### Annual progression:

|      | 1500   | 3000   | 5000    | 3000SC |
|------|--------|--------|---------|--------|
| 1974 | —      | 8:35.0 | 14:56.4 | —      |
| 1975 | 3:55.6 | 8:29.2 | 14:30.8 | —      |
| 1976 | —      | 8:11.6 | 14:30.0 | —      |
| 1977 | 3:48.4 | 8:02.8 | 14:01.5 | 9:24.0 |
| 1978 | 3:46.6 | 8:06.2 | —       | 8:39.3 |
| 1979 | 3:46.6 | 8:08.0 | —       | 8:48.8 |
| 1980 | —      | 8:07.0 | 14:22.0 | 8:58.1 |



**JOHN GRAHAM**

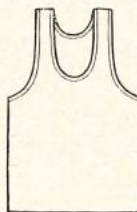
Steeplechase international turned marathoner.

Mike Kelly

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## PETROS SPORTS,

Westleigh, Tiverton, Devon.

Tel. (0823) 672005; 672351.

Most pleasing performance: "Although running third in the New York Marathon, I feel my most pleasing performance was winning my first full marathon in Spain (2:13:21). I was disappointed not to finish in the AAA Marathon as I suffer from a mild form of malaria which occurs very occasionally and it occurred the week before". His immediate aim is "to win the European Cup in September" and his all-time aim is "to be the fastest Briton at the marathon". Intends competing "as long as I get enjoyment out of the sport". After retirement? "I hope athletics will always be part of my life". Most enjoyable part of athletics is "meeting with other athletes and travelling around the world". No dislikes.

Advice to a youngster taking up athletics: "I would always advise any young person starting an athletic career not to forget other sporting activities or events, as too many youngsters are lost to the sport because of only having one event".

**Comment:** "I'm glad to see the BAAB making recommendations on the amateur rules in Great Britain but I would hope that these recommendations are adopted firstly by the IAAF".

### Training

During winter he trains three times a day on Tuesday and Thursday, and twice daily the rest of

the week except Friday when he only has one session. In summer he trains twice daily except Fridays when he trains once. "I train mostly from home running on the roads or canals; also from Alexander Stadium which has excellent facilities".

"My coaching relationships have given me the extra incentive to train hard when things are not going too well. It is always important to have a person you can identify with as a friend and companion at the start of a race or a hard track session". Has regular contact with his coaches: "I phone Bert McKay regularly and see Maurice Millington four or five times a week". Enjoys "running in open parkland, putting in short and long efforts; also enjoy long runs in Sutton Park with the rest of the lads". Dislikes "running in wet, windy weather; also running up 'Micky Weaver's Hill in Gloucester as I have never reached the top first".

**Training cycle:** "I have no training cycle as such. When I approach an important race I concentrate on pace rather than miles. In summer I do one track session and two fartlek sessions a week. In the last eighteen months while racing at the marathon distance, my training has remained at the same level in summer and winter months".

Changes in training in the future: "I try different ideas every year, listening to other ideas from athletes, and I mould them into my set-up. I like to compete every two weeks; then — before a major race — I don't race for two weeks. I use small races to get race fit. I think this is very important".

## CAMBERLEY YOUNG ATHLETES MEETING

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

SUNDAY, 17th MAY, 1981

AT

ALDERSHOT MILITARY STADIUM

(Tartan Track)

Featuring the Lillian Board  
Inter Ladies 800 metres Trophy  
First Event 10.30 a.m.

TROPHY & MEDALS FOR ALL EVENTS

EVENTS FOR:

COLTS • BOYS • YOUTHS  
MINOR • JUNIOR • INTER

Details & Entry Forms from Mr J. Hatto,  
Greenwood, 57 Watchetts Drive, Camberley,  
Surrey GU15 2PQ. SAE PLEASE.

ENTRIES CLOSE 25th APRIL

## Reader's Letter

### REDUCE MARATHON AGE LIMIT

Dear Sir,

The London Marathon is a great step forward for distance running in this country and all praise is due to Chris Brasher and Co. My only complaint is that I don't have the chance to run as a result of the out-dated AAA law preventing those under 20 on the day of the race from competing. I will be 20 in June; will two months or so make that much difference? Surely it's more of a risk for the over 50's to cover such distances, particularly those without a long running background.

I have been running for six years and completed a marathon in Israel when I was 18 and yet I am still barred in this country. London would have been the ideal race for me, living in Southend, but instead I'll have to do the People's Marathon in Birmingham, incurring more travelling time and expense and probably an overnight stop. It is time Britain abolished this rule, or at the very least, reduced the age limit.

Ian Speirs,  
Southend-on-Sea AC

# Last Minute Tips For The Marathon Runner

**By Cliff Temple**

SO YOU'VE TRAINED HARD all winter, and you are as ready as you could be in the months available. Perhaps you've had a little time off with flu, or a muscle injury; but so, almost certainly, has everyone else. Just ask around as you line up in Greenwich on Sunday morning and you will undoubtedly find a plethora of tales of badly-timed injuries and stomach-turning illnesses.

But don't forget to put in your own three-ha'pence worth of bad luck too! You will undoubtedly feel much better for doing so, and can then line up with the 7,000 others reassured that few, if any, of them sound as though they will even reach the Cutty Sark, never mind the finish at Constitution Hill.

Most of them, of course, probably will, and so can you (as long as you've paid your training dues) with a realistic appraisal of your preparation, and a few commonsense guidelines.

The biggest threat to the wastage of all that carefully planned preparation will actually be at the Start. Not just logistically, but because of the undoubted ballyhoo which will surround it.

Never before in the UK will there have been as many people, TV cameras, microphones, helicopters, and general mayhem as there will be in Greenwich on Sunday. Famous faces (not just from athletics) will be in clear evidence, some of them even competing. The aim has always been to create a Folk Marathon, and this will be it. In turn it has also become a Media Marathon.

But beware. The 26 miles 385 yards in front of you is still as long as it ever was, and aspirations for some will unfortunately be wrecked in those opening miles as they get caught up in the atmosphere, starting at a reckless pace, and innocently egged on by the biggest crowd ever to watch a British marathon.

That same determination and dedication which brought you to the starting line in the first place will never be more needed than at the Start, restraining you to the pace which you promised yourself (in quieter moments) would be your absolute maximum.

Never mind if Barbara Woodhouse speeds past you along Canberra Road. The chances are that she'll be reduced to walkies before Woolwich Arsenal. Don't panic if a rotund Fleet Street columnist zooms by shortly afterwards; he may have just seen the drinks station, and will be off to order a double whisky.



|                  |                 |                           |
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| ROADSTER 'L'     | No 8, 8½, 9, 9½ | } ALL<br>£16.00<br>A PAIR |
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Red — No Medium bottoms.

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(Whilst stocks last)



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| SHADOW — 6-12                      | £15.30 |
| SCORPIO — 6-10 (spike)             | £12.00 |



|                          |        |
|--------------------------|--------|
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| KID SUPREME — 1-5        | £8.99  |

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| Viga Track King II Shorts       | 22-24, 26-28 £2.99 |
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| Viga Runner Super               | 22-24, 26-28 £3.25 |
| (With support) White, Red, Navy | 30-32, 34-36 £3.85 |

Please send foot outline, cheques or PO's to:

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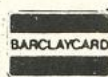
251 Highters Heath Lane,

Birmingham B14 4NX.

Tel. 021 430 8445 (Shop)

021 772 2766 (Home Eve.)

FREE POSTAGE



# HARINGEY A.C. INDOOR OPEN MEETINGS

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

**4th & 11th APRIL**  
New River Sports Complex,  
White Hart Lane,  
Wood Green N22

## MEETING ONE — APRIL 4th

Commencing 14.00

- 14.00 Ladies 60m (Graded Races)
- 14.45 Men's Shot
- 15.30 Men's Long Jump
- 16.30 Ladies High Jump  
(Opening Height 1.60m)

## MEETING TWO — APRIL 11th

Commencing 14.00

- 14.00 Men's Pole Vault  
(Opening Height 3.40m)
- 15.30 Men's 60m (Graded Races)
- 16.30 Men's High Jump  
(Opening Height 1.80m)

Athletes compete as Seniors  
6mm SPIKES ONLY

**Entries:** 50p per event to:  
Mike Heath,  
120A Hadham Road,  
Bishop's Stortford,  
Herts.,  
Tel. (H) 2079 57801,

or on the day.

**Numbers must be collected**  
**½ hour before event**

A cool head early on will be a great asset several hours later, and surely far preferable to briefly being the 23rd face from the left, three rows back, on the BBC News that night.

The opposite table shows the average pace for a wide range of marathon times. Remember, though, that most runners usually cover the second half of the race slower than the first. To split the race into two "equal time" halves sometimes overlooks the fact that you start the first half fresh, and the second half tired. It can be done, but the **effort** increases, and that increase must be allowed for early on.

There are other pre-race preparations which can increase your chances of surviving in reasonable shape. Most of them you might consider before any club road race anyway, but they become even more essential in a marathon:

Wear the most comfortable shoes you own, preferably the same ones you have used on your longest training runs. Do you ever get blisters in them? If so, cover those parts of your feet which are most susceptible with sticking plaster, to reduce, or at least delay, blistering. The tops of the toes, and around the heel, are typical danger areas.



