

athletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

MAY 20th 1978

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18p

INSIDE

* GRE British League
— First Round Matches

* Finland's Walk Sensation
— by Matti Hannus

* UK Indoor Season
Review (Women)

* Results From Home
And Abroad



ALAN McGEE,
Britain's Fell runner
of the year. See
page 19.



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VARIETY

is, so they say, the spice of life. So, rather than concentrate on one particular aspect of our stock, we thought that this week we'd pull out of the hat a few diverse bits and pieces which should be of interest to you. Starting with the

Trafalgar 12-function Chronograph. We now again have stock of these unbeatable value British made digital wrist watches. Besides telling you the time of day, they will also give you the day of the week, the date and at the press of a button they will become a stop-watch with timings to 1/100th of a second and a lap facility. Another button lights the display at night. To your door by registered post for only **£29.95.**

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THE WEEK AHEAD

Saturday, May 20th: British League (Division 1, Stretford/2, Perry Park/3, Kirkby/4, Sheffield); Northern League; Southern League; Southern Women's League; Yorkshire, Humberside & Cleveland Regional Champs, Spennborough; Scottish Northern District U/20 Champs, Inverness; Scottish Universities Knock-Out Cup Final, Peffermill; British Colleges Sports Assn Champs, Cwmbran (1st day); Isle of Wight Marathon; Goatfell Fell Race (Cat: A/8M); College '10', Coventry; Maiden Castle Trophy Meeting (Inc Inter-University Invitation events), Durham; Scottish 30kms Walk Champs (Inc Commonwealth Trial), Glasgow; Stock Exchange London-to-Brighton Walk; Lancashire 20kms Walk Champs, Macclesfield.

Sunday, May 21st: British Colleges Sports Assn Champs (2nd Day); SCAAA v South Western Counties v Surrey, Crystal Palace (Inc SCAAA Boys 3000m Champs); Scottish Women's East v West Match, Meadowbank; Glasgow Highland Games (Inc Scottish AAA 1600m Medley Relay Champs), Scotstoun;

Stannington Road Races (Inc Ernest Harper '10'), Sheffield; Pembroke '20', Liverpool; Fairfield Horseshoe Fell Race; Festival 25kms Road Race, Brierley Hill; Cornwall AAA/WAAA Champs, Camborne; Chelsea School of Human Movement v Cliff Temple's "Cliffhangers", Eastbourne (2.30 p.m.); Scottish & North Western League, Coatbridge; Lincs League, Grimsby; Inter-County Schools Match (Staffs v West Midlands), Wolverhampton; Haringey Open Junior Pentathlon; Kent Boys & Colts Champs, Erith; Scottish Young Athletes League, Grangemouth & Dundee; Camberley Young Athletes Meeting, Bracknell; Barking to Southend 34km Walk; Isle of Man Parish Walks.

Tuesday, May 23rd: Scottish West District Champs (Part 1), Coatbridge; Eyemouth Road Races; NI League Meeting, Mary Peters Track; University of Kent Open Meeting, Canterbury.

Wednesday, May 24th: Philips Night of Athletics Invitation Meeting, Crystal Palace; Northern Counties v Midland Counties v Loughborough, Loughborough; Oxford City Open Meeting; Woodford Green Open Meeting, Woodford Bridge.

Cover photo by N. Shuttleworth

UK INDOOR SEASON REVIEW (WOMEN)

Compiled by Peter Matthews

50y: 5.80, 5.92 Andrea Lynch.

60 METRES

1. **Andrea Lynch (3rd)**
7.37-7.2 (60y — 6.76, 6.84, 6.85, 6.87, 6.96-6.8); 1 Philips.
2. **Heather Hunte**
7.35, 7.36, 7.39, 7.40, 7.40, 7.41; 1 WAAA, 1 & 2 v WG, 3 v GDR, 2 Philips, 3 sf EI.
3. **Eleanor Thomas**
7.45, 7.46, 7.46, 7.50, 7.50, 7.52; 2 WAAA, 2 & 1 v WG, 4 v GDR, 3 Philips.
4. **Pippa Baker**
7.57, 7.58, 7.59, 7.63-7.5, 7.5; 3 WAAA, 1 WAAA-I.
- 5eq **Wendy Clarke (2nd)**
7.55-7.5; dnf CG.
- 5eq **Margot Wells (6th)**
7.58, 7.59, 7.59, 7.61, 7.63-7.6; 1 CG, 4 WAAA.

Other performances: (a.t.) 7.62 Yvette Wray, 7.63 Barbara Clarke, 7.64 Theresa Chipp, 7.65 Debbie Bunn, Janine MacGregor, 7.66 Maxine Ascroft, 7.72 Shirley Strong (h.t.) 7.7 Jane

Parry. **100y:** 10.67 Heather Hunte, 10.79 Eleanor Thomas.

200m: 24.2 Verona Elder, 24.5 Elizabeth Eddy, 24.9 Eleanor Thomas, Janine MacGregor, 25.2 Pippa Baker.

400 METRES

1. **Elizabeth Eddy (3rd)**
54.6, 54.8, 54.9, 55.0, 55.3, 55.5; 1 WAAA, 1 v WG, 3 v GDR.
- 2eq **Jane Colebrook**
55.2, 55.9, 57.6; 2 WAAA.
- 2eq **Karen Williams**
55.5, 55.5, 55.6, 55.7, 55.7; 3 WAAA, 2 v WG, 4 v GDR, 1 Philips.
4. **Susan Smith**
55.5, 56.0, 56.2, 56.4, 57.2; 4 CG, 4 WAAA, 2 Philips.

Other performances: 56.4 Diane Clark, 56.5 Janine MacGregor, 57.1 Kim Bissell, 57.4 Linda Burnett, Jenny Davies, 55.7 Angela Creamer, 57.8 Sian Waters. **(600m):** 1:31.5 Verona Elder.

800 METRES

1. **Jane Colebrook (1st)**
2:03.7, 2:04.7; 1 CG.



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2. **Verona Elder**
2:04.3, 2:04.6, 2:05.8, 2:06.8, 2:08.4; 2 CG, 1 WAAA, 1 v WG, 3 v GDR, 6 EI.
3. **Cherry Hanson**
2:08.9, 2:10.4, 2:12.8; 1 Dec, 3 CG.
4. **Paula Lloyd**
2:09.2, 2:09.3; 2:10.7, 2:13.8, 2:14.2; 2 Dec, dnf CG, 2 WAAA, 3 v WG, 4 v GDR.
- Other performances:** 2:12.6 Alison Clifford, 2:13.1 Gloria Rickard, 2:13.6 Julie Asgill, Jane Walker, 2:13.8 Alice Linton, Pamela Reece.

1500 METRES

1. **Jo White**
4:16.2, 4:28.0; 1 WAAA.
2. **Cherry Hanson (2nd)**
4:19.4, 4:19.7, 4:25.7, 4:25.9, 4:28.6; 1 Dec, 2 CG, 2 WAAA, 4 v WG, 4 v GDR.
3. **Jane Colebrook (3rd)**
4:26.2, 4:26.5, 4:32.1, 4:35.7; 1 CG, 3 WAAA.
4. **Janet Lawrence (5th eq)**
4:22.8, 4:27.2, 4:32.5; 4 WAAA, 3 v GDR.
5. **Gillian Dainty**
4:24.4, 4:28.7, 4:31.3, 4:33.6, 4:35.2; 5 Dec, 3 CG, 5 WAAA, 2 v WG.

Other performances: 4:27.1 Sandra Arthurton, 4:27.5 Jill Williamson, 4:29.0 Helen Fielon, Christine Stenhouse, 4:29.1 Jill Clarke, 4:33.2 Alison Soar, 4:34.6 Fiona Oldershaw, 4:35.9 Kerry Robinson, 4:36.5 Angela Mason, 4:36.6 Sara Harris.

3000m: 9:47.0 Helen Fielon, 10:02.2 Carol Tyson.

60 METRES HURDLES

1. **Lorna Boothe (1st)**
8.24, 8.24, 8.29, 8.30, 8.32-8.1; 1 CG, 1 WAAA, 1 & 1 v WG, 2 v GDR, 4 sf EI.
2. **Blondelle Caines**
8.41, 8.45, 8.46, 8.47, 8.54-8.5; 2 WAAA, 3 & 3 v WG, 4 v GDR, 1 Philips.
3. **Wendy McDonnell**
8.42, 8.49, 8.51, 8.55-8.5, 8.5; 3 WAAA, 2 Philips.
4. **Theresa Chipp (4th)**
8.50, 8.52, 8.53, 8.60-8.7; 2 Dec, 2 CG, 4 WAAA, 5 v GDR.
5. **Yvette Wray**
8.60, 8.63, 8.64, 8.64, 8.65-8.6; 3 Dec, 3 CG, 5 WAAA, 3 Philips.
6. **Susan Longden (2nd)**
8.66, 8.67, 8.79-8.4, 8.5, 8.6; 4 CG, 4 Philips.

Other performances: (a.t.) 8.53 Shirley Strong, 8.69 Elaine Davidson, Manndy Laing, 8.83 Lorraine Ilderton, 8.95 Vicky Hancox, 8.96 Judy Livermore. (h.t.) 8.5 Judy Vernon, 8.6 Judy Livermore, Manndy Laing, 8.7 Fiona Macaulay,

8.8 Violet Douglas, (2''6'' hurdles) 8.80 Deborah Baker, 8.8 Sue Trickett, 8.97 Claire St John.

HIGH JUMP

1. **Gillian Hitchen**
1.82, 1.81, 1.80, 1.80, 1.80, 1.78; 1 Nov, 1 Dec, 1 CG, 1 WAAA, 3 v WG, 3 v GDR.
2. **Rosaline Few (2nd)**
1.78, 1.78, 1.73, 1.70; 2 Nov, 3 CG, 3eq WAAA, 4 v GDR.
3. **Allison Manley**
1.78, 1.78, 1.72, 1.65; 1 Dec 'B'. 3eq WAAA.
4. **Linda Haysman**
1.78, 1.70; 2 WAAA, 4 v WG.
5. **Brenda Gibbs (1st)**
1.76, 1.75; 2 CG, 7 WAAA.
6. **Barbara Simmonds**
1.75, 1.73; 4 CG, 5 WAAA.

Other performances: 1.75 Joy Crouchley, Moira Walls, 1.73 Ann-Marie Devalley, Karen Chaytors, 1.72 Judy Livermore, 1.70 Denise Brown, Diane Elliott, Rosemarie Hudson, Janet Harrison, Valerie Kelly, Veronica Langley, Manndy Laing, Carol Mathers, Lorinda Matthews, Wendy Phillips, Alyson Thompson.

LONG JUMP

1. **Susan Reeve (1st)**
6.53, 6.48, 6.41, 6.40, 6.34, 6.20; 1 CG, 1 WAAA, 2 v WG, 2 v GDR, 1 Philips, 3 EI.
2. **Gillian Regan**
6.05, 6.03, 6.00, 5.87, 5.85; 1 Nov, 1 Dec, 2 CG, 2 WAAA, 4 v WG, 4 v GDR.
3. **Susan Longden (2nd)**
6.13, 6.05, 5.84; 3 CG, 3 Philips.
4. **Barbara Clarke (5th)**
5.91, 5.83, 5.62; 4 CG, 3 WAAA, 5 Philips.

Other performances: 5.82 Karen Murray, 5.74 Ruth Howell, 5.69 Alison Licorish, 5.67 Kim Hagger, Manndy Laing, 5.66 Judy Livermore, 5.63 Susan Mapstone, 5.60 Yvette Wray.

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SHOT

- Judith Oakes (1st)**
16.74, 16.41, 16.33, 15.55, 15.51, 15.24; 1 Nov, 2 Dec, 1 WAAA, 1 v WG, 4 v GDR.
- Angela Littlewood**
16.34, 15.80, 15.75, 15.75; 2 WAAA, 3 v WG, 3 v GDR.
- Margaret Ritchie**
15.91, 15.82, 15.65; 1 Dec, 1 CG, 3 WAAA.
- Janis Kerr (2nd)**
15.03; 4 WAAA.
- Vanessa Redford**
14.22, 13.99; 2 Dec, 5 WAAA.
- Catherine Hartnell (5th)**
13.69, 13.68; 3 Dec, 6 WAAA.

Other performances: 13:58 Nnenna Njoku (Nigeria), 13:33 Lana Newton, 13:23 Susan Tudor, 13:14 Janet Beese, 13:10 Elizabeth Elliott, 12.94 Jacqueline Jackson, 12.66 Caroline Dyer, 12.41 Yvette Wray.

PENTATHLON (with 60m Hurdles)

4313 Susan Longden, 3961 Yvette Wray, 3984 Judy Livermore, 3833 Susan Mapstone, 3810 Manndy Laing, 3721 Allison Manley, 3668 Ruth Howell, 3388 Rosemarie Hudson, 3334 Valerie Kelly, 3313 Janet Manson.

EDINBURGH AC CLUB CHAMPIONSHIPS**April 22nd**

100: P. Little 10.9. 400: 1, P. Hoffmann 49.3; 2, J. Scott 50.1; 3, K. Glass 50.5; 4, A. Ree 50.5. 1500: 1, M. Smith 3:57.3; 2, D. Ross (Jnr) 3:57.5. 400H: 1, A. Tarquini (Pit) 54.9; 2, K. McEwen (Perth) 55.7; 3, R. Caldwell 56.7; 4, N. Gregor 58.0 (fell at 10th hurdle when leading). HJ: B. Burgess 2.10 (close try at 2.16). PV: K. Maguire 3.90. SP/DT: G. Patience 13.64/40.36. HT: N. McDonald (Vet) 51.18. JT: J. Ross (Vet) 47.26. **(Juniors)** 400: J. Learmouth 50.6. **(Youths)** 1500: K. Bishop 4:08.8. SP: 1, E. Irvine 14.96; 2, D. Crolla 13.52. DT: Crolla 46.44. **(Inter Women)** 100/200: F. Harding 12.6/26.0. HJ: I. Watt 1.65. DT: K. Lynch 33.54. **(Juniors)** JT: A. Lockton 28.78.

PERKINS TROPHY**April 15th**

Ilford 129; Bedford 75½ & Chelmsford 75½; Southend 66½; Essex Beagles 37½; Cambridge H 34; Windsor, S&E 24; Epsom & E 20; Feltham 1.

200: A. Cearn (Ilf) 22.6. LJ: Martin (Ex B) 7.04. SP: N. Griffin (WS&E) 14.41. DT: 1, Griffin 43.64; 2, A. Garforth (Ex B) 41.78; 3, J. Weightman (Ilf) 40.90. JT: W. Bushnell (Ilf) 58.18. **(Senior Women)** 400: 1, E. Barnes (Camb H) 56.4; 2, A. Dunn (E&E) 57.9. 800: 1, M. Coomber (Camb H) 2:11.9; 2, E. Harding (E&E) 2:15.7. 1500: K. Trunley (Ilf) 4:48.3. HJ: 1, Matthews (Bed) 1.68; 2, Chilton (S'end) 1.65; 3, Browning (WS&E) 1.60; 4, Rothwell (Chelm) 1.60. LJ: 1, A. Simmonds (S'end) 5.89; 2, Rothwell 5.48; 3, S. Dodson (Chelm) 5.46; 4, C. Pizze (Camb H) 5.43. SP: 1, H. Clarke (Chelm) 12.28; 2, Y. Fountain (S'end) 11.21; 3, I. Duffin (Camb H) 10.69. **(B)**: S. Bracey (Chelm) 11.22. DT: 1, A. Littlewood (Camb H) 46.20; 2, K. Sturman (Chelm) 42.92; 3, S. Wood (Chelm) 38.56; 4, Duffin 34.16. JT: 1, C. Whitmore (Ilf) 42.14; 2, D. Payne (Chelm) 39.56; 3, C. Myhill (Chelm) 37.64; 4, J. Bunnage (Ilf) 36.36. 4 × 100: Ilford 49.8. **(Inters)**: 200: R. Richards (S'end) 25.7. **(Juniors)** 800: 1, C. O'Sullivan (Ilf) 2:26.8; 2, C. Hall (S'end) 2:27.1; 3, D. Sullivan (Bed) 2:28.9; 4, M. Owers (Chelm) 2:29.3; 5, S. Morris (E&E) 2:29.6.

CRAWLEY OPEN MEETING**April 16th**

100: 1, K. McConaghy (F&C) 11.0; 2, A. Drinkwater (Bognor-J) 11.0. 200: 1, McConaghy 22.3; 2, Drinkwater 22.6. SP: 1, R. Slaney (Ex B) 16.78; 2, W. Fuller (E&E) 15.80; 3, T. Walhen (RN) 14.44; 4, P. Lees (BRC) 13.48. DT: 1, Slaney 54.96; 2, Fuller 45.98; 3, Walhen 42.16; 4, M. Gascoigne-Pees (Sy B) 41.98. HT: 1, K. Prior (E&E) 50.96; 2, K. Lasis (Craw) 49.92; 3, M. Mitchell (Felt-J) 49.38; 4, Robinson (Fare) 43.72; 5, Walhen 42.90; 6, A. Carruthers (Craw-J) 40.90. **(Juniors)** PV/JT: A. Holloway (East) 3.50/55.70. **(Youths)** 100/200: M. Fabes (W&DH) 11.5/23.1. 1500: A. Bristow (B&H) 4:09.1. PV: D. Hooper (Wok) 3.50. SP/DT: P. Todd (Sy B) 14.28/42.28. HT: A. Noakes (B&H) 53.38. **(Boys)** 800: A. Purle (Craw) 2:13.8. **(Senior Women)** Corocraft Invitation 3000m: 1, R. Smeeth (AF&D) 9:21.8 (UK age 17 best); 2, A. Roberts (Felt) 9:25.0; 3, M. Joyce (Craw) 9:32.4; 4, B. Green (Felt) 9:35.4; 5, C. Brace (Ver) 9:54.8; 6, R. Joyce (Craw) 9:56.2; 7, M. Lowe (Mit) 10:17.2; 8, J. Van Cuylenberg (Craw) 10:37.6. SP: 1, J. Thompson (Brack) 12.41; 2, S. Allday (B&H-V) 11.78; 3, B. Carter (Port) 10.91. DT: 1, Thompson 46.26; 2, Allday 38.76; 3, Carter 33.52. JT: J. Lintern (Craw) 43.90. **(Inters)** LJ: B. Dixon (W&DH) 5.27. JT: S. Till (Craw) 33.94. **(Juniors)** HJ: K. Bachtiger (W&DH) 1.60. DT: K. Allday (B&H) 26.58.

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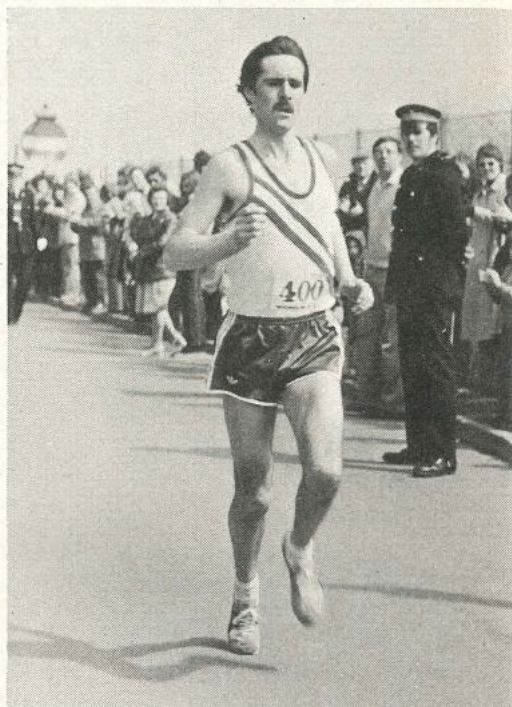
Dave Black Wins Michelin '10' On New Course

At Stoke-on-Trent, April 23rd

The course, which was a new one, consisted of one lap of the city and was quite tough and hilly. Michelin AC were taken away from the old course by the police who said that it was dangerous for athletes and other road users. The organisers are looking into a new course for next year which will be better for spectators and athletes alike — any ideas from this year's competitors are welcomed by organiser John Nolan (7 Kendal Place, Clayton, Newcastle, Staffs; Tel: 0782-625 726).

1, D. Black (Small Heath) 49:09
 2, D. Hopkins (Newport) 50:13
 3, G. Helm (Leigh) 50:22
 4, Betteridge (Hav) 50:45; 5, Jackson (Stoke) 51:06; 6, Haywood (Worc) 51:11; 7, Lane (New) 51:45; 8, Ashe (Staffs M) 51:51; 9, Mills (New) 52:03; 10, Adams (Stoke) 52:18; 11, Phillips (B'field) 52:20; 12, Baldero (Tip) 53:04; 13, McGann (E Ches) 53:05; 14, Gouldor (Sale) 53:14; 15, Derby (Sale) 53:15; 16, Barr (B&R) 53:26; 17, O'Riley (S Heath) 53:31; 18, Clifton (Mad) 53:35; 19, Cooper (Worc) 53:45; 20, Gresty (Alt) 53:48; 21, Austin (Stoke) 53:52; 22, Wilkins (Spark) 53:53; 23, Turner (C&A) 54:00; 24, Jinks (Worc) 54:01; 25, Harrod (E Ches) 54:07; 26, Binks (Stret) 54:27; 27, Drozda (Pless) 54:30; 28, Davies (Stoke) 54:31; 29, Ryder (Stoke) 54:35; 30, Bowler (Staffs M) 54:41; 31, Black (Spark) 54:43; 32, DeSavigny (High) 54:48; 33, Adams (C&N) 54:50; 34, Chaysty (Bury) 54:54; 35, Fradley (Stoke) 55:10. **Teams:** 1, Stoke 36; 2, Worcester 49; 3, Small Heath 91; 4, Stoke 'B' 92; 5, Scale 97; 6, Sparkhill 100; 7, Stafford 131; 8, Bolton United 132; 9, Newcastle (Staffs) 149; 10, Newport 154.

The 59th finisher in the Inter-Counties '20' was K. Gill (Ex Beagles/Ex) in 1:54:20, and not as printed.



Victory in Michelin '10' for Dave Black.

Tony Bailey

VIGA Sportswear, sponsors of the SCAA Boys Championships at Crystal Palace on May 28th/29th, have given the SCAA three Viga tracksuits and three pairs of Nike warmup shoes to be awarded to the competitors achieving six leading performances in the championships. The award winners will be chosen by a committee headed by Arthur Kendall.

KINGTON FESTIVAL ASSOCIATION

OFFAS DYKE '15'

(Under AAA & ECCU Rules)

Hay-on-Wye to Kington

15 miles along the Offas Dyke Long
 Distance footpath at 2.30 p.m. on
SUNDAY, 18th JUNE, 1978

Awards to first six individuals, first three veterans, first three local runners, first runner from Kington and district, first team and first veterans' team (6 to run, 3 to count).

Application forms can be obtained from D. P. Joyce, 8 Bridge Street, Kington, Herefordshire, on receipt of a foolscap S.A.E. Closing date for entries, Saturday, 3rd June, 1978.

CHELTEMHAM & COUNTRY HARRIERS

7.4 MILES FESTIVAL ROAD RACE

(Under A.A.A. Laws)

Sponsored by Windsor Wright & Co.

