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weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

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MAY 28th 1977

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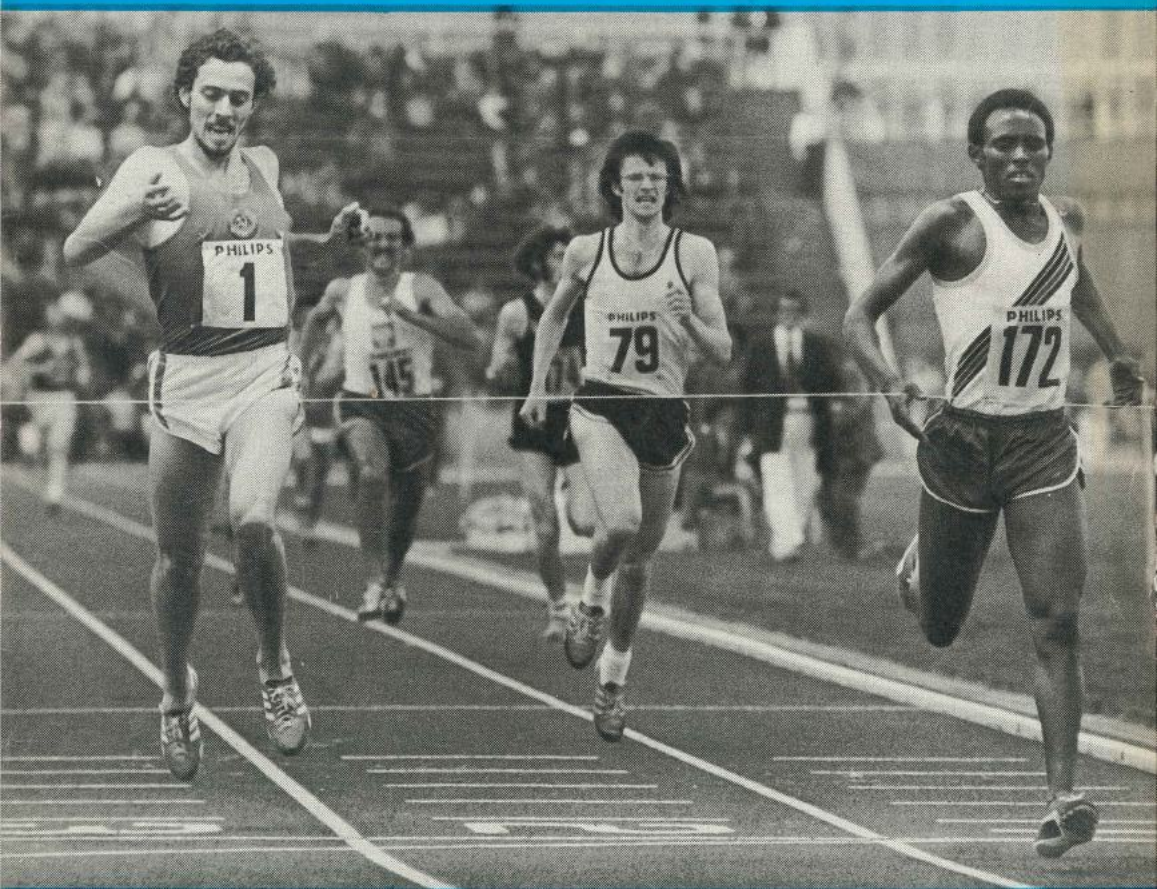
16p

★ Interview With
Bob Dobson

★ Injury Service
To Athletes

★ Sonia Lannaman
Beats Szewinska

★ RWA 20 Kilometres
Championship



FILBERT BAYI (172)
wins 3000m from
STEVE OVETT and
PAUL LAWTHOR at
Philips Meeting.

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SOUTHERN LEAGUE FIXTURES

Division One

May 28th: Venues: Bedford, Yeovil, Reading, Ewell, Southend. **June 25th:** Exeter, Yeovil, Feltham, Croydon, Windsor. **July 2nd:** Wimbledon, Haringey, Sutcliffe Park, Harlow, Parliament Hill. **July 30th:** Chelmsford, Windsor, Cricklefields (Ilford), Croydon, Cambridge. **August 20th:** Aldershot, Parliament Hill, Motspur Park, Battersea Park, Haringey.

Events for the blind and partially sighted will be held at Southend on May 28th.

Division Two

May 28th: Harrow Weald, Parliament Hill, Haringey, Guildford, Wimbledon Park. **June 25th:** Norwich, Eastbourne, Flathouse Road (RNAC), Bracknell, Bournemouth. **July 2nd:** Norbiton, Twickenham, Flathouse Road (RNAC), Welwyn, Stevenage. **July 30th:** Bracknell, West London, Twickenham, Copthall, Norbiton. **August 20th:** Welwyn, East London, Redhill, Ewell, Rochester.

Division Three

May 28th: Oxford, Peterborough, Bury St Edmunds, Worthing, Camborne. **June 25th:** Parliament Hill, Plymouth, West London, Sutcliffe Park, Grays. **July 2nd:** Windsor, Chelmsford, Mayesbrook, Haslemere, Redhill. **July 30th:** Wimbledon Park, Parliament Hill, Watford, Crawley, McMillan Stadium. **August 20th:** Chelmsford, Bracknell, Sutcliffe Park, Hurlingham, Hastings.

Division Four—North

May 28th: Basildon, Stevenage, St Ives, McMillan Stadium. **June 25th:** Great Yarmouth, New River, Chiswick, Stevenage. **July 2nd:** St Albans, Ilford, Bedford. **July 30th:** Hayes, Harrow Weald, Milton Keynes, Bury St Edmunds. **August 20th:** Bedford, Ilford, Harrow Weald, Colchester.

Division Four—South

May 28th: Sutcliffe Park, Brighton, Bracknell. **June 25th:** Folkestone, Southampton, Twickenham. **July 2nd:** Erith, Woking, Oxford. **July 30th:** Sutcliffe Park, Weymouth, Eastbourne, Folkestone. **August 20th:** Twickenham, Maidenhead, Portsmouth.

Alan Pascoe pulled his left hamstring midway through a 200m hurdles race at Southampton last Sunday and expects to be out of athletics for a month.

Wilf Morgan of 159 Marsh Lane, Erdington, Birmingham 23 has airline tickets (£59) for any athletes who wish to compete in the Italian Veterans Championships in Milan from June 10th to 12th. Flight leaves Heathrow at 6.00pm on June 9th, returning to Heathrow at 7.00pm on the 12th. Any intending competitors should obtain IAAF permits from the BAAB.

Entries can still be made for the 2nd and 3rd days of the Evening Post-Echo Trophy at Stockwood Park, Luton, on June 12th and July 31st; just send £1 per club per day to Ron Griffiths, 107 Bearton Road, Hitchin. See 'AW' of April 23rd for full details.

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, May 28th: British Women's League; International Invitation Meeting, Mary Peters Track; Scottish District Champs; Southern League; Lily B League; Northern Women's League; Bathgate Highland Games; Newport (Gwent) '15'; Solihull Jubilee Road Races.

Sunday, May 29th: SCAAA v Surrey v British Police v Wales (Inc Southern Boys 3000m, HJ & PV Champs), Crystal Palace; Chevy Chase '17'; Jubilee 25km Road Race, Halesowen; East Hull '20'; Saddleworth Fell Race, Greenfield; Scottish

Borders AAA Champs, Hawick; Scottish Veterans Champs, Coatbridge; Ben Lomond Hill Race; Young Athletes League.

Monday, May 30th: Eldersfield Beer Race.

Wednesday, June 1st: BRC v Alsager & Madeley, Isleworth; West Yorkshire League, Cleckheaton; TVH Open Meeting, West London; Tarporley Wakes Week 7½M CC.

Thursday, June 2nd: AAA v Loughborough, Loughborough (6.15).

DALEY THOMPSON EXCELS

Daley Thompson (18) set a Commonwealth and UK decathlon record of 7921 points—which also constitutes a world junior record—at Gotzis (Austria) on May 21st/22nd ... and with electrical timing. His previous best was 7905, but that was accomplished with the advantage of hand timing. Peter Gabbett held the previous officially recognised Commonwealth and UK record with 7754.

Thompson, who finished 3rd behind Austria's

Sepp Zeilbauer (8062) and the USA's Fred Dixon (7955), achieved the following marks: 100—10.71, LJ—7.72 (UK junior record), SP—13.59, HJ—2.00, 400—48.35, 110H—15.24, DT—37.28, PV—4.20, JT—55.78, 1500—4:23.8. More details next week.

OPEN AGAIN FOR TRAINING

Emlyn Jones, director of Crystal Palace NRC, is pleased to announce that the track is open again for training following its resurfacing and thanks athletes for their patience during the period when the track was not available.

Cover photo by Mike Street

COUNTY CHAMPIONSHIPS

AVON

At Bristol, May 14th/15th

400: P. Pepler (Glos) 50.1 (CBP). 800: G. Davis (Bris) 1:54.7. 1500: 1, M. Coram (West) 3:53.5 (CBP); 2, N. Gates (Bris) 3:54.4. 5000: 1, Gates 14:21.2 (CBP); 2, D. Francis (West) 14:40.6. 110H: I. Willoughby (Bris) 15.8. (CBP). 400H: 1, Willoughby 55.4 (CBP); 2, Pepler 57.2. 3000SC: 1, R. Anning (Bris) 9:33.2 (CBP); 2, J. Stanton (Bris-J) 9:53.7. (Juniors) LJ: G. Comer (Bris) 6.70 (CBP). TJ: S. Brown (Bris) 13.66. (Youths) JT: M. Parry (Bris) 55.44 (CBP). (Boys) JT: D. Mail (Bris) 50.56 (CBP). (Senior Women) 100: 1, M. Williams (Bris) 12.0; 2, J. Jay (Bris) 12.1. 200/400: Williams 24.1/58.2 (CBP). 100H: 1, D. Cooper (Bris) 15.1 (CBP); 2, T. O'Nions (Bris) 15.2. HJ: Cooper 1.70. LJ: J. Jay (Bris) 5.87. SP/DT: Y. James (Bris) 7.96/35.70 (CBP). JT: C. Hudson (Bris) 34.78. (Inters) 100: D. Walker (West) 12.6. 200: C. Kelly (West) 25.5 (CBP). 400: J. Beavis (West) 59.0 (CBP). 80H: H. Ross (Bris) 12.2 (CBP). (Juniors) 100: E. Stevens (Bris) 12.8. 200: 1, Stevens 26.4; 2, P. Parker (West) 26.4; 3, L. Bendell (Bris) 26.6. 800: A. Sweet (Wells) 2:25.3. 1500: E. Sinclair (Bris) 4:58.7 (CBP).

BEDFORDSHIRE (WOMEN)

(Inters) 400/800: A. Clifford (Pilg) 59.7/2:17.2. HJ: C. Phillips (Bed) 1.55. (Juniors) HJ: L. Matthews (Bed) 1.53.

CAMBRIDGESHIRE

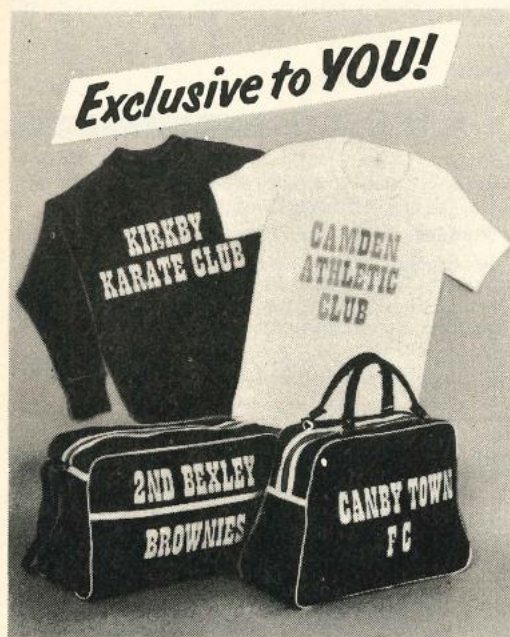
At Cambridge, May 14th

3000SC: 1, R. Bean (C&C) 9:15.6; 2, R. Church (Nene V) 9:37.4. DT: 1, P. Bramford (C&C) 38.56; 2, M. Such (Hunt) 36.88. JT: Bramford 62.72. (Youths) TJ: D. Greene (Perse) 13.56. JT: M. Humphreys (Melb) 52.98. (Boys) SP/HT: N. German (P'boro) 12.99/40.08. (Senior Women) 100H: N. Smith (C&C) 16.0. (Inters) HJ: D. Filby (C&C) 1.57. DT: J. Eden (Melb) 34.76. JT: S. Flack (H&S) 36.14. (Juniors) 800: L. Silva (Melb) 2:26.2. 1500: 1, L. Chamberlain (Melb) 4:57.9; 2, L. Bridgeman (Melb) 5:01.1; 3, M. Braines (P'boro) 5:02.8. LJ: J. Proud (C&C) 4.98. SP/JT: E. Tinkler (C&C) 10.97/31.82. DT: K. Sherwen (Melb) 28.92.

CHESHIRE

At Warrington, May 14th

800: D. Brennan (Warr) 1:55.0. 1500: 1, Brennan 3:52.6; 2, D. Gee (Man) 3:55.8. 400H: 1, M. Ollier (Sale) 54.8; 2, G. Phillips (Liv H) 54.9. 3000SC: M. Nolan (Man) 9:35.0. HJ: 1, A. Ord (Sale) 1.93; 2, C. Hesketh (Stock) 1.90.



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DT: A. Emmerson (Warr) 40.06. (**Boys**) 1500: P.
Hicken (Warr) 4:20.6. 80H: R. Penketh (Warr)
12.2.

KENT

At Erith, May 14th/15th

Events in the final hour of the second day were seriously affected by a severe thunderstorm which softened the cinder track.

100: S. Wright (Liv H) 10.9. 5000: R. Coles (B'heath) 14:31.8. 110H: A. Igonibo-Oruwari (Unatt) 15.0. 3000W: A. Ardley (Tonb) 13:32.8. HJ: S. Faulkner (Kent Pol) 1.90. LJ: Igonibo-Oruwari 6.83. TJ: 1, C. Colman (Camb H) 14.90; 2, Igonibo-Oruwari 14.16; 3, G. Gallagher (Med) 14.09. SP/DT: J. Hillier (Hill) 13.71/51.28. HT: W. Lewis (Ex) 42.96. JT: K. Turnbull (Kt) 67.30. (**Juniors**) 3000W: 1, M. Wordsworth (Skin) 14:14.8; 2, S. Marshall (Camb H) 14:37.2; 3, T. Hayes (Med) 15:26.6. LJ: M. Tyrell (DYRMS) 6.73. TJ: A. Flowers (Med) 14.03. JT: I. Lubbock (E Kt) 55.14. (**Youths**) 400: P. Stead (Med) 51.1. 100H/LJ/TJ: T. Maltby (Lang) 14.4/6.42/13.43. 1500SC: 1, J. Spooner (B'heath) 4:34.7; 2, S. Kirk (Ton) 4:38.4. SP: P. Milbourne (Skin) 15.15. (CBP): JT: M. Chapman (Med) 55.04.

Senior Women

200: A. Baldock (Dart) 25.0. 400: H. Hollick (Sale) 58.5. 800: 1, Hollick 2:09.9; 2, C. Temple (Folk) 2:15.1. 1500: 1, Hollick 4:30.0; 2, M. Coomber (Camb H) 4:30.6; 3, Temple 4:49.5. 100H: 1, V. Douglas (Wig) 15.1 (14.9 ht); 2, P. Bryant (Wig) 15.8; 3, R. Waller (Med) 16.0. 400H: S. Reed (Wig) 68.5. SP: 1, V. Redford (Camb H) 13.24; 2, S. Wright (Liv H) 11.64. DT: 1, Redford 38.16; 2, I. Duffin (Camb H) 34.48. JT: 1, L. Rice (Nonn C) 40.54; 2, J. Stanton (Med) 36.06. (**Inters**) 1500: 1, J. Smith (Kt) 4:52.0; 2, J. Howell (Med) 4:57.0; 3, K. Pegley (Ton) 4:58.6. SP: 1, M. Tree (Med) 11.27; 2, S. Nancollas (E Kt) 10.30. DT: J. Pepper (Croy) 31.50. (**Juniors**) 800/1500: D. Russell (Camb H) 2:25.0/4:54.0.

LANCASHIRE

At Kirkby, May 15th

100: 1, B. Green (Pilk) 10.7; 2, E. Tulloch (Sale) 10.9; 3, M. Kindon (Stret) 11.0. 400: C. Hamilton (Sale) 48.8. 1500: 1, S. Howcroft (Leigh) 3:51.9; 2, S. Butler (Liv H) 3:52.4; 3, M. Bateman (B'burn) 3:53.8; 4, P. S. Gayter (Sale) 3:53.9; 5, S. Lawrence (Sale) 3:54.4. 10,000: 1, P. Shaw (Man) 30:14.6; 2, R. Harrison (Liv H) 30:55.0. 3000SC: 1, D. Blakeley (Man) 9:16.8; 2, P. Campbell (Bolt) 9:20.0; 3, K. Lazarides (Bolt) 9:26.6; 4, D. Eccles (L&M) 9:33.4. 3000W: 1, A. Malone (Lancs) 13:28.0; 2, J. Hopkins (Lancs) 13:51.2. 400H: 1, I. Elliott (Liv P) 56.4; 2, R. Groves (B'burn) 56.7. PV: 1, D. Walker (Warr) 3.80; 2, R. Wilson (Wig) 3.65. LJ: 1, S. Pegler (Stret) 6.99; 2, P. McEwan (Sale) 6.79. JT: 1,

K. Taylor (Lancs C) 65.68; 2, P. Ostapowycz (Stret) 65.48. (**Juniors**) 400: M. Ducasse (Liv H) 49.0. 1500: 1, K. Irvine (Wig) 3:53.4; 2, M. Morton (B'burn) 3:55.3; 3, S. Anders (Stret) 3:57.8. JT: 1, A. Baker (Liv H) 59.86; 2, C. (Liv H) 50.1; 2, A. Mbanu (Sale) 50.9; 3, A. Pinder (Unatt) 51.5. DT: 1, P. Jenkins (S'port) 41.74; 2, J. Borezcz (Bolt) 41.26. HT: 1, P. Jenkins (S'port) 52.76; 2, J. Borezcz (Bolt) 52.08. JT: G. Martland (S'port) 58.44. (**Boys**) 1500: 1, M. Cartledge (Pilk) 4:18.2; 2, M. Bullock (Farn) 4:19.5; 3, P. Wynn (Pilk) 4:20.3; 4, M. Wright (B&F) 4:20.3.

MIDDLESEX

At West London, May 14th

100: D. Hill (TVH) 10.6 (=CBP). 200: 1, Hill 21.1 (CBP); 2, M. MacFarlane (VPH) 21.5; 3, T. Henry (Shaft) 21.6; 4, P. Allen (N Lon) 22.2; 5, M. Tapper (Vic P) 22.3. 400: 1, D. King (Vic P) 48.8; 2, M. Gregory (BRC) 49.6; 3, J. Day (TVH) 49.6; 4, J. Erpergin (TVH) 49.8; 5, A. O'Brien (Lon I) 50.1. 800: 1, P. Browne (TVH) 1:50.9; 2, W. Bellew (BRC) 1:53.7; 3, P. Pusey (BRC) 1:54.3. 1500: 1, J. Odlin (N Lon) 14:06.8 (CBP); 2, H. Starkey (Shaft) 14:13.8; 3, P. Norell (H&S) 14:34.0; 4, J. Sheridan (TVH) 14:37.0; 5, M. Green (Old G) 14:40.4. 110H: 1, K. Purves (Hill) 15.4; 2, N. Augustin (H&S) 15.7; 3, C. Jousiffe (High) 15.8. 400H: 1, S. Hinchliffe (Poly) 54.0; 2, E. Visone (Shaft) 55.8; 3, E. Shirley (BRC) 55.9. 3000SC: 1, N. Saunders (H&S) 9:07.2; 2, B. Copps (Felt) 9:08.6; 3, D. Milner (H&S) 9:22.2; 4, P. Cummins (High) 9:25.0; 5, J. Hunston (Lon I) 9:28.2; 6, J. Barnard (Poly) 9:33.0; 7, B. Copps (Felt) 9:35.2. HJ: P. Redmond (BoE) 1.90. LJ: 1, T. Henry (Shaft) 7.40 (CBP); 2, L. Tyson (TVH) 7.13; 3, R. Edwards (H&S) 6.96. TJ: 1, F. Attoh (Shaft) 15.10; 2, R. Philips (Old G) 14.76; 3, R. Edwards (H&S) 14.75; 4, P. Davies (TVH) 14.48. SP: 1, T. Walhen (RN) 13.72; 2, R. Tilley (BoE) 13.71; 3, P. Sharman (TVH) 13.34. DT: 1, N. Thompson (Shaft) 46.64; 2, T. Walhen (RN) 41.44; 3, D. Kidner (TVH) 41.24; 4, P. Sharman (TVH) 40.54. HT: 1, M. Mileham (W Gn) 62.28 (CBP); 2, E. Lawlor (TVH) 55.44; 3, M. Mason (BoE) 51.80. JT: 1, E. Devido (N Lon) 63.58; 2, P. Zeniou (N Lon) 61.86; 3, N. Thompson (Shaft) 58.06.

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Juniors

100: MacFarlane 10.7. 200: V. Bramble (Vic P) 22.3. 110H: 1, N. Augustin (H&S) 15.1 (=CBP); 2, M. Effiong (HW) 15.1. 400H: C. Richardson (VPH) 56.9. 2000SC: G. Ward (H&S) 6:09.6. HJ: 1, A. Udo (Shaft) 1.95 (=CBP); 2, R. John (TVH) 1.90; 3, M. Hammond (BoE) 1.90. PV: J. Cryle (Felt) 3.80 (=CBP). LJ: 1, Effiong 7.04; 2, C. Mitchell (H&S) 7.01. TJ: 1, Effiong 14.86 (CBP); 2, Udo 14.36; 3, M. Dommatt (LAC) 13.67. SP: G. Loizou (H&S) 13.63. DT: A. Taylor (H&S) 41.10. HT: 1, M. Mitchell (Felt) 50.54; 2, N. Barnikel (Shaft) 40.84; 3, M. O'Connell (H&S) 40.80. JT: C. Smith (QPH) 58.36.

