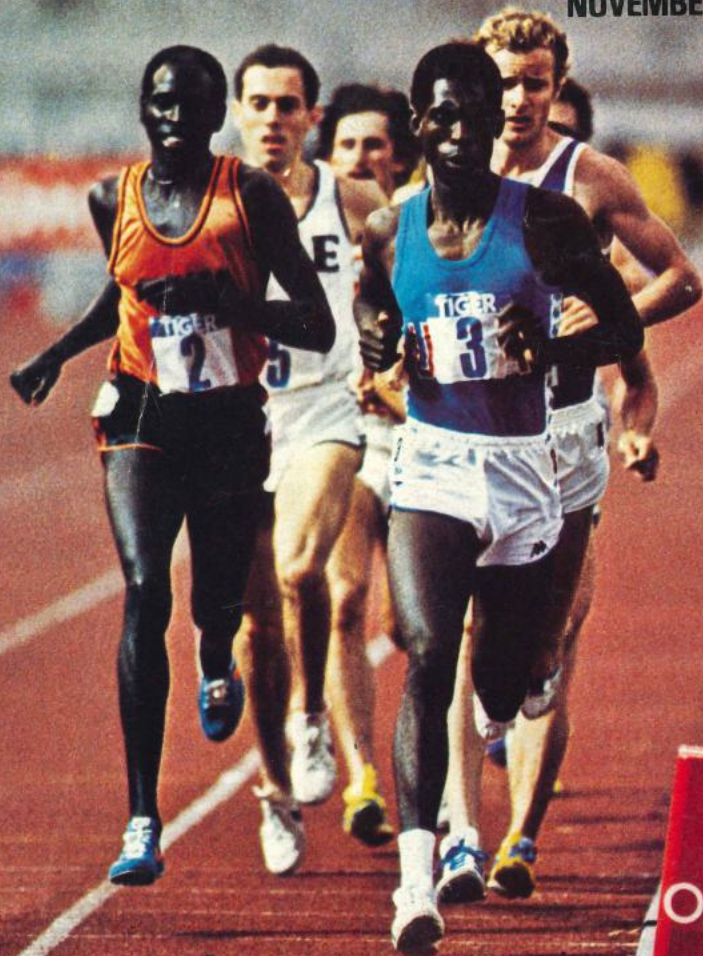


INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

NOVEMBER 21st 1981 33p



Spotlight on Sydney Maree

THE RON HILL PRODUCT FILE

FREEDOM SHORTS

RON HILL
SPORTSWEAR

***UNIQUE "WRAP-OVER"
SIDE VENT FOR
RUNNING "FREEDOM"**

***COMFORTABLE
POLYESTER/COTTON
FABRIC**



***FOB POCKET FOR
MONEY OR KEY**

***PLAIN, 2 STRIPES
FLAG OR EMBLEM
DESIGNS**

unique "wrap over" side vent



Plain



Union Jack



England



Scotland



Wales



US Colonial



Maple Leaf



Australia



New Zealand



Isle of Man



France



West Germany



Italy



Belgium



Netherlands



Ireland



Finland



Sweden



Japan



USSR

AVAILABLE IN PLAIN OR WITH TWO CONTRAST STRIPES IN: Gold, Orange, Red, Purple, Maroon, Sky, Royal, Navy, Emerald, Bottle Green, Black or White. Or in the above flag and emblem designs.

SIZES: 24/26", 28/30", 32/34", 36/38". PRICES: £4.15-£5.75.

AT YOUR LOCAL RON HILL RUNNING GEAR STOCKIST
(See AW 14th November for Stockists Directory)

RON HILL SPORTS LTD

WORLD HEADQUARTERS, P.O. BOX 11, HYDE, CHESHIRE.
TEL: 061 368 4353 SALES LINE: 061 366 5020

UK DISTRIBUTORS FOR SPENCO MEDICAL PRODUCTS
AND XLI SPORTSDRINK



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

Published by:

World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.
 Telephone: Medway (0634) 409260
 Medway (0634) 409269

Printed by:

Kent Art Printers Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces: £21.00
 Through an agency: £25.22
 Overseas Surface Mail: £26.00
 Air Mail Europe: £30.68
 Other Air Mail rates on application.
 USA Surface: \$62. Air Mail: \$87.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

Overseas subscriptions (including Eire) should be
 paid by cheque in sterling on a London bank, or
 by International Money Order.

Audited Circulation: July-December 1980 20,396.

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

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

athletics

weekly

Vol. 35 No. 47

NOVEMBER 21st 1981

CONTENTS

* Results Of BAL Survey	4
* AAA Annual General Meeting	6
* Mike Sully CC Meeting	8
* New Marathon Book Reviewed	10
* Sydney Maree — by Mel Watman	14
* Road Racing Coverage	18
* UK Intermediate Women's Lists (Part 2)	26
* 1982 Commonwealth Games Timetable	34
* Lord Killanin On Olympics' Future — by Eric M. Macintyre	36
* European Road Races	37
* Readers' Letters	44

COVER PHOTO (By Mark Shearman)

Sydney Maree (3) and Mike Boit (2), tracked by
 Steve Ovett and Olaf Beyer, in World Cup 1500.

THE WEEK AHEAD

Saturday, November 21st: Welsh Inter-County Champs (except Senior Men), Barry; Presto International CC Meeting, Gateshead; Cheshire Women's Champs, Warrington; Southern Women's League, Fleet; Midland Women's League, RAF Stafford; Westward League, Plymouth; Reebok League, Bristol; Bellahouston Open CC Races; Glasgow; Kettering Charity Cup Races; Sri Chinmoy '5', Ipswich; Brampton to Carlisle '10'; Sutton Park Road Relay; Sutton & Cheam YA CC Races; ESAA 'Milk in Action' CC Cups (semi finals), various; Cosford Open Meeting.

Sunday, November 22nd: Havering Winter Warm-Up Meeting, Hornchurch; Rochester '5'; Vale of Neath '10'; Epsom '10'; John O'Connor Memorial Races, Warley; Lothian CC & James Scott Memorial Races, Esk Valley; Rumbolds Moor Fell Race.

Wednesday, November 25th: London Services CC League, Parliament Hill.

Saturday, November 28th: London CC Champs, Parliament Hill; Northern League, York; Surrey League; Red Rose League, Rochdale; Sussex League, Horsham; Wolverton

'5', Milton Keynes; Vets AC CC, Hayes; Workington CC Meeting; Whiteknights Relay, Reading; Pat Spence Memorial Races, Greenock; Indoor Hurdles, Crystal Palace.

Sunday, November 29th: Lancashire Women's CC Champs, Croston; RAF v MCAA v UAU, Mansfield; Kent Women's League, Dartford; Hampshire Women's League, Southampton; West Glamorgan League; Rugby YA League, Corby; Lynn Regis CC Trophy, March; Wolverhampton & B 'Sportsland' CC Meeting, Wolverhampton Stadium; Torpoint Road Races, Cornwall; Barnsley Marathon; Basingstoke '6'; Southend '5'; Phoenix Road Races, Brighton; TVH 'Scrubs Jogalong', West London; Dawlish Walks League.

THE MARQUESS OF EXETER

A Thanksgiving Service for the Marquess of Exeter, who died on October 22nd, will be held at noon on Wednesday, December 9th at the Guards Chapel, Wellington Barracks, Birdcage Walk, London SW1. Tickets are limited, so would anybody wishing to attend please apply in writing to The Secretary, National Westminster Bank Ltd., 41 Lothbury, London EC2 2PB.

RESULTS OF BAL CLUB SURVEY

Overwhelming support for open concept & single governing body

AS REPORTED in the October 31st issue, over 80% of clubs replying to a British Athletics League questionnaire have supported the concept of Open Athletics, given appropriate safeguards, and a similar proportion felt that the formation of a single UK governing body for men's and women's athletics was necessary. The BAL commissioned the questionnaire from its members as well as from clubs which had entered its Cup competitions. The replies of 69 clubs have been analysed, and here is the detailed breakdown of the survey.

Background

The BAL (formed in 1969) is an organisation composed of 30 men's clubs and has close liaison with representatives of various Area and other Leagues throughout Great Britain. Through its 30-club Divisional League, the annual Knock-Out Cup Competition (approximately 250 entries annually) and the Area Leagues, the BAL encompasses the large majority of all clubs in England, Wales, Scotland and Northern Ireland. In response to a request from some of its members, the Executive Committee of the BAL discussed the question of Open Athletics and decided that, in view of the importance of this debate to the future of the sport, it should endeavour to obtain, by means of a questionnaire, the views of clubs. It was decided to restrict the circulation of the questionnaire to those clubs which competed directly in League organised competitions, i.e. the Divisional League and the Cup.

Response

Questionnaires were sent to approximately 250 clubs in April 1981 and, by September 30th, 69 replies (30%) had been received, of which 24 (80%) were from the 30 Divisional League clubs. It is considered that this level of response is reasonably satisfactory, bearing in mind the heavy commitments of clubs during the summer period.

Regional Analysis

England — 53 replies; Wales — 5; Scotland — 10; N. Ireland 1.

Analysis of Replies

If the appropriate safeguards and controls could be devised, would your club accept Open Athletics?

Yes — 57; No — 6; Don't Mind — 4; Other — 2.

Is your club satisfied with the present amateur structure? (question only asked to those who answered No to previous question).

Yes — 2; No — 3; Other — 1.

Should the UK go open . . .

(a) Alone? — 1; (b) With other like minded countries if in sufficient numbers? — 16; (c) Only with full IAAF approval? — 36; Other response — 16.

Do you think the present structure of athletics is capable of effectively controlling Open Athletics?

Yes — 6; No — 50; Don't know — 5; Other — 8.

Would you support the formation of a UK athletic association (men and women) as the single governing body of the sport?

Yes — 49; No — 7; Don't Mind — 6; Other — 7.

Do you consider that a proportion of income generated by athletics should be returned to the sport?

Yes — 65; No — nil; Other — 4.

If yes (to previous question) what percentage would you propose?

0 to 10% — 3; 11 to 25% — 14; 26 to 50% — 12; 51 to 75% — 8; 76 to 100% — 12. Other replies — 20.

Would you accept the principle of the following?

(a) Appearance Money: Yes — 26; No — 36; Don't Mind — 3; Other — 4;

(b) Prize Money: Yes — 46; No — 10; Don't Mind — 10; Other — 3;

(c) Advertising by athletes: Yes — 57; No — 3; Don't Mind — 6; Other 3;

(d) Sponsorship of athletes: Yes — 61; No — 4; Don't Mind — 1; Other — 3.

In order to facilitate the administration and control of Open Athletics. . .

(a) Should all athletes over a certain age (say

**You don't have to be
a record breaker to look
good in Bukta.**

**Bukta
Sportswear**

Send for free brochure, enclosing stamp to cover postage. Bukta Sportswear, Brinksway, Stockport SK4 1ED.

17) be required to register with the governing body? — 38;

(b) Should only those athletes involved in payments be required to register with the governing body? — 13;

(c) Should there be no registration scheme? — 8.

Other response — 10.

(a) Should athletes continue to be required to be members of a bona fide club in order to compete in Open Athletics?

Yes — 62; No — 1; Other — 6.

(b) If yes to (a) should this membership rule be relaxed for those competing in mass events such as the London Marathon?

Yes — 30; No — 25; Other — 14.

Should the promotion of meetings be restricted to...

(a) Bona fide athletics organisations affiliated to the governing body? — 18;

(b) The above (a) and any organisation with the approval of the governing body (such as independent promoters)? — 45;

(c) Be unrestricted? — nil.

Other response — 6.

What specific safeguards would you want as a club regarding your athletes (if any)?

The main comments under this question were as follows:

(i) Strict rules and enforcement thereof, to control transfers of athletes between clubs and to prevent poaching. This was the most common observation and most clubs wanted the existing transfer rules maintained or, even, made tougher.

(ii) Control over fixture lists to protect major club events (such as Leagues) from clashes with international or open events. Rules should be devised to ensure loyalty to clubs by elite athletes.

(iii) Various clubs suggested there should be age limits (say 17) below which athletes were not allowed to compete for prize money, etc.

(a) Are you willing to authorise the officers of the British Athletics League to:

(i) Make the results of this questionnaire available to all interested parties? Yes — 64; No — 4; Other — 1.

(ii) Take an active part in any matters arising from the results? Yes — 54; No — 14; Other 1.

(b) Can you give some indication of the strength of opinion within your club for/against the main principle or with regard to any of the issues?

Most decisions, whether for or against the main principles, appear to have been clear cut, with many unanimous. Many clubs, however, expressed reservations about some of the subsidiary issues.

Other Observations

The clear impression emerges that a great deal of thought and effort has gone into completing the questionnaires and many interesting

comments have been made. Some of the recurring observations are as follows:

(i) Many of the clubs (particularly the smaller ones) felt the whole issue was rather academic as Open Athletics would, in practice, only affect a small number of elite athletes.

(ii) There was strong feeling that the financial profits generated by Open Athletics should find their way back down to the Areas and clubs to help finance local facilities, coaching, travel, etc. and should **not** be wholly retained by the Governing Body.

(iii) Many of the traditionalists were apprehensive about the effects of Open Athletics.

(iv) How would officials be rewarded?

(v) Several clubs suggested that the funds should be used to provide insurance cover and medical advice for all athletes, particularly the young.

(vi) Could Open Athletics count on the continued support of sponsors, such as the GRE?

(vii) Strong control of Open Athletics would be essential.

(viii) Would Open Athletics lead to a greater problem with drugs?

(ix) It is important that decisions about the future of Open Athletics are made urgently.

These responses make it fairly clear that many club committees (rather than individuals) have been prompted to debate and discuss the issues for the first time in any detail. Often the comment was made that more discussion and debate at club level was needed on this important subject.

'NATIONAL' TRAIN

The Southern CCCA intends to charter a special train for the 'National' in Leeds on March 6th. Transport will comprise a 400-seater train from Kings Cross and a fleet of buses at the other end.

Harry Hicks of 34 The Crescent, Friern Barnet, London, N11 3HH (Tel: 01-368 6605) would be pleased to receive provisional bookings from clubs, now, in order to ascertain the feasibility of the venture.

RESOLING

New Soles and Minor Repairs for:

**NIKE — REEBOK — NEW BALANCE
AND ALL OTHER BRANDS**

* Original soles or equivalent.

* Fast service — 48 hour turnaround.

* From £4.60 for full resole + P & P.

Run-Inn Sports

3 ROWBOTTOM SQUARE, WIGAN
Tel: 47093 (STD 0942)

Confusion At AAA Meeting

AMID MUCH controversy towards the end, the Blackheath Harriers' motion to amend parts of AAA Rule of Competition 1(3) was, in the main, defeated at the 101st AGM of the AAA on November 7th.

The motion, seconded at the meeting by Dr. Bill Evans of the Welsh AAA and explained in the November 7th issue of 'AW', was — following much discussion — voted upon in five separate sections and this was later to cause much consternation when a card vote was called for following its defeat on a show of hands. Because of this separation, only one section of the whole proposal was passed while some present were obviously in confusion when the voting took place.

It was no secret from the outset that the General Committee were in opposition to a proposal which was aimed at relaxing some of the restrictions on participation in other sports on those who wished to compete under AAA Rules, their main argument being that it was important to stay within IAAF rules. The motion also called for AAA Law 2 to be as in Rules of Competition 1, with the exception of the proposed listed replacements. However, the AAA had sought advice from their solicitors and Robert Stinson announced which parts could be considered acceptable. They were: (3)(a)(i), (3)(b)(ii) and 3(c)(ii).

Mr Stinson went on to say that the AAA had to work within IAAF rules, although there should be a new set of IAAF rules which were, at the moment, "a bit of a mess". On a show of hands it was decided that each part would be put to the vote separately rather than as a complete proposal, and as there was no two-thirds majority for any part the proposal was defeated.

Stars Turn Out At Gateshead

PRESTO, the chain of supermarkets, has taken over the sponsorship of the International Cross Country Meeting at Gateshead today (first race 11.45 am), and with that help Gateshead MBC have again attracted an excellent array of talent.

As ever, the highlight will be the International Invitation Team Race (2.50 pm), in which 1977 and '79 winner, Nat Muir, will lead the Scottish challenge, backed up by John Robson and recent Gateshead Road Race winner, Allister Hutton. English teams always fare well at Gateshead and this year should be no exception as the England/ECCU party includes Nick Lees, Chris Woodhouse, Grenville Tuck, Dave Clarke, Julian Goater, Barry Knight and Barry Smith who is returning to competition after a lay-off through injury. Wales boast Steve Jones, Roger Hackney and Dave James, whilst the Irish contingents are headed by English Junior 'National' champion,

Ian Smith, Past President of Blackheath who proposed the motion, asked for a card vote which was to take place at the end of the meeting. When the voting came around there was some confusion as to what was being voted upon and Roger Simons, who had earlier called for a card vote on the first two sections re-iterated his request. A short break to seek legal advice as to how to proceed with the voting was followed by a statement that voting would take place on the first two parts only. As it was, only (3)(b)(ii) gained the necessary two-thirds majority and was accepted. The relevant rule will now read . . . "issues or allows to be issued on his behalf any challenge to compete in any athletic competition against any person who is not eligible to compete under AAA Laws, or to compete for a money prize or stake".

Another motion to be put forward was that the Fell Runners Association become a controlling body under the AAA in the same way as the ECCU and the Tug of War Association. In this way, the FRA could have the power to veto races which they considered to be too dangerous or not complying to rigid standards which they, as the experts they undoubtedly are, could set. Chris Brasher brought to light fatalities which had occurred in this branch of the sport, deaths which could continue to happen if steps weren't taken to ensure that all safety precautions were adhered to. At present there were a number of races which the FRA were not happy with although these races complied with AAA Laws. The main point against this proposal was that as runners affiliate directly to the FRA, they would not necessarily be members of clubs. The motion was defeated as a two-thirds majority was not gained although the greater number of voters were in favour.

Brian Smyth

(Further coverage of the AGM next week)

John Doherty, John Treacy and Gerry Deegan. Moscow double medallist Kaarlo Maaninka is in the overseas gathering, which also claims Hans-Jürgen Orthmann, Ari Paunonen, Leon Schots and Alex Hagelsteens. The reigning UK 'National' champions are invited to compete as a unit in this race, and Tony Milovsorov, Bob Westwood and Bob Cytlaui will be leading the way for Tipton.

Amongst others, Chris McGeorge, Colin Reitz, Graham Williamson and Omer Khalifa will run in the middle distance race (for 800m and 1500m specialists) at 2.10 pm, and leading contenders in the women's contest (1.15 pm) should be Ruth Smeeth and Sandra Arthurton.

WORLD BEST BY MIKE NEWTON

Mike Newton, the 37-year-old South London Harrier, recorded a world best of 505.96 miles in the six-day track race at Nottingham from November 9th to 14th.

NIKE
XMAS!**WALLY WAFFLE**

- *No. 1 Best Seller currently
 - *Waffle Sole
 - *Shock absorbent mid-sole
 - *Blue/Yellow trim or Red/White trim
- Kids 8-13 **£8.95**, 1-5½ **£10.50**, 6-7 **£11.95**

**OCEANIA**

- *Top 10 trainer in 1980 Survey
 - *Road grip sole
 - *Shock absorbent mid-sole
 - *Choice of Royal, Beige or Black
- 3-5½ **£12.95**, 6-12 **£14.95**

**ORIENTEER**

- *£3 Off (this month only)
 - *Waterproof uppers
 - *Hi-grip stud sole
 - *Green with Silver trim
- 6-12 **£15.95** (RRP **£18.95**)

**NYLON ROAD RUNNER**

- *Top 10 trainer in 1980 Survey
 - *Road grip sole
 - *Lightweight (only 260 gms per size 8 shoe)
 - *Choice of Royal or Navy
- 3-5½ **£13.95**, 6-13 **£15.95**

**LEATHER ROAD RUNNER**

- *Leather uppers
 - *Road grip sole
 - *Shock absorbent mid-sole
 - *White with Blue trim
- 4-5½ **£16.10**, 6-12 **£18.50**

**YANKEE**

- *Currently in Top 10 Best Sellers
 - *Generous mid-sole (good motion control)
 - *5 Star rated by Runners World
 - *Grey with Black trim
- 4-5½ **£16.35**, 6-12 **£18.95**

No. 1 FOR RUNNING

SPECIAL OFFER

£1 OFF

£1 OFF

To: **RUNNING WILD (Dept AW),****FREEPOST**

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

HYDE, CHESHIRE.

Tel. (MON-FRI) 061 368 8008.

24 HOUR SERVICE**NUMBER ONE FOR NIKE**

NIKE

TOP VALUE TRAINING SHOES

Running Wild

Mud Did Not Deter Knight & Paula Fudge

ANOTHER RECORD entry, of over 2000 athletes, for the Sun Life Assurance 'Mike Sully' Cross Country Meeting at Keynsham on November 1st, provided the big crowd with some brilliant running, as some of the top names over the country contested the Senior 5M race.

The word 'mud' was on everyone's lips as they investigated the gates and ditches on the course, but this did not stop Westbury's Barry Knight from successfully defending his title, although it was made easier for him when former 'Sully' champion, Steve Jones, lost a shoe after only one mile and only recovered enough to finish seventh. Knight always looked in command despite a very brave effort from his clubmate, Chris Buckley, who liked the flat course, and Derby's Nick Lees.

After three miles, Knight injected the pace and the resulting ten seconds gap was never closed, as he raced across the line in 27:11, from Buckley (27:24) and Lees (27:33). The 400 strong field provided many upsets including performances like former Sully winner Peter Standing, in 16th, Chris Stebbings in 19th and Westbury marathon ace, Dave Francis, in 83rd. All found the standard very high.

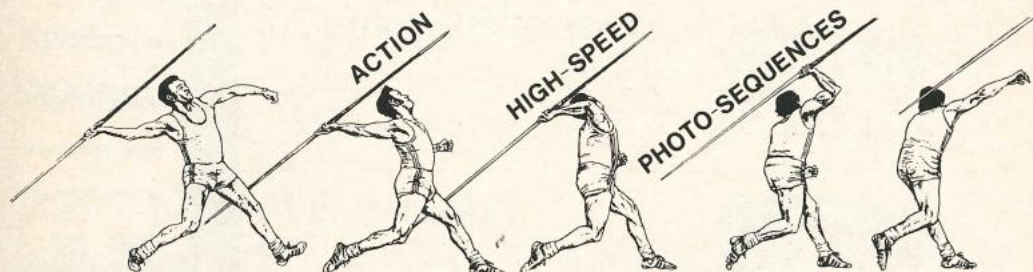
After a tactical talk with her husband, Bob, Paula Fudge gave the crowd just what they wanted — an international-class performance

from the star of the meeting. Paula picked her way through the sticky patches, then used her speed and strength to open a huge 44 sec gap on defending champion Carol Bradford, who found Paula in outstanding form, clocking a fast 16:01.

A name to look for in the English Junior championship will be Elliott's Alan Guilder. He did just enough to race away from Mark Flint and Eddie Herridge, in what looked like being a blanket finish until a speedy Elliott opened a 3 sec gap at the finish after they had all entered the final field together.

John Gingell

1, B. Knight (Westbury) 27:11
2, C. Buckley (Westbury) 27:24
3, N. Lees (Derby) 27:33
4, P. Banning (And) 27:39; 5, R. Swann (B'stoke) 27:47; 6, A. Cole (Swan) 27:50; 7, S. Jones (Bris) 27:58; 8, M. Cowman (West) 28:01; 9, R. Milne (Notts) 28:04; 10, K. Mills (Shaft) 28:07; 11, G. Wightman (Bris. U) 28:10; 12, M. Deegan (Sal) 28:16; 13, C. Robison (Der) 28:21; 14, P. Lanfear (Read) 28:25; 15, C. Hazelwood (CTC RM) 28:29; 16, P. Standing (WS&E) 28:36; 17, M. Harris (West) 28:38; 18, S. Lowe (Shaft) 28:42; 19, C. Stebbings (Lut) 28:47; 20, G. Heather (Bath U) 28:50; 21, D. Cowles (West) 28:55; 22,



ATHLETICS ACTION SEQUENCES

by Howard Payne — official photographer to the AAA, BAAB and IAAF

Additions from the 1981 International season have increased the list of sequences of the world's best athletes in action now available in the form of 35 mm colour slides and posters. Better than cine film for "stopping" the movement, these sequences have been shot at high speed, and selected frame by frame to show the essential positions throughout a stride cycle in running, a hurdling action, technique in a throw, etc. of top stars like Wells, Ovett, Coe, Nehemiah, Moses, Volkov, Stock, Myricks, Meyfarth, Beyer, Oerter, Jahl, Sedyk, Mills, etc., etc.

35 mm COLOUR SLIDE SEQUENCES

The number of slides per sequence varies according to the event, but an average is 20, for which the price is £9.50, including plastic wallet, postage and packing.

PHOTO-SEQUENCE POSTERS

Still available are 14 different black and white posters for display at £1.75 each poster, (including postage and packing).

For details of the sequences on slides and posters send a stamped, self-addressed envelope to Howard Payne, 48 Upland Road, Selly Park, Birmingham B29 7JS.

R. Anning (Bris) 28:57; 23, G. Clarke (Bris) 29:00; 24, R. Coles (B'ht) 29:01; 25, J. Zapple (Exe) 29:03; 26, J. Broe (Shaft) 29:05; 27, D. Black (Lough) 28:07; 28, I. Atkins (Worc) 29:09; 29, G. Seaward 29:10; 30, C. Blythe (Ox. U) 29:12; 31, M. Duff (WS&E) 29:13; 32, P. Ratcliffe (Car) 29:17; 33, P. Williams (Swan) 29:23; 34, A. Girling (Glas. U) 29:24; 35, J. Smith (West) 29:25; 36, K. Knapp (Ox. U) 29:26; 37, W. Venus (CTC RM-V) 29:29; 38, W. Valentine (B&P) 29:34; 39, N. Piotrowski (Warl) 29:36; 40, J. O'Brien (Bridge-V) 29:37; 41, R. Tilling (Bir) 29:41; 42, P. Hayward (Worc) 29:45; 43, R. Samuel (Shaft) 29:49; 44, N. Jinks (Worc) 29:50; 45, G. Blackburn (West-V) 29:53; 46, A. Nolder (Durs) 29:55; 47, G. Youngs (Read) 29:57; 48, R. Cooper (Worc-V) 29:59; 49, K. Kolwell (Aston U) 30:01; 50, G. Plant (Exe) 30:05. **Teams:** 1, Westbury 32; 2, Shaftesbury 97; 3, Bristol 105; 4, Worcester 162; 5, Reading 173; 6, Oxford Univ. 175; 7, Westbury 'B' 209; 8, CTC RM 290.

Women

1, P. Fudge (Borough of Hounslow) 16:01
2, C. Bradford (Clevedon) 16:45
3, L. Harvey (Unattached) 16:48
4, R. Disley (Harl) 17:03; 5, A. Mason (Bir) 17:06; 6, K. Williams (P. Tal) 17:10; 7, K. Lock (Car) 17:16; 8, M. Samy (Bris) 17:27; 9, A. Fox (Swan) 17:36; 10, S. Smith (Bris) 17:40; 11, A. Turland (B&R) 17:41; 12, E. Sinclair (Lough) 17:43; 13, S. Alt (Ox. C) 17:46; 14, M. Beasley (Worc) 18:04; 15, J. Maskell (Leic. U) 18:07; 16, A. Edwards (Bris) 18:08; 17, C. Hughes (Read) 18:13; 18, C. Walters (Ox. C) 18:16; 19, M. Palmer (West) 18:17; 20, G. Dainty (Bir) 18:19; 21, G. Bryant (BRC) 18:22; 22, J. Walker (Warw. U) 18:22; 23, J. Leathersedge (Wye) 18:23; 24, L. Copp (P. Tal) 18:25; 25, P. Gallagher (West-V) 18:29; 26, K. Almond (Lough) 18:31; 27, L. Bicknell (Hasl) 18:34; 28, A. Hartley (Car) 18:37; 29, V. Graham (Bath U) 18:40; 30, C. Weyman (Warw. U) 18:42. **Teams:** 1, Bristol 34; 2, Cardiff 66; 3, Birchfield 70; 4, Loughborough Stu. 78; 5, Westbury 83; 6, Warwick Univ. 84.

