

INCORPORATING WOMEN'S ATHLETICS · MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

MARCH
1979

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Inside —
Interview with
John Disley



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Published by:

World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent.
 Telephone: Medway (0634) 409260
 Medway (0634) 409269

Printed by:

Kent Art Printers Ltd,
 New Road, Rochester,
 Kent ME1 1DT.

Annual Subscription (including postage):

Direct subscribers in UK, Eire & HM Forces:
 £13.22

Through an agency £15.08

Overseas Surface Mail: £15.08

Air Mail Europe: £16.12

Other Air Mail rates on application.

USA Surface \$30. Air Mail \$37.

Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

Overseas subscriptions should be paid by
 cheque in sterling on a London bank, or by
 International Money Order.

Audited Circulation: July-December 1978 18,340.

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INCORPORATING: WOMEN'S ATHLETICS • MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

Vol. 33 No. 9

MARCH 3rd 1979

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THE WEEK AHEAD

Saturday, March 3rd: National CC Champs, Luton; English Schoolgirls CC Champs, Windsor; Welsh Schools CC Champs, Newtown; Duncairn Nomads Relay, Woodvale; Edinburgh University '10'; North of Scotland League, Lossiemouth; Southern Area 10M Walk Champs, Battersea Park; Northern Area 10M Walk Champs, Sheffield.

Sunday, March 4th: Pat Spence Memorial CC Races, Greenock; Annan River Races, Dumfriesshire; Telford CC Races; Camberley CC Races; Medway Road Relays.

Tuesday, March 6th: RAF 20km Walk Champs, North Luffenham.

Wednesday, March 7th: TVH Open Meeting, West London; London Vidarians Floodlit Walk Meeting, Carshalton; NE Wednesday League, Harrogate.

Friday, March 9th: Inter-Services CC Champs, Aldershot.

Saturday, March 10th: Scottish Schools CC Champs, Edinburgh; Irish Schools CC Champs, Woodvale; Northern Ireland CC Champs, Lurgan; Swindon Road Relays; Tonbridge '10';

Clydesdale Open Road Race, Clydebank; Fife AC '6'; Altrincham Track 50km; LOAC CC Races, Cranford; Rossendale Women's CC Shield Races, Rawtenstall; Inverclyde CC Champs, Greenock; Medway Boys & Colts CC Relays; Nottingham Univ. Road Relay & Women's Road Races; Chester & Ellesmere Port Women's CC Races; Gwent League; J. Dickinson Meeting, Leigh; Windermere to Kendal '10'; Piers 6M Walk, Bournemouth; Cambridge H 10km Walk, Bexley.

Sunday, March 11th: Sussex '20', Worthing; Stafford AC Milford '21'; Ballycotton '10'; Northern Counties Indoor High Jump and Shot Champs, Bolton; Eastern Vets CC Champs, Huntingdon; Yorkshire Bank Shield Meeting, Cleckheaton; Sankey Round The Town Races, Ipswich; Whinberry Naze Dash.

COVER PHOTO

(By Mark Shearman)

Southern cross-country champion Penny Yule, who finished 3rd in the 'National'.

Welsh CC Championships

Clive Williams reporting

Steve Jones Pressed By Roger Hackney

STEVE JONES duly took his third successive Welsh cross-country title in bitterly cold conditions at Bridgend on February 17th, but he certainly did not have things all his own way, as 21-year-old Roger Hackney pushed him for the whole of the race, and finished just 9 sec down, clocking 37.56 to Jones's 37:47. Jones now needs to win next year to equal the most number of consecutive wins — four — held jointly by Tommy Arthur (Newport Harriers) between 1906 and 1909; and the more recent performance of former 'National' winner, Malcolm Thomas, who won between 1970 and 1973. Incidentally, the most number of wins in this event is held by Ernie Thomas, who won 6 titles in the period 1921-1933.

Within 1½ miles, the pattern had emerged, with a group of seven having broken away. The group contained Jones, Hackney, Peter Baker, Dic Evans, Mick Morris, Clive Thomas and Ted Turner, and although the positions changed at the finish, this was the eventual first seven.

At 2½ miles Mick Morris, now back for good from his American University, held a slight lead, with this Jones took command and only Hackney

went after Jones and Hackney just behind. But soon after him. Morris held third going into the last of the five laps, but a strong late burst by Welsh 1,500m champion Baker saw him take the frame place. Morris hung on for 4th, with consistent Dic Evans 5th, Ted Turner 6th and Clive Thomas 7th. Cardiff took the team race for the 11th successive year.

Swansea-born Hackney, who is now in the RAF, and finished 3rd in last summer's Welsh steeplechase, ending the season with a best of 8:47.6, ran well in the Inter-Counties for 9th, 50 sec behind winner Jones. His presence in the Welsh team for Limerick will add to an already strong squad — the first five to finish were named along with John Davies, the Southern champion. It's fairly certain that Tony Simmons, who missed the race with WCCA permission, will be added, along with Glen Grant, the 9th spot going to any one of half a dozen.

Hilary Hollick, like Grant a Commonwealth Games finalist and Welsh record breaker at 1500m at the Games, had only 3 sec to spare over veteran campaigner Bron Smith in retaining her title. These two along with 3rd placed Carol

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Steve Jones shares the lead with Mick Morris (44), with Roger Hackney just behind.

J. Clarkson

Nicholas, and Kim Lock, who was sadly off-form in 4th, were named for Limerick.

Westbury's Chris Buckley was a runaway winner of the junior men's race, and he was named for Limerick along with 2nd and 3rd placed Howard Parsell and Ieuan Ellis. Youths winner Steve Blakemore was also added to the junior team. The remaining places in the teams will be announced later

1, S. Jones (RAF Lyneham) 37:47
2, R. Hackney (Birmingham University) ... 37:56
3, P. Baker (Shaftesbury) 38:24
4, M. Morris (Car) 38:39; 5, R. Evans (Car) 38:43; 6, E. Turner (Beach) 38:52; 7, C. Thomas (TVH) 38:56; 8, M. Lane (New) 39:28; 9, A. Cole (Swan) 39:35; 10, C. Mattock (W&B) 39:44; 11, J. Davies (Es. B) 39:47; 12, S. Slocombe (Car) 40:01; 13, Adams 40:04; 14, L. Roberts (Car) 40:21; 15, R. Milne (Notts) 40:25; 16, A. Darby (Sale) 40:36; 17, J. Hood (AF&D) 41:04; 18, J. Bartley (Bolt) 41:07; 19, A. Jeffries (Swan) 41:26; 20, D. James (Car) 41:36; 21, P. Lewis (S&E) 41:40; 22, J. Mostyn (Shrew) 41:50; 23, I. Snow (N. Powys) 42:07; 24, B. Griffiths (RRW) 42:09; 25, H. Roberts (Car) 42:18; 26, C. Davies (Swan) 42:22; 27, F. Thomas (Abery) 42:27; 28, A.

Davies (UCW, Abery) 42:44; 29, T. Jones (New) 43:06; 30, B. Bullen (Swan) 43:09; 31, E. Thomas (Brid) 43:20; 32, M. Parkes (Brid) 43:30; 33, S. Brown (Unatt) 43:41; 34, G. Prothero (Mel) 43:48; 35, D. Roberts (Swan) 44:04; 36, J. Evans (Neath-V) 44:11; 37, I. Jones (N. Powys) 44:16; 38, E. Batchelor (UCW, Abery) 44:20; 39, P. Howlett (Beach) 44:24; 40, R. Davies (Swan) 44:34. **Teams:** 1, Cardiff 32; 2, Swansea 69; 3, Newport 122; 4, North Powys 132; 5, Bridgend YMCA 150. **(Juniors):** 1, C. Buckley (West) 27:48; 2, H. Parsell (Swan) 28:17; 3, I. Ellis (Abery) 28:18. **Teams:** 1, Swansea 11; 2, AAC Chepstow 24; 3, Cardiff 29. **(Youths):** 1, S. Blakemore (Car) 19:48; 2, M. Webbhorn (Swan) 19:51; 3, P. Llewellyn (Shaft) 20:01. **Teams:** 1, Cardiff 9; 2, Swansea 15. **(Boys):** 1, J. Pimney (Tor) 16:28; 2, M. Griffiths (Swan) 16:34; 3, J. McKeever (Abery) 16:53. **Teams:** 1, Swansea 19; 2, Port Talbot 24; 3, Cardiff 28. **(Colts):** 1, L. Williams (Fern) 13:22; 2, N. Commerford (Barry) 13:28; 3, A. Cocking (DoC) 13:32. **Teams:** 1, Ferndale LCS 22; 2, Barry 26; 3, Cardiff 35.

Women

1, H. Hollick (Sale) 18:10; 2, B. Smith (B&R) 18:13; 3, C. Nicholas (Cled-I) 18:32; 4, K. Lock (Car) 18:46; 5, G. Irvine (Carm-I) 18:51; 6, A. Disley (New) 18:58; 7, L. LeRue (Tor) 19:03; 8, A. Fox (Swan) 19:07; 9, A. Notman (Car) 19:10; 10, D. Davies (Car) 19:35; 11, D. Rees (Carm) 19:49; 12, B. Butcher (Bury) 19:53; 13, S. Russell (West) 19:58. **Teams:** 1, Cardiff 8; 2, Swansea 13. **(Inters):** 1, C. Francis (New) 14:14; 2, A. Blakey (Car) 14:54; 3, B. Thomas (Car) 14:56. **Teams:** 1, Cardiff 8; 2, Swansea 13. **(Juniors):** 1, Y. Jones (Tiv) 8:26; 2, L. Silva (Mel) 8:36; 3, K. Williams (P. Tal) 8:44. **Teams:** 1, Cardiff 11; 2, Port Talbot 11; 3, Newport 35. **(Girls):** 1, J. Thomas (Carm) 9:15; 2, J. Jones (Brid) 9:26; 3, N. Bullimore (Tor) 9:40. **Teams:** 1, Bridgend YMCA 16; 2, Cardiff 33; 3, Torfaen 33.

(Further results next week)

10th in the Southern Junior CC Championships was G. Barley of Borough of Enfield.

UNIVERSITY OF LANCASTER A.C. 2nd Annual Open

CROSS COUNTRY MEETING
at the University on Sat. March 17th, 1979
2.00 p.m. COLTS (2 Miles)
2.30 p.m. BOYS (3 Miles)
3.00 p.m. SENIOR MEN (5 Miles)

Prizes to 1st 3 Ind., 1st 3 Teams (4 score), 1st Junior, Vet in Senior race (please indicate). Perpetual Trophy for winning Senior Team.

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(Free meal provided to all competitors)

Gateshead's Turn Again?

THE 'National' continues to grow apace. This year's races for the Provincial Insurance Co. sponsored ECCU Championships at Stopsley, Luton, today (March 3rd) have attracted another record entry. For the senior race (starting at 3.15) there are 243 teams and 88 individuals, a potential field of over 2000 runners; the figures for the Juniors (2.30) are 134 teams and 168 individuals, and for the Youths (2.00) 148 and 93 individuals.

Clearest favourite of the day must be Northern champion David Lewis in the Youths race. Runner-up last year to Simon Catchpole, this outstanding young steeplechaser has swept the board this winter. His closest rival is Southern champion Eddie Herridge, 2nd to Lewis in the Inter-Counties held on the same Luton course in January.

The Inter-Counties and Northern Junior winner, Steve Binns, has enjoyed a most successful season including several fine performances in senior competition, and will be the man to beat in that event. Little has been heard this winter of International champion Mick Morton but the North can field two other strong contenders in Neil Black and Steve Parr.

Rarely has the senior race looked so open. None of the 'big three' of recent years — Bernie Ford (never worse than 2nd in the past five Nationals!), Tony Simmons and Dave Black — has shown vintage form so far this winter, but it would be imprudent to rule out any of these trusted stalwarts. Mike McLeod will be favoured by many, while others may fancy the chances of Barry Smith, John Davies, Julian Goater, Steve Kenyon and Kevin Steere. The two jokers in the pack are Steve Ovett and Nick Rose. If Ovett (4th last year behind Ford, Ian Stewart and Simmons) decides to run, it will be a sign that he feels he can win — and if that is the case, my money would be on him! Rose, the 1971 International Junior Champion, set a UK indoor 3000m record of

44-PAGE ISSUE NEXT WEEK

Only in 'AW' can you obtain the complete results of the ECCU Championships. See next week's 44-page issue, which will also include coverage of the Women's National CC and full results of the European Indoor Championships.

7:46.7 in Vienna last Sunday, but the question to be answered is whether he can take nine tough miles of country. It all adds up to an intriguing prospect.

Gateshead, winners three times running until Tipton spoiled their record last year, are confident of regaining the team trophy. With Barry Smith, Dennis Coates, Steve Irvine, Charlie Spedding, Barry Leddicot, Max Coleby, Brian Baggaley and John Myatt to choose from, it's a very solid side even if Dave Cannon (who returned from a half-marathon in Puerto Rico suffering from malaria) does not run. The club has some useful reserves! Tipton, without Ian Stewart, don't look capable of victory this time and Gateshead's strongest opposition could well come from Cambridge & Coleridge, who had John Wild, the Tucks and Kevin Steere all home in the first 27 last year. All will depend on the calibre of the 5th and 6th scorers.

M.W.

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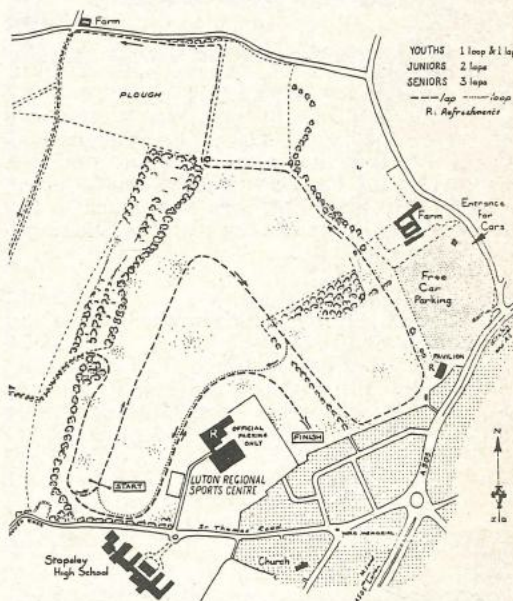
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LEAGUE RACES

HERNE HILL HARRIERS YOUNG ATHLETES CC LEAGUE

At Brockwell Park, January 27th

(Youths): 1, A. Guilder (Ell) 21:46; 2, R. Coe (Kent) 22:39; 3, D. Brechin (Ell) 22:56; 4, P. Burton (Camb) 23:03; 5, K. Hayes (Ell) 23:10; 6, D. North (Bel) 23:19; 7, R. Wright (B'ht) 23:31; 8, M. Hastie (Ell) 23:52; 9, E. Haynes (B'ht) 23:55; 10, M. Sinclair (Bel) 23:55. Teams: 1, Elliott 31; 2, Belgrave 67; 3, Blackheath 107; 4, St. Josephs 117; 5, Dartford 120; 6, Herne Hill 125. (Boys): 1, M. Snell (Med) 17:18; 2, N. Maytum (Ell) 17:21; 3, A. Gravett (St. J) 17:39; 4, D. Middleton (HHH) 17:52; 5, I. Grimble (Camb) 17:56; 6, G. Sexton (Bel) 18:02; 7, W. McVittie (Dart) 18:04; 8, S. Child (Mit) 18:04; 9, M. Sillitoe (Mit) 18:05; 10, E. Mulcair (HHH) 18:06. Teams: 1, Elliott 64; 2, Mitcham 99; 3, St. Josephs 101; 4, Medway 106; 5, Dartford 117; 6, Herne Hill 143. (Colts): 1, D. Smith (Dart) 12:17; 2, K. Staunton (St. J) 12:17; 3, M. Quenby (Camb) 12:18; 4, B. Pinsent (St. J) 12:24; 5, A. Lucas (Ell) 12:26; 6, R. Rider (Camb) 12:36; 7, D. Mears (Camb) 12:37; 8, F. Marsh (HHH) 12:37; 9, I. Langley (Ell) 12:38; 10, M. Bangle (Wilt) 12:40. Teams: 1, St. Josephs 49; 2, Cambridge 68; 3, Elliott 129; 4, Dartford 171; 5, Medway 174; 6, Herne Hill 176.

SUNDAY YOUNG ATHLETES LEAGUE

At Ware, January 28th

(Youths): 1, K. Meardon (Thet) 15:37; 2, G. Staines (Verl) 15:44; 3, N. Tennant (Camb) 15:58; 4, S. Anderson (Wind) 16:07; 5, D. Stanley (Camb) 16:13; 6, J. Strong (Barn) 16:15. Teams: 1, Cambridge & C 36; 2, Barnet 57; 3, Windsor 64. (Boys): 1, M. Seymour (Wyc) 11:44; 2, T. Jerman (Peter) 11:56; 3, S. Rayner (Milt K) 12:00; 4, S. Kendall (AF&D) 12:01; 5, M. Kendall (AF&D) 12:16; 6, D. Flack (AF&D) 12:29. Teams: 1, Aldershot, F&D 30; 2, Oxford 44; 3, Barnet 55. (Colts): 1, B. Pfeiffer (Lon I) 10:53; 2, D. Taylor (Barn) 11:04; 3, M. Fagan (Lon I) 11:05; 4, R. Scott (Ox) 11:09; 5, A. Ratcliffe (AF&D) 11:16; 6, P. Halsey (Lut) 11:27. Teams: 1, Aldershot, F&D 44; 2, London Irish 46; 3, Luton 47. (Inter Women): 1, J. Godliman (Milt K) 13:32; 2, M. Braines (Peter) 13:47; 3, S. Alt (Ox) 13:57; 4, A. Beattie (AF&D) 14:15; 5, D. Ball (Thet) 14:35; 6, K. Godfrey (Ox) 14:42. Teams: 1, Oxford 38; 2, Wycombe 50; 3, Luton 68. (Juniors): 1, L. Silva (Melb) 11:12; 2, A. Nagle (Har) 11:37; 3, A. Tindall (AF&D) 11:44; 4, H. Churn (AF&D) 11:53; 5, L. Ealham (Ver) 11:57; 6, D. Hobbs (Ver) 12:01. Teams: 1, Aldershot, F&D 31; 2, Verlea 57; 3, Melbourn 67. (Girls): 1, T. Gleed (Wyc) 9:31; 2, C. Lilley (AF&D) 9:34; 3, C. Bourke (Ox) 9:55; 4, A. Connachie (Thet) 9:56; 5, M. Grant (Ox) 10:00; 6, S. Hague (Wyc) 10:03. Teams: 1, Wycombe 26; 2, Aldershot, F&D 56; 3, Thetford 61.

