WEDNESDAY, NOVEMBER 15, 1989

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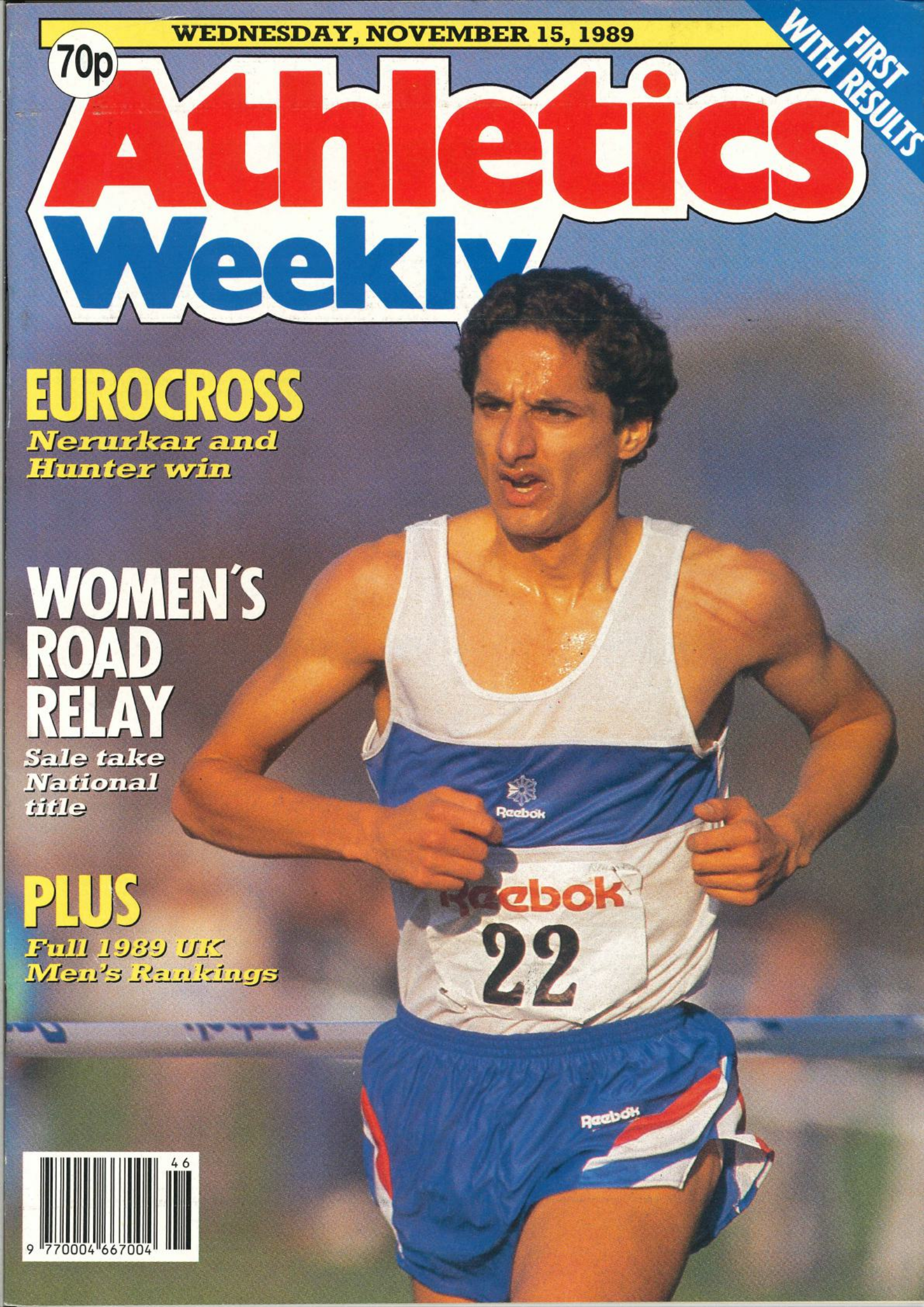
FIRST WITH RESULTS

Athletics Weekly

EUROCROSS
Nerurkar and Hunter win

WOMEN'S ROAD RELAY
Sale take National title

PLUS
Full 1989 UK Men's Rankings



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Athletics Weekly

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Cover picture: Richard Nerurkar on his way to victory in the EuroCross meeting at Margate last Sunday. By All-Sport/Ben Radford.

Board's three-year plan for teams

By David Ogle

BRITAIN'S selection policy, to be in place for the European Championships, World Championships and 1992 Olympics has been greeted with reactions varying from "the best ever" to "a vote against athletes".

In a move obviously shaped by the volleys of criticism levelled at Commonwealth and Olympic selection controversies, future British teams will now be picked on first person past the post, the other places being selected in accordance with an involved five point selection policy.

The plan came after a British Amateur Athletic Board meeting on Sunday. Board spokesman Tony Ward said that the first two in the trial will, in most cases, still win selection and the Board will be looking to send as large a team as possible. But the new policy does give selectors the flexibility to overcome the situation where Seb Coe was left out of the Olympic team, and Steve Cram and Jon Ridgeon missed out due to injury at the time of English Commonwealth Games team selection.

But the decision was condemned by Mike Winch, who along with heptathlete Judy Simpson, was athletes' representative at the meeting. "What it means is that administration has voted against the athletes," Winch said,

"This decision was motivated politically and carried out politically," said Winch. "It puts selection in the hands of people I don't have a lot of confidence in. It's one of a series of blunders on behalf of the administration. I'm extremely sad about it."

But the two men who were the main losers in the AAA Commonwealth selection policy, Cram and Ridgeon, were both delighted that the change had been made.

"It's what we've been calling for from the start," said Cram, shortly after he arrived back from a weekend's golfing in Portugal.

Ridgeon agreed: "I don't think we're good enough to dispense with the talent of someone like Steve Cram. For two years the policy has been ridiculous. To me it finally makes sense.

The Board also decided that in events of 800 metres and over where an athlete wins two trial races, they would not gain automatic selection at both distances. Athletes will only be allowed to double up in exceptional circumstances.

In addition, the meeting approved the European Indoor pre-selection of John Regis (200m), Colin Jackson (60mH), Sally Gunnell (400m), Linford Christie (60m), Dalton Grant (HJ), Liz McColgan (3,000m). Commonwealth and Indoor performances from this season and last will be considered for further selections.

World Cross-country selection will be first six senior men in the trial.

Scots selection hurdle

ANY Scottish woman hoping to gain selection for the Commonwealth Games has been presented with an almost insurmountable task by the new indoor selection standards (see table below).

In all but two events, they would have to break the Scottish indoor record to have any hope of a place. But bettering the standard, deadline 17th January, does not guarantee a place. Athletes can only expect "consideration".

With the earliest major indoor meeting in the British calendar taking place after the Commonwealth Games, Scottish athletes will either have to aim for the standard at the Scottish Indoor Championships on 9th and 10th December, or look to the national championships of other European countries to see if they will be able to enter.

But Ruth Booth, secretary of the Scottish Women's Amateur Athletic Association, defended the strict standards. "We'd still like to see more people in the team," she said. "We still have athletes who would do credit to Scotland. But the standards had to be related to the outdoor standard." The standards were determined by the SAAA/SWAAA in discussion with the Commonwealth Games Council for Scotland.

The standards listed below include 100 metres flat and hurdles, plus 110 metres hurdles, now that the Bathgate Sports Centre has a new nine-lane 130 metre indoor synthetic track.

Men	Event	Women
6.70	60	7.45
10.50	100	11.60
21.20	200	24.00
47.00	400	53.30
1:48.00	800	2:03.00
3:42.00	1500	4:08.50
7:48.00	3000	9:05.00
13:45.00	5000	–
–	100H	13.85
14.20	110H	–
8.00	60H	8.40
2.16	HJ	1 86
4.90	PV	–
7.50	LJ	6.30
15.60	TJ	–
17.30	SP	15.50

Grant boost for Sheffield Games

SHEFFIELD'S preparations for the World Student Games in 1991 received a boost last week when the Sports Council agreed to give a £3 million grant towards the estimated £30 million organisational costs.

Universiade GB had been hopeful of the grant when they launched their drive for sponsorhip at the beginning of October.

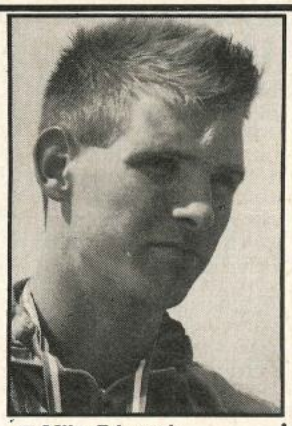
In return for the grant, the Sports Council has asked for, and received, a non-voting seat on the Universiade board. That gives the Council an active involvement with what will be the largest multi-sport event to be staged in Britain since the 1948 Olympics.

Organisers still face the task of raising around £27 million to run the Games.

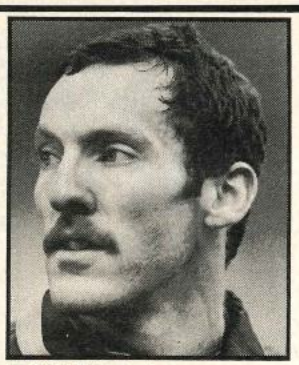
Past financial worries have receded since Sheffield Council will underwrite the entire cost. Facilities alone will total at least £111 million.

Encouraging news came from Japan last week, where the World Student Games enjoys the highest profile outside of the Eastern Bloc. Densu, the largest advertising agency in the world, has asked to handle the marketing operation in Japan.

Edwards mix-up re-opens Games suspension row



■ *Mike Edwards*



■ *Mal Edwards*

By Martin Gillingham

AN administrative bungle at the Amateur Athletic Association could strengthen Michael Edwards' grounds for appeal against his de-selection from England's Commonwealth Games team.

The official, recorded-delivery letter to inform Edwards of the AAA's decision to discipline him for misbehaviour at the World Cup in Barcelona never arrived at his home within the seven-day period provided for in AAA laws. Instead, the letter went to the middle distance international, Mal Edwards.

Mike Edwards, the AAA pole vault champion, contacted the AAA offices in Birmingham on 31st October, 11 days after the original decision had been made, when he still had not had official notification of the ruling. "I phoned to ask when I would be receiving a letter," he said. "Mike Farrell told me that it had been sent on 23rd October. Then, he paused and told me to hang on for a minute before saying he had just found it on his desk with 'not known at this address' written across it."

Farrell, the AAA General Secretary, blamed computer error, "We were not aware that the letter was incorrectly addressed until it was returned. We tried to contact the Post Office on several occasions to see if it had been delivered, but they were unable to help us. The letter had been sent to the wrong M. Edwards."

Mal Edwards is serving with the Army in West Germany. The 31-year-old Welsh international, fifth in the 800 metres final at the 1986 Commonwealth Games, had not been selected for the Welsh team to go to Auckland.

Support for Michael Edwards' reinstatement into the England team grew last week, with his club, Belgrave Harriers, deciding to approach the AAA and request that it reverses its decision.

Meanwhile, the athlete has left the country on a month-long training trip to the United States, which had been planned before the controversy as preparation for the Commonwealth Games, where he would have competed as AAA champion. "I'm returning in time for the BBC Sports Review of the year on 17th December," he said. "The AAA sent me an invite – for somebody in disgrace, that's quite funny, isn't it?"

In brief

THE latest crisis in the 30-year history of the New Year's Eve Nos Galan race has been resolved after pressure through the local press and TV forced the police to change its decision that the race should be run in the opposite direction.

That would have entailed around 1,400 runners swarming onto the 19-foot wide Mountain Ash Bridge less than 400 yards after the start. The police were concerned about overcrowding of spectators on the bridge, where people gather to see the finish.

Race organiser Bernard Baldwin lost the argument to avoid the switch. He then went on local television and radio to publicly protest. A week later, the police reversed the decision.

Now the 6km race will go ahead at 11.50pm on Saturday, 30th December, in its usual direction, but with the finish 100 yards short of the Mountain Ash town hall. The finish has been moved away from the bridge to avoid problems with spectators.

WALES have added 1,500 metres runner Ian Hamer to their Commonwealth squad, bringing the total team to 16.

THE date of the Dairy Crest Under-20 Indoor Championships at RAF Cosford has been changed to Saturday 10th and Sunday 11th February 1990.

SEBASTIAN Coe took another step towards life as a politician when he was adopted as prospective Parliamentary candidate for the Falmouth constituency on Friday.

ANDY NORMAN, British Athletics Promotions Officer has commenced libel proceedings over an article in *The Times* in August, which alleged involvement in the production of a scurrilous and anonymously produced newsletter.

Autumn date for North Run

THE Great North Run will be switched to an autumn date for the first time in the race's 10 year history.

A packed summer of sport, which includes the football World Cup, the cricket Test series and the European Championship, means that the organisers have had to switch from their usual June date to Sunday, 16th September to help win television coverage of the event.

In recent years, the Great North Run has been part of the athletics package with ITV Sport. But the half marathon was one of the victims when the prospective deal for athletics coverage in coming years was cut down to nine events per year.

Former international John Caine, of the Brendan Foster-headed company Nova International/View From who organise the race, was confident that television coverage would be arranged.

Caine stressed that they were still "negotiating with TV companies" and denied that a firm deal had been struck with the BBC. But the Corporation would seem to be the front runners, bearing in mind the companies' links. The View From logo is used on licence as the symbol for BBC Sport. In addition, Foster commentates on athletics for BBC, who last year screened the General Portfolio cross-country in Durham.

A sponsor has yet to be signed for the Great North Run, the biggest organised race in Europe, with 25 to 26,000 finishers over recent years.

The switch of date threatened to cause a similar clash of fixtures to that in 1986 when the Great North Run was moved to the day before the Blaydon Race, traditionally on 9th June.

Next year's Great North Run will now be on the Sunday usually occupied by the Berwick Walls Race, but organisers of that event have agreed to switch dates to the 9th September.

Tipton's many happy returns

PREVIOUS winners of the Tipton 10 have been invited to return to celebrate the 13th running of the event, held this Sunday.

The list of past winners reads like a roll of honour – Chicago Marathon winners Steve Jones and Paul Davies-Hale, course record holder Dave Lewis and a Tipton trio of Tony Milovsorov, John Wheway and Andy Holden. But it will be Tipton's two most recent recruits, John Hartigan (second to Steve Jones in 1986) and last year's winner, Ashworth Laukham, who will lead the attack on Dave Lewis' 47 min 20 sec record.

They will face strong opposition from Belgrave's Darren Mead, Newham's Colin Reitz and Birchfield's Neil Appleby. Appleby is the man in form as recent wins in the Birchfield 10 and Birmingham League Division One testify.

The race, sponsored by Reebok, has a subvention package of £1,000.

Andy Holden will head this year's over-40 challenge. His 90 seconds victory in the recent National Vets 10 mile road race points to his good form.

In the women's event, two of the Vax marathon stars, Anne Roden and Marian Sutton, will renew their rivalry. The race will be given added spice by the presence of Commonwealth Games athletes Karen McLeod and Bev Nicholson. Nicholson, winner of last year's event, will use the race as a final strength run before leaving for warm weather training. Super vet Bronwyn Cardy-Wise will undoubtedly feature once again.

The race starts at 11am from Princess End, Tipton, and comprises three fast laps and undoubtedly the record field could well see hundreds breaking the one-hour barrier.

■ MARATHON-a-day charity runner Linda Pritchard ends her trek around Britain today when she is met by Minister for Sport Colin Moynihan. Pritchard, 35, began her run on 12th April, from the Cutty Sark at Greenwich where she also finishes, to raise money for Imperial Cancer research. She has clocked up 4,000 miles and has raised £30,000.

E Germans admit to drug test cover-up

By Steven Downes

THE East German political revolution extended to athletics last week, when the DTSB, the sports governing body in the country, admitted that 14 of their athletes, plus five from other countries, had tested positively for banned drugs during 1988, but that the results had not been released internationally.

Volker Kluge, a journalist with *Junge welte* and spokesman for the East German Olympic association, said last week: "I am absolutely convinced that the steps we have taken are the right ones. Until now, we have kept the results anonymous, but the coaches involved have lost their jobs, and the athletes have been penalised according to the rules."

International rules usually require a two-year suspension after a first drug-taking offence, but they also demand that the international governing body should be informed. Mike Gee, the IAAF's technical officer, confirmed that the federation had received no report of positive tests from East Germany's athletics organisation last year, even though the tests were carried out at the International Olympic Committee-approved laboratory at Kreischa, near Dresden.

This latest admission flies in the face of earlier official denials of stories by defectors, like the ski jumper, Hans-Jorg Aschenbach, who claimed that there is widespread drug-taking in East German sport, even to the extent of doping for children. The figures released from Berlin also reinforce the long-held suspicion that East Germany has "screened" its athletes before major competition, to ensure that they are "clean" and so avoid international embarassment. The last East German known to have given a positive drug test was the cyclist Norbert Durpisch in 1978, while Ilona Slupianek was the last East German athlete to be caught internationally, in 1977.

The lab at Kreischa carried out a massive programme of 4,463 tests in 1988 – 10 per cent of the world total. Over 3,500 of the tests were carried out during training, producing seven of the positive results. The new official line is that this was intended as a deterrent to the cheats, although this fails to explain the East Germans' secrecy. That now seems to be ended: "From next year, we will go public with the names," Kluge said.

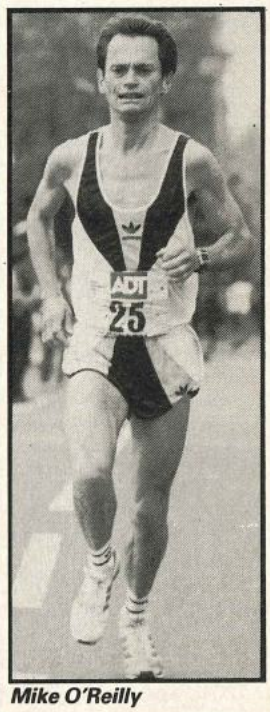
Additional reporting by Susan Glinska.

Columbus Marathon, 12th November

O'Reilly runs out of distance

AT A banquet for sponsors held on the Friday evening before this year's Columbus Marathon, 1972 Olympic gold medalist Frank Shorter recounted a story from his first marathon. At the 22 mile point Shorter turned to his running partner Kenny Moore and said, "I wish Pheidippides had died here!"

Many marathoners have known the feeling of the marathon being too long. However, at Columbus this year, two runners were asking for a longer race. "We just needed another 200 metres," said Poland's Toni Niemczak after the event. Niemczak and Ireland's Mike O'Reilly had led a charge on Broad Street in the final three miles of this year's race and only a lack of extra real estate denied them the chance of catching Sam Ngatia from Kenya.



Mike O'Reilly

Ngatia had broken away just after the 22-mile marker and seemed to be cruising to victory and a course record as he was on pace for a sub 2:11. But the battle on Broad Street started when Niemczak, O'Reilly, and Filemon Lopez from Mexico caught and passed debutant American marathoner, Chris Fox. The charge down Broad Street allowed this group to catch mid-race leader Martin Pitayo from Mexico with a mile to go. With a wobbly Ngatia slowing to a 5:30 for the 25th mile, a fascinating last mile developed. Niemczak and O'Reilly broke away from the chasing group and gained visibly on the tiring Kenyan, whose anguished salt-streaked face reflected his discomfort.

"We'd have nailed him for sure with another couple of hundred yards. Sam was dying big time," said O'Reilly with a wry grin.

With very light winds, sunny skies and 47°F temperature at the start on High Street, the athletes began their trip around the clover leaf course, which is designated as the 1992 US Olympic Trials Race for men. A large pack of 23 runners ran very conservatively through five miles in 25:08 and 10km in 31:25. Entering the Ohio State University campus, a downhill ninth mile in 4:49 livened things up and stretched out the pack. By 10 miles in 50:06 the pack was down to 13 runners, and the increase in pace was signified by a 20km time of 1:02:07, showing a second 10km of 30:42. By halfway the time was 1:05:34.

Lifted by the crowds on Front Street, the real race began. Martin Pitayo and Chris Fox hit the front, followed by Ngatia. On the narrow bike path by the river these three athletes broke away, mainly as a result of a 4:42 for mile 16.

Then Pitayo made his move, dropping first Ngatia and then Fox, by following up with a 4:52 and a 4:54 mile. But cramping hamstrings slowed the bearded Mexican to a 5:09 19th mile. At this point Ngatia was 18 seconds back running with Fox. Passing 20 miles in 1:39:31, Pitayo seemed unaware of the drive Ngatia was making. While Pitayo's 21st mile was 5:10, Ngatia ran a 4:57. Entering the Bexley district, Pitayo and Ngatia traded the lead. "We have a langauge problem," recounted Ngatia later, "but we say 'your turn amigo'".

However Ngatia was quick to point out that "the friendship ended" after 22 miles. The turning point in the race happened very quickly as the diminutive Kenyan, who resides in El Paso, Texas, put Pitayo away in an instant. Pitayo fell behind Ngatia, stared at his back, then at the ground, and his concentration was broken. Two steps quickly became 20 metres, and 20 metres was stretched to a 12 second lead by 23 miles.

Results

Men –
1, S Ngatia (Ken) 2:11:59; 2, A Niemczak (Pol) 2:12:02; 3, M O'Reilly (Ire) 2:12:06; 4, M Pitayo (Mex) 2:12:17; 5, F Lopez (Mex) 2:12:33; 6, I Huff (CA) 2:12:56; 7, C Fox (MD) 2:13:43; 8, G Nijboer (Hol) 2:14:13; 9, A Zachariassen (Den) 2:15:13; 10, D Mora (In) 2:15:36; 11, M Keohane (NJ; 2:16:20; 12, B Hodge (MA) 2:16:51; 13, I Rodriguez (Braz) 2:17:19; 14, J Da Silva (Braz) 2:17:51; 15, D Kurtis (MI) 2:18:14 (11th sub 2:20 Marathon this year). Also T Ekblom (Fin) 2:20:40; R Kaitany (Ken) 2:23:34.

Women –
1, J Isphordin (OH) 2:30:54.

Men Masters: 1, D Oropeza (AZ) 2:31:34; 2, K Sarks (OH) 2:31:46; 3, B Long (Can) 2:32:54.

Female Masters: J Kreuz (OH) 2:51:51; J Buch (OH) 2:53:17; J Rice (OH) 3:14:21.

In brief

■ A NEW synthetic track at Birmingham University has been completed. It is the only eight lane facility located on the campus of a British university, and will be opened officially in June 1990 at the University's biennial fixture against a combined team representing the Ivy League Colleges – Harvard and Yale.

FOUND at Uttoxeter Cross-country Races on 17th September, a Campri Heli-ski jacket, grey with blue hood and green shoulder insets. Contact Sinfin Jogging Club secretary, Jan Whitaker, 33 Vicarage Avenue, Derby DE3 6TQ. Tel. 0332 42670.

'Quote

"The specialist has transformed me – he has made me almost a normal runner." Auckland-bound asthma sufferer, **Matthew Yates**, on the Northwick Park doctor whose treatment has resurrected the 20-year-old's Commonwealth aspirations.

"We urgently need leadership, we require direction, for at the moment we are like a rudderless ship in a stormy sea with the crew noisily squabling for the helm" **Tony Ward**, AAA/BAAB spokesman, on the present state of the sport.

"If all goes well, I shall be back at my best for the Commonwealth Games" **Steve Jones** after a disappointing run in the New York Marathon.

"When your children go to school, they step in a car outside the house and drive there. They come back the same way. When I was young, I had to run seven miles to school each day and seven miles back. If we were late for school, the teacher punished us" **Juma Ikangaa** winner in New York, on the reasons for African dominance of the year's marathons.

"She's angry at me for coming to American for the last two years and not winning a car. I have a car. Mum, this is for you" **Ikangaa**, whose children presumably will not have to run to school.

'Unquote'

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Organised by the Guernsey Island Amateur Athletic Club under AAA Rules

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Sunday	**15th April**	**4 × 2 miles team relay**
Monday	**16th April**	**Barclays Bank Half Marathon**

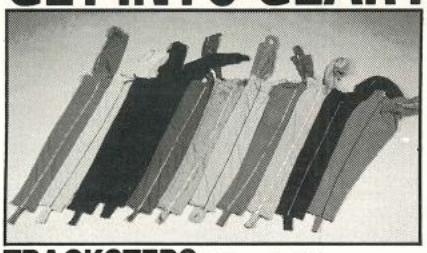
Entry forms and further details from Brian Horsepool, Kempi Cross, Moulin Huet Valley, St Martins, Guernsey. Tel: (0481) 38013.

Travel packages available from Travelcentre Ltd, Old Mill, St Martins, Guernsey. Tel: (0481) 35551.

Book your travel early to avoid disappointment. Guernsey is a very popular venue for Easter visitors – late comers may be disappointed. A.W.

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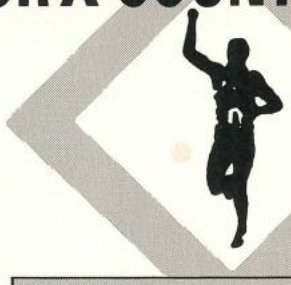
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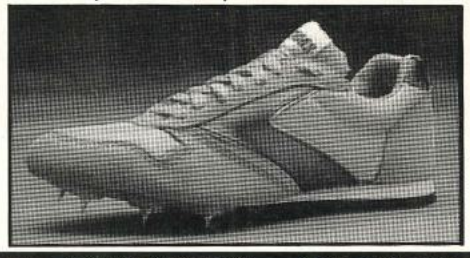
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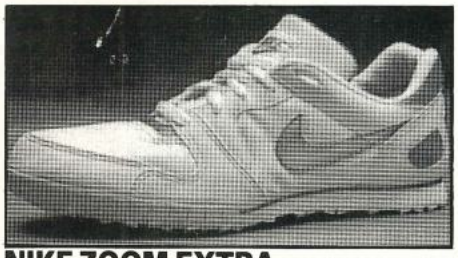
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Graham's Ga

UNLESS there is something of a U-turn in the stance of Scotland's Commonwealth Games selectors, the Scots will travel to the southern hemisphere in the New Year without one of their most experienced and popular athletes – John Graham.

Auckland would have been Graham's fourth Commonwealth Games. It is an opportunity that he is sad to miss out on. However, his disappointment is not restricted to selfish sentiments. With only 16 in the Scottish men's team, Graham sees it as an opportunity missed for many youngsters. "There has been a lot of controversy in Scotland. You have to promote and blood young people," Graham argues.

Graham's hopes of going to the Games ended in Berlin where, along with two of Scotland's other marathon hopefuls, Fraser Clyne and Jim Doig, he made a last attempt to influence the selectors only hours before they were due to sit in final judgement.

The bid failed only 14 miles from the start at the Brandenburg Gate, when Graham dropped out. "Going into the race I was confident of running 2:12 or 2:13, but nothing happened! Physically there was nothing wrong with me," Graham says.

The only Scot to finish was Clyne, who placed 23rd in 2:17:45 – a time that the selectors did not regard worthy of consideration. Graham was himself resigned to his fate. "I knew, jogging back to the hotel, that I wouldn't be picked. That night I just tried to get everybody drunk – but failed."

The 33-year-old's Commonwealth career started at the 1978 Edmonton Games, where he competed as a steeplechaser. Suffering from a recurrence of malaria contracted on a visit to Morocco three years before, Graham was eliminated in the heats. It was soon after that he made the decision to tackle the marathon.

The 1980 AAA Marathon Championship, which took place at Milton Keynes on the first Saturday in May, was to act as the Olympic trial. Along with Britain's best, Graham lined up in the quest for a place in the Moscow team. It wasn't to be – Graham dropped out at the 15-mile point. Up front, Ian Thompson, the 1974 Commonwealth and European champion, booked his place for Moscow.

The hard-luck story belonged to Tipton's third-placed Andy Holden who, at 15 miles, lost over a minute, with it some 20 places, and in turn an Olympic place, all because of an "untimely pit stop".

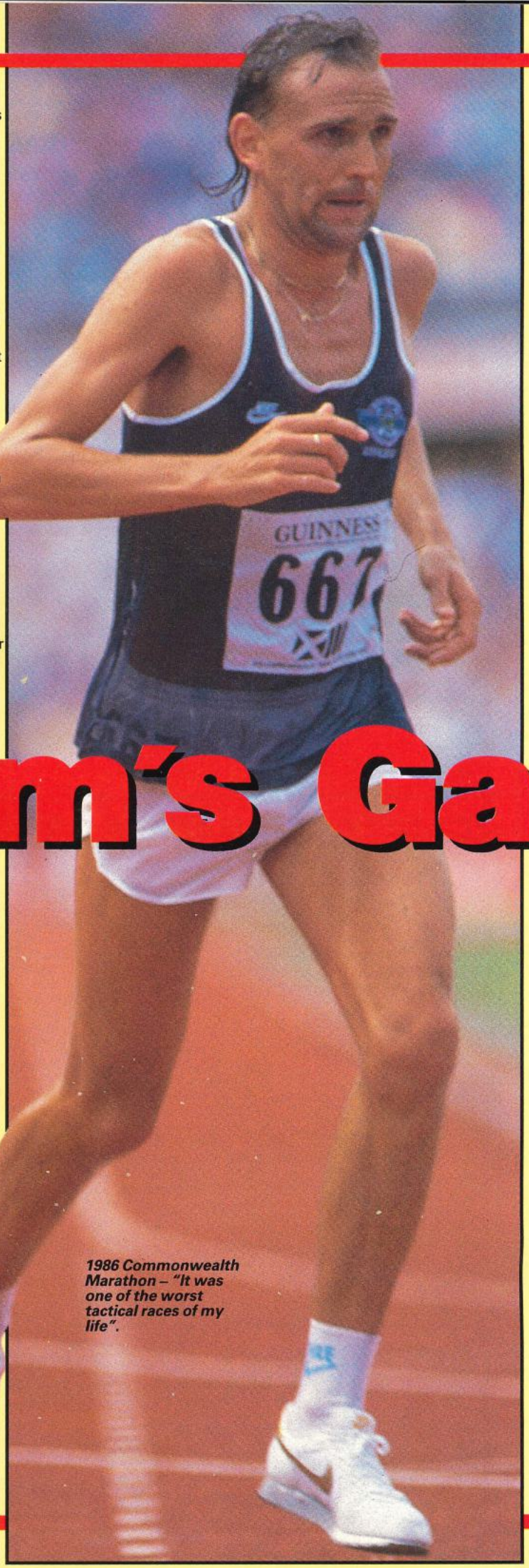
John Graham is one of Scotland's favourite athletes. A veteran of three Commonwealth Games, he was hoping to make it a fourth in January. However, the small Scottish team has excluded him. MARTIN GILLINGHAM spoke to him recently at his home in North Berwick.

Six weeks later, Graham won the Laredo Marathon in Spain in 2:13:21. It was the first marathon that he had ever completed and, at the time, the fastest by a Briton in 1980. The race served as a combined Olympic trial for the Spanish and Italian teams, but it was the Scotsman who took the race by the scruff of the neck soon after passing 20km. The next 5km was run in 15:15 and helped Graham to open up a 51-sec gap at the finish. "They couldn't understand that I wasn't going to run in Moscow," Graham recalls.

Reduced to watching Great Britain representatives, Dave Black, Ian Thompson and Bernie Ford, all fail to complete the course in Moscow, Graham's sights were now set on a first shot at the New York Marathon.

In the race that he describes as the best performance of his life he finished third in a personal best of 2:11:47. "I was just a small lad from Motherwell and I was leading Salazar in front of 100,000 people," Graham says.

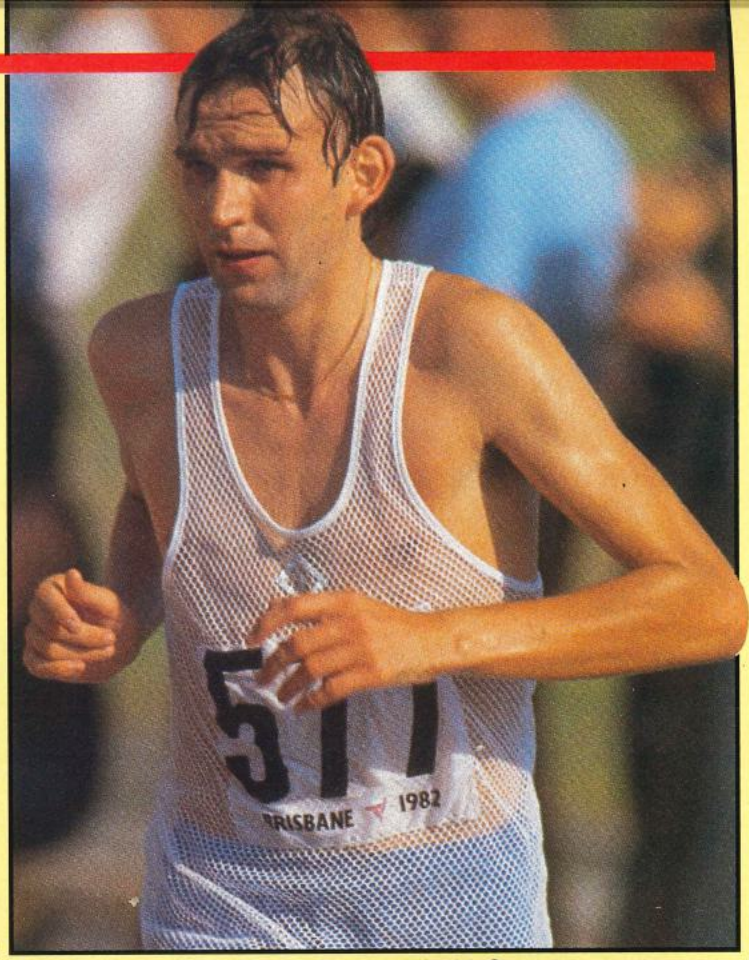
That was at 18 miles, when a



1986 Commonwealth Marathon – "It was one of the worst tactical races of my life".

FACT FILE

Name: John Graham.
Date of Birth: 18th June 1956, Glasgow.
Height: 5ft 11½in/182cm
Weight: 10st 8lb/67kg
Club: Haddington East Lothian Pacemakers
PB: Marathon 2:09:28 (1981)



John Graham – denied fourth Commonwealth Games.

mes rejection

group of three – Rodolfo Gomez; Alberto Salazar and Graham – had broken away from the pack. At 20 miles, the American and Mexican opend up a gap of six seconds that was to grow in the last six miles, as the Scot battled against the effects of cramp.

This was to be the first of four visits to the Big Apple in five years – only missing out in 1982 when the Commonwealth Games took priority. "The New York Marathon is the best – there is no doubt about it. The organisation is superb and they make you feel so welcome. During the week leading up to the race, the whole city knows that the marathon is on Sunday.

In a career that has had more than its fair share of both disappointments and race retirements, it is New York that has seen the best of Graham. Twelve months after his 1980 third place, the Scot became embroiled in one of marathon history's more bizarre moments.

A 4:38 mile took Graham and Salazar through 13 miles of the 1981 race in 63:22. At the halfway mark on the Pulaski Bridge, linking Brooklyn and Queens, the pair were timed at 64:10 – just inside world best pace.

It was soon after coming off the bridge that Graham was attacked by an inebriated spectator. "He attacked me from behind. Salazar punched him – he was just drunk, but in New York it could so easily have been a knife!" John remembers.

Fortunately, that was not so. "He stuffed a couple of dollar bills down the back of my vest – being a Scotsman I hung about for a bit more," Graham jokes now about how the incident unsettled him. Taking 15 minutes longer for the second half of the race than the first, Graham slipped to 44th position and a time of 2:19:14.

By 1983, Graham had become "part of the furniture" at New York. In a race that was dominated by the bold, but unsuccessful, front-running tactics of ex-patriot fireman Geoff Smith, the Scot ran 2:10:47 to finish fifth. The following year was one of Graham's least enjoyable experiences – dropping out in temperatures in the 70s and 96 per cent humidity.

Graham's 2:09:28 was achieved in Rotterdam on 23rd May 1981. Operating at world record pace for three quarters of the distance, the Scot came close to erasing the world record figures of Australia's Derek Clayton.

"The organiser had relaid the roads and taken up the cobbles and replaced them with asphalt. He was terrific – he had the interests of the athletes at heart and deserved the world record."

Opening a gap up at 13km, he ran the remainder on his own, finally winning by 4min 40sec from Salford's Stan Curran. "There were pacemakers, but I ran faster than them. I lost about a minute betwen 30 and 35 kilometres with a stitch. I could possibly have done it."

Eighteen months later, the Scot's second Commonwealth Games in Brisbane saw him finish fourth in 2:13:04, to affirm his position as a world-class marathon runner after a series of unhappy experiences. Following his "mugging" in New York, his withdrawal at halfway in the Auckland Marathon in January 1981 gave the Scot his first inkling of Achilles tendon problems that were set to plague him throughout the Eighties.

Rob de Castella, victorious at the Commonwealth Games in Brisbane, returned to defend his title in Edinburgh. During the week prior to the race, de Castella lived with Graham. "It is comforting to see that Rob walked backwards down the stairs in the morning just as I did," Graham says. The race itself witnessed a brave, but vain bid for victory by Graham. "It was one of the worst tactical races of my life," he says.

"Deek" led a field of 21 starters as they left the stadium and was only headed on one brief occasion during the entire race. Passing 10 miles in 49:27, the Australian turned the screw with 11th and 12th miles of 4:47 and 4:44.

While all, including England's Charlie Spedding, settled for battling it out for the silver medal, Graham set out to close the gap on his house guest. He succeeded in joining de Castella at the halfway point – reached in 64:21 – but after a short period in the lead, saw his challenge fade as the 1982 champion surged again at 15 miles.

Five miles short of the finish at the Meadowbank Stadium, Graham was passed by the eventual silver and bronze medallists – Canada's Dave Edge and Steve Moneghetti, of Australia.

Disappointed with his second consecutive fourth place in a major Games marathon, the Scot concentrated his efforts on the swift consolation that a high finish in the New York event would bring. However, injuries from a car accident put paid to these plans. Graham recalls how the emergency services, who were first to the scene, feared the worst.

"I was going to the Good Hope Hospital in Sutton Coldfield to see Alyson and the new baby. I was driving with two jam doughnuts and a dozen red roses on my lap. When the ambulance arrived they wripped open my shirt because they thought that I was covered in blood. I ended up in the same hospital as my wife with a couple of broken ribs and 10 stitches in my head."

The Scot's last completed marathon was the London in 1987, when he finished 11th behind Hiromi Taniguchi of Japan, Cortisone injections and operations to both Achilles tendons hindered any realistic attempt of making the Olympic team for Seoul.

Graham is now resigned to the fact that he will never be an Olympian. However, the Scot revealed that the outlook of a marathon runner is different to that of a track athlete, for whom participation in the Olympics is the pinnacle. "It's a shame that I haven't run an Olympics. When you are a child the Games are the be all and end all. Things have changed, and there are now other high quality marathon events such as New York, Chicago and Boston."

In the last 12 months, Graham and his family have returned to Scotland after a decade-long exile in the West Midlands. In 18 years, Graham has been coached by Bert McKay, Maurice Millington and John Anderson.

However, since his move to North Berwick, located half-an-hour's drive east of the Scottish capital, Graham has largely looked after himself. A life member of Birchfield Harriers, he now competes for the Haddington East Lothian Road Runners.

It is not coincidental that the 33-year-old's stalest period has been at a time when he has been working hard to establish the hotel that he has owned for just over 12 months. During this time, he received advice from another respected figure on the domestic marathon scene. "Alan Storey has been brilliant with me for the last couple of years when I've done nothing," Graham says.

Despite the troublesome Achilles tendons, Graham is determined to return to the glory days of Rotterdam and New York. That is, if the Scot shrugs off the disappointment of Berlin. "I just don't know what went wrong. I concentrated on the race – I ate muesli and didn't even drink any beer," he says.

If that is a measure of his determination, it would seem that his rehabilitation is complete.

Euro Cross Cup, Margate, 12th November

Nerurkar's

"AS I was going round the course with Bruce beforehand, I kept saying to him: 'There's the fourth hole, that's the fifth . . .' It all felt like a home-from-home."

Richard Nerurkar certainly looked at his ease as he wound his way around Margate's Hartsdown Park at the head of the field to win the first EuroCross Cup of the 1989/90 season, the first such event to be staged in England. Though by the nature of the course and the ratio of visiting spectators to locals, one could have been forgiven for thinking that the Channel Tunnel and 1992-and-all-that had all arrived early, so "continental" were the circumstances.

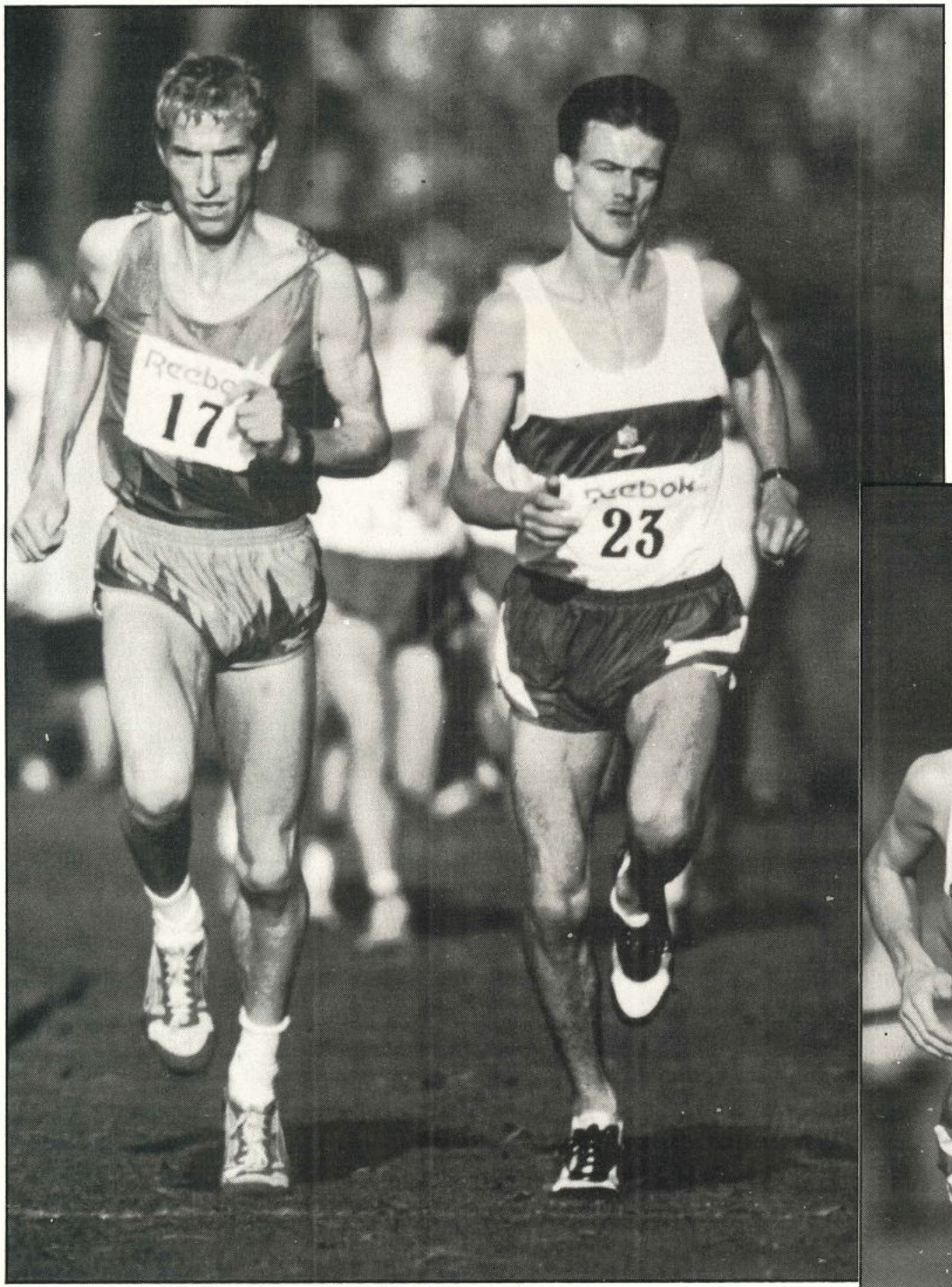
Cross-country, and the European Community-backed EuroCross in particular, is far more popular with the continentals than it is in this country, as shown by the busloads of supporters and competitors who had made the short-hop over from the Low Countries for Sunday's race.

The venue, Hartsdown Park, is basically a local leisure centre, with a handful of football pitches and the pitch-and-putt course with which Nerurkar was so familiar; as a cross-country course, there are probably less complicated mazes.

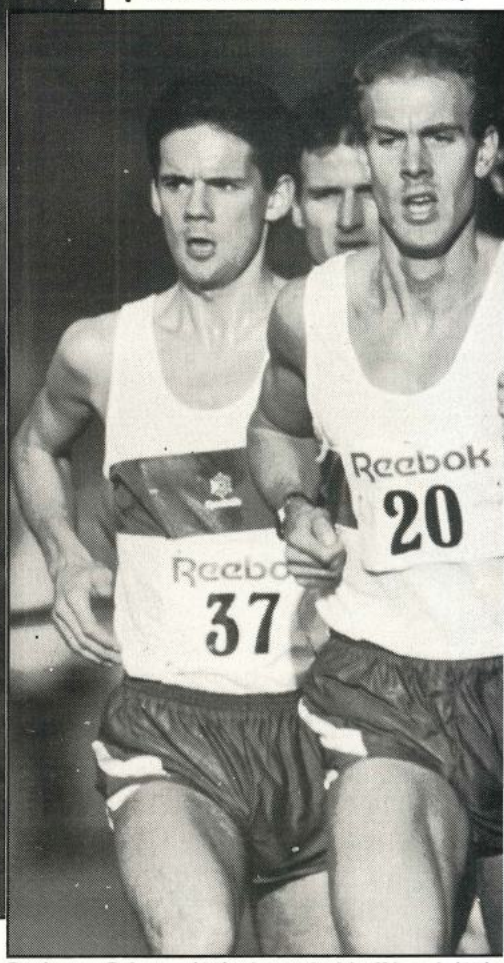
In the shadow of the Ferris Wheel of Margate's fun fair, the two-kilometre lap lacked any big dipper of a hill: it was flat and fast, with the only element to break up the runners' rhythm being the sharp, sometimes 180-degree corners.

It was the two hairpin bends towards the end of the first of the four laps that Nerurkar used to open daylight between himself and a leading pack that included Steve Tunstall, Herman Hofstee from Holland, Eddie Hellebuyck of Belgium, Hans Berger, the West German who was fourth overall in last winter's EuroCross, John Sherban, Deon McNeilly and, until he took a tumble at one of the sharp corners, Andy Bristow.

Maybe it was Bristow's fall that distracted the others, but before they could realise what had happened, and barely a mile into the eight-kilometre (five mile) event, Nerurkar was gone. A 20-yard lead was extended to 50 yards as the 25-year-old Bingley Harrier bounded away from Tunstall and another Dutchman,



Forlorn chase: Dirks (17) and Tunstall (23) disputing second.



Pack run: Bristow (20) tries to hold off Lamb (37) a

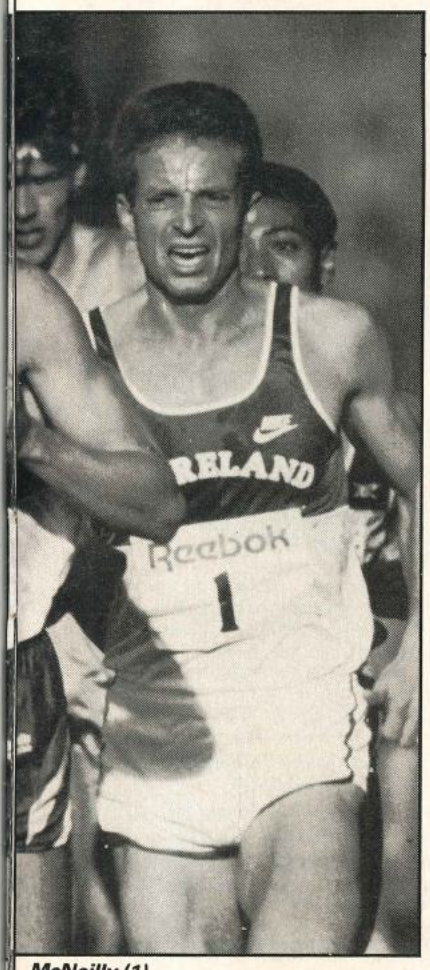
home win

The first EuroCross Cup races staged in this country saw Richard Nerurkar and Jill Hunter repel the continental invaders, as STEVEN DOWNES reports. Photographs by Ben Radford/AllSport

Toni Dirks, whose pursuit took them 10 yards clear of McNeilly and Sherban, before a pack of chasers that included Ashworth Laukam, Kevin Lamb and an ungrazed Bristow.

Chase hard as they might, though, Tunstall and Dirks could not stop Nerurkar further extending his advantage as he weaved his way around the circuit. The difference between the three seemed to be sharpness.

For Nerurkar, who has shown good autumn form before – last year he placed second in the American cross-country championships – this was his fourth recent race, including a win in the Minehead Half-marathon with a 14-minute last five kilometres. His track speed, remembering he placed fourth in the AAA 10,000 metres, was obviously useful on such a fast course.



McNeilly (1).

For Tunstall, on the other hand, this was his first run of his winter campaign, which appears to be a good deal less demanding than last year, when he seemed to run, and win, everywhere. By the end of the second lap, and halfway Nerurkar's lead was nearly 100 yards, as Laukam and Lamb moved through to dispute fourth from Marcel Versteeg, McNeilly and Bristow, before a 10-yard gap back to Sherban.

After Dirks got away from Tunstall on the third lap, Nerurkar did not extend his lead any further, and only as he went into the final kilometre did he show signs of fatigue, his long, lonely lead beginning to take its toll, as the Dutchman closed slightly before the finish. Behind the front two, Tunstall had his work cut out to hold off the last-lap charge of Lamb and McNeilly, the Wolverhampton man's run to the line closing England's team with three in four.

