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NOVEMBER 29th 1980 30p



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Astonishing Career

Olympic 200m champion Pietro Mennea

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 Subscriptions & Circulation: GABRIELLE PACE

Published by:

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

Printed by:

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

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces: £19.24
 Through an agency: £22.62
 Overseas Surface Mail: £22.36
 Air Mail Europe: £26.00
 Other Air Mail rates on application.
 USA Surface: \$54. Air Mail: \$71.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

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

Audited Circulation: July-December 1979 19,539.

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

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Vol. 34 No. 48

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THE WEEK AHEAD

Saturday, November 29th: Greater London CC Champs, Parliament Hill; Lancashire's Women's CC Champs; Welsh Inter-County Champs, Powys; Southern Women's League, Ipswich; Yorkshire Women's CC Champs, Sheffield; N. Yorkshire & S. Durham League, Hartlepool; NE Harrier League, South Shields; Red Rose League, Bolton; NW London YA League, Enfield; Scottish Northern District League, Lossiemouth; Vets AC CC, Woodford; RAF v Midland Counties v UAU CC Match; Wolverton '5', Milton Keynes; Midland '7', Michelin; Whiteknights Relay, Reading; Steyning Open 12km Walk, Steyning; Phil Embleton Memorial 15km Walk, Battersea Park.

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

Tuesday, December 2nd: Postal Region 9km Walk, Blackheath.

Wednesday, December 3rd: TVH Open

Meeting, West London; London Services League, Chessington; NE Wednesday League; Osterley Park Relays; London Vidarians Floodlit Walks Meeting, Carshalton.

Saturday, December 6th: Midland Counties WAAA CC Finals; Devon CC Champs; Sussex CC Champs (Inter Men, Boys, Colts & Women), Lancing Manor; North East CC Champs, Morpeth; Essex League, Harlow; Surrey League (Div. 1); Kent League, Maidstone; W. Yorks League, Pudsey; Vets AC CC, Richmond Park; Gwent League; Surrey Women's League, Milford; Insurance CC Champs, Richmond; Fraternity Cup CC, Cockfosters; West Down Cup, Belvoir Park, Belfast; Women's National Road Walk Champs, Battersea Park; N. London Inter-Club 10km Walk, Chigwell; Selsdon Cup 6M Walk, South Croydon; Northern Winter Walking League, York.

Continued on page 46

COVER PHOTO (by Mark Shearman)
 Olympic 200m champion and world record holder Pietro Mennea, pictured in Moscow.

THE FIRST LADY OF BRITISH ATHLETICS

Mel Watman traces the astonishing career of Joyce Smith

WAS THERE EVER such a remarkable runner as Joyce Smith? Other athletes have clocked faster times and claimed more titles, but there is no one to compare with Joyce's record of sustained top-class achievement in a career of such prodigious length. She gained her first international badge, as reserve for the England cross-country team, as long ago as 1956 — and yet here she is now at the height of her powers as the third fastest female marathon runner in history. At the age of 43 she's running better than ever . . . and sets a marvellous example to all.

In her day, Joyce has represented Britain at 800m, set UK records at 1500m and come close to reaching the Olympic final, broken a world record and won a European bronze medal in the 3000m, scored great international victories at cross-country and marathon running, and totally dominated British road racing.

But it was as a sprinter ("they didn't have any longer events at school") and long jumper that Joyce Byatt — born in Stoke Newington, North London, on October 26th 1937 — began her athletics career some thirty years ago. She wasn't bad, either, for one year she was the Hertfordshire County Schools long jump champion although her winning distance fell short of earning her selection for the English Schools Championships.

Ironically, Joyce's career — the longevity of which is now legendary — came close to ending almost before it had even started properly, for she gave up athletics when she left school in 1952. "I wasn't encouraged to join a club", she explains. Fortunately she kept pretty fit, cycling several miles to and from work, and she found while at a holiday camp in Norfolk with her parents that her old running ability hadn't deserted her. Competing in the camp's sports day, she came up against a girl who was sporting a tracksuit festooned with badges and was actually wearing **spikes** — and beat her in every race. That, and the fact that her best friend was by then going out seriously with a boy, prompted Joyce to take up the sport again — "to widen my own social life and for something to do". One day in August 1954, after work in New Southgate, she wandered over to the local track at Bethune Park and joined Hampstead Harriers.



Joyce the proud mum. She has two daughters: Lia, pictured here, is 4 and Lisa is 12.

Joyce returned to the sprints and long jump ("my best was 17-foot something", she recalls) but it wasn't long before she discovered her forte lay elsewhere. The turning point came when she was asked to run the half mile in an inter-club match for the odd point or two . . . and promptly broke the club record with 2:31. "I don't think I actually won the race, but that was it. I had found my event and I started training automatically for the 880". Cross-country was next on the agenda, and she immediately took to it. Her first race was the Countess Howe event (known as the Southern 'Junior' Championship although not run on an

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age basis) in December 1954 and she finished 6th in 18:03, the winner being Madeline Wooller (the future Mrs Derek Ibbotson and Mrs Jonah Barrington) in 16:43.

She progressed rapidly on her three times a week training. During the 1955 track season she cut her 880y time to 2:21.6 (the world record then stood at 2:08.4) and the following winter she really made her mark at cross-country, the form of athletics which remains her favourite to this day. "There's more club spirit and more friendliness among the girls in cross-country", she explains. Competing in the English CC Championships for the first time in 1956, she finished 7th — missing selection for the England v Scotland match by one place and one second at the hands of Madeline Wooller. Was she disappointed at coming so close to her first international? "No, I was so thrilled to be up that high. In fact, as a reserve, I was given an England badge".

The summer of 1956 was less successful, as she improved her 880y best by only a fraction of a second to 2:21.0. Her coach, Harry Hicks, was preoccupied that year with making the Olympic marathon team (he succeeded, and placed 15th in Melbourne) and, admits Joyce, "I just drifted along and went through a period of not training much". It wasn't until her boyfriend, Bryan Smith, started coaching Joyce in the spring of 1958 that her career really took off; in less than a year she was English cross-country champion! On the track in 1959 she displayed a penchant for the longer distances, defeating the athlete she most admired, Diane Leather, in a 4:36.6 1500m (Diane held the UK best at 4:29.7), while her 880y time fell by almost six seconds to 2:14.5.

International debut

Joyce Byatt retained her National CC laurels in 1960, shortly before becoming Mrs Bryan Smith, and went on to challenge for a place in the team for Rome since the women's 800m was back as an Olympic event for the first time since 1928. In her first run abroad, in Prague, she made an enormous improvement to 2:10.2 for 800m (well inside the Olympic qualifying standard of 2:12.0), but her international match debut — against Italy at Brighton — proved to be a most disappointing affair, and it still rankles with Joyce twenty years later.

Teamed up with British 880y record holder Joy Jordan, Joyce had planned to tuck in with the hope of being pulled round to a personal best. "But I was told by the team manager at the last minute that I had to lead. In fact I led for the first 500 and I consider, as a result, I didn't run well. After the race Mrs Nelson Neal, who wasn't the team manager, came up to me and asked why I ran the race like I did as it had probably spoiled my chances. I told her someone else had said I

had to. I felt at the time; was it all worth it? It wasn't really all that enjoyable to go through all the nervousness at international level, and for my first international it didn't go at all well. The night before the match I was made to sleep at the hotel, when I didn't want to — I wanted to travel down on the day. I had to share with two other girls, and one of them — who had just got engaged — spent half the night on the phone to her boyfriend, so I didn't get much sleep. As a first international it didn't encourage me".

In spite of the unfortunate circumstances Joyce, who passed 400 in 63.8, finished reasonably close to her best with 2:11.3 in third place as Joy Jordan won in 2:09.5. But the race marked the end of Joyce's Olympic aspirations and, apart from a 3 x 800m relay run in 1965, it turned out to be her last international track appearance for Britain for a dozen years.

The next few seasons produced little for Joyce on the athletic front as she concentrated on setting up home (Bryan was demobbed from National Service in the RAF at the end of 1961) and then was dogged by injury. "We just potted on, but there was no thought of giving it up as I was happy enough as a club runner".

But Joyce had too much talent to remain 'just' a club runner and in 1965 she made a successful comeback to top-class competition, placing third in the National CC and winning the WAAA mile title in 4:53.5. At the end of the year Joyce was featured in our Who's Who series, and stated that she intended competing "at the most two more track seasons".

Famous last words, considering that fifteen years later she's still going from strength to strength on the road, but actually she might well have kept to her original intention. Following those two further track seasons she became pregnant, and with the birth of Lisa in July 1968 Joyce could understandably have decided that, at 30, her racing career was over.

On the contrary, Joyce couldn't wait to get back into stride. Even before 1968 was over she had run her first 3000m race (10:30.0) and in 1969 she added to her cross-country honours by

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Joyce on the way to her first WAAA track title, the mile in 1965, which she won in 4:53.5 with Rita Lincoln (later Ridley) second.

Ed Lacey



Joyce's second WAAA title came over 3000m in 1971 — and with an unofficial world record time of 9:23.4.

Peter Tempest

leading the Barnet club (Hampstead having been amalgamated) to team victory in the National. By placing fifth individually she qualified for the International CC Championships. "I shouldn't have done, because I wasn't really fit", she says. "It showed the poor level of English cross-country at the time".

In 1970 she placed second in the National, as she did also in 1971 (for the fourth time in her last six attempts!), following with third place in the

1971 International CC at San Sebastian, leading the English team to victory. Those were a memorable Championships for England, as team victories were gained also in the men's and junior races, won by Dave Bedford and Nick Rose respectively.

Joyce's track campaigns in 1969 and 1970 were less notable due to achilles tendon trouble, but in 1971 — when Lisa started at play school, leaving Joyce with more free time — she began to train a little harder with the 3000m in mind. A week after winning the Southern 1500 in a personal best of 4:25.2 Joyce established her first UK record with 3000 figures of 9:43.8 at Meadowbank.

The following month, at Crystal Palace on July 16th, Joyce clocked 9:23.4 in winning the WAAA title. Sticking close to her 75 sec per lap schedule, Joyce thus smashed the unofficial world's best of 9:38.0 set by Italy's Paola Pigni in 1969 en route to a 15:53.6 5000. At 33 she was a world record breaker ... albeit in a then undeveloped event. Ever the realist, Joyce was "pleased but not ecstatic". She knew she was still only scratching the surface of her talent.

Still regarding herself primarily as a cross-country runner, Joyce intensified her training

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during the winter of 1971/2 with the International Championship at Cambridge as her immediate goal. Joyce recalls: "That winter was the first when I trained twice a day on the three days a week when Lisa went to play school. My mileage just shot up". Compared with a weekly average of 35-40 miles the previous winter, Joyce was up to 55-60 miles including a weekly long run of 12½ miles with clubmate Margaret Beacham, the 1971 European Indoor 1500m champion, who was also being coached by Bryan Smith.

A victim of stitch, Joyce survived "a terrible run" in the National at High Wycombe, finishing fifth to scrape into the English team, only to emerge an internationally acclaimed star at Cambridge three weeks later. "Everything clicked on the day", she said, with the result that she ran out the first British winner of the women's championship. It was a tough race and after the early leader, Paola Pigni, had faded from contention it developed into a three-way battle involving Joyce, English champion Rita Ridley and a 16-year-old American schoolgirl, Eileen Claugus. At the finish Joyce had just 2 sec in hand over the Californian prodigy, of whom little more was heard.

"That race was a turning point, too", Joyce told me recently as we reminisced about her career. "There were a lot of girls in the race who

A big moment for Joyce as she beats Eileen Claugus (USA) for the International CC title.

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would be in the 1500 in Munich, and that's when Bryan and I decided we might as well train for the 1500. My increased mileage had strengthened me to take faster track sessions, and training with Margaret helped. Deep down, though, I don't think I ever dreamed I would make the Olympic team because we had already booked up to go on holiday to Munich. We thought Margaret would make the team and we would simply be there to watch her".

Referring to her 1500m prospects in my report on Joyce's victory at Cambridge, I wrote: "Joyce's fastest time is 4:25.2 but it is possible she might cut that by as much as ten seconds". That prediction proved to be over-cautious. At Leicester in May she ran 4:21.7 behind Sheila Carey in windy conditions, a run which won her selection for a match against the GDR and Holland at Crystal Palace in June. It was in that race that Joyce revealed for the first time on the track just what a fighter she is. Here is what I wrote in 'AW' at the time:—

"Having already run very fast 800 times this season, it was obvious that Karin Burneleit and Gunhild Hoffmeister, first and second in last year's world record breaking European final, were ready for another double exploit. So it proved, with 400 ticked off in 63.8, 800 in 2:15.1 and 1200 in 3:22.8. Eventually after a brilliant last lap of 64.4, it was Hoffmeister who reached the tape first in 4:10.7, a fifth outside Paola Pigni's world best for the year. Burneleit finished a stride behind. The sensation was that Joyce Smith, who on the admittedly misleading basis of best times should have been some 70m adrift, finished only a couple of seconds behind the East German pair — having been dragged through to a performance beyond her wildest dreams.

"Her husband and coach, Bryan Smith, thought Joyce was ready for about 4:17, a time that might have been considered very close to her limit for a runner whose 800 best is only 2:10.2 — and that dating back to 1960. Joyce, however, is as tenacious as they come and although she gulped when hearing the first lap time she stuck to her task. It was on the third lap that she began to surpass anything she had previously achieved and at the finish she was rewarded with an incredible time of 4:12.8, a mere tenth outside Rita Ridley's UK record, and a mark that hoists her from goodness knows what position on the world all-time list to TENTH. Her first and last 400's combined must just about have equalled her personal best for 800!"

The following week, in a match against Poland at Meadowbank, Joyce notched up her first international track victory. The very windy conditions held her time down to 4:22.5 as she won ahead of Margaret Beacham (4:25.8). Next came the WAAA Championships and Joyce

made certain of Olympic selection as she led the British contingent home in second place (4:17.6). She and Joan Allison were fighting out the lead when tiny Ellen Tittel (now Thomas Wessinghage's wife) of Germany darted cheekily between the two of them 20m from the finish to win in 4:17.2. Of the other big British hopes, Commonwealth champion Rita Ridley (struggling to regain top form after injury and illness) wound up 9th, Margaret Beacham 10th and Sheila Carey (suffering from bronchitis and running against doctor's orders) 12th and last in 4:40.8. Joyce was in, though she had spent a sleepless Friday night, worrying about the final for she had qualified only as one of the fastest losers after having been kicked just above the achilles tendon. Interesting to note that one of the non-qualifiers (in 4:25.2) was 18-year-old Grete Andersen of Norway — the future Grete Waitz.

A further honour came Joyce's way when the Olympic team was announced: she was appointed women's team captain. Joan Allison was named as her partner for the 1500 with one other (from Margaret Beacham, Norine Braithwaite, Sheila Carey, Jean Lochhead and Rita Ridley) to be added on the basis of a sudden-death trial . . . won by Sheila.

Joyce improved her best official 800 time to

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The epic 1500m final in Munich: Lyudmila Bragina, winner in a world record 4:01.4, leads from Ilja Keizer (189) and Paola Pigni-Cacchi (218), bronze medallist in 4:02.9. Sheila Carey, who smashed the UK record with 4:04.8 in fifth place, is number 96.

Tony Duffy

2:08.8 shortly before the Games, and distinguished herself in Munich. In her heat on September 4th she set a UK record of 4:11.3, qualifying in a sprint finish in fourth place; three days later, when the Games were resumed after the terrorist attack on the Israeli team, Joyce improved the record again to 4:09.4 in the semis. It was her bad luck that her semi was a slow starting affair (67.4 at 400, 2:17.4 at 800) for although she pulled out all the stops over the last two laps — covering the final 800 in a personal best of 2:08.4 (!) — she just didn't have the pace to finish higher than sixth. With four to go through, she still had a chance of qualifying for the final as one of the two fastest losers, but Lyudmila Bragina put paid to that in the second semi. Having already set a world record of 4:06.5 in the heats, the Soviet runner blasted through 400 in 63.1 and 800 in 2:09.1 on the way to creating new figures of 4:05.1. Behind her, five girls broke 4:09, including Sheila Carey who astonished everyone by finishing fourth, easing up, in a UK record of 4:07.4. Sheila had never run faster than 4:16.2 prior to the Games! It's only conjecture, of course, but had Joyce and Sheila swapped semis both might have made the final as Joyce would have been more at home in a fast-all-the-way race and Sheila's strong finish would have served her well in a kicker's race.

The 1500 final was quite astonishing, as Sheila — in fifth place — broke the old world record with 4:04.8! Ahead of her, Bragina clocked what was then considered the phenomenal time of 4:01.4, followed by Hoffmeister (4:02.8), Pigni (4:02.9) and Burneleit (4:04.1). A new era in women's 1500 running had dawned, and it was time for Joyce to move on.

She was happy enough with what she had achieved at the distance. "I still think Munich

was the most pleasing performance of my career", Joyce told me the other week. "I never really dreamed of getting to the Olympics, and then setting two British records". She had improved almost 16 sec in the space of a season, finishing with a time inside the world record as it stood at the start of the year (4:09.6 by Burneleit). Joyce always did — and does still — have the capacity to surprise and delight.

(Part 2 next week)

BRITISH ATHLETES ABROAD

10.8. Kikkola (Fin). 5000: Fyedotkin (USSR) 13:43.8, Maaninka 13:44.2, BRENDAN FOSTER 13:44.6. **30.8. Charleston (US).** 15M road: Haviland 1:15:12, MALCOLM EAST 1:16:29. **14.9. Boston (US).** 5M road: Meyer 23:27, NICK BROWN 23:36. **27.9. Konz (Ger).** Youth HT: TONY KENNEALLY 69.52. **28.9. Myrskylä (Fin).** 20.5km road: Puttemans (Bel) 62:08, Toukonen 62:21, Kortelainen 62:53 ... 8, Viren 65:46; 10, FOSTER 65:50; 11, Maaninka 65:54. **13.10. Boston (US).** Women's 10km road: Catalano 32:24, GILLIAN ADAMS 34:41. **2.11. Washington (US).** Mar: MIKE HURD 2:16:55 ... 7, BARRY HEATH 2:20:54 (further details next week).

9.11. W. Berlin. 10.6km CC: DAVE CLARKE 33:36, Puttemans (Bel) 33:50, Little (Aus) 34:08 ... 6, RAY CRABB 35:00; 7, GREN TUCK 35:01; women's 4.4km: Friedmann 15:33, RUTH SMEETH 15:44. **9.11. Bruges (Bel).** CC: Paar 25:07, NICK LEES 25:09 ... 5, EDDIE ARROWSMITH; 6, JOE PATTON. **9.11. Pontoise (Fra).** 10km CC: STEVE KENYON 29:01, Legrand 29:08 ... 7, CHRIS WOODHOUSE 30:11. **16.11. Grenoble (Fra).** 10.1km CC: JULIAN GOATER 29:18, BERNIE FORD 29:33, Hagelsteens (Bel) 29:36.