STOURPORT ATHLETIC CLUB

4th Annual

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

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Young Colts	1½ Miles	Parsons Chain Trophy	P. Dainty (Birch H) Team Tipton H
Senior Ladies	3 Miles	Parsons Chain Trophy	J. Holloway (Birch H) Team Birch H
Inter Ladies	2½ Miles	Mayor of Stourport Cup	B. Smith (Broms & R) Team Broms & R
Junior Ladies	2½ Miles	Bristol Automation Trophy	J. Honeysett (Exeter) Team Exeter
Girls	1½ Miles	Austin Wilkins Cup	E. Sinclair (Bristol) Team Stourport
Young Girls	1½ Miles	City Electrical (Birm'm) Trophy	M. McKie (Exeter) Team Bristol
			A. Thiesen (LAV Husum) Team LAV Husum

All ages as at 1st September, 1978

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ENTRIES CLOSE MONDAY, MARCH 26th

WEST GLAMORGAN COUNTY LEAGUE**At Llandarcy, January 28th**

1, S. Seaman (Swan) 41:07; 2, J. O'Brien (P. Tal) 42:03; 3, D. Robbins (BSC) 42:56; 4, J. Evans (Neath) 42:58; 5, R. Davies (Swan) 44:15; 6, D. Jones (BSC) 44:33. Teams: 1, British Steel Corp. 28; 2eq, Swansea & Neath 24.

SCOTTISH SERVICES CC LEAGUE**At Leuchars, January 31st**

1, Lang (Fife) 30:15; 2, Robinson (Nept) 30:50; 3, Lamb (Kinl) 31:10; 4, Francis (Fife) 31:50; 5, McGregor (CS) 31:53; 6, Band (Zulu) 32:14; 7, Henderson (Loss) 32:24; 8, Kevan (Leuch) 32:39; 9, McKechnie (MOD Navy) 33:03; 10, Anthony (MOD Navy) 33:11. Teams: 1, MOD Navy 360; 2, HMS Zulu 335; 3, Civil Service 330; 4, Neptune 326; 5, Leuchars 309; 6, Lossiemouth 300.

MERSEYSIDE COLLEGES LEAGUE**At Clarkes Gardens, January 31st.**

1, T. Moore (CS) 29:10; 2, H. Jones (LU) 29:38; 3, J. Crehan (CS) 29:54; 4, D. Sykes (LU) 30:08; 5, M. McCausland (CS) 30:13; 6, D. Clague (CS) 30:21; 7, R. Brimage (CS) 31:18; 8, F. Fitzpatrick (MP) 31:37; 9, Wood (Gst) 31:54; 10, A. Fox (CFM) 32:07. Teams: 1, Civil Service 58; 2, Liverpool Univ. 90; 3, St. Mary's 137; 4, C. F. Mott College 170; 5, Merchant Taylors 174; 6, Liverpool Polytechnic 222.

At Blundells Sands, February 7th

1, E. White (CS) 24:16; 2, H. Jones (LU) 24:22; 3, M. Flynn (CS) 24:56; 4, T. Moore (CS) 25:24; 5, M. McCausland (CS) 25:46; 6, J. Verity (LU) 25:50; 7, D. Sykes (LU) 25:56; 8, D. Evans (CS) 26:00; 9, E. Edwards (MP) 26:11; 10, D. Clague (CS) 26:17. Teams: 1, Civil Service 31; 2, St. Mary's 160; 3, Liverpool Univ. 162; 4, Merseyside Police 167; 5, Merchant Taylors 236; 6, C.F. Mott College 238.

CHINGFORD & DISTRICT LEAGUE**At Victoria Park, February 3rd**

1, C. Pringuer (Har) 23:38; 2, J. Goldring (Walth) 23:45; 3, R. Hanna (Enf) 23:58; 4, K. Davies (N. Lon) 24:23; 5, D. Milner (Har) 24:35; 6, D. Hardstaff (N. Lon) 24:39; 7, N. Roussell (Har) 24:50; 8, D. Norrell (Har) 25:00; 9, M. English (N. Lon) 25:11; 10, G. Harold (Enf) 25:20; 11, S. Surridge (Walth) 25:24; 12, J. Bowes (Eton M) 25:30; 13, K. Ward (Lough) 25:38; 14, J. Street (Barn) 25:40; 15, K. Lowe (VPH) 25:42; 16, B. Dabrowski (Barn) 25:51; 17, M. Murphy (N. Lon) 25:58; 18, D. Wilcock (N. Lon) 26:00; 19, C. Ridley (Walth) 26:05; 20, J. Kearsey (Eton M) 26:08. Teams: 1, North London 87; 2, Haringey 112; 3, Borough of Enfield 116; 4, Walthamstow 117; 5, VPH 180; 6, Barnet 208.

GWENT LEAGUE**At Llantarnam, February 3rd**

1, A. Cole (Swansea) 29:07
2, M. Lane (Newport) 29:11
3, E. Turner (AA College, Chepstow) 29:30
4, M. Cowman (West) 30:04; 5, D. Roberts (Card) 30:15; 6, J. Kellie (West) 30:36; 7, S. Seaman (Swan) 30:42; 8, J. Smith (West) 30:58; 9, M. McGeoch (Barry) 31:12; 10, W. Valentine (West) 31:15; 11, G. Blackburn (West) 31:24; 12, C. Davies (Swan) 31:28; 13, D. Roberts (Swan) 31:37; 14, P. Watts (West) 31:37; 15, B. Griffiths (RRW) 31:43; 16, A. Jeffries (Swan) 31:46; 17, M. Parkes (Brid) 31:59; 18, D. Cliffe (New) 32:02; 19, R. Wyatt (Cleve) 32:03; 20, M. Rose (Bath) 32:04. Teams: 1, Westbury 556; 2, Swansea 546; 3, Cardiff 445; 4, Bath & Percy 432; 5, Newport 430; 6, Bridgend YMCA 397. (Juniors): 1, C. Buckley (West) 22:55; 2, H. Parsell (Swan) 23:07; 3, J. Ellis (Aberys) 23:14; 4, S. Parker (West) 23:31; 5, M. Harris (Bris) 23:35; 6, A. Fidler (Card) 23:47; 7, E. Martin (AACC) 23:56; 8, G. James (Barry) 23:57; 9, T. Matthews (West) 24:21; 10, C. Moon (Here) 24:23. Teams: 1, Swansea 113; 2, Westbury 102; 3, Cardiff 85; 4, AAC Chepstow 72; 5, Bristol 51; 6, Aberystwyth 42. (Youths): 1, C. McIntyre (West) 17:23; 2, M. Webbhorn (Swan) 17:28; 3, P. Miller (Card) 17:33; 4, K. Bennett (Bris) 17:36; 5, S. Knapp (West) 17:37; 6, A. Smith (Swan) 17:38; 7, T. Williams (Swan) 17:40; 8, N. Stops (New) 17:43; 9, M. Jones (West) 17:44; 10, A. Wright (Bris) 17:45. Teams: 1, Westbury 277; 2, Cardiff 250; 3, Swansea 248; 4, Bristol 221; 5, Torfaen 150; 6, Bishop Gore School 139. (Boys): 1, J. Manners (Cleve) 14:28; 2, J. Pimney (Tor) 14:49; 3, M. Griffiths (Swan) 14:54; 4, D. Thomas (BGS) 14:55; 5, J. Pendrey (Glos) 14:56; 6, K. Miles (West) 14:57; 7, K. Foley (West) 14:58; 8, L. Plummer (Bris) 15:00; 9, A. Murray (Glos) 15:01; 10, A. Penman (Swan) 15:02. Teams: 1, Westbury 469; 2, Cardiff 432; 3, Bristol 426; 4eq, Bryn Celynnog School & Bath & Percy 333; 6, Gloucester 330. (Colts): 1, S. Alford (West) 9:40; 2, S. Smyth (West) 9:42; 3, S. Minnal (Bris) 9:43; 4, N. Commerford (Barry) 10:00; 5, A. Manners (Cleve) 10:03; 6, P. Field (Glos) 10:04; 7, M. Williams (Card) 10:06; 8, G. Parker (Durs) 10:07; 9, J. Pritchard (Card) 10:07; 10, M. Greenwood (Port T) 10:08. Teams: 1, Bristol 348; 2, Westbury 347; 3, Cardiff 333; 4, Barry 293; 5, Ferndale Lower School 241; 6, Clevedon 147. (U/11): 1, S. Cowley (West) 7:54; 2, B. Haorley (West) 8:01; 3, S. Godwin (Bris) 8:04; 4, M. Gamblin (West) 8:05; 5, S. Partridge (Brid) 8:09; 6, S. Price (KH. 8th S) 8:10. Teams: 1, Westbury 510; 2, Bristol 473; 3, Bryn Celynnog School 434. (U/9): 1, B. Gilbert (Durs) 3:53; 2, L. Adams (West) 3:57; 3, C. McFadzean (West) 4:01. Team: Westbury.

Women

1, K. Lock (Card) 16:30; 2, A. Notman (Card)

16:46; 3, J. Parker (Bris) 17:01; 4, A. Fox (Swan) 17:11; 5, K. Le Rue (Tor) 17:12; 6, D. Davies (Card) 17:26; 7, S. Smith (West) 17:27; 8, D. Rees (Carm) 17:56; 9, M. Bone (West) 18:05; 10, S. Jones (Carm) 18:56. **Teams:** 1, Cardiff 52; 2, Westbury 30; 3, Bristol 26; 4, Carmarthen & D 20; 5, Swansea 15; 6, Torfaen 14. **(Inters):** 1, A. Edwards (Bris) 9:52; 2, C. Nicholas (Cled) 9:55; 3, M. Wiltshire (West) 10:02; 4, G. Irvine (Carm) 10:11; 5, C. Bradford (Cleve) 10:14; 6, L. Gibson (Durs) 10:19; 7, C. Francis (New) 10:30; 8, E. Sinclair (Bris) 10:35; 9, R. Powell (Tal) 10:44; 10, A. Blakey (Card) 10:45. **Teams:** 1, Bristol 148; 2, Westbury 134; 3, Cardiff 116; 4, Carmarthen & D 65; 5, Clevedon 43; 6, Swansea 40. **(Juniors):** 1, T. Kenward (Card) 7:49; 2, K. Williams (Port T) 8:00; 3, J. Presley (Bris) 8:07; 4, L. Copp (Port T) 8:09; 5, K. Roderick (Card) 8:11; 6, M. Sharpe (West) 8:20; 7, J. Stokes (West) 8:21; 8, C. Nuttal (West) 8:26; 9, D. White (Bris) 8:30; 10, L. Yardley (Card) 8:32. **Teams:** 1, Cardiff 307; 2, Westbury 296; 3, Bristol 279; 4, Port Talbot 166; 5, Bridgend YMCA 156; 6, Newport 146. **(Girls):** 1, J. Thomas (Carm) 6:01; 2, S. Parker (Bris) 6:07; 3, J. Alexander (Bris) 6:10; 4, R. Green (Bris) 6:12; 5, M. Read (Bath) 6:13; 6, A. Presley (Bris) 6:16; 7, N. Bullimore (Tor) 6:18; 8, H. Gould (Bris) 6:20; 9, J. Iles (West) 6:24; 10, C. Corish (Port T) 6:25. **Teams:** 1, Bristol 652; 2, Cardiff 538; 3, Westbury 529; 4, Bristol 'B' 525; 5, Torfaen 495; 6, Dursley & D 470. **(U/11):** 1, V. Alexander (Bris) 4:15; 2, V. Boswell (Bath) 4:18; 3, A. Hall (Bris) 4:20; 4, H. Seaton (Bris) 4:21; 5, S. Taylor (Durs) 4:22; 6, T. Nipper (Barry) 4:24. **Teams:** 1, Bristol 232; 2, Westbury 202; 3, Cardiff 138.

THE BUTTERMERE ROUND

The second running of the Buttermere Round will take place on Sunday, March 18th at 10.30 am. This gruelling 22-mile road race has around 2,000 feet of ascent and descent, including Honister Hause and Newlands Hause, and the 1978 event was won by Duncan Overton (Kendal AC) in 2:12:05. Registration, car park, changing and showers will be at Keswick Rugby Club (250y from bus station towards camping site) and the entry fee is 40p, payable to Keswick AC, which should be sent to Mike Pearson, 39 Wordsworth Street, Keswick, Cumbria, though entries will also be accepted on the day. The race is, of course, held under AAA Laws.

Bill Smith

BRITISH Y.M.C.A.

CROSS COUNTRY CHAMPIONSHIPS

Boggart Hole Clough, Blackley, Manchester.

SATURDAY, MARCH 17th, 2.30 p.m.

(Under A.A.A. Rules)

Entry: 30p and accommodation enquiries to: P. Braddon, Y.M.C.A. 56 Peter Street, Manchester 2.

Closing date March 12th. SAE for acknowledgement.

EASTERN COUNTIES CC CHAMPS

At Peterborough, February 10th

Youths

1, W. Dee (Luton United) 22:25
2, M. Danville (Lincoln City & Colleges) .. 22:57
3, M. Calver (West Suffolk) 23:00
4, J. Goodhand (Gran) 23:04; 5, M. Goodwin (Bed) 23:12; 6, M. Silva (Mel) 23:13; 7, K. Meardon (Thet) 23:15; 8, C. Clennett (Lut) 23:21; 9, J. Christie (Norf) 23:21; 10, G. Knights (Low) 23:22; 11, D. Stanley (C&C) 23:26; 12, J. Harold (Norf) 23:27; 13, G. Thomas (Colt) 23:30; 14, I. Measures (SHH) 23:31; 15, D. Smith (SHH) 23:38; 16, I. Pepper (Linc C) 23:39; 17, G. Deans (Norf) 23:48; 18, D. Donaghue (Norf) 23:58; 19, M. Moroney (Bed) 24:00; 20, P. Daniels (Low) 24:13; 21, C. Wilson (Norf) 24:18; 22, N. Jones (Lut) 24:23; 23, D. Humberstone (Lin. C) 24:26; 24, S. Benson (Lin. C) 24:32; 25, R. Gentle (SHH) 24:35; 26, D. Williams (W. Suff) 24:37; 27, A. Lewis (Lin. W) 24:38; 28, A. Wakefield (Lut) 24:38; 29, S. Batchelor (Grim) 24:46; 30, G. Rogers (C&C) 24:49. **Teams:** 1, Norfolk Olympiads 56; 2, Luton United 59; 3, Lincoln City & Colleges 65; 4, South Holland 87; 5, Cambridge & C 125; 6, Grimsby 150; 7, Stamford School 156.

Boys

1, S. Goodwin (Bedford & County) 15:17
2, T. Jarman (Peterborough) 15:37
3, R. Simpson (Norfolk Olympiads) 15:40
4, J. Frost (Norf) 15:46; 5, R. Blackwell (Peter) 15:59; 6, S. Moule (C&C) 16:00; 7, P. Moyses (Neve V) 16:07; 8, J. Laurens (Ridd) 16:09; 9, D. Alderson (Thet) 16:12; 10, R. Sweeney (Lut) 16:15; 11, E. Baker (Gran) 16:16; 12, A. Allen (Neve V) 16:17; 13, C. Williams (W. Suff) 16:20; 14, B. Coates (Mel) 16:21; 15, K. Osborne (C&C) 16:24; 16, S. Fitzjohn (Peter) 16:25; 17, M. Dodwell (Gran) 16:26; 18, P. Coleman (Gran) 16:30; 19, R. Parrish (SHH) 16:35; 20, A. Richardson (Lut) 16:38; 21, P. Moore (W. Suff) 16:41; 22, S. Biggin (SHH) 16:43; 23, M. Hutchins (Thet) 16:45; 24, C. Curtis (Lin. C) 16:47; 25, J. Robinson (Mel) 16:49. **Teams:** 1, Peterborough 23; 2, Norfolk Olympiads 34; 3, Grantham & D 46; 4, Cambridge & C 58; 5, Melbourn 65; 6, South Holland 69; 7, Luton United 78; 8, West Suffolk 89; 9, Lincoln Wellington 93; 10, Riddings YC 105; 11, Grimsby 111; 12, South Holland 130; 13, Lincoln City & C 138; 14, Stamford School 150.

The N.W. Coaching Committee are holding Courses for Athletes, Coaches and Teachers on March 18th at Kirkby Stadium (Hurdles), March 21st/24th at Hutton Hall, nr Preston (LJ/TJ), and April 1st at Stretford (HJ). Details & forms: Gordon Gluyas 061-483-2346. Advertisement in March 17th issue.

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Results In Brief

January 27th

Veterans AC Club Champs at Wimbledon Common. 1, L. O'Hara 30:53; 2, E. Nolan 32:26; 3, J. Charlton 33:46. (Handicap): G. Edwards.

Durham Univ. Past v Present, etc. 1, S. Parr (Gat) 36:31; 2, I. Brown (Mor) 36:49; 3, J. Myatt (Gat) 36:52; 4, M. Roberts (Dur. C) 36:56; 5, P. Bentley (Past) 37:10; 6, C. Hallimond (Gat) 37:16; 7, A. Catley (Mor) 37:22; 8, D. Ellis (Pres) 37:25; 9, G. O'Connor (Gat) 37:38; 10, I. Beauchamps (Past) 37:46. Teams: 1, Gateshead 54; 2, Past 82; 3, Present 89; 4, Durham City 132.

Charnwood AC CC Champs, at Nanpantan. 1, J. Harper 43:45; 2, D. Smith 44:04; 3, L. Pratt (V) 44:34.

University College Invitation CC, at Parliament Hill. 1, N. Brawn (Ox) 26:09; 2, P. O'Brien (Leics) 26:15; 3, K. Hick (Sx) 26:49; 4, T. Eglon (Cam) 27:09; 5, M. Knapp (Kent) 27:32; 6, I. Duncan (UCL) 27:40; 7, M. Ellison (Cam) 27:43; 8, A. Kuhn (Sx) 28:04; 9, P. Wright (Kent) 28:07; 10, R. Duncan (Cam) 28:14; 11, D. Cohen (Cam) 28:19; 12, J. Leonard (ICL) 28:29; 13, G. Henna (Leics) 28:31; 14, R. Keenan (Birk) 28:38; 15, D. Llewellyn (Soton) 28:43. Teams: 1,

Cambridge 49; 2, Sussex 132; 3, Leicester 140; 4, Imperial College 142.

