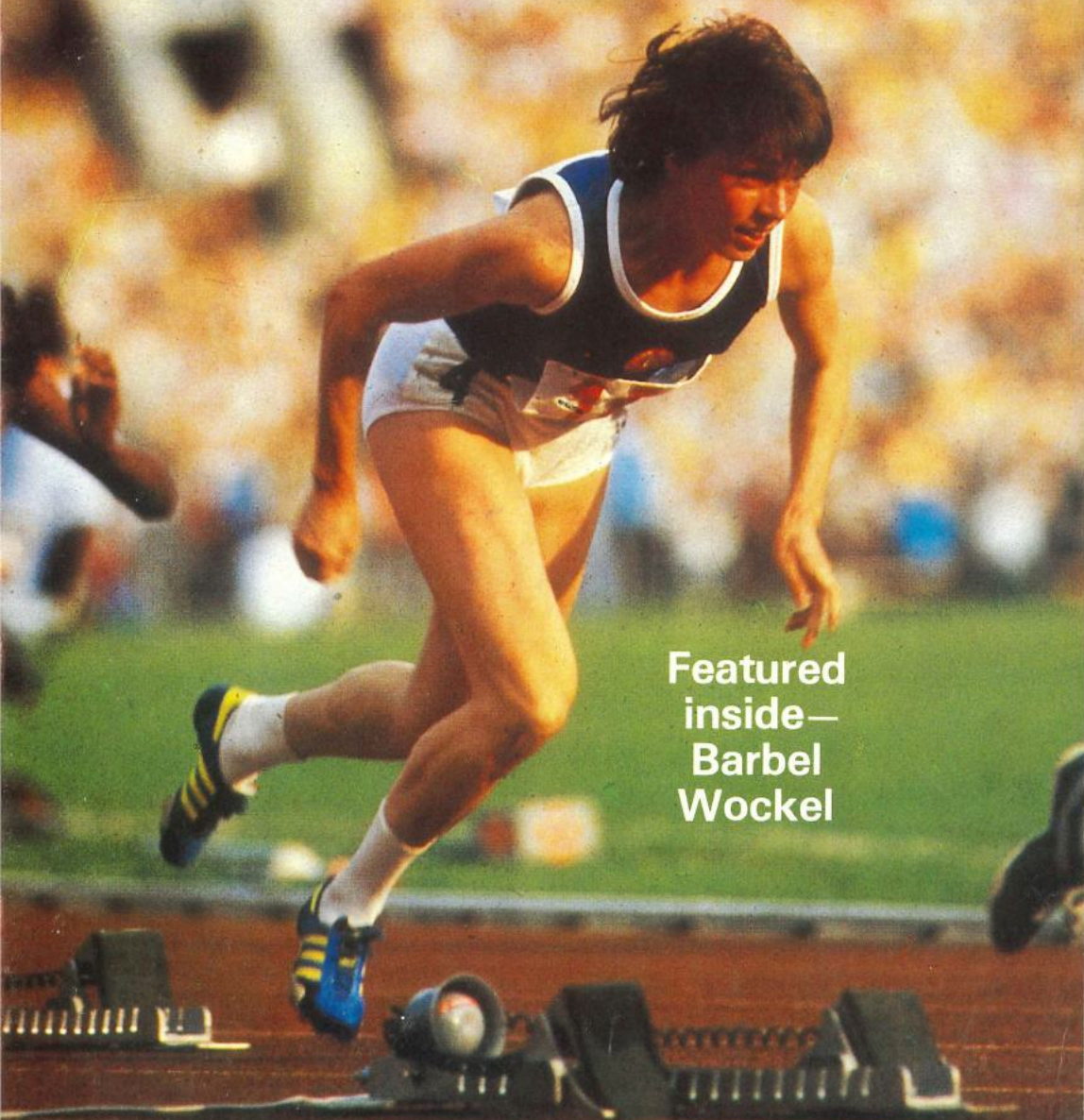


INCORPORATING WOMEN'S ATHLETICS MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

NOVEMBER 22nd 1980 30p



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inside—
Barbel
Wöckel

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 Subscriptions & Circulation: GABRIELLE PACE

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: £19.24
 Through an agency: £22.62
 Overseas Surface Mail: £22.36
 Air Mail Europe: £26.00
 Other Air Mail rates on application.
 USA Surface: \$54. Air Mail: \$71.
 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 1979 19,539.

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

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Vol. 34 No. 47

NOVEMBER 22nd 1980

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THE WEEK AHEAD

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

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

Wednesday, November 26th: NE Wednesday League, Wetherby; Southern Counties Open Meeting, Crystal Palace.

Saturday, November 29th: Greater London CC Champs, Parliament Hill; Lancashire Women's CC Champs; Welsh Inter-County Champs, Powys; Southern Women's League, Ipswich; Yorkshire Women's CC Champs, Sheffield; N. Yorkshire & S. Durham League, Hartlepool; NE

Harrier League, South Shields; Red Rose League, Bolton; NW London YA League, Enfield; Scottish Northern District League, Lossiemouth; Vets AC CC, Woodford; RAF v Midland Counties v UAU CC Match; Wolverton '5', Milton Keynes; Midland '7', Michelin; Whiteknights Relay, Reading; Steyning Open 12km Walk, Steyning; Phil Embleton Memorial 15km Walk, Battersea Park.

Sunday, November 30th: Barnsley Marathon; Southend '5'; Basingstoke '6'; Camberley Women's Trophy Meeting; Rugby & District YA League, Corby; Sportsland CC Races, Wolverhampton; Lynn Regis CC Trophy Meeting, March.

Ninth in the East Surrey League at Lloyds Park on October 25th ('AW', Nov. 15th) was M. Fidler (Sy. B) and not as stated.

COVER PHOTO (By Mark Shearman)
 Olympic 200m champion Barbel Wockel, subject of an Ivan Berenyi profile in this issue.

AAA Announces Record Profits For The Year

THE AAA, in its Centenary year, reached a new financial peak. There was a record surplus of £42,331 (£31,594 after Corporation Tax) for the year ending March 31st 1980 — four times higher than ever before. And the good news didn't end there: treasurer Ray Stroud reported to the AGM on November 8th that during the past summer there had been "a very good surplus from our matches, to be reflected in next year's accounts", while last week details of a valuable new television contract with the BBC were announced (see box).

Mr Stroud revealed that the Association's net assets at the end of the last financial year totalled £83,447 and that income from matches — a very important item — was £72,289, including £24,518 from the 1979 AAA Championships. Despite the withdrawal of the Nationwide Building Society, sponsors for the past nine years, there was no threat to next year's Championships. "I can assure you", said Mr Stroud, "our Championships will go on, whether we have a sponsor and TV or not".

A resolution proposed by Mr Stroud on behalf of General Committee — "That the Association be empowered to form subsidiary Companies and/or to enter into joint arrangements with other companies and/or with other organisations, as may be thought expedient, in connection with the objects of the Association or any of them" — was carried. This will enable the AAA to extend its business activities, particularly in the marketing field. There were no immediate plans to use the new powers — but, said Mr Stroud, "it's a useful thing to have up our sleeves".

Squire Yarrow, the AAA president, reiterated that the Association wanted a thorough debate on the report of the Amateur Status Sub-Committee (see October 18th issue), with discussions at all levels from club upwards. An Extraordinary General Meeting of the AAA would be convened in the early months of 1981, in good time for recommendations to be passed on to the BAAB which in turn would report to the IAAF which holds its own big debate on amateur rules in Rome next summer.

Mr Yarrow voiced his disappointment over the lack of recognition in high places of the significance of the AAA's Centenary year — a reference, presumably, to the absence of royalty from the Centenary Championships and the fact

TV CONTRACT WORTH NEARLY £2M

British athletics will receive a massive financial boost with the signing of a new exclusive television contract with the BBC to run for four years until the end of March 1985. The exact figure of the agreement involving the BAAB and AAA has not been revealed but is believed to be approaching £2 million — seven or eight times the value of the previous four-year contract.

David Shaw, general secretary of the BAAB (a body which has had severe economic problems in recent years) commented: "The new contract will not only secure our financial position, but will also supply a platform for the long-term development of the UK Coaching Scheme and will bring vital assistance to the constituent members, the British Athletics League and the Counties Athletic Union".

The BBC's head of sport, Alan Hart, said: "We are pleased to continue the rewarding relationship that has so much support for all branches of athletics and entertainment for the public. Our past record of televised athletics and the high standards of production and commentary were significant factors in the negotiations". A BBC survey last year indicated that athletics was the most popular televised sport with the public.

that no officers of the AAA appeared in last summer's Birthday Honours List. "Although our Centenary year was a great success", he said, "in many ways it was marked by a lack of appreciation in certain quarters. We deserve far more appreciation than we have so far received".

Barry Willis was elected a life vice-president as well as being re-elected secretary for the 16th year. Other officers elected: president — Squire Yarrow; treasurer — Ray Stroud; vice-presidents — W. H. Hayward & A. A. Tomkins (nominated by MCAAA), J. C. Exley, E. Illingworth & W. Rae (NCAA), A. A. Gold, L. H. Golding, R. W. Goodman, G. A. Havell & A. T. Liffen (SCAAA), K. Griffiths (Welsh AAA), F. Davies, F. J. Martell, R. L. Stroud & A. E. Williams (nominated by General Committee).

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More Professional Approach Required —Warns AAA Treasurer Ray Stroud

PRIOR to presenting the accounts at the AGM of the AAA, treasurer Ray Stroud — who was able to announce a record surplus in Centenary year — considered "what we are doing and where we are going". Here is what he said.

For a hundred years our role has been largely administrative and quasi-legal. We have been the focal point of the organisation of athletics from clubs up through the various tiers of administration; we have instituted rules and dealt with contraventions of them.

It cannot be emphasised too often that we rely tremendously on the efforts of a large number of devoted and dedicated amateur administrators — the value of their voluntary work cannot be costed, but there is no doubt they really make all the difference between our making a profit or a loss. The powers that be would do well to be more aware of this; and the sport too would be well advised not to ignore or jeopardise the labour and expertise which interested people can, and do give.

But with rapidly changing ideas and conditions it has become evident that if we are not to suffer a Kerry Packer situation, or the problems which have occurred in other sports, then to survive and to remain in control we must adopt a more commercial and professional approach. Having said that, we mustn't be complete slaves to business criteria but have to harness them sensibly to our own advantage.

Nevertheless we are in effect moving into the entertainment business, and this in itself means a re-appraisal of long established behaviour and procedures to see whether they are relevant to the present and to likely future conditions.

Most of our income nowadays comes from our various matches and promotions, and I think it is not without interest to analyse the elements which are involved. I'll start with our officials — a large number are required, and they willingly and freely give of their time and knowledge. We must not overlook this, and the Association has been able to help by increasing travelling expenses and assisting timekeepers and starters with certification expenses and so on.

The other raw material in producing a successful meeting is of course our athletes. Attitudes here are changing and whilst there is probably still some way to go yet, I think it is generally accepted that we are closing the gulf which formerly existed between officials and athletes. Most of the athletes these days have a pretty shrewd idea of what they want and where they are going. Certainly we need each other and

the AAA enjoys a very good measure of co-operation and loyalty from them.

We must also be alive to our relations with our sponsors (and their agents) and give them value for money. I would add my appreciation in particular to Nationwide Building Society; Philips Industries; Provincial Insurance, and Esso for their help. Our administration needs to be on the ball and to be able to cope with pressures in an efficient and cheerful way.

A good meeting financially also needs television. We have a very good relationship with the authorities, and we are grateful to Alan Hart and his BBC team for their help and understanding.

Good family entertainment

Our customers in the business of providing good entertainment are the public who pay to come in to see our matches. Again we must give value for money, and put ourselves in their position when assessing this. We are lucky that athletics, unlike many other sports now, is still good family entertainment, and we must keep it that way.

All this has to take place somewhere. I'll mention Cosford indoor track later, but as far as other stadia are concerned there may well be in future problems with advertising which of course sponsors don't like (other than their own advertising, of course). We may have to take measures ourselves if for example placard advertising becomes a threat, and discussions have already taken place.

In the financial year we are considering, our profits from matches were excellent. Our promotions committee have worked very hard and I would like to express my thanks to them. In particular I must mention the debt we owe to our

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fixtures secretary — Andy Norman. We are very fortunate in having in him the voluntary services of someone with such energy, foresight, and business acumen. Sport generally is sadly in need of such managerial entrepreneurial flair.

Athletics will probably change considerably in the next few years. We must be alive both to any dangers this presents and also to any opportunities. Marketing advantages are one aspect that may well come to a head shortly.

What else for the future? The national economic situation is very uncertain and sponsorship may not be easy to come by, but I can assure you our Championships will go on, whether we have a sponsor and TV or not. You could say one agent's twilight is another agent's dawn! We are very fortunate to have come up with good figures at a time when many other companies are in difficulties and even going to the wall.

But at the same time that we produced record profits, we are starting a new century by incurring a record item of expenditure. The new track at Cosford is in course of being laid, and the total cost is estimated at around £100,000. We have been successful in obtaining a Sports Council grant of 50% (and we are grateful to them) but this still leaves us with about £50,000 to find. This we are doing from our own resources. One wonders, however, in how many other countries the governing body nowadays has to provide its own facilities.

Overheads too are rising — they are now running at £60,000 per annum. Project that at an annual inflation rate of 20%, and it might soon get out of hand. I would remind you again that we receive no administration grant — on the contrary we suffer Corporation Tax when we are successful, as well as VAT which is being extended. It's all very discouraging for a national governing body that ploughs back all its profits for the good of the sport — a sport which surely is of considerable benefit to the nation. Would that Governments could appreciate what a first class investment aid to sport can be, in the dividends from a health, from a social, and from a foreign image point of view.

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ANOTHER DATE FOR OLYMPIC FILM

The first showing of the "Moscow Olympics 1980" ('AW', Nov. 8, pg 46) was so well supported that another showing has been scheduled for Sunday, December 14th, 1.30 pm. Tickets are £1.80 (half price for pensioners, students and children under 15), and applications should be made to Olympic Film, 3, Rosary Gardens, London, SW7 4NW.

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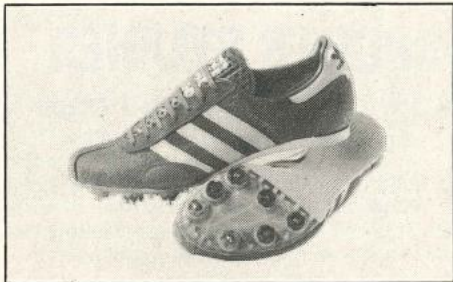


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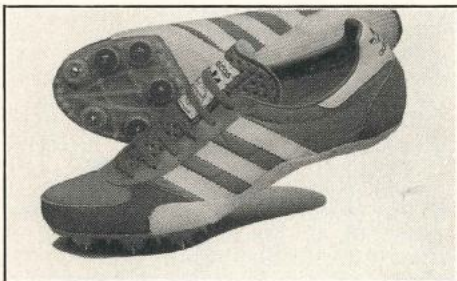


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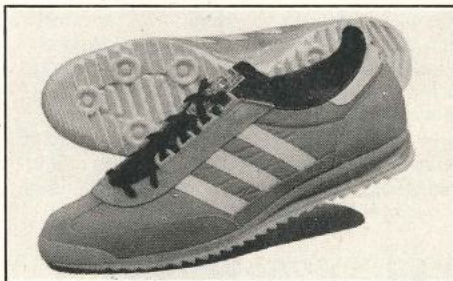


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LEAGUE RACES

MIDLAND WOMEN'S LEAGUE

At Solihull, October 19th

1, S. Hutton (Loughborough Stu.)	20:58
2, B. Smith (Bromsgrove & R)	21:44
3, C. Readdy (City of Stoke)	21:55
4, G. Morris (Bir)	22:03
5, R. Duddle (Charn)	22:14
6, A. Turland (B&R)	22:23
7, J. Burtonwood (Leic)	22:35
8, S. Parker (W&B)	22:57
9, L. Degg (Stoke)	23:04
10, K. Butters (Leic)	23:20
11, K. McDermott (Lough)	23:30
12, C. Mijovic (Birm. U)	23:34
13, W. Read (Warl)	23:38
14, F. Ashmore (Charn)	23:49
15, R. Clayton (Notts)	24:07
16, G. Rhodes (Stoke)	24:14
17, W. Benfield (Notts)	24:14
18, K. Dunn (Birm. U)	24:18
19, L. Clifford (B&R)	24:19
20, H. Edwards (Notts)	24:19
21, P. Bolam (Dav)	24:20
22, J. Murford (Leam)	24:23
23, J. Grubb (B&R)	24:26
24, M. Carmody (Cov)	24:30
25, B. Oldaker (Spark)	24:39
Teams: 1, Bromsgrove & R 27; 2, City of Stoke 28; 3, Loughborough Stu. 44; 4, Charnwood 46; 5, Notts 52; 6, Leicester 57.	

Intermediates

1, N. Carmody (Coventry)	14:05
2, C. Clarke (Coventry)	14:15
3, A. Gilling (Warley)	14:32
4, A. McKim (North)	14:39
5, —	14:41
6, J. Glass (Warl)	14:45
7, J. Cooke (Cov)	14:51
8, H. Easton (North)	14:56
9, C. Simcock (Stoke)	15:01
10, J. Chidley (Notts)	15:05
11, L. Cochran (Staff)	15:07
12, J. Bradley (Stour)	15:13
13, D. Parry (Cov)	15:23
14, J. Platt (Cann)	15:24
15, L. Martin (BH&M)	15:26
16, K. Taylor (Stroud)	15:28
17, C. Bateman (Leic)	15:29
18, C. Marks (Bir)	15:29
19, F. Betts (Charn)	15:30
20, S. Colley (D&S)	15:33
21, S. Murray (Droit)	15:35
22, N. Quintan (Stoke)	15:39
23, A. Cardus (B&R)	15:42
24, O. White (Bris)	15:44
25, S. Roadley (Leic)	15:47
Teams: 1, Coventry 8; 2, Northampton Ph. 49; 3, Warley 57; 4, Notts 72; 5, City of Stoke 75.	

Juniors

1, K. Flanagan (City of Stoke)	11:10
2, K. McQueen (Notts)	11:13
3, J. Penfold (Cannock Chase)	11:18
4, J. Beasley (BH&M)	11:21
5, A. Garry (B&R)	11:23
6, R. Green (Bris)	11:24
7, S. Holland (Stoke)	11:27
8, J. Found (Bris)	11:29
9, H. McDonald (Cann)	11:30
10, T. Johnson (B&R)	11:30
11, A. Carmody (Card. W)	11:32
12, C. Wilson (Card. W)	11:34
13, J. Shepherd (Leic)	11:36
14, J. Rollins (B&R)	11:39
15, J. Dicks (Nun)	11:40
16, K. Nurse (Charn)	11:42
17, H. Gould (Bris)	11:43
18, A. Winter (Cov)	11:45
19, A. Presley (Bris)	11:45
20, D. Deasy (Cov)	11:45
21, J. Alexander (B&R)	11:45
22, K. Trander (D&S)	11:45
23, L. Growcock (S&SH)	

11:45; 24, S. Cooke (Ald. C) 11:49; 25, H. Ansell (Notts) 11:49. **Teams:** 1, Bristol 50; 2, Bromsgrove & R 68; 3, Cannock Chase 79; 4, Coventry 106; 5, City of Stoke 118; 6, Notts 132; 7, Leicester 142.

Girls

1, L. Collis (City of Stoke) 11:24
2, J. Allen (City of Stoke) 11:24
3, J. Parsons (Birmingham) 11:26
4, D. Morris (Stoke) 11:32; 5, H. Glover (Cann) 11:33; 6, J. Hall (Card. W) 11:35; 7, C. Mercer (Ald. C) 11:37; 8, J. Wormington (B&R) 11:39; 9, D. Smith (Bir) 11:44; 10, V. Ricketts (Droit) 11:47; 11, M. Hall (Leic) 11:48; 12, J. Hurley (S&SH) 11:51; 13, V. Quinn (S&SH) 11:54; 14, A. Owen (Charn) 11:54; 15, P. Catley (Bris) 11:55; 16, R. Benefield (Bris) 11:57; 17, C. Foster (Notts) 11:58; 18, J. Currie (B&R) 11:59; 19, C. Johnson (Charn) 12:00; 20, J. Steele (S&SH) 12:03; 21, V. Alexander (Bris) 12:04; 22, W. Everitt (Bris) 12:05; 23, A. Farrell (Card. W) 12:05; 24, D. Cooper (Bir) 12:06; 25, M. Harris (Leic) 12:07.