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(Vets): 1, T. Davies (AF&D) 28:07; 2, J. O'Brien (Bridge) 28:48; 3, G. Blackburn (West) 29:53; 4, R. Pannell (Bris) 30:01; 5, G. North (Ports) 30:26; 6, B. Popel (Weston) 30:29; 7, J. Flatters (West) 30:58; 8, G. Old (Weston) 31:31; 9, J. Collins (Swan) 31:45; 10, J. Gingell (Bris). **Teams:** 1, Bristol 305; 2, Weston-super-Mare 351; 3, Westbury 352; 4, Swansea 539. **(Juniors):** 1, C. Hensby (Wok) 27:53; 2, G. Whiteman (Bris. U) 27:59; 3, M. Flint (RAF) 28:09; 4, M. Harris (Bris) 28:12; 5, S. Crossman (Wok) 28:17; 6, P. Lanfear (Read) 28:21; 7, S. Harris (WLIHE) 28:25; 8, M. Darville (Ox. U) 28:29; 9, C. Robson (RN) 28:31; 10, D. Minter (WLIHE) 28:33; 11, A. Smith (Swan) 28:46; 12, C. Blythe (Ox. U) 28:50; 13, M. King (W. Corn) 28:54; 14, P. Watson (Bris) 28:58; 15, D. Buzza (DoC) 28:59; 16, G. Hill (Swan) 29:02; 17, I. Patten (Bris. U) 29:04; 18, T. Crossman (Wok) 29:08; 19, S. Smith (Swan) 29:16; 20, D. Sweeney (Lough) 29:21; 21, K. Parker (West) 29:21; 22, C. Slowley (Bris) 29:22; 23, P. Williams (Swan) 29:29; 24, S. Hodgson (Swin) 29:30; 25, T. Yates (Ox. U) 29:33. **Teams:** 1, Swansea 69; 2, Bristol 76; 3, Oxford Univ. 90; 4, Woking 93; 5, Bristol Univ. 108; 6, Westbury 140. **(Youths):** 1, J. Richards (DoC) 16:33; 2, A. Hope (West) 16:58; 3, A. Saker (Ell) 17:02; 4, K. Lamb (Der) 17:07; 5, R. Farish (B'ht) 17:11; 6, I. Manners (Cle) 17:12; 7, C. Sellars (Ell) 17:14; 8, B. Matthews (B&V)

17:16; 9, J. Pimley (Torf) 17:19; 10, D. Hoinville (High) 17:21; 11, K. Miles (West) 17:24; 12, M. Hawkins (Exe) 17:26; 13, P. Richley (Bel) 17:27; 14, J. Abbiss (W&B) 17:32; 15, D. Kelly (Liv. P) 17:35; 16, J. Hartigan (Bir) 17:37; 17, N. Maytum (Ell) 17:39; 18, A. Crane (Cle) 17:42; 19, R. Madgwick (Hasl) 17:44; 20, T. Davis (Swin) 17:45. **Teams:** 1, Elliott 48; 2, Westbury 112; 3, Wolverhampton & B 119; 4, Birchfield 149; 5, Bristol 184; 6, Swindon 190. **(Boys):** 1, B. Murphy (Liv. P) 15:21; 2, N. Toone (Bir) 15:25; 3, N. Comerford (B&V) 15:36; 4, K. McFarlane (Cann) 15:45; 5, J. Holloway (Bir) 15:50; 6, N. Smith (Bir) 15:53; 7, K. Rooney (Liv. P) 15:56; 8, J. Evans (Liv. P) 15:57; 9, T. Larkcombe (Liv. P) 15:58; 10, R. Evans (Torf) 15:59; 11, J. Seddon (Read) 16:00; 12, P. Riley (Liv. P) 16:03. **Teams:** 1, Liverpool Pem. 25; 2, Birchfield 30; 3, Halesowen 139; 4, Westbury 156. **(Colts):** 1, C. Payne (C'ley) 9:26; 2, J. Lamb (Liv) 9:30; 3, D. Avery (Torr) 9:31; 4, P. Hemmings (Spark) 9:33; 5, R. Smith (Worc) 9:42; 6, S. Hodges (Stroud) 9:43; 7, M. Cresswell (Liv) 9:44; 8, C. Coulter (Liv) 9:45. **Teams:** 1, Liverpool 37; 2, Halesowen 95; 3, Worcester 103.

(Inters): 1, K. Williams (P. Tal) 17:16; 2, J. Wingrove (Mit) 17:29; 3, L. Silva (Mel) 17:36; 4, H. Beasley (Worc) 17:39; 5, A. Tindall (AF&D) 17:56; 6, A. Howard (AF&D) 17:59; 7, A. Gordon (Glas) 18:01; 8, H. Churn (AF&D) 18:02; 9, C. Gair (Mit) 18:04; 10, Y. Jones (Tiv) 18:09; 11, W. Bonfield (Unatt) 18:11; 12, M. Thompson

BRITISH AMATEUR ATHLETIC BOARD NATIONAL ATHLETICS COACH

Applications are invited from suitably qualified persons for appointment as National Athletics Coach to fill two vacancies that have arisen in the B.A.A.B. United Kingdom Coaching Scheme.

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For Post 'A' — He or she will be in the first instance be based in the Manchester area with principal responsibility for the area West of the Pennines under the jurisdiction of the Northern Athletics Coaching Committee.

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The salary offered will be on Sports Council Scales for National Coaches as approved from time to time by the B.A.A.B. at present Grade II (£9,633-£11,572 p.a.). Commencing salary to be determined and based upon age, coaching experience and qualifications.

Full details and Application Form may be obtained from:—

Hon. Secretary, U.K. Coaching Committee,
c/o B.A.A.B. Coaching Office,
Westgate House, Chalk Lane,
Epsom, Surrey.

CLOSING DATE 15th DECEMBER, 1980



Barry Knight, the Mike Sully senior winner, leading from Steve Jones $\frac{3}{4}$ mile from finish.

Ted Hollinshead



Jon Richards ran away with the Youths race, winning by 25 seconds.

John Burles

(Havant) 18:12; 13, S. Berrill (Ox. C) 18:20; 14, Z. Todd (Park) 18:22; 15, L. Tyler (Mit) 18:23. **Teams:** 1, Aldershot F&D 19; 2, Mitcham 26; 3, Port Talbot 55; 4, Swindon 93. **(Juniors):** 1, M. Walker (Park) 9:36; 2, D. Crowley (P. Tal) 9:38; 3, J. Thomas (Carm) 9:56; 4, M. McKie (Exe) 10:02; 5, K. Petford (And) 10:03; 6, K. Appleby (And) 10:09; 7, M. Lavercombe (Exe) 10:12; 8, S. Lanham (Mit) 10:13; 9, R. Green (Bris) 10:14; 10, C. Bourke (Ox. C) 10:17; 11, B. Davis (Swin) 10:20; 12, L. Leo (Torr) 10:20. **Teams:** 1, Andover 26; 2, Exeter 30; 3, Mitcham 35; 4, Bristol 61. **(Girls):** 1, E. Smith (Havant) 9:05; 2, G. Pugh (Torr) 9:08; 3, L. Carter (Mit) 9:10; 4, S. Cook (B'mth) 9:11; 5, C. Poole (C&EP) 9:12; 6, T. Jones (Car) 9:13; 7, R. Ricketts (Droit) 9:16; 8, D. Drewitt (Mit) 9:20. **Teams:** 1, Mitcham 28; 2, Bristol 42; 3, Abertillery 68.

Nene Valley H & AC officers: general sec — R. Church, 14 Benland, Bretton, Peterborough; road race organiser — M. Rutkowski, 114 Atherstone Avenue, Peterborough; track sec — T. Needham, South View Road, Walton, Peterborough; CC sec — R. Ludlow, 24 Walcot Walk, Peterborough.

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LES TRUELOVE — A Tribute From Arthur Gold

THE TWO DECADES that have passed since Les Truelove was last directly involved in British athletics have in no way diminished his stature. On the contrary, the growing tendency in both international and domestic sport to substitute expediency for integrity and to seek temporary popularity rather than to uphold principle tend to highlight his personality and to emphasise the quality of the contribution he made to English and British athletics.

One of six children of a Hackney policeman, he moved to Cambridgeshire in his youth and before he was out of his teens became a founder and moving spirit of the Shelford Athletics & Sports Association and later ran for the Cambs & Isle of Ely AC as a sprinter-quarter miler of good county standard.

I first met him in the mid-thirties at the AAA Championships at White City at which he was judging the high jump and in which I was competing for the first time as a somewhat apprehensive teenager and was rapidly put at ease by this big, burly but kindly and reassuring stranger. Subsequently I came to know him well during the next 25 years . . . and the better I knew him the more I respected and appreciated his qualities and liked the man.

In 1954 there were two happenings — one exhilarating and one nearly tragic — that have been captured on film and which epitomise the strength and support Les, as England Team Manager, gave to his sport. The first was taken during the AAA v Oxford University match at Iffley Road on May 6th 1954 at the end of the mile and shows an exhausted, breathless, Roger Bannister collapsed on Les's strong shoulder . . . the other, at the Commonwealth Games in Vancouver later the same year, shows Les gently helping Mick Mays to support the dehydrated, and almost dead, Jim Peters.

Assistant Team Manager at the Melbourne Olympics in 1956, Les became BAAB Team Manager in 1957 and led our team at the European Championships at Stockholm in 1958. At the Rome Olympics illness, which was

increasingly to afflict him for the rest of his life, laid him low and deprived the team of his leadership when it was most needed.

From a wealth of memories of him I shall restrict myself to one anecdote — as much for the factual accuracy of the history of our sport as an indication of the man.

During the winter of 1959, when Geoff Dyson was Chief National Coach, Les Truelove attended an AAA Coaching Committee meeting at the Coburg Hotel in Bayswater. I was then responsible for the AAA Special Coaching Scheme and it seemed politic to establish closer coaching links with the BAAB . . . in those days only one coach travelled with the international team. Les was due to take a small party to an indoor meeting in Paris that weekend but readily, and good-naturedly, agreed to come to the first part of the meeting and then catch the last plane out of London.

In the course of the discussion on the role and function of a coach at a competition he said banteringly "come on now, Geoff — let's agree that good coaching is 90% Kiddology". This jocular substitution of kiddology for psychology was subsequently distorted and erroneously attributed to several other senior officials in turn.

Dogged during the past decade by ill-health and weakened by major surgery this forthright and genial Life Vice President of the AAA refused to succumb to sickness and regularly attended every important fixture at Crystal Palace until this season when impaired sight and enfeebled limbs finally forced him to accept invalid status.

He brought warmth, wit and wisdom to the track and to the Council Chambers in both of which he served athletics so well. His death at the age of 72 deprives our sport of a good friend and a wise counsellor but his example and philosophy remain to guide and encourage us.

COACHING COURSE AT HYTHE

Although we regret to report that Cliff Temple was in hospital at the time of writing, the Coaching Course at Hythe on November 30th — of which he is director — will take place.

ETHIOPIAN WINS AT GATESHEAD

Result of Schweppes International CC at Gateshead last Saturday: 1, B. Girma (Eth) 25:18; 2, E. Puttemans (Bel) 25:30; 3, N. Muir 25:30; 4, A. Tadesse (Eth) 25:32; 5, S. Jones 25:35.

All the Reebok lines advertised by Javiro Sports in last week's issue should have been marked as seconds. The model 'Princess' is not now available.

TONBRIDGE ATHLETIC CLUB

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from 1.45 p.m.

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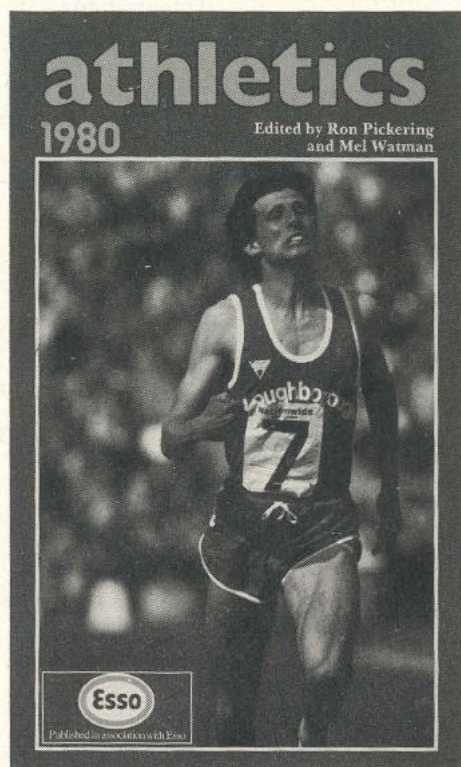
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The editors of this book are Ron Pickering and Mel Watman; joint compiler of the main section of the volume, the review of 1979, is Cliff Temple, while the other main contributor is Peter Matthews.

Order now from Athletics Weekly, 344 High Street, Rochester, Kent; price £5.50 post free.

AN ATHLETICS WEEKLY PUBLICATION
In association with Esso

On the Road

HARWOOD '8'

At Bolton, November 9th

1, K. Forster (Saltwell) 35:54
2, G. Helme (St. Helens) 36:10
3, K. Irvine (Wigan) 36:29
4, D. Kelly (Salt) 36:34; 5, D. Singleton (Bol) 36:35; 6, D. MacBride (Stoke) 37:18; 7, D. Wilson (B'burn) 37:21; 8, P. Campbell (Bol) 37:33; 9, L. Carroll (Wirr-V) 37:38; 10, A. Uttley (Bolt-J) 37:49; 11, A. Gibson (NZ) 37:51; 12, R. McAndrew (Wig) 37:55; 13, K. Jose (B'burn) 38:02; 14, J. Jackson (Wig) 38:07; 15, R. Hill (Clay-V) 38:11; 16, M. Wakefield (Bol) 38:25; 17, M. O'Connell (Long) 38:27; 18, J. Reade (Clay) 38:28; 19, K. Mayor (Bol) 38:29; 20, N. Holliday (Warr) 38:32; 21, B. Little (Bol) 38:43; 22, H. Kelly (E. Ches-V) 38:50; 23, D. Cartridge (Bol) 38:58; 24, S. Anders (St. H) 39:06; 25, G. Birkett (St. H) 39:19; 26, P. Standring (Bol) 39:22; 27, A. Turner (Bol) 39:30; 28, J. Doyle (Bol) 39:30; 29, J. Cooper (Wirr) 39:34; 30 J. Storey (St. H) 39:44. **Teams:** 1, Bolton 23; 2, Wigan 29; 3, St. Helens 51. **(Vets):** 1, Carroll; 2, Hill; 3, Kelly; 4, G. Entwistle (Man) 40:26; 5, E. Isaacs (Wirr) 40:39. **Team:** Wirral. **(O/45):** 1, S. Malcolm (Bol) 40:40; 2, M. Morrell (Wirr) 41:01. **(O/50):** 1, D. Howarth (Leigh) 43:03; 2, A. Walsham (Sal) 43:31. **(Women):** 1, J. Boydell (Stret) 46:32; 2, J. Mudway (C&EP) 47:52.

AP '20' (LEAMINGTON SPA TO BANBURY)

November 16th

1, P. Hayward (Worcester)	1:49:47
2, C. Rutland (Banbury)	1:52:15
3, T. Kearns (Kettering Town)	1:53:07
4, C. Woodward (Leam) 1:53:16; 5, S. Holdsworth (Rug) 1:54:00; 6, P. Elliot (NZ) 1:56:01; 7, J. Polgreen (Ox. C) 1:56:12; 8, R. Stowell (Charn-V) 1:56:19; 9, D. Smith (Charn) 1:56:40; 10, R. Gibbard (Charn) 1:56:48; 11, D. James (Norf) 1:57:44; 12, R. Maddock (Walton) 1:58:15; 13, D. Case (E&S-V) 1:58:25; 14, F. Gillies (Banb) 1:58:35; 15, D. Dowdle (Glouc) 1:58:44; 16, R. Wilmott (Mid.V-V) 1:58:54; 17, D. Wheeler (Ox. C) 1:59:50; 18, M. Downes (Cann) 1:59:57; 19, G. Doyley (Banb) 2:00:01; 20, P. Muddeman (Leam) 2:00:06; 21, M. Welland (Banb) 2:00:49; 22, R. Brownsey (West) 2:01:02; 23, M. James (Charn) 2:01:22; 24, E. Palmer (BH&M) 2:01:43; 25, D. Bendy (Leam) 2:01:56; 26, L. Rainsley (Cov) 2:02:00; 27, J. Padbury (Banb) 2:03:31; 28, C. Kendall (Mil. K) 2:04:00; 29, O. West (VPH-V) 2:04:06; 30, B. Lieth (Ox. C) 2:04:14. Teams: 1, Charnwood; 2, Banbury; 3, Leamington Spa; 4, Oxford City. (Women): 1, L. Billington (Houn) 2:19:56; 2, S. Green (Burn. J) 2:28:25; 3, B. Norrish (E'bourne-V) 2:44:37.	

Victory For Brian McSloy

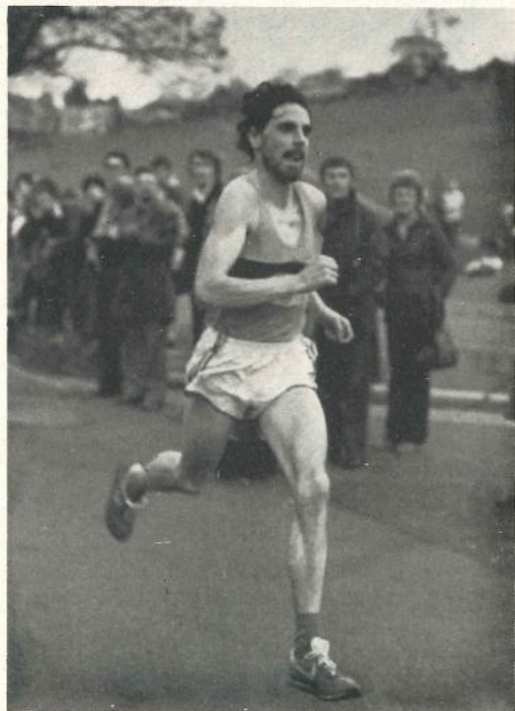
The Scottish ranked 10,000m men Brian McSloy and Graham Clarke helped Elliott to a comfortable win in the team race of the Rochester '5' on November 16th. McSloy opened up a gap going through the Borstal grounds just before halfway and as they came out onto the main road again was well clear and never looked in danger of being caught. By this point last year's winner, a not very fit Kevin Steere, had been dropped and Martin (Bas), Payne (S'end) and Clarke were fighting out the minor placings. What was lacking in class this year was made up for by a record entry and a record number of finishers.

Cambridge Harriers took most of the Veteran awards and in the women's race Chris Benning, in 83rd place overall, set a new record for the course with 28:16, followed by Kath Binns (104th).

P.W.G.