Nerurkar, a former Oxford student, where he read German and Russian, is now teaching part-time at Marlborough College, where Bruce Tulloh, the former European 5,000 metres champion, advises him on his training. His familiarity with

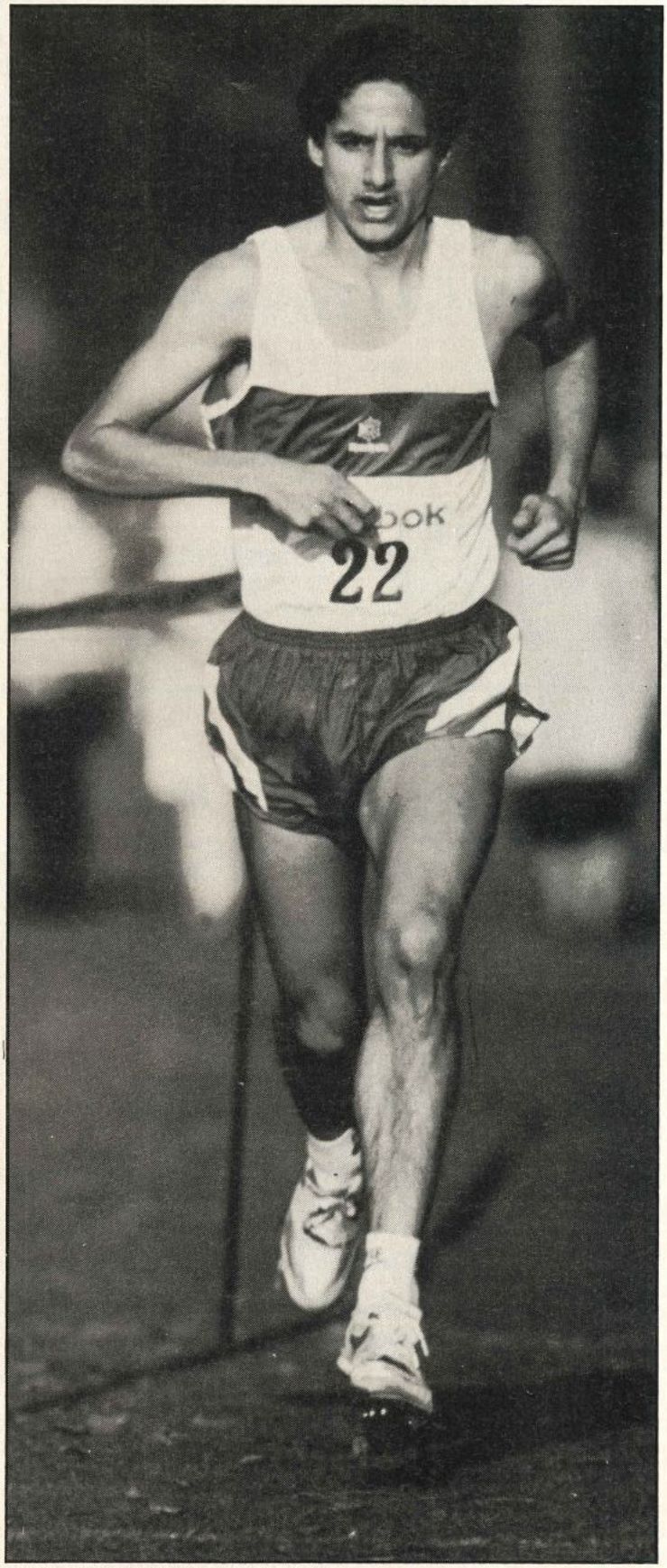
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RESULTS

MEN (8km) –

1, R Nerurkar (Eng) 22;57; **2,** T Dirks (HOL) 23:04; **3,** S Tunstall (ENG) 23:15; **4,** K Lamb (ENG) 23:16; **5,** D McNeilly (N IRE) 23:17; **6,** H Hofstee (HOL) 23:21; **7,** M Versteeg (HOL) 23:24; **8,** A Laukham (Tip) 23:26; **9,** A Bristow (ENG) 23:29; **10,** W Van Dijck (BEL) 23:32; **11,** E Hellebuyck (BEL) 23:34; **12,** J Sherban (SB) 23:35; **13,** N Gates (B&H) 23:36; **14,** F Sharkey (N IRE) 23:38; **15,** S Newport (ENG) 23:41; **16,** M Peters (ENG) 23:46; **17,** M Quinn (High) 23:52; **18,** B Royden (Med) 23:57; **19,** M Demaat (HOL) 23:58; **20,** P Daenens (BEL) 23:59; **21,** R Findlow (AS&V) 24:00; **22,** P Aris (HOL) 24:07; **23,** J Hill (WAL) 24:11; **24,** M Hicks (Inv) 24:14; **25,** H Burger (FRG) 24:16; **26,** N Trainer (N LON) 24:17; **27,** V Welzel (FRG) 24:18; **28,** D Lonnan (N IRE) 24:36; **29,** P Rowan (N IRE) 24:43; **30,** N Hardee (WAL) 24:56; **31,** J Van Bladel (HOL) 25:01; **32,** R Partridge (AF&D) 25:02; **33,** S Torbin (WAL) 25:03; **34,** Van Haecke (BEL) 25:06; **35,** K Rothwell (Stret) 25:26; **36,** D Evans (WAL) 25:40; **37,** G Reuter (LUX) 26:31.

Teams: 1, England (1,3,4) 8; **2,** Holland (2,6,7) 15; **3,** Belgium (10,11,20) 41.



On his own: Nerurkar sets the pace.

◀ CONTINUED

Hartsdown Park dates back 10 years, to when his Bradford Grammar School cross-country team used to hold training camps in Kent, and he and his schoolmates would play a round of pitch-and-putt or visit the funfair when not running.

These days, training camps send Nerurkar a little further afield. "I suppose I have got the travel bug," admitted the man who spent time studying at Harvard and who, after running in the second leg of Eurocross in Belgium in two weeks' time, goes to Kenya for three weeks' altitude work with the likes of Tim Hutchings, Jon Solly and Jerry Barton, before returning for the cross-country championships and World Trials in the New Year.

HUNTER HANGS ON FOR VICTORY

WHILE the men's race was decided early on, there was never any such dominance in the women's event, for while Jill Hunter held off her opposition, she admitted afterwards "I felt as if I was putting in the effort and wasn't getting anywhere".

Vicki Vaughan may have had a lot to do with that. On a good day all-round for Oxford students past-and-present, Vaughan, on this occasion wearing the dark blue of Scotland, took the five-kilometre race out at a fierce pace, with Hunter tucked in behind her, and with Susan Tooby and Hayley Nash putting the red vests of Wales well to the fore.

Vaughan's persistent pace saw her get away with the Blaydon Harrier, who "wasn't feeling too good, I think it was something I'd eaten the night before, because my stomach kept churning".

Vaughan could not have known that, though, as when she failed to keep up the high tempo on the second lap, Hunter moved past and quickly opened up a 10-yard gap. In fact, it looked as if Vaughan may have done too much too soon, as Tooby soon picked up on her, while Nash, too, began to fade, dropping back to a pack of seven that was led by the Belgian, Ingrid Delagrange and including Laura Adam, Marian Sutton and Melissa Watson, plus Julie Holland.

Just before the leaders weaved their way through the trees and into the final lap, Tooby looked as if she was gathering herself to challenge Hunter. But soon after Vaughan emerged from her bad patch, and it was she who in fact

ECCU make it look easy

ON THE supporting bill, the junior men's race provided the most interesting racing, even if there was little opposition for the ECCU team.

From a squad composed of last year's leading youths, it was Keith Cullen who emerged the winner, breaking away from Jon Gascoyne halfway around the last lap of the five-kilometre race, after local lad, Dartford's Rob Kettle, had tried to last the pace until halfway.

Jamie Godden came through to take third and make it a cleansweep for the ECCU, just ahead of Ben Pochee of Highgate. The return contests through the winter are sure to be just as close again.

Results

Junior Men (5km):
1, K Cullen (Eng) 14:52; **2,** J Gascoyne (Eng) 15:01; **3,** J Godden (Eng) 15:12; **4,** B Pochee (High) 15:18; **5,** A Keith (Eng) 15:24; **6,** L Elliott (Eng) 15:29; **7,** R Kettle (Dart) 15:34; **8,** C Vandermeersch (Bel) 15:39; **9,** P Delaney (ECCU) 15:49; **10,** G Temeis (Bel) 16:00; **11,** Cools Wim (Bel) 16:31; **12,** R Burchell (Ports) 16:36; **13,** A N Other 16:42; **14,** N Francis (Dart H) 16:44; **15,** F Schmitz (Lux) 17:05; **16,** C McQuillan-White (Inv) 17:15; **17,** S Povey (B'hth) 17:26; **18,** P Brown (Inv) 18:31; **19,** D Van Thourhout (Bel) 19:30; **20,** C Vandenberge (Bel) 19:38.

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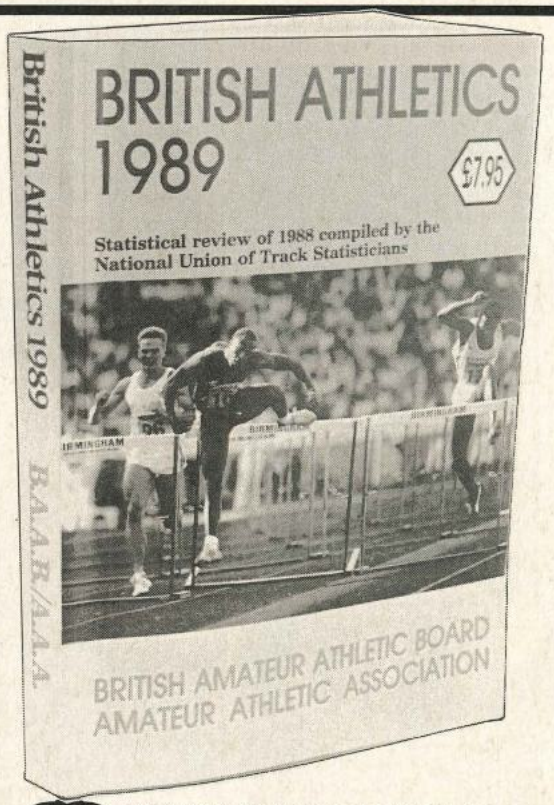
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regained second place and came close to making Hunter's stomach churn once again, for competitive reasons.

The British Universities champion could not quite get back on terms with Hunter, though. "I think it may be a psychological barrier for me to beat Jill," Vaughan, who comes from Pitreavie, said.

So Hunter's rehabilitation programme after a groin injury continues. For Julie Holland, who battled to fourth place behind Tooby and just held off Delagrange, her rehabilitation, after a couple of years out of the sport following a car accident, seems to be proceeding apace.

Hunter, possibly the biggest single threat to Liz McColgan's chances of successfully defending her Commonwealth 10,000 metres title in Auckland, races again in the second and third rounds of the EuroCross next month – the incentive being the £650 first prize at each meeting (Nerurkar got just over £950 for winning the men's race) – and then has a run-out at Durham three days before flying to New Zealand.

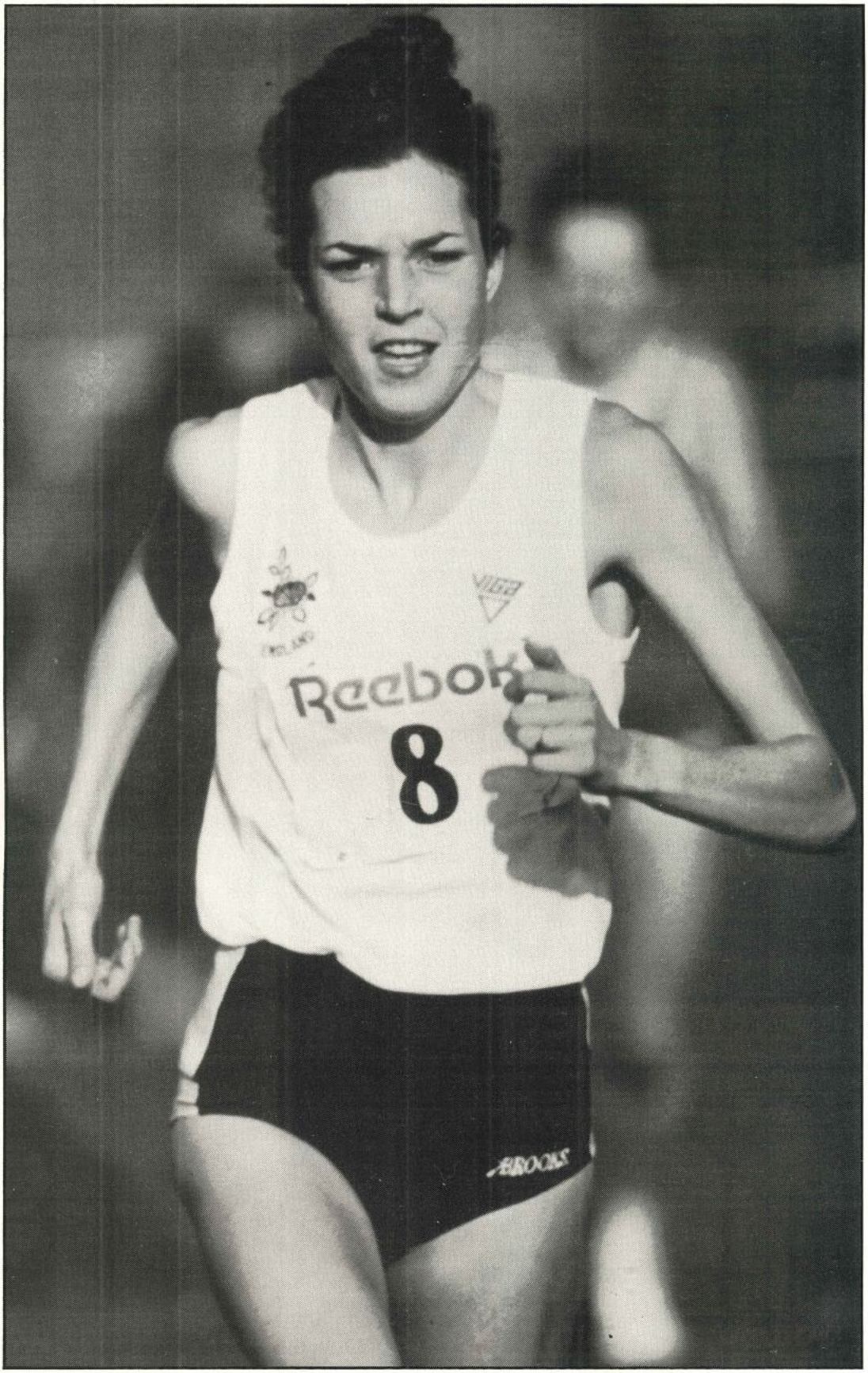
The Commonwealth Games will be only her second 10,000 metres track race, but the event at present holds no fear for the Newcastle shop assistant. "I'm quite looking forward to it," Hunter said. Realising that she may never be *quite* quick enough to run a really top class international 3,000 metres – "You need to at least go sub-8:35" – and that a wait for the women's 5,000 metres to be added to the championship programme may be a long one, Hunter sees her track future at 25 laps. "I really enjoyed it at the trials, I don't have any problems with the laps, because I seem able to switch off, so that doesn't bother me."

RESULTS

WOMEN (5km):

1, J Hunter (Eng) 15:58; **2,** V Vaughan (Sco) 16:03; **3,** S Tooby (Wal) 16:11; **4,** J Holland (Eng) 16:22; **5,** I Delagrange (Bel) 16:23; **6,** C Harms (Hol) 16:25; **7,** L Adam (Sco) 16:27; **8,** H Nash (Wales) 16:28; **9,** M Sutton (Eng) 16:38; **10,** M Renders (Bel) 16:39; **11,** M Watson (Wal) 16:41; **12,** S Dilnot (Eng) 16:47; **13,** N Aerts (Bel) 16:51; **14,** N McCracken (Houns) 16:58; **15,** A De Brabant (Bel) 17:01; **16,** M Van Gestal (Bel) 17:06; **17,** Z Hyde (Soton) 17:08; **18,** Noctor (Ire) 17:12; **19,** G Stacey (Brom) 17:14; **20,** S Lynch (Wal) 17:15; **21,** S Hodge (Wales) 17:15; **22,** D Harris (B'ham U) 17:15; **23,** E Cochrane (Scot) 17:23; **24,** Gates (B'ton) 17:30; **25,** J Stacey (Brom) 17:31; **26,** N Haines (Wal) 17:43; **27,** L Va Dyke (Scot) 17:52; **28,** N Mounty (West) 17:59; **29,** A Buckley (Leeds) 18:06; **30,** C Van Wilderode (Bel) 18:23.

Teams: 1, England (1, 4, 9) 14; **2,** Wales (3, 8, 11) 22; **3,** Belgium (5, 10, 13) 28.



Back on track: Women's winner Jill Hunter.

CPL NOS GALAN

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Turkish delight

Jetting across the world in search of fame and fortune sounds like an easy life for today's top athletes. But there is another, less glamorous, side to the coin, as ROB HARRISON reports.

THE glamorous life of the international athlete is often envied by both club athletes and athletics fans. This envy is not always justified: travelling from country to country, race to race, at the expense of the meet promoter is not always as grandiose as might be imagined. Take the following as one example of the life of a travelling athlete.

In early September, four athletes, Lenny Paul, Hughie Teape, Neil Grey and myself, were invited to compete in the Cezmi Or Memorial Meeting in Istanbul. It was a two-day meeting and this necessitated travelling out the day before and returning the day following the event. We might have guessed that the trip was going to be a little troubled when, even by the day before we expected to leave, the Turks hadn't confirmed our flight details, athletics timetable or even hinted at who would meet us at the airport.

Regardless, we set off for Heathrow, picked up some tickets and departed for Istanbul.

Fortunately on arrival, we were met by our guide who squeezed the four of us (remember Neil Grey is a shot putter!), plus himself, plus bags, into his car, an equivalent of a Fiat Panda. Thirty minutes later, as the evening drew to a close, we were deposited at our hotel, a cross between Fawlty Towers and the Crossroads Motel, but it was home for the next three days.

The next morning, the first day of the competition, when we enquired about the more technical aspects of the meeting, all we were told was it will be okay, we would leave for the track at 2pm and there was to be an opening ceremony for the foreign athletes. The international competition consisted of two Danes, one Algerian and a handful of Albanians, Armenians and Czechoslovaks!

The stadium was situated in the back streets of Istanbul, had no shade (remembering the temperature was above 80°F) and possessed very Spartan sanitation. On arrival, it was noted that a football match on an adjoining strip of waste land had more spectators than were in the stadium for our meeting. In fact, the few of us that took part in the opening ceremony also outnumbered the crowd.

As for the meeting itself, well, the lane draw was achieved with lollipop sticks, the starting pistol resembled a sawn-off shot gun (and it used shot gun pellets), and false starts were recalled by the officials shouting and waving loudly because the starter couldn't reload in time. There was only one shot and two discii for all competitors, the bell for the last lap was replaced by the sawn-off shot gun, which almost deafened me in the 800 metres, but all in all the meeting ran to time and could be described as a success.

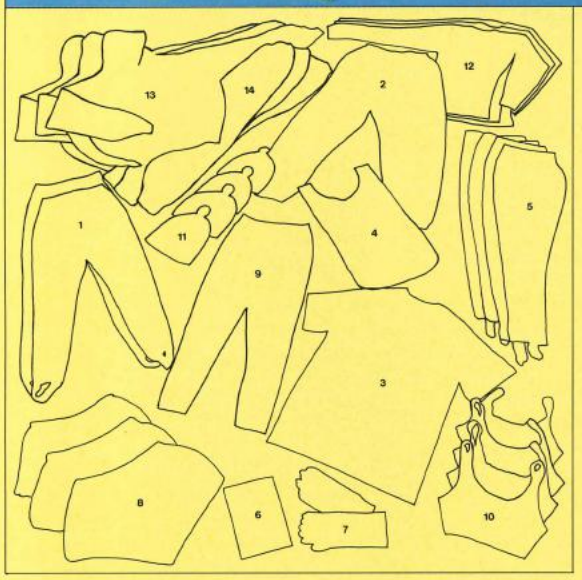
Overall, the team performed well, Lenny, Hughie and myself all set meeting records, but at 10.5, 14.0 and 1:49.3, it wasn't that difficult. Neil won the shot and nearly killed a few officials in the discus and Lenny and I also won at 200m and 1,500m. The relaxed nature of the meeting and the lack of competition was only compensated by the large array of silverware on offer. So much so that a composite relay team was hastily constructed of Lenny and Hughie plus one of the Danes and an Algerian in order to win the 4×100 relay from a local club team. The feat was later repeated to win the 800/400/200/100 relay. Thus Lenny went home with five trophies (one for a meeting record), Hughie with three, Neil with one and myself with four. We had fun at customs on the way back.

The two days of competition ended with a reception in honour of the visiting athletes. Nothing special about this, except the minibus that took us from the hotel to the reception left before we did, leaving us stranded on the wrong side of Istanbul. So, again, we all piled into our guide's car for a 40-minute journey. This only lasted 10 minutes however – he ran out of petrol. So at 1am, in the middle of Istanbul, we all ended up pushing his car for about one mile (or so it seemed) to the nearest petrol station. That, simply, summed up the weekend.

Nevertheless, we spent our final morning sightseeing around Istanbul and came home safe and sound, without the "Turkey Trots" and some "interesting" memories. It can be fun being an international athlete.







1 **FRANK SHORTER FLUO TIGHTS:** Made in Norway from 80% nylon/20% lycra these stirruped tights have an elasticated and tie-cord waistband and are extremely visible for night time running. Colours Fluorescent Yellow and Fluorescent Pink. Sizes XS, S, M, L, XL. **WERE £22.99 NOW ONLY £9.99.**

2 **FRANK SHORTER GORETEX TROUSERS:** These top quality 2-ply ripstop nylon goretex trousers, have goretex laminated to the inner lining, making them one of the most effective goretex trousers on the market. Features include a tie-cord and elasticated waistband, cuffed legs with 12" zippers and are fully tape seamed. Colour Pink only. Sizes S, M, L. **WERE £49.99 NOW ONLY £19.99.**

3 **SWEAT SHOP T-SHIRT;** Made from 100% cotton, these top quality American made t-shirts have an eight coloured print on the front and a three colour print on the back. Colour White with a multi-coloured print. Sizes S, M, L, XL. **Price £7.99.**

4 **RON HILL REFLECTIVE VEST:** Be safe, be seen, in this excellent reflective vest. Made from fluorescent nylon mesh, this bib has scotchlite reflective tape front and back. Colour Yellow/orange/silver. One size fits all. **Price £5.99.**

5 **SUB 4 ROADSTERS:** Made from 100% lightweight nylon, these training trousers have an elasticated and tie-cord waistband, stirrup legs and a reflective tab on the heel. Colours Navy, Royal, Black, Red. Sizes S, M, L, XL. **Price £11.99.**

6 **REEBOK TRAINING DIARY:** An excellent training diary that can be started at any time of the year, with space for your weight, pulse, mileage, pace, type of training and summary of training. Great value at this reduced price. **WERE £4.99 NOW ONLY £2.99 + 50p P&P.**

7 **RON HILL POLYPROPYLENE GLOVES:** Made from Meraklon polypropylene, these gloves will keep your hands warm on the coldest nights and will 'wick away' the sweat. Colour Navy or Red. Sizes Large only. **Price £4.99.**

8 **FRANK SHORTER VAIL SHORTS:** These lightweight shorts have a 100% nylon outer shell with polyester inner brief and a wide three needle waistband. Colours Royal (M, L, XL), Turq (S, M, L, XL), Green (M, L, XL). **WERE £8.99 NOW ONLY £4.99 one pair, £9.00 two pairs, £12.00 three pairs.**

9 **FRANK SHORTER FASHION TIGHT:** Made from 80% nylon/20% lycra, these three colour stirrupless running tights have an elasticated and tie-cord waist band. Sizes S, M, L. Colours Jade/royal/purple. **WERE £19.99 NOW ONLY £8.99.**

10 **DANSEZ MINIMAL BOUNCE BRA:** Made from 45% cotton, 45% polyester, 10% lycra, this unique cupless sports bra, holds your bust snugly and flatteringly against your chest. Sizes S (32A/B), M (34A/B), L (34C/36B), XL (36C/38B). Colours White, Black, Turquoise or Hot Pink. (XL in Black or White only). **Price £11.99.**

11 **FRANK SHORTER HAT:** These two colour bobble hats, made in Sweden from 100% acrylic, are ideal for cold winter training runs. One size fits all. Colours Jade/navy, Navy/royal, White/purple and Purple/jade. **Price £6.99.**

12 **HELLY HANSEN LIFE TOP:** Made from the new softer polypropylene, these thermal tops are the most popular on the market and have flat stitched seams. Sizes S, M, L, XL. Colours Navy, Red and Vanessa Blue. **Price £13.99.**

13 **CONVERSE HOODED SWEATSHIRTS:** Made from 65% cotton/35% polyester, these excellent quality hooded tops have a small embroidered badge sewn on the left side of the chest and are exceptional value at this reduced price. Colours Charcoal/green (M, L, XL), Navy/burgundy (XL only) or Green/white (XL only). **WERE £27.99 NOW ONLY £9.99.**

14 **CONVERSE JOGTROUSERS:** Made from 65% cotton/35% polyester, these two colour jogtrousers have an elasticated and tie-cord waistband, two side pockets and small embroidered logo on the right side of the back. An excellent buy at this reduced price. Colours White/green (M, L, XL), Charcoal/green (L or XL). **WERE £21.99 NOW ONLY £9.99.**

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Women's National Road Relays, Lincoln, 11th November

Just plain

The Women's National Road Relay Championships made their first visit to Lincoln on Saturday. MARTIN GILLINGHAM reports.

Seniors

SUE Crehan, overlooked by England's Commonwealth Games selectors, fought off the spirited challenge of Oxford University's Vicki Vaughan to anchor Sale to an unexpected victory in the Women's National Road Relay Championships at Lincoln.

With last year's winners, Essex Ladies, fielding a weakened trio, the title was expected to be fought out by 'old hands' Stretford, Birchfield and Hounslow.

However, after an exceptional first leg it was clear that such pre-race forecasts were to be contradicted. Crehan received excellent support from Auckland-bound team-mates Diane Edwards and Ann Williams, who despite encouraging runs in a recent Northern League cross-country fixture, did not expect to figure in the shake-up. Oxford University had indeed been the surprise package of the afternoon, even though lead-off athlete, Jo Dering, admitted to "expecting a finish in the top three" soon after finishing her stage.

Darlington Harriers were the outstanding club in the age-group events, winning two out of the three titles. Their only 'failure' came in the intermediate race. The North-east club have long performed well in the junior events. However, it is significant to record that they failed to field a team in the senior race.

The new Yarborough Leisure Centre venue stood up well to its first examination and was complimented by many. In character with the surrounding country it was almost exclusively flat. The stiff wind provided a test for the final quarter mile of each circuit.

Despite unattractive surrounds, the tight 'figure of eight' course was a spectator's delight, with a centrally located hill providing panoramic views.



Ann Williams makes the break.

Stage One

After the first of the two 2,000 metres circuits, a leading group of five was headed by Oxford University's Jo Dering. In close attendance were Sale's Diane Edwards, Parkside's Andrea Whitcombe, Coventry Godiva's Lorraine Baker and Maxine Newman of Leicester Coritanian.

The Oxford student, undaunted by her exalted company, made a brave bid to break up the group. It was a tactic that largely succeeded with only Baker reacting to the initial break.

Dering showed signs of weakening into the gusting wind of the final 400 metres as she was tracked down by the patient 1984 Olympic 800 metres finalist and Newman, whose strength over the final circuit brought Leicester to within three seconds of the lead at the changeover. Baker overhauled Dering in the last few strides to record the fastest time of the day.

Stretford's Lucy Martin handed over to Julie Asgill with a 22sec deficit in seventh place, while Birchfield and Hounslow filled ninth and tenth places respectively.

Stage Two

At the halfway point, the lead was shared by Coventry, Oxford University and Leicester with the eventual winners, Sale, 30 metres adrift in fourth place.

After a fast first circuit the student, Sian Pilling, Coventry's Sharron Davenport, and Rhona Makepeace (nee MacKay) of Leicester, all faded to record times in the 13:40s. Taking advantage of this was Sale's Ann Williams, who made the race's decisive break, approaching the final mile of the stage.

A time of 13min 12sec gave the Cheshire club a 100 metres lead on closest pursuers, Oxford University, who entered the final leg with a one second advantage over Coventry. The fading Makepeace was caught in the last few strides by Stretford's dependable Julie Asgill, whose solid 13min 28sec was deceptively impressive in what was the weakest of the race's three stages.

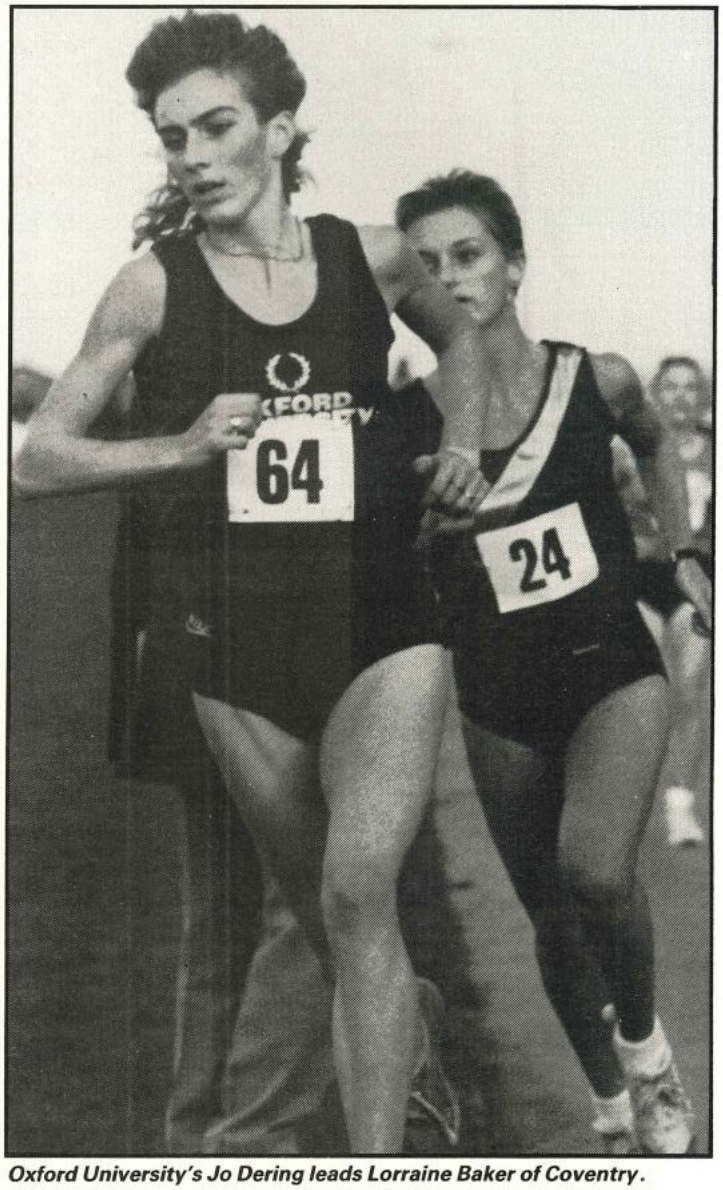
Stage Three

The task for Sale's Sue Crehan seemed simple enough as she set off with a commanding lead over Oxford's Vicki Vaughan. However, this was not accounting for the superb, if vain effort by the student. At one point on the final circuit Vaughan had narrowed the gap by half.

Sensing the danger, Crehan, the Great Britain marathon representative in Seoul, dug a little deeper and consolidated her position. Looking fresher than any athlete all day, Crehan entered the final straight with her characteristic scuttle to rapturous applause from the Sale contingent.

Vaughan's 13min 3sec gave Oxford University a remarkable second place.

Fastest leg of the third stage came from Hounslow's Wendy Sly whose 13min 2sec pulled her club to sixth from ninth. For the 30-year-old who was forced to sit out the summer through injury it had been an encouraging return to national competition. "There's a long way to go before Auckland. It's the end of a very hard week - this was my sustained run," Sly said.



Oxford University's Jo Dering leads Lorraine Baker of Coventry.

Sale-ing

RESULTS

Women – 1, **Sale** (D Edwards 13:18, A Williams 13:12, S Creham 13:09) 39:39; 2, **Oxford Uni** (J Dering 13:01, S Pilling 13:46, V Vaugham 13:03) 39:50; 3, **Coventry** (L Baker 13:00, S Davenport 13:48, L Robinson 13:21) 40:09; 4, **Stretford,** L Marton 13:22, J Asgill 13:28, J Holt 13:23) 40:13; 5, **Birchfield, G Dainty 13:28, L Field 13:48, S Ellis 13:17) 40:33; 6, Hounslow** (M Kitson 13:31, J Cooper 14:13, W Sly 13:02) 40:46; 7, **Leicester C** (M Newman 13:03, R Makepeace 13:48, D Manship 14:16) 41:07; 8, **GEC Avionics** (D Bradford 13:40, S Willicombe 14:10, L Watson 13:18) 41:08; 9, **Exeter** (M Lavencombe 14:00, E Sokell 13:56, C Newman 13:27) 41:23; 10, **Parkside** (A Whitcombe 13:07, G Coyne 14:52, S-A Cox 13:47) 41:46; 11, **Shaftesbury Barnet** (L Elliott 13:20, S Brooks 14:00, K Gillingham 14:34) 41:54; 12, **Lincoln Wellington** (A Bell 13:34, C Newman 14:01, M O'Briend 14:23) 41:58; 13, **Liverpool Harriers** (L Webb 13:49, J Holmes 14:05, S Singleton 14:05) 41:59; 14, **South London Harriers** (S Young 14:03, C Letchford 14:01, A Roden 13:57) 42:01; 15, **Birchfield** (M Salisbury 14:20, J Jones 14:03, C Bijovic 13:43) 42:06; 16, **Aldershot Farnham & District** (M Smith 14:08, S Sharp 14:19, C Duncan 13:49) 42:16; 17, **Oldham & Royton** (J Casey 14:22, E Freer 14:03, A Rankin 13:53) 42:18; 18, **Altrincham** (A Pugh 14:05, J Spark 13:56, P Meade 14:54) 42:55; 19, **Hallamshire** (J Pearson 14:12, C Fothergill 14:16, A Joiner 14:31) 42:59; 20, **Derby Ladies** (C Wildey 14:45, W Wright 13:35, J Jackson 14:41) 43:01; 21, **Charnwood** (E Foster 13:25, C Hardy 14:53, S Humphries 15:12) 43:30; 22, **Essex** (C Lavers 13:34, S Donohue 14:40, K West 15:28) 43:42; 23, **Leicester C** (T Maycock 14:36, C Tompkinson 15:18, N Leigh 13:58) 43:52; 24, **Windsor Slough & Eton** (S Tierney 14:14, A Hill 15:36, J Hodgkinson 14:07) 43:57; 25, **Oxford City,** (D Wallace 14:48, A Briscoe 14:42, S Walters 14:43) 44:13; 26, Bolton (C Price 14:01, C Parker 15:42, M Kennedy 15:13) 44:56; 27, **Shaftesbury Barnet** (A Brown 15:22, A Brown 15:25, S Brown 15:15) 46:02; 28, **Stockport** (J Mulryan 14:54, S Hilton 16:00, G Hueter 15:33) 46:27; 29, **Stockport** (M Chippendale 15:34, V Chapell 15:59, A Harris 15:40) 47:13) 30, **Ranelagh** (S Colver 14:51, M Smith 16:35, S Fifield 16:09; 31, **Rossendale** (J Keys 15:59, H Entwhistle 15:57, V Hamlet 16:07) 48:03; 32, **Medway** (E Lonberg 14:55, J Kimber 16:12, S Loughnane 16:07) 48:26; 33, **Lincoln Wellington** (N Barnet 15:13, K Hutton 16:00, A Gilroy 17:34) 48:47; 34, **Bedford & County** (V Mann 16:33, M Warner 17:14, G Allen 15:22) 49:09; 35, **Colchester** (M Everett 16:49, R Williams 17:08, B King 16:02) 49:58; 36, **Corby** (D Dallamore 16:41, C O'Briend 17:48, C Donald 16:50) 51:19. **Incomplete teams: Nottinghamshire** (C Barson 14:50, H Edwards 15:07); **Oxford** (E Twigg 15:27, J Hayden 15:09; **Parkside** (J Southwell 14:44); **Stretford** (S Brown 14:57); **Liverpool Harriers** (E Robson 15:22); **Medway** (J Hughes 16:31). **Disqualified team: Oadby & Wigston** (D Baker 16:37, D Beanland 16:37, A McLoughlan 15:41) 48:55. **Fastest laps:** 1, I Baker (Cov) 13:00; 2, J Dering (Ox U) 13:01; 3, W Sly (Houn) 13:02.



The victorious Sale trio. Left to right: Diane Edwards, Sue Crehan and Ann Williams.

Twins inspire Bromley victory

Inters

The Stacey twins, Gillian and Julie, led Bromley Ladies to a convincing victory in the intermediate race. After Leicester had established a 24sec advantage over Coventry Godiva on the first stage, it was Gillian Stacey whose 10min 18sec, fastest of the race, turned the event around.

Having overhauled the Coritanian in the last few strides of the stage, sister Julie was left to run away from the Coventry's third athlete who faltered badly in the closing stages. Fast finishing Bedford and County were third.

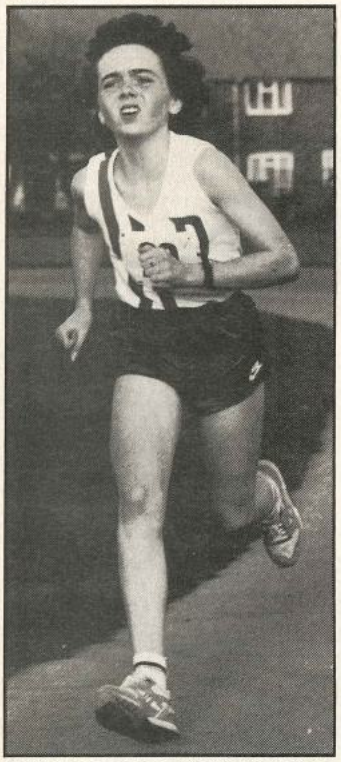
RESULTS

1, **Bromley Ladies** (T Blake 10:48, G Stacey 10:18, J Stacey 10:35) 31:41; 2, **Leicester C** (K Whetton 10:23, R Ellway 10:44, R Lovett 11:30) 32:37; 3, **Bedford** (E Caborn 10:55, C Peet 11:12, P Radcliffe 10:34) 32:41; 4, **Darlington** (J Keenan 11:05, N McFarlane 11:18, C Nicholson 10:39) 33:03; 5, **Bristol** (R Forbes 11:03, K Britten 11:01, K Taylor 11:18) 33:22; 6, **Stoke City** (J Lanza 11:32, F Fenton 11:13, C Holdcroft 10:40) 33:25; 7, **GEC Avionics** (K Gordon 11:13, J Watson 11:13, E Preston 11:09) 33:35; 8, **Exeter** (J Davis 11:00, N Stepney 11:55, E Taylor 10:41) 33:36; 9, **Sale** (M Wilkinson 11:09, L Wilkinson 11:39, C Taylor 11:16) 34:04; 10, **Peterborough** (D Sutton 11:25, N Dawson 11:45, C Thomas 11:28) 34:38; 11, **Coventry** (L Mallows 10:47, K Westaway 12:38, T Bradley 11:26) 34:51; 12, **Bolton** (P Watkin 10:59, S Williamson 12:28, A Caldwell 11:33) 35:00; 13, **Oldham & Royton** (J Bamforth 10:51, S Hobson 12:35, M Markey 12:00) 35:26; 14, **Liverpool Harriers** (J Challinor 11:37, J Claque 11:21, J Toal 12:30) 35:28; 15, **Leeds** (S Marshall 11:18, S Chaplin 12:00, S Clayton 12:16) 35:34; 16, **Shaftesbury Barnet** (J Binnington 11:35, T Webb 12:22, M Lee 11:37) 35:34; 17, **Windsor Slough & Eton** (K Wraight 11:42, S Stewart 12:09, D Boyce 12:14) 36:05; 18, **Thurrock** (J Sheen 11:57, S Chamberlain 12:25, N Pearce 11:54) 36:16; 19, **Bracknell** (F Cooper 11:41, K Doran 12:18, R Taylor 12:20) 36:19; 20, **Parkside** (A Cross 11:23, H Bowers 12:25, K Hutcheson 13:28) 37:16; 21, **Aldershot Farnham & District** (A Baldwin 12:48, D Farrell 13:05, K Harrison 11:48) 37:41; 22, **Keighley** (S Raine 12:50, J Linyard 12:30, L Harrison 12:23) 37:43; 23, **Leeds** (K Penkett 12:29, R Anderson 12:40, B Chaplin 13:30) 38:39; 24, **Pilkington** (G Bennett 12:36, K Merrigan 12:21, G Crehan 14:25) 39:22; 25, **Exeter** (V Boughton 12:54, D Slocombe 13:15, C Driscoll 13:26) 39:45; 26, **Medway** (Y Robson 12:49, V Holmes 14:05, A Edgley 13:42) 40:36. **Incomplete teams: Bolton** (K Dickinson 12:34, L Proctor 12:35); **Plymouth** (C Dean 11:43, A Smith 12:29); **Rossendale** (E Horrocks 12:27, S Entwhistle 11:26, C Nicholas); **Liverpool** (L Wishart 12:20); **Shaftesbury Barnet** (S Ewins 11:53). **Disqualified team: Leicester Corit** (T Payne 12:26, A Tompkinson 13:08, E Chadwick 12:08). **Fastest laps:** 1, G Stacey (Brom L) 10:18; 2, K Whetton (Leic C) 10:23; 3, P Radcliffe (Bed) 10:34.

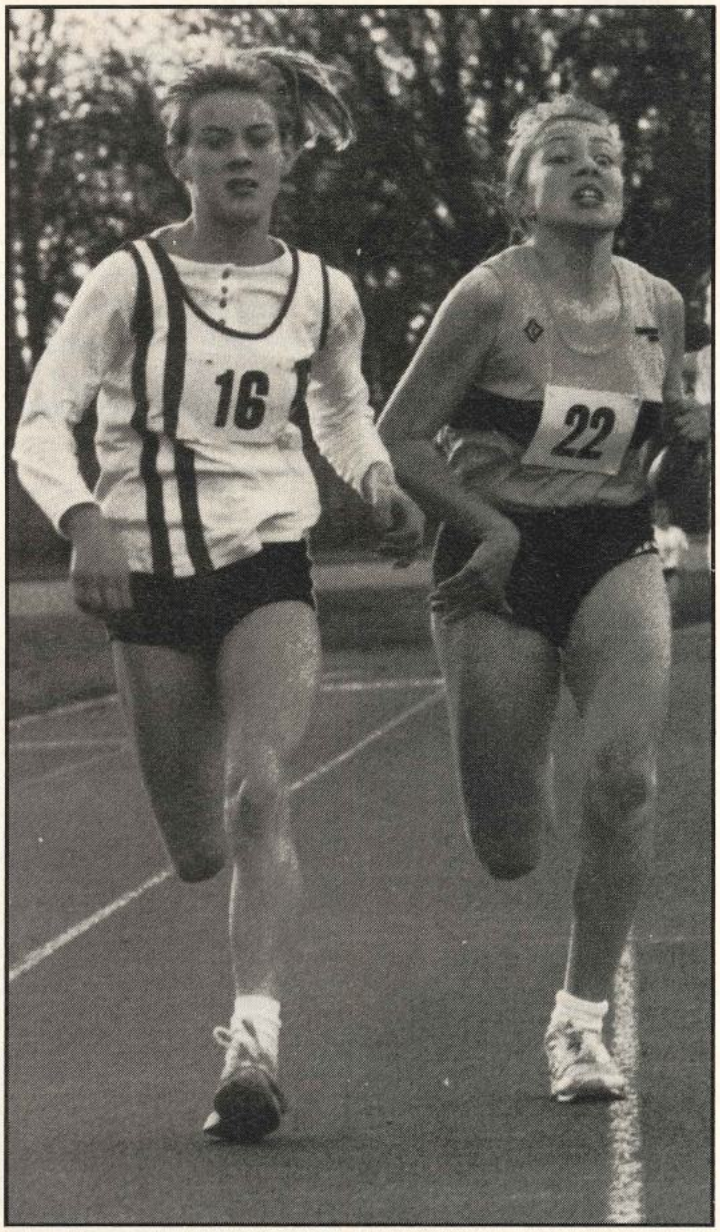
Title double for Darlington

Girls

Darlington gained their second title in the second race of the day. Derby Ladies, who also figured prominently in the minors' event led through the first two stages. But it was the North-east outfit who collected the spoils, after recovering a 17sec deficit entering the final stage.



B. Taylor anchors Darlington to a comfortable victory in the Girls' race.



The closest finish of the day came in the Minors race. Darlington overhaul GEC Avionics in the final strides.

RESULTS

1, Darlington (A Caygill 7:44, T Miller 7:33, B Taylor 7:20) 22:37; 2, **City of Stoke** (M Evans 7:27, K Daniels 7:56, A Browning 7:26) 22:49; 3, **City of Plymouth** (L Lean 7:40, N Blameey 7:34, K MacKenzie 7:39) 22:53; 4, **Sale** (G Estcourt 7:30, Z Donnelly 7:55, S Todd 7:36) 23:01; 5, **Derby Ladies** (H Jackson 7:24, C Gilmour 7:48, S Bull 7:50) 23:02; 6, **Hallamshire** (V Kerrigan 7:46, L Wilson 7:44, S Green 7:34) 23:04; 7, **Parkside** (A Coleman 7:46, L Sydney 7:45, S Rogers 7:40) 23:11; 8, **Blackpool** (C Worden 8:03, M Garnett 7:26, A Strachen 7:44) 23:13; 9, **Bedford & County** (A Pack 8:17, M Matthews 7:39, L Talbot 7:24; 10, **Stevenage & North Herts** (N O'Brien 7:43, H Hutton 7:58, H Johnson 7:41) 23:22; 11, **Bolton** (L Birch 7:42, L Openshaw 8:06 E Scowcroft 7:35) 23:23; 12, **Medway** (A Kenyon 8:06, S Bint 7:42, S Simmons 7:36) 23:24; 13, **Highgate Harrirs** (N Duck 8:32, Y Bevis 6:57, K Fowler 7:56) 23:25; 14, **Havering** (S Fox 7:58, C Edwards 8:06, N Jones 7:25) 23:29; 15, **Liverpool Harriers** (L Carney 7:48, L Ferry 7:55, T Dunbar 7:50) 23:33; 16, **Leeds City** (D Green 7:51, A McAuley 8:11, L Meredew 7:33) 23:35; 17, **Bristol AC** (C Haskins 7:53, S Harding 7:37, J Monks 8:15) 23:45; 18, **Hallamshire** (J Fish 7:48, G Wainwright 7:48, S Gregory 8:13; 19, **Keighley RR** (S Barker 8:04, L Wilson 8:02, S Fotherby 7:43) 23:49; 20, **Leicester C** (K Brennan 8:00, J Weir 8:16, S Blanks 7:45) 24:01; 21, **City of Stoke** (C Hancock 8:05, E Wakefield 8:21, S Kewt 7:39) 24:05; 22, **Shaftesbury Barnet** (S Murphy 7:45, E Lumby 8:17, J Gilbank 8:14) 24:16; 23, **Milton Keynes** (L Fisher 7:57, P Evans 8:17, T Christie 8:03) 24:17; 24, **Oldham & Royton** (C Fielden 8:08, J Spence 7:56, H Ward 8:19) 24:23; 25, **Bolton** (N Ramsden 8:09, A Johnson 8:06, K Shaw 8:15) 24:30; 26, **Bracknell** (L Parison 8:32, K Yates 8:15, A Allen 7:47) 24:34; 27, **Exeter Harriers** (N Green 8:24, N James 8:30, K Ansty 7:53) 24:47; 28, **Ealing & Southall** (S Grant 8:23, L de Rozarieux 8:07, N Palmer 8:25) 24:55; 29, **Sale** (S Roche 8:12, A Bentley 8:16, S Brown 8:34) 25:02; 30, **Leicester C** (H Bates 8:11, S Calon 8:24, K Rogers 8:40) 25:15; 31, **Parkside** (C Brown 8:14, E Bowers 8:19, L Young 8:55) 25:28; 32, **Bedford & County** (R Hughes 8:44, J Becker 8:47, K Hart 8:15) 25:46; 33, **Aldershot Farnham & District** (N Seymour 8:25, K Wright 8:53, J Middleton 8:36) 25:54; 34, **Medway** (E Kennerley 8:28, J Harnett 8:57, L Harrold 8:38) 26:03; 35, **Pilkington** (K Townley 8:20, M Merrigan 8:10, M Smith 9:58) 26:28; 36, **Aldershot** (N Donnelly 8:47, C Farrell 8:39, N Stimpson 9:15) 26:41; 37, **Lincoln Wellington** (P Palsay 8:36, D Staples 8:51, A Stafford 8:19) 26:56; 38, **Keighley RR** (M Pamment 9:07, J Harrison 9:20, A Dugdale 8:39) 27:06. **Incomplete teams: City of Plymouth** (K Tomalin 8:15, J Hughes 7:47); **Milton Keynes** (L Britnell 8:43, T Webb 8:44); **Lincoln Wellington** (Z Forward 9:54, L Matthews 9:38); **Exeter Harriers** (D Ward 9:02, A Sibley 9:03); **Bracknell** (A Forest 9:31); **Derby Ladies** (A Jones, B Davis). **Fastest laps:** 1, Y Bevis (H'gate) 6:57; 2, B Taylor (Darl) 7:20; 3eq, H Jackson (Der L) & L Talbot (Bed) 7:24.

Keighley glory is short-lived

Minors

Keighley Road Runners led through the first stage. But their glory was short-lived as a 7min 24sec leg by Sarah Willicombe carried GEC Avionics through to first from sixth position at the end of the second stage. With a 30sec advantage over Aldershot, Farnham and District and the much improving Darlington, the title was apparently decided.

This was not accounting for the fastest leg of the day by Darlington's third athlete Cox who hunted down the leader and finally passed her in the last 20 metres.

RESULTS

1, Darlington (A Keenan 8:05, D Johnson 7:51, M Cox 7:18) 23:14; 2, **GEC Avionics** (L McDougall 7:51, S Willicombe 7:24, V Snepp 7:59) 23:14; 3, **Aldershot Farnham & District** (T Cowie 7:49, K Dugay 7:56, S Beacham 7:33) 23:18; 4, **Derby Ladies B** (L Palmer 7:43, S Robinson 7:56, L Cantrill 7:50) 23:29; 5, **Bedford** (L Pack 8:04, M Hance 7:50, J Parkin 7:43) 23:46; 6, **Derby Ladies** (M Cantrill 7:43, K Saunder 8:19, K Buckley 7:58) 24:00; 7, **Leicester C** (Z Goodman 8:04, C Cox 8:07, G Weir 7:53) 24:04; 8, **City of Plymouth** (J Costello 7:51, L Harris 8:08, K Salt 8:09) 24:08; 9, **Bolton** (E Howarth 8:05, S Melville 7:56, J Hewitson 8:09) 24:10; 10, **Oldham & Royton** (N Rowan 8:09, M Humprhreys 7:58, S Syed 8:05) 24:12; 11, **Milton Keynes** (S Richardson 7:57, S J Crombie 7:53, L Evans 8:28) 24:18; 12, **Liverpool Harriers** (V Francis 8:02, A Welsh 8:20, E Carney 8:03) 24:25; 13, **Sale** (C Nettleton 7:43, J Harrison 8:33, K Brown 8:12) 24:28; 14, **Medway** (S Fletcher 8:11, K Hughes 8:04, T Kilby 8:24) 24:39; 15, **Bracknell** (L Lacey 8:22, L Irvine 8:36, E Tarvin 7:48) 24:46; 16, **Shaftesbury Barnet** (C Ethalontis 8:09, S Prince 8:30, D Ross 8:20) 24:59; 17, **Bolton** (C Higgings 8:10, A Vickers 8:28, J Hope 8:29) 25:07; 18, **Thurrock** (L Hatcher 8:08, T Phillips 8:54, K Nelder 8:06) 25:08; 19, **Aldershot F** (E Roberts 8:30, W Herridge 8:17, S Wilkinson 8:35) 25:22; 20, **Windsor Slough & Eton** (N Stoddart 8:05, T Simpson 8:30, H New 8:48) 25:23; 21, **Pilkington** (L Jenkinson 8:40, A McAllister 8:38, B Bullen 8:08) 25:26; 22, **Milton Keynes** (J Benham 8:34, D Stuart 8:40, L Weber 8:29) 25:43; 23, **City of Stoke** (J Hurst 8:48, S Heath 8:22, S Beard 8:39) 25:49; 24, **Leeds** (S Bateson 8:13, J Lathey 9:00, L Vlckers 8:41) 25:54; 25, **Keighley RR** (A Barker 7:40, J Arkwright 9:23, J Allen 9:07) 26:10; 26, **Leicester C** (K Ard 9:08, H Potter 9:10, V Smith 8:09) 26:27; 27, **Shaftesbury Barnet** (J Cortie 8:14, L Strevens 9:15, K Fergie 9:20) 26:49; 28, **Pilkington** (M Fenney 8:32, E Richards 9:39, J Smith 9:10) 27:21; 29, **Medway** (E Williams 8:26, T Staples 10:05, D Witherington 9:17 27:48; 30, **Chiltern** (M Burton 10:00, E Wallen 9:23, L Neale 9:33) 28:56. **Incomplete teams: Bedford & County** (D Harding 8:33, E Twomey 8:43); **Thurrock** (8:08). **Fastest laps:** 1, M Cox (Darl) 7:18; 2, S Willicombe (GEC Avi) 7:24; 3, S Beacham (AF&D) 7:33.

