

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

NOVEMBER 8th 1980 30p

Inside —
UK Men's
'Top Fifty'
(part two)



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athletics weekly

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NOVEMBER 8th 1980

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COVER PHOTO (By Mark Shearman)

Geoff Capes, who heads the UK shot list for the tenth year running. He reached a record 21.68m in 1980.

THE WEEK AHEAD

Saturday, November 8th: South of the Thames Junior Race, Windsor; Luton CC Meeting; Cambridge Univ. v RAF v E. Counties CC Match, Cambridge; Workington CC Meeting; Aaron Trophy Races, Leeds; Westward League, Okehampton; Welsh 10km Champs, Newtown; Heaton Memorial Road Races; Bernie Hames Half Marathon, Chigwell; Surrey Vets CC Champs, Coulsdon; Great Britain Catholic Girl Students CC Champs, Whitehaven; Midland CC Relay, Redditch; Scottish Northern District League, Forres; Vets AC CC, Epsom Downs; Red Rose League, Rochdale; Northern Women's League, Bradford; Open 7M Walk, Enfield.

Sunday, November 9th: National Women's Road Relay Champs, Rossendale; Wessex League, Salisbury; Riddings Open CC Meeting, Scunthorpe; W. Midlands YA CC League, Stourport; Icknield League, Stevenage; Fire Service 6M Road Race, Coventry; Harwood '8', Bolton; London Postal Region 9M Walk, Blackheath.

Wednesday, November 12th: Southern Counties Open Meeting, Crystal Palace; London

Services League, Mill Hill; NE Wednesday League; Archer Cup 7M Walk, Hayes.

Saturday, November 15th: North of the Thames Inter-team Race, Cranford; Sussex Vets CC Champs, Crawley; Southern Women's League, Stevenage; Vets AC CC, Brockwell Park; Gloucester League, Brockworth; Sutton & Cheam CC Races, Carshalton; Herne Hill YA League, Brockwell Park; Kent AC 'Arthur Twinn' Memorial Races, Albany Park; West Yorkshire League, York; Birmingham Univ. Past v Present; North Shields Poly. Open Road Races; Hawick Open Races; West Cornwall Road Race, Camborne; Bala Lake '11'; Kettering Charity Cup Races; Brighton & H v RAF v Met Police 10km Walk, Peacehaven; London Vidarians 7M Walk, Carshalton; Addington Vase 7M Walk, South Croydon.

Sunday, November 16th: Leicester Winter Warm-up Meeting; South Yorkshire League, Sheffield; North Yorkshire & South Durham League; West Cornwall CC Meeting, Redruth; Wollaton Park CC Races; Copeland Chase Fell

Continued on page 10

Natty finish by Muir ties it up at Gateshead

AFTER CLAIMS AND counter-claims throughout the summer as to which club staged the top road race of the year, Gateshead Harriers put in their late bid for the honour on October 25th.

Benefitting once again from generous sponsorship provided by Provincial Life, the Kendal based insurance company, the status this race has achieved in previous years attracted an excellent field. One must stress, however, that although the Senior Men's race was the premier event of the afternoon with over 400 entrants, there were another 600 athletes competing in the remaining full range of age group races.

Apart from quality events in depth, the men's race has earned a reputation for providing exciting finishes involving three or four athletes, more akin to a top class track race than a late season road race. This year was to prove no exception.

Nat Muir, Mike McLeod, Kim McDonald, Steve Kenyon, Graham Williamson, Steve Jones, Dave Cannon, Allister Hutton, Dennis Coates etc. etc. promised a classic race but added spice was provided by the participation of three leading New Zealanders — Martin Cauldwell, Dennis Brown and Barry Thompson. It didn't go unnoticed that this august company of distance runners were to descend from the highest point (the start/finish line) to the lowest point of a hilly three lap course in less than one mile. Anybody hoping for a steady start were therefore in for a bit of a shock! So it proved, by the time the major hill was tackled for the first time the leading contenders were all there in a group of about sixteen runners who had opened daylight between themselves and the rest.

The second lap sorted things out a bit more with Muir, McLeod, Jones, Hutton and McDonald breaking clear with Steve Kenyon being the nearest challenger. This was a good comeback by Kenyon, who has missed most of the 1980 summer due to a stress fracture.

On into the last lap and McDonald had to let go, followed half a mile later by Hutton who nevertheless continued to chase the remaining trio of Muir, McLeod and Jones.

If the descent in the first mile is appreciable, the ascent in the last half mile is even more dramatic. At the top of the first, steeper, phase of

the hill, there was absolutely nothing between the leading three. With everybody expecting it to be a last-100m sprint, Jones made a move as the turn into the 300m finishing straight was negotiated. This sudden burst seemed to take McLeod by surprise but Muir covered it to such effect that he was able to not only hang on, but make his own move in the last 50m to win by the narrowest of margins. That McLeod "came again" is borne out by the fact that only two seconds covered the first three! Hutton consolidated fourth place ahead of Kim McDonald and Steve Kenyon with Graham Williamson having a splendid race in seventh.

The Gateshead "charge" began with Cannon (8th), Coates (9th) and Coleby (11th). Cauldwell and his fellow New Zealanders took tenth, 12th and 13th. Gateshead lifted the team race with Alec Amos, John Myatt and Winston Johnston rounding out the scoring six.

Glasgow's Fiona McQueen had a clear cut victory in the Senior Women's race and never appeared troubled by Helen Boyes (Morpeth) or her team mate, Liz Trotter.

Possibly the most hard-earned top 20 placing of the day was that of Peter Tootell of Stretford who missed the start of the Youths three miles events. Apparently, he lost approximately 40 seconds to the leaders, yet finished 16th, 45 seconds behind the winner!

Cross Country Review

1, N. Muir (Shettleston)	27:06
2, S. Jones (Bristol)	27:07
3, M. McLeod (Elswick)	27:07
4, A. Hutton (ESH) 27:12; 5, K. McDonald (Bing) 27:26; 6, S. Kenyon (Bol) 27:29; 7, G. Williamson (S'burn) 28:02; 8, D. Cannon (Gat) 28:20; 9, D. Coates (Gat) 28:27; 10, M. Cauldwell (NZ) 28:31; 11, M. Coleby (Gat) 28:34; 12, D. Brown (NZ) 28:36; 13, B. Thompson (NZ) 28:40; 14, I. Elliot (ESH) 28:53; 15, P. Whittle (Els) 28:55; 16, D. Kelly (Salt) 28:57; 17, N. Blaney (NZ) 29:03; 18, M. Hirst (Stoke) 29:04; 19, K. Johnson (Els) 29:05; 20, R. Woods (Dur. C.) 29:11; 21, A. Robertson (ESH) 29:16; 22, A. Duggan (M&C) 29:18; 23, A. Amos (Gat) 29:24; 24, M. Roberts (C.) 29:26; 25, I. Gilmour (W&B) 29:28; 26, A. Whitfield (C. le S) 29:30; 27, M. Wakefield (Bol) 29:33; 28, J. Myatt	



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Leaders at 2½M in the 'Provincial Life' road race at Gateshead on October 25th. Left to right: Nat Muir, Graham Williamson, Allister Hutton, Dennis Coates, Mike McLeod, Kim McDonald, Steve Jones and Steve Kenyon.

John Burles

(Gat) 29:38; 29, W. Johnson (Gat) 29:40; 30, A. Clifton (Gat) 29:42; 31, G. Wallace (Gat) 29:44; 32, A. McIndoe (S'burn) 29:47; 33, L. Dunn (Gat) 29:49; 34, G. Bracken (Gat) 29:54; 35, D. Dixon (Sun) 30:01; 36, J. Alder (Mor-V) 30:10; 37, G. Nagle (Gat) 30:15; 38, G. Mathison (ESH) 30:16; 39, C. Hume (ESH) 30:19; 40, B. Emmerson (Tev) 30:21. **Team:** Gateshead. **(Vets):** 1, Alder; 2, W. Ryder (Mor) 30:35; 3, R. Balding (Heat-O/45) 31:23; 4, E. Hudspith (Mor) 31:40. **(O/45):** 1, Balding 31:23; 2, R. Peart (Els-O/50) 33:06; 3, W. Ramage (Dur. C) 33:15. **(Youths):** 1, A. Callan (S'burn) 18:24; 2, M. Wright (Gat) 18:26; 3, M. Trees (Darl) 18:28; 4, J. Steel (ESH) 18:42; 5, P. Cuskin (J&H) 18:44; 6, M. Wright (Stret) 18:46; 7, S. McPherson (S'burn) 18:49; 8, W. Minto (S'burn) 18:51; 9, J. Whitfield (Mor) 18:51; 10, C. Bucknall (Stret) 18:54; 11, T. Franks (Gat) 19:01; 12, P. Tanner (Blay) 19:03; 13, P. Bradley (Gat) 19:05; 14, P. Tootell (Stret) 19:09; 15, P. Coulson (M&C) 19:12. **Team:** Springburn. **(Boys):** 1, P. Ryder (Mor) 11:54; 2, S. Bell (Stret) 11:57; 3, D. Burchill (Stret) 11:58; 4, A. Pearce (J&H) 11:59; 5, A. Patterson (Walls) 12:02; 6, I. Davison (S'burn) 12:05; 7, A. Rogers (Leeds) 12:07; 8, G. Boyd (Hal) 12:15; 9, A. Currie (Dumb) 12:17; 10, K. Smith (Hal) 12:26.

Team: Halifax. **(Colts):** 1, M. Byrne (Stret) 12:06; 2, M. Riley (Blay) 12:12; 3, S. Cundy (Tyne) 12:17; 4, S. Sheen (Stret) 12:22; 5, S. Tinsley (Stret) 12:27. **Team:** Stretford.

(Women): 1, F. McQueen (Glas) 13:23; 2, H. Boyes (Mor) 13:32; 3, E. Trotter (Glas) 13:42; 4, S. Glass (Gat) 13:45; 5, S. Raine (Darl) 13:54; 6, K. Garrett (J&H) 13:59; 7, A. Tamplin (Liv. TTC) 14:04; 8, J. Midgley (Leeds) 14:07; 9, M. Chambers (Blay) 14:10; 10, A. James (A&SV) 14:11; 11, M. Brown (ESH) 14:24; 12, M.

Continued on page 38

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THE BIGGEST AND BEST MARATHON OF ALL

Grete Waitz sets world mark of 2:25:42... Alberto Salazar 2:09:41

IT WAS, by any standards, the biggest marathon race ever held — and, in all probability, the best too. The 1980 edition of the New York City Marathon on October 26th threw up some mind-blowing statistics: there were 16,005 entries drawn from 41 countries (13,540 men and 2465 women) of whom 14,012 started and 12,548 finished. A total of 1351 athletes completed the journey inside 3 hours, while 4 hours was broken by 8637 runners. The cold weather prevented a repetition of last year's world record crowd figure of an estimated 2½ million, but even so there was a remarkable turnout of spectators along the route, which takes in all five boroughs of the city: Staten Island, Brooklyn, Queens, Manhattan and The Bronx.

For days before the race New York was in the grip of marathon fever. Practically everyone in the city, it seemed, knew someone who was running and therefore took a personal interest, and such was the media coverage that one formed the impression that to New Yorkers the Carter v Reagan contest was of far less concern than whether Bill Rodgers could win for the fifth year running or if Grete Waitz was ready to break the world record again!

As it turned out, the answers to the above were no and yes respectively. Rodgers fell over soon after the halfway mark and in the circumstances ran bravely to finish fifth as Alberto Salazar won in a course record of 2:09:41, while the Norwegian marvel reduced her best time to a stunning 2:25:42 (2:25:41.29 to be precise) in placing 74th overall. She has run three marathons in her life, all in New York, and each time she has smashed the world record — 2:32:30, 2:27:33, 2:25:42! Her latest exploit leaves her nearly four minutes ahead of the next fastest woman marathoner of all time, Patti Catalano (née Lyons), who registered 2:29:34 three-quarters of a mile behind Grete. It's a staggering thought that Grete's time would have won every Olympic marathon title up to and including 1948 and been

Mel Watman in New York

good for the silver medal behind Alain Mimoun (2:25:00) as recently as 1956.

Grete (27), who had missed the inaugural world 3000m championship in August as she wasn't fully recovered from injury, had shown signs in the past month that she was rounding into top form but tried to play down expectations that another world record was there for the taking. "I just race to win, not to set records", she said before the race. "Records are a challenge for other runners. They can take a record from you, but they can't take a victory from you". Asked whom she considered her main rival, Grete named Patti Catalano, winner of the Montreal marathon the previous month in 2:30:58. "I'm concerned about her. I beat her three weeks ago in a race in Scandinavia. [Grete finished nearly 5½ minutes ahead of her in 16km cross-country] but she is better in the marathon. But I can't run a marathon against her only. I have to run a marathon the way I feel. There are no tactics to beat her. I just have to go out there and run".

And how she ran! It was a little too chilly for comfort with the temperature in the low forties but with a tailwind for 20 miles, an essentially flat course and vast, encouraging crowds, conditions were favourable for fast running. Grete covered the first five miles in 27:20 (I am indebted to Brian Caulfield and Merle Myerson, editors of *New York Running News*, for all the splits) and the second in 27:33 to reach the 10M mark in 54:53 with a 32 sec lead over fellow Norwegian Ingrid Christensen, winner of the Stockholm Marathon in August in 2:38:45. By halfway (1:12:37) it was clear that Grete was well inside world record schedule, and that both Ingrid Christensen (1:13:36) and Patti Catalano (1:13:50) were heading for great times also if they could keep up the blistering pace. Running a blinder, Carol Gould passed the halfway point in 1:15:13 with yet another Norwegian, Oddrun Mosling, at 1:15:50, Canada's Gayle Olinek at 1:16:13, Laurie Binder (USA) at 1:17:46 and Gillian Adams and a fourth Norwegian, Sissel Grottenberg, together at 1:18:20.

Catalano, the US record holder, had moved into second place by 14M and the positions at 17M were: 1, Waitz 1:34:10; 2, Catalano 1:35:29; 3, Christensen 1:36:23. It was during the next three miles that Patti (27), whose husband/coach Joe Catalano is himself a 2:28:58 marathoner, pulled out all the stops in an attempt to narrow the deficit. She travelled that segment in a gritty

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16:31 as against Grete's 17:13, so that at 20 miles Grete (with a world's best of 1:51:23) was just 37 sec ahead of Patti (1:52:00), with Ingrid Christensen showing 1:55:09, Carol Gould 1:56:31, Oddrun Mosling 1:58:40, Gayle Olinek 1:59:20, Laurie Binder 1:59:30 and Gillian Adams 2:00:26.

But Grete was in no danger. The American's challenge petered out as the runners turned into the wind over the difficult last six miles. Grete, who does not run farther than 10km at a time in training, proved much too strong for her rival and by 23M (2:08:20) was over 2½ minutes clear as she took 16:57 for those three miles and Patti took exactly two minutes longer. By the finish in Central Park the margin had grown to nearly four minutes but Patti's reward for a splendid run was the distinction of becoming the second woman in history to crack 2½ hours. There were personal bests galore. Ingrid Christensen (24) improved some 4 min to 2:34:25 in 3rd place; Carol Gould (36) delighted herself by taking 4th in 2:35:06 — her first time under 2:40 and a mark which ranks her second on the UK all-time list behind Barnet clubmate Joyce Smith (2:33:32); and next came Gillian Adams of Aldershot who improved by over half a minute to 2:37:56 in moving from 8th to 5th in the last four miles. Two other British women who excelled themselves were Leslie Watson, who was still frisky enough after recent ultra-distance exploits to set a lifetime best of 2:45:40 in what was at

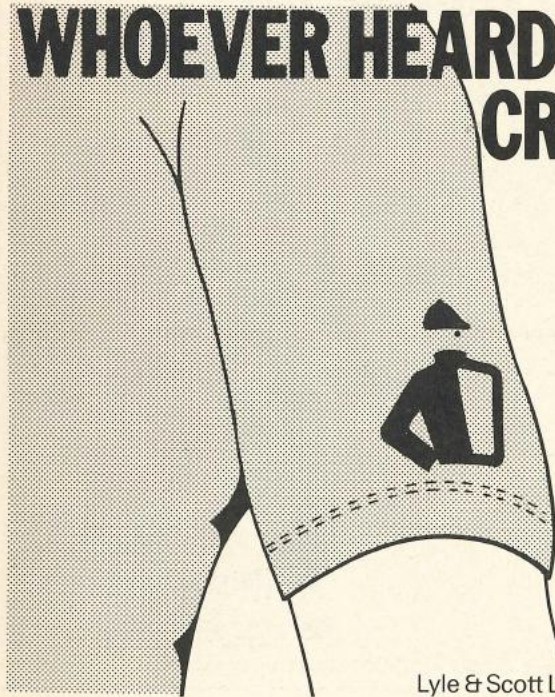
least her 13th marathon (never mind longer races!) of the year, and 22-year-old Ann King, down from 3:04:44 to 2:54:01.

"It only **looked** easy", remarked Grete after the race. "I was suffering. I felt a cramp coming in my left thigh with six miles to go and I just said 'now forget about the time, just be first woman'. At 23 miles I saw the time of 2:08:20 and I knew I had a chance to break the record". Although finishing strongly she said she felt very tired at the end. "I know one of these a year is enough", adding "I hope to be back for the marathon next year. The people cheering here are fantastic and I feel like New York is my second home". Delighted at breaking the 2:30 barrier Patti — who ran the first 16 miles with her husband — said: "I never saw Grete after 10 miles, but I kept hearing about her from the crowd. I felt good but I couldn't get my legs to go any faster. I have to work on my speed".

The men's race was a much more open affair. Four-time winner Bill Rodgers, the only runner to have broken 2:13 on this course, was the favourite of many although a widely held view was that he had harmed his chances by racing a marathon in Toronto (winning in 2:14:47) only three weeks earlier. Others fancied the prospects of Olympic silver medallist and European record holder Gerard Nijboer, or maybe Lasse Viren — reputedly running the final race of his career. Among several intriguing marathon debutants:

Continued on page 42

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Southern Women's League

Fleet, October 18th

CONFIDENT START FROM PAULA FUDGE

PAULA FUDGE wasted no time in making her mark on the large Senior field at the opening Southern Women's League match at Tweseldown Racecourse on October 18th, opening a 60 yard gap on the field by the halfway mark and extending her lead to a winning margin of 27 seconds by the finish. Val Rowe (LOAC) took second place after a race-long duel with Deansie Phillips (Croydon) and Scot, Judith Shepherd, running as a guest, was a close fourth.

Bracknell won the team race easily with 53 points from LOAC (93) although a guesting Sale Harriers team, led by sixth-placed Kath Binns, scored an unofficial 73.

Kate Fairbrass of Reading was a comfortable winner of the Intermediate race, while Michelle Walker of Parkside outsprinted National champion, Elise Lyon (Wycombe) to win the Junior event.

Seniors

1, P. Fudge (Borough of Hounslow) 17:57
2, V. Rowe (London Olympiads) 18:24
3, D. Phillips (Croydon) 18:26
4, J. Shepherd (Glas-Gst) 18:30; 5, S. Harvey (LOAC) 18:34; 6, K. Binns (Sale-Gst) 18:36; 7, S.

Samy (Brack) 18:38; 8, J. Barleycorn (Craw) 18:50; 9, S. Coulson (Brack-n/s) 18:52; 10, J. White (Mit) 18:53; 11, S. Alt (Ox. C) 18:57; 12, D. Peel (Craw) 19:04; 13, L. Stannard (Craw) 19:12; 14, H. Hollick (Sale-Gst) 19:21; 15, K. Whapshott (Brack) 19:27; 16, L. Harvey (LOAC) 19:29; 17, C. Simpson (B'mth) 19:37; 18, K. Trunley (Ilf) 19:43; 19, W. Lodge (AF&D) 19:51; 20, M. Beacham (Barn) 19:56; 21, L. Adams (Folk) 19:57; 22, M. Samy (Brack) 20:00; 23, L. King (B'stoke) 20:02; 24, S. Morley (B&H) 20:08; 25, J. Maskell (Brain) 20:10; 26, J. Murray (Sale-Gst) 20:11; 27, G. Settle (Sale-Gst) 20:12; 28, J. Bennett (Brack) 20:14; 29, J. Heywood (Wyc) 20:15; 30, C. Wilkins (Hav) 20:19.

Teams:

1, **Bracknell 72** (S. Samy, Coulson, Whapshott, M. Samy, Bennett; 46, J. Compton); 2, **London Olympiads 93** (Rowe, S. Harvey, L. Harvey; 70, L. Richardson); 3, **Crawley 112** (Barleycorn, Peel, Stannard; 79, S. Parker); 4, **Barnet 167** (Beacham; 34, B. Nelson; 48, J. Adams; 65, M. Rosen); 5, **Brighton & H 210** (Morley; 44, T. Budd; 52, J. Dicker; 90, J. Patching); 6, **Portsmouth 218** (37, J. Jones; 47,

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Intermediates

1, K. Fairbrass (Reading) 12:43
2, D. Dudley (Thurrock) 12:54
3, L. MacDougall (Glasgow-Gst) 12:59
4, K. Hughes (Thur) 13:02; 5, J. Rose (Ash) 13:08; 6, S. Jefferies (Hav) 13:09; 7, L. Wight (S&NH) 13:10; 8, S. Vinall (B&H) 13:14; 9, A. Neal (F&C) 13:15; 10, M. Witts (Ex. L) 13:15; 11, J. Wingrove (Mit) 13:23; 12, H. Churn (AF&D) 13:26; 13, R. Newman (Thur) 13:30; 14, M. Reilly (B'stoke) 13:31; 15, A. Wittekind (Dart) 13:35; 16, A. Tindall (AF&D) 13:41; 17, D. Hillyer (Havant-n/s) 13:42; 18, D. White (S&E) 13:43; 19, L. Smith (Houn) 13:49; 20, 20, S.

Foster (Thur) 13:53; 21, A. Howard (AF&D) 13:54; 22, S. Quenby (Camb. H) 13:55; 23, D. Howarth (B'mth) 13:56; 24, D. Wildash (B'stoke) 13:57; 25, N. Wool (B&H) 13:58; 26, Y. Bennett (Med) 13:59; 27, D. Wilson (Mit) 13:59; 28, L. Gilzene (Barn) 14:00; 29, K. Bonney (Barn) 14:00; 30, J. Burton (AF&D) 14:01.

Teams:

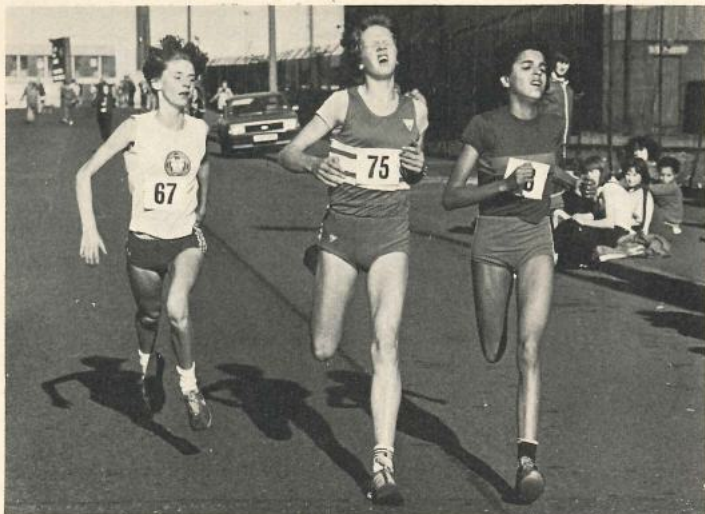
1, **Thurrock 39** (Dudley, Hughes, Newman, Foster); 2, **Aldershot F&D 79** (Churn, Tindall, Howard, Burton; 34, G. Fearnley); 3, **Mitcham 122** (Wingrove, Wilson; 35, W. Bonfield; 49, C. Gair); 4, **Brighton & H 166** (Vinall, Wool; 54, R. Wells; 79, S. Kerridge); 5, **Basingstoke 169** (Reilly, Wildash; 47, D. Jones; 84, L. Keough); 6, **Borough of Hounslow 186** (Smith; 43, S. Marshall; 58, T. Birch; 66, D. Noad); 7, **Fleet & C 208** (Neal; 40, C. Upsher; 63, A. Spelman; 96, H. Tilly); 8, **Dartford 227** (Wittekind; 41, K. Dyett; 62, J. Eldred; 109, T. Walls); 9, **Reading 268** (Fairbrass; 68, S. Carnes; 97, D. Carnes; 102, J. Wheeler); 10, **Barnet 277** (Gilzene, Bonney; 99, W. Lowe; 121, C. Maynard); 11, Verlea 285 (38, L. Ealham); 12, Stevenage & NH 298; 13, Medway 298 (Bennett; 33, S. Covington); 14, Bedford 340; 15, Essex Ladies 364; 16, Ilford 364 (36, C. O'Sullivan; 46, A. Hayes); 17, Wycombe Ph. 365 (45, C. Martin); 18, Trowbridge 384; 19, Parkside 385 (31, Z. Todd); 20, Fareham 394 (48, B. Cantle); 21, Exeter 406; 22, Oxford City (39, S. Berrill); 23, Cambridge H 423; 24,

Continued on page 40

Left to right: Paula Fudge (Borough of Hounslow), an easy winner of the Senior race at Fleet, Katie Fairbrass (Reading) winning the Intermediate event, and Angela Penfold (Thurrock) first home in the Girls' race.

