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athletics weekly

NOVEMBER 3rd
1979 22p



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THE WEEK AHEAD

Saturday, November 3rd: AAA Annual General Meeting, Basil Street Hotel, Knightsbridge (11.30 a.m.); Bracknell '10'; Kiwi '15', Holmfirth; Redhill & Reigate Priory Relay; York Univ. CC Relay; Essex League, Thurrock; Midland League; Birmingham League (Div. 1 — Worcester, 2 — Telford, 3 — Michelin); Oxford Univ. v Ranelagh CC Match; Inter-Club Vets Mob Match, Coulsdon; Oxford Univ. v Birmingham Univ. Track Match; National Women's 5km Road Walk Champs, Stockport; Civil Service 7M Walk Champs, Hendon; Sussex v Normandy Representative Walk Match, Steyning.

Sunday, November 4th: Grantham '5' Salisbury Plain '15½'; Mike Sully CC Races, Bristol; Southampton & Eastleigh Continental CC Races; Northern Women's League, Rossendale; Amptill Trophy CC Meeting, Amptill; Worthing Open Parkland Races; Kent Boys, Colts & Vets CC Champs, Hythe; Vets AC KLG CC Match; Black Lane Ends Race.

Tuesday, November 6th: Chingford League, Loughton.

Wednesday, November 7th: TVH Open Graded Meeting, West London; East Anglia League, Woodbridge.

IAN RAY'S FINE MARATHON DEBUT

Ian Ray (22) from Salisbury won last Saturday's Unigate Marathon at Harlow — his first attempt at the distance — in 2:16:02, ahead of Paul Eales (2:18:36), Don Faircloth (2:19:04) and Mike Gratton (2:19:47). Leslie Watson was first woman home in her fastest time of 2:50:58.

COVER PHOTO

(by Mark Shearman)

Runners in the World Cup 1500m in Montreal. The winner was Thomas Wessinghage (Ger/Eur), no 129. Jurgen Straub (GDR), no 195, was third and Paul Craig (Can/Am) on the inside was seventh.

National Six-Stage Road Relay

Joe Lancaster reporting

Binns Leads Bingley To Fitting Victory

BINGLEY'S team building reached a higher stage and in the process they did a bit of demolition on Gateshead and Tipton in the National Six Stage Road Relay Championship at Southport on October 20th.

Steve Binns, the 19-year-old European Junior 5000m champion kicked the hardest at their rivals' foundations. He put the boot in on the fourth stage smashing Steve Kenyon's three year old record by 7 secs with a time of 18:27. Bingley, enjoying the lead for the first time and aiming for a first ever senior national set of medals, sniffed the victory scent for the last eight miles and beat the field by 200 yds in 116 mins 30 secs.

Southport, of course, is home from home for the Yorkshire club for it was at this famous Lancashire resort of sand but no sea that they helped to form the Northern Counties AA exactly 100 years ago. A magnificent dinner to celebrate the centenary was held later that evening in the same hotel that the founder members gathered.

Stage One

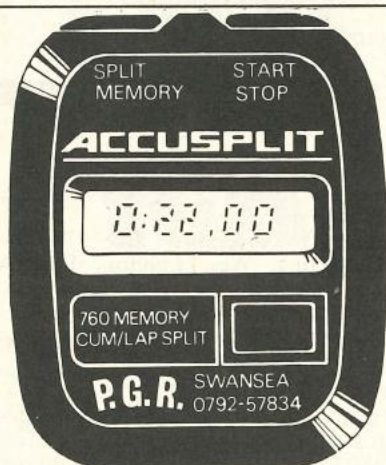
Bingley were immediately in contention as Peter Moon ran in sixth, only 22 secs behind leader Richard Coles of Blackheath. John Mills

(Gateshead) and Brian Cole (Tipton) had a good scrap for second place whilst Bristol were making a 'steady' start in 17th place.

1, Blackheath (R. Coles 19:16); 2, Gateshead (J. Mills 19:18); 3, Tipton (B. Cole 19:18); 4, Derby (C. Woodhouse 19:21); 5, Sheffield (T. Fieldsend 19:37); 6, Bingley (P. Moon 19:38); 7, Manchester (M. Plant 19:40); 8, Airedale & SV (R. Belk 19:45); 9, Invicta (M. Knapp 19:46); 10, Staffs Moorlands (B. Williams 19:48); 11, Liverpool (F. McGuire 19:51); 12, Bolton (D. Singleton 20:03); 13, Aldershot F&D (E. Herridge 20:15); 14, Cambridge & C (K. Clifford 20:18); 15, Salford (D. Edge 20:23); 16, Cardiff (K. Jones 20:40); 17, Bristol (D. Sherman 20:42); 18, Leicester (J. Masterson 21:06).

Stage Two

Gateshead slipped to fourth as far from fit Dennis Coates ran only 19:50 — a time beaten by nine of his rivals. Kevin Steere ran the fastest leg to bring 1978 champions Cambridge & Coleridge up from 14th to sixth whilst Andy Armitage was running only two secs slower to bring Airedale into contention with Bingley. Liverpool pulled up six places to fifth, but early leaders Blackheath



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were already in trouble down in 12th place.

1, Airedale & SV (A. Armitage 18:57) 38:42; 2, Bingley (C. Moore 19:04) 38:42; 3, Tipton (A. Milovsorov 19:40) 38:58; 4, Gateshead (D. Coates 19:50) 39:08; 5, Liverpool (J. Woods 19:17) 39:08; 6, Cambridge & C (K. Steere 18:55) 39:13; 7, Manchester (P. Shaw 19:33) 39:13; 8, Derby (A. Domleo 19:57) 39:18; 9, Sheffield (R. Sinclair 19:47) 39:24; 10, Invicta (M. Bramell 19:52) 39:38; 11, Staffs Moorlands (S. Fowler 19:52) 39:40; 12, Blackheath (M. Athawes 20:33) 39:49; 13, Bolton (A. Leonard 19:56) 39:59; 14, Aldershot F&D (I. Logan 19:45) 40:00; 15, Bristol (C. Monk 19:40) 40:22; 16, Salford (A. Byrne 20:30) 40:53; 17, Leicester (D. Lem 20:15) 41:21; 18, Cardiff (P. Miller 21:13) 41:53.

Stage Three

It was "Clap hands, here comes Charlie" at the half way stage as Mr. Spedding brought Gateshead in five secs clear of Bingley's Bill Padgett. Nigel Gates (Bristol) and Mike Gratton (Invicta) both ran well to improve their clubs' lots.

1, Gateshead (C. Spedding 19:15) 58:23; 2, Bingley (W. Padgett 19:46) 58:28; 3, Airedale & SV (J. Temperton 19:56) 58:38; 4, Tipton (R. Bentley 19:53) 58:51; 5, Manchester (D. Austen 19:46) 58:59; 6, Invicta (M. Gratton 19:26) 59:04; 7, Cambridge & C (J. Roberts 19:54) 59:07; 8, Sheffield (P. Shaw 19:48) 59:12; 9, Liverpool (C. Dagnall 20:17) 59:25; 10, Derby (A. Kean 20:13) 59:31; 11, Bolton (M. Freary 19:36) 59:35; 12, Staffs Moorlands (M. J. Bishop 20:04) 59:44; 13, Bristol (N. Gates 19:25) 59:47; 14, Aldershot F&D (J. Hood 20:07) 60:07; 15, Blackheath (P. Irvine 20:27) 60:16; 16, Salford (D. Brown 21:06) 61:59; 17, Cardiff (M. Morris 20:14) 62:07; 18, Leicester (C. Smith 21:51) 63:12.

Stage Four

A heavy barrage took place on the fourth stage. Gateshead dropped a place — and 400 yards — on Binns, and only just held off Sheffield's Ken Newton who pulled up from eighth to third with an 18:44. Ricky Wilde followed in an isolated fourth for Manchester followed by Steve Emson, who obviously found it easier beating the Russians, and Bolton's Kevin Best, who improved five places to sixth. Roger Hackney was also staging a recovery as he improved Aldershot from 14th to seventh.

1, Bingley (S. Binns 18:27) 76:55; 2, Gateshead (A. Martin 19:32) 77:55; 3, Sheffield (K. Newton 18:44) 77:56; 4, Manchester (R. Wilde 19:20) 78:19; 5, Tipton (S. Emson 19:57) 78:48; 6, Bolton (K. Best 19:31) 79:06; 7, Aldershot F&D (R. Hackney 19:09) 79:16; 8, Airedale & SV (D. Mayho 20:38) 79:16; 9, Invicta (N. Brawn 20:14) 79:18; 10, Derby (J. Ray 20:14) 79:45; 11, Liverpool (D. Evans 20:24) 79:49; 12, Staffs Moorlands (M. A. Bishop 20:10) 79:54; 13, Cambridge & C (J. Jenkins 20:54) 80:01; 14,

Bristol (M. Harris 21:05) 80:52; 15, Blackheath (C. Woodcock 21:39) 81:55; 16, Cardiff (S. Blakemore 20:20) 82:27; 17, Salford (S. Bullen 21:47) 83:46; 18, Leicester (A. Walker 21:00) 84:12.

Stage Five

Nick Rose sparked on the fifth stage, but Bristol were too far behind and the gaps now too wide for him to make much impression. He picked off three runners in bringing Bristol up to 11th with the day's second fastest time of 18:37. Dennis Quinlan kept Bingley well clear of Manchester's Dave Allen, Steve Irvine, and Sheffield's Derek Pratt.

1, Bingley (D. Quinlan 20:27) 97:22; 2, Manchester (D. Allen 19:45) 98:04; 3, Gateshead (S. Irvine 20:17) 98:12; 4, Sheffield (D. Pratt 20:25) 98:21; 5, Tipton (P. Griffiths 19:38) 98:26; 6, Airedale & SV (R. May 19:14) 98:30; 7, Staffs Moorlands (G. Harvey 19:26) 99:20; 8, Aldershot F&D (P. Ledger 20:06) 99:22; 9, Bolton (M. Wakefield 20:19) 99:25; 10, Liverpool (D. Turner 19:38) 99:27; 11, Bristol (N. Rose 18:37) 99:29; 12, Cambridge & C (S. Lowe 19:42) 99:43; 13, Invicta (R. Newble 20:35) 99:53; 14, Derby (D. Reeves 20:42) 100:27; 15, Cardiff (D. Fowles 19:31) 101:58; 16, Blackheath (T. Sowtar 21:18) 103:13; 17, Salford (R. Gwilt 21:33) 105:19; 18, Leicester (A. Rogerson 21:20) 105:32.

Stage Six

Dave Slater, starting with an advantage of 42 secs over the field, could have coasted, but instead ran himself to near the limit. Barry Smith did the same for Gateshead, but could take only a handful of seconds out of the Bingley runner as he pulled Gateshead back to second place. Manchester held on to third ahead of Tipton, who were never out of the first five all day; these two being followed by Sheffield and Airedale only 1 sec apart. Ray Crabb finished well for Bristol, lifting them from 11th to seventh.

Final Result

1, Bingley (D. Slater 19:08) 116:30; 2, Gateshead (B. Smith 19:01) 117:13; 3, Manchester (D. Blakeley 19:48) 117:52; 4, Tipton

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FELL RACES

BORROWDALE FELL RACE (Cat. 'A')

After several days of heavy rain and low cloud, the Sixth Annual Borrowdale Fell Race was held, on August 4th, on a day with conditions ideal for running.

After two minutes silence, observed to pay tribute to one of the leading fell runners, Ian Roberts, who was tragically killed earlier in the week whilst climbing in the Dolomites, the field of more than 200 got off to a fast start. Billy Bland was in determined mood right from the start, opening up a one minute lead over Mike Short, his only serious opponent on the day, by Esk Hause. He stretched this to seven minutes by the time he had reached Great Gable. Not only did he win the race by a margin of 16 minutes from Short, but he knocked 7½ minutes off Short's record of 2:44 established in 1978.

1, W. Bland (Keswick) 2:37:11
2, M. Short (Horwich RMI) 2:53:06
3, J. Naylor (Cumberland) 2:55:38
4, K. Taylor (Ross) 2:56:20; 5, I. Holloway (Roch) 3:00:45; 6, S. Bland (Kes) 3:01:33; 7, M. Hudson (Dark P) 3:04:44; 8, J. McGee (Cumb) 3:05:51; 9, P. Barron (Kes) 3:07:08; 10, G. Berry (Dark P) 3:07:43; 11, D. Ratcliffe (Roch) 3:09:42; 12, A. Shaw (Roch) 3:10:13; 13, A. Bland (Kes) 3:10:31; 14, J. Blairfish (Dark P) 3:11:06; 15, T. Richardson (Kes) 3:12:14; 16, P. Barnby (Kes) 3:13:01; 17, D. Cunningham (Clay) 3:13:08; 18, P. Dixon (Unatt) 3:13:39; 19, B. Peace (Unatt) 3:14:14; 20, I. Charlton (Kes) 3:14:29.

MELTHAM COP HILL RACE

October 21st

1, H. Kelly (E. Ches) 41:33; 2, G. King (Long) 42:13; 3, D. Lawson (Bing) 42:23; 4, G. Williams (Long) 42:39; 5, A. Styan (Holm) 43:11; 6, J. Fretwell (Holm) 43:25; 7, A. Robinson (Bing) 43:35; 8, I. Moore (Holm) 43:40; 9, A. Spence (Bing) 44:29; 10, M. Seddon (Holm) 44:32; 11, A. Marsh (Holm) 44:38; 12, D. Anderson (Bing) 44:46. **Teams:** 1, Holmfirth 19; 2, Bingley 19; 3,

Longwood 27. (**Youths:** 1, D. Topham (Long) 21:24; 2, D. Robinson (E. Ches) 22:27; 3, R. Cunliffe (Holm) 22:34. **Team:** E. Cheshire.

LANCASHIRE 8-STAGE ROAD RELAY

At Southport, October 13th

1, Bolton (D. Singleton 14:16, A. Leonard 14:29, M. Wakefield 14:59, S. Kenyon 13:35, R. Campbell 15:07, M. Freary 14:32; K. Best 14:26; M. Critchley 14:53) 1:56:13

2, Liverpool (F. McGuire 14:29, A. Farrell 14:54, C. Dagnall 14:33, R. Harrison 14:45, J. Woods 14:17, D. Evans 14:37, F. Davies 14:20, D. Turner 14:33) 1:56:28

3, Manchester (M. Plant 14:17, W. Cooper 15:10, P. Shaw 14:22, D. Austin 14:26, D. Allen 14:45, R. Wilde 14:25, D. Blakeley 14:54, G. Entwistle 15:58) 1:58:17

4, Salford (D. Brown 15:01, D. Edge 14:38, P. Roberts 14:54, P. Morris 14:38, A. Sladen 14:33, S. Clegg 15:35, S. Curran 14:57, A. Byrne 15:09) 1:59:25

5, Liverpool Pem. (M. Flynn 14:50, K. Rice 16:05, B. Lyonnelle 15:14, R. Brown 15:03, D. Gaynor 14:59, P. Roberts 15:28, B. Clague 15:25, B. Renshall 15:15) 2:02:19

6, Blackburn (J. Willshire 14:43, S. Brecknell 15:10, G. Woodburn 14:58, A. Gutteridge 16:13, K. Turner 15:24, A. Schofield 15:23, K. Garrett 16:09, C. Wood 15:55) 2:03:55

7, Rochdale 2:04:25, 8, Clayton-le-Moors 2:05:40; 9, Stretford 2:06:44; 10, Wigan 2:07:37; 11, Sutton (St. H) 2:09:10; 12, Manchester YMCA 2:09:38; 13, Sefton 2:09:52; 14, Oldham & R 2:12:05; 15, Southport W 2:12:32; 16, Salford Met. 2:12:38; 17, Bury 2:13:08; 18, Leigh 2:17:14; 19, Lancaster & M 2:18:13; 20, Altrincham 2:18:34; 21, Preston 2:24:17.

Fastest laps: Kenyon 13:35; Singleton 14:16; Woods & Plant 14:17; Davies 14:20; Shaw 14:22; Wilde 14:25; Best & Austin 14:26; McGuire, I. Clarkson (Roch) & Leonard 14:29.

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Fastest: Binns 18:27; Rose 18:37; Newton 18:44; Steere 18:55; Armitage 18:57; Smith 19:01; Moore 19:04; Slater 19:08; Hackney 19:09; May 19:14; James & Spedding 19:15.

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Who's Who In British Athletics

SHIRLEY STRONG

Full name: Shirley Elaine Strong. Born at Northwich (Cheshire), 18.11.58; Height 1.68/5'6"; Weight: 62kg/136lb; Pulse at rest: 68. Club: Stretford AC. Occupation: laboratory technician. Single. Lives at Cuddington, Northwich. Hobbies & interests: reading, music, puzzles. Coach: Jim Harris (since June 1973).

Was introduced to athletics by her school games teacher at the age of 13. Started at sprints, long jump and hurdles. Joined Stretford AC in 1973. Competed in the English Schools Championships in 1973 (4th), 1974 (1st) and 1975 (1st). Influenced in early days by Sharon Colyear. Realised after the UK Championships of 1977 that she could reach international standard. Favourite event now is 100m hurdles. Athlete she particularly respects is Steve Ovett — "for his individuality and determination".

