

athletics weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

NOVEMBER 4th 1978

Vol. 32 No. 44

22p

Moscow Olympic Timetable

* UK Men's Top 50
Lists (Part 2)

* Spotlight on
Tim Anstiss



Norway's GRETE
WAITZ, who set a
women's world best
marathon time of
2:32:30 last week.



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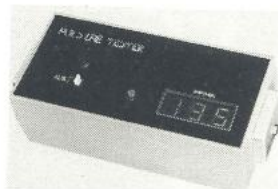
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ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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CONTENTS

NOVEMBER 4th 1978

* Moscow Olympic Timetable	4
* UK Top 50 Lists (Part 2)	8
* Race Walking News	12
* 'AW' Tour to Moscow	14
* European Vets Championships	23
* Readers' Letters	24
* Spotlight on Tim Anstiss	28
* Southern Women's CC League	30
* Overseas News and Results	34

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THE WEEK AHEAD

Saturday, November 4th: National Women's 5000m Walk, Midlands; Leeds City Aaron Races, Leeds; Holmfirth HAC/K&M '15', Thongsbridge; Bracknell '10', Exeter University/Woodbury Relay; Birmingham CC League; Essex CC League, Romford; Civil Service v Met Police v Belgrave (7M Walk), Wimbledon; AAA Annual General Meeting, Russell Hotel, London (11.30).

Sunday, November 5th: Mike Sully CC Races, Keynsham (Bristol); Bedford & Co/Amphill Trophy CC Races, Amphill; Southampton & Eastleigh Continental Style CC Races, Southampton; Grantham AC Fireworks Five Races, Belton Park (Grantham); Black Lane End Fell Race (B/5M).

Wednesday, November 8th: SCAA Open Meeting, Crystal Palace; East Anglia Services CC League, RAF North Luffenham; Lincs Services CC League, RAF Coltishall; London Telecommunications 10km Walk, Battersea.

DON RITCHIE SHATTERS WORLD BEST

Scotsman Don Ritchie (34) smashed the world's best time for the 100km track run by over quarter of an hour when clocking 6:10:20 at Crystal Palace last Saturday — despite having to leave the track because of stomach trouble soon after 30km. Ritchie also set new figures of 4:53:28 for 50 miles on the way.

BOB DOBSON IN RECORD WALK

Bob Dobson broke his own UK 50km road walking best last weekend in the Austrian Open Championship with a time of 4:08:39.2, placing 2nd to Hungary's Laszlo Sator (4:00:49.2). Carol Tyson won the women's 10km road event in 49:26.7, also a UK best performance.

POST OF ASSISTANT EDITOR

Applications for the post of assistant editor of 'Athletics Weekly', as advertised in last week's issue, must reach the 'AW' office by Monday, November 6th. All will be acknowledged.

The Arthur Twinn Memorial CC Races on Sat., Nov. 18th are for U/12's, U/14's and U/16's, not as advertised in our Oct. 21st. issue.

Cover photo by Fionnbar Callanan

MOSCOW OLYMPIC TIMETABLE

It is just about possible for Henry Rono to tackle three events at the Moscow Olympics in 1980. The recently published timetable shows that Rono's schedule would be: 10,000 heat on July 24th, steeplechase heat on the 26th, 10,000 final on the 27th, 5000 heat on the 28th (at 17.35 hours) followed by steeplechase semi-final three hours later, 5000 semi-final on the 30th, steeplechase final on the 31st and 5000 final on August 1st. That's eight races in the space of eight days . . . no athlete other than Rono could consider it! An athlete like Lasse Viren wouldn't be able to compete this time in the 5000, 10,000 and marathon, for the marathon and 5000 final are both on the final day, August 1st. It will be possible to double 100/200 (men and women), the men's 400/800 (though there is a 400 heat to run some 9 hours before the 800 final), the 800/1500 (men and women), and the 400/400 hurdles, but not the 200/400 (men and women), the 1500/5000 or the 400/800 (women). The 50km walk is reinstated (it takes place six days after the 20km walk) but, most regrettably, there is no women's 3000 or 400 hurdles.

THURSDAY, JULY 24th

09.30	100m Hurdles		Pentathlon
10.10	Javelin	W	Qualifying
10.15	400m Hurdles	M	1st Round
10.30	Shot		Pentathlon
11.00	800 metres	W	1st Round
11.40	100 metres	M	1st Round
11.50	Shot	W	Qualifying
12.30	High Jump		Pentathlon
12.50	400 metres	W	1st Round

* * *

17.00	20km Walk		Start
17.05	10,000 metres		Heats
17.10	Long Jump		Pentathlon
18.20	20km Walk		Finish
18.35	Shot	W	FINAL
18.50	Triple Jump		Qualifying
19.25	800 metres	M	1st Round
20.25	100 metres	M	2nd Round
20.55	800 metres		Pentathlon

FRIDAY, JULY 25th

10.00	100 metres		Decathlon
10.40	High Jump	W	Qualifying
11.00	100 metres	W	1st Round
11.15	Long Jump		Decathlon
12.00	110m Hurdles		1st Round
13.00	Shot		Decathlon

* * *

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17.00	High Jump		Decathlon
17.10	400m Hurdles		2nd Round
17.20	Javelin	W	FINAL
17.35	800 metres	W	2nd Round
18.00	100 metres	M	Semi-Final
18.15	800 metres	M	2nd Round
18.40	Triple Jump		FINAL
18.50	100 metres	W	2nd Round
19.20	110 Hurdles		2nd Round
19.45	400 metres	W	2nd Round
20.15	100 metres	M	FINAL
20.25	400 metres		Decathlon

SATURDAY, JULY 26th

09.00	110m Hurdles		Decathlon
10.00	Discus		Decathlon
12.00	Pole Vault		Decathlon
12.25	Javelin	M	Qualifying

* * *

17.00	Javelin		Decathlon
17.50	100 metres	W	Semi-Final
18.00	High Jump	W	FINAL
18.20	Steeplechase		1st Round
19.25	800 metres	M	Semi-Final
19.40	100 metres	W	FINAL
19.55	400m Hurdles		FINAL
20.20	1500 metres		Decathlon

SUNDAY, JULY 27th

10.00	Discus	M	Qualifying
10.30	200 metres	M	1st Round
10.30	Long Jump	M	Qualifying
11.30	400 metres	M	1st Round

* * *

17.00	110m Hurdles		Semi-Final
17.15	Javelin	M	FINAL
17.25	100m Hurdles		1st Round
18.10	800 metres	W	FINAL
18.25	200 metres	M	2nd Round
19.00	110m Hurdles		FINAL
19.15	400 metres	W	Semi-Final
19.35	10,000 metres		FINAL
20.20	800 metres	M	FINAL

MONDAY, JULY 28th

10.00	Pole Vault		Qualifying
10.30	Shot	M	Qualifying
11.00	400 metres	M	2nd Round
11.35	200 metres	W	1st Round
12.20	1500 metres	W	1st Round

* * *

17.00	100m Hurdles		Semi-Final
17.20	200 metres	M	Semi-Final
17.30	Discus	M	FINAL
17.35	5000 metres		1st Round

OLYMPIC QUALIFYING STANDARDS

The IAAF has set the following Olympic qualifying standards, to be achieved between May 1st 1979 and July 13th 1980:-

(Men) 100 — 10.2 (hand) or 10.44 (electrical); 200 — 20.8/21.04; 400 — 46.4/46.54; 800 — 1:47.4; 1500 — 3:40; 5000 — 13:35; 10,000 — 28:30; 3000SC — 8:30; 110H — 13.8/14.04; 400H — 50.4/50.54; HJ — 2.18; PV — 5.25; LJ — 7.80; TJ — 16.45; SP — 19.40; DT — 60.00; HT — 70.00; JT — 81.00; Dec — 7650 (hand) or 7550 (electrical).

(Women) 100 — 11.3/11.54; 200 — 23.4/23.64; 400 — 52.6/52.74; 800 — 2:02.8; 1500 — 4:10; 100H — 13.4/13.54; HJ — 1.86; LJ — 6.40; SP — 16.60; DT — 56.00; JT — 55.00; Pent — 4300 (hand) or 4260 (electrical).

17.50	Long Jump	M	FINAL
19.15	100m Hurdles		FINAL
19.30	400 metres	M	Semi-Final
19.45	200 metres	W	2nd Round
20.10	200 metres	M	FINAL
20.20	400 metres	W	FINAL
20.35	Steeplechase		2nd Round

TUESDAY, JULY 29th

REST DAY

WEDNESDAY, JULY 30th

10.00	Long Jump	W	Qualifying
11.30	Hammer		Qualifying

* * *

16.30	Pole Vault		FINAL
17.00	50km Walk		Start
17.10	1500 metres	M	1st Round
18.20	200 metres	W	Semi-Final
18.35	Shot	M	FINAL
18.40	400 metres	M	FINAL
18.50	5000 metres		2nd Round
19.55	1500 metres	W	Semi-Final
20.20	200 metres	W	FINAL
20.50	50km Walk		Finish

14th MILTON KEYNES AC**WOLVERTON "5"****FIVE MILES ROAD RACE**

Saturday, 25th November at 3 pm

More prizes than before, according to entries. Fee: 35p Ind, no team fee (3 to score). Entries to J. Reynolds, 58 Blackdown, Stony Stratford, Milton Keynes MK11 2AB. SAE for acknowledgement and/or results please. Under AAA Laws.

Problems At Walton

WHILE several people congratulated relay organiser Bruce Judd on the smooth way in which this year's Hewitt-Jones road relay at Walton-on-Thames on September 30th went off, there were a surprising number of behind-the-scenes problems.

One was that the host club Walton ran an ineligible runner and was therefore disqualified, and South London Harriers' fifth leg runner went on to run the sixth stage as well. So, his team was also disqualified. But, that was not all. Hercules Wimbledon fielded two 'ghost' runners in their 'C' team, while another club kept on switching its teams and running order as the race progressed. Judd decided there was only one thing for it and that was to take a firm line. And, he started with his own club first. "I told my committee I wouldn't present the results as they were and the committee backed me up. "As far as Walton was concerned, it was a straight disqualification, and as far as I am concerned, South London Harriers never finished a team."

One of the two Hercules Wimbledon ghost runners brought the club's 'C' team in first at the end of the opening lap in 15:24, 17 seconds clear of Aldershot's Ron Yeomans, running for his club's 'C' team, with Ian Macmillan third for

Invicta in 15:44, just one second ahead of Brighton, and three seconds clear of Aldershot 'A'.

Ian Logan clocked the fourth fastest time of the day in taking Aldershot's 'A' team into second place behind Hercules Wimbledon's 'C' team. Logan clocked 15:22, while Dave Ives, who brought Aldershot's 'B' team in third clocked 15:26, pulling up from seventh position.

Aldershot finally took full control of the race on the third lap as Bob Hackney (15:48) went into a seven second lead over his club's 'B' team for whom Steve Barnshaw clocked 15:41. Brighton were third in 47:27, half-a-minute behind the Aldershot 'A' team with Invicta in fourth spot.

Then came a fine solo run by Peter Adams, clocking 15:20, the third fastest time of the day, to take the Aldershot 'A' team 39 seconds clear of its 'B' team.

Olympic 10,000 metres runner Bernie Ford consolidated Aldershot's grip on the race in racing round in 15:07 to open up a 73 sec lead on his club's second team, with Invicta more than 1½ minutes down.

The internal Aldershot battle continued on the last lap as Bob Lunnnon brought the 'A' team home and Mike Barton anchored the 'B' team to the silver medals.

1, Aldershot, Farnham and District (J. Peel 15:47; I. Logan 15:22; R. Hackney 15:48; P. Adams 15:20; B. Ford 15:07; R. Lunnnon 15:31) 92:55;

2, Aldershot, Farnham and District 'B' (M. Woods 15:57; D. Ives 15:26; S. Barnshaw 15:41; J. Hood 15:52; — 15:41; M. Barton 15:53) 94:30;

3, Invicta (I. Macmillan 15:44; D. Austin 15:56; R. Harding 16:30; R. Newble 15:01; P. Varney 15:49; P. Brencley 15:50) 94:50;

4, Brighton & Hove 95:56; 5, Hercules Wimbledon 96:14; 6, Brighton 'B' 98:22; 7, Aldershot 'C' 98:46; 8, Blackheath 98:49; 9, Croydon 99:06; 10, Belgrave 99:26.

Fastest Newble 15:01; Ford 15:07; Adams 15:20; Logan 15:22.

Tom Pollak

OLYMPIC TIMETABLE Continued

THURSDAY, JULY 31st

10.00	High Jump	M	Qualifying
10.00	Discus	W	Qualifying
10.30	4 × 100 metres	M	1st Round
11.00	4 × 100 metres	W	1st Round

* * *

17.00	Hammer		FINAL
18.30	4 × 100 metres	W	Semi-Final
18.50	4 × 100 metres	M	Semi-Final
18.50	Long Jump	W	FINAL
19.15	Steeplechase		FINAL
19.35	4 × 400 metres	W	1st Round
20.15	4 × 400 metres	M	1st Round
21.00	1500 metres	M	2nd Round

FRIDAY, AUGUST 1st

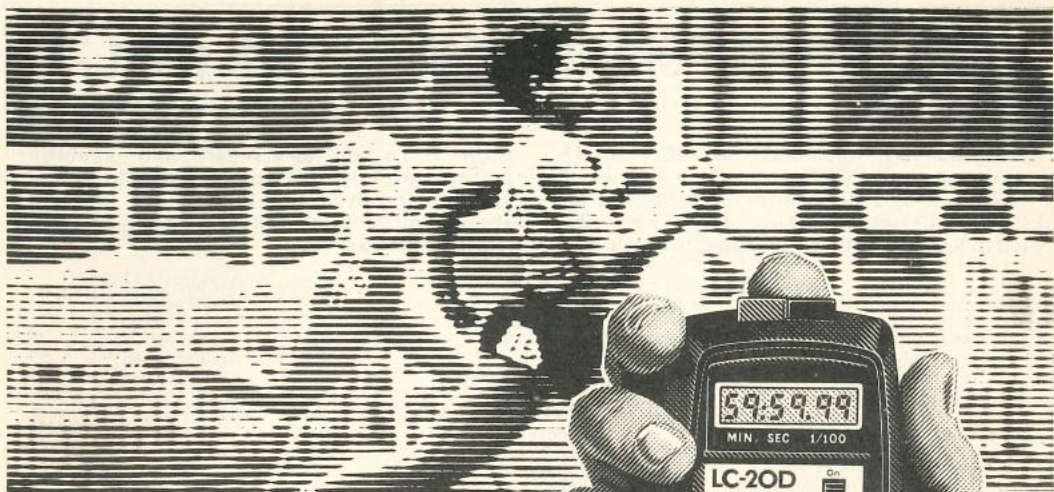
16.30	High Jump	M	FINAL
17.00	4 × 100 metres	W	FINAL
17.00	Discus	W	FINAL
17.15	Marathon		Start
17.30	1500 metres	M	FINAL
17.50	4 × 100 metres	M	FINAL
18.05	1500 metres	W	FINAL
18.20	4 × 400 metres	W	FINAL
18.35	5000 metres		FINAL
19.00	4 × 400 metres	M	FINAL
19.25	Marathon		FINISH

COCKERMOUTH ASA '10' ROAD RACE

September 30th

1, D. Cannon (Gateshead)	50:00
2, C. Stainton (Egremont)	53:23
3, J. Wagstaff (Tipton)	53:35
4, J. Kirkbride (Charn)	54:04
5, H. Burdette (M&C)	54:07
6, R. Atkins (S&W)	54:20
7, J. Brown (Mor)	54:39
8, S. Shaw (M&C)	55:13
9, E. Buyers (Bord)	61:40
10, R. Straughton (C'mouth)	61:58
11, D. Heywood (Ken)	62:03
12, W. Robinson (C'mouth)	62:04
13, P. Slowey (Mor)	62:08
14, R. Reilly (Salt)	62:11
15, N. Shutterworth (Kes)	62:12

'Athletics Weekly' Tour To Moscow — see page 14 for details



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UK BEST PERFORMERS (MEN) 1978 (Part 2)

Compiled by the NUTS

Compiled by members of the NUTS. Amendments and additions to these lists would be welcomed by Peter Matthews, 6 Broadfields, Goffs Oak, Waltham Cross, Herts EN7 5JU. Listed in brackets after the heading for each event

is the NUTS Top 100 standard, and unpublished performances to this standard would be most gratefully received. Full ranking lists for all age-groups will be published next spring in the UK Athletics Annual 1979.

2 MILES	
8:13.5	Steve Ovett
8:18.4i	Nick Rose (8:22.4)
8:25.8	Mike McLeod
8:38.7	Ian Gilmour
8:43.1i	David Murphy
8:43.9	Lawrie Spence

5:47.6	T. Fieldsend
5:48.2	John Bicourt
5:49.6	Andrew Lunnon
5:50.0	Derek Blakeley
5:50.2	John Wild
5:50.4	Martin Christy

8:54.0	Bill Sheridan
8:56.3	Alan Parkinson
8:57.1	Derek Blakeley
8:57.6	Jim Evans
8:57.8	Andrew Sharp
8:58.8	Chris Stebbings
9:00.0	Barrie Moss
9:00.6	Kevin Capper
9:01.5	Clive Thomas
9:01.6	Colin Reitz
9:02.0	Andy Holden
9:02.2	Chris Bunyan
9:02.2	David Frith
9:02.2	Ian Logan
9:02.3	Jim Burns
9:03.2	Tony Blackwell
9:03.6	Andrew Bamber
9:03.8	Alex Robertson
9:04.4	Paul Bettridge
9:05.0	Adrian Philpott
9:05.2	Richard Samuel
9:05.2	David Camp
9:05.4	Ian Elliot
9:05.4	Dic Evans

2000 METRES STEEPLECHASE (6:00.0)

5:30.6	Dennis Coates
5:32.6	Colin Reitz
5:36.5	Tony Staynings
5:39.3	Graham Fell
5:39.6	Ian Gilmour
5:40.1	Graham Tuck
5:40.5	Ian Logan
5:41.0	Bob McKim
5:42.3	Jim Evans
5:44.6	John Davies
5:45.6	David Warren
5:47.2	David Parish
5:47.2	Eddie Wedderburn
5:47.6	Keith Irvine

3000 METRES STEEPLECHASE (9:30.0)

8:26.0	Dennis Coates
8:26.0	John Davies
8:31.1	Ian Gilmour
8:35.8	Tony Staynings
8:35.8	Micky Morris
8:39.3	John Graham
8:42.2	John Wild
8:46.9	Ron Harris
8:47.6	Roger Hackney
8:48.1	Graham Tuck
8:48.4	Graeme Fell
8:51.1	John Wheway
8:51.8	John Bicourt
8:53.5	Bob McKim
8:53.7	Peter Griffiths

'RON MURRAY'S COACHINS

HIGH JUMPING

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Saturday, 28th October, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 11th November, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 25th November, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 2nd December, 1978

10.00 am-12.30 pm (Indoor Football Area)

Saturday, 6th January, 1979

10.00 am-12.30 pm (Indoor Football Area)

Saturday, 3rd February, 1979

10.00 am-12.30 pm (Cricket School)

The course will also include an instructive session of weight training for High Jumpers.

COACHIN FEES

Applicants are advised to attend all six sessions of the 'coachins'.

COACHES—£1.50 ATHLETES—£1.50

Applications for all six coachins together with the appropriate fee should be made to Ron Murray, 11 New Farm Avenue, Bromley, Kent, enclosing SAE. Cheques/PO should be made out to R. J. Murray.

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VICTORIA PARK ROAD RACES

SATURDAY, 25th NOVEMBER, 1978

1.30 p.m.	Minor Girls U/13 yrs	1.70 miles
1.50 p.m.	Minor Colts U/11 yrs	1.70 miles
2.10 p.m.	Colts U/13 yrs	1.70 miles
2.30 p.m.	Girls 13/15 yrs	1.70 miles
2.50 p.m.	Boys U/15 yrs	2.50 miles
3.10 p.m.	Youths U/18 yrs	3.30 miles
3.30 p.m.	Senior Men O/18 yrs	4.00 miles

1 Lap = ¾ Miles — Spectator Course
Cloth badges first 50 each race

Awards (value): Senior race £40, £30, £20, £10, £5, 1st Vet O/40, O/50. Teams 3 x £7, £5, £3 'B' £1 (3 score).

Junior races 1, 2, 3 Indiv. & Teams. Plus 'B' Team.

Changing accommodation: Percy Boys Club, New King Street, Bath, Avon (Tel 23014).

Entry Fee: Senior Men 40p. Others 25p. 'A' team 50p, 'B' team 35p extra. No entries accepted unless accompanied by appropriate fee.

Entries to: Mr. Ray Brigden, 77 Ash Grove, Peasdown

St. John, Nr. Bath. Tel: (Radstock 3579). S.A.E. required please.