1, B. McSloy (Elliott) 24:32
2, E. Martin (Basildon) 24:50
3, G. Clarke (Elliott) 24:56
4, G. Payne (S'end) 25:00; 5, P. Bettridge (Hav) 25:16; 6, G. Wightman (Dart) 25:22; 7, J. Davies (Ex. B) 25:33; 8, A. Catley (Mor) 25:40; 9, K. Clifford (Ilf) 25:41; 10, P. Johnson (Camb. H)

25:43; 11, M. English (N. Lon) 25:47; 12, P. Williams (Camb. H) 25:50; 13, D. Roberts (Camb. H) 25:51; 14, L. Gough (Ex. B) 25:51; 15, A. Guilder (Ell) 26:05; 16, M. Duff (WS&E) 26:07; 17, A. Gilham (Ilf) 26:09; 18, M. Nolan (HHH) 26:11; 19, K. Steere (Ilf) 26:12; 20, D. Cox (W. Gn) 26:13; 21, P. Martin (Hast) 26:16; 22, D. Batchelor (Ilf) 26:17; 23, P. Pape (Camb. H) 26:20; 24, D. Minter (Ell) 26:21; 25, S. Beattie (Mor) 26:21; 26, G. Staunton (Lon. I) 26:24; 27, J. Avis (Camb. H-V) 26:24; 28, C. Bradley (Ton) 26:26; 29, J. Webster (E. Kent) 26:36; 30, M. Carey (Ex. B) 26:41; 31, A. Smith (Ash) 26:46; 32, R. Woodley (Chelm) 26:48; 33, C. Turner (Ex. P) 26:49; 34, J. Huntingford (Camb. H) 26:51; 35, J. Jones (WS&E) 26:53; 36, C. Bradley (Med) 26:54; 37, P. Cheate (Ex. B) 26:55; 38, A. Jenkins (Mor) 26:56; 39, J. Spooner (WS&E) 26:57; 40, J. Oliver (Camb. H-V) 26:58. **Teams:** 1, Elliott 43; 2, Cambridge H 58; 3, Essex Beagles 88; 4, Morpeth 112; 5, Windsor S&E 132; 6, Ilford 177; 7, Cambridge H 'B' 189; 8, Chelmsford 189; 9, Woodford Green 221; 10, Medway 225. **(Vets):** 1, Avis; 2, Oliver; 3, G. Standen (Med) 28:30. **(O/50):** 1, D. Dellar (Camb. H) 28:59; 2, D. Thomas (Camb. H) 30:34; 3, R. Hale (Kent) 31:09. **(Women):** 1, C. Benning (Stret) 28:16; 2, K. Binns (Sale) 28:42; 3, H. Hollick (Sale) 29:30; 4, C. Brown (Hav) 31:34; 5, E. Sloan (Hast) 31:36; 6, J. Murray (Sale) 31:38. **Teams:** 1, Sale 11; 2, Chelmsford 45.



Rochester '5' winner Brian McSloy.

Peter Williams



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UK BEST PERFORMERS (Intermediate Women) 1980

Compiled on behalf of the NUTS by Tony Miller

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

100 METRES (12.4)

- | | | | |
|-------|---------------------------------------|-------|--|
| 11.3w | Linsey Macdonald (Pitreavie) (11.6) | 12.2 | Beverly Kinch (Ipswich) |
| 11.4w | Jane Parry (Stretford) (11.6) | 12.2 | Alexandra Keegan (Wigan) |
| 11.8w | Kathryn Ball (Notts) (12.0) | 12.2 | Anna Close (Borough of Hounslow) |
| 11.8w | Karen Rist (Radley) (11.9) | 12.2 | Fiona Johnstone (Perth Strathgaitay) |
| 11.8w | Karen Barraclough (Rowntrees) (12.0) | 12.2 | Pamela Walsh (Grimsby) |
| 11.9w | Denise Phipps (Sparkhill) (12.2) | 12.2 | Angela Bridgeman (Glasgow) |
| 11.9w | Kirsty Ramsay (Pitreavie) (12.0) | 12.2w | Donna Webb (Cannock Chase) (12.4) |
| 11.9w | Toyin Campbell (Aldershot F&D) (12.0) | 12.2w | Jane Boggett (Radley) (12.3) |
| 11.9w | Yvonne Anderson (Glasgow) (12.0) | 12.2w | Catherine Jackson (Notts) |
| 12.0 | Elaine Mitchell (Selsonia) | 12.2w | Patricia Beckford (Wolverhampton & B) (12.3) |
| 12.0w | Jill Todd (Livingston) (12.3) | 12.2w | Beverly Dixon (Bristol) (12.3) |
| 12.0w | Maxine Miles (Bracknell) (12.4) | | |
| 12.0w | Maureen Goode (Croydon) (12.1) | | |
| 12.0w | Rachel Carrick (Morpeth) (12.19) | | |
| 12.1? | Delmena Doyle (Selsonia) (12.3) | | |
| 12.1w | Diane Menzies (Pitreavie) | | |
| 12.1w | Lorna Frazer (Rugby) (12.3) | | |
| 12.1w | Hayley Mortimer (Bracknell) | | |
| 12.1w | Claire Haslam (London Olympiades) | | |

200 METRES (25.8)

- | | |
|--------|--------------------------------------|
| 23.11w | Linsey Macdonald (Pitreavie) (23.43) |
| 23.64w | Jane Parry (Stretford) (23.66) |
| 23.8w | Angela Bridgeman (Glasgow) (23.90) |
| 24.2 | Karen Rist (Radley) |

ROUND THE TOWN ROAD RACES

(By Courtesy of Ipswich Borough Council)

Organised by Ipswich Harriers
in Association with
Southern Counties A.A.A.
(Under A.A.A. Laws)

AT IPSWICH

on

SAT., 27th DECEMBER, 1980

- 7.00 p.m. Colts Mile Race
7.20 p.m. Boys 1½ Mile Race
7.40 p.m. 4¼ Mile Road Race

PRIZES: Colts and Boys: First 6 to finish, first 3 teams (3 to score). **Seniors:** First 10 to finish, first 3 Vets., first 3 teams (3 to score). First 2 Vets. teams (3 to score). First finisher from Suffolk, Essex, Norfolk, Kent, Cambs., Beds., and Herts.

ENTRIES CLOSE 20th DECEMBER, 1980

Race Secretary: R. Leek Esq., 24 Ipswich Road, Elmsett, Ipswich, Suffolk. (Send SAE with entry).

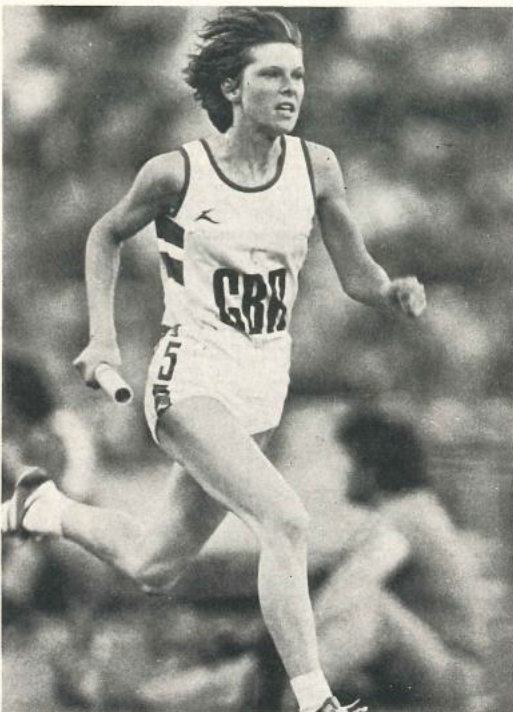
Entry Fees: Senior Race 50p per Individual, Colts and Boys 30p per Individual. All teams 50p.



JANE PARRY

Ran 11.4w/11.6, 23.66 and 55.5 at age 15.

All-Sport/Bob Martin



LINSEY MACDONALD

The one Intermediate to make the Olympic team, she won a bronze medal in the 4×400m relay at Moscow — in which she is pictured here.

George Herringshaw

- 24.21w Yvonne Anderson (Glasgow) (24.4)
- 24.6 Karen Barraclough (Rowntrees)
- 24.6 Anna Close (Borough of Hounslow)
- 24.6 Linda Keough (Basingstoke)
- 24.7 Elaine Castle (Rowntrees)
- 24.8 Lorraine Hanson (Sparkhill)
- 24.8 Kirsty Ramsay (Pitreavie)
- 24.8 Lorna Frazer (Rugby)
- 24.8w Patricia Beckford (Wolverhampton & B) (25.1)
- 24.8w Sandra Moseley (Haringey) (25.05)
- 24.90 Elaine Mitchell (Selsonia)
- 24.9w Kathryn Ball (Notts) (25.7)
- 24.9w Carolyn Wells (Havering)
- 25.0 Lorraine Baker (Coventry)
- 25.1 Melanie Fee (Ballymena)
- 25.1 Jane Boggett (Radley)
- 25.1w Jill Todd (Livingston) (25.4)
- 25.2 Maxine Miles (Bracknell)
- 25.2w Gillian Fletcher (Furness) (25.3)
- 25.2w Susan Mallinder (Sale) (25.3)
- 25.3 Mandy Cox (Brighton & H)
- 25.3 Donna Webb (Cannock Chase)
- 25.3w Diane Menzies (Pitreavie) (25.4)
- 25.3w Julie Frampton (Notts)

Here at **KNIGHT SPORTS** Christmas is a time to advise our many customers on what to buy for Husbands, Wives, Friends and Children from our large selection of Athletic Footwear and Clothing.

If SANTA is giving you a call this year then why not put your order in now. We have even arranged with the G.P.O. a direct line to Santa in order that your gifts are in your Christmas Stocking on the 25th.

Here is just a small selection of gifts you can buy either by calling in to see us or by Mail Order (Free Post Service). Our helpful staff are always on hand to give advice.

At the knock down price of **£19.95** the **New Balance 375** is a must, but why not go mad and buy the **620** at **£29.95**. Add to this a 'T' Shirt at **£3.96** in Yellow, Sky Blue, Grey & Navy in Small, Medium & Large.

The popular range of shoes from Nike still include the **Waffle Trainer £17.99**, **Elite £24.90**, **LDV £24.65** and **Road Runner £13.40**, plus one for the Ladies — **Lady Waffle £17.99**.

If it's Shorts & Vests you are after we have a fine selection from **Viga** and **Ron Hill Sports**. Starting prices for **Shorts are £3.45** and **Vests £3.75**.

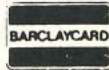
Ron Hill Tracksters at **£6.95** and **Tracksuits** from **£16.50** are always an acceptable present.

It is not possible to list everything so why not give us a ring or pay a call.

KNIGHT SPORTS



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**SOUTHERN COUNTIES
AMATEUR ATHLETIC ASSOCIATION
AND
SOUTHERN COUNTIES WOMEN'S
AMATEUR ATHLETIC ASSOCIATION**

OPEN MEETING

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

at
CRYSTAL PALACE
on

**WEDNESDAY,
10th DECEMBER, 1980**

INDOOR EVENTS

- 6.00 p.m.** POLE VAULT
6.30 p.m. 60m (Colts, Boys, Youths, Juniors and Senior Men, Junior, Intermediate and Senior Ladies). Each competitor will have 2 races.
7.00 p.m. LONG JUMP (Youths, Juniors and Senior Men, Junior, Intermediate and Senior Ladies).

ENTRY FEES: JUNIOR AND SENIOR MEN, INTERMEDIATE AND SENIOR LADIES: 50p. COLTS, BOYS, YOUTHS AND JUNIOR LADIES: 40p.

ENTRIES CLOSE WEDS., 3rd DECEMBER

Entries to: MEN — Hon. Sec., Southern Counties AAA, Francis House, Francis Street, (Victoria), London SW1P 1DL.

LADIES — Mrs. J. Lindsay, 28 Wykeham Hill, Wembley, Middlesex HA9 9RZ.

NAME:

ADDRESS:

.....

.....

Event:

Age Group:

Club:

Best Performance:

I enclose entry fee of:

WEDNESDAY, 10th DECEMBER, 1980

400 METRES (59.0)

- 51.16 Linsey Macdonald (Pitreevie)
53.7 Linda Keough (Basingstoke)
54.01 Angela Bridgeman (Glasgow)
55.0 Lorraine Baker (Coventry)
55.13 Carolyn Wells (Havering)
55.5 Jane Parry (Stretford)
55.7 Kay Simpson (Medway)
55.9 Karen Rist (Radley)
56.54 Elizabeth MacArthur (Falkirk Victoria)
56.67 Mandy Cox (Brighton & H)
56.71 Frances Anderson (Pitreevie)
56.8 Sonya Foster (Thurrock)
56.8 Melinda Stone (Wycombe Ph.)
56.9 Sandra Green (Surrey AC)
57.10 Gillian Fletcher (Furness)
57.1 Wendy Hoskins (Peterborough)
57.2 Karen Hughes (Thurrock)
57.2i Helen Thorpe (Hallamshire) (57.7)
57.3 Sheila Peak (Stretford)
57.32 Julie Lindsey (Stevenage & NH)
57.5 Sonia Jamieson (Notts)
57.8 Cathy Owen (Swansea)
57.87 Beverley Preece (Barry & V)
57.9 Paula Blake (Haringey)
57.9 Karen Haycock (Newbury)
58.0 Kay Greally (Pitreevie)
58.1 Tamsyn Burchell (Borough of Enfield)
58.1 Jackie Smith (Fareham)
58.1 Margaret Still (Wigan)
58.2 Jane Boggett (Radley)
58.2 Anna Gurd (Dorchester)
58.2 Julie Singleton (Lakeland)
58.2 Simone Gandy (Winchester)

800 METRES (2:17.0)

- 2:03.72 Lorraine Baker (Coventry)
2:07.3 Amanda Alford (Stevenage & NH)
2:07.7 Karen Hughes (Thurrock)
2:08.8 Elizabeth MacArthur (Falkirk Victoria)
2:09.06 Nicola Parsons (Bournemouth)
2:09.2 Lynne MacDougall (Glasgow)
2:09.7 Carolyn Wells (Havering)
2:10.3i Linsey Macdonald (Pitreevie)
2:11.0 Linda Keough (Basingstoke)
2:11.0 Sonya Foster (Thurrock)
2:11.5 Stefania Lanza (Blackpool & F)
2:11.7 Katie Fairbrass (Reading)
2:12.0 Amanda Nagle (Essex Ladies)
2:12.29 Andrea Everett (Shettleston)
2:12.3 Julie Rose (Ashford)
2:12.5 Jane Wingrove (Mitcham)
2:12.7 Anne Howard (Aldershot F&D)
2:12.7 Rachel Disley (Haslemere Border)
2:12.9 Gisele Oughton (Havering)
2:13.1 Kay Barringham (Hallamshire)
2:13.1 Susan Kenyon (Bolton)
2:13.18 Shona Urquhart (Fife Southern)
2:13.2 Bryony Lovett (Wycombe Ph.)
2:13.2 Susan Baxter (Havering)
2:13.26 Ann Gordon (Glasgow)
2:13.4 Paula Matheson (Sale)

- 2:13.7 Linda Ealham (Verlea)
 2:13.8 Kay Grealley (Pitreaive)
 2:14.0 Sharon Walker (Edinburgh Southern)
 2:14.0 Joanne McLean (Stretford)
 2:14.0 Claire Neville (Glasgow)

1500 METRES (4:45.0)

- 4:25.49 Lynne MacDougall (Glasgow)
 4:25.9 Amanda Alford (Stevenage & NH)
 4:27.2 Katie Fairbrass (Reading)
 4:28.9 Janine Midgley (Leeds City)
 4:30.0 Yvonne Murray (Edinburgh AC)
 4:30.9 Wendy Hirst (Leeds City)
 4:31.7 Alison Taylor (Stockport)
 4:32.2 Julie Rose (Ashford)
 4:32.32 Jane Wingrove (Mitcham)
 4:32.9 Laura Wight (Stevenage & NH)
 4:32.9 Nicola Parsons (Bournemouth)
 4:33.9 Paula Matheson (Sale)
 4:34.74 Diane Burton (Leeds City)
 4:34.8 Anne Howard (Aldershot F&D)
 4:35.2 Cathrine Hunter (Falkirk Victoria)
 4:36.3 Stefania Lanza (Blackpool & F)
 4:36.5 Karen Hughes (Thurrock)
 4:36.6 Sharon Morris (Shettleston)
 4:37.03 Beverly Brown (Sale)
 4:37.18 Korina Brighton (Huntingdon)
 4:37.2 Louise Copp (Port Talbot)
 4:37.5 Rachel Disley (Haslemere Border)
 4:37.69 Hannah Churn (Aldershot F&D)
 4:38.1 Noeleen Carmody (Coventry)
 4:38.2 Melissa Drath (Ashton)
 4:38.36 Janette Howes (City of Hull)
 4:38.5 Lesley Smith (Borough of Hounslow)
 4:38.7 Kay Barringham (Hallamshire)
 4:39.2 Donna Hillyer (Portsmouth)
 4:39.5 Nicola Brown (Tonbridge)

3000 METRES (10:55.0)

- 9:36.8 Karen Hughes (Thurrock)
 9:44.4 Amanda Alford (Stevenage & NH)
 9:50.7 Marion Witts (Essex Ladies)
 9:56.2 Kathryn Williams (Port Talbot)
 9:59.5 Jane Wingrove (Mitcham)
 10:02.8i Laura Wight (Stevenage & NH)
 10:03.1 Alison Taylor (Stockport)
 10:07.8 Diane Burton (Leeds City)
 10:08.2 Amanda Tindall (Aldershot F&D)
 10:11.3 Susan Raine (Darlington)
 10:11.8 Yvonne Murray (Edinburgh AC)
 10:13.0 Julie Rose (Ashford)
 10:14.2 Yana Jones (Tiverton)
 10:14.2 Nicola Brown (Tonbridge)
 10:15.4 Kay Barringham (Hallamshire)
 10:17.8 Diane Robson (Morpeth)
 10:18.0 Sheila Glass (Gateshead)
 10:19.8 Debra Dudley (Thurrock)
 10:21.3 Trudy Kenward (Cardiff)
 10:21.5 Hannah Churn (Aldershot F&D)
 10:21.7 Korina Brighton (Huntingdon)
 10:22.3 Melissa Drath (Ashton)
 10:23.0 Sonia Vinall (Brighton & H)

- 10:23.6 Tracey Howard (Worthing)
 10:25.3 Donna Hillyer (Portsmouth)
 10:26.5 Karen Bonney (London Olympiades)
 10:28.5 Tracy Lavelle (Sutton (St. H))
 10:29.2 Sharon Jefferies (Havering)
 10:30.0 Catherine Hunter (Falkirk Victoria)
 10:31.2 Shona Tait (Edinburgh Southern)

80 METRES HURDLES (12.2)

- 11.2w Sarah Dean (Winchester) (11.46)
 11.4w Mandy Lewis (Basildon) (11.5)
 11.4w Tessa North (Borough of Hounslow) (11.8)
 11.4w Claire Venner (Wigmore) (11.6)
 11.4w Diana Warnett (London Olympiades) (11.5)
 11.4w Lynn Parry (Coventry) (11.5)
 11.4w Tracie Such (Birchfield) (11.5)
 11.5 Angela Riggs (Leeds City)
 11.5 Lorraine Brown (Radley)
 11.6 Lynne Roper (Hallamshire)
 11.6 Barbara Clarke (Grimsby)
 11.6 Michelle Allott (Sheffield)
 11.6 Susan Covey (Guildford & G)
 11.6w Sandra White (Bristol) (11.7)
 11.7 Julie Frampton (Notts)
 11.7 Susan Brown (Leicester)
 11.7 Catherine Jackson (Notts)
 11.7w Jane Buttress (Newport)
 11.7w Karen Murdoch (Shettleston) (11.8)
 11.76 Lynda Playel (Verlea)
 11.8 Jacqui Flavius (London Olympiades)
 11.8 Christine Sewell-Alger (Haringey)
 11.8 Jacquelyn Fisher (City of Plymouth)
 11.8 Emma Green (Bexley)
 11.8w Jenny Langston (Cannock Chase) (11.9)
 11.8w Lynn Parry (Derby)
 11.8w Donna Brown (Ayr Seaforth)
 11.8w Denise Phipps (Sparkhill)
 11.9 Deborah Scott (Birchfield)
 11.9 Catherine Roe (Radley)
 11.9 Joanne Taylor (Essex Ladies)
 11.9w Christine Abraham (Exeter)
 11.9w Anne Gillespie (Glasgow)

100 METRES HURDLES (2'6") (15.9)

- 14.24 Lynne Roper (Hallamshire)

THE BEST OF BRITISH MARATHONS **SANDBACH MARATHON**

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

Course Records: Men: 2.12:33, Women: 2.33:32

SUNDAY, 21st JUNE, 1981
 at 12.00 noon

ENTRY FEE £1.00 ON AAA FORMS
 (First 600 entries only)

TO: John Nolan, 7 Kendal Place, Newcastle, Staffs.
 (Tel. 0782 625726).

