

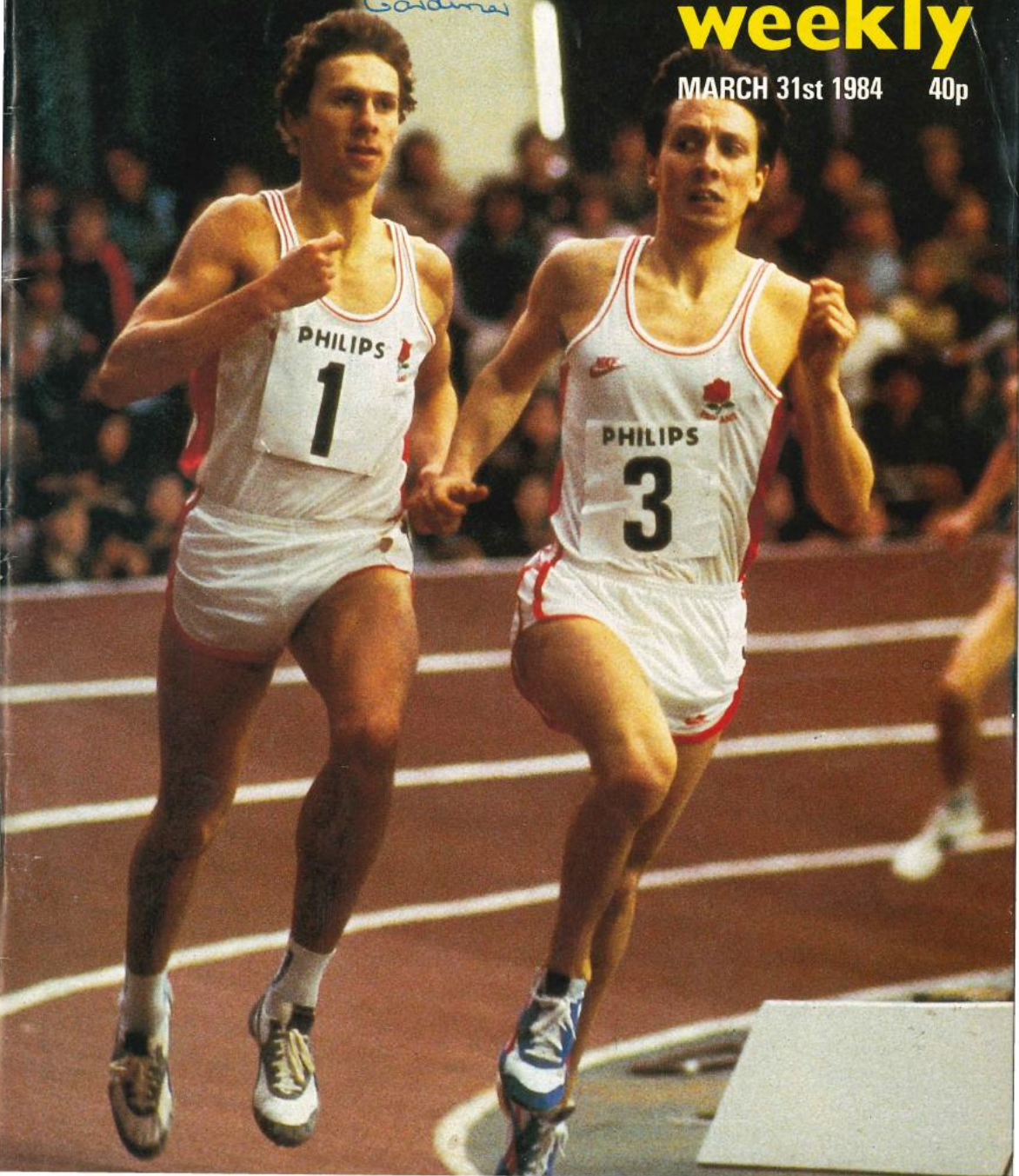
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

Gardner

weekly

MARCH 31st 1984 40p





The IV Track and Field Championships European Veteran Athletes

Sir Arthur Gold: President European Athletic Association

20-25 AUGUST, 1984

(Under I.A.A.F. Rules)

The British Veterans Athletic Federation (BVAf), are hosting these important European Championships at Withdean Stadium, Brighton, and at the new all-weather track at Crawley. All track and field events are covered, and the Championships are open to men who have reached their 40th birthday, and women on reaching their 35th, by 20 August.

The Road Walks will be held at Hove Park on Friday 24th August.

The Marathon will be held on Saturday 25th on scenic, traffic-free roads around Barns Green near Horsham, starting at 9.30 a.m.

An end of Games banquet will be held on Saturday 25th at the Brighton Centre.

Entries close on 31 May 1984

(Definitely no late entries accepted)

For details of entry brochure, please send £1 to:

Mrs Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middx. HA2 0QU.

The official appointed travel agents for accommodation and ground transport are:

Lep International Meeting Organisers Limited, International House, 20 Dudley Road, Tunbridge Wells, Kent TN1 1LF.

Tel: Tunbridge Wells (0892) 42011

For all other enquiries, contact Miss B Cushen 01-683 2602.

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THE WEEK AHEAD

Saturday, March 31st: Scottish Six-Stage Road Relay, Strathclyde Park; N. Gloucestershire Women's League, Cheltenham; Welsh CCA v Welsh Schools CC Match; Jarrow & H Minors CC Races, Monkton Stadium; Army v Territorial Army CC Match, Catterick; TVH Road Relays, Cranford; St. Leonards Motors & Hastings Observer Road Races; Ballyclare '10'; Gloucester Carrington Hall Half Marathon, Hardwick; Telford YA Road Races; Verlea Open Meeting, Watford; Bracknell YA Open Meeting.

Sunday, April 1st: UK Vets Indoor Champs, St. Athan; Welsh Road Relay Champs; Coombe Gibbet to Overton 16M CC; Herne Hill YA & Women's Open Meeting, Southwark Park; Leicester Open Meeting, Saffron Lane SC; Fareham Open Graded Meeting, Portsmouth; Surrey Beagles Open Graded Meeting, Crystal Palace; Hull Spartan Spring Open Meeting; Radley Ladies Open Meeting, Radley Col.; AAA Pearl Assurance Half Marathons, Gateshead & Thamesmead; Warrington Parkland Relays, Victoria Park; Congleton '10K'; Ellesmere Port '10', Whitby Park; Peter Tyson '10K', Carlisle; Pudsey St. Lawrence '10K'; Dewsbury Half

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COVER PHOTO (By Allsport/Mike Powell)

Two of George Gandy's athletes, Chris McGeorge (1) and Jack Buckner (3) in action at Cosford.

Marathon; Black Horse Boys Club '10', Bristol; Halls Southway Half Marathon, Plymouth; Roding Valley Half Marathon, Ashton Playing Fields; Scottish Vets Marathon, Bellahouston; Stevenage '10'; Wilmslow Half Marathon; Mid Wales Marathon, Mawddach Estate; Scotchbrooks Newbury Marathon; White Horse Half Marathon; Spire '10', Chesterfield; London Scottish RFC Half Marathon, Richmond; Breckland '10', Thetford; Stilton '15', Peterborough; British Olympic Appeal Half Marathon, Salisbury; Duchy Marathon, Redruth; Alton '10'; Worthing '10'; Hayling '10', Havant; Prestatyn Half Marathon; London PR 9km Yacht Handicap Walk, Blackheath.

Wednesday, April 4th: TVH Open Graded Meeting, West London; Newcastle City Centre '5K'; Lloyds Bank Open Road Relay, New Beckenham; Round Sutton Park Run, Birmingham; Essex 10km Walk Champs, Hornchurch.

Saturday, April 7th: Welsh Indoor Champs, St. Athan; Brooks/Belgrave Southern 12-Stage Road

Continued on page 59

Harmony at the Women's AAA AGM

ALTHOUGH there were a few important items on the agenda of this year's Women's AAA Annual General Meeting on March 10th, by far the most important and eagerly (?) awaited were the proposals for the altering of the age-groupings for competition, of which there were no less than six, five centering around the controversial Inter/Senior ages. One could have envisaged the same sort of fracas which occurred at last year's meeting when the subject was one governing body, but no, the whole proceedings were almost amazingly smooth and a definite decision was reached which, at the end of the day, only a small minority could have been displeased with. It all resulted in a new age-group, 'Euro Juniors', being introduced which, in the way it will be implemented in the sport, should hopefully help solve some of the problems of teenage drop-outs without interfering with competition structures and leagues in particular.

The proposal which was adopted by the meeting came about through a process of elimination. The chairperson, Mrs. Margaret Oakley, asked for all the relevant proposals to be proposed and seconded in succession before any voting took place and in view of how proceedings turned out, it was obviously a very wise move.

The first proposal, from the Executive Committee, outlined three main age-groups, Juniors, Inters and Seniors, as at present but with athletes only being allowed to compete within their respective age range. There would also be the sub-division of Girls and the introduction of a 'Euro Junior' age (over 15 and under 19) to straddle the Inters and Seniors. Ken Oakley spoke for the Executive and stated that the clubs had been circularised by the relevant Sub Committee and almost no two views were alike on this subject. The interests of the athletes were what had been taken into consideration with this radical proposal but the obvious points were raised later as regards fielding teams in leagues with the Intermediate age-group as a separate entity, which the majority present seemed concerned with.

The proposal from the Northern Counties WAAA was, in essence, the same as that of the Executive but with the exception that at Area, county and local level, Inters be permitted to compete as Seniors.

The proposal from the Southern Counties WAAA outlined the two age-groups as at present, Juniors and Seniors, with sub-divisions of Girls, Inters and Euro Juniors (over 17 and under 19).

BRITISH AMATEUR ATHLETIC BOARD LOUGHBOROUGH SUMMER SCHOOL 8th JULY — 15th JULY 1984

To coincide with the 50th Anniversary of the start of what was originally the A.A.A. Summer School, the British Amateur Athletic Board have radically changed the format of the 1984 Summer School. This year three courses will be offered:-

1. The International Coaching Course

This course, which will lead to the B.A.A.B. International Certificate, is intended for overseas students and U.K. coaches who wish to become more aware of the international scene. It will examine the latest trends in coaching theory and include the coaching and preparation of a National Team.

2. Fitness Development

This course, which will lead to the B.A.A.B. Fitness Development Certificate, will have application to most sports and recreation pursuits. It will have relevance to the Physical Educationalist and include Strength and Mobility, Dance, Nutrition, Positive Health and Fitness for Competition.

3. Teaching Athletics

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years). The motion also included the **recommendation** that counties and Areas, as well as the WAAA, provide championship events for all five age-groups. The motion also carried notes that athletes under 11 years of age be ineligible to compete under WAAA rules and also fixed the operative date for age-groups for indoor competition at August 31st preceeding the competition. A proposal from Huntingdon AC, simply for the introduction of a 17 to 19 years age-group, fell in line with what Mike Langmaid had proposed on behalf of the Southern Counties and thus, this was the first proposal to be eliminated, or combined, whichever way you look at it, without a vote.

Keith Monks spoke for the final proposal, that from Fleet & Crookham AC, and outlined a new age-group, 17 to under 19, to be called 'Young Women'. The motion also proposed that the Senior age-group be from 19 years upwards. The new age-group would only apply for championships from county level upwards with four main age-groups being in operation from 1985, with the Intermediates a separate age-group to hopefully be included in leagues. This, however, was amended at the meeting to allow the Senior age group to commence from 15 years in general, as at the moment, allowing leagues to remain on a two age-group basis. Thus the Fleet proposal fell further in line with the Southern Counties. Keith Monks realised the opportunity to streamline the proceedings even further and, giving way to the Southern proposal for championships for Girls, withdrew the Fleet proposal for easier voting on Mike Langmaid's motion.

The situation, therefore, came down to just three proposals, but Lawson Duerdin, proposer of the Northern motion, voiced what seemed to be the feeling of the meeting, that there were really only two to vote on, and that the Executive proposal was too harsh. This proposal was, therefore, voted for on a show of hands which resulted in an overwhelming majority against the adoption. The elimination process had managed to whittle away the proposals to just two and the card votes which followed resulted in a defeat for the Northern motion, 125 to 57 and the adoption of the Southern motion by 130 votes to 49. The proposal came into effect that very day and the Women's AAA will be organising a national championship for the additional age-group this season although the Area and county championships for Euro Juniors will depend on their feasibility in the respective areas. Hopefully, with the addition of the new age-group, the reasons which promoted the change in structure (the disappearance of athletes when they enter the Senior age-group through various adolescent problems they may encounter, the prospect of competing against athletes of a wide age range during what is still a transitional period in their lives, etc.) will be curtailed somewhat, at least

with respect to competition at championship levels.

The other motion which was passed which will effect athletes directly was the one concerning the siting of the WAAA Championships. They have now found a new home, and from 1985 will be held at Alexander Stadium, Birmingham. Proposed by the Northern Counties WAAA it was designed to give northern athletes an easier lot by way of time and expense in travelling to the meeting. Proposed by Lawson Duerdin, it does seem a good idea when the situation is looked at from the point of view of being fair to as many athletes as possible, although one suggestion that the meeting be moved from region to region did have its supporters.

Most of the other motions on the agenda concerned either election of officers (all of whom were re-elected *en bloc*), or conduct at meetings. The recommendations from the Rules and Competition Committee regarding voting procedure at general meetings was passed by the necessary two-thirds majority for a constitutional change and in effect all it meant was 'one person one vote'. Any votes to be cast must be done so by those in attendance at the meeting and no postal or proxy voting will be allowed. The various arguments as to the difficulty and expense entailed for some clubs in attending were of course, raised, but the motion was carried by 123 votes to 60.

A proposal from Surrey County WAAA to allow proxy voting caused the only procedural controversy of the meeting. Earlier in the meeting, a proposal was made by Epsom & Ewell that this item, item 11, be taken before item eight, that of voting procedures at meetings. This was turned down by the Chair and that left the problem as to whether to vote on the latter item after a contradictory one had been passed. After all, item 11 was legitimately on the agenda. Fortunately, Surrey withdrew the motion, but it was potentially a more embarrassing position for the Chair than Surrey.

In contrast to last year's meeting, this year's ended on a conciliatory note as Keith Monks stood to make a public apology to the Chair for comments made in relation to Mrs. Oakley's handling of last year's meeting. This year, Mrs. Oakley had "mellowed a bit, and handled a difficult meeting very well!" The meeting ended with a vote of thanks to the secretary, Marela Hartman, for her loyal service to the Association.

Brian Smyth

Peter Lewis (33), formerly of Southampton & Eastleigh, Birchfield and Birmingham University and now resident in Canada although still a British citizen, had best indoor marks this season of 1:20.8 for 600m (2nd in Toronto, Jan. 29th), 1:53.08 for 800 (2nd in Toronto, Feb. 12th) and 2:28.0 for 1000 (5th in Toronto, Feb. 17th).

Lopes' title again after eight years

CARLOS LOPES, who last won this title at Chepstow in 1976, but lost only by a whisker at Gateshead last year, proved a worthy victor in the IAAF World Cross Country Championship at Meadowlands Race Course, New Jersey, last Sunday. After US champion, Pat Porter, had led throughout at a very fast pace (4:19 mile, 8:56 2M, 13:33 3M, 22:43 5M), with Tim Hutchings and Steve Jones in close attendance, 37-year-old Lopes broke away at around 10km of the 12km race and was not seriously challenged. Hutchings vindicated the selectors' confidence in him by finishing second, the highest English placing since Tony Simmons in 1976, while Jones became the first man representing Wales (Welsh-born Simmons having opted for England in '76!) to finish in the first three since John Merriman way back in 1960.

Despite a highest individual placing of eighth, by last year's winner, Bekele Debele, Ethiopia packed sufficiently well to retain their unbeaten record in the team race. England placed sixth, better than last year's eighth, but otherwise their equal lowest ever position. Conjecture, admittedly, that had Mike McLeod and Dave Clarke been selected and finished merely in the first 50 or so, England would have been amongst team medals.

The England scorers did return with medals in the other two races. The Juniors, led in by Paul Roden in sixth place (Richard Cater had the misfortune to crack a bone in his foot shortly after the 'National', and was unable to make the trip), finished third, as the Ethiopians maintained their overall supremacy. The England women's team excelled by taking second place to the United States and, had Wendy Sly been fit to race, victory would have been likely. Grete Waitz was beaten in a sprint finish by Maricica Puica and Galina Zakharova, with excellent runs by Jane Furniss (5th), Chris Benning (6th) and Wales' Angela Tooby (8th, after setting the pace for most of the way).

1, C. Lopes (Por) 33:25; 2, T. Hutchings (Eng) 33:30; 3, S. Jones (Wal) 33:32; 4, P. Porter (US) 33:34; 5, W. Waigwa (Ken) 33:41; 6, E. Eyestone

(US) 33:46 . . . 13, J. Treacy (Irl) 34:01; 30, J. Goater (Eng) 34:19; 34, K. Forster (Eng) 34:23; 49, P. Tootell (Eng) 34:38; 69, A. Holden (Eng) 34:50; 85, R. Partridge (Eng) 35:01; 87, G. Turnbull (Eng) 35:02. **Teams:** 1, Ethiopia 134; 2, US 161; 3, Portugal 223; 4, Kenya 233; 5, Italy 258; 6, England 269 . . . 10, Ireland 388; 15, Wales 655. **(Juniors):** 1, P. Casacuberto (Spa) 21:32; 2, D. Tesemma (Eth) 21:34; 3, G. Castellano (Can) 21:37 . . . 6, P. Roden (Eng) 21:49; 10, D. Miles (Eng) 22:00; 15, E. Fitzpatrick (Irl) 22:06; 22, K. Palmer (Eng) 22:16; 30, D. Robinson (Eng) 22:23; 45, D. Rixon (Wal) 22:42; 46, N. Horsfield (Wal) 22:43; 59, P. Williams (Wal) 22:52; 61, A. Rodgers (Wal) 22:54; 63, M. Lewis (Wal) 23:00; 67, N. Habib (Wal) 23:12; 78, P. Taylor (Eng) 23:37; 89, D. Dudley (Eng) 24:02. **Teams:** 1, Ethiopia 21; 2, Spain 34; 3, England 68; 4, US 72; 5, Canada 101; 6, Belgium 116; 7, Ireland 119 . . . 12, Scotland 205; 13, Wales 211; 14, N. Ireland 262. **(Women):** 1, M. Puica (Rom) 15:56; 2, G. Zakharova (USSR) 15:58; 3, G. Waitz (Nor) 15:58; 4, I. Kristiansen (Nor) 16:04; 5, J. Furniss (Eng) 16:10; 6, C. Benning (Eng) 16:15 . . . 8, A. Tooby (Wal) 16:18; 15, R. Smeeth (Eng) 16:28; 39, C. Bradford (Eng) 16:52; 46, K. Lock (Wal) 16:56; 54, C. Haigh (Eng) 17:06; 55, J. Laughton (Eng) 17:07; 95, J. Lochhead (Wal) 18:12; 96, L. Copp (Wal) 18:13; 97, S. James (Wal) 18:15; 98, J. Oldfield (Wal) 18:18. **Teams:** 1, US 52; 2, England 65; 3, New Zealand 91; 4, Ireland 105; 5, Sweden 122; 6, Romania 127 . . . 14, Wales 245; 16, Scotland 283; 17, N. Ireland 342.

(Full coverage next week)

THE LONDON RUNNER

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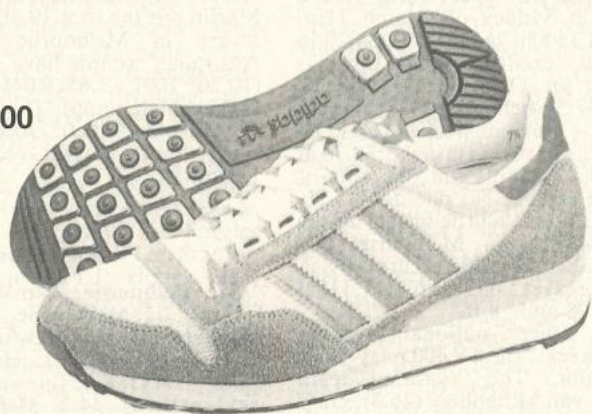
Further to the City of Hull ad. on page 63 of this issue, there will be awards to the first three in each event. Full details from Mr. N. Escreet on 0482 647728.

The Brooks/Southern Counties AAA Open Meeting, advertised on page 56 of last week's issue, is on April 11th, not as stated.

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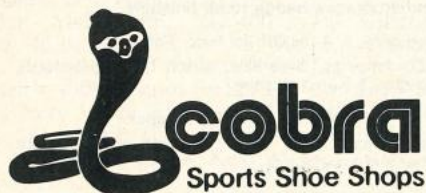
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Overseas News and Results

OVETT BEATEN BUT PLEASANTLY SURPRISED

USING a 700m long drive for the finish, Mike Hillardt scored a fine win over world record holder Steve Ovett in Sydney on March 11th, setting an Australian 1500m record of 3:34.20 in the process. Hillardt, excited by his time, is confident of making the Olympic final. Ovett, who had clocked 3:37:54 behind New Zealander Peter O'Donoghue the previous weekend, said he was surprised to be able to run as fast as 3:35.36 at this time of the year. "I don't run that sort of time this early in the season. No one does". He added that he hoped to run "a little faster" at the Australian Championships in Melbourne this weekend. The other British athlete currently in Australia, Wilbert Greaves, has won two 110m hurdles, races, in 14.08 and 14.09.

Among several other national records established in recent weeks, the 4 x 400 relay mark of 3:02.1 stands out. The Victorian team responsible was Peter van Miltenberg (46.3), Gary Minihan (45.1), Bruce Frayne (45.3) and Rick Mitchell (45.4). Add Australia's number one, Darren Clark (45.05 last year), and the squad for Los Angeles has medal winning potential.

Sue Cook set a world record of 22:06.34 for the 5000m walk in Melbourne on March 3rd; Gael Martin put the shot 19.36m for a Commonwealth record in Melbourne on March 4th; and Australian records have fallen to Paul Narracott (10.26 100), 1.85/6'0¾" tall John Atkinson (2.25m high jump), Donna Gould, a 1.85m tall 17-year-old (9:04.02 3000 & 15:40.6 5000), and Chris Stanton (two record equalling laps of 1.94m).

Bernie Cecins

Australian Results

5.2. Melbourne. 20kmW: Baker 1:25:49, Sawall 1:27:03. 7.2. Melbourne. 110H: Wilson 13.9. 8.2. Adelaide. 3000SC: Hewitt 8:38.9, Zeuner 8:41.0. 11.2. Melbourne. LJ: Honey's series: 8.00, —, 8.18, —, 8.15, 8.25 (no wind gauge but considered wind-assisted). 14.2. Melbourne. Women's 800: (running with men) (A) Baumgartner 2:01.3; (B) Cater 2:02.5; (C) Corcoran 2:02.9. 15.2. Adelaide. Women's 5000: Gould 15:40.6 (rec). 18.2. Adelaide. Women's 400/100H/HJ: Nunn

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Race open to A.A.A. athletes only

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SUNDAY, 20th MAY, 1984

From Stainforth Welfare Grounds

Start 12 Noon

Prizes: 1st 25 ind. 1st 5 ladies, 1st lady vet. 1st 5 vets and 1st O/45 & O/50. 1st 3 teams (4 to count). 1st ladies team (3 to count).

Entry Fee: £1.00. Entries close 5th May. Entries on A.A.A. Forms or Official Entry Forms.

To: Mr. D. Jennings, Silverdale, Kirton Lane, Stainforth, Doncaster, South Yorkshire.

Also S.P.C. People's '10'

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Certificate to all finishers

Plus many Spot Prizes

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From Thornensians R.U.C. Grounds,

Thorne, South Yorkshire

Start 10.00 a.m.

3½ hour time limit

Entry Fee: £1.50. Unattached £2.00.

Prizes: 1st 25 ind. 1st 5 ladies, 1st lady vet. 1st 10 vets and 1st O/45 & O/50. 1st 3 teams (4 to count).

Commemorative badge to all finishers.

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Closing date: 4th August

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54.6/13.8/1.82. **18.2. Melbourne.** DT: Slavnic 55.96, Werner Reiterer (15; 1.88/6'2" tall, Austrian born) 48.78. **18.2. Canberra.** 5000: de Castella 3rd in 13:50.5 (not 13:55.0). **19.2. Canberra.** 400: Rosenberg 46.8; TJ: Lorraway's 17.07 was windy (+4.0m); women's 5000W: Cook 22:16.0, Young 22:52.0. **22.2. Sydney.** 200: (-1.1m) Martin 20.9; women's 800: Coster 2:03.5. **25.5. Melbourne.** 200: (+3.3m) van Miltenberg 20.6; (B) (+2.8m) Frayne 20.8; 800: Hillardt 1:46.4, Scammell 1:47.0, Bourke 1:47.3; LJ: Honey 8.00; 4x400: Victoria (van Miltenberg, Frayne, Minihan, Mitchell) 3:02.1 (rec); women's 800: Cater 2:00.8, Baumgartner 2:01.2; JT: Rivers 59.70. **28.2. Brisbane.** HJ: Atkinson 2.20. **29.2. Sydney.** Women's 100/200: Wells 11.1 (+1.3m wind)/23.1.

3.3. Brisbane. 100: (+2.4m) Keating 10.39, Donovan 10.53, Martin 10.54; 400H: Brown 50.61; HJ: Rutledge 2.16; women's 400: Evans 53.13, Coster 53.43. **3.3. Perth.** 1500: K. Wheeler (40) 3:55.8 (Vets rec); women's HJ/LJ: Stanton 1.89/6.42w. **3.3. Melbourne.** LJ: Honey 7.95; Womens 5000W: Cook 22:06.34 (**world rec**), Pierson 22:53.06, Young 23:35.79, Gustafsson (Swe) 24:11.08, Jansson (Swe) 24:22.82; 400H: Flintoff 56.25. **4.3. Melbourne.** 400: Frayne 46.10, Mitchell 46.48, Minihan 46.52; HJ: Knight 2.18; SP: Rigby 18.14, Nettle 18.03; women's 100: Lorraway 11.84; 400: Flintoff 52.9, Corcoran 53.4; SP: Martin 19.36 (**Commonwealth rec**). **4.3. Brisbane.** 200: (+1.96m) Fred Martin (17) 20.71; women's 200: Wells 23.16. **4.3. Canberra.** Half Mar: Clews 1:04:45. **4.3. Sydney.** 20kmW: (Olympic Trial): Smith 1:23:00, Sawall 1:23:56, Baker 1:25:06. **6.3. Melbourne.** 100: Narracott 10.26 (rec), Lattany (US) 10.27, Keating 10.59; 200: van Miltenberg 20.69; 800: Hillardt 1:46.19, Bourke 1:47.01, Crew 1:47.31; 1500: O'Donoghue (NZ) 3:37.08 (56.0 last lap), STEVE OVETT 3:37.54, Scammell 3:37.86; 10,000: Ncube (Zim) 28:41.14, Andrews 28:45.18, Austin 28:53.09; 110H: WILBERT GREAVES 14.08, Wilson 14.09; 400H: Lee (US) 50.79, Brown 51.00, GREAVES 51.39; HJ: Cai Shu (Chi) 2.20, Knight 2.15; LJ: Honey 8.05; TJ: Lorraway 16.34, Zhou Zhen-xian (Chi) 16.23; SP: Nettle 18.01; DT: Nandapi 58.02; 1500W: Smith 5:23.03; women's 100/200: Wells 11.48/23.18; 800: Barralet 2:00.23, Cater 2:02.36; 400H: Flintoff 57.01; HJ: Yang Wen-gen (Chi) 1.85, Ge Ping (Chi) 1.85, Browne 1.80; LJ: Lorraway 6.69, Liao Wen-fen (Chi) 6.32, Nunn 6.30. **9.3. Adelaide.** DT: Nandapi 60.08.

10.3. Melbourne. 100/400: van Miltenberg 10.1w/46.8; HT: Lotz 69.08. **10/11.3. Adelaide.** TJ: Lorraway 17.03w; HT: Spivey 65.20; women's 400H: Nunn 58.82; LJ: Lorraway 6.62; JT: Rivers 56.70, Kieboom 54.62. **11.3. Sydney.** 100: (nil) Lattany (US) 10.35, Keating 10.56; 200: (+1.1m) Martin 20.78, Kearney (18) 21.04; 400: McCoy (US) 46.11, Minihan 46.15, Miles Murphy (16) 47.52; 1500: Hillardt 3:34.20, OVETT

3:35.36, Scammell 3:38.52, Foley 3:39.41, Forbes 3:39.89; 110H: (+1.3m) GREAVES 14.09, Wilson 14.18; 400H: Brown 50.52, Lee (US) 51.06; HJ: Cai Shu (Chi) 2.20, Atkinson 2.15; SP: Gyngell 17.46; women's 100: (+1.5m) Wells 11.39; 200: (nil) Wells 22.98; 400: Evans-Cassidy 53.46; 800: Barralet 2:00.70, Cater 2:03.04, Coster 2:03.87; HJ: Stanton & Yang Wen-gen (Chi) 1.89, Bopf & Ge Ping (Chi) 1.86; SP/DT: Martin 17.92/60.78; JT: Vibose (Fiji) 51.88, Matthews 51.22. **14.3. Adelaide.** 100: (headwind) Lattany (US) 10.28, Narracott 10.43, van Miltenberg 10.47; 200: van Miltenberg 20.96; 400: Minihan 45.87, McCoy (US) 46.04, Mitchell 46.21; 800: Bourke 1:48.40, Gilbert 1:48.45, Scammell 1:48.61; 110H: Wright 14.08; 400H: Lee (US) 50.16, Brown 51.78; HJ: Atkinson 2.20, Cai Shu (Chi) 2.15; LJ: Honey 8.03, Walsh (NZ) 7.93; TJ: Lorraway 16.64; Zhou Zhen-xian (Chi) 16.51, Tian Hong-xin (Chi) 16.33; SP: Nettle 18.14; women's 800: Barralet 2:00.50, Coster 2:01.57, Baumgartner 2:02.10; 3000: Gould 9:04.02 (rec); 400H: Flintoff 57.28; HJ: Stanton 1.94 (eq. rec), Browne, Morrow & Ge Ping (Chi) 1.85; LJ: Lorraway 6.73, Garden 6.50; JT: Harvey 60.28, Kieboom 53.10. **18.3. Perth.** 800: Peerless (NZ) 1:48.3, Acres (18) 1:48.8; HJ: Atkinson 2.25 (rec), Cai Shu (Chi) 2.15; LJ: Honey 7.96, Walsh (NZ) 7.76; TJ: Zhou Zhen-xian (Chi) 16.37; women's 100/200: Lynch 11.5/23.3; HJ: Stanton 1.94 (eq. rec), Ge Ping (Chi) 1.91, Yang Wen-gen (Chi) 1.88, Bopf 1.85; JT: Rivers 56.14. **18.3. Adelaide.** 50kmW: (Olympic Trial): Jachno 4:01:02, Harvey 4:05:41, Knox 4:21:57.

CARDIFF'S CC TRIUMPH

Runners from the British Isles dominated the European Clubs Cross Country Cup for women at Cassino in Italy on February 4th.

1, Angela Tooby (Cardiff-Wales) 17:16; 2, Louise McGrillen (Dublin City — Ireland) 17:42; 3, Kathy Carter (Sale-England) 17:47; 4, Susan Tooby (Car) 17:51; 5, Kim Lock (Car) 17:57; 6, Weninger (Hun) 18:03; 7, Agoston (Hun) 18:04; 8, Amai (Spa) 18:08; 9, Milana (Ita) 18:08; 10, McQueen (Glasgow-Scotland) 18:09; 11, Maciado (Por) 18:13; 12, Holland (Sale) 18:15; 13, Janko (Hun) 18:24; 14, Calleya (Spa) 18:25; 15, Costa Ferreira (Por) 18:30; 16, Dowling (Dub) 18:32; 17, Hickey (Dub) 18:32; 18, Demilly (Fra) 18:34; 19, Ramos (Spa) 18:38; 20, Holtklampen (Nor) 18:41; 21, Noctor (Dub) 18:44; 22, Hilliard (Dub) 18:45; 23, Copp (Car) 18:50 . . . 27, Edwards (Sale) 19:03; 28, Nagle (Dub) 19:04.