WORTHING PARKLAND RACES

At Lancing Manor, October 24th

1, F. Tota (Crawley) 15:14
2, A. Douglas (Crawley) 15:39
3, G. Baker (Horsham BS) 15:44
4, P. Stenning (Hors) 15:57; 5, P. Rockwood (B&H) 16:00; 6, S. Morley (B&H) 16:03; 7, P. Witcomb (B&H) 16:04; 8, M. Laflin (B&H) 16:14; 9, P. Crowhurst (B&H) 16:20; 10, D. Agnew (Hay. H) 16:42; 11, S. Scott (Hay. H) 16:52; 12, M. Hamlin (Inv) 16:54. **Teams:** 1, Brighton & H 9; 2, Brighton & H 'B' 24; 3, Horsham BS 30. **(Vets):** 1, P. Elliott (Mit) 17:11; 2, B. Bartholomew (B&H) 17:14; 3, C. Lambert (E&E) 17:26; 4, J. Luxford (Hors) 17:37; 5, M.

Baker (Hors) 17:39; 6, H. Scott (Hors) 17:45. **Teams:** 1, Horsham BS 12; 2, Crawley 24. **(Juniors):** 1, M. Wheeler (E. Grin) 15:40; 2, M. Rowland (BR&C) 16:12; 3, G. Wright (BR&C) 16:46; 4, M. Sillitoe (Mit) 17:19; 5, D. Hayden (Mit) 17:33; 6, R. Shaw (Mit) 17:55. **Teams:** 1, Mitcham 15; 2, Worthing 24. **(Youths):** 1, K. Howard (Worth) 14:20; 2, N. Hopkins (Reig. P) 14:25; 3, M. Howard (Worth) 14:33; 4, D. Martin (Ton) 14:36; 5, M. Watson (BR&C) 14:38; 6, S. Beeforth (Phoe) 14:41. **Teams:** 1, Worthing 18; 2, Haywards Heath 33; 3, Reigate Priory 46. **(Boys):** 1, D. Neale (Ton) 14:37; 2, S. Powell (Wok) 14:44; 3, A. Hollins (Ton) 15:09; 4, A. Williams (Phoe) 15:12; 5, J. Dixon (B&H) 15:20; 6, A. Brennan (Mit) 15:26. **Teams:** 1, Brighton & H 25; 2, Mitcham 29; 3, Tonbridge 41. **(Colts):** 1, N. Watkins (C'ley) 10:55; 2, R. Freemantle (Ports) 11:14; 3, N. Bellis (Wav) 11:17. **Teams:** 1, Portsmouth 32; 2, Mitcham 34. **(U/11):** P. Brewster (Craw) 8:48. **Team:** Crawley. **(Women):** 1, T. Howard (Worth) 16:13; 2, M. Pratt (BR&C) 16:22; 3, B. Murray (Glas) 16:28; 4, J. Mullett (B&H) 16:42; 5, R. Beachley (B&H) 16:56; 6, S. Morley (B&H) 16:57; 7, V. Strickland (Havnt) 17:22; 8, R. Phipps (E. Grin) 18:12. **Teams:** 1, Brighton & H 15; 2, Bognor R&C 33; 3, Crawley 43. **(Inters):** 1, S. Vinnall (B&H) 15:29; 2, R. Gamble (E. Grin) 16:25; 3, D. Hillyer (Havnt) 16:49; 4, D. Thomas (BR&C) 16:55; 5, H. Bravery (B&H) 17:18; 6, H. Baker (Mit) 17:24. **Teams:** 1, Brighton & H 18; 2, Mitcham 21. **(Juniors):** 1, C. Taylor (S&E) 12:04; 2, J. Munro (B&H) 12:11; 3, T. Oram (B&H) 12:13; 4, J. Hilton (B&H) 12:22. **Teams:** 1, Brighton & H 9; 2, Mitcham 34. **(Girls):** 1, M. Rooney (Phoe) 8:41; 2, R. Fairchild (Croy) 9:01; 3, J. Gardener (Craw) 9:06. **Teams:** 1, Mitcham 18; 2, Southampton & E 36. **(U/11):** L. Clark (Wav) 7:01. **Team:** Portsmouth.

The British Industrial & Business Houses CC Championships will be held at Rivington, Lancashire on February 7th. Further details later in 'AW'.

R & J SPORTS BARGAINS GALORE!

Reebok Inca W	5-8 £23.90	Nike Oceania	4, 4 1/2, 5 1/2
Reebok Zenith	5-9 1/2 £14.90		£10.00
Reebok Cougar 81	10, 11	Nike Yankee	11 1/2 £15.00
	£12.50	Nike Daybreak	5, 5 1/2, 6
			£20.00

NIKE SHOES

Internationalist	6-11 1/2 £30.60
LDV II	6-11 £27.00

ADIDAS SHOES

Mariner	4-12 £16.20
X-Country	6-12 £20.25

REEBOK SHOES

Shadow I	6-10 £17.50
Shadow III	4-8 £16.50

INTER SHOES

Marathon	3-11 £11.25
G.P.R.	4-11 £11.25

NEW BALANCE TRAINERS (3 WIDTHS)

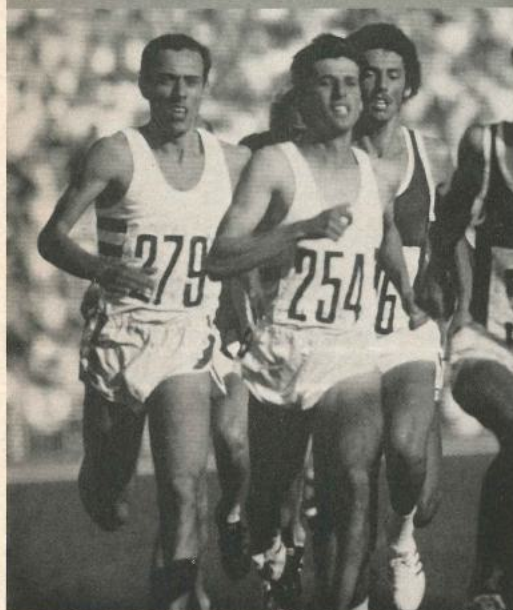
420 £29.95; 455 £31.95; 620 £33.95; 730 £44.95

23A Rowlands Road, Worthing, Sussex.
Tel: Worthing 32446, evenings 49263.

ENCYCLOPAEDIA OF Track and Field Athletics

Mel Watman

5th Edition



SOME PRESS OPINIONS

"This is not simply a work for the athletics aficionado, and anyone coming new to the sport will learn more about it than from any other single book".

Eric M. Macintyre, *Athletics Weekly*

"The updated edition . . . is again a 'must' for all those interested in track and field. It is the complete reference work which can hardly be faulted".

Peter Grundy, *Leicester Mercury*

"This edition is part of a superb set that no enthusiast of the sport should be without".

Ken Mays, *Daily Telegraph*

"Well worth the money . . . It is its usual mine of information with a wide coverage of the international scene".

Stanley Levenson, *Morning Star*

AVAILABLE FROM THE BOOK DEPT.,
ATHLETICS WEEKLY, 344 HIGH STREET,
ROCHESTER, KENT ME1 1DT. PRICE £8.95. POST
FREE.

Book Review

"Challenge of the Marathon: A Runner's Guide", by Cliff Temple; published by Stanley Paul; obtainable shortly from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £5.35 (inclusive of postage and packing).

It was a natural and welcome development that the success of Cliff Temple's *Cross, Country & Road Running* should prompt him to follow up with a similarly practical, entertaining and inspirational work on the marathon. The event was, of course, touched upon in the earlier book but now Cliff has taken the opportunity to expand some of the relevant passages and add much fresh material. The result is the most helpful guide yet published on marathon running.

The many thousands of people currently sloggng away in preparation for their first marathon will find just about every question they might want to ask is answered, and if they take heed of the author's advice they can rest assured they will be on the right lines towards achieving their ambition.

Even the would-be marathoner who, at the moment, can only jog for five minutes is catered for in Cliff's easy-to-follow 52-week build-up programme for beginners. "I would say that one year is the minimum amount of time a normal, healthy, unfit person should reasonably allow to prepare from scratch to run the marathon distance", he writes. "And in that year he or she would have to run regularly six days a week at a comfortable pace for increasingly long periods of time". Sensibly, the emphasis is on **gradual** increase in training load. The programme is based on running-minutes rather than miles and is balanced from day to day as well as week to week. Week 1 requires 5 min of steady running ("close to the pace at which you eventually hope to run the marathon") on four days and 8 min on three. The duration of the week's longest run (on Sunday) is slowly lengthened: to 10 min in Week 2, 12 min in Week 3, 15 min in Week 4, 18 min in Week 5, 20 min in Week 6, and then every fortnight an extra 5 min is added until by Week 22 a 60 min run is called for. By Week 36 the long run is up to 1½ hours, and from Week 45 the man or woman who started with that 5 min jog should be running for 2 hours and more each Sunday.

Cliff stresses that beginners should give themselves a year to prepare properly but for those who can't or won't he supplies a 21-week crash programme, as first published in *The Sunday Times* in advance of last March's London Marathon. A large number of readers followed the chart and Cliff has picked a cross section of case histories for publication in the book — "because each story has its own moral for the beginner, its own inspirational example, and its own warning".

But the book isn't only for the novice. Another section is designed for the active club runner who "has already been active for some time, competes regularly in shorter road races, and has long been toying with the idea of running a marathon without actually taking the plunge". These athletes, who are probably running 30-40 miles a week at the moment, turn out for the club most weekends and finish somewhere down in the pack, are potential sub-3 hour marathoners, and Cliff has designed a 24-week build-up programme (in miles rather than running-minutes) for them. Nor are ambitious international runners ignored and for them a 16-week schedule is provided.

There's more to the challenge of the marathon than just training, and the author comes up with a wealth of sound advice on shoes, clothing, weather conditions, diet and injuries. Additionally there is a guide to some of the better known marathons in Britain and abroad (with the addresses of the organisers and notes on the nature of the course and entry restrictions), details of specialist road runner clubs, a marathon pacing chart with intermediate splits from 4:45 miling (2:04:33) to 10 min pace (4:22:13), a concise history of the event together with various tables of records and champions... and there is also an eight-page photo essay on the marathon by Mark Shearman.

"The tantalizing, glorious, strength-sapping

challenge called the marathon", writes Cliff, "is actually the fairest event of all in terms of pure give and take. Respect the marathon, be fair to it, and it will be fair to you. It will allow you to experience from running its demanding course a sense of physical achievement you will never forget, nor want to. Treat it too lightly, however, and underestimate the surreptitiously fatiguing effects of those 26 miles, and that long, silent ribbon of tarmac will suck you towards it, like the Devil's vacuum, long before the end".

With this excellent book as companion the chances are that the man or woman who has sufficient dedication and determination to embark on and sustain the great adventure will reap the rich reward at the end of that long road.

Mel Watman

UK RESULTS ROUND-UP

24.10. Lassing (Aut). 50kmW: 2, R. Dobson 4:11:59; 7, G. Vale (19; debut) 4:18:18. **26.10. Dublin. Mar:** Cusack (Irl) 2:13:58, Greg Hannon 2:16:58. **31.10. Gateshead.** Provincial Life Road Race: A. Hutton 28:39, B. Ford 28:50, C. Spedding 28:51. **7.11. Bracknell '10'.** Paula Fudge 54:36. **14.11. Leicester.** National Women's 3 x 3000m Road Relay: Aldershot 27:56, Hounslow 28:05, Sale 28:58. Fastest: Fudge 9:01. **15.11. Tipton '10'.** Joyce Smith 54:01. **15.11. Edinburgh-Glasgow Relay.** ESH 3:43:59, Clyde Valley 3:45:38, Aberdeen 3:47:51.

COBRA PUT FEET FIRST



NIKE YANKEE

Most sportsmen would agree that without good, healthy feet they'd be nowhere. And healthy feet means wearing the right footwear.

A recent medical survey showed that the most important item for sportsmen was the right shoe. For comfort, confidence and protection from injury. Which is why at Cobra Sports Shoes we put feet first.

Both our shops carry a massive choice of shoes, including top names like Brooks, Nike, Adidas, Karhu, Tiger, New Balance and Reebok. So there's a pretty good chance we've got the right shoes for you, whatever your sport. Come and have a look around. And please try them on. As many as you like. No single make is suitable for all sportsmen. And even with one type of shoe, sizes can vary from one batch to the next.

So it's vital to get them on your feet and get the feel of them before you decide. Don't worry about taking up our time. Our staff are helpful, enthusiastic and knowledgeable. They'll do all they can to make sure you get the shoes that are right for you.

If what you want isn't in the shop, we'll be only too happy to order it for you. And if by some chance we can't help, there's no hard feelings. Even if you've tried everything in the shop!

We'd rather you walked out with no shoe, than the wrong shoe.

If you put your feet first, put them in our door.



NEW BALANCE 730



NIKE ELITE

cobra 

394 KINGS ROAD, CHELSEA SW10. TEL: 01-352 3995.
110 WESTBOURNE GROVE, LONDON W2. TEL: 01-221 3733.



NEW BALANCE 420

Results In Brief

September 27th

Luton '10'. 1, M. Shotbolt (Bed) 52:45; 2, A. Simmons (Vaux) 53:38; 3, C. Stebbings (Lut) 54:28; 4, D. Bedford (Shaft) 55:43; 5, D. Desborough (Ver) 55:58; 6, M. Beevor (Lut) 56:18. **(Vets):** 1, T. Laybourn (Mil. K) 58:33; 2, M. Prosser (Stam) 59:26; 3, P. Elliot (Mit) 59:53. **(Women):** 1, M. Evans (Dart) 72:05; 2, D. Lambourne (V) 74:08.

September 29th

Insurance '10', at New Eltham, Kent. 1, M. Shackleton 51:07; 2, C. Bradley 51:14; 3, R. Goad 51:39; 4, P. Filler 52:31; 5, P. Gahagan 52:33; 6, B. Atkinson 52:36; 7, D. Hillyer 52:41; 8, G. Ashdown 53:01; 9, T. Barden 53:22; 10, E. Brown 53:59; 11, P. Dowling 54:01; 12, N. Willis 54:50. Team: Phoenix. **(Vets):** 1, G. Valentine 54:26; 2, W. Reavell 54:48; 3, L. Woodley 55:19.

October 4th

Newbury Nias '10'. 1, P. Keenan (Ov) 51:17; 2, P. Wheeler (Ov) 51:40; 3, J. Boyce (B'mth) 51:58; 4, R. Morgan (B'mth) 52:11; 5, D. Parsons (Ox. C) 52:21; 6, A. Rodgers (Ov) 52:43; 7, I. MacIntosh (B&P) 53:19; 8, M. French (F&C) 53:31; 9, C. Speers (Liv) 53:32; 10, B. Davis (RNS) 53:44. Teams: 1, Overton 9; 2,

Bournemouth 18; 3, Oxford City 58. **(Vets):** 1, D. Ellison (Read) 55:17; 2, A. Jelley (AF&D) 56:17; 3, B. Switzer (S&E) 56:55; 4, J. Thomas (Ov) 58:54; 5, J. Moore (S&E) 60:01. Team: Southampton & E. **(O/50):** 1, H. Donner (S&E) 61:13; 2, J. Brent-Jones (Salis) 62:16. **(Women):** 1, M. Ellerton (F&C) 65:50; 2, L. Jeffery (Army) 67:29; 3, C. Catt (Win) 71:21; 4, A. Webster (AF&D) 71:30.

October 10th

Worcester Beacon Race. 1, M. Ridout (Worc) 33:59; 2, P. Haywood (Worc) 34:07; 3, D. Price (Glouc) 34:27; 4, I. Atkins (Worc) 34:49; 5, D. Jackson (Tel) 35:04; 6, N. Thomas (Glouc) 35:12; 7, R. Wood (Frod) 35:13; 8, R. Cooper (Worc-V) 35:19; 9, D. Hobley (Rug) 35:20; 10, K. Perry (Hales) 35:34; 11, N. Jinks (Worc) 35:42; 12, D. Crompton (Hales) 35:48; 13, M. Davies (Worc) 35:59; 14, M. Branfoot (Stour) 36:29; 15, M. Robinson (Glouc) 36:37; 16, R. Brownsey (West) 36:44; 17, D. MacNamee (Chelt) 36:48; 18, R. Aston (Hales) 37:39; 19, B. Wilkins (Spark) 37:42; 20, S. Rochford (West) 37:43. **(Vets):** 1, Cooper; 2, G. Harvey (SLH) 39:01; 3, N. Thurston (Here) 39:12; 4, R. Bunn (Hales) 39:41. **(O/50):** L. Willmott (Mid. V) 39:44. **(Women):** 1, S. McDiarmid (S&E) 40:46; 2, B. Smith (B&R) 41:18; 3, G. Dainty (Bir) 43:21.

Surrey AC CC Relay, at Richmond Park. 1, Aldershot F&D (P. Rezin 16:50, T. Eglen 16:12, P. Ledger 15:54, M. Binks 16:06, S. Barnshaw

BRITISH ATHLETICS LEAGUE

announce

THE 1982 G.R.E. CUP COMPETITIONS

(OPEN TO ALL U.K. ATHLETICS CLUBS)

BRIEFLY ABOUT THE 1981 COMPETITIONS:

Over 170 Men's Clubs

Including Clubs from Aberdeen (Scotland), Par (Cornwall) and Lisnagarvey (Belfast, Northern Ireland).

6 Cup Records broken or equalled.

Over 130 Ladies Clubs

AND THE 1982 COMPETITIONS:

There will be four Rounds as follows:

First Round Sat., 29th May

Second Round Sun., 11th July

Semi-finals Sun., 15th August — Kirkby (Liverpool), Perry Barr (Birmingham), Luton and West London.

Cup/Plate Finals Sat/Sun., 18th/19th Sept. — Barnet Copthall Stadium, London.

} Venue selection will involve minimum travel

ENTRY FEES:

Men's G.R.E. Gold Cup

£5

Ladies G.R.E. Jubilee Cup

£5

} Joint Entry £8

Entry to G.R.E. Plate Competitions is automatic for all non-National League Clubs.

CLOSING DATE:

Club Secretaries please note earlier date this year.

! Club Members please remind your Secretaries to enter !

LATE ENTRIES will be accepted until 31st DECEMBER, 1981 at a SURCHARGE of £2 per entry (ie £7 single or £10 joint).

15th DECEMBER, 1981

ENTRY DETAILS OR FURTHER INFORMATION FROM:

G.R.E. Cups Secretary: Richard A. Weston, 8 Charlwood Terrace, London SW15 1NZ. Telephone 01-788 9983.

A.A.A./W.A.A.A./S.A.A.A./S.W.A.A.A. Laws and B.A.L. Rules

16:00, R. Yeomans 16:39) 1:37:41; 2, West London IHE (A. Peppitt 18:04, D. Minster 17:00, N. Reeves 16:33, S. Harris 15:16, C. Nelligan 16:39, F. Capper 16:17) 1:39:49; 3, Highgate 1:40:34; 4, Brighton & H 1:40:45; 5, Southampton & E 1:42:03; 6, Crawley 1:43:39. Fastest: Harris 15:16; F. Tota (Craw) 15:48; Ledger 15:54; P. Rowland (Hors) 15:59; Barnshaw 16:00.

October 10th/11th

Oxford Univ. Open Decathlon, at Iffley Road. 1, J. Whitfield (Hasl) 6338 (11.7, 6.52, 11.67, 1.80, 52.8 (3306); 16.0, 31.26, 3.60, 44.94, 4:41.1); 2, A. Leiper (AF&D) 5503 (16.0, 4.20); 3, B. Thomson (Read) 5493 (1.90, 52.2); 4, P. Young (HW) 5428; 5, J. Davies (Ox. C) 5057; 6, G. Humberstone (Banb) 5010; 7, I. Marriott (Ox. C) 4923. Also: P. Minshall (Har) withdrew after first day (6.87, 1.95). **(Varsity Match):** 1, M. Zirnbauer (Ox) 5447; 2, T. Burton (Camb) 5391; (11.1, 52.3); 3, A. Ploszajski (Camb) 4973 (16.2); 4, A. Beardmore (Ox) 4976 (1.85). **(Open Heptathlon):** 1, M. Southerden (Wyc) 4786 (15.3 8.49, 1.48, 26.3 (2640); 5.22, 28.86, 2:16.3); 2, T. Robinson (Nene V) 4127 (5.35); 3, J. Boggett (Rad-I) 3875 (25.6).

October 14th

SCAAA Open Meeting, at Haringey. HJ: F. Abejide (Har) 1.95. PV: 1, C. Boreham (Lut) 4.60; 2, A. Hardy (Read. U) 3.80. LJ: W. Hinds (Har) 7.05. **(Juniors):** PV: 1, R. Hooper (W&B) 4.00; 2, J. Whitfield (BRC) 3.80. JT: D. Clark (Dart) 59.02. **(Youths):** PV: C. Weyer (Shaft) 4.00.

Lensbury Bridges Race, at Waterloo. 1, R. Marriott (SLH) 13:16; 2, W. Snelgrove (Lens) 13:37; 3, W. Fothergill (HW) 13:51; 4, M. Herring (Ilf) 13:52; 5, S. Littlewood (HW) 13:59; 6, M. Wilkinson (Lens) 14:07. **(Women):** M. Mottram (DoE) 16:03.

October 17th

Old Gaytonians Diamond Jubilee CC, at Hatch End. 1, J. Broe (Shaft) 21:23; 2, A. May (Ver) 21:33; 3, M. Lepps (Old G) 21:42; 4, P. O'Brien (Old G) 21:44; 5, J. Barnard (Poly) 21:54; 6, M. Green (Old G) 22:01; 7, R. Smith (WS&E) 22:18; 8, R. Mallows (Shaft) 22:24; 9, K. Miller (VoA) 22:32; 10, T. Morys (WS&E) 22:34; 11, M. Cursons (Old G) 22:45; 12, A. Ive (WS&E) 22:47; 13, C. Ryan (Lon. I) 22:50; 14, M. O'Connor (Lon. I) 22:53; 15, C. Finill (Old G) 23:01; 16, R. Heath (Old G) 23:09. Teams: 1, Old Gaytonians 24; 2, Windsor S&E 48.

Old Gaytonians Schools CC Races, at Hatch End. (U/16): 1, J. Clarke (St. A) 19:06; 2, S. Lessels (Marl) 19:12; 3, S. Barclay (Twy) 19:15; 4, R. Groth (St. A) 19:27; 5, M. Barling (Cav) 19:34; 6, Y. Fargeot (St. A) 19:50. Team: St. Albans. (U/14): 1, S. Hudson (Rye. G) 12:33; 2, R. Youngs (Hinch) 12:45; 3, R. Pearson (Wadd)

13:16; 4, K. Parsons (Dr. C) 13:21. Team: Dr. Challoners.

Weymouth '10'. 1, J. Boyes (B'mth) 50:39; 2, A. Coleman (Wey) 50:42; 3, P. Keenan (Ov) 50:45; 4, B. Heath (RNS) 51:58; 5, P. Russell (Wey) 52:38; 6, R. Morgan (B'mth) 53:18; 7, B. Smith (B'mth) 53:21; 8, P. Critchlow 54:13; 9, J. Kerley (Salis) 54:16; 10, R. Cloughton (Maid) 54:34. Teams: 1, Bournemouth 12; 2, Weymouth 13; 3, Royal Navy South 25. **(Vets):** 1, A. Reavley (S&E) 55:13; 2, J. Flatters (West) 55:58; 3, R. Brown (Poole) 59:41. **(Women):** S. Goodwin (B'mth) 69:03. (U/18): 1, N. Young (West) 17:43; 2, S. Alford (West) 18:12; 3, B. Lane (Wey. GS) 18:14. Team: Weymouth GS. (U/15): 1, S. Scadding (Wey) 15:38; 2, M. Walden (Broad) 15:44; 3, D. Hugo (Dor) 16:18. Team: Weymouth. (U/13): 1, G. Alford (Pres. S) 8:50; 2, D. Caddy (Dor) 8:51; 3, J. Lane (Wey) 9:18. Team: Broadwey Sch.

Solihull & SH CC Relays. 1, Sparkhill 55:15; 2, Tipton 55:33; 3, Coventry 56:27; 4, Birchfield 57:11; 5, Loughborough 57:45; 6, Solihull & SH 58:24. Fastest: R. Westwood (Tip) 8:58. **(Youths):** 1, Birchfield 35:29; 2, Tipton 35:43; 3, Coventry 36:06; 4, Bromsgrove & R 36:32. Fastest: A. Passey (B&R) & D. Ramsden (Cov) 8:44. **(Boys):** 1, Birchfield 37:45; 2, Sparkhill 37:49; 3, Tipton 38:42; 4, Solihull & SH 39:27. Fastest: S. Albutt (Spark) 8:57. **(Colts):** 1, C. McCartney (Cov) 9:59; 2, R. Schlanker (Hales) 10:00; 3, A. Riley (Tip) 10:02.

October 18th

Three Towers Fell Race. 1, J. Wild (RAF) 1:57:51; 2, P. Campbell (Bol) 1:58:47; 3, J. Reade (Clay) 1:59:06; 4, R. Wilde (Man) 2:00:12; 5, H. Walker (B'burn) 2:00:46; 6, B. Ashworth (Ross) 2:01:10; 7, D. Cartridge (Bol) 2:01:44; 8, A. Darby (Newp) 2:04:20; 9, G. Woodburn (B'burn) 2:05:27; 10, I. Robinson (Clay) 2:05:29; 11, M. Bullock (Sale) 2:05:58; 12, N. Patterson (MDOC) 2:06:28; 13, J. Ferguson (Bing) 2:06:03; 14, P. Brownson (Alt) 2:07:12; 15, S. Livesey (Clay) 2:07:26; 16, D. Tosh (Roch) 2:08:35; 17, A. Hulme (Alt) 2:08:55; 18, S. Furness (B'burn) 2:10:06; 19, K. Mayor (Bol) 2:10:34; 20, I. Holloway (Roch) 2:10:38. **(Women):** 1, J. Pearson (Sheff) 2:27:10; 2, P. Haworth (Kes) 2:36:37; 3, C. Harkin (Bol) 2:44:23.

Wrekin '10'. 1, C. Mattock (W&B) 51:05; 2, J. King (S&SH) 51:15; 3, M. Phillips (Bir) 51:29; 4, R. Bradley (M. Wen) 52:13; 5, M. Dawes (Shrew) 52:34; 6, F. Rimmer (Sutt) 52:47; 7, N. Lees (S&SH) 52:48; 8, J. Hassall (W&B) 52:55; 9, J. Wright (Tip) 53:10; 10, J. Crehan (Sutt) 53:12; 11, J. Davies (Newc) 53:14; 12, E. Williams (Shrew-V O/45) 53:18. **(Vets):** 1, Williams; 2, D. Davies (Newt) 55:45; 3, L. Willmott (Mid. V-O/50) 57:58; 4, B. Dickinson (D&S) 58:10; 5, R. Griffin (Tip) 58:15; 6, D. Harris (D&S-O/45) 59:59. **(Women):** 1, C. Readdy (Stoke) 58:19; 2, B. Cook (Staff) 66:11; 3, C. Powell (Wrek) 67:42.

