

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

MAY 9th 1981

30p



Eamonn Coghlan Featured

RUNNING WILD NIKE SHOE COLLECTION



RACERS



EAGLE
4-5 ½ £29.55, 6-12 £33.95



NEW! MAGNUM
6-13 £27.95



ELITE (Best seller)
6-13 £25.50



WAFFLE RACER (Special Offer)
5 ½ £10.99, 6 ½, 10 ½, 11 ½, 12 £14.99

TRAINERS



TAILWIND
(Air sole)
6-12 £34.99



NEW! INTERNATIONALIST
6-12 £29.95



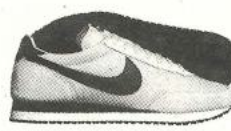
DAYBREAK
5-5 ½ £23.75, 6-12 £27.30



LDVII (Best seller)
5-5 ½ £22.75, 6-12 £25.50



WAFFLE TRAINER II
5-5 ½ £18.20, 6-12 £20.99



YANKEE
4-5 ½ £14.75, 6-12 £16.95



ORIENTEER (for Tough terrain)
6-12 £16.95



LEATHER ROAD RUNNER
4-5 ½ £13.99, 6-12 £15.99



NYLON ROAD RUNNER
3-5 ½ £11.85, 6-13 £13.65



OCEANIA
3-5 ½ £11.30, 6-12 £12.99



LDVI (Special Offer)
7, 11-12 ½ £17.95



WALLY WAFFLE (Best seller)
8-13 £8.50, 1-5 ½ £8.90, 6-7 £9.99

SPIKES



VAINQUEUR
5-5 ½ £29.30, 6-12 £33.70



UNIVERSE
5-5 ½ £26.90, 6-12 £30.99



TRIUMPH
4-5 ½ £18.90, 6-13 £22.75



FLY
3-5 ½ £15.85, 6-12 £18.20

RUNNING WILD (Dept. AW), Tel. 061 368 8008.
FREEPOST

(i.e. no stamp required UK mainland but if your order is
URGENT we recommend using 1st class post!)

2, TOWER ST., HYDE, CHESHIRE.

**24 HOUR
SERVICE**



POST FREE SERVICE BY FIRST CLASS POST

Running Wild

Editor: MEL WATMAN
 Assistant Editor: BARRY TROWBRIDGE
 Editorial Assistant: BRIAN SMYTH
 Business & Advertisement Director: TIM GREEN
 Advertising Assistant: DAVID MATTHEWS
 Consultant Director: P. W. GREEN
 Subscriptions & Books: JACKIE PENNEY
 Subscriptions & Circulation: DOREEN BOURNE

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: £19.60
 Through an agency: £23.66
 Overseas Surface Mail: £24.44
 Air Mail Europe: £29.12
 Other Air Mail rates on application.
 USA Surface: \$62. Air Mail: \$87.
 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 1980 20,396.

*No part of this magazine may be used or reproduced
 without the express permission of the editor or
 publishers, and even if such permission is given, the
 source must be acknowledged when used.*

INCORPORATING: WOMEN'S ATHLETICS · MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

Vol. 35 No. 19

MAY 9th 1981

CONTENTS

* Tragic Death Of Micky Morris	5
* Cash Prizes Recommended In IAAF Working Party Report	6
* Road Racing Coverage	8
* Interview With Stan Long — by Simon Turnbull	21
* Race Walking Topics — by Colin Young ..	26
* Eamonn Coghlan Feature	29
* Who's Who: Cherry Hanson	36
* American Results	38
* Spotlight on Philip Beattie & Lincoln Asquith	41
* Sue Reeve Forced To Retire	42
* Readers' Letters	44

COVER PHOTO (By Mark Shearman)

Eamonn Coghlan (6) with John Walker, Steve
 Overt, Thomas Wessinghage and Filbert Bayi in the
 1980 IAAF Golden Mile.

THE WEEK AHEAD

Saturday, May 9th: Welsh Pentathlon & Heptathlon, Walks and Relay Champs (1st day), Cwmbran; Scottish Pentathlon Champs, Grangemouth; Midland Heptathlon & Decathlon Champs (1st day), Birmingham; Northern Decathlon Champs (1st day), Sheffield; Kent Boys & Colts Champs, Deangate; United Hospitals Champs, Motspur Park; GRE British League (Div. 1 — Wolverhampton; Div. 3 — Luton; Div. 4 — Cudworth); Southern Women's League; Scottish Universities Champs, Meadowbank; Stretford YA Open Meeting; Ranelagh Half-Marathon, Effingham; Croxdale '10' (inc. NE Counties Champs), Spennymoor; Sri Chinmoy '5', Ipswich; Ben Lomond Hill Race; Duddon Fell & Mountain Races (1st day); Ben Rha Hill Race, Thurso; National 20km Walk Champs.

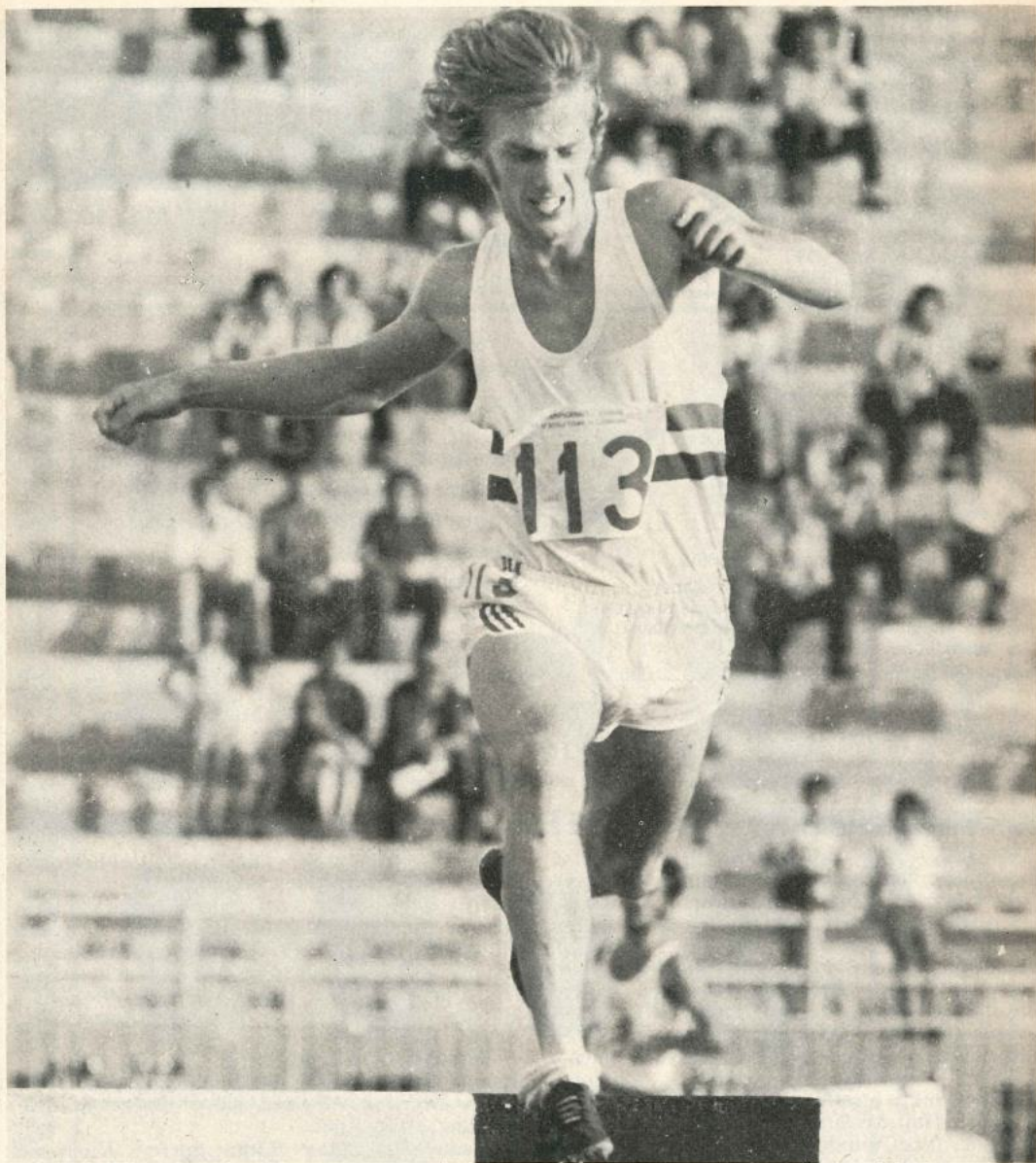
Sunday, May 10th: AAA Marathon, Rugby; GRE Gold & Jubilee Cups (1st round); Welsh Pentathlon & Heptathlon (2nd day), Cwmbran; Northern Decathlon Champs (2nd day), Sheffield; Midland Heptathlon & Decathlon and Relay Champs (2nd day), Birmingham; Berkshire Champs, Bracknell Stadium; GRE British League

(Div. 2 — Cwmbran; Div. 5 — Cleckheaton); Nike Peoples Marathon, Solihull; ULAC v Essex AAA v Kent AAA v Army, Motspur Park; Lines League, Lincoln; Scottish E. District League, Pitreavie; Scottish YA League, Scotstoun; Bromsgrove & R Taurus Relays, Redditch; Crewe '8'; Darwen Moors Fell Race; Cumbria '20', Barrow; Duddon Fell & Mountain Races (2nd day).

Tuesday, May 12th: Surrey Champs, Motspur Park; Lanarkshire League, E. Kilbride; Stretford Open Meeting; Oxford City Open Graded Meeting, Iffley Road.

Wednesday, May 13th: Surrey Champs, Motspur Park; Oxford Univ. v RAF, etc., Iffley Road; Middlesex League; W. Yorkshire League, Bradford; Scottish Universities League, Bucks League, Halton; Mondo Surfaces SCAAA Open Meeting, Crystal Palace; Woodford Green Open Graded Meeting, Ashton Playing Fields; Wycombe Phoenix Open Meeting, High Wycombe.

Thursday, May 14th: Surrey Champs, Motspur Park; Reading Gala of Sport; City of Hull Open Meeting, Costello Stadium.



Micky Morris on his way to the European Junior title in 1975 — photo by Mike Street

**For outstanding
performance
in sport**

Edward R. Buck & Sons Ltd., Brinksway, Stockport, SK4 1ED.



...British is Best

THE TRAGIC DEATH OF MICKY MORRIS

WELSH ATHLETICS, and the sport in Britain, was robbed of one of its most talented athletes with the sudden death, whilst out on a training run on April 22nd, of the 1975 European Junior 2000m steeplechase champion Micky Morris — at the age of 24.

A passer-by found him lying on the road side, and mouth to mouth resuscitation failed to revive him. By all accounts he had been feeling fine and looking forward to the new season when he hoped to make a determined challenge to make the Welsh squad preparing for next year's Commonwealth Games.

His last race was on April 5th when he helped Cardiff win the Welsh road relay title in record time, and was due to run in the National 12-stage in which Cardiff finished 5th.

Micky first came to prominence as a youngster with his local club Cwmbran Olympians and it was as a member of the Cwmbran club that he won his European Junior title, before moving to Cardiff AAC.

He was very unlucky not to have made the Welsh team for the Edmonton Commonwealth Games. In the 1978 AAA 3000m steeplechase he finished third in the same time (8:35.8) as Tony Staynings in second place, but this failed to gain him the trip, and he was bitterly disappointed. There was some consolation later in the year, however, when he won the second of his two British vests in the match against Finland at Crystal Palace.

In 1976 he took the Welsh Junior cross-country title and he also finished second in the Welsh Senior cross-country championships. After this performance, I wrote in 'AW': "without doubt Morris, is one of the finest young athletes at the moment . . .". He retained his junior title in 1977.

His best 3000m steeplechase was set in finishing second in the 1976 AAA event to Tony Staynings in 8:35.6, where he improved in one go from 8:54.6.

However, in retrospect, 1975 was his best year. He started by winning the Welsh Youths cross-country title and startled the statisticians with a new UK junior 2000m steeplechase record of 5:35.6 on July 1st at his home track at Cwmbran. There were many who doubted this performance but he silenced the doubting Thomases by later taking the AAA junior title in 5:37.8 at Liverpool and also winning the event in the Junior International against France at Warley in 5:44.6. Then came his European junior triumph. In 1975 he also took the Welsh 1500m title in the then championship best time of 3:55.8.

But that win in the European junior 2000m steeplechase in Athens on August 24th 1975 was

the pinnacle in his tragically short life. His time of 5:34.8 stood for three years as the UK junior record until Colin Reitz beat it, and along with his 8:54.6 for 3000 still stands as a Welsh junior record.

He went to the USA on an athletics scholarship in 1978, but he never settled. He returned to join the Gwent Police Force, and had been fighting ever since to regain his best form.

He leaves a wife and two children, to whom — and the rest of his family — all in the sport which he loved send their deepest condolences.

Clive Williams

VLADIMIR DYACHKOV

Professor Vladimir Dyachkov, the coach of Valeriy Brumel and probably the world's leading authority on high jumping, died on February 16th, aged 77. He was a former Soviet pole vault champion.

HARRI LARVA

One of Finland's legendary runners has died at the age of 74. Harri Larva was the 1928 Olympic 1500m champion, his time of 3:53.2 being an Olympic record.

PRINTED

CLUB

Full 8" or 4" print, front or back.



VESTS

Badges, Crests, Motifs, Names, Numbers, Mottoes.

Vests:

Cotton or Poly/cotton.

Plain or trimmed Neck and Arm, or 1, 2 or 3 bands — Horizontal or Diagonal.

Sizes:

Male 26"-44". Female 26"-40".

Min. Order:

30 vests. Any sizes. M or F.

Sample:

Printed sample available.

Design:

A rough sketch only required.

For full details and prices:

PETROS SPORTS,

Westleigh, Tiverton, Devon.

Tel. (0823) 672005; 672351.

CASH PRIZES RECOMMENDED BY IAAF WORKING PARTY

ABOLITION of the term "amateur"; the setting up of trust funds for athletes; cash prizes to be awarded at international invitation meetings but an end to appearance money; athletes to benefit financially from advertising and endorsements ... these were among the far-reaching recommendations contained in the Report of the IAAF Council Working Group on Eligibility, which was submitted to the IAAF Council in March.

The Council, meeting in Cairo, considered the Report at length and although the recommendations relating to trust funds, advertising and endorsements were supported, the majority view was that the term "amateur" should remain, and that if cash payments were to be introduced it would be better if this was on the basis of participation (i.e. appearance) money.

However, the Council considered it vital for a full discussion to take place in Congress (in Rome in September) on the advantages and disadvantages of prize money and/or participation money. After such discussion, the Working Group would be asked to reconsider their recommendations in the light of the Congress debate. Only then would the Council feel prepared to consider whether or not to submit a recommendation on prize or participation money to the 1982 Congress in Athens. Therefore, the earliest any new legislation could take effect would be for the 1983 season.

In view of the great importance and significance of this document we shall be printing the Working Group's Report in detail in next week's issue. Meanwhile, here are some extracts, together with the Council's recommendations as appropriate:—

Trust funds and social benefits:

A possible method of offering financial compensation to athletes for the fact that their professional careers have been disrupted whilst they were competing, is in the creation of trust funds or social benefits. The principle that National Federations have the right to create such funds is accepted. Any rule to cover this cannot by its very nature be too specific, in view of the varied laws in force in different countries.

Council's comment: Council can support the new principle that National Federations have the right to create trust funds and social benefits for athletes. The proposed rule changes are therefore supported, although it may be difficult to define the exact nature of trust funds, pension funds or social welfare in view of the differences in national legal systems.

Advertising and endorsements

It is recognised that an athlete's fame may be turned to financial advantage, provided that any

contracts are made and negotiated by the National Athletic Federation. It is felt that the athlete should be allowed to benefit from such contracts, within the limits laid down in Rules 14, 15 and 16.

It is stressed, however, that if the National Federation negotiates contracts for advertising and endorsement of products, on the athlete's behalf, then, in return for the time and money spent in developing international athletes, coaching, administration etc., the National Federation has a right to control the application of the advertising revenue.

It is not up to the IAAF to define the exact division which is made in such cases, this being left to the National Federations and the athletes concerned, to take into account local conditions. Already, there are signs that a sharing system is gradually being brought in in several countries, with the athlete, in return for his contribution in a given project, being attributed funds from the National Federation in order to help with his training. The firms with whom contracts are negotiated could become sponsors of the National Federation.

Council's comment: This is fully supported.

Prize money

It is the majority view of the Working Group that it is now realistic to allow rewards to top international athletes, who are needed as valuable propaganda for the sport. These athletes should be allowed to benefit from prize money from international invitation meetings which have received the IAAF permit.

It is recognised that it is impossible to control prize money completely — there is always the danger of additional sums being paid "under the table". However if prize money was accepted by the IAAF as a principle, the athletes would know the chance of reward, and the temptation for "under the table" payments would be considerably less. On the other hand, organisations or athletes offending against these Rules would be subject to sanctions.

The view is put forward that already we virtually have prize money up to \$250, as there is little difference between actual cash and an object — say a watch or television set — the cash value of which can be realised.

It is recommended that prize money sums — (a) should not be excessive, possibly an upper limit of \$1000 per event; (b) should not be limited to the first 3 athletes in an event; and (c) each event should have some prize money. It is recognised at the outset that some Federations

FREE
 nutritional information
 + Casilan recipe ideas. write.
 Dept. AW, Farley Health Products Ltd.
 Torr Lane, Plymouth, Devon PL3 5UA

**You and your body
 work hard turning diet protein
 into muscle**

Casilan makes the job easier!

Join the "90% Protein" Casilan Team. Casilan makes the job of building muscle easier than most other dietary protein supplements for two very good reasons.

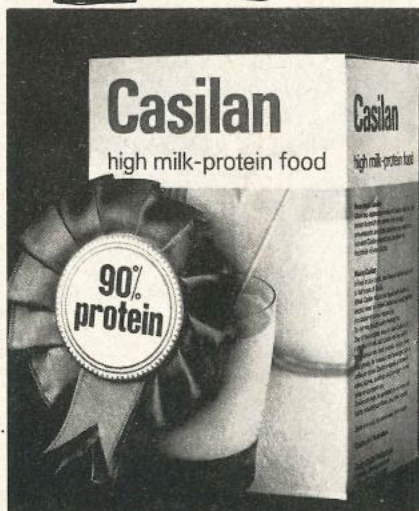
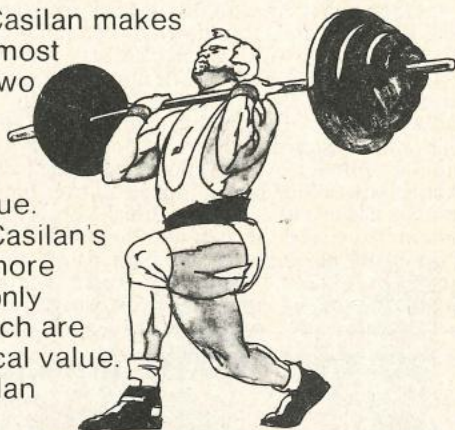
Firstly, Casilan is made from Calcium Caseinate. Derived from milk protein, it is a first class protein of high biological value.

Your body converts Casilan's protein into muscle more efficiently than soya only protein foods which are lower in biological value.

Secondly, Casilan contains 90% protein. Many other supplements give you such a small percentage of protein, the makers don't even declare the figures on their packages.

Casilan adds up to one of the very best sources of dietary protein when compared to other protein supplements. And Casilan is low

in fat - low in sodium. **Join the Casilan "90% Protein" Team today.**



At chemists everywhere

TREMENDOUS DUEL IN GLOUCESTER 100 MILES

THERE WAS no world best performance for 100 miles, the aim of the Gloucester '100' on April 11th, but there was a tremendous battle between two Gloucester AC runners, Martin Daykin and David Dowdle, with only 23 seconds separating them at the finish.

Daykin had been in the leading group from the 6 am start of the 10 lap race and he had broken clear by 40 miles. At 50 miles (5:42:08) he was 3:49 clear of Dowdle and he gradually increased this until he suddenly hit trouble at 70 miles. He almost collapsed at the feeding station and Dowdle went scampering into the lead.

A Mackeson seemed to do the trick for Daykin as he kept Dowdle's lead down to two minutes at 80 miles, but with a chance of the best performance disappearing, drama came on the ninth lap when Daykin drove himself into the lead at 84 miles, only to hit trouble again at 88 miles and relinquish it again to Dowdle who was running a blinder. As Dowdle rounded the turn at 90 miles with a 2:02 lead it looked all over but the waiting enthusiasts at the finish heard that Daykin had closed the gap, and then with a great effort at 94 miles on the only small hill on the circuit, he took the lead once more. Although Dowdle closed on him, the situation remained

Road Racing Coverage

and the two came in to great applause with only 150 metres separating them. Daykin was spent at the finish though Dowdle seemed remarkably fresh. Daykin had probably over-reached himself with a hard 50km race in France the previous weekend.

Both Daykin and Dowdle had been putting in up to 190 miles a week training for the event and were rewarded with second and third best road times ever recorded. The next three places were also close with Dave Goodwin running splendidly for third place from the remarkable Mark Pickard (who ran the Finchley '20' next day in 2 hours 4 minutes!) and the improving John Towers. 13 of the 30 starters completed the '100' by midnight. Thanks are due to Perkins Electrical for sponsoring the race and Martin Daykin, Terry Haines and the Gloucester AC committee for organising the race so successfully.

Don Turner.

1, M. Daykin (Glouc) 12:16:46; 2, D. Dowdle (Glouc) 12:17:09; 3, D. Goodwin (Thet) 14:07:42; 4, M. Pickard (E&E) 14:13:50; 5, J. Towers (E. Hull) 14:21:01; 6, C. O'Carroll (Glouc) 15:21:07; 7, B. Slade (Exe) 15:38:34; 8, S. Jordan (Liv. P) 15:43:41; 9, C. Dixon (Unatt) 16:19:42; 10, K. Leyshon (Glouc) 16:25:08; 11, A. Smith (Leam) 17:16:11; 12, M. Campbell (Notts) 17:18:28; 13, K. Shaw (Camb. H) 17:48:37.

BOURNE SPORTS Introduce two for the road.

For millions of joggers the burden of blisters, fatigue and injury has often been allowed to obscure the great pleasures of running.

Whether running for fun, fitness or for fame runners require shoes that meet their specific training and racing needs.

The latest two NIKE additions, **THE INTERNATIONALIST** and **THE MAGNUM**, complement the existing range of NIKE training and competition shoes.

THE INTERNATIONALIST is the inheritor of a long train of innovation and enterprise; enterprise that is built around athletes as well as shoe technicians.

Many of the **INTERNATIONALIST**'S features were first introduced on its predecessors, such as the Waffle sole, the cushioned mid-sole, and the combination of Oxford Nylon and DuroMesh. However, this is where these similarities finish.

The Waffles on the new **INTERNATIONALIST** are especially large with wide spacing giving a much lighter weight shoe than one would expect from a heavy duty sole, yet maintaining increased cushioning as a result of the additional height on the Waffle.

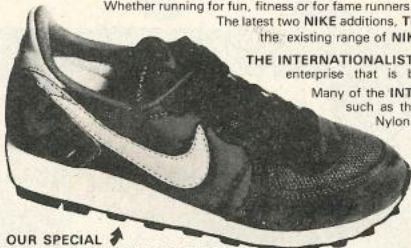
The abundant mid-sole, particularly at the rear of the shoe, is a major factor in giving the shoe additional absorption qualities, a factor which is especially necessary for slow pace and heavy mileage training. Furthermore, these absorption qualities are not at the expense of durability since the twin stabilisers are placed at the point of heel contact.

The Curved Slip Last used for **THE INTERNATIONALIST** follows the natural curve of most runners feet and is shaped to allow the toes to spread and the heel to be held firm. The Variable Width Lacing with its staggered eyelet arrangement allows the upper to take the shape of the runners foot. The foot bed made of PermaFoam liner covered with light weight soft Terry, has the capacity to mould to the contours of the foot but not at the expense of comfort or weight. The resulting cradle makes the shoe additionally comfortable. The combination of the above refinements—to the upper, the sole, the cushioning, the lacing, the lining, the supportive elements and the inner sole—add up to a superior training model for runners who do best with the curve lasted shoe. Available in sizes 6-13 and retails at £29.95.

THE MAGNUM developed on a similar curved slip last eliminates weight with little compromise. Racing puts considerable additional stress on the shoe with the majority of runners tending to roll inwards during competition, thus necessitating additional supportive elements which can be better provided on a sock like slip last. With the addition of the variable width lacing and the new last proportionately slimmer at the heel, the **MAGNUM** is a snug and stable shoe for the serious road racer.

THE MAGNUM is available in sizes 6-13 and retails at £27.95.

OUR SPECIAL INTRODUCTORY OFFER PRICE £23.75.



OUR SPECIAL INTRODUCTORY OFFER PRICE £25.



New Nike Tube Socks. White with green or royal trim. £2.50 or 2 pairs for £4.50.



Cash with Order, Barclaycard or Access Card—Phone with number, goods dispatched same day, post free if over £15 value (otherwise add 75p).

Mail Order Specialists
BOURNE SPORTS

CHURCH STREET STOKE-ON-TRENT ST4 1DJ Tel. 0782 410411
Send S.A.E. for our new Nike/Viga Price List/Catalogue.

Offers end July 1st.