Personal bests: 100 — 11.8 & 11.83w (1978), 200 — 24.6 (1978), 100H — 13.21 (1979) & 13.08w (1978), LJ — 5.58m (1977). Major achievements include silver medal in 1978 Commonwealth Games; won WAAA and UK titles in 1979. Ranks 3rd on UK all-time list. Annual progression at hurdles:

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1974	16.0	1978	13.41/13.08w
1975	14.7	1979	13.21
1976	14.52/14.28w		

Most pleasing performance was Commonwealth Games silver medal. Target for 1980 is "British record and Moscow"; all-time goal is "Olympic gold medal". Intends competing "as long as I'm capable". Does not plan to stay in athletics after retirement. What she likes most about athletics is "the competitiveness of it; also travelling around the world and meeting people of all nationalities". Dislikes "winter endurance work". Advice to a youngster taking up athletics: "Not to give up hope when things aren't going too well. Not to give up after their school years but to join a club and find a good coach".

Comment: "There should be more facilities spread around the country instead of being concentrated in certain areas. There should be more control over the use of drugs, testing much more often — not the day of competition but weeks or months before a major competition".

Training

Trains 4 times a week in winter, 5 times a week in summer; usually in the evening for 1½-2 hours. Training takes place at Stretford Stadium (Tartan) in summer (30 mile journey each way), and at various venues in winter. Coaching has been "very important". Sees coach 3 or 4 times a week.



Shirley ran the fastest 'legal' 100 hurdles this year, 13.21, at the President Makarios International Meeting in Nicosia on October 6th.

Eileen Langsley

Training cycle: October to February — basic preparation period; February to April — pre-competition period; May to September — competition period.

Typical week's training in winter: Sunday: hill running with group; Monday: hurdle technique; Tuesday: strength work in gym (but not weights) and hurdle drills; Wednesday: rest; Thursday: 2 (6×200), short recovery; Friday & Saturday: rest. Daily mobility and exercises.

Typical week's training in summer: Sunday: hurdling or speed session; Monday: hurdling session; Tuesday: flat speed session; Wednesday: rest; Thursday: hurdling session; Friday: rest; Saturday: competition. Daily mobility.

"We are continually varying training methods in the light of experience and results". Likes one day's rest before a major competition and to compete once a week.

Peterborough AC will be holding the Fred Slater Memorial Races on February 17th next year. Further details in the new year.

Southern Vets CC Relay

EALING and Southall had a field day to start the Veterans cross-country season with a flourish, taking first and third place out of 19 club teams in the Southern Veterans relay over 3 x 2 3/4 miles at Parliament Hill Fields on September 29th. Ealing also had the two fastest men of the day with Chris Canton, who was 40 in March, going round in 13:43 and 'evergreen' Mike Barratt (despite sciatica problems that curtailed his training for the previous three weeks) recording 13:59.

On the first lap Ealing's Pete Freeman (14:36) went into the lead for the first half mile before Tom Everett took over for a while, only to go off course a little due to the apparently inadequate markers on the first lap. Alan Jones, who was 7th in the World 25km at Bolton and will be running his first marathon at Harlow, bided his time to come through to lead at 1 1/2 miles for a composite team (14:30), with Freeman a clear second at the change-over.

Canton's move to the front after half a mile of the second leg put Ealing ahead for the rest of the race. John Disley, running for Ranelagh, battled through from 6th to 3rd with a time of 14:46. Despite his small mileage of around 30 per week he was hoping to break 3 hours in the New York marathon, his debut at the distance.

Alastair Aitken

- 1, Ealing & Southall (P. Freeman 14:36, C. Canton 13:43, M. Barratt 13:59) 42:18
- 2, Verlea (R. Macey 14:46, W. Lane 14:38, J. Steed 14:31) 43:55
- 3, Ealing & Southall 'B' (C. Brown 15:32, D. Wright 15:37, D. Case 14:01) 45:20
- 4, Ranelagh (J. Green 15:16, J. Disley 14:46, W. Hanscombe 15:22) 45:24
- 5, Mitcham (R. Kersey 14:58, A. Pawsey 15:14, J. Porter 15:25) 45:37
- 6, Highgate (Hunter 15:22, Joseph 15:05, R. Slowe 15:18) 45:45
- 7, Highgate 'B' (Rees 14:54, A. Ferguson 15:19, Pochee 15:55) 46:08; 8, Blackheath (R. Severy 15:18, J. Cavanagh 15:30, G. Crowder 15:22) 46:10; 9, HHH (S. Allen 15:53, M. Harran 15:56, J. Heywood 14:58) 46:29; 10, Eton Manor (T. Everitt 15:19, S. Toms, 16:14, G. Smith 15:00) 46:33; 11, Verlea 'B' 48:29; 12, Blackheath 'B' 48:57; 13, TVH O/50 49:13; 14, Cambridge H O/50 49:26.

Fastest times: (40-44) C. Canton 13:43, D. Case 14:01, A. Jones 14:30, J. Steed 14:31; (45-49) M. Barratt 13:59, W. Lane 14:38, J. Heywood 14:58; (50-54) J. Disley 14:46, S. Charlton 14:58, G. Smith 15:00, D. Dellar 15:10; (55-59) L. Brown 17:05, E. O'Bree 17:32, H. Humphreys 19:22. Note: all first lap runners ran slightly farther than subsequent runners.

BRITISH SERVICEMEN ABROAD

26.8. Hong Kong. 5 1/4M road: 1, J. Arnold (L. Buzz) 26:52; 2, W. Pegler (Melbourn) 27:19.
28.8. Cyprus. Troodos '5' (CC) 1, Vooght 24:32; 2, Shields 25:40; 3, Duggan 25:57; 4, Higginson 26:26; 5, Doughty 27:03; 253 ran. **16.9. Pattaya (Thailand).** 6 1/2M: Pegler 35:26. **23.9. RAF Larrbruch (Ger).** 6M road: 1, Edgington 28:43; 2, Stanton 28:57; 3, Flanagan 29:15; 4, Marzilius 29:50; 5, Binks 30:00; 6, Marsh 30:05. **3.10. Happy Valley (Cyp).** 4 x 2M Relay: 1, QLR 41:40; 2, Episkopi Garrison 41:46; fastest: Vooght 9:40, McGlaughlin 10:09, Palmer 10:22. Boys 3 x 2M: King Richard School, Dhekelia 37:12; fastest: Kerr 11:01. Women's 3 x 2M: K. Richard S, Dhekelia 46:40; fastest: Mitchum 41:17.

ALLAN WELLS CLEARED

Fears that Allan Wells might have infringed his amateur status because his photograph was used (without his prior knowledge) in a Scottish newspaper advertisement for a store have proved groundless. David Shaw, the BAAB general secretary, said that Wells had broken no rules.

Corby AC officers: secretary — J. Tomlinson, 20 Ashurst Crescent, Corby, Northants (Tel: Corby 3147); cc secretary — G. White, 111 Colyers Avenue, Corby (Tel: Great Oakley 743314).

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RODGERS, WAITZ, SUPERMAN, BUGS BUNNY ...

Dave Cocksedge reports on the New York Marathon

GRETE WAITZ cut an amazing 4 min 57 sec off her own world best, set in this classic event through New York City's five boroughs last year. Bill Rodgers made it four NYM titles in a row as he triumphed over 14,000-odd other starters. That just barely sums up the elite side of the 1979 New York Marathon on October 21st. But there was much more. A man dressed as a waiter (in tails) and carrying a tray with a bottle of Perrier water finished in around 3:24. Another man ran as Bugs Bunny, and of course Superman was there, too. Approximately 3 million spectators lined the streets to applaud and shout. And they stayed to cheer and wave as the finishers streamed into the finish in Central Park for hours after Bill Rodgers had crossed the line in 2:11:42. The entire city of New York gets behind its annual marathon, and they come in increasing numbers from all over the world to run it every year.

The race got off to a confused, ragged start under leaden skies at 10.30 am local time. The slightly chilly, overcast conditions soon gave way to sunshine and a rising temperature, and the humidity was high. Late entry Kevin Shore and his South African partner Johnny Halberstadt hit the fore early and soon pulled some 30m clear of the chasing pack as Rodgers got left in the ruck and had to thread his way through the fast starters immediately ahead. Presumably the IAAF would be interested to know how exactly the two South Africans were allowed to race, but their glory was short lived — gaining on them was Kirk Pfeffer, a product of Frank Shorter's Colorado stable. He seized the lead at 7.4 miles and then really kicked it in. He was a minute up on Gunter Mielke (Ger) at 10 miles and passed halfway in 63:52 a long, long way ahead of chasing Benji Durden, Jukka Toivola, Ian Thompson, Steve Kenyon and Bill Rodgers.

Pfeffer was still running hard at 15 miles, passing in 78 min, approaching the Queensborough Bridge. At 18 miles, he was still looking strong, although the earlier sub-5 minute miling pace had slowed him to 1:38:10 at 20 miles. Rodgers was now in full cry, and eating into that precious lead. The Boston and New York Marathon winner was only 74 sec back, and gaining with every stride. Following on were Kenyon (thinking he was second), Durden, Toivola and Shorter. Rodgers finally hit the front from a visibly flagging Pfeffer at 23¼ miles, approaching East Drive and heading into Central Park.

Looking back many times, he was nevertheless untroubled as he sped home to deafening

applause to take his fourth New York title in a row. Behind him, Pfeffer rallied to hold onto second in 2:13:08, 21 sec ahead of Steve Kenyon, who was having an amazing race in only his second ever marathon. Ian Thompson clocked 2:13:42, faster than last year when he finished second. Durden was fifth, only 6 sec away, and Toivola took sixth in 2:13:59. Shorter ran a steady 2:16:15 for 7th place.

Meanwhile, **Grete Waitz** was obliterating her own handiwork, running a very steadily paced race to pick off a lot of men who started out confidently ahead of her. Her magnificent 2:27:33 just cannot be praised highly enough. She belied her calm, untroubled exterior by stating afterwards: "I feel right now after that effort that I can't run any faster. I don't want to run any faster anyway. The record really was not that important. I came here to win again and I was very pleased to be able to do that."

Gill Adams, running her third marathon this year, improved again on her short-lived UK record (2:41:03) set at Eugene, by returning a fine



GILL ADAMS

2:38:31 for second place here. She said: "The only time I saw Grete was when we stood chatting together just before the start. I'm thrilled about my time, though. If it wasn't for Joyce Smith's race in Germany, they would be raving about this back in England."

Bill Rodgers: "I heard 30:55 for myself at 10km, which is about what I wanted my time to be. It was so hot, I felt I'd run fairly slowly early on and then try to catch people. Psychologically, that's a good way to run: as you catch people you get stronger mentally. A lot of people gained five or six seconds at that start line, though. Steve Kenyon and I were 150th or so coming off the Vernanzio Bridge, and we had to play a catch-up game from there. We were really surprised at the lead Pfeffer had on us and when I finally got him I was worried. There were a lot of strong finishers behind me and I was about done. All the time I was chasing Kirk, though, I could visualise those headlines: **RODGERS SURPRISED BY PFEFFER**. That kept me driving on after him. Watch out for the Americans in Moscow. The three guys who make the US marathon team will be GOOD. We have amazing depth here right now. I don't know if I'll make the team or not."

Kirk Pfeffer: "The start was hectic. Tom Fleming said to the guys behind us: 'Hey if you push us any more, we'll soon be in Brooklyn'. It was insane. The main reason I came here was for experience. But when you get into a 4:50 pace,

and go with it, you are caught in a trap. You just have to go along with it. I only got in last night and didn't get a chance to check the course out. So when I went off the front, and was away, I thought I'd let it all hang out and see what it got me. I didn't know Bill was chasing me so hard until about 20 miles. Bill is a tough guy. When he passed me, I knew I couldn't go with him, but I wanted second. I had to hold on. I liked the whole course except for those last 5 miles. Man, those hills annihilated me. Next time I run one of these I'll be rested."

Steve Kenyon: "A lot of people got left at the start, because most of that front row went before the cannon. I wasn't going to be one of them, so I went. Bill and I ran together for 17 miles, until he left me along First Avenue. I didn't know anything about Pfeffer. I thought I was second until someone told me I'd finished third. I just didn't see the bloke for the whole race."

In the report of the inter-area Junior match on September 16th ('AW' Oct. 6th), and in the 800m rankings last week, reference was made to Paul Elliott. It is, in fact, PETER Elliott.

D. Case of Ealing & Southall finished 30th in the Milton Keynes marathon, and not as stated. Also, G. Nettleford **did not** finish 51st. All places below this should be improved by one, and 60th was G. French (Ply) in 2:44:02. ('AW' Oct. 6th).

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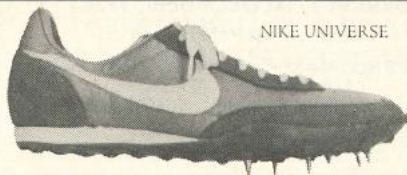


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LEAGUE RACES

GWENT LEAGUE

At Bishop Vaughan, October 6th

1, M. Cowman (Westbury) 30:16
 2, K. Davies (Walton-Gst) 30:42
 3, S. Seaman (Swansea) 30:50
 4, M. Lane (Newp) 30:59; 5, G. Blackburn (West-V) 31:06; 6, M. McGeoch (B&V) 31:18; 7, F. Thomas (Aberys) 31:32; 8, A. Davies (Aberys) 31:42; 9, W. Valentine (West) 31:45; 10, P. Watts (West) 31:48; 11, M. Ettle-Isles (West) 31:54; 12, J. Smith (West) 31:57; 13, C. Davies (Swan) 31:59; 14, J. O'Brien (Bridge-V) 32:01; 15, A. Jefferies (Swan) 32:02; 16, H. Clayton (Bris-V) 32:07; 17, I. Ellis (Aberys) 32:11; 18, A. Ireland (B&V) 32:15; 19, P. Darney (Car) 32:24; 20, B. Griffiths (Car) 32:28. Teams: 1, Westbury 815; 2, Swansea 760; 3, Newport 706; 4, Cardiff 695; 5, Westbury 'B' 679; 6, Bridgend YMCA 644; 7, Aberystwyth 636; 8, Clevedon 568. (Juniors): 1, S. Blakemore (Car) 21:33; 2, H. Parsell (Swan) 22:05; 3, J. Perkins (West) 22:29; 4, K. Parker (West) 22:31; 5, A. Wright (Bris) 22:35; 6, K. Gallivan (Swan) 22:51; 7, C. McIntyre (West) 22:55; 8, A. West (Car) 23:05; 9, D. Keepen (B&P) 23:08; 10, D. Thomas (Bris) 23:18; 11, R. Clements (Ply) 23:22; 12, N. Adams (Brec) 23:33. Teams: 1, Swansea 257; 2, Cardiff 255; 3, Westbury 244; 4, Aberystwyth 193; 5, Bristol

163; 6, AAC Chepstow 158. (Youths): 1, K. Miles (West) 18:05; 2, A. Smith (Swan) 18:19; 3, G. Hill (BGCS) 18:28; 4, I. Manners (Cle) 18:30; 5, J. Pimley (Torf) 18:37; 6, A. Hope (West) 18:39; 7, M. Appleton (Bris) 18:42; 8, S. Rose (B&P) 18:50; 9, P. Knight (Bris) 18:53; 10, K. Jory (Ply) 18:57. Teams: 1, Westbury 430; 2, Bristol 427; 3, City of Plymouth 371; 4, Cardiff 359; 5, Bishop Gore CS 356. (Boys): 1, M. Griffiths (Swan) 12:30; 2, D. Muxworthy (West) 12:35; 3, A. Crane (Cle) 12:40; 4, S. Wyatt (B&P) 12:44; 5, K. Foley (West) 12:51; 6, M. Northam (Ply) 12:53; 7, C. Corish (P. Tal) 12:54; 8, N. Comerford (B&V) 12:59. Teams: 1, Westbury 704; 2, Cardiff 638; 3, Barry & V 620; 4, Port Talbot 610. (Colts): 1, M. Powell (Car) 9:58; 2, S. Godwin (Bris) 9:59; 3, P. Stevenson (B&P) 10:06; 4, S. Cowley (West) 10:07; 5, J. List (Bris) 10:09; 6, S. Price (KH VIII) 10:10. Teams: 1, Westbury 433; 2, Bristol 432; 3, Ferndale LCS 413. (U/11): 1, B. Gilbert (Durs) 10:12; 2, M. Cook (Durs) 10:18; 3, R. Moon (Rhon) 10:21. Teams: 1, Dursley 569; 2, Westbury 547. (U/9): K. White (Bris) 5:10. Team: Dursley.

(Women): 1, A. Blake (AF&D) 13:31; 2, C. Bradford (Cle) 14:04; 3, M. Palmer (West) 14:12; 4, L. Gibson (Durs) 14:22; 5, L. LeRue (Torf) 14:28; 6, C. Morgan (Cled) 14:35; 7, A. Disley (B'mth-Gst) 14:41; 8, D. Davies (Car) 14:46; 9, D. Rees (Carm) 15:04; 10, C. Francis (Newp) 15:10; 11, S. Smith (West) 15:14; 12, A. Blakey (Car) 15:16. Teams: 1, Cardiff 45; 2, Westbury

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EVENTS

Young Colts U/11	1 Mile	Minor Girls U/11	1 Mile
Colts U/13	1 1/4 Miles	Girls U/13	1 Mile
Boys U/15	2 1/4 Miles	Junior Girls U/15	1 1/4 Miles
Youths	3 Miles	Inter Ladies	2 Miles
Junior Men	5 Miles	Ladies	3 Miles

Senior Men & Vets 7 Miles

Prizes or Trophies 1st 3 Inds. and 1st 3 Teams (3 to score). Vets 1st 3 O/40, 1st 2 O/45, 1st O/50, plus first team. Please mark entry if Vet & D.o.B. All ages as midnight 31.8.79. **Entries close November 19th, 1979,** to: Mrs D. Metterick, 75 Nettleham Road, Woodseats, Sheffield. SAE for confirmation.

