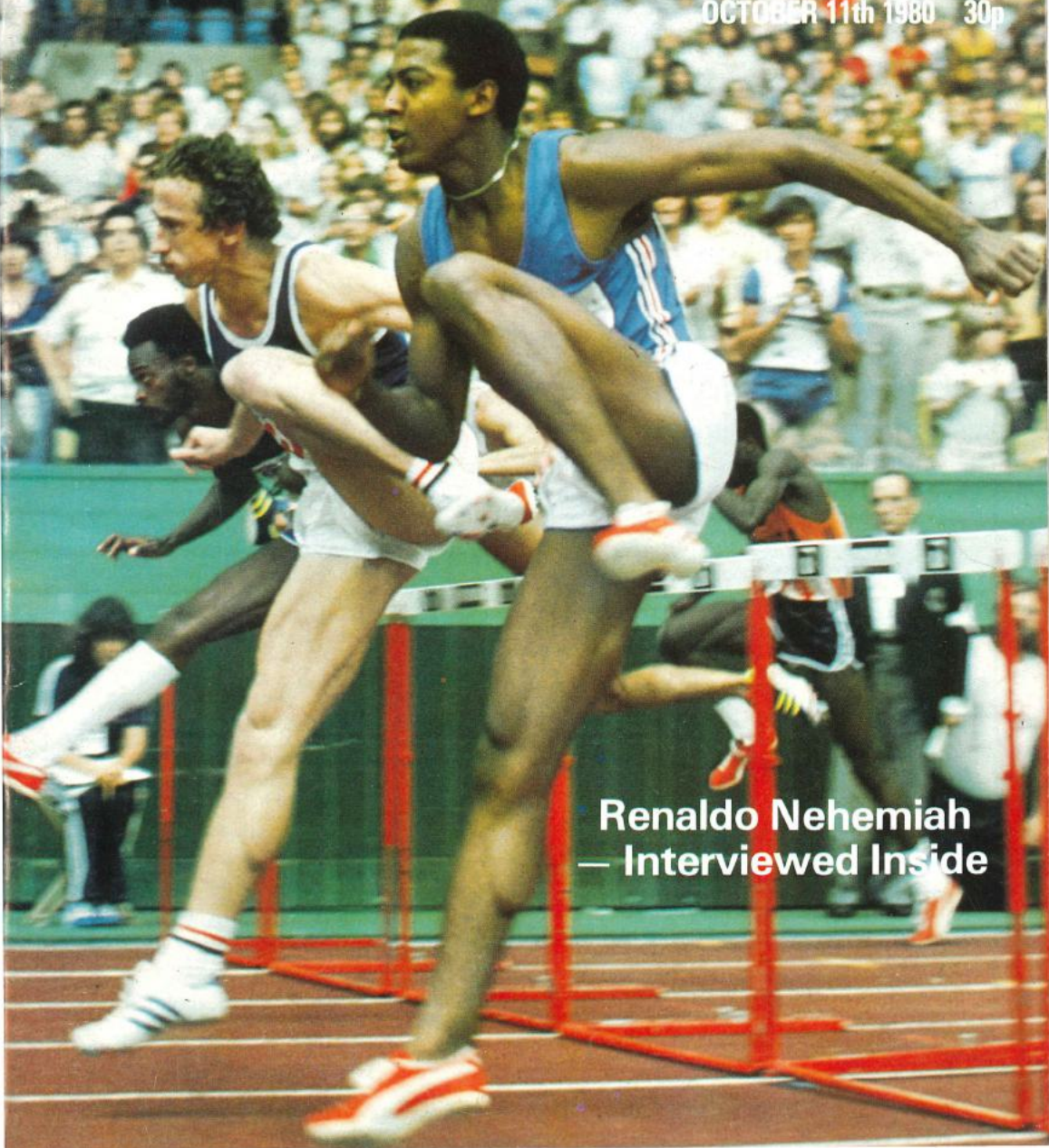


INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

OCTOBER 11th 1980 30p



Renaldo Nehemiah
— Interviewed Inside

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OCTOBER 11th 1980

CONTENTS

- * UK v Switzerland Combined Events
 International — Alan Lindop Reports . . . 4
- * The 'Lifting' Controversy
 — Julian Hopkins Answers Back 10
- * Road Races 12
- * European Veteran's Walking Championships
 — Colin Young in Helsinki 18
- * Interview With Renaldo Nehemiah
 — by Alastair Aitken 22
- * And With Jean Poquette, His Coach 28
- * Readers' Letters 30
- * UK All-Time Men's Top Tens. 36
- * Midland Six-Stage Road Relay 45

THE WEEK AHEAD

Saturday, October 11th: Kent Women's AAA Road Relays, Ashford; Wimbledon '10'; Surrey AC CC Relay, Richmond Park; Westward League, Yeovil; Kent League, West Malling; Scottish Northern District League, Fort William; West Midlands Girls Schools CC Relay Meeting, Birmingham; Alexander Memorial Parkland Relay, Perry Barr; Welsh Inter-Schools CC; Worcestershire Beacon Race, Malvern; Commedagh Chase, Castlewellan, Co. Down; Portsmouth 'Golden Cockerel' Road Relays, Alexandra Park; Chippenham — Calne 6M Walk; Essex League 7M Walk, Woodford Green.

Sunday, October 12th: Masters & Maidens Marathon, Guildford; Cleveland Marathon, Middlesbrough; Walton '10'; Rowntrees '10', York; Norwich Union Road Relay; Wessex League; Collingwood CC Races, Wallington; Fire Service CC Relay Champs, Bristol; Countrywide Run, Banbury; Butter Crag Fell Race, Grasmere; St. Luke's Horseshoe '10'; Stockport 7M Walk, Offerton.

Wednesday, October 15th: Highgate Open

Meeting, Parliament Hill; NE Wednesday League; London Services League, Camberley.

Saturday, October 18th: AAA 6-Stage Road Relay, Melton Mowbray; Southern Women's League, Aldershot; Surrey League; Hastings Road Races; Hoad Hill Fell Relay, Ulverston; Taunton Carnival Races; Weymouth Road Races & Walks Meeting; Faversham '5'; Oxford Univ. v RAF, etc CC Match, Oxford; Scottish Northern District Relay Champs, Thurso; National U/20 Walk Champs, Coventry; Sri Chinmoy '7', Hyde Park.

Sunday, October 19th: Coritanii Cross, Leicester; Rockingham '10'; Welsh Women's Road Relays, Bridgend; 3 Towers Race, Horwich; Wrekin '10', Shrewsbury; Kent Women's League, Maidstone; Oxford Univ. Open Track & Field Meeting; York Open 7M Walk.

COVER PHOTO (By Tony Duffy)

Renaldo Nehemiah and Thomas Munkelt battling it out in the 1979 World Cup in Montreal.

Honours Shared In Cwmbran International

Alan Lindop reports on Combined Events Match

THE UK JUNIOR HEPTATHLON record and Swiss records for Junior Decathlon, Senior and Junior Heptathlon were all broken in the UK v Switzerland Combined Events International at Cwmbran on September 20th/21st. Canada added a third dimension to the Senior Decathlon in a meeting that contained the first Heptathlon to be held at International level in the UK.

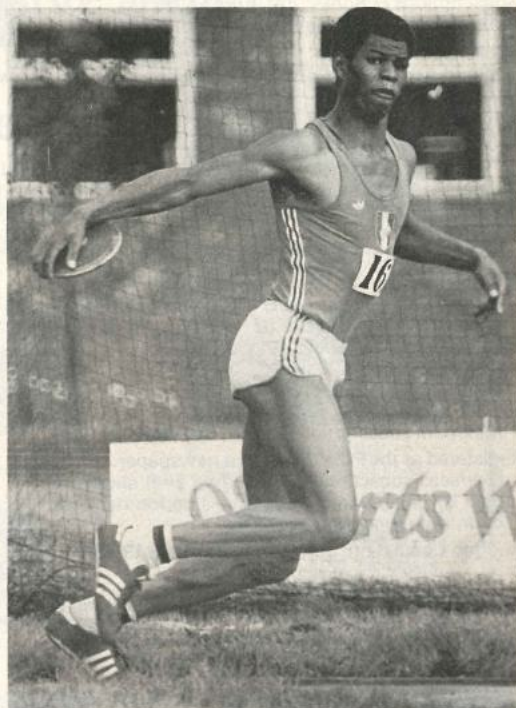
Conditions were pleasant on the first day, but were windy and wet on the second, strong headwinds slowing the hurdles times.

Dave Steen (Canada) won the Senior Decathlon with 7387 points, although up to the javelin he had been lying 5th. His best performance came in the long jump where having had two long no jumps, he hit the board perfectly on his last attempt for a massive legal 7.55m. His javelin mark of 65.84m moved him into the lead, although before this he was looking to place second to Armin Tschenett (Switzerland). A 7.35m long jump gave Tschenett the lead, which he maintained to the vault. With a 4.40m clearance he was 320 points ahead, but was injured (adductors) on the javelin runway, and had to withdraw.

Colin Boreham was the top Briton, finishing third with 7303, his fifth score over 7300. He was aided by a season's best high jump of 2.04m, and a fast win in the 1500m — 4:24.1. In fifth place Greg Richard, competing in his first Senior International improved his best mark for the third time this season, improving from 7071 to 7168 and setting new standards in the high jump (1.98m) and 1500m. Although he had the same score as Christian Gugler in fourth place, and both had won five events each, Gugler claimed fourth by virtue of a 4.50m vault. Pan Zeniou, competing in his 13th Senior International (a record in itself) finished sixth with 7106 points, and Fidelis Obikwu, also gaining Senior honours for the first time, finished eighth with 6871.

The team competition was a close affair as after nine events UK led Switzerland by only 21 points, but good team running in the 1500m saw the UK home by 174.

In the Junior match the Swiss team occupied the first four places, with Patrick Vetterli setting a new Swiss record of 7182, winning all the



FIDELIS OBIKWU

Tim Pike

throwing events, as well as clearing a useful 1.97m. Robert Betts would undoubtedly have split the Swiss, but had to withdraw before competing in the hurdles, with a back injury. He had recorded pb's of 6.59m in the long jump and 1.89m in the high, for second place after the 1st day's event with his best score of 3547. Despite the wind reducing the hurdles time considerably, Tom Leeson (who celebrated his 17th birthday two days earlier) increased his overall best score to 6391 in his first International. He went close to the 7m mark with a legal best of 6.97m, followed by a pb in the shot. He increased his first day best



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Tom Leeson increased his best score to 6391 just a couple of days after his 17th birthday.

Tim Pike

to 3478, and then set lifetime bests in the javelin and 1500m. International vaulter Tim Anstiss, making his Decathlon International debut, finished sixth with 6089, winning his speciality at 4.60m, while Jean Ball had an excellent run in the 1500m.

In the Senior Heptathlon, Corinne Schneider (born 3.7.1962) not only set a new Swiss Junior record of 5506 points, but claimed the Senior record as well. The British girls led until the javelin, where the Swiss were superior and went ahead for team victory. Kathy Warren was highest placed in third, adding six points to her best to remain third on the UK all-time list, while Marcia Marriott and Manddy Laing also went over 500 points, Manddy for the first time.

UK best for Sarah Rowe

The Junior Heptathlon saw Sarah Rowe start off well, with a hurdles win in 14.35, just slower than the fastest in the Seniors. Although she was lower than her Welsh record of 1.82m, her 1.72m high jump moved her further ahead in the competition. Her lead increased to 167 points at the end of the day with her third win, the 200m in

25.11. Although she remained in the lead with a 5.58m windy long jump, she dropped back to fifth after the javelin. Her first two throws were fouls, so she opted for a 11.08m standing safety throw. However, she showed what a fine athlete she is by running a storming 800m. Passing the bell in 64 sec she finished in 2:14.9, nearly 16 sec ahead of the eventual winner of the competition Rita Heggli. Sarah finished with 5034 points to beat Val Walsh's UK 'record' of 4859. It is interesting to note that if her Pentathlon event scores were added together, she would have recorded 4002 points, in excess of Judy Livermore's UK record; but unfortunately the events were not run in the Pentathlon order.

For the first time in a Combined Events International two sisters were competing for the UK — Manddy Laing in the Senior event, and Wendy in the Juniors.

DECATHLON

UK 21,577; Switzerland 21,403; Canada 20,699.

1, D. Steen (C) 7387 (11.51, 7.55, 12.27, 2.04, 51.33; 16.87, 35.26, 4.20, 65.84, 4:33.6);

2, A. Sporri (S) 7304 (11.61, 7.00, 14.30, 1.89, 50.66; 16.62, 40.10, 4.20, 54.82, 4:27.8);

3, COLIN BOREHAM 7303 (11.54, 7.08, 12.81, 2.04, 49.93; 15.67, 35.54, 4.00, 49.40, 4:24.1);

4, C. Gugler (S) 7168; 5, GREG RICHARDS 7168 (11.37, 7.11, 13.11, 1.98, 51.08; 15.75, 38.22, 3.80, 47.58, 4:34.0); 6, PAN ZENIOU 7106 (11.39, 6.76, 13.43, 1.80, 50.87; 17.99, 38.10, 4.30, 62.26, 4:31.3); 7, M. Rufenacht (S) 6931; 8, FIDELIS OBIKWU 6871 (11.81, 6.37, 13.57, 1.98, 51.52; 16.88, 37.48, 3.80, 59.76, 4:49.4); 9, Z. Smiechowski (C) 6816; 10, S. Kemp (C) 6496; 11, R. Lapiere (Can) 5870; A. Tschennett (S) withdrew in the ninth event with 6368 points (11.13, 7.35, 13.11, 2.01, 48.88; 15.66, 36.82, 4.40, —)

JUNIOR DECATHLON

Switzerland 20,599; UK 18,559.

1, P. Vetterli 7182 (11.43, 6.73, 13.49, 1.97, 52.11; 16.70, 40.52, 4.40, 57.30, 4:51.5);

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2, R. Weber 6740 (11.90, 7.05, 12.10, 1.89; 51.49; 16.88, 32.90, 4.50, 48.96, 4:53.6);

3, R. Bohnenblust 6677 (11.64, 6.61, 11.70, 1.89, 51.31; 17.10, 28.78, 4.30, 51.94, 4:35.3);

4, H. Burch 6435; 5, TOM LEESON 6391 (11.61, 6.97, 11.94, 1.80, 51.83; 16.50, 32.24, 3.20, 48.48, 4:46.2); 6, TIM ANSTISS 6089 (11.91, 6.24, 10.38, 1.80, 52.25; 18.82, 33.18, 4.60, 45.30, 5:08.6); 7, JEAN BALL 6079 (12.22, 6.32, 11.12, 1.75, 54.36; 19.53, 30.78, 4.30, 52.46, 4:35.5); ROBERTS BETTS retired after the first day with 3547 points (11.36, 6.59, 11.54, 1.89, 50.89).

HEPTATHLON

Switzerland 15,971, UK 15,424.

1, C. Schneider 5506 (14.67, 1.72, 11.44, 26.39; 5.99, 37.46, 2:25.6);

2, S. Baumann 5479 (14.82, 1.69, 11.81, 25.80; 5.61, 33.04, 2:17.0);

3, KATHY WARREN 5208 (15.04, 1.69, 11.14, 25.30; 5.71, 23.00, 2:23.4);

4, MARCIA MARRIOTT 5163 (15.22, 1.66, 11.51, 26.28; 5.48, 27.24, 2:20.9); 5, MANNDY LAING 5053 (14.33, 1.63, 11.08, 25.56; 5.56, 22.58, 2:32.9); 6, E. Anderes 4986; 7, A. Kaufmann 4608; 8, VAL KELLY 4479 (15.15, 1.72, 11.12, 27.22; 5.71, NT; 2:34.3).

JUNIOR HEPTATHLON

UK 14,941; Switzerland 14,639.

1, R. Heggli 5174 (14.64, 1.66, 10.26, 26.51; 5.80, 31.72, 2:30.2);

2, SARAH ROWE 5034 (14.35, 1.72, 9.52, 25.11; 5.58, 11.80, 2:14.9);

3, E. Suter 4988 (15.01, 1.66, 9.65, 26.80; 5.62, 32.00, 2:34.2);

4, WENDY LAING 4961 (15.28, 1.63, 10.68, 27.02, 5.39, 35.74, 2:37.0); 5, JOANNE TAYLOR 4946 (14.84, 1.66, 9.37, 26.14; 5.34,



Manndy Laing, who with her younger sister, Wendy, set a new British 'first'.

Eric North

29.30, 2:32.5); 6, VAL WALSH 4803 (15.82, 1.66, 8.69, 27.08; 5.40, 33.14, 2:32.4); 7, C. Stecher 4477; 8, E. Portner 3381.

BOB TREADWELL CLIMBS TO FORM

Bob Treadwell competing in the 18.5 km (900m rise) Geneva — Saleve Mountain Race on September 21st, proved yet again that he is still the man to beat in these races. The Brighton Concord trio of Treadwell, David Clarke and Don Faircloth allowed the early American leader Charlie Vigil (winner of the prestigious Sierrazinal Mountain Marathon) to blaze the trail for the first 10-11 km, but when the real climbing began it was Clarke who first left Vigil in his wake running particularly strongly between 10 and 13 km in an effort to shake off the persistent Treadwell. As Treadwell passed the 13 km marker, he indicated he was making a long break for home and within the space of 2 km, on the steepest part of the climb, he had caught and passed his clubmate and was heading for yet another impressive win in new record time.

Further down the field Don Faircloth was

having his own battle with the European mountain king Stephan Soler (Switz) with Mike Woods (AF&D) also in close attendance. It was only in the closing stages that Soler managed to get away from Faircloth who was possibly holding a little back for the Aberdeen Marathon international.

The amazing veteran Les Presland again judged his effort on this severe climb to lift the cup for the second year in succession, when finishing in actual fourth spot. He remarked afterwards that the Glasgow medallists should think themselves lucky he was injured at the time of those championships.

Tony Tilbury

1, R. Treadwell (B. Con) 1:09:11; 2, D. Clarke (B. Con) 1:10:03; 3, Cacciatore (Fra) 1:11:50; 4, L. Presland (AF&D-V) 1:12:22; 5, S. Soler (Switz) 1:12:47; 6, D. Faircloth (B. Con) 1:13:19; 7, M. Woods (AF&D) 1:14:04. (Vets): 1, Presland; 2, E. Austin 1:17:12.

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1.00 pm 'Priory Sports' Colts Open 2400m.

Medals to 1st, 2nd, 3rd Ind; 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. M. Adlem, Team: Bournemouth A.C.

1.25 pm 'Thunder & Clayden' Junior Girls Open 2400m. Prizes to 1st, 2nd, 3rd Inds. & 1st Newspaper delivery Girl, 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. J. Rose, Team: Fareham A.C.

1.30 pm 'Stateside Center' Inter/Senior Ladies Open 3800m. Prizes to 1st to 5th Ind. and 1st & 2nd Teams (3 to score). Winners 1979: Ind. H. Hollick, Team: Bournemouth A.C.

2.00 pm 'Thunder & Clayden' Boys Open 4750m. Prizes to 1st, 2nd, 3rd Ind. & 1st Newspaper delivery boy. 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. S. Male, Team: Oxford City A.C.

2.40 pm 'Jukes' Junior Men's Open 7100m. 'Running Wild' Vouchers to 1st-6th Ind. Prizes to 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. T. Redman, Team: Aldershot, Farnham & District A.C.

3.20 pm 'Lovegrove' Senior Men's Open 9400m. 'Running Wild' Vouchers to 1st-15th Ind & 1st-3rd Vets. O/40. Prizes to 1st, 2nd & 3rd Teams & 1st 'B' Teams (4 to score). Winners 1979: Ind. R. Brown, Team: Southampton & Eastleigh A.C.

Entry Fees: Colts, Boys & Junior Girls 20p per Individual. Junior & Senior Men, Inter/Senior Ladies 40p per Individual. No Team fees or nominations. Cheques P.O.'s payable to Bournemouth Borough Council.

Entries: Please include Christian names and indicate: any Newspaper delivery girls/boys in the Junior Girls & Boys races; any Veterans in the Senior Men's race. **Send to:** Roger Brown, Parks Dept., Town Hall, Bournemouth — S.A.E. for confirmation. Tel (0202) 292366 Ext. 5761.

Closing date Wednesday, October 15th — No late entries acceptable.

