

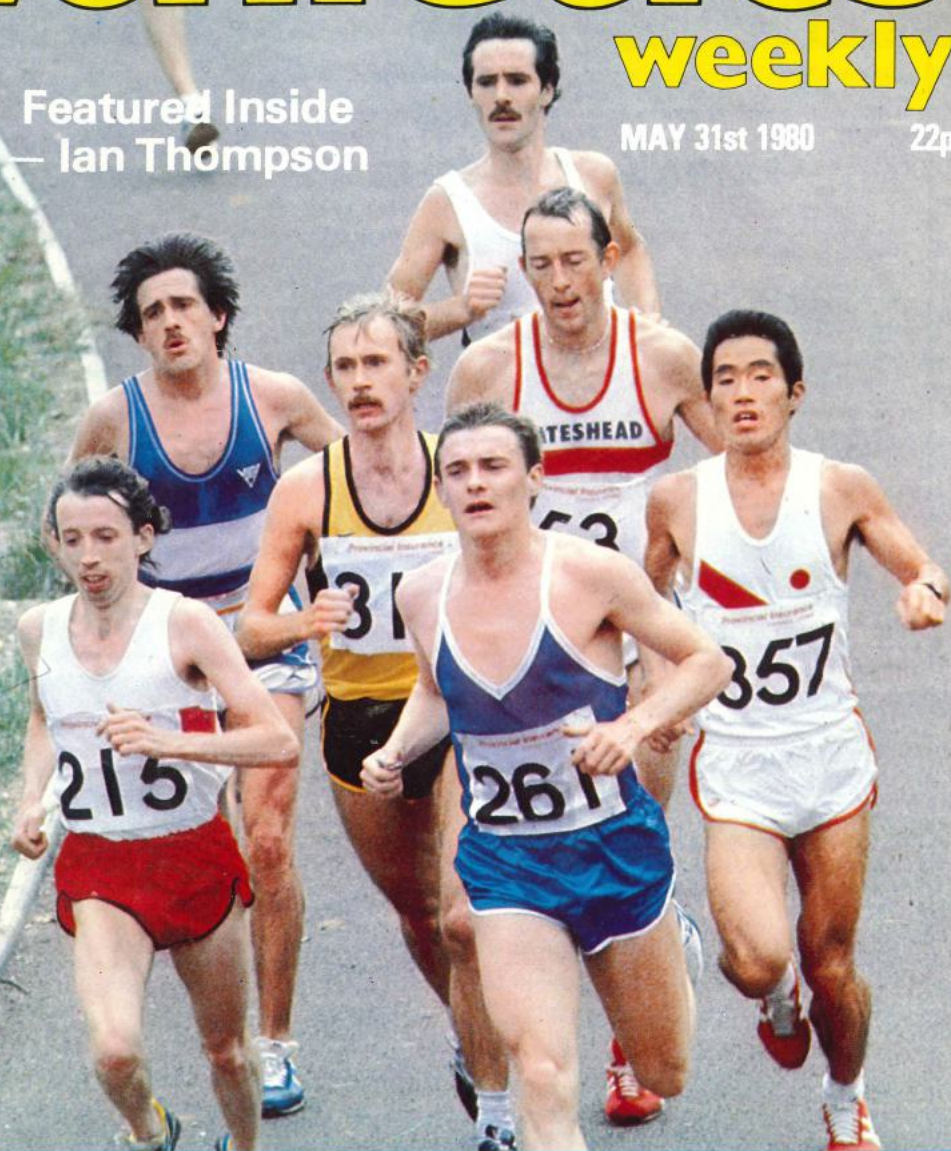
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

Featured Inside
— Ian Thompson

MAY 31st 1980

22p



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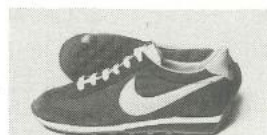
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Nike's Wally Waffle tops the sales in this month's survey, and no wonder at our ridiculous price. Second best seller, Nike Oceania (blue), is also on offer at a very special price (see below). A spike, Adidas Interval 2, hits number 3 spot, despite supply difficulties. Top ranked road race shoe, the Elite at number 5, is also on offer, whilst another racing shoe, Adidas TRX Comp. climbs 2 places to number 7.

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Published by:
 World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.
 Telephone: Medway (0634) 409260
 Medway (0634) 409269

Printed by:
 Kent Art Printers Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.

Annual Subscription (including postage):
 Direct subscribers in UK & HM Forces: £16.50
 Through an agency: £18.20
 Overseas Surface Mail: £18.72
 Air Mail Europe: £20.02
 Other Air Mail rates on application.
 USA Surface: \$46. Air Mail: \$57.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.
 Overseas subscriptions (including Eire) should be
 paid by cheque in sterling on a London bank, or
 by International Money Order.

Audited Circulation: July-December 1979 19,539.

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MAY 31st 1980

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56 PAGES THIS WEEK

THE WEEK AHEAD

Saturday, May 31st: Greece v UK v Hungary (men), Athens (1st day); UK Women's League; GRE British League (Div. 2), Haringey; Southern League; Northern Women's League; Lily B League, Battersea Park; Stretford Meeting; Northern 20M Walk Championship, Sheffield; Scottish Vets Hill Race, Bathgate Highland Games.

Sunday, June 1st: Greece v UK v Hungary (2nd day); GRR Gold Cup, 1st Round at Blackburn, Bournemouth, Bristol, Crystal Palace, Meadowbank, Huddersfield, Luton, Nottingham, Thurrock, Warley, West London & Woodford; Midland League (Div. 2), Cannock; Northern Women's League (Div. 3), Sheffield; Kinnaird Trophy, West London: Festival of High Jumping, Leicester; East Surrey League (YA), Redhill; Peter Driver Memorial Road Races, Fleet; Hull '5'; Northallerton-Thirsk '10'; Michelin '10', Stoke (12.15); Saddleworth Fell Race; Sarn Helen Hill Race.

Tuesday, June 3rd: Stretford Track League; Insurance Champs (Part 1) Motspur Park.

Wednesday, June 4th: Borough Road v British

Police v Middlesex, Isleworth; TVH Open Meeting, West London; Blackburn Open Meeting; West Yorks League, Huddersfield; Birkenhead Park Road Races.

Thursday, June 5th: Germany v UK v Romania (women), Hamm; Loughborough Past & Present v AAA, Loughborough (6 pm).

Saturday, June 7th: Fixtures include Northern Champs, Hull; Southern Women's Champs, Crystal Palace; Midland Women's Champs, Birmingham; Welsh Women's Champs, Cwmbran.

Sunday, June 8th: Fixtures include 2nd Olympic Walking Trials, City of London.

HIGH JUMP & HAMMER RECORDS

Last weekend produced more world records: Sergey Litvinov (USSR) threw the hammer 81.66m (267' 11"), while in separate meetings Jacek Wszola (Pol) and Dietmar Mogenburg (Ger) high jumped 2.35m (7' 8½")!

COVER PHOTO (By Mark Shearman)
 Ian Thompson (yellow vest) pictured during this year's AAA marathon. See page 30.

Philips Night of Athletics**At Crystal Palace, May 21st****COE AND OVETT GO THEIR SEPARATE WAYS**

THE MOST eagerly anticipated duel in athletics — Steve Ovett against Sebastian Coe — will be fought out in Moscow and not before. Steve couldn't seriously have expected Seb to agree at short notice to a miling confrontation at this early stage of the season, so the net result of his challenge was that instead of himself running the 800 and Coe the Bannister Mile at the Philips Night of Athletics it ended up with Coe contesting the 800 and Ovett the mile! Coe plans his racing programme with such meticulous care that it was annoying for him to have to change his distance, but he has his priorities right: everything is directed towards his being in the peak of condition, physically and mentally, in Moscow. A meeting with his main rival for Olympic honours does not come into his plans this side of the Games. Coe's remaining races, following the inter-counties 800, are 800/400/4×400 in the Loughborough v AAA match on June 5th, the Northern 800 at Hull on June 8th, 1500 at Nykoping in Sweden on June 26th and 1000 in Oslo on July 1st.

As both Coe and Ovett won their races easing up we are none the wiser as to the likely outcome when they do clash. Both men are already in

formidable form, and their unpressed times on a blustery evening are no guide to their current worth. Clearly, though, Seb is still the quicker of the two at 400. At Cwmbran three days earlier, in more favourable conditions and following a 1:49.2 800, Ovett was passed by three men on his relay stint and clocked 47.6. At Crystal Palace, Coe followed up his 1:47.5 800 with a beautifully judged winning anchor leg of 46.4 against Fons Brijdenbach. Sharp running by a man who isn't yet into real speedwork, and who lifted the Yorkshire 5000 title only ten days previously.

By Mel Watman

In his 800, Coe was content to pass halfway in third place in 54.7; he moved into second behind Dave Warren along the backstraight and accelerated into the lead just after the 600 mark. Shutting off the power in the last 50m, which enabled Andras Paroczai to close up, Coe still covered the final 200 in under 26 sec and he wasn't even breathing hard at the finish. In the mile, Ovett delayed his kick — as in the Cwmbran 800 — to the start of the final straight. The 440y

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Seb Coe, the winner in 14:06.2, running in the Yorkshire 5000m championship with Sean Cahill (2nd in 14:11.7) at Cudworth.

Eric North

splits were 61.1 (Craig Masback), 2:04.5 (Colin Reitz) and 3:05.1 (Masback), and Ovett — whose winning time was 4:00.6 — covered the last quarter in 55.2; half in 1:55.6. It was, counting heats, his 40th consecutive 1500 or mile win in three years . . . a wonderful record. Steve Cram (19), who will be battling with Dave Moorcroft, John Robson, Graham Williamson, Frank Clement *et al* in the Olympic 1500 trial for the right to team up with Coe and Ovett in Moscow, produced a tenacious finish to place a good second, having also run the last quarter in close to 55 sec.

Staggering sprint times

While Coe and Ovett kept plenty in reserve, the sprinters took advantage of the conditions to register some staggering times. The girls had a 4m/sec wind behind them in the 100, but even by the highest world standards a time of 11.01 is going some! That was the mark attributed to Heather Hunte who proved that her sluggish 200 at Cwmbran three days earlier was not at all representative of her current form ("I just didn't feel like running that day", she said). At Crystal



Ferenc Paragi preparing to throw at Cwmbran, where he recorded the second longest javelin mark of all-time (96.20m).

Bob Sly

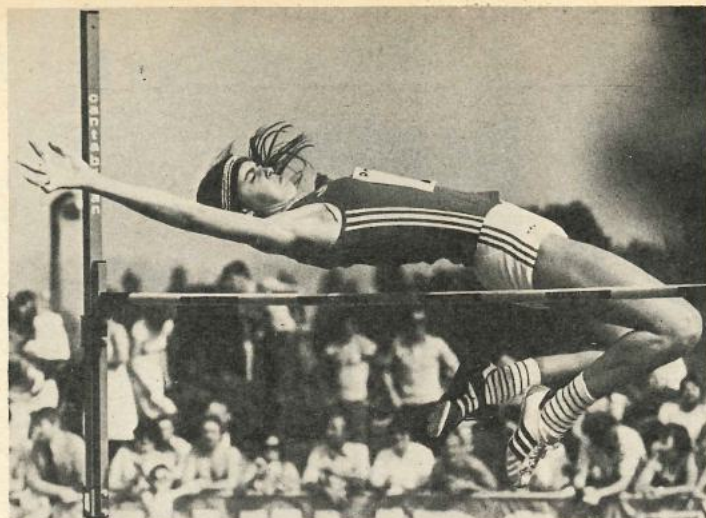
Palace she was all geared up for her confrontation with Sonia Lannaman, and she produced a splendid run. "Today everything was good from start to finish", was her verdict. Away smartly, she led all the way and held Sonia at bay to score by half a metre. The time was way inside Andrea Lynch-Saunders' UK record of 11.16, but in fact it wasn't the fastest ever by a Briton. That distinction belongs to Sonia, who was blown to a 10.93 clocking in Dublin three years ago. Heather, born in Hackney (East London) of

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Louise Miller in action at Cwmbran on May 18th, on which occasion she raised the UK high jump record to 1.90m. Louise will be featured in our "Who's Who" series next week.

Mike Street

parents from Guyana, was very happy with her run but believes her best race remains last year's European Cup final when she reduced her best time from 11.48 to 11.31 in fourth place. Sonia (who did not use starting blocks) could hardly feel disappointed with her time of 11.06, in her first race of the season at the distance, while those evenly matched clubmates Kathy Smallwood and Bev Goddard were each timed at 11.19.

Peter Little runs 10.26w

The men's 100 was a cracker too, and 8000 spectators witnessed the blossoming of 19-year-old Peter Little. The Scot, who was simply brilliant for his age when he was 16 and 17 but who had slipped back during the past couple of years due to hamstring trouble and the problems of adjusting to a new environment (he is an engineering apprentice at Heathrow), really looked the part of an international class sprinter as he sped to a clear victory over Mike McFarlane (for the first time at 100) and improving Harry

King in a spectacular 10.26. That's a time that in the annals of British sprinting only Allan Wells (best of 10.07w/10.15) and Ainsley Bennett (10.21 at altitude) have ever beaten... and the wind reading was just a tantalising 2.1m/sec. McFarlane later gained revenge in the 200, but it was close as Little narrowed the deficit along the straight. Again, the times were excellent: 20.80 for McFarlane, 20.91 (his first time under 21) for Little, with another 19-year-old, Phil Cooke, a good third. What a sprint relay team Scotland can turn out now (even though David Jenkins now runs for England); Allan Wells, Peter Little, Drew McMaster and Cameron Sharp. That's a combination which could run 38.6/38.7 with slick baton passing.

Despite the windy conditions there was some fine one-lap running. Alan Bell, gaining in assurance with each successful race, overhauled Fons Brijdenbach in the straight of the flat 400; Gary Oakes was just a few hundredths outside his recent personal best in the hurdles; and Chris Warden made an auspicious start to her season with a 56.99 hurdles timing (only she among British athletes has ever run faster) which would have been quicker but for a ragged final hurdle clearance. Mark Holtom set a UK season's best in the 110 hurdles, as did Lorna Boothe in the 100 hurdles where she beat Shirley Strong by a couple of metres. Both races were wind assisted, and there were personal bests for all-rounders Gus McKenzie (the former UK high jump record holder), who also long jumped further than ever before, and Yvette Wray. The long jump was notable also for a personal best by Tony Henry, but victory went to Roy Mitchell with a season's best of 7.89m (wind-assisted).

Highlight of the field events, though, was again the javelin. All the action came in the first

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round. Peter Yates went over 80m for the first time this year, only to be shocked by an 82.90m opener by 33-year-old Brian Roberts — for third on the UK all-time list. His previous best of 79.48 had stood since 1974. As for Ferenc Paragi, he started with 89.40 — the longest throw ever at Crystal Palace — but did not register another valid throw. Roberts followed up with 74.82 and 73.38 before calling it a day, well satisfied to have beaten Yates and Dave Ottley and achieved the BAAB's Olympic qualifying standard. Just back from the USA, where he recently got closer to his brother's UK discus record than any other Briton with a throw of 62.36m, Peter Tancred made a solid start to his European campaign when losing narrowly to Kenth Gardenkrans (64.40 last year) with three throws over 59m. The field events were not part of the match, but Sweden — a poor last in the track contest — gained another victory in the pole vault where Kasimir Zalar cleared 5.40m prior to shooting unsuccessfully for Kjell Isaksson's national (and one time world) record with the bar at 5.56. Brian Hooper exited at 5.40 after making 5.35, as did Keith Stock who had raised his personal best to 5.30 for 3rd place on the UK all-time list behind Hooper (5.42) and Jeff Gutteridge (5.40). Mark Naylor took another crack at Brian Burgess's UK high jump record of 2.20m, failing again, but he'll succeed before long.

There were some good performances in the steeplechase, won by Roger Hackney with his

second sub-8:37 run in three days. Fellow Welsh international Steve Jones broke 8:40 for the first time. In the flat 3000, a slow bunched race, Nick Rose broke clean away from Mike McLeod around the final turn and held the best part of a 10m advantage all the way to the finish. Rose confirmed that everything was geared towards the 10,000m trial but expressed his concern over the uncertainty as to what was required for Olympic selection in that event. "I still don't know if McLeod and Foster will have to run a 10,000 or just prove they are fit", he said. Another candidate for an Olympic 10,000 place emerged, or rather re-emerged, in the diminutive person of Geoff Smith, little of whom had been heard since that unhappy race of his in Malmö last year. Now fit and well again, he ran far and away the best 5000 of his career, losing narrowly to Nat Muir but nosing out Emiel Puttemans for second place in a thrilling sprint finish. He looks good for well under 28 minutes.

100: (+2.1m) 1, P. Little (Sco) 10.26; 2, M. McFarlane (E) 10.32; 3, H. King (E) 10.43; 4, J. Borlee (B) 10.58; 5, J. Wilson (Sco) 10.74; 6, D. Reggaert (B) 10.77; 7, P.-O. Olsson (Swe) 10.82; 8, A. Davidson (Swe) 10.86.

200: (+2.7m) 1, McFarlane 20.80; 2, Little 20.91; 3, P. Cooke (E) 21.11; 4, R. Roelandt (B) 21.30; 5, C. Gullstrand (Swe) 21.41; 6, L.-A. Welander (Swe) 21.75; 7, A. Harley (Sco) 21.81; 8, S. Van Hamme (B) 21.85.

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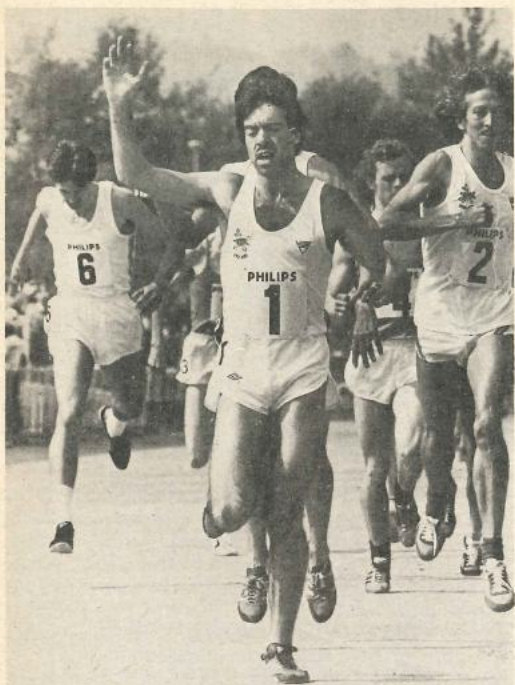
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Jim Espir wins the mile for England at Cwmbran, with Nick Rose (2) — winner of the 3000 three days later — in third place.

Mike Street

400: 1, A. Bell (E) 46.59; 2, A. Brijdenbach (B) 46.89; 3, E. de Leeuw (B) 47.31; 4, S. Scutt (E) 47.69; 5, J. Wikstrom (Swe) 47.70; 6, E. Josjo (Swe) 48.76; 7, A. Kerr (Sco) 48.96; 8, I. Cuthbertson (Sco) 49.08.

800: 1, S. Coe (E) 1:47.5; 2, A. Paroczai (Hun) 1:48.1; 3, D. Warren (E) 1:48.5; 4, J. Labruyier (B) 1:50.4; 5, J. Michiels (B) 1:51.7; 6, H. Kaneberg (Swe) 1:52.1; 7, J. Kroon (Swe) 1:52.6; 8, S. Laing (Sco) 1:52.7; 9, J. Scott (Sco) 1:52.9.

Bannister Mile: 1, S. Ovett (E) 4:00.6; 2, S. Cram (E) 4:00.9; 3, M. Nevens (B) 4:01.9; 4, C. Reitz 4:02.0; 5, S. Cahill 4:02.0; 6, J. Espir 4:02.0; 7, C. Masback (USA) 4:03.2; 8, E. Hoving (Hol) 4:04.2; 9, L. Ericsson (Swe) 4:04.5; 10, L. Toth (Hun) 4:05.7; 11, F. Kourtis (Gre) 4:07.2; 12, W. Goddaert (B) 4:09.7; 13, B. Nilsson (Swe) 4:12.1; 14, P. Forbes (Sco) 4:20.0.

3000: 1, N. Rose (E) 8:06.1; 2, M. McLeod (E) 8:07.1; 3, M. Morton 8:07.9; 4, F. Laposa (Hun) 8:08.4; 5, L. Spence (Sco) 8:08.5; 6, A. Schellens (B) 8:08.6; 7, B. McSloy (Sco) 8:09.1; 8, O. Wallin (Swe) 8:09.2; 9, D. Matteus (B) 8:09.4; 10, P. Standing 8:10.3; 11, D. Glans (Swe) 8:11.7; 12, R. Smedley 8:14.2.

5000: 1, N. Muir (Sco) 13:40.4; 2, G. Smith 13:40.7; 3, E. Puttemans (B) 13:40.9; 4, A.

Hagelsteens (B) 13:42.0; 5, S. Emson 13:42.7; 6, J. Goater (E) 13:42.8; 7, M. Prince (E) 13:44.6; 8, D. Clarke 13:51.0; 9, A. Armitage 14:07.6; 10, J. Hagelbrand (Swe) 14:08.8; 11, J. Brown (Sco) 14:09.8; 12, M. Plant 14:20.8; 13, H. Segerfeldt (Swe) 14:29.3.

3000SC: 1, R. Hackney 8:36.3; 2, J. Marsay (E) 8:37.2; 3, S. Jones 8:38.0; 4, J. Van Leirsberghe (B) 8:40.4; 5, D. Coates (E) 8:43.8; 6, J. Davies 3:49.8; 7, G. Rimmer (Sco) 8:52.3; 8, G. Fell 8:53.6; 9, A. Carlson (Swe) 8:54.1; 10, G. Strom (Swe) 8:55.5; 11, G. Ceulen (B) 8:55.8; 12, J. Bicourt 9:07.8; 13, F. Clyne (Sco) 9:25.4.

110H: (+2.5m) 1, M. Holtom (E) 13.91; 2, W. Greaves (E) 14.11; 3, A. McKenzie (Sco) 14.23; 4, A. Fridenberg (B) 14.36; 5, D. Wilson (Sco) 14.38; 6, C. Raspe (B) 14.99; 7, P. Bergh (Swe) 15.07; 8, U. Borg (Swe).

400H: 1, G. Oakes (E) 50.19; 2, L-A. Welander (Swe) 50.82; 3, C. Gullstrand (Swe) 51.17; 4, M. Zimmerman (B) 51.76; 5, W. Greaves (E) 52.03; 6, A. Tarquini (Sco) 52.42; 7, J-M. Deschrijver (B) 53.77; 8, D. Hislop (Sco) 54.53.

4x100: 1, England (King, Cooke, P. Brown, T. Hoyte) 40.94; 2, Belgium 41.74. Scotland (Harley, Wilson, McKenzie, Little) & Sweden dnf.

