

a

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

thletics

NOVEMBER 25th 1978

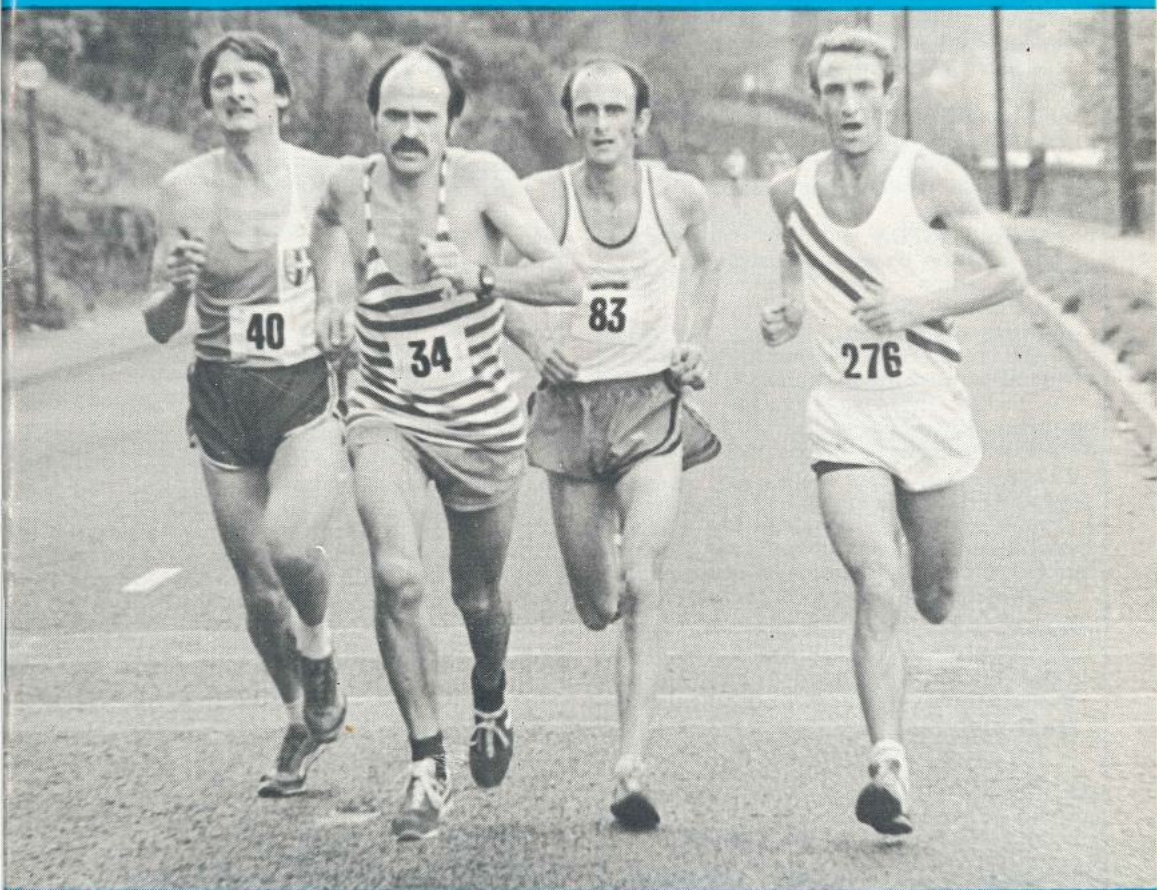
Vol. 32 No. 47

22p

UK Intermediate Women's Top 30

*** Spotlight on
Debbie Bunn**

*** Mike Sully
Memorial Races**



JOHN KING (276) was winner of the Holmfirth 'K&M' 15 miles, from Mike Hurd (83), Bill Padgett (34) & John Calvert (40).



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OPEN MEETING

(Under A.A.A. Laws)

at

CRYSTAL PALACE

on

WEDNESDAY, 13th DECEMBER, 1978

INDOOR EVENTS:

- 6.30 p.m. POLE VAULT.
 - 6.30 p.m. LONG JUMP (Seniors & Juniors).
 - 7.00 p.m. 60m (Seniors, Juniors, Youths).
- (Each Competitor will be given the opportunity to compete in 3 races)

TRACK EVENTS:

- 7.00 p.m. 1500m (Youths, Boys).
- 7.35 p.m. MILE (Seniors, Juniors).
- 8.00 p.m. B.M.C. 1200m INVITATION RACE.
- 8.10 p.m. 3000m WALK (Seniors & Juniors)
- 8.40 p.m. 10,000m (Seniors & Juniors).

ENTRY FEES: SENIORS: 30p, JUNIORS, YOUTHS, BOYS: 25p.

If acknowledgement of entry is required, please enclose S.A.E. with entry/entries.

Please note the increase in entry fees, which is regretted.

ENTRIES CLOSE FRIDAY 8th DEC., 1978

Entries to: **The Hon. Secretary, S.C.A.A.A., 70 Brompton Road, London SW3 1EE.**

NAME:

ADDRESS:

.....

.....

Event:

Age Group:

Club:

Best Performance:

I enclose entry fee of:

WEDNESDAY, 13th DECEMBER, 1978

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, November 25th: Schweppes International CC Races, Gateshead; Wolverton '5'; Harry Whitehurst Memorial 10,000m CC, Graves Park, Sheffield; Norfolk Olympiads AC Open Graded Meeting, Lakenham Track, Norwich; GLC London CC Championships, Parliament Hill; Wycombe Phoenix Open & Trophy CC Meeting, High Wycombe; Bath & Percy AC Victoria Park Road Races; Yorks WAAA CC Champs, Lightcliffe, nr Brighouse; Welsh, Open & Vets 10,000m CC Champs; Surrey League, Milford; Southend CC Relay; Westward League Road Relay, Plymouth; Kent Boys & Colts CC League Sevenoaks; Birmingham & Dist Invitation CC League, Wolverhampton (Div 1), Cannock (Div 2) & Telford (Div 3); Belgrave Open 7M Walk, Wimbledon; Midland Women's Road Walk Champs; Veterans AC CC, Hayes; Scottish WAAA AGM, Meadowbank; Scottish Inter-University CC Meeting, Edinburgh; Open CC Meeting, Gauldry (Fife); North of Scotland CC League, Thurso.

Sunday, November 26th: Basingstoke AC Round the Houses '6' (sponsored by Fairway Furnishing); Havering Track Meeting & Debenham Festival of Walking, Hornchurch; Icknield League; Lothian CC Relays & James Scott Memorial CC Race, Esk Valley College.

Wednesday, November 29th: Southern Counties WAAA & Havering AC Floodlit Open Graded Meeting, Hornchurch (7.15); London Postal Region Open 9km Walk, Blackheath.

JACK GILLIS

We regret to announce the death of Jack Gillis (Surrey AC) at his home on November 10th. He was 83. Jack Gillis, one of Britain's leading sprinters over half a century ago, later became a well known starter.

Bob Dobson, Roger Mills, Amos Seddon, Carl Lawton, Peter Marlow, Adrian James and Irene Bateman have entered for Havering AC's festival of walking at Hornchurch Stadium on November 26th.

Cover photo by Eric North

UK Intermediate Women's Top 30 Lists 1978

Compiled on behalf of the NUTS by Tony Miller

Amendments, additions plus details of any unreported performances to NUTS standards (in brackets) to Tony Miller, 6 Beachy Road, Broadfield, Crawley, W. Sussex. Details should include christian name, date of birth, and date and venue of performance. The compiler is appreciative of all the club lists that have been supplied; any more will be welcomed at the above address.

100 METRES (12.5)

11.6w	Pippa Baker (Norfolk O) (12.0)
11.8w	Valerie Mullings (Warley)
11.8w	Daisy Walker (Westbury) (12.1)
11.8w	Deborah Bunn (Birchfield) (12.3)
11.9w	Karen Smith (Liverpool)
12.0w	Janet Miller (Haringey) (12.3)
12.0w	Debra Warner (Radley) (12.2)
12.0w	Morag O'Brien (Solihull)
12.0w	Marcia Lewis (Burton)
12.0w	Karen Taylor (Cardiff)
12.1	Kay Smallman (HMYC)
12.1w	Jennifer Webb (Deeside) (12.3)
12.1w	Florence Harding (Edinburgh AC) (12.3)
12.1w	Lindsay Mitchell (Medway) (12.2)
12.1w	Sarah Shipley (Leeds C) (12.2)

12.1w	Dawn Taylor (Blaydon)
12.1w	Jayne Christian (Liverpool) (12.3)
12.1w	Donna Lewis (Middx L) (12.3)
12.2	Ruth Richards (Southend)
12.2	Pauline Hunte (Haringey)
12.2	Claire St John (Epsom & E)
12.2	Kirsty McDermott (Brecon)
12.2	Alison Reid (Edinburgh AC)
12.2w	Carol Tavernier (Derby)
12.2w	Heather Ross (Bristol) (12.3)
12.2w	Christine Reaney (Stoke) (12.3)
12.2w	Deborah Baker (Derby)
12.3	Patricia Licorish (Middx L)
12.3	Helen Gourley (St Peters)
12.3	Catherine Gormley (Cavan)
12.3	Carmelita Kelly (Westbury)
12.3	Sarah Rowe (Gloucester)
12.3	Yvette Lorimer (Essex L)
12.3w	Jane Arnold (Fife)
12.3	Delva Campbell (Wolv & B)

200 METRES (25.8)

23.2w	Deborah Bunn (Birchfield) (23.4)
24.4	Pippa Baker (Norfolk O)
24.4w	Ruth Richards (Southend) (24.5)
24.6	Karen Taylor (Cardiff)
24.6w	Carmelita Kelly (Westbury) (25.2)

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Nike Waffle Trainer		sizes	6-11	£17.50
Nike Oceania		sizes	6-12	£9.99
Reebok Cougar	sizes 4-5 1/2	£12.99,	6-12	£13.99
Reebok Gazelle	sizes 4-5 1/2	£12.75,	6-12	£13.75
Karhu Roadster		sizes	5 1/2-11	£19.50
Karhu Champion		sizes	5 1/2-11	£18.85

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Adidas Jet	sizes 4-5 1/2	£13.50,	6-10	£14.50
Nike Triumph	sizes 4-5 1/2	£17.60,	6-12	£18.99
Nike Intervalle		sizes	6-11	£16.75
Reebok Arena	sizes 4-5 1/2	£9.99,	6-12	£10.85

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**Top ranked in 400: Carol Pendleton.**

Mike Street

24.7	Alison Reid (Edinburgh AC)
24.7w	Christine Reaney (Stoke) (25.0)
24.8	Shirley Thomas (Selsonia)
24.9w	Linda Callow (Birchfield)
24.9w	Lorraine Scott (Portsmouth) (25.1)
25.0w	Delva Campbell (Wolv & B) (25.4)
25.1	Kirsty McDermott (Brecon)
25.1	Lisa Thompson (Surrey B)
25.1w	Wendy Vollmer (Stretford) (25.3)
25.1w	Marcia Van Frederici (Mitcham)
25.1w	Carol Tavernier (Derby)
25.2	Angela Piggford (Gateshead)
25.2	Janet Miller (Haringey)
25.2	Sarah Shipley (Leeds C)
25.2	Kay Smallman (HMYC)
25.2w	Marcia Lewis (Burton)
25.3	Debra Warner (Radley)
25.3w	Norma Clarke (Sparkhill)
25.3	Tina Hamilton (Cheltenham)
25.4	Florence Harding (Edinburgh AC)
25.4	Kaye Jeffrey (Central Region)
25.4	Sharon Lynch (LOAC) (25.1)
25.4	Pauline Hunte (Haringey)
25.4	Jill Bartlett (Shrewsbury)
25.4	Helen Gourley (St Peters)
25.4	Jayne Christian (Liverpool)
25.4	Alison Clifford (Wycombe)
25.4w	Morag O'Brien (Solihull)

400 METRES (59.9)

55.3	Carol Pendleton (Blackpool)
55.7	Joy Mgbezeh (Selsonia)
55.8	Pauline Mullins (Southend)
56.1	Alison Clifford (Wycombe)
56.2	Angela Piggford (Gateshead)
56.3	Ruth Richards (Southend)
56.6	Linda Callow (Birchfield)
56.7	Judith Croasdale (Blackburn)
56.7	Lorraine Scott (Portsmouth)
56.8	Suzanne Guise (Wolv & B)
57.0	Alison Licorish (Middx L)
57.1	Sharon Perrins (Yeovil)
57.2	Francis Weston (Tamworth)
57.3	Teresa Hoyle (Wycombe)
57.4	Gillian Thornton-Smith (Dartford)
57.6	Suzanne Whitting (Notts)
57.6	Carol Nicholas (Cleddau)
57.7	Cheryl Brown (Hull Spartan)
57.7	Dawn Kitchen (Aberdeen)
57.7	Kirsty McDermott (Brecon)
57.9	Shelia Lowe (Charnwood)
57.9	Helen Gourley (St Peters)
58.2	Wendy Adams (Bromsgrove)
58.2	Julie Dawson (Chelmsford)
58.4	Jeanette Doyle (Plymouth)
58.5	Sandra Gammack (Pitreevie)
58.5	Sandra Arthunton (Leeds City)
58.6	Fiona Hargreaves (ESH)
58.6	Sadie Jones (Plymouth)
58.6	Michelle Williams (Bristol)
58.6	Gillian Walls (City of Hull)
58.6	Lisa Thompson (Surrey B)

800 METRES (2:19.9)

2:07.5	Sandra Arthunton (Leeds City)
2:07.7	Kirsty McDermott (Brecon)
2:07.9	Judith Croasdale (Blackburn)
2:08.9	Alison Clifford (Wycombe)
2:08.9	Louise Parker (Lakeland)
2:10.5	Sadie Jones (Plymouth)
2:10.9	Anne Walker (Lincoln C&C)
2:11.4	Fiona Hargreaves (ESH)
2:12.0	Caron Jarman (Thurrock)
2:12.8	Mary McKenna (Truagh)
2:12.9	Suzanne Whitting (Notts)
2:13.0	Joanne Simcock (Stoke)
2:13.4	Jane Walker (Sheffield)
2:13.5	Susan Lonsdale (Sale)
2:13.5	Karen Timson (Thurrock)
2:13.6	Sara Coulson (Reading)
2:13.9	Karen Almond (City of Hull)
2:14.0	Susan Lewis (Southampton)
2:14.6	Deborah Hillen (Blaydon)
2:15.4	Carol Nicholas (Cleddau)
2:15.4	Lesley Driver (Sale)
2:15.6	Julie Clarke (Verlea)
2:15.6	Debbie Ball (Thetford)
2:15.6	Nicola Ratcliffe (Aldershot)
2:15.7	Annie Reid (Shettleston)
2:15.7	Amanda Gash (Notts)
2:15.8	Wendy Lodge (Aldershot)
2:15.9	Carolyn Trott (Portsmouth)



Carole Meagan, the winner from Ireland, leads from Sandra Artherton in the WAAA Intermediate 1500m championship. Sandra headed the UK lists in the 800, 1500 and 3000.

Peter Tempest

- 2:16.0 Elaine Sinclair (Bristol)
 2:16.0 Emma Oxley (Surrey)
 2:16.0 Lois Chamberlain (Haringey)
 2:16.0 Jane Blackwell (Notts)

1500 METRES (4:54.9)

- 4:15.6 Sandra Artherton (Leeds City)
 4:25.9 Karen Timson (Thurrock)
 4:29.1i Julie Clarke (Verlea) (4:30.5)
 4:32.6 Sarah Andrews (Bristol)
 4:32.8 Sara Harris (Rugby)
 4:32.9 Susan Lonsdale (Sale)
 4:33.2 Wendy Lodge (Aldershot)
 4:33.5 Sadie Jones (Plymouth)
 4:33.5 Lesley Driver (Sale)
 4:33.7 Louise Parker (Lakeland)
 4:34.6 Bridget Tierney (Enfield)
 4:36.4 Wendy Purser (Portsmouth)

- 4:36.5 Karen Harvey (Bournemouth)
 4:36.8 Linda King (Basingstoke)
 4:37.3 Deborah Hillen (Blaydon)
 4:37.5 Anita Edwards (Bristol)
 4:38.7 Gillian Irvine (Carmarthen)
 4:39.4 Joanne Simcock (Stoke)
 4:39.6 Sonia Richardson (Sale)
 4:40.3 Pauline Clark (Sale)
 4:40.8 Denise Heckingbottom (Blackburn)
 4:41.1 Angela Pattinson (Cannock)
 4:41.5 Debra Curtis (Leicester)
 4:42.3 Averil McClung (Ballymena)
 4:43.0 Joyce Mehaffy (Strabane)
 4:43.0 Susan Beatty (St Peters)
 4:43.1 Judith Croasdale (Blackburn)
 4:43.3 Alison Clifford (Wycombe)
 4:43.8 Karen Whapshott (Bracknell)
 4:43.9 Deborah Watson (Derby)
 4:43.9 Joanne Perry (Shrewsbury)

THAMES VALLEY HARRIERS

FLOODLIT OPEN GRADED MEETING

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

AT WEST LONDON STADIUM
 WEDNESDAY, 6th DECEMBER

- 6.50 p.m. 300 metres
 7.15 p.m. 300 metres — SENIOR LADIES
 7.20 p.m. 1200 metres
 7.45 p.m. 1200 metres — SENIOR LADIES
 8.00 p.m. 600 metres
 8.20 p.m. 600 metres — SENIOR LADIES
 8.30 p.m. 5000 metres

Entries: Vets, Seniors & Ladies 25p per event, others 20p per event, to John Sexton, 35 Riverside Avenue, Lightwater, Surrey, stating name, age, address, club, event and best recent performance. Fee must accompany entry.