Teams: 1, Cardiff (Wal) 33; 2, Dublin City (Irl) 56; 3, Sale (Eng) 73; 4, Amira Madrid (Spa) 73; 5, Fiat Sud Formia (Ita) 98; 6, Sportin Club de Braga (Por) 129; 7, Gausdal (Nor) 144; 8, Glasgow (Sco) 155; 9, Snam S. Donato (Ita) 161; 10, Esmeus Deuil (Fra) 166; 11, Koge (Den) 174; 12, Hellas (Neth) 228; 13, Csepel Budapest (Hun) 226; 14, Spora (Lux) 272.

USA: World Best For Norwegian

Norway's Tore Johnsen, a 2.00/6'7", 120kg/265lb student in Texas, shattered the indoor world best for the 35 pound weight with a toss of 23.94m (78'6½") at the Air Force Academy in Colorado on February 25th. The previous mark was Robert Weir's 23.64 of last year, but it should be noted that outdoors, in the 1983 Coca-Cola Meeting at Crystal Palace, Weir threw 24.14.

Welshman Gareth Brown, who set a UK indoor 1000y best of 2:07.11 earlier in the winter, completed a notable season with an 880y win in 1:49.16 (worth 1:48.5 for 800m) and victory in the National Collegiate 800m championship in 1:49.47, representing Iowa State. Brown (22), of Cardiff, looks set to improve considerably on his outdoor 800 best of 1:48.1.

Leading money winners in the 1984 USA/Mobil Indoor Grand Prix were sprinter Emmitt King and hurdler Stephanie Hightower with \$13,000 apiece.

USA Indoor Results

21.1. Gainesville. Women's 400/1000: KIRSTY McDERMOTT 57.30/2:47.97. **15.2. Allston.** 1500: Adam Dixon 3:38.3. **18.2. Champaign.** Women's 1000y: 2, SONIA VINALL 2:32.20. **18.2. Columbus.** SP: Akins 20.54. **18.2. Bloomington.** 60y: Graddy 6.15. **18.2. Canyon.** TAC Pent. Champ: Daniels 4168 (US rec); women's Pent: Ross (Can) 4353. **19.2. Fairfax.** Pent: FIDELIS OBIKWU 3807; women's SP: Walton (Irl) 16.44. **24.2. New York.** (TAC Champs) Women's 60yH: LORNA BOOTHE 7.84 ht, scr. semi; MAUREEN PRENDERGAST 7.85ht, 7.80sf. **24.2. Lincoln.** Women's LJ: Thacker 6.58. **24.2. Kansas City.** 60y: Johnson 6.08, Egbunike (Nig) 6.11. **24.2. Boston.** LJ: FRED SALLE 7.55; 35lb Wt: Hegarty (Irl) 22.45. **25.2. Lincoln.** 440y: Uti (Nig) 47.17; 600y: Bradley 1:09.19 ... Holm 1:09.03ht; 880y: GARETH BROWN 1:49.16; 1000y/Mile: (within 40 min.) PAUL BLACK 2:11.22/4:09.26; PV: Dial 5.51; women's 60y/300y: Ottey (Jam) 6.71/33.02; 440y: El Moutawakil (Mor) 54.15. **25.2. Normal.** 300y: Franks 29.95; 600y: Forde (Bar) 1:08.70; 1000: 3, EDDIE WEDDERBURN 2:11.0; Mile: WEDDERBURN 4:05.62. **25.2. Air Force Academy, Colo.** HJ: Puvogel 2.25, Ottey (Can) 2.25; SP: Tallhem (Swe) 20.60; 35lb Wt: Johnsen (Nor) 23.94 (world best). **2.3. Daly City.** 55m: Brown 6.17, Cook 6.18; 600m: Robinson 1:17.8, Belger 1:18.9; Mile: Spivey 3:56.4 (3:41.8 at 1500), Byers 3:56.7 (3:41.9), Woods 3:58.3 (3:41.8); 3000: Padilla 7:58.3; 55mH: Campbell 6.94; PV: Bell 5.52; women's HJ: Brill (Can) 1.88. **2.3. Gainesville.** Women's 1500: 2, MARGARET COOMBER 4:21.1.

3.3. Ann Arbor. 440y: Nix 46.40, Duckett 46.81. **3.3. Princeton.** LJ: Parker 8.01. **3.3. Murfreesboro.** (280y track) 440y: Hutchinson 46.34; Mile: Verbeek (Neth) 3:59.76, BLACK

4:00.51; 2M: Dickinson 8:39.5, WEDDERBURN 8:39.9; HJ: Wray (Bah) 2.21. **3.3. Flagstaff.** (352y track) 4x400: Texas Christian 3:04.82; women's 400: Waithera (Ken) 53.34. **3.3. Champaign.** (262y track) Women's 880y: 4, VINALL 2:10.3. **4.3. Princeton.** 1000y: 3, SEAN O'NEILL 2:24.30; HJ: Saunders (Ber) 2.24; 35lb Wt: Hegarty (Irl) 21.56. **4.3. New Haven.** Women's 55mH: PRENDERGAST 7.80. **9/10.3. Syracuse.** (NCAA Champs) 55m: Richardson 6.14, Graddy 6.15, Davis 6.17; 400: McKay 46.46, Uti (Nig) 46.68, Franks 46.69; 500: Thomas 1:02.06; 800: BROWN 1:49.47, Rojars 1:49.52 ... 8, O'NEILL 1:52.89; 1000: Wuyke (Ven) 2:24.27; 1500: Verbeek (Neth) 3:52.85 ... 8, BLACK 3:55.34; 3000: P. Koeck (Ken) 8:04.20 ... 6, WEDDERBURN 8:10.61; 55H: Kingdom 7.08, Clark 7.10; HJ: Saunders (Ber) 2.26; PV: Dial 5.48; LJ: Conley 7.82; TJ: Conley 16.97, Taiwo (Nig) 16.74; SP: Carter 20.15, Tallhem (Swe) 20.06; 35lb Wt: Johnsen (Nor) 22.02, Hegarty (Irl) 21.98, ROBERT WEIR 21.36 ... 6, SHAUN PICKERING 19.11; women's 55m: Ottey (Jam) 6.70; 400: Waithera-Nganga (Ken) 54.21; 500: Rattray (Jam) 1:10.82; 1500: Detlefsen 4:21.32 ... 5, COOMBER 4:25.31; 3000: Branta 9:04.81; 55H: Young 7.73. LJ: Thacker 6.66, Lewis 6.65, Innis (Guy) 6.42.

USA Outdoor Results

14.1. Los Angeles. Women's 60y: Innis (Guy) 6.6, Hopkins 6.6, BOOTHE 6.7; 60yH: Smith 7.4, BOOTHE 7.5. **18.2. East Rutherford.** World Champs CC Trial (11.75km): Porter 34:47, Easker 35:05, Virgin 35:18, Eyestone 35:29, Drenth 35:35, Stickley 35:40, Idstrim 35:53, Salazar 35:57. **25.2. Goleta.** DT: Marcus Gordien 63.02; JT: Ewaliko 90.66, Roggy 83.42. **18.2. Stanford.** HT: Bystedt (Swe) 73.24. **26.2. Westwood.** HT: MATT MILEHAM 69.64. **3.3. Stanford.** 35lb Wt: Powell 20.23, Bishop 19.86, PICKERING 19.84; DT: Powell 65.22; HT: Burke (Vet) 73.20. **3.3. San Diego.** 100: Cook 10.43; 110H: Campbell 13.66; 400H: B. Williams 50.03, King 50.41; DT: RICHARD SLANEY 60.14; women's 5000: M. Joyce (Irl) 15:51.07; DT: Griffin 61.14. **4.3. Los Angeles.** SP/DT: Brenner 21.31/60.30/64.34 (& 2nd JT, 69.86).

PUTTEMANS v GRATTON

Emiel Puttemans, former world record holder for 5000m and Olympic 10,000 silver medallist in 1972, will clash with another top marathoner, Mike Gratton, in the Pearl Assurance Thamesmead Half Marathon on Sunday (April 1st). Among more than 3000 entrants for the race, organised by Cambridge Harriers, are Keith Penny, Barry Watson, Bob Treadwell, Peter Standing and Ray Crabb. The race starts at 11 am on Yarnton Way, Thamesmead, South London. The same day also sees a similar event staged at Gateshead.

National Veterans CC Champs**Ogden dethrones Davies for second title****Alastair Aitken reports**

GUY OGDEN, in his second Veterans race, added the national cross country title to the Southern he won last month, with a display of controlled front running at Wolverhampton on March 11th. On the dry, Aldersley, 10km course, he went into the lead after only half a lap of the four loops, and immediately opened up a 30m gap on Taff Davies, the winner for the last four years.

It was on the uphill parts that Ogden forced the pace along, where Taff's fell running abilities could have been a factor; but Ogden feared more Davies' faster basic speed on the flat, so he took no chances to let the equally determined Welshman get on level terms for the rest of the race. After 2½ laps, Davies had closed the gap to within 15m, sufficiently clear of, in order, Les Roberts (who was running despite a groin injury hampering his progress), Les Presland (running his best Vets cross country to date), Fred Bell, Johnny Baldwin, Mike Palmer, Steve James and Dougie Fownes, but entering the final circuit Ogden had moved away again and was 40m clear, eventually running home 11 seconds to the good.

The race continued to illustrate that Vets competition is far from a push-over for the international runner reaching the age of 40. As Taff said afterwards: "I have never raced so hard

and come second", but he was consoled by the fact that Aldershot won their first BVAf title to follow up their victories in the ECCU and WCCA 'Nationals'. Ogden, who ran 29:36 for 10,000m in the early '70s, said "I was keyed up for this one, preparing since September for it. I only felt comfortable in the final lap, as it was eyeballs out".

It was interesting to see 1969 European 1500 champion, John Whetton, wearing spikes for the first time in 13 years and finish a creditable 23rd, bringing Notts AC to an unexpected third place.

Merseyside Police inspector, Maurice Morrell, despite a fractured jaw in November and arthritis in his knee, ran to an exciting win in the O/50 four lap race. Morrell, who won his last non-Veteran national AAA title in the Junior javelin 24 years ago, in 1950, in 'flats' (53.66m at Bevington Oval), took the bull by the horns straight away and set up a handy 40m lead, but was drawn back by Dennis Crook, who moved through to challenge Morrell in the last lap. Morrell put in a withering sprint 300m from the end, which took him right away from Crook, but the winner had given everything and staggered over the line with just one second to spare! Considering Crook was a mile/1500 international in 1953-54, was second

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to Buddy Edlen in the Finchley '20' and beat Bruce Tulloh in the Brampton to Tiverton road race in the '60s, Morrell's performance was no mean feat! Derek Wood came through from eighth after one lap to finish third.

Bob Belmore, the ex-Surrey runner, ran exceptionally well to finish just ahead of Eddie Kirkup in the O/55 race. Belmore, who was placed in three Southern and two national Vets races last year, again excelled, placing 12th overall. Ex-international Ted Smith took the 60-65 prize in 32nd position, and Pete Frean (70 on January 23rd) who has been running only five years, won the 70-74 category. He is still working a full day as a wholesale jeweller!

Sheila Carey, 38 in August, an outstanding 800/1500 runner of the middle '60s, who decided to keep Priscilla Welch company on two runs a week over 5 to 9 mile for the last six months, but with no additional training, overtook Pat Gallagher early on the second of their two laps to win the women's title. Sheila decided to take up running again because her children are now 8 and 4, — "and that makes it possible!" Pat, who has represented Wales twice this season, was "reasonably pleased" with her result, as she had renal cholic recently. The revelation of the day was Esmie Thompson who is 47 on May 27th. She ran 3:06:18 in the 'London' last year, and placed eighth at Wolverhampton, in front of all the 'O/40' runners, out of the record field of 52 finishers.

1, G. Ogden (Highgate).....28:41
2, T. Davies (Aldershot F&D-O/45).....28:52
3, L. Presland (Aldershot F&D).....29:07
4, J. Baldwin (B'ht-O/45) 29:17; 5, L. Roberts (B'ht) 29:24; 6, M. Palmer (Notts) 29:39; 7, S. James (S'port W-O/45) 29:45; 8, D. Fownes (Tip) 29:48; 9, L. Carroll (Wirr) 29:59; 10, M. Turner (Liv) 30:03; 11, J. Alder (Mor) 30:12; 12, A. Toseland (Kett) 30:14; 13, J. Davies (Newc) 30:16; 14, B. Smith (B'mth) 30:20; 15, A. Williams (Bris) 30:22; 16, E. Isaacs (Wirr-O/45) 30:24; 17, L. Spence (Bing) 30:29; 18, P. Lynch (Rug) 30:30; 19, B. O'Gorman (B'ht-O/45) 30:31; 20, R. Gomez (VoA-O/45) 30:38; 21, W. Peglar (AF&D) 30:39; 22, D. Jennings (Bing) 30:40; 23, J. Whetton (Notts) 30:42; 24, R. Mawer (E.Vets) 30:50; 25, W. Ryder (Mor-O/45) 30:51; 26, D. Wilson (Barn) 30:53; 27, T. Harper (Wirr) 30:54; 28, D. Jukes (C&N) 30:56; 29, A. Griffiths (Notts-O/45) 31:00; 30, A. Jeffereys (Swan) 31:01; 31, G. Astill (Notts) 31:05; 32, V. Smith (Med) 31:10; 33, G. Lawson (Man) 31:12; 34, M. Hoban (Mor) 31:18; 35, M. Ralph (Wav-O/45) 31:20; 36, F. Seal (Col-O/45) 31:22; 37, G. Wood (Tip) 31:27; 38, G. Thomas (GEC) 31:32; 39, C. Canton (E&S) 31:33; 40, M. Smith (Bing) 31:34; 41, D. Anderson (Bing) 31:36; 42, A. Jelly (AF&D) 31:45; 43, R. Dimpleby (Lin. W) 31:48; 44, T. Laybourn (Mil. K-O/45) 31:50; 45, C. Woodcock (B'ht) 31:56; 46, D. Beane (Ver-

O/45) 31:58; 47, F. Rees (O/45) 31:59; 48, C. Hynan (HW-O/45) 32:00; 49, M. Rawson (Hallam) 32:01; 50, T. Thomas (Rug) 32:02 . . . 56, H. Clayton (Bris-O/45) 34:15; 60, R. Slowe (High-O/45) 34:24; 67, M. Simpson (Works-O/45) 32:41; 68, T. Everitt (E. Man-O/45) 32:43; 70, D. Watson (Wirr-O/45) 32:47; 72, A. Fairbrother (S. in A-O/45) 32:52.

Teams: 1, Aldershot F&D 68; 2, Blackheath 73; 3, Notts 89; 4, Bingley 120; 5, Wirral 122; 6, Morpeth 144; 7, Tipton 160; 8, Bristol 228; 9, Highgate 268; 10, Rugby 283; 11, Barnet 315; 12, Altrincham 338.

Over 50s

1, M. Morrell (Wirral) 32:31
2, D. Crook (Torrey) 32:32
3, D. Wood (Barnet) 32:36
4, D. Beckett (Hallam) 32:38; 5, P. Carmichael (Mor) 32:45; 6, M. Brook (Holm) 32:47; 7, S. Wilde (Hallam) 33:00; 8, L. Forster (Dac) 33:07; 9, C. Walker (Bel) 33:32; 10, G. Winzer (Tiv) 33:37; 11, G. Oliver (JLR) 33:40; 12, R. Belmore (Wav-O/55) 33:43; 13, E. Kirkup (Roth-O/55) 33:45; 14, I. Addison (VoA) 33:47; 15, R. Carew (Bed) 33:51; 16, D. Davies (Tip) 33:59; 17, C. Simpson (S&SH) 34:04; 18, R. Knowles (B'ht) 34:13; 19, N. Weston (Bol) 34:18; 20, R. Forman (B'ht) 34:21; 21, D. Howarth (Leigh) 34:29; 22, E. Nicholls (B&R-O/55) 34:34; 23, A. Weekes-Pearson (B'ht) 34:34; 24, P. Chaplin (C&C) 34:35; 25, J. Chandler (Wav) 34:37; 26, A. Ferguson (High-O/55) 34:41; 27, R. Miller (A&SV) 34:43; 28, D. Smith (Kett-O/55) 34:43; 29, E. Matley (RR) 34:45; 30, L. Bedford (Burn. J) 34:48; 31, R. Franklin (TVH-O/55) 34:58; 32, E. Smith (Otley-O/60) 35:01; 33, D. Morris (Osw) 35:03; 34, J. Bentley (Tip) 35:06; 35, F. Wrigley (Mich-O/55) 35:09; 36, S. Robson (Gate) 35:12; 37, J. Norton (Tip) 35:13; 38, M. McDonagh (Nun) 35:18; 39, G. Sunway (Newp) 35:23; 40, D. McWhirter (Tip) 35:26; 41, A. Davies (Roth) 35:29; 42, J. Brent-Jones (Salis-O/60) 35:31; 43, E. Stones (Stone-O/60) 35:32; 44, P. Kersey (E. Man) 35:33; 45, D. Cobley (VoA-O/55) 35:39; 46, B. Nielson (Hill-O/60) 35:48; 47, N. Booth (E. Man-O/55) 35:52; 48, J. Haslam (Bol) 36:03; 49, J. Phipps (Leam-O/55) 36:18; 50, M. Tanner (Wav) 36:22 . . . 53, G. Meech (Ver-O/55) 36:42; 59, M. Jones (Bir-O/55) 37:05; 64, H. Semper (Vaux-O/55) 37:50; 66, W. Eyles (Ver-O/60) 38:09; 67, A. Dalton (Stour-O/55) 38:16; 69, G. Johnson (TVH-O/55) 38:31; 76, J. FitzGerald (Mit-O/60) 39:19; 79, A. Etchells (Roth-O/60) 39:29; 83, B. Wade (W. Gn-O/60) 39:47; 91, J. Snelson (Enf-O/65) 40:40; 103, R. Hopcroft (TVH-O/65) 42:53; 106, R. Bott (TVH-O/65) 44:05; 115, P. Frean (Barn-O/70) 48:14; 116, J. Burns (Roth-O/70) 48:29; 118, S. Bradshaw (Clay-O/70) 51:50.

Teams: 1, Blackheath 61; 2, Hallamshire 74; 3, Tipton 87; 4, Waverley 87; 5, Barnet 115; 6, Rotherham 126; 7, Holmfrith 133; 8, Bolton 158;

9, Vale of Aylesbury 168; 10, Thames Valley 170.

Women

1, S. Carey (Nuneaton) 16:26
2, P. Gallagher (Westbury) 16:43
3, E. Adams (Sutton in Ashfield) 16:52
4, M. Auerback (Rane) 17:08; 5, E. Gooch (Bedd) 17:13; 6, D. Fellows (Cann) 17:21; 7, P. Hudson (Rock) 17:42; 8, E. Thompson (HC-O/45) 17:45; 9, P. Jones (Ilf-O/45) 18:06; 10, C. Birch (Rug-O/40) 18:09; 11, J. Plater (Ilf-O/40) 18:20; 12, K. Windle (Torb) 18:26; 13, Y. Miles (B'mth-O/40) 18:41; 14, J. Aitchison (Sutt-O/40) 18:52; 15, M. O'Donnell (Ilf) 18:55; 16, D. Hopkinson (Hallam) 19:06; 17, M. Fourt (Bir-O/40) 19:28; 18, B. Cushen (Mit-O/40) 19:31; 19, P. Cannon (Rock) 19:36; 20, V. Robson (Gate-O/50) 19:37; 21, C. Parker (Bol) 19:49; 22, W. Trowbridge (Hallam) 19:55; 23, C. Vincent (Banb-O/40) 19:56; 24, M. Evans (West-O/40) 19:57; 25, M. Wilson (Hallam-O/45) 20:02; 26, A. Tomkinson (Roch-O/40) 20:04; 27, C. Hawksworth (Rock) 20:06; 28, P. Parr (Bol-O/45) 20:09; 29, B. Harvey (Barn) 20:17; 30, B. Matley (Stoke-O/45) 20:18; 31, M. Freeman (Kett-O/40) 20:20; 32, C. Fowler (Barn-O/40) 20:23; 33, P. Rawson (Hallam-O/40) 20:35 . . . 37, B. Smith (Kett-O/50) 20:56; 40, H. Rider (Camb. H-O/50) 21:16; 41, V. Mijovic (Wat-O/55) 21:25; 42, B. Foster (Dac-O/50) 21:44; 43, M. Wright (Wat-O/50) 21:57. **Teams:** 1, Ilford 35; 2, Rockingham 53; 3, Hallamshire 63; 4, Westbury 72; 5, Bolton 83; 6, Kettering Town 113.

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Northern Women's Road Relays

Sale demonstrate their depth with two wins

SALE HARRIERS, for so long the dominant power in women's competition, underlined their strength with a 'start to finish' win in the Northern Women's Road Relay Championships, around Savile Park, Halifax on March 11th. Diane Edwards put them in the front on the first leg from their own 'B' team and Bingley, Julie Holland kept them there on stage two, when she held off Olympic runner, Janet Marlow from next door neighbours Stretford, and Kathy Carter completed the job.

Commonwealth Games runner, Mrs. Carter, had the fastest time on the anchor leg at 13:27 for the approximate 4000m course, but Julie Laughton, recently back from Japan where she helped England to defeat the Soviet Union in the Ekiden Relay, produced the best of the day on the second leg for Derby. Julie's time of 13:09 was well clear of the rest, though Northern cross country champion, Carol Haigh, ran 13:37 on the last stage to lift Holmfirth to their first set of medals at Area level.

Sale's Intermediate team were also too good for the rest in their age-group, but Samantha Thomas of Longwood, who moved her club from sixth to second on the last leg, gained the fastest time at 11:22. She had Lucy Ramwell against her on that stage, and took 11 seconds out of her. Darlington's runners made the most of an excellent start given to them by Claire Pattison and accounted for nearest rivals Liverpool by a margin of more than half a minute among the Juniors once Sale were disqualified for changing over outside the permitted area, but only three seconds separated winners Oldham and Royton from neighbouring Manchester at the end of a closely fought Girls race.

1, Sale (D. Edwards 14:10, J. Holland 13:52, K. Carter 13:27) 41:29;

Granville Beckett reports

2, Stretford (M. Hendley 14:29, J. Marlow 14:01, J. Holt 13:49) 42:19;

3, Holmfirth (R. Taylor 14:37, J. Lochhead 14:41, C. Haigh 13:37) 42:55;

4, Sale 'B' (B. Brown 14:22, S. Lonsdale 14:20, D. Markendale 15:07) 43:49; 5, Derby (J. Fish 14:53, J. Laughton 13:09, G. Woolley 16:15) 44:17; 6, Darlington (L. Souter 15:24, D. Robinson 15:10, S. Raine 14:55) 45:29; 7, Halifax 46:11; 8, Chesterfield 47:38; 9, Altrincham 47:55; 10, Longwood 48:25; 11, City of Hull 49:14; 12, Manchester 50:32. **Fastest:** Laughton 13:09; Carter 13:27; Haigh 13:37; Holt 13:49; Holland 13:52; Marlow 14:01.

Intermediates

1, Sale (A. Bithell 11:43, S. Martin 13:07, L. Ramwell 11:33) 36:23;

2, Longwood (H. Wilkinson 11:55, F. Dalglish 14:00, S. Thomas 11:22) 37:17;

3, Darlington (F. Simpson 13:03, I. Degnan 12:36, M. Kell 12:04) 37:43;

4, Gateshead (D. Hill 12:33, L. Howard 12:40,



Julie Holland sets Kathy Carter off on the anchor leg for Sale.

BLACKBURN HARRIERS & A.C.

DARWEN MOORS HILLS RACE

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

SUNDAY, MAY 6th, Start 12 Noon

At least £200 in Prizes

(Prizes for 1st 15 individuals plus team prizes)

LADIES RACE (Same Course)

(11 Miles of tough X-Country with 1800' climb)

At Brinscall Sports Centre.

Entry Fees: 70p Individual (State age if Vet)

£1.25 late entries. No team fee.

Entries to: Mr. C. Atkinson, 11 Mount Lane, Overtown, Cliviger, Nr. Burnley, Lancs.

Entries close: 31st April, 1984

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Sizes: S, M, L and XL.

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Made from warm fleece-lined marl grey cotton/acrylic fabric. Features a hooded top with pouch pockets and loose American style sweat suit bottoms. Great for training, warming up, jogging or just lounging about in.

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Two strips of 'Scotchlite' fabric on the front of the jacket and a strip on the back give early warning of the wearer in the headlights of any motorist at night.

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P. Dickson 12:39) 37:52; 5, Rotherham (K. Perry 13:05, R. Woodward 12:31, J. Vezmar 12:29) 38:05; 6, Liverpool (A. Lyons 12:59, P. Morris 13:12, D. Potter 12:18) 38:29; 7, E. Cheshire 38:48; 8, Derby 39:17; 9, E. Cheshire 'B' 39:28; 10, Blackburn 39:30; 11, Bolton 39:58; 12, Halifax 41:17. **Fastest:** Thomas 11:22; W. Wright (Der) 11:29; Ramwell 11:33; Bithell 11:43; Wilkinson 11:55; Kell 12:04.

Juniors

1, Darlington (C. Pattison 6:52, J. Richardson 7:06, J. Cooper 6:56) 20:54;
2, Liverpool (A. Holmes 7:04, S. Spencer 7:19, C. Murphy 7:06) 21:29;
3, Leeds City (J. Linley 7:15, S. Boyle 7:22, N. McFetridge 7:12) 21:49;
4, Hallamshire (J. Naylor 7:32, J. Anderton 7:26, R. Smith 7:06) 22:04; 5, Rossendale (S. Hunton 7:17, A. Eaton 7:39, V. Hamlet 7:14) 22:10; 6, Manchester (C. Keller 7:09, S. Cawood 7:05, L. Sullivan 7:58) 22:12; 7, Sale 'B' 22:23; 8, Leeds City 'B' 22:24; 9, Stretford 22:28; 10, Derby 22:28; 11, Rockingham 22:31; 12, Bingley 22:44; 13, E. Cheshire 22:46; 14, Longwood 22:57; 15, Copeland 23:02; 16, Rotherham 23:10; 17, Darlington 'B' 23:20; 18, Blackburn 23:24; 19, Bolton 23:31; 20, Blackley 23:38; 21, Leeds City 'C' 23:41; 22, Oldham & R 'B' 23:44; 23, Halifax 23:49; 24, City of Hull 23:57; 25, Bingley 'B' 24:01; Sale (J. Ashurst 7:05, L. Dunn 7:03, H. Saunders 6:52) 21:00 and Oldham & R (A.

Bardsley 7:41, R. Crowther 6:53, J. Casey 7:19) 21:53 were both disqualified. **Fastest:** C. Bennett (Bing) 6:51; Saunders & Pattison 6:52; Crowther 6:53; S. Healey (Stret) 6:55; Cooper 6:56; Dunn 7:03; Holmes 7:04; Cawood, Ashurst & A. Cooke (Rock) 7:05.

Girls

1, Oldham & R (L. Whittaker 7:06, A. Gilligan 7:34, S. Bloor 7:17) 22:00;
2, Manchester (L. Wilkinson 7:34, A. Wood 7:14, M. Wilkinson 8:15) 22:03;
3, Leeds City (M. Boyle 7:15, S. Cooper 7:37, S. Carter 7:21) 22:13;
4, Liverpool (A. James 7:27, E. Hamill 7:50, K. Jackson 7:05) 22:22; 5, Blackburn (S. Neville 7:20, P. King 7:30, H. Bennison 8:00) 22:50; 6, Copeland (R. Youdale 7:39, T. Farren 7:40, N. Tate 7:43) 23:02; 7, Leeds City 'B' 23:27; 8, Manchester 'B' 23:30; 9, Leeds City 'C' 23:31; 10, Sale 23:31; 11, E. Cheshire 23:40; 12, Longwood 24:10; 13, Bingley 24:17; 14, Derby 24:19; 15, Sale 'B' 24:37; 16, Derby 'B' 24:42; 17, Bolton 24:43; 18, Blackburn 'B' 24:44; 19, Oldham & R 'B' 24:46; 20, Airedale & SV 24:52; 21, Elswick 25:07; 22, Elswick 'B' 25:09; 23, Rotherham 25:11; 24, Wombwell 25:17; 25, Holmfirth 25:32. **Fastest:** Jackson 7:05; Whittaker 7:09; Wood 7:14; Boyle 7:15; Bloor 7:17; Neville 7:20; Carter 7:21; James & K. Bartrop (Sale) 7:27; King 7:30.

(Further Road Relay coverage on pg. 48)

LUTON UNITED ATHLETIC CLUB

OPEN MEETING

Stockwood Park (M1 Junction 10)
(Under A.A.A. & W.A.A.A. Laws)

EASTER MONDAY, 23rd APRIL

11.00 a.m.	Sprint Hurdles — all ages.
	Hammer — SM.
Approx. 11.45	Hurdles Finals.
Approx. 12.00	100m — all ages.
Approx. 12.30	800m — all ages.
Approx. 1.30	100m Finals.
Approx. 2.00	5000m — SM.
Approx. 2.00	Javelin — SM.
Approx. 2.30	200m — all ages.
Approx. 3.00	800m Finals.
Approx. 3.30	200m Finals.
Approx. 4.00	1500m — all ages.

Closing date for entries: 16th April

Fee: 50p per event. No late entries. State age, club and best performance.

To: John Howard, 19 Staveley Road, Luton.

LUTON RELAYS, SATURDAY, 25th AUGUST, 1984 at Stockwood Park.

Entry details at a later date.

MAYDAY '5'

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

MONDAY, 7th MAY, 1984

Start 11.30 a.m.

Venue: Stockwood Park, Luton
(M1 Junction 10)

Sponsors: CHEERS NIGHTCLUB
FLINTBARN SPORTS

Prizes: Men's individual and team.
Ladies individual
Ladies & Men's vets ind.

Entry Fee: £1.50

(Includes 50p donation to B.O.A.F.)

To: Tony Simmons, 49 Edgewood Drive, Luton, Beds.

By 1st May, 1984

Entry on day — double.

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Race Walking Notes

Dorman wins Southern '10' from the front

CURRENTLY IN THE BEST form of his life, Richard Dorman dominated his rivals with an excellent display of front walking at Battersea Park on March 3rd. Jimmy Ball repeated his second place of 1983 and was the only challenger to the winner until he had to concede ground in the final three miles. Behind the two leaders, Adrian James and Carl Lawton led the chase in the early stages, but were overtaken by Paul Blagg and Gordon Vale who had dropped their former companion, Don Bearman, later disqualified. In the second half, both Blagg and Vale moved well away from James and Lawton and gained ground on Ball. With a typical fighting display, Shaun Lightman was the first Vet home, just fading in the final mile to be pipped by John Hall. Both young Dave Hucks and Chris Hobbs had very satisfactory races with the former easily winning the 'Garnet' championship. It was good to see Trowbridge come up and win the 'Garnet' team championship, while in the Southern race, Belgrave had a very easy victory.

It was Trowbridge, too, who provided the sensation in the Women's 5km Championship as 18-year-old Nicky Jackson finished just two seconds down on Jill Barrett in a hard fought race, with Ginney Birch close at hand and Helen Ringshaw performing excellently to finish a clear fourth.