ST LEONARDS MOTORS RACES

At Hastings, April 11th

1, M. Brameld (Invicta) 28:06
 2, J. Wigley (Invicta) 28:22
 3, D. Stevens (Hastings) 28:32
 4, A. Guilder (ELL) 29:01; 5, R. Gevers (SLH)
 29:05; 6, A. Evans (SLH) 29:20; 7, S. Kirk (Ton)
 29:27; 8, F. Upcott (SLH) 29:45; 9, P. Williams
 (SLH) 29:55; 10, C. Bradley (Ton) 30:11; 11, K.
 O'Neal (E'bourne) 30:15; 12, J. Wilkins (Inv)
 30:18; 13, A. Cronin (N. Lon) 30:25; 14, K.
 Hayes (ELL) 30:31; 15, M. Brown (B&H) 30:32;
 16, P. Crowhurst (B&H) 30:34; 17, H. Bannister
 (Ton) 30:37; 18, T. Challenger (B&H) 30:39; 19,
 S. Lambourne (B&H) 30:43; 20, A. Bristow
 (B&H) 30:57; 21, P. Witcomb (B&H) 31:00; 22,
 M. Porteous (B&H) 31:05; 23, A. Champ (ELL)
 31:10; 24, P. Lawrence (Hast-V) 31:12; 25, T.
 Race (Folk) 31:16; 26, L. Collins (Ash) 31:17; 27,
 S. Holland (Hast) 31:20; 28, R. Beene (Hast)
 31:24; 29, P. Mullery (ELL) 31:29; 30, H.
 Chadwick (B'mth) 31:47. **Teams:** 1, S. London
 28; 2, Invicta 57; 3, Brighton & H 68; 4, Elliott
 70; 5, Tonbridge 75; 6, Hastings 82. **(Vets):** 1,
 Lawrence; 2, R. King (Hast) 31:48; 3, M.
 Rosbrook (Bas) 34:37. **(O/50):** D. Turrell (ELL)
 41:18. **(Youths):** 1, N. Wheeler (E. Grin) 14:07; 2,
 C. Annand (ELL) 14:24; 3, I. Chalk (Bas) 14:28; 4,
 R. Carter (B&H) 14:37; 5, D. Coney (ELL) 14:47;
 6, A. Saker (ELL) 14:52; 7, C. Sellers (ELL) 14:58;
 8, K. Minter (ELL) 15:10. **Teams:** 1, Elliott 13; 2,
 Elliott 'B' 25; 3, E. Grinstead 27. **(Boys):** 1, D.
 Neale (Ton) 10:29; 2, D. Martin (Ton) 10:32; 3,
 A. Rushbrook (Bas) 10:40; 4, S. Newport (Ton)
 10:45; 5, M. Catlin (Ex. B) 10:46; 6, A. Hollands
 (Ton) 10:47. **Teams:** 1, Tonbridge 7; 2, Elliott 25.
(Colts): 1, P. Hennessey (Med) 11:05; 2, S. Fury
 (ELL) 11:19; 3, J. Sisley (E. Grin) 11:23; 4, P.
 Saxby (Ton) 11:35. **Teams:** 1, Medway 18; 2,
 Collingwood 27. **(Women):** 1, E. Sloan (Hast)
 11:41; 2, F. Didier (Beth) 11:57; 3, L. Adams
 (Folk) 12:02; 4, T. Astley (Hast) 12:24; 5, R.
 Phipps (E. Grin) 12:33; 6, — (Beth) 12:37; 7, L.
 Jemmett (Dart) 12:45; 8, S. Brownhill (Hast)
 12:51. **Teams:** 1, Hastings 13; 2, Bethune (Fra)
 23; 3, Brighton & H 35. **(Juniors):** 1, R. Gamble
 (E. Grin) 6:39; 2, H. Bravery (B&H) 6:45; 3, H.
 Shepherd (E. Kent) 6:49; 4, K. Blount (Dart)
 6:58. **Team:** Brighton & H. **(Girls):** 1, N. Way
 (Ton) 6:37; 2, W. Carlin (Ex. B) 6:39; 3, R.
 Fairchild (Croy) 6:46. **Team:** Tonbridge.

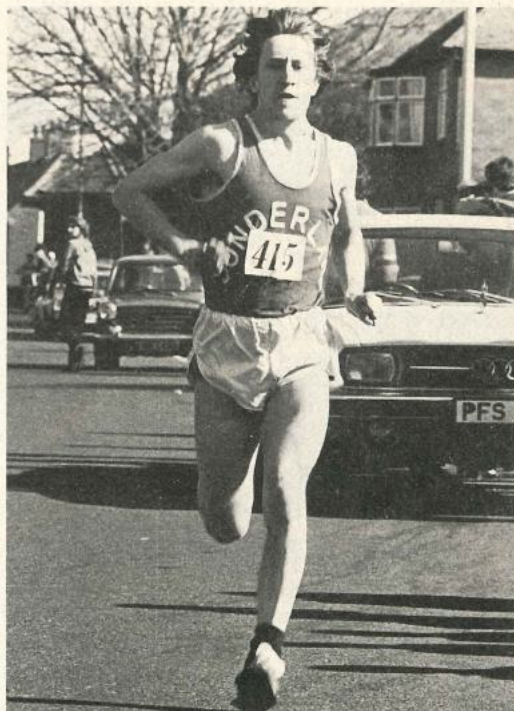
HARBORNE ROAD RELAY

At Quinton, April 11th

1, Tipton (C. Perkins 21:12, J. Wagstaff 21:03,
 J. Wright 20:57, J. O'Meara 20:49, A. Grice
 21:41) 1:45:42;
 2, Derby (A. Kean 21:40, N. Lees 20:14, A.
 Domleo 21:30, C. Woodhouse 20:14, C. Toplass
 22:36) 1:46:14;
 3, Birchfield (I. Scott 21:29, R. Partridge
 20:40, D. Train 22:46, D. Potts 22:11, J.
 Matthews 22:14) 1:49:20;

4, Wolverhampton & B (M. Cadwallader
 21:43, J. Hassell 21:44, N. Harper 21:47, K.
 Denstone 22:33, P. Guest 22:17) 1:50:04;

5, Leamington 1:50:35; 6, Solihull & SH
 1:52:48; 7, Worcester 1:53:51; 8, Halesowen
 1:54:07; 9, Bromsgrove & R 1:54:34; 10,
 Sparkhill 1:54:46; 11, Warley 1:56:02; 12, Royal
 Sutton Coldfield 1:56:46; 13 Tipton 'B' 1:57:17;
 14, Dudley & S 1:58:51; 15, Leamington 'B'
 1:59:12; 16, Derby 'B' 2:00:42; 17, Harborne
 2:00:56; 18, Birchfield 'B' 2:01:07; 19, Solihull &
 SH 'B' 2:01:27; 20, Nuneaton 2:01:44. **Fastest:**
 Lees & Woodhouse 20:14; Partridge 20:40;
 O'Meara 20:49; Wright 20:57; S. James (Nun)
 20:58. **(Vets):** 1, Worcester (R. Cooper 22:04, E.
 Austin 21:58, S. Rogers 24:59) 69:01; 2, Oxford
 City (A. Kelly 23:11, B. Joines 23:39, J. Polgreen
 22:28) 69:18; 3, Sparkhill 71:31; 4, Tipton 72:12;
 5, Solihull & SH 72:40; 6, Wolverhampton & B
 76:18; 7, Halesowen 77:28; 8, Royal Sutton
 Coldfield 77:35. **Fastest:** Austin 21:58; Cooper
 22:04; Polgreen 22:28; J. Mills (Spark) 22:42.
(Youths): 1, G. Corbett (B&R) 13:19; 2, R.
 O'Callaghan (S&SH) 13:24; 3, S. McMorrison
 (Leam) 13:34; 4, C. Moore (B&R) 13:52; 5, C.
 Spencer (B&R) 14:00; 6, A. Yates (Tel) 14:12.
Teams: 1, Bromsgrove & R 10; 2, Telford 23; 3,
 Solihull & SH 26.



Glenn Forster anchoring Sunderland to victory in the Elswick Road Relay. See next page for results.

John Burles

ELSWICK ROAD RACES**At Fenham, April 17th**

1, Sunderland (D. Dixon 10:43, P. Taylor 10:22, G. Smith 10:24, G. Forster 10:18) 41:47;
 2, Gateshead (A. Clifton 10:34, A. Amos 10:34, B. Leddicot 10:27, S. Irvine 10:18) 41:53;
 3, Jarrow & H (K. Chenery 11:17, S. Cram 9:52, C. Henzell 10:48, P. Cuskin 10:29) 42:26;
 4, Elswick 42:30; 5, Middlesbrough & C 42:58;
 6, Gateshead 'B' 43:00; 7, Blaydon 43:17; 8, Elswick 43:20; 9, Morpeth 43:53; 10, Gateshead 'C' 43:56. **Fastest:** Cram 9:52; S. Markley (M&C) 10:13; Forster 10:18; Irvine 10:18. **(Vets):** Morpeth 46:16. **Fastest:** J. Alder (Mor) 10:45. **(Youths):** 1, P. Ryder (Mor) 10:35; 2, M. Wright (Gate) 10:41; 3, P. Tanner (Blay) 10:44; 4, P. Bradley (Gate) 11:04; 5, S. Bird (Sun) 11:05; 6, J. Surtees (Gos) 11:06; 7, M. Teasdale (Blay) 11:10; 8, G. Crozier (Mor) 11:13. **Teams:** 1, Gateshead 16; 2, Morpeth 18; 3, Blaydon 40. **(Boys):** 1, D. Miles (Gos) 10:58; 2, A. Pearce (J&H) 11:09; 3, I. Archbold (Sun) 11:11; 4, D. Allen (M&C) 11:12; 5, P. Nelson (Darl) 11:24; 6, B. Bewick (Sun) 11:27. **Teams:** 1, Middlesbrough & C 24; 2, Sunderland 26; 3, Gosforth 30. **(Colts):** 1, Darlington (L. Coulson 6:53, J. Siddons 7:38, D. Nelson 6:49) 21:20; 2, Gosforth 21:24; 3, Morpeth 21:52. **Fastest:** Nelson 6:49. **(Women):** 1, S. Glass (Gate) 7:05; 2, A. Dixon (Gate) 7:56; 3, E. Davison (Houg) 8:00; 4, P. Davison (C. le S) 8:02; 5, K. Barnett (Mor) 8:08; 6, L. Lee (Els) 8:12. **Teams:** 1, Elswick 23; 2, Morpeth 33. **(Juniors):** 1, A. Borrowdale (Blay) 7:23; 2, L. Smith (Mor) 7:25; 3, E. Storer (C. le S) 7:31; 4, C. Savage (Gate) 7:32. **Teams:** 1, Blaydon 17; 2, Gateshead 23; 3, Wallsend 52. **(Girls):** 1, L. Howard (C. le S) 7:19; 2, S. Renwick (Heat) 7:27; 3, H. Nicholson (Gate) 7:28. **Teams:** 1, Chester le Street 17; 2, Morpeth 21; 3, Gateshead 22.

'CARL LISSEMAN' ROAD RELAY**At Tettenhall, April 18th**

1, Tipton (B. Cole 15:19, S. Emson 15:14, A. Holden 15:29, R. Westwood 15:04) 61:06;
 2, Birmingham Univ. (P. Magner 15:20, M. Burnhope 15:45, A. Taylor 16:20, A. Milovsorov 15:05) 62:30;
 3, Tipton 'B' (J. Wright 15:54, R. Cytla

15:38, R. Bentley 15:45, P. Griffiths 15:23) 62:40;

4, Derby 62:59; 5, Tipton 'C' 63:39; 6, Birchfield 64:33; 7, Worcester 65:17; 8, Wolverhampton & B 65:36; 9, Tipton 'D' 65:50; 10, Leamington 66:20; 11, Birchfield 'B' 66:50; 12, Tipton 'E' 66:55; 13, Halesowen 67:07; 14, Solihull & SH 67:15; 15, Dudley & S 67:59. **Fastest:** Westwood 15:04; Milovsorov 15:05; C. Woodhouse (Der) 15:08; Emson 15:14; Cole 15:19; Magner 15:20.

Keith Penny & Paula Fudge Win Feltham Road Races

BERNIE FORD'S plans to retain his Easter Monday Road Race title at Feltham were thwarted by a bruised heel needing injections and a brief lay-off. In his absence the expected battle between Keith Penny and Kevin Steere did not fully develop and it was Phil Banning and Chris Sly who provided the main opposition to the Cambridge Harrier. The return to top level running this year by Phil has been a revelation and he has combined this with coaching successes from his Andover base. With his marathon strength Keith was clear by half way, but a gap of only seven seconds remained as Banning finished strongly on the final circuit of the track.

The usual high quality field faced the starter for the women's 2½M event with the local squad weakened only by the withdrawal of Wendy Smith as a precautionary measure after a slight injury. After 1200m Chris Benning was forcing the pace with Paula Fudge, clear of a group headed by Annette Roberts, showing good form after injury. Over the last 1200m Paula had the extra strength to go clear to equal her 1979 time of 13:18 which only she, Wendy and Grete Waitz have ever beaten. Kath Binns got the better of Ann Ford by just a second for fourth as Bernie looked after son Matthew.

A blustery wind seemed to have removed chances of any course records but Gary Taylor was determined to make his class tell and breaking away early on, came home 37 seconds clear in the Young Athletes 2½M to take seven seconds off the previous figures.

The races were sponsored by Office Cleaning Services Limited — the first commercial enterprise to fund a sports scholarship at a British University.

Conrad Milton

1, K. Penny (Cambridge H) 23:37
 2, P. Banning (Andover) 23:34
 3, C. Sly (Borough of Hounslow) 23:54
 4, K. Steere (Ilf) 24:03; 5, R. Milne (Notts) 24:09;
 6, R. Lunn (AF&D) 24:17; 7, K. Clifford (Ilf) 24:26; 8, F. Upcott (SLH) 24:34; 9, M. Philpott (Hill) 24:38; 10, P. Kemp (Ex. B) 24:46; 11, R.

The 4th Annual**GERIATRIC JOG****is to be held at****Wormwood Scrubs (London W12)****ON SATURDAY, 16th MAY**

(Competitors may start any time
 between 9.30 am-2.00 pm).

Information sheets and sponsor forms available from
 Terry Spinks, MRC Cyclotron Unit, Hammersmith
 Hospital, Ducane Road, London W12 0HS. (Tel. 01-743
 4594 Ext. 106).

Gevers (SLH) 24:47; 12, M. Duff (WS&E) 24:48; 13, T. Davies (AF&D-V) 24:54; 14, M. Connelly (Walton) 24:55; 15, E. Martin (Bas) 24:56; 16, J. Barnard (Poly) 24:58; 17, G. Heathers (F&C) 24:59; 18, B. Copps (Houn) 25:05; 19, P. Williams (SLH) 25:18; 20, L. O'Hara (Bel-V) 25:20; 21, M. Barratt (E&S-V) 25:24; 22, A. Cronin (N. Lon) 25:26; 23, J. Bicourt (Bel) 25:28; 24, J. Exley (Ox. C) 25:29; 25, P. Jones (Camb. H) 25:31; 26, J. Stow (W. Gn) 25:33; 27, J. Watts (AF&D) 25:34; 28, G. Clarke (Brack) 25:35; 29, M. Smith (Poly) 25:38; 30, P. Gray (Ox. C) 25:43. **Teams:** 1, S. London 38; 2, Aldershot F&D 46; 3, Borough of Hounslow 71; 4, Polytechnic 80; 5, Hillingdon 93; 6, Walton 96; 7, Oxford City 101; 8, Ealing & S 122. **(Vets):** 1, Davies; 2, O'Hara; 3, Barratt; 4, B. Joines (Ox. C) 27:08; 5, T. Everitt (E. Man) 27:15; 6, L. Mann (Bel) 27:23; 7, G. Valentine (Bas) 27:24; 8, J. Froud (Wok) 27:27. **(Young Athletes):** 1, G. Taylor (Houn) 12:22; 2, A. Parr (Ex. B) 12:59; 3, M. Seymour (Wyc) 13:07; 4, R. Gray (Ex. B) 13:09; 5, I. Chalk (Bas) 13:11; 6, D. Flack (AF&D) 13:18; 7, S. Clark (Ex. B) 13:19; 8, M. Kendall (AF&D) 13:20; 9, G. Sumner (Sy. C) 13:24; 10, M. Catlin (Ex. B-B) 13:29. **Teams:** 1, Essex Beagles 13; 2, Aldershot F&D 23. **(Boys):** 1, Catlain; 2, T. Dufosse (Ex. B) 13:37; 3, A. Cawthorne (Houn) 13:44; 4, A. Izatt (SLH) 13:56; 5, M. Bangle (Walton) 13:57; 6, S. Debenham (Ex. B) 13:58.

(Women): 1, P. Fudge (Houn) 13:18; 2, C.

Benning (Stret) 13:26; 3, A. Roberts (Houn) 13:45; 4, K. Binns (Sale) 13:50; 5, A. Ford (Houn) 13:51; 6, G. Drake (Croy) 13:58; 7, D. Peel (Craw) 14:04; 8, G. Penny (Camb. H) 14:23; 9, K. Whapshott (Brack) 14:42; 10, L. Watson (LOAC) 14:53; 11, B. Green (Houn) 15:00; 12, T. Glynn (Hill) 15:02; 13, J. Cole 15:28; 14, L. Adams (Folk) 15:31. **Teams:** 1, Borough of Hounslow 9; 2, Hillingdon 46; 3, London Olympiads 51. **(Inters):** 1, J. Rose (Ash) 14:41; 2, J. Arman (Folk) 15:13; 3, K. Benjamin (Hill) 15:28; 4, L. Smith (Houn) 16:09. **Teams:** 1, Borough of Hounslow 15; 2, Hillingdon 24. **(Juniors):** 1, L. Webb (High) 7:55; 2, H. Appleby (And) 7:56; 3, T. Glead (Wyc) 8:00; 4, K. Petford (And) 8:02; 5, J. Selley (Houn) 8:14; 6, A. Valentine (Bas) 8:27. **Teams:** 1, Andover 17; 2, Hillingdon 41; 3, Borough of Hounslow 41.

BIGGLESWADE EASTER ROAD RACES

At Biggleswade, April 20th

1, R. Green (Harl) 33:45; 2, M. Hunter (S&NH) 34:05; 3, S. Speller (S&NH) 34:13; 4, C. Harbord (Bigg) 35:16; 5, D. Walsh (L. Buz) 35:22; 6, D. Christopher (Lut) 35:26; 7, P. Coleman (Vaux) 35:27; 8, R. Wadeley (Bigg) 35:28; 9, E. Williams (Lut) 35:31; 10, D. March (Mil. K) 35:32. **Teams:** 1, Biggleswade 29; 2, Luton 30; 3, Vauxhall M 42; 4, Leighton Buz 52. **(Vets):** 1, J. Clare (B'ht) 37:08; 2, K. Forster (Walt) 38:18; 3, G. Archer (Hill) 38:34. **(O/50):** J. Moroney (C&C) 42:59. **(Youths):** 1, G.

asics TIGER

Proudly present...

three brand new additions to their already extensive range of sports shoes. MACH III A new racer/trainer style, combining cushioning and stability with light weight.

AMBASSADOR a tough, durable jogging shoe with thick mid-sole and patterned outer sole.

CUTLASS a quality jogging shoe with thick white mid-sole and herringbone outer sole. See them at your local sports store.



MACH III

AMBASSADOR

CUTLASS



Sole distributor **STARCRAFT SPORTS COMPANY LTD.** 40 Dane Road, London SW19 2NB. Telephone 01 542 2446/7

BOROUGH OF TORFAEN

CWMBRAN CLASSIC 1981

(Under A.A.A., W.A.A.A. & I.A.A.F. Rules)

INTERNATIONAL ATHLETICS SUNDAY, MAY 17th

**OFFICIAL RE-OPENING OF TRACK
INVITATION EVENTS MEN & WOMEN**

1.50 p.m.**2.00 p.m.**

Men: 100m, 200m, BMC 4×1 Mile, BMC 3000m, 110mH, 400mH, High Jump, Pole Vault, Javelin, Triple Jump.

Women: 100m, 200m, BMC 800m, BMC 1 Mile, 100mH, 400mH, Long Jump, Shot, Discus.

Plus GB Senior and Junior 4×100m and 4×400m — Men and Women.

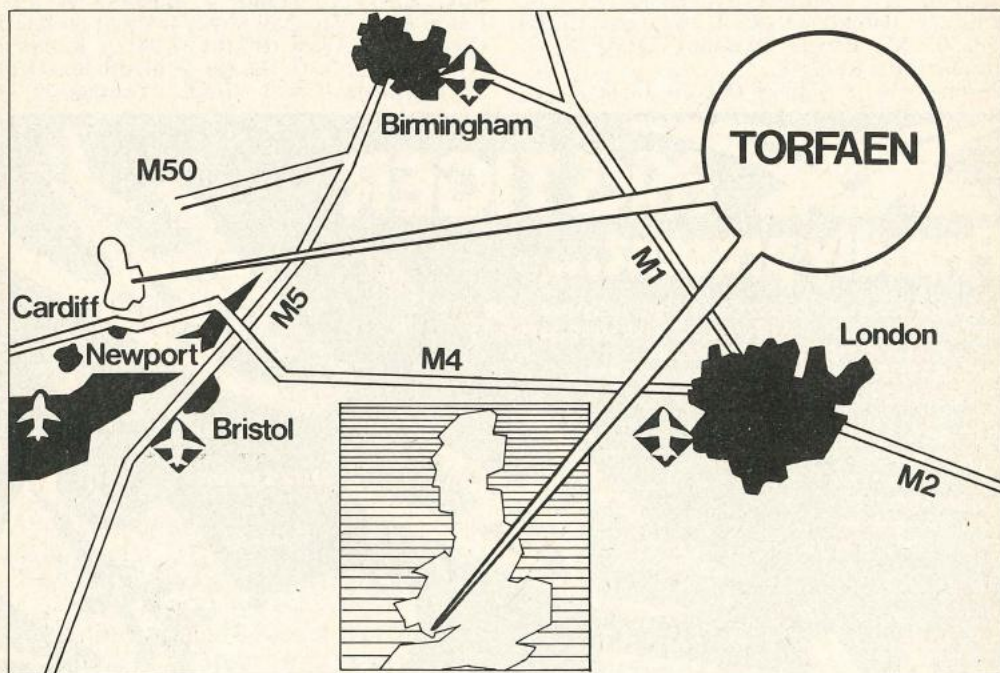
Tickets: £1.50 Stand No. Reserved. Ground £1.00 — Half price children.

THE 'CENTRE' FOR ATHLETICS IN BRITAIN

4 Miles from Newport Station.
Inter City 125 trains — 93 mins.
from Paddington — Regular bus
service to stadium.

4 Miles off M5 to M4 link up from
South & West — 20 minutes from
Severn Bridge.

4 Miles off M6 — M5 — M50 to
M4 link up from the North.



3,500 fully formed seats in elevated Grandstand. Full catering and licensed facilities under the Grandstand. Kiosks on ground. Picnic area and children's play ground.

Car Parking for 3,000 cars adjacent to Stadium. New Town Shopping Centre — traffic free — Woolco, Sainsbury's, Marks & Spencer — David Evans/House of Fraser etc. All car parking FREE in Town Centre.

Ticket Application: Box Office, Cwmbrian Stadium, Cwmbrian, Gwent. (06333) 66192/3.

Fourth Year Running For Steve Jones At Pencoed

WITH NEARLY 100 starters and at least five British Internationals in the field, this year's Pencoed '4' on April 20th was the best in its 16 year history. The result was in doubt until the last 100m or so when Steve Jones finally broke loose from Dave Black to equal Bernie Plain's record of four wins, although Steve's wins are in a row, unlike Bernie's who won three between 1970 — 1972 and again in 1975. Steve who has his sights set on next year's European 10,000m title and the 5,000m in the Commonwealth Games has finally removed from his mind that he is a world class steeplechaser. I am certain if he had done this sooner, his 10,000m best would now be well inside 28 mins.

However, in Pencoed his winning time of 18:27 was the second fastest winning time in the event behind Tony Simmons' 18:17 of 1977. Dave Black, who recently won the Aberdare '5' fought all the way and was only three seconds down at the finish with Dave James a well beaten third a further 17 seconds behind. John Robertshaw only lost contact during the last 1½M and did well to finish fourth with the Finchley '20' winner and Welsh 10,000m champion, Ali Cole, fifth.

Former UK 5000m champion, Steve Emson, finished sixth and was obviously feeling the effects of a hard weekend's training on the dunes at nearby Merthyr Mawr. An interesting competitor was former Cardiff athlete Graham Spencer who ran 3:45.7 for 1500m ten years ago. He is now running for Tipton after a long lay off and was very pleased with his tenth place.

Hilary Hollick took the Women's mile in 4:49, with Kirsty McDermott and Kim Lock in second and third places, also breaking the old record. Former Newport Harrier, Nigel Stops (Shaftesbury), took the Welsh AAA Youths 3M road championship whilst Jacky Thomas of Carmarthen took the Junior Women's mile in 5:16 to equal the record.

Clive Williams

1, S. Jones (Bristol) 18:27

BIGGLESWADE RACES Continued

Marlow (Brack) 11:10; 2, G. Spring (North) 11:13; 3, S. McMorran (Leam) 11:24; 4, E. Fowler (Barn) 11:35; 5, I. Robery (Unatt) 11:43; 6, B. Kavanagh (Barn) 11:45. **Teams:** 1, Bracknell 18; 2, Barnet 19; 3, Hillingdon 31. **(Boys):** 1, G. Watts (TVH) 11:49; 2, A. Malcolm (HW) 11:52; 3, P. Pfeiffer (Pres. M) 11:53; 4, D. White (Hill) 11:55. **Teams:** 1, Barnet 25; 2, Preston Manor Sch. 36; 3, Hillingdon 40. **(Colts):** 1, A. Laing (TVH) 12:36; 2, S. Maynard (Coll) 12:42; 3, S. Hudson (Brack) 12:47. **Teams:** 1, Bedford 26; 2, Bracknell 26. **(U/11):** P. Whitehouse (Exe) 13:43. **Team:** Luton. **(U/9):** C. Whitehouse (Exe).

2, D. Black (Tamworth) 18:30
3, D. James (Cardiff) 18:47
4, J. Robertshaw (Newp) 19:03; 5, A. Cole (Swan) 19:18; 6, S. Emson (Tip) 19:25; 7, P. Williams (Swan) 19:27; 8, S. Blakemore (Car-J) 19:28; 9, S. Seaman (Swan) 19:30; 10, G. Spencer (Tip) 19:53; 11, B. Plain (Car) 19:55; 12, H. Roberts (Car) 20:00; 13, B. Hayward (Car) 20:05; 14, S. Smith (Swan-J) 20:07; 15, J. O'Brien (Bridge-V) 20:09; 16, A. Thomas (Car-J) 20:19; 17, G. Hill (Swan-J) 20:21; 18, A. Jefferies (Swan) 20:23; 19, N. Boughley (Swan) 20:33; 20, D. Davies (Carm-V) 20:34; 21, N. Adams (Swan) 20:40; 22, A. West (Car) 20:41; 23, M. Walsh (Car) 20:46; 24, K. Noble (Car) 20:50; 25, B. Griffiths (Swan-V) 20:57; 26, S. Haycock (Cledd) 21:01; 27, N. Armstrong (Bridge) 21:02; 28, D. Glassborow (HHH) 21:07; 29, M. Jones (Torf) 21:11; 30, D. Walsh (Les C) 21:13. **Teams:** 1, Cardiff 34; 2, Swansea 35; 3, Bridgend YMCA 138. **(Vets):** 1, O'Brien; 2, Davies; 3, Griffiths; 4, J. Collins (Swan) 21:18; 5, D. Robbins (Car) 21:33; 6, J. Reilly (Car) 21:53; 7, B. Popel (Weston) 21:57; 8, E. Hughes (Bridge) 22:24; 9, L. Williams (Car) 22:29; 10, A. Brown (Car) 22:57. **Team:** Swansea. **(Youths):** 1, N. Stops (Shaft) 14:37; 2, D. Peaple (Read) 15:03; 3, S. Atkins (Car) 15:10; 4, B. Matthews (B&V) 15:14; 5, D. Thomas (Swan) 15:18; 6, R. Owen (Cov) 15:22; 7, J. Pimley (Torf) 15:26; 8, J. Hooper (Car) 15:54. **(Boys):** 1, N. Comerford (B&V) 4:45; 2, P. Bridger (Car) 4:52; 3, S. Brennan (Cov) 4:53; 4, L. Williams (Car) 4:54; 5, D. Morgan (Rhum) 4:56. **(Colts):** 1, G. Davies (Rhon) 5:05; 2, J. Williams (Cov) 5:10; 3, A. Pritchard (Car) 5:14. **(Women):** 1, H. Hollick (Sale) 4:49; 2, K. McDermott (Bris) 4:52; 3, K. Lock (Car) 4:54; 4, A. Fox (Swan) 4:59; 5, C. Morgan (Cled) 5:11; 6, K. Williams (P. Tal-I) 5:14; 7, K. Owen (Swan-I) 5:21; 8, B. Thomas (Car) 5:23; 9, J. Thomas (Car-I) 5:25; 10, C. Pesley (P. Tal-I) 5:31. **Team:** Cardiff. **(Juniors):** 1, J. Thomas (Carm) 5:16; 2, F. Harwood (Car) 5:24; 3, D. Matthews (Swan) 5:32; 4, J. Thompson (Bedd) 5:33; 5, M. Davies (Car) 5:36. **(Girls):** 1, D. Dean (W&B) 5:36; 2, M. Jenkins (Bedd) 5:40; 3, N. Hitchins (Bedd) 5:46.

