

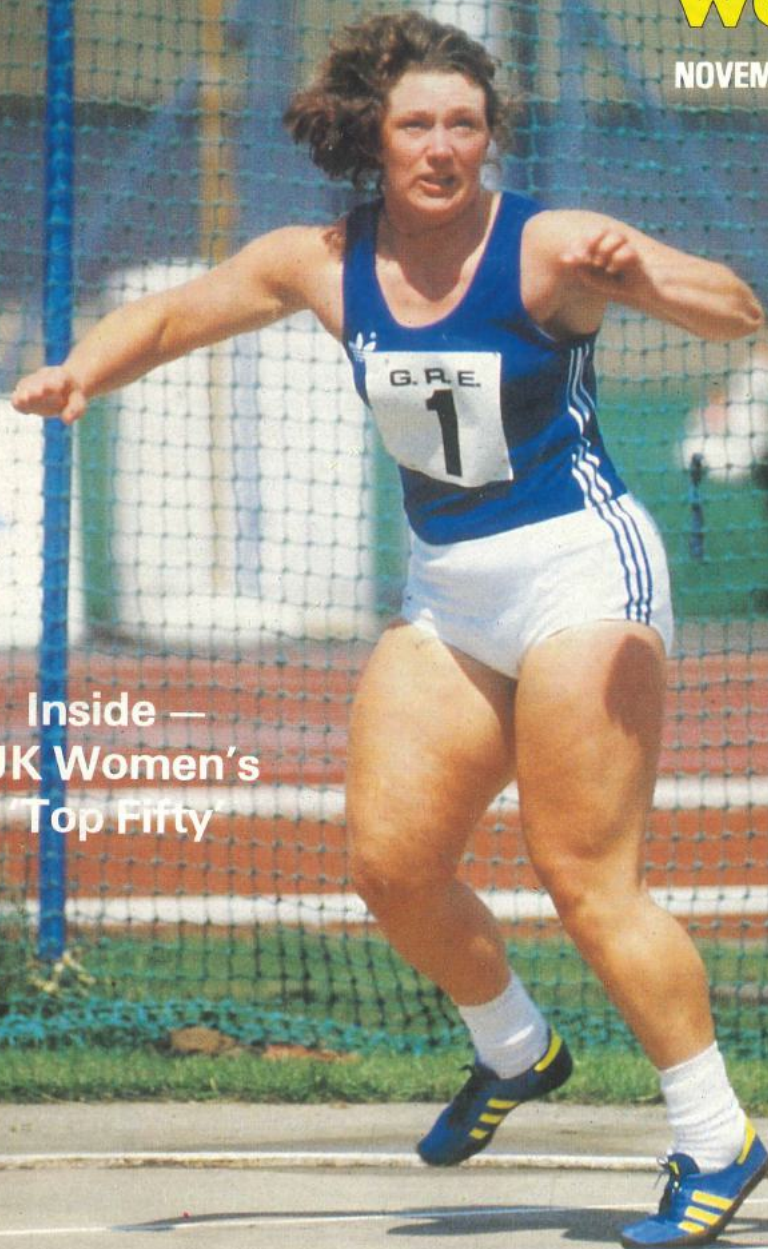
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

NOVEMBER 15th 1980 30p

Inside —
UK Women's
Top Fifty





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THE WEEK AHEAD

Saturday, November 15th: North of the Thames Inter-Team Race, Cranford; Sussex Vets CC Champs, Crawley; Southern Women's League, Stevenage; Vets AC CC, Brockwell Park; Gloucester League, Brockworth; Sutton & Cheam CC Races, Carshalton; Herne Hill YA League, Brockwell Park; Kent AC 'Arthur Twinn' Memorial Races, Albany Park; West Yorkshire League, York; Birmingham Univ. Past v Present; North Shields Poly. Open Road Races; Hawick Open Races; West Cornwall Road Race, Camborne; Bala Lake '11'; Kettering Charity Cup Races; Brighton & H v RAF v Met Police 10km Walk, Peacehaven; London Vidarians 7M Walk, Carshalton; Addington Vase 7M Walk, South Croydon.

Sunday, November 16th: Leicester Winter Warm-up Meeting; South Yorkshire League, Sheffield; North Yorkshire & South Durham League; West Cornwall CC Meeting, Redruth; Wollaton Park CC Races; Copeland Chase Fell Race; Tipton '10'; Rochester '5'; AP '20', Leamington Spa to Banbury; Tullamore Festival of Road Races, Co. Offaly, Ireland; Dawlish Open 10km Walk, Dawlish.

Wednesday, November 19th: Henlow '10', RAF Henlow.

Thursday, November 20th: Standards Meeting, Gateshead.

Saturday, November 22nd: Schweppes International CC Meeting, Gateshead; GLC CC Champs, Parliament Hill; Sussex League, Haywards Heath; Surrey League; Westward League, Plymouth; Metropolitan League, Ruislip; Birmingham League; Reebok League, Bath; Malcolm Cup CC Races, Lurgan, N. Ireland; Brampton — Carlisle '10'; Victoria Park Road Races; Belgrave Open 7M Walk, Wimbledon.

Sunday, November 23rd: Havering Winter Warm-up Meeting, Upminster; Oxford Open Meeting, Iffley Road; Kent Women's League, Dartford; Rumbold's Moor Fell Race.

COVER PHOTO (By Mark Shearman)
 Meg Ritchie, one of Britain's top women athletes of the year. She broke the UK discus record several times and was 9th in Moscow.

Barry Watson Wins Harlow Marathon Again—After A Gap Of Twelve Years!

BARRY WATSON, back in action after a heel operation in March, won the Unigate Marathon at Harlow on October 25th in 2:16:43 to demonstrate that he is anything but a spent force. It was the 36-year-old Watson's third win in the race, but his second was back in 1968! "I've only been able to train since July, at about 80 miles a week, and this will be my first marathon since Israel last December" he said before the race. But some good performances in recent weeks at shorter distances on the road, at home and abroad, indicated very sound form.

Cliff Temple reporting

As the record field (615 entries, compared to the previous highest of 556 last year) had completed the first short lap of 4½ miles and entered the first of two longer circuits of 10¾ miles, Watson and Paul Eales had already broken away and at 10km (32:23) they were some 80m ahead of the chasing bunch. It was grey, cool and overcast: ideal marathon conditions, but although Watson and Eales speeded up by half a minute on the second 10km section, by 20km (64:16) they had been caught by Brian Cole and Bob Cytla of Tipton, and Nigel Gates of Bristol.

"I thought I'd had it then, when they caught us", admitted Watson afterwards, but he rallied, and by 20 miles had pulled away again, this time with the tall Brian Cole for company. Cytla was 100m back, and a similar distance ahead of Eales, before a very long gap to Nigel Gates, who was being chased by the Invicta pair of Martin Knapp and Merv Brameld.

In the last mile Watson managed to edge away from Cole, but at the finish there was less than 100m in it as the Cambridge Harrier came down the slope outside Harlow Sports Centre to cross the line in 2:16:43, with Cole second in a fine 2:16:55, and Cytla third in 2:17:52.

Tipton, with Pete Griffiths 20th, took the team race, while Aldershot (led by first Veteran home, Les Presland, in eighth place) edged Invicta for second place by one point.

With most of the other leading British women marathoners in New York, Gillian Burley, now running for Exeter Harriers, was favourite for their race. She passed 10km in 38:45, a minute ahead of Caroline Rodgers, Julie Barleycorn and Alison Blake, who were running within 50m of each other. Caroline, still feeling the effects of the London to Brighton, faded, but Julie — running her first marathon, and still remembered by many under her maiden name of Julie van Cuylenburg, an outstanding Junior cross country runner in the early seventies — had closed the gap on Gillian (78:41) to 18 sec by 20km. Later she went ahead, lost the lead after an enforced pit stop around 18 miles, then got back in front to win in 2:50:17, with Gillian showing 2:51:00 in second place.

1, B. Watson (Cambridge H) 2:16:43
2, B. Cole (Tipton) 2:16:55
3, R. Cytla (Tipton) 2:17:52
4, P. Eales (WS&E) 2:18:12; 5, M. Knapp (Inv) 2:20:23; 6, G. Staunton (Lon. 1) 2:21:14; 7, M. Brameld (Inv) 2:21:32; 8, L. Presland (AF&D-V) 2:22:00; 9, M. Woods (AF&D) 2:23:13; 10, D. Austin (Man) 2:23:30; 11, C. Hallimon (Gate) 2:24:02; 12, M. Fletcher (Chelm) 2:24:24; 13, S. Winter (Gate) 2:25:26; 14, W. Mullett (B&H) 2:25:30; 15, C. Whitty (AF&D) 2:26:40; 16, L. Hughes (Med-V) 2:26:42; 17, P. Wood (Worc) 2:26:53; 18, P. Flatman (CoH) 2:27:30; 19, G. Harrold (Enf-V) 2:28:01; 20, C. Woodward (Leam) 2:28:05; 21, R. Harding (Inv) 2:28:18; 22, P. Griffiths (Tip) 2:28:49; 23, E. Austin (Worc-V) 2:29:05; 24, G. McIlroy (Les C) 2:29:33; 25, A. Rich (Walt) 2:29:37; 26, W. Harvey (Rane) 2:30:30; 27, C. Carthy (RN) 2:30:54; 28, A. Reavley (S&E) 2:31:07; 29, J. Goldring (Walt) 2:31:32; 30, P. Jones (Tel) 2:31:35; 31, C. Haines (B'ht) 2:31:42; 32, J. Geoghegan (Camb. H-V) 2:32:28; 33, L. Roberts (B'ht) 2:33:07; 34, F. Thomas (Chelm) 2:33:13; 35, I. Burgess (S&E) 2:34:06; 36, D. Catlow (Chelt) 2:34:44; 37, D. Goodwin (Unatt) 2:34:50; 38, I. Wilson (B'ht) 2:34:56; 39, R. Goad (Bas) 2:34:59; 40, D. Swanson (BoE) 2:35:57; 41, G. Bowman (Diss-V) 2:36:34; 42, P. Sanderson (Leic) 2:36:47; 43,



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Paul Eales leads from Barry Watson and Pete Flatman after 4½ miles.

Dave Sharp

K. Wilkinson (Chelm) 2:36:49; 44, C. Canton (E&S-V) 2:36:56; 45, M. Baggs (Wey) 2:36:58; 46, E. Palmer (BH&M) 2:37:02; 47, P. Sugden (Ox. C) 2:37:08; 48, J. Wilkins (Inv) 2:37:56; 49, J. Bishop (Chelm) 2:38:07; 50, A. Thompson (Unatt) 2:38:27; 51, D. Skinner (Harl) 2:38:40; 52, D. Marsh (Worth) 2:38:57; 53, D. Wade (B'uth) 2:39:07; 54, D. Ricketts (Kent) 2:39:15; 55, S. Smythe (Camb. H) 2:39:31; 56, A. Ive (WS&E) 2:39:39; 57, M. Welland (Banb) 2:40:04; 58, S. Bishop (Chelm) 2:40:05; 59, P. Shephard (B'uth) 2:40:09; 60, N. Willis (Cle) 2:40:18. **Teams:** 1, Tipton 27; 2, Aldershot F&D 32; 3, Invicta 33.

(Women): 1, J. Barleycorn (Craw) 2:50:17; 2, G. Burley (Exe) 2:51:00; 3, C. Rodgers (High) 3:03:38; 4, Y. Miles (B'mth-V) 3:15:38; 5, C. Gould (Craw) 3:36:02; 6, J. Britton (Unatt) 3:37:15; 7, K. Lloyd (W. Suf) 3:37:15.

Oswestry Olympians AC was officially formed after an inaugural general meeting on October 1st. All correspondence should be directed to the hon. secretary, Mrs. J. Greenwood, Penny Bank Farm, St. Martins, Oswestry, Shropshire (Tel: Chirk 2238).

WORTHING PARKLAND RACES

At Lancing Manor, October 25th

1, T. Challenger (B&H) 15:37; 2, P. Rockwood (B&H) 15:41; 3, M. Mussen (Chel. C) 15:59; 4, J. Stephenson (B&H) 16:02; 5, B. Rate (Sx. U) 16:08; 6, M. Porteous (B&H) 16:13; 7, T. Roberts (Worth) 16:15; 8, D. Ellis (Havant) 16:16; 9, R. Peel (B&H) 16:23; 10, P. Rowlands (Hor) 16:29; 11, R. Parker (Worth-V) 16:32; 12, G. Baker (Hor) 16:41; 13, G. Smith (Sx. U) 16:43; 14, P. Huxley (Sx. U) 16:46; 15, G. North (Ports-V) 16:47; 16, B. Bartholomew (B&H-V) 16:53. **(O/50):** H. Foorde (B&H) 16:59. **Team:** Brighton & H. **(Juniors):** 1, M. Lassetter (B&H) 15:39; 2, K. Kiddle (Ports) 15:45; 3, G. Barber (S&E) 15:49; 4, P. Gale (Havant) 15:54; 5, K. O'Neill (E'bourne) 15:57; 6, S. Anderson (WS&E) 15:59. **Teams:** 1, Portsmouth 19; 2, Brighton & H 22. **(Youths):** 1, R. Carter (B&H) 14:11; 2, J. Grix (Dart) 14:19; 3, P. Dean (S&E) 14:25; 4, J. Lassetter (B&H) 14:27; 5, S. Fowler (S&E) 14:28; 6, P. Donaldson (S&E) 14:35. **Teams:** 1, Southampton & E 14; 2, Brighton & H 15. **(Boys):** 1, M. Howard (Worth) 14:25; 2, K. Howard (Worth) 14:29; 3, N. Hopkins (Reig. P) 14:35; 4, A. Rowe (Hay. H) 14:41. **Teams:** 1, Worthing 16; 2, Brighton & H 21. **(Colts):** 1, H. Lee (Worth) 10:54; 2, R. Young (Hunt) 10:56. **Team:** Collingwood. **(U/11):** S. White (Mit) 6:38. **Team:** Mitcham. **(Women):** 1, D. Peel (Craw) 15:51; 2, A. Gooderham (Chel. C) 16:18; 3, G. Drake (Croy) 16:38; 4, G. Markwell (Chel. C) 17:21; 5, J. Kimber (Med-V) 17:47; 6, T. Rashford (Ports) 17:55. **Teams:** 1, Chelsea Coll. 16; 2, Croydon 19. **(Inters):** 1, T. Howard (Worth) 15:56; 2, D. White (S&E) 16:50; 3, D. Hillyer (Havant) 17:04; 4, S. Skinner (Croy) 17:16; 5, V. Strickland (Havant) 17:20; 6, W. Bonfield (Mit) 17:27. **Teams:** 1, Mitcham 25; 2, Crawley 37. **(Juniors):** 1, R. Gamble (E. Grin) 11:23; 2, L. Sisley (E. Grin) 11:33; 3, J. Hickson (Bed) 11:34; 4, H. Baker (Mit) 11:36; 5, D. Thomas (BR&C) 11:38. **Teams:** 1, Bedford 24; 2, E. Grinstead 38. **(Girls):** 1, H. Jenner (Ports) 6:41; 2, N. Milton (Hor) 6:47; 3, L. Carter (Mit) 6:57. **Team:** Portsmouth. **(U/11):** L. Lewin (Craw) 5:10. **Team:** Southampton & E.

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Two former European champions who are now in their forties but still super-fit and competitive clashed in the 'Sunday Times' National Fun Run at Hyde Park on September 28th. Reversing last year's result, Jim Hogan (1966 marathon winner) clocked 12:28 for the 4km course in the 45-49 age group ahead of Bruce Tulloh (1962 5000m champion), 12:32, in the 41-44 group run concurrently. The 1952 Olympic steeplechase bronze medallist John Disley was first home in the 50-59 section and led his family to victory in the two-generation team contest. Wife Sylvia, former UK 200m record holder, and daughters Emma and Kate provided the back-up.

Leading results — (Boys/Men) (U/10, 2km) G. White 7:32 — 342 finished. (10-14) N. Hopkins 13:15 — 549 finished. (15-18) B. Ponton 12:44 — 455 finished. (19-22) G. Wightman 12:21 — 656 finished. (23-24) T. Watkins 12:15 — 624 finished. (25-26) M. Simmons & J. Duncan 12:48 — 708 finished. (27-28) R. Treadwell 11:53 — 663 finished. (29-30) G. Anderson 12:20 — 559 finished. (31-33) J. King 12:42 — 892 finished. (34-36) P. Beacham 12:36 — 646 finished. (37-40) L. Carroll 12:26 — 625 finished. (41-44) B. Tulloh 12:32 — 495 finished. (45-49) J. Hogan 12:28 — 339 finished. (50-59) J. Disley 13:28 — 253 finished. (60-plus) C. Mason 15:34 — 85 finished. (Girls/Women) (U/10, 2km) N. Quinn 8:22 — 214 finished. (10-14) K. Blount 15:45 — 361 finished. (15-18) A. Wittekind 15:05 — 341 finished. (19-22) S. Morley 15:34 — 420 finished. (23-24) S. Mukerjee 15:38 — 339 finished. (25-26) C. Benning 16:41 — 272 finished. (27-28) M. Jones 15:36 — 209 finished. (29-30) B. Stone 15:20 — 163 finished. (31-33) M. Rosen 15:32 — 198 finished. (34-36) S. Green 16:00 — 185 finished. (37-40) B. Cushen 15:41 — 153 finished. (41-44) J. Manners 16:23 — 90 finished. (45-49) P. Maffia 16:35 — 57 finished. (50-59) V. Mijovic 18:40 — 32 finished. (60-plus) E. Brown 21:42 — 19 finished. There was a total of almost 11,000 finishers.

Salford H & AC secretary: G. Doggett, 9 Athlone Avenue, Moston, Manchester (Tel: 061-681 8533).

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Such was the response to our clearance sale of back numbers dated from September 1974 to December 1976 that we no longer have any issues from that period still available, with the exception of a limited supply of 1976 Olympic Results Issues (price 50p, inclusive of postage, for the two issues together).

We are now in a position to sell off back numbers of the magazine published in 1977 and 1978. Some issues are out of stock, so we cannot offer complete runs. Instead, we are selling assorted packages of 12 editions from 1977/78 at a price of £2 (inclusive of postage) per package.

Some of the outstanding interviews and biographies featured during this period include — (1977) March 12th — Viktor Saneyev, Aug 13th — Dick Quax, Oct 29th — Ken Matthews, Dec 17th — Volker Beck, Dec 24th — Brendan Foster, Dec 31st — Ruth Fuchs & Gary Oakes; (1978) Jan 21st — Grete Waitz, Jan 28th — Harold Abrahams, Feb 18th — Seb Coe, Feb 25th — Wladyslaw Kozakiewicz, April 1st — Nick Rose, May 13th — Bill Rodgers, July 22nd — Karin Rossley, Oct 21st — Wolfgang Schmidt, Nov 11th — Berwyn Price, Dec 23rd — Dave Moorcroft.

Other material of special interest includes — (1977) Aug 20th — European Cup Final report, Sept 10th — World Cup report; (1978) Aug 19th & 26th — Commonwealth Games report, Sept 16th & 23rd — European Champs report.

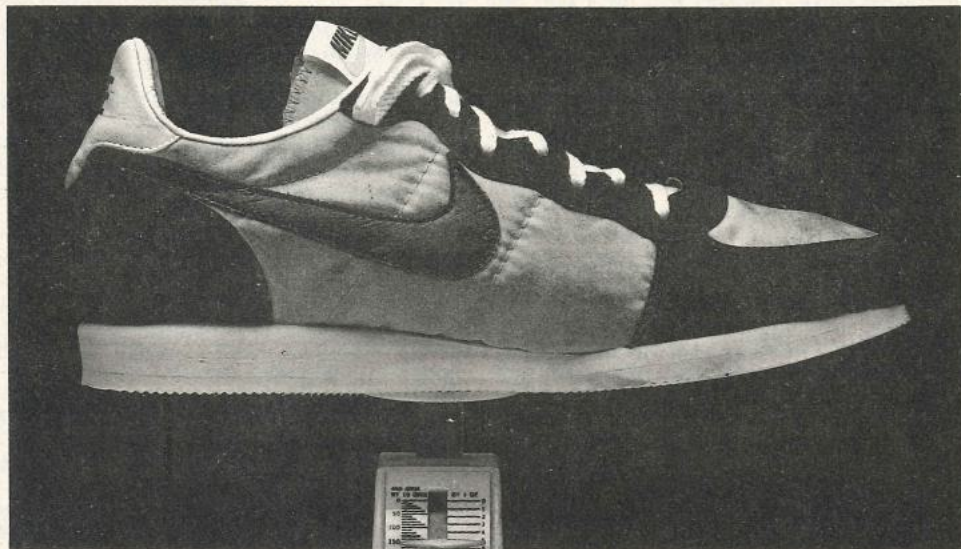
If you want any of the above issues specifically, please advise when you write in and we shall do our best to oblige — although we cannot guarantee stocks of any particular issue.