At Coventry, October 25th

1, B. Smith (Bromsgrove & R) 17:23
2, R. Duddle (Charnwood) 17:34
3, A. Turland (Bromsgrove & R) 17:44
4, D. Curtis (Leic) 17:46; 5, S. Parker (W&B) 17:55; 6, J. Burtonwood (Leic) 17:57; 7, K. Butters (Leic) 18:02; 8, C. Readdy (Stoke) 18:09; 9, L. Degg (Stoke) 18:15; 10, J. Simcock (Stoke) 18:24; 11, G. Rhodes (Stoke) 18:32; 12, W. Read (Warl) 18:38; 13, A. Disley (B&R) 18:41; 14, W. Benfield (Notts) 18:47; 15, C. Mijovic (Birm. U) 18:48; 16, P. Brearley (B&R) 19:00; 17, P. Bolam (Dav) 19:10; 18, K. Dunn (Birm. U) 19:17; 19, A. Soar (Notts) 19:25; 20, T. Gill (BH&M) 19:32; 21, M. Carmody (Cov) 19:35; 22, H. Edwards (Notts) 19:47; 23, L. Clifford (B&R) 20:00; 24, R. Heathcock (D&S) 20:01; 25, J. Hemming (Leam) 20:03. **Teams:** 1, Leicester 17; 2, Bromsgrove & R 17; 3, City of Stoke 27; 4, Notts 55; 5, Birmingham Univ. 66; 6, Warley 88; 7, Coventry 89; 8, Leamington 95.

Intermediates

1, S. Batstone (Coventry) 14:17
2, A. McKim (Northampton Ph.) 14:22
3, C. Clarke (Coventry) 14:26
4, N. Carmody (Cov) 14:35; 5, J. Bradley (Stour) 14:42; 6, A. Gilling (Warl) 14:45; 7, C. Simcock (Stoke) 14:48; 8, J. Cooke (Cov) 14:51; 9, J. Glass (Warl) 15:00; 10, L. Cochran (Strat) 15:09; 11, J. Chidley (Notts) 15:16; 12, H. Easton (North) 15:21; 13, J. Eaton (Cann) 15:31; 14, F. Betts (Charn) 15:36; 15, S. Weaver (Stour) 15:48; 16, C. Bateman (Leic) 15:54; 17, L. Dabell (Notts) 15:56; 18, J. Harvey (Charn) 16:00; 19, F. Cassidy (North) 16:03; 20, S. Murray (Droit) 16:06; 21, S. Jamieson (Notts) 16:07; 22, D. Parry (Cov) 16:09; 23, S. Hornsby (Cov) 16:20;

24, D. Suffolk (Nun) 16:22; 25, A. Stewart (Cann) 16:23. **Teams:** 1, Coventry 8; 2, Northampton Ph. 33; 3, Notts 49; 4, Warley 55; 5, Charnwood 65; 6, Cannock Chase 66; 7, City of Stoke 67; 8, Stourport 70.

Juniors

1, J. Penfold (Cannock Chase) 10:02
2, K. Flanagan (City of Stoke) 10:11
3, V. Shepherd (Leicester) 10:15
4, S. Holland (Stoke) 10:21; 5, J. Beasley (BH&M) 10:28; 6, K. Tranter (D&S) 10:29; 7, T. Jones (Stoke) 10:30; 8, A. Carmody (Card. W) 10:31; 9, A. Garry (B&R) 10:39; 10, T. Johnson (B&R) 10:40; 11, D. Deasy (Cov) 10:42; 12, K. McQueen (Notts) 10:43; 13, J. Dicks (Nun) 10:48; 14, A. Winter (Cov) 10:51; 15, S. Davis (B&R) 10:52; 16, S. Cooke (Ald. C) 10:55; 17, D. Scott (Bir) 10:57; 18, K. Young (Droit) 10:58; 19, K. McCormack (Bir) 10:59; 20, H. Johnson (Leic) 11:01; 21, S. Eady (North) 11:03; 22, K. Nurse (Charn) 11:06; 23, L. Martin (Notts) 11:07; 24, J. Andrews (Cov) 11:09; 25, A. Walthew (B&R) 11:10. **Teams:** 1, Bromsgrove & R 59; 2, City of Stoke 61; 3, Coventry 76; 4 eq, Notts & Leicester 107; 6, Cannock Chase 108.

Girls

1, J. Allen (City of Stoke) 10:18
2, L. Collis (City of Stoke) 10:19
3, J. Parsons (Birmingham) 10:21
4, J. Hall (Card. W) 10:22; 5, H. Glover (Cann) 10:25; 6, D. Morris (Stoke) 10:32; 7, J. Wormington (B&R) 10:34; 8, S. Mercer (Ald. C) 10:35; 9, A. Owen (Charn) 10:37; 10, J. Currie (B&R) 10:40; 11, M. Hall (Leic) 10:45; 12, S. Bate (B&R) 10:47; 13, D. Smith (Bir) 10:50; 14, T. Greetham (Newk) 10:51; 15, C. Johnson (Charn) 10:56; 16, A. Quinn (Notts) 10:57; 17, O. Lutwyche (Loz) 11:02; 18, S. Price (Leic) 11:04; 19, J. Wright (Charn) 11:06; 20, M. Harris (Leic) 11:06; 21, R. Latham (B&R) 11:07; 22, G. Bryan (Cann) 11:16; 23, J. Barber (Stoke) 11:17; 24, L. Peters (Charn) 11:18; 25, L. Potter (B&R) 11:19.

NORTHERN WOMEN'S LEAGUE

At Rochdale, November 2nd

1, J. Furniss (Sheffield) 15:54
2, B. Abbott (Sale) 15:59
3, S. Arthurton (Leeds City) 16:04
4, J. Davidson (Sale) 16:07; 5, S. Lonsdale (Sale) 16:08; 6, C. Price (Bol) 16:32; 7, C. Harkin (Bol) 16:33; 8, J. Asgill (Stret) 16:39; 9, J. Croasdale (B'burn) 16:43; 10, N. Boyce (Mor) 16:50; 11, L. Brennan (B'burn) 16:53; 12, S. Simpkin (Sale) 16:54; 13, J. Murray (Sale) 16:57; 14, M. Hendley (Bol) 17:10; 15, C. Riley (Stret) 17:13; 16, C. Monaghan (Sale) 17:16; 17, C. Wood (Leeds) 17:17; 18, A. James (A&SV) 17:18; 19, R. Toth (A&SV) 17:21; 20, J. Lochhead (A&SV) 17:26; 21, J. Dransfield (Spen) 17:38; 22, M.

McDonald (Darl) 17:50; 23, A. Pendlebury (Bol) 17:51; 24, J. Scholes (Long) 17:54; 25, J. Moorhead (Sale) 17:57; 26, S. Dransfield (Spen) 17:58; 27, B. Robinson (Bury) 18:12; 28, D. Markendale (Stock) 18:14; 29, G. Bryant (Darl) 18:19; 30, J. Taylor (Lanc) 18:24. **Teams:** 1, Sale 23; 2, Bolton 50; Airedale & SV 95; 4, Stretford 95; 5, Blackburn 122; 6, Darlington 131; 7, Bury 173; 8, Longwood 192; 9, E. Cheshire 186.

Intermediates

1, A. Taylor (Stockport) 10:24
2, S. Raine (Darlington) 10:31
3, W. Hirst (Leeds City) 10:34
4, S. Glass (Gate) 10:35; 5, D. Robson (Mor) 10:41; 6, D. Burton (Leeds) 10:46; 7, P. Matheson (Sale) 10:49; 8, J. Howes (CoH) 10:50; 9, S. Lees (Bury) 10:55; 10, M. Drath (Ashton) 10:59; 11, D. Riddings (Sale) 11:01; 12, H. Kenyon (C&EP) 11:03; 13, J. Midgley (Leeds) 11:05; 14, J. Kenyon (Bol) 11:07; 15, H. Gaskell (Wig) 11:12; 16, H. Bullimore (Leeds) 11:15; 17, A. Hardman (Bury) 11:17; 18, J. Dixon (Gate) 11:19; 19, T. Davison (Hal) 11:20; 20, T. Lavelle (Sutt) 11:21; 21, J. Newton (Stock) 11:23; 22, A. McVey (Tyne) 11:24; 23, M. McGuire (L&M) 11:31; 24, L. Goldbourne (Sale) 11:31; 25, N. Porter (Leeds) 11:32; 26, H. Watts (E. Ches) 11:33; 27, L. Davies (E. Ches) 11:34; 28, J. Bacon (E. Ches) 11:34; 29, L. Kell (Darl) 11:35; 30, L. Stogdale (Spen) 11:35. **Teams:** 1, Leeds

City 38; 2, Sale 75; 3, E. Cheshire 112; 4, Stockport 126; 5, Darlington 164; 6, Morpeth 171; 7, Halifax 188; 8, Stretford 236; 9, Airedale & SV 271.

Juniors

1, A. Gibson (Longwood) 7:35
2, L. Smith (Morpeth) 7:36
3, M. Kell (Darlington) 7:40
4, J. Hunter (Blay) 7:41; 5, A. Borrowdale (Blay) 7:43; 6, D. Wilkinson (Darl) 7:46; 7, G. Haycock (E. Ches) 7:49; 8, R. Medd (L&M) 7:49; 9, M. Smith (Hal) 7:51; 10, L. Hamer (Long) 7:51; 11, S. Ramsdale (Leeds) 7:53; 12, L. Vose (Sutt) 7:53; 13, A. Rowson (Burn) 7:55; 14, D. Edwards (Sale) 7:56; 15, L. Thomas (Darl) 7:57; 16, M. Dawson (Mor) 7:58; 17, A. Bithell (Bol) 8:00; 18, M. Nash (Sale) 8:02; 19, E. Freer (O&R) 8:03; 20, R. Fry (Spen) 8:03; 21, M. Emerson (Mor) 8:03; 22, K. Horncastle (Leeds) 8:03; 23, J. Kemp (Spen) 8:05; 24, M. Gaffney (B'burn) 8:05; 25, S. Rice (Wirr) 8:05; 26, J. Chard (Darl) 8:05; 27, H. Parker (Blay) 8:05; 28, M. Whiteman (B'burn) 8:07; 29, A. Thomas (E. Ches) 8:07; 30, J. McGuire (Sale) 8:07. **Teams:** 1, Blaydon 67; 2, Sale 97; 3, Longwood 129; 4, E. Cheshire 144; 5, Darlington 144; 6, Leeds City 160; 7, Halifax 164; 8, Sutton (St. H) 168; 9, Stretford 219; 10, Derby 240.

Girls

1, C. Keller (Manchester) 7:44
2, W. Wright (Derby) 7:53
3, L. Reilly (Morpeth) 7:59
4, L. Howard (C. le S) 8:04; 5, G. Southwell (Leeds) 8:06; 6, J. Taylor (Mor) 8:07; 7, M. Lightowler (Spen) 8:08; 8, H. Saunders (Sale) 8:10; 9, J. Shephard (C&EP) 8:12; 10, M. Pearce (Sale) 8:14; 11, A. Sharkey (Leeds) 8:15; 12, S. Borrott (Der) 8:16; 13, R. Dunn (Ashton) 8:16; 14, D. Pinnington (Sutt) 8:17; 15, L. Mutter (E. Ches) 8:17; 16, A. Thomas (Hal) 8:18; 17, C. Gilmartin (Sale) 8:18; 18, K. Still (Wig) 8:20; 19, J. Chaplin (Blay) 8:22; 20, F. Simpson (Darl) 8:24; 21, K. Smith (Man) 8:25; 22, L. Cottam (Bury) 8:26; 23, T. Dowds (Mor) 8:27; 24, S. Glahion (Sale) 8:29; 25, A. McKie (Sale) 8:29; 26, M. Preddy (Burn) 8:29; 27, L. Wilkinson (Bury) 8:29; 28, S. Monaghan (E. Ches) 8:29; 29, A. Moffatt (Blay) 8:31; 30, S. Brennan (Wirr) 8:31. **Teams:** 1, Sale 59; 2, Leeds City 92; 3, Halifax 126; 4, E. Cheshire 130; 5, Blackburn 170; 6, Morpeth 180; 7, Chester & EP 198; 8, Wirral 203; 9, Spenborough 207; 10, Manchester 224; 11, Stretford 230.

LONDON SERVICES LEAGUE

At RAF West Drayton, October 15th

1, Pickford (PCDRE) 25:52; 2, Flanagan (W. Dray) 25:57; 3, Gray (N'wood) 26:13; 4, Scott (PCDRE) 26:20; 5, Campbell (Chess) 26:44; 6, Malone (Halt) 27:37. **Teams:** 1, PCDRE 577; 2, RAF Halton 566; 3, RAF Chessington 557.

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BIRMINGHAM & DISTRICT LEAGUE

(Division 1)

At Gloucester, November 1st

1, R. Hackney (Birmingham Univ.)	28:25						
2, A. Rushmer (Tipton)	28:27						
3, M. Kearns (Tipton)	28:40						
4, T. Milovsorov (Birm. U)	28:42; 5, A. Holden (Tip)	28:45; 6, G. Harvey (Staffs. M)	28:49; 7, M. Burnhope (Birm. U)	28:50; 8, P. Magner (Birm. U)	28:58; 9, S. Fowler (Staffs. M)	28:59;	
10, M. Bishop (Staffs. M)	29:02; 11, S. McHale (Glouc)	29:04; 12, A. Adams (Staffs. M)	29:08;				
13, Mike Bishop (Staffs. M)	29:10; 14, P. Baker (Spark)	29:13; 15, R. Cytiau (Tip)	29:14; 16, J. O'Mara (Tip)	29:15; 17, K. Fahey (Worc)	29:19;		
18, S. Gibbons (Spark)	29:21; 19, J. Wright (Tip)	29:22; 20, D. Pemberton (Bir)	29:25; 21, P. Bowler (Staffs. M)	29:26; 22, M. Lawther (Birm. U)	29:31; 23, B. Martyniuk (Birm. U)	29:41; 24, R. Ellerton (Staffs. M)	29:42; 25, M. McBride



As can be seen from the Birmingham League result above, Allan Rushmer (now aged 36) is running better than he has done for years. Younger readers may not realise what a star Allan was in his younger days: here he is seen winning the 5000 against Germany at the White City in 1967 in 13:37.0. His career bests: mile — 3:58.7, 5000 — 13:29.8, 6M — 27:33.2. He was 3rd in the 1966 Commonwealth 3M.

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(Stoke) 29:49; 26, A. Wilton (Staffs. M) 29:50; 27, I. Atkins (Worc) 29:53; 28, P. Griffiths (Birm. U) 29:55; 29, C. Perkins (Tip) 29:57; 30, A. Taylor (Birm. U) 30:03; 31, D. Bennett (Bir) 30:08; 32, M. Densley (Bir) 30:12; 33, P. Hoddy (Glouc) 30:14; 34, R. Tilling (Bir) 30:15; 35, J. Earls (Tip) 30:17; 36, A. Fowler (Staffs. M) 30:19; 37, R. O'Hara (Spark) 30:20; 38, E. Barbour (Birm. U) 30:21; 39, D. Price (Glouc) 30:22; 40, A. Laukam (Spark) 30:26; 41, V. Rollason (Spark) 30:27; 42, A. Mills (Newc) 30:28; 43, M. Daykin (Glouc) 30:31; 44, G. Stamp (Glouc) 30:36; 45, I. Scott (Bir) 30:38; 46, M. Hurst (Stoke) 30:43; 47, P. Haywood (Worc) 30:43; 48, M. Exley (Newc) 30:44; 49, R. Carp (Stoke) 30:45; 50, S. Chandler (Stoke) 30:45.

Teams: 1, Tipton 60; 2, Birmingham Univ. 65; 3, Staffs. Moorlands 71; 4, Sparkhill 208; 5, Birchfield 222; 6, Gloucester 223; 7, Worcester 292; 8, City of Stoke 331; 9, Newcastle 352.

(Young Athletes): 1, C. Bradley (Stoke) 12:10; 2, S. Collis (Stoke) 12:22; 3, N. Pepper (Newc) 12:25; 4, D. Viggers (Newc) 12:30; 5, I. Pendrey (Glouc) 12:34; 6, W. Knott (Stoke) 12:36; 7, K. Aston (Stoke) 12:45; 8, M. Gregory (Staffs. M) 13:07; 9, M. Tunnicliffe (Newc) 13:12; 10, M. Field (Glouc) 13:17.

Teams: 1, City of Stoke 9; 2, Newcastle 16; 3, Gloucester 26; 4, Staffs. Moorlands 44.

(Division 2)

At Wolverhampton, November 1st

1, T. Wright (Wolverhampton & B) 30:54
2, J. Wheway (Wolverhampton & B) 31:11
3, C. Brown (Coventry) 31:20
4, D. Messum (W&B) 31:36; 5, M. Cadwallader (W&B) 31:38; 6, N. Harper (W&B) 31:39; 7, P. Banks (Cov) 31:44; 8, N. Price (B&R) 32:02; 9, D. Smith (Cov) 32:10; 10, S. Willmott (Cann) 32:14; 11, S. Carter (Cov) 32:17; 12, D. Lavelle (Cov) 32:18; 13, K. Hack (Rug) 32:42; 14, D. McNamee (Chelt) 32:43; 15, I. Furness (D&S) 32:48; 16, D. Hobley (Rug) 32:54; 17, M. Hedges (B&R) 32:57; 18, W. Nock (Hales) 32:58; 19, K. West (W&B) 33:01; 20, M. Mountford (Staff) 33:07; 21, K. Scott (W&B) 33:09; 22, E. Twohig (Leam) 33:12; 23, R. Lambert (W&B) 33:14; 24, T. Settle (Rug) 33:20; 25, S. Wankling (Cov) 33:21; 26, A. Grant (Hales) 33:22; 27, D. Jackson (Tel) 33:23; 28, P. Muddeman (Leam) 33:23; 29, A. Evans (Rug) 33:24; 30, P. Potter (W&B) 33:32; 31, A. Baker (D&S) 33:33; 32, G. Cook (W&B) 33:34; 33, C. Woodward (Leam) 33:36; 34, D. Catlow (Chelt) 33:36; 35, A. Lee (Staff) 33:38; 36, L. Tredelle (Cov) 33:41; 37, A. Gaize (B&R) 33:47; 38, K. Willis (Chelt) 33:50; 39, A. Francis (Rug) 33:52; 40, S. Holdsworth (Rug) 33:54.

Teams: 1, Wolverhampton & B 37; 2, Coventry 67; 3, Rugby 161; 4, Cheltenham 255; 5, Dudley & S 259; 6, Halesowen 270; 7, Leamington 284; 8, Bromsgrove & R 306; 9, Telford 366; 10, Stafford 385.

(Young Athletes): 1, S. McMorran (Leam) 16:04; 2, D. Ramsden

(Cov) 16:07; 3, J. Abbis (W&B) 16:23; 4, P. Trott (Cann) 16:48; 5, S. Bradstock (Chelt) 17:01; 6, P. Chambers (Cann) 17:05; 7, M. Maynard (W&B) 17:08; 8, A. Yates (Tel) 17:09; 9, K. Wells (Tel) 17:10; 10, P. Folland (Chelt) 17:15. **Teams:** 1, Wolverhampton & B 27; 2, Telford 29; 3, Cheltenham 30; 4, Cannock Chase 30.

(Division 3)

At Tamworth, November 1st

1, D. Black (Tamworth) 30:59
2, J. King (Solihull & SH) 32:04
3, P. Black (Tamworth) 32:17
4, S. James (Nun) 32:33; 5, C. Pearson (Burt) 32:52; 6, M. Cargill (S&SH) 33:38; 7, I. Piotrowski (Warl) 33:39; 8, E. Williams (Shrew) 33:48; 9, M. Davies (Shrew) 33:50; 10, R. Bradley (Wen) 33:55; 11, D. Cooper (S&SH) 33:56; 12, D. Jarvis (Burt) 34:00; 13, E. Lees (S&SH) 34:06; 14, R. Bradbury (Stour) 34:12; 15, I. Mostyn (Shrew) 34:14; 16, B. Thorpe (Warl) 34:17; 17, N. Wilson (Nun) 34:27; 18, T. Watton (Aston U) 34:28; 19, M. Mitchell (S&SH) 34:37; 20, R. Williams (Shrew) 34:44; 21, P. Ormrod (Warl) 34:46; 22, R. Rawlings (Harb) 34:48; 23, J. Rowe (S&SH) 34:53; 24, G. Lathbury (Burt) 34:55; 25, J. Martin (RSC) 34:59; 26, K. Stebbings (Harb) 35:01; 27, P. Powell (W. Brom) 35:02; 28, N. Holland (Aston U) 35:03; 29, I. Robertson (Warl) 35:09; 30, A. Portman (W. Brom) 35:16. **Teams:** 1, Solihull & SH 74; 2, Shrewsbury 144; 3, Warley 153; 4, Burton 198; 5, Tamworth 243; 6, Nuneaton 282; 7, Aston Univ. 326; 8, Royal Sutton Coldfield 345; 9, Stourport 470; 10, West Bromwich 483. **(Young Athletes):** 1, M. Dallaway (Stour) 13:39; 2, P. O'Callaghan (S&SH) 14:01; 3, P. Basi (Warl) 14:18; 4, P. Fletcher (Stour) 14:23; 5, I. Bradley (Stour) 14:38; 6, A. Edginton (Warl) 14:46; 7, S. Mountford (Stour) 14:52; 8, M. Hadley (S&SH) 14:59. **Teams:** 1, Stourport 10; 2, Warley 19; 3, Solihull & SH 22.

