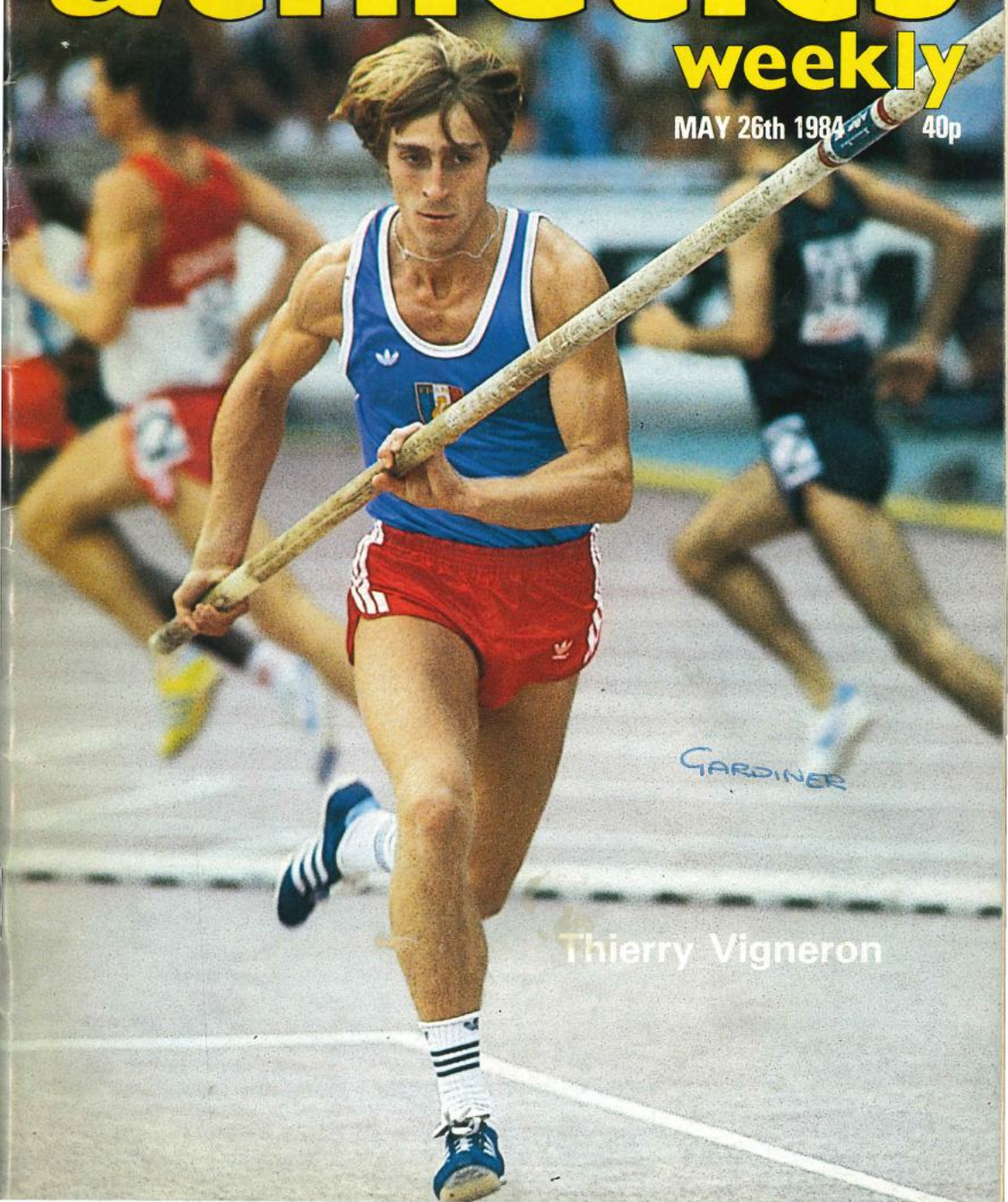


INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

MAY 26th 1984 40p



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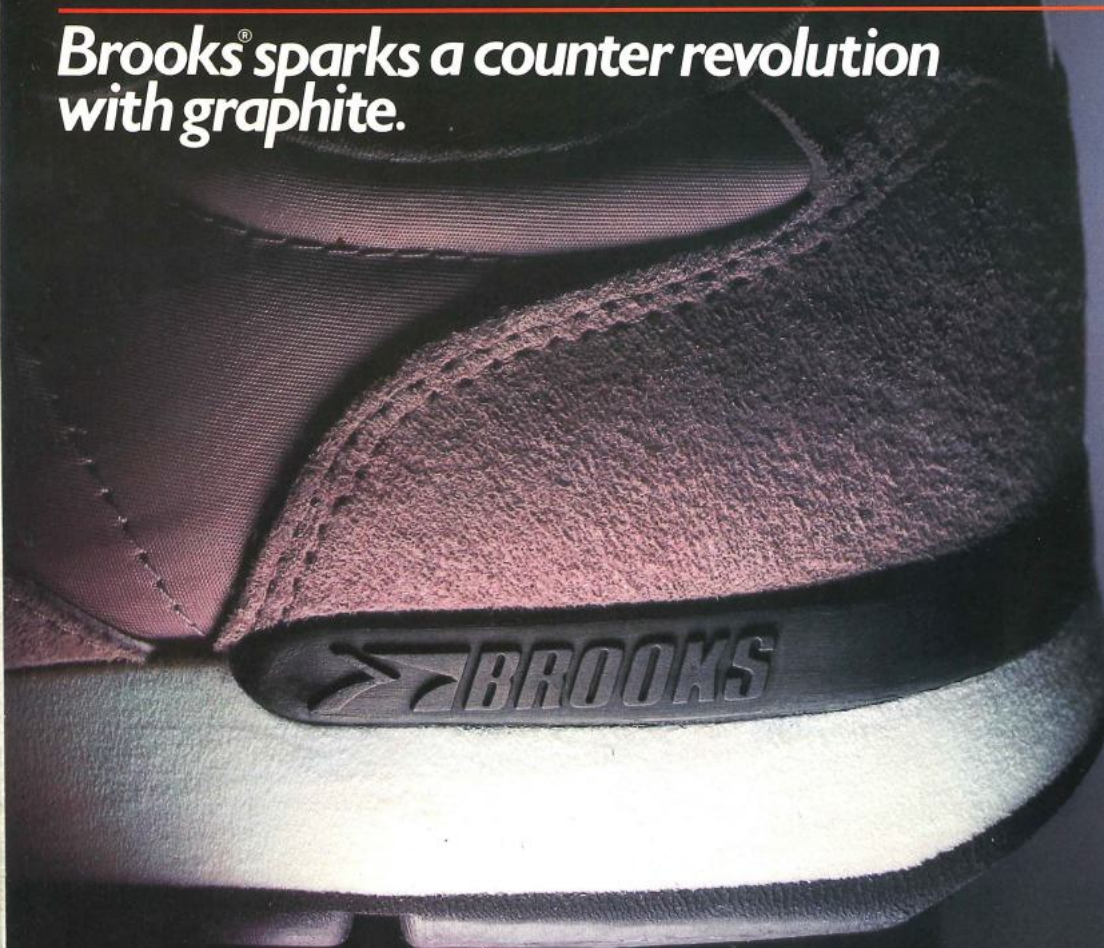
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weekly

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MAY 26th 1984

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THE WEEK AHEAD

Saturday, May 26th: Ulster Schools Champs, Antrim; Millfield School Decathlon (1st day), Yeovil; Sale Open Meeting, Longford Park; Castell Dinas Bran '7, Llangollen; Leighton Buzzard '10'; Wyreruns '84 Vets '10K', nr. Fleetwood; Bens of Jura Fell Race; Sweden v UK v Italy v GDR v France Walks Match (1st day), Stockholm; Leicester Mercury 20M Walk.

Sunday, May 27th: HFC Trust UK National Champs (1st day), Cwmbran; GRE Cups 'Scottish' Second Round; Cheltenham YA Open Meeting; Stretford U/15 Open Meeting, Longford Park; Mandale Open Meeting, Middlesbrough; Millfield School Decathlon (2nd day), Yeovil; Southport Sizzler Half Marathon; Sunblest UK People's Marathon, Birmingham; Kippax Half Marathon; Truman East London Half Marathon; Egremont Carnival Races; 'The Pairs Race', Trentham Gardens, Staffs; Sweden v UK v Italy v GDR v France Walks Match (2nd day), Stockholm.

Monday, May 28th: HFC Trust UK National Champs (2nd day), Cwmbran; GRE Cups Second Round; Bedford YA Open Meeting, Newnham Track; Basildon Open Trophy Meeting; Worthing

Open Meeting, West Park; Yeovil '10', Yeovil Recreation Centre; Tansley '10', Matlock; Shrewsbury Bank Holiday '4'; Gotham Gala Cuckoo '10', Nottingham; Faversham '16K'; Cheshunt BS Half Marathon; LRRRC Victoria Park Road Races (inc. Nike Grand Prix); Geoff Sly Memorial Road Races, Aldershot; Sourhall '6', Todmorden; Eldersfield Beer Race; Bradford 50km Walk.

Tuesday, May 29th: Runnecare Summer League '8', Hull; Garstang Gala '12', nr. Preston; Vets AC 5M Road Walk, Battersea.

Wednesday, May 30th: Bristol Open Meeting (inc. BMC Invitation & Open Races), Whitchurch; Exeter Midweek Minors Meeting; Swansea Open Meeting; Shaftesbury Open Meeting, Cophall; United Hospitals Champs, Motspur Park; West Yorkshire League, Cleckheaton; Nike Gartree '5'; Tandell Hill Race, Middleton.

Thursday, May 31st: Malvern Fringe Festival Road Races, Worcester; Golden Square Half Marathon, Warrington.

COVER PHOTO (By Trevor Jones/Allsport)
 High Flying Vaulter Thierry Vigneron

London Marathon: Official Results

1, Charlie Spedding (Gateshead).....2:09:57
 2, Kevin Forster (Gateshead).....2:11:41
 3, Dennis Fowles (Cardiff).....2:12:12
 4, Oyvind Dahl (Norway).....2:12:19
 5, Jorn Lauenborg (Denmark).....2:12:21
 6, Juma Ikangaa (Tanzania).....2:12:35
 7, J. Ashworth (Bing) 2:13:49; 8, M. East (Rane)
 2:14:01; 9, C. Bunyan (S&E) 2:14:03; 10, S
 Kristensen (Den) 2:14:22; 11, J. Graham (Bir)
 2:14:40; 12, G. Forster (Sun) 2:15:08; 13, L. Gago
 Horta (Por) 2:15:12; 14, K. Mills (Shaft/Irl)
 2:15:14; 15, Z. Kiss (Hun) 2:15:17; 16, J.
 Vikholmen (Nor) 2:15:35; 17, M. Brameld (Inv)
 2:15:38; 18, F. Clyne (A'deen) 2:15:54; 19, E.
 Gaspar (Spa) 2:16:14; 20, E. Borka (Hun)
 2:16:17; 21, Z. Shu Chun (Chi) 2:16:24; 22, D.
 Hill (Sun) 2:16:36; 23, M. Ellison (Har) 2:16:40;
 24, A. Ross (Ver) 2:16:41; 25, L. Robertson
 (EAC) 2:16:44; 26, G. Kopp (FRG) 2:16:55; 27,
 A. Holden (Tip) 2:16:57; 28, J. Cain (Ports)
 2:17:08; 29, B. Jones (B'mth) 2:17:13 (UK age-20
 best); 30, M. McCarthy (Ox. C) 2:17:15; 31, S.
 Curran (Sal) 2:17:16; 32, A. Girling (Col) 2:17:21;
 33, J. Boyes (B'mth) 2:17:22; 34, M. Gratton
 (Inv) 2:17:24; 35, C. Woodhouse (Der) 2:17:31;
 36, K. Johnson (Els) 2:17:44; 37, L. Sorensen
 (Den) 2:17:53; 38, C. Moxsom (Har) 2:18:00; 39,
 E. Turner (AF&D) 2:18:00; 40, D. Robson (Els)

2:18:00; 41, R. Wallace (Aus) 2:18:04; 42, B.
 Watson (Camb. H-V) 2:18:06; 43, I. Beauchamp
 (Rane) 2:18:18; 44, D. Murphy (Liv) 2:18:20; 45,
 A. Joakimsen (Nor) 2:18:28; 46, P. Kenney
 (I'ness) 2:18:28; 47, N. Brawn (Inv) 2:18:34; 48,
 D. Clark (Ver-V) 2:18:38; 49, C. Brown (Cov)
 2:18:44; 50, C. Chandler (Sale) 2:18:47;

51, Z. Barie (Tan) 2:18:57; 52, M. Burnhope
 (Spark) 2:19:20; 53, P. Jones (Camb. H) 2:19:29;
 54, G. Getty (Bella) 2:19:34; 55, B. Jensen (Den-
 V) 2:19:39; 56, J. Abreu (Por) 2:19:58; 57, P.
 Corneliussen (Nor) 2:20:05; 58, K. Davies (Newp)
 2:20:08; 59, G. Staunton (Lon.I/Irl) 2:20:17; 60,
 J. Wheway (Tip) 2:20:19; 61, W. Venus (Blay-V)
 2:20:20; 62, D. Gaskell (A&SV) 2:20:21; 63, G.
 Huddleston (BC) 2:20:21; 64, R. Payne (HHH)
 2:20:24; 65, K. Gottuassli (Nor) 2:20:47; 66, A.
 Cole (Newp) 2:20:53; 67, J. Goldring (Walt)
 2:21:00; 68, P. Mitchell (Read) 2:21:00; 69, R.
 Treadwell (Sy. B) 2:21:09; 70, P. Spowage (High)
 2:21:12; 71, M. Page (Om) 2:21:13; 72, P.
 Sigmundsson (Ice) 2:21:20; 73, D. Ritchie
 (A'deen) 2:21:33; 74, M. Firth (Man) 2:21:39; 75,
 N. Jinks (Worc) 2:21:51; 76, K. Angus (Sheff-V)
 2:21:56; 77, A. Catton (Ilf) 2:22:05; 78, J. Duck
 (Aus) 2:22:07; 79, M. James 2:22:09; 80, M. Hunt
 (NZ) 2:22:10; 81, N. Speed (Tyne) 2:22:11; 82, H. H.

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John Whetton . . . 2:22:52!

Eugenio (Spa) 2:22:17; 83, L. Pratt (Sun) 2:22:22; 84, C. Nightingale (Sheff) 2:22:24; 85, A. Kean (Der) 2:22:26; 86, G. Helme (St. H) 2:22:30; 87, R. Crabb (Bris) 2:22:30; 88, S. Brown (Chelt) 2:22:32; 89, R. Tough (Sun) 2:22:39; 90, A. Rich (Walt) 2:22:51; 91, J. Whetton (Trent P-V) 2:22:52; 92, M. Green (Old G) 2:22:53; 93, G. Milne (A'deen) 2:22:57; 94, A. Lambourne (B&H) 2:22:58; 95, Parra (Columbia) 2:23:10; 96, I. El Tahir (Qatar) 2:23:12; 97, T. Nahl (Den) 2:23:23; 98, D. McIver 2:23:27; 99, D. Allen (A&SV) 2:23:30; 100, M. McGeoch (Les C) 2:23:32;

101, M. Hurd (RAF Bz. N) 2:23:32; 102, P. Fleming (Bella) 2:23:34; 103, R. Gibbard (Charn) 2:23:35; 104, D. McCay (Irl) 2:23:41; 105, P. Eales (WS&E) 2:23:42; 106, G. Buchler (Phoe) 2:23:44; 107, G. Bell (Bal) 2:23:53; 108, J. Riise (Nor) 2:23:58; 109, S. Cowles (WH) 2:23:59; 110, J. Barker (Grim) 2:24:01; 111, B. Huseklepp (Nor) 2:24:04; 112, W. Scally (Shett-V) 2:24:05; 113, P. Russell (Ash) 2:24:06; 114, D. Thomas (Cope) 2:24:07; 115, G. Rippon (Sun) 2:24:10; 116, R. Butler (N. Dev) 2:24:13; 117, W. Stowe (S'end) 2:24:16; 118, A. McGee (Ell) 2:24:19; 119, M. Cruickshank (E. Ches) 2:24:30; 120, J. Wagstaff (Tip) 2:24:31; 121, A. Uusimaki (Fin) 2:24:41; 122, S. Faulkner (High) 2:24:45; 123, D. Michael (RAF Bigg) 2:24:46; 124, P. Wheeler (Ov) 2:24:49; 125, P. Critchlow (RN) 2:25:01; 126, P. Hall (Grant) 2:25:03; 127, O. Jacobsen (Den) 2:25:08; 128, A. Ritchie (Kes-V) 2:25:09; 129, M. Exton (Holb) 2:25:15; 130, D. Lancaster (Rown) 2:25:19; 131, B. Lee (Dar) 2:25:40; 132, G. Bagnall (Newc) 2:25:46; 133, S. O'Callaghan (Vall) 2:25:49; 134, D. Cowie (RAF) 2:25:53; 135, J. Davies (Newc-V) 2:25:55; 136, D. Ellis (Bir) 2:25:58; 137, D. Mullings 2:25:59; 138, P. Bryan (Hav) 2:25:59; 139, J. Roberts (VoA) 2:26:03; 140, D. Hope (Worc) 2:26:05; 141, G. Laing (A'deen) 2:26:08; 142, D. Wyper (Bella) 2:26:11; 143, G. Grant (C&N) 2:26:12; 144, T. Lien (Nor) 2:26:13; 145, S. Blaney (High) 2:26:13; 146, J. Wilkins (Inv) 2:26:15; 147, R. Cole (B'ht) 2:26:19; 148, F. Harper (Cen. R) 2:26:20; 149, G. Page (Tip) 2:26:21; 150, P. Flatman (CoH-V) 2:26:22;

151, R. Marshall (Holb) 2:26:24; 152, D. Cox (W. Gn) 2:26:26; 153, D. Gilbert (Read) 2:26:39; 154eq, B. Diercky (Bel) & P. Venables (Roth) 2:26:41; 156eq, W. Snelgrove (Th. H&H) & K. Lomas (Charn) 2:26:45; 158, J. Exley (Ox. C) 2:26:48; 159, B. Newlands (Dev) 2:26:53; 160, N. Rodriguez (Thet/US) 2:26:56; 161eq, W. Davies (Hill) & R. Oliver (Leic) 2:27:06; 163, L. Presland (AF&D-V) 2:27:11; 164, S. Payne (Inv) 2:27:12; 165, R. Blatt (US) 2:27:12; 166, D. Faircloth (Croy) 2:27:13; 167, M. Mountford (Staff) 2:27:14; 168, J. Fisher (Staffs M) 2:27:21; 169, M. Woods (AF&D) 2:27:21; 170, K. Peters (Spring)

2:27:24; 171, J. Naustdal (Nor) 2:27:26; 172, P. Clark (Wav) 2:27:27; 173, G. Bjorsvik (Nor) 2:27:30; 174, J. Avis (Camb. H-V) 2:27:30; 175, A. Power (Shrew) 2:27:34; 176, M. Palmer (Notts-V) 2:27:35; 177, E. Seedhouse (CoH/Can) 2:27:38; 178 K. Hesketh (Spring) 2:27:39; 179, G. Clarke (Bris) 2:27:43; 180, I. Roberts (Sal) 2:27:46; 181, M. Yun Sheng (Chi) 2:27:47; 182, L. Smith (E&S) 2:27:49; 183, H. Hendriks (Neth-V O/50) 2:27:50; 184, G. Astill (Hendriks-V) 2:27:52; 185, S. Ilan (Isr) 2:28:01; 186, M. Hopson (Vall) 2:28:12; 187, R. Curwen (Pres. H) 2:28:20; 188, B. Sherlock (Irl) 2:28:23; 189, J. Lee (Croy) 2:28:25; 190, L. Madsen (Den) 2:28:25; 191, A. Maxwell (Mich-V O/45) 2:28:27; 192, G. Reynolds (A'deen) 2:28:29; 193, A. Marjoribanks (Chelt) 2:28:32; 194eq, P. Hart (B'mth) & K. Vose (St. H) 2:28:33; 196, P. Neal (Roth) 2:28:38; 197, P. Robinson (Clay) 2:28:40; 198, K. Overby (Nor) 2:28:41; 199, L. Kage (Nor) 2:28:42; 200, N. Saunders (Har) 2:28:44;

201, S. Birkin (Camb. H) 2:28:49; 202, M. Halvorsen (Den) 2:28:51; 203, P. Kilgallon (Wirr) 2:28:55; 204, D. Lindesay (Wirr) 2:28:56; 205, J. Campbell (Ply) 2:28:59; 206, P. Sugden (Read) 2:29:00; 207, I. Higginbottom (Bux) 2:29:00; 208, W. Eldridge (E. Hull) 2:29:02; 209, M. Shackleton (Seft) 2:29:02; 210, C. Ashbee (Hast) 2:29:03; 211, C. Haynes (WYP-V) 2:29:04; 212, R. Hill (Clay-V O/45) 2:29:04; 213, M. Neary (Leigh) 2:29:04; 214, G. Gilbert (RMP) 2:29:08; 215, B. Elliott (Barns) 2:29:09; 216, M. Gibbs (Dev) 2:29:13; 217, B. Booth (Ver) 2:29:13; 218, W. Stock (Inv) 2:29:14; 219, S. Brace (Bridge) 2:29:18; 220, S. Hooper (TVH) 2:29:20; 221, J. Keating (E&S) 2:29:21; 222, D. Cartwright (Mich) 2:29:26; 223eq, J. Dingwall (CoH) & S. Redmayne (Mus. H) 2:29:28; 225eq, C. McDougall (E. Kil) & I. Jensen (Den) 2:29:30; 227, M. Hauser (Swi) 2:29:31; 228, G. Woodburn (B'burn) 2:29:32; 229, A. Williams (B'mth) 2:29:33; 230, G. Webb (Ilf) 2:29:37; 231, W. Gregory (US) 2:29:39; 232, K. Jennings (Exe) 2:29:39; 233, A. Hudson (B&F) 2:29:41; 234, A. Williams (Bris-V) 2:29:45; 235, B. Skinbjerg (Den-V) 2:29:53; 236, W. Harvey (Rane-V) 2:29:56; 237, S. Russell (Camb. H) 2:29:58; 238,

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K. Pike (B'ht) 2:30:04; 239, A. Gafner (Swi) 2:30:04; 240, P. Rowland (Hors) 2:30:05; 241, H. Bates (Sky) 2:30:05; 242, C. White (Old Barn-V) 2:30:06; 243, R. Howells (E&S) 2:30:07; 244, Gren. Tuck (AF&D) 2:30:08; 245, M. Puddifoot (TVH) 2:30:11; 246, A. Thompson (Liv) 2:30:16; 247, P. Bassett (Newc) 2:30:21; 248, R. Cornish (West) 2:30:23. (Vets O/50): 1, Hendricks; 2, A. Wood (A'deen) 2:33:32; 3, J. Jensen (Den) 2:36:10; 4, J. Weston (Can) 2:39:42; 5, A. Ferguson (High-O/55) 2:41:09; 6, S. Lattanzio (Ita) 2:42:50.

Nationwide Team Awards: 1, Invicta 6:51:36; 2, Sunderland 6:54:06; 3, Aberdeen 7:00:24.

Wheelchair Athletes: 1, K. Breen 2:38:40; 2, M. Karaphillides 2:44:31; 3, G. Perry 2:45:12. . . . 6, KAY McSHANE 3:10:04.

Women

Amendments to results published last week: delete 13, M. Naskau; pos'ns 14-24 become 13-23; insert 24, T. Rosa 2:48:06; change 25 to I. Martinez (Spa) 2:49:03 (delete Rodwell); 33, V. Hansen is from Denmark; insert 55, S. Rodwell (Phoe) 2:58:29; insert 56, S. Biddiscombe 2:58:35; 57, Walters; 58, Lappage; 59, A. Tamplin (Harl) 2:59:29; delete 58, Smith; 60, Auerback; 61, Fitzgibbon; 62, Harris; 63, Tsakarisianos; 64, Hughes; 65, Fitzgerald; 66, Bradley.

Nationwide Team Awards: 1, London Olympiades 8:09:15; 2, Barnet 8:18:05; 3, Highgate 9:23:00.

25th Welwyn Half Marathon

(Under AAA & WCCA Laws)

SUNDAY,

10th JUNE, 1984

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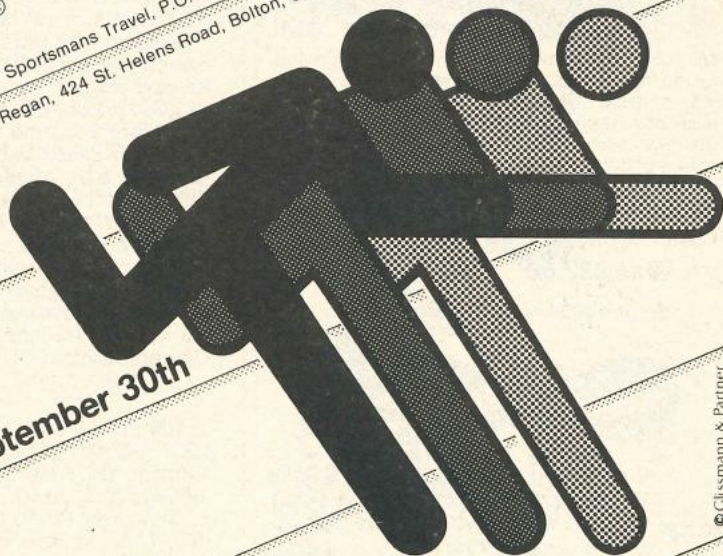


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Girvan Throws 76.38m

APRIL and May matches at Crystal Palace frequently throw up good early season marks, and none has been more so this year than the Southern Counties (256) v Loughborough (169) v Civil Service (134) v ULAC (87) match on April 25th.

Predictably, the Southern Counties won the match, while the highlight of the meeting was Martin Girvan's first hammer record of the year — 76.38m, but there was much more besides. This meeting, if you remember, saw Zola Budd's 1500m debut in this country, a non-match affair obviously, and her resultant time of 4:10.82 was a new UK Junior record brought about by her usual front-running tactics with split times of 67.0, 2:12.7 and 3:20.1. The revelation behind her, though, was 15-year-old Bridget Smyth's great personal best of 4:18.23, achieved by running well away from Janet Pricoe over the last half lap.

But back to the match, and surely a surprise win went to Gareth Brown and the Southern Counties when he held off a chasing Chris McGeorge in the home straight of the 800m to record a best time of 1:48.03. Another of our top two lap runners was in action too, only Ikem Billy chose to contest the 400m for Loughborough. In a race won by Terry Whitehead with a strong finish, Ikem looked to be lost for speed over the first 300m, but improved from around fifth or sixth in the home straight to almost get up to Whitehead, although his 47.77 was a best ever and enough to see off Alan Bell (best of 45.65). The other one lap event, over the hurdles, saw a one-two for the Southern Counties, and a great season's opener of 51.88 for Mark Whitby.

Held in conjunction with the match was the Southern 3000m Championship, which resulted in an easy win for Dave Clarke, showing he was still in good form with a 7:57.88, prior to his recent knee injury. Good marks in the throws too, a 17.77 for Nick Tabor in the shot and a great personal best of 60.06 for Paul Mardle in the discus, which saw him as only the eighth Briton ever over 60m. A 70.38 javelin throw gave the Southern Counties an easy win through Marcus Humphries, just under four metres clear of Gary Jensen, although he is only a first year Junior and the following Saturday beat his 66.56 with a 68.98 to place second in the Essex Junior Championships.

Brian Smyth

100: 1, M. Morris (CS) 10.70; 2, D. Crosby (SC) 10.76; 3, M. Williams (L) 10.80; 4, L. Murrain (SC) 10.92; 5, A. Hay (L) 10.95; 6, H. Walters (CS) 10.99. **200:** 1, R. Ashby (SC) 21.75; 2, Williams 21.89; 3, R. Haizelden (SC) 22.04. **400:** 1, T. Whitehead (SC) 47.69; 2, I. Billy (L) 47.77; 3, A. Bell (UL) 47.87; 4, N. Kitchen (UL) 48.04; 5, S. Scutt (L) 48.15; 6, J. McCabe (SC) 48.39. **800:** (A): 1, G. Brown (SC) 1:48.03; 2, C.

In addition to Gary Jenson, Southend-on-Sea AC have another outstanding 17-year-old thrower. **Mitchell Smith** recently had two good marks in the shot with the 7.26kg implement. At the Enfield Open Meeting on April 29th he unleashed a 14.71 to win that event and followed this up a few days later in a Southern League match at Parliament Hill on May 5th, winning with 14.18m.

McGeorge (L) 1:48.82; 3, R. Weedon (SC) 1:50.64; 4, I. Marron (L) 1:51.33; 5, A. Lawrence (CS) 1:54.21. (B): 1, G. Marlow (SC) 1:50.26; 2, P. Jeffs (SC) 1:51.96; 3, P. Chester (SC) 1:53.04. **1500:** 1, M. Scutcheon (L) 3:43.7; 2, M. Rowland (SC) 3:44.5; 3, S. James (Gst) 3:45.5; 4, D. Glassborow (CS) 3:48.6; 5, R. Gray (CS) 3:52.0; 6, A. Larken (Gst) 3:52.2; 7, T. Conlon (Gst) 3:52.7; 8, J. Boakes (Gst) 3:53.4. **3000 (inc. SCAA Champs):** 1, D. Clarke (HW) 7:57.88; 2, M. Roberts (Gst) 8:01.04; 3, T. Crossman (Wok) 8:04.08; 4, N. Gates (B&P) 8:06.29; 5, R. Charleston (SC) 8:06.31; 6, A. Guilden (L) 8:07.84; 7, G. Huckwell (Dart) 8:09.30; 8, P. Williams (Camb. H) 8:10.00; 9, M. O'Reilly (SC) 8:12.36; 10, A. Pettigrew (WS&E) 8:15.99; 11, D. Brockwell (WS&E) 8:16.26; 12, S. Cackett (Wyc) 8:16.92; 13, S. Crossman (Wok) 8:20.54; 14, G. Payne (CS) 8:20.69; 15, P. Richley (Bel) 8:20.90; 16, A. Bridge (Harl) 8:21.85; 17, D. Buzza (L) 8:22.56; 18, D. Brown (AF&D) 8:23.42; 19, J. Wheeler (Bas) 8:25.56. **3000SC:** 1, S. Bird (Gst) 9:05.53; 2, I. Atkins (Gst) 9:07.03; 3, M. Laflin (Gst) 9:15.68; 4, R. Large (SC) 9:30.66. **110H:** 1, D. Wilson (SC) 14.76; 2, M. Luscombe (UL) 15.00; 3, I. Willoughby (CS) 15.78; 4, N. Swanton (SC) 15.82; 5, J. Ball (L) 15.84. **400H:** (A): 1, M. Whitby (SC) 51.88; 2, P. Atherton (SC) 52.01; 3, T. Foulger (L) 55.33; 4, G. Pearce (CS) 55.42; 5, J. Owen (UL) 55.46; 6, N. Dakin (L) 55.62. (B): 1, K. Currid (SC) 53.94; 2, D. Moles (SC) 54.87. **HJ:** 1, M. Naylor (SC) 2.15; 2, L. Lucas (SC) 2.10; 3, R. Charles (UL) 2.10; 4, T. Whittle (CS) 2.05; 5, R. Atun (UL) 1.95. **PV:** 1, W. Davey (Shaft) 5.00; 2, R. Gammage (L) 4.70; 3, J. Lewis (SC) 4.40; 4, D. Hooper (CS) 4.40. **LJ:** 1, D. Costello (L) 7.27; 2, D. Langley (L) 6.79; 3, I. Snowball (L) 6.78. **TJ:** 1, M. McDonald (SC) 15.14; 2, D. Williams (SC) 14.60; 3, A. Lees (CS) 14.41. **SP:** 1, N. Tabor (SC) 17.77; 2, G. Savory (CS) 15.31; 3, N. Gray (SC) 14.86. **DT:** 1, P. Mardle (L) 60.06; 2, Savory 51.00; 3, K. Onuagulu (SC) 50.00; 4, N. Woolcott (SC) 49.98; 5, G. Power (UL) 45.04; 6, M. Fenton (CS) 44.76; 7, A. Kruszewski (UL) 42.34. **HT:** 1, M. Girvan (SC) 76.38; 2, M. Jones (SC) 63.60; 3, M. Fenton (CS) 60.66. **JT:** 1, M. Humphries (SC) 70.38; 2, G. Jenson (SC) 66.56. **4x100:** 1, Loughborough 42.04; 2, SCAA 42.17; 3, Civil Service 43.34. **4x400:** 1, SCAA 3:13.26; 2, Loughborough 3:13.37; 3, ULAC 3:18.17; 4,

Loughborough 'B' 3:22.84. **Women's Invitation 1500:** 1, Z. Budd (AF&D) 4:10.82 (**UK Junior record**); 2, B. Smyth (Phoe-I) 4:18.23; 3, J. Prictoe (Lin. C&C) 4:24.16; 4, S. Batstone (Cov) 4:24.26; 5, R. Disley (Houn) 4:30.01; 6, S. Burtonwood (Brom-I) 4:46.70.

