

November 13th 1976 Vol. 30 No. 46

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

INSIDE

*** UK Intermediate
Women's Lists**

*** Udo Beyer Profile
—by Ivan Berenyi**

*** AAA Annual
General Meeting**

*** Shot Put Preparation
—by Geoff Capes**



16p

SUSAN PARKER
wins WAAA
Intermediate 800
from WENDY
SMITH.

Bukta



**For people who put
life into living!**

Catalogue available from all
good outfitters.

or write, enclosing stamp to cover postage to Bukta, Brinksway, Stockport, Cheshire, SK4 1ED

Walking**BOB DOBSON JOINS WORLD ELITE**

BOB DOBSON won the Austrian 50km at Aigen on October 24th with a new British road best of 4:09:39. Using the usual out and back 5km course, which had been lengthened as it was found that last year's event won by Hans Michalski (4:09) only measured 49km, Bob Dobson confirmed that he has now joined the elite at 50km by bettering his recent World Championship time by 41 sec. Experienced Hungarian internationals, Laszlo Sator and Janos Tabori, led from the start with Dobson close at hand. The Hungarians reached 25km in 2:03:22 with Dobson 18 sec down, but the Southend man put in a superb 5km up to the 30km mark, took the lead at 26.5km and pulled away from there to the finish. Tabori retired at 40km while Sator held off the fast finishing Michalski. In a superb even paced effort Bob's intermediate times were—25:03, 50:22 (25:19), 1:14:51 (24:29), 1:39:19 (24:28), 2:03:40 (24:21), 2:27:28 (23:48), 2:52:39 (25:11), 3:17:59 (25:20), 3:43:47 (25:48), 4:09:39 (25:52). With next year's Lugano Cup (at Milton Keynes) and the 1978 European to aim for, Bob now hopes to improve further the British best and get nearer the four hours mark.

In the Junior 20km Janos Szalasz, already credited with a 4:19 50km, had an excellent win, proving too strong for George Nibre who faded in the second half due to a heavy cold. The 50km started at 9am with a minus 2°C temperature, rising to an ideal 16°C by the finish.

1, R. Dobson (UK) 4:09:39 (UK best); 2, L. Sator (Hun) 4:16:14; 3, H. Michalski (WG) 4:17:03; 4, G. Dornier (WG) 4:49:35; 5, H. Siegele (Aut) 4:49:48; 6, A. Hab (Aut) 4:53:35. 14 finished. (Junior 20km): 1, J. Szalasz (Hun) 1:34:53 (23:23/46:29/69:56); 2, G. Nibre (UK) 1:41:32 (23:43/48:40/74:32). (Youths 10km): M. Siegele (Aut) 51:44.

UK All-Time Top '10'. (3000m track): 11:51.2 Paul Nihill 5/6/71, 11:55.0 Phil Embleton 24/5/71, 12:02.2 Brian Adams 28/8/76, 12:07.4 Roger Mills 12/5/76, 12:15.6 Bob Hughes 31/5/71, 12:20.8 Geoff Toone 18/5/74, 12:23.0 Peter Marlow 7/8/74, 12:30.4 Alan Smallwood 14/6/72, 12:35.2 Olly Flynn 22/6/76, 12:37.8 Shaun Lightman 31/5/76. (10,000m track): 41:55.6 Phil Embleton 14/4/71, 42:34.6 Paul Nihill 28/5/72, 42:35.6 Ken Matthews 1/8/60, 42:40.0 Brian Adams 29/3/75, 43:01.0 Roger Mills 27/3/76, 43:43.6 Stan Vickers 1/8/60, 43:51.8 Geoff Toone 29/10/69, 43:57.0 Roland Hardy 31/5/52, 43:57.0 Ron Wallwork 30/5/71, 44:07.0 George Coleman 1956. (20km): 1:24:50 Paul Nihill 30/7/72, 1:27:35 Olly Flynn 3/10/76, 1:27:46 Brian Adams 11/10/75, 1:27:59 Phil Embleton 3/4/71, 1:28:15 Ken Matthews 23/7/60, 1:28:50 Amos Seddon 3/8/74, 1:29:04 Roger Mills 3/8/74, 1:29:37 John Warhurst 28/7/73, 1:29:49 Peter Marlow 3/8/74, 1:29:50 John Webb 18/5/68. (50km): 4:09:39 Bob Dobson 24/10/76, 4:11:31 Paul Nihill 18/10/64, 4:12:19 Don Thompson 20/6/59, 4:12:37 John Warhurst 27/5/72, 4:14:03 Tom Misson 20/6/59,

4:15:13 Shaun Lightman 13/10/73, 4:15:51 Ray Middleton 27/5/72, 4:17:52 Stuart Elms 17/4/76, 4:19:00 Carl Lawton 17/7/71, 4:19:13 Bryan Eley 19/7/69.

Shaun Lightman edges out Peter Marlow to win Vauxhall Motors '7' at Luton on October 30th as Judy Farr clocks an amazing 56:21. A new course was used, a six lap circuit previously used several years ago for the Open 20km. The overall standard was exceptionally high in view of the undulating course with the first 20 beating 54 minutes. Shaun Lightman, enjoying excellent form at all distances currently, just held off the always sharp Peter Marlow, who combines his administrative duties and his international class racing with outstanding dexterity. Carl Lawton started several seconds late but threaded his way through the field to pip fast starter Mick Greasley and nearly nail Steve Gower for fourth. Three 'unknowns' to this class of racing—Sullivan, Dainty and King—produced performances that augur much for the future. The team race was narrowly won by Enfield, ably led by Amos Seddon who finished a clear third, from Southend for whom Alec Banyard had sub-par performance. The women were well represented with two events of their own while the three top girls at 10km contested the Open '7' with the men. Leading them home the long standing international, Judy Farr, produced one of her finest efforts to clock 56:21 and claim 37th place in the men's event. On this form Judy would even extend the world's current No 1 Margareta Simu (Sweden). Christine Coleman also excelled herself in beating the hour, but unfortunately, Marion Fawkes was below her best form.

1, S. Lightman (Met) 50:13; 2, P. Marlow (S'end) 50:20; 3, A. Seddon (BoE) 50:52; 4, S. Gower (Ilf) 51:23; 5, C. Lawton (Bel) 51:26; 6, M. Greasley (Sheff) 51:32; 7, R. Dobson (S'end) 51:44; 8, A. Smallwood (Hales) 52:00; 9, K. Carter (S'end) 52:02; 10, A. James (BoE) 52:40; 11, G. Scott (BoE) 52:45; 12, J. Sullivan (Yks PO) 53:05; 13, I. Richards (Cov) 53:15; 14, M. Daley (Hales) 53:16; 15, E. Taylor (Cov) 53:23; 16, P. Ryan (Sheff) 53:24; 17, M. Scamell (New) 53:32; 18, B. Armstrong (Ilf) 53:32; 19, J. Hall (Bel) 53:47; 20, A. Dainty (Daw) 53:58; 21, L. Mockett (Ilf) 54:04; 22, C. Fogg (BoE) 54:05; 23, J. Oliver (Sheff) 54:27; 24, W. Sutherland (Ilf) 54:55; 25, L. Dordoy (Ilf) 55:01; 26, S. Lewis (Leic) 55:20; 27, A. King (Leic) 55:22; 28, P. Markham (Leic) 55:42; 29, E. Holmquist (High) 55:58; 30, J. Sales (Bas) 56:01 . . . 37, J. Farr (Trow) 56:21; 56, C. Coleman (High) 59:13; M. Fawkes (NSP) 61:31. **Teams:** 1, Enfield 43; 2, Southend 46; 3, Ilford 59. **(Senior Women 5km):** 1, I. Bateman (Bas) 29:19; 2, S. McAulay (Ex P) 29:33; 3, A. Matthews (Bel) 31:00. **(Juniors 2.5km):** 1, J. Barrett (Ver) 14:12; 2, J. Pritchard (Bel) 15:08; 3, L. Irwin (Leic) 15:28.

Colin Young

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol 30 No 46

November 13th, 1976

Business Manager: P. W. Green

Editor: MEL WATMAN

Assistant Editor: JON WIGLEY

Subscription Department and Distribution:

GABRIELLE PACE & KAREN HUGHES

Advertisement Director: P. W. GREEN

Assistant Business and Advertisement
Manager: TIM GREEN

Published by

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD.,
344 HIGH STREET, ROCHESTER, KENT
Tel: Medway (0634) 44644

Advertisement Department

The Advertisement Director,
World Athletics and Sporting Publications Ltd.,
344 High Street, Rochester, Kent.

Printed by

THE KENT ART PRINTERS LTD.
NEW ROAD, ROCHESTER, KENT ME1 1DT.
Registered as a newspaper at the Post Office.

SUBSCRIPTION RATES

Direct subscribers in U.K., Eire & H.M. Forces.

12 Months (52 issues) £9.84.

6 Months (26 issues) £4.92.

All other subscriptions:

(Home) 12 Months £11.70.

Overseas Surface Mail 12 Months £11.44.

Air Mail (Europe) £13.00.

Air Mail (Outside Europe) Rates on application.

U.S.A. \$23, Air Mail \$31.

FEATURED THIS WEEK

- ★ Bob Dobson's 50km Walk Record ... 2
- ★ Southern Women's CC League ... 10
- ★ UK Intermediate Women's Top 25 —
- compiled by Tony Miller ... 16
- ★ 'No Confidence' Resolution Defeated at
- AGM of AAA ... 22
- ★ Shot Put Physical Preparation — by
- Geoff Capes ... 24
- ★ Udo Beyer—by Ivan Berenyi ... 26
- ★ Northern Women's Road Relays ... 32
- ★ Readers' Letters ... 33

A treat for discus fans in next week's issue: Ivan Berenyi profiles Evelin Schlaak, John Powell is interviewed by Alastair Aitken and there are details of how Mac Wilkins trains.

THE WEEK AHEAD

Saturday, November 13th: National Women's Road Relay Champs, Harlow; Edinburgh to Glasgow Road Relay; South of Thames Junior CC Champs, Brighton; North London CC Champs, Ruislip; Midland CC Relay Champs, Redditch; Bala Lake '11'; Bernie Hames Half Marathon; Heaton H Memorial Road Races; Aaron Memorial CC Races, Leeds; Sussex Women's CC League, Crawley; Enfield 7 Mile Walk; Cambridge Univ v TH&H, Roehampton; Leeds Univ 'Big Match' CC, Meanwood Park; London Univ v Birmingham Univ v Oxford Univ, Parliament Hill; Luton United YA CC Races; Hercules Wimbledon YA CC Races; Medway AC YA CC Races.

Sunday, November 14th: Midland Vets CC Race, Leamington.

Wednesday, November 17th: Henlow '10'; London Colleges CC League, Richmond Park; Highgate H Open Meeting, Parliament Hill; Midland Police CC League, Ilkeston.

RESULTS ROUND-UP

Nov 6th: 100km track race at Crystal Palace: 1, T. O'Reilly 6:43.59; 2, M. Newton 6:44.42. National Women's 5000m walk championship at Birmingham: 1, J. Wickham 27:27; 2, P. Reynolds (RoI) 28:06; 3, S. Kelly 28:10.

Nov 7th: Mike Sully CC at Bristol: 1, A. Simmons 25:16; 2, B. Ford 25:24; 3, P. Standing 25:41. (Jnrs): 1, N. Lees 26:40; 2, M. Morris 26:50; 3, N. Brawn 26:56. (Women): 1, J. Clarke 15:52; 2, S. Hassan 15:53; 3, C. Tranter 16:01. Grantham '5': 1, S. Kenyon 24:53; 2, K. Angus 25:19; 3, P. Romaine 25:19.

MIKE WINCH RESIGNS

Jim Aukett has taken over as the International Athletes Club's acting secretary, following the resignation of Mike Winch. Elections for that office and for treasurer (which will be vacated by Mike Turner) will be held at the club's AGM at Crystal Palace on November 27th. A boost for the IAC's finances: Adidas are to fund the club to the extent of £27,000 over 3 years—but there is no obligation for members to wear that company's gear.

Geoff Capes (using the 16lb shot) competes against Eva Wilms (8lb 13oz) in an exhibition event at Hamburg next Monday. The German girl's best is 20.94.

Cover photo by Ed Lacey

LEAGUE RACES

GWENT CROSS-COUNTRY LEAGUE At Cwmbran, October 9th

1, S. Jones (Swindon) 30:16
 2, E. Turner (Bristol) 30:34
 3, A. Cole (Swansea) 30:37
 4, T. Milosorov (Tip) 30:49; 5, P. Ratcliffe (Card) 31:01; 6, B. Hayward (Card) 31:04; 7, D. Hopkins (New) 31:08; 8, M. Firth (Univ C) 31:15; 9, F. Bell (Cled) 31:21; 10, G. Blackburn (West) 31:25; 11, D. James (Card) 31:26; 12, R. Cornish (West) 31:30; 13, A. Darby (Cwm) 31:39; 14, W. Valentine (West) 31:45; 15, J. Theophilus (Swan) 31:55; 16, J. Kellie (West) 32:05; 17, D. Flynn (Swan) 32:09; 18, A. Davies (RRoW) 32:15; 19, P. Darney (Card) 32:26; 20, C. Mattock (Bris) 32:31; 21, M. Lane (Cwm) 32:37; 22, M. Ligema (Aber) 32:40; 23, J. Bartley (Card) 32:42; 24, C. Myers (Brid) 32:55; 25, M. McGeoch (Barry) 33:02; 26, J. Walsh (Card) 33:04; 27, G. Sanderson (West) 33:05; 28, S. Seaman (Swan) 33:10; 29, J. O'Brien (Brid) 33:13; 30, M. Crowell (Brid) 33:16. **Teams:** 1, Cardiff 763; 2, Westbury 751; 3, Swansea 736; 4, Newport 662; 5, Bridgend YMCA 658; 6, Bristol 642; 7, Cwmbran 621; 8, Aberystwyth 532; 9, Cardiff 'B' 499; 10, Westbury 'B' 495.

Junior Men

1, H. Shakeshaft (Here) 23:21; 2, C. Street (West) 23:35; 3, B. Davies (Swan) 23:38; 4, R. Nash (West) 23:55; 5, D. Cowles (West) 24:30; 6, L. Roberts (Univ C) 24:39; 7, G. Proctor (Bris) 24:40; 8, M. Richards (New) 24:44; 9, A. Griffiths (Carm) 24:54; 10, G. McIntyre (West) 25:00. **Teams:** 1, Westbury 203; 2, Swansea 126; 3, Univ College/Cardiff 102; 4, Bristol 95; 5, Aberystwyth 94; 6, Newport 90. **(Youths):** 1, M. Cowman (West) 18:14; 2, K. Gallivan (Swan) 18:35; 3, A. Cummings (Card) 18:38; 4, S. Axon (Swan) 18:42; 5, C. Clarkson (Swan) 18:52; 6, M. Harris (Bris) 18:57; 7, P. Ward (Cled) 19:00; 8, J. Perkins (West) 19:01; 9, J. Earlston (Tip) 19:09; 10, D. Barratt (N Powys) 19:13; 11, G. Keeble (New) 19:24; 12, S. Bushell (Bris) 19:31; 13, N. Frost (Fern) 19:51; 14, C. Perkins (Tip) 19:55; 15, J. Woffenden (West) 19:59; 16, M. Donnelly (Pont) 20:03; 17, G. Davies (Porth) 20:06; 18, R. Chilcott (Bris) 20:16; 19, K. Alder (Card) 20:19; 20, M. Jones (Brid) 20:20. **Teams:** 1, Bristol 540; 2, Westbury 519; 3, Swansea 491; 4, Tipton 488; 5, Wednesfield HS 482; 6, Bridgend YMCA 422; 7, Barry 418; 8, Cardiff 398; 9, Ferndale CS 347; 10, Junior LR 344.

Boys

1, M. Bounds (Fern) 15:30; 2, J. O'Connor (Tip) 15:49; 3, M. Jones (West) 15:51; 4, M. Wassell (West) 15:52; 5, P. Felski (Bris) 15:55; 6, P. Millar (Card) 15:57; 7, C. McIntyre (West) 15:59; 8, M. Pritchard (Card) 16:05; 9, M.

Thomas (Card) 16:08; 10, J. Lee (Swan) 16:14; 11, S. Wassell (West) 16:16; 12, K. Ham (West) 16:17; 13, P. Jones (B&P) 16:19; 14, J. Williams (Swan) 16:20; 15, A. West (Card) 16:23. 221 started. **Teams:** 1, Westbury 1073; 2, Cardiff 1056; 3, Tipton 1015; 4, Bristol 887; 5, Swansea 884; 6, Cardiff 'B' 865; 7, Preston CS 847; 8, Wednesfield HS 834; 9, Bath & Percy 830; 10, Dursley 795. **(Colts):** 1, G. McGarry (St TA) 10:01; 2, J. Budd (Bris) 10:04; 3, T. Cowman (West) 10:06; 4, S. DuKamp (West) 10:07; 5, S. Gough (West) 10:08; 6, R. Breeze (Bryn C) 10:10; 7, P. Rudd (Card) 10:12; 8, J. Scammell (Bris) 10:14; 9, P. Krazizky (Bryn C) 10:16; 10, N. Milosorov (Wed) 10:17. 164 started. **Teams:** 1, Westbury 767; 2, Bristol 751; 3, Bryn Celynog CS 727; 4, Cardiff 705; 5, Preston CS 685; 6, Wednesfield HS 645. **(Junior Colts):** 1, B. Gamblin (West) 8:27; 2, J. Jenkins (Wed) 8:32; 3, K. Foley (West) 8:33; 4, N. Alsop (Wed) 8:40; 5, M. Moon (Porth) 8:48; 6, J. Connolly (Porth) 8:48. 195 started. **Teams:** 1, Wednesfield HS 912; 2, Westbury 874; 3, St Thomas Aquinas 857. **(Novices):** 1, D. Bowles (New) 4:10; 2, S. Smyth (West) 4:13; 3, R. Wyatt (Brec) 4:17; 4, L. Evans (West) 4:18; 5, D. Jones (Brid) 4:20; 6, P. Glanville (West) 4:21. **Teams:** 1, Westbury 428; 2, Bridgend 411; 3, Hollybush 374.

Senior Women

1, A. Disley (New) 10:02; 2, S. Smith (Bris) 10:17; 3, A. Notman (Card) 10:29; 4, L. Huntbach (Cwm) 10:48; 5, K. Price (Carm) 10:49; 6, P. Gallagher (West) 10:59; 7, D. Davies (Card) 11:02; 8, S. Lloyd (Aber) 11:10; 9, A. Lewis (Cwm) 11:15; 10, A. Russell (West) 11:21. **Teams:** 1, Cardiff 55; 2, Cwmbran 35; 3, Westbury 33; 4, Newport 32; 5, Carmarthen 30; 6, Aberystwyth 23. **(Inters):** 1, D. Lewis (Card) 10:22; 2, M. Bone (West) 10:33; 3, S. Backwell (Bris) 10:36; 4, D. Rees (Carm) 10:41; 5, A. Hartley (Barry) 10:52; 6, C. Morgan (Cled) 11:03; 7, S. Horwood (Card) 11:03; 8, A. Pennington (Carm) 11:11; 9, S. Nuttall (West) 11:23; 10, S. Jones (Carm) 11:26. **Teams:** 1, Westbury 140; 2, Carmarthen 136; 3, Cardiff 130; 4, Barry 91; 5, Bristol 90; 6, Swansea 68. **(Juniors):** 1, S. Gwinnell (Bris) 8:29; 2, C. Francis (New) 8:32; 3, E. Sinclair (Bris) 8:36; 4, L. Jones (New) 8:39; 5, L. Gibson (Durs) 8:45; 6, D. Fox (Bris) 8:46; 7, K. McDermott (Brec) 8:47; 8, G. Irvine (Carm) 8:50; 9, G. Hewett (Bris) 8:51; 10, C. Yardley (Card) 8:53; 11, L. DeAbreu (Card) 8:54; 12, D. Coney (Swan) 8:58; 13, J. Wyatt (Brec) 8:58; 14, L. Chevrier (Cwm) 9:03; 15, C. Sutton (Card) 9:06; 16, M. Jones (Bris) 9:07; 17, S. Williams (Brec) 9:08; 18, D. Russell (Swan) 9:11; 19, S. Hooper (Card) 9:12; 20, K. Williams (N Powys) 9:12. 107 started. **Teams:** 1, Bristol 505; 2, Cardiff 463; 3, Swansea 381; 4, Westbury 369; 5, Bridgend YMCA 336; 6, Cardiff 'B' 322; 7, Newport 290; 8, Brecon 287; 9, Carmarthen & Dist 264; 10, Dursley 225. **(Girls):** 1, J. Stokes (Bris) 6:00; 2, M. Sharpe (West) 6:11; 3, B. Miller (West) 6:12; 4, D. White (Bris) 6:15; 5,

T. Rosser (West) 6:16; 6, C. Nuttall (West) 6:18; 7, L. Yardley (Card) 6:20; 8, D. Hoare (West) 6:25; 9, J. Parnell (Carm) 6:26; 10, A. Glastonbury (Card) 6:27; 11, P. Boulton (Bris) 6:29; 12, A. Milligan (Carm) 6:30; 13, L. Williams (Card) 6:31; 14, G. Blandford (Bris) 6:32; 15, N. Bullimore (Pont) 6:34; 16, S. Lane (Card) 6:34; 17, C. Deveraux (Brec) 6:35; 18, S. Egan (KH VIII) 6:38; 19, B. Thomas (Card) 6:39; 20, G. Moyle (New) 6:40. 165 started. **Teams:** 1, Westbury 806; 2, Bristol 763; 3, Cardiff 735; 4, Cardiff 'B' 689; 5, King Henry VIII 609; 6, Cardiff 'D' 593. **(Novices):** 1, H. Davies (Brec) 4:25; 2, J. Alexander (Bris) 4:29; 3, H. Gould (Bris) 4:31; 4, K. Sinclair (Bris) 4:31; 5, L. Smith (Card) 4:40; 6, S. James (Port T) 4:42. **Teams:** 1, Cardiff 132; 2, Bristol 105; 3, Port Talbot 103.

KENT WOMEN'S CC LEAGUE

At Folkestone, October 24th

Senior: 1, K. Hughes (Med) 12:34; 2, M. Hendley (Non) 12:47; 3, E. Moss (Inv) 12:59. **Teams:** 1, Nonington Coll 14; 2, Medway 25; 3, Invicta 27. **Inters:** 1, M. White (Med) 12:52; 2, J. Oliver (Kt) 12:55; 3, G. Doble (Dart) 13:08. **Teams:** 1, Ashford 19; 2, E Kent 21; 3, Medway 38. **Juniors:** 1, T. Neale (Dart) 9:00; 2, K. Charnell (Wig) 9:02; 3, C. Grain (Dart) 9:03. **Teams:** 1, Dartford 9; 2, Ashford 21; 3, Wigmore 27. **Girls:** 1, P. Nsa (Med) 9:29; 2, S. Ward (Dart) 9:40; 3, H. Godden (Kt) 9:49. **Teams:** 1, Dartford 11; 2, Tonbridge 40; 3, Medway 43.

AVALON CROSS-COUNTRY LEAGUE

At Bradford-on-Avon, October 24th

1, W. Valentine (B&P) 29:35; 2, M. Levery (B&P) 29:35; 3, A. Collins (B&P) 30:26; 4, T. Coleman (Wey) 31:51; 5, M. Rideout (Trow) 31:56; 6, A. Kenyon (Taun) 32:06; 7, I. Clark (Yeo) 32:18; 8, B. Dunn (Wey) 32:35; 9, I. Farr (Trow) 33:00; 10, T. Judd (Taun) 33:18. **Teams:** 1, Bath & Percy 378; 2, Trowbridge 366; 3, Yeovil 339. **(Youths):** 1, G. Conning (Wey) 24:43; 2, C. Murray (Trow) 25:09; 3, C. Woods (B&P) 25:21; 4, M. Goldstone (Wey) 25:29; 5, S. Masters (Mend) 25:43; 6, B. Creed (B&P) 26:06; 7, M. Dethick (Wey) 26:20; 8, S. Houghton-Dodd (Taun) 26:22; 9, I. Baker (Trow) 26:25; 10, M. Holland (Trow) 26:27. **Teams:** 1, Weymouth 380; 2, Bath & Percy 283; 3, Trowbridge 282. **(Boys):** 1, L. Brage (Wey) 13:25; 2, N. Coleman (Wey) 13:35; 3, K. Parker (Yeo) 13:43; 4, W. Quinn (Wey) 13:45; 5, L. Coare (B&P) 13:46; 6, S. Self (Wey) 13:54; 7, B. Smith (B&P) 14:00; 8, G. Parkinson (Trow) 14:44; 9, N. Bartlett (B&P) 14:45; 10, K. Cole (B&P) 15:01. **Teams:** 1, Weymouth 391; 2, Bath & Percy 373; 3, Trowbridge 357. **(Colts):** 1, S. Smith (Yeo) 12:00; 2, D. Hopper (B&P) 12:02; 3, I. Perry (Yeo) 12:06; 4, C. Hall (Taun) 12:07; 5, M. Kilgour (B&P) 12:16; 6, J. Bush (B&P) 12:18. **Teams:** 1, Bath & Percy 381; 2, Taunton 373; 3, Yeovil 366.