Results In Brief

August 30th

London Champs, at West London. 200: M. Morris (Har) 22.3. 400: B. Dickens (Shaft) 50.0. 2000SC: P. Bettridge (Hav) 5:58.5. HJ: 1, T. Llewelyn (B'ht) 2.07; 2, R. Willms (Houn) 1.95; 3eq, C. Harris (TVH) & T. Whittle (Poly) 1.95. LJ: 1, V. Bramble (Har) 6.89; 2, T. Wade (TVH) 6.82. TJ: 1, A. Lees (TVH) 14.57; 2, A. Shoebridge (Poly) 14.38; 3, S. Simmons (Ex. B) 14.27. SP: 1, M. Winch (B'ht) 18.03; 2, A. Zaidman (Har) 16.78; 3, S. Clark (W. Gn) 15.38. DT: 1, Winch 52.10; 2, C. D'Arcy (Ex. B) 43.86; 3, B. Lynn (Met. P) 43.20. HT: 1, M. Mason (Enf) 51.90; 2, M. Zaidman (Har) 50.24; 3, G. Curtis (Ex. B) 48.32. JT: 1, E. Devido (N. Lon) 62.76; 2, D. Messom (QPH) 59.98; 3, W. Bushnell (If) 57.54. 3000 Walk: 1, R. Dorman (Bel) 12:53.3; 2, C. Lawton (Bel) 13:13.6; 3, J. Hall (Bel) 13:17.6. **(Juniors):** 800: J. Gladwin (Bel) 1:55.0. **(Youths):** 200: K. Ward (W. Gn) 22.8.

Achmony Hill Race, at Drumnadrochit. 1, T. Davies (AF&D-V) 21:46; 2, M. Edwards (A'deen) 22:37; 3, R. Campbell (Lochaber) 22:42; 4, B. Kirkwood (Lochaber) 23:05; 5, A. Smith (Forr) 23:25; 6, N. Martin (Forr) 23:35. Teams: 1, Lochaber; 2, Aberdeen.

September 6th

Half Marathon, at Bolbec, France. 1, P. Eales (B. Con) 1:07:47; 2, P. Bettridge (Hav) 1:09:28.

September 13th

Lily B League, at Redhill. (Junior Women): SP/DT: K. Towersey (Mit) 10.80/29.38. 1600 Walk: J. Streeter (R&R) 9:04.2.

100km Road Race, at Winschoten (Netherlands). 1, M. Daykin (Glouc) 6:35:05; 2, U. Schuder (Ger) 6:50:04; 3, J. Keyzer (Neth) 6:53:29.

September 20th

Eccles Pike Fell Races, at Buxworth. 1, J. Wild (RAF Cos) 18:14; 2, A. Wilton (Staffs M) 19:23; 3, F. Pidgeon (S&E) 20:13; 4, A. Hulme (Alt) 20:17; 5, M. Foschi (Alt) 20:40; 6, B. Mullarkey (Roth) 20:53. **(Inter. Boys):** 1, B. Hussain (Stock) 12:10; 2, D. Crookes (E. Ches) 12:14; 3, M. Gregory (Longor) 12:52. **(Jnr. Boys):** 1, J. Galvin (Astley) 9:40; 2, M. Lewis (E. Ches) 10:00. **(Women):** 1, G. Pile (Man) 25:10; 2, J. Dransfield (Spn) 26:50; 3, J. Riley (Stock) 28:18. **(Inters):** 1, A. Taylor (Stock) 14:14; 2, J. Newton (Stock) 15:28; 3, R. Adshead (Stock) 16:00. **(Juniors):** 1, D. Sharp (Spn) 10:19; 2, F. Normansell (Stock) 10:53.

September 21st

Horwich '10'. 1, K. Best (Bol) 51:26; 2, M. McBride (Stoke) 53:05; 3, D. Blakeley (Man) 53:15; 4, E. Ranicar (Bol) 53:17; 5, M. Short (Horw) 53:37; 6, H. Kelly (E. Ches-V) 54:03; 7, S. Crimes (Horw) 54:25; 8, K. Mayor (Bol) 54:33; 9, I. Robinson (Clay) 54:38; 10, C. Hogarth (Spring) 54:49; 11, J. Firth (Man) 54:50; 12, E. Maloney (Wigan) 54:59. **(Vets):** 1, Kelly; 2, G. Entwistle (Man) 56:10; 3, J. Jackson (Roch) 56:14. **(O/45):** D. Barton (Clay) 58:33. **(O/50):** M. Pittock (Tod) 67:52. **(O/60):** N. Ashcroft (N. Vets) 68:23. **(Women):** 1, C. Harkin (Bol) 62:36; 2, A. Pendlebury (Bol) 66:23; 3, A. Bland (Ken) 66:37.

Sussex Pentathlon Champs, at Brighton. 1, K. Faulkner (Craw) 3067 (14.9); 2, D. Bain (Worth) 2920; 3, J. Lasis (Craw) 2865; 4, S. Byerley (B&H) 2860. **(Inters):** D. Woolgar (Worth) 3037 (10.54). **(Juniors):** M. Fry (B&H) 2906 (1.60).

Hammer Competition, at Sale. 1, S. McIlroy 48.26; 2, K. Madden (V) 41.64. **(Juniors):** S. Rogerson 50.44. **(Youths):** S. Benson 49.08. **(Boys):** 1, M. Cliffe 43.08; 2, M. Madden 41.52.

September 22nd

Liverpool & Dist. CCU Road Relay Champs, at Sefton Park. 1, Liverpool (C. Dagnall 15:56, R. Harrison 16:06, S. Holliwel 16:18, E. Arrowsmith 16:36, J. Woods 15:45, M. Dooling 17:08) 1:37:49; 2, Wirral (I. McBain 16:31, G. Richards 15:57, J. Morley 17:39, M. Tunstall 16:35, D. Lindsay 16:26, L. Carroll 16:19) 1:39:27; 3, Liverpool Pem. 1:40:21. Fastest: Woods 15:45.

September 23rd

Insurance '10', at New Eltham. 1, R. Gevers 49:27; 2, R. Hillier 50:45; 3, M. Anderson 50:46; 4, A. Bradnam 51:14; 5, J. Geoghegan (V) 52:01; 6, H. Evans 52:20; 7, P. Gahagan 52:39; 8, M. Shackleton 53:08; 9, R. Goad 53:14; 10, E. Brown 53:25; 11, M. Field 53:29; 12, J. Wright (V) 53:34; 13, P. Dowling 54:25; 14, G. Valentine (V) 54:30; 15, B. Atkinson 54:48. Team: Bardhill.

September 25th

City of London Poly. 2 3/4 M Road Race, at Tower Hill. 1, L. Parrott (Hav) 13:21; 2, K. Evans (Hav) 13:26; 3, M. Robinson (Hav) 13:29.

September 27th

Hereford Road Relay, at Hereford. 1, Cardiff (L. Roberts 12:57, M. Donnelly 13:40, D. James 12:05, H. Roberts 13:26) 52:08; 2, Gloucester (S. McHale 12:51, M. Hill 13:33, D. Price 13:03, N. Thomas 13:10) 52:37; 3, Worcester (I. Atkins 12:48, R. Cooper 13:27, N. Jinks 13:16, K. Fahey 13:20) 52:51; 4, Swansea 53:02; 5, Wolverhampton & B 54:10; 6, Swansea 'B' 54:20; 7, Telford 55:31; 8, Shrewsbury 55:44. Fastest: James 12:05. **(Youths Road Race):** 1, G. Hill

(Swan-n/s) 13:20; 2, A. Smith (Swan) 13:26; 3, N. Boughey (Swan-n/s) 13:28; 4, N. Clarke (Worc) 13:52. Teams: 1, Gloucester 21; 2, Telford 27; 3, Swansea 27.

September 28th

London Transport Road Relay, at Kingsbury. 1, Ford Sports (S. Lamb 13:35, M. Carey 13:58, D. Thomas 14:09, E. Martin 12:51) 54:43; 2, CIE Donnybrook (Rol) (J. Fahy 13:54, M. Lawton 13:26, F. McInerney 14:36, R. Dooney 13:09) 54:45; 3, Lloyds Bank 56:20; 4, Old Gaytonians 56:30; 5, Elliott 57:58; 6, Met. Police 58:05. Fastest: Martin 12:51; Dooney 13:09; T. Conlon (LER) 13:18.

Fire Service '6', at Bolton. 1 eq, K. Best (Gt. M) & E. Ranicar (Gt. M) 29:43; 3, P. Fulcher (Lon) 30:19; 4, I. Rawlinson (Lanc) 30:39; 5, S. Eshelby (Bucks) 30:50; 6, C. Bark (T&W) 30:56. Teams: 1, Gtr. Manchester 36; 2, Merseyside 79. **(Vets):** S. Dixon (Berks) 33:42.

EDINBURGH'S OTHER SPRINT CHAMPION

WILLIE McLEOD, who trains at Meadowbank six nights a week, finished his season with a flourish, winning four events in the UK Championships for the Visually Handicapped at Coatbridge on September 9th. His performances were: 60: 7.6 (UK best); 100: 12.1; LJ: 5.10 (UK best) and JT: 28.54. His 100m time was the fastest recorded by a totally blind man for two years.

Willie beat Graham Salmon into second place in both sprints, but in his specialist event, the high jump, Graham produced 1.36m, which is a new record for the totally blind.

The match result of the International at Sittard on August 16th/17th ('AW', Sept. 20th) was actually Holland 193; Wales 144½; Ireland 103½.

BMC Equipment Secretary, Bill Bennett, has moved to 7 White Acre Drive, Hawksdown, Walmer, Deal, Kent (Tel: Deal 62366).

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The 'Lifting' Controversy — Julian Hopkins Answers Back

IT WAS HARDLY surprising that my article on race walking judging entitled, "Should 'Lifters' be Disqualified?" ('AW' July 5th), should provide an angry reaction from a number of readers. To my mind their response illustrates two things. Firstly, that they do not really know what is happening in race walking and secondly, that if they do know, they choose to believe what they want to believe.

What really does take place in a walking race? In most events, the judges actually disqualify a relatively small number of competitors for failing to maintain contact. Are they correct in doing this? When photographs or films of the faster walkers are examined you find that many are failing to maintain contact especially in events below 50km. This is just as true of British walkers as anyone else, despite what many choose to think. This is not a new phenomenon, for there is photographic evidence of a similar nature, dating back over 60 years. Today we can be more certain that it is true because a greater number of photographs are taken with superior equipment. It amounts to a clear demonstration of the inability of the human being to judge contact objectively. Consequently, judging must be a lottery and those who are disqualified were almost certainly lifting but might consider themselves unlucky to have been singled out. Another unfortunate situation arises when a walker who passes the judges and wins a race is subsequently shown by photograph to have lifted. Such a case occurred in the 1976 Olympics when Daniel Bautista was acknowledged to be a great champion by all until the late Ed Lacey's photograph showed him lifting on the final lap of the track. A similar situation occurred recently following the television coverage of the AAA 3km Championship. It seems very wrong to me that certain walkers' performances should be denigrated in this arbitrary manner whilst others escape unscathed.

Recently, some people have praised the judges in Moscow for disqualifying a number of leading competitors in both events. They claim that this action has rescued Olympic race walking from oblivion, but has it? As it happens, the judges were correct to disqualify Bautista and then Solomin as photography has shown that both lifted at some stage in the race. But how many other photographs are there showing other walkers (perhaps Damilano?) lifting? A cynic might contend that this was a "cosmetic" operation and that Bautista and Solomin were nothing more than scapegoats. It could even be argued that these walkers were pre-judged following other pictures taken in last year's Lugano Cup Final in Eschborn. After all, the

judges are only human, and such evidence is hard to ignore.

Despite what a number of people think, I would like the present definition of walking to be retained, but we live in the real world, not Utopia. To me, continuous contact in fast walking is a frequently aspired to, but rarely achieved, ideal. Unfortunately, whilst it is part of the definition, judging decisions must continue to be arbitrary and unfair. The camera will continue to show that continuous contact is usually an illusion. My proposal to have just a straight leg rule is not so outrageous as it sounds because it describes how many race walkers are proceeding in events now, whether they or the judges realise it! What is more, these walkers are clearly walking, not running. Why try to uphold the contact rule when it cannot be enforced, the rule does not seem necessary to distinguish walking from running, and it creates damaging controversy.

Finally, I would like to make an important point with regard to my position as National Event Coach. The points I made in my original article, represent my personal views. Whilst the definition of walking remains in its present form, I will continue to coach walkers accordingly. In fact I have *never* encouraged *any* walker to adopt a technique which would lead them to lift deliberately. I realise that a good technique is essential, for then a walker appears to maintain contact, and that is as much as we can humanly expect.

KIRKHAM '6' September 6th

1, P. Shaw (Man) 30:08; 2, D. Brennan (Warr) 30:14; 3, D. Edge (Sal) 30:18; 4, P. Rivald (Horw) 30:28; 5, A. McGee (Bol) 30:29; 6, S. Curran (Sal) 30:32; 7, C. Taylor (A&SV) 30:35; 8, D. Blakeley (Man) 31:04; 9, S. Anders (St. H) 31:11; 10, T. Byrne (Sal) 31:28; 11, S. Helme (St. H) 31:39; 12, J. Crehan (Sutt) 31:39; 13, G. Richards (Wirr) 31:40; 14, K. Vose (Unatt) 31:42; 15, G. Claff (Sal) 31:45. **Teams:** 1, Salford 19; 2, Manchester 32; 3, St. Helens 54. **(Vets):** 1, G. Entwistle (Man) 32:19; 2, R. Malcolmson (Liv. P) 33:14; 3, D. Browne (Sal-O/45) 34:25; 4, T. Parker (Macc) 34:48. **(O/45):** 1, Browne; 2, D. Barton (Clay) 35:18; 3, A. Walsham (Sal-O/50) 35:55; 4, J. Haslam (Bol-O/50) 36:18. **(Women):** 1, C. Harkin (Bol) 36:57; 2, A. Kirkham (Cov) 38:17; 3, D. Wakefield (Bol) 39:15; 4, P. Matheson (Sale) 40:22. **(Youths):** 1, K. Kenchington (Pres) 13:39; 2, P. Bostock (B&F) 13:48; 3, J. Patel (Bol) 13:52; 4, R. O'Hara (Long) 13:56; 5, G. Seddon (B&F) 14:08; 6, R. Chadbond (Bol) 14:09.

SOUTHERN LEAGUE**Final Positions, 1980**

Division 1. Champions: Ilford. 2, Old Gaytonians; 3, Borough of Hounslow; 4, Herne Hill; 5, N. London; 6, Surrey AC; 7, Chelmsford; 8, Verlea; 9, Haringey; 10, Belgrave; 11, S. London; 12, Croydon; 13, Yeovil; 14, London Irish; 15, City of Plymouth; 16, Portsmouth; 17, Queen's Park; 18, Cambridge & C; 19, Havering; 20, Wycombe. **Relegated:** 21, Hercules Wimbledon; 22, Harlow; 23, Highgate; 24, Hillingdon; 25, Royal Navy South.

Division 2. Champions: Shaftesbury. **Also promoted:** 2, Elliott; 3, Hastings; 4, Crawley & 5, Norfolk. 6, Cambridge H; 7, Bognor Regis & C; 8, Exeter; 9, Bracknell; 10, Southend-on-Sea; 11, Thurrock; 12, Newham; 13, London; 14, Brighton & H; 15, Fareham; 16, Ealing & S; 17, Reading; 18, Newbury; 19, Medway; 20, Surrey Beagles. **Relegated:** 21, Haslemere Border; 22, Bournemouth; 23, Oxford City; 24, Twickenham; 25, Tonbridge.

Division 3. Champions: Ipswich. **Also promoted:** 2, W. Cornwall; 3, Basingstoke; 4, Thames Valley & 5, Woking. 6, Blackheath; 7, Dartford; 8, Sutton & C; 9, Horsham BS; 10, Stevenage & NH; 11, Walton; 12, Borough of Enfield; 13, Barnet; 14, Bedford; 15, Bexley; 16, Windsor S&E; 17, Victoria Park; 18, Eastbourne; 19, Worthing; 20, Highgate. **Relegated:** 21, Walthamstow; 22, Colchester; 23, Mitcham; 24,

Watford; Kent withdrew.

Division 4. Champions: Essex Beagles. **Also promoted:** 2, Diss; 3, W. Suffolk; 4, Southampton & E & 5, Huntingdon. 6, Dacorum; 7, Hertford & W; 8, Polytechnic; 9, Luton; 10, Overton; 11, Loughton; 12, Epsom & E; 13, Peterborough; 14, Tower Hamlets; 15, Woodford Green; 16, Crawley; 17, Old Gaytonians; 18, Verlea; 19, Ilford; 20, Cambridge H; 21, Salisbury. **Relegated:** 22, Nene Valley; 23, Guildford & G; 24, Winchester; 25, Hillingdon.

Division 5. Champions: Basildon. **Also promoted:** 2, Lowestoft; 3, Havant; 4, Eton Manor & 5, Thurrock. 6, Dartford; 7, Hastings; 8, Chelmsford; 9, Haywards Heath; 10, Redhill & R; 11, Queens Park; 12, Didcot; 13, Havering; 14, Fleet & C; 15, Maidenhead; 16, Vale of Aylesbury; 17, Milton Keynes; 18, Oxford City; 19, Wycombe; 20, Tonbridge, 21, Bexley; 22, Bracknell. **Relegated:** 23, Swindon; 24, N. London; 25, Biggleswade.

Division 6. Champions: Essex Pol. **Also promoted:** 2, Duchy of Cornwall; 3, Harlow; 4, Leighton Buzzard & 5, Stevenage & NH. 6, Braintree; 7, Gt. Yarmouth; 8, E. Kent; 9, Ashford; 10, Tendring; 11, Cambridge & C; 12, Aldershot F&D; 13, Elliott; 14, Victoria Park; 15, Borehamwood; 16, Trowbridge.

Ilford AC gained entry into the GRE British League for the 1981 season, Windsor S&E AC were relegated back to the Southern League.

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On the Road

Barry Smith Continues Winning Ways

GATESHEAD'S BARRY SMITH continued his recent scorching form on the road by winning the third annual Eastham Burco '7' at Fleetwood on September 14th. After finishing third in last year's race to Dave Black and Steve Kenyon, Barry was in no mood to be denied this time, even though the field was one of the best the North of England has seen this year. The top names who thrilled the crowd included, Mike McLeod, Malcolm Prince, Ray Smedley and Roy Bailey. A record entry of more than 500 proved that this race has now become one of road racing's major attractions.

From the gun, a group broke away from the rest of the field, led by Smedley, Bailey, Graham Ellis and Smith, with McLeod tucked in behind. After three miles, the two men from the North-East began to assert their class and broke away from the pack with early leader, Smedley and Bailey struggling to stay with them. Entering the last lap, with two miles left, McLeod and Smith were shoulder to shoulder and clear of the rest of the field. Within a mile, though, Smith kicked for home and McLeod's pre-race fears that he might not be 100% fit came true. Smith continued to lengthen the gap and came home a comfortable

16 sec clear. McLeod, realising the race was lost, concentrated on keeping second place as Malcolm Prince, whose race improved towards the end, came through to take third, 15 sec behind McLeod. Smith's team-mates, Charlie Spedding and Max Coleby, once more gave great support and enabled Gateshead to take the first team prize for the second year running.

The Women's '7' was again won by City of Stoke star, Christine Readdy, who was never in danger of losing her Eastham Burco title, coming home well clear of Sharon Little and Barbara Abbott.

Dave Robinson

1, B. Smith (Gateshead) 32:44
2, M. McLeod (Elswick) 33:00
3, M. Prince (City of Hull) 33:15
4, C. Woodhouse (Der) 33:16; 5, T. Colton (W&B) 33:17; 6, R. Bailey (Sheff) 33:19; 7, C. Mattock (W&B) 33:23; 8, R. Smedley (Bir) 33:29; 9, P. Shaw (Man) 33:32; 10, C. Hollingworth (Holm) 33:33; 11, C. Spedding (Gat) 33:33; 12, J. Norman (Alt) 33:34; 13, M. Critchley (Bol) 33:36; 14, G. Ellis (Holm) 33:47; 15, D. Slater (Bing) 33:48; 16, D. Driver (Charn) 33:49; 17, T. Fieldsend (Sheff) 34:11; 18, D. Singleton (Bol)

The Unigate Marathon

FROM HARLOW SPORTSCENTRE

SATURDAY, 25th OCTOBER, at 1.30 p.m.

MEN'S RACE (Under AAA Laws)

Incorporating Southern Essex, Herts., Kent and Southern Veterans Championships. Prizes first 20 individuals, first local man, first 3 Vets O/40, first O/50, 3 team prizes.

LADIES RACE (Under WCC & RWA Rules)

Prizes first 3 — more if entry warrants.