CLOSING DATE: 22nd NOVEMBER

9:05.8	Richard Charleston
9:07.2	Eddie Devlin
9:07.7	Barry Smith
9:08.4	David Stevens
9:08.6	Stephen Hall
9:08.8	Adrian Howden
9:08.8	Edmund Turner
9:09.0	John Dryden
9:09.9	Yair Karni (Israel)
9:10.0	John Calvert
9:10.8	David Lockley
Unconfirmed:	
9:07.3	Paul Lawther
9:10.4	Eddie Wedderbury

110 METRES HURDLES**Fully Automatic Times (15.99)**

13.70w	Berwyn Price (13.74)
14.01	Mark Holtom
14.40	David Wilson
14.55	Mark Hutton
14.60	Ian Ratcliffe
14.71	Philip Barthropp
14.75	Tony James
14.75	Neil Gerrard
14.85	Daley Thompson
14.86	Alan Drayton
14.87	Trevor Clifton
14.90w	Alan Sumner (15.55)
14.91w	Nick Alexander (15.35)
14.92	Stephen Burke
14.93	Bob Danville
15.01w	Robin Simpson (15.75)
15.06	Malcolm Kindon
15.13	Iain McEwan
15.17w	Michael Morgan (15.35)
15.21	Howard Moscrop
15.25	Nicholas Christie
15.35	Angus McKenzie
15.35w	Kevan Lobb
15.39	Philip Johnson
15.43	Ian Willoughby
15.65	Keith Pascoe
15.67	Huw Jones
15.70	Patrick Bredin
15.74	Julian Hipplewith
15.76	Roger Honey
15.80	Michael Corden

15.82	David Anderson
15.87	Pan Zeniou
15.89	Stephen Pegler
15.92	Kevin Maguire
15.98	Raymond Knox
15.98	Bradley McStravick

Consolidated List (15.9)

13.70w	Berwyn Price (13.74)
14.01	Mark Holtom
14.40	David Wilson
14.4	Mark Hutton
14.4w	Ian Ratcliffe (14.60)
14.5	Alan Drayton
14.5w	Tony James (14.6)
14.6	Neil Gerrard
14.6w	Trevor Clifton (14.8)
14.71	Philip Barthropp
14.7	Malcolm Kindon
14.7	Alan Sumner
14.8	Roger Honey
14.8	Robin Simpson
14.8	Michael Morgan
14.8w	Huw Jones (15.2)
14.85	Daley Thompson
14.91w	Nick Alexander (15.2)
14.92	Stephen Burke
14.93	Bob Danville
14.9	Wilbert Greaves
14.9	Stephen Pegler
14.9	Ian Willoughby
14.9	Nicholas Christie
14.9	Alan Shaw
15.0	Bob Harris
15.0	Jack Morgan
15.0	Nigel Towell
15.0w	Iain McEwan (15.13)
15.0w	Stewart McCallum (15.3)
15.0w	Carson Porteous (15.2)
15.1	James Hobbs
15.1	Angus McKenzie
15.1	David Warburton
15.1?	John Key (15.5)
15.1w	Jeffrey Wallace
15.21	Howard Moscrop
15.2	Graham Gower
15.2	Alun James
15.2	Charles Luxon

15.2	T. Straker
15.2	Richard Palmer
15.2	Keith Pascoe
15.2	Roger Bell
15.2	Bradley McStravick
15.2	Christopher Richards
15.2	David Jones
15.2w	Delroy Hall (15.3)
15.3	David Findlay
15.3	James Rose
15.3	A. Cuff

400 METRES HURDLES (56.9)

49.63	Alan Pascoe
50.96	Gary Oakes
51.03	Bill Hartley
51.21	Steve James
51.38	David West
51.45	Clive Beattie
51.47	Roger Bell
51.88	Roger Jenkins
52.02	Mike Whittingham
52.4	Chris Preston
52.5	Harry Robinson
52.9	Colin Richardson
53.0	Carson Porteous
53.27	David Anderson
53.42	Wilbert Greaves
53.43	Tony Tarquini
53.4	Steve Hinchliffe
53.4	Norman Gregor
53.46	Bob Danville
53.6	John Sherwood
53.78	Derek Fishwick
53.8	Mike Garmston
53.8	Mike Gill
53.87	Delroy Hall
53.95	Ian Willoughby
53.98	Steven Sole
54.03	Wyn Leyshon
54.0	Alun James
54.1	Mike Davidson
54.1	Tony Shiret
54.1	Eric Shirley
54.14	Tony James
54.22	Neil Hammersley
54.22	Colin O'Neill
54.2	Angus McKenzie

Dennis Coates, follows event-ual winner Bronislaw Malinowski, in the European 3000m Steeplechase Final in Prague.



Mark Shearman

54.2	Paul Goacher	2.01	Rifat Atun (Cyprus)
54.2	Derek Price	2.00	Stephen Metcalfe
54.2	Raymond Ridley	2.00	Ian Grant (1.96)
54.3	Gordon Wood	2.00	Steve Bainbridge
54.3	Trevor Clifton	2.00	Tony Brewster
54.4	Bob Harris	2.00	Chris Hesketh
54.4	John McGing (RoI)	2.00	Innes Murray
54.45	Keith Pascoe	2.00	Peter Munt
54.6	Paul Beattie	2.00	Trevor Whittle
54.7	Robin Tolson	2.00	S. Watts
54.7	Robert Smith	2.00	John Daley
54.78	Stewart McCallum	2.00	Stewart McAslan
54.8	Trevor Carrington	2.00	Jonathan Lee
54.8	Jeffrey Wallace	2.00	Richard Dallara
54.8	Alan Sumner	2.00	Derek Knox
54.8	Winston Shand	1.98	Kevan Lobb

HIGH JUMP (1.92)

2.20	Brian Burgess
2.19i	Mark Naylor (2.17)
2.15	Trevor Llewelyn
2.14	Colin Harris
2.11	George Robertson
2.10	Mike Butterfield
2.10	Claude Moseley
2.10	Milton Palmer
2.10	Tim Foulger
2.10	Vincent Clemmens
2.08	Adrian Ord
2.08	Ross Hepburn
2.07	Alan Breden
2.07	Daley Thompson
2.06	Alan Dainton
2.06	Colin Boreham
2.06	Rupert Charles
2.05	Floyd Redley
2.05	Martyn Shorten
2.05	Steve Parsons
2.05	Robert Gater
2.05	Angus McKenzie
2.03	Douglas Hendry
2.03	Geraint Griffiths
2.02	Leon Shakes
2.02	Floyd Manderson
2.01	George Vorgic
2.01	Norman Duffin
2.01	Luke Wall-Row

1.98	Ian McAllister
1.97	Cliff Heilman
1.96	M. Charlton
1.96	Kevin Maguire
1.96	M. Winslow
1.96	Graham Rikly
1.96	B. Johnson

POLE VAULT (3.60)

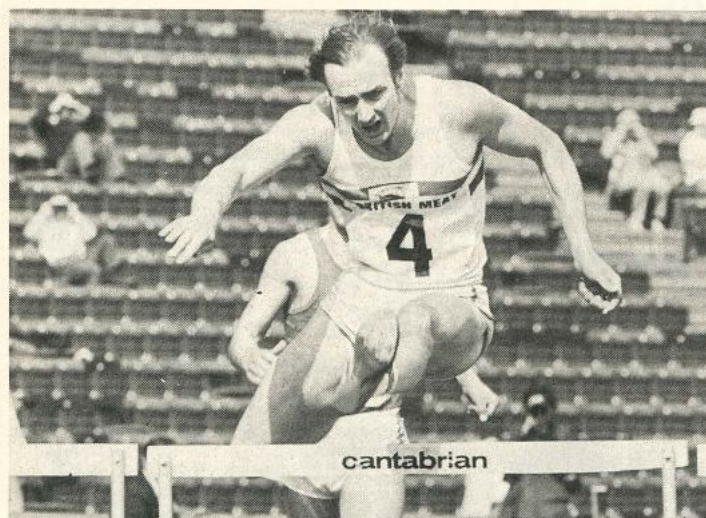
5.42	Brian Hooper
5.25	Keith Stock
5.20	Jeff Gutteridge
5.18	Steve Chappell
5.10	Allan Williams
5.05	Mike Bull
4.80	Daley Thompson
4.70	Dick Williamson (4.98 unconfirmed)
4.60	Tim Gardner
4.60	Rupert Goodall
4.60	Nick Phipps
4.60	Phillip Goulding
4.51	Tim Anstiss
4.50	Andrew Jackson
4.45	Norman Donachie
4.45	James Johnstone
4.41	Graham Eggleton
4.40	Girish Patel
4.40	Panayiotis Zeniou
4.40	Brian Drayton
4.40	Alan Drayton

4.40	Adrian Ross
4.35i	Colin McCarthy (4.30)
4.32	Allan Leiper
4.30	Steve Bainbridge
4.30	Brychan Jones
4.30	Islwyn Rees
4.30	Gordon Rule
4.30	Hubert Davis
4.20	Kevin Maguire
4.20	John Ball
4.20	Neil Barnes
4.20	Jonathon Cryle
4.20	Peter Edwards
4.15	Janner Agikada (Turkey)
4.12	Geoff Ward
4.10	Solomon N'Jie
4.10	Clive Birkbeck
4.05	Quentin McQuillan
4.00	Phil Cribb
4.00	Alan Holloway
4.00	Allan Baker
4.00	Mike Corden
4.00	Robert Brown
4.00	Nick Heal
4.00	David Hooper
4.00	Bradley McStravick
4.00	Eamon Fitzgerald
4.00	George
4.00	S. Atkins
4.00	John Howell
4.00	Robin Murphy
4.00	P. Edimfar
4.00	Kevan Lobb

LONG JUMP (6.75)

8.11w	Daley Thompson (7.93)
8.06w	Roy Mitchell (7.88)
7.75w	Ken Cocks (7.59)
7.71	Billie Kirkpatrick
7.62	Colin Mitchell
7.61	Aston Moore
7.58w	Gus Udo (7.34)
7.56w	Peter Brugnani (7.21)
7.51	Tony Henry
7.44	Megarry Effiong

Continued on page 17



In his final competitive year, Alan Pascoe, topped the UK 400m hurdles rankings yet again, to complete a decade of International athletics.

Mike Street

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HIGHGATE HARRIERS

Cordially invite all Schools to participate in their forthcoming

SCHOOLS CROSS COUNTRY RACES

at

PARLIAMENT HILL FIELDS

on

Saturday, December 2nd, 1978

11.30 a.m. Start

(By kind permission of the G.L.C.)

to celebrate their forthcoming

CENTENARY YEAR (1879-1979)

**NO ENTRY FEES
FREE REFRESHMENTS**

JUNIOR BOYS 2 MILES

(Over 12 yrs, under 15 yrs, 1.9.78)

Last year's winner: D. Brockwell (Slough G.S.). Team: Langleybury School.

SENIOR BOYS 3 MILES

(Over 15 yrs, under 19 yrs, 1.9.78)

Last year's winner: J. Kaye (Orange Hill). Team: Langleybury School.

AWARDS: First 3 individuals, first 3 teams (4 to score). Perpetual Trophies for individual winners and winning teams.

For entry forms and further details, apply to G. Harrison (Hon. Race Sec.), 75 Galloway Hill Lane, Abbots Langley, Herts WD5 0DD, enclosing s.a.e.

ENTRIES CLOSE NOVEMBER 24th

Walking Commentary

Abdon Pamich scores outstanding double victory in European Veterans Championships, at Viareggio. (5km): The over 60's all raced together, and Oddi Sandvik (Nor), who walked in the 1958 Europeans, scored a surprise win over guesting Max Gould, breaking away early on and holding off the persistent Canadian. Alf Poole (64) proved too strong for the remainder of the field though lapped by the winner, while Chico Scimone (67) of Italy impressed with good technique and later showed his versatility by placing in the 400 and 800m runs. A pity Bob Roberts did not arrive in time to compete as he would have surely led home the over 70's. Good times considering the heat and humidity. The 50-60 group raced on the Viareggio Tartan track in the early evening. Quite a few warnings were given and Carlo Bonba (Italy) was deservedly disqualified late in the race when troubling the leaders. Havion Nilsen (Nor) was an excellent winner from the stylish Alan Scott of Sweden. Good efforts from Ulsterman Jimmy Todd and Johnston Scott, as well as comparative newcomer, Harvey Jaquest. The fast men finally got under way after 11 pm. Claude Fillinger (Fra) blazed off but was soon superseded by Italy's great Abdon Pamich who gave a superb display to win easily in excellent time. Bruno Secchi overhauled Fillinger in the second half but both competitors were extremely fortunate to finish the race in view of their progression. **(20km):** The mass field started on the out and back flat course just after 9 am in very warm bright sunshine. Pamich was soon dominating, trailed by Secchi with Gobbato, Zabarella, and Colin Young following. By the turn 1964 Olympic champion Pamich was on his own with Secchi an isolated second while Knaringer had come through fast to join Zabarella with Young, Gobbato, and Alinert in pursuit. Knaringer deservedly was disqualified early on the return journey while Young took over third from Zabarella. Alf Poole and Bob Roberts showed their amazing fitness and stamina and thoroughly deserved their medals, as did 80-year-old Wally Kimber whose calm and cool walking was an example to the "youngsters".

5000m (track) (40-44): 1, A. Pamich (Ita) 22:17.8; 2, B. Secchi (Ita) 23:04.8; 3, F. Zabarella (Swi) 24:02.3; 4, H-J. Ahnert (Ger) 24:03.5; 5, C. Young (UK) 24:07.2. **(45-49):** 1, C. Fillinger (Fra) 23:11.5; 2, L. Marquis (Swi) 23:46.4; 3, O. Nezuál (Cze) 24:28.2 . . . 6, J. Dunsford (UK) 25:24.4; 7, R. Eade (UK) 26:29.8. **(50-54):** 1, A. Scott (Swe) 25:07.1; 2, H. Persson (Nor) 26:00.4; 3, A. Lundstrom (Swe) 26:14.0 . . . 6, H. Jaquest (UK) 27:25.2. **(55-59):** 1, H. Nilsen (Nor) 25:02.9; 2, K. Ericksson (Swe) 26:13.5; 3, G. Zeiger (Ger) 26:34.8 . . . 5, J. Todd (NI) 27:02.2; 8, J. Scott

(NI) 28:55.6. (60-64): 1, O. Sandvik (Nor) 25:40.6; 2, M. Gould (Can) 25:57.2; 3, A. Poole (UK) 28:00.8. (80-plus): 1, F. Schreiber (Swe) 36:44.8; 2, W. Keeler (UK) 36:51.8.

20km (road) (40-44): 1, A. Pamich (Ita) 89:09; 2, B. Secchi (Ita) 94:01; 3, C. Young (UK) 98:15; 4, H. Janhert (Ger) 98:33; 5, F. Zabarella (Swi) 99:28; 6, P. Gobatto (Ita) 99:48. (45-49): 1, G. Galfetti (Swi) 99:42; 2, E. Ruina (Ita) 99:45; 3, J. Dunsford (UK) 101:36; 4, R. Eade (UK) 106:25. (50-54): 1, A. Scott (Swe) 102:45; 2, H. Kippe (Ger) 105:23; 3, H. Persson (Nor) 107:41. 9, H. Jaquest (UK) 112:17. (55-59): 1, H. Nilsen (Nor) 105:49; 2, G. Zieger (Ger) 108:32; 3, W. Block (Ger) 111:09. 5, J. Scott (NI) 113:33. (60-64): 1, M. Gould (Can) 104:23; 2, O. Sandvik (Nor) 106:40; 3, A. Poole (UK) 112:46; 4, I. Baboie (Rum) 117:07; 5, F. Nickel (UK) 119:37. (75-79): A. Roberts (UK) 119:42. (80-plus): W. Keeler (UK) 146:25.

Hans-Jochen Kloppe wins Dutch National 50km (August 27th). 1, H.-J. Kloppe (Ger) 4:35:21; 2, N. Schroten (Hol) 4:45:55; 3, C. Ahnert (Ger) 4:50:41. 10, L. Ruddock (UK) 5:17:13.

Mexicans sweep the board in AAU National 50km at Detroit. Humidity was high despite the 8am start but that certainly did not deter the Mexican trio who flowed around the 2km circuit to record outstanding times. Domingo Colin (3:55) finished well clear of Pedro Aroche (4:01) and Enrique Vera (4:02). The home squad was led home by Marc Eromuk (4:24), hotly pursued by Augie Hirt (4:26), Schuler (4:29), Tom Dooley (4:31), O'Sullivan (4:34), and Bob Kitchen (4:35).

Colin Young

Young Sussex v Young Flandres, at Bruay (France), September 3rd. (Jnrs) 10km: D. O'Shea (Sx) 53:47. (Yths) 5km: N. Perry (Sx) 24:40. (Boys) 3km: J. Bean (Sx) 15:53. (Colts) 2km: G. Ringshaw (Sx) 10:46. (Girls) 3km: 1, S. Brown (Sx-J) 17:07; 2, H. Ringshaw (Sx) 17:41; 3, D. Smacque (Fl) 18:11; 4, D. Mann (Sx-I) 18:12.

Brighton & Hove AC Champs, at Withdean. (Jnrs) 2000m: D. Buchanan 9:28. (Boys) C. Blundell 11:08.6. (Colts) J. Buchanan 11:08.6. (Women) B. Francis 9:42.0.

Steyning Open Road Race (September 30th). (Junior/Youth 6km): 1, G. Vale (Sy-Y) 28:25; 2, D. Jones (Sy-Y) 29:32; 3, D. Buchanan (B&H) 30:07; 4, D. O'Shea (B&H) 30:22; 5, M. Easton (Sy-Y) 30:30; 6, B. Reid (B&H) 31:31. Teams: 1, Surrey 8; 2, Brighton & H 13. (Boys 3km): 1, J. Bean (Stey) 15:15; 2, G. Ringshaw (Stey) 15:32; 3, C. Blundell (B&H) 15:39; 4, S. Mortimer (Sy) 15:53; 5, S. Gates (Sy) 16:15; 6, J. Buchanan (B&H) 16:25. Teams: 1, Steyning 9; 2, Surrey 12; 3, Basingstoke 45. (Women's 10km): 1, B. Francis (B&H) 53:57; 2, E. Page (Stey) 65:53; 3, J. Pritchard (Bel) 66:19. Team: Brighton. (Junior Women's 2½km): 1, J. Harvey (Sy) 13:26; 2, S. Brown (Stey) 13:34; 3, H. Ringshaw (Stey) 13:54; 4, M. Goode (Sy) 14:04; 5, K. McDonald (—) 14:06; 6, L. McCarthey (Hav) 14:08. Teams: 1, Surrey 13; 2, Steyning 17; 3, Havering 20.

George Hewett 10km, at Hove Park (October 1st). 1, D. O'Shea (B&H) 51:25; 2, K. Dale (B&H) 51:59; 3, D. Buchanan (B&H) 52:39; 4, B. Reid (B&H) 53:02; 5, D. Boxall (B&H) 53:55; 6, D. Rowland (Stey) 54:09. (Women): S. Till (B&H) 57:35.

KENT WOMEN'S LEAGUE

At Hythe, October 22nd

Seniors: 1, M. Hendley (Med) 9:24; 2, K. Hughes (Med) 9:31; 3, D. Goble (Dart) 9:42; 4, L. Hall (Ash) 10:08; 5, A. Rumbold (Med) 10:11; 6, J. Boorman (Med) 10:34. **Teams:** 1, Medway 8; 2, Ashford 21; 3, Dartford 28; 4, E. Kent 51; 5, Wigmore 53; 6, Camb. H 53. **(Inters):** 1, L. Adams (Folk) 9:33; 2, L. Jemmett (Dart) 9:45; 3, J. Howell (Med) 9:57; 4, H. Tandy (Dart) 10:03; 5, K. Wade (Wig) 10:03; 6, K. Charnell (Wig) 10:20. **Teams:** 1, Wigmore 22; 2, Dartford 27; 3, Medway 30; 4, Folkstone 40; 5, E. Kent 40; 6, Bexley 59. **(Juniors):** 1, J. Rose (Ash) 9:28; 2, A. Wittekind (Dart) 9:34; 3, C. Mole (Med) 9:45; 4, J. Mills (Med) 9:51; 5, C. Jones (E. Kent) 9:54; 6, Y. Johnson (Med) 10:01. **Teams:** 1, Medway 13; 2, Dartford 20; 3, Ashford 44; 4, E. Kent 57; 5, Invicta 75; 6, Wigmore 80. **(Girls):** 1, L. Grant (Med) 10:02; 2, H. Conti (Med) 10:02; 3, L. Savage (Folk) 10:11; 4, H. Shepherd (E. Kent) 10:23; 5, J. Newton (E. Kent) 10:26; 6, A. Harman (E. Kent) 10:33. **Teams:** 1, Medway 14; 2, E. Kent 15; 3, Dartford 26; 4, Ashford 62; 5, Folkstone 71; 6, Wigmore 77.