1, R. Dorman (Bel) 72:03; 2, J. Ball (S&E) 72:50; 3, P. Blagg (Camb. H) 73:39; 4, G. Vale (Sy) 73:47; 5, A. James (Enf) 74:40; 6, C. Lawton (Bel) 75:42; 7, J. Hall (Bel) 76:48; 8, S. Lightman (Sy) 77:05; 9, D. Hucks (Camb. H) 77:27; 10, D. Hay (Hav) 77:44; 11, D. Stevens (Stey) 78:07; 12, P. Hodgkinson (Camb. H) 78:37; 13, D. Rowland (Stey) 79:36; 14, M. Scamell (Bel) 79:45; 15, J. Llewellyn (Bel) 79:52; 16, C. Hobbs (Med) 80:01; 17, J. Buchanan (B&H) 80:08; 18, P. Cassidy (Loughton) 80:09; 19, D. Hurst (Trow) 80:32; 20, E. Holmquist (High) 80:45; 21, M. McSweeney (Enf) 80:59; 22, M. Hesketh (Stey) 80:59; 23, P. Hannell (Sy) 81:16; 24, M. Jones (Dawl) 81:26; 25, G. Hunwicks (Wey) 81:36. **Garnet Championships:** 1, Hucks; 2, Llewellyn; 3, Hobbs. **Teams:** Southern: 1, Belgrave 28; 2, Surrey 66; 3, Cambridge H 74; 4, Borough of Enfield 110. **Garnet:** 1, Trowbridge 50; 2, Brighton & H 61. **(Women/5km):** 1, J. Barrett (Ver) 23:56; 2, N. Jackson (Trow) 23:58; 3, V. Birch (B&H) 24:09; 4, H. Ringshaw (Stey) 24:36; 5, B. Allen (B&H) 25:04; 6, S. Till (B&H) 26:31; 7, S. Brown (Stey) 26:37; 8, E. Ryan (E&E) 26:37; 9, M. O'Rawe (S'end) 27:32; 10, M. Worth (Stey) 27:36. **Teams:** 1, Brighton & H 14; 2, Steyning 21; 3, Epsom & E 43. **(Youths/3km):** 1, G. Brown



RICHARD DORMAN

Graham Maynard

(Stey) 13:39; 2, M. Roberts (Wal. F) 13:50; 3, P. Nunn (Stey) 14:33. **(Boys/3km):** M. Smallbone (Camb. H) 16:31. **(Colts/2km):** P. Nunn (Stey) 11:23. **(Junior Women/3km):** 1, V. Lawrence (Read) 15:47; 2, A. Hall (Ton) 16:32; 3, N. Burrows (Ton) 16:42. **(Girls/2km):** 1, L. Raynsford (Wok) 11:30; 2, R. Parrott (Bel) 11:47; 3, S. Ford-Dunn (Stey) 12:02.

Roy Sheppard holds off Tim Berrett as both go under 43 minutes in the Cambridge H Bexley League 10km, at Bexley (February 18th). With fast times the order of the day right through the field, both Roy Sheppard and Tim Berrett can feel well satisfied with their clockings at this time of year. Sheppard blazed off in his usual fashion and was strong enough to hold off the Tonbridge lad, now studying at Oxford University, who was fourth in last year's European Junior 10km. Paul Blagg, in the midst of heavy training, was an isolated third with Dave Hucks and Dave Buchanan both clocking times that auger well for later in the year.

1, R. Sheppard (Ang) 42:27; 2, T. Berrett (Ton) 42:40; 3, P. Blagg (Camb. H) 44:35; 4, D. Hucks (Camb. H) 46:13; 5, D. Buchanan (B&H) 46:34; 6, C. Hobbs (Med) 47:16; 7, S. Uttley (Lancs) 47:21; 8, D. Sheppard (Ang) 47:37; 9, P. Hodgkinson (Camb. H) 48:20; 10, J. Markham (Hav) 49:07; 11, A. Cracknell (Ton) 49:07; 12, J. Padrick (B&H) 49:23; 13, J. Buchanan (B&H) 49:30; 14, G. Smith (Enf) 49:41; 15, M. McSweeney (Enf) 50:04; 16, S. Holliday (Med) 50:23; 17, P. Barnett (Stock) 50:27; 18, D. Mardon (Ton) 50:34; 19, D. Boxall (B&H) 51:31; 20, A. O'Rawe (S'end) 51:34. Teams: 1, Cambridge H 44; 2, Brighton & H 49; 3, Tonbridge 61. (Youths/5km): 1, F. Roberts (Wal. F) 23:31; 2, L. Perkins (Wal. F) 24:33; 3, A. Jordan (Wal. F) 24:51. (Boys/2½km): 1, P. Jenner (Wal. F) 12:51; 2, R. Burrows (Ton) 13:11; 3, J. Capsey (Wal. F) 13:14. (Women/5km): 1, A. O'Rawe (S'end) 27:25; 2, G. Brackpool (E&E) 28:13; 3, L. Vosper (AF&D) 28:57. (Juniors/2½km): 1, A. Barnes (Wok) 13:11; 2, A. Hodd (Ton) 13:23; 3, N. Barrows (Ton) 13:23.

World class walking from Ian McCombie as he clocks 84:14 in Kent 20km, while Tim Berrett records 86:13 in a sensational debut, at Dartford (February 25th). Virtually making sure of his ticket to Los Angeles, Ian McCombie took almost two minutes from his pb as he blazed to an 84:14 in very cold conditions on the flat 11-plus lap circuit within the Joyce Green Hospital grounds, which gave little protection from the weather. Leading throughout, the Cambridge Harrier showed form that could take him amongst the world's elite, a promise he first showed in the 1981 Lugano Cup Final. Chasing McCombie, 19-year-old Tim Berrett (23.1.65) clocked a magnificent 86:13 in his first effort at the distance and indeed a rare excursion over the 10km. Berrett had track clockings of 12:18.0 and 43:04 last year, and was desperately unlucky not to gain a bronze medal in the European Junior Champs. This cold February afternoon certainly brought about changes to the UK all-time list, as McCombie moved to number two behind Steve Barry and Berrett moved sensationally to number four, ahead of such worthies as Vesty, Mills, Flynn, Adams, Embleton, etc. Paul Blagg, winner for the past two years, was an isolated third, some way short of the 88:02 clocking he recorded in 1982.

1, I. McCombie (Camb. H) 1:24:14; 2, T. Berrett (Ton) 1:26:13; 3, P. Blagg (Camb. H) 1:31:59; 4, P. Jarman (Sy) 1:36:30; 5, C. Hobbs (Med) 1:43:29; 6, S. Holliday (Med) 1:48:00. Teams: 1, Cambridge H 13; 2, Medway 18; 3, Surrey 26.

Roy Sheppard retains Essex 10M title in impressive style from a hard chasing Roger Mills, at Chigwell Row (February 25th). In Arctic-type conditions on an undulating course which gave competitors little shelter, Roy Sheppard moved away from Roger Mills, well clothed to combat the cold, in the second mile. He gradually opened



Tim Berrett on his way to a sensational 1:26:13 in his debut over 20km.

Graham Maynard

the margin to win by nearly a minute. Both men should go under 70 minutes later in the year in the warmer weather and on a faster course. Ken Carter had another good race to finish a clear third with Bob Dobson a hard-chasing fourth, never able to get on terms.

1, R. Sheppard (Ang) 71:57; 2, R. Mills (Ilf) 72:54; 3, K. Carter (Ang) 76:57; 4, R. Dobson (Ilf) 78:01; 5, D. Hay (Hav) 78:41; 6, D. Sheppard (Ang) 79:09; 7, J. Llewellyn (Bel) 81:22; 8, P. Cassidy (Loughton) 83:39; 9, J. Robinson (Ang) 87:09; 10, A. O'Rawe (S'end) 89:26; 11, J. Hedgethorpe (Ang) 90:54; 12, B. Gahaghan (Hav) 92:14. Teams: 1, Anglia 19; 2, Ilford 43.

Gary Crossland and Angela Perry ensure a Sheffield double in Northern 'Standard' Championships, at Sheffield (February 25th). In the inaugural Women's 5km, young Angela Perry made certain youth triumphed over experience in the damp and cold conditions as Joyce Harasimuik narrowly held off Julie Taylor and her clubmate, Christine Wood. Gary Crossland and Ian Ashforth battled out the early stages of the 10 miles with the Lancashire duo of Greg Smith and Steve Uttley. With Crossland making a decisive break, it left young Ashforth (16) to battle out second with Uttley as Smith, after dropping away, was disqualified on the ten-plus

lap circuit.

10M: 1, G. Crossland (Sheff) 77:25; 2, I. Ashforth (Sheff) 78:21; 3, S. Uttley (Lancs) 78:30; 4, J. Atterton (Sheff) 78:33; 5, S. Marsden (Lancs) 82:28; 6, B. Crossland (Sheff) 85:59; 7, M. Fisher (Yk) 86:20; 8, M. Jackson (Sheff) 86:27. Teams: 1, Sheffield 13; 2, Lancs 37; 3, York 52. **(Women/5km):** 1, A. Perry (Sheff) 28:24; 2, J. Harasimuik (Bol) 29:01; 3, J. Taylor (Carl) 29:11; 4, C. Wood (Bol) 29:17.

Graham Seatter returns to the sport with a splendid victory in the Surrey 10M, at Wimbledon (February 25th). The stylish New Zealander, who was a popular resident here during 1978, is now back living in West London. After several years away from competition, Graham returned with a bang by comfortably beating Carl Lawton. Some way back, Veteran Roger Lancefield took third by proving too strong for Richard Tanner.

1, G. Seatter (Bel) 74:52; 2, C. Lawton (Bel) 75:31; 3, R. Lancefield (Sy) 79:00; 4, R. Tanner (Bel) 79:41; 5, E. Crossingham (Bel) 83:24; 6, P. Hannell (Sy) 86:30. Teams: 1, Belgrave 21; 2, Surrey 26.

Adrian James takes Middlesex title in five-sided County Championships, at Luton (February 25th). Taking the hilly three lap Luton Hoo course in his stride, Adrian James also defied a brief blizzard to beat the course record and comfortably win this 10 miles, which incorporated five county titles on this occasion. Shaun Lightman had a good race to hold off John Hall,

while Ted Holmquist just held off the respective Beds and Herts champions, Mike Jones and George Smith.

1, A. James (Enf) 76:04; 2, S. Lightman (Sy) 78:57; 3, J. Hall (Bel) 79:19; 4, E. Holmquist (High) 82:29; 5, M. Jones (Dawl) 82:31; 6, G. Smith (Enf) 82:45; 7, M. McSweeney (Enf) 83:00; 8, M. Feighan (Bel) 84:42; 9, P. Furey (Enf) 86:15; 10, D. Salter (Enf) 86:44. **Middx:** 1, James; 2, Lightman; 3, Hall. Teams: 1, Borough of Enfield 13; 2, Belgrave 17. **Herts:** 1, Smith; 2, Furey; 3, P. Worth (Enf) 86:55. **Bucks:** B. Graves (Mil. K) 92:08. **Beds:** Jones. **Northants:** 1, D. Ingram (Cor) 89:09; 2, D. Barkham (Cor) 91:45. **Herts Women's 5M:** 1, J. Barrett (Ver) 40:56; 2, M. Worth (Stey) 47:18.

Colin Young

Track Meeting, at Withean (February 5th). Ian McCombie headed a string of fine performances by members of Britain's 1983 World Championship squad with a personal best track 10km. His time of 41:51.8 has been beaten only by Steve Barry amongst British walkers. Steve's UK record is still 41:13.63, as his sub-41 clocking at Kirkby last year has not been ratified as the track was found to be 16cm short. This despite all the lapping involved passing slower walkers.

McCombie also had this problem in a large field, and showed excellent style as did his only



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IAN McCOMBIE

Graham Maynard

challenger, Chris Maddocks, the UK 50km Road record holder, who in fact showed in front briefly after three laps, but gradually dropped away. McCombie passed 5km in 20:56 with Maddocks on 21:24, and both showed their exemplary pace judgement and fitness with respective second halves of 20:55 and 21:27. Paul Blagg, despite a police cross country race the previous day, had a fine race for third in 44:53.7, and his training to retain his international place is going well, as is that of Brighton's Ginney Birch. She has not done the mileage this winter that she did last, but in her first track 10km in two years, smashed her pb to 49:55. Pretty teenager, Helen Ringshaw, was second, a long way back, but set her fastest ever time with an impressive 52:21.

1, I. McCombie (Camb. H) 41:51.8; 2, C. Maddocks (Dawl) 42:49.4; 3, P. Blagg (Camb. H) 44:53.7; 4, G. Morris (Stey) 46:48.4; 5, E. Shillabeer (Dawl) 47:44; 6, D. Stevens (Stey) 48:48; 7, D. Rowland (Stey) 49:53; 8, G. Brown (Stey) 50:01; 9, J. Buchanan (B&H) 50:31; 10, M. Hesketh (Stey) 51:14. (Women): 1, V. Birch (B&H) 49:55; 2, H. Ringshaw (Stey) 52:21; 3, P. Leader (Wok) 56:56; 4, G. Brackpool (E&E) 59:16. (Boys/2km): 1, S. Tilbury (B&H) 10:37; 2, D. Hooper (B&H) 11:00; 3, R. Runn (Stey-C) 11:47. (Women/2km): 1, J. Savage (Stey) 11:05; 2, M. Egford (B&H) 11:07. (Juniors/2km): 1, A. Barnes (Wok) 10:35; 2, J. Pope (Stey) 11:33; 3 J. Saunders (Wok) 11:52; 4, A. Grettton (Stey-G) 12:04; 5, S. Ford-Dunn (Stey-D) 12:07.



POLYTECHNIC MARATHON

JUNE 9th 1984

(Under AAA and WCCA Laws)

The Poly Marathon welcomes its new sponsor, Nike International Ltd., to one of the world's oldest and most famous marathon races.

The Poly was first organised in 1909 to help develop distance running in Britain. Today, the race serves the same purpose and clubs from all over the country use The Poly as their own marathon championships, year after year.

The undulating one lap course (record 2h 14m 32s) starts in the private grounds of Windsor Castle. With a maximum of 1,000 runners and no-one slower than 3h 45m, the race is always good.

The 70th running of The Poly will start at 2.15 pm on June 9th.

Entry forms are available from: London Runner, Cobra, The Sweat Shop, Runners Need, Barry Whitmore Sports, Running Wild, **or by post (include S.A.E) from:** The Race Administrator, Nike Poly Marathon, 10 Lakeside, Werrington, Peterborough, PE4 6QZ.

Entries will close on May 19th

This race is promoted by Polytechnic Harriers and London Road Runners Club with the assistance of Windsor, Slough and Eton A.C.

Steyning AC Yacht Handicap 10M (February 11th). Over the hilly, out and back to Partridge Green course, this event is proving popular in the calendar. It was a Veteran's 1-2-3, but back marker, Jimmy Ball, almost made up his 29:30 handicap with the fastest time of 74:25 in fourth place. Ginney Birch had the fastest women's time of 86:22 and also won the handicap.

Fastest: J. Ball (S&E) 74:25; G. Morris (Stey) 77:03; D. Stevens (Stey) 79:06; D. Rowland (Stey) 81:02; M. Hesketh (Stey) 83:22; K. Dale (B&H) 85:43. **(Women):** Fastest: V. Birch (B&H) 86:22; H. Ringshaw (Stey) 90:06; C. Bean (Stey) 101:20. **(Youths/3km):** A. Booth (S&E) 15:38. **(Boys/3km):** R. Nunn (Stey) 15:59. **(Inters/3km):** T. McClenn (AF&D) 16:02. **(Juniors/3km):** J. Pope (Stey) 16:55.

Sussex Champs, at Steyning (February 25th). Although not in the form that won him international honours a couple of years ago, Graham Morris still dominates in Sussex. He opened a clear lead down Steyning High Street and was never challenged on this tough, out and back, rural course. After a quiet winter, Donald Bearman — not yet 18 — made a return to his best form with a fast time for second ahead of Veteran clubmate, Dave Stevens. The latter is 48 in April and still shows the way home to most of his young challengers. David Buchanan, with hip trouble, did not have a happy race, but young Martin Hesketh walked the tougher return half a minute faster than the outwards journey.

With Ginney Birch missing with a throat infection and Sarah Brown watching with a bruised foot, the Women's 5km lost some of its class, but still saw a magnificent personal best by Helen Ringshaw. Shaking off the challenge of Beverley Allen on the first of the three hilly laps, she looked strong and purposeful on the way to a fine victory. Intermediate, Joanne Savage, the youngest in the race, showed great promise with a pb in third place.

10M: 1, G. Morris (Stey) 75:25; 2, D. Bearman (Stey) 76:23; 3, D. Stevens (Stey) 78:04; 4, D. Buchanan (B&H) 80:40; 5, M. Hesketh (Stey) 81:17; 6, D. Rowland (Stey) 82:49; 7, G. Brown (Stey) 83:34; 8, P. Nunn (Stey) 84:43; 9, K. Dale (B&H) 85:32; 10, D. Boxall (B&H) 86:00. **Teams:** 1, Steyning 11; 2, Brighton & H 35. **(Women/5km):** 1, H. Ringshaw (Stey) 24:39; 2, B. Allen (B&H) 25:41; 3, J. Savage (Stey) 27:22; 4, S. Till (B&H) 27:56; 5, M. Dance (Stey) 30:00; 6, A. Dance (Stey) 30:57. **Non-Champ 3km:** **(Boys):** 1, R. Nunn (Stey-C) 15:58; 2, P. Trower (Stey) 16:10; 3, D. Hooper (B&H) 16:13. **(Junior Women):** 1, J. Pope (Stey) 16:35; 2, P. Savage (Stey-G) 17:51; 3, S. Ford-Dunn (Stey-G) 17:56.

Alan Buchanan

Leicester WC Schools Walks, at Braunstone Park (February 18th). **(Juniors/5km):** 1, I. Ashforth 23:38; 2, C. Tonks 23:56; 3, G. Brown

24:11; 4, D. Claxton 24:27; 5, D. Stone 25:16; 6, P. Nunn 25:19; 7, G. Morris 26:50; 8, H. Lippett 27:21. **(Boys/3km):** 1, J. Bott 15:17; 2, C. Wilkinson 15:22; 3, R. Gill 15:30; 4, J. Vincent 15:46. **(Colts/2½km):** 1, J. Griffiths 12:25; 2, R. Nunn 13:08; 3, K. Atton 13:28. **(Women/5km):** 1, H. Elleker (Sheff) 24:58; 2, H. Ringshaw (Stey) 25:06; 3, N. Jackson (Trow) 25:27; 4, B. Lupton (Sheff) 26:17; 5, K. Macadam (Cov-I) 26:32; 6, E. Allen (Sheff) 26:53; 7, R. Sugg (B&R) 27:53; 8, T. Butler (Hav) 28:06; 9, P. Leader (B&R) 28:28; 10, A. Perry (Sheff-I) 28:45. **Teams:** 1, Sheffield 15; 2, Bromsgrove & R 34. **(Juniors/3km):** 1, S. Ashforth (Sheff) 15:13; 2, M. Ellis (Holl) 15:17; 3, S. Griffiths (B&R) 15:19; 4, C. Rice (Sheff) 15:42; 5, J. Snead (S&SH) 16:16; 6, V. Firmstone (S&SH) 16:19; 7, L. Pye (B&R) 16:46; 8, C. Simmons (Sheff) 16:57. **Teams:** 1, Sheffield 13; 2, Bromsgrove & R 19.

MESSAGE OF THANKS

I would like to thank all my well-wishers for the cards, flowers and chocolates sent to me during the three months I've recently spent in hospital for a thigh and back operation. It is nice to know so many thought of me. I hope to leave hospital in the next month and resume training.

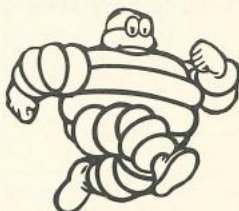
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Closing date Fri. 4th May 1984

Scottish News

From Colin Shields

Veterans CC title to Dick Hodelet

FORMER SCOTTISH half mile champion and record holder, Dick Hodelet, won an engrossing race-long battle to take the Scottish National Veterans Cross Country title over a 10km course at Drumpellier Park, Coatbridge on February 12th.

Hodelet is fulfilling the aims and intentions of Veteran athletics by displaying that there is indeed "an enjoyable life after 40". He surprised many better known rivals when finishing third in the World Veterans 10km Road Race Championships at Perpignan last autumn, and his victory at Coatbridge showed great staying power and a strong finish that left Lachie Stewart, 1970 Commonwealth Games 10,000m champion, trailing on the final lap.

The two Greenockians set a fast pace from the gun, opening a 14 second gap from Roddy McFarquhar, with Stewart a few metres ahead of Hodelet in 7:32 at the end of the first lap. Hodelet started pushing the pace from that point, with his rival hanging on, and they were both 15:18 at half distance with the gap to McFarquhar widened to 34 seconds with Bill Scally and Brian Carty trailing 40m behind.

The leading pair went through the 'bell' in 23:12, with the Shettleston pair 50 seconds back, having passed McFarquhar. Hodelet opened up a decisive gap from Stewart, previously unbeaten in Veteran competition, and went on to win in 30:47, over 50m clear of his rival. Scally finished third and led Shettleston to a clear victory in the team race.

There was a presentation to Walter Ross, the founder of the Scottish Veterans Harriers Club, at the post-race celebrations at Coatbridge Outdoor Sports Centre, at which Emmett Farrell, the 'Grand Old Man' of Scottish athletics, detailed Walter's association with athletics over the past 50 years. His oration finished with the words of a Japanese lady who Walter had befriended at a World Veterans Championships, and her wish of six simple words "I hope you live for ever" was echoed by all present as summing up their own feelings.

1, R. Hodelet (Glenpark).....30:47
2, L. Stewart (Spango Valley).....30:58
3, W. Scally (Shettleston).....31:57
4, B. Carty (Shett) 32:07; 5, R. McFarquhar (A'deen) 32:19; 6, A. Adams (Dumb) 32:33; 7, M. Craven (ESH) 33:00; 8, P. Cartwright (FVH) 33:10; 9, W. Ewing (Pit) 33:38; 10, A. McCall (Dumb) 33:48; 11, J. McMillan (Bella) 33:58; 12, W. Stoddart (G. W'park-O/50) 34:04; 13, J. Linaker (Pit) 34:10; 14, J. Moore (VP) 34:13; 15, T. Kelly (Shett) 34:17; 16, P. Cowan (Shett) 34:51; 17, T. O'Reilly (S'burn-O/50) 34:56; 18, D. McNeill (G. G'park) 35:04; 19, W. McBrinn (CV-O/50) 35:08; 20, D. Martin (SV) 35:10; 21, D. Fraser (Bella) 35:13; 22, A. Andrews (S'burn) 35:28; 23, G. Brown (ESH) 35:29; 24, I. McWatt (Dumb) 35:31; 25, B. McGonagle (Shett) 35:40; 26, D. McGhee (G. G'park) 35:46; 27, H. Muchamore 35:52; 28, J. Allison (Fife) 35:53; 29, J. Morrison (A'deen) 35:54; 30, J. Ramsay (EAC) 35:56. **Teams:** 1, Shettleston 22; 2, Dumbarton 40; 3, Greenock Glenpark 45; 4, Edinburgh Southern 62; 5, Bellahouston 75; 6, Spango Valley 77; 7, Victoria Park 95; 8, Springburn 102; 9, Irvine 128; 10, E. Kilbride 134. **(O/60):** 1, J. Kelly (Shett) 42:36; 2, T. Harrison (Mary) 42:38; 3, E. Farrell (Mary) 42:45. **(Women):** I. Robertson (Scot. V) 44:08.



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Other Cross Country Results

Cambuslang Open Meeting, at Rutherglen (January 15th). 1, A. Gilmour (Cam) 30:44; 2, G. Getty (Bella) 30:59; 3, P. Carton (Shett) 31:00; 4, K. Miller (Pit) 31:01; 5, D. McShane (Cam) 31:11; 6, J. Orr (Cam) 31:39. **Team:** Cambuslang. **(Vets):** G. Black (E. Kil) 35:54. **Team:** Cambuslang. **(Youths):** 1, S. Begen (S'burn)

1984 HFC Championships of the United Kingdom

Organised by the Welsh AAA/Welsh WAAA on behalf of the British Amateur Athletic Board in association with HFC Trust and Savings.

CWMBRAN STADIUM
27th/28th MAY 1984

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ENTRY STANDARDS

TRACK	MEN	WOMEN	FIELD	MEN	WOMEN
100 metres	10.9	12.1	Long Jump	7.35	6.05
200 metres	21.8	24.5	High Jump	2.10	1.78
400 metres	48.0	55.70	Triple Jump	15.30	—
800 metres	1:50.0	2:09.0	Pole Vault	4.60	—
1500 metres	3:45.0	4:24.0	Shot Put	16.00	13.20
3,000 metres	—	9.30	Hammer	58.00	—
5,000 metres	13.50	17:30	Discus	50.00	44.00
10,000 metres	29:20	—	Javelin	70.00	47.00
110/100m Hurdles	15.0	14.5			
400m Hurdles	54.0	62.30			
3,000m S/C	9:00.0	—			
5,000m Walk	—	28:00			
10,000m Walk	47:00.0	—			

Entry forms from: BAAB Secretariat, Francis House, Francis Street, London, SW1P 1DL.
Telephone: 01 828 9326

Closing date for entries: 1st MAY 1984

23:02; 2, P. Morris (Cam) 23:04; 3, M. Hughes (Cam) 23:18. Team: Cambuslang. (**Snr. Boys**): 1, S. Wallace (Cam) 14:20; 2, J. McGann (Bella) 14:58; 3, A. Ramage (Law) 15:11. Team: Bellahouston. (**Jnr. Boys**): 1, G. Robertson (CV) 7:38; 2, F. McGowan (VP) 7:47. Team: Clyde Valley. (**Colts**): G. Walters (VP) 8:59.

Further Races at Irvine (January 21st). (Girls): 1, A. Fisher (Kilb) 16:55; 2, M. Cherry (A'deen) 17:00; 3, C. Greenlees (VP) 17:09; 4, E. Finnegan (Colz) 17:26; 5, M. Gemmel (Strath) 17:32. Teams: 1, Victoria Park 21; 2, Colzium 23. (**U/11**): 1, D. Rutherford (Kilm) 9:01; 2, J. Anderson (Tev) 9:04. Team: Pitreavie.

Civil Service Champs, at Rosyth (January 22nd). 1, T. Ulliott (BT) 25:03; 2, J. Evans (BT) 25:04; 3, S. Asher (IR) 25:49; 4, G. Phillips (IR-J) 25:49; 5, P. Cartwright (BT-V) 26:15; 6, R. Thomas (IR) 26:34. Teams: 1, British Telecom 13; 2, Inland Revenue 13. (**Women**): 1, S. Moran (SSHA) 13:09; 2, R. Carthy (IR) 13:12; 3, L. Johnston (Ed) 13:41.

Eastern District League, at Dundee (February 4th). 1, C. Haskett (Dund) 29:42; 2, I. Steel (ESH) 29:59; 3, G. Mitchell (FVH) 30:25; 4, R. Cameron (Cen. R) 30:35; 5, J. Pentecost (FVH) 30:41; 6, D. Bain (FVH) 30:43; 7, G. Milne (A'deen) 30:49; 8, K. Millar (Pit) 30:53; 9, I. Matheson (A'deen) 30:54; 10, F. Boyne (A'deen) 30:57; 11, D. Ferrie (A'deen U) 31:06; 12, D. Easton (FVH) 31:07; 13, B. Kirkwood (EAC) 31:15; 14, C. Ross (A'deen) 31:25; 15, D. Hunter

(EAC) 31:29; 16, R. Adams (FVH) 31:54; 17, W. Day (FVH) 31:59; 18, A. Henderson (Tay) 32:02; 19, H. McKay (Dund) 32:05; 20, S. Easton (FVH) 32:07. (**Vets**): 1, P. Cartwright (FVH) 33:35; 2, W. Ewing (Pit) 33:50; 3, A. Russell (Pit) 35:00. Final team positions: 1, Falkirk Victoria 167; 2, Edinburgh AC 337. (**Youths**): 1, T. Hanlon (ESH) 24:10; 2, K. Smith (ESH) 25:14; 3, G. Mason (FVH) 25:18; 4, G. Phillip (EAC) 25:23; 5, D. Duguid (A'deen) 25:31; 6, R. Patterson (Liv) 25:35; 7, M. Bingham (Liv) 25:49; 8, G. McArdle (FVH) 25:56. Teams: 1, Livingston 60; 2, Edinburgh Southern 73; 3, Edinburgh AC 77. (**Snr. Boys**): 1, R. Lindsay (A'deen) 18:26; 2, T. Reid 18:27; 3, M. Pullar (Pit) 18:33; 4, J. McKenzie (Liv) 18:46; 5, M. Currie (Doll) 18:47; 6, K. Fraser (Pit) 18:48. Teams: 1, Pitreavie 34; 2, Aberdeen 124. (**Jnr. Boys**): 1, P. Fettes (Lass) 15:01; 2, C. Murphy (Tev) 15:02; 3, I. Cummings (Pit) 15:21; 4, G. Bowman (Pit) 15:41; 5, G. Robertson (Tev) 15:56. Teams: 1, Pitreavie 65; 2, Teviotdale 104. (**Colts**): 1, J. Hemmings (Pit) 10:39; 2, G. McKinlay (Tay) 10:41; 3, S. McMahan (L'gelly) 10:42. Team: Edinburgh Southern.

'Running North' 10km Race, at Balgownie (February 5th). 1, G. Laing (A'deen) 34:04; 2, G. Milne (A'deen) 35:06; 3, P. Wilson (A'deen) 35:13; 4, M. Murray (A'deen) 35:34; 5, I. Matheson (A'deen) 35:45; 6, R. McFarquhar (A'deen-V) 35:46. (**Women**): L. Bain (A'deen) 43:30.

Tadcaster



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Entries showing name, address, date of birth and club to: Granville Miller, The Post Office, 19 Westgate, Tadcaster, North Yorkshire LS24 9JA. SAE for 23p please.

Closing date 14 April

North District League, at Forres (February 11th). 1, W. Millar (Caith) 34:20; 2, M. McCulloch (Forr) 34:36; 3, I. Moncur (Forr) 35:40; 4, N. Martin (Forr); 5, R. Boswell (Lochaber); 6, D. Ritchie (Forr). Team: Forres. (Youths): 1, C. Martin (I'ness) 24:18; 2, M. Robertson (I'ness) 25:25; 3, I. Smith (Lochaber) 26:27. Team: Inverness. (Snr. Boys): 1, C. Donald (Elg) 16:12; 2, A. Bone (I'ness) 16:41; 3, A. McKenzie (Forr) 16:48. Team: Nicholson Inst. (Jnr. Boys): 1, S. Jarvie (Caith) 8:25; 2, D. Bell (I'ness) 8:33; 3, W. McKillop (Milnes) 8:38. Team: Inverness. (Women): 1, L. Lobban (I'ness) 18:35; 2, M. McLeod (Elg) 19:42; 3, C. McLeod (Elg) 20:16. Team: Elgin. (Juniors): 1, M. Palmer (Elg) 8:49; 2, C. Bell (I'ness) 8:54; 3, E. Scott (I'ness) 9:16. Team: Inverness. (Girls): 1 eq, V. Allan & E. Johnston (both I'ness) 6:27; 3, K. Simpson (Caith) 7:02. Team: Inverness.