Entries NOT accepted on the night
 CLOSING DATE 2nd DECEMBER

3000 METRES (11:00)

- 10:01.5 Sandra Artherton (Leeds City)
 10:07.4 Pauline Clark (Sale)
 10:11.0 Wendy Purser (Portsmouth)
 10:12.2 Carol Brown (Thurrock)
 10:15.0 Julie Clarke (Verlea)
 10:15.0 Linda King (Basingstoke)
 10:16.8 Sara Harris (Rugby)
 10:17.6 Bridget Tierney (Enfield)
 10:18.8 Anita Edwards (Bristol)
 10:20.4 Angela Pattinson (Cannock)
 10:20.4 Sarah Andrews (Bristol)
 10:21.2 Karen Harvey (Bournemouth)
 10:22.3 Tamaris Knight (Plymouth)
 10:24.6 Susan Lonsdale (Sale)
 10:27.6 Mandy Everard (D of Cornwall)
 10:29.2 Averil McClung (Ballymena)
 10:31.0 Carolyn Trott (Portsmouth)
 10:33.8 Karen Whapshott (Bracknell)

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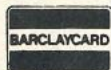
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10:39.6 Jackie Howell (Medway)
10:40.0 Julie Baker (Verlea)
10:41.2 Mandy Braines (Peterborough)
10:42.0 Tracey Trunley (Ilford)
10:42.4 Joanne Perry (Shrewsbury)
10:44.4 Kathleen Whippy (Thurrock)
10:44.4 Lois Chamberlain (Haringey)
10:44.6 Joanne Smith (Cannock)
10:45.2 Alison Beattie (Aldershot)
10:45.2 Rita Bowles (Southampton)
10:45.4 Fiona Crothers (Cannock)
10:45.4 Catherine Riley (Stretford)

80 METRES HURDLES (12.3)

11.2w Heather Ross (Bristol) (11.3)
11.2w Deborah Baker (Derby) (11.4)
11.3w Sarah Brennan (Rowntrees) (11.5)
11.4 Diane Leek (Cannock)
11.4w Claire St John (Epsom) (11.5)
11.5 Marcia Chung (Mitcham)
11.5w Deborah Church (Ilford) (11.9)
11.6 Philippa Nadin (Sale)
11.6w Sarah Rowe (Gloucester) (12.1)
11.7 Julie Graham (Stretford)
11.7 Susan Trickett (Epsom)
11.7w Elizabeth Little (Coventry) (11.9)
11.7w Helen Gourlay (St Peters)
11.7w Sally Pinches (Plymouth) (11.8)
11.8 Patricia Licorish (Middx L)
11.8 Jayne Hindley (DHTC)
11.8 Alison Pryce (Stockport)
11.8 Lesley Beeley (Stretford)
11.8 Kay Harrison (City of Hull)
11.8 Patricia Rollo (Fife)
11.8 Claire Hurst (Leicester)
11.8w Jane Lee (Hallamshire) (11.9)
11.8w Moira Spence (Caithness) (11.9)
11.9 Katherine Swallow (Worcester)
11.9 Patricia Campbell (ESH)
11.9 Lesley Scott (ESH)
11.9w Amanda Long (Plymouth)
11.9w Carolyn Plummer (Mitcham)

100 METRES HURDLES (16.9)

14.1w Heather Ross (Bristol) (14.4)
14.7 Claire St John (Epsom)
14.7 Elizabeth Little (Coventry)
14.8w Kim Hagger (Essex L) (14.9)
14.9 Patricia Rollo (Fife)
15.0 Margo Howard (Reading)
15.1 Marcia Chung (Mitcham)
15.3 Theodoro Omambala (Barnet)
15.3 Lisa Thompson (Surrey B)
15.5 Julie Graham (Stretford)
15.5 Beverley Malpass (Coventry)
15.6 Claire Henley (Bournemouth)
15.6 Susan Maskell (Bognor)
15.7 Deborah Church (Ilford)
15.7 Deborah Wright (Plymouth)
15.8 Susan Cattermole (Norfolk)
15.9 Donna Lewis (Middx L)
16.0 Philippa Nadin (Sale)
16.0 Susan Raycraft (Bognor)

16.2	Julie Pyper (Plymouth)
16.2	Maria Smallwood (Reading)
16.2	Sarah Rowe (Gloucester)
16.3	Catherine McGowan (Liverpool)
16.4	Wendy Laing (Liverpool)
16.4	Deborah Filby (Cambridge)
16.5	Louise Mitchell (Surrey B)
16.5	Caroline Tozer (Bournemouth)
16.7	Fiona Davison (Shrewsbury)
16.8	Jackie Vincent (Ipswich)
16.8	Sally Needham (City of Hull)
16.8	Lorraine Feary (Colchester)
16.8	Alison Barnes (Basildon)

200 METRES HURDLES (31.9)

28.2	Heather Ross (Bristol)
28.4	Deborah Baker (Derby)
28.5	Aileen Mills (NS Poly)
28.7	Jayne Hindley (DHTC)
29.0	Patricia Licorish (Middx L)
29.0	Philippa Nadin (Sale)
29.0	Deborah Church (Ilford)
29.3	Diane Leek (Cannock)
29.4	Jane Lee (Hallamshire)
29.4	Sarah Brennan (Rowntrees)
29.4	Lesley Scott (ESH)
29.5w	Moirra Spence (Caithness) (29.7)
29.6	Julie Graham (Stretford)
29.6	Gillian Mitchell (Glasgow)
29.7	Linda Stephen (Shettleston)
29.8	Lisa Thompson (Surrey B)
29.8	April Anderson (Essex L)
30.0	Marcia Chung (Mitcham)
30.0	Claire Hurst (Leicester)
30.0	Linda Sellers (Stretford)
30.1	Lesley Beeley (Stretford)
30.3	Caroline Porter (Chelmsford)
30.3	Lee Ann Brown (Middx L)
30.4	Jillian Cave (DHTC)
30.4	Julie Beardmore (Derby)
30.4	Denise Melling (Stretford)
30.5	Kay Morley (HMYC)
30.6	Sally Pinches (Plymouth)
30.6	Avril Scott (Leicester)
30.6	Jackie Alder (Mitcham)
30.6	Catherine McGowan (Liverpool)
30.6	Samantha Godley (City of Hull)
30.6	R. Law (Leicester)
30.6w	Eileen Fenwick (Pitreevie)

400 METRES HURDLES (69.9)

62.8	Wendy Adams (Bromsgrove)
64.2	Julie Graham (Stretford)
64.3	Suzanne Guise (Wolv & B)
64.3	Suzanne Powell (Wycombe)
64.4	Anne Walker (Lincoln C&C)
64.6	Deborah Church (Ilford)
65.9	Lisa Thompson (Surrey B)
66.5	Frances Weston (Tamworth)
66.9	Celia Sutton (Cardiff)
67.0	Susan Trickett (Epsom)

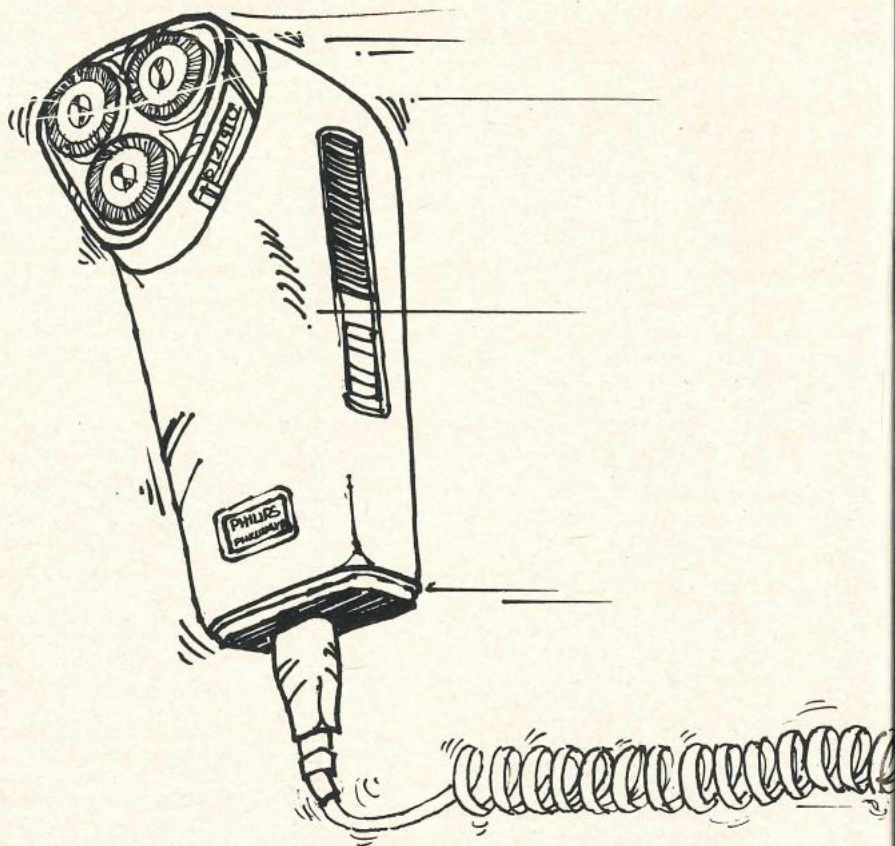
67.3	Rachel Heathcock (Dudley)
67.5	Carol Pendleton (Blackpool)
67.6	Julie Dawson (Chelmsford)
67.6	Gillian Horsfall (Sale)
67.7	Hannah White (Bognor)
68.0	Kay Morris (Havering)
68.1	Sara Coulson (Reading)
68.3	Samantha Godley (City of Hull)
68.6	Julie Marks (Parkside)
68.8	Janet Miller (Haringey)
69.1	Kim Jagoe (Newbury)
69.1	Julie Beardmore (Derby)
69.3	Joy Mgebeze (Selsonia)
69.3	Amanda Jones (Croydon)
69.3	Kay Scott (Windsor)
69.4	Deborah Rich (Basingstoke)
69.8	Louise Mitchell (Surrey B)

HIGH JUMP(1.59)

1.81	Barbara Simmonds (Oxford)
1.78	Kim Hagger (Essex L)
1.78	Heather Spencer (Cannock)
1.75	Sharon McPeake (Ballymena)
1.75	Julie Frost (Stretford)
1.75	Claire Henley (Bournemouth)
1.73	Delia Kerfoot (Liverpool)
1.72	Jennifer Seamon (Ashford)
1.72	Lesley Chilton (Southend)
1.71	Sharon Murdoch (Reading)
1.71	Isabel Watt (Edinburgh AC)
1.71	Lorinda Matthews (Bedford)
1.70	Susan Brown (Shettleston)
1.70	Kathryn Robinson (Sale)
1.70	Mandy Keating (Exeter)
1.70	Carolyn Howarth (Bournemouth)
1.69	Sarah Rowe (Gloucester)
1.69	Sarah Grady (Portsmouth)
1.69	Wendy Laing (Liverpool)
1.69	Andrea Brookes (Brighton)
1.68	Patricia Licorish (Middx L)
1.67	Michel Nogacz (Shettleston)
1.66	Marian Hughes (Derby)
1.66	Julie Pyper (Plymouth)
1.66	Jane Williams (Feltham)
1.66	Hilary Smiddy (Airedale)
1.65	Susan Evans (Cheshire Sch)
1.65	Kay Lally(Dacorum)
1.65	Avril Scott (Leicester)
1.65	Deborah Mulberry (Southampton)
1.65	Mandy Jones (Croydon)

LONG JUMP (5.25)

5.88	Kim Hagger (Essex L)
5.86w	Claire Henley (Bournemouth) (5.83)
5.77w	Maria Smallwood (Reading) (5.54)
5.71	Sharon Lynch (LOAC)
5.71w	Caroline Neal (Twickenham) (5.65)
5.70	Deborah Baker (Derby)
5.69i	Alison Licorish (Middx L) (5.57w)
5.66w	Mandy Jones (Croydon) (5.41)
5.65	Margo Howard (Reading)



**Will it be a close shave
at Crystal Palace
on December 9th?**





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Surrey Seniors	1.15pm		

Simply years ahead.

PHILIPS

Nick Brawn Wins Mike Sully Memorial

ONCE again the entries climbed to well over the 2000 mark for the Bristol AC — promoted Mike Sully Memorial Races held at Somerdale, Bristol, on November 5th.

The Senior men's 2x2½ mile lap event produced a thrilling struggle throughout. After the initial tearaway start the field settled down, and after the first lap a group of internationals were in the leading pack, including Julian Goater, Nick Brawn, Chris Ridler, Nick Lees, Steve Jones, John Davies, Nigel Gates and last year's winner Peter Standing. With one mile to go Brawn and Goater had opened a gap from Lees, Ridler and Jones and despite a great effort by Goater to match Brawn's sprint finish he had to be content with runner-up spot for the second consecutive year. Nick Lees held off Chris Ridler for 3rd place. The host club won the team trophy for the first time since 1967.

Ruth Smeeth dominated the women's race, crossing the finish 27 sec clear of Lyn Harvey. A hard fought junior race produced one of the closest finishes of the afternoon with James Espir, holding off Tony Milovsorov and Dave Beaver in a sprint for the line.

Fred Hill

1, N. Brawn (Oxford Univ) 25:35
2, J. Goater (Shaftesbury) 25:42

3, N. Lees (Derby & County) 25:54
4, C. Ridler (Bris) 25:59; 5, S. Jones (RAF Lyneham) 26:01; 6, N. Gates (Bris) 26:04; 7, J. Davies (WLI) 26:05; 8, B. Knight (Torb) 26:07; 9, C. Woodhouse (Derb) 26:07; 10, R. Treadwell (Sy B) 26:08; 11, D. Francis (West) 26:17; 12, P. Baker (Shaft) 26:18; 13, D. Clarke (WLI) 26:19; 14, P. Standing (WS&E) 26:21; 15, J. Robertshaw (N'port) 26:26; 16, A. Cole (Swan) 26:34; 17, R. Crabb (RAF Lyneham) 26:47; 18, D. Hopkins (N'port) 26:52; 19, M. Duff (WS&E) 26:55; 20, C. Masback (Ox Univ) 26:58; 21, G. Davies (Bris) 26:59; 22, P. Adams (Ald) 27:01; 23, S. Barnshaw (Ald) 27:04; 24, K. Brackstone (Bris) 27:04; 25, G. Jackson (HBS) 27:04; 26, K. Dumbleton (—) 27:05; 27, G. Dugdale (TVH) 27:08; 28, K. Johnson (WLI) 27:13; 29, G. Seward (Exet) 27:23; 30, G. Helme (Leigh) 27:28; 31, B. Lamkin (WS&E) 27:31; 32, J. Jones (WS&E) 27:33; 33, I. Logan (Ald) 27:34; 34, C. Monk (Bris) 27:38; 35, K. Bell (Wyc) 27:42; 36, C. Abrahams (Torb) 27:45; 37, M. Puddifoot (TVH) 27:48; 38, F. Gillies (Ban) 27:49; 39, A. Jeffreys (Swan) 27:50; 40, S. Seaman (Swan) 27:51; 41, A. Boast (Camb) 27:53; 42, J. Spooner (WS&E) 27:55; 43, B. Walters (TVH) 27:57; 44, M. Walden (W Lon) 28:01; 45, R. Holdsworth (Ox) 28:03; 46, G. Blackburn (West-V) 28:10; 47, G. Cook (WLI)

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ATHLETICS PHOTO-SEQUENCE POSTERS

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Set A:

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2. **Mile** — Steve Ovett versus John Walker.
3. **110m Hurdles** — Alejandro Casanas versus Willie Davenport.
4. **Shot** — Geoff Capes.
5. **Shot** — (rotational technique) — Aleksandr Barishnikov.
6. **Javelin** — Miklos Nemeth.
7. **Pole Vault** — Brian Hooper.

Set B:

8. **100m (women)** — Andrea Lynch versus Gisela Grassle.
9. **1500m (women)** — Mary Stewart.
10. **10,000m** — Brendan Foster.
11. **400m Hurdles** — Alan Pascoe.
12. **3,000m Steeplechase** — Dennis Coates.
13. **High Jump Flop (women)** — Brigitte Holzapfel.
14. **Discus** — John Powell.

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Nick Brawn heading for victory in the Mike Sully senior race.

John H. Canning

28:12; 48, J. Sheridan (TVH) 28:16; 49, K. Jacques (St H) 28:20; 50, P. Craig (Bris) 28:25. 268 finished. **Teams:** 1, Bristol 55; 2, West London IHE 92; 3, Windsor S&E 96; 4, Oxford Univ 123; 5, Aldershot F&D 134; 6, TVH 155; 7, Newport 161; 8, Westbury 164; 9, RAF Lyneham 169; 10, Torbay 191; 11, Swansea 212; 12, Aberystwyth Univ 310; 13, Banbury 330; 14, Bath & Percy 333; 15, Bridgend 458; 16, Neath 504; 17, Swindon 511; 18, Bath Univ 525; 19, Trowbridge 556. **(Vets):** 1, Bristol 254; 2, Torbay 262; 3, Neath 315.

Junior Men

1, J. Espir (Hill) 26:33; 2, A. Milovsorov (Tip) 26:38; 3, D. Beaver (Poly) 26:39; 4, T. Hutchings (Lough) 26:42; 5, E. White (WLI) 26:56; 6, M. Cowman (West) 27:14; 7, A. Blackwell (W&B) 27:31; 8, J. Perkins (West) 27:39; 9, P. Magner (Birm U) 27:43; 10, S. Plint (Unatt) 27:48; 11, G. Ribbons (E&E) 27:49; 12, S. Berridge (WLI) 27:51; 13, S. Axon (Swan) 27:52; 14, C. Miers (WS&E) 27:53; 15, B. Martin (Bas) 27:59; 16, O. Lamb (TVH) 28:01; 17, J. Sharp (Bris) 28:02; 18, T. Fieldsend (Sheff) 28:02; 19, M. Harris (Bris) 28:02; 20, K. Capper (WLI) 28:08; 21, C. Buckley (West) 28:09; 22, R. Rose (Hill) 28:11; 23, R. Bentley (Tip) 28:15; 24, R. Osborne (Birm

U) 28:18; 25, A. Rogerson (Leic) 28:21; 26, M. Philpott (Hill) 28:22; 27, R. Figg (WLI) 28:25; 28, A. Harvey (Wyc Ph) 28:29; 29, M. Burnthorpe (Birm U) 28:31; 30, S. Parker (West) 28:32. 123 finished. **Teams:** 1, West London IHE 64; 2, Westbury 65; 3, Tipton 91; 4, Hillingdon 94; 5, Birmingham Univ 99; 6, Sheffield 143; 7, Bristol 149; 8, Leicester 178; 9, Epsom & E 186; 10, Swansea 234. **(Youths):** 1, A. Bristow (B&H) 16:29; 2, E. Herridge (AF&D) 16:32; 3, W. Quinn (Wey) 16:45; 4, C. Peirson (Har) 16:48; 5, M. Lasseret (B&H) 16:54; 6, M. Webbhorn (Swan) 16:56; 7, M. King (W Corn) 16:58; 8, M. Jones (West) 16:59; 9, C. McIntyre (West) 17:06; 10, D. Bennett (Birch) 17:09; 11, P. Chamberlain (B&H) 17:10; 12, K. Bennett (Bris) 17:11; 13, C. Bigg (B&H) 17:12; 14, N. Price (Wey) 17:13; 15, M. McCullough (B&H) 17:14; 16, K. Parker (West) 17:15; 17, S. Smith (Swan) 17:22; 18, N. Appleby (Birch) 17:25; 19, T. Bevan (Birch) 17:27; 20, M. Cartledge (Liv) 17:28; 21, N. Ovington (TVH) 17:28; 22, H. Lee (Har) 17:29; 23, P. Felskie (Bris) 17:30; 24, A. Smith (Swan) 17:31; 25, S. Denley (Hasle) 17:32; 26, K. Field (Tiv) 17:33; 27, M. Flint (Tel) 17:34; 28, R. Challenger (Torf) 17:35; 29, S. Cackett (Wyc Ph) 17:36; 30, M. Appleton (Bris) 17:36. 145 finished. **Teams:** 1, Brighton & Hove 30; 2, Swansea 82; 3, Birchfield 89; 4, Westbury 100; 5, Bristol 106; 6, Haringey 178; 7, Torfaen 209; 8, Duchy of Cornwall 226; 9, Maidenhead 273; 10, West Cornwall 279; 11, Torbay 293; 12, TVH 297; 13, Yeovil 333; 14, Bridgend 345; 15, Trowbridge 374.

Boys

1, A. Holloway (Elles) 14:34; 2, J. Richards (DoC) 14:48; 3, L. Price (Birch) 15:05; 4, P. Davies (Craw) 15:11; 5, T. Scott (DoC) 15:12; 6, M. Hawkins (Exet) 15:13; 7, D. Muxworthy (West) 15:14; 8, I. Pendrey (Glos) 15:17; 9, M. Curnow (W Corn) 15:18; 10, S. Grownay (Elles) 15:20; 11, L. Plummer (Bris) 15:24; 12, J. Blair (Read) 15:25; 13, A. Marshall (Craw) 15:26; 14, M. Seymour (Wyc Ph) 15:27; 15, I. Manners (Cleve) 15:28; 16, R. Domingo (King Sch) 15:30; 17, D. Pauling (Craw) 15:31; 18, M. Griffiths (Swan) 15:32; 19, G. Braund (Bris) 15:35; 20, D. Thomas (Swan) 15:37. 197 finished. **Teams:** 1, Crawley 76; 2, Ellesmere Port 80; 3, Westbury 97; 4, Duchy of Cornwall 103; 5, Bristol 130; 6, Birchfield 131; 7, Reading 188; 8, TVH 270; 9, Bryn Celynnog 290; 10, Thurrock 298; 11, Exeter 302; 12, Cardiff 329; 13, Warley 335; 14, Banbury 373; 15, Bridgend 374. 197 finished. **(Colts):** 1, M. Slowikowski (HW) 8:53; 2, C. Perrington (DoC) 9:08; 3, J. Holloway (Birch) 9:15; 4, N. Pattison (Read) 9:18; 5, S. Godwin (Bris) 9:21; 6, S. Minnall (Bris) 9:27; 7, S. Cowley (West) 9:30; 8, A. Cocking (DoC) 9:33; 9, P. Wright (St H) 9:34; 10, P. Downes (Birch) 9:35; 11, S. Fleming (Cleve) 9:37; 12, M. Kelling (Glos) 9:38; 13, P. Glanville (Bris) 9:39; 14, L. Williams (Card) 9:39; 15, S. Smyth (West) 9:40; 16, D.

