

athletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
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MAY 13th 1978

Vol. 32 No. 19

18p

MARATHON RUNNING SPECIAL

* Interview with
Bill Rodgers (USA)

* AAA Marathon
— Full Details



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ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, May 13th: County Championships — Recommended date; RWA National 20km Walk Champs, Coventry; Scotland v Wales v Greece v Luxembourg (M) & Scotland v Greece v Luxembourg (W), Athens (2nd day); Scottish Decathlon Champs, Grangemouth (1st day); Oxford v Cambridge, Oxford; Scottish Universities Champs, Riccarton; Ben Lomond Fell Race (Cat: A/8M); Duddon Fell Races (23M-1st day); Croxdale '10' (Inc Northumberland & Durham Champs), Spennymoor; Rotherham Borough Council Sports; Loughborough Students Graded Meeting; Scottish YMCA Champs, Carlisle; Gourrock Highland Games.

Sunday, May 14th: Scottish Decathlon Champs (2nd day); Duddon Fell Races (14M-2nd day); Darwen Moors Fell Race (Cat: B/11M); Crewe '7'; Bromsgrove & Redditch Taurus Relays; Wansbeck Festival of Sport, Ashington; Scottish League, Cotbridge; Scottish & North Western League, Meadowbank; North Eastern League, Dundee; Lancashire 10,000m Walk

Champs; Sussex 3000m Walk Champs.

Monday, May 15th: Scottish Young Athletes League, Riccarton; Adkin Schools Challenge Meeting, Oxford.

Tuesday, May 16th: Renfrewshire Track League, Greenock; Lanarkshire League, East Kilbride.

Wednesday, May 17th: AAA U/20 v Borough Road College, Crystal Palace; Oxbridge v Midland AAA v SCAAA, Oxford; Highgate H Open Meeting, Parliament Hill; SCAAA Open Meeting, Aldershot; Open Meeting, Cwmbran; NI League Meeting, Mary Peters Track; Rosenheim League (East, Tooting/West, Wimbledon); George Ramsay Memorial 4M Walk, Carshalton; ULAC v Kent v Essex (incl invitation PV), Motspur Park.

MIDLAND CHAMPIONSHIPS

In addition to the events advertised, the MCAAA are including a 20km road walk at their championships at Alexander Stadium on June 3rd. Entries to K. Smith, The Latch, Hollybush Lane, Priors Marston, near Rugby.

Cover photo by Tim Pike

Marathon Special

INTERVIEW WITH BILL RODGERS

Bill, you left university in 1970 — you ran 8.58 for 2 miles that year — and then we didn't really hear anything more of you until 1974 when you ran a 2:19 — odd marathon. What happened in those 3 or 4 years; did you do any running?

Yes, I started in, I'd say, mid-72, and not because of Frank Shorter either! I had started up then for a lot of different reasons, including health, and since I had started doing some exercising, just the old feeling of being fit again. So I slowly built my mileage up and probably what helped me a lot was that I lost my job, so I had a lot of time to train for a year between 72 and 73. I saw the Boston Marathon being run all the time, you know, because I live right near it, so I decided to aim for that — so that's how I got back.

When you were at university, did you think of marathons?

No.

You were just a miler and two-miler?

Yes, mainly the two-mile, but I was never even fast enough for that. My room-mate in 68 won the Boston marathon, a guy named Amby Burfoot, but I had no desire . . . I ran in one or two road races until I was about 25, just a couple.

The world's most consistently fast marathoner in conversation with Mel Watman at Glasgow in March . . .

So, your big break-through internationally came in March 75 when you were third in the IAAF cross-country in Morocco. That surprised a lot of people. Did it surprise you?

You could say so! I couldn't believe it . . . still find it hard to believe . . . had a good race, you know . . .

One of those races where everything just clicked into shape?

Yes, everything just kind of clicked and it was an unthinking sort of a race, you know, where I just moved and it happened fortunately to go well. I wasn't too fast or too slow, didn't get tripped or anything, and I had done a lot of indoor training for track that year and that helped me a lot, I think.

About a month after the Moroccan race you won the Boston in 2:09:55. How did you manage to improve 10 minutes in the space of one year?

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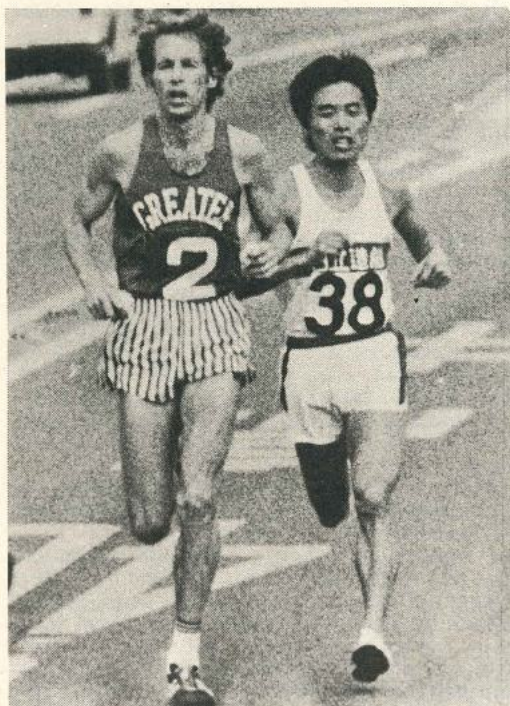
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Bill Rodgers (2) shares the lead with Sakamoto of Japan at 31km in last December's Fukuoka Marathon, which Bill won in 2:10:55.

I think it was partly that I continued uninjured, but probably mainly that I did more speed work. You know, 4:55, sometimes 4:45, maybe even a little better, repeat miles and stuff. Bill Squires had us doing repeats; we might run something like 6 or 7 or 8 repeat miles on the track at around 4:45 pace.

What sort of recovery in between?

We had a pretty long recovery, like 4 or 5 minutes jog in between.

So it wasn't really a question that you just put your weekly mileage up an awful lot...

No, though in January 75 I did run a week for the first time, just experimenting. I went up from 140 to 200.

What sort of physical and mental effect did that have on you?

I felt good knocking it off, but I went right back... one week, that was it...

Can you conceive of anybody doing 200 miles a week, week in, week out?

I can't.

In that 1975 Boston Marathon I seem to recall reading at the time that you stopped at certain points.

I stopped for water and I stopped to tie my shoe.

So how much time did you lose?

Not much really. Someone told me I was on 2:09:12 pace, like I guess with 5 miles to go, but I slowed up. But it was an incredibly ideal day; wind at your back and it is a downhill course, you know.

Although there's still "Heartbreak Hill", isn't there?

Yes, the hills are there and Boston's a tough course if it's hot out or if there's not a cloud — because there's no shade on the course. But if it's shady and cool you can move on that course.

Are you disappointed that your time that day (2:09:55) is still your best time?

I am disappointed that that's my best time, but I feel that actually my 2:10:10 in New York in 76 was really a better quality effort. I didn't have the wind in my back, which has to be a pretty big factor. I was pushing all the way, so I think it satisfied me better, but I still want to break my personal record.

In 76 you seemed to be shaping up as a potential Olympic medallist, perhaps even Olympic winner, but you got yourself injured. Was this after the US marathon trial, where you were second to Frank Shorter?

Frank beat me there pretty easily... I tightened up, and got cramps. What happened was I had a chronic problem in the bottom of my foot and I ran the Olympic 10,000 trial in June, and after that my foot really hurt a lot more, so I didn't do any speed work. That's why I was really hurting in Montreal. I wasn't ready to run a fast race.

Were you actually hurting in the Olympic race itself or was it just that you weren't fit?

No, it wasn't painful during the race, but my foot hurt me a lot right up to the race, it really ached. I was training in the wrong shoes; I switched shoes, you know.

That must have been a very dispiriting experience in the Olympic Games...

Terrible.

You did well to finish, all things considered. Have you dropped out of many races?

Yes, I dropped out of a fair number of races. Boston, twice, including the first marathon I ever ran. I dropped out of Enschede 75. That was because I just got there the day before, I was getting married and moving apartments and had got a new job. So a lot of things hit me the same time, you know, though I don't like the hot weather either.

Coming back to the Olympic race, did you rate Cierpinski as a possible winner?

I knew that the three East Germans were something like 2:12 Cierpinski, then 2:13 and 2:13 — I knew they had a fantastic team, though I hadn't heard of them until their trial. I knew that there were a lot of good runners in Montreal, but there's always good runners in a race. That doesn't bother me; all I'm concerned about is if

I'm fit, if I feel really good. That's the main thing.

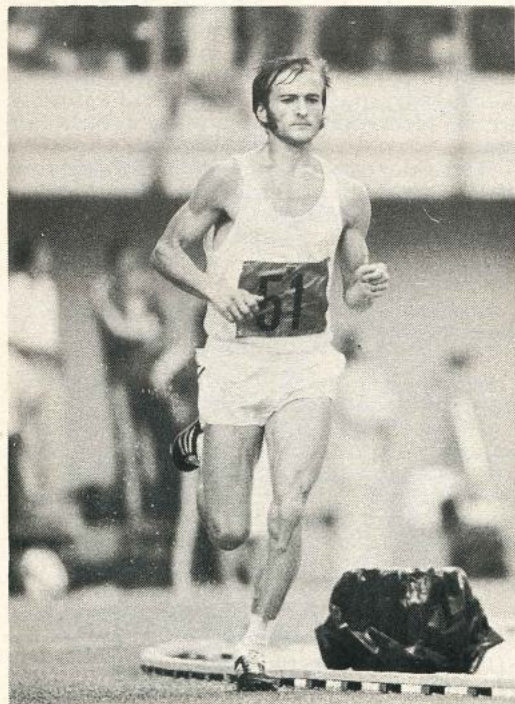
Do you approach a marathon as a sort of man against man confrontation or do you just run your own scheduled race regardless of what anybody else is doing?

Sometimes I've tried to just bust away, and ultimately I always try to do that, but I'm tending more and more to think 'don't go out and try and lead and run for a certain time; you have to race the competition.' The marathon can nail you too easily. I had too many stupid races, you know, where I went out and got nailed. You have to hang back with the pack, if the pace is good. I think it's smart to stay back. It's like Shorter said a long time ago — "the early leader never wins". I think he almost never does.

You've had a fantastically consistent record over the last 2 or 3 years. I doubt if any marathoner has knocked up as many quick times as you have.

Well, I got carried away a little this last year. I ran a lot of marathons, but not as many as Ron Hill, I don't think!

Later in 76 you beat Shorter in the New York Marathon in 2:10:10. Was that confirmation to



"I thought on the Olympic course, combined with the humidity, that Cierpinski's time is the finest quality marathon ever run".

George Herringshaw

you that you might possibly have won at the Olympics had you been healthy?

I don't think I would have won it. Cierpinski's time was faster. I thought on the Olympic course, combined with the humidity, that Cierpinski's time is the finest quality marathon, ever run. I thought the humidity had to take a lot out of anybody, and the course wasn't easy, so I was pretty impressed by that. But it's strange that he hasn't come back since then.

Now you've also run some very fast times at shorter distances on the road and track. What really is your favourite distance?

I like the longer distances like 10-15 miles, or 20-30 kilometres. I think I'm more effective at those distances; once it gets down, even in the 10,000, there's a lot of people who can nail me. But I want to run 10,000's this year; I want to get in some races in Europe. I feel I could get under 28 if I got in a good race, got pulled along — I hope!

Does the thought of running a marathon still create problems for you? Is it a big challenge each time you line up for a marathon?

It's only a big challenge, I think, if I'm not that sure of my condition. Like last year at Boston (where I dropped out at 20 miles), I was walking around saying I had forebodings of doom and I knew I wasn't in shape. I had done no speed work, it was just like Montreal, because I was injured twice the previous 2 to 3 months. I had good mileage, 155 a week for 7 weeks, then Drayton showed up and I knew I would have to go out hard. And that was my doom, because I felt I had to push it. There was no winning unless Jerome was out of the way, so that was that.

Which race overall has given you most satisfaction?

I'd say for a marathon, winning the 1975 Boston is still the biggest thrill in my running. The third place in Morocco was nice. Both were very unexpected, and New York in 76 was a good one for me, too.

Do you think one day you might try for something like the world 30km track record?

Yes, I'd like to . . . Jim Alder, 1:31:30 I believe? Not a bad time.

Do you think you can run under Clayton's time (2:08:34) in the marathon? Just how formidable a target is 2:08?

I don't think to hit in the two-eight's is that formidable; no, because Ian Thompson has run 2:09:12, Ron Hill's got 2:09:28. Then Sou just went 2:09:06. He was way under the record I guess for a while. I think maybe what I would have to do to hit it would be to cut off the racing more and just aim for training hard. I think Fukuoka would be a good course to do it on. I don't think it could be done in New York City now. They've changed the New York course. The first year in 76 was an easier course.

But if you get that following wind in the Boston, it's a possibility?

Yes, I would say that's possible, I don't see why not. You never can tell.

Clayton did his time in 69 and all the distance records have been shattered since then, so you wonder why that one is still there.

Because, I guess, he was pretty outrageous, ahead of his time in some ways. Though actually if you look at the top times . . . at Fukuoka ten years ago the times for the top 6 or 7 are just the same as they are now. So they really haven't improved . . . there's more people, maybe, in overall quantity in the world running faster times, but the fastest people are not any faster. I don't know why it is. Maybe there hasn't been enough scientific work on it. Also they need more meetings of the top people. I mean you can run 10,000's and 5,000's a lot more frequently than you can a really good marathon; you only get one or two, maybe three shots a year at a really good marathon, so really you're limited.

You were quoted in 'Track & Field News' as saying you didn't think 78 was going to be your year, but you'd be back in 79. Do you still think that?

No. What happened was after Fukuoka or even prior to it, I was coming down from being in really good shape. For a while there I was on 100 miles a week and I usually like to hit about 130 or 140, so I think I lost some of my edge for about two months. Since then I've been trying to pick it back up. I'd like to get a personal record in the 10,000 this summer.

What actually is the Bill Rodgers Running Center? Is it a shop?

It is a shop and a project as well, because we sell running gear and also we have a clinic every weekend and we deal with every aspect of running.

Is it located in Boston?

Yes, it's on the marathon course, about 4 miles from the finish. We've got Fun Runs going from the store and also we're trying to get a lot of equipment to measure cardiovascular fitness, stuff for blood tests, the whole works. I'm not doing that end of it, but there's a fellow working in the store who's a physiologist and he's working through the Olympic Committee. Whatever is going on with running we want to be part of it.

Are you basically in favour of marathon running for women?

Oh yes. I think the way their record is coming down is very interesting. Someone asked me if I thought a woman would break 2:20 in the near future. I don't know if women ever will. I suppose possibly . . . but for some reason it seems strange in my mind to think of women breaking 2:20.

Finally, can you just give me an idea of what your average training week is, if you have an average training week?

I'd say pretty much about 95% is done on the roads and usually around 6:30 mile pace. In the fall, the summer and the spring I usually do more

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"I'm in good shape if I can go 20 in the morning and 10 in the afternoon, or vice-versa".

track work. I try to hit the track like once a week, unless I race. In terms of the track workouts they would be stuff like repeat half miles or $\frac{3}{4}$ miles or miles at usually maybe faster than race pace, with a 3 minute jog in between the miles. One workout I was doing last summer was run $\frac{1}{4}$ mile, jog 200, run $\frac{1}{2}$ mile, jog 200 . . . and I'd do 6 of each. But I've never done really intense track work like a lot of people do. Ultimately I might; last summer I did some faster half miles, and I'll try for more this year. I run sometimes in the woods, trails — stuff like that — and that's pretty much about it. On the road I generally try to hit around 20 miles a day — two sessions a day. Usually one around 11-13 miles, the other 8-10.

And do you, like many British runners, cover around 22 miles on a Sunday morning?

I usually do. I think I need 140 miles a week to be competitive. Sometimes, to get ready for a marathon, I think I have to go even higher. I know I'm in good shape if I can go 20 in the morning and 10 in the afternoon, or vice versa, like once a week for a period of five to six weeks building up to a marathon.

Have you been doing that lately?

I did maybe two of those in the past month and a half. My training hasn't been as intense for Boston this year, or this race (Glasgow), as in 1975. Maybe if things don't go well in this race or Boston I'll aim for a 10,000 outdoors and then try to run a good marathon at New York or Fukuoka. I think Fukuoka is where the good marathons could come. It's strange also that Clayton's time hasn't been beaten on that course either — 2:09:36. But I've also heard rumours that when he ran that time it was 200 metres short, so put it around 2:10 — right on Jerome Drayton's time. But it's definitely a course 2:10 should be busted on . . . it should be down in the low two-nines. We'll see what happens.

Bill Rodgers was born in Connecticut on December 23rd 1947. He is 1.74/5'8½" tall, weighs 58kg/128lb, is married and runs for the Greater Boston Track Club. His coach is Billy Squires, who also coaches Rodgers' clubmate Randy Thomas (2:11:25 in the 1978 Boston).

Personal bests: 2M — 8:53.0 (1975), 3M — 13:25.2 (1976), 10,000 — 28:04.4 (1976), Mar — 2:09:55 (1975). Annual progress at marathon: 1973 — 2:28:00, 1974 — 2:19:34, 1975 — 2:09:55, 1976 — 2:10:10, 1977 — 2:10:55, 1978 — 2:10:13.

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ROAD RUNNER EXTRAORDINARY —

The Career of Bill Rodgers — by Mel Watman

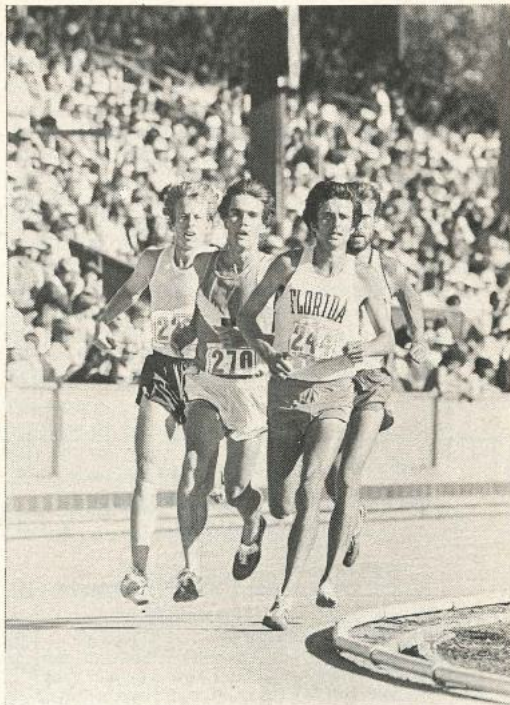
IT was not until his final year at Wesleyan University, Connecticut, in 1970 that Bill Rodgers — then 22 — began to show real promise as a runner. That season he improved his best time for 2 miles from 9:23.0 to 8:58.8 . . . and then promptly retired! After leaving college he registered as a conscientious objector and, as an alternative to military service, he worked in a Boston hospital for some time. Later he worked with retarded children.

He kept in shape, though, and in February 1973 he made his racing comeback as a road runner, clocking 1:44 for 20 miles. He was now on the way to discovering his forte and two months later he lined up at Boston for his marathon debut, hoping for a time around the 2:25 mark. It proved to be less than an earth-shattering start to a phenomenal career in the event: he developed stitch after a mile and, after having to stop several times, he dropped out at the 21-mile mark. However, he salvaged the year by winning his first AAU national title (20km road) in September and clocking a 2:28 marathon the following month, covering the final 8 miles at 2:20 pace.

Rodgers' second crack at the Boston classic in 1974 resulted in his finishing 14th in 2:19:34, Irishman Neil Cusack winning in 2:13:39. Bill paid the penalty for starting too fast in chasing after Cusack and his legs began to cramp up at 18 miles. He was forced to make several stops before the finish. On the track that year he improved his 3 miles time from 14:32 to 13:49 and clocked 28:34.2 for 6 miles.

It was in 1975 that Rodgers made the transformation into a world class runner. He created a sensation by taking third place in the IAAF cross-country championship at Rabat (that was the year Ian Stewart won the title ahead of Mariano Haro, with John Walker fourth), and a month later it was a case of third time lucky at Boston — and how! Prior to the race he was hoping to improve his time to 2:16 . . . in fact he won in an American record of 2:09:55 (4:57.3 mile pace), and that despite stopping a number of times to drink ("I know everyone thinks I'm crazy to stop but I think it helps me; if I don't stop I can't drink") plus a 15-20 second delay while he halted to tie a shoe lace. His initial reaction to the time: "This is absurd, ridiculous. This course must be short". He dropped out of his next marathon, at Enschede in August (won by Ron Hill in 2:16:00), but confirmed his world ranking status in December by placing third at Fukuoka in 2:11:26 behind Jerome Drayton (Can) 2:10:08 and Dave Chettle (Aus) 2:10:20.