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'OPERATION BIG APPLE' — By Mel Watman

'AW' editor Mel Watman has long yearned to run a marathon. Here, in the hope that his own experience might be of encouragement to other joggers sharing his dream, he describes how the

once unlikely event of his running in the New York Marathon — "Operation Big Apple" — became a reality . . . and how he fared in the world's biggest marathon race.

TO RUN A MARATHON. That has been a recurring dream of mine for nearly twenty years, ever since I hung up my spikes at the grand old age of 23 in order to concentrate on writing about athletics. My journalistic career, which in other respects has been so pleasurable and fulfilling, only served to heighten my frustration at having achieved so little in my own running days, and I resolved one day to rectify that state of affairs. But how? I had to be realistic: I had been just a club 'scrubber' who might have had the ability to reach a reasonable standard as a middle-distance runner but never trained seriously enough to find out, and with each succeeding year of inactivity my prospects of ever approaching let alone surpassing my previous modest enough track times diminished. I did make the occasional half-hearted attempt to regain a semblance of fitness but injuries (particularly to achilles tendons), pressure of work and inadequate training combined to ensure that I made little headway. No, I was never going to break four minutes for the mile . . . or even get under five minutes again.

But there was one distinctive athletic achievement still open to me: TO RUN A MARATHON.

It was an absurd dream, of course. Even during my racing days I had only once ever run as far as 10 miles and that was when I was 22 and a slimly built 145lb. As I progressed into my thirties my weight rose steadily while the distance, speed and frequency of my occasional training runs decreased correspondingly. One of these days, I would tell myself unconvincingly, I would take myself in hand and start training for the marathon. In truth, I might as well have thought of climbing Mount Everest for all the likelihood there was of my running 26 miles!

Not until I had ballooned up to nearly 180lb (for a height of under 5'9") — that was in 1974 — did I begin on the long road back to physical fitness. During a medical examination in connection with a life insurance policy the doctor had pointed out that I was considerably overweight and my blood pressure was on the high side, so what was I going to do about it. That was the motivation I really needed to get me

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back running: my health. And so I became a jogger, a little before it became fashionable over here. Although I had no idea at the time, I was in fact taking my first steps towards attempting to fulfil my marathon ambitions.

It was tough at first, but — stimulated by Dr Ken Cooper's classic book on Aerobics — I progressed by stages. My weight slowly dropped and a sense of physical well-being returned as I jogged two or three miles a couple of times a week on average. Every now and then I would try a 'long run' — say four or five miles — but I would find myself struggling badly after half an hour's steady running. Frequent leg and foot injuries were a constant discouragement and I was on the point of resigning myself to the fact that my legs were simply incapable of carrying me long distances when I happened to join Cliff Temple on a training run in Milan (we were there to cover the European Indoor) in March 1978. Cliff was then training twice a day in preparation for his first marathon and I covered six miles with him. I was delighted; it was my longest continuous run for 17 years and although I was very weary at the end it sufficed to reawaken those marathon aspirations. But how I wished I could forget about the marathon; it was ludicrous to believe I would ever be capable of covering more than four times the distance of that run in Milan. I was doing all right as an unambitious jogger, so why continue to be tormented by this impossible dream...

For 1978, the year of my 40th birthday, I set myself a modest target of 100 training runs but, due to interruptions through injury, I only just made it — 101 runs totalling 283 miles. I set my sights a little higher in 1979: the goal was to average a mile a day throughout the year. As usual the activity was intermittent but I finished with 396 miles from 103 outings. No chance of a marathon shot with that background.

The first real breakthrough since Milan occurred in May 1979 when I managed to cover 8 miles non-stop in 1hr 11min, the longest (in terms of time) run of my life. That was getting on for a third of a marathon, so perhaps there was hope yet. I made a decision; if, by the end of the year, I could run half a marathon I would devote 1980 to the serious pursuit of my dream. On December 19th 1979 I ran 13.1 miles around the roads of Wembley and Harrow in 1hr 58 min. There was no turning back now!

"Operation Big Apple" was put into effect; my target would be the fabled New York Marathon ten months hence and the aim was to build up gradually from 20 miles to 30 and perhaps 40 miles a week. I started off encouragingly with a record 81 miles during January but a thigh injury played havoc with training between February and April (a mere 143 miles logged during those three months) and so I was ill prepared for my first test of long distance road racing, the inaugural Peoples Marathon near Birmingham on May

11th. I had never in my life dropped out during a race but as I knew I wasn't anywhere near ready to tackle a full marathon I resigned myself to blotting that record. I was in the race to learn, and that I did (for example, I had never before taken in liquid during a run), and I am grateful to the organisers (Centurion Joggers) for the chance of taking part in an event arranged primarily for novices like myself. I had a bad time in the race, for the weather was very hot and windy and I suffered from dehydration after 10 miles, but I did manage to squeeze out my longest run yet of 14 miles before calling it a day.

Due to virtual round-the-clock work for 'AW' prior to and during the Olympics, training was obliged to take a back seat throughout what should have been the crucial build-up period for New York and it wasn't until August that I started to get into stride again. That month I totalled my highest yet of 86 miles, including on the 30th a non-stop 15 miles on grass in 2hr 17min. Eight days later I ran in the Burnham Beeches Half Marathon, finishing in 2:01:24 on a none-too-easy course. I had a little in hand at the finish but the prospect of needing to cover twice that distance was daunting, to say the least!

However, the training was going reasonably well, my weight was at 156lb the lowest for years and I was free from injury. An 11-mile run on October 6th, at my usual 9 min mile pace, was meant to signal the start of my first belated 40-mile training week, but caught out in torrential rain I developed a heavy cold in the process and that was that for the week. That left only one full week prior to departure for New York but as at the Saturday morning I had logged only 18 miles from three runs. It probably wouldn't make much difference to me now physically but I was determined — as a psychological booster — to get in those 40 miles. So, for the first time, I trained twice on one day — 11 miles at lunchtime and 5 miles in the evening. On Sunday I ran a further 6 miles to reach my target.

Mind you, I needed all the help going. My average weekly mileage for the year thus far was only 14 (576 miles from 96 runs), or about half of

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what I had hoped for. Lots of people have said you can't race a marathon on less than a steady 30-40 miles a week, and 50-60 miles is a more acceptable minimum, but of course I wouldn't actually be *racing* in New York. For me "Operation Big Apple" would take the form of a survival test; I just wanted to prove something to myself by getting round the course, no matter where I finished or how long it took.

On the morning of Sunday, October 26th I lined up on the Staten Island side of the imposing Verrazano Bridge with 14,011 other hopefuls of whom some 4000 were attempting to complete their first marathon. Ahead of us stretched a 26 miles tour of New York City, not to mention a voyage of self-discovery. The great adventure was beginning!

I may have been covering top-class athletics around the world for a quarter of a century but I've never stopped being a star-struck fan, so the thought that here I was lining up for the same race as the likes of Bill Rodgers, Lasse Viren, Filbert Bayi and Grete Waitz was a terrific thrill! That is one of the great attractions of the New York Marathon: that runners of all levels of ability are able to take part. Just for one day, maybe in a lifetime, joggers can take their place alongside the world's elite and strive after their goals to the same acclaim and appreciation which greets their swifter colleagues.

New Yorkers are seen at their best on marathon

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day. The tensions of living and working in that bustling, stimulating metropolis are swept aside as some two million citizens line the route and create a carnival atmosphere. They enjoy themselves and for the runners it's the most marvellous feeling to stride out before such an enthusiastic audience. The onlookers deserved special praise this time, for race day this year was chilly and windy — acceptable conditions for the athletes but arduous for those standing out in the street possibly for hours on end watching the parade go by. It could have been worse, though, for it bucketed down the previous day and overnight there was such a gale that a huge marquee erected to provide shelter for the runners prior to the start was blown down.

Starting time was 10.30 am but, except for the elite corps of invited runners, participants were required to make their way to the staging area at Fort Wadsworth on Staten Island several hours before that. Thousands travelled out on a fleet of special buses from the magnificent cultural complex of Lincoln Center, close by the Central Park finish, between 5.30 and 7.30 am. By the time I reached Fort Wadsworth shortly before 8 the place was already swarming with runners. Now came the time I dreaded most: a wait of some 2½ hours before the start. Fortunately it wasn't such an ordeal as I had feared. Queuing up amid much lively banter for coffee and doughnuts, and later for the toilet, accounted for about an hour and the rest of the time passed fairly quickly chatting with friends and limbering up. One incredible sight was of competitors arriving a couple of hours or more before the start in just their running gear without any protection against the bitterly cold conditions. Madness!

A critical moment for many runners came when the PA system called for all baggage required at the finish to be loaded on the buses. That was the signal for tracksuits and other outer garments to be removed and packed into labelled bags, to be reclaimed in Central Park after the race. Obviously everyone was reluctant to strip off until the last moment, but you were taking a chance if you waited beyond 10 am. Fortunately, having mugged up on the race, I came prepared. After handing in my tracksuit I donned an old sweater and tracksuit bottoms and succeeded in keeping myself cosily warm right up to a few minutes before the start when I dumped the gear in special containers provided for that purpose. Any usable clothing among the mountains discarded would, after cleaning, be handed over to charity.

Spirits were high as a seething mass of humanity — fourteen thousand runners, ranging in age from 9 to 78 and with personal bests from 2:09 to 7:22 — flowed towards the starting area at the Verrazano Bridge. In the confusion someone tripped over a brick barrier . . . "Gee, I've hit the wall already", he cracked to laughter

all round. Runners are advised to assess their likely time for the race and start with others of similar capabilities, and so I made my way over to that part of the starting area designated 4¼-4½ hours. Finishing was the name of the game, but I reckoned steady 10 min miling for a time of just under 4½ hours would be the best pace to aim for.

I drank in the sights and sounds around me; this was a big moment in my life and I wanted to remember everything. I was conscious of feeling lucky to be there at all, that I was healthy and fit enough even to consider running a marathon. I was fortunate, too, in being accepted for the race considering the organisers, the New York Road Runners Club (led by the remarkable Fred Lebow), had to turn down nearly 20,000 entries. Such is the desire to run in the race that people were advertising their willingness to pay \$100 (over £40) for a number while Fred Lebow as race director was besieged. "Some people have offered me bribes", he said. "I have received offers from women for their 'services', while others have even threatened suicide". But Fred remained adamant; no more entries accepted. No doubt he had learned a lesson from last year's race when after entries had closed he received a note from a girl who said she had a brain tumour, only had a few months to live and could she please get into the marathon. On compassionate grounds Fred enabled the girl to enter. Her name? Rosie Ruiz.

At 10.30 precisely the cannon fired, a big cheer went up and the race was on. While the top-notchers up front streaked away over the longest single span bridge in the world at well under 5 min mile tempo I leapt forward . . . into an imperceptible shuffle. Such was the mob ahead of me that it took 3½ minutes of slow walking even to reach the start line! At last, as gaps in the ranks opened up, one could begin running although still hemmed in on all sides. "Only 26 miles to go" was someone's rallying cry as we trundled up towards the highest point of the bridge. The views were stupendous: New York Harbour and the celebrated skyline of lower Manhattan to the left, the Atlantic Ocean to the right.

As we came off the bridge and entered Brooklyn after 2 miles a tremendous welcome greeted us. I was knocked out by the crowd's warmth and enthusiasm, and I basked in the cheers and cries of encouragement. I felt terrific and as I ran along the dead straight Fourth Avenue, all six miles of it, I had to restrain myself. I was running close to 9 min miling, well inside my schedule, but feeling so frisky that the temptation to open up and make deep inroads into the thousands stretching ahead of me into the far distance was great indeed. However, I opted for caution as I reminded myself that I wasn't after a 'fast' time; finishing the race was all that mattered.

Continued on page 38

MARK SHEARMAN & MATTI HANNUS



THE 1980 OLYMPICS TRACK AND FIELD

THE 1980 OLYMPICS TRACK AND FIELD

The **SPORTS MARKET** has published a book on the Moscow Olympics (track & field) which is now on sale at £8.30 (this includes £1.35 for postage and packing).

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UK BEST PERFORMERS (WOMEN) 1980

Compiled on behalf of the NUTS by Liz Sissons

Amendments should be sent to Liz Sissons, 9 Fair Oak Lane, Chessington, Surrey, KT9 2NS. The top 100-plus lists with details, will be published in the UK Athletics Annual 1981, due out next April.

100 METRES

Fully Automatic Timing (12.29)

11.01w	Heather Hunte (11.20)
11.06w	Sonia Lannaman (11.20)
11.10w	Kathy Smallwood (11.24)
11.19w	Bev Goddard (11.36)
11.27w	Wendy Clarke (11.57)
11.29w	Andrea Lynch-Saunders (11.32)
11.46w	Helen Barnett (11.71)
11.53w	Michelle Probert (11.83)
11.54w	Margot Wells (11.99) (11.84 unconfirmed)
11.57w	Rosalee Wilson (11.75)
11.65w	Pippa Baker (12.06)
11.70	Jane Parry
11.75	Linsey Macdonald
11.85	Carmen Smart
11.87w	Sharon Colyear (11.97)
11.88	Maxine Ascroft
11.88w	Ann Dalton (12.09)
11.90	Shirley Thomas
11.97	Debra Warner
11.97	Kaye Jeffrey
12.01	Yvonne Anderson

12.03	Karen Rist
12.06w	Wendy Barnes
12.09	Elaine Mitchell
12.12	Gillian Spurgin
12.13	Janet Miller
12.13w	Sara MacDonald

Consolidated List (12.2)

11.01w	Heather Hunte (11.1)
11.06w	Sonia Lannaman (11.1)
11.1	Kathy Smallwood
11.19w	Bev Goddard (11.36)
11.27w	Wendy Clarke (11.57)
11.29w	Andrea Lynch-Saunders (11.32)
11.3w	Linsey Macdonald (11.6)
11.3w	Michelle Probert (11.6)
11.4w	Shirley Thomas (11.5)
11.4w	Jane Parry (11.6)
11.46w	Helen Barnett (11.7)
11.5	Donna Hartley
11.54w	Margot Wells (11.7)
11.57w	Rosalee Wilson (11.6)
11.6	Debra Warner
11.6	Carmen Smart

11.65w	Pippa Baker (12.06)
11.7	Sharon Colyear
11.7w	Linda Callow (12.1)
11.8	Maxine Ascroft
11.8	Kathryn Ball
11.8w	Gillian Spurgin (12.0)
11.8w	Karen Rist (11.9)
11.8w	Janet Miller (12.13)
11.8w	Jennifer Webb (12.2)
11.8w	Ann Barracough (12.0)
11.8w	Ann Dalton (12.09)
11.9	Wendy Barnes
11.9	Dawnette Edge
11.9	Susan Hearnshaw
11.9	Sybil Joseph
11.9	Ruth Patten
11.9	Yvette Wray
11.9	Dawn Taylor
11.9	Henrietta Kessebe
11.9	Kaye Jeffrey
11.9w?	Denise Phipps
11.9w	Miriam Cashell (12.1)
11.9w	Alison Lyne
11.9w	Karen Ford (12.0)
11.9w	Kirsty Ramsay (12.1)

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RUNNERCARE



Heather Hunte (1) and Sonia Lannaman both clocked legal 11.20s this season, Heather in Peking in September and Sonia in the Olympic second round.

Peter Tempest

11.9w Jayne Christian (12.0?)
 11.9w Yvonne Anderson (12.0)
 11.9w Toyin Campbell (12.1)
 11.9w Angela Carter
 11.9w? Jill Davies (12.2)
 12.0 Sandra Green
 12.0 Debbie Bunn
 12.0 Sue Reeve
 12.0 Gladys Taylor
 12.0 Shirley Strong
 12.0 Dawnette Edge
 12.0 Denise Hendrickson
 12.0 Tracy Simmonds

Doubtful timing

11.7 Helen Gourlay

200 METRES

Fully Automatic Timing (25.29)

22.31 Kathy Smallwood
 22.58 Sonia Lannaman
 22.72 Bev Goddard
 23.06 Heather Hunte
 23.11w Linsey Macdonald (23.43)
 23.32 Michelle Probert
 23.36w Lorna Boothe (24.00)
 23.50 Joslyn Hoyte-Smith
 23.62 Helen Barnett
 23.64w Jane Parry (23.66)
 23.71 Wendy Clarke
 23.75w Verona Elder (24.01)
 23.90 Angela Bridgeman
 23.94 Rosalee Wilson
 23.94 Donna Hartley
 24.02w? Kaye Jeffrey (24.34)
 24.04 Pippa Baker
 24.12w Carmen Smart (24.26)
 24.17 Yvette Wray
 24.20w Wendy Barnes (24.99)
 24.21w Yvonne Anderson
 24.22 Shirley Thomas
 24.34 Margot Wells
 24.34 Debbie Bunn
 24.35w? Janine MacGregor
 24.45w Ann Dalton
 24.50w Gillian Spurgin
 24.62y(i) Sharon Colyear
 24.63w Sandra Whittaker (25.02)

24.66w Alison Reid
 24.69 Tracy Simmonds
 24.70 Ruth Patten
 24.70 Karen Rist
 24.79 Margaret Williams
 24.80w Sara MacDonald
 24.90 Elaine Mitchell
 24.95 Sue Longden
 25.03 Henrietta Kessebeh
 25.05 Sandra Moseley
 25.06 Sybil Joseph
 25.16 Dawn Taylor
 (y = 220y timing)

Consolidated List (25.2)

22.31 Kathy Smallwood
 22.58 Sonia Lannaman
 22.72 Bev Goddard
 22.9 Heather Hunte
 23.1 Michelle Probert
 23.11w Linsey Macdonald (23.43)
 23.36w Lorna Boothe (24.00)
 23.4 Joslyn Hoyte-Smith
 23.6 Margot Wells
 23.62 Helen Barnett
 23.64w Jane Parry (23.66)
 23.7 Rosalee Wilson
 23.71 Wendy Clarke
 23.75w Verona Elder (24.01)
 23.8w Angela Bridgeman (23.90)
 23.9w Carmen Smart (24.26)
 23.94 Donna Hartley
 24.0w Janine MacGregor (24.3)
 24.02w? Kaye Jeffrey (24.3)
 24.04 Pippa Baker
 24.1 Susan Hearnshaw
 24.1w Anne Baldock (24.7)
 24.1w Angela Carter (25.1)
 24.1w Wendy Barnes (24.7)
 24.17 Yvette Wray
 24.2 Karen Rist
 24.2 Ruth Patten
 24.2w Linda Callow (25.1)
 24.21w Yvonne Anderson (24.4)
 24.22 Shirley Thomas
 24.3w? Debra Warner (24.4)
 24.3w Tracy Simmonds (24.4)

24.34 Debbie Bunn
 24.4 Helen Hogarth
 24.4w Delva Campbell
 24.4w Shirley Strong
 24.4w Sandra Whittaker (25.02)
 24.45w Ann Dalton (24.7)
 24.5 Linda Forsyth
 24.50w Gillian Spurgin
 24.5w Maria Massie
 24.5w Helen Pilkington
 24.5i Sharon Colyear (24.62y(i))
 24.6 Angela Giddings
 24.6 Sybil Joseph
 24.6 Linda Keough
 24.6 Anna Close
 24.6 Angela Piggford
 24.6 Vespa Ellis
 24.6 Marcia van Frederici
 24.6w Claire St John
 24.6w? Karen Barraclough
 24.6w Debbie Bain
 24.6w Janet Miller (25.0)