Paying the price for a dated rulebook

THE delay in the implementation of the British Athletics Federation (BAF) to January 1991 threatens to extend the debate over the old chestnut of Scottish veteran professionalism.

In their 1988 vote, the Scottish vets decided to change their constitution in order to exclude professional athletes from their ranks.

This vote caused dissention among the die-hards and resulted in the formation of a new association – "Veterans One World" – dedicated to amalgamation of all veterans, professional and so-called amateur, under the one banner. However, former Powderhall and Stawell Gift champion, George McNeil, renounced his pro-vows and agreed to follow the amateur code, in order to pursue his British Veterans' Championship claims.

McNeil, perhaps the fastest British-born sprinter of the mid-seventies, did accept prize-money for his major wins, but the amount paled into insignificance when compared to that legitimately earned by those Olympic medalists from Mocow just a few years later.

Bill Taylor, British Veterans Athletics Federation chairman, worried over the status of vets, states that the BVAF does not want practising professionals as members, because the AAA, to which all BVAF affiliated clubs belong "cannot accept professionals, so our federation decided not to allow them as members". Taylor feels that the formation of BAF may exclude veteran affiliation if the professionals are allowed in, a position endorsed by AAA secretary Mike Farrell: "Vets are not allowed to join any club affiliated to AAA, or Scottish AAA if they are professionals."

The BVAF has been negotiating with the AAA with a view to forming a Veterans Commission, in the same way as the Junior Commission exists. These talks have been taking place against a background of all BVAF members, including those from Scotland, recognising the amateur code.

However, the 1989 annual meeting of the Scottish Veterans threw the matter of professionalism among their members back into the spotlight. An acrimonious debate again occurred, with a substantial minority in favour of the "Veterans One World" concept of open athletics.

The IAAF rules on the matter only add to the confusion: Rule 52 states that "Competition under IAAF rules is restricted to amateur athletes" whereas Rule 53 states that: "The following persons are ineligible to take part in competitions whether held under IAAF rules or the domestic rules of the Member: Any person who: (i) has taken part in any athletic meeting or event in which any of the competitors were, to his knowledge, ineligible to compete under IAAF rules. *This does not apply to any athletic meeting which is restricted to veteran age groups*".

Dissent

With the delay of the BAF to 1991 there would appear more time to allow the Scottish dissent to be solved. Henry Muchamore, secretary of Veterans One World, writing in the autumn newsletter summarises the present position:

"In spring this year VOW was founded as a campaigning organisation to ensure that there was equal status given to all athletes of veteran age. The need for this was brought about because a number of athletic bodies in Britain were discriminating against former and current professional athletes competing in closed veteran athletic meetings. Such bodies included the Scottish Veteran Harrier Club, the British Veteran Athletic Federation, the Amateur Athletic Association and the Scottish Amateur Athletic Association. The problem, and the background to it, is quite complex and is rooted in historical issues and prejudiced attitudes on all sides.

"Many of you will have read or seen on television in the *On The Line* series how the arguments have been developed over the summer months. The sad fact is that athletes who had previously competed in championship events were prevented from competing in the Scottish Championships in Dundee, the the British Championships at Reading, and the World Championships in Eugene. Questions were asked after the World Championships why Britain had not allowed professional athletes to compete, and yet Australia and the US did have athletes competing who were professional.

"In January this year, I had made an attempt to have the matter clarified by the SAAA who in 1985 had passed a resolution which enabled the rules of competition to allow professional athletes to compete against amateuers in confined competition. The technicalities of these rules led the SAAA in their reply to me to suggest I sought guidance from the World Veteran governing bodies, and, at the request of Bridget Cushen, a member of the IAAF Veterans Committee, I drafted a report for their meeting in Barcelona in September.

"The outcome was that the secretary has ruled that the IAAF rule 53 (i) does allow for athletes of veteran age groups to compete against each other in confined competition, and that as this only seems to be a British problem then it is the British athletic bodies that must resolve the issue.

"It had been my hope that the new British Athletics Federation would shortly have been in operation and that the new Veteran Commission would have been able to take this issue on board, but this seems to be yet again delayed. Consequently, I have tabled two amendments to the Scottish Athletic Association's constitution and rules of competition which simply requires membership and competition rules to comply with IAAF rule 53 (i). This will be heard at the AGM in December".

In his submission to the IAAF meeting, Muchamore further expanded the arguments and gave a very simple example why the present anomalies are unfair: "A major concern by some amateur officials is that the gambling and on course betting that does take place in Highland Games and Gatherings will somehow influence veteran athletics if professionals are allowed to compete openly. This would not seem to be borne out from the current conduct of European and World Veteran events. Today, any amateur athlete can be quoted for odds in a major championship!

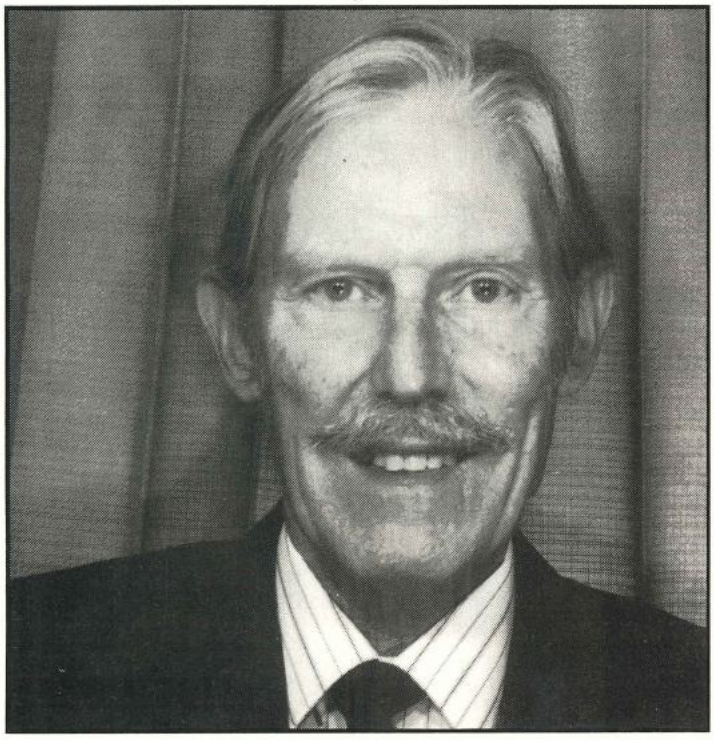
Anomalies

"It would not be my intention to dwell extensively on some of the anomalies that currently exist in amateur athletics where clearly sums of money vastly in excess of that in the 'professional' ranks exists. One single example may suffice. George McNeill is possibly the world's most renowned former professional athlete. He has only this year become re-instated by the SAAA as an amateur at the age of 42! In August 1988, at the Meadowbank Stadium as part of the Miller Lite International Athletics meeting, a handicap race was staged to attempt to beat George's world record for 120 yards. It was achieved by a well-known British sprinter, who beat the time but did not win the race. I am informed, from accurate sources, that that athlete received more money in appearance money for that event than George won in all his top class success as a professional athlete. Such instances serve only to highlight the hypocisy that currently exists in some aspects of athletics".

The whole matter needs resolution soon, especially as the 1990 Veterans Track and Field Championships, due to be held at Coatbridge on the 14th/15th July, are scheduled to be UK Championships, under the auspices of the BAAB, and open to all veterans.

VETS' VOICE

WITH MARTIN DUFF



Henry Muchamore: Wants to end anomolies.



READERS' LETTERS

If you have views you would like to air, please write to Readers' Letters, Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ.

Kevin Lamb in Wolves clothing

IN AW dated 1st November, in the article regarding the possible non-eligibility of Andy Lloyd and Brian Whittle in the British League, I was also wrongly included.

I would like to clarify that I had points deducted in the first British League meeting at Birmingham, where I finished second in the 5,000 metres because of an oversight as I was not registered before the meeting, as required by League rules. However, I was registered for subsequent League meetings and went on to score points for Wolverhampton and Bilston in the three remaining matches in the season.

Kevin Lamb
Derby

Lamb: League registration oversight.

The long and short of it

YOUR correspondent (2nd August edition) incorrectly reported that the World Veteran Championship 10km road run was overdistance.

In fact, the organisers have confirmed that the course run was 31 metres short – sufficient to invalidate times run on it for record purposes.

C Hadjilouka
Fulham, SW6

No go for logo

I was astonished when I saw the picture of Steve Binns, (AW 8th November) competing in the Chicago Marathon.

The two logos displayed on Steve's chest could hardly have been any larger, and constituted a clear infringement of laws.

How could Steve have possibly thought that this was permissible?

I suppose that sceptics might say that Steve never intended to finish, as he would surely have faced automatic disqualification, if he had finished among the prize money!

In this country, even at small events, I have noticed officials carefully scrutinising the advertising material displayed on running vests. What happened in Chicago?

James Binfield
Thornton Heath, Surrey

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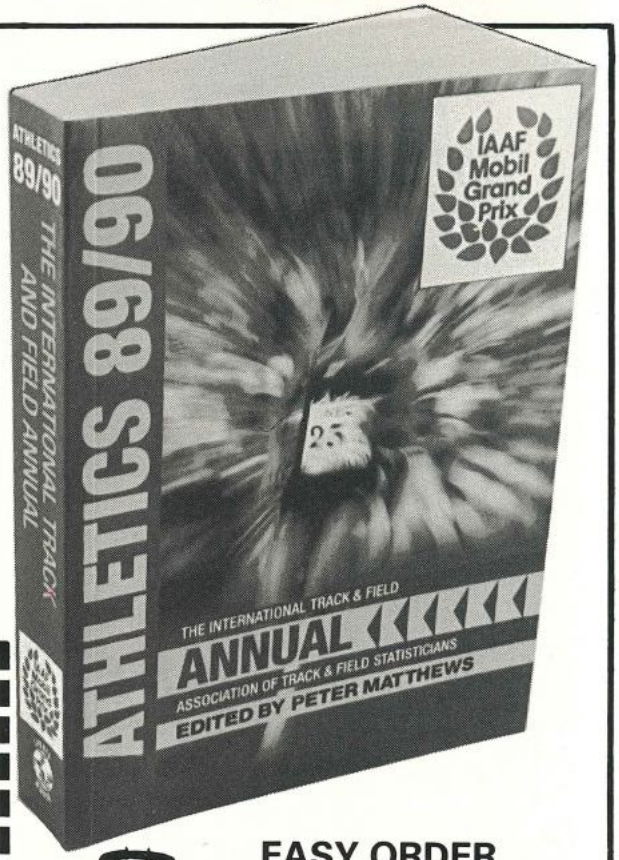
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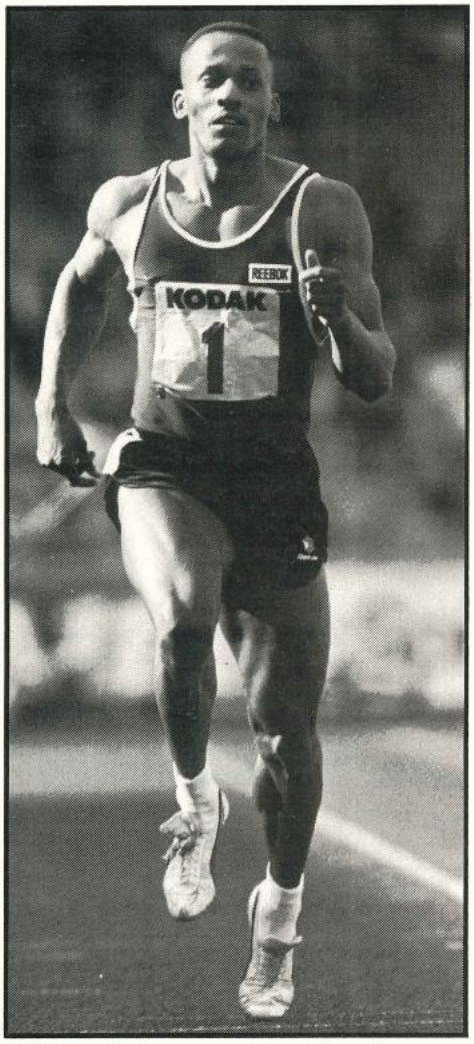
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UK MEN'S RA

Compiled by the NUTS. Amendments and additions will be welcomed by Peter Matthews, 10 Madgeways Close, Great Amwell, Ware, Herts SG12 9PU.

100 METRES

10.08w	Linford	Christie (10.10)	(TVH)
10.28	Marcus	Adam	(Bel)
10.34w	Elliot	Bunney (10.43)	(ESH)
10.35w	Nigel	Walker (10.68)	(Card)
10.39	John	Regis	(Bel)
10.40	Michael	Rosswess	(Bir)
10.42w	Jamie	Henderson (10.45)	(ESH/EUAC)
10.44	Andy	Carrott	(Lough)
10.46	Mark	Forsythe	(RUC/B&A)
10.47	Clarence	Callender	(Har/Army)
10.47	Jason	Livingston (J)	(Croy)
10.48	Lincoln	Asquith	(Bir)
10.48	Barrington	Williams	(C&S)
10.50w	Darren	Braithwaite (10.52)	(Har)
10.50w	Mark	Davidson	(A'deen)
10.51	Steve	Gookey (J)	(Rown)
10.51w	Stephen	Fletcher (10.62)	(Der)
10.51w	Lenny	Paul (10.61)	(Bel/Army)
10.52	Todd	Bennett	(Team S)
10.52	Sam	Nchinda	(Old G)
10.52w	Brian	Ashburn (10.73)(J)	(C'bank)
10.55w	Dave	Clark (10.68)	(ESH)
10.56w	Jason	John (10.64)(J)	(Bir)
10.57	Phil	Davies	(Black)
10.57w	Nigel	Will (10.66)	(C&C/BUAC)
10.58	Michael	Rey	(WS&E)
10.58	Tony	Jarrett	(Har)
10.58w	Ray	Burke (10.72)	(SB)



■ *Marcus Adam: second fastest in the sprints.*

10.60w	Martin	Waldron (10.62)	(W&B)
10.61	Courtney	Rumbolt	(Dav)
10.61	Andrew	Mensah (J)	(Har)
10.62	David	Kirton	(TVH)
10.64	Stewart	Weathers	(TVH)
10.65	Scott	Dorset	(N&EB)
10.65w	Alex	Fugallo (10.71)(J)	(High)
10.66w	David	Jackson (Y)	(Womb)
10.67	Phillip	Goedluck	(Bel)
10.68	Lloyd	Stapleton	(SB)
10.68w	David	Nelson	(W&B)
10.69w	Mark	Owen	(W&B)
10.70	Wayne	Griffith (J)	(Enf)
10.70w	Neil	Turnbull	(ESH)
10.71	Alan	Doris	(ESPC/EUAC)
10.71w	Ewan	Clark	(Pit)
10.72	Ray	Wilson	(Bir)
10.73	Rohan	Samuel	(Old G)
10.73	Lennie	Murrain	(Har)
10.73w	Jason	Urron (10.74)(J)	(Morp)
10.73w	John	Kerry (J)	(Morp)
10.74	Lloyd	Chandler	(TVH)
10.74w	Malcolm	Owen	(RAF/N&EB)
10.75	John	King	(W&B)
10.75w	Delroy	McLaren (J)	(W&B)
10.75w	Paul	Fisher (J)	(L'lli)
10.75w	Trevor	McKenzie	(W&B)

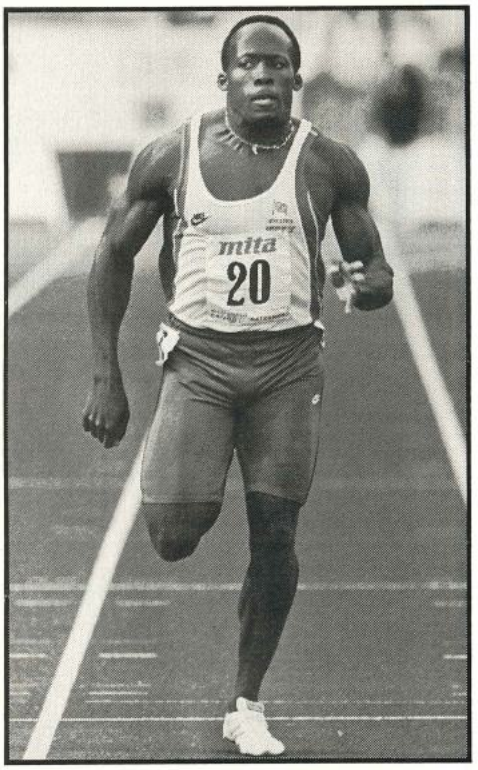
Unconfirmed: 10.75 Richard Levin (Bellahouston)

Hand timing – where superior to Fully-automatic timing.

10.2w	Dave	Clark	
10.4	Barrington	Williams	
10.5	Phil	Davies	
10.5	Rohan	Samuel	
10.5	Alex	Fugallo (J)	
10.5w	Nigel	Vidal	TVH
10.6	Stephen	Fletcher	
10.6	Lenny	Paul	
10.6	Jason	John (J)	
10.6	G	Crowe	(IOM)
10.6	Lloyd	Stapleton	
10.6	Scott	Dorset	
10.6	Lenny	Murrain	
10.6w	Brian	Taylor (J)	(Har)
10.6w	Jon	Edwards	(Gates)
10.6w	P	Dutch	(High)
10.6w	Alan	Doris	
10.6w	Jason	Urron (10.7)(J)	
10.6w	Phillip	Daley	(TVH)

200 METRES

20.35	John	Regis	(Bel)
20.37w	Marcus	Adam (20.64)	(Bel)
20.51	Linford	Christie	(TVH)
20.62	Ade	Mafe	(Lon I)
20.81	Todd	Bennett	(Team S)
20.91	Nigel	Will	(C&C/BUAC)
20.97	Donovan	Reid	(SB)
21.01w	Dave	Clark (21.36)	(ESH)
21.04	Paul	Sanders	(Team S)
21.05w	Wayne	McDonald (21.34)(J)	(Har)
21.07w	Mark	Davidson	(A'deen)
21.08	Clarence	Callender	(Har/Army)
21.11w	Andy	Carrott (21.18)	(Lough)
21.14w	John	Kenny (21.20)(J)	(Ilf)
21.15i	Jon	Ridgeon	(Har/CU)
21.18w	Colin	Jackson	(Card)
21.20w	Alex	Fugallo (21.70)(J)	(High)
21.23	Stewart	Weathers	(TVH)
21.26	Michael	Rey	(WS&E)
21.26	Lincoln	Asquith	(Bir)
21.27	David	Kirton	(TVH)
21.29	Michael	Rosswess	(Bir)
21.29	Tony	Jarrett	(Har)
21.29w	Lloyd	Stapleton (21.42)	(SB)
21.35w	Phil	Davies (21.49)	(Bir)
21.40	Lenny	Murrain	(Har)
21.42w	Mark	Smith (21.51)(J)	(S'end)
21.43	Phil	Brown	(Bir)
21.44w	Andrew	Mensah (21.60)(J)	(Har)
21.45	Nigel	Walker	(Card)
21.46	Stephen	Fletcher	(Der)
21.46	Lenny	Paul	(Bel/Army)
21.46w	Mark	Wright (21.47)	(Leeds C)
21.47w	Neil	Turnbull (21.67)	(ESH)



■ *John Regis: top at 200 metres.*

21.47w	Alan	Doris (21.73)	(ESPC/EUAC)
21.50	Solomon	Wariso	(Enf)
21.52	Trevor	McKenzie	(W&B)
21.52w	Jason	John (J)	(Bir)
21.53w	Darren	Braithwaite (21.68)	(Har)
21.54	Derek	Redmond	(Bir)
21.57w	Brian	Whittle	(Ayr S)
21.58	Nigel	Stickings (J)	(GEC)
21.60	Martin	Waldron	(W&B)
21.60w	Jason	Livingston (J)	(Croy)
21.65	Nicholas	Riley	(Cov G)
21.65w	Peter	Crampton	(Spen)
21.65w	Roger	Sexton	(N Down)
21.66	Kwadwo	Ansah	(SB)
21.69	Philip	Goedluck	(Bel)
21.69w	Jason	Urron (21.75)(J)	(Morp)

Hand timing – where superior to Fully-automatic timing)

21.1	Lenny	Paul	
21.2	Stewart	Weathers	
21.2w	Brian	Ashburn (J)	(C'bank)
21.3	Kriss	Akabusi	(Team S/Army)
21.3	Stephen	Fletcher	
21.4	Sam	Nchinda	(Old G)
21.4	Scott	Dorset	(N&EB)
21.4w	Mark	Wright	
21.5	Nigel	Sticking (J)	
21.5	Neil	Turnbull	
21.5	Mark	Richardson (J)	(WS&E)
21.5	David	Myers	(Hull S)
21.5	David	Nelson	
21.5	Malcolm	Owen	(RAF/N&EB)
21.6	Ray	Wilson	(Bir)
21.6	Mark	Davidson	(A'deen)
21.6w	Mark	McMahon	(ESH)
21.6w	Jason	Urron (J)	

400 METRES

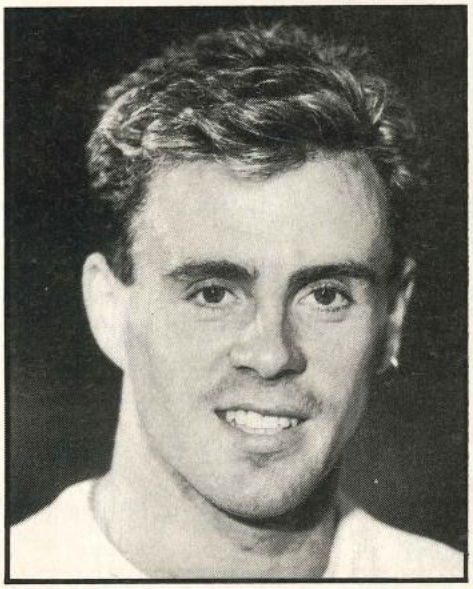
45.54	Derek	Redmond	(Bir)
45.92	Brian	Whittle	(Ayr S/Har)
46.2	Roger	Black	(Team S)
46.22	Wayne	McDonald (J)	(Har)
46.26	Todd	Bennett	(Team S)
46.26	Phil	Brown	(Bir)
46.3	Kriss	Akabusi	(Team S/Army)
46.43	Peter	Crampton	(Spen)
46.49	Mark	Bishop	(Hav)
46.59	Paul	Sanders	(Team S)
46.78	Mark	Thomas	(Bir)

NKINGS 1989

46.81	Mark	Morris	(WS&E)
46.9	Mark	Davidson	(A'deen)
47.04	Simon	Grant	(N&EB)
47.09	Gary	Cadogan	(Har)
47.11	Darren	Bernard	(HHH)
47.12	Donovan	Reid	(SB)
47.13	Mark	Richardson (J)	(WS&E)
47.15	Steve	Thomas	(Bir)
47.17	Paul	Dennis	(Spen)
47.30	Kermitt	Bentham	(TVH)
47.3	Robert	Brown	(Leeds C)
47.34	John	Samuel	(Sheff)
47.42	Steve	Hawkins	(Leeds P/Enf)
47.59	Ikem	Billy	(Wirral/LUAC)
47.6	Steve	Coupland (47.95)	(Sheff)
47.6	Nigel	Will	(C&C/LUAC)
47.61	Richard	Hill	(Bart/Leeds P)
47.64	Steve	Heard	(W&B)
47.67	Alan	Humphries	(Bir)
47.67	Mark	McMahon	(ESH)
47.8	Peter	Sinclair (48.17)	(Lon I)
47.88	David	Bigham (J)	(WG)
47.88	Richard	Haizelden	(Croy)
47.90	Steve	Baggaley	(GEC)
47.98	Ed	Williams (J)	(TVH)
48.0	Dean	Packham	(Craw)
48.0	Paul	Roberts (48.19)	(Card)
48.01	Lawrence	Lynch	(Har)
48.06	James	Nicoll	(SB)
48.07i	Paul	Harmsworth	(Team S)
48.10	James	Stevenson (J)	(Sheff)
48.1	David	McKenzie (J)	(Croy)
48.1	Martin	Steele	(Long)
48.16	Lawrence	Antoine	(TVH)
48.17	Andrew	Walker	(ESH)
48.2	Gareth	Bakewell	(Roth)
48.2	David	Simpson (Y)	(Croy)
48.2	Nigel	Watson	(B&A/UUAC)
48.25	David	Mulherron	(Shett)
48.25	Adrian	Patrick (Y)	(WS&E)

800 METRES

1:43.38	Sebastian	Coe	(Har)
1:43.88	Tom	McKean	(EAC)
1:45.13	Tony	Morrell	(W&B)
1:45.27	Ikem	Billy	(Wirr)
1:45.84	Steve	Heard	(W&B)
1:46.16	Kevin	McKay	(Sale)
1:46.37	Steve	Cram	(J&H)
1:46.77	Brian	Whittle	(Ayr S/Har)
1:47.10	Peter	Elliott	(Roth)
1:47.1	Martin	Steele	(Long)
1:47.14	Paul	Rowbotham	(Camb H)
1:47.20	David	Sharpe	(J&H)
1:47.2	John	Griffiths	(St H)
1:47.42	Steve	Crabb	(Enf)

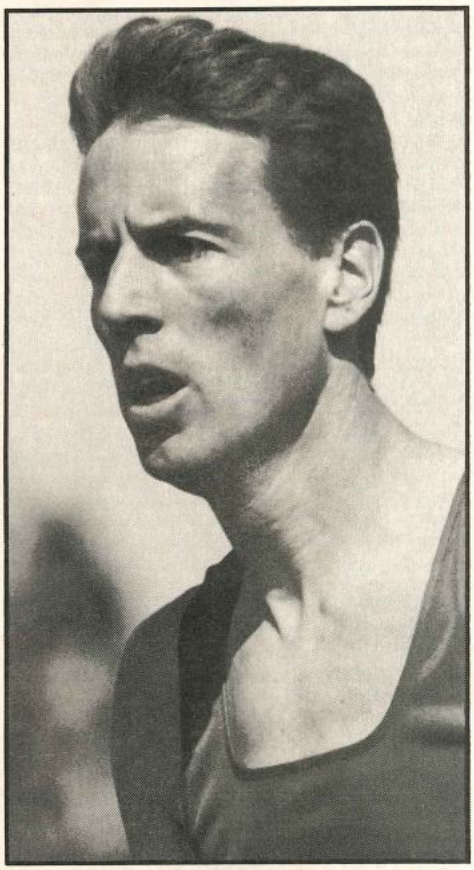


■ *Tom McKean: second to Coe over 800 metres.*

1:47.54	Andy	Myatt	(Sand)
1:47.58	Matthew	Yates	(N&EB)
1:47.6	Neil	Horsfield	(Newp)
1:47.61	Darryl	Taylor	(Sale)
1:47.62	Rob	Harrison	(Bir)
1:47.7	Jason	Lobo	(B'burn)
1:47.73	David	Strang	(Har)
1:47.9	John	Evans	(Liv H/Prud U)
1:48.0	Richard	Lynch	(NLAC)
1:48.08	Nick	Smith	(SB)
1:48.16	Steve	Ovett	(Annan)
1:48.17	Craig	Winrow (J)	(Wig)
1:48.17	Paul	Burgess (J)	(Wig)
1:48.2	Jon	Rigg	(Warr)
1:48.21	John	Gladwin	(Bel)
1:48.47	Nick	Pearson (J)	(Bir)
1:48.63	Philip	Tweedie	(Anna)
1:48.63	Andrew	Murray	(Kilm)
1:48.75	David	Ottaway	(E Hull)
1:48.8	Matthew	Barnes	(Enf)
1:48.8	Mark	Benson	(Leeds)
1:48.82	Clive	Gilby	(Camb H)
1:48.89	Michael	Sherar	(E. Grin)
1:49.00	Richard	White	(N&EB)
1:49.01	Mark	Kirk	(B&A)
1:49.37	Des	English	(Hav/BU/IRL)
1:49.39	Chris	Silvester	(Bir)
1:49.4	Richard	Ashton	(Leeds/Lough)
1:49.5	Alan	Slack	(Wake)
1:49.5	Ian	Hamer	(ESPC)
1:49.6	Paul	Breed	(Cov/NZ)
1:49.7	Simon	Fairbrother	(Box H)
1:49.7	Paul	Williams	(Barry)
1:49.8	Wesley	Truran	(Chor)
1:49.9	Chris	McGeorge	(B'hth)
1:49.9	Mark	Sesay (Y)	(Leeds)
1:49.96	Sean	Price	(Card)

1,500 METRES

3:34.05	Sebastian	Coe	(Har)
3:35.3	Steve	Cram	(J&H)
3:35.60	Tony	Morrell	(W&B)
3:36.0	Steve	Crabb	(Enf)
3:37.40	Steve	Ovett	(Annan)
3:37.6	Peter	Elliott	(Roth)
3:38.6	Jack	Buckner	(Charn)
3:38.81	Mark	Rowland	(Phoe)
3:38.9	Ian	Hamer	(ESPC)
3:39.4	Neil	Horsfield	(Newp)
3:40.40	John	Gladwin	(Bel)
3:40.70	Gary	Marlow	(Brack)
3:40.83	Kevin	McKay	(Sale)
3:40.94	Mark	Kirk	(B&A)
3:41.00i	Andrew	Geddes	(C&N)
3:41.0	David	Heath	(B'hth)
3:41.8	Davey	Wilson	(Anna)
3:41.9	Billy	Dee	(Lut)
3:41.96	John	Nuttall	(Pres)
3:42.18	Terry	Thornton	(AF&D)
3:42.42	Tom	Hanlon	(ESH)
3:42.5	Chris	McGeorge	(B'hth)
3:42.6	David	Ottaway	(E Hull)
3:42.6	Ian	Manners	(High)
3:42.68	Richard	McDonnell	(Har)
3:42.69	Geoff	Turnbull	(Valli)
3:42.7	Gary	Barber	(Hill)
3:42.9	Steve	Halliday	(Hali)
3:42.9	Mark	Howard	(Phoe)
3:42.95	Rob	Harrison	(Bir)
3:43.1	Mark	Scruton	(Sale)
3:43.42	Don	McMillan	(EAC/Dur)
3:43.54	John	Hartigan	(Tip)
3:43.74	Larry	Mangleshot	(NLAC)
3:43.8	Graeme	Saker	(GEC)
3:43.8	Simon	Fairbrother	(Box H)
3:43.98	Paul	Larkins	(W&B)
3:44.01	David	Strang	(Har)
3:44.02	Rob	Denmark	(Gates)
3:44.14	Alistair	Currie	(N&EB)
3:44.17	Matthew	Yates	(N&EB)
3:44.5	Carl	Udall	(Burt)
3:44.6	Ikem	Billy	(Wirr)
3:44.69	Darryl	Taylor	(Sale)
3:44.7	David	Baptiste	(TVH)
3:44.71	Nick	O'Brien	(Stret/IRL)



■ *Steve Crabb*

3:44.78	David	Farrell	(Border)
3:44.78	Adrian	Passey	(B&R)
3:45.0	Paul	Taylor	(Cope)
3:45.0	Ken	Penney	(BoxH)

1 MILE

3:51.38	Steve	Cram	(J&H)
3:52.20	Steve	Crabb	(Enf)
3:52.93	Peter	Elliott	(Roth)
3:54.34	Mark	Rowland	(Phoe)
3:54.9	Adrian	Passey	(B&R)
3:55.5	Neil	Horsfield	(Newp)
3:56.5	Paul	Davies-Hale	(C&S)
3:56.85	Tony	Morrell	(W&B)
3:56.9	Kevin	McKay	(Sale)
3:57.0	Gary	Staines	(Bel)
3:57.43	Steve	Halliday	(Hali)
3:57.8	Rob	Denmark	(Gate)
3:58.28	Paul	Larkins	(W&B)
3:58.9	Rob	Harrison	(Bir)
3:59.1	John	Gladwin	(Bel)
3:59.1	Ian	Hamer	(ESPC)
3:59.2	Chris	McGeorge	(B'hth)
3:59.3	Mark	Howard	(Phoe)
3:59.36	David	Heath	(B'hth)
3:59.5	Simon	Fairbrother	(Box H)
3:59.66	Steve	Ovett	(Annan)
3:59.7	Matthew	Yates	(N&EB)
4:00.69	Mark	Kirk	(B&A)
4:01.0	Joe	Dunbar	(SB)
4:01.0	John	Hartigan	(Tip)
4:01.0	Nick	Hopkins	(Reig P)
4:01.1	Jon	Richards	(D of Corn)
4:01.60	Jason	Lobo	(B'burn)
4:01.7	Mark	Benson	(Leeds)
4:01.7	Colin	Ridding	(Telf)
4:01.7	Paul	Taylor	(Cope)
4:01.78	Dave	Moorcroft	(Cov G)
4:01.8	Dave	Lewis	(Ross)
4:02.0	Neil	Smart	(Sut/St H)
4:02.81	Larry	Mangleshot	(NLAC)
4:02.9	Colin	Reitz	(N&EB)

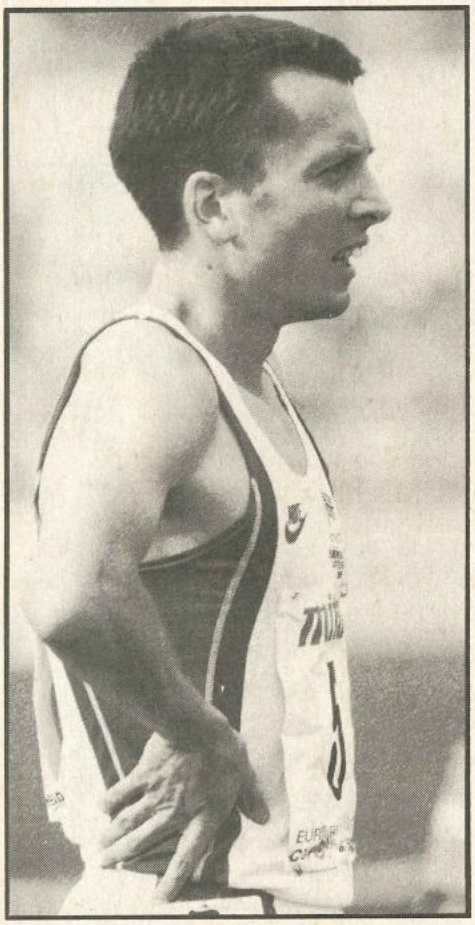
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UK MEN'S RANKINGS 1989

◀ CONTINUED

3,000 METRES

7:43.03	Tim	Hutchings	(Craw)
7:43.73	Eamonn	Martin	(Bas)
7:45.39	David	Lewis	(Ross)
7:45.76	Jack	Buckner	(Charn)
7:45.89	Gary	Staines	(Bel)
7:47.09	Steve	Cram	(J&H)
7:47.54	Paul	Larkins	(W&B)
7:48.09	Adrian	Passey	(B&R)
7:48.39	Geoff	Turnbull	(Valli)
7:49.17	Paul	Davies-Hale	(C&S)
7:49.82	Mark	Rowland	(Phoe)
7:50.50	*Andy*	*Lloyd*	*(Bel/AUS)*
7:51.4	Ian	Hamer	(ESPC)
7:51.53	John	Hartigan	(Tip)
7:52.56i	Tom	Hanlon	(ESH)
7:53.39	Alistair	Currie	(N&EB)
7:53.49	Steve	Ovett	(Annan)
7:53.62	Gary	Nagel	(Valli)
7:55.05	Rob	Denmark	(Gate)
7:55.2	Craig	Mochrie	(Leics C)
7:55.23	Eddie	Wedderburn	(Tip)
7:55.47	Andrew	Bristow	(B&H)
7:55.67i	Billy	Dee	(Lut)
7:55.88	Mark	Harris	(Ports)
7:56.58	Paul	Taylor	(Cope)
7:56.64	Terry	Thornton	(AF&D)
7:57.82	Peter	McColgan	(Sparta/Dund)
7:57.83i	Colin	Walker	(Gate)
7:58.13	Steve	Binns	(Bing)
7:58.37	Colin	Ridding	(Cov G)
7:59.0	Jon	Solly	(Bing)
7:59.67	Ken	Penney	(Croy)
8:00.04	Richard	Nerurkar	(Bing)
8:00.2	Simon	Mugglestone	(W'bury/OUAC)
8:00.49i	Alan	Puckrin	(G G'park)
8:00.64	Malcolm	Edwards	(W&B)
8:02.2	Steve	Tunstall	(Prest)
8:02.42	Alan	Johnson	(Els)
8:02.65	Jeremy	Barton	(B'hth)
8:02.8	Mark	Flint	(Tel/RAF)
8:04.02i	Mark	Roberts	(Stoke)
8:04.32	Carl	Udall	(Burt)
8:04.7	Stephen	Platts	(Morp/LUAC)
8:04.9	Paul	Cuskin	(Valli)
8:04.92	Tony	Leonard	(Sal)
8:04.96	Mark	Howard	(Phoe)



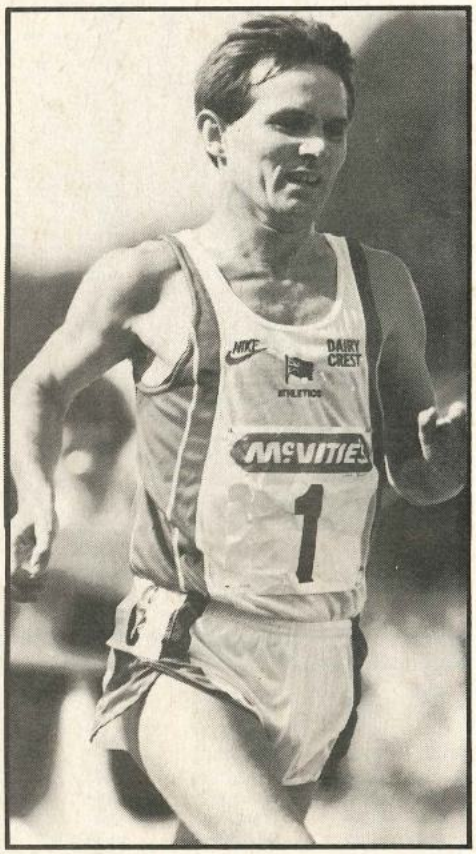
■ *Jack Buckner: leading the field at 5,000 metres.*

5,000 METRES

13:17.82	Jack	Buckner	(Charn)
13:17.84	Eamonn	Martin	(Bas)
13:20.92	Gary	Staines	(Bel)
13:20.95	Tim	Hutchings	(Craw)
13:22.57	Paul	Davies-Hale	(C&S)
13:23.66	Dave	Lewis	(Ross)
13:26.27	Mark	Rowland	(Phoe)
13:26.74	Craig	Mochrie	(Leics C)
13:27.86i	Richard	Nerurkar (13:29.11)	(Bing)
13:28.58	Steve	Cram	(J&H)
13:30.99	Adrian	Passey	(B&R)
13:34.15	Steve	Binns	(Bing)
13:34.61	Andy	Bristow	(B&H)
13:35.33	Jon	Solly	(Bing)
13:37.71	Jon	Richards	(D of Corn)
13:39.32	Steve	Tunstall	(Pres)
13:39.80	John	Nuttall	(Pres/Iowa St)
13:39.95	Tom	Hanlon	(ESH)
13:41.02	Peter	Tootell	(Stret)
13:45.3	Ian	Hamer	(ESPC)
13:45.31	Paul	Taylor	(Cope)
13:48.00	Karl	Harrison	(Stret)
13:48.35	*Andy*	*Lloyd*	*(Bel/Aus)*
13:48.40	Billy	Dee	(Lut)
13:49.69	Terry	Thornton	(AF&D/ LSU Univ)
13:50.12	Tony	Leonard	(Sale)
13:50.5	Nigel	Adams	(Swan)
13:50.53	Paul	Evans	(Bel)
13:51.98	Gary	Nagel	(Valli)
13:53.74	Mark	Roberts	(Stoke)
13:54.25	John	Sherban	(SB)
13:54.96	Kevin	McCluskey	(Cope)
13:55.46	Brian	Rushworth	(Sun)
13:57.06	Mark	Flint	(Tel/RAF)
13:57.22	Alan	Puckrin	(ESH)
13:57.8	Robert	Quinn	(Kilb)
13:58.41	Colin	Reitz	(N&EB)
13:59.28	Paul	Roden	(E Ches)
13:59.71	Dale	Laughlin	(N&EB)
14:00.22	Tony	Milovsorov	(Tip)
14:00.55	Geoff	Turnbull	(Valli)
14:00.84	Darrell	Smith	(Ton)
14:01.3	Giovanni	Rizzo	(NVH)
14:01.73	Peter	McColgan	(Sparta/Dund)
14:02.90	Colin	Moore	(Bing)
14:02.95	Dean	McNeilly	(Bris/RAF)
14:04.10	John	Hartigan	(Tip)
14:04.79	Alan	Johnson	(Els)
14:04.8	*Nicholas*	*O'Brien*	*(Stret/IRL)*
14:05.1	Geoff	Hill	(Swan)
14:05.42	Neil	Tennant	(Lut)
14:05.95	Steven	Harris	(Har)

10,000 METRES

28:11.15	Steve	Binns	(Bing)
28:13.69	Eamonn	Martin	(Bas)
28:15.93	Jon	Solly	(Bing)
28:15.97	Tim	Hutchings	(Craw)
28:17.54	Gary	Staines	(Bel)
28:22.60	Dave	Lewis	(Ross)
28:28.04	Andrew	Bristow	(B&H)
28:32.45	Terry	Thornton	(AF&D/LSU U)
28:37.14	Richard	Nerurkar	(Bing)
28:43.48	Steve	Jones	(Newp)
28:51.05	Nigel	Adams	(Swan)
28:53.25	Paul	Larkins	(W&B)
28:57.29	Tony	Leonard	(Sal)
29:02.2	Paul	Dugdale	(Bel)
29:02.38	Dale	Laughlin	(N&EB)
29:03.8	Kevin	Forster	(Valli)
29:04.83	Paul	Dugdale	(Horw)
29:05.21	Steve	Harris	(Har)

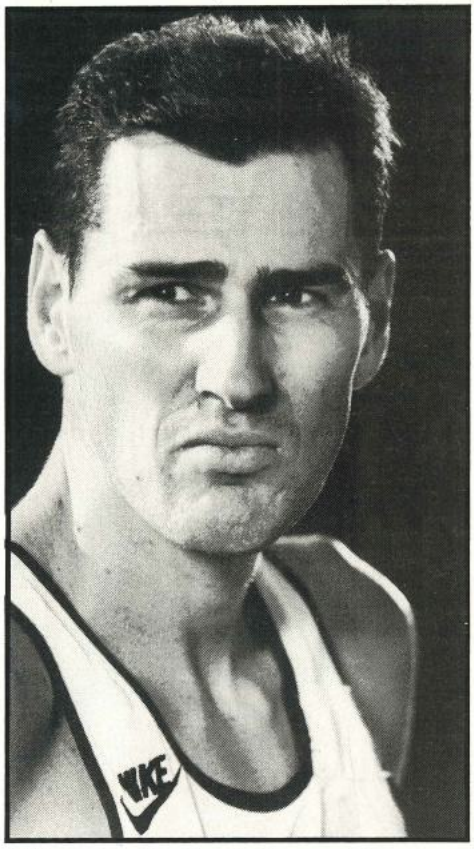


■ *Steve Binns: two seconds clear of the field over 10,000 metres.*

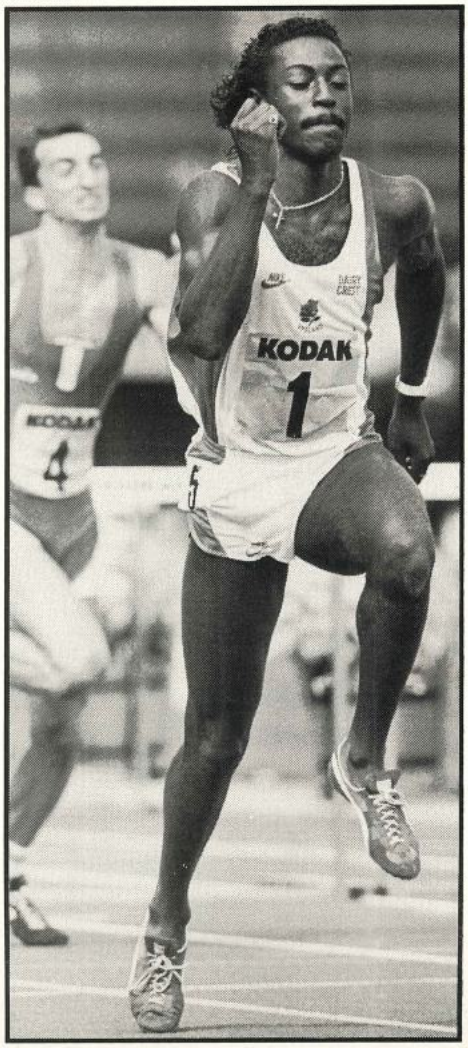
29:05.5	Richard	Partridge	(AF&D)
29:06.41	Karl	Harrison	(Stret)
29:07.53	Tim	Butler	(Read)
29:11.36	Colin	Moore	(Bing)
29:13.08	Peter	Tootell	(Stret)
29:17.88	Geoff	Wightman	(Dart)
29:19.2	Eric	Southam	(High)
29:22.3	Bill	Forster	(B'hth)
29:22.5	Mike	Carroll	(Annan)
29:26.0	Mark	King	(Corn)
29:27.73	Gary	Nagel	(Valli)
29:30.5	Kevin	McCluskey	(Cope)
29:33.4	Duncan	McFadyen	(G G'park)
29:39.21	Nick	Rose	(Bris)
29:42.0	Chris	Robison	(SVAC/RNAC)
29:42.2	Alan	Robson	(ESH)
29:42.40	John	Wheway	(Tip)
29:44.97	Andy	Carey	(Warr)
29:47.8	Tony	Robinson	(Gate)
29:50.12	Alistair	King	(Cor)
29:50.2	Terry	Mitchell	(Fife)
29:51.5	Tony	Duffy	(MacAC)
29:51.6	Thomas	Murray	(G'nock)
29:53.4	Chris	Tall	(AF&D)
29:53.6	D	Swanston	(Cope)
29:53.8	Barry	Royden	(Med)
29:54.4	Andrew	Smith	(Cor)
29:55.29	Mark	Flint	(Tel/RAF)
29:57.1	Clive	Hensby	(Wok)
29:58.0	Andy	Green	(Warr)
30:00.30	A	Williams	(B&F)
30:00.5	Andrew	Catton	(Ilf)
30:00.6	Alistair	Douglas	(VPAAC)

3,000 METRES STEEPLECHASE

8:16.52	Tom	Hanlon	(ESH)
8:17.22	Mark	Rowland	(Phoe)
8:24.14	Eddie	Wedderburn	(Tip)
8:24.60	Roger	Hackney	(AF&D/RAF)
8:27.57	Colin	Walker	(Gate)
8:35.52	Neil	Smart	(Sut)
8:36.54	Colin	Reitz	(N&EB)
8:37.15	Michael	Hawkins	(Bing)
8:37.18	John	Hartigan	(Tip)
8:37.59	David	Baptiste	(TVH)
8:41.87	Ken	Penney	(Box H)
8:44.10	Spencer	Newport	(B'hth)
8:44.35	Peter	McColgan	(Dund/Spar)
8:45.05	Steve	Jones	(B&R)
8:45.65	Spencer	Duval (J)	(C&S)
8:47.05	Richard	Large	(Soton)
8:49.0	Mark	Roberts	(Kend)
8:49.6	David	Lee	(Lough)
8:50.85	Gary	Horne	(Sale)
8:51.1	Adrian	Green	(W Gn)
8:52.32	George	Mathison	(ESH)
8:53.2	Martin	Roscoe	(Leeds)
8:54.0	Craig	Roberts	(Kend)
8:54.31	Kerry	Hayes	(Mil K)
8:55.03	John	Sherban	(SB)
8:56.39	Steve	Willimott	(C&S)
8:57.0	Stephen	Parr	(Gate)
8:58.3	Mike	Hutchinson	(Stret)
8:59.0	Wayne	Aylesbury	(Leeds)
8:59.87	David	Ramsden	(Cov)
9:00.04	Lee	Dunn	(Sale)
9:00.39	Neil	Cowie	(Cov)
9:00.50	Ian	Steel	(ESH)
9:00.99	Tom	Buckner	(Havant)
9:01.0	*Mark*	*Adam*	*(Stev/CAN)*
9:01.58	Chris	Knight	(GEC)
9:02.40	Nicholas	Trainer	(N Lon)
9:03.35	Michael	Proudlove (J)	(Crewe)
9:03.55	Graeme	Croll	(E.Kilb)
9:04.3	Darren	Reilly	(Liv)
9:04.8	Brian	Johnson	(Inv)
9:05.0	Kevin	Capper	(W&B)
9:06.50	Chris	Harry	(Har)
9:06.6	Dominic	Bannister	(SB)
9:06.6	Andy	Symonds	(Bir)
9:06.7	Richard	Heselden	(RN)
9:06.9	Simon	Wilson	(HW)
9:07.0	David	Hoinville	(High)
9:07.34	Alistair	O'Connor (J)	(Bir)
9:08.0	Jeremy	Watson	(N Lon)
9:08.3	Geoff	Wightman	(Dart)



■ ***Second in the steeplechase rankings, Mark Rowland.***



■ ***Tony Jarrett: following Colin Jackson in the hurdles.***

110 METRES HURDLES

(Fully-automatic timing)

12.95w	Colin	Jackson (13.11)	(Card)
13.31	Anthony	Jarrett	(Har)
13.49w	Nigel	Walker (13.70)	(Card)
13.57	David	Nelson	(W&B)
13.85w	Hugh	Teape (13.95)	(Enf)
13.98	Steve	Buckeridge	(Bir)
13.98w	Brett	St. Louis (14.10)	(HHH)
14.12	Andrew	Tulloch	(W&B)
14.23w	Greg	Dunson (14.34)	(SB)
14.24w	John	Wallace (14.34)	(N&EB)
14.25	Ererton	Harrison	(TVH)
14.28	Max	Robertson	(W&B)
14.30w	David	Humphreys (14.64)	(Bir)
14.30w	Brian	Taylor (J) (14.44)	(Har)
14.35	Anthony	Brannen	(M&C/B Poly)
14.38w	Nick	Dakin (14.62)	(N&EB)
14.39w	Neil	Fraser (14.47)	(ESPC)
14.41w	Andrew	Gill (J) (15.00)	(CoH)
14.43w	Lloyd	Cowan	(N Lon)
14.48	Mark	Bishop	(Hav)
14.51	Paul	Gray	(Card)
14.52	*Michael*	*Lozias*	*(Sand/Cyp)*
14.53w	Philip	Brilus (14.55)	(Harl)
14.62w	Paul	Masters (14.93)	(Morp)
14.63w	Mark	Nicholson (J)(14.83)	(Gran)
14.67	Rhys	Davies	(Card)
14.73w	Colin	Hamplett (14.74)	(B'hth)
14.74	Daley	Thompson	(N&EB)
14.75	Alan	Tapp	(WS&E)
14.79w	Richard	Hunter (15.29)	(Gate)
14.84w	Neal	Killen	(Leeds/Army)
14.84w	*A*	*Mondal*	*(Newp)*
14.86	Gary	Myles	(W&B)
14.87	Jack	Morgan	(SB/Army)
14.87w	James	Mason	(Craw)
14.89	Jon	Kelly	(Camb U)
14.90w	Craig	Duncan (15.32)	(Shett)
14.90w	Leye	Ajayl (15.15)	(TVH)
14.90	Mark	Stein	(Hunt)
14.91w	Colin	Hogg (15.04)	(ESPC)
14.91w	McKinley	Erysthee (15.26)	(W Gn)
14.92	Martin	Briggs	(Stoke)
14.95w	Richard	Harbour (15.19) (J)	(Barry)
14.96w	David	Downing (15.13)	(Stoke)
14.97	Paul	Chong	(Bel)
14.97	David	Bigham (J)	(W Gn)
14.98w	William	Jewers (15.15)	(B'stoke)
15.00w	Neal	Petley (15.02)	(Sale)
15.01	Jon	Hazel (J)	(W&B)
15.03w	Andrew	Palk	(Team S)
15.03w	Robert	Laing (15.12)	(Liv)
15.05	Les	Antoine	(Bir)
15.06w	Chris	Iles (15.39) (J)	(Swin)
15.07w	Duncan	Mathieson	(A'deen)

Hand timing

14.4w	Colin	Hamplett	(B'hth)
14.5	Lloyd	Cowan	(N Lon)
14.5w	Nick	Dakin	(N&EB)
14.6	Kriss	Akabusi	(Team S/Army)
14.6	*Cairan*	*McDunphy*	*(IRL)*
14.7	James	Mason	(Craw)
14.8	Jack	Morgan	(SB/Army)
14.8	Paul	Masters	(Morp)
14.8	Colin	Anderson	(Team S/Army)
14.8	Megarry	Effiong	(HW)
14.8w	Alex	Kruger	(Liv P)
14.8w	John	Hadler (14.9)	(Camb H)
14.9	Neal	Killen	(Leeds/Army)
14.9	Paul	Tanner	(SB)
14.9w	Colin	Hamplett	(B'hth)
15.0	Andrew	Palk	(Team S)
15.0	Robert	Laing	(Liv)
15.0	Billy	Jewers	(B'stoke)
15.0	Neal	Petley	(Sale)
15.0	Des	Wilkinson	(Lut)
15.0w	Steve	Hawkins	(Enf)

400 METRES HURDLES

48.59	Kriss	Akabusi	(Team S/Army)
49.59	Max	Robertson	(W&B)
50.71	Steve	Hawkins	(Enf)
50.79	Mark	Davidson	(A'deen)
50.94	Phil	Harries	(Der)
50.96	Lawrence	Lynch	(Har)
51.12	Martin	Gillingham	(W&B)
51.23	Paul	Beaumont	(Sol)
51.28	Mark	Bishop	(Hav)
51.3	Bob	Brown (51.33)	(Leeds)
51.55	Trevor	Burton	(Leeds)
51.56	Les	Antoine	(Bir)
51.59	Greg	Dunson	(SB/RAF)
51.73	Paul	Dunston	(N&EB)
51.89	Andrew	Palk	(Team S)
51.9	Phil	Beattie	(Lisb)
51.90	Colin	Anderson	(Team S/Army)
51.9	Warren	Robins (51.93)	(Glouc)
51.95	Mark	Fulton	(Sale)
52.3	Richard	Kingsborough	(Stoke/ Lough U)
52.4	Rodger	Harkins	(Shett)
52.5	Nick	Ramsdale	(N&EB)
52.67	Malcolm	McPhail	(Ayr/Har)
52.7	Mark	Littlejohns	(Old G)
52.8	David	Hazelden	(Croy)
52.84	Paul	Gray	(Card)
52.85	Wayne	Hick	(Ilf)
52.90	Matthew	Birchall (J)	(Liv)
53.00	Steve	Harridge	(TVH/Birm U)
53.06	*Nigel*	*Keough*	*(B'hth/IRL)*
53.1	Neil	Hammersley	(Bel)
53.11	Steve	Freeman	(Liv P)
53.41	David	Hitchcock	(Edin U/ESH)
53.48	Gavin	Streather (J)	(Brent)
53.51	John	Garmston	(W&B)
53.64	Tim	Sheppard	(Hill)
53.7	Lloyd	Cowan	(N Lon)
53.7	Howard	Moscrop	(B&H)
53.71	Donald	Baugh	(TVH)
53.76	Robert	Taylor	(Wok)
53.86	Chris	Cashell	(Wrex)
53.9	Chris	Morrison (J)	(Stret)
53.93	Michael	Coker	(Team S)
53.99	Kevin	Sibley	(Enf)
54.0	Anthony	Willis	(High)
54.03	Dale	Daborn	(S&NH/Lon U)
54.06	Nick	Taylor	(VPH/Strath U)
54.1		Shepherd	(RAF)
54.12	Grant	McPherson (J)	(Soton)
54.2	McKinley	Erysthee	(W Gn)
54.2	Chris	Cholerton	(Der)

● ***Turn to pages 26-27 for men's field event rankings.***

Crash cou

THREE DEATHS IN A TWO-YEAR PERIOD

THE death of three runners in a two-year period, hit by cars while training on the road, brings home what some athletes will have found by their own bitter experience.