NORTH WALES LEAGUE

At Wrexham, October 25th

1, A. Blackwell (Wrex) 34:18; 2, S. Hollewell (Bang. U) 34:58; 3, B. Rees (N. Pow) 35:28; 4, D. Morris (Wrex) 35:36; 5, M. Weston (Wrex) 35:38; 6, P. Weatherhead (Bang. U) 36:14; 7, J. Mostyn (Shrew) 36:48; 8, K. Williams (Shrew) 36:49; 9, D. McEwan (Wrex) 36:53; 10, M. Dawes (Shrew) 36:56. **Teams:** 1, Wrexham 51; 2, N. Powys 96; 3, Bangor Univ. 105.

LIVERPOOL & DISTRICT LEAGUE

At Ellesmere Port, November 1st

1, S. Anders (St. H) 29:53; 2, Rog. Harrison (Liv) 29:53; 3, E. Arrowsmith (Liv) 30:05; 4, C. Dagnall (Liv) 30:29; 5, L. Carroll (Wirr) 30:30; 6, R. Wood (Frod) 30:34; 7, S. James (S'port W) 31:07; 8, M. Tunstall (Wirr) 31:18; 9, J. Crehan (Sutt) 31:19; 10, Rob. Harrison (Liv) 31:29; 11, P. Hicken (Warr) 31:33; 12, N. Hume (S'port W)

31:34; 13, D. Evans (Seft) 31:36; 14, J. Cooper (Wirr) 31:45; 15, F. Rimmer (Sutt) 31:57; 16, D. Barnes (Wirr) 31:58; 17, B. Currie (Liv) 32:00; 18, B. Parsons (Liv) 32:09; 19, K. Carroll (Liv. P) 32:10; 20, L. Dawson (Wirr) 32:12. **Teams:** 1, Liverpool 54; 2, Wirral 92; 3, Liverpool Pem. 159; 4, Frodsham 187; 5, Sutton (St. H) 212; 6, Southport W 231; **(Youths):** 1, A. Holloway (Gst) 20:10; 2, S. Gowney (Wirr) 20:10; 3, D. Dudley (St. H) 20:41; 4, D. Thomason (EP) 20:45; 5, K. Sacher (C&EP) 21:00; 6, W. Slack (Wirr) 21:19; 7, G. Crouch (Sutt) 21:24; 8, D. Robinson (Wirr) 21:50; 9, B. Rawsthorne (Liv. P) 21:54; 10, M. Colquitt (St. H) 22:01. **Teams:** 1, Wirral 33; 2, Sutton (St. H) 55. **(Boys):** 1, G. Jones (C&EP) 14:44; 2, P. Wright (St. H) 14:48; 3, P. Johnson (Wirr) 14:52; 4, P. Ward (Wirr) 15:19; 5, M. Thompson (S'port W) 15:31; 6, M. Jones (EP) 15:35. **Teams:** 1, Wirral 47; 2, Ellesmere Port 51; 3, Southport W 56. **(Colts):** 1, T. Ellis (Liv) 11:46; 2, P. Hamilton (Sutt) 11:49; 3, C. Teague (Liv) 11:55; 4, J. Hughes (Sutt) 11:57. **Teams:** 1, Sutton (St. H) 17; 2, Wirral 50.

FIRE SERVICE LEAGUE

At High Wycombe, November 2nd

1, P. Fulcher (Lon) 35:27; 2, T. Bailey (Der) 35:55; 3, E. Ranicar (Gt. M) 35:56; 4, I. Rawlinson (Lanc) 36:36; 5, D. Kelly (Dev) 36:52; 6, T. Settle (W. Mid) 37:00. **Teams:** 1, W. Midlands 63; 2, W. Yorkshire 64; 3, Gtr. Manchester 74. **(Vets):** S. Dixon (Berks) 40:19.

6M Road Race, at Coventry, November 9th

1, K. Best (Gt. M) 29:01; 2, J. Atkins (W. Yk) 29:41; 3, Ranicar 29:43; 4, Bailey 29:47; 5, S. Eshelby (Bucks) 30:34; 6, Rawlinson 30:48. **Teams:** 1, Gtr. Manchester 39; 2, W. Yorkshire 48; 3, W. Midlands 81. **(Vets):** Dixon 32:49. **Final positions:** 1, Ranicar 688; 2, Atkins 680; 3, Eshelby 667. **Team:** Gtr. Manchester. **(Vets):** Dixon.

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SUNDAY, JULY 12th, 1981

4th "DUCHY OPEN"

SUNDAY, AUGUST 2nd, 1981

Further details in the New Year.

Another Busy Year Ahead

THE DAYS when a post-Olympic season was a fairly low-key affair are long past, and our top athletes will have more than enough international competition coming their way in 1981. The big events of the summer include the European Cup, World Cup, World Student Games, European Junior Championships, European Combined Events Cup, the inaugural European Marathon Cup, and the Lugano Trophy (or IAAF Race Walking World Cup as it is now entitled), quite apart from the usual full programme of international matches and invitation meetings.

The main target of the British team next summer will be to reach the European Cup Finals in Zagreb (the semi-finals in Helsinki for the men and Meadowbank for the women ought not to pose too many problems), and once there to place at least as high as ever before. Britain's best showing to date has been third position by the women in 1977 and fourth by the men in 1973, 1975 and 1977. Considering the unmatchable strength of the GDR and USSR in the women's department third place is really the highest our girls can aspire to, and that would constitute a brilliant achievement against such teams as Bulgaria, Romania, Germany and Poland. For the men, given our strongest possible team and a few breaks, anything is possible. An added incentive is that the first two teams in the European Cup will join the line-up for the World Cup in Rome three weeks later, and it would be one of the high points in British athletics history if ours could be one of those teams. A fearfully formidable task... but possible.

Britain have landed two of the 'plum' events of the year: the IAAF Golden 5000 Metres will be staged in conjunction with an England v Scotland v Italy v Ethiopia track match in Gateshead on June 7th, and the final of the European Cup for combined Events (i.e. decathlon and women's heptathlon) will take place in Birmingham on August 29th/30th. **M.W.**

BRITAIN'S INTERNATIONAL FIXTURES 1981

January

23/24 — AAA/WAAA Indoor Champs, Cosford; 30 — Germany v UK (indoor), Dortmund.

February

11 — UK v GDR (indoor), Cosford; 14 — UK v Czechoslovakia (indoor), Cosford (provisional); 21/22 — European Indoor Champs, Grenoble.

March

28 — IAAF World Cross-Country Champs, Madrid; 29 — Gillette London Marathon.

May

24/25 — UK Champs (Cmbran or Belfast); 28 — Norway v UK v Sweden women's walks, Bergen.

June

3 — England v USA v Ethiopia (men's track match & men's invitation field events), Crystal Palace; 6/7 — European Champion Clubs Meeting (men), Belgrade; 7 — England v Scotland v Italy v Ethiopia (men's track match, incorporating IAAF Golden 5000m, & men's invitation field events), Gateshead; 13/14 — GDR v UK, Dresden; Germany v UK (juniors), Germany; 20/21 — Canada v UK decathlon/heptathlon (seniors & juniors), Sherbrook; 21 — France v UK v Bulgaria v Switzerland throws match, France; 21 — France v UK v USSR v Poland v Spain jumps match, France; 23/24 — UK v Germany v Poland, Crystal Palace; 28 — UK v Spain v France walks match (senior & junior men), Coventry.

July

4/5 — European Cup Semi-Final (men; Finland v UK v USSR v Sweden v Norway v Belgium v Yugoslavia v one other), Helsinki; 5 — European Cup Semi-Final (women; UK v Bulgaria v Denmark v Finland v France v Netherlands v Yugoslavia v one other), Meadowbank; 11/12 — European Cup (Combined Events) Semi-Final (Belgium v UK v Spain v Iceland v Netherlands v Poland v Czechoslovakia v Germany, decathlon/heptathlon), Brussels; 17/18 — UK v USSR (incl 20km walk), Crystal Palace; 22 to 27 — World Student Games, Bucharest; 24/25 — WAAA Champs, Crystal Palace; 26 — England v Scotland v Spain v Hungary (men), England; 31 — Talbot International Games, Crystal Palace.

August

1/2 — European Cup 'B' Finals (men — Athens, women — Pescara); 1/2 — Scotland v Ireland v Denmark, Meadowbank; 7/8 — AAA Champs, Crystal Palace; 15/16 — European Cup Finals, Zagreb; 15/16 — Wales v England v Portugal (men), Cwmbran; 20 to 23 — European Junior Champs, Utrecht; 22 — Edinburgh Highland Games, Meadowbank; 25/26 — Greece v Scotland v Wales v Luxembourg v Israel v 3 other teams, Athens; 28/29 — Norway v England v Yugoslavia (men) & Norway v Scotland (women), Ardal; 29/30 — European Cup (Combined Events) Finals, Birmingham; 31 — England v Cuba (track events only) v Poland v Switzerland (men; plus men's & women's invitation events), Crystal Palace.

September

4 to 6 — IAAF World Cup, Rome; 5/6 —



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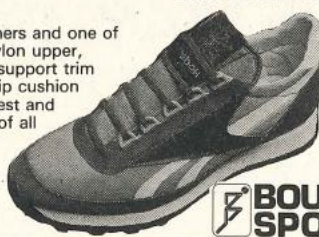
Arena 3 to 5½ £13.00 6 to 12 £15.00

Aztec Av. wt. 11ozs.

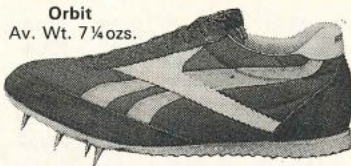
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ACR 203	Crew Neck Jog Top only	Grey/navy Piping	B	£11.15
ACR 307		Sky/White Piping	B	£11.15
ACR 308		Coral/White Piping	B	£11.15
ACR 309		Brown/White Piping	B	£11.15
ACR 204	Hooded Jog Top only	Grey/navy Piping	B	£14.00
ACR 310		Sky/White Piping	B	£14.00
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ACR 511		Brown/Gold	D	£6.15
ACR 512		Red/White	D	£6.15
ACR 520	Ladies Racing Pants	Skye	D	£5.35
ACR 521		Navy	D	£5.35
ACR 522		Brown	D	£5.35
ACR 523		Gold	D	£5.35
ACR 524		Red	D	£5.35
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CENTURION JOGGERS IN CONJUNCTION WITH RUNNING MAGAZINE**Proudly Announce The****2nd ANNUAL****PEOPLE'S
MARATHON****(26 miles 385 yds)****On****SUNDAY, 10th MAY, 1981****In Aid of****THE INTERNATIONAL
YEAR OF THE DISABLED PERSON**

Entries open to all Ladies, novices and all men who have not bettered 2 hours 40 minutes since the 1st January, 1980.

No individual prizes on position finished, but all starters receive a memento and a Commemorative Certificate, and all finishers a Commemorative Medallion.

Due to the limited entries on last years event, we already have a provisional list of over 500 runners, therefore we have increased this years field to the first 1,500 to enter.

Entry forms can be obtained in the January/February edition of Running Magazine, on sale from Dec. 18th, and entry details will be published in the Jan. 3rd, 1981 issue of Athletics Weekly.

New 2 lap all road course, mostly traffic free due to local police co-operation. Ample car parking, changing and shower accommodation.

After this years successful event, we are hoping that with your co-operation to make next years marathon the most memorable — for spectators, runners and joggers alike.

Many varied demonstrations and sideshows etc. will be open all day, with the grand finale being a Pig and Beef Roast.

AMPTHILL TROPHY CC MEETING **November 2nd**

1, A. Simmons (Luton) 27:02
2, S. Flint (Northampton Ph.) 27:29
3, W. Dee (Luton) 27:31
4, R. Woodley (Chelm) 27:41; 5, R. Harris (Ox. C) 27:53; 6, M. Shotbolt (Bed) 28:06; 7, M. Pountney (Tip) 28:14; 8, P. Ledger (AF&D) 28:22; 9, A. Beattie (Shaft) 28:26; 10, M. English (N. Lon) 28:29; 11, P. Biers (Warw. U) 28:39; 12, M. Hunter (S&NH) 28:47; 13, J. Kaye (Shaft) 28:50; 14, A. Newman (Ox. C) 28:57; 15, S. Livingstone (Ver) 28:59. **Teams:** 1, Luton 30; 2, Bedford 41; 3, Oxford City 43. **(Vets):** 1, M. Turner (Liv) 29:16; 2, J. Avis (Camb. H) 29:41; 3, J. Oliver (Camb. H) 30:00; 4, M. Barrett (E&S) 30:09; 5, A. Whittle (Tip) 30:33; 6, G. Wood (Tip) 30:53; 7, C. Canton (E&S) 30:58; 8, J. Froud (Wok) 31:13; 9, L. Parrott (Hav) 31:23; 10, N. Fisher (Harl) 31:36; 11, M. Simpson (Rock) 31:39; 12, D. Case (E&S) 31:44. **Teams:** 1, Cambridge H 20; 2, Ealing & S 23; 3, Tipton 60. **(O/50):** H. Soper (Vaux) 33:19. **(O/60):** D. Blyth (C&C) 40:07. **(Youths):** 1, M. Craib (Works) 18:45; 2, C. Wills (North) 18:51; 3, P. Chester (S&NH) 18:55; 4, D. Ramsden (Cov) 19:01; 5, S. Rayner (Mil. K) 19:08; 6, B. Brennan (S&C) 19:10; 7, P. Carpenter (Tip) 19:17; 8, G. Corbett (B&R) 19:19; 9, M. Billings (Ox. C) 19:24; 10, K. Stewart (Ton) 19:27; 11, A. Passey (B&R) 19:28; 12, R. Ede (Barn) 19:30. **Teams:** 1, Coventry 40; 2, Bromsgrove & R 43; 3, Oxford City 63. **(Boys):** 1, M. Slowikowski (HW) 14:31; 2, D. Martin (Ton) 14:33; 3, J. Scott (Enf) 14:47; 4, — 14:50; 5, E. Kimani (Shaft) 14:58; 6, K. Howard (Worth) 15:02; 7, N. Hopkins (Reig. P) 15:03; 8, S. Newport (Ton) 15:06. **Teams:** 1, Tonbridge 20; 2, Tipton 64; 3, N. London 84. **(Colts):** 1, D. Wright (Shaft) 9:03; 2, S. Tinsley (Stret) 9:06; 3, S. Maynard (Coll) 9:22; 4, R. Youngs (Hunt) 9:25. **Teams:** 1, Luton 34; 2, Tipton 56; 3, Collingwood 58. **(U/11):** I. Barnes (Ross) 6:28. **Team:** Gilbert Inglefield Sch.

(Women): 1, K. Binns (Sale) 18:20; 2, S. Samy (Brack) 18:27; 3, S. Harvey (LOAC) 18:43; 4, S. Coulson (Brack) 19:20; 5, K. Pilling (War. U) 19:28; 6, B. Smith (B&R) 19:34; 7, K. Whapshott (Brack) 19:41; 8, S. McDiarmid (S&E) 19:54; 9, J. Burtonwood (Leic) 20:14; 10, J. Maskell (Brain) 20:31; 11, J. Thornton (Bed) 20:40; 12, K. Tuffnell (C&C) 20:54; 13, K. Butters (Leic) 20:55; 14, C. Brace (Ver) 21:01; 15, J. Saunders (S&NH) 21:26. **Teams:** 1, Bracknell 13; 2, Leicester 43; 3, Stevenage & NH 65. **(Vets):** M. Culshaw (Tam) 23:09. **(Inters):** 1, M. Witts (Ex. L) 16:16; 2, T. Howard (Worth) 16:21; 3, L. Wight (S&NH) 16:57; 4, A. McKim (North) 17:05; 5, N. Brown (Ton) 17:09; 6, N. Carmody (Cov) 17:15; 7, A. Alford (S&NH) 17:15; 8, A. Neil (F&C) 17:36; 9, K. Bonney (Barn) 17:38; 10, C. Clark (Cov) 17:40; 11, M. Lawson (H&W) 17:40; 12, E. Jones (Cov) 17:55. **Teams:** 1,

Coventry 28; 2, Barnet 45; 3, Northampton Ph. 51. **(Juniors):** 1, E. Lyon (Wyc) 9:20; 2, S. Davis (Mil. K) 9:40; 3, T. Glead (Wyc) 9:47; 4, J. Penfold (Cann) 9:50; 5, J. Howarth (Gt. Y) 9:54; 6, L. Sisley (E. Grin) 9:54; 7, J. Hickson (Bed) 9:55; 8, E. Monks (F&C) 9:56. **Teams:** 1, Bromsgrove & R 47; 2, Bedford 55; 3, Wycombe Ph. 65. **(Girls):** 1, R. Hughes (F&C) 9:50; 2, T. Vincent (WS&E) 10:06; 3, N. Way (Ton) 10:07; 4, S. Jordan (Lut) 10:08. **Teams:** 1, Fleet & C 20; 2, Bedford 36; Bromsgrove & R 37. **(U/11):** D. Sharp (Spen) 6:42. **Team:** Spenborough.

SOUTHAMPTON 'CONTINENTAL' **CROSS COUNTRY MEETING** **November 2nd**

1, R. Swann (Basingstoke) 27:21
2, P. Adams (Aldershot F&D) 27:30
3, N. Appleby (Southampton Univ.) 27:52
4, J. Hood (AF&D) 28:22; 5, M. Gregory (S&E) 28:39; 6, K. Kiddle (Ports) 28:49; 7, B. Dawkins (S&E) 28:52; 8, P. Lewis (S&E) 28:55; 9, S. Barnshaw (AF&D) 29:03; 10, M. Hargreaves (Ports) 29:05; 11, P. Gale (Havant) 29:17; 12, M. Hookway (Soton. U) 29:22; 13, J. Wildash (B'stoke) 29:28; 14, C. Bradley (Soton. U) 29:35; 15, S. Crawte (AF&D) 29:38; 16, B. Jones (B'mth) 29:41; 17, G. Butcher (Ports) 29:45; 18, S. Torrance (S&E) 29:49; 19, G. Huckwell (Dart) 29:57; 20, L. Henderson (B'stoke) 29:59. **Teams:** 1, Aldershot F&D 30; 2, Southampton & E 38; 3, Portsmouth 58; 4, Southampton Univ. 69. **(Vets):** 1, R. Parker (Worth) 18:01; 2, J. Bowles (E. Man) 18:03; 3, A. Shrimpton (S&E) 18:14; 4, B. Switzer (S&E) 18:20; 5, M. Keough (B'stoke) 18:21; 6, M. Cowley (B&P) 18:43. **(Youths):** 1, K. Plumpton (Ports) 23:39; 2, P. Spelman (F&C) 23:48; 3, A. Wheatley (F&C) 23:54; 4, S. Fowler (S&E) 24:00; 5, A. Sharp (Ov) 24:14; 6, W. Gemmell (S&E) 24:26; 7, R. Brewster (Salis) 24:40; 8, G. Robson (S&E) 24:55. **(Boys):** 1, A. Roe (Hay. H) 18:04; 2, R. Miller (S&E) 18:12; 3, R. Dean (S&E) 18:20; 4, R. Gooderham (Brack) 18:22; 5, M. Brewster (Salis) 18:29; 6, N. Andrews (Ports) 18:39. **(Colts):** 1, N. Watkins (C'ley) 12:39; 2, P. Neely (Fare) 12:41; 3, A. Symes (B'mth) 12:43; 4, G. Till (Ports) 12:46.

(Women): 1, L. King (B'stoke) 18:09; 2, W. Lodge (AF&D) 18:37; 3, A. Lewis (S&E) 19:37; 4, A. Webster (AF&D) 20:02; 5, M. Atkey (RNS) 20:17; 6, L. Porter (S&E) 20:23. **(Inters):** 1, V. Strickland (Havant) 13:18; 2, D. Hillyer (Havant) 13:19; 3, D. White (S&E) 13:29; 4, M. Reilly (B'stoke) 13:37; 5, D. Jones (B'stoke) 13:49; 6, H. Stringer (Fare) 13:52; 7, B. Cantle (Fare) 14:14; 8, P. Heath (Hay. H) 14:23. **(Juniors):** 1, M. O'Shea (B'stoke) 12:16; 2, J. Church (AF&D) 12:21; 3, D. Amey (Salis) 12:25; 4, J. Holder (AF&D) 12:28; 5, C. Lillie (AF&D) 12:33; 6, J. Darville (B'stoke) 12:34. **(Girls):** 1, H. Jenner (Ports) 6:29; 2, N. Milton (Hor) 6:38; 3, C. Taylor (S&E) 6:44.