400 METRES (57.9)

50.88 Joslyn Hoyte-Smith
 51.16 Linsey Macdonald
 51.6 Michelle Probert (51.68)
 52.33 Donna Hartley
 52.51 Verona Elder
 53.07 Ruth Patten
 53.4 Janine MacGregor (53.88)
 53.42 Linda Forsyth
 53.7 Linda Keough (53.75)
 53.9 Liz Barnes
 54.01 Angela Bridgeman
 54.03 Carol Pendleton
 54.23 Christine Warden
 54.3 Jane Finch (55.62)
 54.3 Kathy Smallwood
 54.4 Karen Ford (54.31?)
 54.43 Helen Barnett
 54.5 Susan Smith
 54.5 Teena Colebrook (55.12)
 54.57 Karen Baker
 54.6 Rona Livingstone
 54.9 Ruth Richards
 54.99 Kirsty McDermott

55.0	Lorraine Baker
55.04	Linda Callow
55.05	Joy McBezah
55.05	Susan Whitnell
55.1	Carmen Smart
55.1	Rosalee Wilson
55.1	Carol Fernley (55.14)
55.13	Carolyn Wells
55.3	Carol Powell (55.55)
55.42	Ann Harley
55.5	Helen Keene (55.78)
55.5	Jane Parry
55.6	Susan Fowler (55.79)
55.63	Ann Baldock
55.7	Carol Williams
55.7	Pamela Whitter
55.7	Kay Simpson
55.8	Janet Marlow
55.81	Carol Dawkins
55.9	Fiona Hargreaves (56.17)
55.9	Karen Rist
55.99	Christina Boxer
56.0	Suzanne Guise
56.0	C. Whitehurst
56.13	Carol Walkingshaw
56.2	Sue Keen
56.2	Vivienne Rowbotham

800 METRES (2:14.0)

1:59.53	Christina Boxer
2:01.42	Cherry Hanson
2:01.51	Liz Barnes (2:04.08)
2:01.89	Anne Clarkson
2:02.07	Jane Finch
2:02.13	Teena Colebrook
2:02.70	Janet Marlow
2:02.92	Gillian Dainty
2:03.63	Janet Prictoe
2:03.68	Christine McMeekin
2:03.72	Lorraine Baker
2:03.87	Jo White
2:04.8	Penny Forse
2:05.42	Kirsty McDermott
2:05.47	Julie Asgill
2:05.6	Wendy Smith
2:05.92	Paula Newnham
2:06.14	Monica Joyce
2:06.70	Sue Morley

2:06.84	Angela Creamer
2:07.00	Judith Croasdale
2:07.0	Louise Parker
2:07.3	Amanda Alford
2:07.3	Sara Alt
2:07.36	Pamela Whitter
2:07.41	Sandra Artherton
2:07.7	Karen Hughes
2:07.87	Alison Wright (NZ)
2:08.0	Bernadette Madigan
2:08.3	Margaret Coomber
2:08.5	Kathy Pilling
2:08.5	Deansie Phillips
2:08.6	Julie Compton
2:08.6	Jill Davidson
2:08.6	Shireen Hassan
2:08.7	Barbara Harvie
2:08.7	Carol Lightfoot
2:08.8	Elizabeth MacArthur
2:08.91	Alison Clifford
2:09.06	Nicola Parsons
2:09.2	Julie-Ann Laughton
2:09.2	Lynne MacDougall
2:09.2	Sue Smith
2:09.28	Jill McCabe
2:09.3	Hilary Hollick
2:09.41	Jennifer Mullett
2:09.42	Barbara Lock
2:09.50	Ruth Patten
2:09.6	Tessa Rashford
2:09.7	Caroline Wells
2:09.7	Thelwyn Bateman
2:09.7	Kim Lock

1500 METRES (4:39.0)

4:08.92	Janet Marlow
4:09.15	Christina Boxer
4:09.5	Penny Forse
4:10.47	Jo White
4:11.08	Wendy Smith
4:12.62	Cherry Hanson
4:14.02	Gillian Dainty
4:15.40	Bernadette Madigan
4:15.74	Sandra Artherton
4:16.42	Ruth Smeeth
4:16.8	Jill Clarke
4:16.9	Paula Fudge
4:17.58	Jill Davidson

4:17.7	Monica Joyce
4:18.26	Thelwyn Bateman
4:18.46	Susan Hutton
4:19.3	Kath Binns
4:19.4	Kim Lock
4:19.8	Alison Wright (NZ)
4:20.7	Regina Joyce
4:21.7	Julie-Ann Laughton
4:22.57	Hilary Hollick
4:22.65	Jane Finch
4:23.0	Christine McMeekin
4:23.02	Sharon Harvey
4:23.7	Susan Simpkin
4:23.93	Louise Parker
4:24.2	Deansie Phillips
4:24.2	Julie Asgill
4:24.4	Angela Mason
4:24.7	Judith Croasdale
4:24.8	Lesley Driver
4:24.9	Annette Roberts
4:25.49	Lynne MacDougall
4:25.5	Sue Morley
4:25.9	Amanda Alford
4:27.2	Katherine Fairbrass
4:27.7	Jane Furniss
4:27.8	Kim Trunley
4:28.23	Janet Prictoe
4:28.28	Shireen Samy
4:28.3	Violet Blair
4:28.4	Ann-Marie Fox
4:28.88	Jill McCabe
4:28.9	Carol Lightfoot
4:28.9	Wendy Lodge
4:28.9	Janine Midgely
4:29.3	Linda King
4:29.7	Helen Gollop
4:29.9	Margaret Coomber
4:30.0	Yvonne Murray

MILE (5:00.0)

4:32.84	Wendy Smith
4:35.2	Christina Boxer
4:36.68	Janet Marlow
4:38.95	Paula Fudge
4:38.97	Hilary Hollick
4:39.00	Sandra Artherton
4:39.8	Penny Forse
4:40.0	Gillian Dainty

Olympic bronze 4 × 400m relay medallists, who also fill top four places in the 400m list. From left: Linsey Macdonald, Michelle Scutt (in all lists under her maiden name of Probert), Joslyn Hoyte-Smith and Donna Hartley.



George Herringshaw



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Arena
Av. Wt. 6oz.



This is new, it's low in price but has all the features an athlete can demand of a track shoe. Superbly balanced, another Reebok winner. Nylon upper—4 spike UHL system nylon sole.

Arena 3 to 5½ £13.00 6 to 12 £15.00

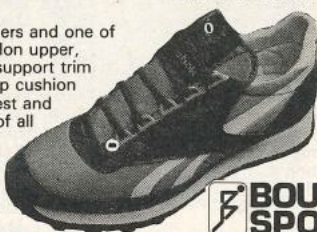
Aztec Av. wt. 11ozs.

A new dimension in trainers and one of the new 'gold' range. Nylon upper, speed lacing, silk suede support trim fitted to the new multigrip cushion sole to give the smoothest and most comfortable tread of all training shoes.

Aztec 3 to 5½ £16.00

6 to 12 £18.95

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★★★★★**



Orbit
Av. Wt. 7½ozs.



The Reebok policy of continual improvement has developed a new era in deep wedge track shoes. Now with mesh upper and six spike UHL system sole this deep wedge track shoe shades out all competition.

Orbit 3 to 5½ £14.50 6 to 12 £17.00

10K
Av. Wt. 7½ozs.



Racing Shoe with 'air scoops' to keep the foot cool. No other nylon shoe includes this feature. Nylon upper with silk suede trim. The new 'honeycombe' outsole has a cushion midsole and wedge.

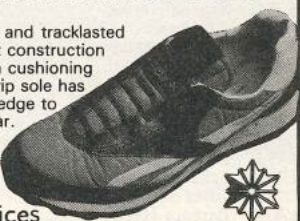
10K 3 to 5½ £15.00 6 to 12 £17.00

Midas Av. Wt. 8ozs.

A racing version of aztec and tracklaced for closer fit. Super soft construction allows the foot maximum cushioning and comfort. The multigrip sole has locating elements at the edge to increase traction and wear.

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6 to 12 £19.50



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B Chest	31/3"R	34/6"R	37/9"R	40/2"R	43/5"R					
C Chest	31/3"R	34/6"R	34/6"L	37/9"R	37/9"L	40/2"R	40/2"L	43/5"R		
D Womens	8	10	12	14	16					

N.B. R = Regular Fit; L = Long Fit approx. 1½ inches longer on arms, body and leg.

No.	Description	Colour	Sizes
ACR 100	Mens Athletic Shorts	White/Red & Blue Trim	A £4.95
ACR 101	" " " "	Royal/White Trim	A £4.95
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ACR 103	" " " "	Emerald/Gold Trim	A £4.95
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ACR 105	" " " "	Black/Orange Trim	A £4.95
ACR 201	Crew Neck Jog Suit	Grey/navy Piping	B £20.85
ACR 301	" " " "	Sky/White Piping	B £20.85
ACR 302	" " " "	Coral/White Piping	B £20.85
ACR 303	" " " "	Brown/White Piping	B £20.85
ACR 202	Hooded Jog Suit	Grey/White Piping	B £23.60
ACR 304	" " " "	Sky/White Piping	B £23.60
ACR 305	" " " "	Coral/White Piping	B £23.60
ACR 306	" " " "	Brown/White Piping	B £23.60
ACR 203	Crew Neck Jog Top only	Grey/White Piping	B £11.15
ACR 307	" " " "	Sky/White Piping	B £11.15
ACR 308	" " " "	Coral/White Piping	B £11.15
ACR 309	" " " "	Brown/White Piping	B £11.15
ACR 204	Hooded Jog Top only	Grey/White Piping	B £14.00
ACR 310	" " " "	Sky/White Piping	B £14.00
ACR 311	" " " "	Coral/White Piping	B £14.00
ACR 312	" " " "	Brown/White Piping	B £14.00
ACR 205	Tracksuit-Tapered Leg	Navy/Red	C £28.75
ACR 206	" " " "	Sky/White	C £28.75
ACR 207	" " " "	Burgandy/Cream	C £28.75
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ACR 501	Ladies Racing Vest	Skye/White	D £9.35
ACR 502	" " " "	Brown/Gold	" " "
ACR 503	" " " "	Red/White	" " "
ACR 510	Ladies Racing Pants	Skye/White	D £6.15
ACR 511	" " " "	Brown/Gold	" " "
ACR 512	" " " "	Red/White	" " "
ACR 520	Ladies Racing Pants	Skye	D £5.35
ACR 521	" " " "	White	" " "
ACR 522	" " " "	Brown	" " "
ACR 523	" " " "	Gold	" " "
ACR 524	" " " "	Red	" " "
ACR 525	" " " "	Black	" " "
ACR 526	" " " "	White	" " "



4:40.00 Jill Clarke
4:40.64 Julie-Ann Laughton
4:42.3 Christine Benning
4:45.02 Ruth Smeeth
4:46.46 Angela Mason
4:48.43 Kim Lock
4:48.83 Jill Davidson

3000 METRES (10:25.0)

8:53.78 Wendy Smith
8:58.00 Ruth Smeeth
8:58.44 Kath Binns
8:59.49 Paula Fudge
9:09.32 Bernadette Madigan
9:10.79 Regina Joyce
9:11.66 Penny Forse
9:14.72 Susan Hutton
9:17.8 Alison Wright (NZ)
9:17.99 Hilary Hollick
9:19.95 Thelwyn Bateman
9:20.0 Christine McMeekin
9:21.9 Deansie Phillips
9:25.08 Vera Duffy
9:25.6 Angela Mason
9:26.36 Kim Lock
9:26.97 Christine Benning
9:27.85 Annette Roberts
9:29.0 Sharon Harvey
9:29.72 Jill Clarke
9:31.2 Barbara Abbott
9:32.85 Shireen Samy
9:34.71 Julie-Ann Laughton
9:35.36 Judith Shepherd
9:36.8 Karen Hughes
9:38.0 Suzan Morris
9:39.0 Julie Asgill
9:40.19 Julie Barleycorn
9:40.2 Joyce Smith
9:40.4 Barbara Harvie

9:40.4 Sandra Arthurton
9:40.5 Jane Furniss
9:40.6 Christine Price
9:43.8 Helen Boyes
9:44.21 Ann-Marie Fox
9:44.4 Amanda Alford
9:45.2 Jane Holmes
9:46.5 Linda King
9:47.6 Debbie Peel
9:47.7 Fiona McQueen
9:49.9 Monica Joyce
9:50.7 Marian Witts
9:51.7 Susan Simpkin
9:52.8 Alison Blake
9:53.4 Linda Stannard
9:54.16 Val Rowe
9:55.4 Ann Tamplin
9:55.6 Elizabeth Brennan
9:56.2 Kathryn Williams
9:57.4i Sara Harris
9:57.5 Kim Trunley
9:59.5 Jane Wingrove

100 METRES HURDLES**Fully Automatic Timing**

13.06 Shirley Strong
13.17w Lorna Boothe (13.20)
13.26w Sharon Colyear (13.39)
13.44w Yvette Wray (13.70)
13.57 Judy Livermore
13.71w Sue Longden (14.10)
13.74w Claire St. John (14.12)
13.77w Heather Ross (14.01)
13.90w Wendy McDonnell (14.55)
14.05w Violet Douglas (14.36)
14.19 Judy Vernon
14.24 Sarah Bull
14.27 Lesley Scott (14.44)
14.33 Manndy Laing

14.34 Elizabeth Little
14.35 Sarah Rowe
14.49w Jane Lindsay (14.68)
14.56 Maureen Prendergast
14.64 Lorraine Ilderton
14.64 Kathy Warren
14.69 Marcia Marriott
14.69 Linda Stephen
14.76 Elizabeth Wren
14.76 Susan Dalgoutte
14.83 Judith Rodgers
14.84 Joanne Taylor
14.91w Elizabeth McKie (15.57)
15.00 Julie Graham
Unconfirmed:
13.65 Elaine McMaster

Consolidated List (15.6)

13.06 Shirley Strong
13.17w Lorna Boothe (13.20)
13.26w Sharon Colyear (13.39)
13.44w Yvette Wray (13.5)
13.5 Elaine McMaster
13.57 Judy Livermore
13.7 Claire St. John
13.7w Heather Ross (13.8)
13.71w Sue Longden (14.0)
13.9 Judy Vernon
13.90w Wendy McDonnell (14.1)
13.9w Lesley Scott (14.3)
13.9w Deborah Skerritt (14.2)
14.05w Violet Douglas (14.2)
14.1w Manndy Laing (14.2)
14.2 Elizabeth Little
14.2 Kerry Millerchip
14.2w Lorraine Ilderton (14.3)
14.2w Sarah Rowe (14.3)
14.2w Sarah Bull (14.24)
14.2w Jane Lindsay (14.3)

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**SIXTH ROWNTREE-MACKINTOSH
CROSS COUNTRY RACES**

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

SUNDAY, 14th DECEMBER, 1980, 12 Noon
at the University of East Anglia, Colney Lane, Norwich

U/11 Girls 1 Mile
U/11 Boys 1½ Miles
U/13 Girls 1½ Miles
U/13 Boys 1½ Miles
U/15 Girls 1½ Miles
U/15 Boys 2½ Miles

Inter/Senior Ladies 2½ Miles
U/17 Youths 3½ Miles
Junior/Senior Men inc. Vets 5 Miles
(Ages as 1st September, 1980)

Prizes: 1st 3 Teams and 1st 3 Individuals. 1st 3 Veterans. (4 to score per team).**Entry Fee:** U/11's, U/13's, U/15's 30p per Individual. Inter/Senior Ladies, Youths, Junior & Senior Men, Vets 40p per Individual. **No Team fees.****ENTRIES CLOSE 3rd DECEMBER, 1980****Entries:** T. J. R. Ash, "Cringewood House", Sandy Lane, Fakenham, Norfolk NR21 9ES. S.A.E. for confirmation and Travel details.

**WENDY SMITH**

Mike Street

**ANN-MARIE DEVALLY**

Eileen Langsley

14.2w	Linda Stephen (14.6)
14.2w?	Val Lemoignan (14.4)
14.3	Elizabeth Wren
14.3w	Maxine Ross (14.8)
14.3w	Fiona Macaulay (14.8)
14.4	Kathy Warren
14.4	Sue Mapstone
14.4	Sue Morley
14.4	Hilary Selway
14.4	Moir Maguire
14.4w	Val Mullins (14.8)
14.4w	Judith Rogers (14.6)
14.5	Janet Honour
14.5	Wendy Griffiths
14.5	Jeanette Rose
14.5w?	Kim Hagger (14.6)
14.5w	Barbara Corbett (14.7)
14.5w	Lorraine Brown (14.6)
14.5w	Bella Bell-Gam (Nigeria) (14.8)
14.5w	Caroline Porter (14.7)
14.56	Maureen Prendergast
14.6	Sarah Brennan
14.6	Gladys Taylor
14.6w?	Deborah Baker (14.7)
14.6w?	Ann Simmonds
14.6w?	Diana Greenwood (14.8)
14.6w?	Gillian Howell (14.8)
14.6w	Tessa North (15.1)
14.6w	Kay Morley (14.8)
14.6w	Caryl Castle

400 METRES HURDLES (67.5)

56.76	Christine Warden
-------	------------------

57.79	Susan Dalgoutte
58.24	Sue Morley
58.56	Wendy Griffiths
58.6	Jane Finch
59.01	Deborah Skerriott
59.23	Carol Walkingshaw
59.38	Val Lemoignan
59.54	Susan Fowler
59.7	Kim Tuffnell
59.76	Maureen Prendergast
60.08	Fiona Macaulay
60.09	Hilary Selway
60.10	Linda Dick
60.9	Debbie Church
61.06	Gillian Howell
61.08	Jane Reeves
61.19	Sarah Bull
61.2	Margaret Southerden
61.26	Sue Smith
61.3	Carolyn Hogg
61.5	Julie Lindsey
61.59	Lynfa Lewis
61.6	Teena Colebrook
61.7	Julie Graham
62.0	Diane Wade
62.0	Sue Trickett
62.13	Diane Markendale
62.2	Gillian Parry (62.38)
62.3	Violet Douglas
62.3	Lynne Lerue
62.3	Kay Simpson
62.39	Teresa Tanton
62.4	Sara Coulson
62.6	Fiona Fyfe
62.80	Lesley Scott

62.88	Helen Waterhouse
62.9	Jenny Lowes
62.99	Suzanne Powell
62.99	Helen Keene
63.0	Wendy Humphreys
63.0	Sharon Perrins
63.0	Wendy Adams
63.1	Sue Reed
63.1	Susan Frisby
63.2	Lorraine Ilderton
63.2	Ruth Atkinson
63.2	Cathy McGowan
63.3	Linda Keough
63.34	Janette Roscoe
63.5	Debbie Bain
63.5	Susan Gilbert

HIGH JUMP (1.65)

1.94	Louise Miller
1.88	Ann-Marie Devally
1.87	Moir Maguire
1.84i	Barbara Simmonds (1.75)
1.83	Diana Elliott
1.83	Brenda Gibbs
1.83	Denise Brown
1.82	Elaine Hickey
1.82	Wendy Phillips
1.82	Sarah Rowe
1.82	Marion Hughes
1.81	Gillian Hitchen
1.81	Judy Livermore
1.81	Janet Heaney
1.79i	Julie Charlton (1.78)
1.79	Anne Gilson



Shirley Strong (24) leads in the final of the WAAA 100m hurdles from Yvette Wray (28) and Judy Livermore (farside).