ANOTHER RECORD FOR ZOLA

ZOLA BUDD made an auspicious start to her international career by placing third in a 10km road race in Oslo on May 6th and clocking a world's best by a teenager of 31.43. Her previous fastest time was 32:20 at altitude last August. The race marked Zola's first defeat at any distance since she lost over 1000m in February 1983 but the way she matched strides for much of the race with two of the all-time greats of road running underlined her exceptional talent. "She's unbelievable", said Ingrid Kristiansen, winner in 31:26. Grete Waitz, second in 31:29 (she holds the world best of 31:00), described Zola as "a future world beater".

Leading results: 1, Vainio (Fin) 28:39; 2, Julian Goater (UK) 28:47; 3, Lambregts (Neth) 28:52; 4, Colin Reitz (UK) 28:54; 5, Hjorth (Den) 28:57; 6, Dave Moorcroft (UK) 28:58 ... 9, Richard Partridge (UK) 29:08; 14, Paul Cuskin (UK) 30:01; women — 1, Kristiansen (Nor) 31:26; 2, Waitz (Nor) 31:29; 3, Zola Budd (UK) 31:43; 4, Mota (Por) 33:10; 5, Mary Cotton (UK) 34:19; 6, Moe (Nor) 34:23.

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CRACKER OF AN OLYMPIC 10,000 TRIAL

But Geoff Smith is out — suspended by AAA

DESPITE the absence of one of the favourites in Geoff Smith, suspended by the AAA pending investigation into an alleged contravention of the rules on advertising, the Olympic 10,000m trial on Sunday promises to be a cracker of a race. The event is one of three Olympic trials — the others are the decathlon and heptathlon — to be staged as part of the HFC Championships of the United Kingdom at Cwmbran on Sunday/Monday (May 27th/28th). The winners of each trial event will automatically be selected for Los Angeles providing the athlete concerned has achieved an Olympic qualifying standard.

The 10,000 brings together several of the fastest Britons of all time, headed by Nick Rose (27:31.19), Julian Goater (27:34.58), Steve Jones (27:39.14), Mike McLeod (27:39.76), Tony Simmons (27:43.59), Adrian Royle (27:47.16), Steve Binns (27:55.66), Dave Clarke (27:55.77 — but a probable non-starter through injury), Barry Smith (28:06.13) and Charlie Spedding (28:08.12), plus Dennis Fowles, Karl Harrison, Gerry Helme, Allister Hutton, Steve Kenyon, Adrian Leek, Tony Milovsorov and Mark Scrutton among others!

Geoff Smith (27:43.76), who along with Spedding and Hugh Jones has been selected for the Olympic marathon (pending the restoration of his eligibility), was not intending to seek an Olympic place at 10,000, but would have been out to win as part of his build-up towards the

marathon in L.A. Geoff is alleged to have broken the IAAF rules on advertising by wearing the name "Prime Computer" on his vest in the Boston Marathon, and the AAA — acting one might have thought, with unseemly haste — have suspended him from all competition while an investigation is carried out. "Geoff is quite shattered by all this", said BAAB secretary Nigel Cooper on Tuesday.

Judy Simpson, who scored 6101 pts in 5th place in Gotzis last weekend and is thus assured of Olympic selection, may choose to contest one or two individual events at Cwmbran rather than the heptathlon in which the favourite otherwise will be Kim Hagger. The decathlon (with Daley Thompson pre-selected) features Brad McStravick, Colin Boreham, Eugene Gilkes, Fidelis Obikwu and Pan Zeniou and should provide two days of close competition.

One event certain to attract a lot of attention is the women's 1500, in which Zola Budd will bid for her first UK title. The opposition includes Jane Furniss, Gillian Green, Kathy Carter, Janet Marlow, Debbie Peel, Ruth Smeeth, Jo White and possibly Chris Benning.

Other top athletes entered for the Championships include — 100: Christie, King, McFarlane, Reid, Sharp, Watson; 200: T. Bennett, Brown, McFarlane, McMaster, Mafe, Moseley, Reid, Sharp, Tulloch, Watson; 400: Akabusi, Cohen, Cook, Moseley, Scutt, Slack, Whitehead; 800: Billy, Brown, Elliott, Forbes, Gladwin, Harrison, McGeorge, Norgate, Williamson; 1500: Buckner, Hackney, Hutchings (if recovered from injury), Larkins, Lewis, McGeorge, Robson; 5000: Harris, Martin, Muir, Richards, Robson, Solly, Stewart, Turnbull; 110H: Greaves, Holtom; 400H: Briggs, Greaves, Oakes, Sole; TJ: Herbert, McCalla, Moore; JT: Ottley, Yates; (Women) 100: Andrews, Callender, Cook, Lannaman, Oakes, Thomas; 200: Callender, Jacobs, Oakes, Scutt, Thomas, Whittaker; 400: Barnett, Bridgeman, Cook, Forsyth, Parry, Scutt; 800: Baker, Boxer, Finch, McDermott, Purvis; 3000/5000: Haigh, Murray, A. & S. Tooby; 100H: Simpson, Strong; 400H: Taylor, Wray; HJ: Cording, Elliott, Evans, Marti, Simmonds, Simpson; LJ: Hearnshaw, Oladapo; SP: Head, Oakes; JT: Gibson, Royle, Whitbread.

Sunday's proceedings start with the decathlon at 10 am and end at around 7 pm; finals of 100, 10,000, 110H, LJ, DT, JT, women's 100, 3000, 100H, 5000W, LJ, DT, JT. Monday's programme is from 10.30 am until about 6 pm.

* Priscilla Welch, Sarah Rowell and Joyce Smith will represent Britain in the Olympic women's marathon.

Date for your Diary

FORD BASILDON RUNNERS CLUB

**FORD NEWS
'HALF'**

**SUNDAY,
OCTOBER 7, 1984**

**NEWTON AYCLIFFE A.C.
& LEPRAs present the
COUNTRY '10'**

Over paths and grassland (Traffic free)

From Woodham School on

SUNDAY, JULY 15th, 11 a.m.

Prizes to 1st 3 teams. 1st B teams. Individuals and Vets.
Entry payable to Newton Aycliffe A.C. £2.50.

To: Geoff Knowles, 4 West Park, Coundon, Bishop
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50p of all entries to LEPRAs

UK RESULTS ROUND-UP

17/18.4. Fresno. Women's Hept: K. Hagger 5869. 4.5. Eugene. DT: R. Slaney 60.68. 5.5. Eugene. HT: M. Mileham 73.36; women's SP/DT: M. Ritchie 17.46/65.02. 5.5. Indianapolis. 200: 4, R. Hunter 20.86. 5.5. Warrington. Women's 100: J. Andrews 11.57. 5.5. Gateshead. Women's 800: C. Boxer 2:02.1. 5.5. Derby. Women's 100H: S. Strong 13.4; HJ: D. Elliott 1.89 (not 1.92). 6.5. Houston. TJ: 3, K. Connor 16.23; (B) V. Samuels 16.19w. 11.5. Austin. JT: R. Bradstock 83.60. 12.5. Lincoln (US). 1500: P. Larkins 3:41.16, P. Black 3:42.02. 12.5. Modesto. 100: 6, D. Thompson 10.28w; HT: 4, Mileham 73.26; 7, S. Pickering 67.10. 12.5. Toledo. Women's 100/100H: S. Danville 11.51/13.45. 13.5. Gutersloh. 400/800: K. Akabusi 47.0/1:52.0. 13.5. Redditch. National 20kW: I. McCombie 1:25:34, C. Maddocks 1:26:51. 13.5. Haverfordwest. Women's SP/DT: V. Head 18.93 (betters listed UK rec)/62.02. 13.5. Frankfurt. Mar: 10, M. Longthorn 2:14:45. 15.5. Stretford. 3000: G. Turnbull 7:55.6. 16.5. Koblenz. 800: G. Brown 1:47.35; 1500: P. Elliott 3:40.12 . . . 3, J. Buckner 3:42.37; women's 400: J. Parry 53.12, G. Taylor 53.29. 16.5. C. Palace. 100: D. Reid 10.4; 400: R. Dickens 46.9; 800: I. Billy 1:47.2, C. McGeorge 1:47.2; 5000: M. McLeod 13:27.5, J. Goater 13:30.9, J. Solly 13:37.0, B. Smith 13:41.7, S. Jones 13:44.6, S. Binns 13:45.0; 400H: M. Whitby 51.4; SP: M. Winch 18.68; HT: P. Dickenson 70.16; women's

200: S. Jacobs 23.6. 19.5. Enfield. 200: A. Mafe 20.7, L. Christie 21.0; 800: S. Coe 1:45.2 (25.6, 52.0, 78.2). 19.5. Cudworth. 800: P. Elliott 1:46.4. 19.5. C. Palace. LJ: J. King 7.82. 19.5. Wolverhampton. 110H: N. Walker 14.0, M. Holtom 14.2; women's 400: K. Cook 53.2, L. Forsyth 54.2. 20.5. Stretford. Women's JT: D. Royle 59.80. 20.5. Gateshead. 5000: S. Cram 13:48.0. 20.5. C. Palace. Women's SP: J. Oakes 17.70. 20.5. Bolzano. Women's 100: H. Oakes 11.37, S. Thomas 11.57; 200: H. Barnett 23.64; JT: T. Sanderson 68.58, S. Gibson 59.50.

NUTS ANNUAL OUT

"British Athletics 1984", compiled by the NUTS for the BAAB, is now available (price £6) from the Book Dept., Athletics Weekly, 342 High Street, Rochester, Kent ME1 1ED.

Next week's issue includes a profile of Charlie Spedding by Simon Turnbull.

The new secretary of Macclesfield H is John Hirst, 4 South Grove, Alderley Edge, Cheshire.

The general secretary of Blaydon H&AC, Robert Walsh, has moved to 26 Ridley Gardens, Swalwell, Newcastle upon Tyne, NE16 3HT (Tel: 091 4889474).

INTERGEAR Wella Rd, Basingstoke, Hants Tel: 0256-22111



Vests and shorts by Frank Shorter.

Overseas News and Results

World heptathlon record falls to Paetz

SABINE PAETZ (née Mobius) has succeeded fellow East German, Ramona Neubert, as world record holder for the heptathlon. Competing in Potsdam on May 5th/6th, Sabine totalled 6867 points to add 31 points to the previous record. Her own previous best score was 6662. The individual marks included two performances of the highest world class: 12.64 for the hurdles (previous best of 12.83) and 6.86m for the long jump, 4cm below her pb. The world records compared:

Event	Neubert	Paetz
100H	13.42	12.64
HJ	1.82	1.80
SP	15.25	15.37
200	23.49	23.37
LJ	6.79	6.86
JT	49.94	44.62
800	2:07.51	2:08.93
Total	6836	6867

Sabine Paetz (born 16.10.57; 1.74/5'8½", 68kg/150lb) has until now been in Neubert's shadow as an all-rounder, placing second to her

both in the 1982 European and 1983 World Championships. Her annual progression in heptathlon: 1981 — 6210, 1982 — 6532, 1983 — 6662, 1984 — 6867.

Several other East Germans have been showing sparkling early season form, unaware at the time that their Olympic aspirations were to be dashed. GDR records were set by Gunther Rodehau (80.20m hammer), Uwe Freimuth (8542 decathlon), Ulrike Bruns (8:42.81 3000) and Petra Felke, whose javelin mark of 74.72m missed Tiina Lillak's world record by just 4cm. Frank Emmelmann and Marlies Gohr have run 10.11 and 10.86 respectively for 100, Thomas Schonlebe and Sabine Busch 45.46 and 49.87 for 400, Hansjorg Kunze won the GDR 10,000 title in 27:33.10, and throwing performances included 21.98m by Udo Beyer, 21.49m by Ilona Briesenick (formerly Slupianek), 71.02 by Gisela Beyer and 72.16m by Antje Kempe.

European Results

18.3. Lippstadt (FRG). 20kmW: Schwarz 1:23:44. 25.3. Potsdam (GDR). 20kmW: Weigel

International Running Circuit

AVON COSMETICS

AVON COSMETICS

is going to the North East for the first event in the 1984 Avon Women's Running Circuit

Race Details:

10 MILES

Darlington — Sunday 1st July

Closing date for entries 9th June.

Entry forms available from: Born to Run, Unit 1, Bakehouse Hill, Market Place, Darlington (Opposite Dolphin Centre) Co. Durham DL1 5QA or send SAE to Bryan Smith, 22 Avon Close, Garston, Watford, Herts WD2 6DN.

Entry fee 2.00

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1:21:13. **1.4. Paris (Fra).** 10km road: Boxberger 29:30, MIKE BISHOP 29:31, BERNIE FORD 29:31, STEVE JONES 29:31. **15.4. Epinay (Fra).** 20kmW: (track): Lelievre 1:22:14 (rec); 14,809m in hour). **22.4. Melun (Fra).** HT: Ciofani 75.06 (rec). **22.4. Szentes (Hun).** Women's DT: Katona (Fra) 59.04 (rec). **22.4. Vigevano (Ita).** Golden Shoe 8.85km road: Cova 25:04, ROGER HACKNEY 25:06, Maminski (Pol) 25:35. **21.4. Vigo.** Spanish 10,000 Champs: Prieto 28:46.6. **28.4. Cologne (FRG).** JT: Tafelmeier 87.32. **28.4. Antony (Fra).** 800: Moussa Fall (Senegal; African high jump record holder at 2.26 making 800 debut!) 1:49.38, DARRYL TAYLOR 1:50.04; HT: Ciofani 75.36 (rec); women's 1500: KATHY CARTER 4:22.33. **29.4. W. Berlin.** 25km road: Levisse (Fra) 1:15:11, Spoettel 1:16:08, Lefrand (Fra) 1:16:10, CHRIS BUCKLEY 1:16:36, PAUL EALES 1:16:50, Sensburg (FRG) 1:16:54, MAURICE COWMAN 1:17:09, Lucas (Fra) 1:17:35, Kofferschlager (FRG) 1:18:21, JOHN OFFORD 1:18:50; Vets: Even (Fra) 1:21:18; GEORGE BLACKBURN 1:24:51; women: de Brouwer (Fra) 1:24:06; Mota (Por) 1:24:59; Vahlensieck (FRG) 1:30:13. **29.4. Querqueville (Fra).** 100: (+4m) STEVE EDEN 10.60, JOHN MAYERS 10.60 ... ANDREW HAY 10.68w ht; HJ: 2, STEPHEN CHAPMAN 2.05; PV: Leveur 5.50, Ferreira 5.50; women's 100/200: SIMONE JACOBS 11.73 (+3.2m)/24.0 (+3.8m). **29.4. Montbeliard (Fra).** 21km road: Saleh (Dji) 1:01:34, Boxberger 1:01:46, Delaby 1:02:13, Robleh (Dji) 1:02:26, Lismont 1:02:37, MIKE DEEGAN 1:02:47. **29.4. Champs-sur-Marne (Fra).** HT: Farmer (US) 74.14.

30.4. Split (Yug). 100: Emmelmann (GDR) 10.11, Prenzler (GDR) 10.15, Moller (GDR) 10.29; HJ: Wessig (GDR) 2.26; SP: Beyer (GDR) 21.98, Timmermann (GDR) 21.52, Saracevic 20.54, Milic 20.32, Ivancic (age 46) 19.98; DT: Schult (GDR) 66.34, Warnemunde (GDR) 63.64, Lemme (GDR) 63.38; HT: Gerstenberg (GDR) 78.90, Rodehau (GDR) 77.90, Harber (GDR) 77.16; JT: Michel (GDR) 91.80; Weiss (GDR) 86.32; women's 100: Riefstahl (GDR) 11.34, Feuerbach (GDR) 11.48, JAYNE ANDREWS (née CHRISTIAN) 11.59; 200: Emmelmann (GDR) 22.78, G. Walther (GDR) 23.06, HELEN BARNETT 23.40; 800: Schroder (GDR) 1:58.64, Wuhn (GDR) 1:58.69; HJ: Helm (GDR) 1.90; LJ: SUE HEARNshaw 6.75, Radtke (GDR) 6.61; SP: Briesenick (GDR) 21.32, Knorscheidt (GDR) 21.18, Muller (GDR) 20.70; DT: Beyer (GDR) 71.02, Meszynski (GDR) 69.84; Madetzky (GDR) 65.04; JT: Kempe (GDR) 70.28, Potreck (GDR) 64.50, Felke (GDR) 60.72. **30.4. Brussels (Bel).** Women's HJ: Soetewey 1.90. **1.5. Wilhelmshaven (FRG).** 200: Skamrahl 20.80w. **1.5. Peer.** Belgian Mar Champs: Geirnaert 2:12:16, Vanderherten 2:12:21, Vanhuylenbroeck 2:12:53, Puttemans 2:13:24; women: Deurbroeck 2:32:32 (rec), Peeters 2:34:53, van Landeghem 2:37:33. **1.5. Barcelona (Spa).** 100/LJ: Corgos 10.2w/8.01w

(legal 7.95); 800: Gonzalez 1:48.9; 1500: Abascal 3:42.7; 110H: Moracho 13.6; women's HJ: Morte 1.85 (rec). **2.5. Rijeka (Yug).** (all GDR athletes) 100: Prenzler 10.50, Emmelmann 10.52; HJ: Sam 2.27; SP: Timmermann 20.94; JT: Michel 91.04, Lange 87.42; women's 400: Emmelmann 51.60; 100H: Riefstahl 12.87, Feuerbach 13.10; 400H: Uibel 55.91, Fiedler 56.06; HJ: Bienias 1.90, Helm 1.90; SP: Briesenick 21.05, Muller 20.91, Pufe 20.60, Knorscheidt 20.57; JT: Felke 68.24, Potreck 64.02.

5.5. Celje (Yug). 100: Emmelmann (GDR) 10.39, Prenzler (GDR) 10.43; 400: Schersing (GDR) 45.72; 800: Wagenknecht (GDR) 1:45.71; Savic 1:47.95; 4x100: GDR 38.75; HJ: Wessig (GDR) 2.28, Sam (GDR) 2.28; LJ: Beer (GDR) 7.99, Lange (GDR) 7.97; SP: Beyer (GDR) 21.66, Timmermann (GDR) 21.38, Milic 20.03, Ivancic 20.00; DT: Schult (GDR) 65.92, Warnemunde (GDR) 64.76; HT: Rodehau (GDR) 80.20 (rec), Gerstenberg (GDR) 79.06, Haber (GDR) 77.82; JT: Weiss (GDR) 84.12, Krdzalic 83.58 (rec), PETER YATES 83.28; women's events (all GDR) — 400: Bremer 51.81; 800: Wuhn 1:57.86, Schroder 1:58.20; 100H: Riefstahl 12.65; 400H: Uibel 55.30, Fiedler 55.57; LJ: Radtke 6.65; SP: Briesenick 21.49, Muller 21.32, Pufe 21.01; DT: Beyer 70.24, Meszynski 68.28, Opitz 67.72; JT: Felke 74.72 (rec), Kempe 72.16, Potreck 65.26. **5.5. Augsburg (FRG).** HT: Riehm 79.44, Ploghaus 79.36, Schaefer 74.88, Sahnner 74.36. **5.5. Salzburg (Aut).** Pent: Kratschmer (FRG) 4032 (LJ — 7.48, JT — 65.86, 200 — 21.56, DT — 48.72, 1500 — 4:37.29), Peter (FRG) 3908, Wentz (FRG) 3864; women's 100H: Denk (FRG)

Hingsen warming up . . .

13.33. **5.5. Bonn (FRG).** 110H/SP/DT: Hingsen 14.57/15.29/43.08. **5.5. Stade (FRG).** DT: Danneberg 67.40. **5.5. Potsdam (GDR).** 100: Hollender 10.39; 400: Schonlebe 45.46, Carlowitz 45.87; 1500: Beyer 3:39.28; 10,000 (GDR Champs): Kunze 27:33.10, Schildhauer 28:09.05, Peter 28:17.35; SP: Peltzer 20.39; HT: Moder 75.36; women's 100: (+0.4m) Gohr 10.86, Koch 11.13, Gladisch 11.15, G. Walther 11.23, Auerswald 11.29, Wockel 11.31; 400: Busch 49.87, Rubsam 50.25, Quirot (Cub) 52.30; 800: Ludwigs 1:59.53; 3000: (GDR Champs): Bruns 8:42.81 (rec), Martins 8:53.63; LJ: Schima 6.68; DT: Ramos (Cub) 64.58, Sachse 63.80; JT: Hommola 62.82. **6.5. Potsdam.** 800: Hauck 1:46.91; 110H: Munkelt 13.96; LJ: Dombrowski 7.94; JT: Hohn 86.46; women's 200: G. Walther 23.06; 1500: Brudel 4:06.33; 100H: Knabe 13.05, Terpe 13.23, Neubert 13.37. **5/6.5. Potsdam.** Dec: Freimuth 8542 (rec); 11.06, 7.69, 16.06, 1.97, 48.78; 14.75, 47.54, 4.80, 73.02, 4:24.6, Voss 8535, Riecke 8191, Behrendt 8045, Stark 7783; women's Hept: Paetz 6867 (world rec; 12.64, 1.80, 15.37, 23.37; 6.86, 44.62, 2:08.93), Vater 6485, Thiele 6359, Nitzsche 6092, Tischler 6081.

AAA call an Extraordinary General Meeting

NOTICE is hereby given that an Extraordinary General Meeting of the Amateur Athletic Association will be held at the Bloomsbury Crest Hotel, Coram Street, London, WC1N 1HT on Saturday, June 9th at 11 am, for the purpose of transacting the following business:

A. Special Resolution proposed by General Committee:

To consider and, if thought fit, pass the following special resolution as an amendment to the Memorandum of Association of the AAA by the addition of the following clause:— 3(xi) "To carry on all or any of the businesses of buying, selling, letting on hire, supplying on hire purchase or deferred payment terms or otherwise dealing in vehicles, computers, equipment, plant machinery, goods, materials, articles and commodities of all kinds and descriptions whatsoever"; and consequently to renumber the following clauses so that the present 3(xi) becomes 3(xii), 3(xii) becomes 3(xiii) and 3(xiii) becomes 3(xiv).

B. Ordinary Resolutions proposed by General Committee:

To consider and, if thought fit, pass the following resolutions:

1. That the AAA, through its General Committee, promotes and supports the formation of a new athletic body as "the only National Governing Body for all Amateur Athletics in the United Kingdom of Great Britain and Northern Ireland" by "the expansion of the constitution and activities of the BAAB to embrace all matters affecting the administration of athletics in the United Kingdom"; provided a) that the preferred structure of the new body shall be a federation; b) that in any revised constitutions of the new body

and of the AAA the Area Associations of the AAA shall be retained; c) that the voting powers of the constituent bodies of the new body and sub-committees of its Council of Management shall "more accurately reflect" the number and size of bona fide athletic clubs in the United Kingdom; d) that there shall be a re-appraisal of the financial sections of the *Turner Report* which do not constitute a viable financial basis for a reformed United Kingdom organisation.

[Cardiff AAC have proposed an amendment to the above item (1), which reads as follows:

"1. That the AAA, through its General Committee, promotes and supports the formation of a new athletic body as 'the only National Governing Body for all Amateur Athletics in the United Kingdom of Great Britain and Northern Ireland' by the establishment of a single governing body for the administration of athletics in the United Kingdom substantially in the form proposed in the *Turner Report*, PROVIDED that there shall be a re-appraisal of the financial sections of the *Turner Report* which do not constitute a viable financial basis for a reformed United Kingdom organisation".

This amendment should be with clubs by now, has been accepted by the AAA as a point of discussion, and will be included on the agenda of the EGM accordingly].

2. That the new body shall not necessarily be established as a limited liability company until further detailed study has been undertaken.

3. That the primary objects of the new body shall be: i) to affiliate to the IAAF as the governing athletic association for the United Kingdom of Great Britain and Northern Ireland; ii) to encourage, promote, develop and control athletics, and to secure a uniform policy in all matters affecting its administration and development in the United Kingdom.

4. That the constitution of the new body shall be established by agreement between the constituent member associations of the BAAB.

5. That the appropriate territorial responsibilities shall be delegated to the National Associations in England, Northern Ireland, Scotland and Wales.

6. That all bona fide athletic clubs in the United Kingdom may become members of the new body and shall be entitled to vote at any General Meetings thereof.

7. That there shall be a Council of Management of the new body comprising the representatives of the National Associations and Chairmen of all appropriate Sub-Committees.

8. That there shall be an Executive Board responsible to the Council of Management which may include full time executive staff.

CUPAR HIGHLAND GAMES

(Under SAAA & SWAAA Rules)

SUNDAY, 8th JULY, 1984

at 2 p.m.

EVENTS

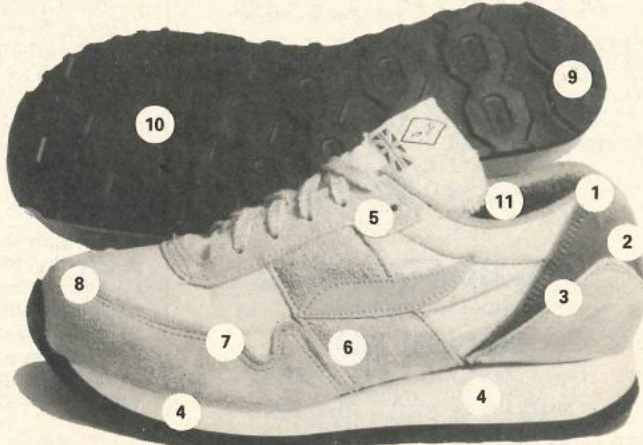
Handicap	100m, 200m, 400m, 800m, 1500m, High Jump, 11 Mile Road Race.
Scratch	11 Mile Road Race.
Heavies	Shot, Caber, Scots Hammer, Weight for Height.
Young	100m Girls and Junior Girls, 800m Youths.
Athletes	Senior Boys and Junior Boys.
Women	100m, 200m, 800m, High Jump, Shot, 11 Mile Road Race.

Entry forms from: J. Hendry, 3 Bonnygate, Cupar, Fife (enclose S.A.E.)

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(For those slower than 20 mins)

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Entries close 17th June

GRADED FIXTURES

WED., 20th JUNE

6.40 3Km Walk.

7.00 200m Ham./H.J..

7.30 1500m.

8.10 400m.

WED., 11th JULY

6.40 3Km Walk.

7.00 110mH (3'3") Jav., L.J.

7.20 1500m (Slower than 4 mins).

7.50 200m.

8.20 3000m (Faster than 9 mins)

WED., 15th AUGUST

Track closed for resurface.

WED., 12th SEPT.

6.40 3 Km Walk.

7.00 200m, Shot, H.J..

7.25 1500m (Faster than 4 mins).

7.40 3000m (Slower than 9.30).

8.10 800m

Fee: 50p per event. 30p 2nd event and under 20
years.

ENTRY ON NIGHT

(Close 20 mins before event)

9. That it is the wish of this Association that General Committee be invited to bring forward amendments to the constitution of the AAA to allow the Welsh AAA to become independent of the AAA and to redefine the area of responsibility of the AAA to exclude Wales.

10. That principal recommendation 11 of the *Turner Report* "that the AAA shall change its name to the English AAA" be not accepted.

11. That subject to the creation of a new body in a form acceptable to this Association, this Association would incorporate its finances in the finances of that new body.

12. That the Men's and Women's Associations of England shall be vigorously encouraged to amalgamate.

C. Ordinary Resolution proposed by R. Simons, Shaftesbury Harriers:

To consider and, if thought fit, pass the following resolution:

13. That General Committee acts upon the resolutions passed at this General Meeting with all reasonable speed and reports on progress in each subsequent Annual Report of Association.

The "Turner Report" has had wide debate at all levels within the Association. The AAA General Committee resolutions have taken into account the opinions expressed in Areas, counties, districts and clubs. Members of General Committee believe that if any progress is to be made towards one body for athletics in the UK, then these resolutions are the best way to achieve that aim. The General Committee as a whole is in favour of one body, but does not wish to surrender its sovereignty. Why destroy an outstanding, successful organisation by starting again from scratch?

The AAA in past years has been able to offer clubs and counties equipment, help athletes in pursuit of their athletic careers, sponsor the Young Athletes League, support a vigorous Five-Star award scheme, organise more championships than ever before and develop road running. What evidence is there that an untried organisation can do better?

It is the intention of the Amateur Athletic Association to develop the sport within the next five to ten years with the help of the increased finance which should become available through increased sponsorship and television. With or without a new body, far reaching development plans are required in both coaching and facilities to maintain and improve the sport of athletics in the United Kingdom. Athletics has never been more popular and the sport must adjust its sights to meet the new demands.

General Committee believes that its proposals based on the recommendations of the Turner Report have the best chance of achieving these aims and asks all members of the Association to support General Committee's resolutions by

VIGNERON ON TOP OF THE WORLD

WHO would have been world pole vault champion last year had there been no Eastern Europeans competing in Helsinki? The answer, somewhat surprisingly, is Tom Hintnaus of Brazil (but a USA resident), who placed 5th with 5.50m behind the USSR's Sergey Bubka and Konstantin Volkov, Atanas Tarev of Bulgaria and Tadeusz Slusarski of Poland.

The man who will surely start favourite in Los Angeles, though, is Thierry Vigneron of France. True, his competitive record in the major outdoor championships leaves much to be desired — he was 7th in the 1980 Olympics, equal 5th in the 1982 European and equal 8th in the 1983 World Championships — but his brilliant display at this year's European Indoor suggests he may have conquered his big-time nerves at last. For in Gothenburg on March 4th he not only won the title, but his clearance of 5.85m — gripping the pole at 4.95m — was the highest ever recorded indoors or out. Now he believes he can vault 5.90 this year, although the sole goal is to win that Olympic title.

Born at Gennevilliers on March 9th 1960, Vigneron was a gymnast and a cross country runner before gravitating to the pole vault when he was 14. He was a natural at the event, clearing 3.70 in his first year (1974), 4.20 in his second and 4.80 in his third. His subsequent progression: 1977 — 5.10, 1978 — 5.30, 1979 — 5.61 (world Junior record), 1980 — 5.75 (world rec), 1981 — 5.80 (world rec), 1982 — 5.71, 1983 — 5.83 (world rec), 1984 — 5.85 (indoor world rec).

A PIECE OF FUDGE

Bob Fudge reports that Paula gave birth to a 5lb 13oz baby girl, Rachel, early last Friday, May 18th. All are well, and we wish them much happiness in the years to come.

Mel Batty will be the guest speaker at "an evening talk on running" at the Bull Hotel, Bridport, Dorset on June 15th (7.30 pm). Admission will be free, and further details can be obtained from Bridport Sports, 4 Downes Walk, East Street, Bridport (Tel: 0303 22283).

An Accusplit 735 stopwatch was lost at the Essex Championships at Colchester last Saturday (May 19th). If found, please contact Ron Woolgar, who was timekeeping on the day, on Danbury 3106.

AAA EGM Continued

attending the EGM or by sending their proxies to the AAA Chairman at Francis House, pledging their support.

Mike Farrell,
General secretary, AAA

A.H.C.A.

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SAT., 4th AUGUST Broddick H.G., Isle of Arran

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Southern Women's League

DIVISION ONE

At Peterborough, May 5th

Essex 197; Bracknell 147; Borough of Hounslow 135; Dartford 125½; Nene Valley 124½.