NB. A 4 hour time limit has been imposed on the race.



Lynne Roper (8), winner of the WAAA Intermediate 100m hurdles title at Crystal Palace in 14.24, and Joanne Taylor who placed third in 14.44.

Bob Sly

- 14.42 Lorraine Brown (Radley)
- 14.44 Joanne Taylor (Essex Ladies)
- 14.61 Sarah Dean (Winchester)
- 14.65 Jacqui Flavius (London Olympiades)
- 14.68 Judith Rodgers (Tailte)
- 14.7 Sandra White (Bristol)
- 14.77 Tracie Such (Birchfield)
- 14.84 Tessa North (Borough of Hounslow)
- 14.9 Diana Warnett (London Olympiades)
- 15.0 Claire Venner (Wigmore)
- 15.03 Lynda Playel (Verlea)
- 15.2 Emma Green (Bexley)
- 15.2 Catherine Jackson (Notts)

100 METRES HURDLES (2'9") (16.5)

- 14.5w Lorraine Brown (Radley) (14.6)
- 14.5w Judith Rodgers (Tailte) (14.6)
- 14.6w Tessa North (Borough of Hounslow) (15.1)
- 14.7w Joanne Taylor (Essex Ladies) (14.84)
- 14.8 Sandra White (Bristol)
- 14.9? Lynne Roper (Hallamshire)
- 14.9 Sarah Dean (Winchester)
- 15.0w Jane Buttress (Newport) (15.2)
- 15.3w Sally Howe (Borough of Hounslow)

- 15.3w Lynda Playel (Verlea) (15.4)
- 15.3w Valerie Walsh (Tonbridge) (15.82)
- 15.3w Tracey Ruckledge (Worthing)
- 15.4 Donalda Fortune (Vale of Leven)
- 15.4 Diana Warnett (London Olympiades)
- 15.4 Jacqui Flavius (London Olympiades)
- 15.5 Jacquelyn Fisher (City of Plymouth)
- 15.6 Suzanne Sherratt (Portsmouth)
- 15.6 Toyin Campbell (Aldershot F&D)
- 15.6 Catherine Jackson (Notts)
- 15.6 Shona Urquhart (Fife Southern)
- 15.6w Cleo May (Fareham)
- 15.7 Linda Keough (Basingstoke)
- 15.7 Sandra Oakley (Newport)
- 15.7 Jackie Wellesley (Barnet)

(Continued next week)

NE HARRIERS LEAGUE 'SHERMAN CUP'

At Newcastle, November 1st

1, G. Forster (Sun) 34:30; 2, B. Leddicot (Gate) 34:46; 3, S. Cram (J&H) 35:16; 4, S. Irvine (Gate) 35:46; 5, C. Taylor (Gos) 35:48; 6, P. Whittle (Els) 35:55. **Teams:** 1, Gosforth 22; 2, Gateshead 25; 3, Sunderland 26. **(Youths):** 1, D. Maguire (J&H) 22:33; 2, A. Pierce (J&H) 22:37; 3, J. Whitfield (Mor) 22:40; 4, M. Teasdale (Blay) 22:42; 5, S. Robson (Mor) 23:35; 6, S. Bird (Sun) 23:41. **Teams:** 1, Morpeth 15; 2, Jarrow & H 19; 3, Blaydon 21. **(Boys):** 1, D. Miles (Gos) 13:16; 2, M. Riley (Blay) 13:35; 3, D. Hudson (Sun) 13:40; 4, B. Bewick (Sun) 13:45; 5, I. Widdrington (C. le S) 13:45; 6, G. Wright (Gate) 13:51. **Teams:** 1, Sunderland 23; 2, Gosforth 24; 3, Wallsend 48. **(Colts):** 1, G. Bird (Sun) 14:05; 2, D. Nelson (Darl) 14:32; 3, J. Dean (Gos) 14:35; 4, G. Baker (Gos) 14:48; 5, P. Dean (Gate) 14:52; 6, M. Smith (Hough) 14:56. **Teams:** 1, Gosforth 16; 2, Elswick 38; 3, Morpeth 39. **Sherman Cup:** 1, Gosforth 157; 2, Elswick 200; 3, Sunderland 221.

NORTH POWYS A.C.

3rd Annual

C.C. OPEN MEETING

(Under W.C.C.A. Rules)

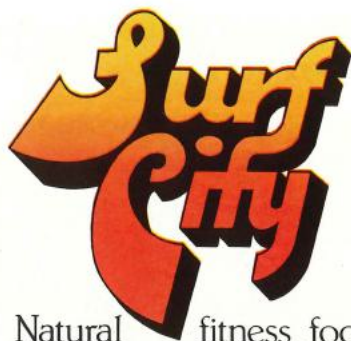
Sun., 14th Dec., 1980, First Race 1.30 pm

From Maesyrrhandir Youth Centre,
Newtown, Powys

U/11 Girls, U/11 Boys, Minor Girls, Colts, Jnr. Ladies, Boys, Int/Snr. Women, Youths, Jnr/Snr. Men.

Entry Fees: Jnr/Snr. Men, Int/Snr. Women 40p, all others 30p. Prizes Seniors, Plaques others.

Entries to: Barrie Waters Sports, Market St., Newtown, Powys. **Closing date 10th Dec., 1980.**



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The Liver has been vacuum dried at a low temperature so that the essential nutrients are conserved. Extra B12 has been added because of its action in protein, fat and carbohydrate metabolism.



Vita - Minerals Plus Ginseng Tablets

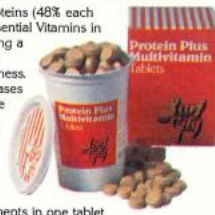
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TAILWIND	6 12	£33.80 (£37.99)
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WAFFLE TRAINER II	5 5 1/2	£17.75 6 12 £20.45
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Who's Who In British Athletics

IAN RICHARDS

Full Name: Ian William Richards. Born at Stockport, 12.4.48. Height: 1.73/5'8". Weight: 63kg/140lb; Pulse rate at rest: 48. Club: Coventry Godiva. Works as a Life Assurance Sales Manager and lives at Maidenhead, Berks. Married; wife's name is Elaine, one son (9) and one daughter (6). Hobbies and interests: Cub Scout Leader.

Became interested in athletics at age 18: "I decided I needed to do something to keep my weight down after leaving school. Athletics seemed to be something I could do as an individual, at my own level, as I was no good at any team sports. Started at all events, trying to find one I was good at (from sprints to distance and had a go at every field event). Settled for cross-country and road running, as my poor standard was less noticeable there. My greatest claim to fame was breaking one hour for 10 miles, twice. After three years, I tried a 7 mile

walking race: Insurance Companies v Stock Exchange v Banks. For the first time ever I finished in the first half of the field. I was introduced by a mutual friend to Phil Embleton and started walking seriously in 1970". Joined Maidenhead AC in 1966. Never competed in the English Schools: "Was never good enough to represent the school at anything".

"Ron Clarke and Ron Hill were two who inspired me through their performances, but clubmates Phil Embleton and Shaun Lightman had most influence." The athlete he most admires today is Jorge Llopert, "who's not only a great athlete but a really friendly and genuine person. Raul Gonzales is really special — every time I have seen him race he gives everything. I'll never forget passing him in Moscow, wandering from side to side of the road with an ambulance following just waiting for him to drop". Realised he could make international level in 1978. Favourite event now is the 50km.

Personal bests: 3km — 12:26.5 (1980); 10km — 46:21 (1978); 20km — 93:00 (1978); 50km — 4:07:57 (1980); 100km — 9:45:48 (1980). Competitive achievements include: 1978 — 2nd RWA 50km, 23rd European 50km; 1979 — 37th Lugano Trophy 50km; 1980 — 1st in both Olympic 50km Trials, 11th Olympic 50km. Annual progression at 20km & 50km:

1971	—	5:07:08
1972	—	—
1973	—	5:00:47
1974	—	—
1975	—	—
1976	1:37:43	4:43:05
1977	1:39:58	—
1978	1:33:00	4:18:32
1979	1:36:13	4:14:17
1980	1:33:31	4:07:57

Most pleasing performance was winning the London to Brighton in 1979 "when everything was against me. I missed the start, had a lengthy pit-stop and my attendant got lost. I didn't take the lead until I was in Brighton". Greatest disappointment: "the 1977 season, when disqualified in every major race including six races in succession". Next year's aim is to break 4 hours for 50km and long-term goal is to win a Commonwealth medal — "which is a realistic target". Intends to stay in athletics after retirement. "I am already involved to a limited degree with administration as I run an insurance scheme for the Race Walking Association. It is likely I shall become more involved in administration although as I build up more and more knowledge of my event and as there is a grave shortage of coaches in walking, this aspect



Ian Richards' target for next year is to break 4 hours for 50km.

Mike Street

WALKING SPECIAL

is becoming more appealing". What he likes about athletics is the way athletes stand or fall by their own efforts. Dislikes "the perpetual moaners who are obsessed with everything that is wrong with British athletics, when there is so much that is good. If their energies were used constructively, many of the problems could be solved".

Advice to a youngster taking up athletics: "Try as many events as possible, find one you enjoy and stick with it. Any setbacks will be far easier to overcome if you enjoy your event".

Use of steroids

Comment: "My event is ideally suited to the use of steroids. I have seen them openly offered by foreign athletes in exchange for gear. How extensive is their use is unknown, but the improvement in standard in recent years at 50km is far less due to the rules of walking being ignored than is commonly thought. The average speeds attained during the very fastest races have not been above those at which legal walking becomes suspect. Testing during the training period is a must, and the sooner the better. The use of steroids has, however, proved that the optimum training levels are far higher than previously envisaged. I think that far more could be done to find legal ways to achieve the recovery rates needed to train as hard as those using drugs. There are far too few people in the UK with a knowledge of such things as diet and massage for improving performance as opposed to handling injuries."

Training

Trains twice a day, all year round, with the first session at around 7.00 am for one hour and the second at 5.00 pm for up to 2½ hours. Usually trains around his home or occasionally does a track session on a nearby cinder track.

Has been advised by Reg Wells since October 1979. Coaching "got me to Moscow, and should get me through the four hour barrier". Sees his coach infrequently and usually only at races, "which works out at about once a month." Dislikes interval training, but considers it essential. **Training cycle:** "Winter is a build-up period, and then I plan according to the races I am trying to peak for. Ideally, I like at least 6 weeks between them which allows a full build-up for each race".

Typical week's training in winter, (January 27th — February 2nd 1980): Sunday — (am) 30 mins stretching, 1×5km, 1×4km, 1×3km, 1×2km, 1×1km; (pm) 32km in 3 hr 10 min.

Monday — (am) 30 min stretching, 15km; (pm) 22km in 2 hr 5 min. **Tuesday** — (am) 30 min stretching, 10×1km; (pm) 44km in 4 hours. **Wednesday** — (am) 30 min stretching, 6×2km; (pm) 32km in 3 hr 10 min. **Thursday** — (am) 30 min stretching, 20km; (pm) 15km in 1 hr 20 min. **Friday** — (am) 30 min stretching, 6×2km; (pm) 32km in 3 hr 10 min. **Saturday** — (am) 30 min stretching, 10×1km; (pm) 40km in 4 hours. "This was one of four weeks spent in Spain. All interval sessions were on the road, whilst all the other sessions were on hilly terrain. All but two sessions were on my own".

Typical week's training in summer, (June 15th-June 21st 1980): Sunday — 44km in 4 hours. **Monday** — (am) 30 min walking drills followed by 9 km. **Tuesday** — (am) 30 min stretching, 30 min drills; (pm) 10×1km followed by 11km in 1 hour. **Wednesday** — (am) 30 min stretching, 30 min drills; (pm) 24km in 2 hours. **Thursday** — (am) 30 min stretching, 30 min drills; (pm) 28km in 2½ hours. **Friday** — (am) 30 min stretching, 30 min drills; (pm) 12km in 1 hour. **Saturday** — (am) 30 min stretching, 30 min drills; (pm) National 35km: 9th in 2hr 53 min 27 sec. "All training on my own. With the exception of 50km races, I do not adjust my training for any other events. My results can often be misleading to others as to my form."

"My employees have been generous in respect of time off for training in 1980. Now that I have returned to full-time work, some adjustments for 1981 will be necessary in respect of the winter build-up". Competition: "Would like to compete almost every week, but Reg's advice prevails, and I race on average once a month".

CHESTER & ELLESMERE PORT A.C.

ROUND THE WALLS RACES

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

BOXING DAY, DECEMBER 26th, 1980

At Chester Race course, The Roodee

10.45 a.m.	Young Colts (9 & 10)	1 Mile (35p)
11.00 a.m.	Colts (11 & 12)	1 Mile (35p)
11.15 a.m.	Boys (13 & 14)	2 Miles (35p)
11.30 a.m.	Youths (15 & 16)	3 Miles (£35p)
12 noon	Senior Men	4 Miles (50p)
12 noon	Veteran Men	4 Miles (50p)
12 noon	Inter. & Sen. Ladies (O/15)	2 Miles (50p)

Ages: YC, C, B, Y as at 1.9.80; Vets. 26.12.80; Ladies 31.8.80.

Individual awards, trophies and prizes in all races.

**Sponsors: Anchor Motors Ltd.,
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Entries (with d.o.b) to: S. Cutler, 36 Halkyn Road, Chester. SAE for acknow. and travel directions.

CLOSING DATE 6th DECEMBER

Late entries £1 all races

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

Spotlight On Youth

GORDON VALE

FULL NAME: Gordon Vale. **Born:** Beddington (Surrey) 12.1.62. **Height:** 1.86m (6'1"). **Weight:** 66kg (145lbs). Attends the University of Essex and is a member of Surrey Walking Club. **Coach:** Julian Hopkins. **Hobbies:** Tennis, writing, listening to classical music and reading. His father is also a walker and his mother a PE teacher. Got started in athletics through the Walking Club. "I had been a member of Surrey Walking Club since 1970, which meant strolling for 15-20 miles over the Surrey Hills at weekends, and it was a natural progression to start race-walking (Dec. 1974). My father had introduced me to the club, but the motivating factor was really the aspiration of reaching the Olympics".

Has competed in the English Schools Championships five times, placing 15th in the Junior 3km in 1975, disqualified in 1976, second in the Intermediate 5km in 1977, first in 1978 and first in the Senior 10km in 1980. Brief details of achievements in other major competitions: 1979 — 6th European Junior Champs, 5th v Russia (Senior International); 1st AAA Junior Champs; 1st RWA Junior Champs. 1980 — 1st AAA Junior Champs; 3rd AAA Senior 10km Champs.

Annual progression:

	3km	10km
1975	16:22.0	—
1976	14:19.0	—
1977	13:41.0	50:21.0
1978	13:10.5	46:36.4
1979	12:44.9	43:32.0
1980	12:21.9	43:57.6

Favourite event is the 3km (track). Most enjoyable part of athletics is "travelling abroad". Dislikes "training in the rain (which seems to be something of a tautology for me)". Performance which has given the greatest pleasure is "finishing sixth in the European Junior Championships. I was ranked only 15th and knocked 69 sec off my personal best". Greatest disappointment: "Being disqualified in this year's National 20km, after finishing".

Training: Trains most of the year round, peaking for one or two major competitions. Has no set winter or summer training but spends about five months peaking for one performance with a short non-active rest after the race. **Typical weeks training at start of build-up.** Sunday — 30km on road; Monday — rest; Tuesday — tennis; Wednesday — 10 miles on road; Thursday — rest; Friday — rest; Saturday — 4-5 miles cross country, circuit training. **Typical weeks training approaching major competition:** Sunday — 25km on road; Monday — am, 10km on road; pm, track sprints (e.g. 2km, 2×3km, 2km); Tuesday — am, 10km on road; pm, 7km on road;

WALKING SPECIAL



GORDON VALE

Mike Street

Wednesday — track sprints; Thursday — am, swimming; pm, 20km on road; Friday — am, 5km on road; pm, 10km on road; Saturday — am, 2×10km; pm, race or 12km on road. Circuit training every day. "All sessions are done to the best of my ability". Main rivals are "all the others of my age improving as fast as I am, eg Phil Vesty, Ian McCombie, Richard Dorman". Athletes he particularly admires are "Lasse Viren, for his consistent ability to peak for a major event, albeit only every four years, Ruth Fuchs, for the same reason and similarly Victor Saneyev". Short-term target: European Junior Championships 1981. Long-term: "To achieve the maximum possible from my ability and to do it at the Olympics".

Comment: "Since I took up athletics because of the existence of the Olympics, I have considered the two notions to be synonymous. There cannot exist any athletics without the ultimate goal. Hence I feel that to take away this hope is rather like telling a student after three years of slaving doggedly, that there is no degree but that instead, there are other academic awards quite irrelevant to his aims".