Mike Street

1.79	Susan Brown
1.78	Alyson Thompson
1.78	Kathy Warren
1.78	Jennifer Seamon
1.78	Denise Wilkinson
1.78	Rona Pinkerton
1.76i	Jayne Williams (1.65)
1.76	Lesley Chilton
1.76	Sharon McPeake
1.76	Sarah Nicholls
1.76	Sarah Grady
1.76	Tonia Phillips
1.75	Allison Manley
1.75	Val Kelly
1.75	Sue Longden
1.75	Denise Cooper
1.75	Karen Brimicombe
1.75	Hilary Selway
1.75	Teresa Murray
1.75	Ruth Stratton
1.75	Marcia Marriott
1.75	Joanne Hilliard
1.75	Jane Toney
1.74	Carol Saunders
1.73i	Gillian Blount (1.68)
1.73	Diane Austin
1.73	Rosemarie Hudson
1.73	Deborah Friar
1.73	Claire Summerfield
1.73	Caroline Howarth
1.73	Val Mullin
1.73	Janet Sykes
1.73	Jackie Gilchrist
1.73	Avril Scott
1.73	Carol Liqueorish
1.73	Delia Kerfoot
1.73	J. Little
1.73	Sharon Taylor
1.73	Elizabeth Wren
1.73	Alex Telling

LONG JUMP (5.50)

6.68	Sue Reeve
6.66	Sue Hearnshaw
6.37	Sue Earlington
6.37w	Allison Manley (6.27)
6.35w	Sue Longden (6.28)

6.28w?	Beverly Kinch (6.14)
6.27	Sandra Green
6.26	Maria Smallwood
6.25	Gillian Regan
6.21w	Gladys Taylor (6.07)
6.20w	Jill Davies (6.19)
6.20w?	Glenys Morton (5.82)
6.15w	Karen Glen (6.10)
6.13w	Sandy French (5.78)
6.12w?	Janice Arscott (5.83)
6.09w	Kelly Wenlock (6.04)
6.08w?	Janet Frank-Lynch (5.77)
6.07	Judy Livermore
6.05w	Susan Hay (5.91)
6.05w	Val Mullin (5.80)
6.02w	Ann Simmonds (5.77)
6.02w?	Linda Pears (5.73)
6.01	Sarah Bull
6.01	Tina Greisen
6.01w	Joanne Edwards (5.94)
5.97w	Nicola McGee (5.81)
5.97w?	Kim Hagger (5.79)
5.94?	Yvette Wray
5.93w	Linda Stephen (5.68)
5.93w	Hilary Selway (5.69)
5.92	Kathy Warren
5.91w	Lorraine Watt (5.79)
5.91w	Geraldine Gray (5.75)
5.89	Maxine Ross
5.88	Joyce Oladapo
5.87w	Manndy Laing
5.84	Jacqui Flavius
5.83w	Bella Bell-Gam (Nigeria) (5.72)
5.82	Kathleen Terrett
5.82	Helen Rogers
5.80	Marcia Marriott
5.79w	Yvonne Anderson (5.77)
5.79w?	Clare O'Rourke (5.76)
5.78w?	Susan Mallinder (5.63)
5.77	Karen Jenkins
5.76w	Wendy Phillips (5.56)
5.75	Sarah Rowe
5.75w?	Carol Pears
5.74	Val Walsh
5.74w	Caroline Neal (5.61)
5.74w	Sharon Lynch (5.57)
5.73	Val Kelly

5.73	Diane Gray
5.73	Claire Edwards
Unconfirmed:	
6.04w	D. Hendrickson

SHOT (10.80)

17.53	Angela Littlewood
17.20	Judy Oakes
17.05	Venissa Head
16.84	Meg Ritchie (17.43 light)
15.46	Vanessa Redford
14.10	Janis Kerr
13.95i	Susan Tudor (13.87/14.61 light)
13.94i	Caroline Dyer (13.72)
13.64	Cynthia Gregory
13.62	Jackie Jackson
13.57	Janeen Williams
13.56	Judy Livermore
13.49	Helen Clarke
13.38	Nnenna Mbonu
13.32	Yvette Wray
13.26	Susan Parker
13.24	Susan King
13.17	Elaine Tinkler
13.15	Gwen Bird
13.09	Lesley Mallin
13.03	Sarah Bull
12.99	Maxine Jervis (14.15 light)
12.95i	Carmen Pryce
12.78	Heather Yule
12.77	Sandra McDonald
12.75	Bronwin Carter
12.61	Denise Sturman
12.60	Ann Storrs
12.54	Kendra Lowe
12.51	Susan Bracey
12.49	Lynn Marshall
12.41i	Rosemarie Doyley (12.25)
12.39	Mary Lynch
12.29	Linda Newell
12.20	Stephanie Oram
12.06	Sue Longden
11.96	Susan Cook
11.90	Sue Mapstone
11.88	Deborah Bushnell
11.87	Sharon Gibson

11.84	Shara Spragg
11.82	Mo Pearson
11.79	Jane Lloyd Francis
11.76	M. Suesseger
11.73	Marcia Marriott
11.71	Ann Jackson
11.70	Susan Elliott (12.78 light)
11.68	Christine Strudwick
11.68	Julie Whitmarsh
11.64	Christine Vance

DISCUS (34.00)

65.96	Meg Ritchie
55.42	Lesley Mallin
52.54	Venissa Head
50.62	Vanessa Redford
49.28	Julia Avis
47.90	Janette Picton
47.76	Denise Sturman
47.60	Angela Littlewood
47.56	Gwen Bird
47.12	Janis Kerr
46.94	Jackie Wright
46.92	Lynda Whiteley
46.48	Fiona Condon
46.24	Jane Curtis
45.50	Susan Parker
44.44	Jean Robertson
44.44	Sandra Lee
43.98	Christine Vance
43.60	Nnenna Mbonu
43.46	Janis Wilderspin
43.20	Judy Oakes
43.04	Sandra McDonald
42.46	Deborah Bushnell
42.32	Maxine Jervis
41.92	Frances Vittles
41.90	Diane Ashworth

41.64	Amanda Franks
41.14	Lynn Smith
41.12	Andrea Lee
40.64	Caroline Dyer
40.60	Erica Thomas
40.32	Julie Whitmarsh
40.22	Karen Lynch
39.92	Jayne Salter
39.90	Susan Tudor
39.78	Jackie Jackson
39.64	M. Pearson
39.48	Alison Hourihan
39.46	Linda Higman
39.46	Bernadette D'Arcy
39.16	Iona Doyley
39.00	Sandra Clarke
38.90	Irene Duffin
38.88	Margaret Pulman
38.88	Bronwin Carter
38.84	Janet Stanton
38.84	Karen Pugh
38.74	Lynn Robertson
38.64	Elisabeth Hindley
38.56	Yvonne James
38.48	Lilias Dykes

JAVELIN (35.00)

69.70	Tessa Sanderson
60.14	Fatima Whitbread
55.36	Jackie Zaslon
54.02	Jane Williams
53.74	Jeanette Rose
53.08	Diane Royle
52.80	Maxine Jervis
51.56	Sharon Gibson
49.34	Shara Spragg
49.00	Linda Stratford
48.02	Susan Flack
47.22	Vanessa Vanterpool

47.20	Christine Cook
46.90	Anne Farquhar
46.04	Sara Fry
45.72	Pamela Brindle
45.12	Sandra O'Toole
44.68	Jean Lintern
44.30	Carole Morris
43.84	Pat Woodhouse
43.52	Jackie Cross
43.46	Carol Brooke
43.44	Beryl Richardson
43.20	Jayne Dawkins
43.16	Diane Rimmington
43.14	Clare Martin
43.14	Anna Lockton
43.12	Jenny Morley
42.88	Tracey Averages
42.86	Julie King
42.58	Lesley Rice
42.58	Pru Carter
42.42	Joanne Harding
42.40	Noelle Bradshaw
42.34	Elaine Tinkler
42.10	Margaret Greenslade
41.90	Nnenna Mbonu
41.22	Maxine Worsfold
41.00	Patricia Haes
40.36	Jean Elliot
40.34	Karen Miller
40.16	Amanda Horrex
39.92	Julie Abel
39.90	Jackie Tuohy
39.64	Sandra Brice
39.52	Jacqueline Dallas
38.96	Diane Austin
38.96	Carla Myhill
38.86	Shona Urquhart
38.82	Allison Hempstead
38.64	C. Bennett

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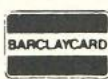
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3877	Val Kelly
3871	Mandy Laing
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3583w	Joanne Taylor (3531)
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3571	Karen Townsend
3565	Rosemarie Hudson
3565	Wendy Laing (3588 during hept.)

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3546	Denise Cole
3526	Geraldine Gray
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SOLIHULL & SMALL HEATH CC RELAYS

Birmingham University's Roger Hackney ran the fastest lap of the day (9:17) on stage four of the Solihull 6x3000m cross-country relay at Tudor Grange, on October 25th and gave the students their second victory of the Midland cross-country season. Coventry Godiva were second and Tipton third.

Coventry's Colin Brown won the scramble at the first changeover which saw six runners within eight seconds but, on stage two, David Black moved Tamworth into the lead with a time of 9:21. On stage three Coventry were back in the lead through Peter Banks with Tipton's Allan Rushmer just 2 sec behind, then on stage four Hackney struck and left Coventry and Tipton to fight for second and third places.

John Hull

1, Birmingham Univ. (B. Martyniuk 9:36, A. Taylor 9:55, P. Magner 9:35, R. Hackney 9:17, M. Burnhope 9:30, A. Bristow 9:37) 57:30;

2, Coventry Godiva (C. Brown 9:32, D. Lavelle 9:49, P. Banks 9:39, S. Carter 10:05, R. Maule 9:48, D. Smith 10:11) 59:04;

3, Tipton (S. Emson 9:38, R. Bentley 9:54, A. Rushmer 9:30, A. Grice 10:11, K. O'Mealey 10:27, S. Walton 10:06) 59:46;

4, Birchfield 60:38; 5, Worcester 61:16; 6, Sparkhill 61:53; 7, Loughborough Stu. 62:32; 8, Solihull & SH 62:39; 9, Bromsgrove & R 62:41; 10, Birmingham Univ. 'B' 63:06; 11, Rugby 63:20; 12, Birchfield 'B' 63:27; 13, Halesowen 64:02; 14, Coventry 'B' 64:08; 15, Sparkhill 'B' 64:13. **Fastest:** Hackney 9:17. (Youths): 1, Birchfield (S. Bishton 9:22, P. Roberts 9:30, A. Colebourne 9:29, J. Hartigan 9:11) 37:32; 2, Tipton (P. Carpenter 9:29, P. Tranter 9:52, I. Willetts 9:38, I. White 9:32) 38:31; 3, Tipton 'B' 38:56; 4, Coventry 39:01; 5, Bromsgrove & R

39:07; 6, Birchfield 'B' 39:27; 7, Solihull & SH 40:01; 8, Cheltenham 40:17; 9, Halesowen 40:37; 10, Worcester 41:01. **Fastest:** Hartigan 9:11. (Boys): 1, Birchfield (P. Downes 9:44, N. Smith 9:42, J. Holloway 9:38, N. Toone 9:34) 38:38; 2, Tipton (J. Onions 9:44, R. Dean 10:02, P. Evans 9:31, C. Damerell 9:40) 38:57; 3, Coventry 39:16; 4, Solihull & SH 41:04; 5, Halesowen 41:16. **Fastest:** Evans 9:31. (Colts): 1, P. Hemmings (Spark) 10:13; 2, C. Wall (Worc) 10:18; 3, C. Whittaker (Tip) 10:20.

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Opposite: Sue Hearnshaw (top) and Sue Reeve, who battled all season for the top long jump spot.

Photos by Eric North and George Herringshaw

Race Walking News

National 100km Champs, at Sutton Coldfield (September 27th). Results: 1, I. Richards (Cov) 9:45:46; 2, C. Berwick (Leic) 9:54:00; 3, J. Eddershaw (Sheff) 10:02:20; 4, K. Halstead (Cov) 10:08:52; 5, G. Tranter (RSC) 10:14:08; 6, P. Worth (Enf) 10:36:52; 7, R. Colver (Leic) 10:50:09; 8, M. Davitt (Camb. H) 10:59:06; 9, J. Dowling (Sheff) 11:10:05; 10, C. Bent (Leic) 11:23:05; 11, G. Hibberd (Sheff) 11:25:04; 12, J. Sturgess (Leic) 11:28:37; 13, F. Dolan (Lanc) 11:33:02; 14, D. Staniforth (Sheff) 11:49:23. Teams: 1, Leicester 11; 2, Sheffield 14.

Southern U/20 Champs, at Victoria Park (September 27th). (Juniors, 10km): 1, R. Dorman (Bel) 45:50; 2, G. Vale (Sy) 46:09; 3, R. Bestley (Ton) 47:40; 4, M. Nicholls (Bel) 49:05; 5, J. Ball (S&E) 49:29; 6, S. Marshall (Bel) 49:43; 7, M. Easton (Sy) 49:49; 8, S. Philips (Hav) 51:56. Team: Belgrave. (Youths, 5km): 1, T. Barrett (Ton) 24:23; 2, C. Dark (Ton) 24:28; 3, K. Zuber (Hav) 24:41; 4, R. Jell (Bel) 24:59; 5, J. Markham (W. Gn) 25:02; 6, C. Goodfellow (Ton) 25:20; 7, A. Morris (B'stoke) 25:34; 8, A. Cracknell (Ton) 25:37; 9, J. Bean (Stey) 25:43. Teams: 1, Tonbridge 6; 2, Steyning 18. (Boys, 3km): 1, D. Hucks (Camb. H) 14:59; 2, D. Bearman (Stey) 15:15; 3, M. Heskett (Stey) 15:17; 4, R. Hubbard (B'stoke) 15:45; 5, A. Dark (Ton) 15:47. Teams: 1, Steyning 12; 2, Basingstoke 19; 3, Cambridge H 23. (Colts, 3km): 1, G. Brown (Stey) 15:15; 2, G. Ringshaw (Stey) 15:37; 3, D. Clark (S'end) 18:33. Team: Steyning. (Inters, 5km): 1, J. Barrett (Ver) 25:13; 2, S. Brown (Stey) 26:08; 3, F. Rider (Camb. H) 26:51; 4, L. McCarthy (Hav) 29:36; 5, E. O'Rawe (S'end) 30:00. Team: Havering. (Juniors, 3km): 1, H. Ringshaw (Stey) 16:14; 2, E. Ryan (E&E) 17:24; 3, L. Urquhart (E&E) 17:26; 4, K. Todd (E&E) 17:43. Teams: 1, Epsom & E 9; 2, Steyning 16. (Girls, 2½km): 1, M. O'Rawe (S'end) 14:24; 2, H. Lawley (Wey) 14:40. Team: Steyning.

Mid-term Meeting, at Withdean (October

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Further details from: David Dix, 35 Henry Road, West Bridgford, Nottingham.

29th). Sarah Brown (16) continued her string of personal bests of late with a magnificent walk in the 3km. In front of four grade One judges, she showed immaculate technique in clocking 14:26.4, a new British Intermediate best performance, improving on Karen Eden's 14:33.0 in 1978. (Youths, 3km): R. Bean (Stey) 15:59.0. (Boys, 3km): 1, D. Bearman (Stey) 14:58.0; 2, M. Hesketh (Stey) 15:29.2. (Colts, 2km): 1, G. Brown (Stey) 9:48.4; 2, G. Ringshaw (Stey) 10:09.8. (Women, 3km): 1, S. Brown (Stey) 14:26.4; 2, B. Francis (B&H) 15:07.0. (Juniors, 3km): H. Ringshaw (Stey) 15:58.6. (Girls, 2km): 1, M. Bean (Stey) 11:56.4; 2, S. Bearman 12:00.8; 3, A. Dance (Stey) 12:06.8.

Alan Buchanan

Alan King edges Dennis Jackson to win the York Open '77, at York (October 19th). On a flat, two lap course which would appear to be somewhat short of the advertised distance, it was local favourite, Dennis Jackson, and Alan King who set the pace. At halfway (24:02) the diminutive Yorkshireman led by one second from the stylish King, followed by Chris Harvey (24:18) and a below-par Mike Holmes (24:35). In the second half King proved the stronger as the gaps opened amongst the leaders. Rob Elliott found a strong finish and many clocked very satisfactory times. 1, A. King (Leic) 48:40; 2, D. Jackson (Yk. P) 48:50; 3, C. Harvey (Yk. P) 49:35; 4, M. Holmes (Yk. P) 50:10; 5, R. Elliott (Yk. P) 50:33; 6, S. Tyas (Yk) 50:57; 7, R. Hankin (Sheff) 51:32; 8, B. Graham (Yk. P) 51:58; 9, D. Staniforth (Sheff) 52:43; 10, J. Errington (Yk. P) 52:52; 11, A. Buchanan (B&H) 53:26; 12, S. Uttley (Lanc) 53:46. Teams: 1, York Postal 12; 2, Sheffield 34. (Boys, 5km): G. Jackson 30:05. (Women, 5km): 1, C. Tyson (Lake) 24:08; 2, G. Edgar (Lake) 26:10; 3, S. Hogg (Lake) 26:28; 4, L. Millan (Lake) 26:45; 5, J. Pilmoor (Yk. P) 26:58. (Note: We have since heard that the course was about 400 yards short).

Colin Young

Vauxhall Motors Open '77, at Luton (October 25th). 1, A. King (Leic) 48:36; 2, B. Adams (Leic) 49:32; 3, C. Lawton (Bel) 50:12; 4, A. James (Enf) 50:20; 5, R. Dorman (Bel) 52:58; 6, A. Worth (Leic) 53:10; 7, J. Robinson (Ang) 53:51; 8, G. Scott (Enf) 54:05; 9, C. Ryan (Sheff) 54:20; 10, S. Uttley (If) 54:45; 11, E. Crossingham (Bel) 54:51; 12, P. Markham (Leic) 54:55; 13, J. Newnham (Bel) 54:57; 14, R. Gardner (Hales) 55:37; 15, K. Livermore (Enf) 57:26; 16, S. Lewis (Leic) 57:46; 17, R. Middleton (Bel) 57:48; 18, J. Sales (Bas) 57:56; 19, P. Worth (Enf) 57:58; 20, J. Dunsford (Bel) 58:00. Teams: 1, Leicester 18; 2, Belgrave 26; 3, Borough of Enfield 36. (Women): 1, J. Barrett (Ver) 58:01; 2, E. Worth (Bole) 63:35; 3, W. Toach (Leic) 67:32.

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NADYEZHDA OLIZARYENKO

"There's Plenty of Room for Improvement"

NADYEZHDA OLIZARYENKO-MUSHTA (26) has been around for some years under her maiden name, Mushta, but in top contention in the middle distances only since 1977. Her 13th competitive season, 1980, proved truly lucky for her because it was this year that her career really took off, carrying her to two world records, an Olympic gold and bronze, and a permanent place in athletics' hall of fame.

Nadyezhda first gave thumping notice to the world of her emergence as a major track star in the Pravda Prize meet early June in Moscow's Lenin Stadium, where she took the lead right from the start, ran a 57.1 first lap and clocked 1:54.85 for the 800m. This was 0.09 sec faster than Tatyana Kazankina's world record which, achieved in the Montreal Olympics, had entered the record books as 1:54.9.

Asked in the wake of this competition if the time had been pre-planned or merely the result of the way the race developed, the cerebral, curt and always somewhat remote Russian blonde was unequivocal. "Yes, I wanted a world record," she said. "Or at least a time very close to it. The first lap? It was slow, which is why the end-result

was not better. That's clear enough, isn't it?"

Fiza Lovin (1:56.70) of Romania finished runner-up in this June 11th race and five Russians ran within 1:58 behind her. They included in 4th place Kazankina (1:57.00) whose every attempt to dislodge her from the front was vigorously denied by Olizaryenko, so that in the end the reigning two-lap Olympic champ faded and was even pipped to the post by Olga Vakrusheva in the same time.