April 18th

Newport '10'. 1, M. Lane (Newp) 50:13; 2, D. Evans (Car) 50:38; 3, B. Plain (Car) 50:42; 4, M. McGeoch (Les C) 51:07; 5, T. Coleman (Wey) 51:16; 6, D. Flynn (Swan) 51:56; 7, J. O'Brien (Bridge-V) 52:20; 8, S. Brown (Chelt) 52:54; 9, A. Nolder (Durs) 53:02; 10, D. Crombie (Newp) 53:23; 11, P. Davies (Car) 53:34; 12, J. Ellis (Les C) 53:49. **Teams:** 1, Cardiff 16; 2, Newport 25; 3, Les Croupier 44. **(Vets):** 1, O'Brien; 2, D. Davies (Carm) 54:11; 3, J. Walsh (Car) 55:15. **(Women):** A. King 59:52.

IAAF REPORT Continued from page 6

will not be in a position to offer cash prizes and others would have difficulty in raising cash prizes for overseas athlete due to currency exchange restrictions.

The Group feels that the introduction of a controlled prize money system will not reduce the sum of money available for the development of the sport generally.

Council's comment: Athletes should not in any event receive prize money direct from the meeting organiser, as this is clearly professionalism. If a system of prize money were introduced this would have to be routed through the National Federation. The introduction of prize money with controlled limits would not of itself eliminate the danger of "under the table" payments.

Appearance money

At present, most of the money received by top athletes at international invitation meetings is given in the form of appearance money or inflated expense claims. There is a "going rate" for the appearance of an Olympic champion, European champion etc at a meeting. This is clearly nothing less than professionalism. An athlete receiving money merely because he is a champion is felt to be an unfair and unworthy system for the sport.

Appearance money inevitably takes the stimulus away from competition, just as it may be argued that prize money gives added stimulus. And it is felt that appearance money takes money away from the "grass roots" for the development of the sport.

In some countries, organisers cannot make cash payments in convertible currency. They have offered valuable prizes but, nevertheless, they have seen the attendance of top athletes at their meetings dwindle for this reason.

Champion and leading international athletes have on many occasions done little to enhance their reputation and finished low down the field in events, nevertheless still qualifying for their appearance money. In some cases in 1980, it is rumoured that Olympic champions merely turned up at invitation meetings without competing, and

were given appearance money. Spectators, it is felt, do not wish merely to see Olympic champions who do not compete and this practice is deplored, whilst being resented by other athletes.

Organisers have warned that if appearance money and prize money both be approved by the IAAF, this could lead to the disappearance of many meetings as budgets of \$250,000 would be needed for a top class international meeting, a sum which very few meetings would have at their disposal.

For the above reasons therefore the Working Group recommends that the practice of giving appearance money be eliminated.

Council's comment: Appearance money (which the Council prefers to call participation money) is an alternative system (of payments to athletes). Organisers might welcome a scheme for authorised appearance money payable to the National Federation and which has a limit placed on it. National Federations may also find that authorised appearance money enables them to establish trust funds for the athletes, as well as giving them more adequate control over meetings. For the above reasons, Council felt that if money payments were to be introduced it would be better if this was on the basis of participation money. Finally, they stress again the need for full discussion in Congress on these vital questions before any recommendation can be formulated by the Council for 1982.

OVETT AND COE READY

Both Steve Ovett and Seb Coe have emerged from their winter preparations in excellent form and, judging by their opening races of the season, further world records are likely to come their way this summer. Ovett, whose winter training mileage is much higher than Coe's, has begun by concentrating on road racing and, following successes in Italy and Norway, he returned to Oslo last Sunday to win an 8km event in 25:43. Coe, with the accent on improving his speed still more, ran a total of five 400m races in the UAU Championships at Crystal Palace ending up with a 46.9 victory in the final on Monday — plus a 46.3 relay leg. That compares very favourably with the 48.3 with which he started the 1979 season — followed a little over two months later by his world record 1:42.33 800.

Coe, who will run his first 1500 of the year in the Yorkshire Championships at Cleckheaton on May 17th, is planning — as is Ovett — to compete in the European Cup although it remains to be seen who will run the 800 and who the 1500. It is not known yet whether they will clash this summer, although obviously both have been invited to race in the IAAF Golden Mile in Brussels on August 28th. Also invited: Steve Scott, Jurgen Straub, John Walker, Nikolay Kirov, Thomas Wessinghage, Willi Wulbeck, Andreas Busse and Eamonn Coghlan.

IT'S OUT!

UK ATHLETICS ANNUAL 1981

Compiled by the NUTS

- 230 pages of statistics
- Deep best performer lists (men & women, all age groups) for 1980
- UK all-time lists
- Comprehensive list of records
- Index to over 2500 athletes

Price £4.00; inclusive of postage, from Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT.

SAVE £8.34

NIKE ELITE £23.80
NIKE LDVII £23.80

PLUS VIGA MESH VEST (RRP £4.15)

NIKE

WAFFLE TRAINER II 6-12 £20.30
DAYBREAK 6-12 £26.50
NYLON ROAD RUNNER 6-12 £13.15
WALLY WAFFLE 1-5 ½ £8.30, 6-7 £9.60
FLY 6-12 £17.99
ORIENTEER 6-12 £16.99

NEW BALANCE

730 6-12 ½ £39.95
420 6-12 ½ £27.95

BROOKS

HUGGER GT 6-12 £27.95
SUPER VILLANOVA 6-12 £18.99

REEBOK

AZTEC 6-12 £20.95

ADIDAS

NEW TRX £18.75
MARATHON TRAINER £21.75
SUPER ELAN £12.99
INTERVAL II 3-5 ½ £12.99, 6-13 £14.99
TRACK £19.95

KARHU

SUPER GREEN £19.95
NAVY STAR £18.99

1. LITESOME TRACKSUIT

WAS £14.99, OFFER £8.99

Colours: Black, Navy, Green with multi-colour side stripe. Sizes S, M, L.

2. TRACK KING II SHORTS (RRP £3.30) £2.75

22"/24" Black, Sky, Red. 26"/28" Royal, Red, Sky, White. 30"/32" White, Sky, Green, Red, Black. 34"/36" Red, Green, Black, Royal.

3. HELLY HANSEN — LIFA WEAR

TOPS — S, M, L. £5.95 BOTTOM — S, M, L. £5.95

4. KARHU RAINSUITS (RRP £27.95) £24.95

Colours: Red, Royal. Sizes S, M, L, XL.

5. ADIDAS RAINSUITS

Sizes 5'4", 5'6", 5'9", 5'11", 6'1". Sky, Red, Royal, Navy.

TOP (RRP £11.99) £10.35

BOTTOMS (RRP £11.99) £10.35

**FREE VIGA MESH VEST (RRP £4.15)
WITH EACH PAIR OF SHOES,
TRACKSUIT OR RAINSUIT.**

BINGLEY SPORTS,

4 Chapel Lane, Bingley,
West Yorks. Tel. (0274) 563349.

POST FREE —
FIRST CLASS

Results In Brief

March 22nd

Breckland '10', at Thetford. 1, H. Boyle (Cor) 49:29; 2, L. Gouch (Ex. B) 50:13; 3, M. Exton (Holb) 50:50; 4, V. Holman (North) 51:05; 5, R. Church (Nene V) 51:17; 6, D. Watkins (Ips) 51:33; 7, D. Hardstaff (N. Lon) 51:49; 8, A. Settle (UEA) 52:01; 9, R. Brewitt (Holb) 52:04; 10, D. Turner (Liv-V) 52:16; 11, R. Ellerton (VoA) 52:31; 12, W. McKim (North) 52:56; 13, I. Malone (Neat) 53:04; 14, S. Faris (Norf-V) 53:15; 15, P. Warboys (Chelm) 53:24; 16, D. James (North) 53:32; 17, R. Ellis (Thet) 53:42; 18, M. Holt (Nene V) 54:00; 19, G. Taylor (Kett) 54:04; 20, T. Smith (Ips-V) 54:07. Teams: 1, Northampton Ph., 2, Ipswich; 3, Corby. (O/50): A. Hughes (Newk) 55:05. (O/60): B. Jenkins (Hunt) 66:43. (Women): 1, G. Settle (Sale) 63:09; 2, T. Sampson (Thet) 65:50; 3, J. Larham (March) 66:08.

March 28th

Gloucester Grocery '4', at Black Bridge. 1, D. Price (Glouc) 18:25; 2, L. Roberts (Car) 18:42; 3, S. McHale (Glouc) 18:44; 4, N. Thomas (Glouc) 18:50; 5, A. Reid (T&WS) 19:01; 6, A. Nolder (Durs) 19:10; 7, J. Mitchell (Glouc) 19:13; 8, D. Crombie (Newp) 19:15. (Young Athletes): 1, N. Bishop (Glouc) 9:46; 2, E. Campbell (Glouc) 9:58; 3, N. Baggott (Glouc) 10:04.

April 1st

Moston Brook Schools Relays, at Manchester. (U/16): 1, St. Edward's, Liverpool (Murphy) 4:51, Larcombe 4:57 Ronney 5:02, Kelly 4:46) 19:36; 2, St. Anselm's, Birkenhead 20:04; 3, Shireoak, Walsall 20:38. Fastest: Kelly 4:46. (U/14): 1, Moston Brook (Peters 5:18, Tinsley 5:15, Barlow 5:39, Byrne 5:12) 21:24; 2, Marple Hall, Stockport 21:29; 3, St. Edward's, Liverpool 21:34. Fastest: Trelfa (R&C) 5:04. (U/12): 1, St. Edward's, Liverpool (Armstrong 5:46, McIver 5:41, Farrell 5:44, Downey 5:47) 22:58; 2, Moston Brook 23:19; 3, St. Edward's 'B' 23:34. Fastest: D. Byrne (MB) 5:32.

April 4th

Pendle Fell Race, at Barley. 1, J. Wild (RAF) 29:27; 2, A. Taylor (Ken) 30:25; 3, C. Donnelly (A'deen) 30:34; 4, J. Reade (Clay) 30:37; 5, C. Moore (Bing) 31:00; 6, H. Walker (B'burn) 31:08; 7, H. Jarrett (Cumb) 31:26; 8, D. Cartridge (Bol) 31:28; 9, M. Short (Horw) 31:32; 10, R. Whitfield (Ken) 31:40; 11, B. Ashworth (Ross) 31:44; 12, T. Davies (Army-V) 31:48; 13, D. Overton (Ken) 31:48; 14, A. Spence (Bing) 31:54; 15, R. Wayne (Bing) 31:55; 16, S. Livesey (Clay) 31:56; 17, P. Moon (Bing) 32:25; 18, S. Breckell (B'burn) 32:31; 19, G. Gough (B'burn) 32:35; 20, G. Edwards (Bing) 32:42. (Vets): 1, Davies; 2, J. Etchells (Barr) 32:52; 3, H. Kelly (E.

Ches 33:01. (O/50): 1, W. Fielding (Leeds) 37:29; 2, J. Llewellyn (L&M) 38:10; 3, P. Brook (Holm) 38:55. (Women): 1, R. Coates (Lochaber) 38:08; 2, F. Hinde (Lochaber) 38:50; 3, G. Pile (Man) 39:30; 4, S. Hales (C&EP) 40:46; 5, V. Mason (St. A) 41:02; 6, J. Robson (Leeds U) 41:18; 7, R. Toth (A&SV) 41:36.

Herne Hill Open Meeting, at Tooting Bec. (Junior Women): HJ: 1, C. Best (HHH) 1.65; 2, K. Lisburn (Ex. B) 1.60.

Gateway '10', at Worthing. 1, M. Lasseter (B&H) 49:38; 2, P. Rowland (Hors) 50:20; 3, M. Paterson 50:26; 4, D. Kelly (Ply) 51:04; 5, D. Peel (Hay. H) 51:19; 6, M. Pickard (E&E) 51:27; 7, P. Linsell (G&G) 51:37; 8, M. Hirsch (Hay. H) 51:44; 9, A. Purl (Craw) 51:57; 10, R. Goodwin (Hors) 52:05; 11, S. Warzee (G&G) 52:24; 12, M. Wheeler (E. Grin) 52:46; 13, B. Davis (RNS) 52:55; 14, G. Baker (Hors) 53:00; 15, R. Beane (Hast) 53:02. Teams: 1, Horsham BS 26; 2, Haywards Heath 40; 3, Hastings 50; 4, Brighton & H 51; 5, Epsom & E 55. (Women's '5'): 1, P. Fudge (Houn) 26:20; 2, A. Ford (Houn) 26:56; 3, D. Peel (Craw) 27:39; 4, S. Morley (B&H) 29:12. Team: Crawley.

Victoria Park '5'. 1, E. Martin (Bas) 23:06; 2, G. Wightman (Dart) 23:10; 3, P. Bettridge (Hav) 23:20; 4, O. Arif (N. Lon) 23:22; 5, M. Rolfe (Ex. B) 23:26; 6, R. Williams (Exe) 23:29; 7, P. Magnier (Birm. U) 23:35; 8, R. Hillier (E&E) 23:37; 9, M. Burnhope (Birm. U) 23:46; 10, L. Gough (Ex. B) 23:55; 11, R. Green (Harl) 24:10; 12, G. Staunton (Lon. I) 24:15; 13, S. Lamb (Ex. B) 24:21; 14, A. Nicholson (E&E) 24:28; 15, R. Wibaut (Fra) 24:30; 16, T. Kendall (Exe) 24:30; 17, M. Gonzales (VPH) 24:34; 18, J. Alcock (E&E) 24:37; 19, P. Kemp (Ex. B) 24:40; 20, D. Desmond (Exe) 24:43. Teams: 1, Essex Beagles 28; 2, Epsom & E 40; 3, Exeter 42; 4, N. London 69; 5, Havering 80. (Vets): 1, G. Harrold (Enf) 25:11; 2, T. Ryan (N. Lon) 25:18; 3, G. Valentine (Bas) 25:40. (Women): 1, K. Trunley (Ilf) 27:44; 2, K. Benjamin (Hill) 29:02; 3, C. Brown (Hav) 29:31; 4, T. Trunley (Ilf) 29:45. (Boys Relay): 1, Tonbridge (T. Dodd 7:47, A. Hollens 7:40, J. Warner 7:41, D. Neale 7:14, S. Newport 7:28) 38:00; 2, Havering 38:06; 3, Essex Beagles 38:10; 4, Woodford Green 38:23; 5, Barnet 38:27; 6, Haringey 38:52; 7, Newham 38:54; 8, Borough of Enfield 39:20. Fastest: C. Salih (Har) 7:10; Neale 7:14; R. Ede (Barn) 7:22.

Gloucester AC YA & Women's Road Races. (Boys): 1, N. Bishop (Glouc) 10:58; 2, R. Scott (Ox. C) 11:29; 3, D. O'Sullivan (Ox. C) 11:53. Team: Oxford City. (Colts): 1, J. Johnson (Ox. C) 7:34; 2, R. Pearson (VoA) 7:36. Team: Oxford City. (Women): S. Swift (West) 18:23. (Inters): 1, S. Berrill (Ox. C) 13:30; 2, S. Ffrench (Glouc) 13:39. (Juniors): 1, C. Burke (Ox. C) 8:06; 2, T. Hooper (Tip) 8:12; 3, N. Williams (Stour) 8:16. Team: Tipton. (Girls): J. Davis (Glouc) 4:03. Team: Stourport.

Bournemouth Spring Open Meeting. HJ: B. Jewers (B'stoke) 2.00. SP: 1, S. Rodhouse (S&E) 16.77; 2, P. Rees (B'mth) 15.18; 3, S. Wilson (Fare) 14.21; 4, L. Wiltshire (Ports) 13.97; 5, C. Smith (B&P) 13.61. DT: 1, Rees 44.04; 2, Rodhouse 41.94; 3, Wilson 40.64. 3000W: 1, P. Jones (Wey) 13:01.1; 2, J. Ball (S&E) 13:17.6; 3, K. Baker (Wey) 13:45.6. (U/18): 2000: (A): L. Cantile (Fare) 6:05.8. (B): K. Stainer (B'mth) 6:07.9. 2000W: B. Williams 9:52.9.

April 5th

Tynemouth Boundary '10', at North Shields. 1, D. Robson (Els) 53:53; 2, M. Harris (Mor) 54:00; 3, I. Brown (Mor) 54:04; 4, M. Roberts (Dur. C) 54:43; 5, B. Baggaley (Gate) 54:58; 6, N. Jobson (Blay) 55:03; 7, C. Speight (Newc. U) 55:07; 8, D. Smith (Tyne) 55:08. Teams: 1, Morpeth 16; 2, Elswick 28; 3, Durham City 36. (Vets): 1, M. Richardson (Dur. C); 2, E. Hudspith (Mor); 3, R. Balding (Heat).

Raynes Park HS Old Boys CC, at Wimbledon. 1 eq, D. Wright & S. Newton 19:59; 3, D. Askew 20:59; 4, D. Hayden 21:00.

Barnet Open Meeting, at Cophall. 300: 1, J. Coe (AF&D) 35.4; 2, B. Edington (Barn) 36.4; 3, D. Speller (AF&D) 36.4. 800: S. Crabb (Enf-J) 1:53.9. (Youths): 300: J. Forster (Enf) 37.2.

Prison Service CC Champs, at Hewell Grange. 1, J. Thornbury (Spark-Gst) 33:15; 2, A. Laukam (Spark-Gst) 33:41; 3, R. Macpherson (Gren) 34:20; 4, T. Didierserre (Spark-Gst) 34:27; 5, D.



Advance notification of:

THE NEW YORK CITY MARATHON TOUR

20th-27th OCTOBER, 1981

Join us for the race of a lifetime through the streets of New York City

With almost half a century of travel expertise we appreciate the difference between an inclusive special interest holiday and a package tour, and we have combined our expertise with that of one of Britain's top marathon organisers to present this New York Marathon special:

Advance itinerary includes:

*Guaranteed race entry

*Coach Hotel/Airport

*Tour of race course

*Accommodation/travel

*Coach to race start

*Tour of New York City

Escorted throughout by professional staff

Space is very limited and if you wish to be included on our mailing list please contact:



144 London Road North,
Lowestoft, Suffolk NR32 1HD.
Tel: Lowestoft 65642 - 2821

Thorpe (Man) 34:39; 6, B. Bannister (Worm. S) 35:16; 7, B. Pearson (Hind) 35:28; 8, K. Braddon (Birm) 35:52. Team: Manchester.

Crawley Open Meeting. 100: D. Vandyke (B&H) 11.1. DT: A. Ward (Craw-J) 41.64. HT: 1, R. James (WLHS) 61.36; 2, M. Jones (Craw) 50.32; 3, A. Carruthers (Craw) 43.24. JT: K. Beard (Worth) 62.54. (Boys): HT: M. Griffiths (WLHS) 50.32. (Women): 100/200: T. Simmonds (Craw) 12.3/25.2. SP: 1, J. Kane (Craw) 12.82; 2, S. Parker (Brack) 12.22. DT: 1, Kane 45.04; 2, Parker 40.98. JT: 1, J. Lintern (Craw) 41.58; 2, K. Miller (Craw) 37.78. (Inters): 600: D. Thomas (BR&C) 1:35.6.

April 11th

Aberdare 'S' and Mile Meeting, at Aberdare Park. ('S'): 1, D. Black (Tam) 23:27; 2, J. Robertshaw (Newp) 23:55; 3, I. Ellis (Newp) 24:32; 4, K. Davies (Newp) 24:39; 5, L. Roberts (Car) 24:59; 6, G. Hill (Swan) 25:17; 7, A. Nolder (Durs) 25:18; 8, J. O'Brien (Bridge-V) 25:24; 9, P. Williams (Swan) 25:41; 10, D. Walsh (Les C) 26:08. Teams: 1, Newport 9; 2, Swansea 29; 3, Bridgend YMCA 40. (Mile): 1, P. Black (Tam) 4:17; 2, N. Morgan (Car) 4:23; 3, M. Donnelly (Car) 4:24. (Youths): 1, S. Knight (Car) 16:17; 2, S. Atkins (Car) 16:29; 3, I. Pendry (Glouc) 16:43; 4, C. Fitzgerald (Swin) 17:13; 5, M. Fry (Rhon) 17:22; 6, S. Dibbs (Rhon) 17:35. Teams: 1, Rhodda 24; 2, Cardiff HS 29. (Boys): 1, N. Comerford (B&V) 12:15; 2, S. Alford (Pres. S) 12:18; 3, N. Young (Pres. S) 12:39; 4, L.

Williams (Car) 12:45. Team: Preston Sch. (Colts): 1, J. List (Bris) 8:17; 2, S. Cowley (West) 8:24. Team: Preston Sch. (U/11): D. Gough (Bedd) 5:15. Team: Preston Sch. (Women): 1, C. Morgan (Cledd) 5:05; 2, C. Paisley (P. Tal) 5:14; 3, A. Blakey (Car) 5:16. (Juniors): 1, J. Thomas (Carm) 5:06; 2, F. Harwood (Car) 5:16; 3, J. Thompson (Bedd) 5:21; 4, H. Morgan (Bris) 5:23. Teams: 1, Cardiff 16; 2, Bristol 18. (Girls): 1, M. Jenkins (Bedd) 5:31; 2, C. Pugh (Torf) 5:37; 3, J. Jones (Fern) 5:39. Team: Beddau. (U/11): D. Dean (Bowl) 5:34. Team: Bowling Green MS.

Vets AC 100m, at Tooting Bec. B. Gray (HHH) 11.9.

Sale Open Meeting, at Stretford. 100: R. Kennedy (Sale) 10.9. 200: 1, E. Tulloch (Sale) 21.9; 2, P. Dunn (Liv-J) 22.1. 400: T. Carrington (Sale) 49.4. 800: K. Rothwell (Stret) 1:52.9. 1500: J. Keyworth (Sale-J) 3:53.7. 3000: A. Leonard (Bol) 8:22.1. HJ: N. Duffin (Stret) 1.95. SP/DT: G. Tyler (Sale) 14.37/47.54. HT: 1, J. Borszcz (Bol) 46.08; 2, M. Holmes (Liv) 44.58. (Juniors): 400H: M. Briggs (Stoke) 55.6. HT: S. Rogerson (Sale) 59.62. (Youths): 200: C. Thompson (Stret) 22.8. 3000: D. Birchall (Stret) 8:47.0. (Women): 200: C. Reaney (Stoke) 25.1. 1500: 1, J. Davidson (Sale) 4:29.5; 2, K. Pilling (Sale) 4:30.6; 3, C. Price (Bol) 4:32.0; 4, W. Hirst (Leeds) 4:37.0. 100H: 1, M. Laing (Liv) 14.6; 2, W. Laing (Liv) 14.8. 400H: 1, D. Markendale (Stock) 63.9; 2, M. Chambers 65.3. HJ: 1, V. Kelly (Stoke) 1.70; 2, M. Laing 1.65; 3, S. Watson (O&R) 1.65; 4, W. Laing 1.65. LJ: Kelly 5.46. SP: 1, A. Jackson (Stret) 12.04; 2, M. Laing 11.61. (Inters): 100: P. Dunn (Stret) 12.4. 800: S. Ramsdale (Leeds) 2:19.7.

N. London Open Graded Meeting, at Parliament Hill. 100: N. Richens (AF&D) 11.0. 200: 1, Richens 21.7; 2, T. Bennett (S&E) 21.8; 3, M. Ducasse 22.0. 400: 1, A. Bell (Wake) 47.9; 2, L. Cohen (N. Lon) 49.3; 3, D. Mote (Sy) 49.4. 400H: 1, R. Tolson (TVH) 54.3; 2, K. Lidlow (Hav) 54.4. TJ: A. Oyediran (HHH) 14.93.

British Breweries Road Champs, at Magor. 1, S. Jones (RAF-Gst) 29:39; 2, D. Fowles (Car-Gst) 30:52; 3, A. Cole (Swan-Gst) 31:05; 4, M. Morton (B'burn-Gst) 31:49; 5, R. Shorrocks (B'burn-Gst) 32:10; 6, D. Desborough (Whit) 32:18; 7, M. Lane (Newp-Gst) 32:40; 8, M. McGeoch (Les. C-Gst) 32:44; 9, B. Plain (Car-Gst) 32:55; 10, G. Staunton (Lon. I-Gst) 33:16; 11, D. Roberts (Swan-Gst) 33:24; 12, M. Rowland (Newp-Gst) 33:46; 13, M. Herring (Tru) 34:55; 14, E. Acton (HCC) 35:58; 15, L. Vials (Tru) 36:14. Teams: 1, Truman 18; 2, Scottish & Newcastle 28; 3, Whitbread 59.

Banstead Trophy Meeting, at Ewell Court. 800: (A): D. Swain (E&E) 1:54.4. (B): A. Layfield (E&E) 1:54.7. HT: K. Prior (E&E) 43.80.

Imber Trophy Meeting. (Junior Women): 200: L. Draper (R&R) 26.5. 80H: L. Manning (S&C) 12.5.

FLEETWOOD GYM. ATHLETIC SECTION ADVANCE NOTICE TO ATHLETES & RACE SECRETARIES The 4th Annual

Eastham Burco 7

Plus the 3rd Annual

EASTHAM BURCO 7 MILE LADIES RACE

will be held on

SUNDAY, SEPT. 13th, 1981

Due to increased sponsorship
by Eastham Burco

**PRIZES TO THE VALUE
OF AT LEAST £2,500**

WILL BE MADE AVAILABLE

ALSO

THE RUNNING WILD YOUNG ATHLETES RACES

For Colts, Boys and Youths

There will be **FREE** entry this year for all competitors in all events both individuals & teams.