Youths

200: T. Corbett (Vic P) 23.0. 400: 1, M. Oakes (H&S) 51.0; 2, A. Alard (H&S) 51.1; 3, N. Kitchen (High) 51.2. 800: Oakes 2:00.0. 100H: P. Adams (BoE) 13.7. HJ: 1, P. Byford (Shaft) 1.90 (=CBP); 2, R. Charles (QPH) 1.85. PV: 1, T. Anstiss (Felt) 3.90 (CBP); 2, S. Poole (H&S) 3.30. LJ: R. Burton (TVH) 6.44. SP: 1, A. Zaidman (H&S) 15.20 (CBP); 2, T. Edwards (QPH) 14.03. DT: 1, S. Poole (H&S) 42.10; 2, Zaidman 41.44. HT: M. Mitchell (Felt) 56.08 (CBP).

MIDDLESEX (WOMEN)**At Parliament Hill, May 1st**

3000: 1, B. Green (Felt) 10:05.8; 2, T. Hook (Felt) 10:18.2; 3, L. Watson (LOAC) 10:30.0; 4, J. Hulbert (Ux) 10:37.6; 5, C. Butler (BoE) 10:39.2. 400H (n/s): R. Heap (BoE) 67.2. Pent: C. Mathers (BoE) 3131 (16.0, 8.76, 1.72, 5.06, 2:59.9). (Inters) 1500: 1, J. Baker (Barn) 4:47.3; 2, L. Payne (Uxb) 4:49.5. Pent: 1, B. Sherringham (H&S) 3216 (12.8, 9.08, 1.48, 4.70, 2:28.7); 2, Y. Baldeo (Mx) 3178 (1.64); 3, N. McGee (Felt) 3156 (5.48). 4 x 100: 1, Middlesex 50.1; 2, Feltham 50.7; 3, Haringey & S 50.7. (Juniors) 1500: 1, K. Bonney (LOAC) 4:58.3; 2, H. Meredith (LOAC) 5:02.3; 3, G. Kaminski (LOAC) 5:04.2. Pent: 1, J. Marks (Park) 3023 (13.1, 8.10, 1.51, 4.97, 2:36.3); 2, P. Blake (H&S) 2916; 3, C. Sewell-Alger (H&S) 2841; 4, D. Wilkinson (BoE) 2426.

NOTTS (WOMEN)**At Nottingham, May 15th**

100: 1, R. Kennedy (Notts) 11.8; 2, A. Drakes (Notts) 12.2. 200: 1, Kennedy 24.2; 2, H. Gooding (Notts) 25.3. LJ: D. Somerfield (Notts) 5.45. SP: 1, J. Frampton (Notts) 11.86; 2, C. Pryce (Notts) 11.20; 3, F. Vittles (Notts) 10.59. DT: 1, Frampton 39.98; 2, D. English (Dby) 36.74; 3, Vittles 35.92. JT: S. Gibson (Notts) 34.10. (Inters) 400: A. Soar (Notts) 59.8. 800: 1, Soar 2:17.4; 2, V. Lancashire (Notts) 2:19.8. (Juniors) 800: 1, S. Whitting (Notts) 2:14.5; 2, J. Blackwell (Notts) 2:16.1.

SHROPSHIRE**At Shrewsbury, May 14th**

100: R. Kennedy (W&B) 10.9. (Youths) 3000: T. Bedell (SS) 9:16.4. (Inter Women) 800: 1, R.

Mackay (Bas) 2:22.0; 2, C. Edwards (Sy) 2:22.5. 80H: F. Davison (PG) 12.5. (Juniors) 1500: J. Perry (WWP) 5:10.7.

STAFFORDSHIRE**At Wolverhampton, May 14th**

100/200: M. Holtom (Wolstanton GS-J) 11.1/22.1. 400: K. O'Meally (Tip) 49.9. 800: M. Downes (Cann) 1:54.6. 1500: 1, Downes 3:48.9 (CBP); 2, R. Westwood (Tip) 3:49.9; 3, R. Harris (Stoke) 3:50.6. 5000: 1, B. Cole (Tip) 14:27.0 (CBP); 2, G. Harvey (Staffs M) 14:29.0; 3, B. Bowler (Stoke) 14:38.6. 400H: H. Smith (RAF) 56.9. HJ: 1, J. Lee (Cann) 1.92; 2, G. Ward (Stoke) 1.90. PV: 1, C. McCarthy (W&B) 4.30; 2, G. Ward (Stoke) 4.00; 3, R. Constantine (Stoke) 3.80; 4, A. Baker (Cann) 3.60. LJ: I. Ratcliffe (W&B) 6.92. TJ: M. Cannavan (W&B) 14.14. SP: 1, A. Drzewiecki (BoE) 16.38 (CBP); 2, R. Steventon (W&B) 13.22. DT: Drzewiecki 48.62. (Juniors) 400: N. Jackson (W&B) 48.2 (UK age 16 best/European Jnr Qualifying/CBP). 800: D. Barlow (CHS) 1:55.8. 1500: 1, S. Kendall (Tip) 3:56.4; 2, J. Earlston (Tip) 3:57.4. LJ: D. Easterlow (Tip) 6.85. (Youths) 400/400H: P. Goacher (Cann) 51.6/60.3 (CBP). LJ: C. Bell (Knut) 6.53. TJ: 1, G. Simpson (W&B) 13.35 (CBP); 2, R. Nix (Cann) 13.32. DT: F. Bacon (Cann) 41.74. (Boys) HJ: P. Byrne (St J) 1.83 (CBP).

Women

100: V. Elder (W&B) 12.1. 200: 1, Elder 24.5; 2, M. Tranter (W&B) 25.1. 1500: C. Ready (Stoke) 4:47.1. 100H: L. Ilderton (Stoke) 15.2. HJ: V. Kelly (Stoke) 1.76 (European Jnr Qualifying). LJ: Tranter 5.43. SP: J. Cox (Cann) 11.92. DT: C. Brereton (Stoke) 35.94. JT: J. Williams (Cann) 44.14. (Inters) 400: J. Simcock (Stoke) 60.2 (CBP). 800: 1, Simcock 2:18.0 (CBP); 2, S. Grant (Cann) 2:19.4; 3, A. Pattinson (Stoke) 2:20.0. 1500: Pattinson 4:53.6. 80H: J. Turner 12.4. HJ: H. Spencer (Cann) 1.60. LJ: 1, H. Brown (Cann) 5.46 (CBP); 2, Spencer 5.39; 3, Turner 5.23. SP/DT: C. Pierson (West) 10.92/32.72. JT: 1, D. Stewart (Cann) 33.88; 2, D. Middleton (Cann) 31.58. (Juniors) 100: M. Lewis (Burt) 12.7. 800: M. George (Stoke) 2:23.0 (CBP). 1500: P. Brannelly (Stoke) 5:00.8. 75H: 1, D. Leek (Cann) 12.1; 2, J. Langston (Cann) 12.2. HJ: 1, D. Butler (Cann) 1.60; 2, K. McCausland (Stoke) 1.60. SP: A. George (Cann) 9.94. DT: 1, E. Hindley (Cann) 28.32; 2, K. Beasley (Alum) 28.22.

SUFFOLK**At Bury St Edmunds, May 14th**

PV: M. Freestone (Ips) 3.80. DT/HT: M. Fenton (Ips) 41.18/54.26. JT: L. Still (W Suff) 55.34. (Juniors) JT: M. Bottoms (W Suff) 54.90. (Youths) TJ: N. Leech (E Berg) 13.56. SP/DT: C. Dinsdale (Low) 14.40/41.64. JT: I. Marsh (Ips) 54.76. (Boys) LJ: L. Clarke (Nac) 5.79. (Senior Women) JT: E. Knott (Ips) 34.56. (Juniors) 800: S. Jeffries (Low) 2:28.0. LJ: B. Kinch (Nac) 5:06.0.

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	6-12	£22.99	RED (white stripes) (G/9202)		
SPRINT (S) (G/5100)	4-5½	£20.25	Orange/black, green/blue, gold/black, red/blue, sky/navy	1-8	£27.99
	6-12	£21.85		9-10	£31.50
JET (S) (G/5112)	3½-5½	£12.50	A.14 (Combination Colours)		
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	6-12	£11.50	A.12 HOODED JACKET		
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(Fosbury Style)	6-12	£22.50			
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SURREY**At Motspur Park, April 30th**

3000SC: C. France (Eps) 9:23.8. 3000W: C. Lawton (Bel) 13:22.8. 4 x 100: 1, Croydon 42.7; 2, Belgrave 43.2. 4 x 400: Croydon 3:21.6. (Juniors) 2000SC: J. Wilson (Eps) 6:11.0. 4 x 100: 1, Surrey AC 43.8; 2, Croydon 44.1. 4 x 200: 1, Surrey AC 1:31.9; 2, Croydon 1:34.6. (Youths) 1500SC: T. Conlon (Bish TG) 4:37.8. 3000W: P. Morris (Bel) 11:08.6. Pentathlon: T. Llewellyn (B'heath) 2701.

At Motspur Park, May 1st

10,000: R. Treadwell (Sy B) 30:28.2. Decathlon: 1, M. Gascoigne-Pees (R&R) 6021; 2, R. Hopkins (Bel) 5581; 3, R. Ball (R&R) 5260; 4, N. Wade (HHH/Lough) 4763. (Juniors) 3000: 1, D. Clarke (HW) 8:37.2; 2, J. Wilson (Eps) 8:43.0. Pent: P. Crosbie (Bel) 2598. (Youths) 3000: 1, S. Catchpole (LAC) 8:55.4; 2, T. Conlon (Bish TG) 9:02.6.

At Motspur Park, May 10th/12th/14th

100: 1, E. Obeng (Bel) 10.9; 2, D. Laing (SLH) 11.1. 200: 1, Laing 21.7; 2, Obeng 22.3; 3, R. Benn (Croy) 22.6; 4, P. Lavender (Eps) 22.6. 400: 1, M. Clark (Guild) 49.0; 2, R. Milne (Guild) 49.5. 800: 1, C. Thomas (TVH) 1:56.0; 2, J. Watts (AFD) 1:56.4. 1500: 1, D. Warren (Eps) 3:53.6; 2, G. Richardson (AFD) 3:59.5. 5000: 1, R. Treadwell (Sy B) 14:31.8; 2, R. Gevers (SLH) 14:32.6; 3, D. Clarke (HW-J) 14:39.6; 4, D. Curwell (AFD) 14:45.0; 5, M. Connelly (Walt) 14:45.0. 110H: 1, N. Gerrard (MP) 15.3; 2, P. Bathrop (Eps) 15.6; 3, G. Peckham (Eps) 15.9. 400H: 1, E. Grey (SLH) 55.5; 2, R. Baker (MP) 57.4. HJ: P. Munt (Mit) 1.90. PV: 1, R. Ball (R&R) 4.00; 2, J. Fenge (HW) 4.00. LJ: 1, M. Griffiths (R&R) 7.12; 2, D. Shaw (S&C) 6.73. TJ: 1, J. Vernon (S&C) 14.43; 2, G. Doerr (HHH) 13.95; 3, M. Gascoigne-Pees (R&R) 13.78. SP: 1, W. Fuller (Eps) 15.54; 2, N. Glover (Guild) 14.28; 3, A. Chromniak (Guild) 13.44. DT: 1, M. Cushion (W Grn) 52.84; 2, Fuller 46.68; 3, Chromniak 43.02; 4, C. Brooks (Bel) 40.34; 5, Glover 40.02. HT: 1, C. Melliush (Camb H) 52.70; 2, K. Prior (Eps) 48.80; 3, S. Sage (Eps) 41.48. JT: 1, D. Palmer (Walt) 61.32; 2, Ball 59.02; 3, J. Webster (HW) 56.88.

Juniors

200: 1, D. Mote (Sy AC) 22.8. 400: 1, Mote 49.0; 2, J. Roberts (Sy AC) 51.2. 800: 1, S. Rough (Eps) 1:57.3; 2, D. Askew (Mit) 1:57.5; 3, M. Rezin (AFD) 1:57.6. 1500: 1, J. Wilson (Eps) 3:55.5; 2, J. Mayhew (HW) 3:56.0. 400H: A. Goulding (BTC) 58.3. HJ: 1, P. Munt (Mit) 1.95 (CBP); 2, T. Llewellyn (B'ht) 1.90; 3, M. Willett (AFD) 1.90. PV: M. Shippen (Bel-Y) 3.45. LJ: P. Cartwright (Eps) 6.71. TJ: Cartwright 13.72. SP: P. Gomme (Eps C) 14.60 (CBP). DT: G. Hollingshead (SLH) 43.48. HT: S. Sage (Eps) 47.80. JT: P. Crosbie (Bel) 55.80.

Youths

100: T. Arinze (HHH) 11.4. 200: P. Thomas (Mit) 23.4 (23.0 ht). 400: 1, R. Sweetman (C'wood C) 51.5; 2, J. Kearns (St Jas) 51.6. 800: 1, D. Eglon (AFD) 1:59.0; 2, D. Batchelor (Guild) 2:01.8. 1500: 1, Eglon 4:06.2; 2, S. Catchpole (LAC) 4:07.7. HJ: T. Llewellyn (B'ht) 1.85. PV: 1, Shippen 3.70 (CBP) rtd; 2, D. Hooper (Bev S) 3.45; 3, D. Hart (HHH) 3.45; 4, J. Ball (Whitgift S) 3.45 (Competition abandoned due to darkness). LJ: F. Senior (SLH) 6.29. TJ: M. Powell (HW) 13.94 (CBP). DT: P. Todd (Sy B) 39.64. (Boys) 400: M. Brockington (KAC) 55.1. 1500: S. Shanks (Bev S) 4:29.0. HJ: P. David (HW) 1.82. PV: 1, P. Lovell (Sy B) 3.20 (CBP); 2, E. Usanga (Kenn S) 3.05; 3, C. Taitt (Kenn S) 2.85; 4, M. Porter (Kenn S) 2.85.

WEST GLAMORGAN**At Port Talbot, May 14th**

(Youths) 200: M. Routcliffe (Port T) 23.4. 3000: S. Axon (Swan) 9:15.8. (Inter Women) 400: 800: G. Williams (Swan) 61.6/2:24.1. SP: 1, K. Glover (Swan) 10.12; 2, J. Tubb (Swan) 10.05. JT: Tubb 33.84.

WILTSHIRE**At Marlborough College, May 14th**

5000: S. Jones (Swin) 14:29.0 (CBP). JT: G. Davies (Swin) 63.20. (Juniors) JT: D. Quelch (Trow) 43.26 (CBP). (Senior Women) 1500: S. Andrews (H'land) 4:42.2 (CBP).

WORCESTERSHIRE**At Redditch, May 15th**

200: N. Schoolcraft (Worc) 22.3. 3000W: 1, A. Smallwood (Hales) 13:22.6; 2, R. Care (Harb) 13:42.0; 3, F. Blake (B&R) 13:52.6. JT: R. Dyer (War) 58.04. (Youths/Boys) 2000W: 1, M. Miley (Harb-Y) 9:32.7; 2, N. Troy (Harb-Y) 9:56.4; 3, W. Nock (Hales-B) 10:14.5; 4, A. Troy (Harb-B) 10:27.5. (Inter Women) 400: R. Heathcock (D&S) 59.5. 80H: D. Fisher (Worc) 12.3. 3000W: J. Wickham (Harb) 16:26.2. (Juniors) 800: 1, W. Adams (B&R) 2:23.3; 2, S. Whitehead (Hales) 2:24.1. 2000W: 1, L. Whitehead (Hales) 10:22.2; 2, J. Wickham (Harb) 10:50.8; 3, L. Burton (Harb) 11:03.2; 4, K. Pitt (Hales) 11:23.0; 5, D. Miley (Harb) 11:32.4; 6, E. Whitehead (Hales) 11:38.7.

Dave Walsh, road running secretary for Cardiff AAC, has moved to 30 Highfield Close, Eastbrook, Dinas Powys, South Glam.

Athletes interested in a team competition for Old Boys Association at Wimbledon on July 12th are asked to contact John Martell on 01-584 7715 or 01-542 8254 evenings.

The remainder of the Herts T&F Championships including 10,000m and pentathlons will be held at St Albans on Sunday, July 11th. Prospectuses can be obtained from Stuart Broadhead, Meadow Lodge, Admirals Walk, Hoddesdon, Herts.

MOORCROFT FOR NZ

Dave Moorcroft, who was awarded one of the two £1000 Kraft Olympic Scholarships this year, will spend the money on a six-month training trip to New Zealand later this year. Moorcroft, whose current back injury will keep him out of most of this summer's major events, will travel to Auckland in September with his wife Linda. He will be working there at a private school, and building up during New Zealand's summer for the 1978 Commonwealth Games and European Championships.

Moorcroft was in New Zealand last winter to compete, and it was shortly after his return that he suffered the back injury which has prevented him from training for the last three months. The injury is now slowly mending, and Moorcroft had good news recently when suspected glandular fever turned out to be nothing worse than influenza. "David hasn't started training again yet but we're hopeful that it won't be too long," says his coach John Anderson. "It will be surprising, though, if he managed more than a couple of events this summer before he goes to New Zealand."

Why spend his scholarship on going to New Zealand? "He liked it when he was there to run in January, and the job he has found will give him all the time he needs to train," says Anderson. "And what athlete wouldn't like the chance of a winter's training without snow, ice, and hail to contend with."

The other £1000 Kraft Olympic Scholarship was awarded to Sonia Lannaman; who spent part of it this month on a 12-day training session in Cologne with the West German sprint squad.

PUBLISHER'S STATEMENT

Considerable increases in the cost of production of *Athletics Weekly*, due in particular to wage rises in the printing industry, increased cost of paper, and practically all overheads, leave us no alternative to increasing the price of the magazine which will cost 18p from June 1st, 1977. To avoid unnecessary correspondence, subscriptions due for renewal, or other subscriptions received, after May 31st for which the old rate is paid, will be credited with 46 instead of 52 (53 this year) issues.

Postal rates also increase in the next few weeks but we will absorb this increase until the end of the year where subscribers are concerned.

As from June 1st the direct UK subscription rate will be £10.88 (reduced from £12.74) for 12 months, or £5.44 for 6 months. Overseas rates will be: Surface mail £12.48, All-up (air) to Europe £14.04, Air Mail Zone 'A' £16.12, 'B' £16.64, 'C' £18.20.

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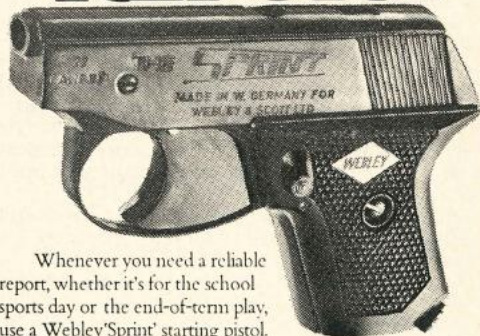
(Senior Men 5 Miles)

At Barnsley, May 5th

1, K. Angus (Sheffield) 25:56
2, J. Hinchey (Barnsley RRC) 26:03
3, B. Mullarky (Sheffield) 26:27
4, G. Naylor (Rock) 26:31; 5, D. Bennett (Barn) 26:46; 6, P. Durrant (Sheff) 27:07; 7, D. Gregory (Sheff Univ-gst) 27:16; 8, G. Whitson (Sheff) 27:28; 9, P. Midwood (Barn) 27:37; 10, J. McSherry (Hallam) 27:59. **Teams:** 1, Sheffield; 2, Barnsley; 3, Hallamshire; 4, Rotherham. **(Final Positions):** 1, Sheffield; 2, Barnsley; 3, Rotherham; 4, Hallamshire. **(Ind):** Hinchey. **(Vets):** J. Pickering (Roth) 29:14. **(O/50):** M. Jackson (Roth) 30:27. **Team:** Rotherham. **(Final positions):** 1, Rotherham; 2, Hallamshire. **(Ind):** Pickering **(O/50):** Jackson. **(Youths 4M):** 1, P. Mace (Roth) 21:52; 2, A. Atherton (Barn) 23:21; 3, G. Cutts (Roth) 25:11. **(Final positions):** Rotherham; **(Ind):** Mace. **(Senior/Inter Women):** 1, P. Greasby (Rock) 13:29; 2, M. Staton (Roth) 13:40; 3, S. Burton (Roth) 14:14; 4, A. Copping (Rock-J) 14:18; 5, L. Wilson (Roth) 14:20; 6, A. Noble (Sheff-V) 14:37. **Team:** Rotherham. **(Vets):** Noble. **(Inters):** Copping. **(Final positions):** 1, Greasby; 2, Staton; 3, Copping. **Teams:** 1, Rotherham; 2, Rockingham. **(Vets):** S. Pickering (Rock). **(Inters):** Copping.

The Madeley College Past v Present T&F meeting will now be held on Saturday, June 25th and not as previously announced—details from Secretary, Martin Lowe.

SPORTS REPORT.



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SONIA'S SCINTILLATING SPRINT

Defeats Szewinska in 22.83w 200 at Philips Meeting

THE 1977 international season got away to an auspicious start on May 18th when a crowd of 14,000—the largest seated attendance at the stadium — flocked to Crystal Palace for the Philips-sponsored Silver Jubilee Night of Athletics. The newly resurfaced Tartan track accommodated the spikes of competing athletes for the first time, while the attractive stand along the backstraight, its seats painted a cheerful shade of orange, welcomed its first paying customers and added to the atmosphere.

Mel Watman reports

Welcome too was the scintillating return to top-class athletics of Sonia Lannaman. Just back from a training visit to West Germany she took over where she left off prior to that damnable injury in Montreal. "I was very tense and nervous at the start," she related, "and my bend was really terrible, but as I came into the straight I felt okay. I had lost the tension I had at the beginning." At that moment, having trailed Sharon Colyear and Irena Szewinska around the turn, Sonia switched on full power and the effect was electrifying. She surged past Sharon, and even Irena's celebrated finishing powers proved ineffective as the Midlander sped home a long stride ahead in the sparkling time of 22.83. There may have been a 4.8m/sec following wind in the straight but the combination of Sonia's sluggish start and the effect of running into the stiff breeze in the early stages ("the wind was terrible on the bend") indicated that her UK record of 22.81 is unlikely to last the season if only she can stay healthy for the duration. Her time of 22.83w leads the 1977 world rankings unless one prefers the claims of Annegret Richter's hand-timed but wind-free 22.8.