Hockley (West) 9:40; 17, R. Wyatt (Brec) 9:41; 18, K. Staunton (St Jos) 9:42; 19, P. Capewell (Birch) 9:43; 20, C. Sweeney (St H) 9:44. 198 finished. **Teams:** 1, Bristol 50; 2, Westbury 63; 3, Birchfield 68; 4, Duchy of Cornwall 81; 5, Cardiff 164; 6, St Joseph's College 195; 7, Bryn Celynnog Sch 244; 8, Andover 262; 9, Worcester 264; 10, Leicester Cor 291; 11, Whitesmore C Sch 306; 12, Exeter 316; 13, Yeovil 332; 14, Norlington HS 397; 15, King Henry VIII Sch 419.

Women

1, R. Smeeth (Aldershot F&D) 15:11
2, L. Harvey (London Olympiades) 15:38
3, J. Armstrong (Haslemere) 15:47
4, S. Hassan (Birch) 15:59; 5, K. Lock (Card) 16:01; 6, T. Bateman (Birch) 16:01; 7, J. Clarke (Birm) 16:10; 8, A. Mason (Keele U) 16:15; 9, J. Smith (Camb) 16:30; 10, C. Petitjean (Birch) 16:42; 11, M. Palmer (West) 16:49; 12, S. Smith (Bris) 16:55; 13, D. Wilkins (Wyc) 17:04; 14, J. Eyles (Ox C) 17:07; 15, L. Lerve (Torf) 17:08; 16, S. Johnson (Leic C) 17:11; 17, A. Notman (Card) 17:12; 18, S. Parker (W&B) 17:19; 19, S. Walters (Ox C) 17:21; 20, C. Morgan (Unatt) 17:29. 69 finished. **Teams:** 1, Birchfield 20; 2, Cardiff 43; 3, Westbury 71; 4, Oxford City 72; 5, Exeter 82; 6, Bristol 86; 7, Birmingham Univ 93; 8, Swansea 100; 9, Yeovil 143; 10, Wycombe 174.



Ruth Smeeth — winner of the women's race.

John H. Canning

Intermediates

1, W. Lodge (Ald) 16:57; 2, M. Everard (DoC) 17:01; 3, A. Edwards (Bris) 17:09; 4, B. Thomas (Card) 17:21; 5, L. Bicknell (Hasle) 17:32; 6, C. Bradford (Cleve) 17:33; 7, A. Wilkins (Hasle) 17:33; 8, T. Hoyle (Wyc Ph) 17:33; 9, D. Curtis (Leic C) 17:34; 10, M. Wiltshire (West) 17:38; 11, S. Alt (Ox C) 17:42; 12, N. Tinsley (AF&D) 17:44; 13, A. Beattie (AF&D) 17:54; 14, L. Gibson (Durs) 18:03; 15, K. McDermott (Mill Sch) 18:07; 16, L. Jones (N'port) 18:10; 17, R. Powell (Talg) 18:11; 18, N. Salisbury (Worc) 18:24; 19, A. Blakey (Card) 18:25; 20, J. Davis (Swin) 18:26; 21, S. Roadley (Leic C) 18:28; 22, G. Hewett (Bris) 18:32; 23, L. Chamberlain (Har) 18:40; 24, E. Sinclair (Bris) 18:42; 25, K. Adams (Yeo) 18:44. 72 Finished. **Teams:** 1, Aldershot 26; 2, Bristol 49; 3, Haslemere 54; 4, Cardiff 61; 5, Leicester 64; 6, Oxford 90; 7, Wycombe P 104; 8, Swansea 163. **Juniors:** 1, R. Disley (Hasle) 9:20; 2, K. Williams (Port Tal) 9:35; 3, Y. Jones (Tiv) 9:37; 4, T. Kenward (Card) 9:40; 5, J. Glass (Warl) 9:43; 6, H. Churn (AF&D) 9:49; 7, A. Nagle (Har) 9:53; 8, J. Presley (Bris) 9:57; 9, C. Bolt (Tiv) 9:59; 10, H. Hill (Par) 9:59; 11, A. Tindall (AF&D) 9:59; 12, A. Gilling (Warl) 9:59; 13, J. Bradley (Stour) 10:05; 14, E. Williams (Port Tal) 10:05; 15, D. Camenzuli (Swan) 10:09; 16, L. Copp (Port Tal) 10:11; 17, M. Sharpe (West) 10:12; 18, L. Yardley (Card) 10:13; 19, Y. Shutter (AF&D) 10:14; 20, D. Scadding (Wyc) 10:17; 21, D. Walker (Shew) 10:19; 22, D. Hardy (Hasle) 10:21; 23, J. Thomas (Card) 10:22; 24, C. Nuttall (West) 10:25; 25, M. Brenton (Card) 10:27; 26, S. Murray (Droit) 10:27; 27, J. Wheeler (Par) 10:28; 28, J. Knight (Wyc) 10:29; 29, T. Blandford (Bris) 10:30; 30, T. Iles (Ox) 10:30. 154 Finished. **Teams:** 1, Port Talbot 32; 2, Aldershot 36; 3, Cardiff 45; 4, Westbury 61; 5, Bristol 63; 6, Tiverton 73; 7, Warley 113; 8, Oxford City 117; 9, Wycombe P 158; 10, West Cornwall 193; 11, Stourport 197; 12, Swansea 201; 13, Yeovil 209; 14, Newport 218; 15, Duchy of Cornwall 222. **(Girls):** 1, T. Glead (Wyc) 8:43; 2, M. McKie (Exet) 8:56; 3, R. Green (Bris) 9:05; 4, C. Bourke (Ox C) 9:08; 5, A. Presley (Bris) 9:10; 6, M. Read (B&P) 9:11; 7, J. Alexander (Bris) 9:12; 8, B. Davies (Swin) 9:16; 9, C. Douglas (Bris) 9:17; 10, S. Parker (Bris) 9:17; 11, K. Bishop (Chelt) 9:19; 12, A. Willis (And) 9:22; 13, L. Pigrome (And) 9:26; 14, D. Brooker (Swin) 9:26; 15, F. Harwood (Card) 9:28; 16, N. Cavill (Exet) 9:30; 17, N. Bullimore (Torf) 9:32; 18, H. Gould (Bris) 9:32; 19, S. Evans (S&C) 9:33; 20, A. Nicholas (59 C) 9:34. 179 Finished.

Teams: 1, Bristol 15; 2, Bristol 'B' 37; 3, Exeter 42; 4, Andover 52; 5, Oxford City 58; 6, Cardiff 62; 7, Sutton & C 105; 8, Swindon 122; 9, Yeovil 157; 10, Bridgend 161; 11, Duchy of Cornwall 168; 12, Bath & P 117; 13, Westbury 177; 14, Par 193; 15, Trowbridge 201.

Coe And Muir Again?

CAN last year's winners, Sebastian Coe and Nat Muir, do it again? No! say Bernie Ford, Dave Black, Mike McLeod, Dennis Coates and Nick Rose.

This year's Schweppes International CC races at Gateshead today (November 25th) will certainly live up to expectations as some of the top cross-country runners in the world will be competing. One newcomer to Gateshead will be Domingo Tibaduiza of Colombia, winner of the famous Sao Paulo round-the-houses race in Brazil last New Year's Eve. Also in the Rest of the World team is Markus Ryffel of Switzerland, winner of the European indoor 3000m and second in the 5000 in Prague. Belgium's top cross-country runner at the moment, Marc Smet, is also in the team.

Five of England's very best distance runners form the 'A' team: Ford, Black, McLeod, Coates and Rose. Last year's winner, Nat Muir, heads Scotland's team. The Welsh have Tony Simmons in their team and it looks very strong with last year's third, Steve Jones, backing Tony up.

The milers' race this year is over 2¼ miles. An international entry has been received for this, but the man they all have to beat is last year's winner, Sebastian Coe. His opponents will include Francis Gonzales of France and the Scottish trio

of John Robson, Graham Williamson and Frank Clement. Well over 1,200 entries have been received for the 9-event programme.

The proceedings start with the Fun Run at 11.30 am (over 1,000 turned out last year); all finishers will receive a can of Pepsi and a certificate.

EUROPEAN JUNIOR STANDARDS

Qualifying standards (to be achieved between March 1st and August 6th 1979) for the European Junior Championships, to be staged at Bydgoszcz (Poland) from August 16th to 19th:-

(Men: born 1960 or later) 100 — 10.84/10.6, 200 — 21.84/21.6, 400 — 48.54/48.4, 800 — 1:52, 1500 — 3:50, 3000 — 8:25, 5000 — 14:40; 2000SC — 5:50, 110H — 15:04/14.8, 400H — 53.94/53.8, HJ — 2.07, PV — 4.80, LJ — 7.30, TJ — 15.40, SP — 16.00, DT — 50.00, HT — 58.00, JT — 70.00, Dec — 6500e (6600 hand), 10,000W — 47:00.

(Women: born 1961 or later) 100 — 12.14/11.9, 200 — 24.84/24.6, 400 — 55.74/55.6, 800 — 2:10, 1500 — 4:30, 100H — 14.54/14.3, HJ — 1.75, LJ — 6.00, SP — 14.00, DT — 45.00, JT — 48.00, Pent — 3560e (3600 hand).

Olympic qualifying standards: There were two errors in the recently published list: the steeplechase standard is 8:35 and the women's 100 hurdles is 13.64/13.4.

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SCOTTISH RESULTS

SHOTTS '4' September 2nd

1, T. Wiseman (Gars) 1:11:07; 2, D. Gunstone (EAC) 1:12:14; 3, M. Craven (ESH) 1:14:10; 4, D. Lang (Fife) 1:16:35; 5, P. MacGregor (VP) 1:17:13; 6, J. Ash (Long) 1:17:26; 7, D. Wyper (WSH) 1:18:06; 8, R. Blair (Strath) 1:20:41; 9, W. Marshall (CV-V) 1:20:44; 10, J. Smith (GGH) 1:22:03.

DUNBLANE '14½' September 9th

1, T. Wiseman (Gars) 1:16:58; 2, D. Macgregor (Fife) 1:20:05; 3, M. Craven (ESH) 1:20:09; 4, G. Gaffney (GWH) 1:23:34; 5, P. McGregor (VP) 1:25:36; 6, R. Pryor (EAC) 1:25:44; 7, J. Milne (EAC-V) 1:26:46; 8, H. Scott (PSH-V) 1:27:40; 9, G. Armstrong (Loth) 1:27:43; 10, J. Kelly (GU) 1:29:01.

ROUND CUMBRAE '10' September 24th

1, J. Brown (Clyde) 51:16; 2, A. Gourlay (Longbar) 52:38; 3, R. Marshall (Bella) 53:12; 4, J. Boyd (Ayr) 53:20; 5, G. Gaffney (Green) 53:36; 6, J. Ferguson (Unatt) 53:42; 7, B. Morton (VP) 53:49; 8, T. Small (Clyd) 53:54; 9, J. Sands (Unatt) 54:25; 10, I. Kerr (Ayr) 54:28; 11, J. Ash (Long) 54:34; 12, A. Law (RAF) 54:47; 13, E. Devlin (Clyd) 54:52; 14, C. Donnelly (Cambus)

54:55; 15, B. Young (Ayr) 55:19. (Women): 1, E. Lusk 72:16; 2, D. Greig 74:58.

ALVES TO FORRES '6' October 7th

1, G. Milne (Forres) 28:07; 2, I. McKenzie (Forres) 28:14; 3, C. Donnelly (Aber U) 28:30. Teams: 1, Forres 20; 2, Inverness 51; 3, RAF Moray 54.

AYRSHIRE CC RELAY CHAMPS At Irvine, October 14th

1, Ayrshire 53:29; 2, Longbar 55:01; 3, Ayrshire 'B' 56:20. Fastest: J. Golder (Ayr) 12:45; A. Gourlay (Long) 12:50; J. Ferguson (Ayr) 13:10.

LANARKSHIRE ROAD RELAY CHAMPS At Bellshill, October 14th

(4×2½M): 1, Shettleston 49:39; 2, Clyde Valley 50:07; 3, Springburn 50:48. Fastest: J. Brown (Clyde V) 11:49; N. Muir (Shett) 11:50; B. McSloy (Clyde V) 12:01. (Youths 3×2½M): 1, Clyde 38:22; 2, Springburn 39:12; 3, Springburn 'B' 40:20. Fastest: P. Fox (Clyde V) 12:33; A. Callan (Spring) 12:38; C. Canning (Spring) 12:39. (Senior Boys) 3×1¼M: 1, Cambuslang; 2, East Kilbride; 3, Clyde V. Fastest: G. McLean (Cambus) 10:24; P. Mooty (Clyde V) 10:24; K. Rance (Cambus) 10:31. (Junior Boys 3×1¼M): 1, Springburn 33:20; 2, Clyde V 34:00; 3, Cambuslang 34:09. Fastest: K. Sinclair (Spring) 10:26; D. McShare (Cambus) 10:36; I. Davidson (Spring) 10:56.

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DUMBARTONSHIRE 4 x 2½M CC RELAY CHAMPS

At Westerlands, October 14th

1, Victoria Park (H. Barrow 12:36, R. Blair 12:32, D. McGrory 12:13, A. Douglas 11:45) 49:06; 2, Glasgow Univ (T. Logue 13:00, P. Porter 12:18, W. McColl 12:33, F. Clyne 11:31) 49:22; 3, Dumbarton (A. Adams 12:48, A. Prior 12:43, C. Martin 12:14, D. Kirk 11:42) 49:27; 4, Westerlands 49:33; 5, Clydesdale 50:27; 6, VPAAC 'B' 50:44; 7, Garscube 51:22; 8, Glasgow Univ 'B' 53:25; 9, Vale of Leven 53:55; 10, Clydesdale 'B' 54:06. Fastest: W. Sheridan (West) 11:26; Clyne 11:31; Kirk 11:42; S. Cullen (Gars) 11:43; Douglas 11:45; McGrory 12:13. (Youths 3 x 1½M): 1, Victoria Park (A. Black 7:49, D. Sifton 8:33, C. McQueen 8:17) 24:39; 2, St Columbas HS (D. Williams 8:35, G. Millar 7:55, T. Dolan 8:55) 25:25; 3, VPAAC 'B' 26:06; 4, Vale of Leven 26:14; 5, Clydesdale 26:55; 6, Garscube 27:09. Fastest: Black 7:49; Millar 7:55; McQueen 8:17. (Senior Boys 3 x 1½M): 1, Dumbarton (M. Giles 7:02, A. Currie 6:52, T. Birrel 6:46) 20:40; 2, Victoria Park 20:42; 3, Clydesdale 20:55; 4, St Columbas HS 21:38; 5, Garscube 21:43; 6, Clydesdale 'B' 23:02. Fastest: A. Anderson (VP) 6:27; Birrel 6:46; Currie & J. Cowan (VP) 6:52. (Junior Boys 3 x 1½M): 1, Dumbarton (D. Prior 7:31, K. Gow 7:56, A. Currie 7:20) 22:47; 2, Clydesdale 23:08; 3, St Columbas 23:21; 4, Victoria Park 23:49. Fastest: J. Pirrie (Clyd) 7:15; M. Heron (St Cols) 7:19; Currie & G. Gray (VolL) 7:20.

RENFREWSHIRE 4 x 2M CC RELAY CHAMPS

At Greenock, October 14th

1, Spango Valley (H. Cox 9:39, G. Clark 9:20, T. Dobbin 10:11, C. Spence 9:26) 38:36; 2, Greenock Glenpark (J. Orr 9:54, W. Dunn 10:05, I. Cameron 10:21, R. Hodelet 10:08) 40:28; 3, Greenock Wellpark (T. Anderson 10:42, A. Coutts 9:32, G. Craffrey 10:13, J. Duffy 10:10) 40:37; 4, Bellahouston 40:47; 5, Spango Valley 'B' 42:40; 6, Kilbarchan 42:51; 7, Bellahouston 'B' 43:26; 8, Paisley 43:32; 9, Greenock Valley 'B' 43:41; 10, Bellahouston 'C' 43:52. Fastest: Clark 9:20; Spence 9:26; Coutts 9:32; Cox 9:39; G. Braidwood (Bella) 9:45; Orr 9:54. (Youths 3 x 1½M): 1, Paisley (G. Scott 7:31, A. Kirribirgh 7:57, D. McIlraith 7:07) 22:35; 2, Bellahouston 23:20; 3, Kilbarchan 23:23. Fastest: McIlraith 7:07. (Senior Boys 3 x 1½M): 1, Kilbarchan (R. Hawkins 7:21, A. Puckrin 7:36, M. Cussack 8:12) 23:09; 2, Greenock Glenpark 23:19; 3, Bellahouston 24:05; 4, Pentastar 25:00. Fastest: Hawkins 7:21. (Junior Boys 3 x 1½M): 1, Kilbarchan (J. Lindsay 8:08, A. Irvine 8:58, G. Murray 8:56) 26:02; 2, Greenock Glenpark 26:51; 3, Kilbarchan 'B' 27:47; 4, Bellahouston 28:13. Fastest: Lindsay 8:08.

SCOTTISH WOMEN'S NATIONAL ROAD RELAY CHAMPIONSHIPS

At Pitreavie, October 14th

(3 x 2M): 1, Glasgow 34:34; 2, ESH 35:21; 3, Pitreavie 37:00. Fastest: J. Shepherd (GAC) 11:06; K. Robinson (Pit) 11:15; A. Cherry (ESH) 11:25. (Inters 3 x 1½M): 1, Pitreavie 25:29; 2, ESH 26:24; 3, Glasgow 26:38. Fastest: W. Sharp (Pit) 8:14; G. Pullar (Pit) 8:27. (Junior 4 x 1M): 1, Glasgow 22:19; 2, ESH 23:43; 3, Pitreavie 24:00. Fastest: L. McDougall (GAC) 5:37; A. Gordon (GAC) 5:40. (Girls 4 x ¾M): 1, ESH 17:28; 2, Livingston & Dist 17:40; 3, Pitreavie 17:48. Fastest: C. Candlish (Pit) 3:57; E. Brownless (Liv & Dist) 4:04.

LANARKSHIRE AAA YOUNG ATHLETICS ROAD RELAY

At Strathclyde Park, October 7th

(3 Jnr Boys x 1½M; 3 Snr Boys x 1½M; 3 Youths x 2½M): 1, Springburn H (S. McPherson 7:18; A. Callan 11:07, I. Davidson 8:02, S. Bradley 7:46, R. Chalmers 7:48, K. Sinclair 7:47, S. Murphy 8:06, S. McLean 11:52) 1:21:02; 2, Edinburgh Southern H 1:24:00; 3, Clyde Valley 1:24:25; 4, Falkirk Victoria 1:25:10; 5, VPAAC 1:26:57; 6, Cambuslang 1:27:24; 7, E. Kilbride 1:29:47; 8, Springburn 'B' 1:30:05; 9, Bellahouston 1:31:26. Fastest: (Junior Boys): S. Bradley (Spring) 7:46; K. Sinclair (Spring) 7:47; D. McShane (Cambus) 7:48. (Senior Boys): S. McPherson (Spring) 7:18; G. McLean (Cambus) 7:40; S. Johnstone (Bella) 7:43. (Youths): P. Fox (Clyde V) 10:47; A. Callan (Spring) 11:07; A. Black (VP) 11:12.

NORTH OF SCOTLAND CC LEAGUE

At Forbes, October 14th

1, G. Milne (Forres) 28:27; 2, I. McKenzie (Forres) 28:40; 3, I. Mitchell (Inv) 28:55; 4, B. Turnbull (Inv) 29:16; 5, P. Girod (Inv) 29:37; 6, D. Ritchie (Forres) 29:40; 7, W. Torer (RAF Moray) 29:46; 8, D. McLean (Forres) 30:05. Teams: 1, Forbes 387; 2, Inverness 383; 3, RAF Moray 359; 4, Lochaber 310; 5, Elgin 293.