January 28th

Twickenham AC Road Relay. 1, Twickenham 53:59; 2, Surrey AC 56:51; 3, Ranelagh 56:52; 4, London Irish 58:50; 5, London 59:49; 6, Hertford & Ware 62:23. Fastest: 1, D. Daniels (Twi) 13:14; 2, K. Harrison (Twi) 13:21; 3, P. Gilbey (Sy) 13:22; 4, J. Hunston (Lon. I) 13:28; 5, G. Walsh (Twi) 13:35; 6, G. Daniels (Ran) 13:36. **Road Races. (Youths/Boys):** 1, A. Guilder (Ell) 9:15; 2, D. Brechin (Ell) 9:28; 3, O. Foote (Sy) 9:32. (1st Boy: N. Maytum). Team: Elliott. (Girls, U/15): 1, S. Green (Sy) 12:22; 2, L. Clarke (Sy) 12:38; 3, S. Hayter (Sy) 13:01. Team: Surrey AC.

January 31st

City of London Polytechnic 2½M Road Race, at Tower Hill. 1, J. Wigley (Inv) 11:40; 2, J. Wilkins (Camb. H) 12:45; 3, T. Green (HW) 12:45.

RAF 24 v Civil Service 66 v Middlesex 88 (Sefton Branker Trophy), at RAF Halton. 1eq, J. Wild, R. Crabb & S. Jones (all RAF) 31:36; 4, R. Lunnon (CS) 31:45; 5, G. Rimmer (RAF) 31:52; 6, K. Brackstone (RAF) 32:17; 7, J. Goater (RAF) 32:17; 8, R. Holt (CS) 32:35; 9, D. Clark (CS) 32:45; 10, O. Arif (Mx) 32:53.

SCWAAA Open Meeting, at West London. 800: S. Curtis (Bas) 2:25.6. (Inters): 100/200 C.

Warrington Borough Council Recreation Dept.

present the 19th annual

CHRIS VOSE 10 MILES ROAD RACE

(Under A.A.A. Laws)

British Road Runners Championship Event
ON SUNDAY, 25th MARCH, 1979, at 3 p.m.

Start & Finish — Warrington Town Hall
Changing Facilities at the adjoining Local Baths

SUPPORTING RACES

(Ages as at 31/8/78) NEW COURSE

1.45 p.m.	YOUNG COLTS O/10, U/12	1 MILE
2.00 p.m.	COLTS U/14	2 MILES
2.20 p.m.	BOYS U/16	3 MILES
3.05 p.m.	YOUTHS U/18	4 MILES

OVER £300 IN AWARDS

Senior Awards: Prizes to at least first 40. Prizes to first 3 Teams (3 to score), also first 3 O/40, first 3 O/45, first 2 O/50, first O/60, first U/19, first U/20, plus first Warrington AC member (not in first 40). **Young Colts, Colts, Boys and Youths:** Prizes to at least first 4 in each race, plaques to first 3 Teams (3 to score). 'The Forshaw Cup' to the Club with the lowest aggregate team score from all 5 races. 'The Burtonwood Brewery Co. Trophy' to the winning Senior Team.

Entries (on AAA forms): 35p Seniors, 25p others, No Team fee, to Mr G. T. Edwards, 10 Honister Ave., Warrington, Cheshire WA2 9NG (enclose SAE for confirmation). No late entries.

ENTRIES CLOSE MONDAY, 12th MARCH

7th Annual

GREAT BRITAIN CATHOLIC STUDENTS CROSS-COUNTRY CHAMPIONSHIPS

(Girls)

Michelin Centre, Stoke.

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

**SUNDAY, MARCH 18th
at 1 p.m.**

Age Groups: U/12, U/14, U/16, U/18, as at 1st September, 1978.

Awards: (each event) 1st 4 teams, 1st 7 Individuals.

Entry Fee: 10p per competitor.

Entries (stating name, address, d.o.b. & school or college) to:

Mr W. Graves,
10 Debra Close,
Melling,
Merseyside L31 1DL.
(Tel. 051 547 3189)

CLOSING DATE: 10th MARCH, 1979.

Haslam (LOAC) 12.9/27.0; 800: S. Green (Sy. AC) 2:25.6. (Juniors): 100/200: R. Dangor (LOAC) 13.6/27.6; 800: V. Wenban (Sy. AC) 2:40.5; 1500: S. Wise (Ux) 5:45.9. (Youths): 2000: M. Hynes (S'end) 6:04.8.

February 3rd

Shaftesbury H Young Athletes Races, at Parliament Hill. (Boys): 1, N. Martyn (High) 13:57; 2, M. Passfield (Hill) 14:14; 3, D. Phombeah (Shaft) 14:18; 4, M. Edwards (Barn) 14:20; 5, G. Shedden (Wat) 14:21; 6, P. Simons (Shaft) 14:21; 7, N. Maytum (Ell) 14:22; 8, O. Geoghagen (Shaft) 14:24; 9, O. Hender (Shaft) 14:25; 10, R. Ede (Barn) 14:27; 11, S. Male (Ox. C) 14:32; 12, D. Wayling (High) 14:37; 13, E. Fowler (Barn) 14:38; 14, M. Green (W'ford G) 14:39; 15, C. Wilson (Barn) 14:41. Teams: 1, Shaftesbury 26; 2, Barnet & D 42; 3, Hillingdon 94; 4, Elliott 96; 5, North London 115; 6, Oxford City 116. (Colts): 1, B. Pfeiffer (Lon. I) 11:08; 2, E. Kimani (Shaft) 11:14; 3, R. Scott (Ox. C) 11:15; 4, J. Jell (Shaft) 11:20; 5, D. Taylor (Barn) 11:24; 6, M. Fagan (Lon. I) 11:25; 7, G. Salih (Har) 11:43; 8, M. Everitt (Mil. K) 11:44; 9, K. Gilzean (N. Lon) 11:44; 10, D. Neale (Ton) 11:45. Teams: 1, Shaftesbury 35; 2, North London 81; 3, London Irish 82; 4, Luton United

88; 5, Tonbridge 107; 6, Borough of Enfield 144. (Minors): 1, K. Harvey (Ton) 12:30; 2, S. Maynard (Coll) 12:37; 3, D. Brown (Ox. C) 12:45; 4, R. Pamphlett (Coll) 12:50; 5, J. Sisley (E. Grin) 12:59; 6, J. May (Thurr) 13:05. Teams: 1, Collingwood 22; 2, Havering 42; 3, Luton United 50; 4, Sutton & Cheam 56; 5, Tonbridge 73; 6, Thurrock 75.

Newland Park Road Relay. 1, Shaftesbury 79:10 (rec); 2, Luton United 80:02; 3, Windsor, Slough & Eton 80:28; 4, Verlea 81:00; 5, TVH 81:48; 6, Oxford AC 81:54; 7, Cambridge H 82:04; 8, Hillingdon 83:25; 9, Hercules Wimbledon 84:12; 10, Old Gaytonians 84:49. Fastest laps: 1, P. Standing 12:37 (rec); 2, A. Simmons 12:39; 3, K. Penny 12:46. (Junior Race): 1, D. Sweeney (Shaft) 14:06; 2, A. May (Ver) 14:11; 3, A. Kindley (Ver) 14:17; 4, M. Durey (Hill) 14:21; 5, N. Seymour (Wyc) 14:31; 6, K. Falvey (Hill) 14:38; 7, S. Cackett (Wyc) 14:40; 8, A. Currell (Ver) 14:49; 9, N. Simmons (Hill) 14:54; 10, A. Wakefield (Lut) 15:05. Teams: 1, Verlea 26; 2, Hillingdon 31; 3, Wycombe Phoenix 42.

February 4th

Croydon H Club Champs. 1, P. Yarlett 27:14; 2, J. Lee 27:27; 3, R. Dickson 28:43; 4, D. Warren 29:54; 5, J. O'Byrne 30:02; 6, M. Shearman 30:20. (Youths): I. Sage 21:00. (Women): D. Phillips 15:04. (Junior Women): 1, S. Penny 9:08; 2, E. Gualtieri 9:12.

February 14th

Lancaster Univ. 16 v York Univ. 20, at York. 1, K. Nelson (Y) 28:55; 2, A. Girling (L) 29:36; 3, C. Abbott (L) 29:56; 4, T. Barker (Y) 29:59; 5, S. Bird (L) 30:00; 6, B. McMaw (L) 30:02; 7, M. White (Y) 30:11; 8, S. Steer (Y) 31:44.

Fleet Street H Road Handicap, at Westminster. Fastest: 1, J. Dryden (Shaft) 13:34; 2, D. Clark (Ver) 13:37; 3, S. Graham (HW) 13:39; 4, P. Williams (SLH) 13:41; 5, G. Harrold (Enf) 13:59; 6, P. Brenchley (Inv) 14:03. (Women): R. Cox (Enf) 16:32.

SCAAA Open Meeting, at Crystal Palace. 60: 1, H. King (B'nell) 7.0; 2, A. Pitts (BRC) 7.0. PV: S. Lewis (C'wood) 3.40. LJ: C. Mitchinson (TVH) 6.84. (Juniors): 60: L. Christie (Lon. I) 7.3. LJ: J. Herbert (Har) 6.47. (Youths): A. Berry (E&E), L. Mars (Har) & M. Fabes (Worth) all 7.4.

February 17th

Trent '5', at Nottingham. 1, N. Lees (Der) 26:36; 2, C. Woodhouse (Der) 27:16; 3, G. Fell (UAU) 27:24. Teams: 1, UAU 68; 2, BPSA 72; 3, Leics. AAA 126; 4, Derbys. AAA 135; 5, Brit. Colleges 161; 6, Notts. AAA 177.



N. Martyn, winner of the Boys event in the Shaftesbury Harriers Young Athletes Races.

Peter Tempest

Havering AC secretary: J. Naylor, 34 Newmarket Way, Hornchurch, Essex.

Nat Muir Runs Away With Scottish Title

At Livingston, February 10th

1, N. Muir (Shettleston) 39:32
 2, L. Spence (Shettleston) 39:58
 3, J. Brown (Clyde Valley) 40:21
 4, J. Dingwall (FVH) 40:28; 5, G. Rimmer (Cam)
 40:36; 6, L. Reilly (VP) 40:40; 7, G. Clark (SV)
 40:41; 8, R. Stone (Cam) 41:04; 9, I. Elliott
 (ESH) 41:10; 10, D. Logue (ESH) 41:16; 11, F.
 Clyne (Glas. U) 41:23; 12, J. Patton (EAC)
 41:28; 13, J. Thomson (Law) 41:31; 14, B.
 Gardiner (Clyde V) 41:43; 15, I. Orton (ESH)
 41:44; 16, A. MacIntosh (Fife) 41:46; 17, D.
 Lang (Fife) 41:48; 18, D. Gunstone (EAC) 41:49;
 19, A. Hutton (ESH) 41:53; 20, G. Milne
 (A'deen) 41:54; 21, A. Miller (Law) 41:55; 22, G.
 Meredith (VP) 42:00; 23, H. Forgie (L'hall)
 42:01; 24, D. Hunter (EAC) 42:01; 25, D.
 Macgregor (Fife) 42:06; 26, R. McKim (E. Kil)
 42:14; 27, D. Easton (Shett) 42:17; 28, J. Evans
 (Shett) 42:18; 29, C. Youngston (ESH) 42:18; 30,
 M. Craven (ESH) 42:21; 31, A. Johnston (VP)
 42:23; 32, G. Gaffney (G. W'park) 42:27; 33, A.
 Keith (EAC) 42:28; 34, L. Kiltie (Ayr) 42:40;
 35, E. Cameron (ESH) 42:48; 36, P. Dolan
 (Cly'dale) 42:51; 37, B. Turnbull (Inv) 42:52; 38,
 F. Clement (Bella) 42:56; 39, J. Alder (EAC)
 43:04; 40, W. Sheridan (W'lands) 43:18; 41, I.
 Duncan (Fife) 43:22; 42, W. Day (FVH) 43:27;
 43, P. Hay (Fife) 43:30; 44, T. Dobbin (SV)
 43:31; 45, C. Ross (Fife) 43:34; 46, R. Morris
 (EAC) 43:40; 47, P. MacLagan (VP) 43:42; 48, J.
 Small (Clyde V) 43:42; 49, J. Myatt (Law) 43:44;
 50, M. Edwards (A'deen) 43:48;
 51, D. Austin (VP) 43:51; 52, I. Johnston
 (Cam) 43:54; 53, R. Hodelet (G. G'park) 43:58;
 54, R. Anderson (Cam) 44:00; 55, A. Robertson
 (ESH) 44:01; 56, D. Watson (EAC) 44:05; 57, A.
 Brown (W'lands) 44:07; 58, H. Barrow (VP)

44:08; 59, J. Orr (G. G'park) 44:11; 60, T.
 Paterson (S'burn) 44:19; 61, S. Easton (Shett)
 44:20; 62, M. Logue (FVH) 44:24; 63, P. Preston
 (Cam) 44:27; 64, A. MacFarlane (S'burn) 44:32;
 65, J. Sands (Ayr Sea) 44:34; 66, W. Ewing (Pit)
 44:39; 67, R. Campbell (Lochaber) 44:43; 68, J.
 Russell (Bella) 44:45; 69, E. Knox (S'burn)
 44:49; 70, P. Sigmundsson (Edin. U) 44:50; 71,
 D. Mackie (W'lands) 44:51; 72, W. Stoddart (G.
 W'park) 44:51; 73, A. Samuel (Tev) 44:51; 74, A.
 Murray (ESH) 44:54; 75, R. Boswell (Lochaber)
 45:12; 76, J. Shields (Cly'dale) 45:14; 77, A.
 Cameron (ESH) 45:18; 78, S. Laing (Gala) 45:24;
 79, I. Cameron (G. G'park) 45:27; 80, H. Wilson
 (E. Kil) 45:29; 81, M. Coyle (SV) 45:32; 82, B.
 Young (Ayr) 45:33; 83, R. Blair (VP) 45:38; 84,
 R. Murray (Glas. U) 45:39; 85, D. Francis (Fife)
 45:39; 86, C. White (Edin. U) 45:41; 87, B.
 Shields (Lochaber) 45:45; 88, B. McDowall
 (Edin. U) 45:48; 89, R. Stevenson (Mary) 45:58;
 90, D. McMeekin (VP) 45:59; 91, H. Scott (Bella)
 46:00; 92, J. Kennedy (Cam) 46:03; 93, K.
 Tulloch (Shett) 46:05; 94, G. Brown (ESH)
 46:08; 95, R. O'Hara (Annan) 46:10; 96, T.
 Logue (Glas. U) 46:14; 97, J. Bremner (S'burn)
 46:24; 98, J. Kelly (W'lands) 46:27; 99, J. Duffy
 (G. W'park) 46:35; 100, A. Stapley (Fife) 46:42.
Teams: 1, Edinburgh Southern 112; 2, Edinburgh
 AC 172; 3, Victoria Park 215; 4, Fife AC 227; 5,
 Shettleston 234; 6, Cambuslang 274; 7, Clyde
 Valley 473; 8, Law 501; 9, Springburn 515; 10,
 Westerlands 538; 11, Aberdeen 567; 12, Glasgow
 Univ. 629; 13, Falkirk Victoria 704; 14, Spango
 Valley 705; 15, Greenock Glenpark 706; 16, E.
 Kilbride 752; 17, Edinburgh Univ 801; 18, Fife
 Southern 1007; 19, Teviotdale 1013; 20,
 Kilbarchan 1018; 21, Maryhill 1018.

(Juniors): 1, B. McSloy (Strathclyde U) 25:30;
 2, G. Williamson (S'burn) 25:39; 3, A. Douglas
 (VP) 25:53. **Team:** Strathclyde Univ. **(Youths):** 1,
 P. Fox (Clyde V) 18:50; 2, G. Millar (Cly'dale)
 19:12; 3, C. Voice (Shett) 19:32. **Team:** Clyde
 Valley. **(Senior Boys):** 1, R. Hawkins
 (Kilbarchan) 14:56; 2, G. Mitchell (FVH) 15:01;
 3, M. Fawcett (Ayr) 15:16. **Team:** Cambuslang.
(Junior Boys): 1, D. McShane (Cambuslang)
 8:27; 2, W. Curle (ESH) 8:28; 3, C. Little (Fife)
 8:39. **Team:** Edinburgh Southern.

(More details next week)

Entries for the Tom Scott Memorial Road Race to be held between Law and Motherwell on April 7th should be sent to B. MacRoberts, 3, Hawthorn Grove, Law, by Carlisle, Lanarkshire.

The TVH Open Meeting on June 6th will be held at West London Stadium and not as previously stated.

SCOTTISH AMATEUR ATHLETIC JOINT COACHING COMMITTEE

U.K. COACHING SCHEME

CLUB COACH AWARDS 1979

16th/20th APRIL, 1979

Scottish applicants are reminded that the closing date for applications for the Club Coach Award is First Post, **Monday, 19th March, 1979.** NO APPLICATIONS WILL BE ACCEPTED AFTER THIS DATE.

Applications and Fees (£1 per event) should be sent to: Athletic Examination Administrator, 8 Frederick Street, Edinburgh, EH2 2HB.

NOW'S YOUR CHANCE!

Today marks the end of the Cross Country season for most of us — except, that is, for those fortunate enough to be carrying our colours in Limerick on the 25th March — to whom we offer our congratulations and best wishes!

For the rest, it's time to start thinking about the road or the track. We'll be in attendance at Luton for the Nationals today, so those of you for whom Teddington is too far distant for a personal visit can ring and ask us to take something up for you, or you can take the chance there to try on a pair of our best selling shoe — the Runners World 5 Star Rated **New Balance 320**. We have all sizes in stock, from 5 to 14½, in three widths — slim, medium and broad, plus just a few extra broad we've managed to obtain. Price (unchanged now for 18 months) **£17.95**. Training shoes also in our range — though we won't have all these at Luton unless you ring and request them — **Nike LDV** sizes 6-12 **£24.95**; **Nike Waffle Trainer** sizes 4-5½ **£17.15**, sizes 6-12 **£18.50**; **Nike Lady Waffle** sizes 4-5½ **£16.50**, sizes 6-7 **£17.95**; **Nike Leather Cortez** sizes 5-5½ **£12.95**, sizes 6-12 **£13.95**; **Nike Nylon Cortez** sizes 4-5½ **£11.95**, sizes 6-12 **£12.95**; **Nike Nylon Road Runner** sizes 3-5½ **£11.50**, sizes 6-12 **£12.50**; **Adidas TRX** sizes 5-5½ **£16.95**, sizes 6-12 **£17.95**; **Adidas Sao Paulo** sizes 5-5½ **£16.95**, sizes 6-12 **£18.50**; **Adidas Gazelle** sizes 3½-5½ **£15.95**, sizes 6-12 **£16.95**; **Adidas Country** sizes 4-5½ **£15.50**, sizes 6-12 **£16.75**; **Adidas Condor** sizes 5-5½ **£12.50**, sizes 6-12 **£13.50**; **Reebok Cougar** sizes 3-5½ **£14.85**, sizes 6-12 **£15.95**; **Karhu GP** sizes 5½-11 **£19.95**; **Strider/Montreal** sizes 3-5 **£5.95**, sizes 6-11 **£7.50**.