Sonia, who described the new track as feeling "really good", resumed training "properly" in January, having devoted the earlier part of winter to weight training to strengthen her vulnerable hamstring. "I'm off physios now, but have to do plenty of stretching exercises." She has no specific targets this season and for the moment is content just to be finishing races uninjured.

The other two women's races also produced good performances. It was too windy and cool for what could otherwise have been a world record assault by Mary Stewart, and a first quarter of 70.1 ruined any outside chance, but the European indoor champion then broke clear to string together quarters of 66.7, 69.2 and 70.1 to clip Joan Allison's UK record of 4:36.2 by a

tenth. Much more competitive was the 400, in which Donna Hartley (the former Miss Murray married Bill Hartley the previous week), clocked by Dave Cocksedge in 24.6 at 200 and 38.6 at 300, narrowly preserved her advantage over a steadily closing Verona Elder in 52.98.

It was Africa's night in the men's track events, with victories for Wilson Waigwa (1500), Filbert Bayi (3000) and Suleiman Nyambui (5000), as well as a brave front-running effort in the 800 by the little known Joshua Lemashon.

With Dave Bedford (flu) and Ian Stewart (ankle injury) non-starters in the 5000, hopes of a resounding British win in the longer-distance department rested on Steve Ovett in the 3000. His task was a formidable one, against such opponents as Bayi and Bronislaw Malinowski, but he acquitted himself superbly in what was in effect his debut at the distance (he ran it once as a youngster and clocked 8:18.8 in a minor event earlier in the season). Had he not left his finishing effort quite so late he might well have pipped Bayi for the second time in a few days, but one cannot be too critical of a man who records 7:53.4!

After Kipngetich of Kenya had led almost throughout (2:38.0 1000, 3:56.3 1500, 5:18.8 2000) Bayi moved ahead two laps out and was not caught. Ovett never looked under pressure but left himself too much to do on the last lap, which he covered in 57.4. He was 4th with 200 to go, passed Gerry Kiernan to enter the straight 3rd and swept past Paul Lawther with a spectacular finish which fell one tenth of a second short of catching Bayi. Lawther, who has already run 3:40.5 for 1500 and an 8:39.1 steeplechase in N Ireland this spring, confirmed his excellent form by clocking 7:54.3. With both Dave Moorcroft (back trouble) and Sebastian Coe (achilles tendon) likely to miss most of the season his advance is timely. Vastly encouraging too were the times of steeplechasers Dennis Coates (personal best) and John Davies.

Nyambui, who tends to be so overshadowed by his compatriot Bayi that his own achievements (7:47.9 indoor 3000 this year, American indoor 3M champion, etc) go relatively unnoticed, found a 59.0 last lap sufficient for a decisive victory in the 5000 where at the bell Henry Rono led by a stride from him and a rejuvenated Jos Hermens. Rono, who has run a 12:56.1 indoor 3M, faded badly on the last lap, enabling Dave Black—who was some 30m down at the bell—to pip him for 3rd. Notable personal bests by Neil Coupland and Mike McLeod in a race in which Carlos Lopes (reportedly suffering an achilles tendon injury) dropped out before the 3000 mark. The final kilometre was covered in a swift 2:34.4.

Another Kenyan with a big reputation in the USA, Wilson Waigwa, gave a better account of himself by outkicking Jim McGuinness in a 3:41.7 1500, but this was fairly gentle exercise for a man who recently ran a 3:53.8 mile in which he covered the first half in 2:00.3 and the second in 1:53.5. A more traditionally Kenyan approach to running was exhibited by Joshua Lemashon who led in the 800 through splits of 25.9, 51.7 and 79.5, and was only caught in the last 20m by Poland's 1:45.4 performer Marian Gesicki. Garry Cook (19) lowered his personal best from 1:50.9 to 1:49.4.

Alan Pascoe, responsible behind the scenes for much of the meeting's success, played his part on the track too with a crushing victory over one of the men who finished ahead of him in Montreal, Jose Carvalho. The Portuguese folded in the second half of the race after over-reaching himself against the wind along the back-straight and at the finish there was a good dozen metres between them. John Akii-Bua, who was due to have raced the flat 400 against Roger Jenkins, was unable to make the trip because the Uganda National Council of Sport had not given their permission. Hasely Crawford was another Olympic gold medallist who missed the meeting but Don Quarrie was there and, switching into over-drive as required, took both sprints. Roger Mills, that master of sprint walking, fell only just short of his UK mile best with quarters of 89.4, 92.6, 93.2 and 94.3.

Field event enthusiasts were well served, as Olympic vice-champion Antti Kalliomaki vaulted 5.45m for a UK all-comers record (unsuccessfully attempting 5.56m). Geoff Capes turned the tables on his European indoor conqueror Hreinn Halldorsson, and Miklos Nemeth set a 1977 world javelin best of 86.66m. Other exciting news from the pole vault was the remarkable start to the season by Brian Hooper, who had to miss the indoor season because of an ankle injury. He cleared 5.20m, same as Kjell Isaksson and Don Baird (the latter retiring because of a pulled muscle), and was not far away from setting a UK record of 5.33m. Nemeth's one valid throw did the trick in one of the most distinguished javelin competitions seen in Britain, but it was a pity that this event (among all too many others) was not better presented to the public. Capes' opening put of 20.33m was never matched but there was always the chance that his Icelandic rival, who improved to 20.70m recently, might push him to a greater distance.

100: (+2.8m) 1, D. Quarrie (Jam) 10.52; 2, S. Green 10.59; 3, D. Hill 10.67; 4, A. McMaster 10.76; 5, A. Wells 10.78; 6, R. Mitchell 10.79; 7, L. Hoyte 10.81; 8, J. Mwebi (Ken) 10.99.

200: (+3.3m) 1, Quarrie 20.7; 2, D. Jenkins 21.1; 3, A. Bennett 21.2; 4, G. Cohen 21.3; 5, M. McFarlane 21.4; 6, C. Monk 22.1.

400: 1, R. Jenkins 47.46; 2, W. Taylor 47.80; 3, W. Njiri (Ken) 48.17; 4, D. Laing 48.96; 5,

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continued on page 14

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CLOSING DATE FOR ENTRIES

17th JUNE, 1977

Entry Forms and Further Details from:

Mr F. Gardner,

Sedgefield District Council,

SPENNYMOOR,

Co. Durham.

Tel: Spennymoor 816166.

(Extension 380/402.)

Road Races

SALFORD '7'

April 8th

1. A. Blinston (Altrincham)	32:49
2. D. Brennan (Warrington)	32:57
3. M. Baxter (Leeds)	33:06
4. D. Murphy (Liv H) 33:19; 5. J. Davies (Ex B) 33:27; 6. A. Byrne (Salf) 33:32; 7. P. Shaw (Man) 33:38; 8. P. Rawnsley (Sheff) 33:42; 9. D. Blakeley (Man) 33:45; 10. P. Livesey (Clay) 33:47; 11. D. Nicholl (Leeds) 33:48; 12. F. Pendlebury (Man) 33:49; 13. C. Taylor (A&SV) 33:52; 14. H. Leeming (Dby) 33:53; 15. K. Darlow (Bolt) 33:59; 16. D. Lindsay (Wirr) 34:06; 17. C. Robinson (Roch) 34:10; 18. A. Sladen (Salf) 34:11; 19. D. Gee (Man) 34:16; 20. J. Norman (Alt) 34:25; 21. M. Oldham (Man) 34:28; 22. P. Bradley (Leeds) 34:29; 23. S. Curran (Salf) 34:31; 24. R. Sinclair (Sheff) 34:35; 25. R. Morris (Alt) 34:43; 26. P. Berry (E Ches) 34:47; 27. M. Plant (Man) 34:50; 28. C. Woodhouse (Dby) 34:52; 29. K. Breeze (Sale) 35:01; 30. M. Wakefield (Bolt) 35:02; 31. T. Dwyer (Liv P) 35:04; 32. B. Aspden (Salf) 35:08; 33. M. Nolan (Man) 35:10; 34. D. Brown (Salf) 35:18; 35. B. Brennan (A&SV) 35:20; 36. S. Clegg (Salf) 35:24; 37. D. Wilson (Clay) 35:28; 38. P. Morris (Man) 35:32; 39. H. Kelly (E Ches) 35:33; 40. B. Whittaker (Roth-V) 35:33; 41. S. Walker (Sale) 35:33; 42. P. Malcolmson (Liv P) 35:37; 43. M. Sinkinson (Salf) 35:40; 44. G. Lawson (Man) 35:44; 45. R. Pannel (Bris-V) 35:49; 46. J. Myatt (Salf) 35:50; 47. B. Eden (Man) 35:53; 48. R. Patel (Bolt) 35:53; 49. B. Lloyd (Sutt) 36:04; 50. Binks (Stret) 36:05. 244 finished. Teams: 1, Leeds City 36; 2, Manchester 40; 3, Altrincham 46; 4, Salford 73; 5, Sheffield 89; 6, Bolton 93; 7, Derby 109; 8, Sale 132; 9, Warrington 181; 10, Grimsby 282.	

PETERBOROUGH ROUND THE CITY ROAD RACES

April 11th

1, C. Kirkham (Coventry Godiva)	23:47
2, P. Romaine (Holbeach)	23:52
3, M. Exton (Holbeach)	23:58
4, J. Wheway (W&B) 24:08; 5, J. Offord (Leic) 24:09; 6, H. Starkey (Shaft) 24:12; 7, G. Balfour (Leic) 24:15; 8, N. Lees (Dby) 24:28; 9, G. Taylor (Camb H) 24:45; 10, R. Brewitt (Holb) 24:51; 11, J. Mitcham (Grant) 24:54; 12, R. Church (Nene V) 25:02; 13, M. Froman (Kett) 25:11; 14, E. Jacklin (Grim) 25:20; 15, M. Mangan (Nene V) 25:22; 16, W. Allen (Kett) 25:23; 17, M. Smith (Charn) 25:27; 18, M. Whatmough (Linc W) 25:30; 19, J. Barker (Grim) 25:35; 20, P. Leach (Leic) 25:37.	
Teams: 1, Holbeach 15; 2, Leicester 32; 3, Charn-	

SEDFIELD HIGHLAND GAMES

It should be noted that this meeting is NOT under AAA Laws and there are cash prizes for the events.

wood 70; 4, Grimsby 85; 5, Kettering 93; 6, Newark 132.

Youths

1, R. Slater (Charn) 16:37; 2, H. Boyle (Kett) 16:45; 3, S. Flint (Thet) 17:00; 4, W. Dewis (Leic) 17:04; 5, R. Wilson (Leic) 17:51; 6, A. Nicholson (Linc) 18:15. **Teams:** 1, Leicester 18; 2, Kettering 30; 3, Grimsby 39; 4, Thetford 42; 5, Holbeach 43. **(Boys):** 1, I. Measures (Deep) 9:12; 2, R. Morley (Charn) 9:18; 3, N. Overton (Holb) 9:24; 4, S. Dick (Charn) 9:26; 5, K. Smith (Leic) 9:32; 6, G. Hughes (New) 9:33. **Teams:** 1, Charnwood 13; 2, Leicester 24; 3, Deeping School 27; 4, March 50; 5, Lincoln Wellington 61. **(Colts):** 1, G. Hosier (Leic) 9:41; 2, L. Temby (Thet) 10:06; 3, C. Quick (Rylands) 10:08; 4, D. Moisey (P'boro) 10:14; 5, S. Hynes (Rylands) 10:15; 6, L. Walker (Leic) 10:17. **Teams:** 1, Leicester 15; 2, Rylands Sch 20; 3, Peterborough 31; 4, Thetford 31; 5, Charnwood 46; 6, Riddings YC 50.

Senior Women

1, R. Duddle (Charn) 19:25; 2, A. Kirkham (Cov) 20:25; 3, L. Taylor (Camb H) 22:00; 4, S. Fox (Linc W) 22:15; 5, S. Wreghitt (Charn) 22:36; 6, H. Hallam (—) 22:38. **(Juniors):** 1, A. Whiffing (Melb); 2, L. Chamberlain (Melb); 3, M. Braines (P'boro); 4, L. Bridgeman (Melb); 5, D. Ball (Thet); 6, L. Nicholson (Linc W). **Teams:** 1, Melbourne 7; 2, Thetford 28; 3, Rylands 33; 4, Lincoln Wellington 45; 5, Charnwood 45; 6, Kettering 57.

HAMPSTEAD '10'

Graham Dugdale, a 26-year-old research worker for the Coal Board, beat a record field of 230 runners over a hilly Hampstead '10' course, held for the first time at Oak Hill Park, East Barnet, on April 30th. He drew away from TVH club-mate Mike Puddifoot (in his first road race since the 1975 Walton '10' following an achilles tendon operation) during the last half mile.

Alastair Aitken

1, G. Dugdale (Thames Valley H) 49:28
2, M. Puddifoot (Thames Valley H) 49:42
3, H. Leeming (Derby & County) 49:48
4, D. Clark (Ver) 49:53; 5, G. Rimmer (VoA) 50:00; 6, J. Hazelden (TH&H) 50:13; 7, J. Mouat (Hill) 50:19; 8, R. Steven (Shaft) 50:26; 9, A. Moore (Hill) 50:56; 10, R. Gevers (SLH) 51:09; 11, H. Richards (Shaft) 51:14; 12, D. Curwell (AF&D) 51:35; 13, N. King (Lon I) 51:44; 14, R. Church (Nene V) 51:51; 15, M. Woods (AF&D) 52:17; 16, R. Bradbury (Barn) 52:21; 17, J. Dryden (Shaft) 52:25; 18, G. Hallett (Hill) 52:29; 19, J. Montgomery (Kett) 52:34; 20, J. Arnold (Leigh) 52:35; 21, J. Keating (E&S) 52:39; 22, D. Davies (TVH) 52:43; 23, R. Macey (Ver-V) 52:47; 24, P. Chivers (E&S) 52:56; 25, P. Stamp (AF&D) 52:59; 26, L. Parrott (Hav-V) 53:05; 27, J. Steed (Ver-V) 53:10; 28, C. Woodhouse (Dby) 53:26; 29, B. Ellerton (VoA) 53:31; 30, W. Harvey (Ran) 53:33; 31, A. Walsh (Dby) 53:36; 32, T. Roden (SLH) 53:42; 33, M. Barratt (E&S-V) 53:52; 34, C. Gray (QPH) 53:54; 35, D. McArthur (C&C) 53:58; 36, M. Watts (Notts) 54:07; 37, L. Smith (E&S) 54:16; 38, B.

Dabrowski (Barn) 54:23; 39, R. Cotton (SLH) 54:26; 40, P. Oppe (TVH) 54:28. **Teams:** 1, TVH 20; 2, Hillingdon 26; 3, AF&D 40; 4, Verlea 44; 5, Derby 52; 6, Ealing & S 63; 7, SLH 67; 8, Vale of Aylesbury 67; 9, Ranelagh 98; 10, Barnet 100; 11, London Irish 116; 12, Enfield 151; 13, Cambridge & C 172; 14, Hillingdon 'B' 182; 15, Stevenage 183; 16, Haringey & S 184; 17, Havering 190; 18, Ranelagh 'B' 202; 19, Eton Manor 206; 20, Verlea 'B' 213.

Youths 3 Miles

1, G. Ward (H&S) 15:07; 2, I. Berrett (Hav) 15:12; 3, S. Vines (Hav) 15:17; 4, M. Randall (Ver) 15:23; 5, M. Burnhope (Nor) 15:24; 6, R. Wilson (Leic) 15:24; 7, N. Tyler (Hav) 15:25; 8, A. Evans (SLH) 15:27; 9, M. Smith (Barn) 15:29; 10, N. Taylor (Felt) 15:35; 11, M. Bradbury (Leic) 15:39; 12, W. Dewis (Leic) 15:40; 13, A. Lee (Har) 15:41; 14, J. Brech (Ver) 15:44; 15, D. Jenkins (Ver) 15:46; 16, G. Burdett (Leic) 15:51; 17, J. Masterson (Leic) 15:51; 18, B. Coward (Ver) 15:58; 19, C. Boardland (Leic) 16:00; 20, P. Weire (N Lon) 16:06. **Teams:** 1, Havering 12; 2, Verlea 33; 3, Leicester 'B' 42; 4, Leicester 'A' 45; 5, Harlow 52; 6, Feltham 63; 7, SLH 68; 8, North London 75; 9, Verlea 'B' 80; 10, Norfolk 80. **(Boys 4 x 2M):** 1, Shaftesbury (A. Cunningham 10:17, P. Brown 10:39, H. Bourke 10:42, P. Llewellyn 10:24) 42:02; 2, Havering (B. Bullock 10:41, P. Berrett 10:55, I. Butler 10:48, A. Coleman 10:14) 42:38; 3, Eton Manor (A. Palmer 10:07, P. Cates 10:28, M. Shah 11:34, J. Kearsey 10:36) 42:49; 4, London Irish 43:14; 5, Barnet 43:20; 6, Leicester 43:47; 7, North London 44:00; 8, Vale of Aylesbury 44:48; 9, Harlow 45:20; 10, Havering 'B' 45:49. **Fastest:** Palmer 10:07, A. Kindley (Ver) 10:10, Coleman 10:14. **(Colts 4 x 1½M):** 1, Liverpool (B. Parsons 7:22, R. Tudor 7:47, D. Wilson 7:48, H. White 7:19) 30:16; 2, Hillingdon 31:32; 3, Leicester 31:43; 4, Bedford 32:29; 5, Shaftesbury 32:32; 6, Slough 32:48; 7, Oxford 32:56; 8, Barnet 32:59; 9, Verlea 33:08; 10, Havering 33:22. **Fastest:** White 7:19, Parsons 7:22, M. Disbrey (Hill) 7:30.

Lincoln City & Colleges AC officers elected: Secretary, G. Nutting, 6 Field Farm Lane, Metheringham, Lincoln (Tel: Metheringham 0526 20278); chairman, J. Murphy; vice-chairman, A. Walker; treasurer, C. Hurley; membership secretary, M. Robinson; captain (men), D. Goodman (women) Miss J. Prictoe.

MATHER & PLATT JUBILEE GALA 6 MILE ROAD RACE

SUNDAY, JUNE 12th, 2.30 p.m.

(Under A.A.A. Laws)

Start and Change at Park Works,
Grimshaw Lane, Newton Heath, Manchester

Full prize list, including first 3 unplaced, and Vets O/40, O/45 and O/50.

Entries: 25p Individual, 50p Teams (3 score) to Stanley Clegg, 7 Grimshaw Avenue, Failsworth, Manchester M35 9JT.

ENTRIES CLOSE MONDAY, JUNE 6th
Entries on the day 50p

PHILIPS MEETING cont'd. from page 11

D. King 49.53; 6, M. Francis 49.74; 7, M. Clark 50.01; 8, M. Gregory 50.70.

800: 1, M. Gesicki (Pol) 1:47.2; 2, J. Lemashon (Ken) 1:47.3; 3, G. Cook 1:49.4; 4, D. Warren 1:50.7; 5, J. Goodacre 1:50.9; 6, R. Ashton 1:51.5; 7, P. Browne 1:51.6; 8, P. Boswell 1:54.8.

1500: 1, W. Waigwa (Ken) 3:41.7; 2, J. McGuinness 3:42.7; 3, G. Grant 3:43.1; 4, G. Cabral (Por) 3:44.6; 5, A. Weatherhead 3:45.1; 6, W. Wilkinson 3:48.1; 7, K. Koskei (Ken) 3:50.7; 8, R. Tuwei (Ken) 3:53.0; 9, N. Serem (Ken) 3:55.1; 10, B. Stride (Can) 3:55.2; 11, N. Leach 4:03.8.

3000: 1, F. Bayi (Tan) 7:53.3; 2, S. Overt 7:53.4; 3, P. Lawther 7:54.3; 4, B. Malinowski (Pol) 7:55.4; 5, G. Kiernan (RoI) 7:56.1; 6, D. Coates 7:57.0; 7, J. Davies 7:58.2; 8, G. Deegan (RoI) 7:59.1; 9, B. Smith 8:00.4; 10, R. Smedley 8:02.7; 11, J. Kipngetchi (Ken) 8:03.0; 12, J. Goater 8:06.4; 13, J. Odlin 8:15.4; 14, R. Milne 8:18.0; 15, S. Mitchell 8:20.4; 16, J. Wild 8:23.3; 17, A. Asgeirsson (Ice) 8:24.5; 18, R. Charleston 8:24.8; 19, C. Stebbings 8:39.3.

5000: 1, S. Nyambui (Tan) 13:34.6; 2, J. Hermens (Neth) 13:35.6; 3, D. Black 13:40.4; 4, H. Rono (Ken) 13:40.6; 5, N. Coupland 13:42.4; 6, J. Cheruiyot (Ken) 13:45.6; 7, M. McLeod 13:46.0; 8, B. Ford 13:46.6; 9, I. Floroiu (Rum) 13:47.4; 10, F. Mamede (Por) 13:49.8; 11, K. Penny 13:52.8; 12, C. Spedding 13:53.0; 13, D. Slater 13:56.4; 14, P. Standing 13:57.2; 15, M. Musyoki (Ken) 13:57.6; 16, E. Kimei (Ken) 14:00.0; 17, J. Brown 14:05.4; 18, Gren Tuck 14:06.4; 19, J. Wigley 14:10.2; 20, S. Kenyon 14:14.2; 21, Gerry Hannon 14:17.8; 22, M. Brameld 14:24.0.

110H: (+3.0m) 1, A. Bryggare (Fin) 13.95; 2, M. Hatton 14.40; 3, R. Danville 14.40; 4, A. Cronin 14.41; 5, A. Igonibo-Omari (Nig) 14.54; 6, T. Clifton 14.94; 7, N. Gerrard 14.96; 8, P. Atherton 15.15.