SATURDAY, 8th JULY, at 6 p.m.

Prizes: First 6 Ind., first Vet, Awards first 3 Teams. Standard medals to all inside 39 mins., not gaining any other award.

Entry Fees: 35p Ind. No Team fees. All must enter as individuals. S.A.E. with entry fee please.

Entries to: Cliff Franks, 23 Salisbury Avenue, Cheltenham, Glos. GL51 5BT. Tel: 28548.

ENTRIES CLOSE MONDAY, 26th JUNE

ATHLETES CLINIC

QUERIES are answered and advice given by an orthopaedic surgeon specialising in athletic injuries. If you have any such problem on which you have not been able to obtain expert advice, write to 'Athletes Clinic', c/o 'Athletics Weekly' with full details relating to your case, but keeping your letter as brief as possible. Answers will be of a general nature rather than individual, so that other athletes who may be suffering from, or may suffer in the future from this type of injury will therefore benefit from the advice given. The orthopaedic surgeon concerned cannot enter into individual correspondence.

EFFECT OF EXHAUST FUMES

In order to increase my mileage and to save valuable time I have taken to running home after work — a distance of 5 miles. This has many obvious advantages but, unfortunately, the first mile is through heavy traffic and I am perturbed by the exhaust fumes. My running is not affected but I worry over the possible long-term effects that these gases (including the lead content) might have. I look forward to your respected comments.

Roy Allen,
Preston.

The question of running in the presence of traffic fumes and other forms of atmospheric pollution is one that concerns environmentalists and all working in the field of Sports Medicine. In general it is fair to say that there is obviously some disadvantage in running under these conditions. In the first place there is a small but appreciable percentage of carbon monoxide in the air around traffic. This carbon monoxide is bound with the haemoglobin of the blood and so interferes, but probably not very greatly or significantly, with the oxygen carrying capacity of the blood. The presence of other pollutants obviously is a disadvantage as well.

However, it is equally probably true to say that the total amount of pollutants that you are likely to meet in running 5 miles through heavy traffic is not going to be desperately dangerous to health. Ideally of course you should run in open country where the air is clear, but if you cannot you will probably gain more benefit from training by running through traffic than you will lose by the effects of the pollutants.

PAIN ON INNER SIDE OF LEG

Whilst competing in the Milton Keynes marathon last July I sustained an injury to the tendon over the medial side of my left tibia. This has since been diagnosed as tenosynovitis. I have

rested the ankle as much as possible (I am a PE Instructor) and had a course of physiotherapy (ultra sonic wave treatment) and two injections into the damaged area. Although I do not suffer from any more local pain my whole ankle aches after running just a couple of miles.

Can you please advise me as to the best course of treatment. I am 43 years of age and the longer I lay off the more difficult it will be for me to train for long distance races.

John Rodwell,
Sports Officer, HM Prison,
Ford, Sussex.

Pain on the inner side of the leg is seldom if ever due to tenosynovitis and frankly I would suspect the diagnosis if you have been getting discomfort over the inner side of the shin. There is in fact no tendon lying in this site! The tendon of the tibialis posterior muscle and the long flexors of the toes do lie behind the shin bone but deep in, only coming to the surface at the lower end of the leg just above the prominent ankle bone beneath and behind which they pass in special synovial sheaths rather like Bowden cables. These may become chronically inflamed, a condition known as tendovaginitis. Once established conservative treatment is seldom successful but a surgical decompression of the tendon sheaths almost invariably results in complete recovery. Higher up the leg the most common condition is posterior tibial syndrome otherwise known as "Junior Leg". This is due to an increase of tension within the muscular compartments behind the shin bones. Physiotherapy, injections and anti-inflammatory drugs are occasionally successful in early cases. In the established case, however, again surgical decompression is required and the results are almost invariably highly satisfactory. It seems, therefore, that in your instance the diagnosis may not have been entirely accurate. If the condition has become chronic, you should see a specialist who can arrange to do the necessary surgical procedure for you.

BANSTEAD TROPHY

At Ewell Court, April 8th

Surrey Beagles 262; Surrey AC 236; Epsom & E 214; Hercules W 149; Redhill & R 50; Sutton & C 32.

100: 1, G. Gaynor (SAC) 10.8; 2, P. Brazier (Sy B) 11.0. 200: D. Mote (SAC) 22.5. 3000: R. Treadwell (Sy B) 8:32.6. SP: W. Fuller (E&E) 15.12. HT: 1, K. Prior (E&E) 49.58; 2, W. Treharne (SAC) 42.50. (Youths) 200: M. Powell (HW) 22.9. (Women) Epsom & E 300; Surrey Beagles 234; Surrey AC 187; Surrey & C 186; Walton 152; Hercules W 64. 400: A. Dunn (E&E) 59.6. DT: K. Phillips (E&E) 34.28. (Juniors) 800: Z. Ladbroke (S&C) 2:23.7. 1500: W. Bonfield (SAC) 5:06.0.

SIZZLING DISPLAY BY WOLVERHAMPTON

John Phillips 15.53: Martin Girvan 60.04

CONDITIONS more appropriate to a winter track meeting were the order of the day in the opening GRE British League division one fixture at Cwmbran on May 7th, as Wolverhampton and Bilston—the league champions for the last three years—laid early claim to another record breaking season with a sizzling display. They took 18 of the 36 events at stake and amassed 291 points—72 points ahead of runners-up Stretford, with Cardiff, the league champions from 1972 to 1974, a further 6 points back in third place.

Despite the unfavourable conditions, there were some fine individual performances, notably from Carl Hamilton (400m in 47.5), John Phillips (15.53m triple jump), Chris Preston (53.3 400m hurdles), Dave James (14:01.4 5000m) and Martin Girvan (60.04m hammer), all of whom won in personal bests. Phillips was only 11cm off Cardiff team manager Graham Webb's 1969 Welsh record with his 15.53, which also added 1cm to the division one record, while Girvan set a Northern Irish record with his performance. Cardiff youngster, James, chopped 14 sec off his 5000 best after an exciting battle with Stretford's Karl Harrison.

Berwyn Price, one of seven British internationals competing for Cardiff, equalled the division one record with his 14.1 in the 110m hurdles, while Alan Mottershead looked casual as he took the 1500m in 3:47.2 to give Stretford their only track victory. In the process he pulled W&B's Welsh Junior cross-country champion Tony Blackwell to a personal best of 3:48.0, slashing 3.6 sec off his previous best.

Other highlights were last season's third-ranked Junior at 400, Neil Jackson, clocking a 400m relay leg in the region of 46.5, Les Hoyte's 100m win over Tim Bonsor, and Peter Tancred's shot and discus double.

One significant detail is that last year's division one teams—Wolverhampton and Bilston, Stretford, Cardiff and TVH—finished in the same order as they did in last season's final table and even at this early stage it looks as though, as so often in the past, the newly promoted clubs are just going to pay a fleeting visit to division one.

Clive Williams

Wolverhampton & Bilston 291; Stretford 219; Cardiff 213; TVH 186; Sale 173; Woodford Green 170.

100: 1, L. Hoyte (TVH) 10.8; 2, T. Bonsor (W&B) 10.8; 3, D. Roberts (Card) 10.9; 4, M. Kindon (Stret) 11.0; 5, R. Gaisie (Sale) 11.1. (B): R. Walters (W&B) 11.0. **200:** 1, Bonsor 21.8; 2, Hoyte 21.9; 3, Roberts 22.0; 4, Kindon 22.1; 5, Gaisie 22.5. (B): 1, C. Moven (W&B) 21.8; 2, B. Price (Card) 22.3; 3, I. Loftman (W Gn) 22.5; 4, G. Thorp (Stret) 22.5. **400:** 1, C. Hamilton (Sale) 47.5; 2, J. Chivers (W&B) 48.0; 3, W. Leyshon (Card) 49.1; 4, S. Marlow (Stret) 49.4; 5, J. Ekperigin (TVH) 49.8. (B): 1, N. Jackson (W&B)

48.5; 2, N. Edge (Sale) 49.5; 3, A. Tinsley (Card) 49.5; 4, B. Bailey (TVH) 50.4. **800:** 1, G. Cook (W&B) 1:52.5; 2, P. Boswell (Sale) 1:53.2; 3, W. Taylor (W Gn) 1:54.1; 4, M. McCausland (Stret) 1:54.2. (B): K. Jones (Card) 1:55.1. **1500:** 1, A. Mottershead (Stret) 3:47.2; 2, T. Blackwell (W&B) 3:48.0; 3, S. Mitchell (W Gn) 3:50.3; 4, S. Slocombe (Card) 3:50.5; 5, C. Thomas (TVH) 3:53.8; 6, P. Gaytor (Sale) 3:54.9. (B): 1, J. Eley (W&B) 3:52.5; 2, D. Fowles (Card) 3:55.1. **5000:** 1, D. James (Card) 14:01.4; 2, K. Harrison (Stret) 14:04.0; 3, M. Benn (W Gn) 14:14.2; 4, C. Mattocks (W&B) 14:29.4; 5, B. Walters (TVH) 14:34.2. (B): 1, B. Hayward (Card) 14:19.8; 2, T. Colton (W&B) 14:29.8. **3000SC:** 1, I. Gilmour (W&B) 8:48.8; 2, A. Pretty (TVH) 9:14.2; 3, B. Griffiths (Card) 9:37.2. (B): 1, J. Wheway (W&B) 9:17.6; 2, R. Bain (TVH) 9:19.6. **110H:** 1, Price 14.1 (= Div One Record); 2, M. Kindon (Stret) 14.7; 3, I. Ratcliffe (W&B) 14.7; 4, T. Clifton (W Gn) 15.5; 5, D. Jones (Sale) 15.7. (B): 1, T. James (W&B) 14.8; 2, S. Pegler (Stret) 15.5. **400H:** 1, S. James (W&B) 51.8; 2, D. West (TVH) 52.4; 3, H. Robinson (Stret) 52.8; 4, Clifton 57.0. (B): 1, C. Preston (W&B) 53.3; 2, M. Davidson (Sale) 54.1; 3, D. Fishwick (Card) 55.5; 4, Pegler 56.6.

HJ: 1, M. Palmer (W&B) 2.05; 2, A. Ord (Sale) 2.00; 3, M. Butterfield (Card) 1.95; 4, G. Griffiths (Stret) 1.95; 5, C. Harris (TVH) 1.90. (B): C. Hesketh (Sale) 1.90. **PV:** 1, M. Bull (W&B) 4.80; 2, D. Walker (Stret) 3.80. (B): C. McCarthy (W&B) 4.30. **LJ:** 1, G. Hignett (Stret) 7.04; 2, T. Wade (TVH) 6.92; 3, E. Starr (W&B) 6.91; 4, G. Hughes (Card) 6.83. (B): 1, M. Byers (TVH) 6.90; 2, S. Atkins (W&B) 6.81. **TJ:** 1, J. Phillips (Card) 15.53 (League Record); 2, M. Cannavan (W&B) 14.80; 3, P. Davies (TVH) 14.57; 4, G. Gallagher (W Gn) 14.18. (B): S. Power (Card) 14.57. **SP:** 1, P. Tancred (W&B) 15.40; 2, S. Clark (W Gn-V) 15.01; 3, D. Roscoe (Stret) 14.56; 4, G. Tyler (Sale) 14.12; 5, J. Walters (Card) 13.48. **DT:** 1, Tancred 51.60; 2, G. Dirkin (Stret) 51.26; 3, Tyler 50.72; 4, N. Edmunds (TVH) 41.54; 5, P. Bullock (W Gn) 40.90. (B): Roscoe 49.08. **HT:** 1, M. Girvan (W Gn) 60.04 (NI rec); 2, N. Lia (Card) 53.50; 3, G. Whaley (Stret) 51.94; 4, Edmunds 50.40; 5, B. Reid (Sale) 49.30. (B): 1, A. Sparks (Stret) 49.94; 2, D. Bell (Sale) 48.90; 3, L. Hall (TVH) 47.92; 4, M. Eaton (Card) 44.68. **JT:** 1, G. Brooks (Card) 66.68; 2, P. Ostapowycz (Stret) 66.00; 3, S. Osbourne (W&B) 65.64; 4, D. Heath (W Gn) 64.76; 5, S. Ladds (TVH) 62.00; 6, R. Goode (Sale) 56.62. **4 x 100:** 1, W&B 41.7; 2, Stretford 42.4; 3, Cardiff 42.4; 4, TVH 42.9; 5, Woodford Green 43.5; 6, Sale 43.8. **4 x 400:** 1, W&B 3:14.8; 2, Sale 3:17.2; 3, TVH 3:17.5; 4, Stretford 3:20.3.

For remaining results of British League turn to page 34.

PHILIPS simply years ahead



NIGHT OF ATHLETICS

AT THE CRYSTAL PALACE
Wed. 24th May '78
at 7.15p.m.



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

Don Quarrie	Jamaica	Olympic Champion
Irena Szewinska	Poland	Olympic Champion
Tadeusz Slusarski	Poland	Olympic Champion

Steve Ovett	Sonia Lannaman
Sebastian Coe	Geoff Capes
Tessa Sanderson	Nick Rose
Dave Moorcroft	Dave Jenkins
Henry Rono	Wilson Waigwa

Organised by West London Institute of
 Higher Education at Borough Road, London.

Under I.A.A.F. Rules

ADVANCED BOOKING FORM FOR WEDNESDAY 24th MAY 1978

	Price	No. of tickets	
MAIN STAND	Adult £2.00 Child £1.00		I enclose PO/Cheque for £ plus a stamped, addressed envelope. (BLOCK LETTERS PLEASE) Name _____ Address _____ _____ Tel No. _____ *Remittance made payable to SPORTS COUNCIL and posted to: Box Office, Crystal Palace Sports Centre, Norwood, London SE19 (Tel No. 01-778 0131/7) Postal applications must reach the Box Office at least 4 days prior to the event. All prices include VAT.
NEW STAND & BLOCKS 12, 13 & 14 (UNCOVERED)	Adult £1.50 Child 75p		
REMAINDER UNCOVERED	Adult £1.00 Child 50p		
Please state number of seats required			

Results In Brief

At Leeds. (Women) Inter DT: J. Picton 39.00.

March 15th

Leighton Park School CC Relay at Reading (6x2M): 1, Desborough 61:19; 2, Slough GS 62:07; 3, Merchant Taylors 62:31. **Fastest:** (Senior) D. Hope 9:29, (Inters) Geraughty 9:49, (Junior) A. Pettigrew 9:43.

March 18th

Ranelagh H 3M Road Race (Baker Cup). 1, P. Kirk (5:15) 13:20. **Fastest:** T. Woods 14:55, S. Mummery 15:12, D. Daniels 15:17.

Leeds University Present 18 v Past 26. 1, S. Knowles (Past) 33:07; 2, P. Haywood (Past) 33:27; 3, P. McGouran (Pres) 33:36; 4, M. Calvert (Pres) 34:12; 5, B. Eden (Pres) 35:15; 6, J. Oberholzer (Pres) 35:45.

March 19th

Edale Skyline Fell Race (Cat A: 22M). 1, H. Walker (B'burn) 2:37:56; 2, A. Styan (Holm) 2:44:20; 3, J. Calvert (B'burn) 2:50:01; 4, D. Attwell (Alt) 2:50:35; 5, K. Taylor (Ross) 2:50:52.

At Hong Kong. DT: Arthur McKenzie (former UK international) 48.48 (Hong Kong rec).

Raynes Park/Peter Nicholls Trophy: 1, S. Newton (Staff) 19:33; 2, A. Orr (Old B) 20:00; 3, D. Askew (Old B) 20:21. **Team: Old Boys.**

Tendring AC Beach Races, at Clacton-on-Sea. 1, B. Diss (Hav) 18:48; 2, A. Jarrett (Thurr) 18:52; 3, R. Woodley (Chelm) 18:59; 4, A. Bright (Col) 19:14; 5, P. Bryan (Hav) 19:21; 6, T. Jones (High) 19:30; 7, R. Dunn (Chelm) 19:35; 8, J. Huntington (Col) 19:58; 9, N. Penny (Ex Un) 20:07; 10, G. Adams (Tend) 20:24. **Teams:** 1, Colchester 24; 2, Chelmsford 26; 3, Tendring 40.

Whitehaven 6M Road Race. 1, J. Kirkbride 30:26; 2, Stainton 30:55; 3, J. Ritson ntt; 4, H. Jarrett 32:16; 5, B. Todd 33:45; 6, J. Naylor 34:10. **(Women):** 1, M. Thompson 38:13; 2, L. Day 38:15; 3, P. Day 41:15.

March 22nd

King Henry VIII School (Coventry) 10M Race. 1, D. Ellis (Bishop V) 50:54; 2, D. Dix (Cov) 50:56; 3, P. Miller (Cov) 51:40; 4, D. Smith (Cov) 52:09; 5, R. Copestake (Welv) 53:40; 6, A. Jackson (Bishop V) 54:09; 7, S. Leckie (Als) 54:26; 8, N. Cowie (KH) 55:19; 9, A. Round (Cov) 55:29; 10, A. Ross (Bab) 55:49. Shelia Carey (Cov) 63:21. 177 finished.

March 25th

Hammer Competitions, at West London. Snr 8kg: M. Petra (WLHS) 54.04. (U/17) 7.25kg: C. Varley (WLHS) 43.98. (U/14) 4kg: G. Deagon (WLHS) 34.54.

Sebastian Coe, David Moorcroft, Steve Scutt, Jim Whitehead, Alan Dainton, John Trower, Angus McKenzie, Guy Dirkin, Willie Vilhjalmsen, Malcolm Prince, Paul Williams, Terry Colton, Kirk Dumbleton, Steve Mitchell, Andy Armitage, Dave Driver, Ian Lindley, Stuart Biddle, Tim Gardner, Mike Whittingham, Tony Shiret, Ian Grant and the rest of the team invite you to join them at the occasion of the:

20th ANNIVERSARY MEETING

of

LOUGHBOROUGH STUDENTS

versus

AMATEUR ATHLETIC ASSOCIATION

at Ashby Road Stadium, Loughborough (1 Mile from M1)
on Thursday, June 1st (6 p.m. start)

SPONSORS INCLUDE:

LINVAR LTD., MIDLAND BANK LTD.,
KAY-METZELER LTD., JUNGELING LTD., STUDENTS UNION SHOPS.

March 26th

Open Meeting, at Cwmbran. 100: 1, D. Morgan (Aber) 10.9; 2, M. Routcliffe (Port T) 11.0. HJ: McIver (Barry) 1.91. **(Senior Women)** 100: C. Smart (Barry) 12.0. (Juniors) 100: K. Herman (Bris) 12.7. SP: J. Richardson (Card) 9.55.

March 29th

City of London Poly Handicap. 1, R. Symington (E&E) 12:43; 2, L. Gough (Hav) 12:46; 3, P. Brenchley (Inv) 12:57.

March 30th

At Wolverhampton. (Women) HJ: D. Elliott (Leic C) 1.75.

April 1st/2nd

100km du Condamois (France). 1, Le Potier (Fra) 7hr 52min . . . 9, (1st Vet) M. Campbell (Notts AC) 9hr 55min.

April 2nd

Aberdeen AAC 10,000m Champs, at Balgownie. 1, G. Laing 30:33; 2, F. Clyne 31:13; 3, G. Milne (Forres) 31:24.

Police CC Champs, at Leeds. 1, D. Lem (Leics) 34:42; 2, D. Edge (Lancs) 35:53; 3, G. Denham (W Yks) 36:46; 4, K. Hutchin (Met) 37:11; 5, A. Newman (Thames Valley) 37:16; 6, A. Bamber (Met) 37:21; 7, R. Blair (Strath) 37:26; 8, M. Wayland (Sy) 37:32; 9, N. Scott (Strath) 37:38; 10, R. Aconley (S Yks) 37:43. Teams: 1, West Yorks 51; 2, Metro 59; 3, Leics 70.

April 4th

South Yorkshire Road League, at Rotherham. 1, D. Allen (Dark Pk) 30:05; 2, A. Biggs (Hall) 30:09; 3, E. McKenzie (Barn) 30:51; 4, B. Mullarkey (Sheff) 31:13; 5, M. Hague (Roth) 31:25; 6, T. Trowbridge (Dark Pk) 31:29; 7, N. Power (Sheff) 31:44; 8, S. Manterfield (Hall) 31:54; 9, G. Naylor (Rock) 31:57; 10, R. Ashmore (Sheff) 32:02. Teams: 1, Hallamshire; 2, Sheffield; 3, Dark Peak. (Youths): A. Cutts (Roth) 18:55. Team: Barnsley. (Women): 1, A. Creamer (Roth) 11:29; 2, S. Moxon (Roth) 11:38; 3, P. Greasby (Rock) 11:49; 4, L. Cooper (Roth) 12:01; 5, M. Stanton (Roth) 12:21; 6, T. Ashmore (Sheff-I) 12:26. Team: Rotherham.

April 5th

TVH Open Meeting, at West London. 400: 1, J. Ekperigin (TVH) 49.3; 2, P. Allen (N Lon) 49.7; 3, D. West (TVH) 50.6. BMC 800: T. Hutchings 1:55.3. 5000: R. Callan (Leic) 14:46.0. **(Women)** 400: 1, S. Waters (Barry) 58.3; 2, D. Clarke (LOAC) 59.2. BMC 1500: 1, C. Benning 4:26.5; 2, S. Harvey 4:27.2; 3, R. Smeeth 4:30.2; 4, M. Coomber 4:31.4; 5, C. Ward 4:34.5; 6, C. Brace 4:37.4; 7, K. Lock 4:40.6; 8, B. Tierney 4:42.2; 9, A. Hartley 4:47.8; 10, S. Harris 4:50.3. (B): W. Lodge 4:51.8. (C): A. Alford 4:44.0.

April 8th

Stretford Open Meeting. 100: M. Kindon (Stret) 10.9. 3000: K. Harrison (Stret) 8:14.6. 400H: R. Bell (Wake) 53.6. HJ: C. Hesketh (Sale) 1.90. (Women) 100/200: K. Harrison (Sale) 11.9/25.0. 400/800: A. Creamer (Roth) 55.6/2:08.7. SP: A. Jackson (Stret) 11.57.

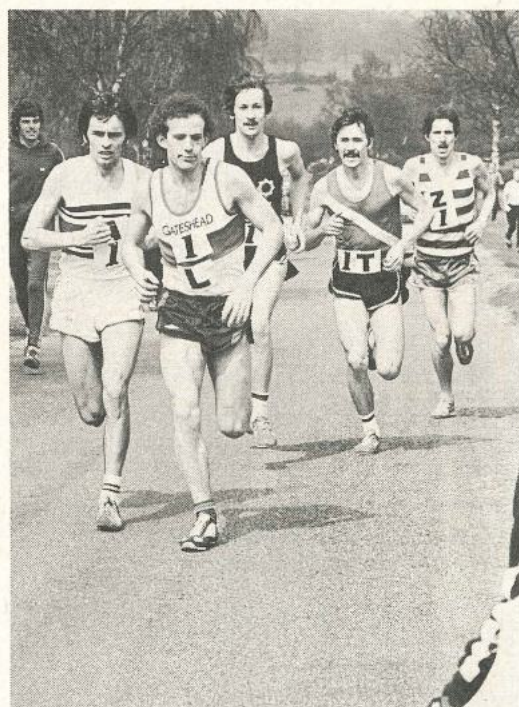
Gosforth Harriers 4x4M Road Relay. 1, Airedale & SV (K. Duckworth 20:31, R. May 19:56, D. Mayho 20:10, P. Bennett 19:36); 2, Morpeth 80:17; 3, Gosforth 81:56; 4, Gateshead 82:10; 5, Middlesbrough & C 82:17. Fastest: Bennett & N. Black (Morp) 19:36. (Vets) 1, Gosforth 87:36; 2, Heaton 90:39; 3, Morpeth 90:59. Fastest: R. Carruthers (Gos) 20:48.