Time Certificates to all finishers

Entries: Individual 50p (all must pay this fee). Teams (6 run, 3 score) no team fee. Southern Vets 40p extra, Herts. 40p extra. No further fees.

Entries to Tom Dradey, 78 The Maples, Harlow, Essex CM19 4RA. Tel. Harlow (0279) 33554. SAE please!

Time limit: To be set on day according to prevailing conditions, will be approx. 4 hours.

CLOSING DATE OCTOBER 14th
NO LATE ENTRIES

Organised by Batley Sports Develop. Council in
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BATLEY ROAD RACES 1980

(Under AAA, WCC & RWA Rules)

Sponsored by HOME CHARM PAINTS

SUNDAY, 26th OCTOBER, 1980

commencing 2.00 p.m.

Senior 5 Miles — Fast Course from BATLEY SPORTS CENTRE. Individual and Team Race.

Ladies Composite Relay — Junior, Inter, Senior—each one lap of 1.7 Miles.

Young Athletes Relay — Colts (12 & 13), Boys (14 & 15), Youths (16 & 17) — each one lap of 1.7 Miles. Ages as at 31.8.80.

EXCELLENT PRIZES

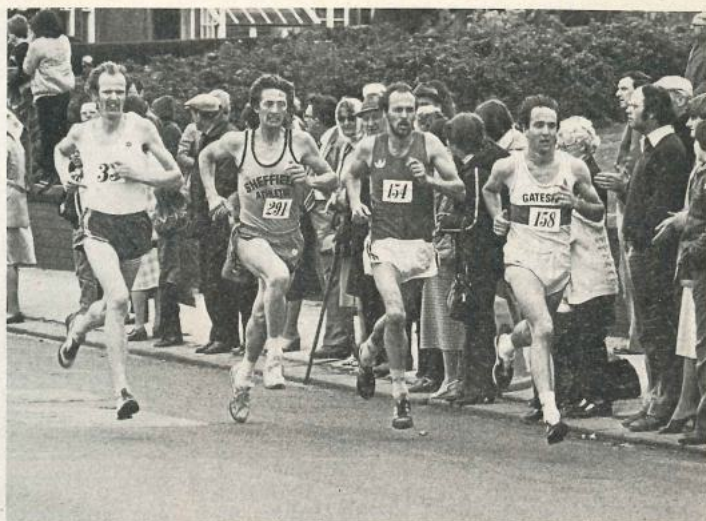
First three Teams, first 'B' & 'C' Teams in Relays; first three Individuals plus next 15 without Team awards, first three teams, first 'B' Team, first 3 Vets, 1st Local & Junior in Senior Road Race.

Entry Fees: £1 per Team in relays, 50p per Individual in Senior Race (No Team Fee).

Entries to: John Edwards, 30 St. James Road, Baildon BD17 7LF, West Yorkshire. Tel. 587645. SAE for entry confirmations and directions to course.

CLOSING DATE 15th OCTOBER, 1980

The leading group on the penultimate lap of the Eastham Burco '7. Left to right: Ray Smedley (finished 8th), Roy Bailey (6th), Mike McLeod (2nd) and winner Barry Smith.



A. Airnes

34:14; 19, M. Deegan (O&R) 34:14; 20, M. Coleby (Gat) 34:14; 21, C. Robinson (Roch-V) 34:15; 22, R. Sinclair (Sheff) 34:16; 23, D. Allen (Man) 34:17; 24, S. Mitchell (Charn) 34:29; 25, R. Wilde (Man) 34:30; 26, M. McBride (Stoke) 34:35; 27, P. Campbell (Bol) 34:36; 28, S. Holliswell (Liv) 34:37; 29, D. Austin (Man) 34:39; 30, R. Hill (Clay-V) 34:40; 31, C. Nightingale (CoH) 34:47; 32, P. Livesey (B'burn) 34:58; 33, P. Bowler (Staffs M) 35:00; 34, R. McAndrew (Wigan) 35:02; 35, E. Arrowsmith (Liv-J) 35:04; 36, P. Lightfoot (CoH) 35:04; 37, J. Atkin (A&SV) 35:12; 38, D. Lindsay (Wirr) 35:21; 39, J. Craven (Rown-V) 35:28; 40, A. Buckley (Holm) 35:29; 41, W. Halsall (Wigan) 35:33; 42, S. Torrance (Sale) 35:48; 43, R. Brown (Liv. P) 35:51; 44, T. Barker (Bury) 35:54; 45, D. Brennon (Warr) 35:58; 46, A. Hudson (B&F) 36:08; 47, C. Dagnall (Liv-J) 36:08; 48, K. Voss (B&F) 36:15; 49, G. Woodburn (B'burn) 36:22; 50, A. Brown (L&M-J) 36:26. **Teams:** 1, Gateshead; 2, Sheffield; 3, Manchester; 4, Bolton; 5, Holmfirth. **(Vets):** 1, Robinson; 2, Hill; 3, Craven; 4, A. Barden (Charn-O/45) 36:42; 5, P. Malcolmson (Liv. P) 36:45; 6, J. Lawrenson (B'burn) 36:50; 7, M. Morrell (Wirr-O/45) 36:58; 8, E. Kirkup (Roth-O/50) 37:19; 9, A. Hughes (Roch-O/50) 37:55; 10, N. Green (Bing-O/45) 37:57. **(O/50):** 1, Kirkup; 2, Hughes; 3, T. Llewellyn (L&M) 38:34. **(Women):** 1, C. Readdy (Stoke) 40:45; 2, S. Little (Bol) 41:16; 3, B. Abbott (Sale) 42:10; 4, S. Lonsdale (Sale) 42:14; 5, C. Harkin (Bol) 42:25. **(Youths):** 1, M. Wright (Stret) 13:21; 2, S. Dry (Bing) 13:22; 3, A. Uttley (Bol) 13:22; 4, G. Spring (Bed) 13:30; 5, L. Plant (Liv. P); 6, M. Quinn (Warr). **Teams:** 1, Bolton; 2, Bingley; 3, Blackpool & F. **(Boys):** 1, D. Ramsden (Cov) 13:50; 2, D. Kelly (Liv. P) 14:01; 3, B. Murphy (Liv. P) 14:06; 4, G.

Boyd (Hal) 14:11; 5, T. Larcombe (Liv. P) 14:26. **Teams:** 1, Liverpool Pem.; 2, Barrow. **(Colts):** 1, D. Pearce (ACS) 11:59; 2, P. Riley (Liv. P) 11:59; 3, G. Grant (Liv.). **Team:** Liverpool.

CRAWLEY VETS '10' September 14th

1, L. Presland (Aldershot F&D) 52:22
2, J. Avis (Cambridge H) 52:45
3, L. O'Hara (Belgrave) 53:49
4, J. Oliver (Camb. H) 54:36; 5, L. Parrot (Hav) 54:52; 6, J. Geoghegan (Camb. H) 55:02; 7, B. O'Gorman (B'htth) 55:24; 8, T. Ryan (N. Lon) 55:31; 9, O. Parker (Worth) 55:40; 10, J. Cock (E&E) 55:58; 11, R. Lovegrove (HW) 56:26; 12, J. Bowles (E. Man) 56:53; 13, T. Wood (Camb. H) 57:03; 14, B. Bartholomew (B&H) 57:31; 15, C. Lambert (E&E) 57:33; 16, C. Adam (Hav) 57:41; 17, J. Luxford (Hor) 57:51; 18, C. Shorter (B'htth) 58:03; 19, J. Blackburn (Brack) 58:07; 20, R. Jeans (Salis) 58:15. **(O/50):** 1, N. Booth (Vets) 10:06; 2, J. Cavener (B'htth) 60:14; 3, D. Funnell (E&E) 61:05; 4, K. Bray (W. Gn) 61:23.




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(O/60): 1, W. Watts (HHH) 70:07; 2, S. Leigh (Vets) 76:19; 3, D. McMillan (Vets) 78:23.
(Women): 1, J. Barleycorn (Craw) 57:57; 2, T. Howard (Worth) 61:47; 3, Y. Miles (B'mth) 65:55.

BINGLEY YOUNG ATHLETES ROAD RACES

September 21st

(Juniors): 1, D. Topham (Long) 19:28; 2, P. Tootell (Stret) 19:58; 3, I. Rawlinson (B&F) 20:10; 4, C. Bucknall (Stret) 20:20; 5, M. Crewe (Bing) 20:47; 6, A. Barlow (Stret) 20:57; 7, M. Evans (Stret) 21:04; 8, M. Dransfield (Spen) 21:06; 9, M. Almond (Long) 21:07; 10, A. Whittaker (Spen) 21:31. **Teams:** 1, Stretford 19; 2, Longwood 35; 3, Spensborough 50. **(Youths):** 1, N. Horn (Holm) 20:23; 2, J. Howarth (Leigh) 20:30; 3, R. Crooken (Burn) 20:47; 4, S. Bell (Stret) 20:50; 5, D. Crookes (E. Ches) 20:52; 6, C. Kallaher (Leeds) 20:55; 7, I. Burgin (Hal) 21:13; 8, C. Metcalfe (Skip) 21:14. **Teams:** 1, Longwood 54; 2, Stretford 63; 3, Burnley 92. **(Boys):** 1, K. Smith (Hal) 15:27; 2, M. Taylor (Long) 15:36; 3, M. Byrne (Stret) 15:46; 4, A. Mather (Warr) 15:59; 5, A. Flockton (CoH) 16:00; 6, G. Devine (Bing) 16:01. **Teams:** 1, Longwood 55; 2, Bingley 58; 3, City of Hull 69. **(Colts):** 1, S. Tinsley (Stret) 10:49; 2, P. Barker (Bing) 11:02; 3, S. Moores (O&R) 11:10. **Team:** Bingley. **(U/11):** I. Barnes (Ross) 8:11. **Team:** Spensborough.

(Inters): 1, F. Keyte (Man) 17:45; 2, S. Cotton (Spen) 17:57; 3, J. Massey (Man) 18:11; 4, M. McPhee (Man) 18:22; 5, S. Barker (Hal) 18:33; 6, T. Davison (Hal) 18:46; 7, K. Wilkinson (Man) 19:06; 8, L. Stogdale (Spen) 19:11. **Teams:** 1, Manchester 7; 2, Spensborough 25. **(Juniors):** 1, A. Gibson (Long) 11:47; 2, C. Lord (Hal) 11:57; 3, J. Massey (Man) 12:11; 4, L. Hamms (Long)



Bingley Junior winner, Angela Gibson

Eric North

12:21; 5, J. Blades (Bing) 12:21; 6, E. Freer (O&R) 12:24. **Teams:** 1, Longwood 16; 2, Bingley 33; 3, Leeds City 45. **(Girls):** 1, C. Keller (Man) 11:59; 2, K. Scobie (Leeds) 12:32; 3, J. Faragher (Harr) 12:40. **Team:** Manchester. **(U/11):** T. Morrell (Spen) 8:22. **Team:** Spensborough.



Early leaders in the Men's U/20 race, Dave Topham (16), Ian Rawlinson (5) and Peter Tootell (33). Topham went on to win easily, with Tootell, also untroubled, taking second place.

Eric North

The Running Stopwatch has started

TRAINERS

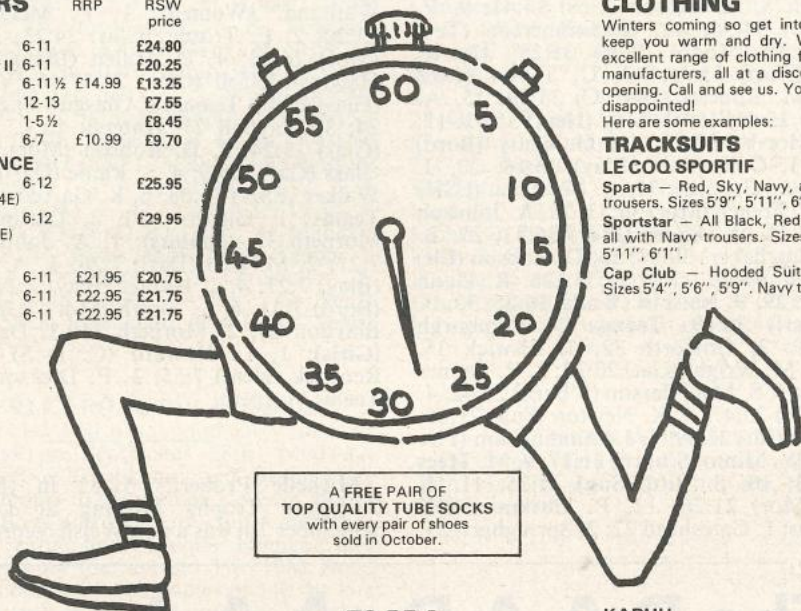
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	3-5 ½	£8.80
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Tiger Atlantis 7, 7 ½, 8, 8 ½, 9, 9 ½	£14.75
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Reebok Omega 7, 7 ½, 8, 8 ½, 9, 9 ½, 10	£16.50
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Tel. 061 973 2656

'RUNNING OF THE WALLS'**At Berwick, September 21st**

1, N. Muir (Shettleston) 32:27
 2, A. Hutton (Edinburgh Southern) 32:37
 3, M. McLeod (Elswick) 32:58
 4, K. McDonald (Bing) 33:07; 5, G. Smith (Sun) 33:41; 6, I. Elliot (ESH) 34:09; 7, A. Robinson (Blay) 34:38; 8, A. Gibson (Gos) 34:41; 9, P. Whittle (Els) 34:56; 10, R. Emmerson (Tev) 35:25; 11, M. Moore (Gos) 35:28; 12, K. Sanderson (Darl) 35:35; 13, C. Taylor (Gos) 35:36; 14, M. Roberts (Dur. C) 35:39; 15, A. Daly (Bord) 35:46; 16, P. May (Heat) 35:53; 17, J. Alder (Mor-V) 35:57; 18, G. Getty (Bord) 36:03; 19, J. Colquhoun (Blay) 36:18; 20, J. Marshall (Dur. C) 36:28; 21, G. Mathison (ESH) 36:31; 22, K. French (Mor) 36:33; 23, A. Johnson (Els) 36:33; 24, W. Ryder (Mor) 36:33; 25, B. Kirkwood (Lochaber) 36:37; 26, D. Robson (Els) 36:37; 27, N. Speed (Gos) 36:38; 28, R. Dunn (Mor) 36:42; 29, P. Naisbitt (Walls) 36:45; 30, P. Harker (Darl) 36:49. **Teams:** 1, Edinburgh Southern 29; 2, Gosforth 32; 3, Elswick 35. **(Youths):** 1, M. Wright (Gat) 20:23; 2, P. Tanner (Blay) 20:38; 3, S. MacPherson (S'burn) 20:42; 4, J. Steel (ESH) 20:47; 5, K. Newton (Sun) 21:05; 6, T. Franks (Gat) 21:09; 7, J. Cunningham (Fife S) 21:14; 8, W. Minto (S'burn) 21:17; 9, M. Trees (Darl) 21:23; 10, S. Bird (Sun) 21:25; 11, J. Whitfield (Mor) 21:26; 12, P. Cuskin (J&H) 21:29. **Teams:** 1, Gateshead 22; 2, Springburn 25;

3, Sunderland 50. **(Boys):** 1, P. Ryder (Mor) 13:45; 2, A. Patterson (Walls) 13:52; 3, A. Pearce (J&H) 13:53; 4, K. Sinclair (S'burn) 13:54; 5, — (S'burn) 13:54; 6, A. Currie (Dumb) 14:06; 7, — (S'burn) 14:08; 8, J. Surtees (Gos) 14:13. **Teams:** 1, Springburn 16; 2, Morpeth 34; 3, Sunderland 54. **(Colts):** 1, M. Riley (Blay) 6:59; 2, S. Cundy (Tyne) 7:00; 3, G. Bird (Sun) 7:07. **Team:** Wallsend. **(Women):** 1, F. McQueen (Glas) 23:20; 2, E. Trotter (Glas) 24:23; 3, H. Boyes (Mor) 24:32; 4, D. Hillen (Blay) 24:40; 5, J. Higgins-McColl (Glas) 24:57; 6, V. Houghton (Glas) 25:48. **Teams:** 1, Glasgow 8; 2, Darlington 24; 3, Blaydon 27. **(Inters):** 1, L. MacDougall (Glas) 15:24; 2, D. Robson (Mor) 15:45; 3, S. Glass (Gat) 15:49; 4, S. Raine (Darl) 15:58; 5, S. Walker (ESH) 16:08; 6, K. Garrett (J&H) 16:13. **Teams:** 1, Glasgow 20; 2, Darlington 29; 3, Morpeth 37. **(Juniors):** 1, A. Johnston (Dund) 7:21; 2, M. Kell (Darl) 7:26; 3, A. Borrowdale (Blay) 7:27; 4, J. Hunter (Blay) 7:29; 5, J. Uren (Bord) 7:31; 6, L. Smith (Mor) 7:38. **Teams:** 1, Blaydon 20; 2, Morpeth 25; 3, Darlington 41. **(Girls):** 1, L. Howard (C. le S) 7:47; 2, S. Renwick (Heat) 7:55; 3, P. Dickson (Els) 7:57. **Team:** Morpeth.

Michelle Probert's 51.62 in the Boot & Dairygate Trophy Meeting at Leicester on September 7th was a new Welsh record.

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Two Wins For Andover's Phil Banning

SALISBURY 'ROUND THE HOUSES'

ROAD RACES

September 21st

1, P. Banning (And) 24:07; 2, P. Ledger (AF&D) 24:11; 3, E. Herridge (AF&D) 24:21; 4, R. Ward (Ply) 24:22; 5, L. Hicks (Unatt) 24:48; 6, A. Dippie (Walton) 24:51; 7, R. Yeomans (AF&D) 25:07; 8, P. Russell (Wey) 25:20; 9, D. Fudge (Ports) 25:21; 10, P. Stamp (AF&D) 25:36. **Teams:** 1, Aldershot F&D 22; 2, Weymouth 69; 3, Swindon 74; 4, City of Plymouth 76. **(Vets):** 1, J. Townsend (Swin) 26:36; 2, B. Popel (Weston) 26:42; 3, B. Switzer (S&E) 26:50. **Team:** Weston. **(Young Athletes):** 1, J. Solly (Newb) 19:32; 2, P. Gale (Havant) 19:44; 3, A. Crane (Cle) 19:54; 4, N. Popplewell (Havant) 20:11; 5, I. Manners (Cle) 20:17; 6, M. Jones (Win) 20:30. **Teams:** 1, Havant 15; 2, Clevedon 32; 3, Gloucester 35. **(Boys):** 1, P. Field (Glouc) 16:08; 2, G. Henry (Havant) 16:54; 3, P. England (Ov) 16:59. **Team:** Gloucester.

CAMBERLEY ROAD RELAYS & '10'

Camberley had their usual good entry for their annual Relays on September 28th. Medway, Andover, Fleet & Crookham and Basingstoke shared the honours in the women's events, but in the Youths, Boys and Colts no club featured in the places more than once, Havant, Highgate and Tonbridge winning one apiece. The 10M Road Race was something of a shambles due to the late arrival of a marshall at a vital point which led to many going off course, led by Phil Banning who was well clear at this point. Some thought the race should have been declared void but after discussion some results were eventually declared.

P.W.G.

10M: 1, P. Banning (And) 58:16; 2, S. Martin (E&E) 59:11; 3, M. French (Unatt) 60:48; 4, M. Page (Walton) 61:19; 5, R. Hunt (Brack) 62:04; 6, P. Francis (Walton) 62:06; 7, M. Bott (Ind) 62:10; 8, A. Woodward (N. Lon) 62:25; 9, D. Marsh (Worth) 62:31; 10, P. Fryer (B'mth) 63:04; 11, S. Satchwell (LSE) 63:38; 12, A. Crowley (LSE) 64:00. **Teams:** 1, Epsom & E; 2, London School of Economics. **(Vets):** 1, T. Woods (E&E) 67:40; 2, C. Lambert (E&E) 67:40; 3, D. Mullen (G&G) 67:51. **(Women):** 1, T. Howard (Worth) 65:47; 2, A. Blake (AF&D) 66:22; 3, A. Webster (AF&D) 66:38. **(Vets):** Y. Miles (B'mth) 71:57.