By Ivan Berenyi

The Pravda Prize race was certainly enough to persuade Kazankina to give up her long-voiced ambition to repeat the Montreal double in Moscow. "I will concentrate on the 1500m in the Olympics", she said cagily shortly afterwards, "and leave alone the option to run the 800m, too, mainly because my best friend and training companion, Tanya Providokhina, deserves her own Olympic chance. In 1976, I was in great form partly because Tanya helped me so much,



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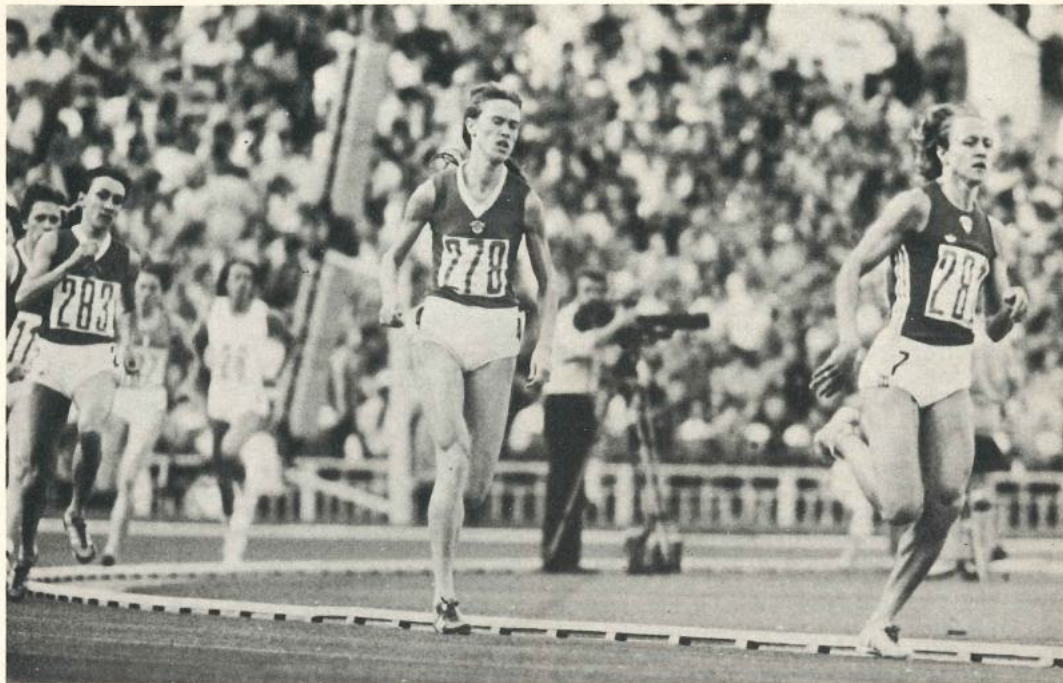
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Fees: Seniors 40p, Y.A. & Ladies 30p per Ind. No team fee — 3 score Senior & Y.A. Races. Cheques & P.O.'s payable to Basingstoke A.C.

Entries to: Ian Byett, 21 Bardwell Close, Basingstoke, Hants. (Tel. 28401). S.A.E. for travelling details & venue.

ENTRIES PLEASE BY NOVEMBER 21st

Any entries on day double fees



Nadyezhda Olizaryenko leading into the final straight ahead of Olga Mineyeva and Tatyana Providokhina.

George Herringshaw

and last year we made our comeback jointly, after a year's rest".

Providokhina was the girl, of course, who won the 800m in the 1978 European Championships with 1:55.8 in front of Mushta, whose desperate surge in the home stretch carried her to the tape in the same time, but fractionally (by 0.02 sec) behind. That year, Tanya and Nadyezhda shared first place on the world list, but the track world considered this an interim state of affairs, to be rudely interrupted in Moscow by Kazankina's return from her lengthy sabbatical.

Wasn't it perhaps Nadyezhda's show of strength in the Pravda Prize race, rather than concern for Tanya Providokhina's Olympic prospects, that made up her mind to opt out of the 800m? Kazankina was uncompromisingly asked this in the Olympic run-up by the East German sports daily, *Deutsche Sportecho*. "I have known of Nadyezhda's potential for some time," she answered. "I had ample opportunity to assess it during the selection's training sessions. But I believe this is going to be Tanya Providokhina's year at 800m. She richly deserved it."

But Nadyezhda was icily unconcerned about others talking shop. First she demonstrated in the Znamenskiy Memorial in Moscow on July 6th

that she might even prove a threat to Kazankina at her chosen distance, the 1500m. While the 800m was won by Olga Mineyeva in an impressive 1:55.1 with Providokhina runner-up (1:55.9), Olizaryenko took on Kazankina in the 1500.

New world record for Kazankina

It was a memorable race. Raissa Belousova acted as hare for Kazankina, forcing a murderous tempo over the first two laps (splits of 60.0 and 2:07.0) and then dropping out of sight to finish last in 4:14.7. Kazankina kept close (61.2 split at 400), raised the pace on the third lap, clocking 3:09.2, at 1200, and produced a 45.8 dash over the final 300m. Her time of 3:55.0 was a new world record, a full second better than her 1976 mark. Lyubov Smolka (3:56.7) was runner-up. Nadyezhda did not go along with the pace dictated by Kazankina and Co, but lay back a bit too long, to storm home with a scorching 43.8 final 300. But with 3:56.8 she came only third. "There will be no Belousova in the Olympics", she remarked caustically after the race.

Nadyezhda's next gambit, a week later, was a one-lap race where she eclipsed the whole Soviet 400m top bracket with 50.96. Asked what would this new-found 400m prowess mean in terms of

the Olympics, she replied tartly: "How should I know? OK, it may mean that my finish will be stronger, which is important since I settled for front-running in the 800m. More generally, it will mean that I will probably have greater reserves of both speed and stamina. The Znamenskiy 1500 was proof of sorts in the later respect. Consider that it was only my second 1500m race ever."

When quizzed about her main opposition in the Olympic 800m she became thoughtful. "Let's lump the opposition at 800/1500 together," she said. "So who is there? Kazankina, Mineyeva and several other possibles from the home side, plus people like Totka Petrova and Shtereva from Bulgaria, Lovin, Marasescu, Puica and perhaps even Silai from Romania, and whoever the GDR comes up with. Comprehensive enough?"

So what were the two most memorable events of the Olympic run-up? "One was that Sergey, my husband, qualified for a spot in the USSR's 3000m steeplechase trio, and that so far both of our Olympic plans went as wished," she said. "Another was when Kazankina attacked me 250m from the tape in the Pravda Prize race. Having already run 1:56.7 in the heats there, I knew that I was in top form and had plenty in store, and was deliberately taking it a bit easy up front, awaiting and anticipating that attack. So I was more than ready with my own surge when it came, and knew that there was no way in which she could pass me. It was pretty satisfactory."



Tatyana Kazankina in the Olympic 1500m.

George Herringshaw

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1.30 p.m. Colts 11-13	2 miles
1.45 p.m. Boys 13-15	2 miles
2.00 p.m. Senior O/17	7½ miles
2.10 p.m. Youths 15-17	3 miles

(Ages as at 1.9.80)

Prizes: First 3 Individuals.

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In the Olympics, Nadyezhda coasted to easy wins in the heats (1:59.3) and semis (1:57.7), and in the final on July 27th onlookers could only see a blonde streak in lane 7, as she took the front-runner position right at the start and forged along powerfully. She clocked 56.41 for the first lap and powered home in a world record of 1:53.42, never for a moment threatened by her fellow-Russians, Mineyeva (1:54.9), who herself equalled the old record and Providokhina (1:55.5). It was a Soviet triple.

The interview room was packed after the race, and the questions flew. Did she consider herself the favourite before the race? Did that affect her? Was her first lap not too fast? Was her result the human limit for the 800m? She took them patiently, only by one.

Frank answers after Olympic final

"I wanted to win this race, and saw pretty good prospects for doing just that. I wanted to run a world record, because that seems the best way to ensure that I would come out on top. It was the safest variant. The 56.41 for the first lap was not fast at all though; it was slow, in fact. I was playing it by ear there; had Mineyeva stayed closer on my tail, I would have gone down to 55

or even 54. But there was no real pressure, so that I decided to keep my final surge intact. This world record being the human limit? Not at all. This sort of time had been due, in fact, for a while, and there is plenty of room left for improving on this result. I aim to do some of the improving myself, actually."

She even smiled once, when asked if the fact that there were three Soviet competitors in the final allowed for any team manoeuvring. "None at all, as far as I was concerned. In an Olympic final, it's everyone for herself. It will be the same in the 1500m. My prospects there? I am convinced that I have a good chance of getting a medal, and that's all I want to say for now."

Nadyezhda's coach, Boris Gnojevoi, was then asked by Belgium's former world 800m record holder Roger Moens a very pertinent question. "Nadyezhda came good after competing for the best part of a decade and a half," he said. "But how do you keep a girl's nose to the grindstone, how do you keep her interested, that long?"

Gnojevoi replied: "By inducing in her a love of running. As a 14-year-old, she trained 1½ hours five times a week. But we did not merely run. One must make practice sessions colourful, interesting. It all depends what you come up with as a coach."

Nadyezhda Mushta was born in Buryansk, in the Russian SSR, on November 28th 1953. She became a sports student in 1965, at age 12, and was taken on by coach Gnojevoi at age 14, subsequently delegated to Odessa. But she was not to be a mere sports student, which is the well-known euphemism for the professional athlete. A girl with a studious bent and an enquiring mind, she qualified in due course as a sport teacher and coach armed with the diplomas needed, and had for years been working as an office clerk.

Nadyezhda married Sergey Olizaryenko in the second half of last year, after that World Cup in Montreal where she was runner-up with 2:01.1 to Bulgaria's Nikolina Shtereva (2:00.6), and she resumed contact with Gnojevoi in the autumn, but to be trained jointly this time by Boris and his wife, Svetlana.

At 16 (1970) Nadyezhda ran an unspectacular 2:11.4 for 800m and in 1977, when she was first included in the senior world list, she ranked 13th with a 1:59.76 run. In 1978, she was listed — along with her joint first place at 800m (1:55.9) — as 16th in the 1500 with 4:04.1 and 17th in the 400 with 51.41. In 1979, she was only 6th on the 800m world list with 1:57.5. She achieved this result in Moscow, in the Spartakiad, where she placed 2nd to Yekaterina Poryvkina (1:57.2). In the 1978 and 1980 USSR championships she was also runner-up.

Fed up with being an eternal second, during the winter of 1979/80 Nadyezhda raised her training schedule to 200km (125 miles) a week, using the woods around Moscow as her training ground and alternating between husband Sergey and the

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Nadezhda — a proud Olympic champion. George Herringshaw

Gnojevois for partners. Her aim was to ensure that she would both be able to dictate tempo and retain a scorching finish — a plan which panned out admirably.

The only thing that did not quite work out as anticipated was her 1500m Olympic bid. She seemed a bit stale by July 30th when Kazankina got away from her in the home straight in the heats to chalk up a new Olympic record (3:59.2 to 3:59.5). In the final two days later Kazankina ran a race of her own (3:56.6), with Christine Wartenberg of the GDR a safe runner-up (3:57.8) and Nadezhda an equally secure third (3:59.6). Kazankina also confirmed her superiority at 1500 with a subsequent world record of 3:52.5 in Zurich and assorted wins over the best middle-distance women of the 'boycott nations' elsewhere.

But Nadezhda has already proved amply that she is not to be taken lightly over any distance, and since she is determined to challenge Kazankina for supremacy at 1500 the emergence of a Coe-Ovett type duel on the women's side appears to be a foregone conclusion. The analogy is valid in more respects than just one, in fact. Nadezhda, the loner, does not believe in the lead-up tactics of Kazankina's Leningrad cabal, while the diminutive Tatyana, more than aware of the danger she represents, can be relied upon to avoid Nadezhda in other than international meets.

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NADYEZHDA OLIZARYENKO

Born in Bryansk, 28.11.53. Height: 1.65/5'5"; Weight: 54kg/119lb. 1970 — 6th European Junior 400; 1978 — 2nd European 800; 1979 — 2nd World Cup 800; 1980 — 1st Olympic 800 & 3rd 1500, set world 800 records. Annual progression at 400 & 800:

1967	64.5	—	1974	—	2:05.0
1968	59.3	—	1975	—	2:03.3
1969	57.6	—	1976	—	2:05.8
1970	56.8	2:11.4	1977	52.9	1:59.8
1971	56.0	—	1978	51.41	1:57.2
1972	54.9	2:08.6	1979	51.72	1:57.5
1973	54.6	—	1980	50.96	1:53.42

Displaying her strong interest in Olizaryenko's designs, Kazankina in fact wrote an article in *Soviet Sports* in the wake of the Games. "Her secret? Simply — acceleration and tempo. Olizaryenko tried all sorts of tempos with her coaches, persevered, and now she has a strong formula. In sprint events, talent is the main thing you have to have to be able to explode into 10-11 seconds of unmitigated action. With us middle-distance runners it's different. We have to work out, mature into, an optimal pattern." Olizaryenko puts it differently. "Uncompromising tempo and a scorching finish — these are the ingredients of middle-distance supremacy. And now I have them both."

© Ivan Berenyi, 1980

RUNNING WILD — AND HOW!

The "Running Wild" race team had a disastrous start to their 20km race in Paris on October 19th. The race, which was won by Mike McLeod in 1:02:53, started five minutes earlier than it should have done, while the team were still towards the back of a huge field of 17,000 runners. They had to jog for a mile until the runners had spread out enough to allow them to make for the front. Nevertheless Mike Deegan finished 19th, closely followed by Steve Curran 21st, with Ron Hill in 27th place and Graham Richards 36th. The French organisers of the race were very apologetic about the whole thing and have invited the "Running Wild" racers back next year.

NUTS NOTES. Vol. 18, No. 4. 36 pages including UK all-time lists for 300m, 600m and 1000m, Commonwealth all-time lists, 1980 World Merit Rankings and UK all-time best performances for women's long jump (all performances over 6.00m).

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Clash Of Fixtures

This statement has been agreed by the following involved parties: Eric Nash — Southern Championships Secretary and League Chairman; Roger Buzzard — Southern Athletic League Secretary; and Colin Brunning — Southern Counties AAA Officials Secretary.

Southern Senior Championships and Southern Athletic League.

At the BAAB Fixtures Conference held at Francis House on November 7th to finalise fixture dates for 1981 it was found to be impossible to avoid the clash of fixtures of the Southern Championships and the Southern Athletic League on June 27th, 1981.

It was therefore agreed by all parties to go ahead with both events.

It is noted that athletes eliminated in the heats of the track events on Friday, will (if they wish) be available to their clubs for the Saturday league fixtures.

Also the three most popular field events will be held on Friday evening to allow these athletes to compete for their clubs in the league. Some of the Saturday field events (which are likely to include shot and discus) have attracted only very small entries in recent years and will therefore not take too many athletes from their clubs.

It is earnestly requested that all involved in the Championships and the League fixtures will co-operate to ensure the success of all events on that day.

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Hon. Secretary A. J. Norman

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Spotlight On Youth

Two More Middle Distance Hopefuls

KAREN HUGHES

FULL NAME: Karen Lesley Hughes. **Born:** Dewsbury (Yorkshire), 13.11.64. **Height:** 1.65m (5'5"). **Weight:** 48kg (105 lbs). **Attends** Aveley Comprehensive School and is a member of Thurrock Harriers. **Coach:** Les Bell. **Hobbies:** Dressmaking and rounders, netball and gymnastics in school. Her sister Angela (12) runs, and her father is an assistant coach. Got started in athletics "by coming third in the Junior School District Sports; it went on from there. I joined Thurrock Harriers in 1975".

Has competed in the English Schools' Championships three times, placing eighth in the Junior 1500m (1978), first in the Junior 800m (1979) and first this year in the Intermediate 800m. Brief details of achievements in other major competitions: 1979 — 2nd English Schools cross country, 2nd Schools International cross country, 1st WAAA Junior 800; 1980 — 1st English Schools cross country, 1st Schools International cross country, 1st Southern WAAA Intermediate 800m, 1st 800m Junior International v W. Germany, 2nd 800m Schools International.



Eric Marsh photo

INTERNATIONAL ATHLETES' CLUB INTERNATIONAL CROSS-COUNTRY EVENT

(Under A.A.A. Laws)

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ENTRIES TO: Mrs S. Herring, 6 Overhill Way,
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CLOSING DATE 1st DECEMBER, 1980**No late entries will be accepted****Annual progression:**

	400	800	1500	3000
1976	—	2:30.2	5:10.2	—
1977	—	2:21.4	4:52.3	—
1978	—	2:15.3	4:43.2	—
1979	—	2:13.0	4:31.2	—
1980	57.2	2:07.7	—	9:36.6

Favourite event is the 1500m. Most enjoyable part of athletics is "travelling to meetings and actually racing". Performances which have given greatest pleasure: "At Grangemouth, winning the International against W. Germany, and winning the English Schools 800m this year, as a first year Intermediate". Greatest disappointments: "Missing this year's WAAA Champs and the International in Italy through injury. Also, not competing in this year's U/21 Home Countries International".

Training: "I train Mondays to Thursdays and some Sundays. It varies from cross country running to speed work involving anaerobic and repetition work". Main rivals: Lorraine Baker (track) and Lynne MacDougall (cross country).

"I admire Sebastian Coe because of his dedication and his achievements in athletics". Short-term target: 1981 European Junior Champs and 1982 Commonwealth Games. Long-term: world records in one or more middle distance events.

"After being injured for three months, I have learned to accept some of the disappointments in sport and to be patient and work harder than ever before to reach full fitness. It also made me realise the efforts of my parents and coach, for their help and encouragement".

PAUL POTTER

FULL NAME: Paul Thomas Samuel Potter. **Born:** Brewood (Staffs), 22.4.63. **Height:** 1.88m (6'2"). **Weight:** 70kg (154 lbs). Attends Woolgarston High School and is a member of Wolverhampton & Bilston AC. **Coach:** Glen Lock. **Hobbies:** "Swimming and badminton. I also go to several concerts, but quite a lot of my time is devoted to studying for my 'A' levels." Got started in athletics "through school competition. Joined the club in March 1976, but did not start competing or training until October".

Has competed in the English Schools Championships three times, placing 3rd in the Junior 800m in 1977, first in the Inter. 1500m in 1979 and second in the Senior 800m in 1980. Brief

details of achievements in other major competitions: 1979 — Midland AAA Youth Championships, 1st 800m; AAA Youths Indoor Championships, 1st 800m. 1980 — Schools International, 1st 1500m; Junior International v W. Germany, 2nd 1500m. Paul is also the British age-15 indoor 'record' holder at 1000m (2:29.1).

Annual progression:

	400m	800m	1500m
1977	55.5	2:00.0	4:17.8
1978	54.0	1:59.0	4:08.7
1979	50.6	1:52.8	3:54.6
1980	50.6	1:50.8	3:49.9

Favourite event: "I enjoy all competition, but particularly the 800m". Most enjoyable part of athletics is "meeting other athletes and travelling". Dislikes "the first 9 miles of a 10 mile road run!" Performance which has given the greatest pleasure is "winning the English Schools 1500m title, especially as it was a Championship Best Performance". Greatest disappointment: "The European Clubs' Championships 1500m, after losing a shoe on the first lap".

Training: Trains six days a week. **Typical week's training in winter:** Sunday — 10-12M; Monday — 3M; Tuesday — 5x800m; Wednesday — 3M; Thursday — 6M; Friday — 2M; Saturday — rest. In **summer**, he works on a three week cycle of stamina, speed and pace. Usually 3 steady runs and 3 interval sessions. Main rivals "Anyone who's there at the bell". Athlete he particularly admires is "Steve Ovett,

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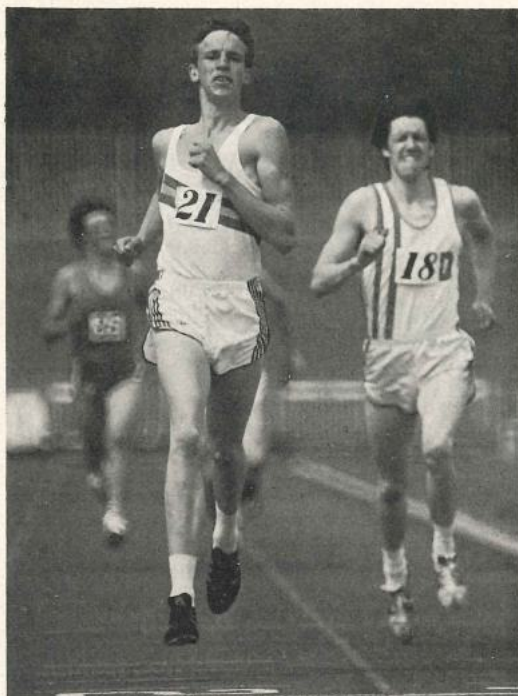
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Paul running in this year's AAA Junior 800m.

Tim Pike

because of his determination and enthusiasm for the sport". Short-term target: European Junior Championship 1981. Long-term: "To achieve my full running potential and to represent Britain at Senior level".

Comment: "There should be more guidance for up and coming youngsters as a tremendous amount of talent is lost through lack of encouragement at the age of transition from school to working life".