At Oxford. 1.5kg DT: P. Mardle (Tayside AAC; age 15) 48.60.

April 9th

At Leicester. (Women) HJ: B. Gibbs (Leic C) 1.76, D. Grant (Leic C) 1.70.

Jersey 33 v Guernsey AC 45/Boots Trophy CC Meeting, at Jersey. 1, P. Drinkwater (J) 32:28; 2, M. Pidgeon (J) 32:59; 3, G. Mercier (G) 33:13; 4, A. Chivers (G) 33:15.



Left to right: John Temperton (ASV), John Mills (Gateshead), Richard Coles (Blackheath), Stan Curran (Salford) and Robert Cytlaui (Tipton) on first leg of National Road Relay.

Tim Pike

Merseyside Schools (Boys) v Isle of Man. (U/14): 1, Ford (M) 12:27; 2, Mackie (IoM) 12:45; 3, Kenny (M) 12:54. Teams: 1, Merseyside 26; 2, Isle of Man 63. (U/12): 1, Kershaw (M) 12:03; 2, Kelly (M) 12:05; 3, Atherton (M) 12:07. Teams: 1, Merseyside 25; 2, IoM 57; 3, Manx 119. (Girls; on February 12th). (Inters): 1, M. Noon (IoM) 12:58; 2, C. Kissack (IoM) 13:11; 3, B. Jones (M) 13:24. Teams: 1, Merseyside 33; 2, IoM 52. (Jnrs): 1, M. McDermott (IoM) 10:53; 2, S. Beckley (M) 11:00; 3, K. Gregory (M) 11:14. Teams: 1, Merseyside 27; 2, IoM 58. (Girls): 1, A. Williams (M) 9:45; 2, L. Vase (M) 9:49; 3, A. Nolan (M) 9:52. Teams: 1, Merseyside 21; 2, IoM 67.

Fleet Street H Monthly Handicap (Blackfriars-Westminster). Fastest: P. Brenchley (Inv) 13:44, J. Bryan (Hav) 13:47, G. Harrold (BoE) 14:06. (Vets): S. Allen (HHH) 14:30.

April 12th

Combined Services Marathon Champs, at RAF Swindley. 1, N. Wilson (Army) 2:22:09; 2, D. Nicholson (Army) 2:27:37. (Inter-Services) 1, Army; 2, RAF; 3, Royal Navy.

April 16th

At Glenrothes. 1.5km DT: P. Mardle (Tay) 49.50.

April 18th

Open Meeting, at Cwmbran. 100: 1, D. Roberts (Card) 11.0; 2, M. Owen (Carm) 11.0. 400: 1, J. Griffiths (Swan) 48.2; 2, M. Delaney (Card) 49.9; 3, W. Leyshon (Card) 50.1; 4, A. Tinsley (Card) 50.5. 1500: S. Jones (RAF) 3:56.5. 5000: S. Slocombe (Card) 14:35.6. TJ: 1, J. Phillips (Card) 14.93; 2, A. Williams 13.92. (Women) 800: K. McDermott (Brec) 2:15.1. SP: 1, D. Prothero (Card) 10.56; 2, J. Covill (Card) 9.20.

April 19th

West Yorkshire League, at Cleckheaton. 400: 1, R. Bell (Wake) 48.9; 2, K. Walton (Leeds) 49.4; 3, C. Beaumont (Leeds) 50.0. 3000: 1, R. May (A&SV) 8:28.1; 2, D. Mayho (A&SV) 8:30.8; 3, J. Doherty (age 16) 8:31.8. . . . R. Allen

HYDE SEVEN MILE ROAD RACE

(Under A.A.A. Laws)

Sponsored by SULZER BROS. (U.K.) Ltd.

and supported by TAMESIDE M.B.C.

SUNDAY, JULY 2nd, 1978, 12 noon

Start and finish at Town Centre

(Change at nearby swimming pool)

Individual, team, veteran and spot prizes.

Fees: 20p Individual, 30p Team (6 run, 3 score)

Entries (closing date June 25th) to: D. O'Leary, 15 Sherwood Road, Woodley, Stockport, SK6 1LH: (Tel: 061-430-6841).

(Vet) 9:00.0. (Youths) 1500: G. Higgins (A&SV) 4:10.7 (son of ex-international 400 runner Peter). (Women) 400/1500: C. Wood (Leeds) 58.7/4:42.6. SP: J. Atack (Wake) 11.77. (Inters) 1500: S. Artherton (Leeds) 4:34.4. HJ: T. Collier (Rown) 1.57.

Madeley 160 v Crewe & Alsager 149 v Cardiff 90, at Madeley College. 100: M. Holtom (M) 11.0. 110H: 1, Holtom 14.4; 2, R. Simpson (C&A) 15.2. PV: B. Jones (M) 4.20. SP/DT: R. Wheway (M) 12.06/40.70. HT: 1, D. Benning (Stoke-gst) 46.78; 2, A. Lunn (M) 46.18. JT: Matthews (C) 56.84.

April 22nd

Birchfield 200; Birmingham Univ 133; Cannock 101; Alsager Coll 96, at Birmingham. 400: 1, T. Hadley (B'field) 49.6; 2, S. Field (B'field) 50.4. 800: 1, C. Sly (A) 1:54.5; 2, L. Duffy (B'field) 1:55.1. 1500: 1, A. Salter (B'field) 3:55.6; 2, R. Hackney (B'ham Un) 3:55.7. 3000: 1, D. Cowles (B'ham Un) 8:19.2; 2, R. Partridge (B'field) 8:21.4. HJ: J. Lee (C) 1.95. LJ: D. Anderson (B'ham Un) 6.92. TJ: C. Brown (B'field) 14.49. SP/DT: M. Lockley (B'field) 13.99/40.92. HT: 1, A. Woods (B'field) 54.24; 2, M. Emens (B'ham Un) 49.44; 3, R. Weir (B'field) 46.00. JT: M. Annis (B'field) 59.86. 4x100: Alsager 44.2. 4x400: Birchfield 3:24.1.

Morpeth H & AC v Cramlington H & AC, at Morpeth. (O/13): G. Woods (Morp) 7:58. Team: Morpeth. (U/13): K. Witt (Cram) 4:15. Team: Morpeth.

April 23rd

Campus Open Meeting, at Loughborough. 800: 1, A. Tait (Charn) 1:54.5; 2, C. Bewick (Lough) 1:55.8. LJ: 1, S. Clarke (Lough) 6.87; 2, K. Atkinson (Lough) 6.80. (Women) 800: 1, J. Prictoe (Lough) 2:10.4; 2, L. Walker (Lough) 2:17.8; 3, B. Schofield (Lough) 2:17.9. HJ: D. Cooper (Lough) 1.73. DT: 1, J. Frampton (Notts) 40.74; 2, D. English (Dby) 39.82; 3, R. Harvey (Newtown A) 34.58. JT: H. Gibson (Bally) 38.84 (N. Ireland rec).

Egremont Rangers RLFC 'Round the Houses Race' (6.45 Miles). 1, D. Cannon (Gates) 30:25; 2, J. Kirkbride (Charn) 32:07; 3, D. Edge (Salf) 32:15; 4, C. Stainton (B'pool) 33:03; 5, A. Jenkins 33:13; 6, H. Jarrett (Kes) 33:30; 7, P. Leviston (Barrow) 33:38; 8, C. Wood (Burn) 33:44; 9, R. Balding (Heaton) 33:48; 10, I. Rawlinson (B'pool) 33:54.

Cretes de Spa (Belgium) 21km Hill Race. 1, R. Treadwell (Surrey B) 1:08:57 (broke Alan Blinston's course record by over a minute); 2, G. Marzee (Bel) 1:09:12; 3, B. Knight (B'mth) 1:09:26; 4, Levys (Bel) 1:10:25; 5, A. Blinston (Alt) 1:10:36; 6, R. Morris (Alt) 1:11:04; 7, A. Gorbunow (Ger) 1:11:28; 8, L. Adams (Hill) 1:11:44. . . . 11, H. Chadwick (B'mth) 1:13:02; 13, M. Woods (Ald) 1:14:27; 21, V. Gutteridge (Hill) 1:17:27.

Athletics 1978

Edited by Ron Pickering

Compiled by Mel Watman

Now in its fifth year of publication, *Athletics 1978* is bigger and better than ever. This comprehensive guide to international track and field events is packed with records, rankings, fixtures, photographs, comment and opinion, and carries nearly 200 biographies of current British international athletes. Superbly compiled, this book is a must for every track fan.

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Women's League Results

MIDLAND WOMEN'S LEAGUE (Division One)

At Leicester, April 22nd

Birchfield 330; Cannock 328; Bristol 327; Leicester 241; Wolverhampton & B 240; Derby 235.

100: V. Elder (W&B) 12.3. 200: 1, S. Lannaman (W&B) 24.1; 2, S. Howell (B'field) 25.5; 3, J. Colebrook (Cann) 25.7. (B): 1, Elder 24.2; 2, D. Bunn (B'field) 25.0. 400: 1, K. Bissell (B'field) 55.6; 2, A. Halliday (W&B) 55.9; 3, F. Paterson (Dby) 56.2; 4, T. Colebrook (Cann) 57.8; 5, C. Fernley (Bris) 58.3. (B): 1, L. Callow (B'field) 57.0; 2, S. Guise (W&B) 57.2. 800: C. Avery (Dby) 2:15.3. 1500: 1, J. Colebrook 4:24.8; 2, R. Wright (W&B) 4:28.3; 3, S. Hassan (B'field) 4:33.4; 4, S. Andrews (Bris) 4:42.6; 5, D. Curtis (Leic) 4:43.6; 6, D. Watson (Dby) 4:43.9. (B): Y. Rowe (Dby) 4:47.8. 3000: 1, T. Bateman (B'field) 9:40.8; 2, Wright 10:14.8; 3, R. Hann (Dby) 10:37.0. 100H: 1, S. Frisby (Leic) 15.6; 2, D. Cooper (Bris) 15.9. (B): T. O'Nions (Bris) 15.7. 400H: 1, K. Bentley (Dby) 63.3; 2, T. Colebrook 63.5; 3, Frisby 64.9; 4, J. Stewart (Bris) 65.3. (B): 1, J. Colebrook 61.9; 2, F. Paterson (Dby) 63.0. HJ: 1, B. Gibbs (Leic) 1.73; 2, J. Harrison (B'field) 1.70. (B): D. Grant (Leic) 1.64. LJ: 1, J. Arscott (B'field) 5.64; 2, G. Morton (Leic) 5.45. (B): D. Elliott (Leic) 5.31. SP: 1, S. Reeve (B'field) 13.04; 2, J. Cox (Cann) 11.34; 3, G. Morton (Leics) 11.13; 4, S. Cook (W&B) 11.11; 5, S. Spragg (Bris) 11.04. (B): 1, S. Slattery (B'field) 10.68; 2, K. Doyle (Bris) 10.62. DT: 1, V. Head (Bris) 44.52; 2, Slattery 35.62; 3, V. Hindley (Cann) 35.54. (B): Y. James (Bris) 34.22. JT: 1, S. Spragg (Bris) 46.26; 2, J. Williams (Cann) 46.00; 3, J. Zaslonia (B'field) 44.36; 4, S. Hallam (Leic) 38.98; 5, J. Cross (Dby) 34.92. (B): 1, J. Hawkins (Bris) 39.64; 2, D. Middleton (Cann) 34.92. 4 x 100: 1, W&B 47.5; 2, Birchfield 47.6. (Inters 80H): 1, D. Baker (Dby) 11.5; 2, H. Ross (Bris) 12.0; 3, D. Leek

(Cann) 12.3. (B): J. Beardmore (Dby) 12.4. (Juniors) 800: M. Johnson (Leic) 2:22.2. 1500: 1, C. Parkinson (W&B) 4:58.4; 2, C. McNamee (Dby) 5:03.2; 3, T. Dwyer (B'field) 5:04.0; 4, D. White (Bris) 5:04.9. 75H: 1, S. White (Bris) 11.9; 2, J. Langston (Cann) 12.1; 3, L. Parry (Dby) 12.2. HJ: 1, C. Summerfield (W&B) 1.65; 2, D. Butler (Cann) 1.53. LJ: 1, H. Carter (Cann) 5.06; 2, White (Bris) 5.06. SP: C. Gregory (B'field) 11.34. 4 x 100: Birchfield 51.9.

(Division Two)

At Nottingham, April 22nd

Notts 315½; Cardiff 309; Shrewsbury & Coventry 281 each; Stoke 278½; Rugby 228.

200: 1, R. Kennedy (Notts) 24.2; 2, K. Taylor (Card) 25.1. (B): 1, L. Burnett (Shrew) 25.1; 2, C. Reanny (Stoke) 25.4. 400: 1, Burnett 56.3; 2, J. Charlton (Cov) 58.8. (B): S. Whitting (Notts) 58.1. 800: 1, J. Simcock (Stoke) 2:13.0; 2, A. Soar (Notts) 2:13.2. (B): J. Knox (Stoke) 2:14.9. 1500: 1, K. Lock (Card) 4:36.2; 2, S. Harris (Rug) 4:39.9; 3, A. Tunnicliffe (Stoke) 4:41.1; 4, J. Perry (Shrew) 4:45.0; 5, C. McLeod (Cov) 4:46.8. 3000: 1, A. Notman (Card) 10:16.6; 2, C. Readdy (Stoke) 10:17.8. 100H: 1, J. Livermore (Rug) 14.2; 2, C. Taylor (Cov) 14.2; 3, L. Ilderton (Stoke) 14.6. (B): 1, L. Benion (Stoke) 14.6; 2, L. Little (Cov) 14.9. HJ: 1, J. Livermore (Rug) 1.65; 2, J. Barratt (Stoke) 1.60. LJ: 1, J. Regan (Card) 5.75; 2, J. Livermore (Rug) 5.44. SP: 1, J. Frampton (Notts) 12.51; 2, J. Livermore (Rug) 10.54. (B): C. Pryce (Notts) 12.20. DT: 1, J. Frampton (Notts) 42.30; 2, C. Williams (Card) 34.84. (B): 1, F. Vittles (Notts) 35.52; 2, D. Prothero (Card) 34.68. JT: J. Jackson (Card) 36.74. 4 x 100: 1, Notts 49.3; 2, Cardiff 49.9. (Inters): 80H: E. Little (Cov) 11.9. (Juniors): 200: 1, K. Ball (Notts) 26.4; 2, T. Graham (Cov) 26.4. 800: 1, L. Baker (Cov) 2:14.9; 2, S. Jamieson (Notts) 2:15.1; 3, M. George (Stoke) 2:20.9. (B): Brannelly (Stoke) 2:22.3. 1500: 1, C. Simcox (Stoke) 4:51.9; 2, C. Clarke (Cov) 4:54.8; 3, McLoughlin (Rug) 5:03.0. (B): M. Hexall (Cov) 5:01.4. 75H: 1, K. Nethercote (Shrew) 12.1; 2, J. Frampton (Notts) 12.2. (B): 1, K.

Scottish Amateur Athletic Association

Junior — Youths — Senior Boys

NATIONAL CHAMPIONSHIPS

Coatbridge Outdoor Sports Centre

SATURDAY, 24th JUNE, 1978

Commencing at 10.00 a.m.

Entries close Saturday, 27th May, 1978 with: R. M. Dalglish, 48 Gartons Road, Glasgow G21 3HY.

Age groups — all as at 1st April, 1978

Junior — aged 17 or over, but under 19

Youth — aged 15 or over, but under 17

Senior Boy — aged 13 or over, but under 15

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

WEDNESDAY, 21st JUNE, 1978

Starting at 1 p.m.

COPTHALL STADIUM, GREAT NORTH

WAY,

HENDON, LONDON N.W.4

Ladies: 100m, 800m, L.J., S.P.

Men: 100m, 400m, 800m, 1500m, 5000m, L.J.,

H.J., Javelin, S.P., Discus.

Entries: Via Regional Sports Secretary, or further information from P. J. Hunt, 01-437 0633 Ext. 228.

ENTRIES CLOSE 22nd MAY, 1978

Gibbs (Cov) 12.2; 2, T. Donaldson (Shrew) 12.2.
HJ: G. Blounts (Shrew) 1.63. SP: 1, J. Richardson (Card) 9.95; 2, D. Mitchell (Stoke) 9.84. 4 x 100: 1, Coventry 51.2; 2, Notts 51.7.

(Division Five)

At Tamworth, April 16th

Tamworth 342; Charnwood 336; Cheltenham 258; Dudley & S 240; Tipton 208; Leamington 190.

3000: R. Duddle (Charn) 10:48.4. (Juniors) SP: D. White (Tam) 9.69.

SOUTHERN WOMEN'S LEAGUE

(Division Three)

At Basingstoke, April 22nd

Basingstoke & Ipswich 180 each; Yeovil 153½; Fleet & C 104; Walton 92½.

SP: D. Cooke (B'stoke) 10.58. (Juniors) 1500: M. Glading (Ips) 5:05.9. SP: S. King (Ips) 10.91.

At Redhill, April 22nd

Trowbridge 183½; Woking 176; Watford 130; Aylesbury 109; Redhill & R 81½.

(Juniors) JT: C. Pilbeam (R&R) 28.02.

At Bristol, April 22nd

Havering 190½; Bristol 148½; Sutton 144; East Kent 126; Hillingdon 108.

1500: D. Kiernan (Hav) 4:25.9. 3000: C. Roy (Hill) 10:23.0. 100H: L. Iloft (Hav) 15.7. 400H: V. Corman (Hav) 68.2. SP: S. Nancollas (E Kt) 10.65. DT: J. Wilderspin (Hav) 34.80. 4 x 400: Havering 4:01.9. (Juniors) 800: S. Baxter (Hav) 2:14.5 (B): G. Houghton (Hav) 2:16.9. 1500: C. Wells (Hav) 4:51.9. (B): P. Peterson (Hav) 4:53.2.

At Peterborough, April 22nd

Parkside 183; Swindon 163½; Newbury 136½; Aldershot, F&D 120½; Peterborough 112½.

(Juniors) 75H: A. Whalley (Park) 12.5.

(Division Four)

At St Ives, April 22nd

Dacorum 242; Huntingdon 200; Hertford & W 185; Borehamwood 125.

JT: V. Vanterpool (Hunt) 35.16.

At Weymouth, April 22nd

West Cornwall 200; Bournemouth 183; Dorchester 154; Fareham 126; Southampton & Easleigh 118; Winchester 113.

HJ: W. Sibley (B'mouth) 1.60. SP: M. Pearson (W Corn) 10.60. (Juniors) JT: K. Downham (Winch) 27.56.

At Maidenhead, April 22nd

Maidenhead 182; Windsor, Slough & Eton 180; Hayes Phoenix 111; Uxbridge 73; Twickenham 72; Ealing 43.

(Juniors) 75H: 1, D. Warnett (Hayes) 12.0; 2, P. Stimson (Twick) 12.1.

At Maidenhead, April 22nd

Maidenhead 182; Windsor, Slough & Eton 180; Hayes Phoenix 111; Uxbridge 73; Twickenham 72; Ealing 43.

(Juniors) 75H: 1, D. Warnett (Hayes) 12.0; 2, P. Stimson (Twick) 12.1.

At Portsmouth, April 22nd

Portsmouth 230; Bexley 169; Hastings 163; Belgrave 158; Hercules Wimbledon 154; Dartford 60.

3000: H. Fielon (Port) 10:28.8. SP/DT/JT: B. Carter (Port) 11.62/36.18/34.24. (Juniors) DT: T. Simons (Dart) 32.94.

SCOTTISH WOMEN'S LEAGUE

(Division One)

At Coatbridge, April 30th

Edinburgh Southern 535; Glasgow 526; Shettleston 438; Pitreavie 436; Central Region 318; Edinburgh AC 289.

100: 1, M. Walls (ESH) 12.0; 2, W. Addison (Glas) 12.3. (B): H. Golden (ESH) 12.2. 400: 1, E. Sutherland (ESH) 54.6; 2, K. Williams (Pit) 54.8; 3, E. McMeekin (Glas) 56.9. (B): A. Clarkson (ESH) 58.6. 1500: 1, C. McMeekin (Glas) 4:31.0; 2, P. Gunstone (EAC) 4:41.5; 3, V. Hope (CR) 4:46.6. (B): J. Shepherd (Glas) 4:39.5. 3000: 1, F. McQueen (Glas) 10:10.2; 2, M. Chambers (EAC) 10:24.4; 3, F. Folan (ESH) 10:36.0. (B): J. Higgins (Glas) 10:26.4. 100H: 1, E. Davidson (ESH) 14.2; 2, P. Treanor (Shett) 15.2. (B): J. Lindsay (Glas) 15.1. 400H: 1, L. Brady (ESH) 63.4; 2, M. Marshall (Glas) 64.0. (B): E. Brown (Glas) 63.6. HJ: 1, J. Pinkerton (Glas) 1.62; 2, M. Somerville (ESH) 1.62. (B): R. Pinkerton (Glas) 1.59. SP: 1, M. Ritchie (ESH) 15.46; 2, H. Yule (Glas) 12.34. (B): C. Chalk (Glas) 12.12. DT: 1, Ritchie 56.34; 2, Chalk 39.00; 3, S. Boll (Pit) 35.36. (B): L. Robertson (ESH) 34.98. JT: S. Brodie (ESH) 39.10. 4 x 100: 1, ESH 48.0; 2, Glasgow 48.6. 4 x 400: 1, Glasgow 3:53.0; 2, ESH 3:57.5; 3, Pitreavie 4:02.6. (Inters) 100: K. Jeffrey (CR) 12.6. 80H: 1, L. Stephen (Shett) 12.3; 2, L. Scott (ESH) 12.3. (B): P. Campbell (ESH) 12.2. SP: K. Donald (CR) 10.96. (Juniors) 100/200: L. McDonald (Pit) 12.6/26.3. 800: 1, L. McDougall (Glas) 2:21.8; 2, A. Everett (Shett) 2:23.0. HJ: T. Crichton (ESH) 1.52. SP: S. McDonald (Pit) 11.94. JT: A. Lockton (EAC) 28.30.

Wiltshire AAA officers: President, W. A. Townsend; chairman, M. J. Humby; general secretary, N. S. Grist, 17 Churchlands, North Bradley, Trowbridge, Wilts (Tel: Trowbridge 64758); treasurer, D. Little; walking sec, B. Gale; champs sec (T&F), G. Danswan; CC (male) sec, R. Townsend; CC (female) sec, Mrs A. Miles; officials sec, E. J. Hitchens.