EASTERN DISTRICT CC LEAGUE

At Hawick, October 14th

1 eq, A. Hutton (ESH) & I. Elliott (ESH) 22:11; 3, D. Hunter (EAC) 22:30; 4, J. McGarva (FVH) 22:34; 5, G. Laing (Aber) 22:37; 6, C. Youngson (ESH) 22:57; 7, S. Gibson (Edin U) 22:59; 8, M. Craven (ESH) 23:05; 9, D. Watson (EAC) 23:07; 10, W. Day (FVH) 23:11; 11, C. Ross (Fife) 23:12; 12, N. Jones (EAC) 23:14; 13, J. Dingwall (FVH) 23:16; 14, I. Orton (ESH) 23:19; 15, D. Bryson (Edin U) 23:26; 16, A. Robertson (ESH) 23:34; 17, R. Knowles (EAC) 23:37; 18, C. Hume (ESH) 23:41; 19, P. Hay (Fife) 23:46; 20, A. Samuel (Teviot) 23:48. Teams: 1, ESH 47; 2, EAC 94; 3, FVH 113; 4, Edin Univ 125; 5, Fife 229; 6, Edin Univ 'B' 242; 7, Teviotdale 300. (Youths): 1, J. Steel (ESH) 15:11; 2, A. McKay (EAC) 15:26; 3, T. Millar (EAC) 15:31; 4, K.

Wilson (EAC) 15:36; 5, S. Todd (FVH) 15:40; 6, K. Smart (Aber) 15:41; 7, E. Jenkins (Aber) 15:45; 8, P. Faulds (FVH) 15:49; 9, J. Pentecost (FVH) 15:54; 10, S. Notman (Geo Her) 16:02. **Teams:** 1, EAC 9; 2, FVH 22; 3, ESH 26; 4, Aberdeen 30; 5, G. Heriots Sch 39; 6, Central Region 47. (**Senior Boys:**) 1, R. Creswell (Aber) 11:14; 2, G. Mitchell (FVH) 11:17; 3, J. Watson (L&D) 11:18; 4, M. Walker (CR) 11:30; 5, K. Maxwell (FVH) 11:34; 6, N. Robertson (EAC) 11:36; 7, J. Anderson (ESH) 11:37; 8, D. D'Alessandro (ESH) 11:40; 9, D. Slessor (ESH) 11:42; 10, J. Blair (EAC) 11:54. **Teams:** 1, FVH 18; 2, ESH 24; 3, Aberdeen 28; 4, EAC 36; 5, Livingston & D 54; 6, Fife S 59. (**Junior Boys:**) 1, T. Ritchie (Fife) 10:12; 2, W. Carle (ESH) 10:15; 3, C. Little (Fife) 10:16; 4, S. Doig (Fife) 10:17; 5, G. Faulds (—) 10:23; 6, G. Steel (ESH) 10:30; 7, J. Ferguson (Fife) 10:37; 8, J. Bingham (L&D) 10:38; 9, C. Dick (EAC) 10:43; 10, M. Bengar (EAC) 10:43. **Teams:** 1, Fife 12; 2, ESH 19; 3, EAC 31; 4, FVH 42; 5, Fife S 54. (**Colts:**) 1, M. Bingham (L&D) 3:31; 2, C. Nichol (Teviot) 3:47; 3, G. Jack (Harm) 3:48; 4, I. Thomson (Aber) 3:49; 5, C. Gray (Pen) 3:50; 6, B. Murray (ESH) 3:52. **Teams:** 1, Liv & Dist 22; 2, Aberdeen 33; 3, FVH 34; 4, Teviotdale 41; 5, EAC 43; 6, ESH 46.

SCOTTISH WOMEN'S CC LEAGUE

At Dundee, October 22nd

1, F. McQueen (GAC) 16:04; 2, C. McMeekin (GAC) 16:14; 3, K. Robinson (Pit) 16:16; 4, J.

Shepherd (GAC) 16:18; 5, E. Trotter (GAC) 17:26; 6, C. Degan (ESH) 17:32; 7, V. Hope (ESH) 17:39; 8, J. Higgins (GAC) 17:44; 9, A. Lind (ESH) 17:50; 10, S. McLaren (Aber) 17:50. **Teams:** 1, Glasgow 7; 2, ESH 22. (**Inters:**) 1, B. Green (Falk) 15:46; 2, W. Sharp (Pit) 15:52; 3, R. Watt (Fife) 15:59; 4, E. Pullar (Pit); 5, S. Gammack (Pit); 6, F. Dale (GAC). **Teams:** 1, Pitreavie 11; 2, GAC 38. (**Juniors:**) 1, L. McDougall (GAC) 9:14; 2, S. Walker (ESH) 9:30; 3, L. Lynch (DH) 9:33; 4, A. McGown (Pais) 9:38; 5, G. Neville (GAC) 9:44; 6, L. Glen (Vol) 9:47.

STEWARTON SPORTS ASSN CC MEETING

November 5th

1, J. McGarva (Falkirk VH) 24:10
2, R. Stone (Cambuslang) 24:48
3, H. Forgie (Larkhill Y) 25:06
4, G. Gaffery (GWH) 25:08; 5, G. Grant (Ayr) 25:26; 6, C. Feecham (Cambus) 25:31; 7, C. Dickson (Law) 25:38; 8, C. Martin (Dumb) 25:44; 9, J. Orr (GGH) 25:52; 10, J. Patterson (Spring) 25:58; 11, J. Sands (Ayr-Sea) 26:02; 12, D. McAuley (Cambus) 26:19; 13, J. Duffy (GWH) 26:20; 14, R. Gardner (Kilb) 26:22; 15, W. Sharp (FVH) 26:25; 16, G. Robb (Long) 26:30; 17, R. Anderson (Cambus) 26:38; 18, A. McIndoe (Spring) 26:43; 19, J. Russell (Bella) 26:44; 20, W. Toole (Pais) 26:55. (**Vets:**) 1, T. O'Reilly (Spring) 28:00; 2, G. Milne (ESH) 28:07; 3, F. Bias (Cambus) 29:53. (**Youths:**) 1, A. Callan (Spring) 16:35; 2, J. Woods (GWH) 17:00; 3, W. Smith (Pais) 17:15; 4, S. McLean (Spring) 17:21; 5, P. Faulds (FVH) 17:27; 6, G. Green (Shett) 17:40; 7, C. Canning (Spring) 17:48; 8, S. Allan (Spring) 18:10; 9, G. Smith (Vol) 18:12; 10, T. Treanor (Shett) 18:25. (**Senior Boys:**) 1, S. McPherson (Spring) 8:21; 2, R. Hawkins (Kilb) 8:24; 3, J. Watson (L&D) 8:29; 4, G. Mitchell (FVH) 8:37; 5, K. Rance (Cambus) 8:40; 6, D. Farrell (Bord) 8:41; 7, S. Bradley (Bord) 8:42; 8, J. O'Hara (L&D) 8:45; 9, S. Johnstone (Bella) 8:47; 10, J. Kelly (Cambus) 8:56. (**Junior Boys:**) (no times): 1, D. McShare (Cambus); 2, K. Sinclair (Spring); 3, S. Bradley (Spring). (**Colts:**) (no times): 1, D. Green (Shett); 2, M. Bingham (L&D); 3, M. Kerr (Spring). (**Women:**) 1, K. Robinson (Pit) 9:02; 2, J. Higgins (GAC) 9:50; 3, E. Brown (GAC) 10:12; 4, F. McKenzie (Pit) 10:14; 5, P. Meldrum (GAC) 10:15; 6, D. Thomson (Law) 10:36. (**Inters:**) 1, W. Sharp (Pit) 9:31; 2, B. Breen (FVH) 9:42; 3, M. Barrie (L&D) 10:13; 4, R. Watt (Fife) 10:21; 5, S. Gammack (Pit) 10:28; 6, H. Coventry (GAC) 10:36. (**Juniors:**) 1, K. Grealy (Pit) 9:53; 2, C. Hunter (FVH) 10:06; 3, J. Price (Pit) 10:11; 4, J. Anderson (Pit) 10:27; 5, G. Noble (Ayr-Sea) 10:37; 6, L. McMillan (Pit) 11:04. (**Girls:**) 1, C. Candish (Pit) 3:55; 2, M. Graham (FVH) 4:00; 3, D. Welsh (Long) 4:07. (**Minor Girls:**) 1, G. Sparkie (Ayr-Sea) 3:47; 2, A. Meecham (Colz) 3:48; 3, L. Cusick (Pit) 3:52.

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SCAAA Information Summary

NEW AFFILIATIONS:

Maylands AC: Hon. Secretary, M. Ruffy, 181A West Avenue, Maylandsea, Chelmsford, Essex. Havant AC: Hon. Secretary, J. E. Lovett, 11 Grant Road, Farlington, Portsmouth, Hants. Queen Mary's Hospital for Children AC: Hon. Secretary, E. Richardson, General Office, Queen Mary's Hospital for Children, Carshalton, Surrey. Anglia Striders Club: Hon. Secretary, J. Hedgethorpe, Police Headquarters, Chelmsford, Essex. South Eastern Road Running Association: R. Jacobs, 123 Coxtie Green Road, Nr. Brentwood, Essex.

CHAMPIONSHIPS:

The Southern Senior Championships in 1979 will be held at Crystal Palace on August 17th/18th. This departure from the normal date is due to the number of international fixtures arranged for June 1979. The Junior and Youths Championships will be held at Crystal Palace on June 30th/July 1st. SCAAA Senior Decathlon at Crystal Palace, July 21st/22nd. SCAAA Junior Decathlon & Youth Octathlon at Crystal Palace, September 22nd/23rd.

COACHING COURSE:

The Christmas Young Athletes Course will be held at Crystal Palace from January 2nd to 5th. Prospectus and application forms are available from the SCAAA Office, 70 Brompton Road, London SW3 1EE.

FIXTURES CONFERENCE:

The Southern Clubs Annual Fixtures Conference will be held on December 8th at The Polytechnic, Regent Street, London, W1 (6.30 pm).

OTHER DATES for 1979:

London Youth Games at Crystal Palace, August 5th; GLC Championships at West London Stadium, September 1st.

L. A. Smith,
Hon. Secretary

Thames Valley Harriers officers: General Secretary, F. Harris, 4 Villiers Court, Maidenhead Road, Windsor, Berks SL4 5ED; British League & GRE Cup Sec, J. Ripley, 48 Southdown Crescent, South Harrow, Middx; Southern League Sec, P. Townsend, 3 Garth Road, Chiswick, London W4; Middlesex League Sec, P. Owen, 49 Boston Road, Brentford, Middx; other meetings Sec, B. Laws, 24B South Parade, Mollison Way, Edgware, Middx; Young Athletes League CC Sec, M. Gallagher, 71 Kingsway, Wembley Park, Middx.

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Runner's World books

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Spotlight on Youth: DEBBIE BUNN

FULL name: Deborah Anne Bunn. Born Sutton Coldfield (West Midlands) on 12.10.1962. Height: 1.66m (5'5½"), Weight: 57kg (126lb). Club: Birchfield Harriers. School: King Charles I (Kidderminster). Coach: Bill Marlow. Hobbies and interests outside athletics: Hockey — "I play for the school on Saturday mornings in winter", reading, playing records, walking and dress-making — "if I have time". Her great grandfather was a professional sprinter and various members of her family represented the police... "my uncle was the police champion". Favourite event: "200, followed by 100m".

Brief details of achievements in major competition: 1975 (Junior) — 1st WAAA Indoor 60m, 1st English Schools 100m, 1st WAAA 100m; 1976 (Junior) — 2nd WAAA 60, 3rd English Schools 100, 3rd WAAA 100, 1st WAAA 200; 1977 (Junior) — 2nd WAAA Indoor 60, 2nd English Schools 200, 3rd WAAA 100, 2nd WAAA 200; 1978 — 5th Commonwealth Trials 200.

Annual progression:

	100	200
1974	12.4	—
1975	11.8w/12.3	25.6
1976	12.2	24.4w/24.5
1977	12.0	24.4
1978	11.8w/12.3	23.42/23.2w

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General description of a week's training in summer: "Short sprints (speed); if cold — speed endurance. No weight training (combination of short sprints — depending on weather)". Winter: "Mostly speed endurance over slightly longer distances — again no weights — the distances vary for my sprint training, but basically depends on which distances I am to race in the following week".

She was pleased to break the 24 second barrier (200) at the Commonwealth Trials, "but I think the performance that gave me the greatest pleasure was winning the English Schools 100m when I was 12... I cried my eyes out at the end because I was very proud". Her greatest disappointment came whilst at Junior School — "I caught chickenpox and I couldn't go to the school sports. I used to be breaking my neck to run then because being so young I didn't have regular competitions. Eventually my father had to take me up and I watched through the railings".

Does not consider individuals as rivals — "I just enjoy competition and naturally I want to beat whoever is in contention at the time. At my age there are so many new faces and so many people dropping out — it varies". The athlete she particularly admires is Irena Szewinska. "She is the perfect athlete. She has an immaculate style and she always looks so relaxed; apart from that, she has been so consistent for years now and is a very good all-round athlete".

Short-term ambitions: "I would like to go on Junior Internationals and if possible to compete in the European Junior Championships next year". Long-term aims: "To go as far as I can in athletics (Olympics and Commonwealth being some of the top competitions), to be consistent in my running and to enjoy athletics".

Liz Barnes (2:02.6) finished second to Cornelia Burki (Swi), 2:02.3, over 800 at Schaan in Liechtenstein on September 17th.

Donna Hartley's time in the WAAA 200 behind Kathy Smallwood was 23.42, not 23.24 as printed.

Clive Williams' new phone number is Cardiff (0222) 843492. His address is 19 Walnut Tree Close, Radyr, Cardiff.

Debbie Bunn on her way to victory in this year's WAAA Intermediate 200m championship in 24.12, running into a 1.1m/sec wind along the straight.



Mike Street

WOMEN'S NATIONAL ROAD RELAY CHAMPIONSHIPS

At Coventry, November 12th

1, Feltham (A. Roberts 9:13, P. Fudge 9:17, A. Ford 9:20) 27:50;
2, Feltham 'B' (B. Green 9:32, T. Hook 9:59, W. Smith 9:30) 29:01;
3, Bracknell (M. Samy 10:23, V. Howe 9:37, B. Madigan 9:41) 29:41;
4, Cambridge H (J. Smith 10:02, G. Penny 9:32, M. Coomber 10:09) 29:43; 5, Birchfield (C. Petitjean 10:09, G. Dainty 10:00, S. Hassan 9:53) 30:02; 6, Bolton (S. Little 9:58, D. Parsons 10:05, C. Chapman 10:08) 30:11; 7, Stretford (J. Boydell 10:18, J. Marlow 9:41, J. Asgill 10:15) 30:14; 8, Barnet (M. Beacham 9:50, B. Nelson 10:38, J. Smith 9:48) 30:16; 9, Sale (K. Binns 9:30, B. Schofield 10:11, J. Murray 10:57) 30:38; 10, ASV (J. Lochhead 10:17, A. James 10:26, M. Belk 10:07) 30:50; 11, Leeds City (C. Wood 9:56, J. Whitteley 9:56, L. Doyle 10:07) 30:59; 12, Sheffield (S. Brown 10:16, J. Furniss 10:21, S. Airey 10:56) 31:33; 13, Rotherham (L. Cooper 10:59, S. Moxon 10:52, A. Creamer 10:01) 31:52; 14, Spenborough (J. Dransfield 10:53, S. Endersby 10:04, S. Dransfield 10:02) 31:59; 15, Havering (D. Brooks 10:28, L. Charles 11:55, D. Kiernan 9:49) 32:00; 16, Longwood 32:14; 17, Westbury 32:20; 18, Stoke 32:31; 19, Notts 32:36; 20, E. Cheshire 32:37; 21, Woly & B 32:40; 22, Bromsgrove & R 32:44; 23, Liverpool 32:52; 24, Leicester 32:58; 25, Derby 33:21; 26, Barnet 'B' 33:32; 27, Coventry 33:40; 28, ASV 'B' 34:00; 29, Feltham 'C' 35:02; 30, Woly & B 'B' 35:11; 31, Charnwood 35:15; 32, Fleet & C 35:32; 33, Oxford City 36:15; 34, ASV 'C' 36:39; 35, Coventry 'B' 36:51; 36, Ipswich 37:70; 37, Altrincham 38:30. **Fastest:** A. Roberts 9:13; P. Fudge 9:17; A. Ford 9:20; W. Smith & K. Binns 9:30; B. Green & G. Penny 9:32; V. Howe 9:37;

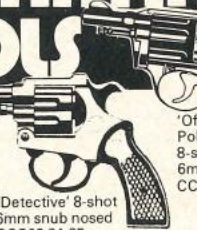
B. Madigan & J. Marlow 9:41.

Inters: 1, Thurrock 25:01; 2, Sale 25:39; 3, Leeds C 26:07. **Fastest:** S. Arthurton 7:57. **Juniors:** 1, Havering 19:31; 2, Leeds C 19:38; 3, Stoke 19:44. **Fastest:** A. Alford 6:11. **Girls:** 1, Rossendale 20:30; 2, Havering 20:36; 3, Sale 20:50. **Fastest:** A. Crewe 6:37. (Detailed results next week).

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Results In Brief

September 15th

Fleet Street H Bridges Race, Blackfriars.
(Fastest) 1, J. Dryden (Shaft) 13:09; 2, P. Bryan (Hav) 13:26; 3, P. Williams (SLH) 13:35.

September 27th

Rhein Area/RAF Germany CC League, at RAF Bruggen. 1, Edgington (Laar) 33:24; 2, McBrien (JHQ) 33:53; 3, Ballentine (Laar) 33:59; 4, Fox (SSD Dul) 34:13; 5, Cowie (Brigg) 34:24; 6, Cartie (21 RE) 34:30. **Team:** SSD Dulmen.

October 4th

Rhein Area/RAF Germany CC League, at RAF Wildenrath. 1, Robertson (21 Sigs) 30:21; 2, Cowey (Brugg) 30:30; 3, Dring (21 Sigs) 30:32; 4, McBrien (JHQ) 30:42; 5, Ballentine (Laar) 30:48; 6, Laker (Wild) 30:53. **Team:** 21 Sigs Regt.

West Midlands CC League, at RAF Cosford. 1, Bigham (Cos) 33:25; 2, Calvert (Whitt S) 33:59; 3, T. Tilling (Birm Acad) 34:37; 4, Salter (N Staffs Poly) 34:57; 5, Fradley (Post Off) 35:04; 6, Matthews (Gst) 35:08; 7, Morris (Post Off) 35:15; 8, Wrenn (Birm Acad) 35:20; 9, Clifton (N Staff) 35:32; 10, Carp (Post Off) 35:49. **Teams:** 1, Post Office 1726; 2,

Birmingham Academy 1711; 3, Whittington 1711.

October 8th

Vauxhall 5x3¼M Road Relay, at Luton Hoo Estate: 1, Windsor, Slough & Eton 93:42; 2, Verlea 95:50; 3, Cambridge & Coleridge 97:49; 4, Bedford & County 98:48; 5, Luton Untd 100:01; 6, Verlea 'B' 100:07; 7, Harlow 100:24; 8, Leighton Buzzard 101:10; 9, Nene Valley 101:30; 10, Stevenage 102:36.

October 11th

Rhein Area/RAF Germany CC League, at Dusseldorf. 1, McBrien (JHQ) 28:09; 2, Edgington (Laar) 28:17; 3, Wehmeier (JHQ) 28:28; 4, Binks (SSD Dul) 28:47; 5, Ballantine (Laar) 28:57; 6, Campbell (HQ Afcnt) 29:11. **Team:** JHQ.

October 14th

Leighton Park Schools Road Relays: (U/20): Leighton Park 34:55. Fastest: D. Hope (Slough Gr) 7:55. (U/17): 1, Leighton Park 37:26. Fastest: D. Brockwell (Slough Gr) 8:14. (U/15): Leighton Park 38:52. Fastest: A. Barbour (Leigh) 9:14.

October 18th

Fleet Street H Bridges Race, Westminster. (Fastest) 1, D. Clark (Ver) 13:02; 2, P. Williams (SLH) 13:24; 3, B. McRae (B'hth) 13:30.

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October 18th

Merseyside Colleges League Race, at West Derby. 1, Jones (Liv Univ) 19:09; 2, Haynes (Liv Poly) 19:33; 3, Sykes (Liv Univ) 19:36; 4, Evans (Civil S) 19:38; 5, Verity (Liv Univ) 19:42; 6, Roberts (Liv Univ) 19:45; 7, Moore (Civil S) 19:54; 8, Millar (Liv Univ) 20:06; 9, Crehan (Civil S) 20:19; 10, Hughes (St Marys) 20:30. **Teams:** 1, Liverpool Univ 37; 2, Civil Service 70; 3, Liverpool Poly 90.