4x400: 1, England (T. Whitehead, R. Milne, D. Jenkins, Coe) 3:08.3; 2, Belgium 3:09.3; 3, England 'B' (R. Ashton, C. Moseley, M. Fowell, D. Laing) 3:11.8; 4, Sweden 3:19.0; 5, Scotland (Kerr, Tarquini, Hislop, Cuthbertson) 3:19.6.

Match Result: England 157, Belgium 102, Scotland 87, Sweden 71.

Invitation Events

HJ: 1, G. Moreau (Bel) 2.20; 2, M. Naylor 2.15; 3 eq, O. Cham & C. Moseley 2.10; 5, B. Burgess 2.05; 6, P-A. Andersson (Swe) 2.05; 7 eq, R. Charles & T. Foulger 2.05; 9, W. Nachtgael (Bel) 2.05; 10 eq, M. Palmer, T. Llewelyn & J-E. Grundberg (Swe) 2.00; 13, A. Dainton 2.00.

PV: 1, K. Zalar (Swe) 5.40; 2, B. Hooper 5.35; 3 eq, K. Stock & E. Mako (Hun) 5.30; 5, J.

ESSEX BEAGLES A.C.

17th Annual

WOODFORD TO SOUTHEND '40'

(Under A.A.A. Laws)

SATURDAY, 12th JULY, 1980
at 9.30 a.m.

Entries, with £1 fee payable to: R. Jacobs, 123
Coxtie Green Road, Near Brentwood, Essex.

S.A.E. must be enclosed
CLOSING DATE 28th JUNE, 1980

Gutteridge 5.20; 6, A. Williams 5.00; 7, T. Bohm (Swe) 4.80.

LJ: (wind assisted) 1, R. Mitchell 7.89; 2, T. Henry 7.67; 3, A. McKenzie 7.65; 4, B. Bakosi (Hun) 7.54; 5, T. Wade 7.37; 6, S. Peglar 7.10; 7, S. Atkins 7.03.

DT: 1, K. Gardenkrans (Swe) 60.14; 2, P. Tancred 59.56; 3, C. Sutherland 55.50; 4, P. Gordon 54.54.

JT: 1, F. Paragi (Hun) 89.40; 2, M. Nemeth (Hun) 85.16; 3, B. Roberts 82.90 (**AAA National rec**); 4, L. Lundmark (Swe) 81.04; 5, P. Yates 80.24; 6, E. Eldebrink (Swe) 77.44; 7, D. Ottley 77.22; 8, D. Scullion 59.02.

Women's Invitation Events

100: (+4.0m) 1, H. Hunte 11.01; 2, S. Lannaman 11.06; 3, K. Smallwood 11.19; 4, B. Goddard 11.19; 5, W. Clarke 11.27; 6, H. Barnett 11.46; 7, R. Wilson 11.57; 8, P. Baker 11.65.

400: 1, Pal (Hun) 53.35; 2, Orosz (Hun) 53.50; 3, P. Forsacs (Hun) 53.61; 4, J. McGregor 54.00; 5, T. Petrika (Hun) 54.30; 6, Szigeti (Hun) 55.33; 7, R. Richards 56.87.

100H: (+3.5m) 1, L. Boothe 13.17; 2, S. Strong 13.40; 3, Y. Wray 13.44; 4, S. Longden 13.71; 5, C. St. John 13.74; 6, W. McDonnell 13.90; 7, V. Douglas 14.05; 8, J. Vernon 14.29.

400H: 1, C. Warden 56.99; 2, A. Michel (Bel) 57.68; 3, S. Dalgoutte 59.48; 4, W. Griffiths 60.01; 5, G. Howell 61.06; 6, L. Dick 61.69.

HJ: 1, A. Matay (Hun) 1.80; 2, G. Hitchen 1.75; 3, A-M. Devally 1.75; 4, D. Brown 1.70; 5 eq, B. Simmonds & B. Gibbs 1.70.

AAA Relay Championships

Junior 4x100: 1, Birchfield 41.87; 2, Haringey 42.01; 3, Hercules Wimbledon 42.76; 4, Dartford 43.67; 5, King Henry VIII School 45.12; 6, Medway 45.66.

Youths 4x100: 1, Woodford Green 43.77; 2, Haringey 44.32; 3, Medway 44.63; 4, Blackheath 45.04; 5, Haringey 'B' 46.54; 6, Croydon 47.38.

BANBURY HARRIERS ATHLETIC CLUB OPEN MEETING

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

SUNDAY, 22nd JUNE, at 11 am

Banbury School Complex, Ruskin Rd., Banbury
(400m Grass Track) — (Ages as at 1.9.80)

EVENTS: U/11 Boys 100m, 800m. Colts 100m, 800m, HJ, LJ. Boys 100m, 200m, 400m, 800m, 1500m, HJ, LJ, SP. DT. Youths as Boys + JT. U/11 Girls 100m, 800m. Minors 100m, 800m, HJ, LJ. Junior 100m, 200m, 800m, 1500m, HJ, LJ, SP, JT, DT. Inters 100m, 200m, 400m, 800m, LJ, DT. Senior Men 100m, 300m.

Awards: Winners & Runners Up in each event.

Entries: 20p per event by 9th June, to D. Hornsby, 26 Goddington Close, Banbury, Oxon, stating D.O.B., and best performance. Please enclose S.A.E.

DIARY DATES

Banbury 5 — Sept. 27th AP 20 — Nov. 16th

Effect Of Moscow Olympic Boycott

NOW that the closing date for acceptances has passed it is possible to gauge the effect on the Games of those nations boycotting the Moscow Olympics, writes **Mel Watman**. Basically, the absence of the USA and German Federal Republic adversely affects a wide range of events, that of Kenya seriously lowers the quality of the men's races between 400 and 10,000 including the steeplechase, and in addition the Japanese marathoners and the odd Norwegian, Chinese, Canadian and Sudanese will be missing from the battle for medals. Of course, there is much more to an Olympics than the quest for medals, but in the event-by-event survey I have concentrated on the top-ranking athletes who will, or won't, now be in contention in Moscow.

The events most seriously depleted, in that the absentees include two or more probable medallists, are the 400, marathon, steeplechase, 110H, 400H, discus, and 4x400. Gold medal favourites who will be missing in Moscow include James Sanford (100), Billy Mullins (400), Henry Rono (5000, 10,000 and/or 3000SC), Bill Rodgers (Mar), Renaldo Nehemiah (110H), Ed Moses (400H), Larry Myricks (LJ), USA 4x100 & 4x400 teams, and Evelyn Ashford (100/200). The only events in which all likely medallists are expected to be present are the javelin, walks and women's 400, 100H, shot and discus. At the time of going to press, we have no information as to whether Jamaica will be competing or not.

100: Notable absentees — James Sanford (10.02, fastest ever at sea level, plus windy 9.88 this year), the World Cup winner, and the next best Americans: perhaps Harvey Glance (10.13 — 79) and Emmitt King (10.16 — 79). **Uncertain status** — Don Quarrie (Jam). **Eligible for Moscow** — Defending champion Hasely Crawford (Tri), European record holder Pietro Mennea (Ita; 10.01 altitude — 79), Silvio Leonard (Cub; 10.11 — 79), Marian Woronin (Pol; 10.16 — 79), Eugen Ray (GDR; 10.18 — 80), Allan Wells (10.19 — 79) etc.

200: Absent — American trio; possibly James Mallard (20.07 — 79), James Sanford (20.19 — 79) and Mel Lattany (20.28 — 79); Desai Williams (Can; 20.70 — 79). **Uncertain** — Reigning champion Don Quarrie (Jam); Greg Illorson (Cameroun, 20.49 — 80). **Eligible** — World record holder Pietro Mennea (Ita; 19.72 alt — 79), James Gilkes (Guy; 20.33 — 79), World Cup winner Silvio Leonard (Cub; 20.34 — 79), Pascal Barre (Fra; 20.38 — 79), Allan Wells (20.42 — 79) etc.

400: Absent — Americans; e.g. Billy Mullins (44.84 — 80), Tony Darden (45.02 alt — 79) and Willie Smith (45.10 — 79); Harald Schmid (Ger; 44.92 — 79), European champion Franz-Peter

Hofmeister (Ger; 45.12 alt — 79), World Cup winner Kasheef Hassan (Sud; 45.18 — 79), James Atuti (Ken; 45.21 alt — 79), Billy Konchellah (Ken; 45.38 alt — 79). **Uncertain:** — Bert Cameron (Jam; 45.31 — 80). **Eligible** — Olympic champion Alberto Juantorena (Cub) (if fit), Nikolay Chernetskiy (USSR; 45.12 alt — 79), Harry Schulting (Hol; 45.1 — 79), Joseph Coombs (Tri; 45.38 — 79), etc.

800: Absent — World Cup winner James Maina (Ken; 1:44.3 — 79), James Robinson (USA; 1:44.7 — 79), Willi Wulbeck (Ger; 1:44.7 — 79), Don Paige (USA; 1:45.6 — 79), Mike Boit (Ken; 1:45.8 — 79). **Eligible** — World record holder Seb Coe (1:42.4 — 79), Olympic champion Alberto Juantorena (Cub) (if fit), Jose Marajo (Fra; 1:43.9 — 79), Andreas Busse (GDR 1:44.8 — 80), Steve Ovett (1:45.0 — 79), Dragan Zivotic (Yug; 1:45.2 — 79), Agberto Guimaraes (Bra; 1:46.0 — 79), European champion Olaf Beyer (GDR) etc.

1500: Absent — World Cup winner Thomas Wessinghage (Ger; 3:34.4/3:50.6 — 79), Steve Scott (USA; 3:34.6/3:51.2 — 79), Willi Wulbeck (Ger; 3:36.1 — 79), Craig Masback (USA; 3:36.7/3:52.1 — 79), Don Paige (USA; 3:37.4 — 79), 3:54.3 — 80), Mike Boit (Ken; 3:37.9 — 79), Wilson Waigwa (Ken; 3:56.3 — 79), Omar Khalifa (Sud; 3:57.0 M — 79). **Eligible** — World record holder Seb Coe (3:32.1/3:49.0 — 79), European champion Steve Ovett (3:32.2/3:49.6

— 79), Jurgen Straub (GDR; 3:33.7 — 79), John Robson (3:33.9/3:52.8 — 79) or other British qualifier, Alex Gonzalez (Fra; 3:35.1 — 79), Jose Marajo (Fra; 3:35.1 — 79), Suleiman Nyambui (Tan; 3:35.8 — 79), Francis Gonzalez (Fra; 3:36.2 — 79), Olympic champion John Walker (NZ; 3:36.4 — 80, 3:52.9 — 79), Eamonn Coghlan (RoI; 3:52.4M — 79), Filbert Bayi (Tan; 3:54.5M — 80) etc.

5000: Absent — World record holder Henry Rono (Ken), Rod Dixon (NZ) (selected but withdrew), Rudy Chapa (USA; 13:19.3 — 79), Thomas Wessinghage (Ger; 13:19.9 — 79), Matt Centrowitz (USA; 13:21.0 — 79). **Eligible** — Suleiman Nyambui (Tan; 13:12.3 — 79), Markus Ryffel (Swi; 13:13.4 — 79), Valeriy Abramov (USSR; 13:15.6 — 79), Aleksandr Fyedorov (USSR; 13:17.7 — 79), Francis Gonzalez (Fra; 13:20.3 — 79), World Cup winner Miruts Yifter (Eth; 13:20.8 — 79), Eamonn Coghlan (RoI; 13:23.6 — 79), Mike McLeod (13:24.3 — 79) etc.

10,000: Absent — World record holder Henry Rono (Ken; 27:31.7 — 80), Karl Fleschen (Ger; 27:36.8 — 79), Craig Virgin (USA; 27:39.4 — 79), Frank Zimmermann (Ger; 27:42.8 — 79), Joel Cheruiyot (Ken; 27:50.3 — 79). **Eligible** — Mike McLeod (27:39.8 — 79), Brendan Foster (27:41.3 — 79), Leon Schots (Bel; 27:41.4 — 79), Aleksandr Fyedorov (USSR; 27:41.9 — 79), World Cup winner Miruts Yifter (Eth; 27:44.2 —

Continued on page 46

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COUNTY CHAMPIONSHIPS

BEDFORDSHIRE

At Luton

100: P. Nelson (Lut) 10.8. (Juniors): 110H: 1, D. Wilkinson (Lut) 15.3; 2, J. Beazley (Bed. S) 15.4. JT: Patisson (Bed. M) 59.28. (Youths): 100H: M. Whitby (Lut) 14.2. DT: R. Stapleton (Bed) 42.66.

BERKSHIRE

At Bracknell, May 18th

400H: M. Marlow (Brack) 56.3. HJ: G. Rikly (Brack) 2.02. (Juniors): 200: C. Lloyd (LPS) 22.5. (Youths): 800: G. Marlow (Brack) 1:59.6. DT: A. Kenneally (WLHS) 42.22. (Women): 400: J. Staines (Brack) 58.7. 1500: 1, B. Madigan (Brack) 4:25.0; 2, S. Samy (Brack) 4:32.2. 400H: S. Marlow (Brack) 67.8. SP: 1, S. Parker (Brack) 13.26; 2, J. Wright (Brack) 10.82. DT: 1, Wright 45.52; 2, F. Condon (Brack) 45:50; 3, Parker 45.40. JT: J. Morley (Brack) 38.98. (Inters): 100/200: M. Miles (Brack) 12.5/25.3. 400/800: K. Fairbrass (Read) 59.9/2:14.9. 80H: T. Forster (Brack) 12.1. DT: 1, M. Stevens (Read) 32.98; 2, J. Stanton (Brack) 32.60; 3, D. Seaman (Brack) 31.32. (Juniors): 100/200: S. Jacob (Read) 12.7/25.8. DT: 1, C. Porter (Brack) 30:24; 2, D. Stewart (Brack) 27.82.

DEVONSHIRE

100: M. Owens (Birm. U) 11.0. 400: P. Batten (BRC) 49.5. 110H: K. Rundle (Ply) 15.8. SP: D. Wood (Exe) 14.75. DT: B. Batten (Ply) 41.64. JT: R. Hooper (Exe) 66.94. (Youths): 100H: S. Harris (Ply) 14.7. HT: R. Proctor (Bris) 51.06. (Women): 100H/400H: H. Selway (Exe) 15.1/62.0. LJ: J. Davies (Ply) 5.86. JT: H. Greenslade (Exe) 35.80. (Inters): 1500: Y. Jones (Tiv) 4:47.2. 80H/400H: C. Abraham (Exe) 12.0/67.4. (Juniors): 1500: M. McKie (Exe) 4:44.4.

Martin Girvan Throws 66.56m

ESSEX

At Hornchurch, May 17th/18th

100: 1, A. Pitts (Harl) 11.0; 2, D. Spavins (Newh) 11.0; 3, T. Whitehead (Chelm) 11.0. 200: 1, J. Davis (Ex. B) 21.9; 2, Pitts 22.0; 3, P. Metcalfe (Ex. B) 22.3. 400: 1, Whitehead 47.8; 2, Davis 48.1; 3, K. Bentham (Newh) 49.1. 800: 1, R. Weedon (Chelm) 1:53.5; 2, M. Carruthers (Ex. B) 1:54.0. 5000: 1, A. Catton (Ilf) 14:06.7; 2, G. Payne (S'end) 14:31.1. 10,000: 1, Catton 30:43.2; 2, J. Goldring (Walt) 31:02.2. 3000SC: 1, P. Bettridge (Hav) 8:57.4; 2, D. Coates (Ilf) 9:07.6. 110H: 1, W. Greaves (Ilf) 14.3; 2, R. Honey (Ex. B) 15.0; 3, T. Clifton (W. Gn) 15.1. 400H: Clifton 56.5. HJ: 1, A. Dainton (Harl) 2.06; 2, R. Atun (W. Gn-J) 2.00; 3, E. Hinds

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Wilbert Greaves on the way to winning the Essex 110m hurdles title in 14.3. Greaves has clocked 14.02 for the event this year (he ran a windy 13.91 last season) and 50.5 for 400m hurdles.



Mike Street

(Newh) 1.95. PV: 1, G. Eggleton (Chelm) 4.62; 2, G. Patel (W. Gn) 3.90; 3, T. Brooking (Ex. B) 3.80. LJ: 1, C. Mitchinson (TVH) 7.19; 2, R. Martin (Ex. B) 6.90; 3, C. Rattigan (W. Gn) 6.82. TJ: 1, S. Wordsley (Thur) 15.00; 2, S. Simmons (Ex. B) 13.97. SP: 1, A. Vince (Chelm) 15.26; 2, G. Tyler (Chelm) 14.04; 3, A. Archer (Hav) 13.44. DT: 1, Tyler 50.28; 2, A. Garforth (Ex. B) 45.28; 3, Vince 42.90. HT: 1, M. Girvan (W. Gn) 66.56; 2, K. Robinson (Thur) 52.60; 3, R. Earle (Chelm) 50.24. JT: 1, D. Heath (W. Gn) 58.52; 2, R. Piper (Ilf) 56.10. 4x100: 1, Newham 43.5; 2, Havering 43.5. 4x400: Newham 3:23.7. 3000W: 1, R. Mills (Ilf) 12:13.0; 2, R. Dobson (Ilf) 12:53.0; 3, K. Carter (Ang) 13:00.2.

(Juniors): 100: C. Callender (Har) 11.0. 200: 1, Callender 21.6; 2, O. Sussex (S'end) 22.4. 400: 1, R. Daniel (Har) 49.4; 2, K. Lidlow (Hav) 49.4. 2000SC: P. Ashkettle (Chelm) 6:05.8. 110H: 1, M. Erysthee (Newh) 15.0; 2, Lidlow 15.2; 3, B. Dennis (Bas) 15.4. HJ: Atun 1.95. LJ: Sussex 6.82. TJ: A. Jones (Ilf) 13.99. DT: 1, C. D'Arcy (Ex. B) 44.38; 2, M. Proctor (Chelm) 43.40. HT: 1, G. Curtis (Ex. B) 53.18; 2, V. Searl (B&W) 52.72. 4x400: 1, Havering 3:24.0; 2, Southend-on-Sea 3:25.1. 1600 Medley: 1, Havering 3:42.0; 2, Newham 3:44.7. 3000W: S. Mendham (Hav) 14:02.3. (Youths): 100: K. Ward (W. Gn) 11.1. 200: 1, Ward 22.4; 2, N. Pyle (W. Gn) 22.4. TJ: J. Patterson (Ex. B) 13.72. SP: 1, W. Cole (Thur) 14.74; 2, K. Whitton (FP) 14.19. DT: 1, N. Boyton (B&W) 45.24; 2, C. Burdett (Ex. B) 42.58. HT: 1, P. Head (Ex. B) 55.56; 2, Burdett 50.36. 4x100: 1, Woodford Green 45.2; 2, Newham 45.4; 3, Essex Beagles 45.4. 4x400: Woodford Green 3:32.2. 1600 Medley: 1, Woodford Green 3:44.7; 2, Thurrock 3:49.7. 2000W: 1, K. Zuber (Hav) 9:29.0; 2, J. Markham (W. Gn) 9:50.0. (Vets): 100: 1, F. Cash (Lough)

13.0; 2, W. Maskell (Lough) 13.2; 3, D. Maskell (Lough) 13.4. 400: Cash 56.7. 1500: 1, J. Bowles (E. Man) 4:16.0; 2, R. Chalk (Bas) 4:16.8; 3, L. Parrott (Hav) 4:19.0.

1.88m: UK Record For A Day

ESSEX (WOMEN)

At Woodford, May 17th

100: 1, W. McDonnell (Harl) 12.4; 2, V. Ellis (Basil) 12.4. 400: 1, R. Richards (S'end) 54.9; 2, S. Whinnell (Ex. L) 56.1; 3, R. Chettleburgh (Hav) 56.9; 4, J. Mullett (Hav) 57.3 (57.2 ht); 5, P. Woodhouse (Ex. L) 57.6. In ht: P. Mullins (S'end) 56.4. 1500: 1, K. Trunley (Ilf) 4:31.2; 2, J. Maskell (Bra) 4:37.6; 3, K. Timson (Thur) 4:43.1. 100H: 1, McDonnell 14.6; 2, G. Taylor (Ex. L) 14.6; 3, S. Mapstone (Harl) 14.8; 4, S. Dodson (Chel) 15.7; 5, K. Hagger (Ex. L) 15.9. 400H: 1, W. Griffiths (Ilf) 60.0; 2, S. Fowler (Chel) 61.1; 3, T. Tanton (S'end) 62.5; 4, W. Humphreys (Ex. L) 63.0; 5, G. Gray (Thur) 68.4.

HEREFORD CARNIVAL 1980

YOUNG ATHLETES MEETING

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

Saturday, 12th July, 1980

Girls — 100m, 800m, L.J., 4x100m Relay. Jnr. Ladies — 100m, 200m, 1500m, H.J., J.T., 4x100m Relay. Inters — 100m, 200m, 800m, D.T., 4x100m Relay. Colts — 200m, 800m, H.J., 4x100m Relay. Boys — 100m, 400m, 1500m, L.J., J.T., 4x100m Relay. Youths 100m, 400m, 1500m, J.T., 4x100m Relay. Entry Fees: 25p per event, relays 75p, by June 25th. Cheques & P.O.'s payable to Hereford City Council. Details from and entries to: H. L. Samuels, The Barton, Abbeydore, Hereford.

(67.5 ht); 6, M. Owers (Chel) 70.0 (67.5 ht). 3000 Walk: 1, I. Bateman (Basil) 14:19.3; 2, J. Robery (Hav) 16:17.8; 3, L. McCarthy (Hav) 16:43.5. 4x100: 1, Essex L 47.7; 2, Ilford 48.2; 3, Chelmsford 49.2. HJ: 1, L. Miller (Harl) 1.88 (UK record); 2, L. Chilton (S'end) 1.76; 3, S. Longden (Ex. L) 1.73; 4, S. Taylor (Ex. L) 1.70; 5, Hagger 1.65; 6, Mapstone 1.60. LJ: 1, Longden 6.21w; 2, G. Taylor 6.21w; 3, S. Green (Harl) 6.11; 4, G. Gray (Thur) 5.91; 5, Hagger 5.60; 6, T. Castling (Hav) 5.57; 7, D. Cole (Harl) 5.48. SP: 1, H. Clarke (Chel) 12.98; 2, D. Sturman (Chel) 12.61; 3, S. Bracey (Chel) 12.21; 4, Mapstone 11.90; 5, Longden 11.55; 6, G. Taylor 11.32; 7, Gray 10.97. DT: 1, Sturman 46.68; 2, J. Wilderspin (Hav) 39.70; 3, S. Quinn (Chel) 38.26; 4, V. Simpson (Ex. L) 37.24; 5, L. Quilter (Hav) 36.46; 6, H. Clarke (Chel) 36.64. JT: 1, F. Whitbread (Thur) 45.20; 2, P. Woodhouse (Ex. L) 39.88; 3, P. Carter (Hav) 39.70; 4, J. Bunnage (Ilf) 37.20. (Inters): 400: 1, C. Wells (Hav) 56.6; 2, K. Hughes (Thur) 57.4; 3, S. Foster (Thur) 58.8. 1500: 1, M. Witts (Ex. L) 4:41.2; 2, A. Nagle (Ex. L) 4:43.3; 3, P. Peterson (Hav) 4:45.6; 4, D. Dudley (Thur) 4:46.7; 5, R. Newman (Thur) 4:46.7. 80H: M. Lewis (Basil) 12.2. 200H: 1, Lewis 30.5 (30.3 ht); 2, K. Darnell (S'end) 31.2 (30.6 ht). 4x100: Basildon 50.2. HJ: 1, J. Taylor (Ex. L) 1.65; 2, A. Rutherford (Chel) 1.60. LJ: 1, H. Cushen (Thur) 5.64w; 2, J. Taylor 5.48w. SP: 1, D. Bushnell (Chel) 11.27; 2, C.