THE THIRD MAN OF MILING

Mel Watman looks at the life and times of Sydney Maree

ONE of the finest mass mile races staged at Crystal Palace took place at the Coca-Cola Meeting on August 29th 1975. John Walker (3:53.6) was in a class apart as he zipped through a final 200 of 26.2, and behind him came Mike Boit (3:54.9), Rod Dixon (3:55.3), Marty Liquori (3:55.5), Frank Clement (3:55.6), Graeme Crouch (3:56.9) and Adrian Weatherhead (3:57.6). A way back in eighth place (4:03.1) was 19-year-old Steve Ovett. Weary after a long and successful season which had seen him win the English junior cross-country title by a 35 sec margin, reduce his best mile time to 3:57.0 and triumph in the 800 at the European Cup Final in Nice, Steve merely went through the motions that evening. Yet although it was a race he would prefer to forget it also constituted a landmark in his career . . . for from that day until September 9th 1981 he never lost another mile race!

It was in Rieti (Italy) that Steve's fabulous run of success came to an end, even though he clocked 3:50.23 easing off. The man responsible was Sydney Maree, whose time of 3:48.83 made him 'The Third Man' of miling — behind Seb Coe (3:47.33, plus 3:48.53) and Steve Ovett (3:48.40, plus 3:48.8). That day was Sydney's 25th birthday and he treated himself further to a personal best 1500m time of 3:32.30 (for 7th on the world all-time list) in Hamburg on September 12th, a 3:49.93 mile at Aichach (Ger) on the 16th, and another tremendous victory in the Fifth Avenue Mile in New York on the 26th, covering the road course in 3:47.52. For the first time in years the world miling scene was not totally dominated by Ovett and/or Coe; at last someone else looked capable of giving the British pair and their records a good run for their money.

That Sydney Maree has arrived at his present level of athletic eminence is due to many factors — not least outstanding natural ability (within two years of starting to run seriously he was a 3:57.9 miler). But perhaps the key to his success has been the motivation supplied by being born a black South African intent on proving himself the white man's equal in a society which seeks by rule of law to deny this basic truth. Ultimately he felt obliged to renounce South Africa and build a new life for himself in the United States in order to develop as an athlete . . . and an intelligent, dignified, and respected human being.

Sydney grew up in the black township of Atteridgeville, on the outskirts of the capital Pretoria. As a boy his main sport was soccer but when, at 17, he discovered his particular talent for running it became the focal point of his life. He would get up at five, run three or four miles before making the long journey to school, and then train again on a grass track in the afternoon



before the trek home again. He never missed a session. His hero was Titus Mamabola, who in 1974 became the first black athlete to win a South African championship medal and the following year ran 13:32.2 for 5000m, and it was in December 1976 — aged 20 — that Sydney himself became a national athletics figure by running a 3:57.9 mile.

He travelled to the USA in the summer of 1977, expecting to stay only a few months, but apart from the odd trip back to South Africa he has been there ever since. He enrolled at Villanova University that autumn, which meant that he came under the remarkable coaching and character-building influence of the late lamented Jumbo Elliott, and never look back.

SIMPLY STRIDES AHEAD


VINCE REGAN'S
SPORTS LOCKER

★ SPECIAL NOTICE ★ THIS PAGE (OR A COPY) COULD BE WORTH POUNDS TO YOU & YOUR FAMILY

SEND OR BRING ALONG TO US, EITHER AT A RACE OR AT OUR LEADING RUNNERS SHOP, THIS PAGE (OR A PHOTOCOPY) AS OFTEN AS YOU LIKE AND DEDUCT 10% OFF ANY GOODS PURCHASED.

*EXAMPLE: SHOES + VEST = £30 — WITH AW PAGE = £27.

THIS IS THE 'ON-GOING' OFFER THAT MAKES SHOPPING SENSE.

JUST LOOK AT *SOME OF OUR GREAT RANGE.

REEBOK

SHADOW I	£17.99
SHADOW III (Ladies)	£16.99
AZTEC	£24.99
GAZELLE (ripple)	£18.99

BROOKS

JOHN WALKER	£23.95
SUPER VILLANOVA	£20.95

NIKE

LDVII	£29.95
WAFFLE TRAINER II	£27.50
ELITE	£29.95
ORIENTEER (C/C & Fells)	£18.99
INTERNATIONALIST	£33.99
WALLY WAFFLE	£9.99 & £12.99

PONY

TARGA FLEX	£18.99
SILVER TARGA	£12.99

*This is not our full range but simply representative.

ADIDAS

*CROSS (STUDS) — JUST ARRIVED	£15.50
INTERVALLE II (C/C spike)	£16.50
COUNTRY (Waffle heel) SPIKE	£22.50
TRX COMPETITION	£21.75
TRX TRAINER	£19.50
MARATHON TRAINING	£24.95
LOS ANGELES	£31.50
(New road racing shoe)	
MARATHON 80 (Racer)	£36.25
SL80	£22.50

TIGER

MONTREAL III	£20.50
ARROW	£22.75
X-CALIBER	£28.50

KARHU

NAVY STAR	£24.95
ROADHOG	£25.95
KEVLAR	£31.90

ALL POST FREE TOO!!!

THE ONE AND ONLY

"BOSTON MARATHON" '82

We, the running tour experts, are operating a trip to next year's famous race as we have done so successfully five times already — See advert on next page of this issue.

IF IN DOUBT ABOUT ANYTHING RING: 0204 386202 — Day, 0204 655566 — Evening.

WE CARE ABOUT YOU OUR CUSTOMERS

TERMS: PAYMENT WITH ALL ORDERS. CALL — RING — OR WRITE TO:



18 CORPORATION ST., BOLTON (TOWN CENTRE), LANCs.

THE COFFEE IS ALWAYS ON FOR CALLERS



It took Sydney a while to adjust to a completely new way of life, and he was hampered during the cross-country and indoor campaigns by a stress fracture, but he ended his freshman year (1978) in style by placing fifth in the National Collegiate 1500 (3:39.1), a race won by Steve Scott in 3:37.6, and very nearly beating Scott for the AAU title a week later. In a thrilling finish he went down, 3:38.87 to Scott's 3:38.83.

He was on his way, propelled by the driving need to succeed. As he told *Track & Field News* in a poignant interview in 1979: "My goal is to become the best athlete in the world. That's the only way the world will recognise me. I am nothing in South Africa. I am nothing outside of it. I don't have a home really. I am an outcast wherever I go".

What was his view, as one directly affected, of the exclusion from international athletics of his native land? "I think the pressure the world put on South Africa after the 1976 Olympics was the best move ever made. It helped cause the integration of the sport. Sport is now open in South Africa, but the world wants the policies of the government to change too. After competing in meets, we go back home to the same environment". He elaborated in a newspaper interview last year, when he announced he was seeking US citizenship. "I can compete in a meet in my country and stay only seven hours at the site of the meet. Then I must leave and return to the black section. I cannot stay overnight. I have

"I am nothing in South Africa I am nothing outside of it"

made very long trips back and forth to meets which last many days. It is very tiresome".

To the credit of the South African AAU athletics competition is now conducted on a multiracial basis, a state of affairs unimaginable just a few years ago, but outgoing IAAF president Adriaan Paulen summed it up admirably in Rome this past September. "We must inform you", he told the SAAAU in rejecting their application for reinstatement, "that we do not see that athletics, or indeed sport in general, can be isolated from the existing laws of a country. We do not consider that truly equal opportunities to train and to participate in sport can occur in a country which discriminates generally on the basis of colour". In other words, nothing less than abolition of apartheid is required before South Africa is welcomed back into international athletics.

Ironically, it was on a South African track — at Stellenbosch on May 7th 1979 — that Sydney Maree emphatically broke into the upper echelons of world class miling. Stringing together quarters of 57.5, 60.0, 59.0 and 57.2 he set a national record of 3:53.7 to rank tenth in the world that year. An indication of his stamina and

VINCE REGAN'S MARATHON TOURS '82 ADVANCE BOOKING FACILITIES FOR THE BOSTON & NEW YORK MARATHONS 1982

For 6 years Vince has been operating trips to the world's major marathons. These are but 2 of the 1982 programme to which **limited** places & race entries can be guaranteed.

All Trips include: Flight (London, Manchester & Eire), tour of course, airport transfers, hotel, training arrangements, clinics, pre-race specials, race day details, plus the **all important race entry & insurance arrangements.**

NO OTHERS BEAT US ON SERVICE — QUALITY — EXPERIENCE AND ABOVE ALL ELSE FAIR PRICE

Secure your place **NOW** — Don't leave it — You could be too late. Send £25 deposit today stating which race. Details forwarded A.S.A.P.

To: VINCE REGAN, 424 ST. HELENS ROAD, BOLTON, LANCs.

Ring for Details & Prices: (0204) 386202 Day, (0204) 655566 Evening.

Note: Our trip (135 people) to New York this year was the subject of a special 3 hour radio programme — We get it right! That's what experience means!

recuperative powers was provided later in the month at the ICAAAA Championships in Philadelphia. On the first day he won his 1500 heat in an extravagant 3:38.5 ("I have limited chances to compete and each race is important", he explained); on the second he finished a close second (3:44.0 to 3:44.1) to his team-mate Don Paige in the final — and then followed up 80 minutes later with a national 5000 record of 13:27.1.

He produced an even more spectacular 5000 in the NCAA Championships at Champaign, Illinois, on June 2nd — the climax of the American collegiate season. Content to follow the pace set by Rudy Chapa and Welshman Adrian Leek until just before the bell, Sydney then raced away to victory in 13:20.63, covering the last 400 in 52.2! Jumbo Elliott spoke of his "fantastic potential" at 5000, remarking: "He's the best I've ever seen. He has perfect lungs, powerful legs and tremendous co-ordination. Put it all together and you have a probable Olympic champion".

Not that there was any likelihood of Sydney being allowed to run in the 1980 Olympics, for as a South African he wasn't allowed to compete internationally at all. He had special dispensation from the IAAF, as a student, to compete for his university in domestic meetings only in the USA, but that ruling was defied when seven days after his NCAA triumph he took part in an international invitational meeting in Berkeley, California. There he defeated a starry field in the 3000, shaking off Henry Rono, John Treacy, Craig Virgin and Alberto Salazar with a 61.1 third lap and finishing with a 53.7 last 400 for another national record of 7:43.0. Compounding his felony in the eyes of the IAAF, Sydney then flew to Vienna to win a 5000 in 13:29.8, causing Adriaan Paulen to issue a public warning to the athlete and national governing bodies concerned. He thus missed out on a couple of important mile races later in June. In his absence Don Paige won in 3:54.6 against John Walker (3:55.2) at Piscataway, NJ, and he was a frustrated spectator in the stands in Philadelphia as Eamonn Coghlan won in 3:52.9 from Steve Scott (3:53.4), Craig Masback (3:54.7) and Walker (3:55.0).

Maree, who is 1.80/5'11" tall and weighs 66kg/145lb, provided details of his training at this time for *Track Technique*. His weekly programme during the non-competitive season went thus — Monday: (am) 10M, (pm) 8M

fartlek; Tuesday: (am) 10M, (pm) 6M in the hills; Wednesday: (am) 10M, (pm) 8M easy; Thursday: (am) 10M, (pm) 6M easy; Friday: (am) 10M, (pm) 6×600m uphill repetitions; Saturday: (am) 10M, (pm) 8M easy; Sunday: (am) 10M easy, (pm) 10M easy. That's a total of around 120 miles a week. A typical week during the competitive season — Monday: (am) 10M, (pm) 6×600 & 4×300; Tuesday: (am) 10M, (pm) 8×400 & 2×200; Wednesday: (am) 10M, (pm) 2×600 & 6×200; Thursday: (am) 10M, (pm) 1×1000 & 2×5000; Friday: (am) 10M, (pm) relax or very slow 4M; Saturday: competition, or 19M in hills; Sunday: (am) 10M easy, (pm) 10M easy. Weight training forms part of his regular routine, three days per week in the summer and twice weekly the rest of the year.

Commenting on his training, Sydney says "I usually do my distance work faster than the average athlete because I can't participate in all meets. So I have to be able to move from the 1500 to the 3000, the 5000, and pretty soon to the 10,000".

Entering territory yet unknown to Ovet and Coe on the track, Maree raced 10,000m on two successive weeks in April 1980, clocking 28:21.46 in the second of them. Due to the restrictions on his racing his season terminated on June 7th, when at Austin (Texas) he won the NCAA 1500 in 3:38.64, clocking 1:52.6 for the last 800.

All was to change in 1981, his final year representing Villanova (he graduated with a degree in economics and plans to stay on with a degree in political science as the goal). By now married to an American girl — a promising Villanova 800m runner by the name of Lisa Rhoden — Sydney was given IAAF clearance to compete internationally as he had been accepted as "a permanent resident" of the USA, an essential step towards being granted citizenship eventually. That didn't prevent politics raising its head again during the indoor season when a touring Soviet team pulled out of the Millrose Games in New York because Sydney was competing. Maree enjoyed his best season on the boards and in San Francisco on February 21st ran 3:55.5 behind Steve Scott (3:55.3) who had to dig deep to hold off his old rival.

As so often before he was plagued by injury prior to the main season ("sometimes I push myself a little bit too hard"), and in April he pulled a groin muscle while running 300's in

Continued on page 42

SPORTS FEET

NOW IN CENTRAL MANCHESTER WITH...

adidas >>> BROOKS >>> le coq >>> new balance

Plus a range of Top Clothing and Accessories for runners

3 Barton Square, off St. Ann's Square, Manchester. Tel: 061 832 6111

SPORTS SHOE
SUPERSTORE

B ADON HILL SPORTS



Road Racing

Ford beats top class field in Walton '10'

BERNIE FORD is back in business! After his sparkling return to form in the Reading '10' a fortnight earlier, Bernie confirmed his return to racing fitness at Walton on October 11th. The injury that has plagued him since Moscow still lingers, but it is in training that such things seem worse. When the gun goes and a thousand runners struggle in your wake, the adrenalin takes over — the pain of the injury temporarily forgotten. Not that Bernie had it all his own way at Walton; iron-man of the road, Keith Penny, made sure of that, as did our current marathon king, Hugh Jones. This trio re-enacted the Reading script, but it was noticeable that Jones took much closer order this time — his New York Marathon training was being honed to perfection, the reward just 14 days away.

With Aldershot firing all their big guns, the team race was very much a case of "Who'll be second?" Spare a thought for steeplechaser, Martin Cauldwell, who fell at the start, worked his way through to sixth place at the finish, only to find three of his clubmates had already clinched the spoils!

The record field of nearly 900 runners was matched by a record number of spectators, who having cheered home a clearly delighted Ford, turned their attentions to the races within the race that followed. Buonvino and Lawrence again scrapped for the Veterans prize, with the Dartford man prevailing by just three seconds in a splendid time — and what about ever-green Mike Barratt, who seems to have been running for ever, back in form yet again with a superb 53:02. Andy Ferguson of Highgate took the over-50 award by a huge margin, clocking 57:07.

The ladies had a great deal to live up to, for it was on this course last year that Joyce Smith recorded her amazing UK record of 53:17. This time was not likely to be challenged this year, but there was good running by Christine Benning, who showed her range of talents extends to this distance by winning in 56:10. Glynis Penny duplicated husband Keith's placing in the men's race, while Bracknell's Karen Whapshott chopped a full two minutes off her previous best, the latter having been set only a fortnight earlier.

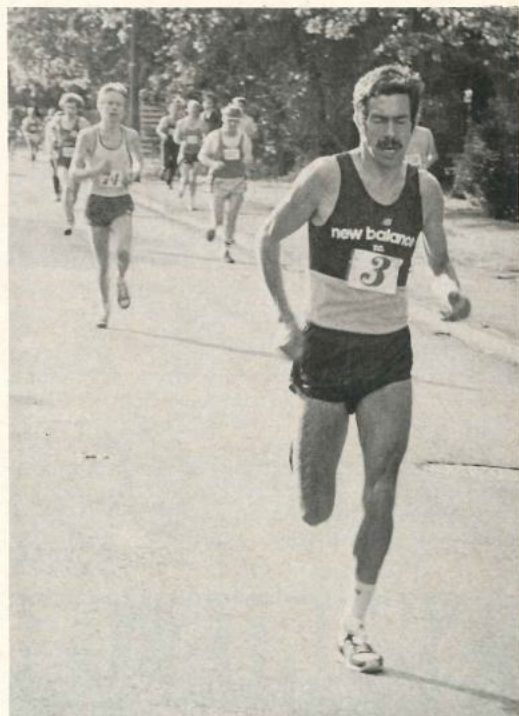
A word of praise, also, for a man who turned in a first-class performance without taking his jacket off. Ultra-distance star, Don Turner, wearing his time-keeper's hat on this occasion, ensured by his quick-thinking that the slower finishers who were "bottle-necked" at the finish still received a time accurate to within a few seconds. The organisers were quick to acknowledge that the funnel arrangements were

inadequate, and getting this right will be their major priority for next year's race.

The weather stayed just warm enough to hold the prize presentation ceremony outdoors, and, thanks to the generous sponsorship of Marathon Window Company, a magnificent array of prizes were up for grabs.

Clive Beauvais

1, B. Ford (Aldershot F&D) 47:21
2, K. Penny (Cambridge H) 47:30
3, H. Jones (Ranelagh) 47:31
4, Gren Tuck (AF&D) 48:15; 5, R. Lunnon (AF&D) 48:28; 6, M. Cauldwell (AF&D) 48:38; 7, P. Bettridge (Hav) 48:41; 8, S. Harris (BRC) 48:49; 9, G. Payne (S&E) 48:53; 10, W. Glad (WS&E) 48:54; 11, M. Shotbolt (Bed) 48:56; 12, G. Staunton (Lon. I) 48:58; 13, N. Blayney (AF&D) 49:11; 14, D. Stevens (Hast) 49:12; 15, A. Gibson (SLH) 49:13; 16, C. Moxsom (Har) 49:17; 17, G. Ogden (High) 49:18; 18, C. Thomas (BRC) 49:18; 19, C. Ross (High) 49:20; 20, D. Cox (W. Gn) 49:29; 21, E. Herridge (AF&D)



Bernie Ford breaks away from Keith Penny at Walton.

Noel Manchec

49:46; 22, W. Foster (B'ht) 49:49; 23, Morton (Salis) 49:52; 24, D. Austin (Man) 49:59; 25, M. Duff (WS&E) 50:11; 26, J. Mouat (Hill) 50:14; 27, I. Logan (AF&D) 50:15; 28, C. Perkins (Tip) 50:18; 29, M. Woods (AF&D) 50:19; 30, T. Conlon (HHH) 50:21; 31, G. Mackly (Bel) 50:24; 32, B. Heath (RN) 50:28; 33, P. Martin (Hast) 50:30; 34, F. Upcott (SLH) 51:02; 35, P. Gaden (Camb. H) 51:08; 36, J. Peel (AF&D) 51:24; 37, N. Leach (Camb. U) 51:29; 38, B. Buonvino (Dart-V) 51:32; 39, P. Jones (Camb. H) 51:33; 40, P. Lawrence (Hast-V) 51:35; 41 A. Ewers (Rane) 51:37; 42, B. Watson (Camb. H) 51:41; 43, L. Benjamin (Hill) 51:45; 44, T. Watkins (Wok) 51:46; 45, T. Marsden (E&E) 51:49; 46, R. Friend (Dart) 51:52; 47, R. Clark (Bris) 51:55; 48, D. Horton (Harl) 51:57; 49, M. Page (Walton) 51:58; 50, A. Pinfield (Mit) 51:58;

51, G. Davies (Spark) 52:01; 52, T. Hassall (AF&D) 52:10; 53, J. Watts (AF&D) 52:13; 54, C. Bould (High) 52:16; 55, S. Lamb (Ford) 52:20; 56, K. Bell (Wyc) 52:27; 57, P. Williams (SLH) 52:27; 58, J. Keating (E&S) 52:28; 59, J. Convery (Brack-V) 52:33; 60, D. Wright (Rane) 52:40; 61, S. Vines (Hav) 52:43; 62, M. Walmsley (Croy) 52:44; 63, R. King (Hast-V) 52:45; 64, R. Dixon 52:46; 65, R. Kennan (High) 52:47; 66, P. Millard (Hast) 52:50; 67, J. Cunningham (Hill) 52:51; 68, J. Clow (Ports) 52:54; 69, O. Foote (Sy) 52:59; 70, D. Latter (Brack) 53:00; 71, M. Barrett (E&S-V) 53:02; 72, M. Botterill (Leam) 53:04; 73, B. Davies (RN) 53:07; 74, A. Weston (Camb. H) 53:08; 75, D. Ellison (Read-V) 53:11; 76, B. Diss (Hav) 53:12; 77, E. Twohig (Leam) 53:14; 78, J. Spooner (WS&E) 53:15; 79, M. Porteous (B&H) 53:16; 80, M. Connelly (Walton) 53:18; 81, C. Mallett (Met. P) 53:21; 82, W. Snelgrove 53:22; 83, P. Biddlecombe (N. Lon) 53:23; 84, P. Baker (TVH) 53:23; 85, C. Ryan (Lon. I) 53:24; 86, S. Crawte (AF&D) 53:25; 87, L. Clout (AF&D-V) 53:26; 88, A. Cowan (RAF) 53:27; 89, I. Talbot (QPH) 53:33; 90, D. Case (E&S-V) 53:38; 91, M. Moody (Burn. J-V) 53:39; 92, S. Paterson (AF&D) 53:40; 93, P. Crowhurst (B&H) 53:42; 94, C. Lizieri 53:43; 95, C. Hall (Wok) 53:45; 96, D. Bishop (E&E) 53:47; 97, R. Cloughton (Maid) 53:49; 98, P. Skinner (Harl) 53:50; 99, A. Heathcote (Macc) 53:51; 100, D. Williams (Sy) 53:52.

Teams: 1, Aldershot F&D 10; 2, Cambridge H 76; 3, Highgate 80; 4, Hastings 87; 5, Ranelagh 104; 6, S. London 106. **Further Vets:** 10, J. Froud (Wok) 53:58; 11, T. Ryan (N. Lon) 54:30; 12, A. Jelly (AF&D) 54:35; 13, C. Canton (E&S) 54:37. (O/50): A. Ferguson (High) 57:07.

(Women): 1, C. Benning (Stret) 56:10; 2, G. Penny (Camb. H) 56:56; 3, K. Whapshott (Brack) 57:27; 4, W. Norman (AF&D) 59:29; 5, J. Allison (Camb. H) 60:06; 6, L. Watson (LOAC) 60:14; 7, K. Fitzgibbon (LOAC) 60:36; 8, T. Howard (Worth) 62:33; 9, S. Bradley (High) 62:54; 10, E. Sloan (Hast) 63:53; 11, J. Davies (E&E) 64:12; 12, C. Flynn (E&E) 64:15; 13, S.

KNIGHT SPORTS

ESSEX AND EAST LONDON'S LEADING RUNNERS SHOP



	R.R.P.	OUR PRICE
Internationalist	6-12 £33.95	£30.55
Yankee	6-12 £18.95	£17.10
Nylon Road Runner	3-5 1/2 £13.95	£12.55
	6-12 £15.95	£14.35
Oceania	3-5 1/2 £12.95	£11.65
	6-12 £14.95	£13.45
Wally Waffle	12-5 1/2 £10.50	£9.45
	6-7 £11.95	£10.75
Elite	6-12 £29.95	£26.95
Orienteer	6-12 £18.95	£17.10
Fly (Black)	6-12 £21.95	£19.75
Triumph	6-12 £24.95	£22.45
Vainqueur	6-12 £39.95	£35.95
Universe	6-12 £35.95	£32.35



New Balance

730	6-12 £44.95
620	6 £29.55, 6 1/2 -12 £33.95
455	6 1/2 -12 £31.95
420	6 £26.05, 6 1/2 -12 £29.95
395	6-12 £25.95

TIGER



Excaltiber	6-12 £29.95	£26.95
Mach III	6-12 £15.95	£14.35
Ambassador	6-12 £13.80	£12.40

Reebok

Shadow I	6-12 £17.99	£16.99
Fab XC	6-12 £15.90	£14.99
Gazelle	6-12 £20.50	£19.50

adidas



Marathon Trainer	6-12 £24.99	£22.75
TRX Competition	6-12 £21.75	£19.60
TRX Trainer	6-12 £19.50	£17.55
Elan Super	3-5 1/2 £11.30	£10.20
	6-12 £12.95	£11.65
Summit	6-12 £9.95	£8.95

Clothing from Ron Hill, Viga & Adidas.
Please add £1 p&p.



79 Old Church Road,
Chingford, London E4.
Tel. 01-529 2693



FOR A FAST EXCELLENT SERVICE

Green (Burn. J) 64:45; 14, M. Mottram 65:38; 15, L. Fitzgerald (High) 66:11; 16, J. Arman (Folk-I) 66:35; 17, A. King (Burn. J) 66:44; 18, J. Bould (High) 67:36; 19, M. Evans (Dart) 67:54; 20, P. Jones (If) 69:35.

Steve Jones in control all the way at Swansea

DESPITE THE difficulties and delays caused by a rapid deterioration in the weather and the appearance of no fewer than 500 late entries, the Swansea Bay 10km on October 25th was a definite success, with nearly 1900 participants completing the six mile-plus road run around the picturesque Bay to Oystermouth and back. Whilst the morning had been bright and sunny with only occasional showers, the afternoon saw the wind strengthen and this, together with freezing rain, brought conditions vaguely reminiscent of the 1972 'National' at Sutton Coldfield.

From the start Billy Dee set the pace, but Steve Jones, handily placed, was already in control whilst others in the leading group included Tony Simmons, Ieuan Ellis, Lloyd Roberts, Dave James and Roger Hackney. As they reached one third distance Jones eased ahead, and by the turning point had a clear lead. Simmons then

started putting in surges in an effort to break James, Hackney and Dee. However, Hackney's strength carried him clear of Simmons whilst Dee began to fade as he was overtaken by local star Ali Cole, who probably had not fully recovered from the previous week's Glasgow Marathon.

Despite the absence of several of their outstanding Juniors (resting after the previous day's Gwent League), the home club took first and third team spots, with Cardiff second. First woman home was Hilary Hollick, an excellent 63rd, whilst evergreen Jim O'Brien in 20th place took the Vets prize.

1, S. Jones (RAF) 29:13
2, R. Hackney (Aldershot F&D) 29:28
3, A. Simmons (Luton) 29:40
4, D. James (Car) 29:43; 5, A. Cole (Swan) 30:06;
6, W. Dee (Lut-J) 30:17; 7, N. Boughey (Swan-J) 30:32; 8, P. Ratcliffe (Car) 30:34; 9, J. Theophilus (Swan) 30:53; 10, S. Seaman (Swan) 30:56; 11, I. Ellis (Newp) 31:05; 12, T. Hutchings (Craw) 31:22; 13, L. Roberts (Car) 31:42; 14, A. Smith (Swan-J) 31:43; 15, D. Crombie (Newp) 31:53; 16, P. Wheeler (Les C) 31:55; 17, D. Roberts (Swan) 31:59; 18, B. Plain (Car) 32:08; 19, C. Elvins (Swan) 32:30; 20, J. O'Brien (Bridge-V) 32:32. **Teams:** 1, Swansea 21; 2, Cardiff 25; 3, Swansea 'B' 41; 4, Newport 50. **(Vets):** 1, O'Brien; 2, D. Davies (Carm) 33:35; 3, J. Griffiths (Swan) 33:38. **(Women):** H. Hollick (Sale) 35:00.