KENT WOMEN'S ROAD RELAY CHAMPIONSHIPS

At Ladywell, October 7th

1, Cambridge H (M. Colman 12:28, C. Kay 13:16, J. Smith 11:32) 37:16; 2, Medway 38:43; 3, Dartford 39:26; 4, Cambridge 'B' 43:28; 5, Cambridge 'C' 43:30; 6, Tonbridge 45:17. Fastest: Smith 11:32; J. Farr (Dart) 12:15; K. Hughes (Med) 12:16. **(Inters):** 1, Dartford (L. Jemmett 13:10, C. Grain 13:41, T. Neale 12:43) 39:34; 2, Medway 40:12; 3, Cambridge 42:34; 4, Wigmore 44:06; 5, E. Kent 45:57. Fastest: Neale 12:43; A. Chattaway (Camb) & J. Howell (Med) 12:51. **(Juniors):** 1, Cambridge (S. Ovenby 5:50, S. Lancaster 5:45, F. Rider 5:29) 17:04; 2, Medway 17:14; 3, Ashford 17:48; 4, Herne Hill 17:56; 5, Medway 'C' 17:59; Medway 'B' 18:02. Fastest: J. Rose (Ash) 5:26; Rider 5:29; C. Mole (Med) 5:37. **(Girls):** 1, Cambridge (L. Munns 6:28, K. Cambridge 6:12, C. Fowler 6:20) 19:00; 2, Medway 19:20; 3, Cambridge 'B' 19:22; 4, E. Kent 'B' 20:00; 5, Dartford 20:08; 6, E. Kent 20:12. Fastest: L. Grant (Med) 5:57; J. Newton (E Kent) 6:00; R. Mattocks (Med) 6:06.

'Athletics Weekly' Tour To Moscow Olympics

Preliminary information from David Dryer Sports Travel Ltd

This Company has been appointed the official agents in the UK for tickets and tours to the Moscow Olympics.

Since we have had a long association with 'Athletics Weekly' readers and have been responsible for most of the tours over the last five years it is also our intention to create a special 'Athletics Weekly' Tour. At the moment we are planning special departures on Monday, July 21st, returning on Monday, August 4th. We will endeavour to ensure that all our 'Athletics Weekly' clients have tickets for the track and field events and where possible they will stay together as one group. Naturally, there will be opportunities for an additional stay in the USSR either before July 21st, or after August 4th.

At this time we do not require any deposit but can advise that we will place names in strictly chronological order and this will serve as registration.

We hope to price this special 'Athletics Weekly' Tour by the end of the year and we shall be requesting deposits early in 1979.

All enquiries please to David Dryer Sports Travel Ltd, 242 Oxford Street, London W1N 0BN.

PROGRAMMES

The Olympic Games will take place between July 19th (Opening Ceremony) and August 3rd, 1980 (Closing Ceremony). There will be 26 sports, nearly all taking place in the city of Moscow. Most tours will be of a 2 week duration with an optional additional week could be spent in another city or place of interest in the USSR, eg Yalta, Kiev, Leningrad or Odessa. During the period that the visitors will be in Moscow, they will have included in their programme, tickets for one or other of the Olympic events for every day. Within the framework of the various programmes, special facilities will be made for enthusiasts of a given event and, as far as possible, clients wishing to see one sport only will have tickets and a programme built around their sport.

Under no circumstances will tickets be sold alone without accommodation and transportation and there will be no opportunity to purchase either transportation or accommodation without also accepting tickets: at least one per person per day for the duration of the tour chosen. We

appeal to the public to write to us for brochures, programmes and any other information, rather than rely on the telephone. We are planning to reach Moscow by air, road and possibly by sea.

ACCOMMODATION

Accommodation will be varied and will range from modern student dormitory accommodation through to first class hotels dependant on the duration of the tour. Naturally, with the foreign influx of visitors from all over the world, there will be an allocation made to each country together with the entrance ticket allocation. The Organising Committee have endeavoured to plan as sensibly as possible what the initial allocation will be for various countries.

VISAS

Visitors to the USSR are required to have a visa, details of which will be published in the brochure.

SALES METHODS

In the UK, we shall only be operating tours for clients who are in possession of British passports. However, discussions will take place in Moscow regarding non-British passport holders who are resident in the UK.

All clients are registered with us in strictly chronological order. No sales will take place until early 1979. A full brochure advertising the tours, which will include tickets, will be posted to registered clients. These clients will receive a priority booking period, approximately one month; subsequently, should there be availability, general sales will commence.

COST OF TOURS

Once prices have been determined, clients wishing to book tours will be expected to pay in full for their ticket allocation and also pay approximately 35% of the tour cost. These payments must be made at the time of booking and in any event no later than May 1979. Any tickets unsold by June 1979 will be returned to the Organising Committee in Moscow and countries will only receive additional tickets subject to a second allocation being made.

SAVINGS

We have agreed with Thomas Cook to introduce a savings scheme whereby clients can pay by monthly bankers order, details of which will be in the brochure.

WORLD CC CHAMPIONSHIPS

Barry Wallman, hon. secretary of the English Cross-Country Union, has drawn attention to an error in the account of the ECCU's AGM (October 21st issue). Contrary to what was inferred in the report, no decision has yet been

taken over the proposed venue in England for the 1983 World Championships. Newbury (should the South be elected to stage the event) is only one of several possible venues at this stage. The date for the 1980 Championships in France should have read March 9th

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ATHLETIC EVENTS

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

Wycombe Phoenix Harriers

OPEN MEETING

(Under AAA & WAAA Laws)

Sunday, 19th November, 1978

- 2.00 1200m, Hammer, Shot, L.J, H.J, P.V.
2.30 400m.
3.00 Ladies 3500m. 3.30 Men's 5000m.

All ages, Men & Women. Entries on the day 25p per athlete. All weather track adjacent M40, Junction 4.

CAMBERLEY & DISTRICT A.C.

Annual

LADIES CROSS COUNTRY

(Under WAAA & SCWCC & RWA Rules)

SUNDAY, DECEMBER 3rd, 1978, 1 p.m.

Collingwood School, Old Dean, Camberley

- Girls 1½ Miles approx.
Juniors 1½ Miles approx.
Inters 2 Miles approx.
Seniors 3 Miles approx.

Trophy & Medals for first 3 Individuals, and first 3 Teams (3 score).

Fees: 60p per Team, 25p per Individual.

Entries to M. Goodway, "The Crest", 6 Church Hill, Camberley, Surrey. Tel: Camberley (0276) 24708.

ENTRIES CLOSE NOVEMBER 27th (SAE Please)

INTERNATIONAL ATHLETES' CLUB

INTERNATIONAL CROSS COUNTRY EVENT

SPONSORED BY PHILIPS INDUSTRIES

Saturday, December 9th, 1978 at 12.15 p.m.

BOYS' RACE

(Under 15 on Sept. 1st 1978)

Under AAA Laws & ECCU Rules

Crystal Palace National Sports Centre

Distance approx. 3,500 metres.

Prizes to first six places.

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

Entry Fee: 25p — payable to the "International Athletes' Club" (please enclose SAE).

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

CLOSING DATE DECEMBER 1st 1978

NO LATE ENTRIES ACCEPTED

Bolton Win Lancs Title

LANCASHIRE AAA 8-STAGE RELAY

At Southport, October 7th

1, Bolton United (D. Singleton 14:46, M. Wakefield 15:07, S. Kenyon 13:59, M. Freary 14:26, R. McAndrew 15:11, J. Doyle 15:28, K. Mayor 15:31, K. Lazarides 14:41) 119:09;

2, Liverpool (K. Burrell 15:00, P. Waddington 15:06, F. Davies 14:32, T. Moore 15:31, J. Woods 14:50, A. Farrell 15:19, G. Smith 14:09, D. Evans 14:44) 119:11;

3, Manchester (D. Blakeley 14:52, F. Pendlebury 15:02, G. Entwistle 15:43, P. Shaw 14:26, W. Cooper 15:16, R. Wilde 14:38, M. Frith 14:35, P. Morris 15:15) 119:47;

4, Salford (A. Byrne 15:20, P. Blakeny 14:59, P. Roberts 15:31, S. Curran 15:10, S. Bullen 15:18, S. Heap 15:28, D. Brown 15:43, B. Aspdon 15:34) 123:03;

5, Liverpool Pembroke (M. Flynn 15:19, D. Williams 15:19, P. Robert 15:35, B. Renshall 15:21, R. Brown 15:31, J. Balmer 15:52, C. Rigby 15:53, D. Gaynor 15:35) 124:25;

6, Clayton le Moors (E. Hargreaves 15:44, D. Wilson 15:00, I. Perrow 15:38, J. Hartley 16:17, R. Hill 15:21, G. Nicholson 16:33, K. Windle 16:08, P. Livesey 14:41) 125:19;

7, Blackburn 125:35; 8, Stretford 128:07; 9, Leigh 130:03; 10, Rochdale 130:07; 11, Sutton 132:01; 12, Southport Waterloo 133:06; 13, Wigan 134:46; 14, Manchester YMCA 135:33; 15, Bury 137:51; 16, Salford Met 138:05; 17, Sefton 139:14; 18, Altrincham 139:23. **Fastest:** Kenyon 13:59; Smith 14:09; G. Helme (Leigh) 14:21; M. Deegan (Old & Roy) 14:24; M. Freary (Bolt), Shaw & J. Calvert (Black) 14:26.

ESCAFELD LEAGUE

At Meanwood, October 11th

- 1, J. Alcock (Manchester) 22:20
2, S. Williams (York Univ) 22:48
3, D. Orme (Old Gaytonians) 22:55
4, C. Nightingale (Hull) 23:03; 5, R. Aconley (S Yorks P) 23:05; 6, C. Haynes (W Yorks P) 23:07;
7, N. Heron (Man) 23:09; 8, B. Parkinson (Brad) 23:17; 9, G. McIntyre (Man) 23:23; 10, C. Pulford (Leeds) 23:31; 11, D. Gaskell (ASVAC) 23:35; 12, B. Eden (Leeds) 23:36; 13, G. Denham (W Yorks P) 23:41; 14, P. Johnson (Leeds) 23:42;
15, C. Waugh (Man) 23:49; 16, C. Norris (Sheff) 23:53; 17, M. Davis (Man) 23:59; 18, R. Dixon (Sheff) 24:00; 19, K. Nelson (York) 24:01; 20, C. Rosling (Mat Coll) 24:06. **Teams:** 1, Manchester 32; 2, Leeds 59; 3, W. Yorkshire Police 81; 4, Hull Univ 92; 5, Sheffield Univ 105; 6, Sheffield Poly 115.

UK TOP '50' PART TWO Cont'd from page 16

7.44w	Henry Walters (7.18)	7.13	Michael James
7.44?w	Len Tyson (7.22i/7.14)	7.12	R. Straker
7.42	Geoff Hignett	7.12	Ian Campbell
7.41w	John Gloag (7.12)	7.11	John Phillips
7.40w	Eddie Starrs (7.33)	7.10w	John Torpey (7.06)
7.37w	Graeme Watson (7.22)	7.09	Carl Roberts
7.36w	Richard Smith (7.32)	7.09	Tony Shoebridge
7.35w	Ray McKenzie (7.34)	7.08	Tony Rose
7.35	Graham Hughes	7.07	D. Katali
7.33	David Johnson		
7.33	Micky Morris		
7.33w	Alan Drayton (7.15)		
7.30	Alan Slack	17.21w	Keith Connor (16.76)
7.30	Niels Bugge (Holland)	16.76w	Aston Moore (16.69)
7.30	Albert Earle	16.33w	David Johnson
7.29	Trevor Hoyte		(16.29i/16.11)
7.29w	Angus McKenzie (7.25)	16.17w	Chris Colman (15.87)
7.29	Brian Garner	15.88	John Phillips
7.28	Nick Stoppard	15.87w	Frank Attoh (15.85i/15.58)
7.25	Stewart Atkins	15.74	Megarry Effiong
7.25	Trevor Wade	15.59	Eric McCalla
7.23	Kevin Atkinson	15.55w	Nick Stoppard (15.08)
7.23	Kenneth McKay	15.52w	Dennis Greene
7.22w	Paul Hanson (7.09)	15.35	Donovan Perkins
7.21	Keith Bennington	15.33w	Richard Philps (15.13)
7.21	John Slaney	15.28w	Stephen Metcalfe (15.00)
7.20w	Calvin Greenaway	15.27w	Sean Power (Rol) (15.03)
	(Antigua)	15.25	Ray McKenzie
7.19	Ron Martin	15.20w	Willie Clark (14.92)
7.19w	John Howell	15.17	John Slaney
7.15	Colin Wright	15.11	Matt Cannavan
7.15w	Michael Byers (7.14i/7.04)	15.08w	David Corless (14.42)
7.14w	Geoff Ward	15.06	Albert Earle
7.13	Stephen Clarke	15.03	Chris Carden
		14.99w	Gary Gallagher (14.94)

TRIPLE JUMP (13.75)

17.21w	Keith Connor (16.76)
16.76w	Aston Moore (16.69)
16.33w	David Johnson
	(16.29i/16.11)
16.17w	Chris Colman (15.87)
15.88	John Phillips
15.87w	Frank Attoh (15.85i/15.58)
15.74	Megarry Effiong
15.59	Eric McCalla
15.55w	Nick Stoppard (15.08)
15.52w	Dennis Greene
15.35	Donovan Perkins
15.33w	Richard Philps (15.13)
15.28w	Stephen Metcalfe (15.00)
15.27w	Sean Power (Rol) (15.03)
15.25	Ray McKenzie
15.20w	Willie Clark (14.92)
15.17	John Slaney
15.11	Matt Cannavan
15.08w	David Corless (14.42)
15.06	Albert Earle
15.03	Chris Carden
14.99w	Gary Gallagher (14.94)

14.91w	Reynold Edwards
	(14.81i/14.68)
14.84w	Nick Leech (14.35)
14.82	Tim Moore
14.80w	Stephen Ashdown (14.76)
14.77	Tony Shoesbridge
14.76	John Harmon
14.71w	Peter Davies (14.65)
14.69	John Torpey
14.66	Tony Flowers
14.66w	John Gloag (14.62)
14.63	D. Katali
14.63w	Conroy Brown (14.49?)
14.62	Joseph Allison
14.57	George Riley
14.56	Gus Udo
14.56w	Donovan Smith
14.52	Brian Hull
14.50	O. Nwanjobi
14.49w	P. Welsh
14.42	Tony Wadhams
14.41i	Brian Camp
14.40	Michael Harrison
14.40w	I. Anderson
14.37	Mike James
14.36	Peter Knowles
14.35	Conrad Mainwaring
14.33	Aled Williams
14.32	Trevor Claydon
14.30	Paul Clarke
14.30	'Jim' Wadda (Gambia)

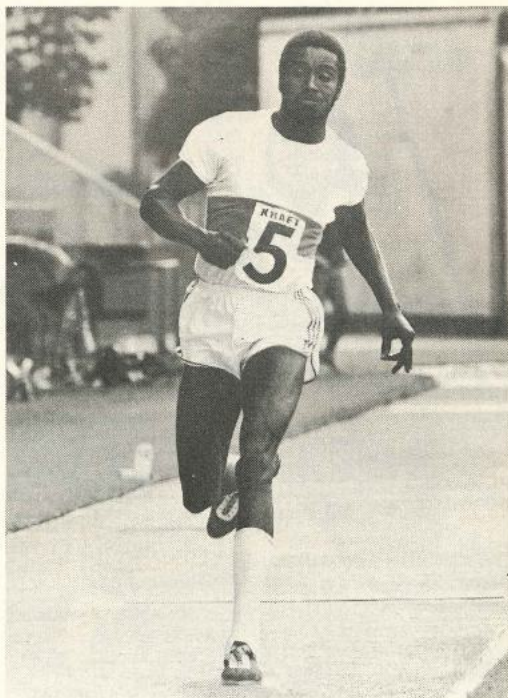
SHOT (13.00)

20.68	Geoff Capes
18.64	Mike Winch
18.46	Bob Dale



GEOFF CAPES

Tommy Hindley



KEITH CONNOR

Mike Street

17.44	Hamish Davidson
17.12	Richard Slaney
16.70	Paul Rees
16.66	Bill Fuller
16.60	Tony Satchwell
16.55	Simon Rodhouse
16.53	Ian Lindley
16.49	Roger Kennedy
16.20	Peter Tancred
16.18	Ian Mowatt
16.16	Nick Tabor
16.00	Steve Francis
15.97	Neil Griffin
15.94	Andrew Vince
15.82	Dennis Roscoe
15.80	Sid Clark
15.55	Hansruedi Staheli (Switz)
15.47	Trevor Walhen
15.41	Ted Kelland
15.32	Eugene Lawlor (Rol)
15.18i	Bruce Holden (14.96)
15.13	Eric Ricketts
15.12?	Tommy Canham (14.64)
15.03	Mark Aldridge
14.98	Jon Wood
14.91	Geoff Tyler
14.88?	Bob Gardner
14.87	Michael Atkinson
14.86	Mick Eyres
14.82	Nick Phipps
14.77	David Sorrell
14.69	Ian Chipchase
14.69	Daley Thompson
14.68	Andrew Pollock (Australia)
14.60	Stuart Biddle
14.60	Leonard Browne

14.54	Martin Lockley
14.45?	Royston Steventon
14.45	Stefan Purdy
14.45	John Hillier
14.45	Neville Thompson
14.43	Mike Holmes
14.42?	Barrie Lynn
14.30i	Tony Zaidman (14.25)
14.30	Arthur McKenzie
14.30	John Howell
14.30	George Patience
14.22	Michael Corden
14.20	Paul Dickenson
14.20	Panayiotis Zeniou

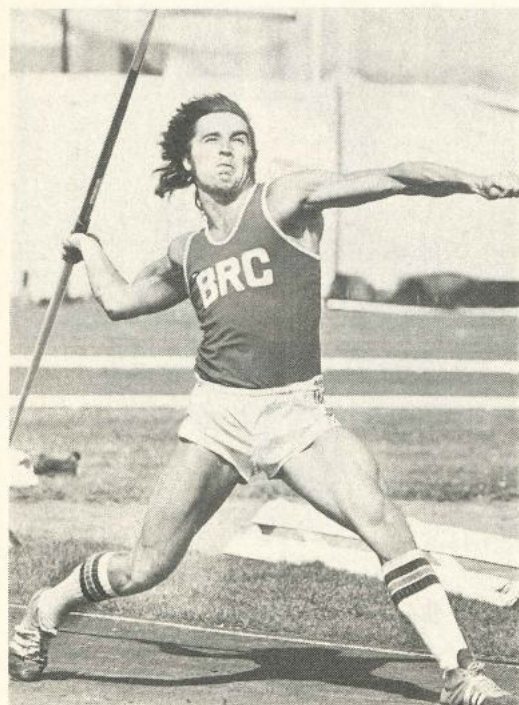
DISCUS (40.00)

59.84	Colin Sutherland
57.54	Peter Tancred
57.02	Peter Gordon
56.90	Richard Slaney
55.18	Mike Winch
54.84	John Hillier
54.20	Geoff Capes
53.92	Dennis Roscoe
53.38	Neville Thompson
53.16	Guy Dirkin
53.12	Mike Cushion
51.90	Arthur McKenzie
51.74	Geoff Tyler
50.98	John Howell
50.88	Neil Griffin
50.50	Paul Rees (50.94?)
50.22	Tony Satchwell
50.02	Steve Francis
48.86	Ian Mowatt
48.72	Bill Fuller

48.40	Chris Black
48.32	Barrie Lynn
48.20	Nick Tabor
47.94	Ted Kelland
47.24	Martin Lockley
47.04	Konrad Eberlain
47.04	Paul Dickenson
46.78	Paul Armstrong
46.46	Tom Lithgo
46.32	Balbir Johal
45.94	Christopher Dinsdale
45.84	Philip Lewis
45.72	Hansruedi Staheli (Swiz)
45.50	Andrew Vince
45.34	Michael Fulton
44.96	Steven Breen
44.66	Trevor Walhen
44.52	Chris Scott
44.50	Robert Weir
44.44	George Patience
44.28	David Sorrell
44.16	Michael Corden
44.14	Malcolm Fenton
44.10	Robin Burdell
43.98	Nick Phipps
43.74	David Jeffrey
43.68	K. Hind
43.68	John Walters
43.66	I. Washington
43.52	Daley Thompson

HAMMER (42.00)