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At Isleworth, October 29th

- 1, D. Clarke (West London IHE) 29:39
 2, J. Goater (RAF) 30:15
 3, J. Wild (RAF) 30:19
 4, K. Capper (WLIHE) 30:24; 5, K. Brackstone (RAF) 30:32; 6, G. Rimmer (RAF) 30:45; 7, S. Harris (WLIHE) 30:54; 8, M. Flint (RAF) 31:15; 9, A. Bridge (WLIHE) 31:22; 10, D. Minter (WLIHE) 31:29; 11, P. Watson (RAF) 31:30; 12, S. Berridge (WLIHE) 31:44; 13, R. Clarke (RAF) 31:55; 14, C. Shew (RAF) 32:04; 15, A. Jones (RAF) 32:08; 16, R. Lang (WLIHE) 32:31; 17, R. Wallis (RAF) 33:03; 18, K. Robinson (WLIHE) 33:13; 19, S. White (RAF) 33:31; 20, K. Vooght (RAF) 33:40.

The British Industrial & Business Houses CC Champs will be held on February 1st, 1981 at Rivington, Lancs. Further details later in 'AW'.

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EUROPEAN RESULTS

2.8. Barcelona (Spa). 1500: Abascal 3:37.8.
8/9.8. Athens. (Balkans 155, Poland 142, Africa 114) 800: Khalifa (Sud) 1:48.4; 1500: Zdravkovic (Yug) 3:39.9; 5000: H. Tuwei (Ken) 13:39.1; 3000SC: Malinowski (Pol) 8:25.8; 400H: Kopitar (Yug) 50.15; PV: Kozakiewicz (Pol) 5.50; LJ: Klimaszewski (Pol) 8.04; SP: Assad (Egy) 20.47; HT: Golda (Pol) 73.70; 4x100: Poland 39.06, Bulgaria 39.20; 4x400: Africa 3:04.4, Poland 3:06.4. **24.8. Klagenfurt (Aut).** Women's 400: Kafer 51.61. **27.8. Klagenfurt.** 3000: Millonig 7:53.9, Zdravkovic (Yug) 7:54.1, Puttemans (Bel) 7:54.2 . . . 8, Viren (Fin) 8:03.0; DT: Wagner (Ger) 64:34; HT: Urdano (Ita) 75.92; women's 400: Kafer 51.73. **5.9. Budapest (Hun).** Jnr 2000SC: Balogh 5:30.0; women's LJ: Cusmir (Rom) 6.55w. **6/7.9. Palermo.** (Italy 237, Finland 195) 10,000: Vainio (F) 28:48.2 . . . 4, Maaninka (F) 29:15.7; 6, Viren (F) 29:48.3; HJ: Borghi 2.23 . . . 4, Porkka (F) 2.20 (eq rec); SP: Stahlberg (F) 20.18, Jakobsson (Ice) 20.08, Halldorsson (Ice) 20.00; 4x100: Italy 39.27. **7.9. Bolzano (Ita).** Women's 400: Dorio 54.9 (pb). **8.9. Catania (Ita).** JT: Makarov (USSR) 85.24; 2M Walk: M. Damlano 12:21.0. **10.9. Bologna (Ita).** JT: Makarov (USSR) 88.14; women's 400H: Makeyeva (USSR) 56.69, Bottiglieri 56.76 (rec). **14.9. Prague (Cze).** Rude-Pravo-Cross 11,400m: Uvizi 33:30 . . . 27, Viren (Fin) 34:52; women's 2850m: Sipatova (USSR) 8:30. **13/14.9. Odessa (USSR).** Women's Hept: Gordienko 6144 (14.06, 14.80m, 1.74m, 24.53, 6.43m, 32.08m, 2:11.4), Korotayeva 5959, Gratscheva 5955. **16.9. Plzen (Cze).** Women's: LJ: Strejckova-Nygrynova 6.59, Daute (GDR) 6.44 (jumped 6.70w/6.64 in Cuba in August). **19-21.9. Bryansk (USSR).** HT: Yefimov 74.76; 20kmW: Udalov 1:25:36; women's 5000W: Krivochina 24:27.2. **20.9. Ebensee (Aut).** HJ: Barrineau (US) 2.25; women's 400: Kafer 51.64. **20.9. Nyiregyhaza (Hun).** TJ: Bakosi 16.81. **20.9. Nalden.** (Swedish Champs) 50kmW: Simonsen 4:06:12; women's 10kmW: Jansson 49:31.4. **21.9. Jaszbereny (Hun).** JT: Erdelyi 85.30. **21.9. Naples (Ita).** 10,000W: M. Damlano 41:38.9, G. Damlano 42:51.9. **21.9. Mainvilliers (Fra).** 20km road: Lelut 1:02:50 . . . 4, R. SAMUEL (Shaft) 1:06:09; 5, J. DRYDEN (Shaft) 1:07:00.

24.9. Budapest (Hun). 1500: Sulyok 3:39.6. **25.9. Ostrava (Cze).** 10M/20km/1 hour: Uvizi 48:10.4/59:38.6/20:114m (previous Czech records held by Zatopek). **5.10. Cascina.** (Italian 50kmW champ) Carpentieri 4:06:31. **5.10. Kosice (Cze).** Mar: Lyagushev (USSR) 2:15:25, Finster (Pol) 2:15:36, Moseyev (USSR) 2:15:41 . . . 8, JOHN McLAUGHLIN 2:16:04; 17, Murphy (RoI) 2:17:43; 25, Kearns (RoI) 2:19:03; 26, STAN CURRAN 2:19:20; women — Balcar 2:50:15. **11.10. Montataire.** (French Mar Champ)

Bobes 2:15:42, Lelut 2:16:13; women — Audibert 2:37:29, Fouache 2:39:29, Langlace 2:41:47, Deneuille 2:47:33. **11.10. Paris.** PV: Vigneron 5.60 (tried 5.80). **12.10. Rennes (Fra).** 8500m road: MIKE McLEOD 26:07, Orthmann (Ger) 26:25, F. Gonzalez 26:48, Watrice 26:49, BARRY KNIGHT 26:51, ALLISTER HUTTON 27:06, Polleunis (Bel) 27:11, De Beck (Bel) 27:19, GREG HANNON 27:29 . . . 12, TONY SIMMONS; women's 3500m: Sipatova (USSR) 11:09, PAULA FUDGE 11:11, Sytcheva (USSR) 11:30. **12.10. Hallouin (Bel).** 9200m road: Puttemans 26:16, Parmentier 26:23, GRENVILLE TUCK 26:26, MALCOLM PRINCE 26:30, Rombaux 26:49 . . . 9, GUY McCALLUM 27:30; women's 3600m: Jennis 11:50n Beurskens (Hol) 11:58, RUTH SMEETH 12:01. **12.10. Diez (Ger).** Mar: Tom Jones (ex-UK) 2:21:46. **18.10. Caen (Fra).** PV: Vigneron 5.65 (tried 5.79). **19.10. Macon (Fra).** PV: Vigneron 5.70 (tried 5.80), Houvion 5.50. **19.10. Paris.** 20,700m road: McLEOD 1:02:53, Lelut 1:03:08, Watrice 1:03:35, Bobes 1:04:19 . . . 15, DRYDEN 1:06:49. **19.10. Nurburg (Ger).** 22,800m road: Orthmann 1:12:26, Hildenbrand 1:14:11 . . . 7, T. McBRIEN 1:17:25; women — Teske 1:27:35.

26.10. Paris-Versailles. 16,500m road: JULIAN GOATER (Shaft) 50:00, CRABB (RAF) 50:35, SAMUEL (Shaft) 51:52, BROE (Shaft) 52:18 . . . 9, MOUAT (Hill) 52:57; 10, KEENE (Shaft) 53:07; 14, McCALLUM (Shaft) 53:30; 18, MARTIN 53:53; 21, DRYDEN 54:07; 28, EDGINGTON 54:58; 29, BURNS 55:02 (18,000 runners!). **26.10. La Pommeraye (Fra).** PV: Vigneron 5.50. **26.10. St Pol de Leon-Morlaix (Fra).** 22km road: IAN THOMPSON 1:06:46, Kolbeck 1:07:06, Coux 1:07:30, D. STEVENS (Bexhill) 1:07:43 . . . 9, C. MOXSOM (H'gey) 1:08:26; 10, M. TURNER (Liv.-V) 1:08:27; 14, M. ELLISON (H'gey) 1:09:46; 16, E. OXLADE (Anna) 1:10:19; 17, D. CLARKE (Ver) 1:10:30; 19, M. MacGEOCH (Barry) 1:11:03; 20, J. KILSBY (H'gey) 1:11:18; 21, M. BENN (W. Gn) 1:11:52; 23, I. BROWN (Morp) 1:13:22; 24, MAY (Morp-J) 1:13:38; 26, H. MATTHEWS (Morp) 1:14:33; 28, A. JENKINS (Morp) 1:15:00. 1201 finished. Teams: 1, Haringey 43 . . . 4, Morpeth 73; Jnr Team: Morpeth. **26.10. Suresnes (Fra).** 7550m road: Boxberger 21:27.9, DICK CALLAN 21:29.3, DAVE JAMES 21:29.5, Bounour 21:33.6, NICK BRAWN 21:33.9; women's 3750m: FUDGE 11:50.6, Debrouwer 12:15.5, Morrish (RoI) 12:20.1, Deneuille 12:21.9, KATH BINNS 12:25.7. **26.10. Neuf-Brisach (Fra).** Mar: Weyel (Ger) 2:13:33; women — Stephan (Ger) 2:47:11. **26.10. Maubeuge (Fra).** 8km road: Puttemans (Bel) 23:19, Parmentier (Bel) 23:23, Bouster 23:25, PETER FLAVEL 23:32, ANDY HOLDEN 23:53, K. Lismont (Bel) 24:00 . . . 8 eq, TONY MILOVSOROV.

Cross Country Leagues

GLOUCESTERSHIRE LEAGUE

At Dursley, October 18th

1, S. McHale (Glouc) 35:54; 2, I. Atkins (Worc) 36:00; 3, G. Stam (Glouc) 36:27; 4, D. Price (Glouc) 36:40; 5, M. Daykin (Glouc) 36:57; 6, M. Hedges (B&R) 37:09; 7, G. Morgan (Durs) 37:17; 8, D. McNamee (Chelt) 37:19; 9, M. Hill (Glouc) 37:21; 10, S. Hodson (Swin) 37:31; 11, R. Drownsey (West) 37:45; 12, P. Hitchings (Newp) 37:49; 13, A. Nolder (Durs) 38:04; 14, E. Twohig (Leam) 38:10; 15, P. Hoddy (Glouc) 38:19; 16, M. Ridout (Worc) 38:21. **Teams:** 1, Gloucester 37; 2, Worcester 111; 3, Leamington 175; Cheltenham 184. **(Youths):** 1, S. McMorran (Leam) 15:50; 2, I. Manners (Cle) 15:52; 3, A. Crane (Cle) 15:54; 4, C. Fitzgerald (Swin) 16:27; 5, I. Williams (Aber) 16:34; 6, N. Black (Worc) 16:38; 7, S. Bradstock (Chelt) 16:41; 8, M. Holmes (Glouc) 16:51. **Teams:** 1, Clevedon 22; 2, Gloucester 33; 3, Cheltenham 39. **(Boys):** 1, P. Field (Glouc) 12:40; 2, R. Perry (Aber) 12:51; 3, Davis (Leam) 13:08; 4, M. Keeling (Glouc) 13:11; 5, J. Barry (Glouc) 13:19; 6, C. Brimacombe (Swin) 13:36. **Teams:** Gloucester 10; 2, Swindon 45; 3, Clevedon 49. **(Colts):** 1, D. Gilbert (Durs) 9:52; 2, C. Wall (Worc) 10:17; 3, J. Lawson (Leam) 10:20. **Teams:** 1, Worcester 11; 2, Dursley 16.

RUNNING WILD LEAGUE

At Heaton Park, October 25th

1, J. Davies (Tipton-Guest) 31:55; 2, K. Harrison (Stretford) 32:09; 3, J. Norman (Altrincham) 32:18; 4, M. Deegan (O&R) 32:27; 5, S. Curran (Sal) 33:02; 6, S. Wilton (Bux) 33:08; 7, E. Williams (Sale) 33:13; 8, M. Burgess (Sale) 33:14; 9, A. Sladen (Sal) 33:17; 10, C. Brittain (Sale) 33:20; 11, D. Brown (Sal) 33:22; 12, — 33:24; 13, P. Shaw (Man) 33:25; 14, F. Clayton (Man) 33:26; 15, S. Bullen (Sal) 33:31; 16, J. Keyworth (Sale) 33:35; 17, A. Blinston (Alt) 33:38; 18, M. Oldham (Man) 33:39; 19, D. Blakeley (Man) 33:45; 20, H. Kelly (E. Ches) 33:50; 21, S. Walker (Sale) 33:51; 22, M. McGann (E. Ches) 33:54; 23, T. Hulme (Alt) 33:56; 24, R. Wilde (Man) 34:00; 25, M. Plant (Man) 34:02. **Teams:** 1, Sale 84; 2, Salford 87; 3, Manchester 107; 4, Altrincham 137; 5, E. Cheshire 240; 6, Sale 'B' 258; 7, Stretford 273; 8, Oldham & R 274. **(Juniors/Youths):** 1, G. Crowther (Sal) 21:51; 2, G. Vallance (Man) 21:57; 3, C. Smith (Sale) 22:05; 4, — 22:31; 5, S. Kenyon (Sale) 22:36; 6, D. Crookes (E. Ches) 22:46; 7, P. Roden (E. Ches) 23:18; 8, M. Kenyon (Sale) 23:26; 9, N. Schofield (O&R) 23:28; 10, S. Walton (O&R) 23:32; 11, A. Gain (Sale) 23:36; 12, D. Lenton (Sal) 23:38. **Teams:** 1, Sale 27; 2, Salford 41; 3,

E. Cheshire 54; 4, Manchester 61; 5, Oldham & R 69. **(Boys):** 1, A. Alexander (Sale) 11:24; 2, D. Ireland (O&R) 11:29; 3, D. Marshall (O&R) 11:48; 4, G. Trelfa (O&R) 11:52; 5, C. Simpson (Sal. M) 11:55; 6, J. Roberts (Sale) 11:58. **Teams:** 1, Oldham & R 18; 2, Sale 27; 3, Salford Met. 48.

EAST SURREY LEAGUE

At Lloyd Park, October 25th

1, R. Treadwell (Sy. B) 25:17; 2, A. Nicholson (E&E) 26:39; 3, D. Dymond (Croy) 27:08; 4, T. Marsden (E&E) 27:20; 5, S. Knowles (R&R) 27:26; 6, M. Walmsley (Croy) 27:43; 7, D. Bishop (E&E) 27:50; 8, J. Lee (Croy) 27:53; 9, M. Fuller (Sy. B) 27:56; 10, A. Layfield (E&E) 28:01. **Teams:** 1, Epsom & E 23; 2, Croydon 28; 3, Surrey Beagles 43. **(Youths/Boys):** 1, D. Vaughn (E&E) 15:02; 2, C. Strickland (E&E) 15:02; 3, C. Garrard (R&R) 15:42; 4, D. Booker (Sy. B) 15:52; 5, D. Baugh (Sy. B) 16:07. **Teams:** 1, Epsom & Ewell 13½; 2, Surrey Beagles 16.

RED ROSE LEAGUE

At Bury, October 25th

1, D. Singleton (Bol) 30:22; 2, G. Helme (St. H) 30:41; 3, S. Anders (St. H) 30:47; 4, A. Leonard (Bol) 31:15; 5, P. Dixon (Ross) 31:23; 6, D. Cartridge (Bol) 31:28; 7, I. Crilly (Bol) 32:01; 8, C. Robinson (Roch) 32:15; 9, T. Barker (Bury) 32:17; 10, K. Barrett (Roch) 32:24; 11, P. Goulding (Ross) 32:30; 12, P. Campbell (Bol) 32:35; 13, P. Standring (Bol) 32:47; 14, R. Ashworth (Unatt) 32:56; 15, J. Doyle (Bol) 33:00. **Teams:** 1, Bolton 43; 2, Rossendale 98; 3, Bolton 'B' 123; 4, St. Helen's 152. **(Youths):** 1, A. Uttley (Bol) 19:42; 2, C. Bate (Bol) 19:53; 3, J. Patel (Bol) 19:55; 4, P. Clarke (IoM) 20:09; 5, M. Stanton (Pilk) 20:34; 6, M. Lee (Bol) 20:50. **Teams:** 1, Bolton 12; 2, Pilkington 52; 3, Rossendale 63. **(Boys):** 1, P. Wright (St. H) 9:43; 2, M. Tattersall (Ross) 9:50; 3, T. Kay (Bol) 9:57; 4, S. Carr (Pilk) 10:01. **Teams:** 1, Bolton 63; 2, Rossendale 67. **(Colts):** 1, L. Barnes (Ross) 7:09; 2, W. Stead (Ross) 7:12; 3, T. Barnes (Ross) 7:31. **Team:** Rossendale.

GWENT LEAGUE

At Bristol, October 25th

1, M. Cowman (Westbury) 31:54; 2, J. Ellis (Newport) 32:10; 3, S. Anning (Bristol) 32:19; 4, D. Hopkins (Newp) 32:24; 5, D. Francis (West) 32:40; 6, G. Blackburn (West-V) 32:53; 7, J. O'Brien (Bridge-V) 32:56; 8, G. Clarke (Bris) 33:06; 9, M. Firth (Man) 33:07; 10, A. Ireland (B&V) 33:10; 11, J. Duncan (West) 33:13; 12, S. Seaman (Swan) 33:29; 13, S. Parker (West) 33:31; 14, H. Davies (Carm-V) 33:33; 15, A. Nolder (Durs) 33:35; 16, K. Parker (West) 33:37; 17, K. Davies (Walton) 33:41; 18, F. Thomas (Aberys) 33:42; 19, G. Morgan (Durs) 33:44; 20,

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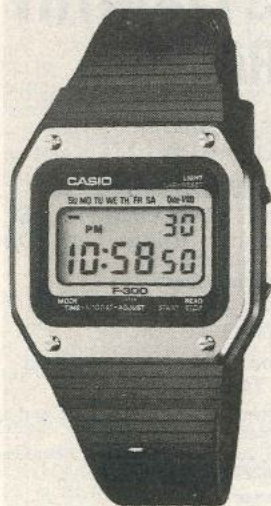
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Run by Runners for Runners

NEW YORK MARATHON Continued from page 11

Nearly all of my training is done alone, with little to distract from the discomfort I might be experiencing. What a refreshing change this race was . . . the onlookers (a marvellous pageant in themselves), my fellow runners — many of them sporting funny slogans on the back of their tee-shirts, the sights and sounds all around helped the miles slip past enjoyably and practically effortlessly. The weather suited me just fine, too. After my experience in the Peoples Marathon I was wary of losing too much liquid but this time it was cool with the wind behind and I wasn't even sweating. I didn't feel the need for any drinks (which were proffered every mile) until I had been running for an hour and a half. Another fascinating aspect of the route through Brooklyn was the constant change in the ethnic make-up of neighbourhoods. From Scandinavian and Italian enclaves we ran through Hispanic, Black, Hasidic (orthodox Jewish), Hispanic again and finally Polish areas before reaching the Pulaski Bridge and over to the next borough of Queens.

Pulaski Bridge marked the halfway point in the race, and I was thrilled to reach it 2hr 3min after crossing the start line — although the digital timing display showed just over 2hr 6min. Either way I was comfortably ahead of schedule and I couldn't get over how fresh I felt . . . indeed I felt so buoyant I even toyed with the idea of speeding up in an attempt to break 4 hours. Again, caution

won the day — and just as well, for within two miles I was starting to suffer anyway. My breathing remained good but my thighs were beginning to ache. The stretch between 15 and 16 miles (I was now entering unknown territory in terms of distance) was tough as, for the first time, we turned into the wind while negotiating the Queensboro Bridge over the East River to Manhattan. The inspiration of heading towards the famous skyscrapers didn't last long as one slogged upwards over an uncomfortable metal grille surface (a special carpet for the runners was removed after the previous day's rain in case it proved slippery). Grate it did; great it wasn't.