Club Champs (February 11th). Clydebank, at Clydebank. 1, J. McKay 29:39; 2, A. McKay 31:35; 3, P. Bonner 32:21. (Juniors): S. Farrelly 30:37. (Youths): 1, C. Docherty 15:33; 2, G. Nugent 16:02; 3, P. Darroch 16:19. (Snr. Boys): 1, R. Donnelly 14:44; 2, D. McGinley 15:14; 3, J. Monaghan 15:39. (Jnr. Boys): 1, J. Divers 7:58; 2, A. McAuley 8:05. (Colts): M. Ouchley 8:44. **Clydesdale, at Clydebank.** 1, S. Doig 30:04; 2, P. Dolan 30:15; 3, C. McIntosh 31:43. (Juniors): 1, J. Austin 24:21; 2, S. Hoggan 25:02; 3, D. Halpin 25:15. (Youths): S. McDonald 18:55. (Snr. Boys): 1, L. Pearson 11:55; 2, W. Gault 12:32; 3, R. Timpany 12:36. (Jnr. Boys): 1, G. Divers 6:16; 2, G. Young 6:31. (Colts): M. Govan 7:47. **Teviotdale, at Hawick.** 1, A. Walker 36:19; 2, B. Emmerson 36:47; 3, J. Knox 38:48. (Youths/Snr. Boys): 1, C. Nichol 16:14; 2, M. Skeldon 18:02; 3, B. Law 18:05. (Jnr. Boys): 1, C. Murphy 7:56; 2, G. Robertson 8:30. (Colts): J. Shaw 5:19. (Women): 1, A. McClure 9:39; 2, J. Murray 9:40; 3, D. Yellowlees 9:49. (Juniors): 1, J. Anderson 5:45; 2, K. McIntosh 6:03.

YMCA Champs, at Lanark Racecourse (February 18th). 1, J. Eagan (Lark) 28:16; 2, T. McKean (Bella) 29:30; 3, I. Kerr (Kilm) 29:51. Team: Kilmarnock. (Youths): 1, I. McLuckie (Bells) 19:59; 2, K. Newberry (Kilm) 20:13; 3, J. McLuckie (Bells) 20:21. Team: Bellshill. (Snr. Boys): 1, S. Houston (Moth) 10:00; 2, J. Donnolly (Moth) 10:06; 3, D. Gardner (Moth) 10:07. Team: Motherwell. (Jnr. Boys): 1, J. Black (Moth) 10:07; 2, F. Togneri (Moth) 10:22. Team: Motherwell. (Colts): 1, I. McFarlane (Bella) 5:54; 2, T. Woods (Lark) 6:03. Team: Bellshill.

Club Champs (February 18th). Dumbarton, at Dumbarton. 1, S. Reid 46:26; 2, E. Caldwell 46:37; 3, C. Martin 46:56. **Greenock Glenpark, at Greenock.** Fastest: R. Hodelet (V) 41:37; 1, Cameron 44:20; J. Henderson 44:41. **Maryhill, at Glasgow.** 1, M. Gallacher 41:51; 2, J. Thomas 41:59. (Vets): S. Lawson 49:25. **Victoria Park, at Milngavie.** 1, G. Diverty 31:40; 2, J. Pollock 31:42; 3, R. Stokes 33:30. (Vets): C. Spence 36:04.

(Juniors): 1, C. Little 33:42; 2, K. Penrice 34:13; 3, S. Munn 34:35. (Youths): 1, D. Innes 35:20; 2, J. McAleer 36:04. (Snr. Boys): 1, D. Sanders 13:03; 2, B. McKay 13:18; 3, I. Stirratt 13:19. (Jnr. Boys): 1, R. Blair 13:09; 2, F. McGowan 13:40.

Lasswade Open Meeting, at Bonnyrigg (February 19th). 1, D. Bain (FVH) 34:13; 2, B. Kirkwood (EAC) 34:14; 3, P. Carton (Shett) 34:40; 4, P. Faulds (FVH) 35:16; 5, A. Keith (EAC) 35:39; 6, N. Jones (EAC) 36:02; 7, S. Laing (EAC) 36:05; 8, R. Thomas (Hunt) 36:10; 9, J. Forte 36:20; 10, W. Reid (W'lands) 36:53; 11, A. Stirling (Bo) 37:00; 12, J. Pollock (Strath. P) 37:13. Teams: 1, Edinburgh AC 13; 2, Falkirk Victoria 23; 3, Shettleston 45. (Youths): 1, A. Swann (Shett) 19:37; 2, T. Goldie (CV) 20:44; 3, J. Nichol (Liv) 20:49; 4, A. Fairbairn (EAC) 20:54; 5, J. Colquhoun (Fauld) 21:03. Teams: 1, Clyde Valley 18; 2, Kirkintilloch Olym. 29. (Snr. Boys): 1, A. Russell (Law) 16:31; 2, M. Pullar (Pit) 16:54; 3, A. Ramage (Law) 16:57; 4, V. Hughes (Fauld) 17:34; 5, K. Fraser (Pit) 17:44. Teams: 1, Law 22; 2, Clyde Valley 24. (Jnr. Boys): 1, P. Fettes (Lass) 12:21; 2, I. Black (CV) 12:23; 3, J. Graham (Tay. HS) 12:33. Team: Clyde Valley. (Colts): 1, J. Hemmings (Pit) 5:30; 2, S. McMahan (L'gelly) 5:32; 3, C. McKinlay (Tay) 5:34. Team: Dundee Hh. (Women): 1, Y. Murray (EAC) 17:35; 2, W. Burns (Liv) 18:34; 3, K. Hutcheson (L'gelly) 19:03; 4, W. Steele (L'gelly) 19:51; 5, P. Meldrum (Glas) 20:12; 6, C. Gray (EAC) 20:17; 7, C. Smiley (Cen. R-I) 20:37; 8, A. Pritchard (Ham) 21:06. Teams: 1, Lochgelly 16; 2, Edinburgh AC 22; 3, Livingston 34. (Juniors): 1, W. McFarlane (CV) 13:08; 2, S. Payling (CV) 13:28; 3, C. Higgins (Pit) 13:58; 4, L. Kernaghan (L'gelly) 14:09; 5, W. Longmuir (Dund) 14:12. Teams: 1, Clyde Valley 23; 2, Pitreavie 27. (Girls): 1, G. Walker (CV) 9:28; 2, L. Longmuir 9:29; 3, J. MacNamara (Loth) 9:43. Team: Clyde Valley. (U/11): L. Thoumire 6:02. Team: Pitreavie.

Carnethy Five Hills Race, at Penicuik (February 18th). 1, K. Stuart (Kes) 49:44; 2, C. Donnelly (Cam) 50:51; 3, A. Spenceley (Carn) 51:45; 4, M. Lindsay (Carn) 52:44; 5, C. Valentine (Kes) 52:49; 6, D. Woodhead (Horw) 52:53; 7, A. Curtis (Liv) 53:05; 8, A. Hyslop (Amb) 53:10; 9, R. Morris (Carn) 54:06; 10, G. Russell (Amb) 54:28; 11, D. McGonigle (Dund. U) 54:56; 12, R. Boswell (Lochaber) 54:58; 13, D. Wilkinson (Kes) 55:00; 14, A. Philipson (Gos-V) 55:07; 15, J. Stevenson (Irv) 55:12; 16, J. Blair-Fish (Carn) 55:19; 17, D. Bland (Ken) 55:43; 18, R. Anderson (Cam) 56:18; 19, R. Campbell (Lochaber) 56:22; 20, A. Richardson (Ken) 56:33. Teams: 1, Carnethy HR 16; 2, Keswick 19; 3, Ambleside 55; 4, Cambuslang 58; 5, Kendal 63. (Vets): 1, Philipson; 2, M. Edwards (A'deen) 57:07; 3, J. Jardine (Lochaber) 58:49; 4, C.

Gordon Mitchell wins 'below par' Nigel Barge Trophy Race, though record number start

THOUGH A record field of 410 turned out in Scotland's traditional opener to the New Year, it was a poor quality field which competed for the Nigel Barge Trophy in the 42nd running of the 4¼ mile road race at Maryhill, Glasgow on January 7th. Most of Scotland's top athletes missed the race; indeed, none of last year's top dozen finishers were present, and it was left to young Gordon Mitchell of Falkirk Victoria to seize his chance and win in 22:40, almost a minute outside the course record of 21:46, set by Nat Muir when winning last year.

Mitchell, whose previous best performance was recording a fastest leg time on the Edinburgh to Glasgow Relay Race, was always at the front of the large field, and when he pushed the pace in the final half mile, no one could stay with him. He took eight seconds out of international, Peter Fox, with Jim Egan continuing his rapid improvement to pip marathon international, Andy Daly, on the line for third place.

Lachie Stewart continued his unbeaten run of victories in Veteran competition by winning in 18th position, but was pressed by Roddy McFarquhar, who made up a lot of ground in the final stages.

The organisers were poorly equipped to handle the finish in a public street, and finishers were lining up 50 yards short of the finishing post and failing to obtain an accurate time. A proper funnelling system past the finish point needs to be introduced, and the times and place recording brought up to date to cope with the popularity and growing entry of the race.

1, G. Mitchell (Falkirk Victoria).....22:40
2, P. Fox (Dundee Univ.).....22:48
3, J. Egan (Larkhall).....22:52
4, A. Daly (Bella) 22:53; 5, R. Barrie (Dund. U)

22:54; 6, J. Pentecost (FVH) 22:57; 7, D. McMeekin (VP) 23:05; 8, P. Faulds (FVH) 23:08; 9, A. Amos (Gate) 23:11; 10, S. Gibson (Hunt) 13:13; 11, G. Getty (Bella) 23:14; 12, D. Ferry (Cam) 23:17; 13, M. Taggart (Shett-J) 23:21; 14, J. Orr (Cam-J) 23:23; 15, S. Reid (Dumb-J) 23:26; 16, J. McFie (VP) 23:28; 17, J. McKay (C'bank) 23:29; 18, L. Stewart (SV-V) 23:30; 19, D. McKenzie (ESH) 23:31; 20, H. Gorman (S'burn) 23:32; 21, G. Milne (A'deen) 23:33; 22, I. Kerr (Kilm) 23:34; 23, R. McFarquhar (A'deen-V) 23:36; 24, G. Grindley (FVH) 23:37; 25, R. Thomas (Hunt) 23:39; 26, D. Gunstone (Fife) 23:39; 27, T. Ulliott (Cam) 23:41; 28, S. Marshall (Dund. U-J) 23:42; 29, A. Coyne (Bella) 23:47; 30, B. Kirkwood (EAC) 23:49. **Teams:** 1, Falkirk Victoria 15; 2, Dundee Univ. 35; 3, Bellahouston 44; 4, Cambuslang 53; 5, Aberdeen 53; 6, Victoria Park 83. **(Vets):** 1, Stewart; 2, McFarquhar; 3, R. Hodelet (G. G'park) 23:58; 4, B. Carty (Shett) 24:04; 5, W. Scally (Shett) 24:15; 6, A. Adams (Dumb) 24:39; 7, A. McCall (Dumb) 24:52; 8, A. Brown (CV-O/50) 24:59. **Teams:** 1, Shettleston 207; 2, E. Kilbride 398; 3, Cambuslang 674. **(Women):** 1, C. Hunter (FVH) 25:58; 2, A. Curtis (Liv) 27:45; 3, E. Steele (Glas) 28:41; 4, A. Bankowski (EAC) 29:40; 5, J. Walker (S'kelvin) 30:40.

Other Road Race Results

Cambuslang Kelly Shield '7', at Rutherglen (December 31st). 1, E. Stewart 35:02; 2, R. Stone 35:52; 3, C. Feechan 37:25; 4, C. Thomson (J) 37:27; 5, D. Cooney 37:38; 6, P. Preston 37:52.

Springburn Cup Race, at Bishopbriggs (January 14th). 1, W. Sheridan (W'lands) 27:21; 2, L. Spence (SV) 27:27; 3, G. Braidwood (Bella) 27:33; 4, C. Spence (SV) 27:41; 5, A. Puckrin (Kilb) 27:45; 6, A. Douglas (VP) 27:49; 7, G. Crawford (S'burn) 27:51; 8, A. Daly (Bella) 27:52; 9, S. Gibson (Hunt) 28:05; 10, G. Getty (Bella) 28:10; 11, D. McMeekin (VP) 28:23; 12, J. McKay (C'bank) 28:34; 13, L. Stewart (SV-V) 28:39; 14, G. Diverty (VP) 28:45; 15, N. Walker (Glas. U) 28:52; 16, T. Gillespie (Glas. U) 28:58; 17, H. Young (Strath. P) 29:07; 18, K. Rankin (EAC) 29:21; 19, C. Leck (SV) 29:25; 20, M. Coyne (FVH) 29:27. **Teams:** 1, Spango Valley 19;

CARNETHY FIVE HILLS RACE, Cont.

Ramsay (EAC) 58:53; 5, P. Fettes (Lochaber) 59:18; 6, A. Stapeley (Fife) 59:40. **(Women):** 1, P. Haworth (Kes) 61:13; 2, A. Curtis (Liv) 63:51; 3, G. Wilkinson (Kes) 67:13; 4, D. Varney (Kes) 70:07.

REMEMBER PENCOED ROAD RACES

EASTER MONDAY,

23rd APRIL, 1984

First Race 1.30 p.m.

Excellent Prizes.

S.A.E. for details to:

G. L. Johnson,
5 Moorlands Road,
Bridgend, Mid. Glam.
Tel: Bridgend 3413 (Evens.)

2, Bellahouston 21; 3, Victoria Park 31; 4, Falkirk Victoria 73; 5, Springburn 78. (Vets): 1, Stewart; 2, A. Adams (Dumb) 30:14; 3, D. Andrews (S'burn) 31:40; 4, D. Frazer (Scot. V) 31:49; 5, G. McKirdy (E. Kil) 32:14. Teams: 1, Springburn 218; 2, Shettleston 251. (Women): 1, E. Steele (Glas) 34:39; 2, P. Stoddart (Shett) 35:23; 3, J. Walker (S'kelvin) 35:52.

'Running North' '5', along Aberdeen Seafront (January 15th). 1, M. Murray (A'deen) 25:37; 2, D. Ferrie (A'deen U) 26:52; 3, R. McFarquhar (A'deen-V) 27:00; 4, S. Cassells (A'deen) 27:07; 5, G. Laing (A'deen) 27:07; 6, P. McErlean (SV) 27:11.

'Round the Houses' Races, at Grangemouth (January 22nd). 1, A. Weatherhead (EAC-V) 29:37; 2, L. Robertson (EAC) 30:01; 3, P. Faulds (FVH) 31:12. Team: Edinburgh AC. (Youths): 1, G. Mason (FVH) 16:25; 2, D. Donnett (S'burn) 17:03; 3, G. Dunbar 17:05. Team: Falkirk Victoria. (Snr. Boys): 1, J. McKenzie (Liv) 8:55; 2, V. Hughes (Fauld) 8:59; 3, I. McGinley (C'bank) 9:09. Team: Falkirk Victoria. (Jnr. Boys): 1, J. Divers (St. C) 9:38; 2, S. Baillie (Liv) 9:40. Team: St. Columba's HS.

Renfrewshire County Champs, at Houston (February 11th). 1, L. Spence (SV) 27:04; 2, G.



Lawrie Spence (83), George Braidwood (125) and Peter Fleming stretching it out in the Renfrewshire County Champs at Houston.

Neil Geraghty



Bovril

10 & FUN RUN

(Under AAA & WCCA Rules)

SUNDAY,

6th MAY, 1984

Start 10.30 a.m.

**From Meadows Leisure Centre,
High Street, Burton on Trent**

FREE T SHIRT FOR ALL ENTRANTS

At least £400 prizes

Closing date: 21st April

ENTRY FORM

Please enter me for the Bovril 10/Fun Run for which I enclose a cheque/postal order for £1.50 (£2.00 for non-affiliated) for the Bovril 10, or £1.00 for the Fun Run. (Cheques payable to Bovril Ltd.). Please enclose 9" x 6" s.a.e.

Surname.....

Address.....

Club:.....

AAA Reg. No.....

Sex Male/Female.....

T Shirt size: S, M, L, Ex. L.

1. I confirm that I have no medical disabilities which are likely to endanger myself or other competitors.

2. I agree to abide by AAA/WCCA Rules and that no liability will be placed on the organisers, promoters or sponsors for any injury sustained during the event and that I take part at my own risk.

Signature.....

To: Mr. M. Gregory, Bovril Ltd., Wellington Road, Burton-on-Trent DE14 2AB.

Braidwood (Bella) 27:10; 3, P. Fleming (Bella) 27:17; 4, A. Daly (Bella) 27:40; 5, C. Spence (SV) 27:48; 6, G. Getty (Bella) 27:50; 7, P. Conaghan (SV) 28:22; 8, G. Gaffney (G. W'park) 28:29; 9, C. Leck (SV) 28:31; 10, A. McAngus (Bella) 28:33; 11, T. Wilkie (SV) 28:57; 12, D. McFadyen (G. W'park) 29:22; 13, J. Duffy (G. W'park) 29:30; 14, D. Wyper (Bella) 29:33; 15, I. Cameron (G. G'park) 29:39. Teams: 1, Bellahouston 39; 2, Spango Valley 62; 3, Greenock Wellpark 151; 4, Greenock Glenpark 153. (Women): N. Toole (Kilb) 39:10. (Youths): 1, P. Mayles (Kilb) 16:27; 2, T. Hearle (Kilb) 16:37; 3, D. Whiteford (G. W'park) 16:45; 4, M. O'Neil (Bella) 16:53; 5, S. Daiss (Bella) 17:04; 6, J. McNish (G. W'park) 17:11; 7, B. Hawkins (Kilb) 17:23; 8, S. Snodgrass (Kilb) 17:37. Teams: 1, Kilbarchan 10; 2, Greenock Wellpark 19; 3, Bellahouston 20. (Snr. Boys): 1, G. McCann (Bella) 11:39; 2, R. Mooney (G. G'park) 11:42; 3, N. Cassidy (Kilb) 11:53; 4, B. Dunsmore (Bella) 11:57; 5, A. Johnstone (G. G'park) 11:59; 6, C. Elliott (Kilb) 12:12. Teams: 1, Bellahouston 13; 2, Kilbarchan 16. (Jnr. Boys): 1, S. Douglas (Kilb) 10:45; 2, S. Clark (Kilb) 10:46; 3, A. Laughlin (G. G'park) 10:48; 4, W. Kirkwood (Kilb) 10:52; 5, D. Brannan (Bella) 11:07. Teams: 1, Kilbarchan 7; 2, Bellahouston 19.

Dundee Hawkhill Open Races, at Camperdown Park (February 18th). 1, C. Haskett (Dund) 28:10; 2, R. Barrie (Dund. U) 28:18; 3, G. Crawford (S'burn) 28:26; 4, C. Ross (A'deen)

28:31; 5, S. Marshall (Dund. U) 28:44; 6, R. Stone (Cam) 28:58; 7, P. Wilson (A'deen) 29:06; 8, F. Harper (VP) 29:09; 9, I. Graves (Fife) 29:25; 10, M. Murray (A'deen) 29:35; 11, R. Cameron (VP) 29:39; 12, R. McFarquhar (A'deen) 29:44; 13, M. Strachan (St. A. U) 29:46; 14, M. McNaught (Fife) 29:56; 15, H. McKay (Dund) 30:01; 16, S. Asher (Fife) 30:05; 17, D. Gunstone (Fife) 30:11; 18, G. Noble (St. A. U) 30:25; 19, A. McIndoe (S'burn) 30:28; 20, D. Ellis (St. A. U) 30:41. (Youths): 1, D. Donnett (S'burn) 17:53; 2, A. Chalmers (S'burn) 18:17; 3, S. Barrie (Tay) 19:03. (Snr. Boys): 1, T. Reid (Whit) 12:14; 2, R. Lindsay (A'deen) 12:33; 3, G. High (Dund) 13:01. (Jnr. Boys): 1, I. Gourlay (EAC) 10:52; 2, A. Findlay (Fife) 11:02; 3, M. Steele (EAC) 11:09. (Colts): 1, G. McKinlay (Tay) 7:14; 2, E. Greig (Dund) 7:19; 3, J. Gowans (Dund) 7:29.

Spango Valley Cunningham Cup '5½', at Greenock (February 18th). 1, L. Spence 26:15; 2, C. Spence 26:29; 3, P. Conaghan 27:12.

All secretarial correspondence for Oxford City AC should be sent, temporarily, to Ian Marriott at 6 Sweetmans Road, Botley, Oxford (Tel: Ox. 724129).

The new secretary of Shaftesbury H is Mrs. E. Kemp, 65 Ivanhoe Drive, Harrow, Middlesex, HA3 8QH. (Tel: 01-907 4105).

THE 2nd GREAT

HWASTONE

SOUTHEND MARATHON

SUNDAY, 10th JUNE

9.30 a.m. Start

(Under AAA & WAAA Rules)

(Organised by:

Southend Borough Council

Modern Living and

Southend Athletic Club)

**FOR THE BEST MARATHON BY THE SEA,
EXPERIENCE THE EXPERIENCE OF THE
SOUTHEND-ON-SEA MARATHON.**

— So close to London —

Information and Entry Forms now available:—
Marathon Office, Publicity Dept., Southend Borough
Council, Civic Centre, Victoria Avenue, Southend-on-
Sea, Essex. Tel: (0702) 355118/9.

NOTTS ATHLETIC CLUB

WINTER TRACK & FIELD MEETING

(Under AAA & WAAA Laws) (Ages as at 31.8.84)

**Harvey Hadden Stadium, Wigman Road,
Bilborough, Nottingham**

(Tartan Track — 6 mm max. spikes)

SUN., 8th APRIL, 1984, 10.30 a.m.

80m, 150m, 1000m	— all age groups male/female
3000m	Jnr/Snr Men
300m	Youths, Jnr/Snr Men, Int/Snr Ladies
Shot	Boys, Youths, Jnr/Snr Men, Jnr Ladies
Discus	Int/Snr Ladies
Long Jump	Colts, Boys, Youths, Jnr/Snr Men
High Jump	Girls U/13, Jnr Ladies, Inter/Snr Ladies, Jnr & Snr Men
Triple Jump	Youths, Jnr/Snr Men
Pole Vault	

Entry Fees: 30p per event. S.A.E. for confirmation.

Entries (By 4th April) to: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham. Tel: (0602) 283230. Please state d.o.b. (Seniors excepted)

NO PRIZES, NO FINALS

NEXT MEETING:—

**May Day Bank Holiday
Mon. May 7th 1984**

Close all the way in Manchester CC Relay

FROM A RECORD entry, 95 teams started the Manchester Harriers 4x3M CC Relay at Heaton Park on February 25th on the undulating parkland course that was firm underfoot after recent fine weather. With the 'National' the following week, not all the clubs participating fielded their best athletes, but this did not detract from a close race.

Malcolm Plant, of the host club, soon cut out the early pace on the first stage, taking Mick Thompson of Sheffield with him. In excellent form since Christmas, Plant's fast pace almost stole the course record set by David Lewis last year, but after the climb to the changeover he was two seconds adrift, but seven in front of Sheffield. This set up fast times for all those who ran the first stage. 20 seconds behind, Junior, Paul Roden, brought East Cheshire in third — hints of another good 'National'. Andy Taylor stretched Manchester's lead to 22 seconds on the second leg as Darryl Taylor brought Sale through from ninth to second. Just a stride behind, though, was Sheffield's Peter Shaw and Dave Singleton of Bolton, 13th after the first leg.

The third stage narrowed the field to five as Ken Newton took Sheffield into a three second lead with the third fastest time of the day ahead of Greg Vallance of Manchester. Alwyn Dewhurst was 150m back for Holmfirth, who had a cushion of 50m over Sale, with Bolton a similar distance behind. Chas Cope was unable to maintain his slender lead on the anchor leg as Peter Shaw took Manchester back into the lead and Sale (K. Smith 14:28) snatched second place on the climb to the finish. Warrington, through Stan Ogden, recovered to finish fourth, with Steve Kenyon making a welcome return after his injury problems, bringing Salford in fifth.

Alan Bocking

1, Manchester (M. Plant 13:53, A. Taylor 14:21, G. Vallance 14:31, P. Shaw 14:52) 58:07;
2, Sale (P. Prescott 14:45, D. Taylor 14:21, M. Burgess 14:48, K. Smith 14:28) 58:22;
3, Sheffield (M. Thompson 14:00, P. Shaw 15:08, K. Newton 14:04, C. Cope 15:13) 58:25;
4, Warrington (K. Holloway 14:40, K. Woodhouse 14:44, P. Hicken 15:12, S. Ogden 14:23) 58:59; 5, Salford (B. Aspden 15:03, M. Wakefield 15:08, A. Sladen 14:50, S. Kenyon 14:22) 59:23; 6, Bolton (A. Kay 14:53, D. Singleton 14:16, C. Nash 14:53, R. Chadbond 15:36) 59:38; 7, Manchester 'B' 59:47; 8, Stretford 59:52; 9, Stockport 59:56; 10, Holmfirth 60:00; 11, Sale 'B' 60:07; 12, Rossendale 60:23; 13, E. Cheshire 60:29; 14, Bury 61:10; 15, Leigh 61:22; 16, E. Cheshire 'B' 61:32; 17, Salford 'B' 61:43; 18, Salford 'C' 61:46; 19, Rochdale 61:46; 20, Longwood 62:00; 21, Sale 'C' 62:40; 22, Salford 'D' 62:54; 23, Altrincham 62:56; 24, Frodsham 63:05; 25, Swinton 63:22. . . . 32, Bingley Vets 64:06; 34, Manchester Vets 64:20; 41, E. Cheshire Vets 65:41. **Fastest:** Plant 13:53; Thompson 14:00; Newton 14:04; Singleton 14:16; P. Roden (E. Ches) & Taylor 14:21; S. Torrance (Man 'B') & Kenyon 14:22; C. Bucknall (Stret) & Ogden 14:23. **(Youths):** 1, C. Trelfa (E. Ches) 14:49; 2, R. Goddard (Stret) 14:57; 3, P. Warner (Sale) 15:10; 4, T. Johnson (Bol) 15:14; 5, I. Langley (Sale) 15:29; 6, G. Wadsworth (Ross) 15:36; 7, P. Lavin (Bol) 15:39; 8, R. Stubbs (E. Ches) 15:50; 9, P. Murray (Sal) 15:51; 10, P. Walker (Bol) 15:54. **Teams:** 1, Bolton 21; 2, E. Cheshire 21; 3, Sale 28. **(Boys):** 1, T. Richardson (Bol) 13:56; 2, P. Ashmore (E. Ches) 14:18; 3, I. Barnes (Ross) 14:25; 4, C. Lees (O&R) 14:28; 5, P. Harvey (O&R) 14:30; 6, M. Taylor (E. Ches) 14:33; 7, P. Grimes (O&R) 14:36; 8, N. McKay (Sale) 14:41; 9, M. Jagger (O&R) 14:43; 10, L. Savage 14:46. **Teams:** 1, Oldham & R 16; 2, E. Cheshire 31.



Fastest two (or four) legs of the day as Mal Plant leads Mike Thompson on stage one.

Ralph Goodyear

Making better use of Coach Education for beginner coaches — by Carl Johnson

MOST strategies finish up as compromises between what is desirable and what is practicable. This is certainly so of the UK Coach Education Scheme, and particularly at first tier level, i.e. Assistant Club Coach. It is that part of the scheme which has been most attacked by its detractors, and yet it has been very successful in bringing, on average, 1000 new coaches into coaching each year. This cannot be bad.

However, ever conscious of the weakness, I constantly appraise schemes designed to mitigate the deficiencies and test them in practice in my own region. Hence my adoption of schemes which enable the coach, who has attended the mandatory course, to extend his knowledge and experience by attending any of the four three-day Teacher's In-Service Courses which the Regional Coaching Committee runs annually. These courses are entirely practical in nature, and are a superb adjunct to the ACC Award weekend course. Because they are promoted by the Regional Coaching Committee of Athletics and not LEA's we have no problems in agreeing access to both teachers and coaches. Because they are an annual event they give people the flexibility to 'pick-up' one day per year over three years if they so wish. This is, however, more attractive to teachers than to coaches.

Many regions encourage trainee coaches to attend regional Performance Days/Squads/Clinics or whatever they are called locally. This year in the North, East of Pennines, we have linked one provision to the other, with a package which enables an Assistant Club Coach, or potential Assistant Club Coach, who attended one of our Autumn 1983 ACC Courses, to obtain free access to a Teacher's In-Service Course if he first of all attends two regional Performance Days/Clinics as an observer. These are taken normally from the December, January and February sessions. Beginner coaches therefore have the opportunity to obtain five further days of first class practical experience in coaching, before moving on to further awards and all at **no cost to themselves** except in terms of time and travel. I believe this to be a very good deal, both for them and for coaching.

This year the package has been taken one stage further. Durham City Harriers are a small club, wedged between the local giant conurbations of Teeside and Tyneside and with mighty Gateshead only a few miles away. They are a young club, founded in 1972. They are enthusiastic. Aided by a new, and equally enthusiastic, supportive Local Authority Leisure Services Department and working in close co-operation with the Regional

Athletics Coaching Committee, last autumn they embarked on a scheme designed to improve the coaching base of the club. The Coaching Committee supplied the coaching expertise, the Local Authority provided special facilities, liaison, publicity and funded the scheme, and the club — apart from publicising among its own members — reaped the benefit.

The scheme involved a series of five evening talks/demonstrations over a period of five weeks, leading up to the local ACC Course. The first of these was billed as a 'Parents Advice Evening' (a format which had proved attractive elsewhere). It involved 50% 'promotional' film, 25% informative chat mainly based on 'The Growing Child' and answering parents' questions. This was followed by up sessions covering runs, jumps, throws, coaching and 'Gym Sessions Suitable for Young Athletes', since the only facility available to the club during winter is a school gymnasium. The first and last sessions were taken by myself, and Senior Coaches who already work in the Coach Education Scheme took the others.

Some 60-70 people attended the first session, 15-20 the subsequent sessions and a dozen or so went on to take their ACC Award. This may seem like a large drop-out rate, but almost half of those who attended on the first evening were children, and for 20% of that number to remain at the end of what was in essence a 12 week course with a 7 week break in the middle of it, is not bad going in my opinion. Whatever the rate, good or bad, Durham City Harriers are now better off to the tune of twelve active coaches, who had already reorganised the activities of the 'Beginner Group' and were working along the lines suggested before the ACC weekend was held.

The Local Authority are well satisfied. The club is very satisfied, and should these coaches then go on to avail themselves of the opportunities to observe at the NEACC Training Days, and then participate in the Teacher's In-Service Courses, their grounding in the sport could not be bettered, and the costs to them of the **entire** package need not have been more than £7. Where else can you get that value for money in this day and age?

(Carl Johnson is Group Director, Coach Education)

Due to a date clash with the National Young Athletes League, the Kent County AAA 3000m team race for Juniors and Youths, that was to have been held on May 6th at Norman Park, Bromley, has been postponed. A new date will be circulated to Kent clubs as soon as possible.

BASRAB

*British Association for Sporting
and Recreational Activities
of the Blind*

9-15 London Road, Croydon CR0 2RE
Tel: 01-680 5678



United Kingdom

*Great Britain
Olympic Appeal*



JUNE 16-30
NASSAU COUNTY
LONG ISLAND, N.Y., U.S.A.

BASRAB needs £50,000 to send a team of visually handicapped athletes and swimmers to compete in the International Games for the disabled in June, 1984 in America

**PLEASE RUN FOR US
IN YOUR MARATHON**

In the 1983 International Athletics Championships for the blind at Varna, Bulgaria, Britain won 11 gold, 6 silver and 3 bronze medals — we came second to the Russians who won only 3 more medals.

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THESE SUCCESSES**

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In conjunction with
WIGAN LEISURE DEPT.

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present

The 10th ANNUAL WIGAN '6' ROAD RACE

Incorporating

LADIES RACE

**SUNDAY,
13th MAY, 1984**

at 3.15 p.m.

Awards: Individual, first 3 Teams (3 to count).
First 2 Vets O/40, first 2 Vets O/45, first Vet
O/50, first Vet O/60. First 2 Ladies.

PLUS: FREE BEER AND WIGAN'S OWN UNCLE JOE'S MINT BALLS

This is the Race with the Prizes!
(Last year first 50 individuals)

ALSO: Start 2.15 p.m.

Colts (12-13) Boys (14-15)

Youths (16 & 17) (Ages on 1.4.84)

Awards: First 3 Individuals, first 3 Teams (3 to count) in each race.