All enquiries to: The Race Secretary, Dave Robinson, 52 Duddon Ave., Fleetwood, Lancashire.

MANCHESTER H & AC LEP CUP RACES**At Stockport, March 29th**

1, M. A. Bishop (Staffs Moorlands) 33:30
 2, J. Norman (Altrincham) 34:29
 3, A. Adams (Staffs Moorlands) 34:39
 4, D. Gee (Man) 34:52; 5, M. J. Bishop (Staffs M) 35:08; 6, I. Patten (Man-J) 35:21; 7, P. Bowler (Staffs M) 35:28; 8, A. Taylor (Man) 35:34; 9, C. Thackeray (Hallam-J) 35:39; 10, J. Clark (Grim) 35:44; 11, J. Verity (Bing) 35:51; 12, M. Plant (Man) 35:57. **Teams:** 1, Staffs Moorlands 16; 2, Manchester 30. **(Vets):** 1, G. Entwistle (Man) 37:19; 2, G. Lawson (Man) 38:42; 3, A. Freer (O&R) 39:00. **(Youths):** 1, B. Hussain (Stock) 20:14; 2, D. Crookes (E. Ches) 20:18; 3, J. Patel (Bol) 20:28; 4, S. Growney (Wirr) 20:50; 5, S. Fielding (Bing) 20:56; 6, K. Russell (E. Ches) 21:03; 7, A. Holloway (Wirr) 21:09; 8, R. Tudor (Wirr) 21:12; 9, R. Croken (Burn) 21:13; 10, A. Uttley (Bol) 21:22. **Teams:** 1, Wirral 30; 2, Sale 64; 3, E. Cheshire 67. **(Boys):** 1, B. Murphy (Liv. P) 17:45; 2, J. Evans (Liv. P) 17:57; 3, K. Rooney (Liv. P) 18:02; 4, D. Ireland (O&R) 18:16; 5, G. Alexander (Sale) 18:27; 6, G. Devine (Bing) 18:32; 7, A. Kay (Bol) 18:35; 8, G. Horne (Stock) 18:39. **Teams:** 1, Liverpool Pem. 20; 2, Wirral 86; 3, Oldham & R 89. **(Colts):** 1, S. Moores (O&R) 11:59; 2, T. Ellis (Liv) 12:20; 3, T. Fletcher (Hynd) 12:22; 4, P. Barker (Sky) 12:24; 5, G. Walsh (Burn) 12:33. **Teams:** 1, Liverpool 43; 2, Bingley 66. **(U/11):** 1, Barnes (Ross) 9:42. **Team:** Spennorth. **(Women):** 1, J. Asgill (Stret) 23:12; 2, S. Little (Bol) 23:24; 3, S. Lonsdale (Sale) 24:10; 4, S. Simpkin (Sale) 24:41; 5, C. Riley (Stret) 24:41; 6, G. Pile (Man) 24:58; 7, H. Boyes (Mor) 25:09; 8, J. Dransfield (Spenn) 25:23; 9, L. King (E. Ches) 26:27; 10, S. Dransfield (Spenn) 26:37. **Teams:** 1, Stretford 18; 2, E. Cheshire 35; 3, Spennorth 36. **(Inters):** 1, D. Robson (Mor) 16:02; 2, A. Taylor (Stock) 16:23; 3, P. Brown (Sale) 16:41; 4, L. Gregory (Hallam) 16:49; 5, T. Rawnsley (Sky) 17:01; 6, W. Hirst (Leeds) 17:08; 7, M. Drath (Ashton) 17:14; 8, F. Keyte (Man) 17:25; 9, H. Bullimore (Leeds) 17:27; 10, D. Burton (Leeds) 17:28. **Teams:** 1, Leeds City 25; 2, Manchester 33; 3, E. Cheshire 40. **(Juniors):** 1, S. Ramsdale (Leeds) 11:58; 2, J. Holland (Man) 12:03; 3, A. Gibson (Long) 12:15; 4, C. Haigh (Holm) 12:22; 5, S. Robinson (Lin. W) 12:23; 6, D. Edwards (Sale) 12:25; 7, D. Brockley (E. Ches) 12:27; 8, K. Horncastle (Leeds) 12:27. **Teams:** 1, Sale 41; 2, E. Cheshire 43; 3, Bromsgrove & R 65. **(Girls):** 1, C. Keller (Man) 9:41; 2, W. Wright (Der) 9:56; 3, R. Dunne (Ashton) 9:59; 4, K. Scobie (Leeds) 10:02; 5, H. Saunders (Sale) 10:02. **Teams:** 1, Sale 54; 2, Leeds 64. **(U/11):** D. Sharp (Spenn) 10:01. **Team:** Spennorth.

The new general secretary of Preston H & AC is J. Eddleston, 123 Chorley Road, Walton-le-Dale, Preston, Lancs (Tel: 34297).

JUNIOR INTERNATIONAL ATHLETICS

Scotland, England, Ireland and Wales

SPONSORED BY
**BELL'S SCOTCH
WHISKY**

AT

**MEADOWBANK STADIUM
EDINBURGH, SCOTLAND
SATURDAY 18th JULY 1981.**

International Match

Teams of Junior Athletes, both boys and girls from Scotland, England, Ireland and Wales will compete in a full range of field and track events for the Bell's Home Countries Match Trophy.

Open Events

Six open track events will be run, four in the Under-15 category (2 boys and 2 girls) and two in the Under-17 category (1 boys and 1 girls).

Awards will be made for each event.

Entries close on Saturday, 20th June, 1981.

Entry forms from:

Mrs. E. PEATE,
16 Quentin Rise, Dedridge,
Livingston, West Lothian.
Telephone: Livingston 33303

HERTFORD & WARE A.C.

'WARE WEEK' RACES

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

**SUNDAY,
14th JUNE, 1981
at 3.00 pm**

**SENIOR MEN — 10 miles
SENIOR LADIES — 5 miles**

Changing: at Fanshawe School, Park Road, Ware.

Course: combination of road and gravel/dirt surfaces including stretch of River Lea footpath.

Prizes: Over £200 in prizes including first 3 individuals and first 3 teams (3 score) in each race. Also first 3 Vets O/40, first Vet O/50, first U/21 in Senior Men race; first Lady Vet O/35 in Senior Ladies race.

Entry Fee: 50p per individual. No team fee.

Entries to: G. Leckie, 9 Caxton Road, Hoddesdon, Herts., by 4th JUNE. Entries on day (50p) do not qualify for prizes.

CLIVIGER SPORTS ASSOCIATION

Presents a

6 MILE ROAD RACE

(Under A.A.A. Laws)

Date: SAT., JUNE 13th

Time: 3.30 p.m.

Venue: Mount Lane Sports Field.
Overtown — Cliviger, Lancs.

Registration & Changing: On Sports Field from 1.30 p.m.

Prizes: To Value of £200

Entry Fee: Adults 50p (70p on day)
Under 18's 30p (50p on day)

Closing Date: Monday, June 8th

Entries to: R. B. Spencer, 4 Dyneley Avenue, Cliviger, Nr Burnley, Lancs. BB10 4JD.
(Cheques/Postal Orders payable to Cliviger Sports Association).

FLEET AND CROOKHAM ATHLETIC CLUB

PETER DRIVER ANNUAL ROAD RACES

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

SUNDAY, 31st MAY, 1981
Incorporating FUN RUN at 11.30 a.m. (2 miles)
HITCHES LANE, FLEET, HAMPSHIRE, 12.30 p.m.
INCLUDING "PETER DRIVER 6"

ENTRY FEE: 50p (No Team).
(70p late entry on day)

TIMETABLE (Date as at 31.8.81)

12.30 p.m. Girls*
12.50 p.m. Junior Ladies*
1.10 p.m. Intermediate* & Senior Ladies*
1.40 p.m. Colts*
2.05 p.m. Boys*
2.30 p.m. Youths* (approx. 4 miles)
3.00 p.m. Senior Men* / Vets. (6 miles)

Changing/Showers at Fleet Sports Centre, Hitches Lane.

Entries to: Peter Hughes, 45A Connaught Road, Fleet, Hants. Telephone enquiries (evening) Fleet (02514) 6820 or D. Long, Fleet 28491.

CLOSING DATE 16th MAY
(S.A.E. for confirmation please)

Trophies (perpetual marked*).

Also Team Trophies (Boys & Senior Men).

Top Quality Medals for first 3 in each section/race.
Also first 3 Teams only each race (3 to score).

Refreshment/Raffle/Public Address.

Awards after each race.

(please state Date of Birth on form).

INTERVIEW WITH GATESHEAD'S STAN LONG

By Simon Turnbull

SINCE the first Gateshead Games in 1974 that depressed town has gradually risen towards its standing today as a major athletics centre not only in Britain but in the world. The zenith of the whole project comes in June with the hosting of the first ever IAAF Golden 5000 metres. Brendan Foster has rightfully received the credit he deserves for bringing about the success story, but there are others who deserve a pat on the back. Brendan's ex-coach Stan Long is one of them. He has been a catalyst in the success of North Eastern athletics for many years now and, like Jim Alder, he remains a symbol of the twin virtues which sustain the region's success: enthusiasm and sincerity. Having broken from Gateshead Harriers after a happy 'marriage' of thirty years, Stan is still nurturing the region's young talent and still retains a soft spot for his old club. Simon Turnbull spoke to Gateshead's 'other pied piper' following this year's 'National'.

What did you think of Gateshead's second placing in the National?

They were beaten by a better team; that's the end of the story. There can be no excuses, Tipton were the better team on the day. Having said that, Gateshead should not be disappointed with second place. Since 1975 they haven't been out of the first two, which is really amazing consistency.

The conditions obviously didn't suit Spedding, Leddicot and Irvine, but they suited Baggaley and Coates. But it was exactly the same for Tipton: Rushmer and Holden were at home, but Kearns and Emson were unhappy. It's a classic case of 'swings and roundabouts'.

What did you think about Mike McLeod's third placing?

What can you say? He's a great athlete; a hell of a competitor. The conditions certainly didn't suit him, and for a one-legged runner it was a great run.

Another local runner, Barry Smith, didn't run because he's hoping for a good summer, isn't he?

That's right, and there's a good point here. An athlete is right not to run for his club in the 'National' if he thinks he could have a good track season. If he has any doubt he shouldn't run.

What are your relations with Gateshead Harriers at the present time?

Apart from being a life-member, I'm not connected in any way. I travel on their team coach to the big meetings and coach one or two athletes who belong to the club and I'm happy with the situation. The reasons why I split up from the club are still there and they won't go away.



A proud moment for Stan Long as, watched by Ray Stroud and Mike Farrell, he celebrates a Gateshead Harriers success in the AAA Twelve-Stage Road Relay. Stan is no longer involved with the club but remains synonymous with Gateshead athletics.

Tim Pike

Is Gateshead's capacity for producing good seniors from youths a self-perpetuating thing?

It's not. It has to be a very carefully monitored situation. If things aren't going right they can very suddenly go wrong. All the old things have to be done: going around the schools' meetings and encouraging those who aren't as good as some of the others. If this doesn't go on, the kids just won't make progress. And don't forget there are other clubs in the area who are producing some really fine athletes.

When I first started at Gateshead Harriers some of the ideas I used, like distance running for youngsters, were considered a bit revolutionary. All they used to do was run around the course they would be running on the following Saturday. Enthusiastic members and coaches from other clubs changed to the distance running and it rubbed off. There are an awful lot of good coaches in the North East who have produced top

class runners in recent years. The region is as good as anywhere in middle and long distance. We used to have to travel for miles to get some good competition, but now you can turn out at Heaton or North Shields and know you'll be running against the best around.

You obviously enjoy your job as Promotions Officer at Gateshead's Sports and Recreation Department?

I enjoy every aspect of the job. Things are really picking up. We've got all sorts of developments going on.

Is there much room for further enterprises at Gateshead?

Somebody asked me that two years ago — there's your answer. You've got to keep thinking of new things; once you give up you're dead. Bren's a very good boss for setting things up. He's got a lot of 'pull' with people and we've got a very good team here.

Could you tell me about the Great North Run venture?

Well, that's something Brendan's running outside the department. It is a 13 mile run this summer from Newcastle to South Shields. The BBC are helping Brendan to get it going and they have had over 1,000 applications in the first week. There's certainly a need to expand fun-running in the North East, both to cope with public demand and to keep in touch with the massive fun-runs everywhere else.

Why have there been no sprinters or throwers to emerge from the region?

I think it's a nationwide thing. As a nation, we are in-depth distance runners. I think that percolates down to club level. The climate may also have something to do with it, but at Gateshead we now have an indoor 60m track.

It very much comes down to coaches. When we had Carl Johnson, a great enthusiast, we had a huge string of hammer champions at all levels — with people like Ian Chipchase. It's been much more difficult for him with travelling all around the North now that he is a National Coach.

When you get an enthusiast who is an authority on the event, you'll certainly shine in the North East as well as anywhere. There just don't seem to be many around. Another problem is that there is not a great deal of sprinting and throwing competition — not like the middle and long distance. Consequently, it's much more difficult to keep both athlete and coach sufficiently motivated.

You started your involvement in athletics with Saltwell Harriers in the 1940's. What got you interested?

All my mates were in the Forces, but I had hammer toes and couldn't get in — I was grade three. I was at a bit of a loose end so I joined the local youth club. A lad at the club had joined Saltwell and I kept reading in the local papers about his winning exploits, so I went along in 1947 and joined them.



Another big day for Gateshead as Brendan Foster beats Bernie Ford in the 'National'.

Mike Street

I was never a very good runner but I trained hard and enjoyed it. I went to see the 1948 Olympics and that was it — I had fallen in love with athletics. In 1950 I started walking and joined Gateshead Harriers. I had a little local success: I was Northumberland and Durham 2-mile champion and sixth in the Northern. Walking died out, so I went back to running and won one or two club handicaps. In 1957 I packed-in and was asked to coach the boys. I was a very keen fan of Arthur Lydiard; a lot of things I had noticed over the years tied in with some of his ideas, such as over-distance training (Jim Peters was a decent 6 and 3 miler and yet when he went on to distance training for the marathon he was a much better 6 and 3 miler). I tried this principle with youngsters, in a very diluted form, and found that it worked a treat.

The second year I was coaching, a lad called Brendan Foster came along and there were people like John Trainor who are still seniors at the club who came through with me right from the beginning.

As a coach, you're not a great one for dogging your athletes with physiology and various technical theories?

PHILIPS



INTERNATIONAL ATHLETICS CRYSTAL PALACE

Wednesday 3rd June 1981 at 7.30 p.m.

PHILIPS NIGHT OF ATHLETICS

(under I.A.A.F. Rules) England v U.S.A.

v Ethiopia v Belgium and
the BANNISTER MILE



Prices: £4

£3 (Children £1.50)

£2 (Children 50p)

Tickets from the
NATIONAL SPORTS CENTRE
BOOKING OFFICE,
CRYSTAL PALACE.
Tel. 01-778 0131



I've been called a not very intelligent coach because I don't go into these deep physiological tests and things. I think most club athletes feel that their time is spent more profitably training. I still believe in blood tests and monitoring, but some of it just complicates matters.

Was it an obstacle to you as an aspiring coach coming from a working class rather than a physical education background?

The main thing you need is common sense. I worked in a factory for 30 years and like to think I got my degree from the University of Life. It's the same for athletes; they are no worse a runner for working in a factory or down a mine.

What do you feel about the people who levelled criticism at you when you were selected as the distance/walking coach to the British team for the Montreal Olympics?

I am quite a sensitive person and I was hurt, but I felt really proud to be there in any case. It's all water under the bridge now, and if you can't stand the heat you shouldn't be in the kitchen.

Going back to your walking links, what do you think of the 'lifting' controversy?

If you're not walking you should be in the 10,000 metres. There's no controversy about it as far as I'm concerned. If the guy's lifting he's out. I think the judging may be weak, but having said that it is almost impossible to spot.

What was it like in 1973 when Gateshead took the team title in the National after all those years of hard training?

It was marvellous. I've got a cutting from a local paper interview with Charlie Spedding in 1970 when he was 18 and he said his ambition was to be in the Gateshead senior team and to see my face when they won the National. Another treasured possession is the Ed Lacey photo of me with the lads after they'd won. That was one of the proudest moments of my life, because most of those lads had come through with me.

What sticks in your memory about the formation of the Sports and Recreation Department and the first Gateshead Games?

I wasn't at the Department at the time. I was working at a local factory and helping out in my spare time with the organising. It was a hectic time, but very enjoyable. The thing which sticks in my memory is going out for a drink the night after with the athletes. I don't drink but I had one or two jars that night. That was a night for celebration because Bren's record was a tremendous effort. He did it on his local track and in front of his own people — there was a great deal of pressure on him.

Do you think the fact that Brendan was a late developer is a source of inspiration to young athletes who are steadily plodding along?

This is my philosophy — Olympic medals are awarded to seniors, not youths or juniors. Everything should be geared towards a peak at senior level. However, enjoyment is equally important, whether you get that enjoyment from breaking world records or running with the lads.

8th International Berlin-Marathon

SUNDAY, 27th SEPTEMBER, 1981

All Categories. Starts by the Reichstag and runs throughout the heart of the City, finishing in the Kurfurstendamm.

**Sponsored by The Mayor of West Berlin
Organised by Sportsclub Charlottenberg (SCC Berlin)**

Inclusive 5 day trip by air in direct association with the organisers of the Marathon, from £150.

Send 20p in stamps for complete information and entry forms to:

John Bicourt,
122 Queen Mary Road, Upper Norwood,
London SE19 3NP.



Do you therefore agree with Brendan in believing that being an English Schools champion can be a bit of a cross to bear?

It can be if it is put on by a schoolteacher, coach or parent. Such pressure is destructive. The unfortunate thing about athletics is that there are more losers than winners and at a young age it is the taking part which should be stimulated rather than the desire to be the best.

Do you think schools have a destructive effect on young athletes?

You can't lump schools as schools. They are composed of individuals and if you get an enthusiastic and perceptive individual it can be a great help. But if you get a teacher who thinks of only how the athlete can benefit the school, rather than how he can benefit the young athlete, it can be a great shame. In schools it often happens that kids are introduced to athletics by running a tough cross-country trial on Thursday followed by a district race on the Saturday. But schoolteachers are a much maligned lot because they have a lot of sports to teach and they have the pressure of having to get success for their school.

I do think that there should be more channelling between schools and clubs. Some schools do it. And I'd like more of a liaison in the sharing of facilities. They are getting together a bit more now, but I think it has to happen a little faster.

What do you think of the boom in Vets athletics?

This country has a great tradition of following America in certain vogues. It's obviously taking off in a big way right across the country and I think that is marvellous. Seeing former champions like Eddie Kirkup still running is fantastic.

Do you think your boss will take it up?

I don't know about that but Brendan will train all his life. Even now he's running most days. He's probably scared of becoming fat because his family have a tendency to put weight on.

Finally, Stan, what are you most looking forward to in the next year?

I'm looking forward to Gateshead's involvement. These next few years are going to be important. We've got two tremendous internationals in the summer as well as the World Cross-Country Championships for 1983.

In the photo of the London Marathon on page 18 of the April 18th issue, the runner third from the left is Martyn Cartwright, who finished in 2:37:36, and not John as stated.

Fourth in the Stourport Open CC Meeting on March 1st ('AW', April 18th) was N. Gray of Solihull & Small Heath, and not as printed.

WARRINGTON PARKLAND RELAY

MEETING

April 12th

(Youths): 1, Bolton (Bate 7:44, Buckley 7:54, Patel 7:41) 23:19; 2, Tipton (Evans 8:02, Carpenter 7:40, White 7:49) 23:31; 3, Wirral (Robinson 7:52, Wade 7:49, Tudor 7:55) 23:36; 4, E. Cheshire 23:54; 5, Gateshead 23:55; 6, Stretford 23:56; 7, Tipton 24:20; 8, Warrington 24:30; 9, Manchester 24:32; 10, Bolton 24:42; 11, Liverpool Pem. 24:49; 12, Blackburn 25:01. **Fastest:** D. Birchill (Stret) 7:39. **(Boys):** 1, Liverpool Pem. (Murphy 7:53, Riley 8:08, Larcombe 8:11) 24:12; 2, Tipton (Dean 8:24, Evans 8:02, Damerell 7:49) 24:15; 3, St. Helens 24:42; 4, Oldham & R 24:48; 5, Wirral 24:54; 6, Liverpool Pem. 'B' 25:04; 7, Warrington 25:14; 8, Bingley 25:20; 9, Southport Waterloo 25:39; 10, Stretford 25:41. **Fastest:** Damerell 7:49. **(Colts):** 1, Liverpool (Coutter 8:51, Ellis 8:38, Lamb 8:27) 25:56; 2, Wigan 26:16; 3, Liverpool Pem. 26:33; 4, Salford 26:34; 5, Liverpool 'B' 26:38; 6, E. Cheshire 26:38; 7, Sutton (St. H) 26:49; 8, Blackburn 26:58. **Fastest:** Lamb 8:27. **(U/11):** Barnes (Ross) 8:05. **Team:** Oldham & R. **(Women):** 1, K. Pilling (Sale) 15:35; 2, S. Little (Bol) 15:47; 3, E. Brennan (B'burn) 15:55; 4, J. Murray (Sale) 15:58; 5, M. Belk (A&SV) 16:00; 6, A. Pattinson (Cann) 16:10; 7, A. James (A&SV) 16:35; 8, S. Simpkin (Sale) 16:40. **(Inters):** 1, Taylor (S'port W) 15:51; 2, B. Brown (Sale) 16:11; 3, D. Riddings (Sale) 16:21; 4, Glass (Gate) 16:23; 5, N. Carmody (Cov) 16:28. **S/I Teams:** 1, Sale 14; 2, Airedale & SV 34. **(Juniors):** 1, Cannock Chase (J. Penfold 9:15, R. Freeman 9:39, H. McDonald 8:39) 27:33; 2, Sale (D. Edwards 9:00, L. Ranwell 9:11, M. Nash 9:25) 27:36; 3, Manchester 27:40; 4, City of Stoke 27:54; 5, E. Cheshire 28:02; 6, Warrington 28:09; 7, Blackburn 28:29; 8, E. Cheshire 'B' 28:32; 9, Sale 'B' 28:36; 10, Tipton 28:36. **Fastest:** J. Holland (Man) 8:54. **(Girls):** 1, City of Stoke (J. Allen 9:47, D. Morris 9:34, L. Collis 9:34) 28:55; 2, Blackburn 29:12; 3, Liverpool 29:17; 4, Sale 29:26; 5, Ashton 29:35; 6, Stretford 29:44; 7, Gateshead 29:48; 8, Sutton (St. H) 29:51. **Fastest:** D. Pinnington (Sutt) 9:21.

EAST SURREY LEAGUE

Road Race, at Ewell, April 14th

1, B. Watson (E&E) 20:52; 2, A. Nicholson (E&E) 20:54; 3, B. Hinzmann (Croy) 21:10; 4, M. Walmsley (Croy) 21:39; 5, G. Watson (E&E) 21:49; 6, R. Dickson (Croy) 22:06. **Teams:** 1, Epsom & E 16; 2, Croydon 20. **Final positions:** 1, Croydon 34; 2, Epsom & E 33. **(Youths/Boys):** 1, J. Hoborn (E&E) 11:14; 2, R. Drummond (Croy) 11:35; 3, M. Reid (E&E) 11:39. **Teams:** 1, Epsom & E 10; 2, Croydon 11. **Final positions:** 1, Epsom & E 24; 2 eq, Surrey Beagles & Redhill & R 21.

Race Walking Topics

By Colin Young

A Decade of British Achievement

WITH MANY expressing despondency regarding our current standing in world race walking, it occurs to me it is no bad thing to look back on what our walkers have achieved at the 'big ones' during the past ten years.

With less than 600m remaining of the 1971 European 20km, **Paul Nihill** had every chance of retaining the title he had gained in Athens two years previously. At the finish Paul had to be content with the bronze, less than 15 sec away from victory, while the late **Phil Embleton** was a brilliant sixth, leading home Boris Yakovlyev and Yevgeniy Ivchenko — who were quite prominent nine years later!

The following year, in the Munich Olympics, Nihill was in the leading group in both events until the closing stages, finishing 6th and 9th with both Christoph Hohne and Raul Gonzales well behind in the latter 50km event.

Many forget the fine 9th by **Roger Mills** in the Lugano 20km final, heading home the likes of Frenkel, Resaryev, Zschiegner and Solomin. In the heat in Rome, a bronze medal was gallantly won by Roger in the 20km event with **Amos Seddon** an excellent sixth. Again it is interesting to note our pair had Bellucci, Zschiegner and Ivchenko trailing behind them.

At Rouen in the 1975 Lugano final, we saw **Brian Adams** (6th) and **Olly Flynn** (8th) leading

the 20km early on, then battling it out with Stadtmuller, Kannenberg, Frenkel, Bartsch, Visini, Ivchenko *et al.* Even better in the 50km was the superb fourth place of **John Warhurst** as the GDR squad "blew" or were disqualified.

The Montreal Olympic 20km saw Adams (11th) and Flynn (14th) having a race-long battle with Visini, Lelievre, Buccione and Semyonov and very honourably placed in the 38 man field.

Though the lads were in the second half of the field in the Lugano Cup at Milton Keynes and Eschborn and the European in Prague, it was seen by the efforts of Roger Mills and **Ian Richards** that when the judges get tough and the weather difficult, the 'names' can crumble quite dramatically. On the narrower international front, John Warhurst and **Roy Thorpe** in Christchurch, and Olly Flynn, Brian Adams and Amos Seddon in Edmonton were in or near the medal placings in the Commonwealth 30km/20 miles.

Despite the dubious progression and advantages in preparation etc of the vast majority of the current world leaders, our lads can get amongst them on their day. The dismal Johnnies now bemoaning our fate in forthcoming internationals should remember the showing of our top men in the Lugano eliminator at Hove Park 18 months ago.

Mexican Stars Are Under Attack

A VITRIOLIC attack by three coaches headed by Jerzy Hausleber, together with the team physician and a psychiatrist, on Raul Gonzales, Domingo Colin, Pedro Aroche and Angel Flores may well result in the disappearance from international competition of these four world-class Mexican walkers. While Daniel Bautista was wished a happy retirement, Colin was accused of extreme laziness and Gonzales of being bitter and malcontent — and both were recommended to be immediately eliminated from the national squad. Flores was deemed to have no ambition and a pathological laziness and would have to obtain times of 1:25 for 20km or 3:55 for 50km by June in order to keep his place in the top squad. Aroche, who suffered a broken leg in a recent crash, was thought to be too old but given a chance to prove himself by the end of the year. If he fails he could be found a job so that he could live in peace and be of use to society!

Gonzales, considered by many to be the finest 50km walker yet seen, has put the statement — which was sent to the president of the Mexican

Athletic Federation and given to the media — into the hands of a lawyer and may sue for defamation of character. Both Gonzales and Colin visited the head of the Mexican Olympic Committee, who ordered that all four athletes be reinstated in the national team.