**Favoured to finish first among the women competitors in the London Marathon — although she is not at her fittest — is Joyce Smith, the Commonwealth and UK record holder at 2:30:27.**

Mark Shearman

| Average<br>mile pace | 5M    | 10M    | Halfway | 15M     | 20M     | Finish  |
|----------------------|-------|--------|---------|---------|---------|---------|
| 4:50                 | 24:10 | 48:20  | 1:03:22 | 1:12:30 | 1:36:40 | 2:06:44 |
| 5:00                 | 25:00 | 50:00  | 1:05:33 | 1:15:00 | 1:40:00 | 2:11:06 |
| 5:30                 | 27:30 | 55:00  | 1:12:06 | 1:22:30 | 1:50:00 | 2:24:12 |
| 6:00                 | 30:00 | 60:00  | 1:18:40 | 1:30:00 | 2:00:00 | 2:37:19 |
| 6:30                 | 32:30 | 65:00  | 1:25:13 | 1:37:30 | 2:10:00 | 2:50:25 |
| 7:00                 | 35:00 | 70:00  | 1:31:47 | 1:45:00 | 2:20:00 | 3:03:33 |
| 7:30                 | 37:30 | 75:00  | 1:38:20 | 1:52:30 | 2:30:00 | 3:16:39 |
| 8:00                 | 40:00 | 80:00  | 1:44:53 | 2:00:00 | 2:40:00 | 3:29:45 |
| 8:30                 | 42:30 | 85:00  | 1:51:26 | 2:07:30 | 2:50:00 | 3:42:51 |
| 9:00                 | 45:00 | 90:00  | 1:58:00 | 2:15:00 | 3:00:00 | 3:56:00 |
| 9:30                 | 47:30 | 95:00  | 2:04:33 | 2:22:30 | 3:10:00 | 4:09:06 |
| 10:00                | 50:00 | 100:00 | 2:11:07 | 2:30:00 | 3:20:00 | 4:22:13 |

Alternatively (or even additionally), apply a good layer of Vaseline over these parts, to reduce the friction which causes blisters. Vaseline can also be used around the crotch to reduce chafing, and on the chest as a precaution against "Runner's Nipple", which can particularly affect those running in mesh or string vests. Sticking plaster can also be used in the latter case to ward off this relatively modern complaint, which is easier to snigger about than it is to suffer.

Make sure your socks are clean (dried sweaty socks can have irritating creases or crinkles and become a blister cause themselves) and free of any darns.

On no account (unless it is absolutely unavoidable) wear new shoes in the race. If you have to, make sure you take the previously outlined precautions. And pray for rain.

Dehydration is unlikely to be a problem in England in late March, so take drinks as you feel you need them. If you take too much, and if it is a cold day (so that you are not sweating much, or not running fast enough to sweat), you may find yourself having to make an unscheduled pit stop. On a hot day, of course, a high intake of liquid is essential.

With open cups, the drink can spill out if you try to run too fast with it, so put your hand over the top. That way you can control it better. Some runners prefer to walk, or even stop, at the drinks stations to ensure they get sufficient liquid inside them.

After it is all over, examine your feet for damage. Ordinary clear blisters, where fluid has gathered between the epidermis (outer skin layer) and dermis, can be drained by painlessly puncturing them with a sterilised needle, and mopping up the fluid with cotton wool. But blood blisters, dark red in colour, should just be cleaned, covered and allowed to heal. Do not puncture them, as there is a danger of infection entering the bloodstream.

Black toenails are caused by bruising under the nail, and will clear up by themselves in due course. (Two little slits cut in your training shoes above the damaged nail may help to reduce pressure on it while it is healing).

Then, of course, there is the stiffness which the next day sometimes causes people to walk backwards when going up and down stairs! Hard as it may seem, a gentle jog of even a quarter or half-mile the day after the race will help to overcome this stiffness, which will gradually disappear. Sometimes it takes around the same time as your thoughts to turn from "Never again!" to "When can I run another marathon?"

(BAAB Senior Coach Cliff Temple is also author of the highly acclaimed book "Cross Country & Road Running", which is available from the 'AW' Book Department, price £5.45).



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**THE BIG TWO — TOO GOOD TO MISS**  
 USE ONE TO BENEFIT YOU IN THE OTHER AND USE BOTH  
 TO BUILD-UP FOR THE PONY BRITISH MARATHON LATER (Aug. 23rd).



**MAY 31st**  
 THE NOW FAMOUS  
**SWINTEX INTERNATIONAL**  
**25KM OPEN ROAD RACE**

For Men and Women (Over 19)  
**AT BOLTON, 2 p.m. START**  
**EXCELLENT PRIZES FOR ALL DIVISIONS**  
**INCORPORATES BRITISH MARATHON RUNNERS CLUB**  
**& BRITISH VETERANS CHAMPIONSHIPS**

**Venue:** Deane Base Schools, off Wigan Road, Bolton, (Exit 5, M61).

\*You don't need us to tell you how good it is, one of our first entries this year read: "I ran last year and considered the Swintex to be one of the best, if not the best organised race of the year". K. W. Bosworth, Derby & Country A.C.

**EVERY FINISHER RECEIVES A MAGNIFICANT MEDAL ON A RIBBON THAT'S WORTH MORE THAN THE ENTRY FEE AND ONE TO BE PROUD OF**

**ENTRY FEES:** £1 (Double on day)

**CLOSING:** MAY 20th

**ENTRIES TO:** VINCE REGAN (Race Director), The Sports Locker, 18 Corporation Street, Bolton, Lancs.  
 Tel. (0204) 655566 (Evenings).

Run the 'SWINTEX' (the new name in athletics) as a build-up to the INTER-COUNTIES 20

**JUNE 14th**  
**THE WHEATBREAD OPEN**  
**20 MILE ROAD RACE**  
**AT BOLTON, 2 p.m. START**  
**INCORPORATES INTER COUNTIES '20'**  
**& BRITISH VETERANS CHAMPIONSHIPS**

**Venue:** Deane Base Schools, off Wigan Road, Bolton, (Exit 5, M61).

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**EVERY FINISHER WILL RECEIVE A COMMEMORATIVE MEDAL ON A RIBBON**

**ENTRY FEES:** £1, No Team fees.

**CLOSING:** JUNE 2nd

**ENTRIES TO:** JACK HASLAM, 10 Higher Dunscar, Egerton, Bolton (0204) 56632 Evening.

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\*Both Races are Promoted in association with Bolton United Harriers

**THE WHEATBREAD 20 IS A WARBURTON'S SPONSORSHIP**

(Both above races under A.A.A. & W.A.A.A. Laws)

# AT LAST THE BIG ONE THE PONY BRITISH MARATHON



Under A.A.A. & W.A.A.A. Laws — 26 Miles, 385 yards



IN GREATER MANCHESTER  
ON SUNDAY, AUGUST 23rd, at 2 p.m.

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WHERE A WARM AND ENTHUSIASTIC RECEPTION IS ASSURED.

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(Other than A.A.A. Rules: 20 years for Men, 21 years for Women)

IT MAKES NO DIFFERENCE IF YOU RUN A WORLD RECORD  
OF 2 HOURS 8 MINS. OR 8 HOURS 2 MINS.  
EVERYONE IS WELCOME TO RUN IN THIS RACE.

WE'LL MAKE **EVERYONE** A WINNER, REGARDLESS OF STANDARD

\*The Pony British Marathon will incorporate the British Marathon Runners Club Championship for 1981.

Race Venue: Deane Base Schools, Bolton, (Exit 5 M61).

**DON'T DELAY — WRITE NOW FOR ENTRY FORMS**

To: VINCE REGAN, (RACE DIRECTOR),  
424 ST. HELENS ROAD,  
BOLTON, LANCS. (0204) 655566.

Enclose a 9" x 4" stamped addressed envelope.

Why not use the **SWINTEX 25Km** on **MAY 31st** & **WHEATBREAD '20'** on **JUNE 14th**  
as a build-up — The **PROPER** way to prepare for a marathon.

**THIS WILL BE THE BIG ONE** of 1981  
**BE PART OF IT**

PROMOTED BY THE BRITISH MARATHON RUNNERS CLUB  
& BOLTON UNITED HARRIERS

in association with

THE GREATER MANCHESTER COUNCIL — THE GO-AHEAD AUTHORITY  
AND HARVEY DEMMY PROMOTIONS

## Marathon Runners Club AGM

By Vince Regan

## Now Not Only The Elite Can Join

THE BIG QUESTION at the AGM of the British Marathon Runners Club at Coventry on March 8th was whether the club should open its doors completely, or at least consider the demand from marathon runners up and down the country who wanted some of the 'elitism' taken out of the club in order that they could become members.

The general feeling was that there was a need to be able to help the vast numbers of would-be and first-time marathoners as well as runners who have years of marathoning behind them but were unqualified to enter the club because of the high standard set in the past. Since it was first announced that we were considering the 'going open' question I received well over 100 letters, with the vast majority asking that in some way we open our doors, even if only a little. Others did, however, express a wish that we kept some form of incentive to improve runner's times in order to get into the club rather than just let anyone in just because he or she had completed a marathon. "There is a BIG difference between someone being a marathon runner and someone finishing a marathon", commented someone. "Very true", replied Bill Adcocks, the chairman. "This is why we must give it a good airing before any final

decision is taken. We owe it to our present membership".

Various ideas were looked into in depth and in the end it was decided to change the entry qualification from the present 2:30 to 3:00 up to 40 years old for men and opened the ladies entry to 3:30. It was agreed to have a different structure for veterans and that the National Veterans Association be contacted for their views on age grouping and standards. Following discussions with that Association's general secretary, Jack FitzGerald, the veteran standards will be as follows: 40-49, 3:15; 50-59, 3:40; 60 and over, 4:00; (Women) 35-49, 3:30; 50 and over, 4:00.

As it had been agreed from the outset in the debate that some form of 'elitism' was to be retained to provide incentives for improvement it was decided on the following standards: ELITE CLASS — 2:20, which still qualifies anyone reaching that standard for the first time to a free pair of Nike Elite shoes under an old agreement with the American company; FIRST CLASS — 2:30, which entitles everyone reaching that standard to claim 30% off all Reebok shoes and also entitles anyone up to 2:30 who runs a pb

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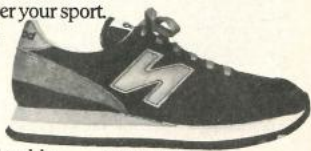
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## Sue Hassan Runs 2:42:12

BRITAIN'S three official representatives all performed well in the Essonne Marathon, near Paris, on March 15th, with Sue Hassan regaining the confidence dented by her failure to finish in the Avon race in London last August and knocking 2½ minutes off her personal best (also set at Essonne, in 1980) with second place in 2:42:12. Although she stays in fourth place on the UK all-time list, it puts her closer to the "big three" of Joyce Smith, Carol Gould and Gillian Adams.

