

# **a**

# **thletics**

## **weekly**

INCORPORATING  
WOMEN'S ATHLETICS  
MODERN ATHLETICS  
& WORLD ATHLETICS

NOVEMBER 11th 1978

Vol. 32 No. 45

22p

### **Interview With Berwyn Price**

**\* Don Ritchie Breaks  
World 100km Best**

**\* Southern Women's  
Road Relays**



**cantabrian**

Commonwealth  
110 metres hurdles  
champion **BERWYN  
PRICE**, interviewed  
inside.

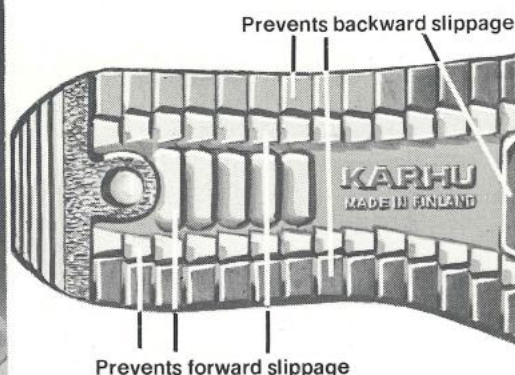
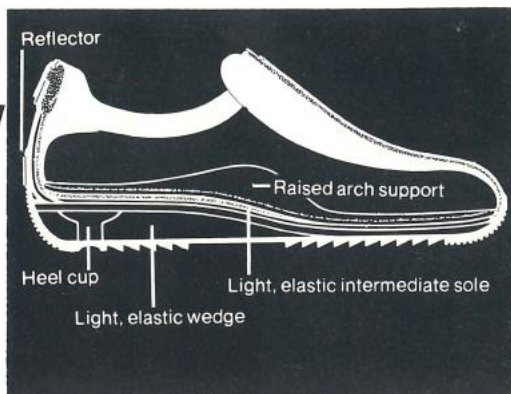


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# ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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## CONTENTS

NOVEMBER 11th 1978

|                                                                 |    |
|-----------------------------------------------------------------|----|
| * Crystal Palace Jogging Trail . . . . .                        | 4  |
| * Southern Women's Road Relays. . . . .                         | 5  |
| * Nadyezhda Tkachenko Stripped of<br>European Title . . . . .   | 6  |
| * Walking Commentary . . . . .                                  | 12 |
| * Interview with Berwyn Price<br>— by Alastair Aitken . . . . . | 17 |
| * Postal Book Sales . . . . .                                   | 26 |
| * Readers' Letters . . . . .                                    | 36 |
| * Don Ritchie Shatters Two<br>World Bests . . . . .             | 38 |

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## THE WEEK AHEAD

**Saturday, November 11th:** Bernie Hames Half Marathon, Chigwell Row; South of Thames 'Junior' CC Champs, West Wickham; Midland Counties CC Relays, Redditch; Luton United Young Athletes CC Races, Luton; Leeds University 6M CC Race, Meanwood Park, Leeds; RAF v Cambridge Univ v Eastern Counties, RAF Halton; Westward League, Shipley (Torquay); Woodford Green Young Athletes Road Races, Eastway Cycle Circuit, London E15; Medway Schools & Clubs CC Races; Brighton & Hove CC Sprint Relays, Brighton; Heaton Memorial Road Races; Surrey Veterans CC Champs, Brockwell Park; Enfield Open 7M Walk (& London Business Houses Champs); Surrey Walking Club 7M, Croydon.

**Sunday, November 12th:** National Women's Road Relay Champs, Coventry; Riddings Youth Centre Open CC, Quibell Park, Scunthorpe; Kent Women's CC League CC League, Dartford; Leicester Coritanian Winter Warm-Up T&F

Meeting, Leicester Sports Centre (10.30 am).

**Wednesday, November 15th:** Civil Service CC Champs, Wimbledon.

### STEVE KENYON IN USA

Bolton's Steve Kenyon finished second in two American road races. At Flint, Michigan, on August 26th he ran two minutes faster than his 1977 winning time for the 10 miles race with 48:01, only to lose by just one second to Greg Meyer. Garry Bjorklund was 3rd in 49:14. Seven days later, at Charleston, West Virginia, he clocked 1:14:55 for 15M despite stopping because of stitch, the winner being Bill Haviland in 1:14:26.

### MARGARET LOCKLEY NEAR RECORD

Margaret Lockley came close to the UK women's marathon record when placing 6th in the New York City race on October 22nd in 2:51:17. Glynis Penny, making a notable debut in the event, finished 9th in 2:53:40. In the men's race, Alan McGee was 23rd in 2:20:41 and Barry Heath 26th in 2:21:46.

Cover photo by Mike Street

## JOGGING TRAIL OPENS AT CRYSTAL PALACE

London's first purpose-built jogging trail, an undulating one-mile circuit in parkland at Crystal Palace National Sports Centre, is now open. It has been developed by the Sports Council in association with the GLC.

The public are able to take part in special Sunday morning recreation sessions (10.30 am — 12.30 pm) under the guidance of Crystal Palace staff. Besides jogging, keep-fit enthusiasts can cycle on the track that encircles Crystal Palace or swim in the heated indoor pool. The only charge is 40p (children 20p) for people using the changing facilities or swimming pools.

John Disley, vice-chairman of the Sports Council, says: "The British are unfit and still in a television trance. We believe jogging trails can help to meet the national need for outdoor exercise that is pleasant and not too strenuous. We would like local authorities to pick up the idea and create a network of jogging trails or exercise circuits across the country. They would be an investment in the nation's health".

The official opening on October 26th also marked the formal launch of the National Jogging Association. Formed with the support of the Sports Council, its main aim is the promotion of jogging as an aid to fitness and health.

It is not, in any formal sense, a governing body; but rather a promotional and servicing one. Its immediate aim, apart from the securing of funds and the setting up of an office, is the creation of a national jogging network. This will be a directory of all individuals and groups who wish to make themselves available for advice to other joggers. This will, it is hoped, not only improve the technical quality of advice available, but also add a valuable social element to jogging.

The National Jogging Association plan, in the medium-term, to hold a National Jog Day, a National Conference, and to create a National Incentives Scheme, and will be closely linked with the Sports Council's 'Sport for All — Come Alive!' programme and the Health Education Council's 'Look After Yourself' campaign. The secretary is Tom McNab, 9 Corder Close, Westfields, St Albans, Herts.

A joggers' fun run, enabling parents, officials and spectators to run round the course will be held prior to the Notts AC Golden Jubilee CC races at Wollaton Park on November 19th. Start at any time between 11 and 11.30 am, run as many laps (1500m) as you like. Times recorded.

Lorna Boothe has moved to 59A Westow Hill, Upper Norwood, London SE19 1TU



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# Southern Women's Road Relay Championships

## At Aldershot, October 21st

- 1, Feltham (A. Ford 9:17, P. Fudge 9:12, A. Roberts 9:23) 27:52;
- 2, LOAC (S. Harvey 9:25, V. Rowe 9:06, L. Harvey 9:31) 28:02;
- 3, Bracknell (S. Samy 10:00, V. Howe 9:42, B. Madigan 9:39) 29:21;
- 4, Barnet; 5, Feltham 'B'; 6, Portsmouth.

## Interers

- 1, Thurrock (C. Jarman 8:04, K. Whippy 8:20, K. Finc 9:05) 25:29;
- 2, Reading (J. Parr 8:40, S. Appleton 8:38, M. Whittle 8:18) 25:36;
- 3, Basingstoke (S. Curtis 8:46, L. King 7:45, K. Dyke 9:14) 25:45;
- 4, Bracknell (J. Compton 8:39, J. Arnold 8:52, K. Whapshot 8:31) 26:02;
- 5, Aldershot (M. Tinsley 8:14, A. Beattie 8:25, N. Ratcliffe 8:33) 26:06;
- 6, Verlea (J. Clark 7:56, A. Wilsmore 9:08, B. Vanstone 8:11) 26:15;
- 7, Epsom 26:28; 8, Portsmouth 26:43; 9, Wycombe 27:05; 10, Reading 'B' 27:55; 11, Mitcham 28:05; 12, Feltham 28:06; 13, Havering 28:56; 14, Southampton 29:16; 15, Cambridge 29:29; 16, Wycombe 'B' 29:57; 17, Chelmsford 30:17; 18, Essex 30:38; 19, Surrey 30:51; 20, Portsmouth 'B' 31:07. **Fastest:** King 7:45; Clark 7:56; Jarman 8:04.

## Juniors

- 1, Havering (G. Oughton 6:12, S. Baxter 6:14, C. Wells 6:23) 18:58;
- 2, Stevenage (A. Alford 6:01, L. White 6:30, D. Cutts 6:33) 19:04;
- 3, Thurrock (S. Foster 6:25, K. Hughes 6:18, T. Jex 6:46) 19:27;
- 4, Aldershot (J. Burton 6:38, A. Tindall 6:31, H. Churn 6:22) 19:31;
- 5, Surrey (S. Forbes 6:27; S. Green 6:59, W. Bonfield 6:15) 19:41;
- 6, Mitcham (J. Wingrove 6:26, C. Gair 6:41, R. Titmarsh 6:35) 19:42;
- 7, Basingstoke 'B' 19:56; 8, Reading 20:04; 9, Portsmouth 20:08; 10, Brighton 20:12; 11, LOAC 20:14; 12, Barnet 20:15; 13, Aldershot 'B' 20:16; 14, Havering 'C' 20:22; 15, Bournemouth 20:24; 16, Chelmsford 20:29; 17, Havering 'B' 20:34; 18, Cambridge 20:36; 19, Wycombe 20:38; 20, Essex L 20:40. **Fastest:** Alford 6:01; L. Smith 6:13; Baxter 6:14.

## Girls

- 1, Havering (K. Carroll 6:47, D. Lawless 6:44, D. Webb 6:44) 20:15;
- 2, Basingstoke (D. Amey 6:31, J. Rich 6:57, M. Cransley 6:52) 20:20;
- 3, Wycombe (Y. Hague 6:54, S. Hague 7:01, T. Gleed 6:26, 20:21;

- 4, Stevenage (C. Mahoney 6:58, D. Taylor 6:54, D. Campbell 6:52) 20:44;
- 5, Mitcham (A. White 6:45, P. Francis 7:01, K. Hendricks 7:05) 20:51;
- 6, Epsom (R. Eldridge 6:48, H. Tippell 7:08, D. Hall 7:03) 20:59;
- 7, Aldershot 21:23; 8, Barnet 21:40; 9, Bracknell 21:48; 10, Mitcham 'B' 22:04; 11, Basingstoke 'B' 22:06; 12, Stevenage 'B' 22:10; 13, Surrey 22:15; 14, Portsmouth 22:22; 15, Bournemouth 22:24; 16, Feltham 22:26; 17, Havering 'B' 22:26; 18, Thurrock 22:32; 19, Cambridge 22:35; 20, Aldershot 'B' 22:44. **Fastest:** Gleed 6:26; Amey 6:31; Lawless & Webb 6:44.

Dorking St Paul's AC officers: General secretary, G. J. Manning, 17 Smithy Lane, Lower Kingswood, Surrey (Tel: Mogador 2680); match sec, D. Powell, 67 Leslie Road, Dorking, Surrey (Tel: Dorking 5834); young athletes sec, D. Goode, 10 Ranmore Road, Dorking (Tel: 81794).

Victoria Park Harriers officers: General secretary, M. Carr (Tel: 505 3560); track sec, R. Dann; CC and road race sec, K. Lowe.

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# Tkachenko Stripped Of European Title

## Four Russians and a Bulgarian banned for taking steroids

FOR the first time in the sport's history, an athlete has been stripped of a major international title because of taking anabolic steroids. That dubious distinction goes to Nadyezhda Tkachenko (USSR), previously declared winner of the European pentathlon title in Prague with a score of 4744 points. She will be called upon to hand back the gold medal, which will be awarded instead to Hungary's Margit Papp (4655). Burglinde Pollak (GDR) is promoted to second place and Kristine Nitzsche (GDR) to third. Another Soviet pentathlete, fifth-placed Yekaterina Gordienko, was also among the five athletes whose samples when tested for steroids in Prague proved positive, and she too has been disqualified. Thus, Beatrix Philipp (Ger) now finds herself fourth instead of sixth; Yvette Wray's new position is 13th and Sue Mapstone's 17th.

Another Soviet athlete to forfeit a medal is Yevgeniy Mironov, runner-up to Udo Beyer (GDR) in the shot with a put of 20.87m. His colleague Aleksandr Baryshnikov therefore moves up to second (20.68) with discus champion Wolfgang Schmidt (GDR) third at 20.30 — a distance well within the scope of Geoff Capes had he competed in the final. Vasilij Yershov (USSR), fifth in the javelin with 85.06m, and Elena Stoyanova (Bulgaria), fifth in the women's shot with 19.43m, were also disqualified on account of being found to have taken steroids.

The five names were revealed at a meeting of the European Athletic Association's council in Rhodes last Sunday. It is reported that the

Russians — supported by the Eastern European delegation and Greece — argued that there were doubts concerning the tests, but the council voted 8-6 in favour of confirming the disqualifications. The athletes will be suspended indefinitely but the national federations involved can apply to the IAAF for an athlete's reinstatement to take effect 18 months after the date of the offence, that is around the beginning of March 1980.

Those in the sport who feel that an 18-month ban is insufficient to act as a serious deterrent will hope that the IAAF refuses to reinstate any of the athletes in time for the Moscow Olympics. Much resentment was engendered in Prague by the appearance of several athletes, including shot-put gold medallist Ilona Slupianek (GDR), who had been caught at the European Cup Final doping tests barely a year earlier.

The fact that four of the five offenders this time are from the USSR (and only 96 athletes were tested in Prague) raises questions as to the methods being used in the USSR to improve their standard in world athletics. The results in Prague were notable for the good showing by the Soviet team, which was the most successful in the men's events and second to the GDR in the women's. It was announced in Rhodes that the Russians had carried out doping tests at 18 meetings during the past year and that five athletes had been disqualified; furthermore, the Soviet competitors had undergone a screening test before departing for Prague. It would appear that their testing procedure leaves something to be desired

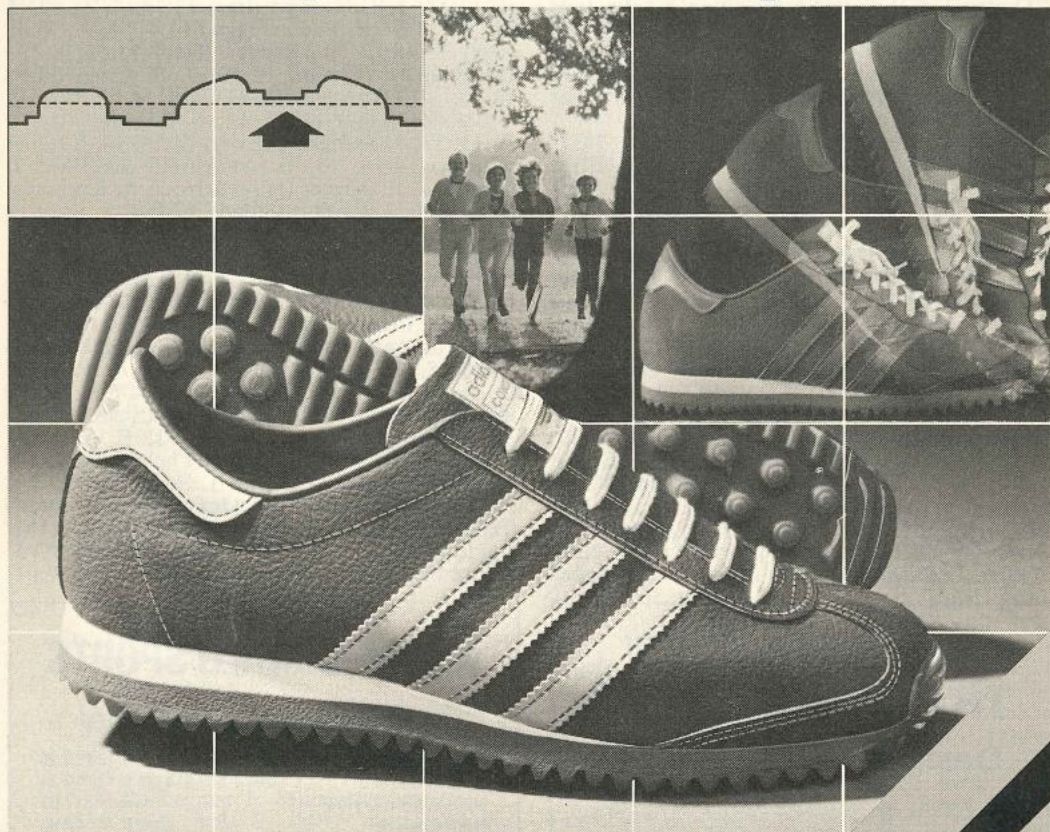
M.W.



Nadyezhda Tkachenko and Yekaterina Gordienko — both of whom have been disqualified — leading from Beatrix Philipp and Yekaterina Smirnova in the 800m, final event of the European pentathlon in Prague.

Mark Shearman.