PHILIP VESTY

FULL NAME: Philip John Vesty. **Born:** Oadby (Leicester), 5.1.63. **Height:** 1.83m (6'0"). **Weight:** 74kg (161 lbs). Attends Beauchamp College and is a member of Surrey Walking Club. **Coach:** Peter Markham. **Hobbies:** He competes at most other sports and considers the competition more important than the result. He also enjoys gardening, "a useful method of relaxing to get away from the pressures of training and studying". His younger brother walks occasionally and his younger sister is just starting athletics. Got started in athletics "through the Boys' Brigade in 1975". Joined Surrey Walking Club in 1976.

Has competed in the English Schools Championships five times, placing 6th in the Junior 3km in 1976, 1st in the 3km in 1977, 11th in the Intermediate 5km in 1978, 4th in 1979, and was disqualified in the Senior 10km in 1980. Brief details of achievements in other major competitions: 1979 — RWA Youths 5km champion. 1980 — 8th UK Champs 10km; 2nd AAA U/20 Champs; Junior Internationals v W. Germany, v Italy and v France, Spain & Switzerland.

Annual progression:

	5km	10km
1977	24:44	54:08
1978	23:42	51:55

1979	22:50	46:32
1980	21:56	44:31

Favourite event is the 10km (track). Most enjoyable part of athletics is "Meeting and talking to other athletes and achieving personal aims". Dislikes "training on my own and feeling I haven't tried my hardest after finishing a race". Performance which has given the greatest pleasure is "winning the RWA Youths 5km Championship. I received much greater recognition from many top Senior walkers." Greatest disappointment: "Disqualification in the 1980 English Schools Championships. It was the first time I had been disqualified, at the time I was sharing the lead with Gordon Vale".

Training: Trains every day, all year round.

Typical week's training in Summer: Sunday — easy 20km; Monday — brisk 15km; Tuesday — easy 15km or 4x2km fast; Wednesday — brisk 15km; Thursday — easy 15km or fast 10-15km; Friday — easy 10km or 15km; Saturday — race.

Typical week's training in Winter: Sunday — easy 25-30km; Monday — weights; Tuesday — brisk 15km; Wednesday — fast 15km; Thursday — brisk 15km; Friday — fast 10km; Saturday — brisk 25km. Main rivals: Gordon Vale at Junior level, but also most Seniors. Short-term target: European Junior Championships 1981. Long-term: "Obviously the Olympic Games, but not necessarily 1984. I would like to step up to 50km after a few years racing at 20km".

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3 KILOMETRES TRACK

11:59.1	Roger Mills
12:00.5	Steve Barry
12:12.0	Chris Harvey
12:15.6	Brian Adams
12:15.7	Mike Parker (NZ)
12:17.8	George Nibbe
12:21.9	Gordon Vale
12:23.9	Mick Greasley
12:24.5	Richard Dorman
12:26.5	Ian Richards
12:28.9	Amos Seddon
12:31.4	Alan King
12:34.7	Chris Maddocks
12:40.6	Mike Holmes
12:40.7	Adrian James
12:41.5	Graham Morris
12:45.2	Ian McCombie
12:46.3	Ken Carter
12:49.0	Roy Sheppard
12:51.6	Phil Vesty
12:52.9	Mike Dunion
12:53.0	Tony Malone
12:53.0	Bob Dobson
12:53.4	Paul Blagg
12:53.8	Carl Lawton
12:56.2	Denys Jones
12:58.8	Mike Angrove
12:59.6	Barry Graham
13:00.9	Russell Bestley
13:01.2	John Warhurst
13:01.4	Dennis Jackson
13:03.6	Shaun Lightman
13:06.3	John Hall
13:06.4	Julian Robinson

10 KILOMETRES TRACK

42:41.6	Mick Greasley
42:44.0	George Nibbe
42:54.6	Roger Mills
43:19.4	Chris Harvey
43:26.3	Adrian James
43:34.1	Steve Barry
43:34.6	Mike Holmes
43:37.9	Alan King
43:39.6	Mike Parker (NZ)
43:57.6	Gordon Vale
44:08.0	Brian Adams
44:26.0	Amos Seddon
44:38.0	Ian McCombie
44:47.0	Dennis Jackson
44:52.0	Carl Lawton
44:53.0	Roy Sheppard
45:01.2	Dave Jarman
45:09.6	Phil Vesty
45:23.7	Graham Morris
45:30.0	Julian Robinson
45:44.0	John Warhurst
45:51.9	Richard Dorman
46:04.0	Mike Dunion
46:16.0	Tony Malone
46:23.0	Brian Armstrong
46:26.0	Dave Stevens
46:39.0	Peter Selby
46:40.0	Dave Hay
46:46.0	Mike Scamell
46:47.7	Mike Angrove

20 KILOMETRES ROAD

1:27:00	Roger Mills
1:27:32	Steve Barry

1:28:34	Alan King
1:28:37	Dave Jarman
1:29:02	Olly Flynn
1:29:10	Chris Harvey
1:29:19	Amos Seddon
1:29:20	Mike Parker (NZ)
1:29:24	George Nibbe
1:30:02	Brian Adams
1:30:22	Roy Sheppard
1:30:30	Graham Morris
1:30:51	Mick Greasley
1:31:40	Adrian James
1:31:46	Mike Holmes
1:31:47	Dennis Jackson
1:32:16	Ken Carter
1:32:30	Bob Dobson
1:33:10	Dennis Holly
1:33:11	Mike Dunion
1:33:21	Ian McCombie
1:33:31	Ian Richards
1:34:05	Mark Wordsworth
1:34:26	Murray Lambden
1:34:41	Paul Blagg
1:34:50	Barry Graham
1:35:15	Phil Vesty
1:35:42	Peter Ryan
1:35:51	Chris Maddocks
1:36:20	Julian Robinson
1:36:22	David Stevens
1:36:29	John Paddock

50 KILOMETRES ROAD

4:05:14	Chris Maddocks
4:07:57	Ian Richards
4:08:41	Adrian James

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CLOSING DATE:

31st DECEMBER, 1980

but late entries will be accepted until 31st January, 1981, at £5 per team.

N.B. We ask clubs to co-operate by entering in good time so that the very difficult task of allocating venues can be completed by 31st January, 1981.

ENTRY DETAILS FROM:

G.R.E. Cups Secretary:

Richard A. Weston,
17a Montague Road, London SW19 1TB.
Telephone: 01-540 6016.

Assistant Cups Secretary:

Miss Norma Blaine,
5 Goodrest Croft, Yardley Wood,
Birmingham B14 4JU.

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

4:10:06 Mike Parker (NZ)
 4:10:42 Amos Seddon
 4:16:25 Dennis Jackson
 4:16:47 George Nibre
 4:20:25 Bob Dobson
 4:22:39 Carl Lawton
 4:23:01 Brian Adams
 4:24:13 John Paddick
 4:24:57 Murray Lambden

4:25:18 Tony Geal
 4:31:55 Paul Blagg
 4:34:41 John Eddershaw
 4:35:58 John Warhurst
 4:36:12 Chris Berwick
 4:38:46 Barry Graham
 4:41:08 Peter Hodgkinson
 4:42:06 Graham Morris
 4:42:15 Peter Selby

4:42:56 Tony Collins
 4:43:15 Keith Halstead
 4:44:03 Graham Young
 4:45:03 John Errington
 4:45:26 Ray Hankin
 4:45:30 Graham Thomas
 4:46:14 Mike Scamell
 4:47:07 Stuart Bennett
 4:47:12 John Newnham

Race Walking News

Road Walks, at Peacehaven (October 15th).

With gale force winds off the sea, the walkers felt the full brunt on this cliff top course and all times were affected although the wind assisted stretches may have even helped a bit! Outstanding was new international Jill Barrett who dealt a psychological blow to Steyning's Sarah Brown before their battle for the National Intermediate road title on December 6th. However Sarah has held a similar superiority all year and this cannot be looked on as a 'bad one' although she did not respond so well to the conditions as the taller Verlea girl.

The Metropolitan Police repeated last year's victory in the men's match despite having Graham Scott 'pulled' while battling with the group in second place.

(10km): 1, P. Blagg (Met. P) 46:34; 2, A. Buchanan (B&H) 49:19; 3, M. Harper (RAF) 49:27; 4, M. Nicholls (Met. P) 49:59; 5, N. Posener (B&H) 50:38; 6, D. Salter (Met. P) 52:09; 7, J. Lees (B&H) 52:45; 8, D. Fotheringham (Met. P) 52:50; 9, M. Jones (RAF) 53:03; 10, K. Dale (B&H) 53:07. **Teams:** 1, Met. Police 46; 2, Brighton & H 51; 3, RAF 74. **(Boys, 3km):** 1, D. Duche (Fra) 15:03; 2, D. Bearman (Stey) 15:19; 3, G. Ringshaw (Stey) 15:38; 4, M. Hesketh (Stey) 15:51; 5, J. Vivian (B&H) 17:36; 6, M. George (B&H) 17:44. **(Women, 3km):** 1, J. Barrett (Ver) 15:01; 2, S. Brown (Stey) 15:26; 3, S. Attou (Fra) 16:48. **(Juniors, 3km):** 1, H. Ringshaw (Stey) 16:30; 2, E. Ryan (E&E) 17:31; 3, K. Todd (E&E) 17:34.

Floodlit track meeting, at Withead

(November 11th). With the news that he has been invited home to New Zealand in January for a series of races, Mike Parker seems to have regained some inspiration that has been missing since the dismay of New Zealand's Olympic withdrawal. On a cold damp night he removed five seconds from the Withead 3000m record set the previous month by Richard Dorman, yet he was completely unpressed. The women's race saw Beverley Francis tag in-form Sarah Brown (16) for five laps before falling away but still clocking her second fastest ever time and best of the year. For Sarah it was another fast victory although slightly slower than her 14:26.2 in October. Meanwhile her 11-year-old brother Gareth, the National Colts champion, ducked under 15 min

for his first time on the track when placing second to the much improved Don Bearman.

(3km): 1, M. Parker (B&H) 12:25; 2, N. Posener (B&H) 13:42; 3, A. Buchanan (B&H) 13:52; 4, J. Bean (Stey-Y) 14:32; 5, B. Hawkins (Met-52) 15:16. **(Boys, 3km):** 1, D. Bearman (Stey) 14:33; 2, G. Brown (Stey) 14:47; 3, G. Ringshaw (Stey) 14:52; 4, M. Hesketh (Stey) 15:10; 5, S. Grettton (Stey) 16:22. **(Women, 3km):** 1, S. Brown (Stey-I) 14:33; 2, B. Francis (B&H) 14:48. **(Juniors, 3km):** 1, H. Ringshaw (Stey) 15:35; 2, S. Clark (Stey) 17:44; 3, L. Naldrett (Stey) 17:57.

Alan Buchanan

NARWA Winter League, at Bradford (November 8th).

10km: 1, D. Jackson (Yk. P) 45:51; 2, T. Malone (Stock) 46:08; 3, D. Staniforth (Sheff) 46:37; 4, T. Taylor (Lanc) 46:47; 5, S. Tyas (Yk) 46:57; 6, D. Shaw (Sheff) 49:03; 7, J. Errington (Yk. P) 49:32; 8, E. Crompton (Lanc) 49:56. **(Juniors, 10km):** 1, J. Champion (Sheff) 54:07; 2, D. Griffin (Sheff) 54:57; 3, M. Pilmoor (Yk. P) 55:29. **(Youths, 5km):** 1, R. Loftus (Yk. P) 26:40; 2, D. Moore (Stock) 27:29. **(Boys, 5km):** 1, D. Jackson (Yk. P) 30:56; 2, C. Parrott (Stock) 33:20. **(Women, 3km):** 1, C. Tyson (Lake) 14:37; 2, G. Edgar (Lake) 16:08; 3, L. Millan (Lake) 16:22; 4, S. Howard (Bol) 16:37.

Dawlish Open 10km (November 16th). 1, G. Morris (Stey) 46:35; 2, D. Stevens (Stey) 48:26; 3, E. Shillabeer (Dawl) 49:05; 4, J. Turner (Trow) 49:44; 5, S. Maidment (Stey) 49:55; 6, J. Ball (S&E) 50:39. **Teams:** 1, Steyning; 2, Dawlish; 3, Trowbridge. **(Youths, 2½km):** 1, B. Williams (B'stoke) 11:52; 2, M. Hesketh (Stey) 12:31. **(U/14, 2½km):** 1, G. Brown (Stey) 12:38; 2, D. Stone (Stey) 13:24. **(Inters, 2½km):** 1, S. Brown (Stey) 12:00; 2, P. Willis (B'stoke) 14:03. **(U/14, 2½km):** 1, J. Skinner (B'stoke) 13:39; 2, H. Lawley (Wey) 14:07.

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24th JANUARY, 1981

(to be followed by Club Dinner)

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

Cross Country Leagues

LONDON COLLEGES LEAGUE

At Parliament Hill, October 22nd

1, M. Cawood (Oxford City) 27:50
 2, J. Huntingford (Westminster Col.) 27:54
 3, J. Kaye (Middlesex Poly.) 27:59
 4, R. Wilding (LSE) 28:04; 5, D. Warren (Ox. P) 28:05; 6, H. Dixon (QEC) 28:26; 7, S. Kirk (Imp. C) 28:32; 8, J. Watson (Ox. P) 28:37; 9, P. Biddlecombe (LSE) 28:44; 10, M. Kelly (Imp. C) 28:54; 11, M. Brown (Wye) 29:08; 12, C. Miller (Sy. U) 29:12; 13, J. Bowles (NLP) 29:13; 14, G. Jerwood (Brun. U) 29:14; 15, J. Martin-Soler (Eal. C) 29:16; 16, R. Gardner (Barts. H) 29:22; 17, M. Slater (Sy. U) 29:25; 18, P. West (UCL) 29:27; 19, A. Steadman (RVC) 29:28; 20, P. Ramsey (LSE) 29:38; 21, C. Finill (Sy. U) 29:41; 22, M. Baggs (UCL) 29:46; 23, K. Capper (WLIHE) 30:09; 24, M. Crees (UCL) 30:23; 25, G. Armstrong (UCL) 30:25. **Teams: Div. 1:** 1, Imperial Col. 367; 2, University Col. 358; 3, Oxford Poly. 355; 4, Surrey Univ. 346; 5, London Sch. Econ. 336; 6, North London Poly. 314. **Div. 2:** 1, City Univ. 338; 2, Queen Mary Col. 324; 3, Royal Vet. Col. 283; 4, Thames Poly. 279.

At Uxbridge, November 11th

1, Kaye 25:45; 2, S. Harris (WLIHE) 26:01; 3, Huntingford 26:08; 4, S. Caldwell (SMC) 26:10; 5, Watson 26:15; 6, Capper 26:21; 7, A. Bridge (WLIHE) 26:21; 8, Martin-Soler 26:32; 9, Brown 26:35; 10, Wilding 26:46; 11, Jerwood 26:47; 12, P. Royston (WLIHE) 26:54; 13, Biddlecombe 27:00; 14, Kelly 27:04; 15, S. McDonald (Mx. P) 27:07; 16, Finill 27:14; 17, Dixon 27:17; 18, Crees 27:20; 19, D. Smith (WLIHE) 27:20; 20, M. Maidment (Brun. U) 27:28; 21, K. Robinson (WLIHE) 27:29; 22, C. Lizieri (LSE) 27:37; 23, D. Whelon (Wye) 27:40; 24, C. Miller (LSH) 27:48; 25, G. Longhurst (Imp. C) 27:50. **Teams:**

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

Div. 1: 1, West London IHE 426; 2, London Sch. Econ. 373; 3, Imperial Col. 355; 4, University Col. 342; 5, Brunel Univ. 332; 6, Surrey Univ. 303. **Div. 2:** 1, City Univ. 338; 2 eq, Westminster Col. & Imperial Col. 303; 4, Queen Mary Col. 301.

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

At Norton, October 26th

1, P. Harker (Darl) 29:17; 2, S. Markley (M&C) 29:50; 3, G. Potts (M&C) 29:50; 4, S. Watson (M&C) 31:00; 5, J. Williams (Mand) 31:09; 6, T. Dinn (Burn R-J) 31:42; 7, K. Marshall (M&C) 31:50; 8, K. Braithwaite (Burn R-J) 31:53; 9, A. Precious (Burn R-J) 32:05; 10, P. Veitch (M&C) 32:30. **Teams:** 1, Middlesbrough & C 16; 2, Burn Road 34; 3, Mandale 56. **(Vets):** 1, K. Lupton (Burn R) 32:39; 2, T. Rooke (M&C) 33:18. **(Youths):** 1, D. Rhymmer (Blake) 21:53; 2, A. Hainsworth (Burn R) 22:02; 3, P. McNaughton (N'field) 22:05; 4, R. Jack (M&C) 22:10; 5, A. McAuliffe (Stains) 22:16; 6, S. Potts (N'field) 22:33. **Teams:** 1, Northfield 37; 2, Middlesbrough & C 40; 3, Blakeston 43. **(Boys):** 1, M. Simmons (M&C) 10:01; 2, M. Webster (T&S) 10:22; 3, G. Robertson (Blake) 10:27; 4, D. McAuliffe (Stains) 10:30. **Teams:** 1, Middlesbrough & C 100; 2, De Brus 131; 3, Blakeston 140. **(Colts):** 1, S. Dickinson (M&C) 8:44; 2, K. Hudson (Mand) 8:58; 3, J. Blackett (Mand) 9:10. **Teams:** 1, Mandale 70; 2, De Brus 111. **(Women):** 1, M. Levy (Mand) 12:14; 2, C. Shears (M&C) 12:45; 3, C. Gordon (Burn R) 12:54; 4, D. Harrison (Mand) 13:10; 5, H. Woolley (T&S) 13:36; 6, C. O'Rourke (Mand) 13:42. **Teams:** 1, Mandale 18; 2, Middlesbrough & C 53; 3, Langbaugh 57. **(Inters):** 1, M. Kell (Darl) 9:42; 2, J. Hughff (Blake) 10:02; 3, K. Pell (De B) 10:06; 4, E. Baker (M&C) 10:17; 5, A. Knock (T&S) 10:18; 6, J. Ripley (De B) 10:22. **Teams:** 1, De Brus 27; 2, Middlesbrough & C 58; 3, Langbaugh 60. **(Juniors):** 1, T. Thompson (De B) 10:30; 2, V. Christon (N'field) 11:02; 3, K. Hiscocks (Blake) 11:10; 4, C. Cameron (SH) 11:21. **Teams:** 1, Blakeston 78; 2, Langbaugh 95; 3, Northfield 106.