100: J. Samuel (Houn) 12.3. 800: J. Compton (Brack) 2:13.7. 100H: T. North (Houn) 14.6. 400H: K. Wells (Ex) 64.2. SP: (A): 1, S. Smith (Ex) 13.08; 2, A. Fowles (Houn) 12.05; 3, E. Tinkler (Nene V) 12.03; 4, C. Bradley (Brack) 11.08; 5, C. Koppel (Dart) 10.99. (B): 1, S. Andrews (Ex) 11.25; 2, L. Stiby (Nene V) 11.08. DT: (A): 1, J. Picton (Brack) 44.72; 2, M. Whelan (Ex) 42.26. (B): 1, Bradley 42.98; 2, Andrews 38.84. JT: (A): 1, M. Bloomfield (Ex) 44.42; 2, Tinkler 40.66. (B): P. Woodhouse (Ex) 36.20. (Juniors): LJ: N. Goddard (Nene V) 5.12. JT: R. Manning (Ex) 31.24.

At Portsmouth, May 5th

Aldershot F&D 168½; Reading 146; City of Plymouth 138; Portsmouth 134; Haringey 133½.

100/200: 1, H. Oakes (Har) 11.8/24.0; 2, S. Jacobs (Read) 11.9/24.3. 400: (A): C. Stanley (Ports) 57.0. (B): 1, E. Spencer (Ports) 56.7; 2, D. Peach (Ply) 56.7. 800: S. Cazlay (AF&D) 2:14.1. 1500: L. Bicknell (AF&D) 4:37.3. 3000: S. Hawkey (Ply) 10:18.0. 100H: (A): J. Fisher (Ply) 15.4. (B): A. Kyei-Mensah (Har) 15.0. 400H: 1,

**11.8/24.0 double for
Heather Oakes over
11.9/24.3 Simone Jacobs**

Peach 61.9; 2, H. Myers (Ports) 66.4. HJ: H. Dodd (Read) 1.65. SP: (A): 1, B. Carter (Ports) 13.33; 2, B. Joseph (Har) 12.10. (B): G. Achille (Har) 11.74. DT: 1, Carter 38.32; 2, Joseph 37.26; 3, M. Stevens (Read) 35.24. JT: G. Hermanstein (Har) 37.72. 4 × 100: 1, Haringey 47.8; 2, Portsmouth 48.1. 4 × 400: 1, Portsmouth 3:56.7; 2, City of Plymouth 3:57.8.

At Crawley, May 5th

Radley 175; Borough of Enfield 146½; Crawley 139; Chelmsford 138; Epsom & E 124.

100/200: D. Warner (Rad) 12.3/25.0. 800: T. Lawton (Enf) 53.9. 1500: J. Standing (Craw) 4:39.4. 3000: A. Graham (Enf) 9:54.1. 100H: (A): 1, S. Longden (Craw) 14.7; 2, G. Rhind (Enf) 14.8. (B): K. Reynolds (Rad) 15.5. 400H: 1, S. Fowlie (Craw) 64.4; 2, E. Hickey (Rad) 65.1. HJ: 1, L. Gittens (Chelm) 1.78; 2, Hickey 1.75. LJ: Longden 5.65. SP: 1, S. Bracey (Chelm) 12.08; 2, A. Hollyoake (Rad) 10.94. DT: Hollyoake 40.82. JT: (A): K. Miller (Craw) 41.66. (B): T. Neal (Craw) 38.94. (Juniors): 800: L. Lewin (Craw) 2:21.8. 75H: L. Poulson (E&E) 12.1. SP/DT: M. Morgan (Enf) 11.07/32.62. JT: S. Painter (Rad) 32.68.

At Bromley, May 5th

Bromley 160½; Barnet 155½; Bournemouth 154; Bedford 132; Sutton & C 131.

100: S. Joseph (Brom) 11.9. 200: 1, Joseph 24.2; 2, R. Doherty (S&C) 25.1. 400: G. Honley (Barn) 57.5. 800: S. Burtonwood (Brom) 2:15.3. 3000: 1, J. Hickson (Bed) 10:20.7; 2, A. Gooderham (B'mth) 10:23.8. 100H: (A): M. Barnes (Brom) 14.5. (B): L. Wren (Brom) 15.0. 400H: (A): Barnes 62.8. (B): S. Harris (Brom) 66.3. HJ: 1, L. Manning (S&C) 1.80; 2, J. Matthews (Barn) 1.65. LJ: C. Neal (Barn) 5.77. SP: H. Kemp (S&C) 11.96. JT: (A): S. Brice (Barn) 39.02. (B): L. Flitney (Barn) 37.72. 4 × 400: Bromley 3:55.1. (Juniors): 200: 1, M. Walker (Barn) 26.2; 2, L. Pettican (Brom) 26.3. 1500: M. Bard (Barn) 4:51.5. 75H/SP: J. Mulcock (B'mth) 11.5/10.70. DT: Z. Bellringer (Brom) 28.10.

DIVISION TWO

At Haringey, May 5th

Middlesex 166; Luton 166; Stevenage & NH 150; Tonbridge 138; London Olympiades 91.

100/200: C. Haslam (LOAC) 12.0/24.8. 1500: 1, L. Harvey (LOAC) 4:35.2; 2, S. Jordan (Lut) 4:42.5. 3000: 1, K. Fitzgibbon (LOAC) 10:04.6; 2, S. Smith (Lut) 10:25.0. 100H: 1, S. Page (S&NH) 14.6; 2, S. Maynard (Mx) 14.8; 3, H. Caton (Lut) 15.2. LJ: E. Finikin (Mx) 5.89. JT: G. D'Arcy (S&NH) 42.18.

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At Bristol, May 5th
Cornwall 176; Basildon 176; Bristol 168;
Cambridge H 119; Havant 93.

100/200: V. Ellis (Bas) 12.0/24.5. 400: M. Cooney (Camb. H) 57.4. 800: B. Lock (Corn) 2:14.6. 3000: S. Quenby (Camb. H) 10:13.4. 100H: (A): J. Gibson (Bas) 15.0. (B): A. Barnes (Bas) 14.9. 400H: 1, Barnes 65.2; 2, F. Griffiths (Bris) 65.6. LJ: 1, J. Willoughby (Bris) 5.69; 2, A. Tipton (Havant) 5.58; 3, Ellis 5.57. SP: C. Keep (Bris) 10.97. DT: S. Moulton (Corn) 35.76. JT: S. Littlewood (Bris) 39.94. (Inters): Non-scoring 100: 1, D. Cousins (Bas) 12.4; 2, K. May (Bas) 12.5. (Juniors): JT: L. Moore (Bas) 28.10.

At Southend, May 5th
Oxford City 156; Fareham 148½; Norfolk Olym. 147½; Harlow 140; Southend-on-Sea 132.
 100: D. Gray (Norf) 12.3. 800: G. Settle (Norf) 2:14.9. 100H: M. Stone (S'end) 14.9. HJ: L. Chilton (S'end) 1.65. DT: J. Essex (Harl) 45.14. JT: (A): 1, N. Bradshaw (Fare) 38.80; 2, Stone 38.58. (B): L. Collins (Fare) 36.38.

DIVISION THREE (North)
At Peterborough, May 5th
Havering 186; Peterborough 169; Swindon 149;
Radley 122; Diss 90.
 1500/3000: S. Ing (Swin) 4:40.6/9:50.4. HJ: 1, T. Reeson (Peter) 1.80; 2, K. Johnson (Hav) 1.65. DT: R. Lister (Hav) 36.14. (Juniors): 1500: U. English (Hav) 4:45.4.

At High Wycombe, May 5th
Wycombe Ph. 200; Verlea 157; Hertford & W 126; Cambridge & C 123; Newham & EB 106.
 3000: J. Heywood (Wyc) 10:04.2. 400H: M. Southerden (Wyc) 60.6. DT: W. Townsend (N&EB) 35.52. JT: (A): A. Caine (C&C) 40.38. (B): C. Morris (Camb. H) 37.22. (Juniors): 75H: C. Greig (N&EB) 12.2. JT: C. Eagles (Ver) 30.00.

DIVISION THREE (South)
At Crawley, May 5th
Medway 161½; E. Grinstead 159; Belgrave 134½; Bournemouth 134½; Salisbury 99½.
 3000: R. Honeychurch (Bel) 10:15.2. SP: 1, R. Rose (Salis) 11.46; 2, W. Dunsford (Bel) 11.41. DT: 1, P. Bayar (Bel) 37.34; 2, Rose 36.70.

DIVISION FOUR
West, at Bracknell, April 14th
Andover 231; Trowbridge 231; Southampton & E 144; Windsor S&E 115; Bracknell 105; Collingbourne 83.
 JT: K. Jones (And) 36.04.

North, at Bury St. Edmunds, May 5th
Dacorum 179; W. Suffolk 173; Chelmsford 170; Vale of Aylesbury 144; Tower Hamlets 123; Borehamwood 55.
 (Juniors): HJ: J. Jennings (W. Suf) 1.65.

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Midland Women's League

DIVISION ONE

At Nottingham, April 28th

Notts 372; Wolverhampton & B 288; Birchfield 281; Coventry 265; Leicester 246; Cannock Chase 217.

100: (A): 1, J. Baptiste (W&B) 11.4; 2, L. Hall (Notts) 12.0; 3, A. Inniss (Leic) 12.1; 4, M. Ascroft (Bir) 12.1. (B): 1, S. Platts (Leic) 12.1; 2, P. Beckford (W&B) 12.1; 3, A. Turner (Bir) 12.3. 200: (A): 1, Baptiste 23.2; 2, Hall 24.2; 3, Inniss 24.4; 4, Ascroft 25.2. (B): 1, Platts 25.2; 2, L. Buchanan (Notts) 25.2. 400: (A): 1, K. Baker (Cov) 56.3; 2, J. Howell (Notts) 57.5; 3, S. Guise (Bir) 57.6. (B): L. Robinson (Cov) 57.5. 800: (A): 1, L. Baker (Cov) 2:07.8; 2, L. Ingram (W&B) 2:15.1. (B): H. Nicholson (Notts) 2:14.2. 1500: (A): 1, S. Batstone (Cov) 4:30.4; 2, B. Everley (Leic) 4:36.8. (B): E. Jones (Cov) 4:39.7. 3000: 1, S. Kerambrum (W&B) 10:08.6; 2, S. Simpson (Leic) 10:09.4; 3, R. Connors (Cov) 10:20.0. 100H: 1, T. Such (Bir) 14.2; 2, B. Malpass (Cov) 14.6; 3, J. Mulliner (W&B) 14.7; 4, J. Frampton (Notts) 14.8. 400H: (A): 1, D. Moss (Notts) 63.6; 2, D. Scott (Bir) 65.2. (B): J. Thomas (Bir) 65.5. HJ: 1, D. Elliott (Leic) 1.85; 2, C. Summerfield (W&B) 1.80. LJ: 1, G. Morton (Leic) 5.91; 2, S. Bowie (Bir) 5.90; 3, Frampton 5.51. SP: (A): 1, J. Simpson (Bir) 12.68; 2, A. Roworth (Notts) 12.54; 3, J. Aucott (Cov) 11.96; 4, Morton 11.40; 5, S.

Hall (W&B) 11.00. (B): 1, S. Gibson (Notts) 12.48; 2, J. Williams (Bir) 11.94. DT: (A): 1, K. Pugh (Bir) 44.24; 2, Aucott 39.04; 3, F. Vittles (Notts) 36.60; 4, E. Whitehouse (Cann) 34.58. (B): 1, A. Dimmock (Bir) 37.12; 2, K. Beardsley (Notts) 36.24; 3, A. George (Cann) 34.48. JT: (A): 1, Gibson 57.94; 2, Williams 47.94; 3, K. Ball (Cann) 42.98. (B): J. Griffiths (Cann) 39.64. 4x100: 1, Birchfield 47.3; 2, Wolverhampton & B 47.5; 3, Notts 48.6. (Inters): 80H: P. Khouri (Notts) 12.2. (Juniors): 100: J. Williams (W&B) 12.7. 800: R. Bell (Notts) 2:21.2. 1500: (A): J. Morris (Notts) 4:53.0. (B): R. Quinn (Notts) 4:54.9. 75H: (A): 1, O. Wright (Cann) 11.8; 2, D. Chapman (Leic) 12.2. (B): D. Read (Leic) 12.3. HJ: F. Ross (Leic) 1.63. LJ: H. Crisp (W&B) 5.40. 4x100: 1, Notts 51.5; 2, Wolverhampton & B 51.5.

DIVISION FIVE

At Sutton in Ashfield, April 29th

Sutton in Ashfield 333; Daventry 316; Tipton 273; Worcester 264; Stourport 260; Royal Sutton Coldfield 215.

100/200: S. Chillingworth (S. in A) 12.2/25.1.

DIVISION SIX

At Leamington, April 29th

Torfaen 448; Newcastle 291; Burton 265; Leamington 229; Port Talbot 185; Corby 182.

100/200: S. Short (Torf) 12.2/24.7. 100H: S. Withnall (Burt) 15.5. JT: 1, T. Fletcher (Leam) 39.10; 2, N. Poole (Newc) 37.14. (Juniors): 100: N. Short (Torf) 12.7.

Organised by Aberdare Valley Amateur Athletic Club
in conjunction with the Cynon Valley Borough Council
THE FOURTH ANNUAL CYNON VALLEY

HALF MARATHON AND FUN RUN

13 miles 192 1/2 yards (Under AAA & WAAA Laws)

SUNDAY, 15th JULY, 1984, Start 10.00 a.m.
from The Michael Sobell Sports Centre, Aberdare

PRIZES: Commemorative prize to every finisher.

Miner's Lamp Trophy to first individual. Individual prizes to first 20 finishers.

Commemorative Tee Shirt to first 100. Individual prizes to first 6 ladies to finish.

Portable TV to Most Heavily Sponsored Individual

Tee Shirt to everyone raising over £15 sponsorship

TEAM PRIZES: First Athletic Team of 8 (9 gall. Barrel of Beer).

First Non-Athletic Team of 8 (9 gall. Barrel of Beer).

First Ladies' Team of 6 — Magnum of Champagne.

Entry Fee: £2.00. (All competitors must be over 14 years on the day of event).

Entry Forms available from: Dave Collier, Michael Sobell Sports Centre, Aberdare. Tel. (0685) 874323.

(Please enclose 9" x 4" s.a.e.).

*Our aim is to raise funds for local charities and an Athletics Track for the Cynon Valley.
We hope all participants will obtain sponsorship for the event.*

Mostly flat, fast course, entire route is well supported by the local people.

Scottish Marathons

Another title for tireless Don Macgregor

DONALD Macgregor has been one of Scotland's top marathon runners for almost 20 years, during which time he has won three Scottish AAA titles, competed in two Commonwealth Games and finished seventh in the 1972 Munich Olympics. Since becoming a Veteran, in 1979, he has continued to add to that already impressive list of achievements. At Glasgow in 1980 he lifted the World Vets title with a time of 2:19:23, and last year he won the inaugural City of Dundee People's Health Marathon with a 2:17:23 performance — the fastest marathon run in Scotland in 1983.

On April 29th he repeated his Dundee victory, finishing ahead of almost 2000 other competitors in a race which was held on a sunny morning (60°F) with huge crowds lining the streets of the Tayside city.

From quite early in the race it seemed likely that the winner would come from a small group which included Macgregor, Terry Mitchell, Ian Graves, Murray McNaught, Alastair MacFarlane. Charlie Haskett, Don Ritchie and Craig Ross. Mitchell, who had finished runner-up to Macgregor in 1983, was the first to make a break for home, but the small gap he opened over the chasing runners was gradually clawed back and as the race entered the final six miles it was Haskett and Macgregor who emerged at the front. Haskett, running in only his third marathon (previous best time 2:24:57), was determined to do well on his home town course. Although currently living in Aberdeen, he has remained a loyal member of Dundee Hawkhill Harriers and had set himself a pre-race target of running under 2:20.

After 23 miles Macgregor began to ease himself away from the attentions of Haskett, and eventually opened up a winning lead of 120m. Despite not winning, Haskett was well pleased with a good personal best of 2:18:41 in second place. The battle for the other minor placings was no less interesting, with a mere 14 seconds separating the next three finishers. 35-year-old Murray McNaught came through strongly to take third in a lifetime best of 2:19:44, with Scottish Marathon Club captain, Alastair MacFarlane (SAAA champion in 1979), just getting the better of ultra distance multi world record holder, Don Ritchie. Terry Mitchell, the reigning East District cross country champion, faded over the closing stages, but held on for sixth place (2:20:24).

The Veteran's award should, of course, have gone to Macgregor, but he generously suggested that the prize should be passed down to the next Vet to finish. This meant that Edinburgh's Henry Muchamore, who finished 24th overall in 2:39:30, picked up his first marathon honour.

Less than a year ago, Burntisland's Margaret Baillie had never competed in a marathon. By the end of September, however, she had a best time of 3:09:12 after placing fourth in the City of Aberdeen Milk Marathon. But her progress since then has been such that she won the Dundee race in 2:51:12, finishing over 16 minutes ahead of her nearest challenger, last year's winner Marjorie Thoms (3:07:33).

Fraser Clyne

1, D. Macgregor 2:18:16; 2, C. Haskett 2:18:41; 3, M. McNaught 2:19:44; 4, A. MacFarlane 2:19:56; 5, D. Ritchie 2:19:58; 6, T. Mitchell 2:20:24; 7, S. Graves 2:22:19; 8, C. Ross 2:26:08; 9, W. Loudon 2:28:58; 10, Z. Bankowski 2:30:36; 11, P. McGregor 2:31:37; 12, I. Grieve 2:32:52; 13, A. Bell 2:33:50; 14, D. Hamilton 2:33:53; 15, V. Johnston 2:35:03; 16, T. Ross 2:36:19; 17, S. Borland 2:36:25; 18, F. Malko 2:36:53; 19, G. Taylor 2:37:26; 20, D. Francis 2:38:19; 21, I. Howie 2:38:35; 22, R. Wood 2:38:50; 23, S. Cassells 2:38:58; 24, M. Laing 2:39:33; 25, H. Muchamore 2:39:41; 26, E. Bell-Scott 2:39:56; 27, J. Gilfillan 2:40:42; 28, C. Noble 2:42:08; 29, W. Gray 2:42:19; 30, J. Page 2:42:20; 31, I. Hornsby 2:42:44; 32, E. Ainslie 2:43:27; 33, P. Coyle 2:43:36; 34, B. Williams 2:43:45; 35, A. Kidd 2:43:57; 36, B. Calder 2:44:23; 37, N. Torsney 2:44:25; 38, A. Heffren 2:44:29; 39, A. Llanwarne 2:44:33; 40, S. Clark 2:45:22.

Galloway Milk Marathon, at Newton Stewart (April 29th). 1, G. Fairley (Kilb) 2:32:51; 2, C. Joss (Bella) 2:37:52; 3, K. Graham (Els) 2:38:49; 4, A. Wilson 2:39:54; 5, C. Lee (Els) 2:41:44; 6, A. Macrae (E. Kil) 2:42:14. (Vets): 1, F. Hardy 2:49:04; 2, G. Armstrong (Loth) 2:49:57; 3, B. Welsh (Kelv-O/45) 2:53:55. (Women): S. Catterall (Bol) 3:03:14.

BROOKS SCAA OPEN MEETING

At Crystal Palace, May 9th

100: 1, D. Reid 10.5; 2, J. Evans 10.6; 3, C. Callender 10.8; 4, N. Richens 10.8; 5, S. Eden 10.8; 6, J. Mayers 10.9. 400: 1, O. Parker (HHH) 49.5; 2, N. Grover (B&H) 49.7. BMC 1500: 1, J. Gladwin 3:49.0; 2, S. Crossman 3:51.5; 3, N. Hopkins 3:51.9; 4, T. Crossman 3:52.2; 5, P. Barratt 3:52.5; 6, M. Sinclair 3:53.1; 7, J. Boakes 3:53.3; 8, T. Brennan 3:54.3; 9, R. McDonnell 3:54.7; 10, D. Priestley 3:56.0. 1500: 1, J. Barton (Camb. H) 3:54.5; 2, G. McCall (Folk) 3:54.6. LJ: P. Simpson (B&H) 6.80. (Juniors): DT: 1, M. Symonds (Ox. C) 47.78 (UK age-15 best); 2, C. Smale (S&C) 47.78; 3, M. Cole (AF&D) 40.88. (Boys): 1500: K. Holmes (Hast) 4:21.1. (Colts): 1500: 1, S. Wilson (Dart) 4:50.0; 2, S. Burchell 4:51.2.

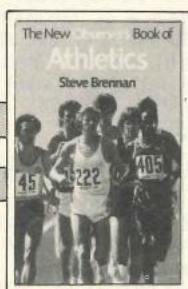
SHOT PUTTERS' WEEKEND

THE SIMON Rodhouse Memorial Inter-Area Shot Training Weekend, held at Avonbourne Sports Centre, Bournemouth, on March 24th and directed by Paul Rees, was attended by 19 throwers and four coaches with Max Jones as Chief Coaching Adviser. It proved to be a very hard working and rewarding weekend for all those involved. The greatest emphasis was upon skill development through drills, and this was backed up with the use of full video playback where appropriate. We were fortunate that these facilities were made available through the kindness of Rediffusion with filming by Colin Kelly.

The highlight of the weekend was the Inter-Area shot competition; a full competition under the control of Grade I and III officials. It proved to be a most exciting contest, the adrenalin flowed and five pb's were registered in a highly competitive atmosphere:

1, N. Tabor (S&E) 16.94; 2, P. Mardle (W&B) 15.83; 3, L. Wiltshire (Ports) 15.46; 4, N. Gray (Fare-J) 15.11; 5, J. Wood (Exe) 15.04; 6, S. Thomas (Liv) 14.60; 7, R. Davies (W&B-J) 14.57; 8, M. Holmes (Liv) 14.48; 9, M. Smith (S'end-J) 14.30; 10, S. Wilson (Fare) 14.08; 11, C. Jennings (Hull S-J) 13.96; 12, T. Walhen (B'ht) 13.35. (Women): 1, B. Carter (Ports) 13.36; 2, D. Woolgar (Worth) 12.00; 3, R. Rose (Salis) 11.23; 4, L. Whitely (B'mth) 11.10.

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LONG LIFE — MILESTONES '6'

April 20th

1, D. Hayes 31:08; 2, A. Jenkins 31:10; 3, M. Page 31:13; 4, J. Barnard 31:49; 5, P. Gibbins 32:03; 6, S. Corcoran 32:04; 7, P. German 32:28; 8, J. Marsh 32:34; 9, C. Bradley 33:06; 10, P. Gray 33:23; 11, G. Small 33:29; 12, M. Head 33:33; 13, P. Sheard 33:39; 14, R. Maddock 33:47; 15, B. Holden 34:04. (Vets): 1, G. Williams 34:30; 2, D. Grant 34:37; 3, A. Kelly 36:12. (Women): 1, K. Bowley 39:18; 2, C. Moorat 40:15.

KEITH FALLA MEMORIAL CC RACE

April 21st

1, Jenkins 24:19; 2, Hayes 24:41; 3, Page 24:42; 4, Barnard 24:52; 5, Corcoran 24:55; 6, Bradley 25:24; 7, Gibbins 25:30; 8, German 25:31; 9, Marsh 25:37; 10, Gray 25:50; 11, Maddock 26:17; 12, Small 26:21; 13, R. Herbert 26:30; 14, Holden 26:32; 15, Sheard 26:33. (Vets): 1, Grant 26:57; 2, C. Barretto 27:14; 3, Williams 27:41. (Women): 1, Moorat 30:56; 2, Bowler 31:25; 3, A. Hale 33:11.

COMMODORE SHIPPING '3'

April 22nd

1eq, H. Jones & Hayes 14:25; 3, Jenkins 14:27; 4, Barnard 14:42; 5, Page 14:43; 6eq, Gibbins & Bradley 14:49; 8, Corcoran 14:50; 9, Marsh 14:50; 10, Gray 14:57; 11, German 14:59; 12, Small 15:17; 13, S. Pallot 15:19; 14, Maddock 15:22; 15, Sheard 15:24. (Vets): 1, Williams 15:31; 2, Grant 15:44; 3, Barretto 16:10. (Women): 1, Bowler 18:04; 2, Moorat 18:41; 3, Hale 19:10.

WILLIAMS & GLYN'S HALF MARATHON

April 23rd

1eq, Page & Jones 68:30; 3, Jenkins 68:43; 4, Hayes 68:49; 5, Gibbins 70:06; 6, Barnard 70:23; 7, Bradley 70:40; 8, Marsh 71:47; 9, Corcoran 72:04; 10, Gray 72:40; 11, M. Perrio 72:45; 12, D. Midgley 74:01; 13, Sheard 74:17; 14, Holden 74:31; 15, Small 74:41. (Vets): 1, Barretto 75:52; 2, Williams 75:57; 3, Grant 76:02. (Women): 1, Bowler 88:23; 2, Moorat 89:55.

LOUGHBOROUGH CLASS OF '56

A reunion is being organised on June 17th — to coincide with the Loughborough v AAA match — of ex-physical education students who were at Loughborough Training College from 1956-58/59. The organiser, Peter Davie, would particularly like to know of the current whereabouts of Don Kilby, Tony Elkins, John Servers, Alan Bates, Peter Cahill, Geoff Harvey, Bill Warmington, Stan Grimwade and Georg Johnson, but anybody who was at Loughborough those years is invited to contact Peter for further information at 52 Millhouses Lane, Millhouses Sheffield, S7 2HB (Tel: 0532 362456).

EVENT ORGANISERS



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Race Walking Notes

ENGLISH SCHOOLS MILK CHAMPS

At Nuneaton, May 5th

(**Snr. Boys/10km**): 1, S. Partington (Mer) 46:34; 2, A. Penn (Wks) 47:18; 3, P. Spencer (Dev) 48:14; 4, J. Markham (Ex) 48:47; 5, S. Moore (Wks) 49:15; 6, M. Hesketh (Sx) 49:25; 7, C. Tonks (H&W) 49:44; 8, D. Claxton (S. Yk) 50:17; 9, T. Baker (Mer) 50:30; 10, W. Nicholson (WM) 51:43; 11, N. George (H&W) 53:28; 12, K. Polley (Wks) 53:52; Dave Hucks (Lon) disq. in last kilometre after leading all the way. **Teams**: 1, Warwicks 19; 2, Merseyside 29; 3, Hereford & W 31; 4, Essex 35.

(**Inters/5km**): 1, I. Ashforth (S. Yk) 22:52; 2, G. Brown (Sx) 23:27; 3, G. Ringshaw (Sx) 23:49; 4, P. Nunn (Sx) 23:57; 5, D. Stone (Sx) 24:40; 6, H. Lippett (H&W) 25:30; 7, P. Sayers (WM) 25:38; 8, A. Jordan (Ex) 25:59; 9, B. Cuff (WM) 26:04; 10, D. White (H&W) 26:12; 11, G. Morris (Leics) 26:28; 12, P. Jenner (Ex) 26:40; 13, M. Aerts (WM) 27:00; 14, F. Pearce (Ex) 27:04; 15, N. Simmonite (S. Yk) 27:27. **Teams**: 1, Sussex 9; 2, W. Midlands 29; 3, Essex 34; 4, Hereford & W 49; 5, Kent 69.

(**Jnrs/3km**): 1, D. Ethell (Leics) 14:43; 2, R. Gill (H&W) 14:48; 3, S. Savage (H&W) 14:59; 4, J. Vincent (Leics) 15:03; 5, P. Whitehouse (Wks) 15:14; 6, J. Griffiths (H&W) 15:18; 7, J. Bott (Leics) 15:20; 8, M. Ludlam (Leics) 15:25; 9, J. Bell (Ex) 15:26; 10, C. Wilkinson (S. Yk) 15:27;

11, L. Gascoyne (Ex) 15:27; 12, S. Moody (WM) 15:34; 13, M. Young (Mer) 15:35; 14, S. Butler (WM) 15:46; 15, S. Harman (H&W) 15:50; 16, R. O'Rawe (Ex) 15:54; 17, S. Trigg (Leics) 15:55; 18, R. Burrow (Kt) 16:04; 19, R. Nunn (Sx) 16:08; 20, J. Farmer (Wks) 16:13. **Teams**: 1, Hereford & W 11; 2, Leics 12; 3, Essex 36; 4, Warwicks 52; 5, W. Midlands 56; 6, Merseyside 60.

(**Snr. Girls/5km**): 1, L. Langford (W. Mid) 25:28; 2, R. Sugg (H&W) 25:45; 3, A. Willis (Hants) 27:32; 4, J. Blundell (H&W) 28:28; 5, H. Cross (Mer) 28:42; 5, N. Menendez (Sy) 29:03; 7, T. Lippett (H&W) 29:31; 8, A. Field (H&W) 29:36; 9, A. McClelln (Hants) 30:01; 10, C. Iveagh (Mer) 30:22; Helen Ringshaw, Nicky Jackson and Liz Ryan were all on GB international duty in Norway. **Teams**: 1, Hereford & W 13; 2, Merseyside 27.

(**Inters/3km**): 1, K. Macadam (Wks) 14:42; 2, S. Clark (Sx) 15:51; 3, M. O'Rawe (Ex) 15:52; 4, J. Savage (Sx) 16:00; 5, J. Taylor (WM) 16:11; 6, J. Bellfield (WM) 16:17; 7, S. Matthews (Sx) 16:19; 8, R. Pressdee (WM) 16:19; 9, D. Cooper (H&W) 16:36; 10, C. Bell (Ex) 16:38; 11, S. Booker (Mx) 16:40; 12, L. Simpson (Sy) 16:53; 13, G. Porter (Lon) 16:54; 14, K. Millward (Mer) 16:56; 15, A. Dance (Sx) 16:57; 16, V. Mills (WM) 16:57; 17, V. Bray (WM) 16:59; 18, A. Gallagher (H&W) 17:06; 19, K. Dunster (Hants) 17:13; 20, J. Kermode (Mer) 17:16; 21, L. Glover (WM) 17:20; 22, P. Gelling (Mer) 17:21; 23, J. Taylor (Cum) 17:34; 24, J. Smith (HW) 17:39; 25, N.

FRINGFORD TEN PARISH PLOD

The 4 mile run starts at 4.30

The 10 mile run starts at 6.00

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14th JULY, 1984

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LIVERPOOL HARRIERS & A.C.

President: B. Howard Baker, Esq.,

MELBOURNE TROPHY OPEN TRACK & FIELD MEETING

(Under A.A.A. and W.A.A.A. Laws) (Max. spikes 5mm)

Kirkby Sports Centre (051 546 3104/5)

SATURDAY, 23rd JUNE, 1984

The MELBOURNE TROPHY (in honour of the club members KEN BOX and TOM FARRELL who ran in the 1956 OLYMPICS at Melbourne) will be presented to the club scoring most points in the SENIOR MEN'S events.

FIELD EVENTS: Start 1.00 p.m. (except L.J., Dis. and Jav.)

Shot	SL, JM, Y, JL, SM.
Hammer, Dis.	SM.
High Jump	Y, JM, SM, SL.
P.V., T.J., Jav.	SM, JM, Y.
Long Jump	SL, SM, JL.

TRACK EVENTS: (in order — start 1.00 p.m.)

400mH	SM.	3000m	SL/IL.
400mH	SL.		
800m	SM, C, G, IL, SL.		
110m	SM.		
100m	JL, IL, SL, Y, JM, SM.		
1 Mile	SM, Y.		
400m	Y, JM, SM, IL, SL.		
1500m	B, JL.	3000m	SM.
200m	SM, JM, JL, IL, SL.		

ENTRIES: 40p per event to Mr. T. J. O'Mahoney, 12 Kirkmore Road, Liverpool, L18 4QN. Cheques and p.o. only please, made payable to Liverpool Harriers & A.C.

CLOSING DATE: FRIDAY, 8th JUNE, 1984
No entries on the day

Footnote: Next Open Meeting promoted by Liverpool Harriers will be on 22nd July, at Kirkby; see AW 16th June, for details.