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## League Races

### ESSEX CC LEAGUE

October 14th

**Thurrock & Havering 6; Basildon, Chelmsford & Southend 7; Essex Beagles 10; Colchester 14; Norfolk Olympiads 16; Braintree & Dist 20; Harlow 21; Newham 22; Ipswich & West Suffolk 24; Maylands 28; Tendring 28; University of Essex 33; Woodford Green 34; Ilford 35.**

1, L. Gough (Thurrock) ..... 27:43  
2, E. Martin (Basildon) ..... 27:52  
3, M. Fletcher (Chelmsford) ..... 28:02  
4, A. Bridge (Har) 28:19; 5, N. Tyler (Hav) 28:26; 6, M. Batty (Thurr) 28:28; 7, P. Bryan (Hav) 28:39; 8, B. Diss (Hav) 28:47; 9, P. Palmer (Chelm) 28:50; 10, E. Emms (Ex B) 28:55; 11, A. Bright (Colch) 28:58; 12, R. Woudley (Chelm) 28:59; 13, G. Butler (Chelm) 29:04; 14, S. Vines (Hav) 29:09; 15, E. Brown (Bas) 29:12; 16, A. Roper (W Suff) 29:15; 17, J. Stow (W Gn) 29:17; 18, W. Shirley (Hav) 29:23; 19, N. Webber (S'end) 29:26; 20, A. Jarrett (Thurr) 29:52; 21, D. Horton (Har) 29:57; 22, P. Hoare (Chelm) 30:00; 23, P. Whymark (Colch) 30:01; 24, W. Stowe (S'end) 30:02; 25, D. Splashett (S'end) 30:07.  
**(Youths):** 1, M. Rolfe (Ex B) 16:45; 2, T. Wood (Chelm) 16:58; 3, B. Ponton (Har) 17:36; 4, M. Calver (W Suff) 17:38; 5, G. Thomas (Colch) 17:39; 6, J. Harold (Norf O) 17:51; 7, C. Stringer

(Ex B) 17:58; 8, L. David (N'ham) 18:06; 9, T. Brand (Ex B) 18:07; 10, D. Beales (Ips) 18:13; 11, P. Berrott (Hav) 18:15; 12, J. Christie (Norf O) 18:16; 13, C. Pilott (Ex B) 18:17; 14, B. Graham (Hav) 18:20; 15, G. Deans (Norf O) 18:26.  
**(Boys):** 1, J. Frost (Norf O) 13:27; 2, R. Gray (Ex B) 13:32; 3, G. Gough (Bas) 13:34; 4, S. Clark (Ex B) 13:37; 5, P. Barr (Bas) 13:41; 6, I. Chalk (Bas) 13:48; 7, R. Badger (Har) 13:53; 8, A. Buckingham (Chelm) 13:55; 9, S. Crisp (Hav) 14:05; 10, B. Seemark (Thurr) 14:05; 11, P. O'Connor (Hav) 14:12; 12, S. Trawley (Ex B) 14:13; 13, J. Skingsley (Ex B) 14:15; 14, S. Giles (Chelm) 14:16; 15, G. Mansfield (Bas) 14:17.  
**(Colts):** 1, P. Turner (Hav) 9:16; 2, A. Rosbrook (Bas) 9:30; 3, C. Ilett (S'end) 9:34; 4, S. Stopher (Ips) 9:49; 5, C. Harper (Chelm) 9:51; 6, L. Bright (Colch) 9:52; 7, D. Lansley (Hav) 9:52; 8, J. Haywood (Hav) 9:54; 9, P. Styles (S'end) 10:00; 10, P. Watson (Har) 10:00.  
**(Women):** 1, B. Lock (S'end) 16:06; 2, L. Smith (Colch) 16:22; 3, T. Tanton (S'end) 16:32; 4, K. Lloyd (W Suff) 16:40; 5, C. Gray (Colch) 16:51; 6, J. Cork (S'end) 16:53; 7, J. Nash (Brain) 17:04; 8, B. Keep (Ex B) 17:10; 9, P. Mullins (S'end) 17:11; 10, S. Rofers (Ex B) 17:13; 11, E. England (Chelm) 17:18; 12, C. Could (Chelm) 17:24; 13, D. Adley (S'end) 17:24; 14, I. Peaty (Ips) 17:29; 15, J. Rice (Chelm) 17:31.  
**(Juniors):** 1, M. Lyons (Bas) 9:49; 2, P. Peterson (Hav) 9:53; 3, M. Gladding (Ips) 9:58; 4, W. Lamb (Chelm) 9:59; 5, J. Lamb (Chelm) 10:00; 6, C. Hall (S'end) 10:01;

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7, J. Speck (S'end) 10:04; 8, J. Moss (Chelm) 10:09; 9, P. Brooks (Hav) 10:10; 10, R. Newham (S'end) 10:11; 11, S. Jeffries (Hav) 10:12; 12, T. Silsworth (Hav) 10:13; 13, M. Owers (Chelm) 10:15; 14, C. Double (Brain) 10:18; 15, G. Hazel (Hav) 10:19. **(Girls):** 1, Fenns (S'end) 7:33; 2, D. Webb (Hav) 7:36; 3, M. Durrant (Norf O) 7:38; 4, K. Carroll (Hav) 7:48; 5, K. Hickman (Har) 7:48; 6, A. Penfold (Thurr) 7:56; 7, C. Brandon (Bas) 8:03; 8, A. Valentine (Bas) 8:03; 9, J. Wood (Chelm) 8:03; 10, C. Bidell (Bas) 8:04; 11, Percy (Hav) 8:04; 12, S. Everest (Bas) 8:05; 13, S. Brock (S'end) 8:06; 14, J. Eales (Thurr) 8:08; 15, A. Clarke (Thurr) 8:12.

## CHILTERN LEAGUE

### (Division One)

#### At Bracknell, October 14th

1, R. Graham (Windsor, Slough & Eton) . . . 28:00  
2, R. Allden (Reading) . . . . . 28:10  
3, N. Prichard (Oxford) . . . . . 28:22  
4, D. Parsons (Ox) 28:25; 5, A. Harvey (Wyc) 28:32; 6, R. Tyler (Read) 28:34; 7, G. Biscoe (Read) 28:36; 8, A. Shepherd (Brack) 28:42; 9, A. Duggan (Ox) 28:43; 10, D. Wheeler (Ox) 28:53. **Teams:** 1, Oxford 770; 2, Reading 732; 3, Bracknell 659. **(Youths/Boys):** 1, S. Anderson (WSE) 18:00; 2, S. Cockett (Wyc) 18:07; 3, C. Payne (Brack) 18:23; 4, G. Frater (Maid) 18:28; 5, R. Cockett (Wyc) 18:35; 6, G. Brown (Wyc) 18:35. **Team:** Oxford City.

### (Division Two)

#### At Banbury, October 14th

1, C. Sly (Feltham) . . . . . 26:59  
2, F. Gillies (Banbury) . . . . . 27:16  
3, G. Bourne (Milton Keynes) . . . . . 27:21  
4, M. Green (Old Gay) 27:26; 5, P. Bennetts (QPH) 27:33; 6, B. Kiernan (L Buzz) 27:50; 7, B. Copps (Felt) 27:56; 8, P. O'Brien (Old Gay) 28:04; 9, J. Arnold (L Buzz) 28:15; 10, D. Casey (QPH) 28:21. **Teams:** 1, Milton Keynes 821; 2, Old Gaytonians 808; 3, QPH 705. **(Youths/Boys):** 1, G. Taylor (Felt) 15:43; 2, A. Magnall (VoA) 16:06; 3, K. Miller (VoA) 16:07; 4, M. Cursons (Old Gay) 16:13; 5, G. Johnson (Milton K) 16:22; 6, R. Purcell (L Buzz) 16:33. **Teams:** 1, Vale of Aylesbury 235; 2, Milton Keynes 211; 3, Old Gaytonians 185. **(Colts):** 1, M. Everitt (Milton K) 12:01; 2, — (Dac) 12:37; 3, K. Finnie (Ban) 12:46; 4, A. Barber (Felt) 12:49; 5, I. Hammond (Ban) 12:53; 6, B. Dodd (Felt) 13:04. **Team:** Banbury.

## KENT CROSS COUNTRY LEAGUE

### At Hayes, October 14th

1, B. Pape (Cambridge) . . . . . 29:04  
2, P. Varney (Invicta) . . . . . 29:14  
3, A. Champ (Elliotts) . . . . . 29:28  
4, V. Smith (Med) 29:47; 5, R. Harding (Inv) 29:50; 6, G. Whightman (Dart) 29:51; 7, A. Chattaway (Camb) 29:52; 8, J. Medes (Dart) 30:02; 9, R. Clark (Ell) 30:03; 10, T. Orr (Dart)

30:06; 11, D. Fairbrass (Kent) 30:10; 12, D. Townsend (Inv) 30:18; 13, T. Souter (Black) 30:22; 14, R. Dixon (Med) 30:35; 15, K. Daniel (Kent) 30:39; 16, D. Macrae (Black) 30:40; 17, D. Hillier (Med) 30:46; 18, D. Black (Ell) 30:49; 19, J. Mankelow (Camb) 30:50; 20, D. Moore (Med) 30:53; 21, S. Nice (Med) 'B' 30:55; 22, N. Fairbrass (Kent) 31:00; 23, H. Anderson (Dart) 31:03; 24, S. Russell (Med) 31:05; 25, D. Ide (Inv) 31:10; 26, I. Rendall (Ton) 31:16; 27, M. Field (Ton) 31:19; 28, R. Friend (Dart) 31:24; 29, D. Ricketts (Kent) 31:25; 30, L. Leonard (Med) 31:26. **Teams:** 1, Invicta 44; 2, Dartford 47; 3, Medway 55; 4, Elliotts 70; 5, Cambridge 72; 6, Kent 77; 7, Blackheath 93; 8, Medway 'B' 119; 9, Tonbridge 130; 10, Dartford 'B' 205. **(Youths):** 1, A. Guilder (Ell) 17:06; 2, J. Webster (E Kent) 17:34; 3, G. Wheeler (E Kent) 17:43; 4, R. Coe (Kent) 17:45; 5, K. Hayes (Ell) 17:47; 6, D. Lane (E Kent) 17:49; 7, A. James (Folk) 17:59; 8, J. Andrews (Folk) 18:03; 9, D. Poland (Camb) 18:07; 10, G. Saker (Ell) 18:07. **Teams:** 1, East Kent 29; 2, Elliotts 30; 3, Folkestone 46.

## ICKNIELD CC LEAGUE

### At Stevenage, October 15th

1, J. Jenkins (Cambridge & Col) . . . . . 32:52  
2, K. Clifford (Cambridge & Col) . . . . . 32:54  
3, R. Church (Nene Valley) . . . . . 32:57  
4, I. Stewart (Lut) 33:27; 5, M. Hager (Kett) 33:27; 6, D. Hall (Nene V) 33:50; 7, S. Oglethorpe (C&C) 33:54; 8, A. Law (C&C) 34:00; 9, R. Hill (Lut) 34:07; 10, D. Anslie (Nene V) 34:14; 11, W. Dee (Lut) 34:17; 12, M. Holt (Nene V) 34:30; 13, A. Kearns (Kett) 34:33; 14, Pegler (Melb) 34:37; 15, N. Rust (Hunt) 34:53; 16, C. Dubas (C&C) 34:55; 17, P. Martin (Lut) 34:57; 18, J. Lewy (C&C) 34:58; 19, D. Michael (Bigg) 35:10; 20, D. Brady (Stev) 35:15. **Teams:** 1, Cambridge 608; 2, Luton 570; 3, Nene Valley 555. **(Vets):** 1, E. Saberton (C&C) 36:00; 2, J. O'Callaghan (Vaux) 36:36; 3, H. Soper (Vaux) 37:05; 4, D. Smith (Kett) 38:45; 5, K. Jones (Vaux) 38:49; 6, G. Smith (Kett) 39:41. **(Youths):** 1, N. Tennant (C&C) 22:16; 2, M. Booth (Lut) 22:31; 3, M. Silva (Melb) 22:36; 4, V. Hobbins (Lut) 22:40; 5, S. Glaysher (Peter) 22:57; 6, R. Edingborough (Lut) 23:09; 7, C. Clennett (Lut) 23:09; 8, M. Field (Melb) 23:27; 9, T. Griffiths (Peter) 23:46; 10, I. Bertie (Stev) 23:51. **Teams:** 1, Luton 93; 2, Cambridge 58; 3, Peterborough 47. **(Boys):** 1, P. Chester (Stev) 22:51; 2, K. Carley (Hunt) 23:06; 3, A. Soper (Lut) 23:47; 4, D. Smith (Stev) 24:12; 5, B. Cootes (Melb) 24:23; 6, R. Sweeney (Lut) 24:29; 7, C. Burton (Hunt) 24:32; 8, A. Richardson (Lut) 24:33; 9, S. Simmons (Stev) 24:39; 10, D. White (Melb) 25:17. **Teams:** 1, Luton 112; 2, Melbourn 105; 3, Huntingdon 98. **(Colts):** 1, B. Henry (Stev) 10:58; 2, I. Sergeant (Melb) 11:17; 3, P. Halsey (Lut) 11:24; 4, D. Sewell (Melb) 11:30; 5, J. Simmons (Stev) 11:32; 6, J. Field (Melb) 11:35. **Team:** Melbourn 180.

# What A Finish!

Mike McLeod (23:47) won the Provincial Life Assurance 5 miles road race at Gateshead on October 28th, pipping Bernie Ford and Dave Black (both 23:48). McLeod had chalked up an earlier success in the star-studded 'Foulées Rennaises' 8500m road race in Rennes (France) on October 22nd. Result: 1, McLeod (UK) 24:07; 2, Tony Simmons (UK) 24:08; 3, Schoofs (Bel) 24:11; 4, Bernie Ford (UK) 24:14; 5, Polleunis (Bel) 24:21; 6, Schots (Bel) 24:25; 7, Lismont (Bel) 24:26; 8, Steve Kenyon (UK) 24:29; 9, Bouster (Fra) 24:43; 10, Vainio (Fin) 25:01.

\* \* \*

1, M. McLeod (Elswick) . . . . . 23:47  
2, B. Ford (Aldershot Farnham & Dist). . . 23:48  
3, D. Black (Small Heath). . . . . 23:48  
4, D. Chettle (Australia) 23:58; 5, N. Muir (Shett) 24:26; 6, B. Smith (Gates) 24:28; 7, D. Cannon (Gates) 24:34; 8, J. Mills (Gates) 24:49; 9, K. Forster (Salt) 25:02; 10, A. Amos (Gates) 25:16; 11, M. Coleby (Gates) 25:19; 12, D. Kelly (Salt) 25:22; 13, P. Moon (Bing) 25:30; 14, R. Patterson (Blay) 25:35; 15, J. Myatt (Gates) 25:40; 16, A. Clifton (Gates) 25:40; 17, N. Wade (Wake) 25:44; 18, S. Winter (Gates) 25:50; 19, W. Foster (N'castle) 25:54; 20, M. Roberts (Dur C) 26:03; 21, J. Colquhoun (Blay) 26:05; 22, D. Ellis (Dur Un) 26:09; 23, K. Parr (Salt) 26:11; 24, J. Foley (Gates) 26:14; 25, P. Whittle (Els) 26:16; 26, I. Adams (N'castle) 26:17; 27, J. Alder (Mor) 26:19; 28, K. Singleton (Wake) 26:20; 29, N. Jobson (Blay) 26:23; 30, R. Elliott (Sund) 26:27; 31, R. Woods (Dur C) 26:32; 32, P. Turner (Dur Un) 26:34; 33, P. Curry (M'bro) 26:40; 34, H. Kelly (E Ches) 26:41; 35, C. Richardson (N Sh) 26:42; 36, G. Potts (M'bro) 26:46; 37, R. Allen (Harr) 26:48; 38, C. Lees (N'castle) 26:56; 39, B. Baggaley (Gates) 27:03; 40, D. Welsh (Harr) 27:05; 41, I. Brown (Mor) 27:05; 42, P. McGregor (VP) 27:10; 43, A. Foy (J&H) 27:10; 44, M. Pearson (Maud) 27:14; 45, D. Alexander (Gos) 27:16; 46, E. Hudspeth (Mor) 27:18; 47, A. Tate (Tyne) 27:18; 48, C. Pattison (Darl) 27:18; 49, R. Balding (Heat) 27:18; 50, D. Scorer (Gates) 27:20. **Team:** Gateshead. (**Youths 4M:**) 1, S. Cram (J&H) 17:00; 2, D. Lewis (Ross) 17:08; 3, G. Tumbull (Gates) 17:23; 4, P. Cowell (Ross) 17:27; 5, P. Collings (Sund) 17:30; 6, G. O'Connor (Gates) 17:40; 7, P. Dodds (Mor) 17:45; 8, D. Parish (Rown) 17:49; 9, M. Moore (Gos) 17:51; 10, P. May (Heat) 17:54; 11, G. Bracken (Gates) 17:59; 12, D. McTavish (Stret) 18:02; 13, I. Rawlinson (B&F) 18:04; 14, D. Gatenby (Ross) 18:08; 15, D. Slipper (Els) 18:14; 16, M. Humble (Gos) 18:16; 17, Colin Taylor (Gos) 18:18; 18, D. Jackson (B'burn) 18:24; 19, P. Dixon (Ross) 18:25; 20, G. Fallow (Els) 18:26. **Team:** Rossendale. (**Boys 2M:**) 1, K. Newton

(Sund) 10:49; 2, T. Franks (Gates) 11:00; 3, A. Warhurst (E Ches) 11:08; 4, D. Topham (Long) 11:17; 5, M. Wright (Gates) 11:21; 6, M. Trees (Darl) 11:21; 7, A. Bover (Sund) 11:23; 8, P. Tootell (Stret) 11:29; 9, M. Harper (Wake) 11:30; 10, I. Simpson (Dur C) 11:33; 11, M. Hardy (Mor) 11:34; 12, M. Newby (Ross) 11:35; 13, G. Luck (Wake) 11:35; 14, G. Wilkinson (Stret) 11:36; 15, C. Bucknell (Stret) 11:36. **Team:** Stretford. (**Colts 2M:**) 1, A. Rodgers (Wake) 11:42; 2, P. Ryder (Mor) 11:42; 3, T. Patterson (Walls) 12:00; 4, P. Davidson (Gates) 12:01; 5, P. Barr (Basil) 12:05; 6, S. Bell (Stret) 12:19; 7, J. Surtees (Gos) 12:22; 8, G. Ferguson (Gates) 12:25; 9, N. Brooks (Hali) 12:27; 10, J. Rees (Darl) 12:28. **Team:** Gateshead.

## Women

1, F. McQueen (Glas) 12:07; 2, J. Shepherd (Glas) 12:28; 3, M. Chambers (Blay) 12:46; 4, J. Higgins (Glas) 12:53; 5, C. Tucker (Gates) 12:54; 6, A. Hunt (Mor) 12:55; 7, P. Crawford (Darl) 12:56; 8, S. McDiarmid (Dur Un) 12:57; 9, W. Proctor (A&SV) 12:59; 10, D. Hillen (Blay) 13:03; 11, J. Schusler (Gates) 13:05; 12, D. Chettle (Australia) 13:11; 13, G. Bryant (Darl) 13:16; 14, E. Trotter (Glas) 13:22; 15, S. Blair (Dur Un) 13:25. **Team:** Glasgow. (**Juniors:**) 1, T. Davidson (Hali) 9:59; 2, L. McDougall (Glas) 10:03; 3, S. Glass (Gates) 10:07; 4, K. Hall (Work) 10:37; 5, S. Raine (Darl) 10:42; 6, S. Barker (Hali) 10:43; 7, E. Hutchinson (Hali) 10:44; 8, J. Dixon (Blay) 10:44; 9, K. Oddy (Hali) 10:45; 10, C. Gray (Edin) 10:49; (**Girls 1½M:**) 1, D. Wilkinson (Darl) 10:35; 2, L. Thomas (Darl) 10:43; 3, J. Chard (Hartle) 11:11; 4, V. Challis (Darl) 11:16; 5, D. Brooks (Hali) 11:37; 6, N. Parish (Rown) 11:41; 7, E. Storer (Ches/Le-S) 11:42; 8, S. Simmons (Darl) 11:44; 9, A. McDougall (Glas) 11:45; 10, M. Collins (Blay) 11:47.