70.32	Paul Dickenson
70.20	Chris Black
69.00	Jim Whitehead
66.76	Ian Chipchase

**PETER YATES**

George Herringshaw

**DALEY THOMPSON**

Tony Duffy

65.86	Matthew Mileham	79.20	David Ottley	7484a	Alan Drayton
64.60	Eugene Lawler (Rol)	79.06	Brian Roberts	7443	Panayiotis Zeniou
62.84	Peter Gordon	77.36	Simon Osborne	7381a	Graeme Watson
61.60	Michael Petra	76.70	Charles Clover	7287	Nick Phipps
61.52	Martin Girvan	75.32	David Travis	7239	John Howell
61.34	Ron James	75.28	John Trower	7233	Michael Corden
60.76	Andrew Pollock (Australia)	73.94	Gareth Brooks	7165a	Brad McStravick
58.26	Malcolm Fenton	72.62	Ian Marsh	7025	Phil Lewis
57.24	Alan Woods	72.06	Tony Smith	6990(w)	Kevan Lobb
56.64	Geoff Whaley	69.76	Kenneth Taylor	6856	Pat Bredin
56.20	Nick Lia	69.76	Stephen Pearson	6785(w)	Ray Knox
56.04	Mike Mason	69.16	Chris Harrison	6742a	Mike Bull
55.72	Sandy Sandhu	68.44	Daniel Scullion	6727	'Snowy' Brooks
55.12	Karl Lasis	68.16	Tim Newenham	6705	Geoff Ward
54.70	Peter Stark	67.14	Neville Thompson	6613	Bob Thorne
53.76	Brian Stebbings	66.68	Jeff Brooks	6568	Bill McCarron
53.16	Paul Rees	66.70	Pawlo Ostapowycz	6552	Ian Grant
53.16	Niall McDonald	66.14	Kevin Sheppard	6506	Peter Brugnani
52.72	Chris Melliush	66.04	Graham Robinson	6490	Kevin Maguire
52.32	Kenneth Hutton	66.02	Alan Holloway	6571	Fidelis Obikwu
52.26	Bernard Reed	65.90	Nigel Stainton	6397	Kevin Atkinson
52.16	Mike Emens	65.82	Alex Black	6387	Gregory Richards
51.76	Tony Slaney	65.48	Steven Ladds	6336	John Crotty
51.46	Kenneth Bodger	65.32	Marcus Humphries	6273	Paul Edwards
51.44	Noel Edmunds (NZ)	65.00 +	Richard Hooper	6221	Megarry Effiong
51.32	Robert Weir	64.88	Ennio Devido	6156	Martin Gascoigne-Pees
51.24	Chris Davison	64.86	Anthony Baker	6113(w)	Owen Sussex
51.18	Ken Prior	64.76	Keith Turnbull	6094	Derek Fishwick
51.08	Robert Earle	64.76	David Heath	6082a	Leon Shakes
50.90	Laurie Hall	64.60	John Mottram	6077	Mike Pickering
50.66	David Bell	64.50	Kenneth Gee	6017	Barry Gorman
50.60	John Black	64.38	Malcolm Green	6015 (w)	Ray McKenzie
50.28	Andrew Sparks	64.30	John Crosse	5995	Graham Pazdzierski
50.08	Guy Dirkin	64.08	Chris Hodder (Rhodesia)	5994	Bryan Long
50.02	Dennis Roscoe	63.98	Stewart Maxwell	5858	Robert Betts
50.00	John Murphy	63.86	Panayiotis Zeniou	5833	Steven Nunney
49.80	David Bayes	63.78	Craig Johnson	5824	Richard Smith
49.38	Michael Mitchell	62.50	Martin Annis	5798	Graham Flood
49.12	Stuart Robinson	62.14	Peter Lawrence	5703	Reg Hopkins
48.76	Geoff Tancred	61.98	Ian Bredin	5659	Alan Rankin
48.64	Peter English	61.94	Peter Crosbie (64.12 unconfirmed)	5653	Peter Simmons
48.62	Clive Howell			5652	Austin Woodin
48.58	Kevin McNab	61.38	Dennis Coulter	5648	Craig Shiel
48.42	J. Sedge	61.22	Thomas Aspey	5647	Tim Anstiss
48.20	A. James	61.18	William Bushnell	5645	Chris Jousiffe
48.14	Richard Gray	61.14	Michael Corden	5605	Graham Walker
48.14	Tony Moogan	61.04	Fidelis Obikwu	5603	Mark Johnson
		61.00	Nigel Price	5589	Garth Holder
				5589	Tim Creese

JAVELIN (\$6.00)

80.90 Peter DeKremer
80.62 Peter Yates

DECATHLON (4500)

8467a (w) Daley Thompson

a — automatic timing

Would W. B. Docherty who sent a request for three copies of 'spotlight on two lap running' please give his name and address.

Found-after the AAA Six Stage Road Relay at Crystal Palace: one hooded sweat top. Contact Alan Brent 01-650 7879.

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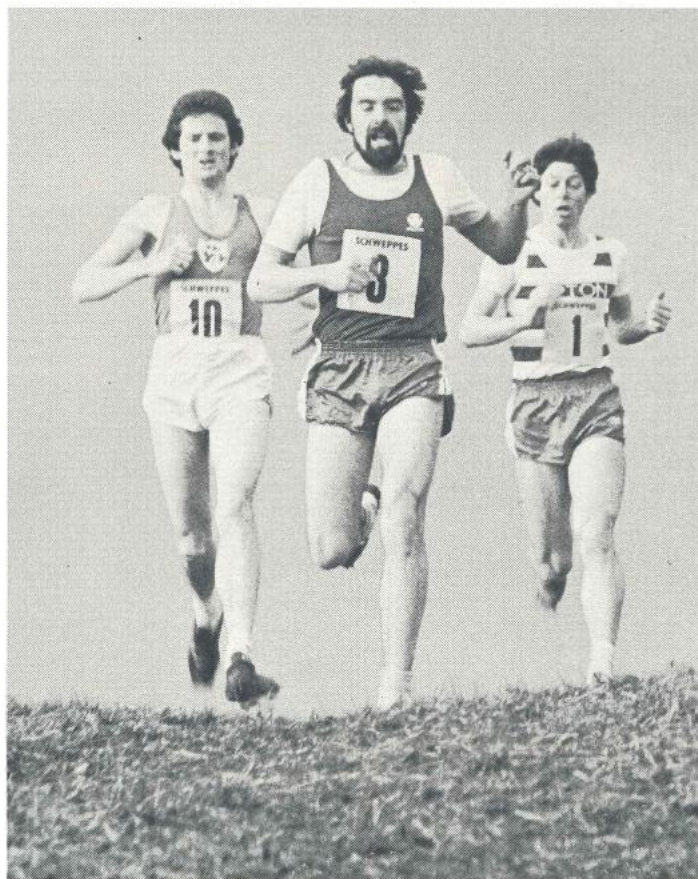
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Schweppes International Cross Country Races

Saturday, November 25th, 1978
Gateshead

International Middle Distance Race '77



Winning picture in last years amateur Photographic competition by Mr. T. Pollard

How will English champions, Tipton, fare against the international teams in the 4½ mile race? (Especially without the services of Tom Wessinghage). Come and see on the 25th.

And after the races . . .

Join the rest of the stars watching a video recording of the afternoons exertions before giving a selected panel of English speaking internationals a friendly grilling.

The proceedings to be rounded off by an informal social evening.

Video Replay	6.30 p.m.
Question Time	7.15 p.m.
Social Evening	8.15 p.m.

Venue to be notified — watch A.W.

COMPLETE PROGRAMME

		Approx.
11.30 a.m.	PEPSI FUN RUN	2 mile
1. 12.00	COLTS	1 ½ mile
2. 12.15 p.m.	JUNIOR LADIES AND GIRLS	1 ½ mile
3. 12.35 p.m.	BOYS	2 ¼ mile
4. 12.50 p.m.	VETS	3 mile
5. 1.15 p.m.	SENIOR AND INTER WOMEN	2 ¼ mile
6. 1.35 p.m.	SENIOR MEN OPEN RACE	4 ½ mile
7. 2.10 p.m.	INTERNATIONAL MIDDLE DISTANCE RACE	2 ¼ mile
8. 2.20 p.m.	YOUTHS	3 mile
9. 2.50 p.m.	INTERNATIONAL INVITATION TEAM RACE	4 ½ mile

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, 13th NOVEMBER.

Accommodation lists available on request.

CHEQUES AND P.Os. PAYABLE TO GATESHEAD M.B.C. AND SENT TO:
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ALEXANDRA ROAD, GATESHEAD, NE8 4JA Tyne and Wear.
Telephone (0632) 773939/772060.

WATCH OUT FOR EXTRA DETAILS IN LATER ISSUES OF A.W.

GWENT CC LEAGUE

At Bridgend, October 7th

1, A. Cole (Swansea) 31:01
 2, D. Hopkins (Newport) 31:09
 3, M. Cowman (Westbury) 31:54
 4, B. Hayward (Card) 32:04; 5, P. Ratcliffe (Card) 32:14; 6, A. Nolder (Durs) 32:22; 7, I. Kellie (West) 32:39; 8, G. Blackburn (West-V) 32:56; 9, F. Thomas (Abery) 32:59; 10, J. Smith (West) 33:02; 11, A. Jeffreys (Swan) 33:03; 12, M. Lane (New) 33:13; 13, M. McGeoch (Barry) 33:25; 14, E. Turner (Chap) 33:34; 15, G. Proctor (Card C) 33:40. Teams: 1, Westbury 744; 2, Swansea 721; 3, Cardiff 709; 4, Newport 649; 5, Bridgend 586. **(Juniors):** 1, C. Buckley (West) 23:40; 2, I. Ellis (Abery) 24:06; 3, M. Harris (Bris) 24:14; 4, A. Cummings (Card) 24:15; 5, S. Axon (Swan) 24:19; 6, P. Williams (Port Tal) 25:07; 7, S. Parker (West) 25:18; 8, P. Binding (Barry) 25:37; 9, K. Gallivan (Swan) 25:41; 10, T. Matthews (West) 26:05. Teams: 1, Swansea 250; 2, Westbury 211; 3, AAC Chepstow 200. **(Youths):** 1, C. McIntyre (West) 20:25; 2, M. Webb (Bish G) 20:28; 3, S. Blakemore (Card) 20:38; 4, N. Morgan (Card) 20:45; 5, S. Smith (Bish G) 20:48; 6, P. Felski (Bris) 20:57; 7, I. Williams (Swan) 21:01; 8, N. Stops (New) 21:02; 9, M. Jones (West) 21:05; 10, P. Rees (Bish G) 21:27. Teams: 1, Cardiff 418; 2, Westbury 398; 3, Bishop Gore 379; 4, Bristol 351. **(Boys):** 1, K. Miles (West) 16:37; 2, A. Penman (Swan) 16:52; 3, I. Pendrey (Glos) 16:54; 4, I. Mannors (Cleve) 16:56; 5, R. Domingo (K. Hen 8th) 17:03; 6, M. Griffiths (Swan) 17:14; 7, J. McKeever (Abery) 17:15; 8, C. Gunning (Card) 17:17; 9, C. Latchford (Card) 17:18; 10, S. Rose (Bath & Percy) 17:19. Teams: 1, Westbury 685; 2, Cardiff 664; 3, Bristol 603; 4, Bryn Celynnog CS 533; 5, Swansea 520; 6, King Henry 8th 493. **(Colts):** 1, M. Williams (Card) 13:13; 2, S. Alford (West)

13:17; 3, S. Smyth (West) 13:23; 4, L. Evans (West) 13:32; 5, N. Commerford (Barry) 13:38; 6, G. Sheppard (West) 13:45. Teams: 1, Westbury 517; 2, Bristol 486; 3, Cardiff 416; 4, Ferndale CS 388; 5, Bryn Celynnog 377; 6, Barry 338. **(U/11):** 1, S. Godwin (Bris) 8:13; 2, S. Cowley (West) 8:29; 3, S. Partridge (Brid) 8:40. Teams: 1, Westbury 688; 2, Bristol 675; 3, Bryn Celynnog CS 663. **(U/9):** B. Gilbert (Durs) 7:12. Team: Cardiff.

Women

1, K. Lock (Cardiff) 18:07
 2, M. Palmer (Westbury) 18:32
 3, J. Parker (Bristol) 19:08
 4, A. Notman (Card) 19:14; 5, C. Morgan (Cledd) 19:25; 6, L. Larue (Torf) 19:29; 7, P. Gallagher (West) 19:54; 8, D. Rees (Carm) 20:01; 9, M. Bone (West) 20:09; 10, D. Davies (Card) 20:36. Teams: 1, Westbury 93; 2, Cardiff 82; 3, Bristol 37; 4, Torfaen 31; 5, Cleddau 30; 6, Carmarthen 23. **(Inters):** 1, L. Gibson (Durs) 14:24; 2, C. Bradford (Cleve) 14:24; 3, B. Thomas (Card) 14:28; 4, G. Irvine (Carm) 14:37; 5, M. Wiltshire (West) 14:38; 6, C. Nicholas (Cledd) 14:42; 7, E. Sinclair (Bris) 14:49; 8, R. Powell (Port Tal) 14:50; 9, G. Hewitt (Bris) 14:56; 10, S. Williams (Brec) 14:58. Teams: 1, Cardiff 172; 2, Westbury 163; 3, Bristol 131; 4, Carmarthen 75; 5, Newport 69; 6, Dursley 63. **(Juniors):** 1, C. Williams (Port Tal) 8:33; 2, L. Copp (Port Tal) 8:36; 3, T. Kenward (Card) 8:44; 4, J. Presley (Bris) 8:47; 5, K. Roderick (Card) 8:48; 6, J. Stokes (West) 8:51; 7, D. White (Bris) 8:53; 8, J. Spencer (Bris) 8:54; 9, J. Thomas (Card) 8:56; 10, C. Nuttall (West) 9:00. Teams: 1, Bristol 399; 2, Cardiff 389; 3, Westbury 370; 4, Port Talbot 252. **(Girls):** 1, J. Thomas (Carm) 9:01; 2, H. Gould (Bris) 9:07; 3, J. Alexander (Bris) 9:13; 4, A. Preseley (Bris) 9:21; 5, R. Green (Bris) 9:30; 6, S. Porter (Card) 9:33. Teams: 1, Bristol 717; 2, Cardiff 679; 3, Bristol 'B' 653; 4, Bridgend 536; 5, Dursley 501. **(U/11):** 1, V. Alexander (Bris) 7:54; 2, T. Nipper (Barry) 8:11; 3, A. Golding (West) 8:20. Team: Westbury.

LEICESTER CORITANIAN ATHLETIC CLUB WINTER WARM UP MEETINGS

to be held at The Sports Centre, Saffron Lane, Leicester

ON 12th NOVEMBER & 17th DECEMBER, 1978, 10.30 a.m.

Sunday 12th November

400m HURDLES	3000m	DISCUS
60m	HIGH JUMP	JAVELIN
800m	LONG JUMP	(Weather
150m	SHOT	Permitting)

Sunday, 17th December

400m HURDLES	300m	DISCUS
60m	LONG JUMP	JAVELIN
800m	HIGH JUMP	(Weather
1500m	SHOT	Permitting)

Entries to Mrs J. Clarke, 88 Scotswood Crescent, Leicester. 15p per event — cheques and P.O. made payable to L.C.A.C. Closing dates 9th November and 14th December.

NO FINALS

ALL AGE GROUPS MALE/FEMALE

EUROPEAN VETERANS CHAMPIONSHIPS

At Viareggio (Ita), September 10th-16th

(40-44) 100: Helminen (Fin) 11.59; 200: Wouters (Bel) 23.44; 400: Boifot (Nor) 52.58; 800: Micalaza (Ita) 2:01.1; 1500: Huyssen (Bel) 4:03.8; 5000/10,000: Kessler (Ger) 14:55.8/31:27.3; 3000SC: Zimmermann (Ger) 9:56.5; 110H: Cechak (Cze) 15.23; HJ: Schmitz (Ger) 1.80; PV: Sterckx (Bel) 3.90; LJ: Pinto (Por) 6.93; TJ: Mokry (Cze) 13.16; SP: Rossmann (Ger) 16.39; HT: Foleide (Nor) 55.56; JT: von Wartburg (Swi) 74.14; Relays: Germany 44.13/3:32.7; 5000/20kmW: Pamich (Ita) 22:17.8/1:28:09.

(45-49) 100/200: WILLIAMS (UK) 11.65/23.40; 400: PEARSON (UK) 53.93; 800/1500: Majoor (Hol) 2:01.6/4:12.4; 5000/10,000/3000SC: BARRATT (UK) 15:19.6/31:55.6/10:04.5; 110H: Krucken (Ger) 18.11; 400H: WHITAKER (UK) 62.16; HJ/PV: Lukman (Yug) 1.60/3.80; LJ: Quill (Ger) 6.13; TJ: Strauss (Ger) 12.63; SP/HT: Potsch (Aut) 14.77/57.64; DT: Helf (Ger) 47.80; JT: Kopitar (Yug) 61.14; Mar: Dunne (Rol) 2:30:36; 5000W: Fillinger (Fra) 23:11.5; 20kmW: Galfetti (Swi) 1:39:42.

(50-54) 100: Mirkes (Ger) 11.67; 200/400: Baas (Ger) 24.63/56.84; 800/1500: Eidsaether (Nor) 2:09.7/4:27.1; 5000: Schulz (Ger) 16:03.6; 10,000: FRANKLIN (UK) 33:42.4; 3000SC: Hagedorn (Ger) 11:07.5; 110H: Krul (Cze) 16.29; HJ: Martinez (Spa) 1.65; PV: Lentini (Ita) 3.00; LJ: Klaffki (Ger) 5.71; TJ: Barth (Swi) 11.95; SP: Hombrecht (Ger) 16.38; DT: Evjenth (Nor) 48.58; HT: Galin (Yug) 42.48; JT: Javanainen (Fin) 53.44; Mar: Struyken (Bel) 2:42:26; 4x100: Germany 47.06; 4x400: Sweden 3:52.3; 5000/20kmW: Scott (Swe) 25:07.1/1:42.45.

(55-59) 100/200: STEIN (UK) 12.74/26.17; 400/110H/400H: Findeli (Fra) 57.56/16.51/62.28; 800: NIELSEN (UK) 2:17.7; 1500: Vuorinen (Fin) 4:49.0; 5000/10,000: HALL (UK) 17:04.2/36:00.1; 3000SC: Tidecks (Ger) 12:01.9; HJ: Bitter (Ger) 1.45; PV: Svennevik (Nor) 2.40; LJ: Schmidt (Ger) 5.55; TJ: Hedlund (Swe) 10.26; SP: Werner (Ger) 12.76; DT: Fosnes (Nor) 40.96; HT: Rantala (Fin) 39.88; JT: Vujacic (Yug) 47.30; Mar: Krejci (Cze) 2:55:57; 5000/20kmW: Nilsen (Nor) 25:02.9/1:45:49.

(60-64) 100/200/400: Assmy (Ger) 13.04/26.69/61.97; 800: TAYLOR (UK) 2:27.6; 1500/3000SC: Elvand (Swe) 4:50.3/11:51.8; 5000/10,000: Verloop (Hol) 18:05.8/38:03.8; HJ: Stal (Nor) 1.50; LJ: Rumig (Ger) 5.60; TJ: Andersson (Swe) 9.16; SP: Elo (Fin) 15.24; DT: MAKSIMCZYK (UK) 48.62; HT: Andervarn (Swe) 40.28; JT: Schneider (Ger) 41.64; Mar: Andersson (Swe) 3:00:51; Relays: Germany 50.83/4:36.5; 5000/20kmW: Sandvik (Nor) 25:40.6/1:46:40.

(65-69) 100: Brange (Swe) 13.63; 200/400: Philipp (Ger) 29.62/69.97; 800: Lauxmann (Ger)

2:44.0; 1500/3000SC: Weber (Ger) 5:31.3/14:10.2; 5000: WALLACE (UK) 20:01.5; 10,000: Laiho (Fin) 41:45.5; HJ/LJ: Sand (Nor) 1.45/4.79; SP/JT: Schepe (Ger) 12.81/44.82; DT: Celaya (Spa) 43.04; HT: Reppen (Nor) 38.66; Mar: Hall (Swe) 3:26:21; 5000m/20kmW: Scimone (Ita) 28:25.4/1:58:26.

(70-74) 200/400: Rieth (Fra) 35.71/86.92; 800/1500: Blanco (Spa) 2:58.4/6:02.0; 5000/10,000: Charbonneau (Fra) 20:57.6/45:09.1; HJ: Sahlmann (Ger) 1.35; LJ/SP: Resell (Nor) 4.46/11.62; DT/HT: Andersson (Swe) 39.12/30.40; JT: Roeder (Ger) 32.22; Mar: Rossi (Ita) 3:58:11; 5000W: Salobert (Fra) 31:20.3; 20kmW: Schulze (Ger) 2:10:01.

(75-79) 10,000: Tornas (Nor) 53:46.3; HJ: Langeng (Nor) 1.10; LJ/DT: Schumann (Ger) 3.99/29.40; SP: Poschuschni (Ger) 10.21; HT: Renk (Ger) 28.88; JT: Schmidt (Ger) 21.62; 5000W: Gilo (Fra) 30:01.8; 20kmW: ROBERTS (UK) 1:59:42.

(80-plus) 100: Falk (Swe) 21.22; 5000: Zemliak (Yug) 25:25.4; DT/HT: Goic (Yug) 29.18/26.98; 5000W: Schreiber (Swe) 36:44.8; 20kmW: KEELER (UK) 2:26:25.

Women

(35-39) 100: Falck (Nor) 12.91; 200/LJ: Rautanen (Fin) 27.00/5.48; 800: Pfeiffer (Ger) 2:22.8; 1500/5000: HOWE (UK) 4:30.6/17:27.9; Mar: CUSHEN (UK) 3:05:49; HJ: Hauser (Ger) 1.63; SP/DT: Johannsson (Swe) 13.36/45.30; JT: Alms (Ger) 36.72; 4x100: Germany 51.75.