Relays (Youths): 1, Havant (P. Gale 7:50, W. Popplewell 7:44; J. Batho 7:40) 23:14; 2, Southampton & E 23:45; 3, Bracknell 23:48; 4, Tonbridge 23:54; 5, Old Gaytonians 23:57; 6, Aldershot F&D 23:58. **Fastest:** G. Marlow (Brack) 7:31. **(Boys):** 1, Highgate (D. Hoinville 6:32, R. Menzies 6:33, D. Sankey 7:08) 20:13; 2,

Worthing 20:33; 3, Andover 20:43; 4, Tonbridge 20:45; 5, Guildford & G 20:57; 6, Herne Hill 21:20. **Fastest:** R. Lillie (Ton) 6:30. **(Colts):** 1, Tonbridge (S. Newport 6:09, D. Neale 6:00; A. Hollens 6:10) 18:19; 2, Aldershot F&D 18:52; 3, Camberley 18:59; 4, Bournemouth 19:24; 5, Fleet & C 19:29. **Fastest:** Neale 6:00. **(Inters):** 1, Medway (Y. Bennett 9:17, S. Covington 8:58, S. Bishop 9:02) 27:17; 2, Basingstoke 27:22; 3, Fleet & C 27:26; 4, Fareham 28:17; 5, Portsmouth 28:44; 6, Tonbridge 28:49. **Fastest:** N. Brown (Ton) 8:50. **(Juniors):** 1, Andover (H. Wallace 7:47, L. Pigrome 7:49, K. Petford 7:38) 23:14; 2, Basingstoke 23:35; 3, Basingstoke 'B' 23:49; 4, Medway 23:55; 5, Andover 23:59; 6, E. Grinstead 24:24. **Fastest:** Petford 7:38. **(Girls):** 1, Fleet & C (L. Smith 6:56, J. Smith 7:43, R. Hughes 6:44) 21:23; 2, Medway 21:50; 3, Bournemouth 22:18; 4, Fleet & C 'B' 22:20; 5, Havant 22:25. **Fastest:** Hughes 6:44.

SOUTHERN WOMEN'S LEAGUE

Dates for the 1981 summer league are April 25th, May 9th, June 20th, July 4th, August 8th & September 5th.

Harborne H officers: secretary — R. Care, 14 Kenilworth Road, Oldbury, Warley, W. Midlands; women's sec. — Mrs. B. Carr, 132 Wolverhampton Road South, Harborne, Birmingham (Tel: 021-427 3260); walking sec. — G. Carr, address as above.

KENT A.C.

presents

Arthur Twinn Memorial Schools' CROSS COUNTRY RACES

(Under A.A.A. Laws)

At Footscray Meadows,
Albany Park, Nr Sidcup, Kent

Sat., 15th November, 1980, comm. 2 pm

Age Groups: Boys 11 years, Boys 12 & 13 years, Boys 14 & 15 years, as on 1st September, 1980.

Trophies & medals to winning teams and individuals.

Entries, by 6th November, to R. Hale, 6 Niederwald Rd., Sydenham, London SE26 4AD. Tel: 291 2645.

Entry Fee: 60p (4-run, 3 score) — state d.o.b. **Note:** Changing accommodation at the Royal Park Youth Club, Pembury Crescent, Sidcup.

Kent A.C. forthcoming promotions include Jubilee Cross Country Races, 18th January, 1981, and '10' mile Road Race, 29th March, 1981. Watch AW for details.

'Doubles' For Farr, Jennings And Smith In Helsinki

Judy, Sheila and Yvonne triumph in European Vets Walking Championships

40-54, 10km, August 6th

Soon opening a gap, Paavo Pohjolainen, Bruno Secchi and Daniel Bjorkgren fought out the leading places with the Swede's stylish walking showing up the progression of his two rivals. In the second half, Secchi proved too strong for the Finn with Bjorkgren an isolated third. Karl-Erik Svensson, who startled all with his 46:45 in last year's World event, at Hannover, finished fourth overall to easily win the O/50 class from a sharp Enrico Ruima, while Pietro Gobbato held off Werner Schmidt and Colin Young in the 45-49 age group.

(40-44): 1, B. Secchi (Ita) 46:16; 2, P. Pohjolainen (Fin) 46:41; 3, D. Bjorkgren (Swe) 47:51; 4, J. Muller (Ger) 48:47; 5, E. Haapala (Fin) 48:57; 6, M. Hokkanen (Fin) 49:40 . . . 8, A. AGNEW (NI) 51:53; 11, R. POWELL 53:50. (45-49): 1, P. Gobbato (Ita) 49:35; 2, W. Schmidt (Ger) 49:47; 3, C. YOUNG 50:04; 4, H. Molisch (Aut) 51:09; 5, J. DUNSFORD 51:31; 6, W. Baier (Ger) 51:53; 7, G. SMYTH (NI) 51:53. (50-54): 1, K. Svensson (Swe) 48:35; 2, E. Ruima (Ita) 49:58; 3, H. Zethof (Neth) 53:21; 4, H. Persson (Nor) 53:36; 5, L. Simu (Swe) 53:44; 6, D. WITHERS 54:04 . . . 8, H. JACQUEST 57:19.

55 and over, 10km, August 6th

Missing the heavy rain suffered by their younger compatriots, conditions were improved for the senior age groups and the women, who raced together. Oddvar Sandvik was a clear

winner but was clearly 'creeping' whereas his younger countryman, Haken Nilsen, gave a superb display of walking. Strasbourg to Paris specialist, Emile Alomaine, walked as smoothly as ever and helped Judy Farr to finish sixth overall and gradually open up a gap on her Trowbridge team-mate Sheila Jennings who had an excellent race.

Colin Young reporting

Those remarkable over 60's, May Bengtsson and Britta Tibbling, filled fourth and fifth places in the Women's section and their techniques were outstanding. Only Sandvik beat them in the men's over 60 group!

The popular 'Chico' Scimone had a narrow victory in the O/65 while Gordon Wallace (US), walking as a guest, was well clear in the O/70. Walter Keeler, looking as majestic as ever, strode round with no signs of fatigue.

(55-59): 1, H. Nilsen (Nor) 52:52; 2, H. Kloppe (Ger) 53:15; 3, A. Lundstrom (Swe) 55:04; 4, E. Alomaine (Bel) 56:38 . . . 6, J. TODD (NI) 58:11. (60-64): 1, O. Sandvik (Nor) 52:21; 2, J. Blidberg (Swe) 60:27; 3, T. Bergstrom (Swe) 61:16 . . . 5, F. NICKOLS 63:24. (65-69): 1, F. Scimone (Ita) 59:12; 2, J. Muller (Ger) 59:24; 3, H. Ermatinger (Switz) 60:09. (70-74): 1, R. Karlsson (Swe) 64:45; 2, M. Leonhart (Ger) 67:29; 3, G. Stielow (Ger) 68:21 . . . G. Wallace (US-Gst) 61:45. (75-79): F. De Meyer (Bel) 83:26. (80 and over): W. KEELER 80:34. (Women, 35-39): J. FARR 56:59. (40-44): Y. SMITH 63:34. (45-49): S. JENNINGS 57:36. (50-54): O. Meyer (Ger) 58:58. (55-59): K. Larsson (Swe) 62:37. (60-64): 1, M. Bengtsson (Swe) 59:51; 2, B. Tibbling (Swe) 60:34. (65-69): H. Keuchel (Ger) 69:22. (70 and over): L. Kaila (Fin) 90:45.

Women's 5km, August 10th

In humid conditions, Judy Farr again had to work hard to beat a very fit Sheila Jennings, but it was good to see Judy back to racing again after injury. However, the stars of the race were May Bengtsson (1919) and Britta Tibbling (1918) who amazingly clocked 27:55 and 28:09 respectively. May held the World's best 1 mile time for many years with her 7:27.2 set in Stockholm on 20.9.44. Her fastest 5km is 24:45 set on the track in 1946.

UNIVERSITY OF YORK CROSS COUNTRY CLUB

Annual

CROSS COUNTRY RELAY

to be held on

SAT., 1st NOVEMBER, 1980

Start 2.00 p.m.

AT UNIVERSITY SPORTS CENTRE

Course 3¼ Miles Approx.

Entry Fee: £3 per team.

For entry form and further details

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JUDY FARR

Mike Street

These two ladies certainly are a wonderful advertisement for race walking and would prove more than a match for the vast majority of male walkers of the same age. Besides Judy Farr and Sheila Jennings, Yvonne Smith also accomplished a 'double' and appears to improve with age.

(35-39): J. FARR 26:58. (40-44): 1, Y. SMITH 30:18 . . . 3, B. DUNSFORD 38:06. (45-49): S. JENNINGS 27:13. (50-54): O. Meyer (Ger) 28:24. (55-59): K. Larsson (Swe) 30:27. (60-64): 1, M. Bengtsson (Swe) 27:55; 2, B. Tibbling (Swe) 28:09. (65-69): H. Keuchel (Ger) 33:09. (70 and over): J. Butcher (Ger) 36:27.

20km, August 10th

All age groups raced together and with conditions now warm and very humid, there were some very tired men completing their eight-lap stint. Secchi, Bjorkgren and Pohjolainen again were soon clear of the remainder but it was only the stylish Swede who remained ahead as the Italian was disqualified mid-way and the Finn cracked in the closing stages. Svensson, Melisch and Young led the pursuit of the three leaders until the latter was dropped on the fifth lap with Schmidt and Gobbato finishing strongly in the final 5km. Herwald Kloppe easily won the 55-59

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ADVANCE NOTICE
GUILDFORD & GODALMING A.C.
"HOGS BACK ROAD RACE"

on Saturday, December 20th, 1980

(please note revised date)

SPONSORED BY
CARNATION FOODS "BUILD UP"

For further details of both Men's and Ladies' races see future issues of A.W. or contact: Mrs M. A. Nelson, Orchardleigh, Beech Road, Frimley Green, Camberley, Surrey GU16 6LQ.

BALA LAKE '11'

SATURDAY, NOVEMBER 15th

at 2.30 p.m.

(Changing accom: Berwyn School, Bala)

Plaques: First 6 Inds., first 2 Vets, first Lady, first 2 Teams of 3. Bala U.D.C. Trophy. 1st N.W. Team of 4.

Entries: 50p per Ind., no Team fee. Entry fee must accompany all entries.

Race Organiser: D. G. Morris, 43A Cristionydd, Penycae, Nr. Wrexham, Clwyd.

ENTRIES CLOSE 8th NOVEMBER

£1 Entry on the Day

SUTTON & CHEAM HARRIERS

CROSS COUNTRY RACES

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

AT CARSHALTON PARK

SAT., 15th NOVEMBER, 12 noon

Colts & Boys 4 x 1 mile Relay (2 Boy, 2 Colt)

Jnr. & Min. Girls 4 x 1 mile Relay (2 Jnr, 2 Min)

Youths 4 x 1 mile Relay

Trophies for winning teams; awards first 3 teams, first 'B' team, and fastest lap winners.

Entry Fee: £1.20 per team.

U/11 Boys 1 mile Race **U/11 Girls 1 mile Race**
 Medals first 3 runners. **Entry Fee:** 25p.

Entries, with D.O.B. to Mrs K. Avila, 76 Marlow Drive, North Cheam, Surrey. Please enclose S.A.E.

CLOSING DATE FRI., 7th NOVEMBER

NENE VALLEY HARRIERS A.C.

Second

'10' MILE ROAD RACE

(Under AAA, SCAA, ECCU, CAAA, ECCA & RRC Laws)

SUNDAY, 7th DECEMBER, 1980

2.30 p.m.

BRETTON GATE, PETERBOROUGH

Fee: 45p per Individual. No Team fee.

CLOSING DATE MON., 1st DEC., 1980

Entries to: R. Church, 14 Benland, Bretton, PETERBOROUGH, Cambs.

Send S.A.E. for acknowledgement.

age group as did Oddviar Sandvik in the 60-64 section. Second to the Norwegian was one of the hallowed names of the sport, John Ljuggren. The Swede who won the Olympic 50km at London in 1948 and the European title two years earlier, is well remembered for his great battle with Don Thompson in Rome 1960, when he took the silver medal, beaten by 17 seconds. Still wearing the famous knotted handkerchief, John showed fluent style to clock 1:57:22.

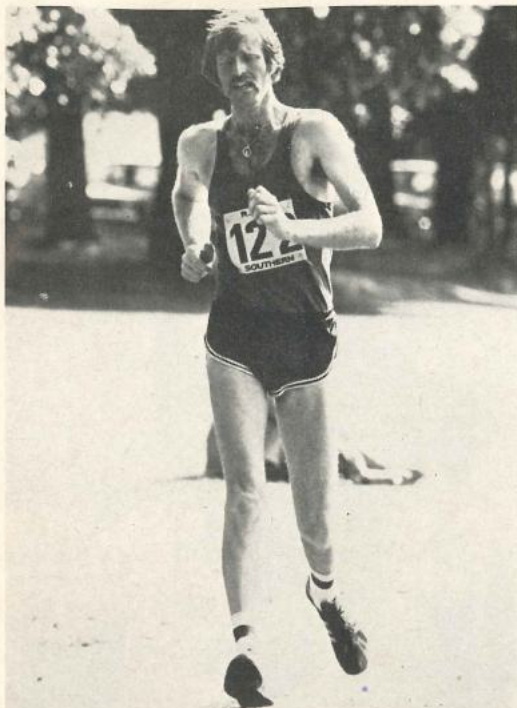
(40-44): 1, D. Bjorkgren (Swe) 1:40:45; 2, P. Pohjulainen (Fin) 1:45:56; 3, M. Pullanz (Ita) 1:48:18; 4, R. Jenson (Nor) 1:49:09; 5, A. AGNEW (NI) 1:52:17; 6, R. Gatti (Ita) 1:53:10; 7, R. POWELL 1:54:07. (45-49): 1, H. Melisch (Aut) 1:42:54; 2, W. Schmidt (Ger) 1:43:34; 3, P. Gobbato (Ita) 1:44:12; 4, C. YOUNG 1:45:00; 5, W. Baier (Ger) 1:45:14; 6, J. DUNSFORD 1:48:45; 7, G. SMYTH (NI) 1:50:29. (50-54): 1, K. Svensson (Swe) 1:43:43; 2, E. Ruina (Ita) 1:45:09; 3, A. Scott (Swe) 1:48:18; 4, H. Persson (Nor) 1:50:21; 5, L. Simu (Swe) 1:51:16; 6, D. WITHERS 1:54:07 ... 13, H. JACQUEST 2:11:17. (55-59): 1, H. Kloppe (Ger) 1:49:11; 2, H. Nilsen (Nor) 1:52:59; 3, A. Lundstrom (Swe) 1:54:42; 4, E. Alomaine (Bel) 1:57:22. (60-64): 1, O. Sandvik (Nor) 1:51:45; 2, J. Ljuggren (Swe) 1:57:22; 3, T. Bergstrom (Swe) 2:07:19 ... 7, F. NICKOLS 2:15:10. (65-69): 1, J. Muller (Ger) 2:07:19; 2, J. Baboie (Rum) 2:09:32; 3, F. Scimone (Ita) 2:11:56. (70-74): 1, R. Karlsson (Swe) 2:15:43; 2, M. Leonhardt (Ger) 2:18:48; 3, W. Dalmayer (Hol) 2:20:33 ... G. Wallace (USA-Gst) 2:13:08. (75-79): F. De Meyer (Bel) 2:50:38. (80 and over): W. KEELER 2:38:48.

Other Walking Results

Sussex 10km Track Champs, at Eastbourne (September 7th). In his first race in three months, following the disappointment of New Zealand's Olympic boycott after his selection, Mike Parker was back in winning form. Despite little training, he took the lead on the first lap and was a comfortable winner over Graham Morris who closed the gap in the later stages. 1, M. Parker (B&H) 45:28; 2, G. Morris (Stey) 45:59; 3, J. Hall (Bel) 47:28; 4, D. Stevens (Stey) 49:21.

Brighton & Hove AC 3km Track Champs, at Withead (September 28th). On the excellent new all weather track, Mike Parker was content to assist clubmate Nic Posener to a new pb before opening a 27 sec gap in the final 700m. Beverley Francis, in only her second race of the year, showed she is on the way back with an encouraging 15:39.5 win. 1, M. Parker 13:32; 2, N. Posener 13:59; 3, A. Buchanan 14:07; 4, B. Hawkins (52) 15:28 ... 6, J. Magog (66) 18:23.5. (Women): B. Francis 15:39.5.

Alan Buchanan



MIKE PARKER

Mike Street

Morecambe 20km (September 13th). 1, M. Lambden (Bound) 1:38:09; 2, T. Malone (Stock) 1:41:57; 3, S. Tyas (Yk) 1:42:00; 4, J. Warhurst (Sheff) 1:43:02; 5, D. Shaw (Sheff) 1:47:12; 6, C. Thomas (RSC) 1:48:46; 7, D. Masters (Sheff) 1:49:29; 8, G. Hibberd (Sheff) 1:49:45. **Teams:** 1, Sheffield 23; 2, Boundary 46. **(Women, 5km):** 1, B. Lupton (Sheff) 25:46; 2, L. Millen (Ken) 26:03; 3, S. Howard (Bol) 26:33; 4, C. Evans (Sutt) 26:34; 5, J. Pilmore (Yk. P) 26:43; 6, G. Edges (Lake) 27:25; 7, D. Wood (Sheff) 27:58; 8, P. Blaymires (Yk.P) 29:35. **Teams:** 1, Lakeland 8; 2, Stockport 14.

NCAA Track Champs, at Cudworth (September 20th). **(Senior 10km):** 1, M. Holmes (Yk. P) 44:15; 2, D. Jackson (Yk. P) 44:50; 3, J. Warhurst (Sheff) 45:44; 4, T. Malone (Stock) 46:16; 5, R. Hankin (Sheff) 48:47; 6, D. Shaw (Sheff) 49:13; 7, J. Errington (Yk. P) 49:27; 8, D. Staniforth (Sheff) 49:51. **(Juniors, 10km):** 1, D. Griffin (Sheff) 55:15; 2, J. Champion (Sheff) 55:16; 3, S. Pointer (Sheff) 55:46. **(Youths, 3km):** 1, D. Hurditch (Sheff) 14:11; 2, D. Moore (Yk. P) 15:26; 3, R. Loftus (Yk. P) 16:30. **(Boys):** 1, G. Jackson (Yk. P) 12:29; 2, C. Parrett (Stock) 13:18. **(Women's Open 3km):** 1, B. Lupton (Sheff) 15:40; 2, S. Hogg (Lake) 16:03; 3, C. Edgar (Lake) 16:12.

WOKING YOUNG ATHLETES OPEN MEETING September 14th

(Juniors): PV: 1, R. Gammage (Wok) 4.43; 2, J. Andrews (E&E) 3.83. **(Youths):** 800: P. Squire (Swin) 1:57.7. HJ: M. Walker (Win) 1.90. PV: R. Andrews (E&E) 3.53. SP: 1, J. Jeffery (Havant) 13.93; 2, P. Sutton (E&E) 13.83. DT: 1, N. Boyton (Brain) 45.56; 2, Sutton 43.32; 3, J. Tucker (Ox. C) 41.46. JT: 1, D. Messom (QPH) 64.22; 2, N. Rudd (RBC) 54.86. **(Boys):** PV: R. Quixley (DoC) 3.10. DT: D. Fagence (Walton) 39.92. **(Inters):** 100: M. Summerbell (Win) 12.5. 400: S. Gandy (Win) 59.1. 800: 1, V. Strickland (Havant) 2:18.6; 2, T. Long (F&C) 2:19.7. SP: D. Bushnell (Chelm) 11.50. DT: 1, Bushnell 38.72; 2, T. Pownall (Ox. C) 31.10; 3, D. Seaman (Brack) 31.06. JT: 1, J. Dawkins (Beav. S) 42.86; 2, K. Miller (Craw) 40.34; 3, N. Bradshaw (Fare) 38.18; 4, K. Parsons (Ox. C) 34.78. **(Juniors):** 100/200: L. Draper (R&R) 12.7/26.3. 800: 1, K. Hendrickse (Mit) 2:20.8; 2, A. D'Arcy (Melb) 2:21.6; 3, J. Rich (B'stoke) 2:21.6. 1500: H. Appleby (And) 4:54.4. HJ: S. Watkins (Bex) 1.65. SP: K. Towersey (Mit) 10.71. DT: 1, K. Pugh (Bir) 34.54; 2, C. Porter (Brack) 30.86; 3, C. Parker (Brack) 28.36; 4, T. Neal (Craw) 27.88. JT: 1, Neal 33.34; 2, N. Greenleaves (Craw) 31.70; 3, Porter 31.08; 4, P. Russell (Read) 29.48. **(Girls):** 800: R. Hughes (F&H) 2:22.7. HJ: D. Marti (R&R) 1.52.

Woking AC would like to express their thanks to all the officials who turned up on the day to help their meeting run smoothly.