Hendey (Sy) 17:55; Angela Perry pressed the leader hard all the way, but was disqualified in the closing stages. **Teams:** 1, Sussex 13; 2, W. Midlands 19; 3, Essex 39; 4, Hereford & W 51; 5, Merseyside 56; 6, Warwicks 59.

(Jnrs/2½km): 1, S. Ashforth (S. Yk) 11:58; 2, N. Ellis (WM) 12:03; 3, V. Lawrence (Berks) 12:04; 4, J. Sneed (WM) 12:21; 5, S. Cooper (H&W) 12:34; 6, L. Pye (H&W) 12:38; 7, M. Hood (Kt) 12:40; 8, J. Clarke (Mer) 12:51; 9, C. Blundell (H&W) 12:53; 10, S. Tonks (H&W) 12:57; 11, S. Griffiths (H&W) 12:58; 12, A. Barnes (Sy) 13:03; 13, C. Rice (S. Yk) 13:03; 14, W. Clarke (WM) 13:07; 15, N. Barrows (Kt) 13:09; 16, C. Simmons (S. Yk) 13:11; 17, P. Aston (Hants) 13:12; 18, H. Morgans (WM) 13:13; 19, J. Pope (Sx) 13:17; 20, N. Massey (Leics) 13:28; 21, R. McGuinness (Mer) 13:38; 22, J. Higgins (WM) 13:46; 23, S. Isted (Hants) 13:57; 24, K. Anstead (Kt) 14:06; 25, T. Blake (Dev) 14:11; 26, V. Larby (Hants) 14:12; 27, C. Ogden (WM) 14:16; 28, P. Crellin (Mer) 14:16; 29, A. Crofts (Leics) 14:20; 30, K. Woodcock (Cum) 14:24. **Teams:** 1, Hereford & W 20; 2, W. Midlands 20; 3, S. Yorks 30; 4, Kent 46; 5, Merseyside 57; 6, Hants 66.

Roy Sheppard, Brenda Lupton and Susan Ashforth star in Sheffield Open Meeting (April 7th). Good weather conditions made for fast times, and Roy Sheppard made his journey north worthwhile with a clear victory over 10km. Brian Adams put in a very encouraging performance to take second, with Mick Greasley holding off clubmate, Les Morton, for third.

Brenda Lupton had a comfortable 5km win over Lilian Millen — now back to her best form, with the promising Kim Macadam a solid third and first Intermediate. The local WAAA Junior champion, Susan Ashforth, proved outstanding in the age-group events, and well beat her nearest Midland rivals.

10km: 1, R. Sheppard (Ang) 43:26; 2, B. Adams (Leic) 44:11; 3, M. Greasley (Sheff) 44:37; 4, L. Morton (Sheff) 44:43; 5, R. Hankin (Sheff) 45:40; 6, D. Englert (Sheff) 46:16; 7, S. Moore (Cov) 47:14; 8, I. Ashforth (Sheff) 47:24; 9, D. Claxton (Sheff) 47:42; 10, R. Rawlins (B&R) 47:51; 11, R. Simmons (Sheff) 49:00; 12, S. Marsden (Lancs) 49:53; 13, J. Newnham (Bel) 50:44; 14, A. Woodruff (Sheff-V) 51:07; 15, M. George (B&R) 51:43. **Team:** Sheffield. **(Boys/2½km):** 1, J. Griffiths (B&R) 12:32; 2, R. Gill (B&R) 12:32; 3, J. Vincent (Leic) 12:50; 4, S. Trigg (Leic) 12:53; 5, J. Bott (Leic) 13:03; 6, C. Wilkinson (Sheff) 13:07. **Team:** Bromsgrove & R. **(Women/5km):** 1, B. Lupton (Sheff) 24:23; 2, L. Millen (Cumb) 24:47; 3, K. Macadam (Cov-I) 26:06; 4, P. Leader (B&R) 26:42; 5, A. Perry (Sheff-I) 27:31; 6, D. Wood (Sheff) 27:44; 7, H. Cross (Boun) 28:27; 8, J. Harasimuk (Bol) 28:40; 9, L. McCulloch (Stock) 29:03; 10, C. Wood (Bol) 29:25. **Team:** Sheffield. **(Juniors):** 1, S. Ashforth

(Sheff) 12:06; 2, N. Ellis (S&SH) 12:47; 3, J. Sneed (S&SH) 12:48; 4, S. Griffiths (B&R) 12:51; 5, L. Pye (B&R) 13:05; 6, V. Lupton (Sheff) 13:09; 7, V. Firmstone (S&SH) 13:16; 8, C. Rice (Sheff) 13:22; 9, C. Leader (B&R) 13:34; 10, C. Blundell (B&R) 13:58; 11, C. Simmons (Sheff) 14:01; 12, S. Tonks (B&R) 14:11. **Team:** Solihull & SH.

Mick Greasley wins Northern 20km Champs as Sheffield steamroller opposition, at Sheffield (April 28th). Held over a typical, tough, Sheffield, multi-lap circuit, times were slower than expected. Mick Greasley confirmed his recent excellent form to win handily from Dave Staniforth, who duplicated his second place of last year. Ray Hankin, now back to good health, was a close-up third, well clear of Dave Englert. In the women's 5km, Brenda Lupton reversed the 1983 placings with Lilian Millen, with young Angela Perry well back in third place.

1, M. Greasley (Sheff) 1:35:42; 2, D. Staniforth (Sheff) 1:36:32; 3, R. Hankin (Sheff) 1:37:36; 4, G. Crossland (Sheff) 1:40:09; 5, D. Englert (Sheff) 1:40:48; 6, M. Holmes (Yk. P) 1:41:59; 7, M. McCann (Yks) 1:42:47; 8, K. Jameson (Yk. P) 1:43:18; 9, J. Atterton (Sheff) 1:43:56; 10, M. Wall (Aus-Gst) 1:45:37; 11, G. Smith (Lancs) 1:47:02; 12, J. Warhurst (Sheff) 1:47:37. **(Women/5km): 1, B. Lupton (Sheff) 24:34; 2, L. Millen (Cumb) 25:04; 3, A. Perry (Sheff) 28:00.**

Roy Sheppard holds off a fast-closing Bob Dobson to take Essex 20M Champs, at Colchester (April 28th). Warm sunshine, tempered by a strongish breeze, greeted the competitors on this rural five-lap course. Roy Sheppard blasted away in characteristic fashion, and led from start to finish. Bob Dobson, after breaking away from Roy's brother, Dennis, at eight miles, put in a very even-paced second half to considerably cut down the winner's lead in the closing stages. Their lap time 'splits' make interesting reading — the first circuit was some 200m shorter than the remainder: Sheppard 28:37, 29:54, 31:53, 34:00, 36:08; Dobson 30:24, 32:44, 33:02, 33:20, 33:28.

1, R. Sheppard (Ang) 2:40:32; 2, R. Dobson (Ilf) 2:42:58; 3, D. Sheppard (Ang) 2:55:28; 4, J. Llewellyn (Bel) 3:03:02; 5, P. Cassidy (Loughton) 3:05:05. **Team: Anglia. **(Women):** P. Wilson (Loughton) 3:50:27.**

Colin Young

The new secretary of Verlea AC is Mrs. B. Errington, 7 Somers Road, Welham Green, Hatfield, Herts (Tel: Hatfield 68385).

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S.A.E. please to: C. J. Harvey, The Green, Kingham, Oxford. OX7 6YD. Tel: 0608-71-596.

Readers' Letters

MISSING RECORDS

Dear Sir,

You included in your April 14th issue a list of various UK records recently ratified. Noticeable among them were several which have been outstanding since 1981, set in a walks international at Brighton. These have taken over two years to procure.

This is not the first time that approval of records set in championship or international meetings has been delayed for such reasons. Even worse, Steve Barry has twice been denied UK records at 10,000m walk because the tracks concerned (West London and Kirkby) were found to be at fault when subsequently checked. May I hope that the BAAB and AAA will bear in mind the possibility of records being set when deciding on venues for their meetings, and ensure that only tracks with valid certificates are chosen in the future.

A similar question concerns the failure of officials to submit record claims. No doubt it is an unwelcome chore on top of everything else that officiating at a meeting entails, but the job has to be done sooner or later — and later inevitably means delays and mistakes. This is not a passing

phenomenon — some nine or ten marks per year are regularly overlooked, as the attached list of unclaimed performances since 1980 will attest.

One final curiosity: at the time of writing the IAAF still await an application for Sue Cook's world record for 10,000m walk, some EIGHT MONTHS AFTER THE EVENT, yet the mark is listed as a UK all-comers' record. How does that happen?

Bob Sparks,
President, ATFS

UNRATIFIED UK 'RECORDS', 1980-83

United Kingdom All-Comers

DT: 66.66 — Imrich Bugar (Cze), 13.6.82, Gateshead; 67.56 — Gejza Valent (Cze), same meeting; **HT:** 78.58 — Klaus Ploghaus (FRG), 22.6.81, Crystal Palace.

(Women): 5000: 15:49.6 — Kath Binns, 5.4.80, Stretford; 15:45.26 — Monica Joyce (Irl), 30.7.82, Crystal Palace; 10,000: 33:33.7 — Binns, 27.2.80, Cophall; **LJ:** 6.74 — Robyn Lorraway (Aus), 30.7.83, Crystal Palace; 3000W: 13:39.3 — Carol Tyson, 2.8.81, Stretford; 13:39.1 — Sue Cook (Aus), 31.7.82, Crystal Palace; 13:20.0 — Sally Pierson (Aus), 14.9.83, Leicester; 5000W: 23:12.55 — Tyson, 25.7.81, Crystal Palace; 23:03.52 — Cook, 31.7.82, Crystal Palace; 22:24.0 — Pierson, 14.9.83, Leicester; 10kmW: 48.34.5 — Tyson, 22.8.81, Stretford.

United Kingdom National

200: 20.35 — Allan Wells, 1.7.80, Oslo; 3000SC: 8:15.16 — Graeme Fell, 17.8.83, West Berlin.

(Women): 400: 50.88 — Joslyn Hoyte-Smith, 1.7.80, Oslo; 5000 & 10,000: Kath Binns (as above); **HJ:** 1.88 — Louise Miller, 17.5.80, Woodford; **SP:** 16.84 — Meg Ritchie, 25.3.80, Tucson; 17.84 — Judy Oakes, 12.8.82, Cwmbran; 17.88 — Venissa Head, 28.8.82, Brecon; 18.06 — Ritchie, 26.3.83 & 7.5.83, both Tucson; 18.21 — Ritchie, 7.5.83, Tucson; 18.99 — Ritchie, 7.5.83, Tucson; (18.28 — Head, 2.7.83, Thionville); **DT:** 65.08 — Ritchie, 25.4.80, Tempe; **JT:** 67.24 — Tessa Sanderson, 2.8.81, Spalding; **Hept:** 6353 — Judy Livermore, 11.9.83, Sofia.

United Kingdom National Junior

HJ: 2.16 — Ossie Cham, 5.6.80, Stuttgart; 2.18 — Alex Kruger, 3.7.82, Karlstad; 2.19 — Geoff Parsons, 4.7.82, West London; **SP:** 16.94 — Antony Zaidman, 17.5.81, Isleworth; 16.96 — Zaidman, 13.6.81, Oldenburg; 17.51 — Billy Cole, 21.5.83, Woodford; **DT:** 53.42 — Paul Mardle, 25.7.81, Haringey; 3000W: 12:21.9 — Gordon Vale, 12.3.80, Crystal Palace; 12:19.8 — Vale, 11.3.81, Brighton; 12:02.04 — Phil Vesty, 24.7.82, Crystal Palace; 10kmW: 42:33.8 — Vale, 15.4.81, Brighton.

(Women): 100H: 13.51 — Nathalie Byer, 3.7.83, Cophall; **HJ:** 1.88 — Debbie Marti, 16.7.83, Kirkby.

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AAA REGISTRATION SCHEME

Dear Sir,

In your May 12th edition, Kevin Brown takes exception to my, and indeed many others', attitude to the AAA Registration Scheme. However, his is the view of one who only participates in the sport and not one who is involved in running a club or organising athletics events. In fact, he is probably not aware how the scheme came into being. It stems partly from dissatisfaction among runners and organisers of large participation events towards the entry procedures. The AAA had also been looking into the possibility of registration for a couple of years, but suddenly came under pressure to get the scheme off the ground quickly.

According to Mike Farrell's statement in 'AW' (Oct. 22nd) a number of bodies were considering launching schemes which would have undermined the AAA's control of the sport. It is unfortunate that he failed to substantiate this by naming these people who would have used the running boom for their own gain. In their haste, the AAA did not consult their member clubs or other governing bodies as to whether such a scheme was desirable and, if so, how it was to be run and how any profits would be shared.

Further to this, they have also spread misconceptions as to the effects of the scheme. In the same statement in 'AW', Mike Farrell gave the assurance that the scheme would not undermine the club structure in the sport. Nothing could be further from the truth. I have heard of cases of athletes leaving clubs or failing to renew membership because the registration scheme is cheaper, more convenient and still saves the 50p unattached surcharge. Now that the AAA have dropped the compulsion on athletes to join clubs in most road running events, there becomes less reason for a not insignificant proportion of runners to join or remain with clubs. The effect on any club of any size in terms of income over a period of time, as the next generation of athletes coming into the sport through the present running boom grows, is potentially very damaging.

The point of my last letter to 'AW' (March 31st) was that the AAA had lost sight of the requirements of club athletics in its attempt to co-ordinate road running and, as a result, are in danger of losing control. For example, I recently spectated at one prestigious road race where there was a notice displayed outside the changing rooms stating that the organisers hadn't applied for a AAA permit because they disagreed with the late entry and 50p surcharge rules. It would seem that the AAA have more time for the organisers of the large marathon events, now in the guise of the British Association of Road Races, than for its own constituent clubs and associations when it comes to rules for road running.

It is these people who have been advising the AAA on the scheme and are its most ardent

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supporters largely for their own benefit. I have yet to hear a satisfactory justification for the scheme in relation to co-ordinating the sport other than for periphery reasons such as knowing how many people are now participating, or for the purpose of it being an alternative to club membership.

You see, Mr. Brown, the question of the registration scheme is not about "putting more order into the sport" but about who runs it.

Dennis Orme,
CC & road running sec.,
Old Gaytonians AC

CLARIFICATION FROM LOUGHBOROUGH

Dear Sir,

As team captain of Loughborough Students' Athletic Club (LSAC) I would like to clarify a few points arising from letters in 'AW' in recent weeks.

1. When entering events limited to university students (eg. the UAU Athletic Championships), our team is naturally 'Loughborough University'. In other events, however, our team is picked from members of Loughborough Students' AC who, in turn, are members of the Loughborough Students' Union (the buildings of which are situated on the University campus). LSAC includes students from both the University and from the Colleges within Loughborough. Thus, any misrepresentation of LSAC by meeting organisers, reporters, etc., can cause as much distress to members of that club omitted by

inaccurate naming (eg. when LSAC is mistakenly limited to Loughborough University or Loughborough Colleges) as it obviously does to Mr. Ridgway.

2. The UAU Athletic Championships are used by Loughborough University students merely as preparation for important events later in the season. We do not regard the UAU's as an end in themselves. However, despite this, the Loughborough University women have won this event for the past nine years.

It is hardly surprising that Birmingham University is strong in the UAU's (having won the men's event by a few points last year from Loughborough). There are over twice as many students at Birmingham University as there are at Loughborough University.

While it is encouraging to see athletics flourishing in institutions such as Birmingham University and the West London Institute of Higher Education, anybody knowledgeable about athletics in Britain would surely agree that Loughborough remains the centre for excellence in student athletics (and sport in general).

Callum Orr,
Loughborough Students' AC

RACE ENTRY FEES

Dear Sir,

Concerning the disquiet about entry fees for running races voiced in your correspondence columns. As a pre-'Running Boom' runner myself

WYCOMBE PHOENIX HARRIERS & A.C.

Present the following under AAA/WAAA Laws
at Handy Cross Track, High Wycombe.
(Near Junc. 4, M40)

OPEN MEETING

WED., 13th JUNE at 7 pm

200m, 800m, 5000m, L.J., T.J., Jav., Shot.

Entries 60p for 1 or 2 events. (£1 on the day). £1.20 for 3 or 4 events. (£2 on the day).

To: Mrs M. Roote, 20 Amersham Hill Drive, High Wycombe, Bucks. BY 9th JUNE.

BERKS, BUCKS, OXON & HANTS

VETERANS TRACK & FIELD CHAMPS

SUN., 10th JUNE at 2 pm

Men — O/40, O/50, O/60. 100m, 200m, 400m, 800m, 1500m, 5000m, 3000s/c. Ham., Dis., Shot, L.J., H.J.

Women — O/35. 100m, 1500m, 5000m, H.J., L.J.

Entries £1 for 1 or 2 events. (£2 for 3 or 4 events).

To: Mr Laurie Thomas, Phoenix Harriers Clubhouse, Keep Hill Road, High Wycombe. ENTRIES CLOSE 2nd JUNE.

Area qualification by birth, or 6 months residence, or 6 months membership of an affiliated club in the area.

The organisers reserve the right to cancel any event due to insufficient entries or inclement weather.

Further OPEN MEETINGS on Wed., 11th July, Wed., 8th Aug., Sat 15th Sept.

SUN., 9th SEPT Alf Ward 'Furniture' 5 Mile Road Race for senior men and ladies. Plus races for Young Athletes. This meeting sponsored by

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Full details in AW on June 23rd.

The Ninth Annual

SNOWDON RACE

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21st JULY, 1984

at 15.30 p.m.

Distance: 10 Miles Ascent 3300 feet

Reduced course for Juniors

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Also Team Event

Closing date 30th June, 1984

PRIZES FOR ALL CLASSES

Details (with s.a.e. please)

To: Ken Jones, 6 Blaen Y Ddol, Llanberis, Caernarfon, Gwynedd LL55 4LT.

(I have been at it for 10 years), I too have noticed that the entry fees for many events are, by 1975 standards say, very high; even allowing for inflation. However, there are many more races, especially marathons & mini-marathons, available to the road racer now than there were in days of yore. And a brief glance through your pages at the event ads shows that the unreasonably high fees (£3 and up are charged mostly by newcomers to the racing scene. The traditional annual events, which have been going for 20 years or more, for the most part still charge fees in the region of £1 and under.

It should also be remembered that many of the new races have appeared in response to a demand awakened in that section of the public which, until very recently, paid a good deal more attention to the condition of its pockets than of its bodies! So perhaps it is appropriate that the enthusiastic patrons of the pricey 'mob-jogs' should, at the same time as sweating off surplus pounds avoirdupois, be relieved of as many of their pounds sterling as they can be induced to part with.

M. Etherton,
Eastern Vets AC

Dear Sir,

In reply to Mr. Seaman's letter (April 28th issue) concerning entry fees, I certainly go along with reducing entry fees for runners, but please can I be allowed to protect my business?

As many people know, my computer results service is the fastest, most accurate, and to my knowledge, the cheapest service in existence — just 10p per runner. I would hate race organisers to get the idea that I am expensive!

As regards times — although runners do record their own time, it is my experience that most athletes like to find out what time other people around them did. My timing system comes at no extra cost and can give a time for everyone irrespective of how many run. Times are checked against numbers every 10 seconds.

While an experienced team of results recorders can certainly produce results reasonably quickly, where do you find them? Most organisers are hard pushed to find sufficient people to run the finish funnels never mind anything else! How many people go to a race where duplicated copies of results are in runners hands within 30 minutes of them finishing — this is a regular occurrence at races I attend.

Possibly the best way to reduce entry fees is to publish an account of expenditure after each race!

Joe Lee,
Skelmersdale, Lancs

OLYMPICS 1896-1984, RIP

Dear Sir,

I welcome the Olympic boycott. Those money-mad dealers who have turned Los Angeles into Rip Off City for the Games deserve all the censure they get from the Soviet bloc and elsewhere. Perhaps this will finally signal the end of the

Olympic Games with its attendant political posturing and appalling greed, and allow the World Athletics Championships its rightful status as THE major international gathering for our sport. We can no longer afford this type of multi-sports festival.

In my view, the Olympic Games died back in September 1972 when those innocent Israeli athletes were massacred in Munich. It's really quite incredible that it has somehow managed to stagger along this far.

David Cocksedge,
Thornton Heath, Surrey

NORTH BELFAST HARRIERS APPEAL

Dear Sir,

As many of your readership may know, North Belfast Harriers — founded in 1896 and based on the Oldpark Road — suffered a severe loss in March when their hall, "Divisview", was vandalised and burned. The Harriers have, over the years, catered for all sections of the community and have had as their sole aim the furtherance of athletics in the North Belfast area.

At an emergency meeting the membership of the club were unanimous in their determination; not only to rebuild the premises but to carry on a long and proud tradition in Oldpark. The task is huge; the financial implication is of awesome proportion to an amateur body like ours. We therefore appeal to readers of 'AW' who are in sympathy with our aim, to forward a donation to the North Belfast Building Fund as soon as possible in the sure knowledge that they will have contributed to the continuing development of our youth in a healthy character-building sport.

Donations to J. Lavery (Hon. Treasurer), 33 Knutsford Drive, Belfast 14.

P. J. Cassidy,
Chairman, Rebuilding Committee,
North Belfast Harriers AC

RUNNERS & LIFTERS CLUB

Dear Sir,

You readers may be interested to know that following my letter last October about a joint interest in running and weight-lifting, I received several stimulating, and indeed helpful, letters in response. Such was the encouragement, we are

INVICTA A.C. Presents

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(Under AAA & WAAA Rules)

9th JUNE, 1984

Entry Fee: £1.50. £2.00 unattached.

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Closing date: 2nd June, 1984

LARGE PRIZE LIST (Team, Individual & Vets)

forming a Runners & Lifters Club. The club is simply for those who wish to add a new dimension to their athletic performance. This will be achieved by issuing yearly ranking lists of scores achieved in the test I outlined in my earlier letter.

These rankings, published with the name only of the individual who has troubled to submit his score, will have no validity other than the bona fides of the person concerned. However, it will permit a member to see how his own performance compares vis-à-vis others, and to measure improvement one year to another. Other ideas are also simmering in the pot, and if anyone else would like details would they please send an a/c to my address below.

I should stress that Runners & Lifters is intended essentially as a forum, which it is hoped can add a secondary level of interest to the daily burn-up along the highway or grunt in the gymnasium. It is not a substitute for belonging to a well-run athletic or weight-lifting club.

William Wyllie,

High House Farm, Brackenthwaite,
Wigton, Cumbria, CA7 8AS

IN PRAISE OF LANZAROTE

Dear Sir,

I would like, through your columns, to thank all of those concerned, especially the IAC and the BAAB, for making our warm weather training camp such a success. Without doubt Lanzarote is the most suitable warm-weather training venue I

have experienced. At times the strong breeze made throwing and hurdling difficult, and the lack of grass modifies the training routines of the distance runners, but the advantages far outweigh the disadvantages. I would personally recommend any athlete who is seriously considering warm-weather training to give Lanzarote a try.

I know that the whole of my group, fifteen in all, benefitted by training in the relaxed, warm environment of La Santa Sports and I am certain that this will be supported by performances later in the year. From a personal point of view it gave me the opportunity to understand my own athletes far better, to renew old acquaintances, and to meet and help some of the younger members — not from my group — who have ambitions of one day wearing the GB vest.

Wilf Paish,
Leeds

RECOGNITION FOR THE VETERANS

Dear Sir,

Might I be favoured with valuable space in your columns to voice a plea to race organisers on behalf of veteran runners?

So many races are advertised with lists of awards and just one "First Vet". Now the veteran running fraternity is very strong — more than it's ever been, and personally I wouldn't think of putting on a race without consideration for at least Vets — 40, Vets — 50 and Vets — 60, and also Women Vets — 35 plus. We are not pot hunters, and I'm sure the majority of Vets don't look for prizes, but they do look for recognition — which is a great incentive.

There are five main open events on the Isle of Wight this year, and in every one all the Vets are catered for; most of the events with two prizes for each group.

It's not the prize or the value thereof which counts, it's recognition. So come on organisers — you'll all be Vets one day. There's a lot of us ready to go for a long time yet!

Eddie Leal,
Ryde Harriers (Vet-62)

POSTPONEMENTS AT CWMBRAN

Dear Sir,

The committees of both Newport Harriers AC and Torfaen AAC wish to apologise for any inconvenience caused to any clubs or athletes by the postponement of the scheduled Open Meetings at Cwmbran Stadium on April 25th and May 9th. The postponements were due to the essential re-laying of damaged areas of the track (April 25th) and re-marking of the track (May 9th). On both occasions, both committees were given very little notice that the meetings would have to be cancelled, and gave us little or no time to notify athletes and clubs. We hope to see all our regular supporters at our June 20th meeting.

Mrs. M. Jones,
Sec., Torfaen AAC

I.T. Adams,
Sec., Newport HAC

CEIRIOG VALLEY COUNTRY FAIR HALF MARATHON

(Under AAA & WAAA Laws) (Permit applied for)

PROMOTED BY WREXHAM A.C.

Sponsored by the Glyn Valley Hotel

SAT, 14th JULY, at 2.15 p.m.

Course: Fast, riverside route through beautiful scenery.

Start and Finish: Grounds of Chirk Castle (By kind permission of the National Trust)

Situated: 12 miles from Wrexham (N. Wales) and 22 miles from Shrewsbury (A5 Trunk Road).

FREE! ENTRY TO COUNTRY FAIR FOR ALL ENTRANTS

Entry Fee: £1 plus large s.a.e. for Race number and details.

Closing date: July 7th, for inclusion in programme and prizes.

Contact: John Cranwell, The Glyn Valley Hotel, Glyn Ceiriog, Llangollen, Clwyd. Tel: 069 172 210.

Prizes: Snr. Men's, Ladies, Vets (inc. Ladies if entries allow), Team Race (Affiliated clubs). Late entries NOT eligible.

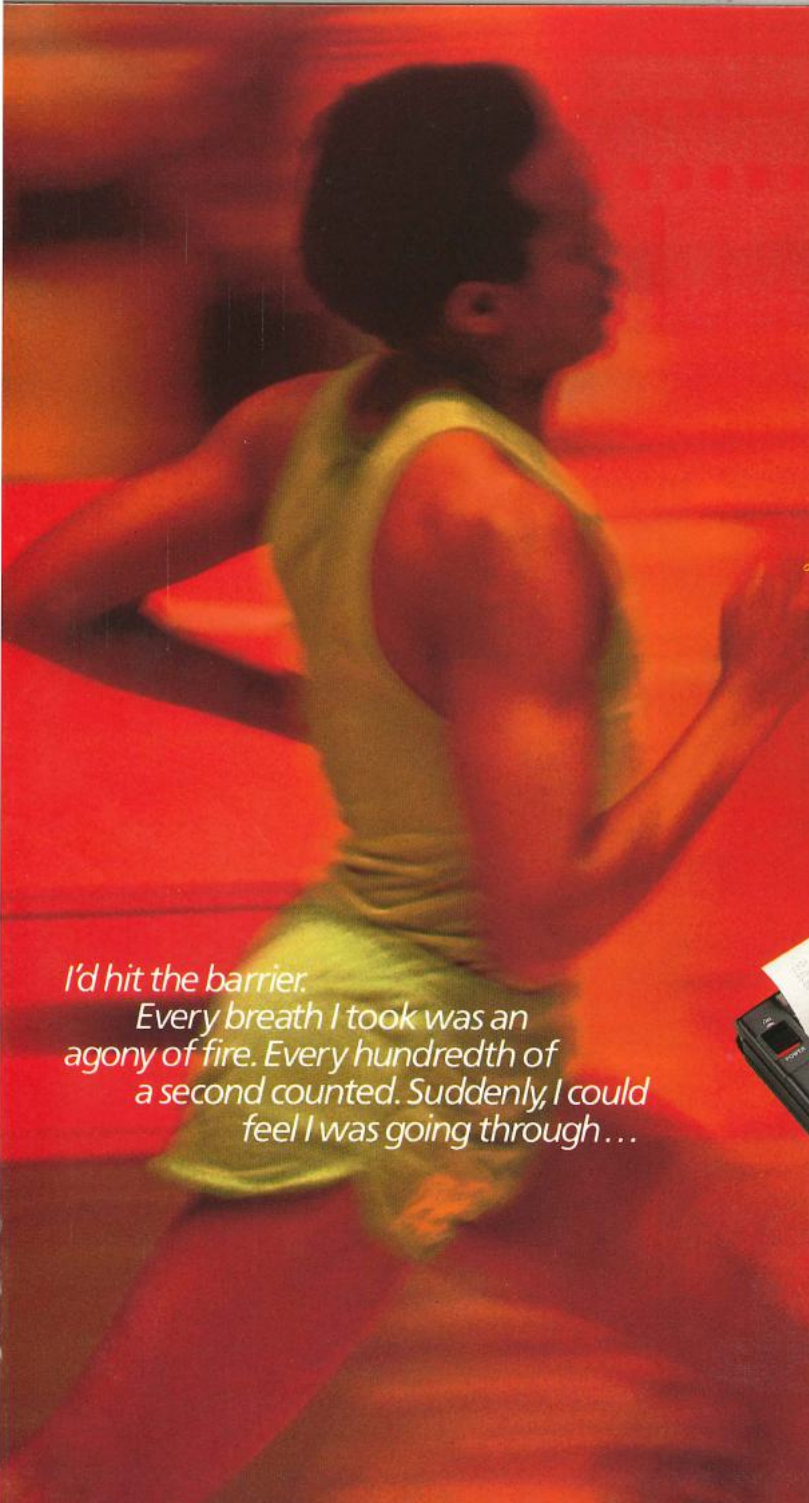
ALL PROCEEDS IN AID OF CLWYD SPECIAL RIDING CENTRE

(Reg. Charity No. 512582) Sponsorship forms available

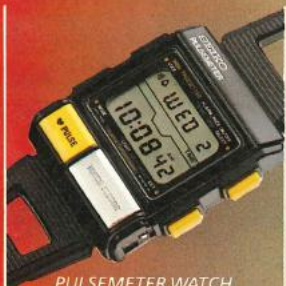
MAKE THIS A FAMILY DAY OUT

FUN FAIR — HORSES — DOGS — STALLS

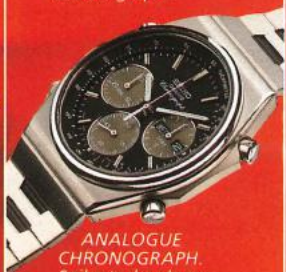
- N.B. (1) Last year was not an exact half marathon.
This year the course will be officially measured.
(2) This is a charity run. All entrants are expected to take a sponsor form and to raise minimum £10.
(3) First prize is a week-end Hotel Holiday for 2 at the Glyn Valley Hotel, Glyn Ceiriog.



*I'd hit the barrier.
Every breath I took was an
agony of fire. Every hundredth of
a second counted. Suddenly, I could
feel I was going through...*



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Pulse monitored by
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sensors on lightweight
chest harness. Audible
pacesetter and
heartbeat warning.
Chronograph.



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combines four micro-
motors. Stopwatch to
5/100 sec - split time -
1st/2nd finish -
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counter - calendar.