One of Bill's most notable runs occurred in March 1976 when he won the AAU 30km road title from Schenectady to Albany, NY, in 1:29:04 — as compared to Jim Alder's world track record of 1:31:30.4. Averaging 4:46.8 per mile overall for the 18.64 mile race, he passed 10 miles in 49:06 before stepping up to 4:43 miling for the next 5 miles (15M in 1:12:23) and 4:35 speed for the final 3.64 miles! His track speed was developing nicely too, for despite entering for the US Olympic Trial at 10,000 (a) to see the meet and (b) to try simply for a personal best he almost made the team in that event. Only in the final straight did he lose third spot to Garry Bjorklund, and he reduced his personal best from 28:33.6 to 28:04.4. He won his berth for the Olympic marathon by placing second to Frank Shorter (2:11:51) in 2:11:58.



Bill Rodgers (far left) running in the American Olympic 10,000m Trial where he ran a personal best — 28:04.4 — behind Frank Shorter (244), Craig Virgin (270) and Gary Bjorklund.

Don Chader

"I never had to gut it out so hard at the end of a race"

WORLD ALL-TIME LIST

2:08:33.6	Derek Clayton (Aus)	Antwerp	30 May 1969
2:09:05.6	Shigeru Sou (Jap)	Beppu	5 Feb 1978
2:09:12.0	Ian Thompson (UK)	Christchurch	31 Jan 1974
2:09:28.0	Ron Hill (UK)	Edinburgh	23 Jul 1970
2:09:55.0	Bill Rodgers (USA)	Boston	21 Apr 1975
2:09:55.0	Waldemar Cierpinski (GDR)	Montreal	31 Jul 1976
2:10:08.4	Jerome Drayton (Can)	Fukuoka	7 Dec 1975
2:10:15.0	Jeff Wells (USA)	Boston	17 Apr 1978
2:10:20.0	David Chettle (Aus)	Fukuoka	7 Dec 1975
2:10:30.0	Frank Shorter (USA)	Fukuoka	3 Dec 1972

THE FASTEST MARATHONS

2:08:33.6 Clayton	30.5.69	2:10:13.0 Rodgers	17.4.78
2:09:05.6 Sou	5.2.78	2:10:15.0 Wells	17.4.78
2:09:12.2 Thompson	31.1.74	2:10:20.0 Chettle	7.12.75
2:09:28.0 Hill	23.7.70	2:10:30.0 Hill	20.4.70
2:09:36.4 Clayton	3.12.67	2:10:30.0 Shorter	3.12.72
2:09:55.0 Rodgers	21.4.75	2:10:37.8 Usami	6.12.70
2:09:55.0 Cierpinski	31.7.76	2:10:45.8 Shorter	31.7.76
2:10:08.4 Drayton	7.12.75	2:10:47.8 Adcocks	8.12.68
2:10:09.6 Rodgers	24.10.76	2:10:55.3 Rodgers	4.12.77

He looked a good medal prospect in Montreal but, not in the best of condition, he blew up after being among the leaders until 25km. He was down to 8th at 30km, 81 sec behind Shorter and Waldemar Cierpinski, and he eventually finished in agony in 40th place (2:25:15) as the gold went to Cierpinski in 2:09:55. Bill didn't stay down for long, bouncing back to defeat Shorter by over a minute in a 10 mile road race in September and winning the inaugural New York Marathon the following month in a sterling 2:10:10 — far ahead of Shorter (2:13:12) and Chris Stewart

(2:13:21). He won his next two marathons in relatively modest times — 2:14:22 at Baltimore in December 1976 and 2:14:26 at Kyoto in February 1977.

His only reverse during a glittering 1977 campaign came in the Boston in April where he dropped out at 20 miles after matching strides with Drayton (winner in 2:14:46) for 15 miles in hot, humid weather. From then on his record was flawless: he won at Amsterdam (2:12:47) on May 21st; set US track records for 15km (43:39.8), 10 miles (46:35.8), 20km (58:15.0) and the hour (20,547m or 12M 1351y) at Boston on August 9th; clocked a sizzling 54:31 in the Springbank '12' (that's 4:33 mile pace) at London, Ontario on September 25th; and finished off with three more marathon victories. He trotted round in 2:25:12 at Waynesboro on October 8th, scored in New York in 2:11:29 (with Drayton second in 2:13:53), and triumphed at Fukuoka in 2:10:55 on December 4th. He may not have distinguished himself in the Glasgow cross-country event (he was 44th), but he was back in his element at Boston on April 17th as he won a close race in 2:10:13 — his seventh clocking under 2:12!

Running in a field of 4,200 runners, it was Rodgers, Shorter (contesting the Boston for the first time), New Zealand's Kevin Ryan and

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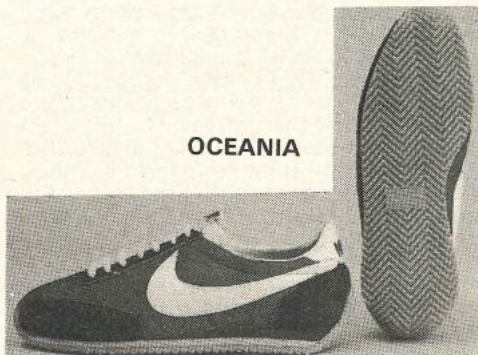
Continued on page 14

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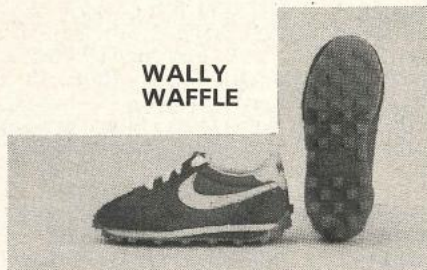
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COE SHARPENS UP

IN spite of persistent drizzle throughout, there was ample evidence that winter preparations for the major meetings ahead are going well for some people. High stepping Ernest Obeng, who aims to represent Ghana in the Commonwealth Games, posted an eye-opening 10.4 in the 100m at Crystal Palace on April 26th. It's a pity that hand timing has become somewhat devalued by fully automatic, because most UK timekeepers certainly know their stuff; and on this chilly, damp evening there wasn't much wind.

Sebastian Coe, back from training in Spain, treated himself to a 0.9 sec improvement in the 400. Passing halfway in 23.4, he was a step behind Terry Whitehead coming off the last bend, but turned on a strong finishing drive (24.6 for his second 200) to edge Whitehead at the tape in 48.0. Later he came back to make up 25m on Dave West when anchoring Loughborough in the 4 x 400 with a 47.3 split. In an exciting finish, he literally caught his man on the line. An eye-opener here was Henry Davis, who ran 47.9 on leg 3 in his first ever 400!

The hammer saw a new Northern Ireland AAA record from Mike Givran and in the javelin young Ian Marsh threw 69.52m.

Dave Cocksedge

Southern Counties 191; Loughborough 142; Oxford Univ. 67.

100: 1, E. Obeng (SC) 10.4; 2, H. King (SC) 10.9; 3, G. Davis (L) 11.0; 4, P. Lavender (L) 11.0; 5, P. Key (Ox) 11.1. 200: 1, P. Allen (SC) 21.8; 2, T. Henry (SC) 22.0; 3, Lavender 22.3; 4, A. Neves (L) 22.4. 400: 1, S. Coe (L) 48.0; 2, T. Whitehead (SC) 48.1; 3, N. Kitchen (SC) 49.7; 4, Key 49.8; 5, R. Bishopp (L) 50.1. 800: 1, S. Mitchell (ns) 1:53.0; 2, T. Hutchings (S) 1:53.2; 3, G. Long (L) 1:53.2; 4, C. Monk (S) 1:54.5; 5, D. Palmer (L) 1:54.9. 1500: 1, P. Williams (L) 3:48.2; 2, M. Prince (L) 3:49.2; 3, A. Shepherd (Ox) 3:52.7; 4, N. Allison (SC) 3:57.4. 3000: 1, G. McCallum (SC) 8:20.0; 2, P. Lee (L) 8:26.8; 3, K. Dumbleton (L) 8:30.4; 4, M. Gratton (S) 8:30.8; 5, N. Brawn (Ox) 8:34.8; 6, V. Le Grand (Ox) 8:42.2. 110H: 1, N. Gerrard (S) 15.1; 2, T. Clifton (S) 15.2; 3, A. Shiret (L) 15.8; 4, H. Moscrop (L) 15.9. 400H: 1, D. West (S) 54.2; 2, C. Richardson (S) 56.4; 3, P. Clayton (L) 57.5; 4, P. Clarkson (Ox) 58.6. 3000SC: 1, C. Reitz (S-Jnr) 9:13.0; 2, I. Logan (S) 9:26.2; 3, A. Snowden (L) 9:48.2. 4 x 100: 1, SCAA 43.2; 2, Loughborough 43.9. 4 x 100: 1, Loughborough (Thompson, Bishopp, H. Davis 47.9, Coe 47.3) 3:21.0; 2, SCAA (Richardson, Barratt, Allen, West) 3:21.0. HJ: A. Dainton (L) 1.90. PV: 1, T. Anstiss (S-Jnr) 4.00; 2, A. Baker (L) 3.60; 3, M. Daniells (Ox) 3.40. LJ: 1, H. Walters (S) 7.07; 2, K. Cocks (S) 6.98; 3, S. Clarke (L) 6.81. TJ: 1, C. Colman (S) 15.06; 2, R. McKenzie (S) 13.86; 3,

K. Clinton (L) 13.72. SP: 1, M. Winch (S) 17.69; 2, S. Rodhouse (S) 15.94; 3, I. Lindley (L) 15.20; 4, S. Biddle (L) 13.25. DT: 1, Winch 54.30; 2, B. Lynn (S) 43.68. HT: 1, M. Girvan (S) 58.44 (NIAAA rec); 2, R. James (S) 57.58; 3, P. English (L) 43.08; 4, Biddle 41.60. JT: 1, I. Marsh (S-Jnr) 69.52; 2, J. Trower (L) 58.34; 3, J. Cross (Ox) 57.56; 4, C. Harrison (S) 56.86.

SOUTHERN WOMEN'S LEAGUE

(Division One)

At Ewell, April 22nd

Borough of Enfield 166; Portsmouth 153; Epsom & Ewell 149; Plymouth 141; Southampton & Eastleigh 119.

200: 1, J. Davies (Ply) 25.6; 2, D. Roberts (BoE) 25.6. 400: A. Dunn (E&E) 57.4. 800: 1, S. Jones (Ply-I) 2:11.6; 2, E. Harding (E&E) 2:13.5; 3, S. Trott (Port) 2:15.9. 1500: 1, S. Ludlam (Port) 4:35.7; 2, J. Trood (Ply) 4:47.8. (B): W. Purser (Port) 4:42.8. 3000: 1, P. Yule (Port) 9:26.0 (League rec); 2, P. Cox (BoE) 9:46.6; 3, A. Blake (Ply) 10:13.4. (B): Tierney (BoE) 10:20.0. 100H: 1, V. LeMoignan (S&E) 15.4; 2, C. St John (E&E) 15.7. 400H: 1, LeMoignan 64.2; 2, B. Corbett (E&E) 65.6. (B): L. Lewis (S&E) 67.8. HJ: 1, C. Mathers (BoE) 1.63; 2, S. Grady (Port) 1.60. LJ: Davies 5.66. SP: 1, E. Tinkler (BoE) 11.04; 2, L. Rice (E&E) 10.73. DT: 1, J. Curtis (S&E) 37.36; 2, K. Phillips (E&E) 35.06. JT: 1, Rice 40.84; 2, D. Dilloway (Ply) 35.88. 4 x 100: Southampton & E 49.8. (Juniors) 800: L. Smith (Port) 2:24.3. DT: A. Roat (BoE) 28.90.

At Rochester, April 22nd

Southend 168; Cambridge H 153½; Oxford 151; Medway 145; Luton 111½.

100/200: R. Richards (S'end) 12.5/25.6. 400: P. Newnham (Ox) 59.3. 800: G. Penny (Camb H) 2:13.8. 1500: Penny 4:32.4. (B): J. Smith (Camb H) 4:40.4. 3000: K. Young (Ox) 10:51.6. 100H: A. Simmonds (S'end) 14.6. 400H: 1, Newnham 65.6; 2, T. Tanten (S'end) 66.6. (B): B. Lock



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(S'end) 66.8. HJ: L. Chilton (S'end) 1.60. LJ: Simmonds 5.73. SP: 1, M. Tree (Med) 11.75; 2, Y. Fountain (S'end) 11.64. DT: 1, V. Redford (Camb H) 44.64; 2, Fountain 33.60. (B): I. Duffin (Camb H) 33.64. JT: 1, Fountain 45.40; 2, G. Hodges (Lut) 36.64. 4 × 100/4 × 400: Southend 50.1/4:03.2. (Juniors) 800: C. Mole (Med) 2:24.7. 1500: F. Rider (Camb H) 5:02.4.

At Carshalton, April 22nd

Mitcham 171½; Essex LAC 153; Verlea 146½; Bedford 131; Bournemouth 128.

1500: C. Brace (Ver) 4:46.2. 3000: 1, K. Harvey (B'mouth) 10:24.4; 2, M. Thompson (Ver) 10:34.4. 100H: S. Dalgoutte (Mit) 15.1. (B): M. Chung (Mit) 15.8. 400H: Dalgoutte 65.9. (B): W. Humphreys (Ex) 68.9. HJ: 1, A. Gilson (B'mouth) 1.65; 2, K. Hagger (Ex) 1.60; 3, A. Devally (Bed) 1.60. LJ: 1, J. Frank-Lynch (Mit) 5.79; 2, Hagger 5.61; 3, H. Rogers (Ver) 5.58. (B): J. Punter (Mit) 5.51. SP: 1, J. Kerr (Mit) 14.50; 2, P. Woodhouse (Ex) 10.51. DT: 1, Kerr 44:38; 2, S. Goddard (Ver) 36.02. JT: 1, S. O'Toole (Mit) 45.74; 2, Woodhouse 37.94; 3, S. Hills (Ver) 37.72. (B): S. Wells (Ex) 36.04.

At Ilford, April 22nd

Aldershot, Farnham & Dist 157; LOAC 156; Radley LAC 151; Reading 146; Ilford 118.

No further details received.

At Bracknell, April 22nd

Chelmsford 177; Bracknell 176; Brighton & Hove 142; Middlesex LAC 121; Wycombe Phoenix 115.

No further details received.

(Division Two)

At Windsor, April 22nd

Feltham 166½; Ashford 151; Worthing 141; Windsor, Slough & Eton 131; Stevenage & NH 126½.

100: J. Martin (Felt) 11.9. 400: 1, J. Saunders (S&NH) 57.0; 2, F. Rogers (Ash) 58.4. 100H: M. Ferris (Felt) 15.6. 400H: 1, Rogers 64.7; 2, S. Lee (W&DH) 65.8. (B): S. Gilmartin (W&DH) 68.6. HJ: 1, J. Seamon (Ash) 1.65; 2, J. Browning (WS&E) 1.60; 3, Lee 1.60. LJ: K. Donovan (Felt)

5.87. (B): N. McGee (Felt) 5.45. JT: E. Stewart (Felt) 37.84. (Juniors) 100/200: A. Close (Felt) 12.5/26.5. 1500: A. Alford (S&NH) 4:32.0 (UK age-13 best). (B): D. Cutts (S&NH) 4:55.2. 75H: J. Lindsey (S&NH) 12.3. HJ: 1, K. Bachtiger (W&DH) 1.60; 2, K. Nobes (WS&E) 1.55. LJ: S. French (Felt) 5.43. 4 × 100: Feltham 51.7.

At Battersea Park, April 22nd

Barnet 163; Surrey Beagles 159; Selsonia 146; Basildon 126; Haringey 105.

1500: J. Smith (Barn) 4:28.2. (B): M. Beacham (Barn) 4:43.8. 100H: 1, A. Mensah (H'gey) 15.6; 2, L. Thompson (Sy B) 15.8. 400H: 1, Mensah 66.2; 2, Thompson 68.3. HJ: 1, J. Minnott (Sel) 1.67; 2, S. May (Sy B) 1.64. DT: M. Jervis (H'gey) 40.80. JT: 1, A. Farquhar (Sel) 48.78; 2, Jervis 38.88. (B): J. Rose (Sel) 45.50. 4 × 100: Selsonia 49.9.

At Bognor, April 22nd

Exeter 186; Bognor 163; Dartford 144; Thurrock 143; Cambridge & Coleridge 74.

3000: J. Honeysett (Exet) 10:41.6. 400H: H. Selway (Exet) 68.3. HJ: M. Keating (Exet) 1.66. SP: 1, L. Mallin (Exet) 11.57; 2, M. Lynch (Thurr) 10.97. (B): G. Gray (Thurr) 10.69. DT: Mallin 49.84. (Juniors) 1500: 1, S. Foster (Thurr) 4:57.4; 2, D. Thomas (Bognor) 4:58.8; 3, G. Eldness (Exet) 4:59.0; 4, H. Godden (Dart) 5:05.0. HJ: K. Gentry (Thurr) 1.55.

SOUTHERN WOMEN'S T&F LEAGUE

(Div 1) AFD, Bracknell, Cambridge H, Chelmsford, Epsom, Ilford, Brighton, Bedford, Luton, Essex L, Medway, LOAC, Middx, Southend, Oxford, Portsmouth, Reading, Southampton, Bournemouth, Mitcham, Verlea, Wycombe, Enfield, Radley, Plymouth. Fixtures: May 20th — Wycombe, West London, Radley College, Cophall, Brighton; June 24th — Bedford, Plymouth, Bournemouth, Luton, Reading; July 15th — Aldershot, Oxford, Vale Farm (Wembley), Brighton, Southend; August 12th — Welwyn Garden City, Harrow, Woodford Bridge, Southampton, Portsmouth; September 2nd — Woodford Bridge, Radley College, Chelmsford, Bracknell, Sutcliffe Park. Fixture secretary is V. A. Broadway, 237 Botley Road, Burridge, Southampton, Hants (Tel: 048-95 3315).

NORTH GLOUCS WOMEN'S CC LEAGUE

At Black Bridge, March 18th

(Senior Women/Final positions): 1, Swindon 30; 2, Westbury 9. (Ind): T. McBean (Swin). (Juniors): 1, S. Ryan (Bris) 9:29; 2, D. Fox (Bris) 9:30; 3, J. Stokes (Bris) 9:32. Teams: 1, Bristol 6; 2, Gloucester 15. (Final positions): 1, Bristol 29; 2, Stouport 26; 3, Gloucester 24. (Ind): Ryan. (Girls): 1, J. Presley (Bris) 6:51; 2, H. Gould (Bris) 7:13; 3, A. Presley (Bris) 7:21. Teams: 1, Bristol 6; 2, Gloucester 21. (Final positions): 1, Bristol 40; 2, Stouport 26; 3, Gloucester 24. (Ind): Gould.

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Athletics Weekly is pleased to announce the institution of the Cronus/Athletics Weekly Award to be presented monthly to a leading UK athletics personality. The award will take the form of a Cronus 2D quartz digital stopwatch, one of the top models in the Cronus range, and you — the readers of 'AW' — will have a say in who should be the recipients. Address your nominations for the first award to the editor of Athletics Weekly, 344 High Street, Rochester, Kent, ME1 1DT to arrive not later than May 20th. You can nominate an athlete for a performance of high merit, nationally or internationally, from the beginning of this year until April 30th... or for a coach or official in recognition of his or her achievements in the sphere of athletics. The final choice will be made by the editor of 'AW'.

Here, as a guide, are just some of the athletes who have recorded performances worthy of the first award in that January 1st-April 30th period: **Nick Rose** — for a series of exceptional indoor races in North America, including UK record times of 8:18.4 (2M) and 13:03.0 (3M); **Dennis Coates** — for setting national 2000m steeplechase figures of 5:24.6 (indoors) and 5:30.6 (outdoors); **Mark Naylor** — for raising the UK indoor high jump record to 2.19m, which is superior to the outdoor mark; **Keith Connor** — for a superb indoor season which included an absolute UK triple jump record of 16.54m, a silver medal in the European Championships and selection for Europe; **Sue Reeve** — for equalling Mary Rand's UK indoor long jump mark of 6.53m and placing third in Milan; **Bernie Ford** and **Mary Stewart** — for their national cross-country victories; **Mick Morton** — for winning the IAAF junior cross-country title; **Mike McLeod** — for defeating Brendan Foster in super-fast time (45:44) in the Charles Kendall '10'; **Carol Tyson** — for becoming the first British woman to break 50 minutes for the 10,000 walk in winning the national title; **Meg Ritchie** — for starting the season with a UK discus record of 60.80m; **Ian Stewart** — for his magnificent contribution to Tipton's victory in the national road relay.

Let's hear from you!

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OVETT v LIQUORI

Steve Ovett could have a tough race on his hands for his first international appearance of the season, at the Philips Night of Athletics at Crystal Palace on May 24th. He faces Marty Liquori in the 3000.