UK CLUB RELAY LISTS 1980**Compiled by Keith Morbey (NUTS)**

Any amendments or additions should be sent to the compiler at 23 Cowper Crescent, Bengoe, Hertford, Herts, SG14 3DZ. Full results from the following 1980 meetings are still required: University Relays (Apr. 26), Newbury Relays (June 5), Luton Relays (Aug. 17), Spalding Relays (Aug. 25), Ray Thomas Relays (Sept. 21). Further performances are required down to the standards shown for each event; where no standard is shown, any performance is required. The compiler wishes to thank all who have sent results and answered queries, and looks forward to receiving any 1981 marks.

Senior Men

4x100: (42.9) 40.4 Haringey, 40.7 TVH, 41.29 Birchfield, 41.62 Wolverhampton & B, 41.62 Essex Beagles, 41.8 Sale, 41.8 Croydon, 41.9 Enfield, 42.13 Edinburgh AC, 42.2 Liverpool.
4x200: 1:28.6 Edinburgh AC, 1:28.9 Leeds City, 1:29.2 Clyde Valley, 1:29.9 Sheffield, 1:30.4 QPH, 1:30.7 Epsom & E, 1:30.7 Sale, 1:30.8 Wakefield, 1:31.1 Croydon, 1:31.4 Pitreavie.
4x400: (3:22.1) 3:11.2 Loughborough Univ, 3:12.2 W&B, 3:12.3 Sale, 3:12.4 Liverpool, 3:13.1 Essex Beagles, 3:14.2 Cardiff, 3:14.51 Shaftesbury, 3:14.70 Edinburgh AC, 3:14.8 West London IHE, 3:15.2 Haringey.
4x800: 8:02.7 Frodsham, 8:03.5 Chester & EP, 8:07.0 Wirral,

8:14.4 Stockport. **4x1500:** 15:52.7 Duncairn, 16:09.1 Willowfield, 16:14.0 Walthamstow, 16:34.6 Durham City, 16:39.3 Hillingdon, 16:40.8 Harlow, 16:50.0 Newbury, 17:10.8 Bracknell, 17:11.2 Swansea, 17:24.1 Cardiff.
1600 Medley: 3:26.8 W&B, 3:30.4 TVH, 3:33.2 Glasgow Univ, 3:33.5 Edinburgh Southern, 3:33.9 Victoria Park AAC, 3:34.0 Havering, 3:34.0 Sparkhill, 3:34.4 Met. Police, 3:35.0 Achilles, 3:36.1 Cambridge H, 3:36.1 Garscube.

Juniors

4x100: 41.87' Birchfield, 42.01 Haringey, 42.76 Hercules Wimbledon, 43.6 Dartford, 44.0 TVH, 44.3 Cardiff, 45.12 King Henry VIII, 45.66 Medway. **4x200:** 1:33.7 Hercules Wimbledon, 1:33.7 Epsom & E, 1:34.6 Cardiff, 1:36.1 Torfaen. **4x400:** 3:24.0 Havering, 3:25.1 Southend-on-Sea, 3:27.9 Edinburgh AC, 3:29.3 Dartford, 3:30.2 Central Region, 3:30.7 VPAAC, 3:33.2 Abingdon Sch, 3:35.0 Dr. Challoners Sch, 3:39.0 Stowe Sch, 3:43.0 Bexley.
1600 Medley: 3:35.6 Havering, 3:39.3 N. London, 3:39.5 Bracknell, 3:41.1 Dartford, 3:44.7 Newham, 3:47.3 St. Edwards Sch, 3:47.9 Bradfield Col, 3:54.8 Windsor S&E, 3:55.3 Radley Col, 3:56.1 Hillingdon.

Youths

4x100: (46.3) 43.1 W&B, 43.5 Birchfield, 43.77 Woodford Green, 44.0 Borough of Enfield, 44.0 Haringey, 44.4 Stretford, 44.63 Medway, 44.7 Cardiff, 44.7 Herne Hill, 45.0 Essex Beagles. **4x200:** 1:31.7 Herne Hill, 1:35.9 Cardiff, 1:36.4 St Paul's Sch, 1:37.1 Newham, 1:37.1 Reading, 1:37.3 Highgate Sch, 1:37.8 Newport, 1:38.0 Harrow Sch, 1:38.2 Hercules Wimbledon, 1:38.6 Haberdasher Aske's. **4x400:** (3:43.0) 3:22.2 Woodford Gn, 3:23.1 Borough of Enfield, 3:29.1 Leeds City, 3:30.1 Birchfield, 3:31.1 Sale, 3:32.0 Cardiff, 3:33.4 Bristol, 3:33.8 Herne Hill, 3:34.5 W&B, 3:34.7 Havering.
4x800: 8:24.0 Manchester, 8:32.8 King Henry VIII, 8:35.6 Marlborough Col, 8:48.3 Wellington Col, 8:48.9 Millfield Sch, 8:53.7 Stockport, 8:54.1 St. Paul's Sch, 8:59.4 Bedford Mid. Sch, 9:04.9 Altrincham, 9:09.8 Taunton Sch. **4x1500:** 17:04.0 Basildon, 17:19.7 Southend-on-Sea, 17:35.8 Chelmsford, 17:39.9 Morpeth, 18:15.0 Ilford, 18:28.1 Stevenage & NH, 18:29.7 Havering, 18:29.9 Thurrock, 19:01.8 Haileybury, 19:04.0 Hertford & W. **1600 Medley:** 3:44.7 Woodford Green, 3:49.7 Thurrock, 3:52.8 Worcester, 3:53.0 St. Albans Sch, 3:54.3 Highgate Sch, 3:54.8 Stourport, 3:55.9 Bedford Mid. Sch, 4:00.2 Bradfield Col, 4:00.3 Q.E. Barnet, 4:02.6 Harrow Sch.

Boys

4x100: 45.6 Borough of Hounslow, 46.0 Birchfield, 46.6 Cannock Chase, 46.6 Bristol, 46.6 Haringey, 46.7 Herne Hill, 46.8 Borough of Enfield, 46.9 Central Region, 47.0 Cardiff, 47.3

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Shaftesbury. 4x200: 1:42.0 Bedford Mid. Sch, 1:42.3 Cardiff, 1:42.7 Millfield Sch, 1:42.9 Kimbolton Sch, 1:44.1 Hercules Wimbledon, 1:44.2 Haberdasher Aske's, 1:44.2 Merchant Taylors Sch, 1:44.9 Herne Hill, 1:45.2 Harrow Sch, 1:45.6 Forest Sch. 4x400: 3:42.4 Birchfield, 3:44.6 Herne Hill, 3:44.8 Cardiff, 3:45.7 Cannock Chase, 3:46.5 Borough of Hounslow, 3:46.9 Mandale, 3:47.1 Shaftesbury, 3:47.2 Middlesbrough & C, 3:47.7 Tamworth, 3:47.8 Havering. 4x800: 8:54.5 Wycombe Ph, 9:02.1 Hillingdon, 9:03.8 Aldershot F&D, 9:05.2 Bournemouth, 9:06.4 Bellahouston, 9:10.7 Clyde Valley, 9:11.7 Bedford Mid. Sch, 9:13.5 Macclesfield, 9:19.9 VPAAC, 9:21.4 Warrington. 4x1500: 18:18.4 Tamworth, 18:40.6 Stevenage & NH. 1600 Medley: 3:56.8 Merchant Taylors Sch, 4:02.5 St. George's Sch, 4:02.8 Bedford Mid. Sch, 4:04.7 Radley Col, 4:10.3 St. Albans Sch, 4:10.5 Orange Hill Sch, 4:11.7 St. Edward's Sch, 4:14.3 Dr. Challoner's Sch, 4:14.9 Bradfield Col, 4:18.3 Q.E. Barnet.

Colts

4x100: 51.0 Cardiff, 52.5 Herne Hill, 52.6 Borough of Enfield, 52.8 Shaftesbury, 52.9 Woking, 53.2 Birchfield, 53.3 Shettleston, 53.6 Cannock Chase, 53.7 Cambridge H, 53.8 W&B, 53.8 Bolton. 4x200: 1:59.4 Cardiff, 2:00.2 Rhondda. 4x400: 4:41.0 Cambridge H, 4:43.1 Ashford 4:44.1 Elliott, 4:47.9 Dartford, 4:49.3 Medway, 4:53.0 Bexley. 4x800: 9:43.0 Havering, 9:54.5 Livingston, 9:55.3 Borough of Enfield, 10:03.2 Basildon, 10:14.0 Dartford, 10:15.8 Royal Sutton Coldfield, 10:15.8 Bedford, 10:17.2 Bromsgrove & R, 10:18.5 Ayr Seaforth, 10:21.0 Halesowen.

Senior Women

4x100: (48.7) 45.8 Borough of Hounslow, 46.5 Selsonia, 46.6 Haringey, 46.7 Birchfield, 47.0 Wigmore, 47.3 West London IHE, 47.3 Bristol, 47.4 Edinburgh Southern, 47.50 Stretford, 47.52 Sale. 4x200: 1:39.5 Southampton & E, 1:39.8 Wigmore, 1:40.2 Birchfield, 1:40.3 Stretford, 1:40.3 Radley, 1:40.3 Selsonia, 1:40.7 Bristol, 1:42.1 Ilford, 1:42.5 Bracknell, 1:43.0 Mitcham. 4x400: (3:56.6) 3:44.5 Birchfield, 3:44.6 Bristol, 3:44.66 Edinburgh Southern, 3:45.79 Stretford, 3:46.2 Coventry, 3:46.5 Essex Ladies, 3:47.0 Borough of Hounslow, 3:48.3 Havering, 3:48.8 Brighton & H, 3:49.8 Southampton & E. 3x800: 6:48.9 Thurrock, 6:49.7 Ilford, 6:50.5 Havering, 6:52.5 Haslemere Border, 7:07.6 Warrington, 7:08.1 Bracknell, 7:11.5 Cardiff, 7:20.3 Essex Ladies, 7:21.4 Bournemouth, 7:32.2 Wyeside. 4x800: 8:50.3 Sale, 8:57.9 Stretford, 8:58.3 Leeds City, 8:58.6 Birchfield, 9:08.9 Bracknell, 9:16.7 Haslemere Border, 10:11.8 Sparkhill, 10:14.9 Fleet & C. 1600 Medley: 3:57.9 Glasgow, 4:00.9 Stretford, 4:01.0 Shettleston, 4:01.4 Birchfield,

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4:07.7 Havering, 4:19.0 Paisley, 4:21.9 Bromsgrove & R, 4:25.6 Pitreavie.

Intermediates

4x100: (50.3) 48.1 Stretford, 48.1 Radley, 48.4 Haringey, 48.6 Croydon, 48.7 Borough of Hounslow, 48.8 Winchester, 48.8 Selsonia, 49.1 Glasgow, 49.5 Basildon, 49.5 Bristol, 49.5 Paisley. **4x200:** 1:44.5 Haringey, 1:45.6 Winchester, 1:47.9 Hillingdon, 1:48.5 Cambridge H, 1:48.8 Essex Ladies, 1:49.4 Reading, 1:49.5 Cardiff, 1:51.1 Stevenage & NH, 1:51.8 Havering, 1:52.3 Torfaen. **4x400:** 4:01.2 Coventry, 4:06.0 Winchester, 4:06.7 Birchfield, 4:09.7 City of Hull, 4:14.5 Sparkhill, 4:17.8 Newport. **3x800:** 6:55.5 Havering, 7:29.0 Crewe & N, 7:30.0 Chelmsford, 7:31.1 Stockport, 7:48.6 Newport, 8:01.2, Wallasey, 8:05.6 Basildon, 8:09.7 Essex Beagles, 8:22.2 Frodsham. **4x800:** 8:53.1 Havering, 9:04.1 Coventry, 9:18.6 Sale, 9:24.0 Mitcham, 9:41.1 Sutton (St. H), 9:46.0 Bristol, 9:46.2 Birchfield, 9:46.8 Fleet & C, 9:52.6 Stretford, 10:08.4 Warley. **1600 Medley:** 4:27.2 Stourport, 4:33.7 Bromsgrove & R.

Juniors

4x100: (51.2) 49.6 Sale, 49.8 Essex Ladies, 49.9 Inverness, 49.9 Bedford, 50.0 Croydon, 50.1 Bury, 50.1 Birchfield, 50.2 Wakefield, 50.3 Bracknell, 50.4 Stretford. **4x200:** 1:46.3 Essex Ladies, 1:46.6 Inverness, 1:47.7 Bracknell, 1:48.1

Liverpool Pem, 1:48.7 Pitreavie, 1:50.3 Cardiff, 1:51.2 Ayr Seaforth, 1:51.6 Bridgend YMCA, 1:51.6 Haringey, 1:51.8 Edinburgh Southern. **3x800:** 7:14.3 Barnet, 7:17.4 Havering, 7:18.1 Thurrock, 7:19.6 Warrington, 7:21.5 Sutton (St. H), 7:22.7 Basildon, 7:27.1 Pilkington, 7:27.5 Edinburgh Southern, 7:28.4 Crewe & N, 7:28.4 Livingston. **4x800:** 9:25.0 Mitcham, 9:31.8 Sale, 9:36.4 Andover, 9:43.7 Wycombe Ph. 9:45.6 Leeds City, 9:47.9 Edinburgh Southern, 9:47.9 Falkirk Victoria, 9:51.3 Cannock Chase, 9:52.6 Bristol, 9:55.2 Stretford, 9:55.2 Bromsgrove & R.

Girls

4x100: 52.4 Berry Hill & M, 53.5 W&B, 54.9 Central Region, 55.1 Lincoln Wellington, 55.6 Shettleston, 55.8 Ayr Seaforth, 55.9 Pitreavie, 56.0 Nuneaton, 56.12 St. Joseph's Sch, 56.3 Macclesfield, 56.3 Balwearie High Sch. **4x200:** 1:56.8 Pitreavie, 1:57.3 Shettleston, 1:58.0 Cardiff, 1:59.6 St. Joseph's Sch, 2:00.2 Ayr Seaforth, 2:02.8 Torfaen, 2:03.1 VPAAC, 2:04.8 Edinburgh Southern, 2:05.4 Barry & V, 2:06.6 Edinburgh AC. **3x800:** 7:48.3 Liverpool, 7:55.0 Edinburgh Southern, 7:57.2 VPAAC, 7:57.4 Chester & EP, 8:02.8 Macclesfield, 8:10.0 Cardiff, 8:14.2 Torfaen, 8:15.7 Pitreavie, 8:19.8 Ayr Seaforth. **4x800:** 10:35.2 Portsmouth, 10:56.1 Bromsgrove & R, 11:06.3 Royal Sutton Coldfield, 11:09.2 Dartford, 11:17.0 Stourport, 11:26.8 Radley, 11:33.4 Stevenage & NH, 11:40.2 Solihull & SH.

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POSTAL ENTRIES CLOSE MONDAY, 8th DECEMBER, 1980

ATHLETES CLINIC

QUERIES are answered and advice given by an orthopaedic surgeon specialising in athletic injuries. If you have any such problem on which you have not been able to obtain expert advice, write to 'Athletes Clinic', c/o 'Athletics Weekly' with full details relating to your case, but keeping your letter as brief as possible. Answers will be of a general nature rather than individual, so that other athletes who may be suffering from, or may suffer in the future from this type of injury will therefore benefit from the advice given. The orthopaedic surgeon concerned cannot enter into individual correspondence.

GETTING OVER AN OPERATION

I am 49 and train regularly twice a day. Earlier this year I had a successful hernia operation and resumed racing and training without any adverse effects.

My problem is that after a few weeks off work I returned to night-shift which is on a month on, month off basis. I trained as normal, morning and evening all week, and turned out for a 5 mile race on the Sunday. The race was a calamity for me. I had to retire after a mile, absolutely drained of energy. My arms and legs were curiously weak, stiff and aching. I cannot define the symptoms, I just felt I had to pull out or something serious would happen.

Usually I sail through racing, night or day shift notwithstanding. I can only think that the body was not adjusted to coping with the demands after 10 weeks of normality. Can you offer any theories?

A.T.W. (Luton)

An operation takes it out of you. Even what is regarded as a not particularly serious operation like a hernia operation, in line with your age and together with your working habits would, I think, be quite enough to explain your loss of form in a race — after all you were racing within three months of the operation which perhaps is pushing it a bit. By now if you have been able to continue your standard training, you should have got over your problem.

In general, it is wise to expect it to take at least six months to get over the effects of a major operation particularly if you are over the age of 30. The big problems of athletes who have operations is they expect to be fit too soon afterwards.

DONATING BLOOD

I would be very grateful if you could give me the benefit of your knowledge on the subject of donating blood.

For a number of years I have been making

donations at approximately three — monthly intervals. My age is 45 and my main athletic activity is in the field of long and ultra-long distance race-walking, at which I have attained excellent results.

My main concern is a lack of knowledge on the time required after a donation to the blood returning to normal and what effect this might have on racing results in the interim period.

I try to avoid donating where possible, in the immediate week or two before a major long-distance event. Your comments and advice would be much appreciated.

D. H. (Isle of Man)

How nice to hear of an athlete who is a regular blood donor — full marks to you! In fact the oxygen carrying capacity of the blood appears to be of relatively minor importance in terms of athletic performance and is by no means a limiting factor. Thus, provided that you were not anaemic to start with, the donation of a pint of blood would not significantly affect the oxygen carrying capacity. The immediate impact of giving blood is the loss of circulating fluid and it would clearly be inadvisable to try racing or hard training immediately after donation. However, the circulating blood volume builds up to normal very quickly so that you should certainly be able to cope with a hard training session or a major race a week or more after giving blood.

BLOOD IN THE URINE

I am aged 40 and have been running for 23 years, covering 15-20 miles a week. Recently I have been passing blood in the urine after training or racing. This has been diagnosed after tests as March Haematuria, caused by red blood cells breaking down due to the pounding of my

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12 noon	Veteran Men	4 Miles (50p)
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CLOSING DATE 6th DECEMBER

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N.B. Ladies X-Country Races — March 21st, 1981.

feet on the road and passing through the kidneys to the bladder. It was suggested by the consultant haematologist that a more cushioned running shoe would help; this has been tried but made no difference and was the only remedy offered.

My question is, could the condition as described lead to complications if I continue running?

J.G.S. (Greenock)

The passage of blood in the water following severe exercise is a well known problem and requires to be properly investigated. Haematuria as such appears to be of no great significance but it is essential to be clear that that is what the problem is and that the blood is not coming from some other lesion elsewhere in the urinary tract.

Since you have apparently seen a Specialist and the diagnosis of Haematuria as such has been made, you're probably clear from the point of view of other disturbances. In which case, provided that you maintain a good fluid output by drinking plenty, the Haematuria is probably of no great significance.

PAIN AROUND THE PELVIS

Please can you help in curing the following: A pain that starts on the right pubic bone, goes up to the hip bone, causing a tension of the muscles (or whatever) around that area. This used to happen after 15 miles or so but now occurs after 3-4 miles, disappearing usually after a night's sleep. Voltarol 25 tablets completely relieved the pain but, now that I have phased these out, the problem is returning. I am aged 33, male, on 50-60 miles per week, and I've had the problem over a year.

D. P. M. (Belgrave H)

It is very difficult to come to a diagnosis with such a vague story. There are a number of causes of pain around the pelvis relating to over-use in athletics, and the possibilities include traumatic osteitis pubis, a condition in which the joint between the two pubic bones becomes deranged. This is usually associated with limited hip movement, possibly because of some previous disorder of the hip. It has been described in long-distance race walkers and is commonly seen in footballers. Another possibility, moving further outwards, is the early manifestation of wear and tear in the hip joint itself which could present with pain in this way. Equally a chronic muscle injury affecting the flexor muscles of the hip and the groin could also be responsible. On the outer side of the hip one thinks of possible muscle problems with pulling off of part of the attachment of the long muscles of the thigh from their origins on the iliac bone, or possibly the pulling of the adductor from its attachment to the pubic bone (this condition is common in hurdlers).

Finally, right over the outside of the hip is the ilio-tibial band syndrome, or trochanteric

bursitis. This is a condition in which there is inflammation of the sac of fluid that separates the muscle and tendon on the outer side of the leg from the bony prominence of the hip, allowing free movement of the hip in rotation.