Gillian Burley, in her international debut, dipped under 2:50 for only the second time with 2:49:25 in fourth place, while Leslie Watson was fifth in 2:51:23, nearly six minutes faster than in the same race last year. The women's winner was former world record holder Chantal Langlace of France, and although her time of 2:39:43 failed to crack Gillian Adams' course record, she was pleased enough to claim the 15,000 francs training grant offered to the first French girl home in the race, to assist her to prepare for the 1982 European and 1983 World championships, as well as the Los Angeles Olympics, of course.

Yet for a reason no-one could properly explain,

### MARATHON RUNNERS CLUB Continued

marathon wearing Reebok Shoes to a free pair (details of how to claim the concessions are available on request from the secretary or myself); SECOND CLASS — 2:45. The women were split into three categories: ELITE — 2:50; FIRST CLASS — 3:05; SECOND CLASS — 3:30.

Secretary Terry Lewins thanked everyone who had helped make the club as strong as it is today, and in particular the British running shoe company Reebok International for their financial and equipment support.

It is hoped to have application forms for entry into the club ready for the weekend of the London Marathon and I should have some at Stand 25 (Reebok) at the Strand Palace Hotel, where any questions can be answered.

We were pleased too to be able to tell our existing and prospective members that this year we will be holding our own championships at both 25km and the marathon. The 25km has already been advertised — the Swintex International on May 31st at Bolton — and the marathon will be incorporated into the new and exciting event scheduled for August 23rd in Greater Manchester. Details will be advertised.

On behalf of the British Marathon Runners Club let me wish Chris Brasher and his team the very best of luck with the London Marathon, the most exciting thing to hit British athletics for many a year.

Write for details of the club to Terry Lewins, 13 Albany Road, Old Windsor, Berks: Tel: (07535) 62527.

the performances in the men's race were disappointing, not only to the athletes, but to the organisers as well. Last year, Go Tchou Sein of North Korea had won in 2:10:52, leading 18 runners under 2:20. This year, despite the fact that a demoralisingly steep hill at 18 miles had been cut out of the course, and a similar drag at 24½ miles had been halved to make the still accurately measured route faster still, only three men broke 2:20. Yet the cool, overcast conditions were similar to last year, save for a slightly stronger headwind in the second half of the race.

The winner was Gian-Paolo Messina (24), who was third in last year's Italian championship, but not selected for Moscow despite his 2:15 personal best.

Messina had shared the lead here with China's Hsu Liang (2:13:32 last year, and hoping for sub-2:10 this year) after the Chinese had made an early break from the field of nearly 2,000. But at 5km Messina found himself alone when he (correctly) went left at a roundabout and Hsu Liang went right, losing some 100m. After that Messina pulled further ahead to win by over two minutes, with Liang being caught in the final 2km by Seu Tching Sik of North Korea (second in 2:19:19), with Liang showing 2:19:28. Britain's Bill Mullett, who paid his own way to the race, finished a highly creditable fifth in 2:22:35, but like many of the other runners was disappointed with his own time, despite it being a personal best.

**Cliff Temple**  
(Team Manager)

Results: 1, G-P. Messina (Ita) 2:17:06; 2, Seu Tching Sik (N. Kor) 2:19:19; 3, Hsu Liang (Chi) 2:19:28; 4, Esteve (Fra) 2:22:27; 5, BILL MULLETT (UK) 2:22:35; 6, R. Myeung-Seun (N. Kor) 2:22:48. **Women:** 1, C. Langlace (Fra) 2:39:43; 2, SUE HASSAN (UK) 2:42:12 . . . 4, GILLIAN BURLEY (UK) 2:49:25; 5, LESLIE WATSON (UK) 2:51:23.

### SUTTON-IN-ASHFIELD H. & A. C.

#### OPEN JUNIOR MEN/ LADIES U/21 MEETING

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

**SUNDAY, APRIL 26th, 1981**  
at 11.00 a.m.

#### EVENTS

|                      |                         |
|----------------------|-------------------------|
| 100m (M/L)           | High Jump (M/L)         |
| 200m (M/L)           | Long Jump (Ladies Only) |
| 400m (M/L)           | Triple Jump (Men Only)  |
| 800m (M/L)           | Discus (M/L)            |
| 400mH (Ladies Only)  | Shot (M/L)              |
| 2000m S/C (Men Only) | Javelin (M/L)           |
| ONE MILE (M/L)       |                         |

**Entry fee:** 30p per event to: J. L. Ball, 44 Rannoch Drive, Mansfield, Notts. NG19 6QX. Entries to include full name, club, date of birth & personal best performance. SAE for travel directions.

**Closing Date 11th April, 1981**

**NO LATE ENTRIES**

Standards Meeting applied for.

## Good Start By London RRC

THE NEWLY FORMED London Road Runners Club made an auspicious start to their activities by promoting a well supported 10km road race in Battersea Park on March 8th. Keith Penny, returning from injury, passed the halfway mark level with Ron Harris in 15:02 and opened up a lead of nearly 100m by the finish. There was a splendid run by Kath Binns who finished 31st overall in 33:34 after reaching the half distance in 16:20. Joyce Smith (39th overall) was the second woman home in 33:59 (16:28 at 5000).

Leading results: 1, K. Penny 30:13; 2, R. Harris 30:29; 3, N. Leach 31:08; 4, M. McBride 31:18; 5, G. Staunton 31:21; 6, D. Felsenstein 31:27; 7, J. Hensman 31:35; 8, K. Bell 31:44; 9, M. Pickard 31:52; 10, J. Avis 31:59; 11, L. O'Hara 32:16; 12, J. McNamara 32:20; 13, J. Shemilt 32:27. (40-44) 1, Avis; 2, McNamara; (45-49) 1, O'Hara; 2, J. Oliver 32:53; (50-plus) 1,

S. Charlton 36:13; 2, N. Booth. (Women): 1, K. Binns 33:34; 2, J. Smith 33:59; 3, H. Hollick 34:28; 4, G. Drake (NZ) 34:58; 5, S. Strauss (USA) 35:05; 6, K. Whapshott 35:40; 7, D. Peel 35:43; 8, S. Samy 35:54; 9, G. Penny; 10, T. Purton (35-39) 1, S. Green; 2, L. Pfeiffer; 3, J. Mitchell; (40-plus) (Smith passed up prize) 1, V. Mijovic; 2, V. Christian; 3, D. Taylor.

The LRRC, founded to promote the growth of distance running in the London area, is now inviting applications for membership. The club is affiliated to the AAA and WAAA, so members may compete for the LRRC in events held under AAA and WAAA laws; however membership of the LRRC does not affect first claim membership of any other club. Membership categories are: individual — £3, family — £5, overseas — £5, sponsor — £20. Details and application forms are obtainable from London Road Runners Club, 6 Upper Montague Street, London W1 (enclose s.a.e.).

### LONDON MARATHON NOTES from page 17

\* Athletes are urged to line up in designated areas appropriate to their estimated finishing time. The front section will be for 2:10-2:20 runners, the next for 2:20-2:30, and then 2:30-2:45, 2:45-3:00, 3:00-3:15 etc. The fast runners will start on Charlton Way, outside the park entrance; others will tail back into the park. John Disley, the course director, estimates it could take four minutes for the back markers to reach the start line once the gun has been fired at precisely 9 am.

#### MATLOCK ATHLETIC CLUB

##### WHITE PEAK '26'

(Incorporating a Ladies Race)

On the High Peak and Tissington Trails, through some of Derbyshire's finest scenery.

**SATURDAY, 16th MAY, 11 a.m.**

Course Record: P. Romaine (Holbeach), 2.35.38.

**Certificates** to all finishers. **Prizes** (minimum): 1st Team, 1st, 2nd & 3rd, 1st Vet., 1st Woman.

**Entry Fee:** £2 (Including Transport to start).

**Entries to and Further details from:** Chris Rosling, 23 Yokecliffe Drive, Wirksworth, Derbyshire DE4 4EX. (Tel: Wirksworth 4491).

**CLOSING DATE 17th APRIL, 1981**

#### UXBRIDGE & DISTRICT LADIES A.C.

### OPEN GRADED MEETING

12th APRIL, 1981

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

**at Uxbridge Athletic Track at 14.00 Hours**

Subject to demand the following events will be held: 400mH (S); 100m, 200m, 800m, 1500m (all J & S); 3000m (S); 80mH; 100mH, 4 x 100m; 4 x 400m (both J & S); HJ (J & S); S (J), JAV (S); U/11 — 100m and 800m.

**Entry Fee:** 30p payable on day. Refreshments available. **Enquiries to:** K. Archer. (Tel: Uxbridge 52152).

\* Beware of going too fast once the field has sorted itself out. The course drops 150 feet in the first six miles. Thereafter the route is flat, the steepest rise being the ascent of Tower Bridge. The road surface is generally good (certainly better than in New York), but there is a stretch of cobblestones to be negotiated at the Tower.

\* Digital display clocks will be stationed at 5 miles, 10M, halfway (on the Northern approach to Tower Bridge), 15M, 20M, 25M and the finish. Feeding stations will be at every mile from 3 miles onwards, offering water, 7-Up or Staminade (an electrolytic drink to replace lost salts).

\* Medical aid, courtesy the St John Ambulance Brigade with doctors and nurses in support, will be available at frequent intervals throughout the race and at the finish. Sweep-up buses will follow the procession to pick up non-finishers. An alternative for runners forced to drop out is to take the tube to the finish (Green Park or St James Park); their competitor's number will enable them to travel free.