GUILDFORD & GODALMING ATHLETIC CLUB presents

24th HOGS BACK ROAD RACE

(11 1/4 Miles — Under AAA Laws)

6th LADIES RACE

(11 1/4 Miles — Under WAAA Laws)

SAT., 19th DECEMBER, 1981
at 2 p.m. SHARP

Sponsored by

Carnation Build-up®

Free tee-shirts to 1st 50 Male & 1st 10 female finishers.

Prizes: Men — First 6, first 4 teams, (6 run, 3 score).
Ladies — dependent on entry (no team race).

Entry: £1.00 (to include free programme), teams £1.00 extra, to: Mrs M. A. Nelson, Orchardleigh, Beech Road, Frimley Green, Camberley, Surrey GU16 6LQ.

BY WEDNESDAY, DECEMBER 9th
(no late entries)

Please supply S.A.E. for acknowledgement.

BEARWOOD COMMUNITY ASSOCIATION in conjunction with TIPTON HARRIERS presents the first

JOHN O'CONNOR MEMORIAL CROSS-COUNTRY RACES

(Under E.C.C.U. & W.C.C.A. Laws)

ON SUNDAY, 22nd NOVEMBER
AT WARLEY WOODS, WARLEY,
WEST MIDLANDS

1.00 pm Colts (U/13 at 1.9.81)	1 1/4 miles
1.20 pm Minor Girls (U/13 at 1.9.81)	1 1/4 miles
1.50 pm Boys (U/15 at 1.9.81)	2 1/4 miles
2.20 pm Junior Girls (U/15 at 1.9.81)	1 1/4 miles
2.50 pm Youths (U/17 at 1.9.81)	3 1/4 miles
3.20 pm Inter Ladies (U/17 at 1.9.81)	2 1/4 miles

Awards: 1st 5 Individuals, 1st 3 Teams, 1st School team, (4 to score in all age groups).

Entries: 35p per Individual S.A.E. for travel/changing directions to:

Bud Baldaro,
26 Beechwood Road,
Smethwick,
Warley,
West Midlands
Tel. 021 429 6579.

ENTRIES NOW ACCEPTED UNTIL 21st NOV.
No late entries accepted

KIRKHAM AND WATSON TURN CLOCK BACK AT HARLOW

ON A BRIGHT, clear, windless day, over 700 runners faced Czechoslovakian Ambassador, Dr. Dzanek Chernik, at the start of the 17th Harlow Unigate Marathon on October 25th.

From the onset, a brisk pace was set by the leaders and a group of nine were at the head through 5km in 16:18. Among this group were the Aldershot pair, Bob Lunnon and Mick Woods, Mike Fletcher, Colin Kirkham and last year's winner Barry Watson.

The revised course allowed the record field to spread out before joining the cycle path complex, and thanks to the co-operation of the local police force athletes' safety was ensured by closing some roads to traffic.

Through to 10km and Graham Macky led by a stride from Kirkham, Watson and Steve Anders in 31:49. Next on 31:58 came Bill Cain and Mick Fletcher a few seconds ahead of Keith Jacques, Lunnon, Woods and Bill Mullett. The long drag up to the clock-tower saw several attempts to split the field, but at 15km, reached in 47:49, there were no appreciable gaps among the leaders. Coming to the later stages of the first large lap up towards BP House, the 20km mark was passed in 63:57 with six men in a bunch. It was at this point that the runners were confronted by a freak hailstorm (spectators waiting at the Sports Centre 1½ miles away had no more than a shower). This obviously had an adverse effect on some performances. Colin Kirkham commented later that he was chilled right through by the storm and never got warm again throughout the race. There was no obvious slowing in the pace as the race entered the last big lap and up another hill to the 25km checkpoint. Five leaders — Watson, Cain, Lunnon, Fletcher and Kirkham — were on 1:20:00, 19 sec clear of Macky. Jacques at this point was exactly a minute down on the leaders.

'Greyhound Hill', through the town park is soon followed by the long climb up to the clock-tower and it was here that the combined efforts of Kirkham and Watson drew them away from their opponents. Passing 30km in 1:36:04, they had a 6 sec advantage over Cain and Fletcher. Lunnon, about to drop out of contention, was on 1:36:46 and Macky was now 1:19 down. The first ten were completed by Jacques, Tony Ross, Nick Sirs and Mullett.

On to 35km and with only two more hills to climb, the leading duo (1:52:15) were now well clear of Mick Fletcher who was running a 'blinder' and was himself away from Cain with the distance to Macky widening. It was in the next 5km that Kirkham managed, at last, to put daylight between himself and his rival, reaching

40km in 2:08:24 with a 6 sec lead. Mick Fletcher, on 2:10:32, was 15 sec clear of Cain. Next came Macky (2:11:21) whilst Sirs had pulled through to sixth (2:13:33).

Coming into the stadium with 350m on the track to the finish, Kirkham had increased his lead and was set to reverse the 1966 (yes, 1966!) result, but Watson fairly sprinted round the track to bring the difference down to just 12 sec (2:15:33 to 2:15:45) at the end. Next onto the track was Fletcher, followed by Cain and Macky but whereas Mick was 'sold out', Bill and Graham seemed full of running, both passing the luckless Fletcher round the final bend. Not that Mick could be correctly termed luckless as he led Chelmsford to victory in the Open, Southern and Essex team races.

The ladies' race had meanwhile proved to be a fairly comfortable win for Libby Pfeiffer in a personal best of 2:53:53.

Tom Dradey

1, C. Kirkham (Coventry) 2:15:33
2, B. Watson (Cambridge H) 2:15:45
3, W. Cain (Saltwell) 2:18:43
4, G. Macky (Bel) 2:18:48; 5, M. Fletcher (Chelm) 2:18:51; 6, N. Sirs (WS&E) 2:21:25; 7, C. Ross (High) 2:22:29; 8, W. Mullett (B&H) 2:23:28; 9, P. Bryan (Hav) 2:23:50; 10, A. Gibson (SLH) 2:24:16; 11, P. Richardson (Chelm) 2:24:27; 12, D. Cox (W. Gn) 2:24:43; 13, C. Woodward (Leam) 2:24:58; 14, T. Ross (Ver) 2:25:05; 15, K. Jacques (St. H) 2:25:50; 16, M. Pickard (E&E) 2:26:06; 17, A. Pinfield (Mit) 2:26:12; 18, R. Friend (Dart) 2:26:24; 19, D. Coates (Ilf) 2:26:55; 20, A. Keenan (Ov) 2:27:12; 21, B. Buonvino (Dart-V) 2:28:23; 22, W. Harvey (Rane) 2:28:26; 23, M. Page (Walton) 2:28:48; 24, S. Murray (W. Gn) 2:29:55; 25, J. Coulson (Dark P) 2:29:56; 26, R. Kearns (High) 2:30:06; 27, J. Rooks (Camb. H) 2:31:12; 28, M. Woods (AF&D) 2:31:18; 29, T. Reavley (S&E-V) 2:31:20; 30, D. Farrell (Inv) 2:32:16; 31, P. Skinner (Harl) 2:32:45; 32, J. Geoghegan (Camb. H-V) 2:33:20; 33, C. Houghton (E&E) 2:33:58; 34, V. Holman (North) 2:34:12; 35, K. Wilkinson (Chelm) 2:34:27; 36, K. Barker (Ver) 2:34:54; 37, G. White (Wat) 2:34:56; 38, A. Nicholl (Ilf) 2:35:54; 39, D. Bradley (Camb. H) 2:36:23; 40, N. Willis (Cle) 2:36:47; 41, P. Shephard (B'hth) 2:36:55; 42, J. Mackenzie (Ilf) 2:37:17; 43, P. Rigby (Walton) 2:37:34; 44, A. Matson (Craw) 2:37:42; 45, D. Hall (Ver) 2:37:59; 46, J. Crouch (North) 2:38:17; 47, I. McKenzie (Met. P-V) 2:38:34; 48, W. Stowe (S'end) 2:38:48; 49, R.

Stowell (Charn-V) 2:38:55; 50, C. Owen 2:39:06; 51, — 2:39:14; 52, D. Powell (S&NH-V) 2:39:21; 53, J. Thomas (Ov-V) 2:39:36; 54, C. Malsbury (Hors) 2:39:57; 55, S. Bishop (Chelm) 2:40:12; 56, R. Ducker (Ox. C) 2:40:45; 57, M. Herring (Ilf) 2:41:13; 58, P. Wallace (Med) 2:41:20; 59, M. Russell (Holb) 2:41:41; 60, A. Jelly (AF&D-V) 2:41:46; 61, P. Barry (HW) 2:42:03; 62, S. Darling (B&P) 2:42:08; 63, K. Ward (Loughton) 2:42:34; 64, D. Mullane (Chelm) 2:42:53; 65, B. Thomas (Dov) 2:42:55; 66, I. Sinclair (Inv) 2:43:10; 67, J. Fulcher (Barn) 2:43:11; 68, J. Blackburn (Brack-V) 2:43:18; 69, P. Filler (Orion) 2:43:29; 70, P. Forshaw (SLH-V) 2:43:30; 71, J. Mountain (Chelm-V) 2:43:32; 72, D. Cartwright (S&E-V) 2:43:35; 73, C. Haines (B'ith) 2:43:37; 74, D. Thomas (Rhym) 2:43:48; 75, M. Baggs (Wey) 2:43:49; 76, M. Miller (Hill-V) 2:43:56; 77, P. Turley (AJARS-V) 2:43:57; 78, M. Buis (Ips) 2:43:58; 79, A. Barden (Bas) 2:44:03; 80, D. Brierley 2:44:06; 81, B. Switzer (S&E-V) 2:44:15; 82, M. Hirst (Dac) 2:44:17; 83, G. Watkins (Ryde) 2:44:31; 84, J. Watling (Can. I) 2:44:33; 85, P. Dowling (Rane) 2:45:06; 86, M. Rosbrook (Bas-V) 2:45:14; 87, L. Tempan (Inv-V) 2:45:30; 88, T. Farrow (Chelm) 2:45:30; 89, R. Carew (Bed-V O/50) 2:45:33; 90, R. Cozens (Dart) 2:45:44; 91, R. Woodward (Ips-V) 2:45:53; 92, A. Peacock (Dac-V) 2:46:06; 93, K. Hetherington (Cle) 2:46:13; 94, M. Hunter (High-V) 2:46:37; 95, D. Healey (S&E-V) 2:46:47; 96, R. Mawer (Norw-V) 2:46:53; 97, R. Keeney (AF&D) 2:46:56; 98, Campbell-Smith (Ell) 2:46:57; 99, R. Smith (Bas-V) 2:47:01; 100, A. Williams (B'mth) 2:47:17. **Teams:** 1, Chelmsford 51; 2, Cambridge H 61; 3, Verlea 95; 4, Ilford 99; 5, Highgate 127; 6, Dartford 129; 7, Woodford Green 143; 8, Southampton & E 182; 9, Invicta 183; 10, Aldershot F&D 185. **(Women):** 1, L. Pfeiffer (Barnet) 2:53:53; 2, A. Kirkham (Cov) 3:01:32; 3, Y. Miles (B'mth) 3:04:12; 4, E. Popplewell (Inv) 3:05:04; 5, G. Bottoms (Charn) 3:05:59; 6, L. Fitzgerald (High) 3:08:22; 7, B. Sumner (High) 3:17:13; 8, B. Cushen (Mit-V) 3:22:53; 9, P. Davies (Sel-V) 3:26:35; 10, J. Hunt (RM Poole) 3:34:16.

CAU INTER-COUNTIES CC

Due to circumstances beyond their control, the CAU have been forced to move the Inter-Counties CC Championship on January 16th, 1982 from Luton to **Allestree Park, Derby.**

Missed from the UK results for the New York Marathon were R. Gresty, 222nd, 2:32:19 and R. Kelly, 399th, 2:39:01.

The new secretary of South Liverpool AC is D. Ashcroft, 17 Birchtree Road, Aigburth, Liverpool, 17.

BATLEY ROAD RACES

October 25th

1, A. Armitage (Charnwood) 25:30
2, K. Irvine (Wigan) 25:47
3, I. Gilmour (Wolverhampton & B) 25:57
4, K. Harrison (Stret) 26:08; 5, N. Peach (Als. C) 26:27; 6, J. Todd (A&SV) 26:33; 7, N. Rimmer (Warr) 26:35; 8, T. Fieldsend (Sheff) 26:41; 9, P. Knight (Rown) 26:45; 10, J. Temperton (A&SV) 26:50; 11, J. Atkin (A&SV) 26:51; 12, A. Houghton (Warr) 26:53; 13, S. Bird (Leic. U) 26:56; 14, A. Barlow (Stret) 26:59; 15, G. Hetherington (Als. C) 27:00; 16, T. Walker (Als. C) 27:11; 17, Carr (AAC) 27:17; 18, M. Upton (Leeds) 27:22; 19, V. Holman (Thet) 27:23; 20, G. Kerr (Stret) 27:29; 21, P. Johnson (Leeds U) 27:32; 22, C. Miller (A&SV) 27:38; 23, G. Luck (Holm) 27:39; 24, R. Brewster (Clay) 27:40; 25, D. McTavish (Stret) 27:45; 26, S. Taylor (Als. C) 27:48; 27, J. Verity (A&SV) 27:50; 28, M. Nice (Rown) 27:53; 29, C. Vodden (CoH) 27:56; 30, J. Fry (A&SV) 27:58. **Teams:** 1, Airedale & SV 27; 2, Alsager Col. 36; 3, Stretford 38. **(Vets):** 1, I. Wainwright (Dark P) 28:14; 2, G. Spink (Bing) 29:14; 3, W. Dance (Long) 29:37. **(Young Athletes' Composite Relay, C, B, Y):** 1, Stretford (D. Byrne 9:32, M. King 9:04, S. Bell 8:41) 27:17; 2, Bingley (D. Walker 9:48, G. Devine 9:06, S. Fielding 8:42) 27:36; 3, Leeds City (A. Livingstone 9:35, P. Earle 9:38, A. Rodgers 8:38) 27:51; 4, Airedale & SV 28:00; 5, Stretford 'B' 28:04; 6, Stretford 'C' 28:05; 7, Halifax 28:09; 8, Bingley 'B' 28:19; 9, Stretford 'D' 28:22; 10, Liverpool 28:54. **Fastest: Colts:** Byrne 9:32, Livingstone 9:35; R. Goddard (Stret 'B') 9:42. **Boys:** R. Findlow (A&SV) 8:54; K. Smith (Hal) 9:00; King 9:04. **Youths:** Rodgers 8:38; D. Burchill (Stret 'B') 8:39; Bell & W. Aylesbury (Leeds 'B') 8:41. **(Women's Composite Relay, J, I, S):** 1, Leeds City (F. Southwell 10:19, S. Ramsdale 9:42, S. Arthurton 9:36) 29:37; 2, Halifax (D. Alexis 10:14, M. Smith 9:48, B. Higgins 9:46) 29:48; 3, City of Hull (E. Jacques 11:13, J. Howes 9:39, D. Baker 10:13) 31:05; 4, Leeds City 'B' 31:24; 5, Leeds City 'C' 31:33; 6, City of Hull 'B' 31:39; 7, Thetford 31:48; 8, Leeds City 'D' 31:53; 9, City of Hull 'C' 32:03; 10, Halifax 'B' 32:32. **Fastest: Juniors:** Alexis 10:14; K. Scobie (Leeds 'B') 10:15; Southwell 10:19. **Inters:** Howes 9:39; Ramsdale 9:42; Smith 9:48. **Seniors:** Arthurton 9:36; Higgins 9:46; C. Wood (Leeds 'D') 9:51.

MANCHESTER CHARITY MARATHON

An official Manchester Charity cloth badge in black with silver and red lettering and emblem is available from Running Wild, Hyde, Cheshire — price 70p — all profits will go to the race charity. Also available: Race Programmes 50p, Official Race Vest £4.95, Shorts £4.95 — again all profits will go to charity.

EVENT SPORTSWEAR

26 GASKARTH ROAD
LONDON SW12 9NL

The NEW Event Running Suit... ...in Gore-Tex™ Fabric



You run every day, rain or shine, why be wet or chilled? The revolutionary EVENT Gore-Tex™ running suit protects you from rain and wind, yet perspiration breathes away.

The running suit is made from a soft Gore-Tex fabric which is completely waterproof, extremely light and comfortable and is lined with brushed nylon tricot.

Your running suit features raglan sleeves, full front zipper, contoured hood with drawstring and two pockets.

The pants are elasticated at the waist, featuring a back pocket and 12" zips on outside of leg.

Colours available:—
Navy with silver body.
Silver with navy body.

Sizes:—
Small (36) Med (38)
Large (40) XL (42)

Price:—
Suit—£75.00
Jacket—£43.00
Pants—£33.55

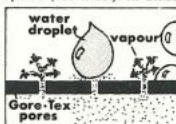


®GORE-TEX
IS A TRADEMARK

OF W.L. GORE
& ASSOC. INC.

Gore-Tex fabric is a remarkable material with over nine billion pores to every square inch. Each pore is too small to permit water entry but large enough to allow perspiration vapour to disperse (see illus.). In other words it is waterproof, windproof and breathable.

One garment combines the function of many, providing wind and water protection. But most of all, Gore-Tex can provide comfort under the most adverse conditions. Call it climate control for the body, but whatever you call it, Gore-Tex is the only one that has come out "ON TOP" with amateurs and professionals alike.



For further details, write to



26 GASKARTH ROAD
LONDON SW12 9NL

Gore-Tex® fabric is manufactured by W. L. Gore & Assoc. (UK) Ltd., Pitreavie Industrial Est., Dunfermline, Fife, Scotland.

Running Wild®

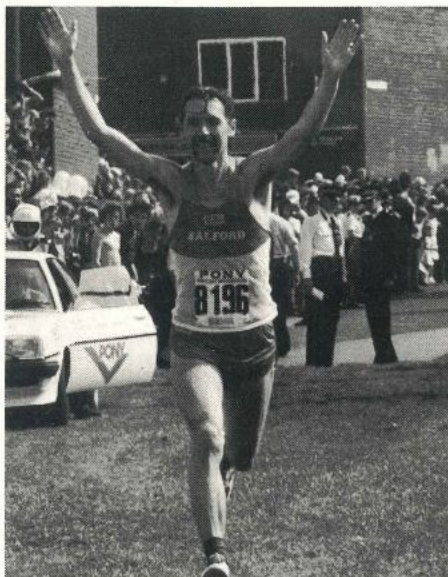
IF YOU ARE SERIOUS ABOUT YOUR RUNNING, THEN THE SH

RUNNING

MAIL ORDER

STAN CURRAN (Salford Harriers)

British Marathon International, 2:14.08.
Pony British Marathon Champion, 1981.
Commonwealth Games, 1978.



Stan winning the Pony Marathon in August.

Running Shoes: Nike Mariah (Available January)

Running Gear: Boston, by Ron Hill Sports.
Red, Blue, Green, Black and Gold. Men's and Women's styles.

S, M & L — VEST £6.50 — SHORTS £5.50

STEVE KENYON (Salford Harriers)

British Marathon International, 2:11.54.
Manchester Charity Marathon Champion, 1981.
8 times International Cross Country.



Steve winning the Manchester Charity Marathon in a P.B.

Running Shoes: New Balance Comp. 100. 5½ £26.05, 6-12½ £29.95.

Running Gear: New York City by Ron Hill Sports.
Silver-Grey with Red, Blue, Green, Black/White or Orange/Yellow trim.

S, M & L — VEST £7.50 — SHORTS £6.75

FULL RANGE OF SHOES, CLOTHING AND ACCESSORIES IN OUR FULL COLOUR CATALOGUE

MAIL ORDERS TO: RUNNING WILD (Dept. AW), FREEPOST,

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

HYDE, CHESHIRE.

Tel. (MON-FRI) 061 368 8008.



24 HOUR TELEPHONE SERVICE
POST FREE SERVICE SENT FIRST CLASS

ES AND CLOTHING YOU BUY ARE IMPORTANT. SO ALWAYS TAKE THE BEST ADVICE FROM . . .

NG EXPERTS

RUNNING SHOP

WELCOME
TO JACK & KEITH**JACK HASLAM (Bolton Harriers)**

British-Cross Country Team Manager.
Lancashire Track, Road & Cross-Country
Team Manager. Ex-British International
Athlete.

KEITH IRVINE (Wigan Harriers)

Northern Counties Steeplechase Champion.
Lancashire Track and Cross-Country Runner.
British Universities Runner.



A welcome to Jack and Keith, our resident experts at the Running Wild retail centre in Hyde. Following the opening of the extension to the shop in July, the shop has become an established centre of excellence for running equipment, with many runners travelling up to 100 miles to stock up and talk 'running'. So come and see for yourself, have a run from the shop (there are showers); take the time to get the right running equipment for you, and use our expertise — it's all part of the service!

RUNNING SHOP AT:

148-150 MARKET ST.
HYDE, CHESHIRE.
Tel. 061 366 9191.

Open all day everyday except Sun. 9.00-5.30.
(late opening until 6.00 pm Fri. and Sat.)

Running Wild®

UK BEST PERFORMERS (Intermediate Women) 1981

Compiled on behalf of the NUTS by Tony Miller

Any amendments, additions and details of unreported performances to NUTS' standards (in brackets) should be sent to the compiler at 6 Beachy Road, Broadfield, Crawley, West Sussex RH11 9HW. Please include christian name and date of birth.

100 METRES HURDLES (2'9") (16.0)

13.7	Ann Girvan (Frodsham)
14.6	Tessa North (Borough of Hounslow)
14.69w	Sandra White (Bristol) (15.0)
14.8	Julia Charlton (Carmarthen)
14.8w	Catherine Roe (Radley)
14.87w	Donna Brown (Ayr Seaforth)
15.1	Jacquelyn Fisher (City of Plymouth)
15.2	Catherine Jackson (Notts)
15.3	Juliet Kay (Bromley)
15.3	Toyin Campbell (Aldershot F&D)
15.3	Sharon Bowie (Solihull & SH)
15.3	Sarah Booth (Central Region)

200 METRES HURDLES (31.0)

28.06	Ann Girvan (Frodsham)
28.2	Catherine Roe (Radley)
28.8	Lucy Elliott (Lancaster & M)
28.9	Lynn Parry (Derby)



KAY SIMPSON

Mike Street

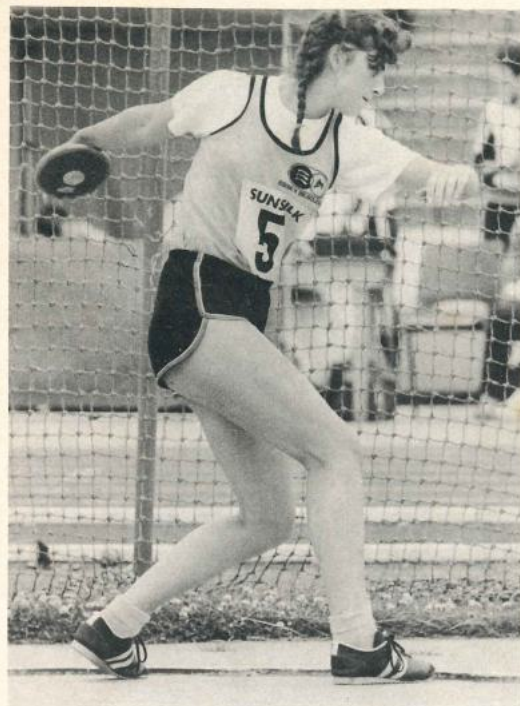
29.19	Julie Frampton (Notts)
29.3	Alison Hall (Borough of Enfield)
29.3	Rhona McLeod (Glasgow)
29.3	Michelle Allott (Sheffield)
29.4	Sandra White (Bristol)
29.4	Susan Harris (Stretford)
29.4	Clare Neafsey (Sutton (St. H))
29.43	Suzanne Sherratt (Portsmouth)
29.5	Clare Sugden (Spenborough)
29.8	Lynn Parry (Coventry)
29.8	Caroline Donald (Luton)
29.86	Jacqueline Robinson (Ballymena)
29.9	Karen Hood (Pitreavie)
29.9	Susan Waugh (City of Hull)
29.9	Lizabeth Churchley (Exeter)
29.9	Barbara Clarke (Grimsby)

400 METRES HURDLES (69.0)

61.27	Kay Simpson (Medway)
61.7	Simone Gandy (Winchester)
62.1	Catherine Roe (Radley)
63.7	Suzanne Sherratt (Portsmouth)
63.8	Nicola Charlton (Sale)
64.2	Sarah Booth (Central Region)
64.39	Jillian Booth (Warrington)
64.6	Sharon Glover (Croydon)
64.7	Wendy-Ann Williams (Herne Hill)
64.7	Jackie Wellesley (Barnet)
64.9	Sandra Withers (Bromsgrove & R)
65.1	Michele Cooke (Carmarthen)
65.4	Christine Abraham (Exeter)
65.4	Donna Pert (Dartford)
65.7	Susan Waugh (City of Hull)
65.88	Jacqueline Robinson (Ballymena)
66.1	N. McDonald (Card. Wiseman S.)
66.3	Francesca Phillips (Wallasey)
66.4	Dawn Gandy (Winchester)
66.5	Catherine Gordon (Reading)
66.6	Pauline Sutherland (Bury)
66.7	Angela Underdown (Westbury)
66.8	Michelle Grant (Oxford City)
66.8	Sandra White (Bristol)
66.9	Lesley Norcross (Sutton (St. H))
66.9	Lizabeth Churchley (Exeter)
67.1	Susan Moran (Edinburgh Southern)
67.2	Lisa Jeffcoate (Bromsgrove & R)
67.5	Lynn Parry (Derby)
67.9	Debbie Heaven (Cardiff)
67.9	Joanne Evans (Croydon)

HIGH JUMP (1.60)

1.79	Claire Summerfield (Wolves & B)
1.78i	Julia Charlton (Carmarthen)
1.75	Teresa Murray (Gateshead)



Bernadette D'Arcy placed fourth in the discus rankings.