With more than 10 miles to go, and already beginning to feel rough, my earlier elation was turning to concern. Would I make it? The spirit was willing, but were my legs? That rather melancholy trek over the bridge was a low point, but another high awaited just round the corner. As I descended somewhat forlornly from the ramp to turn into First Avenue I could hear a tremendous roar. Huge crowds were waiting to cheer us stragglers along, and as my spirits soared so the pain in my legs subsided. "You're looking great", "Nice running", "You'll make it" . . . the encouragement really did help. Passing through Spanish and East Harlem (18-19 miles) my right hand was becoming sore as I "slapped five" with kids along the route. The rapport with the spectators was terrific; they were genuinely keen to see you make the finish, knowing the

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23rd November, 14th December, 1st March

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28th March

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Entries on day — 40p

effort you had made to get this far and how much it meant to you to complete the course. Drinks of every variety were held out, sweets, pieces of orange; some onlookers were even thoughtful enough to have vaseline available for runners suffering from chafing.

They say the marathon really starts at 20 miles. I wish 'they' hadn't, because at '20' (in The Bronx) I wasn't feeling at all happy. My lungs and body temperature were still functioning well, but my knees had by now struck in sympathy with my thighs on the grounds of having been worked too hard and too long. I could handle that; what worried me more was that my right hip was playing up and I was scared it might cramp up altogether. I was maintaining 10min miles but it was getting tougher all the time and I now confirmed what I had known all along; that 26 miles is a long, long way to run when you haven't prepared adequately.

To make matters worse, the final 5 miles back in Manhattan were into the strong wind that had been such a boon earlier in the race. My running action was becoming increasingly sluggish and amid the usual cries of "Looking great" only the guy in Harlem who called out "Man, you're looking *terrible*" was being quite candid! But during those last, seemingly endless miles (from 23 miles I was reduced to walking long stretches in hilly Central Park), it was the crowd who kept me going. "You've come such a long way, you can't quit now". Quite so; there was no way I was going to drop out — I would have crawled to the finish if necessary. Such measures weren't necessary, though, for the adrenalin started pumping again as the end drew near and, if I say so myself (and no one else is), I finished in pretty good style.

It was an emotional moment as I crossed the

LONDON CROSS COUNTRY CHAMPIONSHIPS 1980

Due to a typographical error, the wrong telephone number was printed in recent advertisements for this annual event.

The event takes place on Saturday, November 29th at Parliament Hill and the closing date for applications has been extended to Wednesday, November 19th. So if you want to take part please ring 01-633 1708.

LES TRUELOVE DIES

Les Truelove, former British team manager and a life vice-president of the AAA, died on October 31st. The funeral was held at Cambridge Crematorium last Tuesday.

SALE WIN NATIONAL RELAY TITLE

Result of last weekend's National Women's Road Relay Championship at Haslingden: 1, Sale 30:48; 2, Bracknell 31:24; 3, Sale 'B' 31:32. Fastest: K. Binns (Sale) 10:06.

"Operation Big Apple" comes to fruition, so to speak, as Mel Watman (extreme right) reaches the finish in Central Park — a mere 2 hours and 17 minutes after race winner Alberto Salazar!



line (position — 10,779th, official time — 4:26:41 but around 4:23 'actual'), was warmly congratulated by one girl and had a medal draped round my neck by another. I had done it. I had proved to myself (and I hope it will serve as encouragement to others with similar aspirations) that dreams can sometimes be made to come true given a modicum of work, determination and luck.

After reclaiming my tracksuit I wandered dreamily back to my hotel a mile away and within half an hour of crossing the line I was on the transatlantic phone to the person whose constant encouragement and understanding ever since I started jogging was such a vital factor... my wife Pat. After giving her the glad tidings I added, "That's my first marathon, and my last". Famous last words?

Joyce Smith and Gillian Adams are running in the Tokyo Women's Marathon on Sunday, a race won by Joyce last year. Other competitors include Canada's Jacqueline Gareau, the Boston winner.

FLEET & CROOKHAM A.C. NEW YEARS DAY OPEN CROSS COUNTRY MEETING

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

from Tweseldown Racecourse, Fleet

RACES: (commencing at 12.30 pm): Girls, Junior Ladies, Inter & Senior Ladies, Colts, Boys, Youths, Junior & Senior Men.

AWARDS: 1st 3 Individuals in each age group. 1st 3 Teams in each race. Also 1st 3 Vets in Men's race.

ENTRIES: By 15th December to: Mrs D. Bouch, 27 Swallowfield Road, Arborfield, Reading, Berks.

FEE: 40p per Individual, no Team fee. Late entries/entries on day: 60p. SAE for acknow. and further details. **D.O.B. must accompany all entries.**

OLYMPIC MYSTERIES

Dear Sir,

I have just read Ivan Berenyi's excellent article on Waldermar Cierpinski. I agree with all of his

suspensions, but was surprised there was no mention of one that lends the greatest weight to his suggestions. It was also missed by just about everybody at the time too (I have read many accounts of the race by experts, but nobody mentions it). In the 1976 Games, Cierpinski was the only GDR starter in the marathon. With the full complement of three in all the other events, why only one marathon runner? Did they know he was going to win, or was it just a coincidence? I think not. The close similarity of missing form between Games is certainly as suspicious as the doubts I also have concerning Lasse Viren. Was Cierpinski 'souped up' for both races as has been suggested in Viren's case? There was also an unexplained mystery at the Moscow Games which concerns Mohammed Kedir of Ethiopia in the 5000m final.

Readers' Letters

Going to the final, Kedir had run the fastest 5000m in Moscow. In the final he was leading at the bell. From what I saw of the race (at least four times on TV) he was not, as your reporter suggests, 'flagging' at this stage. The TV pictures showed him clearly working along at the front with Yifter well boxed in at the kerb. Yifter got up to a position behind Kedir. Yifter clearly said something to him and he moved out to let Yifter go through on the inside. This has been verified by reports in both the press and other specialist athletics magazines. The obvious answer is that the Ethiopians were running as a team for Yifter to win. This I can accept, but it all happened about 300m from the finish. Kedir remember, was the fastest qualifier for the final and is no mean sprinter himself, and was leading when he moved out. This is where the 'mystery' arises. The TV cameras and just about every other person in that stadium watched 'Yifter the Shifter' perform his 54.8 last 400m. Kedir meanwhile finished last!!! With Yifter hopelessly boxed at 300m to go, my money was on Kedir to win it. Okay, he let Yifter through, but what happened then? Surely to finish last he must have virtually stopped dead in his tracks. Even running to a plan, this was still an Olympic final. Ethiopia had already finished three in the first four in the 10,000m, why did they apparently 'give up' in the 5000m (Mohammed, also well placed, finished third from last) once having seen Yifter was apparently safe. Suppose something had happened to Yifter, like he trod on the kerb and fell (it has happened before — remember Chris Chataway in 1952) how would they have felt then? I wonder if it is possible that a member of the British party at the Games saw exactly what happened once Yifter got to the front. Unless someone had a movie camera on the second half of the field during the final lap, I doubt whether

THE Journal

MORPETH TO NEWCASTLE OPEN ROAD RACE

(Under A.A.A. Laws)

Open to all male amateurs aged 18 years and over. Run 13½ miles, between Morpeth and Newcastle on

**THURSDAY,
JAN. 1, 1981**

Start 1.45 p.m.
Finish 2.50 p.m.
(approx.)

OVER £300 IN PRIZES

Prizes include 1st prize worth £45 and the Journal Challenge Trophy. 3 Team Prizes worth £10 each and the Newcastle Harriers Team Challenge Trophy for the winning team.

Plus many more super prizes, including special awards for veterans and novice runners.

Special deal for competitors staying overnight at the Europa Lodge Hotel, Wallsend. £15 double room plus English breakfast or £10 single room plus English breakfast.

**ENTRIES CLOSE
FIRST POST
MONDAY, DEC. 1st, 1980**

Contact the Honorary
Organiser for entry forms
enclosing SAE:

Mr W. Y. Dewing,
19 Swaledale Gardens,
Newcastle-upon-Tyne,
NE7 7TA.

Organised by

**Elswick Harriers, Gosforth Harriers,
Heaton Harriers and
Morpeth Harriers**



we will ever get a satisfactory answer. Perhaps though, one of your readers somewhere in the world may be able to help.

Ian Champion,
Met, Police A.C.

GIRLS HURDLES

Dear Sir,

I should like to comment on the letter written by Neal Dickinson on girls hurdles events.

My first thoughts are that having two sets of distances for the 'same race' is simply asking for trouble and although not entirely in favour of the changes made, I do think the ESAA would have been wiser to follow on this occasion.

In reality this will surely lead to a deterioration in the standards produced by the better school hurdlers since there simply won't be enough opportunities for the girls to rehearse the event in competition atmosphere.

My own particular Intermediate hurdler was able to have 14 warm-up races before last year's selection meeting for the ESAA Championships. Only three of those races came under ESAA rules. The girl duly obliged and went on to compete in the championships.

Next season however, we will be faced with the situation that she has to produce the goods after only three races and this will obviously put all girl hurdlers at a distinct disadvantage.

In conclusion, I am left with the belief that the ESAA will be forced to follow the WAAA recommendations within a year. I would however, have been more encouraged to see the WAAA introduce a new age group between the Intermediate and Senior levels and maintain its present distances for the younger hurdlers. This would have created an opportunity to step up the distance but would also have encouraged many more girls to stay with the sport in all events.

D. K. Y.,
Sheffield.

Dear Sir,

Please allow me to congratulate the ESAA hon. sec. for his very clear and timely account of this season's girls' hurdles events.

As a coach doing the grind from zero to mere County level each of the last few years, I congratulate the ESAA on keeping the usual hurdles distances. The reason for this were given brilliantly in the ESAA letter on November 1st. I would like to see the second half of the letter in every chapter ever printed on hurdling for young athletes.

The reasons for retaining the usual distances show first-class understanding of hurdles technique and the psychology of skill learning:— i) encourage hurdling; ii) time to develop; iii) rhythmic event; iv) progression for Juniors and Intermediates and v) could be lost prematurely (if the change fails).

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I especially applaud the importance given by the ESAA secretary to promising hurdlers at school and club level. This is where athletics' future is built — as a National Coach recently stated most emphatically. I was not surprised to hear that National Coaches were very much against the change. It is completely opposed to all I have ever heard from them on coaching. It commits one of the biggest sins of coaching — being deceived or obsessed by precocious growth (development?) and so missing or handicapping future champions who are developing more slowly. This is the way to reduce hurdling to a 'Cinderella' event like the field events.

Last year, when I first heard of this proposal, I sent a long letter detailing the faults of the idea, as requested. I neither heard nor saw another word until the AGM decision began to filter through.

This season I was at a Young Athletes' meeting where a well intentioned but bad decision was taken (by someone I respect) to change the U/13 70mH to 75m markings at the last minute. The result was that only 2 or 3 out of about 25 girls could cope with the change, then only by the final and only in an awkward bounding style. As I forecast, they were the biggest! The rest, including some good hurdlers, were a shambles (and knew it). Several had bad falls. Exceptional I know, but was it a timely foretaste of what the WAAA have produced?

J. B. Howcroft

JOE MCGHEE

Dear Sir,

Following the letter by the author in the October 25th edition of 'AW', I have corrected the statement in my copy of his book, "The Official Centenary History of the AAA" about Hans Wölkke. I would be grateful if you would permit me to point out another wrong piece of information.

On pg. 108, it is stated that Joe McGhee of Scotland was sitting waiting for an ambulance when he heard that Jim Peters had collapsed in the 1954 Commonwealth Games marathon, and that it was this news that motivated him to get to his feet and continue. This story is not only untrue, it is also incredible. How could a runner, too exhausted to try for the silver medal, suddenly become able to run strongly when the gold becomes a possibility?

Joe is now Head of the Department of Applied Linguistics at Aberdeen College of Education. Although he no longer competes, nor is he a club member, he still runs regularly at a fairly brisk pace over distances of up to 10 miles on the roads.

W. Hunter Watson,
Secretary, Aberdeen AAC.

Grimsby H & AC secretary: Margaret Leeming, 83 High Thorpe Crescent, Cleethorpes, S. Humberside (Tel: 61061).

GUILDFORD & GODALMING ATHLETIC CLUB

23rd HOGS BACK ROAD RACE (10 miles)

5th LADIES RACE (10 miles)

Sponsored by "BUILD UP"
SATURDAY, 20th DEC., 1980
at 2.15 p.m.

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

Entry: 75p, teams 50p extra, to: Mrs M. Nelson, Orchardleigh, Beech Road, Frimley Green, Camberley, Surrey GU16 6LQ.

BY WEDNESDAY, DECEMBER 10th
**"Build Up" is a product of Carnation Foods Ltd.

BEXLEY BOROUGH A.C.

ERITH '6' & NEW YEAR'S DAY ROAD RACES

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



SPONSORED BY

Midland Bank

12.45 p.m.	U/15 Junior Ladies	2 Miles
1.10 p.m.	U/14 Colts	2 Miles
1.35 p.m.	Boys 14/15 yrs.	3 Miles
2.00 p.m.	Youths	3 Miles
2.30 p.m.	Senior Ladies	6 Miles
	Senior Men	6 Miles
	Veterans	6 Miles

Entry Fees: Junior Ladies, Colts & Boys 20p Ind., all others 40p Ind. (no team fee).

Individual and Team prizes (4 run, 4 score).

Entries to: R. Sawyer, 34 Park Cres., Erith, Kent. (Erith 33244). SAE for acknowledgement.

CLOSING DATE 15th DECEMBER

Another Big Win By Knight

AN ARRAY OF many of Britain's distance stars graced the record entry of 460 competitors in the Senior Men's 5 mile event in the 21st Sun Life Assurance Mike Sully CC Races at Keynsham on November 1st

Past winner Rees Ward stretched the big names in the early stages with Chris Buckley, Barry Knight, Steve Jones, Peter Standing and Phil Banning following in the first half mile. Standing took up the running after about a mile, soon to be joined again by Banning, Knight and Jones.

Knight and Jones detached themselves at about 2½M to isolate a close intriguing struggle for first position and at this stage Tim Hutchings, better known as a miler, moved through to consolidate third place ahead of Standing, Nick Brawn and Peter Gaden. The struggle for first place began to unfold about 1¼M from home when the fancied Jones allowed Knight to take control. Possibly because of the preoccupation of the leading two, Hutchings had closed to within 20m of the lead at this stage but as the battle for supremacy developed with Knight increasing his advantage over Jones to 15m at the finish, so Hutchings eventually found himself 50m adrift.

National Road Relay Champions Bristol, without four of their leading performers, managed their 10th team victory in this their own promotion with a narrow two point margin over Oxford University.

Clive Hensby (Woking) was outstanding in the Junior race. After sticking with the leading group, from which Mark Flint (RAF Cosford) had made an early attempt to break, Hensby made his own decisive break at 2½M which, through determined running, he stretched to a 50m victory margin at the finish.

The three mile Youth race again showed the Bristol public one of Britain's outstanding future stars. Jon Richards, second last year and following a season in which he won the AAA Youth 3000m and was English Schools and Home International cross country champion, immediately went to the head of the field. Fitzgerald, Manners, Saker, Lamb and Hope all held the chasing second position at some stage but none got anywhere near the impressive Richards who with a finishing surge completed the course with a 150m advantage over Alex Hope.

Local star and Welsh International Carol Bradford from Clevedon, undefeated in six outings this year, took advantage of the non-appearance of other star names to run away with the Senior Ladies 2½M race. Carol went away from the field right from the gun, being followed firstly by Ann King (25th lady in the recent New York Marathon) and then by Sarah Alt who eventually completed the course 70m down on Carol in second place.

Mike Strange

1, B. Knight (Torbay) 26:28
 2, S. Jones (Bristol) 26:30
 3, T. Hutchings (Loughborough) 26:35
 4, P. Standing (WS&E) 26:58; 5, N. Brawn (Ox. U) 27:05; 6, C. Woodhouse (Der) 27:11; 7, M. Deegan (O&R) 27:12; 8, A. Cole (Swan) 27:15; 9, K. Brackstone (Bris) 27:18; 10, D. Cowles (West) 27:26; 11, P. Banning (And) 27:32; 12, R. Coles (B'ht) 27:37; 13, M. Cowman (West) 27:39; 14, P. Flavel (Ox. C) 27:46; 15, M. Lane (Newp) 27:49; 16, R. Ward (Ply) 27:50; 17, M. Rimmer (Ox. U) 27:55; 18, C. Buckley (West) 27:58; 19, G. Reynolds (Ox. U) 27:59; 20, E. Martin (Bas) 28:00; 21, D. Hopkins (Newp) 28:00; 22, R. Williams (Tiv) 28:01; 23, R. Anning (Bris) 28:02; 24, E. White (Liv) 28:03; 25, T. Davies (AF&D) 28:07; 26, G. Seward (Exe) 28:08; 27, N. Dorey (Ox. U) 28:11; 28, N. Sirs (WS&E) 28:13; 29, P. Gaytor (TVH) 28:15; 30, M. McBride (Stoke) 28:17; 31, C. Hazlewood (RM) 28:21; 32, C. Monk (Bris) 28:23; 33, J. Zable (Exe) 28:28; 34, G. Davis (Bris) 28:32; 35, D. Francis (West) 28:35; 36, A. Howden (Hal) 28:40; 37, L. Roberts (B'ht) 28:41; 38, W. Glad (USA) 28:45; 39, J. Duncan (West) 28:46; 40, J. O'Brien (Bridge) 28:48. **Teams:** 1, Bristol 66; 2, Oxford Univ. 68; 3, Westbury 76; 4, Windsor S&E 128; 5, Thames Valley 188. **(Women):** 1, C. Bradford (Cle) 16:25; 2, S. Alt (Ox. C) 16:35; 3, W. Hamlyn (Hasl) 16:57; 4, K. Lock (Car) 16:59; 5, A. Edwards (Bris) 17:02; 6, A. Turland (B&R) 17:14; 7, A. King (DoC) 17:28; 8, S. Walters (Ox. C) 17:32; 9, A. Fox (Swan) 17:36; 10, S. Brown (C&AC) 17:38; 11, P. Whitter (Exe) 17:38; 12, A. Hartley (Lough) 17:52; 13, J. Bennett (Brack) 17:58; 14, E. Sinclair (Bris) 17:59; 15, B. Powell (Wye) 18:04; 16, B. Thomas (Car) 18:07; 17, L. Gibson (Durs) 18:12; 18, L. Lerue (Torf) 18:16; 19, S. Hawkeswood (Ply) 18:20; 20, E. Bartlett (Ply-V) 18:24. **Teams:** 1, Oxford City 42; 2, Cardiff 62; 3, Swansea 65; 4, Crewe & Alsager Col. 67; 5, Exeter 79; 6, Exeter Univ. 84.

(Age group race results to follow)

CAMBERLEY & DISTRICT A.C.

The Annual

LADIES CROSS COUNTRY

(Under WAAA & SCWCC & RWA Rules)

SUNDAY, NOVEMBER 30th, 1980, 12.30 pm
 Collingwood School, Old Dean, Camberley

Girls	1½ Miles approx.
Juniors	1½ Miles approx.
Inters	2 Miles approx.
Seniors	3 Miles approx.

Trophy & Medals for 1st 3 Teams, Medals for 1st 3 Individuals.

Fees: 25p per Individual.

Entries to M. Goodway, The Crest, Crawley Hill, Camberley, Surrey GU15 2BZ. Phone Camberley (0276) 24708. (Please enclose SAE).

ENTRIES CLOSE NOVEMBER 24th

CROSS COUNTRY LEAGUES Continued

G. Davies (Bris) 33:48. **Teams:** 1, Westbury 1109; 2eq, Westbury 'B' & Bristol 1096; 4, Swansea 1035; 5, Bridgend YMCA 1016; 6, Newport 974; 7, Dursley 893; 8, Cardiff 870. **(Vets):** 1, Blackburn; 2, O'Brien; 3, Davies; 4, R. Pannell (Bris) 33:59; 5, J. Flatters (West) 34:40; 6, H. Clayton (Bris) 34:46. **Teams:** 1, Bristol 766; 2, Westbury 739; 3, Swansea 664. **(Youths):** 1, K. Jory (Ply) 21:22; 2, I. Manners (Cle) 21:42; 3, J. Pimley (Torf) 21:44; 4, D. Thomas (BGCS) 21:46; 5, B. Matthews (B&V) 21:47; 6, A. Crane (Cle) 21:49; 7, C. Dunne (Ply) 21:56; 8, J. Hooper (Car) 21:58; 9, S. Knight (Car) 22:07; 10, S. Quick (Ply) 22:08. **Teams:** 1, City of Plymouth 521; 2, Cardiff 439; 3, Westbury 437; **(Boys):** 1, N. Comerford (B&V) 17:10; 2, R. Perry (Abert) 17:12; 3, T. Brice (Ply) 17:17; 4, M. Jones (B&V) 17:20; 5, L. Williams (Car) 17:28; 6, R. Evans (Mon) 17:32; 7, G. Sheppard (West) 17:39; 8, P. Bridger (Car) 17:44. **Teams:** 1, Cardiff 718; 2, Westbury 709; 3, Bristol 649. **(Colts):** 1, B. Gilbert (Durs) 11:47; 2, G. Davies (Rhon) 11:48; 3, L. Watkins (Rhon) 11:49; 4, C. Hignell (B&V) 12:02; 5, J. Williams (KH VIII) 12:08; 6, J. Price (KH VIII) 12:10. **Teams:** 1, Westbury 447; 2, Dursley 426; 3, King Henry VIII 412. **(Jnr. Colts):** 1, A. Jones (A'dare) 10:56; 2, D. Gough (Bedd) 10:57; 3, S. Watkins (Torf) 11:01. **Teams:** 1, Ferndale LCS 546; 2, Westbury 533. **(Novices):** P. Miller (Bris) 6:14. **Team:** Bristol.