Peter Williams





Eric North

A great scrap took place for second position in the Northern Junior Girls road relay championship at Leeds behind City of Hull. J. Massey (Manchester), on the right, won this battle ahead of Angela Gibson (Longwood), No. 75, and Melissa Smith (Halifax). Angela Gibson ran the fastest leg of 7:33.

MONDO TO SPONSOR FIRST INDOOR ATHLETICS LEAGUE

For the first time in British Athletics, there has been developed a competitive inter-club indoor competition. This will take the form of a league held throughout the winter months at the New River Sports Complex, Haringey, North London. Mondo Surfaces, who have laid the Mondo Sportflex Super X surface at the Centre, are providing the sponsorship after supporting a number of "open" meetings at the beginning of this year.

The League will take the form of four monthly fixtures, with the first scheduled this Sunday (Nov. 9th) at 2.30 pm, and will provide competition in sprints, hurdles, jumps and shot putting. The remaining dates are November 30th, January 11th and February 17th.

The clubs taking part are: Men — Haringey, Shaftesbury, Essex Beagles and Borough of Enfield; Women — Haringey, Borough of Hounslow, Essex Ladies and Borough of Enfield.

Barry Knight, winner of the Mike Sully race at Keynsham last Sunday, lost his Hanimex pocket camera at the meeting. Barry will refund postage if the camera is returned to 5 Princess Road, Kingtonswell, Newton Abbot, Devon.

BARRY WATSON WINS AT HARLOW

Barry Watson won the Unigate Marathon on October 25th in 2:16:43 ahead of Brian Cole (2:16:55) and Bob Cytlau (2:17:52), with Les Presland first vet home in 2:22:00. Running her first marathon, Julie Barleycorn (née van Cuylenburg) won the women's section in 2:50:17 with Gillian Burley 2nd in 2:51:00. Detailed coverage next week.

October 26th

LB Bromley Chevron Open Meeting, at Norman Park. 5000: K. Penny (Camb. H) 14:25.8. (Vets): 3000: 1, M. Batty (Thur) 9:05.2; 2, J. Oliver (Camb. H) 9:09.8. (Youths): 400: D. Taylor (B'yth) 50.4. (Boys): 400: D. Dacosta (Houn) 53.1. 800: D. Tucker (S'end) 2:05.3. (Inters): 1500: 1, J. Rose (Ash) 4:47.2; 2, J. Cooper (Newb) 4:50.0. (Juniors): 800: E. Lyon (Wyc) 2:20.0.

The address for entries to the Victoria Park Road Races (page 42, November 1st issue) should read 48 Combe Road and not as printed.

Next week's issue will include the UK Women's Top 50 lists for 1980 and an Ivan Berenyi feature on Olympic 800m champion and world record holder Nadyezhda Olizaryenko-Mushta.

THE WEEK AHEAD Contd from page 3

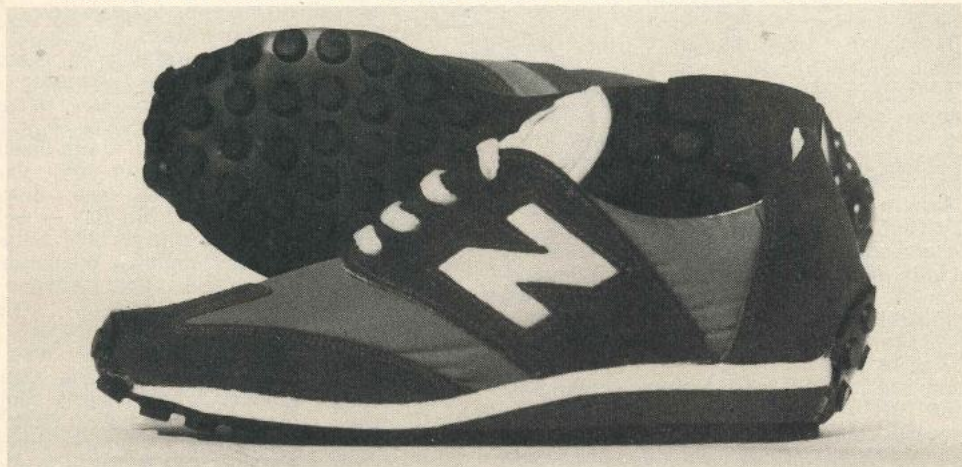
Race; Tipton '10'; Rochester '5'; AP '20'; Leamington Spa to Banbury; Tullamore Festival of Road Races, Co. Offaly, Ireland; Dawlish Open 10km Walk, Dawlish.

The AGM of the Middlesex League will take place at Francis House immediately after the SCAA/SCWAAA fixtures conference on November 18th. Any queries to Terry Ryan on 01-349 2259.

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Spotlight On Youth

TWO FUTURE DISCUS CHAMPIONS?

PAUL MARDLE

FULL NAME: Paul Stuart Mardle. **Born:** Norwich (Norfolk), 10.11.62. **Height:** 1.91m (6'3"). **Weight:** 88kg (195 lbs). **Attends:** Loughborough University, studying electronic engineering and physics. **Coached by:** his father and is a member of Tayside AC and Edinburgh AC. **Hobbies:** "Reading mostly, but I played basketball for the school and rugby for Strathmore Rugby Club". His father has been involved in club administration and coaching for the past 10 years both in Western Australia and in Scotland. **Got started in athletics when:** he joined Sorrento "Little Athletics" Club in Western Australia in 1971. He continued competing until returning to the UK in 1976.

Competed in the English Schools' Championships in 1976, placing third in the Junior discus. He has also competed three times in the Scottish Schools' Championships, winning three shot titles and three discus titles from 1977 to 1979. Brief details of achievements in other major competitions: 1978 — Schools International, 1st discus; SAAA Youths, 1st discus, 2nd shot; AAA Youths, 1st discus. 1979 — AAA Youths Indoor, 3rd shot; AAA Youths, 1st discus; Schools International, 1st discus. 1980 — SAAA, 2nd shot; SAAA Juniors, 1st discus, 1st shot; AAA Juniors, 3rd discus. Has represented Scotland in Senior Internationals (starting in 1979) is a British Junior International (W. Germany and Italy).

Annual progression:

	Shot	Discus
1976	—	43.04m (1.25kg)
1977	15.64m (4kg)	50.80m (1.25kg)
	12.75m (5kg)	41.02m (1.5kg)
1978	16.06m (5kg)	52.28m (1.5kg)
1979	16.52m (5kg)	53.80m (1.5kg)
	13.36m (7.26kg)	52.50m (1.75kg)
		44.92m (2kg)
1980	15.88m (6.25kg)	54.26m (1.75kg)
	14.39m (7.26kg)	50.26m (2kg)

Favourite event is throwing the discus. Most enjoyable part of athletics: "Good competitions where athletes have comparable pb's, and it is only the real competitor who wins, also, throwing well, most types of training and travelling". Performance which has given the greatest pleasure: "Two really. When I threw 50.26m at Coatbridge and in my last match of the year, the GRE Cup Final, where I felt really great and threw well; but I also felt I had competed for the club and helped in doing as well as we did". Greatest disappointment: "Two again — both British Junior Inter-

nationals where I threw appallingly and felt as if I had let the team down, even though we won".

Training: Trains four times a week all year round. **Typical weeks training in Summer:** Sunday & Wednesday — warm-up and loosening/co-ordination exercises. Throwing session using 3x2kg and 1x1.75kg. 8x front standing, 8x side standing, 12x run throughs, 16x full turns — all at about 90%, various sprints, hopping for speed and distance, bounding and spring jumps; Monday — weights at 90%; Thursday — weights at 75%; Saturday — competition. **Winter:** Sunday & Wednesday — throwing, mobility, circuits and medicine ball work; Monday & Thursday — weights, continuous 25%-50%, taken to exhaustion.

Main rivals: Nick Woolcott, Bob Weir and Chris Dinsdale (when he's not playing 'Genesis' at a meeting). Athletes he particularly admires: "All British throwers who have 'made it', especially Pete Tancred, who's always willing to give me tips on training, and Al Oerter for being such a great competitor. Short-term target: "To win the European Junior Championships next year and to throw 57m. To be at the Common-

TRAINING DAY

Southern Event Coaches Neville Taylor and Conrad Milton invite Middle and Long Distance athletes and coaches to a Training Day in different surroundings.

**Meet at the Wheatsheaf Car Park,
Virginia Water, Surrey**
(on the A30 1½ miles south of Egham)
at 10.30 a.m.

SUNDAY, 14th DECEMBER, 1980

A charge of 50p will be made to cover Administration costs, and this should be sent to:

Neville Taylor,
43 Burlington Road,
Isleworth, Middlesex TW7 4LX.
Tel. 01-560 5504.

ATTENTION MARATHON RUNNERS

In conjunction with a Southern Counties M.D. camp, it is hoped to arrange a Distance training day on the following dates:

Saturday, 29th November, 1980

Sunday, 1st February, 1981

Saturday, 4th April, 1981

Apart from Group runs a number of lecturettes, discussions, interviews, etc. are likely.

Anyone wishing to attend, with their coach, is asked to contact: Southern Area Event Coach (L.D.), Con Milton, 20 Seaton Drive, Ashford, Middlesex.

At only 24, Evelin Jahl won her second discus gold medal in Moscow. She also set a new world record this season with a throw of 71.50m. Another Al Oerter in the making?



George Herringshaw

wealth Games two years hence". Long-term: "To throw over 70m".

Comment: "I think there should be dope testing for the top 10-20 athletes in the world every 2-3 months throughout the year so no-one can accuse anyone of cheating. I think this is a great problem in our sport. Some people go around saying all top athletes are on some sort of drug, these are the 'lunatic fringe', but even so, they soil the reputation of top athletes and of athletics, in the general public's eye. These tests would not only stop the limited cheating that unfortunately does go on, but would also silence the lunatic fringe".

JULIA AVIS

FULL NAME: Julia Mary Avis. Born: Edware (Middlesex), 6.2.63. Height: 1.78m (5'10"). Weight: 74kg (162 lbs). Attends Orange Hill Senior High School and is a member of Barnet Ladies AC. Coach: Charles Forsythe. Hobbies: "I like music and playing badminton, but I have little time left after training and studying for 'A' levels". Became involved in athletics "by representing the school in track and field events and after I came second in the Middlesex Schools Intermediate discus in 1978 I decided to make the discus my main event. My aim then being to qualify for the ESAA Championships in 1979".

Has competed in the English Schools' Championships twice, placing seventh in the Intermediate event in 1979 and fourth in the Seniors this year. Brief details of achievements in other major competitions: 1980 — 1st Junior International v W. Germany, 2nd Home Countries U/21 International, 7th WAAA (Seniors).

Annual progression:

1978 — 28.24m 1979 — 36.92m 1980 — 49.28m

Favourite event is throwing the discus. Most enjoyable part of athletics is "the atmosphere of a big meeting and the friendliness of the other competitors. I dislike the coaching that goes on from the sidelines and wish that the field judges



would be stricter in applying the rules". Performance that has given greatest pleasure: "Winning my first Junior International match against W. Germany at Grangemouth". Greatest disappointment: "The week after winning at Grangemouth I threw badly at the English Schools' Championships and finished fourth".

Training: Summer: Monday — jumping, weights, sprints; Tuesday — jumping, throwing; Wednesday — heavy weights; Thursday — jumping, throwing, sprints; Friday — light weights; Saturday — competition or throwing session; Sunday — jumping, throwing. **Winter:** Monday — weights; Tuesday — jumping, throwing; Wednesday — jumping, weights; Thursday — light weights; Friday — weights; Saturday — jumping, throwing, sprinting; Sunday — jumping, throwing, sprinting. "My main rivals are the three girls in my own age group — Janette Picton, Susan Parker and Lynda Whiteley".

"I admire the president of my club — Joyce Smith — who, at the age of 42, is still winning marathons and yet finds time to encourage us lesser mortals". Short-term target: "A steady improvement in my technique in order that I might achieve a higher standard next year in the major competitions". Long-term: "To continue training hard through the next few years in order to obtain a full International place".

"My main criticism is the lack of coaches for

the throwers. I found it difficult to find anyone interested enough to give me regular coaching and became very despondent. Eventually, in August of last year, Charles Forsythe of Bracknell agreed to coach me and my improvement since then has been mainly due to his expertise. Training at Bracknell twice a week means a weekly total of 140 miles travelling. I am certain I am not the only person in this position".

"I deplore the use of drugs in athletics and should any of my fellow throwers start taking drugs I would not wish to go on competing against them. The old saying 'If you can't beat them, join them' does not apply in this case".

HASTINGS '1066' ROAD RACES

At Hastings, October 18th

5x4500m Relay

1, Cambridge H (D. Roberts 14:04, P. Pape 14:01, P. Gaden 13:30, G. Meredith 14:15, K. Penny 13:17) 69:07;

2, Brighton & H (P. Witcombe 14:03, M. Lassetter 13:31, C. Bigg 14:25, M. Paterson 13:53, T. Challenger 14:04) 69:56;

3, Crawley (A. Lintern 14:31, A. Douglas 13:33, M. Clarke 14:21, F. Tota 13:19, P. Baker 14:20) 70:04;

4, Hastings 70:17; 5, Hastings 'B' 72:50; 6, Brighton & H 'B' 73:27; 7, Cambridge H 'B' 74:02; 8, Brighton & H 'C' 74:43; 9, Tonbridge 77:15; 10, E. Grinstead 78:40. **Fastest:** Penny 13:17; Tota 13:19; D. Stevens (Hast) 13:20; Gaden 13:30; Lassetter & Douglas 13:33. **(Youths):** 1, D. Bean (Folk) 14:33; 2, J. Lassetter (Pat) 14:44; 3, J. Grix (Dart) 14:52; 4, A. Marshall (Craw) 15:08; 5, M. Stewart (Ton) 15:15; 6, M. Maughton (Craw) 15:20; 7, R. Carter (Pat) 15:35; 8, P. Clark (Craw) 15:36; 9, B. Collins (Folk) 15:42; 10, P. Hitchcock (Folk) 15:55. **Teams:** 1, Crawley; 2, Folkestone; 3, Patcham Fawcett. **(Boys):** 1, M. Howard (Worth) 11:29; 2, K. Howard (Worth) 11:34; 3, M. Haseltine (B&H) 11:40; 4, D. Groom (Camb. H) 11:52; 5, A. Hawking (Camb. H) 11:52; 6, P. Haley (Camb. H) 11:54. **Teams:** 1, Worthing 13; 2, Cambridge H 15. **(Colts):** 1, J. Sisley (E. Grin) 8:38; 2, M. Boakes (Pat) 8:58; 3, C. Grantham (Craw) 9:17. **Team:** Crawley. **(Women):** 1, A. Gooderham (Chel) 12:37; 2, E. Sloan (Hast) 12:42; 3, G. Markwell (Chel) 13:33; 4, T. Astley (Hast-I) 13:45; 5, J. Wright (Hast) 13:53; 6, S. Brownhill (Hast-I) 14:44. **Team:** Hastings. **(Juniors):** 1, J. Gray (Worth) 9:41; 2, S. Ling (Hast) 10:08; 3, A. Forster (E'bourne) 10:25. **Team:** Hastings. **(Girls):** 1, N. Cramp (Hast) 10:07; 2, S. Seymour (Hast) 10:18; 3, H. Leahy (Worth) 10:43. **Team:** Hastings.

S.C.A.A.A./S.C.W.A.A.A.

FIXTURES CONFERENCE

The Colson Room,
Francis House, Francis Street,
Victoria, London S.W.1.

TUESDAY, NOVEMBER 18th
at 6.30 p.m.

Club's Promotion Secretaries, men and ladies, should telephone fixtures in advance to Peter Carr.

NEW telephone no. 01-828 8640

STOP PRESS — Just landed, the Eagle from Nike. Sizes 6-12 £33.95. Now available from Running Wild. See next week for details.

Treadwell's Swiss Triumph

BOB TREADWELL ended Brighton Concord's holiday tour of Switzerland on a high note by winning the Sierre-Montana Mountain classic over 14km on October 12th, adding to the win in the 'Trophy du Lapin Vert' on October 4th.

The pre-race publicity centred round the three main protagonists — namely Treadwell, Lismont and Wessinghage — the latter trying his hand at this type of racing for the first time. A classy joker had been added to the pack by the name of Dave Cannon, fresh from his Montreal Marathon win.

After the preliminary dash of the first kilometre, Karel Lismont had started as he intended to continue, by attacking. Allowing Lismont to take the brunt of the early pace making, Treadwell, David Clarke and Barry Watson were running some 30m down, keeping the pace just below debt level for the steeper climbing to come. Through 5 km, positions were the same at the front, but 150m in arrears of Treadwell and company Brighton Concord's Mike Gratton had taken the initiative to chase his fellow Britons ahead of him. His move was followed by Cannon and between them had closed down to within 70m by 6km. Fog and hail played their parts between 7km and 9km with considerable movement between the runners from 8th to 20th places.

As the leaders appeared out of the fog at 10km, Lismont was still there in prime spot but had been closed down to only 5m by Treadwell, Clarke and Watson. A steep rise to 11km saw Treadwell 'put the boot in' and opened up an immediate 30m advantage on the tiring Belgian, Clarke and Watson. Once away, Treadwell's only concern over the last 3km was to put as much ground between him and who was going to finish in the other frame positions.

In the final analysis it was Lismont who dug deep into the reserves to finish second and the evergreen Watson to out-climb Clarke for third place. Treadwell was to make history as the only man to win this classy race three times in a row. Special mention, I feel warranted, for the super fit Les Presland who had ran one minute faster than his previous five occasions to fill 5th position and to Thomas Wessinghage for his dignity in defeat, as this form of racing has proved not to be his 'ball game' at all, but stood proud on the rostrum to receive a small plaque for finishing in 24th place.

Tony Tilbury

1, R. Treadwell (B'ton C) 53:27; 2, K. Lismont (Bel) 53:54; 3, B. Watson (Camb. H) 53:58; 4, D. Clarke (B'ton C) 54:10; 5, L. Presland (AF&D-V) 55:15; 6, D. Cannon (Gat) 55:39 ... 12, M. Woods (AF&D) 56:56; 14, J. Temperton (A&SV) 57:00; 17, M. Gratton (B'ton C) 57:16; 21, M. Short (Horw) 57:51; 22, J. Mouat (Hill) 58:06.

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	6-10 (incl. 1/2's) & 12	£9.99				

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Cross Country Leagues

NORTH WEST LONDON YOUNG ATHLETES LEAGUE

At Whetstone, October 4th

(Youths): 1, G. Wilson (Barn) 16:03; 2, D. Phombeah (Shaft) 16:18; 3, P. Simons (Shaft) 16:24; 4, R. Ede (Barn) 16:30; 5, M. Edwards (Barn) 16:39; 6, E. Fowler (Barn) 16:40. **Teams:** 1, Barnet 16; 2, Shaftesbury 20; 3, Verlea 52. (Boys): 1, G. Salim (Har) 14:03; 2, G. Watts (Lon. I) 14:17; 3, M. Nyrenda (Lon. I) 14:34; 4, R. Bailey (Barn) 14:35. **Teams:** 1, Haringey 29; 2, Barnet 43; 3, Shaftesbury 46. (Colts): 1, D. Wright (Shaft) 12:25; 2, L. Coen (Tring) 12:51; 3, S. Flowers (Shaft) 13:02. **Teams:** 1, Shaftesbury 20; 2, Tring 47. (U/11): M. Connolly (Shaft) 9:35. **Team:** Shaftesbury.

CHINGFORD LEAGUE

5000m Road Race, at Eastway Cycle Circuit, October 7th

1, M. Ellison (Har) 15:07; 2, J. Golding (Walt) 15:09; 3, J. Kilsby (Har) 15:12; 4, S. Kerr (Enf) 15:18; 5, O. Arif (N. Lon) 15:27; 6, G. Ward (Har) 15:40; 7, C. Barley (Enf) 15:44; 8, S. Surridge (Walt) 15:46; 9, S. Hunter (Har) 16:02; 10, M. Heath (Har) 16:02; 11, A. Rich (Walt) 16:03; 12, M. Hobbs (Enf) 16:06; 13, J. Scott (Barn) 16:06; 14, N. Traynor (N. Lon) 16:12; 15, A. Campbell (Enf) 16:15; 16, P. Reed (VPH) 16:18; 17, J. Anstey (VPH) 16:24; 18, K. Lowe (VPH) 16:25; 19, A. Barber (VPH) 16:26; 20, S. Trew (Enf) 16:28. **Teams:** 1, Haringey 50; 2, Borough of Enfield 85; 3, Walthamstow 139; 4, Victoria Park 147; 5, N. London 155; 6, Barnet 203.

Cross Country, at Trent Park, October 18th

1, Kilsby 25:43; 2, Goldring 25:56; 3, Ellison 25:57; 4, C. Moxsom (Har) 25:58; 5, Kerr 26:01; 6, M. English (N. Lon) 26:04; 7, Barley 26:07; 8, Campbell 26:08; 9, Surridge 26:17; 10, P. Holland (N. Lon) 26:20; 11, M. Heath 26:38; 12, Ward 26:42; 13, P. Field (N. Lon) 26:46; 14, K. Davies (N. Lon) 26:51; 15, D. Hardstaff (N. Lon) 26:57; 16, Hunter 26:59; 17, G. Harrold (Enf) 27:04; 18, Traynor 27:11; 19, M. Hobbs (Enf) 27:14; 20, A. Sullivan (N. Lon) 27:20. **Teams:** 1, Haringey 47; 2, N. London 76; 3, Borough of Enfield 85; 4, Walthamstow 137; 5, Victoria Park 272; 7, Barnet 305.

NORTH MIDLANDS LEAGUE

At Derby, October 11th

1, C. Woodhouse (Derby) 32:37
2, J. Clarke (Grimsby) 33:24
3, C. Mochrie (Leicester) 33:39
4, D. Clarke (Charn) 33:46; 5, J. Masterson (Leic) 33:47; 6, M. James (Charn) 33:51; 7, D.