\* The police will be manning 320 road junctions along the route to keep the course clear of vehicles for a reasonable period of time. However, runners who slip appreciably behind 10 minute miling pace may find, in the later stages, that they will have to contend with traffic — in which case they must act as "prudent pedestrians" as they make their way to the finish. For example, Parliament Square — a mile from the end — will be reopened to traffic at 1.40 pm (4:40 after the start).

The Selfridge Garage Car Park (entrance off Duke Street) will be open on Sunday, March 29th for spectators/participants of the London Marathon. Facilities for 700 cars, fees from £1 for 2 hours.

**BARRY SMITH'S BLISTERING '10'**

**28.2. Falkirk.** Scottish CC Champs: N. Muir 38:11, J. Brown 38:13, A. Hutton 38:27, L. Spence 38:47, I. Gilmour 38:59, F. Clyne 39:11, F. Clement 39:12. **28.2. Woking '10'.** D. Fowles 47:49, D. Chettle (Aus) 48:03, I. Ray 48:10; women — G. Drake (NZ) 56:25. **7.3. Battersea.** Southern 10M Walk: I. McCombie 72:00. **7.3. Exeter.** English Schoolgirls CC: S. Alt 18:18, M. Witts 18:41, S. Lonsdale 18:51; (Inters) A. Hollington 14:56; (Jnrs) S. Jordan 13:26. **7.3. San Diego.** DT: R. Slaney 55:06; women's 1500: M. Joyce 4:22.0. **14.3. Solihull '10'.** J. Graham 48:13, P. Eales 48:28, J. Robertshaw 49:04; women — B. Smith 58:12. **14.3. Tonbridge '10'.** K. Penny 49:10; women — J. Barleycorn 56:48. **14.3. Windermere-Kendal '10'.** S. Kenyon 48:53, H. Jones 49:09, D. Cannon 49:24. **15.3. Birkenhead.** National Vets CC: T. Davies 32:47, J. Alder 33:13, L. Carroll 33:40, R. Gomez 33:50, F. Pendlebury 33:55, J. Etchells 33:59; (O/50) A. Hughes 35:34; women — P. Gallagher 18:13. **21.3. Cosford.** National U/20 Indoor Champs: 60: M. Powell 6.8; 200: D. Reid 22.3; 400: E. Gilkes 48.5; 800: P. Elliott 1:52.3; 1500: C. McGeorge 3:49.0; 3000: G. Staines 8:21.8; 60H: N. Walker 8.2; HJ: (20th) O. Cham 2.10; PV: W. Davey 4.60; LJ: R. Van Dyke 7.14; TJ: M. Makin 15.60; SP: A. Zaidman 16.49; (Yths) 60: R. Brown 6.9; 200: R. Hunter 22.9; 400: C. Thompson 51.0; 800: D. Powell 1:59.7; 1500: A. Currie 4:02.9; 60H: P. Brice 8.6 (8.4 ht); PV: J.

Lewis 4.31; LJ: M. Brooks 6.43; TJ: V. Samuels 14.87; SP: W. Cole 18.09. (Inters) 60: N. Byer 7.5; 400: K. Simpson 57.0; 800: L. McDougall 2:13.7; 1500: K. Hughes 4:26.8; 60H: A. Girvan 8.6; HJ: C. Summerfield 1.70; LJ: J. Mulliner 5.49; SP: S. King 13.25; (Jnrs) 60: S. Jacobs 7.6; 1500: H. Appleby 4:47.5; 60H: S. Robinson 9.5 (9.4 ht). **22.3. Barrow.** Chas Kendall '10': B. Smith 45:37 (2nd fastest on record, behind Ian Stewart's 45:13), M. McLeod 46:01, J. Graham 47:16, J. Woods (RoI) 47:32, C. Spedding 47:39, M. Gratton 47:47, G. Ellis 47:54, N. Brawn 47:59; women — J. Laughton 58:25.

**ROSE OUT, HOLDEN IN**

Latest English CC team news is that Nick Rose has had to withdraw due to a virus infection, and his place is taken by Andy Holden — who thus misses the London Marathon.

Veterans AC celebrate their 50th anniversary with a dinner at the House of Commons on Friday, April 10th, commencing with a visit to the Chambers at 6.30 pm. Reception at 7.30, and dinner in Dining Room A at 8.00 pm. Dress — DJ or lounge suits; New Place Yard entrance. Tickets, at £21 each, now available, will be sent out to those members who have already applied. Further applications to A. Shepherd, 38 Bromley Road, Beckenham, Kent, BR3 2JD (Tel: 01-650 5376). Sae please,

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Sizes: S, M, L, Ex L (M).

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Top (RRP £11.50) £10.35.

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Sizes: S, M, L (M).

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FIRST CLASS

**STRETFORD A.C.****U/15's JUNIOR  
OPEN MEETINGS**

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

**4th APRIL, 9th MAY,  
12th JULY (SUN.), 22nd AUGUST**

Start 1.30 p.m.

800m — U/11 B &amp; G, U/13 B &amp; G, U/15 B &amp; G.

100m — U/11 B &amp; G, U/13 B &amp; G, U/15 B &amp; G.

1500m — U/13 B &amp; G, U/15 B &amp; G.

80m Hurdles — U/15 G, U/15 B.

400m — U/15 B.

200m — U/13 B &amp; G, U/15 B &amp; G.

H.J. &amp; L.J. — U/15 B &amp; G.

J.T. &amp; S.P. — U/15 B &amp; G.

D.T. — U/15 B &amp; G.

(Ages: U/11 — 10 years of age on 1.9.81, U/13 — 11 &amp; 12 years of age on 1.9.81, U/15 — 13 &amp; 14 years of age on 1.9.81).

Entries on the day 40p. Max. 2 events but not 800m &amp; 1500m.

Special Senior events at 3 p.m.

4th April — 800m Men &amp; Women.

9th May — 1500m Men &amp; Women.

12th July — 800m Men &amp; Women.

22nd August — 1500m Men &amp; Women.

**OPEN MEETINGS****TUESDAY, 12th MAY, 1981**

Start 7.00 p.m.

100m — I, Y, W, M.

200m — I, Y, W, M.

400m — I, Y.

800m — I, Y, W, M.

1500m — W.

3,000m — Men under 9 minutes, Men over 9 minutes.

J.T. — Y, M.

S.P. — I, W.

H.J. — I, W.

L.J. — Y, M.

B.M.C. Select at 8 p.m. — 800m Men &amp; Women.

Entry Fee: 40p Entries limited.

**CLOSING DATE 2nd MAY, 1981****& TUESDAY, 16th JUNE, 1981**

Start 7.00 p.m.

1500m — I, Y, W, M.

400m Hurdles — W, M.

100m — I, Y, W, M.

400m — W, M.

3,000m — Men under 9 minutes &amp; Men over 9 minutes.

200m — I, Y, W, M.

J.T. — I, W.

H.J. — Y, M.

S.P. — Y, M.

L.J. — I, W.

B.M.C. Select at 8 p.m. — 1500m Men &amp; Women.

Entry Fee: 40p. Entries limited.

**CLOSING DATE 6th JUNE, 1981**

Entries for 12th May &amp; 16th June meetings to: Mrs E. Owen, 198 Barton Road, Stretford.

**Scottish News****NORTHERN DISTRICT CC CHAMPS****At Forres, February 7th**

1, D. Lang (Elg) 29:12; 2, I. MacKenzie (Forres) 30:30; 3, D. Ritchie (Forres) 30:36; 4, R. Boswell (Lochaber) 30:50; 5, I. Mitchell (I'ness) 31:11; 6, B. Turnbull (I'ness) 31:29; 7, R. Campbell (Lochaber) 31:36; 8, R. MacDonald (I'ness) 31:42; 9, I. Johnston (Moray) 31:43; 10, I. Moncur (Forres) 31:43; 11, G. Reynolds (Moray) 31:54; 12, D. McLean (Forres) 31:57.

**Teams:** 1, Lochaber 75; 2, RAF Moray 98; 3, Forres 104; 4, Inverness 108. **(Youths):** 1, N. Martin (Forres) 20:13; 2, G. Waite (I'ness) 21:33; 3, A. Watson (IRA) 21:49; 4, S. Catto (IRA) 22:06; 5, R. Williamson (Ork. S) 22:15; 6, S. Turner (Elg) 22:23. **Teams:** 1, Inverness RA 18; 2, Caithness 28; 3, Portree HS 33; 4, Orkney Schools 35. **(Sen. Boys):** 1, C. Martin (IRA) 17:03; 2, M. Mitchell (IRA) 17:12; 3, A. Moffat (Elg) 17:24; 4, R. Matheson (Caith) 18:03; 5, M. Turner (Elg) 18:18; 6, G. MacKenzie (Forres) 18:56. **Teams:** 1, Inverness RA 14; 2, Orkney Schools 24; 3, Portree HS 38. **(Jun. Boys):** 1, E. Scott (I'ness) 11:06; 2, P. Eggeling (Ork. S) 11:12; 3, N. Green (Elg) 11:14; 4, N. Reid (Ork. S) 11:23; 5, S. Willcox (I'ness) 11:41; 6, G. Gunn (Caith) 11:52. **Teams:** 1, Orkney Schools 15; 2, Inverness 16; 3, Portree HS 37. **(Women):** 1, F. Hinde (Lochaber) 19:35; 2, L. Wick (Ork. S) 19:54; 3, M. McLeod (Elg) 20:59; 4, S. Laidlaw (Ross) 21:06; 5, M. Jeans (I'ness) 21:16; 6, M. McLeod (I'ness) 21:32. **Teams:** 1, Inverness 18; 2, Orkney Schools 25; 3, Elgin 27. **(Juniors):** 1, K. Luke (I'ness) 11:57; 2, L. Munro (I'ness) 11:58; 3, D. Leonard (Ork. S) 12:10; 4, L. Lobban (I'ness) 12:20; 5, S. MacKay (Caith) 12:36; 6, S. Duffin (Elg) 12:42. **Teams:** 1, Inverness 7; 2, Orkney Schools 20; 3, Caithness 23. **(Girls):** 1, F. Webster (Elg) 8:00; 2, J. McDonald (Lochaber) 8:07; 3, H. Palmer (Elg) 8:09; 4, N. Munro (Forres) 8:16; 5, K. Hogley (Ork. S) 8:21; 6, L. Ross (I'ness) 8:24. **Teams:** 1, Orkney Schools 22; 2, Elgin 23; 3, Caithness 41.