Clearly in this case there could be a number of possible diagnoses. The important thing is to be seen by an experienced clinician in locomotor disease who should be able to solve the problem.

SESAMOID INJURIES

I am a 30-year-old runner of average ability, who trains approximately 50-60 miles per week. During some mountain races last summer I suffered pains in the balls of my feet. As the pain disappeared with rest I continued to train until January when a cross-country race in 'difficult' conditions made me realise that I was, in fact, injured. An X-ray showed that I had broken the sesamoid bones in both feet. I was prescribed special soles for my shoes and complete rest — a regime to which I have adhered strictly for three months. However, the latest X-ray shows no sign of any healing of the fractures. Is there anything else I can do but wait? Should the bones not heal, would a reduced training load result in permanent damage?

I do feel that my experience may serve as an example for other runners in that i) foot pain which improves with rest is not necessarily due to a 'muscle sprain' and ii) the probable cause of my injury was training in (otherwise excellent) New Balance training shoes which had been resoled three times and had lost their inside shape.

Finally, I do have the consolation that if I can run a marathon in 2:36 with a cold and two broken feet, what can I do when I am fit.

M.S. (Durham City AC)

The problem of sesamoid injuries is always cropping up. One of the difficulties is that the sesamoid bones are often in two pieces, normally, so it is impossible unless there are serial X-rays to show that a fracture has necessarily occurred. If a fracture, however, does occur the fragments of sesamoid tend to pull apart and then become joined together by fibrous tissue which does not show up on X-ray. Thus the fact that even after a genuine fracture, the bone does not seem to have united is not necessarily relevant in practical terms. There is no need to worry about permanent damage!

In your case it is possible that the condition occurred in part because of the change in running action necessitated by running up and down hills and in part because the shoes which you were wearing had lost their resilience through repeated re-soling. New Balance are among the best training shoes but because they are that much lighter than most, they tend to wear out slightly sooner and if you force a worn pair of shoes into service, inevitably the cushioning you normally expect will not be there and the feet will pay the price!

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Ivan Berenyi traces the career of sprinter Barbel Wockel

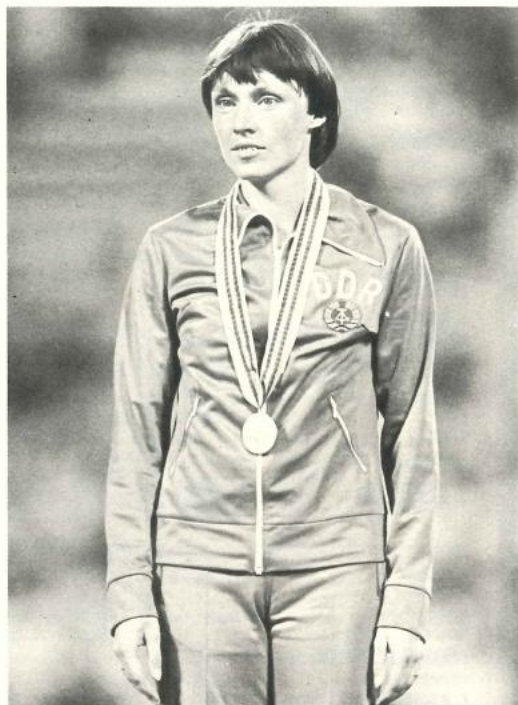
CAN SOMEONE be a 'surprise winner' in a track event in two successive Olympics, and collect a remarkable four Olympic golds all told, without being universally accepted as an all-time athletic great? In theory, this would seem impossible, yet in practice this personified enigma exists. She is called Barbel Eckert-Wockel.

Born on March 21st 1955 in Leipzig, trade fair capital of the GDR, Barbel Eckert already defied categorisation at school, due to being gifted in several ways. While she clearly had outstanding sporting potential, she was also exceptionally bright, very attractive and fast-developing, musically talented and highly individualistic. She, and her parents, were apparently against her becoming a sports student, and her varied talents and interests made it difficult to mould her into a prototype athlete the GDR track-mill is geared to generating.

But she took to athletics, nonetheless, with enthusiasm and ample drive at age 12, and was training with the SC DHfK Leipzig club from the following year. She showed promise, and perhaps too much bravado, at the hurdles in particular, while also being a competent sprinter. In 1970, her first competitive year, the 15-year-old established personal bests of 12.4/25.3 for the sprints and 14.5 for 100m hurdles.

Her boldness over the hurdles, and several dangerous-looking falls, resulted in a year in which she only competed as a sprinter in 1971, clocking bests of 12.0/24.9, but the following year she was back in her favourite event, which was to bring her early recognition. In 1972, Barbel was runner-up in the national youth Spartakiad 100m hurdles, lowering her best time to 13.8 there, while she improved only marginally in the short sprint (11.9) and actually relapsed in the 200 (25.6). Then, in 1973, she showed her versatility by capturing three golds in the European Junior Championships in Duisburg — in the 100H, the 200 and the 4×100 relay. Her new personal bests were 11.3, 22.85 and 13.14. She was ready for the national squad, and the European Championships in Rome, which were to dominate her first senior year.

Since the role envisaged for her in 1974 was primarily as a member of the 4×100 team in Rome, she was subjected to intensive weight and sprint training prior to the main season, and was kept out of 200 competition altogether. In the GDR Championships she won a relay gold and 100 and 100H bronzes, and in Rome she claimed a European gold with the GDR relay team and was 7th in the 100. Her fastest 100 time improved to 11.1, but in the hurdles she only achieved 13.2,



Barbel Wockel atop the victory dais following the 200m final in Moscow.

George Herringshaw

and was told to give up this event because her sprint relay role was paramount. She was never to compete as a hurdler again, though clearly it was there that her real potential lay.

Her taxing first senior year left Barbel Eckert injured, so she neither competed nor trained in pre-Olympic 1975, belatedly completing her 'abitur' (equivalent of GCE) and registering as an undergrad at the Psychology Faculty of Leipzig Institute of Pedagogy instead. Her 1976 Olympic prospects looked decidedly bleak, especially since the approaching Olympics induced massive improvements in the rank and file of GDR sprinters.

But Barbel Eckert wanted to get the Montreal ticket, and she did not need telling how to go about it, being independent-minded, personable and bright to boot. The centre of GDR sprinting power was the city of Jena, or more precisely the SC Motor Jena club and its sprint coach, Horst-Dieter Hille, under whose guidance worked the GDR sprint queen of the day, Renate Stecher,

and her already anointed successor, Marlies Oelsner (later Gohr).

In the late autumn of 1975, brave Barbel simply turned up in Jena, asked coach Hille to let her join his stable, and set about persuading the girls to agree with the idea. They did. "It was hard at the beginning, but then, with Renate's encouragement and help and coach Hille's guidance, I started to improve dramatically in training", Barbel was to say later.

At the 1976 GDR Championships in Karl-Marx-Stadt, Barbel Eckert ran 22.91 for 200 and won ahead of Stecher (23.06), Carla Bodendorf (23.14) and Oelsner (23.26). She also achieved 11.50 in the 100 and coach Hille, who was in charge of the national relay team, insisted that Eckert was to be the fourth girl in the team. This caused considerable friction, since there were three others with stronger claims to the spot behind Stecher, Oelsner and Bodendorf, but the lobby was to prevail.

Hille — a coach with a most unusual career himself — especially appreciated young Barbel's individuality and easy charm. Trained originally as a locksmith, Hille wanted to become a gymnastics coach in 1953, at age 20, but was directed to athletics, qualified three years later, and took over as coach at SC Motor Jena in 1962. He does not believe in group training, but puts his wards through their paces individually, and was ecstatic about the enthusiasm and good-natured loyalty with which Barbel responded to advice.

The times were difficult ones at SC Motor Jena. Stecher, married not long before and in due course having given birth to a sickly, problematic child, was all for giving Montreal a miss. But the GDR hierarchy insisted that, despite having rapidly faded, the sprint heroine of the previous Olympics had to participate. The understanding, sympathetic Barbel Eckert who — in spite of her youth — had already experienced the pig-headedness of central sports cadres herself, was everywhere, helping to soothe frayed nerves.

In Montreal, Renate Stecher gathered her young fellow-sprinters under her wing. "Marlies (Oelsner-Gohr) and myself — we were both novices and vaguely afraid of the atmosphere of the Olympic Village, expecting bitchiness and avarice from all sides," Barbel said later. "But Renate helped us immensely. All we had to do was fall in step with her. And that way the Village became a stimulant, a fantastic place of international friendship where you felt your personality, your horizons expand. Renate is a terrific sportswoman. I would like to follow in her footsteps..."

Barbel cruised through the heats of the 200, and by the semis, run on the afternoon of the final, she was showing devastating form. She drew an inside track (lane 2) for the final, which worried her slightly. "I was afraid that, with my long legs, I might not be able to stretch out properly around the tight curve and may lose

rhythm", she said in the post-race interview.

The race was to be, in theory, between Stecher and the two West German sprinters, Annegret Richter and Inge Helten. Eckert, with her semi-final personal best of 22.71, was merely considered to have an outside chance for bronze. But when the runners entered the home straight, Eckert was ahead of Stecher, only slightly behind 100m champ Richter, and in full cry. Powering on, she hit the tape 2/100ths of a second in front of Richter to take the gold. The stadium graciously celebrated the pretty and schoolgirlishly excited winner.

Montreal — "I couldn't believe I had won".

"I couldn't believe I had won, not for several seconds," Barbel said. "Of course, I could not judge properly, being too far away from Renate, who had been my certain tip for the gold. In the past few days I felt very satisfied with my form in training. In the semis, I knew I still had a lot left in me at the end, and I started thinking in terms of a lesser medal. I felt I was riding a wave, that I have reached a peak hitherto not experienced. On balance, the allocation of lane 2 in the final proved a blessing, too. I could keep an eye on Richter this way and build up a head of steam while the others were locked in battle off the curve."

Barbel Eckert's winning time was 22.37; a personal best and a new Olympic record. She just stood there, gasping for air and looking around for a while, when suddenly she jumped into the air, and flew towards 'mother-hen' Renate Stecher, to search for reassurance.

In the 4 × 100 relay, Barbel — clearly at peak — was made anchor, and it was her robust running which assured a GDR gold in the battle against West Germany in the final. The picture showing the four girls celebrating, with arms around one another, joined together by Barbel's exuberance, has been a GDR standard on book-covers and posters ever since.

Later, at home, she reduced her year's best for the 100 to 11.40 and was a member of the 4 × 200 relay team which set up a world record of 1:32.4.

In 1977, Barbel won the GDR 200 title and was a member of the champion 4 × 100 relay team, but did little else of prominence, mainly because her winter preparations were interrupted by

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injury. Or was she taking a sabbatical? Many said she was. In the USSR-Poland-GDR match she placed 3rd in the 200 behind Irena Szewinska and Marina Sidorova; in the European Cup semis, in Dublin, she was runner-up (22.87) to Sonia Lannaman (22.71), having faded over the last 40m when in a winning position. Her bests for the year were 11.39 and 22.66.

During 1978/79, while Marita Koch gradually whittled down the 200 world record to an incredible 21.71, Barbel Eckert — who had to give up her Leipzig living quarters and studies to join SC Motor Jena — got married, which involved a name change to Wockel, and took off a year's maternity leave. Her 1978 bests marks were 11.80 and 23.30, and in 1979 (when she only competed in the 100) she ran 11.50. Most pundits had already written her off as an Olympic threat in Moscow, but in the late autumn of 1979 she looked up coach Hille, just as prior to the Montreal Games, and asked for his help.

In May, with two months to go to the Olympics, Barbel Wockel ran a pb of 22.19 for the 200 and in the GDR Championships in Cottbus she improved this to 22.01 for third place on the world all-time list.

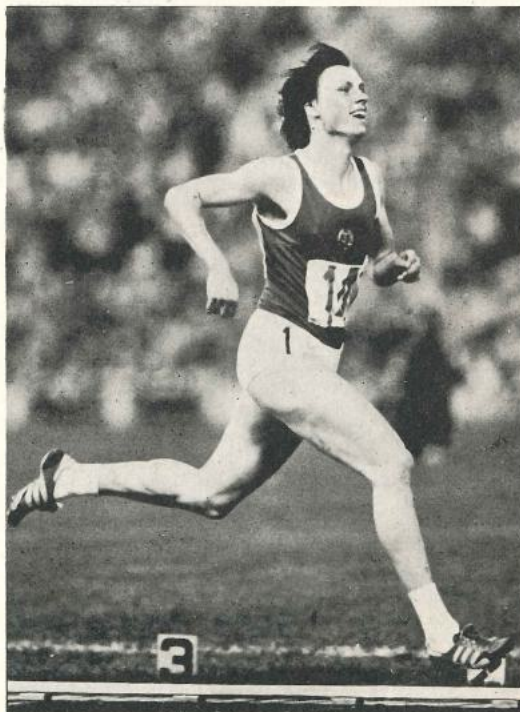
And so to Moscow. World Cup winner Evelyn Ashford (USA) was of course not present, while Koch and Lyudmila Kondratyeva — both

nominated for the 200 — bowed out, the GDR girl because the 400 final was the same day as the 200 heats, and the Russian due to having hurt herself in winning the 100 title. Barbel coasted to the final with 2nd places in the heats (23.55 and 22.86) and in the semis (22.54), and there, drawn in lane 1, she walked away with the gold in 22.03, a new Olympic record. The USSR's Natalya Botchina finished runner-up with 22.19, a world junior record.

Tight curve again

"My worry in this final was the draw again. Like four years ago, I got the tight curve, and even in no 1 lane this time, which I dislike," Barbel said. "I was concerned about my tendency to veer right a bit, and the possibility of bumping. But it worked out OK, and I had it all worked out when I was going to get past the Russian junior".

Asked to compare Montreal and Moscow, and explain why she was so inactive between them, Barbel was to the point. "I was inactive due to injuries and illnesses. There were four years between Montreal and Moscow, which spells a lot of development, forward movement. Just compare the times of the two finals." Questioned whether she could have done better under pressure, and if she could have pipped Ashford



Barbel in action in the two Olympic 200m finals. Left, she sets a new Olympic record of 22.37 in Montreal and, right, lowers it to 22.03 in Moscow.

George Herringshaw



The triumphant GDR 4x100 metres relay team in Moscow: left to right — Romy Muller, Barbel Wockel, Ingrid Auerswald and Marlies Gohr. They won by five metres in a world record of 41.60.

George Herringshaw

and Koch to the post, too, Barbel just laughed. "Who knows? I am usually pretty strong at the time of the Olympics," she said. "Timewise, I could certainly have done a bit better, I guess."

Getting into the 4x100 relay team was a bit trickier this time, with the likes of Gohr (10.93), Romy Muller (11.02), Ingrid Auerswald (11.08), Barbel Lockhoff (11.27) and Gesine Walther (11.29) in attendance. Barbel Wockel's pre-1980

best, the 11.34 she ran in August 1977, would certainly have been insufficient to do it.

But she ran a last-gasp 11.24 on July 11th, finishing behind Muller (11.11) and in front of Auerswald (11.29) in Berlin, and this assured her of a place. By then, in fact, the Muller — Wockel — Auerswald — Gohr team had already run an introductory 42.09, but there was still room for a replacement. The 42.09, which equalled the GDR

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Barbel Wockel's tally of four Olympic gold medals equals the most by any woman athlete. Fanny Blankers-Koen (Hol) won the 100, 200, 80 hurdles and 4x100 relay in 1948; Betty Cuthbert (Aus) gained victories in the 100, 200 and 4x100 relay in 1956 and the 400 in 1964.

The highest number of Olympic gold medals won by a man is nine by Paavo Nurmi (Fin). Ray Ewry (USA) accumulated eight, Ville Ritola (Fin) five, while the following have won four: Alvin Kraenzlein (USA), Mel Sheppard (USA), Hannes Kolehmainen (Fin), Jesse Owens (USA), Harrison Dillard (USA), Emil Zatopek (Cze), Al Oerter (USA) and Lasse Viren (Fin).

squad's Turin world record, was whittled down to 41.85 on July 13th, and then in the Olympic final the four galloped to 41.60 and an easy gold.

Barbel has not made any public announcement yet as to her next plans, but the speculation is that she will now sort out her student status and get that psychiatry degree finally. She has certainly mentioned to friends in private that the degree is one thing missing from her life, and that she is determined to get it. And of course when Barbel is determined to get something...

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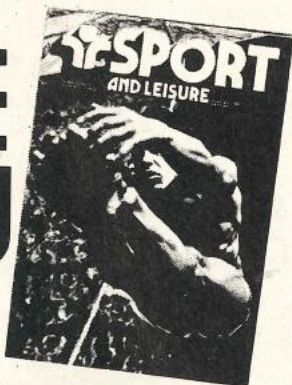
6M Handicap: Fastest: 1, T. Warrenner (E. Hull) 32:36; 2, B. Jones (E. Hull) 32:56; 3, G. Baker (CoH) 33:34; 4, M. Farrall (CoH) 33:40; 5, G. Hart (E. Hull) 33:58; 6, J. Potter (E. Hull) 34:08. **Handicap:** K. Rogers (Ridd). **Team:** E. Hull. **(Youths):** 1, D. Stones (Bart) 15:43; 2, D. Clarke (Hull S) 16:31; 3, T. Nash (Rown) 16:49; 4, A. Manning (Rown) 16:50. **Teams:** 1, Rowntrees 17; 2, E. Hull 18. **(Boys Relay):** 1, Hull Spartan (A. Douglas 5:14, J. Hill 5:23, P. Booth 5:01) 15:38; 2, Riddings 16:45; 3, Riccall 16:51. **Fastest:** Booth. **(Colts Relay):** 1, E. Hull (S. Baker 5:52, J. Brebner 5:46, S. Wood 5:52) 17:34; 2, Riddings 17:40; 3, Barton 17:51. **Fastest:** R. Hill (Bart) 5:37. **(Women):** 1, K. Almond (CoH) 12:24; 2, D. Stephenson (CoH) 12:26; 3, J. Howes (CoH) 12:35; 4, J. Champion (E. Hull) 12:50; 5, J. Inman (CoH) 13:10. **Teams:** 1, City of Hull 8; 2, E. Hull 22. **(Juniors):** 1, J. Millership (CoH) 9:20; 2, V. Dawes (CoH) 9:20; 3, A. Thompson (Hull S) 9:31; 4, D. France (CoH) 9:36. **Team:** City of Hull. **(Girls):** 1, S. Arthur (CoH) 6:25; 2, S. Thorburn (CoH) 6:31; 3, K. Christensen (CoH) 6:39. **Team:** City of Hull.

Herne Hill H officers: general sec. & track & field sec. — K. Kelly, 71 Penwortham Road, Streatham, S.W.16 (Tel: 01-677 0337); YA sec. — B. Smyth, 25 Crofton Park Road, Brockley, S.E.4 (Tel: 01-690 7806); women's sec. — R. Gobey, 10 Brome Road, Eltham, S.E.9 (Tel: 01-856 4681); CC sec. — A. Reed, Quarter Acre, Icehouse Wood, Oxted, Surrey (Tel: 988 2823); road running sec. — M. Harran, Flat 17, 12 Beulah Crescent, Thornton Heath, Surrey (Tel: 01-653 8961); vets sec. — S. Allen, 6 Sandfield Gardens, Thornton Heath (Tel: 01-653 4648); walking sec. — J. Hurley, 81 Windsor Road, Thornton Heath.

Fifth in the Walton '10' on October 12th ('AW', Nov. 1st) was **Bill Glad**, who is a member of Club Northwest, Seattle, Washington, and not as stated.



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Joyce Regains Commonwealth Marathon Mark

THE INCREDIBLE CAREER of Joyce Smith (see next week's issue for the first part of her story) reached a new peak in Tokyo last Sunday when she won the international women's marathon there for the second year, this time with a new Commonwealth and UK record of 2:30:27. Only Grete Waitz (2:25:42 and 2:27:33) and Patti Catalano (2:29:34) have ever run faster, and those times were recorded on a point-to-point course in New York in competition against men. The Japanese race was for women only, the field numbering 44 drawn from eight nations, and started and finished in the Olympic stadium.

Joyce, who turned 43 last month, had a tremendous battle with French-Canadian Jacqueline Gareau, the winner of the Boston and Montreal races this year and for one day holder of the Commonwealth record with 2:31:42. Joyce drew away over the final 4km to win by just over half a minute. "I'm very tired, but very happy I won again", she said, adding: "this was my best marathon". Britain's other representative, Gillian Adams (2:37:56 in New York three weeks earlier) took third place in 2:40:53.