Bernard (Hav) 10.24. DT: 1, Bushnell 39.94; 2, B. Darcy (Ex. B) 37.38; 3, S. Brown (Ips) 35.22; 4, J. Darcy (Ex. B) —; 5, Bernard 33.76. JT: 1, J. Cole (Harl) 34.50; 2, A. O'Riordan (Ex. L) 33.94. (Juniors): 100: L. Goreeph (Ex. L) 12.8. 800: 1, J. Oliver (Ex. L) 2:15.9; 2, S. Fenn (S'end) 2:19.6; 3, E. Hayley (Hav) 2:20.4; 4, A. Cushen (Thur) 2:20.8. 75H: 1, J. Gibson (Basil) 11.7; 2, S. Gunnell (Ex. L) 12.0 (11.8 ht). 4x100: Essex Ladies 49.9. HJ: Oliver 1.54. LJ: Gunnell 5.30. DT: 1, W. Townsend (Ex. B) 29.16; 2, D. Evans (Ex. L) 28.14. JT: D. Treloar (Ilf) 31.08.

HEREFORDSHIRE

May 17th

DT: J. Buttriss (Here-J) 41.14. (Youths): 100/200: M. Farrelly (Weobley CS) 11.3/23.2. (Women): LJ: K. Jenkins (Bris) 5.46.

HERTFORDSHIRE

At Welwyn, May 17th/18th

110H: 1, G. Richards (Ver) 15.4; 2, S. Adams (Enf) 15.6; 3, P. Harris (Shaft) 15.7. 400H: 1, G. Pearce (Shaft) 55.9; 2, Adams 56.5. PV*: V. Clemmens (Ver) 3.80. SP: 1, Richards 13.58; 2, T. Canham (Wat) 13.52. DT/HT: N. Woolcott (Ver-J) 45.90/46.34. (Juniors): DT/HT: Woolcott 49.68/50.02. JT: A. Bradstock (Enf) 66.44. (Youths): 100: J. McRee (Lut) 11.2. 200: 1, A. Leonard (S&NH) 22.5; 2, McRee 22.5. 800: I. Menzies (High) 1:58.8. PV: P. Hoad (SHS) 3.60. SP: R. Smith (SFO) 13.87.

(Women): 200: J. Saunders (S&NH) 25.0. 1500: A. Alford (S&NH-I) 4:39.9. 100H: 1, K. Yell (Enf) 15.5; 2, L. Playel (Ver-I) 15.5. 400H: J. Lindsey (S&NH-I) 66.0. SP: G. Bird (Enf) 12.38. DT: 1, Bird 39.68; 2, S. Clarke (Ver) 35.62; 3, J. Cathcart (Lut) 34.38. JT: J. Bolam (Ver) 36.26. (Inters): 100/200: S. Geere (S&NH) 12.5/25.8. 400: 1, T. Burchell (Enf) 58.3; 2, Lindsey 58.8. 800: 1, Alford 2:11.7; 2, L. Wight (S&NH) 2:15.7; 3, L. Dale (S&NH) 2:17.2. 80H: Playel 12.0. JT: K. Wood (M'wick) 33.42. (Juniors): 100/200: S. Leigh (S&NH) 12.7/25.6. HJ: C. Douglas (Ver) 1.55. JT: E. Coombes (Ver) 30.44.

* At Stevenage, May 18th

LANCASHIRE

At Kirkby, May 17th/18th

200: 1, E. Tulloch (Sale) 21.6; 2, C. Hamilton (Sale) 22.0; 3, D. Spencer (Liv) 22.3. 400: 1, Hamilton 47.2; 2, Tulloch 48.1; 3, Spencer 49.4. 800: S. Anders (St. H) 1:53.5. 1500: 1, G. Smith (Liv) 3:50.2; 2, K. Jacques (St. H) 3:51.9. 5000: 1, M. Plant (Man) 14:23.0; 2, A. Royle (Man) 14:23.3; 3, G. Helme (St. H) 14:26.7; 4, D. Singleton (Bol) 14:33.2. 400H: 1, G. Thorp (Als. C) 55.2; 2, I. McDonnell (S'port W) 55.8. HJ: 1, A. Ord (Sale) 2.03; 2, N. Tustin (Liv. P) 2.00. LJ: 1, B. Camp (Liv) 6.85; 2, J. Parish (Sutt) 6.84. SP: 1, M. Holmes (Liv) 14.24; 2, G. Brocklebank

LUTON UNITED ATHLETIC CLUB

OPEN MEETING

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

Stockwood Park, Luton

WEDNESDAY, 11th JUNE, 1980

Start 6.45 p.m.

TRACK EVENTS:

6.45 p.m. 100m — All age groups

7.30 p.m. 5000m — SM

7.45 p.m. 1500m — All age groups

8.30 p.m. 400m — IL, SL, B, Y, JM, SM

FIELD EVENTS:

6.45 p.m. L.J. — Men all ages

J.T. — Ladies all ages

7.45 p.m. Shot — Ladies all ages

Discus — Men all ages

ENTRIES CLOSE 6th JUNE

ENTRY FEE: 25p

ENTRIES TO: R. Griffiths,
108 Bearton Road,
Hitchin,
Herts.

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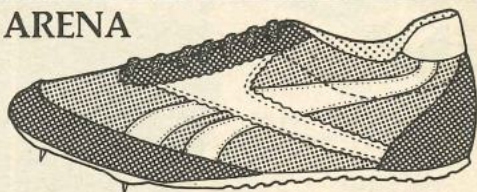
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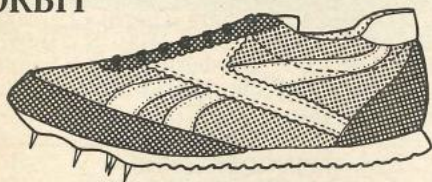
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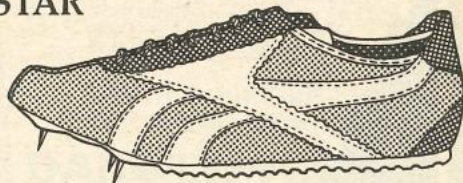
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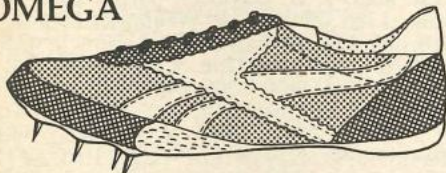
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(L&M-J) 13.17. DT: D. Sorrell (B'burn) 40.48. HT: 1, J. Borszcz (Bol-J) 46.56; 2, S. Rogerson (Sale) 46.82; 3, P. McCarthy (B&F) 44.38; 4, J. Newett (Liv) 43.98. JT: 1, P. Ostapowycz (Stret) 72.44; 2, K. Taylor (Lanc. C) 67.10; 3, T. Aspey (Wig) 64.90; 4, A. Baker (Liv) 59.02. 3000W/10,000W: A. Malone (Stock) 13:29.0/48.12.9. (Juniors): 200: 1, S. Lawrenson (Stret) 22.0; 2, M. Towers (Bol) 22.3; 3, P. Dunn (Liv) 22.3. 400: 1, Dunn 48.6; 2, D. Galvin (Liv) 49.5; 3, A. Littler (Wig) 50.2. 3000: 1, P. Dixon (Ross) 8:29.0; 2, A. Leonard (Bol) 8:29.9; 3, D. Hughes (Liv) 8:30.5. 2000SC: K. Rice (Liv. P) 6:04.8. HJ: A. Kruger (Liv. P-Y) 1.95. TJ/JT: C. Dickinson (B'burn) 13.97/59.66. SP: Brocklebank 14.54. HT: 1, S. Rogerson (Sale) 51.86; 2, Borszcz 51.18. (Youths): 800: P. Wynn (Pilk) 1:56.2. 1500SC: R. Rule (Liv. P) 4:30.2. HJ: Kruger 1.95. SP: J. Clare (Wig) 14.08. JT: D. Wood (Wig) 55.74.

LANCASHIRE (WOMEN) At Rawtenstall, May 18th

200: C. Pendleton (B'pool) 25.3. 400: 1, J. Croasdale (B'burn) 57.3; 2, Pendleton 57.7. 800: K. Pilling (Sale) 2:14.7. 1500: Croasdale 4:39.2. DT: L. Dykes (B'burn) 37.42. JT: P. Brindle (Sale) 42.56. (Inters): 400: M. Still (Wigan) 60.1 (59.2 ht). 80H: A. Cowburn (Green) 12.2. 200H: L. Brobbin (Green) 31.1. HJ: S. Duerden (Wigan) 1.60. DT: Cowburn 31.04. (Juniors): 800: J. Ashworth (B'burn) 2:22.0. 75H: L. Elliott (Lanc) 12.2.

LINCOLNSHIRE

At Lincoln, May 10th/11th

TJ: M. Moloney (RAF) 14.10. HT: 1, A. Slaney (RAF) 48.04; 2, G. Bush (RAF) 46.40. JT: T. Creese (Holb) 58.26. (Youths): DT: D. McGill (Lin. C&C) 42.72. HT: P. Cooper (Holb) 51.46. (Boys): 80H: 1, G. Davidson (Grim) 12.0; 2, D. Young (Linc C&C) 12.1. (Women): 800: 1, T. Colebrook (Cann) 2:09.3; 2, J. Finch (Cann) 2:09.4; 3, J. Prictoe (Lin. C&C) 2:10.2; 4, J. Harrison (Lin. C&C) 1500: Prictoe 4:36.2. DT: 1, D. Shepherd (Holb) 35.14; 2, S. Faulkner (Lin. C&C) 35.12. JT: S. Fry (Lin. C&C) 43.94. (Inters): HJ: D. Nagan (Lin. C&C) 1.60. SP: M. Elstone (Grim) 10.05. (Juniors): S. Cundy (Ridd) 2:20.8.

SHROPSHIRE

At Shrewsbury, May 17th

(Youths): PV: Edwards 3.51. (Inters): HJ/LJ: G. Blount (Shrew) 1.65/5.37. (Juniors): 75H: J. Roscoe (Cor. S) 11.9. LJ: J. Mulliner (W&B) 5.48.

SOMERSET

At Yeovil, May 17th/18th

3000SC: M. Cowman (West) 9:25.8. SP: B. Holden (Bris) 15.05. HT: E. Berry (Yeo) 55.36.

SEND TO: FOUR SEASONS,
115 Northumberland Street,
Newcastle Upon Tyne.
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Joslyn Smith winning the Yorkshire 400m title in the fast time of 52.2.

Eric North

(Juniors): SP: N. Payne (Mill) 13.93. (Youths): 100H: T. Leeson (Yeo) 14.1. (Women): 100H: S. Needham (Mill) 15.2. 400H: 1, S. Perrins (Yeo) 67.0; 2, K. Adams (Yeo) 67.2. (Juniors): SP: J. Abel (Yeo) 10.62. JT: 1, Abel 39.92; 2, N. Tetley (Yeo) 34.12.

Sue Hearnshaw Jumps 6.57m

YORKSHIRE (WOMEN) At Cudworth, May 17th

100/200/LJ: S. Hearnshaw (Hull S) 11.9/24.7/6.57. 400: 1, J. Smith (DHCT) 52.2; 2, S. Smith (CoH) 54.5; 3, C. Whitehurst (CoH) 57.0; 4, L. Riley (A&SV) 58.2. 800: 1, A. Creamer (Roth) 2:08.5; 2, S. Newbould (A&SV) 2:10.8; 3, J. Clarke (Sheff) 2:11.2; 4, C. Wood (Leeds) 2:13.5; 5, J. Walker (Sheff) 2:13.7. 1500: 1, S. Arthurton (Leeds) 4:18.4; 2, K. Binns (Sale) 4:19.3; 3, J. Laughton (Der) 4:21.7; 4, J. Furniss (Sheff) 4:27.7; 5, S. Gaskell (Long) 4:37.7; 6, Wood 4:40.7. 100H: 1, S. Morley (Hick) 14.4; 2, D. Greenwood (Leeds) 14.8; 3, S. Brennan (Rown) 14.9; 4, J. Lee (Hallam) 15.1; 5, J. Hindley (DHCT) 15.1; 6, K. Morley (Hick) 15.2. 400H: 1, S. Morley 60.0; 2, S. Smith 62.5; 3, A. Beaton (Scun) 65.3. HJ: 1, D. Austin (Hull S) 1.73; 2, J. Sykes (DHCT) 1.73; 3, T. Phillpots

(Sale) 1.65. SP: 1, K. Lowe (M&C) 12.54; 2, A. Storrs (Sheff) 12.02; 3, M. Lynch (Sheff. P) 11.55. JT: 1, D. Rimmington (Leeds) 43.16; 2, Austin 36.64. 4x100: 1, Hallamshire 49.4; 2, Leeds City 49.5. (Inters): 100: K. Barraclough (Rown) 12.3. 200: 1, Barraclough 24.6; 2, E. Castle (Rown) 24.7; 3, S. Mallinder (Sale) 25.5. 400: H. Thorpe (Hallam) 57.7. 800: 1, K. Barringham (Hallam) 2:14.2; 2, J. Midgley (Leeds) 2:15.3; 3, W. Hirst (Leeds) 2:18.8; 4, S. Clements (T&S) 2:19.2. 1500: 1, D. Burton (Leeds) 4:36.5; 2, Barringham 4:38.7; 3, Midgley 4:44.4; 4, J. Howes (CoH) 4:45.9. 80H: 1, A. Riggs (Leeds) 11.5; 2, B. Clarke (Grim) 11.6; 3, L. Roper (Hallam) 11.7; 4, M. Allott (Sheff) 11.9. 200H: 1, Riggs 28.7; 2, Roper 28.8; 3, Allott 28.8; 4, L. Millard (DHCT) 30.7. HJ: 1, C. Sugden (Spn) 1.67; 2, J. Slater (CoH) 1.59; 3, J. Potter (Hallam) 1.59. DT: G. Wilson (Hull S) 31.36. (Juniors): 100: 1, G. Hayes (Roth) 12.4; 2, H. Braisby (DHCT) 12.6; 3, D. Glazebrook (Wake) 12.7; 4, S. Briggs (Spn) 12.7. 200: 1, Hayes 25.9; 2, Braisby 26.1; 3, M. Abson (Wake) 26.1; 4, Glazebrook 26.2; 5, J. Wyard (Wake) 26.4. 800: 1, S. Ramsdale (Leeds) 2:17.4; 2, H. Gent (Roth) 2:19.3; 3, A. Gibson (Long) 2:20.4. 1500: 1, C. Lord (Hal) 4:46.0; 2, J. Millership (CoH) 4:52.9. 75H: Hayes 11.3. HJ: B. Walters (Leeds) 1.55. SP: A. Hall (M&C) 11.49. JT: G. Major (Hallam) 35.18. 4x100: 1, Wakefield 50.7; 2, Spensborough 51.4; 3, City of Hull 51.5.

FELL RUNNING WITH BLACKBURN HARRIERS DARWEN TOWER RACE

Sponsored by Karrimor Ltd.
SATURDAY, 7th JUNE, 3 p.m.

5 miles — Tockholes to Darwen Tower & back

Entries: Men & Ladies 40p, (80p on day), to: A. B. Coughlin, Dam Cottage, Engine Brow, Tockholes, Blackburn. (Tel. 0254 73391).

8th GREAT HILL FELL RACE

SATURDAY, 21st JUNE

BRINSCALL FELL RACES

Boys and Colts 3.00 p.m., Seniors 3.30 p.m.

Entries: by 14th June, 35p and 20p, (70p & 40p on day), to: B. D. Richardson, 9 Balmoral Drive, Brinscall, Chorley, Lancs. PR6 8ST. (Tel. 0254 830800).

Scotland: Linsey MacDonald In Fine Form

LINSEY MACDONALD, now at 16 grown to 1.61/5' 3 1/2" and 43kg/94lb after a hard winter's training, was in fine form with a double sprint victory in the Intermediate events at the SWAAA Eastern District Championships on her home track at Pitreavie on May 3rd. She took advantage of an assisting wind to get progressively faster in the 100 (11.8 heat, 11.6 semi, 11.3 final) and then in the 200 eased through her heat in 24.7 and semi in 24.4 before bursting clear to an easy victory in 23.8. Results appeared last week.

Colin Shields

East Kilbride 138, Glasgow Univ 119, Victoria Park 47, at Westerlands (April 19th). 3000: B. McSloy (Strath Un) 8:23.6. SP/DT: M. Lockley (VP) 15.02/45.22.

Glasgow Univ 331, Edinburgh Univ 243, Strathclyde Univ 129, at Westerlands (April 23rd). Women's JT: J. Dallas (Glas) 37:40.

Scottish & North-Western League (Div. 3), at Scotstoun (April 27th). Falkirk Victoria 973, Annan 768, Paisley 749, Colzium 634, Teviotdale 619, Lothians 502, Workington 486. (Yths) 100: M. Davidson (FV) 11.2. (Women) 3000: C.

Hunter (FV) 10:30.0. (Jnr Women) 1500: A. Cowx (Work) 4:53.0.

Lanarkshire Champs, at Carlisle (May 3rd). 200: I. Callander (Clyde V) 22.5. 400: 1, D. Mulherron (Clyde V) 50.2; 2, G. Williamson (Spring) 50.9. 800: Williamson 1:51.7. 5000: D. Frame (Law) 14:35.4. TJ: R. Harkins (Shett-J) 13.73. (Yths) 400/800: D. Archibald (E. Kil) 51.6/1:57.1. (Snr Boys) 800: D. McShane (Cambus) 2:06.8. 1500: D. Russell (Law) 4:19.1.

Dunbartonshire Champs, at Scotstoun (May 3rd). Victoria Park 51, Clydesdale 38, Glasgow Univ 28. HJ: S. McIntosh (Clyd-J) 1.87.

Edinburgh to North Berwick '22' (May 3rd). 1, T. Wiseman (Gars) 1:59:48; 2, C. Youngson (ESH) 2:00:47; 3, M. Craven (ESH) 2:03:25; 4, I. Graves (Fife) 2:04:06; 5, J. Russell (Bella) 2:07:05; 6, D. Markie (FVH) 2:09:03; 7, J. Joss (Bella) 2:09:58; 8, D. Francis (Fife) 2:11:02; 9, P. McGregor (VP) 2:11:12; 10, J. Ash (Garn-V) 2:13:19. Teams: 1, Bellahouston 23; 2, Fife 33; 3, Victoria Park 34; 4, ESH 37.

Scottish Veterans Road Race (6.7 M), at Garscadden (May 3rd). 1, G. Brown (ESH) 36:42; 2, J. Barrowman (Gars) 37:50; 3, R. Calderwood (VP) 38:26.

Aberdeen AAC Club Champs (May 6th). 1, G. Laing 30:25; 2, F. Clyne 30:54; 3, G. Milne 32:08.

International Meeting, at Meadowbank (May 11th). Wind readings — 100: (—6.2m) Little 11.06; 200 (—1.7m) McMaster 21.43; 110H: (—1.8m) Wilson 14.78; Women's 100: (—3.1m) MacDonald 12.1; 200: (—3.5m) MacDonald 24.01. The time of 3:42.3 in the women's 4x400 by Clarkson, Harley, Livingston and MacDonald was a Scottish native record.

Glasgow Highland Gathering, at Scotstoun (May 18th). 1500: A. Marshall (Clyd) 3:56.0. Mile: 1, G. Williamson (Spring) 4:03.7; 2, L. Spence (Shett) 4:12.7. PV: N. Foster (Shett) 3.70. SP: W. Weir (Cen Reg) 13.44. 800 H'cap: J. Mackay (Clyde) (27m) 1:49.5. Scottish 1600 Medley Relay Champs: 1, Glasgow Univ 3:33.2; 2, Victoria Park AAC 3:33.9; 3, Garscube 3:36.1. Scottish 20km Road Walk Champs: 1, M. Dunion (Anglia Striders) 1:38:29; 2, S. Bennett (Ilf) 1:45:09; 3, A. Buchanan (B&H) 1:45:47; 4, K. Jamieson (York P) 1:45:55. (Jnrs) 200: F. Arnott (Gars) 22.5. (Women) Scottish 4x400 Relay Champs: 1, Pitreavie (L. MacDonald 53.2; C. Hogg, F. Anderson, K. Ford 56.9) 3:51.2; 2, Glasgow 3:57.1; 3, Shettleston 3:59.3. (Inters) 200: 1, A. Bridgeman (Glas) 25.4; 2, Y. Anderson (Glas) 25.7.

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Approx. 6 1/2 miles

MYTHOLMROYD FELL RACE

(Under A.A.A. Laws)

SATURDAY, 12th JULY, 1980

at 2.30 p.m.

Principal Sponsors: P.W. TYRES LTD.

Prizes: First 20 individuals. First and second teams, first Vet O/40, first Vet O/50. Spot Prizes.

Changing Accommodation: Mytholmroyd Community Centre. Mytholmroyd is approx. 6 miles from Halifax on the A646. Licensed Bar.

Entry Fee: 60p individual. No team fee.

Entries, by 30th June, 1980, to: J. M. Dowlan, 244 Claremont Road, Halifax, W. Yorks.

NO LATE ENTRIES

LONGWOOD 'EXAMINER' '10'**At Huddersfield, April 19th**

- 1, S. Kenyon (Bolton) 47:18
 2, G. Ellis (Holmfirth) 48:23
 3, R. Wilde (Manchester) 48:40
 4, C. Taylor (A&SV) 48:59; 5, J. Atkin (A&SV) 49:08; 6, R. Harbisher (Long) 49:11; 7, M. Baxter (Leeds) 49:33; 8, W. Padgett (Bing) 49:48; 9, C. Hollingworth (Holm) 50:17; 10, J. Norman (Alt) 50:53; 11, H. Symonds (Alt) 51:11; 12, J. Turner (Holm) 51:18; 13, I. Clarkson (Roch) 51:22; 14, C. Vodden (CoH) 51:56; 15, D. Allen (Man) 51:59; 16, T. Hopkins (Charn) 52:05; 17, J. Verity (Bing) 52:08; 18, M. Wakefield (Bol) 52:14; 19, G. Bell (Long) 52:19; 20, C. Gillott (Hallam) 52:24; 21, P. Kilbey (Alt) 52:41; 22, D. Bleakley (Bury) 52:42; 23, A. Gregory (Hallam) 52:46; 24, J. Craven (Rown) 52:52; 25, B. Adams (Frod) 52:53.