Lem (Leic) 33:54; 8, I. Robertson (Der) 33:55; 9, G. Fell (Notts. U) 33:57; 10, D. Reeves (Der) 33:58; 11, P. Sanderson (Leic) 34:04; 12, M. Palmer (Notts) 34:08; 13, J. Henshall (Der) 34:27; 14, I. Mills (Notts) 34:29; 15, I. Raiment (Lough) 34:30; 16, R. Brewitt (Holb) 34:42; 17, I. Kiltie (Der) 34:46; 18, R. Milne (Notts) 34:53; 19, A. Reade (Grim) 34:54; 20, G. Ineson (TP) 34:59; 21, T. Bailey 35:08; 22, S. Martin (Lough) 35:13; 23, M. Whatmough (Lin. W) 35:15; 24, J. Bristow (Lough) 35:19; 25, M. Smith (Notts) 35:20. **Teams:** 1, Derby 49; 2, Leicester 54; 3, Notts 107; 4, Grimsby 129; 5, Loughborough Stu. 155; 6, Charnwood 159. (Youths): 1, K. Lamb (Der) 17:43; 2, G. Lucas (S. in A) 17:49; 3, P. Makepeace (Leic) 17:53; 4, N. Bullimant (S. in A) 18:10; 5, P. Davies (Der) 18:29; 6, A. Tonge (Lin. W) 18:35; 7, P. Ward (S. in A) 18:43; 8, A. Root (Leic) 18:44; 9, M. Walker (Leic) 18:57; 10, J. Parker (Charn) 18:53. **Teams:** 1, Sutton in Ashfield 13; 2, Derby 17; 3, Leicester 20; 4, Charnwood 42. (Boys): 1, A. Aled (S. in A) 9:41; 2, S. Allen (Grim) 9:45; 3, S. Pratt (Charn) 9:51; 4, G. Morris (Leic) 9:58; 5, K. Wilkinson (Notts) 10:03; 6, A. Teague (Newk) 10:07. **Teams:** 1, Sutton in Ashfield 24; 2, Leicester 37; 3, Derby 39. (Colts): 1, M. Borrett (Holb) 10:49; 2, R. Hesmondhalgh (Leic) 10:51; 3, S. Harrison (Grant) 10:51; 4, C. Swallow (Newk) 11:03. **Teams:** 1, Charnwood 20; 2, Leicester 23; 3, Holbeach 26.

WESTWARD LEAGUE

At Yeovil, October 11th

1, G. Seward (Exeter) 28:36
2, C. Hazelwood (Royal Marines) 28:51
3, K. Heather (Duchy of Cornwall) 29:14
4, C. Abrahams (Torb) 29:49; 5, J. Zaple (Exe) 29:51; 6, W. Venus (RM-V) 29:57; 7, A. Rowling (DoC) 29:58; 8, W. Valentine (Torb) 30:02; 9, R. Butler (N. Dev) 30:25; 10, J. Flatters (Torb-V) 30:35; 11, K. Cawley (Ply) 30:40; 12, M. Exley (Ply) 30:47; 13, R. Chudley (Torb) 30:50; 14, V. Webster (DoC) 30:53; 15, J. Street (DoC) 31:05; 16, G. Plant (Exe) 31:33; 17, P. Meredith (DoC) 31:44; 18, G. French (Ply) 32:04; 19, M. Parker (Exe) 32:11; 20, M. Spencer (Exe) 32:23. **Teams:** 1, Duchy of Cornwall 449; 2, Torbay 447; 3, Exeter 444; 4, City of Plymouth 406; 5, Royal Marines 341; 6, Exeter Univ. 315; 7, Exeter 'B' 284; 8, Tiverton 244. (Vets): 1, Venus; 2, Flatters; 3, T. Honeychurch (Torb) 32:44; 4, C. Mills (Torb) 33:19; 5, P. Bolt (Tiv) 33:59. (Youths). 1, M. Hawkins (Exe) 19:01; 2, A. Moore (DoC) 19:24; 3, C. Dunne (Ply) 19:29; 4, D. Dixon (Pres. S) 19:52; 5, M. Northam (Ply) 19:57; 6, M. Twormey (Ply) 20:05; 7, N. Young (Pres. S) 20:12; 8, N. Marles (Pres. S) 20:26; 9, A. Reed (Exe) 20:30; 10, S. Towzer (T&WS) 20:38; 11, D. Hunt (Exe) 20:39; 12, P. Collins (DoC) 20:45. **Teams:** 1, City of Plymouth 289; 2, Preston Sch. 284; 3, Exeter 282; 4, Duchy of Cornwall 275.

(Boys): 1, M. Roberts (Torb) 15:41; 2, P. Edworthy (Exe) 15:46; 3, T. Brice (Ply) 15:53; 4, A. Ivory (Est) 15:58; 5, P. Piper (New. A) 16:08; 6, B. Horley (Pres. S) 16:13; 7, S. Alford (Pres. S) 16:20; 8, M. Heritage (T&WS) 16:22. **Teams:** 1, Torbay 362; 2, Preston Sch. 357; 3, Duchy of Cornwall 345; 4, Exeter 338. **(Colts):** 1, P. Gribble (DoC) 12:37; 2, I. Miller (DoC) 12:44; 3, S. Lloyd (Torb) 13:05; 4, J. Field (Pres. S) 13:14. **Teams:** 1, Duchy of Cornwall 377; 2, Preston Sch. 357. **(Women):** 1, Y. Jones (Tiv) 13:12; 2, G. Burley (Exe) 13:35; 3, C. Bolt (Tiv) 13:44; 4, H. Myers (Torb) 13:46; 5, L. Lavercombe (Exe) 13:50; 6, C. Bartlett (Ply) 13:51; 7, S. Hawkswood (Ply) 13:51; 8, S. Lovemore (Exe. U) 14:16; 9, W. Harvey (Ply) 14:26; 10, S. Hoskings (DoC) 14:29; 11, S. Brimblecombe (Exe) 14:35; 12, C. Curnow (Exe. U) 14:43. **Teams:** 1, Exeter 285; 2, City of Plymouth 281; 3, Tiverton 277; 4, Exeter Univ. 263. **(Juniors):** 1, M. McKie (Exe) 12:00; 2, L. Turtle (DoC) 12:16; 3, M. Lavercombe (Exe) 12:28; 4, B. Mutter (Torb) 12:42; 5, S. Parker (Exe) 12:47; 6, J. McKie (Exe) 12:53. **Teams:** 1, Exeter 294; 2, Torbay 281. **(Girls):** 1, E. Avery (Ply) 9:06; 2, A. Hughes (Torb) 9:07; 3, C. Darke (New. A) 9:18; 4, L. Ashe (DoC) 9:19. **Teams:** 1, Duchy of Cornwall 287; 2, City of Plymouth 280.

CHILTERN LEAGUE (Division 1)

At Bracknell, October 11th

1, P. Flavel (Ox. C) 26:08; 2, R. Harris (Ox. C) 26:36; 3, P. Lanfear (Read) 26:39; 4, C. Stebbings (Lut) 27:01; 5, R. Tyler (Read) 27:22; 6, M. Duff (WS&E) 27:24; 7, M. Lepps (Old G) 27:30; 8, A. Newman (Ox. C) 27:34; 9, J. Spooner (WS&E) 27:35; 10, D. Wheeler (Ox. C) 27:39; 11, K. Holmes (Brack) 27:41; 12, G. Youngs (Read) 27:47; 13, S. Eschelby (VoA) 27:50; 14, P. Ingvorsen (WS&E) 27:51; 15, J. Polgreen (Ox. C) 27:54; 16, J. Austin (Brack) 28:04; 17, M. Cursons (Old G) 28:07; 18, G. Platt (Brack) 28:09; 19, C. Press (Ox. C) 28:11; 20, J. Carswell (Brack) 28:14. **Teams:** 1, Oxford City 1116; 2, Reading 1100; 3, Windsor S&E 934; 4, Bracknell 904. **(Youths/Boys):** 1, J. Thompson (Brack) 13:45; 2, G. Marlow (Brack) 13:49; 3, M. Billings (Ox. C) 13:50; 4, S. Male (Ox. C) 13:52; 5, T. Hawley (Ox. C) 13:54; 6, M. Nicholson (Brack) 13:58. **Teams:** 1, Oxford City 353; 2, Bracknell 331; 3, Wycombe Ph. 287. **(Colts):** 1, S. Hudson (Brack) 9:51; 2, D. Brown (Ox. C) 9:58; 3, M. Brown (Brack) 10:02. **Teams:** 1, Bracknell 160; 2, Oxford City 149.

At Hatch End, October 25th

1, A. Simmons (Lut) 28:28; 2, W. Dee (Lut) 29:03; 3, Tyler 29:21; 4, M. Lepps (Old G) 29:31; 5, M. Green (Old G) 29:35; 6, R. Graham (WS&E) 29:36; 7, Wheeler 29:37; 8, Duff 29:41; 9, K. Nelson (WS&E) 29:42; 10, S. Penny (Old

G.) 29:47; 11, — 29:50; 12, J. Jones (WS&E) 29:52; 13, Eschelby 29:55; 14, C. Payne (Brack) 29:57; 15, N. Pacey (Lut) 29:58; 16, Youngs 29:58; 17, Carswell 30:05; 18, G. Thomas (Lut) 30:07; 19, J. Spooner (WS&E) 30:10; 20, R.

THE Journal

MORPETH TO NEWCASTLE OPEN ROAD RACE



(Under A.A.A. Laws)

Open to all male
amateurs aged 18
years and over. Run
13½ miles, between
Morpeth and
Newcastle on

**THURSDAY,
JAN. 1, 1981**

Start 1.45 p.m.
Finish 2.50 p.m.
(approx.)

OVER £300 IN PRIZES

Prizes include 1st prize
worth £45 and the Journal
Challenge Trophy. 3 Team
Prizes worth £10 each and the
Newcastle Harriers Team
Challenge Trophy for the
winning team.

Plus many more super prizes,
including special awards for
veterans and novice runners.

Special deal for competitors
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single room plus English
breakfast.

**ENTRIES CLOSE
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Contact the Honorary
Organiser for entry forms
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Mr W. Y. Dewing,
19 Swaledale Gardens,
Newcastle-upon-Tyne,
NE7 7TA.

Organised by
**Elswick Harriers, Gosforth Harriers,
Heaton Harriers and
Morpeth Harriers**

Smith (WS&E) 30:25. **Teams:** 1, Windsor S&E 975; 2, Luton 897; 3, Bracknell 752; 4, Old Gaytonians 732. (**Youths/Boys:**) 1, K. Miller (VoA) 15:30; 2, M. Seymour (Wyc) 15:32; 3, D. Brockwell (WS&E) 15:34; 4, R. Cackett (Wyc) 15:36; 5, Hawley 15:39; 6, Billings 15:44. **Teams:** 1, Wycombe Ph. 337; 2, Oxford City 301; 3, Bracknell 287. (**Colts:**) 1, Hudson 9:26; 2, D. Brown 9:39; 3, D. West (Brack) 9:55. **Teams:** 1, Bracknell 126; 2, Oxford City 103.

REEBOK LEAGUE

At Guildford, October 11th

1, P. Kemp (Leic. U) 33:39; 2, I. Patten (Bris. U) 34:01; 3, D. Golding (Ox. U) 34:18; 4, G. Wightman (Bris. U) 34:31; 5, J. Leonard (Lon. U) 34:42; 6, N. Appleby (Soton. U) 34:57; 7, N. Cowie (Bris. U) 35:06; 8, M. Hookway (Soton. U) 35:38; 9, C. Bradley (Soton. U) 35:38; 10, R. Sweatman (Soton. U) 35:54. **Teams:** 1, Bristol Univ. 580; 2, Southampton Univ. 551; 3, Oxford Univ. 539; 4, Leicester Univ. 452. (**Women:**) 1, T. Budd (Ox. P) 20:56; 2, L. Gir (KAC) 21:28; 3, A. Larcombe (Read. U) 22:08; 4, S. Scott (Read. U) 23:59. **Teams:** 1, Oxford Poly. 16; 2, Reading Univ. 15.

SOUTH YORKSHIRE LEAGUE

At Wombwell, October 12th

1, M. Chorlton (Stain-J) 35:06; 2, C. Bloor (Sheff-J) 35:39; 3, B. Mullarkey (Roth) 35:46; 4, C. Gillott (Hallam) 35:50; 5, C. Maddox (Sheff) 36:16; 6, M. Cochran (Stain) 36:34; 7, P. Bradley (Dark P) 36:51; 8, E. MacKenzie (Barns) 36:53. (**Vets:**) 1, E. Kirkup (Roth) 38:14; 2, M. Hague (Roth) 38:22; 3, M. Simpson (Rock) 39:02. (**Youths:**) 1, I. Chorlton (Stain) 20:49; 2, E. Shepherd (Hallam) 21:16; 3, S. Field (Hallam) 21:20; 4, A. Rawdin (Chest) 21:26; 5, P. Taylor (Rock) 21:46; 6, A. Rose (Barns) 21:59. (**Boys:**) 1, D. Wardley (Sheff) 13:10; 2, M. Wilson (Hallam) 13:43; 3, R. Winstanley (Roth) 13:45. (**Colts:**) A. Hayley (Stain) 14:12. (**U/11:**) D. Oxley (Hallam) 6:16. (**Women:**) 1, J. Furniss (Sheff) 14:04; 2, J. Walker (Sheff) 15:19; 3, C. Lucas (Barns) 15:29; 4, S. Moxon (Roth) 15:40; 5, T. Ashmore (Sheff) 15:42. (**Inters:**) 1, K. Barringham (Hallam) 14:51; 2, R. Hill (Roth) 16:05; 3, T. Howe (Hallam) 16:08; 4, L. Goodliffe (Rock) 16:15; 5, S. Moxon (Roth) 16:37. (**Juniors:**) 1, S. Singleton (Sheff) 13:16; 2, H. Gent (Roth) 13:50; 3, J. Cutler (Roth) 14:01. (**Girls:**) L. Ewing (Stain) 13:27. (**U/11:**) K. Middleton (Hallam) 6:54.

WESSEX LEAGUE

At Poole, October 12th

1, P. Banning (Andover) 24:16
2, P. Russell (Weymouth) 24:40
3, A. Coleman (Weymouth) 24:41
4, R. Morgan (B'mth) 24:59; 5, G. Anderson (Newb) 25:08; 6, P. Wheeler (Ov) 25:29; 7, H. Chadwick (B'mth) 25:48; 8, S. Hodgson (Swin)

25:54; 9, B. Smith (B'mth) 26:00; 10, J. Hurt (B'mth-V) 26:02; 11, J. Bolton (Wey) 26:05; 12, B. Jones (B'mth) 26:11; 13, D. White (Barc) 26:20; 14, G. Adams (Salis) 26:23; 15, S. Crawshaw (Dors) 26:25; 16, P. Dover (Yeo) 26:26; 17, P. Gibbins (Fare) 26:29; 18, D. Eckersley (Newb) 26:31; 19, D. Balderson (B'mth) 26:49; 20, C. Larkin (Win) 26:51. **Teams:** 1, Weymouth 16; 2, Bournemouth 20; 3, Overton 59; 4, Newbury 68; 5, Salisbury 79; 6, Swindon 100. (**Vets:**) 1, Hurt; 2, T. Northwood (Trow) 27:59; 3, D. Amey (Salis) 28:20; 4, D. Bucke (Wey) 28:30; 5, D. Clarke (New) 28:31; 6, T. Vincent (Dors) 28:45. **Teams:** 1, Bournemouth 133; 2, Overton 179. (**Youths:**) 1, P. Squire (Swin) 15:29; 2, R. Brewster (Salis) 15:35; 3, S. Male (Ox. C) 15:37; 4, C. Walters (Ox. C) 15:38; 5, C. Fitzgerald (Swin) 15:43; 6, P. Facey (And) 15:56. **Teams:** 1, Swindon 13; 2, Oxford City 19; 3, Andover 27. (**Boys:**) 1, M. Brewster (Salis) 11:49; 2, R. Scott (Ox. C) 11:58; 3, R. Brown (B'mth) 12:05; 4, I. Todd (Hen. H) 12:19; 5, P. Pirrie (B'mth) 12:24; 6, G. Shaw (Yeo) 12:27. **Teams:** 1, Bournemouth 15; 2, Oxford City 28. (**Colts:**) 1, D. Brown (Ox. C) 10:34; 2, B. Nixon (Poole) 10:36; 3, S. Honeybun (Poole) 10:47; 4, S. Brammer (B'mth) 10:51. **Teams:** 1, Oxford City 13; 2, Poole GS 14. (**Women:**) 1, S. Alt (Ox. C) 16:48; 2, S. Walters (Ox. C) 19:18; 3, C. Curthoys (B'mth) 19:23; 4, L. Kirk (Win) 20:01. **Teams:** 1, Oxford City 9; 2, Bournemouth 22; 3, Winchester 34. (**Inters:**) 1, J. Cooper (Newb) 13:24; 2, D. Howarth (B'mth) 13:37; 3, S. Berrill (Ox. C) 14:02. **Teams:** 1, Bournemouth 20; 2, Trowbridge 28. (**Juniors:**) 1, K. Petford (And) 10:49; 2, H. Wallace (And) 11:05; 3, H. Appleby (And) 11:09; 4, L. Pigrome (And) 11:10. **Team:** Andover. (**Girls:**) 1, S. Cook (B'mth) 6:16; 2, S. Wheeler (B'mth) 6:22; 3, J. Petford (And) 6:26. **Team:** Bournemouth.

SCOTTISH SERVICES LEAGUE

At Lossiemouth, October 15th

1, Lang (Elg-Gst) 32:41; 2, Millan (A'deen-Gst) 32:43; 3, Spotswood (45 C) 32:53; 4, Howle (45 C) 34:23; 5, Johnston (Loss) 35:03; 6, McLeod (45 C) 35:22. **Team:** 45 Commando.

WEST YORKSHIRE LEAGUE

At Harrogate, October 18th

1, R. Harbisher (Long) 27:50; 2, R. Holdsworth (Hal) 27:55; 3, A. Spence (Bing) 28:01; 4, G. Edwards (Bing); 5, S. Sowerby (Harr); 6, J. Verity (Bing). **Teams:** 1, Bingley 50; 2, Airedale & SV 131; 3, Harrogate 174. (**Youths:**) 1, N. Horn (Holm); 2, S. Fielding (Bing); 3, A. Rodgers (Leeds); 4, A. Manning (Rown); 5, S. Degnan (Long); 6, G. Boyd (Hal). **Teams:** 1, Longwood 32; 2, Rowntrees 40; 3, Holmfirth 54.

Who's Who In British Athletics

COLIN REITZ

FULL NAME: Colin Robert Reitz. Born in Clapton, London, 6.4.60. Height: 1.86/6'1"; Weight: 73kg/161lbs; Pulse rate at rest: 58. Club: Essex Beagles AC. Unemployed. Lives in Chigwell, Essex. Single. Hobbies & interests: music — James Taylor, Derek & Clive, Dire Straits.

Became interested in athletics "through Tony Wadhams, whom I met when I was running in the Essex Cross Country Championships in 1974. He asked me if I wanted to join Essex Beagles, which I did, as a way of keeping fit for football which was then my favourite event". Started at 1500m and 1500mSC, "which I hated". Joined Essex Beagles in 1974. Competed in the English Schools Championships once: 1975, 1500SC — 4th.

Early inspiration: "It has to be David Bedford. I feel sure that if he had worked more on improving his basic speed, he would have been an Olympic Champion". The athlete he most admires today is Bronislaw Malinowski. "I observed him in Moscow and was very impressed. He certainly gets my 'Mr Cool' award for the way he won the Olympic final". International level realisation: "Deep down I always knew I would

make international level". Favourite event now is 1500m.

Personal bests: All in 1980: 800m — 1:50.0; 1500m — 3:40.8; 3000m — 7:53.4; 3000mSC — 8:29.8. Other achievements during his career include: 1979 — 2nd European Junior 2000mSC, British Junior 2000mSC record holder; 1980 — 1st Emsley Carr Mile, Olympic semi-finalist 3000mSC.

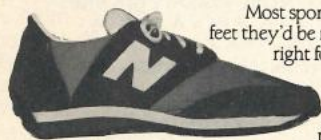
Annual progression:

	1500m	3000mSC
1975	4:09.4	9:43.8
1976	4:07.4	9:16.6
1977	3:54.0	9:03.3
1978	3:46.2	9:01.5
1979	3:42.5	8:42.8
1980	3:40.8	8:29.8

Most pleasing performance was winning the Emsley Carr Mile "because it is a prestigious race. I was also pleased with my run in China. I wasn't feeling my best the day before the race or while warming up". (He won the 1500m in 3:41.0, ahead of Craig Masback's 3:43.0). Greatest disappointment: "No real disappointments. The only time I'm disappointed is when I know that I haven't given 100%". Immediate aim is to keep improving and long-

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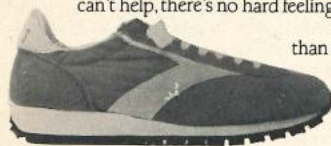
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John Burles



MICHELIN ATHLETIC CLUB ATHLETIC SECTION

13th Annual

CROSS COUNTRY RELAY RACE Senior Men 4 x 2 Miles

(Under A.A.A. Laws)

SATURDAY, 24th JANUARY, 1981
at 2.30 p.m.

Start from the Sports Centre,

Rosetree Avenue, Trent Vale, Stoke-on-Trent

Prizes 1st, 2nd & 3rd teams, 3 fastest laps, 1st unplaced 'B' team and 1st unplaced Vets.

Entry Fee: £1.50 per team of 4 runners, (cheques & P.O.'s made payable to Michelin Tyre Co. Limited).

Teams to be declared on the day.

ALSO

Young Athletes 2 Mile Cross Country Race

Open to Boys U/17 years (as at 1.9.80)

Start: 2.00 p.m., same venue

Awards: Trophies and medals for first 3 individuals and first 3 teams of 4.

Entry Fee: 20p an individual.

Entries, both races, to: John Nolan, 7 Kendal Place, Clayton, Newcastle, Staffs. ST5 3QT. Tel. 0782 625726. Daytime enquiries, Michelin Sportsground: 0782 642369.

term goal is "to reach my full potential". Intends competing "as long as my parents will keep me. The day they don't, I'm in trouble!" Will stay in athletics after retirement "only if they pay me!" What he likes most about athletics is "going away on trips, competing to the best of my ability, then having a bit of a laugh with the rest of the middle distance boys". Dislikes "athletes who use their mouths instead of their brains. The way Mr Walker slagged us off in this year's Centenary Mile was a joke. Saying that we were only running for third may have been true, yet he had no chance of out-kicking Steve, so why didn't he pick up the pace instead of running for second?" No-one else in his family is involved in athletics.

Advice to a youngster taking up athletics: "Don't take up athletics too early. The drop out rate at around 15 and 16 is worst, mainly through leaving school and going to work, or kids giving up because they have been running for years then suddenly as they get older, they realise there are other things to do".

Comment: "Surely it's time for athletics to go 'open'. I and my fellow athletes have sacrificed careers in order to reach a goal in track and field. Surely we deserve more than medals, a few free cokes and a pat on the back for our troubles. If it wasn't for my parents and the Sports Aid Foundation, I wouldn't be able to train in the manner I need to reach my full potential.

"The Junior set-up in this country is excellent.

BASINGSTOKE ATHLETIC CLUB FAIRWAY FURNISHING

16th Senior Men's & 1st Ladies'

6 Mile Road Race

Sponsored by Fairway Furnishings

SUN., 30th NOVEMBER, 3 pm Start

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

1979 Winner John Cain

Team & Ind. Trophies. Awards include 12 Great Value Ind. prizes as well as 1st 3 Teams, 1st B Team & 1st 3 Vets.

Ladies race: 1st 5 Individuals.

Consolation prizes of Attractive Styled Coffee Mugs to next 50 athletes not receiving any other awards.

Prizes total £100 plus.

ALSO

YOUNG ATHLETES 3 MILES

(U/18 on 1.9.80) — 2.30 p.m. Start

Traditionally Y.A. Winner reaches top.

Trophy & Awards: 1st 3 Teams & 1st 3 Inds. also consolation prizes. All awards engraved.

Fees: Seniors 40p, Y.A. & Ladies 30p per Ind. No team fee — 3 score Senior & Y.A. Races. Cheques & P.O.'s payable to Basingstoke A.C.

Entries to: Ian Byett, 21 Bardwell Close, Basingstoke, Hants. (Tel. 28401). S.A.E. for travelling details & venue.

ENTRIES PLEASE BY NOVEMBER 21st

Any entries on day double fees

Last year it helped people in my age group, such as Binns, Cram, Doherty, Williamson, Morton and myself, to experience international competition before becoming full internationals, which can only be of benefit".