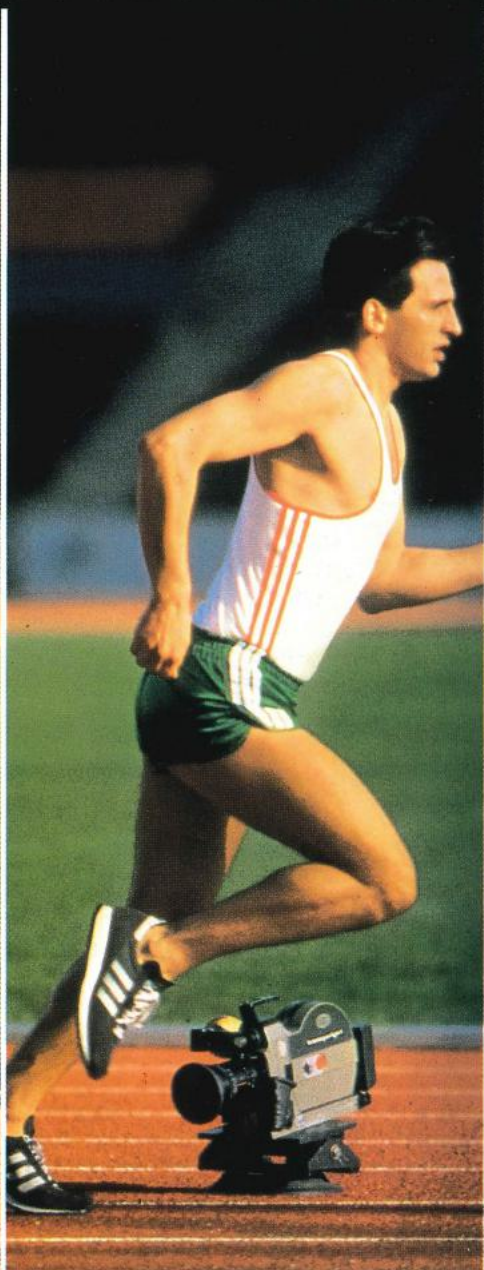
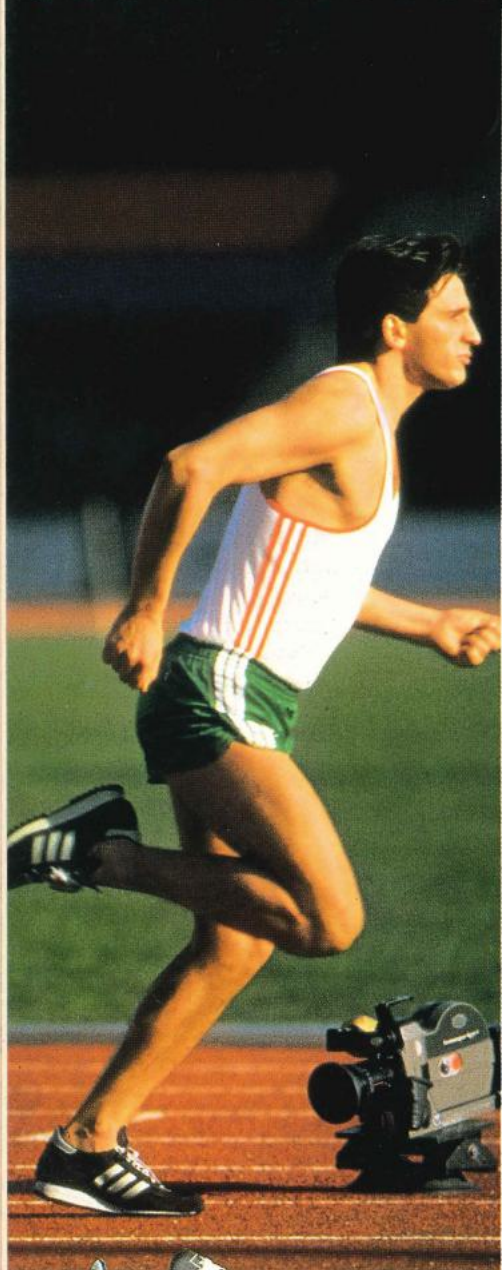


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times. 8-channel
memory. World's
smallest printing timer
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When a pair of adidas shoes runs, sprints, jumps or kicks its way to stardom on the TV screen, it certainly won't be its first time in front of the cameras.

Because the reason that adidas shoes are so good is the amount of research we put into their design.

And an important part of that research is always a filmed sequence like the one you see here.

We take high-speed film of all the runner's movements.

We analyse it, frame by frame, to establish an enormously detailed picture of the process of running.

And we even transfer the results onto a computer, allowing us to chart the stresses caused by each individual sporting activity in the form of graphs.

A sportsman's foot hits the ground at anything from 2 to 8 times his total body weight.

And if this much force is inadequately absorbed or wrongly dispersed, it can result in injury. In fact, 60% of all joggers and tennis players can expect at least one injury a year.

Many of these injuries are to the knee—caused by the shift in bodyweight as the foot pronates, or rolls inward to find its balance as it hits the ground.

By marking a runner's legs as in the diagrams, and observing the changes in the relations between the marks, we can form a clear picture of how harmful these movements can be.

And we can design shoes to help combat them.

The adidas New York

trainer is one solution to many of these problems.

When a runner's foot tries to over-pronate, the New York holds it in place with a heel stabiliser placed actually inside the shoe's heel.

The hard-wearing concave outsole will roll the foot into the correct running position, reducing stress and stopping you from using up too much energy.

When your heel thuds into the concrete, the impact is offset and the force is spread by the New York's unique heel wedge, constructed of a revolutionary new compound called 'adiair'.

And all this protection comes in a tremendously lightweight package. The New York weighs only 260 grammes at size 8½.

So you can run further without running out of steam.

Once we've designed a shoe like the New York, it goes back into research.

We run it over a force plate in order to show exactly where the stresses occur.

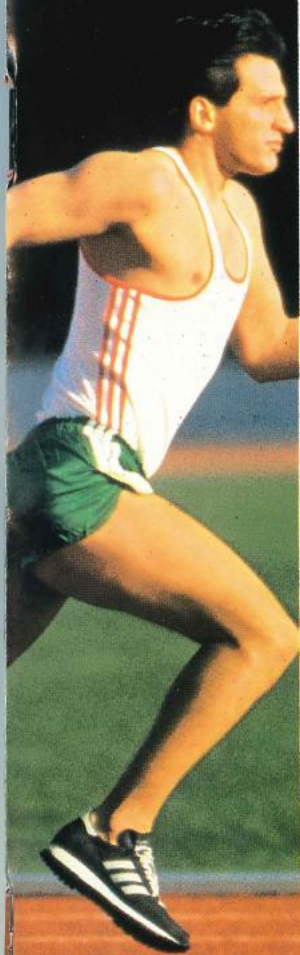
And if there are any improvements to be made, we make them.

With the New York, we couldn't see any way to make it better.

So we're convinced that you'll see a big difference in your running performance.



A 60-year track record



Steve Ovett interviewed 'Down Under'

By Len Johnson of "Australian Runner"

World 1500m record holder and Olympic 800m champion Steve Ovett recently spent two months in Australia as part of a plan to bring his 1984 season a couple of months forward to enable him to peak at the Los Angeles Olympic Games.

Ovett had also come to race in the Toyota Olympic Countdown meetings and had lost his two 1500m races despite running excellent first-up times of 3:37.54 and 3:35.36.

On the night of this interview Ovett had run his third race. It was a 'dnf', albeit an intentional one. He had agreed to pace his mate Peter Bourke through 600m of the 800 at a mid-week 'PB' (for 'Personal Best') Meeting in an attempt to better the AAU Olympic qualifying standard of 1:46.00.

A successful attempt too, though not for the intended primary beneficiary. As Ovett stepped off the track, Paul Gilbert took over the lead and resisted all efforts by Pat Scammell, New Zealander Peter Peerless and Bourke to wrest it from him. Gilbert (1:45.6), Scammell and Peerless (both 1:45.9 which is also the NZ standard) were all under the required mark, leaving Bourke an empty-handed last in 1:46.6.

Our conversation began with Ovett's first two



Tommy Hindley photo

Australian races in which he had lost in Melbourne to Kiwi Peter O'Donoghue and in Sydney to Australian record setter Michael Hillardt.

THE ATHLETIC CLUB OF TRING

Present on

TUESDAY 19th JUNE, 1984

5 KM FUN RUN

**Sponsored by Dennis's of Tring
at 7.00 pm**

For joggers, fun runners and ball players of any age and either sex. Spot prizes only.

10 KM ROAD RACE

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

**Sponsored by Champneys of Tring
at 7.30 pm**

For affiliated athletes only.

1st Prize: Long weekend for two at Champneys.

Prizes for 1st 3 men, women, teams (4), 1st Vets and 1st Junior.

Entry Fee: 75p individual. No team fee. Include large (9 1/2" x 6 1/2") stamped self-addressed envelope for race number and directions.

Venue: Pendley Sports Centre, Cow Lane (off A41) Tring.

Entries limited 300 each race by post only to:
Mr. M. A. Johnson, 11 Mortimer Hill, Tring, Herts., HP23 5JT.

ENTRIES CLOSE FRIDAY 1st JUNE, 1984

When was the last time you ran 3:37 and 3:35 in your first two races of a season without winning either?

Never! Never have I been beaten twice in succession and never have I run those sort of times at the beginning of the year. All things taken into account though, I've got to accept that. I've come up against some very good guys in top form at the end of their season. I've come off a very hard winter's work and am very strong but not fast yet. Any athlete can probably understand the problem I've come up against.

On the subject of winter preparation, this is the first time for a few years that you have had an uninterrupted one.

That's right. Two years ago I had an operation on my knee (after crashing into an iron railing on a training run) which put me out for four months.

Then last year, just when I was getting back into the rhythm of things, I had problems with the other one because I had been favouring the injured one. So this is the first winter I've had without any major problems.

What factors influenced you in coming to Australia at this time?

All sorts of things really. One was Maurie Plant (*promoter of the Toyota series*). Maurie has been in Europe the last three or four years now and I think he was conscious of the fact that I needed to get away early in the year for some warmer weather, so he snapped up the chance to get me out for the Toyota meetings. My wife Rachel has relations over here too, so it was good for her to come out and see them.

The environment here is a lot easier for training than somewhere like Portugal where you can train just as hard but there are social and cultural differences. Matt Paterson (*Ovett's close friend, training partner and confidant*) has come across with us too and we've had a great time.

What is your programme from here?

I'll be gradually increasing my speedwork. We've done very little of what I'd actually call speedwork here. It has been much like what I would have been doing at home at this time. In the next three weeks (*leading up to the Australian Championships*) there is the opportunity to do maybe another couple of sessions more than we have been, taking advantage of this autumn weather.

When will you start racing in Europe?

There aren't many races until late May really. That's my main problem after I get back from Australia. I'm in fairly good shape already, but when I go home in mid-April there will be no track races. I'll probably run a few road races just to keep the competitive side of my training going.

What is the reasoning behind your early start to the year's racing?

The logic, if you can call it that, is that usually I'm a very strong athlete and it takes me a long, long time to get really race fit and really fast. By the time I get that way it's often September or October. What I'm trying to do now is bring that forward by one or two months by racing here prior to our season to get into top shape for the July-August period.

Not a great amount of detail has been published about your training, but I think you tend to take a fairly natural approach. Is that so?

Every individual varies and each person should do what is best for them. You probably haven't read very much about my training because it's pretty much the same as what a lot of middle distance runners do: endurance work in the winter, then starting on the speedwork in the spring and increasing that and getting into racing in the summer.

Do you still do most of your speedwork off the track and only get on to it sparingly?

Yes; most of my speedwork is done on grass.

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AW

But when you come down to really fast work — by which I mean sub-24 seconds for 200 metres — you need to be on a track because any unevenness on grass can cause jarring in the legs. Most of my speedwork is done on grass, but when it comes down to summer and races an extra session or two means that you are on the track about three or four times a week anyway. You don't really need much more than that.

A few years ago you described yourself as just a "fun runner". Does that description still apply today?

It's the most important part of the sport. A lot of people don't run for fun but for other reasons — ego, financial, or whatever. At the end of the day, I don't think they can enjoy 90 per cent of it, which is what the training constitutes. To enjoy training, you've got to enjoy running. If you don't the racing part only comes along every so often and you're a bitter man by the time it does.

In recent years you have lost a number of major races which I suppose no competitive athlete enjoys! But your demeanour after races like the Olympic 1500 has been impressive. You seem to have enjoyed the race as much when you've lost as when you've won.

Well, I don't enjoy it *as* much! You have to accept winning the same as you accept losing. No-one can win all the time and no-one loses all the time. That's not philosophical, it's just a fact of life. Sometimes you are not in 100 per cent shape; other times someone is going to be in better shape

than you. You have to appreciate it when you win and when you lose. I would hate to be an athlete who wanted to win all the time. That way you would be frightened of losing and I think that's a mistake. Losing is part and parcel of preparation sometimes.

The thing I was thinking is that I couldn't imagine you storming off the track and hurling your spikes away. Do you ever feel like doing that?

I get angry with myself if I haven't performed up to my own expectations. If I do and still get beaten, that's fair enough. I got angry with myself at the World Championships because I'd run so badly. That was annoying because you train so hard and then you let it all go because you make a stupid mental mistake.

Both the Moscow and Helsinki 1500's were very slow early and then there was a savage kickdown. Do you think that counteracts the sort of race you run best in which your strength has been your speed over the final 200 metres?

Everybody has problems with that sort of kickdown race. You can't kick at the finish because you are already running at 1:48 800 pace. But it all depends on who has got the nerve to do it. In Moscow, it wasn't Coe who did it, it was Straub — and Coe got the benefit. In the World Championships, it wasn't Cram, it was Aouita who picked the pace up and then Cram followed up.

No one individual is strong enough to do it on

BASINGSTOKE ATHLETIC CLUB

Presents The Second BASINGSTOKE CARNIVAL

'10' ROAD RACE

Sponsored by
C.A.S.E. — POCLAIN
Earthmovers

JULY 8th, 1984 at 12.15 p.m.

Accurate Course — finish in Carnival Arena

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ENTERTAINMENT IN THE
CARNIVAL ARENA

BRING THE FAMILY!

Entry Form and details (s.a.e. please) from L.
Henderson, 6 Wesley Road, Kings Worthy,
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Closing date: June 8th

Advised and
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C.E.P.A.C.

CHESTER & ELLESMERE PORT AC present
as part of "CHESTER SPORTARAMA 1984"

YOUNG ATHLETES CHAMPIONSHIPS

(Under AAA and WAAA Rules)

SAT., 14th JULY 1984, 12 noon start

at Chester College, Exton Park Entrance,
Off PARKGATE ROAD (A540), CHESTER

EVENTS (Grass Track)

Girls, Colts — 100m, 200m, 800m, HJ, LJ, Shot,
4 x 100m Relay.

Jun Ladies — 100m, 200m, 800m, HJ, LJ, Shot, Jav.,
4 x 100m Relay.

Boys, Youths, Int. Ladies — 100m, 200m, 400m, 800m,
1500m, HJ, LJ, Shot, Jav. 4 x 100m Relay.

Ages as on 31/8/84. Girls & Colts O/11 and U/13. Jun.
Ladies & Boys O/13 and U/15. Int. Ladies & Youths
O/15 and U/17.

Entry Fees 40p per event per ind. £1 each relay team.

Awards Medals to first three ind. in each final (subject
to entries). Medals to members of winning relay
teams in each final.

Conditions Entrants are limited to 2 track and 1 field
event or vice-versa, plus relay. An event will be
withdrawn if there are insufficient entries.

Closing date for entries: Sat. 30th June
NO ENTRIES ON THE DAY

Entries to: D. Gilroy, 56 Hallfields Road, Tarvin, Chester
CH3 8ET. Cheques/P.O.'s made payable to: Chester
& Ellesmere Port AC.



Poised to cover any move, Steve Cram looks remarkably comfortable tailing Ovett in Helsinki.

Associated Sports Photography

his own and go on to win. It's a hard sort of race to win. Usually the guy who does it gets to the front and just holds on. They don't win by much, maybe a metre or two, but they are there and no-one else can gain on them. I think it is a weakness, but it is in every runner.

Watching Steve Scott run in Helsinki, I got the impression that he was straining just that little bit extra in the heats and semi to preserve his position as favourite. You went to Moscow as favourite and got stretched right out in your heat by Jurgen Straub. Was that fast heat and your need to win it to keep your string going a factor in the final?

I think it was. There were many factors in Moscow that people are unaware of and that was one. I ran the fastest 1500 in Moscow (3:36.8 in the first round heat) but didn't win. That's a problem others have to consider and one I have learnt from. Others might do just the same. It's very hard for human nature to change and to not try to win a race.

1500 metre races are starting to look like a distance race in which the winner just gets to the front and then cranks the pace down to blunt the kickers.

It is a problem which I think is slightly due to cowardice. A lot of runners, myself included, are frightened to go out and make it a hard race,

especially in a championships when so much is at stake. So they tend to wait and then almost run an 800.

Is that really lack of nerve or does it come about because there are so many people around running 3:33-3:34?

I suppose it's not so much lack of nerve as that in an Olympic final you have eight to ten guys who are very close to one another physically and it's really the mental side that determines who wins and loses it — who gets to grips with it and decides he wants to get up there and work really hard.

Then again, looked at another way, I've seen a lot of guys who have gone out in a really determined way and died a death. Making it fast doesn't always work!

Let's look at the 800 metres. You're already pre-selected for the 1500 but you are still keen to run the 800 as well. Do you think it will work out that way?

Yes. I'm a very strong runner who can run heats, semis and a final — in fact, I enjoy it. It gets me into a rhythm of running and I like that; it's like training. I don't have a problem with not being able to maintain it. So if I'm selected for the 800 — which I hope to be, I'm going to try for it — I think I'll double up.

You do have unforeseen difficulties at Olympic Games though. Things like travel — if you find yourself becoming very tired just from travelling back and forth to the stadium, then maybe doubling becomes a problem. Not a lot of athletes think they can double. A lot don't have the physical and mental capabilities to carry it through.

Does it come down to the Olympic 800 being the sort of race that you think you can win?

Yes; basically because I'll be stronger than anyone else in it. I'll be coming in off a 1500 metre runner's preparation rather than a sprinter's. If you've got four races, then I think the final won't be a sprinter-orientated race but will go to the one who has managed to maintain his form best over the four races.

You've been around now for eleven years since you won the European Junior 800 in 1973 and each year you have performed at a high level. How do you maintain your motivation?

I just enjoy the running. I've been very lucky. I've had some problems — everybody must, though mine have come all at once. I enjoy the sport and make a lot of friends. It's a good sport. I think that if I sat back now and finished it there I'd be grateful for the time I've had, but I've improved in some area with each year.

Looking ahead to the Olympics, who do you see as your main rivals?

The obvious ones: Cram, Coe — if he's running, Scott, Maree, anyone named Gonzalez, Harald — if we get him right in time (*Harald Hudak, third in 3:31.96 in Ovett's 1980 world 1500 record race*). There are just so many in the



Fourth place (and much relief) for Steve in the Rank Xerox '10K' at Battersea Park in December.

Graham Maynard

1500; at the moment it is the hardest event. Aouita — you can just go on and on naming them.

Do you see any other problems associated with the Los Angeles Olympics?

It's hard to say. We're used to the Games being politically orientated but Los Angeles will be

For details of subscription rates to "Australian Runner" write to the magazine at PO Box 396, South Yarra, Victoria 3141, Australia.

different again. It will be the first Olympics to be commercially orientated. This might cause some problems as it will mean a different set of priorities and a different way of adapting to them. You can't just say that there is going to be this problem or that problem, because when you turn up there will be other major factors which will have to be considered.

Have you any thoughts about moving up in distance after the Olympics?

Certainly not before! I'm very loth to move up to extrapolated pain, prolonging the pain by ten minutes. It's bad enough at 1500. The thought doesn't really appeal to me. You have to train differently from the 1500 so you can't really combine them both well.

Who is the favourite for the 1500 in Los Angeles?

No-one is really the favourite, but we have a little game of shuffling it around trying to put the pressure on someone else. The favourite is the one who gets past the post first!

© Australian Runner, 1984

Since this interview, Steve finished second to Mike Hillardt (3:36.26) in 3:36.60 in the Australian 1500m Championship on March 31st, and won the Paris Street Mile on April 28th in a comfortable 3:56.12.

BRIGHTON OPEN MEETING

At Withdean, April 28th

200: 1, N. Grover (B&H) 22.3; 2, M. Fabes (Worth) 22.3; 3, R. Key (B&H) 22.4. 400: P. Hughes (B&H) 49.3. 3000: P. Witcomb (B&H) 8:26.8. 3000SC: 1, S. Bird (B&H) 8:59.8; 2, M. Laflin (B&H) 9:02.7; 3, A. Bridge (Ell) 9:18.1. 400H: 1, H. Moscrop (B&H) 52.4; 2, B. Harris (S&E) 53.7; 3, P. Austridge (B'ht) 53.7. HJ: S. Hewitt (B&H) 2.00. PV: A. Ross (B&H) 3.80. LJ: A. Rees (Ton) 6.75. TJ: 1, Lees 14.35; 2, R. Edwards (Craw-J) 13.84. SP: 1, G. Perryman (B&H) 13.43; 2, P. Edwards (Walton) 13.28. DT: Edwards 40.26. JT: A. Holloway (B&H) 63.86. (Youths): TJ: M. Seeley (BR&C) 13.47. (Boys): 100/200: M. Harvey (E. Grin) 11.8/24.3. 1500: L. Smith (Ton) 4:20.9. (Women): 100: 1, A. Fudge (Ports) 12.1; 2, D. Clark (Ports) 12.2. 200: 1, Fudge 24.5; 2, Clark 25.0. 800: B. Murray (B&H) 2:14.6. 100H: S. Page (S&NH) 15.0. 400H: S. Cluney (Mit) 61.6. HJ: 1, K. Roberts (B&H) 1.68; 2, J. Tomey (B&H) 1.65. LJ: M. Bell (BR&C) 5.69. JT: 1, K. Miller (Craw) 41.88; 2, T. Neal (Craw) 38.96; 3, C. Hatton (Hill) 38.94; 4, N. Bradshaw (Fare) 37.08. (Juniors): 1500: 1, H. Stinton (B&H) 4:52.7; 2, J. Golding (Phoe) 4:54.5. JT: L. Ray (B&H) 32.34. (Girls): 800: 1, S. Washington (Ton) 2:22.6; 2, J. Adkin (Ton) 2:23.5.

ROTHERHAM HARRIERS

4th Annual

PRINCE OF WALES HALF MARATHON

(Under AAA & WAAA Rules)

WEDNESDAY, 25th JULY

At 6.30 p.m.

Herringthorpe Stadium, Rotherham

1st Prize 5 day Spanish holiday for two

Plus £500 in other prizes

Clock finish. Improved out and back course

Medallions to all finishers

Entry forms (s.a.e. please) A. C. Braham, 167 Brampton Road, Brampton Bierlow, Wath, Rotherham, South Yorks.

Sprinters sparkle in Access UK Women's League

Windy maybe, but Kinch, Scutt and Andrews all clock 11.4

DIVISION ONE

At Nottingham, May 12th

Edinburgh Southern 286 (6 League Points); Sale 267(5); Notts 252(4); Stretford 252(3); Birchfield 212(2); Borough of Hounslow 178(1).

100: (A): (+ 3.8m) 1, B. Kinch (Houn) 11.4; 2, M. Scutt (Sale) 11.4; 3, J. Parry (Stret) 11.5; 4, D. Flockhart (ESH) 11.7; 5, M. Ascroft (Bir) 11.9. (B): (+ 4.0m) 1, P. Baker (Sale) 11.8; 2, S. Strong (Stret) 11.9; 3, K. Walton (ESH) 11.9; 4, W. Hoyte (Houn) 12.0; 5, T. Such (Bir) 12.2. **200:** (A): (+ 3.2m) 1, Scutt 23.3; 2, S. Thomas (Houn) 23.3; 3, Flockhart 24.0; 4, Strong 24.8. (B): (+ 2.0m) 1, Parry 24.0; 2, F. Hargreaves (ESH) 24.1; 3, J. Samuel (Houn) 24.9. **400:** (A): 1, Parry 53.5; 2, Hargreaves 54.1; 3, J. Howell (Notts) 56.6; 4, S. Guise (Bir) 57.3. (B): 2, Edwards (Sale) 57.0. **800:** (A): 1, Edwards 2:09.8; 2, G. Green (Bir) 2:09.9; 3, A. Purvis (ESH) 2:10.0; 4, J. Marlow (Stret) 2:11.4; 5, L. Smith (Houn) 2:14.8. (B): 1, J. Holland (Sale) 2:10.7; 2, M. Hedley (Stret) 2:13.1; 3, M. Atkinson (Bir) 2:14.1. **1500:** (A): 1, Marlow 4:23.9; 2, K. Carter (Sale) 4:24.8; 3, V. Blair (ESH) 4:27.9; 4, N. Salisbury (Bir) 4:35.4; 5, Smith 4:38.5. (B): 1, Holland 4:27.2; 2, J. Holt (Stret) 4:27.7. **3000:** (A): 1, A. Ford (Houn)

9:57.4; 2, L. Ramwell (Sale) 9:59.5; 3, C. Davis (ESH) 10:01.4; 4, A. Mason (Bir) 10:04.3; 5, J. Asgill (Stret) 10:12.2. (B): 1, B. Brown (Sale) 10:08.1; 2, E. Chatfield (Houn) 10:12.7; 3, H. Kenyon (Stret) 10:17.0. **100H:** (A): (+ 4.0m) 1, Strong 13.3; 2, K. Robin-Millerchip (Bir) 13.6; 3, T. North (Houn) 14.1; 4, E. McLaughlin (ESH) 14.3; 5, J. Frampton (Notts) 15.3. (B): (+ 4.0m) 1, A. Girvan (Stret) 13.6; 2, Such 14.2; 3, L. Beeley (Notts) 14.7; 4, R. Wilson (Sale) 15.3; 5, C. Johnson (Houn) 15.4; 6, C. Reid (ESH) 15.5. **400H:** (A): 1, McLaughlin 60.1; 2, J. Graham (Stret) 63.5. (B): 1, S. Peak (Stret) 64.6; 2, S. Moran (ESH) 65.1. **HJ:** (A): 1, M. Maguire (ESH) 1.70; 2, B. Zenner (Houn) 1.65. (B): J. Ainsley (ESH) 1.70. **LJ:** (A): 1, S. Bowie (Bir) 6.20; 2, L. Campbell (ESH) 5.87; 3, P. Walters (Notts) 5.73; 4, P. Dunn (Stret) 5.72. (B): Walton 5.78. **SP:** (A): 1, J. Simpson (Bir) 14.35; 2, J. Kerr (Houn) 13.37; 3, A. Roworth (Notts) 12.58; 4, A. Jackson (Stret) 11.40; 5, S. Urquhart (ESH) 10.80. (B): 1, J. Williams (Bir) 12.56; 2, D. Brentnall (Notts) 11.40. **DT:** (A): 1, K. Pugh (Bir) 45.04; 2, D. English (Sale) 42.20; 3, Kerr 37.90; 4, K. Beardsley (Notts-I) 37.14. (B): F. Vittles (Notts) 36.30. **JT:** (A): 1, S. Gibson (Notts) 57.66;

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ZX 500 — A superb new shoe for high mileage runners. Features include motion control device and hard/soft EVA midsole for optimal cushioning/stabilisation. Limited stocks till later in year so order now. sz 6-12 (£42.99) **£39.99**.

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ENTRY FORM

Assisted by **NIKE**

(IN BLOCK CAPITALS PLEASE) * Delete as necessary

Surname..... Forenames.....

Address.....

Post Code..... Tel:.....

Club/Organisation..... *Male/Female

Age on day of race.....years (min. 18) Veterans age group.....

Team Entry (if applicable) *Open/Veterans (Entrants cannot enter both)

Have you run in a marathon previously? *Yes/No If Yes state best time.....

A.A.A. Registration No..... Accommodation at special rates — Details Yes/No
T-Shirt (FREE to all starters) Size required *Small/Medium/Large.

Closing date for entries — 3rd June 1984 (Entries received after this date cannot be accepted)

ENTRIES TO: Alan Sykes, 27 Cotswold Mews, Highburton, Huddersfield. Please make cheques payable to H.R.U.F.C. and if confirmation is required please enclose a stamped addressed envelope.

I understand that I enter at my own risk and that I will not hold the organisers responsible for any injury or illness sustained during or as a result of the race.

Signed..... Date.....

Final race details will be sent to you in mid-June

2, J. Rose (Houn) 54.72; 3, Williams 44.02; 4, Urquhart 40.60. (B): D. Mawdsley (ESH) 38.82. 4 × 100: 1, Birchfield 47.5; 2, Stretford 47.5; 3, Edinburgh Southern 47.5; 4, Borough of Hounslow 47.7. 4 × 400: 1, Edinburgh Southern 3:46.7; 2, Notts 3:50.6; 3, Birchfield 3:51.2; 4, Stretford 3:54.5.

(Inters): 100: (A): (+4.0m) 1, L. Hall (Notts) 11.9; 2, M. Simms (Bir) 12.0; 3, J. More (ESH) 12.0; 4, L. Ellis (Stret) 12.2; 5, J. Guishard (Sale) 12.5. (B): (+4.0m) 1, F. Boswell (ESH) 12.0; 2, S. Dolby (Notts) 12.0. 200: (A): (1.8m) 1, Hall 24.6; 2, More 24.9; 3, Ellis 25.1; 4, M. Parker (Bir) 25.7; 5, Guishard 25.7. (B): (+2.5m) 1, Boswell 25.1; 2, C. Kidd (Sale) 25.7; 3, E. Slater (Notts) 25.8. 800: (A): 1, H. Nicholson (Notts) 2:14.5; 2, H. Saunders (Sale) 2:16.9. (B): 1, D. Smith (Bir) 2:17.5; 2, A. Dwyer (Sale) 2:18.1. 80H: (A): (+4.0m) 1, A. Glasgow (ESH) 11.9; 2, L. Minnott (Sale) 11.9; 3, S. Jeoffroy (Houn) 12.1. (B): J. Ainslie (ESH) 12.0. 200H: (A): (+3.2m) 1, Glasgow 29.6; 2, Jeoffroy 29.8; 3, Minnott 29.9; 4, D. Cooper (Bir) 30.0; 5, L. Robinson (Notts) 30.2. (B): (+3.1m) S. Plummer (Stret) 30.4. LJ: S. Rose (Bir) 5.56. SP: Beardsley 11.61. JT: 1, A. Forde (Houn) 37.18; 2, L. Thomas (Bir) 36.26. 4 × 100: 1, Notts 48.6; 2, Edinburgh Southern 49.8. (Juniors): 100: (A): 1, P. Cohen (Stret) 12.4; 2, C. West (Notts) 12.7; 3, L. Bratt (Sale) 12.7. (B): 1, D. Needham (Stret) 12.3; 2, R. Bulpitt (Sale) 12.4. 200: (A): (+5.0m) 1, Cohen 25.9; 2, Bratt 26.2. (B): 1, Bulpitt 25.7; 2, Needham 26.1. 800: R. Bell (Notts) 2:23.0. 1500: (A): 1, L. Craigs (ESH) 4:52.2; 2, J. Morris (Notts) 4:52.8; 2, S. Healey (Stret) 4:53.4. (B): R. Quinn (Notts) 4:54.9. 75H: (+4.0m) Needham 12.1. HJ: D. Jones (Sale) 1.56. LJ: N. Dodwell (Notts) 5.19. SP: D. Davis (Notts) 10.02. DT: E. Ashton (Sale) 26.48. JT: T. Cumming (Houn) 26.04. 4 × 100: 1, Sale 51.0; 2, Stretford 51.0.

Solo 4:12.7 for Chris Boxer

DIVISION TWO

At Grangemouth, May 13th

Essex 284 (6 League Points); Shettleston 253(5); Glasgow 237(4); City of Hull 234(3); Leicester 230(2); Aldershot F&D 211(1).