GREAT HAMELDON HILL RACE**At Accrington, April 20th**

- 1, D. Lewis (Rossendale) 27:04
 2, D. Salter (Bingley) 27:04
 3, A. Taylor (Kendal) 27:06
 4, M. Short (Horw) 27:39; 5, D. Cartridge (Bol) 28:05; 6, H. Walker (B'burn) 28:05; 7, E. Irving (Bing) 28:08; 8, M. Smith (B'burn) 28:09; 9, A. Darby (Sale) 28:18; 10, R. Hill (Clay-V) 28:36; 11, R. Hollworth (Hal) 28:39; 12, P. Dixon (Ross) 28:43; 13, D. Quinlan (Bing) 28:46; 14, M. McGann (E. Ches) 28:47; 15, G. Entwistle (Man-

V) 28:47; 16, D. Anderson (Bing-V) 28:48; 17, S. Breckell (B'burn) 29:10; 18, G. Woodburn (B'burn) 29:18; 19, P. Hartley (Ross) 29:21; 20, H. Aspinall (Ross) 29:28; 21, I. Robinson (Clay) 29:35; 22, A. Sunter (Horw) 29:37; 23, R. Ashworth (Ross) 29:39; 24, N. Weaver (Clay) 29:41; 25, I. Clarkson (Roch) 29:50. **Teams:** 1, Bingley 22; 2, Blackburn 31; 3, Rossendale 32; 4, Clayton-le-Moors 55; 5, Horwich RMI 73; 6, Halifax 81. **(O/45):** D. Barton (Clay) 33:03. **(O/50):** E. Foley (Horw) 33:22. **(Women):** 1, C. Harkin (Bol) 34:37; 2, B. Robinson (Bury) 35:44; 3, P. Haworth (Kes) 35:55; 4, J. King (B'burn) 36:28; 5, M. Hendley (Bol) 36:38; 6, A. Pendlebury (Bol) 36:51. **(U/15):** 1, A. Birtwell (B'burn) 14:37; 2, D. Robinson (E. Ches) 14:38; 3, P. Roden (E. Ches) 14:53.

Guy McCallum seeks all athletes who have had any association with Reading University, with a view to creating a new club, Whiteknights Harriers. Contact him at 23B Milman Road, Reading, Berks RG2 0AZ.

Leamington C & AC's 5th annual one hour track race will be held on Tuesday, July 8th. Would anyone interested in running please contact Dave Bendy on Banbury 711442.

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4. Total weight of medium vest: 55 grams, less than 2 oz.



1. Matching silky **Celcon** tricot.
2. Wrapover side vent for freedom of movement.
3. Built in brief.
4. Pab pocket inside shorts.
5. Total weight of medium shorts only 60 grams, just over 2 oz.

**BOSTON SHORTS****LADY BOSTON VEST**

1. V-neck for cool ventilation.
2. Double thickness silky **Celcon** tricot fabric for modesty (single layer at back for lightness). Smart 2 colour combinations: blue/red, green/blue, gold/green, black/white, lilac/gold.
3. **Viloft**/polyester open white mesh for coolness.
4. Total weight 58 grams, 2 oz in medium size.



1. Pab pocket inside shorts.
2. Double thickness silky **Celcon** tricot for drape and modesty. Colours co-ordinate with vest.
3. Non-knicker type design for running in public.
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Results In Brief

April 1st

Stretford Track League. 100: M. Towers (Bol-J) 11.0. 3000: 1, M. Morton (B'burn) 8:04.8; 2, S. Binns (Bing) 8:08.4; 3, N. Lees (Der) 8:13.0; 4, C. Woodhouse (Der) 8:14.0; 5, K. Irvine (Wig) 8:15.0; 6, A. Blackwell (W&B) 8:16.0; 7, D. Singleton (Bol) 8:17.0. **(Women):** 100/200: J. Parry (Stret) 12.1/24.7. 1500: 1, J. Croasdale (B'burn) 4:36.6; 2, M. Hendley (Bol) 4:37.2; 3, J. Asgill (Stret) 4:37.6; 4, C. Price (Bol) 4:40.6. HJ: D. Kerfoot (Liv) 1.65. JT: N. Njoku (Stret) 41.90. **(Juniors):** 1500: S. Ramsdale (Leeds) 4:47.9. HJ: M. Cropper (Ashton) 1.65.

April 12th

Open Meeting, at Stretford. 200: A. Bell (Wake) 21.9. JT: P. Ostapowycz (Stret) 69.04. **(Women):** 1500: 1, J. Marlow (Stret) 4:19.9; 2, N. Braithwaite (Stret) 4:38.6. SP: 1, A. Jackson (Stret) 11.58; 2, A. George (Cann) 11.09; 3, V. Mullin (Liv) 11.01. **(Juniors):** 800: J. Adshead (Stock) 2:21.0.

April 24th

Inter-Club Match, at Enfield. 110H: A. James (Enf) 14.7. JT: R. Bradstock (Enf) 69.48.

56.4 400 By Jane Parry (15)

April 26th

Sale Open Meeting, at Stretford. 100: 1, R. Kennedy (Sale) 10.8; 2, P. Turnbull (Sale-J) 10.9; 3, A. Hughes (Stret) 10.9; 4, R. Gaisie (Sale) 10.9. 400: 1, D. Rippon (Sheff) 49.9; 2, C. Adams (Hick) 50.0. 800: 1, I. Myatt (Warl) 1:52.1; 2, K. Rothwell (Stret) 1:52.2; 3, J. Keyworth (Sale-Y) 1:54.3. 1500: 1, A. Lawrence (Darl) 3:52.4; 2, D. Lewis (Ross-J) 3:52.5. 3000: 1, G. Smith (Liv) 8:10.0; 2, S. Markley (M&C) 8:16.4. 400H: M. Davidson (Sale) 55.4. HJ: A. Ord (Sale) 2.00. PV: D. Fehilly (Sale-J) 3.60. SP: 1, D. Roscoe (Stret) 15.00; 2, M. Holmes (Liv) 14.42; 3, G. Tyler (Sale) 13.12. DT: 1, Roscoe 51.68; 2, Tyler 51.12. HT: 1, B. Reed (Sale) 44.66; 2, Holmes 44.48; JT: D. Abernethy (Als. C) 56.04. **(Boys):** 1500: M. Peevor (M&C) 4:14.7. **(Women):** 400: 1, J. Parry (Stret-I) 56.4; 2, A. Creamer (Roth) 56.7. 800: J. Murray (Sale) 2:14.2. 1500: 1, J. Asgill (Stret) 4:27.1; 2, J. Furness (Sheff) 4:28.6; 3, J. Croasdale (B'burn) 4:29.8. 100H: 1, L. Ilderton (Stoke) 14.4; 2, L. Beeley (Stret) 14.8. 400H: 1, J. Graham (Stret) 64.3; 2, Ilderton 64.8. HJ/LJ: T. Phillpots (Sale) 1.70/5.48. SP: A. Jackson (Stret) 11.13. JT: J. Harding (E. Ches) 41.12. **(Inters):** 200: G. Fletcher (Furn) 25.9. **(Juniors):** 100: 1, C. Yates (Stret) 12.6; 2, M. Nestor (Sale) 12.6. 200: M. Watson (Sale) 26.4. 1500: D. Edwards (Sale) 4:54.9. HJ: C. Woolley (Ashton) 1.62.

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April 27th

Midland Women's League, at Redditch. 3000: (A): 1, A. Fox (Swan) 10:07.8; 2, C. Readdy (Stoke) 10:23.0. (B): G. Rhodes (Stoke) 10:27.0. 100H: L. Ilderton (Stoke) 14.7. 400H: 1, Ilderton 63.2; 2, W. Adams (B&R) 63.5. SP: (A): S. Thompson (Glouc) 10.83. (B): L. Hatton (Glouc) 10.81. (Juniors): SP: D. Campbell (S&SH) 10.55.

Scottish & Newcastle Women's League, at Gateshead. 100: 1, D. Taylor (Blay) 12.1; 2, W. Barnes (NSP) 12.2. 200: Barnes 24.8. 400: F. Harding (EAC) 58.0. 1500: 1, V. Murray (EAC) 4:39.1; 2, D. Hillen (Bella) 4:40.3. 100H: (A): 1, R. Hudson (NSP) 15.1; 2, J. Lindsay (Glas) 15.2. (B): E. McKie (Glas) 15.5. 400H: 1, A. Mills (NSP) 65.5; 2, R. McLennan (EAC) 66.0. HJ: 1, Hudson 1.68; 2, M. Prior (EAC) 1.65. DT: (A): 1, D. Ashworth (NSP) 38:50; 2, K. Lynch (EAC) 37.48. (B): D. Chipchase (NSP) 35.16. JT: A. Lockton (EAC) 38.18. (Inters): SP: D. Gray (Glas) 10.28.

Midland Women's League, at Nottingham. JT: 1, S. Gibson (Notts) 47.98; 2, S. Spragg (Bris) 45.20; 3, J. Cross (Der) 43.52. (Juniors): 4 x 100: Wolverhampton & B 51.4.

May 3rd

Trophies Meeting, at Maidenhead. SP: 1, N. Tabor (S&E) 16.31; 2, N. Griffin (WS&E) 14.32. DT: 1, Tabor 49.26; 2, Griffin 44.40. (Youths): SP: M. Tubb (Sy. B) 14.22. (Women): 400: V. Lemoignan (S&E) 57.4. LJ: M. Smallwood (Read) 6.02. SP/DT: (A): S. Parker (Brack) 12.11/43.08. (B): J. Wright (Brack) 11.46/41.50. JT: J. Morley (Brack) 41.96.

May 4th

Staffordshire Schools Trials, at Cannock. (Inter. Boys): 100H: 1, M. Briggs 14.0; 2, M. Partridge 14.2. JT: K. Morton 54.36. (Juniors): 200: S. Woollett 23.9. (Inter. Girls): 80H: 1, J. Langston 11.9; 2, B. Bouthe 12.2. HJ: C. Summerfield 1.60. SP: D. White 10.10.

May 8th

Midland Counties 10,000m Champs, at Wolverhampton. 1, P. Baker (Spark) 29:34.2; 2, R. Cytla (Tip) 30:01.4; 3, D. Tierney (Spark) 30:17.8.

May 10th

Staffordshire County Champs, at Wolverhampton. (Boys): HJ: 2, M. Price (WPB) 1.74. (Women): 400H: L. Ilderton (Stoke) 66.6.

Oxford beat Cambridge, at Iffley Road. 200: N. Armstrong (O) 22.1. 400: 1, J. McCabe (O) 49.9; 2, R. White (O) 50.0. 800: White 1:54.3. 5000: N. Brawn (O) 14:43.4. 3000SC: 1, Brawn 9:15.2; 2, D. Flynn (C-USA) 9:16.2; 3, N. Miller (C) 9:29.5. 110H: 1, C. Porteous (C) 15.6;

2, K. Cheong (O) 15.8. 200H: 1, Porteous 24.7; 2, A. Clucas (O) 25.3. 400H: 1, Porteous 54.3; 2, I. Fenn-Tyne (C) 54.7; 3, Clucas 54.9; 4, S. Veale (O) 55.3. HJ: 1, W. Dixon (C-Can) 2.00; 2, E. Friend (C) 1.95; 3, A. Beardmore (O) 1.95. PV: M. Zimbauer (O) 3.80. LJ: Porteous 6.82. TJ: S. Brown (C) 14.05. SP: P. Gomme (C) 13.71. DT: 1, Jackson (O) 40.74. HT: N. Spivey (C) 42.74. JT: 1, T. Best (O) 62.04; 2, A. Robinson (C) 61.34. 4 x 100: Oxford 43.06. 4 x 400: 1, Oxford 3:20.8; 2, Cambridge 3:21.9. (Women): 200: 1, B. Wheeler (C) 24.7; 2, K. Tuffnell (C) 25.3. 400/100H: Tuffnell 57.2/15.3. LJ: R. Slaton (O) 5.45.

May 13th

N. Gloucestershire Women's League, at The Folley. SP: S. Thompson (Glouc) 10.92.

Inter-Club Meeting, at Walton. JT: D. Travis (Sy) 75.66.

May 14th

Stoke-on-Trent Track League, at Cobridge. (Women): 400H: L. Ilderton (Stoke) 65.3.

Borough Road Col. 196; Alsager Col. 124; Cardiff Col. 57, at Isleworth. 100: M. Owen (BR) 11.0. 200: M. Fowell (Als) 22.0. 1500: D. Clarke (BR) 3:53.0. 110H: L. Bovell (Als) 15.9. PV: 1, G. Eggleton (BR) 4.60; 2, C. Davies (Als) 4.00. SP: M. Eyres (BR) 14.24. JT: 1, S. Ladds (BR) 63.96; 2, D. Abernethy (Als) 57.74. 4 x 100: 1, Borough Road 42.7; 2, Alsager 43.1. 4 x 400: Borough Road 3:22.4.

Middlesex League, at Haringey. 400H: C. Richardson (Har) 54.4. LJ: M. Morris (Har) 7.05. (Boys): 100: 1, D. Smith (Har) 11.4; 2, D. Baptiste (Enf) 11.6.

May 14th/15th

Naval Air Command Decathlon Champs, at Yeovilton. 1, T. Wallen 5362 (12.6, 5.88, 12.80, 1.73, 62.0; 17.7, 35.58, 3.10, 44.76, 5:08.6); 2, D. Ramsey 5298; 3, N. McPhee 4787.

May 18th

Ernest Harper '10', at Sheffield. 1, R. Bailey (Sheff) 50:35; 2, P. Shaw (Sheff) 52:21; 3, R. Harrison (A&SV) 52.59; 4, W. Padgett (Bing) 53.07; 5, R. Harbisher (Lond) 53:23; 6, R. Sinclair (Sheff) 53:39.

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SATURDAY, 7th JUNE, 1980, at 3 p.m.**MANY PRIZES**

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MORE THAN 400 athletes competed in the largest ever Isle of Man Easter Festival, including runners from all the home countries plus the Republic of Ireland and Norway. The individual star was Bill Sheridan (Westerlands CCC), who won the hill race, was 2nd in the road race and ran 3rd fastest leg in the relay.

Road Race (April 4th)

1, R. Holt (Herc W) 25:23; 2, W. Sheridan (Wester) 25:28; 3, P. Shaw (Sheff) 25:31; 4, B. O'Keefe (Donore) 25:37; 5, T. Leonard (Bolt) 25:38; 6, G. Whiteman (Bris U) 25:42; 7, A. Evans (Leeds U) 25:44; 8, D. Brennan (Warr) 25:50; 9, K. Jacques (St. Helens) 25:51; 10, Gerry Helme (St. Hel) 25:58; 11, T. Murphy (Don) 26:00; 12, I. Archibald (Glas HH) 26:04; 13, J. O'Connor (Mullin) 26:12; 14, M. English (N. Lon) 26:15; 15, S. Kelly (Manx) 26:18; 16, I. Crilly (Bolt) 26:21; 17, R. Murray (Glas U) 26:26; 18, A. Clark (Roth) 26:19; 19, K. Barratt (Roch) 26:37; 20, H. Kelly (E. Ches-V) 26:33; 21, S. Connelly (Sheff U) 26:34; 22, D. Rawlings (Barrow) 26:36; 23, I. Adams (Newc U Grads) 26:39; 24, S. Graham (Herc W) 26:47; 25, C. Lalor (Don) 26:49. 286 finished. **Teams:** 1, Donore 40; 2, Hercules Wimbledon 63; 3, Glasgow Univ 70; 4, St Helens 95; 5, Newcastle Univ P&P 104; 6, North London 107; 7, Bolton 115; 8, Manx 117; 9, Loughborough Univ. 121; 10, Sheffield 157. **(Youths):** 1, A. Reynolds (Stoke) 18:18; 2, R. Gaffney (Don) 18:32; 3, M. Aldersley (K. Henry VIII) 18:45; 4, B. McGregor (Stoke) 19:02. **Teams:** 1, Donore 13; 2, Leeds GS 33; 3, Stoke 36.

Hill Race (April 5th)

1, Sheridan 20:47; 2, Jacques 21:04; 3, Whiteman 21:15; 4, Brennan 21:19; 5, O'Connor 21:22; 6, Leonard 21:26; 7, Adams 21:29; 8, Murray 21:34; 9, Clark 21:37; 10, D. Newton (Manx) 21:38; 11, Holt 21:39; 12, M. MacBride (Stoke) 21:41; 13, B. Keeney (Metrop) 21:45; 14, English 21:46; 15, S. Kelly 21:49; 16, Clark 21:52; 17, Crilly 21:53; 18, Connelly 21:54; 19, C. Leiss (Newc P&P) 21:56; 20, H. Kelly (V)

21:58. 255 finished. **Teams:** 1 eq, Manx AC & Newcastle Univ 72; 3, Loughborough Univ. 81; 4, Bolton 91; 5, Bristol Univ. 114; 6, Glasgow Univ H&H 115; 7, Rotherham 123; 8, Donore 127; 9, North London 138; 10, Hercules W 145. **(Youths):** 1, Aldersley 17:32; 2, Gaffney 17:48; 3, McGregor 18:07; 4, C. Bucknall (Stret) 18:16. **Teams:** 1, Donore 15; 2, Leeds GS 34; 3, Stretford 44. **(Colts):** 1, S. Burton (N. Lon) 9:38; 2, P. Riley (Liv. Pem) 10:02; 3, M. Brew (Manx) 10:08. **(Boys):** 1, T. Larcombe (Liv. Pem) 10:47; 2, D. Kelly (Liv. Pem) 10:54; 3, D. Hussain (Stock) 10:58. **Teams:** 1, Liverpool Pembroke 10; 2, St. Helens 34; 3, Mosten Brook 46. **(Women):** 1, B. Harvie (A'deen U) 20:08; 2, C. Harkin (Bolt) 20:13; 3, A. Creamer (Roth) 20:58; 4, L. Hague (Roth) 21:07; 5, C. Readdy (Stoke) 21:25; 6, M. Brown (Hough) 21:44. **Teams:** 1, Rotherham 18; 2, Stoke 21; 3, Mullingar 42. **(Jnr Women):** 1, L. Robinson (Spen) 10:13; 2, J. Cutler (Roth) 10:59; 3, A. Kissack (Manx) 11:06. **(Girls):** 1, J. Creamer (Roth) 11:41; 2, C. Edwards (N. Powys) 12:02; 3, G. Cutillo (Manx) 12:02.

Road Relay (April 6th)

1, Glasgow Univ; 2, Donore; 3, Loughborough Univ; 4, Newcastle Univ; 5, Manx; 6, Bristol Univ; 7, North London; 8, Edinburgh Univ; 9, Bolton; 10, Stoke. Fastest: B. O'Keefe (Don) 15:16. **(Boys Road Race)** 1, B. Murphy (Liv. Pem) 17:00; 2, Kelly 17:07; 3, D. Robinson (E. Ches) 17:08. Team: Liverpool Pembroke. **(Colts Road Race)** 1, Burton 11:22; 2, Riley 11:30; 3, Brew 12:22. **(Women's Road Race)** 1, Harvie 18:21; 2, Harkin 18:26; 3, Readdy 18:40; 4, Creamer 19:04; 5, A. Soar (Bris U) 19:10; 6, S. Cotton (Spen) 19:16. **Teams:** 1, Stoke 23; 2, Rotherham 28; 3, Mullingar 46. **(Jnr Women's Road Race)** 1, Robinson 12:07; 2, A. Williams (Sutt) 12:52; 3, C. Mullen (Mull) 13:01. **(Girls Road Race)** 1, Creamer 13:56; 2, C. Birchall (Manx) 14:05; 3, L. Casey (Manx) 14:27.

Overall Team Positions (Men): 1 eq, Donore & Glasgow Univ. 10; 3, Newcastle Univ. P&P 11; 4, Manx 14; 5, Loughborough Univ 15; 6 eq, North London & Bolton 20; 8, Bristol Univ 25; 9, Hercules W 26; 10, Rotherham 31.

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(Youths): 1500SC: M. Hawkins (Exe) 4:36.9. TJ: V. Samuels (Bris) 13.60. SP/HT: R. Proctor (Bris) 13.92/51.96.

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NOW Sanford Thinks He's A Sprinter!

Even though he was ranked No 1 in the world in the 100 last year, James Sanford didn't think of himself as a top sprinter until his scintillating times this season.

By Jon Hendershott

JAMES SANFORD will readily admit that a year ago he didn't consider himself a short-race sprinter. He didn't even like to run 100m. He liked the 200 best but really considered himself a 400 man.

"But now that's changed in my own mind", reveals the friendly USC junior. "I'm much more comfortable in what I'm doing". Which certainly must make quite a few sprinters around the world just a bit more uncomfortable, especially after they saw Sanford's results at the El Paso Invitational on April 19th.

The No. 1-ranked 100 dashman of 1979, Sanford blazed first to a Collegiate Record 10.03 which left his NCAA conqueror, Jerome Deal, a wide 0.25 behind. Then over 200, the 1.83/6'0", 79 kg/174 lb Sanford really decided to go for a fast one; he finished 19.7 sec after the start — despite visibly letting off the gas some 10m from home.

"You know, last year I really didn't know what I could do in the sprints," Sanford admits in an engaging, open tone. "Even after I won the AAU, I told myself I wasn't a sprinter. I just got lucky and beat everyone. But now, I know it's for real".

Journeying to El Paso, Sanford knew his prime competition in the 100 would come from Deal. Sanford also knew he had been working diligently on his getaway for the better part of a month. "James was into a good groove with his start before the King Games," recalls USC assistant Ken Matsuda. "But at King, he stood straight up, and went out to the side and messed around for about 30m before bulling his way through the thing. So we left him alone for a couple of weeks, which probably was too long. He got frustrated because he wasn't as smooth as he wanted to be".

The week of the El Paso meet, though, Sanford returned to his starts and worked on them for an unprecedented three straight sessions. "It was just the repetition of thinking what he wanted to do and teaching his body to do it," says Matsuda. "Aw, I was just mad at myself," confirms Sanford, "But I was able to put it all together



JAMES SANFORD

Fionnbar Callanan

finally. So I went to El Paso thinking I was ready for something in the 10.1s automatic. I guess I got so psyched up, I ran 10.03."

It wasn't quite that simple — he churned 10.03, leading every step of the way in crushing Deal (10.28). "It felt just real smooth, real fast," Sanford says. "I really thought I was under 10 seconds. It felt faster than when I won the AAU last year."