Entry Fees: Senior Ladies 75p.

Unattached £1.25.

Colts, Boys, Youths 50p.

No Team Fees.

(No silly entry fees here)

Closing date: 28th April, 1984

Entries on separate forms for each race to: G. A. Fairhurst, 3 Woodland Drive, Standish, Wigan. (Postal Orders/Cheques made payable to Wigan Harriers).

**Changing — International Pool,
Rodney Street.**

Start/Finish — Market Square.

ALL RACES UNDER A.A.A LAWS

UK Club Register

Middlesex Ladies AC — (Mx)

Founded in 1923 (formed afresh from the disbanded Kensington Ladies AC). Female-only club; paid-up active membership of 150. Affiliated to Middlesex County WAAA, SCWAAA, and corresponding bodies for cross country and walking. Headquarters: Vale Farm Sports Centre, Watford Road, Sudbury, Wembley, Middx. Hon. secretary: Miss E. Matthews, 91 Abbots Drive, N. Wembley, Middx, HA0 3SB. Annual subs: £3 (15 & over), £2 (under 15). Club caters for Girls, Juniors, Intermediates, Seniors & Veterans. Fun runners may join but are not actively encouraged.

Coaching available in all events, at Vale Farm Track on Sundays (11.30 am-2 pm) and Mondays and Thursdays (6.30-8.30 pm). Training sessions as above plus Saturday afternoons in winter at various venues, e.g. West London, Haringey, Bannister Stadium (Harrow), for special coaching as arranged by coaches. Vale Farm track is not all-weather, "but a good surface and developments are in process". All-weather run-up surfaces for high jump, long jump and javelin. Long throw facilities available, changing rooms, showers, floodlighting, indoor training, weight training, refreshments and bar. Club competes in Southern Counties T&F and CC Leagues. Major honours won include WAAA Junior 4x100 in 1958 & 1961, Southern Junior 4x100 in 1982 and Southern Inters 4x100 in 1983.

Numerous internationals have been members of the club, among them: **Vera Palmer** (Searle), world record 440y of 60.8 in 1923; **Dorothy Butterfield**, 3rd 1934 Empire Games 880y; **Elsie Green**, 3rd 1934 Empire Games 80mH; **Ethel Raby**, 2nd 1938 Empire Games LJ; **Bertha Crowther**, 6th 1948 Olympic HJ, 2nd 1950 Empire Games HJ & 2nd 1950 European Pentathlon; **Dora Gardner**, 2nd 1938 Empire Games HJ & 8th 1948 Olympic HJ; **Jill Dudderidge** (Lindsay), 400m international and current club president; **Sue Hayward**, WAAA 200H champion 1965 & 1969; **Pat McNab**, World Vets gold medallist in 1981; **Kim White**, selected for 1984 International Games for Disabled.

Club records: 100 S. Webb 11.9; 200/400: J. Jacques 24.3/56.8; 800/Mile: P. Thacker 2:14.2 (880y)/5:09.0; 1500: J. Caffall 4:53.1; 3000: E. Carbon 11:36.1; 100H: P. McNab & M. Prendergast 13.7; 400H: Prendergast 58.6; HJ: P. Licorish & Y. Baldeo 1.68; LJ: C. Earlington 6.18; SP: E. Service 13.15; DT: W. de Silva 44.14; JT: V. Davis 42.80.

"The club's contribution to women's athletics has not been confined to the achievements on the track, but has been marked by the number of



PAT McNAB

Mike Street

officials, at all levels from its members, who have been or are still active in that sphere. The club is proud of the fact that still today in its ranks are many starters, referees and judges who are highly regarded in the athletic world for their dedication to the sport at all levels. The traditions of this club go back 60 years and remain the basis of all that the club stands for today. The club has had its great moments and its difficult periods, such as the sudden death of its president, Mrs. Gordon Wall, in the bombing of the Guards Chapel during the war and the recent loss of Mrs. Connie Leslie, a beloved founder member, but throughout it has held fast to the high standards set in its early days". The club's 'Daily Mirror' Trophy Meeting, the first big inter-club meeting for women (first held in 1925), is still being run by the club but now known as the Atalanta (Seniors) & George French (Juniors) Trophy Meeting.

Portsmouth Joggers Club — (Ports. J)

Founded in 1976. Current membership: 100 males, 75 females. Affiliated to Hampshire County AAA/WAAA and Southern Counties AAA/WAAA. Headquarters: Alexandra Park, Portsmouth. Secretary: Chris Jenkins, 1A The Crossway, Portchester, Hants, PO16 8PE. Annual sub: £1. Club welcomes fun runners. Coaching at all distances available as required. Training sessions at Alexandra Park on Thursdays (7 pm) and Sundays (11 am). All-weather track, changing rooms, showers, refreshments, floodlights, weight training, sports complex. Club competes in Hampshire CC leagues. "Strong women's team — have won team award at Burghfield, Winchester & Portsmouth; first woman in Gosport Marathon".

Vale of Aylesbury AC — (VoA)

Founded 1893. Current membership: 90 males, 30 females. Club affiliated to SCAAA/SCWAAA, SCVAAA, SCCCA/SCWCC & RWA, Bucks AAA/WAAA, etc. Headquarters: Stoke Mandeville Stadium, Stoke Mandeville, Aylesbury, Bucks. Membership sec: J. Smith, 12 Tyneham Close, Aylesbury, Bucks. Annual subs: £8 (family), £6 (over 21), £4 (17-21), £2 (under 17). Club caters for all ages, male & female, including fun runners.

Coaching is provided in sprints, middle-distance, jumps & throws at Stoke Mandeville Stadium. Training sessions held at track on Tuesday and Thursday (7-9 pm) from April to August, and at Grange School Gym on Monday (7-9 pm) from September to March. All-weather track, high jump fan and long/triple jump runways; changing accommodation. Indoor training during winter months in school gymnasium with coach. Road runners meet at track in summer months and at gym in winter. Club competes in Southern League (men & women), Chiltern CC League (men) and Southern CC League (women). Club honours: Bucks Senior CC champions 1982/83; 3rd National Vets Class 2 in 1981/82. Notable members include: **A. J. (Pat) Sage**, 1964 Olympic team manager; **Ron Gomez**, English international 1963.

Club records: 100/200/400: D. Johnson 10.9/22.3/49.77; 800: J. Taylor 1:56.8, 1500/3000/10,000: G. Rimmer 3:57.2/8:25.6/

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171, HATFIELD ROAD, ST. ALBANS, HERTS AL1 4LB. Tel: (0727) 50600/9

29:54.4; 5000: R. Gomez 14:41.0; Mar: M. Bradley 2:25:52; 3000SC: A. Magnall 9:37.9; 110H/HJ: J. McGirr 15.9/2.01; 400H: R. Andrews 57.7; PV: A. Erasmus 3.00; LJ: D. Lillistone 6.78; TJ: P. Lee 13.45; SP: D. McCorquindale 15.78; DT: A. Lipman 39.96; HT: T. Angel 41.70; JT: B. Evans 52.90; Dec: A. Hepworth 4477; (Women) 100/200: V. Hill 12.3/25.3; 400: J. Andrews 61.0; 800/1500: S. Paradise 2:20.7/4:54.3; 3000: S. Seed 12:06.4; 100H: J. Williams 19.1; 400H/SP: R. Allcock 77.1/9.31; HJ: M. Castello 1.41; LJ: J. Ingram 5.10; DT: D. Keep 24.00; JT: N. Cobley 34.68. The club promotes the Rex Foulkes 20km road race every July — known as 'Egg Race'.

Lakeside Jogging & Marathon Club — (Lakes)

Founded in 1981. Current membership: 40 males, 16 females. Affiliated to Northern Counties AA. Club HQ: 16 Bathurst Street, Lincoln, LN2 5PX. Secretary: Miss P. Dickman, 23/25 Chapel Lane, Leasingham, Sleaford, Lincs, NG34 8LB. Annual sub: £5. Club caters for all ages and abilities, including fun runners. Training sessions held every Tuesday and Thursday (7.30 pm) at Yarborough Sports Centre, Lincoln; changing rooms, showers and refreshments. Club organises an annual half marathon (1984 date: December 2nd) — "all club members are involved with organising this event".

PRELIMINARY NOTICE

THE TOWNSEND THORESEN TROPHY MEETING

(under AAA & WAAA rules)

for young athletes (u-17)

at

The Ipswich Track
(Northgate Sports Centre)

on

Sunday 10th June 1984

Events	Hurdles	1500m	} G, JL, IL, C, B, Y.
	100m	High Jump	
	200m	Long Jump	
	800m	Shot	
	400m	IL, C, B, Y.	
	Discus	} JL, IL, B, Y.	
	Javelin		

Details in Athletics Weekly of 5th May

Steel City Striders — (Steel)

Founded in 1982. Current membership: 101 males, 26 females. Affiliated to Northern Counties AA & WAAA, and Yorkshire CCA. Membership applications to John Rothwell, 26 Meadow Head, Sheffield S8 7UD. Annual sub: £4 (in January 1984). Club caters for Seniors and Veterans, including fun runners.

Training sessions are held on Sunday (9.15 am) at Rowlinson Sports Centre; Monday (7.30 pm) at Queen Tower Squash Club (changing/bar facilities available price 50p); Wednesday (7.30 pm) at Pine Grove Country Club, Stannington (changing/bar facilities available, charges £1 men and 50p women); and Friday (7 pm) at Sheffield Wednesday Training Ground (changing facilities available, charge 30p). Club hopes to participate in league competition this year. "At present the club caters for road/cross-country running only but encourages and hopes to develop track running as the club becomes established. No field events".

BROOKS AT BOLTON

Bolton United Harriers have secured sponsorship from Brooks for three years for a 10km road race to replace the very popular Swintex '25K', for which the sponsors had to pull out this year. Race Director, Vince Regan, says "Obviously it's a great boost to have a prestigious company like Brooks taking over, as it will ensure the continued success of the event. We have decided, in view of the fact that our traditional date is a week before the London Marathon, that we would make it a 10km race so as to give runners a perfect 'tone-up' for the big one down South".

SPORTSHALL LEAGUE IS FLOURISHING

Although no results from the Birmingham Sportshall League have appeared in 'AW' this winter, we are assured by its secretary, Janet Paul, that the League has continued to flourish. Records are broken at virtually every monthly meeting, with two of the most notable performances coming from shot putters — Richard Denhardt (Spark-Y) reaching 13.77m and Chris Thrasyvolou (Bir-B) having replaced Richard as leading Boy with 11.18m.

Colleen Edwards, who was credited with a discus mark of 38.48m in the 1983 Junior Women's Lists in our Jan. 28th issue, should actually have topped the list with 39.24m, which she threw in a Northern Women's League fixture at Stockport on August 28th.

Skipton AC officers: secretary — Mrs. C. Weaver, 66 North Parade, Skipton, N. Yorks, BD23 2SR; fixtures sec. — M. Barnwell, 40 Regent Crescent, Skipton, N. Yorks, BD23 1BE.

Cross Country Leagues

SCOTTISH SERVICES LEAGUE

At Cochrane, February 1st

1, Duffy (CS) 33:57; 2, Angus (Cal) 34:29; 3, Dunleavy (Coch) 34:58; 4, Randells (RM) 35:05; 5, Manderson (RM) 35:14; 6, Shave (Cal) 35:30; 7, Francis (Kin) 35:41; 8, McKee (S) 35:52.
Teams: 1, HMS Caledonia 775; 2, Royal Marines 768.

At Neptune, February 22nd

1, Manderson 29:10; 2, McMillan (Buch) 29:22; 3, Stephens (Nep) 29:36; 4, Macdonald (Glen) 30:04; 5, Phillips (Glen) 30:14; 6, Roundless (RM) 30:18; 7, McGlochan (CS) 30:25; 8, Duffy 30:31.
Teams: 1, Civil Service 769; 2, Royal Marines 757.

At HQ Scotland, February 29th

1, Millar (Turn) 29:26; 2, Stephens 29:52; 3, McMillan 30:11; 4, McQuire (Arg) 30:25; 5, Duffy 30:45; 6, Dalziel (Leuch) 30:51; 7, Johnstone (RM) 30:53; 8, Manderson 30:56.
Teams: Royal Marines & Civil Service 745.

SUSSEX LEAGUE

At East Grinstead, February 18th

1, S. Ovett (Phoe) 22:21; 2, R. Carter (B&H) 23:25; 3, M. Wheeler (E. Grin) 23:31; 4, P. Rowland (Hors) 24:08; 5, S. Morley (B&H) 24:18; 6, S. Bird (B&H) 24:33. **Teams:** 1, Brighton & H 37; 2, Phoenix 123. **Final positions:** 1, Carter 4; 2, Wheeler 9; 3, Bird 25. **Teams:** 1, Brighton & H 3; 2, Crawley 8. (**Young Athletes:**) 1, J. Boakes (Phoe) 15:43; 2, P. Boyland (B&H) 15:47; 3, P. Jenkins (Hay. H) 16:00; 4, A. Rowe (Hay. H) 16:09; 5, J. Anderson (Worth) 16:12; 6, G. Cooper (Craw) 16:17. **Teams:** 1, Brighton & H 32; 2, Crawley 37. **Final positions:** 1, Jenkins 9; 2, Boyland 12. **Team:** Brighton & H. (**Boys:**) 1, P. Cameron 12:26; 2, L. Rooney (Phoe) 12:30; 3, M. Cole (B&H) 12:37; 4, C. Marsden (Worth) 13:06; 5, M. Sloan (Hast) 13:17. **Teams:** 1, E. Grinstead 36; 2, Crawley 40. **Final positions:** 1, Cameron 4; 2, Rooney 8. **Team:** E. Grinstead. (**Colts:**) 1, B. McLaren (Craw) 10:58; 2, P. Brewster (Craw) 11:19; 3, A. Qualter (Hay. H) 11:22. **Team:** Crawley. **Final positions:** 1, McLaren 4; 2, Brewster 5. **Team:** Crawley.

MID LANCs LEAGUE

At Lancaster, February 18th

1, R. Brewster (Clayton-le-Moors).....36:59
 2, P. Banks (Blackburn).....37:15
 3, N. Miller (Lancaster Univ.).....37:20
 4, M. Roberts (Ken) 37:46; 5, A. Sawyer (Cope) 37:51; 6, S. Breckell (B'burn) 37:54; 7, G. Woodburn (B'burn) 38:05; 8, P. Hall (B'burn) 38:11; 9, K. Moss (Chor) 38:22; 10, G. Hull (Clay) 38:26; 11, R. Peters (Spring) 38:31; 12, C. Roberts (Ken) 38:34; 13, A. Brown (L&M) 38:54; 14, P.

Waverley Market MARATHON

Edinburgh 2nd September

84

In association with

Evening News
Assisted by NIKE

Make sure you're in Edinburgh at Festival time for a great run. Win a holiday sponsored by A.T. Mays—1st prize—an all-expenses trip to the New York Marathon.

Plus, a continental holiday for two (all travelling and accommodation expenses paid), to be won in our Lucky Number Draw, open to all individuals who raise money for the Royal Scottish Society for the Prevention of Cruelty to Children.

All marathon entrants receive vouchers worth £30 for goods at discount prices.

All marathon finishers are awarded a commemorative medal.

All entrants must be 18 years and over. Entry fee £5.50 inc. postage.

The event is promoted under permits from the S.A.A.A. and S.W.C.C.U.

Waverley Market Marathon, Edinburgh '84.

Please send me..... Official Entry Form(s)
 (A S.A.E. is enclosed)

BLOCK CAPITALS PLEASE

Name.....

Address.....

Send to—Edinburgh Waverley Market Marathon
 P.O. Box 418 WDO
 Edinburgh EH11 1XF.

AW

HAVERING A.C.

Presents

GOOD FRIDAY RELAYS

At Hornchurch Stadium

Good Friday, 20th April, 1984

ALL RACES 4x1¼ Miles (Approx)

Course consisting of track, cross-country and road.

(Under A.A.A. Laws)

13.45 U/11 Minor Colts**14.45 U/17 Youths****15.30 U/13 Colts****16.30 U/15 Boys**

(All ages as at 1st Sept. 1983)

Trophies: First 3 Teams. 3 fastest laps. First Reserve Team. Perpetual trophies winning teams.**Fees:** £1.00 first team. 60p subsequent teams in each age group.**Entries to:** Mr. I. Berrett, 17 Cavenham Gardens, Hornchurch, Essex. Tel: Hornchurch 46303. (Cheques & P.O.'s payable to Havering A.C. please)

Entries close Sat. 7th April

BOURNEMOUTH SPORTS COUNCIL

in association with

SOUTHBOURNE & BOSCOMBE

LIONS CLUB presents the

**BOURNEMOUTH
BAY RUN
HALF MARATHON**

(Under A.A.A./W.C.C.A. Rules)

SUNDAY, APRIL 29th**Start 10 a.m.***Superb scenic measured course***Good prizes****Commemorative award to each finisher**

Minimum age — 17 years on day of race

Entry Fees: A.A.A./W.C.C.A. affiliated runners £2.00. Unaffiliated runners £2.50.**Entry forms** from David Parsons, 26 Brookside Road, Bransgore, Christchurch, Dorset. Tel: Bransgrove (0425) 73828..**Closing date: Monday, April 9th****THE SIXTH ANNUAL****ABERDARE '5'**

Six Laps of Aberdare Park. (Prizes: 1st Lap Leader: £5.00. 2nd Lap Leader: £10.00. 3rd Lap Leader: £15.00. 4th Lap Leader: £20.00. 5th Lap Leader: £25.00.)

For a lap prize competitors must finish the Race) Plus 1st 3 Individuals. 1st 3 Teams of 3.

Organised by Cynon Valley Borough Council and Aberdare Valley A.C.**ABERDARE MILE****3.20 p.m., SUNDAY, 15th APRIL, 1984**

In the traffic free Aberdare Park. (Under AAA & WAAA Laws)

Supporting Road Races:	Novice Male U/12 1 Mile	1.10 p.m.
(Ages as at 1.4.84)	Novice Female U/12 1 Mile	1.20 p.m.
	Minor Girls O/12 & U/14 1 Mile	1.30 p.m.
	Junior Women O/14 & U/16 1 Mile	1.40 p.m.
	Int/Sen Women O/16 1 Mile	3.10 p.m.
	Colts O/12 & U/15 1½ Miles	1.50 p.m.
	Boys O/14 & U/16 2¼ Miles	2.05 p.m.
	Youths O/16 & U/18 3 Miles	2.20 p.m.

Prizes: Int/Senior Women & Senior Men's Mile — 1st, 2nd, 3rd Ind. All Other Races: 1st, 2nd, 3rd Ind. 1st, 2nd, 3rd Team (3 to score).**Changing at Michael Sobell Sports Centre (1 mile from Aberdare Park)****Entry Fees:** Senior Men 5 Mile £1.00. Senior Men & Int/Sen Women 1 Mile 50p. All other age groups 30p.**Entries to:** Dave Collier, Michael Sobell Sports Centre, Aberdare, Mid Glamorgan. Tel: (0685) 874323, with s.a.e for directions.**Entries close Monday, 9th April, 1984.**Entry Forms
available from:**Phoenix Sports**5 Heol-Y-Deri, Rhiwbina,
Cardiff, South Glamorgan

Willacy (Barr) 38:57; 15, P. Leviston (Barr) 39:05; 16, P. Robinson (Clay) 39:07; 17, K. Heskeith (Spring) 39:13; 18, D. Murphy (B&F) 39:16; 19, D. Laverty (Chor) 39:30; 20, A. Robinson (B&F) 39:34. **Teams:** 1, Blackburn 90; 2, Clayton-le-Moors 99; 3, Kendal 146; 4, Chorley 185; 5, Copeland 242. **(Vets):** 1, R. Hill (Clay) 40:07; 2, H. Gott (Ken) 41:20; 3, D. Spencer (Barr) 41:55. **(Youths):** 1, J. Nuttall (Pres) 19:23; 2, M. Isherwood (B'burn) 19:45; 3, S. Atkinson (B'burn) 20:11; 4, S. Hardman (B'burn) 20:17; 5, A. Rice (B'burn) 20:23; 6, E. Simpson (L&M) 20:29; 7, R. Gorst (Ken) 20:35; 8, M. Thompson (S'port W) 20:41. **Teams:** 1, Blackburn 14; 2, Clayton-le-Moors 76; 3, Copeland 82. **(Boys):** 1, T. Butler (Wig) 14:42; 2, M. Amor (Cope) 14:54; 3, I. Barnes (Ross) 14:59; 4, I. Haslam (B'burn) 15:07; 5, J. Lobo (B'burn) 15:09; 6, I. Robinson (L&M) 15:20. **Teams:** 1, Wigan 52; 2, Blackburn 53. **(Colts):** 1, A. Preedy (Burn) 14:36; 2, S. Fanshawe (Burn) 14:47; 3, L. Kieran (Chor) 15:00. **Team:** Burnley.

(Women): 1, M. Hurst (Clay) 15:04; 2, V. French (Chor) 15:59; 3, D. Copley (Barr) 16:02; 4, L. Lord (Clay) 16:22; 5, C. Jolly (Chor) 16:41; 6, C. Scholes (Chor) 17:07; 7, R. Medd (L&M) 17:15; 8, M. Platt (Chor) 17:18. **Teams:** 1, Chorley 13; 2, Clayton-le-Moors 14. **(Inters):** 1, A. Finlay (B&F) 16:05; 2, S. Eccles (B&F) 16:23; 3, A. Dawson (L&M) 16:25; 4, Y. Atkinson (CFR) 16:38; 5, M. Woodhouse (B'burn) 16:42; 6, A. Jackson (Cock) 16:48. **Teams:** 1, Blackpool & F 19; 2, Blackburn 22. **(Juniors):** 1, R. Jones (B'burn) 11:13; 2, L. Dickinson (Cope) 11:29; 3, A. Forrest (B'burn) 11:37; 4, K. Still (Wig) 11:41; 5, R. Baker (Cope) 11:46; 6, S. Vickers (L&M) 11:55. **Teams:** 1, Copeland 34; 2, Wigan 56. **(Girls):** 1, A. Thorpe (Hynd) 11:30; 2, S. Neville (B'burn) 11:32; 3, T. Morris (Wig) 11:34; 4, A. Burgess (Wig) 11:36. **Teams:** 1, Blackburn 38; 2, Wigan 41.

HAMPSHIRE LEAGUE

At Basingstoke, February 18th

1, E. Herridge (Aldershot F&D).....30:56
2, P. Russell (Bournemouth).....31:14
3, G. Butcher (Portsmouth).....31:15
4, D. Perry (B'mth) 31:41; 5, G. M. Tuck (AF&D) 31:45; 6, B. Jones (B'mth) 31:49; 7, M. Gregory (S&E) 31:49; 8, B. Dawkins (S&E) 32:03; 9, R. Keeney (AF&D) 32:15; 10, K. Kiddle (Ports) 32:21; 11, J. Boyes (B'mth) 32:28; 12, L. Zone (AF&D) 32:31; 13, S. Barnshaw (AF&D) 32:33; 14, T. Butler (B'mth) 32:35; 15, M. Cross (B'mth) 32:59; 16, R. Lunnon (AF&D) 33:09; 17, P. Gibbings (Fare) 33:12; 18, M. Hargreaves (Ports) 33:19; 19, R. Morgan (B'mth) 33:26; 20, C. Tall (B'stoke) 33:33; 21, M. Goatley (F&C) 33:34; 22, R. Mylne (Ports) 33:41; 23, P. Spelman (F&C) 33:43; 24, T. Campbell (AF&D) 33:46; 25, S. Heath (B'stoke) 33:49. **Teams:** 1, Bournemouth 37; 2, Aldershot F&D 40; 3, Portsmouth 81; 4, Fleet & C 138; 5, Southampton & E 149. **Final positions:** 1, Russell 7; 2, Kiddle 16; 3, Dawkins



Clear winner of the final Hampshire League race, Eddie Herridge leads Andy Holden home in this year's 'National'.

Tony Marshall

18. **Teams:** Div. 1: 1, Bournemouth 28; 2, Aldershot F&D 26; 3, Portsmouth 25. Div. 2: 1, Fleet & C 60; 2, Overton 46. **(Vets):** 1, E. Tilbury (Ov) 36:18; 2, B. Switzer (S&E) 36:39; 3, M. Parry (Ov) 36:41; 4, D. Hunn (S&E) 37:06; 5, J. Thomas (Ov) 37:31. **Final positions:** 1, Tilbury 10; 2, Hunn 21; 3, Thomas 22. **(Youths):** 1, A. Moffatt (AF&D) 18:03; 2, P. Franklin (And) 18:12; 3, G. Norridge (And) 18:19; 4, G. Burnett (F&C) 18:35; 5, G. Sadler (Ports) 18:48; 6, A. Poulter (F&C) 18:50; 7, C. Potts (Ports) 18:55; 8, P. Davis (F&C) 19:01. **Teams:** 1, Fleet & C 31; 2, Andover 32; 3eq, Portsmouth & Aldershot F&D 53. **Final positions:** 1, Moffatt 4; 2, J. Starling (S&E) 15; 3, Burnett 16. **Teams:** 1, Fleet & C 50; 2, Aldershot 44; 3, Andover 40. **(Boys):** 1, G. Arman (Ports) 15:27; 2, K. Gavin (AF&D) 15:35; 3, J. Kendall (AF&D) 15:48; 4, L. Immins (Ports) 15:52; 5, B. Wallis (AF&D) 16:06; 6, C. Linton (AF&D) 16:07. **Teams:** 1, Aldershot F&D 16; 2, Portsmouth 24. **Final positions:** 1, Gavin 5; 2, Arman 6; 3, Kendall 12. **Teams:** 1, Aldershot F&D 55; 2, Portsmouth 45. **(Colts):** 1, M. Campbell (Win) 11:01; 2, W. Hoyle (And) 11:17; 3, P. Starr (Ports) 11:29; 4, M. Hughes (B'stoke) 11:45. **Teams:** 1, Portsmouth 35; 2, Basingstoke 57. **Final positions:** 1, Campbell 5; 2, C. McPherson (S&E) 9. **Team:** Portsmouth.

N. YORKSHIRE & S. DURHAM**HARRIER LEAGUE****At Eaglescliffe, near Stockton, February 19th**

1, S. Sutcliffe (Mand) 28:32; 2, J. Yeats (M&C) 29:03; 3, S. Bailey (Burn R) 30:18; 4, P. Buckby (M&C) 30:24; 5, S. Taylor (M&C) 30:28; 6, G. Potts (M&C) 30:34; 7, R. Burn (T&S) 30:37; 8, R. Jack (M&C) 30:41; 9, S. Bell (Mand) 30:42; 10, P. Kelly (Burn R) 31:02. **Teams:** 1, Middlesbrough & C 17; 2, Mandale 49; 3, Burn Road 56. **Final positions:** 1, Sutcliffe 59; 2, Buckby 40; 3, eq, Bailey & Potts 32. **Teams:** 1, Middlesbrough & C 56; 2, Mandale 40. **(Vets):** 1, K. Chadfield (M&C) 31:28; 2, R. Puckrin (Whit) 32:18; 3, R. Harvey (Mand) 32:54; 4, P. Veitch (M&C) 33:06. **Final positions:** 1, Chadfield 63; 2, Veitch 62; 3, Puckrin 47. **(Youths):** 1, M. Toole (M&C) 14:40; 2, M. Clarey (Darl) 15:05; 3, S. Veitch (M&C) 15:09; 4, R. Whalley (Scar) 15:15; 5, S. Garbutt (M&C) 15:21; 6, S. Martin (M&C) 15:26. **Teams:** 1, Middlesbrough & C 15; 2, Mandale 52. **Final positions:** 1, Toole 61; 2, eq, Whalley & Clarey 43. **Teams:** 1, Middlesbrough & C 56; 2, Mandale 41. **(Boys):** 1, P. Serrechia (M&C) 12:07; 2, N. Mooney (M&C) 12:10; 3, M. Rose (Mand) 12:12; 4, S. Priestman (Darl) 12:15. **Teams:** 1, Middlesbrough & C 21; 2, Mandale 23. **Final positions:** 1, Serrechia 68; 2, Mooney 64. **Team:** Middlesbrough & C. **(Colts):** 1, P. Jenkins (Mand) 7:48; 2, M. Leonard (Darl) 7:56; 3, C. Wray (Burn R) 7:58. **Team:** Mandale. **Final positions:** 1, W. Percy (M&C) 46; 2, P. Wardell (AG) 44. **Team:** Mandale. **(Women):** 1, S. Catford (T&S) 17:00; 2, C. Shears (M&C) 18:14; 3, E. Baker (M&C) 19:00; 4, J. Curtis (M&C) 19:08. **Teams:** 1, Middlesbrough & C 15; 2, Thirsk & S 32. **Final team positions:** 1, Mandale 43; 2, Middlesbrough & C 39. **(Inters):** 1, M. Hudspeth (Mand) 13:44; 2, N. Swain (Whit) 14:18; 3, A. Smith (Mand) 14:22; 4, H. Davison (M&C) 14:26; 5, S. Kay (Mand) 14:46. **Teams:** 1, Mandale 23; 2, Middlesbrough & C 33. **Final team positions:** 1, Mandale 56; 2, Middlesbrough & C 42. **(Juniors):** 1, N. Taylor (Mand) 8:23; 2, A. Pink (Mand) 8:49; 3, C. Carvello (Mand) 8:54; 4, L. Acheson (AG) 8:59; 5, J. Clark (Mand) 9:00. **Teams:** 1, Mandale 11; 2, Hummersknott 59. **Final team positions:** 1, Mandale 56; 2, Hummersknott 32.

LONDON COLLEGES LEAGUE**At Petersham, February 22nd**

1, I. Manners (Ox. P) 34:12; 2, S. Burton (NLC) 34:44; 3, N. Fellows (All) 34:58; 4, A. Barton (UC) 35:06; 5, C. Tulloh (Ox. P) 35:21; 6, D. Bravinor (PNL) 35:25; 7, H. Webb (UC) 35:26; 8, T. Butler (Sy. U) 35:27; 9, D. Eckersley (Wye) 35:28; 10, S. Carey (IC) 35:29; 11, D. Hegley (Eal) 35:30; 12, P. James (NLC) 35:49; 13, R. Martin (PNL) 35:56; 14, D. Grove (LSE) 36:02; 15, D. Dixon (St. T) 36:09; 16, G. Booth (IC) 36:18; 17, N. Townson (LSE) 36:36; 18, E. Cotton (Ox. P) 36:44; 19, I. Beales (Barts) 36:45; 20, M. Crees (Gst) 36:50; 21, P. Coventry (Mx. P)

36:58; 22, G. Harker (IC) 37:01; 23, D. Willis (St. M) 37:05; 24, A. Stedman (RVC) 37:07; 25, E. Blackmore (KP) 37:13. **Teams:** Div. 1: 1, Imperial Col. 383; 2, eq, Oxford Poly. & Univ. Col. 343; 4, Surrey Univ. 337. **Div. 2:** 1, N. London Col. 529; 2, Kingston Poly. 509; 3, Poly. of N. London 468. **(Women):** 1, F. Murphy (St. M) 20:22; 2, L. Heron (Mx. P) 22:05; 3, M. Tindall (UC) 22:27; 4, N. Chamberlayne (UC) 22:30. **Teams:** 1, Thames Poly. 155; 2, Middlesex Poly. 152.

LINCS SERVICES LEAGUE**At RAF Wittering, February 22nd**

1, D. Coney (Trent P) 33:50; 2, K. Best (Witt) 34:00; 3, J. Bigham (Witt) 34:05; 4, I. Ackhurst (Trent P) 34:44; 5, G. Reynolds (Binb) 34:50; 6, R. Pithie (Con) 34:55; 7, D. Hart (Witt) 35:01; 8, P. Hurt (Con) 35:10; 9, S. Rimmer (Witt) 35:15; 10, G. Good (Newt) 35:19. **Teams:** 1, RAF Wittering 783; 2, Trent Poly. 756; 3, RAF Coningsby 729. **(Vets):** 1, M. Thornhill (Trent P) 37:51; 2, M. Prosser (S&D) 39:02; 3, H. Barnfather (Cott) 40:25.