## SWINDON YOUNG ATHLETES ROAD RELAYS

### October 7th

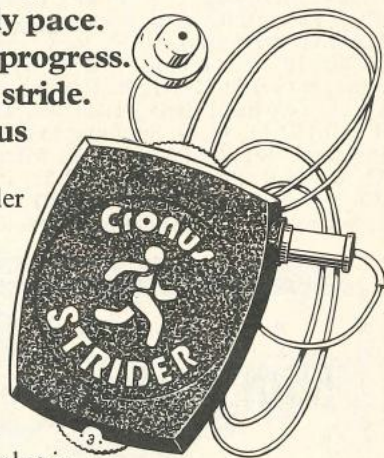
(**Youths 3×3km:**) 1, Salisbury (P. Drewitt 8:35, J. Mercer 9:05, G. Gourley 8:49) 26:29; 2, Swindon (J. Halsey 8:54, P. Sewell 8:52, S. Hodgson 8:44) 26:30; 3, Taunton 27:47. **Fastest:** Drewitt 8:35. (**Boys 3×2km:**) 1, Trowbridge (A. Gunther 5:42, B. Lucas 5:32, M. Gore 5:41) 16:55; 2, Salisbury 17:46; 3, Taunton 18:20; 4, Swindon 18:46. **Fastest:** Lucas 5:32. (**Colts 3×2km:**) 1, Salisbury (M. Brewster 5:59, R. Brewster 6:16, B. Martin 5:32) 17:47; 2, Bromsgrove 18:51; 3, Hreod Burna 19:22; 4, Swindon 20:18. **Fastest:** Martin 5:32. (**Junior Women 3×2km:**) 1, Trowbridge (S. Oke 6:49, L. Barnes 7:04, E. Eades 6:38) 20:31; 2, Churchfields 22:18; 3, Dorcan 22:24. **Fastest:** Eades 6:38. (**Girls 3×1km:**) 1, Oxford (C. Bourke 3:05, J. Illes 3:13, C. Harwood 3:05) 9:25; 2, Dorcan 9:25; 3, Oxford 'B' 9:28.

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## Walking Commentary

**Carl Lawton clear winner of Senior 10km in London Postal Festival of Walking (September 16th).** Over 150 competitors took part in the seven event programme held on the Blackheath Park circuit. This event has certainly established itself as a permanent feature in the annual calendar and Dennis Vale and his helpers can certainly be proud of their efforts. With Ross Pilkington retiring in his last race before returning to his native New Zealand, Carl Lawton finished over 400m ahead of veteran Dave Stevens. Dave and son Graham Maynard were too good for their rivals in the keenly contested family 'paarlauf'.

1, C. Lawton (Bel) 46:23; 2, D. Stevens (Stey) 48:35; 3, P. Selby (Sy) 48:58; 4, J. Robinson (Anglia Str) 49:41; 5, N. Finney (Sy) 49:51; 6, P. Blagg (Bel) 50:08; 7, D. Jarman (Sy) 50:32; 8, P. Hodgkinson (Camb) 51:04; 9, L. Mockett (Ilf) 51:06; 10, S. Holliday (Med) 51:14; 11, M. Fullager (Sy) 51:32; 12, R. Parkins (Med) 51:56; 13, J. Newham (Bel) 51:59; 14, D. Maynard (Camb) 52:11; 15, N. Simmons (Sy) 52:13; 16, D. Rowland (Stey) 52:37; 17, R. Middleton (Bel) 52:50; 18, R. Penfold (Stey) 52:53; 19, P. Worth (Enf) 53:02; 20, J. Bromley (Bel) 53:06. **Teams:** 1, Surrey WC 13; 2, Belgrave 16; 3, Steyning 30.

### MEDWAY ATHLETIC CLUB

Present the

## 55th Rochester "5"

(Under AAA Laws)

& First

## Ladies Rochester "5"

(Under WAAA Laws)

SUNDAY, 19th NOVEMBER, 1978

Start 3 p.m. ROCHESTER ESPLANADE

**Changing:** Mathematical School, Maidstone Road, Rochester.

**Awards:** Willis Cup 1st Individual, Simmons Cup 1st Team, Charlie Pay Trophy 1st Kent Runner.

Total value of Prizes OVER £100 for:

First 10 Individuals, first 3 Teams, first 'B' team, first 3 Vets over 40 and over 50, 10 Lucky Spot Prizes. Ladies first 3 Individuals.

**Entries:** 20p Individuals, 50p Team (6 run, 4 score).

**RACE SECRETARY:** Chris Newman, 42 May Road, Rochester, Kent. Tel: Medway 405645.

**CLOSING DATE 14th NOVEMBER, 1978**

**(Juniors 5000m):** 1, R. Dorman (Bel) 23:09; 2, N. Walsh (Gray) 23:47; 3, S. Mendham (Hav) 24:18; 4, R. Peters (Bel) 24:34; 5, T. McDermott (Bel) 24:53; 6, M. Greenhalgh (Gray) 25:13; 7, D. Ellis (Bel) 25:36; 8, S. Ward (Anglia Str) 25:37. **Teams:** 1, Belgrave 8; 2, Greyfriars WC 14. **(Youths 5000m):** 1, G. Vale (Sy) 23:25; 2, M. Nicholls (Bel) 23:48; 3, S. Marshall (Camb) 24:07; 4, D. Jones (Sy) 24:32; 5, M. Easton (Sy) 24:34; 6, G. Maynard (Camb) 25:49; 7, K. McDermott (Bel) 25:49. **Teams:** 1, Surrey WC 8; 2, Belgrave 14. **(Boys 2500m):** 1, J. Bean (Stey) 12:17; 2, A. Sullens (S'end) 12:35; 3, S. Mortimer (Sy) 12:50; 4, G. Ringshaw (Stey) 13:01; 5, S. Gates (Sy) 13:25; 6, P. Innes (Sy) 13:27; 7, K. Zuber (Hav) 13:31. **Teams:** 1, Surrey WC 14; 2, Steyning 16; 3, Southend 20. **(Women 5000m):** 1, B. Francis (B'ton) 27:00; 2, S. Saunders (Birch) 27:53; 3, J. Robery (Hav) 28:06; 4, A. Matthews (Bel) 28:30; 5, M. Way (E&E) 29:11; 6, L. Nicholls (Bel) 29:48; 7, A. Sayers (Ex L) 30:22; 8, K. Blows (Hav) 30:31; 9, L. Nolan (E&E) 30:37; 10, D. Cook (Bel) 31:39. **Teams:** 1, Belgrave 13; 2, Havering 16; 3, Epsom & E 18. **(Girls 2500m):** 1, J. Harvey (Sy) 12:50; 2, S. Brown (Stey) 12:54; 3, M. Goode (Sy) 13:11; 4, E. Clarke (Stey) 13:25; 5, F. Rider (Camb) 13:29; 6, T. Butler (Hav) 13:42; 7, H. Ringshaw (Stey) 13:49; 8, L. Tyrell (Wroc) 14:12; 9, C. Gahagan (Hav) 14:13; 10, M. Davitt (Camb) 14:17. **Teams:** 1, Steyning 13; 2, Surrey WC 14; 3, Cambridge 25.

**Chris Harvey clocks 10km pb en route to victory in Lancs WC 1 hour (September 23rd).** Following his excellent second to Olly Flynn at Sheffield in the West German match 20km six days previously, Chris Harvey overcame a heavy cold to lap his nearest rival, Mike Holmes, to win his own club's 1 hour track promotion at Stretford. Chris clocked a 45:10 pb at 10km and the future currently looks very bright for the consistent Cheshire man. In view of the problems he encountered when it was found he was suffering from diabetes, Mike Holmes has returned remarkably well to the racing scene and should improve further next year. 1, C. Harvey (Lancs) 13kms 185m; 2, M. Holmes (Bing) 12.625; 3, A. Malone (Stock) 12.599; 4, B. Graham (York P) 12.197; 5, D. Jackson (York P) 12.126; 6, S. Uttley (Lancs) 11.672; 7, M. Wood (York P) 11.087; 8, J. Judge (York P) 11.000. (B Race): M. Lambden (Bound) 11.027.

**Steve Wynn wins Postman 'In Uniform' 6 Miles at London Wall (September 30th):** 1, S. Wynn (New) 50:46; 2, S. Barton (New) 53:04; 3, T. Riley (Ilf) 53:17.

**Italians dominate second half of Belgian 6 hours at Binche (October 1st):** After 5½ laps of the 3.85km circuit Belgian champion Christian Halloy dropped his pursuers while Colin Young also found himself alone 1½ laps later as the Dutchman, Nico Schoten, who later retired, took

a pit stop. Italians Maurizio Castelli and Pier-Giorgio Fortunati, in their first competition over 50km, started steadily and then, picking up the pace, rapidly moved by Schoten and caught Young at midway. Halloy's 2 minute-plus lead quickly melted as the Italians sensed victory with Castelli pushing ahead as Halloy could not meet the challenge. Young found a fast last 10km to drop the third Italian and close rapidly on Halloy. 1, M. Castelli (Ita) (67k. 815m) 6:19:52; 2, P-G. Fortunati (Ita) (63.965) 6:00:21; 3, C. Halloy (Bel) (63.965) 6:06:42; 3, C. Young (UK) (63.965) 6:08:41; 5, J. Castelli (Ita) (63.965) 6:09:09; 6, L. Vanbergen (Bel) (63.965) 6:11:19; 7, R. Pietquin (Bel) (63.965) 6:15:53.

**Carl Lawton notches up fifth victory in Chippenham to Calne 6 miles (October 13th).** The overall standard was a little down on last year due to the absence of the Sheffield and Steyning teams, the latter being on duty at the Swiss Airolo-Chiasso Relay. Carl Lawton duplicated his third place clocking of last year, having been challenged in the early stages by Shaun Lightman and Alan King. Due to leg trouble Lightman retired before halfway, leaving the much improved King an isolated second. An outstanding performance was registered by 1964 Olympian, John Paddick, who seems to have benefitted by slimming down to his mid-sixties weight. In the ladies race the first three duplicated their placings of last year, all with much improved times. Carol Tyson, in sparkling form, slashed 88 sec from her record and would have placed 12th in the men's event! Judy Farr, on her home course, put in a wonderful performance and certainly belies her veteran status.

1, C. Lawton (Bel) 43:58; 2, A. King (Leic) 44:39; 3, C. Maddocks (Daw) 45:44; 4, S. Barry (Roath) 46:21; 5, J. Paddick (Leic) 46:37; 6, P. Selby (Sy) 46:54; 7, R. Dorman (Bel) 47:03; 8, N. Walsh (Grey) 47:17; 9, D. Jones (Wey) 47:27; 10, G. Chaplin (Cov) 47:43; 11, P. Blagg (Bel) 48:08; 12, S. Holliday (Med) 48:23; 13, E. Shillabeer (Daw) 48:27; 14, T. Morris (Grey) 48:30; 15, K. Batten (Trow) 48:33; 16, L. Duquemin (Bel) 48:37; 17, R. Gardner (Hale) 48:43; 18, J. Newman (Bel) 48:46; 19, P. Rodgers (Broms) 48:55; 20, A. Smallwood (Hale) 49:00. (First Junior 17-21yrs): R. Dorman (Bel) 7th-47:03. (First Youth 15-17yrs): N. Perry (B&H) 21st-49:11. (First Veteran O/45 yrs): G. Chaplin (Cov God) 10th-47:43. **Teams:** 1, Belgrave 32; 2, Leicester 57; 3, Greyfriars 69; 4, Dawlish & South Devon 73; 5, Trowbridge 97; 6, Belgrave 'B' 108. **(Women):** 1, C. Tyson (Lake) 48:21; 2, J. Farr (T&D) 49:28; 3, V. Birch (Birch) 50:40; 4, B. Francis (B&H) 51:47. **Teams:** 1, Belgrave 14; 2, Brighton & H 19; 3, Halesowen 21.

**Experienced British team for French distance race.** In order to celebrate the 60th anniversary of the ending of the First World War, the French Federation are holding an 85km race from Compiègne to Paris on November 11th. Picked

following the 'Brighton', the British team is Shaun Lightman, Ken Harding, John Eddershaw and Dave Boxall with Alan Buchanan team manager. Providing he recovers from injury, the 'Brighton' winner Shaun Lightman, at 35 the 'baby' of the team by some 9 years, should provide tough opposition to the leading French trio of Alain Moulinet, Jean-Paul Garcia and Luc Gautier, and Belgian champion, Christian Halloy.

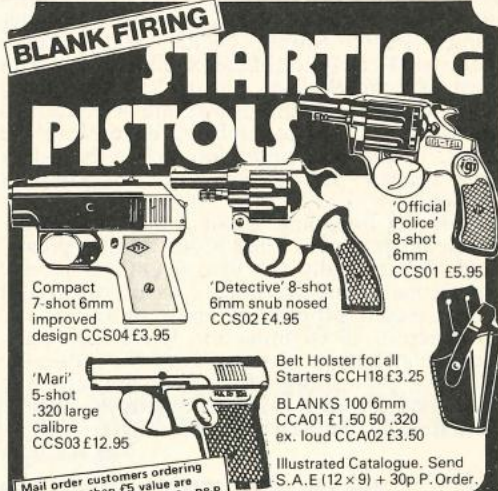
**Colin Young**

**Harborne Invitation Walks at Birmingham (September 30th):** (10,000m): 1, D. Cotton (Holl Poly) 46:10; 2, M. Miley (Harb-J) 46:41; 3, R. Care (Harb) 47:15; 4, N. Troy (Harb-Y) 47:25. **(Youths 3,500m):** 1, J. Lozay (France) 19:09; 2, P. McDonald (Holl Poly) 19:43; 3, N. Stewart (Harb) 20:24. **(Boys 3000m):** 1, C. Goff (Holl Poly) 14:51; 2, I. Lewis (Holl Poly) 14:57; 3, N. Cottrill (Harb) 15:33. **(Inter Women 3,500m):** 1, S. Attou (France) 18:28; 2, J. Wickham (Harb) 18:48; 3, J. Lewis (Holl Poly) 19:56. **(Juniors 3000m):** 1, A. Lozay (France) 15:54; 2, N. Griffiths (Harb) 16:07; 3, C. Fierek (Worc) 16:47. **(Girls 2,500m):** 1, M. Small (Worc) 12:48; 2, C. Rawlings (Harb) 13:09; 3, C. Lavweney (France) 14:06.

Hillingdon AC's secretary is E. Bamford, 16 Cannon Lane, Pinner, Middlesex.

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## BOOK REVIEW

**"La fabuleuse histoire de l'athlétisme"** by Robert Parienté, published by Editions O.D.I.L. (Paris); obtainable from the 'AW' Book Dept., price £17.50 inclusive of post and packing.

This is the book which every keen student of athletic performance has been waiting for: a superbly detailed and lavishly illustrated history of our sport — from Egyptian bas-reliefs depicting men running and jumping, dating back to 3500 BC, right through to the end of the 1977 season. It is an expensive book (though it sells in France for 176 francs, which is over £20), but that's not surprising when one considers the scale of this work: over 1200 pages including some 400 photos, some in colour and many of great historical significance.

The text, of course, is in French but anyone with a smattering will be able to follow the gist of Robert Parienté's commentary, which is littered throughout with names and figures that are the same in any language. The author, editor-in-chief of *L'Equipe*, the indispensable French sports daily, and unquestionably one of the most knowledgeable athletics observers in the world, spent years researching and writing this truly fabulous history and the result of his labours is a book which must be regarded as the standard reference work in its field.

The wealth of detail is dazzling. Take as an example the chapter on the 1500 metres and mile. That rates 81 pages and 25 illustrations ranging from William Lang, an English professional who ran a 4:17½ mile in 1865, by way of Walter George, Paavo Nurmi, Gunder Hagg, Roger Bannister, Herb Elliott, Peter Snell and Jim Ryun down to John Walker, Filbert Bayi and Steve Ovett. Field event enthusiasts are well catered for, with over 400 pages being devoted to the jumps, throws and decathlon, while there is a short chapter on the evolution of women's athletics.

As if the foregoing is not enough, there are concise biographies of nearly 300 all-time greats, listed alphabetically (14 British athletes receive this accolade) and there are lists of world and French record progression, plus results of the first three in all Olympic and European finals. The documentation, the quality of the prose, the author's enthusiasm for his subject, the fascinating photos — it all adds up to a truly monumental landmark in athletics literature.

**Mel Watman**

John McLaughlin from Northern Ireland won a marathon at Korso (Finland) on October 22nd in a personal best of 2:15:43.

Record holder Keith Penny is among the record entry for the Bernie Hames Half Marathon at Chigwell Row today (November 11th) at 2.30 pm.

## EUROPEAN COACHES CONGRESS

Britain will host the European Track & Field Coaches Federation Congress for the first time when the tenth in the series is held in Edinburgh from January 3rd to 6th 1979. Lectures will include former Olympic champion Anatoliy Bondarchuk (USSR) on hammer throwing technique; Erik Wiger (Gardner's coach) on technique and conditioning for steeplechasers; John Le Masurier and Klaus Wubbenhorst (GDR) on the women's 400m hurdles; and Vladimir Kuznyetsov, director of the Moscow Institute for Sport, on the selection of athletes for top level competition. There will also be a festival of international coaching films, and exhibitions of international coaching books and evaluation/testing equipment. Details of cost and how to apply will appear in an advertisement in next week's issue.

## PRISONERS' COLLECTION

A collection made at H.M. Prison, Featherstone, Wolverhampton for the Commonwealth Games Appeal resulted in a donation of £20.85 from the prisoners, a creditable amount considering there are only 370 inmates whose average pay is £1.25 per week. The Governor at Featherstone, John Sandy, frequently helps with the presentations at Crystal Palace.

\* \* \*

Midland League/1978 Final Positions: (Div 1): Birchfield 20½; Leicester 17; Sparkhill 16½; Tipton 15; W&B 9; Notts 6. (Senior Men only): Leicester 20; Birchfield 19; Sparkhill 17; Tipton 11; W&B 10; Notts 7. (Div 2): Gloucester 23; Cannock 20; Stoke 15; Newcastle 11; Coventry 9; Bristol 6. (Div 3): Rugby 22; Worcester 20; Shrewsbury 14½; Westbury 12½; Solihull 10; Sutton-in-A 5. (Div 4): Charnwood 23½; Warley 19½; Leamington 13; Cardiff 13; Bromsgrove & R 11. (Div 5): Worksop 23; Lozells 20; Stafford 16; Nuneaton 10; Hereford 9; Cheltenham 6. (Div 6): Newark 24; Halesowen 16 (470); Burton 16 (449); Dudley & Stourbridge 14; Telford 10. (Div 7): Daventry 22 (527); Corby 22 (521); Berry Hill 14; Sutton Coldfield 12; Stourport 8; Dursley 5. (Div 8): Tamworth 20 (629); Sparkhill 'B' 20 (627); Gloucester 'B' 20 (574); Cannock 'B' 12.