Mike Street

- | | |
|-------|----------------------------------|
| 1.75 | Jennifer Little (Border) |
| 1.75i | Sarah Nicholls (Bridgend) (1.70) |
| 1.74 | Lorraine McQuarrie (Glasgow) |
| 1.73 | Christine Brookes (Cardiff) |
| 1.72 | Joanne Potter (Hallamshire) |
| 1.71 | Susan Webb (Halesowen) |
| 1.71 | Maxine Fry (Brighton & H) |
| 1.71 | Heidi Dodd (Solent) |
| 1.70 | Heather Myers (Portsmouth) |
| 1.70 | Sandra Watson (Oldham & R) |
| 1.70 | Madeleine Cropper (Ashton YAC) |
| 1.70 | Karen Gomes (Croydon) |
| 1.70 | Sarah Burrows (Stretford) |
| 1.70i | Jacqueline Robinson (Ballymena) |
| 1.69 | Alexandra Langdon (Walton) |
| 1.68 | Sally Hancock (Reading) |
| 1.68 | Clare Sugden (Spenborough) |
| 1.68 | Deborah Robinson (Hayes Ph.) |
| 1.68 | Alison Rutherford (Chelmsford) |
| 1.67 | Julie Richards (Blackpool & F) |
| 1.67 | Jane Truman (Gateshead) |
| 1.66 | Toyin Campbell (Aldershot F&D) |
| 1.66 | Julie Potter (Bolton) |
| 1.66 | Karen Bailey (Hickleton Main) |
| 1.66 | Julie Neal (Derby) |
| 1.66 | Claire Richards (Bristol) |
| 1.66 | Lizbeth Churchley (Exeter) |

LONG JUMP (5.40)

- | | |
|-------|------------------------------------|
| 5.98w | Helen Cushen (Thurrock)(5.96) |
| 5.87w | Joanne Mulliner (Wolves & B)(5.79) |
| 5.84 | Toyin Campbell (Aldershot F&D) |
| 5.84w | Julia Charlton (Carmarthen)(5.81) |
| 5.79 | Sally Gunnell (Essex Ladies) |
| 5.77 | Carolyn Gordon (Burn Road) |
| 5.76w | Paula Dunn (Stretford) |
| 5.72 | Gina Morris (Weymouth) |
| 5.71w | Rhona McLeod (Glasgow)(5.60) |
| 5.68 | Clare O'Rourke (Birchfield) |
| 5.68w | Jacqui Flavius (LOAC)(5.60) |
| 5.67 | Rachel Coton (Weymouth) |
| 5.64 | C. Ross (Sparkhill) |
| 5.60 | Mary Berkeley (Croydon) |
| 5.60w | Gillian Provan (Glasgow)(5.53) |
| 5.59 | Donalda Fortune (Vale of Leven) |
| 5.56 | Jayne Edge (Davenport) |
| 5.56 | Elizabeth Elliott (Bedford) |
| 5.56 | Linda Wong (Liverpool Pem.) |
| 5.54 | Mandy Bell (Bognor R&C) |
| 5.52 | Alison Preskey (Rugby) |
| 5.52 | Catherine Roe (Radley) |
| 5.52 | Julie Frampton (Notts) |
| 5.50 | Marcia Gooden (Haringey) |
| 5.50 | Sharon John (Croydon) |
| 5.50 | Melanie Hodge (Windsor S&E) |
| 5.48w | Ruth Ambrose (Merseyside Sch.) |
| 5.47 | Leeanne Crutchley (Ashford) |
| 5.47w | Sandra White (Bristol)(5.46) |
| 5.46 | Karen Walton (Berwick) |
| 5.46 | Shirley Dick (Inverness) |

GEORGE DUDLEY SPORTS TECHNOLOGY

Daily Health Food. Supplements and Vitamins
Recommended for Swimmers, Athletes in active
training.

ENERTRON - 1 Capsule daily

Multi-Vitamin, Multi-Mineral Capsules (12 Vitamins and 6 essential Minerals) Considered as 18 factors of fitness. Available in pack each containing 30 Capsules **£1.07 per pack**.

VITAMIN B15 - 1-2 daily

(Pangamic Acid) For promoting better Oxygen Utilization and Recovery. 100 tablets **£2.67**

VITAMIN C Plus Laevulose - 2-3 daily

Orange flavoured. Each containing 500mg Vitamin C also containing LAEVULOSE - a rapid source of energy 100 Lozenges **£3.15**

VITAMIN E - 2 Capsules daily

Aids muscle growth and blood circulation. 100 Capsules **£2.75**

VITAMIN B COMPLEX - 2 Capsules daily.

100 Capsules **£1.15**

ANTI-FAT Capsules - 4 Capsules daily.

The Natural way to aid Slimming. 100 Capsules **£1.40**

PRO-SWIM High Energy Sustenance Food. Foil packed approx. 12 meals per pack. **£1.39 per pack**

Please add for cost of packing and postage as follows: Orders valued up to £5.00 add £1.00. Orders valued between £5.00 and £10.00 add £2.00.

For details of Bulk/Club/Collective Orders, please write or phone for details and prices.

**George Dudley Sports Technology,
130 Lancaster Road,
New Barnet, Herts. Tel: 01-440 0910.**

SHOT (10.00)

14.40	Susan King (Ipswich)
13.24	Myrtle Augee (Cambridge H)
13.19	Gloria Achille (Haringey)
12.54	Alison Hall (Middlesbrough & C)
12.51i	Iona Doyley (Selsonia)(11.77)
11.84	Delyth Evans (Carmarthen)
11.69	Jackie Taylor (Cambridge H)
11.64	Sharon Wilson-Wolfe (Hallamshire)
11.60	Deborah Haynes (Cambridge H)
11.50	Dawn Brentnall (Notts)
11.40	Deborah Woolgar (Worthing)
11.38	Jane Richardson (Deeside)
11.35	Christine Shephard (Gt. Yarmouth)
11.30	Rachel Rose (Salisbury)
11.29	Jacqueline McKernan (Ulsterville)
11.11	Elaine Reid (Coventry)
11.10	Georgina Nwabuzo (Cambridge H)
11.04	Susan Freebairn (Colzium)
11.03	Glenys Quailey (Bedford)
11.00	Diane Campbell (Sparkhill)
10.94	Claudia Bernard (Havering)
10.91	E. Rankin (Sheffield)
10.90	Alison Davies (Bournemouth)
10.80	Diane Lewthwaite (Shettleston)
10.77	Karen Towersey (Mitcham)
10.77	Tracy Whincup (City of Hull)
10.74i	Ruth Thompson (Brecon)
10.66	Susan Peach (Cheshire Sch.)
10.62	Angela Rowarth (Notts)
10.61	Catherine Koppel (Dartford)

DISCUS (31.00)

44.94	Karen Pugh (Birchfield)
43.34	Linda Higman (Fareham)
43.28	Sandra Browne (Ipswich)(43.60 dh)
42.14	Bernadette D'Arcy (Essex Beagles)
41.96	Iona Doyley (Selsonia)
41.36	Catherine Porter (Bracknell)
40.54	Tracy Whincup (City of Hull)
39.46	Jacqueline McKernan (Ulsterville)
39.00	Tracy Pownall (Oxford City)
38.70	Deborah Crawley (Hayes Ph.)
38.58	Lesley Adams (Perth Strathtay)
38.04	Allyson Local (N. Shields Poly.)
38.02	Karen Honey (Verlea)
37.54	Claudia Bernard (Havering)
37.28	Janet Stanton (Bracknell)
36.66	Deborah Haynes (Cambridge H)
36.54	Jacqueline Murray (St. Peters)
35.52	Rachel Rose (Salisbury)
35.42	Susan Freebairn (Colzium)
35.22	Alison Davies (Bournemouth)
35.18	Deborah Treloar (Ilford)
34.90	Roweena McMillan (Radley)
34.80	Jo Welsh (Huntingdon)
34.20	Diane Lewthwaite (Shettleston)
34.14	Myrtle Augee (Cambridge H)
34.04	Janet Kellock (Pitreavie)
33.36	Diane Evans (Essex Ladies)
33.26	Sharon Bedford (Wakefield)
33.04	Irene Samuels (Sale)
32.92	Gail Packer (Lincoln C&C)

NORFOLK OLYMPIADS ATHLETIC CLUB

Present their

7th ANNUAL**CROSS-COUNTRY RACES**

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

(formerly the Rowntree-Mackintosh Cross-Country Races)

At the University of East Anglia, Colney Lane, Norwich

SUNDAY, 13th DECEMBER, 1981 — 12 Noon

U/11 Girls	1 Mile	12.00 Noon	Int/Snr Ladies	2½ Miles	2.00 p.m.
U/11 Boys	1¼ Miles	12.15 p.m.	U/17 Youths	3½ Miles	2.30 p.m.
U/13 Girls	1¼ Miles	12.35 p.m.	Jnr/Snr Men		
U/13 Boys	1¼ Miles	12.55 p.m.	incl Vets	5 Miles	3.00 p.m.
U/15 Girls	1¼ Miles	1.15 p.m.			
U/15 Boys	2½ Miles	1.40 p.m.			

(Ages as at 1st September, 1981)

All Races Sponsored by Local Business Houses

Prizes: 1st 3 Teams and 1st 3 Individuals; 1st 3 Vets (3 to score per team).

Entry Fees: U/11's, U/13's, U/15's 30p per individual, Inter/Senior Ladies, Youths, Junior/Senior/Vets 40p. No team fees.

ENTRIES CLOSE 2nd DECEMBER, 1981

Entries to: T. J. R. Ash, 'Cinglewood House', Sandy Lane, Fakenham, Norfolk NR21 9ES. S.A.E. for confirmation and travel details.

JAVELIN (33.00)

43.44	Maxine Worsfold (Borough of Enfield)
43.20	Maxine Bennett (Medway)
43.18	Gina D'Arcy (Melbourn)
42.88	Clare Martin (Brighton & H)
42.86	Elaine Rey (Leeds City)
42.62	Elizabeth Coombes (Verlea)
41.98	Maria Cooper (Winchester)
41.92	Catherine Bishop (LOAC)
41.76	Wendy Broderick (Stretford)
41.52	Julie Abel (Yeovil Olym.)
40.80	Hazel Porter (Tonbridge)
40.62	Jacqueline Barclay (Clyde Valley)
39.70	Julie Griffiths (Cannock Chase)
39.42	Dawn Gray (Glasgow)
39.18	Mary Bloomfield (Essex Ladies)
39.08	Nicola Sutherland (Sutton & C)
39.00	Karen Towersey (Mitcham)
38.94	Jane Birnie (Bury)
38.88	Gina Major (Sheffield)
38.70	Jacqueline Murray (St. Peters)
38.54	Hazel Lythgoe (Todmorden)
38.48	Suzanne Sherratt (Portsmouth)
38.38	Sharon Underwood (Bognor R&C)
38.04	Tracy Bennett (Aldershot F&D)
38.00	Julie Tayler (Port Talbot)
37.94	Jackie Clowes (Norfolk Olym.)
37.90	Jane Murray (Coventry)
37.56	Tracy Neal (Crawley)
37.40	Amanda Caine (Cambridge & C)
37.20	Deborah Treloar (Ilford)

PENTATHLON (2800)

3523	Linda Wong (Liverpool Pem.)
3498*	Suzanne Sherratt (Portsmouth)
3369	Carolyn Gordon (Burn Road)
3339	Marion McKie (Exeter)
3336	Clare Sugden (Spensborough)
3314*	Sarah Booth (Central Region)
3308	Madeleine Cropper (Ashton YAC)
3221	Julie Richards (Blackpool & F)
3158	Lizbeth Churchley (Exeter)
3144	Tracy Whincup (City of Hull)
	(* with Senior hurdles)

HEPTATHLON (4000)

4945	Suzanne Sherratt (Portsmouth)
4864	Sally Gunnell (Essex Ladies)
4844	Julie Frampton (Notts)
4747	Sarah Booth (Central Region)
4676	Catherine Roe (Radley)
4661	Linda Wong (Liverpool Pem.)
4556	Sandra White (Bristol)
4524	Sarah Nicholls (Bridgend YMCA)
4395	Deborah Woolgar (Worthing)
4376	Jacqueline Robinson (Ballymena)
4355*	Lecanne Crutchley (Ashford)
4249	Jenny Roscoe (Shrewsbury)
4208	Carolyn Gordon (Burn Road)
4183	Mandy Bell (Bognor R&C)
4144	Maxine Fry (Brighton & H)
	(* with Senior hurdles)

**SANDRA BROWNE**

Mike Street

READING VETERANS ROAD RELAY**October 17th**

1, Reading (G. Stevens 13:27, D. Ellison 13:35, R. Allden 13:44) 40:46; 2, Ealing & S (D. Case 13:48, C. Canton 13:39, M. Barratt 13:25) 40:52; 3, Oxford City (B. Joines 13:47, R. Clanfield 14:17, J. Polgreen 13:29) 41:33; 4, Verlea 42:26; 5, Reading 'B' 42:54; 6, Vale of Aylesbury 43:00; 7, Oxford 'B' 43:53; 8, Burnham Joggers 44:23; 9, Thames Valley 44:28; 10, Shaftesbury 44:37.
Fastest: (2.7M) R. Gomez (VoA) 13:24, Barratt 13:25, Stevens 13:27, Polgreen 13:29, Ellison 13:35, Canton 13:39, Allden 13:44, P. Hannaford (Read 'B') 13:45.

The Kent Athletics Coaching Committee, in conjunction with Folkestone AC, will be staging its annual Young Athletes Middle Distance Coaching Day at Brockhill and St. Leonards Lower School, Hythe, Kent, on Sunday, December 6th (10am-4pm). The course is also open to potential coaches, and the course director is Cliff Temple. Fees are 75p (athletes) and 40p (potential coaches), and further details and application forms are obtainable by sending an sae to D. F. Whatford, 43 Kingfisher Avenue, Hythe, Kent.

MIDLAND WOMEN'S CC LEAGUE

At Nottingham, November 1st

1, C. Readdy (City of Stoke) 21:15
 2, R. Duddle (Charnwood) 21:25
 3, J. Burtonwood (Leicester) 21:31
 4, K. Butters (Leic) 21:57; 5, S. Warrbilow (W&B) 22:03; 6, C. Mijovic (Birm. U) 22:09; 7, A. Kirkham (Cov) 22:18; 8, M. Boddy (Leic) 22:22; 9, E. Adams (S. in A) 22:30; 10, N. Carmody (Cov) 22:33; 11, S. Kerambrum 22:41; 12, S. Simpson (Leic) 22:48; 13, G. Sherwin (Stoke) 22:55; 14, J. Barre (Stoke) 22:59; 15, A. Gilling (Warl) 23:02; 16, D. Fellows (Cann) 23:02; 17, J. Perry (W&B) 23:23; 18, C. Clark (Cov) 23:27; 19, K. Deaville (W&B) 23:32; 20, G. Bottoms (Charn) 23:39; 21, P. Cooke (Warl) 23:44; 22, W. Benfield (Notts) 23:53; 23, J. Cooke (Cov) 24:08; 24, K. Smith (Burt) 24:20; 25, D. Parry (Cov) 24:22; 26, B. Brookes (Stoke) 24:43; 27, R. Baker (Birm. U) 24:48; 28, J. Sherriff (Burt) 24:57; 29, J. Gash (Notts) 25:02; 30, W. Green (W&B) 25:11. **Teams:** 1, Leicester 15; 2, City of Stoke 28; 3, Coventry 35; 4, Wolverhampton & B 41; 5, Charnwood 55; 6, Warley 77.

Intermediates

1, E. Jones (Coventry) 12:58
 2, S. Batstone (Coventry) 13:04
 3, J. Penfold (Cannock Chase) 13:34
 4, M. Dolson (Stoke) 14:00; 5, S. Dinn (Notts-n/s) 14:05; 6, H. Ansell (Notts) 14:07; 7, J. Andrews (Cov) 14:09; 8, S. Cole (Cov) 14:18; 9, S. Cooke (Ald. C) 14:23; 10, A. Carmody (Cov) 14:25; 11, D. Buckley (Notts) 14:35; 12, C. Bateman (Leic) 14:39; 13, A. Snelson (Cov) 14:59; 14, C. Jones (Charn) 15:05; 15, G. Brown (Leic) 15:08; 16, C. Frances (Charn) 15:12; 17, L. McVeagh (Notts) 15:14; 18, T. Farron (Leic) 15:15; 19, K. Marks (Bir) 15:16; 20, D. Sylvester (Cann) 15:20. **Teams:** 1, Coventry 10; 2, Notts 34; 3, Leicester 45; 4, Charnwood 56.

Juniors

1, J. Beasley (Berry Hill & M) 10:42
 2, R. Butler (Sutton in Ashfield) 10:58
 3, J. Shepherd (Leicester) 11:11
 4, K. McQueen (Notts) 11:14; 5, M. Hall (Leic) 11:18; 6, T. Birchall (Stoke) 11:19; 7, K. Booker (Notts) 11:27; 8, Z. Rylatt (Notts) 11:29; 9, C. Mercer (Ald. C) 11:33; 10, M. Curtis (Kett) 11:33; 11, L. Collis (Stoke) 11:34; 12, C. Anthony (Notts) 11:39; 13, J. Wray (Leic) 11:43; 14, F. Smith (Leic) 11:47; 15, J. Allen (Stoke) 11:52; 16, M. Harris (Leic) 11:55; 17, D. McKenzie (Notts) 11:56; 18, J. Wright (Leic) 11:58; 19, C. Johnson (Charn) 11:59; 20, A. Quinn (Notts) 12:01; 21, A. Owen (Charn) 12:03; 22, J. Parsons (Bir) 12:03; 23, S. Garrington (Cann) 12:03; 24, L. Peters (Charn) 12:06; 25, C.

Steadman (Cann) 12:10; 26, K. O'Brien (Ald. C) 12:32; 27, N. Lee (Leic) 12:34; 28, G. Bryan (Cann) 12:35; 29, J. Duckett (Cov) 12:36; 30, S. Price (Leic) 12:43. **Teams:** 1, Notts 31; 2, Leicester 35; 3, City of Stoke 66; 4, Charnwood 105; 5, Cannock Chase 116; 6, Alderman Callow Sch. 121.

Girls

1, J. Smith (Notts) 11:31
 2, F. Trueman (Notts) 11:32
 3, L. York (Leicester) 11:39
 4, J. Barber (Stoke) 11:43; 5, L. Robinson (Cov) 12:07; 6, D. Morris (Stoke) 12:09; 7, J. Gamage (Leic) 12:13; 8, L. Turley (Cann) 12:15; 9, L. Brennan (Leic) 12:16; 10, H. Bryan (Cann) 12:18; 11, D. Lovatt (Leic) 12:18; 12, A. Stanton (Warl) 12:21; 13, H. Bailey (Cov) 12:25; 14, S. Hockin (Leic) 12:29; 15, L. Austin (Cann) 12:31; 16, F. Smith (Notts) 12:36; 17, M. Brackley (Stoke) 12:36; 18, H. Taylor (Charn) 12:37; 19, D. Bomber (Warl) 12:40; 20, L. Hughes (Cann) 12:42; 21, A. Hockin (Leic) 12:44; 22, R. Portch (Leic) 12:44; 23, R. Taylor (Cann) 12:44; 24, H. Tookey (Charn) 12:50; 25, R. Bell (Notts) 12:52; 26, A. Lowe (BH&M) 13:01; 27, S. Giblin (Stoke) 13:04; 28, J. Bywater (Leic) 13:07; 29, M. Adey (Warl) 13:12; 30, S. Crompton (Leic) 13:14. **Teams:** 1, Leicester 30; 2, Notts 44; 3, Cannock Chase 53; 4, City of Stoke 54; 5, Coventry 82; 6, Warley 96.

WELSH WOMEN'S ROAD RELAY CHAMPS At Bridgend, October 18th

1, Cardiff (F. Harwood 8:47, A. Hartley 8:43, A. Blakey 9:04, B. Thomas 8:49) 35:23;
 2, Port Talbot (L. Copp 8:55, E. Williams 9:04, C. Paisley 9:25, K. Williams 8:35) 35:59;
 3, Swansea (C. Owen 9:31, S. Hayler 9:20, D. Matthews 9:21, A. Fox 8:38) 36:50;
 4, Cardiff 'B' 37:19; 5, Bridgend YMCA 37:26; 6, Newport 39:22; 7, Cardiff 'C' 40:14; 8, Bridgend YMCA 'B' 40:56; 9, Barry & V 44:13; 10, Wyeside 44:35. **Fastest:** K. Williams 8:35; Fox 8:38; Hartley 8:43. (**Juniors:**) 1, Port Talbot (D. Brambley 7:29, D. Crowley 6:59, C. Brambley 7:50, B. Morgan 7:23) 29:41; 2, Cardiff (S. Habib 7:29, R. Walby 7:37, D. Pitten 7:39, M. Davies 7:15) 30:01; 3, Beddau 30:32; 4, Abertillery 32:01; 5, Barry & V 32:08; 6, Cardiff 'B' 32:27; 7, Port Talbot 'B' 32:35; 8, Swansea 32:39; 9, Wyeside 33:17; 10, Aberdare 34:00. **Fastest:** Crowley 6:59; Davies 7:15; J. Thompson (Bedd) 7:19. (**Girls:**) 1, Swansea (S. Lewis 5:32, R. Hayler 5:31, S. Long 5:40, A. Long 5:33) 22:16; 2, Aberdare 22:24; 3, Barry & V 22:41; 4, Beddau 23:03; 5, Aberdare 'B' 23:31; 6, Cardiff 23:39; 7, Port Talbot 23:44; 8, Cardiff 'B' 23:55; 9, Barry & V 'B' 24:33; 10, Bridgend YMCA 24:43. **Fastest:** L. Harrison (Bedd) 5:29; L. Hopkins (A'dare) & Hayler 5:31.

ESCAFELD LEAGUE**At Leeds**

1, P. Miller (Man. U) 21:58; 2, B. Bullen (Air) 22:16; 3, A. Jackson (Sheff. U) 22:20; 4, Robertson (AAC) 22:28; 5, R. Leedon (Leeds P) 22:43; 6, G. Martin (WYP) 22:47; 7, C. Paul (Man. U) 22:51; 8, J. Halson (York U) 22:55.
Teams: 1, Manchester Univ. 37; 2, Sheffield Univ. 58; 3, AAC Harrogate 64. **(Women):** 1, J. Hartley (Leeds P); 2, C. Riley (Leeds P); 3, W. Lightfoot (Sheff. U). **Teams:** 1, Leeds Poly 8; 2, Sheffield Univ. 16.

RHINE AREA LEAGUE**At Viersen, September 30th**

1, K. Brackstone 32:45; 2, R. Crabb 32:48; 3, S. Marzillius 33:10; 4, P. Marsh 33:20; 5, T. Wade 33:43; 6, D. Whittington 34:04. **Team:** JHQ. **(Women):** 1, E. Haigh 21:46; 2, Thomas 22:22; 3, Archer 22:57.

At RAF Bruggen, October 7th

1, Crabb 33:18; 2, Marzillius 33:30; 3, Cain 33:51; 4, P. Watson 33:56; 5, Hurd 34:19; 6, Wood 34:41. **Team:** Bruggen. **(Women):** 1, Haigh 20:51; 2, Thomas 21:54; 3, Austin 22:05.

At Afcnt Brunsum, October 14th

1 eq, Crabb & Brackstone 31:28; 3, Cain 31:41; 4, Marsh 31:45; 5, Marzillius 32:34; 6, Wade 32:41. **Team:** Bruggen. **(Women):** 1, Haigh 20:13; 2, C. Springett 21:29; 3, Archer 21:30.

At JHQ Rheindahlen, October 21st

1, Marzillius 31:44; 2, Watson 31:48; 3, Wade 32:31; 4, Marson 32:46; 5, McBrien 32:53; 6, Crabb 32:55. **Team:** Bruggen. **(Women):** 1, Haigh 21:35; 2, Springett 22:36; 3, Archer 23:02.

At RAF Laarbruch, October 28th

1, Brackstone 27:10; 2, Watson 27:18; 3, Crabb 27:26; 4, Wade 27:32; 5, Marzillius 27:35; 6, Marson 27:41. **Team:** JHQ. **(Women):** 1, Haigh 23:47; 2, Springett 24:17; 3, Franzese 25:19.

REEBOK LEAGUE**At Guildford, October 10th**

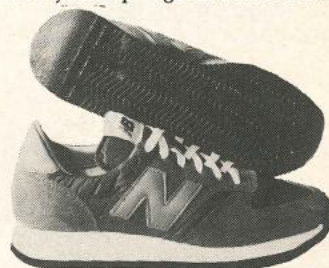
1, N. Appleby (S'ton U) 34:07; 2, G. Wightman (Bris. U) 34:20; 3, — 34:28; 4, N. Cowie (Bris. U) 34:55; 5, I. Patton (Bris. U) 35:04; 6, G. Thomas (Swan. U) 35:08; 7, M. Cawood (Ox. P) 35:19; 8, P. May (Leic. U) 35:23; 9, S. Chandler (Ox. U) 35:28; 10, C. Blythe (Ox. U) 35:32; 11, S. Bird (Leic. U) 35:39; 12, P. Linsell (Sy. U) 35:47; 13, G. Heathers (Bath U) 35:52; 14, K. O'Neill (Bath U) 35:52. **Teams:** 1, Oxford Univ. 722; 2, Southampton Univ. 678; 3, Bristol Univ. 623; 4, Oxford Poly. 606. **(Women):** 1, M. Samy (Bath U) 20:11; 2, S. Ross (Bath U) 21:12; 3, J. Maskell (Leic. U) 21:52; 4, V. Graham (Bath U) 22:15; 5, D. Horsley (Ox. U) 22:16. **Teams:** 1, Bath Univ. 74; 2, Oxford Univ. 53.



Alan Rolph Sports Braintree

We have moved around the corner to a "multi-storied" — three to be exact, shop. Now you can buy your new running shoes from a great selection on the ground floor before bounding upstairs to get the rest of your gear.

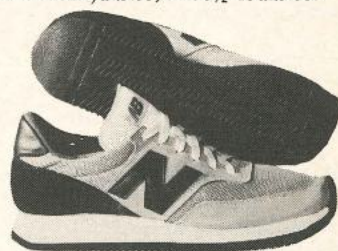
Train while you shop — get fit with our staff!

**NB 420**

For the Social Marathoner — i.e. the person whose prime objective is to enter and finish a marathon and wants to train 30-40 miles a week in comfort. The NEW BALANCE 420 is exactly right — it looks and feels good. It has marvellous shock-absorbing qualities and a Lunaris pillow inside the shoe which moulds to the shape of your foot after several work-outs.

Widths: D (medium), 2E (wide) and 4E (extra wide).

Prices: Sizes 4½-6 (special 420W made on a last designed for wome) £29.95, sizes 6½-13 £29.95.

**and NB 620**

For the Dedicated/Club Runner — i.e. the runner who is after a personal best and seeking a respectable time from 2½ hours to 3½ hours in the marathon. The super-light NEW BALANCE 620's at 290 gms give racing performance without sacrificing comfort and resilience to road shock. Tomorrow's shoes even if you raced hard today.

Widths: D, 2E and 4E.

Prices: Size 6 £28.65, sizes 6½-13 £32.95.

A fifty-yard jog from Tesco's car-park



Alan Rolph Sports
 1 New St., Great Square,
 Braintree, Essex CN7 7ER.
 Tel: (0376) 46110.

PHILIPS COSFORD GAMES

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

at

RAF Cosford,

Wolverhampton, Staffs.

on

**Friday 8th/Saturday 9th
January, 1982**

Events are:

Senior Men — 60m, 200m, 400m, 800m, 1500m, 3000m, 2000m S/Chase, 60m Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault & Shot.

Senior Ladies — 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, High Jump, Long Jump, Shot and 3000m Champ.

Please note Junior Ladies may not compete against Intermediates and Senior Ladies.

ENTRY FEE: £1 per event.

ENTRIES CLOSE: 18th DECEMBER, 1981

Entry forms and entries to:

M.C.A.A.A.,
Devonshire House,
High Street,
Deritend,
Birmingham B12 0LP.

Please enclose a stamped addressed envelope when applying for forms & when sending your entries. No information will be sent without.

The Organisers reserve the right to refuse entries in any event where the number of competitors exceeds a manageable amount.