Quite obviously the debacle suffered at Moscow has had a deep effect on those connected with Mexican race walking and with the Lugano Cup to be defended in Spain in October those in responsible positions are anxious that there is no repeat of the dismal Olympic showing. With the likes of Bermudez, Canto, Gomez, Vera and Carrera available there is every prospect that the Mexicans could retain the cup despite the tough opposition they will face from the USSR and GDR. However, disqualifications could quickly ruin their hopes and both Mexican walkers and officials are becoming acutely aware of this.

Walking News — page 49

Inter. The best thing next to feet.



Your feet have to stand up to a lot of punishment from your favourite sports. Jogging, squash, badminton, tennis – they all take their toll. So you should be careful to choose the best sports shoes to look after your feet.

Inter sports shoes are designed to care for your feet. We use top-quality materials to give light weight and durability. We add comfort with features like foam linings, towelling insoles and padded collars. We use specially-developed soles for maximum grip. We add Inter's renowned styling flair, so that your feet look as good as they feel. And last, but not least, we give them prices which won't leave you breathless.

See the tremendous Inter range at your local sports shop. You'll find that Inter shoes are the best thing next to feet.



Inter-Premier

5-star running/jogging shoe featuring a special, hardwearing waffle sole designed to absorb surface stress. Nylon and suede upper, high-backed padded collar and padded tongue.



Inter-Spike

Superb lightweight athletic shoe featuring comfortable nylon/suede uppers. Cushion-backed insole, padded high-backed collar and tongue. Textured outer sole wraps round heel, front nylon sole incorporates spikes. Available in blue with white.



Inter-GPR

A favourite general purpose running/jogging shoe. Lightweight construction with nylon/suede uppers. High-backed padded collar, 'over' tongue and towelling insole. Superb waffle sole for a sure grip. Available in blue or green.



Inter-Vanguard

Outstanding new running/jogging shoe features special tractor sole for grip and durability. Mesh nylon and suede upper, suede reinforced heel counter and toe guard. Padded collar and tongue. Available in a blue, red and white contrast.



Inter-Marathon

Ideal for jogging or leisure wear. Mesh nylon and suede upper, comfortable foam lining, padded collar and wrap-round Inter-grip sole. Choose from beige, white or black with contrasting Inter logo.



Inter-Racer

Stylish running shoe featuring sky blue nylon and suede uppers with navy contrast trim. Padded collar and tongue, towelling insole and contoured instep. Durable waffle sole.

Inter. Footwear for your comfort.

Inter-Footwear Limited, Towerfield Road, Shoeburyness, Essex. Telephone: 03708-6461 Telex: 995468



International Athletics at Crystal Palace National Sports Centre 1981

**JUNE 3**

Philips Night of Athletics
England v USA v Ethiopia v Belgium

JUNE 23-24

British Meat Games
Great Britain & N.I. v Poland
v Federal Republic of Germany

JULY 24-25

Sunsilk Womens A.A.A. Championships

JULY 31

Talbot International Games

AUGUST 7-8

A.A.A. Championships

AUGUST 31

Amoco International Games
England v Cuba v Switzerland v Poland

SEPTEMBER 11

International Athletes' Club — Coca-Cola
International Floodlit Meeting

DETAILS AND BOOKING

For brochure/booking form write
(enclosing SAE) to

Box Office,
Crystal Palace National Sports Centre,
Norwood SE19 2BB.

OR RING 01-778 0131

Access and Barclaycard facilities
available for telephone and mail
applications only

The National Sports Centre entrance is right outside
Crystal Palace (British Rail) station

Will Coghlan Fulfil His Potential This Year?

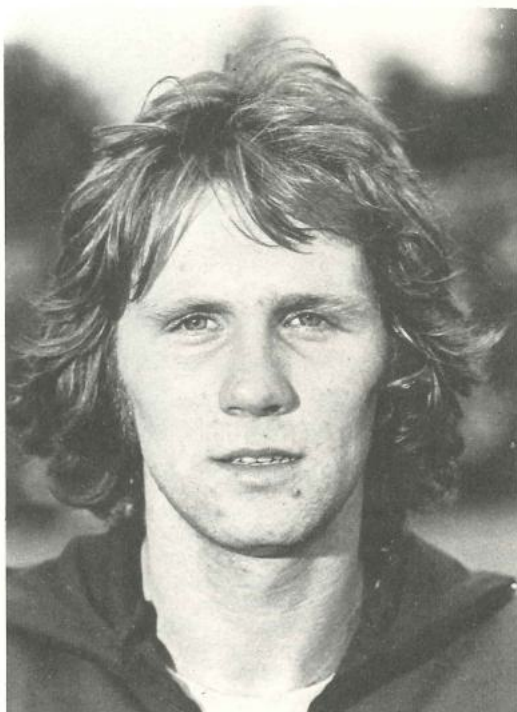
DUBLIN-BORN Eamonn Coghlan, whose indoor time of 3:50.6 in February makes him the equal fourth swiftest miler in history — behind Steve Ovett, Seb Coe and John Walker, and level with Thomas Wessinghage — is at 28 still improving and would appear to be capable this year of approaching his formidable target of 3:48. Despite the length of his career (he won his first significant title, the Dublin under-14 cross-country championship, 15 years ago) his enthusiasm and ambition remain intact and his full potential at the mile, and even more so at the 5000m, has surely yet to be fulfilled.

By Mel Watman

His fine results as a youngster eventually won him a coveted athletic scholarship to Villanova University and the skilled guidance of "Jumbo" Elliott. A 4:10 miler at the time he left for the USA at age 19, he recalls: "I didn't hesitate a moment to go. It's the dream of every Irish runner to go there and follow in the footsteps of all the great Irish runners from Villanova" — men like Ron Delany, Noel Carroll, Frank Murphy and John Hartnett.

It was, appropriately, in an indoor mile that he first made a name for himself. The race was at Cleveland in February 1974 and Olympic 800m champion Dave Wottle had to pull out all the stops to beat him, 4:03.9 to 4:04.0. "I haven't ever heard of this guy", exclaimed Wottle. "I don't know where Villanova gets them". That summer Coghlan ran 3:41.9 for 1500m but he didn't exactly set the track alight in Rome at the European Championships. He went for the 5000m and finished last in his heat in 14:29.6.

He was a transformed athlete in 1975, the year he broke into world class. Previously over-reliant on his abundant natural ability, he really buckled down to regular daily training during the winter of 1974/5 ... and the results were dramatic. Indoors he cut his best mile time from 4:04.0 to 4:00.4 and won the NCAA title in 4:02.0 with a sub-1:54 last half-mile, but that was only the start of it. It was at the famous Penn Relays in April that he first really showed his paces, anchoring Villanova to a world best of 9:29.2 in the distance medley with a mile stint timed at 3:56.3. At Pittsburgh on May 10th he went under four minutes officially for the first time with 3:56.2, with such ease (he won the 3 miles in 13:35.0 an hour later!) that coach Elliott forecast a 3:53/3:54 in the near future. He was a good judge, for just seven days later at the Martin Luther King Games in Kingston (Jamaica) he relieved Michel Jazy of the European record with a startling 3:53.3. That placed him third in the



EAMONN COGHLAN

Mark Shearman

race in which Filbert Bayi broke Jim Ryun's world record with 3:51.0 and Marty Liquori (another Villanova product) was second in 3:52.2.

Asked by Tom Jordan of *Track & Field News* whether he could believe he had run that fast, Coghlan replied: "Funnily enough, last December (1974) I decided I would write on the back of my mirror in my room a time and see if I could get it this year. At that point, I'd never broken 4:00 and my best outdoor time was 4:05.5. I forgot all about that time till I came back from the King Games, and I said 'God, I'm going to have to take a look at this now'. I had no idea what I had written down and I looked and saw '3:53.5 by June 1975'. I couldn't get over it".

Although he didn't get close to that time again that year (his next best was 3:57.8 at Crystal Palace) he was now a legitimate Olympic medal contender. In his last race for Villanova, in June 1976, he won the NCAA 1500m in a personal best of 3:37.1 and followed that by becoming the first Irishman to win the AAU title. At the Games themselves in Montreal, Eamonn made a favourable impression as he won his heat in

Eamonn Coghlan looks pleased enough as he takes the silver medal in the 1978 European 1500m behind Steve Ovett and ahead of Dave Moorcroft and Thomas Wessinghage.



Mike Street

3:39.9 and semi in 3:38.6 but his tactics were found wanting in the final. It was a slow race with Coghlan a reluctant leader for much of the way. He was ahead at 1200m (3:01.2) but dropped back to fourth, although he looked as though he could have snatched the silver medal had his path in the final stages not been blocked by Ivo Van Damme and Paul-Heinz Wellmann. John Walker, the favourite, won in 3:39.2 (25.1 for the last 200), as Coghlan finished out of the medals just over a stride's length behind.

Highlights of the Irishman's 1977 campaign included a 3:53.4 mile in Dublin and victory in the AAA 1500m, and in 1978 he captured his first major medal when finishing second to Steve Ovett (3:35.6) in a national record of 3:36.6 in the European 1500m in Prague. While Ovett sailed serenely to victory, Coghlan produced a dynamic finish which carried him from 6th place in the final 150m, pipping Commonwealth champion Dave Moorcroft in the last few metres. It was the highlight of Coghlan's career to date but he was somewhat bitter about the press coverage back home. "People are very provincial in Ireland", he remarked. "I got second in Prague but the big news was that I didn't win. People don't care if the best man in the world beats you. You just have to win". Clearly, Ovett was in a class of his own that day, so second place was as good a result as anyone could have expected, but there were those who thought that Coghlan might have been better off going instead for the 5000m in which his far less speedy compatriot John Treacy placed a close fourth and the title was won by Venanzio Ortis in 13:28.6 off a modest 57.0 last lap. Coghlan ran 13:26.6 for the distance that year.

A momentous indoor season followed in 1979. On successive weekends in February he equalled the world mile best of 3:55.0, smashed it with

3:52.6 and uncorked a 52.7 last 400 to take the European 1500m title ahead of Thomas Wessinghage and John Robson in 3:41.8. John Walker said of Coghlan following that indoor campaign: "I openly admit that Eamonn is one of the greatest indoor runners of all time, but I frankly don't think that he'll ever equal his indoor record in an outdoor meet. His small stature and quick strides suit him ideally indoors, but it won't do him all that much good where it really counts".

But Coghlan made Walker eat his words during the summer of 1979, and he reeled off this series of fine performances in a four week period: June 21st, Cork — 1st mile (3:54.8); June 30th, Philadelphia — 1st mile (3:52.9; Irish rec) ahead of Steve Scott, Craig Masback . . . and John Walker; July 3rd, Stockholm — 2nd mile (3:56.3) behind Scott's 3:56.0; July 5th, Oslo — 1st 3000m (7:39.1; Irish rec) beating Markus Ryffel and Walker; July 14th, Crystal Palace — 1st AAA 5000m (13:23.6; Irish rec) in front of Mike McLeod, Rod Dixon and Henry Rono; July 17th, Oslo — 4th in Golden Mile (3:52.5; Irish rec) won by Seb Coe in world record 3:49.0 ahead of Scott and Masback; July 18th, Lausanne — 1st 3000m (7:40.5).

Coghlan notched up the second fastest indoor mile time of 3:52.9 early in 1980 and warmed up for his Olympic 5000m challenge with a superb 3000m victory in 7:37.6 (the third fastest ever) in Oslo although that run went practically unnoticed in the excitement surrounding the world records in the 1000m and mile by Seb Coe and Steve Ovett. In Moscow, as in Montreal, he had his chances for a medal but fluffed them as he wound up fourth in the 5000m (13:22.8 for a personal best) after leading along the final back straight. Later in the month he regained the Irish record from John Treacy with a 13:21.0 timing in

THE UNBEATABLE ELECTRONIC SPORTSWATCH

For athletics, swimming, cross-country, gymnastics, basketball, water polo, and all time sports.

For referees, coaches, time-keepers, trainers, sports enthusiasts ... and for science teachers and lab technicians.

You need this precision-made moisture proof, super-accurate digital SportsWatch.

A marvel of precision engineering at a world-beating price – £18.95 (plus p&p)



Yes, it's a stop-watch.

Recording 60 minutes and on, correct to 100th part of one second.

Yes, it does lap-times.

Press a button to start; press another to display lap-time, press again to carry on timing.

Yes, it holds 1st and 2nd times.

Hold winner's time in display; stop memory for runner-up time, for later display.

Yes, it does time-out.

Measures actual playing time, eliminating the time-out.

Yes, it's a watch.

Digital read-out: hours, minutes, seconds eg 12.29.55.

Yes, it's a calendar.

Press a button and the time is replaced by month, day and the day of the week eg 3.15.SU.

Yes, it's illuminated.

Press another button to illuminate the LED display in the clock and flash a light on your notebook.

Yes, you wear it round your neck.

It has a built-in lanyard, to keep the SportsWatch at a working level.

Buy Mail Order, 41 Pilcher Gate Nottingham NG1 1QF.

To: Buy Mail Order 41 Pilcher Gate, Nottingham NG1 1QF.		Reg'd No1341967
Name _____		
Address _____		
Signature _____		
☐ PO ☐ Chq ☐ Barclaycard ☐ Access		
Please send (qty.....) Electronic SportsWatch(es) price £20 each (including VAT and £1.05 p&p) TOTAL £..... (Allow 28 days for delivery.)		

Another **BUY MAIL ORDER** Bargain

Delivery subject to availability
UK excl Channel Islands

Money back guarantee, if returned within
10 days

EAST HULL HARRIERS & A.C.

Present their annual

**AFOS 20 MILE
ROAD RACE**

(Under A.A.A. Laws)

Incorporating

Humberside County 20 Mile Championship**AT HULL****ON SUNDAY, 24th MAY, 1981**

Start 2.00 p.m.

£200 PRIZE LIST

Prizes: First 20 Individuals, first 3 Vets O/40, O/45 & O/50. First 3 Teams plus first Veterans Team (3 to score).

Entries: 75p per Individual, (No team fee), to Race Secretary Peter Dearing, 1 Collynson Close, Willerby, Hull HU10 6AS. Tel. 0482 655299 (home), 0482 25796 (office).

Programme sent to all entrants, result sheet on day of race, time certificate to all finishers.

Race Headquarters: East Hull Harriers Club House, Salthouse Road, Hull.

Flat Course — Overnight accommodation available.

Course Record — 1.41.58 — B. Plain (Cardiff), 1976.

Sponsorship received from Afos Ltd., Heating Apparatus Manufacturers, Anlaby, Hull.

ENTRIES CLOSE WED., 13th MAY, 1981**GOLDENLAY
POLY
MARATHON**

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

67th Annual Men's Race — 4th Women's Race**SATURDAY, 13th JUNE, 1981**

**Start 2.15 p.m., by gracious permission
of Her Majesty the Queen, from the
private grounds of Windsor Castle**

Trophies and valuable awards for the first ten men and three women. Team awards for Club and Area/Combined Services team, Veterans, first Newcomer and first foreign finisher awards; as well as a prize to all those who start. Time certificates to all finishers.

Entry Fee: £1. No fee for Team entries.

Entry Forms from: J. E. Micklewright, M.B.E., 299 Jersey Road, Osterley, Isleworth, Middlesex TW7 5PH.

CLOSING DATE 23rd MAY, 1981

No late entries accepted

STAFFORDSHIRE MOORLANDS A.C.

present

**"AROUND THE HOUSES
4 MILE ROAD RACE"****AT LEEK, STAFFS., ON THURSDAY, 11th JUNE, 1981**

at 8.30 p.m.

This is a joint promotion

by the Staffordshire Moorlands District Council and the Athletic Club
Four laps around the town centre in front of large crowds

EXCITING PRIZES TOTALLING £300**AWARDS TO FIRST 25 WINNERS**

Fee: 50p per individual to be included with entry.

To: T. Evans, 14 Ladydale Close, Leek, Staffs., ST13 5SE. Telephone: Leek 371509. Please include S.A.E. for details.

ENTRIES CLOSE 4th JUNE, 1981

Coghlan's Outdoor Form Remains A Mystery

THAT Eamonn Coghlan is an athlete blessed with world class attributes there can be no question — yet, when one scrutinises his track record to date, a certain emptiness is glaringly apparent. The emptiness I refer to is of course his inability to reproduce his excellent indoor racing form on the much more important and prestigious outdoor circuit.

In the space of seven days during February 1981, this Bord Failte (Irish Tourist Board) official produced two superlative indoor performances. In the first he surpassed almost everyone's expectations (not his own), destroyed his world indoor mile best with a clocking of 3:50.6 and defeated a world class field including Scott, Walker, Flynn, Hudak and Bayi. In the second he won the American 3 miles title in 12:54.8, agonisingly close to Emiel Puttemans' world best of 12:54.6. These are the sort of performances athletics enthusiasts throughout the world have grown to expect and demand of Eamonn and this is where his problems begin — for outdoors he is simply considered as just one of the world's many good class performers.

To date he has contested two European and two Olympic Championships, his entire medal tally amounting to a solitary silver when placing second to Steve Ovett in Prague in 1978. His two Golden Mile outings have produced a fourth place (1979) and a ninth (1980).

But what of his Olympic appearances? Two fourth placings, one in the 1500m and the other in the 5000m, and on both occasions Coghlan — renowned as one of the world's fastest finishers — was poised in contention with 200m remaining.

Tactics were to prove his downfall in 1976. With 150m remaining he was hopelessly boxed and unable to respond

when Walker made what was to prove to be his decisive move. A silver medal ahead of Van Damme and Wellmann and arguably even a victory could have been his but for his tragic mistake.

Fearing he would be unable to match Ovett and Coe in a 1500m confrontation in Moscow, Eamonn chose instead to challenge for the 5000m title. On paper his preparation seemed meticulous. In the year prior to the Games he scored memorable 3000m victories and carried off the coveted AAA 5000m title. Coghlan carried that vintage form with him into 1980 and gave indication of his well-being when winning a world class 3000m in Oslo ahead of Wessinghage and Bayi in a personal best time of 7:37.6. So the stage was set for an unforgettable Coghlan versus Yifter showdown in the Lenin Stadium — or was it?

Two important points most of us neglected were:— (1) Coghlan had never before experienced the feeling of having to contest a heat, a semi-final and a final at this distance all within five days; (2) He had run only a handful of major 5000m races prior to the Games. These two factors proved detrimental to his chances of victory in Moscow.

So, is Eamonn doomed to experience similar circumstances to those of Ron Clarke, capable of running fast times but destined never to win a major championship event? I feel not, but this year he must endeavour to seek top class 5000m competition on a regular basis, thus gaining much needed experience.

The next major international championships as far as Coghlan is concerned will be the Europeans in 1982. A victory then will restore the smile to Irish eyes.

Brian Rowan

Dublin but was never in contention in the Golden Mile at Crystal Palace as he placed 9th (3:55.74) in the race won by Ovett in 3:52.84.

Eamonn pushed his Olympic disappointment behind him with a cracking indoor season this past winter. A 3:53.0 mile in New York on February 6th was an indicator of his form, and just two weeks later on the fast 160y track at San Diego he put together quarters of 59.6, 57.1, 59.1 and 54.8 for that sensational 3:50.6 timing as he defeated Scott (3:51.8), Walker (3:52.8) and Irish colleague Ray Flynn (3:53.6). On the way he picked up another world indoor mark and

personal best of 3:35.6 for 1500m. "I have to admit that I was hoping for that 3:49.9", he commented, "but now I know it's definitely possible — indoors and out". Seven days after that exploit he romped away with the American indoor 3 miles title in New York in 12:54.8, two frustrating tenths of a second away from Emiel Puttemans' world best. It's the equivalent of inside 13:23 for 5000m.

If he can only build from that base who knows what the man from the Irish Tourist Board might achieve in the months to come.

IRISH SHAMROCK TRIUMPHANT IN LONDON & NEW YORK



Winning 1979 AAA 5000m title ahead of Mike McLeod and Rod Dixon.

Mark Shearman



Two weeks before his 3:50.6 he won this indoor mile in 3:53.0.

Allsport/Paul J. Sutton

"Jumbo" Elliott: More Than A Great Coach

OLYMPIC gold medallists Ron Delany (1500), Charlie Jenkins (400), Don Bragg (pole vault), Paul Drayton (4×100) and Larry James (4×400) were among the athletes he coached. So were such world stars as sprinter Frank Budd, high hurdler Erv Hall and middle-distance runners Marty Liquori, Eamonn Coghlan, Noel Carroll, John Hartnett, Frank Murphy, Mark Belger, Dick Buerkle, Dave Patrick, Don Paige and Sydney Maree.

But "Jumbo" Elliott, the world renowned track coach at Villanova University from 1935 until his death on March 22nd at the age of 66, will be remembered for more than turning out one great champion after another. Bob Hersh summed it up in an appreciation he wrote for *Track & Field News*. "Those who were privileged to know Elliott and to know the

athletes he coached saw something far more important than a bunch of runners lowering their personal records. We saw a generation of 18-year-old boys becoming poised and proud young men. By the example of his own life and his own character, Elliott impressed upon his teams the truth that you can have a highly motivated, successful career and still care about track, and about people. They also learned that class was not a matter of birth, but of conduct and dress and carriage and attitude. When they left Villanova, these fortunate athletes were well prepared for life. For they took with them not only their records and their trophies, but also the lasting benefits of a true education, their characters having been formed with strength, skill and affection by the extraordinary man they called Jumbo".

K. G. SPORTS

SOUTH LONDON'S ATHLETICS SPECIALISTS

CLOTHING FOR MEN

ADIDAS

SPRINTER SHORT — Shiny polyamide material, with inner slip. Available in Royal, Black or Red all with White trim and White/Royal. Sizes 30", 32", 34", 36" & 38". **£6.99.**

SINGLET — Cotton/Polyester material with contrast side stripes. Royal, Black, Red, Green all trimmed White & White trimmed Royal or Red, Sizes XS, Small, Medium & Large. **£4.99.**

VIGA

BULLET II VESTS — Soft nylon vest with contrast mesh centre panel. Red/White, Red/Yellow, Royal/White, Sky/Royal, Black/White, White/Black. Boys **£3.75**, Small/Medium & Large **£4.35**

TRACK KING SHORTS — Stylish soft nylon short in bright colours with contrast piping, Black/White, Royal/White, White/Red, Sky/Navy. Sizes 22"/24", 26"/28", **£2.90**, sizes 30"/32", 34"/36", 38"/40" **£3.35.**

EXPRESS SHORTS — Similar style short but with contrast side panel. Sky/White with Navy panel. Red/Royal with White panel. Sizes 22"/24", 26"/28" **£3.20**, 30"/32", 34"/36" **£3.70.**

RON HILL CLOTHING

BOSTON SHORTS — Ultra lightweight short with inner slip. Yellow, Green, Black, Royal & Red. Small, Medium & Large **£5.50.**

BOSTON VEST — In soft viloft material with white mesh lower half. Colours as shorts. Small, Medium and Large **£6.50.**

POLYESTER/COTTON SHORT — Red/White, Black/White, Sky/Navy & White with Red/Blue trim. Sizes 26"/28", 28"/30", 32"/34", 36"/38" **£4.50.**

UNION JACK SHORTS — Small, Medium & Large **£5.50.**

AND FOR THE LADIES

BOSTON VEST — Same material as Men's but specially styled for the Lady athlete. Colours available. Black/Violet, Green/Yellow, Royal/Green, Red/Royal, Violet/Yellow. Small, Medium and Large. **£6.50.**

SHORTS — Same material as Men's but styled for the Ladies unique shape! Colours Black, Yellow, Green, Red, Violet & Royal. Small, Medium & Large **£5.50.**

N.B. PLEASE GIVE AT LEAST ONE ALTERNATIVE COLOUR

NEW BALANCE

THE 4 SEASONS SUIT — As the name implies. A suit ideal for all the year wear. As seen many times on T.V. worn by both course & race directors of the recent London Marathon. Shower proof, wind proof. Sizes Medium, Large & Ex. Large. Royal/Yellow **£34.95.**

MR. PRESIDENT = VALUE FOR MONEY

The ideal jogging clothing. 50% Cotton/50% Acrylic. Full machine washable, won't shrink or lose their shape. Fleecy lined, the tops have ribbed cuffs & waist. The trousers have draw strings with elasticated ankles. Available in Gun Metal Grey, Navy or Wine.

HOODED TOPS — Small (34"/36"), Medium (38"/40"), Large (42"/44") and Ex. Large (42"/44") **£7.65**, complete with bottoms **£13.65.**

CREW TOPS — Small (32"/34"), Medium (36"/38"), Large (40"/42") and E. Large (42"/44") **£5.60**, complete with bottoms **£11.60.**

TROUSERS — Small, Medium, Large & Ex. Large **£6.00.**

* * *

Just a small selection from our range of athletics equipment. Why not give us a visit next time in South London and feast your eyes on the full selection available. Remember discount off normal shop prices to personal shoppers giving proof of club membership or carrying 'A.W.' **Plus always "Special Offers" available.

ALL ORDERS POST FREE

Access or Barclaycard accepted. Just send your full name and address (print please) plus your card number. Goods exchanged or money refunded if returned in new condition within 7 days.

CASH WITH ORDER

K. G. SPORTS LTD.

The Catford Centre, 28/29 Winslade Way, Catford SE6 4JU.

Tel. 01-690 7324

Who's Who In British Athletics

CHERRY HANSON

Full name: Cherry Hanson. Born in Derby, 13.11.1956. Height: 1.72/5'7¾"; Pulse rate at rest: 52. Is currently a student at Loughborough University and a member of Notts AC. Main hobby outside of athletics: "My dog Ben". Single. Lives in West Bridgford, Nottingham. Coached by Dave Brownlee since 1978; previously by Richard Dunphy (1969-71), Mike Peake (1971-72), John Tivey (1972-75) and John Anderson (1976-78).

Became interested in athletics at Junior school sports. Started at "all events, including field events, relays etc". Joined Derby Ladies in 1968. Competed in the English Schools Championships three times, in 1970 finishing last in her heat of the Junior 800m, in 1971 finishing 8th in the final of the Junior 800m and in 1972 when she was eliminated in the heats of the Inter 800m.

Influenced in her early days by "Gillian Tivey of Derby Ladies and Joan Allison". Athletes she particularly admires today include "Madeline Manning (USA, aged 32) for her persistence over time and tenacity in races, and Margit Klinger (Germany) for her race attitude and controlled aggression". International realisation? "Have never consciously thought about not being able to

reach this level". Favourite event now is 800m.

Personal bests: 800 — 2:01.5 (1980), 1500 — 4:11.6 (1978). Achievements during her career include: 1978 — 2nd WAAA Indoor 1500, 1st WAAA 1500, 1st Scottish 1500. 1979 — 2nd WAAA Indoor 1500, 7th European Indoor 1500, 2nd 1500 v France. 1980 — 1st WAAA Indoor 800, 2nd UK Champs 800.