Senior Women

1, K. Norris (Trow) 15:10; 2, S. Frost (Yeo) 15:19; 3, A. Holland (Trow) 15:32; 4, D. Handy (Trow) 16:34; 5, J. Farr (Trow) 16:37; 6, D. Williamson (Yeo) 16:58. **Teams:** 1, Trowbridge 295; 2, Yeovil 284; 3, Trowbridge 'B' 280. **(Juniors):** 1, F. Shackell (Trow) 9:10; 2, G. Hewitt (Yeo) 9:10; 3, K. Adams (Yeo) 9:20; 4, M. Jones (Yeo) 9:22; 5, T. Oke (Trow) 9:36; 6, M. Davis (Trow) 9:50; 7, P. Grinter (Taun) 9:59; 8, J. Herring (Mend) 10:03; 9, K. Miles (Trow) 10:32; 10, J. Dunsford (Yeo) 10:33. **Teams:** 1, Yeovil 294; 2, Trowbridge 291; 3, Trowbridge 'B' 270. **(Girls):** 1, E. Edes (Trow) 7:57; 2, J. Allen (Trow) 8:00; 3, S. Oke (Trow) 8:05; 4, L. Frost (Yeo) 8:46; 5, J. Northover (Yeo) 8:48; 6, T. Richards (Trow) 8:55; 7, F. Simmons (Trow) 9:18; 8, G. Piper (Yeo) 9:25; 9, A. Hartley (Trow) 9:41; 10, S. Gore (Trow) 9:52. **Teams:** 1, Trowbridge 297; 2, Yeovil 286; 3, Trowbridge 'B' 281.

DOWNS YOUNG ATHLETES CROSS-COUNTRY LEAGUE

At Epsom, October 24th

(Boys 2M): 1, D. Swain (Coll) 10:31; 2, A. Craik (Tonb) 10:43; 3, T. Brennan (S&C) 10:55; 4, B. Norman (E&E) 11:08; 5, S. Paton (Coll) 11:17; 6, A. Byrne (S&C) 11:20; 7, A. Dumbrell (E&E) 11:21; 8, J. Rebbeck (Tonb) 11:23; 9, L. Parrack (E&E) 11:29; 10, S. Shanks (Sy) 11:30. **Teams:** 1, Epsom & E 75; 2, Tonbridge 81; 3, Surrey 99; 4, Collingwood 112; 5, Sutton & C 141. **(Colts 2 Miles):** 1, A. Kerridge (S&C) 11:32; 2, B. Brennan (S&C) 11:48; 3, N. Montague (Sy) 11:53; 4, R. Watt (Sy) 11:58; 5, C. Knight (Coll) 12:17; 6, C. Richards (Coll) 12:21. **Teams:** 1, Surrey 62; 2, Collingwood 80; 3, Sutton & Cheam 81. **(U11 2 Miles):** 1, M. Thorne (SRS) 12:24; 2, D. Kenworthy (S&C) 12:38; 3, T. Liquorish (S&C) 12:39. **Team:** Sutton & Cheam.

WESTWARD WINTER CC LEAGUE

At Newton Abbot, October 16th

1, A. Hind (Exeter) 27:24
2, A. Rowling (City of Plymouth) 27:30
3, G. Steed (Exeter) 27:47
4, A. Langdon (W Corn) 27:54; 5, C. Abrahams (Torb) 28:13; 6, D. Jarman (RM) 28:19; 7, J. Kilsby (Ply) 29:17; 8, T. Meredith (W Corn) 29:19; 9, D. Leach (Exet) 29:20; 10, J. Flatters (Torb) 29:28; 11, T. Honeychurch (Torb) 29:29; 12, C. Mills (Torb) 29:30; 13, R. Essery (Ply) 29:39; 14, M. Payne (Torb) 29:46; 15, S. Skinner (St L) 30:01; 16, G. Seward (Ex) 30:03; 17, D. Cameron (Ex) 30:04; 18, B. Slade (Ex) 30:33; 19, J. Payne (Tiv) 30:44; 20, M. Jenkins (RM) 30:50. **Teams:** 1, Exeter 459; 2, Torbay 453; 3, Plymouth 433; 4, Royal Marines 412; 5, St Lukes 283; 6, Plymouth 'B' 271.

Youths

1, M. Plint (Ply) 22:26; 2, J. Merryfield (Taun) 23:30; 3, R. Delve (Exet) 24:02; 4, S. Jury (Ply)

24:33; 5, Verramans (Fis) 25:18; 6, T. Pain (Ply) 25:23; 7, C. Pengilly (W Corn) 25:30; 8, S. Barrett (Ply) 25:37; 9, ——— 25:39; 10, S. Davidson (Exet C) 25:44. **Teams:** 1, Plymouth 292; 2, Exeter Coll & HMS Fisgard 275. **(Boys):** 1, K. Heather (Ply) 17:29; 2, P. Phillips (Torb Sch) 18:27; 3, K. Parker (Yeo) 18:35; 4, A. Gidley (Ply) 18:37; 5, H. Meredith (W Corn) 18:39; 6, R. Clements (Ply) 18:56; 7, S. Cochran (Pres) 19:09; 8, J. Knowles (Ply) 19:13; 9, R. Mogridge (Torb) 19:16; 10, K. Turner (Teign) 19:20. **Teams:** 1, Plymouth 385; 2, Torbay Sch 363; 3, Preston Sch 358. **(Colts):** 1, P. Harvey (Tiv) 14:22; 2, J. Richards (DoC) 14:40; 3, L. Matthews (DoC) 14:51; 4, A. Stone (Pres) 14:53; 5, A. Thick (Pres) 14:58; 6, G. Thompson (Pres) 15:00; 7, P. Warren (Tiv) 15:19; 8, N. Young (Pres) 15:23; 9, K. Smith (Taun) 15:25; 10, T. Massey (Torb Sch) 15:31. **Teams:** 1, Preston 781; 2, Dutchy of Cornwall 776; 3, DoC 'B' 724; 4, Torbay Sch 721; 5, Plymouth 713; 6, Tiverton 708.

Senior Women

1, A. Mason (Exet C) 14:33; 2, D. Meredith (W Corn) 14:40; 3, T. Honeysett (Exet) 14:46; 4, C. Venner (Exet C) 15:03; 5, S. Lovemore (Exet) 15:30; 6, B. Rowe (Ply) 15:31; 7, A. Turner (Exet C) 15:39; 8, P. Gilliam (Torb Sch) 16:04; 9, D. Williamson (Yeo) 16:20; 10, M. Cole (Teign) 16:26. **Teams:** 1, Exeter College 291; 2, Exeter H 280; 3, Plymouth 269. **(Juniors):** 1, M. Everard (W Corn) 15:47; 2, C. Webber (Exet) 16:33; 3, R. Talbot (Ply) 16:39; 4, S. Jones (Ply) 16:47; 5, K. Adams (Yeo) 16:52; 6, D. Matthews (Ply) 17:04; 7, R. Reay (59 C) 17:17; 8, A. Sandry (Ply) 17:28; 9, N. Mortimore (Exet) 17:37; 10, B. Reay (59 C) 17:43. **Teams:** 1, Plymouth 290; 2, Exeter 278; 3, Plymouth 'B' 272. **(Girls):** 1, J. Jones (Tiv) 13:22; 2, M. McKie (Exet) 13:32; 3, K. Cassell (59 C) 14:10; 4, H. Clarke (Ply) 14:18; 5, R. Mills (Teign) 14:23; 6, J. Wheeler (DoC) 14:24; 7, C. Warren (Tiv) 14:29; 8, M. Smith (Ply) 14:33; 9, A. Fryett (DoC) 14:35; 10, D. Willis (DoC) 14:37. **Teams:** 1, Plymouth 280; 2, Dutchy of Cornwall 278; 3, Tiverton 273.

SUSSEX WOMEN'S CC LEAGUE

At Southwick, October 23rd

1, C. Simpson (Chelsea C) 12:51; 2, S. Charman (Craw) 13:06; 3, C. Trotter (HHH) 13:26; 4, T. Budd (B&H) 13:33; 5, H. Colmer (Chel) 13:39; 6, N. Fray (Craw) 14:00; 7, S. Barberis (B&H) 14:06; 8, D. Haynes (Craw) 14:11; 9, D. Chittenden (HHH) 14:16; 10, J. Mitchell (Chel) 14:17. **Teams:** 1, Crawley 27; 2, Chelsea College 29; 3, Brighton & H 37; 4, Haywards Heath 47; 5, Worthing 75; 6, Hastings 85. **(Juniors):** 1, J. Clarke (B&H) 10:06; 2, E. Timms (Craw) 10:14; 3, L. Smith (B&H) 10:23; 4, N. Barnes (B&H) 10:24; 5, S. Gratwick (B&H) 10:45; 6, R. Dorey (Bognor) 10:46; 7, S. Raycraft (Bog) 10:51; 8, A. Nicholls (B&H) 10:55; 9, D. Woods (B&H) 10:59; 10, S. Jackson (W&DH) 11:01. **Teams:** 1,

Brighton & H 13; 2, Bognor 36; 3, Crawley 43; 4, Worthing 51; 5, Haywards Heath 64. **(Girls):** 1, T. Howard (W&DH) 10:28; 2, S. Laudrum (W&DH) 10:30; 3, A. Griffin (HHH) 10:32; 4, B. Taylor (B&H) 10:35; 5, P. McGivern (Craw) 10:42; 6, R. Fray (Craw) 10:57; 7, J. Morley (B&H) 11:02; 8, J. Furlong (HHH) 11:03; 9, A. Caton (Bog) 11:03; 10, J. Beresford (W&DH) 11:31. **Teams:** 1, Worthing 27; 2, Brighton 34; 3, Crawley 40; 4, Haywards Heath 43; 5, Bognor 60.

ESSEX CROSS-COUNTRY LEAGUE

At Ipswich, October 16th

1, M. Fletcher (Chelmsford) 26:40
2, R. Young (Havering) 26:52
3, J. Willoughby (Chelmsford) 27:23
4, J. Davies (Ex B) 27:25; 5, G. Barr (Thurr) 27:35; 6, P. Cheatle (Ex B) 27:37; 7, G. Fell (Ex B) 27:39; 8, A. Jarrett (Thurr) 27:40; 9, R. Thurston (Hav) 27:42; 10, P. Fulcher (Chelm) 27:52; 11, G. Norman (Ex B) 27:55; 12, E. Martin (Bas) 28:05; 13, M. Batty (Thurr) 28:17; 14, P. Bryan (Hav) 28:24; 15, B. Diss (Hav) 28:37; 16, A. Bridge (Har) 28:43; 17, B. Stone (S'end) 28:56; 18, K. Gill (Ex B) 28:58; 19, J. Davy (Ips) 29:00; 20, C. Ward (Thurr) 29:06; 21, N. Webber (S'end) 29:10; 22, A. Roper (W Suff) 29:18; 23, P. Kemp (Ex B) 29:23; 24, G. Smith (Ips) 29:30; 25, R. Woodward (Ips) 29:36. **Teams:** 1, Essex Beagles 46; 2, Havering 70; 3, Thurrock 70; 4, Chelmsford 74; 5, Southend 167; 6, Ipswich 171.

Youths/Boys

1, C. Reitz (Ex B) 16:43; 2, S. Wilson (Ips) 17:10; 3, I. Berrett (Hav) 17:20; 4, I. Wyatt (Chelm) 17:25; 5, M. Rolfe (Ex B) 17:28; 6, T. Best (Ex B) 17:35; 7, M. Beckwith (Har) 17:40; 8, D. Thomas (Ex B) 17:41; 9, S. Croft (Bas) 17:42; 10, P. Hoare (Chelm) 17:43; 11, A. Bright (Col) 17:44; 12, G. Judd (S'end) 17:55; 13, E. Wood (Chelm) 17:58; 14, R. Peck (Col) 18:00; 15, S. Ellwood (Chelm) 18:01. **Teams:** 1, Essex Beagles 20; 2, Chelmsford 42; 3, Havering 73; 4, Colchester 93; 5, Southend 140; 6, Basildon 143. **(Colts):** 1, A. Ponton (Har) 12:06; 2, K. Berrett (Hav) 12:10; 3, R. Gray (Ex B) 12:13; 4, A. Harrison (Tend) 12:29; 5, P. Turner (Hav) 12:30; 6, R. Thorn (Ips) 12:36; 7, K. Jones (Col) 12:41; 8, S. Thurley (Ex B) 12:43; 9, S. Clark (Ex B) 12:45; 10, S. Kearns (Chelm) 12:48. **Teams:** 1, Havering 32; 2, Essex Beagles 38; 3, Chelmsford 60.

Senior Women

1, J. Dartnell (S'end) 20:52; 2, P. Coleman (Har) 21:28; 3, V. Cullen (Har) 21:31; 4, E. Knott (Ips) 21:38; 5, K. Lloyd (W Suff) 21:59; 6, M. Frisby (Bas) 23:05. **Team:** Southend. **(Inters):** 1, J. Ager (W Suff) 12:50; 2, B. Keep (Ex B) 13:32; 3, Y. Hart (Ips) 13:35; 4, E. Wilson (Chelm) 13:51; 5, C. Hawthorne (Bas) 14:00; 6, S. Lambert (Ips) 14:10; 7, A. Watkins (Har) 14:16; 8, A. Laws (Ips) 14:26; 9, H. Griffiths (S'end) 15:37; 10, L. Carter (Tend) 16:02.

We are clearing out the Basement

From out of the nooks and crannies of the Sweat Shop have come the following bargains

(The new prices are in brackets—our prices in bold type)

- 136 pairs of Relum Bantams.** Black canvas upper, studded cross-country sole. Ideal for training or for schools. Sizes 7, 8, 9, 10 & 11 only **£1.50**.
- 300 pairs of Adidas Cross.** An excellent waterproof cross-country stud. Sizes 3½-5½ **£6.95** (£7.85). Sizes 6-12 **£7.50** (£8.50).
- 120 pairs of Adidas Jet.** The best selling spike suitable for cinders, tartan and cross-country. Sizes 4½-5½ **£9.95** (£11.85). Sizes 6-12 **£10.70** (£12.80).
- 300 pairs of Adidas SL 76.** The best general purpose training shoe. Green with yellow stripes. Sizes 5 & 5½ **£12.30** (£13.90). Sizes 6-12 **£12.95** (£14.99).
- 100 pairs of Adidas Joggers.** Blue suede upper, polyurethane sole. A very long-lasting training shoe but only recommended for under 50 miles a week because the long-lasting sole has little "give". Sizes 6-11½ **£7.45** (£8.99).

Also some fantastic bargains amongst our oddments:

Training Shoes

Adidas SL 72 Size 11½ **£11.95**. **Puma Impala** Sizes 10½, 11½ **£9.50** (£14.95). **Puma Top Fit**, a white leather training shoe, Size 10 **£6.25** (£8.85). **Gola Firefly**, nylon upper with Tiger Cub-type sole, Sizes 5 & 11 **£2.50** (£4.99). **Tiger Bangkok**, maroon suede upper, great racing shoe, Sizes 5 & 5½ **£4.95** (£7.25).

Spikes

Gola Montreal Sizes 11 & 11½ **£5.25** (£7.99). **Gola Firebrand** Sizes 6, 7, 8½, 9, 11 **£9.45** (£12.50). **Gola Hawk**, white leather cross-country spike, Sizes 3, 3½, 5, 5½ **£5.95** (£6.99). Sizes 6½-9, 10, 11, 12 **£6.95** (£7.99). **Gola Wasp**, yellow nylon upper, Sizes 3-5½ **£6.95** (£7.99). Sizes 6-12 **£7.95** (£8.99). **Adidas Apollo**, yellow nylon upper, Sizes 5-5½ **£7.95** (£9.60). Sizes 6, 7-10½, 11½ **£8.50** (£10.35). **Adidas Avanti**, white leather spike, Size 8 **£6.00** (£8.99). **Adidas Sprint**, blue nylon upper, Size 5½ **£16.50** (£19.99). **Adidas Azteca**, gold nylon, Size 6½ **£13.00** (£16.50). **Adidas Racer**, black suede upper, Sizes 7, 8, 8½, 9½ **£22.95** (£25.99). **Adidas Tokyo**, blue kangaroo skin, Sizes 6-9 **£18.75** (£20.99).

Road Racing Shoes

Tiger Montreal, blue nylon upper, Size 6½ **£14.25** (£18.00). **Tiger Jayhawk**, gold nylon upper, Sizes 10, 10½ **£13.65** (£17.35). **Tiger Cub**, canvas upper, Size 5 **£7.35** (£7.75). Sizes 7, 9-11, 12 **£7.95** (£8.40). **Tiger Marathon**, blue nylon upper, Sizes 7, 10, 11½, 12 **£10.05** (£12.65). **Adidas Marathon** Size 10 **£19.60**.

Clothing

Ladies' Richard North Athletic vests, white and red trim size 34/36" **£1.35** (£2.05). **Ladies' Speedo Briefs**, gold with black stripe 28" only **£1.45**. **Ladies' Umbro Briefs**, red or navy 22/24", 24/26" **£1.50** (£1.75).

Oddments

Adidas Red Towels **£1.60** (£2.60). **Cantabrian Crystal Palace Starting Blocks** **£19.95** post free (£22.85).

CALL ON US THIS FRIDAY EVENING—We are open until 7.00 pm every Friday. Also open 9-5.30 on Saturday and all weekdays. Or send your order by mail (first come, first despatched).

Any goods exchanged or money refunded if returned in new condition within 10 days.

POSTAGE: Please add 40p per pair of shoes.

THE SWEAT SHOP

76 BROAD STREET, TEDDINGTON, MIDDLESEX TW11 8QT

Telephone: 01-943 0239 or 01-943 0230

Teams: 1, Ipswich 17; 2, Essex Beagles 26; 3, Harlow 29. **(Juniors):** 1, L. Smith (Col) 9:03; 2, T. McCarthy (Ex B) 9:07; 3, P. Mullins (S'end) 9:20; 4, L. Feary (Col) 9:22; 5, M. O'Neil (Bas) 9:23; 6, S. Bentley (Chelm) 9:31; 7, A. Rosbrook (Bas) 9:34; 8, J. Davies (Ips) 9:37; 9, D. Goodman (Bas) 9:38; 10, D. Reynolds (Bas) 9:39; 11, S. Noble (Har) 9:46; 12, J. Dawson (Chelm) 9:51; 13, W. Fox (Col) 9:51; 14, N. Kitson (Col) 9:56; 15, P. Holland (Ips) 9:56. **Teams:** 1, Basildon 31; 2, Colchester 32; 3, Chelmsford 55; 4, Ipswich 64; 5, Harlow 82; 6, Southend 115. **(Girls):** 1, L. Locke (Ips) 9:06; 2, C. Holden (S'end) 9:12; 3, S. Bidwell (Bas) 9:17; 4, J. Cole (Har) 9:25; 5, S. Allex (Ex B) 9:33; 6, S. Harpley (S'end) 9:34; 7, M. Owen (Chelm) 9:36; 8, B. Ager (W Suff) 9:47; 9, A. Wilcox (Chelm) 9:52; 10, D. Page (Thurr) 9:52; 11, M. Lewis (Bas) 9:55; 12, M. Taylor (Bas) 10:01; 13, S. Cobbe (Ips) 10:02; 14, J. Butcher (Ips) 10:04; 15, C. Bidwell (Bas) 10:08. **Teams:** 1, Ipswich 47; 2, Basildon 51; 3, Chelmsford 60; 4, Southend 61; 5, Thurrock 70; 6, Harlow 94.

MANCHESTER CC LEAGUE At Heaton Park, October 23rd

1, J. Calvert (Blackburn) 31:35
2, D. Blakeley (Manchester & Dist) 32:22
3, F. Briscoe (Salford H) 32:24
4, S. Lawrence (Sale) 32:27; 5, D. Anders (Stret) 32:29; 6, D. Brown (Salf) 32:31; 7, P. Lindsell (Salf) 32:34; 8, R. Davis (B'burn) 32:35; 9, S. Curran (Salf) 32:39; 10, A. Sladen (Salf) 32:52; 11, A. Morley (Alt) 32:59; 12, G. Woodburn (B'burn) 33:01; 13, P. Ravell (M&D) 33:03; 14, D. Gee (MAC) 33:05; 15, — (Stock) 33:10; 16, D. Farmer (Sale) 33:11; 17, A. Byrne (Salf) 33:12; 18, G. Lee (Salf) 33:18; 19, M. McGann (E Ches) 33:24; 20, M. Oldham (MAC) 33:33. **Teams:** 1, Salford 52; 2, Sale 129; 3, Stretford 169; 4, Manchester & Dist 192; 5, Blackburn 200; 6, Sale 'B' 249.

Juniors/Youths

1, P. Boswell (Sale) 20:30; 2, T. Harratt (O&R) 20:34; 3, M. Lavell (Sale) 20:44; 4, J. Ritson (Salf) 21:05; 5, J. Connolly (Sale) 21:11; 6, Bowen (Stret) 21:15; 7, J. Jinks (O&R) 21:20; 8, M. Scanlon (Sale) 21:23; 9, G. Bent (Stret) 21:30; 10, P. Holmes (Sale) 21:43. **Teams:** 1, Sale 9; 2, Stretford 27; 3, Sale 'B' 29; 4, Oldham & Royton 38. **(Boys):** 1, M. Evans (Stret) 11:23; 2, C. Hallion (Sale) 11:24; 3, D. McTavish (Stret) 11:29; 4, M. Simpson (Sale) 11:37; 5, I. Schofield (Sale) 11:46; 6, W. George (Sale) 11:55; 7, M. Prince (Sale) 11:58; 8, — (Salf M) 12:03; 9, T. Mornington (O&R) 12:04; 10, I. Patton (MAC) 12:08. **Teams:** 1, Sale 17; 2, Stretford 27; 3, Salford Metro 61.

FOUND: One pair of jeans with 59p in pocket—if required contact G. Doggett (Tel: 681 8533).

SCOTTISH SERVICES LEAGUE At Buchan, October 13th

1, Daglish (45 C) 30:41; 2, Ratcliffe (Cal)

31:09; 3, Ford (45 C) 31:35; 4, Balderson (45 C) 32:49; 5, Stennett (Loss) 33:05; 6, Bow (Kin) 33:48; 7, Cockburn (45 C) 33:49; 8, Machiter (Loss) 33:50; 9, Peterson (45 C) 34:03; 10, McSkelly (Loss) 34:07. **Teams:** 1, 45 CMDO 389; 2, 45 CMDO 'B' 348; 3, Lossiemouth 347; 4, Caledonia 342; 5, Buchan 334; 6, Leuchars 313.

At HMS Caledonia, October 20th

1, Daglish (45 C) 27:16; 2, McFarlane (CSSA) 27:23; 3, Ratcliffe (Cal) 27:30; 4, McKechney (MOD) 27:43; 5, Logue (CSSA) 27:52; 6, McGrigor (CSSA) 28:00; 7, Chapman (45 C) 28:50; 8, Morris (MOD) 29:00; 9, Hobb (Cal) 29:00; 10, Stennett (Loss) 29:11; 11, Balderstone (45 C) 29:15; 12, Cowie (Leuch) 29:25; 13, Cockburn (45 C) 29:38; 14, Ramage (CSSA) 29:44; 15, Curtis (Buch) 29:51. **Teams:** 1, CSSA 377; 2, 45 CMDO 372; 3, MOD (N) & Caledonia 341; 5, Buchan 318; 6, Leuchars 306.

COURAGES CC LEAGUE At Bristol, October 23rd

1, A. Collins (Bath Un) 30:16; 2, M. Firth (Card Un) 30:23; 3, C. Owen (St Pauls) 30:27; 4, B. Knight (K Alf) 30:29; 5, T. Jones (Bris Un) 30:31; 6, P. Russell (S'ton Un) 30:33; 7, P. Gaden (S'ton Un) 30:39; 8, L. Roberts (Card Un) 30:51; 9, A. Harrold (Bris Un) 30:56; 10, M. Akester (Exet Un) 30:57; 11, P. Standing (Ox Un) 31:05; 12, N. Sirs (Exet Un) 31:11; 13, M. Levery (Bath Un) 31:25; 14, S. McCallum (Read Un) 31:39; 15, S. Mummery (St P) 31:41; 16, S. Phelan (S'ton Un) 31:43; 17, P. Kemp (S'ton Un) 32:00; 18, H. Roberts (Card Un) 32:00; 19, Hanna (St P) 32:01; 20, I. Hill (Exet Un) 32:02. **Teams:** 1, Southampton Univ 551; 2, Bath Univ 543; 3, Oxford Univ 519; 4, Cardiff Univ 518; 5, St Pauls 501; 6, Exeter Univ 485; 7, Bristol Univ 470.