October 21st

RAF 30 v Thames H & H 81 v RAF 'B' 115, at Oxford. 1, T. Wild (RAF) 32:55; 2, N. Brawn (Oxford Univ) 33:15; 3, G. Rimmer (RAF) 33:48; 4, R. Crabb (RAF) 34:33; 5, K. Brackstone (RAF) 34:43; 6, P. Irvine (Th H&H) 34:57; 7, T. Osbourne (RN) 35:06; 8, D. Frith (RAF) 35:07; 9, S. Rimmer (RAF) 35:13; 10, H. Altmann (Th H&H) 35:22; 11, A. Law (RAF) 35:31; 12, J. Valentine (Th H&H) 35:52; 13, J. Bryant (Th H&H) 36:01; 14, J. Booth (Th H&H) 36:17; 15, K. Crawley (RN) 36:20.

October 28th

Cambridge Univ 30 v Portsmouth 86 v Cambridge Univ 'B' 130 v Royal Navy 155 v SLH 172 v Milocarians 224, at Cambridge. 1, S. Speller (Ports) 30:16; 2, N. Dorey (Camb U) 30:25; 3, T. Eglan (Camb U) 30:46; 4, R. Duncan (Camb U) 30:46; 5, S. Galloway (Ports) 30:57; 6, M. Turner (Camb U) 31:03; 7, M. Ellison (Camb U) 31:09; 8, M. McAllister (Camb U) 31:36; 9, F. Upcott (SLH) 31:41; 10, S. Moore (Camb U) 31:46.

November 1st

RAF 27 beat West London Institute HE 62, at Richmond Park. 1, S. Jones (RAF) 30:48; 2, J. Goater (RAF) 31:01; 3, K. Brackstone (RAF) 31:08; 4, L. Adams (WLI) 31:19; 5, D. Clarke (WLI) 31:19; 6, D. Frith (RAF) 31:30; 7, G. Rimmer (RAF) 31:42; 8, A. Low (RAF) 31:53; 9, K. Capper (WLI) 31:56; 10, E. White (WLI) 32:05; 11, P. Hurt (RAF) 32:07; 12, J. Fretwell (RAF) 32:19; 13, B. Williams (RAF) 32:22; 14, A. Watt (RAF) 32:25; 15, Figg (WLI) 32:39.

November 4th

Ron Harris Memorial 800m, at Wolverhampton. 1, D. Messum 1:56.7; 2, N. Harper 1:59.2; 3, N. Jackson 1:59.5.

Midland Counties AAA 118 v RAF 73 v Lloyd Bank Ltd 56, at RAF Cosford (Indoors). 60: 1, E. Cutting (RAF) 6.8; 2, D. Bills (M) 6.9; 3, C. Monk (M) 7.0. 300: 1, A. Hadley (M) 36.0; 2, Murphy (RAF) 36.1; 3, M. Ducasse (RAF) 36.4; 4, I. Larrard (M) 36.4. 600: 1, A. Williams (RAF) 1:21.3; 2, R. Benn 1:21.3; 3, S. Lane 1:21.6. 1000: 1, Hoddy (M) 2:33.4; 2, N. Harper (M) 2:33.7. 3000: 1, R. Callan (M) 8:20.4; 2, M. Coram (M) 8:29.6. 60H: 1, R. Simpson (M) 8.3;

2, Morgan (RAF) 8.4; 3, J. Hobbs (L) 8.5; 4, C. Mainwaring (M) 8.8. HJ: 1, D. Abrahams (M) 2.00; 2, F. Redley (M) 1.90. PV: 1, C. McCarthy (M) 4.00; 2, N. Heal (RAF) 3.80; 3, R. Brown (M) 3.80. LJ: A. Earle (M) 6.83. TJ: C. Mainwaring (M) 13.71. SP: R. Steventon (M) 12.93. 4x200: Midland Counties 1:30.8.

BLACKAWTON AND TARTAN

Athletics Weekly's Assistant Business & Advertisement Manager, Tim Green, and Assistant Editor, Jon Wigley, were two of the guests at the opening of Chris Brasher's new "Sports Emporium" — the Sweat Shop as we all know it — at The Causeway, Teddington, Middlesex, just around the corner from the old establishment.

Both the Blackawton Beer from Devon and the new spacious surroundings can be thoroughly recommended. Apart from stocking a wide range of athletic equipment they have a stretch of Tartan track in the shoe department which Chris threatens to mark out at about 125 laps to the mile! Although the excellent changing facilities could scarcely cope with the 'National', they are sufficient to accommodate a small group of distance runners who dare to step into Richmond Park with the Sweat Shop's 'terrible twins' — Grenville and Graham Tuck!

MIDDLE DISTANCE COACHING COURSE

The Kent Joint Coaching Committee and Folkestone AC are staging a one-day course for young athletes in middle distance running, under BAAB Senior Coach Cliff Temple, at St Leonard's School, Hythe, on December 3rd (10 a.m.-4 p.m.). Potential coaches are cordially invited, and further details can be obtained from the KJCC secretary John Yarrow (246 Brompton Farm Road, Rochester, Kent; Tel: Medway 73419).

* * *

Herne Hill Harriers officers: General Secretary/track fixtures sec, K. Kelly, 71 Penwortham Road, Stretham SW16 (Tel: 01-677 0337); young athletes sec, B. Smyth, 25 Crofton Park Road, Brockley SE4 (Tel: 01-690 7806); women's sec, Maureen Mulcair, 19 Manderville House, Notre Dame Estate, SW4 (Tel: 01-622 0486); road race sec, M. Harran, Flat 17, 12 Bealish Crescent, Thornton Heath, Surrey (Tel: 01-653 8961); CC sec, T. Reed, Quarter Acre, Icehouse Wood, Oxted, Surrey (Tel: 988 2823); veterans sec, S. Allen, 6 Sandfield Gardens, Thornton Heath, Surrey (Tel: 01-653 4648).

WALTON '10'

With reference to the official result sheet circulated to all 370 competitors, please note that runners in 73rd, 128th, 143rd and 238th were members of Blackheath Harriers and not Belgrave as printed.

Book Reviews

"The Runner's Diary 1979", edited by David Emery; published by C. H. Enterprises Ltd; 174 large format pages, more than 160 photos; obtainable from **The Runner's Diary**, 31 Riding House Street, London W1, price £7.95.

This is proving to be a vintage year for athletics books. We've had Arthur Lydiard's distillation of a lifetime's coaching experience, Brendan Foster's autobiography and Robert Pariente's monumental history of the sport. Now comes a runner's desk diary... with a difference. It's not to be confused with the conventional training diary which, invaluable as it is for any serious athlete, is strictly functional. "The Runner's Diary", naturally, contains space for daily entries (designed primarily for the noting of business engagements, with boxes provided in which to record daily and weekly mileage) — but it is essentially a book to dip into for a good read.

It attempts to look at the whole spectrum of running and succeeds in being both informative and stimulating. The key article is entitled "The road to understanding, contentment and health", in which two of the most influential of running philosophers, Doctors George Sheehan and Ernst van Aaken, expand their ideas and feelings. When, at the age of 45, Dr Sheehan took up running, he says "in that hour a day of perfecting my body, I began to find out who I was. I discovered that my body was a marvellous thing, and learned that any ordinary human can move in ways that have excited painters and sculptors since time began. I didn't need the scientists to tell me that man is a microcosm of the universe, that he contains the 92 elements of the cosmos in his body. In the creative action of running, I became convinced of my own importance, certain that my life had significance".

Among other features is an interview with Brendan Foster conducted by (who else?) Cliff Temple. Jogging, affirms Brendan, "is the easiest form of physical fitness. It's easier than joining a health club, or a squash club. It literally need take little more than ten or fifteen minutes a day from your front door back to your front door, five days a week, to have some benefit". Joe Henderson writes on the fundamentals of style, Bruce Tulloh on the natural runners he encountered among the Tarahumara Indians of Northern Mexico, John Disley on the art of cunning running — otherwise known as orienteering. There is guidance on health, diet (with an A to Z calorie guide), injuries and their remedies. There are also dozens of short biographies and messages from the athletically distinguished or otherwise, though it's a pity there are so many printing errors. My own favourite comic actor, Ronnie Barker, describes the heavy breathing routine (in front of the TV

set when 'Legs and Co' are on Top of the Pops) that has contributed to his present level of fitness, but we also learn that Norman Wisdom, Ernie Wise, David Hamilton and Cilla Black (who takes along her husband and five dogs) are keen joggers.

Lasse Viren, Steve Ovett, Dave Bedford, Ian Stewart and Mary Stewart are some of the stars featured, but even their achievements are put in their place by a couple of Americans whose names may be unknown to the athletics world at large but whose sheer courage and determination are an inspiration to all. Kathy Miller (14) was an active athlete until struck by a car; she spent ten weeks in a deep coma and doctors despaired for her life. When she emerged from the coma, Kathy was unable to read, write, eat normally or speak, but she made running the goal of her recovery. The going was tough but in November 1977 she completed a 10,000m race. And how about Richard Traum (35), who clocked 6 hours 44 minutes in last year's New York City Marathon — running with an artificial right leg — and looks forward to tackling the London to Brighton one day. These are the people to remember next time you think it's the end of the world because you felt a twinge in your achilles.

Mel Watman

"Star Interviews" by Father Liam Kelleher; 64 pages; photographs by the author. Available from Fr Liam Kelleher, Tullylease, Charleville, Co Cork, Ireland. Price £1.00 post free.

Twenty-one interviews, ranging in depth from a few brief questions with Irena Szewinska to prolonged sessions with Irish athletes such as Niall O'Shaughnessy and Gerry Deegan, make up this booklet. Father Kelleher has attempted to establish a rapport with the athletes but the success of an interview depends entirely on the mood of the athlete at the time and in this respect the interview with Steve Ovett is particularly perceptive, whilst others — perhaps through lack of time or the wrong situation — fall rather short. Most of the interviewees cover their training, racing, life-style and rivals.

The complete list of athletes is:— John Walker, Eamonn Coghlan, Niall O'Shaughnessy, Rod Dixon, Dick Quax, Wilson Waigwa, Raelene Boyle, Rick Mitchell, Beth Nail, Dave Bedford, Jos Hermens, Nick Rose, Stan Long, Brendan Foster, Ainsley Bennett, Gerry Deegan, John Treacy, David Jenkins, Erik de Beck, Irena Szewinska, Mark Belger, Steve Ovett and Frank Clement.

The book has been put together by voluntary help and all the proceeds from its sale, plus any further donations, will be ploughed back into Irish athletics for which Father Kelleher evidently works so hard and unselfishly.

J.W.

Postal Book Sales

Orders, please, to Book Dept, Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, enclosing cheque or postal order payable to Athletics Weekly. Sorry, no book tokens accepted. All prices quoted are inclusive of postage and packing. Please allow at least 15 days for delivery, although books will be despatched as quickly as possible. Customers will be notified if a title is out of stock because of heavy demand.

Run The Lydiard Way — by Arthur Lydiard with Garth Gilmour; published 1978; hardback; 249 pages. Price: **£6.00**.

Brendan Foster — by Brendan Foster and Cliff Temple; published 1978; 220 pages. Hardback: **£6.30**. Paperback (autographed by Brendan): **£3.40**.

Encyclopaedia of Athletics — by Mel Watman; 4th edition — published 1977; hardback; 266 pages. **£5.00**.

Track & Field Athletics — by Wilf Paish; published 1976; hardback; 266 pages; **£6.00**.

Success In Athletics — by Carl Johnson; published 1977; hardback; 96 pages: **£2.75**.

The Mechanics Of Athletics — by Geoffrey Dyson; published 1977; 267 pages. Hardback: **£7.00**. Paperback: **£4.30**.

The Complete Middle Distance Runner — by Denis Watts, Harry Wilson & Frank Horwill; published 1978; paperback; 126 pages: **£2.20**.

Jogging For Fitness & Pleasure — by Cliff Temple; published 1977; paperback; 95 pages; **£1.15**.

Running To Win — by Brian Mitchell; published 1978; paperback; 107 pages: **£1.40**.

Decathlon Challenge — by Bruce Jenner & Phillip Finch; published 1977; hardback; 213 pages; **£7.00**.

We have sold out of Robert Pariente's "La fabuleuse histoire de l'athlétisme" and will re-advertise it when further supplies are received.

STEVE BINNS' INTERNATIONAL DEBUT

Steve Binns, the 18-year-old Bingley junior who has been beating the seniors in recent road relays, has been called up to make his England senior debut in an international cross-country race in France today (November 25th). He teams up for the race at Bolbec with Grenville Tuck and Kevin Steere.

Found at North of Thames CC last Saturday, pair of suede shoes. Apply to Les Cohen, 34 Lower Kingswood Avenue, Enfield, Middx. Tel: 01-363-1870.

LOW Cost HIGH Value From K. G. SPORTS

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INTER-SPRINT — An "SL" type shoe in blue nylon. Light enough to race in but popular as a training shoe. 4-5½ **£6.95**, 6-11 **£7.95**.

INTER-MARATHON — The name may be wrong but you can't fault the shoe! An ideal economically priced Training/Leisure shoe in attractive beige mesh nylon with brown contrast stripes. 4-5½ **£7.75**, 6-11 **£8.95**.

INTER-GPR — A "waffle" shoe in blue nylon upper. Suede support at heel and round the shoe. Sponge layer right through the sole with heel wedge for extra support and protection. An ideal training shoe at a realistic price. 4-5½ **£7.95**, 6-11 **£8.95**.

INTER-EASY STRIDER — At **£7.99** this is unbelievable value. Waffle sole with blue nylon upper. Heel support with plenty of "meat" in the sole. **FULL SIZES ONLY**. 3-11 inclusive **£7.99**.

JUST ARRIVED — PATRICK SPIKES

COLOMBIA — Red nylon upper with well padded heel. Six screw-in spikes. Ideal for track or country. 4-5½ **£12.85**, 6-12 (except 7) **£13.95**.

VELOCE — Very light spike with heel wedge. Ideal for country. Six screw-in spikes. Soft leather upper. 4-5½ **£15.95**, 6-12 **£17.30**.

MR PRESIDENT JOG-SUITS — American style. Raglan sleeve, ribbed crew neck, cuffs and bottom. Pants have drawstring at waist and elasticated ankles. Light grey. Ideal for the cold weather. Small, Medium, Large and Ex. Large. **£10.50**. Hooded version in Small, Medium and Large, **£12.10**.

LADIES ATHLETIC SHORTS. Royal, Maroon, Scarlet and Purple with white stripe. Amber, White with black stripe. 22-28in. **£2.50**, 30in. **£3.15**.

MEN'S UMBRO SHORTS. Yellow with black trim. 28in. **£2.00**, 30, 32in. **£2.15**, 34, 36, 38in. **£2.40**.

BUKTA CLASSIC SHORTS for men, White/Royal, Royal/White, Scarlet/White, Black/White (no 34 or 36in. at present), Sky/Black, 26-32in. **£2.25**, 34, 36in. **£2.35**.

Take the headache out of Christmas shopping with a **K. G. SPORTS GIFT VOUCHER** available in **£10**, **£5**, **£3** or **£2** denominations.

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Catford SE6 4JU. Tel: 01-690 7324

West London Institute Set New Record

HAVING decided to switch the date of their annual cross-country relay because of its clash with the National six-stage relay at Crystal Palace, it was not too surprising that entries for Surrey Athletic Club's event at Richmond Park on October 28th were down on previous years. The one consolation for the organisers was that this year saw a new course record with the West London Institute of Higher Education team chopping 20 sec off the record that was set by Hillingdon back in 1971.

Leading from start to finish, the Institute's A team finished well clear in 93:20, a time that promises to stand for some time considering the freak ideal conditions. It was a warm autumn afternoon. Fastest lap was achieved by international steeplechaser John Davies, who put the Institute on the winning trail with a 15:00 fifth leg.

1, West London Institute of Higher Education (H. Shakeshaft 15:41; S. Lowe 15:21; E. White 15:45; K. Johnson 16:07; J. Davies 15:00; D. Clarke 15:26) 93:20 (record).

2, WLIHE 'B' (M. Farrell 16:01; L. Adams 15:36; K. Capper 15:37; M. Walden 15:55; G. Cook 16:12; R. Figg 16:00) 95:21.

3, Brighton & Hove (B. Hawkins 16:03; A.

Bristow 15:54; P. Rockwood 15:46; M. Patterson 15:29; J. Stephenson 16:29; P. Whitcomb 15:44) 95:25.

4, Ranelagh 98:43; 5, WLIHE 'C' 99:03; 6, Brighton 'B' 101:14; 7, Elliotts 104:49; 8, Belgrave 105:07; 9, Sutton & Cheam 105:23; 10, Surrey AC 106:06. **Fastest laps:** J. Davies 15:00; S. Lowe 15:21; T. Woods (Rane) 15:25; D. Clarke 15:26.

Tom Pollak

EAST HULL/MAJOR G. H. STONE MEMORIAL HALF MARATHON

August 27th

1, M. Hurd (Croydon) 66:39
2, P. Blakeney (Salford) 66:48
3, D. Kelly (Saltwell) 66:50
4, B. Hilton (Leeds) 67:25; 5, P. Bradley (Leeds) 67:45; 6, S. Crossland (E Hull) 68:06; 7, J. Baker (Grim) 68:31; 8, C. Vodden (Cty Hull) 68:31; 9, G. Rippon (SS) 69:35; 10, M. Exton (Holb) 70:16; 11, T. Godolphin (Harro) 70:56; 12, T. Flory (M&C) 71:04; 13, M. Burdett (M&C) 71:12; 14, S. Clegg (Salf) 71:28; 15, R. Ellis (Long) 71:56; 16, R. Hepworth (Long) 72:07; 17, S. Bullen (Salf) 72:10; 18, M. Prosser (Holb)

ABERDEEN A.A.C.

"HYDRASUN" CROSS COUNTRY RACES

(Under S.C.C.U. and S.W.C.C.U. Rules)

SUNDAY, 17th DECEMBER, 1978

AT UNIVERSITY PLAYING FIELDS,
BRIDGE OF DON, ABERDEEN

EVENTS

1.	1.00 p.m.	Minor Girls	1 mile
2.	1.15 p.m.	Senior Boys	2 3/4 miles
3.	1.18 p.m.	Colts	1 mile
4.	1.35 p.m.	Junior Boys	2 miles
5.	1.50 p.m.	Inter/Senior Women	2 3/4 miles
6.	1.53 p.m.	Girls	1 mile
7.	2.10 p.m.	Junior Ladies	2 miles
8.	2.30 p.m.	Youths	4 miles
9.	3.00 p.m.	Jun/Senior Men (& Vets)	6 miles

Awards: Events 1-8 — plaques to 1st 3 individuals and first 2 teams (3 to count). Event 9 — prizes to first 4 Seniors, 1st Junior, 1st Vet and first 2 Senior Teams (3 to count).

Entries: 20p per individual, no team fee, to: Mel Edwards, 19 Braehead Way, Bridge of Don, Aberdeen. (0224 702073). **Not later than 11th December.**

THAMES VALLEY HARRIERS

2 MILE INDIVIDUAL AND TEAM CROSS COUNTRY RACES

"CLUBS ONLY"

2.15 p.m. COLTS
"SAM DALMAINE TROPHY"

2.45 p.m. BOYS
"THAMES VALLEY HARRIERS CLUB"

SATURDAY, 30th DECEMBER

CRANFORD PARK

AWARDS: 1st 3 Individuals & 1st 3 teams (6 to run, 4 to score) in each event.

ENTRY FEES: 25p per individual to: Dennis Davidson, 34 Ridding Lane, Greenford, Middlesex.