Athletes who have so far accepted for the meeting (6.30 pm start, first track event 7.15) include — **100:** Quarrie (Jam), Joe Thomas (US), Obeng (Gha), Little, Hill, Wells, S. Green; **200:** Quarrie, Thomas, McFarlane, L. Hoyte, Whitehead; **400:** Peoples (US), Sowerby (Ant), D. Jenkins, R. Jenkins; **1000:** Plachy (Cze), Coe, Spooner, Cook, Browne; **1500:** Dixon (NZ), Foster (US), Kearns, Weatherhead, Clement; **3000:** Liquori (US), Ovett, Muir, Moorcroft, Black, Simmons (subject to recovery from marathon); **3000SC:** Malinowski (Pol), Roche (US), Coates, Davies; **400H:** Kodejs (Cze), Pascoe, Oakes; **1 Mile Walk:** Pilkington (NZ), Mills, Adams; **PV:** Pullard (US), Hooper, Williams, Gutteridge; **SP:** Komar (Pol), Capes, Winch; **women's 200:** Szewinska (Pol), Lannaman, Coleyear; **1500:** Waitz (Nor), Wright (NZ), Yule, Colebrook, Newnham, Hollick; **JT:** Smith (US), Sanderson. It is anticipated that further star names will be added nearer the date.

Latest acceptances — **400:** Ray (US); **PV:** Slusarski, Klimczyk & Buciariski (Pol).

BILL RODGERS Contd from page 10

Finland's Esa Tikkanen who shared the lead after 9 miles, Drayton having dropped out injured after only 3 miles. Shorter fell back before halfway (eventually finishing 23rd in 2:18:16) and by the bottom of Heartbreak Hill Rodgers was 150y clear. It looked all over, but Jeff Wells — who had been 7th or 8th most of the way — began closing fast and at the finish there was only two seconds in it. Said Rodgers: "I never had to gut it out so hard at the end of a race. The last six miles I was just maintaining — well, I was falling apart. Jeff is known for his finish. I'm known for being strong in the middle and dying at the end. I had visions of him nipping me. I was wishing they could cut off those last 385 yards!"

Boston result: 1, Rodgers 2:10:13; 2, Wells 2:10:15; 3, Tikkanen (Fin) 2:11:15; 4, Fultz 2:11:17; 5, Thomas 2:11:25; 6, Ryan (NZ) 2:11:43; 7, Kardong 2:14:07; 8, Lodwick 2:14:12; 9, Taketomi (Jap) 2:14:34; 10, Fleming 2:14:44; 11, Durden 2:15:02; 12, Doyle 2:15:35; 13, Dimick 2:15:56... 47, KEAN (UK) 2:22:27. **Women:** 1, Barron 2:44:52; 2, DeMoss 2:45:34; 3, Killion 2:47:22; 4, Merritt 2:47:52; 5, Pedrinan 2:48:40; 6, Hearn 2:52:35; 7, De Mendonca (Bra) 2:52:50; 8, Kellar 2:52:52; 9, Hansen 2:53:10; 10, Olinek 2:53:25.

(A report and results of the AAA Marathon Championship start on page 26)

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WATCHES

RIVINGTON PIKE FELL RACE**(Cat: B/3¼ miles)****March 25th**

Mike Short set a cracking pace up the ½ mile of road at the start and opened a gap as the fell was reached. From then on the lead changed hands to the summit with Harry Walker leading John Calvert as they rounded the castle at the top with Mike Short 10y back. Calvert pulled away on the descent to win from Andy Styan who, as one spectator commented, must have dropped off the top like a stone to pip Harry Walker.

The women's race was run in foul conditions with a terrific downpour at the start, and driving rain, hail and high winds as they reached the summit. At this point Brenda Robinson had opened a small gap, and she increased her lead over Susan Styan on the descent.

P. Schofield

- 1, J. Calvert (Blackburn) 16:55
 2, A. Styan (Holmfirth) 17:08
 3, H. Walker (Blackburn) 17:10
 4, J. Norman (Alt) 17:14; 5, M. Short (Hor) 17:15; 6, M. Weeks (Bing) 17:20; 7, A. Sladen (Salf) 17:25; 8, A. Blinston (Alt) 17:32; 9, C. Robinson (Roch) 17:42; 10, B. Robinson (Kend) 17:49; 11, P. Blakeney (Salf) 17:53; 12, D. Cartridge (Bolt) 18:11; 13, R. Hill (Clay) 18:15; 14, R. Ashworth (Ross) 18:17; 15, W. Cooper (Man) 18:27; 16, S. Clegg (Salf) 18:33; 17, D. Warrender (B&F) 18:34; 18, M. Tieghe (Sale) 18:36; 19, S. Barlow (Horw) 18:37; 20, M. Foschi

- (Alt) 18:40; 21, D. Smith (Hal) 18:41; 22, S. Crimes (Horw) 18:46; 23, S. Brekall (B'burn) 18:47; 24, A. Sunter (Horw) 18:48; 25, E. Trowbridge (Dark Pk) 18:48; 26, P. Walkington (B'burn) 18:51; 27, C. Lincoln (P&B) 18:52; 28, K. Vose (B&F) 18:56; 29, D. Weir (Sale) 18:57; 30, T. Waterhouse (P&B) 18:59. **(Women):** 1, B. Robinson (Bury) 20:13; 2, S. Styan (Holm) 20:30; 3, A. Pendlebury (Bolt) 20:41; 4, G. Pile (Sale) 20:55; 5, G. Walkington (Kend) 21:58; 6, S. Pendlebury (Bolt) 22:35.

MANX MOUNTAIN MARATHON**(Cat: A/30 miles)****March 27th**

- 1, M. Short (Horwich) 4:38:47
 2, J. Naylor (Kendal-V) 4:52:26
 3, K. Taylor (Rossendale) 4:53:26
 4, P. Murray (Clay) 4:58:10; 5, B. Pickersgill (Holm) 5:04:00; 6, M. Hudson (Dark Pk) 5:22:47; 7, J. Blair-Fish (Edin) 5:24:20; 8, A. Lewsley (Dark Pk) 5:26:42; 9, B. Harney (Dark Pk) 5:34:04; 10, G. Oliver (Jnr LR-V) 5:37:52. **Team:** Dark Peak. **(Silver):** 1, D. Boxell (Jnr LR) 5:47:00; 2, S. Moyle (Clay) 5:48:24; 3, P. Simpson (Manx) 5:55:40. **(Juniors):** 1, D. Tosh (Roch) 1:56:30; 2, M. Aldersley (Oct) 1:58:17; 3, J. Bartlett (Manx) 2:07:30; 4, K. Jones (Oct) 2:08:26; 5, I. Higgins (Oct) 2:09:20; 6, B. Forth (Manx) 2:10:00. **(Women):** 1, S. Turner (Long) 2:35:02; 2, J. Haigh (Long) 2:35:02; 3, J. Moore (Manx) 2:39:25; 4, I. Corlett (Bound) 2:42:25.

LOWESTOFT ATHLETIC CLUB**JUBILEE TROPHY MEETING****SUNDAY, 25th JUNE, 1978****(Under A.A.A. & W.A.A.A. Rules)****at****DENES HIGH SCHOOL, LOWESTOFT****EVENTS**

- Minor Boys** — 100m, 200m, 800m, Long Jump
Boys — 100m, 1500m, Long Jump, Javelin
Youths — 200m, 3000m, Discus, Shot Putt
Junior/Senior Men — 400m, 5000m, Triple Jump, Shot Putt, Discus
Minor Girls — 100m, 200m, 800m, Long Jump
Junior Ladies — 100m, 1500m, Long Jump, Discus
Inter Ladies — 200m, 1500m, Long Jump, Discus, Shot Putt
Senior Ladies — 100m, 800m, Long Jump, Discus

AWARDS

Event winners to hold returnable Challenge Trophy for twelve months. Subsidiary trophies for first, second and third places to be retained.

Entry Fee: 30p per event.

Entries to: B. R. Boardley, 191 St. Peters Street, Lowestoft, Suffolk. Tel: 63591.

Block entries will be accepted — S.A.E. please

ENTRIES CLOSE MONDAY, 5th JUNE, 1978

No late entries will be accepted

Vauxhall Sports**(Under AAA Laws)****AT VAUXHALL SPORTS GROUND
PARK STREET, LUTON****SATURDAY, JUNE 10th, 1978****Commencing 1.30 p.m.****YOUNG ATHLETES RACES****EVENTS**

- 800 metres—Age 10-11 yrs.**
800 metres—Age 12-13 yrs.
800 metres—Age 14-15 yrs.
Ages as at 31.8.78

PLUS

2½ Miles Road Race (Start 4.25 p.m.)
For Age 14-15 yrs. as at 1.4.78

PRIZES

EACH RACE—Challenge Cup and Replica to winner. Plus medals to 2nd, 3rd and 4th.

Entry Fee: 25p.

CLOSING DATE 19th MAY

Entries to: Don Barden, Route 2270, Vauxhall Motors Ltd., Kimpton Road, Luton, Beds.

Andy Catton In Fine Racing Form

ANDY CATTON, fresh from a fast 47:39 for 10 miles just four days before, captured the Southern Counties 10,000m title on a chilly but dry evening at Crystal Palace on April 19th. His 29:04.6 saw him finish 100m ahead of Grenville Tuck after the pair of them had dominated the proceedings over the rest of the large field. John Bicourt had led at 1000 in 2:51.2, Catton at 2000 in 5:41.3 and Tuck at 3000 in 8:35.6. At halfway (14:25.0) with Bicourt leading just prior to stepping off the track, Catton made the first of several breaks. Only Grenville Tuck could follow, chased some 20m back by Bob Holt and Graham Tuck.

Approaching 8000 (23:16.4) Catton threw in a 68.4 lap and began to draw relentlessly away. He covered the last 2000 in 5:48.0 and his last lap in 66.4 for a comfortable win, and looks good for another half minute faster in warmer weather. Tuck held on to second as Bob Holt and Peter Clarke closed on him in the last three laps. Eleven men beat the half hour and Nat Fisher won the Veterans title immediately afterwards.

In other action, Mike Winch experimented with the 19lb shot, throwing it 16.18m to win over the highly promising Tony Zaidman; Ernest Obeng sprinted 60m indoors in 6.8 and Wendy Griffiths clocked 43.2 for the 300 hurdles (that's 57.6 pace). Luton's Ian Stewart (17) caught Ian Logan and Simon Morley napping with an explosive kick in the 1500; a boy to watch out for at this distance.

Dave Cocksedge

Southern 10,000m Championships

1, A. Catton (Ilf) 29:04.6; 2, Gren Tuck (C&C) 29:21.6; 3, R. Holt (HW) 29:26.4; 4, P. Clarke (Poly) 29:31; 5, S. Holland (Hast) 29:32.0; 6, P. Banks (Cov. G-guest) 29:34.0; 7, J. Cain (Ports) 29:36.2; 8, M. Gratton (B&H) 29:40; 9, M. Puddifoot (TVH) 29:40.2; 10, P. Norell (H'gey) 29:41.2; 11, N. Brawn (Inv) 29:47.8; 12, C. Bunyan (S&E) 30:03.8; 13, G. Seward (Exeter) 30:09.8; 14, G. Nicholson (Croy) 30:39; 15, K. Bell (Wy Ph) 30:49; 16, A. Etchells (Ilf) 30:50; 17, P. Griffey (S&E) 30:59; 18, S. Speller (Ports) 30:59; 19, T. Hassall (AFD) 31:05; 20, M. Etchells (Ilf) 31:48. 36 finished.

Veterans: 1, N. Fisher (Harlow) 31:09.0; 2, L. O'Hara (Bel) 31:39.0; 3, M. Barratt (E&S) 31:45.4; 4, D. Claxton (HHH) 32:05.8; 5, G. North (Bel) 32:06.8; 6, A. Shrimpton (S&E) 32:15.0; 7, M. Moody (M'head) 32:17.6; 8, R. Jeans (Sal) 32:54.8; 9, B. O'Gorman (B'heath) 32:59.0; 10, M. Casse (Hill) 33:00.8; 11, J. Oliver (Kt) 33:18.2; 12, J. Geoghegan (Camb H) 33:54.8; 13, T. Everitt (Eton M) 34:12.2; 14, S. Charlton (TVH) 34:14.8; 15, D. Dellar (Camb H)

34:26.0; 16, A. Kimber (Dart) 34:29.2; 17, G. Smith (Eton M) 34:35.6; 18, D. Wraight (E&S) 34:37.8; 19, E. Andrews (Hav) 34:40.0; 20, J. Brown (Camb H) 34:53.0. (Group 1A): 1, Fisher; 2, Claxton; 3, North. (1B): 1, O'Hara; 2, Barratt; 3, Dellar. (2A): 1, Charlton; 2, Brown; 3, D. Wigley (Inv) 36:06.0. (2B): 1, L. Brown (W Gn) 38:34.0; 2, J. Fitzgerald (Mit) 38:36.0; 3, B. Wade (W Gn) 42:58.0. (3A): 1, G. Scutts (Port) 41:31.0; 2, G. Betts (QPH) 44:03.0; 3, B. Spiller (Poly) 45:31.0. (3B): 1, L. Rolls (Vets) 43:04.0; 2, W. Tyler (E Kt) 43:22.0. (4A): R. White (Ran) 54:45.0. (4B): R. Wiseman (Camb H) 53:54.0.

Other Events

Indoor 60: (A) E. Obeng (Bel) 6.8; (B) 1, Obeng 6.8; 2, M. Bond (Camb H) 7.0; (C) H. King (Brack-J) 7.0; (D) 1, Obeng 6.8; 2, Bond 6.9; 3, King 7.0; 4, S. Clarke (HHH-J) 7.0. **1500:** 1, I. Stewart (Luton-J) 3:54.0; 2, I. Logan (AFD) 3:56.5; 3, S. Morley (B&H) 3:57.0; 4, K. Hicks (Ilf) 3:57.0; 5, B. Hawkins (B&H) 3:57.2; 6, P. Gronland (W. Gn) 3:57.6. **PV:** 1, J. Gutteridge (WSE) 5.00; 2, K. Stock (Croy) 5.00; 3, M. Shippen (Bel-J) 3.60; 4, T. Brooking (Ex B) 3.60; 5, W. Davey (Surrey AC-B) 3.20; 6, R. Gammage (Work-B) 3.20. **SP:** 1, M. Winch (B'ht) 16.18 (using 19lb shot); 2, A. Zaidman (H'gey-Y) 14.03; 3, C. Brooks (Bel) 13.65; 4, P. Lewis (H'gey) 13.10. **JT:** 1, I. Marsh (Ips) 70.38; 2, K. Turnbull (Dart) 64.76; 3, G. Brooks (Card) 64.28; 4, G. Watson (Poly) 58.50; 5, F. Farley (Camb H-J) 53.90. **Jnrs 60:** H. King (Brack) 7.1. **1500:** 1, C. Reitz (Ex B) 3:56.6; 2, P. Johnson (Camb H) 3:59.7; 3, D. Askew (Mit) 4:03.4. **Yths 60:** P. Thomas (Mit) 7.4. **1500:** 1, R. Beswick (HHH) 4:17.6; 2, J. Townsend (Sy AC) 4:18.5; 3, M. Rowland (Bognor) 4:18.9; (B) D. Swain (Colling) 4:11.0. **(Boys) 1500:** 1, A. Gay (Herc W) 4:29.7; 2, L. Burbidge (Kelsey Pk S) 4:32.0; 3, M. Brauckmann (E'bourne) 4:34.3; 4, M. Slowikowski (Herc W) 4:34.8. **(Colts) 1500:** 1, S. McNamee (Herc W) 4:29.7; 2, N. Hopkins (Reigate P) 4:48.0; 3, A. Hawkins (Camb H) 4:50.3; 4, A. Chambers (Colling) 4:52.8. **(Women) 300H:** 1, V. Douglas (Wigmore) 43.7; 2, S. Dalgoutte (Mit) 45.3; 3, S. Bull (Newp) 46.5; 4, P. Bryant (Wig) 46.8; (B) 1, W. Griffiths (Ilf) 43.2; 2, C. Walkingshaw (Camb H) 44.4; 3, A. Menoah (H'gey) 45.0. **SP:** S. Tudor (H'gey) 12.50. **JT:** 1, J. Rose (Sel) 47.84; 2, A. Farquhar (Sel) 46.98; 3, S. Flack (H'gey-I) 45.66; 4, J. Seldon (Felt) 42.66; 5, J. Marsh (Ips-I) 36.40; 6, C. Waxler (LAC) 35.80. **(Inters): 300H:** 1, L. Thompson (Sy B) 45.7; 2, S. Trickett (E&E) 46.9; 3, L. Mitchell (Sy B) 48.9.

UK RESULTS ROUND-UP

22.4. Champaign (US). 3000SC: A. Staynings 8:41.9. **22.4. Baton Rouge (US).** 800: 2, N. Brooks 1:50.5. **22.4. Konz (Ger).** 16lb HT: R. James 61.34 (UK age-18 best); 4kg/5kg HT: T. Kenneally 61.50/53.04 (best by UK Boy). **28.4. Des Moines (US).** 800: 5, D. Warren 1:48.6. **29.4. Des Moines.** 1500: 4, K. Glastonbury 3:44.6; 3000SC: 3, M. Morris 8:45.4. **29.4. Woodford.** JT: C. Clover 80.10 (EQS). **29/30.4. Birmingham.** Dec: G. Watson 7209, P. Lewis 7025, M. Corden 6956, C. Brooks 6727. **30.4. Long Beach (US).** 400: 2, R. Jenkins 47.2 (& 54.3 400H debut). **30.4. Hoo.** Women's 3000: G. Penny 9:29.6. **3.5. West London.** Women's 800: P. Newnham 2:03.9 (EQS), P. Yule 2:04.6 (EQS), D. Kiernan 2:06.4. **3.5. Crystal Palace.** 400: A. Kerr 47.7; SCAAA 3000: S. Overt 7:57.8, T. Hutchings 7:59.0, P. Williams 8:00.4, S. Jones 8:00.6, J. Goater 8:01.8, J. Davies (TVH) 8:02.0; PV: K. Stock 5.00, J. Gutteridge 5.00; SP: M. Winch 18.64, R. Slaney 17.12; HT: M. Mileham 62.54; women's 100H: W. McDonnell 13.8.

6.5. Cophall. 1500: S. Overt 3:52.2 (& 47.4 400 relay); 400H: W. Hartley 52.3 (comeback race). **6.5. Haringey.** Women's SP: A. Littlewood 16.13; DT: V. Redford 49.00, Littlewood 47.98. **6.5. Stretford.** Women's 100: S. Colyear 11.5; 200: J. Hoyte 24.1, Colyear 24.1; 400: Hoyte 54.0; 100H: S. Strong 13.8. **6.5. Meadowbank.** SP: G. Capes 19.56 (EQS). **6.5. Cwmbran.** 400: C. Hamilton 47.5; 110H: B. Price 14.4; 400H: S. James 51.8; HJ: G. Robertson 2.11; HT: M. Girvan 60.04. **6.5. Warley.** 1500: S. Emson 3:44.3; HT: I. Chipchase 61.36. **6.5. Leicester.** 100: C. Monk 10.2 (!); 200: D. Jenkins 21.2. **6.5. Hull.** Women's LJ: S. Hearnshaw 6.00. **6.5. Grangemouth.** Women's 800: E. McMeekin 2:06.1. **7.5. Southampton.** Women's 800: C. Boxer 2:05.8; 1500: R. Smeeth 4:22.0. **7.5. Los Angeles.** Women's 100: A. Lynch 11.34 (EQS); 100H: L. Boothe 13.18 (EQS). **8.5. Kirkby.** Northern 10,000: G. Smith 28:39.2 (EQS), N. Lees 28:59.3, J. Woods 29:05.2.

TRAGEDY IN THREE PEAKS RACE

Edward Pepper, a 34-year-old Blackheath Harrier, died of exposure after straying off course in thick mist during the Three Peaks Fell Race in Yorkshire on April 29th. Fuller details next week.

SPECIAL ANNOUNCEMENT

In conjunction with the **Latrigg (Youth)** and **Skiddaw Fell Races** on **Sunday, 2nd July, 1978,**

THE FIRST N.C.A.A.

FELL RACE CHAMPIONSHIP

Medals for first three individuals (including Junior in latter event). Details from D. Oliver, Race Organiser, 6 Stanah Cottages, Thirlmere, Keswick CA12 4TH.

COME ON, GIRLS!

For many years some athletes of the 'fair sex' have been campaigning for permission to run at distances comparable to their male counterparts — eg marathon, etc. Now that the authorities, having yielded to 'popular request', have altered the rules to permit the ladies to compete in these races, the women concerned are strangely reticent about taking up their option.