Road Racing Shoes

New Balance Super Comp sizes 4-13, medium and broad, price (unchanged for 15 months) **£17.95**; **Tiger Jayhawk** sizes 6-11 **£17.95**; **Tiger Marathon** sizes 5-5½ **£12.25**, sizes 6-11 **£13.25**; **Nike Elite** sizes 6-12 **£22.95**.

THE NEW YORK CITY MARATHON

Now's your chance, too, to book for the holiday of a lifetime — a week in New York City, one of the most exciting and vibrant cities in the World, with the opportunity while you are there to take part in one of the most spectacular marathons in the world — the New York City Marathon. It's 26 miles 385 yards takes in each of New York's borough's, beginning at the two miles long Verrazano Narrows Bridge which links Staten Island with Brooklyn, and ending in Manhattan's Central Park. Over 11,000 men, women and children took part in last year's race, and they must have been outnumbered a hundredfold by the spectators lining almost every yard of the way. The race takes place on Sunday, October 21st, and our party will depart from Heathrow on Wednesday, October 17th, and return a week later on Wednesday the 24th, though you have the option of prolonging your stay for up to 60 days should you wish to do so. Last year the cost was £199, to include return air fare, transfers to and from Kennedy Airport, bed and breakfast, entry fees etc. We can't be precise about this year's cost just yet, but we shall organise a de luxe trip staying at a hotel and an economy trip staying at the Vanderbilt YMCA (not Sloan House as last year). So please ring or drop us a line indicating which trip you are likely to be interest in.

Mail Order. When ordering shoes, please enclose a foot outline and add 45p part postage and packing.

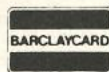
All goods exchanged or money refunded if returned in new condition within 10 days.



THE SWEAT SHOP

The Causeway, Teddington, Middlesex TW11 0HE
Telephone 01-943-0239

Run by Runners for Runners



Letters

SIDE-EFFECTS OF STEROIDS

Dear Sir,

The following side-effects of anabolic steroids have been compiled from three different manufacturers' literature: Nausea, menstrual interference, oedema, jaundice, raised serum cholesterol, pituitary suppression, hypercalcaemia, hypercalciuria, oligo spermia and decreased ejaculatory volume.

Anabolic steroids in high dosages accelerate skeletal maturation in young people, which could cause premature epiphyseal closure. They may cause salt and water retention. Prolonged treatment, use of high dosages and frequent administration may also increase the risk of amenorrhoea in women. Liver tumours have also been reported frequently as has virilisation in females.

It is true that testosterone (the naturally occurring hormone) produces quicker and generally more severe effects but an overcompensation of the testosterone level after anabolic treatment is **always** seen.

With regard to Mike Winch's views on middle-distance runners, published work by Finnish physiologists in 1978 found that a significant

decrease in red cell 2, 3 — D.P.G. was caused by anabolic treatment — "surely an **unwanted** effect in endurance sportsmen and would most likely result in a **negative** effect on maximal physical performance."

Ron Holman,
National Event Coach.

WOMEN'S MARATHON RUNNING

Dear Sir,

Rather than addressing itself to the points raised in my letter on women's marathoning ('AW', Oct 21st), Cliff Temple's answer ('AW', Dec 16th) consists of mockery (references to my "mathematical nonsense") and irrelevance (an impassioned defence of Gillian Adams' training). All this is in addition to a complete misunderstanding of my position!

First, I would like to comment on Van Aaken's standing in the academic community. If his work is as well-documented as Mr. Temple believes, why do all the exercise physiologists I know (male professors whose marathon times range from 2:13 to 2:42) laugh derisively when his work is mentioned?

Secondly, it is Mr. Temple, and not me, who has advanced a theory; my 'mathematical nonsense' was merely a fruitless search for supporting evidence for Mr. Temple's theory.

Thirdly, it cuts to the quick to be accused by Mr. Temple of holding the view that "potential

5th ESSONNE MARATHON

SUNDAY, 25th MARCH

at 12.00

Run through the outskirts of Paris. This is one of Europe's largest marathons. English runners are particularly welcome, (no entry fee required). The race is open to men and women.

To enter, write direct to:

Claude Noury,
3 Rue Courvisart
91200 Athis-Mons. Paris.

Giving name, address, date of birth, club, and best marathon time (1978). Accommodation details can also be obtained from C. Noury.

HUGE PRIZE LIST

PLUS

Momentoes and certificates to all finishers.

HALIFAX HARRIERS A.C.

MYTHOLMROYD FELL RACE

Ascent 1350 ft

Approx. 6½ miles

(Under A.A.A. Laws)

SATURDAY, 7th JULY, 2.30 p.m.

(Seniors over 18 years)

Sponsored by: P. W. TYRES of Huddersfield, Elland & Brighouse. J. TETLAW, Newsagent of Mytholmroyd, K. BUTTERWORTH (Valley Electric) Ltd. Mytholmroyd, LORD BROS. Electrical Engineers of Hebden Bridge, SAMUEL WEBSTERS AND SONS LTD. Brewers of Halifax.

Prizes: 1st 20 Individuals, 1st and 2nd Teams, 1st Veteran O/40, 1st Veteran O/50 (Individuals 1 prize each, other than team) plus Spot prizes. Total value of prizes £130. Winner to hold P. W. TYRES Trophy for 12 months.

Entrance Fees: All Individuals 50p. No team fees. **Closing date Monday, 18th June, 1979** (No late entries).

Entries to: David J. Smith, 254 Claremont Road, Halifax, West Yorks. S.A.E. for reply. (Cheques and P.O.s made payable to Halifax Harriers A.C.).

Changing accommodation at Mytholmroyd Community Centre. Mytholmroyd is approx. 6 miles from Halifax and 5 miles from Todmorden on the A646.

marathon times can be worked out as percentages of 1500m track performances." I view my own running as a personal crusade to demonstrate that a good marathon time is a function of more than 1500 speed. I derive perverse pleasure from my own 1500 and 3000 times (5:15 and 10:38); how many women under 3 hours can point to such dreadful short distance times?

In closing, I would like to say that women's marathon times will improve relative to men's only when more women train specifically, seriously and intelligently for the event, and when more women are willing to race as aggressively as men do. With few exceptions (Cooksey and Merritt, both of whom have hit the wall in glorious fashion, come immediately to mind) most women run marathons in a cowardly fashion; as a sex we are much less used than men to pushing ourselves to our limits, and our chances of hitting the wall are correspondingly lessened.

Louise Adamson,
Kitchener, Ontario

IAAF TIMEKEEPING RULE

Dear Sir,

The latest IAAF ruling on timekeeping seems to be a retrograde step; after finally admitting a couple of years ago that electrical timing does give slower times than hand timing, they have now passed a rule penalising electrical timing by another 1/10th of a second in the worst cases.

The operation of a 1/10th second stopwatch is such that it does not move on the next 1/10th until that period is almost over; using the example you quoted, and ignoring the reaction time difference, if we stop both electrical timing and a 1/10th second stopwatch after 1:45.21, the electrical time will be rounded up to 1:45.3 but the watch will still be reading 1:45.2, as it will continue to do until about 1:45.28. Thus the electrical time corresponding to 1:45.21 will be grouped with 1/10th stopwatch times of perhaps 1:45.38, as 1:45.3; with the effect of reaction times, the manual v electric difference could now be as much as 0.4 sec.

There is the additional difficulty that (presumably) the NUTS and ATFS members will have to go back over the recent history of athletics re-converting electrical times and trying to find which hand times were taken on 1/100th second watches. It all seems a pointless move, and I cannot see why the IAAF bothered to pass such a rule.

John S. Edwards,
Edgbaston, Birmingham.

CAN YOU HELP CARDIFF AAC?

Dear Sir,

Two requests from Cardiff AAC. Firstly, we at Cardiff would appreciate invitations from clubs to take part in trophy meetings. Although we participate in many different league and cup

competitions, we feel that club athletics has lost a lot of the fun of past trophy meetings in the last ten years. Reasons being:

- 1, Every meeting is a pressure match; points cannot be lost.
- 2, Single sex league matches; meetings for both men and women engender much better team spirit, i.e. GRE Cup semi-finals.
- 3, Athletes that are not first choice get few opportunities to compete in a club team.

Although our fixture list is quite full, we hope to find space for extra meetings. We would like invitations for all ages, both sexes. We can cover Minor Girls to Senior Women, Colts to Senior Men.

Secondly, we are in the process of revamping our club newsletter. We would appreciate information how you produce your own newsletter, a copy of a recent issue plus costing.

D. J. Owen Edwards,
General Team Manager, Cardiff AAC,
13 Lake Road North,
Roath Park,
Cardiff.

NO GOOD FOR THE FANS

Dear Sir,

I was most surprised and disappointed to note that the international matches at Cosford are being held in mid-week. Is it the intention to discourage the attendance of fans from North and South of the country, I wonder?

Bob Sparks,
Worcester Park, Surrey.

MARATHON AGE LIMIT

Dear Sir,

At the AGM of the BMRC it was decided to find out whether there should be a lowering of the age limit for marathon running. I should therefore like to hear from your readers whether or not they feel there is a need to reduce the limit and, if so, to what age?

The Club are considering the possibility of staging a 25 Kilometre British Championship (open to all runners) and would like to know whether there would be support for such a race.

Don Shelley,
Hon. Secretary, BMRC,
22 Mount Avenue,
Stone, Staffs. ST15 8HU.

Borough of Enfield Harriers officers: general secretary — R. Stratton, 263 Larkshall Road, Chingford, London, E.4; men's secretary — M. Broyd, 52 Musley Hill, Ware, Herts; women's secretary — Mrs. M. Mathers, 937 Great Cambridge Road, Enfield, Middlesex; walking secretary — J. Rossiter, 63 Lodge Crescent, Waltham Cross, Herts.

National Veterans CC Champs

Alastair Aitken Reporting

Another Convincing Win By Roy Fowler

ROY FOWLER, who turns 45 this month, illustrated why he must be considered one of the greatest veteran runners Britain has ever produced when he convincingly won his fourth National Veterans cross-country title at Parliament Hill Fields on February 18th. Fowler, the Staffs Moorlands coach who hopes to take several 45-49 World Veterans titles in Hanover this summer, prepared himself with a month of the highest mileage he has ever done: 90-110 a week which included a 15-20 mile Sunday run with Mike Tagg.

At the start he had to change his tactics because he had thought it would be a fast paced duel with Mike Freary, the National Veterans 10,000m champion, and had expected a hard race. But Freary and last year's winner Fred Pendlebury, although entered, did not come down for the race.

Over the first hill Kent Vets champion John Geoghegan briefly led with Fowler about fifth and Nat Fisher in the teens. A group of 12 spluttered through the ice, snow and mud together at the large brook after ¾ mile with Clive Plumpton stumbling. At the halfway mark Fowler and Fisher were out ahead, shoulder to shoulder, with Harry Clayton — in his best Vet performance to date — third 40m down. Then, from Wirral's winning team came Ted Isaacs leading a group that contained 1962 European 5,000 metre champion Bruce Tulloh. At the top of the hill with 2¾ miles left Fowler forced the pace. "I knew Nat Fisher had been running good 1500's and he nearly broke me in the National Vets in 1977 at one stage, so you never underestimate anyone, and I pushed more at that point right to the finish." Fowler, despite one fall, stretched his lead to 51 sec over Fisher, who did not have a bad race.

The Over-50's race was won for the second time in succession by Bill Fielding, the Northern Champion who achieved a Super-Vet 1st Class award in the Three Peaks Race last year.

Up the first hill George Phipps and Bob Mattock were seen ahead with George Rhodes and Ron Franklin just tucked in behind them. Bill Fielding then moved up and Rhodes went past into the lead briefly, for the second time, at 1¼ miles but had to pull out then with intensive pain through a calcaneal spur, which will have to be operated on if he wants to continue his competitive running. At the end of one lap the whole picture had changed with a leading trio comprising Fielding, 1957 AAA and Poly marathon champion Eddie Kirkup, and Steve Charlton, with an isolated John Disley now in fourth place some 50m down but well clear of the

next man. After that Kirkup battled it out with Fielding who made his move with 2½ miles to go, using the severe conditions underfoot to his advantage as he held on well to the finish, even though he was one of the many who fell at some stage of the race. Kirkup remarked afterwards: "Nothing should be taken away from Fielding's win. He has proved, like last year, that he goes well in these conditions."

1, R. Fowler (Staffs. Moorlands) 32:24
2, N. Fisher (Harlow) 33:17
3, H. Clayton (Bristol) 33:26
4, D. Watson (Wirr) 33:42; 5, E. Isaacs (Wirr) 33:52; 6, J. Stead (Ver) 33:54; 7, B. Tulloh 34:00; 8, P. Flynn (Small H) 34:04; 9, M. Barratt (Eal - 1st 45-49) 34:05; 10, R. Slowe (High) 34:07; 11, R. Gomez (VoA) 34:13; 12, C. Plumpton (Ports) 34:03; 13, F. Jones (Camb. H) 34:33; 14, J. Oliver (Camb. H) 34:43; 15, J. Geoghegan (Camb. H) 34:48; 16, A. Bourne (New) 34:49; 17, M. Morrell (Wirr) 34:50; 18, T. Ryan (N. Lon) 34:54; 19, A. Lennon (Wirr) 34:59; 20, P. Carmichael (Mor) 35:15; 21, P. Morris (Loz) 35:20; 22, G. Dance (Long) 35:24; 23, L. Parrot (Hav) 35:26; 24, P. Dobbs (Thur) 35:29; 25, R. Grubb (C&C) 35:30; 26, M. Moody (M'head) 35:32; 27, G. Harrison (High) 35:36; 28, B. Switzer (Soton) 35:40; 29, G. Martin (Camb. H) 35:50; 30, A. Hughes (Roch) 35:52; 31, W. Roe (Hav) 35:54; 32, R. Chalk (Bas) 36:04; 33, E. Nolan (Shaft) 36:05; 34, B. Mahon (Camb. H) 36:06; 35, B. O'Gorman (B'head) 36:07; 36, R. Pennell (Bris) 36:09; 37, P. Goodfellow (Stoke) 36:11; 38, N. Rees (QPH) 36:16; 39, G. Holmes (Gat) 36:20; 40, N. Burgess (Bas) 36:23; 41, C. Simpson (Small H) 36:24; 42, N. Davies (Read) 36:24; 43, A. Horn (Rane) 36:27; 44, R. Irons (VPH) 36:03; 45, P. Bayliss (Wirr) 36:35; 46, P. Freeman (Eal) 36:37; 47, R. Garner (M'head) 36:39; 48, P. Joines (Leam) 36:43; 49, J. Mattinson (SLH) 36:47; 50, M. Everton (C&C) 36:52. **Teams:** 1, Wirral 45; 2, Cambridge H 91; 3, Havering 169; 4, Highgate 173; 5, Small Heath 186; 6, Bristol 215; 7, Ealing 223; 8, Verlea 266; 9, Ranelagh 285; 10, Blackheath 319; 11, Basildon 337; 12, Portsmouth 338; 13, Metropolitan Police 358; 14, Clevedon 410; 15, Medway 429; 16, Lozells 452; 17, Mitcham 459; 18, Watford 483; 19, Barnet 483; 20, Newcastle 500; 21, Haringey 537; 22, Belgrave 591; 23, SLH 592; 24, Woodford Green 614; 25, TVH 631; 26, Milton Keynes 759.

(Next week: results of the over-50 and women's championships)

Amendments To AAA Rules For Competition

WHEN the Rules Revision and Records Committee of the AAA met in November there were few items to consider because the IAAF Congress had only just been held and very few of their possible changes could be dealt with.

Officials who purchase the 1979 Handbook, which is now with the printers, will notice one important change when they look at the Field Events section. Each event is now complete in itself with the rules for the conduct of an event being followed by the appropriate specifications. This is the same system as was introduced in the 1977-78 IAAF Handbook. In this country the increasing number of meetings has called for many more officials which the lists of qualified officials have been unable to cope with. In lower divisions of leagues and in competitions for the younger age groups many club members and friends have shown their willingness to 'specialise' in one field event. The new arrangement of the rules enables a new official to have all that he or she needs to know about an event in the same place and there is no danger of getting lost in cross references.

Knowing that the IAAF, in its effort to promote safety in the throwing events, was reducing the shot, discus and hammer sectors from 45 degrees to 40 degrees this has been adopted although it is doubtful if it will have any appreciable effect. Of course it does mean that the opening in the cage for the hammer and discus can now be narrowed but until the IAAF report on their changes is received we have not made any alterations to our recommendations. However, if a meeting is to be held under IAAF Rules their recommendations will have to be complied with: the minimum height of the cage should be 5 metres and moveable flaps at least 4.5 metres high must extend 2 metres forward and be placed so that it is theoretically impossible to throw the implement outside the sector. (Personally I would never trust the 'theoretically impossible'!) Already meeting organisers in some places have problems in staging hammer competitions so any mandatory specifications introduced by the AAA might lead to a reduction in hammer competitions if a Local Authority could not provide the money involved in making changes to existing cages. Those who are in favour of adopting the IAAF Rules in their entirety as domestic rules need to consider what effects this policy might have on the staging of minor competitions where finance is always a problem — and the majority of athletics starts at such levels.

The IAAF have re-written their Shoes Rule to legislate for the lengths of spikes permitted on synthetic surfaces: AAA Rule 53 has been re-written to agree with the new IAAF version.

Refreshment stations for the marathon will

now be at the same points as in the relevant IAAF rule, i.e. at approximately 5km and thereafter at approximately every 5km.