Karl Smith, who was in the winning Youths team at the Manchester Harriers Relay meeting at Heton Park on February 28th, lost his Greater Manchester Schools tracksuit bottoms there. They are blue with a bright orange stripe. If anybody picked them up would they please contact Karl on 061-969 3001.

Kirklees Leisure Services are holding a course for Young Athletes, designed to provide specialist event coaching for young athletes aiming to compete at County/National level, on April 22nd/23rd, 10 am to 4 pm. Further details are available from Max Jones on Huddersfield 22133 ext. 681.

## European Indoor Results

**10.1. Prague (Cze).** HJ: Hrabal 2.28. **21.1. Cottbus (GDR).** 60: Schlegel 6.68; women's 60: Koch 7.23. **22.1. Leningrad (USSR).** TJ: Abbyasov 16.92; women's mile: Kazankina 4:37.3. **23.1. Senftenberg (GDR).** 7-event contest: Pottel 5656; Women's Pent: Neubert 4591. **25.1. Senftenberg.** Women's 60: Koch 7.18, Scholzel 7.29, Auerswald 7.29; 100y: Koch 10.44, Scholzel 10.54, Auerswald 10.54; 60H: Gartz 8.13, Knabe 8.13; LJ: Heimann 6.54; SP: Knorscheidt 20.78. **25.1. Moscow (USSR).** Women's 60: Korotkova 7.0. **28.1. Prague.** 3000: Tesacek 7:48.8. **28.1. Vienna (Aut).** 200: Nagy (Hun) 21.13; 1500: Nemeth 3:42.5; women's 60: Popova (Bul) 7.30; 200/400: Kratochvilova (Cze) 22.76/49.64 (world bests). **29/30.1. Kaunas (USSR).** PV: Yanchev (Bul) 5.50, Chernayev 5.50; LJ: Tsepelev 7.95; TJ: Grishchenkov 16.88; women's 60: Korotkova 7.25; 1500: Smolka 4:10.1; LJ: Butkiene 6.71. **31.1. Dortmund (Ger).** Women's LJ: Everts 6.52. **31.1. Turku.** Women's 60: Haglund (Swe) 7.13. **31.1. Jablonec.** 16kg/35lb Wt: Stopat (GDR) 22.44.

**1.2. Turku (Fin).** 60H: Bryggare 7.74. **1.2. Budapest (Hun).** HJ: Gerstenbrein 2.24. **1.2. Cottbus (GDR).** 400: Petters 47.3, Konow 47.4 (47.2 ht), Bremer 48.9 (46.9 ht); 800: Busse 1:47.0, Hauck 1:47.1, Wagenknecht 1:47.2; 1500: Ruth 3:40.6, Zaubner 3:41.7; 60H: Dittrich 7.83, Munkelt 7.92; HJ: Freimuth 2.24; SP: Block 20.53; women's 60: Scholzel 7.26, Auerswald 7.28, Wockel 7.29; 400: Wockel 52.0, Neumann 52.6, Pfaff 53.0; 800: Ullrich 2:00.6; 60H: Gartz 8.11 (8.10 ht). **3/4.2. Budapest.** 1500: Toth 3:42.0; 60H: Krastev (Bul) 7.78; TJ: Abbyasov (USSR) 16.66; women's 800: Lovin (Rom) 2:02.6; 1500: Marasescu (Rom) 4:13.5; 60H: Siska 8.22; SP: Slupianek (GDR) 20.91, Fibingerova (Cze) 20.63. **6/7.2. Sindelfingen (Ger).** Women's 60H: Oker 8.09 ht; HJ: Meyfarth 1.89, Breder 1.89, Fischer 1.89, Everts 1.89. **6-8.2. Minsk (USSR).** 60: Muravyov 6.69; 2000SC: Nesteruk 5:29.3; PV: Polyakov 5.60, Krupskiy 5.60, Spassov 5.50, Dolgov 5.50; 10,000W: Matveyev 40:27.2; women's 300: Botchina 37.94; 1000: Veselkova 2:39.6; 60H: Anisimova 8.18; 5000W: Tschugunova 24:04.4.

**7.2. Potsdam (GDR).** (220m track) 100: Schlegel 10.41; 800: Wagenknecht 1:47.1, Mogalle 1:47.4; 2000: Schulz 5:04.8, Beyer 5:05.7; 10,000W: Meisel 40:47.4; women's 60: Koch 7.20, Auerswald 7.28; 100: Wockel 11.48; 800: Ullrich 2:01.8; LJ: Neubert 6.72. **7/8.2. Zabrze (Pol).** Women's 60H: 2. E. Rabsztyl 8.10; Pent: Guzowska 4520. **8.2. Senftenberg.** Women's LJ: Daute 6.58. **8.2. Magglingen (Swi).** HJ: Dalhauser 2.28. **8.2. Dortmund.** 400: Gijsbers (Hol) 47.1. **10/11.2. Genoa (Ita).** PV: Zalar (Swe) 5.47; SP: Oldfield (USA) 20.64;

women's HJ: Simeoni 1.91, Lorentzen (Swe) 1.89, Bulfoni 1.89. **13.2. W. Berlin.** HJ: Wszola (Pol) 2.28 (later injured & missed European Indoor), Thranhardt 2.28, Page (USA) 2.26, Nagel 2.23 ... 10, Mogenburg 2.10; PV: Klimczyk (Pol) 5.50, Kozakiewicz (Pol) 5.45; women's HJ: Krawczuk (Pol) 1.89, Kielan (Pol) & Meyfarth 1.86. **14.2. Paris (Fra).** PV: Houvion 5.55. **14/15.2. Moscow.** 7-event contest: Diektaryov 5753, Grushenkin 5670; women's 6-event contest: Gordienko 5672 (60H — 8.45, SP — 16.03, HJ — 1.78, 100 — 11.91, LJ — 6.47, 600 — 91.6).

## American Outdoor Results

**4.12. Coventry.** 10km road: GEOFF SMITH 29:34, Meyer 29:44. **5.12. Las Vegas** 10km road: Hunt 29:24, DAVE MOORCROFT 29:35. **7.12. Anaheim.** 10km road: Steve Scott 28:31, Schankel 28.32, MARK SCRUTTON 28:33. **13.12. Huntsville.** Mar: Louis Kenny (RoI) 2:12:21 (debut), Bolt 2:15:15. **31.12. New York.** 8km road: Dixon (NZ) 22:33, G. SMITH 23:01. **1.1. Stanford.** 15km track: Butler (Can) 43:31.4. **10.1. Los Gatos.** SP: Oldfield 20.56. **10.1. Houston.** Mar: Rodgers 2:12:20, Beardsley 2:12:50, Lodwick 2:13:39; women — Catalano 2:35:28, Binder 2:35:31, Grottenberg (Nor) 2:39:21. **17.1. Walnut.** 200: Green 20.76; 110H: Stewart 13.75. **17.1. Miami.** Orange Bowl Marathon: Durden 2:12:33, Dahl (Nor) 2:13:23, MALCOLM EAST 2:14:40, Persson (Swe) 2:15:39, Misner 2:16:03, STAN CURRAN 2:16:37 ... 13, Toogood (Nor; ex-UK) 2:19:55; 15, RON HILL 2:22:55 (1st Vet); women — CAROL GOULD 2:41:39, Yarkes 2:43:09, Silsby 2:43:47, Hansen (Den) 2:44:19. **18.1. New Orleans.** Half Mar: Meyer 1:03:22; women — Benoit 1:13:26 (rec). **7.2. Berkeley.** DT: Hjeltnes (Nor) 61.04. **13.2. Bakersfield.** HT: MATT MILEHAM 67.76. **14.2. Santa Barbara.** 55m: Bolden 6.5, ANDREA LYNCH-SAUNDERS 6.9; 200: Griffith (Guy) 23.1.

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Annual

## J. Wishart Memorial Trophy

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

SUN., JUNE 14th, 1981  
at 3 p.m.

NORTH ROAD, ELLESMERE PORT  
Individual and Team Prizes (3 score)

Entry: 60p, £1 on day. No Team fees.

Entries to: D. Barnes, 76 School Lane, Elton, nr. Chester. Tel: 092 82 5218. For further details S.A.E.

ENTRIES CLOSE JUNE 6th, 1981

## Connor & Weir Astounding

ALREADY Commonwealth champion and record holder, Olympic 4th placer Keith Connor (23) took another giant stride forward in Detroit on March 13th when he triple jumped a world indoor best of 17:31m (56'9½") in the USA National Collegiate Championships. That added a centimetre to the mark recently set by Shamil Abbyasov (USSR) and was 15cm beyond Connor's outdoor best. Only de Oliveira (17.89), Sanyeyev (17.44), Perez (17.40) and Uudmae (17.35) have ever jumped further in regular conditions.

Representing Southern Methodist University (Dallas), Connor successively reached 16.65, 17.02 and 17.31. Astonishingly, the record came off a runway of only 99½ft instead of the 130 ft he is used to. "I prepared for this meet really well", said Keith. "I just got it flowing, and it happened. I got a real good hop. I came here hoping to win and figured the distance would take care of itself. I thought I could go around 55'10" (17.02) because of the short runway, but when your adrenalin is flowing anything can happen".