As your readers will know, this year sees the first ever national women's marathon championship to be held in this country, and the race — which is in conjunction with the Isle of Wight Marathon on May 20th — has also been proposed as an England selection race for a women's international marathon at Milton Keynes on July 8th. Now one would suppose that all the would-be lady marathoners would be rubbing their hands with glee at this prospect — but no so, I'm afraid. To date we have received just **seven entries** for this race, and I suspect the WCC & RWA will have second thoughts about the international team race, or indeed about repeating this fiasco of a 'national championship' in future years.

So come on girls, don't take a leaf out of our faint-hearted male international marathoners' book (shunning tough courses, so as not to clock a 'slow' time!), the future of British women's distance running is in your own hands: don't let the rest of the world beat us before we've started.

Eleventh hour entries will be accepted.

John Symonds,

Ryde Harriers Club HQ,
31 High Street, Oakfield,
Ryde, I.O.W. PO33 1EJ.

UK ATHLETICS ANNUAL

Publication of the 1978 edition has been delayed, but it is hoped that copies will be available for distribution by next week. Orders (£2.25 post paid) to the 'AW' Book Dept.

TREACY'S FAST 10,000

International CC champion John Treacy set an Irish 10,000 record of 27:55.2 in Philadelphia on April 28th.

EMLYN JONES FOR TOP POST

Emlyn Jones (57), well known to all in athletics as director of the Crystal Palace National Sports Centre, has been appointed the new director of the Sports Council.

Found — at Crystal Palace on April 26th (SCAAA match): fawn coloured Shetland wool polo neck sweater. Apply SCAAA, 70 Brompton Road, London SW3 1EE.

TROON TORTOISES AC CC RACES**At Troon, March 19th**

1, L. Spence (Shettleston) (rec) 27:08
 2, C. Spence (Spango Valley) 27:19
 3, R. Stone (Cambuslang) 28:01
 4, H. Forgie (Lark) 28:30; 5, C. Donnelly (Cambus) 28:39; 6, R. Anderson (Cambus) 28:51; 7, G. Grant (Ayr) 28:58; 8, D. McAuley (Irv) 29:14; 9, R. O'Hara (Unatt) 29:23; 10, J. Sands (Ayr) 29:33. **Teams:** 1, Cambuslang 14; 2, Ayrshire 28; 3, Longbar 50. **(Youths):** 1, A. Daley (Bella) 20:07; 2, J. Anderson (Ayr) 20:11; 3, A. Ramsay (Ayr) 20:37; 4, S. Brownlie (Irv) 20:42; 5, D. Gishrey (Ayr) 20:57; 6, J. Thomson (Ayr) 21:03. **Teams:** 1, Ayrshire 10; 2, Cambuslang 37. **(Senior Boys):** 1, R. Hawkins (Kilb) 9:46; 2, D. Gray (Ayr) 10:01; 3, M. Reid (Cambus) 10:08; 4, D. Miller (Ayr) 10:15; 5, C. Coia (Kilb) 10:18; 6, R. McCulloch (Ayr) 10:22. **Teams:** 1, Ayrshire 12; 2, Cambuslang 24; 3, Kilbarchan 31. **(Junior Boys):** 1, D. McShane (Cambus) 9:56 (rec); 2, A. Currie (Dumb) 10:18; 3, M. Giles (Dumb) 10:24. **Team:** Cambuslang. **(Colts):** 1, R. Skilling (Ayr) 6:58; 2, P. Morris (Cambus) 7:14; 3, A. Gray (Ayr) 7:23. **Team:** Ayrshire. **(Senior/Inter Women):** 1, B. Balmer (Long) 17:13; 2, P. Meldrum (Glas) 17:19; 3, C. Gates (Bord) 17:39; 4, K. Lorimer (Ayr) 18:22; 5, M. Durrick (Colz) 18:46. **Teams:** 1, Border 16; 2, Colzium 26. **(Juniors):** 1, D. Middlemore (Unatt) 11:34 (rec); 2, G. Noble (Ayr) 11:36; 3, M. Lorimer (Ayr) 11:40; 4, J. Swanton (Unatt) 12:08; 5, E. Gisbey (Ayr) 12:21; 6, C. Hamilton (Ayr) 12:23. **Teams:** 1, Ayrshire 10; 2, Colzium. **(Girls):** 1, L. McDougall (Glas) 9:02; 2, K. Broderick (Bord) 9:38; 3, G. Hurd (Bord) 9:40; 4, M. Elliott (Bord) 9:43; 5, L. Cain (Bord) 9:47; 6, N. Ewing (Ayr) 9:53. **Teams:** 1, Border 9; 2, Ayrshire 26; 3, Colzium 40. **(U/11):** 1, A. McDougall (Glas) 7:45; 2, D. Walsh (Long) 7:46; 3, K. Wilson (Long) 7:46. **Team:** Longbar.

SCOTTISH SERVICES CC LEAGUE**At Kinloss, March 15th**

1, Rimmer (Loss) 28:35; 2, Hobbs (Cal) 29:42; 3, McKechnie (MoD) 29:54; 4, Tonner (Kin) 30:14; 5, Lomas (Kin) 30:23; 6, McBrien (Kin) 31:04; 7, Cowie (Leu) 31:29; 8, Henderson (Loss) 31:40; 9, McSkelly (Loss) 32:14; 10, Wilkinson (Leu) 32:15. **Teams:** 1, Kinloss 375; 2, Lossiemouth 371; 3, Caledonia 366. **(Final Positions):** 1, Caledonia 259½; 2, Leuchars 2522; 3, Kinloss 2353; 4, Caledonia 'B' 1961; 5, Lossiemouth 1803; 6, Buchan 1380. **(Ind):** Hobbs.

WILTS & BORDER CC LEAGUE**At RAF Innsworth, March 1st**

1, Jones (Lyne) 31:14; 2, Turner (Chap) 32:25; 3, Wilson (Inns) 33:13; 4, Anning (Avon P) 33:28; 5, Altmann (RMCS-V) 33:44; 6, Campbell (19 FR) 34:21. **Teams:** 1, RAF Lyneham 774; 2, AAC Chepstow 742; 3, RMCS Shrivenham 736.

The LYDIARD way

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UK INDOOR SEASON 1977/78 REVIEW

Compiled by Peter Matthews

CG = Cosford Games, Quad = SCAAA v RAF v Army v W&B, Philips = UK v Spain & invitation events. (1977 position in brackets)

60 METRES

- Allan Wells (2nd)**
6.68, 6.76, 6.7; 1 CG.
- Michael McFarlane**
6.75, 6.80, 6.81, 6.82, 6.84, 6.85; 3 GG, 2 AAA, 1 & 1 v WG, 4 v GDR, 1 AAA-J.
- Peter Little**
6.84, 6.84, 6.86, 6.87, 6.88, 6.89; 1 AAA, 2 & 2 v WG, 3 & 3 Philips.
- Steve Green**
6.84, 6.85, 6.97; 2 CG.
- Daley Thompson (5th)**
6.88, 6.88; 2 & 2 Philips.
- David Baptiste**
6.87, 6.89, 6.90, 6.90, 6.92, 6.99; 3 AAA, 5 v GDR, 4 & 4 Philips, 2 AAA-J.

Other performances: 6.84 Ernest Obeng (Ghana), 6.97 Les Hoyte, Brian Green, 6.99 Selwyn Clarke, 7.00 Vernon Bramble.

Hand timing: 6.8 Vic Martindale, 6.9 Keith Connor, Roger Walters. **100 yards:** 9.87 Peter Little, 10.15 David Baptiste.

200 METRES

- Peter Little**
21.3, 21.8, 22.1; 2 AAA, 2 v GDR.
- Michael McFarlane**
21.5, 21.9, 22.0; 1 AAA, 3 v GDR, 1 AAA-J.
- Tim Bonsor**
22.1, 22.3, 22.5; 3 AAA.
- Daley Thompson (3rd)**
22.1, 22.5; 4 AAA.

Other performances: 22.5 Cecil Moven, 22.6 Tony Hadley, Brian Green, Earl Tulloch.

300m: 35.2 Michael McFarlane, 35.3 Andrew Kerr, 35.9 Pedro Allen, 36.2 Peter Key, Roger Walters, 36.3 Michael Delaney, Tony Henry.

400 METRES

- Carl Hamilton (2nd)**
48.6, 48.8, 49.0, 49.2, 49.3; 1 CG, 1 AAA, 3 v WG, 2 v GDR.
- Colin O'Neill**



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49.0, 49.0, 49.3, 49.4; 2 AAA, 2 v WG, 4 v GDR.

3. Glen Cohen (1st)

48.52, 49.18 (both at 440y).

4. Earl Tulloch

49.4, 49.5, 49.6, 49.8; 2 CG, 3 AAA.

5. Neil Jackson

49.4, 49.7, 49.7, 49.8; 4 AAA, 1 AAA-J.

Other performances: 48.9 Andrew Kerr, 49.7 Tony Hadley, 49.8 Roger Jenkins, Peter Robertshaw, Chris Preston, 49.9 John Goodacre, Wyn Leyshon.

500m: 1:06.4 Roger Jenkins; 600y: 1:12.3 Ray Ridley; **600m:** 1:19.5 John Goodacre, 1:20.4 Chris Preston, 1:20.5 Colin Szwed, Andrew Williams, 1:21.1 Peter Hoffmann, 1:21.2 Terry Young, 1:21.8 Brian Dickens.

800 METRES

1. Peter Hoffmann

1:51.4, 1:51.4, 1:51.4; 1 AAA, 3 v WG, 3 v GDR.

2. John Goodacre (2nd)

1:51.3, 1:51.5, 1:51.8, 1:51.8, 1:52.0; 3 CG, 2 AAA, 2 v WG, 4 v GDR.

3. Peter Browne (3rd)

1:51.2, 1:51.9, 1:53.4; 3 AAA, 2 Philips.

4. Julian Spooner

1:51.4, 1:51.8, 1:52.7, 1:53.2; 1 CG, 6 AAA, 4 Philips, 2 AAA-J.

5. Martin Francis

1:51.4, 1:51.9, 1:52.4, 1:52.6; 2 CG, 4 AAA, 7 Philips.

Other performances: 1:52.5 Colin Szwed, Kevin Glastonbury, 1:52.6 Terry Young, 1:52.7 Paul Forbes, 1:53.1 Nigel Allison.

1000y: 2:09.9 Kevin Glastonbury, 2:12.6 David Warren, 2:12.8 David Rafferty, 2:12.9 Martyn Brewer. **1000m:** 2:25.9 John Wilson.

1500 METRES/ONE MILE (y)

1. Nick Rose

4:00.2y, 4:01.2y.

2. Ken Newton

3:45.4, 3:46.8, 3:48.0, 3:49.5, 3:52.4; 2 AAA, 1 v WG, 3 v GDR, 3 Philips.

3. Michael Fromant

3:44.3, 3:46.7, 3:48.1, 3:52.6; 1 CG, 9 AAA, 4 Philips.

4. Tim Hutchings

3:47.5, 3:48.4, 3:48.4, 3:48.4, 3:49.3; 2 CG, 1 AAA, 4 v WG, 4 v GDR, 7 Philips.

Other performances: (1500m) 3:46.1 Erwin Hartel, 3:47.0 Walter Wilkinson, 3:49.6 Adrian Weatherhead, 3:50.3 Peter Lewis, 3:50.4 Neil Leach, 3:51.2 Malcolm Plant, 3:51.4 Michael Downes, 3:52.0 Tony Blackwell. (mile): 4:05.1 Patrick Chimes, 4:06.6 Martyn Brewer, 4:06.9 David Warren, 4:07.7 Malcolm East, 4:08.6 Micky Morris, 4:08.8 Jerry Odlin, 4:10.8 John Wilson. **2000m:** 5:11.1 Nick Rose.

3000 METRES/ 2 MILES (y)

1. Nick Rose (1st)

8:18.4y (7:47.9), 7:48.6, 8:20.3y, 7:50.4, 8:31.7y.

2eq Peter Shaw

7:55.2, 8:00.6, 8:07.6, 8:07.8, 8:10.6; 1 Dec, 1 CG, 2 AAA, 2 v GDR.

2eq Steve Emson

8:01.3, 8:01.6, 8:05.4, 8:08.9; 3 CG, 1 AAA, 2 v WG, 4 v GDR, 2 Philips.

4. Dennis Coates

8:01.5, 8:09.8, 8:13.2; 7 AAA, 1 v WG.

5. Ken Newton

8:01.4, 8:09.8; 3 Dec, 2 CG.

Other performances: (3000m): 8:02.0 Tony Staynings, 8:08.8 Malcolm East, 8:09.2 David Murphy, 8:09.8 Adrian Weatherhead, 8:11.2 Laurie Spence, 8:11.8 Tony Milovsorov, 8:12.2 Dick Milne, 8:12.6 Peter Griffiths, 8:13.2 Alan Mottershead, 8:13.4 Tony Blackwell, 8:13.6 Michael Fromant. (2 Miles): 8:43.1 David Murphy, 8:47.6 Adrian Leek, 8:51.6 Jerry Odlin, 8:51.7 Steve Baker. (3 Miles): 13:03.0 Nick Rose.

2000 METRES STEEPLECHASE

5:24.6 Dennis Coates, 5:30.5 Peter Griffiths, 5:48.0 Martin Christy, 5:49.0 Sean Butler, 5:49.4 Kevin Capper, 5:50.4 Paul Bettridge.

60 METRES HURDLES

1. Berwyn Price (4th)

7.85, 7.87, 7.90, 7.93, 7.95; 1 AAA, 1 v WG, 4 EI.

2. David Wilson

8.02, 8.04, 8.11, 8.11-8.1, 8.1; 1 CG, 2 AAA, 3 v GDR, 3 Philips.

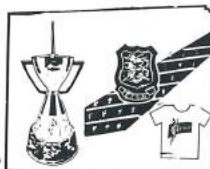
3. Ian Ratcliffe (5th)

8.08, 8.11, 8.22, 8.22, 8.22, 8.41; 2 CG, 3 AAA, 4 v WG, 4 v GDR, 4 Philips.

4. Malcolm Kindon

8.25, 8.29, 8.32-8.5; 4 AAA, 5 Philips.

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5. **Neil Gerrard**
8.35, 8.42-8.2, 8.3, 8.3, 8.4; 5 AAA, 1 Quad.
6. **Tony James**
8.51-8.1, 8.2, 8.2, 8.3; 3 ht AAA.

Other performances: (a.t.) 8.36 Robin Simpson, 8:48 Iain McEwan, 8.52 Pat Bredin, 8.53 Phil Johnson. (hand times) 8.4 Stephen Burke, Mark Hatton, Howard Muscrop, 8.5 Cliff Brooks, Alan Drayton, Trevor Clifton.

HIGH JUMP

1. **Mark Naylor (1st)**
2.19, 2.18, 2.16, 2.15, 2.11, 2.11; 1 CG, 1 AAA, 3 v WG, 2 v GDR, 2 Philips, 14 EI.
2. **Mike Butterfield (2nd)**
2.10, 2.08, 2.05, 2.05; 2 AAA, 4 v WG, 4 Philips, 2 Quad.
3. **George Robertson**
2.10, 2.05, 1.95; 6 CG, 7 AAA, 1 Quad.
4. **Vincent Clemmens**
2.05, 2.05; 4 AAA, 1 AAA-J.
5. **Alan Dainton**
2.05, 2.00, 2.00; 3 CG, 3 AAA, 4 v GDR.
- 6eq **Brian Burgess**
2.05; 5eq AAA.
- 6eq **Colin Harris**
2.05, 2.00, 2.00, 1.96; 2 CG, 8eq AAA.

Other performances: 2.01 Ian Grant, 2.00 Alan Breden, Stephen Metcalfe, Adrian Ord, Martyn Shorten, 1.98 Innes Murray, 1.96 Floyd Redley.

POLE VAULT

1. **Brian Hooper**
5.31, 5.25, 5.21, 5.00, 5.00, 4.95; 1 AAA, 1 v WG, nh v GDR, 2 Philips, 13 EI.
2. **Keith Stock (4th)**
5.13, 5.10, 5.10, 5.00, 5.00, 4.70; 2 Dec, 2 AAA, 2 v WG, 1 v GDR, 4 Philips, 1 Quad.
3. **Allan Williams (3rd)**
5.10, 5.05, 5.00, 4.90, 4.80, 4.80; 1 Dec, 1 CG, 3 AAA, 3 Philips, 2 Quad.
4. **Mike Bull (2nd)**
4.90, 4.80; 2 CG, 4 AAA.
5. **Jeff Gutteridge (1st)**
4.80; 3 CG, nh AAA.
6. **Tim Gardner (6th)**
4.60, 4.60, 4.60, 4.40, 4.40; 3 Dec, 4 CG, 5 AAA.

Other performances: 4.60 Daley Thompson, 4.40 Andrew Jackson, 4.35 Colin McCarthy, 4.30 Tim Antiss, 4.25 Chris Boreham, 4.20 Brian Drayton, Graham Eggleton, 4.15 Godfrey Ward.

(Women's lists next week)

LONG JUMP

- 1eq **Tony Henry (3rd)**
7.47, 7.43, 7.26; 1 AAA, 3 v WG, 4 v GDR.
- 1eq **Daley Thompson (2nd)**
7.43, 7.21; 1 CG, 2 v GDR.
3. **Willie Kirkpatrick (1st)**
7.37, 7.29; 2 AAA, 4 v WG.
4. **Kenneth Cocks (4th)**
7.42, 7.33; 1 Nov, 4 AAA.
5. **Colin Mitchell**
7.35, 7.15, 7.00; 3 AAA, 3 AAA-J.

Other performances: 7.28 Augustine Udo, 7.26 Megarry Effiong, 7.22 Alan Slack, Len Tyson, 7.14 Michael Byers, 7.08 Michael Morris, 7.06 Graham Hughes, Trevor Wade, 7.04 Albert Earle, Henry Walters.

TRIPLE JUMP

1. **Keith Connor (1st eq)**
16.54, 16.53, 16.51, 16.50, 16.06, 15.81; 1 CG, 1 AAA, 3 v WG, 1 v GDR, 2 EI, 3 E v US.
2. **David Johnson (3rd)**
16.29, 16.13, 16.04, 15.88, 15.87; 2 AAA, 2 v WG, 3 v GDR, 1 Philips, 7 EI.
3. **Aston Moore (1st eq)**
16.21; 2 CG.
4. **Frank Attoh (4th eq)**
15.85, 15.68, 15.29, 14.79; 3 CG, 3 AAA, 4 Philips.
5. **Chris Colman**
15.50; 4 AAA.

Other performances: 15.19 Megarry Effiong, 15.02 Eric McCalla, 14.84 John Phillips, 14.81 Reynolds Edwards, 14.77 Gary Gallagher, 14.71 Sean Power (Rol), 14.57 Donovan Perkins, 14.41 Brian Camp.

SHOT

1. **Geoff Capes (1st)**
20.32, 20.11, 20.01, 19.93, 19.89, 19.77; 1 CG, 1 AAA, 1 v WG, 1 Philips, 3 EI, 2 E v US.
2. **Mike Winch (2nd)**
18.39, 18.33, 18.23, 18.11, 17.99; 2 AAA, 3 v GDR, 3 Philips.
3. **Bob Dale (4th)**
18.38, 18.05, 18.93, 17.57; 2 CG, 3 AAA, 4 v WG, 4 v GDR.
4. **Simon Rodhouse**
16.19, 16.09, 15.67, 15.65; 4 AAA, 5 Philips.

Other performances: 15.69 Ian Mowat, 15.62 Nick Tabor, 15.56 Andrew Vince, 15.21 Trevor Walhen, 15.18 Bruce Holden, 14.32 Tony Zaidman.

3000m Walk: 12:26.2 Roger Mills, 13:29.0 David Stevens, 13:29.8 T. Dainty.

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Some of the track and field stars who have been invited to appear, subject to fitness, include:-

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Dave Moorcroft	Dave Jenkins
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Overseas News and Results

SOUTH AFRICA

British-born Greg Colin (Leeds City), runner-up to Peter Little in last year's AAA Junior 100 and 200, was timed at 10.1 for 100m at Sasolburg on March 31st! Three days later, at Pretoria, he was electrically timed at 10.64 — as against his personal best of 10.52.

27.2. Johannesburg. 200: Smit 20.7; 800: Prinsloo 1:47.8; 110H: Spies 13.5 (rec). **3.3. Potchefstroom.** Women's 400H: Verster 57.8. **10.3. Germiston.** 100/200: Smit 10.3/20.7; 110H: Spies 13.5 (eq rec); HT: Barnard 71.26. **17.3. Stellenbosch.** 1500: Dale 3:39.7. **18.3. Johannesburg.** HT: Barnard 72:70. **20.3. Bloemfontein.** 800: Werner Stals (12 days before 17th birthday) 1:49.2 (!); 1500: Henning Gericke (17) 3:42.4; women's 800: Hildegard Eloff (17) 2:04.5; 100H: van Rensburg 13.3. **29.3. Johannesburg.** HT: Barnard 71.50; women's 400H: Verster 58.3. **31.3. Sasolburg.** 100: GREG COLIN 10.1, de Wet 10.2.