RAF 53 v RAF 'B' 139 v OXFORD UNIV 148 v TH&H 156 v RANELAGH 169 At Oxford, October 16th

1, J. Wild (RAF) 24:43
2, R. Samuels (Ranelagh) 24:57
3, S. Jones (RAF) 25:10
4, Hazeldine (TH&H) 25:33; 5, Brawn (Ox Un) 25:34; 6, Longford (Ran) 25:45; 7, Valentine (TH&H) 25:49; 8, Rimmer (RAF) 25:59; 9, Pritchard (Ox C) 26:04; 10, Flavel (Ox C) 26:05; 11, Marson (RAF) 26:08; 12, Altmann (TH&H) 26:17; 13, Prestt (Ox Un) 26:22; 14, Hurt (RAF) 26:24; 15, Thomas (Glos) 26:33; 16, Williams (RAF) 26:34; 17, Appleton (RAF) 26:37; 18, Orr (Ran) 26:39; 19, Priestley (RAF) 26:41; 20, Wallis (RAF) 26:46.

Cheshire WAAA officers: President, Mrs B. Crowther; chairman, Mrs A. Doyle; secretary, Mrs G. Perry, Robin House, Overdale Road, Willaston, Merseyside L64 1SZ (Tel: 051-327 4125); championships secretary, D. Gelling, The Nook, Vicarage Lane, Frodsham (Tel: Frodsham 32165); coaching secretary, J. Oxtan, 31 Woodburn Boulevard, Bebington (Tel: 645 8176).

LANCASTER & MORECAMBE ROAD RACES

October 16th

1, F. McGuire (Blackpool & Fylde) 40:22
2, B. Gemson (Lancaster & Morecambe) 40:34
3, K. Mayor (Bolton United) 40:57
4, A. McGee (Cock) 41:12; 5, P. Raidy (Clay-V) 41:19; 6, V. Regan (Bolt) 41:41; 7, D. Spencer (Barr) 41:44; 8, R. Gwilt (Lanc Un) 41:50; 9, D. Wilson (Clay) 41:52; 10, B. Robinson (Kend) 42:03; 11, P. Leviston (Barr) 42:40; 12, K. Bose (B&F) 42:58; 13, D. Tate (Pres) 43:02; 14, D. Jones (Pres) 43:07; 15, C. Pooley (L&M) 43:10; 16, A. Llewellyn (L&M-V) 43:20; 17, P. Hughes (L&M) 43:30; 18, T. Parr (Bolt) 43:37; 19, S. Collins (Lanc Un) 43:53; 20, B. Heys (Pilk) 43:59. **Teams:** 1, Bolton 27; 2, Lancaster & Morecambe 33; 3, Barrow 42; 4, Blackpool & F 47; 5, Lancaster Univ 50; 6, Preston 52.

Youths

1, K. Capper (L&M) 18:54; 2, P. Livesey (Ross) 19:22; 3, K. Holloway (Warr) 19:31; 4, I. Rawlinson (B&F) 19:42; 5, J. O'Connor (Ross) 19:49; 6, P. Cowell (Ross) 20:05; 7, D. Warrrender (B&F) 20:17; 8, M. Gregory (B&F) 20:41; 9, A. Brown (L&M) 20:54; 10, J. Blackledge (B&F) 21:11. **Teams:** 1, Rossendale 13; 2, Blackpool & F 19; 3, Lancaster & M 21; 4, Warrington 44; 5, Preston 65; 6, Kendal 72. **(Boys):** 1, D. Lewis (Ross) 7:44; 2, V. Taylor (B&F) 8:06; 3, P. Hicken (Warr) 8:08; 4, C. McGeorge (Cock) 8:18; 5, I. Jones (Kend) 8:20; 6, C. Wheeldon (Warr) 8:21; 7, A. Cooney (Warr) 8:25; 8, M. Dick (Barr) 8:26; 9, S. Skelding (Warr) 8:27; 10, P. Dixon (Ross) 8:28. **Teams:** 1, Warrington 16; 2, Kendal 28; 3, Blackpool & F 30; 4, Cockermouth 45; 5, Rossendale 47; 6, Lancaster & Morecambe 67. **(Colts):** 1, P. Wynn (Pilk) 9:04; 2, G. Green (Warr) 9:12; 3, G. Seddon (B&F) 9:15; 4, J. Welch (B&F) 9:16; 5, J. Robinson (B&F) 9:16; 6, M. Calvert (Kend) 9:17.

Notts LAC officers: cross-country secretary, Mrs M. Hepworth, 29 Earlsfield Drive, Rise Park, Nottingham (Tel: 278553); track & field secretary, L. Wall, 19 Longacre, Woodthorpe, Notts (Tel: 260563 (home)/53056 (bus)).

City of Plymouth AC officers: Chairman, B. Elliott; treasurer, Mrs J. Marshall; general secretary, A. Annear, 14 Linketty Lane, Hartley, Plymouth (Tel: 779323).

Fourteenth in the Salisbury Round-the-Houses road race was P. Richards of Bournemouth AC and not P. Hart as printed.

Insurance Athletics Association officers: President, W. Lucas; secretary, Miss J. Beaven; treasurer, G. Ballisat.

WILSONS/MANCHESTER UNIVERSITY CROSS-COUNTRY RELAY

The ninth annual Manchester University 6 x 2 miles cross-country relay, this year generously sponsored by Wilsons Brewery on October 16th, saw a much improved Leeds University team take the team honours. The main opposition came from Durham University (taken into the lead on the second leg by a 9:54 clocking from Phil Dunn), a consistent Newcastle University and Sheffield University, all of whom were always in the first four places. Leeds gradually improved their position throughout the race, moving from seventh place on the first leg to first at the end of the fifth. At this point they were leading from Durham, Newcastle and Sheffield respectively. A decisive 9:50 last leg by Pete McGouran enabled Leeds to win by the wide margin of over 40 sec, the next three positions remaining unaltered. With Wilsons Brewery hoping to support this event in future years, its reputation as a major student fixture should be enhanced.

P. Kitchenside

1, Leeds University (S. Knowles 10:21, M. Calvert 10:14, M. Lambert 10:09, R. Firth 10:13, A. Leonard 10:09, P. McGouran 9:50) 60:56;

2, Durham University (Wallace 10:24, Dunn 9:54, Brown 10:13, Turner 10:45, Woods 10:19, Coram 10:04) 61:39;

3, Newcastle University (M. Best 10:16, R. Peel 10:30, S. Jonsson 10:06, S. Walker 10:17, I. Brown 10:27, D. Wright 10:17) 61:53;

4, Sheffield University (N. Duggan 10:05, C. Marr 10:19, M. White 10:07, N. Marston 10:21, P. Fitzhenry 11:10, P. Graham 10:36) 62:38;

5, Manchester University (Past) (R. Hill 10:04, D. Todd 10:49, P. Milroy 10:43, T. Llewellyn 10:59, ——— 11:28, H. Thompson 10:02) 64:05;

6, Liverpool University (W. Lindesay 11:20, H. Jones 9:18, S. Scott 11:14, P. Wearne 11:10, A. McGauley 10:29, J. Verity 10:34) 64:05;

7, Manchester Univ 65:00; 8, Bradford GS 65:19; 9, Manchester GS 65:32; 10, Sheffield Univ 'C' 66:12.

Fastest: Jones 9:18, McGouran 9:50, Dunn 9:54. Note: Ron Hill (10:04, 10:42, 10:53, 11:07, 10:24, 10:26) 63:36!

Salford H officers: President, A. Walsham; secretary, G. Doggett, 9 Athlone Avenue, Moston, Manchester (Tel: 061-681 8533); treasurer, S. Clegg; CC secretary, B. Aspden, 13 Kingston Road, Failsworth, Manchester (Tel: 061-682 7809); track secretary, M. Sinkinson, 17 Marston Close, Whitefield, Manchester; club captain, S. Curran.

Aberdeen AAC officers: President, E. Reid; secretary, W. Watson, 14 Burnieboozle Place, Aberdeen (Tel: 0224 30352); treasurer, W. Cowan; women's secretary, D. McAllister, 6 King Street, Aberdeen (Tel: 0224 572405); CC secretary, M. Edwards, 19 Braehead Way, Bridge of Don, Aberdeen (Tel: 0224 702073).

SOUTHERN WOMEN'S CC LEAGUE

At Ruislip, October 30th

1, G. Penny (Cambridge H) 17:11
 2, C. Gould (Barnet) 17:18
 3, S. Hines (Thurrock) 17:31
 4, P. Fowler (Barn) 17:36; 5, A. Ford (Felt) 17:43; 6, S. Harvey (LOAC) 17:48; 7, R. Cox (BoE) 18:03; 8, P. Fudge (née Yeoman) (Felt) 18:05; 9, B. Green (Felt) 18:09; 10, J. Dawkins (S&E) 18:11; 11, A. Wright (WS&E) 18:15; 12, M. Ashcroft (Lut) 18:18; 13, K. Binns (Ind) 18:23; 14, C. Simpson (B'mouth) 18:26; 15, C. Boxer (AF&D) 18:35; 16, L. Watson (LOAC) 18:36; 17, J. Caffall (Hill) 18:44; 18, H. Fielon (Port) 18:49; 19, L. Day (Ver) 18:50; 20, A. Barns (Barn) 18:52; 21, M. Barrett (Ver) 19:00; 22, M. Sonner (LOAC) 19:03; 23, C. Butler (BoE) 19:09; 24, C. Rodgers (High) 19:24; 25, B. Nelson (Barn) 19:29; 26, V. Howe (Brack) 19:32; 27, A. Clarke (High) 19:35; 28, P. Day (Ver) 19:40; 29, S. Smith (High) 19:58; 30, G. Price (High) 20:02; 31, R. Ennis (If) 20:03; 32, S. Nockall (Ver) 20:04; 33, D. Taylor (Barn) 20:05; 34, J. Barrass (AF&D) 20:08; 35, F. McCall (B'mouth) 20:13; 36, K. Hughes (Med) 20:16; 37, M. Stroud (E&E) 20:22; 38, I. Wojcieszowska (LOAC) 20:24; 39, M. Lowe (Mit) 20:27; 40, J. Kimber (Med) 20:29; 41, J. Saunders (Stev) 20:32; 42, S. Lee (Hill) 20:37; 43, D. Hallett (High) 20:38; 44, L. Pamment (Camb H) 20:39; 45, T. Nannucci (Park) 20:39; 46, R. Chettleburgh (Hav) 20:45; 47, A. Bettinson (Thurr) 20:47; 48, J. Lee (Croy) 20:48; 49, C. Stroud (E&E) 20:49; 50, L. Wightman (Ox Un) 20:52. **Teams:** 1, Barnet 51; 2, LOAC 82; 3, Verlea 100; 4, Highgate 110; 5, Feltham 147; 6, AF&D 171; 7, Cambridge H 173; 8, Epsom & E 208; 9, Hillingdon 234; 10, Portsmouth 240; 11, Southampton & E 246; 12, Enfield 270; 13, Bournemouth 272; 14, Thurrock 300; 15, Ilford 304; 16, Medway 326; 17, Trowbridge 341; 18, Oxford Univ 352; 19, Bracknell 358; 20, Parkside 360.

Intermediates

1, C. Brace (Verlea) 11:39
 2, R. Smeeth (Aldershot, Farnham & Dist) 11:49
 3, B. Madigan (Bracknell) 11:52
 4, K. Trunley (If) 12:00; 5, S. Samy (Brack) 12:04; 6, E. Harding (E&E) 12:06; 7, S. Ludlam (Port) 12:07; 8, D. Buckley (Lut) 12:08; 9, A. Tamplin (Har) 12:11; 10, M. Samy (Brack) 12:17; 11, D. Miles (Trow) 12:21; 12, J. Brown (G&G) 12:27; 13, J. Bennett (Felt) 12:27; 14, K. Dunn (F&C) 12:28; 15, C. Woodages (S&E) 12:28; 16, S. Hutton (Brack) 12:29; 17, L. Payne (Uxb) 12:30; 18, C. Thomas (B'mouth) 12:31; 19, C. Trotter (Hay) 12:34; 20, D. Jeffrey (S&E) 12:34; 21, D. Haynes (Craw) 12:39; 22, T. Budd (B&H) 12:44; 23, N. Fray (Craw) 12:44; 24, J. Boorman (Med) 12:45; 25, K. Norris (Trow) 12:46; 26, S. Kalimeraki (High) 12:52; 27, H. Werder (Park) 12:56; 28, J. Bull (Read) 13:01; 29, J.

White (Mit) 13:04; 30, A. Holland (Trow) 13:05; 31, K. Brooker (Mit) 13:07; 32, J. Haywood (Wyc) 13:11; 33, J. Walker (E&E) 13:16; 34, A. Rowe (Ver) 13:16; 35, J. Prunty (Hill) 13:17; 36, C. Kay (Camb H) 13:19; 37, D. Crudginton (Thurr) 13:19; 38, H. Brown (Mit) 13:23; 39, M. White (Med) 13:25; 40, D. Goble (Dart) 13:25; 41, D. Lavous (Port) 13:26; 42, A. Gandy (S&E) 13:28; 43, P. Brighty (Craw) 13:28; 44, A. Davies (Barn) 13:30; 45, L. Ward (E&E) 13:31; 46, L. Wilkinson (BoE) 13:35; 47, D. Lonsdale (AF&D) 13:42; 48, J. Barrett (Rad) 13:46; 49, M. Kirkwood (Brack) 13:46; 50, K. Jacobs (Uxb) 13:47. **Teams:** 1, Bracknell 34; 2, Crawley 149; 3, Mitcham 152; 4, Verlea 159; 5, Epsom & E 159; 6, Southampton & E 159; 7, Trowbridge 165; 8, Uxbridge 183; 9, Portsmouth 192; 10, AF&D 207; 11, Reading 232; 12, Medway 237; 13, Harlow 241; 14, Guildford & G 245; 15, Ilford 278; 16, Bournemouth 311; 17, Fleet 321; 18, Cambridge H 329; 19, Hillingdon 331; 20, Luton 339.

Juniors

1, K. Timson (Thurrock) 10:19
 2, J. Clark (Verlea) 10:33
 3, A. Edwards (Aldershot, Farnham & D) 10:37
 4, S. King (Bas) 10:38; 5, A. Clifford (Wyc) 10:39; 6, B. Tierney (Stev) 10:39; 7, C. Jarman (Thurr) 10:39; 8, N. Bassett (Thurr) 10:40; 9, A. Beattie (AF&D) 10:42; 10, J. Vernon (Stev) 10:44; 11, D. Rich (Bas) 10:45; 12, T. Neale (Dart) 10:46; 13, N. DeJesus (Ex) 10:47; 14, D. Cole (If) 10:48; 15, K. Whopshott (Brack) 10:49; 16, W. Lodge (AF&D) 10:50; 17, T. Baker (Barn) 10:50; 18, K. Whippy (Thurr) 10:50; 19, W. Purser (Port) 10:54; 20, S. Marlow (Brack) 10:55; 21, E. Harding (E&E) 10:56; 22, K. Harvey (B'mouth) 10:56; 23, C. Grain (Dart) 10:57; 24, T. Blackburn (Wyc) 10:57; 25, L. Dunn (Wyc) 10:57; 26, D. Buckle (Ind) 11:04; 27, R. Bowles (S&E); 28, K. Sidwell (Read); 29, M. Farrell (Brack); 30, S. Coulson (Read); 31, H. Aldous (Stev) 11:10; 32, J. Charnell (Wig); 33, J. Bryant (If); 34, P. Simms (Camb H); 35, G. Sawyer (Sy); 36, C. Harding (E&E); 37, N. Tinsley (AF&D); 38, S. Spinks (Uxb); 11:16; 39, F. Stretton (B'mouth); 40, N. Ratcliffe (AF&D); 41, J. Clarke (B&H); 42, M. Whittle (Read); 43, S. Curtis (Bas); 44, J. Simms (Camb H); 45, C. Trott (Port); 46, J. Frankland (Mit) 11:20; 47, A. White (Med); 48, L. Jemmett (Dart); 49, S. Poulter (E&E); 50, K. Wade (Wig). **Teams:** 1, Thurrock 34; 2, AF&D 65; 3, Wycombe 105; 4, Stevenage 133; 5, Dartford 154; 6, Epsom & E 166; 7, Portsmouth 182; 8, Bracknell 184; 9, Reading 210; 10, Cambridge H 227; 11, Ilford 246; 12, Bournemouth 252; 13, Mitcham 320; 14, Basinstoke 327; 15, Wigmore 340; 16, Trowbridge 345; 17, Brighton & H 354; 18, Verlea 374; 19, Medway 377; 20, Havering 442.

Girls

- 1, A. Alford (Stevenage & NH) 10:10
 2, D. Russell (Cambridge H) 10:33
 3, L. Ealham (Verlea) 10:36
 4, C. Wells (Hav) 10:47; 5, C. Oughton (Hav) 10:52; 6, D. Cutts (S&NH) 10:58; 7, C. Muntzer (High) 11:01; 8, L. Smith (Port) 11:04; 9, S. Foster (Thurr) 11:08; 10, M. Witts (Ex) 11:11; 11, D. Hobbs (Ver) 11:13; 12, L. Keough (Basy) 11:18; 13, R. Wells (B&H) 11:19; 14, D. Hillyer (Port) 11:19; 15, W. Bonfield (Sy) 11:20; 16, J. White (Hav) 11:23; 17, Tr. Birch (Uxb) 11:24; 18, P. Nsa (Med) 11:25; 19, H. Sawyer (Sy) 11:27; 20, K. Nicholson (G&G) 11:28; 21, D. Pullum (Ex) 11:29; 22, P. Peterson (Hav) 11:30; 23, To. Birch (Uxb) 11:30; 24, S. Lucey (Hav) 11:31; 25, C. Jackson (Trow) 11:31; 26, K. Benjamin (Hill) 11:32; 27, N. Parsons (B'mouth) 11:32; 28, K. Hughes (Thurr) 11:33; 29, K. Bonney (LOAC) 11:34; 30, T. Jex (Thurr) 11:34; 31, M. Riley (Bas) 11:35; 32, P. Blake (H&S) 11:36; 33, H. Meredith (LOAC) 11:37; 34, S. Porter (Hav) 11:38; 35, S. Lancaster (Ind) 11:39; 36, S. Goodwin (B'mouth) 11:39; 37, C. O'Sullivan (Ilf) 11:40; 38, A. Tindall (F&C) 11:41; 39, N. Selwyn (Lut) 11:42; 40, R. Ralph (AF&D) 11:43; 41, W. Holmes (S&NH) 11:44; 42, C. Gordon (Read) 11:45; 43, K. Herridge (Uxb) 11:46; 44, C. Warner (Uxb) 11:47; 45, D. Willis (B&H) 11:48; 46, S. Ward (Dart) 11:49; 47, S. Coles (Lut) 11:50; 48, J. Allen (Trow) 11:51; 49, E. Edes (Trow) 11:52; 50, M. Head (Ind) 11:53. **Teams:** 1, Havering 47; 2, Uxbridge 127; 3, Thurrock 136; 4, Stevenage 155; 5, Trowbridge 173; 6, Essex 177; 7, Verlea 183; 8, Portsmouth 202; 9, Brighton & H 229; 10, Dartford 236; 11, AF&D 237; 12, Luton 252; 13, Feltham 262; 14, Barnet 299; 15, Basingstoke 307; 16, Cambridge H 316; 17, Mitcham 323; 18, Bracknell 364; 19, Surrey 373; 20, Hillingdon 377.

ALDERSHOT, FARNHAM & DIST
YOUNG ATHLETES ROAD RELAYS

At Aldershot, October 17th

Youths 4 x 2 Miles

- 1, Portsmouth (S. Purser 9:56, D. Ellis 10:02, N. Ashton 10:11, K. Kiddle 9:48) 39:57;
 2, Southampton & Eastleigh (M. Bell 10:04, S. Torrance 10:18, B. Iadles 10:11, P. Brady 10:08) 40:41;
 3, Langleybury School (K. Middleton 10:57, P. Lightowler 9:53, D. Lightowler 9:43, G. Dodd 10:17) 40:52;
 4, Chelmsford 41:11; 5, Fleet & Crookham 41:20; 6, AF&D 42:10; 7, WS&E 42:30; 8, Chelmsford 'B' 42:50; 9, AAC Arborfield 43:13; 10, Highgate 43:18.
Fastest: D. Lightowler 9:43, G. Heathers (F&C) 9:45, K. Kiddle (Port) 9:48, P. Lightowler 9:53, Purser 9:56, D. Eglon (AF&D) 10:01.

Boys 4 x 2 Miles

- 1, Collingwood (A. Chambers 10:34, D. Swain 9:52, S. Paton 11:09, R. Sweatman 9:32) 41:07;

- 2, AF&D (J. Leech 10:29, D. Walland 10:59, P. Ledger 9:57, E. Harridge 9:43) 41:08; 3, Watford (M. Seabrook 10:41, D. Gurr 10:07, A. Thomas 10:48, D. Moores 11:07) 42:43; 4, Portsmouth 43:41; 5, Highgate 44:04; 6, Surrey AC 46:05; 7, WS&E 'B' 44:42; 8, Basingstoke 45:46; 9, Collingwood 46:20; 10, Bracknell 46:27; 11, Hayling Sch 46:32; 12, Heron Wood Sch 46:57; 13, Portsmouth 'B' 47:07; 14, Portsmouth GS 47:17; 15, Camberley 47:28. **Fastest:** Sweatman 9:32, Herridge 9:43, Swain 9:52. (**Colts 4 x 1½M:**) 1, Bracknell (H. Jones 10:32, A. Webb 10:27, G. Marlow 9:28, L. Perkins 10:14) 40:41; 2, Basingstoke 41:12; 3, AF&D 41:35; 4, Collingwood 41:39; 5, Portsmouth GS 42:06; 6, Portsmouth 47:16; 7, Surrey AC 42:25; 8, Hayling SS 42:48; 9, Bracknell 'B' 43:11; 10, Southampton & Eastleigh 43:36. **Fastest:** Marlow 9:28, G. Edwards (AF&D) 9:47, I. Menzies (Lang) 9:49.

RWA Youths 5000m Team Championship. The fifth and sixth placings in the team race originally published were incorrect; they should read: 5, Dawlish & South Devon 64; 6, Harborne 65.

The help of all Great Britain international athletes would be most appreciated if they would return the BAAB Questionnaires and Equipment forms, recently distributed, as soon as possible to Cecil Dale.

Cold sores?

When your lip feels so tender that it's painful when anything solid so much as touches it—that's when you need soft, soothing Blisteze.

Blisteze is not a lip stick salve, it's a soft, medicated cream. You smooth it on gently and without pain. Blisteze contains active ingredients that help damaged tissues to heal quickly and also protect lips invisibly from wind and weather.

And Blisteze comes in a very small tube, so you can always keep some handy.

Blisteze

Gentle treatment for sore lips.



BIRMINGHAM UNIVERSITY TO THE FORE

NEIL COUPLAND, with a sustained drive over the fourth and final twisty lap which finally shook off his nearest rivals, won the Senior 9100m event at Bournemouth's Lovegrove and Jukes cross-country meeting on October 31st. Having notched up a fast 10 miles road time in Holland a fortnight earlier, the Southern champion was clearly much fitter than in last year's race, when he finished 11th. Coupland was always with the leading bunch as Keith Penny, John King and Warwick Ewers all took brief spells at the helm, but by the start of the final circuit (with the runners going round the King's Park Stadium track, as they did on every lap) Coupland led from Roger Brown (Bournemouth's Recreation Officer, and the man who organised the meeting) and Penny, with the rest of the field dropping back. Penny seemed to fade out of contention halfway round the last lap, leaving Coupland a couple of strides ahead of Brown. As they entered the stadium for the final lap of the track Coupland pulled away to win by some 40 metres, with Penny coming back to life and making up a similar gap on Brown in the final 300m, but just too late to snatch second place, as both men shared the same time.

By Cliff Temple

Aldershot comfortably won the Senior team race for the Lovegrove Trophy, but for sheer dominance Birmingham University's team running in the Junior race, the Jukes Trophy, was in a class of its own. Last year they had first, second and fourth men home, and the only way they could improve on that was to have the first four — which this year they did. Adrian Murphy made his break after two of the three laps, to get away from last year's winner Steve Emson and their team-mates Mark Bateman and Roger Hackney. They needed to wait only until 13th place to close in both their 'A' and 'B' teams.