400H: 1, A. Pascoe 51.43; 2, J. Carvalho (Por) 53.04; 3, D. West 53.29; 4, W. Greaves 54.65; 5, S. Hinchliffe 55.03; 6, R. Harris 55.08; 7, E. Shirley 56.96.

PV: 1, A. Kalliomaki (Fin) 5.45 (UK all-comers rec); 2, K. Isaksson (Swe) 5.20; 3, B. Hooper 5.20; 4, D. Baird (Aus) 5.20; 5 eq, J. Gutteridge & R. Eskola (Fin) 5.00.

TJ: 1, B. Bedrosian (Rum) 15.62; 2, K. Connor 15.56; 3, C. Colman 15.46; 4, F. Attoh 15.23; 5, N. Stoppard 14.87; 6, J. McLister 14.68.

SP: 1, G. Capes 20.33 (20.33, 20.09, 20.22, —, 20.01); 2, H. Halldorsson (Ice) 20.12 (19.64, 19.93, —, 20.12, 19.70, —); 3, W. Komar (Pol) 19.70 (19.40, 19.70, —, 19.66, —, 19.64); 4, M. Winch 18.47; 5, R. Kennedy 18.23; 6, R. Dale 17.58.

JT: 1, M. Nemeth (Hun) 86.66; 2, G. Erdelyi (Hun) 85.18; 3, G. Megelea (Rum) 83.24; 4, P. Bielczyk (Pol) 79.52; 5, D. Ottley 75.40; 6, B. Roberts 75.32; 7, P. Yates 66.70; 8, G. Brooks 59.94.

1 Mile Walk: 1, R. Mills 6:09.5; 2, A. Zambaldo (Ita) 6:16.4; 3, B. Adams 6:19.0; 4, G. Scatter 6:33.4; 5, C. Lawton 6:35.7; 6, S. Lightman 6:36.4; 7, S. Elms 6:36.7; 8, M. Parker 6:37.5; 9, A. Seddon 6:38.6; 10, A. James 6:39.5; 11, A. Buchanan 6:40.8; 12, G. Morris 6:41.4; 13, K. Carter 6:43.6. **Yths 1500:** 1, J. Spooner 4:05.9; 2, C. Moss 4:07.8. **Boys 1500:** D. Brotherton 4:33.6.

Women

200: (+4.8m) 1, S. Lannaman 22.83; 2, I. Szwedzka (Pol) 23.09; 3, S. Colyear 23.42; 4, W. Clarke 24.01; 5, J. MacGregor 24.18; 6, H. Barnett 24.52; 7, H. Hunte 24.52.

400: 1, D. Hartley, née Murray 52.98; 2, V. Elder 53.05; 3, J. Colebrook 55.17; 4, E. Eddy 55.58; 5, A. Baldock 56.10; 6, D. Roberts 56.92; 7, S. Pettett 57.61; 8, P. Lloyd 58.67.

1 Mile: 1, M. Stewart 4:36.1 (UK rec); 2, P. Yule 4:42.3; 3, A. Ford 4:43.1; 4, G. Penny 4:45.5; 5, P. Fudge 4:46.6; 6, A. Roberts 4:48.1; 7, W. Smith 4:52.3; 8, S. Moore 4:53.9.

SP: 1, B. Bedford 15.65; 2, J. Kerr 15.10; 3, J. Thompson 14.32; 4, V. Redford 14.09; 5, L. Newton 12.22.

COVENTRY TRACK APPEAL

A number of British Olympic athletes competed at the Kraft Jubilee Meeting held at the Butts Stadium, Coventry, to raise funds for a new athletics track, the main event being a 2-man 18-lap (386y lap) relay. The meeting proved a great success and the City Councillors advisory committee has given the go-ahead for cash to be made available for an all-weather track in the city.

Results included—Paarlauf: 1, R. Smedley & S. Emson (B'ham Univ) 15:56.8; 2, A. Simmons & D. Lockley (Lut) 16:02.6; 3, B. Foster & J. Mills (Gates) 16:15.8; 4, P. Eales (Mit) & I. Stewart (Tip) 16:18.6. Exhibition SP: G. Capes 20.59. (Women) 1000m: 1, C. Hanson (Dby) 2:50.3; 2, S. Carey (Cov) 2:50.5.

10 MILES RACE FOR WOMEN

Women are welcome to compete in the Chigwell '10' on June 11th if they let Reg Jacobs (RRC), 123 Coxite Green Road, Brentwood, Essex CM14 5PT know beforehand.

2nd Annual**WHITNASH CARNIVAL****4½ MILES ROAD RACE**

(Under A.A.A. Rules)

SATURDAY, 25th JUNE, at 4 p.m.**From the Whitnash Community Hall**

for the Whitnash Carnival Trophy

Prizes value £10, £5, £3, 1st Vet O/40 £4.

Entries 35p (Cheque/P.O. Whit. Carnival Committee by 11th June, enclosing SAE) to A. J. Hall, 38 Heathcote Road, Whitnash, Leamington Spa, Warwickshire, CV31 2NF.

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TRAINING SHOES

THE STREAKER: An excellent inexpensive training and leisure shoe. Gold nylon upper with black suede trim. Wrap around heel, wedge sole. Weight: 520 grams (18 ozs). Sizes 8, 9 **£7.95**; all other sizes 1-11 only **£6.95**.

ADIDAS JOGGER: Blue suede upper with a polyurethane sole. A very long lasting training shoe; recommended as excellent value for the low mileage man. Weight: 810 grams (28½ oz). Sizes 7-9½ **£8.95** (£9.40) Small fitting.

GOLA LYNX: This training shoe is made in the Far East and is the oriental copy of the SL72. It is a very good copy and is excellent value for money. Features: high quality yellow nylon upper with suede wing cap, heel counter and facing; soft nylon tongue; pillow padded high collar; new sure grip gristle rubber sole with wrap around toe and heel; and micro-cellular heel wedge. This was one of last year's best selling shoes for middle and low mileage runners. Weight: 800 grams (28 oz). Sizes 4, **£9.45**, 6-9 **£10.45**.

REEBOK COUGAR: Blue Nylon Training/Racing Shoe with white trim. Blue suede all round supports and full heel cup. The sole has a deep cushion middle with the exclusive long wear, BOWGRIP outer for traction over all surfaces and 10mm cushion wedge. Fitted arch support. Weight: 625 grams (22 oz). Sizes 4-5½ **£8.80** (£9.50), 6-12 **£9.50** (£10.25).

ADIDAS TORNADO: We feel this is Adidas' best "value for money" training and leisure shoe. Made from a new breathable material called "Cangoran". Colours: Cream with three red stripes. Weight: 670 grams (24 oz). Sizes 6-10½ **£10.95**.

WALSH TRAINER: "Made in England". Orange nylon upper with blue stripes and gold suede reinforcement at the toe and heel. Three layered sole which includes a layer of red resilient rubber running right through the middle. Roll heel. Weight: 660 grams (23 oz). Sizes 7-11 incl. half sizes (large fitting) **£12.95**.

ADIDAS COUNTRY: The shoe with the wrong name. We reckon it is the best road training shoe on the market because it has even more cushioning between the feet and the road than the SL76. White leather uppers with green stripes. Weight: 690 grams (24 oz). Sizes 5-5½ **£12.85** (£13.25), 6-12 excl. size 10 **£13.95** (£14.35).

ADIDAS JEAN: Both a leisure and a training shoe. Very fashionable and similar to the SL72 but with a blue suede upper. Weight: 775 grams (27½ oz). Sizes 5-5½ **£12.85** (£14.30); 6, 6½, 7½, 11 **£13.95** (£15.45); 8-10½ **£14.95** (£15.45).

ADIDAS GAZELLE: This is the old faithful—still the favourite of many high mileage road men. It features that famous sole which is full of air bubbles to cushion the punishment and prevent tendon jarring. Blue suede uppers. Weight: 640 grams (22½ oz). Sizes 5½ **£13.85** (£14.30) 6-11 **£14.95** (£15.45).

ADIDAS SL 76: The best general purpose training shoe (for road and country). Green nylon upper with yellow stripes. Weight: 715 grams (25 oz). Sizes 5 **£14.50** (£15.30), 6-11½ **£15.75** (£16.50).

RACING SHOES

REEBOK SIROCCO: A new racing shoe. Lightweight blue nylon upper. Full heel support and non-slip liner. The sole is of corrugated pure gristle rubber for grip and flexibility, with a cushion mid sole and 6mm wedge. Arch support fitted. Weight: 480 grams (17 oz). Sizes 4-5½ **£6.40** (£7.40), 6-12 **£7.25** (£7.95).

TIGER G8 MARATHON: Lightweight nylon upper with the famous Tiger stripes. Reinforced heel and toe cap. Excellent gripping sole. Colour choice of maroon, white and blue varies according to size. Weight: 400 grams (15 oz). Sizes 5-6½ and 10½-13 (excl. 9½) **£8.95**.

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ADIDAS INTERVAL: Top quality training/racing spike with heel wedge for extra support. Soft white leather upper, black trim. Weight: 500 grams (17½ ozs). Sizes 6-10 **£16.70**.

ADIDAS APOLLO: Lightweight yellow nylon with black trim; padded heel. Weight: 340 grams (12 oz). Sizes 5-5½ **£7.95** (£10.50), 7-9½, 11 **£10.95** (£11.50).

ADIDAS JET: Still our most popular selling spike. It contains everything a runner requires—lightness; soft nylon uppers (blue); wedge heel for protection. Designed for synthetic tracks with 7 interchangeable spikes. Weight: 370 grams (13 oz). Sizes 3½-4½ **£11.95** (£12.50) 6-7 and 9-12 **£12.95** (£13.50).

ADIDAS QUEBEC: White leather upper, green trim. Ideal for training or the country. Weight: 360 grams (12½ oz). Sizes 6-12 **£8.95** (£9.25).

We should like to apologise to all customers who ordered 'ORBITS' from our last advertisement. Delivery was promised by Reebok—but now we have been advised of a further five week delay (probable delivery date mid-June).

All weights refer to a pair of size 8 shoes and are approximate.

Please send a foot outline as well as stating your normal shoe size as all makes fit differently.

Part Postage and Packing 30p.

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INTERVIEW WITH BOB DOBSON

UK record holder for the 50 kilometers walk

What is your reaction to someone who thinks race walking is an unnatural sport?

I would say to anybody who thinks it is unnatural: try and walk fast and you will find one's normal gait is naturally varied by the need to walk fast. Obviously as you get more technical and you look into what you can do to improve not only your stride rate but stride length, relaxation and one thing and another, the finer points of technique come into play.

When somebody laughs at you walking along the road what is your reaction?

I tend to treat them with the contempt they deserve. I regard these people either as ignorant or cowards. They are ignorant because they make a mockery of something which they know nothing about. If they were to take some interest in the sport and have a go themselves they would realise that what they were mocking was a serious and an arduous sport. Cowardly, I say, because people like to make fun of you from the safety of their cars or homes. Nobody will ever make fun of you when you are 10 to 15 yards away because they know that you will probably turn round and clobber them, which is perfectly true. I used to get quite upset about this and used to answer back, but I have learned since that this is what they really want: to try and provoke you. So I have found that if you let their scorn fall upon deaf ears this has a much better effect than just to keep answering back, because once it has no effect they generally don't try the second time.

In answer to the critics would you say there is style in walking and that there is even a sort of majesty in good walking?

I think in walking, rather than any other sport, there is a greater variation in style. There is a certain sort of artistry about a really good walker; a nice fluid movement as you get with good distance runners. The Mexicans particularly are so fluid and graceful and have got great mobility and really flow along. I suppose to a certain extent, in this country, Brian Adams is a fair stylist.

Would you say walking was as hard and as tough as running long distance?

By Alastair Aitken

I would say it was. I once had a little discussion with Ron Hill when we were going out to Munich in 1971 for the Pre-Olympic Meeting, as to which was the more arduous. If you are a marathon runner you are bound to say the marathon, or if you are a 50 kilo walker you say the 50 kilos. It would be interesting if somebody did some scientific test. Ron's argument was that with walking you are maintaining contact and you have not quite got that exertion of effort; but on the other hand you are on the road much longer, another two hours in duration as well as another five miles in distance, so from that point of view the endurance really tells. It is difficult to judge unless one has tackled both. If anybody has done a 50 kilometre walk and a marathon they can tell which is the more arduous!

Do you think a walker has to be strong emotionally, and do you find that emotion does affect your performance?

I think it does, because not only have you got to train the body to be fit, you have to train the mind and be free of all worries. It is very difficult when you have got the commitments of a family and a home, mortgage, rates and all these basic problems that we have to face in life, and if you have other problems as well. My own personal problem, which some people know and others don't know about, has been pretty shattering to us in the last year. We had a very bitter disappointment 14 months ago when our long awaited child was born mentally handicapped, and this has been a tremendous strain to both my wife and myself. Obviously, the worry of that has to a certain extent affected my performances in walking. Well, okay last year I set two British bests but I still wonder whether they could have been improved on if I had not had the worries I had to bear and these worries will always be with me like a big black cloud hanging over my head.

NUNEATON HARRIERS CARNIVAL MEETING

Pingles Running Track (AAA/WAAA Laws)

Sunday, 19th June, Start 2.15 p.m.

U/13 Minor Girls: 100m, 800m. U/15 Jnr Ladies: 200m, 1000m. U/17 Inter Ladies: 400m. Senior Ladies: 400m, 3000m. U/13 Colts: 100m, 800m. U/15 Boys: 100m, 1000m. U/17 Youths: 100m, 1500m. Snr. Men: 100m, 200m, 400m, 1000m & Carnival 2 Miles. Prizes throughout.

Fees: Seniors 25p, Juniors 20p per event to C. Beckwith, 30 Weston Lane, Bulkington, Bedworth, Warks. Tel: Bedworth 314445.

CLOSING DATE 8th JUNE

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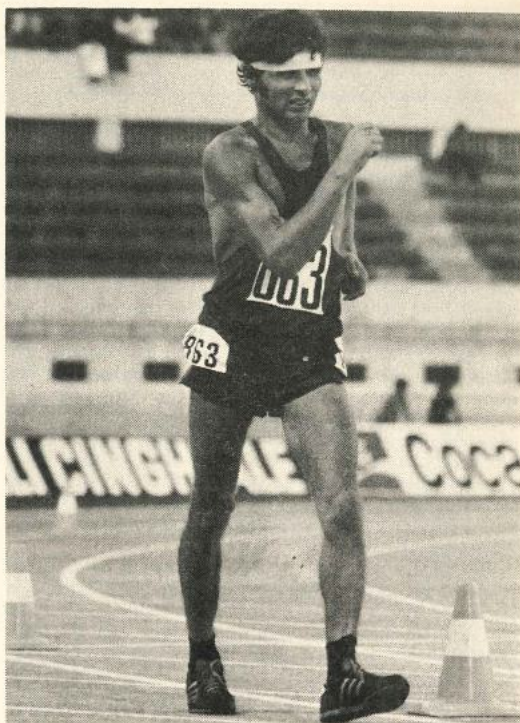
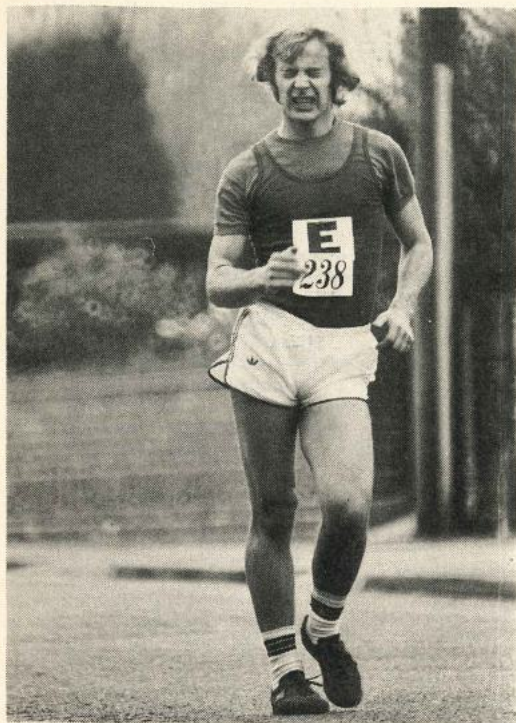
Inc. Northern Vets. A.C. Championship

SUNDAY, JUNE 26th at 12 Noon

At YMCA Sportsground, Princess Rd. (A5103)

2½ Miles South of the City Centre

Awards: 10 Inds., 3 Teams, 3 Vets. O/40, 3 Vets. O/50. Certs., Spot Prizes (& N.V.A.C. awards). Fees: 30p Ind. (plus 25p for N.V.A.C.), 50p Team. Entries close 12th June. Late entry fee 50p. Entries to D. O'Leary, 15 Sherwood Road, Woodley, Stockport SK6 1LH (Tel: 061-430 6841). (Under A.A.A. Laws)



Bob Dobson (left) and the foreign walker he admires most, world 50 kilometres champion, Veniamin Soldatenko—"blood and guts all the way".
Mike Street

It is very difficult to cut yourself off from these problems. As well as the family problems I have worries about my future employment as the Government moves towards dispersal and half of our department are going to Cardiff in 1979. What my future is I just don't know.

Since this interview was conducted, the Dobsons' daughter has died, and we offer our condolences to Bob and his wife.—Ed

What goes through your mind when you are on a very long walk?

The mind does wander. I try to leave all my family problems at home when I go out the door and start pounding the pavements. Obviously you feel different on various training sessions. I can liken myself at various times to various walkers, thinking to myself that my style feels very strong: today I am Soldatenko out there on the Russian plains or something like that. When my style is all to cock I feel very ragged and feel like a less notable walker. I think how far have I to do then and what am I training for and what is someone else training for—what are they doing? I once bought a small transistor radio to take with me on the long walks to try to break the monotony but that nearly drove me round the twist. It seemed to me when a record was being played I was walking for ages before that record finished and I thought to

myself: If I am out here on a two or three hour stint I am going to hear so many records it's going to drive me crazy.

What brought you into the sport of race walking?

I started in 1963. At school swimming had always been my number one event and I retired from that at 18 years of age when I considered that I was not going to make the grade competitively. I had always had a slight bent for endurance events; at one time I thought of taking up Channel swimming. But I read a book on it and that told me the effort was so great that it could take five years off one's life expectancy and that the tongue could swell up through the salt water to the size of a tennis ball, and my idea to keep doing sport was to keep fit, so I was not going to tackle anything that was likely to be that harmful. Having always been an athletics fan and gone along to the White City for all the major events as a lad, always having dreamed of competing there, I thought I would try various events. On one occasion I had the opportunity to try a walk and I thought to myself this is something different. My father was interested in my activities and when I said I am doing a walk tonight he said that's interesting as a colleague at work, Tommy Long, was an ex-walker. Tommy came round and had a chat with me and he used to tell me these great stories

"You have got to finish at all costs . . ."

of the long distance walks from London to Birmingham, etc and the camaraderie that built up with the walkers, and he introduced me to Essex Beagles where I first started walking, and everything went from there.

Who else has had a strong influence on your life as a walker?

I think as far as helping goes it has got to be my wife Olive. If you have not got the back-up of your wife then you are completely lost, and she has had to make great sacrifices to fit into my life style and training routines. She has been a great asset on the road attending on the long distance races, so she is the number one influence I would say. As far as guidance and advice goes, in my early days I learnt quite a lot from Colin Young. Possibly his influence guided my direction towards 50 kilometres walking rather than 20 kilometres and I have also sought guidance from Reg Wells, who I greatly admire as well.

As far as admiring other walkers I have great respect for Ray Middleton. Don Thompson is probably the greatest 50 kilometre walker we have had but he was just packing up as I was starting, but I have always had high regard for Ray because for 13 years he never finished outside the first five in the National 50 Kilos and I regarded that as a tremendous record which I myself would like to try to emulate. Then there is Ken Matthews winning his gold medal in 1964—I saw that 21 times on TV and the cinema. The foreign walker I admire is Veniamin Soldatenko. A tremendously strong character, all blood and guts all the way. I think that is what one notices with the Russians. They get through on sheer fitness, whereas the East Germans are more stylish. Soldatenko has been around for a fair time and of course last year in Malmo he won the World 50km championship and he is 38, the same age I will be in 1980 when hopefully I shall be on his home territory.

Tell us about your first international?

It was for England in the Commonwealth Games in Edinburgh in 1970. I just wish I could relive the race. Inexperience may have cost me a medal, I felt in retrospect. It was a first full blooding and I had a complete disregard for the opposition. I was not interested at the time in their form as I did not want to let that worry me. If I had known before that Noel Freeman of Australia, the eventual winner, was an Olympic silver medallist that would probably have worried me stiff before I had even started. I had already heard from Shaun Lightman, who was in the England team as well, that all the starts in these internationals are terrifically fast and so I was probably all geared up for that—as it was myself who started the fastest and I was surprised that when I left the stadium after one lap I could not hear anybody behind me. I thought perhaps it was a false start and everybody else had been called back, perhaps I am the only guy walk-

ing around the track! On the road I settled down more but there was an Indian walking in plimsolls near me and I thought to myself I am not going to be beaten by a chap with plimsolls on, so I tagged onto him and he and I were probably walking for joint third place. Out on the road the defending champion Ronnie Wallwork had gone to the front with Shaun Lightman; the Indian was belting away in third place with me trying to hold him off. I set a personal best at 10 miles, so it was a bit of a struggle and Bill Sutherland—who had used his international experience laying back early on—came through in the second half to gain the bronze medal. I feel if I had some international experience prior to that it would have stood me in good stead and I may have been able to improve on my performance.

How about your '71 and '74 Europeans?

They were both my first internationals of the year and again I did not do particularly well. To a certain extent I feel lack of international blooding or build-up was partly to blame. It is a terrible blooding to go into a European or World Championship if it is your first experience either in your whole career or in the first race of the year. Obviously you can't bash out too many 50 kilometre races, just as the marathon runners don't want to run too many marathons, but build-up races are essential.

I remember how hot it was in Rome in the middle of the afternoon and the humidity was 77 per cent when you started your walk in those 1974 European Championships?