ISRAEL

Britain's Mike McLeod won the Mt Tabor race, run over 12km of road and country around the holy mountain on April 1st, in 36:55 — smashing the course record of 37:45 held by Tadesse of Ethiopia. Previous winners of this race include Naftali Temu, Kip Keino and Mamo Wolde. Dave Bedford, in Israel for his honeymoon, finished 7th and Richard Wallace (RoI) 13th.

CUBA

11/12.3. Havana. 100/200: Lara 10.1/21.0; 400: Alvarez 46.8; 800: Civil 1:49.4; TJ: Platt 16.69, Velasquez 16.51, Perez 16.35; 20kmW (road): Medina 1:30:20 (rec); women's 100H: Machado 13.3 (rec).

CANADA

4.2. London, Ont. (i) Women's HJ: Julie White (return after knee operation) 1.83. **12.2. St. Laurent.** (i) HJ: Forget 2.15, Ferragne 2.15. **18.2. Toronto.** (i) 3000: Drayton 8:06.4 . . . 3, Robert Earl (2nd to Morton at Glasgow) 8:07.4. **17.3. Montreal.** (i) Canada 107, Italy 102. 60: Fraser 6.77; 400: Roberts 47.79; 800: Moss 1:50.0; HJ: Bruni (I) 2.18, Ferragne 2.18, Raise (I) 2.18, Bauck 2.14; SP: Dolegiewicz 19:91, Montelatici (I) 19:48, Pauletto 19:39; 2M Walk: Visini (I) 12:51.5, Jobin 13:03.4; women's 60: Loverock 7.44; 400: Campbell 54:88, Bottiglieri (I) 54:97; 800: Gendron 2:05.8; HJ: Brill 1.87, Woods 1.78; LJ: Konihowski 6.10; SP: Petrucci (I) 17:21, Ionesco 16:80, Moreau 16:00. **25.3. Hamilton.** 19.2M road: Dean Foster (recently returned from NE England, where he ran for Morpeth H) 1:39:48, Hughson 1:40:16, PAUL BANNON 1:41:22 . . . 8, Bob Moore 1:44:09.

INDIA

3-6.1. Poona. 800: Rattan Singh 1:51.0; 1500: Manjeet Singh 3:50.3; 5000/10,000: Shvinnath Singh 14:15.2/29:52.8; Mar: Sardul Singh 2:22:22; 3000SC: Harbel Singh 8:57.6; 400H: Piara Singh 52.9; 20kmW: Swaroop Singh 1:31:08. **15-18.2. Delhi.** 1500/5000/10,000: Hari Chand 3:54.5/14:08.0/29:41.4. **1-5.3. Quilon.** 100/200: Gnanasekharan 10.5/21.3; 400: Uday Prabhu 47.3; Mar: T. T. John (formerly a leading miler, running his second marathon) 2:20:08; HJ/TJ/Dec: Suresh Babu 2.07/15.70/7380 (rec); LJ: T. C. Yohannan 7.77; SP: Jagraj Singh 16.77; DT: Praveen Kumar 55.90; HT: Ragbir Singh 58.04.

SCAAA "200" Competition winners: (Dec) A. Goodwin £25, E. Shirley £15, Surrey AC £5; (Jan) J. Le Masurier £25, N. N. Simons £15, J. H. Dale £5; (Feb) Hants County AAA £25, F. R. Webb £15, B. H. Tinton £5.

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Results In Brief

March 5th

Veterans AC 5M CC, at KLG Putney Vale. 1, P. Wilks 27:48; 2, S. Charlton 27:54; 3, J. Bowen 28:30.

March 11th

Belgrave H 5¼M Road Race Champs, at Wimbledon. 1, I. Duncan 28:46; 2, W. Weller 29:51; 3, L. O'Hara 29:29; 4, C. Person 29:43; 5, P. O'Connor 29:49; 6, L. Mann 30:09.

Hercules Wimbledon 5M Road Race Champs, at Wimbledon. 1, R. Holt 23:25; 2, A. Harrold 25:08; 3, F. Green 25:18; 4, D. Smallbone 26:06; 5, D. Beard 26:10; 6, S. Badgery 26:35.

Ranelagh H Veterans Champs/Hastings Cup, in Richmond Park. 1, A. Horne 44:51; 2, J. Green 46:32; 3, J. Bull 46:54; 4, J. Hanscombe 47:16.

March 12th

Ballycotton (Co Cork) '10'. 1, R. Crowley (St F) 50:22; 2, L. O'Brien (Mid) 51:03; 3, D. Hodgins (Lee) 51:28; 4, N. Shannon (Lee) 51:41; 5, M. Walshe (Lee) 52:03; 6, J. Murphy (Lee) 52:34; 7, J. Buckley (St F) 52:58; 8, K. Tready (Lough) 53:28; 9, P. Mulholland (Mid) 53:52; 10, D. Manning (St F) 53:58. Teams: 1, Leevale 12; 2, St Finbarrs 16; 3, Middleton 24.

Fleet & Crookham CC Meeting, at Fleet. 1, G. Heathers (F&C-J) 30:02; 2, A. Newman (New) 30:56; 3, D. Harrington (G&G) 31:47. Team: Guildford & G. (Youths): P. Johnson (Hay H) 21:03. (Boys): J. Solley (New) 17:41. Team: Fleet & Crookham. (Colts): A. Rowe (Hay H) 15:18. Team: Hayward H. (U/11): S. Greenfield (Brack) 8:15. Team: Haywards H. (Senior/Inter Women): 1, M. Beacham (F&C) 15:49; 2, S. Curtis (Bas) 16:58; 3, L. Mosen (Ux) 17:17. Team: Fleet. (Juniors): L. King (Bas) 7:32. Team: Basingstoke. (Girls): J. Copper (New) 7:49. Team: Basingstoke.

March 13th

Fleet St H Monthly Handicap, at Blackfriars/Westminster: (Fastest) P. Browne (TVH) 13:01, P. Williams (SLH) 13:12, G. Harrold (BoE) 13:42.

SLH Schools CC Races, at Coulsdon. (Over 16): 1, K. Ellis (JN) 19:27; 2, N. Young (Skin) 19:39; 3, C. Bradley (Skin) 19:55. Team: Skinners. (Under 16): 1, A. Wickens (KCS) 15:04; 2, M. Jones (KCS) 15:16; 3, A. Byrne (JF) 15:23. Team: Kings College (Wimb).

Blackheath H Inter-Schools CC, at West Wickham: 1, P. Johnson (Chis) 24:39; 2, D. Black (Maid) 24:59; 3, S. Brooker (Chis) 25:17. Team: Maidstone GS.

April 2nd

Crawley AC Open Meeting. 100: K. McConathy (Fleet) 11.2. 200: 1, T. Drinkwater (Bog-J) 22.5; 2, McConathy 22.5. 3000: 1, S. Williams (HBS) 8:36.6; 2, P. Rowland (HBS) 8:43.8. DT: 1, R. Slaney (Ex B) 52.00; 2, C. Youngs (Worth) 39.28. HT: K. Lasis (Craw) 49.20. JT: 1, G. Jolley (B&H) 57:34; 2, Youngs 54.20. (Jnr) HT: A. Carruthers (Craw) 39.18. (Yth) SP: G. Taylor (HBS) 13.47. HT: 1, A. Noakes (B&H) 49.04; 2, A. Hall (Bog) 45.40. (Boys) 800: D. Agnew (HHH) 2:19.4. 1500: P. Davis (Craw) 4:41.4. (Colts) 800: A. Rowe (HHH) 2:28.4. (Women) 100/200: L. Talbert (Bog) 12.5/26.2. 800: 1, M. Joyce (Craw) 2:11.6; 2, L. Stannard (Craw) 2:24.4. 1500: J. van Cuylenberg (Craw) 4:58.6. HJ: R. Stratton (Craw) 1.63. SP: J. Thompson (Brack) 13.25. JT: J. Lintern (Craw) 47.08. (Inter) SP: S. Berry (Port) 9.55. (Jnr) 800: 1, Z. Ladbroke (Sutt & C) 2:23.4; 2, A. Tingay (Sy B) 2:29.8. 1500: D. Thomas (Bog) 5:11.0. HJ: V. Walsh (Ton) 1.50. JT: C. Liqueurish (Sutt & C) 27.34.

April 5th

Open Javelin Competitions, at Perry Barr. (Senior Men): M. Williams (Spark-age 15) 54.52. (Youths): M. Crichton (Cov G) 40.50. (Senior Women): 1, S. O'Toole (Mit) 52:16; 2, J. Williams (Cann) 49.26. (Inters): A. Douglas (B'field) 32:80.

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AAA Marathon Championship

Mel Watman reporting

"I'm Not A Marathon Runner Yet" Says Tony Simmons After Winning In 2:12:33!

TONY SIMMONS at last proved to the world and, equally important, to himself that he could complete a fast marathon when winning the AAA title at Sandbach last Sunday in a resounding 2:12:33 — a time bettered by only five British runners in the history of the event.

Yet, although the race ended happily for the 29-year-old Welshman, he had some nasty moments to survive before reaching the sanctuary of the finishing line. With less than 2 miles to go, and well over 200m ahead of his nearest rival, the memory of Stoke 1975 flashed to mind as Tony suddenly clutched at his left hamstring. Was cramp in the closing stages again going to prevent him from making his mark as a marathon runner? Fortunately he overcame the crisis this time — only to have the race almost slip from his grasp a few minutes later as he swung into the finishing area. A spectator, waving wildly at the TV film cameraman, caught Simmons in the face — and very nearly deprived him of his richly deserved success. As Tony related later, by then able to smile about it: "My nose went into his fist, so I suddenly stopped. Aargh! My left leg went and then I could feel the right one going, and I thought if I stop now I'll never get going again". He managed to complete the final few hundred yards to win by 17 sec from fast-closing Jeff Norman, with Trevor Wright third.

Simmons looked far more in his element as he ticked off one relaxed looking sub-five minute mile after another than he does on the track. Now that he has established himself at the distance (his only other marathon finish was a 2:23:56 effort back in 1972) the sky's the limit. He does, after all, possess speed almost unique in a serious marathoner (1:52.0 800, 3:41.1 1500, 13:21.2 5000, 27:43.6 10,000) and his style seems ideally suited to long road races. "No, I'm not a marathon runner yet", he insisted after the race — but, if so, he had just given a very passable imitation of one!

The three-lap course was basically flat, and apart from being a little on the warm side the weather also favoured fast times, as was borne out by the results. Seven men finished inside 2:16, and no fewer than 18 British runners bettered 2:20 — 14 of whom recorded personal bests.

Simmons got away to a leisurely start. "The leaders had a 20-second lead on me at one point; I just let them go. I was just breezing along and then I started running — the way I like it". No one took the initiative until Simmons moved clear

after 6 miles. "I was just trying to get to the front of the pack to get some water first; I thought it would all be gone", he joked.

He really poured it on — pace that is, not water. By 7M he had drawn 50m ahead, with the Greek Olympic runner Michael Koussis a clear second 20m in front of the 20-strong pack headed by Andy Holden. Such was Simmons' blistering pace (he covered the second 5 miles in close to 23½ minutes!) that by 10 miles, reached in 49:01, he was fully 400m in front of the main bunch. Koussis was an isolated second, with fellow Greek, Kerk Lazarides of Bolton, third just in front of a group comprising Chris Stewart, Norman, Dave Cannon, Don Faircloth, Stan Curran, Ian Thompson, Holden, Jim Dingwall, Wright, Graham Ellis, Norman Wilson and Keith Penny. They passed in 50:17, and next came Colin Taylor, Bill Padgett, Paul Eales, Colin Moxsom, Mike Hurd and John Davies (Essex Beagles).

The next '5' took Simmons 25:44, bringing him up to 15M in 1:14:45. His lead over Koussis was around 250m, with Wright in third place about 150m behind the Greek. Dingwall was another 20m in arrears, followed by a 50m gap to Norman, Cannon and Curran, and then came Penny, Colin Taylor, Wilson, Faircloth and Chris Stewart — the latter having to drop back soon afterwards. Britain's fastest marathoner last year has recently been ill with a liver complaint and was in no condition for a hard marathon. Already out of the reckoning was Ian Thompson. "I had to let them go at about 10 miles. I know I've got a 2:12 in me somewhere; it's a question of getting it out on the day".

The next 5 miles saw Wright in hot pursuit of Koussis. Trevor wasn't quite sure who his opponent was but he didn't stay long enough to ask his name as he swept past into second place at 18 miles. Simmons, meanwhile, chugged on far ahead. The fourth 5M stretch took him precisely 25 minutes as he reached 20M in 1:39:45. Wright, who followed in 1:40:54, closed the gap on Simmons to 43 sec at 22½M but that was as close as he was to get until the very last stages of the race. "I could see Tony but I knew I wouldn't catch him because my legs felt very stiff during the last few miles". In fact, Trevor had his work cut out holding on to second place, and in the final mile he was overtaken by Jeff Norman, who had begun moving through impressively from 18 miles. Dave Cannon, the defending champion,

came in 4th, followed by Scotsman Jim Dingwall, Stan Curran (the surprise packet of the race) and Colin Taylor, winner of last year's Sandbach Marathon. All seven registered personal bests, and the UK all-time list now reads:

2:09:12	Ian Thompson	1974
2:09:28	Ron Hill	1970
2:10:48	Bill Adcocks	1968
2:12:04	Jim Alder	1970
2:12:19	Don Faircloth	1970
2:12:33	Tony Simmons	1978
2:12:50	Jeff Norman	1978
2:13:00	Trevor Wright	1978
2:13:12	Chris Stewart	1974
2:13:29	Dave Cannon	1978
2:13:45	Alastair Wood	1966
2:13:55	Basil Heatley	1964
2:13:58	Jim Dingwall	1978
2:14:15	Don Macgregor	1974
2:14:43	Brian Kilby	1963
2:14:45	Stan Curran	1978
2:14:56	Bernie Plain	1974

Tony Simmons' first reaction after being asked about his preferences for Edmonton and Prague was in favour of running the marathon at both (there is three weeks between), but later he tended more towards contesting the 5000 and 10,000 in the Commonwealth (for Wales, who have welcomed him back to the fold provided he runs in the Welsh Championships on June 4th) and the European marathon. Both Jeff Norman and Trevor Wright (whose last Games were the 1971 European where he gained the silver medal) are opting for Edmonton, whereas Dave Cannon favours Prague. Jim Dingwall, presumably, will represent Scotland in Edmonton, and both Stan Curran and Colin Taylor should win a vest as a result of their endeavours.

The team race resulted in an overwhelming triumph for Duncairn Harriers from Northern Ireland — John McLaughlin and the Hannon brothers all finished in 2:20:07 or faster.

1, A. Simmons (Luton United)	2:12:33
2, J. Norman (Altrincham)	2:12:50
3, T. Wright (Wolverhampton & B)	2:13:00
4, D. Cannon (Gateshead)	2:13:29
5, J. Dingwall (Falkirk Victoria)	2:13:58
6, S. Curran (Salford)	2:14:45
7, C. Taylor (Airedale & Spen V)	2:15:47
8, M. Koussis (Greece)	2:16:02
9, L. Enquist (Sweden)	2:16:55
10, K. Penny (Cambridge H)	2:16:57
11, M. Rowland (Swe)	2:17:21;
12, M. Hurd (Croy)	2:17:24;
13, J. McLaughlin (Dunc)	2:17:35;
14, Greg. Hannon (Dunc)	2:17:35;
15, R. Brown (B'mouth)	2:17:48;
16, A. Keith (EAC)	2:18:15;
17, J. Davies (Ex B)	2:18:20;
18, I. Beauchamp (HBS)	2:19:07;
19, W. Padgett (Bing)	2:19:16;
20, H. Jonsson (Swe)	2:19:34;
21,	

K. Lazarides (Bolt) 2:19:44; 22, D. Gunstone (EAC) 2:19:51; 23, K. Best (Bolt) 2:19:57; 24, R. Hill (Clay) 2:20:02; 25, Gerry Hannon (Dunc) 2:20:07; 26, O. Malmquist (Swe) 2:20:08; 27, K. Breeze (Sale) 2:20:12; 28, I. Thompson (Lut) 2:20:21; 29, D. Clarke (Ver) 2:20:26; 30, P. Eales (WS&E) 2:20:31; 31, G. Dugdale (TVH) 2:20:53; 32, K. Darlow (Bolt) 2:21:04; 33, M. Woods (AF&D) 2:21:14; 34, A. McGee (Bolt) 2:21:21; 35, B. Kneppers (Neth) 2:21:27; 36, M. Coleby (Gates) 2:21:37; 37, D. Kelly (Salt) 2:21:40; 38, M. Exton (Holb) 2:22:11; 39, P. Tossberg (Swe) 2:22:21; 40, D. Macgregor (Fife) 2:22:45; 41, P. Marten (HBS) 2:22:51; 42, S. Edmunds (Sale) 2:22:55; 43, C. Youngson (ESH) 2:23:07; 44, H. Kalf (Neth) 2:23:19; 45, W. Day (Falk) 2:23:44; 46, A. Domleo (Dby) 2:24:07; 47, R. Morris (Alt) 2:24:22; 48, A. Dewhirst (A&SV) 2:24:43; 49, C. Stewart (B'mouth) 2:24:49; 50, R. Sweeting (Sund) 2:25:05;

51, J. King (S Heath) 2:25:15; 52, S. Winter (Gates) 2:25:22; 53, R. Brewitt (Holb) 2:25:27; 54, W. Domoney (Sheff) 2:25:38; 55, M. Mountford (Staff) 2:25:42; 56, R. McAndrew (Bolt) 2:25:47; 57, C. Woodward (Leam) 2:25:48; 58, B. Lamkin (WS&E) 2:25:53; 59, S. Graves (Fife) 2:25:55; 60, D. Patterson (TVH) 2:25:08; 61, J. Avis (Camb H) 2:26:13; 62, A. Mills (New) 2:26:40; 63, G. Harrold (BoE) 2:26:48; 64, M. Orton (Tip) 2:26:53; 65, R. Belk (A&SV) 2:26:57; 66, D. Dixon (Sund) 2:27:08; 67, J. Calvert (B'burn) 2:27:34; 68, K. Davies (Walt-V) 2:27:35; 69, P. Romaine (Holb) 2:27:46; 70, L. Anlgren (Swe) 2:28:04; 71, H. Walker (B'burn) 2:28:07; 72, E. Fisher (Edin) 2:28:14; 73, P. Norell (H'gey) 2:28:20; 74, J. Trainor (Gates) 2:28:42; 75, P. Dolan (Clydes) 2:28:53; 76, McIlroy (Card) 2:29:02; 77, R. Campbell (Ex B-V) 2:29:04; 78, R. Gresty (Alt) 2:29:27; 79, M. Logue (Falk V) 2:29:33; 80, G. Bourne (Lut) 2:29:51; 81, K. Mayor (Bolt) 2:30:03; 82, A. Cole (Unatt) 2:30:18; 83, J. Binks (VoA) 2:30:25; 84, Ron Donkin (Sund) 2:30:31; 85, L. Asp (Swe) 2:30:46; 86, T. Platt (Bolt) 2:31:08; 87, A. Keenan (NI) 2:31:19; 88, M. Murdoch (Dunc) 2:31:22; 89, I. Burgess (S&E) 2:31:39; 90, M. Flynn (Liv P) 2:31:41; 91, G. Astill (Notts) 2:31:59; 92, B. Goulden (Sale) 2:32:10; 93, D. Smith (Charn) 2:32:31; 94, Ray Donkin (Sund) 2:32:36; 95, J. Davies (Stoke) 2:32:40; 96, D. Tomkins (Warr) 2:33:04; 97, D. Bennisson (Bolt) 2:33:09; 98, M. Firth (Man) 2:33:10; 99, G. Entwistle (Man) 2:33:14; 100, J. Wagstaff (Tip) 2:33:15;

101, J. Mercal (Felt) 2:33:15; 102, D. Francis (Fife) 2:33:24; 103, P. Martin (Lut) 2:33:27; 104, M. Baggs (Wey) 2:33:32; 105, H. Quince (Bed) 2:33:49; 106, G. Kay (Staff-V) 2:34:26; 107, M. Craven (Kend) 2:34:35; 108, V. Gutteridge (Hill) 2:34:37; 109, D. Faircloth (Croy) 2:34:51; 110, K.

KANGAROO CLUB SCHOOLS' POSTAL COMPETITION

A Postal Competition is run each year for school athletes in Long and Triple Jumping during May, June and July. Trophies are awarded for Junior, Intermediate and Senior Boys. Details can be obtained from C. J. Kirwin, Kelly College, Tavistock, Devon. Please enclose a s.a.e. with your enquiry.