RUGBY & DISTRICT YA LEAGUE

At Rugby, October 26th

(Youths): 1, C. Wills (North) 11:20; 2, S. McMorran (Leam) 11:29; 3, S. Wright (Cor) 11:33; 4, P. O'Callaghan (S&SH) 11:41; 5, M. Hickin (RSC) 12:04; 6, N. Beere (Rug) 12:06; 7, S. Tibbs (Cor) 12:09; 8, A. Reilly (Cor) 12:15. **Teams:** 1, Corby 198; 2, Royal Sutton Coldfield 188; 3, Northampton Ph. 187. **(Boys):** 1, R. Jones (Spark) 8:52; 2, R. Oran (Cor) 8:59; 3, D. Lee (Spark) 9:04; 4, A. Davies (Leam) 9:05; 5, M. Jacobs (Rug) 9:08; 6, M. Guest (RSC) 9:10. **Teams:** 1, Corby 203; 2, Solihull & SH 195; 3, Royal Sutton Coldfield 181. **(Colts):** 1, B. Barian



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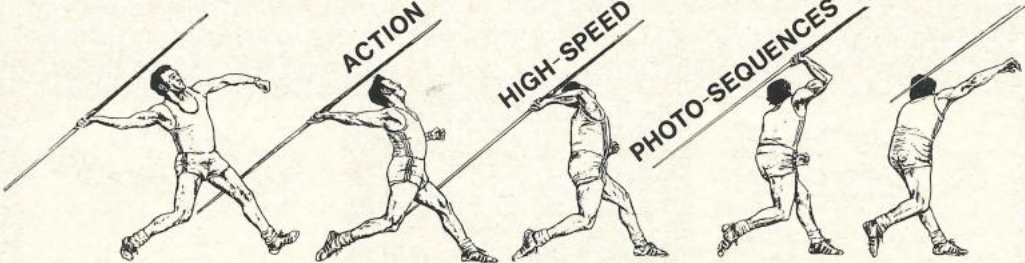
(Nun) 5:33; 2, M. Chatfield (Banb) 5:37; 3, P. Hemmings (Spark) 5:42; 4, J. Hassey (RSC) 5:49. **Teams:** 1, Royal Sutton Coldfield 202; 2, Nuneaton 200; 3, Sparkhill 187. **(Inters):** 1, J. Cooke (Ald. C) 10:03; 2, N. McDonnell (Card. W) 10:27; 3, Y. Eden (S&SH) 10:39; 4, L. Bassett (North) 10:47; 5, F. Cassidy (North) 10:48; 6, C. Taylor (Nun) 10:51; 7, D. Yule (North) 10:52; 8, L. Ewington (Nun) 10:58. **Teams:** 1, Sparkhill 173; 2, Northampton Ph. 167; 3, Kettering Town 166. **(Juniors):** 1, S. Eady (North) 10:01; 2, T. Martin (Tam) 10:03; 3, A. Carmody (Card. W) 10:03; 4, C. Wilson (Card. W) 10:23; 5, L. Gray (Kett) 10:27; 6, J. Dicks (Nun) 10:29. **Teams:** 1, Cardinal Wiseman 195; 2, Solihull & SH 185; 3, Banbury 175. **(Girls):** 1, V. Quinn (S&SH) 6:15; 2, J. Hall (Card. W) 6:18; 3, C. Mercer (Ald. C) 6:26; 4, T. Andrews (Ban) 6:30. **Teams:** 1, Solihull & SH 211; 2, Royal Sutton Coldfield 159; 3, Cardinal Wiseman 148.

ESSEX LEAGUE

At Danbury Park, November 1st

1, N. Allison (Ipswich) 29:23
2, P. Betteridge (Havering) 29:30
3, M. Fletcher (Chelmsford) 29:38
4, M. Rolfe (Ex. B) 30:01; 5, J. Willoughby (Chelm) 30:03; 6, G. Payne (S'end) 30:05; 7, R. Peck (Col) 30:37; 8, L. Gough (Ex. B) 30:39; 9, S. Viner (Hav) 30:57; 10, D. Bathasar (S'end) 31:03; 11, L. Lushington (Ips) 31:09; 12, M. Carruthers (Ex. B) 31:10; 13, C. Turner (Ex. P) 31:11; 14, M.

Carey (Ex. B) 31:12; 15, J. Harold (Norf) 31:15; 16, B. Diss (Hav) 31:24; 17, S. Bishop (Chelm) 31:30; 18, S. Kightley (Ips) 31:39; 19, M. O'Halloran (Chelm) 31:44; 20, C. Stringer (Ex. B) 31:47. **Teams:** 1, Chelmsford 89; 2, Essex Beagles 101; 3, Havering 152; 4, Southend-on-Sea 207. **(Youths):** 1, A. Parr (Ex. B) 15:38; 2, R. Gray (Ex. B) 15:43; 3, M. Gibbs (Chelm) 15:45; 4, S. Clark (Ex. B) 15:45; 5, P. Barr (Bas) 15:47; 6, P. Haynes (Bas) 16:00; 7, K. Berrett (Hav) 16:14; 8, I. Chalk (Bas) 16:16; 9, J. Freeman (Chelm) 16:21; 10, D. Lawless (Thur) 16:34. **Teams:** 1, Essex Beagles 24; 2, Chelmsford 37; 3, Basildon 44. **(Boys):** 1, A. Rosbrook (Bas) 14:46; 2, L. Bright (Col) 14:50; 3, P. Bailey (Ips) 14:58; 4, T. Dafosse (Ex. B) 15:05; 5, C. Smith (Norf) 15:12; 6, S. Debenham (Ex. B) 15:16. **Teams:** 1, Essex Beagles 49; 2, Norfolk Olym. 61; 3, Basildon 65. **(Colts):** 1, R. Middleton (Hav) 10:29; 2, G. O'Connor (Hav) 10:30; 3, H. Thomas (Bas) 10:31. **Teams:** 1, Havering 12; 2, Basildon 56; 3, Essex Beagles 65. **(Women):** 1, C. Brown (Hav) 14:48; 2, S. Jefferies (Hav) 14:52; 3, A. Tamplin (Harl) 14:57; 4, C. Wilkins (Hav) 15:01; 5, B. Lock (Ilf) 15:21; 6, T. Feeney (Bas) 15:51; 7, S. Bidwell (Bas) 16:05; 8, C. Easter (Norf) 16:14; 9, C. Eyre (Harl) 16:18; 10, I. Peaty (Ips) 16:20; 11, P. Brooks (Hav) 16:22; 12, S. Eastall (Ips) 16:25. **Teams:** 1, Havering 18; 2, Basildon 74; 3, Harlow 82; 4, Ipswich 88. **(Juniors):** 1, E. Haley (Hav) 10:29; 2, A. Cushman (Thur) 10:38; 3, L. Bignell (Norf) 10:42; 4, G.



THE IDEAL CHRISTMAS PRESENT THIS YEAR!

ATHLETICS ACTION SEQUENCES IN COLOUR ON SLIDES

by Howard Payne (Official photographer to the AAA, BAAB and IAAF)

Give this ideal coaching and teaching aid — action sequences of the world's best athletes (Nehemiah, Moses, Volkov, Myricks, Beyer, Oerter, Riehm, Mills, Brill, Jahl, Fuchs, etc.) on 35 mm colour slide transparencies. Better than cine film for 'stopping' the movement, these sequences have been shot at high speed, and selected frame by frame to show the essential positions throughout a stride cycle in running, a hurdling action, technique in a throw, etc. (The number of slides per sequence varies according to the event but an average is 20, for which the price is £8.65, including plastic wallet, postage, etc.).

PHOTO-SEQUENCE POSTERS

Still available are 14 different posters containing sequences of top athletes in action (£1.75 each poster).

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

Danson (Bas) 10:48; 5, C. Eagleton (Hav) 10:51. **Teams:** 1, Basildon 34; 2, Havering 37; 3, Thurrock 65. (**Girls:**) 1, A. Penfold (Thur) 8:22; 2, W. Catlin (Ex. B) 8:37; 3, L. Cye (Harl) 8:40. **Teams:** 1, Essex Beagles 40; 2, Thurrock 48; 3, Havering 74.

LONDON SERVICES LEAGUE

At RAF Stanbridge, November 5th

1, Pickford (PCDRE) 26:19; 2, Campbell (Chess) 27:01; 3, Flanagan (W. Dray) 27:21; 4, Donovan (PCDRE) 27:58; 5, Thornton (PCDRE) 28:07; 6, Delaney (3Q) 28:10. **Teams:** 1, PCDRE 585; 2, RAF Chessington 559; 3, Met. Police 537.

RED ROSE LEAGUE

At Rochdale, November 8th

1, D. Singleton (Bol) 28:40; 2, D. Lewis (Ross) 28:40; 3, P. Dixon (Ross) 29:27; 4, D. Cartridge (Bol) 29:36; 5, C. Robinson (Roch) 30:23; 6, K. Barrett (Roch) 30:36; 7, P. Standing (Bol) 30:48; 8, T. Barker (Bury) 30:59; 9, M. Bradshaw (Ross) 31:02; 10, E. Richardson (Ross) 31:21; 11, B. Little (Bol) 31:29; 12, V. Bower (Bol) 31:33; 13, I. Holloway (Roch) 31:34; 14, A. Horner (Manx) 31:36; 15, M. Atherton (Horw) 31:36; 16, M. Short (Horw) 31:40. **Teams:** 1, Bolton 57; 2, Rossendale 72; 3, Rochdale 92. (**Youths:**) 1, A. Uttley (Bol) 18:48; 2, M. Lee (Bol) 19:16; 3, J. Patel (Bol) 19:21; 4, P. Wynne (Pilk) 19:36; 5, N. Tulip (Bol) 19:36; 6, P. Clarke (Manx) 19:45. **Teams:** 1, Bolton 11; 2, Pilkington 45; 3, Manx 62. (**Boys:**) 1, P. Wright (St. H) 9:40; 2, S. Carr (Pilk) 9:45; 3, M. Tattersall (Ross) 9:52; 4, Y. Patel (Bol) 9:59. **Teams:** 1, Bolton 51; 2, Bury 71; 3, Rossendale 116. (**Colts:**) 1, L. Barnes (Ross) 8:01; 2, W. Stead (Ross) 8:02; 3, A. Kenny (Bol) 8:04. **Teams:** 1, Rossendale 44; 2, Bolton 85.

RUNNING WILD LEAGUE

At Boggart Hole, November 8th

1, J. Norman (Altrincham) 34:36
2, M. Deegan (Oldham & R) 34:37
3, A. Sladen (Salford) 35:31
4, P. Shaw (Man) 35:47; 5, S. Curran (Sal) 35:48;
6, D. Blakeley (Man) 36:04; 7, P. Tootell (Stret) 36:07; 8, B. Aspdon (Sal) 36:09; 9, D. Gee (Man) 36:17; 10, E. Williams (Sale) 36:20; 11, H. Symonds (Alt) 36:31; 12, D. Brown (Sal) 36:35;
13, S. Walker (Sale) 36:37; 14, M. Burgess (Sale) 36:39; 15, M. McGann (E. Ches) 36:43; 16, D. McTavish (Stret) 36:50; 17, M. Bulloch (Sale) 36:56; 18, S. Torrance (Sale) 36:58; 19, H. Kelly (E. Ches) 37:02; 20, F. Pendlebury (Man) 37:05;
21, S. Bullen (Sal) 37:08; 22, M. Burgess (E. Ches) 37:12; 23, D. Farwell (Man. Y) 37:16; 24, A. Hulme (Alt) 37:20; 25, S. Clegg (Sal) 37:24. **Teams:** 1, Salford 74; 2, Manchester 95; 3, Sale 102; 4, E. Cheshire 177; 5, Altrincham 151; 6, Stretford 209; 7, Oldham & R 301; 8, Manchester YMCA 331. (**Junior/Youth:**) 1, K. Smith (Sale) 24:00; 2, B. Hassan (Stock) 24:19; 3, R. Croken (Burn) 24:55; 4, S. Kenyon (Sale) 24:59; 5, N.

Schofield (O&R) 25:11; 6, D. Crookes (E. Ches) 25:28; 7, P. Roden (E. Ches) 25:33; 8, T. Asterwogs (Man) 25:37; 9, D. Wilson (E. Ches) 25:38; 10, N. Hamilton (Sale) 25:39; 11, F. Mulhern (Sale) 25:40; 12, S. Walton (O&R) 25:41. **Teams:** 1, Sale 26; 2, E. Cheshire 37; 3, Oldham & R 71; 4, Salford 85. (**Boys:**) 1, A. Alexander (Sale) 12:42; 2, — 12:43; 3, D. Ireland (O&R) 12:56; 4, D. Marshall (O&R) 13:02; 5, C. Trelfa (O&R) 13:05; 6, P. Gilmartin (Sale) 13:07. **Teams:** 1, Oldham & R 19; 2, Sale 24; 3, E. Cheshire 64.

LUTON YOUNG ATHLETES CC MEETING

November 8th

(**Youths:**) 1, N. Martin (High) 21:25; 2, G. Laing (Lon. I) 21:32; 3, I. Mitchell (Hill) 21:38; 4, D. Hoinville (High) 21:43; 5, M. Passfield (Hill) 21:47; 6, R. Ede (Barn) 21:57; 7, D. Phombeah (Shaft) 21:59; 8, M. Tackley (Shaft) 22:02; 9, A. Soper (Lut) 22:13; 10, D. Wayling (High) 22:29; 11, A. Richardson (Lut) 22:38; 12, P. Simons (Shaft) 22:40; 13, R. Edgar (N. Lon) 22:43; 14, O. Hender (Shaft) 22:48; 15, K. Basi (Barn) 22:50; 16, E. Fowler (Barn) 22:51; 17, C. Gallagher (TVH) 22:56; 18, K. Robinson (Hill) 23:08; 19, D. Baptiste (TVH) 23:16; 20, M. Vickers (Ox. C) 23:27. **Teams:** 1, Shaftesbury 41; 2, Highgate 43; 3, Hillingdon 49; 4, Barnet 66. (**Boys:**) 1, G. Watts (Lon. I) 15:17; 2, E. Kimani (Shaft) 15:22; 3, J. Evans (Unatt) 15:30; 4, P. Halsey (Lut) 15:35; 5, J. Seddon (Unatt) 15:36; 6, G. Salih (Har) 15:37; 7, P. James (N. Lon) 15:38; 8, B. Pfeiffer (Lon. I) 15:39; 9, J. Scott (Enf) 15:44; 10, D. White (Hill) 15:47. **Teams:** 1, London Irish 43; 2, N. London 60; 3, Luton 74. (**Colts:**) 1, C. Payne (C'ley) 11:28; 2, B. Robbins (TVH) 11:33; 3, G. Chapman (TVH) 11:34; 4, J. Kiernan (Hav) 11:39; 5, G. O'Connor (Hav) 11:45; 6, R. Middleton (Hav) 11:50. **Teams:** 1, Havering 22; 2, Luton 38; 3, Camberley 69. (U/11): P. Covington (Lut) 12:18. **Team:** Pirton.

Ealing & Southall AC officers: secretary — C. Canton, 6 North Avenue, London, W.13 (01-997 2509); track sec. — P. Cornell, 130 Churchfield Road, London, W.3 (Tel: 01-992 7359).

BARNSELY R.R.A.C.

in conjunction with WARD GREEN W.M.C.
present the

WARD GREEN W.M.C. SIX

Incorporating a Ladies Six

(Under AAA, WCC & RWA Laws — 17 and Over)

BOXING DAY, 26th DECEMBER, 1980

11.00 a.m. Start

Changing: Ward Green Com. Centre (Genn Lane).

Prizes: Men, 1 to 3 and first Vet.

Ladies, depends on entries.

Entry Fee: 50p to D. H. Bennett, 40 Newhill Road,

Monk Bretton, Barnsley S71 1XH.

ENTRIES CLOSE 19th DECEMBER

Men and Women Run Together in Scottish Race

HISTORY WAS MADE when Scottish Universities Champion, Barbara Harvie, finished 131st in the Glasgow University '5' at Westerlands on November 8th. Not only did she defeat almost 200 male rivals but it was the first time ever that men and women ran together in a race held under SCCU rules.

Barbara finished in a very creditable 28:58 and such was the rush of finishers at this point in the race that Fiona McQueen, who was just 10 sec slower, finished 156th as the second woman finisher.

Alastair Douglas led the record field of over 330 starters until a group of six runners gradually detached themselves from the field after 1½M. Douglas led from Ian Archibald with no more than 5 yards covering Doug Frame, Ronnie McDonald, Nat Muir and Jim Thompson. At 3M Douglas, Muir and McDonald broke clear and built up a substantial lead.

With just under a mile to go, Muir made his decisive move and went on to record his fifth successive victory in the new record time of 24:27.

Sub-four minute miler, Ron McDonald won the finishing sprint for 2nd position from Douglas, while Bill Sheridan, well down the field at half-distance, came sprinting past his rivals for his customary fast finish to take fourth place.

Except for the World Veterans Road Championships in Glasgow last August, the final field of 327 finishers constituted the largest ever field of runners in an open road race in Scotland, a proud achievement for Glasgow University AC in their centenary year.

Colin Shields

1, N. Muir (Shettleston) 24:27
2, R. McDonald (Clyde Valley) 24:47
3, A. Douglas (Victoria Park-J) 24:50
4, W. Sheridan (W'lands) 25:03; 5, J. Thompson (Law) 25:12; 6, I. Archibald (Glas. U-J) 25:15; 7, D. Frame (Law) 25:17; 8, F. Clement (Bella) 25:35; 9, J. Golder (Ayr) 25:40; 10, C. Donnelly (A'deen. U) 25:47; 11, A. Johnston (VP) 25:49; 12, C. Taylor (ESH-J) 25:57; 13, E. Stewart (Cam) 25:59; 14, P. Fleming (Bella-J) 26:04; 15, J. Small (CV) 26:04; 16, D. Ellis (St. A. U-J) 26:06; 17, G. Getty (Strath. U-J) 26:06; 18, A. McIndoe (S'burn) 26:06; 19, A. Daly (Bella-J)

26:06; 20, C. McDougal (E. Kil) 26:06; 21, J. McKie (C'dale-J) 26:12; 22, I. Campbell (E. Kil) 26:12; 23, D. McMeekin (VP) 26:12; 24, G. Diverty (VP) 26:15; 25, R. Murray (W'lands) 26:16; 26, C. Joss (Bella) 26:18; 27, R. McKim (E. Kil) 26:21; 28, R. Marshall (Bella) 26:21; 29, A. Smith (VP) 26:23; 30, H. Wilson (E. Kil) 26:24; 31, P. Szgmsur (Edin. U) 26:25; 32, G. McIntyre (ESH) 26:26; 33, J. McGarva (FVH) 26:28; 34, J. Duffy (G. W'park) 26:30; 35, I. Orton (H. Bog) 26:33; 36, D. Marshall (CV-J) 26:37; 37, P. McIntyre (S'burn-J) 26:38; 38, G. Grant (Ayr) 26:38; 39, J. Pollock (Strath. P) 26:38; 40, R. Blair (Strath. P) 26:40; 41, M. Hodson (Edin. U) 26:42; 42, G. Fairley (Kilb) 26:42; 43, R. Hodelet (G. G'park) 26:45; 44, W. Yate (Mary) 26:45; 45, I. Docherty (VP-J) 26:48; 46, A. McMaster (Bella) 26:49; 47, R. Donnell (E. Kil) 26:52; 48, P. McErlean (SV) 26:55; 49, M. Steel (Bella) 26:57; 50, N. Agnew (CV) 26:57. (Vets): 1, W. Marshall (CV) 27:35; 2, I. Levitt (Liv) 28:07; 3, J. Irvine (Bella) 28:25; 4, A. Peden (Pais) 28:35; 5, G. McKirdy (E. Kil) 28:47; 6, T. Kelly (Shett) 28:47. (Women): 1, B. Harvie (A'deen. U) 28:58; 2, F. McQueen (Glas) 29:08.