Those mortalities are revealed in the latest set of figures by RoSPA, the Royal Society for the Prevention of Accidents. Between 1986 and '88, two men and one teenaged girl were killed. Figures for lesser accidents and near misses are unavailable, but go down to any road running club and you're likely to hear similar stories.

As winter draws in and more runners take to the roads, the danger of collisions between car and athlete grows – with the latter always coming off worse.

Top runners are far from immune to such problems. Most recently, 1984 10,000 metres silver medallist Mike McLeod was hit by a car while training on the outskirts of Newcastle. He was running past Gosforth Fire Station on a well lit section of the road when a car turned in and hit him below the knee, knocking McLeod over, causing a gash on his leg.

Though McLeod was racing two days later, he lost to a local runner who normally would never have beaten the Elswick Express, who was obviously suffering from delayed shock.

In recent weeks, Kevin McKay, the man who lost out in his bid for a Commonwealth Games 800 metres place after being knocked sideways by Steve Heard in the trial, was hit by an unmarked police car while crossing the road in broad daylight. McKay suffered a fractured wrist and hand after being catapulted off the bonnet of the car which was responding to an emergency call.

Julie Holland is another example. Aged 17, she placed ninth in the National Cross-country, but was then involved in an accident that left her unable to walk for a year. Only now, five years on from her best National, is she returning to her old running form.

Most horrific of all, early last year John Bryant, a 2:30 marathon man at his peak, was hit by a car while out training on a suburban road in broad daylight.

The car didn't stop. Bryant was taken to hospital where he had to undergo extensive pinning to support his legs which had suffered multiple breakages.

Doctors thought he might never walk again, but this year he ran the London Marathon, sponsored for charity. His sponsors included author Geoffrey Archer, providing £100 a mile.

There is a limit to what runners can do to protect themselves from cars, but RoSPA do give some common sense advice. Runners are advised to stick to routes where they can run on paths wherever possible. They should also go for what RoSPA call a "conspicuity-aid" – a reflective belt or bib.

Training on the roads has become more of over the past two years, we take a look at and some of the safeguards.

RUNNING on the road is an everyday occurrence for the distance athlete.

Yet, in a country that seemingly regards pedestrians as little more than second-class citizens, it is often difficult to find a network of adequately surfaced or lit pathways that allow athletes to run in safety.

The dangers of the road are real, as the experiences of leading athletes, Mike McLeod, Steve Kenyon, Kevin McKay and *Athletics Weekly*'s own Paul Larkins will testify.

Precautionary measures are nothing more than commensense, but need to be stressed.

- Always keep into the kerb and run towards the traffic.
- When in a group running on a busy highway, remain in single file.
- Wear bright clothing. Be seen!

Clothing manufacturers and retailers have recognised the need. The Complete Runner is presently marketing a luminous mesh yellow bib at £4.95. Manufactured under their own brand name, Fas also carries a luminous 3M

"Fastrax offer printed bi a discount," says Terry Lo the Ilkley-based company.

Lonergan adds that bibs compulsory for road runs "Some clubs insist on it – session."

The design of most textil growing awareness of the Waterproof suits, lightwei trousers and even the heel flats are taking advantage development of materials Scotchlite fluorescent strip

Fastrax have also produ fluorescent yellow therma regards as an excellent su luminous bib. The Fastrax retails at £10.95.



● *Picture by Angus Murray*

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'FLAT ON MY BACK IN THE MIDDLE OF THE ROAD'

IT WASN'T quite the way I had anticipated emulating Carlos Lopes. The approach I had more in mind was a runaway win in some marathon or clocking a super quick time in Europe somewhere, not lying flat on my back in the middle of the road.

But like Lopes, part of my big race preparation was to involve a car accident. Lopes was hit by a Mercedes just before the 1984 Olympics and I was hit by a van. All right, not the same quality as a Mercedes, but they hurt just the same, if not more, believe me.

I had obeyed all the rules on this particular run, facing oncoming traffic as well as hugging the kerb, but no amount of preparation could save me from a shot from behind. The van in question was overtaking a car and its wing mirror hit me square on the arm. Quite a surprise for an unsuspecting runner heading out on a nine-miler.

My first reactions on being hit were, "What the heck was that?", or words to that effect. You're not quite sure what's happening. There was no pain, just a huge bang. Other runners who've been hit have experienced similar feelings. Initially there's no pain, just shock, followed by pain when you know what's happened!

For the record, no bones were broken, thanks largely to the fact that the wing mirror shattered on impact with my arm. Had it been rigid, the reverse may have been the case.

One disappointing thing about the whole affair was, what happened next. As I was on a country road it was down to me to get home. Luckily, no bones were broken and I was only a couple of miles into the run. Fair enough, but at the hospital I was greeted by disbelief. Road accident victims tend to look worse and then I was chastised for not getting the van's registration number – not an easy task from the prone position!

Paul Larkins

◀ CONTINUED

HIGH JUMP

2.35i	Dalton	Grant (2.34)	(Har)
2.28i	John	Holman (2.24)	(Craw)
2.28	Geoff	Parsons	(London AC)
2.21	Steve	Chapman	(TVH)
2.20	Ossie	Cham	(Bel)
2.18	Stephen	Ritchie (J)	(Pit)
2.18	Hopeton	Lindo (J)	(Croy)
2.18	Philip	McDonnell	(Sale)
2.17	Fayyaz	Ahmed	(Team S)
2.16	Alex	Kruger	(Liv P)
2.16	Warren	Caswell	(B'hth)
2.15	Brendan	Reilly (Y)	(Cor)
2.15	Kirk	McNeely	(Bir/NZ)
2.15	Mike	Powell	(Card)
2.15	Andrew	Hutchinson	(Bel)
2.12i	Marlon	Huggins (2.10)(J)	(HW)
2.12i	David	Barnetson (2.11)(J)	(Shett)
2.11	James	Stoddart (J)	(Bella)
2.10	Paul	Jeffs	(Here)
2.10	Billy	Jewers	(B'stoke)
2.10	Simon	Boyle	(Anna)
2.10	Ricky	Robinson	(B&A)
2.10	Mark	Roach	(WS&E)
2.10	John	Hopper	(S&SH)
2.09i	John	Wallace (2.05)	(Morp)
2.08	Chris	Innes	(Spen)
2.08	Alan	Scobie	(Irv)
2.08	Steve	Smith (Y)	(Liv H)
2.06	Denis	Costello	(Norf O)
2.06	Harvey	Griffiths	(Old G)
2.06	Richard	Radford	(Havant)
2.05i	Graham	McAslan	(EAC)
2.05	Andrew	Skelding (J)	(D&S)
2.05	Canisus	Alcindor	(Bir)
2.05	Darran	Baker	(Enf)
2.05	Gary	Blandford	(Soton)
2.05	R	Brehaut	(Guern)
2.05	Jason	Dronfield (J)	(Leic)
2.05	Tim	Garlick	(N&EB)
2.05	Andrew	Graham	(Bas)
2.05	Leroy	Haughton	(Bel)
2.05	Mike	King (J)	(Ips)
2.05	Guy	Nicholson (J)	(Winch)
2.05	Ben	Thomson	(EAC)
2.05	William	Wyllie (Y)	(S&SH)
2.05	Femi	Abejide	(Bel)
2.05	Fred	Salle	(CAM)
2.04i	Anthony	Brannen (2.04)	(M&C)
2.04i	Mark	Byron	(Gate)
2.04	Greg	Dunson	(SB/RAF)
2.03i	Donia	O'Neill (2.00)(J)	(Newry)
2.03	Steve	Ingram (J)	(Swan)
Unconfirmed			
2.05	Milton	Palmer	(W&B)

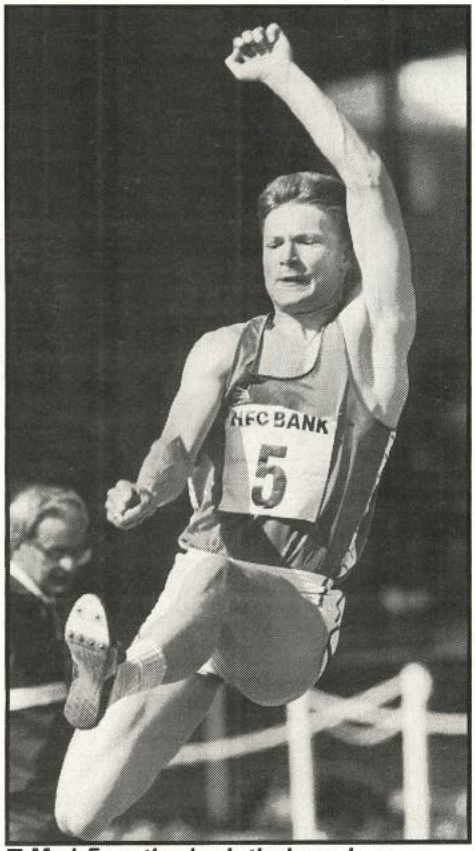
POLE VAULT

5.40	Andy	Ashurst	(Sale)
5.26	Mike	Edwards	(Bel)
5.11	Ian	Tullet	(Bel)
5.10	Keith	Stock	(Har)
5.10	Paul	Phelps	(Leeds)
5.01	Matthew	Belsham (J)	(Sale)
5.00	Mark	Johnson	(Har)
5.00	Allan	Burke	(Houn/IRL)
4.90i	Paul	Hoad (4.85)	(Enf)
4.90	Daley	Thompson	(N&EB)
4.90	Warren	Siley (Y)	(Stret)
4.85	Derek	McKee	(TVH/NZ)
4.80	Dylan	McDermott (J)	(E&E)
4.80	Neil	Winter (Y)	(SB)
4.80	Gary	Jackson	(W&B)
4.80	Paul	Wray	(SB)
4.76	Nick	Buckfield (Y)	(Craw)
4.75i	Steve	Leader (4.50)	(Enf)
4.70i	Brian	Taylor (4.70)(J)	(Har)
4.70	Mark	Grant (J)	(Lut)
4.70	Glyn	Price	(Swan)
4.70	Duncan	Pearce (J)	(Sale)
4.70	Darren	Wright	(Bir)
4.65	Eric	Flizar	(Dund)
4.61	Doug	Hamilton	(ESH)
4.60	Andrew	Gayle	(W&B)
4.60	Billy	Davey	(SB)
4.60	Mark	Hodgkinson (J)	(Notts)
4.60	Justin	Richards (J)	(Worth)
4.60	Greg	Richards	(NLAC)
4.58	Dean	Mellor (J)	(Roth)
4.50i	Stephen	Greig (4.50)(J)	(Stret)
4.50	Mark	Bishop	(Havant)
4.50	Anthony	Brannen	(M&C)
4.50	Eric	Hollingsworth	(Sheff)
4.50	Alex	Kruger	(Liv P)
4.50	Robert	Laing	(Liv H)
4.50	Robert	Lyons	(Army)
4.50	Stuart	Ryan	(Gates)
4.50	Glynn	Slowly (J)	(Oxf C)
4.40i	Neale	Sadler	(Stoke)
4.40i	Robert	Bond (J)	(TVH)
4.40	John	Alcock	(Wig)
4.40	Paul	Beswick	(Stoke)
4.40	David	Bigham (J)	(WGn)
4.40	Iain	Black (J)	(ESH)
4.40	Eugene	Gilkes	(N&EB)
4.40	Dan	Gilby (J)	(Camb H)
4.40	David	Gordon	(LUAC)
4.40	Alan	Hardy	(Har)
4.40	Rafer	Joseph	(Mil K)
4.40	Allan	Leiper	(AF&D)
4.40	Tony	Matthews	(Leeds)
4.40	Barry	Thomas (J)	(Sheff)

UK MEN'S RANKINGS 1989

LONG JUMP

8.17w	Mark	Forsythe (7.88)	(B&A)
8.14	Stewart	Faulkner	(Bir)
8.05i	Barrington	Williams (8.01)	(C&S)
8.04w	Ian	Simpson (7.90)	(Leeds)
7.94i	Paul	Johnson (7.85)	(Bir)
7.89	John	King	(W&B)
7.84	Wayne	Griffith (J)	(Enf)
7.82w	Kevin	Liddington (7.62)(J)	(Bir)
7.81	Keith	Fleming	(Bel)
7.73?w	Fred	Salle	(SB/BCam)
7.68w	Jason	Canning (7.63)(J)	(SB)
7.67w	John	Shepherd (7.58)	(Enf)
7.63w	Denis	Costello	(Norf)



■ *Mark Forsythe: leads the Long Jump rankings*

7.57	Alex	Kruger	(Liv P)
7.48	Vernon	Samuels	(Bris)
7.41w	Dean	Cocks	(S'end)
7.40	Trevor	Braithwaite	(RAF)
7.40w	Mark	Bishop (7.36)	(Hav)
7.39w	Martin	Roberts (7.09)	(Col B)
7.39w	Colin	Rattigan (7.33)	(Har)
7.38	Dwayne	Heard	(B'hth/OUAC)
7.37w	Trevor	Wade (7.02)	(TVH)
7.36i	Ronald	Odunaiya (7.26)	(Tel)
7.36	Junior	Campbell (J)	(W Gn)
7.35	Joseph	Sweeney	(TVH)
7.35w	Marcus	Browning	(Team S)
7.34	Gary	Slade	(Yate)
7.34	Kevin	Atkinson	(C of S/IRL)
7.34	Craig	Duncan	(W&B)
7.33	David	Kirton	(TVH)
7.33w	Paul	Kelly (7.25)	(Stoke)
7.33w	John	Munroe (7.32)	(TVH)
7.32	Darren	Gomersall	(Mil K)
7.32	Alec	Leonce	(RAF)
7.31	Andrew	Lewis	(High)
7.31	David	Burgess	(Har)
7.29w	Mark	Lawrence (7.05) (J)	(Leeds)
7.29w	Philip	Brilus (7.19)	(Harl)
7.29w	Megarry	Effiong	(HW)
7.26	Steve	Phillips (J)	(Rug)
7.26	Simon	Walker (J)	(Fel)
7.26w	Steven	Partridge	(Swan)
7.23	Jon	Edwards	(Gate)
7.23	Melville	Fowler	(Vale P)
7.23w	Peter	Akwabaoh	(Hav)
7.23w	Barry	Moore	(Cope)
7.23w	Femi	Abejide (7.19)	(Bel)
7.22i	Mark	Hicks	(Hill)
7.22w	Ben	Onyeabo	(King)

TRIPLE JUMP

17.28	Jon	Edwards	(Gates)
16.82w	Vernon	Samuels (16.68)	(W&B)
16.57i	John	Herbert	(Har)
16.38w	Francis Agyepong (16.17i/15.97)		(SB)
16.38w	Femi	Abejide (16.07)	(Bel)
16.32w	Rezlimond	Cameron (15.61)	(TVH)
16.15	Michael	Brown	(Har)
16.14	Eric	McCalla	(Bir)
16.11w	Courtney	Charles (15.89)	(TVH)
16.02	Peter	Akwaboah	(Hav)
15.96w	Joseph	Sweeney (15.81)	(TVH)
15.95	Craig	Duncan	(W&B)
15.85w	Chilke	Chukwolozie (15.38)	(Virg U)
15.81w	Junior	Campbell (15.89)(J)	W Gn)
15.79	David	Wood	(Card)
15.65i	Derrick	Browne (14.76)	(Bel)
15.64w	Julian	Golley (15.55)(J)	(TVH)
15.63w	Dwayne	Heard (15.47)	(B'hth/OUAC)
15.52i	Wayne	Green (15.03)	(Long)
15.34	Ademola	Oyediran	(HHH/NIG)
15.33	Stewart	Faulkner	(Bir)
15.31	Michael	McDonald	(B&A/QUB)
15.26w	David	Johnson (14.90)	(QPH)
15.25	Femi	Akinsanya	(Peter)
15.21	Joseph	Allison	(SLH)
15.21	Andrew	Agyepong (J)	(SB)
15.19	Wyn	Morris	(SB)
15.12	Raymond	Smith	(Old G)
15.11w	Stuart	Houliston (14.95)	(Stoke/NottsU)
15.09	Stuart	McMillan	(Dund U/Perth)
15.08w	Denis	Costello (14.98)	(Norf O)
15.06	Paul	Angus	(WS&E)
15.03w	Albert	Earle (14.80)	(Spark)
15.01	David	Emanuel	(Bir)
15.01w	Paul	Weston (14.80)	(Bris)
15.00w	Patrick	Teape (14.82)(J)	(Enf)
14.91	Ben	Onyeabo	(King)

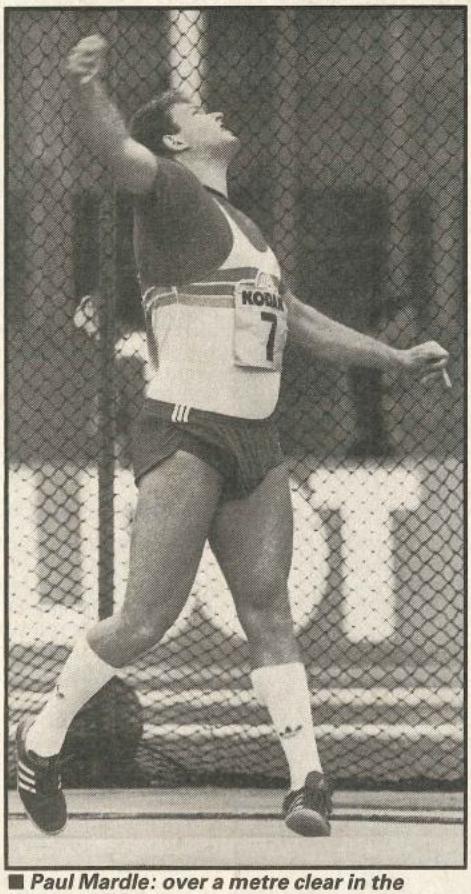
14.90	Adrian	Lann	(WS&E)
14.89	Richard	Edwards	(Craw)
14.89	Lynford	Brown	(Hill/RAF)
14.88	David	Rooney	(EAC)
14.87	Jeremy	Miatt	(Camb/CUAC)
14.83w	Frank	Attoh (14.74)	(SB)
14.80w	Philip	Okoro (14.40)	(Bel)
14.79	Paul	Farmer	(Brain)
14.76	Eldon	Lake	(WS&E)
14.74	Scott	Balment	(Card)
14.74	Donovan	Smith	(Glouc)
14.71	Matthew	Groom (J)	(Norf O)
14.67	Toni	Fasinro (J)	(Hill)
14.65i	Mark	Hicks	(Hill)

SHOT

19.85	Paul	Edwards	(Walt)
19.44i	Simon	Williams (18.93)	(Enf)
18.21i	Matt	Simson (J) (18.11)	(Thur)
17.78	Stephen	Whyte	(Lut)
17.68	Shaun	Pickering	(Har)
17.62	Neil	Gray	(SB)
17.46	Graham	Savory	(B'hth)
17.37i	Abi	Ekoku (16.99)	(Bel)
17.17	David	Callaway	(S&E)
16.83i	Andy	Vince (16.19)	(W&B)
16.58	Guy	Perryman	(Old G)
16.52i	Lee	Wiltshire (16.42)	(Soton)
16.32i	John	Painter (16.09)	(Norf O)
16.31	Chris	Ellis	(Bris)
16.21	Antony	Zaidman	(Har)
16.20i	Nigel	Spratley (J) (16.04)	(Read)
16.19	Paul	Reed	(Morp)
16.09	Steve	Bergin	(B&A/Q'ns Un)
16.04	Nathaniel	Cooper	(W&B)
16.01	Tony	Satchwell	(Jersey Sp)
16.00	Mark	Proctor	(Hill/RAF)
15.90	Richard	Davies	(Croy/CS)
15.87	Neal	Brunning (J)	(Camb H)
15.79	Steve	Casey	(W Gn)
15.71	Simon	Armstrong	(N&EB)
15.54	Colin	Smith	(Ports)
15.42	Paul	Corrigan (16.04?)	(Gate)
15.42	Jeff	Clare	(Wig)
15.38	Mike	Oliver	(B&H)
15.36i	Carl	Jennings (14.26)	(Hull)
15.36	Mark	Davies (J)	(Ton)
15.25i	Mike	Winch (V) (14.48)	(B'hth)
15.18	Philip	McKay	(Army)
15.17	Adrian	Ross	(B&H)
15.05	John	Nicholls	(Warr)
15.03	David	Williams	(Bir)
15.02	Clayton	Turner	(Craw)
14.96	Leith	Marar	(Croy)
14.92i	Darrin	Morris (14.43)	(B'hth)
14.91	Chris	Symonds (J)	(Ox C)
14.89	Daley	Thompson	(N&EB)
14.87	Guy	Litherland	(Bir/LSAC)
14.78	Mark	McDonald	(Dunf)
14.78	Gordon	Smith	(A'deen)
14.76i	Brian	Redman (14.69)	(W Gn)
14.74	James	Muirhead (J)	(Liv H)
14.73i	Neil	Griffin (V)	(WS&E)
14.72	Matt	Symonds	(TVH)
14.72	Mark	Aldridge	(Har)
14.70	Gary	Sollitt	(S&E)
14.69	Mark	Parker	(Kent P)
14.65i	Eric	Hollingsworth (13.94)	(Sheff)
14.60	Mark	Graves	(Ridd)

DISCUS

60.36	Paul	Mardle	(W&B)
59.08	Peter	Gordon	(W&B)
58.88	Graham	Savory	(B'hth)
58.08	Simon	Williams	(Enf)
57.28	Steve	Casey	(W Gn)
56.82	Abi	Ekoku	(Bel)
56.18	Kevin	Brown	(Bir)
55.80	Paul	Edwards	(Walt)
55.08	Neville	Thompson	(SB)
55.02	Darrin	Morris	(B'hth/Pit)
54.38	Shaun	Pickering	(Har)
53.64	Jeff	Clare	(Wig)
52.62	Nick	Woolcott	(Har)
51.66	Neal	Brunning (J)	(Camb H)
51.48	Glen	Smith (J)	(S&SH)
51.30	Michael	Jemi-Alade	(ESH)
51.30	Gary	Herrington	(Bir)
50.54	Matt	Symonds	(TVH)
50.36	Mark	Proctor	(Hill/RAF)
50.24	Tony	Satchwell	(Jersey Sp)
49.98	Leith	Marar	(S L H/WLI)
49.96	Chris	Symonds (J)	(Oxf C)
49.72	Paul	Reed (50.90?)	(Morp)



■ ***Paul Mardle: over a metre clear in the discus rankings.***

49.44	Geoff	Tyler	(Sale)
49.32	Mark	Davies (J)	(Ton)
49.18	Denzil	McDonald	(N&EB)
49.08	Steve	Whyte	(Lut)
48.94	John	Tranter	(Notts)
48.80	John	Painter	(Norf O)
48.64	Simon	Armstrong	(N&EB)
48.52	Andrew	Kruszewski	(Camb H)
48.44	Chris	Ellis	(B'hth)
48.28	Rafer	Joseph	(Mil K)
48.20	Andrew	Brittan	(B o S)
48.14	Guy	Litherland	(Bir/LSAC)
47.86	John	Moreland	(Cov)
47.76	Gareth	Cook	(TVH)
47.64	Chris	Bailey	(Liv H)
47.64	Matthew	Twigg	(Holb)
47.54	Jason	Byrne (J)	(WS&E)
47.34	Eric	Hollingsworth	(Sheff)
47.10	Neil	Griffin (V)	(WS&E)
47.10	Tegid	Griffiths	(Sale)
47.06	Ashley	Ward	(Craw)
47.00	Stephen	Ayre	(Morp)
46.90	Mark	McDonald	(Dun)
46.82	Steve	Bergin	(B&A/Qns U)
46.38	Andy	Turner	(B'mth)
46.26	Daley	Thompson	(N&EB)
46.24	John	Farrelly	(LI/IRE)
46.12	Perris	Wilkins	(Banb)
46.10	Garry	Power	(HHH/IRL)
45.78	Greg	Richards	(N Lon)
45.10	Paul	Quinlan	(LI/IRL)
44.96	Ian	Taylor	(Tel)
44.94	Eugene	Gilkes	(N&EB)

HAMMER

71.32	Paul	Head	(N&EB)
70.48	Michael	Jones	(SB)
70.28	Shane	Peacock	(Bir)
69.12	Dave	Smith	(Hull S)
68.98	Stewart	Rogerson	(Sale)
67.82	Steve	Whyte	(Lut)
67.10	Jason	Byrne (J)	(WS&E)
66.30	Gareth	Cook	(TVH)
64.54	Shaun	Pickering	(Har)
63.76	Stephen	Pearson	(W&B)
63.74	Sean	Egan	(LI/IRE)
63.26	Chris	Howe	(WGn)
63.20	John	Pearson	(Yeo/LSAC)
63.16	Graham	Callow	(Med)
62.86	Martin	Girvan	(Har)
62.20	Vaughan	Cooper	(Notts)
62.02	Peter	Vivian (J)	(TVH)
60.26	Robert	Earle	(Brain)
59.26	Malcolm	Fenton	(Bir)
58.42	Matt	Spicer (J)	(Yate)
58.12	Nigel	Spivey	(B'hth)
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54.82	Michael	Madden	(Sale)
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53.54	Mark	Sheridan	(Craw)
53.32	Stewart	Spratley (J)	(Read)
53.24	Ewart	Hulse	(Col B)
53.10	Robin	Meikle	(ESH)
53.04	Eric	Berry	(Yeo)
52.82	Marvin	Edwards	(N&EB)
52.64	Paul	Binley (J)	(Cor)
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52.62	Karlis	Lasis	(Craw)
52.44	Douglas	Read	(Mil K)
52.42	Andrew	Hall	(Hill)
52.06	Martin	Roberts	(C & S)
52.04	Peter	Aston (V)	(W Gn)
52.02	Kenneth	Smith	(BoS)
51.98	Peter	Cooper	(Holb)
51.94	Jimmy	Pinnington	(Sale)

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85.90	Steve	Backley	(Camb H)
82.56	Mike	Hill	(Leeds)
80.84	Roald	Bradstock	(Enf)
79.56	Nigel	Bevan	(Bel)
78.64	Mark	Roberson	(Har)
78.54	Gary	Jenson	(S'end)
78.08	Terry	McHugh	(LI/IRL)
75.68	Peter	Yates	(B'hth)
75.60	David	Ottley	(Tel)
75.28	Nigel	Stainton	(Hill)
73.36	Keith	Beard	(Leiden)
72.58	Colin	MacKenzie	(N&EB)
71.74	Myles	Cottrell (J)	(Soton C)
70.30	Tim	Newenham	(Cardiff)
70.18	Dave	Messom	(Old G)
70.10	Richard	Hooper	(Bir)
69.90	Marcus	Humphries	(Har)
69.62	Stefan	Baldwin (J)	(Peter)
69.20	Roderick	James	(ESH)
69.02	Kevin	Murch	(Rug)
69.00	Paul	Morgan	(SB)
68.84	Tony	Smith	(SB)
67.78	Paul	Bushnell	(Brain)
67.62	Alan	Holloway	(LSAC)
67.44	John	Guthrie	(ESH)
67.24	Philip	Parry	(Old G)
65.18	Mark	Lawrence (J)	(W&B)
64.36	Damian	Crawford	(LI/IRL)
64.36	Ken	Taylor (V)	(B'burn)
64.14	Glyn	Amos	(Bir)
64.10	Raymond	Chambers	(WS&E)
64.10	Robert	Laing	(Liv H)
63.82	John	Trower	(B&H)
63.68	Ken	Hayford	(Camb H)
63.36	Andrew	Ravenscroft	(O&R)
63.24	Trevor	Ratcliffe	(Rug)
62.58	Livon	Houslin	(TVH)
61.96	Sebastian	Pampanini (J)	(Har)
61.92	John	Kitchen	(B'hth/Lon U)
61.72	Geoffrey	Hayward	(RAF)
61.62	Stewart	Maxwell	(Pit/RAF)
61.54	Bruce	Craven (J)	(B'pool)
61.50	Paul	Howard	(WGn)
61.22	David	Wilson (J)	(BoS)
61.08	Steve	Savill	(Hav)
60.76		Finch	(RAF)
60.70	Kevin	Sheppard (V)	
60.66	Demitrio	Barros (J)	(Houn)
60.60	Robert	Mullen	(Army)
60.60	John	Wild	(RAF)
60.50	David	Abernethy	(Bar)
60.22	Keith	Turnbull (V)	(Dart)
60.00	Jon	Clarke	(Swan)

● ***Next Week – 1989 Women's rankings.***

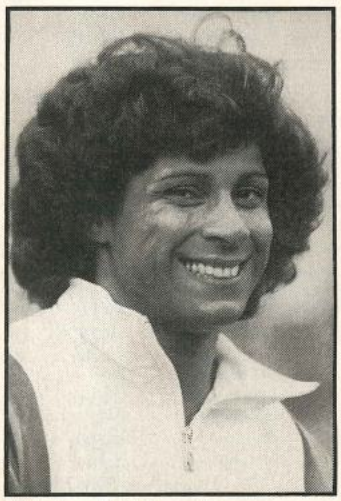
FOCUS ON FIELD

With Max Jones

Fatima's fighting back

MARGARET WHITBREAD has informed me that Fatima is now fully recovered from her shoulder operation and is once again back in full training.

Fatima's strength levels are back to their peak levels with only flat-out throwing not yet experienced. Margaret is full of praise for the Netherlands National Sports Centre (Papendal) where Fatima has spent much of the winter performing remedial work. Now on her fourth visit, she has taken advantage of some of the most advanced exercise machines available to ensure complete recovery. Looking back at the 1989 season it was obvious that women's javelin needs Fatima Whitbread and, with Petra Felke reigning supreme, 1990 should witness some epic javelin contests between these two javelin greats.



■ *Fatima Whitbread*

International revival

THERE was once a period of time when it looked like the nation versus nation fixture was dying out in favour of the international invitational meeting. This was disastrous for most field event athletes since only the successful events were staged at the spectaclars.

Fortunately, 1989 was full of competitive opportunity and the 1990 fixtures negotiated by the British Board have continued this revival. An English Under-23 male field event athlete, for instance, can look to compete in internationals on seven occasions, ranging from far away places such as Prague, Tours and Helsinki to the less exotic locations like Southampton, Wrexham and Grimsby.

I do not think there is now a shortage of such competition and therefore the great motivational factor of throwing or jumping for your country has been saved from near extinction.

It is especially pleasing to see the increase in the number of under-23 fixtures which are so important to the development of the sport since we lose so many promising athletes immediately after leaving the junior ranks simply because there is, in many events, a huge gap existing between junior and senior standards. Take, for example, Myles Cottrell, our top junior javelin thrower of 1989 who faces the prospect of a 10-metre improvement before he breaks into the senior team which could mean three to four years' hard work. Now at least Myles, and those like him, can look forward to an under-23 international vest in the next few years.

Pole banks needed

LOOKING at the pole vault ranking lists, there is obviously a healthy ground swell of improvement which I predict will shortly lead to improvement at the very top.

According to the pole vault national co-ordinator, Dave Young, the shortage of poles in this country is hampering this progress. To the lay person, a pole vaulter needs one pole to vault on just as a hammer thrower needs one hammer, a javelin thrower one javelin etc. The problem with the pole vault, however, is that a young, emerging vaulter quickly outgrows his equipment. Take, for instance, the case of youth vaulter Michael Barber (Stoke) who progressed from vaulting 2.80m in winter on a 90lb 10-foot pole to 3.80m in summer on a 140lb/14-foot pole and in between outgrew six poles. At around £160 per pole, this progression can be somewhat daunting to mum and dad.

At Stoke, the problem is alleviated by having a 'bank' of poles so that an athlete can trade in his outgrown pole for a stronger/longer one. There needs to be similar banks of poles in each area of the country so that young hopefuls can progress quickly. A good pole, although costing up to £230, can last 10 years if properly looked after but at the same time can be outgrown in a matter of weeks.

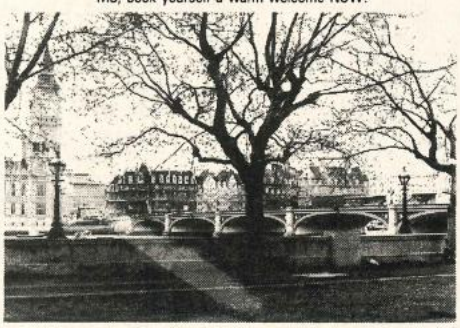
More clubs are buying poles but, according to Dave Young, the money can be wasted if the correct level of pole is not purchased. Small teaching poles can be purchased at around £40 and introductory pole vaulting can be quickly acquired. Too many parents and would-be coaches perceive pole vaulting as being too technical to even attempt the event. It isn't that difficult. The basics are really very simple. Get in touch with your regional Staff Coach.

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A.W.

YOUNG ATHLETE

TAIT 'N' STYLE

Fact File

Name: Nathalie Tait.
Date of birth: 24th August 1972, Whitehaven, Cumbria
Height: 5ft 8in/173cm
Weight: 8st 10lb/55kg
Club: Copeland AC
Coach: Cliff Stainton
PBs – 400: 57.3; **800:** 2:05.1; **1500:** 4:18.4

Copeland's Nathalie Tait is the reigning WAAA Junior 800 metres champion. With two seasons left in the age-group, the 17-year-old is an exciting prospect. MARTIN GILLINGHAM spoke to her.

UNTIL the last year or so, making the breakthrough to international track status from the remote North-west corner of England would have been unheard of.

However, there is no holding back natural talent and during the course of the previous two seasons, Copeland's Nathalie Tait has collected both English Schools' and WAAA Junior titles.

The 17-year-old 'A' level student burst onto the scene at last year's English Schools' Championships by winning the Intermediate 800 metres. More than two seconds clear of her nearest rival, it was one of the most impressive performances of the weekend.

The winter of 1988/89 under the guidance of coach Cliff Stainton was devoted to preparation for this summer's European Junior Championships in Varazdin. As a supplement to the heavy conditioning work, that incorporates a one-and-a-half hour run on a Sunday morning, there were a number of forays on to the cross-country scene. "I don't particularly like cross-country because I like winning and I can't win," Tait says.

An unspectacular 33rd in the Inters' National at Birmingham was followed by a more encouraging 17th in the Senior age-group at the English Schools' Championships in March.

The summer brought a new track to train on, ironically located only 800 metres from her Whitehaven home, and with it a first AAA Junior title.

Tait's first major outing of the summer was July's English Schools' Championships at Wigan. Opting to steer clear of her specialist event, the Copeland athlete lined up against Leicester's Maxine Newman in the 1500 metres. It was a battle royal that took both athletes clear of third-placed Louise Watson. However, experience told and despite Tait recording a personal best of 4:18.4, it was Newham who emerged victorious.

Tait made her acquaintance with the Schools' 800 metres champion, Shafesbury Barnet's Jody Allen, at the AAA Junior Championships at Stoke on 30th July. "I picked up a virus just before Stoke and wasn't sure whether I should run or not," Tait says.

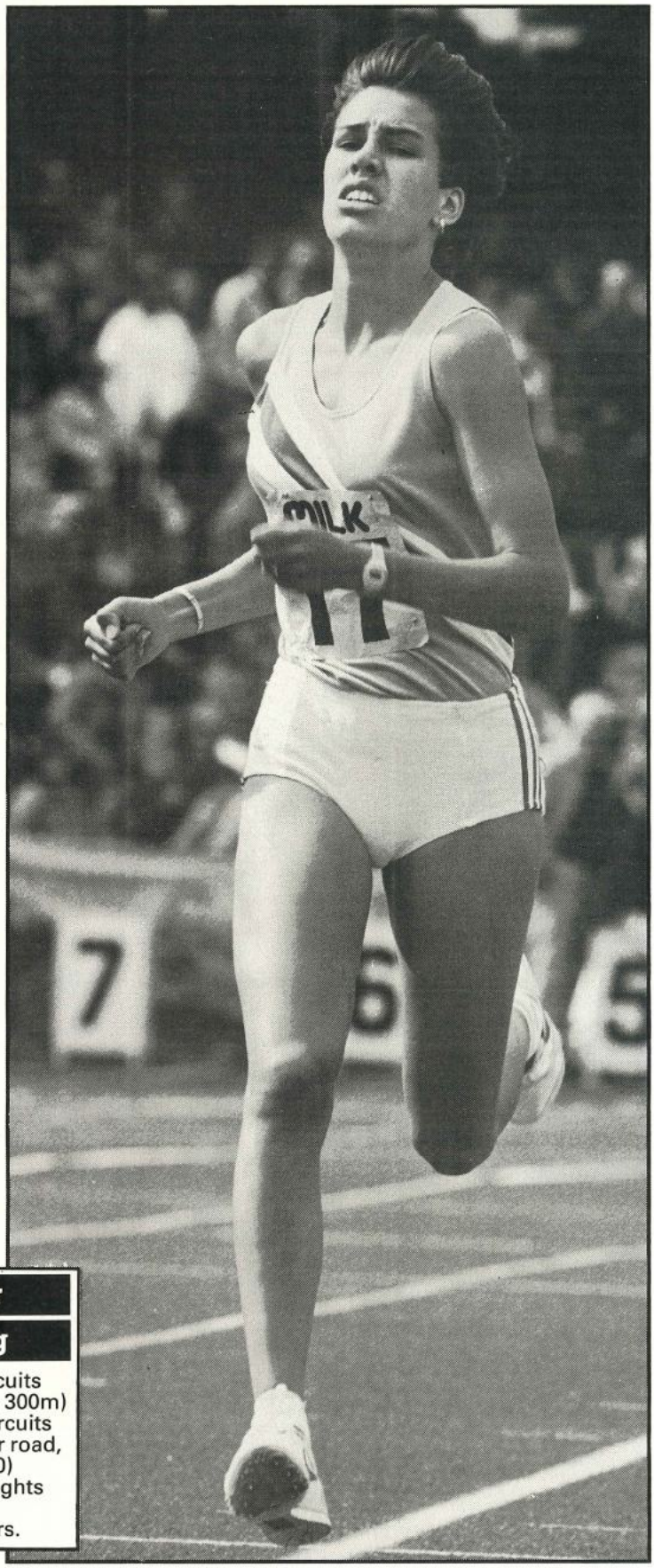
However, the carrot of a place in the Great Britain team for the European Junior Championships in Yugoslavia left her with little choice. "I was determined to get on the team and wasn't sure of my place, so I ran," Tait adds.

In cold, wet and windy conditions at the Northwood Stadium, Tait was a convincing winner, even though a mere 0.52 seconds separated her from the Schools' champion at the line. Rewarded with a new championship best, the virus had taken its toll in the final straight. "I shouldn't have run. I'm sure the selectors wouldn't have minded," Tait says.

All was not well in Yugoslavia four weeks later when the sixth form pupil at Wyndham School, Egremont, narrowly missed qualifying for the European Junior final. The start list lacked real depth and it was disappointing to see her miss the final. Nevertheless, the 17-year-old is keen to stress that she is an investment for the future. "I've got two more years left as a junior. Next year I'm aiming to make the World Juniors' team. I'd like to get to the final, and then win a medal – that would be a bonus," Tait says.

However, the WAAA Junior champion will be eligible for the European Juniors in two years' time, scheduled for Thesalonika in Greece. "I'm aiming to win gold in 1991," Tait says.

Tait, whose father, Philip, finished third in the 1965 Junior Boys English Schools' 220 yards, is also setting her sights on domestic success in the senior ranks. Fifth in this year's UK Championships at Jarrow behind the winner, Ann Williams, Tait has already been blooded at the highest level. "My main rival is Diane Edwards – I think that I will be able to beat her sometime in the future."



Typical winter week's training

Monday: 4 miles easy and circuits
Tuesday: Long hill reps (up to 300m)
Wednesday: 3 mile run and circuits
Thursday: Long reps on either road, track, or grass (eg. 4-7 × 1,000)
Friday: Easy jog and light weights
Saturday: Race or rest.
Sunday: Long run – 1-1½ hours.

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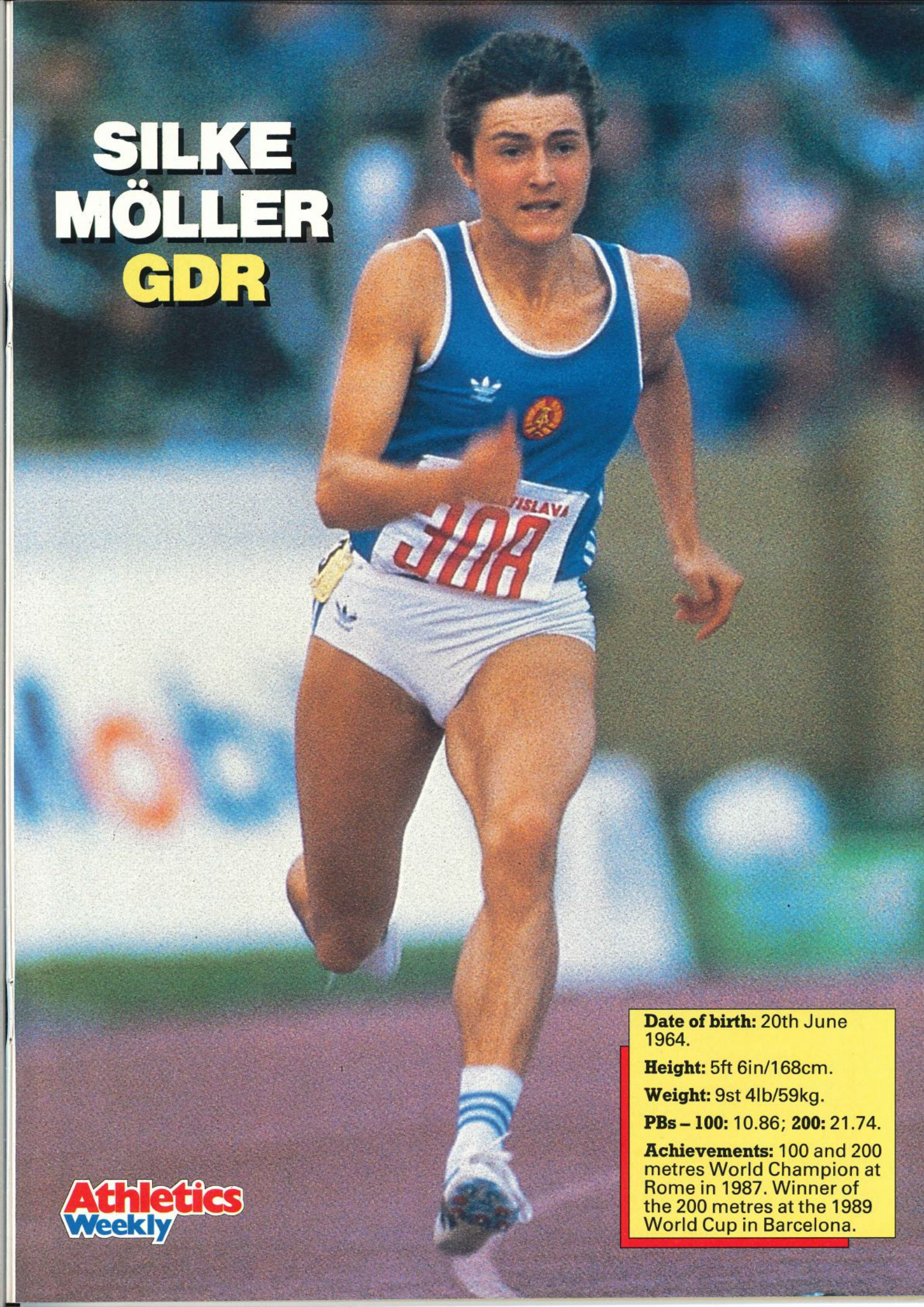
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SILKE MÖLLER GDR



Date of birth: 20th June 1964.

Height: 5ft 6in/168cm.

Weight: 9st 4lb/59kg.

PBs – 100: 10.86; **200:** 21.74.

Achievements: 100 and 200 metres World Champion at Rome in 1987. Winner of the 200 metres at the 1989 World Cup in Barcelona.

Athletics Weekly

STRIDERS DOMINATE ULSTER SCENE

ANNADALE STRIDERS, who have dominated Ulster road racing for the last decade, seem destined to continue this dominance, but with a new squad, **Alan Keys writes.**

The team members of the late Seventies and early Eighties, led by John McClaughlin are now either retired or past their best, though there is still plenty of mileage in the legs of Davy Moore, John Walsh and Sammy Doherty.

The new-look team is now headed by former European Junior 1,500 metres competitor, Davy Wilson, still only 21. He ran an early season 3min 41.8sec, but injury then wrecked his chances of Commonwealth Games selection

Philip Tweedie, 23, also came near Auckland selection with a 1min 48.37sec 800 metres. This duo is also very effective on the roads.

Backing them up is an even younger group, all of whom were highly placed in the 1989 British Junior rankings and who are very capable over the roads, having already helped Annadale to victory in recent weeks in the Larne and Lisburn Relays and the Horner Cup.

Brian Treacy, 18, ran 3min 47.78sec for 1,500m and represented British Juniors. Jim Campbell, 19, and Dermot Donelly, 19, had excellent times over 3,000 and 1,500 metres, while Gary Lough, 19, Andrew Campbell, 18, Robbie McAllister, 18, and Eoin O'Neill (3:54.1 at the age of 17) are all now trying to establish themselves as regular members of the Annadale 'A' team.

Their main rivals locally, Olympic, are still lacking the injured Terry Greene. With Paddy McGrath based in London, they are not as strong in depth as Annadale.

However, Marty Deane (third in the Dublin Marathon, first in Humber) is again running well over the marathon; and, when on form, Aiden Donaldson and Frank Sharkey can hold their own in any company. With Paul Elliot, Henry Curran, Matt Shields, Ciaran Cavanagh and Pat McCavana to back them up, they will continue to pose problems for Annadale.

Surprises

On the individual front, the new season has yet to produce any real surprises, and it will probably not be until the Joe Seely 10km on 9th December that all the top runners will put themselves on the line.

Without doubt, the English-based Deon McNeilly, though even better over the country, will still be the one to beat over the tarmac as well. His Willowfield team-mate, Paul Rowan, has probably been the most improved road runner over the last year and is now a difficult opponent to beat.

Dave Lonnen, of Achilles, will also be to the fore in any race, and the racing machine from Sparta, Tommy Hughes, can also not be ignored. He is probably the only other runner in the UK who races as often as Steve Brace.