(40-44) 100/LJ: Roovers (Hol) 13.19/5.15; 200: Diener (Ger) 27.29; 800/1500/5000: D'Orlando (Ita) 2:27.8/4:55.8/18:27.4; Mar: Liebe (Ger) 3:26:06; SP/DT/JT: Brommel (Ger) 12.45/45.58/44.28. (45-49) 100/200/LJ: KYLE (UK) 13.40/27.75/4.96; 800/1500/5000: Seger (Swe) 2:35.8/5:24.5/20:01.5; HJ/JT: Leiss (Ger) 1.25/40.60; SP/DT: PAYNE (UK) 11.25/42.14; 4x100: Germany 64.08.

(50-54) 100/LJ: Hveem (Nor) 15.67/4.07; 200: Byhre (Nor) 32.54; 800: Haushofer (Ger) 2:43.2; 1500/5000: Garbo (Nor) 5:20.1/19:35.1; SP/DT/JT: Hamm (Ger) 12.77/33.06/25.08. (55-59) 100/200: Hogan (Aus) 16.11/34.01; 1500/5000: Jockle (Ger) 5:57.7/22:39.7.

(60-64) 100/HJ/DT: Reile (Ger) 17.68/1.15/27.04; 800/1500/5000: Muller (Ger) 3:22.8/6:57.7/26:36.2; SP/JT: Kintzlova (Cze) 7.44/17.08. (65-69) 100: Bonnans (Fra) 21.21; 5000: Luther (Ger) 25:19.7; SP/JT: Pechova (Cze) 7.03/16.64. (70-plus) 5000: Bucher (Ger) 30:14.4.

Taken from changing rooms at Masters and Maidens Marathon: blue size 7½ training shoe, marked 'made in Taiwan'. Please return to Barry Brady, 79 Cotton Hill, Bromley (Tel: 01-697 6353).

Letters

WIND ASSISTANCE IN 200 METRES

Dear Sir,

With reference to Cliff Temple's report on the McEwan's Games, I must object to the suggestion that the 200m competitors had the benefit of wind-assistance. As anyone who was at Gateshead Stadium that afternoon will testify, runners in these events had to contend with fierce headwinds around the bend (ie for over half the distance), which I estimated must have been at least 4-5 m/sec. This means that in these races overall the effective wind-reading would have been adverse (ie -0.5 to -1.0 m/sec), a suggestion that I am sure will come as no surprise to the competitors. By way of comparison, Sharon Colyear won the women's event at Gateshead in 23.75, while at Crystal Palace two days earlier she had recorded 23.52 in almost windless conditions.

There has never been a satisfactory method of wind reading in 200m races, and consequently the figures that are published and taken as all-important are very often meaningless. For example, Donna Hartley holds the UK record with one of the most wind-assisted 200m races I have ever witnessed (sorry about that, Donna!). Because the wind (given as +1.8m/sec) was read

only in closing stages of the race, a quite false impression of the conditions was obtained. Bearing in mind the direction and force of the wind on that occasion, I calculated that the overall effective assistance during the race must have been in the order of 3.5m/sec. One wonders how such conditions compared with those obtaining when Kathy Smallwood recorded 22.73 in Edmonton — or indeed when Sonia Lannaman was credited with 22.69 last year. If it is deemed necessary to take wind-assistance into account when judging the value of 200m performances (for record or ranking-list purposes), then we should consider all aspects throughout the race.

Bob Sparks,

President, Association of
Track & Field Statisticians

We have been informed that the correct result of the 200m at Gateshead was: 1, Wells 20.80; 2, T. Hoyte 21.23; 3, Tulloch 21.51; 4, Cook 21.53; 5, Laing 21.57; 6, L. Hoyte 21.91; 7, A. Bell 22.11; 8, Hamilton 22.22; — Ed.

OUR WOMEN WALKERS NEGLECTED

Dear Sir,

As Michael Long stated in his report of the Women's International Walk in Norway, it was indeed a pity that the official invitation was not passed on early enough for a full team to be sent, but surely someone in the administrative set-up for women's walking was aware of the fixture already and that it was open to teams of eight. I

WORKSOP HARRIERS & A.C.

8th Annual

CROSS COUNTRY RACES

(Under AAA Laws)

SUNDAY, 10th DECEMBER, at 12.30 pm
at Sparken Hill Campus, Worksop
OVER £500 IN PRIZES

Sponsors: Dernie & Bell, Sons & Co. Ltd.,
The Steetley Co. Ltd., Linvar Ltd., Dean Farm Eggs,
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Dornier Machine Tools Equipment,
Klingspor Abrasives, Everest Double
Glazing Ltd., Worksop Guardian.

EVENTS

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

Entry Fees: Under 15 yrs 25p, Under 17 yrs 30p, Over 17 yrs 35p.

Entries to: Mrs D Metterick, 75 Nettleham Road,
Woodseats, Sheffield, by **December 1st, 1978.**
SAE for confirmation and directions to course.

CLOSING DATE REMINDER

"WHITBREAD FIVE"

Open Road Race

(Under A.A.A. Laws)

Saturday, 9th Dec. '78 at 3.00 p.m.
ALEXANDRA PARK, PORTSMOUTH

Sponsored by
WHITBREAD WESSEX LTD.
Incorporating a Veterans Race

Prizes Donated By
"J. B." AIR HEATING LTD., PORTSMOUTH

The Race where **YOU** select
the prizes that **YOU** like

Competitors must be at least 17 years of age on the day.

Awards "ARGOS" Vouchers
(See A.A.A. 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: 30p per Individual (no team fee) under the name of the entrant's FIRST CLAIM CLUB.

To: A. Gibb, 8 Magdalen Ct., 355 London Road, Portsmouth, PO2 9HH, by 25th Nov. (Tel: 64574).

YOUTHS 2 1/2 MILES at 2.30 p.m. Prizes at least first 3.
Entries 20p — No team race.

would have thought the major international race walking competition for women would have merited the participation of a full British team and not just half an English one. It is about time that our women walkers, who are among the world's best, were given the opportunity to gain a full British international vest. Perhaps a representative of the BAAB, WAAA or WCC & RWA, would care to explain why our lady walkers' interests are being neglected, as it is not the first time this sort of thing has happened.

John Powell
Highgate Harriers

PREMATURE VICTORY SALUTES

Dear Sir,

Over the past year or so we have become accustomed to seeing track athletes giving the victory salute at various stages of the home straight. However at the 'Rotary Watches' meeting we saw such gestures being made even whilst one athlete was still negotiating the final bend. How far back will this habit end? Could we perhaps witness the victory wave at "the bell"?

What the practice does, as far as I'm concerned, is to indicate a high degree of conceit and arrogance by the few individuals concerned. They are not so much as letting everybody know how good they are in relation to the other competitors; but are in fact trying to show the vanquished up as scrubbers, deadlegs etc. To treat one's fellow participants with such contempt is an act which, in itself, is beyond contempt.

I work with a very respected athlete who, on the morning after the "Rotary" meet, said that he longs for the day when Mr. Ovett will fall flat on his face whilst waving to the crowd anything up to 100 metres from the tape, instead of looking where he is going. My own view is not quite so harsh as that. When I watched his antics (for that's what they are) all I wished for was to see one of the trailing athletes suddenly find something extra in order to give Ovett a good run to the line, hopefully to just pip him. Both my friend's prediction and my own must come true one day.

It is said that both the crowd and the media warm to this sort of display, which does not show either in good light if that be the case. The victory repertoire is best saved for one's arrival at the tape and for the subsequent lap of honour. When I first started taking an interest in athletics during the fifties, the men I watched winning the major televised meetings were athletes that I could look up to primarily for their sportsmanship and modesty in victory. Such propriety is sadly lacking in most sports today, even in athletics. I only hope that the millions of viewers who witness such goings on do not judge the sport by the "play to the gallery" attitude of a few headline seekers, for you'll find more genuine and down-to-earth sportsmen true and true in

athletics than in any other pursuit you would care to mention.

Other than that I wish Steve Ovett all success in his athletics career.

Dave Ainsworth,
Romford, Essex

IRONIC SPECULATION

Dear Sir,

It is interesting and ironic to speculate as to what might have been the eventual outcome of the Commonwealth Games 4x400m relay had Richard Ashton *not* run quite so fast on the last leg. Had he failed to beat Kenya's Ngetich to the tape, but finished in the silver medal position ahead of Jamaica, would the English team now be the owners of silver medals? Would Kenya have appealed against a team they had beaten to the tape? It is perhaps doubtful whether Jamaica could have successfully appealed against the Cohen/Koskei incident since Jamaica were in no way disadvantaged by the incident.

Andrew Ronay,
London, SW1.

DIFFERENT SOCIAL ENVIRONMENTS

Dear Sir,

Predictably, there's been an awful lot of breast-beating and heart-searching about what much of the British Press chose to describe as our disappointing showing in Prague, and all manner of plaintive suggestion about how we should begin to compete with the Iron Bloc countries — and, in some cases, hysterical cries that we should not even try to compete with them.

But, after all, the experiences of Prague were nothing new. Regular readers of 'AW' or the handful of really knowledgeable newspaper writers will have long since known about the irresistible upsurge in Eastern European standards. Adjusting our system within the sport to something akin to state aid is a ludicrous pipedream — or nightmare? — which must surely no longer be given any credence at all.

We're talking about totally different social environments, and there is nothing in my view that can be done in this country to incorporate even the more acceptable aspects of the Communist way of life into our track and field endeavours. The best a British athlete can hope for is satisfactory self-expression; for an East European a gold medal means a bigger and better meal ticket; and I would suggest that the former objective is still the more worthwhile one.

Instead of wondering why we only won one gold medal, let's give credit instead to a British team in which at least 24 members, by my reckoning, did all that could have been asked of them. If any criticism is to be levelled, it should be at the Commonwealth Games powers-that-be in the home countries, and in Canada and Australia, that allowed so many of their best athletes and swimmers to be subjected to the

demands of major competition in Edmonton and then in the World swimming championships and European athletics championships within such an impossibly short space of time.

Finally, a plea to organisers of future major championships. Would it not be possible to stage the marathon and walking events earlier in the schedules at a time when there is much less significant competition going on in the stadium? To my mind, these races are always the most dramatic of any Games, lend themselves perfectly to comprehensive TV coverage, and would be much better featured when there are fewer distractions. In Prague we missed completely the most vital part of the marathon when the Russians broke away.

Bob Phillips,
Hoyleake, Wirral

RAMPANT INFLATION

Dear Sir,

For a number of years my club colleagues and I have supported the Walton '10' and have always found it to be very well organised, a flat fast course and always with a magnificent prize list for the first 100 or so finishers.

We have been looking forward to the race again this year but on reading the advertisement in 'AW' have been concerned and disappointed to find that rampant inflation has moved into athletic circles. Last year the fee was 50p, this year £1.00 — an increase of 100%. I cannot believe with sponsorship that Walton AC have increased costs to cover of this magnitude.

If Walton do this, who next will raise entry fees by unrealistic proportions? Before we know where we are, road runners could find themselves faced with entry fees beyond their means. If this happens, Walton must bear the blame for starting the trend.

Whilst I am responsible for the Rex Foulkes 20km Road Race I shall see to it that entry fees are kept at a fair and realistic level to ensure a small profit for the club and we see to it that every runner in our race goes away with a small token of our appreciation for their support.

Ken Fiddler,
Road Race Secretary,
Vale of Aylesbury AC.

Two 'trim-tracks' have been presented to Solihull as Queen's Silver Jubilee gifts, one to North Solihull Sports Centre which will be officially opened on November 9th, and one in the South to Solihull Athletics and Youth Centre, which is already open to the public. The 'trim-tracks' will be open all day, every day, and for further information contact: — John Powell (North) (Tel: 770 4479) and Pat Cropper (South) (Tel: 705 4474).

HANNON ON HIS WAY TO THE TOP

At the age of 24 Greg Hannon has finally made the breakthrough into big time athletics. In his first season as a marathon runner Hannon has proved to be somewhat of a sensation.

His debut at Sandbach where he finished 14th, recording a time of 2:17:35, surprised many. His second marathon in Edmonton where he finished 5th — returning a personal best of 2:17:25 — amazed everyone.

Hannon started his build-up for Sandbach during the winter of 1977 under the guidance of his coach Tom Clarke who steered Duncairn to their AAA marathon team title victory.

Hannon's cross-country form during the build-up to Sandbach was very poor but in a time trial over the full marathon distance he recorded a time of 2:22:27 and impressed greatly Basil Heatley who was in Belfast at the time for a coaching course.

Hannon's aim at Sandbach in May was to break 2:20 for the distance — a time which would secure him selection for Northern Ireland's Commonwealth Games team. At Sandbach, Hannon ran in on the heels of his Duncairn teammate John McLaughlin and his time of 2:17:35 gained him selection for Canada.

Before Edmonton, Hannon proved he was in fine form by finishing second to Graham Ellis of Holmfirth in the Manchester YMCA 20km road race and by running a solo 16 mile time trial in just over 81 minutes. In Edmonton, Hannon clearly established himself as one of Britain's leading marathon runners.

He now hopes to improve on his cross-country and track form and his aims for 1979 are to run well in the National Cross-Country Championship and to record a fast time for 10,000m on the track

Brian Rowan

WIMBLEDON '10'

October 7th

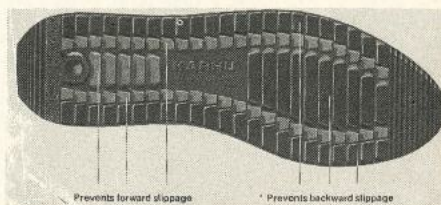
1, C. Ridler (Bristol).....	48:39
2, I. Beauchamp (Horsham).....	50:03
3, D. Faircloth (Croydon).....	50:16
4, T. Hassall (AF&D) 50:19; 5, R. Harrison (A&SV) 50:25; 6, M. Fletcher (Chelm) 51:10; 7, G. Meredith (Camb) 51:17; 8, J-P. Evan (Rennes) 51:35; 9, M. Hanahoe (HHH) 51:52; 10, M. Russell (Croy) 51:54; 11, B. Schedic (Quimper) 52:04; 12, S. Graham (HW) 52:09; 13, P. Craig (Bris) 52:25; 14, C. Moulton (HW) 52:44; 15, D. Beard (HW) 53:06; 16, J. Davey (Hill) 53:18; 17, M. Woods (AF&D) 53:29; 18, D. Sherman (Bris) 53:34; 19, M. Moody (Maid) 54:09; 20, A. Frankish (Black) 54:05. Teams: 1, Bristol 32; 2, Hercules Wimbledon 41; 3, Croydon 43.	

Simon Speller of Portsmouth AC ran 13:03 on Stage 2 of AAA 6 Stage Road Relay and not as printed.

NEW FROM FINLAND

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The **KARHU Air Cushion** is designed for top quality training and fitness shoes. It absorbs shock effectively, and together with an elevated arch support, conforms to different foot shapes exactly. These features also help the **KARHU Air Cushion** make a significant reduction in the strain on the knees, pelvis and small of the back.

KARHU Air Cushion soles put spring in your step. The heel tread prevents forward slippage and the ball tread backward. The sole also hinders sideways slippage. The reflector on the back of the shoe provides the final measure of safety.



KARHU CHAMPION (above left) training shoes with air cushioned sole as above. Blue nylon uppers with leather reinforcement. Also wider 'fuller' models in green and orange. Sizes 5½-11 **£19.95**.

KARHU BOSTON (above right) light training shoes ideal for road racing. White nylon uppers with leather reinforcement, air cushioned sole. Sizes 5½-11 **£21.95**.

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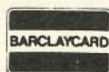
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SPOTLIGHT ON YOUTH

TIM ANSTISS

FULL name: Timothy John Anstiss. **Born** Hounslow (Middlesex), 17.11.1961. **Height:** 1.85m (6'1"); **Weight:** 80kg (176lb). **Club:** Feltham AC. **Attends** Isleworth Grammar School. **Coach:** Peter Sutcliffe. **Hobbies and interests outside athletics:** "I am studying Physics, Chemistry and Biology at 'A' level (I have 11 'O' levels) and with homework, training and a regular girl friend, I don't really have too much time for other activities, although I do go to the cinema fairly often". His father is a PT and Self-Defence Instructor at the Metropolitan Police Training School at Hendon. **Young sister** Sue (12) has won championships at swimming, and after winning the borough biathlon title she won the borough Junior 800m title this year in record time. **Favourite event:** "The pole vault is obviously the event that I favour the most. I feel that it demands the utmost in all-round athletic ability, and the need for great concentration and consistency. The Southern Counties junior decathlon I enjoyed tremendously; it was the first decathlon I have entered and six junior vaulters were competing — a really first class weekend!"

Brief details of achievements in major com-

petitions: 1976 — English Schools Junior — 1st (CBP); 1977 — AAA Youths Indoor — 1st, English Schools Inters — 3rd, AAA Youths — 2nd; 1978 — AAA Indoor Youths — 1st (CBP) & Indoor Junior — 1st, English Schools Inters — 1st (CBP), AAA Youths — 1st (CBP) & Junior — 1st, Schools International — 1st (CBP), UK v Germany Junior — 3rd.

Annual progression:

1975 (13)	2.75
1976 (14)	3.60
1977 (15)	4.00
1978 (16)	4.51 (& 5647 Decathlon)

Got started in athletics "at a school first year athletics practice. I was throwing the discus, and was annoyed at not being selected to try the vault. I did some training on my own, was noticed, and came second in the Borough Championships. A member of Feltham AC signed both Jon Cryle and myself, and along came Peter Sutcliffe from a local school to coach us . . . I cannot emphasise enough how much I owe to Peter and Feltham AC as you can't vault without a box and beds and it was Peter who taught us both how to use fibre-glass poles and has been coaching and encouraging us from the beginning".

General description of a week's training in summer: "When the season starts I vault very regularly in competitions. I may put in a practise session on Wednesday afternoons and train once or twice a week on weights but nothing really strenuous".

MEDWAY ATHLETIC CLUB

Present the

55th Rochester "5"

(Under AAA Laws)

& First

Ladies Rochester "5"

(Under WAAA Laws)

SUNDAY, 19th NOVEMBER, 1978

Start 3 p.m. ROCHESTER ESPLANADE

Changing: Mathematical School, Maidstone Road, Rochester.

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: 20p Individuals, 50p Team (6 run, 4 score).

RACE SECRETARY: Chris Newman, 42 May Road, Rochester, Kent. Tel: Medway 405645.

CLOSING DATE 14th NOVEMBER, 1978

Leeds University Cross Country Club

presents

Yorkshire Bank Cross Country Relay for Students

(Under ECCU and WCC & RWA Rules)

Saturday, 2nd December, 1978

Meanwood Park, Leeds

MEN'S RELAY (incl Schools Relay) 6 x 3 miles

LADIES RELAY 3 x 2 1/2 miles

Prizes to the value of £400

MEN'S FASTEST LAP — £50 suit from 'Burtons'.
2nd fastest — £27 Programmable Calculator from Sinclair Radionics
or £20 Track Suit from Kim McDonald Sports.
3rd fastest — one of the above prizes.

LAP RECORDS	1 Hugh Jones	13.07 (1976)
(3 Miles)	2 Lawrie Reilly	13.22 (1975)
	3 Richard Coles	13.23 (1977)

Entry Fee: £1 per team. **Closing Date 11th November, 1978.** Invitations from Pat McCullagh, Relay Secretary, Leeds University Union, Cross Country Club, University Road, Leeds LS2 9JT.

Sponsored by



Yorkshire Bank

Tim Anstiss had a marvellous 1978 season — he won both AAA Junior and Youth titles, indoors and out, the English Schools and the Schools International.



Tim Pike

General description of a week's training in winter: "I really do believe in the old adage that 'you only get out what you put in' and I do work hard and make the most of the winter, hopefully to reap the benefits during the summer".

Monday, Wednesday & Friday: "Really hard weight training session. I find that the hardest thing is not getting the final reps out, but getting my tracksuit on as soon as I arrive home from school, instead of sitting down in front of the fire with a cup of hot coffee!" Warm up — 3 minutes skipping; Cleans — $3 \times 8 \times 145\text{lb}$; Bench press — 8×145 , 5×155 , 3×165 ; Hand stand presses against wall to limit; Bent over rowing — $3 \times 10 \times 80$; Straight arm pullover $3 \times 10 \times 45$ (swingbell); Barbell Curls $3 \times 8 \times 90$; Tricep stretch $3 \times 8 \times 20$ dumb-bell; Leg raises with boots 3×30 .

Tuesday: Track session; warm up, supple up, then $10 \times 60\text{m}$ with rolling starts; $5 \times 200\text{m}$ jog back; $5 \times 30\text{m}$ or bounding session; 3 minutes hard run up and down stadium steps.

Thursday: Lighter track session.

Saturday: Rest ("I have got a Saturday job").

Sunday: Vaulting in the morning at Crystal Palace.

"Les Hooper and Pete Lyons' Southern weekends at Aldershot really helped me last winter, and no doubt will be just as beneficial this winter. They have a really good vault facility there and certainly make the fullest use of it, encouraging vaulters of all ages and abilities who wish to attend".