That was only half of his sprinting day's work, "After the 100, I thought I might as well shoot for a good 200", Sanford continues. "The 200 is still the race I like best. I just told myself to give it all I had — and I did until about 10m from the end when I eased up."

"The 200 was a relaxed type of full speed so it didn't feel as fast to me as the 100 did," he reveals. "I thought it was just about 20.4 or so, and so I let up at the end. It was just lack of discipline because I should have kept going for the tape. If I had known how fast a time it was, you can bet I would have kept driving for it."

Says Matsuda, "He looked at me right after he finished and said, 'I know, I know.' He knew exactly what he did."

Part of what he did, due to an unfortunate autotimer malfunction, was equal the all-time hand-timed best of 19.7 set by John Carlos in 1968. The Carlos mark was set at the extremely

friendly altitude of Lake Tahoe, which brings us to the helpful atmosphere of El Paso. At 1280m, that's about half of what Carlos had, but nonetheless sufficient to earn an "A" (for aided) in *T&FN* listings.

Since no scientific method yet exists for quantifying the exact effects of wind and altitude, we can't say just what Sanford's 10.03 is really worth, but it is likely that the combination of the altitude plus a 1.6 mps wind actually makes the mark slightly inferior to his 10.07 at last year's AAU (with a 1.2 wind and basically at sea-level). Still, on an absolute scale of all-time sprint marks (where virtually all the fast times have had altitude aid over 1000m), one can say that Sanford's 10.03 makes him the No. 4 performer ever. By any scale, Sanford has confirmed himself as the major presence on today's sprint scene.

It's not as though James Alvin Sanford had toiled in obscurity before turning his considerable running talent to covering 100m faster than anyone else. As a senior at Pasadena High (1977), he indicated his preference for the longer distances; clocking nation-leading times of 20.80y and 46.60y.

"I always wanted to come to USC because it has a tradition of great sprinters," he says of his decision to become a Trojan. "Clancy Edwards was already here and Billy Mullins was entering with me, so I was pretty excited. This was where I

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wanted to be because I knew I could learn a lot from these guys."

Being able to train with athletes the calibre of Edwards and Mullins would help anyone but as Matsuda indicates, there is more at USC. "A whole group of sprinters work out together," points out the coach, "guys like Donald Quarrie, Guy Abrahams, James Gilkes, John Carlos, plus Edwards. And that's in addition to the kids on the team."

"When they all practice, they are just unmerciful. They get on each other for the slightest little miscue. Nobody has an easy road. If you were at another school and were as good an athlete as James Sanford, you might tend to think pretty highly of yourself. But not James. He has had to follow some great people, like Clancy and Billy. Wherever they went, he was the guy who was kind of in the background."

But Sanford let his performances earn him his place of distinction. As a freshman, he clocked 20.24 and 45.77, anchored a Collegiate Record 38.85 team and contributed a 20.1 carry to a world record 4x200 unit. He placed 3rd in the NCAA and 5th in the AAU 200s and toured Europe (including a promising 10.38) — all before his 21st birthday.

Injury may well have given the track world Sanford the dashman. "My back bothered me right at the start of the outdoor season last year," he explains. "I couldn't get in the background

work for the 400, so the coaches had me try the 100. I had actually closed on Clancy a couple of times in Europe the previous summer, so I thought I might be able to do okay in the 100."

"Okay" meant going from 10.37/20.92 in mid-March to 10.12/20.19 in late April. His 10.20 at the NCAA was edged out by a bare 0.01 by Deal's 10.19. Then he beat America's best at the AAU with a PR 10.07. But he still wasn't convinced. "I just didn't consider that I was a true sprinter," he admits. "I thought I just got lucky".

Two months later, though, came the first of two shocks to his self-image as a sprinter. He beat many of the best in the world in the IAAF Golden 100 at Zurich. Nine days later came the crusher in Montreal's Olympic Stadium, a scintillating World Cup triumph.

"Oh man, that did it," he laughs. "The World Cup really convinced me. To beat Silvio Leonard, who was ranked as the No. 1 sprinter in the world in '78, just gave me so much confidence. Winning both those meets showed me I could beat anybody. Most of the best sprinters in the world were at Zurich and I beat 'em. I told myself, 'Hey, this 100's my baby!'"

Sanford is one who seems unafraid to admit his own shortcomings. He stars in an event which has often featured athletes who are long on ego and as quick to express their superiority as a sprinter uncoiling from the blocks. So Sanford can be a surprise when he says, "I believe I'm really still learning to be a pure sprinter. A lot of people think that sprinting is just putting your head down and running as fast as you can. But there are so many fine details.

"Last year was really more of an experiment for me because the 100 was a race I really didn't like. But now that my head has really changed, now that I *really* like the 100, I'm working much harder on learning to sprint. The thing about me this year is that everything is a lot more skilful. I'm learning to use everything more effectively. I'm learning to use power effectively in every stride. I'm improving in endurance and flexibility and relaxation. Now I really look forward to races. Last year, I got tense going into a race, but now I don't worry about anything — well, I still get butterflies, but there isn't the worry. I guess that means I'm learning what I'm doing."

(Reprinted courtesy of 'Track & Field News').

James Sanford has continued to improve his 100m times since the El Paso meeting. In Los Angeles on May 3rd he blazed to a 9.88 clocking, assisted by an over-the-limit 2.3m/sec wind (only William Snoddy with a 9.87 blown by a wind of over 10m/sec has ever been timed faster), and on the same track on May 11th he lowered his legal pb to 10.02 (+0.93m/sec), fastest ever at sea level. Only Jim Hines (9.95 in Mexico City) and Silvio Leonard (9.98 in Guadalajara) have ever run faster.

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GRE GOLD CUP

At Blackburn, May 4th

Bolton 149; Warrington 135; Sutton (St. H) 119; Stockport 94; Manx 81; E. Cheshire 40.

400: 1, N. Lake (Warr) 49.6; 2, M. Gaskell (Sutt) 49.9.

At Glenrothes, May 4th

Pithead 100; Fife 91; Fife Southern 77; Perth Strathay 68; Vale of Leven 50; Falkirk Victoria 15.

200: A. Harley (Pit) 22.0. HT: R. Gray (Pit) 43.68. JT: S. Maxwell (Pit) 68.26.

Lisnagarvey 101; Central Region 89; Bellahouston 78; Victoria Park 58; Garscube 57; Dumbarton 14.

200/110H: G. McCallum (Cen. R) 22.1/15.9. 3000SC: A. Philpott (Lisna) 9:22.4. 400H: 1, D. Thomson (Bella) 55.7; 2, L. Mulholland (Lisna) 56.3. DT: M. Fulton (Lisna) 41.64. HT: K. Hutton (Lisna) 50.20.

GRE JUBILEE CUP

At Blackburn, May 4th

E. Cheshire 117; Blackburn 92; Bolton 87; Sutton (St. H) 83; Warrington 77; Manx 8.

400: J. Banner (Warr) 57.4. 3000: 1, C. Price (Bol) 9:58.4; 2, L. Davies (E. Ches) 10:20.4; 3, J. King (B'burn) 10:29.3. 400H: H. Waterhouse (E. Ches) 66.8. JT: 1, J. Harding (E. Ches) 40.60; 2, B. Fish (B'burn) 37.50.

MIDLAND WOMEN'S LEAGUE

(Division 1)

At Birmingham, May 11th

200: (A): L. Callow (Bir) 25.1. (B): 1, L. Forsyth (W&B) 24.5; 2, D. Bunn (Bir) 24.8. 400: 1, Forsyth 54.8; 2, C. Powell (Bris) 57.0; 3, S. Lowes (Notts) 57.9. 800: 1, S. Smith (Bris) 2:11.9; 2, R. Patten (Notts) 2:14.9. 1500: (A): 1, T. Bateman (Bir) 4:24.6; 2, J. Laughton (Der) 4:30.2; 3, A. Soar (Notts) 4:35.6. (B): A. Mason (Bir) 4:25.4. 3000: S. Harris (Bir) 10:24.0. 100H: 1, Y. Wray (Shrew) 14.2; 2, H. Ross (Bris) 14.6; 3, D. Baker (Der) 15.6. 400H: 1, D. Wade (Notts) 62.0; 2, J. Evans (Bris) 62.2; 3, D. Scott (Bir) 66.5. HJ: 1, J. Heaney (Bir) 1.76; 2, G. Blount (Shrew) 1.65. LJ: (A): 1, J. Arscott (Bir) 5.87; 2, Wray 5.75; 3, K. Jenkins (Bris) 5.68. (B): A. Crow (Bir) 5.65. SP: 1, V. Head (Bris) 15.70; 2, C. Gregory (Bir) 13.45; 3, Wray 12.80. DT: (A): 1, Head 47.08; 2, F. Vittles (Notts) 41.02; 3, M. Annetts (Bir) 37.34. (B): Y. James (Bris) 34.64. JT: (A): 1, J. Zaslonka (Bir) 52.76; 2, S. Gibson (Notts) 51.56; 3, S. Spragg (Bris) 45.06. (B): H. Johnstone (Bris) 35.44. 4x100: 1, Birchfield 47.2; 2, Notts 48.4; 3, Wolverhampton & B 48.6. (Inters): 80H: 1, S. White (Bris) 12.0; 2, V. Bridson (Bir) 12.0. (Juniors): 200: H. Pilkington (WPB) 26.2. HJ: C. Richards (Bris) 1.57. LJ: J. Mulliner (W&B) 5.60. JT: G. Creswell (Der) 34.24. 4x100: 1, Birchfield 50.1; 2, Wolverhampton & B 50.5; 3, Bristol 51.0.

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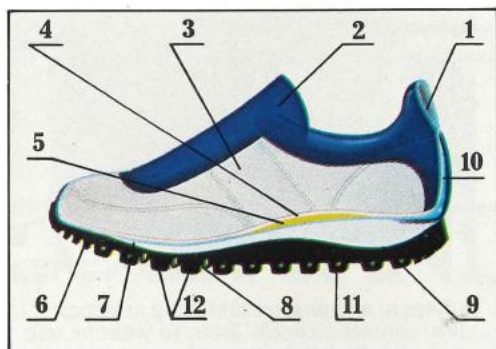
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Who's Who In British Athletics

IAN THOMPSON

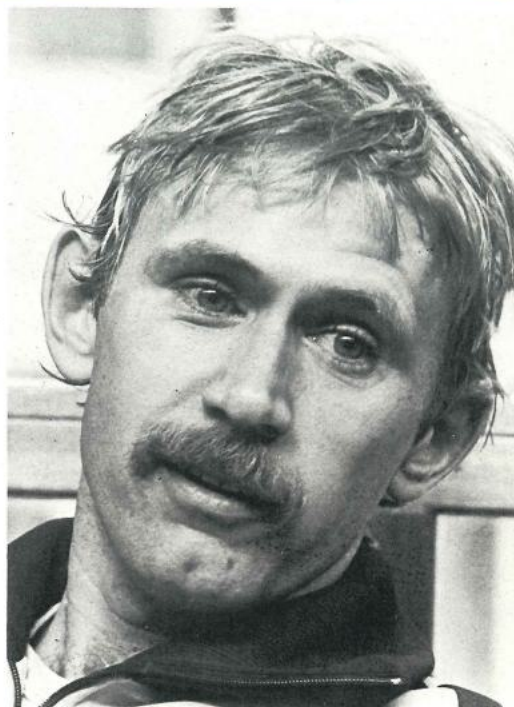
Full name: Ian Reginald Thompson. Born at Birkenhead, 16.10.1949; Height: 1.70/5'7"; Weight: 60kg/132lb; Pulse rate at rest: about 50. Club: Luton United AC. Occupation: Sales manager, building products. Married (wife Margaret is also a marathon runner; set UK best of 3:07:47 in 1975), two daughters — Clare (3) and Sarah (1). Lives at Welwyn Garden City. Self coached. Hobbies: "messaging about with cameras, and in the garden".

Became interested in athletics at school at age 13; began at cross-country and 800m. Joined Luton United AC at 13. Competed in English Schools Championships, making 800m final and finishing 4th in cross-country as a senior. "I still have clear memories of watching Ron Clarke at White City and annihilating the 3 miles world record. That impressed me but the inspiration for my running has always been a very personal, internal thing". Athletes he particularly admires today: "All participants in the Paraplegic Games — for real courage and dedication". Realised he could reach international level "at about 3 pm on October 27th 1973". Favourite event is 10 miles.

Personal bests: 800 — 1:56 (1970), 1500 — 3:51.0 (1974), 5000 — 14:05.4 (1971), 10,000 — 29:33.0 (1979), Marathon — 2:09:12 (1974). Commonwealth and European marathon champion 1974, AAA marathon champion 1973 & 1980; holder UK marathon best. Annual progression at marathon:

1973	2:12:04	1977	2:14:32
1974	2:09:12	1978	2:13:49
1975	2:24:30	1979	2:13:43
1976	2:19:07	1980	2:14:00

Most pleasing performance: "AAA Marathon, Harlow 1973". Greatest disappointment: "AAA Marathon, Rotherham 1976". Target is to rank number one in 1980 and all-time. Intends competing "as long as possible". What he likes most about athletics is the running; dislikes "the chore of travelling by car, train or plane".



Peter Tempest photo

Advice to a youngster taking up athletics: "Join a club, contact a coach, listen to what he tells you, read books and magazines on sport and training".

Comment: "The only thing which really upsets me is the weak and irresponsible action of the IAAF in reinstating athletes who have been found to have taken drugs. Every effort should be made to stamp out drugs used for training or competition. Otherwise the sport will lose all its value as an expression of human personality".

Training

Trains two or three times daily throughout the year, before breakfast, lunch and dinner. Usually trains from home: "excellent hilly countryside and footpaths". Coached by Bernard Duffy (ex-Luton) from 1963 to 1967, Paul Rozier (now Exeter) from 1968 to 1971. Coaching was "very important as a learner, now self coached".

"I enjoy all training which is building up towards a peak: I like all running which progresses from week to week". Training cycle: "Assuming I race 3-4 marathons seriously a year, I like to do a 12-week period of intense training for the event".

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Entry Fees: 50p Ind. No Team fees. All must enter as individuals. S.A.E. with entry fee please.

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

ENTRIES CLOSE MON., 30th JUNE, 1980

The Ups And Downs Of Ian's Marathon Career

1973

Oct 27, Harlow (AAA Championship): 1, Thompson 2:12:40 (world's fastest marathon debut); 2, Hill 2:13:22; 3, Kirkham 2:15:25.

1974

Jan 31, Christchurch (Commonwealth

Typical week's training: Sunday — 28 miles at 6 min mile pace; 5 miles steady. **Monday:** 5 miles easy; 6 miles easy. **Tuesday:** 5 miles; 7 miles easy; 10 miles with hill sprints. **Wednesday:** 5 miles; 6 miles steady; 8 miles fast. **Thursday:** 5 miles; 15 miles steady. **Friday:** 5 miles; 7 miles steady; 10 miles fartlek. **Saturday:** 8 miles; 7 miles. "The aim is 140-plus per week. At other times I am doing about 70-100 miles per week, nearly all steady running".

Training has remained "essentially the same pattern but now training over hilly terrain and doing it all on my own". Before a major competition "start cutting down from 3 weeks before but run every day up to race". Likes to race marathons 3-4 times a year, other events not more than once a month.

Games): 1, Thompson 2:09:12 (European & UK best); 2, Foster (NZ) 2:11:19; 3, Mabuza (Swaz) 2:12:55.

Apr 6, Marathon-Athens: 1, Thompson 2:13:51; 2, Coleby 2:18:50.

Sep 8, Rome (European Championships): 1, Thompson 2:13:19; 2, Lesse (GDR) 2:14:58; 3, Roelants (Bel) 2:16:30.

1975

Oct 26, Korso (Fin): 1, Thompson 2:24:30.

1976

May 8, Rotherham (AAA Championship/Olympic Trial): 1, Watson 2:15:08; 2, Norman 2:15:17; 3, Angus 2:15:55 ... 7, Thompson 2:19:07.

Sep 11, Windsor (Poly): 1, Plain 2:15:43 ... Thompson retired at 19 miles.

Oct 24, New York: 1, Rodgers (US) 2:10:10; 2, Shorter (USA) 2:13:12; 3, C. Stewart 2:13:21 ... 22, Thompson 2:26:26.

Dec 5, Fukuoka: 1, Drayton (Can) 2:12:35; 2, Thompson 2:12:54; 3, Cierpinski (GDR) 2:14:56.

COBRA AND THE SPIKES

When we opened the first Cobra shop last year it was right at the beginning of the track season which made it very difficult for us to get delivery of the spikes we wanted.

This year we've managed to do a bit better—not a lot is purely because we spend so much time trying to maintain stocks of our extensive range of trainers and racing flats. (You'd be amazed at the lengths we have to go to at times.)

Anyway, this year we have a less limited but selective range of spikes from the super budget meeting Adidas

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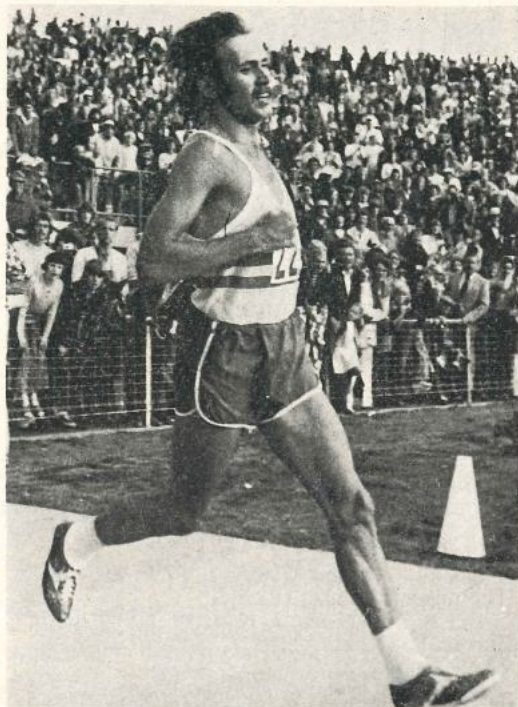
Speeder at £12.99, to the more super budget beating Nike Vainquer at £36.99, and including the famous Nike Triumph as worn by S. Coe when breaking the 800 metre record last year.

So if you happen to be in the market for some new spikes come in and see us. If we haven't got just what you want we can always get it; we'll enjoy talking to you as well (and hearing from you because you're the best teachers).

And you never know, maybe we've got the trainer or racing flat you can never find in your size.

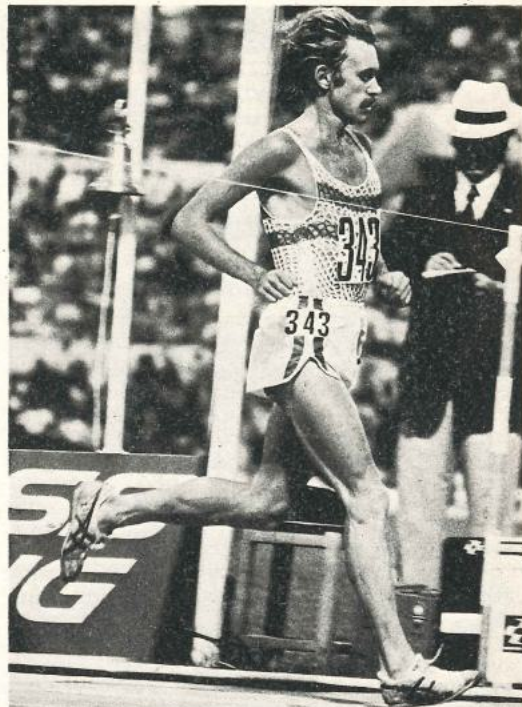


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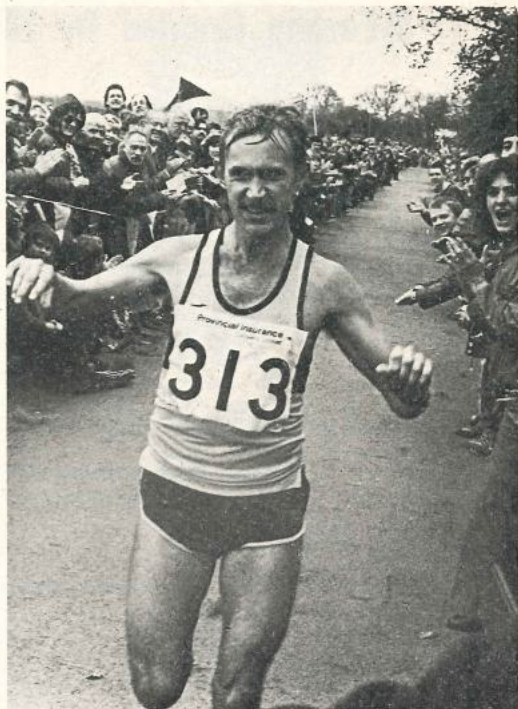
To: M. J. Horn, 10 Fairfields Road, Biddulph Moor, Stoke-on-Trent, Staffs. ST8 7PE. Please include S.A.E. for directions and details of changing facilities.

ENTRIES CLOSE 7th JUNE



A bad day for Ian: here running with winner Barry Watson at 18 miles in the 1976 AAA Marathon, he slipped to 7th place — his first defeat.

Ed Lacey



Four years later: the scene is Milton Keynes and Ian wins the AAA title in 2:14:00 — and a place in the Olympic team which eluded him in 1976.

Peter Tempest

1977

May 21, Amsterdam: 1, Rodgers (USA) 2:12:47; 2, McDaid (RoI) 2:16:14; 3, Szekeres (Hun) 2:16:47; 4, Thompson 2:17:47.

June 11, Windsor (Poly): 1, Thompson 2:14:32; 2, Hill 2:16:37; 3, Norell 2:18:15.

Oct 23, New York: 1, Rodgers (USA) 2:11:28; 2, Drayton (Can) 2:13:52; 3, C. Stewart 2:13:57 . . . 13, Thompson 2:17:46.

Nov 13, Auckland: (course 1½ miles — about 8 minutes short) 1, Chettle (Aus) 2:02:24; 2, Fava (Ita) 2:02:25; 3, Thompson 2:03:31.

Dec 4, Fukuoka: 1, Rodgers (USA) 2:10:55; 2, Moseyev (USSR) 2:11:57; 3, Magnani (Ita) 2:13:04 . . . 44, Thompson 2:33:41.

1978

May 7, Sandbach (AAA Championship): 1, Simmons 2:12:33; 2, Norman 2:12:50; 3, Wright 2:13:00 . . . 28, Thompson 2:20:21.

July, Oyarzun (Spa): 1, Thompson 2:21:00.

Oct 22, New York: 1, Rodgers (USA) 2:12:12; 2, Thompson 2:14:12; 3, Wright 2:14:35.

Nov 12, Auckland: 1, Thompson 2:13:49; 2, Cannon 2:16:11; 3, Greig (NZ) 2:16:49.