WEST YORKSHIRE LEAGUE CHAMPS At Cleckheaton, September 14th

100: 1, P. Graydon (Hal) 10.6; 2, D. Crosby (Rown) 10.7; 3, S. Harrison (Leeds) 11.0; 4, W. Moore (Sky) 11.0. 400: A. Medley (Spen) 49.8. **(Youths):** SP: N. Crimmen (Spen) 14.21. **(Boys):** 200: D. Wild (Leeds) 23.9. 800: M. Taylor (Long) 2:06.4. HJ/LJ: P. Heeson (Spen) 1.75/ 5.90. **(Inters):** 100: J. Donaldson (Long) 12.5. 400: J. Stoddart (Long) 59.4. 800: J. Midgley (Leeds) 2:17.1. 1500: W. Hirst (Leeds) 4:43.6. HJ: C. Sugden (Spen) 1.65. **(Juniors):** 100: 1, D. Glazebrook (Wake) 12.3; 2, S. Briggs (Spen) 12.4; 3, J. Wyard (Wake) 12.7. 200: 1, Glazebrook 26.2; 2, Wyard 26.3. 800: C. Faragher (Harr) 2:19.6. 1500: 1, A. Gibson (Long) 4:47.3; 2, S. Ramsdale (Leeds) 4:50.3; 3, C. Lord (Hal) 4:52.2. SP: S. Bedford (Wake) 10.31.

In the Northern Women's Inter-Counties at Cleckheaton on September 6th ('AW', Sept. 20th), Julie Gledhill threw the Intermediate discus 27.76m for fourth place, not 31.58m as stated.

INTERVIEW WITH RENALDO NEHEMIAH

By Alastair Aitken

When you started in athletics what made you decide to specialise in track rather than do other sports, and have you special memories of your first hurdles race?

I started out in American football and I played basketball but I stumbled upon track as a conditioning factor. Then, when I got hurt with a rib injury from football, I started my track career. I was 16 or 17. I realised if I got hurt at the lower scale of football I knew at college and professional level I would get hurt a lot easier. The first race that I ever ran was at Junior High School when I ran 17.0-17.2 or something like that, on a dirt track. It was the first time I three stepped and the first time I had a competitive hurdles race, and I won. By the end of the year my best was 15.6.

You ran 12.9 over 3'3" hurdles in High School. Do you consider that was your breakthrough race?

It was just a matter of winning. Time does not matter as long as you are winning and you are the best in your area, division or wherever you are at the time.

Were there other runners you particularly admired or inspired you to compete?

Not really, prior to my Freshman year, as I was very naive in the sport of track and field. I was just running my race and I did not know many people in my event, but I got into it and then I did a lot of research. I can now tell you a lot about hurdlers, what they did and their times. Now that I am a little more knowledgeable, I can relate to a lot of other events. It was probably Rod Milburn who influenced me at the start, as he was about my height then of 5'9"-5'10" and I parted my hair down the middle to resemble a Rod Milburn and we were both double arm thrusters (I am not any more). We were both sprinter types. We were aggressive and powerful hurdlers and I am a consistent hurdler. I like to be able to execute well yet still relax while I am running, not really feel like I am straining. If I feel right it is nice and easy, having fun, and it then becomes a relaxed art.

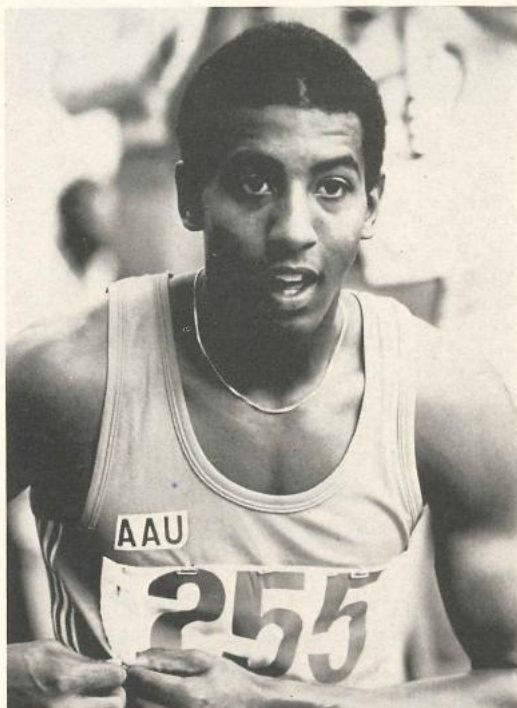
What is your biggest nightmare about high hurdling?

I really don't have one but I think the biggest nightmare is to hold back — the fear of knowing that you have not exerted yourself 100% and not having run up to your capabilities. There can be tendency to relax too much and take the field for granted and really not worry about the others.

What does athletics give you?

The way to burn off excess energy; that is probably the way I can sum it up.

You had lots of good races in 1978 and was



'SKEETS'

Mark Shearman

rated easily the best in the world for the high hurdles. Which ones have special memories for you?

Probably my biggest one was the Zurich race on August 16th when I ran 13.23, as it was raining that evening. I was trying to prove my dominance as I had lost two earlier races to Greg Foster. It was 1/100th off the American record and 2/100ths off the world record. At that time I was only a 19-year-old Freshman in college.

Which race has given you the most satisfaction?

Probably the world record race when I did 13.00 (May 6th 1979) because I did not get out well. I had Alejandro Casanas of Cuba out of the blocks well before I was out. I had to prove to be the champion I was at that time, come from behind and win the race, still in record form. Everything went well and I broke the world



Nehemiah went on to win this race against Thomas Munkelt in the 1979 World Cup, 13.39 to 13.42.

All-Sport/Paul J. Sutton

record by a lot. It still exists today and it is the next barrier.

In the 1979 World Cup in Montreal you won in 13.39 from the current Olympic champion Thomas Munkelt (13.42) and Alejandro Casanas (13.44) despite making a lot of mistakes. What happened there?

I did run very badly there, considering I had a superb year and it was the last meet of the season. I had been sick coming off an illness from the Pan-American Games previously and, having run so many races throughout the year, it was just a matter of hanging on and I did not really care about time. My average time going into that race

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Dedy Cooper (8) and Alejandro Casanas — Nehemiah's predecessor as world record holder — competing at Crystal Palace in 1977.

Peter Tempest

was 13.14, which was far superior to the time that I won it in. So, if I had been in peak form I would not have had any problem with that race at all.

There were only two people, I felt, who were virtual certainties for gold medals in the Olympics had the USA taken part and they were Moses and you. Did you have to come to terms with the boycott somehow?

Not really. I got hurt in January, prior to finding out that we did not have a shot at going to Moscow and at that time I was not in physical condition to really compete. In later months, when I found out we were not going to Moscow, I knew I had an opportunity to train more on a lower scale and not as intensely as would be expected. Although you have to respect Thomas Munkelt's gold medal I think if you are running the times on a consistent level you don't have to worry about it, as every one can see who is the best hurdler, gold medal or no gold medal. I guess my Olympic gold medal this year would be a world record. To break that would really make me feel that I did not get left out of Moscow and that I did not get the bad judgement on the US part.

Casanas is a good hurdler?

Yes, but he can't win the big races.

I was a bit surprised Silvio Leonard did not take the 100 in Moscow . . .

He was expected to win the gold in Moscow and he got out well, and it was just a matter of who wanted it more and he lost that lean.

It was remarkable to see Don Quarrie come back for third in the 200 in such a good time.

Right — it is a matter of how much you want it really . . . if you are willing to give it all you have got, to fall down and die for it, which is what I am willing to do.

Who are your toughest competitors?

Probably my toughest consistent competitor is Dedy Cooper. Greg Foster is tough when he does complete all ten hurdles but most of the time it has been Dedy Cooper. We are good friends.

In America you have so many world class hurdlers capable of making an Olympic final.

I think there is an American dominance in the hurdles. In the Olympics, if there was a 10 man final, we could almost have 10 guys in the final.

Although there is tremendous competition between hurdlers in the USA are there good friendships, even though it must be icy-cool on that starting line?

A lot of the time it can be not so friendly because the build-up of high hurdlers in the United States is so great as we have so many of them. Just to prove yourself day in day out is hard as on any given day another one can win. A lot of times it is ice cold friendships, where you just run the meet and you don't really communicate that well, but on the other hand you have guys who are just generally friendly, like myself. It does not matter as I don't get that intensely involved in the rivalry with other competitors. There are a lot of psychological hoaxes but I don't pay attention, as I have a very humorous smile on my face all the time because I like to feel pleasant but still have enough intensity within myself to really know what I have to do. To get too relaxed would be meaningless. It is just a friendly rivalry and I am not out to psyche them out.

Do you think you will stay a long time in track and field athletics?

No I don't. I have pretty much a limitation on how long I want to stay in the sport and what I want to accomplish. Once I accomplish it I will then move on to bigger and better things or leave the sport. I don't see my existence in the high

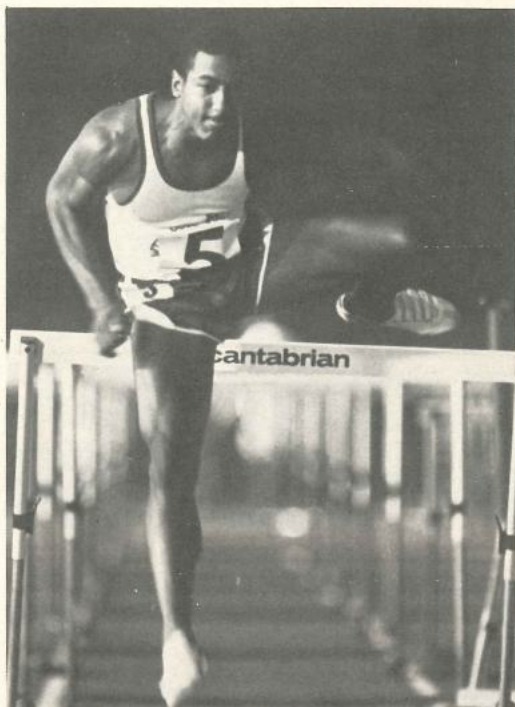
NEHEMIAH'S GREAT CAREER

Renaldo "Skeets" Nehemiah was born at Newark, New Jersey, on March 24th 1959. He is 1.85/6'1" tall, weighs 77kg/169lb. Within three years of taking up hurdling at the age of 14 he had clocked 13.6 over the 3'3" barriers and 14.2 in his 3'6" debut. He started to make a real name for himself during the 1977 indoor season, three times equalling the national high school record of 6.9 for 60y (3'3"). That prompted his high school coach, Jean Poquette, to predict that Nehemiah could that summer equal the US high school record for 120y (3'3") of 13.2. In fact he went on to record a stunning 12.9! Over the full size hurdles he captured the AAU Junior 110m title in 13.89 and won in 13.5 (into a wind of nearly 4m/sec) in the USA v USSR junior match.

Indoors in 1978, then a freshman at the University of Maryland, he set a world 60y hurdles best of 7.07. Outdoors he improved the world junior record for 110m (3'6") five times, ending with 13.23. Nehemiah really came into his own during the 1979 indoor campaign when his records included a remarkable 6.89 for 60y. He became world record holder for 110m hurdles with 13.16 in April 1979, a mark he trimmed to a phenomenal 13.00 the following month. In June 1979 he was timed in a windy 12.91. He is a tremendous all-round athlete. He has run 100m in 10.24 (10.18w), 200m in 20.37 and a 400 relay leg in 44.3; in 1977 he set a US high school record of 35.8 for 330y hurdles and the same year was the country's fourth ranking schoolboy long jumper with 7.61m.

World's Fastest High Hurdle Marks

13.00	Renaldo Nehemiah (USA)	6.5.1979
13.16	Nehemiah	14.4.1979
13.19	Nehemiah	16.6.1979
13.20	Nehemiah	11.7.1979
13.21	Alejandro Casanas (Cuba)	21.8.1977
13.21	Nehemiah	13.8.1980
13.22	Greg Foster (USA)	2.6.1978
13.23	Nehemiah	16.8.1978
13.23	Casanas	6.5.1979
13.23	Nehemiah	8.8.1980
13.23	Nehemiah	10.8.1980
13.24	Rod Milburn (USA)	7.9.1972
13.25	Nehemiah	13.8.1978
13.26	Nehemiah	24.6.1980
13.27	Nehemiah	2.6.1978
12.91w	Nehemiah	1.6.1979



Renaldo clocking 13.23, a UK all-comers record, in this year's IAC/Coca-Cola Meeting. That merely equalled the 6th fastest time of his career!

Tommy Hindley

hurdles for more than two or so years, and I think it will then be time for me to move on to another event after that.

If a youngster comes into the sport and wants to be really a good high hurdler what advice would you give him?

Probably the first thing is to learn the form of hurdling. A lot of hurdlers just come out and they run. A lot of people notice that they have got a little bit of speed and they are big and strong. They think they can become a hurdler and I would say over 90% of your hurdlers today, even the ones that are running fairly decent, are not technically developed. They don't know the technique of hurdling.

© Alastair Aitken, 1980

DATE FOR YOUR DIARY

WOKING '10'

14th FEBRUARY, 1981

Details later

'Skeets' Can Go Faster Than 13.00

His coach, Jean Poquette, interviewed by Alastair Aitken

When Renaldo came to you did you immediately recognise his potential?

It was in 10th grade in High School when he was about 15 and I was his High School coach, but I did not see then the potential that eventually developed. That came later. What I saw was just a potentially good high school hurdler.

When he came to you was there anything special about him?

When he came to me at Linden High School, Scotch Plains in New Jersey, he was only 5'6½" tall but he had unusually long legs in proportion to his body. I guess at this stage, as a high school coach, I was impressed with the mere fact that he took three steps between hurdles at such a young age.

In January 1977 'Track & Field News' quoted Maryland coach Frank Costello as saying of Renaldo: "He's a natural hurdler. His biggest asset is his outright speed and great natural quickness. He's so fast, in fact, it's hard for him to make mistakes. He also has great balance". What do you say to that?

I say that Greg Foster has great speed and strength. He is not the technical hurdler that 'Skeets' Nehemiah is so I would say that certainly speed and strength are primary reasons why he is a world class hurdler but I think that as a result of his great speed and strength they have really overlooked the technical aspects of his hurdling. I think Renaldo is a fine technical hurdler. We developed a new technique, so to speak, a 'Classical' technique. Renaldo does not lay out over the hurdles the way a lot of hurdlers do but that is because we took his speed and strength and we concentrate on developing a very, very, fast snap-down lead leg. An awful lot of hurdlers, including Milburn, tend to put emphasis on their trail leg — pulling their trail leg through very

quickly and they kind of let their lead leg float. What we did was to concentrate on a very, very fast snap-down on the lead leg. The European writer for 'Track and Field News' Roberto Quercetani, did a study, one time, comparing 'Skeets' with Harrison Dillard and his conclusion was that 'Skeets' tends to spend less time in the air clearing the hurdles and getting back down to the ground than any other hurdler that ever lived. So, in spite of the fact that he has got tremendous speed, he is probably truly the fastest hurdler in a 100m dash that ever lived and he also spends less time in the air technically going over the hurdles, which to some extent is inherent. He has great strength which is acquired and practised and he has I think, excellent technique. He tends to be more vertical than most hurdlers but that is because of the lead leg. If he was going into the hurdles with a very strong lean that would retard that push-down and then his upper body would retard the movement of his lead leg and his particular technique needs a little bit more clearance for his lead leg to do the type of thing it's doing. Technically he may be more erect but for him it is the proper form.

Do you see him as a happy person in competition despite what happened at the Talbot Games when he was beaten by Milburn? He still had time to laugh about it straight afterwards so he appears well adjusted in defeat.

Sure! But there were reasons for what happened at Crystal Palace this year in the Talbot meeting. It was early May and he was coming back from injury which prevented his training to a great extent. He ran in a meet in early May called the Pepsi-Cola meet; Foster won from Dedy Cooper and Milburn with Skeets 4th. By the third hurdle he knew that he did not have a prayer in the race and so, I think, basically he just quit competing in the race and just finished. He was out of shape, he lacked confidence in himself. So what he did was he just started again going back to basics to build up again. At the time, the meet that was really important was the Olympic Trials and it was a very high pressure emotional meet because a lot of people figured that he was going to have problems — and yet he ran the fastest time in the world for the year then, which was 13.26. He ran four races in three days; and then when we got to England he was so tired he just rested. He was not mentally prepared. He just figured it was Milburn and Campbell and took them somewhat for granted. The Olympic Trials played such a great role in his thinking that time, so it was very difficult for him to get up psychologically for the Talbot Meet. We noticed

SURREY VETERANS CROSS COUNTRY CHAMPIONSHIPS

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

Saturday, November 8th, at 3 p.m.
At Farthing Downs, Coudon

Entries: 50p per Individual, to J. Fitzgerald, 6 Tyers House, Aldington Road, London SW16 1TJ, by 27th October.

Please send S.A.E. for confirmation and details of venue. Please state d.o.b. on entry forms.

Ahead of Nehemiah, the biggest 'gold certainty' at Moscow would undoubtedly have been fellow-hurdler Ed Moses. Considering Renaldo's proven flat speed, the purists can spend hours discussing the outcome, if they were to meet hurdling 400m.



John Burles

he was going kind of high over the hurdles while he was warming up and he did not really do a proper warm up for that meet even. He did come back and pull himself pretty much even with Milburn, but coming off the last hurdle he tried to get the edge on snap-down and because he was so high over the hurdle he actually snapped his lead leg behind him and all of his weight was forward and he lost his balance and fell forward. There were no excuses made, but he was not ready for that race.

Just how good a run was his world record 13.00?

That 13.00 was basically on strength, he had technical errors. The most outstanding technical fault was his lead right arm as a result he was rotating round to the right both in his shoulders and his hips. That 13.00 came really, I think, with some flaws in his technique, which we think we have got ironed out now. You are talking about 13.00 flat but that is not his potential. I don't think when his career is over that is what is going to end up on the books.

Now that Renaldo is back with you, how do you see your relationship as a coach with him?

It is really a partnership. It is not the kind of relationship that I coach and he runs. It is a very democratic relationship and a personal friendship.

Do you consider Renaldo would have been a racing certainly to have won in Moscow?

He ran 13.31 in Philadelphia on the 17th of August and he did it all alone in 98 degrees temperature in a rain storm with 85 per cent humidity and no competition as motivation. He went out fast and eased up over the last three hurdles. The problem with this conversation, and I really believe it as a coach, is it is kind of unfair to Thomas Munkelt, to ask the question would

Nehemiah have won? because he could have tripped over a hurdle or he might not have finished the race or any number of things could have happened. The only answer one can give is that if the race had taken place with 'Skeets' in it the question itself would have been answered. We believe we would have won it. Munkelt is the Olympic champion so what we have to do is go out and do something to prove our point and let everybody draw their own conclusions.

Have you given Renaldo special weight training?

My problem was that when he came back to me for coaching he had gone beyond what I had already considered sufficient for him and I took him off the weights. He had become so big I was afraid he was carrying too much bulk. When I saw him he was 173-175lb and he had gone as high as 182 in one season when he was weight training and eating. Now he is down to 169. The problem was he had more than enough upper body strength and I felt it was impeding his progress, so I said that is it for the weights. After the season is over he can explore the weights and maybe go back to it. The has got stretch marks on his shoulders from a little bit too much weight training, but still it has contributed to his overall strength obviously, certainly his upper body and that it nothing but help at this point. The training programme is much more intense. He works harder than many hurdlers I am aware of.

What is he studying and hoping to do then?

Broadcasting and Communications. I think basically after he graduates he would like to get into broadcasting in some way. I think he is a good candidate as right now he has a lot of charisma, he has a good face, intelligence and the maturity and demeanour.

© Alastair Aitken, 1980

Letters

OPEN LETTER TO THE BRITISH LEAGUE

Dear Sir,

There can be no doubt that the introduction of League athletics has served as a powerful stimulus to the development of Club athletics in Britain. Every Club has the opportunity to strive for promotion or resist relegation by developing the performances of their athletes and ensuring that they compete on the day. As the Southern League programme puts it 'the League tests a club's ability to turn out a strong team for each fixture, competing on varying track surfaces, at home or away, including the main holiday period'.

At virtually every point of the League structure progression is based on performances throughout the season as reflected in the league table. The one exception concerns the crucial issue of transition from the regional leagues to the British League and the reverse. The method employed is

a British League Qualifying Match which destroys the principle of League athletics in two aspects:-

1. Clubs which finish in the bottom two places in British League Division Five are allowed to compete in the BL Qualifying Match. This is the only example in the whole League structure of teams which have had indifferent seasons being allowed to redeem their League place on the results of one match. Surely they should be relegated to the regional leagues to allow two more places in the Match to be filled from the regional leagues.