100: (A): (+0.3m) 1, S. Whittaker (Glas) 11.7; 2, A. Inniss (Leic) 11.9; 3, J. Jordan (Ex) 12.2. (B): (+1.1m) 1, K. Campbell (Ex) 12.3; 2, S. Platts (Leic) 12.3. 200: (nil) 1, Whittaker 23.9; 2, G. Taylor (Ex) 24.1; 3, Inniss 25.0. 400: H. France (CoH) 57.0. 800: 1, C. Sharp (Glas) 2:10.0; 2, J. Burtonwood (Leic) 2:11.3. 1500: (A): 1, C. Boxer (AF&D) 4:12.7; 2, A. Everett (Glas) 4:33.2. (B): 1, F. McQueen (Glas) 4:33.8; 2, L. Bicknell (AF&D) 4:35.3. 3000: 1, B. Everley (Leic) 9:49.0; 2, C. Allanson (CoH) 10:13.6; 3, J. Holder (AF&D) 10:21.0. 100H: (A): (nil) K. Hagger (Ex) 13.8. (B): (+2.5m) 1, D. Elliott (Leic) 14.8; 2, K. Wells (Ex) 15.0. 400H: (A): 1,



DIANA ELLIOTT

Associated Sports Photography

Taylor 57.9; 2, M. McBeath (Shett) 62.6; 3, F. Fyfe (Leic) 66.0. (B): Wells 61.8. HJ: (A): 1, Elliott 1.86; 2, G. Evans (CoH) 1.83; 3, Hagger 1.80; 4, R. Pinkerton (Glas) 1.70. (B): E. Thomson (Glas) 1.65. LJ: 1, Hagger 6.28; 2, G. Morton (Leic) 5.63. SP: (A): 1, S. Smith (Ex) 13.43; 2, T. Whincup (CoH) 12.80; 3, Morton 11.82; 4, M. Bremner (Shett) 11.20. (B): S. Andrews (Ex) 11.32. DT: (A): 1, Whincup 47.44; 2, Bremner 42.30; 3, M. Whelan (Ex) 40.14; 4, C. Cameron (Glas) 38.74. (B): 1, Andrews 37.38; 2, M. Ingram (Glas) 35.54. JT: (A): 1, J. Barclay (Shett) 50.38; 2, M. Bloomfield (Ex) 48.48. (B): 1, S. Helps (Ex) 37.18; 2, D. Bennett (Shett) 36.74. 4 × 100: 1, Essex 47.4; 2, Leicester 48.8. 4 × 400: 1, City of Hull 3:55.8; 2, Essex 4:00.1; 3, Shettleston 4:00.8.

(Inters): 100: (+1.4m) 1, D. Burkmar (AF&D) 12.6; 2, L. Fleck (Glas) 12.6; 3, S. Thorburn (CoH) 12.6. 200: (—3.6m) Burkmar 26.1. 800: (A): 1, V. Wallington (AF&D) 2:16.0; 2, M. Sprang (Shett) 2:17.5. (B): K. Oates (AF&D) 2:19.0. 80H: (+0.6m) 1, W. Brown (Ex) 12.0; 2, M. Jordan (Leic) 12.1. 200H: (A): (nil) 1, Brown 29.5; 2, Thorburn 30.4; 3, A. McDiarmid (Glas) 30.9. (B): 1, E. Farmer (CoH) 30.0; 2, P. Sommerville (Glas) 30.9. LJ: McDiarmid 5.15. SP: M. Russell (Shett) 10.70. JT: (A): 1, K. Pyne (Shett) 41.48; 2, N. Hibbert (Ex) 34.34. (B): J.

Currie (Shett) 35.88. 4 x 100: 1, Aldershot F&D 49.9; 2, City of Hull 50.3. (Juniors): 100: (A): (+ 4.5m) 1, M. Neef (Glas) 12.9; 2, S. Coyle (Shett) 12.9. (B): (+ 3.5m) A. McGillivray (Shett) 12.9. 200: (nil) McGillivray 26.8. 800: S. Hockin (Leic) 2:25.0. 1500: K. Simpson (AF&D) 4:53.8. 75H: (+ 0.4m) 1, S. Anderson (Shett) 12.0; 2, C. Mackintosh (Glas) 12.1; 3, D. Chapman (Leic) 12.1. HJ: 1, F. Ross (Leic) 1.61; 2, L. McDonald (Ex) 1.58. LJ: L. Chamberlain (Leic) 4.69. SP: R. Foxall (Ex) 9.79. DT: D. Smith (CoH) 29.00. JT: R. Manning (Ex) 30.96. 4 x 100: Shettleston 51.6.

DIVISION THREE

At Wolverhampton, May 13th

Liverpool 311 (6 League Points); Mitcham 256(5); Wolverhampton & B 255(4); Cannock Chase 227(3); Pitreavie 203(2); Coventry 195(1).

100: (A): 1, J. Andrews (Liv) 11.4; 2, J. Baptiste (W&B) 11.7. (B): P. Beckford (W&B) 12.1. 200: (A): Beckford 24.3. (B): 1, L. Forsyth (W&B) 24.1; 2, S. Cluney (Mit) 24.9. 400: 1, Forsyth 54.6; 2, L. Baker (Cov) 55.7; 3, T. Colebrook (Cann) 57.0. 800: 1, J. White (Mit) 2:10.1; 2, E. McArthur (Pit) 2:12.3. 1500: 1, S. Batstone (Cov) 4:24.6; 2, J. Holmes (Liv) 4:37.6; 3, J. Penfold (Cann) 4:38.6. 3000: S. Kerambrum (W&B) 10:22.0. 100H: (A): 1, J. Mulliner (W&B) 14.2; 2, K. Warren (Mit) 14.2; 3, L. Parry (Cov) 14.7; 4, W. Laing (Liv) 14.7. (B): 1, J. Vernon (Mit) 14.3; 2, B. Malpass (Cov) 14.4. 400H: 1,

Cluney 59.9; 2, C. Smith (Pit) 63.9. HJ: (A): 1, C. Summerfield (W&B) 1.76; 2, J. Gilchrist (Pit) 1.73; 3, D. Fryer (Cann) 1.70. (B): M. Morris (Pit) 1.73. LJ: 1, Mulliner 6.00; 2, M. Garvey (Liv) 5.67. SP: 1, C. Price (Mit) 12.30; 2, S. Hall (W&B) 11.41. DT: J. Aucott (Cov) 37.78. JT: (A): K. Ball (Cann) 43.86. (B): J. Griffiths (Cann) 43.12. 4 x 100: 1, Liverpool 47.7; 2, Wolverhampton & B 48.2. 4 x 400: 1, Wolverhampton & B 3:51.4; 2, Mitcham 3:59.1; 3, Liverpool 4:00.4.

(Inters): 100: (A): 1, J. Smith (Mit) 12.0; 2, M. Cheetham (Liv) 12.2; 3, S. Titterton (Cov) 12.3. (B): B. Ross (Mit) 12.5. 200: (A): 1, Smith 24.9; 2, Titterton 25.6; 3, J. Howell (Liv) 25.6. (B): Ross 25.7. 800: 1, Howell 2:12.9; 2, L. Robinson (Cov) 2:14.3. 80H: 1, S. McKinlay (Pit) 11.9; 2, R. Swan (Cann) 12.1; 3, Cheetham 12.3. 200H: 1, McKinlay 29.4; 2, J. Kinsella (Liv) 30.3; 3, D. Keogh (Mit) 30.6. LJ: Cheetham 6.03. SP: G. Keig (Liv) 10.92. JT: N. Bruce (Pit) 32.32. 4 x 100: Mitcham 50.3. (Juniors): 100: (A): W. Thompson (Pit) 12.8. (B): 1, L. Connolly (Liv) 12.8; 2, K. Grant (Cann) 12.8. 200: H. Crisp (W&B) 26.5. 800: (A): 1, E. Murray (Mit) 2:21.7; 2, J. Tromans-Poole (Cann) 2:22.0. (B): 1, A. Harvey (W&B) 2:21.5; 2, K. Jackson (Liv) 2:21.8. 1500: 1, N. Kalifatis (Mit) 4:54.2; 2, A. Holmes (Liv) 4:55.0. 75H: P. Wright (Cann) 11.8. HJ: L. Grant (Cann) 1.47. LJ: 1, Crisp 5.60; 2, J. Dulsdon (Cann) 5.32. SP/DT: A. Morris (Pit) 11.69/29.58. JT: H. Whitehouse (Cann) 29.40. 4 x 100: Wolverhampton & B 51.6.

Susan Cluney (200/400H — Mit) is the former Susan Dalgoutte, who recently married.

DIVISION FOUR

At Enfield, May 13th

Radley 283 (6 League Points); Borough of Enfield 277½ (5); Derby 270½ (4); Bournemouth 253 (3); Chelmsford 190 (2); Edinburgh AC 171 (1).

100: T. Lawton (Enf) 12.8. 200: 1, Lawton 24.9; 2, L. Parry (Der) 25.2; 3, D. Warner (Rad) 25.2. 400: C. Roe (Rad) 59.3. 800: J. Laughton (Der) 2:11.5. 1500: W. Wright (Der) 4:42.0. 3000: S. Robinson (Chelm) 11:25.0. 100H: Parry 15.4. 400H: E. Hickey (Rad) 66.5. HJ: 1, L. Gittens (Chelm) 1.70; 2, M. Hughes (Der) 1.65; 3, C. Saunders (Enf) 1.65; 4, Hickey 1.65. LJ: M. Spriggs (Enf) 5.65. SP: S. Bracey (Chelm) 12.06. DT: 1, A. Hollyoake (Rad) 41.82; 2, K. Lynch (EAC) 38.26. JT: 1, M. Worsfold (Enf) 43.06; 2, T. Averies (Rad) 40.70; 2, G. Cresswell (Der) 36.54. 4 x 100: Radley 49.1. 4 x 400: Derby 4:04.2.

(Inters): 100: 1, C. Chambers (Der) 13.0; 2, S. Douglas (Rad) 13.0; 3, P. Clark (EAC) 13.0. 200: Chambers 26.1. 800: S. Riley (Der) 2:21.1. 80H: S. Douglas (Rad) 12.7. 200H: T. Ayling (Enf) 31.4. LJ: J. Warwick (Rad) 5.45. SP/JT: M. Anderson (EAC) 13.74/41.32. 4 x 100: Edinburgh AC 50.1. (Juniors): 100: V. Francis (Der) 13.7.

PETERBOROUGH ATHLETIC CLUB THE WHITTLESEY SHOW TEN MILE ROAD RACE

(Under AAA & WAAA Laws)

2.00 p.m. Start

SUNDAY, JUNE 24th, 1984

Incorporating
EASTERN VETERANS
CLUB CHAMPIONSHIPS

Plus
EASTERN COUNTIES 10 MILE
INDIVIDUAL ROAD LEAGUE

Trophies/Prizes 1st six men. 1st 3 teams (3 to count). 1st vet O/40, 1st vet O/50. Ladies dependent on entries.

Entry Fee: £1.00 A.A.A. affiliated club members and A.A.A. registered runners. All others £1.50 (Eastern Counties Road League competitors already entered).

Entries to: Mrs. S. M. Booth, 66 Teal Road, Whittlesey, Peterborough, Cambs. Tel: (0733) 204203. S.A.E. for confirmation of entry and directions.

CLOSING DATE: 16th JUNE, 1984

Bradstock smashes record

Roald Bradstock's targets this year are to throw 300 feet (91.60m) and reach the Olympic final, and the 22-year-old Borough of Enfield Harrier — currently an art and history student at Southern Methodist University in Dallas — is well on course. Competing at Arlington, Kentucky, on May 5th, Bradstock exceeded Dave Ottley's UK javelin record of 85.52 with five of his throws, his best being 88.26. That increase of 2.74m represents the biggest single improvement in the UK record since John McSorley progressed by 2.90m with 78.06 back in 1962.

UK Record Progression

First over 60m:	
60.10 James McKillop	1938
First over 65m:	
65.42 Mike Denley	1952
First over 70m:	
70.42 Clive Loveland	1956
First over 75m:	
75.16 Colin Smith	1957
First over 80m:	
81.92 John FitzSimons	1969
Subsequent improvement:	
82.22 Dave Travis	1970
83.44 Travis	1970
84.92 Charles Clover	1974
85.52 Dave Ottley	1980
88.26 Roald Bradstock	1984

Roald Bradstock, born on April 24th 1962, is 1.80/5'11" tall and weighs 95kg/210lb. His previous achievements include a silver medal in the 1981 European Junior Championships, and his annual progression reads: 1974 — 25.16 (600gm), 1975 — 32.40 (600gm), 1976 — 41.02 (600gm), 1977 — 46.02, 1978 — 53.64, 1979 — 66.06, 1980 — 72.72, 1981 — 83.20, 1982 — 78.74, 1983 — 85.34, 1984 — 88.26.

He plans to return to Britain for next month's Olympic Trials.

EASTERN YA LEAGUE

At Bedford, April 15th

Basildon 455; Bedford 419½; Peterborough 406½; Dacorum 266; W. Norfolk 125.
(Youths): 100H: J. Jeffries (Bas) 14.8.

200/HJ: F. May (Der) 26.7/1.64. 800: L. Adey (Der) 2:28.2. 1500: H. Wetherill (Rad) 5:04.4. 75H: J. Mulcock (B'mth) 12.3. LJ: 1, May 5.75; 2, J. Robertson (Enf) 5.20. SP: 1, M. Morgan (Enf) 10.93; 2, Mulcock 10.21. DT: Morgan 28.74. JT: S. Painter (Rad) 33.20. 4x100: Borough of Enfield 52.8.

4th Annual TURKS HEAD 10

Organised in conjunction with Wandsworth Borough Council,
The St Margaret's Fair and The London Road Runners Club

THE PUTNEY SHOW

Sunday 17th June 1984

10 mile river-side run

Starting time 10.30am

From Putney Lower Common
to The Turks Head, Twickenham

Whether you are a 'fun-runner' or
a serious athlete you will enjoy
this delightful scenic route



Entry fee £2.00 — all proceeds to
British Olympic Appeal and
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extension 357/314

Wandsworth

THETFORD ATHLETIC CLUB
(Organisers of the BRECKLAND 10)
are pleased to promote

The First
MUNDFORD 10K
ROAD RACE

(Permits applied for)

SUNDAY, JULY 8th, 1984

Start 1.00 p.m.

As part of Mundford Carnival Day

GOOD PRIZES: First 10

Age group prizes depending on entry

CERTIFICATES FOR ALL

*A great family day out —
something for everyone!*

Showers, changing, refreshments
at the new Village Hall.

*Mundford is 8 Miles from Thetford
on the A134 King's Lynn Road*

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Arthur Clarke, 4 Abbey Green, Thetford, Norfolk IP24
1BQ. Tel: (0842) 64886.

Entries close June 30th

Late and On Day — Double Fees

Treat yourself to a late summer
holiday this year and join
Bruce Tulloh in the amazing
NORTH DEVON

TAW and TORRIDGE
-1984-
MARATHON

SUNDAY, SEPT., 16th

★ Major Event ★ Fast, flat course ★ 60
Quality Prizes ★ Medals and Split Time
Results all finishers. ★ All mod cons laid on
★ Pre-race party.

PLUS

FUN RUN (10 Miles)

Same day. Bumper annual event.

For details, large s.a.e. to:

Marathon N. D. Leisure Centre, Seven Brethren
Bank, Barnstaple, North Devon.

Enquiries: Barnstaple 73361.

14th NATIONAL VETERANS' TRACK AND FIELD CHAMPIONSHIPS

(Organised by Scottish Veteran Harriers Club on behalf of
British Veterans Athletic Federation)

Meadowbank Stadium, Edinburgh
Saturday 28th and Sunday 29th July 1984

(Permits issued by SAAA & SWAAA)

Details and Entry Forms available from: Veterans' Area Secretaries/Organisers, or from H. Morrison,
40 Arden Street, Edinburgh, EH9 1BW; with whom entries definitely close on **Wed., 4th July.**

Official BVAF tour arrangements (special trains/University accommodation) from Mrs Barbara Dunsford,
71 Hillside Crescent, South Harrow, Middx HA2 0QH.



Supported by



Sankey Finals both keenly contested

THERE WERE extremely close finishes in both the boys and girls competitions at the National Final of the Sankey Vending Sports Hall Athletics on Bank Holiday Monday, May 7th. Only 18 points covered all the six boys teams that took part, whilst the Manchester girls beat Nottingham by only three points, 175 to 172.

Notable amongst the many individual successes at Aston Villa Sports Centre was 13-year-old Dawn Bryan of Nottingham. She won the high jump with 1.50m and standing long jump with 2.53m, both new Sankey Vending records. In fact, she out-jumped the boys in both events, despite When Ping Cheung (13) of Watford also getting a new boys record of 2.48m in the standing long jump. Other record breakers were Sharon Balderstone (13) of Manchester with 65cm in the vertical jump and Lesley Winter (13) of Pitreavie with 10.40m in shot.

The final was the culmination of a national tournament for teams of ten under 13-year-olds competing on specially designed indoor athletics equipment. The final teams had qualified through selection from district matches early in 1984, and by winning one of six Regional Finals staged in March around the country. All the finalists received commemorative plaques from the sponsors, Sankey Vending Ltd., Britain's leading vending company, who also gave winners medals and cups to the teams.

Boys

Two laps: 1, A. Hymers (Ches) 29.5; 2, M. White (Notts) 29.6; 3, R. Gunnell (Swan) 29.8. **Four laps:** 1, I. Rawson (Notts) 63.3; 2, M. Smith (Gate) 64.5; 3, R. James (Swan) 64.7; 4, R. Hewat (Pit) 64.7. **Six laps:** (A): 1, G. Bowman (Pit) 1:44.6; 2, G. Carruthers (Gate) 1:46.4; 3, M. Wells (Ches) 1:48.9. (B): G. Sayers (Notts) 1:46.8. **High jump:** 1, I. Arnott (Gate) 1.47; 2, P. Roach (Wat) 1.45; 3, M. Uren (Ches) 1.45. **Standing long jump:** 1, W. Cheung (Wat) 2.48; 2, W. Prosper (Wat) 2.45; 3, R. Hunter (Gate) 2.37. **Standing triple jump:** 1, James 7.28; 2, Hunter 6.91; 3, Cheung 6.88. **Shot:** 1, R. Gunnell (Swan) 11.05; 2, D. Gregg (Notts) 10.82; 3, A. Jenkins (Swan) 10.29. **4 x two laps:** 1, Notts 1:59.4; 2, Cheshire 2:01.7; 3, Watford 2:02.8. **Eight laps paarlauf:** 1, Pitreavie 2:09.4; 2, Watford 2:09.5; 3, Cheshire 2:10.0. **Circuit relay:** 1, Pitreavie 2:23.3; 2, Cheshire 2:24.2; 3, Swansea 2:31.8. **Teams:** 1, Watford 138; 2, Cheshire 133; 3, Nottingham 128; 4, Swansea 122; 5, Pitreavie 121; 6, Gateshead 120.

Girls

Two laps: (A): 1, L. Fraser (Man) 29.5; 2, A.

Luck (Notts) 30.1; 3, C. Angell (Bath) 31.0; 4, L. McCulloch (Pit) 31.0. (B): 1, P. Cohen (Man) 30.3; 2, E. Sparks (Notts) 30.5. **Four laps:** (A): 1, E. Ebbs (Notts) 66.4; 2, S. Moran (Man) 67.0; 3, V. Ogilvie (Pit) 69.4. (B): C. Scales (Man) 67.8. **Six laps:** 1, L. Swaasand (Pit) 1:46.9; 2, T. Stokes (Man) 1:48.5; 3, V. Rowbotham (Notts) 1:48.7. **Vertical jump:** 1, S. Balderstone (Man) 65cm; 2, N. Turner (Notts) 63; 3, M. Jones (Man) 60. **High jump:** 1, D. Bryan (Notts) 1.50; 2, Balderstone 1.48; 3, McCulloch 1.35. **Standing long jump:** 1, Bryan 2.53; 2, Fraser 2.40; 3, Jones 2.34. **Shot:** 1, L. Winter (Pit) 10.40; 2, S. Dobson (Notts) 9.82; 3, L. Webster (Man) 8.68. **4 x two laps:** 1, Manchester 2:00.6; 2, Notts 2:01.0; 3, Gateshead 2:07.1. **Eight laps paarlauf:** 1, Gateshead 2:14.5; 2, Manchester 2:15.4; 3, Pitreavie 2:15.4. **Circuit relay:** 1, Notts 2:19.3; 2, Gateshead 2:22.5; 3, Pitreavie 2:27.1. **Teams:** 1, Manchester 175; 2, Nottingham 172; 3, Gateshead 137; 4, Pitreavie 128; 5, Bath 81; 6, Sussex 68.

GARY MASON

It is with deep sadness that Falkirk Victoria Harriers have to report the death of one of their most likeable and talented young athletes, 17-year-old Gary Mason. Gary, who was working for a local building firm, was on his way home from work when the car in which he was a passenger was involved in a crash near Dunfermline. He was killed instantly.

He was a young man who lived for his running, never missed training, and turned out regularly for his club. He was, in fact, the club's Youth cross country champion. Gary was well known at Grangemouth Stadium, where he did a lot of his training with the Harriers' track squad, and was often seen at the head of a group of Seniors, showing determination and making everybody have to work to keep in touch. Away from the track he was a quiet, likeable young man who mixed well, and caused no one any trouble. He will be very sadly missed by all his friends and club mates, who send deepest sympathy to his mother, father, brother and sister.

Donald Markie,
Secretary, Falkirk Victoria H

The new secretary of Tamworth AC is J. Culshaw, 14 Belsize, Lakeside, Glascote, Tamworth, Staffs, B77 2RB (Tel: 285511).

Blackburn Harriers & A.C.

PDT HULMES

12th GREAT HILL RACE

BRINSCALL, 16th JUNE, 1984

Seniors 60p (£1.20 on day) 5½ Miles 3.30 p.m.
U/15's 40p (80p on day) 2 Miles 3.00 p.m.
To: B. Richardson, 9 Balmoral Drive, Brinscall, Lancs.
PR6 9ST. Tel: (0254) 830800.

CAMBRIDGE VETS & WOMEN'S MARATHON

April 29th

1, D. Claxton (Herne Hill-O/45).....2:33:42
 2, V. Gutteridge (Hillingdon).....2:43:00
 3, J. Mountain (Chelmsford-O/45).....2:43:31
 4, R. Brett (Vaux) 2:44:22; 5, R. Emmerson (Rug-O/50) 2:46:15; 6, T. Oldfield (March) 2:47:14; 7, R. Carew (Bed-O/50) 2:47:34; 8, J. Pelling (Mel-O/45) 2:47:56; 9, A. Pluck (C&C) 2:49:26; 10, A. Fairbrother (S. in A-O/45) 2:51:36; 11, D. Abbott (Chelm) 2:52:18; 12, A. Eglinton (Vets-O/45) 2:52:55; 13, A. Kimber (Dart-O/45) 2:53:09; 14, K. Winter (Bigg-O/45) 2:54:06; 15, G. Hewitt (S'end-O/45) 2:54:53; 16, F. Pearce (High) 2:55:52; 17, R. Williams (Fav) 2:56:06; 18, M. Sheils (Chelm) 2:56:20; 19, P. Banner (Th. H&H-O/45) 2:56:46; 20, J. Wallwork (Stone-O/50) 2:57:25; 21, E. Saberton (C&C-O/45) 2:57:26; 22, D. Cursons (C&C) 2:57:49; 23, P. Boulton 2:59:36; 24, A. Tucker (E. Vets) 3:00:10; 25, P. Chaplin (C&C-O/50) 3:00:26. (O/55): 1, K. Fotherby (Rane) 3:03:31; 2, D. Whiting (HHH) 3:08:48; 3, D. Smith (Kett) 3:12:59. (Women): 1, F. Crook (Tend-V) 3:27:44; 2, H. Fotherby (Rane-V O/50) 3:47:53.

* SCVAAA 10,000m Track Champs, at Chelmsford (April 29th). 1, M. Duff (WS&E) 32:07.9; 2, R. Dickson (Croy) 33:07.8; 3, M. Ralph (Wav) 33:48.5; 4, M. Baker (Hors-O/50) 34:51.2; 5, C. Chalk (Col) 35:36.1 ... 10, R. Belmore (Wav-O/55) 38:39.4.

* 40-year-old West German, Gunther Mielke, was first Vet in the Los Angeles Marathon on February 19th in 2:17:49.

* Roger Robinson, 1966 ECCU representative and 1977 New Zealand international, who is now 45, ran 2:20:15 in the Boston Marathon on April 16th to win the Vets prize by a large margin.

* John Gilmour, the 60-64 multi middle and long distance record holder who was 65 on May 3rd, was seriously hurt in a car crash on January 12th. He suffered severe bruising of the kidney, cuts to the right leg, a cracked pelvis and cuts to the forearm and elbow.

Alastair Aitken

Vauxhall Motors A.C. (Ellesmere Port)

Invite You to Run

THE JOHN WISHART MEMORIAL 10 MILE ROAD RACE

(Under AAA & WCCA Laws)

10th JUNE, 1984, 1.00 p.m. start

Venue: Vauxhall Motors Factory

Prizes to Men, Ladies & Veterans

MEDAL TO ALL FINISHERS

All classes of runner welcome. Must be O/17 on day of race.

Entry Fee: £1.50 attached or AAA reg.

£2.00 unattached plus s.a.e. for bib number, map of course etc. Cheque/Postal Order payable to Vauxhall Mts A.C. — Ellesmere Pt Plant. No entries on race day.

Send particulars to: I. Humphrey, 1 Smithy Close, Saughall, Chester CH80 011.

Entries close 1st June, 1984

SUSSEX INTER-CLUB MEETING

At Crawley, April 21st

400: P. Hughes (B&H) 49.2. BMC Invitation Mile: 1, J. Buckner (Lough) 4:01.2; 2, R. Weedon (Chelm) 4:03.7; 3, M. Rowland (Phoe) 4:04.5; 4, P. Kogbara (TVH) 4:06.1; 5, G. Butcher (Ports) 4:06.3; 6, M. J. Bishop (Staffs M) 4:09.2; 7, A. Douglas (Craw) 4:11.8; 8, N. Dorey (Newb) 4:12.0. 3000: A. Bristow (B&H) 8:23.2. HJ: S. Hewitt (B&H) 1.95. PV: B. Riley (Craw) 3.80. LJ: P. Simpson (B&H) 6.78. DT: 1, A. Ward (Craw) 44.96; 2, A. Ross (B&H) 41.16. (Youths): SP: C. Turner (Craw) 14.94. Teams: 1, Crawley 210; 2, Brighton & H 199; 3, Worthing 178.

(Women): BMC Invitation 3000: 1, R. Smeeth (AF&D) 9:02.7; 2, Y. Murray (EAC) 9:10.3; 3, S. Samy (Brack) 9:19.6; 4, D. Peel (Craw) 9:24.4; 5, K. Webb (Ilf) 9:26.6; 6, B. Smyth (Phoe) 9:28.9; 7, C. Haigh (Holm) 9:30.3; 8, C. Horne (Craw) 9:38.3; 9, E. Lyon (Mill. S) 9:54.9; 10, S. Harvey (LOAC) 10:02.7. SP: D. Woolgar (Worth) 12.00. DT: 1, J. Kane (Craw) 46.90; 2, Woolgar 34.60. JT: K. Miller (Craw) 39.80. (Inters): 400: S. Fowlie (Craw) 59.5. 800: 1, L. Glossop (Craw) 2:16.2; 2, A. Beard (B&H) 2:19.0. (Juniors): 800: H. Stinton (B&H) 2:22.0. 1500: L. Lewin (Craw) 4:54.8. Teams: 1eq, Brighton & H & Crawley 175; 3, Worthing 140.



Ruth Smeeth leads Yvonne Murray over 3000m at Crawley. Somewhat overlooked in the Zola Budd issue, Ruth, too, will be hoping for Olympic selection at the distance.

David Cocksedge



NEWARK 10Km	June 10th
PORTSMOUTH 10Km	July 8th
LEICESTER 10Km	July 22nd
EDINBURGH 10Km	August 5th
GLASGOW 10Km	August 12th
CWMBRAN 10Km	September 30th
DARLINGTON	September

ENTRY FORMS & INFORMATION FROM:
SPORTS CELLAR,
212 POOL ROAD,
LEICESTER LE3 9GG.

PLEASE ENCLOSE AN S.A.E.

THE WOODBRIDGE SHUFFLERS
ROAD RUNNING CLUB

Presents
THE THIRD ANNUAL



TOLLY COBBOLD
Brewers of fine Suffolk ales since 1723

**WOODBIDGE
10Km RACE**

(UNDER A.A.A. & W.C.C.A. LAWS)

MIDDAY (12.00) 8 JULY, 1984

ENTRY FEE: £1.50 for Affiliated Clubs. £2.00 if unattached: Payable to Woodbridge Shufflers R.R.C.: Cheques or Postal Orders Please.

ENTRY DETAILS: Send entry with two sae's for number and after race results.

To: Hon Secretary Woodbridge Shufflers, R.R.C., 21 Naverne Meadows, Woodbridge, Suffolk IP12 1HU.

I hereby declare that I am an amateur as defined by AAA and WCCA rules.

Name: _____

First Name: _____

Age: _____ Sex: _____ D.O.B. _____

AAA Reg. No. or Affil. Clubs Name: _____

Local Sport Club: _____

Name of Town: _____

Address in full: _____

Amount enclosed: _____

Signed: _____

No TEAM fee, NO entries on the day. Entry limit set at 500. **NO LATE ENTRIES MAIL EARLY Closing date 23rd June 1984.** The age of entrants on the day of race must be in accordance with A.A.A. & W.C.C.A. Laws for the distance. **Computer Scoring.**

Prizes: IN EXCESS OF £500.00

Silver Challenge Cup • Tolly Cobbold Challenge Shield • Mystery Spot Prizes: 1st Local Man and Woman, First Three teams (3 to score) (team declaration required).

PRIZES: MEN: 3 each class: OPEN O/40, O/50, 2 O/60. Tee shirts 1st 35. **WOMEN:** 3: OPEN, O/35, 1st — O/40. Tee shirts 1st 10.

Spotlight on Youth

JULIE HOLLAND

Full name: Julie Dawn Holland. Born in Birmingham, 20.1.1966. Height: 1.65m (5'5"). Weight: 47.5 kg (105lb). Attends Xaverian Brothers 6th Form College, where she is studying for her 'A' levels. Lives in Northenden in Manchester and is a member of Sale Harriers. Coached by Richard Brown, since April 1983. Previously coached by John Vallance. Hobbies outside athletics include rambling, cycling and roller skating. Got started in athletics at school. "I used to run for my primary school in local cross country races. My sports teacher encouraged me to join Manchester Harriers in 1977".

Has competed in the English Schools Championships five times at cross country and three times on the track. At cross country she placed 26th as a Junior in 1980, 34th as an Intermediate in 1981, 3rd in 1982, 8th as a Senior in 1983 and won the Senior race this year. On the track, she was eliminated in her heats of the Intermediate 1500m in 1981 and 1982 and placed 6th in the Senior 1500m in 1983.

Achievements in other major competitions: 1980 — 32nd Northern Junior CC, 41st National Junior CC. 1981 — 38th Northern Junior CC, 30th Inter-Counties Junior CC, 27th National Junior CC. 1982 — 2nd Northern Inter. CC, 26th National Inter. CC, 3rd Schools International Inter. CC, 28th Inter-Counties Inter. CC. 1983 — 4th Inter-Counties Inter. CC, 9th National Inter. CC, 3rd Schools International 1500, 2nd Coca-Cola 'Inter' 1500. 1984 — 5th Northern CC, 15th Inter-Counties CC, 9th National CC, 12th European Clubs CC.

Annual progression:

	800m	1500m	3000m
1980	2:20.5	4:48.7	—
1981	2:18.4	4:39.3	—
1982	2:17.8	4:37.1	10:09.1
1983	2:11.2	4:29.2	10:06.4
1984	2:10.7	4:16.4	9:10.9

Her favourite events are cross country and 3000m on the track. She most enjoys "training in a group, personal improvement and the satisfaction after a good race". Dislikes "speed sessions and mobility and having to miss training through illness, etc."

Training: Winter: Runs for 15 minutes steady every morning, Monday to Friday. Sunday — 8M steady. Monday — 4 × 600m, 200m walk recovery. Tuesday — 4M steady plus hill session. Wednesday — 10 × 150m, 50m recovery. Thursday — 4M lamp-post fartlek session. Friday — 3M steady. Saturday — Rest or race. **Summer:** Runs for 20 minutes steady every morning, Monday to Friday. Sunday — 6M medium pace. Monday — 30 × 100m, 50m walk recovery.

Julie follows Chris Boxer, Sandra Artherton and Gillian Green at this year's WCCA 'National' at Knebworth.



Tony Marshall

Tuesday — 8M steady. Wednesday — 6×200 m, 200m walk recovery. Thursday — 6M medium pace. Friday — 4M steady. Saturday — Rest or race.