Annual progression:

	800m	1500m
1971	2:17.4	—
1972	2:19.7	—
1974	2:10.1	4:32.2
1975	2:09.4	4:18.2
1976	2:11.0	4:22.6
1977	2:08.9	4:16.3
1978	2:05.5	4:11.6
1979	2:02.3	4:12.5
1980	2:01.5	4:12.62

Most pleasing performance was "finishing second at 800m in the 1980 Olympic Trials" and her greatest disappointment was "not being selected for Moscow". Her immediate aim is to get down to 1:58.5 for 800m and her long-term aim is "an open ended maximisation of potentiality". Intends competing "well into my thirties". Will stay in athletics after retirement

VETERANS INTER-COUNTIES & WOMEN'S VETERAN H'CAP 10 KILOMETRES ROAD RACES

SUNDAY, 24th MAY, 1 p.m.

LEAMINGTON SPA

MEN from Mid Warwickshire College of Further Education, Leamington Spa.

TROPHIES ALL AGE GROUPS

County teams made up on day — 40/49 four to count, 0/50 three to count.

Entries: 75p Ind., stating county and d. of b., to George Phipps, 164 Millbank, Warwick CV34 5TJ, before Saturday, 16th May.

WOMEN from Edmondscote track, Leamington Spa. Prizes, subject to entries, to fastest and 3 handicap placings.

Entries: 75p (state best Veteran performance at 10Km to Miss Jeanne Coker, 8A Heather Park Parade, Heather Park Drive, Wembley, Middlesex HA0 1SL.

ENTRIES CLOSE SAT., 16th MAY

No late entries acceptable

EASTBOURNE ROVERS A.C.

LADIES OPEN MEETING

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

SUNDAY, MAY 31st

at PRINCES PARK, EASTBOURNE

commencing at 1 p.m.

Minor Girls (11 years plus): 100m, 800m, L.J.

Junior Ladies: 75mH, 100m, 200m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

Inter Ladies: 80mH, 100m, 200m, 400m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

Senior Ladies: 100mH, 100m 200m, 400m, 800m, 1500m, H.J., L.J., S.P., J.T., D.T.

AWARDS FOR ALL EVENTS

Entry Fee: 30p per event.

Entries to: Mrs S. Keen, 46 Ringwood Road, Eastbourne, Sussex, (Tel. Eastbourne 639128) with date of birth and S.A.E.

ENTRIES CLOSE MAY 25th



Cherry Hanson running in the 1980 WAAA Indoor 800m, which she won in 2:05.8.

Mark Shearman

"as a physiotherapist, if my plans for the next four years come to fruition". Enjoys "the times when I feel at peak fitness". Dislikes "injuries, of which I have had my fair share!"

Advice to a youngster taking up athletics: "Be self-motivated and have long as well as short-term ambitions. Do not be distracted from your long-term goals by virtue of 'problems' (eg. 'failure', injury, social pressures etc.) in the short-term. Work hard!"

Comment: "I would like to see an additional age group for women between that of Intermediate and Senior. I think this would help a lot of athletes adjust to the higher standards and, perhaps, reduce the 'drop-out' level. Also I would like to see more indoor training facilities in the UK or a permanent winter training camp site abroad".

Training

Usually trains twice a day and occasionally three times a day in winter but rarely more than once a day in summer. Usually trains around mid-day and in the evening for about two hours per day. Trains at the Harvey Haddon Stadium in Nottingham which is eight miles from home and where there are "excellent facilities and considerate ground staff, which is important".

Coaching has been important to her: "I have learned a great deal from each coach and am the better for it". Sees her coach every day. Enjoys all of training: "the weather conditions are more important to me than the type of training itself".

Training cycle: Uses "personalised adaptations of the basic weekly, seasonal and yearly cycles outlined by Prof. N. G. Ozolin and D. P. Markov".

Typical week's training in winter: **Sunday** — (am) Extensive interval work (eg. 30×200m in 32-35 sec, 200 jog in 60 sec; (pm) 6 miles. **Monday** — (am) 6 miles; (pm) 6 miles. **Tuesday** — (am) 6 miles; (pm) Intensive intervals (eg. 3×5×150). **Wednesday** — (am) 6 to 8 miles; (pm) circuits/weights (1½ hours). **Thursday** — (am) 6 miles; (pm) Intensive intervals (eg. 6×600). **Friday** — Long steady run. **Saturday** — (am) 1 to 2 hours circuits, weights, drills, bounds, sprints etc; (pm) 6 miles. "Mobility and flexibility daily. Rest days in the above phase are not on a seven day basis. Mileage pace varied according to several factors".

Typical week's training in summer: **Sunday** — 4 to 6 miles fartlek. **Monday** — Rest or easy run. **Tuesday** — Intensive intervals (eg. 8×200), short recovery. **Wednesday** — 3 to 5 miles and/or circuits and weights. **Thursday** — Repetition sprints (eg. 4×300, long recovery). **Friday** — Rest. **Saturday** — 3 to 5 miles and/or drills etc. "Mobility and flexibility daily. Summer training system is highly variable, according to competitions".

Future plans: "Will continue to concentrate on 800m". Competition: "In practice this is not easy to arrange, but at top level I like to race about every 2 to 3 weeks".

IRISH NATIONAL MARATHON OPEN TO ALL

For the first time ever, the Irish Marathon Championship, scheduled to be run in Cork City on June 7th, is to be an Open event. Under the Rules of the IAAF that means that anybody can enter providing that he or she is over 18 on January 1st, 1981. Also, for the first time it will be a Women's and Vets Championship and a large entry from fun runners and joggers is expected. All enquiries to Frank White, BLE Offices, 69 Jones Road, Dublin 3, Eire.

The Kangaroo Club will again be conducting its schools long and triple jump postal competitions this summer. The competitions will be held over three new periods:— up to May 15th, up to June 15th and up to July 31st, and further details can be obtained from C. Kirwin, Kelly College, Tavistock, Devon.

The London Postal Region 5M Champs, listed as a walk in the April 18th issue (pg. 22), was, in fact, a road race.

AMERICAN RESULTS

7.3. Tucson. 100: Threatt & Gaston 10.0; women's 100: M. Walsh (Irl) 11.4 (11.98 on 28.3). **13.3. Westfield.** DT: Oerter (44) 65.02, Swarts 63.46. **14.3. Houston.** HJ: 2, Morris (Jam) 2.19; DT: Stadel 62.86. **21.3. Gainesville.** Women's 5000: M. Shea 15:50.5; 10,000: Springs 34:01.2; LJ: Garcia (Bra) 6.56. **21.3. Eugene.** Mile relay leg: Salazar 4:01.9. **21.3. Tempe.** 200: Henley 20.68; TJ: Mayfield (jnr) 16.37. **21.3. Tucson.** HJ: Frazier & Curtis 2.24. **21.3. Tempe.** Women's HJ: Rienstra 1.90. **21.3. San Jose.** 5000: ADRIAN ROYLE 13:59.8. **21.3. Stanford.** HT: MATT MILEHAM 68.56. **21.3. Baton Rouge.** 100: Coley 10.27. **21.3. Arlington.** 200: D. Walker 20.39w. **21.3. Walla Walla.** 5000: H. Rono (Ken) 14:03.2. **22.3. Westfield.** DT: Swarts 63.46, Oerter 62.34. **22.3. Tallahassee.** 100: Roberson 10.1, Glance 10.2; 200: Roberson 20.74; HJ: Mays 2.24. **27.3. Charlottesville.** Women's 800: JO WHITE 2:04.4. **27/28.3. Gainesville.** 100: (—0.8m) Glance 9.8, Wright 10.1, Roberson 10.2; 400: Yearwood 45.89; 800: 3, MARK SCRUTON 1:51.2; 10,000: ADRIAN LEEK 29:05.7; 3000SC: EDDIE WEDDERBURN 8:46.3; 400H: Walker 49.67; HJ: Woodard 2.26. **28.3. Raleigh.** Relay legs: JULIAN SPOONER 1:51.0 800, 2:58 ¼M, 4:03 mile in 2 hrs. **28.3. Baton Rouge.** DT: 2, Svensson (Swe) 61.30. **28.3. Dallas.** 110H: Brantley 13.68w (not 13.60); DT: 4, ROBERT WEIR 53.92; HT: WEIR's series: 71.22, 69.06, 69.12, 70.24, 70.44, 66.84. **28.3. Carbondale.** 400H: Lee 49.7. **28.3. Pullman.** TJ: Campbell (Aus) 16.41, Taiwo (Ken) 16.33; HT: 2, PAUL BUXTON 57.12. **29.3. Westfield.** DT: Swarts 65.50, Oerter 65.10.

2.4. Los Angeles. 800/1500: MONICA JOYCE 2:10.1/4:28.14. **3.4. Oklahoma City.** PV: Dial 5.42 (US high school rec). **3/4.4. Austin.** 100: Ingram 10.43 (10.16w ht), Duling 10.55 (10.25w ht); (B) Butler 10.29, Deal 10.33; 400H: Lee 49.20 . . . 3, Smith (Jam) 50.32; SP: Carter 20.70; Dec. Steiner (Arg) 7831; women's 100: Hodges (Jam) 11.36 (11.29w ht), Bolden 11.39 (11.30w ht); 5000: Webb 15:42.61; 110H: Fitzgerald 13.15w, Turner 13.17; 400H: Etienne 57.53, Brown 57.53. **4.4. Williamsburg.** 800 relay leg: SPOONER 1:47.7. **4.4. Tempe.** 400: Solomon (Tri) 46.21, Konchellah (Ken) 46.28 (& 45.1 440y relay leg); 800: Robinson 1:46.68, Scott 1:47.05, Theriot 1:47.17; Mile: GRAEME FELL 4:04.79; 110H: Turner 13.57; SP: Oldfield 21.53, Fernholm (Swe) 19.99; DT: Stadel 64.14, Svensson (Swe) 61.22, Oerter 61.20; Dec: Jacobs 7878; 4×100: Athletic Attic 38.70; 4×200: Arizona State 1:20.44; 4×400y: Philadelphia TC 3:05.17; women's 400: Pusey (Jam) 52.82; DT: MEG RITCHIE 62.46, Stalman (Hol) 61.64; JT: Schmidt 59.28. **4.4. Eugene.** 5000: Salazar 13:34.45; DT: Crouser 62.64; women's 3000: REGINA JOYCE 9:04.41. **4.4. Fresno.** HT:

MILEHAM 68.46. **4.4. Berkeley.** 100/200: Green 10.37/20.64; 110H: Campbell 13.61. **4.4. Salinas.** DT: Burns 67.88. **4.4. Athens.** 100: H. Walker 10.26; 400: Lattany 47.11; LJ: Simmons 7.97. **4.4. Lexington.** Women's 1500: BERNADETTE MADIGAN 4:26.85. **4.4. Lincoln.** Women's 100/200: Ottey (Jam) 11.0w/22.4w. **4.4. Knoxville.** 100: Phillips 10.0. **4.4. Salinas.** 110H: Cooper 13.66; DT: Hjeltne (Nor) 67.64, Powell 63.48. **5.4. Berkeley.** Women's JT: Smith 62.34. **5.4. Charlottesville.** Women's SP: Walton (Irl) 15.95.

8.4. Bowling Green. Women's 200: ALLISON MANLEY 24.34. **9.4. San Angelo.** 100: Green 10.17w. **10/11.4. Knoxville.** 100: Gault 10.10w, King 10.14, Miller 10.17; 200: Myricks 20.7w; 400: W. Smith 45.05, Paul (Tri) 45.39; 1500: 6, SCRUTON 3:47.89; 8, DAVE RAFFERTY 3:50.58; 5000: LEEK 14:02.94 . . . 4, GARY RIBBONS 14:13.0; 10,000: DAVE MURPHY 28:05.0, Heikkinen 28:47.0, TONY STAYNINGS 28:47.3, CHRIS BUNYAN 29:04.7 . . . 7, JERRY ODLIN 29:14.8; 11, DAVE LONG 29:19.4; 3000SC: James 8:45.75, WEDDERBURN 8:46.73 . . . 5, RICHARD CHARLESTON 9:07.40; 110H: Walker 13.67w; 400H: Lankford 49.96; PV: Volz 5.49 (jnr rec); LJ: Levine 8.04w; SP: Lehmann 20.21, Pauletto (Can) 19.99; DT: Cain 66.16, Cooper (Bah) 63.18; HT Olsen (Nor) 69.96, WEIR 69.20; Relay legs: Maree (SA) 1:48.3 800, 3:40.8 1500, 3:58.7 mile; women's 100: Fitzgerald 11.25w; 400: Walton 52.64; 1500: 3, MADIGAN 4:24.02; 3000: Webb 9:02.6, MADIGAN 9:21.6; LJ: Ferguson (Bah) 6.69w; DT: 2, Walton (Irl) 50.66 (rec). **11.4. Des Moines.** Women's 200: Ottey (Jam) 22.35, Taylor (Can) 22.71. **11.4. San Jose.** 100: Floyd 10.39; 200: S. Williams 20.69; 800: Boit (Ken) 1:46.0, Robinson 1:47.0, Lemashon (Ken) 1:47.4; (B) Ngetich (Ken) 1:47.6, ROB HARRISON 1:49.8; Mile: Nyambui (Tan) 3:58.5, Aldridge 3:59.9, ROYLE 4:00.3; 3000SC: Marsh 8:34.2; 110H: Cooper 13.62; 400H: Phillips 49.34, B. Williams 49.83; PV: Curran 5.40, Bohni (Swi) 5.40; TJ: Banks 17.31 (rec; 16.95, 17.11w, 17.28w, 17.31, 16.80, 17.31!); Marlow 17.17w, Hanna (Bah) 16.37; DT: Burns 65.02, Powell 63.76, Plucknett 63.24, Stadel 62.52; HT: MILEHAM 68.40; women's 3000: Larrieu 9:01.9; SP: Petrucci (Ita) 17.84. **11.4. Arlington.** 800: S. Koskei 1:47.02; DT: 4, WEIR 54.34. **11.4. Athens.** 100: (+1.0m) Lattany 10.04, Walker 10.32; 200: (+1.3m) Lattany 20.28. **11.4. Tempe** 100/200: Evans 10.25/20.49. **11.4. Tucson.** 200: Okodogbe (Nig) 20.75. **11.4. Jonesboro.** 400H: Lee 49.65. **11.4. San Diego.** Women's 800/1500: MONICA JOYCE 2:10.21/4:23.40; JT: FATIMA WHITBREAD 55.84. **11.4. Amherst.** 1500: GEOFF SMITH 3:42.6; HT: 2, Hegarty (Irl) 63.80. **11.4. Greenvale.** DT: Swarts 63.32, Oerter 61.92. **11.4. Chapel Hill.** 800: (A) SPOONER 1:47.8; (B) PHIL NORGATE 1:49.5.



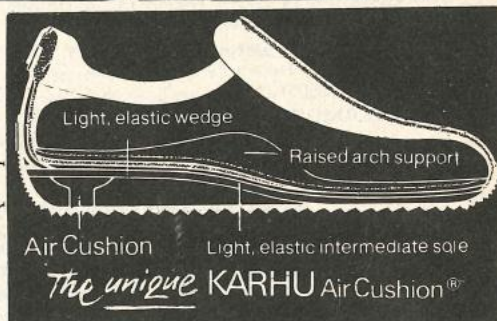
OLYMPIC QUALITY

KARHU

THE RUNNING ON AIR SHOES

Simply the best!

ALAN PASCOE

**GROUNDHOG®**

with Air Cushion® heel ● Extra strong heel cup for added support ● T section sole for extra grip on slippery surfaces ● Anti-Bacterial replaceable inner that moulds to shape of foot ● Open Toe Box with minimal width adjustment lacing system.

OPEN DECATHLON/ HEPTATHLON

(plus Irish trial)

at
TULLAMORE HARRIERS STADIUM
(Tartan Surface)

on
**SATURDAY/SUNDAY,
30th/31st MAY, 1981**

AWARDS

Senior Men	First 10 Placings
Junior Men	First 4 Placings
Senior Women	First 6 Placings
Junior Women	First 3 Placings

(£400 in prize value guaranteed)

Entries close on Saturday, 23rd May, 1981
with Secretary, Tullamore Harriers, Co., Offaly,
Ireland. Tel. (0506) 21751.

A TULLAMORE HARRIERS PROMOTION

SOUTHEND A.C. YOUNG ATHLETES OPEN MEETING

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

SUNDAY, JULY 12th, 1981

AT SOUTHCHURCH PARK,

SOUTHEND-ON-SEA

Commencing at 11.00 a.m.

- | | | |
|------|---|--|
| M.G. | — | 100m, 200m, 800m, 1500m, LJ, HJ, SP. |
| J.L. | — | 100m, 200m, 800m, 1500m, HJ, SP, LJ. |
| I.L. | — | 100m, 200m, 400m, 800m, 1500m, 3000m,
DT, SP, LJ. |
| C. | — | 100m, 200m, 400m, 800m, 1500m, SP, LJ,
JT. |
| B. | — | 100m, 200m, 400m, 800m, 1500m, 3000m,
LJ, HJ, DT. |
| Y. | — | 100m, 200m, 400m, 800m, 1500m, 3000m,
JT, LJ, HJ. |
| S.M. | — | 5000m. |

Awards: 1st, 2nd & 3rd in all events.

Entry Fee: 30p per event, 3 events 75p. Cheques/P.O.
to Southend A.C.

Entries to: A. G. Faulkner, 5 Eastern Road, Rayleigh,
Essex SS6 7BA.

Please state Date of Birth, Personal Best and include
S.A.E.

**ENTRIES CLOSE 23rd JUNE, 1981
NO LATE ENTRIES**

RUGBY AND DISTRICT ATHLETIC CLUB PRESENTS

RUGBY OPEN MARATHON

(Under A.A.A. Laws)

with

MIDLAND COUNTIES CHAMPIONSHIP MARATHON

and

MIDLANDS VETERANS CHAMPIONSHIP MARATHON

SUNDAY, SEPTEMBER 6th at 2.00 p.m.

Start and Finish at DUNSMORE SCHOOL, RUGBY

We have many years of experience in staging marathon races in RUGBY and runners return sure of a well organised race. The race will be run over the course chosen for the 1977 and 1981 A.A.A. Marathons.

COURSE RECORD: 2.15.02 by Dave Cannon in 1977. Accurately measured 3 lap course.

Easy access by motorways M1 and M6 and by rail to Rugby.

Timed certificates and split time results to all runners.

Generous sponsorship enables us to give prizes to the first 15 individuals, first 3 Vets and first 2 teams (3 to count).

ENTRIES: £1 individual, 50p per team payable to Rugby A.C. to Roy Humphries, 361
Dunchurch Road, Rugby. Tel. Rugby 812141.

ENTRIES CLOSE: 26th August, please enclose S.A.E. for reply.

NO TIME LIMIT ALL RUNNERS WELCOME

SPOTLIGHT ON YOUTH

PHILIP BEATTIE

FULL NAME: Philip Garth Beattie. Born in Belfast, 8.9.63. Height: 1.78m (5'10"). Weight: 64kg (140 lb). Attends the Royal Belfast Academical Institution and is a member of Shorts AC. He is coached by A. McMeekin and brother Clive. Hobbies outside athletics include rugby and squash. His three brothers, Paul, Colin and Clive have all represented N. Ireland in full internationals and Clive was a British Junior international. Got started in athletics at Primary and Grammar School and "just followed in my brothers' footsteps". Join Shorts AC in 1973.

Has competed in the Irish Schools Championships three times. In 1978 he placed 2nd in the 80mH and 2nd in the Junior Boys 200m, in 1979 placed 1st in the Inter 400mH and in 1980 won the Inter 400m and 400mH. Details of achievements in other major competitions: 1978 — Schools Inter-Provincial match 3rd 400mH. 1979 — AAA Youth Champs 1st 400mH; British Schools International 1st 400mH. 1980 — AAA Junior Champs 2nd 400mH; British Schools International 1st 400mH; 1st 400mH Junior International v W. Germany; 4th 400mH Junior International v Italy.

Personal bests (all 1980): 100m — 10.7; 200m — 22.0; 400m — 48.69; 400mH — 53.06.

Annual progression:

	400m	400m Hurdles
1978	53.4	59.3 (2'9")
1979	50.3	54.5 (2'9")
1980	48.69	53.06 (3'0")

Favourite event is the 400m hurdles. Most enjoyable part of athletics is "winning". No dislikes. Performance which has given the greatest pleasure: "53.06 in the AAA Junior Champs while still a Youth, a new age best". Greatest disappointment: "53.52 in Italy. The conditions were good, I was satisfied with my hurdling and yet had a slow time".

Training: Typical week's training in summer: Sunday — Easy jogging. Monday — Hurdling. Tuesday — Speed work. Wednesday — Hurdling. Thursday — Speed work with blocks. Friday — Rest. Saturday — Race. **Typical week's training in winter:** Sunday — Track session. Monday — 8M road run. Tuesday — Hill work. Wednesday — Hurdle technique session and weights. Thursday — Hill session. Friday — Squash. Saturday — Hurdles and speed work.

Main rivals: "In Ireland, my own brother Clive; in England, Paul Goacher, Kevin Lidlow, Jim Gillespie, Max Robertson and Martin Briggs". The athlete he particularly admires is Ed Moses, "because he is the best at 400mH". His short term aim is to compete in the European

Junior Champs this year and his long term aim is to compete in the Commonwealth Games in 1982.

Comment: "Competition is very limited in N. Ireland, this makes it difficult to better my times. This is my first winter training for athletics and hopefully it will help me to improve."

LINCOLN ASQUITH

FULL NAME: Lincoln Asquith. Born in Birmingham, 4.3.64. Height: 1.75m (5'9"). Weight: 75.5kg (165 lbs). Coached by Tony Hadley and is a member of Birchfield Harriers. Nobody else in his family is involved in athletics "but my two older brothers were of high athletic ability at school". Became involved in athletics at school — "I got started by competing for my school, then I was advised to join a club. I joined Birchfield in 1979".

Has competed in the English Schools Championships once, in 1980, where he won the Intermediate 100m in a CBP. Brief details of achievements in other major competitions: 1980 — 1st Schools International 100m; 1st AAA Youths 100m & 200m; 3rd Junior International v W. Germany 200m.

Annual progression:

	100m	200m
1979	10.7w (11.0)	—
1980	10.51	21.5

Favourite event is the discus! Enjoys travelling and competing, no dislikes.

Training: Trains twice a week all year round. **Summer:** Tuesday — repetition work on track, 180's, 150's etc; Thursday — block work and 8x60m. **Winter:** Tuesday — repetition work, 180's-60's; Thursday — repetitions, 150's, 200's etc.

Performance that has given the greatest pleasure: "All of my performances have given me great pleasure. To be able to compete against my fellow athletes is pleasure in itself". Greatest disappointment: "Well, technically, most of my performances have given me a certain amount of disappointment, due to the fact that I am young and still learning the art of sprinting". Considers "everyone in the set position to be my rival, but I can see my cousin Phil Brown giving me problems in the future".

Admires Edwin Moses. "He is a great athlete of outstanding ability and composure. He strives for perfection. As a young athlete, I try to instill his qualities, perfection, relaxation and composure, on and off the track". Short-term aims is to represent Great Britain in the European Junior Championships.

April 19th

Stockport Open Meeting, at Woodbank Park. (Juniors): HT: S. Rogerson (Sale) 60.68.

Back Injury Forces Sue Reeve To Retire

SUE REEVE, Britain's number 1 long jumper for many seasons, has decided to retire. This decision has been made for her by a severe and chronic injury. As she puts it, "I have been forced into retiring from long jumping because of a back injury. I haven't as yet made any official announcement but now that I've started receiving competition invitations I feel that some sort of statement needs to be made."

"A couple of years ago, I was doing some half-squats with a heavy (for me!) weight. I was in fact using some 340lb on the bar. One of the men spotting for me failed to catch the bar and place it in the rack. As a result, I suffered a severe compression injury to my spine. However after prompt effective treatment, I was soon in training and competing again."

"During the last month or so, I've been having back problems which stirred themselves up after a particularly good jumping session. I had treatment and X-rays showed that the disc between my two bottom vertebrae at the base of my spine was only half the size of the other discs in my spine. This damage had obviously occurred initially in the weight-training accident and continuous hopping and bounding plus jumping had further added to the damage."

"I do have a choice: I can retire from jumping immediately or continue competing till October 1982 to defend my Commonwealth title and then retire. However, if I decide to continue till 1982 I take the serious risk of ending up with a very seriously damaged back which may put me into a

wheelchair.

"Kevin [her husband and coach] and I thought long and hard about it; but I really have no choice. Retirement it is."

"I could continue to sprint for my club (Birchfield), or take up any other sport (including golf) but no more jumping."

Sue overcame many injury setbacks during her long career, which spanned the 1968 and 1980 Olympics, but this one has finally signalled end-game. It is also especially ironic, because she had slimmed down to 67kg through a special diet, and was sprinting and jumping better than ever before this winter, she claims. The increased speed on the runway, plus the jarring from take-off and landings, put extra pressure on the base of the vertebrae, pushing the injury beyond repair.

Sue competed in the 1968 Olympic pentathlon (as Sue Scott), won the 1978 Commonwealth LJ title, and made the Olympic teams of 1976 and 1980. Her personal bests are 12.1 (100m), 24.3 (200), 1.65m (HJ), 6.84w (LJ) (6.69), 13.17 (SP), and 4,141 (Pen — 200m). Other major achievements: 10th 1968 Olympic Pentathlon; 2nd 1969 European Indoor LJ; 7th 1969 European Pentathlon; 5th 1970 Commonwealth Pentathlon; 6th 1970 Commonwealth 100mH; 9th 1976 Olympic LJ; 3rd 1977 European Cup LJ; 3rd 1978 European Indoor LJ; 1st 1978 Commonwealth LJ; 6th 1978 European LJ; 10th 1980 Olympic LJ (injured).

Dave Cocksedge

READING GALA NIGHT OF SPORT

One of the star events at the Gala Night of Sport Invitation Meeting on the new Resisport track at Palmer Park, Reading, on May 14th (7 pm) will be the women's 1500m featuring Chris Benning, Chris Boxer, Gill Dainty, Paula Fudge, Ann Ford, Kath Binns, Janet Prictoe and Kim Lock. Among many other internationals competing are Mike McFarlane (100), Steve Cram (mile), Roger Hackney, Dennis Coates and Gordon Rimmer (2000SC), Berwyn Price and Gary Oakes (110H), Brian Hooper and Keith Stock (PV), Paul Dickenson, Martin Girvan and France's Jacques Accambray (HT), Kathy Smallwood and Bev Goddard (100), Verona Elder (200), Ann-Marie Cording and Barbara Simmonds (HJ).

Oswestry Olympians AAC have announced that Park Hall Stadium had now been restored and will be opened by Frank Bough on May 13th, 6.00 pm. The opening evening will comprise an under-15 inter-club match and a senior women's inter-county match, including an open 3000m. Enquiries to Mike Jones, on Oswestry 62238.