EDWARD M. H. PEPPER

Edward Pepper (Blackheath H), a competitor in the 1978 Three Peaks Race, passed through Ingleborough Summit checkpoint in 212th position at 2.14 pm on April 30th. His body was found at about 12.25 pm next day.

During the 18 hour search which continued throughout the night, over 300 persons and some 20 dogs were used with air-search facilities being provided by the RAF. The weather conditions during the search were atrocious but the search parties were never daunted.

We believed that the efforts of the rescue teams must not go unrecognised, and the Three Peaks Race Association will make a donation. But our resources are limited and your help is needed. A donation, no matter how small, will be very welcome and may well save lives — perhaps yours. Cheques/postal orders should be made payable to "The Three Peaks Race Rescue Appeal" and sent to either The Secretary, Broxholme, Ripley, Harrogate HG3 3EB, or The Manager, National Westminster Bank Ltd, 3 Cambridge Crescent, Harrogate HG1 1PJ. Receipts will only be issued upon request and only by the secretary. No expenses will be deducted from donations.

D. A Croft,
Hon. Sec., The Three Peaks
Race Association

* Following the tragic death of Edward Pepper, writes Mr Croft, certain alterations are to be made to the competition rules. These have yet to be decided upon but it seems likely that among others things the experience qualification will be increased very considerably. May I suggest that persons intending to enter the 1979 race should make every effort to complete at least one category A fell race or at least one race of marathon distance. When the new requirements have been laid down by committee the precise details will be announced but in the meantime the above standard will serve as a guide.

EGGS-CELLENT MEETING IN PROSPECT AT EASTBOURNE?

Putting aside for at least one afternoon the worries about Edmonton and Prague, a number of international athletes will be in action this Sunday afternoon (May 21st) at Princes Park, Eastbourne, in the fourth match between the Chelsea School of Human Movement (formerly Chelsea CPE) and Cliff Temple's "Cliffhangers" team. Chelsea include Penny Yule, Caroline Simpson, Maureen Chitty, and Lesley Mallin in their team, while early "Cliffhangers" acceptances (in unfamiliar events) include Liz Barnes, Wendy Smith and Denise Kiernan.

As is traditional, the accent will be lighthearted, with sticks of Eastbourne rock replacing batons in the relays, and the International Invitation 400m Egg-and-spoon Championship promising to be one of the day's highlights. In the last such event, in 1975, steeplechaser John Davies overcame the handicap of being presented with a shovel and rugby ball instead of an egg and spoon, and also survived a nudge or two from Steve Ovett, only to be outsprinted by Steve Green, who had initially dashed off in the wrong direction and then waited for the rest of the field to come round before joining in again.

This year the judges will be on the lookout for such practical yolks.

There will also be open men's events at 3000m and 3000m walk (entries on the day), and four charities will benefit from the money raised during the afternoon. Admission is by programme (25p, available at the gate) and the meeting starts at 2.30 pm.

RAYMOND WARING MEMORIAL FUND

Readers wishing to contribute to a fund to aid the widow and two young children of Raymond Waring (Barnsley RRC), who died during last December's Barnsley Marathon, should send their donations to the Raymond Waring Memorial Fund, c/o Barclays Bank, Queen Street, Barnsley.

LONDON ATHLETIC CLUB

Schools Challenge Cups Meeting 1978

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FRIDAY, 14th JULY

at the West London Stadium

Under 20 and Under 17 events

Details and entry forms may be obtained from Brian Stebbings, Bryanston School, BLANDFORD, Dorset. Please enclose a S.A.E.

THE FELL RUNNERS' YEAR: 1977

THE 1977 "Fell Runner of the Year" award was won by 20-year-old Alan McGee of Keswick AC with a maximum total of 220 points, narrowly defeating the 1975 champion, Mike Short of Horwich RMI Harriers, by a mere three points. In 3rd place with 191 points was Martin Weeks of Bingley Harriers, who won the title in 1976.

McGee lives at Cleator Moor on the edge of the northwestern Lakeland fells and works as a gardener for the Copeland Borough Council at nearby Whitehaven. He played football as a young lad but preferred athletics and soon developed into a cross-country runner, representing Cumberland at schoolboy level. His first fell race was the junior guides race at Cleator Moor Sports in 1970, which had been won the previous year by his elder brother John. Alan finished 4th on that occasion and was afterwards approached by Bill Niles, a former guides racer and track runner, who offered to coach him. The McGee-Niles partnership has flourished successfully ever since.

The small, wiry McGee specialises in short up-and-down races and he is one of the fastest descenders in the sport, possessing the ability to negotiate steep, rugged slopes at a seemingly suicidal pace. Curiously enough, now that he will be coming of age this year, he does not intend to

By Bill Smith



"Fell Runner of the Year" Alan McGee winning the Wansfell Race.

Gil Horsley

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Reebok Gazelle	sizes 3-5½	£10.40, 6-12 £11.25
Reebok Sirocco	sizes 6-11	£11.60
Reebok California Runner	sizes 6-12	£10.60

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compete in the long, gruelling mountain events which have brought worldwide fame to Joss Naylor, though he does have a great admiration for Joss. Two other athletes he particularly admires are Harry Walker, the 1973 fell champion, and Ron Hill, whom he rates as "the best marathon runner we have ever had." Indeed, like another young ex-fell champion by the name of Dave Cannon, Alan McGee now intends to try his hand at road racing — though he'll continue to compete on the fells as well — and his ultimate ambition is to win an international vest as a marathon runner. He has recently resigned from Keswick AC (1st claim) and Cockermouth AC (2nd claim) in order to join Bolton United H as a road runner.

Last year saw the introduction of women's fell races under AAA Laws and details of the various events will be found in the review which follows. In common with male competitors, the girls came

"FELL RUNNER OF THE YEAR" — Top 30

1.	Alan McGee (Keswick)	220
2.	Mike Short (Horwich)	217
3.	Martin Weeks (Bingley)	191
4.	Harry Walker (Blackburn)	176
5.	Andy Styan (Holmfirth)	171
6.	Billy Bland (Keswick)	170
7.	Duncan Overton (Kendal)	156
8.	Mike Nicholson (Kendal)	151
9.	Mike Lambert (Bingley)	144
10.	Brian Robinson (Kendal)	142
11.	Bob Whitfield (Kendal)	127
12.	Joss Naylor (Kendal)	114
13.	M. Armitage (Saltwell)	113
14.	Ken Taylor (Rossendale)	112
15.	Ian Roberts (Holmfirth)	106
16.	Steve Breckell (Blackburn)	103
17.	Harry Blenkinsop (Kendal)	98
18.	Ray Rawlinson (Rossendale)	96
19.	John North (Clayton)	82
20.	Tony Naud (Keswick)	80
21eq	Bill Padgett (Bingley)	74
	Pete Walkington (Blackburn)	74
23.	Paul Murray (Clayton)	69
24.	Howard Forrest (Gosforth)	68
25eq	Alan Buckley (Holmfirth)	66
	John Blair-Fish (Edinburgh S)	66
	Ricky Wilde (Manchester)	66
28.	Stuart Bland (Keswick)	60
29eq	Gordon Brooks (Bingley)	58
	R. Boswell (Lochaber)	58

A British Road Runners Championship Event

VALE OF AYLESBURY ATHLETIC CLUB

presents the eighth annual

Rex Foulkes Memorial**20 Km ROAD RACE**

(Under A.A.A. Laws)

and the third annual

20 Km ROAD RACE**FOR LADIES**

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

ON SATURDAY, 17th JUNE, 1978

both at 3.00 p.m.

Changing Accommodation: Quarrendon School, Aylesbury (on Ring road between A41 & A413).

Prizes: Sponsored by Allport Freight Ltd., to the value of £200 for Individuals, Teams, Vets and "Scrubbers". Sponsored by Deans Farm Eggs, one dozen eggs for every finisher — Yes, a prize for everyone.

Entry Fee: 35p per Individual (all must enter as Ind.), 70p per Team (4 run, 3 score). Vets mention date of birth.

Entries to: Ken Fiddler, 30 Quakers Mede, Haddenham, Bucks HP17 8EB.

Entries close 12th June. Late entries accepted on the day, but not eligible to main prize list (Ghost runners please note).

1977 Winners — Harry Leeming (Derby) 61m. 07s. (New Course Record). Margret Ashcroft (Luton) 74m. 05s. (New Course Record). Team: Windsor, Slough & Eton 188m. 49s.

mainly from three distinct backgrounds: athletics, orienteering and mountaineering. Some had previously competed in amateur mountain races which have classes for women and these include such dedicated mountain-lovers as Anne Bland, Jean Dawes, Joan Glass, Anne-Marie Grindley and Carol Walkington. After all, fell racing is chiefly a sport for people "who are interested in mountains", to borrow a phrase from the annual Vaux Mountain Trial programme, and we hope that it will remain so, thereby retaining the grand informal, down-to-earth rural atmosphere which adds so much to its great physical enjoyment — regardless of whether it becomes wholly governed by or entirely separated from AAA Laws.

February 26th: Snow on the Pentlands made the Carnethy Hill Race (B: 10 miles: 1,300 ft) just a little bit harder on this occasion. Martin Weeks (Bingley) scored a decisive victory over Phil Dolan (Clydesdale), dropping him on the scree descent of Carnethy and building up almost a 3-min lead over the second peak, Scald Law, to finish with a time of 51:31. Alan McGee won the junior race in 42:12, with Brian Robinson (Kendal) 2nd in 44:07.

March 4th/5th: The Rucksack Club (Geoff Bell, Mike Cudahy, Ted Dance, John Richardson) again defeated Clayton-le-Moors Harriers in the High Peak Marathon (42 miles: 6,000 ft), a winter's night event for 4-man teams over the Derbyshire moors. Their respective times were 10 hr 10min and 10hr 43 min.

March 27th: Snow, wind and mist made the going really tough in the Edale Skyline Fell Race (A: 22 miles; 4,500 ft), though it didn't prevent Harry Walker from achieving his fourth successive victory over the course. His time of 2:45:00 was more than 10 min faster than that of runner-up Mike Short, who outpaced Mike Lambert (Bingley) in the demanding final stages of the race.

April 2nd: It was a bleak afternoon, too, for the Pendle Fell Race (A: 4 3/4 miles: 1,500 ft), in which Mike Short triumphed over Alan McGee by 2 sec in 32:10. Course record-holder Harry Walker (30:29: 1974) was prevented from competing by a back injury. Kathy Binns (Sale) won the women's race in 40:34, followed by Hilary Matthews (Blackburn) in 44:58.

April 9th: Fine, sunny weather prevailed for the Rivington Pike Fell Race (C: 3 1/4 miles: 1,149 ft) at Horwich, and the winner was Alan Blinston (Altrincham) who achieved a hat-trick of wins in this event during the years 1967-69. He forged ahead of Peter Raval (Manchester) just before the final and steepest part of the ascent and proceeded to open up an 11 sec lead, his time of 16:31 missing Ron McAndrew's 1971 record by a mere second.

April 10th: Graham Ellis (Holmfirth) scored a

21 sec victory over Bob Harrison (ASV) in the Manx AC Hill Race (B: 4 miles), clocking 25:32.

April 11th: On a blustery Easter Monday, Mike Short gained a fine victory over Joss Naylor in the Manx Mountain Marathon (A: 30 miles: 9,000 ft), although both had earlier surrendered the lead after making a navigational error when descending from Snaefell. Mike's time of 4:26:39 was 3:04 outside the record set up the previous year by Joss, who himself clocked 4:31:48 on this occasion.

April 16th: Mike Short won the Kentmere Horseshoe Fell Race (A: 12 miles: 3,400 ft) in 1:23:45, but as in the Pendle event his lead was drastically cut on the final descent by the reckless Alan McGee, though Mike had a far bigger advantage this time: 58 sec at the finish.

April 25th: In the review of the 1976 season it was stated that both the weather and the ground conditions in the Three Peaks Race (A: 23½ miles: 5,000 ft) favoured the "cross-country speedsters", referring to the first three placings of John Calvert, Harry Chadwick and John Fox. Well, conditions were far from favourable last year, but Calvert (Blackburn) proved himself equal to them by again being first man home, despite showers of rain and sleet and heavy going underfoot after a week of torrential rain. John's time was 2:51:04, and he was followed home by Mike Short in 2:53:10, Ricky Wilde (Manchester) in 2:56:07 and John Fox (ASV) in 2:56:57. The junior race from Horton to Ingleborough and back was won by Alan McGee in 1:05:30.

May 7th: The first Wre-Call Fell Race (B: 5½ miles: 1,700 ft) over the Ercall and Wrekin Hills, organised by Paul Sanderson, saw Dave Francis (Westbury) achieving a 20 sec victory over Jeff Norman (Altrincham) in 35:59, Jeff in turn beating Alan McGee into 2nd place by one second.

May 21st: Goat Fell Race (A: 6 miles: 2,866 ft): 1, Martin Weeks (Bingley) 1:16:23; 2, A. Lightfoot (Invicta) 1:18:55; 3, R. Shields (Clydesdale) 1:19:30.

May 21st/22nd: Excellent conditions in the Fellsman Hike (56 miles: 10,000 ft) resulted in some really fast times being recorded, and the fastest of all was the 13 hr 27 min achieved by Mike Walford (Kendal).

May 22nd: The Fairfield Horseshoe Fell Race course (A: 9 miles: 3,000 ft) had about ¾ mile added to it by a detour made to avoid the badly-eroded track up Nab Scar, and Mike Short's winning time of 1:14:46 was 3:14 longer than it took him in 1976. Alan McGee came 2nd in 1:15:58, followed by Alastair Blamire (ESH) in 1:17:28 and Harry Walker in 1:18:03. Pauline Cushnie (unattached) was the winner of the women's race, clocking 1:48:11, while Colin Robinson's wife, Brenda, who runs for Bury, was runner-up in 1:49:30.

May 29th: Steve Breckell (Blackburn) set a new record of 2:09:46 for the Chevy Chase Fell Race

(A: 17 miles: 4,000 ft) from Wooler, Northumb-erland, with Billy Bland (Keswick) 2nd in 2:10:35 and Duncan Overton (Kendal) 3rd in 2:13:45.

May 29th: In the Saddleworth Fell Race (A: 3 miles: 950 ft), Ricky Wilde headed Mike Short on the milder part of the descent and sped on to clip 5 sec off Martin Weeks' 1976 record of 19:28. Short, however, outpaced Weeks by 7 sec for second in 19:31.

June 4th: Duncan Overton made a spirited attempt to stay with Mike Short in the Welsh 1,000 Metres Peaks Race (A: 18 miles: 5,500 ft), but Mike's strong climbing ability paid off on the ascent of the PYG track and he reached the finish on Snowdon summit 17:18 ahead of the Kendal runner, clocking 3:33:54. Mike Davies (Reading), one of the all-time greats of fell racing, finished 3rd in 3:54:09 (1st Vet), 2:35 ahead of Roman Halenko (Clayton-le-Moors). Course record-holder Joss Naylor (3:22:20: 1975) finished 31st: he set off half-an-hour after everyone else, having mistaken the start time, and like many other competitors went astray in mist on the Carneddau. Anne Bland (Kendal) won the women's event in 2:42:18, 3 min in front of her clubmate Carol Walkington.

June 4th: A fine, sunny day on the Craven Highlands of North Yorkshire and, at Horton-in-Ribblesdale Sports, Mike Nicholson (Kendal) was winner of the Pen-y-ghent Fell Race (A: 7 miles: 1,520 ft) in 42:07 ahead of Ray Rawlinson (Rossendale) in 43:48 and D. Young (Pudsey) in 44:30.

June 5th: A blustery, overcast morning in lower Ribblesdale, where Harry Walker won the Clitheroe Fell Race (C: 7½ miles: 1,350 ft) in 49:42 from P. Blakeney (Salford) 50:26 and Colin Robinson (Rochdale) 51:20.

June 11th: Bad weather on the Lakeland fells this day, when Mike Short broke Joss Naylor's run of nine consecutive wins in the Ennerdale Horseshoe Fell Race (A: 23 miles: 7,500 ft). Mike had to fight hard for his victory, however, having Billy Bland to contend with all the way around, and finally beating him by 28 sec with a time of 3:41:11. Joss came 3rd in 3:53:00. Alan McGee won the junior race up Crag Fell in 31:56, followed by Brian Robinson (Kendal) in 36:26 and Steve Tosh (Rochdale) in 40:11. In the women's race over the same course, Joan Glass (Wrexham) triumphed with a time of 45:34, her closest contenders being Anne Bland 48:20, Joan Lancaster 48:32 and Carol Walkington 48:32.

June 12th: Next day in the inaugural Muncaster Fell Race (B:10 miles) over the hills of lower Eskdale, Alan McGee was first man home in 1:16:44, followed by Joss Naylor 1:20:11, Ken Taylor (Rossendale) 1:20:00 and Mike Short 1:20:45. Jean Dawes (Kendal), who is so far the only woman to have completed the "Bob GrahamRound", beat Joan Lancaster by 3:27 to win the women's race with a time of 1:29:32.

(continued next week)

Salonen — Finland's Walking Sensation

By Matti Hannus

IN most countries, unfortunately, race walking is the stepchild of athletics. Finland, land of distance runners, is no exception. "Why don't we compete in whispering?" was one of the mildest jokes when the heel-and-toe men began making their event more popular. Even on Finnish TV, sports commentators have been known to jeer at walkers. And a third example: very few people in Finland know anything about walking times, distances etc. When collecting data for this article, the main source of statistical information for the writer was . . . Colin Young's column in *Athletics Weekly*!

But the future is not so dark any more. Suddenly, Reima Salonen — a 22-year-old fisherman's son from Raisio, near Turku — is one of the best athletes in Finland. In his native country, he has not yet been given the applause he deserves; abroad, he is universally recognised as something really special. A fantastic sprint walker, faultless stylist and a bronze medal winner — at 20 years of age — at the inaugural World 50km Championship in 1976, he is no less than a sensation.

The youngest child of three in a hard-working country family, Reima (and this is most unusual in Finland) became a race walker at 9 years of age! His first mentor was Pekka Viljanen, a walker for more than three decades, who later finished 14th in the 50km event in the 1969 European Championships. Back in 1934, Jalmari Ruotsalainen had been sixth in the same event — the best Finnish walking achievement before Salonen.

After school, young Reima started working as a meat-cutter; under Viljanen's tutelage, he soon joined the walking fraternity. In 1968, not yet 13, he took his first Finnish junior championship medal; in 1970, he won his first national title; in 1972, still only 16, he took a bronze medal in the 50 kilos event!

Bitten by walking bug

"Why didn't I become a runner? Well, at 14 I ran 1500m in 4:28 — not too bad . . . But the walking bug had bitten me; there was no return", Reima Salonen smiles. He was becoming a pioneer of his field.

In 1972, something of great significance happened: Salonen met a man named Klaus Peurla. Peurla had in 1958 run 3000m in 8:25.0, which was claimed to be a world best for a man of 38. A teacher by profession, he continued racing until the late 1960's . . . but, gradually, the coaching fever got him.

"I don't claim to know much about walking technique", says Peurla, a mentor of young runners. "My only experience of the subject was attending a walking course in Russia in 1974. My

task is to condition Reima; as to technique, I leave it to him. All I can say is he knows more about race walking — technique, training, statistics, foreign competitors — than anyone in Finland."

Now working as a gauger in Raisio, Salonen represents "Turun Weikot", a club belonging to the TUL, the workers' athletics federation in Finland. So does coach Peurla, whose most promising running protege may be Markku Laine (22) who in 1976 posted a 1500m best of 3:38.8 and ran in the Olympics.

The Olympics . . . they were scheduled to be Reima Salonen's final breakthrough into the world's elite. Through four years of systematic, steadily-progressing training, he had developed into Olympic calibre. But the Finnish selectors did not admit that! In spite of several good performances — home and abroad — in early 1976, Salonen was left at home. The Finnish Walking Federation, a separate organisation, did all it could . . . but in vain. The Finnish Olympic Committee, it is justifiable to say, made a big error.

"At first, I was depressed", Salonen admits. "But in the course of time, I have forgotten about it. My only complaint is I lost a most important experience for Moscow, 1980. I surely would have learned a lot in Montreal."

Through the 4-hour barrier

Two months later, in Malmö (Sweden), Salonen took his revenge. After concentrating for the World 50km Championships through 260km walking weeks, he improved his best time by 36 minutes (!), broke the magic 4-hour barrier, and took the bronze medal behind Veniamin Soldatenko and Enrique Vera.

"His times . . . were regarded with some scepticism due to doubts on his legality but in Malmö he walked faultlessly, finishing with a storming last 15km", wrote Colin Young in 'AW'. For the first time, even the Finnish papers produced big headlines.

For 1977, Peurla and Salonen stepped up the training . . . but some new experiments were also carried out. In early spring, together with some well-known Finnish runners, Salonen attended a three-week altitude training course in Livigno, Italy. This was the first time he had been "high up", and there was some risk to be expected. As a whole, the season was not so good as was maybe expected — but at the short distances Salonen



THE MILTON KEYNES INTERNATIONAL MARATHON

(Under I.A.A.F. & A.A.A. Laws)



INCORPORATING

A Women's International Marathon Race (Under I.A.A.F. & W.A.A.A. Laws)
The Marathon Championship of the Road Runners Club
and
The Marathon Championship of the Police Athletic Association

Sponsored by the Milton Keynes Development Corporation
and Organised by the Road Runners Club

SATURDAY, 8th JULY, 1978

STARTING FROM THE STANTONBURY LEISURE CENTRE,
MILTON KEYNES at 15.30 hours

AWARDS

THE MILTON KEYNES PERPETUAL TROPHY to the winner and PRIZES.

THE "REX CROSS" SILVER SALVER (a perpetual trophy) and a GOLD MEDAL to the winner of the R.R.C. Championship.

PLAQUES to the next five to finish in the R.R.C. Championship.

THE "LINDA WOOD" GEORGIAN SILVER CUP (a perpetual trophy) to the winning team in the R.R.C. Championship, (3 to score).

THE "JOHN TARRANT" MEMORIAL TROPHY to the first R.R.C. Veteran over 40 to finish.

THE "TOM BUCKINGHAM" MEMORIAL TROPHY to the first Veteran over 50 to finish.

MEDALS to each scoring member of first three teams.

TIME STANDARD MEDALS for 2 hours 35 mins. to R.R.C. members (excluding winners of plaques).

WOMEN'S RACE. THE "MAXOL" TROPHY to the winner and PRIZES.

CERTIFICATES to all R.R.C. members who finish.

NOTES: Club teams to consist of R.R.C. members only, with three to score by the aggregate time method. In their own interests, club officials should ensure that all their members who wish to compete in the R.R.C. races, both team and individual, are in fact members of the Road Runners Club.

No one elected to membership of the R.R.C. after Monday 15th May, 1978 will be eligible to enter the R.R.C. Championships either team or individual.

No one will be timed after the limit of 3 hours 45 minutes has expired.

ENTRIES CLOSE ON MONDAY, 19th JUNE, 1978. NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

Entry Fees: R.R.C. Members 25p. Others 50p.