At Trent Poly., March 7th

1, D. Coney 25:02; 2, Ackhurst 25:25; 3, Pithie 25:38; 4, Hurt 25:47; 5, W. Taylor (Dig) 26:00; 6, Dewar (Trent P) 26:05; 7, R. Bryan (Wyt) 26:11; 8, Whittaker (Trent P) 26:17; 9, A. Moore (Cran-V) 26:21; 10, J. McAllister (Finn) 26:27. **Teams:** 1, Trent Poly. 787; 2, RAF Coningsby 753; 3, RAF Finningley 727. **(Vets):** 1, Moore; 2, Prosser 28:19; 3, Barnfather 28:56. **(Women):** 1, K. Banner (Trent P) 17:44; 2, Y. Carter (Finn) 18:55.

LONDON SERVICES LEAGUE**At PCD RE, Mill Hill, February 22nd**

1, Clark (Stan) 40:03; 2, Carey (PCD) 40:37; 3, Jenkins (Halt) 41:19; 4, Thomas (N'holt) 41:20; 5, Hurden (Halt) 41:44; 6, O'Hara (Henl) 41:51; 7, Pattinson (Henl) 41:53; 8, Daly (PCD) 42:07; 9, Gimson (H. Wyc) 42:13; 10, Watkins (N'wood) 42:23. **Teams:** 1, PCD RE 571; 2, RAF Halton 563; 3, RAF Henlow 550. **(Women):** 1, D. Franklin (N'wood) 29:42; 2, A. Wood (Bens) 32:44. **Team:** RAF Halton.

At JS Northwood, February 29th

1, Jenkins 29:49; 2, Carey 30:18; 3, Lovatt (N'wood) 30:31; 4, Appleton (Stan) 30:50; 5, McVeigh (Halt) 30:52; 6, O'Hara 31:14; 7, Hurden 31:20; 8, Thomas 31:27; 9, Galloway (Halt) 31:32; 10, Higgins (Halt) 31:45. **Teams:** 1, RAF Halton 582; 2, RAF Halton 'B' 555; 3, PCD RE 539. **(Women):** 1, Franklin 20:43; 2, A. Baker (QEMH) 20:56; 3, L. Pincher (Halt) 21:13; 4, C. Brennan (Halt) 21:33. **Teams:** 1, RAF Halton 584; 2, RAF Henlow 564.

At RAF Benson, March 7th

1, Carey 37:32; 2, Lovatt 38:10; 3, McVeigh 38:14; 4, Jenkins 38:30; 5, O'Hara 38:34; 6, Peglar (RAOC) 38:38; 7, Thomas 38:45; 8,

Readers' Letters

WORLD RANKINGS

Dear Sir,

I read with interest your comments on "Track & Field News" 1983 World Rankings ("What Price a World Title?", 'AW', Feb. 4th).

First, I'd like to thank you for your continued attention to this work, of which as you know I have been co-compiler from the beginning (1948).

As you said, we attempt to judge athletes on three factual criteria: honours won, win-loss record and marks, obviously in an effort to limit subjective reasoning (and bias) to the very minimum. However, I must admit — and I am sure co-compilers Garry Hill, Nejat Kok and Don Potts would agree with me on this point — that now and then we've had cases where not even the most meticulous evaluation of victory points and defeat penalties would yield a fully satisfactory result. Consequently, we are grateful to people like you who offer their viewpoint on our choices.

We have noted, however, that most if not all

the criticism levelled at our decisions throughout the years failed to take into account a composite evaluation of the three criteria. As far as 1983 was concerned, you wondered why some of the World Champions failed to be placed first in the rankings. This happened in exactly 5 of the 22 men's events. Back in 1952, year of the Helsinki Olympics, the proportion was narrower: 2 out of 19 (we didn't have the walks and the marathon at the time). No one would question the fact that the World (or Olympic) Championships are the biggest meet of the year: this is true now as it was in 1952 — but with a variation in emphasis. In those days a World Championship was, as we say, a "be-all, end-all" affair, or nearly so. In the meantime, however, other international meets have grown in number and importance. Some of them (Weltklasse, Van Damme, etc.) rank not too far behind the World Championships — say 3 to 5 in terms of victory points and defeat penalties.

Let's be frank and outspoken. A Permit Meeting where money as well as honour is at stake has to be regarded as important by top ranking athletes. That's the conclusion I can draw from what I have seen and heard while attending some of those meets in recent years. Haven't your own Seb Coe and Steve Ovett produced their finest "art" on such occasions?

In your comment you also said: "How he (Willi Wulbeck) could be ranked below the men who finished second (Rob Druppers) and third (Joaquim Cruz) behind him (in the Helsinki

Hurden 39:00; 9, Daly 39:10; 10, Whelpdale (RAOC) 39:30. **Teams:** 1, RAF Halton 577; 2, RAF Henlow 556; 3, PCD RE 555. **(Women):** 1, Brennan 28:04; 2, Jones (Henl) 29:08; 3, McCann (Halt) 29:47. **Team:** RAF Halton.

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800m), not to mention David Mack — who didn't even reach the final — is beyond my comprehension". Well, Wulbeck was a splendid victor at Helsinki, and ranking him no higher than fourth came as a painful decision. But a thorough evaluation of the three criteria suggested just that. Let's take Mack as a reference point: he lost to Wulbeck just once (by 0.28), alas in a semi-final of the World Championships, and thereby missed the final. But he beat the German in four Permit Meetings before and after the World Championships. As far as Druppers and Cruz are concerned, it must be conceded that their overall record was clearly superior to Wulbeck's.

As for ranking Gennadiy Avdeyenko no higher than fifth in the high jump, that wasn't so painful to decide. Apart from Helsinki where he won "on points" (fewer misses) from Tyke Peacock, he showed an erratic seasonal record.

Finally, some of your readers may be interested in our idea of what constitutes an important meet. That is simply where the best men are, regardless of labels. In this respect, a fifth place in the hammer throw at the USSR Championships or in the 110m hurdles at the US Championships can be worth **almost** as much as a fifth place in the same events at the World Championships.

I have enjoyed reading "Athletics Weekly" for many years and I expect to do so for a fairly long time to come. Keep up the good work.

Roberto L. Queretani,
Firenze, Italy

COURSE WAS TOO NARROW

Dear Sir,

I wish to express my concern regarding the restricted nature of this year's National CC course at Newark. One can appreciate the problems of coping with an 1800-strong field of runners, but why did the organisers, after providing a good, wide starting straight, contrive to restrict the runners to a 10-12 feet wide "tunnel" for the rest of the circuit?

Why reduce everyone to a shuffle when you have so much open space to play with? A slow start and you were consigned to oblivion.

Stephen Wankling,
Coventry Godiva Harriers

RESULTS RECORDING AT THE "NATIONAL"

Dear Sir,

The competitors at Newark must have appreciated the huge effort and considerable success of the organisers in solving many of the problems inherent in such a large scale event as the 'National'.

One major problem which remained, however, was that most finishers had to stand in wet clothing for several minutes while waiting to receive their place discs. Not only does this create discomfort and health risks, but it could potentially affect the correctness of the results. This could occur if a late finishers' funnel were confused with one containing earlier finishers.

3rd HENBURY HALF MARATHON RUN on SUNDAY, 10th JUNE, 1984 From Blaise Castle Estate, Henbury, Bristol (To be run under A.A.A. & W.C.C.A. rules)

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**ALL PROCEEDS TO THE BRISTOL CHILDRENS HOSPITALS INTENSIVE
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Presumably delays arise simply because funnels fill faster than discs can be distributed by hand to each finisher in **exact** sequence. It is apparently thought unfeasible to issue a disc to the front man of a new funnel until all previous runners have been issued. Surely this need not be the case if the following system were adopted.

(a) Decide to have APPROXIMATELY 100 runners in each funnel.

(b) Instead of traditional discs numbered 1 to 2,000 have 20 sets of numbers 1 to 150, each preceded by a different letter to denote finishing sequence of funnels (A to T with A for the first funnel, etc).

(c) Close off each funnel when there are **roughly** 100 runners in it.

(d) Begin issuing discs immediately a funnel begins to fill. For example F1 can receive his disc without waiting for E103 to receive his.

With this system funnels could be emptied simultaneously, thus easing physical discomfort and the problem of later runners queuing to cross the finishing line until a funnel is vacated.

Obviously small adjustments would have to be made to convert these provisional discs to actuals. For example C1 would provisionally regard himself as finishing in 201st place, but on being informed that 104 runners finished in Funnel A and 98 in Funnel B his position would be corrected to 203.

Within a very short time it should be possible to publish the necessary adjustments for the benefit of team managers (eg. B plus 4 places, C plus 2 places, etc). The delay in team managers computing adjustments would be compensated by the fact that they would receive the discs earlier than at present. Thus there should be no net delay in computing the overall results and submission of team envelopes.

Whether the ECCU treat my suggestion seriously or not, the 'AW' readership would surely be interested if an official could explain the detailed mechanics of the system currently used at 'Nationals'. It can only increase goodwill within sport if competitors fully understand the problems encountered by officials.

Martin Bartley,
Ickenham, Middx

DRUG EXPOSÉ IS NEEDED

Dear Sir,

The issue of unlawful drug-taking is one which in this Olympic year is likely to generate much attention and, no doubt, controversy. However, I suspect that as in previous years little will be achieved and only an infinitesimal percentage of the reputedly vast number of offenders will be caught out.

I have never competed on a level where drug-taking is involved and so am not prejudiced by any feelings of loyalty towards athletes who are guilty of taking anabolic steroids or human growth hormones. I have, though, read articles

from reputable sources and spoken to certain athletes, and from the evidence I have collected it appears to me that drug abuse is endemic not only abroad but in Britain. We, who are only too eager to castigate Eastern-bloc countries, seem almost as guilty as they.

The dribs and drabs of drug exposure are insufficient and only distinguish the unfortunate ones caught out from the lucky ones whose steroids have escaped detection. A blazing exposé is needed to cleanse this diseased sport. But nobody seems prepared to give names. It is as if the problem were too great to tackle.

A second obstacle lies in the athletics infrastructure and is due to the hotch-potch of officialdom and administrations on its higher levels. It lies in the divergency of motives, priorities and aims. Surely there is enough liaison between Britain's foremost athletes, coaches and administrators for all to know whether drugs are being used. So who do we look to to actually determine the truth? It seems that as the top British authorities are unable to organise a really searching investigation, we who are galled by this repulsive and decadent underworld must look elsewhere.

So what must be launched is a reliable, objective campaign removed from administration, to try and unearth this atrocious racket. And it is incumbent on those like me, perhaps only the rank and file of the sport, to start this campaign and express our deepest indignation. Athletics to me is a contest between athletes, not doctors. It should be human bodies in conflict, not permanently damaged laboratory products.

J. Gresty,
Alsager, Cheshire

CAN YOU HELP BARRY WATSON?

Dear Sir,

Since winning the Winchester Marathon nearly two years ago I have been plagued with injury because of the damage I inadvertently did to my right knee. Treatment has cost me hundreds of pounds which I could ill afford, including operations on both knees (bilateral decompress). I consulted a leading orthopaedic surgeon who performed these operations at great expense to me, and then, when the operation proved to have failed, suggested orthotics. More money was spent — all to no avail!

Can anyone help an ex-Olympic athlete return painlessly to the sport he loves? Tentative, short-lived "comebacks" have been made which suggest that at least no ability has been lost. My phone number is 01-394 0231. My G.P. says that I will just have to resign myself to the fact that my running days are over. This I really cannot accept — "Once a runner always a runner". Perhaps an arthroscopy would help, but who does them?

Barry Watson,
Cambridge Harriers

CLOSING DATE RULE IGNORED

Dear Sir,

Colin Gostelow is wrong in welcoming the AAA Registration Scheme to bring "some order to the sport" ('AW', Feb. 11th). In a way it is a symptom of what is wrong in the attempt to co-ordinate road running, not a cure for it. Perhaps the best way to illustrate this is by example:

Two years ago the AAA introduced a rule that all event organisers should set a closing date at least one week in advance for entries and refuse late applications. Such was the outcry in opposition that the rule was dropped for all but road races. Our club committee, realising that this rule would lose us income on our own promotion, decided to place a resolution on last year's Southern Counties AAA AGM agenda that "the Association recommends the AAA Rules Committee to drop the one week closing date rule relating to road races". Ignoring our right to bring forward the motion, the SCAA Committee refused to include the item on the agenda. Of the reasons they gave in support of the rule, only the fact that it made it difficult for the 50p unattached levy rule to be administered came close to implying its need. I attended the AGM but there was no "any other business" item where the matter could have been raised and, in any case, any interested parties could not know that there was to be any discussion on it.

The net result of this can be seen on these pages. Of 68 road races advertised in 'AW' in the last month, only five specifically stated that late entries would be rejected, three said they were allowed, one set an illegal closing date and 19 gave no closing at all. Many races that are not over-subscribed allow on-the-day entries and there is general ignorance among athletes that the rule exists. The reason is that clubs feel alienated from the decision-making process within the sport and choose to openly ignore the rule rather than try to change it.

The Registration Scheme is the latest example of this. Such is the level of animosity I have met towards it that I firmly believe a compulsory

scheme could never be voted in by an AAA AGM. The numbers that have so far joined can be counted as unattached athletes trying to avoid the 50p levy or those trying to get entry into one of several prestigious road races and can be in no way taken as an indicator of the success of a future compulsory membership policy.

Many issues have passed through these columns repeatedly over the years, e.g. exact measurement of road races, the question of unattached athletes competing without joining a club. It should be obvious by now that they will not be resolved by the present sport's structure and a new administrative apparatus is required if there is general consent that road running needs to be better co-ordinated, much as the Fell Running Association now does. This could be within the present AAA/WAAA set-up or outside it. Sadly, I feel it may turn out to be the latter. Instituting a Registration Scheme without attempting to seek a mandate from member clubs is not the way to run the sport.

Dennis Orme,
Cross Country & Road
Running Secretary,
Old Gaytonians AC

LONDON TO BRIGHTON HISTORY

Dear Sir,

I have recently collated a full list of everyone, men and women, who has finished the London to Brighton Road Race since its revival in 1951. On behalf of the RRC, can I please ask anyone who competed in the race prior to 1977 who would be prepared to donate to the RRC any souvenirs, etc. of the race to contact me. We are interested in establishing a permanent historical record of the race since 1951 by way of photographs, press cuttings (local and/or national), race numbers, programmes, result sheets, medals, etc. All donations would be acknowledged on the items and any cost for packaging or postage would be refunded.

I would also like to hear from anyone who can assist in similar vein with the London to Brighton and back race held on October 17th 1953 when Derek Reynolds (Blackheath) was the only finisher. A London to Brighton race was held in 1903, won by Len Hurst whose belt is now the 'team race' trophy for the modern race. Can anyone assist with this one too? Anything on the races would be of interest and all correspondence will be answered.

Ian Champion,
83 Fishponds Road,
London SW17 7LJ

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(Under AAA & WAAA Laws)

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DATES FOR YOUR DIARY

Holbeach AC dates for 1984: Aug. 12th —
Holbeach '10'; Aug. 27th — Spalding Relays.
Details from Tommy Clay, 82 Spalding Road,
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NESCAFÉ

Antrim Coast Road Marathon

(under NIAAA Rules)

**LARNE**

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NESCAFÉ**LARNE BOROUGH COUNCIL**

The second Nescafé Antrim Coast Road Marathon will begin at 10-00 a.m. from the Car Park at the Boat Slip, Waterfoot, Cushendall, on Saturday, 18th August, 1984, and is open to anyone aged 18 or over. The course follows the Coast Road all the way to Larne. This is recognised as one of the most scenic routes in Europe. The road surface is excellent and flat all the way. It passes by the famous Glens of Antrim and through the coastal villages of Waterfoot, Carnlough, Glenarm, Ballygally and Drains Bay.

RACE DETAILS**1 PRIZES**

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- 3rd Male £50 Travel Voucher and Nike Voucher.
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- 2nd Female £100 Travel Voucher and Nike Voucher.
- 3rd Female £50 Travel Voucher and Nike Voucher.
- Male over 40, £30 Travel Voucher.
- Female over 40, £30 Travel Voucher.
- Male over 50, £30 Travel Voucher.
- Female over 50, £30 Travel Voucher.
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CLOSING DATE FOR ALL ENTRIES: FRIDAY, 20th JULY, 1984
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START 10-00 a.m. SHARP

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Surname	Club or Unattached
First Name	Entry Fee £3-00 sterling
Date of Birth Sex M or F	Transport to Start £1-00 sterling
Address	Do you require accommodation Yes / No
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County	Total enclosed £
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Name.....

Club (if any).....

Address.....

Tel:.....

Age on day of event.....

'Ultra' News**99 contest Niort '24 Hours'**

ONE OF the last ultra distance races of each year is also one of the largest, in fact the largest 24 hour race to be held annually. The course is a 3km circuit between two stadiums and is held in the town of Niort in western France. The field which had assembled for the 1983 version on November 12th was a little down on the previous year and just missed treble figures, with 99 starters.

A group including Jean Marc Bellocq, Jean Luc Robin and Roger Camou led to the marathon point, but by 100km Bellocq had a clear lead and was moving away. He had extended his margin over the rest of the field to half an hour by 150km and looked as if he was having a good attempt at Bernard Gaudin's world best set at Niort the previous year. But by 210km the strain of maintaining such a pace was proving too much and he was forced to rest for an hour and a quarter. He was still in the lead when he returned to the fray, but after four more circuits he retired, leaving Robin to come through to win. The slow but sure tactics of Daniel Decemme were also good enough to bring him past Bellocq's total and into second place.

1, J. Robin 246.000km/152M 1508yd (second best road mark of the year behind Terry Edmondson's British best 153M 152y at Preston); 2, D. Decemme 228.000km/141M 1183y; 3, J. Bellocq 222.000km/137M 1662y ... 19, Edith Couhe 186.100km/115M 1121y; 34, D. Coffey (Camb. H) 167.100km/103M 1462y; 35, G. Richardson (Notts) 165.700km/102M 1691y.

Anyone wanting to take part in the 1984 version of the Niort 24 Hours, to be held on November 15th, should contact Michel Girard, Cité des Verdillons, 25 Rue Paul-Caillet, 79400 La Crèche, France. However, there is no need to wait that long if you feel up to tackling a '24 Hours'. A road '24' is being organised at Preston on May 5th/6th by Bob Welfare, 59 Ribblesdale Drive, Grimsargh, Preston, Lancs, PR2 5RJ, and at Chorley, Lancs on August 25th/26th — contact Stan Jewell, 317 Eaves Lane, Chorley, Lancs, PR6 0DR. Track 24 hour races are being staged at Solihull, Birmingham on July 14th/15th — contact Tom O'Reilly, 26 Silver Birch Road, Erdington, Birmingham, B24 0AS and at Coatbridge in Scotland on October 27th/28th by Sri Chinmoy AC — contact Brian Grassom, 72 Loch Awe, St. Leonards, East Kilbride, Glasgow, G74 2EW. The size limit on the fields of these races is a more moderate 25 to 30.

Andy Milroy

The new secretary of the Wiltshire AAA is R. Jackson, 4 Court Farm, Collingbourne Ducis, Marlborough, Wilts (Tel: 0264 85 494).

Welcome return for Greg Richards

GREG RICHARDS made a welcome return to combined events at Cosford on March 3rd, not just winning the annual sextathlon, but, in the process, adding 89 points to Billy Davey's UK best with 4390 points. Greg won two of the six events, the long jump with 6.84m and the vault with 4.60m, where only six trials are allowed. Greg, out through injury, who gained his first Junior international some ten years ago, finished second in three other events, and looks forward to a promising outdoor debut in May. Brad McStravick, recently returned from the Winter Olympics, who also missed 1983 through injury, won the 60m (7.0) and hurdles (8.6), finishing second overall with 4213 points, while Pan Zeniou also went over 4000 in third place.

I recently forecast Joanne Mulliner would be a successful all-rounder. One week earlier she had improved her high jump to 1.66m, and during the pentathlon added a further 9cm to this with a clearance of 1.75m. With event wins in the 60m hurdles (9.1) and long jump (5.83m) she finished 50 points ahead of Sarah Owen, with improving Kim Price in third place, including a best of 1.72m.

A crack quartette Winchester team, with good runs from Dawn and Simone Gandy, ran away with the WAAA 4x400m title, while Wolverhampton & Bilston AC just missed out in gaining a hat-trick of wins in the AAA championship events, sharing the winning time with Stoke in the sprint event (43.4). A strong Wolverhampton team won the medley, helped by a 1:16.6 600m leg by Garry Cook.

Alan Lindop

Open Sextathlon

1, G. Richards (N. Lon) 4390 (UK indoor best; 60 — 7.3, 60H — 8.8, LJ — 6.84, SP — 13.69, PV — 4.60, 1000 — 2:50.0);

2, B. McStravick (Sheff) 4213 (7.0, 8.6, 6.24, 12.71, 3.80, 2:45.4);

3, P. Zeniou (N. Lon) 4038 (7.6, 8.9, 6.25, 13.48, 4.00, 2:44.1);

4, M. Corden (Sheff) 3970 (7.6, 8.9, 6.04, 14.07, 4.00, 2:49.2); 5, M. Luscombe (Sheff) 3873 (7.6, 8.7, 6.26, 10.05, 4.10, 2:45.5); 6, J. Garner (Har-J) 3804 (7.4, 9.0, 6.26, 11.73, 3.40, 2:44.1); 7, S. Gibbs (RN) 3784 (8.9, 3.80); 8, N. Skinner (Car-J) 3780 (12.49, 3.80); 9, D. Fishwick (Car) 3682 (7.3, 3.60); 10, A. Pithers (Car) 3671 (8.9, 3.70, 2:43.3); 11, G. Robertson (Car) 3596 (6.47, 2:42.8); 12, R. Woodruff (TVH) 3566 (4.20); 13, M. Sheridan (Irl-J) 3448 (3.60); 14, S. Brock (Car) 3417 (8.9, 6.65); 15, C. Hayton (Leeds) 3399 (3.60); 16, C. Veitch (Sheff) 3358 (4.00); 17, V. Breslin (Irl-J) 3347* (6.37, 2:44.6); 18, C. McDunphy (Irl) 3330 (8.8, 2:44.8); 19, L. Burke (Irl) 3175 (3.50); 20, M. O'Rourke (Irl-J) 3165;

also J. Lewis (Houn-J) & I. Lewis (Houn-Y) both 4.20m vaults.

(*Junior hurdles (3'3") and shot (6.25kg))

Open Heptathlon

1, J. Mulliner (W&B) 3878 (60H — 9.1, HJ — 1.75, SP — 10.13, LJ — 5.83, 800 — 2:35.6); 2, S. Owen (Newp) 3828 (9.3, 1.63, 12.57, 5.46, 2:32.0); 3, K. Price (Worc) 3634 (9.3, 1.72, 8.41, 5.28, 2:28.7); 4, L. Moore (Irl) 3353 (9.9, 1.60, 4.95, 2:30.4); 5, A. Wade (Stoke-I) 2957* (9.6, 1.54); 6, J. Mulliner (Stoke) 2789 (1.51).

(*Intermediate hurdles — height/spacing)

AAA /WAAA Relay Champs

4 x 100: 1, City of Stoke 43.4; 2, Wolverhampton & B 43.4; 3, Sheffield 44.3; Coventry (43.8) disq. (45.1 ht). In hts: Gloucester 45.3. 2000 Medley: (800, 600, 400, 200) 1, Wolverhampton & B 4:25.2; 2, Sheffield 4:32.1; 3, Warley 4:35.5. (Juniors): 4 x 100: 1, Wolverhampton & B 44.8; 2, Coventry 45.2. (Women): 4 x 200: 1, Birchfield 1:43.1; 2, Coventry 1:43.2; 3, Birchfield 'B' 1:43.2; 4, Liverpool 1:44.7. 4 x 400: 1, Winchester 3:47.4; 2, Coventry 3:50.4; 3, Birchfield 3:52.5; 4, Liverpool 3:58.8.



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Fabulous racing on the Isle of Man

WITH WHAT must be described as one of the greatest runs ever seen on the Isle of Man, the expected head to head confrontation between multi-world record holder, Don Ritchie, and ex-record holder, Cavin Woodward, three times winner and current course record holder for the 'TT40', took place on February 25th at the Bowl in Douglas. With the unfortunate withdrawals through injury of the two other guests, Lynn Hughes and Bernie Plain, the event was still one of quality, with the two world class runners heading a field of 15.

From the gun it was Ritchie and Woodward who set the pace, matching stride for stride to pass 10M in 55:26, 20M in 1:52:23 and the marathon in an excellent 2:28:29, third placed Garrick Hawkes going through in 2:31. It was at about 32 miles that Ritchie made his winning move, putting in a surge of pace to come home victor in an excellent 3:53:14, just 75 seconds ahead of Woodward, with Hawkes a solid third. Only local finisher was Derek Harrison, a Veteran, in the satisfactory time of 4:40:17.

Phil Cain

1, D. Ritchie (Forr) 3:53:14; 2, C. Woodward (Leam) 3:54:29; 3, G. Hawkes (Leam) 4:21:47; 4,



Don Ritchie (1) and Cavin Woodward (2), both of whom were flown over to Douglas by the sponsors, Manx Airlines, do battle with Garrick Hawkes; with local man, Ian Callister tucked in behind and learning immensely from the experience.

Ron Douthall

G. Reynolds (Leam) 4:33:16; 5, D. Harrison (Boun) 4:40:17; 6, R. Meadowcroft (Sal) 4:55:01.

Walkers as well as runners

CHRIS MADDOCKS, the UK 50km record holder, became the seventh fastest British walker over the shorter of the two Olympic distances, when competing in the Invitation 20km, held in conjunction with the '40'. Amazingly, though, he finished in only third position, when outshone by two stunning performances by Phil Vesty and Martin Rush, in one of the best 20km races ever seen in Britain.

Vesty walked a brilliant race to beat his international rivals and better the Olympic qualifying time of 1:25 by two seconds. This moved him to fourth on the 20km all-time list, behind Steve Barry, Ian McCombie and Paul Nihill. Vesty's style and pace was superb, with



DEPARTMENT OF SPORTS & RECREATION

OPEN ATHLETICS MEETING

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

Assisted by 

Gateshead International Stadium

SAT., 5th MAY, 1984 1.00 p.m. Start

VETS	100m, 3000m.
SEN. MEN	100m, 400m, 1 mile, 2000m S/C, 5000m, 110mH, Hammer, Discus, Shot, LJ, HJ, PV.
JUN. MEN	200m, 800m, 3000m, 100mH, LJ.
YOUTHS	100m, 1 mile, 100mH, Shot, HJ.
BOYS	200m, 80mH, Long Jump.
SEN. LADIES	100m, 800m, 3000m, 100mH, Shot, Discus, LJ, HJ.
INT. LADIES	200m, 1500m, 80mH, Shot, Javelin, HJ.
JUN. LADIES	100m, 75mH, Long Jump.

Entry Fees: 40p per competitor per event (P.O.'s and Cheques made payable to Gateshead M.B.C.)

Entries to: 'Open Athletics Meeting', Gateshead International Stadium, Neilson Road, Gateshead, Tyne and Wear. Tel. 781687. Please enclose a S.A.E. (min. 9" x 4") for confirmation and timetable of events.

Closing Date — Saturday 21st April 1984

mile splits of 6:50, 6:51, 6:57, 6:53, 6:47, 6:44, 6:44, 6:49, 6:51, 6:50, 6:55 and 6:54.

However, it was second placed Rush who caused the biggest sensation. The 19-year-old Cockermouth student, racing in only his second 20km, led from the start until one third distance, and looked like causing one of the biggest sensations in race walking for many years until he was unable to respond to Vesty's fifth mile. Maddocks was disappointed with his own performance, but his walk was nevertheless good enough to make him Britain's fastest ever 50km walker over the shorter distance. His time would have won all the previous invitation walks held by Boundary Harriers.

Kevin Madigan

1, P. Vesty (Leic) 1:24:58; 2, M. Rush (Cock) 1:26:32; 3, C. Maddocks (Dawl) 1:27:15; 4, M. Greasley (Sheff) 1:34:56; 5, A. Callow (Boun) 1:36:52; 6, S. Partington (Boun) 1:37:26; 7, M. Karran (Boun) 1:41:01; 8, J. Cannell (Boun) 1:43:28; 9, R. Flynn (Irl) 1:44:30; 10, A. Garrett (Boun) 1:48:23. (Women/10km): 1, L. Millen (Lake) 52:32; 2, A. Cain (Boun) 55:04; 3, H. Cross (Boun) 59:37. (Juniors/5km): 1, J. Clarke (Boun) 27:50; 2, P. Gelling (Boun) 30:14; 3, R. McGuinness (Boun) 30:53; 4, P. Crellin (Boun) 31:45.



Phil Vesty (5), Chris Maddocks (3) and Martin Rush in the '20K'

Ron Douthall

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OPEN PENTATHLONS —

Bank Holiday Mon., 23rd April
Commencing 10.00 a.m.

All age groups (Inc. Vets)

Entry Fee: £1.00

Prizes to first and second placed competitors.

Closing date: Tues. 17th April

80th BIRTHDAY

OPEN MEETING —

Sunday, 29th April,
Commencing 11.00 a.m.

Help us celebrate our 80th birthday
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Events for all age groups.

Commemorative cloth badges to all competitors.

Medals — Trophies.

Closing date: Fri., 20th April

MIDWEEK MINORS MEETING —

Wednesday, 30th May,
Commencing 6.00 p.m.

RIDGEWAY MILE —

Sunday, 10th June

EXETER MINORS MEETING —

Sunday, 1st July,
Commencing 11.00 a.m.

Information on the above events, can be
obtained by sending s.a.e. please to:

P. A. Gregory, (Fixture Secretary)

9 Chancellors Way,

Beacon Heath, Exeter.

Tel: (0392) 66710.

NOTICE TO ALL CLUBS COMPETING AT EXETER DURING 1984

Clubs are advised, due to the building of a new
Sports Complex at Clifton Hill, parking is likely to
cause difficulties this year. Alternative parking
details from Fixture Secretary above.

Road Relays

Dave Clarke runs 13:19, but can't halt Loughborough

LOUGHBOROUGH UNIVERSITY won their
sixth Imperial Colleges Hyde Park Road Relay in
the last nine years on February 25th. They were
without Hamish McInnes, who had a viral
infection, but had a very formidable team which
included four men highly placed in the recent
British Students Championships.

In cold, biting wind, 109 runners dashed down
Rotten Row on leg one, and as they completed a
circuit of the Serpentine, so Peter Clarke, running
for the guesting Nat. West. Bank team, showed
just in front, but during the last 600m he was
overhauled by Peter Eves (RHS — guests) and
John Harold (New. U), who clocked 13:43 and
13:46 respectively.

On stage two, Nick Peach kept Ron Hill Sports
to the fore with a 13:50, ahead of Gary Couch's
13:53 for Nat. West., but the most remarkable
sight of the day came further down as Jonathan
Solly lifted Durham Univ. from 41st to seventh in
13:42 with his arm in plaster! After Chris
McGeorge's stint of 14:00, Alan Guilder took off
for Loughborough in fourth place on leg three,
ran 13:47, and by the change had just edged in
front of Steve Cackett (NWB), whilst Geoff
Turnbull was charging round in 13:53 to raise the
Trinity College, Leeds team some 11 places to
eighth.