LLOYDS BANK ATHLETIC CLUB OPEN MEETING

Copers Cope Road, New Beckenham, Kent
MONDAY, 22nd MAY, 1978

Commencing at 7 p.m.

SENIOR MEN

60m, 150m, 300m, 600m, 1,000m, 3,000m

Long Jump Shot

Entry Fee: 15p per person — Enter on the night.

Further details from Pete German, 01-928 0411 Ext 32.

Next Meeting — 5th June

THE CAERWYS MARATHON RUN SHOW AND SPORTS

(Under A.A.A. Laws)

Saturday, 27th May, 1978, Comm. 12 noon

COED FARM FIELDS, CAERWYS, CLWYD

Valuable Prizes for all Marathon Events

CLASS 1 — For local runners residing within an 8 mile radius of Caerwys. Dist. approx. 7 miles.

CLASS 2 — For children 15 years and under. Distance approx. 3 miles.

CLASS 3 — For Open Runners over a course of approx. 14 miles.

Entry Fees: Classes 1 and 3 £1.00, class 2 50p.

Entries (incl. fee) to Mrs W. S. Houlbrook, Elderberry Paddock, Bodfari, Clwyd, N. Wales (Tel: Caerwys 382), by May 23rd (on day 25p extra).

OXFORD CITY A.C.

OPEN GRADED MEETING

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

WEDNESDAY, MAY 24th, 1978
IFFLEY ROAD

6.30 p.m. 400mH (S Women), 200m (J Women),

Events 400mH (Youths), 200m (S Women),
in order 400mH (Men), High Jump (J Women), Discus (S Men)

7.00 p.m. Shot (S Women/Inters)

7.15 p.m. Long Jump (S Men)

7.30 p.m. 800m (Women's races first)

ENTRIES 25p an event to Graded Meetings, 30 Spring Lane, Horspath, Oxon, by Saturday, May 20th, stating name, address, club, age, event and best recent performance.

ENTRIES NOT ACCEPTED ON THE NIGHT

Scottish News

CLYDEBANK TO HELENSBURGH ROAD RACE

AS he has done so many times in the past Jim Dingwall, the current Scottish 10,000m and marathon champion, won the 'Jimmy Scott Memorial' 16½M road race from Clydebank to Helensburgh on April 15th with a strong finishing sprint over the final 200y. It was an engrossing race in which he wore down his rivals with a relentless pace.

Passing through Dumbarton at halfway Day, Dingwall and Youngson were 32 sec clear, and the leading bunch continued with the lead changing as first one and then the other tried to break clear. With 3½ miles to go Youngson was the first to crack.

Dingwall and Day continued as if on a training run, and Day had no response to Dingwall's finishing sprint which carried him to victory well outside the course record of 1:19:59 set by Alec Wight in 1971. Bill Stoddart, the World Veteran marathon champion, was the first Veteran home in 9th position, with Hamish Scott (Perth) runner-up in 11th place.

1, J. Dingwall (Falkirk Victoria)..... 1:23:01
2, W. Day (Falkirk Victoria)..... 1:23:04
3, C. Youngson (Edinburgh Southern) .. 1:23:46
4, M. Craven (ESH) 1:24:17; 5, T. Wiseman (Gars) 1:24:44; 6, A. Keith (EAC) 1:25:33; 7, E. Fisher (EAC) 1:26:26; 8, M. Logue (FVH) 1:27:24; 9, W. Stoddart (GWH-V) 1:27:48; 10, C. Martin (Dumb) 1:28:52; 11, H. Scott (PSH-V) 1:29:32; 12, J. Russell (Bell) 1:29:39; 13, J. Sands (Ayr) 1:32:04; 14, E. Cameron (ESH) 1:32:38; 15, C. Joss (Bell) 1:33:06; 16, A. McMaster (Strath Un) 1:33:18; 17, J. Sloss (Long) 1:35:34; 18, A. Roach (Long) 1:36:14; 19, T. Kille (EAC) 1:36:43; 20, T. Donnelly (Bell) 1:37:27. Teams: 1, Falkirk Victoria 11; 2, ESH 21; 3, EAC 32; 4, Bellahouston 47.

GLASGOW AC WOMEN'S OPEN MEETING

At Coatbridge, April 2nd

100/200: K. Williams (Pit) 12.6/25.7. 800: 1, J. Shepherd (Glas) 2:17.5; 2, L. Roy (Glas) 2:17.8. 1500: K. Robinson (Pit) 4:42.9. 3000: 1, J. Higgins (Glas) 10:19.4; 2, E. Trotter (Glas) 10:42.5. HJ: 1, M. Nobacz (Shett) 1.63; 2, S. Brown (Shett-I) 1.63. SP: H. Yule (EAC) 11.93; 2, S. McDonald (Pit-J) 10.18. (Juniors) 100/200: L. McDonald (Pit) 12.9/27.1. 800: C. Candlish (Pit) 2:30.0. DT: S. McDonald (Pit) 37.56 (Scottish record).

SCOTTISH VETERANS 10M ROAD RACE CHAMPIONSHIP

At Grangemouth, April 8th

1, W. Stoddart (Greenock Wellpark H) ... 53:21
2, H. Scott (Perth Strathtay) 55:51

3, J. Barrowman (Garscube) 56:05
4, W. Marshall (Clyde V) 56:16; 5, M. Coyne (FVH) 56:36; 6, T. Malcolm (Spring) 57:07; 7, J. Murray (FVH) 57:18; 8, G. Dickson (Gars) 57:47; 9, J. Moore (E Kilb) 58:08; 10, J. Brierley (Vic P) 58:40; 11, T. O'Reilly (Spring) 59:30; 12, A. White (Spring) 59:35; 13, H. Morrison (Vic P) 59:39; 14, A. Singh (Vic P) 59:47; 15, G. Steel (Scot-V) 60:10; 16, J. Black (Liv) 60:34; 17, M. Morrison (Scot-V) 60:36; 18, J. McLean (Bella) 60:40; 19, A. Smith (Kilb) 61:19; 20, D. McKirdy (E Kilb) 61:40.52 finished.

SCOTTISH & NW LEAGUE **At Grangemouth, April 16th** **(Division One)**

Ayrshire 355; Clyde Valley 347; Central Region 342; Border 325; Vale of Leven 242; Pitreavie 217. 100: 1, A. Kerr (CR) 10.9; 2, A. Harley (Pit) 11.0; 3, I. Houston (Ayr) 11.1. (B): K. McKay (Pit) 11.0. 400: 1, R. Spalding (CR) 49.0; 2, Houston 50.0. 1500: R. Bailey (Clyde V) 3:56.2. 3000SC: E. Devlin (Clyde V) 9:07.2. 4 x 100: Pitreavie 43.6. (Youths) 100: E. Forbes (CR) 11.2. 400: I. Cuthbertson (Pit) 51.1. 1500: P. Foy (Clyde V) 4:08.2. LJ: Cuthbertson 6.51. 4 x 100: Central Region 45.8. (Colts) 1500: 1, B. O'Hare (Clyde V) 4:53.7; 2, G. Gray (VolL) 4:55.0. (Women) Pitreavie 343; Central Region 289; Border 278; Clyde Valley 243; Paisley 209; Vale of Leven 205. 100/200: K. Williams (Pit) 12.0/24.5. 400: A. Harley (CR) 56.4. 1500/3000: K. Robinson (Pit) 4:44.9/10:21.2. DT: S. Ball (Pit) 35.54. (Juniors) 100: 1, L. McDonald (Pit) 12.2; 2, F. McIntyre (CR) 12.8. 1500: 1, K. Greally (Pit) 5:01.3; 2, B. Kelly (CR) 5:03.0. HJ: M. Kellock (Pit) 1.52. DT: S. McDonald (Pit) 36.56. JT: S. Rattrey (Pit) 28.40. (Girls) 1500: J. Uren (Bord) 5:12.2.

(Division Two)

Victoria Park 346; Kilbarchan 305; Dumbarton 272; Paisley 251; Law & Dist 235. 5000: D. Frame (Law) 14:27.2. (Youths) 1500: 1, W. Smith (Pais) 4:10.2; 2, R. Riddell (Law) 4:10.7. (Boys) 1500: A. Anderson (Vic P) 4:26.5. (Colts) 1500: A. Currie (Dumb) 4:50.6. (Women) Ayrshire 336; Victoria Park 303; Greenock Rankin Park 266; Kilbarchan 218; Law & Dist 108; Lothians 77. (Juniors) HJ: T. Brown (Ayr) 1.52.

MEADOWBANK OPEN MEETING **April 23rd**

100: R. Denham (ESH) 11.0. **200:** 1, Denham 21.86; 2, C. Sharp (Jord) 22.11; 3, P. Little (EAC) 22.36; 4, D. Harley (Pit) 22.53. **400:** 1, A. Kerr (CR) 48.1; 2, J. Houston (Ayr) 48.6; 3, T. Young (CR) 49.3; 4, A. Cord (EK) 50.1. (B): 1, K. Glass (EAC) 50.3; 2, R. Caldwell (EAC) 50.4. **800:** 1, P. Hoffmann (EAC) 1:50.2; 2, P. Forbes (EAC) 1:50.2; 3, J. Scott (EAC) 1:51.8; 4, T.

Young (CR) 1:53.1; 5, D. Spalding (CR) 1:53.3; 6, B. Dickson (Stir Un) 1:53.3. (B): 1, H. Forgie (Lark) 1:54.7; 2, D. Leitch (Lark) 1:54.8; 3, S. Smullen (Strath Un) 1:55.6. **1500:** 1, J. Robson (ESH) 3:42.0; 2, N. Muir (Shett) 3:45.8; 3, I. Orton (Heriot W) 3:49.9. **110H:** 1, D. Finlay (Pit) 15.7; 2, I. McEwan (Shett) 15.7. **3000SC:** 1, J. Graham (Clyde V) 8:52.5; 2, R. McKim (EK) 8:53.5; 3, W. Sheridan (Vic P) 8:54.0; 4, I. Elliott (ESH) 9:05.4; 5, J. Evans (Shett) 9:10.9; 6, J. Burns (Clyde V) 9:22.0; 7, A. Philpott (Unatt) 9:22.2; 8, A. Robertson (ESH) 9:26.2; 9, R. Stone (Cambus) 9:30.9. **HJ:** 1, B. Burgess (EAC) 2.05; 2, R. Hepburn (EAC) 2.00; 3, D. Hendry (EAC) 1.95; 4, K. Flockhart (ESH) 1.90. **PV:** 1, J. Johnstone 4.35; 2, I. Maguire 3.80; 3, R. Sinclair 3.60. **TJ:** W. Clark (ESH) 14.36. **SP:** 1, H. Davidson (ESH) 16.42; 2, G. Patience (EAC) 13.96; 3, M. McDonald (ESH) 13.12. **HT:** 1, McDonald 51.86; 2, W. Gentleman (EAC) 47.40; 3, J. Black (ESH) 46.58; 4, Davidson 46.24; 5, R. Gray (Pit) 45.36. **JT:** 1, A. Black 65.72; 2, D. Scullion 62.52; 3, S. Maxwell 59.90.

Women

100: 1, F. Nixon (ESH) 12.1; 2, M. Wells (ESH) 12.3. **200:** 1, Nixon 24.49; 2, H. Golden (ESH) 24.91; 3, Wells 25.09; 4, L. Boyle (Clyde V) 25.36. **400:** 1, E. Sutherland (ESH) 54.28 (Scottish native record); 2, A. Harley (CR) 54.8; 3, K. Williams (Pit) 55.2; 4, E. McMeekin (Glas) 57.7; 5, L. Wait (ESH) 58.9; 6, S. Livingstone (Pit) 59.1. (B): 1, E. Brown (Glas) 57.4; 2, A. Linton (Glas) 57.4; 3, C. Walinshaw (Cambus) 58.0; 4, F. Hargreaves (ESH) 58.6; 5, M. Marshall (Glas) 58.6. **800:** 1, A. Clarkson (ESH) 2:09.4; 2, C. Lightfoot (Shett) 2:10.3; 3, A. Linton (Glas) 2:10.3; 4, V. Hutton (ESH) 2:12.1; 5, P. Reece (Bury) 2:12.4. **1500:** 1, M. Coomber (Camb H) 4:24.1; 2, J. Shepherd (Glas) 4:33.4; 3, P. Gunstone (EAC) 4:35.3; 4, V. Hope (CR) 4:41.0. **3000:** 1, Shepherd 9:37.5; 2, F. McQueen (Glas) 9:46.2; 3, A. Lind (ESH) 10:22.4; 4, J. Higgins (Glas) 10:26.3; 5, J. Folan (ESH) 10:33.9; 6, W. Sharp (Pit) 10:34.8; 7, E. Trotter (Glas) 10:38.1. **100H:** 1, E. Davidson (ESH) 14.40; 2, M. Walls (ESH) 14.75; 3, S. Drysdale (Glas) 14.84; 4, P. Treanor (Shett) 15.66. **HJ:** 1, Walls 1.74; 2, J. Pinkerton (Glas) 1.71; 3, S. Brown (Shett) 1.68; 4, I. Watt (EAC) 1.65. **LJ:** 1, S. Hay (Fife) 5.96; 2, V. White (Glas) 5.94; 3, Walls 5.48. **SP:** 1, H. Yule (Glas) 12.39; 2, Walls 10.82. **JT:** 1, D. Williams (Stret) 49.64 (Scottish National record); 2, V. Price (ESH) 40.98; 3, J. Dallas (Glas Un) 39.52.

Bristol AC officers: President, Margaret Williams; chairman, Fred Hill; general secretary, Mike Douglas, 'Pentire', Brinsea Road, Congresbury, Bristol (Tel: Yatton 834030); treasurer, Tony Hurley; coaching sec, Keith Parsons.

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Kelly (Salt) 2:35:15; 111, J. Rowe (6S Heath) 2:35:39; 112, J. Geoghegan (Camb H-V) 2:35:51; 113, R. Brownsey (West) 2:35:52; 114, L. Austin (Stoke) 2:35:58; 115, G. Lawson (Man) 2:36:04; 116, J. Tempert (A&SV) 2:36:09; 117, P. Livesey (Clay) 2:36:19; 118, F. Grant (Charn) 2:36:36; 119, C. Hunt (Staff) 2:36:41; 120, D. Bendy (Leam) 2:36:43; 121, B. Pickersgill (Holm) 2:36:48; 122, L. Stowell (Charn) 2:37:08; 123, M. Foschi (Alt) 2:37:24; 124, B. Bowler (Staff M) 2:37:33; 125, K. Peeney (Liv P) 2:37:55; 126, P. Whittaker (Long-V) 2:38:03; 127, E. Trowbridge (Dark Pk) 2:38:31; 128, C. Newbury (Tiv) 2:38:33; 129, R. Bacon (Man) 2:38:34; 130, A. Walsham (Salf-V) 2:38:39; 131, A. Etchells (Ilf) 2:38:55; 132, W. Crowther (Long) 2:39:00; 133, J. Steed (Ver-V) 2:39:17; 134, B. Woods (Seft-V) 2:39:47; 135, J. Calderbank (O&R) 2:40:05; 136, J. McCurdie (Sale) 2:40:12; 137, R. Crosbie (TVH) 2:40:25; 138, J. Welsh (Dby) 2:41:07; 139, P. Thurlby (C&C) 2:41:30; 140, H. Artiss (Ver) 2:41:37; 141, R. Train (E Hull) 2:41:41; 142, A. Wood (B'burn) 2:41:46; 143, R. Stevenson (Mary) 2:41:53; 144, E. Acton (Here) 2:42:02; 145, F. Drozda (Pless) 2:42:23; 146, R. Atkins (S'port) 2:43:02; 147, M. Richardson (Durh) 2:43:04; 148, B. Switzer (S&E) 2:43:06; 149, R. Holmes (Rhodes AC) 2:43:15; 150, D. McHenry (Bally) 2:43:29;

151, H. Quigley (S Heath) 2:43:53; 152, G. Ogden (High) 2:43:54; 153, S. Lloyd (YMCA) 2:44:16; 154, M. Thompson (Leam) 2:44:38; 155, P. Jones (New) 2:44:43; 156, P. Kilbey (Alt) 2:44:49; 157, J. Harper (Charn) 2:44:59; 158, S. Crawte (AF&D) 2:45:02; 159, A. Mundy (Dart) 2:45:32; 160, P. Carragher (Liv P) 2:45:43; 161, D. McKay (Sheff) 2:46:08; 162, J. Sawyer (Long-V) 2:46:08; 163, C. Owen (Cwm) 2:46:23; 164, R. Goad (G&G) 2:46:27; 165, T. O'Donnell (Alt) 2:46:57; 166, D. Walton (Alt) 2:47:05; 167, J. Robertshaw (New) 2:47:05; 168, J. Williams (Wirr) 2:47:31; 169, C. Davison (E Hull) 2:47:31; 170, T. Lindbom (Swe) 2:47:53; 171, D. Ford (Stoke) 2:48:10; 172, J. Walsh (Card) 2:48:49; 173, M. Armstrong (New) 2:49:09; 174, M. Capewell (Loz-V) 2:49:21; 175, T. Countryman (B&H) 2:49:36; 176, G. Smith (Bolt) 2:50:31; 177, K. Peters (Springfields) 2:50:42; 178, R. Pemble (Fife) 2:50:53; 179, R. Dickson (Croy) 2:51:06; 180, J. Bloor (Mich) 2:51:19; 181, C. Bent (Bux) 2:51:28; 182, T. Deighton (Stoke-V) 2:51:39; 183, A. Malmgren (Swe) 2:51:42; 184, G. Thornes (Sund) 2:51:49; 185, G. Duff (Sheff) 2:52:41; 186, A. Thompson (S'port) 2:53:38; 187, D. Allen (Man) 2:54:31; 188, M. Casse (Hill-V) 2:54:38; 189, M. Taylor (Dud) 2:54:40; 190, R. Hargreaves (Clay) 2:55:04; 191, A. Robertson (Dud) 2:55:30; 192, D. Owers (New-V) 2:56:03; 193, J. Cartwright (Trow) 2:56:30; 194, A. Elders (Salt) 2:56:59; 195, D. George (Sale-V) 2:57:52; 196, K. Payne (Bury) 2:58:03; 197, B. Donnelly

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'Athletics 1978', published in association with Dewhurst, will be out on May 18th. Edited by Ron Pickering and compiled by Mel Watman, the book is packed with good reading, information and photographs — and includes comprehensive sections on the Commonwealth Games & European Championships.

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(Telf) 2:58:09; 198, D. Rodgers (Sale) 3:00:51; 199, D. Thorncroft (New) 3:02:06; 200, K. Dunn (Old) 3:02:43; 201, F. Elliott (Sund) 3:03:25; 202, J. Sothill (Old) 3:06:13; 203, F. Childlow (Staff) 3:07:47; 204, D. Harris (Dud-V) 3:07:48; 205, B. Kemp (Macc) 3:08:33; 206, R. Lawton (Holm) 3:09:20; 207, G. Weaver (Hales) 3:09:22.

Teams

1, Duncairn (NI) (13, 14, 25) 52
2, Gateshead (4, 36, 52) 92
3, Bolton (21, 32, 56) 109
4, Luton United (1, 28, 80) 109

CONGRATULATIONS!

International athletes Andy and Margaret Williams (née Critchley) became the proud parents of a daughter, Lisa Sharon, at Aylesbury on April 11th.

SOUTHERN LEAGUE-CANCELLED FIXTURES (MAY 6th). Clubs are reminded that under Southern League rules, clubs must not attempt to re-arrange a fixture that was cancelled. All clubs involved will be awarded balancing points at the end of the season.