Entry Fees: Under 15 yrs 25p, Under 17 yrs 30p, Over 17 yrs 30p.

39; 3, Clevedon 31; 4, Cleddau 29; 5eq, Aldershot F&D & Newport 25. **(Inters):** 1, Y. Jones (Tiv) 10:12; 2, T. Kenward (Car) 10:25; 3, E. Sinclair (Bris) 10:34; 4, B. Thomas (Car) 10:36; 5, R. Powell (Tal) 10:41; 6, T. Hayward (B&P) 10:52; 7, M. Wiltshire (West) 11:11; 8, J. Stokes (West) 11:13. **Teams:** 1, Bristol 170; 2, Cardiff 160; 3, Westbury 145; 4, Swansea 68. **(Juniors):** 1, J. Presley (Bris) 10:04; 2, J. Thomas (Carm) 10:16; 3, R. Green (Bris) 10:32; 4, D. White (Bris) 10:35; 5, J. Alexander (Bris) 10:39; 6, A. Presley (Bris) 10:41. **Teams:** 1, Bristol 458; 2, Bristol 'B' 401; 3, Cardiff 377. **(Girls):** 1, D. Crowley (P. Tal) 7:01; 2, A. Parry (Cled) 7:18; 3, C. Corish (P. Tal) 7:19; 4, S. Everett (Bris) 7:22. **Teams:** 1, Bristol 711; 2, Cardiff 663; 3, Bristol 'B' 614. **(U/11):** N. Wood (B&V) 5:39. **Team:** Barry & V.

NORTH MIDLANDS LEAGUE

At Derby, October 13th

1, N. Lees (Derby) 32:48
2, G. Fell (Nottingham Univ.) 32:55
3, J. Clarke (Grimsby) 33:15
4, M. Exton (Holb) 33:21; 5, P. Kemp (Notts. U) 33:35; 6, D. Lem (Leic) 33:37; 7, A. Armitage (Charn) 33:40; 8, N. Jeffrey (Leic) 33:52; 9, J. Masterson (Leic-J) 33:54; 10, A. Nicholls (Charn) 34:04; 11, W. Dewis (Leic-J) 34:06; 12, J. Ray (Der) 34:09; 13, T. Gardner (Der-J) 34:10; 14, P. Romaine (Holb) 34:22; 15, I. Mills (Notts-J) 34:32; 16, G. Richards (Trent P) 34:35; 17, J. Henshall (Der) 34:37; 18, J. Barker (Grim) 34:41; 19, D. Reeves (Der) 34:49; 20, K. Hinton (RR) 34:51; 21, R. Gibbard (Charn) 34:52; 22, D. Brown (Grim) 34:54; 23, P. Leach (Leic) 34:54; 24, R. Novak (Charn) 34:57; 25, A. Rogerson (Leic-J) 35:02. **Teams:** 1, Leicester 57; 2, Derby 62; 3, Charnwood 116; 4, Grimsby 134; 5, Notts 147; 6, Holbeach 201; 7, Nottingham Univ. 204; 8, Trent Poly. 217; 9, Loughborough Stu. 241; 10, Rolls Royce 282. **(Vets):** 1, R. Stowell (Charn) 36:19; 2, L. Pratt (Charn) 37:10; 3, A. Bardon (Charn) 39:26. **(Youths):** 1, C. Mochrie (Leic) 17:35; 2, M. Smith (Notts) 17:48; 3, G. Lucas (S. in A) 17:50. **Teams:** 1, Leicester 11; 2, Sutton-in-Ashfield 15; 3, Notts 40; 4, Grimsby 46; 5, Charnwood 49; 6, Holbeach 53. **(Boys):** 1, A. Aled (S. in A) 10:50; 2, S. Allen (Grim) 10:56; 3, P. Ward (S. in A) 10:57. **Teams:** 1, Sutton-in-Ashfield 13; 2, Leicester 22; 3, Derby 50; 4, Matlock 50. **(Colts):** 1, P. Tipler (Leic) 10:44; 2, S. Cummings (Leic) 10:48; 3, M. Wilson (Charn) 11:10. **Teams:** 1, Leicester 7; 2, Charnwood 16; 3, Holbeach 44.

ICKNIELD LEAGUE

At Cambridge, October 14th

1, S. Flint (Northampton Ph.) 28:11
2, D. Michael (Biggleswade) 28:25
3, J. Roberts (Cambridge & C) 28:28
4, D. Turner (Camb. U-V) 28:41; 5, R. Church (Nene V) 28:47; 6, H. Boyle (Cor) 29:00; 7, W. McKim (North) 29:08; 8, S. Oglethorpe (C&C)

29:11; 9, L. Harbord (Bigg) 29:14; 10, N. Tennant (C&C) 29:17; 11, P. Coyne (Bed) 29:20; 12, R. Wadeley (Bigg) 29:23; 13, D. Ainslie (Nene V) 29:25; 14, A. Boast (C&C) 29:26; 15, M. Hager (Kett) 29:42; 16, M. Holt (Nene V) 29:53; 17, S. Glasher (Cor) 29:55; 18, J. Clare (Thet) 29:55; 19, V. Holman (North) 30:05; 20, R. Denehey (Bed) 30:12; 21, J. Jenkins (C&C) 30:15; 22, R. Grubb (C&C-V) 30:18; 23, C. Dubas (C&C) 30:27; 24, D. Zemper (North) 30:31; 25, S. Speller (S&NH) 30:35. **Teams:** 1, Cambridge & C 756; 2, Northampton Ph. 649; 3, Biggleswade 646; 4, Bedford 621; 5, Nene Valley 604; 6, Corby 560; 7, Thetford 507; 8, Kettering Town 479; 9, Melbourn 472; 10, Stevenage & NH 466. **(Vets):** 1, Turner; 2, Grubb; 3, E. Saberton (C&C) 32:09. **(Youths):** 1, C. Wills (North) 18:53; 2, R. Herbert (North) 20:11; 3, M. Raymond (S&NH) 19:09; 4, C. Burton (Hunt) 19:28; 5, S. Goodwin (Bed) 19:37; 6, P. Chester (S&NH) 19:41; 7, D. Alderson (Thet) 20:11; 8, G. Quick (North) 20:35; 9, M. Spidy (Thet) 20:39; 10, J. Wilmot (Bed) 20:48. **Teams:** 1, Northampton Ph. 137; 2, Stevenage & NH 125; 3, Bedford 100; 4, Thetford 99; 5, Huntingdon 61; 6, Cambridge & C 51. **(Boys):** 1, D. Smith (S&NH) 16:15; 2, P. Frarey (S&NH) 16:29; 3, A. Soper (Lut) 16:34; 4, B. Henry (S&NH) 16:43; 5, D. Bennett (Bed) 16:49; 6, P. Moyses (Nene V) 16:54. **Teams:** 1, Stevenage & NH 203; 2, Melbourn 153; 3, Luton 147; 4, Thetford 140. **(Colts):** 1, R. Halsey (Lut) 10:01; 2, R. Oram (Kett) 10:08; 3, D. Clark (Bed) 10:17. **Teams:** 1, Luton 263; 2, Bedford 233; 3, Stevenage & NH 228.

KENT LEAGUE

At Tonbridge, October 13th

1, K. Steere (Dart) 29:40; 2, G. Huckwell (Dart) 30:29; 3, P. Williams (Camb. H) 30:52; 4, J. Patton (Kent) 31:09; 5, M. Knapp (U. Kent) 31:12; 6, J. Wigley (Inv) 31:25; 7, A. Guilder

WEST CORNWALL ATHLETIC CLUB

CAMBORNE ROAD RACES

(Under A.A.A. Laws)

SATURDAY, 17th NOVEMBER, 1979

At the Carn Brae Leisure Centre, Camborne

First Race 1.30 p.m.

Girls	1½M	Minor Boys	1½M
Junior Ladies	2½M	Boys/Inter Ladies	3M
Youths	3½M	Senior Ladies	3½M
Men	4½M		

Prizes: First 3 Men's Teams and 6 Inds., 1st 'B' Team, 1st Vet and 1st Vet O/45. First Ladies Team and 1st 3 Inds. in all other categories.

* Badges for ALL entrants in youngest 4 age groups.

Entries: Men's Team £1.50, 'B' Team £1, Men's Ind. 40p. All others 30p.

Entries to Mrs A. Gwynne, 119 Pendrea Park, Camborne, Cornwall.

Closing date 10th November, 1979

NO LATE ENTRIES

(Ell) 31:30; 8, P. Pape (Camb. H) 31:55; 9, P. Mullervy (Ell) 31:57; 10, D. Fleming (Inv) 32:00; 11, J. Huntingford (Camb. H) 32:17; 12, P. Noke (Dart) 32:27; 13, T. Orr (Dart) 32:34; 14, J. Mankelov (Camb. H) 32:43; 15, A. Champ (Ell) 32:55; 16, V. Smith (Med) 32:59; 17, L. Leonard (Med) 33:02; 18, J. Wilkins (Inv) 33:13; 19, D. Townsend (Inv) 33:17; 20, N. Fairbrass (Kent) 33:34. **Teams:** 1, Cambridge H 36; 2, Dartford 50; 3, Invicta 53; 4, Elliott & R 53; 5, Medway 89; 6, Kent 122. **(Youths):** 1, P. Larkins (Folk) 17:02; 2, N. Maytom (Ell) 17:18; 3, C. Sellars (Ell) 17:24; 4, K. Minter (Ell) 17:36; 5, C. Belcher (Folk) 17:36; 6, A. Forbes (Judd) 17:38; 7, M. Birkenshaw (Ell) 18:00; 8, G. Jones (E. Kent) 18:10; 9, K. Stewart (Ton) 18:11; 10, M. Oxley (Ton) 18:21. **Teams:** 1, Elliott & R 16; 2, Judd S 48; 3, E. Kent 54.

KENT WOMEN'S LEAGUE

At Maidstone, October 21st

1, J. Eyles (Ash) 12:24; 2, J. Howell (Med) 13:13; 3, K. Charnell (Wig) 13:25; 4, C. Grain (Dart) 13:43; 5, S. Channon (Med) 14:18; 6, K. Koppel (Dart) 14:21; 7, J. Farr (Dart) 14:30; 8, S. Dorkins (Med) 14:36; 9, J. Brown (Ash) 15:13; 10, C. Corke (Dart) 15:17. **Teams:** 1, Medway 15; 2, Dartford 17; 3, Ashford 21; 4, Wigmore 37; 5, Bexley 50; 6, E. Kent 62. **(Inters):** 1, T. Neale (Dart) 10:16; 2, L. Jemmett (Dart) 10:23; 3, J. Mills (Med) 10:29; 4, C. Mole (Med) 10:41; 5, S. Bishop (Med) 10:48; 6, H. Godden (Dart) 10:49; 7, V. Wade (Wig) 11:04; 8, H. Hill (Med) 11:11. **Teams:** 1, Dartford 9; 2, Medway 12; 3, Ashford 30; 4, Wigmore 35. **(Juniors):** 1, J. Rose (Ash) 6:50; 2, S. Covington (Med) 7:05; 3, H. Conti (Med) 7:06; 4, A. Wittekind (Dart) 7:09; 5, H. Shepherd (E. Kent) 7:10; 6, Y. Bennett (Med) 7:15. **Teams:** 1, Medway 11; 2, Dartford 29; 3, E. Kent 30; 4, Wigmore 68. **(Girls):** 1, J. Dennis (Med) 7:34; 2, S. Elam (Dart) 7:50; 3, P. Reed (Ash) 8:07; 4, L. Savage (Folk) 8:08. **Teams:** 1, Ashford 18; 2, Medway 19; 3, Folkestone 27.

WEST MIDLANDS SERVICES LEAGUE

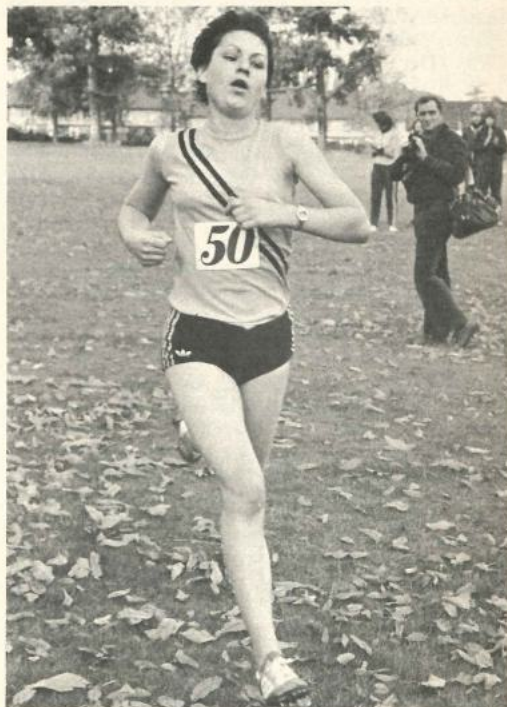
At Birmingham, October 3rd

1, Barnes (War. P) 30:51; 2, Chalk (RAF Staff) 32:05; 3, Heather (RAF Staff) 33:01; 4, Cotton (W. Mid. P) 33:20; 5, Macleod (War. P) 33:24; 6, Steven (W. Mid. P) 33:41; 7, Oliver (JL) 33:49; 8, Brown (W. Mid. P) 34:13; 9, Boyd (RAF Staff) 34:28; 10, Morris (W. Mid. P) 34:33; 11, Harris (W. Mid. P) 34:39; 12, Crompton (Gst) 34:45; 13, Thorncroft (Staffs P) 34:49; 14, O'Grady (W. Mid. P) 35:09; 15, Canning (Staffs P) 35:22. **Teams:** 1, W. Midlands Pol. 853; 2, Staffs Pol. 776; 3, RAF Stafford 775; 4, Junior Leaders 766; 5, W. Mercia Pol. 626; 6, Winston Green 619.

SCOTTISH SERVICES LEAGUE

At RAF Buchan, October 10th

1, Edwards (A'deen) 22:43; 2, Eke (Leuc) 22:44; 3, Robinson (Nep) 22:48; 4, Johnson (Loss) 22:51; 5, McKay (Dun. U) 22:53; 6, Pinner (Loss) 23:03; 7, Deacon (Buch) 23:07; 8, Cox (Leuc) 23:09; 9, Shave (Cal) 23:12; 10, Houlihan (Leuc) 23:21. **Teams:** 1, Leuchars 373; 2, Neptune 346; 3, Lossiemouth 345; 4, Caledonia 338; 5, Leuchars 'B' 290; 6, Glencorse 286.



Janet Eyles, formerly of Oxford City AC, seen winning the first Kent Women's League race for Ashford AC at Mote Park, Maidstone on October 21st.

Peter Williams

INTERNATIONAL ATHLETES' CLUB

INTERNATIONAL CROSS COUNTRY EVENT

SATURDAY, 8th DECEMBER, 1979
12.15 p.m.

BOYS RACE

(Under 15 on Sept. 1st, 1979)

Under AAA Laws & ECCU Rules

at Crystal Palace National Sports Centre,
Norwood, SE19 2BB.

Distance approx. 3,500 metres.

Prizes to first six places.

The organisers reserve the right to run two races if necessary.

Entry Fee: 30p — payable to the "International Athletes' Club" (please enclose S.A.E.).

Entries to: Mrs S. Herring, 6 Overhill Way, Beckenham, Kent BR3 2SW.

Closing Date December 1st, 1979

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Walking

BRITAIN SUPPLIES 10 WINNERS IN DUTCH FESTIVAL

WITH no less than 13 races being staged covering age groups from U/10 to O/50, Britain not only supplied ten winners, but accounted for 162 out of the 285 finishers covering all the events at Drachten, Holland, on October 6th.

Winner of the recent Balkan Championship, Hriados Karagiorgios, was inside 87½ minutes in winning the men's 20km by over 7 min from Steve Barry. Australian John Smith was third and easily won the veterans' section and there were good performances from Peter Ryan, Mike Scamell, Dennis Sheppard and O/50 winner, Reg Eade.

The age group events were held on the track and produced some fine walking. In the Junior 10km, international Mike Miley beat the outstanding Dutch prospect Frank van Ravensberg, with the Greyfriars duo, Walsh and Flear, not far behind. The 40-year-old German international Regine Broders was outstanding in the women's 5km and it was good to see Sylvia Saunders back racing internationally taking second spot.

In the younger groups Susan Till, Karen Nipper and Karen Bowers all won easily and look to have excellent futures in the sport. Kevin Walsh and Chris Marchant spreadeagled the field

in the Youths 5km, where Britain took the first ten places. A truly international get-together with six countries being represented, which gave early experience of European racing to many youngsters.