Which performance has given the greatest pleasure?: "It's quite amazing how many athletes answer this in the same way, but it really must be my first English Schools. It helped that I won but the atmosphere and emotion of that event was fantastic". Greatest disappointment: "Probably my second English Schools! I had unfortunately broken my pole at the Borough Championships only two days before the event. I managed to borrow one from Copthall Stadium on the morning of the Schools. I then had the best competition of my life, setting a new UK age best with Jon Ball but still only coming third behind Jon and Mark Shippen on countback. Although a good performance I was very disappointed".

Considers his main rival "in the Junior age group . . . must be Andy Jackson; it was a 50/50 thing at the start of the season but he really came good over the last three months and has put 25cm on me. Alan Leiper exudes great enthusiasm and determination and is another I will have to watch next year". The top athlete he particularly admires is Daley Thompson "because of his phenomenal natural ability and competitiveness".

Short-term ambitions: "To get a good place at University to study medicine and to qualify for the European Junior Championships next year (5.00m to qualify)". Long-term aims: "Just the usual Olympic gold medal and world record!"

Comment: "It's very good to see that we now have ten or more Junior vaulters over 4.00m in this country, a state of affairs which has never been paralleled. Vaulting is just emerging from being a 'Cinderella' event in Britain, and I am confident that if this group of us can maintain our enthusiasm and progress it could be one of Britain's strong events in future years".

Chris Benning First In Southern Women's League

BLESSED with good weather, the first Southern Women's Cross-Country League took place in Farnham Park, Surrey on October 14th and over 800 athletes competed in the four races.

With several internationals competing a good race was ensured among the seniors. At the end of the first small lap a large group, including Val Rowe, Christine Benning, Ruth Smeeth, Katherine Binns, Jo White and Penny Yule, was leading the field. Val Rowe was soon to take charge of the pace and led until the finishing straight when Chris Benning went past. Bracknell, with several first year seniors in their team, won the team race.

Linda King and Julie Clarke were always to the fore of the Intermediate race and eventually finished first and second with third position being taken by Karen Timson. Aldershot, with good packing, provided the winning team. Mandy Alford was in front from start to finish in the Junior race and led Stevenage to a good team victory. Bognor provided the individual winner, D. Thomas, in the Girls event and Basingstoke won the team race.

B. S.

1, C. Benning (Stretford) 13:37
2, V. Rowe (LOAC) 13:38
3, R. Smeeth (Aldershot) 13:41
4, K. Binns (Sale) 13:47; 5, P. Yule (Ports) 13:55;
6, P. Fudge (Felt) 14:06; 7, B. Madigan (Brack) 14:10; 8, J. Smith (Camb) 14:16; 9, R. Joyce (Craw) 14:18; 10, J. Dawkins (S&E) 14:20; 11, A. Roberts (Felt) 14:22; 12, E. Harding (E&E) 14:25; 13, C. Gould (Barn) 14:28; 14, M. Lockley (Indiv) 14:29; 15, S. Ludlam (Ports) 14:29; 16, A. Blake (Ald) 14:30; 17, B. Stone (Thur) 14:31; 18, M. Watson (Bed) 14:32; 19, J. White (Mit) 14:33; 20, C. Brace (Ver) 14:35; 21, J. Adams (Ald) 14:38; 22, H. Fielon (Ports) 14:39; 23, M. Barrett (Ver) 14:40; 24, J. Van Cuylenburg (Craw) 14:41; 25, S. Samy (Brack) 14:42; 26, L. Watson (LOAC) 14:44; 27, B. Green (Felt) 14:45; 28, M. Samy (Brack) 14:50; 29, V. Howe (Brack) 14:56; 30, L. Stannard (Craw) 15:02; 31, J. Eyles (Ox) 15:04; 32, J. Adams (Barn) 15:05; 33, J. Honeysett (Exet) 15:11; 34, B. Nelson (Barn) 15:13; 35, D. Wilkins (Wyc) 15:14; 36, M. Hendley (Med) 15:17; 37, D. Peel (H. Hth) 15:20; 38, K. Simms (Guild) 15:22; 39, J. Farr (Dart) 15:26; 40, S. Walters (Ox) 15:27; 41, K. Hughes (Med) 15:33; 42, A. Lewis (S&E) 15:37; 43, L. Elmore (Barn) 15:41; 44, M. Griffith (E&E) 15:42; 45, L. Lavercombe (Exet) 15:43; 46, Y. Miles (Bourn) 15:43; 47, A. Davidson (High) 15:49; 48, B. Cushen (Mit) 15:53; 49, M. Meadows (Ilf) 15:56; 50, C. Woodage (S&E) 15:58; 51, D. Jeffery (S&E) 15:59; 52, D. Goble (Dart) 16:00; 53, S. Fitzmaurice (Ald) 16:01; 54,

J. Wojciechowska (LOAC) 16:10; 55, V. Thomas (Thurr) 16:12; 56, M. Ellingham (Wok) 16:12; 57, M. Colman (Camb) 16:14; 58, C. Hughes (Read) 16:15; 59, C. Stroud (E&E) 16:16; 60, T. Budd (B'ton) 16:32; 61, A. Holland (Trow) 16:35; 62, W. Poplewell (Bed) 16:40; 63, P. Burns (Hill) 16:41; 64, W. Grant (Mit) 16:42; 65, J. Kimber (Med) 16:44; 66, W. Orrowe (Harl) 16:45; 67, J. Dicker (B'ton) 16:47; 68, L. Ward (E&E) 16:48; 69, K. Rowan (High) 16:50; 70, S. Forrestal (Ilf) 16:51; 71, S. Shields (E&E) 16:51; 72, A. Rumbold (Ald) 16:57; 73, M. Tannetta (High) 17:00; 74, P. Davies (Sels) 17:02; 75, M. Rosen (Barn) 17:03.

Teams: 1, Bracknell 89; 2, Aldershot 93; 3, Barnet 122; 4, Southampton 153; 5, Feltham 157; 6, Crawley 171; 7, Portsmouth 171; 8, Epsom 183; 9, LOAC 211; 10, Mitcham 219; 11, Medway 220; 12, Verleia 239; 13, Bedford 241; 14, Cambridge 243; 15, Oxford 258; 16, Highgate 288; 17, Thurrock 330; 18, Exeter 336; 19, Brighton 342; 20, Ilford 346; 21, Dartford 349; 22, Trowbridge 362; 23, Woking 394; 24, Bournemouth 401; 25, Hillingdon 416; 26, Fleet 421; 27, Guildford 422; 28, Haywards Hth 424; 29, Wycombe 443; 30, Reading 445; 31, Harlow 453; 32, Selsonia 461; 33, Redhill 472; 34, Maidenhead 477; 35, Middx 478; 36, Essex 480; 37, Uxbridge 481; 38, Surrey 487; 39, Fareham 490; 40, Radley 493; 41, Luton 501.

Intermediates

1, L. King (Basingstoke) 10:58
2, J. Clarke (Verleia) 11:11
3, K. Timson (Thurrock) 11:21
4, W. Lodge (AFD) 11:26; 5, C. Jarman (Thurr) 11:29; 6, S. Coulson (Brack) 11:41; 7, K. Harvey (Bourn) 11:45; 8, T. Neale (Dart) 11:49; 9, K. Whopshott (Brack) 11:52; 10, J. Parr (Read) 11:56; 11, J. Vernon (Enf) 11:58; 12, T. Hoyle (Wyc) 12:02; 13, S. Alt (Ox) 12:06; 14, K. Whippy (Thurr) 12:07; 15, M. Whittle (Read) 12:08; 16, N. Ratcliffe (AFD) 12:08; 17, A. Beattie (AFD) 12:08; 18, R. Harden (Mit) 12:09; 19, L. Jemmett (Dart) 12:10; 20, D. Cole (Ilf) 12:12; 21, S. Curtis (B'stoke) 12:12; 22, C. Trott (Port) 12:13; 23, A. Appleton (Read) 12:15; 24, S. Thompson (Port) 12:17; 25, N. Tinsley (AFD) 12:18; 26, S. Eyre (Harl) 12:19; 27, K. Upperton (B'ton) 12:20; 28, S. Lewis (S&E) 12:21; 29, R. Bowles (S&E) 12:22; 30, T. Trunley (Ilf) 12:23; 31, Z. Hyde (E&E) 12:26; 32, C. Brown (Read) 12:30; 33, A. Clifford (Wyc) 12:31; 34, J. Cullen (E&E) 12:32; 35, A. Chattaway (Camb) 12:33; 36, C. Cross (Felt) 12:35; 37, N. Janway (E&E) 12:36; 38, H. Harding (E&E) 12:39; 39, S. Sadler (Far) 12:40; 40, S. Culleton (Lut) 12:42; 41, A. Black (Ex) 12:42; 42, J. Compton (Brack) 12:43;

43, B. Vanston (Ver) 12:46; 44, K. Wade (Wig) 12:47; 45, J. Baker (Ver) 12:48; 46, J. Frankland (Mit) 12:51; 47, J. Arnold (Brack) 12:53; 48, H. Aldous (S&N) 12:54; 49, L. Porter (Ox) 12:57; 50, P. Gee (Mit) 12:58; 51, T. Ashton (Mit) 12:59; 52, T. Glynn (Hill) 13:00; 53, S. Huggins (New) 13:01; 54, S. Stretton (Bourn) 13:01; 55, K. Finch (Thurr) 13:03; 56, A. Wilsmore (Ver) 13:03; 57, S. Tucker (Bourn) 13:04; 58, K. Dyke (B'stoke) 13:06; 59, E. Dalley (Sy B) 13:08; 60, C. Austin (Ver) 13:09; 61, K. West (Bel) 13:11; 62, S. Powell (Wyc) 13:13; 63, A. Whatley (Wok) 13:16; 64, J. Lambourn (Ox) 13:18; 65, K. Jagoe (New) 13:19; 66, A. Stone (AFD) 13:21; 67, K. Charnell (Wig) 13:22; 68, V. Graham (Guild) 13:23; 69, S. Gough (Bed) 13:24; 70, G. Sawyer (Sy) 13:28; 71, J. Jones (Read) 13:30; 72, J. Krause (Maid) 13:32; 73, S. Brooker (H Hth) 13:34; 74, J. Ford (Eal) 13:35; 75, J. Wiles (Thurr) 13:36.

Teams: 1, Aldershot 62; 2, Thurrock 77; 3, Reading 80; 4, Epsom 140; 5, Verleia 146; 6, Mitcham 165; 7, Bracknell 187; 8, Wycombe 192; 9, Oxford 206; 10, Bournemouth 206; 11, Basingstoke 216; 12, Portsmouth 233; 13, Dartford 250; 14, Ilford 305; 15, Brighton 329; 16, Southampton 329; 17, Fareham 356; 18, Wigmore 376; 19, Cambridge 377; 20, Guildford 390; 21, Newbury 390; 22, Stevenage 396; 23, Feltham 398; 24, Bedford 402; 25, Hillingdon 406; 26, Luton 407; 27, Essex 416; 28, Enfield 419; 29, Maidenhead 426; 30, Surrey AC 432; 31, Harlow 434; 32, Haywards Hth 436; 33, Trowbridge 445; 34, Ealing 461; 35, Surrey B 465; 36, Woking 468; 37, Bognor 469; 38, Barnet 495; 39, Middx 499; 40, Haringey 504; 41, Uxbridge 507; 42, Medway 516.

Juniors

1, A. Alford (Stevenage) 8:10
 2, W. Bonfield (Surrey AC) 8:17
 3, J. Rose (Ashford) 8:18
 4, K. Hughes (Thurr) 8:19; 5, M. Witts (Ex) 8:19;
 6, J. Cooper (New) 8:22; 7, S. Foster (Thurr) 8:23; 8, C. Fairbrass (Read) 8:24; 9, L. Ealham (Ver) 8:24; 10, M. Riley (B'stoke) 8:25; 11, H. Churn (AFD) 8:29; 12, A. Tindall (AFD) 8:30; 13, D. Hobbs (Ver) 8:31; 14, L. Smith (Ports) 8:32; 15, D. Lovett (Wyc) 8:33; 16, R. Titmarsh (Mit) 8:33; 17, S. Morss (E&E) 8:35; 18, S. Forbes (Sy) 8:36; 19, D. Hillyer (Ports) 8:36; 20, L. Wight (Steve) 8:37; 21, F. Rider (Camb) 8:39; 22, J. Wingrove (Mit) 8:40; 23, T. Iles (Ox) 8:41; 24, D. Wildash (B'stoke) 8:42; 25, D. Cutts (Steve) 8:43; 26, R. Wells (B'ton) 8:43; 27, J. Robinson (Har) 8:44; 28, L. Tyler (Mit) 8:45; 29, C. Mole (Med) 8:45; 30, D. Jones (B'stoke) 8:46; 31, B. Massie-Taylor (B'ton); 32, B. Cantell (Fare); 33, K. Bonnie (LOAC); 34, A. Trainer (Barn); 35, S. Quenby (Camb); 36, C. Gair (Mit); 37, L. Smith (Felt); 38, J. Linton (AFD) 8:50; 39, A. Wittekind (Dart); 40, J. Burton (AFD) 8:51; 41, D. Sawyer (Read); 42, K. Muntzer (High); 43,

L. Dale (Steve) 44, N. Jackson (Trow); 45, T. Wilson (Ports); 46, J. Dempster (B'ton) 8:56; 47, S. Marshall (Felt); 48, J. Ford (Lut); 49, S. Kerridge (B'ton); 50, S. Durling (Bar); 51, J. Mills (Med); 52, C. Gordon (Read); 53, M. Afflick (Mit); 54, S. Moore (B'stoke) 55, A. Howard (AFD); 56, J. Knight (Wyc) 57, N. Ounsworth (Ox); 58, J. Evans (AFD) 9:00; 59, J. Wheeler (Read); 60, S. Crosby (Fare); 61, C. Warner (Uxb); 62, D. Smith (Mit); 63, M. Hill (Read); 64, L. Windsor (Exet); 65, M. Nicholls (Bar); 66, K. Longhurst (Dork); 67, A. Caton (Bog); 68, Y. Bennett (Med) 9:05; 69, E. Edes (Trow); 70, G. Furnley (AFD); 71, C. Upshire (Fleet); 72, S. Norris (Med); 73, Y. Johnson (Med); 74, K. Meredith (LOAC); 75, J. Lindsey (Steve).

Teams: 1, Stevenage 89; 2, Aldershot 101; 3, Mitcham 102; 4, Basingstoke 118; 5, Brighton 152; 6, Portsmouth 159; 7, Reading 160; 8, Verleia 200; 9, Thurrock 204; 10, Medway 220; 11, Surrey AC 226; 12, Barnet 239; 13, Fareham 261; 14, Wycombe 305; 15, Trowbridge 308; 16, Cambridge 343; 17, Dartford 427; 18, Bournemouth 451; 19, Oxford 460; 20, Feltham 464; 21, Bognor 477; 22, Bedford 489; 23, Woking 506; 24, Essex 526; 25, Fleet 534; 26, Southampton 568; 27, Uxbridge 574; 28, Epsom 582; 29, Exeter 671; 30, LOAC 687; 31, Middx 690; 32, Newbury 691; 33, Bracknell 694; 34, Highgate 694; 35, Guildford 789; 36, Radley 807; 37, Ilford 851; 38, Luton 865; 39, Ashford 873; 40, Hillingdon 893; 41, Harlow 897; 42, Haywards Hth 923; 43, Dorking 936; 44, Haringey 938; 45, Enfield 987; 46, Maidenhead 1041; 47, Redhill 1063; 48, Surrey B 1127; 49, Wigmore 1134.

Girls

1, D. Thomas (Bognor Regis) 8:22
 2, D. Amey (Basingstoke) 8:25
 3, T. Glead (Wycombe) 8:31
 4, J. Hickson (Bed) 8:49; 5, R. Eldridge (E&E) 8:50; 6, C. Lillie (Ald) 8:52; 7, J. Rich (B'stoke) 8:54; 8, H. Conti (Med) 8:55; 9, J. Oliver (Ex) 8:56; 10, A. White (Mit) 9:00; 11, T. McGiffen (B'ton) 9:10; 12, C. Mahoney (Steve) 9:02; 13, K. Myers (Camb) 9:03; 14, D. Taylor (Steve) 9:04; 15, D. Lawless (Dav) 9:05; 16, C. Reynolds (Fare) 9:06; 17, D. Cambell (Steve) 9:07; 18, M. Crossely (B'stoke) 9:08; 19, Y. Hague (Wyc) 9:09; 20, K. Hendricks (Mit) 9:10; 21, C. Lewis (Med) 9:11; 22, M. Spacey (Mit) 9:12; 23, C. Bourke (Ox) 9:13; 24, J. McKie (Exet) 9:14; 25, S. Hague (Wyc) 9:14; 26, T. Hulbert (Brack) 9:15; 27, C. Johns (E&E) 9:16; 28, H. Tippell (E&E) 9:17; 29, D. Goddard (Fare) 9:18; 30, J. Constable (Dart) 9:19; 31, J. Gardner (Har) 9:20; 32, C. Sillwood (Har) 9:21; 33, S. Brown (B'ton) 9:23; 34, J. Kitchen (Barn) 9:24; 35, M. Grant (Ox) 9:24; 36, J. Harrison (Ald) 9:24; 37, J. May (Thurr) 9:25; 38, C. Jungrethmayer (Dart) 9:26;

Continued on page 38

Young Athletes' Results ...

SOUTHERN JUNIOR DECATHLON CHAMPS

At Crystal Palace, September 23rd/24th

1, F. Obikwu (Haringey) 6278 (12.5; 6.33; 12.11; 1.91; 55.1; 17.9; 36.96; 3.80; 56.36; 4:52.3); 2, M. Effiong (Herc W) 6221 (11.4; 7.29; 10.55; 1.88; 49.4; 15.2; 32.10; no height; 52.76; 4:38.9); 3, B. Long (Surrey) 5994; 4, P. Edwards (Walt) 5877; 5, G. Flood (Ilf) 5798 (1.95); 6, T. Anstiss (Felt) 5647 (4.30); 7, A. Barnbone (Ex B) 5485; 8, J. Cryle (Met Pol) 5459 (5.60); 9, A. Taylor (Har) 5270; 10, A. Jackson (Lut) 5197; 11, F. Farley (Camb) 5065; 12, R. Searing (Med) 4954; 13, N. Coyle (Camb) 4719; 14, N. Argent (—) 4645; 15, J. Leiper (A,F&D) 4362 (4.00); 16, A. Amadi (Sy) 4300. (Youths Octathlon): 1, J. Ball (Whit) 4760 (12.3; 50.86; 43.78; 55.4; 1.70; 5.87; 12.69; 4:53.9); 2, M. Fabes (Worth) 4499 (50.3); 3, S. Prescott (Ips) 4467; 4, A. Pratt (S&C) 4005; 5, T. Whittle (Poly) 3903 (2.00); 6, K. Hayford (Bex) 3846; 7, D. Lewis (TVH) 3792; 8, R. Pearson (VPH) 3731; 9, M. Davis (Hast) 3703; 10, R. Deane (E&S) 3604.

YOUNG ATHLETES LEAGUE

At St. Albans, August 24th

1, N. Tennant (Cambridge & Col)..... 14:37

NEWPORT TO TREDEGAR

ROAD RACE

22 MILES

(Under AAA Laws)

Prizes to the value of
£25, £15, £10, £5, £5

ALSO

Team Race with extra prizes

To be held on

SUNDAY, 17th DECEMBER, 1978

Starting at 12 o'clock from

NEWPORT CIVIC CENTRE

(near Police Station)

Entries (50p per runner) to R. Hunt, 105 Vale
Terrace, Tredegar, Gwent NP2 4HY.