Dec 30, Tiberias (Isr): 1, Shaw (SA) 2:14:02; 2, R. Hooper (RoI) 2:17:16; 3, Dorrenbacher (Ger) 2:17:29 . . . 5, Thompson 2:19:50.

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

ON SATURDAY, 21st JUNE, 1980, at 2 p.m.

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PRIZES: Men's — Inds., 1st 3 Teams (4 run, 3 to score), 1st Vet O/40, O/50. Ladies: Inds., 1st Team (4 run, 3 score). Other team prizes according to entry.

Also Eastern Veterans Club Championship

Entry Fees: 35p per person plus 35p per team, (late entries 50p), to Keith B. Hall, 190 Wisbech Road, Thorney, Peterborough PE6 0SQ. Tel. Peterborough 270 460. SAE for reply.

CLOSING DATE 11th JUNE, 1980

Ill-Feeling Created By SCAAA 'Ten Step' Scheme

Dear Sir,

I feel it is my duty to respond to the article in 'AW' about the Southern Counties Ten Step Scheme, partly to correct the inaccuracies therein, and partly to show the depth of ill-feeling which has been created.

The AAA Five Star sub-committee have discussed Ten Step on many occasions and the writing of this letter was delayed until after its most recent meeting.

Firstly we wish to dispel the myth that the scheme is the creation of Tom McNab. The facts are that the idea emerged initially from a casual remark in conversation made by Five Star Administrator Freddie Keen, was discussed at length in committee and it was agreed to pursue the idea of creating a scheme for younger children. At my request the staff of Kegworth School, Leicestershire, tested every child aged 6-10 years in the school at every event to produce a scoring table. From that work I, as tables compiler for Five Star, drew up a scoring table and as these minutes of October 13th 1976 show, further work was done:

Fun Athletics. D. Couling has drawn up events and outlined tables, has organised area trials — the school and teachers were enthusiastic. It was agreed a small sub-committee be formed consisting of D. Couling, P. Johnson, Mrs P. Green and T. McNab — to investigate the production of a scheme for April 1977.

Phil, Tom and I met at St Albans to formulate details. The concept of Ten Step was presented by myself, and this was no original idea but taken from a letter received when I was collecting information prior to the introduction of the present scoring tables for Five Star. Phil Johnson pursued the production of certificates and badges. The name of the scheme did not appear until later.

In April 1977 draft plans were sent all over the

Letters

country for trials. Certificates were produced by the Five Star Committee for all who took part. The response from schools was varied but discouraging. Support from informed opinion from such bodies as the English Schools Consultative Committee was not forthcoming. It was felt that such a structured scheme for so very young children involving traditionally play activities was wrong.

The Five Star Committee therefore decided not to introduce the scheme. Only Arthur Kendall, representing the SCAAA, voted against the motion. At that meeting we were amazed to find that a sponsor had been approached and negotiations made.

I personally knew no more until I learned somewhat later that the SCAAA had accepted the sponsorship and were to produce the scheme independently, not in schools but in athletic clubs. This act of piracy caused great dissent, but the AAA General Committee reluctantly accepted the SCAAA move provided the scheme was not introduced into schools. The scoring tables being used are, as a SCAAA representative admitted, a watered down version of mine.

It is now clear that the SCAAA wish to launch the scheme throughout the country in schools, in direct competition with the AAA Five Star Scheme. This is contrary to AAA General Committee ruling.

IAN THOMPSON Continued

1979

Jan 28, Bermuda: 1, Holden 2:18:50; 2, Thompson 2:21:48.

Aug 26, Montreal: 1, Balcha (Eth) 2:11:35; 2, Chettle (Aus) 2:11:41; 3, Wardlaw (Aus) 2:13:52 ... 6, Thompson 2:15:24.

Oct 21, New York: 1, Rodgers (USA) 2:11:42; 2, Pfeffer (USA) 2:13:08; 3, Kenyon 2:13:29; 4, Thompson 2:13:42.

1980

Feb 3, Auckland: 1, Quax (NZ) 2:13:12; 2, Cannon 2:13:44; 3, Tibaduiza (Col) 2:14:41 ... 10, Thompson 2:20:17

May 3, Milton Keynes (AAA Championship/Olympic Trial): 1, Thompson 2:14:00; 2, Black 2:14:28; 3, Holden 2:15:18.

Aug 1, Moscow (Olympic Games): ?

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and now you can measure the
actual playing time of games like
Basketball, Waterpolo etc,
eliminating the time-out.

Yes, it's a watch.

Digital read-out: hours, minutes,
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Press a button and the time is
immediately replaced by month,
day and the day of the week eg
3.15.SU.

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Press another button to illuminate
the LED display in the clock and
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SportsWatch(es) price £20 each including
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(Allow 28 days for delivery.)

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**SOUTHERN COUNTIES
AMATEUR ATHLETIC ASSOCIATION**

**1980
SENIOR & YOUTH
CHAMPIONSHIPS**

(Under A.A.A. Laws)

at
CRYSTAL PALACE

on
**FRIDAY 4th, SATURDAY 5th
AND SUNDAY, 6th JULY**

EVENTS

Friday, 4th July

SENIOR

100m
200m
400m
800m
1500m
110m Hurdles
400m Hurdles

The finals of these
events will be held on
Saturday, 5th July.

YOUTH

High Jump
Pole Vault
Shot
Long Jump

Saturday, 5th July

SENIOR

5000m
3000m Steeplechase
High Jump
Long Jump
Triple Jump
Pole Vault
Shot
Discus
Javelin
Hammer

YOUTH

100m
400m
800m
1500m
400m Hurdles
1500m Steeplechase
Finals of the 400m,
800m, 1500m, 400m
Hurdles and
Steeplechase events will
take place on Sunday,
6th July.

Sunday, 6th July

YOUTH

200m, 110m Hurdles, Hammer, Javelin, Discus, Triple
Jump

Entry Fees: Senior £1 per Individual event,
Youth 75p per Individual event.

ENTRIES CLOSE MONDAY, 16th JUNE

Send SAE for prospectus and entry forms to:

E. C. Nash, Esq.,
Hon. Championships Secretary,
Southern Counties A.A.A.,
70 Brompton Road,
London SW3 1EE.

A separate entry form must be completed for each
event. Block entries will be rejected.

I hope the efforts being made at national level
to deal with this unsavoury episode will prove
effective.

David Couling

Castle Donington, Derby.

FUTURE OF THE 'NATIONAL'

Dear Sir,

I read with interest the contributions of Mr
Thomas and Mr Abbott and was struck by the
familiarity of their ostrich-like stance.

All Mr Thomas does is to point out that Jimmy
Green was 30 years ahead of his time in
advocating what he realised would be inevitable.
What Mr Thomas fails to realise is that the
ECCU is very close to deciding that it can no
longer cope. Why?

The reason brings us to the point suggested by
Mr Abbott that we have a two lap race. That
means two laps of 4½ miles. Where will we find
such a course? And if it were possible would the
accommodation be available to ensure that all the
runners could change in close proximity to the
course? And even if both those things were
achieved could there be the personnel in the area
to ensure that the organisation was 100%?

It's all very well for these people to come along
and say "give everyone a run". They don't have
to do the organising. That is left to the same
people in most instances. A National involves a
year's planning; a race of that magnitude
deserves greater respect than the sight of joggers
out for a fun run. If they want that kind of race
they can run in Hyde Park.

The idea that the best and the average can
compete together is little more than claptrap. In
what sense did anyone in the first 1000, still less
after that figure, actually compete against Nick
Rose? They were at the start line at the same time
as he was. What a marvellous democratic
experience!

As for the veterans, no-one would complain
about their competitive opportunities but really if
a team needs veterans to make up its first team
then it's not yet at its strongest even allowing
for the likes of Roy Fowler and Ron Hill. In Belgium
they restrict the opportunities for vets to compete
with seniors.

The fact of the matter is that very soon there
will arise a situation in which the ECCU will be
forced to act to restrict entries whether because
the accommodation is inadequate (see what I
mean when you get to Parliament Hill next year!)
or because the courses will be inadequate to deal
with the numbers required. What we need now
are constructive suggestions as to how the field
can be restricted before the event reaches the
inevitable end of all ostrich stances.
Unfortunately, neither Mr Thomas nor Mr
Abbott added anything to that side of the
argument.

Let it be thought that nothing I've written has
been constructive I'll list some of the suggestions
already put forward in ECCU discussions;

reduction of the number to compete/or to count for a team/separation of seniors from the other age groups/qualification through the area championships/increased entry fees/exclusion of teams which have their own championships (Students/Vets/etc.).

Personally, I would raise the entry fee substantially to the equivalent of £2 per person entitled to compete and restrict entry to the first 50 teams in any one year plus number of individuals together with a limited number of teams and individuals qualifying through the area championships to make a maximum total of around 1000 competitors.

At the moment there is a tendency by too many people to run in the National simply because it's the National. There seems every likelihood that the significance of the event for international selection may be lost if the IAAF insist that there will be one British cross-country team in the World Championships and still less if the number to count in the event is reduced to four.

There's no point being dismissive about these changes: they will occur, it's up to all of us to ensure that they follow the direction best suited to the development of the sport rather than those which are handy slogans for those only too happy to leave the work involved to other people.

(Dr) Philip. R. Thomas,
Prescot, Merseyside

TIMES IN TRACK EVENTS

Dear Sir,

I competed recently in the Kent Track and Field Championships at Crystal Palace and I commend the officials on their organisation but I do have one question. Many athletes, particularly in the 1500 metres, requested that there should be an official call out lap times at 400, 800 and 1200m but this was adamantly refused and times were instead called out at 300, 700 and 1100m. As far as I know every middle/long distance runner uses a 400m time to gauge how fast he is going. Which is easier to work out: 64, 2:08, 3:12 or 48, 1:52, 2:56? Imagine the confusion for the 3000m, 5000m, and 10,000m runner.

Could someone please give me a good reason why 400m splits cannot be called out?

Rick Hemmings,
Cambridge Harriers.

I, personally, have had many complaints along similar lines at meetings and agree entirely with the letter writer. Asking a Chief Timekeeper why this should be so, I was informed that it was reported at meetings of officials that a vote amongst athletes came down heavily on the side of times being given only at the usual start and finish line. I find that hard to believe and perhaps other athletes would like to give their views on the matter. "Jimmy" Green.

MEDICAL FACILITIES AT BRITISH STUDENTS CC CHAMPIONSHIPS

Dear Sir,

I feel that I must reply on behalf of the British Students Sports Federation and Loughborough University, to the letter from Mr. S. Pautard, published in your magazine on April 5th, which criticised the medical facilities at this year's British Students Cross-Country Championships at Loughborough.

Taking his criticisms in turn, I make the following points:—

The medical centre, which Mr. Pautard claims was closed, is a 24 hour service and never closes, especially not when a major event is being held on the campus. Perhaps he went to the wrong building but that would have been difficult, as it was clearly signposted.

The provision of cover by the St. John Ambulance Brigade is standard procedure at most sporting fixtures, a service for which organisers are extremely grateful. It is not for me to comment on the Brigade's facilities.

Mr. Pautard's final point refers to the collapse of an athlete near the finish. Again his statements are incorrect. A doctor and physiotherapist, both qualified and practicing sports medicine, were on the scene approximately 90 seconds after the girl collapsed. They, along with the S.J.A.B., tended her until she recovered.

Whilst sympathising with Mr. Pautard and his

RANELAGH HARRIERS

HALF MARATHON Open Road Race

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

At Effingham, Surrey

SATURDAY, 28th JUNE

at 3 p.m.

Sponsored by Calor Transport Ltd.

Prizes: first prize value £50, total value over £300. First ten individuals, first three Vets (O/40), first Vet (O/50), first three teams. Plus T-shirts. Ladies prizes according to entry — first prize minimum value £20.

Entries (maximum 250): 60p, to Steve Rowland, 53 Lark Avenue, Staines, Middlesex. Tel. Staines 59303. S.A.E. for acknowledgement.

Closing date Tuesday, 17th June
or when maximum reached

injury, I feel that the facts should be made known, in order to protect the good name of the British Students Sports Federation and Loughborough University.

M. Gee,
Secretary, British Students
Sports Federation

AAA TRACK GRADING

Dear Sir,

The track grading system of the AAA's published in 'AW' of May 10th made interesting reading. It would create a very interesting situation if the other governing bodies also adopted these criteria.

Can we now assume that as the Crystal Palace track does not meet the requirements for a National or even a Regional grading no further major meetings promoted by the AAA will be held there until it comes up to standard?

I refer primarily of course to the absence of changing and washing facilities for both athletes and officials, the near absence of toilet facilities for the same two groups, and the grossly inadequate refreshment facilities for all concerned.

I for one would be very interested to know which tracks fully meet all the requirements for National grade.

Moirá Gallagher
Alwoodley, Leeds

OLYMPICS "ARE FINISHED"

Whether Russia withdraws from Afghanistan or not, the Olympics, as an event for the future, are finished. They may stagger on for a while but eventually they will be buried under political blackmail.

That is why it is refreshing to learn of Derek Johnson's proposals for Open Athletics. I see his views as the base from which a form of World Championships could be established, at a permanent venue and held every two years. Participation to be based upon individual entry, with strict safeguards against drug abuse. This would then mirror the true reflection of human ability and endeavour, and at the same time divorce political considerations from the athletic arena.

H. Fletcher,
Gray, Essex.

CIVIL SERVICE AA

The CSAA would like Civil Service athletes to note that their Marathon Championships (held in conjunction with the Poly Marathon on July 5th) will this year provide for both Men's and Women's awards, given sufficient entrants. Also, the Sefton Branccker match on July 23rd will be at New River Stadium, Haringey, not at West London as previously wrongly reported.

15th Annual

UNIVERSITY 10 MILES

OPEN ROAD RACE

formerly known as College 10

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

SATURDAY, 7th JUNE, 3 p.m.

From Westwood Games Hall,
University of Warwick, Canley, Coventry

Video recording of race shown during
Presentation at 5.30 p.m.

Prizes: 1st 6 Inds., 1st 2 Teams (3 to count), 1st
3 Ladies, 1st Veteran, 1st 3 University students.

Entry Fees: 50p individual, 50p team.

Entries to: Mary Brennan, LO12 Westwood
Site, Warwick University, Canley, Coventry CV4
8EE. (For further details and acknowledgement
of entry, send S.A.E.). Cheques and P.O.'s
made payable to: "W.U.S.U."

ROTHERHAM BOROUGH COUNCIL

ANNUAL SPORTS

Ages as at 1.9.80 — Under AAA & WAAA Laws

SATURDAY, 12th JULY, at 12.30 pm

Herringthorpe Stadium, Rotherham

Boys 80m (8-11)	Medal	Medal	Medal
Girls 80m (8-11)	Medal	Medal	Medal
Boys 100m (11-13, 13-15)	Medal	Medal	Medal
Girls 100m (11-13, q3-15)	Medal	Medal	Medal
Boys 800m (11-13)	Medal	Medal	Medal
Girls 800m (11-13, 13-15)	Medal	Medal	Medal
Boys 1500m (13-15)	Medal	Medal	Medal
Mens 100m	£10	£6	£3
Ladies 100m	£10	£6	£3
Youths 200m	£5	£3	£2
Intermediate 200m	£5	£3	£2
Mens Two Mile	£30	£15	£10
Ladies Two Mile	£30	£15	£10
Youths 800m	£5	£3	£2
Ladies 300m	£10	£6	£3
Mens 300m	£10	£6	£3
Mens 800m	£10	£6	£3
Ladies 800m	£10	£6	£3
Ladies Shot	£10	£6	£3
Mens Javelin	£10	£6	£3
Mens Shot	£10	£6	£3

ENTRIES CLOSE ON JUNE 21st

Fee: 25p, made payable to D. J. Haywood, 14 Whitehill
Road, Brinsworth, Rotherham, South Yorkshire.
Rotherham 76219. No entry will be acknowledged
unless SAE is enclosed.

Two More UK Records

HIGHLIGHTS of last weekend's widespread activity included UK records in the women's high jump (a sensational 1.94m leap by Louise Miller in Naples) and pentathlon (4395 pts by Sue Longden in claiming the WAAA title at Birmingham), a UK junior 400 mark of 51.66 by Linsey MacDonald (16) at Cwmbran, and a 1:45.5 800 — second best in the world this year — by Seb Coe at Birmingham. Fuller details next week.

17.5. Cleveland (USA). 10km road: A. Staynings 29:06, Brown (US) 29:10, B. Foster 29:30. **17.5. Modesto (USA).** Women's 400: 3, V. Elder 53.20. **18.5. Dudley Festival 25km (road):** A. Holden 74:35, T. Wright 74:55. **20.5. Fontainebleau (Fra).** 100: 2, E. Cutting 10.3. **24.5. Birmingham. (WAAA Pent)** S. Longden 4395 (14.1, 12.06, 1.75, 6.26, 2:13.7), Y. Wray 4271, J. Livermore 4252, M. Maguire 4134. **24.5. Crystal Palace. HT:** C. Black 67.74. **24.5. Belfast.** 600: S. Overt 76.8; SP: G. Capes 21.50; HT: P. Dickenson 70.70. **24.5. Aldershot. HJ:** T. Foulger 2.15. **24.5. Meadowbank.** Women's 100H: E. McMaster (née Davidson) 13.5. **25.5. Grangemouth.** 800: P. Forbes 1:48.5, G. Williamson 1:48.8; 3000: N. Muir 7:59.1. **25/26.5. Birmingham. (Inter-Counties)** 100: E.

Obeng 10.53; 200: P. Brown 21.40; 400: R. Milne 46.31; R. Ashton 46.66, T. Whitehead 46.67, M. Fowell (19) 46.73; 800: S. Coe 1:45.5 (52.9, 52.6), R. Harrison 1:48.6; Mile: S. Flint (19) 3:58.7, I. Stewart (19) 3:59.0, B. Smith 3:59.1; 5000: S. Binns 13:47.0; 10,000: D. Fowles 28:52.6; 3000SC: S. Jones 8:34.8, E. Wedderburn (19) 8:36.4; 110H: W. Greaves 13.83; 400H: P. Goacher 52.63; HJ: C. Moseley 2.10; PV: K. Stock 5.80; LJ: T. Henry 7.46; TJ: D. Johnson 15.65; SP: G. Capes 21.03; DT: M. Winch 53.80; HT: I. Chipchase 62.98; JT: D. Ottley 79.54; 3000W: R. Mills 12:05.1; 10,000W: M. Greasley 42:41.6; Team: Middx. Women's 800: (A) T. Colebrook 2:04.5, J. Finch (née Colebrook) 2:04.6; (B) C. McMeekin 2:04.5; 3000: W. Smith 8:53.8, K. Binns 8:58.5, P. Fudge 8:59.5; HJ: B. Corrigan (RoI) 1.84. **25/26.5. Cwmbran. (AAA Dec)** B. McStravick 7663, P. Zeniou 7497, G. Watson 7443. **26.5. Cwmbran.** 400H: W. Hartley 51.52; HJ: M. Naylor 2.15; women's 100/200: S. Lannaman 11.74/23.18; 400: L. MacDonald 51.66; Mile: J. Marlow 4:36.7; 400H: C. Warden 57.0; LJ: S. Reeve 6.54; JT: T. Sanderson 64.20.

WILTSHIRE CHAMPIONSHIPS

At Tidworth, May 17th/18th

JT: K. Fletcher (Bris) 58.94. (Women): 2000W: 1, S. Jennings (Trow) 10.41.7; 2, J. Farr (Trow) 10:42.3.

SUMMERTIME SPIKE BARGAINS

The following spikes are at never to be repeated prices. A special purchase enables us to give you real value for money. But hurry, these shoes are moving as quick as you are! Sizes shown we've in stock at time of writing. However, to avoid disappointment please phone us before making a long journey.

Puma Munchen. This world renowned Puma moccasin styled spike has a red kangaroo leather upper and a pimped rubber through sole and heel. The inner is fully lined, and the elevated heel is padded for extra protection. Padded collar & tongue and six interchangeable spikes. Sizes 6½, 7, 8, 8½, 9, 10 RRP £32.95 £10 OFF £22.95.

Puma Blitz. An economically price spike with white leather upper and red suede Puma stripe. Nylon front sole with Puma wedges and six interchangeable spikes. Well padded, cushioned heel. Foam insole. Ideal for the young and growing athlete.

Sizes 5, 5½ RRP £13.25 £8.95, 6½ to 11 (except 9½) RRP £14.95 £9.95.

Karhu Light. Royal blue suede upper. Padded tongue and terry towel insole. Seven spike plate. 6 mm heel wedge and padded collar with extra padding on the achilles tendon protector.

Sizes 6, 6½, 7, 8½, 9½ RRP £27.45 £9.50 OFF £17.50.

Karhu Laser. Royal blue nylon upper with extensive suede protection. 9 mm heel wedge. Otherwise it has the same excellent specifications as the Light.

Sizes 6, 6½, 7½, 8, 8½, 9, 10, 10½, 11½ RRP £23.95 £7 OFF £16.95.

Other bargain spikes and tracksuits at the shop. **Mail Order:** Please enclose foot outline & 75p part postage.

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The Causeway, Teddington, Middlesex TW11 0HE
Telephone 01-943-0239

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THE FIRST PEOPLE'S MARATHON

To all officials, helpers, runners, their families & friends, along with our sponsors — Midland Bank, T.S.B., Robinson's Barley Water, Avon Cosmetics & Running (previously Jogging) Magazine — The Centurion Joggers would like to offer their most grateful thanks for helping to make the 1st People's Marathon become a reality.

Centurion Joggers hope that all the participants had an enjoyable day & offer sincere apologies to those who feel they were let down in any way.

All runners by now should have received their awards and result sheets (certificate & commemorative programme). In addition a medallion has been sent to all finishers.

Anyone who has not yet received the above items please contact John Walker, giving name, number, approximate finishing time or distance they dropped out at if known.

1981 2nd PEOPLE'S MARATHON

This will be on Sunday, May 10th on a new 2-Lap course to cater for a larger field. Anyone wishing to be placed on a provisional list for this event should please send S.A.E. & details will be forwarded early in 1981, along with entry form. (Over 250 applicants already).

Race Promoter: John Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU.

Daley Thompson: 9000 Points "A Possibility"

DALEY THOMPSON was to have run a 400m relay leg at Crystal Palace on May 21st but understandably was so tired after his fabulous decathlon exploit at Gotzis three days earlier that

he felt obliged to withdraw. He did, however, receive a great ovation when presented to the crowd, and later he talked with Mel Watman about the new world record.

"I wasn't expecting to break the world record, but I was in good enough shape to do it. I look at it this way, whatever decathlon you go to: if you're in 8800 points shape you'll score 8600. I thought I was in about 8600 shape, so I thought I'd score 8400, but fortunately it went well for me. I was lucky. I think the reason I did so well was because I had so many English-speaking people there. I could spend all my time, when I wasn't actually competing, talking about other things, and laughing and joking. It was just like the Commonwealth Games really; it was great."