(Men 20km Road): 1, H. Karagiorgios (Greece) 87:29; 2, S. Barry (Roath) 94:30; 3, J. Smith (Aus) 96:41; 4, P. Ryan (Sheff) 97:52; 5, J. Hold (Ger) 99:47; 6, M. Scamell (Bel) 100:20; 7, D. Sheppard (Ang) 100:23; 8, T. Ras (Holl) 100:41; 9, R. Hankin (Sheff) 101:21; 10, M. Angrove (Grey) 102:22; 11, R. Gardiner (Hales) 102:33; 12, P. Rodgers (B&R) 103:04 ... 15, G. Hunwicks (Ilf) 104:48; 16, T. Morris (Grey) 104:52. **(Vets):** 1, Smith; 2, Ras; 3, N. Schroten (Holl) 104:29; 4, J. Dunsford (Bel) 109:17; 5, K. Smith (Cov) 110:26. **(O/50):** 1, R. Eade (B'stoke) 112:00 ... 3, H. Jacquest (Enf) 118:38. **Track Races. (Junior 10km):** 1, M. Miley (Harb) 47:02.5; 2, F. van Ravensberg (Holl) 47:20.4; 3, N. Walsh (Grey) 48:05.1; 4, A. Flear (Grey) 48:37.9. **(Youths 5km):** 1, K. Walsh (Grey) 23:48.4; 2, C. Marchant (Hav) 23:57.2; 3, M. Smith (Cov) 24:49.0. **(Boys 3km):** 1, M. Williams (Bole) 15:12.9; 2, N. Corbett (B&R) 15:13.8; 3, K. Zuber (Hav) 15:27.0. **(Colts 1km):** 1, W.

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Leistra (Holl) 44:43.2; 2, J. Bolton (Holloway) 4:48.8. **(Women 5km):** 1, R. Broders (Ger-V) 26:04.0; 2, S. Saunders (Harb) 27:31.9; 3, L. Nielsen (Den) 29:28.2. **(Inters 3km):** 1, S. Till (B&H) 15:19.9; 2, C. Bahner (Ger) 15:55.9; 3, C. Brookes (Sol) 16:44.0. **(Junior 3km):** 1, K. Nipper (Roath) 16:08.4; 2, K. Blows (Hav) 16:35.3; 3, L. McCarthy 16:41.7. **(Girls 1km):** C. Rawlings (Harb) 4:53.6.

Steve Gower equals course record in Southend '5' (September 30th). Back to his very best form, Steve Gower spreadeagled the field to win by nearly 400m from Ken Carter. Julian Robinson's fine effort in 4th place clinched Anglia a surprise win over Ilford. 1, S. Gower (Ilf) 35:26; 2, K. Carter (Ang) 37:10; 3, M. Dunion (Ang) 37:15; 4, J. Robinson (Ang) 38:23; 5, D. Hay (Hav) 38:45; 6, B. Armstrong (Ilf) 39:09; 7, D. Cox (Ilf) 39:20; 8, L. Mockett (Ilf) 39:28; 9, J. Evans (Ilf) 39:32; 10, S. Mendham (Hav) 40:36. Teams: 1, Anglia Striders 20; 2, Ilford 22; 3, Havering 44. **(Boys 2km (track)):** 1, A. Sullens (S'end) 10:12.8; 2, P. Toft (Hav) 10:19.2; 3, M. Fieldon (S'end) 10:21.6. **(Colts):** G. Clark (S'end) 11:31.0. **8-10 1km:** P. Clark (Hult FS) 6:18.6. **(Girls U/15 2km):** E. O'Rawe (S'end) 11:12.6. **11-13 1km:** M. O'Rawe (S'end) 6:01.3.

Richard Dorman fastest in London Postal Region Yacht Handicap, at Blackheath (October 2nd). 1, R. Dorman (Bel) 43:44; 2, E. Crossingham (Bel) 45:50; 3, M. Nicholls (Bel) 45:54; 4, J. Robinson (Ang) 46:12; 5, S. Wynn (Sy) 47:43; 6, B. Armstrong (Ilf) 48:23. Team: Belgrave.

Graham Seatter wins Leicester Open 10km (October 6th). New Zealander Graham Seatter soon forgot his Lugano Cup disappointment; off fast, he dropped his early challengers Mick Greasley and Peter Fullager by the kilometre mark. As the Sheffielder faded, Brian Adams came through strongly to take 2nd place and gain slightly on the leader. On the second 5km lap Mike Holmes drew away from Alan King and Fullager, and got by Adams before surprisingly being disqualified with a kilometre to go. There was some excellent walking by Roy Sheppard, who improved out of all knowledge, and Brian Armstrong to back up solid efforts from Steve Gower and Bob Dobson to enable Ilford to shock Leicester in the team race — winning by virtue of a better placing of the fourth man. Leicester juniors Paul Vesty, Alan Trigg and Alan Worth showed further promise and will obviously be helping Adams and King to gain further team honours in the near future. For such a classic fixture in the area, it was disappointing to find just three Midland clubs represented. 1, G. Seatter (Bel) 43:22; 2, B. Adams (Leic) 43:57; 3, A. King (Leic) 44:06; 4, P. Fullager (Aus) 44:34; 5, S. Gower (Ilf) 44:45; 6, R. Dobson (Ilf) 45:20;

7, M. Greasley (Sheff) 45:25; 8, B. Graham (Yk. P) 45:39; 9, R. Sheppard (Ilf) 45:41; 10, B. Armstrong (Ilf) 45:43; 11, J. Paddick (Leic) 46:08; 12, P. Vesty (Leic) 46:32; 13, D. Jackson (Yk. P) 46:44; 14, A. Malone (Stock) 47:05; 15, J. Warhurst (Sheff) 47:16; 16, A. Trigg (Leic) 48:15; 17, E. Taylor (Cov) 48:51; 18, G. Chaplin (Cov) 49:38; 19, S. Tonks (Sheff) 49:46; 20, A. Worth (Leic) 50:12. 72 finished. Teams: 1, Ilford 22; 2, Leicester 22; 3, Sheffield 60; 4, York Postal 79.

Surrey WC 'Gazette Cup' 4M, at Croydon (October 6th). 1, G. Vale 30:21; 2, R. Lancefield 30:45; 3, P. Jarman 30:46; 4, M. Easton 31:50; 5, D. Boxall (B&H) 32:00; 6, M. Fullager 33:08; 7, S. Wynn 33:10.

Steve Gower 'pulled' when leading in Woodford '7', leaving Amos Seddon an easy winner, at Woodford (October 13th). Though several Essex-based men were competing in the Chippenham to Calne, a large field contested this event on the very testing four lap circuit. Steve Gower had a lead of some 300m when he was disqualified on the third lap, leaving Amos Seddon an untroubled winner. A cold ridden George Nibre finished second ahead of an inform Ken Carter and Brian Armstrong. 1, A. Seddon (Enf) 51:40; 2, G. Nibre (Ilf) 53:09; 3, K. Carter (Ang) 53:28; 4, B. Armstrong (Ilf) 53:38; 5, J. Robinson (Ang) 54:56; 6, D. Sheppard (Ang) 55:22; 7, G. Scott (Enf) 55:33; 8, D. Hay (Hav) 55:42; 9, L. Mockett (Ilf) 56:04; 10, R. Wallwork (Ang) 56:08. Teams: 1, Anglia 24; 2, Ilford 26; 3, Borough of Enfield 37; 4, Havering 58.

Alan King hangs on to win Chippenham to Calne 6M, and Carol Tyson clocks 48:44 for outstanding women's victory, (October 13th). The women's event started one minute before the men's, and that was fortunate for the latter because Carol Tyson's startling 48:44 was bettered by only 28 of the 122 male finishers. Virginia Lovell showed with her fine 50:38 that she is back to her very best and obviously deserves international selection. Local favourite

Continued on page 37

**20 MILE ROAD RACE
LEAMINGTON TO BANBURY
Automotive Products Sponsored**

20

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

SUNDAY, 11th NOVEMBER, at 12.30 p.m.

Prizes: 1st 3, 1st Vet 0/40, 0/50, 1st 2 Ladies & 1st 2 Teams (4 run, 3 score). Award to every finisher.

Entries: 40p, (no team fee). Please enclose S.A.E. Late entries 60p non scoring. (Closing date 5th Nov.).

Entries to: The Organiser, 60 Wards Crescent, Bodicote, Nr. Banbury.

Results In Brief

September 5th

TVH Open Meeting, at West London. 200: 1, L. Christie (Lon. I) 21.8; 2, A. St. Louis (TVH) 22.0. 800: 1, T. Browne (E&E) 1:52.6; 2, G. Long (BR&C) 1:52.9; 3, W. Foster (Harr) 1:54.0. 3000: 1, M. Foster (Shaft) 8:09.0; 2, Grenville Tuck (C&C) 8:12.2; 3, B. Smyth (Lon. I) 8:14.4; 4, P. Rowland (Hor) 8:15.4; 5, S. Lowe (C&C) 8:16.6; 6, A. Bridge (Harl) 8:24.6. TJ: L. Still (W. Suff) 13.95. HT: 1, M. Fenton (Ips) 59.84; 2, G. Curtis (Ex. B) 48.52; 3, K. Prior (E&E) 47.54; 4, M. Zaidman (Har) 43.36. (Youths): HT: 1, A. Kenneally (WS&E) 62.36; 2, S. Blackwell (High) 53.48. (Boys): HT: R. Fedder (TVH) 60.42. (Women): 200: 1, D. Clarke (LOAC) 24.5; 2, J. Evans (Bris) 24.7; 3, D. Skeritt (LOAC) 24.9; 4, C. Williams (Ports) 25.3; 5, A. Hurley (Park) 25.4. BMC 800: 1, R. Smeeth 2:07.9; 2, D. Lucy 2:08.2; 3, W. Smith 2:09.0; 4, A. Ekperigin 2:10.8; 5, J. Smith 2:11.0; 6, S. Harvey 2:12.5; 7, L. Keough 2:12.8; 8, B. Lovett 2:13.1; 9, D. Phillips 2:14.2; 10, J. Cole 2:14.5; 11, K. Binns 2:14.5. 800: E. Harding (E&E) 2:16.1.

September 15th

West London Hammer School Champs, at West London. 1, R. James (WLHS) 55.08; 2, R. Earle (Chelm-J) 50.06; 3, A. Kenneally (WLHS-Y) 48.20; 4, M. Zaidman (Har-Y) 48.08; 5, A. Carruthers (WLHS-J) 45.42; 6, A. Noakes (WLHS-J) 44.70; 7, M. Jones (WLHS-Y) 41.66. (Juniors): 1, Earle 56.88; 2, Kenneally 52.16; 3, Carruthers 51.74; 4, Noakes 50.82; 5, Jones 47.02; 6, S. Clark (WLHS-Y) 44.96; 7, R. Fedder (WLHS-B) 44.92. (Youths): 1, Kenneally 63.68; 2, Zaidman 62.16; 3, Fedder 52.56; 4, Jones 52.30; 5, Clark 51.00; 6, A. French (Shaft-B) 47.38; 7, G. Deegan (WLHS-B) 42.96; 8, K. Power (WLHS-B) 42.46. (Boys): 1, Fedder 57.38; 2, French 56.28; 3, Deegan 51.48; 4, Power 50.46; 5, C. Bowles (WLHS) 41.02; 6, G. Walters (Har) 38.80.

CORNWALL A.A.A. & W.A.A.A.

CROSS COUNTRY CHAMPIONSHIPS

at Wheel Eliza, St. Austell

on

SATURDAY, 8th DECEMBER, 1979

Sponsored by:

The Abbey National Building Society

The programme of events will include a Joggers run. Details & entries: Paul Manning, 25 Lyons Road, St. Austell, by Saturday, 24th November, 1979.

September 26th

City of London Poly. 2¾M Road Race, at Tower Hill. 1, D. Clark (Ver) 12:45; 2, L. Parrott (Hav-V) 13:34; 3, R. Symington (Sy) 13:40.

September 29th

Claymore Road Races. (U/17): 1, P. Gunn (Lochaber) 8:50; 2, K. MacKintosh (I'ness) 9:09; 3, N. Martin (Forres) 9:21. (U/14): 1, C. Martin (I'ness) 10:12; 2, M. Turner (Elg) 10:18; 3, S. Ketchion (Elgin) 10:24. (Women): 1, M. Jeans (I'ness) 10:24; 2, L. Haygarth (Caith) 10:49; 3, A. Grant (I'ness) 10:56.

North of Scotland Milk Marketing Board Road Relay. 1, Aberdeen 80:07; 2, Inverness 84:08; 3, Forres 84:43; 4, Caithness (Jnrs) 85:10. Fastest: F. Clyne (A'deen) 19:08, B. Turnbull (I'ness) 19:32, G. Milne (A'deen) 19:33.

October 6th

Belgrave H 3M Road Handicap, at Wimbledon. 1, M. Courtenay; 2, C. Henn; 3, C. Gillett.

Ranelagh H 5M Handicap, at Richmond Park. 1, J. Sperry; 2, M. Richards; 3, A. Pearce (V).

October 17th

Fleet Street H Road Race, at Blackfriars. 1, F. Upcott (SLH) 13:04; 2, D. Clark (Ver) 13:05; 3, S. Graham (HW) 13:43; 4, D. Glassborow (HHH) 13:58; 5, R. Marriott (SLH) 14:03; 6, G. Harrold (Enf-V) 14:06. (Women): 1, Garfield (Shell/Lensbury) 16:57.

October 20th

'Reiyukai' Open Meeting, at Norwich. 200: L. Christie (TVH) 22.3. 400: K. Worrall (Works) 50.1. LJ: R. Smith (Norf) 6.91. SP: C. Bloomfield (Ips) 13.40. DT: 1, C. Dinsdale (Low) 47.04; 2, N. Woolcott (Ver) 44.62; 3, N. Winchcombe (Read) 41.46; 4, W. Renshaw (Der) 41.20; 5, M. Middleton (Camb. H) 40.60; 6, C. D'Arcy (Cor-Y) 40.48. HT: 1, M. Fenton (Ips) 58.62; 2, R. Earle (Chelm) 49.76; 3, G. Curtis (Ex. B) 46.02; 4, G. Middleton (Newc) 44.84. JT: 1, Marsh (Ips) 59.62. (Youths): 3000: J. Harold (Norf) 8:54.8. PV: J. Lewis (Coll) 3.90. DT: 1, D'Arcy 49.44; 2, T. Izatt (Holb) 41.32; 3, C. Burdett (Ex. B) 41.28. HT: 1, M. Zaidman (Har) 54.30; 2, A. Simpkins (Gt. Y) 48.58; 3, V. Searle (Brain) 48.30. (Women): 100/200: P. Baker (Norf) 11.9/24.6. LJ: 1, D. Grey (Norf) 5.60; 2, M. Gladwell (Ips) 5.56; 3, G. Farmer (Low) 5.53. SP: 1, S. King (Ips) 11.90; 2, E. Tinkler (Enf) 11.87; 3, S. Parker (Brack) 11.40; 4, G. Bird (Norf) 10.94; 5, G. Farmer (Low) 10.65. DT: 1, J. Wright (Brack) 45.84; 2, Parker 43.44; 3, Bird 36.90; 4, D. Bushnell (Chelm) 34.00. JT: 1, S. Flack (Har) 44.16; 2, V. Vanterpool (Hunt) 36.82; 3, G. Brister (Norf) 35.64.

Book Review

The Complete Book of Running, by James F. Fixx; published by Chatto & Windus; 270 pages, hard cover; available from Book Dept, Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £6.25.

Little did Jim Fixx guess, when he gave up his magazine job to concentrate on writing a book about running, that he was on the way to making publishing history . . . and a fortune. Running, thought his publishers, was just a minority interest and they debated whether to print 12,500 or 15,000 copies of the \$10 hardback. But the book made its appearance at just the right time (1977) to capitalise on the incredible American jogging boom. It soared to the top of the nation's best-seller lists, stayed there several months and, to date, has sold a million copies — with the paperback edition still to come!

The timing was indeed perfect; for when the author began writing the book surveys suggested there were some 6 million runners in the USA, but within a few months the number had more than quadrupled. A vast army of joggers was just waiting for a book which could instruct, inspire and entertain them . . . and along came Jim Fixx's book to fill the bill.

Does the book deserve its phenomenal success? I believe it does, for it raises and answers

authoritatively the questions every jogger and fun runner would wish to ask, and the information is presented in such a way, littered as it is with anecdotes, encouragement and humour, that the book makes compulsive reading. His enthusiasm for the subject permeates every page and, personally, I got so fired up reading it that my legs were practically twitching in eager anticipation of my next run!

Having been able to include new material in the British edition, published in London this year by Chatto & Windus, Jim Fixx's opinion is that it "makes a significantly better book than its best-selling American original. I have been able to refine and reshape important views, interview important new British sources, and profit from the comments offered by scores of runners and readers. This is, in short, the Complete Book of Running I wish I had written in the first place".

The book, he explains, has a twin purpose: "first, to introduce you to the extraordinary world of running, and second, to change your life . . . If you are not yet a runner, this book will show you how to become healthier and happier than you have ever imagined you could be. It will do so no matter how out of shape or fat or old or ungraceful you are, and no matter how many times you have tried and failed with other exercise programmes. With proper preparation and a few elementary precautions, practically anyone who can walk can run. If, as I hope, you are already a runner, and even if you are already



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a very good one, this book will help make you fitter, faster, more knowledgeable, and better able to enjoy your sport's special pleasures and avoid its occasional hazards".