The inaugural women's race, for the Village Discotheque Trophy, suffered considerably from the Southern League match the previous day, which kept the field down, but Glynis Penny managed to complete a successful weekend with her second victory in 24 hours, pulling away from Christine Curthoys on the second lap. Bournemouth, led by their English international Caroline Simpson, appropriately won the trophy. The date for next year's meeting: October 30th 1977.

LOVEGROVE TROPHY

1, N. Coupland (Southampton & Eastleigh)	28:18
2, R. Brown (Bournemouth)	28:25
3, K. Penny (Cambridge H)	28:25

4, P. Adams (AFD) 28:42; 5, J. King (Small Hth) 28:58; 6, W. Ewers (Ox City) 29:03; 7, I. Gilmour (Wolv) 29:11; 8, S. Harrison (AFD) 29:14; 9, R. Coles (B'ham) 29:15; 10, L. Presland (AFD) 29:19; 11, J. Davies (Essex B) 29:20; 12, J. Hazelden (Thames HH) 29:22; 13, R. McAndrew (Read) 29:25; 14, P. Hamilton (B'ham) 29:28; 15, H. Chadwick (Thames HH) 29:31; 16, M. Barton (AFD) 29:35; 17, J. Huntingford (Camb H) 29:44; 18, J. Avis (Camb H) 29:48; 19, G. Stevens (Read) 29:51; 20, D. Roberts (Camb H) 29:53; 21, I. Macmillan (Inv) 30:00; 22, P. Cheate (Essex B) 30:04; 23, J. Stow (Bel) 30:06; 24, P. Brencley (Inv) 30:12; 25, J. Wilkins (Camb H) 30:17; 26, S. Barnshaw (AFD) 30:21; 27, R. Newble (Inv) 30:24; 28, I. Logan (B'ham Un) 30:26; 29, P. Sanderson (B'ham Un) 30:28; 30, K. Brackstone (Camb H) 30:29. **Teams:** 1, Aldershot, F&D 38; 2, Cambridge H 58; 3, Invicta 107; 4, Reading 107; 5, Bournemouth 113; 6, Essex Beagles 128; 7, Birmingham Univ 130; 8, Cambridge H 'B' 153; 9, Bournemouth 'B' 195; 10, 7th Parachute Reg 221. First Vet: R. Mattock (Bourn) 56th, 33:51.

Juniors (Jukes Trophy): 1, A. Murphy (B'ham Un) 21:43 (rec); 2, S. Emson (B'ham Un) 21:55; 3, M. Bateman (B'ham Un) 21:59; 4, R. Hackney (B'ham Un) 22:01; 5, B. Knight (Torbay) 22:02; 6, C. Bunyan (Soton) 22:09; 7, G. Fell (Ex B) 22:11; 8, P. Gaden (Torbay) 22:13; 9, M. Cross (Bourne) 22:14; 10, P. Rowland (B'ham Un) 22:19; 11, A. Lunnon (Boro Rd) 22:25; 12, B. Dawkins (Soton) 22:29; 13, A. Howden (B'ham Un) 22:34; 14, S. Lowe (Boro Rd) 22:35; 15, R. Pepper (Shaft) 22:38; 16, G. Norman (Ex B) 22:44; 17, N. Carter (Felt) 22:51; 18, M. Wilson (Torbay) 22:52; 19, P. Kemp (Ex B) 22:52; 20, M. Bliss (Basingstoke) 23:04. **Teams:** 1, Birmingham Univ 6; 2, Birmingham Univ 'B' 27; 3, Torbay 31; 4, Essex Beagles 42; 5, Southampton & E 45; 6, Borough Road College 47; 7, Shaftesbury 60; 8, Bournemouth 68; 9, Essex Beagles 'B' 93; 10, Reading 101.

Women (Village Discotheque Trophy): 1, G. Penny (Camb H) 16:48; 2, C. Curthoys (AFD) 17:08; 3, C. Simpson (Bourne) 17:53; 4, C. Hext (Bourne) 18:21; 5, J. Dawkins (Soton) 18:26; 6, F. McCall (Bourne) 19:54. **Teams:** 1, Bournemouth 13; 2, Southampton & E 21.

Liverpool H&AC officers elected: President, B. Howard-Baker; treasurer, J. C. Rice; secretary, T. J. O'Mahoney, 12 Kirkmore Road, Liverpool L18 4QN; CC captain, R. Harrison (tel: Penketh 4585); track captain, B. Camp (051 525 6003); women's captain, Rona Livingstone; women's secretary, Mrs C. Hardaker, 4 Rutland House, Liverpool 17; junior (boys) secretary, S. Fennell, 16 Stuart Avenue, Liverpool L25 0NJ (051 486 2801).

GATESHEAD HARRIERS DIAMOND JUBILEE ROAD RACES

October 30th

Senior Men 6 Miles

1, C. Garforth (Gateshead) 27:36
 2, M. McLeod (Elswick) 27:53
 3, D. Coates (Gateshead) 28:23
 4, D. Lowes (Gates) 28:30; 5, T. Patterson (Gates) 29:01; 6, M. Coleby (Gates) 29:07; 7, I. Beauchamp (Durh Univ) 29:09; 8, J. Myatt (Gates) 29:19; 9, G. Lee (Salf) 29:26; 10, A. Catley (Morp) 29:27; 11, J. Trainor (Gates) 29:31; 12, J. Alder (Morp) 29:32; 13, A. Bone (SS) 29:35; 14, M. Coram (Durh Un) 29:38; 15, R. Harrison (A&SV) 29:53; 16, S. Larkin (Salt) 29:59; 17, P. Harker (Darl) 30:02; 18, D. Dixon (Sund) 30:04; 19, W. Robinson (Gates) 30:11; 20, D. Kelly (Salt) 30:12. **Teams:** 1, Gateshead 33; 2, Morpeth 191; 3, Saltwell 248. (Vets): 1, P. Freeman (M&C); 2, T. Rooke (M&C); 3, P. Pattison (Gos).

Youths 2½ Miles

1, D. Ross (EAC) 11:39; 2, C. Knight (Gates) 11:44; 3, D. Pickering (Gos) 11:49; 4, M. Brown (Darl) 11:54; 5, A. Clifton (Gates) 11:57; 6, G. Lisgo (Gates) 12:00; 7, G. Maddison (Gates) 12:05; 8, P. Kirk (Darl) 12:12; 9, M. Donnelly (Els) 12:16; 10, B. Wade (Crook) 12:18. **Teams:** 1, Gateshead 13; 2, Darlington 43; 3, Gosforth 44. **(Boys 2M):** 1, S. Cram (J&H) 8:54; 2, D. Lewis (Ross) 8:59; 3, G. Smith (Sund) 9:13; 4, S. Morris (Gates) 9:17; 5, C. Taylor (Gos) 9:25; 6, G. O'Connor (Gates) 9:30; 7, A. Matthewson (Gos) 9:32; 8, M. Moore (Gos) 9:38; 9, P. Cowell (Ross) 9:39; 10, J. Mountain (Bing) 9:41. **Teams:** 1, Gosforth 20; 2, Rossendale 24; 3, Jarrow & Hebburn 38. **(Colts 1.6M):** 1, K. Newton (Sund) 7:51; 2, T. Duffield (J&H) 8:08; 3, A. Bober (Sund) 8:09; 4, M. Crewe (Bing) 8:10; 5, T. Franks (Mand) 8:14; 6, M. Wright (Gates) 8:17; 7, P. Bradley (Gates) 8:18; 8, A. Richardson (Durh) 8:20; 9, J. Shaw (Bing) 8:23; 10, P. Hemsley (Gos) 8:29. **Teams:** 1, Sunderland 18; 2, Gateshead 25; 3, Bingley 26.

Senior Women 2 Miles

1, A. Burke (Gates) 10:45; 2, W. Methuen (Darl) 10:49; 3, G. Garbutt (Gates) 10:56; 4, M. Chambers (EAC) 11:00; 5, J. Schusler (Gates) 11:04; 6, S. MacDiarmid (Durh Un) 11:13; 7, F. Lawson (Darl) 11:18; 8, P. Crawford (Darl) 11:24; 9, S. Kirkwood (Blay) 11:30; 10, J. Lordon (Gates) —. **Teams:** 1, Gateshead 16; 2, Darlington 17; 3, South Shields 46. **(Juniors/Girls 1½M):** 1, D. Hillen (Blay) 6:39; 2, G. Walls (Cty Hull) 6:43; 3, G. Bryant (Darl) 6:47; 4, C. Gray (EAC) 6:52; 5, A. Hunt (Morp) 6:54; 6, L. Hesford (J&H) 6:55; 7, J. Hull (Darl) 6:57; 8, C. Parkinson (W&B) 6:58; 9, S. Bannister (Hough) 7:02; 10, H. Gibbard (Blay) 7:03. **Teams:** 1, Darlington 21; 2, Blaydon 26; 3, Jarrow & H 42.

NORTHERN UNIVERSITIES CROSS- COUNTRY CHAMPIONSHIPS

At Sheffield, October 23rd

1, H. Jones (Liverpool) 23:33; 2, P. McGouran (Leeds) 23:48; 3, M. Lambert (Leeds) 24:04; 4, D. Wright (New) 24:22; 5, S. Jonsson (New) 24:28; 6, S. Knowles (Leeds) 24:34; 7, M. Coram (Durh) 24:39; 8, S. Walker (New) 24:40; 9, A. Harmer (York) 24:46; 10, N. Duggan (Sheff) 24:53; 11, P. McCullagh (Leeds) 25:09; 12, M. White (Sheff) 25:14; 13, S. Verity (Liv) 25:19; 14, A. Leonard (Leeds) 25:24; 15, C. Marr (Sheff) 25:25; 16, S. Williams (York) 25:27; 17, D. Orme (Leeds) 25:31; 18, I. Brown (New) 25:41; 19, M. Calvert (Leeds) 25:43; 20, P. Graham (Sheff) 25:43. **Teams:** 1, Leeds 53; 2, Newcastle 90; 3, Sheffield 116; 4, York 162; 5, Liverpool 167; 6, Manchester 214. **(Women):** 1, J. Ingram (York) 12:21; 2, V. Lovell (Leeds) 12:46; 3, J. Farnworth (Leeds-gst) 13:07; 4, K. Simmonds (Liv) 13:14; 5, W. Izzard (Sheff) 13:17; 6, G. Lovell (Leeds) 13:59. **Teams:** 1, Leeds 13; 2, Liverpool 19.

WORCESTERSHIRE BEACON RACE

October 9th

1, J. Bednarski (Swindon) 35:25
 2, A. Parkinson (Airedale & Spen Valley) 35:43
 3, R. Cytla (Gloucester) 36:12
 4, D. Mayho (A&SV) 36:13; 5, T. Davies (7th PR) 36:15; 6, R. Cooper (Worc-V) 36:18; 7, K. Duckworth (A&SV) 36:45; 8, J. Tingle (Worc) 36:50; 9, J. Smith (Glos) 36:51; 10, I. Wilton-Jones (Sol) 36:53; 11, T. Collins (Bath Un) 36:54; 12, P. Meredith (Brid) 36:55; 13, H. Lambert (B&R) 37:20; 14, K. Whyte (Glos) 37:29; 15, P. Varney (Leam) 37:31; 16, R. Morris (Shrew) 37:33; 17, E. Williams (Shrew-V) 37:33; 18, A. Jenkins (Worc) 37:42; 19, S. Games (Chelt) 37:48; 20, D. O'Daly (Swin) 38:03; 21, T. Gaize (B&R) 38:05; 22, N. Jinks (Worc) 38:15; 23, J. Hipwood (W&B) 38:21; 24, M. Hill (Glos) 38:37; 25, S. Murrin (S Heath) 38:37; 26, T. Clegg (Glos) 39:00; 27, N. Webb (Swin) 39:03; 28, S. Allen (Barn) 39:14; 29, N. Fox (7th PR) 39:17; 30, D. Brearley (B&R) 39:28. **Teams:** 1, A&SV 13; 2, Gloucester 26; 3, Worcester 32; 4, Swindon 48; 5, Bromsgrove & R 64; 6, Solihull 67; 7, 7th Para 72; 8, Shrewsbury 82; 9, Cheltenham 97; 10, Gloucester 'B' 114.

At the recent 'Hardships' meeting of the Southern Counties WAAA the following cases were dealt with: C. Rogers, West Suffolk to Thetford; L. Smith, Ryde to Portsmouth; L. Whiteley, Borehamwood to Enfield; E. Spencer, Thameside to Thurrock; D. Buckle, Thurrock to Havering; E. Wren, Hertford & Ware to Southampton & Eastleigh; J. Adams, Verlea to Barnet; P. Fowler, Brighton & Hove to Barnet—all have immediate transfer. A Stock, Parkside to Barnet, eligible on January 22nd, 1977; J. Down, Plymouth to Wigmore, eligible on February 19th, 1977.

SAVAGE WIND SLOWS MARATHON RUNNERS

THE wet weather which had been a feature of the preceding week brightened just in time for the 250-plus runners who faced the starter at the Unigate Marathons in Harlow on October 23rd. The brighter weather was, however, accompanied by a savage wind which probably accounts for times several minutes slower than expected.

From the gun the leaders set a fast pace and within the first mile a leading group of about twelve runners had detached itself from the field and established a lead of about 50y. The chasing group at this point contained another ten runners. At 10km (32:49) the leader was Dave Cannon from Keith Angus and Cornish of Westbury. Less than a second covered the first twelve. By 20km there were still ten runners in the bunch given a time of 1:06:07. The leader was Eales of Mitcham from Cannon, Graham Dugdale, Kevin Best, Angus and Mick Phillips, all of whom were still in contact.

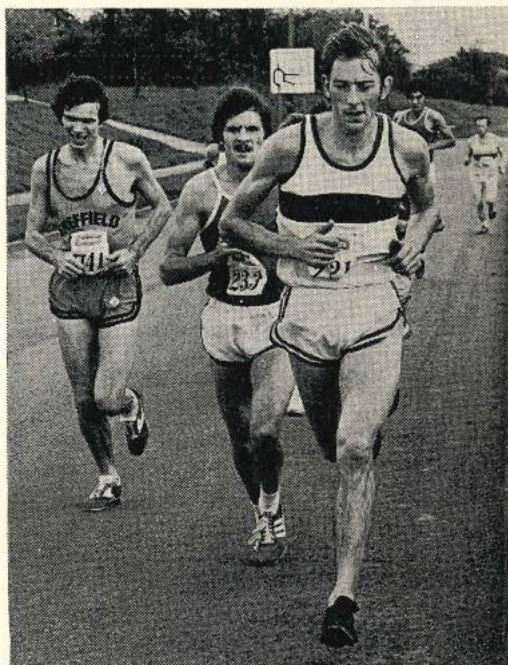
Shortly after this point the course climbs to its highest point at the BP roundabout and it was here that Dave Cannon made a break which quickly split the group and at the end of the first long lap (15M) the leaders were beginning to string out. Paul Norell was the only one to respond and by 30km he had closed on Cannon and they were both given the same time of 1:38:19. In third place Angus (1:38:36) was showing some signs of distress and the chasing group of Paul Williams, Phillips and Dugdale were some way back on 1:39:24. At this point Mike Exton was back in twelfth place on 1:41:11 but as the leaders paid the price of the fast early pace he came through strongly and by 40km he was 6th in 2:15:10. The leader here was Cannon (2:11:36) from Norell (2:12:06) and Dugdale (2:13:46).

This was the first year that a women's marathon had been included in the programme and although only three girls came to the starting line the large field in the men's race made sure that they did not feel too isolated. All three ran well judged races and in the latter stages Michelle Wilcox (Chelmsford) and Lesley Watson (LOAC) still looked strong. The result was a win for Michelle in 3:19:16 with Lesley second in 3:22:46 and Bridget Cushen (Hercules W) third in 3:42:50.

Unigate have not only sponsored this year's race but have promised support for the next three years. Thanks to their generous support Harlow AC will be able to continue to develop, and they hope improve, both races.

Dave Sharp

- 1, D. Cannon (Gateshead) 2:19:20
- 2, P. Norell (Haringey & Southgate) ... 2:19:28
- 3, G. Dugdale (Thames Valley H) 2:21:26
- 4, M. Phillips (B'field) 2:22:03; 5, K. Best (Stret) 2:22:22; 6, M. Exton (Holb) 2:22:41; 7, P. Eales



Dave Cannon sets the pace in the Unigate marathon ahead of P. Eales (233) and Pete Rawnsley.

Mike Street

- (Mit) 2:22:54; 8, E. Austin (Tip-V) 2:23:10; 9, K. Angus (Sheff) 2:23:40; 10, R. Cornish (West) 2:23:42; 11, P. Williams (SLH) 2:23:56; 12, D. Pratt (Sheff) 2:24:22; 13, J. Broad (Shaft) 2:25:31; 14, M. Heath (RN) 2:25:52; 15, I. Trapp (EAC) 2:27:25; 16, W. File (Croy) 2:27:30; 17, N. Wilson (TVH) 2:27:39; 18, R. Belk (A&SV) 2:28:01; 19, G. Harrold (BoE) 2:28:14; 20, L. Coleman (Har) 2:29:00; 21, P. Rawnsley (Sheff) 2:29:25; 22, R. Brewitt (Holb) 2:29:32; 23, J. Mudie (RN) 2:30:16; 24, J. Keating (E&S) 2:30:47; 25, D. Hall (S&NH) 2:30:56; 26, H. Leeming (Dby) 2:31:59; 27, T. Roden (SLH) 2:32:17; 28, J. Avis (Camb H) 2:32:58; 29, N. King (Lon I) 2:33:34; 30, D. Nash (Dart) 2:33:47; 31, B. Concannon (Har) 2:33:59; 32, A. Hudson (B&F) 2:34:10; 33, A. Keenan (And) 2:34:13; 34, R. Campbell (Ex B) 2:34:24; 35, M. Baggs (Wey SP) 2:34:26; 36, M. Broyd (BoE) 2:35:47; 37, R. Macey (Ver-V) 2:35:55; 38, C. O'Carroll (Glos) 2:35:58; 39, J. Watts (AF&D) 2:35:59; 40, R. Charney (TVH) 2:36:00; 41, A. Michell (Ver) 2:36:21; 42, G. McIlroy (Card) 2:37:21; 43, S. Ottaway (Port) 2:37:22; 44, J. Walsh (Card) 2:37:39; 45, A. Davies (S&NH)

2:37:45; 46, M. Hyman (Port-V) 2:37:48; 47, R. Bacon (M&D) 2:37:50; 48, P. Doherty (Stret) 2:37:56; 49, G. Sanderson (West) 2:38:14; 50, I. Burgess (S&E) 2:38:17;

51, M. Thompson (Leam) 2:38:31; 52, G. Astill (Notts) 2:38:49; 53, T. Joyce (ER) 2:39:10; 54, K. Lee (Notts) 2:39:45; 55, S. Masterson (Bel) 2:40:01; 56, S. Crawte (AF&D) 2:40:40; 57, J. Halliday (Hav) 2:40:46; 58, S. King (Ilf) 2:41:08; 59, J. Hurt (B'mouth) 2:41:13; 60, R. Crosby (TVH) 2:41:15; 61, A. Johns (SLH) 2:41:36; 62, P. Brett (BoE) 2:42:09; 63, A. Horne (Ran) 2:42:20; 64, G. Archer (Hill) 2:42:25; 65, J. Foster (Loth) 2:42:43; 66, P. Hutchings (S&E) 2:43:13; 67, T. Kazik (Port) 2:43:26; 68, D. Rumsey (Port) 2:43:34; 69, D. Atkin (New) 2:43:45; 70, W. Anderson (Met P) 2:43:54; 71, M. Herring (Ilf) 2:44:03; 72, C. Hunn (SLH) 2:44:28; 73, G. Entwistle (M&D) 2:44:32; 74, R. Woodward (Pless B) 2:44:32; 75, P. Watts (West) 2:44:36; 76, E. Phillips (Play) 2:44:55; 77, K. Macken (C&N) 2:45:21; 78, W. Humphreys (SLH) 2:45:59; 79, J. Jones (M&D) 2:46:11; 80, K. Gill (Ex B) 2:46:31; 81, M. Turner (TH&H) 2:46:56; 82, A. Artiss (Ver) 2:47:14; 83, G. Carpenter (Port) 2:47:52; 84, D. Barham (Sy) 2:48:15; 85, R. Day (Ver-V) 2:48:40; 86, C. Blagrove (E&S) 2:49:01; 87, K. Walker (E&E) 2:49:13; 88, R. Radley (R&R) 2:49:47; 89, B. Nash (Dart) 2:51:05; 90, D. Prior (W Gn) 2:51:16; 91, M. Etherton (C&C) 2:51:59; 92, P. Taylor (Barn-V) 2:52:00; 93, D. Minns (Bas) 2:52:09; 94, G. Harrison (Ilf) 2:52:31; 95, A.

Edwards (Ver) 2:52:52; 96, I. Lymath (SLH) 2:52:58; 97, S. Izzard (Vets) 2:53:00; 98, K. Fiddler (VoA-V) 2:53:12; 99, G. Hall Army) 2:53:16; 100, J. Hussey (Holb) 2:53:25. 197 finished. (Senior Women): 1, M. Wilcox (Chelm) 3:19:16; 2, L. Watson (LOAC) 3:22:46; 3, B. Cushen (HW) 3:42:50. Teams: 1, Sheffield 42; 2, TVH 60; 3, SLH 110; 4, Enfield 117; 5, Holbeach 128; 6, Westbury 134; 7, Portsmouth 156; 8, Verlea 160; 9, Harlow 165; 10, Manchester & Dist 199; 11, Southampton & Eastleigh 222; 12, Ilford 230; 13, Notts 248; 14, Cambridge H 287; 15, Stevenage & NH 302.

(Southern Champs): 1, Norell; 2, Dugdale; 3, Eales; 4, Williams; 5, Broad; 6, Heath; 7, File; 8, Wilson; 9, Harrold; 10, Coleman. Teams: 1, TVH 33; 2, SLH 60; 3, Enfield 65; 4, Portsmouth 91; 5, Verlea 94; 6, Harlow 100. (Southern Vets): Macey. Team: Verlea. (Essex Champs): 1, Broad; 2, Coleman; 3, Concannon. Teams: 1, Harlow 19; 2, Ilford 25; 3, Ilford 'B' 39.

AMERICAN BOOKS

The long-suffering band of readers who have been waiting for T&FN books from the USA for many months will be interested to know that we have just received a letter from T&FN to say that the books were sent on June 18th, but for some obscure reason were returned by the UK postal authorities on September 20th. They were re-shipped on September 29th and we are awaiting delivery the second time.

NORFOLK OLYMPIAD ATHLETIC CLUB

present

The 2nd Rowntree Mackintosh Open Cross Country Meeting

(Under E.C.C.U. & W.A.A.A. rules at the University of East Anglia, Norwich)

SATURDAY, 18th DECEMBER, 1976

Incorporating Norfolk County A.A.A. & W.A.A.A. Championships

11.00 Senior Ladies	(5000 mtrs)	12.45* U11 Minor Girls	(1700 mtrs)
U17 Ladies	(5000 mtrs)	13.00 Men's Veterans	(5000 mtrs)
11.25 U15 Boys	(5000 mtrs)	(over 40, over 50, over 60)	
11.50 U15 Ladies	(3200 mtrs)	14.15 U17 Youths	(6400 mtrs)
12.05 U13 Colts	(3200 mtrs)	14.50 Senior Men's	(12000 mtrs)
12.20 U13 Girls	(2400 mtrs)	Junior Men's	(9000 mtrs)
12.30* U11 Minor Colts	(1700 mtrs)		

*Not a championship event

All ages as 1/9/76, except Veterans 11/12/76. State age group. All must enter Open Race—Fee 20p per person. County Championship Fee 10p per person extra (no team awards). (State qualifications on entry.) Team Prizes depend on entry (no extra fee). Four to score each event.

Entries to:— Reg Double, 77 Meadow Way, Hellesdon, Norwich NR6 6XX

S.A.E. Please

U.K. Intermediate Women's "Top 25" 1976

Compiled on behalf of the NUTS by Tony Miller

Amendments or additions should be sent to Tony Miller, 6 Beachy Road, Broadfield, Crawley, W Sussex. The compiler wishes to thank everybody who has sent in information this year, and would particularly welcome any further club lists of members achieving NUTS standards (in brackets) that can be supplied, quoting first name, date of birth, date and venue of performance.