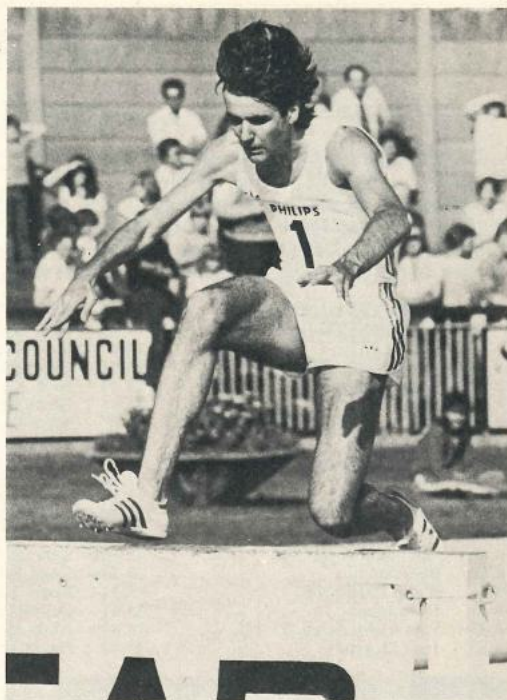
Training

Trains twice a day all year-round with the first session at around 10.30 am, for 30 minutes, and in the evening for around an hour. All his steady runs are done in Hainault Forest (1 mile away) and his track sessions are done at Hornchurch Stadium though sometimes at Crystal Palace.

Was coached by Dave Green in his early days "who kept me on the right tracks when a lot of the kids I knew were falling away. Without Dave at the Beagles the middle-distance group would be in tatters". Now coached by Charles Elliott for over two years. Sees his coach twice a week "but Charlie phones at least once a day, or more if a big race is coming up just to see how my steady run went or that I didn't fall down a pot-hole! Coaching is very important; Charlie gives me incentive to train hard, when I'm sometimes too easy on myself. He, to me, is the perfect coach, supplying the individual service I need on the track and the advice and management off it". Enjoys running on the track, "and just running fast with maybe just three good quality runs with a longish recovery. Also steady running in the forest when it's empty, and the sun's out". Has no training cycle except that he does more bulk work in the winter with a gradual lessening of mileage in the summer and more fartlek sessions instead of steady running as it gets warmer.

Typical week's training in winter, (January 6th-12th). Sunday: 15M steady run in morning, 10M bike ride in evening. Monday: 12M steady run in morning, 3M in evening. Tuesday: 12M running in morning, evening — 4x600m, 4x300m (with Trevor Llewelyn and Tim Foulger). Wednesday: 12M running in morning, 20M bike ride in evening. Thursday: 15M running in morning, 3M in evening. Friday: 6M running in morning, rest in evening. Saturday: Cosford Games 3000m, 1st 7:59.6 (pb). "I had been experimenting with bike riding for over a month before this extract, just to see what the outcome would be in relation to running a fast 3000m. The result was quite pleasing. Whether the bike rides were improving my performance though I'm not sure. My coach had no idea I was doing this".

Typical week's training in summer, (August 17th-23rd). Sunday: 6M running in morning, 4M in evening. Monday: 6M in morning, evening — 4x300m (500m jog) (39.3, 39.0, 39.3, 38.8); 2x200m (200m jog) (25.6, 25.1). Tuesday: 6M in morning, 4M in evening. Wednesday: 6M in morning, evening — 6x200m (200m walk) (25.3, 25.2, 24.7, 24.6, 25.4, 24.9). Thursday: 6M run in morning, easy fartlek in evening (25 min).



A common sight over the barriers, yet Colin insists that his favourite event is the 1500m.

John Burles

Friday: 4M in morning, rest in evening. **Saturday:** British League Div. 1, 800m — 2nd 1:50.0 (pb). In the future he plans to run a lot more 800m races "in order to improve my basic speed for the steeplechase. This, I think, is the basic mistake our 'chasers make, they are 'mileage mad'". Likes to compete once every two weeks.

AAA/WAAA DRAW

The 1980 Draw was made on October 22nd and the list of winners is as follows: G. Eke, Folkestone (Ticket 16958); K. Young, Surbiton (7741); K. Sherren, Slough (37011); W. Jones, Brockley (26766); G. Tully, E.C.4 (20744); J. Sales, E.17 (26351); Mrs. Maudsley, Carnforth (27511); W. Lynch, Winchester (6858); J. Watson, Slough (45531); L. Eder, Sevenoaks (20182); A. MacDonald, S.E.15 (7316); Mrs. Manville, Horsham (20915).

C. Payne and N. Watkins, who ran in the Colts race in the Haywards Heath CC meeting ('AW', Oct. 25th), are members of **Camberley & District AC**, and not as stated.

UK BEST PERFORMERS (MEN) 1980

Compiled by the NUTS

These lists have been compiled by the NUTS (Mike Gill — hurdles, Ian Hodge — HJ/PV, Richard Hymans — LJ/TJ, Tony O'Neill — throws, and Alan Lindop — decathlon). Additions and amendments would be welcomed by list co-ordinator Peter Matthews, 6 Broadfields, Goffs Oak, Waltham Cross, Herts EN7 5JU. The full top 100-plus, with details, will be published in the UK Athletics Annual 1981, due out next April. Details of unreported marks to NUTS senior standards (shown in brackets at the head of each event) would be gratefully received, as would club ranking lists.

110 METRES HURDLES

Fully Automatic Timing (15.89)

13.71	Mark Holtom
13.83	Wilbert Greaves
14.07	Berwyn Price
14.23w	Gus McKenzie (14.28)
14.35	Gary Oakes
14.37	Daley Thompson
14.38w	David Wilson (14.78)
14.41	Neil Gerrard
14.54	Tony James
14.58	Chris Marshall
14.63w	Alan Sumner (15.06)
14.65	Bob Danville
14.65	Philip Barthropp
14.81	Huw Jones
14.83w	Stewart McAslan (15.17)
14.85	Jack Morgan

14.88	Carson Porteous
14.89	Ross Willard
14.90	Ian Willoughby
14.94w	George McCallum
14.99	Nick Alexander
15.04	Glenn MacDonald
15.07	Nigel Walker
15.07	Colin Richardson
15.08	Brad McStravick
15.10w	Gary Myles (15.20)
15.14	Harold Bridgeman
15.18w	Alan Erskine
15.23w	David Findlay (15.38)
15.26w	Kenneth McEwan
15.27w	Colin Boreham
15.32	Roger Honey
15.41	Des Wilkinson
15.42w	Anthony Wells
15.43	David Jones

Additional Hand Times (where faster than above) (15.8)

14.4w	Neil Gerrard
14.4w	Tony James (14.5)
14.5	Philip Barthropp
14.5	Chris Marshall
14.6	Glenn MacDonald
14.7	Jack Morgan
14.7	Christopher Richards
14.7	Ian Willoughby
14.8	Colin Boreham
14.8	Ross Willard
14.8w	Huw Jones
14.9	Howard Moscrop
14.9	Peter Kelly
14.9	Stephen Pegler
14.9	Colin Richardson
14.9	Trevor Clifton



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Mike Street



BILL HARTLEY

George Herringshaw

14.9	Alan Shaw
14.9w	Roger Honey (15.0)
15.0	David Findlay
15.0	David Jones
15.0	Mark McClure
15.0	Gregory Richards
15.0w	John Key
15.1	Robert Betts
15.1	Larry Bovell
15.1	Harold Bridgeman
15.1	Nicholas Christie
15.1	Alan Drayton
15.1	David Knowles
15.1	Alan Erskine
15.1w	Robert Harris
15.2	Stephen Burke
15.2	Alan Cronin
15.2	Anthony Finnemore
15.2	Malcolm Kindon
15.2	Michael Morgan
15.2	Graham Flood
15.2	Austin Drysdale
15.2	Tony Wells
15.2	Des Wilkinson
15.2w	Steve Adams

400 METRES HURDLES (56.2)

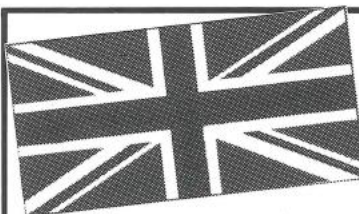
49.11	Gary Oakes
50.04	Bill Hartley
50.5	Wilbert Greaves
51.21	Mike Whittingham
51.45	Bob Danville
51.54	Derek Fishwick
51.66	Paul Goacher
51.89	Toni Tarquini
51.92	Paul Atherton
51.92	Stanley Devine
51.95	Steve James

52.16	Dave West
52.31	Kevin Currid (Ireland)
52.31	Garry Cook
52.56	Norman Gregor
52.9	Steven Sole
53.0	Harry Robinson
53.01	Colin Richardson
53.06	Philip Beattie
53.11	Eric Shirley
53.2	Howard Moscrop
53.2	Ian McDonnell
53.3	Peter Kelly
53.3	Clive Beattie
53.37	Trevor Carrington
53.4	Anthony Wells
53.48	Kevin Lidlow
53.5	Delroy Hall
53.58	Mark Millward
53.59	Robin Tolson
53.6	Tony James
53.6	Nigel Underwood
53.7	Ian Willoughby
53.7	Robert Harris
53.7	Tony Shiret
53.8	Carson Porteous
53.85	Neil Hammersley
53.97	Russell Jerrett
54.0	Derek Thomson
54.07	Steve Hinchcliffe
54.2	Steve Adams
54.2	Alan Greaves
54.2	Max Robertson
54.24	David Hislop
54.26	Colin O'Neill
54.3	Robert Thorne
54.3	Jonathan Owen
54.3	Roger Bell
54.4	Paul Beattie

54.4	Ian Welch
54.48	Ewan McAslan
54.5	Michael Davidson
54.5	M. Maloney
54.5	Les Mulholland
54.56	Chris Preston
54.57	James Gillespie

HIGH JUMP (1.95)

2.24	Mark Naylor
2.18	Ossie Cham
2.16i	Claude Moseley (2.11)
2.16	Brian Burgess
2.15i	Andrew McIver (2.08)
2.15	Tim Foulger
2.14	Rupert Charles
2.11	Daley Thompson
2.11	Colin Harris
2.11	Elliott Moore
2.10i	Floyd Redley (2.05)
2.10	Milton Palmer
2.10	Floyd Manderson
2.10	Adrian Ord
2.10	Burnette Johnson
2.10	Trevor Llewellyn
2.10	Trevor Smith
2.06	Alan Dainton
2.06	Geoffrey Parsons
2.06	Paul McKinney
2.06	Rifat Atun
2.05i	Dennis Costello (2.03)
2.05i	Wally Dixon (2.00) (Canada)
2.05i	David Abrahams (2.05)
2.05	Colin Boreham
2.05	Alan Breden
2.05	Leroy Thompson
2.05	Henderson Pierre
2.05	Jonathan Lee



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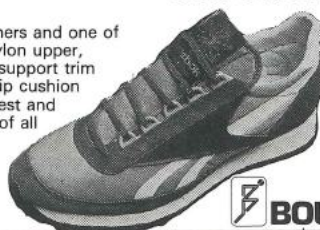
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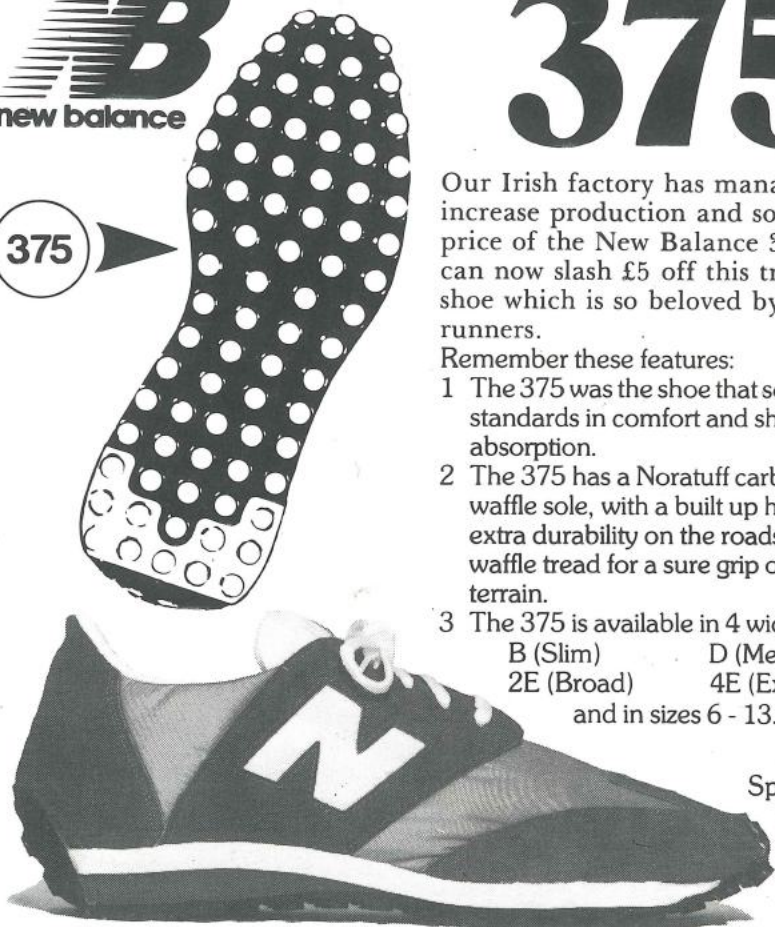
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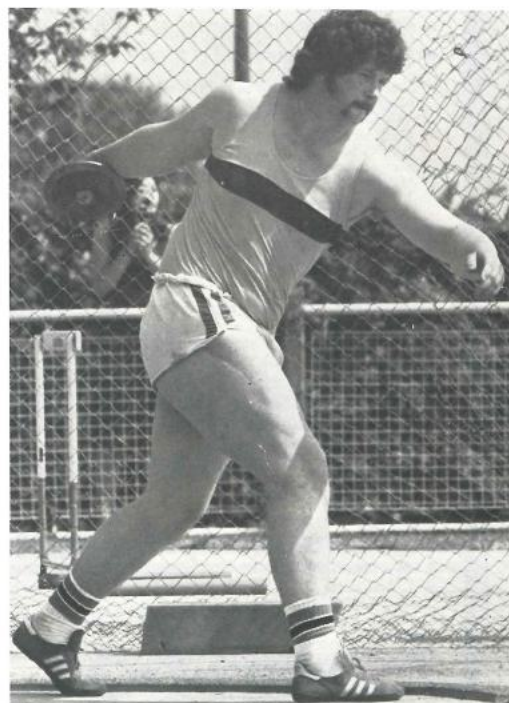
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2.01	Andrew Oversby
2.01	Peter Brookes

POLE VAULT (3.70)

5.59	Brian Hooper
5.57	Keith Stock
5.40	Jeff Gutteridge
5.00	Allan Williams
4.90	Mike Bull
4.90	Daley Thompson
4.90	Tim Anstiss
4.80	Billy Davey
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4.75	Dick Williamson
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4.60	Allan Leiper
4.60	Chris Boreham
4.51	Philip Lovell
4.50	Brad McStravick
4.45	Richard Hooper
4.43	Nick Phipps
4.43	Richard Gammage
4.40	Islwyn Rees
4.40	Bill Tonkin
4.40	Pan Zeniou
4.40	Alan Drayton
4.30i	David Lease (4.30)
4.30	John Andrews
4.30	Jean Ball
4.30	Nick Heal
4.25	Allan Baker
4.25	Douglas Hamilton
4.20i	James Johnstone (4.20)
4.20i	Geoff Ward (4.00)
4.20	Adrian Ross
4.20	Andrzej Sosna
4.20	Brian Drayton
4.20	Mark Shippen
4.20	John Wells
4.20	Brian Wolland
4.20	Phil Goulding
4.20	Fidelis Obikwu
4.20	Girish Patel
4.15	David McComb
4.12	Stuart Lewis
4.10	Witek Radwanski
4.10	Colin Boreham
4.05	Kevin Latham

LONG JUMP (6.80)

8.08	Roy Mitchell
8.00	Daley Thompson
7.72w	John Herbert (7.47)
7.67w	Tony Henry (7.56)

7.65w	Gus McKenzie (7.57)
7.64	Gus Udo
7.58w?	Eddy Starrs (7.49)
7.54w	Trevor Wade (7.42)
7.53	Aston Moore
7.53w	Barrington Williams (7.28)
7.46w	Colin Rattigan (7.34)
7.45	Megarry Effiong
7.44w	Trevor Hoyte
7.44w	Len Tyson (7.34)
7.41	Trevor Sinclair
7.40	Stephen Pegler
7.39	Albert Earle
7.38	Derrick Williams
7.37	Kevin Atkinson (Ireland)
7.36	Henry Walters
7.29	David Burgess
7.27	John King
7.26	Richard Haycock
7.25	David Johnson
7.25	Graeme Watson
7.22	Martin Griffiths
7.22w?	Gary Pullen
7.22w	Craig Mitchinson (7.19)
7.21	Hugh Teape
7.21w	John Scott
7.20	Stephen Metcalfe
7.20	Hugh Davidson
7.19	Greg Richards
7.19w	Nicholas Stoppard (7.07)
7.18	Ian Marsh
7.18	Micky Morris
7.17	Allen Putt
7.16	Colin Boreham
7.16	Robert Straker
7.16w	Cleve West
7.15	Graham Hughes
7.15	Eugene Gilkes
7.14	Richard Jones
7.13w	Leroy White
7.12w	Peter Brugnani
7.10w	Derek Emslie
7.09	Douglas Burnett
7.09	James Torpey
7.09w	Graham Byham
7.09w	Hugh Whyte
7.08	Keith Connor
7.08w?	Paul Hallet

Unconfirmed:

7.28	Frank Attoh
------	-------------

TRIPLE JUMP (13.90)

17.16	Keith Connor
16.55	Aston Moore
16.12w	Donovan Perkins (15.50)
16.00w	Frank Attoh (15.98)
15.95w	David Johnson (15.65)
15.85i	Chris Colman (15.71w/15.07)
15.57w	Conroy Brown (15.48)
15.45	Gary Gallagher
15.45w	John Herbert (15.30)
15.44w	Michael Makin (15.12)
15.38	Nicholas Stoppard
15.27	Andrew Lees
15.26	Toks Coker (Nigeria)
15.25	Akinbode Oyediran (Nigeria)
15.19i	Tony Wadhams
15.17	Steve Anderson
15.16w	Richard Philips (15.14)
15.14w	Sean Power (Ireland) (14.88)
15.12	Gus Udo

15.10w	Joseph Allison (14.65)
15.09	David Wood
15.07	Admer Khan
15.04w	Albert Earle (14.75)
15.00	Jeffrey Browne
15.00	Stephen Wordley
14.94	Hugh Teape
14.93w	Roger Harkins (14.52)
14.92	Mike Brown
14.91i	Jim Wadda (Gambia)
14.90	Brian Camp
14.90w	Gavin Gilliatt (14.32)
14.88	Megarry Effiong
14.86	Stephen Metcalfe
14.73	Jeremy Church
14.72w	Ian Timbers (14.41)
14.70	David Corless (15.03?)
14.68	Brian Hull
14.68	Ian Worrell
14.68	James McLister
14.64	Trevor Claydon
14.62	Barrington Williams
14.57	Anthony Bloomfield
14.52	Stephen Ashdown
14.51	Ian Marsh
14.51	Rezimond Cameron
14.51	Richard Jones
14.50w	Vernon Samuels
14.47	John Brierley
14.45	James Torpey
14.45i	David Burgess
14.44	A. Leonce
14.43w	Tom Black
14.33	Chris Carden

SHOT (13.10)

21.68	Geoff Capes
19.11	Mike Winch
18.26	Richard Slaney
17.90	Simon Rodhouse
17.73i	Peter Tancred (17.63)
17.55	Paul Buxton
17.23	Nick Tabor
16.80	Ian Lindley
16.78	Antony Zaidman
16.40	Bill Fuller
16.27	Paul Rees
16.04	Andy Vince
16.01	Jon Wood
15.81(i?)	Graham Savory (15.67)
15.79	Martin Lockley
15.68i	Bruce Holden (15.43)
15.57	John Reynolds
15.55	Tony Satchwell
15.50	Ian Mowatt
15.44	Dennis Roscoe
15.38	Sid Clark
15.37i	Mark Aldridge (14.94)
15.20	Michael Eyres
15.18	Daley Thompson
15.15	Neil Griffin
15.12	Michael Atkinson
14.89	Eric Irvine
14.79	Eugene Lawlor (Ireland)
14.79i	John Hillier (14.47)
14.72	Ted Kelland
14.70i	Michael Holmes (14.64)
14.65i	Ken Latten (14.45)
14.60	Pan Zeniou
14.59	Chris Black
14.59	Eric Ricketts
14.54	Nick Phipps

Opposite page: Daley Thompson in action in Moscow and Richard Slaney, who ranks second in the discus and third in the shot.

Photos by George Herringshaw and Mike Street

14.53?	Michael Petra
14.48i	Malcolm Fenton (14.39)
14.43	Neville Thompson
14.39	Paul Mardle
14.37	Peter Yates
14.35	Geoff Tyler
14.34	Michael Oliver
14.33	Graeme Watson
14.31	Eugene Gilkes
14.23i	Fidelis Obikwu (13.79)
14.20	Paul Dickenson
14.18	Royston Steventon
14.08	Walter Weir
14.07	Geoffrey Blyton
14.07	John Walters
14.07i	Sean Pickering (13.63)
14.06	Mark Hewer

DISCUS (40.00)

62.36	Peter Tancred
60.08	Richard Slaney
57.10	Dennis Roscoe
55.50	John Hillier
55.50	Colin Sutherland
55.42	Geoff Tyler
54.92	Mike Winch
54.54	Peter Gordon
53.40	Robert Weir
53.02	Nick Tabor
51.66	Neil Griffin
50.78	Paul Dickenson
50.26	Paul Mardle
50.22?	Chris Dinsdale (45.50)
50.02	Graham Savory
49.92	Nicholas Woolcott
49.62	Neville Thompson
49.26	Paul Buxton
49.22	Paul Rees
48.70	Martin Lockley
48.62	Chris Black
48.20	Michael Johnson
47.84	Paul Edwards
47.80	Danny Maloney
47.18	Tony Satchwell
47.00	Ken Latten
46.90	Bill Fuller
46.80	Ted Kelland
46.46	John Walters

46.04	Erb
45.82	Ivan Washington
45.76	Paul Armstrong
45.62	Adam Garforth
45.54	Ian Mowatt
45.28	Keith Christie
45.26	Peter Yates
45.22	Pan Zeniou
45.16	William Renshaw
45.00	Barrie Lynn
44.96	Alex Black
44.92	Daley Thompson
44.92	Ian Lindley
44.86	Eugene Gilkes
44.84	Christopher D'Arcy
44.78	Malcolm Fenton
44.70	Richard Healey
44.60	Andy Vince
44.60	Brad McStravick
44.52	Francis Bacon
44.48	Richard Howman
44.36	Graeme Watson
44.30	Stanley Poole
44.28	John Howell
44.06	B. Halifax
44.02	Wilson Ridewood

HAMMER (43.00)

72.48	Paul Dickenson
72.10	Chris Black
69.32	Matt Mileham
68.72	Martin Girvan
68.28	Jim Whitehead
66.94	Eugene Lawlor (Ireland)
66.06	Ian Chipchase
65.86	Robert Weir
64.26	Paul Buxton
63.84	Michael Petra
62.58	Barry Williams
62.38	Ronald James
62.16	Geoffrey Whaley
60.14	Eric Berry
60.12	Peter Gordon
60.12	Malcolm Fenton
59.58	David Huxley (Australia)
57.26	Sean Pickering
56.22	Niall McDonald
56.16	Peter Tancred

55.90	Sandy Sandhu
55.52	Mike Mason (57.00 unconfirmed)
55.46	David Smith
55.38	Peter Stark
54.40	Michael Jones
54.40	Tony Kenneally
54.20	Robert Earle
54.14	Ken Bodger
53.16	Alan Woods
52.98	David Bayes
52.98	Marc Zaidman
52.16	Chris Melliush
51.96	Bernard Reed
51.88	Ken Hutton
51.30	Keith Robinson (52.60 dh)
51.04	Andrew Carruthers
50.84	Laurie Nisbet
50.82	Marios Hajipanay
50.82	Karl Lasis
50.48	Stewart Rogerson
50.40	Chris Davison
50.38	Peter Aston
50.26	Mike Winch
49.86	John Murphy
49.80	Philip Darlymple
49.72	Graham Middleton
49.68	Andrew Noakes
49.20	Gordon Window
49.00	David Roberts
48.98	Eric Irvine
48.92	Paul Rees

Unconfirmed:

49.00 + Michael Llewellyn - Eaton

JAVELIN (56.00)

85.52	David Ottley
83.24	Peter Yates
82.90	Brian Roberts
81.06	John Trower
78.22	Tony Smith
76.34	Peter De Kremer
75.66	David Travis
75.12	Colin McKenzie
74.86	Stephen Pearson
74.36	Pawlo Ostapowycz
73.24	Matthew Bamford



Geoff Capes has headed the shot list for ten seasons, his best marks being 19.48m (1971), 20.18m, 20.47m, 21.37m, 20.80m, 21.55m, 21.30m, 20.68m, 20.49m(i) (20.40m) and 21.68m (1980).