We are told how running benefits us both physically and psychologically; how it can improve our health and quality of life, and perhaps increase longevity. For the absolute beginner, Jim Fixx provides guidance on warming up, flexibility exercises, speed, distance, pulse rate, stiffness — and, a most important point for many would-be joggers, "on not feeling like a fool".

One of the funniest sections of the book instructs us how to deal with the jogger's only natural enemy (other than jeering little horrors) ... dogs. Two examples:-

The mad runner caper. To execute this one, wait until a dog is close to you. Until this strategic moment, run as usual. When the dog is nearly upon you, turn, make a blood-curdling noise and flail your arms as if demented. Even a dog seriously bent on mischief will think twice about pursuing a relationship with so unpredictable a soul.

The bluff. Dogs naturally don't like to have things thrown at them. If, therefore, you bend down as if to pick up a rock — there doesn't actually have to be one handy — all but the boldest animal will retreat. If the menacing dog is one you pass often, tossing a real rock in its

direction from time to time will suggest who's boss. It may continue to bark at you but will probably keep its distance. One runner I consulted takes even more extreme measures. He told me, "I find that if you pretend to ignore dogs until the last moment — when they leap at you — and then kick them as hard as possible on the nose they will run away. A cool nerve and great accuracy are required, but this technique is effective". Runners who have found it ineffective are, I suspect, not around to tell the tale.

Dogs apart, there is advice on coping with such elements as cold, heat, wind, hills, darkness, fog and cars. Food, gear and injuries are the subjects of other chapters, as are "The mythology of the woman runner" and "When you're over forty". Training techniques, the competitive spirit, scientific research, the Boston Marathon, and the author's own running hero Bill Rodgers are among still other topics covered in this wide-ranging testimony to the joys of running.

Mel Watman

At the Blackpool & Fylde YA Trophy Meeting on September 22nd ('AW' Oct. 20th) the Intermediate 100 & 200 were actually won by Alexandra Keegan of Wigan (12.2/25.2), who were invited as a guest team.



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INTERVIEW WITH JIM FIXX

JIM FIXX, the 47-year-old author of 'The Complete Book of Running', visited London earlier this year. Mel Watman interviewed him.

How did 'The Complete Book of Running' come about?

I've been a magazine editor and a writer all my life, and I found myself working for a magazine that was going through some very difficult changes. I felt that if I could I would like to get out of that magazine, but I didn't know how. At that moment, the Book of the Month Club took a previous book that I had written, having nothing to do with sports, and gave me a \$10,000 advance for it. So I thought . . . if I had a little bit more money that would keep me going for a year or so while I wrote another book. I had written three magazines pieces on running: one about my experience in my first Boston Marathon, one about just how I started running, and one on something else I can't remember. So, I had been interested in running, I had been running myself for a long time, and I knew that running was growing in the United States.

So, I got up an outline and, to sort of make it seem sexy to the publishers, I pointed out that Jackie Kennedy was running, that Joseph Heller — who wrote 'Catch 22' — was running . . . I offered this to my previous publisher, whose reaction was 'who in the world would want to read a book on running'. Then they had second thoughts and said 'since it's you and since we've published two of your books, if you really want us to we'll publish this book'. But they were so obviously unenthusiastic about it that I decided to see what reaction I would get from another publisher, so I offered it to Random House, and they thought it seemed like a good idea.

Looking back, the funny thing is that when the book was finally about to come out the publishers had to decide how many copies to print, and they were arguing at one point over whether to print 12,500 copies or 15,000 copies. Then the orders began to come in quite well and the first printing was finally 35,000 copies . . . and that sold out literally within minutes. Within the first week they got orders for 80,000 copies, and that was a ten dollar book. World-wide it's now up to about a million; around 750,000 in the United States in the Random House edition, another 100,000 or so in the Book of the Month Club edition, and over 50,000 in Australia and New Zealand. In total it's out in 14 foreign countries: Europe, Japan, Taiwan and so forth.

Do you have to pinch yourself to prove this isn't a dream?

The image is not exact, but it's like being struck by lightning; you just have no reason to expect it. When I worked on the book I really put a lot into it, but I never dreamed it was going to be a big



best-seller. As a matter of fact when the Book of the Month Club took this book a young girl editor I knew looked at me and said, 'Jim, you're going to have a best-seller'. And I said, 'forget it, there's no way a book on running can be a best-seller.' I really believed it.

Do you think that most of the people who bought the book in America were, until then, non-runners rather than people who were already into jogging?

Definitely. Most were either non-runners or relative beginners, judging by people who have written to me. I get a lot of letters from people who write to tell me how much weight they've lost, or how thrilled they are to have been able to run their first 10,000m race, or something like that. Apparently, people read the book and find it really motivates them to want to get out and run.

What prompted you to feel you had the qualifications to write such a book?

Well, at first I didn't. I guess in every author, to an extent, there has to be a strain of arrogance to make you believe that you can write something that a lot of people are going to want to read. In the beginning I wasn't sure I could do a book like this. Before I even wrote the outline or did any research I carried a notebook around with me for two or three months and I wrote down subjects about running, anecdotes and bits of advice I had

picked up that might be of use in the book. I would write down little phrases like 'running in snow' to remind myself that there was something to tell people about how to run in snow. By the time I had filled up about five notebooks I knew I had a lot of anecdotes to tell and that's when I began to feel comfortable about it. Then I started to do the research and correspond with lots of people.

What is your own running background? Are your performances improving?

It's ironical. My marathon time was coming down until I started writing the book! But when you write a book you spend so much time sitting still that even if you go out and run your 10 miles a day you're leading basically a sedentary life. So as soon as I started writing the book my times started getting worse, and it's only now — since I'm not spending so much time writing — that my times are beginning to improve a little bit. My best marathon time is 3:12. I'm not trying to be a top runner, I'm not even trying to be as good a runner as I could be. My attitude is that I live in the twentieth century and I live in Western civilisation, and that means I want to go out to parties and I want to sit down to good meals. I

really use running as a sort of antidote to all these other pleasurable things I'm able to do.

What is it that particularly excites you about running?

With all respect to the top runner, running is a sport which you can do and benefit from without any athletic skill at all. People who are absolutely inept at swinging a cricket bat, for example, can run and simply by doing it and training can have fair success at racing. I got a letter just recently; it was terribly exciting. This man had weighed 340lb and he had lost about 80lb. I wrote back saying great, keep it up, you're doing wonderfully and I would be interested to know how his programme goes. He had started running and that was helping him lose the weight. So about a month later I got another letter from him, attached to a package. He was now down to 220lb. He said he was enclosing a small souvenir; then he had crossed out 'small' and written in 'large'. I opened the package and in it was a pair of his cast-off blue jeans, 52 inch waist! He said he had, for the first time, run 5 miles and was very excited about this. Now he probably did it at 12 minutes a mile or something, who knows, but to him that was a victory. I think that's one of the great things about running — you can do it at your level.

Are you in favour of competitive outlets for joggers? There is a school of thought which considers that potentially dangerous.

I don't think it's dangerous at all. When a person is properly trained, the heart is about the one organ that thrives on hard work. Unless you have heart disease you can't run hard enough to hurt your heart. One of the excellent things about running is that there is a whole range of experiences to be had in it. If you decide for example that you, Mel Watman, want to become as good a runner as a person of your age can possibly be and you want to go into serious training and train four hours a day, you can do it and I'll say that's fine. That's not what I happen to want to do but I can understand your wanting to do it. If some woman or man says all I want to do is get up to the point where I can run two miles a day to stay fit, I say that's fine. So I think it's good that these races be available to people but I'm not urging people to go in for them.

All correspondence appertaining to women's cross-country and track for Ilford AC should now be sent to Mrs. M. Graham, 13 Tillotson Road, Ilford (Tel: 01-554 8038).

The Ilford women's Road Relays will take place on March 22nd next year. Details later in 'AW'.



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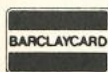
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UK BEST PERFORMERS (MEN) 1979 (PART 2)

Compiled by the NUTS

These lists have been compiled by the NUTS (Mike Gill — hurdles, Ian Hodge — HJ/PV, Richard Hymans — LJ/TJ, Tony O'Neill — throws, and Alan Lindop — decathlon). Additions and amendments would be welcomed by list co-ordinator Peter Matthews, 6 Broadfields, Goffs Oak, Waltham Cross, Herts EN7 5JU. Full top 100-plus lists with details will be published in the UK Athletics Annual 1980, due out next April. Details of unreported marks to NUTS senior standards (shown in brackets at the head of each event) would be gratefully received, as would club ranking lists.

110 METRES HURDLES

Fully Automatic Timing (15.89)

13.78w	Mark Holtom (13.91)
13.91w	Wilbert Greaves (14.08)
14.01	Berwyn Price
14.13w	David Wilson (14.29)
14.16w	Mark Hatton (14.69)
14.32	Angus McKenzie
14.39	Daley Thompson
14.41w	Tony James (14.42)
14.50	Neil Gerrard
14.61	Glenn MacDonald
14.66	Alan Drayton
14.79	Trevor Clifton
14.85	Michael Morgan
14.85	Gary Oakes
14.89w	Nick Alexander
14.96w	Colin Boreham (15.18)
15.05w	Keith Pascoe (15.24)
15.07w	Nigel Towell (15.17)
15.16	Robin Simpson
15.18	Alan Shaw
15.18	Stephen Pegler
15.18w	David Findlay
15.24	Pedro Allen
15.27	Trevor Carrington
15.28	Tony Shiret
15.28	Harold Bridgeman
15.29	Pan Zeniou
15.38	Alan Sumner
15.39	Julian Hipplewith
15.43	Ross Willard

Consolidated List (15.8)

13.7	Mark Holtom
13.91w	Wilbert Greaves (14.08)
14.01	Berwyn Price
14.13w	David Wilson (14.29)
14.16w	Mark Hatton (14.5)
14.32	Angus McKenzie
14.39	Daley Thompson

14.4	Tony James
14.4	Robin Simpson
14.50	Neil Gerrard
14.5	Trevor Clifton
14.6	John Kenny (Aus)
14.61	Glenn MacDonald
14.66	Alan Drayton
14.7	Alan Cronin
14.7w	Nick Alexander (15.1)
14.7w	Ian Willoughby
14.7w	Carson Porteous
14.8	Stephen Pegler
14.8	Alan Shaw
14.8	Ian Ratcliffe (14.7?)
14.85	Michael Morgan
14.85	Gary Oakes
14.9	Malcolm Kindon
14.9	Bob Danville
14.9	Jack Morgan
14.9	Keith Pascoe
14.9	Nigel Towell
14.9	Roger Bell
14.9	Ross Willard
14.9w	Trevor Carrington (15.1)
14.9w	Harold Bridgeman (15.0)
14.96w	Colin Boreham (15.0)
15.0	Nicholas Christie
15.0	James Hobbs
15.0	John Key
15.0w	Brad McStravick (15.2)
15.0w	Adrian Ash
15.0w	David Findlay (15.2)
15.0w	Pedro Allen (15.2)
15.1	Roger Honey
15.1	Delroy Hall
15.1	Christopher Richards
15.1w	Alan Sumner (15.2)
15.1w	Iain McEwan
15.2	Stephen Burke
15.2	Bob Harris
15.2	Julian Hipplewith

15.2	David Jones
15.2	Tony Shiret
15.2w	Jeffrey Wallace
15.2w	Philip Johnson
15.29	Pan Zeniou

400 METRES HURDLES (56.5)

50.37	Gary Oakes
50.46	Bob Danville
51.22	Roger Bell
51.64	Mike Whittingham
51.66	Roger Jenkins
51.69	David West
51.71	Paul Atherton
52.10	Steve James
52.24	Clive Beattie
52.3	Wilbert Greaves
52.54	Derek Fishwick
52.8	Derek Price
52.93	Kevin Carrid (RoI)
53.0	Harry Robinson
53.06	Keith Pascoe
53.1	Steven Sole
53.18	David Hislop
53.3	Colin Richardson
53.4	Trevor Carrington
53.4	Tony Shiret
53.5	John McGing (RoI)
53.5	Walcott Taylor
53.59	Colin O'Neill
53.6	Ian Willoughby
53.6	Paul Goacher
53.62	Delroy Hall
53.7	Megarry Effiong
53.7	Ian McDonnell
53.7	Neil Hammersley
53.7	Nigel Underwood
53.8	Mike Gill
53.8	Angus McKenzie
53.8	Norman Gregor
53.9	Mark Millward

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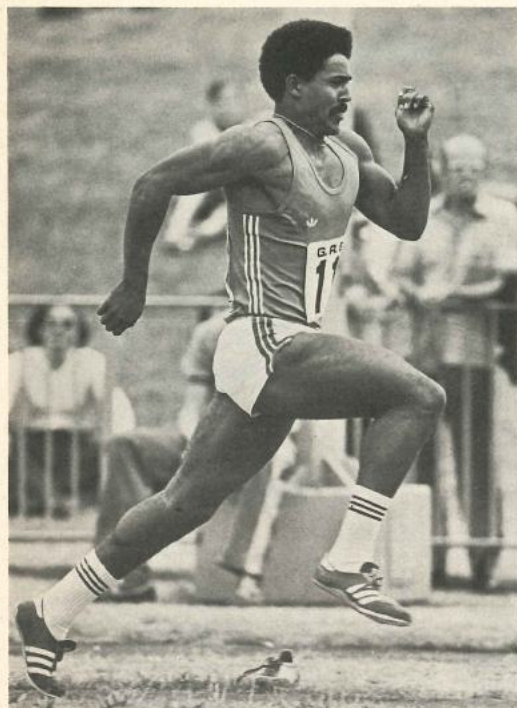
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George Herringshaw

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Mike Street

53.9	Steve Hinchliffe	2.08
54.0	Alan Greaves	2.07
54.1	Eric Shirley (54.0?)	2.06
54.1	Carson Porteous	2.06
54.2	Keith Lancey	2.05i
54.3	Toni Tarquini	2.05
54.3	Andy Ripley	2.05
54.4	Michael Garmston	2.05
54.48	Derek Thomson	2.05
54.48	Philip Johnson	2.05
54.50	Christopher Ewart	2.05
54.5	Christopher Preston	2.05
54.5	John Key	2.05
54.64	Pan Zeniou	2.05
54.7	Neal Killen	2.04
54.7	Robin Tolson	2.03
54.83	Stanley Devine	2.03
54.9	Russell Jerrett	2.03
54.9	K. Wilson	2.03

HIGH JUMP (1.95)

2.22i	Mark Naylor (2.16)	2.02
2.18	Brian Burgess	2.01
2.18	Tim Foulger	2.01
2.15	Ossie Cham	2.01
2.10i	Colin Harris (2.02)	2.01
2.10i	Mike Butterfield (2.05)	2.00i
2.10	Vincent Clemmens	2.00i
2.10	Alan Dainton	2.00i
2.10	Rupert Charles	2.00
2.10	Claude Moseley	2.00
2.08	Chris Hesketh	2.00
2.08	Andrew McIver	2.00
2.08	Colin Boreham	2.00

Floyd Redley	2.00
Trevor Llewelyn	2.00
Daley Thompson	2.00
Trevor Smith	2.00
Milton Palmer	2.00
Brian Ashpole	2.00
Adrian Ord	2.00
John Daley	2.02
Derek Knox	2.02
Derrick Morris	2.00
Steve Gill	
Tony Brewster	
Leroy Thompson	5.40
Philip McDonnell	5.26
Rifat Atun	5.25
Burnette Johnson	5.20
Mark Charlton	5.00
David Abrahams	4.90
Philip Earley	4.80
Angus McKenzie	4.65
Ian Grant	4.60
Del Alexander	4.60
Russell Bray	4.60
Leon Shakes	4.60
Fidelis Obikwu	4.50
Trevor Whittle	4.50
Gerraint Griffiths	4.50
Trevor Hoyte	4.50
Martyn Shorten	4.50
Alan Breden	4.41
Gus Udo	4.40
Norman Duffin	4.40
George Griffin	4.40
Luke Wall-Row	4.40

Bruce Wilkinson	2.00
Graham Flood	2.00
Graham Rikly	2.00
Floyd Manderson	2.00
M. Stanford	2.00
Elliott Moore	2.00
R. Pyatt	2.00
Unconfirmed:	
K. Little	2.02
Jonathan Lee	2.00

POLE VAULT (3.70)

Brian Hooper	5.40
Jeff Gutteridge	5.26
Allan Williams	5.25
Keith Stock	5.20
Daley Thompson	5.00
Mike Bull	4.90
Tim Gardner	4.80
Adrian Ross	4.65
Girish Patel	4.60
Andrew Jackson	4.60
Dick Williamson	4.60
Tim Anstiss	4.60
Alan Drayton	4.50
Allan Leiper	4.50
Nick Phipps	4.50
David Lease	4.50
Graham Eggleton	4.50
David Hooper	4.41
John Ball	4.40
Phillip Lovell	4.40
Pan Zeniou	4.40
Chris Boreham	4.40

Geoff Capes has now headed the shot rankings for nine seasons — 19.48 (1971), 20.15, 20.47, 21.37, 20.75, 21.55, 21.30, 20.68, 20.49. With the incentive of Moscow next year Geoff should be back over 21 metres again.