MEG RITCHIE SMASHES RECORD

With a throw of 67.48m (221'5") at Walnut, California, on April 26th, Meg Ritchie made a substantial improvement to her Commonwealth record of 65.96 and moved into tenth place on the world all-time list. That distance would have gained her the bronze medal in Moscow. A fortnight earlier, Meg had raised her shot putting best to 17.37m, which is only 16cm short of Angela Littlewood's UK outdoor record.

PONY BRITISH MARATHON

Vince Regan, race director and local TV & radio personality, informs us that over 18,000 applications have now been received. Competitive athletes, notorious for late submission of entries, are advised to return their entry forms without delay. If applications and entries continue at the present rate, outside pressure may impose a limit on entries accepted.

In the Running Wild advertisement on pages 14/15 of our April 25th issue the incorrect price was quoted for the Montreal T-shirt. The correct price is £6.95.

NB 420 + NB 620 AT 6's & 7's

IN THE RUNNING WILD SHOE SURVEY

Two road running shoes from New Balance enter the Running Wild survey for the first time — NB 420 (6th) and NB 620 (7th), and underlining the popularity of road running, Nike Elite moves up 'on the shoulder' of the No. 1 best seller, Wally Waffle. Value for money spikes, Puma Hurricane and Adidas Intervall II are at 8 and 9.

The top ten shoes for the 8 weeks ending 18th April, 1981 are:



1. NIKE WALLY WAFFLE
8-13 £8.50, 1-5 ½ £8.90, 6-7 £9.99



2. NIKE ELITE
6-13 £25.50 (£27.99)



3. TRX TRAINING
3 ½-5 ½ £15.50, 6-12 £7.75



4. NIKE LDVII
5-5 ½ £22.75, 6-12 £22.50



5. REEBOK AZTEC
3-5 ½ £17.99, 6-12 £20.70



6. NEW BALANCE 420
4-5 ½ £24.30, 6-12 ½ £27.95



7. NEW BALANCE 620
5 ½ £26.05, 6-12 ½ £29.95



8. PUMA HURRICANE
2 ½-5 ½ £12.70, 6-12 £14.60



9. INTERVALL II
3 ½-5 ½ £12.75, 6-12 £14.55



10. WAFFLE TRAINER II
5-5 ½ £18.20, 6-12 £20.99

THE SHOE SURVEY DETERMINED BY YOU, THE RUNNERS

The rankings in our survey depend on you the runners as the ratings are based on actual shoe sales by our mail order department and by our specialist shop where over 80 different models may be inspected and compared. As probably the largest mail-order running specialists in Europe we are confident that the survey accurately reflects the trends in aggregate opinion of you, the runners. Each time a Running Wild customer buys another pair of shoes he or she also casts a vote in favour of that shoe — and with enough votes that shoe will reach our shoe survey 'Top 10'. And so the shoe survey is right, because the customer is always right.

RUNNING WILD MAIL ORDER

To: **RUNNING WILD (Dept. AW),**
FREEPOST (i.e. no stamp required UK mainland, but if your order is urgent we recommend using 1st class post),
2, TOWER ST., HYDE, CHESHIRE.

RUNNING WILD SHOP

On Saturdays credit card orders may be phoned to our shop. Tel. 061 366 9191.

The Running Wild shop is at 148/150 Market Street, Hyde, Cheshire. Open all day everyday except Sunday, 9.00-5.30 (late opening until 6.00 pm Friday and Saturday).

061 368 8008 — 24 HOUR TELEPHONE SERVICE — POST FREE BY FIRST CLASS POST



RunningWild®

Refused permission to run abroad

Dear Sir,

Over a period of several weeks, 'AW' had advertised the Val-de-Marne marathon, which takes place on May 2nd in the eastern suburbs of Paris. On March 30th I wrote to the AAA to seek permission for myself, two other athletes from SLH and a fourth athlete from another club, to run in this marathon. I had gone through the same procedure last year and had then received written permission to run from the Athletes To and From Abroad Secretary — even though the event was only the day before the AAA marathon at Milton Keynes.

You can imagine my surprise when I received a telephone call from Mr. Eric Shirley on April 20th to say that permission was refused for all of us because a recent AAA committee meeting had resolved that marathon runners above a certain time standard (our best times are all in the 2:30 — 2:35 category) should not compete in a marathon abroad in the three weeks preceding this year's AAA marathon at Rugby.

Some days earlier, I had booked a hovercraft passage for my car and five passengers and had arranged accommodation with French families. I had also paid the four entry fees for the Val-de-Marne marathon. I had received no indication whatsoever that permission might be refused, nor

Readers' Letters

had I any reason to suspect it in view of the advertisements in 'AW' and the experience of the previous year.

The four of us intending to run abroad are ordinary club athletes with no pretension to any more exalted status. Our non-participation in the AAA marathon will not devalue that event. In the circumstances I intend to run in Paris on May 2nd under my own name and I will strenuously appeal against any steps which the AAA may subsequently take against me.

Nigel Griffiths,
South London Harriers.

Mr Griffiths can count upon the full support of 'AW' if the AAA take any action against him or his colleagues. This smacks of officiousness at its worst, and it's quite ludicrous that the AAA should dictate to athletes of Mr Griffiths' standard where they may or may not compete. There might be a case for an embargo on our runners of international standard (say, sub-2:18) from competing elsewhere during that period, in order to provide the selectors with comparative

IAN STEWART SPORTSWEAR

KARHU

GROUNDHOG	£23.95
NAVY STAR	£22.95
SPIKE TITAN	£26.95

TRACKSUITS: K1 — Navy	£23.95
K3 — Navy/Sky	£24.95

WINDSUIT: Top (Red or Royal)	£13.95
Bottom (Red or Royal)	£13.95
Sizes XS, S, M & L.	

SWEAT TOPS in Red, Black & Royal	£8.95
Sizes XS, S, M, L & XL.	

MEN'S SHORTS	Sizes 26" to 36"	£4.55
MEN'S VESTS	Sizes S, M & L	£4.95

LADIES SHORTS	Sizes 22" to 28"	£5.30
LADIES VESTS	Sizes S, M & L	£4.95

Royal
Navy
Red
White
Green

Cheques & P.O.'s please to:

ATHLETIC ATTIC LTD.,

10-14 Arcadia High St.,
West Bromwich, West Midlands.
Tel. 021 525 5400.



ALDERSHOT, FARNHAM & DIST. A.C.

11th GEOFF SLY MEMORIAL

ROAD RACES

(Under A.A.A. Laws)

MONDAY, 25th MAY, 1981

Changing: Lille Barracks Gymnasium,
Ramillies Park, North Camp

1.45 p.m. COLTS	2 MILES U/13
2.15 p.m. BOYS	3 MILES U/15
2.45 p.m. YOUTHS	3 MILES U/17

(Ages as on 1.4.81)

Awards: First 3 Inds., first team in each race.

3.15 p.m. SENIOR MEN 6 MILES — Open to all

Prizes: First 3 Inds., first 3 teams, first Vet. (40-45) first Vet. (O/45), first Vets. team. Plus additional prizes.

CLOSING DATE MAY 18th

S.A.E. for acknowledgement

Entries to: Mrs T. Woods, 13 Clarence Close,
Aldershot. (Tel. Aldershot 20532).

Fees: Seniors 50p, Others 30p. On the day 70p.

DATES TO REMEMBER

A.F.D. OPEN MEETINGS

Wednesday, 20th May & Wednesday, 24th June.

form, but it's nonsensical to impose this ban on runners further down the lists. It seems to me, anyway, that the matter of athletes travelling to and from abroad is one that should be controlled by the BAAB and not the AAA, and should be concerned only with athletes of international level where such considerations as national team selections or of honouring of commitments to the promoters of meetings and races may need to be taken into account. — M. W.

AN OPEN LETTER TO ANDY GIBB

Dear Mr Gibb,

When are you going to realise that races are for all to enjoy and that the surge of more competitors in races is here to stay. Your letter pointedly rejects 'Fun Runners', I agree, especially on the Chichester to Portsmouth course, which is, in my opinion exceedingly dangerous, but after all these years you are STILL not accepting LADIES.

I remember vividly running this particular race in 1977, requesting your permission beforehand, and receiving your courteous reply — that, yes you could not stop me running on the road at the same time as the race, but on no account could I complete the entire course for this would mean entering the track where the men would finish.

No doubt you would even have questioned a 43-year-old woman who had run a sub—2:30 marathon if she had rung up, but not a 66-year-old man.

We are ALL in this sport to encourage not demoralise.

Carolyn A. Billington,
Hampton Hill, Middx.

Dear Sir,

Surely Mr Andy Gibb's preposterous letter ('AW', April 25th) qualifies for investigation by the Equal Opportunities Commission?

Tony Ward

Dear Sir,

I'm afraid to say it, but I am a fun runner — much to the disgust, I'm sure, of Andy Gibb, the organiser of the Chichester to Portsmouth Open Road Race.

I was encouraged to start running by my husband. I started with the view to keep fit and went on to do a couple of fun runs. I do about 15-20 miles a week at the moment, plan to do the London Marathon next year and I would like to run a few races this year to see how I am progressing. If everyone had the view of Andy Gibb, I wouldn't be very welcome in any race except fun runs.

I was most annoyed by his use of the words "inconsiderate behaviour" of inexperienced people. I do not see any difference between athletes and fun runners, except the latter run

slower. Surely this difference does not make fun runners "inconsiderate". As for the fun runner completing the course in a reasonable time, surely even if that person finished last, his time would still be reasonable to him. I wonder how many fun runners finished ahead of established club runners in the London Marathon and how big a success that race would have been without the fun runners. The established athletes did not seem to be hindered in any way by the slow fun runners, not even by 66-year-old ladies.

Maybe Andy Gibb does not want the extra responsibility of organisation if a large number of fun runners apply, or maybe he is against women runners, 66-years-old or not. But please: give the fun runner a chance; after all, we may not be fun runners all our lives, some of us may become Patti Catalano's!

Mrs. S. L. Milovsorov,
Wolverhampton.

THE MOST MEMORABLE RACE

Dear Sir,

Through your columns I would like to say thank you to all the spectators who encouraged me by name or otherwise along the route of the London Marathon. I was overwhelmed by the support given. This, together with the help and encouragement from other participants en route, made this race the most memorable one of my athletic career. What a wonderful new concept of the sport, for which we must thank the organisers and all concerned with this marathon.

Rosemary Wright,
Tettenhall, Wolverhampton.

Dear Sir,

I would like to add my praise and congratulations to all responsible for the London Marathon. My wife and I were amongst the many thousands who stood in the rain and cheered — and what a magnificently memorable day it was! Our son was having 'the race of his life' — if not in performance, then certainly in terms of emotional experience.

Just one of many memories was of a middle aged woman, who as we waited to phone the results home told me with tears in her eyes that her husband had 'done it' — and that there would be a champagne celebration at home that night.

KINGHAM VILLAGE F.C. FETE

7¼ MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 6th JUNE, 1981 at 3 p.m.

Many prizes — state if Vet

Entries: Team (4 to run, 3 to score) £2; Individual 50p (75p on day), by 4th June, 1981. SAE please to C. J. Harvey, The Green, Kingham, Oxford OX7 6YD.

Her husband could have accomplished no more, in her eyes, if he had won an Olympic Marathon.

Ted Hawkins,
Blackpool.

Dear Sir,

As a regular reader of 'AW' and competitor in the London Marathon, I felt I must write to say thanks to Chris Brasher and his team. Inevitably with any 'first' there are mistakes. Perhaps one was the fixture clash with the Duchy of Cornwall marathon but both events were successes in their own way. The London race provided the organisation and setting for millions of people, not just the competitors and spectators at the race, to feel part of a great athletic occasion. I am sure that marathon runners of the world will be clamouring to run on this fast, interesting and above all, friendly course next year.

John Hancock,
Leamington Spa.

RAY SMEDLEY THE FASTEST?

Dear Sir,

When looking at the 'results in brief' in the March 28th 'AW' I was interested to see Barry Smith's time in the Chas Kendall '10' referred to as the second fastest on record to Ian Stewart's 45:13. Even though I had run 44:54 in the Northallerton to Thirsk '10' on June 1st 1980 I decided not to write and point it out. However, when much was made of Barry's time in the April 4th issue and a 'list' of British best performances was published I felt obliged to write to you.

The course for my run was only slightly undulating and no lower in altitude at the finish than at the start. There was a slight crosswind which did not blow us favourably at all. The race was fiercely competitive up front. Because of my pre-determined tactics my wife had measured out 'mile posts' on the course and determined the total distance to be 10.05 miles. Six other officials before the race, and particularly afterwards, measured the course as a good 10 miles. You published the result in 'AW' on page 16, July 12th 1980 issue.

I do not see why this result should not be included at the top of the British best performances from the data that I know of. I do not want to make any major issue of my time but when results are published and the officials of the race are confident of the course then the time of 44:54 has to be considered.

Ray Smedley

Sorry, Ray, for the omission, but lacking positive confirmation of the distance we had assumed from the super-fast times recorded in this race that the 1980 Northallerton to Thirsk '10' was a few hundred yards under-distance. Andy Armitage (the 1979 winner in 48:42) was 2nd in 45:08 and John King 3rd in 45:14. — M.W.

CONFUSION IN MADRID

Dear Sir,

In both the men's and women's races at the World Cross-Country Championships in Madrid competitors were not funnelled through quickly enough and so they ended queueing up to finish, making any accurate timing impossible. The crowd's indignation at this was highlighted in the jeering and booing which ensued.

With the women's race preceding the men's, the logical assumption would have been that any problems would be ironed out in time for the later race. However, this was not the case, and both race finishes were a mockery. In the case of the men, competitors had to stop 10m from the finishing line, at one point, as those in front had not yet entered the funnel and so cleared the finishing line. This problem was heightened when runners attempting a sprint finish would unintentionally run past the queue and so have to be sent to the back by a race marshal — by which time someone else would have appeared on the scene.

What I don't understand is how a couple of hundred runners pose such a problem. Roll on 1983 so that we can show the Spanish how to run a race properly.

M. Cawood,
Leicester Coritanian.

BOSTON MARATHON RESULT

1, Seko (Jap) 2:09:26; 2, Virgin (US) 2:10:26; 3, Rodgers (US) 2:10:34; 4, Lodwick (US) 2:11:33; 5, MALCOLM EAST 2:11:35; 6, Toivola (Fin) 2:11:52; 7, Rinde (US) 2:12:01; 8, Chettle (Aus) 2:12:23 ... 13, NORMAN WILSON 2:13:16. Women: 1, Roe (NZ) 2:26:45; 2, Catalano (US) 2:27:51; 3, Benoit (US) 2:30:15; 4, J. Shea (US) 2:30:38; 5, Gareau (Can) 2:31:26; 6, Grottenberg (Nor) 2:33:02; 7, Conz (US) 2:34:48; 8, Dewald (US) 2:35:57. Further coverage next week.

HIGHGATE OPEN MEETING

The first event of the May 20th meeting, the 10,000m, will now take place at 6.30 pm and not as advertised. Further details on page 44, May 2nd issue.

The BAAB will have a stall, F8, at the National Exhibition Centre, Birmingham, as part of the National Action Sports Show from May 13th-17th.

The Tour of Tameside is now being sponsored by Chesters (Whitbread Brewery Group). Entry forms from Ron Hill Sports, PO Box 11, Hyde, Cheshire (Tel: 061-368 4353).

Mrs P. Reeves, Devon County Secretary, has moved to 2 Barn Court, Churston Road, Brixham, Devon.

'Nantes, Nice, Napoli' they're so good you won't wear anything else



Nantes

Nice

Napoli

Three smart and incredibly comfortable, quality made sport shoes that look good and feel great... for running or just wearing... anytime.

Nantes Miles better than you've ever had before. With super-soft nylon bodywork, padded collar, cosy towelling interior and exclusive Power wedge sole unit.

Nice Another Powerful winner in robust nylon, with absorbent towelling lining and Power's exclusive springy wedge sole. The special "ramp" support takes the strain.

Napoli Outdoors or indoors for running, walking or just loafing around. The tough nylon uppers are lined with cosy towelling for deep-down comfort. Exclusive Power sole, of course.

NANTES. NICE. NAPOLI. In boys sizes 2 to 5. No half-sizes. Mens sizes 6 to 12. Half sizes up to 9½.

Power Sportshoes, East Tilbury, Essex RM18 8RL.

**insist on them
at your local
sports shop**



POWER

ATHLETIC EVENTS

With over 20,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

ABERDEEN A.A.C.

5th SCOLTY HILL RACE

(Under S.A.A.A. & S.W.C.C.U. Rules)

SUNDAY, 7th JUNE, 1981

at 2.15 p.m. at Banchory, Nr Aberdeen

5½ miles, 800' climb

- Records:** 31.11.4 Fraser Clyne, 1980,
38.34.0 Sonia McLaren, 1979.
- Prizes:** 1st 6 Men, 1st Woman, 1st Vet., 1st 2 Teams (3 to count).
- Entries:** 20p, to Mel Edwards, 7 Middleton Terrace, Bridge of Don, Aberdeen. (0224 702073), by 30th May.

DARLINGTON HARRIERS HURWORTH GRANGE COMMUNITY ASSOCIATION

HALF MARATHON

SAT., 6th JUNE, 1981, 2.30 pm Start

Prizes: 1st 3 Teams, 1st 10 Inds., 1st Vet. Team & Ind. race through quiet country roads, 3 laps. Start/finish: Hurworth Grange, Hurworth, Nr Darlington. Event is centrepiece of Association's Carnival Day.

Individual entry only, on A.A.A. forms, £1.00. Teams three to count, no entry fee.

Closing date for entries — Wed., 27th May, to M. Frazer, 11 Heslop Drive, Darlington, Co. Durham.

MANSFIELD FESTIVAL OF SPORT

HALF MARATHON

(13.1 miles)

and FUN RUN

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

SUNDAY, 5th JULY, 1981

at 9 a.m.

Limited to 1500 entrants

PRIZES **PRIZES** **PRIZES**
including first male & female over 40, 45, 50, 55 and 60 years.

Forms from: Leisure Services, 58/60 Leeming Street, Mansfield or Tel. Mansfield (0623) 646604.

ANNAN RIVER RACES

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

All age groups incl. U/9's and Vets.

Natural type course along the banks of the River Annan.

Sat., 4th July, 1st Race 2 pm Prompt

Fees: Adults 50p, others 25p.

Entries to: J. L. Dunion, Race Secretary, 6 Thorburn Crescent, Annan, DG12 5EE.

INSURANCE TRACK & FIELD CHAMPIONSHIPS

Motspur Park

16th & 23rd JUNE

(Insurance employees only)

50p 1st event, 25p subsequent event.

CLOSING DATE MAY 13th

Sec: Miss J. Beaven, GB/ASI, Prudential Assurance Co. Ltd., 142 Holborn Bars, London EC1N 2NH.

NEWPORT HARRIERS A.C.

NEWPORT 15

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

SAT., 23rd MAY, 1981, 2.30 p.m.

from Liswerry Leisure Centre, Newport
Men's, Veteran, Ladies and Team Races

Course Records: Men — J. Robertshaw, 1.17.14,
Women — J. Smith 1.28.30.

Entry Fee: 70p Individual, No team fee.

Perfectly flat 2 lap course same as **Newport Marathon** to be held **Saturday, 22nd August, 1981.**

Entries and Details both races:

Jack Johnson,
26 Birch Hill,
NEWPORT,
NPT 6JD.

ENTRIES FOR '15' CLOSE 16th MAY, 1981

SOUTHAMPTON & EASTLEIGH A.C.

in conjunction with

SUSSEX COUNTY BUILDING SOC.

ALTERNATIVE OPEN GRADED GAMES

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

SAT., 23rd MAY, 1981, at 2 pm

at the Sports Centre, Bassett, Soton.

AVON INVITATION MEN'S PENTATHLON

INVITATION 100m, 400m, 1500m — Snr. Men & Ladies.

(Applications invited from Athletes not at UK closed).

OPEN — Men S/J: 100m, 200m, 400m, 800m, 5000m.

OPEN — Ladies S/I: 100m, 200m, 400m, 800m.

Entry Fee: 30p each event.

To: M. E. F. Gray, 23 Broadwater Road, Southampton
SO2 2DU with 1980/81 Best Performance and date.

Closing Date: Tuesday, 19th May, 1981.

Definitely No late, No Tele, No on day entries.

Next Meetings 16 June, 21 July, 2 Aug., 13 Sept.

Enthralling Battle In Brighton—Steyning Walk

April 11th

A REPEAT OF their National 10 miles placings saw Mike Parker and Graham Morris in the first two places after an enthralling battle. They passed 10km in 47:19, with Carl Lawton, a former course record holder, a stride away on 47:20. Over the scenic but hilly second half Parker opened an 80m lead only to find Morris close dramatically as he passed his home village of Upper Beeding. Parker dug into his reserves and again opened a clear lead on the final hills. A warmish sun most of the way, with the stretch beneath the South Downs enshrouded in mist, perhaps slowed times on this tough course, and the leaders were well short of Roger Mills' excellent 91:22 of last year.

Carl Lawton had a fine race, leaving 50km international Adrian James well behind. Indeed, our leading 50km walkers look to be struggling this year with Chris Maddocks, the UK record holder, only 13th, and an overweight Tony Geal 18th.

1, M. Parker (B&H) 94:00; 2, G. Morris (Stey) 94:17; 3, C. Lawton (Bel) 95:30; 4, A. James (Enf) 98:12; 5, S. Lightman (Sy) 99:57; 6, D. Stevens (Stey) 101:57; 7, E. Shillabeer (Dawl) 103:35; 8, S. Elms (Stey) 104:38; 9, S. Maidment (Stey) 105:10; 10, J. Ball (S&E) 105:38; 11, P. Selby (Sy) 105:45; 12, J. Newnham (Bel) 105:52; 13, C. Maddocks (Dawl) 106:27; 14, E. Crossingham (Bel) 106:59; 15, E. Holmquist (High) 109:10; 16, K. Baker (Wey) 109:31; 17, N. Read (Stey) 109:49; 18, A. Geal (Stey) 111:17; 19, D. Jones (Wey) 111:42; 20, A. Buchanan (B&H) 111:47. **Teams:** 1, Steyning 22; 2, Belgrave 49; 3, Dawlish & SD 59; 4, Brighton & H 62; 5, Surrey 62.

Sussex Road Champs, at Steyning (April 12th).

The Women's 5km would not have disgraced a national championship with the first four breaking 26 minutes on a far from easy course. Beverley Francis dictated the early pace and, as the race unwound, proved the stronger as she pulled away. Sarah Brown (16) has again suffered a low blood count since her excellent form in December when placing second to Carol Tyson in the National 5km, but showed better form in this race. Young clubmate, Helen Ringshaw, easily broke her personal best to pass Ginney Birch in the final kilometre. The Boys race saw a great battle between the three Steyning youngsters, with Grant Ringshaw getting the verdict on the line from Martin Hesketh, with Gareth Brown a close third.

(Youths, 5km): 1, D. Bearman (Stey) 26:47; 2, R. Bean (Stey) 27:20; 3, S. Grettton (Stey) 27:23. **(Boys, 3km):** 1, G. Ringshaw (Stey) 15:14; 2, M. Hesketh (Stey) 15:14; 3, G. Brown (Stey) 15:19;

4, D. Stone (Stey) 16:09; 5, J. Vivian (B&H) 17:15; 6, R. Tattershall (B&H) 17:22. **(Women, 5km):** 1, B. Francis (B&H) 25:24; 2, S. Brown (Stey) 25:30; 3, H. Ringshaw (Stey) 25:49; 4, V. Birch (B&H) 25:57. **(Juniors, 3km):** 1, S. Clark (Stey) 17:17; 2, S. Bearman (Stey) 17:45; 3, A. Dance (Stey) 18:08.

Alan Buchanan

Dave Jarman inside 90 minutes for the Met. WC 20km, as he wins by over seven minutes, at Battersea Park (April 4th). A cold, raw day, though affecting the majority of the field, did not slow the winner. Finishing in fine style, Dave was comfortable enough to enquire of Roy Sheppard, who lay second for over half of the race, what went wrong? Leading throughout, Jarman dropped Sheppard after a mile and from then on never faltered as he raced the clock for the remainder of the race. Disappointed with his showing in the National 10M, where he placed third, finding the gale-like winds particularly hard on his small frame, Jarman joins up with Steve Barry for two races in Italy at 20km and 30km at the end of April, which should see both gaining valuable international experience.

Roy Sheppard, just back from America, looked good for a clear cut second for 12km, before muscle trouble saw him retire when still well clear of Ian Richards. Our Moscow 50km representative hung on for second as John Paddick and Paul Jarman closed rapidly on the last 2km circuit. Paddick, walking in great style, looks good to stir things up in the forthcoming middle distance events, particularly if the sun shines.

Dave Stevens finished strongly, passing Adrian James and Colin Bradley in the final 5km. The Medway man had every reason to feel a little tired after his splendid 2:35:47 run in the London Marathon the previous Sunday.

1, D. Jarman (Sy) 1:29:28; 2, I. Richards (Cov) 1:36:49; 3, J. Paddick (Leic) 1:37:00; 4, P. Jarman (Sy) 1:37:10; 5, D. Stevens (Stey) 1:38:36; 6, A. James (Enf) 1:40:22; 7, P. Hodgkinson (Camb. H) 1:41:03; 8, C. Bradley (Med) 1:41:37; 9, M. Scamell (Bel) 1:42:04; 10, E. Holmquist (High) 1:42:12; 11, A. Buchanan (B&H) 1:42:52; 12, S. Uttley (Ilf) 1:04:23. **(Boys, 3km track):** 1, A. Ethell (Leic) 14:52; 2, G. Ringshaw (Stey) 15:09; 3, M. Hesketh (Stey) 15:15; 4, H. Burford 15:52; 5, I. McDermott (Bel) 16:18; 6, J. Vivian (B&H) 16:34.

Dennis Jackson holds off Mike Holmes to win Sheffield Open 20km, at Sheffield (April 11th). In command throughout, Dennis Jackson dropped his most persistent challenger, young Phil Vesty, at 15km and then held off strong-finishing Mike Holmes who passed Vesty in the

closing stages. The Leicester Junior international set a pb for the distance and looks set to tackle the very best in the country before Los Angeles arrives. Last year's winner, Mick Greasley, lost ground immediately by starting half a minute or so late but sprinted hard to catch the leaders by 2km, only to suffer later, be caught by John Eddershaw but found some pace near the finish to take fourth. Derek Shaw had an outstanding walk for a 50-year-old behind another supervet, Eddershaw. York Postal won the team race despite being without Barry Graham who was winning the 50km at Basildon. In the Women's 10km, Lillian Millan confirmed her recent fine form with an easy victory.