\* \* \*

Mitcham AC are to hold a new event, the SGB Medley Relays, on December 16th. There will be two races including all age groups and an advert with further details will appear in 'AW' shortly.

\* \* \*

Veterans AC officers: General Secretary, D. Payl, 75 Hall Farm Road, Benfleet, Essex; CC sec, A. Shepherd, 38 Bromley Road, Beckenham, Kent BR3 2JD; track sec, W. Hartfree, 20 Ely Close, New Malden, Surrey KT3 4LG; walking sec, F. Nicholls, 42 Ash Road, Sutton, Surrey.

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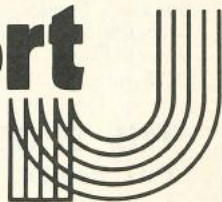
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100: 1, M. Morris (Har) 10.8; 2, G. Thompson (Hill) 11.0. (B): 1, C. Mitchell (Har) 10.8; 2, J. Griffiths (Swan) 10.8. 200: 1, Morris 21.6; 2, D. Morgan (Swan) 22.4. 400: 1, Griffiths 47.8; 2, S. Sole (Sheff) 48.8; 3, C. Jones (Ox) 49.4; 4, S. Murphy (Lut) 50.0. 800: S. Fox (Ox) 1:55.0. 5000: 1, N. Sloane (Sheff) 14:15.8; 2, A. Cole (Swan) 14:23.2; 3, L. Benjamin (Hill) 14:30.8. (B): 1, R. Bailey (Sheff) 14:32.0; 2, G. Pringuer (Har) 14:43.2. 3000SC: 1, R. Harris (Ox) 9:03.6; 2, D. Frith (Sheff) 9:09.8; 3, D. Milner (Har) 9:23.2; 4, C. Stebbings (Lut) 9:33.4. (B): T. Fieldsend (Sheff) 9:25.2. 110H: 1, C. Richards (Swan) 15.2; 2, N. Augustine (Har) 15.4; 3, H. Jones (Ox) 15.7. (B): 1, B. McStravick (Sheff) 15.2; 2, G. Shaw (Lut) 15.8. 400H: 1, S. Sole (Sheff) 54.8; 2, B. Thorne (Lut) 55.0; 3, K. Lancy (Swan) 55.0; 4, R. Sullivan (Har) 57.0. (B): 1, J. Sherwood (Sheff) 54.8; 2, A. Greaves (Lut) 56.4. HJ: 1, C. Moseley (Har) 2.01; 2, M. Bolland (Sheff) 1.93; 3, L. Wall-Row (Ox) 1.90. (B): I. Murray (Har) 1.96. PV: 1, T. Gardner (Hill) 4.40; 2, A. Jackson (Lut) 4.40; 3, McStravick 3.90; 4, F. Obikwu (Har) 3.80. LJ: 1, C. Mitchell (Har) 7.14; 2, A. Douglas (Sheff) 6.86; 3, C. Stuart (Ox) 6.73. (B): 1, P. Brugnani (Har) 7.03; 2, N. Stoppard (Sheff) 6.85. TJ: 1, Stoppard 14.62; 2, C. Stuart (Ox) 14.10; 3, S. Ashdown (Lut) 13.93; 4, R. Gyesie (Har) 13.83. SP: 1, M. Aldridge (Har) 13.86; 2, J. Hillier (Hill) 13.75. (B): Obikwu 13.16. DT: 1, Hillier 50.74; 2, P. Lewis (Har) 41.64; 3, K. Hind (Sheff) 41.52. (B): McStravick 41.08. HT: 1, S. Pickering (Har) 44.14; 2, R. Jenkins (Ox) 44.12; 3, C. Scott (Lut) 43.66. (B): M. Zaidman (Har) 43.56. JT: 1, B. Roberts (Har) 71.90; 2, D. Young (Lut) 59.14; 3, C. Cooper (Sheff) 58.48. (B): 1, M. Humphreys (Har) 65.32; 2, A. Frost (Sheff) 58.34. 4x100: 1, Haringey 41.8; 2, Sheffield 43.4. 4x400: 1, Oxford 3:21.1; 2, Swansea 3:21.5.

## KANGAROO CLUB POSTAL COMPETITION

(July Results). LJ: C. Jones (HF) 6.24. Team: Holy Family. TJ: Jones 12.55. Team: Kelly College. (Inters) LJ: W. Walker (Parm) 6.53. Team: Parmiters School. TJ: 1, Walker 14.10; 2, G. Molyneux (Parm) 13.76. Team: Parmiters. (Juniors) LJ: W. Asante (Orange H) 6.09. Team: Orange Hill. TJ: 1, C. Charles (Orange H) 12.36. Team: Orange Hill. (Overall Results): (Seniors) 1, Holy Family 34; 2, Kelly Coll 27; 3, Plymouth Coll 23. (Best Performances): LJ/TJ: C. Jones (HF) 6.29/13.02. (Inters): 1, Parmiters Sch 36; 2, Devonport Sch 24½; 3, Rannoch Sch 15½. (Best Perf): LJ: W. Walker (Parm) 6.53. TJ: N. Leech (Edin) 14.33. (Juniors): 1, Orange Hill Sch 31; 2, Holy Family 29; 3, Preston Sch 21. (Best Perf): LJ: W. Asante (Orange H) 6.09. TJ: B. Sheerin (HF) 12.71.

# Interview With BERWYN PRICE



**By Alastair Aitken**

**Who did you admire at the start of your athletics career?**

Lynn Davies was obviously the prime one in South Wales. There were a lot of other characters around as well — Ron Jones, John Williams . . .

**Do you think there are fewer characters about these days in international athletics?**

I think so, as everybody these days seems a lot more stereotyped. Perhaps that is because everyone has become much more professional in their outlook. Standards in sport have risen so high during these last ten years that you don't seem to have so much time now for the extrovert, which is why someone like Daley Thompson goes down so well now. He seems to be enjoying every moment he is doing the sport, rather than the glum serious look most people have when they get involved with the top-class in sport.

**It is important, then, to keep a balance in sport in relation to the rest of your life?**

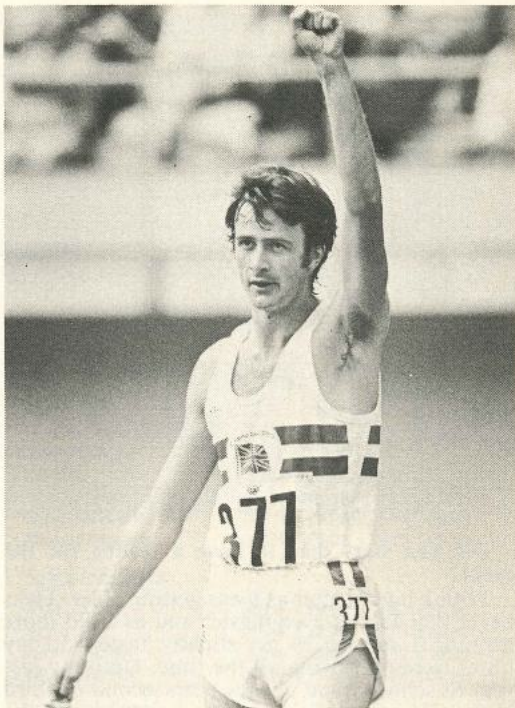
I certainly think there has to be a good balance there, otherwise — in my case — I would just lose the interest and I would not have any enthusiasm at all. I have kept going for eight years at the top now because I enjoy it.

**Could you look back over the years at the world's best high hurdlers and say which one you would pick out as being the greatest?**

Obviously the big difficulty in comparing is between times and places and looking at the slightly older generation and the new generation coming up. I have run against a few of them now — Drut, Milburn and Davenport.

**Who was the hardest to compete against, then?**

I would probably say Rod Milburn was the hardest, if I can remember rightly, because he seemed to be so constant. Guy Drut was one who would do as much as necessary to win. Milburn seemed to have a sort of explosive capability, to be able to turn it on whenever he wanted to. He was very fluent, very explosive . . . a very, very, good runner. It is interesting to see this young lad coming through at the moment, Nehemiah. He is running well, 13.23 at 19!



George Herringshaw photo

**Did you play many sports before concentrating on athletics?**

Being a Welsh lad from the Valleys, obviously rugby has got to be the first consideration in life. Running out on to the pitch at Cardiff Arms Park for Wales has to be the most important sporting occasion of anyone's future really, if you can possibly think of it that way. When I realised I was not going to be that good at rugby, I had a good look round to see what else I could do. I enjoyed cricket and I used to do quite well but the pitches in South Wales were not that good, so we had a go at athletics.

**Which coaches did the most good for you in those early years?**

It is difficult to say in the early years because the PE teacher at school was the one who said 'right, I think the hurdles are going to be your event', and that was John Davis. From then on it was John Lister from Cardiff AAC, who used to compete for Birchgrove before they amalgamated with Cardiff. He was a hurdler and jumper. I used to go to Maindy Stadium from school and train twice a week and he used to drag me along a bit and that helped a lot. Then I went to University in Aberystwyth and had another good coach there called Gwyn Evans who pulled me on in terms of technique training and the actual involvement of getting the work done.



Flashback to 1970 and a National League match at Maindy Stadium, Cardiff. Berwyn Price, then 18, finished a close second to David Hemery (14.4) in a Welsh junior record of 14.5.

Gordon Roberts

**Did you start then to have a feeling for the event?**

I think it got better as I was getting older. I was never that fast as a youngster and as I did more training I seemed to get slightly faster, so my times were improving all the time. Until my last year at school I had always been second or third in the Glamorgan Schools Championships so the last year at school (1969) I decided I was going to have a really good winter's training to try and win this title. That was my big ambition, and I came through and managed to win it. Obviously, being Glamorgan champion I represented them in the Welsh Championships, which I won, and then I won the AAA Junior Championships. All I wanted at the beginning of the year was to be Glamorgan Schools champion and at the end of the year I was British Junior champion, which

was obviously quite a jump. I was very lucky because that winter I had been fortunate enough to get a scholarship place at Aberystwyth University and so I only had to get a couple of low grade 'A' levels to get there; that was my perfect chance, as I had got my academic career sorted out and it was therefore a perfect winter for me to do a lot of work on the track.

**In 1973 you had a bad fall in the European Cup Final in Edinburgh and yet you won a very competitive World Student Games race in Moscow.**

I think it goes to prove that if you get too involved in the sport and you get too serious about it all, something like that could really crack you up. One minute you are at the top, the next minute you are down . . . on the floor literally. So, if you are too serious about your sport I think you are in dead trouble!

**It was a very good field for that final in the World Student Games with such runners as Munkelt, Moshiaishvili, Bethge and Shipp competing in the Final. Looking back now, do you think that was one of your best races ever?**

Yes, it was a good field for that final and I was very pleased with my run there. It is five years back now so memories are getting a bit dim and distant, but I don't think I have ever run quite as well as I did on that occasion and so that was probably my best race ever.

**You must have been very disappointed at Edinburgh in that European Cup race as, at the time, you must have known only Guy Drut was in any way assured of beating you?**

It is one of those things you have to accept. For my stride length between the hurdles, I have to patter; as you know I can't sprint flat out because my stride length is too long — I would smash into all the hurdles if I did. Up in Edinburgh there was

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**"It seems to be an event where the longer you go on perhaps the more technically correct you become and the more controlled".**

a strong following wind, and that pushed me onto the hurdles. I have fallen three or four times now, when there has been a strong wind behind.

**What sort of a year do you consider 1974 was for you?**

It was a strange sort of year because after the success of '73 when I was running very well indeed, we had to come out in mid-winter for the Commonwealth Games and I remember trying to train at the Bristol track with the Welsh team on a January day with the rain and sleet pelting down, then trying to go out to the warmth of Christchurch a couple of days later and attempting to run fast. I was confident when I went out there but I just did not quite have the legs and the speed that I had the previous summer, so I was second to Fatwell Kimaiyo, who equalled the Commonwealth record out there. Then the summer after I was seventh in the European final. I was feeling jaded after '74 so I had a very easy year in '75. I was fourth in the European Cup Final in Nice after winning the semi-final at Crystal Palace.

**You must have been disappointed in not reaching the Olympic final in Montreal, because you were so very near making it?**

I missed out by two-hundredths of a second.

**It gave you something still to aim for then?**

That's right! The only serious thing I have got left to train for is the Olympic final.

**How long can you continue as a high hurdler?**

It is strange but actually the high hurdlers who were in the first four in the Commonwealth this time were the same as in '74, so I don't think age matters quite so much in the high hurdles. It seems to be an event where the longer you go on perhaps the more technically correct you become and the more controlled. I think it is an event where you can keep on going a little bit longer than perhaps the sprinters.

**This year you were very jubilant to win the AAA title.**

I have won the AAA six years in a row, so perhaps I will keep on going for a year or two yet. Seven is the record. Don Finlay and a few others have got seven. It would be nice to do that, wouldn't it?

**Did you feel you were going well early in the year?**

I felt I was very confident but the difficulty was

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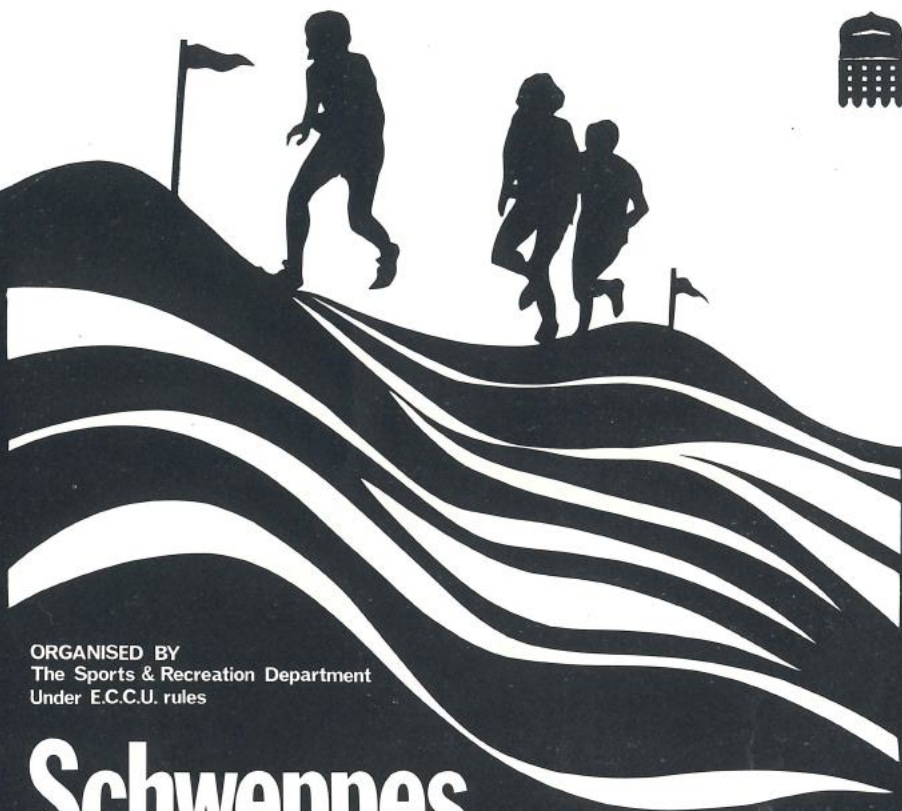
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SATURDAY 25th NOVEMBER 1978

PEPSI FUN RUN 11:30am INTERNATIONAL 2:10pm

# COMPLETE PROGRAMME

## SATURDAY

|    |            |                                    |                  |
|----|------------|------------------------------------|------------------|
|    | 11.30 a.m. | PEPSI FUN RUN                      | Approx<br>2 mile |
| 1. | 12.00      | COLTS                              | 1 ½ mile         |
| 2. | 12.15 p.m. | JUNIOR LADIES AND GIRLS            | 1 ½ mile         |
| 3. | 12.35 p.m. | BOYS                               | 2 ¼ mile         |
| 4. | 12.50 p.m. | VETS                               | 3 mile           |
| 5. | 1.15 p.m.  | SENIOR AND INTER WOMEN             | 2 ¼ mile         |
| 6. | 1.35 p.m.  | SENIOR MEN OPEN RACE               | 4 ½ mile         |
| 7. | 2.10 p.m.  | INTERNATIONAL MIDDLE DISTANCE RACE | 2 ¼ mile         |
| 8. | 2.20 p.m.  | YOUTHS                             | 3 mile           |
| 9. | 2.50 p.m.  | INTERNATIONAL INVITATION TEAM RACE | 4 ½ mile         |

Plus Photographic competition and Cross Country fanatics quiz in programme.

- 6.30 p.m. Five Bridges Hotel. Video replay of TV races.
- 7.10 p.m. Question and answer time with panel of internationals.
- 8.15 p.m. Disco and social evening.

## SUNDAY

10.00 a.m. Organised group runs at Stadium.

### DETAILS OF EVENT:

**PRIZES.** To first 3 and first 3 teams in every race, except Vets where 1st 3 over 40, 1st 3 over 45 and 1st 3 over 50 will be awarded prizes (please include on entries which section).

Male team races 4 to score, any number to run. Female team races 3 to score, any number to run.

### £800 TOTAL PRIZE VALUE

**ENTRIES:** 30p per person. Please specify, D.o.B. of every entrant, which race, and club. If pre-race details are required then a S.A.E should be enclosed with entry. **CLOSING DATE** 1st POST MONDAY, 13th NOVEMBER.

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**Berwyn Price on the way to his sixth consecutive AAA title this year (and he was second the previous three years!), with Mark Holtom (7) second.**

Peter Tempest

that I had done so much work this winter I had a feeling that in the early season I just could not get the tiredness out of my legs. I was getting a little bit worried because I knew the racing was there but I was running around the 14 mark all the time and not really getting down below that, which I knew I would have to do for the Commonwealth. Luckily I seemed to time it just right.

**When you got down to the start for the final in**

#### **Edmonton did you feel confident?**

It is good fun beforehand, when you are sort of joking with the others. When you have met these guys so many times, and you have known each other for so long, you say 'Not you again, I thought you retired 25 years ago'. That sort of thing! We pull each others' legs in seriousness and friendliness at the same time. It is a strange sort of atmosphere but very interesting and I remember having a go at the Australians before the final.