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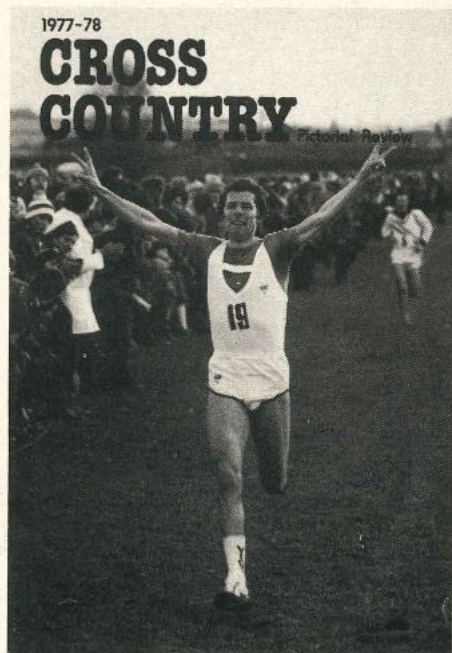
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Road & CC Races

WARRINGTON FORSHAW PARKLAND RELAYS

(Sponsored by Burtonwood Brewery)

April 2nd

(Youths): 1, Kendal (A. Taylor 7:23, M. Dick 7:34, I. Jones 7:23) 22:20; 2, Blackpool & Fylde (I. Rawlinson 7:37, V. Taylor 7:27, J. Blackledge 7:38) 22:42; 3, Blackburn (M. Smith 7:35, A. Schofield 7:33, D. Jackson 7:37) 22:45; 4, Gateshead 22:51; 5, Bolton 22:53; 6, Leeds 22:55; 7, Rossendale 22:59; 8, Tipton 23:05; 9, Liverpool H 23:06; 10, Liverpool Pembroke 23:33; 11, Sale 23:37; 12, Manchester H 23:37; 13, Warrington 23:47; 14, Liverpool Pemb 'B' 23:50; 15, Wallasey 23:58; 16, Rochdale 23:59; 17, Stretford 24:05; 18, Wirral 24:11. **Fastest:** J. Doherty (Leeds) 7:13. (Boys): 1, Stretford (C. Bucknall 8:08, G. Wilkinson 7:50, A. Barlow 7:48) 23:46; 2, Tipton (R. White 8:02, W. Lavender 8:03, A. Fell 8:01) 24:06; 3, Manchester (A. Mayall 7:59, S. Turner 8:18, M. Owen 8:08) 24:25; 4, Warrington 24:30; 5, Blackpool & F 24:36; 6, Blackburn 24:42; 7, Kendal 24:44; 8, Leeds 24:45; 9, Wirral 24:49; 10, Sutton 24:58; 11, Airedale & SV 25:05; 12, Preston 25:23; 13, Liverpool Pembroke 25:36; 14, Bolton 25:39; 15, Liverpool H 25:41. **Fastest:** P. Hicken (Warr) 7:39. (U/14): 1, Manchester H (D. Riley 8:19, R. Wyer 8:13, G. Vallance 8:07) 24:39; 2, Gateshead 24:42; 3, Bingley 25:06; 4, Liverpool H 25:16; 5, Moston Brook School 25:21; 6, Bolton 25:28. **Fastest:** A. Ford (Liv P) 8:02. (U/13): 1, Warrington (P. Screawn 8:39, R. Lawton 8:27, G. Green 8:11) 25:17; 2, Stockport 25:35; 3, Blackpool & F 26:11; 4, Sutton 26:19; 5, St Anselm's 26:29; 6, Tipton 26:33. **Fastest:** Green 8:11. (U/12): 1, Warrington (P. Duffy 9:18, A. Mather 8:50, P. Wright 8:35) 26:43; 2, St Anselm's 26:47; 3, Wirral 27:22; 4, Stockport 27:33; 5, Tipton 27:35; 6, Liverpool H 28:09. **Fastest:** Wright & J. Green (Bing) 8:35. (U/11): 1, P. Aitheson (Wig) 8:51; 2, C. Smith (St J) 8:56; 3, P. Cooney (Warr) 9:07. **Team:** Warrington.

EAST CHESHIRE HAC WOMEN'S PARKLAND RELAYS

April 2nd

(Inters): 1, Airedale & SV (W. Proctor 6:03, Y. McGregor 6:00, R. Toth 5:45) 17:48; 2, Bolton Utd 18:23; 3, A&SV 'B' 18:44; 4, E. Cheshire 19:23. **Fastest:** S. Little (Bolt) 5:39, Toth 5:45, H. Burgon (A&SV 'B') 5:45. (Juniors): 1, E. Cheshire (J. Rowbotham 5:58, J. Harding 6:10, J. Roberts 6:07) 18:15; 2, Stockport 18:15; 3, Rochdale 18:37; 4, Rossendale 18:52; 5, E. Cheshire 'B' 19:04; 6, Altrincham 19:26. **Fastest:** A. Eastwood (Ross) 5:50, Rowbotham 5:58, J. Newton (Stock) 6:00. (Girls): 1, Manchester (J. Massey 5:29, K. Wilkinson 5:17, F. Keyte 4:58) 15:44; 2, Manchester 'B' 15:58; 3, Bolton Utd 16:24; 4, Ashton YA 16:32; 5, E. Cheshire 16:35. **Fastest:** Keyte 4:58, L. Davies (E Ches) 5:15, J. Fitton (Bolt) 5:15.

GOSFORTH RELAYS

April 8th

1, Airedale & Spen Valley (K. Duckworth 20:31, R. May 19:56, D. Mayho 20:10, P. Bennett 19:36) 80:13; 2, Morpeth (A. Catley 20:04, J. Alder 20:35, N. Black 19:36, D. Camp 20:02) 80:17; 3, Gosforth (M. Moore 20:40, D. Alexander 20:52, J. McCarthy 20:37, A. Gibson 19:47) 81:56; 4, Gateshead 82:10; 5, Middlesbrough & C 82:17; 6, Morpeth 'B' 83:34; 7, Sunderland 84:17; 8, Elswick 86:09; 9, Gosforth 'B' 87:10; 10, Durham City 87:16. **Fastest:** Black & Bennett 19:36, Gibson 19:47, G. Forster (Sund) 19:52, May 19:56, S. Markley (M&C) 19:57. (Veterans): 1, Gosforth (F. Sayer 21:51, K. Sutton 22:01, P. Pattison 22:56, R. Carruthers 20:48) 87:36 (rec); 2, Heaton 90:39; 3, Morpeth 90:59; 4, Blaydon 92:45; 5, Gateshead 93:20. **Fastest:** Carruthers 20:48 (rec), W. Ryder (Morp) 21:32, R. Balding (Heat) 21:33. (Boys): 1, Sunderland (A. Bober 10:26, M. Hepple 11:00, K. Newton 9:56) 31:22 (rec); 2, Morpeth 31:42; 3, Gateshead 31:57; 4, Jarrow & H 32:43; 5, Blaydon 32:46; 6, Wallsend 33:17. **Fastest:** Newton 9:56, J. Harper (Morp) 10:17, D. Mills (J&H) 10:19.

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(on Wednesday, May 24th, at 6 p.m.)

AMATEUR ATHLETIC ASSOCIATION

(on Thursday, June 1st, at 6 p.m.)

at Ashby Road Stadium, Loughborough (1 Mile from M1)

ROHM & HAAS ROAD RACES

WITH Mike McLeod deciding to jog along behind the leaders and not add to his hat-trick of the last three years and Brendan Foster spectating, Charlie Spedding was left with a simple task in Jarrow & Hebburn's Rohm and Haas Road Race on April 15th. The 25-year-old pharmacist, fresh from altitude training in Kenya, was 200m ahead at the finish. A special award went to polio victim Bob McMillan (Blaydon), who finished to loud applause.

Brian Kirkley

1, C. Spedding (Gateshead) 31:26
 2, S. Irvine (Gateshead) 32:01
 3, J. Myatt (Gateshead) 32:13
 4, D. Kelly (Salt) 32:17; 5, J. Trainor (Gates) 32:40; 6, R. Patterson (Blay) 32:42; 7, P. Harker (Darl) 32:49; 8, T. Woods (Durh Un) 32:57; 9, J. Alder (Morp) 33:04; 10, R. Belk (A&SV) 33:05; 11, R. Donkin (Sund) 33:11; 12, A. Clifton (Gates) 33:13; 13, K. Forster (Salt) 33:19; 14, J. Didriksson (New Un) 33:31; 15, G. Williams (Long) 33:32; 16, T. Welsh (Harro-V) 33:35; 17, C. Hallimond (Gates) 33:46; 18, D. Alexander (Gos) 33:48; 19, M. McLeod (Els) 33:50; 20, P. Whittle (Els) 33:55; 21, J. Colquhoun (Blay) 33:57; 22, P. Bentley (Morp) 33:57; 23, A. Jenkins (Morp) 34:00; 24, T. Proctor (Sund) 34:01; 25, K. Johnson (Els) 34:04; 26, R. Allen (Harro-V) 34:11; 27, S. Jonsson (New Un) 34:15; 28, M. Harris (Morp) 34:21; 29, M. Calvert (Leeds Un) 34:25; 30, D. Orme (Leeds Un) 34:31.
Teams: 1, Gateshead 11; 2, Morpeth 82; 3, Saltwell 100; 4, Elswick 113; 5, Sunderland 127.
(Youths): 1, G. Turnbull (Gates) 15:35; 2, G. Smith (Sund) 15:37; 3, P. Dodds (Morp) 15:39; 4, P. Collins (Sund) 15:45; 5, W. Johnston (Gates) 16:00; 6, G. Bracken (Gates) 16:09; 7, P. Naisbitt (Walls) 16:16; 8, D. Suleman (Walls) 16:26; 9, D. Watt (Walls) 16:47; 10, M. Humble (Gos) 16:48.
Teams: 1, Gateshead 12; 2, Wallsend 24; 3, Sunderland 37. **(Boys):** 1, K. Newton (Sund) 9:30; 2, D. Topham (Long) 9:51; 3, D. Mills (J&H) 9:55; 4, C. Naisbitt (Walls) 9:59; 5, M. Wright (Gates) 9:59; 6, A. Garner (Long) 10:05; 7, G. Higgins (A&SV) 10:07; 8, M. Hardy (Morp) 10:07; 9, J. Harper (Morp) 10:07; 10, P. Tanner (Blay) 10:11. **Teams:** 1, Longwood 27; 2, Sunderland 29; 3, Gateshead 31; 4, Morpeth 35. **(Colts):** 1, R. Creighton (Work) 10:33; 2, I. Birlson (Blay) 10:44; 3, J. Surtess (Gos) 10:45; 4, A. Clough (Durh C) 10:48; 5, P. Davison (Gates) 10:55; 6, M. Dorman (Gates) 10:57; 7, K. McStay (Blay) 10:59; 8, T. Grey (Sund) 10:59; 9, S. Bird (Sund) 10:59; 10, I. Brooks (Blay) 11:10. **Teams:** 1, Blaydon 19; 2, Gateshead 26; 3, Sunderland 30.

Women

1, M. Belk (A&SV) 10:52; 2, J. Haigh (Long) 10:57; 3, M. Chambers (Blay) 11:12; 4, L. Malcolm (Morp-I) 11:17; 5, A. James (A&SV)

11:18; 6, A. Burke (Gates) 11:20; 7, J. Lochhead (A&SV) 11:21; 8, S. Dean (Long) 11:25; 9, P. Crawford (Darl) 11:25; 10, R. Toth (A&SV) 11:25. **Teams:** 1, A&SV 13; 2, Longwood 21; 3, Gateshead 32. **(Juniors):** 1, C. Holdsworth (Leeds) 11:10; 2, H. Boyes (Gos) 11:13; 3, S. Taylor (Morp) 11:14; 4, W. Hirst (Leeds) 11:40; 5, S. Pilkington (Gates) 11:52; 6, S. Glass (Gates) 11:56; 7, D. Robson (Morp) 12:00; 8, A. Hunt (Morp) 12:01; 9, S. Hughes (Morp) 12:04; 10, G. Bryant (Darl) 12:06. **Teams:** 1, Leeds 16; 2, Morpeth 18; 3, Gateshead 37; 4, Darlington 40.

HARBORNE H JUBILEE ROAD RELAY

HARBORNE HARRIERS' 50th Jubilee annual road relay held over five stages of 4¼M on April 15th attracted 47 teams to the start. **Lap 1:** Damien Tierney (Small Heath) handed over in 20:13 followed by Ray Maule (Godiva) 20:16. Tipton, using the race as a trial for the National Road Relay two weeks later, had Jim Wright ('C') 3rd in 20:21 and Brian Cole ('B') 4th in 20:26. Tipton 'A' were back in 9th place. **Lap 2:** Colin Brown took over for Godiva and pulled away to finish 36 sec ahead in 20:29. Bob Cytla took Tipton 'A' from 9th to 2nd in 20:25. **Lap 3:** Tony Blackwell recorded the second fastest leg of the day (19:54) to take Wolverhampton & Bilston into a 14 sec lead over Godiva, who in turn had 3 sec to spare over Tipton. The fastest leg of the day came from Ray Smedley who took Birchfield from 7th to 4th with a time of 19:39. **Lap 4:** Ken Scott kept Wolverhampton in the lead with a leg of 20:41 but he had only 6 sec to spare over Doug Fownes of Tipton (20:30). **Lap 5:** The final lap saw Tipton 'A' take the lead for the first time through Andy Holden who ran 20:08 to bring them home 23 sec clear of Wolverhampton, for whom Dave Nicholl ran 20:37. Mal Pickering brought Birchfield home third.

Bob Care

1, Tipton (S. Walton) 20:56, R. Cytla 20:25, P. Venmore 20:41, D. Fownes 20:30, A. Holden 20:08) 102:40;
 2, Wolverhampton & Bilston (M. Cadwallader 20:37, J. Eley 21:14, T. Blackwell 19:54, K. Scott 20:41, D. Nicholl 20:37) 103:03;
 3, Birchfield (D. Ellis 20:43, J. Patton 21:49, R. Smedley 19:39, M. Bardsley 20:54, M. Pickering 20:45) 103:50;
 4, Coventry Godiva (R. Maule 20:16, C. Brown 20:29, E. Kelly 21:14, H. Cowie 21:28, P. Miller 21:30) 104:57;
 5, Tipton 'B' (B. Cole 20:26, R. Bentley 21:46, B. Baldaro 21:21, A. Grice 22:00, K. Rock 21:40) 107:13;
 6, Small Heath (D. Tierney 20:13, J. Rowe 21:30, G. Taylor 21:14, J. Butlin 24:19, J. King 20:48) 108:04;
 7, Tipton 'C' 108:22; 8, Birchfield 'B' 108:33; 9, Sparkhill 110:01; 10, Wolverhampton 'B'

110:36; 11, Bromsgrove & R 111:12; 12, Sparkhill 'B' 112:12; 13, Leamington 113:37; 14, Cannock Chase 113:42; 15, Lozells 115:06. 39 teams finished.

Fastest: Smedley 19:39, Blackwell 19:54, Holden 20:08, Tierney 20:13, Maule 20:16, J. Wright (Tipton 'C') 20:21.

Youths

1, K. Fahey (Worc) 13:28; 2, J. O'Connor (Tip) 13:35; 3, S. Lowe (Tip) 13:49; 4, P. Black (Tam) 13:56; 5, S. Asson (Tam) 14:13; 6, C. Westwood (Tip) 14:17; 7, C. Ridding (Cov) 14:25; 8, A. Myatt (War) 14:27; 9, D. Wieghe (Worc) 14:29; 10, S. James (Nun) 14:38; 11, D. Slevin (Cov) 14:47; 12, A. Fell (Tip) 14:48; 13, J. Gleeson (Loz) 14:50; 14, M. Williams (Cov) 14:55; 15, L. Noone (Cov) 15:06. **Teams:** 1, Tipton 11; 2, Tamworth 29; 3, Coventry G 32.

STANWICK '10'

April 15th

1, P. Romaine (Holbeach) 49:27
2, P. Gilsenan (Kettering) 49:56
3, M. Exton (Holbeach) 50:49
4, T. Hopkins (Charn) 50:58; 5, A. Kearns (Kett) 51:22; 6, M. Fromant (Kett) 51:29; 7, P. Spare (Leic) 52:02; 8, J. Alcock (Leic) 52:10; 9, D. Brown (Grim) 52:17; 10, J. Montgomery (Unatt) 52:29; 11, D. Wheeler (Ox) 52:51; 12, R. Gibbard (Charn) 53:13; 13, P. Doherty (Alt) 53:42; 14, G. Anderson (Grim) 54:12; 15, D. Smith (Charn) 54:19; 16, K. Lee (Notts) 54:22; 17, A. Toseland (Kett) 54:23; 18, S. Holdsworth (Rug) 54:34; 19, K. Pickersley (Notts-V) 54:36; 20, J. Cox (Kett) 54:42. **Teams:** 1, Kettering Town 13; 2, Charnwood 31; 3, Grimsby 55; 4, Oxford 57; 5, Leicester 64; 6, Notts 88; 7, Newark 100; 8, Rugby 122; 9, Plessey 133; 10, GEC Whetstone 158. **(Vets):** 1, Pickersley; 2, A. Hughes (New) 55:46; 3, R. Turton (S Heath) 56:59. **Teams:** 1, Kettering 174; 2, Rugby 192; 3, Bedford 232. **(Women):** 1, D. Curtis (Leic) 20:17; 2, C. Draper (L Buzz) 21:15; 3, J. Burtonwood (Leic) 23:04. **Team:** Kettering.

WARRINGTON AC/BURTONWOOD BREWERY CO (FORSHAW'S) LTD CHRIS VOSE '10'

April 16th

1, D. Brennan (Warrington) 48:42
2, H. Jones (Liverpool University) 48:53
3, J. Jackson (City of Stoke) 49:25
4, S. Curran (Salf) 49:30; 5, S. Edmunds (Sale) 49:36; 6, N. Deakin (Stoke) 49:40; 7, N. Sloane (Sheff) 49:44; 8, D. Pratt (Sheff) 50:03; 9, L. Carroll (Wirr) 50:04; 10, M. Oldham (Man) 50:12; 11, D. Evans (Card) 50:17; 12, D. Lindsay (Wirr) 50:27; 13, G. Helme (Leigh) 50:30; 14, K. Best (Bolt) 50:32; 15, D. Blakeley (Man) 50:34; 16, P. Rawsley (Sheff) 50:36; 17, R. Morris

(Alt) 50:38; 18, D. Allen (Man) 50:54; 19, C. Davies (Sale) 50:55; 20, W. Domoney (Sheff) 50:56; 21, A. Adams (Stoke) 50:57; 22, K. Breeze (Sale) 51:02; 23, A. Mills (New/Staffs) 51:07; 24, C. Leigh (Salf-V) 51:19; 25, D. Wilson (Clay) 51:23; 26, S. Clegg (Salf) 51:24; 27, M. Firth (Man) 51:28; 28, K. Duckworth (A&SV) 51:30; 29, F. Pendlebury (Man-V) 51:32; 30, D. Gee (Man) 51:37; 31, B. Renshall (Liv P) 51:39; 32, K. Mayor (Bolt) 51:43; 33, G. Nixon (Wrex) 51:51; 34, G. Tebbitt (Sheff) 52:05; 35, M. Flynn (Liv P) 52:11; 36, R. Brown (Liv P) 52:14; 37, P. Malcolmson (Liv P) 52:17; 38, C. Lawson (Man) 52:26; 39, J. McLoughlin (Sutt) 52:28; 40, R. Johnstone (Warr) 52:33; 41, R. Chaisty (Bury) 52:39; 42, M. McGann (E Ches) 52:45; 43, G. Entwhistle (Man) 52:53; 44, P. Waddington (Liv H) 53:01; 45, W. Halsall (Wig) 53:03; 46, K. Binks (Stret) 53:06; 47, J. Riley (Wirr) 53:08; 48, B. Eden (Man) 53:11; 49, M. Murphy (Sutt-V) 53:17; 50, J. Verity (Liv Un) 53:19. 326 finished. **Teams:** 1, Stoke 30; 2, Sheffield 31; 3, Manchester 43; 4, Sale 46.

(Yths 4M): 1, A. Kirkland (Sheff) 19:14; 2, J. O'Connor (Ross) 19:31; 3, T. Yates (Man) 19:38; 4, J. Farrar (Bury) 19:41; 5, D. McTavish (Stret) 19:42; 6, J. Kelly (Liv P) 19:49; 7, G. Walton (Man) 19:53; 8, G. Chandler (Sale) 19:59; 9, A. Taylor (Man) 20:03; 10, I. Worrell (Warr) 20:08; 11, M. Holland (Liv P) 20:13; 12, M. Evans (Stret) 20:21; 13, M. Hodson (Man) 20:27; 14, B. Hennie (Warr) 20:29; 15, M. Hatton (Liv P) 20:37; 16, J. O'Shea (Sale) 20:51; 17, M. Baylis (Wirr) 20:56; 18, P. Dwyer (Liv P) 21:17; 19, Somerville (Wirr) 21:24; 20, F. Peters (Stret) 21:31. **Teams:** 1, Manchester 19; 2, Liverpool 32; 3, Stretford 37; 4, Warrington 47; 5, Sale 56; 6, St Mary's 75. **(Boys 3M):** 1, P. Hicken (Warr) 14:20; 2, M. Cartledge (Liv H) 14:26; 3, Warhurst (E Ches) 14:31; 4, A. Green (Warr) 14:35; 5, K. Barrette (Roch) 14:42; 6, C. Baylis (Wirr) 14:52; 7, P. Eves (Liv H) 14:52; 8, C. Wilkinson (Stret) 15:06; 9, I. Patten (Man) 15:08; 10, A. Ford (Liv P) 15:08; 11, M. Owen (Man) 15:16; 12, D. Bintley (Wirr) 15:22; 13, A. Mayall (Man) 15:22; 14, P. Tootell (Stret) 15:24; 15, J. Robinson (B&F) 15:27; 16, A. Barlow (Stret) 15:30; 17, J. Thomas (Sutt) 15:31; 18, D. Sweeney (Warr) 15:31; 19, E. Clarke (Liv P) 15:42; 20, S. Lambert (Warr) 15:57. **Teams:** 1, Warrington 23; 2, Manchester 33; 3, Stretford 38; 4, Rochdale 38; 5, Wirral 39; 6, Liverpool 82; 7, St Mary's 116; 8, Salford 117. **(Colts 2M):** 1, G. Green (Warr) 10:06; 2, P. Bailey (Stret) 10:09; 3, D. Parker (Wirr) 10:11; 4, A. Alsop (Holm) 10:14; 5, Pancer (Liv H) 10:18; 6, P. Gould (Man H) 10:20; 7, G. Vallance (Man H) 10:21; 8, R. Lawton (Warr) 10:21; 9, I. Campbell (Staff) 10:24; 10, P. Wright (Warr) 10:25. **Teams:** 1, Warrington 19; 2, Wirral 26; 3, Manchester 27; 4, Liverpool H 37; 5, Liverpool 53; 6, Holmfirth 78.