George Herringshaw

4.35	James Johnstone	4.10	Michael Mooney	7.52	Aston Moore
4.35	Phil Goulding	4.00	Angus McKenzie	7.52	Ron Martin
4.31	Geoff Ward	4.00	Alan Holloway	7.51w	Trevor Sinclair
4.30	Jonathan Cryle	4.00	Hubert Davis		(7.42i/7.27)
4.30	Brad McStravick	4.00	Andrzej Sosna	7.50i	Megarry Effiong
4.25	William Davey	4.00	Adrian Ord	7.48	Tony Effry
4.22	John Andrews	4.00	Witek Radwanski	7.47w	Trevor Wade (7.45)
4.20	Steve Bainbridge	4.00	Douglas Hamilton	7.44w	Brian Garner (7.43)
4.20	Brian Drayton	4.00	Bob Woodruff	7.43w	Gus Udo (7.20)
4.20	Rupert Goodall	4.00	Norman Foster	7.41	Henry Walters
4.20	Allan Baker	4.00	Neil McPhee	7.39w	Colin Rattigan (7.08)
4.20	Brychan Jones	4.00	Brian Wolland	7.38	Peter Brugnani
4.20	Fidelis Obikwu	4.00	John Wells	7.35	David Johnson
4.20	Richard Hooper	4.00	William McCarron	7.34	Len Tyson
4.15	Robert Brown			7.33w	Kenneth McKay (7.23)
4.10	Mark Shippen			7.32	Keith Connor
4.10	Bill Tonkin	7.87	Roy Mitchell	7.29	Trevor Hoyte
4.10	Solomon N'Jie	7.78w	Daley Thompson (7.69)	7.28	Angus McKenzie
4.10	Phil Cribb	7.61i	Billie Kirkpatrick (7.49)	7.27w	Albert Earle (7.22)
4.10	Nick Heal	7.56w	Eddy Starrs (7.47)	7.26	Winston Hinds

LONG JUMP (6.80)

20-year-old Tim Foulger, who improved this season from 2.10m to 2.18m, which he jumped in winning the UK v Russia match. He now lies third on the all-time list and looks set to overtake Mark Naylor's 2.22m anytime.

Mike Street

7.26	Roy McKenzie	15.42w	John Slaney	14.43	Stewart McAslan
7.25w	Paul Hanson	15.40	Nick Stoppard	14.42	Ian Timber
7.23w	Kevin Atkinson	15.30w	John Herbert (15.28)	14.39	Steven Simmons
7.22	Ken Cocks	15.24w	Chris Carden (15.02)	14.39	R. Cameron
7.22w	Colin Boreham (7.03)	15.24w	Conroy Brown (14.85)		SHOT (13.00)
7.21w	John Scott (7.13)	15.23	Gary Gallagher	20.49i	Geoff Capes (20.40)
7.20	Graeme Watson	15.14	Albert Earle	18.85	Mike Winch
7.17	Clive West	15.13w	Dennis Greene	18.23	Paul Buxton
7.17	H. Whyte	15.05	Donovan Perkins	17.03	Ian Lindley
7.15	Geoff Hignett	15.05	Andrew Lees	16.96i	Simon Rodhouse (16.89)
7.15	Nick Stoppard	15.01	David Wood	16.90	Richard Slaney
7.14	A. Ramsden	15.01	John Harman	16.67	Tony Satchwell
7.14	Joseph Allison	15.00	A. Oyediran	16.49	Nick Tabor
7.13	Craig Mitchinson	14.98w	Stephen Metcalfe (14.60)	16.45	Peter Tancred
7.13	Graham Hughes	14.97	Roy McKenzie	16.33	Paul Rees
7.12	Winston Walker	14.97w	Sean Power (RoI) (14.87)	16.25	Ian Mowatt
7.12	J. King	14.95	Mike Brown	16.17	Dennis Roscoe
7.11	Claude Moseley	14.84	Gus Udo	16.02	Hansruedi Staehli (Swi)
7.11w	R. Haycock	14.82	M. Clarke	15.79	Mark Aldridge
7.11w	S. Halliday	14.77	Brian Camp	15.71	Bill Fuller
7.10	Calvin Greenaway (Ant)	14.76	Jimmy Yoloye	15.64i	Graham Savory (15.52)
7.10	Greg Richards	14.75	Reynold Edwards	15.60	Sid Clark
7.08	David Katala	14.71	Ian Worrell	15.59	Tony Zaidman
7.08	Chris Carden	14.71	Tony Shoebridge	15.51	Bruce Holden
7.07	Derrick Williams	14.66w	Gavin Gilliatt	15.43	Martin Lockley
7.06	Leon Shakes	14.62	Greg Richards	15.40	Michael Atkinson
7.04	J. Daley	14.62w	Tony Flowers (14.57)	15.36	John Hillier
7.04	Stephen Pegler	14.61	John Phillips	15.36	Paul Milbourn
7.04	D. Myers	14.56	David Corless	15.35	Neil Griffin
7.04w	J. Shepherd	14.55w	Jeffrey Browne	15.27	Eugene Lawlor (RoI)
		14.51	Joseph McColgan	15.25	Michael Eyres
		14.48	John Allison	15.21	John Alderson
		14.47	Brian Hull	15.17	Andrew Vince
		14.46	Stephen Ashdown	15.08	Ted Kelland
		14.45	Nicholas Leech	15.07i	Nick Phipps (14.88)
		14.44	Stephen Wordley	14.97	Steve Francis
		14.44w	Matthew Cannavan (14.40)	14.90	Michael Holmes
		14.43	Jim Wadda (Gambia)	14.85	Neville Thompson
		14.43	John McLister		

TRIPLE JUMP (13.80)

16.60	Aston Moore
16.48i	Keith Connor (15.87)
15.95w	David Johnson (15.91)
15.68	Frank Attoh
15.54	Eric McCalla
15.47	Richard Philps
15.43	Tony Wadhams

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14.82	Daley Thompson	50.18	Nick Tabor	67.58	Matthew Mileham
14.80	Geoff Tyler	49.86	Tony Satchwell	66.48	Eugene Lawlor (Rol)
14.78	George Patience	49.28	Ken Latten	66.14	Martin Girvan
14.75	Eric Ricketts	48.68	Chris Dinsdale	64.54	Michael Petra
14.74	Ivan Washington	48.58	Martin Lockley	64.50	Ian Chipchase
14.69	David Smedley	48.36	Bill Fuller	63.56	Ronald James
14.69	John Reynolds	48.14	Chris Black	63.24	Barry Williams
14.53	Chris Black	48.10	Ian Mowatt	62.90	Peter Gordon
14.51	Roger Kennedy	48.08	John Howell	61.64	Robert Weir
14.41	John Walters	47.42	Graham Savory	60.70	Malcolm Fenton
14.40	Colin Smith	47.40	Malcolm Fenton	59.14	Geoff Whaley
14.26	Malcolm Fenton	47.26	Philip Leavis	58.02	Eric Berry
14.24	Michael Oliver	47.10	Martin Johnson	56.60	David Huxley (Aus)
14.14	David Ottley	47.00	Hansruedi Staehli (Swi)	56.36	Michael Mason
14.11	Geoff Blyton	46.90	Ted Kelland	56.08	Sandy Sandhu
14.09	Michael Petra	46.60	Andrzej Drzewiecki	55.96	Peter Stark
14.05	Leslie Tissiman	46.28	Michael Corden	55.50	Bruce Fraser
14.00	C. Adams	45.84	Konrad Eberlein	54.70	Niall McDonald
13.99	Clifford Brooks	45.66	Nick Woolcott	54.34	Nick Lia
	DISCUS (40.00)	45.56	Paul Dickenson	53.98	David Bayes
57.00	Richard Slaney	45.28	Mike Fulton	53.98	David Rogers
56.18	Peter Tancred	45.28	Barrie Lynn	53.64	Robert Earle
56.12	Peter Gordon	45.22	Daley Thompson	53.58	Chris Davison
55.62	Colin Sutherland	45.12	Arthur McKenzie	53.18	Noel Edmunds (NZ)
55.56	Mike Winch	44.92	Paul Mardle	53.10	Alan Woods
54.12	John Hillier	44.86	Keith Christie	52.94	Karl Lasis
53.92	Dennis Roscoe (56.02?)	44.84	Andrew Vince	52.86	John Black
53.90	Paul Buxton	44.72	Paul Armstrong	52.84	Chris Melhuish
53.74	John Turton	44.66	John Walters	52.40	Shaun Pickering
51.86	Geoff Tyler	44.34	David Sorrell	52.32	Laurie Hall
51.84	Geoff Capes	44.22	Paul Edwards	51.50	Keith Robinson
51.74	Danny Maloney	44.12	Robin Burdell	51.26	Kevin McNab
51.46	Tom Lithgow	44.08	Alex Black	51.22	Ken Hutton
50.86	Guy Dirkin			51.12	S. Ward
50.78	Neil Griffin	71.34		51.06	David Smith
50.68	Neville Thompson	70.28	Chris Black	51.02	Ken Bodger
50.42	Robert Weir	69.92	Paul Buxton	50.76	Ken Prior
50.32	Paul Rees	68.06	Jim Whitehead	50.02	Gary Curtis
			Paul Dickenson	50.00	David Bell
			HAMMER (43.00)		

MEDWAY ATHLETIC CLUB

Present the

56th Rochester "5"

(Under AAA Laws)

& 2nd**Ladies Rochester "5"**

(Under WAAA Laws)

SUNDAY, 18th NOVEMBER, 1979**Start 3 pm C.A.V. Rochester Esplanade****Course Records:** A. Simmons (Luton) 23.49, 1973; M. Coomber (Camb. H.) 30.50, 1978.**Awards:** Willis Cup 1st Individual, Simmons Cup 1st Team, Charlie Pay Trophy 1st Kent Runner.

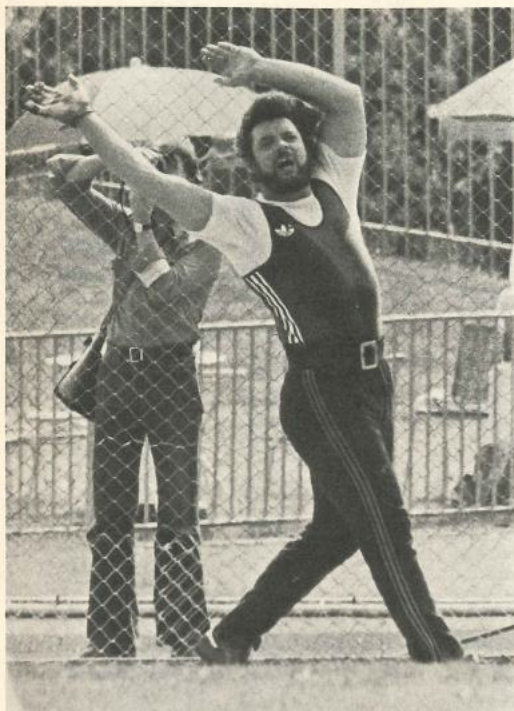
Total value of Prizes OVER £100 for:

First 10 Individuals, first 3 Teams, first 'B' team, first 3 Vets over 40 and over 50, 10 Lucky Spot Prizes. Ladies first 3 Individuals.

Entries: 30p Individuals, £1.50 Team (6 run, 4 score).**RACE SECRETARY:** Chris Newman, 42 May Road, Rochester, Kent. Tel: Medway 405645.**CLOSING DATE 10th NOVEMBER, 1979****OPEN
GRADED
MEETING**

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

**at Hornchurch Stadium,
Upminster, Essex
(Next to Upminster Bridge Station)****21st NOVEMBER, 1979****Promoted by Havering A.C.****6.45 p.m.** 2000m Walks Boys U/15, Girls O/15.**Hurdles (Female)** 75m Girls, 200m Snr/Inter.**800m (Female)** Senior/Inter/Junior/Minor.**100m (Female)** Senior/Inter/Junior/Minor.**3000m (Male)** Snr/Jnr/Youths/Boys/Colts.**7.00 p.m.** Shot (Male & Female) All age groups.**7.00 p.m.** L.J. (Male & Female) All age groups.**Entries:** 25p per event, stating name, address, club, best recent performance. S.A.E. if acknowledgement required.**Entries to:** Mike Street,
P.O. Box 9,
Hornchurch,
Essex.**Closing date for postal entries 18th November.**

**CHRIS BLACK**

Mike Street

49.82	Laurie Nisbet
49.82	Tony Slaney
49.56	John Murphy
49.56	Paul Rees
49.04	Arthur McKenzie
48.92	Andrew Carruthers
48.92	S. McElroy
48.82	Trevor Chrichton
48.80	Tony Kenneally
48.78	Steve Watson

JAVELIN (56.00)

81.86	Peter Yates
81.68	Simon Osborne
80.82	David Ottley
77.36	Brian Roberts
77.18	Stephen Pearson
75.40	John Trower
74.28	Tony Smith
73.48	Peter De Kremer
72.38	Gareth Brooks
72.08	Pawlo Ostapowycz
71.98	Ken Taylor
71.34	Ian Marsh
70.18	David Travis
69.84	Colin Mackenzie
69.36	Alan Holloway
69.24	Richard Hooper
68.92	Daniel Scullion
67.70	K. Beard
66.86	Michael Williams
66.54	Alex Black
66.46	John Mottram
66.42	Thomas Aspey
66.06	Roald Bradstock

65.96	Martin Annis
65.88	Kevin Sheppard
65.14	Mathew Bamford
64.30	Craig Johnson
64.08	John McSorley
63.96	Malcolm Green
63.90	Fidelis Obikwu
63.82	Pan Zeniou
63.66	Bruce McEwan
63.50	David Heath
63.38	Kenneth Gee
63.26	John Ferrary
63.06	Ian Turnbull
62.84	Michael Parry
62.68	Russell Good
62.48	Stephen Ladds
62.40	Tim Newenham
62.34	Alan Robinson
62.22	Stewart Maxwell
62.14	David Abernethy
62.00	Daley Thompson
61.92	John Crosse
61.80	Neville Thompson
61.76	P. Harrower
61.74	Ensio Devido
61.64	Dennis Coulter
61.50	Eric Hill

DECATHLON (4500)

(a = automatic timing)

7569a	Brad McStravick
7484a	Alan Drayton
7473	Pan Zeniou
7263	Graeme Watson
7223	Fidelis Obikwu

**SIMON OSBORNE**

Mike Street

7207	Colin Boreham
7202	Angus McKenzie
7199	Michael Corden
7185	John Howell
7028	Nicholas Phipps
6835a	Peter Brugnani
6818	Kevin Atkinson
6745	Paul Edwards
6714	Leon Shakes
6698a	Eugene Gilkes
6522a	Clifford Brooks
6492	Stephen Bainbridge
6485a	John Crotty
6484a	Gregory Richards
6472	Michael Pickering
6466	Michael Hausler
6427	Graham Flood
6425	John Ball
6418	Raymond Knox
6403	Godfrey Ward
6398	Bill McCarron
6278	Ian Grant
6214	Julian Hipplewith
6180	Stephen Faint
6125	Owen Sussex
6102a	Robert Betts
6072	Nick Killen
6064	Andrew Phillips
6018	Timothy Antstiss
5946	Craig Shiel
5924	Alan Rankin
5912	Graham Pazdzierski
5869	Raymond McKenzie
5761	Feargal Leddy
5761	David Griffiths

5755	David Spavins
5731	Richard Smith
5727	George Loney
5714	Philip Karlsson
5713	Ian Marsh
5703	Trevor Walhen
5673	Stephen Brock
5627	Roderick Woodruff
5622	Tyrone Lewis
5616	David Abrahams
Note:	
6954a Daley Thompson (8 events in unfinished decathlon)	

UK WALKING LISTS

Compiled by Colin Young

3000 METRES	
12:09.1	Roger Mills
12:22.8	Mike Parker (NZ)
12:37.7	Carl Lawton
12:44.0	Bob Dobson
12:44.9	Gordon Vale
12:44.9	Mick Holmes
12:45.0	Amos Seddon
12:51.0	Adrian James
12:52.4	Don Cox
12:53.3	Ken Carter
12:54.8	Graham Morris
12:55.4	Shaun Lightman
12:58.6	Ian Richards
12:59.8	George Nibre
13:00.5	Steve Barry
13:03.0	Richard Dorman
13:05.0	Tony Malone
13:06.2	Mike Dunion
13:09.5	Ian McCombie
13:10.0	John Hall
13:11.6	John Warhurst
13:12.2	Barry Graham
13:14.4	Chris Maddocks
13:18.0	Brian Armstrong
13:18.8	Alan King
13:22.0	Ray Hankin
13:22.6	Graham Scott
13:22.7	Dennis Holly
13:24.5	Peter Ryan