#### **What were your main thoughts going over the hurdles?**

My main problem was that there was a very strong following wind. I remember last year in Oulu I had fallen again in a very strong wind on a tarmacadam track and I ripped myself to pieces almost, so I was a bit worried before the race. I knew I would really have to try to concentrate on that and just work hard at it and try to keep going and under control.

#### **It appeared to me that technically you ran a pretty good race over the hurdles.**

Yes, but there were one or two that I clipped. I had a reasonable start for me and I was in contention, picking up all the way down and felt them coming back at the ninth. I really rode it with the back of my thigh and I just managed to hold it because if you ride a hurdle you sometimes come off balance and that's it—you are finished. I just managed to ride it correctly and come off on balance and be able to drive into the tenth hurdle, over and through the tape. My heart was in my mouth at that stage; I seemed to be dicing with death all the way down because I was trying to run so fast on the spot to try and take up the speed my legs would generate and also the speed the wind was pushing me.

**David Hemery also had this problem with the**

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**high hurdles because he was a big man . . .**

The worst I have ever seen is Frank Siebeck of East Germany. If you can remember him running in Helsinki when he won the European Championship in '71 he was worse than I am in that respect.

**You must have been very happy when the Welsh flag went up after you had won.**

Tremendously happy. I remember Cliff Morgan, who is now head of BBC television outside broadcasts, was so chuffed that he was apparently singing up in the box! It was a very emotional moment and I really enjoyed that.

**Do you think the Commonwealth Games has the right spirit which is lacking a little in some of the other major competitions?**

Definitely. I think the main thing is there is such a wide variety of talent in those Games. It is not restricted to the world's best and because of that you get a feeling of a more amateur sort of Games, a more open and friendly Games. Also, because it is not so big, you get to know a lot more people. I think it is much more enjoyable than the European Championships or the Olympic Games.

**What advice would you give to a young athlete who wanted to become an international hurdler for Britain?**

At the moment there is a great opening for anybody who does come through. We have got one or two good lads in the British high hurdles team. I think the main thing is to get the correct balance between everything, to be able to train hard, to be able to relax at the same time in other respects. I get the feeling now that everyone is trying to put too much pressure on people in athletics. They have got to be brilliant before they are taken notice of. Certainly there is a place for someone to come up more gradually and just build up over the years. It is up to the individual and we have all got different ways of going about things.

**Do you consider indoor running is important for outdoor racing later on in the year?**

It is sometimes. It is a question of really how seriously you want to build up in the winter. If you have a very important competition in the summer I think it is very good to have some fast work in the winter; otherwise if you are just trying to have a rest and a reasonably easy summer then I don't really see the need and it is then better to have a complete break. For instance, this coming winter I shall have a complete break.

**But you're not retiring just yet?**

I plan to keep going for another year or two. I have been in the British team for eight years, and as long as you have got your enthusiasm and you want to do it then I think you can put up a pretty good show.

## BERWYN PRICE'S CAREER

Born: Tredegar, 15.8.1951. Height: 1.90/6'3"; Weight: 81kg/178lb. Cardiff AAC. Sports centre manager. Personal bests: 100 — 10.8, 200 — 21.7, 110H — 13.69 (UK rec) & 13.5, 400H — 52.8. Year-by-year record of international and championship appearances:-

**1969:** 1st AAA Junior (14.7); 3rd Germany v UK Junior (15.4).

**1970:** 6th Commonwealth Games semi-final (14.4w); 4th UK 'B' v France 'B' (14.5); 2nd AAA (14.2; UK jnr rec); 1st European Junior (14.1; UK jnr rec); 1st UK v Germany Junior (14.3).

**1971:** 1st AAA Indoor (60m—7.9); 3rd GDR v UK Indoor (50m—6.6); 4th UK v France Indoor (60m—8.1); 4th UK v France (14.3); 2nd AAA (14.6); 5th European Champs heat (14.6); 2nd UK v Germany (14.4).

**1972:** 2nd AAA Indoor (60m—8.0); 2nd UK V Spain Indoor (60m—8.0); 6th European Indoor heat (50m—7.0); 2nd AAA (15.0); 2nd Finland v UK v Spain (14.1); 7th Olympic semi-final (14.4; 13.9 ht).

**1973:** 4th AAA Indoor (60m—8.3); 2nd GDR v UK (13.5; UK rec); 1st AAA (14.1); 1st Greece v UK v Belgium (13.8); 1st European Cup Semi (13.7); 1st World Student Games (13.69; UK rec); 1st UK v Hungary (14.1); 6th (fell) European Cup Final (25.2).

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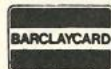
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**1974:** 2nd Commonwealth Games (13.84); 1st AAA (13.94w); 2nd UK v Czechoslovakia (13.90w); 1st Sweden v UK (14.1); 1st Norway v UK v Benelux (13.9); 7th European (14.05; 13.78w semi); 1st UK v Finland (14.13).

**1975:** 1st AAA Indoor (8.01); 1st UK v Belgium Indoor (8.1); 4th France v UK Indoor (8.06); 2nd Spain v UK Indoor (8.08); 4th GDR v UK (14.09); 1st European Cup Semi (14.04); 1st AAA (13.94); 4th European Cup Final (13.90); 1st UK v USSR (13.65w).

**1976:** 1st AAA Indoor (8.1); 2nd equal UK v GDR Indoor (7.9); 2nd European Indoor (7.80; UK best); 3rd Yugoslavia v UK v GDR (14.32); 4th USSR v UK (13.8); 1st UK v Poland v Canada (13.73); 5th Olympic semi-final (13.78); 1st AAA (13.80).

**1977:** 1st UK Champs (14.19); 4th (fell) Finland v UK (24.9); 3rd European Cup Semi (14.27); 1st AAA (14.17); 2nd Sweden v UK v Poland (14.02); 5th European Cup Final (13.87); 1st UK v Germany (14.09).

**1978:** 1st AAA Indoor (7.90); 1st UK v Germany Indoor (7.93/7.93); 4th European Indoor (8.12; 7.85 semi); 3rd UK v GDR (14.20); 1st AAA (14.14); 1st UK Champs (13.93w); 1st Commonwealth (13.70w); 5th European Champs semi-final (14.01); 3rd Tokyo International (14.01).

## Annual Progression

|                        |                        |
|------------------------|------------------------|
| 1967 14.5 (110y, 3'0") | 1973 13.69/13.5        |
| 1968 15.6 (120y, 3'3") | 1974 13.8              |
| 1969 14.6 (120y, 3'3") | 1975 13.90/13.65w/13.6 |
| 15.1 (3'6")            | 1976 13.73/13.5/13.4w  |
| 1970 14.1              | 1977 13.82             |
| 1971 13.9              | 1978 13.74/13.70w      |
| 1972 13.9/13.7w        |                        |

## NATIONAL VETERANS DECATHLON CHAMPIONSHIPS

### At Loughborough, October 7th/8th

**(Group 1A):** 1, R. Ball (R&R) 5840 (13.1, 5.37, 11.52, 1.47, 61.2, 19.4, 38.60, 3.70, 51.00, 6:05.0); 2, J. Ross (Edin) 5329 (12.5, 5.55, 7.89, 1.44, 57.0, 20.4, 26.00, 2.75, 44.64, 5:03.2); 3, D. Burton (Hallam) 4411 (12.1, 5.84); 4, J. Darlington (Hales) 4381; 5, J. Phillips (Trow) 4313; 6, A. Crocker (Stour) 4228; 7, G. Ratcliffe (Dac) 4141; 8, G. Lee (Hallam) 4126; 9, C. Brand (Black) 3829. **(1B):** 1, D. Williams (Lough Univ) 5252 (13.2, 5.35, 8.57, 1.38, 62.1, 19.2, 28.12, 2.60, 31.68, 5:36.8); 2, R. Beeby (Leic Cor) 4856; 3, C. Knowles (VoA) 4503; 4, G. Brass (Clay) 4174; 5, J. Day (Black) 3748. **(2A):** 1, Steedman (Loth) 5066 (13.2, 5.29, 8.41, 1.35, 60.8, 17.9, 22.66, 2.10, 19.72, 5:41.7). **(2B):** J. Gercs (—) 4871 (14.5, 4.63, 10.62, 1.26, 70.6, 24.9, 29.84, 2.01, 22.94, 5:52). **(Guest):** J. Ball (R&R-age 16) 6145 (12.3, 6.17, 11.18, 1.80, 54.6, 17.3, 36.40, 4.30, 50.40, 5:07.2).

# LEICESTER CORITANIAN CROSS COUNTRY FESTIVAL

## October 15th

1, S. Parr (Gateshead) ..... 31:55  
 2, P. Clarke (Polytechnic) ..... 32:34  
 3, B. Pickersgill (Holmfirth) ..... 32:45  
 4, T. Fieldsend (Sheff) 32:52; 5, B. Baggailey (Gates) 33:03; 6, D. Widdowson (Ind) 33:09; 7, P. Cowell (Ross) 33:10; 8, J. Earlstun (Tip) 33:12; 9, D. Ansell (Sheff) 33:14; 10, C. Robinson (Derb) 33:17; 11, J. Offord (Leic Cor) 33:29; 12, D. Blount (W Bridge) 33:31; 13, M. James (Charn) 33:35; 14, H. Ainslie (Gates) 33:37; 15, R. Sinclair (Sheff) 33:39; 16, J. Mitcham (Grant) 33:45; 17, T. Gardener (Derb) 33:55; 18, S. Walker (Charn) 34:00; 19, H. Kerry (E Ches) 34:01; 20, M. Thomson (Sheff) 34:06.  
**Teams:** 1, Gateshead 20; 2, Sheffield 28; 3, Charnwood 59; 4, Derby & City 60; 5, Notts 64; 6, Tipton 75; 7, Leicester Cor 91; 8, Sutton in Ashfield 130; 9, Stockport 133; 10, Grimsby 137.  
**(Youths 4M):** 1, D. Lewis (Ross) 21:50; 2, P. Hicken (Warr) 22:04; 3, A. Warhurst (E. Ches) 22:14; 4, A. Leonard (Bolt) 22:26; 5, D. Topham (Long) 22:32; 6, J. O'Connor (Tip) 22:33; 7, P. Elliott (Roth) 22:35; 8, I. Mills (Notts) 22:43; 9, T. O'Connor (Black) 22:45; 10, D. Abrose (Warr) 22:47; 11, P. Dixon (Ross) 22:50; 12, T. McBain (Wirr) 22:51; 13, A. Green (Warr) 22:56; 14, M. Wright (Gates) 22:58; 15, M. Flint (Tel) 23:00. **Teams:** 1, Warrington 49; 2, Tipton 84; 3, Bolton U 131; 4, Shaftesbury 137; 5, Rossendale 152; 6, Stretford 162. **(Boys 3M):** 1, P. Wynn (Pilk) 16:50; 2, A. Severs (Bolt) 16:57; 3, G. Lucas (S'ton) 17:14; 4, G. Bates (Bolt) 17:18; 5, G. Green (Warr) 17:21; 6, M. Capper (Wirr) 17:24; 7, R. Herbert (N'ampton) 17:27; 8, A. Rodgers (Wake) 17:27; 9, S. Wright (Derb) 17:28; 10, K. Lamb (Derb) 17:28. **Teams:** 1, Derby & C 95; 2, Wolv & Bilston 109; 3, Shaftesbury 120; 4, Birchfield 124; 5, Bolton 130; 6, Rotherham 163. **(Colts 2M):** 1, M. Slowikowski (HW) 11:43; 2, B. Pfeiffer (Lon I) 11:57; 3, I. Davey (Derb) 12:13; 4, J. Holloway (B'field) 12:28; 6, A. Mather (Warr) 12:32. **Teams:** 1, Stretford 54; 2, Wirral 82; 3, London Irish 118. **(U/11 1½M):** 1, N. McRobb (Roth) 9:40; 2, P. Ebrey (R&B) 9:49; 3, S. Cavanagh (Wat) 10:18; 4, J. Kimber (Charn) 10:23; 5, N. Hood (W&B) 10:24; 6, S. Evans (W&B) 10:25. **Teams:** 1, Wolv & Bilston 71; 2, Warrington 74; 3, Stockport 121.

## Women

1, S. Arthurton (Leeds) ..... 18:30  
 2, J. Whiteley (Leeds) ..... 18:30  
 3, S. Little (Bolton Utd) ..... 18:47  
 4, C. Wood (Leeds) 19:03; 5, A. Creamer (Roth) 19:08; 6, M. Braines (Ind) 19:13; 7, L.

Holdsworth (Leeds) 19:18; 8, J. King (Black) 19:26; 9, J. Croaxdale (Black) 19:30; 10, J. Godliman (Milton K) 19:32; 11, A. Soar (Notts) 19:39; 12, N. Salisbury (Worc) 19:53; 13, T. Gill (Berry H) 19:58; 14, H. Edwards (Notts) 20:00; 15, T. Ashmore (Ind) 20:04; 16, C. Draper (L Buzz) 20:05; 17, D. Heckingbottom (Black) 20:07; 18, L. Cooper (Roth) 20:12; 19, S. Taylor (S'ton) 20:14; 20, D. Watson (Derb) 20:18.  
**Teams:** 1, Leeds 7; 2, Blackburn 34; 3, Notts 53; 4, Derby Ladies 80; 5, Rotherham 85; 6, Charnwood 99; 7, Leicester Cor 109; 8, Gateshead 117; 9, Notts 'B' 130; 10, Sutton 131. **(Juniors 2M):** 1, W. Hirst (Leeds) 12:56; 2, B. Noble (Bing) 12:57; 3, J. Newton (Stock) 13:04; 4, J. Campion (E Hull) 13:10; 5, D. Ridings (Black) 13:13; 6, — 13:15; 7, M. Maul (E Hull) 13:17; 8, D. Burton (Leeds) 13:17; 9, J. Midgley (Leeds) 13:17; 10, A. Taylor (Stock) 13:26; 11, K. Barringham (Hallam) 13:29; 12, H. Easton (N'ampton) 13:32; 13, J. Hoine (Rown) 13:34; 14, C. McNamee (Derb) 13:35; 15, T. Morton (Derb) 13:36. **Teams:** 1, Leeds City 34; 2, Stockport 54; 3, Northampton Phoenix 83; 4, Hallamshire 142; 5, Derby Ladies 154; 6, Charnwood 162. **(Girls 1½M):** 1, A. Crewe (Bing) 9:34; 2, S. Ransdale (Leeds) 9:57; 3, H. Gent (Roth) 10:04; 4, J. Penfold (N'ampton) 10:06; 5, B. Bates (Leeds) 10:06; 6, A. Parry (Leic) 10:10; 7, J. Cuttler (Roth) 10:10; 8, U. Davis (Swin) 10:17; 9, T. Martin (Tam) 10:17; 10, B. Cuddihy (Lon I) 10:24; 11, J. Creamer (Roth) 10:26; 12, A. Firm (Bing) 10:30; 13, M. Abson (Wake) 10:35; 14, J. Roscoe (Shrew) 10:40; 15, M. Brankin (Black) 10:42. **Teams:** 1, Rotherham 51; 2, Leicester Cor 64; 3, Bingley 86; 4, Blackburn 120; 5, Stourport 140; 6, Wolverhampton & B 158. **(U/11 1½M):** 1, B. Pfeiffer (Lon I) 10:23; 2, C. Liversage (Hallam) 10:44; 3, N. Bone (Hallam) 10:49; 4, J. Naylor (Hallam) 10:59; 5, J. Mornington (Broms) 11:57; 6, F. Normansell (Stock) 11:13. **Teams:** 1, Hallamshire 24; 2, Bromsgrove & Redd 60; 3, Stourport 82.

## CAMBRIDGESHIRE v CAMBRIDGE UNIV v LONDON UNIV

### At Cambridge, October 21st

1, Gren Truck (Cambridgeshire) ..... 29:55  
 2, T. Eglin (Cambridgeshire) ..... 30:34  
 3, N. Dorey (Cambridge Univ) ..... 30:34  
 4, K. Clifford (C) 30:54; 5, R. Duncan (CU) 31:26; 6, S. Ogletthorpe (CU) 31:27; 7, M. Ellison (CU) 31:32; 8, M. McAllister (CU) 31:45; 9, S. Kightley (C) 31:48; 10, C. Dubas (C) 31:50; 11, J. Lennard (LU) 31:55; 12, C. Hirst (CU) 32:06; 13, D. Cohen (CU) 32:17; 14, A. Jukes (C) 32:29; 15, S. Moore (CU) 32:50; 16, M. Turner (CU) 32:55; 17, I. Duncan (LU) 33:04; 18, R. Green (LU) 33:20; 19, R. Cook (C) 33:53; 20, M. Trenchick (CU) 34:05. **Teams:** 1, Cambs Univ 31; 2, Cambridgeshire 57; 3, Cambridge Univ 'B' 118.

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### SOUTHERN COUNTIES AAA OPEN MEETING

At Crystal Palace, October 11th

1500: A. Stewart (High) 3:54.7. 10,000: 1, C. Bunyan (S&E) 29:28.2; 2, J. Davies (Ex B) 29:31.2; 3, S. Barr (Ex B) 29:41.6; 4, A. Etchells (Ilf) 30:16.6; 5, P. Bennett (Ald) 30:19.0; 6, D. Coates (Ilf) 30:24.0; 7, T. Hassall (Ald) 30:31.2; 8, G. Payne (S'end) 30:40.2; 9, R. Allinson (Lake) 30:54.0; 10, D. Hardstaff (NLAC) 30:56.6. 3000W: 1, M. Wordsworth (Ton) 12:40.8; 2, G. Vale (Sy) 12:44.8; 3, C. Lawton (Bel) 12:50.0; 4, G. Nibre (Ilf) 12:50.6; 5, S. Elms (S&C) 13:06.2; 6, J. Robinson (Ang S) 13:15.0; 7, R. Dorman (Bel) 13:19.2; 8, B. Armstrong (Ilf) 13:42.6; 9, P. Selby (Sy) 13:47.8; 10, G. Maynard (Camb) 14:03.6; 11, J. Newnham (Bel) 14:06.2; 12, J. Sales (Bas) 14:07.6; 13, J. Evans (Ilf) 14:18.0. SP: 1, M. Winch (B'hth) 18.07; 2, P. Milbourn (Ton) 13.85. DT: Milbourn 40.04. (Juniors) PV: 1, A. Jackson (Lut) 4.30; 2, N. Argent (Med) 3.60. (Youths) 1500: M. Rolfe (Ex B) 4:07.8. PV: 1, J. Ball (Whit) 4.00; 2, R. Gammage (Wok) 3.40; 3, J. Wells (Wok) 3.40. (Boys) 1500: 1, M. Seymour (Sy) 4:19.4; 2, P. Spelman (Fleet) 4:22.8; 3, M. Slowikowski (HW) 4:23.9. PV: 1, J. Andrews (E&E) 3.20; 2, R. Hooper (Wok) 3.20; 3, O. Ball (Whit) 3.00. LJ: P. Brice (Shaft) 5.64.