Despite going off course a few yards at one
point, Mark Scrutton (14:10) was easily strong
enough to give Loughborough a healthy lead by
the end of lap four, but all eyes on this stage were
on Dave Clarke, who was busying his way to the
fastest time of the day (13:19) and improving
West London's lot from 11th to fourth. Craig
Mochrie lost five seconds, with a slight mix up at
the fourth change, but was soon into his stride
and ran another safe leg of 13:54, and only
something really disastrous could now stop
Loughborough. Despite not having trained for
two weeks because of a foot ligament injury
(which he kept quiet about), Dave Buzza cruised
round in an unpressured 14:16 to come safely
home with half a minute to spare.

Alastair Aitken

1, Loughborough Univ. (P. Makepeace 13:57,
C. McGeorge 14:00, A. Guilder 13:46, M.
Scrutton 14:10, C. Mochrie 13:54, D. Buzza
14:16) 1:24:03;

2, Birmingham Univ. (L. Marsh 13:50, M.
Hirsch 14:01, A. Grime 14:22, M. Ridgway 14:04,
D. Ellis 14:14, A. Bristow 14:02) 1:24:33;

3, Nat. West Bank (P. Clarke 13:49, G. Couch
13:53, S. Cackett 14:02, M. Quinn 14:17, P.
Naisbitt 14:25, O. Arif 14:29) 1:24:55;



Chris Sellars sets Dave Clarke on his way.

Martin Block

4, W. London IHE (T. Byrne 14:38; G. Barber 14:26, C. Sellars 14:23, D. Clarke 13:19, D. Slipper 14:17, S. Rayner 14:25) 1:25:28; 5, Bristol Univ. (S. Thompson 14:21, J. Evans 14:42, G. Crowther 13:53, R. Furniss 14:44, G. Wightman 14:26, I. Patten 13:58) 1:26:04; 6, KU Leuven 1:26:54; 7, Trinity Col., Leeds 1:27:03; 8, Cambridge Univ. 1:27:09; 9, Durham Univ. 1:27:21; 10, Portsmouth Poly. 1:27:27; 11, Notts Univ. 1:28:21; 12, Sussex Univ. 1:28:25; 13, Loughborough Univ. 'B' 1:28:27; 14, Oxford Univ. 1:28:38; 15, W. London IHE 'B' 1:28:44; 16, Birmingham Univ. 'B' 1:29:41; 17, Sheffield Univ. 1:29:44; 18, Newcastle Univ. 1:29:58; 19, Leeds Univ. 1:30:09; 20, Southampton Univ. 1:30:24. **Fastest:** D. Clarke 13:19; G. Turnbull (TC) 13:33; J. Solly (Dur. U) 13:38; P. Eves (RHS) 13:43; Guilder & J. Harold (New. U) 13:46; P. Clarke 13:49; Marsh & N. Peach (RHS) 13:50; Couch, Crowther & P. Kogbara (Yk. U) 13:53. **(Women):** 1, W. London IHE (V. Strickland 11:50, T. Purton 11:22, H. Wyeth 12:25, A. Wyeth 11:20) 46:57; 2, Crewe & AC (S. Hines 12:52, E. Hamer 12:57, A. Taylor 12:45, K. Barringham 11:17) 49:51; 3, Manchester Univ. (Z. Hyde 12:25, P. Sibbald 12:09, J. Cullen 12:44, L. Martin 12:37) 49:55; 4, Cambridge Univ. 50:13; 5, KU Leuven 50:43; 6, Loughborough Univ. 51:17; 7, FNSU Clermont, Paris 51:26; 8, Univ. of

London 52:18. **Fastest:** Barringham 11:17; H. Beasley (Kt. U-dnf) 11:18; A. Wyeth 11:20; Purton 11:22; H. Finch (Bath U-dnf) 11:40; J. Lewtas (Camb. U) 11:44.

John Woods sets up home win in Liverpool meeting

THE ABSENCE of sponsorship in no way detracted from the quality of competition in the Liverpool Harriers 4 x 4M Road Relay Meeting on March 10th, as three World Cross Country Championship entrants took the opportunity to put in some speedwork at Sefton Park.

John Woods was in devastating form. "It was set up for me", the Irish international said modestly, as he turned a 36 seconds deficit into a two seconds advantage over Salford's outstanding Junior, Gary Crowther. Not that Crowther had cause for complaint, he was Salford's fastest runner and took the under 20 prize. That Salford were in it at all came from a superb piece of front running from evergreen Stan Curran, who scotched Stretford's chances on lap one, and Mike Deegan, whose controlled effort belied the fire that spurred him on. Hopes that an overweight Steve Kenyon could hold Liverpool's Chris Dagnall were soon dispelled as the Liverpool youngster finished the race in style — but Kenyon watchers have hope that Steve is returning to form. Stretford hung on for third,

MCAAA

OPEN MEETING

(Under AAA & WAAA Laws)

at Birmingham Alexander Stadium,

Perry Barr,

Birmingham

2nd MAY, 1984

Entry Fees: Seniors 50p per event.

all other age groups 30p per event.

Entries close 24th April, 1984

Entries to: Mr. M. E. Millington,
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EVENTS: Men Senior & Youths:

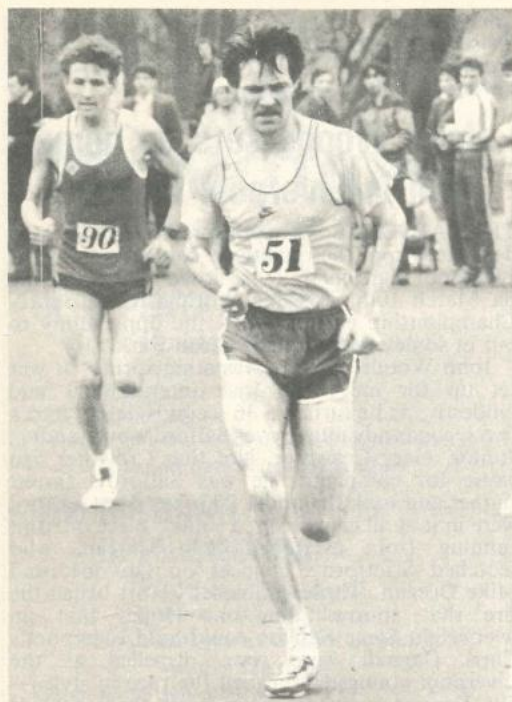
100m, 300m, 600m, 1000m,

Shot, Long Jump, Javelin.

Ladies Senior & Inters:

100m, 300m, 600m, 1000m,

Shot, Long Jump, Javelin.



John Woods blasts past Gary Crowther.

Ralph Goodyear

Karl Harrison far from pleased at Woods' supremacy being so total.

The World Championship men distinguished themselves well. Besides Woods, Andy Holden shared third fastest lap with ECCU Junior, Paul O'Callaghan, and David Dudley was the next fastest Junior behind Crowther. But watch out for Nathan Vengdasalam. The Pembroke lad gave his team a good start and, following on his 15th place in the Junior 'National' and several good performances in indoor races at Cosford, he may well overtake several better known runners in the next couple of seasons.

Phil Thomas

1, Liverpool (A. Merrifield 20:52, E. White 20:09, J. Woods 19:04, C. Dagnall 19:44) 1:19:49;

2, Salford (S. Curran 20:36, M. Deegan 19:49, G. Crowther 19:42, S. Kenyon 19:53) 1:20:00;

3, Stretford (A. Mottershead 20:27, K. Rothwell 20:17, C. Bucknall 19:52, K. Harrison 19:35) 1:20:11;

4, Sale (D. Taylor 20:33, M. Scruton 20:09, E. Williams 20:10, N. Peach 19:47) 1:20:39; 5, Tipton (B. Cole 21:00, R. Cytla 20:35, A. Holden 19:40, P. O'Callaghan 19:40) 1:20:55; 6, Liverpool Pem. (N. Vengdasalam 20:10, P. Scott 21:18, D. Dudley 19:48, D. Gaynor 21:09) 1:22:25; 7, Bolton 1:22:56; 8, Blackburn 1:23:25;

9, Liverpool 'B' 1:23:28; 10, St. Helens 1:23:28; 11, Warrington 1:23:34; 12, Manchester 1:24:16; 13, Holmfirth 1:24:21; 14, Bedford 1:24:25; 15, Salford 'B' 1:24:50; 16, Oldham & R 1:25:01; 17, Wirral 1:25:01; 18, S. Liverpool 1:25:07; 19, Bolton 'B' 1:25:08; 20, Stretford 'B' 1:25:10; 21, Liverpool 'C' 1:25:10; 22, Airedale & SV 1:25:38; 23, Stretford 'C' 1:25:44; 24, Sale 'B' 1:25:49; 25, Chorley 1:25:59. **Fastest:** Woods 19:04; Harrison 19:35; Holden & O'Callaghan 19:40; Crowther 19:42; Dagnall 19:44; Peach 19:47; Dudley 19:48; Deegan 19:49; Bucknall 19:52; Kenyon 19:53; Scruton 20:09.

(Boys): 1, T. Richardson (Bol) 12:09; 2, C. Teague (Liv) 12:25; 3, M. Hunt (Liv) 12:28; 4, M. Thompson (Liv) 12:33; 5, P. Ashmore (E. Ches) 12:39; 6, A. Cubbon (Liv) 12:43; 7, M. Taylor (E. Ches) 12:52; 8, C. Lees (O&R) 12:52; 9, M. Jagger (O&R) 12:53; 10, L. Kynaston (Warr) 12:55; 11, P. Grimes (O&R) 12:56; 12, J. Alcock (Sutt) 13:00. **Teams:** 1, Liverpool 9; 2, Oldham & R 28; 3, E. Cheshire 32; 4, Warrington 44. (Colts): 1, S. Morgan (Wirr) 9:46; 2, I. Grime (O&R) 9:52; 3, A. Martin (Wirr) 9:54; 4, M. King (Wall) 9:55; 5, M. Harvey (Wirr) 9:56. **Teams:** 1, Wirral 9; 2, Sale 31. (U/11): J. Wild (Sale) 7:05. **Team:** Sale.

(Women): 1, K. Carter (Sale) 9:16; 2, J. Rothwell (Liv) 9:37; 3, J. Holmes (Liv) 9:53; 4, J. Gough (Leigh) 10:01; 5, J. Marlow (Stret) 10:15; 6, D. Cooper (Sal. M) 10:33. **Teams:** 1, Liverpool 32; 2, E. Cheshire 44. (Juniors): 1, S. Hunton (Ross) 10:39; 2, J. Hicks (Leigh) 10:42; 3, V. Hamlet (Ross) 10:44; 4, B. Jenkins (Sal) 10:45; 5, C. Knight (E. Ches) 10:54. **Teams:** 1, Rossendale 11; 2, Leigh 29. (Girls): 1, A. Burgess (Wig) 7:23; 2, J. Morris (Wig) 7:26; 3, K. Fairfield (Liv) 7:32; 4, E. Gough (Leigh) 7:38; 5, M. Fenton (Sal) 7:40. **Teams:** 1, Liverpool 18; 2, Wigan 19. (U/11): M. Wilkinson (Man) 5:37. **Team:** Manchester.

WARWICKSHIRE WAAA COUNTY ROAD RELAYS At Stoneleigh, March 11th

1, Coventry (S. Batstone 6:15, J. Mumford 6:40, J. Jones 7:10) 20:25; 2, Birchfield 20:59; 3, Sparkhill 21:19; 4, Leamington 24:19. **Fastest:** Batstone 6:15; L. Baker (Cov 'B'-dnf) 6:19; Mumford 6:40. (Inters): 1, Solihull & SH (G. Hill 6:43, B. Hayes 7:08, L. Greenock 6:23) 20:14; 2, Coventry 20:52; 3, Sparkhill 25:56. **Fastest:** Greenock 6:23; C. Mercer (Cov) 6:39; R. Connors (Cov) 6:41. (Juniors): 1, Solihull & SH (S. Jakeman 5:14, L. Siviter 5:18, S. Bishop 5:15) 15:47; 2, Solihull & SH 'B' 16:11; 3, Coventry 16:38; 4, Birchfield 16:56; 5, Card. Wiseman 17:26. **Fastest:** L. Robinson (Cov) 5:07; Jakeman 5:14; Bishop 5:15. (Girls): 1, Card. Wiseman (D. Connors 5:24, G. Beasley 5:49, L. Gordon 5:46) 16:59; 2, Coventry 17:05; 3, Coventry 'B' 17:54. **Fastest:** Connors 5:24; A. Sullivan (Cov 'B') 5:39; S. Hancox (Cov) 5:40.

BLACKHEATH HARRIERS

6th TED PEPPER MEMORIAL

7 MILE ROAD RACE

(Under AAA and WAAA Laws)

BANK HOLIDAY MONDAY

7th MAY 1984 at 11.00 am

Changing at Langley Park Boys School
South Eden Park Road Beckenham Kent

Previous winners: '81 Keith Penny 33.40

'82 Bernie Ford 33.10

'83 Keith Penny 34.01

Our usual quality prizes for the: First 10 Finishers First 3 teams (4 to count) — First B team (outside first 3) Vets & Ladies etc.

Entries: Club athletes only — £1.00 per individual.

NO Unattached Runners.

No Team Fee.

Entries close on 25th April 1984

NO late entries

To: Mike Peel, 29 St. Davids Close, West Wickham,
Kent BR4 0QY. Tel: 01-777 8291.

S.A.E. for details or acknowledgement.

THE ROMFORD Y.M.C.A.

HALF MARATHON FUN RUN & 'BIG WALK'

(Sponsored by H. T. Wells)

SUNDAY, 20th MAY, 1984

Start 10.00 a.m.

A two lap 13 mile course starting and finishing at the Y.M.C.A. Building at Roneo Corner, Romford.

Our popular annual 'Big Walk' in aid of Youth and Community Work outdoor pursuits equipment and the YMCA World Service and Refugee Fund will incorporate a half marathon, fun run, making an event suitable for all the family to enjoy.

Parking, changing rooms, showers,

Coffee bar, entertainments etc.

Entry Fees: Runners and Racing Disabled £2.00. Walkers and disabled free. No team fees. Sponsorship welcomed.

Prizes: Many individual and team prizes, medallions and certificates.

For further details and entry forms, send 9x4 s.a.e. to: D. Wallace, Romford Y.M.C.A., Rush Green Road, Romford, Essex.

Entries close 1st May, 1984

CITY OF PLYMOUTH ATHLETIC CLUB

TOSHIBA YOUNG ATHLETES MEETING

(Under AAA & WAAA Laws)

MAY DAY BANK HOLIDAY — MONDAY, 7th May, 1984

First Event 11.00 a.m. At Brickfields, Devonport
(By Kind Permission of the Commodore, H.M.S. Drake)

EVENTS

Colts	75m, 150m, 800m.
Boys	100m, 200m, 400m, 800m, 3000m, 80mH., High Jump, Long Jump, Triple Jump, Shot, Discus, Javelin.
Youths	100m, 200m, 400m, 800m, 3000m, 100mH., High Jump, Long Jump, Triple Jump, Shot, Discus, Javelin.
Minor Girls	75m, 150m, 800m.
Junior Ladies	100m, 200m, 800m, 75mH., High Jump, Long Jump, Shot, Discus, Javelin.
Inter Ladies	100m, 200m, 400m, 1500m, 80mH., High Jump, Long Jump, Shot, Discus, Javelin.

AWARDS:

- ★ Engraved Trophies: 1st value £6, 2nd value £4, 3rd value £2.
- ★ Engraved Trophy: 1st competitor entered by his/her school to finish outside the first three.
- ★ Tracksuit Badge for all competitors.

Entries to: John Gilbert, St. Anton, Freathy Fields, Whitsands, Plymouth (Tel: Plymouth 823367). (With S.A.E. for timetable to be sent after closing date of entry: — Wed. 25th April)

Entry Fee: 50p first event. 30p other events.

ALL-WEATHER TRACK — MAXIMUM SPIKE LENGTH 6mm

THE WIZARD OF LOUGHBOROUGH

George Gandy is interviewed by Nigel Whitefield

"IT'S NOT too hard becoming the best in the world; it's becoming the best in Britain that's the problem". A provocative comment by George Gandy, the irony of which will not be lost upon the many athletes who will be challenging the seemingly indomitable British middle-distance outfit in the forthcoming Olympics. We do possess the Commonwealth, European, Olympic and World Champions over 1500m — very much the blue riband event of track athletes — as well as providing a home for the world record for that distance and the mile . . . an astonishing mastery thanks to three different individuals.

George Gandy's experience as the AAA's Northern Counties Administrator and Midlands Secretary to the BMC in his early days leaves him well qualified to ponder our emergence as a major athletic force. He has been provided with a unique perspective upon this development, for nowhere has it been more apparent that at his Loughborough training haven, at which much of the current crop of international talent learned their trade, and where he enjoys the post of Chief Athletics Coach. Could he possibly have imagined, back in the days when he was age-group

record holder for the mile and a regular conqueror of a youthful Jim Alder, that his country — then very much trapped by the amateur mentality — would achieve such dominance over the classic track events, confounding coaches from the USA and Soviet Union alike? Perhaps not then, but he certainly finds it less of a surprise than the rest of us.

"The potential has been there for a very long time, largely untapped, and it's only recently been brought to the fore for two basic reasons. First there has been an increase in competitive opportunity. Thanks to Andy Norman our runners are getting top class competition from which they are learning valuable lessons and our youngsters are getting blooded earlier; they don't become overwhelmed on big occasions so much these days. The European Junior Commission has helped to maintain their interest right through the dangerous years when their attentions were likely to be distracted by other pleasures. Time was when the average talented youngster competed in the English Schools and then got bored and joined a rock group or something before they were eligible for the senior ranks. This doesn't happen



OPEN MEETING

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

Parliament Hill Fields

WEDNESDAY, 18th APRIL, 1984

- 6.30 p.m. 10,000m — Men.
 7.15 p.m. 1,500m — Men & Women (All groups).
 8.00 p.m. 400m — Men & Women (All groups).
 8.20 p.m. 3000m — Men (All groups).
 7.00 p.m. Discus — Men (All groups).

Entries: Seniors, Juniors and Senior Ladies 50p per event, others 25p per event.

To: T. A. Driscoll, 145 Billy Lows Lane, Potters Bar, Herts, EN6 1VY. Please give name, address, club, event and best recent performance, and enclose entry fee and S.A.E. for acknowledgment of entry. Needle spikes only may be used on this surface maximum 6 mm.

ENTRIES CLOSE MON. 16th APRIL

CREWE & NANTWICH A.C.

OPEN MEETING

(Under AAA & WAAA Laws)

At Cumberland Wharf Track
 Thomas St., Crewe, Cheshire

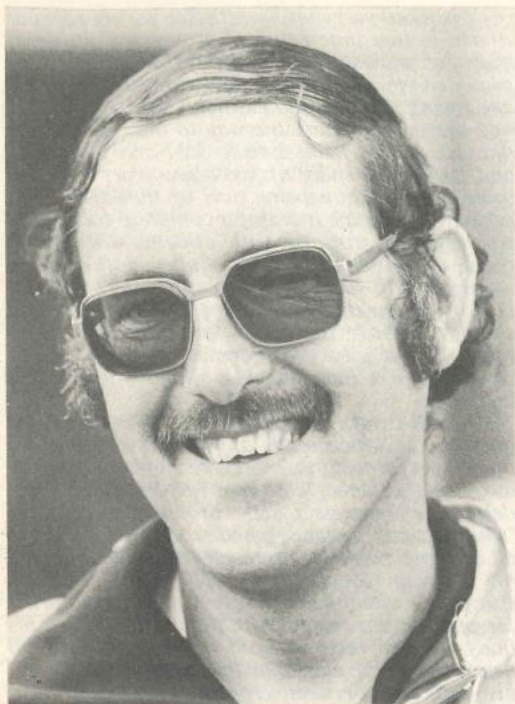
on 6th MAY, 1984

1200 Noon start

- | | |
|-------|-----------------------------|
| 100m | G, JW, IW, SW, C, B, Y, SM. |
| 800m | G, JW, IW, SW, B, Y, SM. |
| 200m | G, JW, IW, SW, C, B, Y, SM. |
| 5000m | JM/SM. |
| 1500m | IW, SW, C, B, Y, SM. |
| L.J. | JW, IW, SW, B, Y, SM. |
| H.J. | IW, SW, Y, SM. |
| H.T. | B, Y, SM. |
| S.P. | JW, IW, SW, B, Y, SM. |
| J.T. | JW, IW, SW, B, Y, SM. |

"TIME TRIALS ONLY"

50p per event on the day



GEORGE GANDY

Mark Shearman

so much now! The second factor is that our athletes are much better supported financially. You can't work full time and be a world class athlete as well . . . that's something we've learned the hard way. If you look at it in this light it's not surprising that we're beginning to come good".

Our progress has been made in the face of adversity, for although there is now a greater awareness of the needs of our more promising athletes, both competitive and financial, there are a number of alarming inadequacies which remain still unchecked. For many years our athletes have been in need of the professional medical back-up service which operates widely abroad, successfully eradicating those injuries which occur almost exclusively through poor supervision. Some attempt has been made to redress this situation with the establishment of the National Coaching Foundation under the directorship of Dr. Nick Whitehead up at Leeds, but doubts remain as to its effectiveness. One wonders just how much longer our athletes' progress will be hampered by the proliferation of needless stress-related injuries. For how long can the sports politicians and medical fraternity use the argument that sports injuries are 'self-inflicted' and thus rate low priority to block much-needed Government finance in this area?

"I think the medical back-up situation has been

rather overplayed because although it would be a good advantage, no top athlete these days suffers from poor or delayed treatment to injury — even if they do get it through the back door. None of my lads has trouble getting attention, neither for that matter does any member of the British team. Highly specialised medicine is available to them at very short notice, so if it were to spring up overnight it wouldn't make that much difference other than being available to a larger number of people. Certainly the preventative side is not catered for, there's no doubt about that, but we're learning to improvise which will just have to be good enough for the moment. It's a bit similar to the alleged lack of facilities in the UK — that only seriously affects the technical and field disciplines. So long as runners have access to a half-decent track once a week what else do they need except the odd ploughed field, hill or traffic-free road. We can't say there's a lack of those in the UK. What we lack in some areas we make up for in others — the whole athletics system here is one to be proud of. You can have a race any Saturday you wish and the structure of competition ranging from club to county, area, and national standard, breeds strong dedicated athletes in huge numbers. We're not that badly off!"

The exact status of Loughborough University is an indistinct one, rather like that of West London Institute, which is criticised by many as being unhealthily close to the East European concept of a specialist sports college, breeding by spurious methods world class performers. Anyone who has been involved with either of these two institutions will appreciate the inaccuracy of this judgement, favoured by those who have a poor understanding of the 'Loughborough philosophy' which has its base in the unmistakable simplicity of George Gandy's training methods.

"I am aware that a lot of the outside world see it as a specialist sports college which is a trifle irritating really because nothing could be further from the truth. The reason why we have had so many class athletes up here is because we have always operated a highly attractive physical education course; it used to be teacher training at one time, which made it even more appealing to potential students. In fact at least half of the athletics club is not in the physical education department at all but elsewhere, pursuing more academically-orientated courses. I hope this answers any implications that the University picks its students for the primarily athletic, rather than the intellectual, qualities they possess.

"I guess a large number of our critics are jealous of the success we've had, and will continue to have. The formula for this is simple; we give our athletes a very clear picture of their own strengths and limitations. This is perhaps the most important ingredient in any young athlete — it instils a certain reality into them, which is a fundamental part of my training philosophy. We

use a multi-dimensional schedule here including stretching, weights and gym work, so that each member of my group can see exactly where he stands in relation to perhaps his more talented colleagues on any one of fifty different elements — which tends to smash the aura of invincibility which surrounds a lot of our stars. Furthermore, if Graham Williamson or Chris McGeorge is rubbish at something we'll tell him so — this works well. My athletes have to face the truth about themselves in far too many situations for them to develop any kind of aloofness. When they leave here they have an unshakable perspective upon themselves as people and as competitors. That can't be bad!"

Loughborough became even more widely recognised in athletic circles for its much-publicised association with Sebastian Coe, who was resident there for a number of years and who perhaps along with Dave Moorcroft emerges as the most outstanding product of George's flexible training system. It must have been a highly instructive exercise working with two athletes of such frightening natural talent, and even more of a privilege to witness their progression from the merely exceptional to the sublime. Both have registered astonishing track times and readily acknowledge the value of their period at Loughborough.



Seb Coe — "He was head and shoulders above the rest".

George Herringshaw

"I worked very closely with Seb for six years or so and in that time I think I progressed almost as much as a coach as he did as an athlete. He provided me with a whole new outlook to training and racing. I'd had good athletes before but never one that had gone all the way to the top like Seb did. He moved from 3:46 to 3:31 and from 1:51 and 1:41 in the space of just a few years — it was quite an education being part of that and it has certainly made me more of a complete coach. It's all very well working with athletes who are in there with a shout, but it's quite another being involved with one around whom everybody else had to plan their tactics. He was head and shoulders above the rest, it's another world up there. It's a pity every coach can't experience something like that once in a while — it's a great leveller.

"I had always wondered just what that extra quality was which made any particular athlete a 'great' performer; now I can recognise it straight away if it's there. The three factors which most determine success are broadly 'decision', 'routine', and 'balance'. Seb scored top marks in all of those, which is no mean feat. He had made his decision to commit himself to athletics and stuck by it when many of his rivals began to drift. He organised a perfect routine which allowed his body time to recover from the heavy workload needed to be top class plus that little bit extra, and his balance between speedwork, endurance, stamina work and suppleness was ideal".

George doesn't mind admitting that his training techniques are less scientifically-based than some might deem wise. In fact a large part of his philosophy is based upon personal experience and commonsense; he has even inadvertently commandeered second-hand ideas and put them to his own designs. Provided these techniques don't run counter to the firmly established laws of physiology and are easily tailored to cater for the individual requirements of his athletes there is no problem. However coaching in this country, as abroad, is not uniform but is characterised by a number of varying and contradictory schools of thought, each having their own protagonists prepared to score anything which does not fall within their levels of acceptability. In the coaching fraternity there is an awareness, and professional respect, of the styles operated by its members and one finds a marked reluctance to criticise colleagues.

"I don't think it would be at all fair to comment upon the personalities and their techniques in anything other than general terms, except to say that none of us has the definitive training pattern so we aren't in a position to criticise with any confidence working as we do from a purely subjective base. The coaching system in this country is an excellent one and improving rapidly with out increased production of, and associations with, world class athletes. Some people have contributed a great deal to this

system and in this sense they warrant special praise.

"I think Harry Wilson deserves a lot of credit for the way in which he handled Steve Ovett during the most formative years when a less aware person might have ruined him with over-intensive training. Wilf Paish has been in the business a long time — most of it as a field events coach, but more recently he had shown his remarkable versatility in bringing Peter Elliott onto the international scene. He has a great deal of experience to offer any young athlete who is willing to listen to ideas formulated over many years. John Anderson is another man who has done much to further the cause of British coaching and a personality who has a strong effect upon individuals — a quality which is instantly recognisable in any good coach. Like everyone else John has his own philosophy; it is one with which I disagree but at the same time which I respect as having been the upshot of long and detailed experimentation. You can't argue when his particular regime, which spurns extensive use of special training and suppleness, produces an athlete of Dave Moorcroft's calibre.

"There are, of course, many coaches on the outside who haven't made the transition to international level either because they are happy where they are, or work conditions won't allow them to base themselves at Crystal Palace and trot between places like Brussels and Oslo with their athletes. This is unfortunate for the standard in

general because there are so many first-rate club coaches like Alan Robertshaw or Dave Jennings who have the requisite knowledge and experience to make a very valuable contribution at the highest level. They represent and are responsible for, the great depth in our system which is now becoming so successful".

One of the more significant factors which underlines the remarkable depth of our coaching system may be seen in the number of top athletes who are products not only of different training systems but also of different personalities within the system. Steve Cram, Peeter Elliott, Chris McGeorge and Tim Hutchings represent a wide-ranging variety of strengths which makes any analysis of them as athletes all the more fascinating.

"Steve Cram has really come from nowhere to be the number one in the world. He was an excellent Junior and a fine back-up to Ovett and Coe and yet he made the transition from that to being the best with astonishing speed. He's a very deceptive athlete who appears to lack pace, but there are not many runners who can handle 1:43.6 pace for 800m — not even the specialists. I was amazed at the way he handled the pressure so well in Helsinki; his composure was that of the champion and so it proved. One of his greatest assets is his tactical skill — the 1500m final in the World Championships was a model lesson in planning and concentration.

"Peter Elliott is a very strong and courageous

THIRSK ROUND TABLE
present



THE THIRSK HALF MARATHON/ FUN RUN

(Under AAA & WAAA Laws)

SUNDAY, 15th JULY 1984

At 11 a.m.

Start and Finish at Thirsk Racecourse

THE COURSE A fast, flat and accurately wheel measured course, conducive to fast times. Miles marked throughout.

PRIZES Include individual and team prizes for men, women, veteran and youth sections.

**Commemorative medal and certificate
to all finishers**

Entry fee: £3 (members AAA/WAAA £2.50)
£2 under 18.

Entry forms: send S.A.E.

To E. R. Bowden, 35 Kings Meadows, Sowerby,
Thirsk, N. Yorks, YO7 1PA.

Closing Date: 18th June 1984

The Second Annual BIRKENHEAD PARK 10 MILE ROAD RACE & FUN RUN

(Under AAA & WAAA Laws)

SUN., 6th MAY, 1984

at 2.30 p.m.

**Accurately measured 5x2 Mile Lap Course
Open to Men & Women 17 years and Over**

**In Aid of St. John's Hospice
in Wirral**

PRIZES to first 6 men, first 3 ladies, first junior under 19 years. Veterans in each age category. Spot Prizes.

Entry Fee: £2.00. Club runners £1.50.

Entries to: Tony Bobby, 56 Highfield Road,
Rock Ferry, Birkenhead, L42 2BZ.

**Sponsored by: MENS SODALITIES
OF SHREWSBURY DIOCESE**

S.A.E. 9" x 4" for results/confirmation. Time Certificate on request.

Entries close Thurs. 26th April

SLOUGH BOROUGH COUNCIL

Invite entries for the

First**SLOUGH
MARATHON**

(Under AAA & WAAA Laws)

SATURDAY, 7th JULY, 1984**Start 10.00 a.m.****Start and finish in the
grounds of Upton Court Park**

- ★ **Trophies for the winners.**
- ★ **Commemorative medals for all finishers.**

Entry Fee: £3.00 affiliated members.
£3.50 non-affiliated.

For Entry Form, please send a 9" x 6" S.A.E.
to: Christine Whittingham, Montem Sports
Centre, Montem Lane, Slough.

Closing date: 31st May, 1984**RISCA & DISTRICT ROUND TABLE**

Invite you to join

SIRHOWY — WESTERN VALLEYS**HALF MARATHON
& FUN RUN**

(Under AAA & WAAA Rules)

SUNDAY, 6th MAY, 1984**Start 10.30 a.m.****Start & Finish: Newbridge RFC**

Fees: £2.00 affiliated members.
£2.50 non-affiliated members.
(Cheques payable 'Risca Round Table')

Prizes: Usual prizes plus hundreds of Tee Shirts and 88 pints.

Last Year's Winners:

Ian Williams, Abertillery	1.10.11
Brian Mathews, Barry	1.10.11
Maggie Roberts, Cardiff	1.37.8.

All proceeds to:**MULTIPLE SCLEROSIS FUND****Closing date for entries 29.4.84**

Entries to: Robert Budd, 20 Holland Close, Rogerstone,
Gwent. Tel: (0633) 895845. (Please enclose s.a.e).

Competitors must be 17 years on day.