2. Two of the other six Clubs invited to the BLQM are selected on the basis of individual performances rather than league table position. The champions of the Southern, Northern, Midland and Welsh Leagues are invited and that seems fair enough. The other two places are awarded on the basis of best performance lists submitted to the League regardless of a Club's finishing position in the regional league. The most bizarre example of this concerns Sheffield AC which was allowed to compete in the Match while not even in Division One of the Northern



Gus McKenzie and Dave Bedford, two athletes who have contributed extensively to Shaftesbury's rise from the Southern League in 1975 to second place, behind Wolverhampton & Bilston, in the first division of the GRE British League this year. Seen here competing in the GRE Gold Cup Final at Birmingham on September 20th.

Photos courtesy of Birmingham Alexander Stadium (McKenzie) and by Tim Pike



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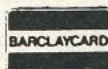
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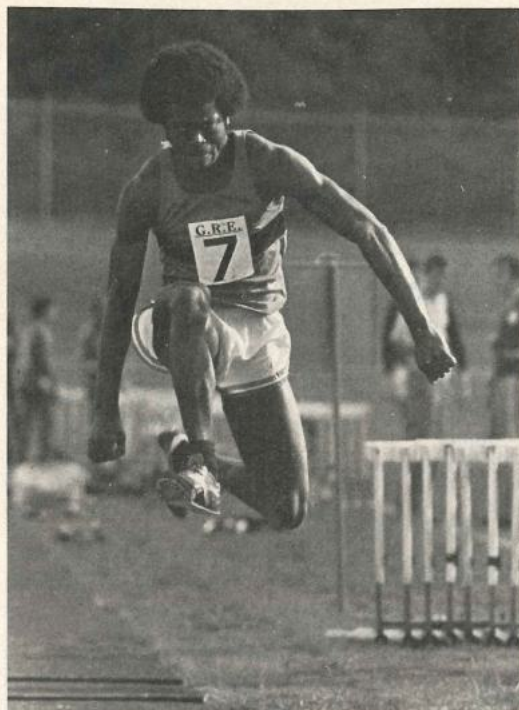
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League. Despite these anomalies, the runners-up in the Southern League (by far the strongest numerically with over 100 clubs in membership) have always in practice succeeded in reaching the BLQM, until 1980, when my own Club was ousted by Midland teams with better performances 'on paper'. The disappointment among our team members can readily be imagined. To be beaten by 'paper' opponents at the end of a successful League season is very frustrating.

Let me emphasise that I hold no grudge against any team invited to the BLQM. It is the system which is wrong and I urge the British League to reform it. To open the discussion I suggest the following:

- (a): British League Clubs be **not** allowed to participate in the qualifying Match, and
- (b): The eight places in the Match be allocated strictly according to the finishing positions of Clubs in the regional leagues. The allocation of places among the leagues should reflect their relative numerical strengths and not be based on 'paper' performances.

Donovan Perkins won the triple jump for Sparkhill in both the British League Qualifying Meeting and the GRE Plate Final. Sparkhill take their place in Division Four of the League next summer.

Tim Pike

WORTHING & DIST. HARRIERS (in conjunction with Adur Dist. Council)

OPEN PARKLAND RACES

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

**SAT., 25th OCTOBER, 1980
AT LANCING MANOR**

12 noon	U/11 Girls	1 mile
12.15 p.m.	U/11 Colts	1¼ miles
12.30 p.m.	Girls	1¼ miles
12.45 p.m.	Colts	2 miles
1.05 p.m.	Junior Women	2 miles
1.25 p.m.	Boys	2½ miles
1.50 p.m.	Intermediate Women	2½ miles
1.50 p.m.	Senior Women*	2½ miles
2.15 p.m.	Youths	2½ miles
2.40 p.m.	Junior Men	3 miles
3.10 p.m.	Senior Men*	3 miles

(Ages as at 1.9.80)

*STATE IF VETERAN

Awards: First 4 Individuals, first 3 Teams, (3 to score).

Entries: 25p per runner to: Cliff Howard, 1 Douglas Avenue, Worthing, Sussex BN11 5LE, (Tel. Worthing 46479), by 15th October. S.A.E. for acknowledgement.

AMESBURY SPORTS CENTRE in conjunction with **SALISBURY ATHLETIC CLUB**

SALISBURY PLAIN

15½ MILE ROAD RACE

(Under A.A.A. Laws)

**ON SUNDAY,
2nd NOVEMBER, 1980
at 1.30 p.m.**

Entry: 50p (entry on day 70p).

Prizes: First 6 Individuals, first 3 Vets O/40, first 3 Vets O/50, first local runner. 3 Team prizes (3 to count).

Entry Forms/Details from: I. Duckett, Amesbury Sports Centre, Antrobus Road, Amesbury. Tel: Amesbury 22173.

A further benefit of this approach is that all Clubs would know exactly what was required to secure a place in the BLQM and not be left with uncertainty until the last minute. I call upon the British League to make this reform in the interests of Club athletics everywhere.

Tony Bush,
Chairman, Old Gaytonians' AC.

LEAGUES FOR YOUNG ATHLETES

Dear Sir,

It is my opinion that the present organised system of competition for young athletes leaves something to be desired. This is because there is too big a gulf between local club competition (if any) and National Young Athletes League competition (involving much travel for those not living in the conurbations). May I suggest an alternative scheme, which would provide a range of competition for a range of abilities, and involve increasing travel distances to those athletes of increasing ability.

This involves a pyramid of leagues. The clubs would make up a County League, and, from this, athletes would be selected to represent their County League in the Regional League. From that, athletes would be selected to represent their Regional League in the National League, which would then represent a controlled high standard of regular competition, and not necessarily between the same athletes at each meeting.

A minimum of two weeks between each fixture, and four fixtures for each league during the season, should enable such a programme to be fitted into the summer timetable.

Organising funding for such a project would not be easy, since it would probably need to rely on levies from each competing club in the bottom level of the pyramid. However, in the long run, this might well be more economic than inadequately-filled coaches journeying far distances to compete against their neighbour clubs.

In addition, it would to my mind be even more beneficial to provide such competition for both sexes, and it could use the minor leagues already in tentative existence in parts of the country which are attempting to provide this.

Colin Oberlin-Harris,
Club Coach, Stroud & Dist AC.

GLEN GRANT RESIGNS FROM IAC

Dear Sir,

It is with great regret that I must inform your readers that I have tendered my resignation from the International Athletes Club to their honorary secretary David Bedford. I find that I no longer have anything in common with the views that the club hold about the Olympic Games and I no longer wish to be associated with them.

Glen Grant,
Captain, Royal Artillery

PLEA TO LONG JUMP JUDGES

Dear Sir,

As the parent of a high and long jumper, and an interested spectator at these events, may I make a plea for the distances jumped by each long jump competitor to be announced by the judge. It is obvious to see how athletes in a high jump competition are doing, but from outside the track it is impossible to assess a long jump. If these announcements were made, it would make spectating much more interesting and informed. Occasionally it has been done, but as the exception rather than the rule.

Mrs J. P. Burrows,
Knutsford, Cheshire.

POLYTECHNIC HISTORY

Dear Sir,

At this year's Poly Marathon it was suggested to me that it would be interesting to have a book about our race and the early landmarks of the different races before they are completely lost.

I would point out that when I retired in 1969 I wrote a book on this subject including past winners etc, called "From the Legend to the Living" (40 pages, illustrated). There are still a few copies left which can be had for 30p including postage.

I would also like to mention that over the last six years I have been writing the hundred years history of most of the famous Poly sports clubs — Cyclists, Boxers, Harriers, etc. This has been done in three parts, one illustrated, and printed by Litho, size A40. The three parts can be obtained for £1.50 plus 50p postage. The above cover the period 1870 to 1930.

The fourth and final part covers the period 1930 to about 1970 and will be ready from about October onwards, price £1 plus 50p postage.

Perhaps some of your readers may be interested and will contact me.

A. E. H. Winter,
10 Southwold Mansions,
London W9.

CLUB COLOURS

Dear Sir,

It is an AAA rule that in all open competitions a competitor must compete in his club vest. This rule is rigorously enforced upon little boys and girls in their competitions when there are excellent reasons for not enforcing it, and flagrantly ignored at top level where many athletes delight in displaying the latest hand-outs from avaricious sports clothes producers.

May I ask for these offenders in future to set a much better standard of conduct and help their clubs and athletics by running in club colours.

Terry Haines,
Gloucester.

TIGHTEN UP THESE WAAA RULES

Dear Sir,

According to WAAA Laws no junior athlete is allowed to compete in more than three individual events and a relay on the same day.

Although it is not specifically stated it is assumed that the pentathlon is the exception as it consists of five individual events.

However, at a recent county championship two juniors competing in the pentathlon also took part in an open 2500m walk and a 4 x 200m relay — apparently within WAAA Laws. Not surprisingly both girls failed to complete the pentathlon, ducking the 800m at the last minute.

I would urge the WAAA to tighten up the rules on pentathlons and other multi-event competitions which are held on the one day by making it impossible under the rules for anyone (at whatever age group) to compete in any other individual or team event while taking part in a pentathlon or other multi-event competition of five or more events. The current rules concerning participation after withdrawing from an event would presumably cover strategic withdrawals from such competitions.

The only alternative is to scrap the three events rule and I'm confident that there are few who consider that to be a wise course in view of the constant pressures of clubs, unscrupulous coaches and over-enthusiastic parents.

Dr Phil Thomas,
Prescot, Merseyside.

CAN YOU HELP A SWEDISH LAD?

Dear Sir,

I have been approached by the trainer of young athletes in the Swedish Club, Alingsås IF. He has a son who was 12 last August and who wishes to come to England for three to four weeks around June 1981 with the object of improving his English and athletics. His is the second best 12-year-old in Sweden at 1000m and his time in the final of the relevant Swedish Championship was 2:56.5. I am sending this letter with the object of finding a family who would accept the lad and I would be grateful if interested parties would write to me setting out relevant details.

F. J. Martell,
National Administrator,
AAA,
70, Brompton Road,
London, SW3 1EE.



Chris Benning and Diane Royle in action for Stretford in the GRE Jubilee Cup Final. They both won their events — Chris (3000m) in 9:28.0 and Diane with 53.05m.

Photos courtesy of Birmingham Alexander Stadium

HARRY LAPWORTH MEMORIAL**10km ROAD RACE****At Coventry, September 27th**

- 1, R. Westwood (Tipton) 29:11
 2, A. Armitage (Charnwood) 29:26
 3, J. Graham (Birchfield) 29:28
 4, C. Woodhouse (Der) 29:30; 5, T. Wright (W&B) 29:32; 6, D. Driver (Charn) 29:40; 7, C. Brown (Cov) 29:56; 8, R. Maule (Cov) 30:19; 9, J. King (S&SH) 30:38; 10, P. Banks (Cov) 30:47; 11, N. Leach (Charn) 30:53; 12, A. Kean (Der) 30:58; 13, J. Montgomery (Cov) 31:19; 14, D. Ellis (Bir) 31:19; 15, N. Appleby (Bir) 31:36; 16, D. Messum (W&B) 31:44; 17, S. Carter (Cov) 31:51; 18, R. O'Hara (Spark) 31:56; 19, D. Hobley (Rug) 32:04; 20, N. Black (Spark) 32:19; 21, R. Statham (Cov) 32:20; 22, D. Smith (Cov) 32:24; 23, S. Wanklin (Cov) 32:45; 24, A. Francis (Rug) 32:46; 25, R. Panter (Bir) 32:48. (Vets): 1, A. Penn (GEC Whet) 33:23; 2, J. Mills (Spark) 33:28; 3, P. Morris (Loz) 34:08; 4, M. Thorpe (Cov) 34:09; 5, M. Langrish (Cov) 34:19. (Women): 1, R. Wright (W&B) 35:42; 2, B. Smith (B&R) 36:01.

Fred Allocoat Memorial '4', for U/18's. 1, L. Tredell (Cov) 19:42; 2, D. Constable (Bir) 20:00; 3, M. Slevin (Cov) 21:29. (Girls): 1, C. Clark (Cov) 24:23; 2, J. Cooke (Cov) 24:31; 3, N. Salisbury (Bir) 25:30.

'DORMA' ROAD RELAYS**At Bolton, September 28th**

- (U/18): 1, Stretford (C. Bucknall 13:20, P. Bailey 14:30, M. Wright 13:35, P. Tootell 13:04) 54:29; 2, Bolton (C. Bates 13:41, J. Patel 13:48, R. Chadbond 14:22, T. Uttley 13:18) 55:09; 3, Rossendale 58:45; 4, Stretford 'B' 59:52; 5, Sutton (St. H) 60:57; 6, Leigh 61:37. **Fastest:** Tootell 13:04; Uttley 13:18; Bucknall 13:20. (U/16): 1, Liverpool Pem. (B. Murphy 13:42, D. Kelly 13:44, K. Rooney 14:13, T. Larcombe 14:11) 55:48; 2, Stretford (S. Barlow 14:48, S. Bell 13:41, I. Rickerby 14:33, D. Burchill 13:59) 57:01; 3, Oldham & R 58:54; 4, Blackpool & F 59:05; 5, Liverpool 59:35; 6, Bolton 60:09. **Fastest:** Bell 13:41; Murphy 13:42; Kelly 13:44. (U/14): 1, Stretford (B. Bailey 7:04, S. Tinsley 6:56, S. Sheen 7:01, M. Byrne 6:57) 27:58; 2, Liverpool (J. Lamb 7:06, M. Cresswell 7:10, D. Pearce 6:59, G. Grant 6:55) 28:10; 3, Oldham & R 28:40; 4, Liverpool 'B' 29:01; 5, Liverpool Pem. 29:35; 6, Blackburn 29:55. **Fastest:** Tinsley & Grant 6:55; Byrne 6:57. (U/12): 1, Liverpool (C. Teague 7:38, P. O'Brien 7:27, A. Thomas 8:02, C. Walker 7:25) 30:32; 2, Sutton (St. H) 31:46; 3, Altrincham 31:52; 4, Stretford 32:41; 5, Southport W 32:59; 6, Rivington & B 33:49. **Fastest:** W. Morrison (S'port W) & Walker 7:25; O'Brien 7:27.

Southern League fixture dates for 1981: May 2nd & 30th, June 6th & 27th, July 25th & August 15th.

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United Kingdom 'Top Ten' All-Time Lists

(Legal marks only; a = altitude; i = indoors)

100 METRES			
10.11	Allan Wells	24.7.80	Moscow
10.21a	Ainsley Bennett	8.9.79	Mexico City
10.29	Peter Radford	13.9.58	Paris
10.32	Mike McFarlane	6.8.78	Edmonton
10.33	Brian Green	15.7.72	Crystal Palace
10.35a	Barry Kelly	13.10.68	Mexico City
10.35a	Greg Colin	15.3.80	Johannesburg
10.36	David Jenkins	24.6.72	Edinburgh
10.38	Cameron Sharp	24.7.80	Moscow
10.40	Drew McMaster	23.8.80	Edinburgh
200 METRES			
20.21	Allan Wells	28.7.80	Moscow
20.42a	Ainsley Bennett	12.9.79	Mexico City
20.66a	Dick Steane	15.10.68	Mexico City
20.66	David Jenkins	27.8.73	Crystal Palace
20.66	Greg Colin	1.5.78	Pretoria
20.70	Chris Monk	20.8.73	Moscow
20.73a	Ralph Banthorpe	15.10.68	Mexico City
20.77	Mike McFarlane	18.5.80	Cwmbran
20.81	Drew McMaster	20.9.80	Tokyo
20.83	Martin Reynolds	22.7.70	Edinburgh
400 METRES			
44.93	David Jenkins	21.6.75	Eugene
45.49	Glen Cohen	21.5.78	Philadelphia
45.6	Robbie Brightwell	14.7.62	White City
800 METRES			
1:42.4	Seb Coe	5.7.79	Oslo
1:44.1	Steve Ovett	31.8.78	Prague
1:45.2	Andy Carter	14.7.73	Crystal Palace
1:45.8	Frank Clement	10.7.76	Zurich
1:45.9	Garry Cook	5.9.78	Frankfurt
1:46.1	Colin Campbell	26.7.72	Helsinki
1:46.2	Dave Warren	29.6.80	Porsgrunn
1:46.3	Peter Browne	14.7.73	Crystal Palace
1:46.3	Chris Carter	4.9.66	Budapest
1:46.3	Phil Lewis	27.1.74	Christchurch
1500 METRES			
3:31.4	Steve Ovett	27.8.80	Koblenz
3:32.1	Seb Coe	4.9.79	Brussels
3:33.9	John Robson	4.9.79	Brussels
3:34.8	Steve Cram	13.8.80	Zurich
3:35.5	David Moorcroft	12.8.78	Edmonton
3:35.7	Frank Clement	12.8.78	Edmonton
3:35.8	Graham Williamson	15.7.80	Oslo
3:36.9	Mike Kearns	26.7.77	Stockholm
3:37.7	Brendan Foster	2.2.74	Christchurch
3:38.1	Glen Grant	12.8.78	Edmonton
MILE			
3:48.8	Steve Ovett	1.7.80	Oslo
3:49.0	Seb Coe	17.7.79	Oslo
3:52.8	John Robson	17.7.79	Oslo
3:53.2	Graham Williamson	17.7.79	Oslo
3:53.8	Steve Cram	1.7.80	Oslo
3:54.2	Frank Clement	27.6.78	Oslo
3:54.4	David Moorcroft	17.7.79	Oslo
3:55.0	Jim McGuinness	11.7.77	Dublin
3:55.3	Peter Stewart	10.6.72	Crystal Palace
3:55.7	Alan Simpson	30.8.65	White City
3000 METRES			
7:35.2	Brendan Foster	3.8.74	Gateshead
7:40.4	Nick Rose	27.6.78	Oslo
7:41.3	Steve Ovett	23.9.77	Wattenscheid
7:43.6	David Moorcroft	23.8.78	Crystal Palace
7:45.3	Dennis Coates	9.9.77	Crystal Palace
7:46.4	David Bedford	21.6.72	Louvain
7:46.6	David Black	14.9.73	Crystal Palace
7:46.9	Ian Stewart	26.5.76	Crystal Palace
7:47.0	David James	26.5.80	Cwmbran
7:47.0i	Ricky Wilde	15.3.70	Vinenna
2 MILES			
8:13.5	Steve Ovett	15.9.78	Crystal Palace
8:13.7	Brendan Foster	27.8.73	Crystal Palace

GREAT BRITAIN CATHOLIC STUDENTS (Girls)

9th Annual

CROSS-COUNTRY CHAMPIONSHIPS

at St. Benedict's,
Whitehaven, Cumbria
SATURDAY, NOVEMBER 8th
at 2 p.m.

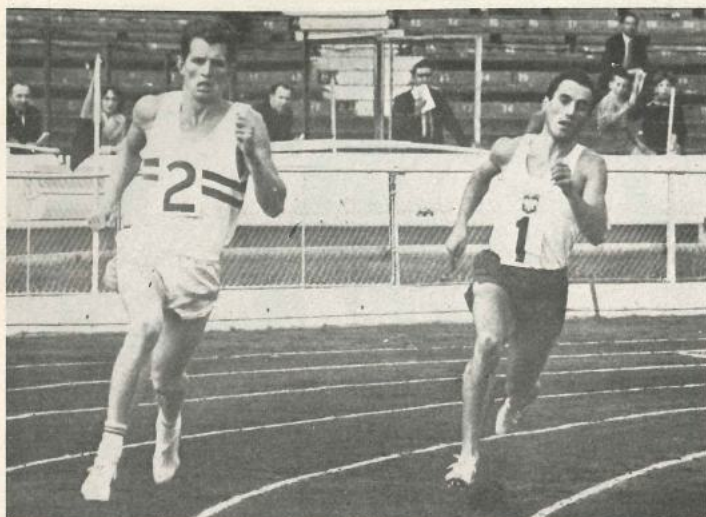
Ages: U/12, 14, 16, 19, (1st Sept., 1980).

Fees: 50p per Ind., £1 per team (5 to count).

Awards: First 7 Inds., first 4 teams (each age group).

Entries to: W. B. A. Graves,
10 Debra Close,
Melling,
Merseyside L31 1DL.
Tel. 051 547 3189.

CLOSING DATE 27th OCTOBER



Robbie Brightwell's 45.6 at White City back in 1962 has still only been bettered by David Jenkins and Glen Cohen. He is seen running in the International against Poland in 1964, when he narrowly beat Andrzej Badenski — both men clocking 46.2.