In order to assist those organising Fell and Hill Races under AAA Laws, Rules 52 and 55 have had additional clauses inserted. In Rule 52 competitors are required to comply with any special conditions which may be laid down by the organisers regarding clothing, while Rule 55 says that competitors may be allowed to carry approved refreshment when fixed refreshment stations cannot be set up. The whole question of Rules for these events is under review.

It has been agreed that high jump and pole vault cards shall, in future, be marked in accordance with the IAAF system, i.e. 'O' represents a successful jump or vault.

Under the County Qualifications Rule the discretion given to a County to relax the residential qualification has been extended to include Colts and Boys.

Pending the receipt of the latest IAAF decisions on Records and Timekeeping the AAA — purely as an interim measure — has decided that when a Fully Automatic Electric Timing device is used its readings shall be recorded to one-hundredth of a second for distances up to 400 metres and to one-tenth of a second for longer distances.

From the records point of view it must be pointed out that the practice of timing has brought into use devices which can record times to much finer limits than before BUT those who laud times rather than performances overlook slight variations of wind speed while still within the legal limits, permissible gradients in the track, the weather and the type of surface, and even how the effect of running in various lanes may affect the performance. Another factor which needs to be borne in mind is the actual length of the distance run: we are now able to time more accurately than tracks can be constructed and measured.

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(AAA Rules Revision & Records Committee)

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Runner's World books

INTERVIEW WITH JOHN DISLEY

by Alastair Aitken



JOHN DISLEY has always been one for a challenge. As an athlete he reached the very top as a steeplechaser, winning an Olympic bronze medal in 1952 (improving nearly 20 seconds on his previous best in the process) and setting a UK record of 8:44.2 in 1955. He is a mountaineer of note, a former chief instructor at the CCPR National Mountaineering Centre. He was instrumental in introducing the sport of orienteering to this country and was director of the World Orienteering Championships in Scotland in 1976. Cross-country skiing is another activity which attracts him and later this year he will attempt his first marathon. Awarded the CBE in the New Year Honours, John Disley is Vice-Chairman of the Sports Council. His wife Sylvia (née Cheeseman) also won an Olympic bronze medal in 1952, in the 4 x 100m relay, and is a former UK record holder at 200m (24.5). Now also a successful and enthusiastic cross-country runner in the Veterans ranks, he is interviewed here by Alastair Aitken.

Photo by Ken Bray, shows John Disley with his wife Sylvia after receiving the CBE at Buckingham Palace.

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BY TUESDAY, 20th MARCH

SAE for acknowledgement

You came into Veteran athletics at the age of 50. What was the reason you decided to take up Championship competition again this winter?

First of all, I gave up athletics as soon as I dropped out of the British Olympic team in 1960 when, because of a fitness test, I did not actually get to Rome, having been selected for the steeplechase. I just packed up running then because unless I was running well I was not interested. After that I did not do any running for about five years. Then I had the brainwave of trying to get orienteering started in this country (that was in about 1964/65) and I suddenly found myself back in a running game situation, where in fact I was, actually for the first time for many years, encouraged to actually go out and run during the week, because I was going to challenge and test myself on a Sunday in an orienteering race.

I still did not come straight back into running for a long time. I think it was by chance that in 1975 I joined Ranelagh Harriers. Chris Brasher belonged to Ranelagh and he was in orienteering with me pretty well at the start of its development. He had got Ranelagh interested in fell running, in so much that they did things like

the Pennine Way, and because of that element of not doing essentially track, road and cross-country but were interested in running in rough country, I joined them. Then I turned up for a couple of cross-country races in which I was free of injury to my legs, so I was able to turn out and run once, twice or three times a week. Here we are in February 1979 and I am probably running as well now as I have for the last 20 years.

What do you think Veteran athletics has to offer?

I don't think there is any pressure on you for a start. You are not really measuring yourself. It is much more friendly. I have not experienced Veteran running on the track, only on the country and road running, which I think anyway is the only element of athletics which has any social side whatsoever. Now in 10 years in the British track and field team I suppose if I made four friends that was about the sum limit of that. Practically every member of the British track and field team is a loner. They trained by themselves, they had a relationship with a coach, perhaps, but as to having social contact with the club they put after their name when they have to enter the AAA Championships, it's a non-starter! I think that the part of athletics which interests me now is when I actually like the people I am running with — and that is veteran athletics!

In the Southern Veterans CC Championships at Godalming on February 3rd you started approximately two minutes late for the race. Considering that fact, were you pleased in finishing 11th out of the 81 starters?

I think the thing that astonished me was that I was absolutely livid that I started late, which was a new experience for me for a while. Obviously I am still very competitive, because I did not like the handicap of arriving late, particularly as it was not my fault. I think I enjoyed the run, because, if you start late anyway, everybody you catch up is running slower than you are, so it was a great feeling of cutting through the field. Had I actually started on time with all the others I might have felt harassed from the word go. I might have finished in the first three but may not have enjoyed the run as much as I did starting late.

Talking to you at the Southern Vets, what interested me was that you said 'I like to punctuate my life with Challenges? Can you illustrate that a little further, with reference to orienteering?

First of all, the one thing about running is that because it is so simple it is deadly dull. That is a problem with jogging and it is a problem with recreational running. Somehow or other you have got to breathe some excitement into it and I think orienteering can do this in so very many ways. It is a quite simple sport; someone hangs some flags in a forest and the rest of us go out and find them. It does not need any great equipment, your brain is occupied all the time and you are totally

involved. It is really like trying to solve a crossword puzzle while running a fell race. You are not aware of the fact you have been out an hour. One of the biggest problems with orienteering is that people come back and when you tell them they have been out for 60 minutes they just don't believe you. They can't believe it has been any longer than 20 minutes. It is exactly the opposite way round in athletics normally. If a coach tells someone to go out, without a watch, for an hour, they will be back with you about 20 minutes after.

That is one thing that is very attractive about orienteering, that because your mind is occupied you are not conscious that you are doing this very dull activity of running. The second is that orienteering is right from the start split into age group divisions so that every seven years or so, or 10 years in the early part of your career, you tend to change into another class. The sense of competition is still there and you still have a chance of success, and getting old does not matter because you just move into another age class and you move up with the same group of people. You still have your competition which is still fair and interesting. The third thing about orienteering is that it is done in some very beautiful areas. Running through a beechwood forest on a crisp, frosty February morning or on a summer's day through the bracken in a Lake District hill-side with blue lakes underneath you ... that is something athletics has forgotten. Cross-country

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"That is my year, punctuated with challenges"

racers used to be quite exciting. I remember in the old days going down to, say, Blackheath to run. The course never got back to the start till the end. You did not have laps. It was 7½ miles of cross-country; you had stiles, hedges, ploughed fields, the whole thing was variety which kept your mind occupied. You went through some quite beautiful countryside; that does not happen now.

The fourth thing about orienteering is that it is a family sport. I can take my whole family there. My 11-year-old runs with the 11-year-old class, my 13-year-old runs in a 13-year-old class, my wife can take the dog and walk round a way-faring course, which is put on at every event, and I can challenge myself at my level. We have all had a challenge, we have all enjoyed ourselves, we can compare notes because we have all been in the same forest with the same map — now again this is something that athletics lacks.

You were the Director of 'Ski Plan' in 1971. Do you find skiing an exciting sport for you?

Let us go back to punctuating a year with challenges. I need to be motivated and I think most people do. I think you have got to pressurise yourself into knowing you are going to be on public display in three months, six months, or one year's time, and I think most of us respond to that kind of situation. When you know you are

going to be measured and people are going to be watching you, then I think that gives you the incentive to do something about training; going out on a wet February night, because you know in June you are going to be running your first marathon perhaps. That is how I punctuate my year.

In the beginning of March I will be in Sweden in the Vasa Lopp race which every red blooded Swedish male wants to actually compete in some time in his life. It is over 85 kilometres on skis through rough terrain and that takes care of all my problems on wet cold winter's nights. I have that 'Up and Down Snowdon race' and, being Welsh and presenting the prizes after it is over, I am on a bit of public display there. Now that Up and Down race is usually won by someone like Ricky Wilde in a fraction over the hour and I set myself an hour and a half. That is another challenge and at the end of the year, as I have never run a marathon ever, I will probably only run one in my life, so I will pick a good one . . . I will go to New York, run with 14,000 others and be motivated right through the whole 26.2 miles, the crowd urging you on. I am told by several people who have run it that there is no way you can drop out because every time you start to slow down or stop to try to sit on the pavement there

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

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

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NO LATE ENTRIES

CLOSING DATE 7th APRIL, 1979

LIMERICK ATHLETIC CLUB

EVE OF WORLD CC CHAMPIONSHIPS ROAD RACES

SATURDAY, MARCH 24th, 1979

(Under I.A.A.F. & B.L.E. Rules)

2.00 p.m.	Junior Men (U/19)	2½ Miles
2.30 p.m.	Senior Women	1½ Miles
2.45 p.m.	Senior Men	5 Miles
3.30 p.m.	Veterans (O/40)	2½ Miles

Course over 1½ mile circuit on North Circular Road, near Limerick Ryan Hotel.

Dressing accommodation adjacent to course.

Entry fee: £3.00 per Team (8 run, 4 score, except Veterans 6 run, 3 score) 50p Individual.

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ENTRIES CLOSE MONDAY, MARCH 19th

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are people just saying 'Come on, you have got to finish' and that really will be terrific. So that is my year, punctuated with challenges. We all ought to do that.

Mountaineering is your favourite sport. What does it mean to you to be a mountaineer besides an athlete?

I like open spaces for a start. There is a little bit of the hair shirt about me. I think there is about most distance runners really. I think I am a cardio-vascular person. I think that is the key to this, that I like things which challenge my heart and lungs. I am not terribly skilful, so clever things don't do much for me; however things that require stamina appeal to me and I think wandering across mountains, running across them, walking across them, expeditions where for weeks on end you are living on a starvation diet very often in the cold and the wet, I think that appeals to me because it is a stamina type situation. Rock climbing, hanging from your finger nails over big drops, has always appealed to me.

I was probably the strongest middle-distance runner of the 50's and early 60's. I could perhaps do then about 25 heaves on a beam, well over 100 press ups, 1000 sit ups before I gave up because I was just bored. I was very, very strong in the upper body. That may not have made me a better runner but it certainly enabled me to rock climb. I like the people in climbing. A climbing person is very sociable. Track and field athletics has not got that sense of fraternity in the real sense of lasting friendships. If it has any salvation in that direction at all it is on the side of the Veteran runner in a cross-country and road running club and that is why I am attracted back to Veteran athletics now. I like the people I am doing it with now and they have nice philosophies, and I suppose — to be quite honest — I am enjoying it because I am doing a little better than I ought to for a man of 50!

As Vice Chairman of the Sports Council, how do you feel you can help athletics as a sport? Do you feel your allegiance is to all sports?

As Chairman of the Sports Development Committee which gives away over 5 million pounds to governing bodies each year, I have to be fairly dispassionate in my distribution of the largesse. I would like to say that I can help athletics but athletics in a way defies assistance. It does not seem to have got its members involved any more. The sports that are easiest to involve are the ones in which the membership are totally involved with the administration and the development of the sport. The tragedy in athletics is that, some how or other over the years (it is a Victorian constitution that has produced this particular situation), there is no way that the average club athlete can influence the AAA or the British Board in any way whatsoever and furthermore he has no interest in doing so. So you have the sport of athletics which operates by



John Disley in action at White City in 1952

courtesy of a vast grant from the Sports Council. Athletics probably gets more public money than any other sport in the country, and it is from sponsors that the other part of its money comes. Because it does not need any money from the club athlete it can ignore the club athlete and I think, in the long term, athletics does that at its peril because the administrators then don't have to answer to anybody because as they don't need

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First Team (3 to score), first 15, first 3 declared Vets.
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BOYS 5 x 1½ MILE ROAD RELAY

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Medals: First 3 Teams, fastest 3 laps

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Start 2 p.m.**

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To: Mr. K. Lowe, 25 Humberton Close, Hackney, E.9.

Closing Date 31st March (Under A.A.A. Laws)

your money therefore they don't have to ask your opinion.

There are two major issues existing within the world of athletics today. One is the widespread financial rewards for competitors, in one form or another, and the other is the use of anabolic steroids to enhance an athlete's performance. What is your opinion?

First of all the illegal payments. I think David Shaw is right when he talked about anarchy if you don't abide by the rules. You may not like rules. You may think that rules are archaic but if you ignore them then you have anarchy and what you have to do if you don't like a rule is get it changed. I think that athletics would survive with some kind of payment structure to the better performers. I think for the good of the sport you almost have to persuade people to come and run in funny meetings, in funny places and one of the best ways of encouraging that is to actually pay them. 'A labourer is worth his hire' but you should not do that now till you have changed the rules. But I don't believe that changing the rules will alter athletics a bit, as you can still keep your important things free of money-international matches, the Olympic Games, they can all be outside that general kind of thing. I think it is a difficult problem and I don't pretend to be able to solve it now. If you have a rule that says expenses should be limited to such and such then if you don't abide by that you are in trouble. Anabolic steroids is different, because I think you have an obligation as a responsible person to try and make sure that young people don't actually ruin their health and there is enough evidence to show that anabolic steroids, taken in the situation that athletes take them, must have some impact on their future lives. If it meant to be good at athletics we had to take anabolic steroids, then I for one would say let us opt out!

In 1952 you came third in the Olympic Steeplechase Final. The result was: 1, Horace

Ashenfelter (USA) 8:45.4; 2, Vladimir Kazantsev (USSR) 8:51.6; 3, John Disley 8:51.8. How do you look back on that result?

The name you missed out there was the real world record holder Helmut Gude of Germany. I don't think anybody had recognised Vladimir Kazantsev's world record because there was a suspect water jump. I am not sure! I thought Gude had the best chance of winning and I thought well I'll hang on to this man, watch what he does because he has got far more experience than I have and we will fight it out together over the last couple of laps. But I did not know that Gude had just had flu, was nowhere right from the start, so I was nowhere with him. It was only, really, when Geoff Dyson came down out of the stand with John Savidge to help him shout that with two laps to go they sort of jogged me into consciousness and then I ran hard as I could for the rest of the race. I think had the race been another 10 yards further I would have finished second, and if I had woken up a lap earlier I might have challenged Horace Ashenfelter too. I think that was the best recorded time of Ashenfelter, doing 8:45.4, which I think was the best of all time at that stage. I had not even broken 9 minutes before that race.

Didn't you break the world record in 1955?

I only held that world record for a couple of hours because Jerzy Chromik in Poland broke it on the same day.

You used to do an interesting event that is not run now, the 2 miles steeplechase. Was that a lot harder than the 3000?

It was a bit more than the odd couple of hundred yards. There was one more water jump for a start. It would not matter much nowadays quite honestly because of Tartan tracks. A Tartan bottom to the water jump gives you a bit of cushioning, but you may remember that at the White City when I was running there was a rail that was three foot six inches high. Somewhere in the middle was this rail which your foot felt for, and if you were lucky and hit the rail, then you landed in a water jump which had a concrete base, which was about a foot underneath the regulation slope height and on top of that concrete slope there were lumps of sod put there for the race which looked great when you examined it, but the first time the field ran through that they smashed through the sods as everybody lands more or less on the same place. You were falling a foot further down on to concrete, you really had to climb out of the water jumps, and you had a grass run-up at the White City for many years, even to the water jump. It was a different race; possibly it was a second and a half to two seconds a lap harder to run the steeplechase those days than it is now.

What did you think of your run in the 1956 Olympic Steeplechase, where you finished 6th in 8:44.6?

I had virus pneumonia six weeks before and

TIVERTON HARRIERS

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ENTRIES BY APRIL 4th.

Chris Brasher only beat me twice in something like 50 races we had together. I just was not fit actually. I was quite lucky to get to the final. Even if I had won in Melbourne, which would have been nice to do, at the back of my mind — and it could be at the back of Chris Brasher's mind too — is that the best steeplechaser in the world was the Hungarian, Rozsnyoi.

You did beat him at the White City though?

But I am not sure I would have beaten him in Melbourne; remember that the Budapest revolution was on and the Hungarians in all the events just did not want to run. How could you run with your wife back in Budapest somewhere; so those Games did not give me much satisfaction. I don't think I had a perfect race that I look back on and say, 'God that was good!'

You had some exciting races with people like Eric Shirley.

Eric Shirley, I think, probably had more physical potential than the rest of us put together but he never slept properly three or four days before an event. He worried himself out of his performances. Eric was a great runner.

You were the first Briton to break 9 minutes. Was that satisfaction at the time?

Not really. Remember I had a coach who was a realist — Geoff Dyson. He did not allow his



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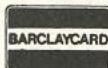
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athletes to have any false pretensions about British records. He was always looking at world marks and nine minutes was a target but it was nothing to really get excited about.

Who were the hardest competitors you ran against in those years?

I think the strange thing is that if you are running well no one is a very good competitor to you because you are going to beat them. It is very difficult to describe unless you have ever experienced it in your life. In 1955 I was totally unbeatable and knew it, and it did not matter who they wheeled in. In '55 it was not a question of good or bad races. I just ran and at the bell I turned it on. I had the satisfaction of seeing people just fall behind. When you are not running well everybody is a good opponent because they all tend to beat you. It is either being switched on or switched off. You have seasons when you are switched on and nothing can go wrong. I think distance running is a bit like that actually; if you are going to win you are going to win.

Do you think the runners of yesterday would be able to compete with the best now?

I think Ovett is the finest runner I have ever seen. I think he is the greatest runner that Britain has ever produced in terms of natural talent and range of ability. If I had to match some oldies against him it would be quite difficult. I would have to put Gordon Pirie there although if you look at the record book you won't find too much in Pirie's favour, apart from some very fast runs. Pirie was another Ovett, not perhaps so refined. It is that feeling of animal power Ovett has got. Herb Elliott had it, Pirie had it, Juantorena and Walker are in that bracket and Snell very close to it.

© Alastair Aitken, 1979

John Allen, Honorary Physiotherapist to the BAAB, AAA and WAAA has changed his Practice address to 42 London Road, Guildford, Surrey (Tel. Guildford 62031 (day), Worplesdon 3794 (eves/w'end)).

In the National Indoor Championships 1500m Final ('AW', Feb 3rd), Sean Cahill did not actually run. This was due to an injury he received in the semi-finals.