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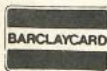
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## Results In Brief

### September 5th

**Lloyds Bank Business Houses Road Relay.** (Amended result) 1, Lloyds Bank 36:15; 2, Bank of Scotland 36:17; 3, Nat West Bank 37:06; 4, Elliotts 37:14; 5, Temple Bar 38:12; 6, Bank of England 38:38. **Fastest:** A. Salter (Lloyds) 8:42; R. Gevers (Temple Bar) 8:44.

### September 16th

**Merseyside & District v Dublin County v Staffordshire, at Kirkby.** 400: 1, M. Fowell (S) 48.6; 2, M. Case (M) 49.7. HJ: 1, J. Lee (S) 1.95; 2, M. Chalton (M) 1.90. LJ: D. McComb (M) 6.80. TJ: B. Camp (M) 14.67. SP: M. Holmes (M) 14.27. HT: G. Middleton (S) 45.66. JT: G. Martland (M) 58.80. (Women) 100: 1, M. Probert (M) 11.7; 2, J. Parry (M-Jnr) 11.8. 100H: H. Brown (S) 14.8. 400H: J. Roscoe (M) 63.4. 3000W: P. Kettle (M) 16:11.4. HJ: C. Summerfield (S) 1.60. LJ: H. Brown (S) 5.61. SP: 1, M. Walton (D) 14.10; 2, A. Hanson (M-I) 11.00. DT: Walton 44.36. JT: S. Williams (M) 37.86. 4 x 100: Merseyside 49.6.

### September 30th

**Norfolk '15', at Diss:** 1, M. Hurd (RAF Watt) 77:59; 2, R. Green (Harl) 78:41; 3, P. Richardson (Hav) 79:45; 4, J. Avis (Camb H) 80:04; 5, B. Nash (Dart) 81:26; 6, N. Fisher (Harl) 81:38. **Team:** Harlow.

### September 30th/October 1st

**Highgate Decathlon Champs, at Parliament Hill.** 1, G. Richards (Ver) 6102 (11.2, 6.71, 12.08, 1.85, 53.9, 15.5, 28.37, 3.10, 37.42, 5:07.0). 2, C. Jousiffe (High) 5847 (15.7); 3, G. Flood (Ilf) 5679 (15.6); 4, A. Barbone (Ex B) 5632; 5, H. Thorne (High) 5315 (3.60); 6, A. Meldrum (High) 5048; 7, M. Allwood (Ver) 5042; 8, B. Meadows (Ilf) 4967; 9, J. Melloy (High) 4596.

### October 1st

**Camberley '10'.** 1, M. Walden (E&E) 51:05; 2, B. Copps (Felt) 52:02; 3, R. Ellerton (VoA) 52:29; 4, E. Turner (AA Coll) 53:19; 5, T. Wood (E&E) 53:54; 6, R. Newbould (Walt) 56:22.

### October 4th

**TVH Open Meeting, at West London.** 5000: 1, Thompson (Lut) 14:17.0. HJ: T. Hoyte (TVH) 1.90. (Boys): HJ: A. White (TVH) 1.70. DT: D. Villaruel (E&S) 36.58. (Women's BMC Invitation) 1500: 1, K. Lock 4:30.4; 2, J. Clarke 4:39.8; 3, A. Wilkins 4:42.9; 4, B. Lovett 4:43.5.

## No 'Sudden Death' Trial — Urges British Marathon Club

THE following points were raised at an executive committee meeting of the British Marathon Runners Club:-

**International Competition** The secretary was instructed to write to the BAAB deploring the suggestion that the first six runners to finish in the AAA Marathon shall receive British track suits. Instead it was agreed to recommend that track suits be awarded to British runners selected to compete in the following marathons: Athens, Boston, Enschede, Fukuoka, Karl-Marx-Stadt, Kosice, New York.

**BMRC Marathon** It was decided that there was no requirement at present for this championship. However, it was agreed to approach the AAA to stage a national half-marathon or 20Km championship and to ask the Board to include a similar road race in the normal track & field international matches. It was felt that this was a good way of giving invaluable international experience to marathon runners without their having to race the marathon distance too often.

**Management of Overseas Teams** Invitations to compete abroad should not be refused because team managers are not included. If possible an experienced runner should be sent as team leader. When team managers are sent they should be people with expert knowledge of distance running and still actively involved with distance runners.

**Olympic Games Selection** Basically it was agreed that selection should not be by a 'sudden death' trial but performances over the previous twelve months should be taken into consideration. Bill Adcocks felt that a squad of five or six runners should be selected mainly from the AAA marathon, during the year prior to the Games. These runners would be told that at least two of them would be selected for the Games. They would be required to compete together in a number of road races from 10 miles to marathon, culminating in the AAA marathon which would be held at least 12 weeks before the Olympics. The final selection may take into account any breakthrough in the final marathon but will be primarily based on the combination of the runner's best times and competition record (wins, margins of wins or distance behind winner). Final selection will be made using factual information drawn from a wider range than the "one race-1, 2, 3," system. In other words, the selectors will select.

**Marathon World Cup** It was decided there should only be one race for all countries rather than four semi-finals and a final. This race could be held with the World Cup. The GDR have proposed that a marathon match be held in 1979 between four or five top European countries with five or six runners per country.

Vince Regan

### CLEVELAND MARATHON

October 15th

1, M. Mountford (Stafford) 2:19:11  
1, D. Macgregor (Fife) 2:19:19  
3, A. Kean (Derby & County) 2:19:42  
4, A. Keith (Edin) 2:20:01; 5, M. Coleby (Gates) 2:21:51; 6, D. Lang (Fife) 2:22:19; 7, J. Trainor (Gates) 2:22:48; 8, W. Moore (Liv) 2:24:21; 9, R. Morris (A&D) 2:24:45; 10, R. Marshall (Mor) 2:27:00; 11, M. Logue (FVH) 2:27:32; 12, S. Graves (Fife) 2:27:53; 13, E. Cameron (Edin S) 2:28:59; 14, R. Bradley (Holm) 2:30:08; 15, A. Barlow (Wirr) 2:30:14; 16, A. Bone (S Sh) 2:30:58; 17, D. Attwell (A&D) 2:31:43; 18, B. Dale (Harr) 2:32:04; 19, L. Stowell (Charn) 2:32:24; 20, S. Shaw (M&C) 2:34:26; 21, H. Burdett (M&C) 2:35:15; 22, R. Atkins (S'port) 2:35:41; 23, J. Pearson (Mor) 2:36:14; 24, R. Hepworth (Long) 2:36:17; 25, G. Dearlove (Harr) 2:36:25; 26, P. Whittaker (Long) 2:36:30; 27, D. Jackson (Mor) 2:36:38; 28, D. Francis (Fife) 2:37:19; 29, C. Vadden (CoH) 2:37:32; 30, H. Gamble-Thompson (M&C) 2:37:33; 31, R. Donkin (Sund) 2:38:20; 32, G. Armstrong (Loth) 2:38:34; 33, J. Jones (Man) 2:39:05; 34, R. Ingleton (Darl) 2:40:03; 35, A. Elders (Salt) 2:40:39; 36, R. Reilly (Salt) 2:40:40; 37, T. Laybourn (J&H) 2:41:00; 38, K. Heathcote (Bolt) 2:41:17; 39, R. Tribick (Scar) 2:41:20; 40, D.

Longman (CoH) 2:41:23; 41, G. Smith (Bolt) 2:41:30; 42, F. Dockerty (J&H) 2:41:39; 43, G. Hart (E Hull) 2:41:58; 44, T. Went (N Sh Poly) 2:43:32; 45, S. Watt (Fife) 2:43:50; 46, D. Hewison (Darl) 2:44:06; 47, A. Brathwaite (Sund) 2:44:27; 48, D. Thomas (Bord) 2:44:35; 49, G. Thornes (Sund) 2:44:51; 50, B. Sabini (Bolt) 2:45:08. **Teams:** 1, Fife; 2, Morpeth; 3, Gateshead; 4, Middlesbrough & Cleveland.

### ROAD RUNNERS CHAMPIONSHIP

Bourne Sports/British Road Runners Championship (up to and including Rotherham Marathon): 1, T. Wright (W&B) 205 pts (7 races); 2, D. Patterson (TVH) 141 (6); 3, A. Simmons (Lut) 120 (2); 4, D. Clark (Ver) 111 (4); 5, C. Taylor (A&SV) 109 (4); 6, G. Taylor (S Heath) 97 (4); 7, M. Hurd (Croy) 92 (3); 8, P. Eales (W&SE) 86 (3); 9, C. Woodward (Leam) 84 (4); 10, D. Francis (West) 80 (2); 11, J. King (S Heath) 75 (3); 12, R. Belk (A&SV) 73 (4). **(Veterans):** 1, G. Kay (Staff) 288 (9); 2, R. Campbell (Ex B) 237 (7); 3, J. Steed (Ver) 210 (7); 4, P. Whittaker (Long) 113 (4); 5, T. Wood (E&E) 112 (4); 6, B. Cook (W&B) 99 (4). **Teams:** 1, TVH 23 (5); 2, Leicester 20 (4); 3, Small Heath 18 (5); 4eq A&SV (4) and Salford (3) 16; 6, Bolton 14 (5); 7eq Altrincham (2), Croydon (2) & Sale (4) 12.

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| SUNDAY 4 |   |        |   |          |   |

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- 33
- 36
- 39
- 41
- 43-45
- 44-46
- 46
- 47
- 48-49
- 50-53
- 53-55
- 55-56

**"TU revive the day I die"**



By [Name]

**WEDNESDAY 28**

**As the miles tick by, Lesley concentrates on losing weight**



By [Name]



## Bob Lunnon Enjoys A Return To Tradition

THE course for this year's Walton '10' reverted to the one that was used before 1975 and replaced the new circuit which caused so much consternation from the athletes and claims that it was too long. Officials were at great pains to point out that the traditional course was an accurate 10 miles circuit having been measured both with a wheel and with a steel tape.

A traditionally large field of around 300 runners toed the start line for this year's race on a sunny afternoon on October 15th, and it soon became clear that it was going to be a four man battle. The quartet of Steve Jones, Peter Standing, Dave Francis and Bob Lunnon, spearheaded the trail of runners and it was Jones and Lunnon who led the field through the opening lap in a swift 15:40.

At the end of the second lap, this quartet was still intact, clocking 31:59, with Paul Eales in fifth place in 32:07, and Martin Duff next in 32:13. Graham Pringuer and Guy Ogden were together passing approximately 6.6 miles in 32:33.

At the start of the final lap, Francis was dropped, and Standing suffered a bout of stomach cramp which enabled Jones and Lunnon

to go into a 30m lead. Standing managed to race out of his trouble and caught the leading pair about a mile from the finish. This was when Lunnon decided to make his bid for victory and it was Standing, and not Jones, who, having fought hard to get on terms again, gave chase. But, Lunnon was away, and raced home in 48:14, which compares with the course record of 47:22 set by Tony Simmons and Ian Thompson in 1974. Standing was not far behind in 48:20, with Jones third in 48:32.

Lunnon, who was running in the Walton '10' for the first time, approved of the course. "It's a nice, fast course", he said, "apart from the long hill at the end of each lap." He was happier with his showing in the Walton race than his run in the national six-stage road relay at Crystal Palace the previous day when he helped Aldershot to the bronze medals — "I felt strong all the way" — he said.

One interesting performance was by Nat Fisher, formerly of Eton Manor and now of Harlow — an international miler in the '60's who ran well to take the Vets award.

Tom Pollak

### BASINGSTOKE ATHLETIC CLUB FAIRWAY FURNISHING ROUND THE HOUSES

## 14th Senior 6 Mile Road Race

Sponsored by Fairway Furnishing  
SUNDAY, 26th NOVEMBER, 3 pm Start  
(Under AAA Laws)

1977 Winner Julian Goater

Team & Ind. Trophies. Awards include 1st Prize valued £20 and 9 other great value Ind. prizes, as well as 1st 3 Teams & 1st Vet.

Also Pint Tankards to next 75 athletes not receiving any other rewards.

### ALSO

## YOUNG ATHLETES 3 MILES (U/18 1.9.78) 2.30 p.m. Start

Traditionally Y.A. winner reaches the top.

1977 Winner Simon Catchpole

Trophy & Awards first 3 Teams & first 3 Ind. also consolation prizes.

**Fees:** Seniors 30p, Y.A. 25p per Ind. No team fee — 3 score both races. Cheques/POs to be payable to Basingstoke A.C. **Entries** to Ian Byett, 21 Bardwell Close, Basingstoke, Hants. (Tel. 28401). SAE for travelling details.

**ENTRIES PLEASE BY NOVEMBER 17th**

## Morpeth to Newcastle OPEN ROAD RACE

(13<sup>5</sup>/<sub>8</sub> Miles)

(Under AAA Laws)

Monday, 1st January, 1979

Start at 1.45 p.m.

Sponsored by "Newcastle Journal Ltd."

**Awards:** Scratch Race — First Ten (Winner £35). Team Race — First Four Teams of 3 (Winners 3 at £10)

Medals • Certificates  
Novices • Veterans

**Entry Fees:** Individual 40p. Team 50p (3 to score).

**Entries no later than Saturday, 9th December, 1978.** (entry restricted to 500), to W. Y. Dewing, 19 Swardale Gardens, Newcastle-upon-Tyne NE7 7TA. (Tel: 666196 Newcastle). Send S.A.E for Prospectus.

1, R. Lunnon (Aldershot) ..... 48:14  
 2, P. Standing (Windsor) ..... 48:20  
 3, S. Jones (RAF Lyneham) ..... 48:32  
 4, D. Francis (West) 48:48; 5, P. Eales (Wind)  
 49:26; 6, M. Duff (Wind) 49:29; 7, G. Pringuer  
 (Har) 49:39; 8, G. Ogden (High) 50:13; 9, T.  
 Parker (Corn) 50:34; 10, N. Fisher (Harl) 50:38;  
 11, T. Jones (Bris) 50:43; 12, J. Avis (Camb)  
 50:45; 13, J. Sheridan (TVH) 51:00; 14, J.  
 Keating (Eal) 51:04; 15, R. Green (Harl) 51:12;  
 16, D. Austin (Inv) 51:16; 17, M. Connelly (Walt)  
 51:32; 18, J. Jones (Wind) 51:46; 19, A. Bridge  
 (Harl) 51:52; 20, P. Craig (Bris) 51:54; 21, M.  
 McEvilly (Ind) 52:08; 22, C. Mossom (Har)  
 52:19; 23, J. Steed (Verl) 52:23; 24, R. Small  
 (High) 52:26; 25, C. Hack (Ind) 52:28; 26, L.  
 Wells (Walt) 52:31; 27, D. de Carigny (High)  
 52:37; 28, F. Gillies (Ban) 52:39; 29, B. Smith  
 (Bourn) 52:40; 30, R. Thurston (Har) 52:41; 31,  
 I. Cotton (SLH) 52:47; 32, R. Smilt (Wind)  
 52:48; 33, J. Lee (Blay) 52:50; 34, R. Charney  
 (TVH) 52:56; 35, C. Hensly (Wok) 53:02; 36, D.  
 Harten (Harl) 53:04; 37, A. Reavley (S&E) 53:04;  
 38, L. O'Hara (Bel) 53:07; 39, D. Clayton  
 (HHH) 53:15; 40, B. Coffs (Felt) 53:18; 41, G.  
 Harrold (Enf) 53:20; 42, J. Dury (Hill) 53:24; 43,  
 L. Coleman (Harl) 53:26; 44, S. Hampson (Read)  
 53:29; 45, J. Stamp (Basing) 53:31; 46, J. Hart  
 (Bourn) 53:32; 47, D. Case (Eal) 53:33; 48, B.  
 Wallis (RAF Lyne) 53:42; 49, G. Daniels (Rane)  
 53:47; 50, J. Geoghagen (Camb) 53:58; 51, D.  
 Skinner (Harl) 54:01; 52, A. Cemin (QPH) 54:05;  
 53, M. Paul (Camb) 54:05; 54, R. Dickson (Crey)  
 54:09; 55, S. Crossman (Wok) 54:13; 56, D.  
 Maxwell (Vaux) 54:17; 57, R. Crabb (RAF Lyne)  
 54:21; 58, A. Dippe (Walt) 54:22; 59, D. Davies  
 (TVH) 54:24; 60, R. Morgan (Bourn) 54:25.  
**Teams:** 1, Windsor, Slough & Eton 13; 2, Harlow  
 44; 3, Highgate 59; 4, Haringey 93; 5, Walton  
 101; 6, TVH 106; 7, Bristol 107; 8, RAF  
 Lyneham 108; 9, Cambridge 115; 10,  
 Bournemouth 135.

## TYNEDALE HALF MARATHON

September 9th

1, M. Coleby (Gateshead) ..... 70:26  
 2, P. Whittle (Elswick) ..... 70:37  
 3, S. Winter (Gateshead) ..... 70:51  
 4, J. Trainor (Gates) 70:52; 5, A. Catley (Mor)  
 72:14; 6, H. Burdett (M&C) 72:21; 7, N. Jobson  
 (Blay) 72:27; 8, J. Foley (Gates) 72:56; 9, M.  
 Roberts (Dur) 73:03; 10, R. Marshall (Mor)  
 73:18; 11, D. Dixon (Sund) 73:19; 12, B. Cordes  
 (Mor-V) 73:54; 13, S. Larkin (Tyn) 73:57; 14, B.  
 Dale (Harr) 74:05; 15, M. Black (Spark) 74:07;  
 16, S. Carr (Sund) 74:26; 17, D. Prudham (Cram)  
 74:29; 18, M. Mossom (Gos) 74:44; 19, R.  
 Donkin (Sund) 74:50; 20, G. Potts (M&C) 75:04;  
 21, A. Tait (Tyn) 75:07; 22, D. Welch (Harr-V)  
 75:32; 23, S. Shaw (M&C) 75:40; 24, A. Bone (S  
 Sh) 76:07; 25, R. O'Hara (Annan & D) 76:19; 26,  
 T. Proctor (Sund) 76:25; 27, H. Montgomery

(Heat) 76:30; 28, A. Elders (Salt) 76:39; 29, G.  
 Dearlove (Harr) 76:40; 30, P. Taylor (Sund)  
 76:45. **Teams:** 1, Gateshead 16; 2, Morpeth 60; 3,  
 Sunderland 86; 4, Middlesbrough & Cleveland  
 87; 5, Tynedale 143; 6, Blaydon 161.