On the women's front, Moira O'Neill is concentrating on her preparations for the Commonwealth Games Marathon and has raced rarely recently. In her absence, Theresa Duffy has dominated the roads, with a string of victories over the four-mile to 10km distances. Her only recent defeat was to Irish 3,000 metres international, Niamh Murphy, but that was over the much shorter distance of 2,200 metres in a relay race.

With Lisburn reportedly having problems in their middle distance ranks, it appears that Ballymena and Antrim, with Avril McClung, Pauline Quinn and Denise Higgins in their line-up, may be the team to beat.

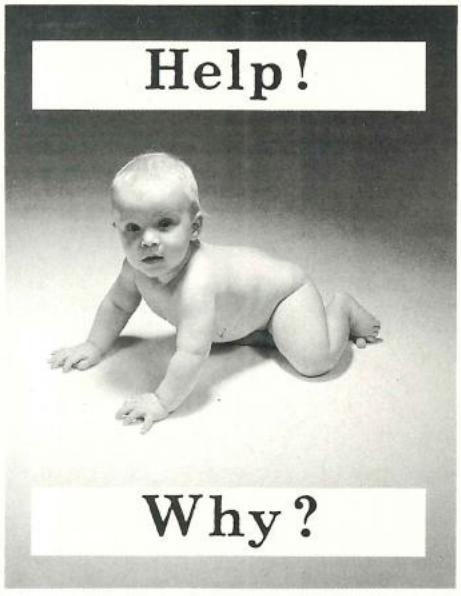
ON THE ROAD

Barnsley's throwback

GARY STAINES, Nigel Adams and Martin McLoughlin head a quality field in the Barnsley 10km, incorporating the AAA Championship, this Sunday. In a throwback to the days of the Seventies, Ian Thompson and Ian Stewart will contest the veterans' event.

English Commonwealth marathon trial winner, Carl Thackery, sixth last year but course record holder for the Barnsley 6, is also due to run, subject to recovering from a spell of illness. Other top road runners lined up include Paul Taylor (Copeland), Colin Walker (Gateshead), Kevin McCluskey (Copeland), Kenny Stuart (Keswick) and Kevin Forster (Valli).

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IAAF, 3 Hans Crescent, Knightsbridge, London SW1X OLN. A.W.

Doig fires warning to south

SHAFTESBURY Barnet's Steve Doig has issued a clear warning to all road racers in the south of England with a run of three victories on consecutive weekends.

The run of success started on 21st October at the Hatch End '5' where he crossed the line nine seconds clear of Dave Cowan.

Eight days later the 23-year-old Customs and Excise officer turned an intended training run into a course record at the Rickmansworth '9'. After a modest 16:10 for the opening three miles, the former Scottish international tracked down the runaway leaders who had opened a 40 second gap.

Unleashing a succession of sub-5 minute miles, Doig not only caught the leading pack but succeeded in putting almost a minute-and-a-half's worth of daylight between them and himself.

The third leg of the Harrow resident's hat-trick demonstrated his versatility. On the right, undulating street circuit of the Chesham Town Centre 5km event the Scot came close to defeat. Milton Keynes' Kerry Hayes, an 8:54 steeplechaser, led Doig from the beginning of the penultimate lap until 300 metres short of the finish. "He was quite strong and I thought he was getting away," said Doig.

However, it was the Shaftesbury Barnet man who ran fastest off the final, short hill – crossing the line three seconds ahead of Hayes.



■ *Sarah Rowell*

STAR RANK UK ROAD RUNNING SINGLE AGE BEST PERFORMANCES
PROVISIONAL LISTS

MARATHON WOMEN

IN THE final instalment of Star Rank single age bests, we produce the marathon listings. As compiler Dave Walsh admits, there are a few gaps towards the older ages.

If you know of the performances to plug the gaps, contact Walsh at 30 Highfield Close, Dinas Powys, South Glamorgan CF6 4LR.

Age	Time	Name	Club	Venue	Date
18	2:58:58	Tracy Howard	(Craw)	London	9.05..82
19	2:46:27	Tracy Howard	(Craw)	London	17.04.83
20	2:39:11	Sarah Rowell	(Dart)	London	17.04.83
21	2:31:28	Sarah Rowell	(Dart)	London	13.05.84
22	2:28:06	Sarah Rowell	(Dart)	London	21.04.85
23	2:28:38	Sally-Ann Hales	(Dart)	London	21.04.85
24	2:36:12	Kath Binns	(Sale)	Windsor	12.06.82
25	2:34:47	Angie Pain	(Leeds)	London	10.05.87
26	2:30:51	Angie Pain	(Leeds)	Seoul	23.09.88
27	2:31:06	Angie Pain	(Leeds)	London	23.04.89
28	2:32:52	Gillian Burley	(LOAC)	Florence	2.12.84
29	3:31:16	Veronique Marot	(Leeds)	Houston	19.01.85
30	2:28:04	Veronique Marot	(Leeds)	Chicago	20.10.85
31	2:30:15	Veronique Marot	(Leeds)	London	10.05.87
32	2:31:55	Veronique Marot	(Leeds)	Tokyo	15.11.87
33	2:25:56	Veronique Marot	(Leeds)	London	23.04.89
34	2:31:40	Ann Ford	(Houn)	London	20.04.86
35	2:32:28	Paula Fudge	(Houn)	London	10.05.87
36	2:29:47	Paula Fudge	(Houn)	Chicago	30.10.88
37	2:36:41	Glynis Penny	(Camb)	Vienna	04.88
38	2:32:31	Priscilla Welch	(Rane)	New York	23.10.83
39	2:28:54	Priscilla Welch	(Rane)	Los Angeles	5.08.84
40	2:34:35	Priscilla Welch	(Rane)	Pittsburg	5.05.85
41	2:31:14	Priscilla Welch	(Rane)	Chicago	26.10.86
42	2:26:51	Priscilla Welch	(Rane)	London	10.05.87
43	2:29:57	Joyce Smith	(Barn)	London	29.03.81
44	2:29:43	Joyce Smith	(Barn)	London	9.05.82
45	2:34:27	Joyce Smith	(Barn)	Helsinki	7.09.83
46	2:32:48	Joyce Smith	(Barn)	Los Angeles	5.08.84
47	2:38:09	Joyce Smith	(Barn)	Osaka	26.01.85
48	2:42:36	Joyce Smith	(Barn)	Osaka	26:01:86
49	3:04:43	Anne Chapman	(Gosf)	London	21.04.85
50	3:01:30	Anne Chapman	(Gosf)	London	20.04.86
51	3:03:22	Anne Chapman	(Gosf)	London	10.05.87
52	3:02:54	Monica Abott		London	23.04.89
55	3:21:29	Lola Smal	(Horw)	Blackpool	11.06.89
60	3:32:53	Joyce M Smith	(Wimb)	Vancouver	87
61	3:53:35	Iva Barr	(Bed)	London	23.04.89
62	3:57:14	Monica Shone	(Alt)	London	17.04.88
64	4:18:47	Jose Waller	(Wat)	London	20.04.86
65	3:46:25	Jose Waller	(Wat)	London	10.05.87
66	3:35:49	Jose Waller	(Wat)	London	17.04.88
67	3:45:00	Jose Waller	(Wat)	London	23.04.89
75	4:46:15	Jenny Wood Allen		London	10.05.87
76	5:24:19	Jenny Wood Allen		London	17.04.88
77	6:00.11	Jenny Wood Allen		London	23.04.89

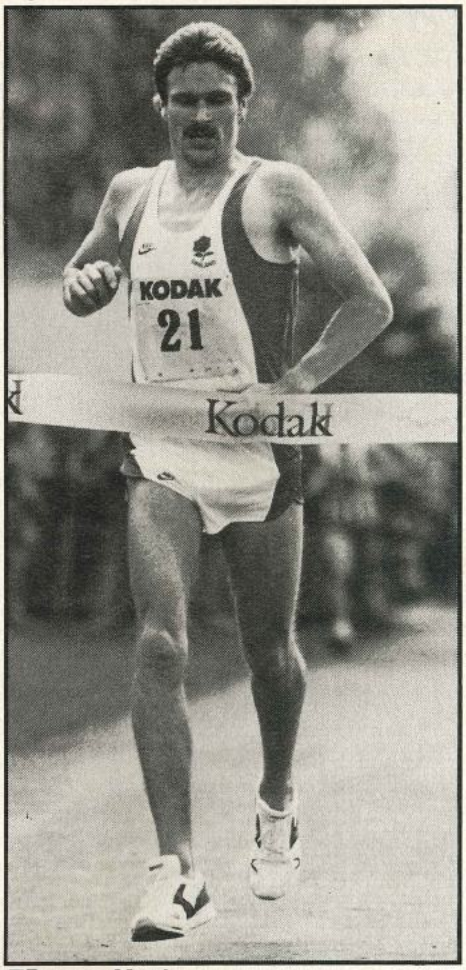
STAR RANK

MARATHON MEN

Age	Time	Name	Club	Venue	Date
18	2:25:47	Eric Seedhouse	(CoH)	London	17.04.83
19	2:24:56	Mike Bowering		London	17.04.83
20	2:17:13	Brent Jones	(B'mth)	London	13.05.84
21	2:12:19	Don Faircloth	(Croy)	Edinburgh	23.07.70
22	2:14:59	Don Faircloth	(Croy)	Kyoto	7.02.71
24	2:09:12	Ian Thompson	(Lut)	Christchurch	31.01.74
25	2:11:35	Malcolm East	(Rane)	London	20.04.81
26	2:09:24	Hugh Jones	(Rane)	London	9.05.82
27	2:09:45	Hugh Jones	(Rane)	Chicago	16.10.83
28	2:09:43	Mike Gratton	(Inv)	London	17.04.83
29	2:08:05	Steve Jones	(Newp)	Chicago	21.10.84
30	2:07:13	Steve Jones	(Newp)	Chicago	20.10.85
31	2:09:28	Ron Hill	(Bol)	Edinburgh	23.07.70
32	2.08.33	Charlie Spedding	(Gate)	London	21.04.85
33	2:08:20	Steve Jones	(Newp)	New York	6.11.88
34	2:10:13	Charlie Spedding	(Gate)	Chicago	26.10.86
35	2:12:28	Charlie Spedding	(Gate)	London	17.04.88
36	2:12:13	John Wheway	(Tip)	London	17.04.88
37	2:14:37	John Wheway	(Tip)	Chicago	31.10.88
38	2:16:17	Tony Simmons	(Lut)	London	9.05.87
39	2:16:06	Dave Clarke	(Ver)	London	17.04.03
40	2:15:16	Ron Hill	(Clay)	New Orleans	18.02.79
41	2:17:53	Mike Hurd	(Brid)	New Jersey	26.04.87
42	2:20:20	Keith Angus	(Sheff)	London	21.04.85
43	2:17:24	Don McGregor	(Fife)	Dundee	24.04.83
44	2:18:16	Don McGregor	(Fife)	Dundee	29.04.84
45	2:19:10	Don McGregor	(Fife)	Glasgow	30.09.84
46	2:19:36	Don McGregor	(Fife)	Glasgow	21.09.85
49	2:27:29	Derek Lawson	(Bing)	Flying Fox	7.10.84
51	2:24:58	Derek Lawson	(Bing)	London	20.04.86
52	2:33:31	Bill McBrinn	(Shett)	London	17.04.83
54	2:37:25	Derek Wood	(Barn)	Rome	85
55	2:34:24	Bill McBrinn	(Shett)	London	20.04.86
56	2:40:16	Bill McBrinn	(Shett)	London	9.05.87
57	2:41:00	Bill McBrinn	(Shett)	Flying Fox	4.10.87
58	2:43:13	Eddie Kirkup	(Barn)	London	17.04.88
59	2:45:51	Percy Howlett		London	17.04.83
60	2:50:55	Bob Peart	(Els)	New York	1.11.87
61	2:49:04	Bob Peart	(Els)	London	23.04.89
62	2:47:40	Hugh Currie		London	21.04.85
64	2:49:48	Hugh Currie		London	9:05.87
65	2:55:41	Hugh Currie		London	17.04.88
66	2:52:55	Hugh Currie		London	23.04.89
67	3:03.31	Gordon Porteus		London	29.03.81
69	3:17:55	Bob Brierley	(Carm)	London	9.05.87
70	3:12:55	Gordon Porteus		Flying Fox	7.10.84
71	3:11:45	Gordon Porteus		London	21.04.85
75	3:32:14	Gordon Porteus		London	23.04.89

Already there have been several responses to the previous age best lists. Up-dates to the 10km list published on 4th October are as follows:

Age	Time	Name	Club	Venue	Date
Men					
16	31:58	Rob Denmark	(Bas)	Southend	10.11.85
17	29:44	Jon Gascoyne	(Harl)	Southend	15.10.89
18	29:56	Rob Denmark	(Bas)	Southend	8.11.87
19	29:31	Rob Denmark	(Gate)	Southend	13.11.88
Women					
37	34:01	Bronwyn Cardy-Wise	(B&R)	Eugene	27.07.89
38	34:14	Glynis Penny	(Camb)	Southend	15.10.89
52	41:41	Myfanwy Loudon	(Newp)	Newport	23.05.87
53	40:41	Pam Jones	(Ilf)	Battersea	89
61	47:22	Joselyn Ross	(Gard)	Barnsley	20.11.88
66	48:58	Jose Waller	(Wat)	Watford	22.10.88
67	47:40	Jose Waller	(SCVAC)	Watford	24.09.89



■ *Eamonn Martin*

MARTIN TO HEAD FORD CHALLENGE

BRITISH 10,000 metres record holder Eamonn Martin will head the Ford team in the Manufacturers Hanover International Challenge on 19th November in New York.

Martin, a testing engineer for Ford, won the British race on 19th July, and is hoping to repeat the success of last year's team from the UK, British Gas.

The event is the final of a worldwide series for business teams, held over a 3.5 miles course. Martin will also be aiming to beat Steve Crabb's series record of 15min 40 sec set in 1988 when winning in London 'for British Gas.'

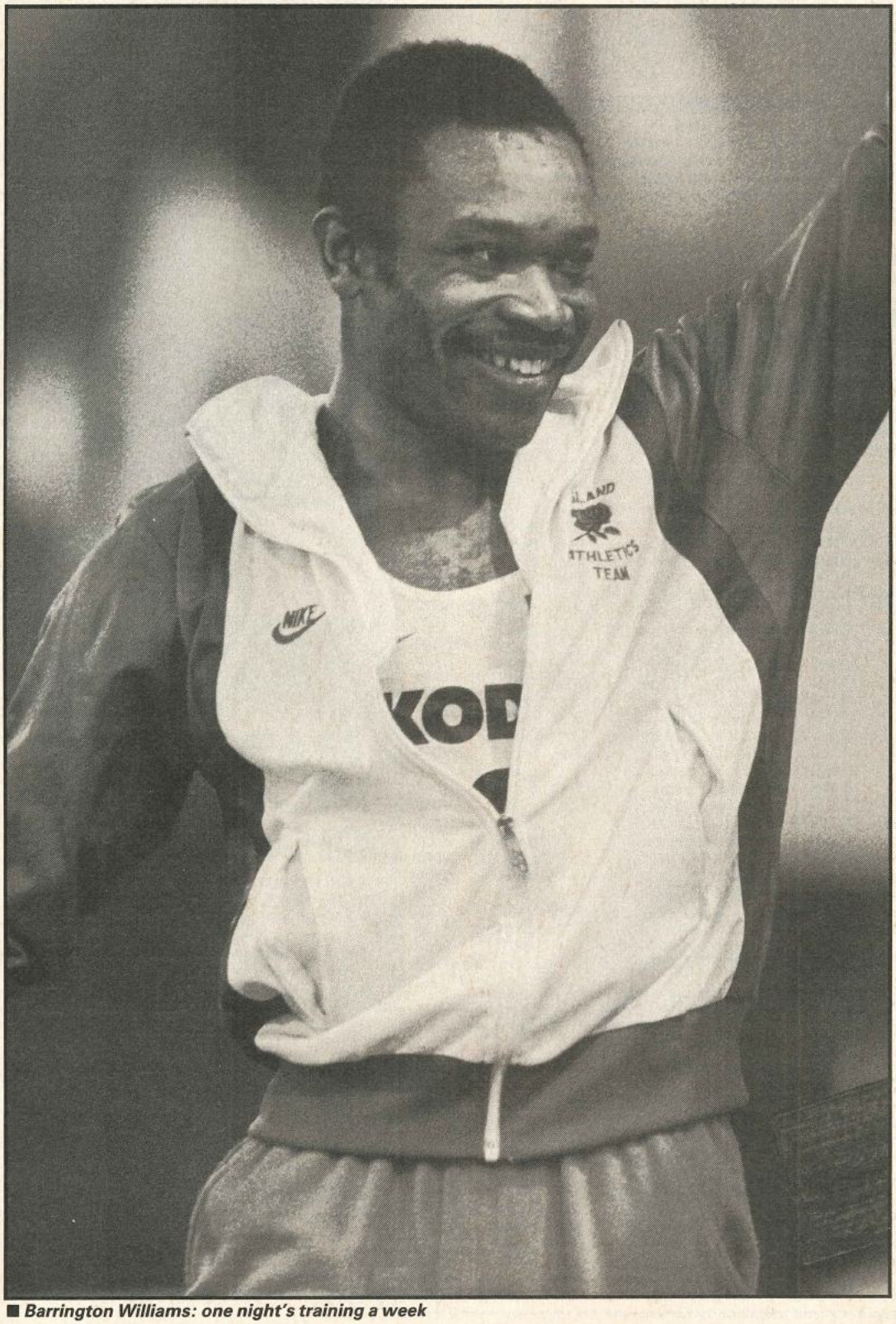
The women's race, which along with the men will take place up and down Park Avenue in Manhattan, New York, will feature Gillian Dainty who mirrored Martin's achievement when winning the British race to lead her National Westminster Bank team to victory. It will be the third international final for Dainty who hopes to make it three wins in a row for NatWest.

The mixed team from London are GEC Avionics.

Williams

Barrington Williams finds that work, study and his faith means that athletics often has to take a back seat. When the 34-year-old, who only began serious competition four years ago, flies out to the Commonwealths he will have probably a smaller background of training behind him than any other athlete. DAVID OGLE found out his simple method for fitting his sport into everyday life.

ANY athlete with a nervous disposition, having just finished their sixth or seventh consecutive day of hard training, might be advised to read no further, lest they throw their hands up in despair.



■ *Barrington Williams: one night's training a week*

Barrington Williams, twice AAA Indoor champion and soon-to-be Commonwealth long jumper, has a rather different approach to training to many international athletes. He doesn't have a rest day. He has six.

Williams trains once a week, though in defence, he says: "I do train hard in that one session."

The reason for that approach is because of Williams' other commitments: his job, including studies for a professional qualification, and more importantly, his Christian faith. The 34-year-old Wolverhampton and Bilston athlete's involvement with the church has included being a Sunday school teacher, preaching and attending speaking engagements, and shortly he will take over the running of Chesterfield Apostolic Church. That will involve a move back to his native Derbyshire, where he will take up a new job with Amber Valley District Council, leaving Cannock Chase District Council in Staffordshire.

Talking to Williams, it becomes quite clear that asking him how he fits training in with work isn't quite the question to ask. More appropriate is how he fits work in with life? "Most of my time in the evenings is spent answering letters and preparing messages to preach," he says. He is also studying for the last part of his exams to become a full member of the Institute of Building Control Officers, a degree level qualification.

Work

That cuts down the available nights on which he can train. Though he used to train on the odd lunchtime, that is difficult because of the nature of his work as a building control officer, which involves surveying buildings, checking the structure.

"If there are any problems, you have to stick at it and sort it out," he says. Problems can easily run through into lunchtimes, so they're out as well.

Nevertheless, Williams could perhaps find time for more training – last year, while under the guidance of Charles Taylor, the man who looks after Commonwealth hurdler David Nelson and coached Sonia Lannaman to the top, he moved up to an unprecedented two or three evening sessions a week. But he is convinced that a greater training work-load would cause him injury problems.

This year, he has reverted to one night a week, as his study workload has increased again. He is now advised on his technical work by Alan Jones.

"A person who is conditioned to train cannot copy me. I'm basically uncoachable. I don't stick to any pattern, I'm spontaneous," Williams says. As well as the one athletics training session a week, Williams does

gets by on less

admit to running through an exercise routine of stretching and press-ups each morning, something he has done since the age of 13. He also goes swimming once a week.

While many people these days would consider becoming a full-time athlete, this is far from the mind of Williams. "My job gives me all the benefits I need. It supports me, athletics can't."

Spotted

Williams only started athletics in 1979, the year he turned 24 and was spotted by John Sherwood, the Sheffield 400-metre hurdler who won Olympic bronze behind David Hemery in 1968. But Williams dropped out of the sport again in 1980. Five years later, two other members of Sheffield, Martin Bolland and John Henson, encouraged him to come back, knowing that he was still fit. Sheffield were in the Fifth Division of the British League.

"I said I'd help them get back into Division Three, then I'd retire. I should have retired in 1987," he says.

But that year, Henson entered Williams into the Cosford Games, only letting him know once the entry was accepted. Williams won that and went on to lift the AAA Indoor long jump title, at the first attempt, at the age of 31. Quite a late start to senior honours by anyone's standards.

"That's why I've never taken it that seriously. I didn't think I was getting anywhere. I've been surprising myself all the time," he says.

The following year Williams earned himself a place at the Olympics, but because of his faith, he chose to compete in the 100 metres instead of the long jump, which was staged on a Sunday. He has also missed out on the European and World Indoor Championships for the same reason. "I would have loved to have jumped in the Olympics," he says, but reckons that the Commonwealth Games in Auckland will make up for that. "This is my Olympics."

Williams was named in the first round of selection for the English Commonwealth team after finishing third in the long jump at the AAA Championships to Stewart Faulkner and John King. But getting there wasn't as straightforward as it might have seemed.

While running in the semi-final of the 100 metres on the Friday evening, Williams pulled an abductor muscle, though still qualifying for the final.

Fact File

Name: Barrington Williams.
Date of birth: 11th Sept 1955.
Height: 5ft 9¾in/177cm.
Weight: 11st 2lbs/70kg.
Adviser: Alan Jones.
Club: Wolverhampton and Bilston.
Personal best: 8.05i (89); 8.01 (89)
Championship performances: (Long jump except where stated):
1988 Olympics – 100m first round.
AAA Championships – 3rd 1989 (6th 100m); 3rd 100m '88; 7th '87.
AAA Indoors – 1st 1989; 2nd '88; 1st '87.

"I wanted to pull out, but I was told that I couldn't. I ran the final slower than the semi, then the next day I had the long jump. I couldn't pull out of that, it was the trial," he says.

"The trial system doesn't suit everybody, but I proved you can do it. I managed to scrape by," Williams says. "I was happy with that. But I was in pain."

It took nearly a month for Williams to recover from the injury, following intensive physiotherapy treatment. "I thank the IAC for paying the physio costs. I'm very grateful for that," he says.

Cloud

With all the tongue-in-cheek, poetic skills of the summariser on ITV's *Blind Date*, he reveals his Commonwealth medal hopes: "I'm going to be bronze in the sun, every cloud has a silver lining, and I've got a golden opportunity to prove it."

With that thought in mind, the man who thinks he's "too old" to go for Lynn Davies' long-standing British long jump record (8.23 set in 1968) jets south. He travels on 3rd January, after a December holiday in Nigeria, visiting his sister who married a Nigerian and is a nurse in Lagos.

"Last year, if I hadn't got injured, I fancied the record," he says. He tips one of the crop of young British jumpers, Stewart Faulkner, Paul Johnson, Mark Forsythe and Ian Simpson, to get the record soon. Williams himself will be looking for a place in the Europeans next year, but doesn't see his athletics future stretching an awful lot further. By the time he finishes his studies, in 1992, he will be 36. "I think I'll be retired by then, or probably just running for a club," he says.

Nevertheless, the man for whom "athletics was only a way of keeping fit", will have achieved what he sees as respectability, courtesy of his 8.05m jump at Cosford last February, the first Briton to jump over eight metres indoors.

"I didn't want to call myself a long jumper until I jumped eight metres. Now I can."



Williams: first Commonwealth Games, at the age of 34.

RESULTS...

YOUR GUIDE TO THE BEST OF THE WEEKEND'S ACTION

■ ROAD

■ Heaton Harriers Memorial Races, Newcastle, 12th November

Mick McLeod suffered an unaccustomed second reverse in successive weeks when Kevin Forster broke clear in the later stages **reports Brian Kirkley.**

"I thought Micky was just going to sit in and wait to outkick me but when he took the lead I thought he must be struggling so I made a break" Forster reflected after storming home 200yds clear. The marathon international now concentrates on the country after winning his first road race since June 11. He will line up at the race in Gateshead on 26th and aims for a place again in the World Championships team but delayed in his London marathon plans and expressed his satisfaction with the selectors policies on the marathon. "The athletes had a meeting with Alan Warner on October 8th about picking the first two or the winner from the trials and he said he would forward our views to Frank Dick but we have heard nothing yet" Forster said. McLeod was not despondent about his defeat stating "I just cramped up at five miles. I need more races to get fully fit but Kevin ran very well". Geoff Turnbull made the first decisive move after two miles in the 10km event taking McLeod with him as Forster dropped off the pace but after passing the 5km mark at half way in 14:29 the trio were stride for stride. With Paul Urwin a detached fourth ahead of Paul Naisbitt, Paul Campbell and Chris Lees, the race was now between the three leaders McLeod headed Forster with Turnbull fading before Forster's break in the last mile conclusively decided the issue while Turnbull closed to three seconds on McLeod who eased up considerably on the run up. Elswick had Chris Lees fourth, and the six counters inside 47, finishing 54 points ahead of Morpeth in the team race. Eric Appleby recorded 35:28 clipping 12 seconds off his own British record for the 57 year old in the veterans race where Jim Bell won by 34 seconds.

Men (10km)

1, K Forster (Valli)	29:05;
2, M McLeod (Els)	29:44;
3, G Turnbull (Valli)	29:47;
4, C Lees (Els)	30:00;
5, P Naisbitt (High)	30:05;

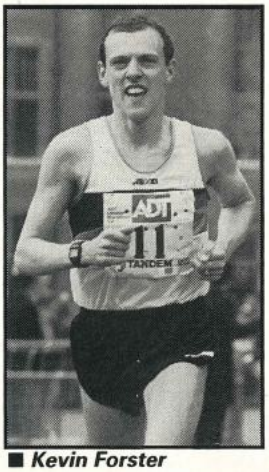
6, R Smedley (Gates) 30:13; 7, D McTear (Gates) 30:14; 18, P Urwin (Valli) 30:16; 9, P Campbell (Sund) 30:17; 10, M Humble (Gos) 30:22; 11, C Naisbitt (Sund) 30:30; 12, K Bell (Blay) 30:31; 13, C Turner (Tynedale) 30:34; 14, D Slipper (J&H) 30:40; 15, M Pearce (Newc P) 30:49; 16, J Lucas (Wallsend) 30:59; 17, P Wright (Morp) 31:03; 18, P Embleton (Dur) 31:04; 19, P Casey (C-le-Str) 31:07; 20, C Marshall (Camb) 31:08.

Teams: 1, Elswick 159; 2, Morpeth 213; 3, Gateshead 276.

Vets: (10km)

1, J Bell (Els)	31:56;
2, R Higham (Tynedale – V45)	32:30;
3, P Kelly (S Sh)	32:42;
4, D Robinson (Blay)	32:51;
5, J Peacock (N Shields)	33:14;

6, B Smith (Morp) 33:19; 7, P Page (J&H) 33:22; 8, P Bentley (Morp) 33:29; 9, P Lancaster (N Shields – V45) 33:32; 10, C Bolton (Els V45) 33:42.



■ *Kevin Forster*

V50 – 1, R Checkley (Heaton) 35:13; 2, G Smith (Gates) 35:14; 3, J Walker (Heaton) 35:19.

V55 – E Appleby (Heaton) 34:28.

Teams: 1, North Shields 44; 2, Morpeth 53; 3, Gosforth 107.

Juniors (5km) – 1, I Hudspith (Morp) 14:55 (Record); 2, M Threadgill (Middles – Cleve) 15:07; 3, P Gardner (Els) 15:20; 4, G Curruthers (C-le-St) 15:35; 5, M Taylor (Sund) 15:37.

Teams: 1, Heaton 30; 2, Sundeland 33; 3, Morpeth 40.

Youths (5km) – 1, P Solomon (Sund) 15:42; 2, D Jennings (Darl) 15:47; 3, S Scott (C-le-St) 15:59; 4, P Morgan (Wallsend) 16:04; 5, J Stirling (Darl) 16:16.

Teams: 1, Jarrow & Hebburn 25; 2, Sunderland 28; 3, Elswick 45.

Boys (3km) – 1, P Wilson (Wall) 9:17; 2, C Hilton (Ch-le-St) 9:22; 3, D McCartney (Wallsend) 9:23; 4, L Morgan (Wallsend) 9:30; 5, S Mason (Morpeth) 9:38.

Teams: 1, Wallsend 8; 2, Sunderland 21; 3, Jarrow & Hebburn 47.

Colts (3km) – 1, M Nolan (Cram) 10:29; 2, E Gould (RGS) 10:41; 3, A Gill (Cram) 10:45; 4, D Swinburn (Cram) 10:49; 5, C Old (Houghton) 10:58.

Teams: 1, Cramlington 8; 2, Gateshead 31; 3, Blaydon 52.

Women (5km) – 1, S Hogg (Blay) 17:38;
2, S Shield (Chest-le-Str) 17:47;
3, K Gill (Cram – I) 19:59;
4, D Hillen (Blay) 18:01;
5, S Kay (Loftus) 18:15;

6, J Russell (Els) 18:29; 7, S Kirkup (Dur – V) 18:32; 8, S Priest (Morp – I) 18:43; 9, P Adamson (N Shields) 18:45; 10, L Marr (Tynedale) 18:52.

Teams: 1, Blaydon 25; 2, Durham 49; 3, Houghton 52.

Girls (3km) – 1, N Osborn (Morp) 10:37; 2, A Foster (Morp) 10:45; 3, J Kitching (Gates) 10:49; 4, J Barnett (N Shields) 10:50; 5, O McBeth (N Shields) 10:51.

Teams: 1, Morpeth 11; 2, North Shields 16; 3, Chester-le-Street 33.

Minors (3km) – 1, H Todd (Gates) 10:53 (Record); 2, K Matthews (M&C) 11:01; 3, A Remble (N Shields) 11:06; 4, K Ottosson (Chest-le-Str) 11:16; 5, K Foreman (Els) 11:26.

Teams: 1, North Shields 17; 2, Chester-le-Street 29; 3, Morpeth 33.

■ Phoenix Road Races, Preston Park, 12th November

In a close-fought senior race over 7.5k, encompassing four laps of the park, 23-year-old Mark Howard just got the better of 39-year-old Peter Standing, **reports Martin Duff.**

Standing, running his best race for more than three years and post injury, looked full of running, as he brought back memories of his epic battle with Steve Ovett over the same course in 1983. Then, Standing led all the way only for Ovett to sprint clear for the course record of 21:01, which still stands.

Again, Standing led with the Howard twins, Lee Benjamin, Mike Smith and Chris Nicholson tucked in, but with 1½ laps to go Mark and Kevin looked ominous. Mark made his effort with 1½k to run, Kevin and Standing were half-hearted about covering the break, and the race was over.

Benjamin in fourth got the better of new comer Smith who faded near the finish but the Brighton lad's tactics can be forgiven when it is realised that he is in his first year of running.

In the earlier youths' race, the Tonbridge squad was well to the fore as David Robinson just got the better of Matthew Skelton, both coached by Mike Rowbottom.

The women's race saw the Howards' sister Tracy Strochacker lead all the way, then win by 60 yards over Crawley club colleague Lisa Lewin. There was another Tonbridge twinkling starlet in junior women's 3k as Donna Colston won in a canter.

Men –

1, M Howard (Phoe)	22:24;
2, P Standing (WSE)	22:31;
3, K Howard (Phoe)	22:36;
4, L Benjamin (TVH)	22:44;
5, M Smith (B&H)	22:57;

6, C Nicholson (Langst) 23:11; 7, M Ingram (E&S) 23:30; 8, P Fisk (Sussex Un) 23:41; 9, M Caira (Hails) 23:46; 10, C Butterfield (Craw) 23:58; 11, D Bond (Wok) 24:04; 12, S Evans (Arena) 24:12; 13, J Baths (Hav) 24:14; 14, D Streeter (HBS) 24:16; 15, T Atkin (HBS) 24:18; 16, J Jeffries (Langst) 24:20; 17, B McClaren (Craw) 24:21; 18, M Reeves (Bex H) 24:30; 19, P Colucut (Phoe) 24:38; 20, A Weatherall (HBS) 24:39.

Youths 4000m – 1, D Robertson (Ton) 11:22; 2, M Skelton (Ton) 11:25; 3, M Duncan (Wok) 11:40; 4, S Jones (R&S) 11:46; 5, J Ellis-Smith (Dork) 11:48; 6, G Hudson (Ton) 12:14; 7, R Lacey (Phoe) 12:25; 8, T Wood (Phoe) 12:27; 9, A Lloyd (Dork) 12:28; 10, M Kimminds (B&H) 12:30.

Boys 3000m – 1, J Fraser (Hast) 9:10; 2, P Holdham (Hay H) 9:28; 3, H Cossell (Inv) 9:30; 4, L Short (Hors) 9:32; 5, A Bennett (Ton) 9:36; 6, G Reidy (Ton) 9:48; 7, S Rees-Jones (B&H) 9:48; 8, W Grant (Inv) 9:55; 9, J Cooper (R&T) 9:57; 10, L Kemp (Phoe) 9:58.

Colts 2000m – 1, D Holbert (Dork) 6:40; 2, A Jones (R&S) 6:50; 3, S Young (R&S) 6:54; 4, M Tucknott (Phoe) 6:58; 5, R Aspden (E&E) 6:59; 6, D Pile (Worth) 7:04; 7, R Clarke (Ton) 7:06; 8, D Trice (Ton) 7:16; 9, G Watkins (R&S) 7:17; l0, J Hanlan (Ton) 7:17.

Minor Colts 2000m – 1, S Woolley (GEC) 7:13; 2, T Hicks (Phoe) 7:19; 3, M Michel (E Grin) 7:22; 4, D Liddle (Wok) 7:23; 5, J Connell (Craw) 7:28; 6, G Bourne (Coll) 7:30; 7, J Parker (Craw) 7:37; 8, A Wells (Phoe) 7:43; 9, J Drake (Coll) 7:50; 10, J Hilston (E&E) 7:55.

Women 3000m – 1, T Strohacker (Craw) 9:56; 2, L Lewin (Craw) 10:07; 3, C Killick (Hors) 10:30; 4, J Gardener (Arena 80) 10:38; 5, K Laughton-Zimmerman (Ton) 10:54; 6, M Czjetic (Phoe) 11:09; 7, C Naylor (Arena 80) 11.11; 8, P Morrall (B&H) 11:16; 9, V Bacon (B&H) 11:22; 10, S Eldridge (R&T) 11:32.

Inters 3000m – 1, D Gould (Phoe) 10:11; 2, K Alen (Worth) l0:32; 3, D Stillman (R&T) 10:42; 4, K Bell (B&H) 10:57; 5, Z Beardsley (Phoe) 11:05; 6, J Cheeseman (Lang Gn) 11:05; 7, T Martin (Ton) 11:27; 8, J Beck (Arena 80) 11:27; 9, R Blackwell (B&H) 11:37; 10, S Boyce (Craw) 12:07.

Juniors 3000m – 1, D Colston (Ton) 10:17; 2, A Ingram (B&H) 10:29; 3, P Fowler (Craw) 10:49; 4, E Hawkes (Craw) 11:13; 5, E Weiss (Chich R) 11:19; 6, S Stoddard (Hol Sp) 11:29; 7, L Heather (Worth) 11:41; 8, S Torrens (Worth) 11:45; 9, S Keast (Ton) 11:47; 10, K MacAulay (R&T) 11:49.

Girls 2000m – 1, M Boxall (Craw) 7:23; 2, C Kemp (Phoe) 7:24; 3, S Penstone (Wave) 7:29; 4, L Durn (Phoe) 7:40; 5, J Larch (M&S) 7:42; 6, T Maher (M&S) 7:44; 7, A Crouch (M&S) 7:46; 8, E Raffles (Craw) 7:49; 9, J Connell (Craw) 7:52; 10, I Webb (Lang Gn) 7:53.

Minors 2000m – 1, C King (B&H) 7:56; 2, S Maskell (Phoe) 8:03; 3, N Bristow (Phoe) 8:04; 4, L Murrell (Unatt) 8:16; 5, E Scott (Ton) 8:31; 6, K Lindsey (Padd Wd) 8:35; 7, H Daws (M&S) 8:44; 8, A Rose (Lang Gn) 8:47; 9, L Parker (Hol Sp) 8:50; 10, A Russell (Dork) 8:53.

Rochester Half-marathon, 12th November

Graeme Saker, GEC Avionics 28 year old 1988 Southern 1500 metres champion showed good strength to win the Rochester Half marathon **reports Steve Smythe.** The Saker family provided two of the first four as brother Andy, running in Tipton colours, finished just over two minutes down. Despite the first two, GEC lost out in the team race with fifth placer Steve Wade leading Dartford to victory. Vets winner Martin Rouse had a minute to spare over Roger Maxwell while the women's race was much closer with Elaine Buckley defending her title just nine seconds ahead of Myra Garrett.

Men –

1, G Saker (GEC)	1:08:18;
2, J Roots (GEC)	1:08:58;
3, M Limbourne (Med)	1:09:00;
4, A Saker (Tip)	1:10:26;
5, S Wade (Dart)	1:11:08;

6, S Hay (Dart) 1:11:09; 7, M Rouse (Invicta (V40) 1:12:02; 8, D Philpott (RAF) 1:12:12; 9, L Scott 1:12:49; 10, D Darby (Camb H) 1:12:51; 11, R Maxwell (Fourbanks (V40) 1:13:06; 12, B McCarthey 1:14:05; 13, R Poultney (Meadowside) 1:14:42; 14, I Walking 1:15:05; 15, H Bell (Dart) 1:15:19.

V40 – 3, T Harrington (Med) 1:09:29.

V45 – 1, G Jenkins (Thanet) 1:09:22.

V50 – 1, T Pagram 1:25:40.

Teams – 1, Dartford 26; 2, Medway 36; 3, Maidstone 96.

Women – 1, E Buckley (Hastings (V40) 1:27:25; 2, M Garrett (Thanet) 1:27:34 (V35); 3, M Smith (V50) 1:31:48; 4, J Fraser (Invicta) 1:32:14; 5, M Smith (Gravesend (V35) 1:23:02.

■ Purbrook, 6 Mile 12 November

Nigel Gemmell, Southampton's stylish road runner, broke away from Mike Bliss on the last hill on Sunday morning, **reports Martin Duff.**

Gemmill had earlier shadowed Overton's Bliss in company with Adam Bridge, Dai Roberts and Alastair Ewing before breaking away with Blissard Bridge. "Mike Bliss did 90% of the leading," said Gemmell after the race. "We got away from Adam at five miles and then I went clear just before the finish".

Opening miles of 4:57 and 4:49 saw the leaders to half distance in 14:57, but the undulating nature of the course, plus the wind, slowed times in the second half.

Zina Marchant had a comfortable 2½ minute cushion over last years' women's winner Jane Baugh. Marchant's 33:55 was another PB and she puts her improvement down to a diagnosis of anaemia which is now corrected by iron tablets.

Vicki Buckner narrowly held off June Jones for third.

Men:

1, N Gemmell (South C)	30:05;
2, M Bliss (Over)	30:10;
3, A Bridge (GEC)	30:15;
4, D Roberts (Port J)	30:45;
5, A Ewing (Stubb)	31:00;

6, M Duff (AFD (V45) 31:52; 7, D O'Brien (Port J) 32:04; 8, N Hefferman (Port J) 32:05; 9, T Duggan (Hav) 32:07; 10, P Guest (Port J) 32:11; 11, V Stamp (Ports) 32:19; 12, W Beardsmore (Hard) 32:28; 13, J Jones (South C (V) 32:4; 14, K Pitt (Ports)

Weekend round-up

COMMONWEALTH Games aspirants were in evidence this weekend flexing their muscles in preparation for the Auckland trip.

Birchfield's Derek Redmond made a successful return to competition after a summer dogged by injury. At Cosford's first indoor meeting of the winter, the 24-year-old won the first heat of the 60 metres in 7.0 seconds.

David Nelson, coached by Charles Taylor at nearby Aldersley stadium, was another athlete preparing himself for the trip 'down under'. The Wolverhampton and Bilston high hurdler returned the fastest time in the 200 metres. Running in the tight second lane, Nelson recorded 22.6 seconds, one tenth quicker than Birchfield's Mark Thomas.

Most impressive performance of the meeting was by Karen Hutcheson in the 1500 metres. The Scottish international's winning time of 4:17.2 was 20 seconds clear of the runner-up.

Birchfield's Nick Pearson won the junior 800 metres race in a time that would have won the senior equivalent. Disappointed to have missed out on a place in the British European Junior team that competed in Varazdin, Pearson will be looking to execute his revenge on the Wigan pair, Craig Winrow and Paul Burgess, during the indoor season.

Highlight on the road was the Heaton Harriers Memorial Road race. In the absence of Steve Cram, who prefered a golfing weekend on the Algarve, Mike McLeod was expected to collect the spoils. However, cramp at eight kilometres let in Valli Harrier and Seoul Olympian, Kevin Forster.

The weekend didn't pass by without a world record. Jose Waller's 45:37 in the London Road Runners Trophy 10K was an age 65 best - the race was won by marathon man, Hugh Jones in 29:51.

32:49; 15, P Western (Hav (V) 32:56; 16, P Carter (South RR) 33:00; 17, R Pearson (South RR (V) 33:13; 18, G Finch (RNAC) 33:16; 19, A Davies (Hav) 33:30; 20, M Wise (Port J) 33:32.
Further Vets:
M40: 4, A Heath (Port J) 34:34; 5, J Arman (Stubb) 34:35.
M45: 2, M Parry (Over) 34:36; 3, B Mills (Hav) 34:39.
M50: 1, B Bennett (Winch) 35:38; 2, A Marsh (Port J) 35:48; 3, R Gouls (Wessex) 36:15.
M55: 1, B Ward (Ports) 36:41; 2, J Brothers (Ports) 37;16; 3, A Toomer (Lords) 38:07.
M60: 1, J Bennett (Port J) 44:56.
Mens Team: 1, Portsmouth J 25; 2, Havant 43; 3, Portsmouth AC 61; 4, RNAC 63.
Women –
1, Z Marchant (Bath V) 33:55; 2, J Baugh (Andov (V) 37:24; 3, V Buckner (Hav) 38:06; 4, J Jones (Ports (V40) 38:16; 5, P Spurge (Ports J) 38:25; 6, A Norris (Ports) 38:32; 7, K Newall (Port J) 38:37; 8, K Fielan (Unatt) 38:51; 9, S Nutland (Port J) 39:03; 10, M Collins (Hav) 39:37; 11, H Fielan (Unatt) 39:50; 12, A Willis (Andov) 39:53.
Team: 1, Ports J 21; 2, Portsmouth AC 23; 3, Havant 28.
Further Vets: 4, M Townsend (Ports (V40) 40:15; 5, J Rowntree (Ports (V50) 42:40; 6, R Grover (Andov (V45) 43:26; 7, J Dymock (Port J (V40) 45:41; 8, E Quinton (Harsh J (V60) 47:41.

■ Devizes 10km 12th November

Men

1, T Hughes (WHH)	32:00;
2, B Newlands (Dev)	32:10;
3, D Vittlef (Swin)	32:29;
4, T Alden (Bath)	33:12;
5, E Taylor (WHH)	33:51;

6, C Tomas (Neath) 33:52; 7, W Bratty (Glouc – V40) 33:54; 8, J Woodhouse (Bath) 33:57; 9, R Frame (WHH) 34:25; 10, S Golding (Swind RR) 34:27.
V40 – 1, J Green (Warm) 35:18.
Team – 1, White Horse.
Women – 1, D Hoare (B'stoke) 34:52; 2, L Harrison (Bristol) 38:58; 3, L Brown (Avon) 41:14.
V35 – 1, M Yallop (West) 44:06; 2, A Bull (Avon) 45:17; 3, M Burke (W Basset) 47:22.

■ LRRC 10km Battersea Park 12th November

Men

1, H Jones (Run Nd)	29:51;
2, G Wade (Gate)	30:02;
3, A Mason (Barn)	30:20;
4, T Maher (Lon I)	30:39;
5, G Tuck (HW)	30:41;

6, D Moran (Serp) 30:51; 7, M Smith (Rane) 31:40; 8, G Meridith (Run Nd - V40) 31:47; 9, A Harran (HHH) 31:57; I0, R Ozikowski (LRRC) 31:58; 11, B Brown (HHH) 32:04; 12, T Nash (Unatt) 32:16; 13, A Norman (HHH) 32:17; I4, D Austin (Run Nd - V40) 32:18; 15, C Wagner (High) 32:31; 16, R Hill (Lynn) 32:31; 17, P Sugden (Read - V40) 32:47; 18, K Allam (Serp) 32:59; 19, S Donnelly (Run Nd) 33:06; 20, D Whittaker (Oxf U) 33:14.
Team: Runners Need 42.
Women – 1, C Dowling (LRRC) 37:17; 2, J Gilbert (TH&H) 37:44; 3, T Neale (Unatt) 38:16. **V35** - C Oxton (London RR) 38:43. **V65** - J Waller (Wat J) 45:37 (World Best for age).

■ Night time Flyer, Ragland AFC 7, 12th November

Men –

1, J Holes	36:39;
2, R Morris	36:59;
3, D Reece	37:55.

V40 – R Morris 36:59.
Women – S Simmonds 44:53.
V35 – J Smith 47:05.

■ Kidderminster 10km 12th November

Men

1, P Dalloway (Stour)	31:04;
2, A Knock (Hales)	31:45;
3, T White (Tip H)	32:14;
4, R Cudworth (Hales)	32:25;
5, S Millington (Hales)	32:54;

6, A Banham (Hales) 33:01. **Team:** Halesowen. **V40** - J Bailey (Tip) 33:59.
Women – 1, Y Hill (Telf) 41:27; 2, G Graham (Hales) 41:46; 3, S Cox (Worcs) 41:48; 4, S Dukes (Amaz F) 43:27; 5, M Mills (Amaz F) 43:32; 6, M Niblet (Sand) 44:06. **V35** – S Cox.
Team: Halesowen.

■ Tainbridge 4 × 4 mile Relay, 12th November

Men – 1, Exeter 81:38; 2, Ply 82:52; 2, Taunton 83:54; 4, Tor 85:20; 5, Keyhem Plodders 85:24; 6, Somer 85:27; 7, Yeovil 85:50; 8, Minehead 86:05; 9, Tavistock 86:37; 10, Exeter U 86:55.
Fastest lap: 1, A Pritchard (Exeter U) 19:42.
Vets: 1, Torbay 89:17; 2, Ply 89:21; 3, Yeovil 91:11.
Women – 1, Torbay 106:28; 2, Torbay B 108:53; 3, Exemouth 109;59; 4, S West RR 112:16; 5, Exe 113:31; 6, Mine 116:56; 7, **Fastest Lap** – A Wallace (Torb) 20:56.

■ Victoria Park Races, Bath, 11th November

Former Westbury Harrier Andy Crane – now with Highgate Harriers comfortably won the Victoria Park Four Mile Road Race pulling away from the field on the last of the five laps course. Bristol's Martin Hula was just pipped to a sprint finish for 2nd by Bath's Dave Cowan but with Chris Slowly 4th and Gary Butler 5th, Bristol easily won the team event. In the women's race Swindon's Debbie Gunning was never challenged and finished 40 seconds clear of Bath's Sue Holman. Clevedon took the team title lead with Simmonds (fourth) and Burston (fifth).

Men

1, A Crane (High)	19:31;
2, D Cowan (Bath)	19:36;
3, M Hula (Bristol)	19:44;
4, C Slowly (Bristol)	19:39;
5, G Butler (Bristol)	19:57;

6, J Emery (Clevedon) 20:02; 7, A Henderson (Bristol) 20:06; 8, M Spencer (Swin) 20:09; 9, D Keepon (Bath) 29:18; 10, M Rideout (Frome) 20:20.
V40 – 1, D Fairbrath (Kent) 20:55; 2, K Pike (Kent) 21:05; 3, W Atkinson (Clevedon) 21:47.
Teams – 1, Bristol 12; 2 Bath 32; 3, Clevedon 69; Frome 74.
Youths – 1, L Plowright (West) 17:21; 2, S Cartwright (Bath) 17:51; 3, A Balson (West) 18:02.
Team – 1, Westbury 12; 2, Bath 23.
Boys – 1, D Povall (Newport) 13:25; 2, D Goodger (Newport) 13:40; 3, G Davy 13:54.
Team – 1, Newport 12; 2, Westbury 15; 3, Frome 58.
Colts – 1, I Slater (Westbury: 9:46; 2, I Ferns (Westbury) 9:48; 3, S Harris (Bristol) 9:52.
Team – 1, Westbury 9; 2, Bristol 25; 3, Clevedon 36.
Women –

1, D Gunning (Swindon)	23:14.
2, S Holman (Bath)	23:59;
3, V Stevens (Reading)	25:28;
4, E Simmonds (Cleve)	26:04;
5, L Burston (Cleve)	26:16;

6, S Baijent (Bath Univ) 26:27; 7, L Brown (Avon) 26:38; 8, E Holgate (Bath) 27:03; 9, J Nutting (Thornbury) 27:11; 10, K Bolton (Bristol) 27:14.
Team – 1, Clevedon 24; 2, Somer 50.
V35 – 1, J Fare (Avon) 28:28; 2, D Millikin (Western) 31:17; 3, D Butler (Somer) 35:06.
Girls – 1, A Styles (Chipp) 9:57; 2, V Kirk (Wells) 10:05; 3, K Francis (Wells) 10:15.
Teams – 1, Wells 9; 2, Nailforth 21.
Minors 1, R Long (B'mth) 10:24; 2, P Gowing (Bristol) 10:52; 3, N Phillips (Westbury) 11:05.
Team – Whitfield Sch 23.

■ Fireworks 5, Stamford, 12th November

Men

1, G Storrie (C&C)	24:34;
2, T Yeo (Lough)	24:43;
3, M Randall (Ver)	24:47;
4, R Church (NVH)	25:01;
5, N Liverton (S&D)	25:34;

6, S Bogg (Peter) 25:57; 7, D Redmond (NVH) 25:59; 8, M Nelson (C&C – V45) 26:09; 9, I Fairclough (C&C) 26:11; 10, D St Clair Maynard (Bel) 26:12; 11, D Hart (S&D) 26:15; 12, I Mitchell (S&D) 26:35; 13, R Marshall (Holb) 26:36; 14, R Pritchard (NVH) 26:39; 15, M Ludlam (Holb) 26:42; 16, C Tomlin (NVH) 27:26.
V45 – 1, M Nelson (C&C) 26:09; 2, D Smith (S&D) 28:16; 3, J Hogdon (Grims) 28:19.
V50 – 1, H Pyecroft (Stilt St) 28:22; 2, E Faberton (C&C) 28:17; 3, P Edmonds (Eye) 30:50.
V55 – 1, A Hughes (Notfas) 28:39; 2, D Linton (Werr J) 29:23; 3, L Wolfe (Bed) 29:48.
Teams –1, Cambridge & Coleridge 40; 2, Nene Valley H 42; 3, Stamford & Deeping 71.
Vets teams – 1, Nene Valley H 71; 2, Nene Valley H 129; 3, Werrington Joggers 195.
Women – 1, J Packman (C&C) 30:21; 2, F Burnett (Werr Joggers) 30:55; 3, J Bath (Stilton) 31:26; 4, B Pickersgill (Friskney) 31:40; 5, G Baldry (Werr J) 32; 15.
V35 – 1, P Clark (Hunts) 33:41; 2, P Osbourne (Eye) 37:40; 3, L Oswin (Eye) 39:54.
V40 – 1, J Norris (Frisk) 33:51; 2, P Haynes (Werr J) 34:22; 3, J Chapel (Thorn) 37:56.
V45 – 1, M Everett (Werr J) 35:55; 2, G Pritchard (Eye) 37:40; 3, J York (Mid Vets) 39:11.
Teams – 1, Werrington Joggers 433; 2, Werrington Joggers 649; 3, Eye 670.