George Herringshaw

72.72	Roald Bradstock
71.88	Gareth Brooks
71.14	Nigel Stainton
70.70	Richard Hooper
70.46	John Mottram (?72.00)
69.92	Michael Williams
69.74	Timothy Newenham
68.94	Stewart Maxwell
68.90	Thomas Aspey
68.88	Ian Marsh
68.70	Keith Beard
68.30	Daniel Scullion
67.86	Alex Black
67.68	Steven Ladds
67.42	Jeffrey Brooks
67.10	Ken Taylor
66.64	Fidelis Obikwu
66.48	Pan Zeniou
66.26	Marcus Humphries
65.38	Daley Thompson
64.60	John McSorley
63.92	Christopher Glossop
63.76	Peter Crosbie
63.66	David Heath
63.54	Martin Annis
63.44	Philip Hurst
62.98	David Messom
62.94	Craig Johnson
62.50	Tony Mimms
62.10	Philip Lewis
62.04	A. Best

62.00	B. Piper
61.92	Alan Holloway
61.72	Graham Robinson
61.54	Nigel Price
61.42	Alan Robinson
61.40	John James
61.34	Tony Baker
61.28	C. Francis

DECATHLON (4500)

8622a	Daley Thompson
7704a	Brad McStravick
7639	Colin Boreham
7497	Pan Zeniou
7443	Graeme Watson
7361a	Eugene Gilkes
7168a	Greg Richards
7146	Fidelis Obikwu
7082	Alan Drayton
7059	Kevin Atkinson (Ireland)
7002	John Howell
6919	Paul Edwards
6739a	Robert Betts
6713	Sean Carlin (Ireland)
6703	Bill McCarron
6585	Nick Phipps
6526	Peter Yates
6523	Peter Brugnani
6460	John Ball
6445	Graham Flood
6434	Geoff Ward

6391a	Tom Leeson
6349	Mike Pickering
6307	Tim Anstiss
6283	Alan Rankin
6210	Steve Brock
6197	Steve Prescott
6192	Ian Condon
6178	Graham Hughes
6162	Cliff Dickenson
6155	Leslie Tissiman
6119	Ian Marsh
6087	Neal Killen
6081	Stewart McAslan
6070	Bill Jewers
6036	Julian Hislop
6018	Derrick Anderson
6009	Owen Sussex
6008	Snowy Brooks
6005	Craig Shiel
5882	Justin Whitfield
5879	Ken Haydon
5847	Howard Moscrop
5819	Graham Pazdzierski
5815	Tegid Griffiths
5738	David Van Dyke
5706	Colin Hayton
5694	Kenneth Lyon
5685	Kenneth Moncrieff
5679	George Loney

(a - fully automatic)

WAAA OFFICES

The WAAA have now moved to 2nd Floor, Francis House, Francis Street, London, SW1P 1DE (Tel: 01-828 4731).

Francis House will also be the venue for the **AGM of the Southern League** on Friday, November 14th, 7.30 pm.

OUR TOP FIVE

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NIKE UNIVERSE	5-5 1/2 £26.15	6-11 1/2 £30.00
NIKE FLY	4-5 1/2 £15.20	6-10 1/2 £17.50
PUMA HURRICANE	4-5 1/2 £10.55	6-11 £12.25
KARHU LASER		6-12 £19.45

TRAINERS

NIKE TAILWIND		6-12 £32.50
NIKE OCEANIA	3-5 1/2 £9.90	6-12 £11.50
LE COQ VARIOSPEED	5-5 1/2 £20.75	6-12 £22.00
PUMA FAST RIDER		6-12 £23.95
PUMA LITE RIDER		6-12 £19.65
KARHU SUPER GREEN	3-5 1/2 £18.85	6-11 £21.65
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Pants Size S. M. L.	£4.95
KARHU RAINSUITS Royal and Red	
Sizes S.M.L.	£23.50
VIGA TUBE SOCKS. ANKLE. £1.20 LONG £1.30	

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MIDDLESEX COUNTY WOMEN'S ROAD RELAYS

At Feltham, October 11th

1, Highgate (L. Bennett 15:25, S. Bradley 16:24, L. Mosen 16:16) 48:05; 2, London Olympiades (S. Rowlands 17:21, L. Watson 15:01, L. Richardson 16:22) 48:44; 3, Barnet (R. Nelson 15:09, S. Davis 16:56, R. Espir 17:14) 49:19; 4, Parkside 55:33. **Fastest:** Watson 15:01; Nelson 15:09; Bennett 15:25. **(Inters):** 1, Borough of Hounslow (S. Marshall 7:58, D. Noad 7:59, L. Smith 7:51) 23:48; 2, Barnet (T. Sandeman 8:45, A. Trainor 7:54, L. Gilzene 8:41) 25:20; 3, Parkside (A. Combey 8:31, L. Tointon 8:56, Z. Todd 8:07) 25:34; 4, Borough of Hounslow 'B' 25:48; 5, Barnet 'B' 26:31; 6, Hillingdon 29:36. **Fastest:** Smith 7:51; Trainor 7:54; Marshall 7:58. **(Juniors):** 1, Barnet (K. Walters 7:59, J. Sylvester 7:47, J. Daly 7:41) 23:27; 2, Hillingdon (N. Ash 7:48, C. Martin 7:45, D. Saunders 8:02) 23:35; 3, Uxbridge (F. Rankine 7:53, L. Jones 7:56, E. Capey 7:59) 23:48; 4, Barnet 'B' 23:55; 5, Borough of Hounslow 24:45. **Fastest:** L. Webb (High) 7:33; Daly 7:41; Martin 7:45. **(Girls):** 1, Barnet (H. Winter 8:08, M. Shaw 7:36, D. Lee 7:33) 23:17; 2, Parkside (A. Miller 8:43, K. Purnell 8:06, C. Sunderland 7:42) 24:31; 3, Hillingdon (S. Hughes 7:53, G. Allan 8:37, T. Scott 8:41) 25:11; 4, Hillingdon 'B' 25:49; 5, Borough of Hounslow 26:45. **Fastest:** Lee 7:33; Shaw 7:36; Sunderland 7:42.

SURREY AC CROSS-COUNTRY RELAY

At Richmond Park, October 11th

1, West London IHE (R. Lang 16:13, S. Harris 16:03, A. Bridge 16:21, K. Capper 15:25, S. Berridge 16:38, D. Minter 15:52) 96:32; 2, Brighton & H (P. Crowhurst 16:33, M. Paterson 15:53, C. Bigg 16:21, M. Lassetter 15:57, A. Wood 16:46, P. Witcombe 16:08) 97:38; 3, Southampton & E (S. Torrance 16:30, P. Lewis 16:22, M. Gregory 15:40, N. Coupland 15:25, I. Burgess 17:00, B. Kitcher 17:01) 97:58; 4, Aldershot F&D 100:39; 5, Herne Hill 101:03; 6, Met. Police 101:50; 7, Brighton & H 'B' 103:45; 8, Thames H&H 104:17; 9, Surrey AC 104:44; 10, Horsham BS 105:08; 11, WLIHE 'B' 107:09; 12, Sussex Univ. 107:22. **Fastest:** Coupland & Capper 15:25; Gregory 15:40; Minter 15:52; Paterson 15:53; Lassetter 15:57; D. Glassborow (HHH) 15:58; Harris 16:03; Witcombe 16:08; R. Yeomans (AF&D) 16:09.

Vale of Aylesbury AC officers: secretary — J. Binks, 11 Wotton Path, Stoke Mandeville, Bucks; CC fixtures — P. Ferguson, 32 Fairway, Princes Risborough, Bucks; road race fixtures — K. Fiddler, 30 Quakers Mead, Haddenham, Bucks.

Ilford AC Women's road relays will be held next year on March 21st. Details later in 'AW'.

LANCASTER & MORECAMBE A.C.

ROAD RACES

(Under A.A.A. Laws)

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SUNDAY, 7th DECEMBER, 1980

AT LANCASTER UNIVERSITY

1.30 p.m. Colts 11-13	2 miles
1.45 p.m. Boys 13-15	2 miles
2.00 p.m. Senior O/17	7½ miles
2.10 p.m. Youths 15-17	3 miles

(Ages as at 1.9.80)

Prizes: First 3 Individuals.
First 3 Teams (3 to score).
First 2 Vets in both 40/50 &
O/50 groups.

Entries: Colts, Boys, Youths 35p, Seniors 50p.
NO TEAM FEE

by 21st November, 1980. No late entries.

To: Mr A. Brown, 25 Bare Avenue, Bare, Morecambe. Tel. 413578. S.A.E. please.

WORKSOP HARRIERS & A.C.

Annual

CROSS COUNTRY MEETING

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

SUNDAY, 14th DECEMBER, 1980

at Sparken Hill Campus, Worksop

Commencing 12.30 p.m.

Meeting Sponsored by: Workshop Guardian,
Carnation Foods, Derrin & Bell, Klingspor,
Linvar Ltd., Steeley Co., G. R. Stein,
Chas. Middleton & Sons Ltd.

RACES (All ages as at 31.8.80)

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

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

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

CLOSING DATE 24th NOV., 1980

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

HENRY J. HARRIS

Henry J. Harris — known to everyone as "Harry" — died on August 27th aged 68 years, after a short illness. From the day he joined the Club in 1931, Harry gave outstanding service to Highgate and athletics in general.

He competed successfully both as a Junior and Senior, particularly on the track and can be remembered as the winner of the first race — 880 yards — which was held at the new Parliament Hill Cinder Track when it was opened in 1936.

Away from the Club he served first with the Finsbury Rifles and then during the 1939-45 war with the Royal Artillery through Egypt, Turkey, Libya and Italy, rising to the rank of Regimental Quarter-Master Sergeant.

After the war Harry returned to athletics, but his interest now lay in coaching. After a course at Loughborough College, he became a AAA Middle Distance Coach. These were busy days because Harry was also Track Secretary from 1950-52 and both Track Secretary and Section Treasurer from 1952-55. For many years he was the Club Starter and when not acting in that position he was Marksman.

Harry was one of the members who worked for the formation of a Ladies Section and at its formation was elected to the first committee of that Section. He served as an official of the Ladies Section for almost every year since its inception, being the Chairman in recent years.

The bare facts of his last 30 years service to the Club include General Secretary from 1958-65; Auditor 1958-60; Running Section Chairman 1961-73; and was the first Club member to be President twice in 1960/61 and 1974/75. For his services to the Club he was awarded Life Membership in 1959. At the time of his death he was Vice-President of the Middlesex County AAA and Committee of the Southern Counties AAA. While carrying out this administrative work Harry could also be found at the track every Tuesday, Thursday and Sunday, coaching athletes, including three who became internationals. An operation on his hip 3 years ago forced him to curtail his coaching but he still managed to officiate at Meetings and continued to help and advise young members.

To Harry's son and daughter we express our condolences at their loss. We also feel this loss of a very good friend and outstanding servant to Highgate Harriers.

A. Corfield

Colchester AC officers: general secretary — A. Thomas, 18 The Dale, Wivenhoe, Colchester, Essex; women's sec. — Mrs. C. Smith, 16 Manor Road, Wivenhoe; CC sec. — T. Bryden, 10 Lincoln Way, Colchester; track sec. — Mrs. S. Ebdon, 23 Wesley Avenue, Colchester.

SPANISH GIRL HURDLER DISQUALIFIED

After the anti-doping controls conducted at the IAAF World Championships (for Women's 3000m and 400m hurdles) in Sittard on August 16th, Rosa Colorado (Spain), who had won the 'B' 400m hurdles race, was disqualified from the competition. This followed positive indications of an anabolic steroid revealed after the analysis, which was conducted in August in Cologne. Rosa Colorado is, therefore, ineligible for competition under IAAF rules.

The positive result was not challenged by the Spanish Federation as their enquiries revealed that, six weeks before the Championships, Rosa had fractured her finger in a fall during a race and had been treated by her local physician with three injections of a product which contained the steroid detected.

The IAAF is fully satisfied with the statement by the Spanish Athletic Federation that: i) the athlete was being treated for a fractured finger joint and was not seeking to gain an unfair advantage by taking steroids, and ii) the athlete, through an oversight, failed to state that the injections had been administered.

However, under IAAF Rule 53, there can be no dispensation for any athlete who has used or been administered a forbidden drug.

As a result of this case, and similar previous cases, the IAAF is urging its member federations to ensure that any athlete who has received medical treatment informs his or her team doctor in advance of the competition, so that any declaration necessary may be made.

In the case of Rosa Colorado, had the athlete declared that this steroid had been administered, she would not have been allowed to compete in the competition.

John Holt,
IAAF General Secretary.

UK WOMEN'S LEAGUE 1981

League secretary is Janet Phillips, 7 Jesmond Road, Exeter, Devon (Tel: 0392 59040).

League composition, dates and venues for 1981 are: **Division 1:** Birchfield, Bristol, Essex Ladies, Borough of Hounslow, Sale & Stretford. May 30th — Perry Barr; June 28th — Crystal Palace; August 29th — Stretford. **Division 2:** Aldershot F&D, Edinburgh Southern, Glasgow, Havering, Notts & Shettleston. May 30th — Nottingham; June 28th — Grangemouth; August 29th — Aldershot. **Division 3:** Cannock Chase, Derby, Exeter, City of Hull, Pitreavie, Wolverhampton & B. May 30th — Bristol; June 27th — Aldersley; August 29th — Hull. **Division 4:** Chelmsford, Edinburgh AC, Borough of Enfield, Leicester, Mitcham, City of Plymouth. May 31st — Plymouth; June 27th — Enfield; August 29th — Meadowbank.

The qualifying match for 1982 will take place at Smethwick on September 20th.

Schweppes International Cross Country Races

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(Under E.C.C.U. & W.C.C. Rules)

RIVERSIDE BOWL, GATESHEAD
SATURDAY, 22nd NOVEMBER, 1980

1980 PROGRAMME

11.30 a.m.	PEPSI FUN RUN	Approx. 2 miles
1. 12.00	COLTS	1 ½ miles
2. 12.15 p.m.	JUNIOR LADIES AND GIRLS	1 ½ miles
3. 12.35 p.m.	BOYS	2 ½ miles
4. 12.50 p.m.	VETS	3 miles
5. 1.15 p.m.	SENIOR AND INTER WOMEN	2 ¼ miles
6. 1.35 p.m.	SENIOR MEN OPEN RACE	4 ½ miles
7. 2.10 p.m.	MIDDLE DISTANCE RACE (For 800m & 1500m Specialists)	2 ¼ miles
8. 2.20 p.m.	YOUTHS	3 miles
9. 2.50 p.m.	INTERNATIONAL INVITATION TEAM RACE	4 ½ miles

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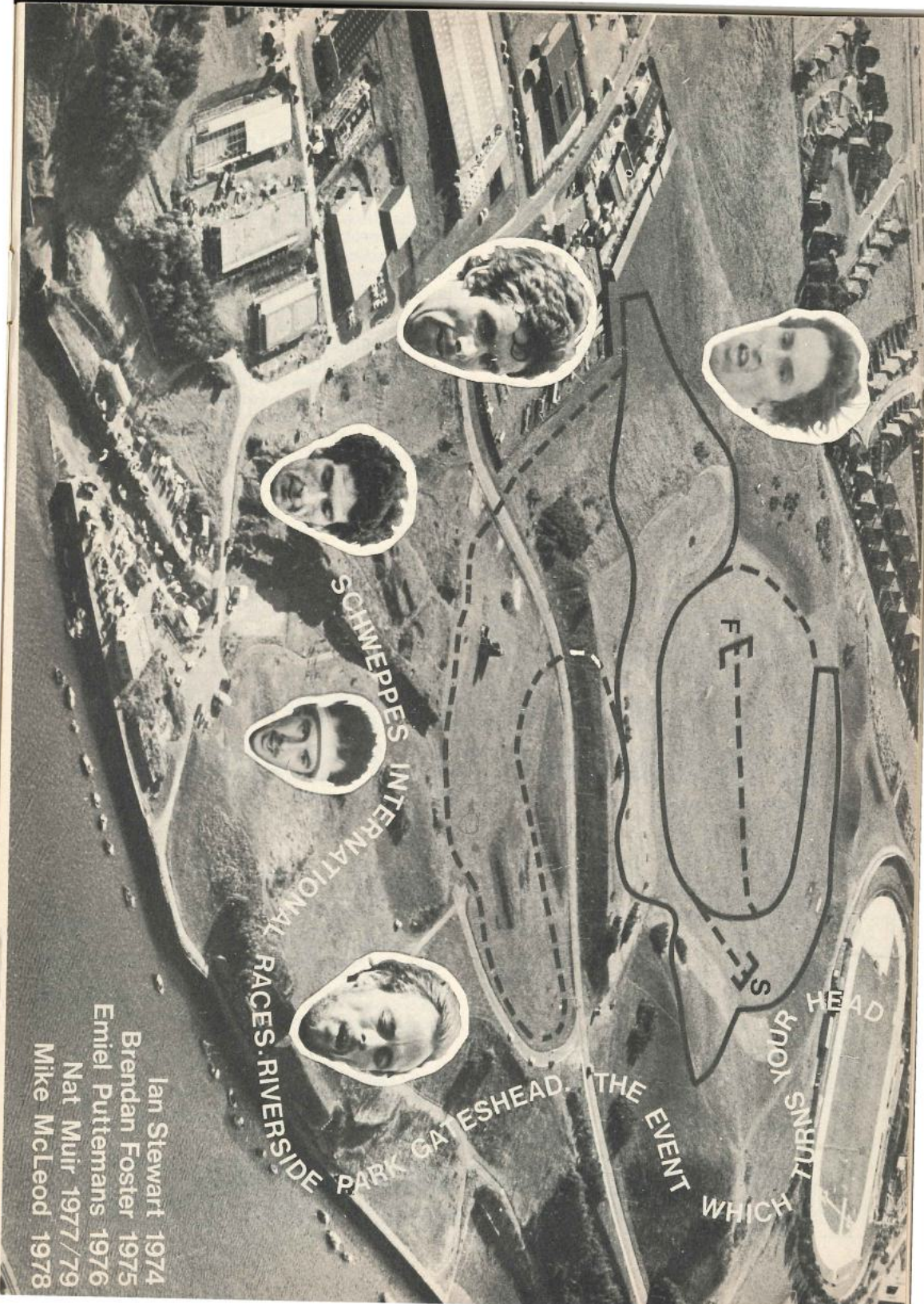
ENTRIES: 30p per person. Please specify, D.o.B. of every entrant, which race, and club. If pre-race details are required then a S.A.E. should be enclosed with entry.

CLOSING DATE 1st POST MONDAY, 10th NOVEMBER, 1980

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- Nat Muir 1977/79
- Mike McLeod 1978

Walking Commentary

By Colin Young

Lombardia triumph in the Airolo to Chiasso Relay from the Met. Police and the Stock Exchange

October 12th

IN A NEAR repeat of the 1979 race, Lombardia Selection held off the Met. Police who, this time, turned the tables on the Stock Exchange. It is quite noticeable that the strength of Italian club walking has risen appreciably recently and that there are several walkers now challenging the 'semi-pro's' of the Fiamme Galle and Carabinieri squads.

Stage 1. Airolo to Giornico, 27km. Graziano Morotti followed up his 1979 record-breaking second leg with an outstanding win on this downhill stage. Paul Blagg was an excellent second with veteran Dave Stevens, as reliable as ever, a solid third. Mike Bateman put in a fine race to finish a close-up ninth. Three walkers received a three minute penalty in lieu of disqualification. 1, G. Morotti (Lom) 2:07:36; 2, P. Blagg (MP) 2:15:12; 3, D. Stevens (SE) 2:19:40 . . . 9, M. Bateman (SE 'B') 2:23:52.

Stage 2. Giornico to Bellinzona, 30km. Following up his recent national 50km win, Heinrich Schubert gained three places, while both George Nibre and Adrian James were not at their best, though losing little ground to their nearest rivals.

1, Lombardia 4:29:15; 2, Met. Police 4:38:27; 3, Bad Kreznach 4:40:35; 4, Stock Exchange 4:45:04. **Fastest:** 1, H. Schubert (BK) 2:17:28; 2, R. Cortinovis (Lom) 2:21:39; 3, P. Nordon (Eintracht) 2:22:03 . . . 5, G. Nibre (MP) 2:23:15; 6, A. James (SE) 2:25:24 . . . 14, D. Railton (SE 'B') 2:37:55.

Stage 3. Bellinzona to Mt. Ceneri, 14km. Fine efforts from Wolfgang Weidermann and Roger Lancefield pulled back some ground on the two leading teams, as many found the 6km climb of Mt. Ceneri tough going. John Evans put in a solid race to hold an isolated second spot. 1, Lombardia 5:44:35; 2, Met. Police 5:50:43; 3, Stock Exchange 5:54:58. **Fastest:** W. Weidermann (Bav) 1:08:34; 2, R. Lancefield (SE) 1:09:54; 3, U. Vogt (Eintracht) 1:11:15 . . . 5, J. Evans (MP) 1:12:16 . . . 16, R. Hague (SE 'B') 1:24:58.

Stage 4. Mt. Ceneri to Lugano, 18km. A sterling effort from Dave Jarman put the Stock Exchange just three minutes down on the leaders, as he took 3¼ minutes off his 1979 clocking, passing Graham Scott, also having a good race, en route. 1, Lombardia 7:18:36; 2, Stock Exchange

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7:21:38; 3, Met. Police 7:23:24. **Fastest:** 1, D. Jarman (SE) 1:26:40; 2, F. Weber (BK) 1:29:42 . . . 4, G. Scott (MP) 1:32:41 . . . 16, J. Perkins (SE 'B') 1:51:23.

Stage 5. Lugano to Chiasso, 25km. The experienced and consistent Pierangelo Fortunati held off a strong challenge from Amos Seddon as sub-2 hour clockings were recorded by the top five performers, with Hans Michalski and Lucien Faber putting in storming legs. Fastest of all was West Germany's number one 20km man, Alfons Schwarz, who, though snatching third place from Paul Jarman, threw caution to the wind and was justly penalised three minutes. This last leg was particularly hot this year with many 'names' on view, so it was no disgrace for Paul Jarman to place sixth, just outside two hours. 1, Lombardia 9:15:17; 2, Met. Police 9:18:28; 3, Stock Exchange 9:22:15; 4, Bavaria 9:24:37; 5, Bad Kreuznach 9:28:39; 6, Eintracht Frankfurt 9:34:09 . . . 16, Stock Exchange 'B' 10:39:08. **Fastest:** 1, A. Schwarz (Bav) 1:51:34; 2, A. Seddon (MP) 1:55:04; 3, H. Michalski (Eintracht) 1:56:28 . . . 6, P. Jarman (SE) 2:00:37 . . . 16, S. Davis (SE 'B') 2:21:00.

George Nibre well clear of Carl Lawton in Belgrave v Met. Police 5M, at Wimbledon (October 4th). With the leading Met. Police performers having their final race before the Airola-Chiasso Relay, all performed encouragingly with George Nibre a comfortable winner. 1, G. Nibre (MP) 35:03; 2, C. Lawton (Bel) 35:49; 3, R. Dorman (Bel) 37:14; 4, A. Trigg (Leic-Gst) 37:24; 5, P. Hodgkinson (MP) 37:53; 6, G. Scott (MP) 38:08; 7, M. Nicholls (Bel) 38:16; 8, M. Scamell (Bel) 38:32; 9, S. Bennett (MP) 39:09; 10, S. Marshall (Bel) 39:22; 11, J. Newnham (Bel) 39:47; 12, L. Mockett (MP) 40:23. Teams: 1, Belgrave 197; 2, Met. Police 209.