## SUNDERLAND H & AC OPEN ROAD RACES

At Ryhope, October 7th

1, A. Gobson (Gosforth) ..... 31:08  
 2, J. Mills (Gateshead) ..... 31:42  
 3, J. Myatt (Gateshead) ..... 32:05  
 4, S. Cram (J&H) 32:14; 5, S. Irvine (Gates)  
 32:24; 6, A. Carr (Sund) 32:36; 7, W. Foster  
 (Harr) 32:52; 8, R. Patterson (Blay) 32:53; 9, N.  
 Jobson (Blay) 32:55; 10, R. Dunn (Mor) 32:57;  
 11, G. Rippon (S Sh) 32:59; 12, J. Pearson (Mor)  
 33:01; 13, H. Ainsle (Gates) 33:03; 14, A. Martin  
 (Gates) 33:13; 15, M. Roberts (Dur C) 33:18; 16,  
 D. Alexander (Gos) 33:22; 17, D. Dixon (Sund)  
 33:30; 18, J. Foley (Gates) 33:31; 19, A. Bone (S  
 Sh) 33:43; 20, H. Matthews (Els) 33:48; 21, M.  
 Mossom (Gos) 33:54; 22, W. Ryder (Mor-V)  
 33:56; 23, P. Taylor (Sund) 34:00; 24, C. Howe  
 (Notts) 34:04; 25, K. Sanderson (Darl) 34:05.  
**Teams:** 1, Gateshead 24; 2, Gosforth 71; 3,  
 Morpeth 79; 4, Blaydon 85; 5, Sunderland 109; 6,  
 Darlington 141; 7, South Shields 143; 8, Jarrow  
 & Hebburn 155; 9, Gateshead 'B' 185; 10,  
 Durham 201. **(Youths 4M):** 1, G. Smith (Sund)  
 21:54; 2, P. Collins (Sund) 22:04; 3, D. Naisbitt  
 (Wall) 22:20; 4, Chris Taylor (Gos) 22:30; 5, M.  
 Humble (Gos) 22:32; 6, Colin Taylor (Gos)  
 22:37; 7, A. Harrison (Ches) 22:51; 8, A.  
 Mathewson (Gos) 23:04; 9, M. Laverick (Ches)  
 23:07; 10, K. Brown (Gates) 23:22. **Teams:** 1,  
 Gosforth 15; 2, Sunderland 15; 3, Chester 27.  
**(Boys 2M):** 1, K. Newton (Sund) 11:01; 2, A.  
 Bober (Sund) 11:04; 3, M. Trees (Darl) 11:09; 4,  
 S. Robson (Mor) 11:16; 5, J. Harper (Mor)  
 11:19; 6, M. Hardy (Mor) 11:21; 7, K. Boul  
 (Sund) 11:21; 8, G. Woods (Mor) 11:27; 9, P.  
 Coulson (J&H) 11:28; 10, J. Whitfield (Mor)  
 11:29. **Teams:** 1, Sunderland 10; 2, Morpeth 15;  
 3, Blaydon 38; 4, Darlington 50; 5, Jarrow &  
 Hebburn 58; 6, Middlesbrough 63. **(Colts 2M):** 1,  
 P. Ryder (Mor) 11:38; 2, P. Davison (Gates)  
 11:44; 3, M. Perry (J&H) 12:05; 4, J. Surtess  
 (Gos) 12:08; 5, T. Patterson (Wall) 12:12; 6, B.  
 Berwick (Sund) 12:16. **Teams:** 1, Morpeth 24; 2,  
 Gateshead 31; 3, Sunderland 34.

## HASTINGS AC '1066' ROAD RACES

October 14th

(5 x 5000m): 1, Brighton (A. Bristow 14:04, M.  
 Patterson 13:44, B. Hawkins 14:09, P. Whitcomb  
 14:15, A. Lambourne 14:09) 70:21; 2, Hastings  
 70:17; 3, Brighton 'B' 73:03; 4, Brighton 'C'  
 78:53; 5, Horsham 74:24; 6, Mitcham 75:35.  
**Fastest:** 1, A. Sharp (Ton) 13:42; 2, Patterson  
 13:44; 3, D. Stevens (Hast) 13:55. **(Boys 2500m):**  
 1, P. Larkins (Folk) 8:10; 2, P. Sims (Inv) 8:13;  
 3, M. Laight (Inv) 8:14; 4, A. Purle (Craw) 8:17;

5, A. Marshall (Craw) 8:21; 6, J. Neil (Hast) 8:28; 7, M. Wheeler (E Grins) 8:31; 8, G. Pettitt (Hay Hth) 8:25; 9, D. Toole (Hast) 8:37; 10, P. Valek (Inv) 8:44. **Team:** Invicta. **(Colts 2500m):** 1, D. Bean (Folk) 8:06; 2, A. Rowe (Hay Hth) 8:40; 3, D. Revell (Inv) 8:42; 4, B. Collins (Folk) 8:57; 5, B. Holden (Hast) 9:02; 6, Buchanan (Patch) 9:05; 7, K. Balls (Folk) 9:10; 8, P. Hitchcock (Folk) 9:11; 9, Wells (Patch) 9:13; 10, S. Townsend (Craw) 9:15. **Team:** Folkestone. **(Women 4800m):** 1, L. Sloan (Hast) 16:51; 2, L. Mozen (Ux) 17:29; 3, L. Adams (Folk) 17:32; 4, J. Mitchell (Chel) 17:57; 5, A. Bettinson (Hav) 18:24; 6, B. Norrish (B'ton) 18:41. **Team:** Worthing. **(Juniors 2100m):** 1, R. Honeychurch (Hast) 7:07; 2, B. McDonagh (Inv) 7:14; 3, D. Willis (B&H) 7:25; 4, C. Roach (Inv) 7:30; 5, J. Elliott (Worth) 7:36; 6, N. Bowles (Worth) 7:37. **Team:** Invicta. **(Girls 2100m):** 1, N. Saker (Ell) 7:39; 2, K. Taylor (Worth) 7:44; 3, L. Sisley (E Grins) 7:53; 4, L. Savage (Folk) 7:55; 5, M. Wild (Hast) 8:09; 6, S. Ling (Hast) 8:10. **Team:** Hastings.

### SYDNEY TAYLOR ROAD RELAY

At Chelmsford, October 8th

1, Ilford (W. Fothergill 16:17, D. Coates 16:10, R. Gill 16:17, A. Etchells 16:09, A. Catton 16:08) 81:01;

2, Havering (B. Diss 16:32, R. Thurston 16:41, P. Betteridge 16:04; J. Broad 16:09, P. Richardson 16:11) 81:37;

3, Thurrock (A. Jarrett 17:39, M. Batty 16:36, S. Purkis 16:56, L. Gough 16:16, S. Walker 15:49) 83:16;

4, Ilford 'B' 84:31; 5, Chelmsford 85:35; 6, Woodford Green 86:16; 7, Havering 'B' 88:29; 8, Chelmsford 'B' 88:42; 9, Thurrock 'B' 89:41; 10, Southend 90:05.

### FAVERSHAM '5'

October 14th

1, L. Slater (Invicta) ..... 28:32  
2, N. Webb (Invicta) ..... 29:14  
3, T. Race (Folkestone) ..... 29:15  
4, T. Joyce (Ell) 29:53; 5, I. Hutchings (Hav) 30:09; 6, R. Henderson (Ell) 30:21; 7, T. McLean (SLH) 30:28; 8, I. Jolliffe (Inv) 30:43; 9, C. Bird (Black) 30:51; 10, D. Brown (Inv) 31:00; 11, N. Howlett (Inv) 31:11; 12, M. Gratton (B'ton) 31:12; 13, A. Pryor (SLH) 31:23; 14, J. Pettitt (Med) 31:29; 15, D. Rumsey (Folk) 31:44. **Teams:** 1, Invicta 11; 2, Folkestone 38; 3, Medway 56.

### MERSEYSIDE WAAA ROAD RELAY CHAMPS

At Wavertree Park, October 15th

1, Liverpool (J. Holmes 17:45, S. Moore 18:23, R. Livingstone 19:52) 56:00. 2, Liverpool 'B' 58:23; 3, Sutton 58:66. **Fastest:** Moore 18:23. **(Inters):** 1, Sutton (J. Rimmer 13:56; C.

Hodgkinson 13:41; 3, S. Ball 13:36) 41:13; 2, Liverpool Pembroke 43:08; 3, Wallasey 43:41. **(Juniors):** 1, Southport Waterloo (C. Denny 8:17, D. Pilkington 8:33; 3, E. Donough 7:57, H. Bolland 8:34) 33:28; 2, Sutton 33:45; 3, Liverpool 34:55. **(Girls):** 1, Sutton (L. Vose 8:30, D. Fairclough 8:54, D. Cowell 9:01, S. Woods 8:22) 34:47; 2, Liverpool 34:57; 3, Sutton 35:58.

### HOUGHTON FEAST 6M ROAD RACE

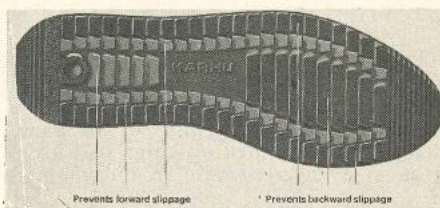
October 14th

1, A. Gibson (Gosforth) ..... 30:12  
2, K. Foster (Saltwell) ..... 30:57  
3, P. Taylor (Sunderland) ..... 31:52  
4, M. Bateman (Mor) 32:00; 5, K. Parr (Salt) 32:09; 6, J. Foley (Gates) 32:15; 7, I. Brown (Mor) 32:17; 8, R. Carruthers (Gos) 32:21; 9, W. Ryder (Mor) 32:39; 10, B. Cordes (Mor) 32:44. **Teams:** 1, Morpeth; 2, Saltwell; 3, Gosforth. **(Youths 3M):** 1, S. Cram (J&H) 15:09; 2, P. Dodds (Mor) 15:24; 3, P. Collins (Sund) 15:29; 4, G. Fallow (Els) 15:42; 5, P. Naisbitt (Wall) 15:49; 6, M. Humble (Gos) 15:50; 7, C. Taylor (Gos) 16:05; 8, C. Taylor (Gos) 16:07; 9, D. Ward (Wall) 16:28; 10, D. Mills (J&H) 16:33. **Teams:** 1, Gosforth; 2, Jarrow & H; 3, Sunderland. **(Boys 1½M):** 1, A. Bober (Sund) 7:30; 2, D. Nash (Bord) 7:34; 3, N. Madden (Darl) 7:35; 4, P. Tanner (Blay) 7:41; 5, T. Duffield (J&H) 7:41; 6, S. Robson (Mor) 7:41; 7, G. Woods (Mor) 7:41; 8, P. Cuskin (J&H) 7:44; 9, J. Harper (Mor) 7:47; 10, G. Robinson (Blay) 7:50. **Teams:** 1, Morpeth; 2, Blaydon; 3, Darlington. **(Colts 1½M):** 1, P. Ryder (Mor) 7:55; 2, T. Patterson (Wall) 8:15; 3, M. Perry (J&H) 8:18; 4, P. Barron (Sund) 8:20; 5, B. Bewick (Sund) 8:24; 6, T. Field (Hough) 8:24; 7, M. Derrick (Hough) 8:24; 8, P. Hudson (Sund) 8:24; 9, T. Tait (Mor) 8:26; 10, J. Yeages (M&C) 8:26. **Teams:** 1, Sunderland; 2, Morpeth; 3, Houghton. **(Women 2½M):** 1, C. Tucker (Gates) 15:26; 2, S. Lonsdale (Sale) 15:30; 3, A. Burke (Gates) 15:39; 4, A. Hunt (Mor) 15:42; 5, A. Crawford (Darl) 16:05; 6, G. Bryant (Darl) 16:12; 7, H. Gibbard (Blay) 16:20; 8, M. MacDonald (Darl) 16:23; 9, L. Malcolm (Mor) 16:30; 10, J. Schugler (Gates) 16:53. **Teams:** 1, Gateshead; 2, Darlington; 3, Blaydon. **(Juniors 1½M):** 1, E. Hand (Bord) 8:38; 2, S. Glass (Gates) 8:42; 3, K. Broderick (Bord) 8:55; 4, J. Middlemore (Bord) 9:00; 5, J. Dixon (Blay) 9:03; 6, S. Raine (Darl) 9:06; 7, T. Armstrong (Blay) 9:09; 8, K. Porter (Burn Rd) 9:11; 9, J. Fergusson (Blay) 9:12; 10, L. Walker (Darl) 9:20. **Teams:** 1, Border; 2, Blaydon; 3, Darlington. **(Girls 1½M):** 1, D. Wilkinson (Darl) 8:51; 2, A. Borrowdale (Blay) 8:52; 3, J. Wren (Bord) 9:07; 4, L. Thomas (Darl) 9:08; 5, J. Chard (Burn Rd) 9:12; 6, S. Hughes (Mor) 9:20; 7, V. Challies (Darl) 9:22; 8, A. Murray (Bord) 9:23; 9, D. Sutherland (Mor) 9:27; 10, G. Hurd (Bord) 9:31. **Teams:** 1, Darlington; 2, Border; 3, Morpeth.

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**HARD WEARING, DESIGNED WITH CHAMPIONS IN MIND**



The **KARHU Air Cushion** is designed for top quality training and fitness shoes. It absorbs shock effectively, and together with an elevated arch support, conforms to different foot shapes exactly. These features also help the **KARHU Air Cushion** make a significant reduction in the strain on the knees, pelvis and small of the back.

**KARHU Air Cushion** soles put spring in your step. The heel tread prevents forward slippage and the ball tread backward. The sole also hinders sideways slippage. The reflector on the back of the shoe provides the final measure of safety.



**KARHU CHAMPION** (above left) training shoes with air cushioned sole as above. Blue nylon uppers with leather reinforcement. Also wider 'fuller' models in green and orange. Sizes 5 1/2-11 **£19.95**.

**KARHU BOSTON** (above right) light training shoes ideal for road racing. White nylon uppers with leather reinforcement, air cushioned sole. Sizes 5 1/2-11 **£21.95**.

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A tough all round spiked shoe for cinder, all weather tracks and country. White nylon uppers with leather reinforcement. Rubber coated sole with 6 replaceable spikes.

Sizes 5 1/2-11 **£23.70**.



**KARHU MONTREAL**. Light all purpose spiked shoe with good support for long distances. Orange nylon uppers, leather reinforcement and grip patterned composition sole with replaceable plastic elements and spikes. 12 mm heel piece.

Sizes 5 1/2-11 **£24.95**.

Please Note: Karhu sizes are one full size larger than normal i.e. Karhu 9 — English 10. Please include foot outline when ordering.

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|--------|--------|--------|---------|--------|-------|
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| £7.50  | £7.99  | £8.50  | £9.99   | £10.99 | £££'s |

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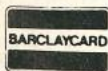
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# Letters

## INSULT TO YOUNG TALENT

Dear Sir,

I am amazed that no comment has yet been made in your magazine of the appalling state of the cinder areas at the English Schools' championships in July. To stage the most outstanding gathering of young athletes anywhere at such a place was nothing short of an insult to talented youngsters, most of whom had set their ambition at even *competing* in the championships!

The months of hard work and tough, continuous competition endured by these young hopefuls to actually reach the selection stage — as well as hopes of top-class performances (in many cases to improve on the high standards set in 1977) — were destroyed in moments, crumbling as fast as the cinder surfacing, and in several instances ending in injury!

In the high jumping areas, for example, the

surface fell away to inches-deep pot-holes on the approach runs, negating the efforts of most competitors. A study of the Chesterfield results and current national rankings for the event can only underline the true worth of the 1978 ESAA results . . . and that in analysing just one event; space alone prevents an event-by-event discussion in this letter.

Although many National, Area and County league matches throughout the year are held in arenas with quite disgusting facilities, where an event such as the ESAA championships is concerned, first consideration, always, must be given to the athletes as competitors!

The master — (and mistress) minds behind the English Schools' championships must not be allowed to sit back in complacent satisfaction of 'a job well done' when their decision to use such low-standard facilities most certainly put paid to the high hopes and ambitions of many, in some cases for good. **The chance to compete to the best of their ability must be given, without question, equally to all competitors!**

Of course, it is widely appreciated that the organisation of such a mammoth operation culminating in this great display of England's finest young athletes, is tremendous; the many hundreds of hours of back-stage work throughout the months leading-up to the championships, as well as the overall organisation and presentation during the two days cannot be surpassed, and I pass on my usual high praise, justly deserved, in this respect. But, I repeat, the planning and staging of the competitions must, in the first instance, consider solely the needs of the athletes as competitors of high calibre, not merely as numbers, ensuring use of the best possible facilities, in equality, to everyone.

Even better use than in the past must be made of the best of the facilities available at Nottingham in 1979; maybe through higher standards to reduce the number of participants, possibly by re-timetabling the already tight schedule, to ensure that so vital fairness to all competitors. Bad performances resulting from competing in bad conditions, after all the effort involved in gaining selection, can easily turn a likely high-potential athlete away from the sport; in fact, in general throughout the country, this is one of the reasons for the high percentage loss to the sport of talented youngsters anyway.

Charles Elliott,  
London SW16

## NORFOLK OLYMPIADS ATHLETIC CLUB Fourth Annual

### ROWNTREE — MACKINTOSH CROSS-COUNTRY MEETING

(Incorp. Norfolk County AAA & WAAA CC Champs)  
under ECCU & WCC & RWA Rules

SUNDAY, DECEMBER 17th, 1978

AT THE UEA NORWICH  
(Colney Lane Pavilion)

|                  |                                  |               |
|------------------|----------------------------------|---------------|
| 1. Girls         | Under 11 years **                | 1,200 metres  |
| 2. Boys          | Under 11 years **                | 1,600 metres  |
| 3. Girls         | Under 13 years                   | 1,600 metres  |
| 4. Youths        | Under 17 years                   | 6,000 metres  |
| 5. Veteran Men   | over 40 years                    | 10,000 metres |
|                  | Senior Men **                    | 10,000 metres |
|                  | Junior Men                       | 10,000 metres |
| 6. Senior Ladies |                                  | 4,000 metres  |
|                  | Intermediate Ladies              | 4,000 metres  |
| 7. Boys          | Under 15 years                   | 4,000 metres  |
| 8. Girls         | Under 15 years                   | 3,000 metres  |
| 9. Colts         | Under 13 years                   | 3,000 metres  |
|                  | ALL AGES as 1.9.78               |               |
|                  | Competition Starts at 12.30 hrs. |               |

#### AWARDS

Medals or prizes first three places in all age groups. Prize for First Teams (4 to score) in all races (races 5 & 6 combined age group). Prizes for Second, Third & Fourth Teams will depend on entries. Challenge Team Trophies to be awarded in all races except 5 & 6.