Joyce — who won her first English cross-country title in 1959 and whose honours have included the International CC title and a world record and European bronze medal at 3000m — made her marathon debut at Sandbach in June 1979, shattering the British record by nine minutes with a time of 2:41:37. She improved to 2:36:27 when winning the Avon International at Waldniel in September, and followed up two months later with victory in the inaugural Tokyo International in 2:37:48. Her 1980 campaign started unhappily when she blacked out towards the end of the Orange Bowl race in Miami in January, but there were no bad after effects for at Sandbach in June she ran 2:33:32 in what she regards as a training run. Following illness and injury she shouldn't really have raced in the Avon event in London in August, but she felt obliged to turn out and placed a gritty 7th in 2:41:22. She knew she was capable of 2:30 this year but nothing can ever be taken for granted in marathon running. Her superb time of 2:30:27 in Tokyo was over three minutes inside her own UK record and enabled her to recapture the Commonwealth record, held by Lorraine Moller (NZ) with 2:31:40. Lorraine, incidentally, chose to race a marathon in Rio last weekend, and finished 7th (first woman) in 2:39:10.

Tokyo result: 1, J. Smith (UK) 2:30:27; 2, J. Gareau (Can) 2:30:58; 3, G. Adams (UK) 2:40:53; 4, A. Roe (NZ) 2:42:24; 5, C. Langlace (Fra) 2:43:11; 6, J. Robinson (US) 2:46:23; 7, J. Arenz (US) 2:47:07; 8, S. Krenn (US) 2:48:47; 9, S. Sasaki (Jap) 2:52:35; 10, M. Muramoto (Jap) 2:52:39.

WORLD ALL-TIME MARATHON LIST

2:25:42	Grete Waitz (Nor)	1980
2:29:34	Patti Catalano (USA)	1980
2:30:27	Joyce Smith (UK)	1980
2:30:58	Jacqueline Gareau (Can)	1980
2:31:23	Joan Benoit (USA)	1980
2:31:40	Lorraine Moller (NZ)	1980
2:32:29	Marja Wokke (Hol)	1980
2:34:25	Ingrid Christensen (Nor)	1980
2:34:29	Allison Roe (NZ)	1980
2:34:48	Christa Vahlensieck (Ger)	1977
2:35:06	Carol Gould (UK)	1980

UK RECORD EVOLUTION

(world best in brackets)

3:27:45	Dale Greig	1964	(3:27:45)
3:11:54	Anne Clarke	1975	(2:38:19)
3:07:47	Margaret Thompson	1975	(2:38:19)
2:50:55	Christine Readdy	1976	(2:38:19)
2:50:54	Rosemary Cox	1978	(2:34:48)
2:41:37	Joyce Smith	1979	(2:32:30)
2:41:03	Gillian Adams	1979	(2:32:30)
2:36:27	Joyce Smith	1979	(2:32:30)
2:33:32	Joyce Smith	1980	(2:27:33)
2:30:27	Joyce Smith	1980	(2:25:42)

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BY WEDNESDAY, DECEMBER 10th

Who's Who In British Athletics

ALAN BELL

FULL NAME: Alan Richard Bell. Born in Wakefield, 10.6.57. Height: 1.92/6'3½". Weight: 82kg/182lb. Club: Wakefield H & AC. Lives in Wombwell, Yorkshire and is a medical student at St. Thomas's Hospital in London. Hobbies and interests outside athletics: natural history, ornithology in particular.

Became interested in athletics through his father — "Pushed into it by father even pre-school, began to like it when I became capable of winning". Started at sprinting and joined Wakefield H & AC in 1975. Competed in the English Schools Championships twice: 1974 — 200m, 3rd; 1975 — 200m, 2nd (won by Daley Thompson). No early inspiration and today admires "all athletes who make great efforts to succeed and manage to control their selfishness". Realised he could reach international level in 1973 when as an immature, tall schoolboy, he had instilled into him that "he had potential". Favourite events now are 100m and 200m.

Annual progression:

	200m	400m
1974	22.2	—
1975	21.9	—
1976	22.3	—
1977	21.36	47.48
1978	21.4	46.96
1979	21.4	46.53
1980	21.3	45.65

Personal bests: 100m — 10.84 (1977); 200m — 21.36 (1977); 400m — 45.65 (1980). Major

achievements during his career include: 1978 — first full international; 1979 — semi-finalist World Student Games 400m; 1980 — 2nd UK Champs, Olympic semi-finalist.

Most pleasing performance was "beating Brian Green over 100m on Boxing Day, 1975 at Stretford — he was completely unprepared for racing, of course". Greatest disappointment was "being ill prior to the 1978 Commonwealth Games trial". Immediate aim is "to continue improving, bringing down my average times, and dipping below Charles Asati's all-comers record of 45.01". Intends competing until the 1984 Olympics. May stay in athletics after retirement "possibly in sports medicine and coaching". What he likes most about athletics is "the challenge of progressive targets throughout one's athletic career". Dislikes "attempting to win at all costs, and cheating". His brother Roger ran 51.22 for 400mH in 1979, whilst his other brother, David is a golf professional. His father played Rugby Union for Oxford University and League for Wakefield Trinity.

Comments: "After being regularly on the international scene for two years, I know that many British international athletes are taking anabolic steroids to improve their performance. The present detection system is totally inadequate and deters nobody — only fools can be caught by it. I would like to see a strong move by the British administration to stop this cheating. They have the power and responsibility to do so. I feel at present they are not doing enough. Too many officials are turning a blind eye and, even worse, are actually recommending the use of steroids.



Medical student Alan Bell rose high on the UK all-time 400m list this year. His mark of 45.65 has been bettered, on electrical timing, only by David Jenkins and Glen Cohen. Alan's brother, Roger, was a 51.22 400m hurdler last year.

George Herringshaw

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"The 'fixing' of lane draws in international invitation meets is against the spirit of athletics. The better the athlete, the better the draw. The least capable therefore runs with an additional disadvantage. If a star dislikes it or refuses to come, let him. He has no right to have an advantage.

"The borderline international athlete is at a disadvantage unless coached by one of a small group of top coaches (let's say 20). The naturally high talented athlete will come through anyway. To a borderliner, the opportunities which stimulate the athlete to greater efforts are crucial. The borderliner may become a star. The breaks, the invitations, the trips depend on coaches' contacts. I would like to see more of a 'can I oblige you?' system applied to more borderliners without such contacts".

Training

Trains "more or less every day, whenever convenient, usually at night, for one hour". Uses fields, tracks and paths, all of which he finds equally good. For first class facilities he travels 10 miles when in London and four miles in

Wombwell. Does not have a qualified coach, but has long discussions and analysis with his father and brother (Roger). Found coaching "very important initially". Enjoys "all types of training because I know the returns are direct and certain". Does not split the year into any specific training cycles — "Tick over in winter competition after Christmas, vigorous preparation in March to the beginning of the season".

In winter he has "daily light sessions" and in summer relies largely on racing (55 400 metres in 1979). Does high quality sprinting, up to 300m (basic session 3 x 150m), and studies race pace judgement on the track. Does not plan to change anything in the future. Intends "to maintain my natural progression of basic strength". Likes to compete in non-highly competitive races twice a week, but once prepared for top competition, then just seriously once a week.

The British times and places in the Kosice marathon, reported in last week's issue were the wrong way round. **Stan Curran** finished eighth in 2:16:04 and **John McLaughlin** 26th in 2:19:20.

Winner of the Youths' 400m at the LB Bromley Chevron Open Meeting on October 26th ('AW', Nov. 8th) was S. Crabb (Enf) and not as stated.

CITY OF LONDON NEW YEAR ROAD RACES

(Under A.A.A. laws, W.C.C. & R.W.A. rules)

1st JANUARY, 1981, 1.00 p.m.

Organised by the B.M.C. (South), R.W.A. (South) and B.R.W.C. etc.

To be held in London Wall, London E.C.2

Changing rooms and assembly venue — City Poly, Moorgate, E.C.2.

Open One Mile Road Running Races

Youths/Boys	1.00 p.m.	Senior/Junior	1.30 p.m.
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Open 3000 metres Ladies Running Race

1.15 p.m.

Entries for the above three events to Neville Taylor (B.M.C.), 43 Burlington Road, Isleworth, Middlesex. Fee: 40p per event. Closing date 13th December, 1980.

Open 5 Mile Men's and Open 5 Miles Ladies Running Race

2.15 p.m.

Entries to Reg Jacobs, 123 Coxie Green Road, Nr Brentwood. Fee: 50p per person, no extra for teams (3 to score). Closing date 13th December, 1980. S.A.E. with entries.

Walking Races

Youths/Boys 2000 metres	1.45 p.m.	Ladies 5000 metres	2.00 p.m.
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		Men's 10,000 metres	3.00 p.m.
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Entries for the above walking races to Reg Wells, 4 Brecon Close, Luton, Beds. Fee: 25p per event. Closing date 20th December, 1980.

Awards: One Mile and 3000 metres Open running races, and all Walking races, prizes to first three in each event. 5 Miles Men's and 5 Miles Ladies, perpetual trophies to winner and first team, plaque to winner of each race, medals to second and third individual. Medals to first three teams, medals to first veterans (unplaced) in each grade.

Fixture Clash Upsets BAL

A ROW has broken out between the British Athletics League and the BAAB over the date next year fixed by the Board for a match with France and Switzerland in Paris. The fixture is scheduled for September 18th/19th, which clashes with the BAL's GRE-sponsored Cup Finals at Birmingham on September 19th. This will be the second year running that such a clash has occurred, for two months ago the British team's Tokyo/Peking tour cut across Cup Final day. BAL chairman Jack Walters has written to BAAB general secretary David Shaw protesting "at what appears to be a callous disregard by the BAAB of club athletics in Britain".

The letter, a copy of which was sent to 'AW', continued:

"We have long been concerned by the failure of the governing bodies of athletics in Britain to determine a coherent policy for fixtures. Despite fixtures conferences, the need for a structured programme for club athletics has been ignored as international matches for England, Scotland and Wales have proliferated.

"At the BAL Annual General Meeting on October 27th, there was considerable discussion as to the best date on which to hold the major event in British club athletics, the Guardian Royal Exchange Cup Finals. Despite the clubs' reluctance for this fixture to be pushed back until so late in the season, it was agreed to hold this event on September 19th 1981, since all the preceding dates had televised athletics fixtures. You assured us at our AGM that this date was clear.

"It was, therefore, with considerable concern that we learned — only a fortnight later — that this date was being used for GB v France v Switzerland international in Paris, and a decathlon/heptathlon international.

"The BAL organise annually over 80 athletics matches, more than all the national governing bodies combined. We have attracted sponsorship for our League and Cup competitions and have an excellent relationship with our sponsor — thus providing much needed support for club athletics.

"We feel that it is vitally important that our Cup Finals should not clash with international fixtures because we want clubs to be able to compete at full strength. In 1980 — and now in 1981 — there have been internationals on our Cup Finals date. There has been an erosion of support by top-class athletes for the Cup Finals.

NEXT WEEK

Next week's 'AW' includes the Joyce Smith Story (part 1) and an extended walking section featuring Ian Richards, Gordon Vale, Phil Vesty and top 30 UK lists for the year.

If this is not checked, there could be a diminution of sponsorship appeal of British League and Cup fixtures; this would be detrimental to club athletics, the essential base of British athletics.

"We would ask you to bring this matter before the Board at its next meeting, and trust that immediate action will be taken to initiate sensible planning for domestic athletics."

"I don't think we can be accused of not caring", replied Mr Shaw. "I have personally gone out of my way to support the League. I can understand their problems but they must understand ours. It is not always easy to arrange an international match which suits everyone's domestic programme. We regard an end-of-season international as important, particularly from the point of view of up-and-coming youngsters, and we had to accept the Paris match".

In view of the vital role played by the BAL in club athletics — the backbone of our sport — the Board have two options. One is to back out of the Paris fixture, which would be to the detriment of those up-and-coming youngsters who don't happen to belong to clubs involved in the Cup Finals quite apart from the embarrassment and bitterness it would cause. A more generally acceptable compromise would be for the Board to state categorically that no athletes who would otherwise be involved in the Cup Finals will be considered for selection for the Paris match, and that in future every care will be taken to avoid such an unfortunate clash of dates. A British team so weakened might not do as well in the Paris match as previously expected — but that is far less important than running the risk of permanently damaging the highlight of the club season.

So crowded is the summer fixture list these days that the Board have run into trouble also with the Counties Athletic Union. After the success of this year's Inter-Counties Championships at Birmingham over the Spring Bank Holiday, the CAU booked that stadium again for the same weekend (May 24th/25th) in 1981 — only to find that the BAAB have allocated those dates for their own UK Championships, to be held either at Cwmbran or in Belfast, and have requested the CAU to hold their meeting on August 22nd/23rd.

Mel Watman

One of the lucky customers of 'Running Wild' listed on page 24 is Mr U. O'Brian, Finglas, Dublin, and not as printed.

The price of the LDVII, advertised on page 7 of the November 15th issue, should have been £24.45 and not as quoted.

We have just heard that Paul Brice's 4705 for the Youths Octathlon at Cophall on September 20th/21st ('AW', Oct. 11th) is a UK age-15 best.

On the Road

KEITH PENNY CRACKS RECORD FOR BERNIE HAMES '13'

THE 24th ANNUAL "Bernie Hames" half-marathon at Chigwell Row on November 8th attracted a record number of 271 entries and proved to be an exciting race, with Keith Penny breaking the course record he set in 1976 to win the event for the third time.

Right from the start Penny and Frank Tota proceeded to set a cracking pace with the Essex Beagles' pair of John Davies and Les Gough in close company. At the end of the opening lap Penny was marginally ahead of Tota with Davies close on their heels, the leading trio all being timed at 24:59 at the 5M checkpoint.

Ken Finding reports

The start of the final lap saw Tota slightly in the lead from Penny. Davies was still third but a gap was visibly widening. John Batchelor had overtaken Gough and with Andy Nicholl and Derek Coates ahead of Mike Carey a battle royal was developing between Ilford and Essex Beagles for the team trophy.

At 10M (49:21) the leading pair were neck and neck, with Davies now 72 sec in arrears. In the final stages Tota really piled on the pressure and Penny appeared to be finding it tough going but over the last mile he hit back to snatch victory in an incredible 63:56, shattering his previous record of 65:05. The gallant Tota, in his first attempt at this event, finished just 9 sec behind and Penny was full of praise for his rival's performance. "Frank really set the record up with his pace; he was tremendously fast over the second half. The cold seemed to eat right into me and I felt terrible going up the hill but I managed to find something over the last mile".

With Davies third, Gough fourth and Carey 11th, Beagles regained the team trophy they last won 20 years ago.

1, K. Penny (Cambridge H) 63:56
2, F. Tota (Crawley) 64:05
3, J. Davies (Essex Beagles) 66:41
4, L. Gough (Ex. B) 67:20; 5, J. Batchelor (Ilf) 67:27; 6, E. Blackman (Ver) 67:44; 7, P. Bryan (Hav) 67:56; 8, D. Hardstaff (N. Lon) 68:20; 9, B. Shrosbee (RM) 68:25; 10, P. Lawrence (Hast-V) 68:26; 11, M. Carey (Ex. B) 68:30; 12, P. Gallagher (Craw) 69:10; 13, K. Wilkinson (Chelm) 69:20; 14, A. Nicholl (Ilf) 69:31; 15, K. Hutchins (Met. P) 69:40; 16, J. Wilkins (inv) 69:55; 17, P. Wymark (Col) 70:00; 18, M.

Carruthers (Ex. B) 70:12; 19, C. Turner (Ex. P) 70:29; 20, S. Bishop (Chelm) 70:31; 21, M. Small (High) 70:37; 22, R. Campbell (Ex. B-V) 70:42; 23, A. Cronin (N. Lon) 71:03; 24, P. Martin (Hast) 71:18; 25, M. Herring (Ilf) 71:27; 26, J. Mackenzie (Ilf) 71:27; 27, D. Skinner (Harl) 71:35; 28, S. Murray (W. Gn) 71:41; 29, P. Cheate (Ex. B) 71:47; 30, K. Lowe (VPH) 71:54; 31, L. Parrott (Hav-V) 71:57; 32, P. Skinner (Harl) 72:06; 33, P. Millard (Hast) 72:10; 34, S. Vines (Hav) 72:15; 35, R. Thurstow (Hav) 72:33; 36, A. Barber (VPH) 72:44; 37, K. Gill (Ex. B) 73:19; 38, M. O'Halloran (Chelm) 73:28; 39, J. Anstey (VPH) 73:34; 40, B. Daymond (Ex. P) 74:19; 41, P. Gruitt (Inv-V) 74:26; 42, I. McKenzie (Met. P-V) 74:30; 43, P. Hearn (Unatt) 74:44; 44, R. Franklin (TVH-V) 74:48; 45, G. Carpenter (Col) 75:12; 46, D. Day (Enf) 75:21; 47, J. Hampshire (Ibis) 75:29; 48, D. Rosen (Shaft) 75:38; 49, D. Norman (Chelm) 75:39; 50, R. Eary (Col) 75:55. **Teams:** 1, Essex Beagles 12; 2, Ilford 32; 3, Hastings 49; 4, Essex Beagles 'B' 51; 5, Chelmsford 53; 6, Havering 55. **(Additional Vets):** 7, D. West (VPH) 76:13; 8, D. Nash (Dart) 77:02; 9, R. Smith (W. Gn) 77:58; 10, J. Ayres (Shaft) 78:06. **(Women):** L. Watson (LOAC) 81:59.

ROWNTREES '10'

At York, October 12th

1, C. Hollingworth (Holmfirth) 49:07
2, W. Cain (Army) 49:13
3, R. Sinclair (Sheffield) 49:17
4, J. Davies (Ex. B) 49:54; 5, D. Allen (Man) 50:01; 6, S. Anders (St. H) 50:04; 7, R. Harbisher (Long) 50:47; 8, J. Craven (Rown) 50:59; 9, R. King (RAF) 51:13; 10, F. Thomas (Aberys) 51:14; 11, M. White (York U) 51:15; 12, J. Cook (Stain) 51:28; 13, P. Rafferty (Army) 51:32; 14, P. Flatman (CoH) 51:33; 15, G. Williams (Long) 51:43; 16, P. McGouran (Leeds) 51:45; 17, B. Hilton (Leeds) 51:45; 18, R. Aconley (SYP) 51:49; 19, W. Wilkinson (Rown) 51:52; 20, B. Jones (E. Hull) 51:53; 21, D. Anderson (Bing) 51:53; 22, C. Hogarth (Spring) 51:58; 23, N. Spiers (Sheff) 52:03; 24, P. Rawnsley (Sheff) 52:23; 25, G. Birkett (St. H) 52:26; 26, T. Loneragan (Bing) 52:33; 27, T. Wright (Long) 52:38; 28, B. Ward (Leeds) 52:55; 29, D. Oldfield (Sheff) 53:23; 30, R. Gresty (Alt) 53:24; 31, J. Fretwell (Holm) 53:25; 32, A. Combes (M&C) 53:27; 33, R. Cunliffe (Holm) 53:30; 34, S. Howard (Clay) 53:30; 35, P. Knight (Rown) 53:30; 36, C. Abbott (Harr) 53:38; 37, D. Jennings (Bing) 53:39; 38, D. Gaskell (A&SV) 53:48; 39, J. Fry (A&SV) 53:49; 40, A. Martin (Rown) 54:19; **Teams:** 1, Longwood 49; 2, Sheffield 50; 3, Leeds City 61.