100 METRES (12.5)

- 11.6w Janine MacGregor (Burn Road) (11.9)
- 11.7 Michelle Probert (Sale)
- 11.7w Ann Dalton (Law) (11.8)
- 11.8 Fay Nixon (ESH)
- 11.9 Susan Howells (Lozells) (12.2)
- 12.0 Carmen Smart (Barry)
- 12.0 Kathryn Smallwood (Reading)
- 12.0 Janis Walsh (Mitcham)
- 12.0 Karen Duncan (Houghton)
- 12.0 Karen Sait (Portsmouth)
- 12.0 Sharon Gordon (Tailte)
- 12.0w Jill Davies (Plymouth) (12.4)
- 12.0w Diane Thorne (Carmarthen) (12.3)
- 12.0w Maria Massie (Sale) (12.2)
- 12.1 Sharon Clark (Portsmouth)
- 12.1 Susan Hearnshaw (Hull Spartan)
- 12.1 Theresa Chipp (Lincoln CC)
- 12.1w Amanda Drakes (Notts)
- 12.1w Susan Fletcher (Lakeland)
- 12.1w Manndy Laing (Liverpool H) (12.4)
- 12.2 Sheila Calow (Wycombe)
- 12.2 Rita Inak (Radley)
- 12.2 Elizabeth Beton (Sale)
- 12.2w Lesley Reeve (Southampton)
- 12.2w Elizabeth Aggett (Exeter)

- 12.2w Julie Floyd (Oxford City)
- 12.2w Orlinda Austin (Bristol) (12.4)
- 12.2w Elaine Hurley (Bristol) (12.3)
- 12.2w Karen Williams (Pitreevie) (12.3)

200 METRES (26.0)

- 23.6 Michelle Probert (Sale)
- 23.9 Fay Nixon (ESH)
- 24.2 Janine MacGregor (Burn Road)
- 24.3 Kathryn Smallwood (Reading)
- 24.3 Janice Jacques (Middx LAC)
- 24.3w Carmen Smart (Barry) (24.7)
- 24.5 Susan Howells (Lozells)
- 24.6 Brenda Gauntlett (Enfield)
- 24.7w Ann Dalton (Law) (24.8)
- 24.8 Amanda Stacey (LOAC)
- 24.9 Elizabeth Beton (Sale)
- 25.0 Irene Anderson (Glasgow AC)
- 25.0 Sue Morley (HMYC)
- 25.1 Karen Duncan (Houghton)
- 25.1 Fiona Patterson (Derby)
- 25.1 Ann Foster (Spenborough)
- 25.1w Amanda Drakes (Notts)
- 25.2 Julie Floyd (Oxford)
- 25.2 Amma Mensah (Haringey & S)
- 25.2w Sherol Griffiths (Basildon) (25.3)
- 25.3 Karen Sait (Portsmouth)
- 25.3 Janis Walsh (Mitcham)
- 25.3 Sharon Clark (Portsmouth)
- 25.3 Sheila Calow (Wycombe)
- 25.3 Carol Dawkins (Southampton)
- 25.3 Maria Massie (Sale)
- 25.3 Sue Hearnshaw (Hull Spartan)
- 25.3 Jeanette Davis (HMYC)
- 25.3 Sharon Gordon (Tailte)
- 25.3w 4 girls



Carmen Smart (right) wins the WAAA Intermediate 100m final in 12.04 from Ann Dalton (12), 12.06, and Janine MacGregor, 12.07.

400 METRES (59.9)

- 54.8 Elizabeth Beton (Sale)
 55.5i Susan Howells (Lozells) (55.6)
 55.7 Irene Anderson (Glasgow AC)
 55.7 Kim Bissell (Birchfield)
 56.3 Kim Buckland (Cwmbran)
 56.3i Karen Williams (Pitreavie) (56.7)
 56.8 Janice Jacques (Middx LAC)
 56.9 Karen Baker (Coventry G)
 57.1 Ann Foster (Spenborough)
 57.3 Michele Cotton (Bromsgrove)
 57.3 Janine MacGregor (Burn Road)
 57.3 Carol Carlile (Stretford)
 57.5 Sylvia Walter (Notts)
 57.6 Shirley Johnson (Leicester C)
 57.7 Ann Woodall (Middlesbrough)
 57.7 Pamela Whitter (Exeter)
 57.7 Alison Soar (Notts)
 57.9 Susan Parker (Warrington)
 57.9 Sue Morley (HMYC)
 58.0 Angela Rothwell (Chelmsford)
 58.0 Sally Ludlam (Portsmouth)
 58.0 Barbara Orford (Stretford)
 58.1 Jo White (Mitcham)
 58.1 Sheila Gilmartin (Worthing)
 58.1 Vivien Hodson (Blackburn)

i—indoor mark

800 METRES (2:20.9)

- 2:10.0 Sally Ludlam (Portsmouth)
 2:10.5 Susan Parker (Warrington)
 2:11.6 Jo White (Mitcham)
 2:11.7 Wendy Smith (Feltham)
 2:11.9 Janice Moody (City of Hull)
 2:12.2 Alice Linton (Glasgow AC)
 2:12.4 Lesley Tivey (Stockport)
 2:12.5 Denise Kiernan (Havering)
 2:12.6 Valerie Hutton (Edinburgh AC)
 2:13.0 Vivienne Weston (Lincoln W)
 2:13.3 Shirley Johnson (Leicester C)
 2:13.4 Angela Hartley (Barry)
 2:13.4 Carole Biggin (Sheffield AC)
 2:13.5 Alison Soar (Notts)
 2:13.6 Jo Bull (Reading)
 2:13.7 Christine Brace (Verlea)
 2:14.6 Gillian Osborne (Wolv & B)
 2:14.7 Belinda Clement (Southend)
 2:15.0 Kim Trunley (Ilford)
 2:15.0 Clare Monaghan (Norfolk O)
 2:15.4 Debbie Goode (Kent AC)
 2:15.6 Sharon Moxon (Rotherham)
 2:15.6 Valerie Whitfield (Portsmouth)
 2:15.7 Shireen Samy (Bracknell)
 2:15.8 Lesley Roy (Glasgow AC)

1500 METRES (4:54.9)

- 4:28.7 Christine Brace (Verlea)
 4:31.8 Bernadette Madigan (Bracknell)
 4:33.2 Kim Trunley (Ilford)
 4:34.1 Ruth Smeeth (Aldershot, FD)
 4:34.6 Denise Kiernan (Havering)
 4:34.9 Janice Moody (City of Hull)
 4:35.6 Shirley Johnson (Leicester C)
 4:36.1 Jane Furniss (Sheffield AC)

**SALLY LUDLAM**

Mike Street

- 4:39.1 Jackie Smith (Kent AC)
 4:40.3 Shireen Samy (Bracknell)
 4:41.3 Yvonne Rowe (Derby LAC)
 4:41.5 Susan Hutton (Bracknell)
 4:41.9 Kerry Robinson (Pitreavie)
 4:42.5 Carole Wood (Leeds City)
 4:42.7 Alice Linton (Glasgow AC)
 4:42.8 Fiona Oldershaw (Derby)
 4:43.5 Frances Jankowski (Sale)
 4:43.4 Angela Hartley (Barry)
 4:43.7 Ruth Bowers (Ellesmere Port)
 4:43.9 Kerry Dunn (Fleet & Crookham)
 4:44.0 Marina Samy (Bracknell)
 4:44.6 Linda Mosen (Highgate)
 4:45.3 Lindsey Payne (Uxbridge)
 4:45.5 Elaine Harding (Epsom & E)
 4:45.8 Jane Donovan (Warrington)

3000 METRES (11.00)

- 9:38.8 Christine Brace (Verlea)
 9:40.6 Bernadette Madigan (Bracknell)
 10:22.4 Jane Furniss (Sheffield AC)
 10:27.6 Shireen Samy (Bracknell)
 10:31.0 Fiona Oldershaw (Derby)
 10:31.4 Jacqueline Smith (Kent AC)
 10:35.2 Ann Tamplin (Harlow)
 10:38.6 Christine Muntzer (Highgate)
 10:39.6 Lindsey Payne (Uxbridge)
 10:41.0 Alison Soar (Notts)
 10:42.0 Elaine Harding (Epsom)
 10:42.6 Angela Hartley (Barry)



Christine Brace winning WAAA Intermediate 1500m title in 4:28.7.

George Herringshaw

- 10:42.6 Beverley Franks (Mitcham)
- 10:42.6 Deansie Phillips (Croydon)
- 10:43.2 Yvonne Rowe (Derby)
- 10:43.6 Sally Horwood (Cardiff)

100 METRES HURDLES (16.9)

- 14.8 Catherine Hardaker (Liverpool H)

- 14.8w Amanda Stacey (LOAC) (15.1)
- 15.0 Amanda Ferris (Hillingdon)
- 15.3 Sue Morley (HMYC)
- 15.3 Jane Punter (Mitcham)
- 15.4 Elizabeth Wren (Hertford)
- 15.5 Susan Dalgoutte (Mitcham)
- 15.5 Carmen Pryce (Notts)
- 15.6w Susan Frisby (Leicester)
- 15.7 Kathryn Smallwood (Reading)
- 15.7 Manndy Laing (Liverpool H)
- 15.7 Susan Gilbert (Bournemouth)
- 15.7w Maxine Ross (Birchfield)
- 15.8 Jackie Moore (Bognor)
- 15.8 Hilary Brown (Cannock)
- 15.8 Michele Chambers (Taitte)

80 METRES HURDLES (12.3)

- 11.3 Theresa Chipp (Lincoln CC)
- 11.3w Jill Duffield (Enfield) (11.5)
- 11.3w Manndy Laing (Liverpool H) (11.6)
- 11.3w Catherine Hardaker (Liv H) (12.0)
- 11.4 Sheila Drysdale (Glasgow AC)
- 11.4w Wendy McDonnell (Harlow) (11.5)
- 11.5 Maureen Prendergast (Middx L)
- 11.6w Yvonne Ritchie (Sale) (11.7)
- 11.7 Maxine Ross (Birchfield)
- 11.7w Jane Lindsay (Glasgow AC)
- 11.7w Debbie McNulty (Sale) (12.1)
- 11.8 Angela Rothwell (Chelmsford)
- 11.8 Geraldine Waller (Woking)
- 11.8 Amanda Stacey (LOAC)
- 11.8 Judy Livermore (Rugby)
- 11.8 Diane Wade (Notts)
- 11.8 Beverly Inman (Hull Spartan)
- 11.8w Christine Stone (Enfield)
- 11.8w Sue Dalgoutte (Mitcham)
- 11.8w Diane Greenidge (Taunton)
- 11.9w Alison Campbell (Glasgow AC)
- 11.9w Sue Frisby (Leicester C)
- 11.9w Hilary Selway (Exeter)
- 12.0 4 girls



Maureen Prendergast, WAAA Intermediate champion at both 100 and 200 metres hurdles.

Mike Street

Janet Sykes, top ranking high jumper and WAAA Intermediate title winner.



Bob Sly

200 METRES HURDLES (31.9)

- 28.0w Maureen Prendergast (Middx L) (28.3)
- 28.2w Catherine Hardaker (Liv H) (28.6)
- 28.2w Maxine Ross (Birchfield) (28.3)
- 28.4w Diane Wade (Notts) (28.7)
- 28.5 Sheila Drysdale (Glasgow AC)
- 28.5w Susan Dalgoutte (Mitcham) (28.7)
- 28.7w Beverly Inman (Hull Spartan) (28.9)
- 29.0 Sue Morley (HMYC)
- 29.4 Diane Greenidge (Taunton)
- 29.5 Theresa Chipp (Lincoln CC)
- 29.5 Lorraine Page (Sutton & C)
- 29.6 Debbie McNulty (Sale)
- 29.7 Carol Carlile (Stretford)
- 29.7 Jane Lindsay (Glasgow AC)
- 30.0 Amanda Drakes (Notts)
- 30.0 Jill Duffield (Enfield)
- 30.1 Wendy Humphries (Essex LAC)
- 30.1 Hilary Brown (Cannock)
- 30.1 Fiona Fyfe (ESH)
- 30.2 Rosemary Lambert (Sale)
- 30.2 Margaret Somerville (ESH)
- 30.3 Fiona Meachin (Stretford)
- 30.3 Sheila Byrne (Croydon)
- 30.5 Caroline Hills (Fleet & C)
- 30.6 Carmen Pryce (Notts)

400 METRES HURDLES (70.0)

- 62.7 Susan Dalgoutte (Mitcham)
- 65.1 Michele Chambers (Tailte)
- 65.9 Diane Wade (Notts)
- 66.9 Fiona Patterson (Derby)
- 67.1 Rosemarie Hudson (NS Poly)
- 67.3 Janice Minnott (Selsonia)
- 68.0 Vivienne Weston (Lincoln W)
- 68.1 Lorraine Page (Sutton & C)
- 68.2 Sheridan Eyles (Yeovil)
- 68.2 Theresa Tanton (Southend)
- 68.2 Julie Morgan (Cardiff)
- 68.3 Rebecca Muskett (Bedford)

3000 METRES WALK (18:30)

- 15:18.4 Elaine Cox (Solihull)
- 15:32.4 Joanna Wickham (Harbourne)
- 15:52.8 Julie Robery (Havering)
- 16:01.0 Maureen De'Giovanni (Croydon)
- 16:34.8 Sandra Kelly (Coventry G)
- 16:50.8 Kim Boatright (Epsom & E)
- 16:56.8 Mary White (Medway)
- 16:58.0 Mandy Hammond (Leicester)
- 17:09.0 Anita Kempson (Bromsgrove)
- 17:30.0 Susan Frost (Yeovil)

4 x 100 METRES (51.0)

- 48.3 Sale Harriers
- 48.5 Middlesex Ladies
- 48.6 Borough of Enfield
- 49.0 Edinburgh Southern
- 49.5 Portsmouth Atalanta
- 49.5 Birchfield
- 49.8 Bishopbriggs HS
- 49.8 Stretford
- 50.0 Feltham
- 50.0 Hickleton Main YC
- 50.1 Carmarthen H
- 50.3 Hull Spartan
- 50.4 Belfield
- 50.6 Selsonia
- 50.7 Derby Ladies
- 50.7 Medway
- 50.7 Notts AC

HIGH JUMP (1.55)

- 1.75 Janet Sykes (DHTC)
- 1.74 Deborah Grant (Leicester)
- 1.74 Ann-Marie Devally (Bedford)
- 1.73 Diana Elliott (Leicester)
- 1.71 Tonia Phillpots (Leeds City)
- 1.70 Gail Sumner (Houghton)
- 1.70 Deborah Friar (Lakeland)

- 1.68 Yvonne Baldeo (Middx L)
- 1.68 Valerie Kelly (Stoke)
- 1.68 Gillian Eames (Enfield)
- 1.67 Hilary Selway (Exeter)
- 1.66 Caroline Warren (Chelmsford)
- 1.66 Elizabeth Wren (Hertford)
- 1.66 Sandra Hunt (Altrincham)
- 1.66 Margaret Somerville (ESH)
- 1.65 Fiona Meachin (Stretford)
- 1.65 Susan Ball (Watford)
- 1.65 Janice Minnott (Selsonia)
- 1.65 Christina Phillips (Bedford)
- 1.65 Carmen Pryce (Notts)
- 1.65 Sue Morley (HMYC)
- 1.65 Susan Webb (Croydon)
- 1.65 Karen Mason (Bristol)
- 1.65 Rosemarie Hudson (NS Poly)
- 1.64 Hazel Palmer (Brighton)
- 1.64 Shirley Dewhirst (Rowntrees)
- 1.64 Diane Hemingway (Derby)
- 1.64 Louise Miller (Chelmsford)

LONG JUMP (5.20)

- 6.07 Susan Hearnshaw (Hull Spartan)
- 6.00 Janet Frank-Lynch (Mitcham)
- 5.93w Diane McNulty (Longwood) (5.76)
- 5.72 Nicola McGee (Feltham)
- 5.72 Manndy Laing (Liverpool H)
- 5.70 Susan Hay (Fife)
- 5.69 Christine Stone (Enfield)
- 5.64 Angela Rothwell (Chelmsford)
- 5.64 Jill Davies (Plymouth)



Susan Hearnshaw jumping 5.95m to win the WAAA Intermediate title.

Bob Sly

- 5.61 Deborah Smith (Andover)
- 5.60w Andrina Burgess (Birchfield)
- 5.58 Jane Punter (Mitcham)
- 5.55 Janice Arscott (Bromsgrove)
- 5.55 Fiona Kirkpatrick (Central Region)
- 5.52w Susan Doak (Glasgow AC)
- 5.51 Maxine Ross (Birchfield)
- 5.48 Hilary Brown (Cannock Chase)
- 5.46 Linda Pears (NS Poly)
- 5.45 Sharon Puzey (Windsor, SE)
- 5.45 Diane Fenn (Daventry)
- 5.44 Denise Littlewood (Sale)
- 5.42 Julie Thurbon (Southampton)
- 5.41 Diane Greenidge (Taunton)
- 5.40w Brenda Gauntlett (Enfield) (5.37)
- 5.38w Gleny Morton (Leicester)

SHOT (9.50)

- 12.04 Yvonne Ritchie (Sale)
- 11.53 Maureen Tree (Medway)
- 11.39 Fiona Condon (Bracknell)
- 11.32 Susan Tudor (Hillingdon)
- 11.18 Caroline Dyer (Aldershot, FD)
- 11.00 Julie Charlton (S Shields)
- 10.88 Helen Clarke (Chelmsford)
- 10.82 Ionie Samuels (Airedale SV)
- 10.79 Gaynor Hodges (Watford)
- 10.76 Tracey Hancock (Exeter)
- 10.71 Denise Sturman (Chelmsford)
- 10.60 Elizabeth Evans (Newcastle AC)
- 10.50 Christine Peirson (Stoke)
- 10.48 Carmen Pryce (Notts)
- 10.41 Manndy Laing (Liverpool H)
- 10.40 Susan Nancollas (E Kent Ladies)
- 10.37 Debra Morris (Pen-y-dre)
- 10.35 Diane Payne (Chelmsford)
- 10.32 Carole Williams (Plymouth)
- 10.30 Toni Brockwell (Ilford)
- 10.28 Fiona Kirkpatrick (Central Region)
- 10.23 Susan Faulkner (Lincoln CC)
- 10.18 Christine Sharp (Wakefield)
- 10.11 Jayne Seldon (Hillingdon)
- 10.10 Carla Myhill (Chelmsford)

DISCUS (30.00)

- 42.04 Fiona Condon (Bracknell)
- 40.24 Denise Sturman (Chelmsford)
- 39.54 Susan Tudor (Hillingdon)
- 36.88 Karen Phillips (Epsom & E)
- 36.46 Rhona Harvey (Newtonabbey)
- 36.32 Irene Reynolds (Glasgow AC)
- 36.16 Julie Whitmarsh (Frodsham)
- 35.62 Linda Brook (Wakefield)
- 35.38 Julia Minns (Bracknell)
- 35.34 Jane Curtis (Southampton)
- 35.30 Kim Sproul (Newham)
- 35.30 Alyson Hourihan (Cardiff)
- 34.64 Susan Bloss (Haringay & S)
- 34.50 Caroline Dyer (Aldershot)
- 34.38 Helen Clarke (Chelmsford)
- 34.20 Tracey Hancock (Exeter)
- 34.16 Elizabeth Creese (Holbeach)
- 33.94 Irene Duffin (Cambridge H)
- 33.74 Karen Herdman (City of Hull)
- 33.72 Deborah Curtis (Essex Beagles)

- 33.72 Janette Reed (Derby)
 33.52 Michele Russell (Bognor)
 33.52 Jennifer Jones (Sale)
 33.28 Marian Hindley (Birchfield)
 32.70 Charlene Zambo (Davenport)
 32.68 Susan Faulkner (Lincoln CC)
 32.68 Janette Kelly (Essex Ladies)

JAVELIN (30.50)

- 47.50 Diane Williams (Stretford)
 46.02 Chris Whitmore (Ilford)
 43.32 Yvonne Gregory (Lozells)
 42.40 Jayne Seldon (Hillingdon)
 41.20 Fatima Whitbread (Thurrock)
 39.96 Jeanette Rose (Selsonia)
 39.80 Diane Payne (Chelmsford)
 39.14 Yvonne Ritchie (Sale)
 38.86 Denise Dilloway (Plymouth)
 37.88 Julie Walker (Grantham)
 37.44 Susan Walsh (Bury)
 37.24 Maxine Jervis (Haringey & S)
 37.00 Patsy Whelan (Stretford)
 36.66 Heather Gibson (Ballymena)
 36.54 Jacqueline Cross (Derby)
 36.30 Carla Myhill (Chelmsford)
 36.26 Yvonne Norton (Llandudno)
 36.22 Gaynor Hodges (Watford)
 35.32 Ann Dignam (Southport)
 34.98 Jane Veazey (Luton)
 34.72 Annette Wiles (Coventry)
 34.52 Alyson Hourihan (Cardiff)
 34.50 Shirley Fisk (Ipswich)
 34.40 Marcia Green (Newham)
 34.34 Judy Davis (Bournemouth)

PENTATHLON (2800)

- 3780 Manndy Laing (Liverpool H)
 3720 Angela Rothwell (Chelmsford)
 3618 Brenda Gauntlett (Enfield)
 3580 Carmen Pryce (Notts)
 3525 Elizabeth Wren (Hertford)
 3489 Sue Morley (HMYC)
 3479 Wendy McDonnell (Harlow)
 3478 Judy Livermore (Rugby)
 3476 Susan Hay (Fife)
 3467 Maxine Ross (Birchfield)
 3457 Margaret Somerville (ESH)
 3440 Geraldine Waller (Woking)
 3438 Nicola McGee (Feltham)

- 3435 Gail Sumner (Houghton)
 3420 Janet Sykes (DHTC)
 3402 Shirley Dewhirst (Rowntrees)
 3387 Hilary Selway (Exeter)
 3371 Janice Minnott (Selsonia)
 3345 Rosemarie Hudson (NS Poly)
 3331 Hilary Brown (Cannock)
 3275 Michele Chambers (Tailte)
 3267 Susan Frisby (Leicester)
 3245 Fiona Kirkpatrick (Central Region)
 3207 Andrina Burgess (Birchfield)
 3200 Susan Webb (Croydon)

4 x 800 METRES (10:00)

- 9:17.6 Bracknell
 9:26.0 Pitreavie
 9:45.2 Southampton
 9:49.4 Norfolk Oly
 9:51.2 Havering
 9:53.4 Portsmouth Atalanta

Next week: Junior Women's Lists**TVH OPEN MEETING****At West London, October 6th**

3000: J. Mouat (Hill) 8:25.4. HT: 1, P. Dickenson (Dr C) 55.84/183'2" (9kg); 2, E. Lawlor (TVH) 52.98/173'10"; 3, N. Edmonds (TVH) 46.28/151'10"; 4, K. Prior (E&E) 45.42/149'0"; 5, C. King (Croy) 43.56/142'11"; 6, R. James (WS&E) 41.58/136'5". (Juniors) HT: K. Macnab (Dr C) 45.22/148'4". (Youths) LJ: R. Barton (TVH) 6.44/21'1½". (Boys) HT: 1, C. Varley 50.22/164'9"; 2, P. Squirrel (Dr C) 40.62/133'3". (Senior Women) 3000: 1, C. Brace (Herts) 9:38.8; 2, H. Fielon (Port) 9:46.0; 3, J. Smith (Kt) 10:36.2; 4, J. Kimber (Med) 10:43.6; 5, L. Mosen (High) 10:44.0.

UK Women's Track & Field League fixtures and dates for the 1977 season: (Div 1) — May 28th, Bristol or Stretford; July 30th, Edinburgh; August 27th, Birchfield; (Div 2) — May 28th, Glasgow; July 30th, Nottingham; August 27th, Enfield; (Div 3)—May 28th, Plymouth; July 30th, Hull; August 27th, Cambridge; (Div 4)—May 28th, Exeter; July 30th, Cannock; August 27th, Chelmsford.

LEICESTER CORITANIANS WARM UP No. 1

To be held at 7.00 p.m. on Wednesday, December 1st
AT THE SPORTS CENTRE, SAFFRON LANE, LEICESTER
Open events plus B.M.C. supporting events

- | | |
|--|--|
| 1. High Jump —Male/Female, All age groups | 4. 800m —Youths, Boys and Colts |
| 2. 3,000m —Youths and Boys | 5. 600m —Women, All age groups |
| 3. 200m —Male/Female, All age groups | 6. 5000m —Senior/Junior Men |
- 25p per event—events will take place as per order

Entries perferably on A.A.A. entry forms, some information must be given as to performances, also name, date of birth and club.

Entries to: Mr P. BLISSETT, 18 GIMSON AVENUE, COSBY, LEICESTERSHIRE. P.O./Cheque to be made out to Coritanians Athletic Club.