WESTWARD LEAGUE

At St. Austell, October 17th

1, B. Knight (Torbay) 28:50
2, M. King (W. Cornwall) 30:26
3, W. Valentine (Torbay) 30:40
4, R. Butler (N. Dev) 30:48; 5, M. Green (Ply) 30:58; 6, M. Spencer (Exe) 31:03; 7, A. Rowling (DoC) 31:08; 8, S. Anderson (Ply) 31:17; 9, P. Meredith (DoC-V) 31:56; 10, P. Burrage (RN) 32:00; 11, V. Webster (DoC) 32:17; 12, M. Kent (Ply) 32:18; 13, M. Paine (Torb) 32:28; 14, M. Waddingham (DoC-V) 32:40; 15, A. Cooper (RM) 32:43; 16, J. Street (DoC) 32:51; 17, J. Knowles (DoC) 32:58; 18, J. Burnip (RN) 33:01; 19, P. Bird (DoC) 33:16; 20, M. Preece (N. Dev) 33:28. **Teams:** 1, Duchy of Cornwall 448; 2, Torbay 436; 3, City of Plymouth 418; 4, W. Cornwall 395; 5, Royal Navy 389; 6, Royal Marines 334. **(Vets):** 1, Meredith; 2, Waddingham; 3, J. Butler (W. Corn) 33:38; 4, C. Mills (Torb) 34:09; 5, T. Honeychurch (Torb) 34:21. **(Youths):** 1, M. Northam (Ply) 19:07; 2, S. Gray (DoC) 19:20; 3, S. Williams (W. Corn) 19:25; 4, P. Edworthy (Exe) 19:36; 5, M. Morgan (Ply) 19:56; 6, N. Shaw (Exe) 19:57; 7, T. Sullivan (DoC) 19:59; 8, P. Piper (Torb) 20:11; 9, A. Cocking (DoC) 20:19; 10, J. Romans (Wade. S) 20:43. **Teams:** 1, Duchy of Cornwall 285; 2, City of Plymouth 281; 3 eq, Torbay & Exeter 271. **(Boys):** 1, J. Rowling (DoC) 16:33; 2, P. Gribble (DoC) 16:35; 3, M. Reeves (Torb) 16:39; 4, S. Hooper (DoC) 16:39; 5, I. Cornford (Torb) 16:41; 6, P. Barron (DoC) 17:03. **Teams:** 1, Duchy of Cornwall 391; 2, Torbay 371. **(Colts):** 1, M. Avery (Torr) 12:16; 2, S. Williams (W. Corn) 12:19; 3, P. Whitehouse (Exe) 12:21; 4, C. Whitehouse (Exe) 12:22. **Team:** Barnstaple. **(Women):** 1, M. McKie (Exe) 18:27; 2, E. Bartlett (Ply) 19:56; 3, B. Rowe (Ply) 19:15; 4, J. Trood (Ply) 19:22; 5, B. Mutter (Torb) 19:31; 6, A. Rayner (W. Corn) 19:39; 7, H. Myers (Torb) 19:56; 8, C. Bolt (Tiv) 19:20. **Teams:** 1, City of Plymouth 294; 2, Exeter 274; 3, Duchy of Cornwall 268. **(Juniors):** 1, L. Leo (Torr) 12:49; 2, K. Brett (Torb) 12:53; 3, C. Darke (Torb) 13:00; 4, J. McKie (Exe) 13:04; 5, N. Potter (W. Corn) 13:34; 6, L. Ashe (DoC) 13:35. **Teams:** 1, Torbay 289; 2, Torbay 'B' 260; 3, Exeter 190. **(Girls):** 1, A. Hughes (Torb) 9:21; 2, D. Peters (DoC) 9:28; 3, M. McWilliams (DoC) 9:37; 4, V. Bowden (Bide) 9:43. **Team:** Duchy of Cornwall.

NORTH STAFFS LEAGUE

At Crewe, October 17th

1, A. Adams (Staffs M) 25:43; 2, Martin Bishop (Staffs M) 25:46; 3, N. Peach (C&AC) 26:00; 4, D. Locke (C&N) 26:08; 5, G. Nixon (Wrex) 26:20; 6, D. Ashe (Staffs M) 26:43; 7, B. Williams (Staffs M) 26:48; 8, S. Willimott (Cann) 27:05; 9, G. Hetherington (C&AC) 27:20; 10, P. Larkin (Newc) 27:29; 11, B. Grant (C&N) 27:31; 12, A. Reynolds (SFC) 27:33. **Teams:** 1, Staffs Moorlands 16; 2, Crewe & N 54; 3, Crewe &

Alsager Col. 54; 4, Wrexham 69. **(Youths):** 1, C. Bradeley (SFC) 15:05; 2, R. Jones (M. Ches) 15:06; 3, C. Udall (Burt) 15:41; 4, I. Brade (Staff) 16:00; 5, A. Ridgeway (Wrex) 16:02; 6, A. Bemment (Staff) 16:10. **Teams:** 1, Alsager CS 62; 2, Sixth Form Col. 70; 3, Newcastle 77. **(Boys):** 1, R. Deakin (Stoke) 9:58; 2, M. Smith (C&N) 10:01; 3, A. Allen (Stoke) 10:10; 4, D. Wynne (C&N) 10:11. **Teams:** 1, Crewe & N 38; 2, Cannock Chase 46; 3, Wrexham 95. **(Colts):** 1, G. Heath (Als. CS) 8:10; 2, T. Bradbury (Stoke) 8:10; 3, I. Guest (Stoke) 8:22. **Teams:** 1, City of Stoke 16; 2, Trentham HS 69.

CHINGFORD LEAGUE

At Trent Park, October 17th

1, C. Barley (Enf) 26:26; 2, S. Kerr (Enf) 26:46; 3, S. Poulton (Enf) 26:52; 4, M. Parker (Barn) 26:55; 5, G. Ward (Har) 26:57; 6, T. Sullivan (N. Lon) 27:08; 7, J. Wallis (Walt) 27:11; 8, P. Biddlecombe (N. Lon) 27:15; 9, A. Cronin (N. Lon) 27:24; 10, M. Gonzalez (VPH) 27:28; 11, J. Kilsby (Har) 27:46; 12, T. Ryan (N. Lon) 27:47; 13, K. Lowe (VPH) 27:50; 14, P. Stockings (Gst) 27:54; 15, P. Holland (N. Lon) 27:56. **Teams:** 1, Borough of Enfield 63; 2, N. London 67; 3, Haringey 133; 4, Victoria Park 184.

At Eastway Cycle Circuit, November 3rd

1, J. Goldring (Walt) 15:07; 2, Kerr 15:08; 3, Poulton 15:12; 4, S. Surridge (Walt) 15:27; 5, Ward 15:44; 6, P. Reed (VPH) 15:48; 7, Sullivan 15:52; 8, Lowe 15:55; 9, M. Heath (Har) 15:56; 10, Wallis 15:56; 11, Twining (Har) 15:57; 12, M. Crees (Enf) 16:00; 13, K. Ward (Loughton) 16:01; 14, J. Rene (N. Lon) 16:02; 15, J. Wildman (Enf) 16:03. **Teams:** 1, Borough of Enfield 74; 2, Haringey 106; 3, Victoria Park 120; 3, Walthamstow 180.

GLOUCESTERSHIRE LEAGUE

At Dursley, October 17th

1, G. Stamp (Gloucester) 35:15
2, N. Wilson (Bromsgrove & R) 35:44
3, D. Price (Gloucester) 35:55
4, N. Thomas (Glouc) 36:09; 5, I. Atkins (Worc) 36:40; 6, G. Morgan (Durs) 36:59; 7, N. Jinks (Worc) 37:05; 8, M. Wassell (West) 37:05; 9, A. Nolder (Durs) 37:18; 10, J. Smith (West) 37:19; 11, E. Twohig (Leam) 37:20; 12, M. Hill (Glouc) 37:32; 13, S. McDonald (Swin) 37:34; 14, C. O'Carroll (Glouc) 37:39; 15, D. Cowles (West) 37:46. **Teams:** 1, Gloucester 55; 2, Westbury 112; 3, Dursley 167; 4, Cheltenham 199. **(Youths):** 1, N. Bishop (Glouc) 17:14; 2, S. Bradstock (Chelt) 17:39; 3, C. Fitzgerald (Swin) 17:45; 4, S. Wyatt (B&P) 17:52; 5, R. Young (Droit) 17:59; 6, M. Weatherall (Glouc) 18:02. **Teams:** 1, Cheltenham 22; 2, Gloucester 23; 3, Swindon 50. **(Boys):** 1, P. Stevenson (B&P) 12:30; 2, B. Gilbert (Durs) 12:39; 3, J. Wilcox (Cle) 12:57; 4, P. Ollis (B&P)

13:03. **Teams:** 1, Dursley 15; 2, Gloucester 38; 3, Cheltenham 42. **(Colts):** 1, D. Stanlily (Swin) 10:00; 2, S. Ferguson (Chelt) 10:05; 3, G. Beardshaw (Worc) 10:09. **Team:** Swindon.

ICKNIELD LEAGUE

At Stevenage, October 18th

1, M. Shotbolt (Bedford) 27:24
2, A. Simmons (Luton) 27:31
3, M. Green (Corby) 27:50
4, H. Boyle (Cor) 28:59; 5, V. Holman (Thet) 29:01; 6, G. Rizzo (Nene V) 29:02; 7, A. Boast (C&C) 29:03; 8, R. Church (Nene V) 29:07; 9, M. Goodwin (Bed) 29:14; 10, D. Patterson (Lut) 29:23; 11, G. Nelson (Nene V) 29:24; 12, K. Meardon (Thet) 29:25; 13, J. Bowley (Nene V) 29:27; 14, R. Wadeley (Bigg) 29:31; 15, S. Goodwin (Bed) 29:35; 16, A. Toseland (Kett) 29:42; 17, K. McLellan (H&W) 29:46; 18, J. Jenkins (C&C) 29:47; 19, M. Lake (Thet) 29:51; 20, S. Mason (Peter) 29:58. **Teams:** 1, Nene Valley 923; 2, Cambridge & C 879; 3, Bedford 815; 4, Corby 794; 5, Thetford 789; 6, Vauxhall 784. **(Vets):** 1, R. Grubb (C&C) 30:05; 2, H. Barnfather (Hunt) 31:24; 3, E. Saberton (C&C) 32:25. **Team:** Vauxhall. **(Youths):** 1, M. Tackley (Peter) 20:17; 2, B. Jones (Hunt) 20:26; 3, R. Booth (H&W) 20:32; 4, D. Bennett (Bed) 20:37; 5, M. Hutchings (Thet) 20:42; 6, I. Webster (Peter) 20:47; 7, A. Reilly (Cor) 20:53; 8, S. Quinn (S&NH) 20:56. **Teams:** 1, Peterborough 188; 2, Stevenage & NH 168; 3, Bedford 150; 4, Luton 134. **(Boys):** 1, P. Halsey (Lut) 12:59; 2, C. Easy (C&C) 13:23; 3, S. Earley (L. Buz) 13:26; 4, P. Booth (H&W) 13:30. **Teams:** 1, Luton 252; 2, Corby 245; 3, Peterborough 221. **(Colts):** 1, S. Thompson (Lut) 12:38; 2, P. Benedickter (Lut) 12:46; 3, D. Mead (Thet) 12:52. **Teams:** 1, Luton 403; 2, Deeping 364.

BERLIN (BRITISH) SECTOR LEAGUE

At Teufelsee, October 20th

1, Shew 26:23; 2, Heyland 26:50; 3, Waterfield 27:37; 4, Ellis 28:05; 5, Quantock 28:58; 6, Pearce 29:03. **Team:** RAF Gatow.

NE WEDNESDAY LEAGUE

At Leeds, October 21st

1, Robertson (AAC) 20:13; 2, Fry (CS) 21:49; 3, Owen (Leem) 21:58; 4, Din (Leem) 22:01; 5, King (Leem) 22:05; 6, Barker (Cle. P) 22:06; 7, McAllister (Lint) 22:08; 8, Carr (AAC) 22:21; 9, Aconley (SYP) 22:28; 10, Smiddy (CS) 22:30. **Teams:** 1, Army Apprentice Col. 333; 2, Civil Service 313; 3, RAF Leeming 289.

Gloucester AC will be holding open, inter-club cross country races at Gloucester on January 16th (2pm) for men (5M) and women (3M). Interested clubs should contact Terry Haines, 48 The Triangle, Gloucester, GL2 0NG.

1982 Commonwealth Games

BRISBANE (population 1 million), capital of the Sunshine State of Queensland, will become the focal point of the sport next October when the athletics events of the 12th Commonwealth Games are staged between October 3rd and 9th (see timetable) at the Queen Elizabeth II Jubilee Sports Centre. The stadium, venue also of the opening and closing ceremonies, seats 58,000. It features a nine-lane Tartan track and a four-lane warm up track has been constructed adjacent to the main stadium.

Brisbane is located in the sub-tropical south-east corner of Queensland. Throughout September and October (which is spring in Australia) the days are clear and sunny with an average maximum day temperature of 25-26°C and only occasional rain.

TIMETABLE

The Games open on Thursday, Sept. 30th, the athletics programme will be staged between Sunday, Oct. 3rd and Saturday, Oct. 9th (Oct. 6th is a rest day), and the Games will close on Oct. 9th.

Sunday, Oct. 3rd: (Morning Session, 9 am) Hammer qual (if necessary); Heptathlon 100H; 400 hts; Heptathlon SP; 400(W) hts; 100 hts; 100 (W) hts; 110H hts; Heptathlon HJ. (Afternoon Session, 1 pm) HAMMER FINAL; DT(W) qual; 400 2nd rd; 3000SC hts; 110H sf; 3000(W) hts (if necessary); 100 2nd rd; 100(W) 2nd rd (if necessary); Heptathlon 200; 10,000 FINAL; 400(W) sf.

Monday, Oct. 4th: (Morning Session, 10 am) Heptathlon LJ; Decathlon 100; Decathlon LJ; Heptathlon JT; 400 sf; Decathlon SP. (Afternoon Session, 2.30 pm) 100(W) sf; 110H FINAL; 100 sf; Decathlon HJ; 400(W) FINAL; 3000SC FINAL; DISCUS (W) FINAL; 100 FINAL; 400 FINAL; 100(W) FINAL; 3000 (W) FINAL; HEPTATHLON FINAL EVENT (800); Decathlon 400.

Tuesday, Oct. 5th: (Morning Session, 9 am) Decathlon 110H; HJ qual; Decathlon DT; 800 hts (if necessary); 400H (W) hts; 400H hts; Decathlon PV; 200 hts; 200 (W) hts. (Afternoon Session, 1.30 pm) 200 2nd rd; 800 (W) hts; 200 (W) sf; Decathlon JT; 800 sf; 400H sf; SHOT (W) FINAL; 400H (W) sf; DECATHLON FINAL EVENT (1500); 5000 hts.

Thursday, Oct. 7th: 7 am — 30km ROAD WALK; (Morning Session, 10 am) DT qual (if necessary), PV qual (if necessary), HJ (W) qual (if necessary), LJ qual, LJ (W) qual. (Afternoon Session, 2 pm) 100H (W) hts; 400H FINAL; HIGH JUMP FINAL; 400H (W) FINAL; JAVELIN (W) FINAL; 200 sf; 800 (W) FINAL; LONG JUMP FINAL; 200 (W) FINAL; 800 FINAL; 200 FINAL; 5000 FINAL.

Come Fly With Us To Brisbane!

We have discussed at some length the 'AW' tours to the Commonwealth Games in Brisbane in 1982 with our travel agents, David Dryer Sports Travel Ltd, because we want to ensure that members of our parties will get what they want. Many travel agents are accommodating their clients on the Gold Coast, which is ideal for a holiday but very tiring when making the lengthy journey backwards and forwards to the stadium for the athletics.

We felt that accommodation in Brisbane itself for the period of the Games was essential and to that end David Dryer, in conjunction with Red Dragon of Cardiff, has arranged tours leaving on Sept. 19th and returning Oct. 10th, with 7 nights on the Gold Coast as a holiday, but with 13 nights in Brisbane which will include the period of the Games. Accommodation on the Gold Coast is in excellent hotels, and in Brisbane in hotels and well furnished apartments. Cost £1400 approx. Another tour is leaving Sept. 26th, returning October 10th, with 13 nights in excellent hotels and apartments in Brisbane, for £1200 approx.

It was felt that when clients are paying a considerable sum to travel so far afield they would want the best of everything and no unnecessary tiring journeys. The Red Dragon tours are well known for their quality and Tony Clemo has already paid several visits to Brisbane to approve the accommodation and we are pleased to co-operate with him, through David Dryer Sports Travel Ltd, for the benefit of our supporters. Those who have already written to us or David Dryer at 243 Euston Road, London, NW1 2BT will be receiving full details when available.

Friday, Oct. 8th: 7 am — MARATHON; (Afternoon Session, 2 pm) 4×400 hts; POLE VAULT FINAL; HIGH JUMP (W) FINAL; 4×400 (W) hts; DISCUS FINAL; 1500 hts; LONG JUMP (W) FINAL; 100H (W) FINAL; 1500 (W) hts; 4×100 hts; 4×100 (W) hts.

Saturday, Oct. 9th: (Final Session, 12.30 pm) JAVELIN FINAL; 1500 (W) FINAL; TRIPLE JUMP FINAL; 4×100 FINAL; 4×100 (W) FINAL; SHOT FINAL; 1500 FINAL; 4×400 FINAL; 4×400 (W) FINAL. Last Victory ceremony at 2.55 pm, followed by Closing Ceremony.

new balance — **SIMPLY THE BEST!**

FROM K.G. SPORTS

NB 420 — The triple-layer sole takes the shock out of every stride, while the wedge, midsole and saddle are designed to give stability and support. All this plus the unique 'Lunaris pillow' which springs back to shape after every step. D (Medium) & 2E (Broad) fittings. UK sizes 5½-12½ **£29.95.**

NB 455 — A shoe for all seasons, with its heavy duty waffle sole it is completely at home on tarmac roads, concrete pavements and grit paths in wet or dry conditions. Oxford blue nylon upper has an extended saddle, toe guard and sway bar which gives good front foot control, plus the 'Lunaris Pillow'. UK sizes in D (Medium) or 2E (Broad), 6-11½ **£31.95.**

NB 730 — The "Rolls-Royce" of the range. Maroon nylon upper with grey contrast. Double density heel counter and "Lunaris Pillow" insole. Despite the price we can't get enough of them! 2E (Broad) fitting only, UK sizes 6-12 **£44.95.**

COMP. 100 — Ultra light racing shoe, a size 8 weighs only 250 grams. 12 mm of soft midsole to cushion the heel and 7 mm under the ball of the foot. D (Medium) & 2E (Broad) fittings, UK sizes 5½ **£26.05**, 6-12 **£29.95.**

NB SPIKE 100 — Designed for middle & long distance track and ideal for the Country. Light & flexible. D (Medium) & 2E (Broad) fittings, UK sizes 6½-11 **£29.95.**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

DISCONTINUED ODDMENTS

NB 620 — A few pairs left of this grey mesh upper shoe. Good shock absorbing qualities and very light. **£29.95.** D (Medium) 6, 7, 10 & 12 only, 2E (Broad) 5½, 6, 6½, 7, 7½, 8½ & 12 only.

NB 375 — The fore runner of the NB 455. Heavier than its successor, a good solid waffle soled trainer. **NOW ONLY £14.95!** B (Narrow) 6 & 7, D (Medium) 7½, 12 & 12½, 2E (Broad) 12½, 4E (Extra Broad) 11½ & 12.

NB XC15 — A good all round trainer with waffle type sole. D (Medium) 10 & 12½, 2E (Broad) 12 & 12½, 4E (Extra Broad) 12. **NOW ONLY £14.95.**

★ ★ ★ ★ ★

PLUS

NEW BALANCE TEE SHIRTS — In grey with black motif. Small, Medium & Large. **£4.95.**

NYLON NEW BALANCE HOLDALL — Grey with black contrast. **£9.99.**

★ ★ ★ ★ ★

Plenty of spikes for the Country and long sleeved cotton shirts — See our AW advertisement of 24th October.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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

ALL ORDERS POST FREE

CASH WITH ORDER

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

K. G. SPORTS LTD.

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

Tel. 01-690 7324



Lord Killanin On Future Of Olympic Movement

Lord Killanin flanked by Chris Boxer and Seb Coe at Loughborough.

LORD KILLANIN, former President of the International Olympic Committee, delivered the Philip Noel-Baker Annual Lecture at Loughborough University on October 15th. He took as his title "The Olympic movement after the Congress in Baden Baden 1981".

In a wide-ranging talk, he spoke of the many

What keeps you one jump ahead?

Stay one jump ahead with Sport & Leisure, the Sports Council's exciting new look magazine.

With the latest news and features, Sport & Leisure brings you all that's happening in the exciting world of sport.

One year's subscription costs only £3.60 so return the coupon today and stay a winner.



I enclose a cheque/PO for £3.60 for 1 year's subscription.
(6 issues)

Name _____

(BLOCK CAPITALS)

Address _____

Sport & Leisure Magazine, The Sports Council, 70 Brompton Road, London SW3 1EX. Telephone: 01-589 3411.



problems facing the Olympics from their own unwieldy bureaucracy right through to outside political interference. He urged that more money should be spent directly on sport and its development rather than on administrative costs. In the latter context, he also hoped that in future more prominent competitors would, on retirement, take their expertise into administrative posts where their knowledge could be profitably employed.

Appropriately, before his Loughborough audience, Lord Killanin paid a glowing tribute to Sebastian Coe for his role in the recent Olympic Congress where he spoke as representative of the athletes. He rated this as a greater contribution than perhaps by any individual before and he looked forward to dialogue between organisers and competitors continuing in the future. In particular, he gave full support to Coe's plea for a life ban on convicted drug takers and Lord Killanin also singled out for praise Christine Benning's decision not to compete in Moscow with re-instated offenders.

Lord Killanin said that he was worried by the concept of an "open" Olympics, as he felt that these would soon be taken over by commercial impresarios, rather than being conducted for the benefit of sport and competitors. He concluded by saying that he saw the Games continuing to the end of the century and beyond and that out of the "sad Games of Moscow" greater unity can come when we learn to search, not for our differences, but "what we have in common".

Lord Noel-Baker himself, Olympic 1500m silver medallist in 1920 and a sprightly 91-year-old, proposed the vote of thanks to his friend and Olympic colleague. He echoed Lord Killanin's sentiments and called the Games the "truest expression of internationalism ever known".

Eric M. Macintyre

European Road Races

Half Marathon, at Zutphen (Neth), Sept. 5th. 1, MICK HURD (AFCENT) 64:36; 2, Mentink 65:31; 3, KEITH BRACKSTONE (AFCENT) 66:07.

10 Miles, at Dordrecht (Neth), Sept. 12th. 1, Smet (Bel) 48:59; 2, HURD 49:32.

20km, at Heythuysen (Neth), Sept. 13th. BILL CAIN (AFCENT) 63:51 ... 6, LES WOOD (AFCENT) 67:09.

20km, at Angers (Fra), Sept. 20th. 1, PHIL BANNING 66:54; 2, COWMAN 66:54; 3, KNIGHT 66:54.

8km, at Berne (Swi), Sept. 24th. 1, Ryffel 23:15; 2, Puttemans (Bel) 23:22; Women's 2700m: 1, Waitz (Nor) 8:15; 2, Friedmann (Ger) 8:29.

10 Miles, at Breda (Neth), Sept. 26th. 1, CAIN 49:25; 2, Agten (Bel) 49:32; 3, Grimont (Bel) 50:06; 4, BRACKSTONE 50:50.

9km, at Solothurn (Swi), Sept. 27th. 1, Puttemans (Bel) 26:40; 2, Orthmann (Ger) 26:41; 3, Herle (Ger) 26:49; 4, NIGEL GATES.

Kosice Marathon (Cze), Oct. 4th. Britain were represented by Mike Gratton and Keith Angus (the last British winner of this race), **reports Bill Adcocks.** Although nearly 1000 runners starting on a track is a bit much, the start went off without trouble in front of a 15,000 crowd. The race was run in bright sunshine (19°C) with a 1.5m/sec wind to aid the runners on the homeward half. Gratton and Kristensen of Denmark had opened up a 14 sec lead over the pack by 5km (16:24) and reached 10km 18 sec up in 32:30. Angus was having to let go and was 30 sec down on the leaders. Gratton was just a few metres in front with Truppel (GDR) at 20km but 5km later Truppel was 25m clear of a group of ten which included the North Koreans and Japanese with Gratton now off the back and beginning to struggle. By 30km Truppel (who had placed 25th in 2:21:32 at Agen only three weeks earlier) had extended his lead to 29 sec, and it was a question of whether he could hold on against the comfortable looking Chiba of Japan and Ce Gang Sov of North Korea. The East German's answer was to pull further away to win by almost 1½ min in 2:16:58. Gratton suffered badly over the last 10km with stomach cramps and by the finish had been passed by Angus who had plugged away. 1, Truppel (GDR) 2:16:58; 2, Chiba (Jap) 2:18:26; 3, Ce Gang Sov (NK) 2:18:31; 4, Madar (Cze) 2:19:17; 5, Guon Sun Ir (NK) 2:20:10; 6, Kerekjarto (Hun) 2:21:12; 7, Tavernaro (GDR) 2:21:20; 8, Mishyov (USSR) 2:21:27 ... 13, Kristensen (Den) 2:24:24; 21, ANGUS 2:26:28; 22, GRATTON 2:26:38. (Women) 1, Vahlensieck (Ger) 2:37:46; 2, Urbanova (Cze) 2:53:46; 3, Hansen (Den) 2:59:04.

Mountain Race (21.5km), at Aix-les-Bains (Fra), Oct. 4th. 1, Lismont (Bel) 1:17:15; 2, Boxberger 1:19:35; 3, JULIAN GOATER 1:20:37.

Suresnes (Paris) Road Races, Oct. 11th. 7.5km: 1, Legrand 21:19; 2, KEVIN FORSTER 21:23; 3, Parmentier (Bel) 21:53; 4, MALCOLM PRINCE 22:06. (Women; 3750m) 1, PAULA FUDGE 11:47; 2, Deneuille 11:53; 3, ANN FORD 11:58.

8.4 km, at Nantes (Fra), Oct. 11th. 1, GOATER 24:38; 2, De Beck (Bel) 24:47 ... 6, BROE 25:21; 8, SAMUEL 25:56.

9km, at Halluin (Fra), Oct. 11th. 1, Bouster 26:10; 2, Daenens (Bel) 26:13; 3, De Vogel (Bel) 26:25; 4, NICKY LEES 26:33; 5, Puttemans (Bel) 26:36; 6, CHRIS WOODHOUSE 26:38; 7, Watrice 26:41; 8, ANDY ARMITAGE 26:43.

Paris 20km, Oct. 18th. Radhouane Bouster and Christian Geffray of France fought out a dramatic finish under the Eiffel Tower, **writes Guy McCallum.** In the absence of Julian Goater and last year's winner Mike McLeod, it was left to Irishman Gerry Deegan to carry the foreign challenge. He led from the first kilometre but soon after 8km began to drop back and ran the second half an isolated third. Bouster opened up 20m with 2km remaining but in the long home straight Geffray inched back to within a second of him. Ron Hill Sports Racing Team placed three in the first 20, led home by Druckston (9th) and Mike Deegan (10th). The times of everyone were fast enough to warrant slight suspicion of a short course. There were 20,000 runners. 1, Bouster 57:35; 2, Geffray 57:36; 3, Deegan (Irl) 59:06; 4, Boxberger 59:13; 5, Watrice 59:22; 6, Delaby 59:29 ... 9, DRUCKSTON 60:38; 10, DEEGAN 60:39; 17, RICHARDS 61:31.