BATLEY ROAD RACES

At Batley, October 26th

1, A. Armitage (Charnwood) 25:29

2, K. Irvine (Wigan) 25:53
 3, T. Fieldsend (Sheffield) 26:06
 4, C. Taylor (A&SV) 26:12; 5, S. Fowler (Staffs M) 26:25; 6, S. Shallcross (CoH) 26:33; 7, M. Baxter (Leeds) 26:35; 8, J. Temperton (A&SV) 26:39; 9, A. Howden (Hal) 26:43; 10, K. Clifford (H'ford) 26:44; 11, N. Leach (Charn) 26:47; 12, P. Bowler (Staffs M) 26:57; 13, P. Clarke (Charn) 27:01; 14, A. Uttley (Bol-J) 27:03; 15, C. Voden (CoH) 27:15; 16, A. Marsh (Holm) 27:18; 17, R. Harrison (A&SV) 27:19; 18, J. Todd (A&SV) 27:32; 19, D. Williams (Liv. P) 27:37; 20, P. Knight (Rown) 27:43; 21, J. Turner (Holm) 27:55; 22, K. Carroll (Liv. P) 27:57; 23, D. Gaskill (A&SV) 27:59; 24, R. Belk (A&SV) 28:01; 25, D. Widdison (A&SV) 28:08. (Vets): 1, J. Hawkins (Sutt) 28:23; 2, A. Fairbrother (Sutt) 31:19; 3, C. McCartney (Sky) 31:27. **Teams:** 1, Charnwood 25; 2, Airedale & SV 29; 3, Bolton 78. **Composite Relay (Colt/Boy/Youth):** 1, Stretford (M. Byrne 9:16, S. Bell 8:46, P. Tootell 8:45) 26:47; 2, Stretford 'B' (S. Sheene 9:27; D. Burchill 8:50; C. Bucknall 8:36) 26:53; 3, Liverpool (D. Pearce 9:20, P. Watkinson 9:02, B. Currie 8:50) 27:12; 4, Liverpool Pem. 27:31; 5, Stretford 'C' 27:34; 6, Holmfirth 27:54; 7, Bingley 28:13; 8, Sutton (St. H) 28:16; 9, Halifax 28:23; 10, Liverpool Pem. 'B' 28:25. (**Women's Relay**): 1, Leeds City (S. Ramsdale 9:52, W. Hirst 9:59, S. Arthurton 9:41) 29:32; 2, Morpeth (L. Smith 10:07, D. Robson 10:09, H. Boyes 9:49) 30:05; 3, Halifax (M. Smith 9:53, S. Barker

10:30, T. Davison 10:32) 30:55; 4, Leeds City 'B' 31:10; 5, Stretford 31:48; 6, Stretford 'B' 32:13; 7, Harrogate 32:15; 8, Airedale & SV 32:15; 9, Spenborough 'B' 32:23; 10, Leeds City 'C' 32:26.

BRACKNELL '10'

November 1st

1, R. Lunnon (Aldershot F&D) 50:54
 2, R. Tyler (Reading) 51:27
 3, R. Roath (Walton) 51:28
 4, J. Batchelor (Ilff) 51:57; 5, T. Parker (DoC) 52:11; 6, C. Woodcock (B'ht) 52:25; 7, J. Austin (Brack) 52:58; 8, J. Carswell (Brack) 53:05; 9, D. Latter (Brack) 53:16; 10, G. Youngs (Read) 53:21; 11, P. Baker (TVH) 53:24; 12, M. Page (Walton) 53:27; 13, G. Platt (Brack) 53:36; 14, P. Francis (Walton) 54:15; 15, S. Woods (Read) 54:19; 16, J. Convery (Brack) 54:30; 17, K. Bell (Wyc) 54:42; 18, R. Goad (Bas) 54:43; 19, D. Daly (Spark) 54:55; 20, F. Hicks (Wyc) 55:03. **Teams:** 1, Bracknell 24; 2, Reading 27; 3, Walton 29; 4, Bracknell 'B' 53; 5, Wycombe Ph. 59. (**Vets**): 1, R. Franklin (TVH-O/50) 56:58; 2, M. Moody (Maid) 57:12; 3, D. Ellison (Read) 57:20; 4, S. Charlton (TVH-O/50) 58:54; 5, J. Blackburn (Brack) 58:56. **Teams:** 1, Thames Valley 13; 2, Bracknell 28; 3, Maidenhead 35. (**Women**): 1, S. Hutton (Brack) 59:07; 2, A. Webster (AF&D) 65:09; 3, C. Flynn (E&E) 65:47; 4, J. Dicker (B&H) 67:20; 5, S. Green (Burn. J) 67:33; 6, L. Barnes (L. Buz) 71:35.

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KIWI '15'

At Thongsbridge, November 1st

- 1, G. Ellis (Holmfirth) 1:14:22
 2, R. Maule (Coventry) 1:15:13
 3, C. Taylor (Airedale & SV) 1:15:21
 4, R. Harbisher (Long) 1:16:08; 5, J. Ashworth (Bing) 1:17:07; 6, N. Leach (Charn) 1:18:00; 7, A. Keen (Der) 1:18:17; 8, R. Hill (Clay-V) 1:18:30; 9, R. Church (Nene V) 1:18:35; 10, R. Harrison (A&SV) 1:18:57; 11, P. Moon (Bing) 1:19:09; 12, M. Wakefield (Bol) 1:19:21; 13, D. Trickett (Hallam-V) 1:19:37; 14, E. Mackenzie (Barn) 1:19:44; 15, S. Manterfield (Hallam) 1:19:58; 16, S. Walker (Sale) 1:20:01; 17, B. Little (Bol) 1:20:04; 18, J. Temperton (A&SV) 1:20:13; 19, T. Wright (Long) 1:20:18; 20, K. Mayor (Bol) 1:20:32; 21, A. Gregory (Hallam) 1:20:38; 22, P. Blakeney (Sal) 1:20:45; 23, R. Hepworth (Long) 1:20:50; 24, H. Burdett (M&C) 1:21:02; 25, S. O'Callaghan (WYP) 1:21:10; 26, M. McGann (E. Ches) 1:21:17; 27, H. Kelly (E. Ches-V) 1:21:43; 28, M. Rutkowski (Nene V) 1:21:46; 29, J. Wilkins (Inv) 1:21:51; 30, J. Cook (Stain) 1:21:53; 31, P. Standring (Bol) 1:22:06; 32, R. Belk (A&SV) 1:22:20; 33, J. Reade (Clay) 1:22:36; 34, N. Goffin (Sheff) 1:22:49; 35, C. Windle (Bing-V) 1:23:03; 36, D. Gaskell (A&SV) 1:23:23; 37, D. Oldfield (Sheff) 1:23:31; 38, G.

Right: Graham Ellis (1) the winner, shares the lead at 10 miles with Colin Taylor who finished third. Ellis set a course record of 1:14:22.



Eric North

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WINTER TRACK & FIELD MEETING

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

at Longford Stadium, Stretford

ON SUNDAY, 11th JANUARY, 1981

Commencing 11.30 a.m.

EVENTS

80m	U/11, U/13, Boys & Girls
100m	
200m	All ages, Male & Female O/13
800m	
400m	
1500m	Inter & Snr. Ladies, Youths & Snr. Men
3000m	Inter & Snr. Ladies
L.J.	Open Men
H.J.	All ages, Male & Female
Shot	Youths, Snr. Men, Inter/Snr. Ladies
J.T.	All ages, Male & Female O/13

Entry Fee: 25p per event. No entries on the day. Send a S.A.E. for acknowledgement/details.

CLOSING DATE 2nd JANUARY, 1981

Ages as at 1st September, 1981

Entries to: Mr D. Mann, 11 Victoria Street, Haslingden, Rossendale, Lancs. Tel. Ross 26235.

NOTE: Rossendale Shields Ladies Cross Country Races — Saturday, 14th March, 1981.



Pictured here after four miles, the first woman home in the Kiwi '15' was Mary Chambers, who placed 173rd in 1:36:10.

Eric North

Lawson (Man) 1:23:34; 39, R. Turner (Sheff) 1:23:38; 40, R. Jackson (Roch-V) 1:23:46. **Teams:** 1, Airedale & SV 31; 2, Longwood 46; 3, Bolton 49; 4, Hallamshire 49. **Additional Vets:** 6, G. Kay (Staff) 1:23:54; 7, E. Kirkup (Roth-O/50) 1:23:55; 8, B. Court (Bol) 1:25:18; 9, M. Veitch (Bing) 1:25:27; 10, S. Malcolm (Bol) 1:25:36. **(O/50):** 1, Kirkup; 2, B. Fielding (Leeds) 1:27:09; 3, S. Bragg (Man) 1:27:42. **(O/60):** R. Mathieson (Long) 1:41:06. **Teams:** 1, Bolton 232; 2, Clayton-le-Moors 243; 3, Bingley 315. **(Women):** 1, M. Chambers (Blay) 1:36:10; 2, M. Barlow (Clay) 1:41:21; 3, L. Lord (Clay) 1:45:10.

HEATON MEMORIAL ROAD RACES

November 8th

1, M. McLeod (Elswick) 27:28
2, S. Cram (Jarrow & H) 27:41
3, R. Smedley (Birchfield) 27:49
4, P. Harker (Darl) 28:00; 5, D. Cannon (Gate) 28:08; 6, G. Turnbull (Gate) 28:21; 7, D. Coates (Gate) 28:26; 8, P. Dunn (Gate) 28:30; 9, B. Leddicot (Gate) 28:34; 10, S. Markley (M&C) 28:37; 11, M. Coleby (Gate) 28:40; 12, P. Whittle (Els) 28:41; 13, A. Amos (Gate) 28:42; 14, I. Gilmour (W&B) 28:55; 15, K. Johnson (Els)

28:59; 16, S. Pautard (New. U) 29:17; 17, A. Clifton (Gate) 29:19; 18, A. Catley (Mor) 29:22; 19, A. Johnson (Els) 29:24; 20, A. Robinson (Blay) 29:26; 21, M. Humble (Gos) 29:28; 22, K. Sanderson (Darl) 29:32; 23, W. Johnson (Gate) 29:33; 24, D. Robson (Els) 29:37; 25, R. Patterson (Unatt) 29:38; 26, G. Nagle (Gate) 29:39; 27, D. Weir (New. U) 29:40; 28, C. Chandler (Dur. U) 29:41; 29, M. Harris (Mor) 29:42; 30, I. Brown (Mor) 29:43. **Teams:** 1, Gateshead 53; 2, Elswick 106; 3, Gateshead 'B' 161; 4, Morpeth 190; 5, Middlesbrough & C. 282; 6, Gosforth 367. **(Vets):** 1, J. Alder (Mor) 29:54; 2, W. Ryder (Mor) 30:29; 3, C. Vaux (M&C) 30:59. **(O/45):** R. Balding (Heat) 31:20. **(O/50):** R. Peart (Els) 32:33. **(Youths):** 1, M. Wright (Gate) 14:14; 2, W. Miles (Gos) 14:19; 3, D. Maguire (J&H) 14:24; 4, M. Teasdale (Blay) 14:24; 5, P. Bradley (Gate) 14:33; 6, T. Franks (Gate) 14:39; 7, P. Cuskin (J&H) 14:49; 8, A. Richardson (Dur. C) 15:06; 9, G. Woods (Mor) 15:08; 10, D. Farrell (Bord) 15:13. **Teams:** 1, Gateshead 12; 2, Jarrow & H 30; 3, Durham City 33; 4, Blaydon 51.

(Boys): 1, P. Ryder (Mor) 10:43; 2, A. Patterson (Walls) 10:51; 3, A. Pearce (J&H) 10:54; 4, D. Miles (Gos) 11:05; 5, T. Field (Houg) 11:12; 6, G. Crozier (Mor) 11:14; 7, M. Derrick (Houg) 11:18; 8, J. Surtees (Gos) 11:19. **Teams:** 1, Morpeth 24; 2, Houghton 27; 3, Gosforth 28. **(Colts):** 1, M. Riley (Blay) 11:32; 2, S. Cundy (Tyne) 11:42; 3, G. Robertson (M&C) 11:44; 4, A. MacFarlane (BCS) 11:50; 5, S. Dickinson (M&C) 11:53; 6, M. Graham (Bord) 11:55. **Teams:** 1, Middlesbrough & C 28; 2, Wallsend 36; 3, Elswick 54. **(Women):** 1, H. Boyes (Mor) 16:57; 2, A. Lewis (S&E) 17:22; 3, K. Garrett (J&H) 17:51; 4, A. McVay (Tyne) 17:59; 5, J. Lennon (J&H) 18:05; 6, J. Dixon (Gate) 18:20; 7, K. Kell (Darl) 18:48; 8, A. Nichol (J&H) 19:00. **(Juniors/Girls):** 1, M. Kell (Darl) 12:34; 2, A. Borrowdale (Blay) 12:38; 3, J. Hunter (Blay) 12:40; 4, L. Reilly (Mor) 12:49; 5, S. Renwick (Heat) 12:50; 6, C. Savage (Gate) 13:13. **Teams:** 1, Blaydon 17; 2, Gateshead 42.

MOTSPUR PARK

Next May it is the fiftieth anniversary of the official opening of the University of London Athletic Ground at Motspur Park. The present Athletic Club is still gathering information about past members, and any former student, active or non-active, is asked to contact Jenny Forbes, Flat 6, Bassett Road, Off Ladbroke Grove, London, W.10 (Tel: 01-969 1240). Also, any present student who has not yet 'come forward' is likewise asked to contact Jenny.

INDOOR HURDLE SESSIONS

The December Indoor Hurdle (Training) Competition Session at Crystal Palace will be on Saturday, December 13th, starting at 9.30 am.

Results In Brief

October 4th

Everill Cup CC Races, at Alexander Park, Birmingham. (Senior 5M Handicap): 1, J. Culshaw (Tam); 2, R. Colley (D&S); 3, E. Franklin (Nun). **Fastest:** K. Scott (W&B) 29:39. **(Youths):** 1, S. McMorran (Leam) 22:21; 2, P. O'Callaghan (S&SH) 22:32; 3, N. Heighway (Cann) 23:07; 4, P. Trott (Cann) 23:25; 5, I. Willetts (Tip) 23:48. **(Boys):** 1, K. McFarlane (Cann) 15:14; 2, P. Folland (Chelt) 15:35; 3, J. Onions (Tip) 15:39. **(Colts):** 1, P. Hemmings (Spark) 7:45; 2, B. Bariah (Nun) 7:50; 3, C. Whittaker (Tip) 7:55.

October 12th

National Prison Service 4-Stage Road Relay, at Gartree. 1, Haverigg, Cumbria 91:32; 2, NE Nomads, Northumberland 92:39; 3, Hindley, Wigan 95:29. **Guests:** Leicester Climbing Club 88:44; Solihull Orienteering Club 93:58; COD Chilwell (Army) 95:21. **(Women):** Hindley 132:50. **Guests:** Leicester CC 99:03.

October 14th

Zoo Schools Relay, at Belle Vue, Manchester. 1, Moston Brook 34:31; 2, St. Anselm's 35:43; 3, Wright Robinson 36:08. **Fastest:** (U/16): D. Taylor (WR) 6:19; (U/15): G. Horne (Marple Ridge) 6:31; (U/14): M. Bryne (MB) 6:38; (U/13): S. Tinsley (MB) 6:55; (U/12): M. Keller (Moseley) 7:24.

October 18th

Sri Chinmoy '7', at Hyde Park. 1, J. Hensman (Mit) 36:37; 2, J. Spooner (WS&E) 37:03; 3, J. Barnard (Poly) 37:25; 4, P. Dornan (RSC) 37:44; 5, M. Kortenray (HW) 38:10; 6, J. Ricketts (Gate) 38:16; 7, R. Franklin (TVH-V) 39:28; 8, K. Oates (NWB) 39:29. **(Women):** 1, L. Billington (Houn) 44:28; 2, C. Rodgers (Unatt) 45:44.

October 25th

Biggleswade CC Meeting. 1, M. Shotbolt (Bed) 31:15; 2, S. Livingstone (Ver) 31:31; 3, M. Hunter (S&NH) 31:42; 4, M. Green (Cor) 31:50; 5, H. Quince (Bed) 32:01; 6, M. Hager (Kett) 32:14; 7, H. Boyle (Cor) 32:36; 8, P. O'Dell (Bed) 32:40. **Teams:** 1, Bedford 13; 2, Verlea 24; 3, Kettering Town 39. **(Vets):** 1, J. Steed (Ver) 33:00; 2, R. Grubb (C&C) 33:23; 3, P. Smith (Ver) 34:06. **(Youths):** 1, P. Chester (S&NH) 21:26; 2, C. Wills (North) 22:09; 3, P. Barr (Bas) 22:12; 4, G. Wilson (Barn) 22:29; 5, R. Ede (Barn) 22:48; 6, K. Berrett (Hav) 22:57. **Teams:** 1, Barnet 16; 2, Stevenage & NH 27; 3, Huntingdon 39. **(Boys):** 1, P. Halsey (Lut) 12:13; 2, R. Bailey (Barn) 12:18; 3, P. Beddington (Bed) 12:33. **Team:** Stevenage & NH. **(Colts):** 1, J.

Kiernan (Hav) 13:01; 2, P. Benedickter (Lut) 13:03. **Team:** Luton. **(U/11):** P. Covington (Lut) 13:54. **Team:** Luton. **(U/10):** G. Miller (Hunt. JS) 4:50.

Notts '10'. 1, G. Dugdale (TVH) 50:08; 2, N. Leach (Charn) 50:21; 3, M. Palmer (Notts) 50:38; 4, A. Robertson (S. in A) 51:05; 5, T. Leader (Notts) 52:27; 6, A. Hawkins (S. in A-V) 52:41; 7, D. Hobbey (Rug) 52:44; 8, G. Astill (Notts) 52:47; 9, G. Balfour (Leic) 52:53; 10, M. Dooling (Liv) 53:21; 11, R. Gibbard (Charn) 53:33; 12, B. Moss (Notts) 53:59. **Teams:** 1, Notts 16; 2, Charnwood 36. **(Vets):** 1, Hawkins; 2, K. Picksley (Notts) 54:35; 3, K. Lee (Notts) 55:09.

Highgate H 'Biss and Warren' Cup Race, at Parliament Hill. 1, N. Martyn (Y) 32:45; 2, R. Kearns 33:55.

Cambridge H 5M CC Champs, at Bexley. 1, P. Gaden 26:35; 2, P. Pape 27:05; 3, G. Meredith 27:21; 4, P. Williams 27:25; 5, D. Roberts 27:43; 6, A. Chattaway 27:47.

October 29th

City of London Poly. 2½M Road Race, at Tower Hill. **Fastest:** C. Ross (High) 12:44; L. Parrott (Hav-V) 13:18; M. Herring (Ilf) 13:24; R. Goad (Bas) 13:29; F. Green (HW) 13:51.

November 1st

Salford H 10M Track Champs, at Stretford. 1, D. Brown 51:40; 2, G. Claff 51:55; 3, S. Clegg 53:45 . . . 5, C. Aldred (49) 56:24; 6, D. Townsend (17) 57:45.

Veterans Inter-Club Mob Match, at Chingford. 1, J. Geoghegan (Orion) 44:57; 2, B. Hercock (Orion) 46:12; 3, A. Davis (B'ht) 46:24; 4, C. Shorter (B'ht) 46:26; 5, M. Laker (SLH) 46:38; 6, J. Mercer (Orion) 47:02. **Teams:** 1, Orion 65; 2, Blackheath 161; 3, Ranelagh 171.

Polytechnic 5M CC Champs Race, at Richmond Park. 1, D. Beaver 24:02; 2, J. Abberton 24:51; 3, J. Barnard 25:59; 4, J. Quirke (Lon. I-Gst) 26:06; 5, C. Mallett (BoE) 26:07; 6, R. Page 27:11. **Teams:** Polytechnic 27; Bank of England 88.

Hercules Wimbledon 5M CC Champs, at Wimbledon. 1, F. Bell 25:13; 2, R. Holt 25:14; 3, P. Clarke (J) 25:58; 4, M. Fuller 26:37; 5, M. Kortenray 26:42; 6, D. Beard 27:01.

WOMEN OMITTED

Our coverage of the **Rotherham marathon** on September 21st ('AW', Oct. 18th) did not include the **Women's** result, which was as follows: 1, G. Burley (Gate) 2:52:30; 2, L. Watson (LOAC) 2:55:26; 3, J. Pearson (Sheff) 3:08:53.

There was an error in the Running Wild Shoe Survey advertisement on page 2 of our November 8th issue. The price for sizes 3½-5½ of the Adidas TRX Training should have been £15.10, and not as printed.

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

at
**RAF Cosford,
Wolverhampton, Staffs.**
on
**Friday 9th/Saturday 10th
January, 1981**

Events for this meeting are:

Senior Men — 60m, 200m, 400m, 800m, 1500m, 3000m, 2000m S/Chase, 60m Hurdles, (heats, semis and finals where necessary), High Jump, Long Jump, Triple Jump, Pole Vault and 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: 50p per event.

ENTRIES CLOSE — 19th DECEMBER, 1980.

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

Spectator Admission Charges:

£1 Adults, 20p Children.

Car Parking: 20p.

(ALL PRICES INCLUDE VAT)

Please enclose a stamped addressed envelope when applying for forms also when sending your entries. NO INFORMATION WILL BE SENT WITHOUT S.A.E.

Entry forms from and entries to:

Midland Counties AAA,
Devonshire House,
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Deritend,
Birmingham B12 0LP.

Race Walking News

Civil Service v Stock Exchange v Met Police 7M, at Mill Hill (November 1st). On the undulating course at the London Postal Region's sports club it was the Stock Exchange duo of Dave Jarman and Adrian James who dominated the race, which incorporated the Civil Service Championship. The former won a close race as both recorded excellent times, finishing well clear of Dennis Jackson who has had such a successful 1980. The little Yorkshire postman prevented Bob Dobson recording his tenth successive Civil Service 7M win. Nevertheless, the popular Essex walker, now residing in Cardiff, had a superb race considering he has been away from racing for over four months, having undergone a toe operation. Another exciting distance prospect, Paul Blagg, had an excellent effort, beating out Paul Jarman with consistent Roger Lancefield finishing strongly close behind. The 1956/60 Olympian, Eric Hall, took the veterans award from Belgrave clubmate and longstanding 50km international, Ray Middleton, as John Errington featured among the team awards. Though lacking Peter Selby, due to a family bereavement, and Tony Malone, the Civil Service easily won the match and with their very strong squad will take a lot of beating for some time to come.