BRITISH MILERS CLUB SOUTH WEST OPEN & INVITATION RACES 1984

8th April	Bristol	800m	Sen/Inter. Ladies.
		3000m	Sen. Men, Jun. Men, Youths.
28th April	Melksham	Mile	Sen/Inter. Ladies, Sen/Jun. Men INVITATION ONLY.
2nd May	Bristol	1500m	Sen/Inter. Ladies, Jun. Ladies, Sen/Jun. Men, Youths.
30th May	Bristol	800m	Sen/Jun Men, Boys.
13th June	Bristol	1500m	Junior Men, Junior Ladies.
18th July	Plymouth	800m	Sen/Inter Ladies, Jun/Minor Girls, Sen/Jun Men, Youths/Boys.
		3000m	Sen/Inter Ladies, Sen/Jun Men.
25th July	Cheltenham	800m	Sen/Inter Ladies, Sen/Jun Men.
12th Sept	Bristol	3000m	Sen/Inter Ladies, Sen Men, Jun Men, Youths.

Entry Fees: 50p BMC Members. 75p Non-Members.

Entries & Further Details from: Mrs. Barbara Lock, c/o 4 River View, West Looe, Cornwall. Tel.
(office) 0579 62319/63002.

Please state: Age Group, Event and best recent performance and enclose SAE if a reply is required.

RACES SPONSORED BY RWS STARTING BLANKS**(Except Melksham Miles)**

Hutchings: "He'll be the guy to take Moorcroft's record"

athlete. Indeed he had to be to survive the summer racing programme he set himself. If he plays to his strengths he could go all the way... if he develops a finishing kick he certainly will. He reminds me of Seb Coe in 1976-7 when he lacked his now famous finishing speed — it's quite an exciting prospect to think what Peter might do if he acquires some. At the moment he's very vulnerable and if he comes up against someone who is in every other way his equal then he's going to struggle over the last 80m as he did in Helsinki.

"Chris McGeorge, in my opinion, is every bit as good as Peter and when he gets himself sorted out his critics are in for a surprise. It's easy to make judgements from the sidelines without being fully aware of what is behind any one performance. How many people, I wonder, knew that a while back Chris had a stomach ulcer, and along with his hay fever was running half asleep and drugged up to his eyeballs. He'll make it all right. A couple of seasons ago in the 4x800m at Crystal Palace he looked like the best 800m runner in the world for 700m before he ran out of gas. Give me two years with that kind of talent and the rest had better watch out.

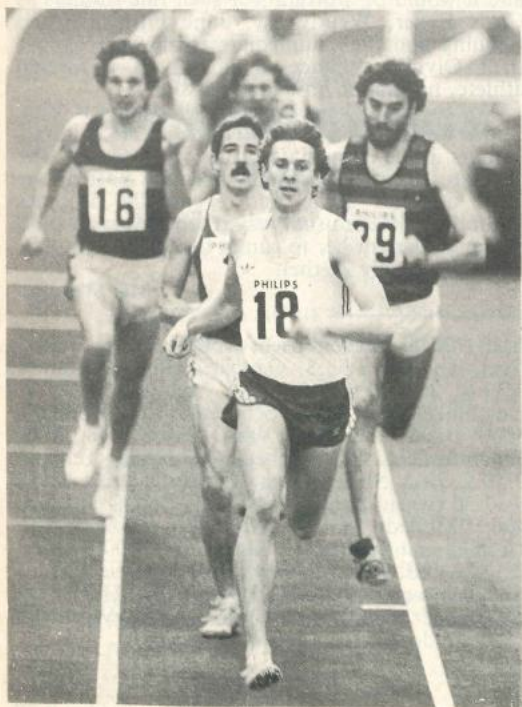
"Tim Hutchings is a very much under-rated athlete, partly because he's been injured so often

and has never had a chance to show his true form. Now he is, people are just beginning to take notice. I reckon he'll be the guy to take Moorcroft's world 5000m record, maybe not next season but certainly it's within his grasp and if anyone's going to get it Tim will. He is of course incredibly versatile as his cross country work has proved, and perhaps most important of all he has that magic element which is nine-tenths of success — consistency".

There is an unmistakable buzz of expectancy which heralds the dawning of any Olympic year, and although the recent World Championships were at least as high in quality if not more so than any Olympics could be there seems a greater resolve to perform well in Los Angeles than was characteristic of attitudes in Helsinki. Certainly those athletes who were disappointing in Finland will be looking to redress this situation in the United States, whose athletes will be particularly anxious to impress on home territory provided the stress is not too overwhelming.

"It's a dodgy business making predictions at this stage and I don't intend to stick my neck out. Steve Cram will have a lot of pressure on him, but that's nothing compared to the kind of attention Steve Scott will be getting. Anything short of gold will be a disaster for him — perhaps he will operate well under that strain but I somehow doubt it. Our runners have yet to qualify for the most part, which is in itself a horrifying prospect. The line-up for the 800m trial will be of similar standard to the actual Olympic final. It remains to be seen who performs well in a one-off situation. I don't honestly have a clear picture of who is going to make it through the trials for the 800m or 1500m — it's quite an intriguing contest. I wouldn't be at all surprised, however, if my long term aims are realized, and come the end of the summer both Chris McGeorge and Graham Williamson have added an extra trinket or two to their collection".

© Nigel Whitefield, 1984



CHRIS McGEORGE

Mark Shearman

January 29th

Sittingbourne '10'. 1, K. Penny (Camb. H) 50:18; 2, M. Brameld (Inv) 50:35; 3, A. Barton (Inv) 51:50; 4, S. Almond (Ash) 52:28; 5, J. Stoodley (N&EB) 52:38; 6, P. Russell (Ash) 52:48; 7, S. Payne (Inv) 53:21; 8, P. Lake (N&EB) 53:37; 9, N. Howlett (Ell) 53:56; 10, D. Davis 54:09; 11, J. Wilkins (Inv) 54:13; 12, A. Mytum (Inv) 54:18; 13, S. Buttlings-Smith (Ell) 54:31; 14, W. Stock (Inv) 54:52; 15, D. Deevoy (Med) 54:56. Teams: 1, Invicta; 2, Invicta 'B'; 3, Elliott. (Vets): 1, M. Cronin (B'wth) 55:51; 2, A. Kimber (Dart) 56:34. (Women): 1, A. Wilkind (Dart) 57:08; 2, S. Martin (Med) 58:13; 3, L. Hall (Ash) 61:23; 4, J. Davis (V) 62:06.

SHOULD ZOLA RUN FOR BRITAIN?

ZOLA BUDD, the 17-year-old South African barefoot wonder who has bettered the world record for 5000m and the world Junior records for 1500m and 3000m this year, arrived in Britain with her parents last Saturday. Their intention is to obtain a British passport for Zola, with a view to her being able to represent Britain in international competition. As a South African she is barred from international competition, and — lacking opposition at home — all her record runs have been virtually solo time trials. She badly wants to test herself against the best in the world, and the only way that could happen is if the Home Office grants her UK citizenship and the athletics authorities rule her eligible for competition outside her native land.

Editorial Comment

One has every sympathy for Zola in her plight. It's tough that she, along with other South African athletes — black as well as white — and regardless of their political views, has to make do with purely domestic competition, but that has been the situation since South Africa was ruled ineligible by the IAAF and the IOC several years ago. Great strides have been made in South African athletics towards integration, but until apartheid ceases to be government policy it is unlikely that whatever advances are made in sport will suffice to bring South Africa back into the international fold.

There have been instances of South African residents representing Britain in athletics — but the circumstances have differed from those surrounding Zola Budd. Steeplechaser Julian Marsay was actually born in Britain and sprinter Greg Colin has British parentage. Zola's connections with this country are tenuous indeed,

resting solely on the fact that her father's father came from London. Her first language is Afrikaans, not English.

It would be political dynamite if Zola were to appear in British colours this year. At the time of writing England is dangerously close to being expelled from the Commonwealth Games Federation, and therefore unable to participate in the 1986 Games in Edinburgh, because of the English Commonwealth Games Council's refusal so far to attempt to dissuade the English Rugby Union from touring South Africa. For Zola to suddenly become internationally eligible for a country to which she has only the remotest of links would surely precipitate a storm of protest which could have disastrous effects for Britain's other international athletes.

But my main objection would not be so much political as a feeling that it just wouldn't be fair to Zola's British opponents. If she were able to reproduce her South African form (4:01.81 for 1500, 8:37.50 for 3000), Zola would almost certainly make the Olympic team in both events. But should she even be given the opportunity? The British athletics authorities' first consideration must be to genuine British athletes, and it would be a disgrace if such fine runners as Chris Boxer, Wendy Sly, Jane Furniss, Chris Benning and their immediate rivals were to lose their Olympic chance in favour of a foreign athlete, no matter how talented she is.

No, it would be wrong on all counts if Zola Budd were to be permitted to wear Britain's colours in the immediate future. If, however, she chooses to settle in Britain, becomes part of the local athletics scene and eventually becomes naturalised in the usual way, then the way would become clear for her to run in the 1988 Olympics. She will be only 22 then.

Mel Watman

S. AFRICA: More Records By Zola

5.1. Stellenbosch. 2000: Fourie 5:00.76. 25.1. Potchefstroom. 100: 3, Greg Colin 10.78; 200: W. Oosthuizen 20.84; women's 3000: Budd 9:07.42. 30.1. Bloemfontein. Women's mile: Budd 4:37.52. 6.2. Bloemfontein. Women's 2000: Budd 5:44.4 (rec); 400H: Fick 56.08. 8.2. Potchefstroom. 200: W. Oosthuizen 20.90, Ngebeni 20.99; JT: Potgieter 82.22. 14.2. Port Elizabeth. Mile: Fourie 3:57.6. 15.2. Stellenbosch. DT: Kotze 61.96; women's 3000: Budd 9:03.8. 15.2. Johannesburg. 400H: H. Pienaar 49.9, J. Pienaar 50.0, de Waal 50.2. 18.2. Pretoria. 200: W. Oosthuizen 20.82; 400H: Pienaar 50.11; HJ: Ludick 2.24. 20.2. Bloemfontein. 400: Myburgh 46.00, Mbedi 46.00; women's 1500: Budd 4:05.81 (world Junior

best). 22.2. Stellenbosch. 1500: Fourie 3:34.5 (rec), Temane 3:38.3, Gericke 3:38.8, Brummer 3:39.6. 25.2. Pretoria. 400: Myburgh 45.7, J. Oosthuizen 46.1; 110H: Schoeman 13.7; women's 3000: Budd 9:05.9; LJ: van Niekerk 6.48. 25.2. Bloemfontein. 400: Mbedi 45.7; Mile: Temane 3:59.9. 29.2. Stellenbosch. Women's 3000: Rudd 8:37.50 (world Junior best). 2.3. Potchefstroom. 400: Mbedi 45.51, Myburgh 45.93. 5.3. Germiston. (altitude) Women's 3000: Budd 8:52.84. 7.3. Port Elizabeth. Mile: Fourie 3:51.23 (rec); women's 5000: Budd 15:09.86. 21.3. Port Elizabeth. 1500: Fourie 3:34.3 (rec); Women's 1500: Budd 4:01.81 (world Junior best).

*The European Vets marathon will be held at 9.30 am at Barnes Green, Horsham on August 25th.

British Girls Triumph In Japan

COMPLETING the marathon distance course over a minute faster than in last year's inaugural race, Britain scored a splendid victory in the Ekiden Relay in Yokohama, Japan, on February 26th. The team of Shireen Samy (16:38 5km), Carole Bradford (32:42 10km), Marina Samy (16:52 5km), Julie Laughton (33:50 10km), Mary Cotton (23:51 7.195km) and Carol Haigh (17:01 5km) clocked 2:20:54 for the distance to win by nearly three minutes over Australia, with the USSR (last year's winners in 2:19:53) a distant third.

Shireen Samy handed over 4th of the nine teams as 17-year-old Australian Donna Gould led in 16:16 by 7 sec from Yekaterina Podkopayeva (USSR) with Hungary 3rd. With the Soviet runner having a disaster on the second stage, Sally Pierson (one of the world's top walkers!) extended Australia's lead to 11 sec — with Carole Bradford running brilliantly to take Britain into 2nd place with the second fastest leg time of 32:42 (Ellen Wessinghage ran 32:40 for West Germany). On the third stage Marina Samy — with the fastest time — swept into a 28 sec lead over Australia, and from then on it was a procession. Julie Laughton added another 25 sec to Britain's advantage, also with the fastest stage time; Mary Cotton made a marvellous return to international

competition as she widened the lead by almost 1½ minutes and recorded fastest time for the 7.195km leg; and Carol Haigh completed the job.

1, UK 2:20:54 (S. Samy 16:38, Bradford 32:42, M. Samy 16:52, Laughton 33:50, Cotton 23:51, Haigh 17:01); 2, Australia 2:23:50 (Gould 16:16, Pierson 32:53, Foley 17:31, Lord 34:15, Turney 25:19, Letherby 17:36); 3, USSR 2:25:24 (Podkopayeva 16:23, Klischevich 36:07, Zaitseva 16:56, Belyayeva 35:30, Sadreidinova 23:52, Kazankina 16:36); 4, FRG 2:25:36 (Franz 17:06, Wessinghage 32:40, Michallek 17:04, Stephen 35:34, Maiwald 25:52, Mai 17:20); 5, China 2:27:17; 6, Hungary 2:27:34; 7, Japan 2:27:55; 8, USA 2:28:55; 9, Italy 2:29:59.

THE WEEK AHEAD, Contd from page 3

Relay, Wimbledon; Northern 12-Stage Road Relay, Salford; Midland 12-Stage Road Relay, Sutton Coldfield; Alpha Beta Trophies Meeting, Enfield; Sale Open Meeting, Longford Park; Law to Motherwell '10'; Guinness Road Race, Belfast; VPH '5'; Bourton '10', nr. Cheltenham; Satchwell-Sunvic Tom Scott Road Race, Motherwell; National Boys Clubs CC Champs, Stoke-on-Trent; Southern RWA 20km Walk Champs, Battersea; Sheffield Open 15M Walk, Coventry Open 20km Walk.

BRISTOL ATHLETIC CLUB

OPEN MEETINGS 1984

At Whitchurch Stadium

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

Commencing

SUNDAY, 8th APRIL	12 noon
WED., 2nd MAY	7.00 p.m.
WED., 30th MAY	7.00 p.m.
WED., 13th JUNE	7.00 p.m.
TUESDAY, 26th JUNE	7.00 p.m.
TUESDAY, 10th JULY	7.00 p.m.
TUESDAY, 17th JULY	7.00 p.m.
WED., 12th SEPTEMBER	7.00 p.m.

All Meetings except Tuesdays will include BMC Invitation Races

All Wednesday Meetings will include a Road Race of either 5 Kms or 10 Kms.

For full programme details, s.a.e.

to: F. A. Hurley, 10 Down Lane, Bathampton, Bath, Avon BA2 6UE.

Oldham Royton Harriers A.C.

(Founded 1898)

20th ANNUAL MENS

"S.B. CROSLAND"

10 MILE ROAD RACE (2 laps) & "LADIES" 5 MILE (1 lap)

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

Accurate measured course

SATURDAY, 5th MAY, 1984, 3.00 pm

Changing accommodation at Headquarters, Hillside Avenue, Royton.

Prizes value £200

MEN'S 10 mile race. Prizes: First ten ind. (Portable Television 1st ind.). First three teams (3 to score). Vets: 0/40, 0/50 & 0/60. Prizes for 1st: Oldham & Royton Member Home.

LADIES 5 mile race. Prizes: First three ind. Prize for 1st: Oldham & Royton Member Home.

Entry Fee: £1.00 Ind. £1.50 Unatt. NO TEAM FEE.

All runners must enter as ind. Veterans: Please state classification on entry form. Competitors must be: 17 years min (Men) 10 mile. 15 years min. (Ladies) 5 mile.

Entries to: Mr. Frank Hodson, 34 Alva Road, Oldham, Lancs., OL4 2NS, by Monday, April 30th 1984.

Route to start: M62 to Junction 20. Exit on to M627 Oldham/Ashton signs. Follow signs to Royton. Through traffic lights and take 1st turn right past the Town Hall clock on to Radcliffe Street and H.Q. on Hillside Av. Next to Royton A.T.C. H.Q.

1983 Winners: 10 mile race — G. Ellis — Holmfirth — 51.30 time. 5 mile race — G. Haig — Homfirth — 28.35 time.

3rd OSWESTRY '10'(A.A.A. & M.C. W.A.A.A. Laws)
(I.R.C. Approved Course)**SUNDAY, 13th MAY, 1984, 2.00 p.m.**

Fee: £1.00 or £1.50 unattached.

Prizes: All age groups. To enter, please state: age, sex, club or unattached, with s.a.e. to: Doug Morris, 27 Whitlington Road, Oswestry, Shropshire SY11 1JD, by 8th May.

PARK HALL: Men's 6 & Ladies 3.

Evening July 18th. £1.00 & £1.50 U/a.

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MARATHON**

(Under A.A.A. Laws)

**at Llanwrtyd Wells,
On SATURDAY, 19th MAY,****22 mls 3000' Ascent**

In the magnificent scenery of the Cambrian Mountains. Mass start (runners) at 11 a.m. Riders follow after 20 mins at 1 min. intervals.

Entries: £1.50. No team fee. Many prizes. Great social atmosphere.

S.A.E. to Royston Shrigley, Llwynbedw, Llanwrtyd Wells, Powys. Tel (05913) 406.

**LINCOLN WELLINGTON A.C.
3rd Annual
SPRING GRADED MEETING**

(Under AAA & WAAA Rules)

SUN., 15th APRIL, 1984, 12.30pm

At Yarborough Leisure Centre, Lincoln

All Weather Surface — 6mm spikes only

INT/SNR. LADIES 100, 200, 400, 800, 1500, Shot, Discus.

JNR. LADIES 100, 200, 800, L.J.

U/13 LADIES 100, 200, 800.

U/11 GIRLS 80, 600.

JNR/SNR. MEN 100, 200, 400, 800, 8000, Shot, Javelin, 400H.

YOUTHS 100, 200, 800, 1500.

BOYS 100, 200, 800, L.J.

COLTS 100, 200, 800.

U/11 BOYS 80, 600.

Entry 30p per event. To: Mrs. C. Brown, 65 Dore Avenue, North Hykeam, Lincoln. S.A.E. for further details. No finals — no prizes.

**JUNIOR
ROAD RUNNERS
GRAND PRIX****ROUND TWO**

(Under AAA/WCCA Laws)

Pontins Morecambe**APRIL 15th, 1984****First race 12.00 noon prompt**

Entry fee £1.

Trophies for 1st, 2nd and 3rd in each race. Medals for all finishers.

1. Girls 8/9/10	1M	6. Boys 12/13	2M
2. Boys 8/9	1M	7. Girls 15/16	2½M
3. Girls 11/12	1½M	8. Boys 14/15	2½M
4. Boys 10/11	1½M	9. Boys 16/17	3½M
5. Girls 13/14	2M		

Send full name, date of birth, address, Club or school and your registration card if you have taken part in the first race in the series, together with an SAE for the return of your race number etc. to: JUNIOR GRAND PRIX, P.O. Box 603, Longridge, Preston, PR3 3RU.

Closing date: April 8th

Cheques and P.O.'s payable to JUNIOR GRAND PRIX.

**MCAAA
DECATHLON &
OPEN DECATHLON**

(Under A.A.A. Laws)

5th/6th MAY, 1984**At Birmingham Alexander Stadium,
Perry Barr, Birmingham**Entries to: A. Lindop,
Stanley Grove, Baddeley Green,
Stoke on Trent, Staffs.

Entries close: 30th April, 1984

**ALSO 3000m Youths and
3000m Junior Championships and
10,000m Senior Championship.
(Midland Championships)**

(Under A.A.A. Laws)

Entries to: M. Millington,
Hon. Promotions Secretary,
MCAAA, Devonshire House,
High Street, Deritend,
Birmingham B12 0LP.

Entries close: 30th April, 1984

TRIBUTES TO NORMAN COBB

Norman had been associated with amateur athletics for very many years and he gave voluntarily a great deal of his time, energy and expertise. He was an excellent official, administrator and a particularly good committee man. As Hon. Secretary of the British Coaching Scheme he steered it through more than fifteen years of development, being responsible for many important progressive changes.

His efficiency and friendliness were greatly appreciated by coaches and athletes alike, especially on the occasions when he was appointed to administer major international teams such as the European Championships of 1978. Many National Coaches found in him a firm friend who dealt with their affairs with enthusiasm, commonsense and understanding. Above all he stood four-square for all that he considered to be right and of good, and he worked unsparingly to lay the foundations for all the advantages that British Coaching enjoys today.

Our condolences to his daughter Krys and her family.

John Le Masurier & Denis Watts

We would be grateful for the opportunity of using the columns of 'AW' to record our sorrow at the death of Norman Cobb. Similarly, we would wish to extend our appreciation to a man who had the interests of Zimbabwean athletics very much at heart.

The AAA of Zimbabwe, and the old Rhodesian AAU, through its officials and coaches, always maintained friendly and cordial relations with the BAAB and its coaching fraternity. We have for many years been supporters of the Loughborough Summer School. Norman paid a very positive role in fostering that relationship. He visited this country on a number of occasions and helped in many matters pertaining to the administrative and coaching well-being of our sport. One occasion he helped in the co-ordinating of a small team to compete in much sought after competition in the UK.

We owe a great debt to Norman and whilst we continue to work closely with the BAAB in the planning of our future, we will always remain eternally grateful for the inspiration and untiring support given by Norman.

We extend our deepest sympathies to his family and the UK athletic fraternity generally.

R. W. Tait,
President, AAA of Zimbabwe

I. L. Harries,
Director of Coaching,
AAA of Zimbabwe

Book Review

"The Unique Double", by George McNeill. Privately published. £6.00. Available from the author at 39 Winton Place, Tranent, East Lothian, Scotland.

With the recent success of the American Kipper Bell in the famous New Year sprint in Edinburgh, the first from his country to win this 114-year-old event, added interest is given to the autobiography of one of professional sprinting's greatest sons. George McNeill signed for Hibernian FC at 16 and the £4 per week he received debarred him for ever from the amateur tracks. And what a great loss that was.

He won the Centenary Powderhall Sprint in 1970 under the guidance of Jim Bradley, for whom the now-famous speedball was a prime training aid. The following year he came second from the scratch mark behind Wilson Young, now one of Scotland's leading sprint coaches.

McNeill ran 11.14 for 120y (10.2 at 100m) in 1970, but by now the only sporting outlets open to him were Rugby League, which did not appeal to him, or the Australian professional running circuit. Many expensive and frustrating forays were made down under before he achieved his "unique double" in winning the 1981 Centenary Stawell Gift Sprint, Australia's equivalent of Powderhall, and he thus became the first man ever to win both events.

Such a talent as McNeill could clearly have graced a track with the finest sprinters of his day. That the chance was denied him is a source of regret, but never of bitterness for this mild man. He does not say that he would have become Olympic champion, only that his 'crime' might have been forgiven as it undoubtedly will be for those who follow a similar path in future. This book, like the eighty year old memoirs of A. R. Downer reviewed recently in these pages, gives a fascinating insight into a neglected part of British athletics, but one which can clearly deliver very special goods.

Eric M. Macintyre

DALEY'S UP AND DOWNS

12.2. Toronto. Indoor Pentathlon (55mH, LJ, SP, HJ, 1000m): 1, Dave Steen (Can) 4108 (world best) (7.81, 7.34, 13.13, 2.02, 2:32.23); 2, DALEY THOMPSON 4097 (7.70, 7.61, 15.55, 1.90, 2:42.19); 3, John Crist (US) 3887.

17.2. Canyon, Texas. Indoor Pentathlon (events as above): 1, THOMPSON 4219 (world best) (7.48, 7.68, 15.34, 2.03, 2:44.93); 2, Orville Peterson (US) 4102 (7.52, 7.55, 14.31, 2.12, 2:53.84); 3, Crist 4050.

2.3. Daley City, Calif. Indoor Triathlon (55mH, LJ, 300y): 1, Mike McRae (US) 2758 (7.6, 7.54, 35.8); 2, THOMPSON 2748 (7.6, 7.29, 35.2).

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ATHLETIC EVENTS

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BIRMINGHAM PRISON A.C. Presents

The Second Annual

WINSON GREEN '4'

(Under AAA & WAAA Rules. AAA Permit granted)

SAT., 30th JUNE, 1984, 2 p.m.

Entry Fee: £1.00 or £1.50 unattached.

Prizes: 1st 10 Senior Men, first 3 Ladies, first 3 Young Athletes. "GOVERNOR'S CUP" to winning team (6 to run, 4 to score). Current holders: Tipton Harriers. 1983 Ind. Winner: David Black.

Entries close Saturday, 9th June

Entries to: Mr. P. S. Carroll, 27 Weston Road, Bearwood, Warley, W. Mids. (Cheques payable to Birmingham Prison A.C.) S.A.E. for route and changing accommodation details please.

LYSAGHTS SPORTS & SOCIAL CLUB

Holton Le Moor, Lincoln.

FIRST 12 MILE ROAD RUN

Over the Lincolnshire Wolds

SUNDAY, 29th APRIL, 1984. 11 a.m.

(Under AAA & WCCA Rules)

First class awards to the winners of four AAA categories, plus prize for first Lady and Gent Non Members.

Medals to all finishers

The Club is situated on the main A.46 between Grimsby & Market Rasen.

Further details: Mr. D. Favill, Raywood House, Nettleton, Caistor, Lincoln. (0472) 851303. Closing date: 10th April.

YEOVIL OLYMPIADS A.C.

**Alterations to Diary, 1984
Due to Track Re-surfacing
Early Summer
Many apologies.**

- 15th APRIL:** Albi Lopane M.M.
CANCELLED
- 28th MAY:** Bank Holiday Games.
CANCELLED
- 28th MAY:** YEOVIL '10' &
ROAD WALKS at 2.00 p.m.
- 2nd JUNE:** Minor's Meeting
POSTPONED
- 27th AUGUST:** YEOVIL GAMES
- 1st SEPT:** MINOR'S MEETING

CITY OF HULL

OPEN GRADED MEETING

(Under WAAA/AAA Rules)

SAT., 14th APRIL, 1 p.m. start

Costello Athletic Track

Entry Fee: 40p per event.

Entries to: Mr. N. Escreet, 141 Booth Ferry Road, Hessle, North Humberside, by 4th April.

BERKSHIRE COUNTY AAA & WAAA

1984 TRACK & FIELD CHAMPIONSHIPS

SAT. 19 MAY/SUN. 20 MAY

Palmer Park, READING

For details send S.A.E. to

Men

Mr A T Killbery
8 Beverley Close
Thatcham
Berkshire

Women

Mr B Bacon
78 Ellis Road
Crowthorne
Berkshire

Entries close 5 May

TELFORD ATHLETIC CLUB

NEWPORT NINE (Km) ROAD RACE

(Under AAA & WAAA Laws)

18th APRIL, 1984

Start 7.00 p.m.

Entry Fee: £1.00. £1.50 unattached.

To: G. Mason, 15 Gravelly Drive, Newport, Shropshire (With s.a.e. for details).

Closing date: 14th April, 1984

FORTHCOMING EVENT: See A.W. 24.12.83.

Portishead Area Sports & Leisure Action Group

EASTER ROAD RACES

**Good Friday, April 20th, 11 am
at Lake Grounds, Portishead, Avon**

1. MENS & WOMENS OPEN INDIVIDUAL RACE — 3 MILES

Awards: 1st 10 Runners, 1st Vet O/40, 1st 3 Women, 1st Vet O/50. Entries: Individuals £1.

2. OPEN BUSINESS HOUSE & NON ATHLETIC CLUB TEAM RACE — 2½ MILES

Teams 4 to run 3 to score. Awards: 1st 10 Runners, 1st 3 Teams, 1st Ladies Team, 1st Local Team, 1st School Team.

First Team to hold Portishead Sports Shield

Entries: £3 per Team, School Teams £1.50, Ind. £1.

3. OPEN FAMILY FUN RUN — 1½ MILES

Awards: 20 Medals for Lucky Placings. Certificates to all finishers.

Entries: Family (2 adults, 1 child) £2, Ind. £1. U/15 50p.

Entry forms from: J. Gamlin, 6 Meadows Close, Portishead, Avon BS20 8BU. Close Wed. 11th April Late 50p extra.

Co-Promoters Clevedon A.C.

THE UNIQUE

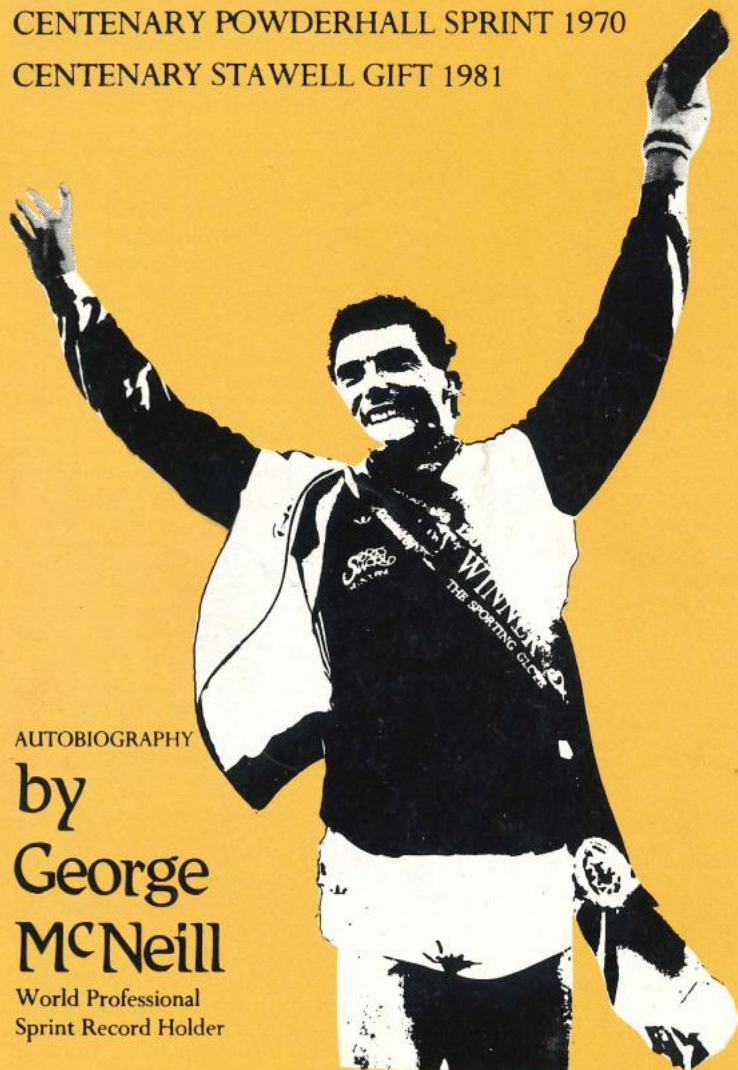
CENTENARY POWDERHALL SPRINT 1970

CENTENARY STAWELL GIFT 1981

AUTOBIOGRAPHY

by
**George
McNeill**

World Professional
Sprint Record Holder



The *Unique Double* tells the remarkable and often controversial story of a Scottish professional sprinter who became the fastest man in the world. Banned from amateur athletics because of his semi-professional status as a footballer with Hibernian, Morton and Stirling Albion, George McNeill took up sprinting seriously under the guidance of Edinburgh professional coach, Jim Bradley, in 1969. On New Year's Day, 1970, he won the Centenary Powderhall Sprint and later that year set a new World Professional Sprint Record for 120 yards, clocking 11.14 seconds.

For the next eleven years George McNeill continued to run world class times, whether in his tremendous 1972 victory over Mexico Olympic Champion Tommie Smith or through the competitions in the converted cow paddocks and rugby fields that make up the professional sprint circuit in Scotland. His story also covers the attempts he repeatedly made, despite recurring illness and injury, to become the first professional sprinter to couple victory in the Stawell Gift — Australia's most prestigious race — with his Powderhall title. In 1981, at the age of 34, George McNeill won the coveted Stawell Gift title in its Centenary Year — thus making it a truly Unique Double in the world of professional athletics.

In a period of immense changes in the structure of world athletics, *The Unique Double* provides a valuable insight for all those with an interest in sport.

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