Entries to: Vic Gutteridge, 40 Kelvin Close, Bellfield, HIGH WYCOMBE, HP13 5ST.

really let himself go. In Turku on August 18th he sped round the Tartan track 25 times to establish world's best time for 10,000m of 40:42.6. Ten weeks earlier, in Naantali, he had broken the 6-minute barrier for the mile with a fantastic 5:56.3 — on an old, dusty cinder track.

Reima Salonen's walking times have been remarkable. No wonder that for many foreign experts they have been hard to believe. But after seeing him in action, they have had to admit: he's a phenomenal walker.

"My style is perfect", Salonen is reported to have said, although he is by no means known as a boaster. He knows what he says: only once in his life has he been disqualified (in the 1974 Nordic Championships in Denmark). Even then, the decision was most controversial: the only reason seems to have been he was so much faster than the others!

Reima Salonen trains for up to 30 hours per week, his programme consisting of both running (especially in the morning) and walking. As to his running talents, he modestly ponders: "With a two-month specialisation, I reckon I might do 14:30 for 5000m, I have the condition, but through walking I have developed wrong muscles for running."

Moscow, 1980, of course is Reima Salonen's big target. But before that, there is Prague, 1978: "I am aiming to do both distances. But knowing the Finnish selectors, I shall have to break a world record early in the season!"

Reima Salonen was born at Taivassalo on November 19th 1955. He is 1.78/5'10" tall, weighs 68kg/150lb, and is single. His hobbies are hunting and fishing.

Best times: mile — 5:56.3 (1977), 3000m — 11:05.0 (indoors, 1977), 5000m — 20:13.0 (indoors, 1977), 10,000m — 40:42.6 (1977), 20km track — 1:27:31.8 (1976), 50km road — 3:58:53 (1976).

Maybe he is exaggerating a little bit. Race walking is gaining ground in Finland. The main reason is Reima Salonen himself, who had a very important duty in the match against Great Britain in Oulu last summer. At the last moment, a 10km track walk was included in the match, and after a very hard fight Salonen beat Roger Mills. Finland won the event by 7 points to 4 . . . and the whole match by 113 to 110!

Chelmsford AC (men's section) would welcome invitations to compete in any meetings in July or August on non-Southern League dates. Contact Bob Loveridge, 9 Rifle Hill, Braintree, Essex. Chelmsford AC officers elected: President, B. Hill-Cottingham; chairman, D. Dawson; secretary, V. R. Rust, 7 Smiths Field, Rayne, Braintree, Essex (Tel: Braintree 24486).

Athletes — your chance to 'fly' or set stellar performances

BRITISH AIRWAYS GAMES

(Under S.A.A.A. and S.W.A.A.A. Rules)

AT MEADOWBANK SPORTS CENTRE, EDINBURGH

ON SUNDAY, 28th MAY, 1978, at 2 p.m.

Full details:

Sandy Sutherland 031-669 5731 or

Bill Walker

031-661 5351

Membership of the **Scottish International Athletes Club**, who are presenting this meeting to give athletes an opportunity to qualify for selection for the Commonwealth Games, is open to any Scot who has represented Britain or Scotland in a full International.

Application forms (sub £1) from Liz Sutherland, 37 Bellfield Street, Edinburgh EH15 2BR.

RECORD RUN BY COATES

Dennis Coates showed fine early season form with a UK best for the 2000m steeplechase of 5:30.6 in an invitation event at Stretford on April 23rd. Angela Creamer missed the European qualifying standard for 800m by half a second with 2:05.5.

Stretford 169; Sheffield 132; Oxford City 91.

100: M. Kindon (Stret) 11.0. (B): R. Challis (Ox) 11.0. 200: P. Machin (Stret) 22.1. 400: S. Sole (Sheff) 49.5. 800: 1, P. McGrath (Man Un-gst) 1:50.7; 2, G. Cooper (Stret-J) 1:51.8; 3, I. Warsama (Gates-J/gst) 1:52.3; 4, K. Newton (Sheff) 1:52.5; 5, A. Leonard (Leeds Un-gst) 1:53.1; 6, A. Lawrence (Darl-J/gst) 1:53.2. 1500: K. Rothwell (Stret-J) 3:53.6. 3000: 1, A. Mottershead (Stret) 8:12.2; 2, K. Harrison (Stret) 8:12.6. **Invitation 2000mSC**: 1, D. Coates (Gates) 5:30.6 (UK best); 2, I. Gilmour (W&B) 5:39.6; 3, D. Blakeley (Man) 5:50.0; 4, R. Harris (Ox) 5:52.4; 5, B. Smith (Gates) 5:55.4; 6, D. Lewis (Ross-J) 5:58.4. 3000SC: D. Frith (Sheff) 9:15.0. 110H: 1, M. Kindon (Stret) 14.9; 2, M. Holtom (Stoke-gst) 14.9; 3, R. Simpson (Als Coll-gst) 15.4; 4, H. Jones (Ox) 15.7. (B): 1, A. James (Stret) 15.2; 2, S. Pegler (Stret) 15.6. 400H: 1, H. Robinson (Stret) 53.4; 2, S. Sole (Sheff) 55.9; 3, James 56.4. (B): Pegler 56.4. HJ: 1, G. Griffiths (Stret) 1.95; 2, S. Cameron (Ox) 1.90. PV: 1, N. Phipps (Sheff) 4.45; 2, R. Goodall (Stret) 4.00; 3, B. McStravick (Sheff) 3.70; 4, M. Corden (Sheff) 3.70. LJ: G. Hignett (Stret) 6.80. TJ: 1, P. Hambley (Stret) 14.05; 2, N. Stoppard (Sheff) 14.01. SP: 1, M. Corden (Sheff) 13.84; 2, D. Smedley (Sheff) 13.55. DT: 1, Corden 44.16; 2, B. Williams (Stret) 42.78; 3, Phipps 42.62; 4, K. Hind (Sheff) 41.30. HT: 1, A. Sparkes (Stret) 50.28; 2, R. Jenkins (Ox) 42.58. JT: 1, P. Ostapowycz (Stret) 62.02; 2, C. Johnson (Stret-J) 61.58. 4x100: 1, Stretford 43.7; 2, Sheffield 44.0; 3, Oxford City 44.0. 4x400: Stretford 3:23.8 (S. Marlow 48.6). **Invitation Women's 800**: 1, A. Creamer (Roth) 2:05.5; 2, J. Asgill (Stret) 2:10.7.

HERNE HILL '10'

At Brockwell Park, April 22nd

1, K. Penny (Cambridge H) (rec) 49:11
2, R. Gevers (South London H) 49:38
3, J. Davies (Essex Beagles) 50:29
4, M. Mountford (Staffs) 51:22; 5, M. Russell (Croy) 51:24; 6, F. Upcott (SLH) 52:23; 7, M. Hanahoe (HHH) 52:47; 8, I. Cotton (SLH) 53:16; 9, M. McEvilly (Shaft) 53:43; 10, M. Moody (M'head) 54:01; 11, B. McGill (Unatt) 54:33; 12, S. Mummery (Inv) 54:48; 13, H. Forrest (Gos) 55:00; 14, L. Mann (Bel) 55:05; 15, T. Ryan (N Lon) 55:44. **Teams**: 1, SLH 12; 2, HHH 26; 3, Cambridge H 39; 4, Ranelagh 52; 5, Basildon 67; 6, Epsom & Ewell 78.

ALPHA-BETA TROPHIES

At Hendon, April 15th

Alpha Trophy

Borough of Enfield 135; Essex 134; Croydon 124; Feltham 110; Oxford 107; Verlea 93; Middlesex 78.

100: A. Lyne (Felt) 12.0. 200: 1, Lyne 25.2; 2, S. Whitnell (Ex) 25.6. 400: 1, P. Newnham (Ox) 57.4; 2, S. Byrne (Croy) 59.2. 800: 1, Newnham 2:06.3; 2, P. Fudge (Felt) 2:14.2; 3, C. Brace (Ver) 2:14.8. 100H: 1, C. Mathers (BoE) 15.0; 2, H. Alderton (Ex) 15.9. (B): 1, M. Prendergast (Mx) 15.1; 2, L. Yell (BoE) 15.9. HJ: 1, Mathers 1.70; 2, A. Manley (Croy) 1.65; 3, J. Williams (Felt) 1.60; 4, M. Marriott (Ox) 1.60; 5, C. Drewry (Ex) 1.60. (B): 1, S. Taylor (Ex) 1.65; 2, L. Yell (BoE) 1.60. LJ: 1, K. Donovan (Felt) 5.78; 2, K. Hagger (Ex) 5.69; 3, S. Andrews (BoE) 5.55. (B): 1, N. McGee (Felt) 5.56; 2, C. Stone (BoE) 5.41. SP: 1, B. Wright (Croy) 11.85; 2, E. Tinkler (BoE) 11.33. DT: S. Goddard (Ver) 35.84. JT: 1, A. Cummings (Croy) 40.10; 2, P. Woodhouse (Ex) 38.68. (B): S. Wells (Ex) 36.30. 4 x 100: 1, Enfield 49.7; 2, Feltham 49.9. **(Juniors): Essex 132; Feltham 131; Verlea 111; Croydon 106; Enfield 103; Middlesex 79; Oxford 78.** 200: S. French (Felt) 26.2. (B): A. Close (Felt) 26.1. 800: 1, M. Witts (Ex) 2:18.8; 2, L. Ealham (Ver) 2:22.0. (B): J. Barrett (Ver) 2:24.2. 75H: 1, L. Playel (Ver) 11.1; 2, D. Wilkinson (BoE) 12.0. LJ: French 5.58. DT: A. Roat (BoE) 30.64.

Beta Trophy

Haringey 136; Havering 125; Wigmore 121; Radley 115; Wycombe 110; Norfolk 82; Hillingdon 25.

400: 1, R. Chettleburgh (Hav) 57.5; 2, A. Clifford (Wyc) 58.5. (B): T. Hoyle (Wyc) 58.3. 100H: 1, V. Douglas (Wig) 14.6; 2, A. Mensah (H'gey) 14.9. (B): P. Bryant (Wig) 15.8. HJ: 1, J. Burrows (Wig) 1.66; 2, E. Hickey (Rad) 1.66. LJ: D. Gray (Norf) 5.57. DT: 1, M. Jervis (H'gey) 35.32; 2, A. Franks (Rad) 35.08. JT: Jervis 39.38. (B): S. Flack (H'gey) 39.26. 4 x 100: Haringey 49.5. **(Juniors): Radley 146; Havering 120; Norfolk 84; Hillingdon 82; Haringey 80; Wigmore 68; Wycombe 54.** 100: J. Boggett (Rad) 12.9. 200: Boggett 26.0. (B): K. Rist (Rad) 25.9. 800: S. Baxter (Hav) 2:19.5. (B): C. Wells (Hav) 2:19.6. 75H: C. Rowe (Rad) 12.0. (B): L. Brown (Rad) 12.2. 4 x 100: Radley 52.0.

MANCHESTER UNIVERSITY RELAYS

At Stretford, April 29th

Stretford 91; Sale 54; Alsager 48; Manchester University 41; Padgate 8.

3000m Team Race: 1, K. Harrison (Stret) 8:09.0; 2, P. McGrath (Man Un) 8:25.2. 4 x 100: 1, Stretford 42.7; 2, Sale 43.4; 3, Alsager 44.0. 4 x 200: Stretford 1:28.6. 4 x 400: Stretford 3:21.6. (Youths) 4 x 200/4 x 800: Sale 1:41.9/8:32.6. (Boys) 4 x 200/800: Sale 1:47.9/9:16.3.

HENRY RONO BLASTS WORLD STEEPLECHASE RECORD

Henry Rono continued his string of blistering world class performances by adding the World 3000m steeplechase record to his recent 5000m performance (13:08.4) when he clocked a staggering 8:05.4 at Seattle, taking a full 2.6 seconds off Anders Garderud's previous record, set when winning the Olympic title in Montreal.

Sebastian Coe 1:45.6

UK RESULTS ROUND-UP

29.4. Woodford. JT: Clover 66.00+ not 80.10 as printed. **6.5. Chichester to Portsmouth 25kms:** R. Heron 1:25:28. **11.5. (Women) JT:** F. Whitbread 51.04. **13/14.5. Yorkshire Champs. Cleckheaton. 800:** SEBASTIAN COE 1:45.6 (25.8/51.1./1:17.2). **1500:** M. Prince 3:44.1. **HJ:** M. Butterfield 2.06. **LJ/TJ:** D. Johnson 7.33/15.72. **Kent Champs. Crystal Palace. 100/200:** M. Bond 10.7/21.7. **PV:** A. Williams 5.10. **DT:** J. Hillier 53.88. **(Women) 800/1500:** G. Penny 2:12.2/4:24.5. **400H:** S. Reed 61.6. **SP/DT:** 1, A. Littlewood 15.50/47.40; 2, V. Redford 13.69/46.30. **Essex Champs. JT:** D. Otley 79.20. **(Women) JT:** F. Whitbread 48.74.

Kingston (Jamaica) 13/14.5. (Women) 100: A. Lynch 11.35. **200:** S. Lannaman 23.5. **100H:** S. Colyear 13.83.

YEOVIL BANK HOLIDAY GAMES

Would intending competitors please note that entries for this meeting will close on Wednesday, May 24th (first post) and not as printed in our May 6th issue.

SOUTHERN BOYS' CHAMPIONSHIPS

Entries for the Southern Counties AAA Boys' Championships on May 28th/29th at Crystal Palace will be accepted on the day.

* * *

East Hull H&AC's open 20M road race (incorporating the Yorkshire & Humber-side Champs), previously known as the 'East Hull 20' but now known as the 'Afos 20', will be held on May 28th (2 pm). The date was originally notified to the RRC as May 7th

* * *

Sub-2:20 marathoners interested in competing in the Irish BLE national marathon on June 18th at Tullamore should contact Mr A. Guy, 69 Jones Road, Dublin 3.

* * *

The Thurrock '10' (which incorporates the Essex County 10M Championship) will be held on June 25th and not June 18th as previously listed.

Jeff Griffiths 46.91/Meg Ritchie 16.40

GREECE 260 v SCOTLAND 218 v WALES 163 v LUXEMBOURG 116 At Athens, May 13th/14th

100: 1, Bombadella (L) 10.50; 2, A. Wells (S) 10.50; ... 5, A. Sharp (S) 11.02. **200:** 1, Bombadella 20.83; ... 4, R. Denham (S) 21.76; ... 6, D. Roberts (W) 21.89. **400:** 1, J. Griffiths (W) 46.91; 2, D. Jenkins (S) 47.13. **800:** 1, P. Hoffmann (S) 1:47.9; 2, P. Forbes (S) 1:48.0. **1500:** 1, P. Kourtis (G) 3:40.5; 2, J. Robson (S) 3:40.7; 3, G. Grant (W) 3:42.2. **5000:** 1, N. Muir (S) 13:37.7; 2, R. Spence (S) 13:37.7. **10,000:** 1, J. Brown (S) 28:36.4; 2, A. Hutton (S) 28:37.1. **3000SC:** 1, J. Davies (W) 8:26.8; 2, J. Graham (S) 8:40.0. **110H:** 1, P. Evripidou (G) 13.98; 2, B. Price (W) 14.29. **400H:** 1, G. Parris (G) 50.46; ... 3, R. James (W) 51.81; 4, R. Jenkins (S) 52.17. **10,000W:** 1, A. Garageorgos (G) 43:29.7; ... 4, S. Barry (W) 48:07.8; 5, G. Scott (S) 48:23.2. **HJ:** 1, D. Patronis (G) 2.18; 3, B. Burgess (S) 2.05; ... 4, T. Llewellyn (W) 2.00. **PV:** 1, D. Kytas (G) 5.00; ... 3, R. Williamson (S) 4.60; 5, J. Ward (W) 4.00. **LJ:** 1, D. Delifotis (G) 7.67; ... 3, G. Hughes (W) 7.29; 4, S. Atkins (S) 7.25. **TJ:** 1, G. Kaperonis (G) 16.01; 2, J. Phillips (W) 15.88; ... 4, W. Clark (S) 14.92. **SP:** 1, L. Loukas (G) 18.63; 2, H. Davidson (S) 17.19; ... 5, T. Kelland (W) 14.80. **DT:** 1, N. Tsiaris (G) 54.92; ... 3, C. Black (S) 48.40; 4, Kelland 45.60. **HT:** 1, C. Black (S) 68.92; ... 4, N. Lia (W) 55.28. **JT:** 1, J. Peristeris (G) 75.94; ... A. Harrison (S) 68.44; 4, G. Brooks (W) 68.28. **(Women) 100:** M. Wells (S) 11.94. **200:** H. Golden (S) 24.06. **400:** K. Williams (S) 54.30. **800:** E. McMeekin (S) 2:04.2. **1500:** M. Coomber (S) 4:23.5. **3000:** J. Shepherd (S) 9:40.5. **100H:** E. Davidson (S) 13.88. **400H:** E. Sutherland (S) 58.91. **HJ:** M. Walls (S) 1.74. **LJ:** 1, K. Yiannakidou (G) 6:05; 2, Walls 6.02. **SP/DT:** M. Ritchie (S) 16.40 (UK rec)/59.40. **JT:** 1, S. Sakarofa (G) 59.18; 3, D. Williams (S) 47.18. **4 x 100:** Scotland 46.57.

PHILIPS NIGHT OF ATHLETICS

Whilst David Jenkins and Sebastian Coe have had to pull out of the Philips Night of Athletics at Crystal Palace on May 24th, the latest additions are: Mile — Wilson Waigwa, 3000m — Nick Rose, 3000 SC — new world record holder Henry Rono, HJ — Franklin Jacobs, Women's JT — Karen Smith. Tickets are still available.

* * *

National Javelin Squad members are reminded to apply immediately for entry forms for the 'Battle of the Spears' Challenge Trophy Competition organised by National Event Coach — Margaret Whitbread.

Capital Sports

Capital Sports Limited, Catherine Street,
St Albans, Hertfordshire Tel. St Albans 63741
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JOGGING SHOES

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Tahiti 4-12	(£11.50)	£10.50
Brussel	(£9.99)	£9.00
Hawaii 4-12	(£9.99)	£9.00

TRACK SPIKES

		Our Price
Adistar 2000	(£29.99)	£27.00
Racer	(£27.25)	£24.50
Spider	(£26.99)	£24.25
Tokyo	(£24.50)	£22.00
Sprint	(£21.99)	£20.00
Jet	(£15.50)	£14.00
Mexico	(£14.50)	£13.25
Apollo	(£12.50)	£11.50
Hawk	(£11.50)	£10.50
Champion	(£8.75)	£8.50

SPECIALIST ATHLETIC

SHOES		Our Price
Interval	(£16.75)	£15.50
Long jump	(£26.50)	£25.00
Fosbury (1 shoe)	(£20.50)	£19.00
Straddle (1 shoe)	(£20.50)	£19.00
Javelin	(£35.50)	£32.00
Hammer/Discus	(£24.50)	£22.00
Shot	(£21.50)	£20.00
Marathon	(£24.99)	£22.50

(Please send foot outline when ordering spikes or specialist athletic shoes).

All shoes are available in sizes 6 to 12 including half sizes unless otherwise indicated.

ATHLETIC CLOTHING

Men's 100% Ultron Vest - Colours: green/white, violet/white, red/white, royal/white, white/royal. Small - Medium - Large. Price per vest (£5.50) - **Our Price £5.00.**

Men's Cotton/Polyester Vest - contrast trim round neck and armholes. Colours: white/royal, royal/white, red/white, green/white. Small - Medium - Large. Price per vest (£3.99) - **Our Price £3.75**

Men's Shorts - Colours: green/white, violet/white, white/red, white/royal, royal/white. 30", 32", 34", 36", 38". Price per pair (£4.99) - **Our Price £4.50.**

Ladies 100% Polyamide Vest - Colours: white/royal, red/white, yellow/black. Small - Medium - Large. Price per vest (£5.25) - **Our Price £4.75.**

Ladies Stretch Towelling Shorts - Colours: white/red, white/royal, royal/white, black/yellow. 22", 24", 26", 28", 30". Price per pair (£4.80) - **Our Price £4.40.**

3 Stripe Tee-Shirt - Colours: white/navy, sky/navy, lemon/navy, green/navy, white/red, navy/white, black/white, orange/black, navy/red, red/navy, royal/yellow. 30"/32" (£3.15) - **Our Price £2.80.** Small - Medium - Large (£4.15) - **Our Price £3.75.**

TRACKSUITS - RAINWEAR - SWEAT-TOPS

ST1 - rainsuit. Colours: royal/white, navy/white, red/white, yellow/black, orange/black, sky/white. Jacket or trousers (£9.20) - **Our Price £8.00.**

A15 - tracksuit. Colours: royal/white, green/black, navy/white, sky/navy, white/sky, yellow/navy, lime/dark green, red/black. Price per suit (£29.99) - **Our Price £27.00.**

Montreal - tracksuit. Self coloured jacket and trousers royal/white, navy/white - contrast jacket and trousers, red/black, green/navy. Price per suit (£28.99) - **Our Price £26.00.**

Beckenbauer - tracksuit. Self coloured jacket and trousers, royal/white, navy/white, contrast jacket and trousers, green/navy, red/blue, sky/navy. Price per suit (£27.99) - **Our Price £25.00.**

A2M - tracksuit. New for 1978, contrast jacket and trousers only - jacket has contrast sleeves and side panel down body: sky/navy or green/navy. Price per suit (£17.55) - **Our Price £16.00.**

A14 - tracksuit. Self coloured jacket and trousers green/white, royal/white, red/white, navy/white, contrast jacket and trousers beige/brown, sky/navy, green/navy, red/navy, yellow/royal. Price per suit (£17.25) - **Our Price £15.75.**

A4 - tracksuit new for 1978 self coloured jacket and trousers royal/white, navy/white, contrast jacket and trousers red/black, sky/navy, light green/dark green. Price per suit (£13.50) - **Our Price £12.50.**

A13 - Sweat-top. Colours: green/navy motif, sky/navy, yellow/brown, red/black. Price each (£6.50) - **Our Price £6.00.**

All the above are available in sizes 5' 1", 5' 4", 5' 6", 5' 9", 5' 11", 6' 1", 6' 4".

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Standard Carrier, all colours (£6.85)	£6.25
2-Compartment Carrier, blue jean or beige (£10.25)	£9.25
Super Beige Holdall (£18.75)	£17.00
New Nylon Carrier black or royal (£8.25)	£7.50

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Cavin Woodward Close To 40 Miles Record

WATER laying on the track in the early part of the race, and then a slippery surface, upset Cavin Woodward's chance of a World Best in the Epsom 40 miles track race on April 29th, at Ewell Court. Nevertheless, his 2:27:37 for a marathon and a time just 2 min 45 sec outside Joe Keating's current record for 40 miles represented very fine running in the conditions. Woodward never gave up and, although it appeared from halfway that the record would be just out of his reach, he still drove his mud-caked legs as hard as he could to the end. The record is surely within his reach on another occasion.

Behind him Mike Newton and Martin

Thompson ran well, like the good stayers they have become in these long races, without ever endangering Woodward's lead. Paul Muddeman had a very good run in fourth place to complete a great 'team' effort by Leamington. Only two of the 16 competitors failed to finish.