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Walking

SEATTER AND PARKER TO REPRESENT NZ

TWO men who raced in Britain last year, Graham Seatter and Mike Parker, captured New Zealand titles recently and have gained Commonwealth Games selection. Graham won the track 5000m in 21:58.6 from Mike (22:34.4), Ross Pilkington (22:56.4) and Allan Callow (23:06.9). The next day in the 20km Graham was disqualified at 16km after having 5km splits of 22:52, 23:16 and 23:12, having dropped Parker (22:52, 23:20, 24:21). The latter triumphed in 95:48 from a closing Ross Pilkington (95:54), who travels to England this month, Allan Callow (99:42) and the 1956 Olympic 50km champion Norman Read (102:06).

In the official 30km trial for Edmonton, Parker won in 2:29:39 from Seatter (2:31:09), with veteran Read third in 2:40:40 followed by John Rayner (2:43:36).

Graham Seatter hopes to race in England from mid-June, including the AAA and Southern 3000 and the 20km at Stretford, before going on to Edmonton.

Colin Young finishes 2nd to Belgian Champion in Road Six Hours at Chapelle, Belgium (April 23rd). National 50km and 100km champion, Christian Halloy, took the lead after 2km and was then never headed. Priem (France) held second place on the opening circuit of 15km until passed by the 1977 Strasbourg-Paris winner, Robert Schouckens, and Colin Young just before the walkers started on the 4.5km lap on which they continued for the remainder of the event. Young dropped Schouckens before 30km and pulled well clear while Remy Michel passed Schouckens, winner of a French 200km race the previous week, in the last hour. The course was undulating and the surprisingly warm conditions troubled many in the field. 1, C. Halloy (Bel) 63km 220m/6:02:04; 2, C. Young (UK) 63,220/6:16:33; 3, R. Michel (Fra) 63,220/6:28:38; 4, R. Schouckens (Bel) 63,220/6:29:52; 5, J-P. Michel (Fra) 58,640/6:02:22; 6, J. Moerman (Bel) 58,640/6:03:16; 7, L. Schouckens (Bel) 58,640/6:04:12; 8, L. Schwartz (Lux) 58,640/6:05:37. 54 started/47 finished.

Kent Schools Walk Championships, at Tunbridge Wells (March 25th). (Senior Boys 10km): 1, M. Wordsworth (Ton) 50:35; 2, R. Wardhaugh (Ton) 50:54; 3, T. Phillips (Ton) 55:17. (Inters 5km): 1, S. Marshall (Camb H) 24:33; 2, M. Nicholls (Bel) 25:47; 3, J. Coldwell (Camb H) 26:11. (Junior Boys 3km): 1, K. Monk (Med) 19:32; 2, S. Gates (Sy) 19:48; 3, R. Mosely (Sy) 19:57. (Senior Girls 5km): 1, M. White (Med) 34:00; 2, Y. Davis (Med) 38:24; 3, K. Trivess (Med) 38:25. (Inters 3km): 1, L. Nicholls (Bel) 20:23; 2, A. White (Med) 22:29; 3, J. Askew (Med) 22:37. (Juniors 2.5km): 1, F. Rider (Camb H) 14:43; 2, J. Marshall (Camb H) 14:57; 3, M. Davitt (New) 15:39.

Havering AC Open Road Walks Meeting, at Hornchurch (April 1st). (Senior Women 3km): 1, C. Coleman (Low) 15:33; 2, J. Robery (Hav) 17:54; 3, H. Rider (Camb H-V) 18:00. (Inters 3km): 1, M. Wey (E&E) 16:45; 2, K. Puffett (E&E) 16:46; 3, L. Nolan (E&E) 17:14. (Juniors 2500m): 1, J. Harvey (Sy) 13:08; 2, L. McCarthy (Hav) 13:45; 3, K. McDonald (Dork) 13:45. (Girls 2500m): 1, J. Marshall (Camb H) 14:29; 2, K. Todd (Sutt) 14:35; 3, M. Davitt (New) 14:38.

London Postal Region 9km Yacht Handicap, at Blackheath Park (April 9th). Fastest: S. Holliday (Med) 43:55, S. Wynn (New/LPR) 45:31, D. Hay (Hav) 46:10.

Enrique Vera wins French 6 Hours event, at Bolbec (France) (April 8th). Held on the same rough surfaced circuit as last year when Seppo Immonen (Fin) won so impressively, it was world track record holder, Enrique Vera, who triumphed. John Lees repeated his second place, holding the Mexican for 3¼ hours and finishing some 3km down with a solid performance. Colin Young shook off the local opposition to finish third. 1, E. Vera (Mex) 67km 140m (5:59:04); 2, J. Lees (UK) 63,783; 3, C. Young (UK) 60,426; 4, Briffaut (Fra); 5, Maycourtis (Fra); 6, D. Brot (Swi). (20km): 1, G. Martin (Fra) 1:39:22; 2, S. Marclay (Swi) 1:39:52. (Women 5km): M. Vetterl (Swi) 26:57.

Dennis Jackson wins National Post Office 15km Championship, at Sutton Park (Birmingham) (April 15th). Held over the undulating Sutton Park circuit, York Post Office — even without Barry Graham and Jim Sullivan — dominated this championship. Dennis Jackson won comfortably in excellent time from new work colleague, John Oliver. The recent upsurge in the popularity of the sport in the Post Office is clearly shown with no less than 126 entering and 88 starting. 1, D. Jackson (Yk) 70:28; 2, J. Oliver

COVENTRY APPRENTICES'
ASSOCIATION

37th Annual Sports

WEDNESDAY, 5th JULY, 1978

Butts Stadium, Coventry

FREE ENTRIES

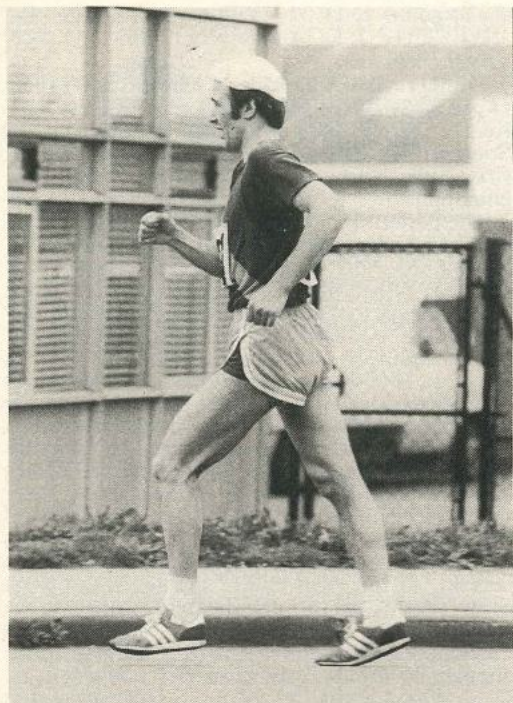
Chrysler 3000m.

Boys 15-17 year olds 1500m.

(Under AAA Laws)

Entries to:

T. Whitehead, 9 Alfriston Road, Coventry.



Ian Richards on the way to his excellent 4:18:54 win in the Basildon 50km.

Mike Street

(Yk/Sheff) 72:00; 3, R. Middleton (Lon/Bel) 74:28; 4, J. Ireland (Man/Lancs) 75:58; 5, G. Robinson (LTR/BoE) 77:08; 6, S. Whitmore (Leic/Leics) 77:53; 7, M. Wood (Dews) 78:07; 8, S. Wynn (Mt P New) 78:14; 9, T. Riley (Ilf) 79:17; 10, H. Minham (Leic/Leics) 80:08; 11, S. Barton (Lon/New) 80:49; 12, G. Smyth (Bally) 81:40; 13, D. Kilbride (Dews) 81:46; 14, D. Vale (Lon/Sy) 82:01; 15, D. Reavey (Man/Lancs) 82:27. Team: York PO. (Vets): 1, Vale; 2, H. Taggart (Yk) 85:48; 3, J. Clemmens (LF/Sy) 89:33. (Youths): H. Minham.

Havering AC Open Track Walks, at Hornchurch (April 16th). (Senior Men 5km): 1, M. Scamell (New) 23:56; 2, J. Perkins (New) 25:17; 3, D. Hay (Hav) 25:36. (Juniors 5km): 1, S. Mendham (Hav) 24:18; 2, V. Smith (WF) 25:07; 3, D. Graham (WF) 27:10. (Youths) 5km: 1, Cole (WF) 25:43. 3km: 1, I. Robery (Hav) 15:01; 2, M. Maidment (WF) 15:04; 3, N. Woods (Hav) 15:33. (Boys) 3km: 1, G. McCluskey (WF) 16:57; 2, D. Palmer (WF) 16:58; 3, S. Gates (Sy) 17:09. (Inter Women 3km): 1, K. Blows (Hav) 18:21. (Juniors 3km): 1, L. McCarthy (Hav) 17:15; 2, T. Butler (Hav) 17:44; 3, S. Connelly (Hav) 17:52. (Girls 2500m): 1, J. Marshall (Camb H) 14:53; 2, M. Davitt (New) 15:05; 3, N. Gates (Mx) 15:55.

London Postal Region 9km Yacht Handicap, at Blackheath Park (April 19th). (Fastest): M. Nicholls (Bel) 44:59; 2, S. Wynn (New/LPR) 45:45; 3, J. Hedgethorpe (Ex Pol) 46:05.

Vauxhall Spectacular. The usual Men's 10km and Women's 5km will be held on June 10th with entries closing a week previously to John Telford. In addition to the usual prizes to leading competitors there will also be spot prizes for various placings throughout the finishing order.

Race Walking on Television. The sport was shown to advantage on the BBC programme 'Stopwatch' with Northern Juniors featured, particularly Ian McCombie plus coach Chris Bolton.

Surrey WC Schools League. (At Selsdon-April 13th): O/15: 1, G. Vale (Wall) 13:28; 2, R. Wardhaugh (Skin) 13:58; 3, D. Jones (Magna C) 14:18. Team: Magna Carta. (U/15): 1, S. Mortimer (Magna C) 10:14; 2, D. Elliott (Skin) 10:35; 3, P. Mulholland (Skin) 10:39. (Girls U/15): 1, J. Harvey (Magna C) 10:17; 2, M. Goode (Magna C) 11:09; 3, P. Burt (Magna C) 11:57. Team: Magna Carta. **(At Croydon — April 17th)** O/15: 1, G. Vale (Wall) 23:25; 2, T. Phillips (Skin) 25:54; 3, J. Caldwell (Skin) 26:24. Team: Skinners. (Boys U/15): 1, D. Elliott (Skin) 16:10; 2, P. Mulholland (Skin) 16:20; 3, P. Innes (Magna C) 16:33. (Girls): 1, B. Spittle (Magna C) 18:42; 2, P. Burt (Magna C) 18:45; 3, S. Taylor (Mard) 23:11. Team: Skinners. **(At South Croydon — April 24th):** O/15: 1, G. Vale (Wall) 23:18; 2, D. Jones (Magna C) 24:00; 3, T. Phillips (Skin) 25:36. Team: Magna Carta. (U/15): Boys: 1, S. Mortimer (Magna C) 14:51; 2, D. Elliott (Skin) 15:45; 3, P. Innes (Magna C) 15:56. (Girls): 1, J. Harvey (Magna C) 15:09; 2, M. Goode (Magna C) 16:27; 3, B. Spittle (Magna C) 18:02. Team: Magna Carta.

Colin Young

Epsom & Ewell Open Women's Track Races (April 8th). Beverley Francis (19) came within six tenths of her best 3000m track time when striding to an easy victory on an unhelpful cinder track. (Senior 3000m): 1, B. Francis (B&H) 15:09.6; 2, S. Rook (Bel) 16:20.0; 3, K. Boatright (E&E) 16:41.0. (Inters): 1, S. Till (B&H) 15:52.0; 2, M. Way (E&E) 16:20.0; 3, K. Puffett (E&E) 16:28.0; 4, L. Nolan (E&E) 16:54.0; 5, D. Hoar (E&E) 17:35; 6, D. Mann (B&H) 18:05.0. (Juniors 2500m): 1, J. Harvey (Sy) 13:02.6; 2, F. Rider (Camb H) 13:35.0; 3, M. Goode (Sy) 13:37.0; 4, S. Brown (Stey) 13:41.0; 5, K. McDonald (Dork St P) 13:45.0; 6, L. McCarthy (Hav) 14:01.0. (Girls 2500m): 1, K. Todd (Sutt) 14:30.0; 2, N. Gates (Mx) 15:25.0; 3, E. Ryan (E&E) 15:42.0; 4, H. Ringshaw (Stey) 15:34.0; 5, L. Urquart (Sutt) 16:24.0; 6, A. Giles (Sy) 17:02.0.

15 Miles, at Henfield (April 8th). Due to the building of an extension to the Steyning AC clubhouse the start and finish of this traditional one lap course was switched to Henfield. Peter

Fox and Dave Stevens cruised to a comfortable dead heat with Junior Dominic O'Shea making a promising debut in his first race of over 10 Miles. 1 eq P. Fox (Stey/NZ) & D. Stevens (Stey) 2:05:12; 3, D. O'Shea (B&H-J) 2:07:04; 4, D. Rowland (Stey) 2:12:58; 5, D. Gunn (B&H) 2:15:17; 6, D. Boxhall (B&H) 2:17:27. (Boys 3km): 1, J. Bean (Stey) 15:52; 2, G. Mann (B&H) 17:08; 3, G. Brown (Stey) 17:41.

Brighton to Steyning 20km (April 15th). The first two places in this event, sponsored by the Sussex County Building Society, were a repeat of last year but the winning margin by Carl Lawton was a minute greater. His time was 2 minutes faster than last year on this tough undulating course and French international Jean-Claude Decosse also had good reason to be satisfied with his first race of the year. Peter Fox and John Hall had fine times on this course but the performance of the race probably came from Tony Geal who picked up seven places in the final 5km after going through a mid-race bad patch. Also a fine race from almost blind Scotsman Derek (not Denis) Howie in only his fourth ever road race and his first 20km. 1, C. Lawton (Bel) 94:15; 2, J.-C. Decosse (Fra) 95:21; 3, P. Fox (Stey) 96:11; 4, J. Hall (Bel) 96:43; 5, T. Geal (Stey) 97:10; 6, D. Stevens (Stey) 99:24; 7, A. James (BoE) 97:48; 8, D. Howie (Bel/Stir Un) 98:03; 9, P. Selby (Sy) 98:48; 10, W. Wright (S&E) 99:48; 11, D. Rowland (Stey) 103:31; 12, J. Lees (B&H) 103:42; 13, J. Webster (Daw) 106:10; 14, S. Maidment 106:43; 15, D. Jones (Wey) 107:24. 48 finished. Teams: 1, Steyning 22; 2, Belgrave 33;

3, Brighton & H 59. (Youths 5km): 1, J. Ball (S&E) 25:41; 2, K. Morris (Stey) 26:03; 3, J. Bean (Stey) 27:00.

Southern RWA 20 Miles Champs, at Wexham (April 22nd). Despite the absence of walkers from Kent, Surrey WC and most of Essex, the Southern 20 Miles was a great success. For the first time the various counties held their championships in conjunction and this looks to be the pattern for future years with this excellent course and the organisation of Metropolitan WC getting my vote as a permanent venue. Carl Lawton, after his traditionally slowish start, pulled through to a fine win from Tony Geal, for whom this was probably his best result to date. Shaun Lightman and Adrian James started much too fast, building a 400m lead by 2M which proved suicidal, although Shaun held on to the third place medal from New Zealander Peter Fox who is seeking a good performance to make his country's Commonwealth Games team alongside Graham Seatter and Mike Parker. There were excellent results from Veterans Dave Stevens and Peter Worth. Dave (42) is approaching 25 years in the sport while Peter (48) did not start until he was 40. At the other end of the age scale, Nigel Stone (19) moved through the field strongly in the second half as did 1966 Commonwealth champion Ron Wallwork who is looking much slimmer of late. 1, C. Lawton (Bel) 2:39:32; 2, A. Geal (Stey) 2:40:29; 3, S. Lightman (Met) 2:41:45; 4, P. Fox (Stey) 2:42:49; 5, J. Lees (B&H) 2:43:02; 6, J. Hall (Bel) 2:44:46; 7, A. James (BoE) 2:45:25; 8, G. Scott (BoE) 2:45:52; 9, D. Stevens (Stey) 2:47:52; 10, D. Holly (B&H) 2:48:15; 11, R. Middleton (Bel) 2:48:52; 12, R. Wallwork (Ex Pol) 2:50:21; 13, N. Stone (New) 2:54:54; 14, P. Hodgkinson (Camb H) 2:57:04; 15, P. Worth (BoE) 2:57:16; 16, G. Robinson (BoE) 2:58:50; 17, E. Shillabeer (Daw) 2:59:25; 18, D. Rowlands (Stey) 2:59:45; 19, A. Buchanan (B&H) 3:00:34; 20, D. Gunn (B&H) 3:00:54. Teams: 1, Steyning 29; 2, Belgrave 36; 3, Enfield 40; 4, Brighton & H 46; 5, Metro 75; 6, Highgate 94. (Inter-Counties Race): 1, Sussex 17; 2, Middlesex 34; 3, Surrey 67; 4, Essex 73; 5, Herts 88. (Sussex): Geal; (Middlesex): Lightman; (Surrey): Lawton; (Herts): Worth; (Bucks): P. Emery (BoE) 3:22:51.

Alan Buchanan

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Programme and approx. times — Minimum age 13 yrs.

800m	7.00	L.J. (W) 7.00	L.J. (M) 8.00
100m	7.30	H.J. (M) 7.00	H.J. (W) 8.00
400m	8.00	S.P. (W) 7.00	S.P. (M) 8.00
1500m (W)	8.30	J.T. (M) 7.00	J.T. (W) 8.00
3000m (M)	8.45		

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6th ANNUAL

SADDLEWORTH FELL RACE

(Under A.A.A. Laws) (Category A)

Start: 3.30 p.m. on Sunday, 28th May, 1978

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Entries: 30p per Individual (no team fee). Seniors (over 18), state if Veteran (over 40).

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Entries close Monday, 22nd May. Late entries £1.00.

Salford Harriers have re-formed their ladies section. The general secretary, to whom all correspondence relating to the section should be forwarded, is Mr T. Cannon, 5 Ronton Walk, Crumpsall, Manchester 8.

Shaftesbury Harriers officers: President, A. J. Sunderland; chairman, R. Simons; secretary, D. Bradley, 9 Scot Grove, Pinner, Middx (Tel: 01-428 4927); treasurer, G. Pepper; CC sec, H. Ashton.



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**PLESSEY (BEESTON)
 SPORTS AND SOCIAL CLUB
 17th ANNUAL**

Athletic & Cycle Meeting

SATURDAY, 24th JUNE, 1978

Trent Vale Road Ground, Beeston, Nottingham
 (Under AAA, WAAA Laws & BCF Laws)

Track Events commence 2.15 p.m.
 (Organising Secretary, Noel Baisbrown)

Events	Prize Values		
MEN	1st	2nd	3rd
100 metres Handicap	£12	£8	£6
200 metres Handicap	£12	£8	£6
1500 metres Handicap	£12	£8	£6
5000 metres Scratch	£12	£8	£6
and 1st Team (4 run, 3 count)	3 x £5		
Colts (11-13) 1200 metres Scratch	£5	£3	£2
Boys (13-15) 1500 metres Scratch	£5	£3	£2
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We regret prizes cannot be exchanged

Entries: 15p first event, 5p any others. Team 25p. Team members in 5000 metres not eligible for individual prizes unless also entered as individuals. **Entries close 27th May, 1978.** Early closing date due to Bank Holidays, etc. **Entries to: Len Upton, General Sec. P(B)S.S.C., Plessey Telecommunications Ltd., Beeston, Notts NG9 1LA.**

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