■ Ross Shield 6 Mile Road, Tiverton, 11th November

Men

1, R Wise (Ply)	28:30;
2, R Butler (Bideford)	30:04;
3, G Seaward (Exe)	30:24;
4, G Cook (Torb)	30:32;
5, A Amraui (Exe)	30:35;

6, R Williams (Exe) 30:40; 7, J Johnston (Ply V40) 30:55; 8, W O'Donnell (Torrington) 31:02; 9, G Manning (Ply) 31:09; 10, K Hodgekins (Torrington) 31:10.
Teams – 1, Exe 69; 2, Bideford 95; 3, Ply 114.
V40 – 2, M Hewer (Exe) 32:14; 3, C Abrahams (Exe) 33:04.
V50 1, Exe 185; 2, Torb 209; 3, S West RR 220.
Women – 1, C Bolton (Tiverton) 38:31; 2, B Paine (Tiv) 39:42; 3, E Higgins (Bideford – V35) 40:50.
V35 – C Armstrong (S West) 42:23.

■ Tittensor 10 Miles, Stoke-on-Trent, 11th November

Gary Hewitt finished the season on a high note by taking the Tittensor 10 title after a powerful display of committed front running.

The PMAC ace so often runner up this season declared his intentions from the outset by hitting the front from the off. On the tortuous climb past Beech Caves for the first time he accelerated clear of Eddie Whitaker and Road Runner champion Andy Heathcoate to establish a 20 seconds lead. He stormed on alone to extend his winning margin to over 50 seconds at the finish.

PMAC's Charlotte Goodwin completed an excellent club double as she indicated her growing potential with her first major road race win relegating several of her more illustrious rivals to the minor placings.

Men

1, G Hewitt (PMAC)	52:36;
2, E Whitaker (Utt RR)	53:25;
3, A Heathcoat (SMAC)	54:46;
4, N Stone (SMAC)	55:01;
5, R Carp (Stoke)	55:07;

6, A Simpson (PMAC) 55:13; 7, M Smith (Newc – V40 55:22; 8, T Owen (S Chesh) 56:00; 9, M Mountford (Staffs H) 56:18; 10, C Thorley (Milton AC) 56:21.
V40 – 2, J Whalley (Maccles) 57:04; 3, S Law (PMAC) 58:25.
V45 – B Dale (Newc) 58:13.
V50 – A Maxwell (Mitchelin) 57:30.
Women – 1, C Goodwin (PMAC) 64:40; 2, K Harris (Bollington) 65:16; 3, D Fellowes (C&S – V40) 67:29.
NSRRA 1989 Group Winners
A Group – A Heathcoat (SMAC)
B Group – P Goodwin (Newc)
C Group – A Thompson (Michelin)
D Group – P Coupe (Mich)
E Group – S Broome (PMAC)
Vets – V Group – P Wakefield (Steel C)
X Group – S Law (PMAC)
Z Group – B Ellans (Mich)
Women – L Group – C Kilkenny (C&S)
M Group – A Cofker (South Chesh)

■ Isle of Man League Round 2, 12th November

Men 5 miles –

1, S Patton (Liver U)	25:08;
2, P Clarke (Manx)	26:55;
3, R Cox (Manx)	27:14;
4, K Collister (Manx)	27:43;
5, P Cain (Bound H)	27:51;

6, P Curphey (Bound H) 28:02; 7, M Lambden (Bound H) 28:22; 8, F McTal (West) 28:53; 9, J Leece (North) 29:26; 10, B Goldsmith (Bound H) 29:52.
Team: 1, Manx 22; 2, Boundary H 28.
V40 – 1, C Halsall (Manx) 27:54; 2, D Corkhill (Bound H) 29:14; 3, I Ellis (Manx) 29:31.
Youths 3 miles – 1, M Jackson (Manx) 16:41; 2, N Cleague (Manx) 17:20.
Boys 2 miles – 1, J Martin (South) 10:51; 2, K Murray (Manx) 11:43; 3, S Hawkins (South) 12:20.
Colts 2 miles – 1, P Jackson (Manx) 12:25; 2, A Murray (Manx) 12:56; 3, R Rotherham (Bound H) 13:03.
Women 3 miles – 1, B Walker (West) 16:54; 2, C Prescott (West) 18:04; 3, S Quirk (West) 19:16.
V35 – 1, I Corlett (Bound H) 20:59; 2, D Wilson (Manx) 21:48; 3, C Joughin (Bound H) 25:32.
Team: 1, Boundary H 28.
Inters – C Johnston (West) 21:05.
Girls 2 miles – 1, T Lees (Manx) 14:08; 2, L Moore (Manx) 14:39; 3, J Renard (North) 14:40.

■ Eric Andrews Memorial Races, Banbury, 12th November

Men –

1, E Twohig (Leam)	32:07;
2, M Leech (Ban)	33:22;
3, A Hart (Leam)	33:46;
4, N Smith (Leeds)	33:56;
5, R Gardner (Woods)	33:58;

6, C Rutland (Ban-V40) 34:08; 7, M Chapfield (Ban) 34:40; 8, P James (RSC) 34:44; 9, C Sykes (Witney) 34:44; 10, J Stone (Rug) 34:58.
Team: Banbury 15.
Youths – 1, M Proctor (Strat) 19:39; 2, C McGuire (Dav) 19:44; 3, J Tilley (Chelt) 20:43; 4, S McGuire (Dav) 20:58; 5, M Tibbles (Chelt) 21:06.
Team: Cheltenham 14.
Boys – 1, D Bullock (SB) 12:53; 2, H Dodwell (Eve) 12:54; 3, M Young (Witney) 13:07; 4, D Tripe (Ban) 13:13; 5, R Davidson (SB) 13:18.
Team: Shaftesbury Barnet 12.
Colts – 1, M Clarke (Dav) 10:49; 2, R Stephens (War Sch) 10:50; 3, A Inchley (L Buzz) 11:05; 4, S Worr (Leam) 11:21; 5, R Pullen (Chelt) 11:28.
Team: Rutland 21.
U11 Boys – 1, A Degge (Upt St Leon) 6:16; 2, T Gardner (Wick P) 6:24; 3, M Matthews (Glouc) 6:26; 4, T Smalley (Coal) 6:28; 5, J Adams (Upt St Leon) 6:28.
Team: Upton St Leonards 13.
Women – 1, M Harries (Uxb) 23:57; 2, S Tawney (Leam) 24:04; 3, R Andrews (Ban) 24:24; 4, S Ogilvy (Rad) 24:41; 5, K Murphy (Leam) 24:44.
Team: Banbury 20.
Inters –1, B Young (Glouc) 24:15; 2, M Hastings (Nun) 24:35; 3, M Raimondi (Radley) 25:39; 4, S Winter (Ban) 26:13; 5, J Hinchcliffe (Rad) 27:25.
Team: Radley 19.
Girls – 1, E Graysmark (Glouc) 14:39; 2, E Merchant (Eve) 15:08; 3, T Wilding (Bir Bor Sch) 15:48; 4, S Gough (Rad) 15:55; 5, S Marks (Uxb) 16:06.
Team: Uxbridge 22.
Minors – 1, N Slater (Rad) 11:10; 2, C Dyall (Nun) 11:18; 3, C Matchett (Coalville) 11:55; 4, K Thorp (Dav) 12:04; 5, E Manley (Ban) 12:15.
Team: Headington 30.
U11 Girls – 1, K Jack (Ban) 6:22; 2, C Miller (Rutland) 6:30; 3, K Doherty (Chelt) 6:40; 4, S Marsh (Moorfield Sch) 6:41; 5, D Varley (Head) 6:41.
Team: Solihull 21.

■ Wessex League, Weymouth, 12th November

Men –

1, M Campbell (Win)	25:33;
2, – (Team Solent)	26:45;
3, J Crane (Win)	26:46;
4, J Pullman (Newb)	27:06;
5, K Harris (Atlanta F)	27:25;

6, P Gibbins (Atlanta F) 27:33; 7, G Cantle (Atlanta F) 27:41; 8, M Dennison (Over) 27:45; 9, M Thomas (Poole R) 27:48; 10, P Brackett (Kid) 27:50.
Team: 1, Atlanta Fareham.
Vet – 1, J Bolton (Wey) 28:20; 2, J Shields (Swin) 28:58; 3, K West (Newb) 29:09.
V45 – P Crawshay (Dor) 29:29.
V50 – D Bucke (Wey) 32:36.
Youths – 1, C Maxwell (Yeo O) 16:44; 2, 16:58; 3, J Goodbody (B'mth) 16:59; 4, P Simms (South) 17:08; 5, D Read (South) 17:15.
Team: Bournemouth 17.
Boys – 1, S Smith (Newb) 11:37; 2, M O'Dowd (Swin) 11:59; 3, M Fisher (Yeo O) 12:04; 4, S Edwards (Atlanta F) 12:06; 5, P O'Hara (Newb) 12:09.
Team: Newbury 9.
Colts – 1, W Bevan (Winch) 10:42; 2, P Rees (B'mth) 10:44; 3, C Atkins (South) 10:49; 4, J Berry (Siren) 10:59; 5, R Gibbon (Swin) 11:06.
Women – 1, S Kirk (S'ton) 18:48; 2, A Barnes (B'mth) 19:15; 3, H Dobbinson (And D) 19:22; 4, T Bunney (Ports) 19:24.
Inters – 1, C Rofe (B'mth) 13:02; 2, E Thomas (Mill) 13:21; 3, E Mews (Read) 13:28; 4, D Saywell (S Hampton) 13:39; 5, R Evans (Mill)13:44.
Girls – 1, S Donaihie (Kid) 11:20; 2, C Shrub (Swin) 11:23; 3, C Southgate (Portsmouth) 11:33; 4, N Payne (And D) 11:38; 5, V Brook (And D) 11:40.
Minors – K Henville (White H) 10:25.

■ Riddings Meeting Open Quibell Park, Scunthorpe 12th November

Men –

1, J Clark (Grimsby)	29:34;
2, D Spawforth (Wake)	30:00;
3, J Pavis (Rown)	30:12;
4, S Rennie (CoH)	30:18;
5, L Warburton (Spen-J)	30:36;

6, H Dransfield (Spen) 30:57.
V40 – 1, R Hardcastle (Long) 33:15; 2, D Williams (Long) 34:09; 3, J Moore (Horn) 34:23. Teams: 1, Rowntrees; 2, City of Hull; 3, Grimsby H.

Youths – 1, J Warburton (Spen) 19:29; 2, P Credland (Scun H) 19:42; 3, M Thomas (Wake) 19:50. **Teams:** 1, Morton Striders; 2, Cleethorpes; 3, Hull Springhead.
Boys – 1, Jon. Wilson (Spen) 12:56; 2, Jer. Wilson (Spen) 12:57; 3, N Booth (Long) 13:03. **Teams:** 1, Spenborough; 2, Hull Springhead; 3, Bingley Harriers.
U13 Boys – 1, S Crighton (Bing) 10:50; 2, A Wileham (Hull Sp) 11:00; 3, F Frear (Bing) 11:07. **Teams:** 1, Bingley; 2, Rowntrees; 3, Hull Springhead.
U11 Boys – 1, D Carney (Spen) 7:21; 2, J Hutchins (Wake) 7:26; 3, S Indian (Clee) 7:27. **Teams:** 1, Wakefield; 2, Spenborough; 3, Westbrook School.
Women – 1, K Drake (Spen) 13:40; 2, M Chadwick (Der) 13:45; 3, L Meljevic (Clee) 14:23. **V35** - 1, D Hand (Wake) 15:56; 2, S Green (Grimsby) 16:32; 3, P Brookes (Riddings) 16:54. **Inters** - 1, N Bartlett (Grimbsy) 14:39; 2, S Farr (Wake) 14:43; 3, Y Ward (Hull Sp) 14:43. **Teams:** 1, Cleethorpes; 2, Spenborough; 3, Grimsby.
U15 Girls – 1, C Burke (Hull Sp) 11.48; 2, H Forman (Grimsby) 11:49; 3, R Calvert (Rown) 12:00. **Teams:** 1, Wakefield; 2, Hull Springhead; 3, Scunthorpe Harriers.
U13 Girls – 1, V Rogers (Lincoln C) 7:30; 2, H Nichols (Goole) 7:31; 3, M Russell (Skyrac) 7:31. **Teams:** 1, Wakefield; 2, Riddings; 3, Hull Springhead.
U11 Girls – 1, L Epton (Leic Cor) 7:04; 2, R Ogden (Rown) 7:05; 3, E McLennan (Skyrac) 7:08. **Teams:** 1, Hull Springhead; 2, Leicester Coritanians; 3, Rowntrees.

■ South Yorkshire League, Doncaster, 12th November

Men –
1, M Thompson (Sheff) 35:04; 2, S Ellis (Roth) 35:09; 3, J Beeden (Sheff) 35:11; 4, R Bailey (Roth) 35:24; 5, M Lavendar (Barns DHTC) 35:35; 6, C Maddocks (Sheff) 35:36; 7, R Pearson (Hallam) 36:08; 8, M Farrow (Stain) 36:09; 9, C Ireland (Sheff) 36:16; 10, J Heap (Hallam-J) 36:27; 11, S Timmins (Barns DHTC) 36:35; 12, N Brooks (Donc-J) 36:38.
Youths – 1, G England (Sheff) 22:53; 2, M Fuller (Tapton Sch) 23:19; 3, C Goulty (Roth) 23:34.
Boys – 1, R Booth (Barns DHTC) 14:21; 2, D McGregor (Stain) 14:24; 3, A Madden (Roth) 14:46.
Colts – 1, I Toothill (Hallam) 15:45; 2, M West (Roth) 15:54; 3, J Fletcher (Hallam) 16:04.
Women – 1, J Shields (Sheff) 23:25; 2, J Pearson (Hallam-V) 24:27; 3, C Crofts (Dark Peak) 24:32; 4, J Jemmings (Roth) 25:56; 5, C Moore (N Der-V) 26:05; 6, C Dauris (Roth) 27:04.
Inters – 1, S Mield (Rock) 16:51; 2, V Rhodes (Hallam) 17:04; 3, C Hall (Roth) 17:06.
Girls – 1, N Billups (Womb) 11:52; 2, S Thornhill (Hallam) 12:10; 3, L Wilson (Hallam) 12:12.
Minors – 1, C Sykes (Womb) 12:41; 2, K Halpin (Womb) 12:54; 3, Z Smith (Rother V) 12:58.

■ Winner Mid Lancs CC League, Kendal, 12th November

Men
1, C Roberts (Kend) 33:53; 2, E Simpson (Cope) 34:07; 3, K Moss (Chor) 34:15; 4, I Robinson (Prest H) 34:24; 5, B Thompson (Cope) 34:28; 6, M Roberts (Kend) 34:56; 7, J Lobo (B'burn-J) 35:03; 8, G Whellams (B'pool) 35:03; 9, A Smith (Cope) 35:15; 10, P Willasy (Barr) 35:19; 11, R Carruthers (Barr) 35:13; 12, P Ashworth (Clay) 35:39; 13, S Lydka (Kend) 35:46; 14, S Livesey (Rossen) 35:43; 15, R Jones (Barr) 35:55; 16, P Livesey (Rossen) 35:58; 17, I Flynn (Cope) 36:00; 18, T Geal (B'burn-J) 36:05; 19, B Addison (Kend) 36:08; 20, P Miller (Barr) 26:09. **Team:** 1, Kendal 87; 2, Barrow 97; 3, Wigan 169; 4, Clayton 177; 5, Copeland 214; 6, Rossendale 307. **V40** – 1, P Leviston (Barr) 36:24; 2, R Hargreaves (Clayton) 37:17; 3, I Perrow (Clayton) 37:30. **Teams:** Clayton 9.
Youths – 1, G Taylor (Lanc) 14:45; 2, J Downham (Wigan Ph) 14:53; 3, S Hallas (Preston H) 15:16; 4, D Horsfall (Burn) 15:18; 5, R Walker (Barrow) 15:18; 6, M McDonald (B'burn) 15:34. **Team:** 1, Blackpool 23; 2, Preston H 36; 3, Wigan H 43.
Boys – 1, A Farnworth (B'burn) 11:00; 2, P Appleby (Lanc) 11:03; 3, D Park (B'burn) 11:22; 4, J Thorpe (Hynd) 11:30; 5, D Ion (Kend) 11:31; 6, M Siddle (Cope) 11:33. **Teams:** 1, Blackburn 37; 2, Lancaster & Morecambe 44; 3, Kendal 56. **Colts** – 1, D Stacey (Rossen) 12:05; 2, P McGrath (B'burn) 12:10; 3, N Tattersall (Hynd) 12:14; 4, R Whelan (Cope) 12:15; 5, R Williams (Hynd) 12:15; 6, D Smith (Wig H) 12:25. **Teams:** 1, Hyndburn 29; 2, Copeland 54; 3, Rossendale 67.
Women – 1, A Kostileck (Burn) 16:43; 2, L Everington (Kend) 17:15; 3, N Tait (Cope) 17:20; 4, R Jones (B'pool) 17:45; 5, J Boardman (Wig H) 18:04; 6, C Wilkinson (B'pool) 18:07; 7, M Laney (Clayton-V35) 18:12; 8, J Williams (Wig H) 18:14; 9, P Walsh (Prest H) 18:19; 10, D Varney (Kend-V35) 18:23. **Teams:** 1, Kendal 23; 2, Wigan H 26; 3, Clayton 58.
Inters – 1, M Friend (Wigan) 12:32; 2, T Moorcroft (Prest H) 13:16; 3, D Stirrup (B'pool) 13:20; 4, T Grant (Pendle) 13:24; 5, G Whitear (Cope) 13:29; 6, H Pattinson (Pres H) 13:35. **Teams:** 1, Wigan H 23; 2, Southport 51.
Girls – 1, A Burton (L&M) 8:16; 2, R Elleray (Kend) 8:33; 3, S Sharples (Hynd) 8:37; 4, K Gibb (Pend) 8:14; 5, S Caulfield (Wig H) 8:43; 6, J Canton (Kend) 8:46. **Teams:** 1, Hyndburn 58; 2, Lancaster & Morecambe 62; 3, Southport 63.
Minors – 1, K Robinson (B'burn) 8:39; 2, R Fearon (S'port) 8:41; 3, C Entwistle (Wig H) 8:52; 4, H Elleray (Kend) 8:53; 5, S Barnes (B'pool) 8:57; 6, L Charnley (B'burn) 8:59. **Teams:** 1, Wigan H 29; 2, Blackburn 35; 3, Kendal 49.

■ Yorkshire Veterans League 6 Miles, Bradford, 12th November

V40 – 1, J Hoffman (Asvac) 32:33; 2, B Brophy (Ilk) 32:35; 3, B Hilton (Leeds C) 32:38; 4, R Futrill (Holm) 33:48.
V45 – W Humphries (Nidd V) 35:03.
V50 – K Fozzard (Harr) 35:23.
V55 – D Hodgson (Fellan) 36:20.
V60 – F McGrath (Asvac) 41:09.
Women V35 – 1, J Sanderson (Asvac) 39:26.
V40 – P Childs (Leeds C) 43:12.
V45 – H Morath (Abbey R) 43:55.
V55 – S Bake (Hali) 50:52.

■ Aaron Memorial Meeting, Leeds, 11th November

Bingley maintained their stranglehold on the senior 4×2 miles relay, winning for the sixth successive year by a comfortable margin of over a minute.

Leeds City with victories over Bingley in cross country and road relays this season were hoping for a win but their prospects took a knock when it was announced that Steve Binns and Colin Moore were in the Bingley line up.

Stage one saw Leeds City in the lead through Wayne Aylesbury with Steve Green of Bingley B nine seconds ahead of the Bingley A team man Shaun Winstanley.

This minor hiccup in team selection was not important, for Binns stormed into the lead with 10:16 on the second stage fastest of the day and showing no after effects from his ill-fated Chicago Marathon attempt. His lead over Greg Hull of Leeds was 39 seconds and the result now looked a formality.

Simon Johnson (10:46) extended the lead and Colin Moore, even though out on his own, clocked 10:32, second fastest of the day to anchor the winning Bingley team, demonstrating their depth. Bingley B were 7th and their C team 14th in a field of almost 100.

Men – 1, Bingley 42:22 (S Winstanley 10:48, S Binns 10:16, S Johnson 10:46, C Moore 10:32); 2, Leeds C 43:39 (W Aylesbury 10:37, C Holl 11:06, A Gill 11:07, M Roscoe 10:49); 3, Longwood 43:47 (M Pearson 10:57, M Almond 10:58, A Pearson 10:39, M Steele 11:13); 4, Sunderland 43:51 (S Bird 11:19, T Field 11:04, B Rushworth 10:39, K Newton 10:49); 5, Leeds Poly 44:04 (S Mitchell 10:44, D McMorran 11:16, R Cameron 10:45, B Almond 11:19); 6, Pudsey & Bramley 44:25 (R Pallister 11:04, C Walker 10:59, G Devine 10:58, G Kirkbright 11:24); 7, Bingley 44:48; 8, Halifax 45:16; 9, Leeds Poly B 45:26; 10, Leeds C B 45:27; 11, Wakefield 45:49; 12, Coventry 45:52; 13, Pudsey & Bramley B 45:54; 14, Bingley C 45:56; 15, Rowntrees 46:05; 16, Sunderland B 46:12; 17, Pudsey & Bramley C 46:45; 18, Harrogate 46:56; 19, Leeds C C 47:07; 20, Longwood B 47:21. **Vets** – Harrogate 48:35. **Fastest laps** – 1, S Binns 10:16; 2, C Moore 10:32; 3, W Aylesbury 10:37; 4, S Halliday 10:38; 5, S Green 10:39; 6, A Pearson 10:39; 7, B Rushworth 10:39.

British Youths 800 record holder Mark Sesay looked equally at home in the tough muddy 3 mile youths circuit which took in two severe climbs. Content to stay in the leading group of four for most of the way he eased his way clear of William Styan over the last 800m looking completely relaxed. Styan led Holmfirth to a team win. Sesay plans to run the Yorkshire and Inter Counties cross country but will not do the national on his own course as he will be on a skiing holiday.

The boys and colts races went to form. Ian Bowden and Simon Creighton who have won the West Yorkshire League races both taking their events with plenty in hand.

Youths (3m) – 1, M Sesay (Leeds C) 15:19; 2, W Styan (Holm) 15:30; 3, F McNeill (Bradford GS) 15:36; 4, J Warburton (Batley GS) 15:48; 5, S Brophy (Hom) 16:03; 6, R Caunt (Brad GS) 16:05. **Teams:** 1, Holmfirth 14; 2, Bradford Grammar School 19; 3, Leeds C 21; 4, Keighley 35; 5, Batley Grammar School 42; 6, Queen Elizabeth GS, Wakefield 57.
Boys (2m) – 1, I Bowden (P&B) 11:11; 2, I Mitchell (Skyrac) 11:14; 3, L O'Brien (Skyrac) 11:23; 4, M Yates (Leeds) 11:31; 5, D Pickering (Queen Eliz-Wake) 11:37; 6, R Moss (Bing) 11:38. **Teams:** 1, Bingley 27; 2, Pudsey & Bramley 31; 3, Skyrac 36; 4, Bingley B 48; 5, Batley GS 53; 6, Imperial 57. **Colts (2m)** – 1, S Creighton (Bing) 12:05; 2, J MacLeod (Meltham 12:37; 3, S Burt (Imp) 12:38; 4, S Brown (Bing) 12:46; 5, T Green (Halif) 12:54; 6, A Martin (Hali) 12:58. **Teams:** 1, Bingley 12; 2, Imperial 30; 3, Batley GS 37; 4, Meltham 37; 5, Queen Elizabeth GS 41; 6, Halifax 55.

■ Comber Cup Comber 11th November

DAVY Moore broke clear by half way to emerge comfortable winner in the best quality turnout of the local season in an excellent race over a difficult undulating course, **reports Alan Keys.**

The early leaders included the much improved John Weir of Cavehill, last year's winner Moore of Annadale and marathon star Tommy Hughes of Sparta.

Behind Moore Hughes held on for second place while Paul Rogers of Newcastle finished strongly to take third spot.

The team prize was equally exciting with Olympic just pipping Annadale Striders, after Annadale's enigmatic Sammy Doherty dropped out on the fourth lap.

In the other races Eoin O'Neill won an exciting youths race, Bernie Gregory gained yet another veterans victory, while Bernie McAllister took the women's prize.

Men 5 miles
1, D Moore (Anna) 25:51; 2, T Hughes (Sparta) 26:00; 3, T Rogers (New) 26:06; 4, J Weare (C&D) 26:12; 5, T Breen (Oly) 26:14; 6, J Campbell (Anna) 26:16; 7, J Ferrin (NBH) 26:16; 8, C Cavanagh (Oly) 26:20; 9, T Farrell (Sparta) 26:21; 10, G Morris (WTH) 26:22; 11, D Hill (C&D) 26:31; 12, T Elliott (Oly) 26:32; 13, G Luke (ACH) 26:34; 14, B Farren (Sparta) 26:45; 15, G Moor (WTH) 26:50; 16, R Curran (Anna) 26:51; 17, A Keys (Anna) 26:53; 18, J Kelly (Sparta) 26:54; 19, K Allen (WTH) 27:04; 20, J Curran (ACH) 27:08.
V40 2 miles – 1, B Gregory (C&D) 10:24; 2, E Speers (Sperran) 10:36; 3, E Campbell (WTH) 10:57.
Team: 1, Olympic 138; 2, Annadale 145; 3, Willowfield 159.
Youths 2 miles – 1, E O'Neill (Anna) 10:11; 2, R Blakeley (Anna) 10:17; 3, S Young (WTH) 10:22.
Boys 1½ miles – 1, M McDougall (DRO) 6:47; 2, M Keary (Anna) 6:56; 3, D Simpson (Ballyd) 7:00; 4, R Wright (WTH) 7:04.
Colts 1 mile – 1, A Finn (Anna) 4:48; 2, C Martin (MAD) 4:52; 3, S Poole (Anna) 5:00.
Women 2 miles – 1, B McAllister (Unatt) 12:01; 2, A Gorman (Oly) 12:06; 3, D Higgins (B&A) 12:11; 4, T Cunningham (LV) 12:31; 5, A Lonnen (Lisbor) 12:42; 6, C McCourt (Belf L) 12:45.
Girls 1 mile – 1, S Gawley (ND) 5:16; 2, G Malaugh (Lisb) 5:30; 3, A Dunn (ND) 5:31.

■ Birmingham University Past and Present Match Manor Park, Birmingham 11th November

Men 4 miles –
1, C Sweeney (Past) 19:29; 2, M Ridgeway (Past) 19:39; 3, J Kendall (Pres) 19:58; 4, A Symonds (Past) 20:15; 5, I Evans (Pres) 20:22; 6, J Barton (Pres) 20:29; 7, A Edge (Pres) 20:56; 8, R Phillips (Pres) 21:13; 9, N Ballard (Past) 21:15; 10, T Hodgkinson (Present) 21:40.
Teams: 1, Present 29; 2, Past 30.

■ English Schools Milk Cup, North Leicestershire Final, Cheadle Hulme, 11th November

Inter Boys (5,500m) – 1, D Smith (Stock Sch); 2, E Jordan (Calderstone, Liv); 3, S Quigley (Moston Brook, Manch). **Teams:** 1, Caldy Grange, Wirral 50; 2, Marple Hall 63; 3, Queen Katherine Kendal 68.
Juniors (4,000m) – 1, G Cuddy (Kingsway, Manch); 2, A Gibson (Mossland, Wallasey); 3, P Robinson (Calder Grange, Wirral). **Teams:** 1, Mosslands, Wallasey 47; 2, Kingsway, Manchester 52; 3, St Ambrose, Altrincham 60.
Girls Inters (3,500m) – 1, R Elleray (Kirbie, Kendal); 2, J Caton (Queen Katherine, Kendal); 3, D Ousby (Kingsway, Manch). **Teams:** 1, Loreto, Altrincham 33; 2, Kingsway 34; 3, Kirbie, Kendal 85. **Juniors (2,500m)** – 1, C Entwistle (Deanery, Wigan); 2, N Young (Kingsway, Manch); 2, H Elleray (Kirbie, Kendal). **Teams:** 1, Kirbie, Kendal 33; 2, Deanery, Wigan 34; 3, Kingsway, Manchester 41.

■ Essex County Championships Danbury Park, Chelmsford 11th November

V40 4½ miles – 1, P Cheatle (N&EB) 23:39; 2, D Balthasar (S'end) 23:39; 3, R Bannister (W Gn) 24:02; 4, S Coleman (Hav) 24:14; 5, G Wooton (Thurr) 24:47; 6, R Suffield (Brent) 24:48; 7, P Binns (S'end) 24:54; 8, B Diss (Hav) 24:56; 9, T Welland (Walt) 25:00; 10, R Thurston (Hav) 25:02.
Teams: 1, Southend 32; 2, Havering 43; 3, Walthamstow 87; 4, Southend B 102; 5, Orion 106.
V50 4½ miles – 1, T Pailthorpe (Hav) 25:32; 2, P Dobbs (Thurr) 25:37; 3, C Crump (W Gn) 25:43; 4, T Everitt (Eton) 26:22; 5, D Beane (Epp) 26:34; 6, W Roe (Hav) 26:58; 7, L Parrott (Hav) 27:03; 8, P House (W Gn) 27:06; 9, E Campbell (Pits) 27:28; 10, T Hoyles (Hav) 27:33.
V60 – 1, G Smith (Eton) 28:16; 2, J Hayward (W Gn) 31:04; 3, R Blois (S'end) 31:37.
Teams: 1, Havering 24; 2, Woodford Green 41; 3, Pitsea RC 85; 4, Orion Harriers 89; 5, Havering B 102.
Boys 2 miles – 1, P Milsonm (Walt) 12:33; 2, P Cobb (Thurr) 12:35; 3, I Smith (Thurr) 12:43; 4, M Phillips (Thurr) 12:54; 5, M Pearce (Thurr) 12:58; 6, M Blackholly (Bas) 13:01; 7, L Stearn (S'end) 13:14; 8, J George (Brain) 13:20; 9, R Walker (Bas) 13:24; 10, P Ansell (S'end) 13:26.
Teams: 1, Thurrock 14; 2, Basildon 47; 3, Southend 65; 4, Colchester & Tendring 88; 5, Braintree 88.
Colts 2 miles – 1, P Hughes (Thurr) 12:16; 2, J Peacock (Thurr) 12:26; 3, E Denmark (Bas) 12:30; 4, P Stoker (Bas) 12:32; 5, M Day (Bas) 12:33; 6, G Evans (S'end) 12:34; 7, G Masey (Hav) 12:35; 8, P Kelly (Hav) 12:39; 9, R Gray (Hav) 12:40; 10, A Cain (Bas) 12:42. **Teams:** 1, Basildon 22; 2, Thurrock 26; 3, Havering 37; 4, Southend 80; 5, Havering B 82.

■ Manchester CC League, Blackley, 11th November

Mike Deegan enjoyed a mud lark when the clock was turned back two decades on Saturday, **writes Joe Lancaster.**

It was dry yourself on the holly bushes for the colts, boys, youths and senior competitors when the groundsman failed to appear to open the dressing rooms. The winter warriors ignored driving rain and changed outdoors without a murmur.

This was El Dorado for Deegan, and 10 times a winner on the course. The Salford Harrier and world cross country runner was at his best.

Gritty Bashair Hussein and Gary Horne enjoyed their season's best efforts but could stay with Deegan only for one-and-a-half miles. Darryl Taylor came through in the closing stages to take third place from his Sale teammate Horne. Deegan and his colleagues were untouchable, winning by 50 points and moving to an unassailable top league position.

Men (6½m)
1, M Deegan (Salf) 32:17; 2, B Hussein (Stock) 32:39; 3, D Taylor (Sale) 33:14; 4, G Horne (Sale) 33:23; 5, K McGee (Salf) 32:33; 6, P Stelfox (Stock) 33:42; 7, T Knibb (Salf) 33:43; 8, M Higginbottom (Salf) 33:51; 9, M Skirwin (Maccles) 33:52; 10, B Mabon (Stret) 34:04; 11, D McTavish (E.Ches) 34:17; 12, S Craig (Sale) 34:18; 13, S Doyle (Sale) 34:18; 14, B Peatfield (Salf) 34:24; 15, P Dean (Salf) 34:26; 16, C Johnson (E.Ches) 34:28; 17, P Pickwell (Alt) 34:29; 18, P Clancy (Sale) 34:30; 19, G Goodwin (Stock) 34:31; 20, G Cudhey (Stock) 34:35. **Teams:** 1, Salford 50; 2, Sale 96; 3, East Cheshire 131; 4, Stockport 204; 5, Middleton 267; 6, Stretford 311.
Youths (4½ miles) – 1, J Wild (Sale) 23:22; 2, L Sidebottom (E.Ches) 23:26; 3, P Martin (Sale) 23:28.

Team: 1, Sale 13; 2, Sale B 39. **Boys (2m)** – 1, E Crowther (Salf) 11:44; 2, E Maher (Sale) 11:53; 3, M Moorhouse (Salf) 12:01. **Teams:** 1, Sale 20; 2, Salford 22; 3, Sale B 45. **Colts (2m)** – 1, D Fairbrother (Stret) 12:59; 2, A Bellis (Manch) 13:22; 3, P Davenport (Sale) 13:27. **Teams:** 1, Manchester 17; 2, Sale 30; 3, Salford 31.

■ Midland 7 Miles Championship Newcastle Under Lyme 11th November

RICHARD Hollingsworth celebrated his first major title as he took the Midland 7 Championship after an enthralling battle in the mud on the stamina sapping Newcastle course, **reports Dave Edwards.**

The event is a platform for aspiring athletes who have not won a major championship or counted in a championship winning team previously. The action was intense from the gun on a course that epitomised the best of tradional cross country with plenty of mud and a severe 1 in 3 climb to be negotiated four times.

A large group, comprising front runner Alistair O'Connor, Hollingsworth, Bill Nock, Tipton's latest recruit Steve Portman, Bromsgrove's Anthony St Ledger and the Omega Racing Club trio of Nicky Lees, Pete Yeomans and Roy Chapman who were packing tightly in search of club glory, stayed together over the first half of the race

O'Connor, Nock and Hollingsworth gradually detached themselves from the pack in the second half of the race as the main contenders increased the tempo. Portman, who had apparently been struggling, found a new lease of life to claw his way back to the trio and on the run in it was he and Hollingsworth who battled it out for top spot with the Notts athlete showing greater resilience to steal the verdict.

With three in the first seven, and six counters in the first thirty Omega Running Club were clear winners of the team prize in their first year of competition.

Men

1, R Hollingsworth (Notts)	38:39;
2, S Portman (Tip)	38:43;
3, A O'Connor (RSC)	39:00;
4, W Knock (Hale)	39:09;
5, P Yeomans (Omega)	39:20;

6, N Lees (Omega) 39:33; 7, R Chapman (Omega) 39:49; 8, A StLedger (B&R) 39:52; 9, A Knock (Hale) 40:02; 10, C Frapwell (Glouc) 40:32; 11, T Parr (Notts) 40:36; 12, D Jordan (Omega) 40:37; 13, S Larcombe (RSC) 40:40; 14, R Cudworth (Hale) 40:46; 15, S Bradstock (Sale) 41:00; 16, J Parker (Tip) 41:06; 17, S Davies (Mans) 41:12; 18, R White (Hale) 41:23; 19, K O'Neill (Glouc) 41:28; 20, W Holmes (RSC) 41:32. **Teams:** 1, Omega 84; 2, Halesowen 113; 3, Royal Sutton Coldfield 129; 4, Nottingham 134; 5, Gloucester 181; 6, Tipton 211; 7, Newcastle 236; 8, Charnwood 340; 9, Mansfield 421; 10, Bromsgrove & Redditch 434.

Youths – 1, V Bamber (Newark) 18:24; 2, R Collier (Notts) 18:33; 3, J Morris (Stoke) 19:00; 4, D Coote (Rugby) 19:05; 5, R Horton (Newc) 19:12; 6, M Cryer (Glouc) 19:19. **Teams:** 1, Notts 23; 2, Newcastle 25; 3, Gloucester 30 (on countback); 4, Newark 30; 5, Stoke 30; 6, Tipton 77.

■ Milk in Action Schools Cross Country Cup, Joseph Rowntree School, York, 11th November

Inter Boys

1, S Hope (Prud CH)	17:43;
2, O Robson (Prud)	17:52;
3, R Petty (Newc RGS)	18:01;
4, A Henson (East)	18:13;
5, S O'Brien (Duchess HS)	18:15;

6, D O'Brien (Duchess) 18:25; 7, C McNeill (Pindar) 18:28; 8, M Hamilton (Duchess) 18:32; 9, J Dixon (Stokesley) 18:36; 10, A Aitchison (Stokes) 18:39. **Teams:** 1, Prudhoe 38; 2, Duchess 40; 3, Stokesley 60. **Junior Boys** – 1, S Blower (St Patricks) 15:50; 2, B Newman (Gos C) 15:58; 3, O Court (Gos C) 16:00; 4, D O'Hara (St P) 16:04; 5, B Aitchison (Gos C) 16:11; 6, G Scott (Spring) 16:18; 7, K Routledge (St Aiden) 16:23; 8, D Kimberling (Low) 16:25; 9, E Gold (New RGS) 16:35; 10, S Todd (St Aiden) 16:40. **Teams:** 1, Gosforth Central 26; 2eq, St Aidens & Newcastle RGS 54. **Inter Girls** – 1, A Foster (Ridley HS) 11:33; 2, V Bothams (Kind Edward VI) 11:51; 3, N Osbourne (Ridley) 12:03; 4, L Sweeney (L Jacks) 12:25; 5, R Rooks (L Jacks) 12:28; 6, L Wilderspin (High T) 12:34; 7, L Hal (Prud CH) 12:37; 8, C Gilmore (Prud CH) 12:38; 9, C Bowey (Rose) 12:45; 10, S Thompson (High T) 12:47. **Teams:** 1, Prudhoe County High 41; 2, Laurence Jackson 42; 3, Roseberry 54. **Junior Girls** – 1, K Riley (St Josephs) 11:46; 2, L Franks (Gos C) 11:51; 3, S Graham (High) 12:07; 4, A Dickie (Chantry) 12:10; 5, S McLean (L Jacks) 12:12; 6, L Wilson (St P) 12:13; 7, S Addinall (J Rown) 12:29; 8, H Fieldsend (St Peters) 12:29; 9, V Graham (Gos C) 12:33; 10, S Simmons (East) 12:35. **Teams:** 1, Gosforth Central 43; 2, Laurence Jackson 51; 3, Eastbourne.

■ RAF v Eastern Counties v Camb University, RAF Halton, 11th November

10km

1, Flint (RAF)	31:02;
2, Mead (EC)	31:17;
3, Jenkins (RAF)	31:36;
4, Miller (EC)	32:20;
5, Clemens (RAF)	32:29;

6, Turner (RAF) 32:50; 7, McCarthy (RAF) 32:53; 8, Derrick (RAF) 33:03; 9, Clark (EC) 33:14; 10, Crabb (RAF) 33:27; 11, Parkin (EC) 33:29; 12, McKeith (RAF) 33:45; 13, Griffiths (RAF) 33:57; 14, Turner (EC) 34:05; 15, Cole (RAF) 34:14; 16, Plews (EC) 34:16; 17, Little (RAF) 34:23; 18, Addison (CU) 34:31; 19, Cockersole (RAF) 34:46; 20, Bell (RAF) 35:05; 21, Ward (RAF-J) 35:17; 22, Jones (RAF) 35:23; 23, Wilson (RAF-J) 35:40; 24, Rimmer (CU) 35:59; 25, Watson (CU) 36:23; 26, Edwards (RAF-J) 37:12; 27, McCombie (CU) 37:32; 28, Nicol (RAF-J) 41:30. **Teams:** 1, RAF 'A' 15; 2, EC 26; 3, RAF 'B' 37; 4, RAF 'C' 64; 5, RAF 'D' 86; 6, CU 94.

■ South of the Thames, "Junior" Championship, Sevenoaks 11th November

Box Hill Racers held onto their early lead over GEC to win their third 'South of the Thames' title in three years, **reports Martin Duff.**

Previous winners of the "Junior" team race at Swindon in 1987, and the "Senior" last year, at West Wickham, the Dorking based club confirmed their 1989 form with this win, despite losing the 10 scorers from their previous teams, due to the various barring clauses that operate in this "Linus Vitamins" sponsored race.

The course, in Knole Park, Sevenoaks, was fast, but hilly, and from the start, Box Hill were placed as Simon Wilson led their charge. Reading also figured prominently and after two miles, Jimmy James and Nick Moore were in the leading group of six along with Wilson, Jimmy Thompson of Herne Hill, Chris Knight and Paul Sanders.

The team race at this stage looked to be beween Box Hill and Reading, but a mile later, GEC led by Knight were making serious inroads, as Reading were slipping back. With just a mile to go, Thompson and Wilson had broken clear of Knight and Sanders as Box Hill, now packing well, had their victory secure.

Up the final hill it was Thompson who ran off the top the better, leaving Wilson caught short of strength, as Knight came up for third. For the 25 year old Civil Engineer, this win was his first since returning from a year's work in America. Thompson, a 3:52 1500m runner said "I stayed with them, then pulled away on the last hill", meanwhile Wilson was more forthright "I blew it!" he said afterwards, but Richard Tweddle (fifth) and Mark Gregory (sixth) secured the team gold.

1, J Thompson (HHH)	25:36;
2, S Wilson (Box)	25:44;
3, C Knight (GEC)	25:52;
4, P Sanders (Bel)	26:00;
5, R Tweddle (Box)	26:06;

6, M Gregory (Box) 26:07; 7, P Mason (Ton) 26:14; 8, C Chambers (GEC) 26:15; 9, T James (Read) 26:17; 10, M Shaw (Brack) 26:18; 11, N Moore (Read) 26:23; 12, M Forder (GEC) 26:27; 13, B Brennan (M&S) 26:29; 14, S Margiotta (GEC) 26:33; 15, J Fairbrother (Box) 26:39; 16, S Mitchell (Port) 26:44; 17, A Camp (Dart) 26:47; 18, C Clinch (Ton) 26:48; 19, B Cooke (Croy) 26:49; 20, N Cookson (South C) 26:50; 21, E Thomas (Met P) 26:51; 22, G BArry (Ran) 26:52; 23, A Gibbons (THH) 26:53; 24, J Mather (Bel) 26:55; 25, p Wallace (Med) 26:56; 26, A Millbank (HHH) 26:57; 27, D McGuinness (Read) 27:00; 28, M Airey (Box) 27:01; 29, D Groom (Camb H) 27:01; 230, S Nice (Med) 27:02.

Team: 1, Box Hill 28; 2, GEC 37; 3, Reading 79; 4, Mitcham & S 170; 5, Herne Hill 196; 6, Thames HH 197; 7, Southampton 198; 8, Cambridge H 200; 9, Belgrave 206; 10, Portsmouth 209.

■ Lloyds Bank Championship inc RMA Sandhurst v Lloyds Bank West Wickham, Kent 9th November

Men

1, J Starling (Soton)	24:01;
2, D Mattock (Lloyds)	24:03;
3, J Evans (Lloyds)	24:22;
4, A Edmonds (Lloyds)	24:24;
5, R Church (Lloyds)	24:26;

6, J Pringle (Lloyds) 25:01; 7, N Watkins (Lloyds) 25:09; 8, S Capon (Lloyds) 25:20; 9, Crammers (Sand) 25:40; 10, D Wills (Lloyds) 25:45.

1, Lloyds 202; 2, Sandhurst 267.

V40 – A Davies (Lloyds) 26:17;

Women – 1, C Downing (Lloyds) 20:22; 2, C Tuttle (Lloyds) 20:52; 3, J Palfrey (Sand) 21:21.

■ South East Lancs League, Horwich, 11th November

Men (6 miles)

1, D Ireland (Old)	28:05;
2, S Duckworth (Radc)	28:42;
3, P Darbyshire (Wig P)	28:57;
4, I Grime (Old)	29:06;
5, N Barlow (Hor)	29:20;

6, R Jackson (Hor) 29:22; 7, J Howarth (Leigh) 29:25; 8, P Darbyshire (Wig P) 29:33; 9, D Wood (Chor) 29:36; 10, M Bell (Hor) 29:41. **Teams:** 1, Horwich 32; 2, Oldham 35; 3, Wigan Phoenix 44. **After 2 events** – 1, Oldham 67; 2, Wigan Phoenix 90; 3, Horwich 106. **Vets** –1, T Hesketh (Hor) 30:01; 2, R McAndrew (Chor) 31:49; 3, B Deegan (Roch) 31:56. **Teams:** 1, Horwich 14; 2, Rochdale 22; 3, Chorley H 25.

Youths (4 miles) – 1, D Thompson (Old) 19:52; 2, D Alston (Old) 20:22; 3, S Atkins (E.Ches) 20:29. **Teams:** 1, Oldham 9; 2, Rochdale 55; 3, Radcliffe 60.

Boys (2 miles) – 1, M Atkins (E.Ches) 10:13. 2, D Rankin (Old) 10:20; 3, J Alliston (Old) 10:25. **Teams:** 1, Oldham 11; 2, Rochdale 18; 3, Leigh 46.

Colts (1½ miles) – 1, B Smith (Leigh) 9:59; 2, I Monro (Hor) 10:07; 3, B Fletcher (Old) 10:19. **Teams:** 1, Oldham 12; 2, Leigh 14; 3, Rochdale 57.

Women (4 miles) – 1, B Jenkins (Salf) 23:00; 2, S Blower (Old) 23:25; 3, J Kenyan (B.Aer) 23:24. **Teams:** 1, Oldham 20; 2, Rochdale 29; 3, Horwich 38. **Vets** – 1, J Needham (Roch) 24:44; 2, M Ahti (Midd) 25:21; 3, P Dickinson (Brit Aero) 25:29. **Teams:** 1, Middleton 21; 2, Rochdale 26; 3, Salford 33.

Inters (4 miles) – 1, C Parr (Roch) 25:39; 2, M Barlow (Man U) 26:26; 3, J Whitlow (Roch) 27:09. **Team:** 1, Rochdale 8.

Girls (2 miles) – 1, J Croston (Salf) 12:04; 2, G O'Connor (Man U) 12:27; 3, N Davies (Salf) 13:15. **Teams:** 1, Salford H 10; 2, Oldham 26.

Minors (1½ miles) – 1, N Lone (Salf) 11:07; 2, J Spindley (Old) 11:21; 3, A Goodwin (Man U) 11:41. **Teams:** 1, Oldham 17; 2, Manchester University 22; 3, Salford H 24.

■ Oxford Cuppers Meeting Oxford 8th November

Men 5½ miles -

1, L Mathews (Mert)	29:06;
2, T Richardson (Oriel)	30:09;
3, G MacFadyen (Worcs)	30:23;
4, C Daniels (Worcs)	30:54;
5, J McMorran (Mert)	31:09;

6, D Sarphie (Christ) 31:11; 7, K Stirrat (SEH) 31:22; 8, R Hart (Jesus) 31:31; 9, M Parry-Billings (Wols) 31:37; 10, R Marx (St Pet) 31:46.

Teams: 1, St Edmond Hall 116; 2, Magdalen 118; 3, Worcester 123.

Women 2½ miles – 1, V Vaughan (Corpus) 14:11; 2, S Pilling (Queens) 14:47; 3, D Manship (Keble) 14:51; 4, E Sokell (Som) 14:59; 5, J Edwards (Christ) 15:46; 6, C Berradino (Keble) 15:56 **Teams:** 1, Keble 17; 2, Somerville 24; 3, Wadham 50.

■ Northern Police League, Sunderland, 8th November

Men –

1, M Fowler (Ches)	28:02;
2, T Carroll (S Yorks)	28:02;
3, B Gilroy (N'umb)	28:23;
4, B Postlethwaite (Cumb)	28:33;
5, M Evans (GMP)	28:40;

6, J Bentley (GMP) 28:44; 7, B Bell (Cumb) 29:27; 8, Harbridge (Cumb) 29:43; 9, A Beighton (S Yorks) 29:45; 10, G Armstrong (Dur) 30:01.

Teams: 1, Greater Manchester Police 34; 2, South Yorkshire 41; 3, Cumbria 43.

■ Walks

■ Enfield 7 Mile, 11th November

Darrell Stone won the Enfield 7 by a three minute margin from Jimmy Ball. Stone, who is seriousy contemplating moving up to 50K next summer, showed he is losing none of his speed by comfortably walking at sub seven minute pace. If he can put together a good winter's mileage, he will shortly be knocking on the selectors' door for a major Games vest in Split. National Junior champion Lupton showed the senior women a clean pair of heels, winning her section by nearly five minutes.

Men – 1, D Stone (Stey) 48:24; 2, J Ball (S&E) 51:26; 3, N Carmody (Camb) 52:56; 4, J Hall (Bel) 53:03; 5, I Richards (Cov-V) 54:49; 6, C Bradley (Med) 54:55; 7, K Baker (Stey) 55:59; 10, G Hunwick s (Wey) 56:30; 11, S Lightman (Surr-V) 56:36; 12, C Lawton (Bel-V) 57:13; 14, J Lewellyn (Bel) 57:23; 15, C Wilkinson (Sheff-J) 57:56.

Team: 1, Belgrave; 2, Brighton; 3, Sheffield.

Women – 1, V Lupton (Sheff) 58:17; 2, J Lewery (Bel) 63:08; 3, B Lupton (Sheff-V) 64:30.