Connor's colleague at SMU, Bob Weir from Birmingham, astounded everyone by winning an NCAA title too, throwing the 35lb weight 22.43m for third on the world all-time list! Weir (20) threw the hammer 65.86m last year but looks set

for a tremendous improvement if the usual weight/hammer relationship holds good for him. It often works out that whatever distance in feet a man can hurl the 35lb weight he can throw in metres with the hammer (e.g. 70 feet equals 70 metres). Weir's throw at Detroit measured 73'7" . . . so can we expect something in excess of 73 metres this summer?

### US INDOOR CHAMPIONSHIPS

IRELAND'S Eamonn Coghlan came very close to setting his third world indoor best in a week when, in the American Indoor Championships in New York on February 27th, he clocked 12:54.8 for 3 miles. That was just a fifth of a second outside Emiel Puttemans' record time, and is the equivalent of around 13:23 for 5000m. His mile splits were 4:18.4, 4:24.9 and 4:11.5. Coghlan had, seven days earlier, set world bests of 3:35.6 for 1500m and 3:50.6 for the mile.

Fourth in the 3 miles was Tony Staynings in a UK best of 13 minutes flat, and two other Britons to excel were Matt Mileham who placed 3rd in the 35lb weight and Sharon Colyear, a close runner-up in the hurdles.

Highlights of the meeting included American records by Jeff Woodard (2.33m high jump) and Ed Kania (22.35m 35lb weight), vaults of 5.60m and attempts at 5.71 by the French duo of Thierry Vigneron and Philippe Houvion, the Larry Myricks v Carl Lewis long jumping duel, and a world best of 9:38.1 in the women's 2M by Francie Larrieu.

60y: Floyd 6.15 (6.12 ht), E. King 6.18, D. Walker 6.21 (6.13 ht), Glance 6.23; 440y: Yearwood 48.12 (47.74 ht), Frazier 48.59 (47.82 ht) . . . W. Smith scr (47.62 ht); 600y: Solomon (Tri) 1:10.21, Sowerby (Ant) 1:10.43 (1:09.60 ht); 1000y: Martin 2:08.37, Lech 2:08.89; Mile: Scott 3:57.3, Flynn (RoI) 3:57.4, Waigwa (Ken) 3:58.3; 3M: Coghlan (RoI) 12:54.8, Buerkle 12:58.0, Chebor (Ken) 12:59.8, TONY STAYNINGS 13:00.0, Bickford 13:07.7, Aldridge 13:15.6, Barie (Tan) 13:15.6; 60yH: Casanas (Cub) 7.14, Milburn 7.18 (7.11 ht), Parker 7.21 (7.15 sf), Cooper 7.22 (7.21 ht); HJ: Woodard 2.33, Page 2.26, Stones 2.24, Jacobs 2.16; PV: Vigneron (Fra) 5.60, Houvion (Fra) 5.60, Ripley 5.40, Takahashi (Jap) 5.40, Volz 5.40, Pursley 5.40, Bell & Jessee 5.30, Hintnaus 5.30; LJ: Myricks 8.13, Lewis 8.08; TJ: Marlow 16.62, Caldwell 16.35; SP: Oldfield 21.13, Stuart 19.77; 35lb Wt: Kania 22.35, Olsen (Nor) 21.72, MATT MILEHAM 21.04 . . . 10, BOB WEIR 19.29; 2M Walk: Sharp 12:37.65; women's 60y: Ashford 6.63, Bolden 6.69 (6.67 ht); 220y: Cheeseborough 23.27; 440y: Dixon 55.38; 880y: E. Walton 2:05.1; Mile: Merrill 4:34.0; 2M: Larrieu 9:38.1, Groos 9:38.3; 60yH: Fitzgerald 7.72, SHARON COLYEAR 7.76 (7.68 ht), Wechsler 7.78 (7.74 ht); HJ: Huntley 1.86; LJ: Alexander (Cub) 6.34, Lewis 6.33; SP: M. Walton (RoI) 16.13; mile walk: Liers 7:05.0.

### BROMSGROVE & REDDITCH A.C.

present the

## TAURUS RELAYS

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

AT ABBEY STADIUM, REDDITCH

**ON SUNDAY MAY 10th, 1981**

**Start 11.00 a.m.**

#### WOMEN

|         |                                           |
|---------|-------------------------------------------|
| 9-U/11  | 4 x 100m                                  |
| U/13    | 4 x 100m, 4 x 200m                        |
| U/15    | 4 x 100m, 4 x 200m                        |
| U/17    | 4 x 100m, 4 x 200m, 200 x 200 x 400 x 800 |
| Seniors | 4 x 200m, 200 x 200 x 400 x 800           |

#### MEN

|         |                                 |
|---------|---------------------------------|
| 9-U/11  | 4 x 100m                        |
| U/13    | 4 x 100m, 4 x 800m              |
| U/15    | 4 x 100m, 4 x 800m              |
| U/17    | 4 x 100m, 200 x 200 x 400 x 800 |
| Seniors | 200 x 200 x 400 x 800           |

ALSO Boys U/11 100m & Girls U/11 100m Sprints.

**Entry Fees:** £1 per team, 25p Boys & Girls sprints.

**Entries to:** Mr. J. A. Garry, 34 Dagtail Lane, Astwood Bank, Redditch, Worcs. Tel. Astwood Bank 3418.

**Awards** for winners and runners up in all finals. Taurus Trophy for best overall aggregate team.

**ENTRIES CLOSE SAT., 18th APRIL.**

# **SANDBACH MARATHON**

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

**(Promoted by Congleton Sports Council)**

**SUNDAY, 21st JUNE, 1981**

**Start 12 Noon**

**5th ANNUAL MEN'S RACE**

**Sponsored by Sandbach Engineering Co.**

**3rd ANNUAL WOMEN'S RACE**

**Sponsored by Avon Cosmetics**

**RACE H.Q. — SANDBACH LEISURE CENTRE,  
MIDDLEWICH ROAD, SANDBACH, CHESHIRE**

**Incorporated British Students, National Fire Brigade, Cheshire and  
Staffordshire Championships**

**Course Records:** 2-12-33 Tony Simmons, 1978 — 2-33-32 Joyce Smith, 1980.

**LARGE PRIZE LIST FOR MEN, LADIES AND VETS**

**International Competition:** Invitations sent to Top European and British Runners.

**CERTIFICATES TO ALL FINISHERS**

**Excellent Organisation:** Voted Britain's Best Organised Marathon.

**1982 A.A.A. COURSE**

**Venue:** Adjacent to M6 (Junction 17) and 6 miles from Crewe Railway Station.

To maintain high standards of organisation there will be a cut off time of 4 hours also entries will be limited to 600 on the road.

**ENTRY FEE:** £1 per Individual, no team fee. (Cheques made payable to Sandbach Marathon).

**Entry Form/Details from:** John Nolan,  
7 Kendal Place,  
Clayton,  
Newcastle, Staffs. ST5 3QT.  
Tel. No. 0782 625726.

(Please enclose S.A.E. for reply)

**CLOSING DATE FOR ENTRIES 1st JUNE, 1981**

# SUPER SALE

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## Results In Brief

### February 13th

**Royal Navy CC Champs, at HMS Dryad.** 1, C. Robison (Ply) 32:57; 2, T. Osbourne (Ply) 33:20; 3, C. Hazelwood (RM) 33:26; 4, K. Cawley (Ply) 34:11; 5, W. Venus (RM) 34:50; 6, J. Simpson (NAC) 35:02. **Teams:** 1, Plymouth 42; 2, Naval Air 76; 3, Royal Marines 89. **(Juniors):** 1, S. Ponsonby (Ply) 20:46; 2, K. Carley (Ply) 20:54; 3, N. Conway (NAC) 21:25; 4, D. Roberts (Ply) 21:30. **Team:** Plymouth. **(Women):** 1, S. Hawkeswood (RM) 18:35; 2, W. Atkey (Ports) 19:48; 3, V. Jenkins (RM) 21:46. **Team:** Portsmouth.

### February 14th

**Schoolgirls Inter-County CC Match, at Portsmouth.** 1, W. Lodge (H) 15:25; 2, A. Tindall (H) 16:23; 3, C. Mole (K) 16:29; 4, V. Strickland (H) 17:11; 5, C. Wilmot (H) 17:31; 6, H. Wyeth (H) 17:40; 7, B. Cantle (H) 17:51; 8, H. Tandy (K) 17:54. **Teams:** 1, Hampshire 25; 2, Kent 76; 3, Berkshire 134. **(Inters):** 1, S. Tierney (B) 12:29; 2, J. Rose (K) 12:39; 3, J. Cooper (B) 12:47; 4, J. Arman (K) 12:49; 5, D. Hillyer (H) 12:49; 6, T. Long (H) 13:10; 7, K. Petford (H) 13:18; 8, S. Covington (K) 13:22. **Teams:** 1, Hampshire 50; 2, Kent 65; 3, Berkshire 107. **(Juniors):** 1, R. Hughes (H) 10:28; 2, H. Jenner (H) 10:30; 3, H. Appleby (H) 10:40; 4, M. O'Shea (H) 10:46; 5, N. Way (K) 10:47; 6, E. Smith (H) 10:50. **Teams:** 1, Hampshire 24; 2, Kent 105; 3, Berkshire 154.

### February 19th

**Middlesex Schools Champs, at Hatch End.** 1, M. Parker 25:18; 2, I. Mitchell 25:24; 3, D. Phombeah 25:32; 4, P. Simons 25:54; 5, L. Harvey 26:02; 6, S. Bannister 26:05. **Team:** Barnet. **(Inters):** 1, G. Laing 22:49; 2, J. Scott 23:21; 3, K. Robinson 23:41; 4, O. Hender 23:46. **Team:** Enfield. **(Jnrs):** 1, E. Kimani 17:57; 2, S. Burton 18:14; 3, R. Bailey 18:41. **Team:** Barnet. **Overall Team:** Barnet.