2, M. Booth (Luton)..... 14:45
3, P. Strong (Barnet)..... 14:52
4, M. Silva (Mel) 14:58; 5, D. Stanley (C&C) 15:05; 6, G. Staines (Ber) 15:10; 7, S. Cackett (Wy) 15:18; 8, T. Atkins (Dac) 15:20; 9, M. Field (Mel) 15:22; 10, T. Kay (Hav) 15:31; 11, G. Knight (Wy) 15:35; 12, I. Robery (Hav) 15:42; 13, T. Griffiths (Pete) 15:44; 14, M. Muncer (Lon I) 15:53; 15, A. Wakefield (Lut) 15:56. Teams: 1, Luton 55; 2, Cambridge & C 78; 3, Barnet 99. (Boys): 1, T. Jarman (Pete) 13:13; 2, K. Carley (Hunt) 13:15; 3, T. Hawley (Ox) 13:29; 4, B. Coates (Mel) 13:42; 5, A. Soper (Lut) 13:43; 6, S. Kendal (Ald) 13:48; 7, D. White (Mel) 13:50; 8, D. Ruffle (Ald) 13:51; 9, B. Kavanagh (Barn) 13:52; 10, R. Cackett (Wy) 13:53. Teams: 1, Aldershot 50; 2, Barnet 71; 3, Peterborough 77. (Colts): 1, B. Pfeiffer (Lon I) 11:40; 2, R. Stewart (Lut) 12:04; 3, D. Taylor (Barn) 12:13; 4, C. Rayment (Thet) 12:18; 5, P. Helsey (Lut) 12:22; 6, I. Sarjeant (Mel) 12:30. Teams: 1, Luton 22; 2, Melbourn 65; 3, London Irish 82. (Inter Women): 1, M. Braines (Pete) 14:50; 2, J. Baker (Ver) 15:40; 3, L. Chamberlain (Har) 15:18; 4, T. Hoyle (Wy) 15:22; 5, L. Bridgeman (Mel) 15:30; 6, S. Alt (Ox) 15:36; 7, D. Ball (Thet) 15:39; 8, N. Tinsley (AF&D) 15:46; 9, A. Beattie (AF&D) 16:03; 10, N. Ratcliffe (AF&D) 16:22. Teams: 1, Aldershot 42; 2, Wycombe 79; 3, Verlea 79. (Juniors): 1, L. Silva (Mel) 12:18; 2, D. Hobbs (Ver) 12:30; 3, H. Churn (AF&D) 12:34; 4, S. Connochie (Thet) 12:38; 5, A. Tindall (AF&D) 12:45; 6, P. Simmonds (Lut) 12:52; 7, J. Robinson (Harl) 12:57; 8, A. Nagle (Har) 12:59; 9, T. Iles (Ox) 13:01; 10, E. Smith (Thet) 13:02. Teams: 1, Aldershot 35; 2, Thetford 77; 3, Melbourn 79. (Girls): 1, T. Gleed (Wy) 9:10; 2, L. O'Connor (Thet) 9:19; 3, A. Connochie (Thet) 8:30; 4, C. Bourke (Ox) 9:34; 5, B. Pfeiffer (Lon I) 9:39; 6, V. Field (Mel) 9:42. Teams: 1, Thetford 26; 2, Aldershot 72; 3, London Irish 78.

HOLMFIRTH YOUNG ATHLETES

ROAD RACES

October 1st

(Youths): 1, A. Warhurst (E Ches) 16:06; 2, A. Leonard (Bolt) 16:09; 3, P. Dixon (Ross) 16:16; 4, T. Tootle (Stret) 16:17; 5, P. McTavish (Stret) 16:21; 6, J. Bolton (Bolt) 16:42; 7, R. White (Tip) 16:52; 8, M. Newby (Ross) 16:55; 9, M. Wright (B&F) 16:56; 10, A. Barlow (Stret) 17:11. Teams: 1, Stretford 38; 2, Bolton 55; 3, Rossendale 66. (Boys): 1, A. Uttley (Bolt) 12:58; 2, P. Wynn (Pilk) 13:08; 3, A. Severs (Bolt) 13:15; 4, C. Bate (Bolt) 13:21; 5, J. Howarth (Leigh) 13:24; 6, P. Bailey (Stret) 13:26; 7, A. Rodgers (Wake) 13:27; 8, M. Kennedy (Stret) 13:29; 9, R. Wyer (Man) 13:33; 10, A. Kennedy (Bing) 13:37. Teams: 1, Bolton 24; 2, Stretford 53; 3, Bingley 57. (Colts): 1, S. McDevitt (Cov G) 14:11; 2, P. Wright (St Hel) 14:25; 3, K. Smith (Hali) 14:36; 4, W. Rowe (Bat H'gh) 14:41; 5, M. Burn (Stret) 14:42; 6, K.

Warhurst (E Ches) 14:44. Teams: 1, Stretford 47; 2, Spenborough 87; 3, Halifax 93. (**Inter Women**): 1, E. Young (Man) 14:49; 2, L. Longsdale (Sale) 14:50; 3, T. Gill (Berry) 14:54; 4, T. Ashmore (Sheff) 15:12; 5, R. Harmsworth (E Ches) 15:59; 6, J. Noble (Bing) 16:01. Team: E. Cheshire. (**Junior Women**): 1, T. Davison (Hali) 14:42; 2, J. Newton (Stock) 14:44; 3, F. Keyte (Man) 14:58; 4, B. Noble (Bing) 14:58; 5, A. Williams (Pilk) 15:03; 6, L. Davies (E Ches) 15:23; 7, T. Maud (Hali) 15:31; 8, A. Taylor (Stock) 15:33; 9, W. Hirst (Leeds) 15:40; 10, K. Wilkinson (Man) 15:40. Teams: 1, Halifax 32; 2, Stockport 37; 3, Manchester 53. (**Girls**): 1, J. Holland (Man) 12:31; 2, S. Driver (Man) 12:43; 3, A. Crewe (Bing) 12:54; 4, J. Massey (Man) 13:27; 5, N. Abrahams (Bing) 13:43; 6, L. Gough (Leigh) 13:48; 7, A. Firn (Bing) 13:49; 8, C. Lord (Hali) 13:49; 9, A. Thomas (E Ches) 14:06; 10, H. Casley (Man) 14:09. Teams: 1, Manchester 17; 2, Bingley 28; 3, East Cheshire 59.

NORTH-WEST LONDON YOUNG ATHLETES CROSS-COUNTRY LEAGUES

At Whetstone, October 7th

(**Youths**): 1, D. Sweeney (Shaft) 15:46; 2, A. Smith (Shaft) 16:09; 3, G. Staines (Ver) 16:12; 4, H. Lee (Har) 16:32; 5, J. Mauremoto (Shaft) 16:42; 6, P. Cunningham (Shaft) 16:51; 7, N. Muncer (Lon I) 16:53; 8, R. Powell (Shaft) 17:11; 9, A. Mason (Barn) 17:23; 10, A. Goodship (Har) 17:28. Teams: 1, Shaftesbury 14; 2, Haringey 51; 3, Verlea 57. (**Boys**): 1, D. Phombeah (Shaft) 14:08; 2, O. Geohagen (Shaft) 14:23; 3, P. Simons (Shaft) 14:33; 4, L. Mannion (N Lon) 14:46; 5, E. Fowler (Barn) 14:53; 6, O. Hender (Shaft) 15:02; 7, J. Smith (Shaft) 15:11; 8, G. Coe (Stat) 15:18; 9, W. Mulacahy (Shaft) 15:25; 10, M. Brown (Ver) 15:30. Teams: 1, Shaftesbury 12; 2, Barnet 44; 3, Verlea 56. (**Colts**): 1, B. Pfeiffer (Lon I) 12:10; 2, D. Taylor (Barn) 12:14; 3, C. Benjamin (Lon I) 12:51; 4, C. Milnes (Shaft) 13:02; 5, J. Jell (Shaft) 13:15; 6, S. Surridge (Har) 13:18. Teams: 1, Shaftesbury 28; 2, London Irish 38; 3, Haringey 55. (**U/11**): 1, A. Deasy (Lon I) 9:38; 2, J. Harris (Barn) 9:45; 3, P. Gibson (Ver) 10:03. Team: London Irish.

WEST MIDLANDS YOUNG ATHLETES LEAGUE At Redditch, October 8th

1, P. Potter (Wolv & B) 16:34; 2, W. Nock (Hales) 16:39; 3, A. Overfield (Stour) 16:56; 4, P. Basey (Warl) 17:00; 5, R. Bradbury (Stour) 17:14; 6, J. Abbas (W&B) 17:18; 7, A. Myatt (Warl) 17:19; 8, R. Limbert (W&B) 17:20; 9, J. Cocker (W&B) 17:26; 10, G. Corbett (B&R) 17:27. Teams: 1, W&B 239; 2, Stourport 221; 3, Halesowen 198. (**Juniors**): 1, D. Powell (W&B) 11:16; 2, D. Clarke (Birch) 11:18; 3, P. Dainty

(Birch) 11:29; 4, P. Roberts (Birch) 11:36; 5, M. Downes (Birch) 11:37; 6, P. Trott (Cann) 12:04. Teams: 1, Birchfield 391; 2, B&R 325; 3, Halesowen 323. (**Boys**): 1, J. Holloway (Birch) 5:47; 2, P. Downes (Birch) 5:48; 3, J. Link (W&B) 5:51; 4, D. Green (RSC) 5:55; 5, P. Ebrey (B&R) 5:58; 6, C. Wall (Worc) 6:04. Team: W&B. (**Women**): 1, J. Class (Warl) 12:24; 2, D. Foster (Cann) 12:37; 3, N. Salisbury (Worc) 12:46; 4, S. Whitehead (Hales) 12:50; 5, L. Whithead (Hales) 12:51; 6, A. Gilling (Warl) 13:03. Teams: 1, Birchfield 137; 2, Halesowen 113; 3, W&B 104. (**Juniors**): 1, A. Cardus (B&R) 12:46; 2, J. Platt (Cann) 12:49; 3, L. Ingram (W&B) 13:23; 4, J. Postan (W&B) 13:28; 5, S. Withers (B&R) 13:37; 6, J. Rollins (B&R) 13:44. Teams: 1, B&R 240; 2, W&B 222; 3, Halesowen 160. (**Girls**): 1, H. McDonald (Cann) 6:26; 2, J. Passey (B&R) 6:28; 3, J. Moreton (Stour) 6:35; 4, E. Mumford (Stour) 6:40; 5, J. Wormington (B&R) 6:46; 6, S. Kelsey (W&B) 6:47. Team: Stourport.

FRED WILT'S NEW POST

Fred Wilt has resigned his position as Coaching Certification Co-ordinator for the Canadian T&F Association and has accepted a position as coach of women's track & field and cross-country at Purdue University, West Lafayette, Indiana. He will continue to serve as editor of *Track Technique* magazine.

* * *

The new track & field secretary for Cambridge & Coleridge AC is B. Barnes, 13 Meadview, Oakington, Cambs (Tel: Histon 3695).

* * *

At a meeting convened at Cambridge on September 21st it was agreed to form an Eastern Veterans Athletic Club and the following steering committee was elected: Chairman — H. Taylor, secretary/treasurer, E. Butcher, 26 Rycroft Avenue, Deeping St. James, Peterborough (Tel: Market Deeping 345062).

* * *

Rossendale AC will now be called Rossendale Harriers & Athletic Club. General Secretary, I. Partington, 167 New Line, Britannia, Bacup, Lance (Tel: Bacup 3282); CC sec. T. Dixon, 27 Taylor Avenue, Waterfoot, Rossendale; track sec., D. Mann, 11 Victoria Street, Haslingden, Rossendale (Tel: Rossendale 26235).

* * *

There are two fun runs in the Newcastle area on November 5th organised by South Tyneside Council, both commence at 11.00 am, one from Gypsies Green Stadium, South Shields, the other from Monkton Sports Stadium, Jarrow.

Overseas News and Results

EUROPE: Stekic Jumps 8.32m

9.9. Sittard (Hol). Mile: Polleunis (Bel) 3:57.9, Lok 3:58.9. 9/10.9. Dillingen (Ger). Women's Heptathlon: Albert 5761 (14.0, 14.14m, 1.60m, 24.5, 6.13m, 33.44m, 2:24.8). 10.9. Linz (Aut). DT: Wagner (Ger) 63.18. 10.9. Rieti (Ita). Women's HJ: Simeoni 1.98, Brill (Can) 1.91 (not 1.88), Dini 1.88. 10.9. Nivala (Fin). PV: Pallonen 5.29 (jnr rec). 10/11.9. Stavropol (USSR). Dec: Kachanov 8121, Kartashov 8061. 13.9. Fana (Nor). 1500: DAVE MOORCROFT 3:36.6 (2nd man — 3:46.7); 5000: MIKE McLEOD 13:40.7, K. Kvalheim 13:56.7; DT: Hjeltne 62.84. 13/14.9. Bari (Ita). 100/200: Mennea 9.99w/20.20; 10,000: Floroiu (Rum) 28:00.1. 16.9. Roverto (Ita). 200: Mennea 20.48; 5000: Floroiu (Rum) 13:30.8; HJ: Wielart (Hol) 2.21, Bruni 2.21, Thranhardt (Ger) 2.21; PV: Tracaneli (Fra) 5.35; LJ: Stekic (Yug) 8.32 (8.11, 8.16, 8.09, 8.23, 8.12, 8.32), Rousseau (Fra) 8.18

(twice); HT: Urlando 73.58. 16.9. Bodo (Nor). JT: Lundmark (Swe) 84.42. 16.9. Softeland (Nor). Women's 10,000 Walk: Thorill Gylder (20) 48:40 (world best). 16.9. Winschoten (Hol). 100km: MIKE NEWTON 6:43:16. 16.9. Warsaw (Pol). PV: Klimczyk 5.35, Slusarski 5.30, Kozakiewicz 5.25. 16/17.9. Gothenburg. (Swedish Junior Champs) Women's 800/1500: McCABE (UK; born 1962) 2:15.7/4:33.0.

17.9. Palermo (Ita). Women's 1500: Possamai 4:07.8, Dorio 4:08.0; HJ: Simeoni 1.98, Dini 1.89, Soetewey (Bel) 1.87. 17.9. Warsaw. 200: Dunecki 20.62; HJ: Wszola 2.24; LJ: Jaskulka 7.92. 17.9. Grudziadz (Pol). HT: Golda 73.44 (rec). 17.9. Helsinki (Fin). JT: Hovinen 86.78. 19.9. Bologna (Ita). 200: Mennea 20.30; LJ: Stekic (Yug) 7.94. 20.9. Stovner (Nor). Mile: STEVE OVETT 3:52.8 (UK rec; 3:37.0 at 1500) (440y-55.0, 880y-1:55.2, 1/4M-2:54.5), Lorentzen 4:14.2; 2M: Henry Rono (Ken) 8:32.7, Kip Rono (Ken) 8:44.0; JT: Thorslund 84.32. 20.9. Roosendaal (Hol). 2000: Lok 5:03.9 (rec). 21.9. Ravenna (Ita). 2 Miles Walk: Buccione 12:32.7 (world best), Pezzatini 12:36.0; LJ: Stekic (Yug) 8.08. 23.9. Stockholm (Swedish Walk Champs) 50km: Karlsson 4:05:18, Hemmingsson 4:07:47, Eloffsson 4:08:54, women's 10,000: Gustavsson 48:48.5, Olsson 48:58.0, Carlsson 49:30.4 (jnr rec). 23.9. Forli (Ita). LJ: Stekic (Yug) 8.12; 5000W: Buccione 20:27.8. 23.9. Susice (Cze). Women's LJ: Nygrynova 6.50; SP: Fibingerova 21.26. 23.9. Groningen (Hol). 1 hour: Tebroke 20,550m. 23.9. Otaniemi (Fin). JT: Harkonen 83.26.

24.9. Prague. Rude Pravo road races — 11,400m: Ossipov (USSR) 33:39.6, Schoofs (Bel) 33:40.0, Zwiefelhofer 33:45.4; women's 2850m: Waitz (Nor) 8:26.8, Belousova (USSR) 8:57.8, Styrkina (USSR) 9:00.6. 24.9. Magdeburg. (GDR 50kmW Champs) Wieser 4:07:40, Matern 4:08:39. 24.9. Heidelberg (Ger). LJ: Jaskulka (Pol) 8.02; women's LJ: Wlodarczyk (Pol) 6.58. 26.9. Plzen (Cze). HJ: Lauterbach (GDR) 2.21; DT: Bugar 64.24. 30.9. Gothenburg (Swe). 20kmW: Gustafsson 1:26:08. 1.10. Lidingo (Swe). Women's 16km CC: Waitz (Nor) 51:52. 1.10. Colombes (Fra). PV: Bellot 5.35. 1.10. Eschborn. (German 50kmW Champs) Binder 3:58:54, Schubert 4:01:59, Weidner 4:02:17, Michalski 4:07:43. 1.10. Myrskylä (Fin). 21km road: Toukonen 1:05:01 ... 6, Viren 1:06:58. 7/8.10. Gelsenkirchen (Ger). Dec: Wentz 7977. 12.10. Hamburg (Ger). JT: Wessing 83.44. 14.10. Paris-Versailles. 16.5km: Coux 52:51, Levisse 53:05, Cairoche 53:13, D. CLARK 53:55, G. TAYLOR 54:04 ... 9, BALLANTINE 56:07; 17, C. REED 57:08 (nearly 10,000 started; 7063 finished!)

NOTTS ATHLETIC CLUB GOLDEN JUBILEE CROSS COUNTRY RACES

(under A.A.A. and W.A.A.A. Laws)

SUNDAY, 19th NOVEMBER, 1978

(one week later than originally announced)

A full programme of races on an interesting small circuit, ideal for spectators, in WOLLATON PARK, to the west of Nottingham, (with easy access from M1, North and South, and the West Midlands).

Well sponsored by local businesses, with a good prize list for individuals and teams (3 to score) in the Senior races; plaques and medals for individuals and teams in the younger age groups.

The races will be preceded by a JOGGERS' FUN RUN, (entries on the day, no fee), starting any time between 11.00 and 11.30 a.m. using a 1500 metre lap.

12.00	Young Colts	1,500m.
12.20	Colts	3,000m.
12.45	Minor Girls	1,500m.
1.10	Boys	4,500m.
1.45	Junior Girls	3,000m.
2.10	Youths	6,000m.
2.45	Inter/Senior Ladies	4,000m.
3.15	Jun/Senior Men (& Vets)	10,000m.

ENTRIES: Senior events 40p, others 30p. No team fees. Please give Christian names and dates of birth, (except Seniors), and enclose s.a.e. for details.

ENTRIES TO: John Burney, 17 Barratt Lane, Attenborough, Nottingham (phone 222460), as early as possible please, and not later than 13th November.

BRAZIL: Oliveira Off To USA

Joao Carlos de Oliveira, whose triple jump of 17.44m in Czechoslovakia last June was equal to the longest ever registered at or near sea level (only his own world record leap of 17.89m in Mexico City has topped that), is to study at the University of California. Before he left he long jumped 8.01m in Rio, and at an earlier meeting he showed his speed with a 10.3 100m. Nelson Rocha dos Santos, despite a poor start, clocked 10.1 to break the Brazilian record of 10.2 first established in 1957 by Jose Teles da Conceicao. The twins Rui (10.2/20.6) and Delmo (45.53) da Silva have retired from athletics to turn professional footballers.

5/6.8. Sao Paulo. 100: dos Santos 10.3 (10.1 ht, rec), Oliveira 10.4 (10.3 ht); 800: Agberto Guimaraes 1:47.7; 5000: Aloisio de Araujo 14:09.6, Jose Romao Andrade da Silva 14:10.7; 400H: Donizete de Araujo Soares 51.1 (rec); HJ: Renato Bortolucci Ferreira 2.13 (rec); (7345 pt decathlete; holds Brazilian PV record of 4.75); TJ: Oliveira 16.67; women's 200: Sueli Ferreira Machado (15) 24.3; 400: Joice Felipe dos Santos 54.9. **30.9/1.10. Rio.** 200: Santos 21.3, Rui da Silva 21.3, Delmo da Silva 21.3; 400: Antonio Euzebio Ferreira 46.5; 1500: Guimaraes 3:41.8 (rec); LJ: Oliveira 8.01; DT: Jose Carlos Jacques (37) 55.04 (S. American rec); women's 100: Sheila de Oliveira 11.7; 800: Soraia Veireira Telles 2:08.5 (eq S. American rec); JT: Marli dos Santos 53.04.

Derrick Marcus

AUSTRALIA: Fast Marathon

Running the second marathon of his career (he clocked 2:24:15 in his 1976 debut) track star Gerard Barrett recorded the swift time of 2:12:20 in Brisbane on June 18th. He covered the first half in 67:30, the second in 64:50. The previous day, Bill Scott won the Victorian title in 2:16:37 after setting a world record pace for half of the race, his first marathon. He passed 10M in 48:40, 13M in 63:40 and 20M in 1:39:48. Barrett, Scott, Dave Chettle and Chris Wardlaw will clash in Melbourne on November 5th in Australia's first international marathon since the 1956 Olympics. Wardlaw (42:42) finished ahead of Steve Austin (43:02) and Scott (43:28) in the City to Surf Run in Sydney on August 13th. There were 20,930 starters, 14,510 finishers!

NEW ZEALAND: Win For Terry Colton

Running the longest race of his career, Terry Colton of Wolverhampton & Bilston won a 10 miles road event at Waikato on September 16th in 48:43, with Jack Foster second. Terry is in New Zealand teaching until next May, when he will return home to Loughborough.

Rod Dixon's brother, John, won the NZ cross-country title at Tauranga on August 12th in 36:09. Jack Foster (36:29) was 2nd, Bruce Jones (36:53) 3rd.

WHEN THE GOING GETS TOUGH

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685 Model, contrasting top & bottom, contrast stripe, various colours.

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MEN'S ATHLETIC SHORTS (Reebok) Polyester cotton in six colours with contrast trim. Sizes 28", 30", 32", 34" £2.75.

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SOUTHERN COUNTIES (UK) COACHING COMMITTEE

Hon. Secretary: A. J. Norman, 141 Clareville Road, Orpington, Kent.