Bournemouth AC Ladies Section officers — secretary: Mrs Sheila Redding, 50 Muscliffe Road, Bournemouth, Dorset, BH9 1NW (Tel 523980); track secretary: Mrs. F. Gilbert, 23 Northbourne Avenue, Bournemouth (Tel. Northbourne 2384); cross-country secretary: Mrs. B. Goodwin, 84 Foxholes Road, Parkstone, Poole, Dorset; coaching secretary: Miss H. Ridgeon, 45 Carbery Avenue, Bournemouth (Tel. 424548).

All-Rounder McKenzie

ALTHOUGH it is nearly three years since he took part in a multi-event competition, Gus McKenzie showed he still has the makings of a first class all rounder when winning the Invitation Octathlon held at RAF Cosford on February 17th/18th. The competition proved to be a break for the top decathletes, to see how their winter training was developing.

Gus McKenzie and Graeme Watson had fast times over 60m, both clocking 7.0, with Graeme just ahead on the line. Nick Phipps produced the best shot at 15.07m while last year's winner Pan Zeniou recorded a personal best of 13.96, as did McKenzie at 11.95. Watson moved back into the lead with a long jump of 7.14m, an identical mark being recorded by Peter Brugnani. Fastest over the 400m distance was Kevin Atkinson with an electrifying run of 50.1. At the end of the first day Watson led with 3004 pts, with McKenzie on 2917. McKenzie showed his fine form in the 60m hurdles with a nippy 8.4 clocking, while Zeniou clocked a useful 8.7. Junior, Fidelis Obikwu equalled his high jump best of 1.95m, whilst in the pole vault (maximum of 6 trials allowed) Phipps won the event at 4.30m. As usual Zeniou was fastest over the longer distances, winning the 1000m stint in 2:42.4. McKenzie's 2:47.6 gave him a final score of 5765 pts. 209 ahead of Zeniou's best in the inaugural event last year.

In the Sextathlon there were 20 starters with Verlea's Greg Richards showing the way from the start with a 7.3 followed by another fast hurdles time of 8.5. To show he was not only superior on the track he won the shot at 12.92m. Dave McCombe, who is still a Junior, headed the vaulters at 3.80m and Michael Hausler, studying at Birmingham University produced at 6.96m long jump, with Richards at 6.86. International high jumper Colin Boreham, now lecturing at Queens University, Belfast, also showed his all round ability (without the high jump) with a 6.82 effort. Richards won overall with 4051 pts.

Manndy Laing was the winner of the first two events in the women's pentathlon, the hurdles and the shot to take a 200 point lead over Val Kelly (pb shot of 10.49). Claire Henly (16) was the best high jumper, improving to 1.76m, while Manndy went on to win the long jump at 5.60m, and her 2:40.4 gave her a winning total of 3804 pts.

Borough Road College took a hat trick of victories in the championship relay events, while Sara Harris won the 3000m championship, ahead of Amanda Alford, whose time of 10:01.2 was a UK age 14 best by 13.8 sec.

Alan Lindop

Invitation Octathlon: (Feb 17th/18th) 1, A. McKenzie (Shaft) 5765 (60m — 7.0, SP — 11.95, LJ — 6.83, 400 — 51.3, 60mH — 8.4, HJ — 1.88, PV — 4.00, 1000 — 3:04.0); 2, G. Watson

(Poly) 5647 (7.0, 13.21, 7.14, 52.7, 9.3, 1.80, 3.60, 2:47.6); 3, P. Brugnani (H'gay) 5375 (7.2, 10.79, 7.14, 50.9, 9.0, 1.80, 3.40, 2:57.7); 4, K. Atkinson (Stoke) 5347 (7.1, 10.69, 6.77, 50.1, 8.9, 1.75, 3.20, 2:52.2); 5, C. Brooks (Bel) 5194; 6, N. Phipps (Sheff) 5032 (15.07, 4.30.); 7, P. Zeniou (N. Lon) 4944 (13.96, 8.7, 2:42.4); 8, F. Obikwu (H'gay—J) 4941 (12.81, 1.95); 9, W. McCarron (Anna) 4901; 10, M. Corden (Sheff) 4451 (13.90); 11, G. Ward (Stoke) 4390 (3 LJ fouls). **Sextathlon:** (Feb 17th) 1, G. Richards (Ver) 4051 (60m — 7.3, 60mH — 8.5, SP — 12.92, PV — 3.20, LJ — 6.86, 1000 — 2:55.6); 2, C. Boreham (B'mena) 3852 (7.5, 8.7, 11.46, 2.90, 6.82, 2:44.7); 3, D. Anderson (Bir) 3763 (7.5, 9.3, 10.43, 3.60, 6.69, 2:50.0); 4, M. Pickering (Sheff U) 3681; 5, M. Hausler (B'ham U) 3652 (6.96, 2.41.8); 6, E. Williams (Mullingar) 3617; 7, J. McKee (Stoke) 3521; 8, P. Edward (RAF) 3445; 9, D. McComb (Liv P—J) 3394 (3.80); 10, C. Dickinson (B'burn—J) 3222. **AAA Relay Champs:** (Feb. 17th) Senior 4x100: 1, Borough Road 44.8; 2, Coventry Godiva 45.0; 3, Gloucester 48.4 (47.3 ht). Senior 2000m Medley: 1, Borough Road 4:28.6; 2, Sheffield 4:30.2; 3, Gloucester 4:36.4; 4, Cardiff 4:41.4; 5, Coventry Godiva 4:41.6. Junior 2000m Medley: 1, Wolverhampton & B 4:39.0; 2, Birchfield 5:03.4.

Women

Pentathlon: (Feb 17th) 1, M. Laing (Liv) 3804 (60mH — 8.7, SP — 11.67, HJ — 1.61, LJ — 5.60, 800 — 2:40.4); 2, V. Kelly (Stoke) 3685 (9.4, 10.49, 1.70, 5.31, 2:29.8); 3, C. Henly (B'mth) 3433 (10.0, 9.72, 1.76, 5.36, 2:43.8); 4, J. Smiddy (ASV) 3180; 5, J. Brown (Ashford) 3177; 6, J. Lloyd-Francis (Lough) 3141 (1.61). **WAAA Champs:** (Feb 17th) 3000: 1, S. Harris (Bir) 9:57.6; 2, A. Alford (Steve & NH) 10:01.2. **4x100:** 1, Borough Road 49.7; 2, Tamworth 51.6 (51.4 ht); 3, Coventry Godiva 51.7; Birchfield (49.9 ht) disq.

CAMBRIDGE HARRIERS

33rd OPEN ROAD RELAY

Saturday, 17th March, at 3 p.m.

Sponsored by K. G. Sports.

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

Entry Fees: £1 first team, 50p each subsequent team.

Further details from: Mick Paul, 27 Alexander Road, Bexleyheath, Kent DA7 4TU. (Tel: 01-303 6048 after 8.00 p.m.).

also

YOUNG ATHLETES ROAD RELAY (3 x 1 mile)

Awards according to entry. Fees: 50p per team. Details from and entries to: Mick Chattaway, 8 Marechal Niel Avenue, Sidcup, Kent. (01-300 5584).

Entries close 8th March both events

Overseas News and Results

USA: Fastest Indoor Mile

HAVING missed by a tenth of a second Dick Buerkle's world indoor mile best of 3:54.9 in New York on February 9th, clocking quarters of 58.3, 60.2, 60.0 and 56.5 for a European best of 3:55.0, Ireland's Eamonn Coghlan was determined to make no mistake seven days later on the fast, multi-coloured San Diego track. Predicting that he might run 3:53.8, Coghlan in fact turned in the staggering time of 3:52.6 for 11 laps of the 160y circuit. Behind him, Americans Steve Scott (3:54.1) and Steve Lacy (3:54.7) also finished inside the old figures.

Paul Cummings was the pacemaker, passing 440y in 59.5 (Coghlan 60.0), 880y in 1:57.4 (Coghlan 1:57.7) and three-quarters in 2:56.5 (Coghlan 2:56.8). Coghlan took over with two laps remaining, strode past 1500m in a European best of 3:37.7 and completed his final quarter in 55.8. He offered his thanks to Cummings "for taking the pace out so fast, and to Scott and Lacy for giving me the inspiration to keep me going. Without them I wouldn't have run as fast". It was Coghlan's 22nd victory in his last 23 major indoor races. The 26-year-old Dubliner, fourth in the 1976 Olympic 1500m and second to Steve Ovett in Prague, attributed his improvement to extra strength derived from 15-20 mile runs and plenty of hill work between September and Christmas.

USA INDOOR RESULTS

20.1. Los Angeles. 2M: NICK ROSE won in 8:27.4 (4:15.3, 4:12.1); TJ: Marlow 16.63, Livers 16.53. **21.1. Moscow, Idaho.** (300m track) Mile:

BOB MAPLESTONE 4:07.8 . . . 6, Rono (Ken) 4:11.3. **26.1. San Francisco.** Mile: 4, Wessinghage (Ger) 4:02.3; 6, Rono (Ken) 4:08.8. **27.1. Portland.** 2M: Nyambui (Tan) won in 8:24.3; Women's mile: Purcell (RoI) 2nd in 4:37.4; HJ: Brill (Can) 1.83. **27.1. Champaign.** 880y: 4, B. ATTWELL 1:54.3; 1000y: 1, D. WARREN 2:11.3; Mile: 1, R. CHARLESTON 4:08.0; 4, ATTWELL 4:10.1; 5, J. ODLIN 4:10.5; 2M: 5, ODLIN 8:56.7. **28.1. Allston, Maine.** 5000: J. Treacy (RoI) 13:47.4, Meyer 13:55.8.

2.2. Inglewood (Los Angeles). 60y: McTear 6.22; Mile: Walker (NZ) 4:01.4, Scott 4:01.9, Loikkanen (Fin) 4:02.1; 2M: Lawson 8:42.6, Rono (Ken) 8:42.6; 60yH: Cooper 7.04, G. Foster 7.08, Bryggare (Fin) 7.13; HJ: Jacobs 2.28 (attempted world record 2.36); PV: Tully 5.33; LJ: Ehizuelen (Nig) 7.80, Robinson 7.79; TJ: Haynes 16.43, Livers 16.28; Women's mile: Larrieu 4:34.5, Heald 4:37.3. **2/3.2. Bloomington.** 1000y: 1, D. RAFFERTY 2:10.2; Mile: 6, ODLIN 4:10.2; 2M: 5, CHARLESTON 8:49.7. **3.2. Albuquerque.** (high altitude) 60y: Deal 6.09, McTear 6.15, Dickey 6.16 (6.14 ht); 440y: Smith 47.81; 500m: Brown 62.3; 880y: Belger 1:48.8; Mile: Waigwa (Ken) 3:59.4, Cummings 4:04.4, Buerkle 4:13.2; 2M: Rojas 8:51.6 . . . 6, Rono (Ken) 9:13.0; 60yH: Cooper 7.12, Bryggare (Fin) 7.19; TJ: KEITH CONNOR 16.28, Haynes 15.75; Women's 60yH: La Plante 7.64; LJ: Anderson 6.39; SP: Seidler 17.40. **3.2. Boston.** 600y: GLEN COHEN 1:11.1. **4.2. Princeton.** HJ: Jacobs 2.25, Allen 2.22; TJ: Cooper 16.43.

9.2. New York. 60y: McTear 6.09, Glance 6.12, Riddick 6.14, Dickey 6.15; 500y: Solomon (Tri) 56.9, W. Smith 57.0; 600y: Sowerby (Ant) 1:10.4; 880y: Lech 1:51.0, Enyeart 1:51.2; 1000y: Paige 2:05.3, Belger 2:06.5, DeRienzo 2:08.7, Philippe (Fra) 2:09.2; Mile: Coghlan (RoI) 3:55.0, Waigwa (Ken) 3:56.3, Maree (SA) 3:57.1, Walker (NZ) 3:57.3, Scott 3:59.6, Buerkle 4:03.2; 2M: Nyambui (Tan) 8:30.3, Lacy 8:32.6, Malley 8:35.0, TONY STAYNINGS 8:35.9, Liquori 8:36.7, J. Treacy (RoI) 8:38.6; 60yH: Nehemiah 6.90, Cooper 7.04, C. Foster 7.10; mile walk: Scully 5:58.8 (world best; previously 5:59.0 by de Nicola); HJ: Jacobs 2.28; PV: Ripley 5.52, Bell 5.40, Tully 5.40, Taylor 5.29, Olson 5.29; Women's 60y: Morehead 6.78; 440y: Griffith (Guy) 54.04 (world best; previously 54.21 by Forde); 1500: Larrieu 4:15.0, Merrill 4:15.6, Purcell (RoI) 4:16.3; 60yH: La Plante 7.59; HJ: Brill (Can) 1.85. **10.2. Louisville.** 60m: Glance 6.66, Robertson 6.69; 500m: Brown 63.4; Mile: Flynn (RoI) 3:58.9, Liquori 4:01.6; 3000: Cuzzort 8:00.7, Vernon 8:01.0, ADRIAN LEEK

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- 1.30 p.m. Veteran Men's 3 Miles**
- 2.15 p.m. Men's 3 Miles Walk**
- 3.00 p.m. Senior Ladies 3 Miles**
- 3.30 p.m. Senior/Junior Men's 4 Miles**

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CLOSING DATE THURSDAY, 15th MARCH

8:01.1 ... 7, ODLIN 8:09.5; 60mH: Walker 7.85, Moore 7.89; LJ: Myricks 7.83; SP: Anderson 20.51; Women's 60m: Morehead 7.31 (US rec); 60mH: Hightower 8.27. **10.2. Richfield.** 60y: Collins 6.15; 2M: STAYNINGS 8:42.0; HJ: Fields 2.24; PV: Dave Roberts 5.18.

16.2. San Diego. 60y: McTear 6.16, Hart 6.17; 500y: Brown 56.1; 880y: Belger 1:49.7; Mile: Coghlan (Rol) 3:52.6 (world best) (3:37.7 at 1500 — **European best**), Scott 3:54.1 (US rec), Lacy 3:54.7, Cummings 4:00.5 ... Bayi (Tan) dnf; 2M: Nyambui (Tan) 8:21.2, Chapa 8:25.7, Lawson 8:30.0; 60yH: G. Foster 7.11, Cooper 7.16; HJ: Jacobs 2.26; TJ: Livers 16.20.

EUROPE: Sanyeyev Surpassed

Viktor Sanyeyev's highly respected world indoor triple jump best of 17.16m was beaten two days running by Gennadiy Valuykevich (20) in the USSR Indoor Championships in Minsk. He recorded 17.18 in the qualifying round and 17.29 in the final, also narrowly fouling at 17.40. The USSR's chief triple jump coach Vitold Kreyer, himself a former Olympic medallist, says Valuykevich is exceptionally hard working and purposeful, and the work he performs in training sessions probably exceeds any training load known so far. Kreyer believes that at the World Student Games in Mexico City in September Valuykevich could break Joao Carlos de Oliveira's world record of 17.89. Oddly enough, Valuykevich was dropped from his sports section at the age of 16 for ... lack of ability. Subsequently an enthusiastic young coach, Valeriy Bunin, got acquainted with him, and has been training him ever since.

13.1. Vienna (Aut). 1500: Millionig 3:42.5; women's 60/200: Kafer 7.37/23.87. **20.1. Jablonec (Cze).** 400: Kolar 47.39; 60H: Cerovsky 7.88; LJ: Leitner 7.75; 10,000 Walk: Pribylinec (19) 42:29.5; women's 400: Kratochvilova 52.72. **20.1. Senftenberg (GDR).** Women's SP: Slupianek 20.29; 4-event test: Nitzsche 2:15.3 (800)/8.88 (60H)/1.86 (HJ)/13.87 (SP). **24.1. Prague (Cze).** Women's 300m: Kratochvilova 37.4. **26.1. Senftenberg.** 60: Kubeck 6.67; 10,000

Walk: Heyer 41:51.1; SP: Slupianek 21.23, Adam 20.25, Retslaff 19.55. **27/28.1. Ostrava.** (Czech Champs) 1500: Plachy 3:44.4; HJ: Vondra 2.21; PV: 4, Rudolf Tomasek (age 41) 4.70 (was 2nd in 1962 European Champs with 4.60). **27/28.1. Zwole (Hol).** Women's Pent: Barlag 4374 (60H-8.6, 6.02, 12.20, 1.70, 600-1:39.9). **3.2. Genoa (Ita).** HJ: Bruni 2.26. **3/4.2. Vilnius (USSR).** 60: Fyedorov 6.65, Kovalyov 6.67, Pusatkin 6.67, Mayevskiy 6.67; 60H: 2, Pereverzev 7.69; HJ: 2, Molotilov 2.24; women's 60: Kondratyeva 7.23, Maslakova 7.23, Anisimova 7.25; 800: Zaitseva 2:02.0, Ivanova 2:03.9, Styrkina 2:04.0. **4.2. Sofia (Bul).** Women's 800: Shtereva 2:00.5. **4.2. Berlin (GDR).** 50H: Dittrich 6.66, Kulebyakin (USSR) 6.67, Myasnikov (USSR) 6.73; HJ: Kirst 2.24, Wessig 2.21, Lauterbach 2.21; LJ: Lange 7.92, Dombrowski 7.88, Franke 7.85; TJ: Gora 16.51; SP: Bergmann 19.87, Hohne 19.71, Warnemunde 19.59; women's 50: Storoshkova (USSR) 6.36; LJ: Siegl 6.69; SP: Slupianek 21.42, Adam 20.58. **5/6.2. Milan (Ita).** 60: Crawford (Tri) 6.70, Williams (US) 6.75; 800: Savic (Yug) 1:48.7, Grippo 1:49.0; HJ: Jambor (Hun) 2.25, Bruni 2.21; Mile Walk: De Nicola 5:59.0 (world best); women's HJ: Matay (Hun) 1.92.