Paul Blagg clocks fastest time in London Postal Region 9km Yacht Handicap, with Irene Bateman recording an outstanding 45:35, at Blackheath (October 7th). Competing in the 94th edition of this event, Paul Blagg continued his heavy racing schedule, recording a fast 41:29, well clear of clubmate, Mike Nicholls. Irene Bateman took full advantage of the undulating course to show there are few women who can beat her at this distance. Fastest: P. Blagg (Bel) 41:29; M. Nicholls (Bel) 43:13; R. Lambie (Bound) 43:46; S. Marshall (Bel) 43:55; J. Newnham (Bel) 44:19; E. Crossingham (Bel) 44:53; S. Bennett (Ilf) 44:57; Irene Bateman (Bas) 45:35. Teams: 1, Met. Police 19; 2, Belgrave 29.

Mike Holmes leads all the way to win Stockport '7', at Stockport (October 12th). An undulating course was no deterrent to Mike Holmes, who dropped his rivals soon after the

start and was untroubled from there on. Chris Harvey took a clear second place after a mile, but there was a race-long battle royal for third between Dennis Jackson and Tony Malone, the local man edging home in the final 50m. 1, Holmes (Yk. P) 51:17; 2, C. Harvey (Yk. P) 52:06; 3, A. Malone (Stock) 52:19; 4, D. Jackson (Yk. P) 52:21; 5, R. Elliott (Yk. P) 53:44; 6, A. Taylor (Lanc) 53:46; 7, S. Tyas (Yk) 53:51; 8, B. Graham (Yk. P) 54:52; 9, R. Hankin (Sheff) 55:08; 10, D. Staniforth (Sheff) 55:35; 11, J. Errington (Yk. P) 56:46; 12, S. Tonks (Sheff) 56:52. Teams: 1, York Postal 15; 2, Sheffield 41; 3, Stockport 55. **(Boys):** 1, P. Shorthouse (Bole) 15:32; 2, P. Fitzpatrick (Stock) 15:38; 3, C. Tonks (B&R) 15:54; 4, M. George (B&R) 16:13. Teams: 1, Bromsgrove & R 10; 2, Stockport 12. **(Women):** 1, S. Hogg (Lake) 15:28; 2, E. Worth (Bole) 15:34; 3, G. Edger (Lake) 15:42; 4, B. Lupton (Sheff) 16:06; 5, S. Howard (Bol) 16:43; 6, D. Wood (Sheff) 16:45; 7, J. Pilmoor (Yk. P) 16:48; 8, L. Millen (Lake) 16:53. Teams: 1, Lakeland 9; 2, Harborne 27; 3, Bolehall 29. **(Girls):** 1, K. Bowers (B&R) 10:51; 2, D. Naylor (Harb) 11:06; 3, R. Sugg (B&R) 11:16; 4, C. Rawlins (Harb) 11:20. Teams: 1, Bromsgrove & R 9; 2, Harborne 12.

North West Civil Service 10km Champs, at Timperley (October 18th). 1, A. Malone (Stock) 49:40; 2, M. Ireland (Unatt) 52:43; 3, A. Rogers (Lanc) 53:08; 4, D. Reavey (Stock) 54:33; 5, T. Brierley (Stock-Gst) 55:34; 6, R. Marsden (Lanc-Gst) 55:48.

WELSH AAA AGM

K. W. B. "Ken" Harris, a member of the first Welsh Commonwealth Games team in 1934, was elected the new chairman of the Welsh AAA at the AGM in Cardiff on October 18th. It is his second period as Chairman, and follows Presidency of the Association in 1978 & 1979.

John Jones, who had held the treasurer's post since 1974, did not seek re-election, and in his place Ivor Lewis (Carmarthen H) was elected. The meeting elected an assistant secretary to assist Bill Evans, now the Chairman of the BAAB. He is Ken Griffiths, who relinquished the post of secretary of the Championships & Representative Fixtures Committee after 11 years. The vacancy on the BAAB as a result of Bill Evans's election as Chairman, goes to Ken Griffiths.

Patron: The Lord Aberdare; President: R. B. Evans; Chairman: K. W. B. Harris; Secretary: W. A. L. Evans, "Winterbourne", Greenway Close, Llandough, Penarth, Cardiff; Treasurer: I. Lewis; BAAB Representatives: R. C. G. Snow & K. J. Griffiths; BAAB Selection Committee: J. C. Williams.

Results In Brief

Bridgend '7½'. 1, I. Ellis (Newp) 36:27; 2, S. Seaman (Swan) 36:41; 3, M. McGeoch (Les C) 37:16; 4, J. O'Brien (Bridge-V) 37:28; 5, M. Firth (Man) 37:50; 6, A. Ireland (B&V) 38:05; 7, C. Clarkson (Swan-J) 38:10; 8, A. Jefferies (Swan) 38:27; 9, D. Davies (Carm-V) 38:40; 10, G. McIlroy (Les C) 38:50; 11, P. Stephens (Bridge) 39:20; 12, D. Robbins (Swan-V) 39:25; 13, D. Jones (Swan) 39:33; 14, S. Stretch (Car) 39:43; 15, K. Gallivan (Swan) 39:46. Teams: 1, Swansea 17; 2, Bridgend YMCA 32; 3, Swansea 'B' 44; 4, Barry & V 65. (Note: Les Croupiers scored 32, but were ineligible for prizes).

September 7th

Mistley '6'. at Manningtree. 1, K. Clifford (Ilf) 30:00; 2, P. Ratcliffe (W. Suf) 30:42; 3, M. Fletcher (Chelm) 31:23; 4, Willoughby (Chelm) 31:40; 5, B. Diss (Hav) 31:58; 6, L. Gough (Ex. B) 32:15; 7, V. Monk (Thur) 32:23; 8, I. Talbot (QPH) 32:29; 9, K. Wilkinson (Chelm) 32:43; 10, D. Watkins (Ips) 32:49. Teams: 1, Chelmsford; 2, Ipswich; 3, Thurrock. (Women): 1, C. Gould (Barn) 34:57; 2, Maskell (Chelm) 38:40.

September 9th

Lloyds Bank BH Road Relay. 1, Midland Bank (P. Ledger 8:47, G. Whitson 9:35, P. Odell 8:52, D. Cowles 8:49) 36:03; 2, Nat. West. Bank (I. Beauchamp 8:59, W. Davies 9:21, A. Bichener 9:13, P. Pape 9:06) 36:39; 3, Lloyds Bank 36:54; 4, Barclays Bank 38:05. Fastest: R. Gevers (Tem. B) 8:34; Ledger 8:47; Cowles 8:49; Odell 8:52.

September 12th

Berchem Marathon, in Antwerp. 1, D. Howieson (Can) 2:13:49; 2, C. Taylor (A&SV) 2:16:52; 3, E. De Kimpe (Bel) 2:18:11 . . . 6, M. Woods (AF&D) 2:22:59; 7, B. O'Shea (RoI) 2:23:27; 8, M. Byrne (RoI) 2:23:35.

October 11th

Hertfordshire County WAAA Road Relays, at Feltham. 1, Barnet (J. Higley 17:52, C. Mojovic 16:08, J. Adams 15:38) 49:38; 2, Stevenage & NH (J. Dale 16:23, H. Aldous 18:15, J. Vernon 16:20) 50:58; 3, Verlea 53:59. Fastest: Adams 15:38, C. Brace (Ver) 15:51. (Inters): 1, Stevenage & NH (L. Dale 7:59, L. Wight 7:18, A. Alford 7:22) 22:39; 2, Verlea 24:18 (L. Ealham 7:56, D. Hobbs 8:04, E. McHugh 8:18) 24:18. Fastest: Wight 7:18, Alford 7:22. (Juniors): 1, Stevenage & NH (D. Campbell 7:10, C. Mahoney 7:26, M. Thompson 7:42) 22:18; 2, Barnet 23:01; 3, Verlea 24:28. Fastest: Campbell 7:10; Mahoney 7:26. (Girls): 1, Stevenage & NH (S. York 7:21, A. Smith 7:49, P. Higgs 7:45) 22:55; 2, Verlea 26:02. Fastest: York 7:12; Higgs 7:45.

October 12th

Road Races, at Rennes (Fra). 8500m: 1, M. McLeod 26:06; 2, H. Orthmann (Ger) 26:24; 3, F. Gonzales (Fra) 26:47; 4, T. Watrice (Fra) 26:48; 5, B. Knight 26:50; 6, A. Hutton 27:05 . . . 9, G. Hannon 27:29; 12, A. Simmons 27:59. (Women, 3500m): 1, Sipatova (USSR) 11:09; 2, P. Fudge 11:11; 3, Sytcheva (USSR) 11:29.

October 17th

Cambridge H Inter-Schools Cross Countries, at Bexley. (U/19): 1, D. Coney (Maid) 25:04; 2, A. Saker (Maid) 25:08; 3, C. Sellars (Maid) 25:12. Team: Maidstone. (U/16): 1, Martin (Tun. W) 23:45; 2, Lillie (Judd) 24:11; 3, Carter (Pur) 24:39. Team: Skinners. (U/14): 1, S. Newport (W'ness) 17:08; 2, D. Neale (H'brook) 17:08; 3, A. Hollens (H'brook) 17:18. Team: Skinners. (U/12): 1, J. Glew (Sx. R) 12:54; 2, M. Gadsden (Sx. R) 13:07; 3, M. Bell (Camb. H) 13:08. Team: Sussex Rd. (Girls U/18): 1, N. Brown (Tun. W) 13:00; 2, F. Wright (Tun. W) 13:53; 3, C. Warren (Womb) 13:55. Team: Tunbridge Wells. (U/14): 1, J. Rudolf (W'slade) 12:02; 2, M. Cooney (C&S) 12:18; 3, N. Friederick (Thom. B) 12:23. Team: Walderslade. (U/12): 1, L. Terry (Chap) 11:03; 2, C. Fuchwell (Tun. W) 11:09; 3, S. Burtonweed (Coop) 11:50. Team: Tunbridge Wells.

October 18th

Weymouth '10'. 1, S. Walker (Bas) 50:40; 2, A. Coleman (Wey) 50:46; 3, B. Heath (RNS) 50:52; 4, P. Russell (Wey) 51:27; 5, J. Hurt (B'mth-V) 53:13; 6, M. Rideout (Trow) 53:25; 7, C. Carthy (RNS) 53:32; 8, R. Butler (N. Dev) 54:25; 9, F. Robertson (RNS) 54:32; 10, S. Denley (Hasl) 55:05. Teams: 1, Weymouth St. Pauls 14; 2, Royal Navy South 15; 3, Bournemouth 21. (Vets): 1, Hurt; 2, T. Northwood (Trow) 58:15; 3, Cartwright (S&E) 58:26. (O/50): R. Mattock (B'mth) 59:50. (Women): 1, A. Blake (AF&D) 60:66; 2, E. Bartlett (Ply-V) 69:35. (U/18): 1, S. Self (Wey. GS) 17:35; 2, D. Dixon (Pres) 17:46; 3, N. Young (Pres) 18:09. Team: Preston S. (Boys): 1, A. Alford (Pres) 15:08; 2, P. Pirie (B'mth) 15:11; 3, R. Brown (B'mth) 15:30. Team: Bournemouth. (Colts): 1, A. Symes (B'mth) 8:36; 2, J. Field (Pres) 8:51; 3, C. Alford (Pres) 8:51. Team: Preston S. 9km Walk: 1, D. Jones (Wey) 44:49; 2, J. Turner (Trow-V) 45:16; 3, K. Baker (Wey) 45:19; 4, S. Maidment (Stey) 45:45; 5, K. Batten (Trow) 45:51; 6, G. Saxty (Trow) 45:56. Team: Trowbridge. (Women): J. Farr (Trow) 50:20.

Taunton Carnival Races. 1, M. Cowman (West) 25:38; 2, C. Monk (Bris) 25:58; 3, M. Harris (Bris) 26:01; 4, R. Williams (Tiv) 26:20; 5, D. Francis (West) 26:33; 6, S. Lawton (West) 26:40; 7, A. Reid (T&WS) 26:47; 8, J. Zaple (Exe) 26:58; 9, C. Abrahams (Torb) 27:27; 10, G. Sanderson (Cle) 27:53. Teams: 1, Westbury 12; 2,

Bristol 18; 3, Exeter 43. (Vets): 1, R. Pannell (Bris) 28:25; 2, B. Parsons 30:27; 3, P. Bolt (Tiv) 31:21. (Youths): 1, R. Townley (KC) 23:06; 2, B. Gamblin (West) 23:33; 3, P. Collins (DoC) 23:42; 4, A. Westcott (Tiv) 23:54. Team: King's College. (Boys): 1, W. McCulloch (T&WS) 18:13; 2, M. Heritage (T&WS) 19:01; 3, S. Hopes (West) 19:07. Team: Taunton & WS. (Boys): 1, S. Lomas (Exe) 12:10; 2, L. Adams (West) 12:16. Team: Westbury. (Women): 1, C. Bradford (Cle) 24:20; 2, S. Smith (West) 26:25; 3, C. Bolt (Tiv) 26:44; 4, E. Sinclair (Bris) 27:14; 5, J. Manners (Cle-V) 28:33. Team: Clevedon. (U/16): 1, S. Hale (West) 19:49; 2, E. Ellis (DoC) 20:17; 3, S. Parker (West) 20:41. (U/14): 1, S. Daniels (West) 12:54; 2, S. Hawkey (Ply) 13:05; 3, J. Weeks (West) 13:33. Team: Westbury.

Highgate H 'Harrison' Cup Road Handicap, at Parliament Hill. Fastest: R. Kennan 19:19; K. Wright 20:10; T. Delany 20:37.

October 19th

Rockingham '10' (9M 660y), near Barnsley. 1, R. Harrison (A&SV) 50:04; 2, P. Blakeney (Sal) 50:22; 3, C. Haynes (WYP) 50:27; 4, S. Manterfield (Hallam) 50:48; 5, J. Cook (Stain) 50:56; 6, M. White (Yk. U) 51:13; 7, D. Trickett (Hallam) 51:23; 8, B. Moxon (Wake) 51:30; 9, A. Gregory (Hallam) 51:40; 10, E. McKenzie (Barns) 51:48. Teams: 1, Hallamshire 20; 2, Sheffield 51; 3, Barnsley 58. (Vets): 1, M. Rawson (Hallam) 53:29; 2, T. Parr (Bol) 54:34;

3, P. Bates (Hoy) 55:09. (Youths): 1, M. Craibe (Works) 21:19; 2, W. Gregory (Hallam) 21:45; 3, K. Blades (Roth) 21:50. Team: Hallamshire. (Boys): 1, A. Aked (S. in A) 10:27; 2, D. Wardley (Sheff) 10:46; 3, D. McFarlane (Scun) 10:59. Team: Hallamshire. (Junior Women): 1, A. Gibson (Long) 12:17; 2, K. Horncastle (Leeds) 12:27; 3, V. Sowerby (Sheff) 12:47.

Meltham Cop Hill Race, near Huddersfield. 1, A. Spence (Bing) 44:09; 2, G. Edwards (Bing) 44:31; 3, G. Williams (Long) 44:49; 4, D. Cartwright (Holm) 46:01; 5, R. Cunliffe (Holm) 46:14; 6, I. Moore (Holm) 46:14; 7, D. Lawson (Bing-V) 46:54; 8, A. Marsh (Holm) 47:00; 9, P. Jebb (Bing) 47:12; 10, D. Sykes (Holm) 47:27. Teams: 1, Bingley 10; 2, Holmfirth 19. (Women): J. Scholes (Long) 59:01. (Juniors): 1, N. Horn (Holm) 22:28; 2, R. O'Hara (Long) 23:32; 3, S. Cardwell (Holm) 23:51; 4, D. Roberts (Long) 24:02; 5, A. Charles (Long) 24:19; 6, P. Kane (Holm) 24:33. Teams: 1, Holmfirth 10; 2, Longwood 11.

Welsh WAAA Road Relays, at Bridgend. 1, Cardiff 38:27; 2, Port Talbot 40:10; 3, Bridgend YMCA 41:47. Fastest: A. Fox (Swan) 8:49. (Juniors): 1, Port Talbot 30:41; 2, Cardiff 31:07; 3, Bridgend YMCA 31:39. Fastest: D. Crowley (P. Tal) 7:15. (Girls): 1, Abertillery 22:10; 2, Cardiff 22:39; 3, Wyeside 23:15. Fastest: M. Jenkins (Bedd) 5:21.

WINTER WARM UP

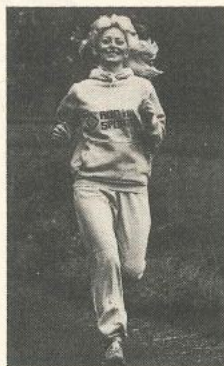
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GATESHEAD Continued

MacDonald (Darl) 14:26; 13, K. Hall (Unatt) 14:30; 14, A. McVey (Tyne) 14:31; 15, B. Sanderson (Cor) 14:31; 16, S. Barker (Hal) 14:38. **Team:** Darlington. (**Juniors:**) 1, M. Kell (Darl) 8:54; 2, M. Smith (Hal) 8:56; 3, L. Smith (Mor) 8:59; 4, C. Lord (Hal) 9:01; 5, J. Hunter (Blay) 9:06; 6, A. Borrowdale (Blay) 9:08; 7, M. Dawson (Mor) 9:12; 8, D. Wilkinson (Darl) 9:14; 9, S. Linsley (Gat) 9:15; 10, M. Emmerson (Mor) 9:18. **Team:** Halifax. (**Girls:**) 1, F. Southwell (Leeds) 8:35; 2, P. Dickson (Els) 8:38; 3, L. Howard (C. le S) 8:39; 4, S. Renwick (Heat) 8:40; 5, L. Reilly (Mor) 8:44. **Team:** Leeds City.

VETS 'NATIONAL'

Contrary to what was reported in 'AW' on October 25th, the 1981 Vets 'National' will take place at Arrowe Park, Birkenhead on **Sunday, March 15th.**

British Milers' Club officers: president — Steve Ovet; chairman — Harry Wilson; national sec. — M. Tollit, Haresfoot, Berkhamsted, Herts (Tel: 04427 4323(h), 04427 4713 (b)); membership sec. — P. Williams, 39 Nursery Avenue, Bexleyheath, Kent; treasurer — R. Williams, address as above.

Highgate H Ladies Section secretary is Lynne Woolmer, 16 Nant Road, London, NW1 2AJ.

THREE TOWERS RACE**At Horwich, October 19th**

1, G. Norman (Altrincham) 1:58:55
2, J. Wild (RAF Cosford) 1:59:13
3, A. McGee (Bolton) 1:59:21
4, J. Bingham (RAF Cos) 2:01:46; 5, H. Walker (B'burn) 2:02:29; 6, D. Cartridge (Bol) 2:02:59; 7, R. Whitfield (Ken) 2:03:57; 8, R. Wilde (Man) 2:05:12; 9, M. Short (Horw) 2:05:59; 10, S. Breckell (B'burn) 2:06:48; 11, C. Robinson (Roch-V) 2:07:04; 12, P. Campbell (Bol) 2:07:19; 13, D. McBride (Stoke) 2:08:24; 14, A. Hulme (Alt) 2:09:15; 15, I. Crilly (Bol) 2:10:28; 16, J. McGee (Cumb) 2:10:58; 17, J. Reid (Sal) 2:11:00; 18, B. McKenna (Clay) 2:11:56; 19, R. Ashworth (Unatt) 2:12:32; 20, I. Hollway (Roch) 2:13:03; 21, I. Ferguson (Bing) 2:13:05; 22, P. Standing (Bol) 2:13:15; 23, J. Jackson (Roch-V) 2:13:50; 24, P. Munday (Roch) 2:14:12; 25, S. James (S'port W-V) 2:14:32. (**Vets:**) 1, Robinson; 2, Jackson; 3, James; 4, K. Brooks (Horw) 2:16:40; 5, D. Vickers (Horw) 2:18:09; 6, P. Fleming (Horw) 2:19:13; 7, K. Brooks (Horw) 2:19:59. (**O/50:**) G. Rhodes (Newc) 2:20:58.

The Northern Counties AA would welcome applications from clubs to stage the 12-Stage Road Relay (April 4th, 1981) or the 6-Stage Senior and 4-Stage Youths Road Relay Championships (October 3rd, 1981). Applications to R. J. Barrow, Hon. Champs. Sec., 9 Temple Lane, Leeds 15, W. Yorkshire.

CLOSING DATE REMINDER

"WHITBREAD FIVE" OPEN ROAD RACE

(Under A.A.A. Laws)

**SAT., 13th DECEMBER, 1980
3.00 p.m.**

ALEXANDRA PARK, PORTSMOUTH
(Three Lap Course Free of Parked Cars)

**Sponsored by
"WHITBREAD WESSEX LTD."**

Incorporating a Veterans Race

For Prizes donated by

"J. B. AIR HEATING LTD., PORTSMOUTH"

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: 50p per individual (no team fee) under the name of the entrants FIRST CLAIM CLUB.

To: A. Gibb, 8 Magdalen Court, 355 London Road, N. E., Portsmouth PO2 9HH, by 26th Nov. (Tel. 64574).

Also YOUTHS 3 1/4 Miles at 2.30 p.m.

(U/18 on 1.9.80) — Prizes at least 1st 3

Entry Fee: 25p. No team race.

GATESHEAD M.B.C. SPORTS & RECREATION DEPT.

**in conjunction with
NORTH EAST ATHLETICS
COACHING COMMITTEE**

SPRINTS COACHING DAY

GATESHEAD INTERNATIONAL STADIUM

SATURDAY, NOVEMBER 29th, 1980

10.00 a.m.-7.00 p.m.

A day of practical sessions and lectures, of value and interest to athletes and coaches alike. The course will be conducted by John Bailey (British team coach for the sprints) and the programme will include mobility, starts-development, practice, fault finding, theory of sprinting, effort distribution, speed drills, training ideas, strength endurance work, principles of training etc.

Course Fee: £1.00. Cheques and Postal Orders payable to Gateshead M.B.C.

Completed forms returned to:

Gateshead International Stadium,
Neilson Road,
Gateshead.

**CLOSING DATE: FIRST POST,
MONDAY, 24th NOV., 1980**
Late enrolments on the day — £2.00

Barry Knight Surges Clear

BARRY KNIGHT of Torbay led virtually from start to finish to win the Senior Men's 9400m event at the Lovegrove and Jukes Cross Country meeting on October 26th, leading the large field around four laps of the continental-style King's Park circuit, which involves a lap of the nearby cinder track each time. With one large circuit remaining, Pete Adams of Aldershot had closed to within 50m of Knight, but the Torbay runner surged again to win by 12 sec. Last year Knight had followed local runner Roger Brown home, but this time Brown, the meeting organiser and Bournemouth's Recreation Officer, had to merely spectate as a tendon injury has prevented him racing since July.

Closest team race of the day came in the Junior Men's Jukes Trophy event, where the three scoring runners from both Aldershot and Woking were in the leading seven throughout. Clive Hensby of Woking won the race, but with two runners from each club home the score was 5-5, and the third scorers from both clubs had entered the arena together! Dave Eglan of Aldershot managed to pull away from Tim Crossman of Woking to clinch the race by just one point.

The Senior and Intermediate Women's race, on a shorter course than in the past, was won for the second year by Welsh champion Hilary Hollick, who led throughout, but a spirited pursuit by first year Intermediate Laura Wight (Stevenage) kept her on her toes.

C.T.