1, D. Jackson (Yk. P) 1:33:29; 2, M. Holmes (Yk. P) 1:34:07; 3, P. Vesty (Leic) 1:34:59; 4, M. Greasley (Sheff) 1:37:55; 5, J. Eddershaw (Sheff) 1:38:11; 6, D. Shaw (Sheff) 1:39:55; 7, W. Tweedhope (Yk. P) 1:41:39; 8, A. Trigg (Leic) 1:42:50; 9, M. McCann (Yk) 1:42:59; 10, A. Worth (Leic) 1:43:42; 11, R. Gardner (Hales) 1:43:48; 12, B. Moss (Yk. P) 1:43:51. **Teams:** 1, York Postal 20; 2, Leicester 31; 3, Sheffield 31. **(Women):** 1, L. Millan (Lake) 51:20; 2, B. Lupton (Sheff) 53:36; 3, E. Gaffer (Leic) 56:50.

Barry Graham surprise winner of Basildon 50km, beating Murray Lambden and Bob Dobson, at Basildon (April 11th). Following his recent British best at 30km, Murray Lambden was obviously looking to improve considerably on his 4:24:57 when he finished fourth in the 'National' on the same course last year. However, the promising Manxman, though again dipping under 4½ hours, was beaten by Barry Graham who took over 14 minutes from his pb set in the 1980 'National'. The York Post Office man has shown his ability over all distances up to 50km, but has generally lived in the shadow of his clubmate, Dennis Jackson. His judgement and pace on this day augers well for his distance future. Peter Hodgkinson showed he is getting nearer the form that saw him a 'Brighton' and National 100km winner and a member of the Lugano Cup 50km squad. The powerful policeman must have surprised himself to beat Bob Dobson. The long-standing international and 50km specialist had shown his recent sharpness when he beat 45 minutes for a track 10km, but on this occasion really had to struggle home to gain yet another Essex County title.

1, B. Graham (Yk. P) 4:25:44; 2, M. Lambden (Bound) 4:28:19; 3, P. Hodgkinson (Camb. H) 4:34:54; 4, B. Dobson (Ilf) 4:37:39; 5, J. Errington (Yk. P) 4:54:15; 6, W. Johnson (Yk. P) 4:56:06; 7, D. Long (Yk. P) 4:56:33; 8, D. Salter (Enf) 4:57:15; 9, A. Eddlestone (Camb. H) 5:13:02; 10, M. Barnbrook (Camb. H) 5:20:15; 11, D. Hay (Hav) 5:22:27; 12, M. Davitt (Camb. H) 5:23:11. **Teams:** 1, York Postal 16; 2, Cambridge H 26.

Excellent turn-out for the 100th edition of the London Postal Region 9km Yacht Handicap, at

Blackheath (April 12th). Despite what appears to many in the sport an overcrowded calendar, a Sunday date and the Basildon 50km the previous day, a fine field of 77 started in this race with this series reaching the Centurion mark. Rather appropriately, clocking the fastest time with an outstanding 39:39, was Gordon Vale, whose father Dennis, has been the outstanding man behind the vast majority of these promotions. To celebrate, Dennis himself returned a solid 50:07 for 30th place. This testing multi-lap course is certainly not the place for outstanding times but Gordon Vale fully confirmed his fine condition of a month previous when he set new British Junior figures for 3km. Youth was outstandingly served on this occasion with fine races from Easton, Berrett, Cracknell and Dark. However, Carl Lawton and Paul Jarman were comfortably second and third in fast times. Eye opening effort from Dave Salter who had completed a sub-5 hour 50km at Basildon the previous day.

1, G. Vale (Sy) 39:39; 2, C. Lawton (Bel) 41:31; 3, D. Jarman (Sy) 42:57; 4, M. Easton (Sy) 43:42; 5, D. Salter (Enf) 44:24; 6, T. Berrett (Ton) 44:34; 7, S. Holliday (Med) 45:25; 8, A. Cracknell (Ton) 45:28; 9, M. Nicholls (Bel) 45:29; 10, A. Ardley (Ton) 45:44; 11, S. Marshall (Bel) 46:18; 12, C. Dark (Ton) 46:24. **Teams:** 1, Surrey 27; 2, Tonbridge 36; 3, Belgrave 38; 4, Medway 85; 5, Havering 86; 6, Borough of Enfield 96.

Award for Irene Bateman. Following her fine double victory in the RWA 5km at Exeter and the WAAA 10km on the Parliament Hill track, Havering's Irene Bateman has won the Daily Mail March Sports Personality, following in the footsteps of Carol Tyson and Marion Fawkes.

National 50km. My old friend and rival, George Towers, who is in charge of local arrangements, advises that the selected circuit is flat and well surfaced and, providing good weather conditions prevail, a very fast winning time could well be achieved. There will be 15-plus laps with the circuit measuring 2 miles and 80 yards. Another well-known name helping with the organisation is Phil Etches, the former Sheffield star and RAF champion, now stationed at Cranwell.

With at least ten men capable of making the Lugano Cup foursome, the racing should certainly be fast, close and exciting, making the first National Championship to be held in Lincolnshire a memorable one.

European record splits. Intermediate times during the European 20km track record of 1:20:57 set by Norway's Erling Andersen at Trois Rivières (Canada) on September 24th 1980 were 20:13 at 5km, 40:23 at 10km and 60:24 at 15km, for 5km splits of 20:13, 20:10, 20:01 and 20:33. Felix Gomez (Mex) was 2nd in 1:22:24 and Marcel Jobin (Can) 3rd in 1:24:17.

Colin Young

adidas®

The mark of a winner


POST FREE

Written or telephoned orders (using credit card) received by us before 11am should arrive with you via **FIRST CLASS** post very next day.

LOS ANGELES TRAINER (illustrated)

Allows you to tune the shoe to your precise needs.

Sizes 5-5½	(£20.85) £18.99
Sizes 6-13	(£23.99) £21.50

TRX COMPETITION

Sizes 5-5½	(£18.90) £16.99
Sizes 6-13	(£21.75) £19.50

TRX TRAINING

Sizes 5-5½	(£16.99) £15.50
Sizes 6-12	(£19.50) £17.50

TRX KID

Sizes 1-5	£9.99
-----------	-------

MARATHON 80

Sizes 5-5½	(£31.60) £28.50
Sizes 6-12	(£36.25) £32.50

SUMMIT (Royal/White)

Sizes 4-5½	£8.75
Sizes 6-12	£9.99

GAZELLE

Sizes 3½-5½	(£17.00) £14.99
Sizes 6-12	(£19.50) £15.99

SPACE

Sizes 5-5½	(£22.99) £20.50
Sizes 6-12	(£26.50) £23.75

RUNNER SUPER

Sizes 5-5½	(£21.75) £19.50
Sizes 6-13	(£24.99) £21.99

TRACK SPIKES
TRACK (illustrated)

Sizes 3½-5½	(£18.75) £16.99
Sizes 6-12	(£21.50) £19.50

ADISTAR 80

Sizes 4-5½	(£35.10) £31.99
Sizes 6-13	(£40.35) £35.99

SPRINT

Sizes 3½-5½	(£18.75) £16.99
Sizes 6-12	(£21.50) £19.50

***MARINER**

Sizes 3½-5½	(£15.65) £13.99
Sizes 6-12	(£17.99) £16.25

INTERVAL II

Sizes 3½-5½	(£13.99) £12.50
Sizes 6-13	(£15.99) £14.25

SPECIALIST SHOES
LONG JUMP

Sizes 4-5½	(£29.70) £26.95
Sizes 6-12	(£34.15) £29.99

***HIGH JUMP (R or L, Fosbury or straddle)**

Sizes 4-5½	(£23.25) £20.50
Sizes 6-12	(£26.75) £23.95

***JAVELIN**

Sizes 4-5½	(£40.50) £35.50
Sizes 6-13	(£46.50) £41.50

CLOTHING

RAIN JACKETS + TROUSERS - Navy & Royal, (Red, Sky, Yellow, Tangerine avail. 7-14 days). **Complete** (£23.98) £21.50, **separate** £11.99. **VEST** - POLYCOTTON White/Royal, Royal/White, Red/White, Green/White, White/Red, Royal/Yellow, Green/White, Black/White. Sizes XS, S, M, L. £4.99, 2 for £9.25.

SPRINTER SHORTS - White/Red, White/Royal, Red/White, Royal/White, Green/White, Black/White. Sizes 30"-40" £6.99, 2 for £12.50.

DISTANCE SHORTS - Royal/Yellow, Red/Navy, Sky/Navy, Navy/Red. Sizes 30"-40" £6.25, 2 for £11.50.

LADIES V-NECK VEST - Royal/White, Red/White, White/Royal, Green/White, White/Red, Black/White. Sizes 10-16 £4.99, 2 for £9.25.

LADIES TOWELLING BRIEF - White/Red, White/Royal, Red/White, Royal/White, White/Green. Size (waist) 22"-28" £6.75, 2 for £12.25.

***ITEMS MARKED PLEASE ALLOW 7-14 DAY FOR DELIVERY.**

For shoes state size and enclose foot outline, for clothing state size and second colour choice.


ORION

Sizes 3½-5½	(£15.65) £13.95
Sizes 6-12	(£17.99) £15.99

***MARATHON TRAINER**

Sizes 3½-5½	(£21.75) £19.50
Sizes 6-12	(£24.99) £21.99

***SL80**

Sizes 5-5½	(£19.50) £16.99
Sizes 6-13	(£22.50) £19.50

***600 NAVY**

Sizes 5-5½	(£18.25) £15.99
Sizes 6-12	(£20.99) £18.50

***COUNTRY**

Sizes 4-5½	(£17.85) £15.95
Sizes 6-12	(£20.50) £17.99


RAPID (SPECIAL OFFER)

Sizes 3½-5½	(£11.75) £7.99
Sizes 6-12	(£13.50) £8.99

SPEEDER

Sizes 3½-5½	(£10.75) £9.99
Sizes 6-12	(£12.99) £10.99

***HAMMER**

Sizes 4-5½	(£27.75) £24.75
Sizes 6-12	(£31.99) £28.50

***SHOT/DISCUS**

Sizes 4-5½	(£24.50) £21.99
Sizes 6-13	(£28.15) £24.99

***ROAD/WALKING**

Sizes 4-5½	(£28.65) £25.65
Sizes 6-12	(£32.99) £29.50

RUNNERCARE

SEND FOR
COMPLETE
STOCKLIST



334 Holderness Road, Hull
Tel (0482) 27483/835929
after 6pm (0482) 75517

Lack of Organisation

DESPITE THE FACT that their track and field exponents will once again be starved of international competition in 1981, the NIAAA made absolutely no attempt to inject some much needed prestige into their annual fixture at the Mary Peters Track on Wednesday, April 15th. What could have been a highly entertaining night's athletics was destroyed by a lack of communication and total disorganisation. The Association's track and field sub-committee did not meet to select a team and it was left to Tony McKnight, team mentor of the Province's top outfit, Annadale Striders, to gather together a makeshift squad. The fixture, scheduled to commence at 6.15 pm, got under way at 6.45.

The sun shone brightly on the scenic six lane arena and, on an evening when conditions were just about perfect for competition, a number of athletes blossomed and produced some very fine early season marks. In the shot circle, Mike Atkinson 'put' together his best ever series, heaving all six efforts beyond the 15 metres line. His best throw of 15.68 constituted a personal best and moved him up one place, into third position, on the local all-time list.

On the track, the two 400m events attracted most attention. Phillip Beattie hurdled crisply to win in 53.8, but his brother Clive had to concede the flat race to Northern Ireland Champion,

Keith Grant, who equalled his personal best of 48.5. Pete Markey, up from Dublin and guesting for Queens, was a comfortable winner of the 800m, outkicking last year's AAA Youths runner-up, Sean O'Neill who tired in the home straight after setting a brisk opening pace. British decathlon international, Colin Boreham, contributed immensely to the students' points tally by winning three events.

Brian Rowan

Queens University 68; NIAAA 64.

200: C. Beattie (Qu) 22.3. 400: 1, K. Grant (NI) 48.5; 2, Beattie 49.0; 3, M. Roughan (NI) 49.5. 800: P. Markey (Qu) 1:53.8. 110H: C. Boreham (Qu) 15.2. 400H: P. Beattie (NI) 53.8. PV: 1, Boreham 3.70; 2, D. Nicholl (Qu) 3.70. SP: 1, M. Atkinson (Qu) 15.68; 2, J. Reynolds (NI) 14.44. DT: M. Fulton (NI) 42.76. JT: Boreham 56.56.

Ballyclare '10' (March 21st). 1, Gerry Hannon (Unatt) 50:14; 2, Greg Hannon (Dunc) 50:48; 3, P. Lawther (Anna) 51:16; 4, S. Doherty (Dunc) 51:27; 5, R. Curran (Anna) 51:44; 6, — (Army) 52:21; 7, P. Coyle (N. Bel) 52:22; 8, E. Oxlade (Anna) 52:52. **Team:** Annadale.

Ballymena Open Decathlon, at Antrim (April 4th/5th). 1, W. McCarron (Anna) 6625 (4.25, 55.70); 2, J. McKee (Corr) 6000; 3, I. Condron (B&A) 5438 (no ht. PV).

EN-TOUT-CAS UNDER 20 CHAMPIONSHIPS

(Under A.A.A. Laws)

A.A.A. Junior & Youth athletes are reminded of these **Championships at the Withdean, Brighton, all-weather track on Saturday, 1st August and Sunday, 2nd August.**

Entry forms are available from Area Offices — please send a stamped addressed envelope.

Entries close 7th July to Areas.

To enable more clubs from outside the London area to take part, the A.A.A. under 20 and the A.A.A. Youth 4 x 100m relays have been moved to the Amoco Games on the August Bank Holiday, 31st August, at Crystal Palace, featuring England v Cuba v Poland v Switzerland.

Relay entries close 3rd August.

A.A.A. Francis House,
Francis Street, London S.W.1.
Tel. (01) 828 9326.

Lisburn Cup 10km Road Race, at Newry (April 5th). 1, J. McLaughlin (Dunc) 30:00; 2, G. Craig (Dunc) 30:32; 3, T. Greene (Bel. O) 30:37; 4, P. McGrath (Bel. O) 30:53; 5, P. Craig (Dunc) 30:57; 6, M. Deane (Bel. O) 30:58; 7, S. Doherty (Dunc) 31:08; 8, P. Lawther (Anna) 31:14; 9, I. Hill (Dunc) 31:25; 10, K. McAteer (Lett) 31:31. **Team:** Belfast Olympic. **(Vets):** 3000: 1, B. Brannigan (N. Down) 9:59; 2, S. Vennard (Anna) 10:10; 3, G. Graham (N. Down) 10:12.

Lagan Valley Relay — Portadown to Belfast (April 11th). 1, Clonliffe (N. Harvey 26:10, G. Brady 12:11, G. Finnegan 15:11, M. Byrne 32:36, G. Kiernan 23:18, L. Marley 12:29, P. Keane 15:20, D. Noonan 18:26) 2:35:41; 2, Duncairn (G. Craig 26:18, I. Hill 12:23, S. Doherty 15:12, J. McLaughlin 32:09, P. Craig 24:20, A. Rajan 12:11, T. Annett 15:44, Greg. Hannon 18:04) 2:36:21; 3, Belfast Olympic 2:42:11; 4, Morpeth 2:44:02; 5, Annadale 2:45:51; 6, Scottish Univs. 2:46:32; 7, N. Belfast 2:51:42; 8, Donore 2:52:10.

Redburn Hill Race, Hollywood, Co. Down. (April 14th). 1, T. Eakin (Pyr) 12:43; 2, J. Hladkij (Eng) 13:02; 3, T. Mallon (N. Down) 13:34; 4, R. Lecky-Thompson (Striders) 13:50; 5, T. Alderdice (Shorts) 13:56; 6, P. Heffernan (NWOC) 14:23; 7, D. Watson (Pyr) 14:46; 8, S. McCoy (Nom) 14:48; 9, D. Heffernan (NWOC) 14:52; 10, M. Guy (LVO) 14:52.

ICKNIELD WOMEN'S LEAGUE

At Huntingdon, March 22nd

1, K. Brighton (Hunt-I) 15:05; 2, S. McDiarmid (C&C) 15:19; 3, M. Lawson (H&W-I) 15:27; 4, M. Braines (Peter) 15:33; 5, C. Rawlings (Holb-I) 15:40; 6, T. Huggins (Hunt-I) 15:42; 7, D. Ball (Thet) 15:56; 8, J. Godliman (Mil. K) 16:05; 9, J. Saunders (S&NH) 16:07; 10, J. Thornton (Bed) 16:09. **Teams:** 1, Bedford 103; 2, Stevenage & NH 98; 3, Milton Keynes 97; 4, Hertford & W 93; 5, Huntingdon 89; 6, Cambridge & Col. 83. **Final placings:** 1, Brighton 171; 2, Huggins 148; 3, Lawson 146. **Teams:** 1, Stevenage & NH 503; 2, Bedford 415; 3, Huntingdon 356. **(Juniors):** 1, S. Davies (Mil. K) 11:34; 2, N. Curtis (Kett) 11:56; 3, J. Hickson (Bed) 12:00; 4, A. Connochie (Thet) 12:06; 5, C. Mahoney (S&NH) 12:09; 6, D. Campbell (S&NH) 12:19; 7, M. Brown (Bed) 12:22; 8, N. Upperton (H&W) 12:32. **Teams:** 1, Bedford 163; 2, Stevenage & NH 146; 3, Milton Keynes 120; 4, Peterborough 106. **Final placings:** 1, Davies 164; 2, Connochie 162; 3, Curtis 157. **Teams:** 1, Bedford 555; 2, Stevenage & NH 514; 3, Milton Keynes 431. **(Girls):** 1, S. Jordan (Lut) 9:19; 2, N. Dilley (Bed) 9:36; 3, S. York (S&NH) 9:37; 4, J. Eady (Bed) 9:43; 5, S. Vallis (Hunt) 9:56; 6, C. Johnson (Bed) 10:03. **Teams:** 1, Bedford 297; 2, Stevenage & NH 291; 3, Huntingdon 244. **Final placings:** 1, Jordan 251; 2, Dilley 246; 3, York 245. **Teams:** 1, Bedford 929; 2, Stevenage & NH 897; 3, Thetford 725.

WOODFORD GREEN A.C.

1981 Track & Field 'GRADED PROGRAMME'

(Under A.A.A. Laws)

Ashton Track, Chigwell Rd., (A113),
Woodford Bridge, adjacent M11

WEDNESDAY, 20th MAY

6.40 p.m. 3Km WALK
7.05 p.m. 200m, Shot, H.J.
7.25 p.m. 1500m
8.10 p.m. STHN. VETS 10,000m (2 A.B.)

WEDNESDAY, 8th JULY

6.40 p.m. 3Km WALK
7.05 p.m. 400m, Hammer/L.J.
7.30 p.m. 3,000m (not faster than 9 min.)
8.00 p.m. 100m
8.15 p.m. 800m

WEDNESDAY, 12th AUGUST

6.40 p.m. 3Km WALK
7.05 p.m. 200m, Discus/T.J.
7.25 p.m. 1500m
8.10 p.m. 600m

WEDNESDAY, 9th SEPTEMBER

6.40 p.m. 400m Hurdles
7.00 p.m. 3Km WALK, Shot/H.J.
7.25 p.m. 200m
7.45 p.m. 1500m (not faster than 4.15)
8.15 p.m. 3000m (faster than 9.10)

Entries: "ON THE NIGHT" — 20 min.
before event entries will close.

Fee: 40p-30p 2nd event & U/20's.

Meeting Sec. J. L. Hayward, 128A
Princes Road, Buckhurst Hill, Essex.

Sports Centre

8 Medway Street, Chatham,
Kent ME4 4HD.

Telephone 0634 47055

TRAINERS

BROOKS

NIGHTHAWK	6-11 1/2 US	£31.99
HUGGER GT	6-11 1/2 US	£27.99
JOHN WALKER	6-11 1/2 US	£21.99
SILVER HAWK	6-11 1/2 US	£14.99

NEW BALANCE

NB375	6 1/2-13US	B,D,2E,4E	£19.95
	6US	B,D,2E,4E	£17.34
XC15	6 1/2-13US	D,2E,4E	£25.95
	6US	D,2E,4E	£22.57
NB420	6 1/2-13US	D,2E,4E	£27.95
	6US	D,2E,4E	£24.30
NB620	6 1/2-13US	D,2E,4E	£29.95
	6US	D,2E,4E	£26.05
NB730	6 1/2-11US	D,2E,4E	£39.95
	6US	D,2E,4E	£34.75
COMP. 100	6 1/2-12US	D,2E	£28.95
	6US	D,2E	£25.17

REEBOK

AZTEC	6-12	(£22.70)	£20.40
SHADOW I	6-12	(£17.99)	£16.20
V.T.S.	3-5 1/2	(£13.50)	£12.15
	6-12	(£11.75)	£10.95

NIKE

EAGLE	6-11	(£33.99)	£31.75
YANKEE	3-5	(£15.65)	£14.10
	6-10	(£17.99)	£16.20

SPIKES

REEBOK

INCA/W	5,5 1/2	£23.40	6-11	£27.00
INCA/S	5,5 1/2	£22.50	6-11 1/2	£26.10
BLACK	2-5 1/2	£9.90	6-11	£11.70
ORBITS			3,4,4 1/2,5	£15.10
			7,9,9 1/2,11,12	£17.40
OMEGA			3,3 1/2,4,4 1/2,5 1/2	£14.22
	6,6 1/2,7 1/2,8,9,9 1/2,11,11 1/2			£16.40

NIKE

SPECIAL OFFER

INTERVAL II	6-12	(£22.95)	£14.99
WHITE FLASH	5-12	(£19.99)	£14.99

AMERICAS	5-7,8,8 1/2,9 1/2,10,10 1/2,12	£18.00
FLY	6 1/2,8,8 1/2,9,9 1/2,10,11,11 1/2	£18.00
VAINQUEUR	6 1/2,8,10,11	£33.30



POST FREE SERVICE



INDEFATIGABLE LESLIE WATSON

The ever astonishing Leslie Watson recently ran five marathon races in six weeks, clocking 2:51:23 at Essonne (March 15th), 2:48:06 in London (March 29th), 2:59:03 in Geneva (April 12th), 2:45:46 at Huddersfield (April 19th) and 2:47:30 at Cambridge (April 26th). But that's not all, for at Lake Waramang, Connecticut, on May 3rd she set a women's world best of 6:02:37 for 50 miles on the road, cutting nearly 10 minutes from the previous best held by Sue Ellen Trapp (USA)! Leslie is due to run in the WAAA Marathon Championship, to be held in conjunction with the AAA Championship (sponsored by Provincial Insurance) at Rugby on Sunday (May 10th), starting 1 pm. Entries for the men's race include John Graham, Andy Holden, Mike Gratton, Don Faircloth and Jim Alder.

Also on Sunday, starting at noon, is the Nike People's Marathon at Chelmsley Wood, Solihull. There will be more than 2000 runners and it is expected that over £20,000 will be raised for the International Year of the Disabled Person.

CLASSIFIED ADVERTISEMENTS

6p per word. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word — prepaid.

TRAINING DIARY 90p (B.A.A.B. APPROVED). Training, Competition, Schedules, Graphs, Fixtures sections! Starts anytime! **CATALOGUE (BOOKS, STICKERS)** 25p. Samples, £14 Discount Vouchers! **Arena**, 325 Streatham High Road, London SW16 3NS.

VITAMINS, food supplements, weights, apparatus, etc. Unbeatable prices, S.A.E., Healthways, (AW7), P.O. Box 28, Harrogate HG1 3HP.

SELF-CONTAINED HOLIDAY flatlet near the sea in the beautiful vale of Glamorgan. Scenic coastal runs, accompanied if necessary. **Apply**, Bob Nash, 16 Redbrink Crescent, Barry Island, CF6 8TT, for further details.

WANTED — AGENTS to sell Ray O'Donoghue Shorts. For further details please ring Ray O'Donoghue, 01-337 8701.

ATHLETICS/OLYMPIC GAMES. Athletics (Books) International announce publication shortly of Catalogue 5/81. Send 2 x 14p stamps to 32 Halsbury Road, Worthing, West Sussex.

CHINA AWARDS — Plates, mugs, coasters, etc. Club insignia, event dates, sponsors' names etc. shown. Planning for 1981? Contact **Berkshire China Co. Ltd.**, 298 King Street, Fenton, Stoke on Trent, Staffs. Tel: 0782 311447. 1981 events covered include Stafford 20, London Marathon, Peoples Marathon, Michelin 10, British Marathon and Veteran's Marathon.

LEICESTER CORITANIAN ATHLETIC CLUB

DAIRYGATE ATHLETIC MEETING

(UNDER IAAF, AAA and WAAA LAWS)

SUNDAY 19th JULY 1981 at 1.30 p.m.

LEICESTER SPORTS CENTRE, SAFFRON LANE

Incorporating Invitation Events with International Athletes arranged by George Gandy.

OPEN EVENTS - Prizes for the first three in each final

SENIOR/JUNIOR MEN: 200m, Javelin

SENIOR LADIES

JUNIOR MEN: 2000m Steeplechase, 3000m

800m, High Jump, Long Jump

VETERANS: 100m

INTERMEDIATE/
SENIOR LADIES: 100m

YOUTHS: 800m (for the Sebastian Coe Perpetual Trophy)

MIDLAND COUNTIES AAA RELAY CHAMPIONSHIPS

SENIOR MENS 4 x 100m and 4 x 400m Relay Championships

MCAAA Championship Medals will be awarded, plus prizes for each member of the winning team

Entry fees will be 40p per event, except for the relays which will be £2 per team. Entries must be made on the appropriate AAA or WAAA official forms and must be accompanied by the correct fee and a stamped, self-addressed envelope not less than 9"x 6". Competitors numbers will be sent to acknowledged entries. **NO LATE ENTRIES ACCEPTED**

Individual entries in by 20th June and sent to:
Mrs. J. Clarke, 88 Scotswood Crescent, Leicester.

Relay entries in by 28th June and sent to:
MCAAA Joint Championships Secretaries (Relays)
MCAAA Offices, Devonshire House, High Street, Deritend, Birmingham B12 0LP.

NOTE. In the interest of a strictly timed meeting and to ensure that the star invitation events can be accurately programmed, the Promoters reserve the right to restrict entries for the open events on a first come first served basis.

ALL WEATHER TRACK — MAXIMUM 5mm SPIKES

Sponsored by Leicestershire Co-operative Society Ltd., Dairies Division

Thorn Gas Heating



**GREAT
NORTH
RUN**

Sunday, June 28th

10.30 a.m.

Tyne Bridge — South Shields

(exact ½ Marathon)

Entry forms only available from:

B.B.C. TV,
Newcastle upon Tyne
NE1 8AA.

Closing date May 20th.

Club athletes over 18 on day of the race take part in separate AAA controlled event at the head of the field.

Winners of each race (male and female) will receive an invitation to the  **OTC Marathon in Oregon, U.S.A.** in September.

All runners who complete the course will receive a  **Great North Run T-shirt.**