Performances which have given her the greatest pleasure were "winning the English Schools CC, finishing 9th in the Senior 'National' as a first year Senior and reducing my 3000m pb by 56 seconds in my first track race this season". Her greatest disappointment was "being eliminated in my heats in both the 1981 and 1982 English Schools". Main rivals? "In the Senior age-group it is difficult to select a particular athlete as a rival as there are so many top class athletes". She

particularly admires Mary Decker "because, despite her setbacks, she has still managed to dominate women's middle distance athletics". Her short term targets are "to break nine minutes for 3000m and to make considerable improvements on my personal best times for the 800m and 1500m" and her long term aims are "to represent Britain at Olympic level in the 3000m and to reach my full potential".

NORTHERN LEAGUE

DIVISION ONE

At Cleckheaton, May 13th

Morpeth 277; Hull Spartan 272; Stretford 249; Liverpool Pem. 241; Sutton (St. H) 229; Bolton 213; Rotherham 212.

100: 1, S. Rutherford (Mor) 10.9; 2, P. Williams (Stret) 10.9. 200: Williams 22.3. 400: 1, P. Elliott (Roth) 48.2; 2, W. Armstrong (Mor) 48.6. 1500: (A): 1, P. Tootell (Stret) 3:51.3; 2, J. Harper (Mor) 3:52.7. (B): K. Rothwell (Stret) 3:52.6. 5000: D. Speight (Mor) 14:35.5. 400H: 1, M. Gaskell (Sutt) 55.6; 2, K. Worrall (Roth) 55.9. HJ: 1, A. Street (Stret) 2.05; 2, A. Kruger (Liv. P) 2.00; 3, J. Byrne (Sutt) 1.95. LJ/TJ: L. Boardman (Sutt) 6.97/14.18. SP: (A): 1, C. Jennings (Hull S) 15.22; 2, G. Stark (Roth) 14.14; 3, D. Eastlake (Mor) 13.24. (B): S. Peacock (Hull S) 13.74. DT: 1, P. Reed (Mor) 46.22; 2, M. Standen (Stret) 40.20. HT: (A): Peacock 54.94. (B): D. Smith (Hull S) 54.04. JT: (A): 1, P. Ostapowycz (Stret) 67.06; 2, M. Line (Liv. P) 57.68. (B): A. Ravenscroft (Stret) 59.18. 4x100: Morpeth 43.5. 4x400: Rotherham 3:21.9.

Hull Leisure Services and Humbleside Leisure Services

Present

THE HUMBER BRIDGE TROPHY ATHLETICS MEETING

at

Costello Stadium, Hull

on TUESDAY 26th, JUNE 1984

At 6.00 p.m.

Entries are now invited for:

Veterans 100m and 200m — Entry Fee £1.00

Runnecare Open Mile — Entry Fee £1.00

Closing date for the above event

June 18th 1984

All entries on official AAA entry forms

Cheques Payable to: Kingston upon Hull City Council, Leisure Services Department, 79 Ferensway, Kingston-upon-Hull. HU2 8LE.

Further information available from: Mr. D. B. Spence, Tel: 0482 222714.

GRE British Athletics League

Coe pulls the crowds in at Wolverhampton

SEBASTIAN COE proved a real crowd-puller when he competed for his new club, Haringey, in the opening Division One match. Around 2000 spectators flocked to Aldersley Stadium to see his return to the track, but he restricted his activity to a leg of the 4x400m relay. Taking over in third spot, he took Haringey into a two metre lead on the second leg with a split time of 46.8, an encouraging enough start to his track season. He was well satisfied with his outing which helped Haringey to second place in both the relay and the match.

There were a whole host of notable performances at Aldersley. Martin Girvan shattered the Commonwealth hammer record for the third time this season with a throw of 77.54m. He took only three throws — 73.76, no throw and 77.54. The large crowd was also delighted by a new AAA national record in the javelin by Blackheath's Peter Yates. He had a best of 85.92m in a series of 79.10, 81.08, 85.92, NT, 81.80 and NT. There was some superb sprinting from Blackheath's Buster Watson, warming up for the defence of his two UK titles at Cwmbran. Assisted by a substantial 3.6m wind in the 100m, he clipped the British League record by one tenth of a second with a winning time of 10.2, beating Shaftesbury's Donovan Reid by two metres. He looked equally impressive in taking the 200m in 20.5, helped by a 3.9 m/s wind, to win easily from Phil Brown. Jim Evans, having switched from Epsom to Blackheath in the close season, showed no sign of the injury which troubled him during 1983 as he won the 100m 'B' race in 10.4. The two of them helped Blackheath take the sprint relay in 41.1 sec.

Wolverhampton and Bilston, toppled after a reign of eight years as league champions by Midland rivals Birchfield, gave notice that they intend to fight to regain their crown by winning the opening match.

Another Olympic team contender, Todd Bennett, opened his 1984 account with a fine



Seb Coe moves ahead of Steve Scutt to give Haringey a lead at half distance.

Ken Evans

individual 400m victory running for Southampton in the Division Two match and clocking 47.1. Sale's Nick Peach made an impressive return to steeplechasing to win the event in 8:50.4. Some fine hurdling form Cardiff's Nigel Walker and Colin Jackson was the highlight of the Division Three match. Walker, the UK champion, took the 'A' race in 14.0, assisted by a 1.9 m/s wind, while Jackson clocked a personal best of 14.1 to take the 'B' race helped by a 4.5 m/s gust. Walker also won the 200m in 21.3. Jackson is only a first year Junior, and it was the first time he had raced over the Senior barriers.

Pole vaulter Jeff Gutteridge provided the best individual performance in the Division Four match, clearing 4.90m for a division record, whilst the Division Five match saw former UK record holder, Mark Naylor, high jump 2.10m, and Dave Bayes (Poly) set a new UK 50-year-old age record in the hammer with 51.64m. It added almost ten metres to the previous best set by Don Vanhegan of Barnet in 1975.

Tom Pollak

**SWANAGE REGATTA
& CARNIVAL ASSOCIATION**

12 MILE ROAD RACE

(Under A.A.A. Laws)

SAT., 28th JULY, 1984

Commencing at 2.30 p.m.

Entry Fee: £1.50.

For Entry Forms, send s.a.e. to: Mrs. J. Love, 131 Kings Road, Swanage, Dorset.

Closing date: 10th July, 1984

DIVISION ONE

At Wolverhampton, May 12th

Wolverhampton & B 241 (6 League Points); Haringey 235 (5); Birchfield 235 (4); Blackheath 204 (3); Shaftesbury 195 (2); Newham & EB 151 (1).

100: (A): 1, B. Watson (B'ht) 10.2w; 2, D. Reid (Shaft) 10.4; 3, V. Esprey (Bir) 10.4; 4, M. Morris (Har) 10.5; 5, E. Cutting (W&B) 10.6; 6, E. Gilkes (N&EB) 10.7. (B): 1, J. Evans (B'ht) 10.4w; 2, A. Bennett (Bir) 10.5; 3, C. Callender (Har) 10.5; 4, T. McKenzie (W&B) 10.7; 5, G. Wilson (Shaft) 10.8. **200:** (A): 1, Watson 20.5; 2, P. Brown (Bir) 21.2; 3, M. McFarlane (Har) 21.3; 4, T. Bonsor (W&B) 21.9; 5, J. Morgan (Shaft) 21.9; 6, A. Warwick (N&EB) 22.0. (B): 1, A. Bennett (Bir) 21.2; 2, G. Cohen (W&B) 21.2; 3, Morris 21.4; 4, P. Ashen (B'ht) 21.8; 5, P. Batten (N&EB) 22.0. **400:** (A): 1, R. Dickens (Shaft) 46.9; 2, T. Whitehead (Har) 47.7; 3, S. Scutt (W&B) 48.2; 4, P. Edwards (Bir) 48.6; 5, J. McCabe (B'ht) 48.8. (B): R. Daniel (Har) 49.7. **800:** 1, S. Lane (Bir) 1:50.8; 2, S. Martin (Har) 1:51.9; 3, A. Parr (N&EB) 1:53.3. **1500:** 1, G. Cook (W&B) 3:52.9; 2, Martin 3:53.1; 3, A. Salter (Bir) 3:53.2; 4, J. Goater (Shaft) 3:55.6. **5000:** 1, S. Harris (Shaft) 13:52.6; 2, J. Wigley (B'ht) 14:10.4; 3, D. Pemberton (Bir) 14:14.2; 4, J. Kilsby (Har) 14:39.5. **3000SC:** (A): 1, Blackwell (W&B) 8:55.8; 2, S. Marzillius (Bir) 8:59.0; 3, P. Llewellyn (Shaft) 9:07.9. (B): 1, B. Tilley (Bir) 9:16.3; 2, J. Messum (W&B) 9:27.7. **110H:** (A): 1,

M. Holtom (W&B) 14.0; 2, P. Brice (Shaft) 14.3; 3, J. Wallace (N&EB) 14.5; 4, C. Richardson (Har) 14.8; 5, K. Lobb (Bir) 14.9. (B): 1, K. Moore (W&B) 14.6; 2, C. Boreham (Shaft) 14.9; 3, T. Leeson (Bir) 15.1; 4, B. Blik (Har) 15.2; 5, A. Shiret (N&EB) 15.4. **400H:** (A): 1, M. Robertson (W&B) 51.5; 2, P. Atherton (Shaft) 52.0; 3, G. Oakes (Har) 52.5; 4, P. Austridge (B'ht) 53.2; 5, Wallace 53.6; 6, D. Hislop (Bir) 55.9. (B): 1, K. Lidlow (Har) 53.9; 2, A. Booton (W&B) 56.2.

HJ: (A): 1, L. Lucas (Har) 2.05; 2, D. Abrahams (N&EB) 2.00; 3, B. Morrison (Bir) 2.00; 4, M. Powell (W&B) 1.95. (B): F. Obikwu (Har) 2.00. **PV:** (A): 1, R. Gammage (W&B) 4.70; 2, Obikwu 4.40; 3 eq, P. Trower (B'ht) & Boreham 4.00; 5, R. Simpson (Bir) 4.00; 6, L. Stannard (N&EB) 4.00. (B): 1, A. Hardy (Har) 4.00; 2, R. Hooper (W&B) 3.80; 3, Gilkes 3.80; 4, Leeson 3.80. **LJ:** (A): 1, D. Burgess (Har) 7.55; 2, E. Starrs (W&B) 7.37; 3, E. McCalla (Bir) 7.26; 4, P. Davies (B'ht) 7.18. (B): 1, L. Neil (Bir) 7.20; 2, F. Abejide (Har) 7.14; 3, R. Weaver (B'ht) 7.12; 4, R. Jones (W&B) 6.84. **TJ:** (A): 1, J. Herbert (Har) 16.22; 2, McCalla 15.71; 3, F. Agyepong (Shaft) 15.37. (B): 1, P. Morris (Bir) 14.15; 2, F. Attoh (Shaft) 14.15; 3, L. Lynch (Har) 13.87. **SP:** (A): 1, M. Winch (B'ht) 17.92; 2, P. Mardle (W&B) 16.33; 3, M. Aldridge (Har) 16.29; 4, N. Thompson (Shaft) 14.77; 5, Gilkes 13.98. (B): 1, A. Zaidman (Har) 16.14; 2, I. Lindley (W&B) 16.10; 3, G. Savory (B'ht) 15.01;

The New Reebok Victory Gti available now from

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ORCHID White/Pink trainer for ladies. Sizes 4-8 £20.99

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BRITANNIA Performance shoe for youngsters. Sizes 1-5½ £14.99 6-7 £16.99

CAROLINA ladies version of Hurricane in Blue. Sizes 4-8 £19.99

HURRICANE Grey/ Navy training shoe. Sizes 3-5½ £18.50 Sizes 6-12 £20.99

CLASSIC Cobalt/Silver training shoe. Sizes 4-5½ £20.99 Sizes 6-12 £23.99

VICTORY Gti

Weight: 340 gms (UK 8)

Sizes: 6-12 inc.½ sizes Price £44.99

The Victory Gti—the tri stands for 'technical improvement'—ensures Reebok can continue to claim the most advanced foul weather running shoe on the market. Still retaining the water-resistant, yet highly breathable, Gor-tex™ lining, the Gti utilises many new technical advances to ensure a high performance in all conditions.

A new profiled last allows excellent forefoot comfort whilst ensuring a secure fit.

The upper incorporates a strong pigskin support system with strategically placed "Flex-dips". Rearfoot control to allow a confident footfall are key features of the Gti. A medial support panel of pigskin, a large strong asymmetric heel counter and a technically improved "Foster Cradle" enhance the rear foot qualities of the shoe. The strong polyurethane "Foster Cradle" gives added strength to the "vital area" in the fight against pronation.

Rearfoot control is again the key to the design of the tri-density Di-Tex™ sole unit. Built into the highly cushioned unit is a high density "Y" shaped insert giving further support against any tendency to over-pronate. The "Y" shape insert also provides a stabilizing mechanism for those who do not require such support—a factor often neglected in the modern running shoe.

A lightweight blown micro-cell outsole with a split bar design offers good traction whilst the Goodyear tyre rubber heel block gives maximum protection in the major wear areas.

Overall comfort and protection are completed by a dual density cupped innersock, cambrelle™ lining, and "speed lock" lacing system.

Attractive and technically effective the Gti must be regarded as one of the better things in life.

For runners of all ability and mileage levels who take their running seriously, a technically advanced shoe with foul weather protection. New profile outsole allows a multi-terrain use.

The Gti will perform equally well for the over-pronator or the world class athlete.



BASILDON MARATHON

(Under AAA and WCAA Laws)

Jointly promoted by
BASILDON DISTRICT COUNCIL
BASILDON ATHLETIC CLUB and
BASILDON SPORTS COUNCIL

SUNDAY, 22 JULY, 1984

Start 10.00 a.m.

Gloucester Park — Basildon

Second in the GRAND PRIX series of BASILDON RACES 1984, to be run on a fast, accurately measured (RRC), well-marked, 2-lap course around the New Town.

Open to Men and Women over 18 years of age. Numerous Drink/Sponge Stations. Funds to be raised to help disabled athletics.

Entry Fee — £3.00 Club/Affil. £3.50 Unaff.

Send entries to Bob Hardy, Race Secretary, Basildon District Council, Fodderwick, BASILDON, Essex. (Cheques payable to Basildon District Council, please enclose a 9" x 6" s.a.e.)

Prizes for at least first 10 places plus first woman an vet. and SPOT PRIZES.

Medals first 500. Certificates all finishers.

ENTRY FORM — Please complete in block capitals

Surname..... (Mr/Mrs/Ms)

First Names.....

Address.....

Tel. No..... M/F.....

Date of Birth..... Category.....

Best time to date.....

Club/AAA Registration No.....

Please enter me for the BASILDON MARATHON. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred by me during or as a result of the event or for any property lost on the course or in the changing rooms.

I enclose entry fee of £3.00/£3.50 and a 9" x 6" s.a.e. (Cheques/P.O. No.)

Signed.....

Date.....

Entry No. (Official Use Only).....

Closing Date — 15 July 1984

ELMBRIDGE ROAD RUNNERS Present

'5'

FUN RUN

(Under AAA & WAAA Laws)

SUNDAY,

15th JULY, 1984

At 11.30 a.m.

**Venue: Elmbridge Leisure Centre
Sunbury Lane, Walton**

Fee: £1.00 affiliated runners.
£1.50 unattached runners.

For application forms, send s.a.e. (9" x 6")

To: Peter Cook, 20 Station Road, Claygate, Surrey. 'Phone Esher 63308.

BARROW & FURNESS A.C.

FURNESS 9th ANNUAL OPEN TRACK & FIELD MEETING

(Under AAA & WAAA Laws)

**At Park Vale (Synthetic) Track,
Walney Island, Barrow-in-Furness, Cumbria
1st JULY, 1984, 12.00**

**Trophies and Prizes to the value of over £400.
Plaques for 1st, 2nd and 3rd depending on entries.**

Entry Fee: 50p per event.

Closing date: 11th June

EVENTS: FEMALE

U/11 70m, 600m, L.J.
U/13 100m, 200m, 800m, 1500m, H.J., Jav.
U/15 100m, 200m, 800m, 1500m, L.J., Dis.
U/17 100m, 200m, 800m, 1500m, H.J., Shot.
O/17 100m, 200m, 800m, 1500m, L.J., Jav.

MALE

U/11 70m, 600m, L.J.
U/13 100m, 200m, 800m, 1500m, L.J., Jav.
U/15 100m, 200m, 800m, 1500m, H.J., Dis.
U/17 100m, 200m, 800m, 1500m, H.J., Shot.
O/17 100m, 200m, 800m, 3000m, H.J., Shot, Jav.

Entries to: Mr. H. Selth, 20 Bigger Bank Road, Barrow-in-Furness, Cumbria, CA14 3YF. Tel: 0229 42881.

4, C. Etame (Shaft) 13.13. **DT:** (A): 1, Mardle 56.60; 2, Winch 51.72; 3, Thompson 51.22; 4, G. Herrington (Bir) 47.68; 5, Obikwu 42.22. (B): 1, Savory 51.62; 2, K. Brown (Bir) 46.96; 3, N. Boyton (Shaft) 44.46. **HT:** (A): 1, M. Girvan (W&B) 77.54 (**Commonwealth rec**); 2, M. Jones (Shaft) 66.12; 3, P. Head (N&EB) 64.68; 4, M. Zaidman (Har) 51.82; 5, A. Woods (Bir) 50.62; 6, T. Walhen (B'ht) 44.60. (B): B. Baptiste (N&EB) 43.72. **JT:** (A): 1, P. Yates (B'ht) 85.92 (**AAA national rec**); 2, S. Osborne (Bir) 75.94; 3, M. Humphries (Har) 69.16; 4, K. Bridges (N&EB) 61.06; 5, P. Morgan (Shaft) 58.86. (B): 1, D. Brand (B'ht) 66.60; 2, G. Amos (Bir) 59.72. **4 x 100:** 1, Blackheath 41.1; 2, Birchfield 42.0; 3, Wolverhampton & B 42.2; 4, Haringey 42.7; 5, Newham & EB 42.8. **4 x 400:** 1, Wolverhampton & B 3:09.5; 2, Haringey 3:09.6; 3, Birchfield 3:16.4; 4, Shaftesbury 3:17.6; 5, Blackheath 3:17.8.

DIVISION TWO

At Stretford, May 12th

Thames Valley 244 (6 League Points); Sale 225½ (5); Liverpool 219½ (4); Edinburgh Southern 215 (3); Edinburgh AC 185 (2); Southampton & E 171 (1).

100: (A): 1, L. Christie (TVH) 10.4w; 2, E. Bunney (ESH) 10.5; 3, E. Tulloch (Sale) 10.7; 4, T. Bennett (S&E) 10.7. (B): 1, S. Harper (TVH) 10.7; 2, B. Mirza (S&E) 10.8; 3, W. Sterling (Sale) 10.9; 4, D. Anderson (ESH) 10.9. **200:** (A): 1, Christie 21.1w; 2, Tulloch 21.6; 3, Mirza 21.8; 4, C. Orr (EAC) 22.2. (B): Harper 21.9. **400:** (A): 1, T. Bennett (S&E) 47.1; 2, K. Bentham (TVH) 47.8; 3, M. Thomas (Liv) 48.4; 4, C. Thompson (Sale) 48.9; 5, J. Learmonth (EAC) 49.5. (B): 1, P. Dunn (Liv) 48.1; 2, M. Clark (TVH) 49.5. **800:** 1, D. Taylor (Sale) 1:51.5; 2, K. Cameron (EAC) 1:52.1; 3, R. Lindsay (ESH) 1:52.2; 4, S. Larder (TVH) 1:52.6; 5, J. Evans (Liv) 1:54.0. **1500:** (A): 1, J. Robson (ESH) 3:48.4; 2, P. Kogbara (TVH) 3:49.2; 3, C. Dagnall (Liv) 3:49.7; 4, M. Gilmartin (Sale) 3:51.8; 5, K. Mortimer (EAC) 3:53.7. (B): K. Lyall (ESH) 3:50.6. **5000:** (A): 1, J. Woods (Liv) 14:07.1; 2, J. Davies (Sale) 14:09.1; 3, G. Laing (TVH) 14:26.2. (B): E. Arrowsmith (Liv) 14:37.9. **3000SC:** (A): 1, N. Peach (Sale) 8:50.4; 2, G. Mathieson (ESH) 9:10.5; 3, N. Jones (EAC) 9:17.8; 4, A. Cole (Liv) 9:28.0. (B): G. Proctor (Sale) 9:21.2. **110H:** (A): 1, D. McCutcheon (Liv) 14.8; 2, S. Pegler (Sale) 15.0; 3, K. Pascoe (TVH) 15.0; 4, B. Harris (S&E) 15.1; 5, S. Berkeley (ESH) 15.5. (B): A. Psaras (TVH) 15.8. **400H:** (A): 1, S. Devine (ESH) 51.8; 2, McCutcheon 53.4; 3, Harris 53.9; 4, A. Tarquini (EAC) 55.9. (B): 1, A. Palk (S&E) 55.2; 2, S. Dempster (ESH) 55.4; 3, I. Elliott (Liv) 55.4; 4, B. Thomson (EAC) 55.7; 5, G. Simmonds (TVH) 56.2.

HJ: 1, D. Grant (TVH) 2.00; 2, G. Blandford (S&E) 2.00; 3eq, N. Tustin (Liv) & P. Masterton (EAC) 1.95; 5, H. Lowry (ESH) 1.95. **PV:** 1, R. Woodruff (TVH) 4.00; 2, D. Fehilly (Sale) 4.00;

3, R. Sinclair (ESH) 3.80. **LJ:** 1, Pegler 7.20; 2, J. Wade (TVH) 6.96; 3, R. McKay (EAC) 6.87. **TJ:** (A): 1, McKay 14.89; 2, E. Hinds (TVH) 14.35; 3, Pegler 14.31; 4, B. Camp (Liv) 14.15. (B): S. Jamieson (EAC) 14.17. **SP:** (A): 1, N. Tabor (S&E) 17.12; 2, E. Irvine (EAC) 15.59; 3, M. Holmes (Liv) 14.23; 4, G. Tyler (Sale) 13.45; 5, A. Kennedy-Rose (ESH) 13.12. (B): 1, S. Thomas (Liv) 13.90; 2, A. Pettigrew (ESH) 13.06. **DT:** 1, Tabor 48.00; 2, Tyler 45.80; 3, K. Christie (ESH) 45.32; 4, Holmes 40.62. **HT:** (A): 1, D. Roberts (Liv) 53.22; 2, R. Meikle (ESH) 51.56; 3, M. Madden (Sale) 51.00; 4, Irvine 49.30. (B): 1, Holmes 45.20; 2, Pettigrew 44.64; 3, M. Fox (Sale) 44.12. **JT:** (A): 1, J. Guthrie (ESH) 63.16; 2, S. Ladds (TVH) 62.08; 3, A. Whyte (EAC) 61.56; 4, D. Williams (Liv) 59.00. (B): 1, Hinds 59.46; 2, D. Scullion (ESH) 57.50. **4 x 100:** 1, Thames Valley 42.0; 2, Sale 42.1; 3, Edinburgh Southern 42.8; 4, Liverpool 43.0; 5, Edinburgh AC 43.4. **4 x 400:** 1, Edinburgh Southern 3:16.8; 2, Liverpool 3:17.3; 3, Edinburgh AC 3:17.5; 4, Thames Valley 3:17.7; 5, Sale 3:20.4.

DIVISION THREE

At Cwmbran, May 12th

Cardiff (6 League Points); Luton 227 (5); Leeds City 222 (4); Herne Hill 221 (3); Brighton & H 202 (2); Epsom & E 163 (1).

100: (+2.9m) 1, P. Nelson (Lut) 10.8; 2, T. Greasley (Leeds) 10.9. **200:** (A): (+1.0m) 1, N. Walker (Car) 21.3; 2, Nelson 21.3; 3, M. St. Louis (HHH) 21.5; 4, Greasley (Lut) 21.5; 5, N. Grover (B&H) 22.1; 6, T. Kane (E&E) 22.2. (B): (+2.0m) 1, J. Regis (HHH) 21.8; 2, D. Hillery (Lut) 21.8; 2, P. Lavender (E&E) 22.0; 4, P. Hughes (B&H) 22.2. **400:** (A): 1, D. Redmond (Lut) 47.9; 2, T. Burton (Leeds) 49.1; 3, O. Parker (HHH) 49.2. (B): 1, M. Whitby (Lut) 49.4; 2, J. Oakley (Leeds) 49.9. **800:** 1, G. Brown (Car) 1:52.6; 2, I. Stewart (Lut) 1:53.7. **1500:** S. Flint (Lut) 3:56.2. **5000:** (A): 1, J. Doherty (Leeds) 14:15.2; 2, G. Ribbons (E&E) 14:16.6. (B): P. Magnier (E&E) 14:16.7. **3000SC:** 1, T. Conlon (HHH) 9:11.2; 2, A. Howden (Leeds) 9:21.2; 3, M. Laflin (B&H) 9:22.7. **110H:** (A): (+1.9m) 1, Walker 14.0; 2, Whitby 14.2; 3, P. Barthropp (E&E) 14.3; 4, M. Johnson (Leeds) 15.0; 5, K. Cheong (HHH) 15.7.

Gerrards Cross & The Chalfonts Round Table

CHALFONTS CARNIVAL ROAD RACES

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

SATURDAY, 23rd JUNE

Gold Hill Common, Chalfont St. Peter, Bucks.

U/18 4 Miles 1.30 p.m.

Open 6 Miles 2.30 p.m.

(First 3 Inds., first 3 Teams, first Vet, first Lady)

Entries: U/18 50p. Open £1. No Team Fee. £1.50 Unattached.
By 16th June. (With s.a.e. for reply).

To: Roger Cressy, 45 Denham Lane, Chalfont St. Peter, Bucks.

(B): (+4.5m) 1, C. Jackson (Car) 14.1; 2, D. Wilkinson (Lut) 14.7; 3, H. Moscrop (B&H) 14.8. **400H:** (A): 1, Moscrop 52.9; 2, Burton 53.1; 3, M. Evans (HHH) 55.3; 4, A. Greaves (Lut) 55.8. (B): 1, D. Wild (Leeds) 56.1; 2, M. Davies (B&H) 56.5. **HJ:** 1, S. Hewitt (B&H) 2.00; 2, A. Chaplin (Lut) 1.95; 3, L. Haughton (HHH) 1.95. **PV:** 1, P. Wray (Leeds) 4.35; 2, C. Parkins (HHH) 4.15; 3, N. Skinner (Car) 4.15; 4, A. Ross (B&H) 4.00. **LJ:** (A): 1, S. Brock (Car) 6.94; 2, I. Simpson (Leeds) 6.94; 3, P. Flanders (B&H) 6.84; 4, Haughton 6.82. (B): 1, P. Hawkins (Car) 6.88; 2, P. Shearman (Leeds) 6.86. **TJ:** (A): 1, D. Wood (Car) 15.57; 2, R. Corbin (HHH) 15.22; 3, S. Metcalfe (Leeds) 15.13. (B): Regis 14.11. **SP:** 1, E. Ricketts (Car) 13.75; 2, S. Whyte (Lut) 13.00. **DT:** (A): 1, P. Sutton (E&E) 48.88; 2, G. Power (HHH) 45.88; 3, Ross 42.84; 4, C. Scott (Lut) 42.22. (B): Whyte 42.04. **HT:** 1, D. Window (Car) 48.40; 2, Scott 47.60; 3, C. O'Connell (Leeds) 47.10; 4, K. Prior (E&E) 47.00. **JT:** (A): 1, J. Trower (B&H) 71.18; 2, J. Buckley (Leeds) 62.24. (B): 1, J. Beaumont (Leeds) 61.80; 2, A. Holloway (B&H) 60.80. **4x100:** 1, Luton 42.3; 2, Leeds City 42.5; 3, Cardiff 43.0; 4, Herne Hill 43.0; 5, Epsom & E 43.0. **4x400:** 1, Cardiff 3:19.4; 2, Herne Hill 3:21.6; 3, Brighton & H 3:21.7.

DIVISION FOUR

At Cleckheaton, May 12th

Windsor S&E 237 (6 League Points); Sheffield 233 (5); Borough of Enfield 226½ (4); Belgrave

THE CHANCE OF A LIFETIME TO RUN
IN BOTH NEW YORK MARATHONS

CO-OP
New York
Marathon

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

FORMERLY THE NORTH TYNESIDE MARATHON

SUNDAY 8th JULY 84
STARTS 10am

Monkseaton High School Field
Seatonville Road, Whitley Bay

ENTRY £3.50 Club Athletes

£4.00 Non-affiliated runners

WIN A FREE PLACE AND TRIP TO THE U.S.A
NEW YORK MARATHON - OCTOBER 1984

All finishers will be entered in a draw for this superb prize.

ENTRY FORMS FROM:

Co-op New York Marathon
c/o Ken Workman, 40 Maple Avenue,
Whitley Bay, Tyne & Wear
NE25 8JS
enclosing a S.A.E.



ALSO MEDALS
CERTIFICATES & PRIZES

224 (3); Woodford Green 168½ (2); Aldershot F&D 153 (1).

100: (A): 1, N. Richens (AF&D) 11.2; 2, R. Betts (Sheff) 11.2. (B): B. McStravick (Sheff) 11.2. **200:** 1, Richens 22.2; 2, Betts 22.3. **400:** 1, S. Paton (Bel) 49.2; 2, R. Clarke (W. Gn) 49.7; 3, J. Weston (Enf) 49.9. **800:** 1, S. Crabb (Enf) 1:49.7; 2, J. Gladwin (Bel) 1:50.0. **1500:** 1, S. Poulton (Enf) 3:54.5; 2, A. Pettigrew (WS&E) 3:55.2; 3, P. Richley (Bel) 3:57.0. **5000:** M. Thompson (Sheff) 14:20.4. **3000SC:** 1, I. Logan (AF&D) 9:13.1; 2, M. Hayes (Bel) 9:18.4. **110H:** 1, H. Teape (Enf) 14.6; 2, M. Corden (Sheff) 15.6; 3, N. Christie (WS&E) 15.6. **400H:** 1, J. Joarder (W. Gn) 55.3; 2, Weston 55.8; 3, Paton 56.1; 4, D. Battersby (Sheff) 56.3.

HJ: (A): 1, D. Baker (Enf) 2.00; 2, M. Roach (WS&E) 2.00; 3, K. Robinson (W. Gn) 1.95. (B): 1, T. Akintokun (W. Gn) 1.95; 2, P. Redmund (Enf) 1.95. **PV:** (A): 1, J. Gutteridge (WS&E) 4.90; 2, P. Lovell (Bel) 4.50; 3, McStravick 4.40; 4, A. Leiper (AF&D) 4.00. (B): 1, M. Shippen (Bel) 4.20; 2, M. Luscombe (Sheff) 3.80. **LJ:** 1, D. Williams (Bel) 7.24; 2, M. James (WS&E) 7.06. **TJ:** (A): 1, A. Amadi (Bel) 14.59; 2, C. Slinn (Enf) 14.33; 3, A. Jamison (Sheff) 14.01. (B): 1, Williams 14.45; 2, E. Barrows (Sheff) 13.88. **SP:** 1, N. Griffin (WS&E) 14.80; 2, K. Onuaguluchi (Bel) 14.10; 3, Corden 13.10. **DT:** 1, Onuaguluchi 52.90; 2, Griffin 49.40; 3, Corden 42.50; 4, C. Jackson (Enf) 40.70. **HT:** (A): 1, A. Tolputt (WS&E) 56.86; 2, R. Earle (W. Gn) 53.38. (B): 1, R. Tolputt (WS&E) 55.02; 2, A. Robinson (W. Gn) 50.32. **JT:** 1, C. Patching (WS&E) 64.46; 2, C. Glossop (Sheff) 61.08. **4x100:** 1, Aldershot F&D 42.7; 2, Borough of Enfield 42.8; 3, Windsor S&E 43.0. **4x400:** 1, Borough of Enfield 3:22.8; 2, Windsor S&E 3:23.0.

DIVISION FIVE

At West London, May 12th

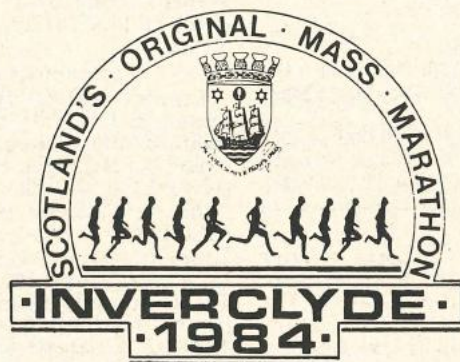
Notts 240 (6 League Points); N. London 239 (5); Polytechnic 214 (4); Hillingdon 200 (3); Cannock Chase 197 (2); Sparkhill 165(1).