(Women): 1, C. Bradford (Cle) 18:00; 2, A. Edwards (Bris) 18:41; 3, K. Lock (Car) 19:03; 4, C. Morgan (Cledd) 19:25; 5, B. Thomas (Car) 19:39; 6, E. Sinclair (Bris) 19:46; 7, R. Powell (Wye) 19:50; 8, L. Gibson (Durs) 19:58; 9, L. LeRue (Torf) 19:59; 10, E. Bartlett (Ply-V) 20:04. **Teams:** 1, Cardiff 113; 2, City of Plymouth 67; 3, Bristol 56; 4, Clevedon 49; 5, Westbury 40. **(Inters):** 1, T. Kenward (Car) 12:29; 2, K. Taylor (Glouc) 12:42; 3, S. Hale (West) 12:47; 4, J.

Thomas (Car) 12:51; 5, Y. Jones (Tiv) 12:54; 6, E. Williams (P. Tal) 12:58; 7, B. Williams (Bridge) 13:08; 8, F. Hawley (Durs) 13:09. **Teams:** 1, Cardiff 197; 2, Newport 123; 3, Bristol 111; 4, Bridgend YMCA 86. **(Juniors):** 1, D. Crowley (P. Tal) 10:35; 2, J. Thomas (Carm) 10:38; 3, F. Harwood (Car) 10:39; 4, R. Green (Bris) 11:06; 5, C. Corish (P. Tal) 11:12; 6, M. Davies (Car) 11:16. **Teams:** 1, Cardiff 498; 2, Bristol 486. **(Girls):** 1, N. Mounty (Bris) 8:17; 2, S. Dixon (Car) 8:18; 3, C. Pugh (Torf) 8:19; 4, J. Jones (Car) 8:22. **Teams:** 1, Bristol 796; 2, Bristol 'B' 762; 3, Westbury 736. **(Novices):** T. Morrell (Spenn) 6:27. **Team:** Dursley.

AVALON LEAGUE**At Weymouth, October 26th**

1, A. Coleman (Wey) 23:09; 2, G. Sanderson (Cle) 23:44; 3, B. Valentine (B&P) 23:54; 4, P. Thomas (Yeo) 23:59; 5, R. Wyatt (Cle) 24:05; 6, J. Bolton (Wey) 24:06. **Teams:** 1, Weymouth St. Pauls 26; 2, Bath & P 36; 3, Clevedon 48. **(Vets):** 1, D. Bucke (Wey) 26:00; 2, B. Dunn (Wey) 26:32; 3, T. Northwood (Trow) 26:40. **(Youths):** 1, I. Manners (Cle) 15:34; 2, B. Lane (Wey) 16:14; 3, B. Gamblin (West) 16:17. **Teams:** 1, Bath & P 20; 2, Weymouth St. Pauls 25; 3, Taunton & WS 29. **(Boys):** 1, G. Shaw (Yeo) 12:44; 2, W. McCulloch (T&WS) 12:58; 3, P. Stevenson (B&P) 13:11. **Teams:** 1, Weymouth St. Pauls 26; 2, Taunton & WS 27; 3, Trowbridge 46. **(Colts):** 1, C. McCabe (T&WS) 8:17; 2, J. Towler (T&WS) 8:25; 3, L. Adams (West) 8:33. **Teams:** 1, Taunton & WS 10; 2, Westbury 17; 3, Trowbridge 37. **(Women):** 1, C. Bradford (Cle) 13:59; 2, S. Hale (West) 14:35; 3, C. Smith (Wey) 15:15. **Teams:** 1, Trowbridge 20; 2, Clevedon 22; 3, Westbury 24. **(Juniors):** 1, S. Davids (West) 8:48; 2, K. Sweetman (Trow) 8:48; 3, A. Willis (Trow) 9:08. **Teams:** 1, Trowbridge 10; 2, Westbury 22; 3, Yeovil Olym. 34. **(Girls):** 1, L. Clements (Yeo) 7:11; 2, L. French (Trow) 7:14; 3, J. Weeks (West) 7:17. **Teams:** 1, Westbury 14; 2, Yeovil Olym. 19; 3, Trowbridge 24.

SURREY WOMEN'S LEAGUE**At Wimbledon, November 1st**

1, J. Drake (Croy) 12:43; 2, D. Chettle (Croy) 13:18; 3, S. Shields (E&E) 13:35; 4, S. Morss (E&E) 14:11; 5, L. Dally (Sy. B) 14:14; 6, S. Nixon (G&G) 14:23; 7, J. Burchell (Croy) 14:29; 8, K. Flynn (DSP) 14:34; 9, T. Grownay (Bel) 14:38; 10, W. Williams (HHH) 14:40. **Teams:** 1, Croydon 25; 2, Epsom & E 32; 3, Guildford & G 52. **(Juniors):** 1, J. Streeter (R&R) 10:18; 2, J. Poulter (C'ley) 10:20; 3, A. Ramos (Croy) 10:50; 4, J. Edwards (Croy) 10:57; 5, M. Southwell (HHH) 10:59; 6, D. Langley (G&G) 11:09. **Teams:** 1, Epsom & E 37; 2, Croydon 43; 3, Redhill & R 76. **(Girls):** 1, A. Shave (HHH) 6:28; 2, A. Huntley (Croy) 6:31; 3, S. Paterson (C'ley) 6:32; 4, E. Clarke (HW) 6:34. **Teams:** 1, Herne Hill 47; 2, Croydon 53.

THAMES VALLEY HARRIERS**OPEN GRADED MEETING**

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

WED., 3rd DECEMBER, 1980**AT WEST LONDON STADIUM****SPONSORED BY ASICS TIGER**

6.45 p.m. 300m (all age groups except Jnr. Women)

7.00 p.m. 150m (all age groups)

7.10 p.m. 1500m (all age groups)

7.40 p.m. 600m (all age groups)

7.55 p.m. 1000m (all age groups)

8.15 p.m. B.M.C. Invitation Event

8.20 p.m. 5000m (Senior & Junior Men)

8.40 p.m. 3000m (Senior & Inter Women)

Entries: Seniors and Senior Ladies, 25p per event; others 20p per event, to: Peter Lenton, 1 Cell Farm Avenue, Old Windsor, Berks., stating name, age, address, club, event and best recent performance.

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Adidas, the better name in wet suits — can be folded into little pack for round the waist. Seven colours. Tops £11.50, Bottoms £11.50.

CONGRATULATIONS — to all British & Irish runners in the New York Marathon — especially those that travelled in our happy party — a special 'Well Done' to 70 year old Stan Tugwood of Burnham. We're making plans now for the London Marathon (mini weekend), the Boston Marathon and the Big Apple — New York. Give Vince a ring, or book your place now. Limited availability on most of them.

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Results In Brief

September 14th

R. T. Bradley & Son Open Meeting, at Wolverhampton. (Youths): HJ: M. Powell (W&B) 1.95. JT: C. Roper (W&B) 56.66. **(Boys):** 200: 1, P. Smith (Tam) 23.9; 2, S. Hill (Rhym) 23.9. HJ: 1, M. Price (W&B) 1.75; 2, N. Harrington (Leic) 1.75. **(Inters):** 200: D. Webb (Cann) 25.8. 800: 1, K. Brighton (Hunt) 2:18.1; 2, S. Murray (Droit) 2:19.5; 3, J. Howes (CoH) 2:19.7. HJ: 1, S. Burrows (Stret) 1.65; 2, J. Potter (Hallam) 1.60; 3, A. Langdon (Walton) 1.60. LJ: K. Glen (AF&D) 5.80. JT: M. Hornsby (Cov) 37.50. **(Juniors):** 800: V. Dawes (CoH) 2:20.9. 1500: T. Hooper (Tip) 4:54.5. 75H: A. Barrow (Grim) 12.0. HJ: S. Webb (Hales) 1.60. LJ: R. Reeves (Macc) 5.22. SP: 1, T. Salt (Stoke) 11.12; 2, A. Rowarth (Notts) 10.75; 3, M. Hampton (Tip) 10.36. JT: 1, G. Major (Sheff) 36.02; 2, F. Dale (W&B) 33.62. **(Girls):** LJ: E. Cook (CoH) 5.00.

October 1st

TVH Open Meeting, at West London. 2000SC: 1, M. Heynes (Shaft) 5:57.6; 2, Paul Gayter (TVH) 5:57.7. **(Women):** 1500: 1, S. Foster (Thur) 4:40.8; 2, R. Newman (Thur) 4:41.9; 3, B. Lovett (Wyc) 4:42.9.

WORKSOP HARRIERS & A.C.

Annual

CROSS COUNTRY MEETING

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

SUNDAY, 14th DECEMBER, 1980
at Sparken Hill Campus, Worksop
Commencing 12.30 p.m.

Meeting Sponsored by: Worksop Guardian,
Carnation Foods, Dornie & Bell, Klingspor,
Linvar Ltd., Steeley Co., G. R. Stein,
Chas. Middleton & Sons Ltd.

RACES

(All ages as at 31.8.80)

- | | | |
|---------------|--------------|----------------------|
| 1. U/11 Girls | 4. U/11 Boys | 7. U/17 Youths |
| 2. U/13 Girls | 5. U/13 Boys | 8. Int/Snr Ladies |
| 3. U/15 Girls | 6. U/15 Boys | 9. Jnr/Snr Men/Vets. |

Prizes: RACES 1, 2, 3, 4, 5, 6, 7, 1st 3 Inds + 1st 3 Teams (3 to score). RACE 8, 1st 3 Inds each age group + 1st Team (Combined accepted). RACE 9, 1st 8 Jnr Men, 1st 8 Snr Men, 1st 3 Vets 40-44, 1st 2 Vets 45-49, 1st Vet O/49.

Entry Fee: RACES 1, 2, 3, 4, 5, 6, 40p. RACES 7, 8, 9, 60p. No team fee.

CLOSING DATE 24th NOV., 1980

Entries to: Mrs D. Metterick, 3 Greenland Avenue, Maltby, South Yorkshire. S.A.E. for confirmation and Timetable of races.

October 4th

Coup de Jeunes de la Communaute Europeene, in Liege. (Juniors): 100: F. Campbell (Bir) 10.69. 200: P. Brown (Bir) 21.33. 4x100: Birchfield 42.3. **(Youths):** 100: L. Asquith (Bir) 10.51. HJ: M. Lakey (Bir) 1.90. 4x100: Birchfield 44.4. **(Girls):** 100: 1, A. Turner (Bir) 12.2; 2, T. Such (Bir) 12.3. SP: 1, C. Gregory (Bir) 12.73. . . . 4, P. Webber (Bir) 10.15. LJ: C. O'Rourke (Bir) 5.60. **Overall Teams:** 1, Birchfield 896; 2, Liege 689; 3, Brussels 669.

10km Mountain Race, at Nendaz, Switzerland.

1, R. Treadwell (B'ton C) 36:59; 2, M. Gratton (B'ton C) 38:07. . . . 4, C. Moxon (Har) 39:00; 5, P. Deleze (Switz) 39:12; 6, M. Short (Horw) 39:20; 9, J. Mouat (Hill) 40:04.

October 8th

9.8km Road Race, at Biel, Switzerland.

1, E. Puttemans (Bel) 26:13; 2, B. Lafranchi (Switz) 26:25; 3, M. Gratton (B'ton C) 26:30. . . . 5, R. Treadwell (B'ton C) 27:03; 9, C. Moxon (Har) 27:31; 15, M. Short (Horw) 28:18.

October 11th

W. Midlands SAA Girls Cross Country Meeting, at Sennelyst Park. (U/16):

1, A. Carmody (Card. W) 7:36; 2, S. Cooke (Ald. C) 7:50; 3, Y. Eden (A'brook) 8:01; 4, H. Moody (Ald. C) 8:22. **(U/14):** 1, Cardinal Wiseman (J. Hall) 7:35, A. Farrell 8:08, C. Wilson 8:02; 23:45; 2, Alderman Callow 23:56; 3, Hall Green 24:10; 4, Dartmouth 24:56. Fastest: Hall 7:35; M. McGhee (Ald. C) 7:49; D. Challenor (HG) 7:50. **(U/12):** 1, Bowling Green Middle (D. Dean) 8:12, L. Cartwright 8:58, S. Bate 8:07; 25:17; 2, Ley Hill Middle 25:47; 3, Cardinal Wiseman 26:34. Fastest: Bate 8:07; Dean 8:12; H. Ward (LHM) 8:32.

October 18th

Faversham '5'. 1, I. Stewart (U. Kent) 26:55; 2,

B. McSloy (Ell) 26:59; 3, G. Clark (Ell) 27:01; 4, G. Payne (S'end) 27:06; 5, D. Coates (Ilf) 27:36; 6, A. Guilder (Ell) 27:40; 7, A. Nichol (Ilf) 28:20; 8, G. McCall (Inv) 28:31; 9, T. Hardin (Inv) 28:38; 10, J. McKenzie (Ilf) 28:38. Teams: 1, Elliott 11; 2, Ilford 22; 3, Invicta 28.

October 19th

Wrekin '10', at Shrewsbury. 1, J. King (S&SH)

49:56; 2, M. Densley (Bir) 50:11; 3, W. Domoney (Sheff) 50:41; 4, M. Bishop (Staffs M) 51:06; 5, A. Mills (Newc) 52:26; 6, J. Wagstaff (Tip) 52:53; 7, P. Kilbey (Alt) 53:08; 8, P. Sanderson (Tel) 53:15; 9, J. Davies (Newc) 53:22; 10, S. Lerwill (Bir) 53:48; 11, M. Dawes (Shrew) 54:05; 12, N. Lees (S&SH) 54:09. **(Vets):** 1, M. Murphy (Sutt) 56:15; 2, L. Willmott (Mid. V) 57:52; 3, L. Woodley (Shrew) 60:17. **(O/50):** 1, R. Evans (W&B) 66:01; 2, M. Dwyer (Warl) 67:35. **(Women):** 1, R. Wright (W&B) 60:53; 2, B. Cook (Staff) 67:58.

ATHLETIC EVENTS

With approximately 20,000 copies going out weekly and an estimated total readership of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £13, ½ page £24, page £45. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

North Staffs. Amateur Cross Country League PRELIMINARY NOTICE

Please note that the 12th Annual Road Race

"JOHN OULTRAM MEMORIAL 10"

will be staged over the usual
very popular course at Tittensor, Stoke-on-Trent
at 3 p.m., on Saturday, 11th July, 1981

Full details will appear in Athletics Weekly on Saturday,
6th June, 1981.

PRELIMINARY NOTICE CITY OF HULL ATHLETIC CLUB MIXED OPEN MEETING

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

ON SUNDAY, 26th APRIL, 1981

at Costello Playing Fields, Hull

Programme of events and entry details will follow.

INSURANCE CROSS COUNTRY CHAMPIONSHIPS

Kingston Gate, Richmond

DECEMBER 6th

Change: Tudor School

Entry: Indiv. 25p. Team (8 to run, 4 to score) £1.

Write Sec: Miss J. S. Beaven, GB/ASI Prudential
Assurance Co. Ltd., 142 Holborn Bars, London EC1
2NH.

CLOSING DATE 27th NOVEMBER

WOLVERHAMPTON & BILSTON ATHLETIC CLUB

FIRST WINTER WARM UP

at Wolverhampton Stadium, Aldersley Road, Wolverhampton

SUNDAY, DECEMBER 7th, 1980

First Event 10.00 a.m. (300m-600m-600m-150m)

Minor Girls, Junior Ladies and Colts: 60m, 150m, 600m, Long Jump.

Inter & Senior Ladies, Boys, Youths, Junior & Senior Men: 150m, 300m, 600m, Long Jump.

Entrance Fee: 25p per event.

Please give Name, Address, Club, Age Group, Date of Birth and Best Performance, to: C. B. Mitchell, 39 Lime Tree
Gardens, Bilbrook, Codsall, Wolverhampton. Telephone Codsall 3857.

CLOSING DATE NOVEMBER 25th, 1980 — No acknowledgements, Numbers on day.

OTHER DATES: January 18th, March 22nd, April 26th, 1981.

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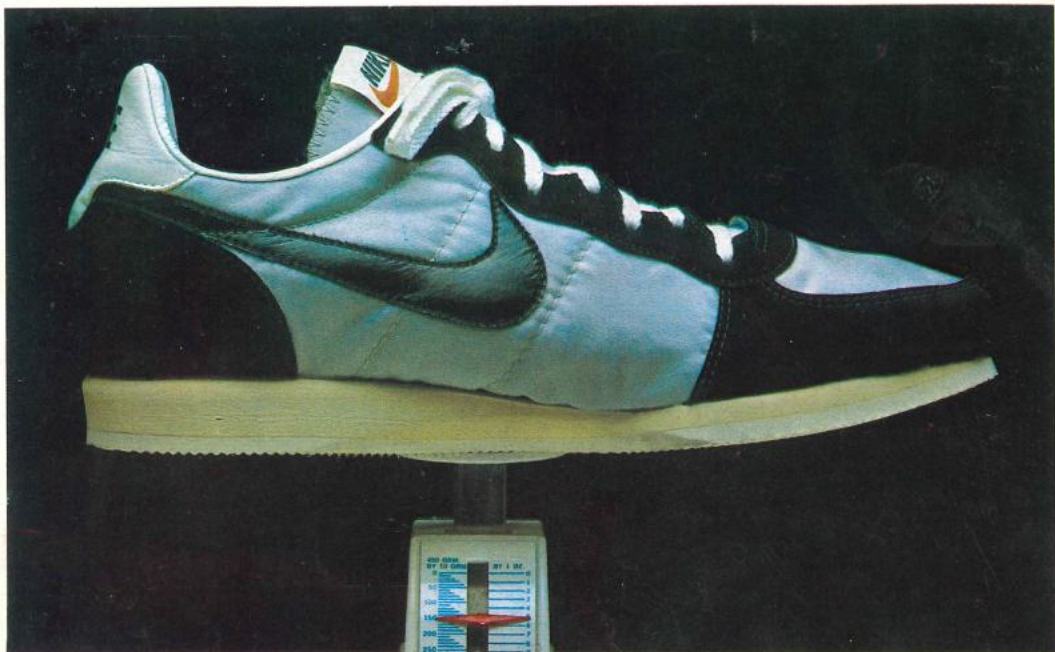
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CHINA AWARDS — Plates, mugs, ash trays.
Club insignia, event dates, sponsors' names, etc.
shown. Planning for 1981? Contact **Berkshire
China Co. Ltd., 298 King Street, Fenton, Stoke-
on-Trent, Staffs. Tel. 0782 311447.** See
commemorative plate for UK Veterans
Marathon, 5th October, 1980.

FOR SALE: KARHU Javelin Boots, size 5 —
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BIG SAVINGS ON CLEARANCE SHOES —
Nike LD1000V (RRP £29.99) 8, 8½, 10, 10½, 11
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8, 9, 10, 11, 12 £20.00, E.B. Sao Paulo (RRP
£36.55) 9½, 10, 10½, 11½, 12 £26.00, E.B.
Lydiard Road Runner (RRP £30.00) 7, 9½, 11
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Close, Walton, Chesterfield, Derbys. Tel. 0246
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