AWARDS DONATED BY OLYMPIC TROPHIES

ENTRIES CLOSE 2nd DECEMBER, 1978

72:19; 19, A. Bone (SS) 72:26; 20, P. Flatman (E Hull) 72:32; 21, B. Dale (Harro) 72:46; 22, T. Shields (E Hull) 73:47; 23, J. Boothroyd (Long) 74:02; 24, G. Dearlove (Harro) 74:07; 25, G. Baker (SS) 74:09; 26, T. Wall (Australia) 74:12; 27, T. Hunter (E Hull) 74:28; 28, G. Kenyon (Long) 74:53; 29, T. Pickles (Bing) 74:59; 30, K. Binney (Barn) 75:33. **Teams:** 1, Salford; 2, Leeds City; 3, East Hull; 4, South Shields; 5, Harrogate; 6, Longwood; 7, Saltwell; 8, Middlesbrough & C; 9, Grimsby; 10, Bingley. **(Women):** 1, J. Haigh (Long) 84:39; 2, K. Leathers (Rock) 102:28; 3, S. Pickering (Rock) 103:30; 4, A. Collinson (E Hull) 108:43; 5, S. Cherry (E Hull) 109:29.

WELSH WOMEN'S ROAD RELAY CHAMPIONSHIPS

At Bridgend, October 14th

1, Cardiff (A. Notman 8:57, A. Blakey 9:47, B. Thomas 9:17, D. Davies 9:17) 37:18; 2, Carmarthen 37:58; 3, Cleddau 38:21; 4, Cardiff 'B' 38:58; 5, Newport 39:47; 6, Cardiff 'C' 43:11. **Fastest:** C. Morgan (Cled) 8.45. **(Juniors):** 1, Port Talbot (L. Copp 7:13, C. Paisley 7:36, E. Williams 7:47, C. Williams 7:22) 29:58; 2, Cardiff 30:26; 3, Cardiff 'B' 31:44; 4, Newport 33:00; 5, Bridgend 33:21; 6, Cardiff 'C' 34:17. **Fastest:** Copp 7:13. **(Girls):** 1, Cardiff (F. Harwood 5:19, J. Celnick 5:18, S. Morgan 5:27, S. Porter 5:26) 21:30; 2, Cardiff 'B' 22:44; 3, Bridgend YMCA 22:57; 4, Torfaen 23:36; 5, Torfaen 'B' 23:59; 6, King Henry VIII School 24:24. **Fastest:** J. Thomas (Carm) & Celnick 5:18.

SOLIHULL CC RELAYS

October 28th

1, Coventry Godiva (D. Lavelle 9:08, R. Maule 9:03, E. Kelly 9:13, S. Carter 9:11, P. Miller 9:22, C. Brown 9:07) 55:04; 2, Tipton (J. Earlston 9:11, B. Cole 9:14, S. Emson 9:01, A. Grice 9:30, R. Bentley 9:17, R. Cyttau 9:02) 55:15; 3, Birmingham University (M. Burnhope 9:24, R. Hackney 8:58, N. Hume 9:21, B. Martinyiuk 9:06, P. Magner 9:12, A. Howden 9:22) 55:23; 4, Loughborough University (G. Long 8:58, A. Snowden 9:32, J. Bristow 9:23, M. Prince 8:55, B. Orme 9:26, P. Hughes 9:11) 55:25; 5, Small Heath (D. Tierney 9:03, G. Taylor 9:17, M. Rogers 9:34, J. King 9:03, R. Calvert 9:34, V. Rollason 9:34) 56:05; 6, Birmingham University 'B' (R. Young 9:25, N. Millar 9:33, M. Bateman 9:33, G. Stamp 9:40, M. Lawther 9:28, R. Osbourne 9:27) 57:08; 7, Birchfield 57:15; 8, Sparkhill 58:12; 9, Birchfield 'B' 58:21; 10, Rugby 59:08; 11, Worcester 59:21; 12, Crewe & Alsager 59:26; 13, Charnwood 59:37; 14, Tamworth 59:48; 15, Birmingham University 'C' 60:09. **Fastest:** Prince 8:55, Long & Hackney 8:58, P. Baker (Sparkhill) 8:59, Emson 9:01, Cyttau 9:02.

Youths

1, Tipton (R. White 8:58, S. Lowe 8:47, J. O'Connor 8:37, K. Bourne 9:02) 35:24; 2, Rugby (A. Evans 8:42, M. Pickard 9:29, J. Sankey 9:10, A. Williams 9:04) 36:25; 3, Coventry Godiva (L. Tredell 9:04, M. Slevin 9:01, C. Ridding 9:24, M. Williams 9:04) 36:33; 4, Rugby 'B' 37:11; 5, Tipton 'B' 37:15; 6, Charnwood 38:16; 7, Nuneaton 38:56; 8, Sparkhill 39:06; 9, Tamworth 39:11; 10, Halesowen 39:42. **Fastest:** O'Connor 8:37. **(Boys):** 1, Birchfield (P. Roberts 9:35, L. Price 9:07, D. Clarke 9:40, P. Dainty 9:35) 37:57; 2, Coventry Godiva 38:16; 3, Tipton 38:20; 4, Halesowen 39:26; 5, Warley 39:54; 6, Tipton 'B' 40:16. **Fastest:** Price 9:07. **(Colts Race):** 1, J. Holloway (B'field) 9:44; 2, S. Pratt (Charn) 9:47; 3, P. Evans (Tip) 9:53; 4, P. Downes (B'field) 9:56; 5, J. Onions (Tip) 10:12; 6, G. Morris (Charn) 10:13; 7, R. Jones (Spark) 10:16; 8, P. Capewell (B'field) 10:17; 9, K. MacFarlane (Cann) 10:18; 10, S. Summers (Tip) 10:19.

AARON CC RELAY

At Leeds, November 4th

1, Manchester H (D. Blakey 9:25, R. Wilde 9:20, M. Plant 9:04, P. Shaw 9:26) 37:15; 2, Bingley H (P. Moon 9:31, S. Binns 9:10, J. Waterhouse 9:53, D. Slater 9:00) 37:34; 3, Leeds City (Sean Cahill 9:28, J. Doherty 9:22, M. Baxter 9:15, Simon Cahill 9:31) 37:36; 4, Airedale & Spen Valley (K. Bell 9:34, J. Temperton 9:40, A. Dewhurst 9:20, R. May 9:25) 37:59; 5, Loughborough University (G. Long 9:35, A. Rayment 9:53, P. Hughes 9:50, M. Prince 9:20) 38:38; 6, Sunderland (G. Smith 9:39, P. Taylor 9:34, P. Collins 9:42, D. Dixon 9:44) 38:41; 7, A&SV 'B' 38:45; 8, Sheffield 38:45; 9, City of Hull 40:11; 10, Bingley 'B' 40:15; 11, Rossendale 40:23; 12, Wakefield 40:28; 13, A&SV 'C' 40:45; 14, Barrow 40:47; 15, Leeds City 'B' 40:59. **Fastest:** Slater 9:00, Plant 9:04, Binns 9:10, Baxter 9:15, Dewhurst 9:20, Prince 9:20, Wilde 9:20, Doherty 9:22, Blakeley 9:25, May 9:25.

Youths

1, D. Lewis (Ross) 16:32; 2, D. Topham (Long) 16:49; 3, D. McTavish (Stret) 17:00; 4, P. Dixon (Ross) 17:15; 5, M. Godfrey (Hal) 17:26; 6, A. Malton (City Hull) 17:28; 7, M. Newby (Ross) 17:34; 8, N. Hunter (Rown) 17:38; 9, A. Adams (Leeds) 17:40; 10, M. Evans (Stret) 17:44; 11, B. Hughes (Sund) 17:45; 12, M. Dransfield (Spen) 17:54; 13, M. Gaunt (City Hull) 17:55; 14, G. Wilkinson (Stret) 17:56; 15, C. Reid (Leeds) 17:58. **Teams:** 1, Rossendale 12; 2, Stretford 27; 3, City of Hull 36; 4, Leeds 40; 5, Longwood 58; 6, Halifax 63. **(Boys):** 1, A. Leach (Brad GS) 11:19; 2, W. Aylesbury (Leeds) 11:28; 3, M.

Ainsworth (Rown) 11:32; 4, R. Crocken (St T) 11:33; 5, G. Hayton (Leeds) 11:38; 6, C. Ryalls (Leeds) 11:38; 7, D. Holdsworth (Leeds) 11:41; 8, S. Hardcastle (Leeds) 11:42; 9, S. White (Hal) 11:42; 10, D. Burchill (Stret) 11:43; 11, J. Shaw (Bing) 11:47; 12, B. Turner (Bing) 11:48; 13, K. Earle (Leeds) 11:48; 14, P. Flanagan (Rown) 11:48; 15, A. Kennedy (Bing) 11:49. **Teams:** 1, Leeds 13; 2, Rowntrees 33; 3, Bingley 38; 4, Bradford 58; 5, Leeds 'B' 63; 6, Stretford 63. **(Colts):** 1, R. Bolton (A&SV) 10:20; 2, J. Green (Bing) 10:21; 3, P. Mudson (Sund) 10:32; 4, M. King (Stret) 10:35; 5, S. Barlow (Stret) 10:36; 6, P. Brady (Hal) 10:38; 7, B. Bewick (Sund) 10:41; 8, W. Wroe (Long) 10:45; 9, J. Herries (Brad GS) 10:46; 10, P. Cousey (Wig) 10:48. **Teams:** 1, Stretford 21; 2, Sunderland 26; 3, Halifax 34.

REYNOLDS GARRETT CC MEETING

At Southampton, November 5th

1, B. Dawkins (Southampton & Eastleigh) . 27:24
2, P. Russell (Weymouth) 27:34
3, P. Witcomb (Brighton & Hove) 28:02
4, D. Ives (AF&D) 28:07; 5, S. Galloway (Port) 28:17; 6, I. Burgess (S&E) 28:26; 7, B. Kitcher (S&E) 28:31; 8, T. Keenen (Over) 28:34; 9, J. Clow (Port) 28:35; 10, P. Griffey (S&E) 28:37; 11, P. Lewis (S&E) 28:44; 12, R. Adam (HFB) 28:50; 13, R. Heron (B&H) 28:51; 14, S. College (S&E) 28:55; 15, P. Robinson (RN) 29:01; 16, M. Smith (S&E) 29:07; 17, R. Yeomans (AF&D) 29:16; 18, R. Tarrant (RN) 29:26; 19, J. Barnett (S&E) 29:27; 20, T. Townsend (Port) 29:30. **Teams:** 1, Southampton & E 24; 2, Portsmouth 55; 3, AF&D 85; 4, RNAC (South) 93; 5, Overton 110; 6, Brighton & H 131; 7, Winchester 214; 8, Camberley 224; 9, Hants FB 234; 10, Havant 299. **(Vets):** 1, G. North (Port) 17:17; 2, J. Hurt (B'mouth) 17:28; 3, B. Switzer (S&E) 17:34; 4, M. Luxford (HBS) 17:36; 5, J. Flatters (West) 17:43; 6, B. Bartholomew (B&H) 17:48; 7, A.

Shrimpton (S&E) 17:56; 8, M. Keogh (Bas) 17:57; 9, D. MacFadzean (RN) 18:51; 10, R. Bailey (Port) 18:52. **(Youths):** 1, C. Dagnall (Liv) 22:42; 2, M. Hirsch (Hay H) 23:17; 3, D. Perry (S&E) 24:11; 4, Erskine (Port) 24:15; 5, P. Gibbings (Fare) 24:18; 6, P. Johnson (Hay H) 24:19; 7, M. Heasman (Hay H) 24:21; 8, J. Evison (Hav) 24:23; 9, P. Gale (Hav) 24:37; 10, M. Dennison (Over) 24:58; 11, N. Popplewell (Hav) 24:59; 12, I. Hooper (Port) 25:03; 13, S. Gishy (S&E) 25:08; 14, D. Dixon (Yeo) 25:09; 15, P. Drewitt (Sal) 25:11. **(Boys):** 1, G. Barber (S&E) 17:38; 2, K. Stainer (B'mouth) 18:10; 3, P. Spellman (F&C) 18:19; 4, S. Robson (S&E) 18:23; 5, A. Potts (Bas) 18:25; 6, G. Robson (S&E) 18:40; 7, A. Pettit (Hay H) 18:52; 8, S. Newman (S&E) 18:54; 9, A. Wheatley (F&C) 18:55; 10, J. Worsford (Hav) 18:56; 11, S. Fowler (S&E) 19:01; 12, J. Didymus (Hav) 19:14; 13, A. Eaton (Bath) 19:15; 14, L. Mabbett (B'mouth) 19:16; 15, A. Taylor (Camb) 19:18. **(Colts):** 1, M. Brewster (Sal) 11:56; 2, A. Rowe (Hay H) 12:01; 3, P. Holmes (Bas) 12:26; 4, G. Johnson (Hay H) 12:27; 5, A. James (B'mouth) 12:33; 6, P. Hoare (Over) 12:41.

Senior Women

1, J. Dawkins (S&E) 17:13; 2, C. Curthoys (AF&D) 19:00; 3, M. Whittle (Read) 19:27; 4, A. Lewis (S&E) 19:28; 5, W. Purser (Port) 19:29; 6, K. Sims (G&G) 19:46; 7, S. Appleton (Read) 19:59; 8, R. Bowles (S&E) 20:31; 9, S. Sadler (Fare) 20:51; 10, C. Sutton (S&E) 21:16. **(Juniors):** 1, C. Fairbrass (Read) 5:53; 2, L. Smith (Port) 5:57; 3, N. Jackson (Trow) 6:01; 4, C. Gordon (Read) 6:03; 5, J. Smith (Fare) 6:04; 6, B. Lovett (Wyc) 6:08; 7, S. Cody (Fare) 6:10; 8, T. Wilson (Port) 6:11; 9, C. Tipton (Port) 6:12; 10, D. Sawyer (Read) 6:13; 11, B. Cantle (Fare) 6:14; 12, S. Sherratt (Port) 6:15; 13, R. Griffiths (Hav) 6:15; 14, J. Wheeler (Read) 6:16; 15, M. Hill (Read) 6:19. **Teams:** 1, Reading 29; 2, Portsmouth 31; 3, Fareham 41; 4, Trowbridge 82; 5, Havant 123; 6, Fleet 151. **(Girls):** 1, C. Reynolds (Fare) 6:25; 2, A. Saddler (Fare) 6:30; 3, A. Brody (Trow) 6:33; 4, J. Bacon (Fare) 6:35; 5, J. Devlin (Hav) 6:37; 6, D. Goddard (Fare) 6:38; 7, M. Lay (Fare) 6:42; 8, K. Heane (Port) 6:44; 9, J. Davis (Port) 6:48; 10, S. Nicholis (Pur Sch) 6:51; 11, T. Evans (Port) 6:54; 12, M. Knight (Hav) 6:55; 13, N. Sutton (Read) 6:57; 14, L. Wilkes (Fare) 6:58; 15, H. White (S&E) 7:02.

KENT WOMEN'S CC CHAMPIONSHIP

A special award will be made for the first Veteran to finish in the Kent WAAA Cross-Country Championships at Ashford on December 9th.

The new secretary of Preston H&AC is M. Brennan, 10 The Esplanade, Frenchwood, Preston, Lancs (Tel: Preston 55289).

ROAD RUNNERS CLUB (CORNWALL)

SUNDAY, DECEMBER 10th, 1978

Start at 2.30 p.m. at Helston

HELSTON—CAMBORNE SPORTS

HALF MARATHON

(Under A.A.A. Laws)

Awards: First 3 Teams, first 3 individuals and as many other place awards as donated by race sponsor. First Vet (40-45), first Vet (45-50). First Kerrier District runner (Resident), with no other award.

Entry Fee: 35p. No team fee (4 run, 3 score). All people entered for last February's race are automatically entered for this race.

All entries to Mr. E. Phillips, 7 Mount Pleasant Road, Camborne, Cornwall, by December 12th, 1978.

NO LATE ENTRIES

SOUTHERN WOMEN'S LEAGUE**At Enfield, November 18th**

1, R. Smeeth (AFD) 12:18; 2, K. Binns (Sale-Gst) 12:20; 3, J. Dawkins (S'ton) 12:36; 4, A. Roberts (Houns) 12:42; 5, J. Shepherd (Glas-Gst) 12:44; 6, J. White (Mit) 12:53. Teams: 1, Hounslow 57; 2, Bracknell 74; 3, Cambridge 122. (Inters): 1, L. King (Basin) 10:36; 2, K. Timson (Thur) 12:42; 3, L. Lodge (AFD) 10:54; 4, K. Harvey (Brown) 10:56; 5, C. Jarmon (Thur) 10:57; 6, S. Coulson (Brack) 10:59. Teams: 1, Thurrock 67; 2, Aldershot 105; 3, Bracknell 124. (Juniors): 1, M. Witts (Ex L) 8:42; 2, A. Alford (Stev) 8:48; 3, C. Wells (Hav) 8:53; 4, J. Rose (Ash) 8:54; 5, C. Fairbrass (Read) 8:55; 6, K. Hughes (Thur) 8:59. Teams: 1, Aldershot 106; 2, Stevenage 131; 3, Basingstoke 140. (Girls): 1, D. Thomas (B'nor) 9:06; 2, D. Amey (Basin) 9:13; 3, D. Campbell (Craw) 9:15; 4, T. Gleed (Wyc) 9:22; 5, M. McKie (Ex L) 9:23; 6, K. Hendrick (Mit) 9:33. Teams: 1, Stevenage 80; 2, Basingstoke 83; 3, Mitcham 94. (Detailed results to follow).

RESULTS ROUND-UP

4.11. Quinton. Women's National 5000m Road Walk Champs: 1, J. Robery 25:27; 2, J. Lewis 25:37; 3, C. Brooke 26:22. **4.11. Baillieston.** McAndrew Road Relay: 1, ESH 91:05; 2, Shettleston 91:25; 3, Spango V 93:15. Fastest: (5M) J. Brown 22:22, N. Muir 22:23, G. Clark 22:31. **8.11. Crystal Palace.** SP: M. Winch 18.63. **11.11. Chigwell.** Bernie Hames Half Marathon: 1, K. Penny 65:35; 2, A. Catton 65:36; 3, J. Broad 66:02. **11.11. West Wickham.** South of Thames Junior CC: 1, R. Hackney 23:42; 2, J. Alcock 23:49; 3, R. Brooks 24:00. **11.11 Cockfosters.** North London CCA Champs: 1, O. Arif 25:07; 2, J. Kilsby 25:17; 3, G. Ogden 25:22. **11.11. Enfield Open 7M Walk:** 1, R. Dobson 50:17; 2, A. King 50:51; 3, A. Seddon 51:08. **11.11. Glasgow University '5':** 1, N. Muir 24:50; 2, B. McSloy 24:55; 3, D. Gunstone 24:59. **11.11. Heaton Memorial Road Race:** 1, B. Smith 27:59; 2, J. Mills 28:03; 3, N. Black 28:21. **19.11. Rochester '5':** 1, K. Steere 24:50; 2, K. Penny 24:51; 3, A. Catton 25:11. Women: M. Coomber 30:50. **19.11. Tipton '10':** 1, A. Holden 47:56; 2, M. Freary 48:00; 3, R. Cytla 48:25.

RICKY WILDE WINS USA MARATHON

Ricky Wilde had over two minutes to spare when winning the Nurmi Marathon at Hurley, Wisconsin, on August 12th in 2:19:11. Further British placings in the New York City Marathon on October 22nd: 43, R. Belk 2:24:59; 44, T. Hassell 2:25:11; 52, I. Beauchamp 2:26:45; 54, P. Dolan 2:26:57; 58, L. Slater 2:27:08; 128, B. Lamkin 2:34:32; 138, K. Mayor 2:36:06; 147, G. Minchinton 2:36:52; 191, D. Daniels 2:39:48; 200, P. Bowler 2:40:58.

Gerry Taylor recently scored a runaway victory in a road race at Remo (Fra), clocking a course record of 67:45. Dic Evans was 2nd in 72:12.

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The In-Shape Wet suit is quite unlike any other that is offered to Athletes.

Instead of the usual lightweight Nylon fabric, it is made from doubleweight waterproofed Nylon.

As well as being practical for training in foul weather, the Jacket because of its smart styling is often worn as a casual. The Pants have been completely restyled and now incorporate zips on the inside legs, to allow for easier taking off over training shoes.

A limited range is also available in Childrens sizes. The Jacket is exactly the same as the adults but the Pants are lightweight Nylon, with no zips.