Paris to Versailles, Oct. 25th. Gateshead's Charlie Spedding stole the headlines as he romped home more than 100m clear of a very strong international field. Julian Goater, winner last year, was the pre-race favourite, but a thigh injury bothered him considerably, and after still being 20th at half-way, he jogged in not wishing to risk any damage. Up front a group of 18 stayed close together until the very long hill which started at 6km. By the top just Spedding, Bouster and Geffray were in contention. On a steep down-hill section at 12km Spedding applied the pressure and only Geffray responded, although he had to concede defeat when the Englishman again attacked at 14km. Spedding ran in alone along the royal route leading up to Versailles Palace, to clock 51:03 for the course, officially announced as 16.95km. Behind him Geffray and Bouster came in together, and Emiel Puttemans fought off the challenge of 19-year-old Dave Harris, who pulled off the surprise performance of the race. Britons filled no less than 17 of the places 11th-30th, but despite that Louvain (Belgium), who included Puttemans and Eric De

Beck, ran out team winners ahead of Sochaux of France, Gateshead, Spiridon (GB), and last year's winners Shaftesbury Harriers. Gillian Drake, the Croydon-based New Zealander, won the Women's race. In all, some 25,000 runners took part!

1, SPEDDING (Gate) 51:03; 2, Geffray 51:24; 3, Bouter 51:24; 4, Puttemans (Bel) 51:54; 5, HARRIS (Spiridon GB) 51:59; 6, Dhanens (Bel) 52:07; 7, Boxberger 52:14; 8, Levisse 52:17; 9, Turquet 52:20; 10, De Beck (Bel) 52:21; 11, GRAHAM ELLIS (Holm) 52:23; 12, Van Der Vennet (Bel) 52:28; 13, GUY McCALLUM (Shaft) 52:28; 14, Delaby 52:33; 15, PAUL BETTRIDGE (Hav) 52:33; 16, DICK MILNE (Nott) 52:34; 17, DAVE CANNON (Gate) 52:37; 18, Bessiere 52:37; 19, BRACKSTONE (AFCENT) 52:50; 20, STEVENS (Spiridon)

52:52; 21, COLEBY (Gate) 52:55; 22, KEARNS (Tip) 52:55; 23, CRABB (AFCENT) 52:59; 24, GLAD (Wind) 53:10; 25, MILLS (Shaft) 53:19; 26, MATTOCK (Tel) 53:52; 27, WOOD (Spiridon) 53:55; 28, LEDDICOAT (Gate) 53:56; 29, SAMUEL (Shaft) 54:01; 30, CLARK (Ver) 54:05 . . . 32, BROE (Shaft) 54:07; 35, RIDOUT (Hales) 54:13; 36, CYTLAU (Tip) 54:19; 37, THOMAS (Spiridon) 54:21; 38, EVANS (Car) 54:22; 41, McARTHUR (Ox. C) 54:24; 42, MacDONALD (Shaft) 54:32; 44, BUCKLEY (Holm) 54:50; 46, BEDFORD (Shaft) 54:57; 49, HOLLINGWORTH (Holm) 55:00; 50, ROBERTS (HHH) 55:01. Teams: 1, Louvain 20; 2, Sochaux 30; 3, Gateshead 39; 4, Spiridon GB 52; 5, Shaftesbury 67. (Women) 1, Drake (NZ); 2, BARBARA ABBOTT (Sale); 3, Johannesson (Swe).

Record run by Treadwell in Swiss mountain classic

THE weather conditions that greeted the athletes for the 13th annual Sierre — Montana mountain classic in Switzerland on October 9th were dismal to say the least. Almost 24 hours of continual heavy rain had left the course at the foot of the mountain slippery and awash with water, so fast times appeared to be out of the question. However, Belgium's Karel Lismont and Brighton Concord's Bob Treadwell and David Clarke had other ideas. Renewing their rivalry of the last three years, they set about this very demanding 15km road climb of some 900m like men possessed. Apart from these three internationals, athletes of the calibre of Leon Schots (Bel), Hans-Jurgen Orthmann (Ger) and the leading Swiss climbers made up the leading pack.

Underfoot conditions improved after the first 2km, so Lismont set about his task of breaking Treadwell and Clarke who had been hustling him from the gun, but unlike the last two years he was unable to get further than 30m up at any stage on the two superbly fit Englishmen. This was to have a lasting effect on his ego as pre-race articles and his present times indicated that this elusive record was his for the taking in 1981.

As the leading pack whittled down to Lismont, Treadwell and Clarke, positions remained the same through 10km with only Clarke dropping some 20-30m on Lismont and Treadwell who, in turn, were locked together in a dour battle. However, Lismont did not realise as he was forcing the pace that this amazing climber, Treadwell, was only toying with his Belgian counterpart and was biding his time until the last couple of kilometres before unleashing his very strong finish on one of the steepest parts of the climb.

The 'boot' went down with only 1500m remaining, when Treadwell opened up a sizeable 60m advantage. The ease of this breakaway was almost Treadwell's downfall as Lismont, scenting the finish, made a very concerted effort to catch the lean Englishman streaking away from him. With only 300m remaining Lismont was again catching Treadwell but fortunately there was still something left in the bank and a kick, partly due to the motivating encouragement of the writer, produced the finish to establish a new record that many internationals have been chasing for the last seven years.

The last 3km were particularly hard for Clarke and being isolated in 3rd position, well clear of Schots, saw him lose valuable seconds to the leading protagonists. The evergreen Les Presland, only going through the motions (his words) on this occasion and running his slowest time of his five attempts, still managed to pick up 2nd vets prize.

After his record run in the Geneva — Saleve in September, Bob Treadwell has now won both of the Swiss Mountain road classics **Tony Tilbury**

1, BOB TREADWELL (B'ton C) 52:22 (rec); 2, K. Lismont (Bel) 52:31; 3, DAVE CLARKE (B'ton C) 53:23; 4, L. Schots (Bel) 55:08; 5, P. Haid (Swi) 55:33; 6, H/J. Orthmann (Ger) 56:20 . . . 16, LES PRESLAND (AFD) 58:32.

ASHFORD ATHLETIC CLUB

present

THE DALE GROUP CHALLENGE TROPHY

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

**5 Mile Cross-Country Races
for Senior Men & Senior Ladies
ON SUN., 24th JANUARY, 1982**

1st Race 2 p.m.

at Homewood School, Tenterden, Kent

Entry Fee: £1 per team (6 run, 4 score).

Awards: First 3 winners.

CLOSING DATE 10th JANUARY, 1982

Send S.A.E. for details & entry forms to: Mrs V. Goodman, 18 Crundale Close, Ashford, Kent TN23 2RP.

Record Turn-Out For National Fun Run

SORRY, runners, but the course for The Sunday Times National Fun Run in Hyde Park on September 27th was short of the advertised 4km. Event organiser Norman Harris states: "A small vehicle (milometer calibrated against a known road distance) had checked it out at 4km, but another measure with a wheel, after the event, revealed the course short of 2½ miles by about 450 metres". Thus the times, which had come as a pleasant surprise to most contestants, should not be taken too seriously. The fastest runners will need to add close to 1½ min to their time, and the slower ones correspondingly more — say, 10% of their finishing time, as a rough guide.

There was a record turnout, with the 30 age categories yielding the grand total of 16,467 finishers, as against less than 11,000 last year. In addition it is estimated that 18,000 took part in the Mass Jog.

Although the main object of the exercise is to provide an opportunity for thousands of fun runners to enjoy a sociable run in semi-competitive conditions (and in the process raise funds for charity) the quality of the runners up front is such as to make the leading results of some national significance.

Male: (U/10 2km) S. Wilson 6:38; (10-14) D.

Harkins 11:40; (15-18) G. Couch 10:38; (19-22) M. Hookway 11:15; (23-24) T. Watkins 10:55; (25-26) B. Gardner 10:58; (27-28) R. Treadwell 10:22; (29-30) P. Lindsell 10:46; (31-33) D. Cowell 11:02; (34-36) P. Chivers 11:30; (37-40) A. Green 11:18; (41-44) M. Moody 11:22; (45-49) J. Hogan 11:12; (50-59) J. Wood 11:47; (60-plus) H. Goffberg 13:46.

Female: (U/10 2km) L. Hill 7:15; (10-14) N. Jarvis 13:22; (15-18) M. Walker 12:39; (19-22) S. Samy 12:28; (23-24) K. Binns 12:20; (25-26) M. Southerden 13:45; (27-28) B. Nelson 13:29; (29-30) M. Jones 13:25; (31-33) B. Stone 13:10; (34-36) S. Green 13:36; (37-40) S. Houghton 14:03; (41-44) R. Campbell 14:19; (45-49) K. Koppel 15:13; (50-59) V. Mijovic 15:49; (60-plus) E. Brown 19:24.

The performance of 1966 European marathon champion Jim Hogan (age 48) was one of the most notable of the day. Not only did he finish first in the combined 41-44 and 45-49 run, but his time of 11:12 (he ran 12:28 for the full distance last year) was not bettered by anyone over the age of 33!

First of the 1350 teams to finish was Burnham Joggers Acorns. *Athletics Weekly* fielded an incomplete team of five — Barry Trowbridge, Brian Smyth and Mel Watman plus Tony Ellingham (fastest of the five) and Martyn France of the printing staff — and all received bronze awards.

SPORTS LOCKER

1982 Catalogue now available

In our 1982 catalogue for men we bring you the leaders of American sportswear. From Sub 4, Dolphin, Another Dimension, Flarico and many more. Adventurously mixed to give you a dressing strategy that is right on or off the track.

To obtain your personal copy, simply send 50p (in stamps only) to:

Sports Locker, PO Box 76, London SW12 8AR.



Shaping up in style

ATHLETIC EVENTS

With over 22,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

CITY OF PLYMOUTH AC.
ADVANCE NOTICE
MINORS MEETING
4th JULY, 1982
YOUNG ATHLETES MEETING
30th MAY, 1982
 Details to be announced later

NENE VALLEY HARRIERS
 3rd Annual
REEVES TYRES
'10'

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

SUNDAY, 6th DECEMBER, 1981
Start 2.30 p.m.

Changing: Bretton Woods School, Peterborough, off A47 Peterborough ring road.

Course: 3 laps, very fast, flat & traffic free.

Prizes to Value of £300: 1st 10 Men, 1st 3 Ladies, 3 Vets O/40, 3 O/50. 1st 3 Teams (4 to count).

Closing Date: 30th November, 1981. Entries on day £1, not eligible for prizes.

Entries: 50p. No Team fee. **To:** John Thickett, 28 Angus Court, Peterborough, Cambs. Tel. Pet. 63796.

RACE INTO THE NEW YEAR!
READING ATHLETIC CLUB
 present for the second year
"THE NEW YEAR'S EVE FOUR"
OPEN ROAD RACE
for Men and Women
 (Under AAA & WAAA Laws)

THURS., 31st DECEMBER, 1981
at 11.50 p.m.

Fast, flat, point to point 4 mile course through Reading Town Centre.

Good Prizes: To Individuals, Teams (3 to score), Vets and Ladies.

Entries: 50p per ind. (no team fee). **To:** Mr D. Bradfield, 36 Blewbury Drive, Tilehurst, Reading, Berks. Tel. (0734) 25087, **by 14th Dec., 1981.** For full details please enclose S.A.E. with entry.

CORNWALL A.A.A. & W.A.A.A. CROSS-COUNTRY CHAMPIONSHIPS

POLTAIR SCHOOL, ST. AUSTELL
SAT., 19th DECEMBER, 1981

Entry Forms and Details from: Paul Manning, 25 Lyons Road, St. Austell.

CLOSING DATE 5th DECEMBER

CITY OF HULL ATHLETIC CLUB
 Annual

FERRIBY 10 MILE ROAD RACE

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

A race for club runners with no 'razamataz'! With the usual individual, team & Vet prizes.

To be held from Costello Athletics Stad., Anlaby Park Rd. North, (off A63), Hull.

SUN., 10th JANUARY, 1982

Start 12 noon

Entry Fees: 40p to Chris Vodden, 29 Newtondale, Sutton Park, Hull, HU7 4BG, tel. 0482 822914. Cheques payable to City of Hull A.C. Send S.A.E. for programme and travel information etc.

ENTRIES CLOSE MON., 28th DEC., 1981
 (post early and avoid the Xmas rush)

TETTENHALL HORSE SANCTUARY
 4th Annual

BOXING DAY JOLLY HOLLY JOG

DECEMBER 26th, 1981
11.30 am

TETTENHALL GREEN
WOLVERHAMPTON
4.2 MILE FUN RUN

Stirrup Cup at Half Way, Hot Punch at Finish. Commemorative Silver medals for all finishers. Annual Trophies for Fancy Dress.

Entry Fee: £1.50 proceeds to Riding School for Disabled and Underprivileged.

HURRY BEFORE XMAS POST

Send SAE for entry form to:

Jolly Holly Jog,
 Wilson, Wilson & Wilson,
 60 Tettenhall Road,
 Wolverhampton.

N. Irish Notes

Super-Vet Derek Graham

During the sixties, Derek Graham's accomplishments both on the track and over the country won him world-wide acclaim, and established him as an Irish athletics legend. In 1965 he set a UK two miles record of 8:33.8 at the White City, and the following year he placed second and fourth respectively in the World Cross-Country and European 5000m championship races. In the latter event, described by Mel Watman in the September 17th 1966 edition of 'AW' as the most notable performance of his career, Graham missed winning a medal by just two-tenths of a second when he clocked 13:48.0 behind Michel Jazy (13:42.8), Harald Norpoth (13:44.0) and Bernd Diessner (13:47.8) in Budapest.

On September 3rd of this year Derek celebrated his 40th birthday, and in recent weeks he has made a stunning impact in veterans competition. At Bangor on September 5th he bettered the course record in the two miles handicap event, and one week later in Carrickfergus the slim 9th Old Boys Harrier outpaced his opponents over 4½ miles. Graham will gauge his performances achieved in track outings against those being recorded by the world's leading veteran campaigners before deciding whether or not he will compete in fixtures such as the European and World Masters Games.

North Down Festival of Road Races, at Bangor (Sept. 5th). (Snr) 1, J. McLaughlin (Dunc) 19:15; 2, P. Craig (Dunc) 19:23; 3, Greg Hannon (Ind) 19:42; 4, T. Annett (Dunc) 19:47; 5, S. Millar (WTH) 19:53; 6, E. Cunningham (Anna) 19:54. Team: Duncairn. (U/20) 1, P. McCaffery (Anna) 15:46; 2, T. Wright (Anna) 15:46; 3, D. McNeill (WTH) 16:00. (U/17) 1, S. Gharboui (Anna) 10:05; 2, J. Hefferon (Alb) 10:11; 3, H. Duggan (Ballyd) 10:14. (U/15) 1, I. Hunter (Dunc) 4:48; 2, P. Gill (New) 5:01; 3, I. Rice (WTH) 5:02. (Vet's H'cap — fastest times) 1, D. Graham (9th OB) 9:55; 2, W. Brannigan (N. Down) 10:11.

Seapark Road Races, at Carrickfergus (Sept. 12th). (Snr) 1, Annett 20:59; 2, Cunningham 21:06; 3, Millar 21:27; 4, J. McCready (Anna) 21:30; 5, M. Shields (Dunc) 21:33; 6, D. Seaton (NBH) 21:37. (Jnr) 1, J. McGivern (NBH) 22:08; 2, D. McGonigal (Ballyd) 22:17; 3, R. Murtagh (Lisn) 22:39. Team: Lisnagarvey. (Vets) 1, Graham 22:36; 2, Brannigan 22:41; 3, D. Crawford (9th OB) 23:53. Team: 9th Old Boys.

Divisview Shield Handicap Road Race, at Belfast (Sept. 26th). Fastest — 1, Gerry Hannon (Ind) 18:40; 2, Greg Hannon (Ind) 18:55; 3, Millar 18:59; 4, P. McGrath (Oly) 19:10; 5, R.

Stone (Ann) 19:14; 6, R. Curran (Ann) 19:15. Teams: 1, Annadale 50; 2, Olympic 67; 3, North BH 75.

Foyle Half Marathon, at Londonderry (Sept. 27th). 1, McLaughlin 1:05:35; 2, J. White (Dunc) 1:12:00; 3, P. McKeown (Dunc) 1:13:40. Team: Duncairn.

Larne Relays, at Larne (Oct. 3rd). Senior 18M Relay: 1, Annadale 89:36 (R. Curran 19:43, P. Younger 9:39, E. Cunningham 19:41, P. McCaffery 9:49, E. Oxlade 21:03, T. Wright 9:41); 2, Duncairn 90:44 (S. Doherty 19:54, A. Keys 9:43, J. White 20:02, B. Gregory 10:36, D. Nicholson 20:32, P. McKeown 9:57); 3, N. Belfast 92:02; 4, Albertville 95:12. Novices 8M Relay: 1, Annadale 40:20; 2, E. Antrim 42:03; 3, Willowfield 42:35.

Ballyshannon '10' (Oct. 4th). 1, N. Cusack (Lim) 48:03; 2, Greg Hannon 49:16; 3, Gerry Hannon 49:35; 4, F. Sharkey (Oly) 49:53; 5, P. McGrath (Oly) 50:04; 6, M. Copeland (Oly) 50:54. Team: Belfast Olympic.

Brian Rowan

WOKING YA OPEN MEETING

At Woking, September 13th

(Juniors): PV: 1, P. Lovell (Sy. B) 4.65; 2, R. Hooper (W&B) 4.45; 3, R. Gammage (W&B) 4.25; 4, J. Andrews (E&E) 4.25; 5, J. Wells (Wok) 3.85. (Youths): 100: R. Powlett (E&S) 11.1. HJ: M. Walker (Win) 1.95. PV: 1, S. Lewis (Houn) 4.05; 2, S. Fuller 3.85; 3, A. Burke (Houn) 3.85; 4, R. Andrews (E&E) 3.85; 5, C. Wilson (Wok) 3.65. SP: N. Gray (Ports) 14.33. DT: N. Boyton (Brain) 48.86. JT: D. Cameron (Houn) 53.86. (Boys): 800: 1, T. Gainey (Banb) 2:05.6; 2, P. Rose (DSP) 2:06.1. 1500: S. Burton (N. Lon) 4:19.3. PV: 1, R. Quixley (DoC) 3.75; 2, T. Weston (DoC) 3.15. SP: M. Lutring (Ov) 13.58. (Colts): 100: 1, S. Dorset (Brack) 12.7; 2, K. Fitzpatrick (HHH) 12.8. 200: 1, Dorset 26.2; 2, Fitzpatrick 26.4. 1500: N. Watkins (C'ley) 4:45.0. (Inters): 100: 1, S. Carth (Mert) 12.3; 2, D. Gandy (Win) 12.5. 200: 1, Carth 25.3; 2, Gandy 25.5. 400: 1, S. Duncan (Fare) 57.8; 2, S. Gandy (Win) 58.9; 3, K. Hendrickse (Mit) 59.1. 800: A. Bott (Wok) 2:19.6. SP: K. Towersey (Mit) 10.41. JT: 1, M. Cooper (Win) 41.20; 2, M. Bennett (Med) 40.36; 3, A. Kane (Mel) 38.76; 4, G. D'Arcy (Mel) 38.10; 5, S. Kitt (Houn) 35.30. (Juniors): 100: 1, L. Draper (R&R) 12.3; 2, S. Burke (Croy) 12.6; 3, J. Turner 12.8. 200: Draper 25.7. 800: 1, A. D'Arcy (Mel) 2:20.6; 2, A. Winter (Hill) 2:21.7; 3, A. Bradbury (Norf. O) 2:22.7. 1500: 1, H. Appleby (And) 4:44.8; 2, S. Rogers (B'stoke) 4:48.0; 3, L. Pigrome (And) 4:53.8; 4, H. Wallace (And) 4:55.5. HJ: D. Marti (R&R) 1.65. LJ: 1, Draper 5.44; 2, A. Tipton (Havant) 5.35. SP: 1, J. Harris (Havant) 10.42; 2, L. Garland (Twick) 10.30. DT: 1, S. Luig (Win) 30.28; 2, J. Chapman (Houn) 28.88; 3, M. Stocking (Sol) 28.64. (Girls): 1500: R. Hughes (F&C) 4:47.4. HJ: P. Davidge (Hill) 1.63.

SYDNEY MAREE Continued from page 17

training to add to an earlier knee problem. His first big meet was the Penn Relays in Philadelphia later in the month, always an extra special event for the local Villanova team and more so than ever this year because of the death shortly beforehand of the beloved Jumbo Elliott. To make matters worse Sydney suffered a dizzy spell and fell heavily in his bathroom only hours before the meeting, but nothing was going to stop him paying this tribute to his coach and mentor. Sure enough, he anchored Villanova to victories in both the distance medley and the 4×1500 as well as contributing a 1:48.0 800 leg in another race.

Sydney wasn't too happy with his first big mile race of the summer, in Los Angeles on May 10th, when he wound up fourth in 3:55.37 behind Steve Scott (3:52.50), John Walker (3:53.98) and Eamonn Coghlan (3:54.94), but he did much better in his second — at Villanova on May 30th. Scott was the winner again, in 3:52.26 (52.7 last quarter), but Maree was only a yard or so behind in a personal best of 3:52.44 and far ahead of Walker (3:55.89). Sydney retained the NCAA 1500 title at Baton Rouge on June 6th in another pb of 3:35.30, running away from the field on the second lap and winning by 20m, but lost yet again to Scott in a mile race seven days later at Berkeley, 3:56.97 to 3:57.74, with Walker third in 3:57.85.

It didn't matter, because Maree was ready on the day that really mattered . . . the American (TAC) 1500m championship at Sacramento on June 21st. Again he and Scott had a great scrap but this time it was Maree who came out on top, and in his fastest time of 3:35.02 (Scott ran 3:35.51). Sydney, ahead on the last lap, told reporters: "With 120m to go I saw Steve's shadow. He came up even and then I pulled away. He said that destroyed his confidence. He needed this race and so did I. I felt I just had more to lose in this race than he did. This was one of my few opportunities to race against the best. This was an opportunity I so much deserved". The race had started slowly (59.6, 1:59.6) but the closing pace was swift indeed — 52.7 for the last 400, 1:50.5 800.

Most importantly for Maree his victory opened doors for him, for he was nominated to represent the USA in the World Cup for which he was eligible under IAAF rules. Although he wasn't able, for instance, to compete for the USA in the match against the USSR (for which citizenship is required) Sydney was now cleared by the IAAF to take part in any other form of international competition and in July he embarked upon his first official European tour. He won over 3000 (7:43.42) in Milan on the 8th before losing to Scott (3:54.75 to 3:55.83) in a Dublin mile on the 14th and finishing third (2:19.5) behind Seb Coe (2:17.6) and Steve Cram (2:18.5) in a 1000m at

Leicester on the 19th — his British debut thanks to the efforts of George Gandy, the invitation events organiser for the meeting. That was quite a performance by Sydney in the circumstances, for he had been struck on the leg by an errant javelin shortly before the race.

He returned to Europe in time for the Zurich meet of August 19th but was buried in the 5000 there won by Eamonn Coghlan in 13:19.13, winding up only ninth in 13:39.80. His next appearance, in a mile in West Berlin two days later, was indifferent too as he finished fifth in 3:57.84 with Steve Ovett the winner in 3:55.58. Another two days after that, in Cologne, he won at 1500 in 3:39.12 and then came his biggest test to date — the IAAF Golden Mile in Brussels on August 28th. He was no match for Seb Coe, winner in a world record 3:47.33, or Mike Boit (3:49.45), but he did well enough to fight out third place with arch-rival Steve Scott. Steve prevailed in 3:51.48 but Sydney was rewarded with a personal best of 3:51.81.

Having finished ahead of John Walker in Brussels, Maree might have hoped for third place in the World Cup 1500 in Rome, his next race on September 5th, but after leading for the first two laps in 57.7 and 1:57.7 he ran out of steam and



Steve Scott finishing third (3:51.48) in the Golden Mile, a stride ahead of Sydney.

John Burles

was not a factor in the mad rush for places behind Ovett (3:34.95). Walker (3:35.49), Olaf Beyer (3:35.58) and Boit (3:36.29) all finished ahead of his 3:36.56.

What a sensation it was then when just four days later, at Rieti, news came through that not only had Maree ended Ovett's six-year winning streak in the mile but had, into the bargain, become the third fastest performer ever with a sparkling 3:48.83 — three seconds faster than he had ever run before! After Bob Benn had led through 400 in 56.3 and 800 in 1:53.7 James Robinson took over and reached 1200 in 2:52.8. It was soon afterwards that Maree went ahead. When Ovett drew alongside with 80m to go the outcome appeared inevitable, but Maree fought him off and pulled clear as Ovett eased off anyway. "I am just too tired", explained Ovett. "I have had too many competitions in too few days and too much travelling. I am just not in the best condition. There was only one man in the race who was ready and that was Sydney Maree". Added Sydney: "This is just a beginning. I still don't know what's inside me".

Sydney's next three races, which brought his summer season to an end, were beauties too. In Hamburg on September 12th he coolly disposed of Boit (3:33.67) in a personal best of 3:32.30 after leading through 1200 in 2:50.88, and four days later at Aichach (Ger) he defeated Boit again, this time over a mile — 3:49.93 to 3:50.51. Finally came the Fifth Avenue Mile in New York

SYDNEY MAREE'S PROGRESSION

(Born September 9th 1956)

	1500	Mile	3000	5000
1976	3:42.0	3:57.9	7:59.0	—
1977	3:41.2	3:57.2	—	—
1978	3:38.9	3:56.0	—	13:50.2
1979	3:38.2	3:53.7	7:43.0	13:20.63
1980	3:38.64	3:55.9	—	13:58.9
1981	3:32.30	3:48.83	7:43.42	13:38.3
Also: 10,000 — 28:21.46 (1980)				

on September 26th, in which Maree convincingly outkicked a star-studded field. His time for the road course, along 20 blocks of one of the world's most exclusive thoroughfares (and with a net drop of 31 feet), was 3:47.52 with Boit second in 3:49.59, Thomas Wessinghage third in 3:50.48 and Steve Cram fourth in 3:50.78. The consensus of opinion was that the times were about 4 sec faster than would have been achieved in normal track competition.

Said a delighted Sydney Maree: "This race was a thank you to the American people, to American track and field officials and to the people who trusted me and allowed me to compete in international competition. I wanted to give them a good show".

COMING SHORTLY . . .

Interviews with two other prominent milers: John Walker and John Robson.

WINTER WARM-UP

WARM UP THIS WINTER WITH NEW KIT TRAINING/RACING SHOES

NEW BALANCE

730 — Virtually eliminates road shock. Cushion your increased winter mileage. Sizes 6-12 (3 widths) **£39.95**.

420 — Superlight trainer with exceptional heel protection. Sizes 6-13 (3 widths) **£27.95**.

455 — As 420 with lightly studded, hard wearing sole. Sizes 6-13 (3 widths) **£28.95**.

GP81 — An inexpensive shoe with an expensive midsole wedge for real value for money. Sizes 6-12 **£12.95**.

ADIDAS

NEW — LOS ANGELES COMPETITION — The shoe that can be adjusted to your precise weight or needs. White/Navy extremely light with durable outsole. A great shoe if you want just a bit more protection for no increase in weight. Sizes 6-12 (E31.50) **£28.50**.

CROSS COUNTRY — The spike with padded heel and studs for the ultimate grip. Sizes 6-12 (E22.50) **£19.99**.

TRX TRAINING — Probably the outstanding quality training shoe under 200. Sizes 5-5 1/2 (E16.99) **£15.50**, 6-12 (E19.50) **£17.25**.

NIKE

INTERNATIONALIST Sizes 6-12 (E33.99) **£29.99**.

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



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

YANKEE — Sizes 6-12 (E19.99) **£17.99**.

EAGLE — Ultimate shoe for lightness yet retaining reasonable protection. Sizes 6-12 (E33.99) **£29.99**.