The Rumanians never sent any walkers for the 50 kilo event, purely and simply because they thought it was too much of an ordeal to compete at that time of the afternoon in Rome. What let me down so badly in that race, which I will never forget, was that I had a very grim experience in having 'gippy' tummy on the day of the race itself. I had put it down to nerves but I spent most of the morning in the toilet. When it came to the race things appeared to be going fine up to 20 kilometres, then in the second half of the race I had to make three pit stops. Not only does that lose you valuable time but it makes one so weak and I felt so rough afterwards. I knew I just had to finish, because one or two of us have got these words engraved on our hearts: 'YOU HAVE GOT TO FINISH AT ALL COSTS EVEN IF YOU ARE ON YOUR HANDS AND KNEES. YOU HAVE GOT TO CRAWL INTO THAT STADIUM AND FINISH.' That has always been my philosophy. I have never dropped out of an international race. As I say, I was mixing it with the big guys early on as a result of Roger Mills' and Amos Seddon's performance in the 20 kilometres. As they had done so well and proved that anything could happen in that type of atmosphere and with that humidity, I thought to myself it is all or nothing.

There is nothing gained in sitting back and walking round in 20th position all the way. The thing was to get out there and have a go, and as I had broken the British record a month earlier in Paris on the track that gave me the incentive to give it a good go; but as I say illness prevented me from doing what I wanted to do.

Which race would you consider your most pleasing?

The world 50km championship in Malmo last year. It was a 2500m shuttle course of 10 laps on which I set a UK road best of 4:10:20. Being a short course it was ideal for spectators and, being fairly flat and a shuttle as well, you could see what was going on ahead of you. In so many of these races if they are big circuits the leaders go off and you are detached and that is the last you ever see of them, but a shuttle course gives some of the back markers a chance to see what's going on up front. You have tremendous admiration for the efforts that were going on by the Russians and Mexicans, and of course you could gauge your own performance as well. I can remember the British spectators out there constantly cheering me on, giving me encouragement. Particularly Roger Mills who kept saying to me, "This is a fast race, this is a fast race." Well, I thought, if this is a fast race I could finish up with a good time. I had gone out to Malmo as No 3, having finished third in the British Championship, and I wanted to come back as No 1.

Knowing it was likely to be fast, I went for an even paced race, so it was only in the last 800m

that I lost a place. Throughout the race I was coming through all the time. At one stage early on I was joint last or at least 40th out of 42 starters, but did not panic at all and gradually worked my way through the field. It was most encouraging to me to be ahead of one of the up and coming East Germans, Stefan Muller, but he put in a sprint finish that I just could not match coming into the stadium and I went from 12th to 13th place. But the fact that I did the time that I wanted to do was most encouraging and I felt that I got one or two notable scalps and that I had made my mark. One or two internationals that I had done were disappointing but I felt I had lived up to this one, and even looking back on that Malmo race I still felt there was room for improvement because I had made one pit stop, so I had lost a minute or so there, and secondly because there were one or two undulations.

Did you have problems in trying to adjust to 20km races in preparation for the 1976 Olympic Games?

I could not get my speed down to the required level to make the Montreal team, particularly since we had the birth of the baby and we were moving house as well so my winter had been broken up completely at the end of '75 and the beginning of '76. We tried to find out the reasons for cutting the 50km out of the Games and various reasons were put forward, all shot down in flames and holding no water. We were told that the only good reason the 20 kilos was kept in the Montreal programme was because at the time the decision was

HIGHGATE HARRIERS

Floodlit Open Graded Meeting

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

PARLIAMENT HILL FIELDS

WEDNESDAY, JUNE 15th, 1977

- 7.00 p.m. 1500 metres Ladies
- 7.15 p.m. 1500 metres Men's
- 7.45 p.m. 400 metres Ladies
- 7.55 p.m. 400 metres Men's
- 8.20 p.m. 3000 metres Men's
- 7.00 p.m. Javelin Men's
- 7.15 p.m. High Jump Ladies

Entries: Vets., Seniors and Senior Ladies 20p per event, others 15p per event to P. G. Hall, 29 Homecroft Road, London N22 5EL, stating name, address, age, club, event, and best recent performance. SAE for acknowledgement of entry.

ENTRIES CLOSE JUNE 13th

Entries NOT accepted on the day

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taken the walkers were already training for that event, which seems to suggest the powers that be thought that the 50 kilos walk was born overnight. They have got complete disregard for the fact that the 50km blokes were still in training for Montreal as well.

It was a tremendous blow to me because obviously any athlete who wanted to get anywhere has the ambition of taking part in the Olympic Games and one of my early ambitions was to win an Olympic gold medal. Not only is that becoming increasingly difficult because of the improvement in world standards; it could be a real impossibility if they drop it from the Games for ever, so obviously our first priorities are to get it reinstated. It was particularly shattering because I felt hard done by when selection went against me in 1972, having finished third in the National 50 kilos and everybody patting me on the back and wishing me well for Munich. Then the team was announced and they decided to pick only the first two and allowed one of the 20 kilo men to double up. A leading BAAB official said, "Never mind, you are still young enough to make the next Games," and of course when the next Games came along there was no 50km walk. So I have got to hang around in the hope now that in 1980 they bring it back in again and I am still young enough to take part in that one!

How varied is your training routine?

My training routine would probably be pretty boring to most in as much as it follows a daily pattern of about 10 miles with a longer session of

two to three hours at the weekend. It varies very little from summer to winter. Nearly all my training is done on my own; it is only now that I have moved down to Thorpe Bay that occasionally I team up with Alec Banyard on a Sunday morning. From Monday to Friday I get up at 5.15 in order to be on the road at 6.00 am to fit in my training spins, because I have this problem of three hours commuting every day and that is a terrible energy sapper as well as time consuming and expensive. I found that by the time I got home in the evening I was too whacked out to train. I did try jogging to Fenchurch Street station in my track suit from the office, travelling on the train, and then getting off six stations before I should do and walking home from there, but that was no good because by the time I jogged to the station and I was strap hanging in the train the perspiration was dripping off me. So I have now developed a different routine. It is an effort, I must confess, getting up at quarter past five because I don't seem to go to bed any earlier in the evening so I just extend my day. This again is something where it would maybe be conducive to better performances if I had the opportunity to devote more time to training. We know quite a bit about what the Mexicans do and we tried to find out at Malmo what Soldatenko did for his training and until we get equal opportunities to spend the amount of time that they do in their training it is going to be virtually impossible for any walker to match their sort of times. They are doing five hours walking training a day and they supplement that quite often with gym-

THE CORPORATION OF LONDON

in conjunction with the

ROAD RUNNERS CLUB

JUBILEE ROAD RACES

(Under AAA & WAAA Laws)

SUNDAY, 24th JULY, 1977

Commencing 1 o'clock

LONDON WALL, CITY OF LONDON

Colts U/13, Boys U/15

Girls U/13, Junior Ladies U/15

City Workers/Residents (Novices only)

ENTRY FREE, must be accompanied by S.A.E.

SENIOR LADIES 2½ MILES

SENIOR MEN'S 5 MILES

ENTRY: 30p per Individual

Entries to and further information from: Geoff Moulden, Road Race, P.O. Box 270, Guildhall, London EC2P 2EJ (01-606 3030, Ext. 2717).

CLOSING DATE TUESDAY, 12th JULY

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CARNIVAL 1977

present under AAA Laws

4th OPEN

8½ MILES ROAD RACE

Sponsored by Langbaugh Borough Council
Recreation Department

SATURDAY, 2nd JULY, 1977 at 12 Noon

From Carnival Field, Skelton, Cleveland

(On A173, 25 mins from Middlesbrough
Main line station at Saltburn—2 Miles)

Prizes:

1st Individual, 'Carnival Shield'. Special Jubilee Tankard plus prize to value £15. 2nd £12, 3rd £10, 4th £8, 5th £6, 6th £4, 7th £2, 8th £1. 1st Team 'Merryweather Trophy' plus prizes 3 x £5, 2nd 3 x £4, 3rd 3 x £3 (4 run, 3 score). 1st Vet O/40 value £5. Oldest competitor to finish £3.

Fees:

Individual 20p, Team 75p (4 only in team). To: P. T. Hawkins, 16 Cotswold Drive, Skelton, Cleveland (Tel: Skelton 51393) by Monday, 27th June.

2nd July is Carnival Day, with full festivities including Mediaeval Battle, Gymnastic Display, Criminal Dog Display, Tug-of-War, Juvenile Jazz Band Comp., with colourful Parade immediately after the race.

Make it a day with the family
All the Fun of the FAIR

Bob Dobson was in the squad of Essex walkers who recently trained and competed in Mexico. Left to right: Peter Marlow, Roger Mills, Amos Seddon, Bob Dobson, Alec Banyard and team manager Reg Wells.



Mike Street

nastics, swimming, soccer, and you just can't fit that in with eight hours work and three hours travelling. As it is I have virtually no social life.

It is a bit like soccer in a way in that we taught the world and now they are teaching us how to do it. We led the world at walking not so long ago but other countries have looked at it scientifically and we just can't keep pace with their development. They have developed these tremendous training schedules as well, which we just can't match. We know the Mexican walkers don't work, to start with: they have given up their jobs and are looked after by the state in sporting organisations over there. You find that most of the Russians and East Germans are students. Okay, we have full-time students in this country, but our students are probably studying other subjects whereas in the Eastern bloc they are all studying sport because there is a stepping stone for them after their active days—they can become coaches because sport is looked up to in their country and is part of life and something that is encouraged. A lot of these countries would rather spend time, money and effort breeding a healthy nation whereas we would spend millions of pounds on the National Health Service to cure people of illness which through a bit of activity they could have prevented in the first place.

Do you think, then, a lot of talent in this country is wasted?

This is a big problem in this country that so much talent is allowed to be wasted and there are a lot of blokes who just cannot afford to keep going financially and they have to give up a long time before they reach their potential. You see another aspect of walking is the fact that athletes can put an hour of training in and consider it a good session but, with a walker who does 50 kilometres, an hour session would be just a warm-up by virtue of the extended distances that we

cover and the slower mode of progression. It does become so time consuming and this is another aspect where you need much more time.

Have you something special to say about walking that will round off this interview?

Number one priority for the development of walking must be the reinstatement of the 50 kilos in the Olympic programme. I would like to see the Lugano Trophy given more publicity; after all it is a World Championship. Outside walking circles little is known of it and I would like to see that competition extended to include four races, taking in the Junior 20km and women's 10,000m. I would like to see the IAAF 50km World Championship get the recognition it deserves, as it is tantamount to the Olympic Games, but to the average person it went unheralded with the results not even appearing in the National Press.

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BOB DOBSON

Bob Dobson, born in London on November 4th 1942, is a member of Basildon AC. He is 1.78/5'10" tall and weighs 70kg/154lb. Best marks: 3000—12:40.4, 20km—1:30:02, 50km—4:09:39 (UK best). Annual progression at 50km:

1969	4:37:03	1973	4:14:29
1970	4:20:22	1974	4:11:22
1971	4:17:44	1975	4:19:03
1972	4:25:36	1976	4:09:39

A reader from Sheerness wishes to get in touch with someone interested in going to most of the major athletic events at home and abroad. Write or phone: Mrs E. Mayhew, 127 High Street, Queenborough, Sheerness, Kent. Tel: Sheerness (931) 3833.

NEW 'AW' INJURY SERVICE TO ATHLETES

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

SPRAINED ANKLE

Dear Sir,

I am a middle-long distance runner and have been suffering from a torn ligament in my ankle/heel. I went to my doctor and he told me to strap it up for 2-3 weeks. I did this and rested it for a further two weeks. After five weeks it felt better so I entered a road-race but it started aching and swelling so I dropped out. How long will it take to mend completely and what treatment should I give it?

E. Cunningham,
London SE26

Sprained ankles are very common, if that indeed is the cause of your torn ligament. Most are treated by a period of strapping (two to three weeks is the usual) and most recover in this time. Some however take longer, indeed quite a lot longer. The important thing about getting back into competition after a sprained ankle is firstly, to resume training gradually, not to go dashing off racing before the ankle has had a chance to run itself in again and secondly, as part of the gradual resumption of training, to do a lot of strengthening exercise for the muscles around the ankle joint. In this context running on a road is not usually a very good idea because most roads are cambered so that the ankle is not working in the neutral position but either in inversion or eversion. During training after an ankle injury, at least in the early stages, the surface on which the athlete runs should be flat. Some ankle injuries, even if carefully retrained, become very chronic and require further medical attention.

COLLINGWOOD ATHLETIC CLUB

are holding their

FOURTH ANNUAL

CROSS COUNTRY RACES

For Boys U/11, U/13, U/15, U/17

ON SUNDAY, 9th OCTOBER, at 11 a.m.

Details to be announced later—book the date now.

HEEL PAIN

Dear Sir,

My daughter is 12 years old, last season she was selected to run for Lancashire in the cross-country race. All last season she kept having a recurring injury. She gets a very sharp pain underneath her left heel which, if she gives up training for about four days, gradually fades away. She has started this track season running 1500m, which she ran in 5:15, but for the last two races due to this injury her time has been 5:38. We have been to see our own doctor, but he does not seem to know much about it. Her coach seems to think she has great potential, if she can get rid of this injury.

K. Robinson,
Burnley

Pain around the heel in middle-distance athletes is quite common, in adults it is usually due to bruising of the tissues between the skin and the heel-bone and is related to inadequate padding in the shoes, too much heel strike and hard running surfaces. In children the problem is rather different; there is a condition known as Sever's disease which is one of the genuine growing pains. The back of the heel-bone has a cap of bone fitted over it where growth takes place. This cap is quite vulnerable and can be damaged. In the age group 10-14 this damage is most common. The growing cap of bone then goes through a cycle of recovery which may last anything up to six months or even longer. Both heels are usually affected but sometimes it is only one that causes trouble. X-ray appearances are rather variable so that although X-ray can help in the diagnosis it does not positively confirm it. In general, pain around the heel in a youngster of this age should normally be treated by a marked reduction in training and activity. Anything that causes no pain is permitted but anything that does cause pain must be forbidden. The first period of inactivity before training can be resumed is usually about three months. This period off training has to be extended if the pain recurs when training is resumed.

PARENTS TROPHY MEETING (WOMEN)

At Norbiton, May 7th

Havering 445; Surrey AC 326½; Surrey Beagles 308; Woking 235½; Bracknell 226½; Parkside 164; Sutton & Cheam 130.

SP: 1, J. Thompson (Brack) 14.12; 2, S. Forrest (Hav) 10.55. DT: 1, Thompson 50.14; 2, S. Hunt (Sy B) 35.38. (B): D. Pyne (Brack) 33.54. (Inters) SP: F. Condon (Brack) 11.10. DT: Condon 41.66. (B): J. Picton (Brack) 30.14. (Juniors) 100: L. Smith (Hav) 12.9. 800: 1, G. Oughton (Hav) 2:23.0; 2, G. Sawyer (Sy) 2:24.8. 1500: 1, S. Baxter (Hav) 5:00.6; 2, K. Whopshott (Brack) 5:01.4. LJ: K. Butler (Hav) 5.15. SP: S. Oram (Brack) 10.15. (B): L. Hester (Brack) 9.89. JT: J. Nicholls (Sy B) 30.26.

FINE RUN BY COLEBROOK

EXPEDICIENCY was the name of the game as far as the Russians were concerned at Stretford on May 15th. The occasion was a match between the twin cities of Manchester and Leningrad and in a party of four was double Olympic gold medallist and world record holder Tatyana Kazankina. She had wanted to run a 1500m but the organisers asked her to change her mind and run over 800, which she willingly did although she intends to drop the shorter race from her programme. It was just as well she agreed because the organisers, Bury AC in general and Vera Duerdin in particular, had Jane Colebrook up their sleeves.

But when the day dawned Kazankina had a cold, which the meeting doctor almost decided was too bad for her to run, and the weather was cold and damp. So the other Soviet athlete, Tatyana Providokhina, who is ranked 7th on the world all-time list with 1:57.0 went to the front to make sure the pace was not too hot.

Thus the bell was reached in 63.6 and although Colebrook took over at the front on the final bend, Kazankina, who had lurked at the back all the while, eased onto her shoulder and then took over. Colebrook pushed her all the way but the Olympic champion always had something in hand and reached the tape in 2:05.5—a tenth faster than her 19-year-old British rival.

The big crowd were given the chance to cheer in the 200m when Sharon Colyear, the local favourite, beat Marina Sidorova, who has a time of 22.72 to her credit although recently she has been concentrating on the 400m hurdles in which she was ranked second in the world last year at 57.1. But Sharon is concentrating on the 100m hurdles so all things were equal and Sharon took the race by 0.2 in 23.5.

200: 1, S. Colyear (M) 23.5; 2, M. Sidorova (L) 23.7; 3, M. Probert (M) 24.2. **800:** 1, T. Kazankina (L) 2:05.5; 2, J. Colebrook (M) 2:05.6; 3, T. Providokhina (L) 2:06.9; 4, C. Tranter (M) 2:07.1; 5, C. Hanson 2:09.0. **DT:** 1, N. Gorbacheva (L) 61.90; 2, V. Watson (M) 44.26; 3, J. Robertson (M) 43.40. **Match Result:** Leningrad 15, Manchester 12.

Randall Northam

TWO-DAY MEETING

The Debenhams International Jubilee Games, scheduled for Crystal Palace on Sunday, June 26th, has been expanded into a two-day meeting: June 25th/26th. Advance ticket sales for June 26th are going so well that the whole of the 5000-seat main stand has already been sold out. More details of the meeting next week.

TRACKNUTS' TREAT

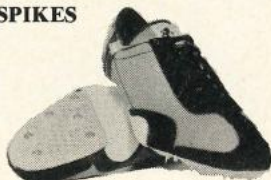
Now available from the 'AW' Book Dept: 'Encyclopaedia of Athletics' (£4.95); 'Athletics 1977' (£4.30); 'UK Athletics Annual 1977' (£1.75).



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Patrick Columbia—Gold/Black nylon uppers with well cushioned heel and 6 spike sole. Superbly finished. (6 ozs). Sizes: 3-5½ **£10.85**, 6-11 **£11.85**.

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TRAINING SHOES



Inter Sprint—Blue nylon uppers. A clever Asian copy of SL 72 at half the cost. Sizes: 4-5½ **£6.50**, 6-11 **£7.50**.

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ET 105—Easily read digital display. Accuracy to 0.1 sec per hour guaranteed (£35.20) **£31.80**.

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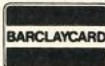
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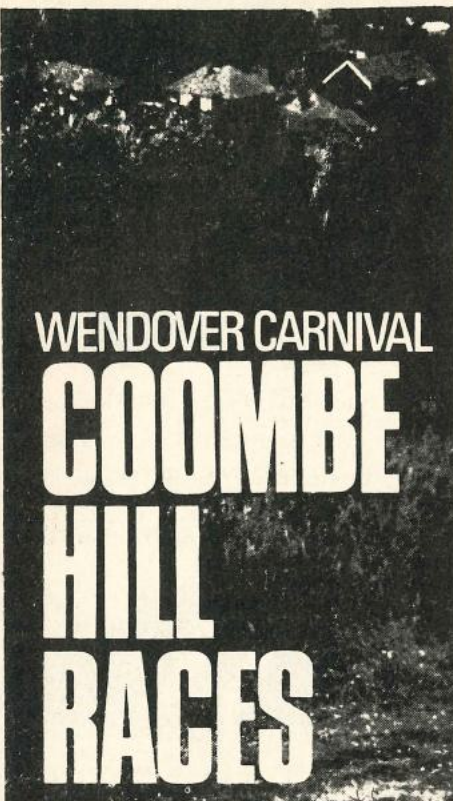
Please print name and address. For shoes please state size and enclose foot outline. Post extra on exchanged goods.



Runnercare

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Tel: 0482-27483
or 0482-813323 (after 6pm).



WENDOVER CARNIVAL COOMBE HILL RACES

11th JUNE 1977

Run over a gruelling course which rises and falls through 350 ft across the Chiltern Hills. Cups and prizes for individual/team winners and runners-up.

(Under AAA Laws)

Open race - 3¼ Miles 11.00 a.m.

Entries (25p) to: The Manager, National Westminster Bank Ltd., 26 High St, Wendover, Bucks.

Entries Close: 3rd June, 1977.

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Results In Brief

April 16th

Midland WAAA Field League, at Salford Park.
JT: S. O'Toole (Mit) 45.90.

April 23rd

Midland WAAA Walk/Field League, at Salford Park. 5000W: 1, S. Saunders (B'field) 28:19; 2, E. Cox (Sol) 29:16; 3, C. Brooke (Sol) 29:41. (Juniors 3000m): 1, K. Eden (Sol) 15:53; 2, H. Roe (Sol) 16:48; 3, S. Baker (Sol) 16:53; 4, J. Mullins (Sol) 17:00; 5, D. Birbeck (Worc) 18:19. (Girls 2500m): 1, L. Smith (Sol) 14:17; 2, Y. Eden (Sol) 14:18; 3, S. O'Neil (Worc) 14:56; 4, L. Tirrel (Worc) 15:25.

April 24th

North Staffs Road Runners Assn '20', at RAF Stafford. 1, M. Mountford 1:48:45; 2, M. Watts (guest) 1:53:19; 3, P. Larkin 1:56:23; 4, L. Austin 2:00:19.

April 27th

City of London Poly Handicap, at Tower Hill. 1, D. Clarke (Ver) 13:03; 2, J. Dryden 13:14; 3, F. Green (Mit) 13:26.

Crewe & Alsager 169½, Cardiff College 136, Madeley 108½, at Keele. LJ: J. Hesketh (C&A) 7.12. SP: K. Jones (C) 13.02. HT: 1, B. Reed (M) 45.60; 2, M. Eaton (C) 43.84; 3, A. Lunn (M) 42.64.

April 28th

Stoke-on-Trent league, at Cobridge Stadium. PV: J. Howell (Stoke) 3.80. HT: 1, B. Reed (Mad) 43.56; 2, G. Middleton (New-Y) 41.72. (Youths) HT: G. Middleton (New) 47.94.

April 30th

Elliott-Reed AC/Holly Hill Race, at Snodland. 1, M. Knapp (Invicta) 43:14; 2, I. MacMillan (Inv) 43:52; 3, M. Winstanley (Inv) 44:09; 4, R. Clark (ER) 44:44; 5, D. Smith (ER) 45:56; 6, M. Hamlin (Ton) 46:11; 7, G. Wellings (Inv) 46:33; 8, M. Jury (ER) 46:39; 9, J. Anderson (Inv) 47:07; 10, P. Hills (Dart) 47:28. Team: Invicta.