WILTS & BORDER LEAGUE

At RAF St. Athan

1, K. Brackstone (Inns) 27:27; 2, S. Anning (A&SP) 27:45; 3, C. Starr (St. A) 28:06; 4, G. Simpson (Chap) 28:37; 5, C. Bradley (Bens) 28:48; 6, Richards (Crick-Gst) 28:55; 7, S. Bond (GP) 28:57; 8, J. Langford (Lyne) 29:08; 9, A. Jackson (St. A) 29:19; 10 eq, D. Marshall (St. A) & P. Maslen (Lyne) 29:30; 12, D. Sherman (A&SP) 29:41; 13, A. Moore (Bz. N-V) 30:08; 14, Hunter (PWO) 30:22; 15, McSherry (St. A) 30:24. Teams: 1, St. Athan 770; 2, Chepstow 743; 3, Lyneham 740; 4, Innsworth 709; 5, PWO Regt. 707. (Vets): 1, Moore; 2, E. Band (GP) 30:37; 3, D. Poil (Inns) 31:19.

At RAF Benson

1, Brackstone 37:56; 2, Anning 38:02; 3, P. Watson (Lyne) 39:03; 4, Starr 39:06; 5, Bond 39:21; 6, Bradley 39:46; 7, Simpson 40:05; 8, Marshall 40:09; 9, Maslen 40:16; 10, Sherman 40:18; 11, R. Wallis (Lyne) 40:30; 12, Moore 40:50; 13, Jackson 41:10; 14, M. Dootson (Chap) 41:34; 15, D. Larcombe (Lyne) 42:05. Teams: 1, Lyneham 766; 2, St. Athan 763; 3, Chepstow 746; 4, Gloucester Pol. 724; 5, Avon & Somerset Pol. 707. (Vets): 1, Moore; 2, Band 42:17; 3, Poil 43:38.

OLD GAYTONIANS

11th Annual

CROSS COUNTRY RACE

SUN., 28th DEC., 2.30 p.m.

Course: Horsenden Hill. Changing: South Vale, Sudbury. Awards: 1st 3 Teams of 4, 1st 3 Inds., 1st Vet. 0/40. Entries: 40p per Ind., no team fee, to Dennis Orme, 12 Warden Ave., Harrow, Middx. HA2 9LW. (SAE for acknow.), or on day.

Crewe & Nantwich AC general secretary: I. McKay, 53 Delamere Road, Nantwich, Cheshire, CW5 7DF.

YORK UNIVERSITY RELAYS

MORE THAN 80 teams took part in the annual 4x3¼M relay at York University on November 1st. Universities, clubs and schools from throughout the North were represented to contest honours over a course incorporating rough pasture, field and road.

From the gun, Lancaster University announced their intention of challenging the traditionally strong Universities of Leeds and Newcastle as Andy Girling (16:28) led home the first leg runners. Keith Rothwell, current UAU 800m champion, gave Leeds the decisive break on lap 2 with the fastest time of the day (16:21). Lancaster maintained a strong challenge to the end, narrowing a 23 sec deficit to 12 sec, but Leeds ran out triumphant with Newcastle and Durham third and fourth. Bradford Grammar School won the schools race in eighth position, having been fourth on the initial lap thanks to an exceptional run by Leach (16:35).

Ben Orme

1, Leeds Univ. (P. Johnson 16:29, K. Rothwell 16:21, P. McCullagh 17:01, G. Turnbull 16:57) 66:48;

2, Lancaster Univ. (A. Girling 16:28, P. Lightowler 16:45, L. Mutiso 17:13, P. O'Brien 16:34) 67:00;

3, Newcastle Univ. (A. Cooper 16:57, I. Adams 17:10, S. Poukard 16:51, D. Speight 17:00) 67:58;

4, Durham Univ. 69:07; 5, Liverpool Univ.

69:15; 6, Leeds City 69:17. (Schools): 1, Bradford Grammar (A. Leach 16:35, C. Shaw-Smith 18:29, J. Herries 18:03, R. Nerurkar 17:02) 70:09. **Fastest:** Rothwell 16:21; Girling 16:28; Johnson 16:29; D. Ellis (Dur. U) 16:32; O'Brien 16:34. (Women): York Univ. (V. Marot 20:12, S. Thompson 21:42, S. Cocallis 24:44, D. Jacobson 23:03) 89:41.

**CHILTERN LEAGUE
(Division 2)****At Banbury, October 25th**

1, G. Taylor (Houn) 28:36; 2, B. Copps (Houn) 29:08; 3, F. Gillies (Banb) 29:24; 4, C. Pennington (Houn) 29:52; 5, C. Rutland (Banb) 29:58; 6, G. Naughton (QPH) 30:16; 7, I. Felce (Mil. K) 30:23, 8, D. March (Mil. K) 30:34; 9, G. Copps (Mil. K) 30:35; 10, D. Daniels (Houn) 30:39; 11, S. Hopper (Houn) 30:49; 12, A. Cooper (L. Buz) 30:59; 13, M. Bromilow (Mil. K) 31:07; 14, D. Walsh (L. Buz) 31:15; 15, K. McDonald (Wat) 31:28. **Teams:** 1, Milton Keynes 688; 2, Borough of Hounslow 673; 3, Banbury 541; 4, Leighton Buzzard 366. (Youths/Boys): 1, S. Rayner (Mil. K) 16:54; 2, A. Cox (Mil. K) 17:24; 3, P. Frank (Houn) 17:50; 4, A. Cawthorne (Houn) 17:50; 5, S. Baga (Houn) 18:06; 6, S. Heddom (Wat) 18:08. **Teams:** 1, Borough of Hounslow 104; 2, Milton Keynes 94; 3, Watford 58. (Colts): 1, D. Harper (Houn) 12:50; 2, A. Laybourn (Mil. K) 13:06; 3, D. Rome (Ban) 13:29. **Team:** Leighton Buzzard.

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Run by Runners for Runners

VETS CORNER — By Alastair Aitken

* The winter season for the 50-plus group will be highly competitive, with six names well placed in open competition recently: Eddie Kirkup, Alan Hughes, Ron Franklin, George Smith, Hugh Foord and George Rhodes. In the over-forties, Nat Fisher has returned following a long lay-off through injury and will be one to watch.

* Harry Tempan, the UK 55-59 800/1500 record holder this year, was injured at the time of the closing date for entries for the World Vets Championships in New Zealand (January 7th-14th 1981) and so changed his mind about undertaking such a long and costly trip. A total of 60 British vets will be travelling to Christchurch.

* Gordon Pirie was at Bellahouston in August promoting the World Vets Championships and ran 30km of the World Vets Marathon — still looking the beanpole 'prince of pace' he was known as in the fifties. I asked him whether he would be able to match strides with the best today if he were their age, and he was quick to reply: 'I did more training than most of them do today. It is interesting to note that in Bergen, Norway, on the track where I set the world 5000m record in 1956, Ron Clarke ran 13:41 and Dick Quax 13:43 . . . and yet I did 13:36.8!'

* Ex-UK internationals filled the first two places

in the Brooks Masters 20km road race at Chesterton, Indiana, on October 4th. Roger Robinson (NZ), the Glasgow 10km World Vets winner, broke away from the leading group after 7 miles and took Dereck Fernee (Canada) with him, both recording 51:55 at 10 miles before Robinson eased right away to win by over a minute in 64:10 with Fernee next on 65:24. Dan Conway (USA) was 3rd (65:59) and athletics writer Hal Higdon (49) was fourth in 66:05. Robinson went on to finish as first veteran in the New York Marathon on October 26th in 2:22:13.

* Once a Cambridge University athletics team colleague of Robinson's, Mike Turner had a comfortable win over 120 other veterans in the Amphyll 5.6M cross-country on November 2nd, beating a good field of runners which included — in order of finishing — Jim Avis, and two 45-49 group runners in Johnny Oliver and Mike Barratt.

* Martin Burgess, who ran 2nd in the Essex Veterans cross-country in 1977 and is now 43, had an operation in February for a disc to be removed from his spine so that he could walk in comfort again. Yet in October he was back with a personal best time of 2:40:14 in the great New York Marathon.

* Carol Gould was not only the fourth woman

THAMES VALLEY HARRIERS

CROSS COUNTRY RACES

(Under A.A.A. Laws)

SAT., 27th DECEMBER, 1980

COLTS 2 MILES

(O/11, U/13 on 1.9.80)

2.45 p.m.

FOR THE DALMAINE TROPHY

(Team)

BOYS 2+ MILES

(O/13, U/15 on 1.9.80)

3.15 p.m.

FOR THE T.V.H. CUP

(Team)

T.V.H. Winter H.Q.,

Crawford Park, Middlesex

Awards: 1, 2, 3 Team and Ind. both races, 4 to score.

Entry Fee: 30p per name to: Dennis Davidson, 34 Ridding Lane, Greenford, Middlesex. Tel. 01-422 3757. **Post Early.**

CLOSING DATE 13th DECEMBER, 1980

S.A.E. would help for quick acknowledgement.

NORFOLK OLYMPIADS A.C.

present the 6th

ROWNTREE-MACKINTOSH

CROSS-COUNTRY RACES

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

at University of East Anglia,
Colney Lane, Norwich

SUNDAY, 14th DECEMBER, 1980, 12 noon

U/11 Girls	1 Mile	Inter/Senior Ladies	2 ½ Miles
U/11 Boys	1 ¼ Miles	U/17 Youths	3 ½ Miles
U/13 Girls	1 ¼ Miles		
U/13 Boys	1 ¼ Miles	Junior/Senior Men	
U/15 Girls	1 ¼ Miles	including Vets	5 Miles
U/15 Boys	2 ½ Miles		

(Ages as at 1st September, 1980)

Prizes: 1st 3 Teams and 1st 3 Individuals, 1st 3 Vets. (4 to score per team).

Entry Fee: U/11's, U/13's, U/15's 30p per Individual, Inter/Senior Ladies, Youths, Junior/Senior Men & Vets 40p per Individual — No team fees.

ENTRIES CLOSE 3rd DECEMBER, 1980

Entries to: T. J. R. Ash,
"Cringewood House",
Sandy Lane,
Fakenham, Norfolk NR21 9ES.

S.A.E. for confirmation and travel details

finisher in New York with 2:35:06 but her time made her the second best ever vet over 35. Only Joyce Smith has run faster.

* Len Parrott (45) ran his first race abroad on October 26th, finishing 9th of 150 in the Dunkirk half-marathon in 69:14. Parrott was Essex Veteran cross-country champion in 1977.

* It will be of interest to the statistically minded that Peter Higgins broke his world age 50-54 400m record of 52.6, achieved in Hannover last year, with 52.37 in the European Vets Championships in Helsinki. Another of the 29 world marks was achieved in the women's 50-54 category by Maeve Kyle with 27.86 for 200m. In addition to the other UK winners listed in Vets Corner in the October 25th issue, Konstanty Maksimczyk won the 65-69 discus with 47.66m and was second in the shot with 13.45m.

* Charlie Williams, who had leg problems earlier this year, should give Ron Taylor some close races in 1981 if injury free, judging by his gold medal double in Helsinki. He won the 100m in 11.61 and the 200 in 23.37. West German Manfred Garbisch was 2nd in both (11-82/23.37).

SURREY VETERANS CC CHAMPS

In the first 'official' Surrey Veterans cross-country-championship, at Coulsdon on November 8th, Pat O'Connor (41) — who once ran 1:47:52 for 20M and was in Belgrave's winning Southern road relay team in 1970, went away from the 64-strong field after 1½ miles and won by over a minute. Charlie Walker (51), who quipped 30 years ago, after winning the Surrey CC ahead of John Stone and Peter Pirie, "I will be back in 30 years to win a Surrey title again!" kept his word. After retiring four years ago and now on four training sessions a week for the last two months, he ran in a creditable 20th to win the over-50 title. Bob Maslin (64) was the first over-60.

1, P. O'Connor (Belgrave) 36:15
2, P. Elliott (Mitcham) 37:23
3, C. Lambert (Epsom & E) 37:33
4, K. Shepherd (R&R) 37:35; 5, R. Lovegrove (Herc W) 37:42; 6, J. Bull (Rane) 37:48; 7, J. Heywood (HHH) 37:50; 8, A. Jelly (AFD) 37:54; 9, S. Allen (HHH) 38:02; 10, J. Porter (Mit) 38:05; 11, P. Forshaw (SLH) 38:13; 12, M. Laker (SLH) 38:20; 13, A. Aitken (High) 38:29; 14, B. Skeet (Coll) 38:48; 15, D. Mullen (G&G) 38:51; 16, T. Wood (E&E) 39:02; 17, R. O'Donoghue (HHH) 39:09; 18, J. Brown (Mit) 39:15; 19, A. Pawsey (Mit) 39:20; 20, C. Walker (Bel) 39:32; 21, W. Hanscomb (Rane) 39:39; 22, J. Kirk (Rane) 39:45; 23, K. Powley (Rane) 39:57; 24, T. Salthill (SLH) 40:03; 25, P. Allen (Walt) 40:18.
Teams: 1, Mitcham 22; 2, HHH 23; 3, SLH 36; 4, Epsom & E 36; 5, Ranelagh 37; 6, Belgrave 46.
(O/50): 1, Walker; 2, Powley; 3, K. Crooke (Croy) 40:25. **(O/60):** R. Maslin (Rane) 45:51.



Pat O'Connor on his way to an easy victory in the Surrey Vets CC Championship.

Fred Puppewell

KENT VETERANS CC CHAMPS

At Hayes, November 8th

1, J. Avis (Cambridge H) 30:40
2, J. Oliver (Cambridge H) 31:28
3, B. Buonvino (Kent AC) 31:50
4, J. Baldwin (B'ht) 32:13; 5, D. Townsend (Inv) 32:46; 6, J. Herring (B'ht) 33:05; 7, K. Vine (Camb) 33:15; 8, S. Pitt (Dart) 33:16; 9, A. Davis (B'ht) 33:30; 10, G. Standen (Med) 33:30; 11, W. Giddings (Camb) 33:54; 12, D. Baldwin (Kent) 33:58; 13, C. Shorter (B'ht) 34:00; 14, G. Martin (Cam) 34:08; 15, A. Pryor (Inv) 34:12; 16, M. Glover (Inv) 34:18; 17, D. Dellar (Camb) 34:25; 18, D. Arnold (Tonb) 34:28; 19, A. Leggett (Camb) 34:35; 20, J. Backley (Camb) 34:51; 21, B. Bennett (Inv) 34:59; 22, C. Morgan (Dart) 35:09; 23, M. Kerry (Oak) 35:10; 24, D. Thomas (Camb) 35:21; 25, R. Savery (B'ht) 35:33. **Teams:** 1, Cambridge H 10; 2, Blackheath 19; 3, Invicta 36; 4, Cambridge 'B' 56; 5, Kent AC 65; 6, Dartford 66. **(O/50):** 1, Dellar; 2, Thomas; 3, J. Brown (Camb) 35:37.

John Loftis of Aldershot F&D AC has a new business telephone number — Basingstoke 52321.

Results In Brief

September 13th

Hammer Circle Reunion, at Madeley. 1, D. Smith 53.64; 2, A. Woods 52.72; 3, C. Melliush 51.22; 4, P. Aston 50.94; 5, G. Middleton 47.94; 6, K. Robinson 47.64; 7, P. Dalrymple 46.64. (Youths): P. Head 60.10.

September 14th

Hammer Circle Reunion, at Madeley. 1, J. Whitehead 66.62; 2, D. Smith 56.28; 3, A. Woods 53.10; 4, K. Robinson 51.88; 5, C. Melliush 51.52; 6, P. Aston 48.42; 7, G. Middleton 47.84; 8, P. Dalrymple 47.60; 9, J. Head 43.02. (Youths): P. Head 61.86.

October 4th

Hereford to Ross 14M Road Race. 1, S. McHale (Glouc) 1:12:34; 2, R. Cooper (Worc-V) 1:15:25; 3, M. Daykin (Glouc) 1:16:36; 4, J. Carswell (Chelt) 1:18:45; 5, J. Walsh (Les C) 1:19:10; 6, D. Dowdle (Glouc) 1:19:46. Teams: 1, Gloucester 10; 2, Hereford 33; 3, Newport 50.

October 18th

Southend-on-Sea YA Road Relays. 1, Essex Beagles (S. Clark 11:41, R. Gray 11:34, A. Parr 11:33) 34:48; 2, Basildon (P. Barr 11:36, P.

Haynes 11:47, G. Couch 11:35) 34:58; 3, Chelmsford 36:46; 4, Chelmsford 'B' 37:33; 5, Essex Beagles 'B' 37:41; 6, Ilford 38:04. Fastest: A. Parr 11:33; Gray 11:34; Couch 11:35; P. Barr 11:36. (Boys): 1, Essex Beagles (M. Catlin 12:07, S. Debenham 13:14, T. Dufasse 12:32) 37:53; 2, Southend-on-Sea 39:12; 3, Basildon 39:31; 4, Essex Beagles 'B' 40:09; 5, Chelmsford 40:48; 6, Colchester 41:03. Fastest: A. Rosbrook (Bas) 12:05; Catlin 12:07; M. Walker (W. Gn) 12:23. (Colts): 1, Woodford Green (M. Beauchamp 13:31, T. Sloman 13:46, H. Pringle 12:27) 39:44; 2, Southend-on-Sea 42:45; 3, Essex Beagles 42:48; 4, Basildon 43:44. Fastest: Pringle 12:27; Beauchamp 13:31.

October 29th

Wycombe Relay. 1, PCD (RE) Mill Hill (Scott 15:01, Thornton 15:51, Donovan 15:37, Pickford 14:43) 61:12; 2, High Wycombe 67:42; 3, Brunel 67:56; 4, Met. Police 68:11. Fastest: Pickford 14:43.

November 1st

Priory Relays, at Reigate. 1, Brighton & H 79:18; 2, Cambridge H 80:48; 3, Elliott 80:56; 4, Herne Hill 81:12; 5, Crawley 81:29; 6, Windsor S&E 82:12; 7, Epsom & E 82:24; 8, Brighton & H 'B' 82:49; 9, Ranelagh 84:12; 10, Medway 84:59. Fastest: M. Little (Rane) 12:33; R. Treadwell (Sy. B) 12:35; B. McSloy (Ell) 12:36. (Youths): 1, K. Hutchins (Sy. B) 13:31; 2, A. Layland (Sy. B) 13:41; 3, A. Purle (Craw) 13:49; 4, M. Moughton (Craw) 13:55; 5, L. Marsh (SLH) 14:02; 6, J. Lasseter (B&H) 14:05. Teams: 1, Crawley 30; 2, Brighton & H 54; 3, Medway 55.