7.2. Berlin. 60: Kurrat 6.64; 100: Prenzler 10.47; HJ: Kirst 2.23, Wessig 2.21, Lauterbach 2.21; LJ: Franke 8.06, Dombrowski 7.94; TJ: Gora 16.52; women's 60: Koch 7.16, Gohr 7.17; 100m: Gohr 11.29 (world best), Eberding 11.46; 800: Weiss 2:04.3; SP: Slupianek 21.09, Adam 19.47, Reichenbach 19.31. **7/8.2. Zabrze (Polish Champs; 250m track).** 60: Woronin 6.57 (eq **European best**), Dunecki 6.70, Licznarski 6.71; 400: Podlas 47.81; 60H: Giegiel 7.86, Pusty 7.95; PV: Kozakiewicz 5.50, Buciariski 5.35; LJ: Jaskulka 7.78; women's 60: Bielczyk 7.35 (7.33 ht), G. Rabsztyń 7.43, Szewinska 7.47; 60H: G. Rabsztyń 7.86 (world best), Perka 8.04, Bielczyk 8.05, Langer 8.13, Swierczynska 8.19 (8.13 ht); HJ: Kielan 1.88. **9/10.2. W. Berlin.** (German Champs) 400: Hofmeister 46.63, Dusing 46.82; 1500: Wessinghage 3:40.8, Hudak 3:42.0, Nellesen 3:42.2; 3000: Herle 7:52.1, Sensburg 7:56.0, Poschmann 7:56.2; 50H: Gebhard 6.60,

continued on page 38

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 2, T. Bateman (Birchfield) 16:22
 3, C. Petitjean (Birchfield) 16:46
 4, B. Smith (B&R) 16:52; 5, S. Hassan (Birch) 16:55; 6, S. Smith (Bris) 17:12; 7, J. Pearson (Tel) 17:24; 8, M. Wieckowska (Tip) 17:32; 9, C. Readdy (Stoke) 17:49; 10, A. Tooby (Here) 17:54; 11, G. Rhodes (Stoke) 18:10; 12, A. Tunnicliffe (Stoke) 18:22; 13, T. Brownlie (B&R) 18:24; 14, T. Colebrook (Cann. Ch) 18:28; 15, C. Bell (Cov. God) 18:29; 16, P. Slyde (W&B) 18:31; 17, H. Hallam (Charn) 18:38; 18, S. Tooby (Here) 18:48; 19, S. Wreghitt (Charn) 18:58; 20, K. Boote (Stoke) 19:00. **Teams:** 1, City of Stoke 52; 2, Bromsgrove & Redditch 69. **(Inters):** 1, S. Harris (Birch) 13:43; 2, D. Curtis (Leics) 13:48; 3, J. Simcox (Stoke) 14:16; 4, K. Batchelor (Cann. Ch) 14:17; 5, J. Smith (Cann. Ch) 14:36; 6, J. Savage (Chelt) 14:38; 7, F. Crothers (Cann. Ch) 14:40; 8, J. Perry (Shrew) 14:44; 9, J. Burtonwood (Leic) 14:45; 10, N. Salisbury (Birch) 14:47; 11, M. Gillard (Charn) 14:50; 12, S. Roadley (Leic) 14:54; 13, C. McLeod (Cov. God) 14:55; 14, J. Leavesley (B&R) 14:56; 15, J. Hooton (N'ark) 14:57; 16, M. Carmody (Cov. God) 14:57; 17, J. Blackwell (Notts) 14:58; 18, W. Joy (Notts) 15:30; 19, D. Ingram (W&B) 15:33; 20, J. Hemming (Leam) 15:36. **Teams:** 1, Cannock Chase 16; 2, Leicester Coritanian 23; 3, Coventry Godiva 53; 4, Notts 57; 5, Birchfield 91; 6, Telford 102. **(Juniors):** 1, S. Weaver (Stour) 9:33; 2, C. Clark (Cov. God) 9:45; 3, J. Glass (Warl) 9:54; 4, J. Platt (Cann. Ch) 10:01; 5, C. Simcox (Stoke) 10:11; 6, J. Bradley (Stour) 10:13; 7, N. Carmody (Card. WS) 10:13; 8, A. Gilling (Warl) 10:18; 9, D. Parry (Cov. God) 10:21; 10, A. Cardus (B&R) 10:22; 11, P. Brannelly (Stoke) 10:25; 12, N. McDonnell (Card. WS) 10:26; 13, L. Cochrane (Staff) 10:27; 14, F. Betts (Charn) 10:30; 15, J. Wilkinson (SiA) 10:34; 16, — 10:35; 17, H. Beasley (Worc) 10:37; 18, M. Heald (Charn) 10:38; 19, C. Parkinson (W&B) 10:42; 20, C. Hubble (Tel) 10:45. **Teams:** 1, City of Stoke 53; 2, Warley 65; 3, Stourport 80; 4, Coventry Godiva 90; 5, Charnwood 94; 6, Cannock Chase 104. **(Girls):** 1, K. Nurse (Charn) 9:49; 2, A. Walthew (B&R) 10:06; 3, R. Freeman (Cann. Ch) 10:11; 4, J. Penfold (Northants) 10:14; 5, A. Parry (Leic) 10:14; 6, L. Ingram (W&B) 10:23; 7, J. Shepherd (Leic) 10:27; 8, S. Dixon (Ald. Callow S) 10:28; 9, S. Cole (Cov. God) 10:30; 10, T. Jones (Stoke) 10:34; 11, M. Travers (Birch) 10:35; 12, S. Cooke (Ald. Callow S) 10:36; 13, H. Burnett (Shrew) 10:36; 14, D. Spencer (Silson) 10:36; 15, H. Moody (Ald. Callow S) 10:38; 17, V. Kimber (Charn) 10:44; 18, E. Mumford (Stour) 10:45; 19, S. Broadhurst (Leic) 10:47; 20, A. Garry (B&R) 10:48. **Teams:** 1, Charnwood 68; 2, Bromsgrove & Redditch 72; 3, Leicester

STAN LUBBOCK

Sefton Harriers are very sorry to announce the death of Stan Lubbock, who died on January 23rd, in Whiston Hospital at the age of 74. Stan, who had been President of Sefton Harriers for almost a decade, will be sadly missed by all his family and friends.

His service to the club, and athletics in general, is immeasurable. Stan was a member of Sefton Harriers for over 50 years and during that time he served as Treasurer, Secretary, and finally President. In addition, his contribution to the wider field of athletic administration was second to none.

As well as being President of the Liverpool and District CCU and West Lancs CCU, for many years, he also served as Vice President of the AAA (1970-74), President of the NCCA (1955), President of the NCAA (1969-70), and as a fitting climax to his distinguished career in this sphere was elected as President of the ECCU in 1974.

These official titles are the marks by which a man may be known publicly, but those who knew Stan personally will appreciate the quality of unbounded enthusiasm that characterised his service to athletics in general, and to his club in particular.

The gap left by Stan's death will be a constant memorial to the place he holds in the affections of all his friends and club mates.

Members of Sefton Harriers.

Coritanian 74; 4, Coventry Godiva 109; 5, Alderman Callow School 110; 6, City of Stoke 154.

* * *

Correspondence for Barrow AC should be sent to the secretary, Dave Rawlings, 17 Hogue Street, Barrow-in-Furness, Cumbria, LA14 3EQ (Tel. 0229 43259).

OVERTON HARRIERS & A.C.

Sixth Annual

COMBE GIBBET TO OVERTON

16 Miles

Cross Country Run

SUNDAY, 8th APRIL, 1979

At 2.00 p.m. at Combe Gibbet,
Near Inkpen, Berkshire

Open to all classes of runners, fast walkers etc. Transport from Overton will be arranged provided the Organiser is informed by 20th March.

No entry fees — No prizes

S.A.E. for further details from J. H. Thomas, "Glasskeeragh", Sapley Lane, Overton, Hampshire. Tel: Basingstoke 770348.

CLOSING DATE 26th MARCH

European Indoor Championships**Vienna, February 24th/25th**

Verona Strikes Gold For Third Time!

VERONA ELDER added to her already secure reputation as the most successful British woman athlete in indoor history with a superb 400m victory — her third such title in six years — in the European Indoor Championships in Vienna last Sunday. It was a marvellous performance by the 25-year-old Wolverhampton star; not only did she bring off an unexpected victory but the quality of her running was such that she produced the fastest time of her dazzling indoor career — a British record of 51.80. Indeed, only one woman has ever run quicker indoors and that is none other than Marita Koch with 51.14.

Competing in her 50th international for Britain, Verona only just scraped into the four-girl final. Whipping through 200 in 24.3 (itself a British indoor best!) just behind France's Grandrieux in her heat, Verona was narrowly beaten (53.07 to 53.11) by Barbara Krug (GDR). With only winners and two fastest losers to qualify there were anxious moments for Verona, but qualify she did for next day's final. The draw, from the inside, was: Barbara Krug (52.4 this winter on a 250m track; a member of the winning 4 x 400 squad in Prague with an outdoor best of 51.36); Jarmila Kratochvilova of Czechoslovakia (top of the indoor rankings with 51.99; holder of the world indoor 200m best of 23.19; outdoor 400 best of 51.09); Austria's Karoline Kafer (2nd ranked indoors at 52.16; fastest outdoors of 50.62); and Verona (1979 indoor fastest of 53.10, as compared with her UK indoor best of 52.68 in 1975; quickest outdoor time of 51.4). Verona may have been the slowest of the four, and the draw was no help, but she was easily the most experienced in this type of competition. In previous European Indoor Championships she had won a world's best of 53.04 in 1973, triumphed again in 1975 with a UK best of 52.68, finished 2nd (52.75) to Koch's world record breaking 51.14 in 1977, and last year finished 6th in the 800m final.

The Austrian and Czech girls set a tremendous pace, with Kafer 2m up at the 200m mark in a potentially suicidal 23.92. Verona was a steady third some 6m down on the leader in 24.6, while Krug followed another 3m back. The positions and margins remained unchanged at 300m, at which point British hopes rested on Verona holding the bronze medal placing — but the situation was transformed in the straight. As Kafer faded, to the home crowd's dismay, Kratochvilova edged into the lead — only for Verona, finishing in sensational style, to pip the Czech girl with literally her final stride. It really couldn't have been much closer, with just 1/100th of a second

separating them. Verona must have made up a good four to five metres in the space of that finishing straight.

Verona later confessed to being as surprised as anybody. "All my training has been geared for racing over 800m next summer", she told reporters. "I've been doing no real speed work. I have concentrated on building strength to get the extra distance, which has paid off for me here. Because of my lack of pace work I knew the other finalists were going to be too fast for me over the first lap, so I just waited my time hoping I would have sufficient strength to challenge them the second time round. In the home straight I saw there was a chance of getting a bronze so I gave it everything and kept going. It's a real thrill to pull off a surprise like this".

The British party of ten (Paul Williams was a late withdrawal) achieved other successes. Geoff Capes brought his indoor medal tally to six with a silver, and there were bronze awards for John Robson and (in farcical circumstances, though) Judy Oakes. Nick Rose set a UK indoor best in the 3000, and other personal bests (besides Elder and Robson) were gained by Wendy Clarke and Cherry Hanson.

Finland's Reijo Stahlberg retained the shot title, at 20.47m, with Capes's second-round 20.23 constituting a good performance since he was hampered by a pulled abductor muscle. The women's shot competition was ridiculous as only three of the original entry of seven actually turned up. Thus, while the GDR's Ilona Slupianek (the European champion) and former world record holder Marianne Adam were thumping the shot beyond 20m, Judy Oakes picked up the bronze with a mediocre 15.66.

Medals were infinitely harder to obtain in other events. Nick Rose ran almost ten seconds faster than previously this winter, broke Ricky Wilde's UK (and former world) indoor best of 7:47.0 and still couldn't finish higher than 5th in the 3000. Second to Christoph Herle at the bell, Rose couldn't produce the last-lap speed necessary on such occasions and Markus Ryffel burst through to retain the title in a fast 7:44.5. Another spectacular finisher was Eamonn Coghlan, who easily disposed of Thomas Wessinghage along the final back straight of the 1500m. Covering the last 800 in around 1:53 (the first 800 took a plodding 2:05.1), the Irishman won as he pleased in 3:41.8. His colleague Ray Flynn fell while in 3rd place on the last lap, and John Robson seized the opportunity for a bronze medal, Britain's first in this event since Walter Wilkinson a decade ago.

Wendy Clarke acquitted herself splendidly in the 60m. Making the final, with a personal best of 7.28, was good enough — but in the final she improved again to 7.26 to finish 5th just 1/10th behind the winner Marlies Gohr. Cherry Hanson set an indoor personal best in the 1500, a very fast race in which Natalia Marasescu just missed her own world best of 4:03.0, covering the final 200m lap in 29.1. Brian Hooper, placing 8th in the vault won by Wladyslaw Kozakiewicz with a European best of 5.58m, was only 5cm below his own UK indoor mark and tried unsuccessfully for 5.40. Another Pole in record form was Marian Woronin with 6.57 for 60m, equalling the European figures, while Karel Kolar (Cze) ran what is probably the fastest ever indoor 400 on electrical timing: 46.21 (21.95 at 200).

60: 1, M. Woronin (Pol) 6.57 (**eq European best**); 2, L. Dunacki (Pol) 6.62; 3, P. Petrov (Bul) 6.63. **400:** 1, K. Kolar (Cze) 46.21; 2, S. Malinverni (Ita) 46.59; 3, H. Toboc (Rum) 46.86. **800:** 1, A. Paez (Spa) 1:47.4; 2, B. Kolev (Bul) 1:47.8; 3, A. Paroczai (Hun) 1:48.2. **1500:** 1, E. Coghlan (RoI) 3:41.8; 2, T. Wessinghage (Ger) 3:42.2; 3, JOHN ROBSON 3:42.8 ... 7, R. Flynn (RoI) 3:51.5. **3000:** 1, M. Ryffel (Swi) 7:44.5; 2, C. Herle (Ger) 7:45.5; 3, A. Fedotkin (USSR) 7:45.5 ... 5, NICK ROSE 7:46.7 (**UK best**). **60H:** 1, T. Munkelt (GDR) 7.59; 2, A. Bryggare (Fin) 7.67; 3, E. Pereverzev (USSR) 7.70. **HJ:** 1, V. Yashchenko (USSR) 2.26; 2, G. Belkov (USSR) 2.26; 3, A. Schneider (Ger) 2.24 ... 14, MARK NAYLOR 2.15. **PV:** 1, W. Kozakiewicz (Pol) 5.58 (**European best**); 2, K. Volkov (USSR) 5.45; 3, V. Trofimenko (USSR) 5.45 ... 8, BRIAN HOOPER 5.30. **LJ:** 1, V. Tsepelev (USSR) 7.88; 2, V. Podluzhny (USSR) 7.86; 3, L. Franke (GDR) 7.80. **TJ:** 1, G. Valyukevich (USSR) 17.02; 2, A. Piskulin (USSR) 16.97; 3, J. Uudmae (USSR) 16.91. **SP:** 1, R. Stahlberg (Fin) 20.47; 2, GEOFF CAPES 20.23; 3, V. Kissilyev (USSR) 20.01 ... 7, MIKE WINCH 17.03.

Women

60: 1, M. Gohr (GDR) 7.16; 2, M. Koch (GDR) 7.19; 3, L. Storoshkova (USSR) 7.22; 4, WENDY CLARKE 7.26. **400:** 1, VERONA ELDER 51.80 (**UK best**); 2, J. Kratochvilova (Cze) 51.81; 3, K. Kafer (Aut) 51.90. **800:** 1, N. Shtereva (Bul) 2:02.6; 2, A. Weiss (GDR) 2:02.9; 3, F. Lovin (Rum) 2:03.1. **1500:** 1, N. Marasescu (Rum) 4:03.5; 2, S. Zaitseva (USSR) 4:03.9; 3, S. Guskova (USSR) 4:07.4 ... 7, CHERRY HANSON 4:13.8. **60H:** 1, D. Perka (Pol) 7.95; 2, G. Rabsztyn (Pol) 8.00; 3, N. Morgulina (USSR) 8.09. **HJ:** 1, A. Matay (Hun) 1.92; 2, U. Kielan (Pol) 1.85; 3, U. Meyfarth (Ger) 1.80. **LJ:** 1, S. Siegl (GDR) 6.70; 2, J. Nygrynova (Cze) 6.42; 3, L. Johansson (Swe) 6.27. **SP:** 1, I. Slupianek (GDR) 21.01; 2, M. Adam (GDR) 20.14; 3, JUDY OAKES 15.66.

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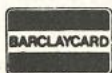
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TENDRING ATHLETIC CLUB

ANNUAL BEACH RACES

3 miles along the beach and over the groyne

SENIOR LADIES & SENIOR MEN

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

SUNDAY, 18th MARCH, 1979, 10.30 a.m.

Start at Holland Haven

Finish at Clacton Pier

Prizes: Ladies — 1st 3 Individuals, 1st Team (3 score),
1st Vet O/35; Men — 1st 3 Individuals, 1st Team (3
score), 1st Vet O/40.Entry Fee: 40p Individual, no extra for Team, payable
to Tendring Athletic Club.

Entries to D. Moss, 86 Groom Park, Clacton, Essex.

BIGGLESWADE ATHLETIC CLUB

Open, Individual & Team
ROAD RACES

(Under A.A.A. Laws)

EASTER MONDAY, 16th APRIL, 1.30 p.m.

Seniors 6½ Miles, Prizes £8, £4, £3, £2, £1

Vets £3, £2, £1 & O/50 £3

Youths 2½ Miles

Boys 2½ Miles

Boys (11 & 12 yrs) 2½ Miles

Boys (10 yrs) 2½ Miles

Boys (8 & 9 yrs) ¾ Mile

Plaques, Medallions, Medals, 1st, 2nd, 3rd Ind.

Medallions, Medals, 1st, 2nd, 3rd, 4th Teams except 8

Ages as at 1.9.78. Fee: 25p per Ind.

no Team fee.

Entries to (with SAE) Des Ball, Hon. Sec., 16 Saffron
Road, Biggleswade, Beds. SG18 8DJ.

ENTRIES CLOSE 5th APRIL, 1979.

BATH & PERCY A.C.

10 MILES ROAD RACE

SATURDAY, 17th MARCH, 1979

Starting at 2.30 p.m.

Incorporating: Ladies 10 mile race &
Avon Men's Championship.Changing facilities at Culverhay School,
Rush Hill, Bath, Avon.Awards: 1st, 2nd & 3rd Ind. & Teams. 1st Vet. O/40,
1st Vet. O/50, 1st, 2nd and 3rd Ind. Avon Champion-
ship. 1st, 2nd & 3rd Ind. Ladies.R.R.C. Standards: 1st Class 55 mins, 2nd Class 63
mins. Vets (40) 65 mins, (50) 72 mins.Fees: Open & Ladies 50p (No team fee). Avon
Championship 10p extra.Entries to: Ray Bridgen, 77 Ashgrove, Peasdown St.
John, Bath, Avon. (Tel: Radstock 33579 S.A.E. reqd.)