Inter-Banks 10 Miles Road Race, at Epsom Downs. 1, M. Nolan (W&G) 52:57; 2, P. Mylea (Hamb) 53:14; 3, R. Morris (Credit) 53:42; 4, D. Ives (Lloyds) 54:27; 5, A. Frankish (Lloyds) 54:35; 6, P. Shephard (Lloyds) 55:22. Team: Lloyds.

Women's Invitation 600m, at Stretford. 1, D. Murray 88.3; 2, R. Kennedy 88.8; 3, S. Smith 89.8; 4, J. Asgill 95.4; 5, B. Machin 97.4.

Army 251, Cambridge Univ 208, Navy 179, Woodford Green 146, Met Police 141, Ilford 103, at Woodford Bridge. 200: S. Hall (A) 22.3. 400: W. Taylor (A) 49.6. 110H: 1, A. Cronin (N) 14.6; 2, T. Clifton (W Gn) 14.8; 3, N. Gerrard (Pol) 14.9. 400H: 1, W. Taylor (A) 55.7; 2, A. Shiret (Camb Un) 56.4. (B): M. Ford (A) 56.9. HJ: 1, R. Bray (Pol) 1.91; 2, A. Breden (Pol) 1.91. PV: 1, N. McPhee (N) 4.00; 2, P. Cribb (A) 3.80. LJ: 1,

A. Rose (A) 6.80; 2, S. Hall (A) 6.76. TJ: 1, C. Coleman (Pol) 14.62; 2, M. Johnson (N) 14.38. SP: 1, E. Ricketts (A) 14.37; 2, C. Jeffery (A) 13.55. DT: 1, T. Ratcliffe (A) 46.30; 2, P. Lewis (N) 42.18; 3, P. Bullock (W Gn) 41.32. HT: 1, M. Mileham (W Gn) 61.04; 2, P. Aston (W Gn) 60.22; 3, S. Robinson (N) 46.52; 4, D. Forsythe (A) 42.48. (Guest): M. Girvan (W Gn) 49.00. JT: 1, C. Clover (A) 63.58; 2, N. Hart-Ives (A) 60.22; 3, W. Bushnell (If) 58.96.

Lightfoot & Eldon Trophies, at Windsor. (Lightfoot): Portsmouth 112½; Windsor, S&E 72½; QPH 71; Reading 68; Bracknell 62; Surrey Beagles 58. (Eldon): Portsmouth 136; Surrey Beagles 130; Windsor, S&E 120; Reading 96; QPH 65; Bracknell 20. PV: J. Gutteridge (WS&E) 4.82. SP/DT: N. Griffin (WS&E) 14.58/41.88. **(Dyason Trophy—Senior Women):** Middlesex 148; Reading 147; Wycombe 134; Bracknell 119; Surrey Beagles 69; Windsor, S&E 66. HJ: 1, B. Simmonds (Read) 1.65; 2, Y. Baldeo (Mx) 1.60. LJ: C. Earlington (Mx) 5.50. DT: J. Thompson (Brack) 47.64. (B): F. Condon (Brack) 40.40. JT: J. Kenyon (Mx) 35.86. 4 x 100: Middlesex 49.9. **(Juniors)** 100: P. Licorish (Mx) 12.9. 200: J. Bailey (Mx) 26.5. 1500: K. Whopshott (Brack) 5:00.6. HJ: K. Nobes (WS&E) 1.56. SP: S. Oram (Brack) 9.94.

May 1st

Andover & Dist Young Athletes Meeting, at Tidworth Oval. (Youths) SP/DT: G. Savory (AF&D) 15.02 & 44.20. JT: M. Humphreys (Melb) 55.48. (Boys) 200: 1, M. Holden (Ply) 24.0; 2, M. Waring (BoE) 24.0. (Inter Women) LJ: L. Yell (BoE) 5.15. SP: 1, F. Condon (Brack) 11.01; 2, J. Seldon (Hill) 10.05; 3, C. Williams (Ply) 10.00. DT: 1, Condon 36.96; 2, A. Franks (Rad) 35.10. JT: Seldon 40.52. (Juniors) 800: 1, S. Jones (Port) 2:21.5; 2, W. Lodge (AF&D) 2:24.9. HJ: C. Howarth (B'mouth) 1.50. (Girls) 800: L. Dale (Melb) 2:30.6.

May 2nd

Staffs AAA/WAAA Champs (Part), at Cannock. HT: B. Reed (Sale/Madeley-guest) 43.46. (Juniors) HT: G. Middleton (New-Y) 46.20 (CBP). (Youths) HT: Middleton 50.82 (CBP). (Senior Women) 3000: C. Readdy (Stoke) 10:17.8.

May 3rd

Jordanhill College 81 v ESH 'B' 60 v Stirling Univ 38, at Grangemouth. 100: 1, A. Kerr (CR-gst)

10.6w; 2, K. McKay (Jor) 10.8; 3, I. McEwan (Shett-gst) 10.9. 200: Kerr 21.7 (?). 400: 1, D. Spalding (Stir) 50.1; 2, P. Duffy (ESH) 50.1. 110H: 1, McEwan 14.9w; 2, C. Luxon (EAC-gst) 15.5; 3, J. Rose (Jor) 15.8. LJ: McKay 6.77w. (Senior Women) 400H: E. Sutherland (ESH) 59.9 (insufficient time-keepers for Scottish record purposes).

May 4th

SCAAA 163, Borough Road C 149, RAF 83, at Isleworth. 400: 1, M. Delaney (RAF) 50.1; 2, D. West (S) 50.2. 800: 1, G. Cook (BRC) 1:53.5; 2, R. Ashton (BRC) 1:53.8. 3000: 1, Rimmer (RAF) 8:27.6; 2, R. Coles (S) 8:28.6. 3000SC: 1, M. Barton (S) 9:15.6; 2, M. Firth (RAF) 9:22.6; 3, L. Adams (BRC) 9:28.2. 110H: 1, W. Greaves (S) 15.4; 2, P. Atherton (BRC) 15.7; 3, K. Pascoe (BRC) 15.9. 400H: R. Harris (BRC) 56.2. HJ: A. Dainton (S) 1.90. PV: 1, J. Gutteridge (S) 4.80; 2, A. Williams (S) 4.60; 3, S. N'Jie (RAF) 3.80; 4, S. Scott (RAF) 3.60. LJ: C. Mitchinson (BRC) 6.82. TJ: 1, A. Stoppard (BRC) 14.42; 2, N. Philips (S) 14.24. SP: 1, R. Slaney (S) 16.93; 2, S. Rodhouse (BRC) 15.87; 3, S. Clark (S) 15.31; 4, P. Lees (BRC) 13.87. DT: 1, Slaney 54.22; 2, M. Winch (S) 51.34; 3, P. Yates (BRC) 41.90; 4, D. Jeffrey (RAF) 41.64. HT: 1, M. Mileham (S) 60.92; 2, E. Lawlor (BRC) 56.56; 3, P. Stark (RAF) 49.70; 4, S. James (S) 48.68; 5, G. Whaley (BRC) 47.50; 6, A. Slaney (RAF) 46.34. JT: 1, D. Ottley (BRC) 71.20; 2, M. Bamford (S) 59.98; 3, S. Ladds (BRC) 59.16; 4, D. Heath (S) 56.08. 4 x 100: BRC 44.1. 4 x 400: 1, BRC 3:20.2; 2, SCAA 3:21.7.

Wessex CC League Final Positions: 1, Bournemouth 4; 2, Bournemouth 'B' 10; 3, Salisbury 14. (Ind): Knight (King A). (Youths): 1, Andover 4; 2, Weymouth 7; 3, HH 14. (Ind): Tall (And). (Boys): 1, Weymouth 4; 2, Bournemouth 8; 3, Paignton GS 12. (Ind): Coleman (We). (Colts): 1, Bournemouth 4; 2, Bournemouth 'B' 9; 3, HH 11. (Ind): Musgrave (B'mouth). (Senior Women): Trowbridge (Ind): J. Farr (Trow). (Inters): 1, Trowbridge; 2, Bournemouth. (Ind): K. Morris (Trow). (Juniors): 1, Trowbridge; 2, Bournemouth; 3, Andover. (Ind): A. Myatt (Trow). (Girls): 1, Bournemouth; 2, Trowbridge; 3, Andover. (Ind): N. Parsons (B'mouth).

BRIGHTON & HOVE A.C. YOUNG ATHLETES OPEN MEETING

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

Sponsored by American Express

SATURDAY, 25th JUNE

Colts, Boys, Youths, Junior & Inter. Women

Awards: Medals and Certificates.

Entry forms from/to G. L. King, 6 Horsham Avenue, Peacehaven, Sussex (Peacehaven 2566).

CLOSING DATE: 4th JUNE—definitely!

Come to Brighton—where young people matter

PETERBOROUGH ATHLETIC CLUB presents

The 9th Annual "Whittlesey Show"

10 MILE OPEN ROAD RACE

(Under A.A.A. Laws)

ON SATURDAY, 25th JUNE, at 3 p.m.

Prizes: Individuals: first 3 teams (4 run, 3 score); 1st Vet. O/40, 1st Vet. O/50. Entry

Fees: 20p per person (all enter as ind.), 30p per team. Entries to K. B. Hall, 190 Wisbech Road,

Thorney, Peterborough, PE6 0SQ. Directions

sent with acknowledgement. Closing date 13th

June. Late entries 50p.

DAVE CANNON DISCUSSES HIS TRAINING

For a marathon runner you don't do a very big training mileage. What is the most you run?

Dave Cannon: 110 miles in a week is the most I have ever run. I average about 80 a week with occasional weeks of 90-100. I really train as I feel because if I train too hard when really tired I get injured. This happened quite a lot when I was younger. The important thing is that the 80 miles a week is consistent.

Does that mean you don't take a rest at any time during the year?

I take an active rest period after a marathon when I run only 3 miles or so a day for a couple of weeks to recover, and then back to normal training. I also have an easy week after the Ben Nevis race.

You don't run in as many fell races now as you once did. Why is that?

In 1972 I was fell runner of the year and ran in lots of races. I really enjoyed running them. There isn't as much tension as in other races. The trouble was I was always getting sore legs and thighs which would put me out for periods.

With Lindsay Dunn

I used to think my legs must be able to take any amount of hammering after some of the fell races I ran and found it surprising that it was always my legs which packed in during marathons. My coach Gordon Surtees convinced me I would have to cut out the fell running if I wanted to succeed at the marathon. I have been able to train much more consistently since doing so. I still like to turn out for the Ben Nevis race, however, and have managed to win for the last three years.

Can you give examples of your training?

The following would be a very good week for me. Sunday: 16-18 miles. Monday: (am) 5M; (pm) 8M steady. Tuesday: (am) 5M; (pm) 8M fartlek. Wednesday: 12M steady. Thursday: (am) 5M; (pm) 8M fartlek. Friday: 6M if racing Saturday or 5M (am) and 8M (pm). Saturday: Race or 10M (am) and 6M (pm).

Do you alter this before a marathon?

Yes. The following would be a typical week. Sunday: 20-26M. Monday: 6M easy. Tuesday: 8M easy. Wednesday: (am) 5M; (pm) 10M. Thursday: (am) 5M; (pm) 8M fartlek. Friday: 6M if racing Saturday, or 5M (am) and 8M (pm). Saturday: Race or 10M (am) and 6M (pm).

Why only one run on Mondays or Tuesdays?

I can run 16M or so and be okay next day but if I get over 20 it takes me a couple of days to recover.

Do you ease up before all of your races?

Yes. A race is a race and I like to give myself every chance of running my best.

What is your home town of Appleby (Cumbria) like for training?

It's very bleak in the winter. None of the roads are lit up outside the town and I'm sometimes running with the nearest light beings cars on the main road three miles away. Also all of my training is by myself. Twice a month I go through to Teesside and do a track session with Gordon. There is a grass track in Appleby, which I sometimes use during the summer when I've got a 10,000 coming up.

How seriously do you take your track races?

I hope to do more this summer, especially 10,000, but only with a view to helping my marathons.

What about your future aims?

I hope to keep improving and make it to one of the big Games. Apart from Ian Thompson most of the top marathon men in this country are in their thirties so I feel I've got plenty of time.



Dave Cannon leading from Colin Kirkham in the AAA marathon at Rugby.

Mike Street

UK RESULTS ROUND-UP

4.5. Cudworth. Women's LJ: J. Peacock 6.28.
10.5. Leicester. 3000W: B. Adams 12:22.6. **13.5. Meadowbank.** 400: R. Jenkins 47.6; 3000: J. Graham 8:04.9. **13.5. Northridge (USA).** DT: C. Sutherland 57.06. **14.5. Croxdale '10'.** M. McLeod 46:54. **14.5. Westwood (USA).** 1500: 2. B. Williams 3:43.2; SP: 2. P. Buxton 18.93. **16.5. Peffermill.** Women's DT: M. Ritchie 53.44. **18.5. Loughborough.** HJ: M. Shorten 2.05. **20.5. Wolverhampton.** 100: A. Bennett 10.4w; 300: G. Cohen 34.1; 300H: A. Pascoe 37.1; PV: J. Gutteridge 5.10; SP: G. Capes 19.97; women's 100: S. Lannaman 10.9w, S. Colyear 11.1; 300: D. Hartley 38.5; 600: S. Smith 89.9; 300H: E. Sutherland 43.0; JT: T. Sanderson 52.20. **19.5. Helsinki.** 10,000: A. Simmons 28:09.1.

21.5. Knoxville (USA). 1500: A. Staynings 3:42.5 . . . 5. E. Hartel 3:43.9. **21.5. Amsterdam.** Mar: Rodgers (USA) 2:12:47, McDaid (RoI) 2:16:14, Szekeres (Hun) 2:16:47, I. Thompson 2:17:47, N. Deakin 2:19:54 . . . 14. R. Hill 2:26:07. **21.5. Plymouth.** Women's DT: J. Thompson 53.04. **21.5. Stretford.** Women's 100/LJ: S. Colyear 11.5/6.08. **21.5. Eltham.** Women's LJ: K. Murray 6.24. **22.5. Bracknell.** Women's DT: F. Condon 46.18 (UK age-16 best). **22.5. Meadowbank.** Women's 400/400H: E. Sutherland 54.4/60.0; 800: C. McMeekin 2:07.5; HJ/LJ: M. Walls 1.70/6.11. **22.5. Southampton.** 100: D. Hill 10.3w; 400: W. Taylor 47.7; 110H: M. Hatton 14.4w; PV: B. Hooper 5.00, K. Stock 4.90, J. Gutteridge 4.80, T. Gardner, A. Williams & R. Williamson 4.70; LJ: C. Mitchell 7.55w; SP: G. Capes 20.98 (outdoor world best for 1977), Halldorsson (Ice) 20.31, Komar (Pol) 19.59, R. Kennedy 18.46; JT: Erdelyi (Hun) 80.34, D. Ottley 75.80, Bielczyk (Pol) 74.12; women's 200: Szewinska (Pol) 22.5w, W. Clarke 23.4, L. Boothe 23.8, H. Hunte 24.0.

RECORD SCORE FOR WOLVES

British League results on May 21st—Div 1 (Wolverhampton): 1, Wolverhampton & Bilston 302½ (out of possible 364; record score); 2, Cardiff 222; 3, Stretford 216½ (best score by promoted team in first fixture); 4, TVH 193; 5, ESH 164; 6, Enfield 161. Top results included—100: T. Bonsor 10.4w, S. Green 10.4, A. Wells 10.4; 200: G. Cohen 21.1w, Wells 21.1; (B): Bonsor 21.2w; HJ: M. Palmer 2.05; TJ: K. Connor 15.43; SP: G. Capes 18.61. DT: P. Tancred 58.78. **Div 2 (Warley):** 1, Birchfield 246; 2, Sale 233; 3, Woodford Green 210; 4, Essex Beagles 205; 5, Poly 186; 6, Edinburgh AC 162. **Div 3 (Southampton):** 1, Southampton 253; 2, Liverpool 248; 3, Met Police 236; 4, Bristol 217; 5, Swansea 152; 6, Hillingdon 144. **Div 4 (Brighton):** 1, Brighton & H 251; 2, Sheffield 221; 3, Stoke 207; 4, Shaftesbury 203; 5, Oxford 194; 6, Luton 181. SP: R. Dale 18.29; JT: J. Trower 72.88.

Aldershot, Farnham & Dist AC omitted to give the entry fee for their 'Geoff Sly' Road Race on June 6th in their advertisement last week. It is 30p.

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Overseas News and Results

USA

21.4. Sycamore. HJ: Gail Olson 2.21 (7'3 1/4") (world age-16 best; attempted 2.25). **22/23.4. Lawrence.** 100m: Wiley 10.21, J. Williams 10.27, Preston 10.30; 200: Wiley 20.44w, Preston 20.61; 400: Udo (Nig) 45.77; 3000SC: Koroso (Ken) 8:34.4, Timm 8:34.5; 110H: Fogarty (Can) 13.89; PV: Bell 5.31; TJ: Agbebaku (Ken) 16.10; DT: Oerter 58.04; women's 100y: Carter 10.44; 800: Knudson 2:03.9 ... 3. Chemabwai (Ken) 2:05.5.

23.4. Baton Rouge. 400: Taylor 45.8, Tolen 46.0 (& 20.6 200); 800: Newman (Jam) 1:47.0; women's 100: Obi (Nig) 11.3. **23.4. Champaign.** LJ: Ehizuelen (Nig) 8.02, Cobb 7.98, Pinnick 7.96; TJ: Ehizuelen 16.22. **23.4. El Paso.** 200: Njoroge (Ken) 20.9. **23.4. Missoula.** SP/DT/HT: BUXTON 17.79/53.14/67.54. **23.4. Eugene.** 200: Darden 20.56w; HJ: Arney 2.21. **23.4. Merced.** SP/DT: TURTON 16.95/49.74. **23/24.4. Walnut.** 100m: Collins 10.22w; 800: Boit (Ken) 1:47.2; 110H: Cooper 13.74w, Davenport 13.80; 400H: Moses 49.83 (tripped over first hurdle), Turner 49.94; TJ: Tiff 16.81, Livers 16.57w, Butts 16.43w, Banks 16.42w; SP: Feuerbach 20.18, Shmock 19.98, Albritton 19.90, Weeks 19.68; DT: Powell 66.80 (won on last throw), Wilkins 66.12, Stadel 65.20, Weeks 60.78; DT (B): SUTHERLAND 53.70; HT: Farmer (Aus) 66.80; women's 400: Bryant 53.19; HJ: Brill (Can) 1.91

(Commonwealth rec); DT: Haist (Can) 56.90.

2.4. Raleigh. DT: Oerter 60.02. **9.4. El Paso.** HJ: Joy (Can) 2.25. **22.4. Glendale.** 100m: Wells 10.18. **22.4. Murray.** 800: WARREN 1:49.3, RAF-FERTY 1:49.4; 1500: BREWER 3:45.9; 5000: RUTTER 14:34.5, CHARLESTON 14:41.5. **23.4. New Brunswick.** DT: Swarts 61.48. **23.4. Williamsburg.** 1500: 2, MARTIN 3:49.6. **23.4. Tallahassee.** 100: Glance 10.0, Roberson 10.0, Merrick 10.1; 200: Glance 20.6; 400: Smith 45.8; 4 x 100: Florida State 39.1. **29.4. Cheney.** Mile: MAPLESTONE 4:01.4. **29.4. Porterville.** SP: TURTON 17.13. **29/30.4. Des Moines.** 100 (-2.6m): Roberson 10.53, J. Jones 10.58, Glance 10.61; 400: Smith 45.31, Udo (Nig) 46.09; 800: Wilson 1:46.1, Boit (Ken) 1:46.1, Wohlhuter 1:46.2, K. Marsh 1:47.0, Prince 1:47.1; Mile: O'Shaughnessy (RoI) 4:00.2; 5000: ROSE 13:27.2, Gregorio 13:48.0; 10,000: Gregorio 28:48.9, Treacy (RoI) 28:49.3. 3000SC: H. Marsh 8:31.0, STAYNINGS 8:38.2; 110H: Walker 13.79; Dec: Alexander 80.55; HJ: Page 2.21; LJ/TJ: Ehizuelen (Nig) 8.09w/16.76w; SP: Wilkins 20.08, Feuerbach 19.86; DT: Wilkins 63.98; Women's 1500: Lutz 4:15.7; 5000: Merrill 15:52.3 (15:22.4 at 3M—world best); 800: Knudson 2:03.4, Vetter 2:03.7.

29/30.4. Philadelphia. (Penn Relays; 30,000 crowd 2nd day) 100: Riddick 10.31, S. Williams 10.33, Quarrie (Jam) 10.34; Mile: Waigwa (Ken) 3:53.8 (60.8, 59.5, 58.6, 54.9), Scott 3:55.1, Foster 3:55.1, RON SPEIRS 3:56.9 (59.0, 59.7, 59.6, 58.6), Cummings 3:57.2, Flynn (RoI) 3:59.4; 5000: 2, MARTIN 14:10.8; 5000 (B): 9, Kenny (RoI) 14:06.0; 3000SC: Bickford 8:33.6; HJ: Stones 2.25; (B): Arney 2.23; 4 x 100: Arizona State 39.57 (Williams, Darden, Gary Burl, Frazier); 4 x 200: Arizona State 1:21.4 (world rec) (Gary Burl, Tony Darden, Gerald Burl, Herman Frazier); 4 x 400: Arizona State 3:01.9 (McKenzie 46.2, Gerald Burl 45.2, Darden 45.2, Frazier 45.3); 800 relay leg: Belger 1:46.2; 1200 relay leg: Belger 2:50.1 (best on record) ... SPEIRS 2:56.0; Mile relay leg: Lapp 3:57.1. Marathon: first woman — GILLIAN ADAMS 3:10.7 (74th of 250 starters). **30.4. San Jose.** 100: (headwind) Abrahams (Pan) 10.2, Gilkes (Guy) 10.3; 400H: Wheeler 49.8, W. Williams 50.4, Cooper 50.4, King 50.4; HJ: Haber 2.23; TJ: Butts 16.43, Livers 16.41; SP: Feuerbach 20.04, Oldfield 19.95, Walker 19.86; DT: Wilkins 66.56, Stadel 63.88, Weeks 61.82, Powell 60.96, McGoldrick 60.32, Chambul (Can) 59.24; Women's JT: Schmidt 62.34, Sulinski 59.46. **30.4. Westwood.** 100: Edwards 10.18, J. Andrews 10.22, Hampton 10.34; 200: Edwards 20.29, Hampton 20.60; 1500: WILLIAMS 3:46.0; 110H: M. Johnson 13.69, Owens 13.71; PV: Tully 5.49; LJ: Doubly 7.92w; TJ: Banks 16.46w; DT: Fruglietti (Ita) 60.50; 4 x 100: UCLA 39.29. **30.4. Seattle.** TJ: Campbell (Aus) 16.18 (& 10.3w); SP/DT: BUXTON 18.32 (2nd)/54.76; HT: Neil-

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ENTRIES CLOSE 13th JUNE

Late entries accepted on the day, but entrants not eligible for main prize list (Ghost runners please note!).