■ 1st Midland RWA Winter League, Sutton Park, 11th November

Men (10k)

1, A Drake (Cov)	42:04;
2, D Thorn (Cov)	44:48;
3, B Adams (Leic-V40)	47:17;
4, C Walmsley (Cov)	47:34;
5, I Harvey (Cov)	47:58;

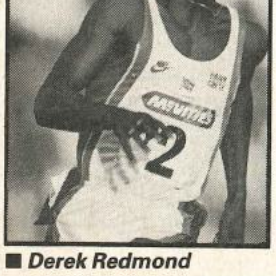
6, G Jackson (Cov-J) 48:27; 7, G Tranter (Birch-V40) 48:47; 8, A Dall (Leic) 49:30; 9, C Berriwick (Leic-V40) 50:23; 10, K Richards (Cov-V40) 50:50; 11, A Smallwood (Birch-V40) 52:11. **Handicap** – 1, D Baker (Birch) 39:20; 2, C Walmsley (Cov) 40:44; 3, J Sturgess (Leic) 41:03. **Team:** 1, Cov A 165:43; 2, Birch A 166:18; 3, Leic 167:00; 4, Cov B 171:26; 5, Birch B 173:53. **Youths & Boys U16 (5k)** – 1, J Deaking (Cov) 23:59; 2, I Perry (Wor) 25:35; 3, G Holt (Cov) 25:43; 4, S McInnes (Cov-J) 25:44; 5, B Allkins (Cov-J) 26:12; 6, J Chamberlain (Leic) 26:56; 7, I Richards (Cov) 27:32; 8, S Hodder (Cov-J) 28:11; 9, A Hughes (B&R) 28:57. **Handicap** – 1, I Perry (Wor) 22:15; 2, I Richards (Cov) 22:22; 3, J Chamberlain (Leic) 22:56. **Team:** 1, Coventry 68:24; 2, Cov B 70:27; 3, Leic 75:07. **Colts (2.5k)** – 1, G Bailey (Cov) 13:54; 2, G Harper (W&B) 14:02; 3, A Brown (W&B) 15:04; 4, D Johnson (Leic) 15:51; 5, M Cross (Wolston High Sch) 16:02; 6, D Huskisson (W&B) 16:07; 7, A Pooke (Leic) 16:15; 8, T Clark (Newarke Sch) 16:21; 9, J Whitehouse (W&B) 16:25; 10, D Salt (Wolston High Sch) 16:26. **Team:** 1, Wolverhampton & Bilston 11; 2, Wolston A 26; 3, Leic 27; 4, Newarke 35; 5, Wolston B 47. **Women (5k)** – 1, S Black (Birch) 24:11; 2, A Crofts (Leic) 25:21; 3, M Brookes (Nun); 25:38; 4, K Smith (Cov) 25:53; 5, T Ashman (Wor-I) 26:25; 6, M Venables (Leic-I) 27:00; 7, S Morris (Leic-I) 27:40; 8, J Belfield (D&S) 28:29; 9, W Bennett (Wor) 28:30; 10, D Hull (W&B) 29:25. **Handicap** – 1, T Ashman 21:15; 2, S Black (Birch) 21:31; 3, S Morris (Leic) 21:40. **Team:** 1, Leic 66:21; 2, D&S 66:43. **Girls (3k)** – 1, K Horwell (D&S) 15:49; 2, A Venables (Leic) 16:00; 3, N Greenfield (D&S) 16:50; 4, M Townsend (Leic) 17:04; 5, J Mander (S&SH) 17:40; 6, L Tozer (Bir) 17:43; 7, N Sharlott (Leic) 17:52; 8, C Yates (Wor) 18:02; 9, L Bailey (Cov) 18:08; 10, V Scard (S&Sh) 18:12. **Team:** 1, Leic 13; 2, D&S 17; 3, Wor 34; 4, Birch 37. **Minors (2.5k)** – 1, S Bennett (Birch-U11) 14:28; 2, R Bloore (D&S) 14:40; 3, N Huckerby (S&Sh) 14:46; 4, C Allen (B&R-U11) 14:59; 5, K Birch (W&B) 15:41; 6, M Bettit (D&S) 15:42; 7, J Bradshaw (B&R) 16:38; 8, C Jones (S&Sh) 17:16; 9, M Clark (Wor) 17:43; 10, J Wilson (Newark) 17:45. **Teams:** Solihull 23; 2, D&S 25; 3, Harbourne 45.

■ Indoors

■ Open Meeting, Cosford, 11th November

Men –

60m: Ht 1: D Redmond (Bir) 7.0; 2, M Thomas (Bir) 7.1; 3, M Bennett (Bir) 7.1; 4, P Sloan (Bir) 7.3. **Ht2:** 1, D Shepherd (Bir) 7.3; 2, D Cowgill (Stock) 7.4; 3, I McGoway (Lon I) 7.5; 4, M Blanchard (Grim) 7.6; 5, D Hughes (Park V) 7.6. **Ht3:** 1, C Mossison (Cov) 7.1; 2, A Humphreys (Bir) 7.4; 3, T Gould (Hill) 7.4; 4, J White (Bir) 7.4; 5, N Walker (Unatt) 7.6. **Ht 4:** 1, A Harper (Glouc) 7.4; 2, K Little (Sand) 7.4; 3, N Rowe (BHM) 7.5; 4, C



■ *Derek Redmond*

Groves (Sheff) 7.5; 5, N Waring (Bir) 7.5. **Ht 5:** 1, C Plumstead (BHM) 7.4; 2, S Marshall (BHM) 7.5; 3, P Coggins (Bir) 7.6. **Ht 6:** N Loizias (Sand) 7.6. **Ht 7:** 1, R Noel (W&B) 7.4; 2, S Doulton (Pet) 7.4.

200m: Ht 1: 1, D Nelson (W&B) 22.6. **Ht 2:** M Thomas (Bir) 22.7.

800m: Ht 1: H Smith (Bourne) 1:53.3; 2, R White (N&EB) 1:53.8; 3, C McGeorge (B'hth) 1:55.1.

Ht 2: 1, A Humphreys (Bir) 1:523.4; 2, T Crossman (Wok) 1:53.0.

60mH: 1, A Tulloch (W&B) 8.2; 2, M Loizias (Sand) 8.6.

Juniors – 400: 1, N Birtwhistle (Liv) 51.9; 2, M Maynard (Sand) 52.0; 3, R Turner (Med) 52.5; 4, S Freeman (Bir) 52.9.

800m Ht 1: 1, N Pearson (Bir) 1:53.2; 2, C Davies (M&C) 1:55.7.

60H Ht 1: 1, D Bainbridge (SB) 8.8; 2, S Knobloch (Kings) 8.8; 3, A Skelding (D&S) 8.9. **Ht 2:** 1, J Hazel (W&B) 8.4; 2, G Evans (W&B) 8.9.

LJ: 1, T Hallett (Stone) 6.56; 2, S Knobloch (Kings) 6.44.

Youths – 200m Ht 1: 1, J Anderson (M&C) 23.5; 2, M Bennett (Wen) 24.6; 3, W Kelly (Dowsl) 24.9. **Ht 2:** P Berry (Bury) 24.5.

400m: 1, J Anderson (M&C) 52.2; 2, M Mills (Leic) 52.7.

800m: 1, A Bowden (Spen) 2:00.4; 2, G Rose (Wig 2:01.1.

Women – 60m: 1, P McLean (Bir) 7.8; 2, J Money (Der) 7.9; 3, J Kirby (NSP) 7.9; 4, C Chambers (Der) 8.0.

200m Ht 1: 1, P McLean (Bir) 25.2; 2, J Munney (Der) 26.4; 3, L Ellis (East C) 26.9. **Ht 2:** W Laing (Liv) 26.4. **Ht 3:** M Crowley (Liv) 26.8.

1500m: K Hutcheson (BHM) 4:17.2.

60mH: J Kirby (NSP) 8.8.

LJ: W Laing (Liv) 5.59.

Juniors – 200 Ht 1: 1, N Evans (Brac) 27.0; 2, L Crossley (E&S) 27.3. **Ht 2:** 1, D Hutt (Mil K) 27.1; 2, Z Crawford (Hull) 27.2.

60mH: H Blanchard (Darl) 9.1.

Inters – 60m Ht 1: 1, R Irving (wir) 8.1; 2, Z Crawford (Hull) 8.2; 3, G Gregory (Bir) 8.4. **Ht 2:** 1, J Arnold (Hull) 8.3; 2, B Brown (Hull) 8.4. **Ht 3:** B Griffiths (Col B) 8.2.

400m Ht 1: S Taylor (Bir) 60.4. **Ht 2:** R Irvinf (wir) 61.0.

Girls – 200m: A Jones (Unatt) 27.7.

800m: 1, B Fallon (Wir) 2:26.6; 2, Z Peak (Hull 2:32.2; 3, T Wilding (Bir) 2:34.3; 4, L Petrie (Hull) 2:38.2.

60mH: J Vanes (D&S) 9.5.

■ EARLY RESULTS

■ ROAD

■ Abergele 5.5 mile, 5th November

Men –

1, G Harvey (Wrex)	27:50
2, S Shields (Prest)	28:30
3, S Jones (Sale)	29:10.

V40 – R Robson (Prest) 29:35; 2, R Skinner (NWRR) 30:47; 3, B Richardson (Unatt) 31:57. **V45 –** 1, G Till (Er) 31:25; 2, A Price (Prest) 31:41; 3, A Lucas (Unatt) 36:11. **V50 –** P Fraser (C Bay) 37:07.

Team: Prestatyn.

Juniors – 1, G Rawlings (NWR) 30:47.

Women – 1, A Cartwright (Prest) 36:57; 2, G Hallard (C Bay) 37:39; 3, A Roberts (C Bay) 40:18. **V35 –** 1, P Ferguson (Flint) 40:40; 2, M Hurt (Prest) 47:11; 3, M Robson (Prest) 48:54. **V40 –** 1, S Hall (Aber) 45:36; 2, S Liddle (Prest) 45:47; 3, S Gardiner (NWRR) 47:04. **V45 –** M Evans (Prest) 47:24.

Team: Colwyn Bay.

■ Accrington 10km, 5th November

Men: 1, J Lobo (B'burn) 32:16; 2, T Chew (C le M) 32:31; 3, M Smith (Burn) 32:34; 4, P Phillips (Pend) 32:41; 5, G Hargreaves (Gate) 32:53; 6, B Little (Unatt) 32:55; 7, D Laughlin (S'fields) 32:56; 8, J Larkin (Gate) 33:06; 9, A Aspinall (Ross-V40) 33;21; 10, R Woods (Dur C) 33:28.

V45: D Dibby (N Vets) 38:37.

V50: T Orrell (Chor) 37:56.

V55: J Betney (N Vets) 41:33.

Juniors: D Beech (Hynd) 33:46 course record.

Women: 1, J Blackburn (C le M) 39:23; 2, J Eaton (Wesham-V35) 40:17; 3, C Lewis (C le M) 43:41; 4, J Dawson (Unatt) 44:48; 5, K Warley (C le M) 45:55.

Vets: 1, M West (Chor) 46:26; 2, J Entwhistle (Unatt) 49:40.

■ Bridlington RR Meeting, Sewerby Park, Bridlington, 5th November

Men

1, J Maycock (Rock)	32:46;
2, S Mitchell (Leeds)	33:13;
3, S Spooner (Brid)	34:06;
4, A Morley (Horns)	34:07;
5, I Greer (E Hull)	34:58;

6, D Leaf (Rown) 35:40; 7, T Agar (Sky) 35:56; 8, D Hindmarsh (J.I. Case) 36:07; 9, I Muir (Sower) 36:15; 10, P Baxter (Rown) 36:31. **V40 –** 1, J Moore (Horns) 38:21; 2, L Howard (Scun) 38:31; 3, J Wootton (Wake) 38:58. **V50 –** 1, E Chambers (E.Hull) 42:32; 2, B Hardcastle (Brock) 45:59.

Juniors – 1, J Moorhouse (Scun) 33:36; 2, R King (Tad) 34:54; 3, N Marsh (Lough) 35:19. **Women –** 1, J Allison (Brid) 27:31; 2, H Ward (Stain) 29:58; 3, L Moule (Stain) 30:23.

■ Nike Path Grand Prix, Chelmsley Wood, 5th November

Men (6m)

1, N Gray (S&SH)	31:42;
2, P Shipway (Spark)	32:02;
3, E McGrath (Cent R)	32:11;
4, P Taylor (Cent R)	32:25;
5, A Frapwell (Glouc)	32:46;

6, A Edwards (Spark-V40) 32:52; 7, P Hardy (Tip) 33:29; 8, M Harding (Tip) 33:34; 9, A Wallsgrove (Sand) 34:09; 10, S Walton (Unatt) 34:18; 11, S Bach (Mid Vets) 34:30; 12, M Phillips (Unatt) 34:46; 13, M Stanton (Cent R) 34:54; 14, P Ansell (HHH) 35:01; 15, B Cox (Spark-V40) 35:09; 16, L Keon (Bir) 35:16; 17, T McIver (Sand-V40) 35:18; 18, N Mountford (Sphinx) 35:20; 19, T Bull (Birm Tri-V40) 35:23; 20, B Moody (Cent R) 35:30.

Women (6m) – 1, K Hill (Tip) 34:34; 2, N Lee (Leic) 35:34; 3, D Underwood (Cent R) 36:58; 4, S Carey (Nun-V35) 37:52; 5, H Johnson (Cent R-V35) 39:11. **Men (3m) –** 1, C Perrin 18:27; 2, D Daley 18:32; 3, M Wrenn 18:44.

Women (3m) – 1, J Blyth 22:36; 2, M Limbrick 24:35; 3, C Elwell 24:00.

Youths (3m) – 1, M Graham 21:16; 2, G Johnson 21:39; 3, A Harding 23:26.

Chester Zoo 10k, Upton-by-Chester, 5th November

Men: 1, M Cawood (Wirr) 30:58; 2, S Stevenson (Tel) 31:15; 3, D Jackson (Tel) 31:20; 4, J Crook (Mid Ches) 31:27; 5, J Wycherley (Hels) 31:29; 6, B Beecroft (Wirr) 31:48; 7, S Hendry (Mid Ches) 31:52; 8, D Mason (Man U) 31:58; 9, S Dawson (CEPAC) 32:19; 10, D Stevens (Mid Ches) 32:20; 11, J Bevan (CEPAC) 32:28; 12, A Dore (Man U) 32:48; 13, S Asher (CEPAC-V40) 32:50; 14, C Hulse (Warr) 33:02; 15, J Bridge (Man U) 33:03; 16, T Owen (S Ches) 33:09; 17, D Carrington (Spect S) 33:12; 18, T Hollaway (Wrex) 33:13; 19, D Southern (Spect S) 33:20; 20, I Selvey (Wrex) 33:23; 21, M Shackloth (Man U) 33:28; 22, P Forster (Wirr) 33:31; 23, G Rowe (Wall) 33:39; 24, K Thompson (Rivacre R) 33:51; 25, P Yates (Hels) 33:51; 26, J Peerless (Wirr) 33:52; 27, G Gibbons (Mers FB) 33:55; 28, A Starkey (Whit H) 33:56; 29, D Shallcross (Wirr) 33:57; 30, J Fidler (Whit H) 34:06.

V50 – M Morrell (Wirr) 35:15. **V60 –** E Mountford (N.Vets) 44:43. **Team:** Mid Cheshire AC. **Women –** 1, H Ruffell (Man.U) 36:27; 2, L Hardley (Wrex-V35) 37:47; 3, L Davis (CEPAC) 38:43; 4, J Thorn (Mid Ches) 39:08. **V45 –** V Brennan (Wirr) 42:10. **Team:** Mid Cheshire AC.

■ Woods Colchester Half Marathon, 5th November

Men: 1, A Girling (Inv) 66:59 (Course record); 2, R Sales (Norw RR) 70:16; 3, K Lehane (Norw RR) 71:04; 4, J Davy 73:35; 5, J Young 73:51; 6, K Woule 75:21; 7, N Busby 76:44; 8, B Brown 77:02; 9, D Grimshaw (Colch Pol) 77:15.

Vets: 1, R Hempstead 78:19; 2, R Hanks 81:08; 3, D Bradbury 82:16.

Team: Norwich RR.

Under 16: A Nelson 85:13.

Women: 1, S Coxhall (V35) 82:04; 2, V Manly 87:32; 3, B Hadgraft 90:05.

Men: 1, R Taylor 38:46; 2, A Clark 38:59; 3, D Wright 39:04.

Women: P Jones 47:46.

■ Ringwould 10m, Deal, 5th November

Men: 1, J Moores (Deal) 53:57; 2, C Ashby (Inv-V40) 54:56; 3, J Carpenter (Thanet) 55:16; 4. V Hancock (HW) 55:32; 5, M Ralph (Inv) 56:04; 6, K Letchford (Deal) 56:16; 7, J Peters (Ash & Dist) 56:23; 8, B Watson (S Ken) 57:20; 9, P Tomlinson (Than) 57:44; 10, M Beagley (Thanet) 58:08.

V50: J McNeill (Dover) 63:02.

V60: D Penn (Dover) 69:12.

Team: 1, South Kent Harriers; 2, Deal Striders.

Women: 1, M Garret (Than-V35) 69:25; 2, S Travers (Ash & Dist) 69:46; 3, J Bright (M'stone) 71:45.

Vet: M Smith (Unatt) 71:58.

Team: Thanet Road Runners.

■ Dundee 10, 5th November

Men

1, D Beattie (Hawk HH)	53:27
2, B Lippett (HMS Coch)	54:06
3, R Owens (RNAC)	54:18
4, M McCreadie (Fife AC)	54:28
5, B Cook (Hawk HH)	55:11

6, B Anderson (Dund RR) 55:38. **V40 –** B Wood (Dund RR) 54:49. **V45 –** A McAllum (Mont) 57:44. **V50 –** D McGregor (Fife AC) 55:03.

Team: Fife AC.

Women – 1, M Muir (Dund RR) 61:56; 2, M Stalford (Aber AC) 65:29; 3, U Simpson (Aber AC) 65:35; 4, M McLaren (Unatt) 68:33; 5, D Jermieson (Aber AC) 68:47; 6, M Martin (Fife AC) 70:02. **V35 –** A Wilson (Hawk HH) 67:01. **V40 –** I Gibson (Dund RR) 70:48. **V45 –** M Beveridge (Aber AC) 75:44.

Team: Aberdeen.

■ RSPCA 10km, Epping, 5th November

Men – J Clark (Epping R) 34:57.

Junior – S Bull 43:36.

Vet – G Messenger 38:42.

Women – B Bramley 43:42.

Junior – K Murrell 63:18.

Vet – G Burling 49:29.

■ Harrow Full and Half Marathon, 5 November

Men –

1, G Swindles (Metros)	2:31:17;
2, B Standon (TVH – V40)	2:31:51;
3, A Higgs (Chelt)	2:34:20;
4, M Lockwood (26.2 RR Club)	2:37:40;
5, S Fraser (Mil K)	2:38:40;

6, J Hudsmith (Serp) 2:39:10; 7, A Flett (Colling) 2:39:47; 8, S Hardy (Met P) 2:41:10; 9, R Gray (British Marathon RC) 2:41:19; 10, W Gardner (Lanc & Mo) 2:41:41; 11, S Brown (Midland Valley) 2:42:18; 12, M Hern 2:44:14; 15, R Gerney (Dac) v40 2:4:46; 16, S O'Sullivan (Mil K) 2:44:59; 17, J Walker (Dunstable) 2:45:05;, 18, J White (E Lon) 2:47:01; 19, M Arif (E&S – V40) 2:47:22; 20;, A Hoben (Arena 80) 2:49:49.

Women

1, J Oakely (Maid)	2:51:01;
2, H Walker (Serp – V35)	2:59:00;
3, D Sanderson (Wat)	3:07:48;
4, B Sheldon (Serp – V35)	3:09:16;
5, F House	3:12:09;

6, B Cullan (V35) 3:23:43; 7, M Swindles (Metros) 3:25:03; 8, J Cliffdon (C'wood – V35) 3:35:35; 9, C Booth (LRC – V35) 3:37:46; 10, J Demont (Commets RC) 3:37:53; 11, J Sutherland (White Horse – V35) 3:37:56; 12, K Dunn (E Lon) 3:39:01; 13, M Davidson (Muswell Hill Runner – V35) 3:47:12; 13, R Banks (Stain – V35) 3:50:46; 15, M Herbert (GWR) 4:27:20; 15, C Webb (Serp) 4:43:09; 16, I Barnard (Heston Steames – V35) 4:51:15.

Team – 1, Serpentine; 2, Arena 80; 3, Collingwood.

Half Marathon

Men

1, J Critchlowe (Wat)	1:06:50; (course record)
2, N Flint (Old G)	1:09:02;
3, S Blaney (High)	1:09:10;
4, R Johnstone (Serp)	1:10:02;
5, M Kersons (Old G)	1:1;:32;
6, G Allen (Kodak Arrows)	1:10:42;

7, M Letts (Old G) 1:11:48; 8, N Glavin (Lon Irish) 1:11:54; 9, S Bell (Kodak Arrows) 1:11:55; 10, D Rudd (Minley Movers) 1:12:21; 11, K Wood (Hill) 1:12:31; 12, T Gassett (Metros) 1:12:40; 13, T O'Neill (VP) 1:12:49; 14, W Gristwood (Greenford RR) 1:13:26; 15, S Mackintosh (Metros) 1:13:27; 16, G Merfield (Hast) 1:13:42; 17, R Harvey (Dacorum) 1:13:54; 18, S Hartley (Metros) 1:14:01; 19, E Burton (Old G) 1:14:11; 20, I White (Old G) 1:14:40; 21, R Trower (Metros) 1:14:54; 22, R Amor (Sleaford) 1:14:57; 23, M Orton (Watfor) 1:15:07; 24, N Cowdrey (Old Gay).

V40 – 1, T Pollard (Burn) 1:17:18;

V50 – 1, H Baxter (High) 1:21:50;

Women –

1, H Baxter (High)	1:18:57;
2, I Turner (Haze & Harlington – V35)	1:29:36;
3, L Murphy (Middx)	1:31:11;
4, C James (Wat)	1:31:40;
5, S Ferrey (Heston steamers)	1:32:00.

■ King Harold PTA 10k, Waltham Abbey, 5th November

Men

1, P Clarke (W.Gn)	32:54;
2, M Lee (Lea V)	33:06;
3, A Watkins (Locals O)	33:09;
4, S Moore (H&W-V)	33:54;
5, R Collins (Lea V)	34:58;

6, S Howell (Lea V) 35:00; 7, L Kohn (VPH) 35:03; 8, T Beattle (Lea V) 35:15; 9, C Oxlade (Lea V) 35:28; 10, R Palmer (Lought) 35:43. **Teams:** Lea Valley Runners 21. **Women –** 1, M Pike (Lea V) 42:37; 2, S Collins (lea V) 46:36; 3, A Powter (Ed J-V) 47:08. **Teams:** 1, Lea Valley Runners 13; 2, Edmonton Joggers 17.

■ Moorside Garages Holmfirth 15 miles, inc. Yorkshire Champs, 5th November

Men: 1, S Carey (Warr) 77:08; 2, J Tollerfield (Steel) 78:32; 3, D Bond (Ask) 78:38; 4, M Pearson (Long) 79:05; 5, C Nightingale (Sheff) 79:18; 6, J Taylor (Holm) 79:27; 7, M Flowers (Burt) 80:30; 8, J Mathews 1st (Hull-V40); 9, C Noris (Bing) 81:31; 10, P Darbyshire (Wig P) 81:41; 11, P Pickwell (Alt) 81:54; 12, N Barlow (Horw) 82:12; 13, M O'Callaghan (Vall St) 82:26; 14, T Greenwood (B'burn) 82:39; 15, A Feliciello (Vall St) 82:46; 16, J Barker (Grim) 83:05; 17, T Wright (Long) 83:22; 18, M Hoon (Vall St) 83:32; 19, K Cluderay (Vall St) 83:36; 20, P Neal (Roth) 83:49; 21, P Powell (Barns) 84:03; 22, M O'Sullivan (A&SV) 84:15; 23, B Eden (Holm) 84:49; 24, E Wilson (B'burn) 85:04; 25, S Woodward (Wins) 85:09.

Yorkshire Champ inc: 1, Tollerfield; 2, Bond; 3, Pearson.

Women: 1, C Moore (N Der) 99:44; 2, J Sanderson (A&SV) 103:51.

■ Pitsea 5 miles, 5th November

Men: 1, A Taylor (Bas) 24:04; 2, R Charleston (Chelm) 24:12; 3, P Haynes (Bas) 24:41; 4, R Barrie (N&EB) 24:45; 5, C Bould (R Need) 25:04; 6, M Yates (N&EB) 25:11.

Teams: 1, Newham & Essex Beagles 41; 2, Thurrock 82; 3, Southend 101.

Women: S Brooks (SB) 28:25.

■ Great Hengistbury Trail Race, 11½miles, 5th November

Men: 1, G Pullman (Newb) 64:09; 2, H Smith (Bourne) 66:34; 3, S Dunford (Wessex RR) 67:24.

V40: 1, K Griffiths (Ports) 67:31; 2, I Barnes (Poole) 68:44.

V50: B Bennett (Win) 73:45.

Women: 1. A Denison (Bourne) 79:32; 2, K Newall (Ports J) 82:28.

■ Shepshed 10k 5th November

Men –

1, D Miles (Gate)	30:37;
2, E Hyland (Red)	30:48;
3, P Yeomans (Omega)	30:55;
4, D Driver (Shep)	32:17;
5, S Bright (Notts)	32:27;

6, G Longley (Col) 32:28; 7, S Davies (Mans) 32:37; 8, A Long (Col) 32:38; 9, D Baker (Stilt (V40) 32:41; 10, C Berry 33:03.

Vets 2, W Chance (Nott) 33:50; 3, H Pymm (Col) 34:20.

V50 – 1, P Leake (Col) 36:22.

Women –

1, C Hardy (Charn) 37:48; 2, R Buchner (Lough) 38:55; 3, H Fiddament (V35 Braus) 39:24; 4, S Humphries (Charn) 40:10.

Mens Teams: 1, Notts, 2, Coleville

■ Washington DC Marathon 5th November

Men –

1, J Haig (USA)	2:20:23;
2, S Farley (USMC)	2:22:37;
3, P Okerberg (USA)	2:25:16;
4, S Fitzwilliam (USA)	2:26:50;
5, D Bennett (RNRM)	2:27:46;

ll, G Mislick (USMC) 2:30:37; l5, B Davies (RNRM) 2:3l:54; 2l, D Pearson (RNRM) 2:33:13; 25, C Cook (RNRM) 2:33:52; 29, R Hoyles (USMC) 2:34:37; 45, J Parr (RNRM) 2:37:06; 51, T Pears (RNRM) 2:37:38.

Teams: 1, USMC; 2, RNRM.

■ Black Isle Festival of Running, 4th November

10k

Men – 1, C Hall (A'deen) 30:19; 2, G Laing (A'deen) 30:55; 3, G Reynolds (Forres) 31:14.

Women –

1, J Swanson (Shett) 35:24.

Half Marathon –

Men: 1, G Fairley (Kilb) 1:12:09; 2, J Bulman (I'ness) 1:12:10; 3, I Gollan (I'ness) 1:13:31.

Women: S Clarke (Skye-V35) 1:37:46.

Marathon –

Men: 1, C McIntyre (Fraser) 2:34:13; 2, J McKay (HBT) 2:34:43; 3, A Sterling (FVH-V40) 2:36:27; 4, J Duffy (Shett) 2:40:40; 5, B Adam (A'deen-V40) 2:42:20; 6, R Hubbard (SMC) 2:42:52.

Team: Shettleston.

Women: 1, G Hanlon (Dund RR-V35) 3:18:39; 2, T Restanginger (Dund RR V35) 3:18:56; 3, S Beauchamp (SVHC) 3:23:13.

■ Bedlington 10m, 29th October

Men

1, P Campbell (Sun)	51:52;
2, L Atkinson (Ain)	52:36;
3, C Atkinson (Walls)	53:32;
4, D Robertson (Salt)	53:44;
5, J Prendelgast (S&SH)	54:01;

6, A Jenkins (Morp) 54:19; 7, C Marshall (J&H) 54:28; 8, M Woodward (J&H) 54:33; 9, T Horsley (Blyth) 54:37; 10, D Coull (Morp) 54:41. **Vets** – B Lishman (NSP) 57:06. **Women –** 1, P McFarland (Clare-V) 64:27; 2, C Davidson (Clare) 67:17; 3, P Adamson (NSP) 68:20.

■ Sri Chinmoy 5, Battersea Park, 28th October

1, C Andrews (Forb) 27:19; 2, R Coe (B'th) 27:36; 3, D Chalfon (Mus H) 27:46; 4, M Taggart (Unatt) 28:14; 5, Bromdino (Dart) 28:15; 6, J Spooner (unatt) 28:54; 7, M Smith (LRRC) 28:56.
V50 – 1, R Stewart (Mus H) 29:51; 2, J Dean (Sal) 30:34; 3, D O'Connell (TVH) 34:09.
Women – S Smith (Dul Pk –V50) 37:11. **V50:** C Steart (Mus H) 46:32.

■ Lamplight 5½miles, Newton Aycliffe, 25th October

Men –

1, S Purkiss (R&Z)	27:31;
2, D Dupree (Army)	27:41;
3, D Wyatt (Sun)	27:42;
4, K Harker (R&Z-J)	28:04;
5, M Coleby (Gate)	28:11;

6, M Fayers (R&Z) 28:16; 7, M Pearson (Mand) 28:30; 8, K Brunskill (NAyc) 28:44; 9, I Baird (Army) 28:47; 10, T Mortlock (R&Z) 28:49; 11, J Dennis (Crook) 28:50; 12, G Potts (Mand) 28:58.
Juniors – 2, L Smith (Heat) 29:00; 3, M Saddler (R&Z) 31:00. **V45 –** B Mackay (Dur C) 31:05. **V50 –** E Appleby (Heat) 30:52.
Women – 1, S Kay (Loft) 34:23; 2, C Hay (Marsh Ho-V) 36:14; 3, H Nichols (M&C) 40:09.

■ Cirencester 10km, 22nd October

Men –

1, A Gardnor (Stroud)	31:26;
2, B Griffiths (Car)	31:38;
3, M Gibbs (Devizes)	31:59;
4, R Drage (Yate)	32:01;
5, T Hughes (WHH)	32:03;

6, P Fitzgerald' (Yate) 32:20; 7, J Shields (Swin-V) 32:39; 8, T Stanton (Chelt-V) 32:47; 9, S Allman (Chipp) 32:49; 10, S Dinwoodis (Wootton B) 33:06.
Team: Cheltenham.
Vet – 2, M Keating (Wootton B) 33:42.
Women – 1, K McLeod (ESP) 34:18; 2, J Webb (AF&D-V) 37:38; 3, M Griffiths (C&S) 38:29; 4, J Kelly (Glouc-V) 38:37; 5, J Barrus (Chelt-V) 38:42; 6, S Moon (Swin) 39:34; 7, M Green (Yate-V) 40:33; 8, M Jones (Ciren-V) 40:41; 9, S Wolanski (Ox C) 41:54; 10, B Stagg (Ciren) 42:11.
Team: Cirencester.

■ Minehead Half marathon, October 22

Men –
1, R Nerurkar (Bing) 65:19; 2, D Neal (RNAC) 67:33; 3, R Butler (Bide) 68:44; 4, J Merryfield (Mine) 68:56; 5, P Howarth (Les C) 69:04; 6, S Rhind (Les C) 69;29; 7, R Autell (Chard) 72:45; 8, W Speak (W&B) 73:31; 9, M Penrose (Chard) 73:45; 10, L Collins (Mine) 73:53; 11, R Ridge 74:04; 12, M Baddick (Bide) 74:22; 13, M Williams (S Dom) 74:37; 14, H Clark (Mine) 74:38; 15, C De St Croix (Mine) 75:00; 16, M Hunt (Tuan) 76:38; 17, T Van-Reenen (Mine) 76:42; 18, P Stuartridge (Bide) 76:59; 19, A Saunders (Bide) 77:25; 20, J Ashton (Horw) 78:09; 21, C Abrahams (Exe V) 78:28; 22, W Bratty (Glouc – V45) 78:36; 26, M Briars (Ply V) 79:48; 27, G Platt (Chor) 80:10; 28, R Lewis (Mine) 80:14; 29, M Rogers (Burnham) 80:27; 30, R Lands 81:47.
Teams: 1, Minehead, 2, Bideford, 3 Taunton.
Women: 1, B Cardy-Wise (B&R–V) 79:24; 2, S Bolt (Teinb) 89:05; 3, J Cooper (Cannock) 95:09.
Team: Minehead.
Further Vets: V50 G Harvey (Cleve; 86:22. V55 A Toomer (Lordshill) 88:34. **V60** – P Tipney (Mine) 112:19.

Wear Valley Marathon, 22nd October

Men –

1, K Brown (Mand)	2:24:50;
2, G Forster (Sun)	2:26:37;
3, N Jobson (Blay)	2:27:25;
4, A Catley (NSP)	2:31:39;
5, G Robinson (C-le-S)	2:32:40;

6, A Dent (Blay) 2:33:01; 7, D Dixon (Sun) 2:35:14; 8, D Littlewood (Crook-V) 2:35:27; 9, K Sinclair (J&H) 2:36:35; 10, E Cansell (Unatt) 2:36:36; 11, J Collins (Sun-V45) 2:37:22; 12, M Ingram (Crook) 2:39:36.
Vets – 3, C Kinnear (Dumf) 2:41:39.
V50 – J Taylor (Heat) 2:56:20.
V55 – J Peacock (Gate) 2:57:13.
Teams: 1, Mandale 50; 2, Sunderland 75.
Vets Team: Crook 41.
Women – 1, B Richardson (Les C) 2:55:23; 2, J Beckford (N Ayc-V) 3:05:11; 3, P Mee (Alt) 3:06:05.

■ Promenade 5 series, Wester-Super-Mare, 19th October

Men –

1, C Old (Bris)	25:28;
2, P James (Weston)	25:37;
3, M Healy (L'werry)	25:45;
4, F Roach (GWR)	27:05;
5, A Norville (Bris-J)	27:15;

6, L Plowright (Weston) 27:24; 7, C Ashworth (Les C) 27:30; 8, R Cox (GWR) 27:42; 9, P Davis (West) 27:48; 10, B Courtney (Weston) 27:51. **Vets –** 1, G Old (Weston-V50) 28:24; 2, T Lewis (Les C) 28:38; 3, J Stack (GWR) 28:49.
Women – 1, K Taylor (Bris-I) 32:08; 2, C Harrison (Unatt) 33:52; 3, K Bolton (Bris) 35:31.

■ LRRC Road Mile, Hyde Park, 18th October

Men –
1, G Barry (Rane) 4:41; 2, D Spencer (Vets AC) 4:47; 3, H Elzein (Unatt) 4:55; 4, S Samuel (LRRC) 4:56; 5, S Allen (LRRC) 5:10; 6, S Doohan (Fran) 5:12; 7, N Owen (Unatt) 5:16; 8, T Fierens (Fra) 5:17; 9, B Visconti (Fra) 5:19; 10, F Thomason (Met Rail) 5:20; 11, M Smith (Dul P) 5:23.
Women –
1, S Graciet (Fra) 5:33; 2, E Vincent (Fra) 5:52; 3, S Newman (Fra) 6:07; 4, M Schultze (Fra) 6:09.

■ Army Marathon Championships, RAF Swinderby, 6th October

1, J Martin 2:24.20; 2, Collins 2:27.14; 3, P Marsh 2:28.16; 4, S Shepherd 2:29.30; 5, J Clune 2:34.24; 6, A Chapman 2:35.21; 7, K Arnold (Vet) 2:36.07; 8, N Bateson 2:38.02; 9, Boswell 2:38.04; 10, J Moran 2:38.38; 11, Lonnen 2:38.22; 12, Hutchinson 2:40.10; 13, N Clay 2:40.26; 14, Baird 2:41.14; 15, B Wright 2:41.45.

■ CROSS-COUNTRY

■ Epsom Kennedy XC 5th November

Men: (6 miles)

1, M Gregory (Box)	33:59;
2, C Houghes (TH&H – V40)	34:56;
3, I Banks	35:33;
4, A Clarke (E&E – V40)	36:03;
5, J Chandler (V40)	36:21;

6, P Hoyle 36:26; 7, R Wiggins 36:41; 8, W Caldercourt 37:01; 9, M Hilpon 37:04; 10, R Marchant 37:08.
Women: 1, M Griffith 41:00; 2, P Chandler V35+ 43:47; 3, R Darvill 45:10.
Men (3 mile): 1, M Choules (Coll) 18:46; 2, S Kowalewicz (Wim Wm) 18:57; 3, S Norman (26.2 RR Club) 19:11; 4, S Doohan 19:14; 5, B Hallett (E&EH) 19:39; 6, M Mabbutt 19:55; 7, J Foster 20:52; 8, C Richardson 20:59; 9, D Clarke (E&E H) "Chairman" V40+ 21:15; 10, D Arlen (V50+ 60:57.
Women: 1, J Keating 20:42; 2, H Imeon (Tad) 20:57; 3, S Hart (Tad) 23:12.

■ Hydrasun Meeting, Aberdeen, 5th November

Men

1, D Duguid (Aber)	31:17;
2, B Moroney (Aber)	32:20;
3, G Bartlett (Forres)	32:29;
4, S Wright (Aber U)	32:58;
5, S Cassells (Aber)	33:06;

6, G Mitchell (Dun HH) 33:38; 7, G McDonnell (I'ness) 33:46; 8, S Wynn (Aber) 33:57; 9, P Jennings (Aber) 34:13; 10, C Stewart (I'ness H) 34:16; 11, J Freel (Aber) 34:21; 12, P Scott (Peterhead) 34:50. **V40** – 1, K Hogg (Aber) 34:56; 2, F Duguid (Aber) 35:43; 3, R Wilby (Minolta Black Isle) 35:57. **Team:** 1, Aberdeen 8;2, Aberdeen B 31; 3, Aberdeen C 49.
Youths – 1, B Fraser (Minolta Black Isle) 19:25; 2, S Cook (Vic Sch) 19:46; 3, J Gowans (Tayside) 20:06. **Team:** 1, Inverness H 20; 2, Queen Victoria Sch 27; 3, Minolta Black Isle 37.
Boys – 1, A Cassey (Q.Vic Sch) 15:04; 2, S Allen (Minolta Black Isle) 15:10; 3, J Donald (Forres) 15:18. **Team:** 1, Inverness H 21; 2, Aberdeen 24; 3, Minolta Black Isle 32.
Junior Boys – 1, D McDonald (Perth) 11:12; 2, D Whightman (Tayside) 11:20; 3, A Love (Fraser) 11:38. **Team:** 1, Fraserborough 16; 2, Queen Victoria Sch 24; 3, Aberdeen 36. **Colts** – 1, A Skene (Fraser) 6:26; 2, P Herron (Arbroath) 6:33; 3, A McKinnon (Q Vic Sch) 6:34. **Team:** 1, Minolta Black Isle 25; 2, Queen Victoria Sch 25; 3, Aberdeen 41.
Women – 1, M Duthie (Fraser) 16:52; 2, L Davidson (Aber-I) 17:09; 3, K Powell (Dun HH) 17:15; 4, D Porter (Reebok) 17:22; 5, S Coutes (Dun-I) 17:35; 6, S Reid (Aber-I) 17:50; 7, A Rose (Dundee U) 18:07; 8, J Nuttall (Aber-V35) 18:12; 9, J Gramms (Aber) 18:21; 10, A Tait (Dundee HH-I) 18:28. **Team:** 1, Aberdeen 16; 2, Dundee HH 18; 3, Aberdeen B 35.
Junior Women – 1, Y Reilly (Dun HH) 11:58; 2, S Hannah (Dun HH) 12:17; 3, L Shaw (Arbroath) 12:21. **Team:** 1, Aberdeen 26; 2, Dundee HH 32; 3, Inverness H 33. **Girls** – 1, C Clarkson (Aber) 12:44; 2, L Still (Aber) 12:54; 3, C Becker (Aber) 13:02. **Team:** 1, Aberdeen 6; 2, Aberdeen B 24; 3, Minolta Black Isle 32. **Minors** – 1, J Anderson (Fraser) 6:38; 2, K Snape (Aber) 6:48; 3, D McAllister (Fraser) 6:51. **Team:** 1, Fraserborough 10; 2, Dundee HH 16; 3, Aberdeen 24.

Sewerby Park, 5th November

Men (9,650m)

1, J Mayock (Rock)	32:46;
2, S Mitchell (Leeds)	33:13;
3, S Spooner (Brid)	34:06.

Vets – 1, J Moore (Horn) 38:21; 2, L Howard (Horn) 38:31; 3, J Wooton (Wake) 38:58. **Juniors** – 1, J Moorhouse (Scun) 33:36; 2, R King (Tad) 34:54; 3, N Marsh (Louth) 35:19.
Youths (5,728m) – 1, P Shakesby (E.Hull) 20:34; 2, G Marsh (Louth) 20:43; 3, M Thomas (Wake) 20:59.
Boys (4,606m) – 1, D McGregor (Stain) 16:19; 2, R Holberry (Barns) 16:29; 3, T Vale (Barns) 16:35. **Colts (2,587m)** – 1, A Wilman (Hull Spr) 9:52; 2, B Collingwood (Hull Spr) 10:14; 3, D Stevenson (E.Hull) 10:18.
Women (6,595m) – 1, J Ellison (Brid) 27:31; 2, H Ward (Stain) 29:58; 3, L Maule (Stain) 30:23. **Inters (4,606m)** – 1, Y Ward (Hull Spr) 18:55; 2, N Roberts (Hull Spr) 19:28; 3, C Howard (Scun) 19:46. **Girls (2,930m)** – 1, R Calvert (Rown) 11:40; 2, C Burke (Hull Spr) 11:54; 3, A Omochowski (Ridd) 12:08. **Minors (2,587m)** – 1, H Nichols (Goole) 10:58; 2, A William (E.Hull) 11:02; 3, N Clarke (Hull Spr) 11:10.

■ Vet 7.5 mile CC 'Mob Match', Hayes, 5th November

Men

1, B Wootton (Orion)	47:51;
2, R Gevers (SLH)	48:04;
3, H Morten (B'hth)	48:07;
4, H Hughes (SLH)	48:51;
5, M Cronin (B'hth)	49:04;

6, J Quaintance (SLH) 49:41; 7, M Peace (Rane) 49:54; 8, P Hamilton (B'hth) 49:56; 9, B Connolly (Orion) 50:18; 10, N Griffiths (SLH) 50:28; 11, C Jones (SLH) 50:42; 12, D Wilkinson (Orion) 50:44; 13, J Geoghegan (Gst) 50:46; 14, B Read (Orion) 51:10; 15, L Ingold (Rane) 51:12. **Teams:** 1, Blackheath 373; 2, South London Harriers 406; 3, Orion 539; 4, Ranelagh 628.

■ Coleraine Meeting 4th November

Frank Sharkey of Olympic gained his second successive victory in the senior six mile race. This week he was over 40 seconds clear of Kenny Allen of Willowfield, who in turn was well clear of Ray Curran of Annadale, who was having his best race for some time.

Peter Smith in 4th place, led his team Cavehill & Duncairn to the team prize. In the other races Ann Hall of the host club, Pegasus, took the senior women's three-mile race, while the veterans' race went to Ivan Spiers of Sperrin.

Senior Men (6 miles)

1, F Sharkey (Olymp)	34:01;
2, F Allen (WTH)	34:43;
3, R Curran (Anna)	35:21;
4, P Smith (C&D)	35:31;
5, G Conway (C&D)	35:34;
6, N McMonagle (Sparta)	35:40.

Vets (3 miles) – 1, I Spiers (Sperr) 17:30; 2, G Williamson (Sparta) 17:57; 3, E Campbell (WTH) 18:05.
Youths (3 miles) – 1, P Pollard (CAI) 17:07; 2, C O'Neill (C&D) 17:15; 3, J Tracey (Pyr) 17:27. **Boys (U16) (2 miles)** – 1, B Taylor (LV) 11:53; 2, S Crow (C&D) 12:05; 3, R Kerr (CAI) 12:10. **Boys (U14) 1.5 miles** – 1, F Swan (ND) 9:09; 2, C Freeman (ND) 9:16; 3, J Rogan (ED) 9:28. **Senior Women (3 miles)** – 1, A Paull (Peg) 20:41; 2, D Higgens (B&A) 20:48; 3, T Cunningham (LV) 21:06; 4, C McCourt (Bel Ladies) 21:16; 5, D Hargen (Sparta) 21:32; 6, D Kirk (ND) 21:35. **Team:** Lagan Valley. **Juniors (1.5 miles)** – 1, S Gawley (ND) 10:06; 2, B Cunningham (LV) 10:43; 3, S McEvoy (ND) 10:47. **Girls U11 (1 mile)** – 1, F Keating (ED) 6:58; 2, G Gallagher (Sparta) 7:13; 3, K Reid (B&A) 7:21.

■ Inter-Club CC, Ruislip, 4th November

Men (5m)

1, M Puddifoot (TVH)	31:02;
2, J Stirling (SB)	31:11;
3, P York (E&S)	31:16;
4, M Passfield (Hill)	32:12;
5, A Cooper (TVH)	33:03;

6, G Chapman (TVH) 33:05; 7, J Camproubi (Hill) 33:26; 8, M Dixon (Ver) 33:33; 9, I Rivington (Ver) 33:35; 10, L O'Hara (Hill-V50) 33:48; 11, M Saughman (Ver) 33:57; 12, S Osborne (Maid) 34:05; 13, D Selby (Hill) 34:09; 14, M Kettlewell (Hill) 34:21; 15, R Davies (Ver) 34:27; 16, I Christie (Maid) 34:57; 17, R Crosbie (TVH) 35:05; 18, K Hickey (TVH) 35:17; 19, J Husband (TVH) 35:19; 20, L Barden (TVH) 35:25. **Teams (6 to score):** 1, Thames Valley 66; 2, Hillingdon 69; 3, Verlea 112; 4, Ealing & Southall 151. **10 to score:** 1, Hillingdon 114; 2, Verlea 188; 3, TVH 191. **Youths & Boys (2.5m)** – 1, A Venus (E&S) 15:52; 2, P Busby (Ver) 16:18; 3, D Card (TVH) 16:57; 4, A Richardson (E&S) 17:03; 5, S Calmus (Ver) 17:18; 6, G Lummis (Ver) 17:51; 7, P Stokes (Ver) 17:62; 8, A Davies (E&S) 17:54; 9, M Bourchier (E&S) 17:57; 10, A Ross (E&S) 18:10.
Teams: 1, Verlea 112; 2, Ealing & Southall 116. **Colts (1.5m)** – 1, A Slack (Ver) 9:11; 2, M Normille (E&S) 9:29; 3, I Cunningham (E&S) 9:50; 4, D McGuire (E&S) 10:02; 5, A Lester (Hill) 10:11; 6, B Murtagh (E&S) 10:21; 7, R Pitt (Ver) 10:27; 8, K Maguire (E&S) 10:30; 9, B Braithwaite (E&S) 10:35; 10, N Reynolds (E&S) 10:35. **Teams:** 1, Ealing & Southall 15; 2, Verlea 32.

■ Leicestershire Schools League, Hinckley, 4th November

Senior Boys –
1, N Stirk (Lough Tech); 2, C Black (Bur) 3, N Rudkin (Lough G); 4, C Haythornwaithe (Lough G); 5, B Alexander (Robert Smyth)
Team – 1, Loughborough Grammer.
Inter Boys – 1, J Lake (De Lisle); 2, M Lovett (City); 3, M Wallace (Long Slade) 4, J Atherton (Gruby); 5, S Waugh (Wreak).
Teams – 1, Melton 48; 2, Loughborough Grammar 51; 3, Burleigh 77.
Junior Boys – 1, S West (Lutterworth); 2, I Quarmby (Humphrey Perkins); 3, K Ard (St Pauls); 4, J Brown (Stonehill); 5, R Drage (Reake)
Teams – 1, Lutterworth 102; 2, Loughborough Grammer 111; 3, De Lisle 182; 4, Humphrey Perkins 197; 5, Welland Park 252.
1st Year Boys – 1, G Fairbrother (Sheshed); 2, S Green (City); 3, N Bott (Humphrey Perkins) 4, P Large (Shepshed); 5, C O'Neill (Lutterworth).
Teams – 1, Shepshed 94; 2, Lutterworth 134; 3, Loughbroough G 178; 4, Humphrey Perkins 196; 5, Welland Park 210.
Senior Girls – 1, L Hill (Lutt); 2, H Davidson (Rob S); 3, G Manship (J Cleve Coll); 4, C Potter (City).
Inters – 1, T Payne (Lutt); 2, C Rogers (Lutt); 3, A Ward (Lough); 4, H Bowman (Hinck); 5, A Colgate (Gruby).
Team – 1, Lutterworth 12, 2 Burleigh 34.
Junior Girls – 1, S Blanks (Bosworth); 2, D Brennan (Soar Vall) 3, G Weir (Brook); 4, A Raws (De Lisle); 5, M Prince (Brook).
Teams – 1, Bushloe 80; 2, Humphrey Perkins 91; 3, Shephsed 116; 4, Woodbrookdale 119; 5, Welland Park 133.
1st Year Girls – 1, Z Goodman (City); 2, C Cox (Bosworth); 3, C Machett (Castlerock); 4, R Jelley (Humphrey Perkins) 5, K Noble (Reake).
Team – 1, Shepshed 75; 2, Garendon 85; 3, Lutterworth 86; 4, Loughborough Convent 106; 5, D Lisle 118.

■ Lydiard 5m CC Trophy, Kingsbury, 4th November

Men

1, I Manners (High)	24:26;
2, J Kilsby (Har)	24:28;
3, B Pochee (High)	24:42;
4, K Falvey (Hill)	24:46;
5, K McDonald (Hill)	24:57;

6, J McQueen (Har) 25:36; 7, J Quirke (Lon I) 25:40; 8, C Bailey (High) 25:44; 9, A Holt (Ver) 26:03; 10, S Butler (Read) 26:08; 11, R Howells (E&S) 26:10; 12, N Hotson (Hill) 26:12; 13, D Ramsey (Read) 26:14; 14, I Kennedy (High) 26:17; 15, M Ingram (E&S) 26:22; 16, D Milner (Har) 26:24; 17, N Morrison (Ver) 26:25; 18, M Chapman (High) 26:28; 19, P Martin (Hill) 26:30; 20, N Bramwell (High) 26:35; 21, W Dumpleton (SB) 26:37; 22, J Stratton (High) 26:43; 23, D Burrows (High) 26:45; 24, P Atkinson (Read) 26:48; 25, P Molloy (SB) 26:52; 26, E Midgley (QPH) 26:56; 27, G Reader (Har) 27:05; 28, A Cunningham (Barn) 27:07; 29, P Bowen (Har) 27:12; 30, B Booth (Ver) 27:16. **Teams:** 1, Highgate 109; 2, Reading 236; 3, Ealing & Southall 271; 4, Hillingdon 276; 5, Queen's Park H 472; 6, Barnet 499; 7, Mornington Chasers 602.

■ Leicestershire Primary Schools League Braunstone Park, Leicester 4th November

U11 Boys – 1, N Mapp (Count); 2, D Chambers (Count); 3, R Coleman

(Mount); 4, D Ekins (Broom); 5, P Hamblin (Broom). **Teams:** I, Countesthorpe; 2, Dovelands; 3, Ashby Willesley.
U9 Boys – 1, J Booker (Gil); 2, M Betts (Ib); 3, A Harrison (Mount); 4, S Pizzorno (Count); 5, P Stockdale (Mount).
U11 Girls – 1, S Fawcett (St Johns); 2, V Smith (Dove); 3, L Epton (Market B); 4, D Hefford (As H); 5, L Worden (Lough).
U9 Girls – 1, J Warner (Bel CE); 2, K Turner (Leigh); 3, K Booker (Gil); 4, J Williamson (Heath); 5, C Clarke (Ash W).