Please note—Needle Spikes must be worn

'NO CONFIDENCE' MOTION ROUTED

Only 5 vote against Marea Hartman at AGM of AAA

A MOVE by Herne Hill Harriers, supported by the British Milers' Club, to record a vote of no confidence in Marea Hartman was overwhelmingly defeated at the AGM of the AAA in London last Saturday. The resolution—"that the AAA representative on the BAAB be asked to register a vote of no confidence in the treasurer of the BAAB, Miss Marea Hartman, in view of her recent statements to the press"—gained only five votes in favour at the end of an acrimonious discussion. The number of delegates who voted against (on a show of hands) was not recorded but there must have been about a hundred of them.

The statement which prompted the resolution was made by Miss Hartman at a WAAA Championships press conference on August 17th. "Maybe athletes from the Iron Curtain countries are being trained more like the men," she had said, "and maybe we can look at it a little more in that way in future. We may be able to arrange for some of our most promising athletes to go to East Germany with their own coaches so everyone benefits."

Commenting on that statement, the proposer—Mick Dunphy (HHH)—cast doubts about Miss Hartman's judgement and said: "The key factor is the lack of adequate finance, because surely Miss Hartman is not saying that our coaches lack the knowledge to produce successful athletes at international level. If that is the meaning, the UK Coaching Scheme can be considered a total failure and I'm sure we would agree that is not the case. Our best coaches are famous throughout the world and their advice is constantly sought. What is the case is that all too often our best **women** athletes are not being advised by our best coaches, and the cause of this failure to link up the best athletes with the best coaches is the totally inadequate funding of the UK Coaching Scheme.

"Staff Coaches and National Event Coaches cannot be expected to operate efficiently if they are not given the financial assistance to do their job properly. It is appreciated that the treasurer of the Board does not bear sole responsibility for the allocating of funds, but any treasurer must have a strong influence and as a member

of the UK Coaching Committee Miss Hartman is well aware of the desperate pleas of the coaching fraternity for more money. For too long these pleas have gone unanswered. We believe that British coaches are hampered by a lack of finance. We believe that they have made many, many recommendations, all of them involving spending money, and for too long these recommendations have not been implemented."

Frank Horwill, an implacable opponent of Miss Hartman since 1970, seconded on behalf of the BMC. "Not only has she ignored warnings of a decline in her own association," he stated, "she now seeks to blame the whole sport of athletics for that decline by lumping together her team's utter failure in Montreal with the men's respectable efforts. 'We must send our coaches and athletes to East Germany'—an irresponsible statement by a person in a very responsible position."

Harold Abrahams, in the chair, broke in here to remind Mr Horwill that Miss Hartman had said "we may be able to arrange", not "we must send".

"Miserable pittance"

Mr Horwill continued: "If it's our coaching which is all wrong, as was the implication of her statement, who could have given greater assistance to improve the situation? We are told that the Board's finances are very healthy; if this is the case why do our Staff Coaches get the miserable pittance of £30 a year and our National Event Coaches £130 a year? Even if this was doubled tomorrow it would be totally inadequate.

"I realise the allocation of funds is not the sole prerogative of an organisation's treasurer but we all know the powerful influence this particular lady has on such matters. The fact is Miss Hartman was so embarrassed by her team's disgraceful Olympic performance she sought to sidetrack her own share of the blame and to, en bloc, more or less, accuse British coaches of being in need of Iron Curtain tuition.

"Much will be said about the good state of the Board's finances. Let us not overestimate the personal touch of Marea Hartman to obtain money; let us not underestimate the position of Board treasurer. Let us not forget the Bedfords, Fosters, Pascoes, Stewarts and Capes—these are the men who attract sponsorship. Really, the job of Board treasurer is one that needs a responsible and single minded person, not a person with numerous irons in different fires: British women's team manager, secretary of the WAAA, chairman of the Women's Committee of the IAAF. This lady is neither responsible nor single minded. A treasurer must be responsible

NEATH HARRIERS VALE OF NEATH '10'

(Under A.A.A. Laws)

SUNDAY, DECEMBER 12th, 11.30 a.m.
FROM TONNA R.F.C., TONNA, NEATH

Prizes to first 3 Ind., first team of 3, first Vet.
Entries 30p, plus 50p team (by December 8th)
to A. A. Currie, 7 Fothergill Road, Cwmgwrach, Neath, West Glam. Tel: Glynneath (0639) 720717.

and constructive. I submit that Miss Hartman's comments to the press were irresponsible and destructive. British athletics needs a change."

Representing London Athletic Club, BAAB secretary Arthur Gold was the first to speak against the resolution. After refuting references to the Olympic women's team as being Miss Hartman's ("they are selected by the Board as a whole; Miss Hartman has a voice but not a vote on selection"), he referred to the cost of the UK Coaching Scheme—£120,000 per year.

"Some part of it comes from a grant by the Sports Council," said Mr Gold, "some part of it from the money we raise from television, but there is an enormous shortfall, and that shortfall depends on the efforts of the treasurer in raising money. The Board, I am delighted to say, have had the most successful financial year ever and our treasurer as such is largely responsible.

"Mr Horwill says it isn't a personal matter. On the last occasion he crossed swords with Miss Hartman he sent out, to my knowledge, no less than 21 spiteful letters. Prince Philip received one, the Prime Minister received one, the Minister of Sport received one, both the president (Harold Abrahams) and past president (Marquess of Exeter) received a letter, and so did many others. It is perhaps a more personal matter than he would admit.

"Vindictive vendetta"

"I think it is important that you should also know that our National Coaches are today meeting in Edinburgh and their chief speaker was to be—and to their regret unable to be there—a senior coach from East Germany, invited at their request. If we said we had nothing to learn from the rest of the world, Miss Hartman would have been accused of arrogance. We've a lot to give and a lot to learn. There's nothing wrong or derogatory in suggesting we can learn from another country. I would ask you not merely to vote against the resolution but to vote in such a manner as to show your contempt for the mischievous sportsmen who are using this AGM so that they may pursue a vicious, vindictive vendetta."

Norman Cobb, secretary of the UK Coaching Committee, explained that the UK Coaching Scheme's object was for the millions and not for the few and that it was on this basis that the Sports Council grant-aided the scheme to the extent of 75%. Seven-eighths of the scheme "is devoted to clubs, athletes and schools at that particular level, only one-eighth to top class athletes, and our National Coaches have that as part of their terms of reference".

Mr Cobb continued: "Of course the whole scheme relies upon the work of thousands of honorary coaches. Now £120 for the National Event Coaches and £30 for Staff Coaches of course is not enough money, and one is always trying to get more to improve the situation.

Nevertheless, the basic fact is that we have to find £120,000 per annum."

Referring to eight resolutions passed at a recent Staff Coaches Conference, Mr Cobb remarked. "I find myself in complete harmony with all of them—all good commonsense suggestions, as indeed are the suggestions we get from our National Coaches from time to time to improve the scheme. Now they're not just rejected out of hand; they are progressed in the usual way through the committee, they are discussed and where the money is available almost invariably these improvements are brought into being."

Of Special Event Courses, for athletes in the top bracket, Mr Cobb said: "Four years ago there was no money at all for that; it built up to £12,000 last year, this year it is running at £10,000. OK, it's not enough. Nevertheless, the attempt is being made, within the constraints of the present scheme. If people want a different coaching scheme then the aims have got to be changed."

Mr Cobb then produced a letter to him from Frank Horwill, which included the following words: "At the AAA AGM I hope the first step to removing this bigot from power will be taken . . . when she goes a few of her hangers-on will be the next in line to go." Mr Cobb commented: "That is the spirit in which this particular proposal is being made"—to which Mr Horwill proclaimed "I'm not ashamed of that letter and I would write it again and again."

'Daily Mail' athletics correspondent Roy Moor, speaking as a fully paid-up member of Polytechnic Harriers, explained that he was responsible for asking a question at the WAAA press conference about the possibilities of inviting coaches from East Germany. "She replied why not, we can all learn something—even possibly from them. There was no question of saying they have got to come. Later, a colleague asked would she be prepared to send women athletes to East Germany. She replied why not, if we've something to learn—and coaches too. But she did add: 'I'm not sure all our girls would want to undertake their style of training and coaching but no reason why we shouldn't find out if it's possible.' In no way was she decrying the British coaches. I think rather than be condemned she should be congratulated for what she said that day."

Mick Dunphy, given the right to reply, dissociated himself from the letters of Mr Horwill referred to (of which he had no knowledge), accused Arthur Gold of introducing recriminations into the discussion and offered to withdraw the motion as he anticipated it would be very heavily defeated. However, the chairman, Harold Abrahams, sensed the meeting would like a vote and the motion was duly defeated.

Mel Watman

(A report of other business at the AGM will be published next week.)

SHOT PUT PHYSICAL PREPARATION

A simple guide by Geoff Capes

YOU must be strong. Whilst working for greater strength the three following subjects must not be forgotten: (a) Suppleness of (i) ankles; (ii) trunk (mainly rotation); (iii) shoulders and thorax. (b) Speed of feet and arms. (c) Skill—specific education of neglected groups, ie using a simple mirror and shot put movement, with a weighted bar across the shoulders, looking at oneself and going through motions involving separately the trunk and legs adductors and working on over simulating the whole movement. Also work for greater displacement from hips to trunk by moving the shoulders and hips in opposite directions.

The following exercises were devised by myself with the help of a great French coach, Albert Rivet, who is the leading French 'throws' coach.

For the suppleness of the ankles and adductors

We used a split stance with a bar across my shoulders (about 300lb was used) and the right knee was bent to about 30% to the front, keeping the inside of the left foot on the ground, thus stretching the adductor of the left leg nice and easily. The whole routine was reversed for the other leg.

For the trunk

(a) Rotations sitting down on a bench using a bar with a very light weight. Place the weight across the shoulders and twist from side to side getting a nice torque twist movement. This movement can also be done standing up.

(b) Side flexions. Use a light dumb bell. Take one and let it hang behind the neck and reach as far away across in the other direction as possible.

For the shoulders and thorax

Again use dumb bells of light weight. You can do this exercise (called Flying) either standing up or sitting down. Hang the weights to the side then raise the weights up to shoulder height.

One can also use this exercise sitting on an incline bench. The range of movement can be extended by taking the weights all the way up until they touch each other.

Another way to use dumb bells is to do an alternate incline press with each hand. A light or heavy weight can be used.

To these exercises you add the **strength exercises**. There are numerous different types of strength movements. The ones I use are the following:— (a) BENCH PRESS. (b) SQUAT (HALF). (c) MILITARY PRESS. (d) JERK PRESS. (e) SNATCH. (f) CLEAN AND JERK. All these exercises are done with the ones already mentioned in one session repeated three times a week.

COMPETITION PREPARATION

When we are ready for a competition I follow this routine:—

Warm up

Feel and look for relaxation. Especially feel for relaxation in the trunk.



Geoff Capes, a shot putting coach in his own right, in action at this year's European Indoor Championships where he won the gold medal for the second time.

Peter Probst

Standing Throw

Little by little feel for a good position. Look to the back for as long as possible. Place the right leg a little over the centre line. Lift the left leg and bend the right. Slowly move the left into the stop board and then accelerate the right leg into the turn position keeping the left leg slightly braced at the foot but keep the leg loose. By now the hips should have caught up; drive them round and up. Violently brace the left leg, keep the right elbow up, then lift the left arm and shoulder. You should at this point be in a very good position. In one very simple phrase 'Belt the shot with all your might' and keep the whole range and extension going until the shot has gone. If the left leg has braced enough you

should not fall out of the circle.

Right. Now look and read the above again and add the following words in your mind:—**LOOK TO THE BACK WITH THE EYES. THINK FROM THE BACK OF THE CIRCLE. RIGHT FOOT, RIGHT FOOT, LEFT FOOT.**

A one, one, two feeling, but this must be done fast so as not to get a stopping feeling in the middle.

One must have a flair for throwing. HE or SHE must not be put off by being bigger than the runners. As many points are needed in a competition from the throwers as from the runners — sometimes more. I have enjoyed my athletics and will continue to do so through coaching others who want to reach the top.

THE THROWER'S DIET

By former National Coach Peter Lay

Energy is expended at all times of the day and is usually measured scientifically. It can be calculated by adding all the day's activities together as well as the calories used in the basal metabolic rate (ie calories used in supplying energy for normal body functions, eg sleeping etc).

The large thrower in training would have a basal metabolic rate of around 1900-2000 calories per day.

All activities then require extra calories, eg sitting—15 calories per hour; walking slowly—115 calories per hour; walking up stairs—1000 calories per hour, and so on.

The heavy thrower engaged in intense training will require around 4500-5000 calories per day **JUST TO MAINTAIN HIS PRESENT BODY WEIGHT**. If his intake is 1000 calories per day extra then he will gain weight at a rate of two pounds per week (3500 calories = 1lb. Therefore 7 times 1000 divided by 3500 = 2lb). Simple. And this is the key.

So we go on. The best buys of high calorific foods are:—Margarine/butter @ 226 calories per oz. Peanuts @ 171 calories per oz. Chocolate.

In fact the best buys from an economic point of view; the best double buys combining protein

and calories undoubtedly are:—Cheddar cheese — $\frac{1}{2}$ lb yields 960 calories; 57.6grms protein. Milk —3 pints yields 1080 calories; 54.0grms protein.

The thrower who is on a weight gain routine cannot exist on the three meals per day. It is impossible to take in sufficient protein and calories. I suggest breakfast, mid morning break, lunch, tea, dinner and supper with the mid morning break and tea taking the form of a good high protein/high calorie snack.

The only remaining problems are volumes of food eaten and convenience. Whilst it might be economically sound to eat half a pound of cheese every day, it may not be convenient for the student or the travelling man to pull out his hunk of cheese and gnaw away blissfully unaware of those who stare in disbelief. Similarly, the 3600 calories yielded from 10 points of milk are the desirable, but the gallon and a quarter of liquid isn't particularly comfortable. For these reasons I am a strong advocate of food supplements.

Finally, during an intensive weight gaining programme, ensure you increase your hours of sleep. Obtain more rest and relaxation and keep working hard on heavy weight training. You won't be disappointed with the results it will produce.

(First published in 'AW' in 1970)

CHESTER & ELLESMERE PORT A.C. ROUND THE WALLS RACES

(Under A.A.A. Laws)

Sponsored by Brown's the Jewellers
BOXING DAY, DECEMBER 27th 10.40 a.m.
At Chester Racecourse, The Roodee

Young Colts	(9 & 10)	0.8 Miles	20p
Colts	(11 & 12)	1.1 Miles	20p
Boys	(13 & 14)	2.2 Miles	25p
Youths	(15 & 16)	3.3 Miles	30p
Seniors		4.0 Miles	30p

Ages as at 1.9.76.

Individual awards, trophies and prizes in all races (including Veterans prizes).

ENTRIES to T. Prescott, 2 Oulton Avenue, Chester CH2 1QY.

ENTRIES CLOSE DECEMBER 8th

MORPETH TO NEWCASTLE OPEN ROAD RACE (13 $\frac{5}{8}$ MILES)

(Under A.A.A. Laws)

SATURDAY, 1st JANUARY, 1977
Sponsored by 'Newcastle Journal Ltd'

Awards: Scratch Race — first five
Sealed H'cap — first five
Team Race — first three

Time standard Medals and Certificates. Team Handicap, Novice and Vets.—state age.

Entry Fees: Individual 20p, Team (6 run 3 score) 50p.

Entries no later than Monday, 6th December, 1976, to W. Y. Dewing, 19 Swaledale Gardens, Newcastle-upon-Tyne NE7 7TA. Tel: Newcastle 666196.

'NO HOPER' UDO BEYER HITS THE JACKPOT

By Ivan Berenyi

Photo by George Herringshaw



UDO BEYER, though only 20, had already suffered more than his fair share of disappointment and rejection in the course of a 10-year, uncompromising search for sporting glory when he lined up on July 24th for the shot-put final in Montreal. He was pretty happy with himself for having made it that far and—outclassed on paper by most of the other finalists, injury-ridden and convinced of being on bad terms with Lady Luck—he decided against adding to the many dents in his pride and to share the opinion of his team-mates that he was a no-hoper. So he watched the final proceed with his usual, baleful expression, though mingled on this occasion with a measure of self-satisfaction. It was soon to give way to incredulity.

For the last-minute choice, who was grudgingly granted the third berth in the GDR's team for the event in place of European champion Hartmut Briesenick (injured in the Olympic run-up and subsequently retired) on July 10th after putting 21.06m in the squad's final pre-Olympic competition, was lying third after three rounds of the final with 20.50m. Aleksandr Baryshnikov (USSR) led with 21.00m, ahead of America's Al Feuerbach (20.55m).

Beyer, whose finger injury mended some six weeks before the Games, only to mark the start of problems with another finger a week later so that he could hardly attend training sessions for a month preceding the final, was first of all non-plussed by his exalted place in such distinguished company. But then, he was to say later, "suddenly I realised that I had nothing to lose, and started feeling extraordinarily calm, while my

competitors were all going crazy; almost hysterical. So I just sat on the bench, and watched their every put, taking in how they were getting more and more nervous. When it was my turn, I was cool, and focussed all my concentration on my putting technique".

Udo's calmness was to pay off soon. His fourth put was invalid, but with the fifth the young East German giant (1.94/6'4½", 120kg/265lb) with the bushy, Denis Healey-type eyebrows shocked the 70,000 spectators and his fellow-finalists alike by sneaking ahead with 21.05m. With just one round left, he was leading the field.

The Soviet second-string Yevgeniy Mironov edged into second place with 21.03m but Baryshnikov, the 27-year-old PE teacher from Moscow who had broken Terry Albritton's world record with a put of 22.00m on just the day that Beyer's zero-hour bid succeeded, still had another go. However, the Russian with the spiral technique, who had led the qualifying round with an Olympic record of 21.32m, was jaded and could not improve. Nor could Geoff Capes, the other favourite for the title, who was lying sixth with a for him very modest 20.36m. So, to the consternation of all concerned, no-hoper Udo Beyer became first among the equals in a very mediocre final.

"No, of course I did not expect to win," he said in the post-competition interview. "I did not even expect to get here at all. My sole achievement of note to date was that I became the 1973 European Junior Champion. But this did not give me much credit at home; and, let's

face it, there were enough others better than me and more worthy of being nominated for the Montreal trip."

Yet once he made it to Montreal his self-confidence started to grow, he was to admit. "My hopes were still modest though. On the basis of my recent results, there seemed to be simply no way for me to get a medal. To become champion? I did not even dream of such a windfall. I was tipping Baryshnikov or Capes for the gold, and after them the Americans. All I was aiming for, quite realistically, was to make it into the final, and once I succeeded in that, to become fifth or sixth. Before the competition, I would have been more than satisfied with that. But then, in the hard yet surprising final, my opponents were decidedly subdued, and I produced my current, modest form. Still, I can't complain at all, or say that I am not happy with the outcome. Frankly, after this wonderful victory I don't even mind it any more that I did not make it in football."

There is, perhaps predictably, a bitter story behind this apparent understatement, as the young building technician, who was born on August 9th 1955 in the steel-town of Frankfurt/Oder, is himself first to admit: "My sole, single-minded ambition had once been to become a football player," Beyer reflects. "A successful forward. A goal-scorer. But the football coach was constantly dissatisfied with my performance, however hard I tried. I went home, believe me, crying alone a lot of times."

When, finally, Udo was told by the coach that the team had no further use for him, he was heartbroken. But he comes from a sporting family, and one of his brothers is a first-rate handball player. "So this brother took me along to his club's training, to console me more than anything else," Udo continues. "I quite liked it there, but did not really click." Again told to move to different sporting pastures, the coach who broke the unhappy news suggested, apparently to soften the blow, that Udo should try the shot put because, though only 13, he already had the bulk and was clearly not cut out for ball-playing team sports.

So this was how Udo arrived, in a roundabout way, to an athletics training session of the BSG Stahl Eisenhüttenstadt club, led by coach Emil Schluter in the last days of the summer of 1968. "One of our sprinters—a skinny kid we nicknamed the 'Crow', brought him along," remembers Schluter, "and thus Udo was initially called 'the Crow's croney'. He looked strong for 13: must have been about 1.82m (5'11½") tall and roughly 78kg (172lb). Not such a badly turned-out kid, I thought at the time."

So the now 66-year-old Schluter, a pensioner but still chief coach at the modest little club, took Beyer in hand and started him off in his own discipline, the hammer throw (his best, at 30, was 44.38m). He showed him how to hold the hammer, made him do practice turns, and after exactly twenty of those asked him to try a

throw. The hammer flew to 35m, and with his next throw Udo instantly improved to 41m. "OK, you'll do," said the coach. "You can stay if you want to. We might even make an athlete of you yet. But first of all we'll have to improve your whole physique and your all-round capabilities."

Beyer stayed a year with BSG Stahl Eisenhüttenstadt and, although he kept sneaking back to train with a handball club too, the grounding he received from Schluter, whom he still visits whenever he goes home to his native Frankfurt, proved to be thorough and decisive in terms of his future career. He thanks that year today, when his weight is 120kg, for being able to run 11.3 for 100m with such a bulk and to achieve 1.95m in the high jump.

European junior title

But, having spent a year with BSG, Beyer came to realise that he needed a bigger, more important club to develop his talents to the full, and thus he moved to Potsdam, to join the stable of coach Fritz Kuhl of the ASK Potsdam club. And Kuhl saw him more as a shot putter, though he was to achieve 66.84m in the hammer event too. Three years later, in 1973, Beyer won the European Junior shot title with a European Junior record of 19.65m.

Still vacillating between the shot and the hammer, Beyer's best in 1974 was 20.20m. In 1975 he was to finish fourth on the world list with 20.97m—a result he achieved when winning in the GDR v UK meet in Dresden in front of Hartmut Briesenick (20.96) and Geoff Capes (20.69). But, apparently unloved by the selectors, he was not picked to represent his country again for a while, and in the European Cup semis it was Hans-Peter Gies, and in the Nice finals Heinz-Joachim Rothenburg who competed for the shot honours. Rothenburg was second (20.33m) to Capes (20.75) in Nice.

In 1976, it was East Berliners Rothenburg and Gies who made much of the early season running at home in the GDR, with SC Dynamo Berlin third-stringer Gerd Lochmann coming into the picture whenever one of them was absent and there was an opening. At the end of January, it was Rothenburg who won the GDR indoor title with 20.89m, with Lochmann second (19.94). In the European Indoor Championships in Munich it was Lochmann (20.29m) who was to represent the GDR and finish second to Geoff Capes (20.64). Similarly, in the post-Montreal GDR national championships the three Berliners shared the medals, with Gies (21.12m) first, Rothenburg (20.64) second and Lochmann (19.60) third, while in the Poland v USSR v GDR meet in Warsaw Rothenburg (19.57m) finished third behind the USSR's Yarosh (20.30) and Mironov (20.10). Udo Beyer was not part of the proceedings at any of these events.

But he certainly crashed the solid ranks of the Berliners when it counted, and one event he

is certain to be present at is the New Year's Eve celebration party at old coach Emil Schluter's little weekend house in Henzendorf, just outside Frankfurt/Oder. This is a traditional gathering for Schluter's favourites which Beyer always attends. There is a training field nearby, carved out of the woods and complete with a football pitch. This is where the party invariably repairs to, to play handball and soccer. "Udo likes to come back to where he started," says Emil Schluter, "and as soon as he was back from Montreal, he indicated his acceptance to my standing invitation."

Sports-minded Family

This is a commendable tribute to the man who was first to glimpse Udo's potential as a teenager. "Beyer's whole family is quite incredibly sports-minded," says Schluter. "But I tipped Udo from the start to produce the big result, even if his sister Gisele could also make quite a name for herself internationally later."

Udo is very proud of sister Gisele. "She is a very promising discus thrower," he says. "Though she has still got a couple of years more as a junior, her personal best of 52.82m and consistent 50m form already single her out in her age group for national prominence."

Udo Beyer shares first place with 21.12m with Gies and Rothenburg on the 1976 GDR ranking list, and is joint 7th on the 1976 world list, behind Baryshnikov (22.00), Albritton (21.85), Feuerbach (21.74), George Woods (21.63), Capes (21.55) and Mironov (21.53). This pre-Olympic put marks his personal best so far, but it is by no means the upper limit of his ambition and, he believes, his potential.

"I won the Olympic gold very young," he says, "and my whole sporting career is still ahead of me. I do not intend to rest on my laurels. Probably I could not, either: after all, I will only be 25 at the time of the 1980 Moscow Games. Now my aim is to go after the world record."

Having been told by some of his compatriots that he lives in a fool's paradise if he makes too ambitious plans on the basis of a lucky win in a sub-standard Olympic final does not deter him. "Athletes dream of two things: to win the Olympic title, and to break the world record," Beyer argues with disarming simplicity. "I am, naturally, after the 'other' now." And then he adds as an afterthought: "It's normal. The appetite grows while eating . . ."