MULTI-EVENTS COURSE

(Decathlon & Pentathlon)

In conjunction with 3M Multi-Event Sponsorship
(For Coaches, Potential Coaches & Athletes)

At Crystal Palace on 17/19 November

(Commencing 9 pm Friday, 17 November)

Featuring: Lectures from leading European Multi-Event Coaches; a lecture on Strength Training by Mike Winch & Paul Dickenson. Plus lectures from leading individual event Coaches.

Course Director: Bruce Longden, BAAB Southern Staff Coach.

Course Fees: Residential (includes full board and accommodation at Crystal Palace Hostel) **£10.00**. Non-residential (includes lunches) **£3.00**.

Send SAE for application forms to Mrs Sue Longden, 6 Rillside, Furnace Green, Crawley, Sussex.

COACHES COURSE

For Coaches seeking Advanced Sprint Award

At Crystal Palace on Sunday, 19 November

(9.30 am-5.30 pm)

Course Director: John Bailey, BAAB National Event Coach.

Course Fee: **£1.50** (includes lunch). Cheques to be payable to the S.C.J.C.C.

Applications (enclosing SAE) to Mrs S. Longden, 6 Rillside, Furnace Green, Crawley — **closing date 10 November**.

COACHES COURSE

For Potential Club & Asst. Club Coaches

At Crystal Palace on 24/26 November

(Commencing 9 pm Friday, 24 November)

Sprints — Directed by Mike Smith, BAAB Staff Coach; **Shot** — Directed by Geoff Capes, BAAB Staff Coach; **Javelin** — Directed by Dave Cobb, BAAB Staff Coach.

Coach Fees: Residential (full board for week-end at Crystal Palace Hostel) **£10.00**. Non-residential (includes lunches) **£3.00**. All cheques payable to S.C.J.C.C.

Applications (enclose SAE) to A. J. Norman, 141 Clareville Road, Orpington, Kent — **closing date 17 November**.

SPRINTS & HURDLES DAY

(In association with Exeter Harriers)

At Clifton Hill Track, Exeter

Saturday, 25 November, 10 am to 3 pm

(Young Athletes and Coaches welcomed)

Course Fee: **75p** (Cheques & P.O.s payable to Exeter Harriers).

Sprints — R. Roddan, BAAB Staff Coach, Southern Sprints; assisted by Steve Green and Dave Hill.

Hurdles — Mrs D. Kinch, BAAB Coach.

Applications (enclosing SAE) **by 19 November** to Mike Gill, 12 Moorland Way, Exwick, Exeter.

MULTI-EVENT

TRAINING COMPETITION

(For Juniors U/20 (Men) & Inter Women)

At Crystal Palace (Indoor Training Area)

Saturday, 17 December at 1.30 pm

Junior Men — 60m, Long Jump, Pole Vault, Shot Putt, 60m Hds.

Inter. Women — 60m, Long Jump, Shot Putt, 60m Hds.

Competition Fee: **30p** (payable to S.C.J.C.C.).

The Southern Counties Multi-Event Squad will be resident for this week-end — Squad selected by Bruce Longden, Southern National Coach.

Applications (enclosing SAE) to Mrs S. Longden, 6 Rillside, Furnace Green, Crawley, **by 9 December**.

MEET YOUR STAFF COACH

Feltham Arena — **Sunday, 3 December** (10.15 am — 12.45 pm). Southern Staff Coaches Conrad Milton (Middle Distance) and Fred Brothers (Women's Long Jump) will be available to meet athletes and their Coaches.

Charlton Park — **Sunday 17 December** (10 am-12.30 pm). Southern Staff Coach Ron Holman (Middle Distance) will be available to meet athletes and their coaches.

Aldershot — Staff Coach Les Hooper organises weekly indoor sessions at the Army School of PT, Aldershot. Coaches — why don't you join him? Contact him at 62 Albert Drive, Sheerwater, Woking or Byfleet 45427.

AMENDMENTS TO WOMEN'S CC & RACE WALKING ASSOCIATION RULES

Reports have been received of the increase in "ghost running", so called time trials, and athletes not eligible to compete running the course and running out at the funnel. The amendments to rules 20 and 21 will mean that such activities will be in direct contravention of rules and action against offenders may be taken.

There has been some confusion caused by having different distance maxima for road and cross-country running; also to be considered is the popularity and increasing participation by women in fell and mountain running. All seniors age/distance limits were reviewed and an amendment to Rule 47 was approved. The effect of this will give uniform age linked maxima for all forms of running controlled by the WCC & RWA. Slightly longer distances are also permitted for senior walkers over the age of 17.

The following amendments are now in effect:

* Competition Rule 20 line one, after "RACE" insert the following sentence: "No entrant shall be allowed to start unless she comes under starters orders".

* Competition Rule 21 — delete existing text and substitute: "An athlete is not permitted to join in any race whether to accompany the competitors for the whole distance or any part or stage of the whole distance unless she has been properly entered for that race and is qualified and eligible to compete."

* Competition Rule 47 — after, SENIORS — 17 years and over — delete "not exceeding 6000 metres" and also the next six lines and substitute "Under 20 years — not to exceed 10 miles; Under 19 years — not to exceed 7 miles; Under 18 years — not to exceed 5 miles."

* Race Walking — Road Walking, amend Seniors to read: "SENIORS — 15 years and under 17 years — not exceeding 10,000 metres; 17 years and over — not exceeding 12,000 metres."

* Track Walking — SENIORS, amend as for Road Walking.

* In all cases, calculation of ages system is unchanged.

Ray Scruton

Hon. Rules Revision Secretary

ATHLETES RECEIVE SPORTS AID FOUNDATION GRANTS

Tony Staynings, Gary Oakes, Martin Girvan, Kevan Lobb, Bev Goddard, Ann Ford, Paula Fudge, Lorna Boothe, Susan Smith, Fatima Whitbread and Judy Livermore have been awarded Sports Aid Foundation grants, as has former discus thrower Andy Drzewiecki who won a medal in the Commonwealth Games weightlifting.

SQUIRE YARROW FOR PRESIDENT

The General Committee of the AAA has nominated former marathon star Squire Yarrow for election as president of the AAA. The vote will take place at the Association's AGM at the Russell Hotel, Russell Square, London WC1 today (November 4th), at 11.30 am.

UK RECORDS RATIFIED

The BAAB announces the ratification of the following records:—

UK all-comers — PV: 5.51m Jeff Taylor (USA) Crystal Palace 23.8.78; 20km Walk: 1:24:22.9 Hartwig Gauder (GDR) Crystal Palace 10.6.78.

UK all-comers & national — 100m: 10.2 (10.15) Allan Wells, Meadowbank 15.7.78; 10,000m: 27:30.5 Brendan Foster, Crystal Palace 23.6.78; women's 400H: 57.0 (hand) Christine Warden, Cleckheaton 20.5.78.

UK national — 200m: 20.6 (20.61) Allan Wells, Edmonton 8.8.78; 800m: 1:44.3 Sebastian Coe, Brussels 18.8.78; 1:44.1 Steve Ovett, Prague 31.8.78; Mile: 3:54.2 Frank Clement, Oslo 26.6.78; PV: 5.41m Brian Hooper, Meadowbank 19.8.78; Dec: 8238 Daley Thompson, Gotzis 27:28.5.78; 8289 Thompson, Prague 30/31.8.78; 4x100m: 39.2 (39.24) Scotland (David Jenkins, Allan Wells, Cameron Sharp, Drew McMaster), Edmonton 12.8.78; women's 400mH: 57.43 Liz Sutherland, Dusseldorf 6.7.78; SP: 16.40m Meg Ritchie, Athens 14.5.78; DT: 60.54m Ritchie, Crystal Palace 2.7.78; 4x100m: 42.7 (42.72) National Team (Bev Goddard, Kathy Smallwood, Sharon Colyear, Sonia Lannaman), Prague 3.9.78.

UK junior: 2000mSC: 5:34.7 Colin Reitz, Lubeck 11.7.78; women's 200m: 23.0 (22.99) Kathy Smallwood, Edmonton 8.8.78; 1500m: 4:14.6 Ruth Smeeth, Meadowbank 16.7.78; HJ: 1.82m Diana Elliott, Crystal Palace 27.8.78; LJ: 6.39m Sue Hearnshaw, Meadowbank 15.7.78; 6.40m Hearnshaw, Edmonton 11.8.78; Pent: 4028 Judy Livermore, Hannover 17.6.78.

QUALIFYING DATES FOR WOMEN'S RACE WALKING

There has been some confusion over what the rule actually says in relation to qualifying dates for the various age groups. In brief, the answer is simple:

If the race is held on a **road circuit** then the qualifying date is August 31st/September 1st before the date of the race.

If the race is on the **track** then the qualifying date is August 31st/September 1st in the year of the competition, ie the same as WAAA rules.

The minimum age for any girl is 11 on the day of the race.

Michael Long,

Hon. Sec. (Walking), SCWCC & RWA

SOUTHERN WOMEN'S LEAGUE from page 31

39, R. Mattocks (Med) 9:27; 40, K. Walters (Barn) 9:28; 41, A. Pullin (Steve) 9:28; 42, Y. Forbes (Sy) 9:29; 43, N. Cavill (Exet) 9:29; 44, D. Hall (E&E) 9:30; 45, P. Francis (Mit) 9:30; 46, K. O'Toole (Mit) 9:31; 47, S. Curl (Sy) 9:31; 48, J. Iles (Ox) 9:33; 49, J. Skinnell (B'stoke) 9:33; 50, J. Bacon (Fare) 9:33; 51, L. Williams (Rad) 9:33; 52, C. Betts (Dork) 9:35; 53, A. Smith (Steve) 9:38; 54, Y. Howard (Fare) 9:39; 55, T. Bowser (Dork) 9:40; 56, C. Harwood (Ox) 9:40; 57, L. Young (Ports) 9:41; 58, C. Buckingham (Ver) 9:41; 59, K. Cambridge (Camb) 9:42; 60, M. McKie (Exet) 9:42; 61, K. Hone (Ports) 9:43; 62, K. Blout (Dart) 9:44; 63, D. Jeffs (B'stoke) 9:44; 64, H. Evans (Hill) 9:45; 65, T. Evans (Ports) 9:45; 66, S. Spendsley (Hill) 9:48; 67, J. Sexton (Middx) 9:48; 68, K. Hayward (Barn) 9:49; 69, A. Lay (Fare) 9:50; 70, J. Williams (If) 9:51; 71, A. Maunsell (Mit) 9:52; 72, P. Saunders (Fleet) 9:52; 73, J. Sawyer (Sy) 9:52; 74, S. Reddy (Middx) 9:53; 75, J. Clark (Red).

Teams: 1, Basingstoke 76; 2, Stevenage 84; 3, Mitcham 97; 4, Epsom 104; 5, Fareham 149; 6, Wycombe 156; 7, Medway 159; 8, Oxford 162; 9, Aldershot 217; 10, Dartford 229; 11, Cambridge 256; 12, Brighton 271; 13, Portsmouth 287; 14, Surrey 311; 15, Hillingdon 326; 16, Barnet 329; 17, Bracknell 331; 18, Essex 350; 19, Exeter 376; 20, Reading 393; 21, Haringey 408; 22, Bognor 417; 23, Dorking 471; 24, Verlea 498; 25, Bedford 508; 26, Trowbridge 517; 27, Bournemouth 543; 28, Redhill 558; 29, Luton 569; 30, Haywards Hth 609; 31, Middx 613; 32, Havering 626; 33, Southampton 629; 34, Ilford 660; 35, Uxbridge 679; 36, Guildford 685; 37, Surrey B 693; 38, Thurrock 696; 39, Radley 739; 40, Maidenhead 763; 41, Fleet 819; 42, Woking 828; 43, Feltham 438.

SOUTHERN WOMEN'S CC LEAGUE**At Stevenage, October 28th**

1, K. Binns (Sale-gst) 15:03; 2, V. Rowe (LOAC) 15:09; 3, P. Yule (Port) 15:21; 4, R. Joyce (Craw) 15:30; 5, S. Harvey (LOAC) 15:31; 6, A. Roberts (Houns) 15:36. **Teams:** 1, Bracknell 66; 2, Portsmouth 88; 3, Hounslow (formerly Feltham) 145. (**Inters:**) 1, L. King (Bas) 11:21; 2, K. Timson (Thurr) 11:41; 3, J. Clarke (Ver) 11:52; 4, W. Lodge (AF&D) 11:57; 5, K. Harvey (B'mouth) 11:59; 6, C. Jarman (Thurr) 12:02. **Teams:** 1, AF&D 51; 2, Thurrock 66; 3, Bracknell 123. (**Juniors:**) 1, A. Alford (S&NH) 9:14; 2, M. Wits (Ex L) 9:15; 3, K. Hughes (Thurr) 9:17; 4, J. Cooper (New) 9:30; 5, J. Rose (Ash) 9:31; 6, C. Fairbrass (Read) 9:34. **Teams:** 1, Basingstoke 102; 2, Thurrock 114; 3, AF&D 130. (**Girls:**) 1, T. Glead (Wyc) 9:31; 2, D. Amey (Bas) 9:33; 3, D. Campbell (Craw) 9:36; 4, D. Thomas (Bognor) 9:47; 5, M. More (Ex L) 10:01; 6, C. Lillie (AF&D) 10:02. **Teams:** 1, Stevenage & NH 71; 2, Basingstoke 91; 3, Mitcham 102. (Further details to follow).

World Record Marathon Debut By Grete Waitz

Bill Rodgers (USA) won the New York City Marathon on October 22nd for the third year running, but the star of the race was Norway's Grete Waitz, making her marathon debut. The world cross-country champion only decided a week in advance to enter (she wasn't listed in the programme) and arrived in New York three days before the race. Running in the largest marathon field ever assembled — there were 11,231 entrants — Grete clocked 2:32:29.8 to shatter Christa Vahlensieck's world best of 2:34:47.5. Taking the lead at 15M, Rodgers went on to win by exactly two minutes from Ian Thompson in 2:12:12, with another Briton, Trevor Wright, a close third. **Result:** 1, Rodgers (US) 2:12:12; 2, IAN THOMPSON 2:14:12; 3, TREVOR WRIGHT 2:14:35; 4, Marchi (Ita) 2:16:54; 5, Antczak (US) 2:17:11; 6, Foster (NZ-Vet) 2:17:28; 7, CHRIS STEWART 2:17:48; 8, Haviland (US) 2:18:39; 9, Ambrosioni (Ita) 2:19:08; 10, Sieben (US) 2:19:11; 11, Hogberg (Swe) 2:19:21; 12, Shorter (US) 2:19:32 ... 15, KEITH PENNY 2:20:08; 20, RON HILL 2:20:29; 34, Buerkle (US) 2:23:56. **Women** — 1, Waitz (Nor) 2:32:30; 2, Cooksey (US) 2:41:55; 3, Petersen (US) 2:41:46; 4, Ennis (US) 2:48:14; 5, Mendonca (Braz) 2:48:55.

Cleveland Marathon: (Oct 15th) 1, M. Mountford 2:19:11; 2, D. Macgregor 2:19:19; 3, A. Kean 2:19:42; 4, A. Keith 2:20:01; 5, M. Coleby 2:21:51; 6, D. Lang 2:22:19. **Unigate Marathon:** (inc Southern Champs, at Harlow, Oct 28th) 1, P. Eales 2:16:39; 2, D. Clark (Ver) 2:17:55; 3, D. Faircloth 2:19:37; 4, L. Presland 2:21:56; 5, P. Marten 2:22:37; 6, N. Fisher (Vet) 2:22:41. **Women** — L. Watson 2:59:32.

WYCOMBE PHOENIX HARRIERS & A.C.

OPEN AND TROPHY CROSS-COUNTRY MEETING

(Under ECCU and WCC Rules)

Keep Hill Road, High Wycombe, Bucks.**For the Dave Woodbridge (Men) and****Midgie Abraham (Women) Trophies****ON SATURDAY, 25th NOVEMBER, 1978**

Commencing 1.15 p.m.

Colts	2400m	Minor Girls	2400m
Youths	4800m	Girls	2400m
Boys	4800m	Junior Ladies	2400m
Juniors	8000m	Inter Ladies	3200m
Seniors	8000m	Senior Ladies	4800m

Entry Fee: 25p all, no team fee (3 to score).

Medals first three in all races.

Entries to: E. Abraham, 58 Booker Hill Road, High Wycombe, Bucks. Tel: High Wycombe (0494) 23469, Cross-Country Champs. Secretary.

ENTRIES CLOSE 18th NOVEMBER

**SOUTHERN COUNTIES (U.K.)
JOINT COACHING COMMITTEE**

COACHING COURSES
in
THE SOUTH WESTERN COUNTIES
1978 - 1979

November 1978 — 11th and 12th at EXETER, CLIFTON HILL — Jumps and Throws. For ATHLETES, COACHES and PROSPECTIVE COACHES. With BRUCE LONGDEN, National Athletic Coach.

November 1978 — commencing 8th, Wednesday and for 5 Consecutive Evenings at YEOVIL COLLEGE. Athletics Clinic, Coaching, Advice and Training.

December 1978 — 2nd and 3rd at PLYMOUTH COLLEGE OF ST. MARK and ST. JOHN. For ATHLETES, COACHES, TEACHERS Etc. General Conference plus up to date information on latest Coaching Techniques. With BRUCE LONGDEN, National Athletic Coach.

February 1979 — 17th and 18th at WEYMOUTH, PROSPECTIVE COACHES COURSE. Asst. Club and Club Coaches.

February 1979 — commencing 28th WEDNESDAY and for 5 Consecutive Evenings at YEOVIL COLLEGE. Athletics Clinic, Coaching, Advice and Training.

March 1979 — 10th and 11th at YEOVIL COLLEGE. PROSPECTIVE COACHES COURSE. Asst. Club and Club Coaches. With BRUCE LONGDEN, National Athletic Coach.

March 1979 — 25th at MARLBOROUGH COLLEGE. COURSE for PROSPECTIVE COACHES and ATHLETES. In Sprints, Long Jump, Middle Distance, Hurdles and High Jump.

March 1979 — 17th and 18th at YEOVIL COLLEGE. Young ATHLETES COURSE. Conditioning Weekend. All Events.

April 1979 — 14th and 15th at PLYMOUTH. COURSE for PROSPECTIVE COACHES. Asst. Club and Club Coaches. Plus Middle Distance Athletes Training Weekend.

April 1979 — 29th at MARLBOROUGH COLLEGE. COURSE for PROSPECTIVE COACHES and ATHLETES. In Sprints, Middle Distance, Hurdles, Javelin and Long Jump.

FURTHER DETAILS:

For Courses (2) and (5) from: Mr. Whistlecroft, YEOVIL COLLEGE, Yeovil, Somerset.

For Courses (7) and (10) from: Mr. G. Danswan, 12 Burdon Close, Stratton St. Margaret, Swindon, Wilts.

All other enquiries to: S.W. COACHING SECRETARY, B. Davis, Esq., 34 Polwithen Drive, CARBIS BAY, St. Ives, CORNWALL. Tel: ST. IVES 6407.

**MIDLAND AREA JOINT COACHING COMM.
SUNDAY HIGH JUMP SESSIONS**

Venue — RAF Cosford

Nov. 12th, Dec. 10th, Jan. 21st, Feb. 18th
10.00 a.m. to 12.30 p.m.

S.A.E. stating performance, age, name of coach etc. to D. J. Doyle (Ass. Staff Coach), 2 Belle Vue Cottages, Baschurch, Salop.

**AMESBURY SPORTS COUNCIL
in co-operation with
SALISBURY ATHLETIC CLUB**

present the second annual

**SALISBURY PLAIN
15½ MILE ROAD RACE**

(Under A.A.A. Laws)

SUNDAY, 3rd DECEMBER, 1978

Starting at 1.30 p.m.

Prizes: first 3 Inds. first 3 Vets O/40, first 3 Vets O/50, first 3 Local Runners.

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

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

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CLUB BADGES, Medals and Awards of every description. Send for full details — **'Greens' of 'Olympic Trophies', Astley Lane, Bedworth, Works.** Phone 0203 312183.

STAMPS — First Day Covers of major athletic events wanted, especially Pre 1962. Reasonable prices paid or can swap. **Ron Pickering, 40 Woodstock Road, Broxbourne, Herts.**

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BLANKS — 1 box each, .32 Dominion and 6 mm Crimped. **Barrington, Phone 01-788 2632 (late p.m.) £3.50 o.n.o.**

EPSOM & EWELL HARRIERS

will hold their

EPSOM "10"

(Under A.A.A. Laws)

on

SATURDAY, NOVEMBER 18th

at 2.30 p.m.

Changing at The White House, near Epsom Downs Station.

Held over an accurately measured, tough 10 miles road course.

Individual Trophy, Team Trophy and prizes for the first 6 Individuals and first 3 Teams.

Also for the Veterans, 1st Over-40, 1st Over-50, and Vets Team Race for the Dennis McQuillin Trophy, with prizes and medals for the winning Vets team.

Entry Fees: 30p per individual, 30p per team (4 to run, 3 to score).

Entries to J. E. Cock, 153 Westway, London, S.W.20 **by November 15th.**

S.A.E. for acknowledgement, please.