Don Turner

1, C. Woodward (Leamington) 3:52:17
2, M. Newton (South London H) 4:04:51
3, M. Thompson (Leamington) 4:12:40
4, P. Muddeman (Leam) 4:23:34; 5, D. Macquistan (Veg) 4:41:21; 6, K. Shaw (Camb H) 4:48:37; 7, D. Funnell (E&E) 4:55:07; 8, B. Slade (Exet) 5:00:42; 9, K. Jordan (Holm) 5:09:54; 10, R. Lawton (Holm) 5:18:24; 11, G. Peddie (E&E) 5:22:17; 12, R. Thornton (Sal) 5:22:53; 13, I. Champion (Met P) 5:32:02; 14, F. Thomason (Camb H) 5:50:31.

PENDLE FELL RACE

(Cat: A/4 1/4 miles)

April 1st

Another showery, overcast day, with some of that famous Pendle mist hovering about the summit, though no witches were sighted. Harry Walker may well have been flying on a broomstick, however, as far as the other competitors were concerned, for he continued his usual practice of recent years (except last year when he didn't compete through injury) by leading from the start of the first climb right through to the finish, beating runner-up Mike Short (last year's winner) by 11 sec. In third place was young up-and-coming Brian Robinson. Surprise of the day was the performance of veteran prizewinner D. Welch (Harrogate), who placed 11th with a time of 34:19 as compared to his 1977 placing of 73rd in 37:40! The O/SOs award went to R. Gamble (Billingham Synthonia), 137th in 39:53, and there were 301 finishers. Jean Lochhead set a new women's record of 39:43 for the same course as the men's. There were 22 competitors.

Bill Smith

1, H. Walker (Blackburn) 31:14
2, M. Short (Horwich RMI) 31:25
3, B. Robinson (Kendal) 32:43
4, A. Styan (Holm) 32:53; 5, D. Overton (Kend) 33:12; 6, B. Ashworth (Ross) 33:12; 7, J. Calvert (B'burn) 33:32; 8, H. Jarrett (Kes) 33:47; 9, S. Breckell (B'burn) 34:03; 10, P. Walkington (B'burn) 34:13; 11, D. Welch (Harro) 34:19; 12, C. Robinson (Roch) 34:24; 13, J. Broxap (Kes) 34:29; 14, A. Sunter (Horw) 34:34; 15, J. North (Clay) 34:36; 16, R. Rawlinson (Ross) 34:39; 17, G. Edwards (Bing) 34:44; 18, P. Hartley (Ross) 34:50; 19, G. Berry (Dark Pk) 34:54; 20, E. Trowbridge (Dark Pk) 34:57; 21, B. Pickersgill (Holm) 34:57; 22, C. Pooley (L&M) 35:02; 23, M. Nicholson (Kend) 35:03; 24, J. Read (Leeds P) 35:04; 25, K. Taylor (Ross) 35:07; 26, C. Brooks (Bing) 35:10; 27, H. Blenkinsop (Kend) 35:11; 28, D. Lee (Work) 35:12; 29, W. Ratcliffe (Frod) 35:20; 30, D. Ratcliffe (Ross) 35:23. 301 finished. (Women): 1, J. Lochhead (A&SV) 39:43 (rec); 2, J. Haigh (Long) 41:36; 3, R. Coats (Unatt) 42:19; 4, L. Brennan (Unatt) 43:39; 5, B. Robinson (Bury) 44:27; 6, G. Pile (Sale) 45:14.

GOLDEN VALE ATHLETIC CLUB

in conjunction with
Hanwell Carnival Committee
7th Annual

CARNIVAL "5"

Senior Road Race

(Under A.A.A. Laws)

for the Carnival Cup (Holders: Ranelagh Harriers)

SATURDAY, 17th JUNE, 3.30 p.m.

Elthorne Park, Boston Road, Hanwell W7

(Usual Venue - Usual Course)

Medals: First 3 Teams (4 run, 3 score).

Prizes: First 3 Ind., first 3 Vets.

All enter as Ind. (25p) to: M. Barber, 66 Framfield Road, Hanwell W7. (01-567 0705).

ENTRIES CLOSE TUESDAY, 13th JUNE

(SAE please if directions required)

WYCOMBE PHOENIX HARRIERS

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

GALA SUNDAY, 11th JUNE, 2.30 pm

Open Events - All Ages - Men & Women
Javelin, Shot, Long Jump, High Jump, Pole Vault

Entries by Saturday, 10th June, 25p per athlete, stating event(s) and age group to R. Buzzard, 29 Chapman Lane, Flackwell Heath, High Wycombe, Bucks. No entry on the day.

OPEN MEET WEDNESDAY, 21st JUNE

7.00 pm 100m, 1500m, Discus, Shot, Long Jump, High Jump, Pole Vault

7.45 pm 200m

8.30 pm 3000m S/Chase

All ages, Men & Women. Entries on the night 25p.

All Weather Track adjacent M40, Junction 4

NEWCASTLE (STAFFS) AC/'SAMMI BELLES' 7 MILES ROAD RACE

April 9th

1, B. Cole (Tipton) 34:01
 2, R. Cytlau (Tipton) 34:01
 3, D. Edge (Salford) 34:12
 4, P. Haywood (Worc) 34:24; 5, B. Bowler (Stoke) 34:30; 6, W. Domoney (Sheff) 34:39; 7, A. Sladen (Salf) 34:41; 8, D. Nicholl (Unatt) 34:44; 9, J. Wright (Tip) 34:46; 10, A. Mills (New) 34:50; 11, G. Davies (Sale) 34:52; 12, N. Deakin (Stoke) 34:55; 13, A. Adams (Stoke) 35:24; 14, M. Mountford (Staff) 35:25; 15, M. Bishop (Staffs M) 35:48; 16, P. Hannerman (Cann) 35:54; 17, Whiteman (Staffs M) 36:09; 18, D. Daley (S Heath) 36:12; 19, M. McBride (Unatt) 36:22; 20, E. Austin (Stoke) 36:28; 21, J. Lennard (Staffs M-Y) 36:38; 22, R. Bentley (Tip) 36:46; 23, S. Willimott (Cann) 36:49; 24, G. Claff (Salf) 36:54; 25, L. Cook (Staff-V) 36:59; 26, J. Davies (Stoke) 37:02; 27, B. Silverstone (Cann) 37:07; 28, M. Edwards (Bolt) 37:10; 29, D. Jarvis (Burt) 37:20; 30, F. McGuire (Unatt) 37:21. 185 finished. **Teams:** 1, Tipton; 2, Stoke. **(Vets):** Cook; (U/50): M. Whittaker (Staff) 37:46; (U/55): E. Nicholls (B&R) 40:37; (U/60): H. Spencer (Staff) 48:21; (O/60): N. Ashcroft (Sutt) 45:24.

NEWARK AC ROAD RACES

April 30th

1, R. Milne (Notts) 27:19
 2, T. Hopkins (Charnwood) 28:05
 3, D. Allan (Manchester H) 28:06
 4, R. Church (Nene V) 28:10; 5, M. Palmer (Notts) 28:18; 6, P. Shaw (Sheff) 28:30; 7, R. O'Hara (Spark) 28:38; 8, I. Barnard (Notts) 28:48; 9, J. Thornbury (Spark) 29:02; 10, J. Stringer (Sheff) 29:03; 11, M. Hague (Roth) 29:06; 12, B. Wilkins (Spark) 29:08; 13, R. Nowak (Charn) 29:16; 14, I. Robertson (New) 29:19; 15, S. Rimmer (New) 29:29; 16, M. Mangan (Nene V) 29:30; 17, M. Holt (Nene V) 29:30; 18, P. Connelly (Sheff) 29:40; 19, W. McKim (Thet) 29:43; 20, C. Howe (Notts) 29:44; 21, B. King (Leic) 29:45; 22, J. Adlington (Notts-V) 29:46; 23, J. Chambers (Linc V) 29:47; 24, M. Wrenn (Spark) 29:50; 25, N. Power (Sheff) 29:53; 26, M. Edwards (Spark) 29:59; 27, J. Mills (Spark-V) 30:00; 28, D. Jarvis (Burt) 30:04; 29, A. Smith (Burt) 30:07; 30, A. Hughes (New-V) 30:09. **Teams:** 1, Notts 14; 2, Sheffield 34; 3, Nene Valley 37; 4, Sparkhill 42; 5, Newark 59; 6, Sparkhill 'B' 63; 7, Charnwood 66; 8, Notts 'B' 85; 9, Thetford 112; 10, Burton 124. **(Women):** 1, T. Bateman (B'field) 9:51; 2, A. Creamer (Roth) 9:59; 3, M. Belk (A&SV) 10:05; 4, L. Cooper (Roth) 10:20; 5, S. Moxon (Roth) 10:43; 6, A. Soar (Notts) 10:52; 7, D. Ball (Thet) 10:54; 8, C. Rogers (Thet) 11:02; 9, M. Stanton (Roth) 11:09; 10, C. Ward (Pless) 11:44. **Teams:** 1, Rotherham 11; 2, Newark 38.

WALTHAMSTOW RELAY

At Highams Park, April 15th

1, Essex Beagles (P. Cheate 11:11, C. Reitz 11:21, P. Kemp 11:16, D. Browne 11:41, J. Davies 11:05, G. Fell 10:52) 67:26;
 2, Shaftesbury (J. Dryden 11:11, S. Keene 11:22, R. Samuel 10:42, R. Steven 11:30, M. Foster 11:28, P. Collins 11:18) 67:31;
 3, Haringey (D. Milner 11:17, P. Norell 11:03, M. Spinks 11:38, J. Kilsby 11:09, N. Roussel 11:55, C. Moxson 11:06) 68:08;
 4, Havering (S. Clark 12:09, R. Young 11:05, J. Broad 11:02, P. Bettridge 10:55, W. Shirley 11:52, P. Richardson 12:14) 69:17;
 5, Woodford Green (N. Burvill 11:39, P. Gronland 11:13, I. Allenby 11:30, C. Reed 11:28, C. Butterfill 12:13, M. Emms 11:49) 69:52;
 6, Highgate (O. Arif 11:12, P. Lightowler 11:49, P. Cummins 11:26, D. De Savigny 11:54, J. Cox 11:56, P. Lovell 11:40) 69:57;
 7, Walthamstow 70:24; 8, Verlea 70:58; 9, N. London 72:10; 10, Verlea 'B' 73:27; 11, Ealing & S 73:39; 12, Essex Beagles 'B' 73:47; 13, VPH 74:14; 14, Thurrock 74:15; 15, Haringey 'B' 74:19.
Fastest: Samuel 10:42, Fell 10:52, Bettridge 10:55, Broad 11:02, Norell 11:03, Davies 11:05.

Veterans Road Race

1, R. Campbell (Ex B) 21:40 (rec); 2, M. Batty (Thurr) 22:02; 3, G. Harrold (BoE) 22:14; 4, M. Barratt (E&S) 22:29; 5, D. Horsup (Thurr) 22:43; 6, P. Vaughan (N Lon) 22:48; 7, L. Parrott (Hav) 22:51; 8, C. Ward (Thurr) 23:06; 9, D. Case (E&S) 23:18; 10, C. Canton (E&S) 23:30; 11, G. Sayer (Eton M) 23:37; 12, T. Everitt (Eton M) 23:48; 13, P. McIlwain (H'gey) 23:51; 14, T. Hoyle (Hav) 23:54; 15, A. Lovett (Ilf) 23:54. **(O/50):** 1, D. Ball (Bigg) 24:50; 2, E. Flowers (Vic P) 24:55; 3, G. Meech (Ver) 25:47. **(O/60):** 1, J. Flowers (Vic P) 25:33; 2, H. Smith (High) 27:46; 3, J. Martin (H'gey) 37:43. **Teams:** 1, Ealing & S 15; 2, Havering 24; 3, Ilford 30; 4, Eton Manor 39; 5, Haringey 43.

Youths Relay

1, Haringey (H. Ince 9:20, E. Powell 9:38, C. Peirson 9:15) 28:13; 2, Essex Beagles 28:18; 3, Chelmsford 28:21; 4, Verlea 28:46. **Fastest:** T. Wood (Chelm) 9:05.

HERTS ADVERTISER TROPHY (WOMEN)

At St Albans, April 29th

Radley 428; Verlea 366; Oxford 332½; Haringey 270½; Parkside 146; Hertford 62.

LJ: H. Rogers (Ver) 5.52. **DT:** A. Franks (Rad) 38.20. **JT:** 1, M. Jervis (H'gey) 43.74; 2, S. Hills (Ver) 35.86. **(B):** S. Flack (H'gey) 39.40. **(Inters)** 800: J. Clarke (Ver) 2:20.6. **(Juniors)** 200: J. Boggett (Rad) 26.5. 800: L. Ealham (Ver) 2:23.2. 75H: 1, L. Playel (Ver) 11.7; 2, C. Roe (Rad) 11.9. **(B):** L. Brown (Rad) 12.2. **LJ:** Playel 5.13. 4x200: 1, Radley 1:49.4; 2, Verlea 1:50.1.

Overseas News and Results

MAC WILKINS CLOSE TO WORLD RECORD

MAC WILKINS produced the second longest discus throw in history — behind his own world record of 70.86m (232' 6") — when he reached 70.48 (231' 3") at San Jose on April 29th. That was on his opening throw; his second went 70.10 and he fouled the remaining four. Ken Stadel was second with 68.40. In earlier discus action, Al Oerter set a world age-41 best of 62.06.

—3. Provo. Dec: Steiner (Arg) 8026 (S. American rec). 24.3. Fayetteville. 100: Samuels (Jam) 10.1w. 8.4. Austin. DT: delete marks by Stadel, McGoldrick, Walwick and Gardenkrans — downhill. 8.4. Nashville. Women's 200: Jones (Ber) 23.4. 8.4. Tuscaloosa. 200: Mallard 20:53; 400: Coombs (Tri) 46.12. 14.4. Raleigh. 100: Lomotey (Gha) 10.2. 14.4. Knoxville. 800: (unplaced) KEITH O'MEALLY 1:53.5; 5000: (unp) BRIAN RUTTER 14:32.2; 10,000: Donakowski 28:25.8; 4 x 1M: 5, Murray State 16:25.0 (MARTYN BREWER 4:09.5, DAVID RAFFERTY 4:07.8, DAVE WARREN 4:06.2, PAT CHIMES 4:01.5) . . . MALCOLM EAST 4:06.4 leg. 15.4. Knoxville. 400: McCoy 45.8; 5000: Davey 13:56.7, JERRY ODLIN 13:58.1, ADRIAN LEEK 14:00.0, Leddy (RoI) 14:04.6, EAST 14:05.1; 3000SC: Innes 8:39.9, TONY STAYNINGS 8:39.9 . . . RICHARD CHARLESTON 9:05.8, RUTTER 9:27.5; 110H: Nehemiah 13.4; 4 x 880y: 2, Murray State 7:26.7 (BREWER 1:53.7, CHIMES 1:51.9, RAFFERTY 1:51.5, WARREN 1:49.6); HJ: Winsor 2.21; SP: (unp) ANDY VINCE 15.47; women's 400: Forde (Bar) 53.5, Blake (Jam) 53.8; 800: Forde 2:06.8, Blake 2:07.3; HJ: Bittner (Can) 1.83. 15.4. Amherst. Women's 2M: Merrill 9:49.6 (US rec). 15.4. Greenville. DT: Oerter 62.06, Swarts 61.78; HT: Djerrasi 68.55. 15.4. Bowling Green. Women's LJ: McMillan 6.56. 15.4. Albuquerque. 400: Ongwae (Ken) 46.4, Solomon (Tri) 46.5. 15.4. Jonesboro. 800: 5, NICKS BROOKS 1:53.5; 1500: 7, GUY

DWELLY 3:54.8; PV: Bell 5.31. 15.4. Tuscaloosa. 100/200/LJ: Glance 10.17/20.59/7.85; 400: Willie Smith 44.73, Gatson 45.12, Coombs (Tri) 46.46. 15.4. Eugene. 800/1500: Chapa 1:50.2/3:40.6; 5000: Salazar 13:37.3, Cheruiyot (Ken) 13:38.8, Kimeto (Ken) 13:54.5, Kimombwa (Ken) 14:03.8; 3000SC: Rono (Ken) 8:14.8. 15.4. Lubbock. Women's HJ: Ritter 1.87 (later mark of 1.90/6'3"). 15.4. El Paso. PV: Jessee 5.48.

21.4. Athens. 100/200: Lattany 9.9w/20.6. 21.4. Knoxville. 400: Coombs (Tri) 46.0, Gatson 46.2. 21.4. Clarksville. 880y: RAFFERTY 1:52.1, CHIMES 1:52.2; Mile: WARREN 4:09.0, BREWER 4:09.0 . . . 4, ODLIN 4:11.0; 3M: BREWER 13:59.4, ODLIN 13:59.4, CHARLESTON 14:04.0, WARREN 14:07.0; 22.4. Champaign. 3000SC: STAYNINGS 8:41.9; 110H: Igonibo-Oruware (Nig) 14.11w; LJ/TJ: Ehizuelen (Nig) 8.08w/16.32w. 22.4. Columbus. SP: Pauletto (Can) 18.98. 22.4. El Paso. 3000SC: Munyala (Ken) 8:37.3; LJ: Laniyan (Ken) 7.86w; TJ: Henderson 16.48W; SP: Almstrom (Swe) 19.51; DT: Walvik (Nor) 60.38. 22.4. Seattle. JT: Ewaliko 83.34. 22.4. Pasco. Mile: Rono (Ken) 4:00.9. 22.4. Westwood. 100: Mullins 10.2, Gilkes (Guy) 10.2; 400: Rodgers 45.6; 1500: Scott 3:38.9; 110H: G. Foster 13.4, Owens 13.4; 400H: Turner 49.3, Graybehl 50.0, B. Williams 50.2 (fell at last hurdle when leading); PV: Taylor 5.50; LJ: R. Williams 7.99w, Lofton 7.97w; SP: Dolegiewicz (Can) 19.74; DT: Stadel 62.46. 22.4. Norman 100: Kee 10.51, Snoddy 10.57; 110H: Kimaiyo (Ken) 13.73; PV: Mooers 5.31; JT: Roggy 88.60. 22.4. Auburn. 100: Glance 9.9, Roberson 9.9, Easley 10.0; 200: Glance 20.57, Roberson 20.67; 400: Smith 45.43; 110H/400H: Walker 13.79/49.62; DT: Cooper (Ber) 56.14. 22.4. Chestnut Hill. HT: Linscheid (RoI) 58.96. 22.4. Bronx. DT: Oerter 59.60. 22.4. El Paso. 1500: Waigwa (Ken) 3:41.8; PV: Jessee 5.50. 22.4. Baton Rouge. 800: 2, BROOKS 1:50.5. 23.4. Northridge. Women's Pent: Anderson 4242. 24.4. Abilene. LJ: C. Williams 8.02w.

27.4. Philadelphia. 5000: King 13:33.7, Deegan (RoI) 13:35.9, Snyder 13:36.3 . . . 6, Kenny (RoI) 13:45.1; 10,000: Treacy (RoI) 27:55.2 (rec),

INVICTA ATHLETIC CLUB THANET 10 ROAD RACE

SATURDAY, 10th JUNE, 1978, at 3 p.m.

Changing: Quarterdeck Youth Centre,
Zion Place, Margate.

Entry Fees: Individuals 30p, Teams (3 score) 30p.
Entries to: Chris Gladdle, 3 Windsor Avenue, Margate,
Kent. SAE for acknowledgement.

ENTRIES CLOSE 3rd JUNE, 1978

ANNAN RIDING OF THE MARSHES 12 MILES ROAD RACE

Saturday, July 1st, under SAAA Laws

Good Prizes — Seniors, Vets, Ladies etc.
Lots of other Family entertainment
Carnival Parades etc.

Good day out for friends and family
Record: Ian Thompson 57 min. 58 sec.

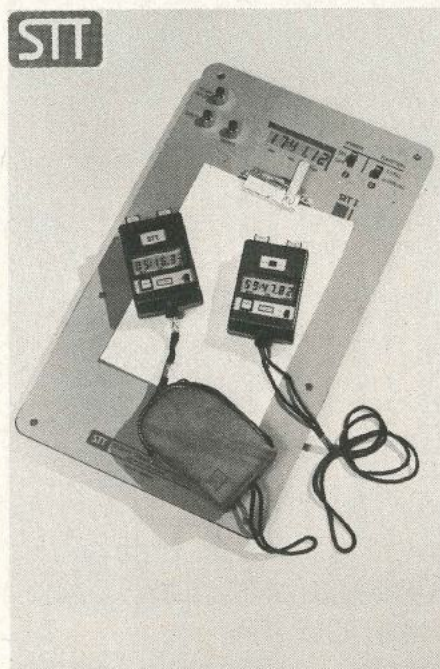
All details: Len Prater, 9 Hospital Road, Annan, Dumfriesshire.

Misner 28:28.9, Colon (PR) 28:35.6 . . . 6, Leddy (RoI) 28:49.9. **28.4. Philadelphia.** 400H: Barriffe (Jam) 50.63; LJ: Ogunfeyimi (Nig) 7.81; mile relay leg: Flynn (RoI) 3:56.9. **28.4. Des Moines.** 800: Wilson 1:45.9, Boit (Ken) 1:46.2, Enyeart 1:47.4, Clark 1:47.7, WARREN 1:48.6, Vinson 1:50.8; Mile: O'Shaughnessy (RoI) 4:01.8; SP: Feuerbach 20.29, Anderson 19.67; DT: Wilkins 64.32, Stadel 63.74; 4 x 1600: 3, Murray State 16:28.9 (ODLIN 4:09.0, BREWER 4:03.3, RAFFERTY 4:08.9, CHIMES 4:07.7); women's 400H: Esser 59.18. **28.4 Cheney.** 3000SC: BOB MAPLESTONE 8:53.5. **28.4 Santa Ana.** 100: McTear 10.0. **28.4 Hayward.** 100: Lewis 10.0.