#### FEES

All fees 30p per person. No team fee. County championships no fee but must complete entry forms. All MUST enter open race. \*\* Non County Championship.

ENTRIES by 2nd December please. AFTER this date no entries will be accepted for County Championships and all other entry fees will be 50p per person.

(ALL P.O. & Cheques to Norfolk Olympiads A.C.)

Further details and County Entry Forms from: — Reg Double, 77 Meadow Way, Hellesdon, Norwich NR6 6XX. (SAE please).

## FUNCTIONS OF TEAM MANAGEMENT

Dear Sir,

Whilst saddened by the loss of a potential medal with the disqualification of Geoff Capes in the European Championships shot put, whose basic fault was it? Apparently Geoff has had the habit of bending or breaking the rules with regard

to the wearing of numbers and has got away with it in the past. This time it caught up with him. Any athlete or sportsman who persistently bends the rules must eventually suffer the consequences in action. None of the other competitors in the shot put seemed to find it necessary to break the rules laid down for the competition so why, therefore, should Geoff Capes (with all his experience) be the odd man out? Therefore the basic cause of the problem was, in fact, his own fault.

However, what on earth was the team management doing to allow him to break the rules in this fashion? Surely one of its main functions at Championships of this nature is to see that the competitors representing our country are correctly attired, get there at the correct time and things of this sort. Surely the scope of activity is not just limited to checking bedrooms, seeing people do not drink and that they are in bed by about 10 o'clock at night! I would have thought that this part of team management is just as important, if not more so, as seeing that the home made rules were kept.

**C. W. M. McDowell,**  
Banstead, Surrey

### SPONSOR FOR HILLINGDON AC

Dear Sir,

This is to inform you that Hillingdon Athletic Club have been fortunate to obtain a major sponsor. The sponsor is Express Dairy Co. (London) Ltd., part of the Grand Metropolitan Group of Companies.

The sum offered is £1,000 per year for a minimum of five years. Part of this money will be used to set up a coaching scheme that the club has been trying out in the last few months. It is hoped that the club will be able to encourage the top coaches in the country to give evening lectures in the club's headquarters at Ruislip. These lectures will be aimed at showing the latest techniques of training which would be of benefit to athlete and club coach. It is hoped to run these on a regular monthly basis throughout the winter months. A trial run was held last year and these proved popular to other clubs athletes as well as our own; the lectures could be even more interesting as the club will now be able to show sound movies of varied events. This new development was brought about by the kindness of the Ruislip and Northwood Rotary Club, who donated the equipment to the club. Details of these lectures will be announced in due course.

**E. Bamford,**  
Hon. Sec., Hillingdon AC

### TEST OF CLUB ORGANISATION

Dear Sir,

Terry Haines (letters, October 14th issue) has I fear misjudged the feeling of most clubs and the individual members in his letter regarding

leagues. Whilst the financial pressures of National League competition are great, whilst sponsorship is relatively low (particularly Women's National League), this is something that can be overcome and is a test of club organisation as well as athletic ability.

My own club have enjoyed the challenge of getting 45 people to Glasgow in consecutive seasons and the friendships made and enjoyment both on and off the track have given a new dimension to track and field competition. We have experienced situations such as girls asking the team managers in the early spring for the league dates as they wished to book their holidays and not miss a match.

Clubs do not have to compete in a National League and can opt for what level suits their athletes and finances best, but don't penalise those forward looking clubs who have no complaints and prefer the present system.

The restriction of women's leagues to seniors only has been debated *ad nauseam* already and usually prior to creation of each league. Suffice to say that the present system was the choice of the vast majority of league members. We are a fairly democratic sport after all.

A set day for league athletics is excellent in theory but one must recognise the practical problems involved in implementing this, particularly where a club may be involved in four league competitions on the same day. Shortage of officials alone would militate against this.

**C. L. Milton,**  
Chairman, Feltham AC

### DISCRIMINATION ON THE TRACK

Dear Sir,

Reading of England's first international women's marathon runners and Val Howe's excellent 10,000m time in the World Veterans Championships, I wonder why there are no 5000m and 10,000m championships for women in this country. Women now train as hard as men and can run in long road races, so why are they discriminated against on the track? The 3000m can be retained for club matches, but there should be area and national championships at the longer distances.

**B. J. Edwards,**  
Wedmare, Somerset

Any club wishing to enter the North Gloucestershire Ladies Cross-Country League which will be held on November 25th, January 27th, February 17th and March 24th should write to league secretary Terry Haines, 48 The Triangle, Gloucester, for details. Open cross-country race — no fees, no prizes — will be held for all age groups at Black Bridge, Gloucester on January 20th and February 10th (Ladies only). Further details from Mr Haines (enclose SAE).

# Don Ritchie Shatters Two World's Bests

FOR its autumn track race the RRC usually finds some distance at which the record can be improved, and the men who can do it. At Crystal Palace on October 28th Don Ritchie, from the north of Scotland, beat the existing world's best for 100 kilometres by 15½ minutes, and the best for 50 miles by 5½ minutes on the way. The previous marks were set by Cavin Woodward in 1975 — 6:25:28 and 4:58:58.

The day was calm and cool, giving almost ideal conditions. Don Ritchie, Cavin Woodward and Ireland's Mick Molloy (former world's record holder at 30 miles) went through 10 miles together in 55:30, and 15 miles in 1:24:03, a pace which was comfortably inside the schedule for a new record. Mike Newton, Kevin Gill, Jan Knippenberg from Holland and Bretagne from Paris followed and the rest of the field up to 10 minutes later.

Don lost 1½ laps by a pit stop so at 20 miles Cavin and Mike were clear in 1:53:06, but Don steadily made up lost ground. Mick accelerated as Don came past and the extra pace proved too much. Don made up the other lap and gained the lead, after which he was never challenged.

Cavin, not yet fully over the various troubles that have beset him for the last two years, kept going at a more modest pace to clock 5:04:54 for

50 miles and 6:38:48 for the 100Km, but Mick Molloy had a long bad patch from which he made a miraculous recovery when he shed his shoes. He ran the remaining 12 miles in a pair of thin nylon socks, which at the finish still looked good for a few more laps!

Mike Newton, Jan Knippenberg and Mick Molloy all completed the 100Km well inside the 8 hour limit, and three others were going at the finish.

The RRC again (Peter Goodsell particularly) earned high appreciation for the organisation and the way in which efficient and devoted officials from all over the country gather to make these events so memorable and pleasant. John Herring once again did everything possible to help from the staff side, and if, as is now rumoured, the RRC is to run another 24 hour event next year, we look for another success.

**Harold Lee**

1, D. Ritchie (Forres) 6:10:20 (4:53:28 at 50M); 2, C. Woodward (Leamington) 6:38:48 (5:04:54); 3, M. Newton (SLH) 6:48:08 (5:15:51); 4, J. Knippenberg (Holland) 7:07:50 (5:19:17); 5, M. Molloy (Ireland) 7:26:11 (5:42:08). The following completed these distances in 8 hours: K. Gill (Essex B) 96.8km, B. Slade (Exeter) 93.2km, M. Campbell (Notts-Vet) 92.8km.

## WREKIN '10'

1, J. King (Small Heath) ..... 50:38  
2, P. Haywood (Worcester) ..... 51:23  
3, J. Wright (Tipton) ..... 51:58  
4, A. Mills (Newc) 52:16; 5, J. Bigham (RAF) 52:29; 6, J. Wagstaff (Tip) 52:46; 7, D. Daley (Spark) 52:55; 8, D. Roberts (Swan) 53:08; 9, D. Jarvis (Burt) 53:25; 10, B. Adams (Crewe) 53:41; 11, M. Mountford (Staff) 53:59; 12, E. Austin (Tip) 54:00; 13, I. Atkins (Worc) 54:39; 14, P. Sanderson (Tel) 54:54; 15, R. Elliot (Newc) 55:02; 16, M. Dawes (Shrew) 55:15; 17, D. Jackson (Tel) 55:31; 18, K. Lane (Burt) 55:35; 19, J. Jackson (Roch) 55:51; 20, K. Banks (Tel) 55:53.

## WESTBURY LADIES' GOLDEN JUBILEE

Westbury Ladies celebrated their 50 years with a cross-country match against the Midlands, Wales and Wiltshire at Blaise Castle, Bristol, on September 30th. In the presence of the two Midland Counties women's stalwarts, secretary Mrs. D. Nelson Neal and chairman Miss Ada Fenn, together with Commonwealth 1500m champion Mary Stewart and her mother, the Midlands dominated three of the four sections. The Welsh team manager, however, must be pleased for the future with the way her juniors filled the first three places in their race.

(Seniors 3500): 1, L. Fletcher (Mid) 16:37; 2, C. Readdy (Mid) 16:51; 3, M. Palmer (Westbury) 17:07; 4, L. La-Rue (Wales) 17:24; 5, J. Parker (Mid) 17:33; 6, D. Rees (Wales) 17:36. (Inters 3000m): 1, D. Curtis (Mid) 14:43; 2, C. Bradford (Westbury) 15:01; 3, S. Davies (Wales) 15:05; 4, B. Thomas (Wales) 15:17; 5, J. Simcock (Mid) 15:27; 6, E. Sinclair (Mid) 15:28. (Juniors 2500m): 1, Y. Jones (Wales) 12:11; 2, C. Williams (Wales) 12:25; 3, L. Silva (Wales) 12:41; 4, C. Simcock (Mid) 12:43; 5, J. Stokes (Westbury) 12:55; 6, D. Foster (Mid) 13:01. (Girls 2000m): 1, J. Thomas (Wales) 8:23; 2, H. Gould (Mid) 8:30; 3, T. Jones (Mid) 8:36; 4, J. Alexander (Mid) 8:46; 5, S. Porter (Wales) 8:48; 6, F. Horwood (Wales) 8:49. Overall team winner: Midlands.

## EPSOM & EWELL HARRIERS

### EPSOM "10"

(Under AAA Laws)

**SATURDAY, NOVEMBER 18th, 2.30 pm**

Changing: The White House, nr Epsom Downs Stn.

Ind. Trophy, Team Trophy and prizes for the first 6 Individuals & first 3 Teams. Vets 1st O/40, 1st O/50 & Vets Team Race for Dennis McQuillin Trophy, prizes & medals.

**Entry Fees:** 30p per ind, 30p per team (4 run, 3 score).

**Entries to J. E. Cock, 153 Westway, London, SW20 by November 15th.** SAE for acknowledgement, please.

## ROAD/TRAINING SHOES

**ADIDAS ROM.** One of the old favourites. A sturdy, well made road shoe which will wear and wear. White leather uppers, blue trim, built-up heel. Sizes 5, 5½ £9.95 (£10.70), 6-10½ in half sizes £10.95 (£11.55).

**ADIDAS GAZELLE.** Another old favourite — once a Gazelle man, always a Gazelle man! Blue suede, white trim, built-up heel, well cushioned microcellular sole. Sizes 5 £13.75 (£15.10), 6, 6½, 7, 7½, 8½, 9, 10½ £14.75 (£16.35).

**INTER. MARATHON.** Not a marathon shoe but a good-looking, well-made sturdy shoe ideal for training or jogging. Nylon uppers in beige with brown trim, built-up heel, speed lacing. Sizes 4, 5 £7.75, 6-10 in half sizes £8.95.

**METRIC STRIDE.** A bargain in low-priced training shoes. Blue nylon uppers reinforced with leather, built-up heel, well cushioned with towelling-faced insert and arch support. Rounded heel and toe, gristle sole. Sizes 4, 5, 5½ £6.45, 6-11 in half sizes £6.95.

**METRIC STRIDER.** Similar to the above, in blue nylon but with waffle type sole. Ideal for any terrain or conditions. Whole sizes only, 3, 4, 5 £8.10, 6-11 £8.75.

## ATHLETIC SHORTS

**Men's Freedom Shorts** in nylon, with double white trim. Red, Royal, Black or Green, 26", 28", 30", 32" £2.40, 34", 36" £2.50.

**Viga Track King Shorts.** The very latest in track wear for men. Brief cut shorts in lightweight satin nylon with mesh side panels for maximum freedom and air flow. Low pressure elasticated waistband and smooth seams for high comfort and performance. Sizes 30", 32", 34", 36" in Black, Royal or Red £3.99.

Also similar shorts but instead of mesh insert at the sides, there is a wide contrast stripe with triangle motif. In White/black trim, Black/white, Royal/white, Red/white. 28" £3.50, 30", 32", 34", 36" £3.99.

**Bukta Women's 100% Stretch Nylon Shorts.** The original Bukta shorts, copied but never bettered. Without trim in White, Black, Royal or Scarlet, 22" or 24" £2.20, 26" or 28" £2.50. With trim down sides in White/scarlet trim, Scarlet/white, Royal/white or Black/white, 22" or 24" £2.30, 26" or 28" £2.50.

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## WYCOMBE PHOENIX HARRIERS & A.C. OPEN AND TROPHY CROSS-COUNTRY MEETING

(Under ECCU and WCC Rules)

Keep Hill Road, High Wycombe, Bucks.

For the Dave Woodbridge (Men) and

Midge Abraham (Women) Trophies

ON SATURDAY, 25th NOVEMBER, 1978

Commencing 1.15 p.m.

|         |       |               |       |
|---------|-------|---------------|-------|
| Colts   | 2400m | Minor Girls   | 2400m |
| Youths  | 4800m | Girls         | 2400m |
| Boys    | 4800m | Junior Ladies | 2400m |
| Juniors | 8000m | Inter Ladies  | 3200m |
| Seniors | 8000m | Senior Ladies | 4800m |

**Entry Fee:** 25p all, no team fee (3 to score).

Medals first three in all races.

**Entries to:** E. Abraham, 58 Booker Hill Road, High Wycombe, Bucks. Tel: High Wycombe (0494) 23469, Cross-Country Champs. Secretary.

**ENTRIES CLOSE 18th NOVEMBER**

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**CLUB/SCHOOL MONEYSPINNERS: BAG/CAR STICKERS** (Promotional, commemorative); **BOOKS** (Prizes, incentives). S.a.e. Samples/Catalogues (Arena, above).

**RUNSPORT** Athletics specialists in Scotland. Reebok shoes, complete range of sportswear, club vests etc., SAE to: **RUNSPORT, 23 Hillview Drive, Bridge of Allan, Stirlingshire**, for price-list.

**CLUB BADGES, Medals and Awards** of every description. Send for full details — **'Greens' of 'Olympic Trophies', Astley Lane, Bedworth, Warks.** Phone 0203 312183.

**TEACH YOURSELF RUNNING TO WIN**, by Brian Mitchell, is in paper-back and obtainable from any bookshop.

# ATHLETIC EVENTS

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

**AMESBURY SPORTS COUNCIL**  
in co-operation with  
**SALISBURY ATHLETIC CLUB**  
present the second annual

## **SALISBURY PLAIN 15½ MILE ROAD RACE**

(Under A.A.A. Laws)

**SUNDAY, 3rd DECEMBER, 1978**  
Starting at 1.30 p.m.

**Prizes:** first 3 Inds. first 3 Vets O/40, first 3 Vets O/50, first 3 Local Runners.

**Entry Fee:** 40p (no team fee). 50p on the day.

**Further details and entries to:** J. K. Pycroft, 25 The Drove, Amesbury, Wilts SP4 7AG.

**GUILDFORD & GODALMING  
ATHLETIC CLUB**

## **21st HOGS BACK ROAD RACE**

(10 miles)

**3rd Ladies Race**

(10 miles)

**Sponsored by  
Carnation Foods  
"Build Up"**

**Saturday, 16th Dec., 1978**  
at 2.15 p.m.

**Prizes:** Men — First 6, first 4 teams (6 run, 3 score). Ladies — dependent on entry.

**Entry:** 50p, teams 50p extra to Ron Tidman, "Sandness" The Close, Godalming, Surrey GU7 1PQ by December 6th.

**Woking '10', February 24th, 1979**

**WORKSHOP HARRIERS & A.C.**

**8th Annual**

## **CROSS COUNTRY RACES**

(Under AAA Laws)

**SUNDAY, 10th DECEMBER, at 12.30 pm**  
at Sparken Hill Campus, Workshop  
**OVER £500 IN PRIZES**

**Sponsors:** Dornie & Bell, Sons & Co. Ltd.,  
The Steetley Co. Ltd., Linvar Ltd., Dean Farm Eggs,  
Batchelors Ltd, Carnation Foods Ltd,  
G. R. Stein Ltd, Chas Middleton Ltd,  
Dornier Machine Tools Equipment,  
Klingspor Abrasives, Everest Double  
Glazing Ltd., Workshop Guardian.

### **EVENTS**

|                          |           |                |           |
|--------------------------|-----------|----------------|-----------|
| Boys U/11                | 1 Mile    | Girls U/11     | 1 Mile    |
| Boys U/13                | 1 ¾ Miles | Girls U/13     | 1 Mile    |
| Boys U/15                | 2 ¾ Miles | Girls U/15     | 1 ¾ Miles |
| Youths                   | 3 Miles   | Inter Ladies   | 2 Miles   |
| Junior Men               | 5 Miles   | Ladies         | 3 Miles   |
| <b>Senior &amp; Vets</b> |           | <b>7 Miles</b> |           |

**Entry Fees:** Under 15 yrs 25p, Under 17 yrs 30p, Over 17 yrs 35p.

**Entries to:** Mrs D Metterick, 75 Nettleham Road, Woodseats, Sheffield, by **December 1st, 1978.**  
SAE for confirmation and directions to course.

**BEXLEY BOROUGH A.C.**

## **JACKSON'S SPONSORED ERITH '6' & NEW YEAR'S DAY ROAD RACES**

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

**6 MILES Vets, Senior Men, Senior Ladies**  
**3 MILES Boys 14/15 yrs, Youths 16/17 yrs**  
**2 MILES U/14 Colts, U/15 Junior Ladies**

Ages as at 31.8.78

**Entry Fees:** Vets, Sen Men, Sen Ladies & Yths, 30p Individual. Increased valued prizes for Individuals and Teams (4 run, 4 score). Jun Ladies, Colts & Boys, 15 Ind, Ind and Team awards (4 run, 4 score).

**Entries to:** R. Sawyer, 34 Park Crescent, Erith, Kent. SAE for acknowledgement.

**CLOSING DATE 18th DECEMBER**

**Principle Sponsor**

**J. H. JACKSON, ESTATE AGENTS**