Fionnbar Callanan

8:18.4i	Nick Rose	17.2.78	San Diego
8:18.6	David Moorcroft	27.6.80	Crystal Palace
8:19.4	Nat Muir	27.6.80	Crystal Palace
8:20.3	Dave James	27.6.80	Crystal Palace
8:21.1	Barry Smith	27.6.80	Crystal Palace
8:22.0	David Black	14.9.73	Crystal Palace
8:22.0	Ian Stewart	14.8.72	Stockholm
8:23.0	Geoff Smith	27.6.80	Crystal Palace



5000 METRES

13:14.6	Brendan Foster	29.1.74	Christchurch
13:17.3	David Bedford	14.7.72	Crystal Palace
13:17.9	Nat Muir	15.7.80	Oslo
13:19.7	Ian McCafferty	14.7.72	Crystal Palace
13:20.4	Nick Rose	4.9.77	Dusseldorf
13:21.2	Tony Simmons	23.5.76	Kiev
13:21.9	Julian Goater	4.6.80	Louvain
13:22.8	Ian Stewart	25.7.70	Edinburgh
13:23.3	Mike McLeod	24.6.80	Cork
13:23.6	David Black	29.1.74	Christchurch

10,000 METRES

27:30.3	Brendan Foster	23.6.78	Crystal Palace
27:30.8	David Bedford	13.7.72	Crystal Palace
27:36.3	David Black	29.8.78	Prague
27:39.8	Mike McLeod	4.9.79	Brussels
27:43.1	Ian Stewart	9.9.77	Crystal Palace
27:43.6	Tony Simmons	30.6.77	Helsinki
27:43.8	Bernie Ford	9.9.77	Crystal Palace
27:55.2	Julian Goater	9.9.77	Crystal Palace
28:00.7	Jim Brown	1.8.75	Crystal Palace
28:03.6	Geoff Smith	7.5.79	Stretford

3000 METRES STEEPLECHASE

8:19.0	Dennis Coates	25.7.76	Montreal
8:22.5	John Davies	13.9.74	Crystal Palace
8:22.7	Julian Marsay	13.7.78	Lausanne
8:22.9	John Bicourt	8.6.76	Stockholm
8:26.4	Andy Holden	15.9.72	Crystal Palace
8:26.6	Gordon Rimmer	4.6.80	Louvain
8:27.2	Roger Hackney	15.7.80	Oslo
8:27.3	Tony Staynings	15.6.80	Crystal Palace
8:27.8	Steve Hollings	5.8.73	Oslo
8:28.6	David Bedford	10.9.71	Crystal Palace

110 METRES HURDLES

13.69	Berwyn Price	18.8.73	Moscow
13.71	Mark Holtom	6.9.80	Crystal Palace
13.72	David Hemery	1.8.70	Zurich
13.79	Alan Pascoe	17.6.72	Edinburgh

Peter Stewart held the UK Mile record from June 10th, 1972 until June 30th, 1975.

Ed Lacey

A look at the lists from 1500m to 10,000m indicates just how much influence Brendan Foster (6), Ian Stewart (17) and Tony Simmons have had on British athletics.



George Herringshaw

13.83	Wilbert Greaves	25.5.80
14.10	Bob Danville	4.7.76
14.10	Graham Gower	15.7.72
14.14	Mike Hogan	5.9.63
14.16a	Mike Parker	16.10.68
14.18	Chris Breen	13.7.75

400 METRES HURDLES

48.12a	David Hemery	15.10.68
48.59	Alan Pascoe	30.6.75
49.03a	John Sherwood	15.10.68
49.11	Gary Oakes	26.7.80
49.65	Bill Hartley	2.8.75
49.9	Andy Todd	9.10.69
50.1	John Cooper	16.10.64
50.46	Bob Danville	14.7.79
50.5	Wilbert Greaves	12.2.80
50.58	Colin O'Neill	29.1.74

Birmingham
Crystal Palace
Crystal Palace
Porto Negre
Mexico City
Dieppe

Mexico City
Stockholm
Mexico City
Moscow
Crystal Palace
Crystal Palace
Tokyo
Crystal Palace
Adelaide
Christchurch

2.24	Mark Naylor	28.6.80
2.20	Brian Burgess	11.6.78
2.18	Tim Foulger	23.9.79
2.18	Ossie Cham	14.6.80
2.16i	Mike Butterfield	23.1.76
2.16i	Claude Moseley	13.4.80
2.15	Trevor Llewelyn	25.9.78
2.15i	Andrew McIver	26.1.80
2.14	Angus McKenzie	31.5.75
2.14	Alan Dainton	23.7.77
2.14	Colin Harris	23.9.78
2.14	Rupert Charles	6.9.80

HIGH JUMP

Plymouth
Crystal Palace
Crystal Palace
Crystal Palace
Cosford
Haringey
Tokyo
Cosford
Crystal Palace
Crystal Palace
Cwmbran
Crystal Palace

POLE VAULT

5.59	Brian Hooper	6.9.80	Crystal Palace
5.57	Keith Stock	6.9.80	Crystal Palace



One and two over 400m and three and four over 110m, David Hemery (right) and Alan Pascoe in action at an IAC/Coca-Cola meeting.

Tim Pike

HOLMFIRTH HARRIERS A.C.**PRESENT THEIR 10th ANNUAL****KIWI 15****Sponsored by KIWI PRODUCTS (UK) LTD.**

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

SATURDAY, NOVEMBER 1st, at 2.00 p.m.**AT HOLMFIRTH HIGH SCHOOL
HEYS ROAD, THONGSBRIDGE, NR HOLMFIRTH****MINIMUM £400 PRIZE LIST****Prizes 1st Individual plus Silver Candelabra**

Prizes for first 20 Individuals, first 3 Teams, first Vets Team, first and second Vet over 40, first and second Vet over 50. Shield for first Team.

CERTIFICATES TO ALL FINISHERS

Entry Fees: 50p Ind., no Team fee. All enter as Individuals. State if Vet O/40 or O/50.

LADIES WELCOME

Course record 74 mins 24 secs J. Calvert (Blackburn HAC) 1974

Entries with fee to Martin A. Booth, 10 Bradshaw Crescent, Honley, Huddersfield HD7 2EG. Telephone 0484 664351.

CLOSING DATE OCTOBER 20th, 1980

I declare I am an Amateur under A.A.A. Laws

NAME.....

ADDRESS.....

CLUB.....

VET O/40..... VET O/50.....

I wish to enter Yorkshire '15'

5.40	Jeff Gutteridge	22.4.80	El Paso
5.25	Mike Bull	22.9.73	Crystal Palace
5.25	Allan Williams	29.8.77	Crystal Palace
5.18	Steve Chappell	15.6.78	Los Gatos
5.00	Daley Thompson	27.8.79	Crystal Palace
4.98	Dick Williams	17.4.78	El Paso
4.90	Stuart Tufton	22.7.72	Cardiff
4.90	Tim Anstiss	28.5.80	Isleworth

LONG JUMP

8.23	Lynn Davies	30.6.68	Bern
8.08	Roy Mitchell	27.9.80	Peking
8.00	Daley Thompson	25.7.80	Moscow
7.98	Alan Lerwill	29.6.74	Warsaw
7.89	John Morbey	8.8.66	Kingston
7.79	Geoff Hignett	31.5.71	Leicester
7.79	Don Porter	13.7.75	Dieppe
7.75	Ken Cocks	2.9.78	Southampton
7.74	Fred Alsop	6.6.64	Ghent
7.74i	Phil Scott	17.2.72	Cosford

TRIPLE JUMP

17.16	Keith Connor	17.1.80	Melbourne
16.69	Aston Moore	12.8.78	Edmonton
16.46	Fred Alsop	16.10.64	Tokyo
16.29i	David Johnson	1.3.78	Cosford
16.22	Derek Boosey	15.6.68	Madeley
16.18	Tony Wadhams	6.7.69	Brno
16.10	Alan Lerwill	28.8.71	Crystal Palace
15.98	Frank Attoh	5.9.80	Crystal Palace
15.97	Mike Ralph	23.7.64	Helsinki
15.92	John Slaney	15.10.77	Sydney

Alan Lerwill features in both long and triple jump lists.

Tony Duffy

**WOLVERHAMPTON & BILSTON A.C.**

Present 2nd Annual

SPORTSLAND

Cross Country Races

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

At Wolverhampton Stadium,
Aldersley Road

ON SUN., 30th NOV., 1980

1.00 p.m.	U/11 Minor Girls	1500m
1.20 p.m.	U/11 Minor Boys	1500m
1.40 p.m.	U/13 Girls	3000m
2.05 p.m.	U/13 Colts	3400m
2.30 p.m.	U/15 Junior Ladies	3400m
2.55 p.m.	U/15 Boys	4500m
3.20 p.m.	U/17 Inter Ladies	3600m
3.45 p.m.	U/17 Youths	5500m

(Ages as at 1st September, 1980)

Trophies: 1st 3 Inds., 1st 3 Teams (3 to score).

Entry Fees: 30p per Individual, no Team fees.
Please note new date. Good Spectator course.

Entries on A.A.A. forms enclosing S.A.E.

To: Mr D. Kelsey, 84 Crossland Crescent,
Tettenhall, Wolverhampton WV6 9JZ. Tel.
W'ton 755117.

CLOSING DATE 19th NOVEMBER, 1980

No late entries

TEVIOTDALE HARRIERS

present the

'13th' HAWICK OPEN

(Under S.C.C.U. & S.W.C.C.U. Laws)

Parkland grass and path courses for Male &
Female athletes of all age groups.

SAT., 15th NOVEMBER, 1980

Declarations close 1.15 p.m.

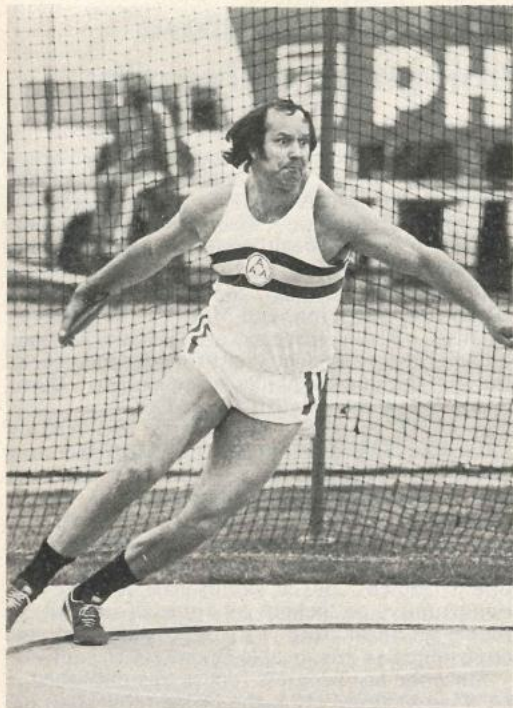
at Henderson Tech. College, Hawick

(Female ages as at 1.9.80, Male as at 1.4.80)

RACE 1	Young Girls U/11	1,200m
RACE 2	Young Boys U/11	1,200m
RACE 3	Girls U/13	1,900m
RACE 4	Junior Boys U/13	1,900m
RACE 5	Junior Ladies U/15	2,600m
RACE 6	Senior Boys U/15	3,200m
RACE 7	Inter/Senior Women	4,000m
RACE 8	Youths U/17	4,000m
RACE 9	Jnr, Snr & Vet. Men	5,300m

Prizes: All races 1st 4 Inds., Team trophies and prizes.
1st Junior & 1st Vet, Race 9. 3 runners per team.

Entries: Pre race day 30p, on the day 40p per Ind. To:
Mr R. Hodgins, 2 Edina Place, Hawick. Tel. 6543.



JAVELIN			
85.52	David Ottley	28.5.80	Isleworth
84.92	Charles Clover	2.2.74	Christchurch
83.44	Dave Travis	2.8.70	Zurich
83.24	Peter Yates	6.8.80	Crystal Palace
82.90	Brian Roberts	21.5.80	Crystal Palace
81.92	John FitzSimons	23.3.69	Long Beach
81.68	Simon Osborne	13.7.79	Crystal Palace
81.06	John Trower	13.7.80	Crystal Palace
80.90	Peter De Kremer	10.7.78	Oxford
80.20	Kevin Sheppard	26.8.74	Crystal Palace

DECATHLON			
8622	Daley Thompson	18.5.80	Gotzis
7754	Peter Gabbett	12.8.71	Helsinki
7704	Brad McStravick	22.6.80	Copenhagen
7639	Colin Boreham	17.4.80	Walnut
7497	Pan Zeniou	25.5.80	Cwmbran
7484	Alan Drayton	8.8.78	Edmonton
7468	Barry King	8.9.72	Munich
7443	Graeme Watson	25.5.80	Cwmbran
7417	Mike Bull	26.1.74	Christchurch
7401	Stewart McCallum	19.8.73	Moscow

Left: Bill Tancred has a surprised look on his face in this effort. He's probably surprised now, as his 64.94m has stayed a UK best for six seasons.

George Herringshaw

Below: Multi-international hammer thrower, Howard Payne . . . still up in fifth place.

Peter Tempest

SHOT			
21.68	Geoff Capes	18.5.80	Cwmbran
20.43	Mike Winch	22.5.74	Crystal Palace
19.56	Arthur Rowe	7.8.61	Mansfield
19.43	Bill Tancred	18.5.74	Shotley Gate
19.18	Jeff Teal	7.8.65	Portsmouth
18.94	Bob Dale	12.6.76	Crystal Palace
18.93	Paul Buxton	13.5.77	Westwood
18.62	Martyn Lucking	2.10.62	Paddington
18.59i	Alan Carter	11.4.65	Tampere
18.50	Mike Lindsay	2.7.63	Paddington

DISCUS			
64.94	Bill Tancred	21.7.74	Loughborough
62.36	Peter Tancred	8.5.80	Boise (?)
61.00	Alan Seatory	6.10.74	Bremerhaven
60.42	Mike Cushion	16.8.75	Woodford
60.08	Richard Slaney	10.8.80	Birmingham
59.84	Colin Sutherland	10.6.78	San Jose
59.76	John Hillier	27.7.74	Edinburgh
59.70	John Watts	14.7.72	Crystal Palace
58.34	Geoff Capes	29.9.73	Crystal Palace
58.08	Mike Winch	7.9.75	Bristol

HAMMER			
74.98	Chris Black	21.8.76	Edinburgh
73.86	Barry Williams	1.7.76	Blackburn
73.20	Paul Dickenson	22.5.76	Kiev
71.00	Ian Chipchase	17.8.74	Edinburgh
70.88	Howard Payne	29.6.74	Warsaw
70.28	Paul Buxton	19.5.79	Tempe
69.52	Jim Whitehead	23.9.79	Crystal Palace
69.32	Matt Mileham	6.8.80	Crystal Palace
68.72	Martin Girvan	6.9.80	Crystal Palace
65.86	Bob Weir	6.9.80	



National Centre for Athletic Literature Officially opened at Birmingham University

AT LONG LAST the brainchild of Dr. K. W. Humphreys, the NCAL, housed in the Birmingham University Library, was officially opened on September 8th.

The opening speech was made by A. G. K. Brown, a man whose athletics career was at its peak during the late 1930's and who is considered by many to have been one of the greatest quarter milers that Britain has ever produced. In his speech Godfrey Brown praised the ceaseless efforts of John Bromhead who has had the task of organising, classifying and cataloguing the ever increasing influx of athletics literature and other material. He also commented on the generosity of all those who had made contributions to the now quite considerable literary collection contained in the Centre.

In addition to organising the opening ceremony John Bromhead also went to the trouble of setting up an exhibition to show just a small selection of the Centre's fascinating photographic material. The exhibition included, rather appropriately, a photograph of Britain's victorious Berlin Olympic 4x400m relay team of which Godfrey Brown had been such an integral part.

Although a number of those invited to the opening were unable to come there was still a very good attendance. Among notable former international athletes able to attend were 1938 European marathon silver medallist Squire Yarow, Commonwealth gold medallists Howard and Rosemary Payne, and two of Britain's great 800m runners of the 1950's, Mike Rawson (European champion) and Mike Farrell (Olympic finalist). Also present were Dennis Cullum, hammer throwing coach and founder member of the "Hammer Circle"; George Dunn, representing the English Cross-Country Union; and NUTS members Dave Terry and Andrew Huxtable. Representing the Midland Counties AAA was Frank Davies, the honorary secretary, and from Birmingham University itself was C. Jenkins of the Physical Education Department and T. Crichton, captain of Birmingham University AC. There were, of course, many others present and I would like to take this opportunity, on behalf of John Bromhead, to thank all those who were able to attend and contribute to a memorable Opening Ceremony.

Since the last progress report was published in 'AW' in October 1975, the NCAL collection has

According to the U.K. 'Top Ten' Lists for 1980 compiled by NUTS, it is interesting to note that four athletes out of the top five in the Men's 100m are Scottish. What is even more startling is that they all incorporate SPEEDBALL TRAINING in their programmes. Would YOU like to learn how to use it? If so, Speedball Training Co. can help. For merely the price you would pay for a good track suit or pair of spikes, you can now purchase a SPEEDBALL TRAINING KIT, consisting of the following:

An American type Speedball, a 'fast action' stainless steel fitting, a pair of P.V.C. knuckle protection mitts and the **ALL IMPORTANT** key to its use, the illustrated booklet by the expert, professional sprint champion, George McNeill explaining how to carry out the method as well as providing a full Ten Week Training Programme.

TOTAL COST £35.00 (incl. P. & P.)

We also supply replacement Speedballs, bladders etc. to existing customers — Prices available on request.

Why not order **NOW** and ensure a good winter session — send a cheque or postal order to:

SPEEDBALL TRAINING CO. LTD.,
1 Viewforth Gardens, Tranent, East Lothian, Scotland.

been considerably swelled by the literary contributions received. In fact, all the shelving space in the room in the main University Library, to which the NCAL collection was moved in August 1974, is now fully occupied.

Among the more recent donations to the Centre has been the private collection of athletics literature belonging to the late Harold Abrahams. Most of this material has now been classified and catalogued and is available for consultation by anyone interested in seeing the collection.

In addition to the books, pamphlets and periodicals in the Library, there is a fine collection of slides taken at all the Olympic Games back to 1936 and some earlier. Also, among the most interesting items in the Centre is

a small but growing number of tape-recorded interviews featuring such well known athletes as David Hemery, Sir Roger Bannister, Bill Toomey, Godfrey Brown and Douglas Lowe.

The actual formation of the NCAL has only been made possible through the generous donations from individuals, clubs, institutions and companies. It is hoped that the NCAL will continue to expand and, of course, any gifts of literature will be gratefully accepted. The cost of postage will be refunded to donors and arrangements can be made for any large gifts to be collected via the University's own transport. Donations and letters should be addressed to the National Centre for Athletics Literature, The Main Library, University of Birmingham, PO Box 363, Birmingham B15 2TT.

Steve Brennan

COVENTRY YOUNGSTERS TO BE PHYSIOLOGICALLY TESTED

FOLLOWING a chance meeting at the Moscow Olympics between Dick Hubbard, of Fitness Centres fame, and Bob Moorcroft, chairman of Coventry Godiva Harriers Supporters Club, a working relationship has developed which could in time assist young club athletes to achieve their maximum potential.

Dick Hubbard has already undertaken to add to this year's Supporters Club bursary. Last year's award went to Lorraine Baker and, in conjunction with Adidas, the 1979 bursary enabled Lorraine to receive athletic equipment to the value of £130.

As a further immediate aid to the club, Dick Hubbard's company has undertaken to provide physiological assessment facilities from his Coventry centre for athletes in the age group 12-18. These facilities will be freely offered to approximately 50 young members during a 6 month period at which time they will all be re-assessed in order to ascertain their level of progress and to provide guidelines in their future training programme.

Eastern bloc countries have led the world for many years in the physiological assessment of athletes from a very early age and this has shown in the remarkable results they have achieved in Olympic competition. In Britain, however, only successful and mature athletes have until now been able to take advantage of the very limited testing facilities available throughout the country. By providing detailed assessments of a youngster's physical make-up it will be possible to learn at an early age just where his/her talents may lie and the kind of training that will produce the best results. It is likely that the information gained could show young athletes at an early stage in their athletic development where to concentrate their training efforts. It should also

be possible to pin point exceptional athletic talent as most world class athletes have been born with superior physiological advantages.

The information gained will also assist the collation of research statistics in which Dick Hubbard and the Human Performance Laboratory at Chester College are currently involved. Little or no research has been done with the under 18's in this country and the results obtained by testing Coventry's young athletes will eventually provide the basis of a paper to be written by exercise physiologists in the field.

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etc.

Let us solve your problem.

You need a tracksuit that fits — we will have it made for you!