29.4. San Jose. 100: Evans 10.1, Siai-Siai (Nig) 10.2; 200: Rodgers 20.4w; 110H: Cooper 13.3w, C. Foster 13.6, Kirtman 13.7, Siai-Siai 13.8; HJ: Wilson 2.21; PV: Taylor 5.33; TJ: Butts 16.74w; SP: Al Feuerbach 21.07, Dolegiewicz (Can) 19.84, Weeks 19.10, Bob Feuerbach (brother) 18.79; DT: Wilkins 70.48, Stadel 68.40, McGoldrick 63.76, Weeks 61.68; JT: Kennedy (ex-Rhodesia; now US citizen) 79.68. **29.4. Des Moines.** 100: Roberson 10.38, Glance 10.40; 400: McCoy 45.72, Vinson 45.85; 1500: Lacy 3:42.1 . . . 4, KEVIN GLASTONBURY 3:44.6; Mar: McMullen (sub-4 min miler) 2:15.19; 3000SC: Marsh 8:32.5 . . . 3, MICK MORRIS 8:45.9; TJ: Lorrway (Aus) 16.34; Distance Medley: 2, Murray State 9:37.4 (CHIMES 1:49.8, RAFFERTY 49.8, BREWER 2:54.3, WARREN 4:03.5); women's Mar: Arenz 2:47.46. **29.4. Westwood.** 100: Edwards 10.18, G. Foster 10.33; 200: Edwards 20.03, Foster 20.41, Sanford 20.48, Hampton 20.52; 400: Mullins 45.03, Sanford 45.77, Thompson 45.90; 800: Beaton (Guy) 1:46.5, Suhr 1:47.1; 1500: Omwansa (Ken) 3:46.5, BARRIE WILLIAMS 3:47.6; 5000: WILLIAMS 14:37.7; 110H: Foster 13.46w, Owens 13.58; 400H: Graybehl 49.4; 4 x 100: USC 38.85; PV: Tully 5.31; TJ: Banks 16.84w (legal 16.60). **29.4. Philadelphia.** 100: Riddick 10.42; Mile: Hill (Can) 3:58.6, Waigwa (Ken) 3:58.6, Duits 3:59.2, Munyala (Ken) 3:59.6, Fredericks 4:00.0, Liquori 4:01.0; 3000SC: Bickford 8:36.9, Kipkorir (Ken) 8:38.8, Koroso (Ken) 8:39.4; 110H: (—1.4m) Nehemiah 13.52 (world Junior rec) (13.41w ht on 28th), Robertson 13.71; 4 x 400: Villanova 3:04.5; 1500 relay leg: Flynn (RoI) 3:40.2; HJ: (a) Stones 2.23; (b) Jacobs 2.23; TJ: Cannon 16.41; JT: Olsen (Can) 81.80. **29.4. Pullman.** 3000SC: Rono (Ken) 8:24.4; HT: Neilson (Can) 71.28. **29.4. Eugene.** 100: Banks 10.22; DT: Voorhees 62.48. **29.4. Irvine.** Women's 200: Ashford 22.5 (US best), Bryant 22.8; 400: Bryant 52.0; 100H: van Wolvelaere 13.3, Oshikoya (Nig) 13.3; LJ: Anderson 6.41, Walker 6.40, Oshikoya 6.39. **29.4. Clarksville.** 880y: BROOKS 1:53.0; Mile: 4, DWELLY 4:09.5. **30.4. Pomona.** Women's 100H: LORNA BOOTHE 13.4 (not 13.31 as first

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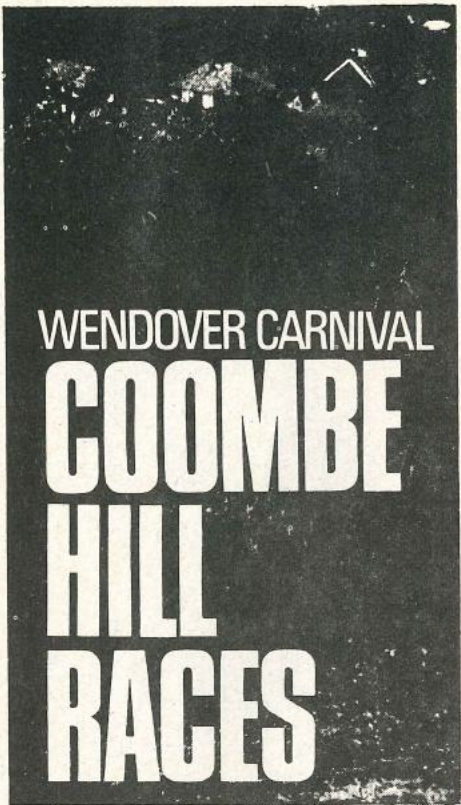
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WENDOVER CARNIVAL COOMBE HILL RACES

10th JUNE 1978

Run over a gruelling course which rises and falls through 350 ft across the Chiltern Hills.

Cups and prizes for individual/team winners and runners up.
(Under AAA Laws)

Open race — 3¼ Miles 11.00 a.m.

Entries (30p) to: The Manager, National Westminster Bank Ltd., 26 High St., Wendover, Bucks HP22 6EA.

Entries Close: 3rd June, 1977.

All entries will be acknowledged giving details.

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Letters

SOUTHERN VETERANS CROSS-COUNTRY —THE CHAMPIONSHIP SECRETARY REPLIES

Dear Sir,

I wish to refer to the letter from J. H. Thomas of Overton Harriers & AC which appeared under the banner headline **VETERAN RUNNER 'DISGUSTED'**.

It was a really foul day, the rain had poured down all morning, the wind whipped across the artc wastes of London Airport and all seemed to be meeting in the park at Cranford. Underfoot it was so wet that training shoes sprang leaks as soon as we tried to run on the grass. The miserable brook down the centre of the park had swollen to a roaring torrent and the combination of slimey mud and tree roots formed a considerable additional hazard in the woods. So, it is forgivable to feel downcast after such an experience as I'm sure 75% of the field were but what is not so easily forgiven is the urge to become a campaigning journalist without checking very carefully on the facts first. A letter to the Southern Vets Committee would have been a good first step towards verification of certain fundamentals.

I do not acknowledge entries without an S.A.E. and only tell runners how to get to a venue when they say on their entry that they do not know where the race is being held. After all, the folk from the far west managed to find Cranford by using my instructions and I spent a lot of time on the phone answering queries. I do not however have a crystal ball and only answer questions when asked them. The times of both races were altered by 30 minutes with announcements being made in the hall and at the start at frequent intervals. John Davis actually made the announcements in the hall. The race organisers obviously felt that they did not need a finishing funnel and in actual fact did a sterling job in the very nasty conditions. The finishing recording was done so well that every finisher in both races had a recorded and double checked time. There was a map of the course in the hall and those who took the trouble to look at it found no difficulty in finding their way round the course before and during the race.

The washing facilities were crowded but as J. H. Thomas finished close to me during the race I fail to understand why he did not have a hot shower as I did. Had he actually entered the 'dog washing room' and looked upwards he would have seen showers which simply needed a gentle pull on a rope to produce hot water. After-race information regarding the over-50's was produced as the over-40 race finished and the first

50 in the over-40 race were handwritten down within 30 minutes of the race finishing. Working out team results was complicated by some vets not knowing that the discs had to be handed back in the envelope with the team on and indeed we are still awaiting some discs to be returned. Complete results of the race were sent to all teams to finish, affiliated clubs and J. H. Thomas himself. Just like the National SENIOR!

It seems that in fact Overton Harriers & AC are not affiliated to the Southern Vets AA so at last I plead guilty . . . to accepting him as a guest runner in the first place. But you see, I do care about athletics and I care a lot for the sport that has given me such fun, experience and companionship for the last 26 years. So J. H. Thomas, don't ever say that I don't care or don't give thought to it . . .

Stan N. Allen,

Life Member, Herne Hill Harriers,
Championship Secretary to Southern Vets,
Founder member, Fleet Street Harriers.

PS: The track and field championships are on July 8th at the Southampton Sports Centre. Full details from me at 6 Sandfield Gardens, Thornton Heath, Surrey. (Tel: 653 4648) S.A.E. of course, please!

THEFTS AT THE 'NATIONAL'

Dear Sir,

As secretary to the Organising Committee for the 'National' held in Leeds I must respond to Mrs. Dransfield's letter and your own footnote which I feel was appended without consideration of the problems.

My Committee and I share Mrs. Dransfield's concern and strongly deplore the thefts which took place that afternoon despite the presence of Stewards who patrolled both schools from 12 noon until 5.00 pm. In our view the culprits were Club Members and not outsiders for the latter would have needed to be very well informed and also have considerable nerve to coolly walk into changing rooms and walk off with someone else's bag etc, although his chances of being apprehended would be slight amongst 3000 other bag carriers.

Our Stewards did, we feel, keep out any undesirable but they could not possibly determine who was carrying his own or a stolen bag

amongst so many people. Had the Stewards been Police in uniform the deterrent may have been stronger but detection not less difficult — unfortunately the cost of a policeman for duties of this nature is extremely high and was certainly too costly for such an amateur event as our Championships.

Mrs. Dransfield's suggestion concerning a 'Cloakroom' type of arrangement is valid but not easily arranged. It is yet again the question of size and numbers for with more than 3000 competitors it would need several cloakrooms with lots of space to store that number of bags on the floor — since schools do not have rooms with racks etc. Such rooms would also need manning with several people on duty in each room to cope with the number of athletes all either bringing or collecting their gear at similar times. Imagine also the hold up whilst someone tried to establish ownership of his kit having lost his ticket! Where also do these 'cloakroom' attendants come from? We had well over 100 people carrying out the myriad of duties necessary to organise such an event — all voluntary helpers, and many did not see one race. However assuming space was no problem perhaps athletes would not object to paying say 5p to safely store their kit which would facilitate employing and paying people to do the job.

Alternatively, and in my mind a more positive solution, would be for Clubs to provide their own 'baggage man' whose sole responsibility would be to safeguard their teams kit and clothing. It would be a thankless task but at least he would know **ALL** his own team members and could recognise any stranger attempting to take off with their gear. Where more than one team shared a dressing room collaboration between 'baggage men' would equally provide effective protection.

E. L. Hardy,

Championship Secretary, ECCU.

Dartford Harriers are putting on another Half-Marathon (Steve Ovet surprised everyone by winning the first one) and with more support from their sponsors this has been re-named "The Win Half Marathon" and will take place on Saturday, August 5th. Watch out for further details.

WIRRAL FESTIVAL OF SPORTS WALLASEY RELAYS — JUNE 11th

Youths 4 x 2 Miles at 1.45 p.m.

Mens 4 x 3 Miles at 3.20 p.m.

Junior Ladies 1500m at 2.30 p.m.

Inter. Ladies 1500m at 2.45 p.m.

Senior Ladies 3000m at 3.00 p.m.

Awards all races, Team, Indiv. Fees Team 60p, Indiv. 20p. Entries by 3rd June to C. R. Hewson, 44 Albion Street, Wallasey, Merseyside.

TOM FEVYER

Congratulations and Many Thanks
on your 75th Birthday
from the Uxbridge & District Ladies' AC
and all your many friends in sport
May you be with us for many years yet
24th May, 1978

ESSEX BEAGLES OFF TO A GOOD START

BRITISH LEAGUE (Div 2)

Daley Thompson who won the long jump (7.35m), placed equal 2nd in the pole vault (4.20m) and 2nd in the 100 'B' race (11.3) to help Essex Beagles win the opening division two fixture at Meadowbank on May 6th. Geoff Capes opened his outdoor campaign with a solid shot put of 19.56m.

Essex Beagles 247; Birchfield 236; Edinburgh Southern 234; Bristol 197; Southampton & Eastleigh 187; Borough of Enfield 152.

100: D. Baptiste (Ex B) 11.3. (B): 1, A. Wells (ESH) 11.0; 2, D. Thompson (Ex B) 11.3. **200:** 1, Baptiste 22.4; 2, P. Brown (B'field) 22.6. **400:** 1, T. Hadley (B'field) 49.3; 2, M. Jackson (S&E) 50.5. (B): D. Orlane (Bris) 50.4. **800:** 1, J. Robson (ESH) 1:51.0; 2, D. Dorling (Bris) 1:53.6; 3, L. Duffy (B'field) 1:54.2. (B): C. Hume (ESH) 1:56.0. **1500:** 1, C. Reid (Ex B) 3:47.3; 2, C. Monk (Bris) 3:49.5; 3, I. Orton (ESH) 3:50.1; 4, R. Tilling (B'field) 3:53.5. (B): 1, M. Wilson (Ex B) 3:48.0; 2, I. Elliott (ESH) 3:50.9; 3, J. Potts (B'field) 3:55.5. **5000:** 1, C. Ridler (Bris) 14:22.8; 2, B. Dawkins (S&E) 14:36.2; 3, M. Pickering (B'field) 14:38.2. (B): R. Partridge (B'field) 14:39.4. **3000SC:** 1, G. Fell (Ex B) 9:06.6; 2, C. Bunyan (S&E) 9:19.0; 3, R. Weaver (B'field) 9:22.8; 4, A. Robertson (ESH) 9:26.4. **110H:** 1, A. Drayton (S&E) 15.9; 2, R. Honey (Ex B) 16.2. (B): B. Harris (S&E) 16.2. **400H:** 1, B. Harris (S&E) 55.2; 2, I. Willoughby (Bris) 55.5; 3, D. Hislop (B'field) 56.1.

HJ: A. Flowers (B'field) 1.90. **PV:** 1, B. Drayton (S&E) 4.20; 2eq G. Rule (ESH) & Thompson 4.20. (B): 1, T. Brooking (Ex B) 3.80; 2, A. Drayton 3.70. **LJ:** 1, Thompson 7.35; 2, B. Carner (Bris) 7.29; 3, C. Roberts (B'field) 7.07; 4, A. Drayton 6.85; 5, W. Clark (ESH) 6.79. (B): R. Martin (Ex B) 7.06. **TJ:** 1, C. Brown (B'field) 14.25; 2, R. Berry (Bris) 13.80. (B): Flowers 14.09. **SP:** 1, G. Capes (BoE) 19.56; 2, H. Davidson (ESH) 16.57; 3, R. Slaney (Ex B) 16.53; 4, S. Rodhouse (S&E) 16.08; 5, B. Holden (Bris) 14.65; 6, M. Lockley (B'field) 14.09. (B): 1, N. Tabor (S&E) 15.40; 2, M. Eyres (Ex B) 14.40. **DT:** 1, Slaney 51.40; 2, Capes 46.88; 3, Tabor 45.62; 4, Lockley 44.92; 5, A. Black (ESH) 42.30. (B): 1, D. Clarke (BoE) 42.36; 2, A. Garforth (Ex B) 41.88; 3, K. Christie (ESH) 40.40. **HT:** 1, A. Pollock (ESH) 56.84; 2, M. Mason (BoE) 54.78; 3, A. Woods (B'field) 53.90; 4, G. Curtis (Ex B) 44.48. (B): 1, M. Emens (B'field) 47.80; 2, H. Davidson (ESH) 46.18. **JT:** 1, D. Scullion (ESH) 60.88; 2, K. Holmes (Bris) 59.06; 3, M. Ennis (B'field) 57.98. (B): 1, A. Black (ESH) 60.60; 2,

N. Smith (B'field) 56.96. **4x100:** 1, ESH 42.2; 2, Essex Beagles 42.7; 3, Birchfield 43.0; 4, S&E 43.9. **4x400:** 1, Birchfield 3:19.7; 2, ESH 3:23.2.

52.3 BY BILL HARTLEY IN COMEBACK RACE

BRITISH LEAGUE (Div 3)

Bill Hartley made a splendid start to his comeback when in his first 400m hurdles race since 1975 he clocked 52.3 for victory in the division three match at Copthall, Hendon, on May 6th. Steve Ovett was content to sprint to a slow 1500 win but showed his paces later with a 400 relay leg timed at 47.4. Fourth place in the steeplechase was filled by Dave Bedford, an 8:28.6 performer back in 1971.

Edinburgh AC 246; Shaftesbury 214½; Polytechnic 211; Metropolitan Police 203; Liverpool H 198½; Brighton & Hove 189.

100: P. Little (EAC) 11.0. **200:** 1, Little 21.7; 2, T. Henry (Shaft) 21.8; 3, L. Wiltshire (Met) 21.9; 4, R. Key (B&H) 21.9; 5, S. Norton (Liv H) 22.4. **400:** 1, P. Key (Poly) 49.1; 2, J. Scott (EAC) 49.8; 3, B. Bishopp (B&H) 49.9; 4, D. Bradley (Shaft) 50.5. (B): 1, P. Bray (Poly) 49.2; 2, D. Spencer (Liv H) 49.9. **800:** 1, Scott 1:51.2; 2, R. Harrison (Liv H) 1:51.6; 3, Bray 1:54.0. **1500:** 1, S. Ovett (B&H) 3:52.2; 2, P. Clark (Poly) 3:53.1; 3, A. Gerrard (Liv H) 3:54.9; 4, J. Goater (Shaft) 3:55.0. **5000:** 1, J. Woods (Liv H) 14:31.0; 2, H. Starkey (Shaft) 14:35.4. (B): F. Davies (Liv H) 14:39.2. **3000SC:** 1, A. Bamber (Met) 9:19.4; 2, N. Jones (EAC) 9:22.4; 3, P. Rockwood (B&H) 9:23.2; 4, D. Bedford (Shaft) 9:26.2; 5, A. Hope (Liv H) 9:27.8. (B): 1, D. Eccles (Liv H) 9:27.8; 2, M. McEvilly (Shaft) 9:29.6. **110H:** 1, N. Gerrard (Met) 15.0; 2, C. Luxon (EAC) 15.7; 3, H. Moscrop (B&H) 15.8; 4, S. Hinchliffe (Poly) 15.9. (B): 1, K. Maguire (EAC) 15.7; 2, I. Iveson (Met) 15.9. **400H:** 1, W. Hartley (Liv H) 52.3; 2, Hinchliffe 55.6; 3, E. Visone (Shaft) 55.0; 4, Moscrop 56.0; 5, R. Caldwell (EAC) 56.0; 6, Iveson 57.2. (B): 1, J. Wallace (Poly) 55.2; 2, P. Tobin (Liv H) 56.4; 3, A. Sumner (EAC) 56.8.

HJ: 1, B. Burgess (EAC) 2.05; 2, A. Breden (Met) 2.00; 3, D. Walters (B&H) 1.90; 4, T. Whittle (Poly) 1.90. (B): 1, R. Hepburn (EAC) 2.00; 2, L. Hall (B&H) 1.90; 3, S. Faulkner (Met) 1.90. **PV:** 1, D. Williamson (EAC) 4.30; 2, A. Ross (B&H) 4.00. **LJ:** 1, G. Udo (Shaft) 7.28; 2, J. Cloag (EAC) 6.99; 3, G. Watson (Poly) 6.86; 4, G. Byham (Met) 6.85. **TJ:** 1, F. Attoh (Shaft) 14.86; 2, T. Shoebridge (Poly) 14.53; 3, B. Hull (B&H) 14.52; 4, Cloag 14.26; 5, B. Camp (Liv H) 14.25. (B): Udo 14.39. **SP:** 1, G. Patience (EAC) 14.12; 2, T. Canham (Met) 14.09; 3, N. Thompson (Shaft) 13.75; 4, G. Platt (Poly)

13.52; 5, M. Holmes (Liv H) 13.20. **DT:** 1, P. Gordon (Met) 47.90; 2, Thompson 45.30; 3, Patience 42.04. (B): B. Lynn (Met) 41.40. **HT:** 1, Gordon 58.78; 2, B. Gentleman (EAC) 47.08; 3, J. Newett (Liv H) 46.76; 4, B. Willows (B&H) 43.32. (B): 1, M. Petra (Met) 56.28; 2, Holmes 44.32. **JT:** 1, G. Watson (Poly) 60.50; 2, Thompson 60.42. (B): F. Brown (Poly) 58.16. **4x100:** 1, Met Police 43.0; 2, Shaftesbury 43.2; 3, Poly 43.3; 4, EAC 43.5; 5, Liverpool 43.5. **4x400:** 1, Poly 3:19.3; 2, Brighton & Hove 3:20.6; 3, Liverpool 3:20.8.

ROBERTSON LEAPS 2.11m

BRITISH LEAGUE (Div 4)

Making a victorious British League debut in the division four match at Oxford on May 6th, Oxford City also provided the outstanding individual performer in George Robertson (19) who raised his high jump best to 2.11m.

Oxford City 258; Haringey 235; Luton 231; Sheffield 200; Swansea 187; Hillingdon 140.

100: C. Mitchell (H'gey) 11.0. (B): 1, M. Morris (H'gey) 11.0; 2, A. Norman (Ox) 11.1. **200:** 1, Morris 22.2; 2, S. White (Ox) 22.5; 3, D. Morgan (Swan) 22.5. **400:** 1, J. Griffiths (Swan) 47.9; 2, P. Pusey (H'gey) 49.7; 3, S. Murphy (Lut) 50.4. (B): S. Sole (Sheff) 50.1. **800:** 1, A. Carter (Ox) 1:52.2; 2, K. Newton (Sheff) 1:52.3; 3, I. Stewart (Lut) 1:53.1. **1500:** C. Clarkson

(Swan) 3:50.5. **5000:** 1, C. Stebbings (Lut) 14:34.4; 2, P. Flavel (Ox) 14:37.6. **3000SC:** 1, R. Harris (Ox) 9:09.2; 2, D. Lockley (Lut) 9:14.4. **110H:** 1, M. Hatton (Ox) 14.6; 2, G. Gower (Hill) 15.5; 3, P. Bredin (Lut) 15.9. (B): 1, H. Jones (Ox) 15.5; 2, K. Purves (Hill) 15.7. **400H:** 1, G. Oakes (H'gey) 53.1; 2, K. Lancey (Swan) 55.1; 3, A. Greaves (Lut) 56.0; 4, P. Clarkson (Ox) 56.5; 5, Sole 56.8. (B): B. Thorne (Lut) 56.9.

HJ: 1, G. Robertson (Ox) 2.11; 2, I. Murray (H'gey) 1.90. (B): C. Mosely (H'gey) 1.90. **PV:** 1, T. Gardner (Hill) 4.30; 2, A. Jackson (Lut) 4.00; 3, P. Lewis (H'gey) 3.60. **LJ:** 1, C. Mitchell (H'gey) 7.25; 2, N. Stoppard (Sheff) 6.96; 3, P. Grazette (Ox) 6.90. (B): R. Edwards (H'gey) 6.95. **TJ:** 1, Stoppard 14.65; 2, Edwards 14.12. **SP:** 1, D. Smedley (Sheff) 14.06; 2, A. Zaidman (H'gey) 13.77. (B): N. Phipps (Sheff) 13.91. **DT:** 1, J. Hillier (Hill) 53.48; 2, P. Lewis (H'gey) 42.50; 3, Phipps 42.32; 4, C. Scott (Lut) 41.70; 5, D. Jeffrey (Ox) 41.36. (B): K. Hind (Sheff) 40.30. **HT:** 1, P. Stark (Ox) 54.28; 2, Scott 46.54. **JT:** 1, C. Harrison (Lut) 64.14; 2, G. Robinson (Swan) 62.64; 3, Humphries (H'gey) 56.58. (B): D. Young (Lut) 57.10. **4x100:** 1, Haringey 42.8; 2, Oxford 42.8; 3, Swansea 43.8. **4x400:** 1, Oxford 3:22.9; 2, Luton 3:23.9.

The time of the start of the Yeovil '10' (May 29th) has had to be changed to 1.45 pm, and not as advertised in 'AW' issue of May 6th.

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Walking

ADAMS & COTTON SUPERB IN TRACK 50km

SURPRISINGLY warm and muggy conditions took their toll in the latter stages of the BRWC track 50km at Hendon on May 7th which was well organised and enthusiastically received by competitors and apparently enjoyed by both officials and spectators. Brian Adams had a superb walk. Leading from very early on he gradually increased his pace, passed half distance in just over 2:06, and then put in some sub-2 min laps before becoming human in the last 10km and slowing. But he still smashed his pb, recording the fastest time (4:18:43) by a Briton this year and a European Championship qualifying time.