November 2nd

Vets AC CC, at Putney Vale. 1, J. Green 28:01; 2, P. Wilks 28:04; 3, S. Charlton 28:53; 4, R. Johnston 28:55.

November 5th

TVH Open Meeting, at West London. (Women): 3000: 1, K. Hughes (Thur) 9:59.8; 2, A. Alford (S&NH) 10:05.1; 3, D. Dudley (Thur) 10:28.1.

November 8th

Liverpool H Schoolboys Races, at Clarke Gardens. (Seniors): 1, S. Gowney 20:32; 2, A. Ford 20:44; 3, L. Plant 20:46; 4, M. Capper 20:52; 5, D. Bintley 21:00; 6, D. Kelly 21:10. Team: Calday Grange. (U/15): 1, B. Murphy 13:54; 2, C. Grant 14:06; 3, D. Pearce 14:12; 4, J. Robinson 14:15. Team: St. Edwards Col. (U/13): 1, J. Lamb 11:12; 2, C. Coulter 11:22; 3, T. Ellis 11:32. Team: St. Mary's Col. (U/12): 1, M. Armitage 11:53; 2, C. Walker 11:55. Team: St. Edwards Col.

Vets AC v Nat. West. Bank, at Epsom Downs. 1, J. Wood (NWB) 38:02; 2, A. Sykes (V) 38:50; 3, J. Tomlins (NWB) 39:03; 4, J. Charman (V)

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40:43; 5, J. Hay (V) 41:00. Teams: 1, Nat. West. Bank 39; 2, Vets AC 40.

Young Athletes CC Meeting, at Wimbledon Common. (Youths): 1, D. Middleton (HHH) 17:34; 2, M. Sillitoe (Mit) 17:48; 3, B. Tinwick (PGS) 17:50; 4, D. Haden (Mit) 17:56; 5, S. Childs (Mit) 17:57; 6, D. Carter (PGS) 18:04. Teams: 1, Purley GS 44; 2, Mitcham 63; 3, Kingston GS 75. **(Boys):** 1, M. Slowikowski (HW) 11:21; 2, R. Iles (S&C) 11:48; 3, T. Gundry (Sy) 11:55; 4, A. Malcomb (HW) 12:02. Teams: 1, Herne Hill 49; 2, Raynes Park 74. **(Colts):** 1, M. Walker (KGS) 12:43; 2, S. Webster (S&C) 12:55; 3, A. Bate (HHH) 12:58. Teams: 1, Hercules Wimbledon 29; 2, Mitcham 42.

Scottish Schools' Road Relay Champs, at Grangemouth. 1, St. Columba's HS (W. Bartley 9:45, D. Boyd 9:05, J. McGovern 8:50, M. Heron 8:55) 36:35; 2, Trinity HS 37:01; 3, St. Aloysius Col. 37:11; 4, Dumbarton Acad. 38:10; 5, Kirkintilloch HS 38:16; 6, Currie HS 38:17. **(Girls):** 1, Kirkcaldy HS (M. Smith 12:08, G. Kinmond 11:28, S. Urquhart 10:40, E. Williamson 10:40) 44:56; 2, Kirkwall GS 45:00; 3, St. Columba's HS 45:20; 4, Marr Col. 45:48; 5, Kirkintilloch HS 45:54; 6, Balwearie HS 45:58.

Watford H Vets 5½M CC Champs. 1, P. Maffia 32:34; 2, S. Izzard 32:48; 3, R. Dellar 33:00; 4, K. Dearing 33:58; 5, R. Bastable 34:38.

November 12th

SCAAA Open Meeting, at Crystal Palace. (Colts): Mile: H. Pringle (W. Gn) 4:53.0.

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Commencing 1.30 p.m.

Ladies — Juniors and Intermediates (1980 Age Groups). (Events: 60m, Long Jump, Shot, High Jump — six attempts only, 60mH).

Men — Juniors and Youths (1980 Age Groups). (Events: 60m, Long Jump, Shot, 60mH and Pole Vault — six attempts only).

Entries to Mrs S. Longden, 6 Rillside, Furnace Green, Crawley, Sussex. (Send S.A.E.).

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Entry Fee: 50p. (Cheques payable to S.C.J.C.C.).

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Staff: Bruce Longden (National Coach) and Jim Talbot (National Event Coach).

No fees involved but **advance notification of attendance** please to Mrs Sue Longden, 6 Rillside, Furnace Green, Crawley, Sussex enclosing S.A.E.

Northern Women's Road Relay Championships

At Leeds, October 18th

- 1, Sale (B. Abbott 15:05, J. Davidson 15:34; S. Lonsdale 15:30) 46:09;
- 2, Bolton (S. Little 15:26, M. Hendley 15:38, C. Harkin 15:49) 46:53;
- 3, Sheffield (J. Pearson 15:41; J. Walker 17:04, J. Furniss 15:31) 48:16;
- 4, Airedale & SV (R. Toth 15:46, A. James 16:25, J. Lochhead 16:49) 49:00;
- 5, Bolton 'B' 49:18; 6, Derby 51:12; 7, Spensborough 51:13; 8, Longwood 52:38; 9, Leeds City 52:53; 10, City of Hull 53:01; 11, Airedale & SV 'B' 53:10; 12, Sheffield 'B' 53:42; 13, Wigan 54:23; 14, E. Cheshire 55:28; 15, E. Hull 59:40. **Fastest:** J. Laughton (Der) 14:39; Abbott 15:05; S. Arthurton (Leeds) 15:21; Little 15:26; Lonsdale 15:30.

Intermediates

- 1, Leeds City (J. Midgley 10:41, D. Burton 10:51, W. Hirst 10:40) 32:12;



Leeds City won the Intermediate title and here Diane Burton hands over to Wendy Hirst for the final leg.

Eric North

2, E. Cheshire (K. Bielby 11:23; L. Davies 10:37; J. Bacon 10:46) 32:46;
 3, Darlington (D. Robinson 10:53; L. Walker 11:28; S. Raine 10:40) 33:01;
 4, Manchester 33:04; 5, City of Hull 33:27; 6, Sutton (St. H) 34:02; 7, Leeds City 'B' 34:33; 8, E. Hull 34:56; 9, Halifax 35:10; 10, Spennborough 35:36; 11, E. Cheshire 'B' 36:08; 12, Wigan 37:12; 13, Rossendale 38:13; 14, E. Cheshire 'C' 40:16. **Fastest:** Davies 10:37; Hirst & Raine 10:40; Midgley 10:41; M. McPhee (Man) 10:42.

Juniors

1, City of Hull (V. Dawes 7:38; H. France 7:57; J. Millership 7:47) 23:22;
 2, Manchester (J. Massey 7:59; S. Driver 7:46; J. Holland 7:56) 23:41;
 3, Longwood (L. Hamer 8:06; L. Manning 8:03; A. Gibson 7:33) 23:42;
 4, Halifax 23:42; 5, Leeds City 24:03; 6, Sale 24:12; 7, Rossendale 24:17; 8, E. Cheshire 24:41; 9, City of Hull 'B' 24:47; 10, Sale 'B' 24:52; 11, Bolton 24:55; 12, Rossendale 'B' 25:01; 13, Derby 25:02; 14, City of Hull 'C' 25:18; 15, Halifax 'B' 25:25. **Fastest:** Gibson 7:33; Dawes 7:38; S. Ramsdale (Leeds) 7:39; Driver & M. Smith (Hal) 7:46.

Girls

1, Leeds City (K. Scobie 8:21; A. Sharkey 8:21; F. Southwell 8:01) 24:43;
 2, Manchester (C. Keller 7:51; K. Smith 8:21; H. Marsland 8:50) 25:02;
 3, Halifax (A. Thomas 8:14; M. Burgin 8:30; M. Greenwood 8:19) 25:03;
 4, Derby 25:20; 5, Chester & EP 25:50; 6, Bury 25:57; 7, E. Cheshire 26:11; 8, City of Hull 26:17; 9, Rossendale 26:22; 10, Wirral 26:47; 11, Chester & EP 'B' 26:51; 12, Halifax 26:55. **Fastest:** Keller 7:51; Southwell 8:01; S. Arthur (CoH) 8:12; Thomas 8:14; C. Poole (C&EP) 8:17.

KENT CC CHAMPIONSHIPS

At Hayes, November 8th

(Boys): 1, D. Martin (Tonb) 12:30; 2, K. Tucker (Med) 12:41; 3, S. Newport (Tonb) 12:46; 4, A. Hollens (Tonb) 12:51; 5, D. Neale (Tonb) 12:53; 6, P. Haley (Camb. H) 12:56; 7, D. Groom (Camb) 13:00; 8, S. Elder (Sev) 13:03; 9, A. Lucas (Ell) 13:06; 10, A. Suckling (B'ht) 13:12. **Teams:** 1, Tonbridge 13; 2, Cambridge H 46; 3, Elliott 57; 4, Medway 100. (Colts): 1, P. Hennessy (Med) 13:47; 2, M. Moss (HHH) 13:55; 3, K. Borrett (Bexley) 14:00; 4, S. Fury (Ell) 14:04; 5, G. Arthey (Dart) 14:08; 6, P. Saxby (Tonb) 14:09; 7, T. Day (Ash) 14:10; 8, W. Young (Med) 14:32; 9, A. Jones (Med) 14:34; 10, O. Kassab (HHH) 14:35. **Teams:** 1, Medway 32; 2, Dartford 48; 3, Cambridge H 66; 4, Ashford 77.

ALLAN SCALLY MEMORIAL RELAY

November 1st

1, Shettleston (A. Smith 23:37; L. Spence 23:03; J. Burns 24:03; N. Muir 21:32) 92:15;
 2, Edinburgh Southern (C. Youngson 23:10; I. Elliot 22:41; A. Robertson 23:32; E. Cameron 23:46) 93:09;
 3, Falkirk Victoria (D. Lothian 23:48; J. Dingwall 22:14; R. Adams 24:33; D. Easton 23:24) 93:59;
 4, Bellahouston (C. Joss 23:58; G. Braidwood 22:47; F. Clement 23:48; G. Getty 23:36) 94:09;
 5, Cambuslang (G. Cooper 24:13; A. Gilmour 23:16; R. Stone 23:35; I. Stewart 23:13) 94:17;
 6, Springburn (G. Crawford 23:58; A. McIndoe 24:01; G. Williamson 22:32; A. Callan 23:46) 94:17;
 7, Clyde Valley 94:22; 8, Edinburgh AC 94:53; 9, Aberdeen 96:29; 10, Edinburgh AC 'B' 97:09; 11, Victoria Park 97:27; 12, E. Kilbride 97:30; 13, Edinburgh Southern 'B' 97:46; 14, Falkirk Victoria 'B' 97:59; 15, Aberdeen Univ. 98:06; 16, Edinburgh Univ. 98:23; 17, Westerlands 98:43; 18, Ayrshire 99:01; 19, Clyde Valley 'B' 99:12; 20, Hunters Bogtrotters 99:48. **Fastest:** Muir 21:32; Dingwall 22:14; J. Brown (CV) 22:18; Williamson 22:32; G. Laing (A'deen) & Elliot 22:41; Braidwood 22:47; A. Douglas (VP) 22:50; D. Hunter (EAC) 22:53; F. Clyne (A'deen) 22:55.

(More Scottish news including Edinburgh to Glasgow Relay, will appear in next week's issue).

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Dr. Peter Sperry

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Packhorse Road, Gerrards Cross, Bucks
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application.

University of London AC secretary: Jenny
Forbes (St. Mary's Hosp. Med. Sch.), Flat 6, 30
Bassett Road, Off Ladbroke Road, London, W.
10 (Tel: 01-969 1240).

Blackpool & Fylde AC officers: general sec. —
L. Rogerson, 34 Sharow Grove, Blackpool FY1
5ND (Tel: 0253 61572); track sec. — B. Berry, 15
Cornwall Place, Blackpool, FY3 9NR (Tel: 0253
63099).

North London AC cross-country secretary: A.
Cronin, 13 Spedan Close, Branch Hill, London
NW3 (Tel: 01-435 2304).

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'AW' BOOK DEPARTMENT

The following statistical, biographical and historical books are available from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT. Prices are inclusive of postage. Please allow at least 15 days for delivery.

"Athletics 1980" edited by Ron Pickering & Mel Watman. Comprehensive record — in text, figures & photos — of British & international athletics during 1979 & early months of 1980, plus Olympic retrospective (1896-1976). Price: £5.50.

"UK Athletics Annual 1979" compiled by the NUTS. Complete statistical record of the 1978 season. Price: £2.50.

"UK Athletics Annual 1980" compiled by the NUTS. Complete statistical record of the 1979 season. Price: £3.40.

"UK Junior All Time Handbook" compiled by the NUTS. All-time lists as at the end of 1978; age bests; European Junior Champs results. Price: £1.75.

"ATFS Annual 1979" Deep world lists (men & women) for 1978, plus all-time lists, records, junior lists. Price: £2.50.

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"1980 Cross Country Review" Profusely illustrated account, with reports & results, of 1979/80 season. Price: 95p.

"World Cup 1977" IAAF's official report of the Dusseldorf meeting, with dozens of photos. Price: £2.50.

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"Official Centenary History of the AAA" by Peter Lovesey. Sumptuously produced history, in effect, of British athletics; includes some 200 photos & plates, lists of all AAA title winners. Hardback. Price: £8.50.

"The Olympic Games" edited by Lord Killanin & John Rodda. Accounts of each Games from 1896 to 1976; who's who of Olympic 'greats'; lists of all medal winners. All sports covered. Hardback. Price: £7.15.

"Talking Track" Reprints of 38 interviews from 'Track & Field News', including Bayi, Borzov, Coghlan, Feuerbach, Jenner, Jantorena, Moses, Oerter, H. Rono, Rodgers, Ryn, Kate Schmidt, Shorter, Stones, J. Walker, Wilkins, Yashchenko etc. Price: £2.75.

"The Ghost Runner" Life story of the late John Tarrant, world record breaking ultra-long distance runner, in his own words. Acclaimed by reviewers. Price: £4.95.

SPECIAL OFFER!

Anyone ordering at least £30 worth of the books listed here will receive — completely free — a copy of "Athletics 1980" (published price £5.50). If the order already includes "Athletics 1980" a second copy will be sent; it will make an ideal Christmas gift.

"Corbitt" by John Chodes. The story of Ted Corbitt, 'father' of American ultra-distance racing. Price: £2.25.

"Pascoe: The Story of an Athlete" by Alan Pascoe with Alan Hubbard. Autobiography of the former Commonwealth and European 400m hurdles champion. Hardback. Price: £5.25.

"African Running Revolution" Hows and whys of the great African success story featuring Keino, Jipcho, Bayi etc. Price: £1.90.

"Always Young" Story of George Young, four-time USA Olympian. Price: £2.60.

"Boston Marathon" History of a classic American race. Price: £1.00.

"Finnish Running Secrets" Examination by Matti Hannus of the men & methods that brought the Finns back into world leadership in distance running. Price: £2.20.

"Frank Shorter Story" The career of the 1972 Olympic marathon champion. Price: £1.00.

"1976 Olympic Games" Report by editors of "Runner's World", photos by Mark Shearman. Price: £2.60.

"Running To The Top" by Derek Clayton. Combines autobiographical account with the training insights of the man who has held the world marathon record since 1967. Price: £3.15.

"Self Made Olympian" Ron Daws admits he has no talent as a runner but he made the 1968 USA Olympic team as a marathoner. Price: £2.60.

MYSTERY MAN MARKIN

Viktor Markin, sensational winner of the Olympic 400, is the subject of Ivan Berenyi's latest article — to be published in next week's issue.

WEEK AHEAD Continued from page 3

Sunday, December 7th: Wolverhampton & B Winter Warm-up Meeting, Wolverhampton Stadium; Devon CC Champs, Bideford; Sunday YA League; Verlea YA League; Downs League, Epsom Downs; Northern Women's League, Cleckheaton; Woking CC Meeting, Chobham; Shirebrook CC Races, Mansfield; Nene Valley '10', Peterborough; Lancaster Road Races, Lancaster Univ.; Round the Bridges Road Relay, Albert Embankment; Grantchester '5', Lamas Land.

ATHLETIC EVENT ADVERTISEMENTS

Our printers are closing again at Christmas this year — from December 23rd until January 5th — and the production of our December 6th, 13th, 20th, 27th, January 3rd and 10th (part) issues will have to be advanced. Copy dates for these issues will be as follows:

Dec. 6th	copy date	Fri.,	November 21st
Dec. 13th	copy date	Thur.,	November 27th
Dec. 20th	copy date	Tues.,	December 2nd
Dec. 27th	copy date	Mon.,	December 8th
Jan. 3rd	copy date	Thur.,	December 11th
Jan. 10th	copy date	Fri.,	December 19th

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

Despite many increases in production costs we have not increased the basic cost of the first insertion of an athletic event advertisement since January 1978. The disparity between this cost of £1.50 per centimetre and the actual cost of printing is such that it has been found necessary to increase this to £2.00 per centimetre. From January 1st, 1981, the special rates for this type of advertisement will be:

3 centimetres	£6.00
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6 centimetres	£12.00
7 centimetres	£14.00
8 centimetres	£16.00
Quarter page display	£17.00
Half page display	£32.00
Full page display	£60.00

These rates, very much less than normal trade rates, do not apply to advertisements coming through an agency and are mainly for the benefit of clubs and similar organisations. To qualify for these reduced rates advertisements must be prepaid and a remittance to cover all insertions must be sent with order. It is advisable to book space at least 3 weeks before insertion date (4 weeks in the track season) and copy must arrive two weeks before insertion. Copy not arriving by the Monday of the week previous cannot be guaranteed insertion.

RACE INTO THE NEW YEAR!
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for Men and Women

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

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

Entries: 50p Individual (no team fee). **To:** Mr D. Bradfield, 36 Blewbury Drive, Tilehurst, Reading, Berks, by 15th Dec., 1980. (No late entries). Full details will be forwarded to each entry.

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.

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

VITAMIN E — For increased endurance & stamina. As taken by leading Sportsmen & Athletes. Unbeatable prices e.g. 100 Vit. E 200 iu's £2.70, 500 only £9.50. Order Economy Pack 1000 NOW & receive 100 wheatgerm oil capsules absolutely FREE, but hurry whilst stocks last. **Healthways (AW5), P.O. Box 28, Harrogate HG1 3HP.**

NO RUNNER SHOULD BE WITHOUT A Planner-Calendar chart, designed by a runner for other runners. Facilities for daily, monthly, yearly mileage. 85p, 2 for £1.60 Post Free. FREE! See our A.W. advert 8th & 15th November. **The Running Stopwatch, 10 Brooklands Road, Sale, Cheshire. 061 973 2656.**

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