Colours available:

Adult sizes:

Jackets: Royal Blue with Yellow or White trim. Red or Sky Blue with Black trim.
Pants: Royal Blue with Yellow or White trim. Black with Red or Sky Blue trim.

Childrens sizes:

Jackets: Red or Sky Blue with Black trim.
Pants: Black with Red or Sky Blue trim.

Prices:

Adult sizes:

Jackets:	Small	£8.10
	Medium	£8.25
	Large	£8.40
	Ex Large	£8.55
Pants:	Small	£5.90
	Medium	£6.00
	Large	£6.10
	Ex Large	£6.25

Childrens sizes:

Jackets:	Age 9/10	£7.00
	Age 11/12	£7.15
	Age 13	£7.30
Pants:	Age 9/10	£4.50
	Age 11/12	£4.60
	Age 13	£4.70

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Polyester/Cotton shorts are also available in Red, Green, Blue, Yellow and White, with twin stripes in a variety of colours. Price £2.50 per pair.

Please state alternative choice of colours.

Enclose Cheque or P.O. with order to:

IN-SHAPE SPORTS,

81 Currier Lane,
Ashton-under-Lyne,
Lancashire.

INTERMEDIATE LISTS Contd from page 9

5.64	Hilary Smiddy (Airedale)
5.63	Lea Masson (Aberdeen)
5.62w	Mandy Gladwell (Ipswich) (5.54)
5.61w	Liz Little (Coventry G) (5.55)
5.60w	Karen Todd (Heaton) (5.46)
5.60w	Heather Spencer (Cannock) (5.46)
5.59	Linda Stephen (Shettleston)
5.59	Christine James (Macclesfield)
5.58	Jacqueline Hammersley (Deeside)
5.57w	Niba Griffiths (Cleveland Sch)
5.57w	Alison Reed (N Yorks Sch) (5.43)
5.54	Belinda Dixon (Worthing)
5.53	Julie McDonald (Longwood)
5.53w	Julie Pyper (Plymouth) (5.42)
5.50w	Tina Castling (Haverling) (5.48)
5.50w	Juliana Mathurin (Luton)
5.49	Moiria Spence (Caithness)
5.49w	Sarah Goldring (Hayling Sch) (5.37)
5.47w	Lorna Strutt (Exeter)
5.47w	Karen Almond (Feltham) (5.33)
5.46w	Caroline Bunkham (Southend) (5.42)

SHOT (9.50)

13.13	Beverley Wright (Croydon)
11.98	Susan Bracey (Chelmsford)
11.72	Elaine Tinkler (Enfield)
11.67	Elizabeth Bernard (LOAC)
11.55	Kendra Lowe (Middlesbrough)
11.54	Denise Jones (Sale)
11.09	Kim Donald (Central Region)

11.09	Stephanie Oram (Bracknell)
10.98	Wendy Laing (Liverpool)
10.93	Denise Cole (Harlow) (10.19)
10.88	June Mullings (Selsonia)
10.85	Karen Morley (Leeds City)
10.81	Denise Laws (Carmarthen)
10.74	Amanda Franks (Radley)
10.74	Kay Styles (Essex Beagles)
10.64	Elsbeth Gray (Bracknell)
10.62	Janet Coveill (Cardiff)
10.60	Claire Henley (Bournemouth)
10.51	Janet Blagdon (Plymouth)
10.45	Denise Tudor (Haringey)
10.43	Susan Parker (Bracknell)
10.39	Jackie Jones (Crawley)
10.37	Karen Townsend (Gosforth)
10.34	Margaret Agana (W Kent Sch)
10.34	Kim Hagger (Essex L)
10.31	Vanessa Watson (Norfolk S)
10.31	Deborah Middleton (Cannock)
10.31	Ann Hanson (Liverpool Pemb)
10.31	Vanessa Simpson (Essex L)
10.29	Lorraine Hester (Bracknell)

DISCUS (30.00)

44.90	Amanda Franks (Radley)
43.24	Janette Picton (Bracknell)
39.08	Susan Parker (Bracknell)
38.72	Caroline Williams (Cardiff)
38.48	Janis Wilderspin (Haverling)
38.12	Lynda Whiteley (Enfield)

**GUILDFORD & GODALMING
ATHLETIC CLUB****21st HOGS BACK
ROAD RACE
(10 miles)****3rd Ladies Race
(10 miles)****Sponsored by
Carnation Foods
"Build Up"****Saturday, 16th Dec., 1978
at 2.15 p.m.****Prizes:** Men — First 6, first 4 teams (6 run, 3 score). Ladies — dependent on entry.**Entry:** 50p, teams 50p extra to Ron Tidman, "Sandness" The Close, Godalming, Surrey GU7 1PQ by **December 6th.****Woking '10', February 24th, 1979****WORKSOP HARRIERS & A.C.
8th Annual****CROSS COUNTRY
RACES**

(Under AAA Laws)

**SUNDAY, 10th DECEMBER, at 12.30 pm
at Sparken Hill Campus, Worksop****OVER £600 IN PRIZES****Sponsors:** Dornier & Bell, Sons & Co. Ltd.,
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Batchelors Ltd, Carnation Foods Ltd,
G. R. Stein Ltd, Chas Middleton Ltd,
Dornier Machine Tools Equipment,
Klingspor Abrasives, Everest Double
Glazing Ltd., Worksop Guardian.**EVENTS**

Boys U/11	1 Mile	Girls U/11	1 Mile
Boys U/13	1 1/4 Miles	Girls U/13	1 Mile
Boys U/15	2 1/4 Miles	Girls U/15	1 1/4 Miles
Youths	3 Miles	Inter Ladies	2 Miles
Junior Men	5 Miles	Ladies	3 Miles
Senior & Vets		7 Miles	

Entry Fees: Under 15 yrs 25p, Under 17 yrs 30p, Over 17 yrs 35p.**Entries to:** Mrs D Metterick, 75 Nettleham Road, Woodseats, Sheffield, by **November 27th, 1978.**
SAE for confirmation and directions to course.

37.36	Stephanie Oram (Bracknell)
37.32	Vanessa Simpson (Essex L)
35.84	Karen Lynch (Edinburgh AC)
35.68	Elizabeth Ayres (Shrewsbury)
35.60	Lesley Hutton (Gloucester)
35.30	Diane Ashworth (Wycombe)
34.92	Ann Bateson (Airedale)
34.84	Sally Hawthorne (Oxford)
34.80	Susan Holwell (Charnwood)
34.80	Elizabeth Hindley (Cannock)
34.70	Deborah Bishop (Southampton)
34.00	Julie Cooper (Oxford)
33.70	Helen Drake (Croydon)
33.44	Kay Styles (Essex Beagles)
33.26	Lorraine Hester (Bracknell)
33.26	Pamela Rigden (Leamington)
33.14	Jennifer Hooper (Windsor)
33.08	Janet Covill (Cardiff)
33.06	Denise Tudor (Haringey)
32.66	Karen Beesley (Wolv & B)
32.48	Diane Lewis (Essex L)
32.46	Susan Squire (Fife)
32.44	Christine Stubbs (Leeds)
32.04	Louis Quilter (Havering)

JAVELIN (31.00)

47.70	Sara Fry (Lincoln C&C)
47.44	Susan Flack (Haringey)
45.56	Valerie Price (ESH)
42.82	Sharon Gibson (Notts)
42.20	Deborah Middleton (Cannock)
41.68	Rachel Smith (Harlow)
41.32	Julie Hawkins (Bristol)
40.92	Christine Cook (Enfield)
40.86	Joanne Bolam (Watford)
40.74	Carol Brooke (Solihull)
40.44	Deborah Stewart (Cannock)
40.10	Alison Cuming (Croydon)
40.08	Elaine Lyesam (Essex L)
39.94	Julie Bunnage (Ilford)
39.66	Sally Wells (Essex L)
39.52	Elaine Tinkler (Enfield)
38.60	Jackie Jones (Crawley)
38.50	Gabby Lauterpacht (Bournemouth)
38.28	Carolyne Jenkins (Grimsby)
38.14	Jane Jackson (Cardiff)
38.10	Jennifer Lundie (Sale)
37.50	Jeanette Marsh (Ipswich)
36.96	Annette Douglas (Birmingham)
36.92	Alicia Mason (LOAC)
36.84	Sonia Payne (Barnet)
36.60	Catherine Beasley (Feltham)
36.58	Gloria Brister (Norfolk O)
36.46	Linda Tottey (Southport)
36.34	Susan Till (Carwley)
36.20	Julia Simpson (Cleddau)

PENTATHLON (2750)

3770	Kim Hagger (Essex L)
3620	Wendy Laing (Liverpool)
3458	Catherine McGowan (Liverpool)
3453	Hilary Smiddy (Airedale)
3423	Moiria Spence (Caithness)

3419	Sarah Rowe (Gloucester)
3386	Karen Townsend (Gosforth)
3359	Deborah Baker (Derby)
3331	Claire Henley (Bournemouth)
3281	Jillian Cave (DHTC)
3258	Wendy Adams (Bromsgrove)
3238	Susan Walters (City of Hull)
3220	Donna Cole (Harlow)
3203	Elizabeth Little (Coventry G)
3203	Tracey Collier (Rowntrees)
3124	Claire St John (Epsom)
3104	Carolyn Plummer (Mitcham)
3093	Cheryl Pizzey (Cambridge)
3081	Linda Stephen (Shettleston)
3043	Amanda Jones (Croydon)
3041	Kay Harrison (City of Hull)
3012	Jayne Hooten (Newark)
3004	Belinda Dixon (Worthing)
2963	Jane Winter (Sheffield)
2961	Alison Rhodes (Derby)
2954	Joanne Skelt (Bexley)
2954	Jane Walker (Sheffield)
2927	Tracy Young (Eastbourne)
2916	Kendra Lowe (Middlesbrough)
2908	Laura Bowie (Paisley)

SENIOR PENTATHLON (2750)

3907	Kim Hagger (Essex L)
3375	Claire Henley (Bournemouth)
2930	Susan Cattermole (Norfolk)

4x100 METRES RELAY (51.0)

48.6	Middlesex Ladies
49.1	Birchfield
49.2	Sale
49.4	Stretford
49.7	Haringey
49.7	Derby Ladies
49.8	Essex Ladies
49.9	Essex Beagles
50.1	Bournemouth
50.2	Edinburgh AC
50.2	Southend
50.3	Westbury
50.3	Hickleton Main YC
50.3	Bristol

CIVIL SERVICE A.A.

The CSAA announce the following programme:

Cross-Country: Rep. matches (about County standard) on 16.12.78 (Stirling) and 31.1.79 (London).

Track & Field: Championships at Birmingham on 15.8.79. Rep. matches on 16.5.79 (Men & Women), 4.7.79 (M), 5.7.79 (W), 25.7.79 (M & W), all in London.

Entry/selection details from J. Carr, 77 Knowle Avenue, Ashton-under-Lyne, Lancs.

Annual General Meeting will be held at C.S. Recreation Centre, Monck Street, Westminster, London, on 17.1.79 at 6 p.m. C.S. athletes should ensure that their Departments are represented.



Paul Eales Clear Winner Of The Unigate Marathon

THE 14th Unigate Marathon, promoted by Harlow AC with the generous support of Unigate, attracted a record number of starters and finishers. In ideal weather, cool and free from wind, last year's winner Don Faircloth, Paul Eales, Mike Exton and Dave Clark were together at 10km in 32:26, 24 sec clear. At this point the women's race was led by Rosemary Cox in 41:07, with Lesley Watson on 42:04.

The second 10km of the Unigate course includes the second ascent of Greyhound hill and, more significantly, the first encounter with the 2½ mile uphill drag to Potter Street — and this always provides the first real test. By the time 20km was reached, Eales had taken control in 1:04:09 with Clark (1:04:17) hanging on and Faircloth a detached 3rd in 1:04:52. Lesley Watson (1:23:38) was closing rapidly on Rosemary Cox (1:23:18), who was to withdraw soon afterwards.

Don Faircloth made a determined effort on the next 10km stretch to get back into contact, and a little further down the field Les Presland was starting to come through, repeating his successful late run in the 1977 race. Eales went through 30km in 1:36:27 with Faircloth clocking 1:36:36, Clark 1:36:37, Paul Marten and Veteran Nat Fisher 1:40:16, closely followed by Presland and Jim Avis.

The final 12km did not produce any startling changes of position except that Presland continued to move through strongly into 4th place. At the finish it was a clear win for Paul Eales in 2:16:39 over Dave Clark (2:17:55). Don Faircloth, despite running 11 sec faster than his 1977 winning time, had to settle for 3rd in 2:19:37, ahead of Les Presland (2:21:56), while Paul Marten (2:22:37) just managed to outkick Nat Fisher (2:22:41) to snatch 5th place. Lesley Watson, the only finisher, won the Women's event in a new course record of 2:59:32 and looked so fresh at the finish it was hard to realise she had just raced 26 miles.

Dave Sharp

(Results appeared last week)

INTERMEDIATE LISTS Continued

50.4	Liverpool Pembroke
50.6	Ilford
50.7	Harlow
50.7	Cardiff
50.7	Notts
50.7	Glasgow
50.8	Wolverhampton & Bilston
50.8	Barnet Ladies
50.9	London Olympiades
51.0	Coventry Godiva
51.0	Liverpool H

4 × 200 METRES RELAY (1:50)

1:44.2	Middlesex Ladies
1:45.4	Birchfield
1:47.2	Essex Ladies

3000 METRES TRACK WALK (18:00)

14:33.0	Karen Eden (Solihull)
15:25.0	Susan Till (Crawley)
16:20.0	Maxine Way (Epsom & E)
16:27.4	Loraine Nolan (Epsom & E)
16:28.0	Karen Puffett (Epsom & E)
16:36.6	Carol Brooke (Solihull)
16:56.2	Linda Nicholls (Belgrave)
17:14.2	Annette Jones (Harborne)
17:17.0	Denise Miley (Harborne)
17:28.9	Karen Blows (Havering)
17:35.0	Deborah Hoar (Epsom & E)
17:54.6	Helen Roe (Solihull)

Photo by Peter Hadfield of Dave Patterson (223) and Nat Fisher (99) at 4½ miles in the Unigate Marathon.

Copies of UK Athletics Annual 1978 (covering the 1977 season), compiled by the NUTS, are still available — price £2.25 including postage — from Bob Sparks, 27 Mayfair Avenue, Worcester Park, Surrey KT4 7SH.

Obituary

E. H. B. "EDDIE" COOPER

The death occurred on October 14th of Eddie Cooper, who, like so many athletes of his day, had his best competitive years taken from him by the 1939-45 war.

He won four Welsh cross-country vests in the ICCU race between 1937 and 1949, taking the Welsh Youths CC title in 1932. His highest placing in the Welsh senior race was in 1946, when finishing 2nd to R. W. D. Hier, and beating Tommy Richards of 1948 Olympic marathon fame by 31 sec into 3rd place. He finished 3rd in the 1947 race, 27 sec behind former 'AW' correspondent Bernard Baldwin. He also took the 1947 Welsh mile title.

He was instrumental, along with such people as the late Ted Hopkins, and Ken Harris, now President of the Welsh AAA, in getting Roath Harriers back on their feet after the war. Roath amalgamated with Birchgrove Harriers in 1968 to form Cardiff AAC — a club of which he was a life member.

Clive Williams

PETER ENTWISTLE

It was with a great deal of sadness and some shock that I learnt of the death on November 1st of Peter Entwistle, husband of Judy Entwistle (née Williams), formerly of Aldershot, Farnham & District AC, and father of Vicki and Wendy.

Anyone who was associated with women's middle-distance running at Aldershot in the early sixties will remember Pete and Judy and will, I know, share my shock that, at the age of 44, Pete is no longer with us.

A tremendously generous and helpful person, as a coach Pete Entwistle commanded a quiet respect and 100% effort from his athletes. His move to the Midlands and departure from athletics coaching (to return to swimming) in 1968 created a gap which has never really been filled; and it is a tribute to his lessons in self-discipline and determination that, 10 years later at the age of 35, I am still able to take my place in competitive athletics on the strength of what he taught me. He was a modest man who will be sadly missed by many sportsmen and women.

Val Howe (née Tomlinson),
Bracknell AC.

Portsmouth Atlanta AC officers: Secretary, Mrs V. Tubb, 46 Oliver Road, Southsea, Hants (Tel: 25753); asst sec. Mrs P. Hawkesworth, 4 Rampart Gardens, Hilsea, Portsmouth (Tel: 62330).

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Walking Commentary

West German victory in Airola-Chiasso Relay (October 15th). The ever popular Swiss five-man 114km relay attracted 14 club and district squads. With international teams now excluded the competition is even keener and closer — though the times are a little slower. The three British teams acquitted themselves well, packing in behind the two leading formations. None of the teams was at full strength with Peter Hodgkinson (Met Police), Tony Geal (Steyning) and Dave Stevens (Stock Exchange) absent.

1st stage (Airola-Giornico/27km). Maurizio Castelli, recent winner of the Binche 6 Hours, had an excellent race outstripping Heinrich Schubert. Veteran Bruno Secchi had his usual 'blinder', pipping Adrian James with Charley Fogg hanging on grimly to the end of the leading group. 1, M. Castelli (Lombardy) 2:10:52; 2, H. Schubert (Bavaria) 2:11:02; 3, B. Secchi (Centro Lazio) 2:12:49; 4, A. James (Stock Exchange) 2:13:01 ... 7, D. Stevens (Stey) 2:15:37; 9, C. Fogg (MP) 2:16:55. **2nd stage (Giornico-Bellinzona/30km).** A superb effort from George Nibre pulled the Met Police up to equal 2nd as he battled out the finish with international, Rainer Tryankowski. Graham Morris brought Steyning up to 4th but did not show his very best form. 1,

Centro Lazio 4:38:27; 2, Met Police 4:40:00; 3, Bad Kreuznach 4:40:00; 4, Steyning 4:42:20 ... 7, Stock Exchange 4:47:50. (Fastest): G. Nibre (MP) 2:23:05, R. Tryankowski (Bad K) 2:25:25, L. Gabbrini (CL) 2:25:38, G. Morris (Stey) 2:26:43 ... J. Nye (Stock Ex) 2:34:49. **3rd stage (Bellinzona-Mt Ceneri/14km).** Wolfgang Werner gained three places with the three Britons all putting in solid performances on a stage which includes the stiff 6km climb of Mount Ceneri. 1, Centro Lazio 5:50:57; 2, Bavaria 5:52:30; 3, Met Police 5:53:00; 4, Steyning 5:54:20; 5, Bad Kreuznach 5:55:10; 6, Stock Exchange 5:59:35. (Fastest): W. Werner (Bav) 1:09:50, R. Maroc (Lom) 1:11:40, N. Finney (Stock Ex) 1:11:45, S. Maidment (Stey) 1:12:00 ... G. Scott (MP) 1:13:00. **4th stage (Mt Ceneri-Lugano/18km).** Wolfgang Wiedemann certainly made up for his poor showing in the international at Sheffield by putting in a storming leg to overhaul Antonio Usai and take the lead. Dave Jarman put in a very good performance and held the strong Lombardy challenge and gained ground on Lou Mockett and Dave Rowland. 1, Bavaria 7:21:40; 2, Centro Lazio 7:24:42; 3, Met Police 7:30:07; 4, Steyning 7:34:34; 5, Stock Exchange & Lombardy 7:35:22. (Fastest): W. Wiedemann (Bav) 1:29:10, A. Usai (CL) 1:33:45, M. De Masis (Lom) 1:34:22, D. Jarman (S Ex) 1:35:47 ... L. Mockett (MP) 1:37:07; D. Rowland (Stey) 1:40:14. **5th stage (Lugano-Chiasso/25km).** Experienced international Alfons Schwarz made no mistakes,

CITY OF EDINBURGH RACES

CROSS COUNTRY

Inverleith Park

3 February, 1979

FIRST NOTICE FOR YOUR DIARY

For further information, please contact:—

Ian Clifton,
Edinburgh Southern Harriers,
38 Silverknowes Drive,
Edinburgh.

Under SWCCU & SCUU Rules

SEA OF GALILEE INTERNATIONAL MARATHON

Saturday, 30th December, 1978

around the biblical lake
from Ein Gev to Ginnosar.