By Colin Young

Dave Cotton, only recently out of the Junior age group, had a superb debut. Never losing his cadence he was gaining on Adams in the closing laps and is obviously going to trouble the very best in the near future. Graham Young, already picked with Allan Callow and Robbie Lambie for the Isle of Man in the Commonwealth 30km, put on a fine display of distance walking and was moving faster than anybody in the last 10km. He was delighted to beat 4½ hours and could cause more surprises later in the year. Like the first

three, Adrian James also set a pb and after some recent disappointments showed his potential at this distance with a gutsy performance achieved in fine style. In fifth place Ron Wallwork showed some of the form which made him such a fine champion a decade ago. The 1966 Commonwealth champion started steadily and then put in a really powerful second half to plough through the field. Experienced men such as Alain Moulinet, Shaun Lightman, Peter Hodgkinson and John Lees had their bad patches but fought their way through to finish strongly. There were some very tired men long before the finish but only a quarter of the field failed to stay the distance, and these included Frenchman Alain Labbe, Geoff Hunwicks and Ted Ardley. With the performances of Cotton, Young and James to add to those of Adams, Ian Richards, Bob Dobson and John Warhurst, the 50km standard does look likely to improve considerably this year.

1, B. Adams (Leic) 4:18:43; 2, D. Cotton (Holloway P) 4:22:53; 3, G. Young (Bound) 4:29:04; 4, A. James (BoE) 4:30:42; 5, R. Wallwork (Ex Pol) 4:37:46; 6, A. Moulinet (France) 4:42:38; 7, S. Lightman (Met) 4:42:45; 8, P. Hodgkinson (Camb H) 4:43:08; 9, J. Lees (B&H) 4:43:49; 10, N. Schroeten (Neth) 4:46:21; 11, D. Hurst (Bris) 4:48:04; 12, D. Holly (B&H) 4:48:15; 13, S. Lewis (Leic) 4:50:55; 14, M. Barrett (Sheff) 4:57:21; 15, P. Markham (Leic) 5:03:32; 16, C. Young (Ex B)

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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

5:03:51; 17, D. Rowland (Stey) 5:05:56; 18, K. French (Sheff) 5:12:52. 24 started/18 finished.

Brian Adams laps the field to win the Midland 10km Track Championship, at Leicester (April 8th). Clocking 43:46, just 2 sec outside the time which won him the AAA title, Brian Adams had a comfortable victory from the ever improving Alan King. George Chaplin put in a fine effort which means he will be strongly challenging Dave Stevens for the leading Veteran spot. John Paddick, a 1964 Olympian, again showed improved form. 1, B. Adams (Leic) 43:46; 2, A. King (Leic) 46:15; 3, G. Chaplin (Cov-V) 46:55; 4, J. Paddick (Leic) 47:47; 5, N. Walsh (Grey) 48:49; 6, T. Morris (Grey) 49:48; 7, C. Berwick (Leic) 50:13; 8, P. Markham (Leic-V) 50:26. **Ann Warren sets age best for 2500m.** Ann Warren (12) put in a sterling 13:26 to go well clear of Yvonne Eden. In the Senior 10km Virginia Lovell knocked 40 sec off her WAAA time to record a fine 51:36 while Elaine Cox improved by no less than 2:56 from her WAAA performance and this 17-year-old Solihull girl looks sure to gain an international vest in the near future. (Senior 10km): 1, V. Lovell (B'field) 51:36; 2, E. Cox (Sol) 52:09; 3, K. Eden (Sol) 53:44; 4, J. Wickham (Harb) 54:23; 5, C. Brookes (Sol) 58:28; 6, D. Miley (Harb) 60:14. (Girls 2500m): 1, A. Warren (Leic) 13:26; 2, Y. Eden (Sol) 13:51; 3, G. Welch (Harb) 14:14; 4, J. Matley (Shaft) 14:32; 5, T. Garner (Leic) 14:51; 6, M. Prinic (Sol) 15:13.

Midland Veterans Club 5M Road Race, at Leicester (April 2nd). 1, G. Chaplin (Cov) 39:01; 2, P. Markham (Leic) 40:55; 3, D. Trigg (Leic) 42:43; 4, B. Kibble (Leic) 44:06.

Leicester WC 'Hewitt Cup' Races, at Leicester (April 12th). (Junior/Youth 5km): 1, A. Worth 24:31; 2, A. Reed 25:05; 3, H. Minhas 25:07; 4, P. Vesty 25:35. (Boys 3km): 1, S. Townsend 16:13; 2, P. Oakes 16:22; 3, G. Brooks 16:46; 4, M. Austin 17:07. (Girls 2500m): 1, C. Irving 13:33; 2, A. Warren 13:59; 3, J. Mattley 14:42; 4, T. Garner 14:43.

World class track 20km clocking by Brian Adams in Leicestershire Champs, at Leicester (April 15th). On his home track and without serious opposition, Brian Adams endangered Ken Matthews' 14-year-old British track record of 88:45.8 with a performance which puts him well in line for a high placing at Edmonton and Prague this year. Brian's 89:18.6 is his second fastest time over the distance, ranking behind his 87:46 road effort in the 1975 Lugano Cup Final. In second place Alan King slashed his pb with a highly promising 96:36. 1, B. Adams 89:18.6; 2, A. King 96:36; 3, J. Paddick 100:08; 4, C. Berwick 103:20; 5, P. Markham (Vet) 103:54; 6, A. Worth (Jnr) 104:13 (all Leicester WC). (Junior 5M): 1, A. Reed 41:23.8; 2, P. Parker 41:37; 3, A. Trigg 44:51 (all Leicester WC).

Norton Trophy 10km Road Handicap, at Leicester (April 18th). (Fastest) B. Adams 45:44, A. King 46:10, S. Lewis 49:21, A. Worth 49:47, P. Markham 50:58, S. Whitmore 51:09 (all Leicester WC).

Carl Lawton wins Surrey 10km and Belgrave H Championship, at Battersea Park. 1, C. Lawton (Bel) 46:45; 2, J. Hall (Bel) 47:51; 3, R. Middleton (Bel) 49:47; 4, P. Blagg (Pol) 51:24; 5, B. Imber (Sy) 51:57; 6, R. Dorman (Bel) 52:06; 7, T. McDermot (Bel) 52:17; 8, R. Picton (Bel) 52:34; 9, J. Bromley (Bel) 53:05; 10, L. Duquemin (Bel) 53:07. (Surrey Champs): 1, Lawton; 2, Middleton; 3, Imber. (Belgrave Champs): 1, Lawton; 2, Hall; 3, Middleton.

Steve Gower wins tough Essex 20M Championship in excellent 2:36:50, at Chelmsford (April 29th). On a new out and back course which included a very tough climb before the turn at Danbury, the field was spreadeagled from the start by Steve Gower and Brian Armstrong. The latter dropped away in the second half and finished 14th, but Gower powered on to win eventually by over 6½ minutes from Bob Dobson who pulled through from sixth at 10M. Junior Roy Sheppard had a tremendous debut at the distance to beat his elder brother and former clubmate, Mick Scammell, who was unfortunate in going off course nearing the finish. The same fate was suffered by Geoff Hunwicks. Guest Dave Dorey put in a solid performance in an effort to make the Edmonton 30km. Ann Sayer (Essex L) clocked 3:21:49, a fine effort from Britain's first female Centurion. 1, S. Gower (Ilf) 2:36:50; 2, R. Dobson (S'end) 2:43:27; 3, R. Sheppard (Unatt) 2:46:18; 4, M. Scammell (Bel) 2:46:59; 5, D. Sheppard (Ex P) 2:47:29; 6, D. Dorey (Sarnia-gst) 2:50:54; 7, K. Carter (S'end) 2:55:06; 8, L. Ruddock (Ilf) 2:59:24; 9, G. Hunwicks (Ilf) 3:00:30; 10, J. Hedgethorpe (Ex P) 3:00:37; 11, T. Riley (Ilf) 3:01:19; 12, V. Collins (W Gn) 3:11:10. Teams: 1, Ilford; 2, Essex Police; 3, Woodford Green.

Excellent wins for Soldatenko and Weiser as the East Germans show their strength in depth at both distances at Naumberg (GDR) (May 1st). (20km): The East Germans dominated the event throughout with Weiser, Stadtmuller, Gauder and Weigel all together at 5km (20:50). By 10km Stadtmuller (41:28) led from Weiser (41:35), Weigel (42:42) and Gauder (42:46). The young Weiser pulled away from his more illustrious compatriot to lead at 15km (62:52), with Stadtmuller next (62:52), Gauder (63:53) and Weigel (64:24). Chasing this foursome Szikora and Gustafsson were having tremendous races and it was only in the closing stages that a further East German duo passed them. Olly Flynn had many well known names behind him as he finished 12th, just outside the 91:00 standard set by the RWA for Prague. Graham Morris gained valuable experience as he gutted out a 95:12 for 23rd place. 1, R. Weiser (GDR) 85:11; 2, K-H. Stadtmuller (GDR) 85:34; 3, H. Gauder (GDR) 86:13; 4, R. Weigel (GDR) 87:00; 5, F. Sparmann (GDR) 88:16; 6, J. Heyer (GDR) 88:44; 7, B. Gustafsson (Swe) 89:07; 8, D. Szikora (Cz) 89:34; 9, M. Boenke (GDR) 89:35; 10, S. Muller (GDR) 89:56; 11, Z. Goslawski (Pol) 91:22; 12, O. Flynn (UK) 91:23; 13, D. Meisch (GDR) 91:43; 14, J. Lieb-

**Barnsley Metropolitan Borough Council
Amenities and Recreation Department**

FOURTH ANNUAL ATHLETIC MEETING

Organised in association with
Rockingham Athletic Club

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

SATURDAY, 15th JULY, 1978

ROCKINGHAM COLLIERY SPORTS STADIUM

Hoyland Common, Nr. Barnsley, South Yorks.
(500 yards from M1, Exit 36, on A6135)

Commencing at 1.30 p.m.

	Prize Values	1st	2nd	3rd
Girls (8 & U/11)	100m H	£4	£2.50	£1.50
Girls (11 & U/13)	100m H	£4	£2.50	£1.50
Girls (13 & U/15)	100m H	£4	£2.50	£1.50
Girls (13 & U/15)	800m S	£4	£2.50	£1.50
Boys (8 & U/11)	100m H	£4	£2.50	£1.50
Boys (11 & U/13)	100m H	£4	£2.50	£1.50
Boys (13 & U/15)	100m H	£4	£2.50	£1.50
Boys (13 & U/15)	1500m S	£4	£2.50	£1.50
Inter Ladies (15 & U/17)	200m S	£5	£3	£2
Youths (15 & U/17)	100m H	£5	£3	£2
Youths (15 & U/17)	800m S	£5	£3	£2
Ladies	100m H	£7	£4	£2
Ladies	200m S	£10	£5	£3
Ladies	800m S	£7	£4	£2
Men's	100m H	£7	£4	£2
Men's	200m S	£10	£5	£3
Men's Barnsley Mile	1 Mile S	£10	£5	£3
H — Handicap. S — Scratch				

RELAYS

Boys (8 & U/11)	4 x 100m	4 x	£2.50	£1.50
Boys (11 & U/15)	4 x 100m	4 x	£2.50	£1.50
Girls (8 & U/11)	4 x 100m	4 x	£2.50	£1.50
Girls (11 & U/15)	4 x 100m	4 x	£2.50	£1.50
Ladies	4 x 100m	4 x	£4	£3
Men's	4 x 100m	4 x	£4	£3

FIELD EVENTS

Boys (11 & U/15)	Long Jump	£4	£2.50	£1.50
Girls (11 & U/15)	Long Jump	£4	£2.50	£1.50
Ladies	Javelin	£7	£4	£2
Men's	Javelin	£7	£4	£2

NEW EVENT — MEN'S 'METROPOLITAN' 10' MILE ROAD RACE over Rockingham A.C.'s NEW interesting and accurately measured Course (starting at 3.00 p.m. approx.) **Prize Values:** 1st £25, 2nd £17, 3rd £10, 4th £7, 5th £5, 6th £3. 1st Veteran over 40 yrs £5, over 50 yrs £5. Teams (3 score) 1st 3 x £4, 2nd 3 x £3, 3rd 3 x £2.

Age limits for track and field events as at 1st September, 1978. For Road Race competitors must be over 18 yrs on day of race.

Entry Fees: Track & Field — Individuals 25p per event, Relays 50p per team; 10 Miles Road Race — Individuals 40p, no Team fee. Cheques and P.O.'s payable to Barnsley Metropolitan Borough Council.

ENTRIES CLOSE SAT., 24th JUNE, 1978

Entries (on AAA/WAAA Handicap or Scratch forms) with fee (Road Race — please state if Vet) to P. Smith, 44 Chapel Street, Birdwell, Barnsley S70 5UG, South Yorkshire. Tel: Barnsley (0226) 744226. Please enclose SAE for acknowledgement.

The Committee reserve the right to withdraw any event due to bad weather or insufficient entries.

mann (GDR) 91:50; 15, J. Kamenov (Bul) 91:56; 16, J. Duda (Pol) 92:37 . . . 23, G. Morris (UK) 95:12. 32 finished. **(50km):** Veniamin Soldatenko showed he means business when the European 50km comes around with his usual gutty all-the-way performance. The two young East German prospects, Pilarski and Kerber, put in tremendous finishes, while the amazing 45-year-old Gerd Weidner put in a fantastic 4:06:38 and yet finished only 7th! Another example of the standard of the event is shown by Laszlo Sator finishing 12th out of 15—yet he was 7th at Milton Keynes!

1, V. Soldatenko (USSR) 3:58:20; 2, O. Pilarski (GDR) 4:01:57; 3, M. Kerber (GDR) 4:03:33; 4, O. Bartch (USSR) 4:04:26; 5, H. Matern (GDR) 4:04:33; 6, U. Schaeffer (GDR) 4:06:01; 7, G. Weidner (Ger) 4:06:38; 8, A. Sakalis (USSR) 4:12:08; 9, R. Knutter (GDR) 4:16:27; 10, A. Bakadlionis (USSR) 4:18:59; 11, J. Romanov (USSR) 4:19:00; 12, L. Sator (Hun) 4:19:55. 15 finished. (Intermediate times) 30km: Soldatenko 2:20:16, Sakalis 2:24:26, Pilarski 2:24:26, Bartch 2:24:27, Matern 2:24:27, Schaeffer 2:24:52. (40km): Soldatenko 3:05:23, Sakalis 3:11:50, Pilarski 3:12:58, Matern 3:13:14, Bartch 3:13:16, Schaeffer 3:14:24.

BOUND FOR CUBA

The first British party of athletes to compete in Cuba for several years will be taking part in the Barrientos In Memoriam Games on May 21st/22nd. The athletes are Bill Hartley (400 & 400H), Jim McGuinness (800 and 1500), Mike Kearns (800, 1500 & 3000), Roy Mitchell (LJ), Dave Ottley (JT), Donna Hartley (200 & 400), Christina Boxer (800 & 1500) and Sue Longden (hurdles, HJ & LJ). Manager is Ron Goodman, and BAAB national coach Bruce Longden will give lectures and hold a clinic during the week-long visit. Alberto Juantorena and other Cuban stars will be making a European tour later in the summer, and are expected to compete at Crystal Palace on August 23rd.

* * *

ATHLETIC EVENT ADVERTISERS

Despite previous requests to advertisers to book space over the summer months 3 or 4 weeks before publication date, many are sending in much too late for inclusion. Until September a month's notice is advisable, with copy arriving two weeks before date of insertion.

Overseas News cont'd from page 31

reported). **30.4. Long Beach.** 100/LJ: R. Williams 10:27.97. 400: Miles 47.2, ROGER JENKINS 47.2 (and 54.3 400H in debut).

Best Value for Money on the Market

Metric "Stride." A real bargain buy for anyone who wants a comfortable, well-made road/training shoe almost identical to the popular "Country" but about half the price. Blue nylon uppers reinforced with leather to give plenty of support. Built-up heel. Well cushioned with towelling-faced sponge insert and arch support. Rounded heel and toe, hard-wearing gristle sole. Sizes 4, 5, 5½ **£6.45**, 6 to 11 in half sizes **£6.95** (regret no 6½, 7, 8½).

NIKE WAFFLE TRAINER

Blue nylon upper with yellow NIKE trim and their famous waffle sole. NIKE introduced the waffle sole, many have copied it but they cannot beat the original. Many waffle soled shoes were in the last Runners World survey, but the **NIKE WAFFLE TRAINER** was described as hard to beat for price and versatility.

A beautiful made quality shoe, light enough for racing on road or country, yet sturdy enough for long wear in training. No wonder it is by far the most popular of all the NIKE shoes.

Sizes 6 to 11½ in half sizes (order one half-size larger than your usual English size). **£17.50**. Sent by return, **POST FREE**.

SPIKES

Puma "Mirage". One of the most striking track shoes on the market today. In orange nylon with black suede reinforcement. Particularly suitable for the middle distance runner with a good heel wedge. A really beautiful light shoe at a very reasonable price. Sizes 7, 7½, 8, 9, 9½, 10, 10½ and 11 in stock. **£17.95**.

Adidas "Tokyo". Still a great favourite with the top athlete. Very light comfortable shoe in blue kangaroo with white trim. Sizes 5, 5½, 7½, 8, 8½, 9, 11 and 12. Normal price £24.50. Our price **£22.50**.

Adidas "Mexico". New shoe by Adidas which should prove a popular buy. Breathable blue nylon uppers with suede reinforcements and red trim — a very attractive shoe — and the new six screw-in spike/7 position system. Sizes 6 to 11 in half sizes. At the very reasonable price of **£14.50**.

JAVELIN BOOTS

Gola Javelin Boots. Javelin boots are usually expensive nowadays but these well made boots by Gola have given excellent service for many years and the price is still reasonable. In green suede with white trim, these are great value for money. Buy now while we can supply at this price. **£22.49**. Sizes 6, 6½, 7, 8, 8½, 9, 9½, and 10.

Adidas Discus/Hammer Shoes. The well tried and long lasting specialist shoes by Adidas. Sizes 8, 8½, 9½, 10 and 11 only in stock at present. **£23.75**.

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within seven days.

Full postage must be enclosed when exchanging goods.

ALL SENT POST FREE
ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone Medway (0634) 47055

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

COPTHALL GRADED MEETING

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

WEDNESDAY, 31st MAY, 1978

AT COPTHALL STADIUM, HENDON N.W.4

on the All Weather "Olymprene" Track

Maximum 6mm Needle spikes

(9mm on Javelin run-ups)

Events:

6.45 p.m. 3000m Walk (Men)

7.00 p.m. Javelin; Long Jump

7.10 p.m. 2000m Steeplechase (S & J Men)

7.25 p.m. 800m (Jnr Ladies)

7.40 p.m. 400m

8.15 p.m. 3000m (S Ladies, Y, J & S Men)

All age groups and Men and Women unless otherwise stated. All times approx. **Entries to:** Bryan Smith, 22 Avon Close, Garston, Watford, Herts. **Giving Name, Address, Date of Birth, Club, Event and best recent performance together with 25p (first event), 15p (subsequent events) and enclosing S.A.E. if acknowledgement of entry required. Cheques and P.O.'s payable to Shaftesbury Harriers.**

By Tuesday, 30th May
NO ENTRIES ACCEPTED ON NIGHT

CLASSIFIED ADVERTISEMENTS

6p per word. Box No. 20p extra. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word—prepaid.

AMUSING STICKERS! S.a.e.: **Arena Publications, London SW16 3NS.**

CLUB STICKERS: Exciting new moneyspinners! S.a.e. **Arena (Above).**

BAAB APPROVED TRAINING DIARY 80p. Starts anytime! All events! **Arena (Above).**

SPRINTING: 100-400, RELAYS (R. Hewson) 70p. **Arena (Above).**

ATHLETICS WEEKLY — VOLUMES 21 to 31. Offers complete or per volume. **Clarke, 11 Amblecote Road, Kidderminster, Worcs.**

REEBOK SHOES and athletic equipment now available from stock in the North-East. **The Runners Shop, 34 Ripley Drive, Barns Park, Cramlington, Northumberland.** Telephone: **Cramlington 716045.**

ATHLETIC EVENTS

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

COLCHESTER ATHLETIC CLUB

5 MILE ROAD RACE

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

SUNDAY, 4th JUNE, 1978, at 3 p.m.

**From Shrub End Sports Ground, Colchester
INCORPORATING LADIES RACE**

Prizes: First 3 Individuals, Vets and Teams.
Ladies Prizes dependent on entries.

Fees: 35p per Individual. No Team fees.

Entries: G. Fuller, 1 Deben Close, Witham,
Essex (Phone Witham 511898).

BY 31st MAY, 1978

LEICESTER CORITANIAN A.C.

OPEN MEETINGS

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

to be held at the

Sports Centre, Saffron Lane, Leicester

SUNDAY, MAY 28th and JUNE 25th

Starting at 10.15 a.m.

MAY 28th

2500m WALK (Male, Female — All age groups)

400m Hurdles 3000m Long Jump

100m Shot High Jump

200m Discus Javelin

800m

Events — All age groups Female, Jun and Sen Men. No Finals.

JUNE 25th

2500m WALK Shot High Jump

100m Discus Javelin

400m Long Jump Pole Vault

1500m

800m

Short Hurdles (Inter/Sen Ladies, Youth/Jun Men)

Events — All age groups Male and Female. No Finals.

All entries (20p per event) to be sent to Mrs J. Clarke, 88 Scotswood Crescent, Leicester. P.O. and Cheques made payable to Leicester Coritnian A.C. **Closing dates:** May 24th and June 20th.

ST. LUKE'S COLLEGE, EXETER

DECATHLON

at Clifton Hill Track, Exeter

Saturday/Sunday, 27th/28th May

Start 10.00 a.m.

Youths Junior Men Senior Men Vets.

Entry (50p) to H. C. Harding, St. Luke's College, Exeter, or phone enquiries to Exeter 52221.

Bassetlaw Leisure Services

'FUN-RUN'

LANGOLD PARK

(off A60, 4 Miles North of Worksop)

SUNDAY, JUNE 18th, 1978

11.00 a.m. BEGINNERS JOG

One mile around the lake

11.15 a.m. 'FUN-RUN'

Approx 1½ miles

All finishers will receive a certificate.

FREE TO ALL

Have a day out with all the family — Yachting, Swimming Pool, Fishing, Skateboarding, Children's Play Area and Refreshments.

EAST HULL HARRIERS & A.C.

Second Annual

CONTINENTAL STYLE

FIVE MILE ROAD RACE

(Under A.A.A. Laws)

& First Annual

LADIES FIVE MILE ROAD RACE

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

SUNDAY, 4th JUNE, 1978

Start 11.30 a.m.

Accurate Course on one mile lap in old part of Town Centre

OPEN MEN'S RACE: Prizes to first 12 Individuals, first 3 Vets 40-44, first 3 Vets 45-49, first Vet 50 and over, first 3 Teams (3 to score).

OPEN LADIES RACE: Prizes to first 6 Individuals with Team Prize if sufficient entries.

ENTRY FEE: 40p per Individual, no Team fee.

ENTRIES to P. Dearing, 1 Collyns Close, Willerby, Hull HU10 6AS (Office Tel: 0482 25796).

**ADVANCE PROGRAMME SENT TO ALL ENTRANTS
CLOSING DATE MONDAY, 29th MAY**

Sponsored by Stewart Batch Leathers, Hull