ORIENTEER — Waterproof upper, excellent multistudded sole for grip and a soft midsole wedge for comfort. Sizes 6-12 (E18.99) **£17.50**.

CLOTHING

HOODED TOPS — Cotton/Nylon, full zip. Colours: Green, Navy, Royal. Sizes S, M, L. **£6.95**.

ADIDAS DISTANCE — Extremely light weight comfortable and well cut. Sky/Navy, Navy/Red, Red/Navy, Royal/Yellow. **£6.25 or 2 for £11.50**.

VIGA ROAD RUNNER SUPER — (with lining). Navy, Royal, Sky, Black, Red, Green and White. Sizes 28"-36". **£3.99 or 2 for £7.25**.

LONG SLEEVE TRAINING JERSEY — Polycotton, medium weight in Navy. Sizes S, M, L. **£4.95**.

TRACKSUIT/TRAINING TROUSERS — New design tried and tested in specially developed polyester material to give freedom and warmth, quick drying and do the job. Sizes S, M, L. Black or Navy. **£6.95**.

SEND FOR COMPLETE STOCKLIST



RUNNERCARE

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

MESSAGE FROM SQUIRE YARROW

Dear Sir,

May I encroach on 'AW's valuable space to thank my good friends for their kind enquiries as to my health.

I am happy to report that I make slow, if painful, progress from the result of my stupid accident, and shall hope to be back in circulation at the beginning of December.

I was, of course, disappointed at having to miss the AGM of the Association, and would remind all and sundry that important decisions will have to be made in the near future.

It is therefore important that clubs, through their area associations, appoint delegates to the AAA policy-making-committee in whom they have complete confidence.

It is not a question of 'them' and 'us'. We are a democratic body, so we are all responsible for the final result. My duty is to try to ensure that the wishes of the majority prevail.

Squire Yarrow,
President, AAA

COACHING IN THE NORTH

Dear Sir,

Would it be possible for you to publish a short announcement explaining the position in the North of England concerning Staff Coaches?

In the North we have no Staff Coaches as such. The appointments ceased as from October 1979.

Letters

Coaches who formerly served as Staff Coaches no longer have such a function and we ask athletes not to expect, nor ask such a service from them.

We find it better to appoint coaches to specific projects and tasks either in coaches education, or in performance development. Because of the re-organisation which has taken place over the past 18 months, there has been no growth in areas of performance development. Now that Peter Warden has been appointed as National Coach, this area will receive more attention with Peter assuming overall direction. It is probable that this will be effected by further expanding the two existing Centres of Excellence, and establishing a third one in the North West. The regional Sunday Clinics will continue to service special local interests and serve as feeders to the Centres of Excellence.

Carl Johnson,
BAAB National Coach

THANK YOU FROM NORMAN COBB

Dear Sir,

May I thank those many friends who contributed, some of them anonymously, towards an appreciation of my term of office as

FREE VIGA SHORTS (WITH EVERY PAIR OF SHOES)

Sizes 30"-32", sky blue or white

NIKE

INTERNATIONALIST	6-12 £30.60
DAYBREAK	6-12 £26.99
LDVII	6-12 £26.99
ELITE	6-12 £26.99
WAFFLE TRAINER II	6-12 £23.99
INTREPID	6-12 £19.80
NYLON ROAD RUNNER	6-12 £15.30
WALLY WAFFLE	1-5 1/2 £9.99, 6-7 £11.50

BROOKS

HUGGER G.T.	6-12 £27.95
S. VILLANOVA	6-12 £18.99

REEBOK

AZTEC	6-12 £21.95
-------	-------------

ADIDAS

TRX TRAINING	6-12 £17.55
TRACK	6-12 £19.35
INTERVAL II	3 1/2-5 1/2 £12.95, 6-13 £15.30

HELLY HANSEN LIFA WEAR

(S, M, L, XL, Navy) Top £6.45, Bottom £6.45

BINGLEY SPORTS,

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



SOUTHERN COUNTIES AAA/WAAA

1982 FIXTURES

The Southern Counties 1982 "Club Fixtures" Meeting will be held in the Colson Room, Francis House, Francis St., S.W.1, on Friday, 11th December, at 6.15 p.m.

Affiliated Clubs are invited to be represented and it would be helpful if those clubs wishing to have their major promotions included in the "Fixture List", to be published at the end of December, would post/telephone, in advance, full details (including closing date for entries).

To: Hon. Sec. S.C.A.A.A., Francis House, Francis Street, S.W.1. (Tel. 01-828 8649), before 2nd December, 1981.

Honorary Secretary of the United Kingdom Coaching Committee from 1966 to 1981.

They will I hope gain as much pleasure as I from knowing that I am now the proud possessor of a signed artist's print of the British frigate 'Windsor Castle', painted by Montague Dawson and signed also by the late Lord Louis Mountbatten of Burma.

This will have pride of place in my lounge and will be a continual reminder to me of the kind thoughts of all those who I had the opportunity to serve during my term of office.

Norman Cobb

CHARITY BENEFITTED

Dear Sir,

In response to Ken Fiddler's letter (Oct. 10th) on the subject of the Luton 10 Mile Road Run and his reference to the £1.50 entry fee for the event which linked Vauxhall AC with his statements of "jacked up" entry fees and "maximum profits", I would remind Ken that the race was a charity event with Vauxhall AC accepting responsibility for ensuring a well organised race.

In support of the event Vauxhall Recreation Club provided dressing room accommodation and other facilities free of charge. Likewise, the many hours of work performed before the day of the race, on the day and afterwards, were given freely and willingly by Vauxhall AC officials and helpers. In return for this effort Vauxhall AC neither received nor wanted a single penny of the £1.50 entry fee, but like my fellow helpers I am happy in the knowledge that the event will, through the individual sponsorship of many of the one thousand competitors produce several thousand pounds for charity.

John Telford,
Chairman, Vauxhall AC

Dear Sir,

With reference to Mr Fiddler's letter may I comment with respect to the Bedford Half Marathon. This was staged with a two-fold purpose: to fill a road race gap that existed between 10 and 26 miles, and to raise funds for local disabled charities. Bedford Round Table helped find race sponsors who have I believe covered all £600 of the outgoings. Neither my club nor, as far as I am aware, any commercial company has made any direct profit from the race. All income, both entry fees and runners' sponsorship, has gone to charity.

As to the £1 race fee, this was set at an early date when we guessed at 400, and perhaps 300, runners. We felt we ought to aim for three times the sponsors' outgoings. With £400 fees and say £5 a head personal sponsorship we thought that we could make it. That we did subsequently collapse under 1200 (mostly late) entries and 850 finishers still amazes us.

The £1 fee seemed to be the going rate for this year and it wasn't our intention to be pace setters. I agree with Mr Fiddler's comments on a recession so I intend to charge 85p in today's money, i.e. £1 next year, for the same good cause.

Things are, of course, hard for all clubs putting on their own races and I doubt if the 50p entry fees will cover the prizes for the Bedford Boxing Day '10' but we still look forward to seeing you all, especially our neighbours from the Vale of Aylesbury.

R. E. Chaplin,
Bedford & County AC

ROTHERHAM MARATHON TRIBUTE

Dear Sir,

I would like to pay tribute to the recent Rotherham Marathon, which having been with us for 12 years is truly established. Slick organisation by the Rotherham officials, plenty of drinking stations and sponging points, stewards at every turning, and the great support was completed at the finish by an awaiting certificate, pen and personal memento — all for £1. Quite remarkable, and I am already looking forward to September 19th 1982.

A. C. Braham,
Barnsley.

LEAVE FUN RUNS TO THE FUN RUNNERS

Dear Sir,

I would like to express through your columns the discontent felt by many fun runners concerning the number of dedicated athletes entering fun runs. Every week, we hear some athlete whining about fun runners getting under their feet in races which should be confined to proper athletes, but we never hear the other side to the story. Some highly trained athletes enter fun runs quite regularly and must get endless satisfaction by being in the top five every time. These small minded athletes must clearly have their own little ego trips by being well placed in fun runs, thereby defeating the object of a run for fun in which times and positions are not important. Organisers of fun runs do not help matters by continually interviewing the winners, normally athletes. Surely, they should interview the person who was last or half way down the order, the ones who ran for fun. So athletes, you stick to your patch and we'll stick to ours.

M. L. France
(Jilted Jogger),
Gillingham, Kent

A dark blue track suit top was left in the changing rooms after the Priory Relays at Reigate on November 7th. If anybody picked it up would they please contact Mr B. Diss on Upminster 27007.

BROWNING LINKS UP WITH MIZUNO

Browning Sports have signed an exclusive UK distribution contract with the giant Mizuno company of Japan, one of the world's largest sports companies. Until now, they have concentrated their business interests in Japan, where they are by far the largest sports goods company employing some 3000 workers in ten factories. Browning say they will be signing up 50 top athletes to promote their Mizuno range which will commence with five training shoes ranging in price from £14.95 to £32.95 available in February, 1982, with the accent on quality.

CLASSIFIED ADVERTISEMENTS

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

TRAINING IN THE DARK. Play safe by wearing a High Visibility Orange PVC Tabard. Adjustable side Tapes. Only £2.25 post free. Discount for Bulk purchases. **The Overall Shop, 3 The Parade, Mead Place, West Croydon, Surrey CR0 3SQ.**

TRAINING DIARY 95p (B.A.A.B. APPROVED). Training, Competition, Fixtures, Graphs, Schedules sections! Starts anytime! We now have 240 different 'fun' & Commemorative stickers (stocks over 75,000!). Send for the new **STICKERS/BOOKS CATALOGUE**, Samples, £30-worth Discount 'Stamps'! (11½p stamp): **Arena, 325 High Road, London SW16 3NS.**

I.A.C. COACHING POSTERS. 12 star athletes shown in step by step analysis photographs — plus commentary booklet covering all events except hammer. £7 plus p&p £1.50. **I.A.C., Hampden House, Kingsway WC2B 6SD.**

SPORTSGEAR FOR MERSEY RUNNERS — Pony, New Balance, Brooks, Walsh, Lotto. Free Runner's T-Shirt (worth £3.25) with any pair of RW 5 Star shoes. **34 Rose Lane, Liverpool. Tel: (051) 724 5227.**

CHINA AWARDS — Plates, mugs, coasters, etc. Club insignia, event dates, sponsors names, etc. shown. Recent events featuring these items include London Marathon, Peoples Marathon, Michelin 10, Mansfield ½-Marathon & Telford 10. Also ideal as general sports or social club prizes. Contact **Berkshire China Co. Ltd., 298 King Street, Fenton, Stoke on Trent, Staffs. Tel: 0782 311447.**

RE-SOLING £5.75 (Free return Postage) — All leading makes. **Harrier Sports, 1 St. John's, Worcester. 427601.**

SHOE FIX — For the repair of sports shoes. Increases the life of your shoes. Send £2.50 to: **Run-Inn Sports, 3 Rowbottom Square, Wigan.**

SERIOUS RUNNER REQUIRED to work for progressive W. London retailer. Please call **Tim Esson on 01-938 1911.**

RUNNER'S CALENDAR

If you're a road running type, then "A Runner's Calendar 1982" — published by the London Road Runners Club — will be a year-long delight... and it makes a smashing Christmas present for kindred spirits. There's a big colour photo for each month, all by Mark Shearman. Races covered include the London, New York, Peoples, Poly, Pony British and European Cup Marathons, the Great North Run and the National Cross-Country, and individuals featured include Joyce Smith, Kath Binns, John Graham and Ron Hill.

Obtainable from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price: £2.50 post free.

ORIENTEERING, FELL-RUNNING, XC-SKI. All in "CompassSport" colour magazine. £4.20 six issues. 14 day money-back guarantee. **22 Sherland Road, Twickenham.**

ASIC TIGER (mail order), X-Caliber £26.50, Marathon £14.70, Cutlass £14.00, Mach III £15.00, Spartan B £29.00, Atlantis £17.20. **Douglas Sports, 16 St. Martin's Le Grand, London EC1A 4EP.**

THIRSK SPORT FOR REEBOK Aztec £22.70, Nike Road Runner. £14.99, Orienteer £16.95, Walsh V. Ripple £22.50. Free tube of shoe patch worth £2.50 with every purchase. P & P Free. **2 Chapel Street, Thirsk, North Yorkshire.**

NEW BALANCE T-SHIRTS just in from the States. Navy, Burgundy, Sky, Grey. S/M/L. £4.95. Phone 01-943 0239 with your Access/Barclaycard number for **SWEAT SHOP'S SAMEDAY MAILORDER SERVICE.**

LADIES SKIN SUITS BY WASP. The new one piece athletic strip with complete flexibility of movement. Colours: Red Top/Black Shorts, Orange/Black, Bright Pink/Black, Wine/White. £12 per SKIN SUIT post paid. Club Designs (minimum order one SKIN SUIT) £13.50. State Chest Size. **Mike Groves (Sportswear), 23 The Rise, Ashford, Kent. Tel. 0233 39316.**

ONE PIECE TRACK SUITS BY WASP. Knitted in high bulk Acrylic fabric gripped from leg to neck. Zip closed forms roll neck. Zip open forms lapels. Extremely warm and flexible. Black only. £25 post paid. State height only. **Mike Groves (Sportswear), 23 The Rise, Ashford, Kent. Tel. 0233 39316.**

STOPWATCHES — SPECIAL OFFERS. Accusplit 705 £22.50 (£24.99); 725 £26.95 (£29.95); 760 £49.50 (£54.99). Also available: Alfex LCD (large display) £25.95; PGR Multi-Function £24.50 POST FREE. **RAG Timing, Box 2111, c/o Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT.**

LE COQ TRACK SPIKES

Le Coq Pronto track running spikes, super ultra lightweight. Dark blue mesh uppers. 6 spike sole. Sizes 5 1/2, 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 11, 11 1/2 & 12. Usual price £22.99 Only £10
Sprint & Middle Distance Track Spike

Viga Track Queen Singlet. V-neck ladies athletic singlet in lightweight Vloft Polyester with Viga mesh stripe. Sizes 28", 30", 32", 34" & 36". Colours: white, black/white, red/white, amber/black. Usual £3.99 £1.95

Viga Track King. Sleeveless mens athletic vests, 100% cotton. Colours white/black, gold/black, red/white, Royal/white. Sizes: small boys 26/28", large boys 30/32", small mens 34/36", medium 36/38". Usual price £4.25 SALE PRICE £1.95.



PIONEER Knitted Tracksuit Jackets. Black, navy, green & green/white. Sizes 5' 1", 5' 4", 5' 6", 5' 9", 5' 11", 6' 1", 6' 4". Usual price £11.80 Only £5.95. Two for £10

SPORTSMAN Long Sleeve Cotton/polyester Training Jerseys, white Royal, sizes: large boys 30/32", small 36". Usual price £5.60 Only £2.95. 2 for £5
Viga Rainjackets with full length zip and hood. Black with large white 'V' on front. Sizes: 5' 4", 5' 9" & 5' 11". Usual price £10.95. Sale £6.95.



NEW Mitre Cougar. Super New Roadshoe with replaceable insole, featuring now famous sole. It's a real winner at £14.95 for sizes 2-5 & £16.99 for 6-12 inc. 1/2 sizes. Two colours—blue or grey.

London Marathon Souvenirs
Bone China 4 1/2" Coaster £2.25
China Mug £2.75

Earthenware Mug £1.75
Plate China 6" £2.75
Sweatshirt, all sizes £5.95
Postcards, 6 designs 12p ea.
Shorts (state waist size) £4.95

adidas AA Tracksuits
100% interlock nylon jacket with ribbed collar, ribbed cuffs and full length zip. Trousers with tapered legs, stirrups, boxer waist and two zipped pockets. Colours: Lt green/dk green, sky/navy, royal/yellow trim, royal/white trim. Usual Price £15.99 £12.50

Jackets only £6.95 Trousers only £7.95
Suits and separates available in the following sizes: 5' 4", 5' 6", 5' 9", 5' 11", 6' 1", 6' 4".

Poster £2.20



adidas

Mail Order Specialists BOURNE SPORTS

Ron Hill Runnerbrite Waistcoat. Light, comfortable, fluorescent. £5.95

STAMINAIDE aids sporting performance by replacing the body salts, fluid and energy lost through sweat and strenuous exercise. £1.75 per jar

Mens Umbro Athletic Shorts in Shiny Nylon. Sizes: 28", 30", 32". Colours red/black, royal/amber, green/black, amber/red, red/amber, black/emerald, amber/royal, amber/emerald, royal/red, black/red, amber/black & black/royal. Usual price £4.95 Only £2.00 pr.

Gola Rainsuit Trousers all sizes XS. Inside leg 29" small, 30" medium 31", large 32", XL 33". Only £3.95.

Gola Jog Meter £8.95, 'register your miles'

NIKE
New Nike Tube Socks. White with green or royal trim. £3.00 or 2 pairs for £5.50
Marathon Feeding Bottles 25p.

Karhu Rainsuits with warm lining. Royal or red jackets with full zip £13.50. XXS 32", XS 34", S 36", Med. 38/40", L 42", XL 44", XXL 46". Trousers with zip to thigh £11.95. State inside leg and waist measurements.
SUIT. Extra Special Price £23.50.

KARHU

TRACK SUPER SPIKE Ref 2208
Multi-purpose (grey/black) £27.95
Size 6-12

ROADHOG Ref 2378 One of the most comfortable trainers on the market. Wide fitting, super lacing system, very hard wearing air cushion heel. (Grey/black) 4-5 1/2 £21.70 6-12 £24.95

STRADA Ref. 2320 Air cushion racer/trainer lightweight with good grip, exceptionally hard wearing sole. (Grey/black) £27.95
Size 6-12

Karhu Sweatshirt with Marathon motif 36", 38", 40", 42", 44" Grey, black or blue £8.95

Karhu Nylon Shoulder Bag with zip compartment, royal and white £5.95

Karhu 100% Cotton T-SHIRTS. White, blue or red £5.95 (state chest size).



BROOKS STREETFIGHTER large Nylon Holdall Shoulder Bag. Usual price £11.50 Only £8.95

Helly-Hansen Lila Super (Thermal wear) Ideal training winter wear
Ref. 46000 Long sleeve athletic training jersey, navy or red. XS, S, M, L or XL £5.95
Ref. 46026 Short sleeve crew neck training T-shirt, navy or red XS, S, M, L or XL £5.95

Spenco Sports Injury Prevention and Treatment Products

Insles (state shoe size). Ladies and mens £2.60
Orthotic Arch Supports £3.50
Flexible Arch Supports £3.50
Cushions £1.80
Skin Guard Tape £1.90
2nd Skin £1.40

Tulhi's Heelcups. The shock absorber! Help relieve sore heels, knees, shin splints and tired, burning feet. Universal size for men, women and children. £5.95 pr.

Runners Gloves 100% cotton. Boys, Youths, S/Mens, Mens £1.50
Runners Training Diary—£1.25
Smiths Stridmaster Pedometer £9.95

Brooks
Shoe Bag Red, silver or blue £1.60

Ron Hill Trackers. navy, royal, bottle or black, S, M & L £7.35
Matching Jacket £8.25

CASIO Wrist Stop Watches

F500-1 Main Features
Changeover between hour/minute/second /date and hour/minute/day/date
Professional stopwatch function
Alarm function (The stopwatch and alarm functions work independently)
Time signal function (The watch chimes every hour on the hour one second)
Super accuracy. + 15 seconds a month
Micro-light for night viewing Price £9.99

F82-1 Main Features
Continuous readout in hour, minute, second, am/pm, date and day
Professional stopwatch function (times up to 12 hours with accuracy to 1/100 sec, net/lap/1st-2nd place times measurements)
Super accuracy. + 15 seconds a month
Micro-light for night viewing Price £13.95



CASIO

W100 Waterproof version with all above features. Illust £21.50

UC50W As W100 but with stainless steel strap £21.95

W200 As W100 but no countdown timer £17.95

J100 (Jogging) counts number of paces £17.50

Slazenger Wet Bag. Designed for wet clothes after sport. Protects other equipment and clothing. Draw-type fastening. £2.95.

Shoe Goo. Replaces worn away rubber £3.35.

Hammer Gloves best leather £4.95.

Trackshoe Laces (white) 3 prs. for 50p
100 cm childrens 14cm adults

★ Best buy on the page ★

Umbro Long Sleeve Cotton/Polyester Crew Neck Training Jerseys. Sizes 34/36, 38/40. Colours: sky green, brown gold, white, red, beige and purple. List Price £6.90 only £3.95

New Balance Rainsuits. Grey with black trim or royal with yellow trim, very smart. Sizes S, M, L & XL Only £3.95

NEW BALANCE T-SHIRTS grey with black logo £4.95

New Balance Holdall with handles and shoulder strap. Grey/black or grey/burgundy £9.95

Nike Leather Cortez. Usual price £18.95 only £6.95. Few sizes only but super offer if you take sizes 4, 4 1/2, 10 1/2, 11, 11 1/2 or 12

Puma Training Shoes. Lite Rider 4-5 1/2 (£19.13) £15.50 6-12 (£21.99) £18.00

Puma Spikes Hurricane (Distance Runner spike) 2-5 1/2 £14.99 6-12 £16.99

SAUCONY
Jazz (blue & white) Sizes 6-12 inc. 1/2 sizes £32.99

Freedom (purple & white) Sizes 7-13 inc. 1/2 sizes £35.99

Hornet (blue & blue) Sizes 6-13 inc. 1/2 sizes £30.99

TARGA FLEX. Light blue parachute nylon with beige suede, navy chevron. Rated 5 STAR highly recommended by Runners World. £18.99 sizes 6-12. Extra lightweight (253 gram) running shoe.

BROOKS
TRAINING SHOES

Vantage 430 3 1/2-12 £19.99
Hugger GT 421 5 1/2-12 £27.99
Silver Hawk 5 1/2-12 £14.99
NEW BALANCE TRAINING SHOES
New Balance 375 6-12 £19.95
New Balance Comp. 100 6-12 £29.95
New Balance 420 6-12 £29.95
New Balance 455 6-12 £29.95
New Balance XC-15 6-12 (sec) £16.95
New Balance 620 6-12 £33.95
New Balance 730 6-12 £44.95
New Balance Sole Units. Style as Model £20 £30.60 pr. Model 375/455 £35.95 pr. Model 730 £45.90 pr.

NEW BALANCE 420 & 730 Insoles £2.95 pr.

REEBOK TRAINING SHOES

Orbit Express 6-12 £12.25 £10.15
10K 3-5 1/2 £15.00
10K 6-12 £19.30
Aztec 3-5 1/2 £16.00
Aztec 6-12 £22.70 £18.95
Midis 6-12 £22.70 £20.00
Shadow I 3 1/2-6 £16.99 £14.50
Shadow III 6-12 £17.99 £16.00

REEBOK SPIKES

Orbit 3-5 1/2 £14.00
Orbit 6-12 £19.35 £17.00

NIKE TRAINING SHOES

Wally Waffle 8-13 £8.50
Wally Waffle 1-5, 6-7 £12.50 £10.35
Wally Trainer II 5-5 1/2 £20.00
Wally Trainer II 6-12 £22.50 £20.50
LDV II 6-12 £29.99 £24.90
Elite 6-12 £29.95 £24.90
Tailwind 6-12 £39.95 £35.00
Daybreak 6-12 £29.99 £25.50
Eagle 6-12 £33.99 £29.00
Yankee 6-12 £17.99 £15.00
Yankee 3 1/2-5 1/2 £15.65 £14.00
Magnum 6-12 £31.95 £27.99
Internationalist 6-12 £33.95 £28.50

INTREPID 4-5 1/2 £18.15 £16.95
6-12 £21.99 £18.75

TITAN 4-5 1/2 £23.90 £20.50
6-12 £27.50 £23.50

NIKE SPIKES

Fly sizes 8 through to 11 only £21.95 £8.50

Triumph 6-12 £24.99 £21.50

Vainqueur 6-12 £36.99 £32.75

Universe 6-12 £33.99 £30.00

ADIDAS SPIKES

Champion 4-5 1/2 £10.75 £8.95

Champion 6-12 £11.75 £9.75

Interval 2 1/2-5 1/2 £11.95

Interval 2 1/2-5 1/2 £15.95 £13.75

Crosscountry 3 1/2-5 1/2 £17.99 £15.00

Crosscountry 6-12 £21.50 £18.95

ADIDAS TRAINING SHOES

Marathon 80 6-12 £36.25 £31.50

TRX Competition 6-12 £21.75 £18.95

Marathon Trainer 3 1/2-5 1/2 £22.90 £19.00

6-12 £24.99 £21.50

Los Angeles 6-14 £24.99 £21.50

TRX Training 3 1/2-5 1/2 £15.50

TRX Training 6-12 £19.50 £16.95

Zenith (Racer/Trainer) NEW!! £28.95

adidas Los Angeles Competition

5-5 1/2 List Price £27.38

Offer Price £25

6-12 List Price £31.50

Offer Price £29

Mail Order

Cash with order to BOURNE SPORTS Church Street, Stoke-on-Trent, ST4 1DJ Tel: 0782 410411
All orders value £20 and over Post Free. Other orders plus £1 post and packing.

Callers Welcome





Athletic Clothing from mail order specialists **BOURNE SPORTS**

CHURCH STREET, STOKE-ON-TRENT. TEL. 0782 410411



TRICOLOUR Red/White/Blue, Red/Gold/Black Sky/White/Navy. S M L £4.95



ULTRABRIGHT II Royal/White, Sky/Red, Red/Black. S M L £4.95



ULTRABRIGHT I White, Black, Royal, Sky, Navy, Red, Gold, Green, Purple. Boys, S M L £3.95



MARATHON MESH

White/Black, Black/Gold, Royal/White, Red/White, Gold/Green. One size fits all £3.95



TRACK KING II

Green/Gold, Black/White, White/Red, Royal/White, Red/Black, Sky/Navy, Purple/White. 22/24, 26/28, 30/32, 34/36, 38/40. £3.25



LADY BULLET White/White, Royal/White, Navy/White, Red/White, Green/White, Purple/White, Sky/Royal. 26/28, 30/32, 34/36, 38/40. £4.95



BULLET II White/Black, White/Red, Black/White, Royal/White, Sky/Royal, Red/White, Black/Gold, Red/Gold, Green/White, Gold/Green, Red/Black. Boys S M L £4.95



BULLET I White, Black, Red, Royal, Sky, Navy, Gold, Green, Purple. Boys, S M L £4.45



BULLET III Red/White/Blue, Red/Gold/Black, Sky/White/Navy. Boys, S M L £4.95

ROADRUNNER SUPER

White, Black, Navy, Royal, Sky, Red, Green. 22/24, 26/28, 30/32, 34/36, 38/40. Sewn-in brief. £3.95



GRAND PRIX

Red/White/Navy, Navy/White/Black, Green/White/Navy, Royal/White/Navy. 22/24, 26/28, 30/32, 34/36, 38/40. Sewn in brief. £4.95



TRACK KING III

Red/Blue/White, Red/Black/Gold. 22/24, 26/28, 30/32, 34/36, 38/40. £3.25



JET QUEEN

White, Black, Royal, Red. 22-24, 26-28 £3.95



CLASSIC

White, Grey, Navy, Sky, Green, Red, Royal, XS, S M L XL. With pockets and fleece lining. £5.95



Access or Barclaycard

VIGA Tube Socks.
White with various trims, cushion sole. Usual Price £1.75
74% Cotton
only £1 pr or 3 prs for £2.50.

Mail Order

Cash with order to BOURNE SPORTS Church Street, Stoke-on-Trent, ST4 1DJ. Tel: 0782 410411.
All orders value £20 and over Post Free. Other orders plus £1 post and packing.
Callers Welcome.