13:25.0	Dave Stevens
10,000 METRES	
43:14.7	Roger Mills
43:32.0	Gordon Vale
43:48.4	Brian Adams
44:09.2	Graham Morris
44:18.8	Mick Holmes
44:20.0	Alan King
44:32.5	Amos Seddon
44:44.2	Chris Harvey
45:03.8	Adrian James
45:12.4	Carl Lawton
45:50.0	Richard Dorman
46:00.0	George Nibre
46:00.0	Dave Buchanan
46:05.0	Peter Marlow
46:07.3	Steve Barry
46:12.0	Don Cox
46:21.0	Mick Greasley
46:32.0	Ray Hankin
46:32.2	Brian Armstrong
46:37.0	Mike Miley
46:37.0	John Warhurst
46:37.5	Mike Dunion
46:39.6	Chris Maddocks
46:40.0	Niall Troy
46:51.0	Ian McCombie
46:54.0	Tony Malone
47:02.0	Dave Jarman
47:07.0	John Paddick
47:07.0	Mike Scammell
47:15.6	Stuart Elms

20 KILOMETRES

1:27:25	Roger Mills
1:27:49	Olly Flynn
1:28:47	Chris Harvey
1:28:56	Amos Seddon
1:31:32	Graham Morris
1:32:25	Mick Holmes
1:32:25	Carl Lawton
1:33:05	Brian Adams
1:33:07	Ken Carter
1:33:23	Alan King
1:33:56	Don Cox
1:34:31	Bob Dobson
1:34:57	Dave Jarman
1:35:21	George Nibre

1:35:27	Mike Parker (NZ)
1:35:32	John Warhurst
1:35:53	Shaun Lightman
1:35:57	Tony Malone
1:36:13	Adrian James
1:36:13	Ian Richards
1:36:16	Mike Dunion
1:36:29	Chris Maddocks
1:36:31	Ray Hankin
1:36:46	John Hall
1:36:49	Roger Lancefield
1:36:52	Bob Elliott
1:37:07	Barry Graham
1:37:34	Dave Jackson
1:37:41	Julian Hopkins
1:37:46	Peter Selby

50 KILOMETRES

4:07:22	Bob Dobson
4:08:56	Mike Parker (NZ)
4:09:33	Adrian James
4:14:17	Ian Richards
4:16:02	Chris Maddocks
4:18:19	George Nibre
4:23:12	Peter Hodgkinson
4:26:38	Brian Adams
4:26:50	John Eddershaw
4:28:02	John Lees
4:29:06	Tony Geal
4:31:05	John Warhurst
4:31:41	Carl Lawton
4:32:47	Peter Ryan
4:33:00	Dennis Holly
4:33:38	Roger Lancefield
4:34:44	John Paddick
4:37:21	Paul Jarman
4:38:55	Peter Selby
4:41:33	Paul Blagg
4:41:51	Keith Halstead
4:43:32	Chris Berwick
4:43:39	Dave Boxall
4:45:07	Shaun Lightman
4:45:22	Peter Worth
4:46:09	Tony Collins
4:47:11	George Chaplin
4:47:13	John Newnham
4:47:50	Ed Shillabeer
4:48:13	Geoff Tranter

PHIPPS WINS IRISH DECATHLON

Nick Phipps, guesting, had the highest score in the BLE decathlon championship at Tullamore on August 25th/26th with 6914 points for an Irish all-comers record. The title winner was Kevin Atkinson, who was using his Irish qualification. He had an excellent weekend, winning the 100m in 11.0, the long jump with 6.82m and the 400m in 49.8, as well as setting personal bests in all throwing events, and a 3.80m pole vault. His final score of 6818 added 208 points to his best, and beat Louis Jordan's previous national record of 6671. Bill McCarron from Northern Ireland finished second with a season's best of 6398, and Eddie Williams third at 6256. The standard of performance from the Irish competitors was most encouraging, and their showing should now bring them into international competition.

Graham Flood, also guesting, improved his career best over the weekend to 6427 while his clubmate Stephen Faint went over 6000 for the

first time. Geoff Ward recorded a personal best in the pole vault with 4.31m.

1, N. Phipps (Sheff-Gst) 6914 (11.2, 6.40, 14.23, 1.78, 53.3; 16.3, 41.30, 4.41, 51.00, 5:00.6); 2, K. Atkinson (Mull) 6818 (11.0, 6.82, 10.80, 1.78, 49.8; 15.8, 32.40, 3.80, 55.42, 4:46.4); 3, G. Flood (Ilf-Gst) 6427 (11.1, 6.67, 10.75, 1.95, 52.5; 15.5, 31.78, 3.30, 42.00, 4:57.3); 4, W. McCarron (Anna) 6398 (4.00, 57.20); 5, G. Ward (Stoke-Gst) 6357 (4.31); 6, E. Williams (Mull) 6256; 7, S. Faint (Ilf-Gst) 6180; 8, S. Carlin (Finn V) 6030 (40.68); 9, F. O'Lideadhe (S. Dub) 5622; 10, J. Sheehan (Band) 5542; 11, L. Tierney (Nen) 5360; 12, J. Hartnett (Midleton) 5273 (3.80); 13, S. Fitzpatrick (Wat) 5215; 14, D. MacMathuna (Rah) 5092.

Pentathlon: 1, J. Murphy (St. Fin) 3500 (15.6, 9.48, 1.53, 5.49, 2:26.5); 2, V. Kelly (Stoke-Gst) 3421 (15.0, 9.64, 1.63, 4.59, 2:30.5); 3, S. Denvir (Newb) 2736.

Alan Lindop

(With acknowledgements to Frank Lonergan)

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			£9.50

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NIKE INTERVALLE (4 Spike)	3-5½	£13.65, 6-13	£15.70
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RIVERSIDE BOWL, GATESHEAD
SATURDAY, 24th NOVEMBER, 1979

**HURRY — IF YOU'RE COMING
TO GATESHEAD FOR THE WEEKEND —
ENTRIES CLOSE NEXT WEEKEND**

1979 PROGRAMME

11.30 a.m.	PEPSI FUN RUN	Approx. 2 miles
1. 12.00 noon	COLTS	1½ miles
2. 12.15 p.m.	JUNIOR LADIES AND GIRLS	1½ miles
3. 12.35 p.m.	BOYS	2¼ miles
4. 12.50 p.m.	VETS	3 miles
5. 1.15 p.m.	SENIOR AND INTER WOMEN	2¼ miles
6. 1.35 p.m.	SENIOR MEN OPEN RACE	4½ miles
7. 2.10 p.m.	INTERNATIONAL MIDDLE DISTANCE RACE	2¼ miles
8. 2.20 p.m.	YOUTHS	3 miles
9. 2.50 p.m.	INTERNATIONAL INVITATION TEAM RACE	4½ miles

PRIZES: To first 3 and first 3 teams in every race, except Vets where 1st 3 over 40, 1st 3 over 45 and 1st 3 over 50 will be awarded prizes (please include on entries which section).

Male team races 4 to score, any number to run. Female team races 3 to score, any number to run.

ENTRIES: 30p per person. Please specify, D.o.B. of every entrant, which race, and club. If pre-race details are required then a S.A.E. should be enclosed with entry.

CLOSING DATE 1st POST MONDAY, 12th NOVEMBER, 1979

Accommodation lists, hotels etc. available on request. The following rates have been negotiated at the Five Bridges Hotel, Gateshead. Tel. Gateshead 771105. £7.50 B&B sharing double room. £8.50 B&B single room. Any athletes interested in taking up this offer should contact the hotel direct. Efforts are being made to secure the same rate at other hotels.

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on Saturday 24th November 1979
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PEPSI Funrun 11-30am International 2-10pm

Sponsored by Cadbury Schweppes

Women Middle Distance Stars Took Steroids

JUST how widespread the use of anabolic steroids has become is evident from the the latest list of disqualifications announced by the IAAF following the results of tests at the Balkan Games and the European Junior Championships. During the four previous seasons the IAAF had suspended 13 athletes who had failed steroid tests: seven men and six women drawn from the following events — high jump, shot, discus, javelin and pentathlon. To that list must now be added seven more women, drawn from the middle distance events, 100m hurdles and long jump as well as the discus. Those who have long argued that the use of steroids is not confined to the 'power' events have been proved right . . . the cancerous growth of drug-taking has spread throughout the sport.

Three of the greatest names in women's middle-distance running were among those caught out at the Balkan Games in Athens in August: **Totka Petrova** (22) of Bulgaria, top ranked in the world this year at both 800 (1:56.2) and 1500 (3:57.4) — the latter mark set at the Balkan Games — and winner of the World Cup 1500 in Montreal; **Natalia Marasescu** (27) of Romania, holder of the world mile record at 4:22.1, second ranked in the world this year at 1500 (3:58.2; in the Balkan Games), best 3000 time of 8:33.6 and a silver medallist in both events in Prague; and **Ileana Silai** (38) of Romania, a seemingly legendary figure who, 11 years after her Olympic 800 silver medal in Mexico, ranked third in the world this year at 1500 (3:58.5). All three will now be remembered not for their many splendid achievements, which may or may not have been drug-assisted, but as cheats. Was all that hard training and dedication really worth it?

It's possible (and in Silai's case highly probable) that none will ever be seen in international competition again. The IAAF disqualification is for life although if, on appeal by the athlete's own governing body, the IAAF accepts there are exonerating circumstances the penalty can be reduced — the recommendation being that disqualification should be for not less than 18 months for a first offence. Whatever the outcome, these athletes will not be eligible for the Moscow Olympics.

The other athletes whose doping control samples proved positive at the Balkan Games were **Daniela Teneva** of Bulgaria, who won the 100 hurdles in 13.25 and has a personal best of 13.02, and **Sandra Vlad** of Romania, third in the long jump with a windy 6.58m. Two Soviet discus throwers, **Yelena Kovalyeva** (who placed fourth) and **Nadya Kudryavtseva** (sixth), were the athletes who failed the dope tests at the European Junior Championships in Bydgoszcz.

Anabolic steroids may not be the only drugs being taken by athletes, but it is at least heartening that those who make use of them run an ever increasing risk of being detected and kicked out of international competition. I understand from medical sources that the IAAF's officially credited laboratories are now in a position to detect the presence of steroids even after a two-month period from the time they were last taken.

The next step in the fight to eradicate the steroid menace is for some form of testing during the non-competitive period, and to this end Robert Stinson — on behalf of the BAAB — is to introduce an important motion at the European AA Congress in East Berlin today (November 3rd). His intention is to take the proposals point by point and the hope is that Congress will approve most, if not all, of the recommendations. The sport's credibility as a healthy recreation has been severely undermined in recent years and it is vital for the sport's future, not to mention the physical well-being of participants, that any measures to deter drug-taking be officially endorsed.

Mel Watman



Natalia Marasescu (244) and Totka Petrova (19) finishing in Prague 1500.

Mark Shearman

THE BAAB'S RESOLUTION

That this Congress, in pursuance of the resolutions passed in 1977 at the Congress in Seville with regard to the institution of dope testing, recommends

— To the IAAF that the IAAF Rules be amended as necessary to give effect to the matters set out below and further recommends

— That the Council of the EAA in accordance with the constitution of the EAA and IAAF rules, considers the implementation of the Pilot Scheme within its jurisdiction to give effect to the matters set out below:

1. That each country shall submit a list of potential international competitors to the IAAF by 1st May in each year for international competition (i.e. available for meetings under IAAF rules for the next six months in respect of the summer outdoor season).

2. That each athlete who is named on the list shall be required to produce a certificate to the effect that he/she has undergone two anti-doping tests during the period 1st November to 30th April preceding the summer season in question, and that such tests shall have been at least two calendar months apart.

3. That athletes who wish to compete

internationally during the indoor season shall have submitted themselves to an anti-doping test between 1st October and 1st December before the start of the relevant season.

4. That athletes under a period of suspension or ineligibility for whatever reason, shall be required to submit to tests at regular intervals during the period of their suspension or ineligibility and that suspension or ineligibility be not lifted in the event of their failure to submit to tests.

5. That the IAAF should insist that their representative be present at the carrying out of the tests and that the samples be submitted for testing to an analytical station approved by the IAAF.

6. That sanctions (e.g. refusal of entry to World or Area Competitions or European Cup) be enforced against any countries which refuse to co-operate in such a scheme or refuse to permit an IAAF representative, by whatever method, to supervise the carrying out of tests.

7. That financial assistance be made available so far as is possible towards the cost of carrying out the tests.

8. That the IAAF should be prepared to delegate to Area groups or Associations the implementation of these matters.

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Southern Women's Road Relays**At Eastway Cycle Circuit, Oct. 20th**

JOYCE SMITH IN ANOTHER TRIUMPH

JOYCE SMITH ran a tremendous last leg to win the Senior race for Barnet, taking over 15 sec behind Denise Kiernan (Havering) and 4 sec ahead of Liz Barnes (Cambridge H). These three ran the fastest times of the race with Joyce coming home after a great tussle with Denise some 20m to the good. Liz was 24 sec away in third place, then came a large gap before Southampton led the rest of the field in.

Large gaps soon appeared in the Intermediate race with Mandy Alford opening up a 7 sec lead for Stevenage over Thurrock (Karen Timson), with Linda Bicknell of Haslemere third, another 19 sec behind. From then on Haslemere took command with their well balanced team and Rachel Disley ran second fastest leg to come home a long way ahead. Karen Hughes ran fastest leg of the Junior race to give Thurrock a useful lead over Stevenage, but on the second leg Stevenage took over with Aldershot, Havering and Thurrock fighting it out for second place. The third leg was a cliff-hanger as Thurrock and Havering passed Aldershot and went after the leader, but Linda Dale hung on to give Stevenage a 30m win; Thurrock just beating Havering for second place.

The Girls race provided a surprise when Medway, after being well down the field on the first leg, on which Stevenage led from Cambridge and Mitcham, went from 11th to 5th on the second and finished with a spectacular last leg by Lorraine Grant to win by 9 sec from Mitcham. Tracey Gleed ran the fastest leg in pulling Wycombe through to 5th place.

P.W.G.**Seniors**

- 1, Barnet (J. Adams 11:24, M. Beacham 11:04, J. Smith 10:12) 32:40
- 2, Havering (B. Brooks 11:33, L. Foley 10:40, D. Kiernan 10:31) 32:44
- 3, Cambridge H (J. Smith 10:44, L. Taylor 11:48, E. Barnes 10:36) 33:08
- 4, Southampton & E (J. Dawkins 10:45, D. Jeffrey 12:17, A. Lewis 11:36) 34:38
- 5, Epsom & E (M. Griffiths 11:41, S. Woodhouse 12:03, E. Harding 10:57) 34:41
- 6, Ilford (T. Trunley 12:01, D. Cater 12:20, K. Trunley 11:06) 35:27
- 7, Barnet 'B' 35:43; 8, Brighton & H 36:00; 9, Mitcham 36:28; 10, Thurrock 36:45; 11, Havering 'B' 37:13; 12, Medway 38:14; 13, Aldershot F&D 38:55; 14, Highgate 39:42; 15, Windsor S&E 40:07; 16, Ipswich 41:47; 17, Parkside 41:57; 18, Essex Ladies 42:33. Fastest legs: Smith (Barn) 10:12; Kiernan 10:31; Barnes

10:36; Foley 10:40; M. Lowe (Mit) 10:41; Dawkins 10:45; B. Stone (Thur) 10:46; Harding 10:57.

Intermediates

- 1, Haslemere Border (L. Bicknell 9:33, A. Wilkins 9:30, R. Disley 9:12) 28:15
- 2, Thurrock (K. Timson 9:14, D. Dudley 10:17, C. Jarman 9:30) 29:01
- 3, Aldershot F&D (A. Howard 9:43, A. Tindall 10:20, N. Tinsley 9:44) 29:47
- 4, Stevenage & NH (A. Alford 9:07, D. Cutts 10:04, J. Lindsey 10:53) 30:04
- 5, Reading (J. Parr 10:38, M. Whittle 10:04, C. Fairbrass 9:37) 30:19
- 6, Epsom & E (S. Poulter 10:19, Z. Hyde 10:29, C. Harding 10:15) 31:03
- 7, Mitcham 31:19; 8, Havering 31:25; 9, Ilford 31:33; 10, Brighton & H 31:36; 11, Barnet 31:41; 12, Medway 31:52; 13, Wycombe Ph. 32:03; 14,



Rachel Disley completing another fine win for the Haslemere Border intermediates.

Peter Williams

Reading 32:06; 15, Basingstoke 32:30; 16, Epsom & E 'B' 33:03; 17, Surrey AC 34:25; 18, Mitcham 'B' 34:55; 19, Southampton & E 35:04; 20, Essex Ladies 35:23. **Fastest legs:** Alford 9:07; Disley 9:12; Timson 9:14; Jarman & Wilkins 9:30; Bicknell 9:33; Fairbrass 9:37; Howard 9:43.

Juniors

1, Stevenage & NH (L. Wight 7:05, D. Campbell 7:24, L. Dale 7:22) 21:48
2, Thurrock (K. Hughes 6:51, A. Hasberry 7:55, S. Foster 7:09) 21:55
3, Havering (T. Sigsworth 7:41, S. Jefferies 7:01, P. Peterson 7:15) 21:57
4, Aldershot F&D (G. Fearnley 7:28, C. Lillie 7:12, H. Churn 7:22) 22:02
5, Borough of Hounslow 22:12; 6, Mitcham 22:22; 7, Basingstoke 22:24; 8, Medway 22:47; 9, Basildon 23:00; 10, Havering 23:05; 11, Brighton & H 23:07; 12, Wycombe Ph. 23:09; 13, Epsom & E 23:15; 14, Reading 23:30; 15, Thurrock 'B' 23:34; 16, Windsor S&E 23:39; 17, Parkside 23:42; 18, Sutton & C 23:50; 19, Cambridge H 23:50; 20, Southampton & E 23:52. **Fastest legs:** Hughes 6:51; Jefferies 7:01; Wight 7:02; E. Lyons (Wyc) 7:05; Foster 7:09; K. Enticknapp (Thur 'B') 7:11; Lillie 7:12; M. Reilly (B'stoke) 7:14.