This is how the Gotzis decathlon went, event by event, together with Daley's comments:—

100 metres: Won heat 6 (+0.5m/sec wind) in 10.55 ahead of Guido Kratschmer (10.87). Scores after first event: Thompson 919, Kratschmer (Ger) 836, Holger Schmidt (Ger) 817. "I started well in the race but after about 80 metres I tied up. It was my first race of the year and I wasn't

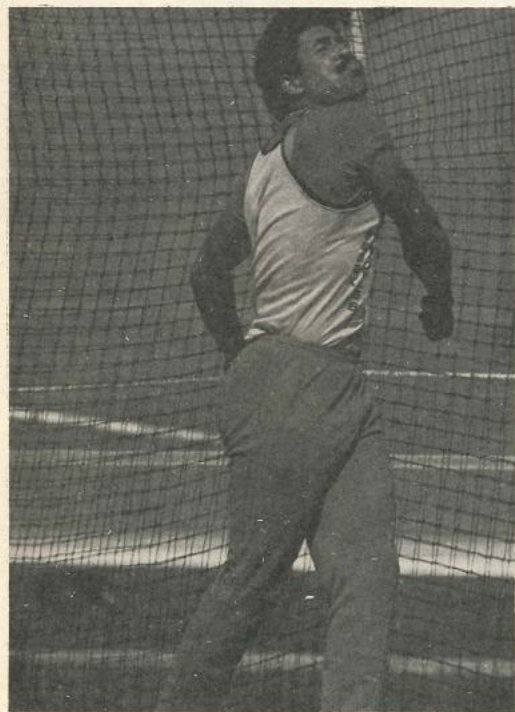
sure how I was going, and I tailed off a little".

Long Jump: Placed 3rd in Group 1 with 7.72m (+1.8m/sec wind) behind Jurgen Hingsen (7.83) and Kratschmer (7.81). Scores after 2 events: Thompson 1884, Kratschmer 1818, Darius Ludwig (Pol) 1750. "I just wasn't hitting the board. Again I think that was due to lack of actually doing it".

Shot: 8th in Group 1 with 14.46m. Scores after 3 events: Thompson 2640, Kratschmer 2602, Hingsen 2504. "I tied up badly. In the warm-ups I was throwing over 15 metres."

High Jump: Equal second in Group 1 at a personal best of 2.11m (previously 2.07), led by Hingsen at 2.14 with Kratschmer 14th on 1.96. Scores after 4 events: Thompson 3590, Hingsen 3479, Kratschmer 3424. "That made all the difference. I've changed my run-up but I'm not sure why it went better. The week before I only jumped 1.85 in a British League meeting. At this meeting I entered at 1.85 and the bar was going up 3cm at a time. I took every single height; I think I had about 25 jumps! Perhaps I should have made 2.14 or 2.16, because I was going really well".

400 metres: Won heat 6 in 48.04 ahead of Kratschmer (48.36). Scores after 5 events: Thompson 4486, Hingsen 4337, Kratschmer 4305, Zeilbauer (Aut) 4210, Nevskiy (USSR) 4185, Kutsenko (USSR) 4181. "By then I was really tired and there was a really strong wind against in the home straight — like 5 or 6 metres per second. Bruce (Longden) was timing me: 11.0 for the first 100, 22.1 at 200, 34.2 for 300, and



Daley in discus action in a British League match earlier this month.

Tim Pike

NEWARK ATHLETIC CLUB

ANNUAL ROAD RACES

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

SUNDAY, JUNE 8th, 1980

LADIES	2 Miles	2.30 p.m.
MEN	6 Miles	3.00 p.m.

Changing at: Lilley and Stone School, London Road, Newark.

RACES SPONSORED BY LOCAL FIRMS

PRIZES: Individuals, Teams, Vets, Local

Entry Fees: 40p Individual, (all competitors must enter as individuals); 60p per team.

60p-individual on day.

Entries by: Tuesday, 3rd June. (SAE for details).

Entries to: R. O. Yeomans, 3 The Hemplands, Collingham, Newark, Notts. Tel. (0636) 892864.

then it took me all that time to get home. That was about 7.15 pm; we started at 9.30 am. At this point I didn't think the world record was on."

110m Hurdles: 2nd in heat 6 (+0.1m/sec) to Kratschmer (14.16) with personal best of 14.37 (previously 14.39) despite knocking over or rapping at least half a dozen hurdles. Scores after 6 events: Thompson 5405, Kratschmer 5248, Hingsen 5242. "I did a personal best, so that went well".

Discus: Placed 9th in Group 1 with 42.98m. Scores after 7 events: Thompson 6148, Kratschmer 6050, Hingsen 5966. "Nobody threw well, everyone was tightening up. But, again for me, it's not bad in a decathlon".

Pole Vault: Leader at 4.90m, his second best ever, while Kratschmer's challenge faded (4.40). Scores after 8 events: Thompson 7176, Kratschmer 6959, Zeilbauer 6851. "I was really pleased. I came in at the highest I've ever come in — at 4.50 — and then went 4.70, 4.80, 4.90. Made them all first time".

Javelin: Placed 2nd in Group 3 with a personal best of 65.38m (previously 62.34). Scores after 9 events: Thompson 8002, Kratschmer 7771, Zeilbauer 7628. "Threw personal best on first attempt; that was good".

1500 metres: Finished 6th in heat 3 in 4:25.49, won by Kutsenko (USSR) in 4:19.21. Final scores: Thompson 8622, Kratschmer 8421, Hingsen 8276, Zeilbauer 8196, Kutsenko 8195, Nevskiy 8056. 34 athletes competed, 24 finished. "That was probably the toughest thing I've ever done in my life. Before the race I felt really good, but during it I felt awful — never felt so bad in my life. I didn't think I had much of a chance for the record. In fact, Bruce said that with 300 to go he had forgotten all about that and was just hoping I was going to make it to the finish, but then I did the fastest 300 of my life for a 1500 —

"I think the second day can be improved quite a lot"

Bruce had it in 46 sec. That was another long day; I didn't finish till about half past eight.

"I meant to do another decathlon in three weeks. There's no sense in wasting it while you're in good shape. It will be either in Germany or France. I'll probably do the French one (at Talence, June 14th/15th) as it's first, in case my leg hurts again so it gives me six weeks before the Olympics. *(Daley has been bothered by a muscle tear in his groin for several weeks)* Three decathlons a year won't kill anyone. In 1978 I did a good one in my second decathlon of the year — the Commonwealth — and if I hadn't made silly mistakes in Prague I think I would have scored higher. My second or third decathlon in a year is usually a good one.

"Nine thousand points? It's a possibility. I think my first day can be improved a little, and I think the second day can be improved quite a lot. Next time I hope to be in 8800 or 8900 shape and score 8700, or again I could be lucky . . . and score 8900. But obviously the first thing on my mind is to win a medal at the 'devalued' Olympics, or whatever Margaret Thatcher calls them. I'm going there to get whatever they're giving away!

"I feel sorry for the Americans. They're meant to be the greatest democracy in the world and no one gets a choice there. I'm sorry too for Kratschmer; he's as sick as a pig. The opposition in Moscow? There's Stark from East Germany and there's obviously going to be a couple of Russians, and other guys. We'll just have to wait and see".



DALEY EXPRESS

Daley Thompson (41), the sprinter, seen here running with Clancy Edwards of the USA (left) and Ohene Karikari of Ghana in a heat of last year's AAA 100m.

G.R.E. GAMES

incorporating

UK National Championships

Organised under I.A.A.F rules by the British Amateur Athletic Board



**Crystal Palace
National Sports
Centre
London SE19**

Saturday June 14th

First event: 1pm

Sunday June 15th

First event: 1.15pm (Field 12 noon)

Admission (each day)

West Stand (reserved) £4, £3, £2*

Jubilee Stand (reserved) £2*

Uncovered: £1.50* *Children half price.

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Daley's 16 Decathlons: From 6685 Pts To 8622

28-29.6.1975, Cwmbran: 6685 — 1st Welsh Open
Championship (3764 first day); (11.0, 6.99,
10.74, 1.97, 50.2, 16.8, 31.42, 2.90, 51.88,
4:31.0).

30-31.8.1975, Cwmbran: 7008 — 1st AAA Junior
Championship (3880); (10.7w, 7.21, 10.80, 1.93,
49.6, 15.8, 32.20, 3.30, 53.28, 4:36.5).

4-5.10.1975, Cwmbran: 7100 — 2nd UK v France
(3886); (10.8w, 7.11w, 11.77, 1.90, 49.3, 16.0,
31.84, 3.40, 57.04, 4:30.9).

22-23.5.1975, Cwmbran: 7684 — 1st AAA
Championship (4092); (10.8, 7.40, 12.79, 1.98,
49.1, 15.5, 38.78, 3.80, 56.92, 4:20.3).

26-27.6.1976, Copenhagen: 6639 — 10th
International Match (4040); (10.6, 7.26, 11.94,
1.93, 48.6, 15.3, 36.47, no height, 51.34, 4:41.2).

29-30.7.1976, Montreal: 7434 — 18th Olympic
Games (4055); (10.79, 7.19, 13.10, 1.91, 48.15,
15.98, 36.36, 4.20, 45.18, 4:29.6).

4-5.9.1976, Talence: 7905 — 4th International
Meeting (4275); (10.5, 7.57, 13.59, 1.95, 48.1,
15.4, 37.70, 4.40, 51.92, 4:25.9).

21-22.5.1977, Gotzis: 7921 — 3rd International
Meeting (4282); (10.71w, 7.72, 13.59, 2.00,
48.35, 15.24, 37.28, 4.20, 55.78, 4:23.4).

25-26.6.1977, Madrid: 8190 — 1st International
Match (4437); (10.5, 7.60, 13.85, 2.07, 47.4, 15.1,
39.60, 4.80, 50.32, 4:29.0).

30-31.7.1977, Sittard: 8124 — 1st European Cup
Semi-Final (4324); (10.70, 7.54, 13.84, 2.01,
47.31, 15.26, 41.70, 4.70, 54.48, 4:30.4).

19-20.8.1977, Donetsk: 7647 — 1st European
Junior Championship (4207); (11.02, 7.25, 13.72,
2.06, 47.60, 14.95, 38.22, 3.80, 49.72, 4:35.5).

27-28.5.1978, Gotzis: 8238 — 2nd International
Meeting (4385); (10.77, 7.95w, 13.89, 2.03,
47.76, 14.85, 41.40, 4.60, 56.90, 4:29.1).

7-8.8.1978, Edmonton: 8467w — 1st Common-
wealth Games (4550); (10.50w, 8.11w, 14.43,
2.07, 47.85, 14.92, 41.68, 4.80, 56.60, 4:25.8).

30-31.8.1978, Prague: 8289 — 2nd European
Championships (4459); (10.69, 7.93, 14.69, 2.04,
47.77, 15.28, 43.52, 4.20, 59.80, 4:22.8).

28-29.7.1979, Flein: 6954 (8 events) — non
finisher International Meeting (4507); (10.45,
7.60, 14.82, 2.06, 47.30, 14.39, 43.14, no height,
61.92, withdrew).

17-18.5.1980, Gotzis: 8622 — 1st International
Meeting (4486); (10.55, 7.72, 14.46, 2.11, 48.04,
14.37, 42.98, 4.90, 65.38, 4:25.5).

Personal bests: 100 — 10.45/10.36w, 200 —
20.88, 400 — 47.30, 1500 — 4:20.3, 110H —
14.37, 400H — 52.6, HJ — 2.11, PV — 5.00, LJ —
7.93/8.11w, SP — 15.45, DT — 45.22, JT —
65.38, Dec — 8622.

The Thought Of Losing Never Occurs To Him

"THE DAY I stop believing in myself as a born winner and a natural world beater is the day I'll be finished as a top athlete", proclaims Daley Thompson in his recently published autobiography*. More than ever, after his world record breaking decathlon, Daley will not be short of the self-confidence he thrives upon. As he writes, "I can't remember there ever being a time when I didn't have this driving determination to prove myself better than anybody else at anything I choose to do".

Fortunately for athletics, it is our sport he has chosen to prove himself in, but it could easily have been soccer, at which he was good enough at school to have trials with Fulham and Chelsea. In his final term at school, Daley's headmaster despatched him to the local athletic club at Haywards Heath — "to keep me occupied" — and within weeks he was competing in the English Schools Intermediate 200m. Mind you, he got a rude shock at those championships at Shrewsbury in 1974, for he was beaten for the first time, placing 4th in a blanket finish in 23.0. Later in the season, at the AAA Junior Championships, he didn't even make the 200m final, and it was at that point that he seriously considered giving up athletics and returning to football. But, by happy chance, Essex Beagles official Bob Mortimer had spotted his potential, and told Daley that given some decent coaching he could make it as an athlete. "Bob has been a father figure to me ever since then — helping and advising me in my career", he writes.

Next year he won the English Schools Senior 200 at Durham, clocking 22.6 into a stiff wind inches ahead of Alan Bell, and the AAA Junior 100 (again into the wind) in 10.9, followed by Cecil Moven and Drew McMaster with Cameron Sharp 8th. Those successes convinced Daley he

had made the right choice of sport. Meanwhile, Bob Mortimer had recognised his all-round ability and arranged for Daley to go on a decathlon course even though the then National Decathlon Coach Tom McNab "said that no way would he have me on the course because I was just a bum sprinter who would never make a decathlete" — an assessment which Daley loves to remind his good friend Tom about!

Under the guidance of Bruce Longden, Daley worked on the various events, and while still only 16 he took part in his first decathlon, the Welsh open championship at Cwmbran, and won it with 6685 pts. He was on his way!

Later in the season he won the AAA Junior title with 7008 and improved again to 7100 when placing second in a senior match against France. In the knowledge that he was capable of making the Olympic team, he moved in with his coach at Crawley, and began training six days a week. The work paid off: he won the 1976 AAA title with

* "One Is My Lucky Number", by Daley Thompson, published by W. H. Allen; obtainable from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £4.35 (inclusive of postage).

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of New South Wales,
P.O. Box N101,
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AUSTRALIA.

DREAMS BECAME REALITY

Interviewed for 'AW' by Dave Cocksedge in June 1976, at a time when his highest score was 7684, Daley was asked what he thought he could achieve in the ten decathlon events. The 17-year-old Thompson replied: "about 10.4 in the 100, 7.90 in the long jump, 14.50 with the shot, 2.10 in the high jump and maybe around 47.0 in the 400 for the first day. Then 14.4 in the hurdles, 45m in the discus, 4.70 in the pole vault, 66m in the javelin and maybe 4:10 in the 1500. Add those up and it should give you around 8700 points". A glance at his current personal bests shows that Daley is almost as good a prophet as he is an athlete!

BOYCOTT EFFECT *Contd from page 11*

79), Bill Scott (Aus; 27:46.8 — 80), Aleksandr Antipov (USSR; 27:47.4 — 79), European champion Martti Vainio (Fin), Olympic champion Lasse Viren (Fin), John Treacy (RoI), etc.

Marathon: Absent — American and Japanese trios: Bill Rodgers (2:09:27 — 79), Frank Shorter, Jeff Wells (2:10:20 — 79), Toshihiko Seko (2:10:12 — 79), Shigeru Sou (2:10:37 — 79) and Takeshi Sou (2:10:40 — 79); Oyvind Dahl (Nor; 2:11:40 — 80). **Eligible** — Gerard Nijboer (Hol; 2:09:01 — 80), Marc Smet (Bel; 2:10:00 — 79), Bernie Ford (2:10:51 — 79), Ian Thompson and Dave Black, Go Chu Sen (N. Kor; 2:10:52 — 80), Dick Quax (NZ; 2:11:13 — 79), Olympic champion Waldemar Cierpinski (GDR; 2:11:17 — 80), Kebede Balcha (Eth; 2:11:35 — 79), Gerard Barrett (Aus; 2:11:42 — 80), European champion Leonid Moseyev (USSR), Karel Lismon (Bel), Lasse Viren (Fin), Miruts Yifter (Eth) etc.

3000SC: Absent — World record holder Henry Rono (Ken), World Cup winner Kip Rono (Ken; 8:21.0 — 80), Michael Karst (Ger; 8:22.9 — 79), Amos Korir (Ken; 8:23.2 — 79), Ken Martin (USA; 8:23.2 — 80). **Eligible** — Bronislaw Malinowski (Pol; 8:22.0 — 79), Mariano Scartezini (Ita; 8:22.8 — 79), Wolfgang Konrad (Aut; 8:22.8 — 79), Frank Baumgartl (GDR) etc.

110H: Absent — World record holder Renaldo Nehemiah (13.00 — 79) and USA team-mates Greg Foster (13.27 — 80) and Dedy Cooper (13.34 — 80). **Eligible** — Alejandro Casanas (Cub; 13.23 — 79), Thomas Munkelt (GDR; 13.42 — 79), Andrey Prokofiev (USSR; 13.50 alt — 79) etc.

400H: Absent — World record holder & 1976 Olympic champion Ed Moses, and two other Americans, e.g. Quentin Wheeler (USA; 48.39 — 79) and James Walker (48.48 — 79); European record holder Harald Schmid (Ger; 47.85 — 79), Commonwealth champion Daniel Kimaiyo

(Ken). **Eligible** — Vasily Arkhipenko (USSR; 48.35 — 79), Harry Schulting (Hol; 48.44 alt — 79), Volker Beck (GDR; 48.58 — 79), etc.

HJ: Absent — German and USA trios — say co-world record holder Dietmar Mogenburg (2.35—80), Gerd Nagel (2.30 — 79), Carlo Thränhardt (2.30 — 79), James Frazier (2.29 — 80), Franklin Jacobs (2.28 — 80), Benn Fields (2.27 — 79). **Eligible** — Co-World record holder and Olympic champion Jacek Wszola (Pol; 2.35 — 80), Rolf Beilschmidt (GDR; 2.30 — 79), Aleksandr Grigoryev (USSR; 2.30 — 79), Vladimir Yashchenko (USSR) (doubtful starter), etc.

PV: Absent — Americans; from Larry Jessee (5.69 — 80), Billy Olson (5.67 — 80), Mike Tully (5.59 — 80) and Earl Bell (5.59 — 80); Gunther Lohre (Ger; 5.60 — 79). **Eligible** — World record holder Wladyslaw Kozakiewicz (Pol; 5.72 — 80), French trio of Thierry Vigneron (5.67 — 80), Patrick Abada (5.65 — 79) and Philippe Houvion (5.65 — 79), Konstantin Volkov (USSR; 5.64 — 80), etc.

LJ: Absent — World Cup winner and "world sea-level record holder" Larry Myricks (8.52 — 79) and USA colleagues Larry Doubly (8.26w — 80) and LaMonte King (8.22 — 79); Junichi Usui (Jap; 8.10 — 70). **Eligible** — Joao Carlos de Oliveira (Bra; 8.36 — 79), Lutz Dombrowski (GDR; 8.31 — 79), Nenad Stekic (Yug; 8.27 — 79), Frank Paschek (GDR; 8.25 — 79) etc.

TJ: Absent — Americans Ron Livers (17.56w — 79, 17.11 — 80), Willie Banks (17.43w — 79) and Mike Marlow (17.09 — 80); Cheng Chen-hsien (China; 17.04w — 80). **Eligible** — World record holder Joao Carlos de Oliveira (Bra; 17.29 — 79), Gennadiy Valyukevich (USSR; 17.29 — 79), Ken Lorraway (Aus; 17.35w — 80), Ian Campbell (Aus; 17.19w — 80), Keith Connor (17.16 — 80), Jaak Uudmae (USSR; 17.20 alt — 79), Viktor Sanyeyev (USSR) etc.

SP: Absent — American trio of Brian Oldfield (had he been declared eligible by IOC; 21.72 —

DALEY THOMPSON *Continued*

7684 pts and qualified for Montreal, where he placed an honourable 18th (7434) and picked up some good advice from Bruce Jenner. "Just being there taking part was fantastic", he recalls in his engaging narrative. "I was like a little kid in Disneyland". He ended the season in France with a UK record of 7905, a mark he improved to 7921 in May 1977 . . . at a place called Gotzis.

The 8000 barrier was ready to be surmounted, and in Madrid in June 1977 he scored a resounding 8190. Later that year he annexed his first major title, the European Junior, but with a low score due to a poor pole vault — an event which has caused him occasional problems since although it is one of his strongest individual specialities. He boosted his best score to 8238,

again at Gotzis, in May 1978, followed by his momentous Commonwealth Games victory with 8467 ("during those two days I was transformed from just another good athlete into a star") and second place in the European — an event he was confident of winning, especially after Guido Kratschmer pulled up injured in the 100m. He's positive that nothing will stop him winning the gold in Moscow. "I don't even think about the possibility of not winning — it never occurs to me. I really am that confident".

Daley's bright and breezy personality comes through in a book which does not deal in any great depth with his life on and off the track but provides some interesting insights into the world of the dedicated decathlete and is profusely illustrated with photos (80 of them) by Jorge Lewinski and Eamonn McCabe.

M.W.

80), Dave Laut (21.11 — 79) and A. N. Other; Bishop Dolegiewicz (Can; 20.75 — 79). **Eligible** — World record holder and Olympic champion Udo Beyer (GDR; 21.98 — 80) Reijo Stahlberg (Fin; 21.69 — 79), Geoff Capes (21.68 — 80), Vladimir Milic (Yug; 21.14 — 80), Hans-Jürgen Jacobi (GDR; 20.90 — 79), Hreinn Halldorsson (Ice), Aleksandr Baryshnikov (USSR) etc.

DT: Absent — USA representatives, probably Olympic champion Mac Wilkins (70.66 — 79), Ken Stadel (69.26 — 79) and legendary Al Oerter (67.46 — 79/66.98 — 80); Knut Hjeltnes (Nor; 69.50 — 79), Werner Hartmann (Ger; 65.70 — 80), Dan Gardner (Isr; 65.12 — 80), Brad Cooper (Bah; 64.78 — 79). **Eligible** — World record holder Wolfgang Schmidt (GDR; 69.08 — 79), Markku Tuokko (Fin; 68.12 — 79), Velko Velez (Bul; 67.26 — 79), Yuriy Demshev (USSR; 67.26 — 80) etc.

HT: Absent — Former world record holder Karl-Hans Riehm (78.66 — 79) and German colleagues Manfred Hünig (79.16 — 79) and Klaus Ploghaus. **Eligible** — Soviet world record breakers Sergey Litvinov (81.66 — 80), Yuriy Sedykh (Olympic champion) (80.64 — 80) and Juri Tamm (80.46 — 80); Detlef Gerstenberg (GDR; 77.82 — 79), Roland Steuk (GDR; 77.64 — 79) etc.