Walking Commentary

A bitterly cold wind made conditions tough for both competitors and officials on the exposed circuit used for the GLC 10 miles championship at Battersea Park on February 10th. Carl Lawton was soon clear of his rivals but was always chased by a sharp moving Adrian James. Junior Richard Dorman had his best senior race so far in overhauling Brian Armstrong. Dave Jarman improved over two minutes from last year to place 5th. Bob Dobson, so impressive before Christmas, was well below par, hit by illness and lack of training miles. Due to the inclement weather, only seven men were inside 79½ minutes, as against 14 last year. 1, C. Lawton (Bel) 74:01; 2, A. James (Enf) 75:12; 3, R. Dorman (Bel) 76:13; 4, B. Armstrong (Ilf) 76:33; 5, D. Jarman (Sy) 77:01; 6, R. Lancefield (Sy) 77:53; 7, J. Hall (Bel) 78:10; 8, G. Hunwicks (Ilf) 79:35; 9, R. Dobson (Ilf) 79:38; 10, M. Scamell (Bel) 79:41; 11, P. Blagg (Bel) 79:45; 12, J. Newnham (Bel) 80:07; 13, M. Fullager (Sy) 81:08; 14, D. Salter (Enf) 81:42; 15, B. Imber (Sy) 81:55; 16, E. Holmquist (High) 82:03; 17, P. Jarman (Sy) 82:15; 18, G. Scott (Enf) 82:35; 19, M. Oliver (Enf) 82:56; 20, D. Maynard (Camb) 83:17. Teams: 1, Belgrave 21; 2, Surrey WC 39; 3, Ilford 44; 4, Enfield 53.

Enthusiastic support for sprint walks at the Invitational Crystal Palace Meets. Opinion against the decision of the RWA General Committee not to sanction races at distances less than 3km at the all-star Crystal Palace meetings is being strongly voiced by many of our leading performers. John Lees, whose commentaries on these events have enlightened and enlightened the crowds, is leading the campaign to have the decision reversed.

With time at a premium on these occasions it is obvious that organisers cannot spare a minimum of 15 minutes for a walk but they are generally well disposed to a 1500m/Mile. Because of this the sport has been brought before massed crowds and featured on television, the duels between Roger Mills and men such as Lelievre, Duda, Seatter and Buccionne have excited thousands and many youngsters have been encouraged to try and appreciate the sport due to watching these extremely fast and exciting races. It must be hoped that our top sprinters, together with the top Europeans, will continue to be invited to future top class meets: organisers can be assured all the lads will give 100% effort.

Amos Seddon comfortable winner of Essex Police 10M at Chelmsford (January 31st). 1, A. Seddon (Enf/MP) 77:16; 2, J. Robinson (Ang) 78:49; 3, P. Ryan (Sheff/Ex P) 79:15; 4, D.

Sheppard (Ang/Ex P) 83:57; 5, D. Salter (Enf/MP) 84:29; 6, L. Mockett (Ilf/MP) 85:05. Teams: 1, Met Police 21; 2, Essex Police 27; 3, Anglia Striders 32. (Women 5km): 1, S. McAuley (Ex Pol) 29:37; 2, H. Sheppard (Ang) 33:20.

Mike Scamell edges out Graham Maynard for fastest time in London Postal Region 9km Handicap at Blackheath Park (January 21st). 1, M. Scamell (Bel) 43:33; 2, G. Maynard (Camb) 43:36; 3, S. Holliday (Med) 44:24; 4, G. Hunwicks (Ilf) 44:46; 5, D. Sheppard (Ang) 44:52; 6, R. Parkins (Med) 45:32; 7, D. Hay (Hav) 45:39; 8, S. Marshall (Camb) 46:00. Teams: 1, Cambridge 16; 2, Belgrave 17; 3, Medway 17.

Fixtures hit by weather. For the first time for many years, several races have had to be cancelled due to snow and ice. Among those effected were the Stock Exchange 7M (due now to be held in late March), the Met Police v British Industrial 10M, and the Sussex Clubs v Met Police 10M matches.

Adrian James nearly a mile ahead in London Vidarians Inter Club 10M at Battersea Park (January 27th). 1, A. James (Enf) 76:32; 2, E. Holmquist (High) 83:00; 3, G. Meadows (High-V) 84:00; 4, R. Picton (Bel) 84:59; 5, V. Hutchins (Bel) 85:48; 6, P. Worth (Enf-V) 85:58. London Vidarian Championship: C. Flint 89:42. Teams: 1, Belgrave 26; 2, Enfield 26; 3, Surrey WC 37; 4, London Vids 47.

Amos Seddon cruises to Met Police 10M Championship at Chigwell (February 7th). 1, A. Seddon (Enf) 82:23; 2, P. Blagg (Bel) 82:45; 3, J. Evans (Ilf) 83:48; 4, G. Scott (Enf) 87:31.

Fast indoor times. Across the Atlantic, Todd Scully is blazing the boards as usual in the East Coast 1500m/mile events. Chasing him closely, Dan O'Connor has been showing surprising speed for a man regarded as a 50km specialist. On the European scene, Gerard Lelievre has been showing fine form while Renato Di Nicola, known to many British walkers who have raced in Italy shocked everyone with his record 5:59.0 for a mile.

Colin Young

Southern Women's CC&RWA Walking Champs, at Steyning (January 27th). A heavy snowstorm soon after the start of the Senior/Intermediate race made the going extremely difficult for the walkers and caused the cancellation of the men's open 10km. Defending champion Judy Farr had great difficulty keeping her feet and was never in contention. Beverley Francis, however, was able to maintain a good technique throughout to win easily in the good time for the conditions of 26:11. Sue Till seemed unfortunate to be disqualified just before half distance when well clear in the Intermediate event

and it was obvious that the snow was to blame. Fiona Rider walked extremely well to easily defeat two good class rivals, Sarah Brown and Kate McDonald, in the Junior event which, like the Girls race (in which national champion Helen Ringshaw was again in a class of her own), was held before the snow started.

(Senior 5km) 1, B. Francis (B&H) 26:11; 2, S. Rook (Bel) 30:13; 3, A. Matthews (Bel) 30:59; 4, J. Farr (Trow) 31:07; 5, H. Cox (Trow) 32:50; 6, C. Bean (Stey) 32:54. (Inter 5km) 1, L. Nicholls (Bel) 29:21; 2, E. Page (Stey) 32:00; 3, D. Mann (B&H) 32:01; 4, J. Askew (Med) 33:09; 5, G. Brackpool (E&E) 33:12; 6, J. Pritchard (Bel) 33:16. (Jnr 3km) 1, F. Rider (Camb) 15:56; 2, S. Brown (Stey) 16:10; 3, K. McDonald (Dork) 16:16; 4, J. Marshall (Camb) 18:40; 5, M. Davitt (Camb) 18:44; 6, H. Ryan (E&E) 19:06. (Girls 2.5km) 1, H. Ringshaw (Stey) 13:49; 2, K. Todd (Sutt) 15:07; 3, E. Ryan (E&E) 15:08; 4, J. Skinner (Basing) 15:33; 5, L. Urquart (Sutt) 15:44; 6, N. Gates (Hav) 15:51.

Track walking races at Preston Park, Brighton (February 4th). Two days before joining the Sussex Police, Beverley Francis walked the 6th fastest time ever by a British girl when removing 2:11 from her best time to win the 10,000m in 52:13. Her 17-year-old clubmate Sue Till knocked nearly three minutes from her best with 54:45. Jeff Slater Trophy 10,000m: 1, D. Holly (B&H) 47:24; 2, D. Stevens (Stey) 47:39; 3, J. Hall (Bel) 48:18; 4, M. Mason (B&H) 51:28; 5, D. Boxall (B&H) 51:54; 6, K. Dale (B&H) 51:57. (Boys 2000m) 1, G. Ringshaw (Stey) 10:14; 2, J. Buchanan (B&H) 10:16; 3, D. Bearman (Stey) 10:47. (Women 10,000m) 1, B. Francis (B&H) 52:13; 2, S. Till (B&H) 54:45; 3, E. Page (Stey) 65:12; 4, C. Buchanan (B&H) 65:14; 5, D. Mann (B&H) 65:50. (Jnr Women 2000m) 1, S. Brown (Stey) 10:31; 2, H. Ringshaw (Stey) 10:39; 3, K. Todd (S&C) 11:40.

Alan Buchanan

Sheffield United WC 10M Championship at Creswell (January 27th). 1, R. Hankin 76:20; 2, M. Greasley 77:35; 3, J. Warhurst 78:16; 4, J. Stancer 79:42; 5, J. Eddershaw 80:10; 6, A. Woodruff 84:17.

Isle Of Man Results

Peel to Douglas 10M, December 3rd. 1, G. Young 89:46; 2, J. Curphey 91:58; 3, J. Cannell 94:20 ... Irene Corlett 101:56. (Boys, 3km): J. Madigan 16:11. **Around Douglas 10km, December 17th.** 1, A. Callow 47:55; 2, G. Young 49:09; 3, J. Curphey 51:00 ... Irene Corlett 57:07. (Boys, 3km): J. Madigan 16:26. **15km at Bowl, Douglas, January 9th.** 1, A. Callow 74:46; 2, M. Lambden 79:24; 3, J. Curphey 79:28 ... Irene Corlett 88:18. (Boys, 5km): J. Madigan 28:34. **10km Union Mills, January 21st.** 1, A. Callow 47:47; 2, J. Curphey 51:11; 3, J. Cannell 51:24 ... Irene Corlett 56:48. (Boys, 5km): J. Madigan 28:45.

Kathryn Binns Captures National CC Title

LONDON University economics student Kathryn Binns (21) of Sale won the national women's cross-country title over a 5250m course at Runcorn last Saturday, but will not be competing for England in the IAAF championship in Limerick as that event clashes with a job interview — "and my future career must come before my running". England's team will be: Ruth Smeeth, Penny Yule, Paula Fudge, Ann Ford, Regina Joyce and Glynis Penny.

Seniors

1, K. Binns (Sale) 18:00
2, R. Smeeth (Aldershot) 18:06
3, P. Yule (Portsmouth) 18:10
4, P. Fudge (Houn) 18:11; 5, A. Ford (Houn) 18:12; 6, R. Joyce (Craw) 18:12; 7, G. Penny (Camb H) 18:26; 8, J. Shepherd (Glas) 18:29; 9, G. Adams (Ald) 18:30; 10, C. Ward (LOAC) 18:31; 11, K. Robinson (Pit) 18:33; 12, J. Dawkins (S'ton) 18:33; 13, C. Benning (Stret) 18:33; 14, C. Boxer (Ald) 18:45; 15, J. Smith (Barn) 18:46; 16, J. Clarke (B'ham U) 18:47; 17, J. Armstrong (Hasle) 18:52; 18, B. Schofield (Sale) 18:52; 19, L. Harvey (LOAC) 19:01; 20, C. Gould (Barn) 19:01; 21, M. Belk (ASV) 19:09; 22, B. Madigan (Brack) 19:12; 23, J. Whiteley (Leeds) 19:13; 24, F. McQueen (Glas) 19:17; 25, A. Roberts (Houn) 19:25; 26, M. Coomber (Camb) 19:25; 27, M. Lockley (Lut) 19:27; 28, K. Lock (Card) 19:28; 29, A. Blake (Ald) 19:29; 30, J. Asgill (Stret) 19:32; 31, M. Palmer (West) 19:39; 32, E. Barnes (Camb) 19:43; 33, J. Marlow (Stret) 19:46; 34, J. Lochhead (ASV) 19:46; 35, J. Honeysett (Exeter) 19:46; 36, S. McDiarmid (S'ton) 19:46; 37, C. Price (unat) 19:48; 38, B. Green (Houn) 19:48; 39, J. Heywood (Wyc) 19:51; 40, L. Watson (LOAC) 19:51; 41, C. Chapman (Bolt) 19:51; 42, S. Parkin (Holm) 19:54; 43, S. Samy (Brack) 19:54; 44, S. Blair (Blay) 19:54; 45, S. Little (Bolt) 20:01; 46, J. Haigh (Long) 20:04; 47, S. Sloan (Hast) 20:04; 48, A. Turland (Dav) 20:07; 49, A. Tamplin (I. M. Marsh) 20:08; 50, C. Wood (Leeds) 20:09. 239 finished. **Teams:** 1, Aldershot 54; 2, Hounslow 72; 3, LOAC 129; 4, Stretford 139; 5, Cambridge H 154; 6, Sale 163; 7, Airedale & Spen Valley 190; 8, Bolton 218; 9, Southampton 242; 10, Glasgow 262.

Intermediates

1, S. Arthurton (Leeds) 14:18
2, L. King (Basingstoke) 14:30
3, K. Timpson (Thurrock) 14:45
4, S. Harris (Bir) 14:50; 5, W. Lodge (Ald) 14:56; 6, S. Lonsdale (Sale) 15:04; 7, P. Clarke (Sale) 15:05; 8, A. Pattison (Cann) 15:08; 9, S. Walker (Sale) 15:08; 10, S. Goddman (M. Keynes) 15:11. 220 finished. **Teams:** 1, Sale 41; 2, Cannock

Chase 125; 3, Aldershot 145; 4, Blackburn 184; 5, Reading 238; 6, Thurrock 259; 7, Bristol 279; 8, Blaydon 292; 9, Westbury 407; 10, Bournemouth 415.

Juniors

1, P. Matheson (Sale) 10:25
2, K. Barrington (Hallamshire) 10:27
3, C. Fairbrass (Reading) 10:27
4, M. Witts (Essex) 10:28; 5, L. Silva (Melb) 10:28; 6, K. Hughes (Thur) 10:35; 7, A. Alford (Steve) 10:39; 8, C. Clark (Cov) 10:41; 9, J. Glass (Warr) 10:48; 10, E. Hand (Border) 10:49. 499 finished. **Teams:** 1, Sale 173; 2, Stevenage 182; 3, Leeds 216; 4, Border 297; 5, Basingstoke 329; 6, Halifax 338; 7, Aldershot 366; 8, E. Hull 376; 9, Reading 383; 10, Blaydon 384.

Girls

1, T. Glead (Wycombe Ph) 8:44
2, D. Thomas (Bognor Regis) 8:47
3, A. Crewe (Bingley) 8:49
4, G. Millership (C of Hull) 8:57; 5, M. Dinneen (Salford Met) 8:59; 6, D. Wilkinson (Darl) 9:00; 7, S. Hughes (Morp) 9:01; 8, D. Campbell (Craw) 9:02; 9, B. Ely (Sale) 9:04; 10, D. Edwards (Sale) 9:05. 516 finished. **Teams:** 1, Sutton 139; 2, Thetford 161; 3, Darlington 177; 4, Bristol 211; 5, City of Hull 237; 6, Bingley 239; 7, Sale 250; 8, Rossendale 269; 9, Stevenage 274; 10, Mitcham 279.

(More detailed coverage next week)

EUROPEAN RESULTS contd. from page 31

Kessel 6.71, Kratschmer 6.71; HJ: Mogenburg 2.25, Schneider 2.22; TJ: Sauer (37) 15.64 (his 20th national title, indoors & out); women's 200: Richter 6.28, Possekel 6.37; 200: Richter 23.34; 400: Bussmann 52.94, Decker 53.53; 1500: Kraus 4:16.0; HJ: Meyfarth 1.93. **10.2. Vittel (Fra).** 800: Marquant 1:49.2; women's 60: Alize 7.33; HJ: Matay (Hun) 1.90.

ASIAN GAMES

Add to the results published in the February 3rd issue — 100: 2, Gnanasekharan (Ind) 10.60 (rec); 3, Suh Mei Guh (S. Kor) 10.66 (10.45 sf); 200: 4, Fan Hsin-wen (Chi) 21.71 (rec); 3000SC: 2, Gopal Singh (Ind) 8:44.8 (rec); TJ: 1, Nakanishi (Jap) 16:56; 2, Tsou Chen-hsien (Chi) 16:47; 3, Chou Tsien-kuo (Chi) 16:29; SP: 2, Chao Pao-chin (Chi) 17:44; 3, Al-Zinkawi (Ku) 17:40 (rec); 4 × 400: 2, India 3:08.4.

Additions and/or amendments to Age Records (Boys) lists would be appreciated by Dave Cocksedge, 82 Florida Road, Thornton Heath, Surrey, CR4 8EW.

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Sunday, 1st April, 2 p.m. Under AAA Laws

Changing: Gypsies Green Stadium. Prizes: 1st 6 Inds, 1st 3 Teams. Medals: 1st 3 Vets 40-49, 1st 3 O/50. 1st & 2nd class certificates. Entries, by Sat., March 17th, 30p Ind, 40p combined N/D, 75p Team, to R. Sheraton, 32 Meadow Caws, South Shields, Tyne/Wear, Tel. 566962. Entries on day ineligible for prizes.

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(Under A.A.A. Laws)

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Changing at Broxhill School, 3 pm Start

Prizes first 4 Ind, first 2 Vets O/40, first O/50. Medals & Prizes first three teams.

Entries: 35p per person to Mr D. Holland, 126 Beaulieu Way, Romford, Essex. Closing Date 12th March. SAE for results of race.

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(Under AAA Laws)

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From Memorial Hall, Cranford High Street

SATURDAY, MARCH 31st, 1979

Fees: £1.50p per team, £1.00p per Vets team.

Entries close Saturday, 17th March to A. H. J.

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

SUNDAY, 25th MARCH, 1979, 1.30 p.m.

Changing accom: Court Moor School, Fleet.

Minor Ladies	1 ¼ Miles approx.
Junior Ladies	1 ½ Miles approx.
Inter/Senior Ladies	2 ½ Miles approx.
Colts	2 ½ Miles approx.
Boys	3 Miles approx.
Youths	3 ½ Miles approx.
Junior/Senior Men	5 ½ Miles approx.
Medals or prizes 1st 3 Individuals and 1st Team (3 score). Additional prizes dependent on entries.	

**Fee: 25p Ind (no team fee) to Dave Hall, 2 Lorraine Rd.,
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entries. Entries on the day 50p.**

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2. U/11 Young Girls	1 ½ miles 1.05 p.m.	7. U/17 Inter Ladies	2 ½ miles 2.35 p.m.
3. U/13 Colts	2 miles 1.25 p.m.	8. U/17 Youths	3 ½ miles 2.45 p.m.
4. Senior Ladies	3 ½ miles 1.30 p.m.	9. U/15 Junior Ladies	2 miles 3.20 p.m.
5. U/13 Girls	1 ½ miles 2.05 p.m.	10. Senior Men	6 miles 3.30 p.m.

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4. £15	9. £8	1st. 'B' 4 x £5		
5. £13	10. £7			

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