1, D. Jarman (SE) 49:33; 2, A. James (SE) 49:44; 3, D. Jackson (CS) 51:10; 4, P. Blagg (Met. P) 52:06; 5, P. Jarman (SE) 52:13; 6, R. Dobson (CS) 52:21; 7, R. Lancefield (SE) 52:36; 8, J. Hall (CS) 52:56; 9, B. Graham (CS) 53:30; 10, J. Errington (CS) 55:04; 11, K. Jameson (CS) 55:42; 12, S. Tonks (CS) 56:38. **Teams:** 1, Civil Service 72; 2, Stock Exchange 93; 3, Met. Police 135. **Civil Service Champs:** 1, Jackson; 2, Dobson; 3, Hall. **Postal Team Champs:** 1, North-East 6; 2, North-East 'B' 20; 3, London 27.

Russell Bestley impressive winner of Bexley League 10km, at Bexley (November 1st). Obviously benefitting from his recent International baptism, Russell Bestley clocked an excellent 45:46 over the undulating Bexley course. 1, R. Bestley (Ton) 45:46; 2, C. Bradley (Med) 46:21; 3, M. Nicholls (Bel) 47:53; 4, P. Hodgkinson (Camb. H) 48:21; 5, S. Marshall (Bel) 48:23; 6, S. Holliday (Med) 49:37. **Teams:** 1, Medway 23; 2, Cambridge H 42; 3, Belgrave 52. **(Youths, 5km):** 1, T. Berrett (Ton) 24:19; 2, D. Hicks (Camb. H) 24:52; 3, A. Cracknell (Ton) 25:15; 4, C. Goodfellow (Ton) 26:17. **(Boys, 2½km):** 1, A. Dark (Ton) 13:05; 2, G. Clark (S'end) 14:28; 3, P. Bridges (Ton) 14:43. **(Women, 5km):** 1, F. Rider (Camb. H) 27:41; 2, E. O'Rawe (S'end) 29:30; 3, T. Butler (Med) 30:33. **(Girls, 2½km):** 1, A. Ransome (S'end) 14:34; 2, N. Friedrich (Ton) 15:03; 3, T. O'Reilly (S'end) 15:11.

Alan King leads throughout to win the Enfield Open '7' in an excellent 49:05, at Enfield (November 8th). Bucked by his recent successes and currently enjoying his racing, it was a confident Alan King who blazed the early pace and quickly established a 60m lead from Adrian James within the first mile. The Enfield man held the leader during the middle stages, but King moved away on the final two miles to win by some 180m. Both men walked splendidly and are obviously as fit and fast as they have ever been. Their final clockings compared very favourably with the Roger Mills (49:20) and George Nibre (49:26) race-long duel last year. Amos Seddon, enjoying his 'rest' period always looked assured of third after the first mile, but Graham Morris finished strongly, though not quite in his startling 50:38 form of 1979, to close some ground in the closing stages. Dave Stevens was never far behind his clubmate until he had to ease with stomach trouble on the final lap. On this form, Dave should prove a tough man to beat in the World Vets Champs at Christchurch in January.

1, A. King (Leic) 49:05; 2, A. James (Enf) 49:45; 3, A. Seddon (Enf) 51:16; 4, G. Morris (Stey) 51:39; 5, J. Hall (Bel) 52:15; 6, D. Stevens (Stey) 52:34; 7, S. Lightman (Met) 52:46; 8, P. Ryan (Sheff) 52:47; 9, S. Maidment (Stey) 53:07; 10, M. Lambden (Bound) 53:40; 11, M. Scamell (Bel) 53:49; 12, S. Uttley (Ilf) 53:53; 13, G. Scott (Enf) 54:46; 14, D. Jones (Wey) 54:56; 15, A. Buchanan (B&H) 55:16; 16, J. Newnham (Bel) 55:17; 17, S. Holliday (Med) 55:18; 18, J. Turner (Trow) 55:27; 19, J. Robinson (Ang) 56:09; 20, E. Crossingham (Bel) 56:10.

Overseas Results:

Women's 'World' Track Championships, at Syracuse, USA (August 15th). (5km): 1, S. Orr (Aus) 23:39.4; 2, S. Brodock (US) 23:40.0; 3, A. Peel (Can) 24:29.3; 4, S. Liers (US) 24:33.0. (10km): 1, M. Vetterli (Swi) 52:20.5; 2, G. Grant (Can) 53:34.0; 3, V. Jones (US) 53:48.8; 4, L. Curtis (US) 55:10.8; 5, P. Reynolds (RoI) 55:14.0.

One Hour Race, in Nice (August 17th). 1, R. Wieser (GDR) 14,134m; 2, B. Bulakowski (Pol) 13,968m; 3, G. Lelievre (Fra) 13,924m; 4, M. Evoniuk (US) 13,695m; 5, J. Heiring (US) 13,435m; 6, D. Guebey (Fra) 13,200.

Bob Dobson (Ilford AC) has been given the all-clear to resume racing after a four month lay-off, following an operation to his big toe. While convalescing, Dobson moved to Cardiff as part of a Civil Service re-location scheme, and is now based there.

Colin Young

Sussex v Normandy Track Meeting, at Evreux, France (October 25th). A party of 35 from Sussex were present for the tenth encounter between the cross-channel neighbours. Undoubtedly the highlight was Sarah Brown's excellent 3km victory, which removed 0.3 sec from Beverley

Francis's county record. Beverley herself is working her way back to form and easily won the senior 5km, while Helen Ringshaw and Angela Dance made it a female clean sweep for the visitors. Only newly-crowned National Colts champion, Gareth Brown, won in the men's events, where French international Alain Lemerrier had a convincing one-hour victory over his old rival, Graham Morris.

(Men's 1-hour): 1, A. Lemerrier (N) 13,227m (45:29 at 10km); 2, G. Morris (S) 12,506 (47:18); 3, A. Buchanan (S) 12,026 (49:54); 4, N. Posener (S) 11,936 (50:31). **(Youths, 5km):** 1, A. Mendy (N) 24:08.6 . . . 3, S. Matthews (S) 28:00.4. **(Boys, 3km):** 1, D. Duche (N) 14:53.0; 2, D. Bearman (S) 15:07.2; 3, B. Delval (N) 15:39; 4, M. Hesketh (S) 15:49.0. **(Colts, 2km):** 1, G. Brown (S) 9:48.0; 2, G. Ringshaw (S) 10:08.2; 3, J. Vivian (S) 11:10.0. **(Women, 5km):** 1, B. Francis (S) 26:49.6; 2, S. Attou (N) 27:02.0 . . . 4, P. Bryce (S) 29:56.0; 5, D. Mann (S) 30:50.2. **(Inters, 3km):** S. Brown (S) 14:41.0. **(Juniors, 2km):** H. Ringshaw (S) 10:25.0. **(Girls, 1km):** 1, A. Dance (S) 5:48.6; 2, S. Bearman (S) 5:51.0. **Match result:** Sussex 172; Normandy 149.

Alan Buchanan

Open 3000m, at Crystal Palace (November 12th). 1, R. Dorman (Bel) 12:31.1; 2, C. Lawton (Bel) 13:10.1; 3, R. Sheppard (Ilf) 13:19.2; 4, S. Marshall (Bel) 13:19.8; 5, C. Ryan (Sheff) 13:22.0; 6, M. Scamell (Bel) 13:31.4; 7, S. Uttley (Ilf) 13:46.7; 8, J. Newnham (Bel) 13:47.4.

WORKSOP HARRIERS & A.C.

Annual

CROSS COUNTRY MEETING

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

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

Meeting Sponsored by: Workshop Guardian,
Carnation Foods, Derris & Bell, Kingspor,
Linvar Ltd., Steetley Co., G. R. Stein,
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RACES

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

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

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

CLOSING DATE 24th NOV., 1980

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

BRITISH LEAGUE: PHIL THOMAS REPLIES

Dear Sir,

While Peter Matthews makes an effective defence of the British League he overlooks the inconsistencies in the present system.

Peter argues that it is a *British League* which therefore means that all areas should have access to it through their area competitions with the winners of all area (and national!) leagues having the right to compete if they wish. Unfortunately, this overlooks the fact that the competition in the Welsh and Scottish Leagues is clearly not as strong as in some of the English area Leagues and gives Scottish and Welsh clubs an advantage that cannot be justified.

Readers' Letters

In addition, Peter defends the rights of the bottom two clubs in the lowest division of the British League to take part in the qualifying competition as of right, but refuses to concede that right to Old Gaytonians AC who have evidently done well enough to take second place in the Southern League.

Old Gaytonians were apparently kept out of the competition by clubs which had better performances 'on paper'. That would be fair enough if the same criterion were applied to the two British League clubs who finished last in the season's competition. Neither Swansea nor Windsor were good enough to retain their places in the British League this year — who is to say that they would have beaten Old Gaytonians, even on paper? Not only does the present system favour the current members of the BAL, it militates against the kind of club spirit created in smaller clubs who see their area leagues as the path to British League competition. In Swansea's case they have it made; having been protected for the last three or four years from the realities of League competition, their place has been preserved by the creation of new divisions until this year, when they were obliged to take part in the qualifying competition and finally to give up the place to which they clung so tenuously for the last few years. With relatively easy competition in the Welsh League their chances of returning to the British League are significantly higher than Old Gaytonians AC.

Just as Sheffield AC were nominated (quite rightly because they were National League material) by the Northern League, so clubs should be obliged to take part in the qualifying competition if their record in the British League has been unsatisfactory. The Northern League has shown a good example here by relegating clubs several divisions where necessary when

those clubs have failed to live up to their responsibilities.

The point I would make to Peter (so he can appreciate that I've forsaken my previous anti-British League stance) is this: Granted that the qualifying competition is to give the strongest clubs the chance to take part in the BAL, is he satisfied that it has achieved that objective? Secondly, what account, if any, is taken of the actual performances, as opposed to those achieved by individuals simply attached to clubs, when deciding who shall take part in the Qualifying competition?

My own view is that the League competition has a twofold objective: Firstly to raise standards, particularly in field events, and secondly to help clubs develop. My feeling is that the latter is occurring in some instances (mainly the established BAL clubs) which, by allowing athletes to congregate in a few units, has given an impression of the former which is greater than it actually is. The BAL is serving its purpose but that purpose is not one which recommends itself readily to non-BAL clubs and if the BAL has one fault it is an unwillingness to recognise the embodiment of the latter in the letter from Tony Bush.

Phil Thomas

LENGTHEN WOMEN'S CROSS COUNTRY

Dear Sir,

Now that we have some sanity in women's distance running, is it not time that the cross country organisers caught up with the track and road sections? If women can run marathons and the IAAF has announced official world records for women's 5000m and 10,000m on the track, then the Senior National cross country championship should be run over a course of at least six miles. This would alleviate bunching in the middle of the field, and be a fairer test of stamina. So many events are just glorified track races (for instance, last year's Southern Championships at Tweseldown).

If there is some objection to 17-year-old girls running such distances, then bring in a Junior Women's section, parallel to the men's, or extend the Intermediate age group by one more year. This latter idea would help many girls over that stage when most seem to give up the sport.

B. Edwards

CLASH OF MARATHON DATES

Dear Sir,

The Duchy Marathon is the biggest road race in the South West, which carries the Devon, South West and Cornwall Championships.

This event will take place on March 29th 1981 and has been run at this time of the season for the

last four years and is thus a regular feature on the marathon calendar. Over the past four years its popularity has increased 100-fold.

We are appalled to find that a sportsman like Chris Brasher has announced the date of a London Marathon without due concern for our marathon. Our secretary phoned Mr. Brasher's answering service, stating our objections, which were ignored. A fortnight later I rang the same number and was also ignored. Is this an example of co-operation in athletics, with fair consideration to a local club?

We hope that despite this unfortunate clash that the clubs and their athletes who have supported our race over the past few years will continue to do so in 1981. We can assure them of a true Cornish welcome and an enjoyable weekend.

W. A. Dobson,
President,
Duchy of Cornwall AC.

TRIBUTE TO TOM FLORY

Dear Sir,

May I add my small tribute to Tom Flory, who represented everything that was good in athletics, and who will be sadly missed in Yorkshire. Tom won our marathon championship in 1977, as he said in the absence of the "stars", and when all the "stars" were not available for the Inter-County 20 miles in 1978, Tom made a 3 hour journey by bus and train to Leeds, followed by

another 3 hour journey with Keith Darlow, Bill Padgett & myself to London, to make up the team. With three runners to count Tom knew that the result depended entirely on him and with a record 386 starters our task looked impossible. However at the end of the first lap with all three runners in the first 20 the impossible became possible and Tom gave his everything for Yorkshire that day. With Bill 3rd, Keith 7th and Tom 26th, all in personal best times, we won the team title easily from Warwickshire, and life began at 40 for Tom. We had to leave before the presentation to get back to Leeds for Tom's last train at 9.30 pm and he eventually arrived home after midnight. I still cherish his two page letter of thanks for his medal and photograph, which I took during the race, and I cannot believe that he would not be wearing his cherished Yorkshire vest in the future.

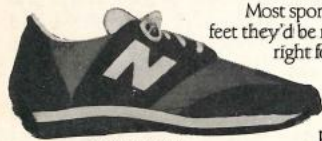
I hope that we in the County will be able to assist in raising funds for his wife and four children as a small token of our appreciation of a great athlete.

Geoff Clarke,
Yorkshire County AAA
Team Manager.

Corby AC officers: general sec. — J. Tomlinson, 20 Ashurst Crescent, Corby, Northants (Tel: 3147); CC sec. — G. White, 111 Colyars Avenue, Corby (Tel: Great Oakley 743314).

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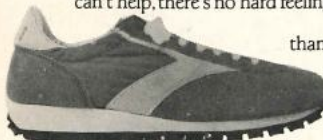
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NOTTINGHAMSHIRE A.A.A. COUNTY CROSS-COUNTRY CHAMPIONSHIPS

(Under A.A.A. Laws)

SATURDAY, 20th DECEMBER, 1980
at Wollaton Park, Nottingham

Colts 1.00 p.m., Boys 1.10 p.m., Youths 1.45 p.m.,
Junior and Senior Men 2.15. Medal first Vet O/40.

Fees: All teams £1.50 each. Individuals — Seniors/Vets
30p, others 20p each. Individual fee to be paid for all
team entries.

CLOSING DATE SAT., 6th DEC.

No late entries please

Entries to: Mr A. P. Barker, c/o 261 Broxtowe Lane,
Aspley, Nottingham NG8 5NF. Tel. Nottm. 298434.
Enclose S.A.E. for programme.

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on-Trent, Staffs. Tel. 0782 311447. See
commemorative plate for UK Veterans
Marathon, 5th October, 1980.

SCHWEPPE'S CROSS COUNTRY MEETING

Gateshead will get another chance to say
'goodbye and thank-you' to their folk-hero,
Brendan Foster, when he leads the Pepsi Fun Run
(11.30 am) over two miles — the first event on the
programme of today's Schweppes International
meeting at the Riverside Bowl. In all, there are
eight races (besides the Fun Run), with the Colts
leading the way at noon. The Senior Men's open
race has attracted an entry of 523 competitors —
the meeting as a whole accommodating 2,346
runners — but all eyes will be fixed on the last
event of the day, the International Team Race.

England's 'B' team comprises Dave Black,
Mike Morton, Nick Lees, Tim Hutchings and the
'big fellows' most likely successor, Barry Smith;
enough to frighten any opposition, one would
think. But as I said, that's only England 'B'. As
for the 'A' string, well, start with Mike McLeod,
throw in Mister Consistency himself, Bernie Ford
and 'fill up' with Julian Goater and the Steves,
Binns and Kenyon, and we have a race on our
hands.

Last year, the ECCU team split the England
Squads. How will Malcolm Prince, Grenville
Tuck, Dennis Coates, Dave Slater and Chris
Woodhouse fare this time? Not so highly, I feel,
as this year's 'Rest of the World' squad includes
Lasse Viren, Kaarlo Maaninka, Paris runner-up
Hans Juergen Orthmann, Klaus-Peter
Hildenbrand, Max Little, Emiel Puttemans,
Yasunora Hamada, Bronislaw Malinowski and
an Ethiopian trio. Added to this, Tipton, as
reigning 'National' champions have named a
sextet stronger (on paper of course) than any club
has ever before declared for Gateshead — John
Davies, John Wild, Andy Holden, Mike Kearns,
Tony Milovsorov and the rejuvenated Allan
Rushmer. Scotland start with Nat Muir and
Allister Hutton and Steve Jones runs for Wales.

If you live in the area, then there's only one
option open to you. Be at the Riverside Bowl and
watch it all unfold — the 'hill' alone is worth the
trip. Everybody who finishes the Fun Run
receives a bottle of Pepsi Cola, but, more than
that, you'll have a chance to say 'goodbye and
thank-you' to the man who's done so much to
make it all happen on Tyneside, Brendan Foster.

B.T.

1981 FIXTURES Contd from page 14

IAAF Race Walking World Cup Semi-Finals; 11
— IAC/Coca-Cola Meeting, Crystal Palace; 13
— European Marathon Cup, (men; plus
unofficial women's event), Agen (France); 18/19
— France v UK v Switzerland (plus
decathlon/heptathlon), Paris, 22/23 — Italy v
UK v Austria, Italy.

October

2 to 5 — Commonwealth Games Preview
Meeting, Brisbane; 10/11 — IAAF Race Walking
World Cup Finals (men), Guadalajara (Mexico).

AVON COSMETICS About Anglia T.V. Cross Country Meeting

(Under A.A.A. & W.A.A.A. Rules)

Organised by CORBY ATHLETIC CLUB
SUNDAY, 28th DECEMBER, 1980
in Thoroughsale Woods, Corby
(good park land course)

PROGRAMME OF EVENTS

12.00 noon	Girls U/13 1½ miles
12.20 p.m.	Colts U/13 1½ miles
12.40 p.m.	Jnr. Ladies U/15 1½ miles
1.00 p.m.	Boys U/15 2½ miles
1.30 p.m.	Youths U/17 3¼ miles
2.10 p.m.	Int/Snr. Ladies 2½ miles
2.40 p.m.	Jnr/Snr. Men 5 miles

Individual

T. Gleed, Wycombe Ph.
J. Holloway, Birchfield H.
E. Lyon, Wycombe Ph.
D. Clarke, Birchfield H.
R. Herbert, Northampton Ph.
Int. — A. Alford, Stevenage & N.H. }
Snr. — A. Turland, Bromsgrove R. }
Snr. — N. Lees, Derby & Co.
Jnr. — S. Flint, Northampton Ph.
Vet. — D. Grubb, Cambridge & Col.

(All ages as at 1st September, 1980)

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PRIZES & TROPHIES

- Male events** — Prizes and trophies will be presented to the first three individuals in each race and age group, i.e. Junior Men's and Veterans will get individual prizes.
- Female events** — Prizes and trophies will be presented to the first three in each race and age group, i.e. Int. Ladies will get individual prizes. All female competitors will receive an Avon products prize.
- Team Award** — Trophies will be presented to the first three teams in each race (combined age group teams in senior races). Any number to run, first four to score.

(OVER £600 IN PRIZES AND TROPHIES)

- ENTRIES** — Senior Men, Junior Men and Senior Ladies — 50p. All others 30p. No team fee or entries required. For all except Seniors, date of birth required.

CLOSING DATE: Monday, 15th December, 1980

(No entries on the day)

Entry with fees and S.A.E. to: Mr G. D. White,
111 Colyers Avenue,
Corby, Northants.
Tel. No: Great Oakley 743314.



THE EAGLE GIVES YOU ALMOST NOTHING TO BE EXCITED ABOUT.

When it comes to road racing flats, 5.1 ounces* is almost nothing. Each one weighs less than the box it comes in.

That's the lightest racing flat we've ever made. As far as we know, it's the lightest production model ever made by anybody.

And we think that's exciting. Especially when you consider this shoe has already clocked a 2:10 marathon.

It's definitely not a training shoe. The Eagle is made to be worn on race day, like wearing your best pair of competition spikes.

It combines an unusual spike-like design through the shank, a PermaFoam sockliner and a Variable Width Lacing System™ to give you the best fitting performance shoe we've ever devised.

And also the lightest.

The Eagle, feather-weight champion of the road.



The treadsetter!

*Approximate weight for size 9