JT: Absent — Germans Helmut Schreiber (92.72 — 79), Klaus Tafelmeier (89.78 — 79) and Michael Wessing (88.36 — 79); Bob Roggy (USA; 88.26 — 79), Norwegians Reidar Lorentzen (87.32 — 79) and Bjørn Grimnes (86.84 — 79), Shen Mao-Mao (China; 86.50 — 79). **Eligible** — World record holder Ferenc Paragi (96.72 — 80) and defending champion Miklós Nemeth of Hungary; any three Finns, perhaps Pentti Sinersaari (93.84 — 79), Esa Utriainen (90.94 — 79) and Arto Harkonen (90.26 — 80); Wolfgang Hanisch (GDR; 90.36 — 79) etc.

Decathlon: Absent — Former European record holder Guido Kratschmer (Ger; 8484 — 79), Jürgen Hingsen (Ger; 8276 — 80), Bob Coffman (USA; 8274 — 79), Tito Steiner (Arg; 8124 — 79). **Eligible** — World record holder Daley Thompson (8622 — 80), Siegfried Stark (GDR; 8480 — 80), Sepp Zeilbauer (Aut; 8198 — 79), Rainer Pottel (GDR; 8195 — 80), Yuriy Kutsenko (USSR; 8195 — 80), European champion Aleksandr Grebenyuk (USSR; 8166 — 79) etc.

Walks: No potential medallists absent.
4 × 100: Absent — USA (38.30 alt — 79), Germany (38.98 — 79). **Eligible** — Italy (38.42 alt — 79), Poland (38.47 — 79), GDR (38.70 — 79), France (38.71 — 79), Ivory Coast (38.73 alt — 79), UK (38.95 — 79) etc.

4 × 400: Absent — USA (3:00.7 — 79), Germany (3:02.0 — 79), Kenya (3:04.0 — 79). **Eligible** — USSR (3:02.2 — 79), GDR (3:02.2 — 79), Poland (3:03.1 — 79), Netherlands (3:03.2 alt — 79), France (3:03.7 — 79) etc.

(Women's situation next week)

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Welsh All-rounders in form

JUDGING by the pentathlon performances by four girls in the Welsh AAA/Welsh WAAA Championships (part 1), at Cwmbran on May 10th, the Principality is going to be well blessed for multi-event athletes for years to come.

Last season, Sarah Bull — somewhat a late developer at 24 — gave a glimpse of her potential with a 3735 pts winning total in these Championships. But now, a year older, she added 13 pts to Ruth Howell's Welsh record in winning this year's event with 4035 pts. She went on to complete the heptathlon, scoring 5200 pts — again bettering Ruth Howell's Welsh best, this time by 74 pts. The Newport athlete also became only the 5th Welsh girl to better 6m in the long jump with 6.01m; whilst her 14.4 hurdles, aided by a 3.8m wind, equalled her best.

An equally fine performance came from 2nd placed Sarah Rowe, last year's top UK Intermediate, who added 48 pts to Kim Hagger's UK age-16 best with 3950 pts. She also clocked 14.4 for 100m hurdles, and added 2cm to her high jump best with 1.79m, to equal Julia Charlton's absolute Welsh record, set indoors earlier this year.

Julia, still only 13, who holds the UK age best with that 1.79, added another UK best to her haul in taking the junior pentathlon with 3438 pts. This total added a massive 304 pts to Karen Glen's age-13 best, and was also 39 pts better than Wendy Laing's age-14 best. Her marks included a 1.75 high jump and a 5.47 long jump which added 12cm to Debbie Perry's Welsh record. There was a sound 3179 pts from Kerry Crook in 2nd, too.

Sarah Nicholls in taking the intermediate event with 3406 pts, also excelled. Her total included a personal best 1.72 high jump.

UK record holder Sue Longden, competing as a guest, pulled out after 3 events of the senior competition after complaining of being unwell. She clocked 13.9 for the hurdles, and put the shot 11.48m.

On the men's front, AAA indoor 1500 champion Malcolm Edwards made a welcome appearance on the Welsh scene taking his first Welsh title with an easy looking 1:54.6 800.

Clive Williams

800: M. Edwards (W&B) 1:54.6. 5000: 1, G. Grant (Camb. H) 14:24.1; 2, C. Mattock (W&B) 14:28.0; 3, J. Robertshaw (Newp) 14:01.9; 4, J. Theophilus (Swan) 14:35.0. 4x100: Newport 44.7. 4x200/4x400/3x800: Cardiff 1:31.8/3:24.6/6:14.6. 4x1500: Swansea 17:11.2. (Juniors): 4x100/4x200: Cardiff 44.3/1:34.6. 3x800: Torfaen 6:18.4. (Youths): Pent: R. Jones (Bridge) 2312. 4x100/4x400: Newport 46.8/3:43.3. 4x200: 1, Cardiff 1:35.9; 2, Newport

1:37.8. 3x800: Barry & V 6:32.1. (Boys): 4x100/4x200/4x400/3x800: Cardiff 48.7/1:42.3/4:03.0/6:50.5. (Colts): 4x100/4x200: Cardiff 56.1/1:59.4. 3x800: Torfaen 7:33.2.

(Women): 5000: A. Edwards (Bris) 17:34.8. Pent: 1, S. Bull (Newp) 4035 (14.4, 12.35, 1.65, 6.01, 2:28.9); 2, S. Rowe (Glouc) 3950 (14.4, 8.90, 1.79, 5.49, 2:18.6); 3, J. Lloyd-Francis (Car) 3310 (1.65). Also S. Longden (Ex. L) dnf (13.9, 11.48, (Inters): Pent: S. Nicholls (Bridge) 3406 (12.8, 9.08, 1.72, ?, 2:45.1). 4x200: Cardiff 1:49.5. (Juniors): Pent: 1, J. Charlton (Carm) 3438 (12.1, 8.96, 1.75, 5.47, 2:50.1); 2, K. Crook (Cled) 3179. 4x200/3x800: Cardiff 1:50.3/7:34.4. 2500W: S. Skinner (Brec) 17:58.8. (Girls): Pent: 1, E. Scarf (A'dare) 2803 (14.9, 6.83, 1.43, 4.08, 2:46.5); 2, J. Okey (Car) 2647. 4x200/3x800: Cardiff 1:58.0/8:10.0.

UK v GERMANY JUNIOR INTERNATIONAL

Selection for the above International, at Grangemouth on July 5th, takes place on June 22nd, and athletes eligible for the match (i.e. Boys born in 1962 or later, and Girls born in 1963 or later) are invited to send details of their performances (showing date/venue, as well as full name and date of birth) to the Junior Commission's statisticians for consideration, as quite a lot of athletes in this age group have had limited competition this year.

Marks should be forwarded to: (Girls) Peter V. Martin, "Haytor", 23 Beaconsfield Road, Basingstoke, Hants. RG21 3DQ (Telephone: (0256) 66960); (Boys) Nigel Bailey, 15 Chaseley Avenue, Cannock, Staffs. WS11 1JG (Telephone: (05435) 4624).

Performances recorded on June 21st, should be telephoned through to the statisticians.

Top athletes in 1979 should have already received report forms for recording their marks.

It should be noted that in the Men's hurdles, shot, discus and hammer Senior implements will be used.

Alan Lindop,
Hon. Secretary,
BAAB Junior Commission.

CAMBERLEY & DISTRICT A.C.

OPEN MEETING

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

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People's Marathon An Important Milestone

IN YEARS TO COME, when marathon fields several thousand strong will be commonplace in Britain, it will be seen that the event which triggered off the mass long-distance running movement in this country was the inaugural People's Marathon, organised by Centurion Joggers in the North Solihull-Chelmsley Wood area on May 11th. It proved to be an outstanding success, paving the way for an even more ambitious promotion from Birmingham's National Exhibition Centre next year, when it is hoped that up to 2000 runners will be accommodated.

This first venture was limited to 750 entries, with hundreds of applicants having to be refused. The whole point of the People's Marathon was to provide an opportunity for established marathon runners of less than top class (no one who had run faster than 2:50 since January 1979 was eligible) and novices to attempt the classic distance in a properly organised and supervised manner. It was not, strictly speaking a race — but all the back-up of a conventional marathon race was available: refreshment stations, medical facilities, mile markers etc. Organiser John Walker said afterwards that he was "not completely happy" with all the arrangements on the day but he had gained valuable experience and he paid tribute to "a tremendous crew of helpers". As one who participated in the event, I can testify to the overall efficiency of the organisation. There were a few little wrinkles (like a long, slow-moving queue to collect one's number) which can be ironed out for next time, but once the 'race' got underway the on-road arrangements were excellent. I have nothing but admiration for all the timekeepers, recorders, course marshals and those manning the drink and sponging stations with such enthusiasm and good humour, who were at their posts for upwards of six hours in hot, blustery conditions.

That weather made it tough going for the 591 official starters (558 men, 33 women), some 68% of whom were first-time marathoners. The shade temperature was 66°F at the noon start, rising to 70° at 3 pm, but out in the full glare of the sun it must have been up in the eighties, while gusts of up to 50 mph were recorded. In the circum-

stances, the percentage of finishers was remarkably high: 85% of the men and 72% of the women. No fewer than 340 of the 498 finishers were first-time marathoners. Happily, there were virtually no medical problems. One runner collapsed at the finish and was taken to hospital suffering from severe cramp, but he quickly recovered.

First runner home was Graham Patton of Coventry Godiva in the very worthy time of 2:40:44, with Jane Davies — also of Godiva — leading the ladies in 3:12:40. On a cooler, calmer day they might have gone close to 2½ and 3 hours respectively. There were 27 runners under 3 hours, 331 inside 4 hours, and the last to finish recorded 6 hr 22 min. A lad of 17, Eddie Twohig, registered 2:45:51, while at the other end of the age scale the remarkable 74-year-old Claus Bendig (Veterans AC), who took up marathoning at 68, completed the distance in 5:27:42.

Best of all about the event was the camaraderie among the runners, united by a common cause: to tackle, and if possible conquer, the marathon distance. It was a pleasure (well, in retrospect anyway!) and privilege to be a participant in this significant event — an antidote to the growing elitism of track and field athletics.

Leading finishers: G. Patton (Cov G) 2:40:44, I. Ford 2:42:03, C. Moulton (Herc W) 2:45:01, E. Twohig 2:45:51, B. Feeny (Derby) 2:47:49, A. Vernon (Staffs M) 2:48:30, C. Bell 2:49:15, D. Cartwright (LDWA, Wessex) 2:49:57, A. Linturn (Maidenhead) 2:50:09, A. Barrett (Burnham Joggers) 2:53:17, P. Garrity (Wigan) 2:53:29, A. Osborne 2:54:07, D. Harris (Bournville) 2:55:31, P. Harrington 2:55:56, R. Nicholson (Bridgend YMCA) 2:56:31, G. Grew (Bris) 2:56:47, M. Worne (Chiltern Str) 2:57:39, W. Anderson (Met Pol Cadets) 2:57:51, K. Fry (Walton) 2:57:58, B. Freeman (San Diego TC) 2:57:58. **(Women)** J. Davies (Cov G) 3:12:40, E. Adams (Sutton-in-Ash) 3:26:41, D. Harris (Chesterfield) 3:30:19, S. Green (Burnham J) 3:32:01, L. Fitzgerald 3:41:38, R. Taylor (Herc W) 3:42:06, S. Jenkins (Chester Port) 3:44:49, M. Ellis 3:50:03.

Mel Watman

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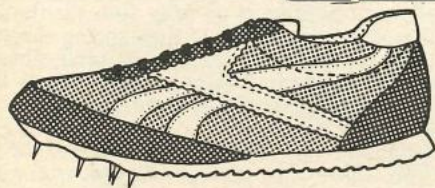
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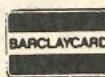
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Mike Parker (NZ) Takes RWA 20km Walk Title

By Julian Hopkins

BRIGHT but very windy conditions greeted the walkers at Southport on May 10th for the RWA 20km championship, 121 men facing the starter on the flat four-lap course. Notable absentees included five times champion Olly Flynn, Roger Mills (recently injured in a motor bike accident) and George Nibre.

From the start Amos Seddon dictated the pace, closely followed by the first Olympic trial winner, Mike Greasley, New Zealander Mike Parker and Chris Harvey. At 5km Seddon (22:01) was starting to pull away from Greasley and Parker (22:03). Harvey, somewhat inhibited by a recent spate of disqualifications, passed in 22:07, followed by the young stars. Ian McCombie and Gordon Vale (both 22:12). A group consisting of Brian Adams, Graham Morris, Mike Holmes, Denis Jackson and Alan King were clocked at 22:22. Seddon sped round the next lap in a fine 21:50 to take a 100m lead over Parker (44:19). There was quite a gap behind to Vale (44:47) who had a one second advantage over Harvey. Adrian James had now come into the picture. He was just 7 sec behind Harvey after being only 12th at the end of the first lap. Greasley was now struggling and, clearly below the form of the previous weekend, retired soon after half distance.

The third lap saw Parker fighting back brilliantly and with a 22:07 circuit he caught the leader just at the start of the last lap (66:26). James continued to improve on this lap and was now third in 68:00, 11 sec in front of Harvey. Vale had slipped back to 6th place behind Holmes (68:30) whilst King and Blagg were moving through the field. On the third lap Morris had suffered a rare disqualification for loss of contact. At the front Seddon held Parker for half of the last lap but the New Zealander was in irresistible form and won by 21 sec. His time — a personal best of 89:20 — would have been at least a minute faster had it not been so windy. Seddon's fine performance in second place — one of his very best at the distance — showed that he had recovered from the groin injury which put him out of the previous Sunday's Olympic trial. The rest of the field were outclassed for there was a two minute gap before Adrian James appeared in third place. His 91:40 was a fine personal best and this 50km specialist beat many of the top 20km exponents.

A revitalised Vale moved through to chase James round the last lap but suffered

disqualification for a bent knee after he had finished, just as in the National 10 miles. It was most unfortunate that this fate should have occurred twice to our most talented junior but he is clearly not walking with as good a technique this year as last. A subdued Harvey took fourth place only 5 sec in front of King who had walked the second half faster than all except Parker and Seddon. Holmes had a good race to finish well in front of Adams and only 22 sec outside his best ever. Other notable performances included personal bests by Ian McCombie (despite little training recently due to studies), Paul Blagg, young Phil Vesty and Manxman Murry Lambden (a real breakthrough this).

York Postal won their second national team championship of the year (despite losing their third string Barry Graham due to disqualification) but it could not have been closer. They tied with Leicester on 38 points but a last scorer in 17th position, as against 26th for the Midlanders, saw the championship go north. Surrey, despite losing Vale, beat Sheffield by 10 points for the bronze medals.

5km: 1, Seddon 22:01; 2, Greasley 22:03; 3, Parker 22:03; 4, Harvey 22:07; 5, McCombie 22:12; 6, Vale 22:12; 7, Adams 22:22; 8, Morris 22:22; 9, Holmes 22:22; 10, Jackson 22:22; 11, King 22:22; 12, James 22:32.

10km: 1, Seddon 43:51; 2, Parker 44:19; 3, Vale 44:47; 4, Harvey 44:48; 5, James 44:55; 6, Greasley 44:56; 7, McCombie 44:56; 8, Holmes 45:10; 9, Jackson 45:15; 10, Adams 45:21; 11, Morris 45:27; 12, King 45:28.

15km: 1, Seddon 66:26; 2, Parker 66:26; 3, James 68:00; 4, Harvey 68:11; 5, Holmes 68:30; 6, Vale 68:32; 7, Adams 68:36; 8, McCombie 68:39; 9, King 68:44; 10, Jackson 69:14; 11, Jarman 69:55; 12, Blagg 70:28.

1, M. Parker (Brighton & Hove) 89:20
2, A. Seddon (Enfield) 89:41
3, A. James (Enfield) 91:40
4, C. Harvey (York P) 91:55; 5, A. King (Leics) 92:00; 6, M. Holmes (York P) 92:08; 7, B. Adams (Leics) 92:47; 8, I. McCombie (Camb) 93:21; 9, D. Jackson (York P) 93:28; 10, D. Jarman (SWC) 94:22; 11, P. Blagg (Bel) 94:41; 12, R. Sheppard (Ilf) 96:08; 13, P. Vesty (Leics) 96:17; 14, M. Lambden (Bound) 96:25; 15, P. Ryan (Sheff) 96:39; 16, J. Warhurst (Sheff) 96:55; 17, P. Selby (SWC) 97:34; 18, A. Malone (Stock) 97:57; 19, K. Carter (A. Strid) 98:05; 20, R. Elliot (York P) 98:11; 21, P. Jarman (SWC) 98:22; 22, D. Stevens (Stey) 98:32; 23, J. Errington (York P) 98:46; 24, J. Eddershaw (Sheff) 98:54; 25, R. Lancefield (SWC) 99:01; 26, D. Holly (A. Strid) 99:47; 27, J. Hall (Bel) 100:41; 28, M. Angove (Grey) 101:20; 29, S. Tyas (Yorks) 101:35; 30, R. Hankin (Sheff) 101:36; 31, G. Chaplin (Cov G) 101:51; 32, A. Trigg (Leics) 102:14; 33, M. Scamell (Bel) 102:34; 34, S. Uttley (Ilf) 102:40; 35, S. Elms (Stey) 103:07; 36, K.

Halstead (Cov G) 103:20; 37, J. Newnham (Bel) 103:21; 38, R. Middleton (Bel) 104:02; 39, M. Nicholls (Bel) 104:06; 40, M. Smith (Cov G) 104:19; 41, D. Staniforth (Sheff) 104:48; 42, T. Stevenson (Sheff) 104:59; 43, E. Crompton (Lancs) 105:19; 44, A. Worth (Leics) 105:26; 45, W. Wright (Cov G) 105:57; 46, P. Markham (Leics) 106:02; 47, M. Lees (Stock) 105:15; 48, T. Morris (Grey) 106:50; 49, J. Robinson (A. Strid) 107:18; 50, D. Sheppard (A. Strid) 107:19. 121 started, 106 finished. **Teams:** 1, York Postal RWC 38; 2, Leicester WC 38; 3, Surrey WC 51; 4, Sheffield 61; 5, Belgrave 85; 6, Anglia Striders 118; 7, Coventry Godiva 125; 8, Steyning 177; 9, Greyfriars 190; 10, Belgrave 'B' 198.

* * *

Magog Trophy International Inter-Regional Match, at Mouscron, Belgium (May 4th). Although not fielding the all-international team they did in France last year, Ile de France (Paris) retained the Magog Trophy. It was a fine sunny day but a cold wind and a testing hill took its toll on an otherwise excellent circuit.

Mike Parker took off fast in the 20km but slowed with shin soreness to let French international Gerrard Allain lead. As the race progressed Parker again took control for a good victory while Dave Jarman, only two days after placing 12th in the Milan 30km, came through strongly after a slow start for a fine 2nd. Belgian Christian Halloy set a meeting record in the 50km

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but was not walking particularly well and the British spectators felt he should have been disqualified as his left leg often failed to straighten. Dave Boxall, after two disappointing 200km races on the Continent (a 7th and a DNF), had a fine race but John Lees is really struggling to regain his old form.

20km: 1, M. Parker (Sx) 93:46; 2, D. Jarman (Kt) 95:10; 3, G. Allain (Paris) 96:53; 4, P. Jarman (Kt) 97:23; 5, D. Stevens (Sx) 97:33; 6, C. Moulinet (P) 100:05 . . . 9, M. Nichols (Kt) 101:35; 11, S. Holliday (Kt) 101:58; 12, D. Rowland (Sx) 105:12; 14, A. Buchanan (Sx) 107:54. **50km:** 1, C. Halloy (Bel) 4:21:17; 2, A. Labbe (P) 4:45:06; 3, D. Boxall (Sx) 4:47:17; 4, G. Imbert (P) 4:47:58; 5, G. Weill (P) 4:54:02; 6, J. Lees (Sx) 5:00:55 . . . 8, R. Michel (Kt) 5:06:24; 10, R. Parkins (Kt) 5:09:54; 12, K. Till (Sx) 5:12:01; 13, M. Davitt (Kt) 5:15:02. **Result:** 1, Ile de France (Paris) 98; 2, Sussex 87; 3, Kent 80; 4, Hainaut (Belgium) 56; 5, Flandres (France) 55.

Brighton to Steyning 20km (April 19th). Roger Mills led from the start to slice 1 min 27 sec off Carl Lawton's four-year-old record on this tough undulating course. Only briefly was he under pressure when Graham Morris noticeably closed the gap just before halfway but he rallied and passed 10km in 45:12, to 46.03 by Morris. Ian McCombie, at 18, is still very much a 20km novice and although he faded from a 46:23 halfway clocking his finishing time still stood up well against previous times on this course and he obviously has a big future at the distance. 1, R. Mills (Ilf) 91:22; 2, G. Morris (Stey) 93:09; 3, I. McCombie (Camb. H) 95:21; 4, P. Selby (Sy) 98:09; 5, A. Geal (Stey) 98:47; 6, G. Vale (Sy)

* * * * *

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98:51; 7, D. Stevens (Stey) 99:37; 8, E. Shillabeer (Dawl) 100:19; 9, J. Hall (Bel) 102:23; 10, D. Salter (Enf) 103:47; 11, S. Elms (Stey) 104:04; 12, R. Gardner (Hales) 105:13. **Teams:** 1, Steyning 17; 2, Belgrave 41; 3, Surrey WC 51; 4, Brighton & Hove 63.

Alan Buchanan

* * * * *

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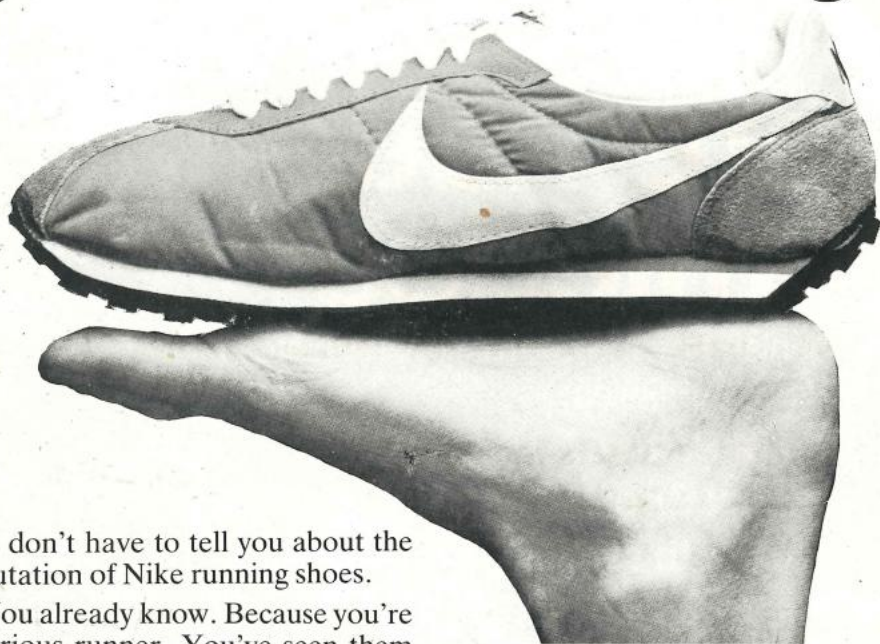
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