1, B. Knight (Torb) 29:07; 2, P. Adams (AF&D) 29:19; 3, N. Sirs (WS&E) 29:53; 4, C. Monk (Bris) 30:08; 5, S. Barnshaw (AF&D) 30:23; 6, P. Barratt (E&S) 30:27; 7, H. Chadwick (B'mth) 30:37; 8, B. Dawkins (S&E) 30:54; 9, P. Lewis (S&E) 31:02; 10, B. Kitchin (S&E) 31:11; 11, S. Crawte (AF&D) 31:17; 12, C. Shields (AF&D) 31:28; 13, M. Wilson (Ex. B) 31:29; 14, S. Torrance (S&E) 31:37; 15, J. Hurt (B'mth) 31:49; 16, D. Balderson (B'mth) 32:01; 17, J. Mills (Spark) 32:11; 18, P. Lake (Ex. B) 32:13; 19, J. Boyce (B'mth) 32:14; 20, S. Crawshaw (B'mth) 32:17. **Teams:** 1, Aldershot F&D 30; 2, Southampton & E 41; 3, Bournemouth 57. **(Vets):** 1, Hurt; 2, Mills; 3, M. Barratt (E&S) 32:21. **(Juniors):** 1, C. Hensby (Wok) 22:03; 2, P. Ledger (AF&D) 22:13; 3, E. Herridge (AF&D) 22:19; 4, S. Crossman (Wok) 22:34; 5, M. Gregory (S&E) 22:41; 6, D. Eglan (AF&D) 23:01; 7, T. Crossman (Wok) 23:12; 8, P. Gale (Havant) 23:29; 9, N. Popplewell (Havant) 23:32; 10, L. Zone (AF&D) 23:33. **Teams:** 1, Aldershot F&D 11; 2, Woking 12; 3, Southampton & E 29. **(Boys):** 1, S. Biggin (Deep. S) 16:03; 2, R. Gooderham (Brack) 16:06; 3, M. Bangle (Walton) 16:13; 4, M. Jones (AF&D) 16:23; 5, P. Perrie (B'mth) 16:29; 6, R. Chaff (AF&D) 16:34.

Teams: 1, Aldershot F&D 22; 2, Bournemouth 30; 3, Oxford City 36. **(Colts):** 1, A. Symes (Hen. H) 8:15; 2, R. Pearson (VoA) 8:20; 3, S. Hudson (Brack) 8:25; 4, P. Neeley (Fare) 8:31. **Teams:** 1, Bournemouth 27; 2, Bracknell 33; 3, Oxford City 39.

(Women): 1, H. Hollick (Sale) 13:17; 2, L. Wight (S&NH) 13:23; 3, C. Simpson (B'mth) 13:32; 4, W. Hamlyn (Hasl) 13:40; 5, K. Harvey (B'mth) 13:59; 6, D. White (S&E) 14:08; 7, N. Jackson (Unatt) 14:33; 8, A. Lewis (S&E) 14:41.

Teams: 1, Bournemouth 18; 2, Southampton & E 30; 3, Fareham 36. **(Juniors):** 1, R. Gamble (E. Grin) 8:44; 2, A. Brown (B'mth) 8:53; 3, H. White (S&E) 9:08; 4, S. Dean (S&E) 9:23; 5, D. Goddard (Fare) 9:25; 6, L. Sturmey (B'mth) 9:29.

Teams: 1, Southampton & E 15; 2, Bournemouth 18; 3, Fareham 38.

Letters

Dear Sir,

I read with interest, Chris Brasher's efforts to promote a London Marathon next Spring. This is a laudable object but let us not forget that this will not be the first marathon for the people. That was held successfully in Birmingham in 1980 and on a shoestring compared to the Brasher budget of £50,000.

W. Garrod,
Ranelagh Harriers.

Dear Sir,

I read with interest the recent letter in 'AW' (Oct. 18th) from Chris Brasher about long-distance cross country relays. The dates quoted for the 'inaugural' runs suggest that there is a growing interest in such away-from-it-all events. Our cross country club at University College, London, found one of these relays to be one of the most rewarding events of our season.

It was the challenge, printed in 'AW' last November by Highgate Harriers that gave us the idea to do something different from the usual University tour. We felt that the Pilgrim's Way run from Winchester to Canterbury would be a challenging and interesting route to do. Our decision to run in pairs turned out to be a good one since we had to run for seven hours in the dark. This method also greatly increased the pleasure and fun of the run. Everyone who took part looks forward to the next similar event despite the mud and hours of searching in almost pitch black — it took an hour for one six mile stretch!

For the benefit of Chris we are not sure if this is the inaugural event but here are the details just for the record:

Distance is an estimated 130M; run in pairs, as many 'legs' as you want, maximum 15 runners. Our time 18 hrs 56 min (Cathedral door to door).

J. S. Medes,
(UCL Ex-Captain).

SOUTHERN WOMEN'S LEAGUE - Continued

Southampton & E 445; 25, Milton Keynes 476; 26, Radley 496; 27, Guildford & G 530; 28, Havant 537 (Hillyer, 50, M. Thompson); 29, Luton 539; 30, Surrey Beagles 540; 31, Portsmouth 541; 32, Horsham BS 620; 33, Woking 649. Also: 32, S. Goodwin (B'mth); 37, M. Picton (Brack); 42, M. Pratt (BR&C); 44, A. Bathie (Brack).

Juniors

1, M. Walker (Parkside) 12:01
2, E. Lyon (Wycombe Ph.) 12:03
3, M. McKie (Exeter) 12:17
4, T. Glead (Wyc) 12:18; 5, K. Pelford (And) 12:19; 6, J. Hickson (Bed) 12:23; 7, H. Appleby (And) 12:24; 8, M. O'Shea (B'stoke) 12:24; 9, M. Lavercombe (Exe) 12:26; 10, R. Gamble (E. Grin) 12:27; 11, S. Davis (Mil. K) 12:28; 12, L. Pigrome (And) 12:31; 13, H. Wallace (And) 12:33; 14, E. Monks (F&C) 12:35; 15, J. Dennis (Med) 12:41; 16, S. Hague (Wyc) 12:42; 17, H. Baker (Mit) 12:47; 18, J. Holder (AF&D) 12:49; 19, K. Blount (Dart) 12:49; 20, S. Fenn (S'end) 12:51; 21, L. O'Connor (Thet) 12:53; 22, H. Conti (Med) 12:54; 23, S. Rogers (B'stoke) 12:55; 24, C. Bourke (Ox. C) 12:56; 25, K. Hendrickse (Mit) 12:57; 26, J. Church (AF&D) 12:57; 27, Y. Hague (Wyc) 12:58; 28, A. Cushen (Thur) 12:59; 29, S. Anderson (S&C) 13:00; 30, D. Campbell (S&NH) 13:00.

Teams:

1, **Andover 37** (Petford, Appleby, Pigrome, Wallace; 33, E. Perren; 49, A. Willis); 2, **Wycombe Ph. 49** (Lyon, Glead, S. Hague, Y. Hague); 3, **Basingstoke 100** (O'Shea, Rogers; 31, D. Jeffs; 38, J. Darvill; 42, D. Amey; 43, J. Rich); 4, **Exeter 105** (M. McKie, Lavercombe; 41, J. McKie; 52, S. Parker); 5, **Mitcham 146** (Barker, Hendrickse; 46, M. Brett; 58 S. Lanham); 6, **Medway 159** (Dennis, Conti; 50, S. Hotchkin; 72, R. Mattocks); 7, **Aldershot F&D 160** (Holder, Church; 35, C. Lillie; 81, J. Fitzmaurice); 8, **Barnet 233** (48, S. Maguire; 55, J. Silverster; 62, J. Daly; 68, K. Walters); 9, **Thurrock 234** (Cushen; 39, J. Pottle; 77, A. Taylor; 90, S. Jackson); 10, **Bedford 253** (Hickson; 67, J. Woods; 76, S. Lawrence; 104, R. Simkins); 11, Brighton & H 314; 12, Cambridge H 365; 13, Stevenage & NH 369 (Campbell; 45, C. Mahoney); 14, Essex Ladies 389 (32, J. Oliver); 15, Oxford City 402; 16, Bournemouth 420; 17, Southampton & E 445 (37, H. White); 18, Sutton & Cheam 456; 19, Reading 468; 20, Dartford 479; 21, Norfolk Olym. 487; 22, Portsmouth 487; 23, Bracknell 524; 24, Epsom & E 530; 25, Ilford 543 (36, A. Pearson); 26, Thetford 546 (O'Connor; 47, A. Connachie); 27, Uxbridge 557; 28, Southend-on-Sea 565 (Fenn; 40, D. Beer); 29, E. Grinstead 582; 30, Milton Keynes 599; 31, Surrey AC 611; 32, Verlea 613;

33, Crawley 636; 34, Fareham 658; 35, Fleet & C 667; 36, Havant 726 (34, J. Devlin); 37, Radley 728; 38, Ipswich 753; 39, Parkside 762; 40, Borough of Hounslow 770; 41, Hillingdon 841; 42, Redhill & R 843; 43, Middlesex 865; 44, Surrey Beagles 915; 45, Highgate 937; 46, Borough of Enfield 1002; 47, Windsor S&E 1005; 48, Horsham BS 1055; 49, Woking 1071; 50, Maidenhead 1154; 51, Haywards Heath 1181. Also: 44, D. Thomas (BR&C).

Girls

1, A. Penfold (Thurrock) 11:02
2, R. Hughes (Fleet & C) 11:05
3, M. Rooney (Brighton & H) 11:12
4, S. Jordan (Lut) 11:15; 5, L. Smith (F&C) 11:24; 6, N. Way (Ton) 11:28; 7, N. Dilley (Bed) 11:31; 8, C. Wetherall (Chelm) 11:33; 9, S. York (S&NH) 11:34; 10, E. Smith (Havant) 11:35; 11, M. Ainsworth (Thet) 11:35; 12, D. Lee (Barn) 11:37; 13, B. Pfeiffer (Barn-n/s) 11:38; 14, T. Points (Thet) 11:42; 15, S. Cook (B'mth) 11:46; 16, N. Milton (Hor) 11:47; 17, A. Smith (S&NH) 11:48; 18, J. Smith (F&C) 11:52; 19, M. Shaw (Barn) 11:53; 20, H. Chilver (Ton) 11:56; 21, L. Hatherley (Dart) 12:02; 22, C. Sunderland (Park) 12:03; 23, C. Johnson (Bed) 12:03; 24, A. Hughes (Thur) 12:04; 25, A. Rees (F&C) 12:07; 26, G. Goodwin (B'mth) 12:17; 27, K. Oates (AF&D) 12:18; 28, D. Drewett (Mit) 12:19; 29, J. Petford (And) 12:20; 30, A. Rose (AF&D) 12:20.

Teams:

1, **Fleet & C. 50** (R. Hughes, L. Smith, J. Smith, Rees; 50, S. Parker-Ashley); 2, **Thurrock 131** (Penfold, A. Hughes; 31, J. May; 75, M. Brazier); 3, **Aldershot F&D 159** (Oates, Rose; 49, A. Kent; 53, L. Vosper); 4, **Thetford 160** (Ainsworth, Points; 34, N. Smith; 101, A. Gregory); 5, **Bedford 199** (Dilley, Johnson; 59, J. Eady; 110, S. Jones); 6, **Mitcham 208** (Drewitt; 42, L. Carter; 64, J. Smith; 74, D. Gair); 7, **Stevenage & NH 244** (York, Smith; 95, G. Keddie; 123, C. Garrod); 8, **Dartford 266** (Hatherley; 33, K. Warren; 81, J. Jenner; 131, N. Forman); 9, **Portsmouth 282** (45, K. Creamer; 55, J. Anderson; 76, K. Helliwell; 106, M. Bechley); 10, **Reading 306** (52, M. Wayland; 71, L. Westlake; 72, J. Baldwin; 111, A. Hewitt); 11, Barnet 313; 12, Radley 316 (35, C. Jilbert; 41, S. Gaymel); 13, Bournemouth 320; 14, Brighton & H 329; 15, Southampton & E 331 (46, C. Taylor); 16, Basingstoke 349 (37, C. Shorney; 38, J. Reilly; 43, N. Hockham); 17, Parkside 381; 18, Hillingdon 410; 19, Luton 415; 20, Sutton & C 427; 21, Chelmsford 451; 22, Crawley 463 (47, S. Fowley); 23, Essex Ladies 500 (36, J. Thomas); 24, Epsom & E 504; 25, Bracknell 552; 26, Redhill & R 556; 27, Woking 568; 28, Guildford & G 578 (32, K. Firth; 48, H. McLeish); 29, Havant 583; 30, Windsor S&E 640; 31, Haywards Heath 693; 32, Verlea 726; 33, Borough of Hounslow 733; 34, E. Grinstead 734; 35,

RAF Victory at Oxford

Steve Jones and John Wild checked out their early season conditioning work in this University-organised event at Oxford on October 18th. Nick Brawn seized the early initiative but after a cautious start, on the heavy, hilly circuit, Jones, Wild and Navy newcomer Chris Robison shared the lead at half distance.

Shortly afterwards Robison lost contact and midway round the final circuit the Services number one took a tumble but recovered in time to join the Inter-Counties champion in an uphill surge to drop the Varsity champion around 800m from the finish. Former light-blue Nick Dorey, now at Oxford for one year, managed to repel more established RAF performers, and young Mark Flint made an impressive debut. The airmen easily took team honours.

Alan Warner

1eq, S. Jones (RAF) & J. Wild (RAF) 23:58; 3, N. Brawn (Ox. U) 24:03; 4, C. Robison (RN) 24:25; 5, N. Dorey (Ox. U) 24:41; 6, K. Brackstone (RAF) 24:45; 7, G. Rimmer (RAF) 25:19; 8, M. Flint (RAF) 25:25; 9, R. Clark (RAF) 25:33; 10, G. Flanagan (RAF) 25:36; 11,

D. Nevell (Ox. U) 25:42; 12, D. Warren (Ox. P) 25:46; 13, T. Yates (Ox. U) 25:59; 14, C. Shew (RAF) 26:03; 15, K. Cawley (RN) 26:04; 16, A. Newman (Ox. C) 26:12; 17, P. Hayes (Gst) 26:14; 18, J. Stephens (RN) 26:15; 19, S. Eshelby (VoA) 26:26; 20, S. Walsh (Ox. U) 26:30. **Teams:** 1, RAF 33; 2, Oxford Univ. 77; 3, RAF 'B' 138; 4, Royal Navy 150; 5, Oxford City 212.

VACANCIES IN THE NATIONAL YOUNG ATHLETES LEAGUE

Due to the complete restructuring of the National Young Athletes' League, there are now a very limited number of vacancies in the Southern Area. Secretaries of interested clubs should contact Ron Sales at South Ockendon 2178, immediately. Applications will be dealt with in strict order of receipt.

Competition is for Colts, Boys and Youths. Colts — 100m, 200m, 800m, 1500m and 4x100m, Boys and Youths — all events up to 3000m and all field events. Dates of competition are May 3rd and 24th, June 7th, July 5th and 26th, except for any match including a Surrey club. In this case the first match will be on April 26th.

No applications made more than 14 days after the publication of this letter will be considered.

Wycombe Ph. 737 (39, J. Vere); 36, Horsham BS 781; 37, Fareham 837; 38, Uxbridge 838; 39,

Middlesex 872; 40, Borough of Enfield 912. Also: 40, Z. Carter (Exe); 44, D. Burgess (Trow).

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NIKE WALLY WAFFLE	1-5 1/2 £8.45, 6-7 £9.75 (£10.99)
ADIDAS NEW TRX	4-5 1/2 £15.30, 6-12 £17.35 (£19.50)
ADIDAS TRX KID	2-5 £8.70, (£9.90)
ADIDAS MARATHON T.	7-12 £22.50 (£24.90)
REEBOK AZTEC MK.2	7-12 £20.20 (£22.70)
KARHU NAVY STAR	6-12 £19.85 (£21.85)
KARHU SUPER GREEN	6-12 £20.65 (£22.95)

SPIKES

ADIDAS INTERVAL 2	4-5 1/2 £12.45, 6-12 £14.20 (£15.99)
ADIDAS MARINER	4-5 1/2 £13.70, 6-7 £15.10 (£16.99)
ADIDAS TRACK	7-12 £19.10 (£21.60)
KARHU MONTREAL	6-12 £23.35 (£25.85)
KARHU LASER	6-12 £21.56 (£23.99)

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| | White 32 only. | |
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| | S, M, L. Red, royal. | |

KARHU — NORTH'S MAIN STOCKIST

POST FREE — FIRST CLASS

NEW YORK MARATHON *Contd from page 7*

Olympic steeplechase silver medallist and former 1500m/mile record holder Filbert Bayi; and the USA's world class 5000/10,000 runner Alberto Salazar who proclaimed on the eve of the race, "I feel confident I can go the whole distance . . . if somebody runs 2:10 tomorrow, I'll run 2:10".

A sub-5 minute miling tempo was established from the outset and the pack, which included Britain's Chris Garforth, Chris Stewart, John Graham and Trevor Wright, was headed at 10M (49:24) by Steve Floto from Colorado. At the halfway point Floto was a clear leader in 1:04:45 — ambitious running by a man whose best marathon is 2:15:55 — with Salazar fronting the chasing bunch of twenty in 1:04:52. It was soon afterwards that Rodgers, in strong contention, was accidentally knocked over by a stumbling Dick Beardsley, the US record holder grazing his knees in the process. "Someone from behind caught my leg", he explained. "I tripped and went flying through the air. Then some runner (it was Garforth) picked me up. I ran as hard as I could; I tried to gut it out". Rodgers, who was 80m behind the leaders when he set off in pursuit, did claw his way back to third place behind Salazar and Mexico's Rodolfo Gomez for a while but eventually he was obliged to slow and he finished fifth.

Floto, a non-finisher (as was Viren, who was passed by Waitz before dropping out, and

Nijboer), was still ahead at 15M (1:14:16) but by 18M the leader was none other than Scottish international steeplechaser John Graham, who has made such a remarkable impact in this his first season as a long distance road racer. A mile later it was Gomez from Graham and Salazar, and by 20M the first three had broken clear and were occupying the places they were to hold to the finish. Salazar (1:38:58) was a step in front of Gomez (1:38:59), followed by Graham 1:39:05, Jeff Wells 1:39:22, Rodgers 1:39:32, Inge Simonsen (Nor) 1:39:37, Beardsley 1:39:42, Ricardo Ortega (Spa) 1:40:12 and Ryszard Marczak (Pol) 1:40:14. Trevor Wright, who was to finish 7th, was 10th at this point in 1:40:18. Chris Stewart, 13th in 1:40:30, later dropped to 22nd, whereas Chris Garforth pulled up to 11th at the finish.

Top-class track runners making their marathon debut often go well for 20 miles or so before blowing up, but Salazar waited until 20M before making his move. Over the next three miles he built up a 19 sec lead over Gomez (1:53:49 to 1:54:08 at 23M) with Graham suffering from cramp but gamely holding third place in 1:54:46. It was only in the last few hundred yards that Salazar 'hit the wall' but by then he was home and dry, his winning margin a comfortable 33 sec.

Salazar's time was a sensational 2:09:41, to rank 7th on the world all-time list and become the first to break 2:11, never mind 2:10, in a first

NORFOLK OLYMPIADS A.C.

present the 6th

ROWNTREE-MACKINTOSH**CROSS-COUNTRY RACES**

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

at University of East Anglia,
Colney Lane, Norwich**SUNDAY, 14th DECEMBER, 1980, 12 noon**

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

(Ages as at 1st September, 1980)

Prizes: 1st 3 Teams and 1st 3 Individuals, 1st 3 Vets. (4 to score per team).**Entry Fee:** U/11's, U/13's, U/15's 30p per Individual, Inter/Senior Ladies, Youths, Junior/Senior Men & Vets 40p per Individual — No team fees.**ENTRIES CLOSE 3rd DECEMBER, 1980**

Entries to: T. J. R. Ash,
"Cringlewood House",
Sandy Lane,
Fakenham, Norfolk NR21 9ES.
S.A.E. for confirmation and travel details

**SOUTHERN COUNTIES W.A.A.A.
& SOUTHERN COUNTIES A.A.A.****OPEN
MEETING**

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

CRYSTAL PALACE**WEDNESDAY,
26th NOVEMBER****6.30 p.m.** 3000m Walk (SL, IL).**6.50 p.m.** 800m (JL, IL, SL, C, B, Y, JM, SM).**8.00 p.m.** 3000m (IL, SL, C, B, Y, JM, SM).**(INDOORS)****7.00 p.m.** 60m (JL, IL, SL, B, Y, JM, SM).**7.00 p.m.** Long Jump (Y, JM, SM, JL, IL, SL).**Entries:** 40p per event SM, JM, SL;
30p per event IL, JL, Y, B, C.

by 21st November, stating name, address, date of birth, club, event(s), and best recent performance. S.A.E. if acknowledgement required. No entries on the day.

Entries to Mrs D. Reed, 116 Woodland Way, West Wickham, Kent BR4 9LU.

Salazar: "I think I can go 2:08 or 2:07"

time marathon. Born in Cuba 22 years ago, he was brought to the USA at the age of two and is now a student at the University of Oregon where his coach is 1964 Olympic 5000 bronze medallist Bill Dellinger. Standing 1.83/6'0" and weighing 65kg/144lb, Salazar is a formidable track runner (13.22.4/27.49.3) who qualified for the USA 'Olympic team' at 10,000 despite a knee injury which kept him out of racing from March to June. The marathon was his first race beyond 10M and only twice in training had he run as far as 20M and then only at 6:20—6:30 miling pace.

"I think I proved something to the people who said I couldn't do it, who think running a marathon is some mystical thing. But to me a marathon is just another race, and under the right conditions I can run a lot faster, but I don't know when. I think I can go 2:08 or 2:07. I've got at least another eight years of running".

Rodgers, who confessed to being shocked by Salazar's time ("I've run more than 30 marathons, and I've only run one faster than that"), was typically gracious in defeat. "I ran the best race I could, but nobody was going to beat Salazar on this day. What a future he has in marathoning".

In second place Pan-American 10,000 champion Gomez lowered the Mexican record to an excellent 2:10:14, just 2 sec outside the fastest ever non-winning time. He, it may be recalled, was the man who made a big break in the Olympic marathon only to be caught and finish sixth. Third place honours went to Graham whose time of 2:11:47 is the fastest by a Scottish qualified runner and ranks him 6th on the UK all-time list behind Ian Thompson (2:09:12), Ron Hill (2:09:28), Bill Adcocks (2:10:48) Bernie Ford (2:10:51) and Dave Cannon (2:11:22). British-born Roger Robinson, representing New Zealand, was first veteran home — clocking 2:22:13 in his debut.

(Next week: Mel Watman describes what it was like running in the New York Marathon)

1, Alberto Salazar (USA) 2:09:41
2, Rodolfo Gomez (Mexico) 2:10:14
3, JOHN GRAHAM (UK) 2:11:47
4, J. Wells (USA) 2:12:00; 5, W. Rodgers (USA) 2:13:21; 6, I. Simonsen (Nor) 2:13:29; 7, TREVOR WRIGHT (UK) 2:13:31; 8, R. Marczak (Pol) 2:13:46; 9, R. Beardsley (USA) 2:13:56; 10, F. Richardson (USA) 2:14:14; 11, CHRIS GARFORTH (UK) 2:14:29; 12, R. Ortega (Spa) 2:14:45; 13, O. Dahl (Nor) 2:15:07; 14, M. Arena (Ita) 2:15:17; 15, E. Ndiemandoi (Tan) 2:15:47; 16, J. White (USA) 2:16:39; 17, F. Szekeres (Hun) 2:17:19; 18, K. McCarey (USA) 2:17:21; 19, R. Kulikowski (USA) 2:17:51; 20,

NORMAN WILSON (UK) 2:17:59; 21, J. Drayton (Can) 2:17:59; 22, CHRIS STEWART (UK) 2:17:59; 23, H. Parmentier (Bel) 2:18:09; 24, R. Callison (USA) 2:18:16; 25, E. Tikkanen (Fin) 2:18:30; 26, V. Mora (Col) 2:18:33; 27, C. Friend (Hol) 2:18:39; 28, O. Sanders (USA) 2:18:42; 29, TERRY COLTON (UK) 2:19:15; 30, K. Sirma (USA) 2:19:40; 31, J. Toivola (Fin) 2:19:48; 32, H. O'Connell (USA) 2:19:48; 33, Y. Karni (Isr) 2:19:54; 34, P. Butler (Can) 2:20:16; 35, R. Schell (USA) 2:20:31; 36, F. Bayi (Tan) 2:20:35 . . . 42, D. Chettle (Aus) 2:21:17; 45, J. Grimon (Bel) 2:21:40; 46, I. Egeberg (Nor) 2:21:44; 47, R. Robinson (NZ-1st Vet) 2:22:13; 49, W. Cain (UK) 2:22:23; 57, P. Rafferty (UK) 2:23:10; 70, M. Summers (UK) 2:25:23; 75, Z. Barie (Tan) 2:25:47; 97, A. Byrne (UK) 2:28:22; 105, P. Marsh (UK) 2:28:54; 106, P. Van Alphen (Hol-1st O/50) 2:29:03; 109, I. Logan (UK) 2:29:07; 127, K. Arnold (UK) 2:31:04; 129, J. Hensman (UK) 2:31:11; 133, T. Flanagan (UK) 2:31:31; 134, P. Yates (UK) 2:31:37; 153, S. Kelly (Isle of Man) 2:32:55; 156, I. Robinson (UK) 2:33:04; 172, R. Taylor (UK) 2:34:20; 182, D. Dowdle (UK) 2:34:43; 196, M. Vainio (Fin) 2:35:19; 198, S. Harrison (UK) 2:35:23; 200, W. Pegler (UK) 2:35:31; 213, J. Thresher (Can/UK-V) 2:36:10; 215, R. Gresty (UK) 2:36:11; 218, M. Keough (UK-V) 2:36:19; 221, W. Venus (UK-V) 2:36:26; 239, J. Bicoourt (UK) 2:37:33; 243, D. Wright (UK) 2:37:39; 297, J. Walsh (UK-V) 2:40:03; 299, C. Bould (UK) 2:40:07 . . . 488, J. Disley (UK-age 51) 2:45:58.