Sponsored by CP Tiberias Plaza Hotel

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- * Fast, flat, descending route for "The Most Beautiful Marathon in the World".
- * Commemorative medals & certificates to all finishers.
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- * Trophies to all category winners, including Ladies & Veterans.
- * After race meal at the 5 star Tiberias Plaza Hotel.
- * Unique, The only Marathon run **below** sea level.

Entries to: The Marathon Organising Committee,
Sports Federation of Israel,
4 Marmorek Street, Tel Aviv,
Israel.

pulling away from Mario Pipini. The only man to match the two leaders was Amos Seddon who put in a fast leg while walking in complete isolation. Peter Fox and Roger Lancefield put in solid effects to drop their European opposition. So it was Bavaria who triumphed, including in their team four men who raced for West Germany in the recent international at Sheffield. 1, Bavaria 9:18.13; 2, Centro Lazio 9:22.39; 3, Met Police 9:28.55; 4, Steyning 9:39.45; 5, Stock Exchange 9:41.50; 6, Bad Kreuznach 9:43.21. 14 teams finished. (Fastest): A. Schwarz (Bav) 1:56.33, A. Seddon (MP) 1:58.48, M. Pipini (CL) 1:59.54, D. Himmelberger (USA-gst) 2:04.47, P. Fox (Stey) 2:05.11, R. Lancefield (S Ex) 2:06.18.

Steve Barry wins Dutch 20km at Drachten (Holland) (October 7th). A large contingent of British walkers attended this festival of walking held in Northern Holland. There was no less than 14 races covering all ages for men and women with distances varying from 400m to 20km. Nine countries were represented with the host country, Germany, Denmark and Britain fielding the largest squads. The Havering, Roath and Worcester clubs sent competitors for the majority of the events and it must have been good experience for the keen youngsters. Steve Barry won the Men's 20km from the long time Dutch champion, Tas Ras, who won the Veteran class. Manxman Lambden had an outstanding race and beat several experienced men. The Havering lads dominated the Boys 3km as did their clubmate, Steve Mendham, in the Youths 5km. Susan Till and Julie Robery had excellent races in the women's 3km. 1, S. Barry (UK) 100:06; 2, T. Ras (Hol) 101:23; 3, G. Scholz (Ger) 102:29; 4, N. Schroten (Hol) 104:48; 5, S. Ladany (Isr) 105:01; 6, M. Lambden (UK) 105:11; 7, R. Zulauf (Swi) 106:45; 8, P. Rodgers (UK) 107:20; 9, G. Robinson (UK) 110:16; 10, B. Simonson (Den) 110:32. (Vets): 1, Ras; 2, Schroten; 3, Ladany. (Junior 10km Track): 1, M. Toporek (Aut) 48:29.6; 2, F. Helms (Ger) 48:39.5; 3, H. V. D. Knapp (Hol) 49:07.9. (Vets O/50 10km road): 1, H. Kloppe (Ger) 53:14; 2, T. Morgan (UK) 62:58; 3, H. Kristenson (Den-63) 65:15. (Youths 5km track): 1, S. Mendham (UK) 24:38.8; 2, R. Heisling (Ger) 26:02.0; 3, M. Thurck (Ger) 26:04.2. (Boys 14/15 3km track): 1, C. Marchant (UK) 14:43.3; 2, I. Robery (UK) 15:24.0; 3, P. Ware (UK) 15:32.5. (Women 17/18 3km track): 1, S. Till (UK) 15:36.1; 2, T. Thorsen (Den) 15:45.0; 3, J. Robery (UK) 15:52.7. (Inters 3km track): 1, C. Hansen (Den) 15:26.6; 2, L. Nolan (UK) 16:42.4; 3, L. McCarthy (UK) 17:06.0.

Mark Wordsworth and Carl Lawton faster than ever in London Fire Brigade 3km at Crystal Palace (September 6th). Moving to number 5 and 6 on this year's ranking list, both Mark Wordsworth and Carl Lawton improved their personal bests with the Tonbridge junior

international winning by 3 sec in a sparkling 12:33. Coming back nearer to his very best form after troublesome injury, Stuart Elms edged inside 13 minutes to take third place.

Gordon Vale breaks course record in Surrey WC 'Gazette' 4 miles at South Croydon (October 6th). Vale (16) powered by last year's winner Peter Selby, 19 years Vale's senior, at halfway. 1, G. Vale 29:41; 2, P. Selby 31:29; 3, D. Jarman 32:20; 4, R. Lancefield 32:40; 5, M. Fullager 33:15; 6, S. Wynn 33:21.

Todd Scully eases to AAU 10km win at Niagara Falls (July 16th): The 52-year-old Rome Olympian, John Allen, put in a splendid performance, clocking 50:21.1 for 11th. Ron Laird (17th-51:57.4) just edged out 61-year-old Max Gould (51:59.5) as he began yet another "comeback". 1, T. Scully 46:15.6; 2, R. Daniel 46:48.5. 3, P. Doyle 47:58.1; 6, R. Kulik (1st Vet) 48:47.7.

USSR walkers look like being very tough in Moscow Olympics. Quickly returning to the highest level following their very disappointing display in the 1977 Lugano Cup Final, it is very evident that the host country's squad will provide the sternest opposition to all comers, even the Mexicans, at Moscow with men such as Solomon, Potchenchuk, Polosov, Yevsyukov, Vinichenko, and Myslivzyev still improving. Their 20km strength is very impressive and yet stalwarts like Yakovlyev and even the great Golubnichiy still maintain enough fitness and speed to make them possibles for both the Lugano Cup next year and the Olympics. At 50km near veterans Soldatenko and Barch still dominate but newcomers Fursov and Dobrovski look very strong while there are a host of others who on their day can break through and finish in the first half dozen in a major championship. It is particularly noticeable that 50km performers from the Baltic States have been making quite an impact on the USSR rankings in recent years.

Colin Young

Southwick Festival of Road Racing at Southwick Green (October 21st). New Zealander Mike Parker made an excellent home debut for Brighton and Hove by removing 50 sec from French international Jean-Claude Decosse's course record. Afterwards he confessed surprise at his speed, having only had four weeks training at 120 miles per week since a lengthy break after a disappointing Commonwealth Games. Course records also went in the other races. (10km): 1, M. Parker (B&H) 45:04; 2, J. Hall (Bel) 47:25; 3, A. James (Enf) 48:18; 4, A. Buchanan (B&H) 49:52; 5, R. Emsley (Craw) 50:40; 6, A. Geal (Stey) 50:48; 7, J. Lees (B&H) 51:22; 8, D.

Buchanan (B&H) 51:33; 9, D. Boxall (B&H) 51:49; 10, B. Hawkins (Met WC) 52:25. **(Women's 5km):** 1, B. Francis (B&H) 25:49; 2, S. Till (B&H) 26:24; 3, S. Attou (France) 27:00; 4, M. Way (E&E) 29:34; 5, D. Mann (B&H) 30:48; 6, D. Hoare (E&E) 31:26. **(Juniors 3km):** 1, J. Harvey (Sy WC) 15:18; 2, S. Brown (Stey) 15:30; 3, L. McCarthy (Hav) 15:55; 4, A. Lozay (France) 16:01; 5, E. Clark (Stey) 16:24; 6, T. Butler (Hav) 16:33.

Alan Buchanan

York Postal Open 7 Mile Walk (October 22nd). 1, C. Harvey (Lancs) 50:44; 2, P. Fawkes (York P) 52:07; 3, B. Graham (York P) 52:30; 4, A. Malone (Stock) 52:43; 5, R. Elliott (York P) 52:48; 6, J. Sullivan (York P) 53:30; 7, D. Jackson (York P) 53:46; 8, R. Hankin (Sheff) 54:02; 9, M. Greasley (Sheff) 55:08; 10, W. Carr (York P) 55:38. **Teams:** 1, York Postal 14; 2, Sheffield 34; 3, Yorks WC 73.

Leicester WC Open 7M Walk (October 7th). 1, A. King (Leic) 51:32; 2, M. Greasley (Sheff) 53:17; 3, B. Armstrong (Ilf) 53:35; 4, B. Graham

(York P) 53:45; 5, R. Thorpe (Sheff) 53:52; 6, J. Paddock (Leic) 54:19; 7, G. Tranter (RSC&B) 54:22; 8, J. Eddershaw (Sheff) 54:29; 9, J. Warhurst (Sheff) 54:46; 10, D. Jackson (York P) 54:47; 11, N. Troy (Harb) 55:10; 12, G. Chaplin (Cov) 55:29; 13, E. Taylor (Cov) 55:36; 14, R. Gardner (Ries) 55:51; 15, J. Sullivan (York P) 57:04; 16, M. Mile (Harb) 57:13; 17, T. Morris (Grey) 57:14; 18, C. Derwick (Leic) 57:42; 19, W. Wright (Cov) 58:06; 20, K. Halstead (Cov) 58:18. **Teams:** 1, Sheffield 21; 2, Leicester 43; 3, Coventry 58; 4, York Postal 86.

HOLMFIRTH H/K&M '15'

November 4th

1, J. King (Small Heath) 1:15:02
2, M. Hurd (Croydon) 1:15:49
3, W. Padgett (Bingley) 1:16:15
4, J. Calvert (B'burn) 1:16:56; 5, T. Clarkson (Roch) 1:17:25; 6, D. Wilson (Clay) 1:17:42; 7, W. Domoney (Sheff) 1:17:54; 8, A. Adams (Staffs M) 1:18:22; 9, S. Wintler (Gates) 1:18:45; 10, S. Crossland (E Pull) 1:19:10; 11, B. Pickersgill (Holm) 1:19:11; 12, D. Williams (Liv P) 1:19:19; 13, C. Leigh (Wig-V) 1:19:20; 14, M. Levery (Sheff) 1:19:31; 15, P. Rawnsley (Sheff) 1:19:33; 16, K. Piest (Bolt) 1:19:37; 17, J. Wagstaff (Tip) 1:19:38; 18, B. Lloyd (Wig) 1:19:47; 19, J. Ashworth (Bing) 1:20:21; 20, B. Ellis (Long) 1:20:27; 21, R. King (Leic) 1:21:03; 22, N. Ward (Bolt) 1:21:12; 23, D. Burdett (M&C) 1:21:22; 24, M. Longthorn (A&SV) 1:21:41; 25, A. McGee (Bolt) 1:21:45; 26, K. Mayor (Bolt) 1:21:45; 27, E. MacKenzie (Barn) 1:22:05; 28, P. Lomas (Stock) 1:22:12; 29, D. Todd (Croy) 1:22:28; 30, H. Jarrett (Kes) 1:22:41; 31, R. Hepworth (Long) 1:22:59; 32, D. Bennett (Barn) 1:23:14; 33, J. Boothroyd (Long) 1:23:17; 34, J. Fretwell (Holm) 1:23:29; 35, P. Lewis (Dark Pk) 1:23:34; 36, P. Gledhill (Barn) 1:23:35; 37, K. Darlow (Bolt) 1:23:38; 38, D. Overton (Kend) 1:23:39; 39, M. Hall (M&C) 1:23:45; 40, J. Sharples (Hor) 1:23:48. **235 finished. Teams:** 1, Sheffield 36; 2, Bolton 63; 3, Bingley 69; 4, Croydon 82.

TENDRING DISTRICT SPORTS FESTIVAL 6½M ROAD RACE

August 28th

1, D. Pratt (Sheffield) 32:08
2, P. Richardson (Havering) 32:09
3, L. Gough (Thurrock) 32:27
4, R. Gill (Ilf) 32:33; 5, D. Coates (Ilf) 32:40; 6, P. Bettridge (Hav) 32:45; 7, B. Diss (Hav) 33:10; 8, R. Allinson (HW) 33:22; 9, A. Etchells (Ilf) 33:36; 10, P. Bryan (Hav) 33:48; 11, C. Moulton (HW) 33:58; 12, C. Turner (Chelm) 34:45; 13, D. Case (E&S-V) 34:50; 14, W. McKim (Thet) 34:55; 15, R. Woodley (Chelm) 34:56. **Teams:** 1, Havering 10; 2, Ilford 12; 3, Hercules W 28; 4, Chelmsford 38; 5, Colchester 67; 6, VPH 81.

NORFOLK OLYMPIADS ATHLETIC CLUB

Fourth Annual

ROWNTREE - MACKINTOSH CROSS-COUNTRY MEETING

(Incorp. Norfolk County AAA under ECCU & WAAA CC Champs) SUNDAY, 17th DECEMBER 1978

AT THE UEA NORWICH (Colney Lane Pavilion)

1. Girls	Under 11 years **	1,200 metres
2. Boys	Under 11 years **	1,600 metres
3. Girls	Under 13 years	1,600 metres
4. Youths	Under 17 years	6,000 metres
5. Veteran Men	over 40 years	10,000 metres
	Senior Men **	10,000 metres
	Junior Men	10,000 metres
6. Senior Ladies		4,000 metres
	Intermediate Ladies	4,000 metres
7. Boys	Under 15 years	4,000 metres
8. Girls	Under 15 years	3,000 metres
9. Colts	Under 13 years	3,000 metres
	ALL AGES as 1.9.78	
	Competition Starts at 12.30 hrs.	

AWARDS

Medals or prizes first three places in all age groups. Prize for First Teams (4 to score) in all races (races 5 & 6 combined age group). Prizes for Second, Third & Fourth Teams will depend on entries. Challenge Team Trophies to be awarded in all races except 5 & 6.

FEES

All fees 30p per person. No team fee. County championships no fee but must complete entry forms. All MUST enter open race. ** Non County Championship.

ENTRIES by 2nd December please. AFTER this date no entries will be accepted for County Championships and all other entry fees will be 50p per person.

(ALL P.O. & Cheques to Norfolk Olympiads A.C.)

Further details and County Entry Forms from: - Reg Double, 77 Meadow Way, Hellesdon, Norwich NR6 6XX. (SAE please).

NIKE WALLY WAFFLES! Special Offer for Christmas

Trying to find more room for in-coming stocks the other day we came across a batch of the great Superspike T-shirts which were the rage just before the last Olympic Games. As a special Christmas offer we will give one of these T-shirts (size 24in or 30in) FREE with every pair of Wally Waffle while stocks last.

Wally Waffle — the junior version of the NIKE Waffle Trainer. A great shoe, ideal Christmas present for any youngster. Blue/yellow. Sizes 13, 1, 2, 3, 4, 5 £6.99.

AND 10% OFF THESE TWO NIKE SHOES

Nike Waffle Trainer. Best seller in the Nike range. Those who have tried this shoe are our most satisfied customers and invariably tell us that this is the most comfortable shoe they have ever had. Light enough for racing but sturdy enough for hard wear in training. In stock: 5 1/2 £16.20, 6 to 11 1/2 in half sizes £17.50.

Lady Waffle Trainer. Similar to the men's fine shoe but specially made on a narrower last for better fit and comfort. Yellow uppers with blue trim, blue waffle sole and mid-sole giving excellent build up to heel. A beautifully made light shoe suitable for road, country or track. In stock now: sizes 4, 4 1/2, 5, 5 1/2 £15.75, 6, 6 1/2, 7, 8 only £16.95.

(Allow one size larger than usual for Nike shoes)

Adidas Rom. A popular shoe for many years which is still going strong. Sizes 3, 4, 4 1/2, 5, 5 1/2 £10.70, 6 to 11 in half sizes, also 12. £11.55.

Adidas Gazelle. Another popular shoe from Adidas. Blue suede, white trim, well cushioned microcellular sole. Sizes 5 £14.35, 6 1/2, 7, 7 1/2, 8 1/2, 9, 10 1/2 £15.50.

ATHLETIC SHORTS

Viga Track King Shorts. The very latest in track wear for men. Brief cut shorts in lightweight satin nylon with mesh side panels for maximum freedom and air flow. Low pressure elasticated waistband and smooth seams for high comfort and performance. Sizes 30", 32", 34", 36" in Black, Royal or Red £3.99.

Also similar shorts but instead of mesh insert at the sides, there is a wide contrast stripe with triangle motif. In White/black trim, Black/white, Royal/white, Red/white. 28" £3.50, 30", 32", 34", 36" £3.99.

Bukta Women's 100% Stretch Nylon Shorts. The original Bukta shorts, copied but never bettered. Without trim in White, Black, Royal or Scarlet, 22" or 24" £2.20, 26" or 28" £2.50. With trim down sides in White/scarlet trim, Scarlet/white, Royal/white or Black/white, 22" or 24" £2.30, 26" or 28" £2.50.

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

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ATHLETIC EVENT ADVERTISERS

Our printers will be closing again this Christmas — from December 22nd to January 8th — and the production of our December 9th, 16th, 23rd, 30th and January 6th and 13th issues will have to be advanced. Copy dates for these issues will be as follows:

December 9th	copy date Mon,	November 27th
December 16th	copy date Fri,	December 1st
December 23rd	copy date Tue,	December 5th
December 30th	copy date Fri,	December 8th
January 6th	copy date Thu,	December 14th
January 13th	copy date Mon,	December 18th

Any advertisements for which copy is received after these dates are unlikely to be included until a later issue.

CLASSIFIED ADVERTISEMENTS

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

BERNIE PLAIN SPORTS. Phone now about the offer next week. We will be have a SPECIAL OFFER on a different shoe every week. This will be as well as our already keen discount prices. This offer will only apply to personal callers and mail order. DEFINITELY WORTH A PHONE CALL. Cardiff 492520. 6 Four Elms Road, Roath, Cardiff.

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TEACH YOURSELF RUNNING TO WIN, by Brian Mitchell, is in paper-back and obtainable from any bookshop.

WANTED — 'Running' and 'Running in Three Continents' by Arthur Newton. State price to Guy Goodair, 7 Rayner Street, Horbury, West Yorks.

FOR SALE 2 Briton International High Jump Landing Area Containers. Size 9' x 6' x 20" £100. A. Howell, 13, Brambletree Crescent, Borstal, Kent.

ATHLETIC EVENTS

With more than 17,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

ESSEX BEAGLES A.C.

5 x 3 Miles CROSS COUNTRY RELAY

(Under A.A.A. Laws)

For the "New Zealand" Cup

SATURDAY, 30th DECEMBER, 1.30 p.m.

From Essex Beagles H.Q., Nr "The Retreat", Chigwell Row, Essex

Prizes: first three teams also first unplaced Vets (over 40) team.

Entries by December 24th, to S. C. Robins, 2 Harrison Drive, North Weald, Epping, Essex. (Phone North Weald 2778). **Fee:** £1.25 per team.

AMESBURY SPORTS COUNCIL in co-operation with

SALISBURY ATHLETIC CLUB

present the second annual

SALISBURY PLAIN 15½ MILE ROAD RACE

(Under A.A.A. Laws)

SUNDAY, 3rd DECEMBER, 1978

Starting at 1.30 p.m.

Prizes: first 3 Inds. first 3 Vets O/40, first 3 Vets O/50, first 3 Local Runners, first 3 Teams (3 to score).

Entry Fee: 40p (no team fee). 50p on the day.

Further details and entries to: J. K. Pycroft, 25 The Drove, Amesbury, Wilts SP4 7AG.

CHESTER & ELLESMERE PORT A.C.

ROUND THE WALLS RACES

(Under A.A.A. Laws)

BOXING DAY, DECEMBER 26th, 10.45 a.m.

At Chester Racecourse, The Roozee

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

Ages as on 1.9.78 except Veterans.

Individual awards, trophies and prizes in all races.

Entries (giving date of birth) to: T. Prescott, 2 Oulton Avenue, Chester CH2 1QY.

ENTRIES CLOSE DECEMBER 7th

PHILIPS COSFORD GAMES

(Under AAA & WAAA Laws)

at

RAF Cosford

Wolverhampton, Staffs

on

Friday 12th/Saturday 13th

January, 1979

EVENTS:

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 Women — 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, High Jump, Long Jump and Shot.

The above are Championships events, and awards will be given.

OPEN EVENTS (No Awards)

Youths: 60m, 800m.

Intermediate Women: 60m, 60m Hurdles.

ENTRY FEES: Championship Events 55p per event, Open Events 35p per event.

ENTRIES CLOSE — 16th DECEMBER, 1978

ENTRY FORMS AND ENTRIES TO:

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

Please enclose a **STAMPED ADDRESSED ENVELOPE** with your enquiry and entry.