Girls

1, Medway (E. White 8:02, J. Dennis 7:40, L. Grant 7:17) 22:59
2, Mitcham (A. Maunsell 7:39, L. Carter 7:43, J. Owens 7:46) 23:08
3, Basingstoke (D. Jeffs 7:41, J. Skinner 8:08, M. O'Shea 7:23) 23:12
4, Stevenage & NH (C. Mahoney 7:31, S. York 7:45, A. Thompson 7:59) 23:14
5, Wycombe Ph. 23:15; 6, Exeter 23:16; 7, Havering 23:30; 8, Cambridge H 23:45; 9, Reading 23:56; 10, Thurrock 24:02; 11, Epsom & E 24:26; 12, Aldershot F&D 24:29; 13, Mitcham 'B' 24:39; 14, Brighton & H 24:42; 15, Thurrock 'B' 24:47; 16, Sutton & C 24:57; 17, Barnet 25:02; 18, Cambridge H 'B' 25:15; 19, London Irish 25:22; 20, Mitcham 'C' 25:24. **Fastest legs:** T. Gleed (Wyc) 7:03; Grant 7:17; O'Shea 7:23; K. Chalkley (Hav) 7:24; E. Haley (Hav) 7:26; Mahoney 7:31; K. Myers (Camb. H) 7:37; M. Lavercombe (Exe) 7:38.

WALKING from page 17

Judy Farr was an isolated third despite being below her usual high standard.

Alan King blasted off as if to challenge the long-standing course record of Ken Matthews, and by 2M had nearly 200m lead on the 7-strong chasing bunch. Surprisingly, Graham Morris was the first man to be dropped, with Bob Dobson and Chris Maddocks later suffering the same fate. In the closing stages Gordon Vale closed rapidly on the tiring winner while the battle for third was only decided in the final yards. Richard Dorman, improving exactly 2½ minutes on last year, snatched the decision from a fast charging Steve Barry, who revelled on the stiff climbs, with Carl Lawton, last year's winner, on their heels. Very pleasing to note the new names getting amongst the leaders, and youngsters such as Vale, Dorman, Sheppard, Troy, Vestry, Walsh and Elliott clearly show a bright future for the sport in this country. At the other end of the scale men like John Paddick, Dave Stevens, Ted Shillabeer and George Chaplin displayed fine speed and stamina on such a testing course, belying their years. In the team race Belgrave repeated their 1978 win over Leicester. 1, A. King (Leic) 44:12; 2, G. Vale (Sy-J) 44:23; 3, R. Dorman (Bel) 44:33; 4, S. Barry (Roath) 44:34; 5, C. Lawton (Bel) 44:35; 6, R. Dobson (Ilf) 44:58; 7, C. Maddocks (Dawl) 45:00; 8, G. Morris (Stey) 45:28; 9, R. Sheppard (Ilf) 45:40; 10, J. Hall (Bel) 45:43; 11, J. Paddick (Leic) 45:57; 12, C. Ryan (Sheff) 46:36; 13, N. Troy (Harb) 46:42; 14, P. Vestry (Leic-Y) 46:44; 15, D. Stevens (Stey) 46:53; 16, N. Walsh (Grey) 46:55; 17, P. Elliott (Sarnia) 46:56; 18, P. Selby (Sy) 47:19; 19, E. Shillabeer (Dawl) 47:33; 20, M. Scamell (Bel) 47:36; 21, J. Newman (Bel) 47:37; 22, G. Chaplin (Cov-O/45) 48:05; 23, J. Ball (S&E) 48:10; 24, E. Crossingham (Bel) 48:13; 25, J. Turner (Trow) 48:16; 26, R. Gardiner (Hales) 48:20; 27, A. Worth (Leic) 48:35; 28, T. Morris (Grey) 48:36; 29, M. Easton (Sy) 48:58; 30, K. Batten (Trow) 49:17. **Teams:** 1, Belgrave 32; 2, Leicester 41; 3, Surrey 80; 4, Steyning 92; 5, Greyfriars 94. **(Women):** 1, C. Tyson (Lake) 48:44; 2, V. Birch (Enf) 50:38; 3, J. Farr (Trow) 52:32; 4, S. Till (B&H) 54:32; 5, C. Brooke (Sol) 61:01; 6, H. Roe (Sol) 61:07.

Colin Young

Surrey Walking Club secretary: P. Selby, 10 Millwood Close, Maresfield, East Sussex (Tel: Buxted 3483 (H), Hastings 441144, ext. 396 (B)).

Chelmsford AC are looking for invitations to Trophy and Inter-Club meetings for their senior men's section for the 1980 season. The contact is R. Loveridge, 9 Rifle Hill, Braintree, Essex.

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AAA MAKE PROFIT

The accounts for the year ended March 31st 1979, to be presented to the annual general meeting of the AAA, show that the Association made a profit of £8,741 (£6,560 after UK Corporation Tax). Net current assets stand at £85,317, compared with £78,543 a year earlier.

Resolutions to be heard at the meeting, to be held at the Basil Street Hotel, Basil Street, Knightsbridge, London SW3 at 11.30 am today (Saturday), include Hastings AC's "that this meeting urges the General Committee to make an urgent revision of the Amateur Rules."

See next week's issue for a report of the proceedings.

SOUTHERN WOMEN'S CC LEAGUE

At Stevenage, October 27th

(Snrs) 1, R. Smeeth (AFD) 16:16; 2, K. Binns (Sale-gst) 16:30; 3, C. Boxer (AFD) 16:47. Teams: 1, Bracknell 32; 2, Cambridge H 82; 3, AFD 105. (Inters) 1, W. Lodge (AFD) 12:42; 2, T. Gregory (Basing) 12:47; 3, M. Witts (Ex. L) 12:48. Teams: 1, AFD 42; 2, Verlea 116; 3, Reading 133. (Jnrs) 1, E. Lyon (Wyc) 9:58; 2, K. Hughes (Thur) 10:02; 3, J. Wight (Stev) 10:06. Teams: 1, AFD 106; 2, Basingstoke 129; 3, Medway 130. (Girls) 1, T. Gleed (Wyc) 10:13; 2, M. O'Shea (Basing) 10:41; 3, L. Pigrome (And) 10:46. Teams: 1, Andover 57; 2, Stevenage 91; 3, Mitcham 112.

CRAMLINGTON '5'

August 15th

1, A. Gibson (Gosforth) 23:34
2, G. Gray (Morpeth) 23:48
3, S. Beattie (Morpeth) 23:57
4, G. Lisco (Gat) 24:01; 5, A. Clifton (Gat) 24:12;
6, P. May (Heat) 24:15; 7, J. Alder (Mor) 24:21;
8, D. Poste (Gat) 24:22; 9, A. Foy (J&H) 24:27;
10, P. Saint (NSP) 24:31; 11, A. Jenkins (Mor) 24:33; 12, R. Marshall (Mor) 24:35; 13, P. Dodds (Mor) 24:40; 14, G. Lewis (Els) 24:54; 15, D. Smith (Tyne) 24:58; 16, A. Bone (S. Sh) 25:22;
17, T. Laybourn (J&H) 25:26; 18, C. Waugh (Mor) 25:31; 19, J. Harper (Mor) 25:34; 20, B. Robson (Gat) 25:36; 21, S. Rackham (NSP) 25:36; 22, H. Montgomery (Heat) 25:36; 23, M. Mossom (Gos) 25:43; 24, P. Tanner (Blay) 25:46;
25, A. Howarth (Heat) 25:47. (O/45): 1, N. McAnany (Cram) 15:20; 2, P. Clark (Heat) 15:34; 3, D. Slaughter (Newbiggin) 15:42. (Boys): 1, P. Ryder (Mor) 13:28; 2, T. Patterson (Walls) 13:42; 3, S. Sweet (Mor) 14:18; 4, G. Crozier (Mor) 14:33; 5, A. Hayton (Mor) 14:44; 6, T. Tait (Mor) 14:54. (U/11): A. Laybourn (J&H) 9:25.

Berkshire County AAA are holding a practical timekeepers' test on Sunday, November 18th (10 am) at Bracknell Sports Centre.

FINAL OFFERS

In a few weeks time I will be in New Zealand. By the end of the month I will no longer be the owner of the Sports Centre. In thanking all those who have given us their custom over the past 22 years I would like to give them the benefit of some final very special offers of which the following are the first:

ADIDAS SL80. £3 off. Sizes 6 to 11 in half sizes **£18.75** (£21.75).

ADIDAS GALAXY. £3 off. Sizes 6, 6½, 7½, 8, 9, 9½, 10, 12 **£16.75** (£19.75).

ADIDAS TRX COMPETITION. £3 off. Sizes 7, 7½, 9, 9½, 10½, 11, 12 **£17.95** (£20.95).

ADIDAS ORION. £3 off. Sizes 4½, 5 and 6 to 11 in half sizes (no 9). **£14.50** (£17.50).

ADIDAS ELAN. £3 off. Sizes 9½, 10, 12 only **£8.75** (£11.75).

GOLA BOSTON. £3 off. Black nylon, orange trim. Hard wearing gristle sole, part waffle, part ripple for excellent grip. Sizes 4, 6, 7, 8, 9, 10, 11 **£8.25** (£11.25).

NIKE LDV. £4 off. Sizes 6 to 11½ in half sizes (no 7½ or 10). **£23.75** (£27.75).

NIKE WAFFLE TRAINER. £4 off. Sizes 6, 7½, 9, 9½, 10, 10½, 11 **£16.95** (£20.99).

NIKE ROAD RUNNER. £2 off. Sizes 6, 7½, 9, 9½, 10, 10½, 11 **£11.99** (£13.99).

NIKE WALLY WAFFLE. £2 off. Sizes 13, 1, 2, 3, 4, 5 **£6.75** (£8.75), 6, 7 **£7.99** (£9.99).

HAVE YOU SEEN "THE DASHER"?

We have heard nothing but praise for this outstanding low-priced training shoe, very similar to the TRX with blue nylon uppers and small close studs, suitable for road or country. We were so impressed that we bought a large quantity to get the price down and give customers a real bargain. Full sizes only 2 to 12, 2 to 5 **£6.50**, 6 to 12 **£7.50**. Normal fitting but we suggest you send a close foot outline for perfect fit.

CLUB VESTS

Now is the time to order your club vests for next summer. We can even get them through for you in 5 to 6 weeks. It is not easy to obtain a top quality knitted vest (not interlock) in 100% cotton specially made to club requirements, but we can supply just that at very reasonable prices. Hoops or any number of bands in most colours can be knitted in, all at the same price: 26 or 28 in **£2.45**, 30 or 32 in **£2.85**, 34 or 36 in **£3.55**, 38 or 40 in **£3.80**, 42 in **£4.20**. Minimum order 12 vests, and 6 per size. Discount on 3 dozen or more. Other designs, diagonals, vertical stripes or panels **£1.75** per vest extra. Please enclose 20% deposit with any order for club vests.

All sent post free as soon as order is received. Please write name and address in block letters and always send foot outline for shoes to ensure perfect fit. Goods exchanged (postage must be sent) if returned in new condition within 7 days.

ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone Medway (0634) 47055

CLOSING DATE REMINDER

"WHITBREAD FIVE"

Open Road Race

(Under A.A.A. Laws)

Saturday, 8th Dec. '79 at 3.00 p.m.

ALEXANDRA PARK, PORTSMOUTH

(New Two Lap Course Free of Parked Cars)

Sponsored by
"WHITBREAD WESSEX LTD"

Incorporating a Veterans Race

For Prizes Donated by
"J.B." AIR HEATING LTD., PORTSMOUTH

AWARDS "VOUCHERS"

(AAA Rule 41)

Main Prize List: 1st 3 to finish, 1st 3 Teams (3 to score).

Veterans: 1st 3 (1a), 1st 3 (1b), 1st O/50, 1st Team (3 to score). Combined age groups "OLYMPIC TROPHY".

Consolation Prize List: At least six.

Entries: 40p per individual (no team fee) under the name of the entrants **FIRST CLAIM CLUB**.

To: A. Gibb, 8 Magdalen Ct., 355 London Road, Portsmouth PO2 9HH, by 23rd Nov. (Tel. 64574).

YOUTHS (U/18 as at 1.9.79) 2½ Miles at 2.30 p.m. Prizes at least first 3 — E.F. 20p. No team race.

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.

Write or phone for a **FREE 1979 ADIDAS** full colour brochure showing footwear and textiles plus our **MAIL ORDER DISCOUNT/POST FREE** price list. We stock the complete range. **CAPITAL SPORTS LTD., Catherine Street, St. Albans, Herts. Telephone St. A. 63741.** Access and Barclaycard accepted.

CLUB COLOURS — vests, jerseys, shorts, tracksuits, etc. Send for free catalogue. **Douglas Sports, 16 St. Martin's-Le-Grand, London EC1A 4EP.**

ATHLETIC AWARDS, CLUB BADGES, MEDALS & PRESENTATIONS OF EVERY DESCRIPTION; Send for list and full details. **GREENS OF OLYMPIC TROPHIES", Astley Lane, Bedworth, Warwickshire. Phone: 0203 312183.**

VAULTING-POLE WANTED — 14ft. or 15ft., 160lb. Phone Alloa 213380.

PRIVATE COLLECTOR will pay £60 for copy of Official Report (in English) VIII Olympiad, Paris 1924 and £40 for Official Report XVI Olympiad, Melbourne 1956. Copies must be Organising Committee Reports and in good condition. **Box No. 31179.**

ATHLETIC EVENTS

With more than 18,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

SUTTON & CHEAM HARRIERS

CROSS COUNTRY RACES

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

AT CARSHALTON PARK,

SAT., 17th NOVEMBER, 12 noon

Colts & Boys 4 x 1 Mile Relay (2 Boys, 2 Colts).

Junior & Minor Girls 4 x 1 Mile Relay (2 Juniors, 2 Minors). Youths 4 x 1 Mile Relay.

Trophies for winning teams; awards first 3 teams, first 'B' & 'C' teams, and fastest lap winners. Entry fee: £1.20 per team.

U/11 1 Mile Race for Boys

Medals first 3 runners. Entry Fee: 20p.

Entries, with dates of birth, to: A. Brennan, 74 The Crescent, Belmont, Sutton, Surrey SM2 7BS.

CLOSING DATE WED., 7th NOVEMBER

BASINGSTOKE ATHLETIC CLUB FAIRWAY FURNISHING ROUND THE HOUSES

15th Senior 6 Mile Road Race

Sponsored by Fairway Furnishings

SUNDAY, 25th NOVEMBER, 3 pm Start

(Under A.A.A. Laws)

1978 Winner Ian Ray

Team & Ind. Trophies. Awards include 1st Prize valued £20 and 12 other great value Ind. prizes, as well as 1st 3 Teams, 1st B Team, 1st & 2nd Met. also consolation prizes.

ALSO

YOUNG ATHLETES 3 MILES

(U/18 1.9.79) 2.30 p.m. Start

Traditionally Y.A. winner reaches the top.

Past award winners Tuck twins, Bernie Ford, Julian Goater.

Trophy & Awards first 3 Teams & first 3 Ind. also consolation prizes.

Fees: Seniors 35p, Y.A. 25p per Ind. No team fee — 3 score both races. Cheques/POs to be payable to Basingstoke A.C. Entries to Ian Byett, 21 Bardwell Close, Basingstoke, Hants (Tel. 28401). SAE for travelling — new venue this year but same course.

ENTRIES PLEASE BY NOVEMBER 16th

Any entries on day double fees.

MIDLAND COUNTIES AMATEUR ATHLETIC ASSOCIATION

OPEN MEETING

at

**RAF Cosford
Wolverhampton, Staffs**

on

**SATURDAY,
8th DECEMBER, 1979**

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

Senior Men — 200m, 400m, 800m, 60mH, 2000m S/C, 3000m, High Jump, Triple Jump, Pole Vault and Shot. Also 60m Invitation to the fastest 30 times in the Senior races at the 1st Open Meeting.

Junior Men — 200m, 400m, 800m, 60mH, 3000m, High Jump.

Youths — 200m, 400m, 800m, 60mH, High Jump, Triple Jump and Shot.

Senior Women — 200m, 400m, 800m, 1500m, 60mH, High Jump, Long Jump and Shot. Also 60m Invitation to the fastest 30 times in the Senior races at the 1st Open Meeting.

Intermediate Women — 200m, 400m, 60mH and Shot.

ENTRY FEE: 50p per event.

ENTRIES CLOSE 17th NOVEMBER, 1979

Please enclose a stamped addressed envelope when applying for forms also when sending your entry. No information will be sent without S.A.E.

The Midland Counties reserve the right to refuse entries in any event where the number of competitors exceeds a manageable amount. As you are no doubt aware the events at Cosford are extremely popular and should the numbers require it, qualifying standards may regrettably have to be introduced.

ENTRY FORMS FROM & ENTRIES TO:

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