Asked if he plans to convert to the 'Baryshnikov technique', Udo Beyer points out that at 22 the Russian's best was 17.74m, and that he is already past that mark. "Baryshnikov is a great athlete, and his very personal style may bring him a lot of success. Some people say it's the style of the future. It may be—who knows. But I, personally, intend to stick with the conventional putting technique I have got used to. For me, it's good enough."

SURREY WOMEN'S ROAD RELAYS

At Brockwell Park, October 9th

1, Epsom & Ewell (M. Stroud 11:50, R. Gausson 12:48, E. Sissons 12:24) 37:02; 2, Croydon (J. Bennett 11:48, J. Lea 12:42, J. McKnight 12:53) 37:23; 3, Epsom & Ewell 'B' (C. Stroud 12:30, K. Piper 12:23, S. Woodhouse 13:19) 38:12; 4, Selsonia 40:49; 5, Mitcham 41:23. **Fastest:** Bennett 11:48. (**Inters:** 1, Epsom & Ewell (L. Ward 10:23, J. Walker 10:51, E. Harding 9:38) 30:52; 2, Croydon (A. Holland 11:31, J. Lea 10:33, D. Phillips 10:15) 32:19; 3, Guildford & Godalming (K. Simms 10:31, J. Atter 11:55, J. Brown 10:19) 32:45; 4, Mitcham 33:56; 5, Epsom & Ewell 'B' 37:28; 6, Selsonia 38:04. **Fastest:** Harding 9:38. (**Juniors:** 1, Epsom & Ewell (J. Cullen 8:49, H. Harding 8:38, S. Poulter 8:27) 25:56; 2, Mitcham (J. Frankland 8:42, R. Harden 8:43, K. Amey 8:53) 26:18; 3, Selsonia (M. Martin 8:58, J. Simms 8:52, P. Simms 8:33) 26:23; 4, E&E 'B' 26:58; 5, Woking 27:06; 6, Croydon 27:35; 7, Surrey AC 28:14; 8, Mitcham 'B' 28:19; 9, Guildford & G 28:43; 10, Camberley 28:48. **Fastest:** A. Whatley (Wok) 8:17. (**Girls:** 1, Mitcham (L. Tyler 8:52, C. Care 9:08, P. Fernee 9:03) 27:03; 2, AF&D (H. Churm 8:56, J. Linton 9:17, Y. Shotton 8:57) 27:10; 3, Mitcham 'B' (S. Rand 9:07, J. Few 9:35, J. Punter 9:15) 27:57; 4, Surrey AC 28:10; 5, Sutton & C 28:34; 6, Camberley 29:03. **Fastest:** K. Nicholson (G&G) 8:50.

MEDWAY AC/ALBERT COOK BOYS CC RELAY

At Maidstone, October 2nd

1, Tonbridge 46:51; 2, East Kent 49:22; 3, Bexley 51:24; 4, Hundred of Hoo 51:38; 5, Maidstone GS 51:57. **Fastest:** A. Craik (Tonb) 10:56, G. Cockrill (Bex) 11:14, J. Rebbeck (Tonb) 11:41, D. Rees (Tonb) 11:46, G. Wheeler (E Kt) 11:50, D. Turner (HoH) 11:54, M. Mortley (Med) 11:56, M. Lloyd (Tonb) 12:02, P. Wood (Tonb) 12:09, J. Webster (E Kt) 12:18. (**Colts 2M:** 1, H. Davies (Med) 11:48; 2, S. Hughes (Med) 11:51; 3, A. Saker (Tonb) 12:19; 4, P. Chapman (Med) 12:24; 5, B. Rogers (HoH) 12:35; 6, W. Weedon (Bex) 12:41; 7, I. McCourt (Med) 12:48; 8, M. Fiddaman (Med) 12:53; 9, A. Stiles (Med) 12:55; 10, I. Brown (Tonb) 13:01. **Teams:** 1, Medway 14; 2, Bexley 51; 3, Hundred of Hoo 63.

Sussex AAA officers: President, R. Hook; secretary, A. Hayes, 123 The Birches, Three Bridges, Crawley, Sussex (Tel: Crawley 29229); treasurer, D. Higgs; summer champs secretary, J. Jones, 4 Jubilee Cottages, Walstead, Lindfield, Sussex (Tel: Lindfield 3593); winter champs secretary, C. Howard, 1 Douglas Avenue, Worthing.

Blackheath H officers: President, R. Taylor; general secretary, D. Amner, Homestead, Cudham Lane North, Cudham, Nr Sevenoaks, Kent (Tel: Farnborough 55301).

RESULTS IN BRIEF

September 7th

Insurance Road Relay Champs at New Beckenham: 1, Temple Bar 45:19; 2, Sun Alliance (Lon) 47:04; 3, Equity & Law 48:33. Fastest: A. Catton (SA) 10:12, R. Gevers (TB) 10:30, I. Lymath (TB) 10:43.

September 19th

Southern WAAA 800m Champs at Crystal Palace: 1, M. Sonner (LOAC) 2:12.8; 2, C. Ward (LOAC) 2:13.1; 3, H. Grier (Hill) 2:14.2; 4, B. Green (née Price) (Felt) 2:14.6; 5, B. Watts (W Corn) 2:15.0; 6, J. Kimber (Med) 2:16.2; 7, K. Tufnell (—) 2:17.4.

September 26th

Midland CWAAA Walking League at Northfield. (Senior Women 5000m): 1, E. Cox (Sol) 27:57; 2, M. Brown (B'field) 28:34. (Inters 4000m): 1, T. Whitehead (Hales) 24:58; 2, A. Jones (Dud) 26:11; 3, P. Massey (B'field) 28:04. (Juniors 3000m): 1, C. Brooke (Sol) 16:35; 2, H. Row (Sol) 17:29; 3, D. Birbeck (Worc) 17:48; 4, D. Hickey (B'field) 18:10; 5, C. Caire (Sol) 18:16; 6, S. Genner (Hales) 18:31. (Girls 2400m): 1, Y. Eden (Sol) 14:28; 2, E. Whitehead (Hales) 14:41; 3, S. O'Neil (Worc) 14:57; 4, L. Smith (Sol) 15:06; 5, T. Daniels (Tam) 15:18; 6, J. Harrison (Sol) 15:49.

October 9th

Midland CWAAA Walking League at Perry Barr (Junior): 1, L. Whitehead (Hales) 16:32; 2, C. Brooke (Sol) 17:08; 3, H. Roe (Sol) 17:41; 4, D. Birbeck (Worc) 18:01. (Juniors/Girls): 1, Y. Eden (Sol) 14:28; 2, E. Whitehead (Hales) 14:35; 3, T. Daniels (Tam) 14:46; 4, F. Fenoughty (B'ham P) 15:14; 5, S. O'Neil (Worc) 15:19; 6, J. Hadley (Hales) 15:31.

Birchfield 'W. W. Alexander & C. G. Austin' Memorial CC Relays at Perry Park (Birmingham): 1, Birchfield; 2, A&SV; 3, Bromsgrove & R; 4, Birmingham Univ; 5, Coventry; 6, Notts. (Inters): 1, Notts; 2, A&SV; 3, Coventry Godiva; 4, Birchfield; 5, Charnwood. (Juniors): 1, Cannock; 2, Notts; 3, Birchfield; 4, Cannock 'B'; 5, Warley; 6, Bromsgrove & R.

SE London Schools CC League at West Wickham. (U/16): 1, McNeill (SP) 19:12; 2, Senechal (CS) 20:00; 3, White (CS) 20:26. Team: St Columbas. (U/14): 1, Cockrill (BE) 13:52; 2, Titcombe (DW) 14:58; 3, Clarke (SC) 15:02. Team: St Columbas. (U/13): 1, Turner (SC) 12:03; 2, Keeley (BP) 12:03; 3, Ince (SC) 12:05. Team: St Columbas. (U/12): J. Coffy (R) 8:35. Team: Dartford (W).

October 10th

Sedan to Charleville 25km Road Race (Belgium): 1, Schoofs (Bel) 1:13:43.4; 2, R. Lismont

(Bel) 1:16:01; 3, Moissonnier (Fra) 1:16:13 . . . 7, DAVE LEM 1:17:34; 8, ROGER BEAN 1:18:16. 322 finished.

October 13th

Cambridge University Inter-College CC League (Div 1): Queens v Fitzwilliam v St Johns: 1, S. Oglethorpe (QU) 24:15; 2, G. Reid (QU) 24:47; 3, M. McAllister (St J) 25:03. Team: Queens. Magdalene v Caius v Trinity: 1, N. Turner (M) 24:17; 2, P. Sillis (M) 25:00; 3, P. Tucker (T) 25:18. Team: Magdalene. Selwyn v St Catherine's v Clare v Jesus: 1, M. Wilson (S) 23:54; 2, M. Ellison (St C) 24:09; 3, T. Stowe (J) 25:02. Team: Jesus. (Div 2): 1, J. Couling (D) 24:07; 2, D. Kennedy (D) 24:37; 3, D. Russell (K) 24:42. Team: Downing.

October 16th

Cambridge Univ 22 v Cambridge Univ 'B' 67 v Milocarbon 168 v Orion 174 v Utd Hospitals 223 at Cambridge: 1, P. Sillis (C) 33:33; 2, C. Daniel (C) 33:46; 3, J. Austin (C) 33:55; 4, T. Stowe (C) 34:03; 5, B. Moore (C) 34:15; 6, J. Butcher (O) 34:21.

SLH/Harriers 106 v Cyclists 112 at Coulsdon (SM): 1, M. McEvilly (Shaft) 29:30; 2, B. Attwell (R&R) 30:15; 3, C. France (E&E) 30:32; 4, R. Hillier (R&R) 31:03; 5, C. Beauvais (Walt) 31:11.

Weymouth '10': 1, C. Carthy (HMS/Osp) 53:49; 2, J. Hurt (B'mouth) 55:24; 3, M. Reed (HMS/Osp) 55:35; 4, J. Williams (Trow) 55:58; 5, A. Coleman (Wey/SP) 56:22; 6, R. Jeans (Sal) 56:41; 7, B. Dunn (Wey-V) 58:15; 8, P. Clarke (Wey) 58:15; 9, A. Bainbridge (HMS/Osp) 58:28; 10, D. Sanderson (HMS/Osp) 58:40. Teams: 1, HMS Osprey 21; 2, Weymouth St Pauls 29; 3, Bournemouth 56. (Youths 3½M): 1, K. Way (Wey) 18:32; 2, M. Dethick (Wey) 18:35; 3, K. Densley (Bris) 19:08; 4, J. Brench (Ver) 19:35; 5, N. Coleman (Wey GS) 19:59; 6, G. Conning (Wey SP) 20:13. (Colts 2½M): 1, W. Quinn (Wey SP) 14:36; 2, S. Self (Wey SP) 14:55; 3, S. Howard (Wey GS) 15:56.

Vets AC 5½ Miles CC Run: D. Turrell (9:00) 36:46. Fastest: J. Hay 42:30.

October 24th

24km Road Race at Morlaix (Fra). 1, J-P. Gomez (Fra) 1:09:07; 2, Paugam (Fra) 1:09:10; 3, LES PRESLAND 1:09:17; 4, Caraby (Fra) 1:09:30; 5, JOHN JONES 1:09:35; 6, JIM MOUAT 1:09:39; 7, Rault (Fra) 1:09:45; 8, EDDIE OXLADE 1:09:55; 9, DAVE COLLINS 1:10:57 . . . 12, MALCOLM BARTON 1:12:02; 13, JIM ALDER 1:12:26; 15, CAVIN WOODWARD. Team: Aldershot, Farnham & Dist.

Due to a clash of dates the Cambridge & Coleridge AC '10' will be held on Sunday, April 17th next year.

Huge Entry For Young Athletes' Races

A TOTAL of over 1600 entries were received for this year's Leicester Coritanian Cross-Country Meeting at Western Park on October 17th, providing athletes and spectators with seven races of the highest class. Two women's races were added to last year's programme, giving a nicely balanced order of events. The climax of the afternoon was the Junior men and Youths races—both of which brought together many of the country's finest athletes.

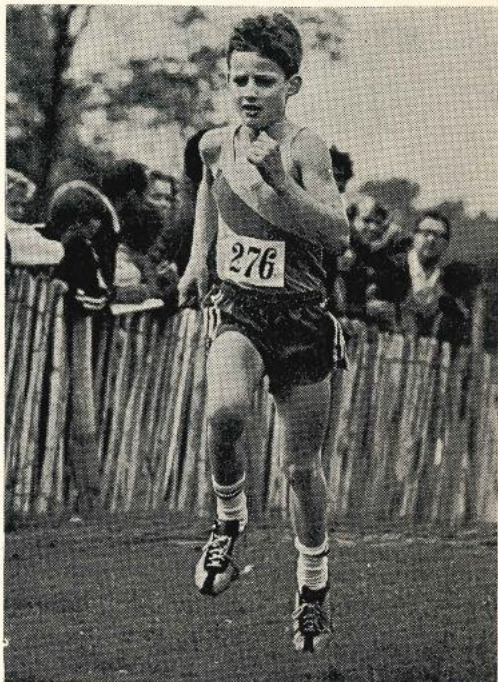
In the Youths race, Mick Morton set off at a tremendous pace chased by Kevin Capper and Adrian Martin. Included in the race were no less than five of last year's Schools International team. However, despite the class of the pursuers, Morton held on to win convincingly with Capper coming through to take Martin with a late challenge. The home club, Coritanian, well led by Gary Burdett in sixth position, were clear winners of the team competition, packing their scoring four in 20.

The Junior Men's race was of similarly high standard—athletes such as Nick Lees, Jeremy Lothian, Steve Emson, Tony Milosorov and Malcolm Plant headed an entry which bore a strong resemblance to a 'National' field. Lees and Lothian broke away early on, closely followed by Emson, thereby setting the pattern for the rest of the race. Lothian held on to Lees for two miles—from which point on Nick looked to be a class of his own. There followed an absorbing struggle for second between Jeremy Lothian and Steve Emson, Jeremy coming out on top finally at the end of five very tough miles. Tipton posted their intention for the season by crushing many of the country's best teams—winning by 25 points over Derby and Coventry Godiva.

Next year the organisers hope to develop the meeting still further by including Senior races, thereby providing competition for all age groups.

P. W. Blissett

1, N. Lees (Derby & County)	26:14
2, J. Lothian (Plymouth)	26:34
3, S. Emson (Tipton)	26:45
4, G. Dwelly (Brack)	26:54;
5, T. Milosorov (Tip)	26:56;
6, M. Plant (Man)	27:10;
7, P. Betteridge (Hav)	27:17;
8, K. McDonald (Leeds)	27:25;
9, E. Kelly (Cov)	27:29;
10, B. Leddicot (Gates)	27:37;
11, K. Harrison (Stret)	27:38;
12, D. Lavelle (Cov)	27:46;
13, S. Kendall (Tip)	27:47;
14, P. Campbell (Bolt)	27:55;
15, R. Nash (West)	28:00;
16, D. O'Dally (Swin)	28:10;
17, K. Bell (A&SV)	28:14;
18, C. Smith (Leic)	28:16;
19, J. Hurst (Holm)	28:22;
20, P. Alldred (Stret)	28:24;
21, S. Caldwell (Bolt)	28:30;
22, M. Watts (Dby)	28:35;
23, D. Reeves (Dby)	28:39;
24, S. Vines (Hav)	28:44;
25, A. Nook (Hales)	28:45.
Teams: 1, Tipton 21; 2, Derby 46; 3, Coventry 59; 4, Bolton 61; 5, Stretford 61; 6, Havering 65; 7, Westbury 75; 8, Manchester 84; 9, Holmfirth 95; 10, Leicester 141.	



Mark Slowikowski, who turned 11 on September 29th, won the Young Colts race with 35 seconds to spare!

George Herringshaw

Youths

1, M. Morton (B'burn)	22:00;
2, K. Capper (L&M)	22:13;
3, A. Martin (Gates)	22:16;
4, A. Kirkland (Sheff)	22:20;
5, M. Cowman (West)	22:55;
6, G. Burdett (Leic)	22:59;
7, J. Perkins (West)	23:03;
8, R. Slater (Charn)	23:06;
9, J. Earlstone (Tip)	23:09;
10, M. Greenhalgh (Bolt)	23:14;
11, M. Tunstall (Wirr)	23:16;
12, J. Clark (Roth)	23:18;
13, R. Shorrocks (B'burn)	23:21;
14, C. Howe (Notts)	23:25;
15, D. Livesey (Ross)	23:26.
Teams: 1, Leicester 62; 2, Tipton 105; 3, Derby 133; 4, Bolton 149; 5, Rossendale 150; 6, Woking Schools 156.	
(Boys): 1, D. Lewis (Ross)	16:55;
2, M. Smith (B'burn)	17:06;
3, D. Topham (Long)	17:09;
4, M. Weaver (B'field)	17:17;
5, D. Sweeney (Lon I)	17:18;
6, I. Mills (Notts)	17:30;
7, A. Shelbourne (E Hull)	17:31;
8, C. Dagnall (Liv H)	17:32;
9, E. Arrowsmith (Liv H)	17:35;
10, K. O'Connor (B'burn)	17:37;
11, R. Price (Man)	17:39;
12, P. Dixon (Ross)	17:40;
13, P. Davis-Hale (Cann)	17:42;
14, D. Pemberton (B'field)	17:43;
15, F. Hampton (Hill)	

17:43. **Teams:** 1, Birchfield 77; 2, Liverpool 86; 3, Blackburn 110; 4, Westbury 124; 5, Leicester 178; 6, Manchester 183. (**Colts:** 1, B. Iken (St A) 12:32; 2, A. Kerridge (Sutt) 12:40; 3, D. Wilson (Liv) 12:45; 4, D. Wellings (Hales) 12:45; 5, K. Berrett (Hav) 12:55; 6, J. Shaw (Bing) 12:59; 7, R. Tudor (St A) 12:59; 8, A. Train (B'field) 13:01; 9, T. Cowman (West) 13:02; 10, M. Lake (St J) 13:05. **Teams:** 1, Bingley 84; 2, Westbury 88; 3, Liverpool 96; 4, St Anselms 101; 5, Manchester 108; 6, Birchfield 110. (**U/11:** 1, M. Slowikowski (Ind) 9:26; 2, E. Simpson (Whit) 10:01; 3, P. Turner (Hav) 10:04; 4, S. Smythe (West) 10:16; 5, S. Pratt (Charn) 10:17; 6, D. Kenworthy (S&C) 10:23. **Teams:** 1, Sutton & C 58; 2, Westbury 69; 3, London Irish 98.

Intermediate Women

1, S. Little (Bolt) 19:52; 2, Y. Rowe (Dby) 19:57; 3, M. Wrathmall (B'burn) 20:04; 4, M. Bone (West) 20:50; 5, V. Hodson (B'burn) 21:18; 6, S. Leaver (Bolt) 21:22; 7, R. Tweed (Work) 21:24; 8, E. White (West) 21:34; 9, S. Johnson (Leic) 21:45; 10, S. Finn (B'burn) 21:50. **Teams:** 1, Blackburn 51; 2, Westbury 55; 3, Derby 57; 4, Bolton 58; 5, Halesowen 134. (**Juniors:** 1, A. Pattison (Stoke) 12:47; 2, G. Andrews (Ind) 13:07; 3, J. Croasdale (B'burn) 13:18; 4, S. Whitehead (Hales) 13:24; 5, J. King (B'burn) 13:28; 6, J. Simcock (Stoke) 13:35; 7, J. Perry (Shrew) 13:39; 8, D. Watson (Dby) 13:41; 9, S. Harris (Rug) 13:47; 10, B. Campbell (Bolt) 13:49; 11, D. Kechingbottom (B'burn) 13:50; 12, S. Johnson (Leic) 13:52; 13, G. Eastwood (Ross) 13:56; 14, L. Jones (KH VIII) 13:57; 15, S. Alt (Ox) 14:00. **Teams:** 1, Blackburn 47; 2, Rossendale 90; 3, Halesowen 105; 4, Manchester 131; 5, Leicester 153; 6, Derby 157.

TOO MANY COSFORD ENTRIES

The Midland Counties AAA regret that some entries for the Cosford Open Meeting on November 20th have had to be rejected, purely on the grounds of numbers. More than 1500 entries were received, which is too many for the officials to cope with at one meeting. The situation, says MCAA secretary Frank Davies, underlines the urgent need for more indoor arenas in this country.

WORKSOP HARRIERS RACES

In the Workshop H advertisement for their CC races on Dec 13th, the Youths race was shown as 2 miles, whereas it should have been 3 miles. The closing date is Monday, November 29th.

Correction: scores in Division 1 of Welsh Men's League should read: Newport 'A' 26 (1343), Carmarthen 26 (1214), Cleddau 'A' 16, etc.

Niall McDonald points out that he should have been included in the Scottish hammer list for 1976; he threw 56.20 in South Africa at the age of 41.

THE ULTIMATE

IN CROSS-COUNTRY STUDS

The "Contour", specially produced by Reebok in co-operation with members of the British Orienteering Federation to get the perfect cross-country shoe, has uppers of PVC coated nylon (blue) with suede supports and red/white trim. It has a thin microcellular middle sole and perhaps the most important feature of the shoe is the new multi-studded sole—very different to the heavy studded sole so often used. The studs are thinner but there are more of them, giving the best possible grip, and those under the heel are slightly longer than those under the sole of the foot. A built-up heel and excellent heel stiffener give comfort and stability to this first-class shoe. Sizes 6 to 11 in half sizes **£10.25**. (Smaller sizes 4-5½ at £9.45 to order at short notice). Light, very comfortable, water-repellent and with a sure grip in muddy conditions.

ADIDAS SHOES AT THE OLD PRICES

(latest prices in brackets)

SPIKES

Adidas Adistar 2000, size 5½ **£21.75** (£26.99), sizes 6, 6½, 7, 7½, 8 **£23.60** (£28.99).

Adidas Racer, size 6 **£20.95** (£25.99).

Adidas Tokyo, sizes 5, 5½ **£15.75** (£19.50), sizes 6, 7, 7½, 8, 8½, 9½ **£16.99** (£20.99).

Adidas Interval, sizes 5, 5½ **£15.50**, sizes 7, 7½, 8, 8½, 9, 9½, 10, 11 **£16.70**.

Adidas Jets, sizes 3½, 4, 5½ **£9.25** (£11.85), sizes 6, 6½, 7, 7½ **£9.99** (£12.80).

Adidas Apollo, sizes 4, 5, 5½ **£7.40** (£9.60), sizes 6½, 7, 7½, 8, 8½ **£7.95** (£10.35).

Adidas Quebec, sizes 4, 5 **£6.95** (£7.99), sizes 6, 7, 7½, 8, 8½, 10 **£7.50** (£8.99).

Adidas San Jose, size 4 **£6.70**, size 10 **£7.20**.

SPECIALS

Adidas Long Jump, sizes 7, 7½, 8, 8½, 9 **£17.75** (£19.50).

Adidas Discus, sizes 7, 9, 9½, 10 **£16.65** (£18.25).

Adidas Straddle (H.J.), Right Foot sizes 6-10, 11, Left Foot sizes 6, 6½, 7, 7½, 9, 10½, 11 **£13.50** (£14.35).

Adidas Flop (H.J.), Right Foot sizes 7½, 8½, 9, 9½, 10, 11, Left Foot sizes 6, 7, 8, 8½, 9, 9½, 10½ **£13.50** (£14.35).

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within seven days. Full postage must be enclosed when exchanging goods.

Please enclose part postage, i.e. 40p Shoes.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone: Medway 47055

Northern Women's Road Relays

At Boggart Hole Clough, October 23rd

1, Stretford (C. Tranter 15:29, A. Briscoe 16:00, K. Holden 16:03) 47:32;

2, Sale (S. Simpkin 16:52, H. Hollick 16:29, J. Williamson 16:26) 49:47;

3, Longwood (S. Dean 16:05, J. Haigh 15:59, S. Holdsworth 18:11) 50:15;

4, Sheffield (S. Brown 16:16, A. Noble 18:18, A. Wilson 19:48) 54:22; 5, Bolton (C. Chapman 17:33, S. Pendlebury 18:47, A. Maslivec 18:51) 55:11; 6, Stretford 'B' (A. Lawson 18:15, J. Asgill 17:32, G. Baldwin 19:42) 55:29; 7, Stretford 'C' 56:55; 8, Hull 56:55; 9, Rossendale 57:12; 10, A&SV 58:09.

Fastest: Tranter 15:29, C. Hanson (Dby-Ind) 15:54, Haigh 15:59.