1976 Winners—M. Turner (Liverpool) 61m. 24s. New Course Record. L. Billington (Felt-ham) 80m. 45s. Team: Hillingdon 187m. 50s. total.

son (Can) 68.00, BUXTON 66.90. **30.4. Irvine.** Women's 100: Ashford 11.54, LYNCH 11.59 (& 24.92 200); 400: Bryant 52.52; 100H: Van Wolvelaere 13.40. LJ: Anderson 6.53; JT: Smith 57.02. **30.4. Stanford.** LJ: Lofton 7.95; SP: Albritton 20.65. **30.4. Los Angeles.** DT: SUTHERLAND 56.42. **30.4. Beaumont.** 1500: O'Callaghan (RoI) 3:42.9; PV: Bell 5.32. **1.5. Long Beach.** PV: Baird (Aus) 5.41; DT: 3, SUTHERLAND 58.52. **2.5. El Paso.** PV: Jessee 5.50.

30.4. Mountinside. DT: Oerter 62.52 (world vets best). **30.4. El Paso.** JT: Grimmes (Nor) 80.74. **6.5. Seattle.** 800: MAPLESTONE 1:48.3. **6.5. Naperville.** 10,000: Virgin 28:32.6. **5.5. Austin.** 220y: Jones 20.4. **7.5. Eugene.** 800: Boit (Ken) 1:45.9. **7.5. Houston.** 161b SP: Carter 16.67 (age-16 best). **7.5. Winter Park.** Women's 100y/220y: Cheeseborough 10.3/23.3. **6/7.5. Provo.** 200: Darden 20.52, Ge Burl 20.57; 400: Frazier 45.59, Darden 45.64, Solomon (Tri) 45.84; 800: Kipkurgat (Ken) 1:46.6; 400H: Walker 49.79; HJ: Joy (Can) 2.21; PV: Barry 5.26, Abada (Fra) 5.26; DT: Walvik (Nor) 60.74; Dec: Steiner (Arg) 7748 (rec). **7.5. Fresno.** 800: Robinson 1:47.8, Eneyart 1:47.9; Mile: Scott 3:59.6; 120yH: G. Foster 13.54, Cooper 13.58; PV: Ripley 5.33, Baird (Aus) 5.33; SP: Feuerbach 20.43, Shmook 20.43, Albritton 20.09; DT: Powell 61.50, Weeks 61.26, Stadel 61.14. . . . 6, SUTHERLAND 55.56; JT: Laperriere (Can) 81.64. **8.5. Minneapolis.** 1500: Lacy 3:41.2. **10.5. Sycamore.** HJ: Olson (16) 2.23 (7'4").

WEST GERMANY

19.3. Uebach. DT: 3, ALLAN SEATORY 51.64. **9.4. Paderborn.** (WG 25km Champs) Warnke (Chile) 1:14:20 (59:42 at 20km), Orthmann 1:14:52, Schirmer 1:15:16, Paivarinta (Fin) 1:16:28; women — Vahlensieck 1:30:12 (72:24 at 20km), Teske 1:30:52. **23.4. Rodenbach.** Women's Mar: Vahlensieck 2:40:48. **23.4. Melungen.** DT: Wagner 61.88. **23.4. Bonn.** 5000: Uhlemann 13:54.0. **24.4. Porz.** Mar: Sensburg 2:17:49, Morales (Hond) 2:17:49. **24.4. Achern.** 50kmW: Schubert 4:10:17. **26.4. Darmstadt.** HT: Ploghaus 71.02. **30.4. Bonn.** 3000: Lederer 7:54.6. **30.4. Leverkusen.** HT: Huning 70.68. **30.4. Munich.** Women's SP: Wilms 20.23. **1.5. Trestberg.** Women's JT: Becker 59.64. **4.5. Frankfurt.** 300: Krieg 32.7. **8.5. Furth.** 400: Krieg 46.3; DT: Wilkins (USA) 62.28; HT: 7, Wilkins 52.65; women's SP/DT/JT: Wilms 20.61/52.28/46.80. **8.5. Cologne.** 200: Hofmeister 20.7; 1500: Flecken 3:39.2 (56.0, 1:55.0, 2:54.5) . . . 6, NEIL LEACH 3:52.3; DT: Neu 62.08, RICHARD SLANEY 54.58 (& 15.89 SP); women's 100: (+0.1m) Richter 11.0; 200: (+0.4m) Richter 22.8; LJ: Richter 6.20. **9.5. Hamburg.** 200: Gruse 20.8.

GDR

12.3. Dresden. 20kmW: Wieser 1:26:41. **30.4. Karl-Marx-Stadt.** Mar: Paivarinta (Fin) 2:13:32, Arnhold 2:14:27, Umbach 2:14:44, Eberding 2:15:08, Kocourek (Cze) 2:15:16, Muller 2:15:19, Gros (Pol) 2:15:38, Truppel 2:15:41, Lesse

2:16:10, Babinyec (Hun) 2:16:23 . . . 15, JEFF NORMAN 2:19:31. **1.5. Naumburg.** 20kmW: Wieser 1:26:51, Gauder 1:27:07, Heyer 1:27:18, Stankovic (Hun) 1:27:34; U/18: Weigel 1:27:50; 50kmW: Knutter 4:06:19, Weidner (WG) 4:07:13.

USSR

14.3. Minsk. (i) HJ: Byelkov 2.25.

SPAIN

— **4. Estepona.** HJ: Thranhardt (WG) 2.22; JT: Wolfermann (WG) 85.52, Tafelmeier (WG) 82.44. **1.5. San Sebastian.** Mar: Manguau 2:21:33 . . . 14, Chantal Langlace (Fra) 2:35:15 (women's world best).

ITALY

9.4. Rome. Hour: Fava 20,416m (10M—47:10.6, 20km—58:43.8; all recs). **8.5. Milan.** 100: Riddick (USA) 10.39; 300: Mennea 32.47; 1500: Bayi (Tan) 3:44.2, Grippo 3:45.6; 110H: C. Foster (USA) 13.73; HJ: Wielart (Neth) 2.21.

NORWAY

24.4. Stavanger. 3100m CC: FRANK CLEMENT 9:07.7, Sleire 9:10.0, LAURIE SPENCE 9:22.0.

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Walking

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A WELL surfaced three lap course, fast but with a couple of inclines and a sharp descent to break up the flatness, obviously suited the majority of the field in the National 20km at Stretford on May 14th with the excellent number of 41 beating 100 minutes and many personal bests being set.

From the outset the first three dominated the race and left the rest to contest fourth. Olly Flynn set the pace, with Brian Adams dropping away slightly after 7km and not losing considerable ground until after 15km. Flynn and Mills battled it out until 16.5km with the latter taking the pace from 15km. The defending champion then broke away and set up a 70m lead with 2km remaining. In a thrilling finish, Mills closed gradually in the last kilometre to finish just 8 sec down at the line. World class walking from our top performers with Mills rewarded with a pb. Shaun Lightman held fourth for most of the way but was passed by Carl Lawton in the second half, only for the latter to make his second stop of the race and barely hold off an impressive Mick Greasley at the finish. The under-21's were well represented with pb's from George Nibre and Dave Cotton and a fine walk from Graham Morris. Amos Seddon also had a pit stop near the finish while Graham Seatter, Adrian James and Stuart Maidment all suffered badly in the closing stages.

Walking his best race yet, visiting New Zealander Mike Parker impressed many by his fine style and judgement. Dave Stevens beat his Veteran rivals George Chaplin and Roy Thorpe with former internationals Eric Taylor and John Paddick also excelling. Sheffield again were the outstanding team, with Leicester winning the close battle for second. Certainly a very encouraging start for British walking in our Lugano Cup year. Our top three 20km men obviously are in a class of their own at present and it now remains to be seen whether our potentially fine 50km walkers produce the times they are looking for at the National due to take place on July 16th on the Lugano course at Milton Keynes.

1, O. Flynn (Bas) 88:42; 2, R. Mills (Ilf) 88:50; 3, B. Adams (Leic) 91:07; 4, S. Lightman (Met) 92:18; 5, C. Lawton (Bel) 92:36; 6, Mick Greasley (Sheff) 92:39; 7, S. Elms (B&H) 92:48; 8, G. Nibre (Ilf) 93:08; 9, G. Morris (Stey) 93:13; 10, A. Seddon (BoE) 93:27; 11, D. Cotton (Holl) 93:32; 12, M. Parker (B&H) 93:58; 13, J. Warhurst (Sheff) 94:13; 14, C. Harvey (Lancs) 94:29; 15, E. Taylor (Cov) 94:32; 16, P. Selby (Sy) 94:54; 17, D. Stevens (Stey) 95:41; 18, G. Chaplin (Cov) 95:49; 19, A. Buchanan (B&H) 95:51; 20, J. Paddick (RSC) 96:23; 21, G. Seatter (Bel) 96:36; 22, R. Thorpe (Sheff) 96:59; 23, J. Oliver (Sheff) 96:59; 24, C. Maddocks (Daw) 97:01; 25, J. Eddershaw (Sheff) 97:26; 26, T. Dainty (Daw) 97:49; 27, G. Tranter (RSC) 98:09; 28, G. Toone

(Leic) 98:19; 29, M. Holmes (S'end) 98:31; 30, R. Middleton (Bel) 98:33; 31, K. Smith (Cov) 98:42; 32, P. Markham (Leic) 98:51; 33, T. Mercer (Yks PO) 99:09; 34, S. Lewis (Leic) 99:10; 35, D. Johnson (B&H) 99:14; 36, M. McCann (Yks) 99:28; 37, G. Scott (BoE) 99:30; 38, A. James (BoE) 99:35; 39, A. King (Leic) 99:38; 40, W. Wright (Cov) 99:52;

41, G. Robinson (BoE) 99:55; 42, M. Scamell (New) 100:08; 43, M. Jameson (Yks PO) 100:20; 44, S. Maidment (Stey) 100:43; 45, R. Hankin (Sheff) 101:10; 46, J. Hall (Bel) 101:15; 47, J. Lees (B&H) 101:39; 48, K. Carter (S'end) 101:43; 49, A. Malone (Lancs) 102:21; 50, R. Posner (B'ham) 102:31; 51, E. Shillabeer (Daw) 102:48; 52, R. Dobson (S'end) 102:50; 53, B. Armstrong (Ilf) 103:00; 54, G. Smith (Lancs) 103:33; 55, B. Imber (Sy) 104:03; 56, R. Lancefield (Sy) 104:03; 57, C. Berwick (Leic) 104:37; 58, S. Tyas (Yks) 105:33; 59, S. Wood (B&H) 105:49; 60, D. Trigg (Leic) 106:08; 61, Mel Greasley (Sheff) 106:17; 62, R. Picton (Bel) 106:19; 63, K. French (Sheff) 106:45; 64, D. Breen (Lancs) 107:30; 65, A. Woodruff (Sheff) 108:02; 66, T. Morris (Grey) 108:36; 67, A. Judge (Yks) 109:03; 68, M. Barratt (Sheff) 109:06; 69, R. Penfold (Stey) 109:23; 70, G. Goodair (Sheff) 109:34; 71, M. Simmonds (Sy) 109:51; 72, R. Jackson (Sheff) 110:04; 73, C. Hayward (Sheff) 110:18; 74, A. Bainborough (Daw) 110:46; 75, J. Laing (Sy) 110:51. 127 started, 112 finished. Teams: 1, Sheffield 50; 2, Leicester 84; 3, Belgrave 87; 4, Coventry 88; 5, Brighton & H 93; 6, Enfield 112.

Adrian James easy winner of City 6M, April 19th. 1, A. James (BoE/SE) 43:02; 2, D. Stevens (Stey/SE) 44:42; 3, I. Richards (Cov/I) 45:02; 4, N. Finney (Tonb/SE) 46:36; 5, R. Lancefield (Sy/SE) 48:10; 6, A. Tweed (BoE/SE) 48:14; 7, M. Croft (New/SE) 48:49; 8, K. Wilkie (Leic/B) 49:07; 9, R. Parkins (Med/I) 49:08; 10, M. Fullager (Sy/B) 49:08; 11, R. Pearce (S'end/SE) 50:07; 12, M. Bateman (Bas/SE) 50:19; 13, T. Sliwerski (Sy-gst) 50:35; 14, M. Davitt (New/B) 50:45; 15, A. Gates (Sy/B) 51:21. 108 started/98 finished. Teams (25 per side): 1, Stock Exchange 580; 2, Banks 950; 3, Insurance 1320.

Carl Lawton and Nigel Finney easy winners in combined Surrey & Kent 20M Championships, at Bexley, April 23rd. 1, C. Lawton (Bel) 2:47:19; 2, G. Seatter (Bel) 2:50:20; 3, P. Hodgkinson (Camb H) 2:52:20; 4, N. Finney (Stock Ex) 2:53:52; 5, R. Lancefield (Sy) 2:58:59; 6, A. Ardley (Tonb) 2:59:33; 7, R. Tanner (Bel) 3:00:35; 8, R. Parkins (Med) 3:04:03; 9, D. Vale (Sy) 3:04:04; 10, R. Claxton (Camb H) 3:04:25; 11, T. Sliwerski (Sy) 3:04:35; 12, J. Holmes (Sy) 3:06:14; 13, C. Hobbs (Med) 3:07:47; 14, M. Davitt (New) 3:10:25; 15, S. Holliday (Med) 3:10:43. (Surrey): 1, Lawton; 2, Seatter; 3, Lancefield. Teams: 1, Belgrave; 2, Surrey; 3, London Vidarians. (Kent): 1, Finney;

2, Ardley; 3, Parkins. Teams: 1, Medway; 2, Surrey; 3, Cambridge.

Ralph Knutter holds off evergreen Gerhard Weidner (44) in 50km at Naumburg, May 1st. A small but highly talented field contested the race on a dull, cold day. The Soviet walkers, all from the same club in Vilnius (Lithuania), set the pace and it is interesting to note that Papas was fourth in the USSR Championship 50km in 1975 while Sakalis was second last year with a pb of 4:03:00. The East Germans, with Sakalis and the incredible Weidner, gradually brought back the leaders nearing midway with Sakalis putting in a sizzling 23:24 5km split after 20km. However, the effort seemed to tire the USSR man, who was passed by three East Germans plus Weidner. Steffen Muller retired at 30km and Papas at 32.5km. Knutter put in a strong last 20km, with Weidner keeping his within striking distance, while Matern held off Sakalis for third as both lost much ground to the leaders. Bob Dobson, obviously still feeling the effects of his travelling from Mexico, was always struggling and retired after 22.5km. 1, R. Knutter (GDR) 4:06:19.8 (48:24.2/1:37:37.2/2:25:56.0/3:15:19.0); 2, G. Weidner (WG) 4:07:13.8 (48:22/1:37:37.2/2:26:08.0/3:16:24.5); 3, H. Matern (GDR) 4:14:04.3; 4, A. Sakalis (USSR) 4:15:04.3; 5, M. Kerber (GDR) 4:19:25.2; 6, Y. Romankov (USSR) 4:19:58.4; 7, B. Kmiecik (Pol) 4:25:41.9; 8, T. Knebel (GDR) 4:29:17.5; 9, R. Jensen (Nor) 4:49:50.4. Bob Dobson (24:46/52:04/1:50:55). **East German youngsters dominate 20km without Stadtmuller and Pilarski.** The race started two hours

after the 50km on the same 2.5km circuit. Though strongly challenged by Bencik, Stankovics and particularly Semerdiev, until he 'blew' in the last 5km, the depth of East German young talent won through as they took the top three placings with a further four men in the first ten. Stadtmuller, the pre-race favourite, forced the early pace but retired before halfway. The Bulgarian stayed with eventual winner, Wieser, in the middle stages but faded badly as Heyer and Galina moved through impressively in the closing stages. John Warhurst, the oldest man in the race (at 32!) had an unhappy race but fought through to the end, unlike Pilarski and Stadtmuller. 1, R. Weiser (GDR) 86:51.1 (44:18.4/64:41.0); 2, H. Gauder (GDR) 87:06.6; 3, W. Heyer (GDR) 87:17.8; 4, I. Stankovics (Hun) 87:33.9; 5, J. Bencik (Cze) 88:11.0; 6, W. Galina (GDR) 88:55.0; 7, R. Berner (GDR) 89:11.6; 8, J. Kamanov (Bul) 89:14.2; 9, F. Sparmann (GDR) 89:43.6; 10, U. Schaeffer (GDR) 90:01.7; 11, C. Stan (Rum) 90:17.4; 12, D. Hennig (GDR) 91:03.2; 13, I. Gasity (Rum) 91:25.4; 14, A. Baltudanis (USSR) 91:52.0; 15, Z. Gaslawski (Pol) 91:57.5; 16, E. Semerdiev (Bul) 92:20.2 . . . 29, J. Warhurst (UK) 97:21.7 (23:15/47:35).

Forthcoming Dutch fixtures, June 12th at Zaandam—Senior 30km and age group events, all track races. October 1st at Drachten—Senior 20km, Women's 5km and age group events for Boys and Girls. All held on Tartan track with the exception of the 20km which is on a 3130m road circuit.

Colin Young

BRITISH AMATEUR ATHLETIC BOARD

ELEVENTH ANNUAL GENERAL MEETING SUNDAY, JUNE 19th, 1977

**BASIL STREET HOTEL,
KNIGHTSBRIDGE, LONDON, S.W.1.
at 10 a.m.**

LETTERS

OVER-RACING

Dear Sir,

I refer to the letter from Denis Watts on over-racing of Junior Girls at 800m and 1500m. It would seem that thirty races at these distances in a period of five months is too much. This must be about the most positive statement ever made by a British National Coach concerning young athletes. Please tell us more Mr Watts.

The average club has a preponderance of young athletes in its membership, a large proportion of whom purport to be middle distance runners. The club coach seeks in vain for guidance, based on scientific criteria, on training and competition for such athletes. Text books and lectures are based on the mature athlete, and information on the young athlete tends to be somewhat tentative. We are told that we must not exert undue psychological pressures on promising youngsters and we are warned of the possible dangerous physiological effects of, for example, interval training on the growing boy or girl. But none of our National Coaches has sat down and written for us a text book or lecture on the effects of training on the young athlete. Surely someone can enlarge on the paper on the subject published by the 1976 Edinburgh Coaches Convention (written by a Hungarian!). The only other information readily available comes from the USA, and tends not to be very scientific.

So, Mr Watts, having suggested that 30 races over

800m or 1500m are too many, please tell us on what basis you arrive at this statement and how we can determine how many races and how much training are acceptable.

John Graham
Rossendale

P.S. The WAAA has stopped Junior Girls running 800m and 1500m on the same day, presumably also to stop over-racing. But a Junior Girl can still run an 800m or 1500m heat and final within 80 or 100 minutes respectively of each other. Is this acceptable?

GATESHEAD PACED

Dear Sir,

The well deserved admiration for Gateshead Harriers third-time win in the National 12 Stage Road Relay could unfortunately obscure a facet of the race which, I would suggest, should have been avoided, i.e. the method of filming employed by a television car. This car led Charlie Spedding and Brendan Foster by a very short distance for parts of their stages, and—although, because of the impressive victory margin, it made no difference to the race result—it must surely have helped these runners, providing as it did both a wind-break and a pace-maker.

This was unwelcome to many spectators, and aroused no little comment at the time. I think this was not out of feeling of injustice about this year's result (the advantage gained being at most only a fraction of the margin), but rather because this was a bad precedent for future years, when the race may be closer and an advantage gained by a runner in this way could be decisive in the final result. It is to be

BEN NEVIS RACE

SCOTTISH OPEN HILL

CHAMPIONSHIP FOR 1977

SATURDAY 3rd SEPTEMBER

(Under Scottish A.A.A. Rules)

Send S.A.E. for particulars, and entries to:

D. M. BUTTON, C.A., Secretary,

The Ben Nevis Race Association,

3 Cameron Square,

FORT WILLIAM, Scotland.

Tel: Fort William 2127.

Individual Entry Fee £2, Team £2

Closing date for entries:

SATURDAY 30th JULY

Late Entries Will Not Be Accepted

EDINBURGH ATHLETIC CLUB

THE OCTAVIAN RELAYS

(Under SAAA & SWAAA Rules)

Sponsored by Scottish Demolition Contractors

MEADOWBANK STADIUM

SUNDAY, 28th AUGUST, 1977

EVENTS

Girls: 4 x 100m, 4 x 200m (Age 11, but U/13).

Junior Ladies: 4 x 100m, 4 x 200m (Age 13, U/15).

Senior Ladies: 4 x 100m, 4 x 400m, 4 x 800m (Age 15 or over).

Junior Boys: 4 x 100m, 4 x 200m (Age 11, but U/13).

Senior Boys: 4 x 100m, 4 x 800m (Age 13, U/15).

Youths: 4 x 100m, 4 x 400m (Age 15, U/17).

Senior/Junior Men: 4 x 100m, 4 x 200m, 4 x 400m, 4 x 1500m (Age 17 or over).

Awards: Medals for winning team in each event. Trophies (one for Men and one for Women) held for 12 months by club gaining most points in events.