■ Pegasus CC, Coleraine, 4th November

Men (6.4 miles)
1, F Sharkey (Oly) 34:02; 2, K Allen (Willow) 34:44; 3, R Curran (Anna) 35:22; 4, P Smith (C&D) 35:31; 5, G Conway (C&D) 35:35; 6, N McMonagle (Sparta) 35:40; 7, J McCarthy (Sparta) 35:51; 8, J Curan (Ach) 35:57; 9, D Cadell (C&D) 36:02; 10, K Kelly (Sparta) 36:03. **Team:** Carehill. **Vets (3.2m)** – 1, I Spears (Sperrin) 17:30; 2, G Williamson (Sparta) 17:57; 3, E Campbell (Willow) 18:05; 4, L Jones (NOB) 18:29; 5, D Seaton (ND) 18:55; 6, J Harris (CIYMS) 19:29; 7, J Hawthorn (CIYMS) 19:41; 8, J Glover (L.Valley) 19:55; 9, D Mullholland (Sparta) 20:00; 10, G Berkeley (Sperrin) 20:25.
Youths (3.2 miles) – 1, P Pollard (CAI) 17:07; 2, C O'Neill (C&D) 17:15; 3, T Treacy (Pyramid) 17:27; 4, J McNeill (Peg) 17:47; 5, J Collins (CIYMS) 17:58; 6, A McGuire (C&D) 18:09; 7, G Thompson (CAI) 18:17; 8, E Ward (CAI) 18:30; 9, C Smith (N.Down) 18:37; 10, B Larmour (CIYMS) 18:42.
Boys (2 miles) – 1, B Taylor (Lag.V) 11:53; 2, S Crowe (C&D) 12:05; 3, R Kerr (CAI) 12:10; 4, R Kirkpatrick (B&A) 12:10; 5, S Harding (N.Down) 12:11.
Colts (1.6 miles) – 1, P Swann (N.Down) 9:09; 2, C Freeman (N.Down) 9:16; 3, T Rogan (E.Down) 9:28; 4, N Mittigan (E.Down) 9:34; 5, P Mullett (St.C) 9:36. **Team:** Sperrin.
Women (3.2 miles) – 1, A Paul (Peg) 20:41; 2, D Higgins (B&A) 20:48; 3, T Cunningham (L.Valley) 21:06; 4, C McCourt (Bel.L) 21:16; 5, D Hargan (Sparta) 21:32; 6, D Kirk (N.Down) 21:35; 7, M Cunningham (L.Valley) 22:05; 8, H Mairs (L.Valley) 22:11; 9, K Dinsmore (B&A) 22:17; 10, M Burnley (B&A-V35) 22:20; 11, L McCainbridge (B&A) 22:21. **Team:** Lagan Valley. **Vets** – 2, B Mount (Sparta) 23:09; 3, B McKeag (Peg) 23:23.
Girls (1.6 miles) – 1, S Gawley (N.Down) 10:08; 2, B Cunningham (Lagan) 10:43; 3, S McAvoy (N.Down) 10:47; 4, A Dunne (N.Down) 10:50; 5, L Graham (Lisbon) 11:01.
Minors (1 mile) – 1, S Keating (E.Down) 6:58; 2, K Gallagher (Sparta) 7:13; 3, K Reid (B&A) 7:21; 4, L McQuillan (N.Down) 7:22; 5, E Mulgrew (Sparta).

■ Inter-Club CC, Ruislip, 4th November

Men (5 miles)
1, M Puddifoot (TVH) 31:02; 2, J Stirling (SB) 31:11; 3, P York (E&S) 31:16; 4, M Passfield (Hill) 32:12; 5, A Cooper (TVH) 33:03; 6, G Chapman (TVH) 33:05; 7, J Camproubi (Hill) 33:26; 8, M Dixon (Ver) 33:33; 9, I Rivington (Ver) 33:35; 10, L O'Hara (Hill-V50) 33:48; 11, M Saughman (Ver) 33:57; 12, S Osborne (Maid) 34:05; 13, D Selby (Hill) 34:09; 14, M Kettlewell (Hill) 34:21; 15, R Davies (Ver) 34:27; 16, I Christie (Maid) 34:57; 17, R Crosbie (TVH) 35:05; 18, K Hickey (TVH) 35:17; 19, J Husband (TVH) 35:19; 20, L Barden (TVH) 35:25. **Teams (6 to score):** 1, Thames Valley 66; 2, Hillingdon 69; 3, Verlea 112; 4, Ealing & Southall 151. **10 to score:** 1, Hillingdon 114; 2, Verlea 188; 3, TVH 191. **Youths & Boys (2.5m)** – 1, A Venus (E&S) 15:52; 2, P Busby (Ver) 16:18; 3, D Card (TVH) 16:57; 4, A Richardson (E&S) 17:03; 5, S Calmus (Ver) 17:18; 6, G Lummis (Ver) 17:51; 7, P Stokes (Ver) 17:52; 8, A Davies (E&S) 17:54; 9, M Bourchier (E&S) 17:57; 10, A Ross (E&S) 18:10. **Teams:** 1, Verlea 112; 2, Ealing & Southall 116. **Colts (1.5m)** – 1, A Slack (Ver) 9:11; 2, M Normille (E&S) 9:29; 3, I Cunningham (E&S) 9:50; 4, D McGuire (E&S) 10:02; 5, A Lester (Hill) 10:11; 6, B Murtagh (E&S) 10:21; 7, R Pitt (Ver) 10:27; 8, K Maguire (E&S) 10:30; 9, B Braithwaite (E&S) 10:35; 10, N Reynolds (E&S) 10:35. **Teams:** 1, Ealing & Southall 15; 2, Verlea 32.

■ Worthing and District Middle Schools, Lancing Manor, 4th November

U12 Boys 3,000m – 1, I Pirie (Durrington) 11;08; 2, M Knee (Vale) 11:18; 3, A Colegate (N Lancing) 11:29.
Team: Durrington 105.
U11 Boys 2,600m – 1, G Jones (Thornbury) 8:04; 2, M Yeates (Becket) 8:24; 3, A Arnstein (Vale) 8:25.
Team: Downsbrook 146.
U10 Boys 1,500m – 1, G Luke (Oakfield) 5:54; 2, A Walsh (Thornbury) 6:07; 3, J Hutchinson (Windlesham) 6:08.
Team: Durrington 126.
U9 Boys 900m – 1, C Peters (Thornbury) 3:27; 2, P Hirst (Oakfield) 3:41; 2, M Nicholas (N Lancing) 3:49; 3, R Willday (Windlesham) 3:56.
Team: Windlesham 89.

■ Veterans 5 miles, Wimbledon Common, 4th November

1, D Williams (HW) 26:40; 2, G Bradbury (HW) 28:16; 3, A Stone (Bel) 28:40; 4, D Williams (Rane) 28:51; 5, M Fergnani (TVH) 29:10; 6, R O'Donoghue (HHH) 29:17; 7, F Barrett (Bel) 29:43; 8, C Jennings (VPH) 29:53; 9, D West (VPH) 29:58; 10, D Forrester (V50) 30:10; 11, D Ricketts 30:15; 12, K Spiers 30:22.
V60 – S Charlton (TVH) 31:45.
Women – 1, L Bowcott (Wimb W) 34:31; 2, P Hawkes (Wimb W) 38:08; 3, J Smith (Wimb W) 42:40.

■ LBH Intermediate 5 miles Champs, Wormwood Scrubs, 4th November

1, J Taylor (B Air) 28:49; 2, G Taylor (B Air) 28:58; 3, M Taylor (B Air) 29:45; 4, M Mowie (B Air) 31:08; 5, M Parsons (Met R'way) 31:28; 6, F Tomason (Met R'way) 32:08.
Teams: 1, British Airways 20; 2, Metropolitan Railway 40; 3, LT District Line 62.

■ RAF v West London IHE, Halton, 1st November

1, Flint (RAF) 31:41; 2, Jenkins 31:41; 3, Hill (WLIHE) 32:20; 4, Murray (Ind) 33:06; 5, Turner (RAF) 33:06; 6, Reed (RAF) 33:28; 7, Albutt (WLIHE) 33:32; 8, Brolin (RAF) 33:39; 9, Crilly (RAF) 33:57; 10, Donarchy (WLIHE) 34:03.
Result: 1, RAF 'A'; 2, WLIHE; 3, RAF 'B'
Women: 1, Kitson (WYHE) 21:18; 2, Clements (RAF) 22:19; 3, Clarke (WIIHE) 22:31; 4, Freeth (RAF) 22:48; 5, Collison (WLIHE) 23:16.
Result: 1, WLIHE; 2, RAF.

■ Inter-Club 5m CC Match, West Wickham, 28th October

1eq, K Fairbrass (Kent) & K Pike (Kent) 33:25; 3, M Dyson (B'hth) 33:37; 4, B Lee (Kent) 33:43; 5, B Hutchinson (Kent) 34:07; 6, K Daniel (B'hth) 34:16. **Teams:** 1, Kent AC 27; 2, Blackheath 51; 3, Blackheath B 114; 4, Bank of England 150.

■ European Post Office CC Champs, Gateshead, 29th October

Men (11.4km)
1, R Gutflhank (FRG) 31:58; 2, P Zilliox (FRA) 32:05; 3, D LOCK (GBR-PO) 32:20; 4, J Boyes (GBR-PO) 32:35; 5, H Thomas (GBR-PO) 32:41; 6, P Ledger (GBR-PO) 32:45.
Teams: 1, GBR Post Office 13; 2, FRG 18; 3, GBR Telecom 24.
Women (4.7km) – 1, A Kilpaleinen (SWE) 15:54; 2, C Hughes (GBR Telecom) 16:09; 3, C Briand (FRA) 16:17; 4, K Musson (GBR PO) 16:24; 5, A Olufsen (SWE) 16:30; 6, H Borte (NOR) 16:34. **Teams:** 1, Sweden 20; 2, Norway 21; 3, France 26; 4, GBR Post Office 31; 5, GBR Telecom 44.

■ London Youth Games Cross-Country Champs, Hendon, 29th October

Boys (17-19/7000m) – 1, J Dullforce (Enf; 21:13; 2, L Frebman (Barn) 22:28; 3, S Hempstead (B&D) 21:38; 4, P Northrop (Enf) 21:45; 5, E Burton (Harr) 22:06; 6, G King (Mert) 22:18.
Teams: 1, Enfield 26; 2, Harrow 53; 3, Barnet 67.
Boys (15-16/5500m) – 1, A Jones (WF) 17:14; 2, R Baynon (King) 17:20; 3, S Maxwell (WF) 17:32; 4, G O'Sullivan (Har) 17:33; 5, R Shaloe (Har) 17:34; 6, R Goddan (Har) 17:36.
Teams: 1, Harrow 50; 2, Havering 70; 3, Waltham Forest 71.
Boys (13-14/4500m) – 1, K Hobbs (Sutt) 15:35; 2, K Kay (Hill) 15:38; 3, D Reading (Harr) 15:52; 4, M O'Sullivan (Eal) 15:58; 5, P McGovern (Camd) 16:00; 6, R Ward (Sutt) 16:05.
Teams – 1, Sutton 59; 2, Enfield 63; 3, Barnet 88.
Girls (17-19/5500m) – 1, A Whitcombe (Harr) 15:53; 2, D Sullivan (Hav) 16:36; 3, F Bishop (Hav) 17:21; 4, M Harries (Hill) 17:27; 5, J Beckley (Bex) 17:57; 6, E Ratcliffe (BEx) 18:14.
Teams: 1, Havering 37; 2, Bexley 44; 3, Harrow 83.
Girls (15-16/4500m) – 1, J Stacey (Brom) 16:29; 2, T Blake (Brom) 17:21; 3, J Sullivan (Hav) 17:55; 4, K Jones (King) 18:10; 5, C Paul (Rich) 18:21; 6, S Hammond (New) 18:23.
Teams – 1, Bromley 47; 2, Havering 76; 3, Barnet 77.
Girls (13-14/3000m) 1, Y Bevis (Camd) 11:24; 2, M Jones (Hav) 11:34; 3, K Jones (Brom) 11:39; 4, A Braham (CoL) 11:49; 5, A Coleman (Harr) 11:51; 6, S Murphy (Barn) 11:52.
Teams – 1, Havering 42; 2, Harrow 47; 3, Barnet 77.
Overall Placings – 1, Harrow 262; 2, Enfield 254; 3, Bromley 236; 4, Barnet 226; 5, Havering 224; 6, Sutton 214; 7, Waltham Forest 213; 8, Hillingdon 209; 9, Bexley 207; 10, Richmond 198; 11, Haringey 192; 12, Merion 180; 13, Camden 178; 14, Barking & Dagenham 156; 15, Ealing 154; 16, Croydon 152; 17, Hounslow 147; 18, Kingston 143; 19, Greenwich 132; 20, Newham 128; 21, Islington 127; 22, Lambeth 113; 23, Kensington & Chelsea 96; 24, City of London 53; 25, Wandsworth 39.

■ Chiltern League, 28th October

Men – 1, K Hayes (Mil K) 28:46; 2, N Flint (Old G) 29:15; 3, K Usher (Houn) 29:24; 4, D Compton (WS&E) 29:27; 5, I Hobdell (Houn-J) 29:45; 6, P Redden (Houn) 29:53; 7, M Webster (Brack) 29:56; 8, R Henderson (Houn) 30:06; 9, J Rawlings (Old G) 30:09; 10, G Marlow (Brack) 30:14; 11, M Shaw (Brack) 30:19; 12, M Cursons (Old G) 30:23; 13, P Daly (Brack) 30:28; 14, J Carswell (Brack) 30:35; 15, D Hamblin (VoA) 30:44; 16, A Hobdell (Houn) 30:47; 17, R Briggs (WS&E) 30:49; 18, S Thomas (Houn) 30:52; 19, Ward (VoA) 30:53; 20, T Hyde (WS&E) 30:54; 21, J Seddon (Read) 30:56; 22, G Hobbis (WS&E) 30:57; 23, G Faulds (Mil K) 30:57; 24, R Temple (WS&E) 31:00; 25, I Thompson (Mil K) 31:01; 26, R Weinstein (WS&E) 31:05; 27, K Farmer (Mil K) 31:09; 28, R Doone (Brack) 31:11; 29, M Leach (Ban) 31:16; 30, P O'Brian (Old G) 31:18.
Teams: 1, Bracknell 1489; 2, Windsor (S&E) 1422; 3, Hounslow 1399; 4, Milton Keynes 1384; 5, Old Gaytonians 1272; 6, Oxford City 1126; 7, Aylesbury 1090; 8, Reading 859; 9, Banbury Harriers 725.
Youths & Boys: 1, P Killgalon (Read) 14:16; 2, G Crowe (Old G) 14:18; 3, M Benham (Brack) 14:25; 4, C Siddons (WS&E) 14:47; 5, R Godden (Old G) 14:51; 6, J Scarth (Brack) 15:02; 7, L Pratt (Ox C) 15:03; 8, T Mackin (Old G) 15:04; 9, J Smitherman (Brack) 15:08; 10, M Searle (Old G) 15:18; 11, W Bridges (Read) 15:19; 12, P

■ Div 2, High Wycombe

Men (6M): 1, J Critchlow (Wat) 28:13; 2, K O'Connor (Wat) 29:21; 3, I Van Lokven (Burn J) 29:24; 4, P Smith (H'cross) 29:35; 5, B Baker (Wat) 30:01; 6, B Haywood (Burn J-V40) 30:03; 7, R Harvey (Dac J) 30:05; 8, G Allen (Metros) 30:07; 9, C Wood (Dac J) 30:14; 10, S Bell (Wat) 30:17; 11, A Richardson (Wyc P) 30:20; 12, P Wells (QPH) 30:20; 13, I Robert (Wat) 30:22; 14, G Linnell (Silson J) 30:27; 15, S Andrew (Wyc P) 30:28; 18, J McFarlane (Wyc P) 30:29; 18, K Basset (QPH) 30:40; 19, B Morrison (Vaux-V40) 30:41; 20, A Chilton (H'cross) 30:47; 21, G Seymour (Vaux) 30:49; 22, C Digby (Tring) 30:57; 23, A Daglish (Vaux) 31:08; 24, M Adcock (Wat) 31:18; 25, S Sharp (Vaux) 31:19; 26, P Jacob (Vaux) 31:26; 27, S Goodlad (Buz) 31:37; 28, S Barrow (gst) 31:42; 29, P Lewis (Lut) 31:47; 30, P Mouat (Burn J) 31:49.
Teams: 1, Watford 2148; 2, Vauxhall Motors 2025; 3, Queen's Park H 1850; 4, Burnham Joggers 1790; 5, Handycross Joggers 1759; 6, Metros 1741; 7, Dacorum 1495; 8, Mornington Chasers 1350; 9, Tring 1262; 10, Leighton Buzzard 1177; 11, Wycombe Pheonix 1034; 12, Chesham 799; 13, British Airways 763; 14, Chiltern Running Club 463; 15, Maidenhead 394; 16, Luton United 331; 17, Silson Joggers 180; 18, Biggleswade 147.
Youths (3M) – 1, R Shimwell (Wyc P) 14:09; 2, A Taylor (Wyc P) 14:19; 3, N Barton (Lut) 14:46; 4, D Wallace (Wyc P) 14:49; 5, A Harvey (Dac) 15:19; 6, J Robinson (L Buz) 15:23; 7, D Wood (Dac) 15:33; 8, M Kirby (B Dac) 15:36; 9, T Inchley (L Buz) 15:41; 10, S Woolley (Wyc P) 15:42; 11, R Muir (Burn J) 15:45; 12, M Powing (Wyc P) 15:48; 13, P Butler (Burn J) 16:00; 14, S Knock (Wyc P) 16:20; 15, A Cheshire (L Buz) 16:22; 16, G Davies (M'head) 16:24; 17, T Wendleken (B Dac) 16:31; 18, – 16:38; 19, C Hemuss (Wyc P) 16:40; 20, C Bumlp (L Buz) 16:42.
Teams: 1, Wycombe Phoenix 263; 2, Leighton Buzzard 205; 3, Dacorum 190; 4, Burham Joggers 106; 5, Luton United 97; 6, Maidenhead 97; 7, Queen's Park H 41; 8, Silson Joggers 33; 9, Watford 33; 10, Tring 26; 11, Chesham 8.
Colts: 1, N Carter (Brack) 8:16; 2, R Chant (Read) 8:18; 3, D Siddons (WS&E) 8:27; 4, S McCulloch (WS&E) 8:30; 5, S Knibbs (Mil K) 8:32; 6, J Dodsworth (Read) 8:34; 7, P Brown (Old G) 8:35; 8, T Beecroft (WS&E) 8:36; 9, M Heath (Read) 8:40; 10, L Hunt (Old G) 8:43; 11, I Pheasey (Mil K) 8:44; 12, A Anderson (Old G) 8:46; 13, N Heller (Old G) 8:48; 14, S Smith (Banb) 8:54; 15, A Osment (Brack) 8:56; 16, D Allen (WS&E) 8:58; 17, C Lintum (Brack) 9:01; 18, N Turner (Ox C) 9:02; 19, S Wareham (Old G) 9:03; 20, A Keep (Mil K) 9:04.
Teams: 1, Old Gaytonians 279; 2, Bracknell 248; 3, Milton Keynes 244; 4, Windsor S&E 241; 5, Reading 217; 6, Hounslow 207; 7, Oxford City 175; 8, Banbury Harriers 105; 9, Aylesbury 32.
Colts (2M): 1, M Barton (Lut) 10:19; 2, J Bestonso (gst) 10:20; 3, G Brazil (Dac) 10:30; 4, A Lachley (L Buz) 10:34; 5, R Cox (Dac) 10:47; 6, R Whitling (M'head) 11:03; 7, A Carter (Wyc P) 11:14; 8, G Newby (H'cross) 11:18; 9, S Bridge (Wyc P) 11:19; 10, L Moorhouse (Wyc P) 11:30.
Teams: 1, Leighton Buzzard 117; 2, Dacorum 116; 3, Wycombe Phoenix 110; 4, Silson Joggers 72; 5, Maidenhead 67; 6, Watford 42; 7, Burnham Joggers 41; 8, Luton United 40; 9, Metros 39; 10, Queens Park H 34; 11, Handycross Joggers 33; 12, Chesham 15; 13, Mornington Chasers 10.
Women (3M): 1, C Owen-Thomas Chesham 17:15; 2, J Cilsby (Chesham) 18:11; 3, C Rayner (Dac) 18:30; 4, J Roberts (Tring) 18:34; 5, – (Chilt S) 18:41; 6, J Lett (Dac) 18:41; 7, D Garwood (Tring) 19:01; 8, A-M Jones (Chilt-J-V45) 19:06; 9, S Green (Burn J) 19:13; 10, J Meeton (Sils J-V35) 19:19; 11, M Swindles (Metros-V35) 19:26; 12, M Colman (Air B) 19:34; 13, S Wells (Air B) 19:35; 14, – (Burn J) 19:36; 15, J Doman (Tring) 19:50; 16, J Webb (Morn Ch) 20:06; 17, M Moody (H'cross) 20:22; 18, K Groves (Dac) 20:22; 19, M Wallen (Chilt S) 20:41; 20, N Brayley (Wyc P) 20:44.
Teams: 1, Tring 209; 2, Silson Joggers 193; 3, Dacorum 193; 4, British Airways 166; 5, Handycross Joggers 154; 6, Chiltern Striders 146; 7, Metros 140; 8, Burnham Joggers 136; 9, Chesham 135; 10, Mormington Chasers 121; 11, Leighton Buzzard 84; 12, Wycombe Phoenix 69.
Girls (2M): 1, S Ogden (Tring) 12:05; 2, V Quincey (Tring) 12:21; 3, N Maunders (Dac) 12:29; 4, L Bradley (Tring) 12:34; 5, T Samson (Tring) 12:35; 6, K Male (L Buz) 12:41; 7, L Bestonso (Metros) 12:44.
Teams: 1, Tring 124; 2, Dacorum 95; 3, Leighton Buzzard 68; 4, Metrosd 58; 5, Wycombe Phoenix 34; 6, Queen's Park H 26; 7, Chiltern RC 26; 8, Maidenhead 21; 9, Chesham 9.

■ Essex League, Grays, 28th October

Senior Men – 9000m:
1, D Laughlin (Chelms) 30.05; 2, G Davidson (Norf O) 30:30; 3, P Bettridge (Hav) 30:38.
Teams: 1, Chelmsford AC 49; 2, Norfolk Olympiads 104; 3, Colchester Hendring 121.
Youths – 6500m:
1, R Edwards (S'end; 23:36; 2, S Hewes (Colch) 23:06; 3, N Metcalf (Norf O) 34:12.
Teams: 1, Basildon AC 51; 2, Thurrock Harriers 69; 3, Colchester & Hendring.
Boys – 4500m:
1, I MacGibbon (Norf O) 15:07; 2, S Gibb (Thurr) 15:16; 3, I Smith (Thur) 15:20.
Teams: 1, Thurrock Harriers 15; 2, Ipswich Harriers 32; 3, Norfolk Olympiads 58.
Colts – 3000m:
1, D Wilson (Ips) 12:28; 2, P Hughes (Thur) 13:30; 3, M Taylor (Thur) 13:32.
Teams: 1, Thurrock Harriers 23; 2, Basildon AC 34; 3, Ipswich Harriers 60.
Senior/Inter Women:
1, C Weatherill (Chelms) 16:03; 2, D Sullivan (Hav) 16:10; 3, P Sullett (Ips) 16:30.
Teams: 1, Chelmsford AC 26; 2, Thurrock Harriers 59; 2, Havering AC 64.
Girls – 3000m:
1, S Arthurs (Bas) 14:04; 2, K Little (S'end) 14:14; 3, M Brown (Norf O) 14:17.
Teams: 1, Basildon AAC 47; 2, Havering AC 52; 3, Thurrock Harriers 61.
Minor Girls – 2500m:
1, L Batho (Thur); 2, M Cain (Bas); 3, S Holly (Basi)
Teams: 1, Basildon AAC 29; 2, Thurrock Harriers 34; 3, Ipswich Harriers 59.

FUTURE FIXTURES

Wycombe Phoenix Harriers & A.C.

OPEN AND TROPHY CROSS COUNTRY MEETING

SATURDAY
30TH DECEMBER, 19889
(Under E.C.C.U. and W.C.C.A. Laws)

Keep Hill, High Wycombe, Bucks.
12.30pm U/11 Colts, U/13 Colts, U/11 Girls, Min Girls, Jun. Ladies. Youths, Inter, Ladies, Sen. Ladies 3.15pm Jun/Sen Men Vets.

Medals first three places in each age group and first team in each race. 3 to score. Entry fees 70p per ind. No team fee.

Entries to: L Thomas, 20 Stephenson Close, High Wycombe, Bucks HP13 5SY. SAE for details. Closing date for entries 23rd December.

A.W.

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General Portfolio

BURY 20

25TH FEBRUARY, 1990
Starts 10.00 a.m.
From Bury St Edmunds, Sports Centre.
Entry Fee: £5/£5.50 (unatt)
Contact: Adrian Banns, 11 Fulcer Close, Bury St Edmunds, IP33 2NP

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5 MILE ROAD RACE

KILBIRNIE LADESIDE PAVILION
2PM TUESDAY
2ND JANUARY
Races for all age groups.
Male and Female.
Ref: B4156

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Lakeside Half Marathon, 1989
Sunday, 3rd December
Start and finish at Yarborough Sports Centre at 10.30 a.m.
Entry fee £3.50 (£4 unattached)
Medals to all finishers
Enquiries and entries to: Mrs A. Devlin, 35 Sandwell Drive, Lakeside Park, Lincoln, LN6 0XY.
Closing date for entries 17th November, 1989

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present on
SUNDAY, 31st DECEMBER 1989
at 11.00 a.m.

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CORRECTION

MIDLANDS OFFICIAL COMMITTEE

The telephone number quoted in our Wednesday 25th October 1989, issue for the officiating courses to be held on 25th & 26th November 1989 at the Birmingham Post House was incorrect.

For a form please contact 'MCAA', Devonshire House, High Street, Deritrend, Birmingham, B12 0LP
Tel: 021 773 1631

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Pfizer

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WIGAN		Sprints/Javelin/PV/Discus/Multi		Hurdles/shot/Long/Triple
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FAREHAM A.C.

10 MILE ROAD RACE

SUNDAY 28TH JANUARY
For further details see Athletics Weekly 6th December

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■ South East Police CC League, Ampthill, 25th October

Men
1, V Bedford (TV) 26:08; 2, L Hynes (Beds) 26:17; 3, P Bidmead (Sx-V40) 26:29; 4, N May (Lon) 26:43; 5, A Newman (TV) 27:12; 6, A Osoba (Herts) 27:35; 7, R Frame (TV) 27:36; 8, J Wilkinson (Kent) 27:40; 9, P Wynes (Herts) 27:47; 10, L Perrott (Ex) 27:50. **Team:** 1, Thames Valley 581; 2, Kent 144; 3, Essex 145. **Women** – 1, S-A Cox (Herts) 14:25; 2, K Willoughby (Hants) 15:38; 3, S Dimmel (Hants) 16:20; 4, W Brown (Ex) 16:36; 5, A Queen (Sy) 17:14; 6, R Tills (TV) 17:30. **Team:** City of London.

■ Barclays bank championships, Shotover park, Oxford, 25th October

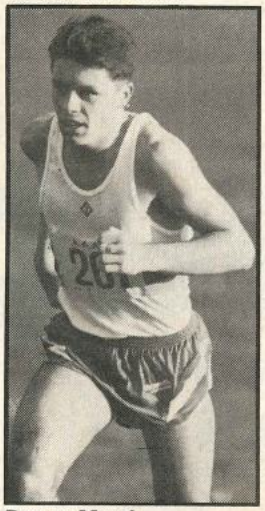
Men –
1, M Fromant (B'card) 25:05; 2, D Kennedy (Thames V) 25:10; 3, A Buckley (Rad Hall) 25:27; 4, P Lucas (Birm) 25:34; 5, G Carruthers (North) 26:32; 6, S Gilmour (North) 26:49; 7, J Bent (North) 26:53; 8, C O'Brien (Man) 26:55; 9, I Watson (North) 26:57; 10, D Parsons (Soton) 27:12.
Team: Northern 27, Barclaycard 86, Thames Valley 86.
Vets O/40: 1, M Welland (Thames V) 27:40; 2, S Bull (B'card) 28:07.
Vets O/50: 1, G Tuffs (P Mall) 36:55.
Ladies: 1, J Hoey (Liv) 15:31; 2, J Coulsen (B'card) 16:44; 3, D Murphy (Rad Hall) 18:02. **Teams:** Barclaycard 16, Radbroke Hall 24, Bristol 33.
Vets O/35: 1, A Jones (B'card) 18:13. **O/45:** V Leigh (Rad Hall) 19:15.

■ London Services league, Barnet, 25th October

1, C Murray (Hal) 40:01; 2, M Atwell (PCDRE) 41:15; 3, H Scott (PCDRE) 41:26; 4, S Harvey (Met P) 41:40; 5, G Richards (Bens) 41:50; 6, A Rolt (GST) 42:11; 7, D Woodman (Hal) 42:58; 8, P Kafel (Old) 43:03; 9, S Locker (Abi) 43:16; 10, R Howell (PCDRE) 43:21; 11, A Cook (H Wyc) 43:37; 12, R Clarke (H Wyc) 44:18; 13, G Glynn (Abi) 44:47; 14, I Ambrose (H Wyc) 45:13; 15, P Roberts (Hal) 45:16.
Result: 1, PCDRE 574 – 149, 148, 142, 135; 2, Halton 553 – 150; 145; 137; 121; 3, High Wycombe 543 – 141, 140, 138, 124; 4, Abingdon 539 – 143, 139, 131, 126; 5, Met Police 510 – 147, 129, 125, 109.

■ Wilts & Border League, GCHQ Cheltenham, 25th October

Men
1, A Derrick (RAF BN) 34:22; 2, S Barker (RAF St A) 34:36; 3, G McIntosh (GCHQ Chelt) 34:48; 4, P Alexander (RAF St A) 35:18; 5, M Button (GCHQ Chelt) 35:20; 6, G Watts (Guest) 35:32; 7, F Whichelo (RMCS Shriv) 35:34; 8, B Griffiths (RAF BN) 35:35; 9, G Brookhouse (Guest) 35:35; 10, B Ward (Guest) 35:49; 11, D Randall (GCHQ Chelt) 36:10; 12, D Hunter (RAF St A) 36:12; 13, A Wilson (RAF Braw-J) 36:13; 14, A Brodie (RAF Hull) 36:16; 15, D Frith (RAF BN) 36:21; 16, A Maskell (MHS Os) 36:23; 17, I Pawluk (RAF St A) 36:28; 18, R Snell (RAF BN) 36:35; 19, P Williams (RAF St A) 36:41; 20, J Kenealy (HMS Os) 36:55; 21, J Leigh (RAF BN) 36:56; 22, D Cruickshank (RAF St A) 36:58; 23, P Shanahan (A&S Pol) 37:01; 24, A Laker (RAF BN-V) 37:04; 25, J Williams (RAF RM) 37:07; 26, R Ticehurst (AA Coll Chep) 37:14; 27, C Harker (GCHQ Chelt) 37:21; 28, R Caburn (A&S Pol) 37:30; 29, D Harter (RAF BD) 37:39; 30, D Dunn (RAF St A) 37:40; 31, C Osborne (A&S Pol) 37:57; 32, N Woodworth (AA Col Chep-J) 38:11; 33, S Banwell (A&S Pol) 38:18; 34, S Fellows (RAF Braw) 38:23; 35, J Edwards (RAF RM) 38:28; 36, P Kinsella (GCHQ Chelt) 38:31; 37, S York (RAF Inns) 38:34; 38, M Cardew (GCHQ Chelt) 38:40; 39, R Walsh (AA College Chep-J) 38:42; 40, M Ellis (RAF St A) 38:44; 41, N Ackroyd (RAF Braw-V) 38:55; 42, M Knight (A&S Pol-V) 39:00; 43, J Burch (HMS Os) 39:02; 44, P McQuaid (HMS H-V) 39:02; 45, P Franks (AA Col Chep-J) 39:02; 46, A Paterson (RAF Lock-V) 39:10; 47, J Roberts (AA Col Chep) 39:19; 48, R Everson (RAF St A) 39:37; 49, P Curtin (RAF Lyne) 39:41; 50, R Hynam (RAF Lock) 39:45. **Teams:** 1, RAF St Athan 'A' 775; 2, RAF Brize Norton 'A' 769; 3, GCHQ Cheltenham 'A' 764; 4, RAF St Athan 'B' 705; 5, Avon & Somerset Police 'A' 701; 6, HMS Osprey 'A' 683; 7, AA College Chepstow 'A' 674; 8, RAF Brawdy 'A' 665; 9, RAF Lyneham 'A' 600; 10, RAF Brize Norton 'B' 583; 11, AA College Chepstow 'B' 582; 12, RAF Rudloe Manor 'A' 562; 13, RAF Innsworth 'A' 557; 14, RAF St Athan 'C' 544; 15, RAF Locking 'A' 533; 16, Gloucester Police 'A' 520; 17, Avon & Somerset Police 'B' 517; 18, AA College Chepstow 'C' 507; 19, RAF Lyneham 'B' 489; 20, GCHQ Cheltenham 'B' 486. **Women** – 1, S Gale (HMS Heron) 20:24; 2, L Jonas (PAH Wrou) 21:41; 3, S Holohan (RAF Here) 22:08; 4, H Cron (RAF Here) 22:57; 5, S Wright (PAH Wrou) 23:30; 6, D Coyle (HMS Her) 24:38; 7, J Rodgers (HMS Her) 24:40; 8, L Prince (RAF Inns) 24:44; 9, C Allan (RAF Braw) 26:26; 10, J Mills (A&S Pol) 26:50; 11, M Simmons (Glouc Pol) 27:20; 12, K Deas (RAF BN) 28:18. **Teams:** 1, HMS Heron 49; 2 eq, PAH Wroughton & RAF Hereford 35; 4, RAF Innsworth 13; 5, RAF Brawdy 12; 6, Avon & Somerset Police 11; 7, Gloucestershire Police 10; 8, RAF Brize Norton 9.



Darren Mead.

■ East Anglia league, Norwich, 18th October

1, D Mead (Bel) 26:34; 2, J Knowles (SM) 26:55; 3, D Reed (Colt) 27:16; 4, M Turner (Marh) 27:26; 5, T McKeith (Wattis) 28:02; 6, F O'Connor (Thet) 28:06; 7, S Little (Colt) 28:14; 8, P Atkinson (UEA) 28:28; 9, B Wilkinson (SM) 28:33; 10, M Waite (Wyton) 28:44.
Teams: Coltishall 435; UEA 426; Swanton Morley 419; Wyton 416.
Women: 1, C Hawkins (Marh) 17:42; 2, J Hammond (SM) 18:16; 3, D Howe (Colt) 18:34.

■ Northern Police League, Cumbria, 18th October

Men –
1, M Gilmartin (Lanc) 33:08; 2, M Fowler (Chesh) 33:22; 3, T Carroll (S Yorks) 33:30; 4, B Postlethwaite (Cumb) 33:44; 5, B Gilroy (N'umb) 34:20; 6, M Evans (GMP) 34:53; 7, J Bentley (GMP) 35:01; 8, G Durham (S Yorks) 35:09; 9, M Harbridge (Cubmb) 35:20; 10, G Tolley (W Yorks) 36:09.
Team: 1, S Yorkshire 40; 2, Gt Manchester Police 42; 3, Cumbria 52.
Women – 1, A Pearson (Dur) 26:09; 2, M Siddall (W Yorks) 29:49; 3, Y Arthur (W Yorks) 30:43.
Team: 1, W Yorks 12; 2, Durham 14.

■ Abbots Langley Tough 10, 8th October

Men –
1, J Critchlow (WATF) 50:51; 2, J Godden (SB-J) 52:29; 3, M Adcock (WATF) 56:07.
Women –
1, R Cox (St AS) 63:17 (Course rec); 2, D Sanderson (WATF) 65:19; 3, E Walls (St AS) 67:55.
Men – 5km: 1, N Sheikh (Unatt) 17:44; 2, L Scott (SB) 18:04; 3, S Minting (St AS) 18:18.
Women – 5km: 1, K Mackay (SB) 18:00 (Course rec); 2, J Mackay (Unatt) 19:08; 3, M Rowe (SB) 21:15.

■ Sussex league, Lancing Manor, 8th October

Senior Men:
1, R Carter (B&H) 31:16; 2, K Spilman (Worth) 31.53; 3, K Newton (Craw) 32.46; 4, P Whitcomb (B&H) 33:16; 5, P Froud (Chich) 33:27; 6, O Thompson (E Grin) 33:32; 7, A Cruthels (Craw) 33:36; 8, J Bristow (B&H) 33:40; 9, D Palmer (Hast) 33:53; 10, J McDonald (B&H) 33:59.
Teams: 1, Brighton 57, 2, Crawley 95; 3, Worthing 106.
Young Athletes 3½ miles: 1, L Ueness (Hast) 23:40; 2, M Yelling (Worth) 23:55; 3, I Smith (B&H) 24:26; 4, N Adams (Worth) 24:58; 5, J Hook (B&H) 25:03. **Teams:** 1, Brighton 29, 2, Worthing 46½, 3 Hastings 53½.
Boys 2½ miles: 1, M Laffar (Hav) 14.45; 2, J Fraser (Hast) 15.10; 3, P Holdham (HH) 15.40.
Teams: 1, Hastings 41; 2, Horsham 48; 3, Haywards Heath 66.
Colts 2 miles: 1, M Tucknott (Phoe) 12:23; 2, S Mitchell (Bogn) 12:33; 3, N McDowell (HH) 12:43. **Teams:** 1, Phoenix 44; 2, Hastings 48; 3, Brighton & Hove 53.

■ London Services League, Odiham, 4th October

1, Murray C (Halt) 33:33; 2, C Hurden (Old) 33:40; 3, M Eveliegh (Halt) 33:44; 4, M Scott (PCDRE) 33:53; 5, P Kafel (Old) 34:21; 6, Luton S (Uxb) 34.41; 7, S Harvey (Met P) 34:46; 8, S Loker (Abing) 35.00; 9, G Richards (Bens) 35:07; 10, A Rolt (Guest) 35:20; 11, D Cowie 35:48; 12, D Woodman (Halt) 35:56; 13, R Tanner (PCDRE) 36:12; 14, D Berton (North) 35:15; 15, P Brown (Halt) 36:22.
Men's Team Results: 1, Halton, 2, Odiham, 3, PCDRE, 4, Henlow, 5, Abingdon, 6, High Wycombe.
Women –
1, D Freeth (H Wyc) 28:34; 2, D Massey (Abing) 29:06; 3, Hough (PCDRE); 3, A Crosby (Abing) 32:33; 4, R Harrison (PCDRE) 32:27; 5, W Deane (Met P) 34:25; 6, P Day 34:39.
Teams: Metpolice.

■ TRACK & FIELD

■ Lothian AC Ladies Open Pentathlon, Saughton Sports complex, Edinburgh, 8th October

Results: (100mH, long jump, high jump, shot, 800m) J McNeil (Edin WM) 19.6, 4.83, 1.55, 6.35, 3:04.47 – 2,127 points.

Lothian AC Men's Open Pentathlon (long jump, javelin, 200m, discus, 1500m)
J Malcolm (Loth) 6.56, 40.10, 24.0, 27.70, 5:01.6 2,797 points
A Cullen (Loth) 5.78, 26.26, 22.7, 22.95, 4:57.91, 2,478.
J Gelder (Loth) 5.78, 37.76, 24.7, 23.11, 5:18.03, 2,352.
J Devlin (Loth) 5.39, 28.72, 25.3, 18.39, 4:31.63, 2,277.
J Ross (Loth) 4.46, 40.96, 26.1, 26.10, 5:08.5, 2,137.
W Horton (Loth) 5.50, 37.78, 26.0, 26.53, 5:42.27, 2,133.
B Winning (Loth) 5.60, 26.46, 24.5, 18.71, 5:11.15, 2,125.
K Scally (Kin) 5.22, 25.06, 26.1, 17.45, 4:38.60, 2,066.
A Mathieson (Kin) 4.78, 24.52, 28.7, 17.14, 4:40.75, 1,774.
J Connachan (Loth) 4.57, 25.04, 26.5, 19.43, 5:31.15, 1,655.
M Grady (Kin) 4.02, 18.84, 30.5, 22.20, 6:09.82, 1,105.
C Grady (Kin) 3.76, 13.14, 31.8, 8.84, 5:27.22, 872.
J Blair (Duns) 4.20, 18.26, 32.1, 13.84, 6:22.63, 849.

Match result: Lothian AC v Kintyre AC
1, J Ross (Loth) 2,137; 2, W Horton (Loth) 2,133; 3, K Scally (Kin) 2,066; 4, A Mathieson (Kin) 1,774; 5, J Connachan (Loth) 1,655; 6, M Grady (Kin) 1,105; 7, C Grady (Kin) 872, 8, J Blair (Loth) 849. Lothian 6,774, Kintyre 5,817.

Veterans Open Pentathlon –
1, J Ross (Loth) 3,124; 2, J Gelder (Loth) 2,929; 3, M Grady (Kin) 1,857; 4, J Blair (Duns) 1,207 (scored on World Association of Veteran Athletes 1989 tables)

■ WALKS

■ New York City Marathon Walk, 5th November

LIKE the duel between Juma Ikangaa and Steve Jones, the "other race" in last week's New York Marathon was also decided at the halfway point, on the Pulaski Bridge, **writes Michael Coleman.**

As is custom, New York always finds a place for the walkers, whose event, although officially called exhibition, is contested just as seriously as the runners' race.

"No runners passed us as we went over that bridge, I'm sure of that" said Chris Maddocks, representing Britain. "I was tracking Carlos Mercenario of Spain, and the Russian, Andrei Porlov put in an almighty kick, lifting the pace from about 7 min 20 sec to 6:30. He completely split the field, though I held on like grim death."

But Perlov, who a fortnight earlier had set a world record for 50km in his own country, paid for his effort. "Suddenly, he was gone, leaving just and Mexican and myself" Maddocks said.

A feature of New York is the "running judges" who accompany the walkers to ensure they don't lift, or worse take a hidden flier with passing runners. "Up with us was Lon Wilson, a competitive walker who can run a marathon in about 2:45," Chris said. "As we crossed Willis Avenue Bridge, going into the Bronx, Wilson sped up and went ahead, clearing our way through the runners. Mercenario stayed stuck on his heels but I lost contact because of this change of pace. It killed me off and I was about 15 metres back."

A mile further on, a vegetable-based drink Maddocks accepted (from the judge) added further to his difficulties. "The American walkers love it, but it tasted of cabbage and I nearly threw up. I lost concentration and over the final five miles it was just a matter of holding my style."

Mercenario, who in 1987 won the World Cup 20km in New York on his 21st birthday, took over three minutes out of the Briton but Maddocks, who will represent England over 20km at the Commonwealth Games, finished nearly four minutes ahead of Bo Gustafson, seven times previously a winner in New York. The Swede enjoyed the services of two attendants running alongside him, carrying his drinks and stop watch.

"Nobody was objecting," Maddocks said. "It was, after all, an exhibition, though a tremendous shop-window for race walking. Some of us have been pressing for the same in the London marathon, but unfortunately the RWA is cool about it."
1, C Mercenario (Mex)m 3hr 11min 55 sec; 2, C Maddocks (GBR) 3:14:37; 3, B Gustafson (SWE) 3:18:20; 4, A Perlov (URS) 3:19:01; 5, H Sanchez (MEX) 3:19:55; 6, G Perricelli (ITA) 3:29:20; 7, S Beellucci (ITA) 3:32:50; 8, M Damilano (ITA) 3:32:53.

■ The Abbots Wood Vase 7 Mile, 4th November

MARK EASTON training hard for the Commonwealth Games 30K, just failed to break 50min when winning the Abbotswood Vase.
1, M Easton (Surr WC) 50:05; 2, P Warburton (Bel) 57:52; 3, S Lightman (Surr) 60:63; 4, C Flint (Lon) 62:24; 5, P King (Bel) 62:30; 6, M Simmonds (Surr) 64:51.

■ Western Athletic Club, Peel, Isle of Man, 5th November

Men
1, F McToal (West) 27:24; 2, S Davies (West) 28:54; 3, R Corkish (Unatt) 29:21.
V40 – 1, G Brew (West) 21:06. **V45** – E Brew (North) 27:11.
U17 Boys: T Callin (West) 23:36.
U13 Boys: A McGirr (West) 13:44.
U11 Boys: P Quirk (West) 8:51.
Women: 1, S Quirk (West) 21:58.
U13 Girls: J Renard (North) 10:50.
U11 Girls: K Lawrence (West) 11:03.

■ Essex League, 7 miles, Southend, October 29

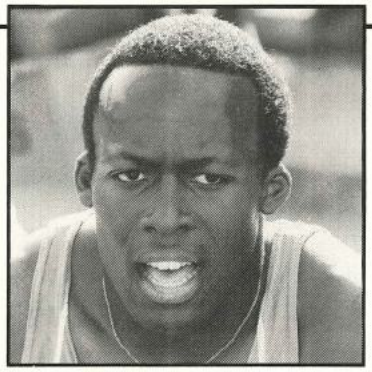
Men – 1, S Phillips (Ilf) 53:49; 2, M Dumon (C&T) 54:24; 3, D Buchanan (C&T) 55:04; 4, S Uttley (Ilf) 58:00; 5, C Bradley (Ton) 58:57; 6, R O'Rowe (S'end) 58:59; 7, P Cassidy (Lou) 61:40; 6, D Jones (Lou) 62:39.

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NEXT WEEK

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PLUS

- ***Full 1989 UK Women's Rankings***
- ***AAA 10km road race report from Barnsley***
- ***Britain's best results service***
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FIXTURES AT A GLANCE

Wednesday, 15 November
LRRC Road Mile, Hyde Park (12.30pm)
Epsom Midweek Training Races (7.00pm)
Royal Engineers Cross country Champs, Chepstow

Thursday, 16 November
Weston Prom '5' Run, Avon (7.30pm)

Saturday, 18 November
Brampton to Carlisle Ten (2.15pm)
Micky Morris Memorial Cross country Relays, Cardiff (1.00pm)
Welsh Schools Inter-Schools Milk Cross country Champs, Dolerw Park, Newton
Southern Women's Cross country League, Kings Park, Bournemouth, Hants (1.30pm)
Surrey Cross Country League, Division 1 Woking; Division 2 Croydon; Division 3 Haslemere & Border
Hash House Harriers Battersea Park & Chelsea Village Run (11.00am) Carriage Drive North Car Park
Coventry Schools AA Cross-country League
George Hewett Trophy 10km Walk, Brighton (2.30pm)
Gauldry Community Council Cross-country Races
Hallsham H Cross-country Champs, Eastbourne
Hampshire League, Weymouth
Liverpool & Distraict Athletes Foot Cross-country League, Rivacre Valley (1.45pm)
McConnell Shield Cross-country, Ballyclare
North Midlands Cross-country League, Leicester
North Thames '5' Inter Team Cross-country
Sri Chinmoy 24 Hour Race, Haringey (12 noon)
Teviotdale Harriers Open Races, Harwick
Aberdeen University Hare & Hounds Open Road Relay, Beech Ballroom (1.00pm)

Sunday, 19 November
Yaxley Runners 10km Road Race, Yaxley CofE Junior School, Peterborough, (11.00am)
Children in Need '8.5', Colyton, Devon (10.30am)
Epsom Ten Leatherhead Football Ground (2.00pm)
Lordshill Ten Southampton (11.00am)
Westward Winter Cross country League, Plymouth
Gosport Half Marathon (11.00am) Gosport
Joe Salt Anti-Drugs Race, Rochdale (11.15 am)
Barnsley 10km, (1.00m)
General Portfolio Crowborough 10km (11.00am)
Brooks Running Cross country Runs (10.30am) Tweseldown
Preston Ten (10.30am)
Jersey Half Marathon
Reebok Tipton Ten (11.00am)
Brighton (James Lytle) 10km (11.00am)
Rome Marathon, Italy (9.30am)
Great South Notts November '10' (10.30am)
Rombalds Moor Fell Race '5', N Yorks (12 noon)
Brighton & Hove 10km (11.00am)
Cornish Marathon Saltash (10.00am)
Harrison Trophy Open 10km Walk (1.30m)
Tokyo International Women's Marathon, Japan
Northern Road 10km Champs, Barnsley (1.00pm)
Northern Cross country League, Accrington
Post Office (Midlands) Cross country Champs, Alexandra Perry Park, Birmingham (11.00am)
Banbury Harriers AP20, Leamington Spa to Banbury (12.30pm)
Barr's Irn Bru Edinburgh to Glasgow Road Relay
Dumfries AAC Open Cross country
George Elliot Festival 11km, Nuneaton (11.30am)
Hartshill Heartbreaker '10', Nuneaton (10.30am)
Icknield Cross country League, Thetford (1.00pm)
Islwyn Half Marathon, Gwent
Merthyr Running Club '10', Dowlais (10.30am)
Midland Women's Cross country League
Nottingham 'November 10' (10.30am)
Rochester 5, Kent (3.00pm)
Ronnie Kane Memorial Cross country Races, Kings Park.
Vale of Neath '10', West Glamorgan (11.00am)

Wednesday, 22 November
Henlow '10' (incorp Army Champs), RAF Henlow
Devon Winter 3km Series (7.30pm)

Saturday, 25 November
Kent Cross country League, Hoo
Greater London Cross country Champs, Parliament Hill
Gwent Cross country League
Sri Chinmoy '7', Battersea Park
Birmingham Cross country League, Various venues

Sunday, 26 November
The Second Totton 10km, Civic Centre, Totton (2.30pm)
Hayling '10' Road Race, Hayling School, Church Road (11.00am)
San Domenica '10', Easter Leisure Centre, Llanrumney, Cardiff (10.30am)
Devon Indoor League
Citisport Autumn Grand Prix 5km & 10km, Surrey
Klix Drinks '6', Basingstoke (2.30pm)
Bishops Stortford '10' (11.00am)
Piddle Valley '5.5' Plod, Dorset, (11.00am)
Axmouth 4.9 Fun Run, Devon (10.30am)
Eynsham 10km, Oxford (11.00am)
Lake Kawaguchi Nikkan Sports Marathon, Japan
Benidorm Marathon
Brent Knoll 5.5 Fell Race, Somerset, (11.00am)
Hash House Harriers Crystal Palace & Gypsy Hill Run (11.00am), Gypsy Hill Rail Station

Editor: Steven Downes
Production Editor: John Salter
Sub editor: Gary Sherrard
Staff Writers: David Ogle, Paul Larkins, Martin Gillingham
Contributing Editors: Paul Christman (*Running Stats*); Peter Nichols (*The Observer*); Barry Trowbridge, Simon Turnbull (*The Journal*, Newcastle).
Editorial Secretary: Elaine Dunn
Contributors: Roger Norton, Bud Baldaro, David Cocksedge, Martin Duff, Dave Edwards, Kevin Fahey, Steve Moore, Joe Lancaster, Brian Kirkley, Steve Smythe
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Athletics Weekly
NOVEMBER 15

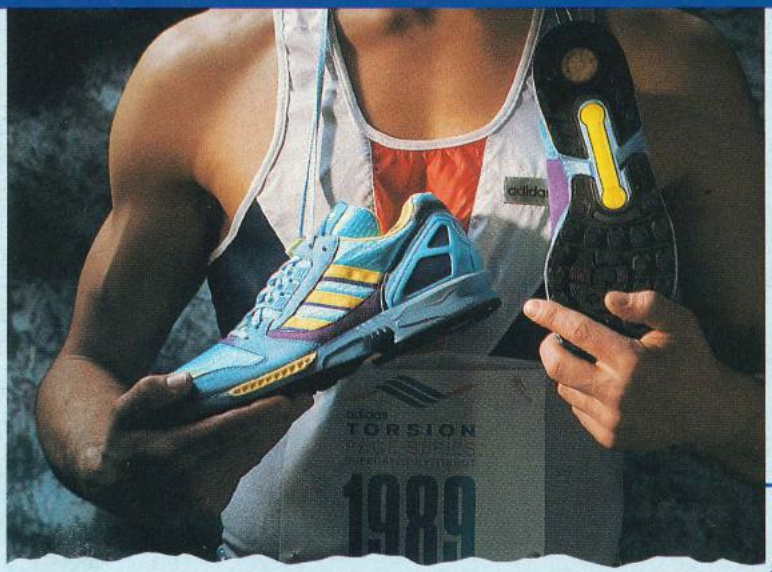
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Telephone:
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