**Thames Valley Police CC Champs, at Shotover.** 1, A. Newman 30:30; 2, M. Harrison 30:33; 3, B. Cooper 30:49; 4, C. Manetta 31:23; 5, A. Lowe 31:37; 6, A. Collins 31:39; 7, Vockins 31:47; 8, H. Barrett 33:52. **(Women):** 1, D. Bailes 24:38; 2, S. Marchant 25:48; 3, K. Doswell 27:26.

**Army CC Champs, at Tweseldown.** 1, A. Robertson (AAC Harr) 31:23; 2, G. Grant (4 FR) 31:43; 3, W. Cain (21 Sig) 31:58; 4, M. Binks (RAOC TC) 32:03; 5, A. Shepherd (RAOC TC) 32:15; 6, D. Carr (21 Sig) 32:17; 7, T. Davies (4 FR) 32:22; 8, K. Holmes (TB&D REME) 32:24. **Teams:** (Major Units) 1 Div. HQ & Sig. Reg. 127; 2, 3rd B'tn Paras. 145; 3, RAOC Training

Centre 302. (Minor Units): 1, P&CD RE 80; 2, 21 Army Supp. Sqn. 87. (Youths): 1, Thornley (Jnr. Paras) 22:19; 2, T. Kay (AAC) 22:40; 3, K. Baker (Lich) 22:46. Teams: (Major): AA Colleges. (Minor): JS Coy. Scot. Inf. Glencorse.

### February 21st

**Leeds University Past v Present, at Meanwood Park.** 1, G. Turnbull (Pr) 32:04; 2, K. Irvine (Pa) 32:08; 3, A. Evans (Pa) 32:09; 4, M. Lambert (Pa) 32:54; 5, P. McCullagh (Pr) 33:05; 6, M. Critchley (Pa) 33:16; 7, M. Calvert (Pr) 33:41; 8, S. Woods (Pa) 33:44. Teams: 1, Past 90; 2, Present 123.

**Inter-Club CC, at Epsom Downs:** 1, J. Hills (B'ht) 36:34; 2, N. Booth (V) 36:49; 3, R. Chambers (B'ht) 38:49; 4, R. Dare (V) 38:53; 5, J. Skinner (NWB) 39:06; 6, J. Charman (V) 39:37. Teams: 1, Blackheath & Nat. West. Bank 27; 2, Vets AC 29.

**Jurd Road Races, at Southampton.** 1, B. Kitcher (S&E) 22:33; 2, M. Gregory (S&E) 22:46; 3, D. Fudge (Ports) 22:49; 4, M. Benn (Croy) 22:56; 5, K. Kiddle (Ports) 23:12; 6, P. Wheeler (Ov) 23:25; 7, M. Benning (Poly) 23:32; 8, M. Hargreaves (Ports) 23:35; 9, R. Walley (S&E) 23:41; 10, B. Smith (B'mth) 23:44. Teams: 1, Southampton & E 12; 2, Portsmouth 16; 3, Bournemouth 34. (Youths): 1, G. Butcher (Ports) 19:38; 2, M. Harris (Ports) 19:42; 3, C. Plumpton (Ports) 19:46; 4, A. Sharp (Ov) 20:01. (Boys): 1, G. Henry (Havant) 13:08; 2, R. Dean (S&E) 13:10; 3, R. Miller (S&E) 13:14; 4, J. Seddon (Read) 13:24. (Women): 1, C. Benning (Stret) 13:24; 2, A. Webster (AF&D) 14:48; 3, C. Curthoys (B'mth) 14:56; 4, T. Rashford (Ports) 15:11.

**Inter-County Colts Race, at Basingstoke.** 1, S. Hudson (Berks) 14:32; 2, P. Neely (Hants) 14:38; 3, K. Harris (Hants) 14:41; 4, P. Alden (Hants) 14:50; 5, D. Thornton (Hants) 14:58; 6, M. Brown (Berks) 14:59; 7, W. Martin (Hants) 15:01; 8, M. Newton (Hants S) 15:03. Team: Hampshire.

**N. London AC CC Meeting, at Parliament Hill.** 1, S. Poulton (High) 29:44; 2, M. English (N. Lon) 29:53; 3, M. Plint (Sheff) 29:56; 4, R. Williams (Exe) 30:02; 5, P. Gurr (High) 30:24; 6, J. Zapple (Exe) 30:37; 7, G. Plant (Exe) 30:45; 8, K. Middleton (High) 30:52; 9, M. O'Reilly (High) 31:06; 10, B. Standen (TVH) 31:11; 11, P. Holland (N. Lon) 31:21; 12, K. Davies (N. Lon) 31:25; 13, P. McCracken (N. Lon) 31:27; 14, T. Sullivan (N. Lon) 31:52; 15, J. Shemilt (High) 31:59. Teams: 1, Highgate 13; 2, N. London 23; 3, Hertford & W 46. (Youths): 1, C. Willis (North) 14:51; 2, A. Hope (West) 15:10; 3, R. Cackett (Wyc) 15:12; 4, N. Martyn (High) 15:21; 5, D. Hoinville (High) 15:45; 6, D. Cameron (N. Lon) 16:04. Teams: 1, Highgate 6; 2, Herne Hill 18; 3, Springfield 39. (Boys): 1, S. Burton (N. Lon) 15:43; 2, K. Gilzean (N. Lon) 16:10; 3, N.

Cornish (N. Lon) 16:26; 4, D. Crane (Kent) 16:44. Teams: 1, N. London 6; 2, Luton 21. (Colts): 1, R. Pearson (VoA) 12:06; 2, K. Coates (Ilf) 12:17; 3, A. DeSilva (N. Lon) 12:20. Team: N. London.

### February 22nd

**Petersfield '10'.** 1, D. Stevens (Hast) 48:29; 2, G. Bath (Salis) 49:48; 3, P. Wheeler (Ov) 50:14; 4, D. Fudge (Ports) 50:28; 5, P. Lawrence (Hast-V) 50:40; 6, K. Kiddle (Ports) 51:00; 7, B. Copps (Houn) 51:20; 8, J. Clow (Ports) 51:40; 9, A. Keenan (Ov) 52:14; 10, M. Hargreaves (Ports) 52:16; 11, T. Moffatt (Win) 53:02; 12, A. Addis (Inv) 53:11; 13, N. Graham (S&E) 53:13; 14, M. Keough (B'stokes-V) 53:20; 15, D. Wright (Worth) 53:22; 16, B. Switzer (S&E-V) 53:41. (O/45): 1, C. Burton (Ports) 58:10; 2, J. Brothers (Ports) 58:37; 3, E. Boxall (Hasl) 60:10.

### February 25th

**City of London Poly. 2 3/4M Road Race, at Tower Hill.** Fastest: A. Stewart (High) 13:06; M. Herring (Ilf) 13:13; L. Parrott (Hav) 13:14; P. Brenchley (Inv) 13:16; M. Harmer (Walt) 13:33.

**SCAAA Open Meeting, at Brighton.** 100/200: A. Pitts (Harl) 10.8/22.0. 3000: 1, M. Hirsch (Hay. H-J) 8:30.5; 2, M. Lasseter (B&H-J) 8:30.8. 3000 Walk: 1, J. Hall (Bel) 13:10.0; 2, D. Stevens (Stey) 13:35.4; 3, S. Elms (Stey) 13:56.7.

## LIAF EST ATHLETICS ASSOCIATION

present

# 6th MARATHON du VAL de MARNE PARIS, FRANCE SATURDAY, 2nd MAY, 1981

A FAST, FLAT COURSE RUN ROUND THE SIDE OF THE RIVER MARNE. THE THIRD LARGEST MARATHON FIELD IN FRANCE. COCKTAIL RECEPTION AT THE PRIZE GIVING. MANY PRIZES.

ACCOMMODATION AND ALL TRAVEL ARRANGEMENTS. LAST YEAR'S WINNER, BARRY HEATH, 2 Hr 19 Mins, INVITED THIS YEAR AND WILL RUN.

SEND NOW WITH S.A.E. FOR A RACE ENTRY FORM AND ALL DETAILS TO:

**BARRY WHITMORE,**  
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TEL: (02774) 58873 EVENINGS

## Who Can Stop The Ethiopians?

GRADUALLY, since the IAAF took over in 1973, the International Cross-Country Championships have increased in stature until this year — with more than 40 nations participating, including Ethiopia and Kenya — they are worthy of the title World Championships. The races, which are being staged today (March 28th) at the Zarzuela Racecourse, Madrid — at an altitude of some 2000ft — are 12km for senior men, 7250m for juniors and 4410m for women. It hasn't rained for a long time in Madrid, and the going is very hard.

The senior men's race looks like being the classiest in the event's history. Craig Virgin (USA), the defending champion, for a start faces an immensely powerful Ethiopian contingent of Miruts Yifter, Mohamed Kadir, Tolossa Kotu, Eshetu Tura, Dereje Nedi, Kebede Balcha, Berhanu Girma and Girma Wolde. Henry Rono's form and plans are not known at time of writing but there are bound to be some tough Kenyans in the field, plus Rod Dixon (NZ), Spain's Jose-Luis Gonzalez, Emiel Puttemans of Belgium, England's spearhead of Julian Goater, Mike McLeod and Dave Moorcroft, Welshman Steve Jones, Scotland's Nat Muir, France's Alex Gonzalez and some solid Russians and West

Germans. A well balanced England side will not give up the team title without a fight, but can anyone stop the Ethiopians?

Grete Waitz bids for her fourth consecutive championship, and although she did recently lose the first road race of her career it would be a major upset if anyone were to beat her in Madrid. The main opposition is likely to come from the USSR (who placed four in the first six last year), although Wendy Smith and Paula Fudge have shown such good form this winter over the country and on the indoor track that either on the day could challenge for a place in the first five and assist England to another set of team medals. Form is always difficult to assess for the junior race, but it will be of particular interest to see how Jon Richards, who at 16 may be the youngest in the field, will fare.