100: (A): 1, B. Allum (N. Lon) 10.6; 2, D. Crosby (Hill) 10.7; 3, H. Green (Notts) 10.7. (B): G. Proctor (Notts) 10.8. **200:** (B): Allum 22.0. **400:** (B): N. Thompson (Notts) 50.3. **800:** K. Baker (Cann) 1:55.0. **1500:** P. Davies-Hale (Cann) 4:02.1. **5000:** M. Philpott (Hill) 14:53.7. **3000SC:** 1, S. Willimot (Cann) 9:16.4; 2, J. Barnard (Poly) 9:26.0. **110H:** (A): 1, L. Cowan (N. Lon) 14.6; 2, J. Wallace (Poly) 15.3; 3, P. Goacher (Cann) 15.4. (B): 1, N. Ramsdale (Cann) 15.5; 2, A. Ploszajski (Poly) 15.7. **400H:** 1, Wallace 55.2; 2, Goacher 55.3.

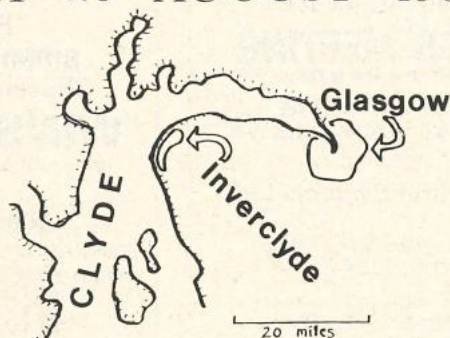
HJ: 1, M. Naylor (Hill) 2.10; 2, T. Whittle (Poly) 2.00; 3, B. Ashpole (Notts) 1.95. **PV:** J. Scaife (Poly) 3.80. **LJ:** 1, M. LaRose (Hill) 7.11; 2, L. Pryce (Notts) 6.87; 3, M. Griffiths (Poly) 6.86. **TJ:** A. Earle (W. Gn) 13.98. **SP:** 1, D. Brown (Spark) 14.70; 2, J. Hillier (Hill) 13.96; 3, G. Blyton (Notts) 13.29. **DT:** 1, Hillier 48.54; 2,

INVERCLYDE DISTRICT COUNCIL
GREENOCK GLENPARK HARRIERS

≈ THE · FOURTH ≈
· INVERCLYDE · MARATHON



· SUNDAY · 26 · AUGUST · 1984 ·



Under S.A.A.A. & S.W.C.C.U. Laws
Race starts Greenock Esplanade 9.00.

Further details and entry forms from:
Marathon Secretary, Inverclyde District Council,
Municipal Buildings, Greenock, Renfrewshire

Sponsored by IBM



GRE Cups-First Round, May 6th

GOLD

At Bedford

Bedford 168; Corby 131; Woking 122; Banbury 113; Queen's Park 30.

DT: R. Stapleton (Bed) 41.78. HT: P. Dalrymple (Bed) 43.56.

At Carlisle

Kendal 132; Blackburn 130; Border 122; N. Shields Poly. 118; Copeland 88½; Preston 60½. 3000SC: P. Banks (B'burn) 9:27.

At Cheltenham

Swansea 144; Cheltenham 130; Newport 119; Barry & V 107; Yeovil Olym. 88; Aberdare Valley 68.

800: P. Williams (B&V) 1:53.3. 10,000: 1, N. Boughiey (Swan) 30:19.8; 2, S. Brown (Chelt) 30:50.4. 3000SC: S. Smith (Swan) 9:27.7. 110H:

GRE/BAL, Division Five

Bluton 41.50. HT: (A): 1, V. Cooper (Notts) 58.12; 2, D. Bayes (Poly) 51.64; 3, M. Roberts (Spark) 49.48. (B): N. Homer (Spark) 43.60. JT: (A): C. Dicken (Hill) 59.92. (B): N. Stainton (Hill) 58.70. 4 x 100: 1, Notts 42.8; 2, N. London 43.2. 4 x 400: 1, N. London 3:22.6; 2, Cannock Chase 3:22.8.

LEICESTER CORITANIAN A.C.

MIDSUMMER MEETING

(Under WAAA Laws)(Max. spikes 5mm)

SUNDAY, 17th JUNE 1984

Sports Centre, Saffron Lane, Leicester

Spons: MARCONI

Command & Control Systems Ltd.

EVENTS

Ladies	100m, 200m, 400m, 800m, *3000m, 100mH, 400mH, H.J., L.J., Shot, Dis., Jav.
Euro Juniors	100m, 200m, 400m, 800m, 100mH.
Inters	100m, 200m, 400m, 800m, 80mH, 200mH, L.J., Shot, Dis., Jav.
Juniors	100m, 200m, 800m, 75mH, H.J., L.J., Shot, Dis., Jav.
Girls	100m, 200m, 800m, L.J.

* Please give best performance with entry as this event may be held as graded finals. To ensure good competition, age-groups may be amalgamated.

AWARDS to first three in all Finals.

TIMETABLE Please send s.a.e. with entry for timetable/admission pass. First event provis. at 12 noon.

ENTRY FEE 50p per event. Cheques payable to 'Leicester Coritnian A.C.'

ENTRIES giving full name, address, date of birth and club to:— David Lewis, 37 Rivington Drive, Loughborough, Leics., LE11 0EJ.

ENTRIES CLOSE — 5th JUNE

B. Price (Swan) 15.5. PV: G. Price (B&V) 3.90. JT: G. Robinson (Swan) 63.78. 4 x 100: Swansea 43.5.

At Chesterfield

Longwood 143; Derby 125; Cleethorpes 106; Chesterfield 100; Wakefield 92; Bingley 81.

400H: J. Ireland (Clee) 56.3. HT: F. McKenzie (Bing) 43.40.

At Cleckheaton

Hull Spartan 150; Spenborough 114; Airedale & SV 107; Rowntree 93; Barton 85; E. Hull 81; Harrogate 63.

110H: N. Andrew (Hull S) 15.3. TJ: S. Wymark (Hull S) 14.37. SP/DT: C. Jennings (Hull S) 14.47/41.20. HT: S. Peacock (Hull S) 57.90.

At Crawley

Crawley 129½; Hercules Wimbledon 125; Sutton & C 114½; Bexley 94; Dartford 86½; Ashford 82½; Basingstoke 44; Medway 15.

100: R. Haizelden (S&C) 10.9. 200: P. Young (HW) 22.2. 800: R. McDowell (S&C) 1:53.9. 110H: 1, C. Smith (Craw) 15.1; 2, W. Jewers (B'stoke) 15.5. HJ: 1, A. Hutchinson (HW) 2.00; 2, Jewers 1.95. PV: 1, B. Skivington (Bex) 3.80; 2, B. Riley (Craw) 3.80. LJ: R. Horne (Bex) 6.82. TJ: R. Edwards (Craw) 14.31. SP/DT: A. Ward (Craw) 13.15/41.96. HT: 1, K. Lasis (Craw) 49.08; 2, C. Smale (S&C) 46.88; 3, A. Racher (Bex) 44.48. JT: K. Turnbull (Dart) 58.26. 4 x 100: Hercules Wimbledon 43.5.

"FINAL NOTICE"

BIRMINGHAM PRISON A.C.

Presents The Second Annual

WINSON GREEN '4'

(Under AAA & WAAA Rules) A.A.A. Permit Granted

SATURDAY,

30th JUNE, 1984, 2 p.m.

Entry Fee: £1.00 or £1.50 if unattached.

Prizes: 1st 10 Senior Men.

1st 3 Ladies.

1st 3 Young Athletes (M&F).

1st 3 Veterans.

'GOVERNOR'S CUP' to winning team (6 to run 4 to score). Trophy to first Young Athletes Team (3 to count).

Current Team Trophy holders: Tipton Harriers.

1983 Ind. Winner: D. Black (Sparkhill H.)

OVER £300 WORTH OF PRIZES

Race Sponsors: T. W. BROUGH

(Builders Merchants) Ltd.

Hockley, Birmingham

Entries to: Mr. P. S. Carroll, 27 Weston Road, Bearwood, Warley, W. Mids.

Cheques/P.O. payable to Birmingham Prison A.C. (s.a.e. for route and changing accom. details please).

Entries by 20th June

At Deeside

City of Stoke 152; Deeside 139; St. Helens 131; S. Liverpool 77.

10,000: G. Helme (St. H) 30:55.7. 3000SC: N. Flanagan (St. H) 9:16.7. 110H: M. Millward (Stoke) 15.5.

At High Wycombe

Borough of Hounslow 137; Highgate 132½; Wycombe Ph. 117; Oxford City 111½; Hertford & W 104; Overton 4.

200: 1, N. Kitchen (High) 22.1; 2, J. Roote (Wyc) 22.1. 400: Kitchen 48.7. LJ: 1, T. Hoyte (Houn) 7.75; 2, D. Grant (Ox. C) 7.09. HT: D. Valentine (Houn) 49.82.

At Hornchurch

Elliott 141; Havering 132; Cambridge H 130; S. London 95; Ilford 75; Colchester 63.

200/400: S. Baggaley (Ell) 21.8/49.3. 110H: 1, W. Swanton (Ell) 15.5; 2, R. Honey (Ilf) 15.7. TJ: 1, C. Coleman (Camb. H) 14.33; 2, L. Gutteridge (Hav) 13.90; 3, G. Gallagher (Ell) 13.85. DT: A. Kruszwski (Camb. H) 40.92. JT: S. Savill (Hav) 61.02.

At Ipswich

Ipswich 154; Norfolk Olym. 138; Chelmsford 137; W. Suffolk 105; Southend-on-Sea 9.

400H: N. Hammersley (Ips) 55.1. SP: 1, M. Fenton (Ips) 13.64; 2, A. Elvin (Norf) 13.18. DT: Fenton 44.28. HT: 1, Fenton 60.64; 2, Elvin 44.60. JT: 1, T. Newenham (Norf) 64.76; 2, I. Marsh (Ips) 59.40; 3, E. Hill (Chelm) 57.60.

At Lincoln

Holbeach 135; Lincoln Wellington 121; Nuneaton 114; Grimsby 107; Lincoln C&C 107; Newark 78.

10,000: J. Clark (Grim) 30:41.1. JT: I. King (Lin. W) 61.76.

At Loughborough

Leicester 128; Charnwood 125; Rotherham 117; Shrewsbury 107; Telford 97; Hallamshire 94.

400: 1, P. Elliott (Roth) 48.5; 2, A. Lamb (Shrew) 49.7. 1500: 1, J. Buckner (Charn) 3:46.9; 2, C. Mochrie (Leic) 3:52.8; 3, J. Clark (Roth) 3:53.0. 10,000: 1, D. Driver (Charn) 30:50.4; 2, A. Horlick (Tel) 30:57.1. 400H: 1, S. Ward (Charn) 55.6; 2, N. Harrington (Leic) 55.6. HJ: K. Long (Leic) 1.95. TJ: A. Flowers (Charn) 13.92. SP: G. Stark (Roth) 13.21. DT: I. Taylor (Tel) 41.38. JT: D. Ottley (Tel) 57.48. 4x400: Rotherham 3:22.4.

At Middlesbrough

Gateshead 143; Middlesbrough & C 141; Mandale 114; Houghton 97; Sunderland 83; Chorley 81.

100: 1, N. Armstrong (Gate) 10.75; 2, P. Farrow (Mand-Y) 10.77. 200: 1, V. Jones (M&C-J) 21.17; 2, Farrow 22.27. 3000SC: 1, C. Walker (Gate) 9:11.5; 2, P. Taylor (Sun) 9:22.5.

At Pitreavie, May 13th

Aberdeen 152; Perth Strathtay 124; Victoria Park 117; Fife Southern 114; Kilbarchan 94; Clydebank 72.

200: S. Scott (Fife S) 22.0. 10,000: G. Fairley (Kilb) 31:09.0. HJ: D. Bisland (C'bank) 2.00.

At Pitreavie, May 13th

Shettleston 154; Pitreavie 129; Central Region 110; Dumbarton 110; Cambuslang 102; E. Kilbride 8.

100: C. Sharp 10.5. 200: S. Lee (Shett) 21.7. 1500: 1, N. Muir (Shett) 3:53.0; 2, R. Cameron (Cen. R) 3:54.1. 10,000: P. Carton (Shett) 30:59.6. 3000SC: G. Riley (Pit) 9:20.1. LJ: K. McKay (Pit) 6.83. 4x100: Shettleston 42.8.

At Portsmouth

Bournemouth 146; Portsmouth 135; Exeter 134½; Fareham 107; Havant 97½.

PV: P. Lynk (B'mth) 3.80. LJ/TJ: I. Ward (B'mth) 7.05/14.10. SP: 1, N. Gray (Fare) 15.59; 2, D. Wood (Exe) 15.58; 3, L. Wiltshire (Ports) 15.43. DT: S. Wilson (Fare) 46.58. HT: 1, K. Weeks (B'mth) 44.86; 2, J. Milum (Exe) 44.08. JT: R. Hooper (Exe) 64.98. 4x100: 1, Portsmouth 43.5; 2, Bournemouth 43.5.

At Solihull

Tipton 155; Warley 125; Bristol 124; Solihull & SH 110; Halesowen 82; Dudley & S 54.

SP: C. Ellis (Bris) 15.66. DT: A. Brittain (Tip) 40.82. HT: K. Smith (Tip) 51.62.

At Warrington

Stretford 133; Liverpool Pem. 128; Wirral 115; Bury 102; Stretford 89; Wigan 57.

200: 1, N. Thompson (Sale) 22.0; 2, P. Williams (Stret) 22.2. 400: I. Billy (Wirr) 48.7. 5000: C. Bucknall (Stret) 14:39.9. 10,000: 1, B. Corden (Wirr) 30:44.2; 2, D. Turnbull (Stock) 31:16.9. 3000SC: D. Burchill (Stret) 9:17.6. HJ: 1, A. Kruger (Liv. P) 2.05; 2, A. Street (Stret) 1.95. PV: D. McComb (Liv. P) 4.00. TJ: Kruger 13.87. SP: J. Clare (Wig) 13.74. JT: 1, T. Aspey (Wig) 59.28; 2, A. Ravenscroft (Stret) 58.92.

The 3rd GAINSBOROUGH MARATHON

(Under AAA/WCCA Rules)

26 miles 385 yards

SUN., 8th JULY 1984

at 11.00 am.

COURSE: Fast road surface route through picturesque Lincolnshire forests, riversides and open countryside.

PRIZES: Medals for all finishers plus Trophies to be won.

ENTRIES: The Registration Officer, Gainsborough Marathon, Gainsborough Travel, 18 Market Street, Gainsborough DN21 2BE. You must enclose a S.A.E.

ENTRIES CLOSE 1st JULY 1984

Some comments from last year's runners "a very good route", "extremely well organised", "the crowds were marvellous".



At Warrington

Bolton 147; Sutton (St. H) 136; Warrington 127; Rossendale 96; Blackpool & F 86; Wallasey 71.

800: S. Caldwell (Bol) 1:52.4. 5000: N. Rimmer (Warr) 14:27.6. 10,000: 1, H. Dixon (Sutt) 30:48.7; 2, P. Livesey (Ross) 30:58.0; 3, D. Singleton (Bol) 31:09.8. 110H: 1, G. MacDonald (Bol) 14.6; 2, M. Kindon (Warr) 15.3. 400H: M. Gaskell (Sutt) 56.3. HJ: J. Byrne (Sutt) 1.95. TJ: L. Boardman (Sutt) 13.85. HT: J. Borszcz (Bol) 43.50.

JUBILEE**At Cheltenham**

Torfaen 100; Swansea 96; Westbury 84; Newport 80; Cheltenham 76; Barry & V 68.

400H: M. Cooke (Swan) 64.6. LJ: L. Lewis (Swan) 5.54. JT: 1, K. Hough (Swan) 45.46; 2, C. Gunn (Torf) 36.30.

At Chesterfield

Nene Valley 102; Chesterfield 96; Longwood 86; Wakefield 80; Cleethorpes 70.

SP: 1, E. Tinkler (Nene V) 11.29; 2, S. Atack (Wake) 10.99. JT: Tinkler 37.80.

At Cleckheaton

Hull Spartan 119; Spensborough 103; Airedale & SV 79; Rowntree 79; E. Hull 50; Harrogate 47.

100: S. Hearnshaw (Hull S) 11.8. 200: 1, Hearnshaw 23.8; 2, J. Briggs (Spens) 25.3. 100H:



Sue Hearnshaw's leap of 6.83m was backed by 0.2m/s wind (not 2.0 m/s as previously stated) and came in the final round, topping a magnificent series — 6.65, 6.69, 6.68, 6.63, 6.69 and 6.83. Of British girls, only Bev Kinch has jumped further (6.90).

Mark Shearman

B. Smith (Hull S) 15.2. 400H: C. Sugden (Spens) 62.6. LJ: 1, Hearnshaw 6.83; 2, A. Forbes (Spens) 5.79. SP/DT: N. Wilkinson (Hull S) 10.89/35.96. JT: L. Austin (Hull S) 40.20.

At Crawley

Brighton & H 115; Epsom & E 96; Sutton & C 91; Basingstoke 83.

HJ: 1, L. Manning (S&C) 1.87; 2, K. Roberts (B&H) 1.65. SP: H. Kemp (S&C) 12.47.

At Deeside

Wirral 109; Liverpool Pem. 107; City of Stoke 104; Deeside 70.

200: F. Thompson (Wirr) 25.2. 400H: B. Watkins (Stoke) 65.8.

At High Wycombe

Wycombe Ph. 110; Herne Hill 102; Hillingdon 96; Oxford City 86; Hertford & W 71.

100: S. Hill (Wyc) 12.3. 200: J. Brown (Ox. C) 25.2. 400: M. Southerden (Wyc) 56.7. 100H: 1, Southerden 15.5; 2, J. Minott (HHH) 15.5. HJ: Minott 1.65. SP: R. Doyley (HHH) 10.99. JT: C. Hatton (Hill) 37.68.

The First Quantock HALF MARATHON ROAD RACE

At Nether Stowey (Br. Bridgwater)

SUNDAY, 24th JUNE, 1984

Starting: 1.30 p.m.

**Approved Road Runner's Club
"Standards" Course (Not hilly)**

(AAA & WCCA Rules)

Main Sponsors:

S. H. CHISLETT LTD.

Video & Tool Hire etc.

(Highbridge, Bridgwater, Taunton, Glastonbury)

First Prize: Entry to Paris 20Km on 14.10.84.

A four package with three nights in Paris worth approx. £100.

Supported by Sportsman's Travel, Brentwood, Essex.

Minimum age 17 on race day.

Fee: £2.50 Club. Unattached £3.00.

**In aid of Taunton & West Somerset A.C.
(Inc. their Half Marathon Championship)**

Please send s.a.e. for entry form to:

G. King, 12 Lime Street, Nether Stowey, Nr. Bridgwater, Somerset TA5 1NG. Tel: Nether Stowey 732274.

At Hornchurch

Havering 107; Colchester 99; S. London 90; Ilford 89.

100H: 1, J. Nicklin (Col) 14.9; 2, K. Lisbon (Ilf) 15.4. 400H: 1, W. Griffiths (Ilf) 60.8; 2, Nicklin 66.5. HJ: K. Johnson (Hav) 1.65. DT: R. Lister (Hav) 36.44. JT: Lisbon 46.28.

At Lincoln

Lincoln Wellington 103; Newark 101; Holbeach 93; Lincoln C&C 70; Nuneaton 101; Grimsby 40.

SP: V. Weston (Lin. W) 11.35. DT: 1, Weston 37.16; 2, E. Creese (Holb) 37.12.

At Loughborough

Rotherham 106; Hallamshire 93; Charnwood 93; Luton 86; Shrewsbury 79.

1500: S. Jordan (Lut) 4:41.3. HJ: K. Nethercoat (Shrew) 1.66. SP: C. Hardy (Charn) 11.35. DT: C. Edwards (Roth) 37.06. JT: K. Garside (Roth) 41.50.

At Middlesbrough

Mandale 96; Gateshead 92; Chorley 91; Middlesbrough & C 90; Morpeth 85; Houghton 56.

100: 1, L. Stirling (Chor) 12.15; 2, L. Stuart (M&C) 12.16. 200: 1, Stuart 24.84; 2, T. Mylan (Mand) 24.99. 400: 1, A. Piggford (Gate) 56.17; 2, Mylan 57.91. 1500/3000: L. Reilly (Mor-I) 4:44.7/10:55.9. 100H: L. Turner (Chor) 15.43. DT: J. Calvert (M&C) 34.84.

At Portsmouth

Yeovil Olym. 112; Havant 100; Fareham 99; Parkside 94.

SP/DT: J. Harris (Havant) 11.35/34.98. JT: 1, J. Abel (Yeo) 47.14; 2, N. Bradshaw (Fare) 44.88.

At Solihull

Halesowen 103; Tipton 87; Solihull & SH 87; Gloucester 82; Warley 72; Dudley & S 67.

DT: S. Barnes (Tip) 36.20. JT: C. Cameron (Tip) 40.76.

At Warrington

Bolton 121; Rossendale 87; Warrington 74; Blackpool & F 72; Wallasey 66.

100: H. Platt (Warr) 12.0. 3000: C. Harkin (Bol) 9:58.2. 100H: D. Johnson (Bol) 15.1.

SECOND ROUND

The second round of both competitions takes place on Monday (May 28th) at 11 venues — Cheltenham, Haringey, Reading, Battersea Park, Woodford, High Wycombe, Gateshead, Stretford, Bromley, Derby and Nottingham; with the 12th match being held tomorrow (27th) at Meadowbank.

The Young Athletes Road Races at Shrewsbury on October 7th (advertised 'AW', May 9th) will be assisted by Nike.

MIZUNO SPECIAL OFFER!

T.4. Ideal as the alternate training shoe. Ultra light rubber sponge outsole provides excellent shock absorption — RB midsole with nylon mesh uppers and reinforced leather toe and heel giving greater support and stability.

Normally £29.95 NOW £16.95

Sizes 6-13 (Including half sizes) Navy and Silver
Post free mail order. Please state English shoe size.

"DIETING MAKES YOU FAT" by Geoffrey Cannon and Hetty Einzig. Now available in paperback.

£1.95 plus 30p P. & P.

"SPORTS INJURIES" A unique guide to self-diagnosis by Dr. Malcolm Read and Paul Wade.

£4.95 plus 45p P. & P.

Opening hours. Monday-Thursday 10 a.m. - 8 p.m.

Friday 10 a.m.-9 p.m., Saturday 10 a.m.-6 p.m.

Please note we are open Bank Holiday Monday
between 10.00 a.m. and 3.00 p.m.

THE LONDON RUNNER

The Heart of Running in London

71 George Street, London W.1.

Tel: 01-486 3580

Terry Fox's 'Marathon Of Hope'

NEARLY four years ago we printed a moving letter from former Wigmore Harrier and NUTS secretary, Peter May, a long-time resident of Canada, under the heading 'Terry Fox's Marathon Of Hope'.

"The name of Terry Fox may not mean much to you", he wrote. "I do not know if you are aware of the tremendous outpouring, the generous giving of Canadians or of the quiet, unassuming manner of Terry. But if not, let me add these few words. This 22-year-old lost his leg from cancer some three years ago. Slowly an idea germinated. With his one artificial leg he started running. Two hops on his good left leg, a stride on his artificial leg, lifting his shoulders and torso for leverage. His distances increased and then in April (1980) he commenced fulfilling his dream ... a run across Canada in aid of the Cancer Fund. A million dollars. A Marathon of Hope".

The Terry Fox Story, the Royal Gala Premiere of which is on May 31st at London's Leicester Square Theatre, is a dramatised reconstruction of the traumatic events which led to Terry having his right leg amputated, the mind-blowing attempt to run five thousand miles across Canada from the Atlantic to the Pacific, and the poignant circumstances which led to Terry becoming a

national hero and a symbol of unity to a country too often divided.

The film is not for the squeamish as some of the scenes are distressing, but the honesty which shines out from the screen is what makes this such an outstanding movie — deservedly nominated for a clutch of Canadian Cinema Academy awards. This is no glamourised portrait; this is Terry Fox, a remarkably determined young man but with his share of human failings. And why not?

Here is a lad with everything in life to look forward to who, with nightmarish suddenness, is told he has a malignant tumour in his leg and that amputation is the only course of action. Having undergone degrees of suffering, rage and frustration that can only be hinted at, Terry eventually sets off on his awe-inspiring mission. Every step takes its toll, but for 135 days he averages a marathon a day, covering over three thousand miles and raising millions of dollars to help other cancer sufferers. There is no happy ending. Terry literally runs himself into the ground and has to be admitted to hospital. In June 1981 he dies of lung cancer.

Terry Fox may be dead, but his name and spirit will live on, and the film will move and inspire millions around the world who until now had not heard of his astonishing Marathon of Hope.

The film, a Robert Cooper Productions presentation, is well served by its director (Ralph L. Thomas) and cast, and there is a stunning performance by Eric Fryer, an amputee who was chosen over 200 other applicants to make his screen debut in the role of Terry Fox.

"People wept to see him run", said one Canadian commentator. "They wept for his pain and his foolish pride. They wept with pity. And they wept most of all for envy to be like Terry Fox, wholehearted and unashamed. They longed to care that much about anything and to go for it. All out".

The Terry Fox Story is an experience you will not forget.

Mel Watman

CAITHNESS A.A.C.
BRITAIN'S MOST
NORTHERLY
MARATHON

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

Will be held in
THURSO, CAITHNESS
ON
SUNDAY

15th JULY, 1984
OVER £300 PRIZE LIST
WITH FIRST PRIZE FOR MEN
TO THE VALUE OF — £100
MEDALS TO ALL FINISHERS

Entry Fee £2 PER INDIVIDUAL.

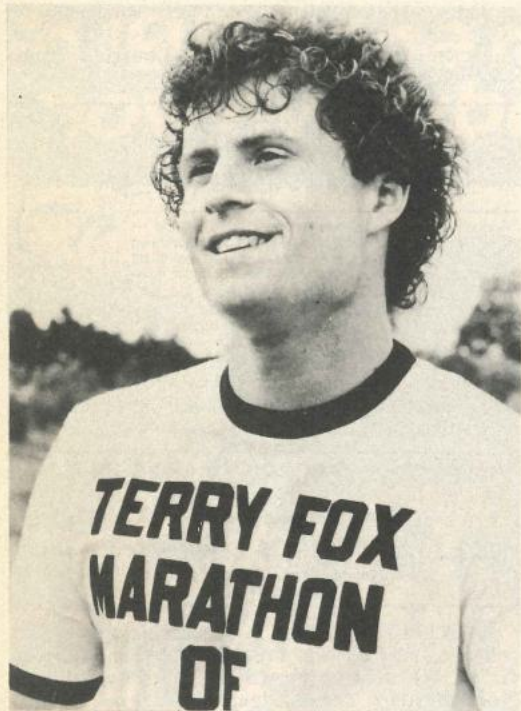
Entry forms from:—

A. L. Sutherland, 71 St. Andrews Drive, Thurso,
Caithness KW14 8QB. Tel. 0847 63939.

Entries close 10th July, 1984

OFFICIALS WANTED

The Civil Service AA hold their 1984 Track and Field Championships at the Alexander Stadium, Birmingham, on Wednesday August 8th, starting at 12 noon. Due to the mid-week date, they are having some difficulty in getting officials, especially Timekeepers and Field Judges. They would therefore be grateful if any qualified officials who are available and live within reasonable travelling distance of Birmingham would get in touch with Alan Mason, 4 Bryants Acre, Bolton (office 061-832 8311 ext. 582, home Bolton (0204) 492650).



TERRY FOX, AS PORTRAYED BY ERIC FRYER IN THE FILM

CLASSIFIED ADVERTISEMENTS

Rates: Private 8p per word; Trade 15p per word. 6 insertions of same copy 14p per word, per insertion, 13 insertions 13p per word, 26 insertions 12p per word. Remittances must be included with order and clearly printed copy.

MOORSIDE TRAINING CENTRE situated in the Peak National Park. Unspoilt countryside. Plenty of varied running lanes, tracks, paths, hills and dales. Excellent cooking, good ales. Everyone welcome. Charlie Futcher (029883) 406.

Paul and Wendy Rawlings have a 4 berth caravan for hire (reduction for athletes £50 p.w.) at Dawlish Warren (Torquay 12m, Exeter 12m). Close to excellent sandy beach (for training) and country runs. Prop. member of Torbay A.C. 'Lucerne', Shutterton Lane, Dawlish Warren, Dawlish, S. Devon. 0626 866458.

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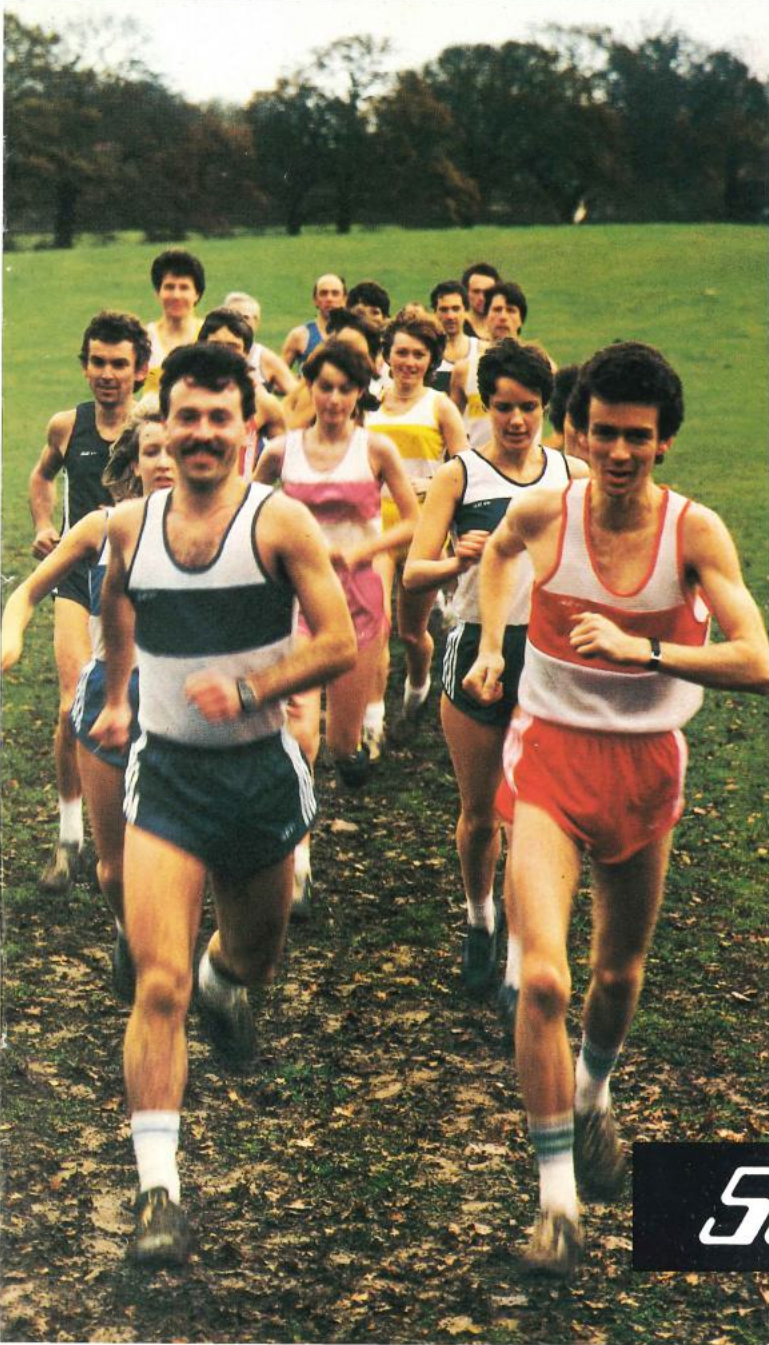
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