Other UK placings (details just received): 82, J. McIlmurray 2:26:14; 150, R. Carey 2:32:49; 195, K. Peters 2:35:17; 211, T. Soutar 2:36:09; 246, D. Powell (V) 2:37:46; 252, P. Lomas (V) 2:38:00.

Women

1, Grete Waitz (Norway) 2:25:42
2, Patti Catalano (USA) 2:29:34
3, Ingrid Christensen (Norway) 2:34:25
4, CAROL GOULD (UK) 2:35:06; 5, GILLIAN ADAMS (UK) 2:37:56; 6, L. Binder (USA) 2:38:10; 7, K. Sweigart (USA) 2:40:35; 8, O. Mosling (Nor) 2:41:01; 9, G. Olinek (Can) 2:41:33; 10, J. Chodnicki (USA) 2:43:34; 11, S. Laxton (SA) 2:43:49; 12, J. Arenz (USA) 2:44:16; 13, D. Burge (USA) 2:44:48; 14, LESLIE WATSON (UK) 2:45:40; 15, C. Cook (USA) 2:46:10; 16, K. Erickson (USA-age 15) 2:47:24; 17, K. Horton (USA) 2:48:09; 18, S. Grottenberg (Nor) 2:48:29; 19, I. Martinez (Spa) 2:49:02; 20, D. Israel (USA) 2:50:36; 21, J. Kerr (USA) 2:50:46; 22, V. Forster (Swi) 2:51:30; 23, U. Heiskanen (Fin) 2:52:14; 24, K. McDonald (USA) 2:53:40; 25, ANN KING (UK) 2:54:01 . . . 30, L. Billington (UK) 2:58:03; 46, M. Griffith (UK) 3:05:59; 53, F. Mudway (UK) 3:08:47.

Southern Women's Road Relays

Eastway Cycle Circuit, October 25th

ROAD RELAY HONOURS SHARED ROUND

IN EXCELLENT CONDITIONS on the traffic-free circuit which has become a popular venue for road relays, Ilford (Kim Trunley, 10:39) had a good lead on the first two-lap leg in the Senior race, but then Margaret Beacham took Barnet into a lead which evergreen Joyce Smith stretched to some 250 yards with the fastest time of 10:22. In the Intermediate race, Karen Hughes (9:19) soon opened up a good lead for Thurrock and though Katie Fairbrass (Reading, 8:56) ran a tremendous second leg which gave her fastest time of the race, Thurrock were still well clear at the last take-over to come home very easy winners by 52 sec from Stevenage for whom Mandy Alford ran a fine leg of 9:20.

In the Junior event Essex Ladies (Oliver 7:12) led from Reading (Griffin 7:20) on leg 1, but, on the next, Basingstoke (O'Shea 7:17) were in the lead with Andover (Petford 7:20) on their heels. The Andover team had 17 secs to spare from Wycombe at the finish, thanks to a fine run by Appleby (7:17). Essex Beagles (Catlin 7:27) had a 7 sec lead on lap 1 of the Girls race with Fleet & Crookham "A" and "B" in 5th and 6th places, but on the next circuit Lesley Smith took Fleet into the lead and Rachel Hughes with fastest time of 7:16 went right away for a convincing win.

P.W.G.

Seniors

- 1, Barnet (B. Nelson 11:10, M. Beacham 10:51, J. Smith 10:22) 32:23;
- 2, Bracknell (K. Whapshott 11:03, J. Compton 11:34, S. Samy 10:36) 33:13;
- 3, Ilford (K. Trunley 10:39, S. Honey 11:59, B. Lock 11:04) 33:42;
- 4, Cambridge H (J. Allison 11:26, A. Chattaway 12:02, T. Purton 10:49) 34:17;
- 5, Oxford City (S. Walters 11:37, L. Porter 11:55, S. Alt 10:59) 34:31;
- 6, Highgate (J. Bennett 11:10, J. Cole 11:15, I. Mosen 12:17) 34:42;
- 7, Brighton & H 35:02; 8, Stevenage & NH 35:38; 9, Havering 35:49; 10, Ilford 35:57; 11, Barnet 'B' 37:53; 12, Highgate 'B' 38:07; 13, Reading 40:08; 14, Chelmsford 41:56; 15, Highgate 'C' 44:24. **Fastest:** Smith 10:22; Samy

10:36; Trunley 10:39; Purton 10:49; Alt 10:59.

(Note: This was Joyce's 11th 'fastest stage' in this event, dating back to 1959, and the 13th time since 1960 that Barnet won the Senior title).

Intermediates

- 1, Thurrock (K. Hughes 9:19, R. Newman 9:51, D. Dudley 9:29) 28:39;
- 2, Stevenage & NH (L. Dale 10:43, L. Wight 9:28, A. Alford 9:20) 29:31;
- 3, Fleet & C (T. Long 9:38, C. Upsher 10:16, A. Neal 10:03) 29:57;
- 4, Basingstoke 30:09; 5, Reading 30:19; 6, Havering 30:22; 7, Dartford 30:30; 8, Brighton & H 30:50; 9, Borough of Hounslow 31:25; 10, Bracknell 31:42; 11, Basildon 31:52; 12, Cambridge H 31:54; 13, Barnet 32:13; 14, Chelmsford 32:26; 15, Medway 32:30; 16, Oxford City 32:32; 17, Thurrock 'B' 32:53; 18, Parkside 33:10; 19, Essex Ladies 33:33; 20, Southend-on-Sea 33:34. **Fastest:** Fairbrass 8:56; Hughes 9:19; Alford 9:20; Wight 9:28; Dudley 9:29.



Joyce Smith takes over from Margaret Beacham for another Barnet victory.

Mike Street

ADVANCE NOTICE

Come to Barry & Vale Harriers A.C.
"ROUND THE ISLAND ROAD RACE"

at Barry Island

ON SUNDAY, 28th DECEMBER, 1980

For further details of the race programme for males & females watch for further information in Dec. 6th issue of AW or contact: Mr A. D. Hopgood, 'Rockleigh', 271 Gladstone Rd, Barry, S. Glamorgan. Tel. Barry 736866.



Rachel Newman takes over from the 'leggy' Karen Hughes with victory already assured for Thurrock.

Mike Street

Juniors

- 1, Andover (H. Wallace 7:26, K. Petford 7:20, H. Appleby 7:17) 22:03;
- 2, Wycombe Ph. (Y. Hague 7:28, S. Hague 7:29, T. Glead 7:23) 22:20;
- 3, Basingstoke (D. Amey 7:28, M. O'Shea 7:17, S. Rogers 7:40) 22:25;
- 4, Thurrock 22:41; 5, Medway 22:43; 6, Basildon 22:45; 7, Andover 'B' 22:54; 8, Essex Ladies 22:56; 9, Reading 22:57; 10, Barnet 22:58; 11, Basingstoke 'B' 23:08; 12, Wycombe Ph. 'B' 23:19; 13, Havering 23:33; 14, Dartford 23:39; 15, Barnet 'B' 23:43; 16, Ilford 23:45; 17, Stevenage & NH 23:56; 18, Medway 'B' 24:03; 19, Surrey AC 24:06; 20, Oxford City 24:08. **Fastest:** J. Oliver (Ex. L) 7:12; O'Shea & Appleby 7:17; Petford & L. Griffin (Read) 7:20; A. Taylor (Thur) 7:22; Glead 7:23; H. Conti (Med) 7:25.

Girls

- 1, Fleet & C (J. Smith 7:48, L. Smith 7:40, R. Hughes 7:16) 22:44;
- 2, Stevenage & NH (P. Higgs 7:47, A. Smith 7:54, S. York 7:30) 23:11;
- 3, Thurrock (A. Hughes 7:44, J. May 8:11, A. Penfold 7:22) 23:17;
- 4, Havering 23:32; 5, Essex Beagles 23:40; 6,

Barnet 23:53; 7, Medway 23:58; 8, Fleet & C 'B' 24:35; 9, Parkside 24:47; 10, Chelmsford 24:54; 11, Basildon 24:56; 12, Brighton & H 24:59; 13, Windsor S&E 25:06; 14, Havering 'B' 25:13; 15, Essex Ladies 25:24; 16, Fleet & C 'C' 25:36; 17, Reading 25:40; 18, Herne Hill 25:42; 19, Bracknell 25:51; 20, Reading 'B' 25:53. **Fastest:** R. Hughes 7:16; Penfold 7:22; W. Catlin (Ex. B) 7:27; York 7:30.

COSFORD INDOOR SEASON 1980/81

The construction of the new track at RAF Cosford is progressing according to plan and there is every chance that the project will be completed on time. The following is the fixture list for the season with the International matches still to be confirmed. **Dec. 13th**, Scotland v North v South v Midlands (both sexes), subject to track availability; **Jan. 9th/10th**, Cosford Games; **Jan. 23rd/24th**, AAA/WAAA Champs; **Feb. 7th**, Open Meeting; **Feb. 11th**, GB v GDR and **Feb. 25th** GB v Spain both to be confirmed; **Mar. 7th**, Open Meeting & Medley Relays; **Mar. 8th**, Pentathlon/Sextathlon & Relays; **Mar. 20th/21st**, AAA/WAAA U.20 Champs. Details of events, entry fees, closing dates, admission charges, etc. will be advertised. Entry forms for the January meetings will be available from MCAA, Devonshire House, High Street, Deritend, Birmingham, B12 0LP in mid-November. See with applications please.

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CROSS COUNTRY LEAGUES Continued

SURREY LEAGUE
(Division One)

At Walton, October 18th

1, D. Faircloth (Croydon) 31:25
2, L. Wells (Walton) 31:39
3, E. Herridge (Aldershot F&D) 31:45
4, C. Stebbings (Croy) 31:51; 5, R. Lunnion (AF&D) 32:01; 6, M. Daughters (Walton) 32:02; 7, J. Hood (AF&D) 32:03; 8, C. Seward (E&E) 32:17; 9, M. Woods (AF&D) 32:32; 10, F. Upcott (SLH) 32:33; 11, M. Waldron (E&E) 32:35; 12, A. Evans (SLH) 32:36; 13, R. Yeomans (AF&D) 32:42; 14, H. Roberts (HW) 32:54; 15, S. Barnshaw (AF&D) 32:59; 16, A. Dippie (Walton) 33:00; 17, S. Martin (E&E) 33:02; 18, W. Ewer (E&E) 33:09; 19, S. Paton (Bel) 33:14; 20, P. Clarke (HW) 33:15; 21, T. Salthill (SLH) 33:17; 22, R. Roath (Walton) 33:24; 23, D. Dymond (Croy) 33:32; 24, S. Knight (SLH) 33:35; 25, P. Francis (Walton) 33:36; 26, M. Page (Walton) 33:43; 27, C. Clark (HW) 33:48; 28, S. Crawte (AF&D) 33:53; 29, M. Connelly (Walton) 33:55; 30, J. Gladwin (Bel) 33:57. **Teams:** 1, Aldershot F&D 192; 2, Walton 293; 3, S. London 351; 4, Epsom & E 364; 5, Croydon 398; 6, Belgrave 426. **(Youths/Boys):** 1, Leyland (SLH) 15:15; 2, Richey (Bel) 15:17; 3, Hutchings (SLH) 15:40; 4, Iszatt (SLH) 16:11; 5, Davis (SLH) 16:21; 6, Malcolm (HW) 16:34; 7, Bangle (Walton) 16:46; 8, Warren (HW) 16:55. **Teams:** 1, S. London 25; 2, Hercules Wimbledon 56; 3, Belgrave 72; 4, Croydon 100. **(Colts):** 1, Bexley (HW) 18:09; 2, Woadhowe (HW) 18:38; 3, Booth (HW) 18:40. **Teams:** 1, Hercules Wimbledon 15; 2, Belgrave 40.

(Division Two)

At Richmond Park, October 18th

1, M. Little (Ranelagh) 28:03
2, A. Bamber (Met. Police) 28:30
3, M. McEvilly (Herne Hill) 28:37
4, S. Warzee (G&G) 28:39; 5, T. Conlon (HHH) 28:49; 6, O. Foote (Sy) 28:53; 7, D. Wright (Rane) 28:55; 8, P. Lindsell (G&G) 28:57; 9, J. Hensman (Mit) 29:02; 10, J. O'Sullivan (HHH) 29:08; 11, A. MacBrayne (HHH) 29:14; 12, A. Harran (HHH) 29:24; 13, N. Hynds (HHH) 29:27; 14, A. Gibbons (Th. H&H) 29:30; 15, P. Keen (Rane) 29:32; 16, T. Pinfield (Mit) 29:34; 17, M. Roberts (HHH) 29:40; 18, K. Hutchin (Met. P) 29:45; 19, D. Glassborow (HHH) 29:48; 20, Knowles (R&R) 29:52; 21, S. Smullan (Sy) 29:54; 22, M. Nolan (HHH) 29:57; 23, K. Harrison (Rane) 30:02; 24, J. Stegner (HHH) 30:03; 25, S. Mackey (Th. H&H) 30:05. **Teams:**
1, Herne Hill 136; 2, Ranelagh 243; 3, Met. Police 359; 4, Surrey AC 409; 5, Thames H&H 443. **(Youths/Boys):** 1, B. Brennan (S&C) 14:16; 2, A. Kerridge (S&C) 14:31; 3, N. Sillitoe (Mit) 14:42; 4, S. Childs (Mit) 14:50; 5, A. Brown (G&G) 14:55; 6, N. Warzee (G&G) 14:58. **Teams:**

1, Sutton & C 57; 2, Mitcham 67; 3, Guildford & G 71. **(Colts):** 1, S. Maynard (Coll) 15:46; 2, M. Moss (HHH) 16:01; 3, P. Barry (Mit) 16:20. **Teams:** 1, Collingwood 46; 2, Sutton & C 51.

ICKNIELD LEAGUE

At Amphill, October 19th

1, M. Green (Corby) 29:06
2, M. Shotbolt (Bedford) 29:08
3, R. Church (Nene Valley) 29:39
4, P. Odell (Bed) 29:48; 5, M. Rutkowski (Nene V) 29:49; 6, J. Bowley (Nene V) 29:51; 7, R. Denehey (Bed) 29:53; 8, M. Goodwin (Bed) 29:59; 9, D. Hall (Nene V) 30:08; 10, J. Rose (C&C) 30:21; 11, A. Watt (Hunt) 30:26; 12, A. Boast (C&C) 30:34; 13, R. Eagle (Bed) 30:38; 14, G. Spring (North) 30:43; 15, H. Boyle (Cor) 30:49; 16, M. Hager (Kett) 30:55; 17, H. Quince (Bed) 31:04; 18, P. Kettle (Kett) 31:11; 19, M. Field (Mel) 31:15; 20, D. Wray (Mel) 31:17; 21, G. Nelson (Nene V) 31:36; 22, R. Wadeley (Bigg) 31:39; 23, G. Taylor (Kett) 31:40; 24, J. Lewy (C&C) 31:41; 25, R. Grubb (C&C-V) 31:43.
Teams: 1, Bedford 753; 2, Nene Valley 730; 3, Cambridge & C 656; 4, Kettering 636; 5, Corby 493; 6, Melbourn 472; 7, Northampton Ph. 444; 8, Stevenage & NH 415. **(Vets):** 1, Grubb; 2, P. Gribben (Cor) 32:33; 3, E. Saberton (C&C) 32:53; 4, J. Malpas (Kett) 34:19; 5, W. King (Peter) 35:08; 6, D. Smith (Kett) 35:28. **Teams:** 1, Kettering 66; 2, Cambridge & C 66; 3, Vauxhall 57. **(Youths):** 1, S. Goodwin (Bed) 19:17; 2, P. Chester (S&NH) 19:18; 3, C. Wills (North) 19:45; 4, S. Wright (Cor) 19:53; 5, C. Burton (Hunt) 20:10; 6, P. Moyes (Peter) 20:18; 7, R. Booth (H&W) 20:28; 8, M. Turner (Kett) 20:28; 9, M. Ison (Lut) 20:48; 10, R. Brooks (Hunt) 20:55.
Teams: 1, Stevenage & NH 106; 2, Huntingdon 82; 3, Corby 80; 4, Peterborough 74. **(Boys):** 1, P. Halsey (Lut) 16:12; 2, P. Beddington (Bed) 16:31; 3, J. Levy (Cor) 16:35; 4, R. Covington (Lut) 16:38; 5, K. O'Connor (Hunt) 16:42; 6, K. Johnson (North) 16:53. **Teams:** 1, Luton 193; 2, Corby 185; 3, Bedford 164. **(Colts):** 1, R. Youngs (Hunt) 10:03; 2, C. Oatthews (Lut) 10:12; 3, P. Benedickter (Lut) 10:14. **Teams:** 1, Luton 176; 2, Huntingdon 161.

OLYMPIC FILM FOR LONDON

The first Soviet film on the Moscow Olympics will be shown in London on Sunday, November 23rd, 1.30 pm. "Moscow Olympics 1980" will be presented at the Paris Pullman Cinema, Drayton Gardens by 'Soviet Weekly', in association with the British-Soviet Friendship Society. The cinema is near Gloucester Road tube station, and the 30, 45 and 49 bus routes.

Tickets are £1.80 (half price for pensioners, students and children under 15), and applications should be made to Olympic Film, 3 Rosary Gardens, London, SW7 4NW.

ATHLETIC EVENTS

With approximately 20,000 copies going out weekly and an estimated total readership of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £13, ½ page £24, page £45. 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. Booking of space is advised four weeks in advance.

READING UNIVERSITY C.C.C.

presents 3rd Annual

WHITEKNIGHTS RELAY

SAT., 29th NOVEMBER, 1980

Ladies 3x2 miles Relay 2 p.m.
Men's 4x2.5 miles Relay 3 p.m.

Entries per team: £3 Men, £2.50 Ladies, includes good prizes and teas. To: M. Hibbert, St. George's Hall, Reading RG1 5HZ. Entries close 24th Nov., 1980.

NENE VALLEY HARRIERS A.C.

Second

TEN MILE ROAD RACE

(W.A.A.A., A.A.A. & R.R.C. approved)

Sponsorship by Surfleet Tyres

ON SUNDAY, 7th DECEMBER, 1980

Start 2.30 p.m.

Bretton Centre (Flaxland), Near Sainsburys

Changing: Bretton Park (near the start).

Good Prizes for Men/Vets and Women.

Fee: 45p Individual. No team fee.

CLOSING DATE MON., 1st DEC., 1980

Entries: R. Church, 14 Benland, Bretton, Peterborough PE3 8EB, Cambridgeshire.

Send S.A.E. for acknowledgment.

CLASSIFIED ADVERTISEMENTS

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

TRAINING DIARY. 90p. (B.A.A.B. APPROVED). Starts anytime! Any event/sport! 'NUTRITION', 50p; 'ATHLETICS INJURIES', 50p; 'TEACHING ATHLETICS', 60p. 150-PUS BAG/CAR STICKERS! Amusing, Serious; "OLYMPIC REPORT 1976", J. Coote: £1.50*/Published: £4* (* = post paid). Samples, Catalogue (10p S.A.E.): Arena Publications, 325 High Road, London SW16 3NS.

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

SHIREBROOK ATHLETIC CLUB CROSS COUNTRY RACES

Sunday, 7th December, 1980, at 11.30 am

Girls & Boys U/11 — 1M, Girls & Boys U/13 — 1½M, Girls & Boys U/15 — 2¼M, Inters — 2¼M, Youths — 3¼M.

Plaques for 1st 3 places.

Entry: 30p. Closing date 14th November, 1980. T. Morley, 58 Park Rd, Shirebrook, Mansfield, Notts. Tel. (062 385) 3574. S.A.E. for travel details.

LONDON BOROUGH OF HARINGEY

in conjunction with

HARINGEY A.C.

present

1st

TURKEY TROT

(Under A.A.A. Laws)

at Alexandra Palace Park
Wood Green N.22

ON SUNDAY, 14th DECEMBER

2 p.m.

Even consists of 6x2 mile Men's Team Relay.

Entry: £2 per team. (Cheques/P.O.'s payable to London Borough of Haringey).

Prizes: 20lb Turkey to fastest lap and each member of winning team, plus trophies to 1st, 2nd and 3rd placed teams.

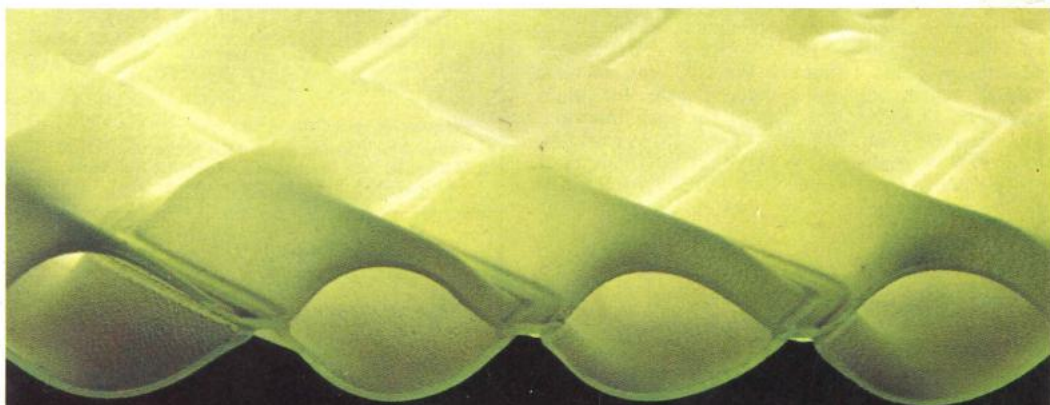
Entries (on AAA forms) to: The Controller of Leisure and Recreation, The Lodge, Church Lane, Tottenham, London, N17 (Tel. 808 7604).

CLOSING DATE 1st DECEMBER

BIG SAVINGS ON CLEARANCE SHOES —

Nike LD1000V (RRP £29.99) 8, 8½, 10, 10½, 11 £23.75, Nike Nylon Road Runner (RRP £14.99) 9½, 10, 11 £11.75, Nike Waffle Trainer (RRP £21.99) 11 £17.50, E.B. Marathon (RRP £27.80) 8, 9, 10, 11, 12 £20.00, E.B. Sao Paulo (RRP £36.55) 9½, 10, 10½, 11½, 12 £26.00, E.B. Lydiard Road Runner (RRP £30.00) 7, 9½, 11 £16.50. **Martin Barrett Sports**, 10 Caernarvon Close, Walton, Chesterfield, Derbys. Tel. 0246 31086.

'INDIVIDUALLY MADE' Red or Navy Tracksters: £3.25 each (or 2 for £5.50). Give waist and inside leg — and hip measurement for ladies. Nylon Shorts, brief or square cut £1.50 each (2 for £2.60) or 6 for £6. (Give waist size). Colours: Green, Black, Red, White. **Ray O'Donoghue Sportswear**, 13 Parkdale Crescent, Worcester Park, Surrey KT4 7QF. Telephone 01-337 8701.



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