**English teams:** Goater, Holden, Clarke, McLeod, Moorcroft, Binns, Newton, Forster, Ford; (Jnrs) Dixon, Bloor, King, Rimmer, Davies-Hale, Richards; (Women) W. Smith, Fudge, Arthurton, Furniss, Benning, Binns. **Scottish teams:** J. Brown, Clement, Clyne, Douglas, Gilmour, Hutton, Muir, Robson, L. Spence; (Jnrs) Copestake, Fox, Gladwin, Henderson, McIntyre, Steel; (Women) A. Wright, B. Murray, Price, Y. Murray, MacDougall, Linsey Macdonald. **Welsh teams:** Blackwell, Buckley, Cole, Hackney, James, Jones, Lane, Robertshaw, Simmons; (Jnrs) Blakemore, Boughey, Hill, A. Smith, S. Smith, Stops; (Women) Bradford, Hollick, Jones, Lochhead, B. Smith, Williams. **N. Irish teams:** Doherty, McLaughlin, G. Craig, C. Spence, McCullagh, P. Craig, Greg Hannon; (Jnrs) McCaffrey, Murrigh, Wright, McNeilly.

### NOTTS ATHLETIC CLUB MAY DAY BANK HOLIDAY OPEN TRACK & FIELD MEETING

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

Harvey Hadden Stadium,  
Wigman Road, Bilborough, Nottingham  
MONDAY, MAY 4th, 1981, at 11 am

EVENTS (Ages as at 31.8.81)

Minor Girls U/11 — 80m, 800m.

Girls U/13 — 80m, 800m. Long Jump.

Junior Ladies — 100m, 200m, 800m. High Jump, Long Jump, Shot, Discus.

Inter Ladies — 100m, 200m, 800m.

Senior Ladies — 100m, 200m, 400m, 1500m. Long Jump, High Jump, Javelin, Shot, Discus.

Young Colts U/11 — 80m, 800m.

Colts U/13 — 80m, 800m. Long Jump.

Boys — 100m, 400m, 1500m. Long Jump.

Youths — 100m, 200m, 400m, 1500m. Hammer, Shot, Pole Vault.

Junior/Senior Men — 100m, 200m, 400m, 800m, 1500m. Hammer, Shot, Pole Vault. (5000m runners please state personal best time).

Medals or Prizes for first three in each event. Additional prizes in Senior events if number of entries is high.

Entry Fees: all age groups 40p per event.

ENTRIES CLOSE THURS., APRIL 23rd

Definitely no late entries

Entries to: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham, (0602 283230).

Please state D.O.B. (Seniors excepted).

Needle spikes not exceeding 9 mm to be worn.

### HALF MARATHON FUN RUN

Brendan Foster has announced the fulfilment of one of his long-standing burning desires: to stage a mass long-distance fun-run on Tyneside. Foster and Stan Long are helping BBC's regional news programme 'Look North' to launch a half-marathon on Sunday, June 28th which will run its course between Newcastle's Town Moor and South Shields. It is hoped that at least 6,000 will take part in what Foster calls a "mini New York Marathon" and which he hopes will be "the biggest sporting spectacle in the North East".

'Look North' presenter Mike Neville will help to promote the event and attempt to attract the overweight via a series of basic training schedules to be outlined on the regional news magazine programme in the next few months. The laudable venture is deliberately seeking to rival the Sunday Times Fun Run and will be a perfect complement to the mass full marathon fever which will be hitting Tyneside in the summer — in the shape of the North Tyneside Marathon on July 12th, and the Evening Chronicle Marathon on August 9th.

Simon Turnbull

The Centurion Joggers are proud to announce  
that this year's 2nd People's Marathon will now be known as

## "THE NIKE PEOPLE'S MARATHON"

Entries are now closed with 2200 men and just under 200 ladies.

The Marathon will commence at 12 Noon  
**ON SUNDAY, 10th MAY**

From Chelmsley Road, Chelmsley Wood, Solihull

All proceeds in aid of the International Year of the Disabled. Many varied demonstrations, side shows, etc. will be open all day long, with grand finale being a pig roast. So why not come along and enjoy the day's festivities.

We would like to take this opportunity of thanking all the sponsors who have made this year's event possible, particularly "Nike" whom we hope will be with us for many years to come; "Running Magazine" for their advertising, publicity and technical assistance; 'Trustees Savings Bank' and 'Tom Currigan' (local bookmaker) for additional financial aid; and all the following for their generous donations in kind: — Robinsons Barley Water, Scaffolding Great Britain, Vitafoam, Univac Computers and Avon Cosmetics.

We would also like to thank the local police and councils, who have done so much in order to ensure an almost traffic-free course.

On behalf of the People's Marathon organisers, we would also like to offer our sincere best wishes to all those taking part in the London Marathon and every success to those involved in the organising of such a venture.

**JOHN WALKER**  
Race Director

### 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.

**CHINA AWARDS** — Plates, mugs, coasters, etc. Club insignia, event dates, sponsors' names etc. shown. Planning for 1981? Contact **Berkshire China Co. Ltd., 298 King Street, Fenton, Stoke on Trent, Staffs. Tel: 0782 311447.** Exclusive rights held for London Marathon ceramic souvenirs.

**LONDON MARATHON SHORTS** with official logo £4.90. Lightweight Tricot — Royal, White, Green, Black, Red all with contrast trim. **Douglas Sports, 16 St. Martin's Le Grand, London EC1A 4EP.**

**VITAMINS**, food supplements, weights, apparatus, etc. Unbeatable prices, S.A.E., **Healthways, (AW7), P.O. Box 28, Harrogate HG1 3HP.**

**TRAINING DIARY** 90p (B.A.A.B. APPROVED). Training, Competition, Schedules, Graphs, Fixtures sections! Starts anytime! **CATALOGUE (BOOKS, STICKERS)** 25p. Samples, £14 Discount Vouchers! **Arena, 325 Streatham High Road, London SW16 3NS.**

**THE CIRCLE (No. 17)** — A quarterly magazine for Shot/Discus/Hammer events — Subscription £2 — **Max Jones, 7 Rosedale Ave., Sandal, Wakefield WF2 6EP.**

**SALE OF E.B. Shoes** Buy now and save on E.B. quality hand made shoes. **MARATHON** — the road shoe £21.20. **SAO PAULO** — ultralight weight £27.40. **Track shoes E.B. 800** — all round track shoe £17.85. **INTERVAL** — middle distance £22.27. **STEEPLECHASE** — the steeplechase shoe £21.20. **MUNICH** — superb sprint shoe £26.51. **WALKING** — race walker, comfort and protection £21.20. All prices are post paid. Please send foot outline and give regular shoe size. Limited stocks available at these prices. Access accepted. **E.B. Shoes, 27 Oakley Road, Chinnor, Oxford.**

**SPENCO PRODUCTS** — Heel Cushions £1.60, Insoles £2.25, Flexible Arch Supports £3.25. **Contact Douglas Sports.**

**CLEARANCE BARGAINS** — Nike Waffle Trainer £15.00, New Boston £13.00, Wally Waffle £6.50, Oceania £9.50, Adidas SL76 £13.00, Reebok Cougar £12.00, Reebok Zenith £14.00, Adidas Mexico £12.00, Adidas small T-shirts £3.00, large £3.50. Please ring for details of available sizes and other bargains. **ALL POST FREE. Focus Sports, 01-882 2981.**

**HOUSE SHARE** in Catford, male/female, own room. 3 miles Crystal Palace. **Write first instance 30 Sportsbank Street, Catford, London.**

**SATURDAY JOB WANTED** in Running/Sports shop, by 16 year old jogger (who wears boots!). Please ring **Philip Austin 942 6223** after 4 p.m.

# OUTSOLE MATERIALS & DESIGNS II

## TRAINING SHOE OUTSOLES (continued)

### OCTOPUS SOLE

The expanded rubber Octopus outsole is an outsole option for those runners who prefer a non-studded sole design.



The suction-cup effect of the Octopus design offers both cushioning and traction. It presents a fairly uniform sole profile to the running surface,

thus spreading the force of impact over a larger area. The wear surface is also increased by the gentle profile of the Octopus design.

### ANATOMICAL OUTSOLE™

The Anatomical Outsole design is the result of intensive analysis of forces at the point of contact between the shoe and ground during running. Studies of the resulting sole wear patterns led to the development of this outsole pattern.

A series of raised horizontal bars comprise the basis of the design. Their arrangement permits the Anatomical sole pattern to aid in the dynamics of running. The design maximizes durability, stability and flexibility, while keeping the sole as light as possible.

The raised horizontal bar pattern accommodates weight distribution at all phases of ground contact. The bars are the widest at the areas of greatest stress and narrowest where the stress is the least, so sole rubber is against the road in direct proportion to the intensity of the frictional forces that produce sole wear.



Anatomical Outsole  
(Patent Pending)

## RACING SHOE OUTSOLES

NIKE® racing shoes are always designed to be as lightweight as possible while maintaining quality cushioning and foot support. The rubber soles for NIKE racing shoes, therefore, are engineered with lightness the primary consideration, while durability is an important (but less critical) design element.

The Waffle sole permits the use of solid rubber in a geometrically efficient design that maximizes cushioning and traction with minimal material usage, and thus, less weight. In spite of reduced surface contact from the Waffle design, sole durability is still excellent because of the abrasion-resistant qualities of the solid rubber.

Other NIKE racing shoes utilize light weight expanded rubber compounds in a variety of outsole designs. These are designed with a large amount of surface contact area so that a good degree of durability is maintained.



Further information from:

**Reliance Sportswear Limited,**

Ryburne Mill, Hanson Lane, Halifax, West Yorkshire, HX1 4SE