Send details of your figure to us giving chest, inside arm, waist, inside leg, the length of the top (from nape of neck), we will quote you.

Give your name & address in block capitals & your colour preferences, and we promise a special surprise quotation.

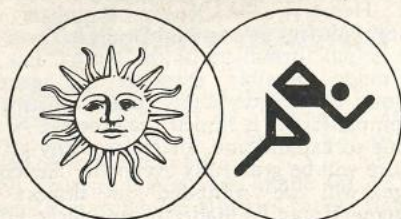
BRITISH MADE TRACKSUITS TO MEASURE

from

JAVIRO SPORTS CO.,

5 Hollins Drive, Middleton, Manchester

P.S. We also supply club tracksuits to your requirements.



The 21st Mike Sully Cross-Country Races

SPONSORED BY **SUN LIFE ASSURANCE**

AND PROMOTED BY **Bristol Athletic Club**

(Under ECCU, WCC & RWA Rules)

SUNDAY, 2nd NOVEMBER, 1980

FRY'S SPORTS GROUND, KEYNSHAM, BRISTOL

A National Class Meeting, 2,000 entries last year.

Spectator course, car and coach parking, refreshments.

1980 Timetable

- 12.10 p.m. 1½ miles Girls U/13
 12.30 p.m. 1½ miles Colts U/13
 12.50 p.m. 1½ miles Junior Ladies U/15
 1.05 p.m. 5 miles Junior Men U/20
 1.25 p.m. 2½ miles Boys U/15
 1.55 p.m. 2½ miles Inter Ladies U/17
 2.20 p.m. 3 miles Youths U/17
 2.40 p.m. 2½ miles Senior Ladies
 3.00 p.m. 5 miles Senior Men

Individual

- T. Gleed Wycombe Phoenix
 J. Holloway Birchfield H.
 E. Lyon Wycombe Phoenix
 C. Reitz Essex Beagles
 A. Deeley Halesowen
 C. Meagan Dundron (Eire)
 M. King West Cornwall
 K. Binns Sale Harriers
 S. Jones RAF — Bristol AC

1979 Winners

Team

- Exeter
 Liverpool H.
 Aldershot
 Westbury H.
 Birchfield H.
 Aldershot
 Brighton & H.
 Sale Harriers
 Leedale (Eire)

(All ages as at 1st September, 1980 — Minimum age 11)

PRIZES: Senior Men: 1st 10 and 1st 3 teams; 1st 2 Vets O/40; 1st O/50; 1st Vets team.

All other events: 1st 3 and 1st 3 teams; 1st 2 Vets Ladies.

All Male events: 4 to score (Vets 3). All Female events: 3 to score.

TOTAL VALUE OF PRIZES OVER £1,000

First Prizes: S/Men — Portable 12" TV (240/12 Volt). S/Ladies — Carriage Clock.

Second Prizes: S/Men & S/Ladies — Clock/Radio/Cassette.

First team prizes: S/Men & S/Ladies — Clock/Radio (3 wave band).

ALL OTHER AWARDS ARE PRIZES NOT MEDALS

Individual and team results produced by word processing for sale 30 minutes after last competitor finishes in each race — this facility has been kindly provided by Messrs EQUIPU Ltd. of Bristol in association with NASHUA Ltd. and Phillips Business Systems Ltd.

ENTRIES: Senior Men, Junior Men & Senior Ladies — 60p; All others 40p.

For all except Seniors date of birth and race must be quoted.

No team nominations or team fees.

CLOSING DATE: SUNDAY, 26th OCTOBER, 1980

Entries to: Mr A. W. Dance, 11 Lymore Avenue, Bath, Avon BA2 1BA. Phone Bath 315115. S.A.E. only needed with enquiries or if confirmation of receipt of entry is desired.

Tipton Untroubled in Midlands 6-Stage Relay

Pace Relays at Leicester, September 20th

1, Tipton (A. Holden 17:46, M. Kearns 17:41, J. Davies 17:41; B. Cole 17:51, A. Milovsorov 17:46, R. Westwood 17:23) 1:46:11;

2, Leicester (C. Mochrie 17:38, J. Masterson 18:11, R. Callan 17:10, T. Walker 18:10, N. Jeffrey 18:59, D. Lem 18:14) 1:48:22;

3, Derby (A. Kean 18:10, C. Robinson 18:10, C. Woodhouse 17:33, D. Reeves 17:56, I. Robertson 18:57, I. Kiltie 19:02) 1:49:48;

4, Tipton 'C' (J. Earlston 17:54, M. Pountney 18:14, R. Bentley 18:08, R. Cytla 17:54, S. Walton 19:27, A. Rushmer 18:33) 1:50:10;

5, Charnwood (S. Mitchell 18:13, D. Driver 17:22, P. Clarke 19:16, A. Armitage 17:52, D. Nightingale 19:30, M. James 18:39) 1:50:52;

6, Sheffield (R. Sinclair 17:50, C. Bloor 18:02, P. Shaw 18:16, D. Pratt 19:12, W. Domoney 18:40, N. Spiers 19:06) 1:51:06;

7, Coventry (D. Smith 18:21, L. Tredell 19:07, R. Maule 18:07, S. Carter 19:04, P. Banks 18:29, D. Dix 18:45) 1:52:53;

8, Grimsby (A. Reade) 19:01, H. Bland 19:35, J. Clarke 18:00, J. Barker 18:25, D. Brown 19:25, M. Anderson 18:54) 1:53:20;

9, Bristol (P. Watson 18:48, C. Slowley 19:22, W. Buxton 19:22, G. Davis 18:22, M. Harris 18:26, T. Jones 19:18) 1:53:38;

10, Leicester 'B' (P. Sanderson 18:30, P. Makepeace 18:42, A. Rogerson 19:34, P. Leach 19:15, M. Cawood 19:04, J. Allcock 19:44) 1:54:49;

11, Oxford City 1:55:09; 12, Derby 'B' 1:55:28; 13, Notts 'A' 1:55:39; 14, Sheffield 'B' 1:56:34; 15, Charnwood 'B' 1:56:41; 16, Airedale & SV 1:57:05; 17, Rugby 1:58:58; 18, Holbeach 2:00:14; 19, Leicester 'C' 2:00:21; 20, Kettering 2:00:24; 21, Corby 2:00:59; 22, Grimsby 'B' 2:01:37; 23, Charnwood 'C' 2:02:26; 24, Royal Sutton Coldfield 2:02:40; 25, Coventry 'B' 2:02:57; 26, Nene Valley 2:04:15; 27, Newcastle 2:04:59; 28, Notts 'B' 2:05:45; 29, Oxford City 'B' 2:06:48; 30, Tipton 'D' 2:07:13; 31, Grantham 2:07:24; 32, Derby 'C' 2:07:29; 33, Airedale & SV 'B' 2:07:56; 34, Newark 2:07:57; 35, Warley 2:08:06; 36, Notts 'D' 2:09:43; 37, Kettering 'B' 2:11:51; 38, Leicester 'D' 2:12:06; 39, Holbeach 'B' 2:12:18; 40, Notts 'C' 2:13:48; 41, Charnwood 'D' 2:21:44; 42, Corby 'B' 2:21:58.

Fastest laps: Callan 17:10, Driver 17:22, Westwood 17:23, Woodhouse 17:33, Mochrie 17:38, R. May (A&SV) 17:40, J. Davies & Kearns 17:41, Milovsorov & Holden 17:46, Sinclair 17:50, Cole 17:51, Armitage 17:52, Earlston, Cytla & Reeves 17:54.

Boys 3 x 2M

1, Coventry (D. Ramsden 10:03, M. Smith 10:27, S. Midevitt 10:25) 30:55; 2, Tipton (I. Willetts 10:38, P. Carpenter 10:05, L. Woolridge 11:00) 31:43; 3, Deeping Sch. (D. Thorpe 11:12, I. Webster 11:06, S. Biggin 10:21) 32:39; 4, Tipton 'B' (S. Cooper 11:28, P. Tranter 10:44, S. Alexander 11:06) 33:18; 5, Royal Sutton Coldfield (D. Ball 11:34, S. Ross 10:40, M. Hawkins 11:24) 33:35; 6, Leicester (A. Lewitt 11:04, D. Riding 11:19, L. Taylor 11:26) 33:49; 7, Corby 34:18; 8, Holbeach 34:31; 9, Derby 35:06; 10, Leicester 'B' 35:25; 11, Corby 'B' 35:47; 12, Royal Sutton Coldfield 'B' 35:53; 13, Coventry-B' 36:02; 14, Deeping Sch. 'B' 36:44; 15, Holbeach 'B' 37:06; 16, Corby 'C' 41:03; 17, Holbeach 'D' 42:06; 18, Holbeach 'C' 43:18.

SOUTHERN CAAA JUNIOR MULTI-EVENT CHAMPS

At Cophall, September 20th/21st JUNIOR DECATHLON

1, S. Prescott (Ips) 5898 (12.2, 5.87, 11.46, 1.70, 53.6; 16.7, 34.26, 3.25, 52.60, 4:51.4);
2, K. Hayford (Bex) 5879 (12.2, 5.95, 9.66, 1.78, 54.2; 16.1, 30.78, 3.30, 57.24, 4:53.8);
3, B. Jewers (B'stoke) 5792 (12.1, 6.44, 9.84, 1.85, 52.4; 16.6, 29.76, 2.80, 45.20, 4:51.1);
4, D. Vandyke (B&H) 5738; 5, J. Whitfield (Hasl) 5714; 6, B. Skivington (Bex) 5605; 7, M. Beatty (Yeo) 5366 (3.90); 8, D. Lewis (TVH) 4772; 9, A. Linford (Bex) 4699; 10, S. Ross (Hill) 4658.

YOUTHS OCTATHLON

(100, DT, LJ, 400; HJ, JT, SP, 1500)

1, P. Brice (Shaft) 4705 (12.0, 34.28, 6.00, 55.1; 1.75, 50.30, 13.93, 5:09.1);
2, A. Rock (Mill. S) 4599 (12.4, 32.00, 5.60, 52.1; 1.70, 57.20, 9.74, 4:29.2);
3, E. Lake (Slough) 4077 (12.0, 29.78, 6.23, 54.2; 1.70, 25.98, 10.44, 5:00.9);
4, M. Jennings (C&C) 3875 (1.95, 14.47); 5, R. Brown (Ips) 3856 (11.2); 6, D. Woods (Ash) 3767; 7, C. Colman (Wey) 3678; 8, G. Price 3314; also D. Villaruel (E&S) withdrew after five events with 2767 points (43.38 DT).

Winner of the 7M Road Race at the Much Wenlock Olympics on August 10th ('AW', Sept. 26th) was Colin Mattock of Wolverhampton & Bilston and not as stated.

TY. MCGURK/ECHO ROAD RACES**At Sunderland, September 27th**

1, M. Kearns (Tipton) 30:47
 2, G. Forster (Sunderland) 31:02
 3, W. Cain (Saltwell) 31:08
 4, G. Smith (Sun) 31:18; 5, A. Robinson (Blay)
 31:28; 6, M. Coleby (Gat) 31:39; 7, A. Cately
 (Mor) 31:49; 8, D. Robson (Els) 31:53; 9, M.
 Roberts (Dur. C) 31:55; 10, J. Colquhoun (Blay)
 32:07; 11, P. Whittle (Els) 32:12; 12, G. Rippon
 (Sun) 32:16; 13, R. Beattie (Mor) 32:23; 14, A.
 Clifton (Gat) 32:29; 15, W. Moore (Gos) 32:35.
Teams: 1, Sunderland 40; 2, Morpeth 61; 3,
 Gateshead 70. **(Youths):** 1, T. Franks (Gat)
 22:01; 2, S. Bird (Sun) 22:09; 3, W. Miles (Gos)
 22:24. **Team:** Burn Road. **(Boys):** 1, A. Patterson
 (Walls) 10:47; 2, J. Yeats (M&C) 11:06; 3, A.
 Pearce (J&H) 11:11. **Team:** Middlesbrough & C.
(Colts): 1, S. Cundy (Tyne) 11:36; 2, M. Riley
 (Blay) 11:39; 3, G. Robertson (M&C) 11:42.
Team: Spennborough. **(U/11):** M. Smith (Hough)
 5:26. **(Women):** 1, H. Boyes (Mor) 12:06; 2, S.
 Glass (Gat) 12:15; 3, S. Raine (Darl) 12:27; 4, D.
 Robson (Mor) 12:37; 5, S. Robinson (Darl)
 12:40. **(Juniors):** 1, M. Kell (Darl) 8:44; 2, J.
 Uren (Bord) 8:45; 3, D. Wilkinson (Darl) 8:47.
Team: Darlington.

Mike Kearns demonstrates his return to peak fitness with a convincing win in the Ty-McGurk/Echo Road Races.

John Burles



THE SCOTTISH AMATEUR ATHLETIC JOINT COACHING COMMITTEE B.A.A.B. COURSES FOR 1980-1981

B.A.A.B. ASSIST. CLUB COACHES — RUNS, JUMPS, THROWS, HURDLES

GENERAL PART 1 (8 Week Course)**TAYSIDE AREA** — Dundee

Mon., 6th Oct.-Mon., 24th Nov. 7-9 pm

EDINBURGH AREA — Meadowbank Sports Centre.

Tues., 7th Oct.-Tues., 25th Nov. 7-9 pm

GLASGOW AREA — Monklands Centre, Coatbridge.

Wed., 8th Oct.-Wed., 26th Nov. 7-9 pm

CENTRAL AREA — Hallglen Sports Complex, Falkirk.

Thur., 9th Oct.-Thur., 27th Nov. 7-9 pm

PART 1 (Weekend Course — Non-Residential)

STRATHCLYDE AREA — Inverclyde Sports Centre, Largs.
27th/28th September — 9 am-5 pm Sat. & Sun.**BORDERS AREA** — Galashiels Academy, Galashiels.
18th/19th October — 9 am-5 pm Sat. & Sun.**HIGHLAND AREA** — High School, Thurso.
11th/12th October — 9 am-5 pm Sat. & Sun.**DUMFRIES AREA** — Annan Academy, Dumfries.
25th/26th October — 9 am-5 pm Sat. & Sun.**GRAMPIAN AREA** — Aberdeen University, Aberdeen.
15th/16th November — 9 am-5 pm Sat. & Sun.

PART II (Weekend Course Residential — Inverclyde Sports Centre, Largs)

20th/21st/22nd February, 1981

9.30 pm Friday — 5.00 pm Sunday

B.A.A.B. CLUB COACH COURSES**WEEKEND COURSES**

Inverclyde Sports Centre, Largs.

Theory — 26th/27th/28th Sept., 1980

Inverclyde Sports Centre, Largs.

Track — 12th/13th/14th December, 1980.

Inverclyde Sports Centre, Largs.

Jumps — 16th/17th/18th January, 1981

Inverclyde Sports Centre, Largs.

Throws — 20th/21st/22nd February, 1981**RESIDENTIAL COURSE (1 week)**

Dingwall Summer School.

July 1981 — Details to be circulated later.

B.A.A.B. SENIOR COACH COURSES**WEEKEND COURSES**

Inverclyde Sports Centre, Largs.

Theory — 26th/27th/28th Sept., 1980

Inverclyde Sports Centre, Largs.

Track — 12th/13th/14th December, 1980

Inverclyde Sports Centre, Largs.

Jumps — 16th/17th/18th January, 1981

Inverclyde Sports Centre, Largs.

Throws — 20th/21st/22nd February, 1981**RESIDENTIAL COURSE (1 week)**

Dingwall Summer School.

July 1981 — Details to be circulated later.

Enquiries for all courses to: Mrs Betty Clapperton, 67
 Raeburn Place, Edinburgh.

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.

HEATON HARRIERS MEMORIAL ROAD RACES

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

SAT., 8th NOVEMBER, 1980

2.00 p.m.

GOOD PRIZE LIST

Races: Girls/Junior Ladies 2 miles, Colts 2 miles, Boys 2 miles, Inter/Senior Ladies 2.85 miles, Youths 2.85 miles, Seniors/Vets 5.7 miles.

Entry Fees: Girls/Junior Ladies, Colts, Boys, Youths 25p per Ind., 70p per Team (3 to count), Inter/Seniors 25p per Ind. (No team race), Seniors 35p, (all must enter as Inds), £1 team (6 to count). Clubs can enter more than 1 team per event.

Details from and entries to: Mr L. Venmore, 13 Mitcham Crescent, High Heaton, Newcastle-upon-Tyne NE7 7QU. (Tel. 663047).

Please send S.A.E. if acknowledgement of entry required.

ENTRIES CLOSE WED., 22nd OCTOBER
No late entries accepted

BRACKNELL ATHLETIC CLUB

18th Annual Men's & 4th Annual Women's

10 MILES OPEN ROAD RACE

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

SATURDAY, 1st NOVEMBER, 1980

at 2.45 p.m.

From Sports Centre, Bagshot Rd., Bracknell

Prizes: 1st 7 Men, 1st 2 Women, 1st 2 Vets O/40, 1st O/50, 1st 3 Teams, 1st 'B' Team, 1st Vets Team (3 to score).

Entries: 30p, (60p on day), to: R. Hunt, 5 Aspinway, Darby Green, Blackwater, Hants., by Monday, 22nd October. S.A.E.'s for acknowledgement and results.

ESSEX BEAGLES A.C.

present

From: Essex Beagles H.Q.,

Nr. The 'Retreat', Chigwell Row, Essex
Saturday, 8th November, 1980, 2.30 p.m.

24th Annual

BERNIE HAMES HALF MARATHON

PRIZES + MEDALS

Entry Fee: 50p each athlete and 50p per team.

CLOSING DATE 1st NOVEMBER, 1980

Late entries will not be accepted

AND

Saturday, 27th December, 1980, 1.30 p.m.

16th Annual

5x3M CROSS COUNTRY RELAY

for the "New Zealand Cup"

Prizes: Fastest lap, first 3 teams, also first unplaced all Vets (O/40) team.

Entry Fee: £1.75 per team.

Details from and entries to: S. C. Robins, 2 Harrison Drive, North Weald, Epping, Essex. (Tel. North Weald 2778). Enclose SAE if acknowledgement required.

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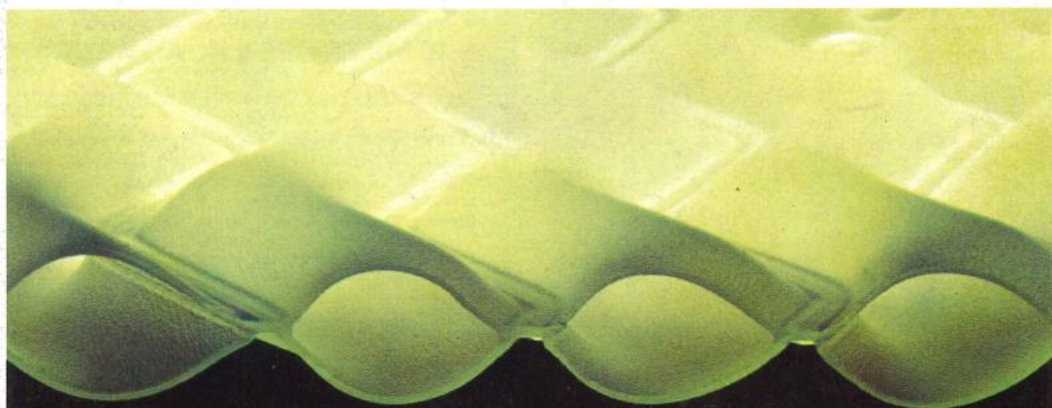
THE CIRCLE — quarterly magazine for Shot/Discus/Hammer — issue No. 15 — 2 years subscription £3.00 (8 issues). Max Jones, 7 Rosedale Ave., Sandal, Wakefield.

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.

WANTED — BOOK — The Lonely Breed, Clarke & Harris. **Phone: D. Allum, Portsmouth 25980, or write, 38 Pretoria Road, Southsea, Portsmouth.**

VAULTING POLE — 13/115lb approx. Wanted; to exchange for 14/150 or 15/160 skypole. **Phone Mellis 212 — evenings.**

READY MADE, GOOD QUALITY Stretch nylon Tracksuits, in dark green, royal, navy, red, maroon, black — all with white trim. Only £9.50. Large (40"-42"), Medium (36"-38"), Small (32"-34"). Children's at £6.50. Please give second colour choice. **Ray O'Donoghue Sportswear, 13 Parkdale Crescent, Worcester Park, Surrey KT4 7QF. Tel. 01-337 8701.**



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to have unequaled cushioning in state-of-the-art testing.

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don't make this shoe.

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there.

You'll feel it. Your body in rhythm with the road.
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We want you to try it.