Entry Fees: 70p per event.

Entries to: A. M. Scott, 140 Rullion Road, Penicuik, Midlothian, EH26 9JA. Tel: Penicuik 73415.

ENTRIES CLOSE MONDAY, 8th AUGUST

hoped that organisers of such races in future prevent this precedent from being followed.

Stephen Walsh
Oxford University
and Liverpool H&AC

COVENTRY TRACK APPEAL

Dear Sir,

May I thank most sincerely the many Olympic, International and Club athletes who turned out for us in the Kraft Jubilee Meeting at Coventry.

The City has been buzzing ever since and to say that the event was a success would be the understatement of the year!

Our thanks are especially due to the competitors in the Senior Men's Paarlaf and the Senior Women's Continuous Relay. The intensity of competition was something to see, particularly after the National Road Relay the day before.

The Track Appeal made many friends due to their efforts and I am pleased to say that the City Council are now about to start the design stage of Coventry's new athletic centre. We still have a long way to go but my Committee are confident of success.

Once again, very many thanks to all concerned, it was an honour to stand in the shadow of you all.

Doug Ashcroft
Coventry Athletic Track Appeal
Committee Secretary

COMPILER REQUIRED

Dear Sir,

Readers will be aware, after studying the list of NUTS standards published elsewhere in this issue, that we are at present without a compiler for youths events. I should like to appeal through your columns, therefore, for anyone who would be especially interested in undertaking this work for the NUTS in 1977 (and perhaps beyond) to contact me at once. The person selected would, of course, work in close collaboration with, and receive assistance from, Nigel Bailey, compiler of the junior lists.

Andrew Huxtable,
(Hon. Secretary, NUTS).
78 Toynbee Road,
London SW20 8SR

THE GREATEST?

Dear Sir,

Thank-you for the great feature on Szewinska. However, great admirers of her as we all are, the claim that she is the greatest woman athlete of all time is certainly not incontestable, especially among admirers of Mildred Didrikson (later 'Babe' Zaharias). Even Szewinska didn't break three world records at one Olympic Games, and Didrikson did that with one track, one jump and one throw, a wider range of events. Heaven knows what she would have done in the pentathlon, given the opportunity. However, comparisons are always invidious, but could we please have a similar detailed article on Didrikson?

Jim Green
Bexley Boro' AC

We shall try to oblige later in the year—Ed.

Dear Sir,

May I point to a notable omission in the most interesting feature on Irena Szewinska by Ivan Berenyi in 'AW' of April 30th.

The writer refers to her possible Russian origins, but in fact her origins are Jewish.

S. Goodman
Kingswinford

CHANGING ROOM THIEVES

Dear Sir,

This letter is directed at the 'fellow-athlete' who saw it fit to steal my spikes and hooded track-suit top from the Windsor, Slough and Eton changing rooms on April 30th. The shoes, purchased only two hours earlier, were taken whilst I was showering after my event.

My misfortune however, pales into comparative insignificance compared to the poor unfortunate who had spikes, training shoes and track-suit stolen. I believe it's a sad day for athletics in general when it becomes necessary to keep personal gear under lock and key when amongst people, the great majority of whom go to a meeting to compete, but instead are faced with the mindless few who would rather spend the afternoon looting the changing rooms.

Steve Ottaway
Portsmouth AC

Westward CC League Final Positions: 1, Torbay 2290; 2, Exeter 2284; 3, Plymouth 2262; 4, Tiverton 1622; 5, Exeter 'B' & Plymouth 'B' 1283; 7, West Cornwall 975; 8, Royal Marines 974; 9, Torbay 'B' 930; 10, St Lukes 582. (Ind) A. Rowling (Ply). **(Youths):** 1, Plymouth 1443; 2, Exeter College 1435; 3, Figgard 1354; 4, Exeter College 'B' 1227; 5, Figgard 'B' 1095; 6, West Cornwall 838. (Ind): M. Plint (Ply). **(Boys):** 1, Plymouth 1916; 2, Preston 1824; 3, Torbay Schools 1773; 4, West Cornwall 1559; 5, Duchy of Cornwall 1556; 6, Knowles Hill 1256. (Ind): K. Heather (Ply). **(Colts):** 1, Duchy of Cornwall 3909; 2, Preston Sch 3874; 3, Plymouth 3725; 4, Torbay Sch 3649; 5, Duchy of Cornwall 'B' 3632; 6, Tiverton 3566. (Ind): J. Richards (DoC). **(Senior Women):** 1, Exeter College 1441; 2, Exeter 1137; 3, Plymouth 1105; 4, West Cornwall 1043; 5, Torbay Sch 879; 6, Yeovil Oly 743. (Ind): J. Honeysett (Exet H). **(Juniors):** 1, Plymouth 1431; 2, Exeter 1327; 3, Torbay Sch 1126; 4, Plymouth 'B' 900; 5, Yeovil Oly 852; 6, 59 Centre 731. (Ind): M. Everard (W Corn). **(Girls):** 1, Plymouth 1434; 2, Tiverton 1428; 3, Duchy of Cornwall 1308; 4, Torbay Sch 1289; 5, Exeter 1284; 6, 59 Centre 1062. (Ind): Y. Jones (Tiv).

East Anglian CC League Final Positions: 1, Wyton 4204; 2, Wattisham 4147; 3, Honington 4084; 4, Depot Queens 3963; 5, Bampton 3810; 6, UEA 3725; 7, Marham 3450; 8, Lakenheath 3332; 9, Swanton Morley 3303; 10, Depot Queens 'B' 2885. (Individual): Hurd (Watt).

Rossendale AC (women's section) officers: Chairman, A. Greenwood; secretary, Mrs S. Caine, 8 Albert House, Bacup Road, Rawtenstall, Rossendale, Lancs; treasurer, I. Moulit.

NUTS STANDARDS FOR 1977 SEASON

THE National Union of Track Statisticians once again invite the co-operation of all athletes, officials and enthusiasts in assisting with the compilation of the annual UK ranking lists. During the season now under way anyone knowing of a performance equal to or better than the marks shown below, and details of which do not appear in the National Press or 'AW', is asked to send details to the appropriate compiler.

Senior Men

100m, 10.9; 200, 22.2; 400, 49.9; 800, 1:53.9; 1500, 2:26; 1500, 3:52.9; Mile, 4:12; 2000, 5:25; 3000, 8:20; 5000, 14:30; 10,000, 31:00; 10M, 51:20; Hour, 18,500m; 20M (road), 1:50:00; Mar, 2:35:00; 4 x 100, 43.5; 4 x 200, 1:32; 4 x 400, 3:23; 1600m Medley, 3:35; 4 x 800, 7:56; 4 x 1500, 16:25; 2000SC, 6:00; 3000SC, 9:30; 110H (3'6"), 15.9; 200H, 25.9; 400H, 56.9; 3000W, 13:45; 5000W, 24:30; 10,000W, 48:00; 20kmW, 1:40:00; 50kmW, 5:00:00; HJ, 1.90; PV, 3.60; LJ, 6.75; TJ, 13.75; SP, 13.00; DT, 40.00; HT, 42.00; JT, 56.00; Pent, 2500; Dec, 4500. Note: 20M—RRC certified courses only; Relays—exact team composition, in order, required; Pent/Dec—individual event details required.

Junior Men

100m, 10.9; 200, 22.2; 400, 49.9; 800, 1:54.5; 1500, 3:56; Mile, 4:15; 3000, 8:35; 5000, 15:00; 10,000, 33:00; 4 x 100, 44.5; 4 x 200, 1:35; 4 x 400, 3:32; 1600m Medley, 3:45; 4 x 800, 8:20; 4 x 1500, 17:10; 2000SC, 6:10; 3000SC, 9:50; 110H (3'3"), 15.6; 110H (3'6"), 15.9; 400H, 57.5; 3000W, 15:30; 5000W, 25:30; 10kmW, 54:00; HJ, 1.90; PV, 3.50; LJ, 6.75; TJ, 13.75; SP (6.25kg), 13.50; SP (7.25kg), 12.90; DT (1.75kg), 41.00; DT (2.00kg), 38.00; HT (6.25kg), 42.00; HT (7.25kg), 40.00; JT, 54.00; Pent, 2500; Dec, 4500. Note: For NUTS listing purposes, Juniors are those born on or after January 1st, 1958.

Youths

100m, 11.0; 200, 22.9; 400, 51.2; 800, 1:57.9; 1500, 4:02.5; Mile, 4:24.5; 3000, 8:56; 4 x 100, 45.5; 4 x 200, 1:37.5; 4 x 400, 3:40; 1600m Medley, 3:55; 4 x 800, 8:35; 4 x 1500, 17:40; 1500SC, 4:36.5; 2000SC, 6:20; 3000SC, 10:00; 100H (3'0"), 14.3; 400H, 60.9; 3000W, 16:00; 5000W, 28:00; HJ, 1.88; PV, 3.30; LJ, 6.45; TJ, 13.50; SP (5kg), 13.80; DT (1.5kg), 40.00; HT (5kg), 45.00; JT (700g), 54.00. Note: For NUTS listing purposes, Youths are those born on or after January 1st, 1960.

Boys

100m, 11.7; 200, 24.0; 400, 55.0; 800, 2:06; 1500, 4:22; Mile, 4:42; 3000, 9:45; 80H, 12.2; HJ, 1.67; PV, 2.85; LJ, 5.75; TJ, 12.00; SP (5kg), 12.75; DT (1.5kg), 35.50; HT (5kg), 37.50; JT (700g), 44.00.

Senior Women

(Inc European Juniors—athletes born on or after January 1st, 1959)

100m, 12.2; 200, 25.2; 400, 58.5; 800, 2:15.9; 1500, 4:45; Mile, 5:15; 3000, 10:45; 4 x 100, 49.5; 4 x 200, 1:45; 4 x 400, 4:02; 1600m Medley, 4:15; 3 x 800, 7:05; 4 x 800, 9:28; 100H, 15.9; 200H, 29.9; 400H, 68.5; 3000W, 17:00; 5000W, 30:00; 10kmW, 1:10:00; HJ, 1.61; LJ, 5.40; SP, 10.40; DT, 34.00; JT, 35.00; Pent, 2800.

Intermediates

100m, 12.5; 200, 25.8; 400, 60.0; 800, 2:20; 1500, 4:55; Mile, 5:20; 3000, 11:00; 4 x 100, 51.0; 4 x 200, 1:49; 4 x 400, 4:15; 1600m Medley, 4:28; 3 x 800, 7:27; 4 x 800, 9:55; 80H, 12.3; 100H, 16.9; 200H, 31.9; 400H, 70.0; 2000W, 12:00; 2500W, 15:00; 3000W, 18:30; HJ, 1.58; LJ, 5.20; SP, 9.50; DT, 30.00; JT, 31.00; Pent (LJ, 200, 80H, SP, HJ) 2800, (LJ, 800, 80H, SP, HJ) 2600.

Juniors

100m, 12.8; 200, 26.4; 400, 65.0; 800, 2:23; 1500, 5:00; Mile, 5:25; 4 x 100, 52.0; 4 x 200, 1:52; 3 x 800, 7:45; 4 x 800, 10:20; 75H, 12.1; 2000W, 12:00; 2500W, 15:00; 3000W, 18:30; HJ, 1.52; LJ, 5.00; SP (3.25kg), 9.70; DT, 27.00; JT, 27.50; Pent (LJ, 200, 75H, SP, HJ)—1 sec added to 75H time and scored as for 80H) 2600, (LJ, 800, 75H, SP, HJ)—1 sec added to 75H time and scored as for 80H) 2400. Note: Pentathlon—individual event details required (all age groups).

Compilers' Addresses

Snr Men: Stan Greenberg, 13 Ferncroft Avenue, London N12 0LN. **Junior Men:** Nigel Bailey, 15 Chaseley Avenue, Cannock, Staffs WS11 1JG. **Youths and Boys:** Please send to Nigel Bailey. **Snr Women:** Liz Sissons, 9 Fair Oak Lane, Chessington, Surrey KS9 2NS. **Inter/Jnr Women:** Tony Miller, 6 Beachy Road, Broadfield, Crawley, W Sussex RH11 9HW. **Relays** (men and women, all ages): Keith Morbey, 23 Cowper Crescent, Bengeo, Hertford SG14 3DZ.

WORLD STUDENT GAMES

A British team has been entered for the World Student Games in Sofia (August 19th-23rd), departing on August 16th and returning on August 26th. All competitors must be full-time students, aged between 17 and 28, and British Nationals—students finishing in 1976 are eligible. Athletes who have recorded the following entry standards may obtain nomination forms from M. Gee, WC1 0AD. (Men) 100, 10.6; 200, 21.4; 400, 47.3; 800, 1:48.5; 1500, 3:44; 5000, 13:50; 10,000, 28:50; 110H, 14.4; 400H, 51.5; 3000SC, 8:45; HJ, 2.05; PV, 5.00; LJ, 7.50; TJ, 15.70; SP, 18.00; DT, 55.00; JT, 76.00; HT, 64.00; Dec, 7000. (Women) 100, 11.8; 200, 24.0; 400, 55.0; 800, 2:05; 1500, 4:20; 100H, 13.9; HJ, 1.70; LJ, 6.00; SP, 15.00; DT, 50.00; JT, 50.00; Pent, 4000.

The new address of Bob Sparks, the NUTS chairman, is 27 Mayfair Avenue, Worcester Park, Surrey (Tel: 01-337 2379).

**GLAMORGAN YOUNG
ATHLETES LEAGUE &
SOUTH WALES JUNIOR LEAGUE**
(Under AAA & WAAA Rules)

Would like to expand this annual fixture with another league on the **28th August** at **JENNER PARK, BARRY**. All events for M.G., J.L., I.L. and Colts, Boys, Youths. **League Secretaries please contact:** G. L. Johnson, 5 Moorlands Rd., Bridgend. Tel 3413.

CIRENCESTER 6 MILES (ROAD)

Saturday, 4th June, at 3 p.m.

(Under A.A.A. Laws)

Prizes: First 6, first 2 Vets., first Junior, first 3 Teams. **Entries** (30p) to R. Freeman, 80 Worcester St., Gloucester (all must enter as individuals). Teams (60p) 8 to run, 4 to score.

Entries close Tuesday, 31st May. Late entries double fees.

BLACKBURN HARRIERS & A.C.

SATURDAY, 18th JUNE, 1977

5th Great Hill Fell Race (8 km) 7.30 p.m.

1st Brinscall Fell Race, Boys/Colts 4.30.

Brinscall between Chorley and Blackburn. Prizes for Individuals, Vets & Spots.

Entries: 35p Seniors (50p on day), 20p Boys and Colts by **11th June** to B. D. Richardson, 9 Balmoral Drive, Brinscall, Chorley, Lancs PR6 9ST.

**GUILDFORD & GODALMING A.C.
OPEN TRACK & FIELD MEETING**

SATURDAY 11th JUNE 2.30 p.m.

at **Bannisters Farm Running Track,**

Guildford

Events for Ladies, Junior Ladies, Girls, Colts & Boys, and Girls U/11 & Boys U/11.

S.A.E. for programme and all enquiries to C. W. Clark, Esq., 51 Orchard Close, Normandy, Guildford, Surrey. Tel: Nor. 3377.

Entry Fee: 10p for one or more event before 2 p.m. on the day.

**WELWYN
HALF MARATHON**

Sponsored by Fine Fare Ltd.

and Reebok International

SATURDAY, 25th JUNE, 1977

Start 4 p.m. Gosling Stadium, W.G.C.

Prizes: First three Ind., first Vet. First three Teams (6 run, 3 score).

Entry Fee: 40p (plus S.A.E.) to: P. Munden, 13 New Road, Stanborough, Welwyn Garden City, Herts.

**FLEET & CROOKHAM A.C.
PETER DRIVER MEMORIAL
ROAD RACES**

(Under A.A.A. Laws)

CALTHORPE PARK, FLEET, HANTS

SATURDAY, 4th JUNE, 1977

2 MILES (Boys)—2.30 p.m.

4 MILES (Senior Men)—3.00 p.m.

Team and Individual Trophies and prizes.

Entries: Peter Hynard, 93 Tavistock Rd, Fleet, Hants. Fleet 3069. **Fees:** 25p Ind. (35p on day). Teams 4 run, 3 score. S.A.E. for reply.

CLOSING DATE 30th MAY, 1977

CLASSIFIED ADVERTISEMENTS

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

WANTED pre-war official Olympic Reports (excl. '08 & '32). Allcock, 13 Grove Close, Kingston, Surrey.

★ the **N.P.E. SPRITE TRAINING CHARTS** for **Athletes and Sportsmen**. The most sophisticated publication of its kind in the world today. **£1.25**. Available from **P. Myott, 22 Helvellyn Drive, Middleton, Manchester M24 4HU**.

B.A.A.B. APPROVED Training Diary 80p, **Metric Tables 60p**, **Athletics Injuries 52p**, **Hurdling 70p**, **Sprinting and Relay Racing 70p**, **Commonwealth Statistics 1886-1970 50p**. C. Elliott, **325 Streatham High Road, London SW16 3NS**.

COLLECTOR SELLING his Library of Athletic hard and paper books, magazines, programmes, dating from 1936. Including **Athletics Monthly 1946-1949**, **Athletics Weekly 1950-1976**—also quantity of **Modern Athlete**, **Athletics Arena**, **Track and Field News (USA)**. Only **Genuine Cash Purchasers Please**. **Ashdown, 26 Town Mead Road, Waltham Abbey, Essex**. Tel: **Lea Valley 712675**.

SaBer Poles—14 or 15ft—140, 150, 160 lbs. British made. **A. T. Neuff, Bishop's Stortford 54622**.

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TRACKSUITS — FANTASTIC OFFER. Red jacket, blue trousers, or green jackets, blue trousers. Normal price **£15.95—Only £10.00** post free. State size required. **Exmouth Sports, 8 Victoria Road, Exmouth, Devon**. Tel: **75208**.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1.20 per centimetre, per insertion, **prepaid** (minimum 3cms). Quarter page £10, Half page £18, Page £32, per insertion. **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—Tuesday of the week previous.

KIRK HALLAM COMMUNITY CENTRE

Second Annual FESTIVAL OF ROAD RACES

(Under AAA & WAAA Laws)

Sunday, Sept. 11th, 1977, at 1.00 p.m.

Men's 10,000m Road Race; Inter/Senior Ladies 4000m Race; Road Relays (3 x 2000m) for the following: Girls, Junior Ladies, Colts, Boys, Youths (ages as AAA/WAAA Laws).

For further information contact M. Lawson, Kirk Hallam Community Centre, Godfrey Drive, Ilkeston, Derbyshire (send S.A.E.). Tel: Ilk. 301522.

COLCHESTER A.C. FESTIVAL 5 MILE ROAD RACE

(Under A.A.A. Laws)

SUNDAY, 5th JUNE, at 3 pm

From Shrub End Sports Ground, Colchester (semi-rural course)

Prizes: Trophy for Ind. winner. First 3 Ind., first 3 Vets. Team prizes.

Fees: 30p Individual. No team fees.

Entries to G. V. Fuller, 1 Deben Close, Witham, Essex (Phone: Witham 511898) by Tuesday, 31st May.

THURROCK/ESSEX '10'

SUNDAY, JUNE 19th at 3 p.m.

(Under A.A.A. Laws)

**King George's Sports Ground
Blackshots Lane, Grays, Essex**

Open Race: Prizes first six, first Veteran, first 3 Teams.

Essex Awards: Trophies, Medals.

Entry Fee: 40p per Individual & 40p per Team.

Entries to: David Chawner, 64 High View Avenue, Grays, Essex.

CLOSING DATE 10th JUNE, 1977

CHURCHDOWN JUBILEE TEN MILES (ROAD)

(Under A.A.A. Laws)

SATURDAY, 11th JUNE, 3 p.m.

Prizes: First 6, first 2 Vets., 1st Vet. O/50, 1st local entrant. First 3 Teams.

Entries (30p) close Tues., 7th June to P. Hoddy, 43 Nine Elms Rd., Gloucester (all must enter). Teams (60p) 6 run, 3 score. Late entries double fees.

BUNNY GALA ROAD RACES

(Under A.A.A. Laws)

**DON'T FORGET TO ENTER
THE BUNNY RUN!**

Tuesday, 7th June

Ladies 2½ miles and Men's 4 miles

(see A.W. of 16th April for details)

Not just another race—a day out for everyone, with the village Gala, the pubs open all day, and a barbecue/disco in the evening. And you'll never believe the prize list! **ENTER BY JUNE 1st** (20p, teams 30p) and put the fun back into your running—to John Burney, 17 Barratt Lane, Attenborough, Nottingham (Tel: 222460).

GOLDEN VALE ATHLETIC CLUB

in conjunction with

Hanwell Carnival Committee

CARNIVAL '5'

5 MILES SENIOR MEN'S

OPEN ROAD RACE

(Under A.A.A. Laws)

for the CARNIVAL CUP

(Holders: Ranelagh Harriers)

SATURDAY, 18th JUNE, 3.30 p.m.

Elthorne Pk., Boston Rd., Hanwell W.7

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

Carnival Cup to winning Team for 1 year.

Prizes: First 3 Ind., first 3 Vets.

All enter as Ind. (20p) to M. Barber, 66

Framfield Road, Hanwell W.7 (01-567 0705).

Entries close Tuesday, 14th June (S.A.E. please)

BOURNEMOUTH ATHLETIC CLUB'S

12th Annual

MID-SUMMER

CROSS-COUNTRY RACES

(Under AAA & WAAA Laws)

SUNDAY, 19th JUNE, 1977

Through pinewoods and fairways, just a few minutes from the beach, so bring the family!

2.00 Junior Ladies (U/15) 2000m

2.15 Boys (U/16) & Colts (U/14) 3000m

2.30 Young Athletes (U/18) 5000m

2.50 Inter/Senior Ladies 4000m

3.10 Senior Men 9500m

Prizes first 3 each event plus Men's Vets.

ENTRIES ON THE DAY—20p. Seniors, 15p others.

Change at Meyrick Park Cricket Pavilion.

Enquiries to Brian James, 43A Hillcrest Road, Moordown, Bournemouth (Tel: 0202-59118) with s.a.e. **NOTE: 7th August, Pier to Pier Races.**