Intermediates

1, Sheffield (C. Biggin 9:10, H. Glossop 9:42, J. Furniss 8:56) 27:48;

2, Sale (S. Holden 9:47, K. Rankin 9:48, F. Jankowski 9:34) 29:09;

3, Warrington (A. Matheson 9:35, D. Holmes 10:06, S. Parker 9:39) 29:20;

4, A&SV (A. Sixsmith 10:08, W. Proctor 9:39, Y. McGregor 9:50) 29:37; 5, Bolton (S. Little 9:13, S. Lever 10:13, S. Waddicor 10:19) 29:45; 6, Warrington 'B' (J. Donovan 9:34, J. Hodgkinson 10:26, J. Carver 9:46) 29:46; 7, Hull 29:55; 8, Leeds 29:58; 9, Altrincham 30:05; 10, Derby 30:39; 11, Sale 'B' 31:07; 12, Sale 'C' 32:25; 13, Spenborough 33:25; 14, Spenborough 'B' 37:12.

Fastest: Furniss 8:56, Biggin 9:10, J. Moody (Hull) & Little 9:13.

Juniors

1, Sale (T. Scully 8:15, K. Stocks 8:01, P. Clark 7:39) 23:55;

2, A&SV (R. Toth 8:04, C. Whitaker 8:06, J. Totham 8:23) 24:33;

3, Leeds (L. Holdsworth 7:56, S. Arthurton 7:45, F. Worton 8:58) 24:39;

4, Warrington (K. Locke 8:11, N. Briggs 8:22, J. Potter 8:16) 24:49; 5, Stretford (P. Edwards 8:03, H. Mulrenna 8:42, C. Riley 8:21) 25:06; 6, Rossendale (E. Makin 8:14, W. Fairclough 8:38, A. Eastwood 8:18) 25:10; 7, Longwood 25:30; 8, Stretford 'B' 25:32; 9, A&SV 'B' 25:33; 10, Rossendale 'B' 25:34; 11, Hull 25:35; 12, Sale 'B' 25:44; 13, Warrington 'B' 25:54; 14,

Sheffield 25:58; 15, Manchester AC 26:12.

Fastest: Clark 7:39, Arthurton 7:45, Holdsworth 7:56.

Girls

1, Bury (S. Barlow 8:25, L. Rose 8:05, S. Lees 8:12) 24:42;

2, Warrington (G. Smith 8:41, K. Bailey 8:23, P. Matheson 7:48) 24:52;

3, Manchester AC (C. Swift 8:28, C. McDonagh 8:24, F. Keyte 8:11) 25:03;

4, Sale (S. Stevens 8:30, L. Gouldburn 8:17, B. Fox 8:30) 25:17; 5, Stretford (J. McLean 8:10, C. Pollard 8:28, J. Perry 9:34) 26:12; 6, Warrington 'B' (E. Davenport 8:50, C. Blackwell 8:49, S. Riley 8:38) 26:17; 7, Hull 26:43; 8, Altrincham 26:45; 9, Manchester 'B' 26:46; 10, Leeds 26:53; 11, Rossendale 27:14; 12, Sheffield 27:15; 13, Manchester 'C' 27:32; 14, Bury 'B' 27:52; 15, Stretford 'C' 27:57.

Fastest: Matheson 7:48, Rose 8:05, McLean 8:10.

WEST YORKSHIRE T&F LEAGUE

FINAL POSITIONS

(Men): 1, Longwood 406; 2, Leeds City 319; 3, A&SV 292; 4, Spenborough 279; 5, Bingley 219; 6, Wakefield 127; 7, Huddersfield New College 89; 8, Skyrac 75; 9, Halifax 56; 10, Colne Valley HS 54; 11, West Yorks PC 43; 12, Pudsey & Bramley 20; 13, Holmfirth 10; 14, Rowntrees 7; 15, Ripon 2. (Women): 1, Leeds City 396; 2, Longwood 280; 3, A&SV 261; 4, Spenborough 249; 5, Skyrac 149; 6, Bingley 78; 7, West Yorks PC 38; 8, Wakefield 20; 9, Holmfirth 11; 10, Harrogate 7; 11, Ossett CS 5.

(Individuals) (Senior Men): A. Shaw (Long) 75; (Youths) S. Berla (Spen) 60; (Boys) R. Dennis (Long) 80; (Colts) T. Ziff (Leeds) 51; (Senior Women) D. Greenwood (Leeds) 65; (Inters) D. McNulty (Long) 53; (Girls) S. Shipley (Leeds) 42. (Overall) (Males): 1, Dennis 80; 2, Shaw 76; 3, Berla 60; (Females) 1, Greenwood 65; 2, McNulty 53; 3, G. Brook (Spen) 47.

Surrey WAAA cross-country championships will be held at Morden Park on November 27th; athletes with Surrey qualification should contact Mrs W. Shepherd, 104 Florence Road, Wimbledon SW19 8TN for further details.

EPSOM & EWELL HARRIERS EPSOM '10'

SATURDAY, NOVEMBER 20th, 2.30 pm

Changing: Leatherhead Leisure Centre,
Guildford Road, Leatherhead

Prizes: First 6 Ind., first 3 Teams, first O/40, O/50 and Vets. Team. **Entry Fees:** 20p Ind. plus 20p Team (4 run, 3 score). **Entries to J. E. Cock, 153 Westway, London S.W.20, by November 18th.** SAE for acknowledgement.

TWELFTH NORTH BUCKS WOLVERTON '5' MILES ROAD RACE

SATURDAY, 27th NOVEMBER, at 3 p.m.

Ind. and Team Prizes (4 run, 3 score). Entries: 25p Ind., no Team fee, to Mr J. Reynolds, 58 Blackdown, Stony Stratford, Milton Keynes MK11 2AB, by **November 17th.** SAE for results and/or confirmation, please.

LETTERS

MAREA HARTMAN—TIRELESS WORKER FOR THE SPORT

Dear Sir,

Whilst we could never say that we have always agreed with all the decisions and directions of the BAAB and of Miss Marea Hartman, we are very aware that they are only human as we ourselves, and, therefore, do not expect that they will always have agreed with what we, as athletes, have said and done.

With this in mind we are more than concerned about the proposed vote of no confidence that has been put forward at the AAA AGM with regard to Miss Hartman. We would, therefore, like to make points that we feel strongly about.

(1) The amount of time, effort and personal finances the said person has given to athletics. We agree that she is fortunate to have been in such a position but let it be said that she has worked hard for many years to attain that, both in athletics and in her own personal career. We have been on many trips with Marea and even if we were meeting her at 8am she would have already been into the office to do a couple of hours work, and likewise at the other end of the day on our return.

(2) As a result of her position with Bowater, Marea was often able to make contact with people on the other side of the world who would feed, entertain and generally give a happy and relaxing outing to the team which was a tremendous help with the boredom aspect when we were away for several weeks at a time.

(3) We do not know the exact amount, but we are very aware that Marea has brought into athletics a colossal amount of sponsorship money both for the sport as a whole and for individuals by personal contact and hours of negotiating—something no-one else could have done and hasn't done to the same degree.

We understand that this anti Marea Hartman campaign stems from a statement she made with regard to the 'picking of brains' of the GDR coaches in athletics. This was taken as a slight on our own coaches—surely this is a most unintelligent way to look at this as we can all learn something every day from even the biggest fool and, therefore, to make an effort to look into the coaching systems of such a successful nation as the GDR can only be of benefit to our athletes.

We consider that our own personal coaches were the best in the world for us as individuals but can appreciate their methods and approach would not necessarily suit all other athletes. They both, however, were open minded enough to want to learn from others and, therefore, whilst we wholeheartedly agree that we have

very good coaches in the UK we feel sure that the majority would welcome any knowledge they could glean out of the GDR or other countries' coaches.

Perhaps a younger person should be being guided (who knows, they may be) and 'taught the ropes' by Marea now, but it may not be Marea who is stopping such people from stepping into officials' shoes. There are many others on the Board and, indeed, on all committees who have to be approached to make decisions, but Marea and all Board officers stand in the firing line of dissatisfied athletes and officials.

With all this in mind do you not honestly think, that athletics would be all the poorer for the loss of Marea Hartman? She takes considerable criticism but, nevertheless, continues to work tirelessly for our sport, and we along with others are very grateful for her friendship.

Mary Peters & Pat Cropper

This letter arrived too late for publication prior to the AGM—Ed.

ROAD RACE COURSES

Dear Sir,

May I appeal to the organisers of road races which are normally scheduled to start and finish on a running track, to take the precaution of having an already measured off emergency alternative start and finish route for use in the event of adverse weather conditions. Judging by the numbers of entries for '10's' week after week this is one of the more popular distances and it comes as something of a disappointment when, having travelled many miles, one hears that the course has had to be reduced to, say 9½ miles because the track cannot be used. A great deal of trouble has been taken to ensure the accuracy of courses by use of a surveyor's wheel so it would seem appropriate to take the precaution I suggest. I have no wish to burden officials with unnecessary work; indeed I would like to thank them all for everything they do, very often under most uncomfortable conditions.

P. D. Saynor,

Secretary, Kent Police AC

EVEN PACED MARATHONS

Dear Sir,

In your recent edition the writer of the article on Cierpinski went overboard in praising the Olympic champion for his ultra-consistent 5km splits in the Olympic race. The conclusion he reached, however, was incorrect as in my 2:10:47.8 marathon in December 1968 my splits were—15:49, 15:24, 15:30, 15:20, 15:16, 15:19, 15:21, 15:48. Therefore the difference between fastest and slowest splits was 33 seconds.

Bill Adcocks,
Coventry

PS. Derek Clayton in his world best of 2:08:33.6 had a split differential of 41 seconds.

Chris Stewart Shines In New York Marathon

THE New York City Marathon, since its inception six years ago, had hitherto been held on a road circuit in Central Park. This year (October 24th) it was decided to run the race on a course which entered the five boroughs of the city, a mammoth task of organisation undertaken by the New York RRC, a body now comprising 2000 members. This operation, which entailed blocking off all side roads to the route for five hours, was successfully accomplished by the police. Other city services co-operated in this ambitious scheme, which brought the marathon to many of the city's 8 million people. Private sponsorship enabled a first-class field to be assembled for this Centennial Marathon.

Pekka Paivarinta forged ahead of the 2002 starters as the field left Staten Island, and he clocked 4:45 miles for the first 5 miles. The group which followed included Frank Shorter, Bill Rodgers and Britain's Chris Stewart and the Finn's 200y lead had been whittled down by the 10M mark in the crowd-lined streets of Brooklyn. Ian Thompson came into contention at this stage but subsequently fell back. Ron Hill, on a light training mileage, came through later to finish 10th.

Rodgers caught Paivarinta on the 12th mile as the group behind was splitting up. Chris Stewart

was the only man to challenge Rodgers but the American judged his race well and was never in trouble. Running easily, he forged ahead over the Queensborough Bridge, along the East river, through Harlem, to the final 3 miles in Central Park. He won by over 3 minutes, with Shorter just holding off Stewart.

Three hours was beaten by 312 men and two women — the 41-year-old Japanese American, Miki Gorman (1.52/5'0" tall, 40kg/87lb), clocking the formidable time of 2:39:11 which is less than a minute outside Jacki Hansen's women's world best. Weather conditions were ideal and a total of 1192 men and 30 women bettered 4 hours.

John Jewell

1, W. Rodgers (USA) 2:10:10; 2, F. Shorter (USA) 2:13:12; 3, C. STEWART 2:13:21; 4, R. Hughson (Can) 2:16:10; 5, P. Paivarinta (Fin) 2:16:17; 6, T. Fleming (USA) 2:16:52; 7, C. Hatfield (USA) 2:17:26; 8, D. McDaid (RoI) 2:17:48; 9, G. Mielke (WG) 2:18:16; 10, R. HILL 2:19:43; 11, A. Usami (Jap) 2:20:30; 12, R. Moore (Can) 2:21:09 . . . 19, R. Mabuza (Swaz) 2:25:18; 22, I. THOMPSON 2:26:26. (Women): 1, Miki Gorman (USA) 2:39:11; 2, Doris Brown (USA) 2:53:20.

BELL'S WHISKY GAMES

At Gateshead, September 14th

100: 1, A. Bennett 10.6; 2, L. Piggot 10.7; 3, S. Bell 10.7. 400: 1, G. Cohen 47.7; 2, D. Laing 48.0; 3, R. Jenkins 48.0; 4, J. Henson 49.3; 5, K. O'Meally 49.9; 6, R. Caldwell 50.1. 800: 1, J. Walker (NZ) 1:49.8; 2, R. Weatherburn 1:51.9; 3, S. Markley 1:52.9; 4, T. Young 1:53.2; 5, J. Ashton 1:53.7; 6, D. Leitch 1:54.3; 7, R. Woods 1:54.5; 8, I. McCarthy 1:54.9. Mile: 1, R. Dixon (NZ) 4:00.5; 2, S. Coe 4:01.5; 3, L. Spence 4:06.5; 4, P. Williams 4:07.2; 5, C. Spedding 4:07.5; 6, W. Wilkinson 4:08.0; 7, I. Elliott 4:08.5; 8, A. Mottershead 4:08.9. 2000: 1, B. Foster 5:07.2; 2, T. Colton 5:14.2; 3, D. Leitch 5:15.4; 4, S. Mitchell 5:18.2; 5, M. McLeod 5:19.0; 6, P. Griffiths 5:21.6; 7, M. Baxter 5:22.4; 8, A. Armitage 5:24.4. 3000: 1, L. Dunn 8:22.8; 2, A. Parkinson 8:24.4; 3, B. Sweeting 8:24.4. Teams: 1, ASV 13; 2, Gateshead 13; 3, Sunderland 24. 200H: 1, J. Bolding (USA) 22.9; 2, A. Pascoe 22.9; 3, R. Danville 23.8; 4, H. Robinson 24.4; 5, C. Beattie 24.5; 6, A. James 25.1. PV: 1, B. Hooper 5.21; 2, J. Gutteridge 5.00; 3, K. Stock 4.90; 4, A. Williams 4.90. SP: 1, G. Capes 21.03; 2, A. Feuerbach (USA) 20.23; 3, J. Alderson 15.78. (Jnrs) 1500: 1, M. Wilson 3:56.2; 2, G. Nurse 3:57.0; 3, A. Lennard 4:00.0. (Yths) 800: 1, B. Warsama 1:58.3; 2, A. Martin 1:58.3; 3, A. Lawrence 1:59.1. (Boys) 800: 1, D. Lewis 2:04.5; 2, C. McGeorge 2:06.7; 3, M. Conway 2:06.9. (Women) 100: 1, S. Colyear 11.3;

2, V. Peat 11.6; 3, W. Clarke 11.6; 4, L. Boothe 11.8; 5, K. Duncan 12.1; 6, J. McGregor 12.1. 200: 1, Colyear 23.3; 2, Peat 24.0; 3, McGregor 24.3; 4, Duncan 25.1. 800: 1, M. Coomber 2:15.8; 2, P. Byrne 2:16.1; 3, H. Hollick 2:16.9; 4, L. McFadden 2:17.4. 100H: 1, Boothe 13.6; 2, Colyear 13.6; 3, E. Davidson 14.2; 4, F. McAulay 15.0; 5, J. Copland 15.2. LJ: 1, S. Reeve 6.39; 2, J. Peacock 5.84; 3, B. Bellis 5.69.

(Detailed results only just received)

SOUTHERN COUNTIES CCA

At their recent AGM the Southern Counties Cross-Country Association club subscriptions were fixed at:

Under 100 members (active & hon) £2.00
100-200 " " " " £3.00
Over 200 " " " " £4.00

Military Units, Business House Clubs & Association of Clubs may affiliate at a subscription of £1 irrespective of membership. All payable immediately to the treasurer, C. Parr, 4 Links Drive, Tilehurst, Reading, Berks (0734-21725).

New address of Mrs Ann Johnson, secretary-manager of City of Stoke AC, is 'Gray Winds', 237 Crewe Road, Sandbach, Cheshire (Tel: Sandbach 3589).

* * *

Among the record entry of 148 for the Bernie Hames Half Marathon today (November 13th) are Keith Penny, Peter Richardson, Bill Weller, Steve Barr, Steve Walker and Colin Moxsom.

Wind Of Change?

IT'S probably well known that the present limit of 2.0m/sec wind assistance for performances (other than in decathlons and pentathlons) to be considered for recognition as world records was introduced at the 13th IAAF Congress (Berlin, August 10th/11th, 1936). What isn't perhaps so well known is that this proposal was adopted apparently without reference to the findings presented to the Congress by Dr Karl Ritter von Halt! These findings concluded: "... the highest velocity still admissible—which does not result in improving the performance of a runner to a measurable extent, ie then 0.1sec—lies between 0.4 and 0.7m/sec. The average velocity may therefore not surpass 1/2m/sec".

By Andrew Huxtable

As readers of 'AW' will have noted, a proposal of the IAAF Technical Committee to reduce the limit for wind assistance to 1.0m/sec was rejected by the 30th Congress (Montreal, July 20th-22nd, 1976). This proposal was based — somewhat tenuously — on a simple analysis carried out by Dr S. J. Peerless and Dr A. J. Taylor-Russell of Imperial College of Science and Technology, London. Their analysis suggests that 100m times are decreased by 0.1sec by a direct following wind of 0.42m/sec, while a 0.01sec improvement results from a wind speed of 0.04m/sec.

So, after 40 years, the whole subject of the effect of wind assistance on performance has still not been adequately studied!

Technological advances in track and field, on the other hand, have been quite rapid; one of the most recently publicised innovations is a fully automated wind gauge, which is capable of being started by electrical impulse from the starter's gun and of cutting out after the appropriate time (5, 10 or 13secs) has elapsed. The computed mean wind reading can be displayed on an electronic scoreboard. There will continue, however, to be a need for operators of the less sophisticated variety of wind gauge (Cantabrian Olympic C639A), which is used at many tracks in this country.

The AAA instructional booklet, 'How to Judge Track Events' by Dan Davies, contains an excellent chapter on wind gauge operating, which will repay careful study by any aspiring wind gauge operator. In this connection, it is worth noting that a wind gauge operator may perform at major meetings without having any formal grading as a AAA official, though I feel their status could, and should, be improved.

After 14 seasons of wind gauge operation at an international level, I've decided to make way for some (I hope) younger operators.

October 20th

Merseyside Colleges CC League at West Derby: 1, Reilly (Ches) 18:42; 2, Jones (Liv Un) 18:44; 3, Butler (SFX) 19:51; 4, McGauley (Liv Un) 19:58; 5, Troughton (CFM) 20:14; 6, Fearon (Liv P) 20:20. Teams: 1, Liverpool Un 46; 2, Liverpool Poly 88; 3, Merseyside Pol 148.

CLASSIFIED ADVERTISEMENTS

5p per word. Box No 20p extra. Trade 10p per word, 6 insertions of same copy 2p per word, 13 insertions 8p per word, 26 insertions 7p per word —prepaid

NORTH SURREY LEAGUE, 23rd Oct., Wimbledon. Three-legged runner please return right foot SL 72 to **B. Taylor, 18 Parkway, Dorking**. Postage refunded.

FOR SALE — quantity of Bukta 'T' shirts, Scarlet with 3" white band. Tel: 021-783 0486.

RUNNING TO WIN, handbook of training and racing, by Brian Mitchell, published by David & Charles Ltd., available from all bookshops, £2.95.

FOR SALE — **ADIDAS MARATHON** (Old type) size 8, £9 used 4 times, 1 pair **ADIDAS CROSS** size 8, £3 used twice. **061-962 3547**.

1968-1976 (INCLUSIVE) A.W.'s for sale. 45 Ibbertson Road, Bournemouth.

"ATHLETICS INJURIES" (Limited Printing) 52p. Achilles Tendon, Ankle Sprains, Shin Soreness; Prevention, Cause, Treatment! **TRAINING DIARY (2 years)**. Improved! 80p. C. Elliott, 325 Streatham High Road, London SW16 3NS.

KEEP DRY ADIDAS RAIN TOPS. All sizes, red, navy, ciel, royal. Special price £7.50 post free. Super buy Tracksuits, Small, Medium, Large. Colours: mauve, red/navy, orange/white. Normal price £14.40, only £10. Money refunded if returned within 7 days. **Exmouth Sports, 8 Victoria Road, Exmouth, Devon (Tel: Exmouth 75208).**

CROSS-COUNTRY MEDALS, plaques. Competitive prices. **Brunwin Trophies, 1 The Avenue, Brentwood, Essex. Telephone 214073.**

WRITE OR PHONE for lists of **DISCOUNT ADIDAS FOOTWEAR and CLOTHING** from the **ADIDAS SPECIALISTS — CAPITAL SPORTS**, 136 St. Albans Road, Watford, Herts. Telephone Watford 39307.

NATURALLY FIT

A lasting Christmas present

The philosophy, biology and practice of lifelong fitness.

£3.50 from the author

Bruce Tulloh, Newlands, Hyde Lane, Marlborough, Wilts.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1 per centimetre, per insertion, **prepaid** (minimum 2cms). Quarter-page £9; Half-page £15; Page £26, per insertion, **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—10 days before publication.

BATH & PERCY A.C. THIRD ANNUAL

Victoria Park Road Races

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

SATURDAY, NOVEMBER 27th, 1976

Novices U/11 yrs	1.7 miles	2.00 p.m.
Colts U/13 yrs	1.7 miles	2.20 p.m.
Girls 13/15 yrs	1.7 miles	2.40 p.m.
Boys U/15 yrs	2.5 miles	3.00 p.m.
Youths U/18 yrs	3.25 miles	3.20 p.m.
Snr Men	4.00 miles	3.45 p.m.

Awards: Inscribed Souvenirs first 50 Individuals. Cups, Plaques, Medals, etc. 1st, 2nd & 3rd Inds. & Teams (3 score), 1st Vet. O/40 & O/50 yrs.

Changing: Percy Boys Club, Bath.

Entry Fees: Snr. Men 35p, Other 20p.

Entries to: L. Hughes, 14 Bloomfield Avenue, Bear Flat, Bath. No late entries accepted. Tel: Bath 310920.

CLOSING DATE 23rd NOV., 1976



WELCOME TO GOTHENBURG SWEDEN

and
**The Second World Masters
Track and Field Championships**
including

10km Cross Country Race,
5km and 20km Walk, and Marathon

August 8th-13th, 1977

Open to Men Over 40 yrs in 5 year age groups, Women Over 35 yrs in 5 year age groups.

Information and registration forms from:
World Masters Championships 1977, Ullevi, Skanegatan, S-41140 Goteborg, Sweden. Tel: (00946) 31 801640.

ADVANCE NOTICE VICTORIA PARK HARRIERS OPEN 5 MILES ROAD RACE

(Under A.A.A. Laws)

APRIL 2nd, 1977

1976 Result: 1, S. Barr (Thurrock) 22.50 Rec., 2, S. Walker (Thurrock) 22.52, 3, R. Steven (Shaftesbury) 23.37. 187 finished.

Very fast, flat course. Rapidly becoming one of the top Open Races in the South.

ALSO (same day)

BOYS 5 x 1½ Miles ROAD RELAY

EAST KILBRIDE A.A.C.

6 MILE ROAD RACE

SATURDAY, DECEMBER 11th, 1976

At Murray Recreation Area, East Kilbride

Prizes to first 6 Individuals, first 3 Teams, plus Vets. and Junior prizes.

Prize value £150 PLUS portable T.V. set to winner.

Full supporting programme for Youths, Boys, Colts.

Entries accepted on the day. First race 2.00 p.m.

Enquiries to Alan Partridge, 31 Forth Court, East Kilbride, Glasgow. Tel: E. Kilbride 49759.

WORKSOP HARRIERS & A.C.

6th Annual

CROSS COUNTRY RACES

Open, Individual & Team Races

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

Kindly Sponsored by Messrs

Linvar Ltd, Dean Farm Eggs, Steetly Ltd, Oats Ltd, Dornie & Bell, Bainswear Ltd

**SUNDAY, DECEMBER 12th, at 12.30pm
Sparken Hill Campus (Netherton Road)**

12.30 p.m.	Young Colts U/11 1 Mile
12.45 p.m.	Girls U/13 1 Mile
1.00 p.m.	Colts U/13 1½ Miles
1.25 p.m.	Inter Ladies U/17 1½ Miles
1.50 p.m.	Boys U/15 2 Miles
2.20 p.m.	Youths U/17 3 Miles
3.00 p.m.	Juniors U/20 5 Miles
3.00 p.m.	Seniors 5 Miles

Ages as at 1st September, 1976.

Prizes: First 3 Individuals and first 3 Teams in all races and first Veteran in Senior race. Linvar 'T' shirts to first 50 to finish in U/11 race. Prizes value over £400.

Entry Fees: Young Colts 20p, Seniors 30p, all others 25p. No Team fee (any number to run, 3 to score).

Entries on A.A.A. forms (with fees) to Miss Denise Jarvis, 32 Winsor Rise, Aston, Sheffield S31 0ER. No fee, no entry. SAE for confirmation.

**CLOSING DATE 29th NOVEMBER
NO LATE ENTRIES**