

athletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

OCTOBER 14th 1978

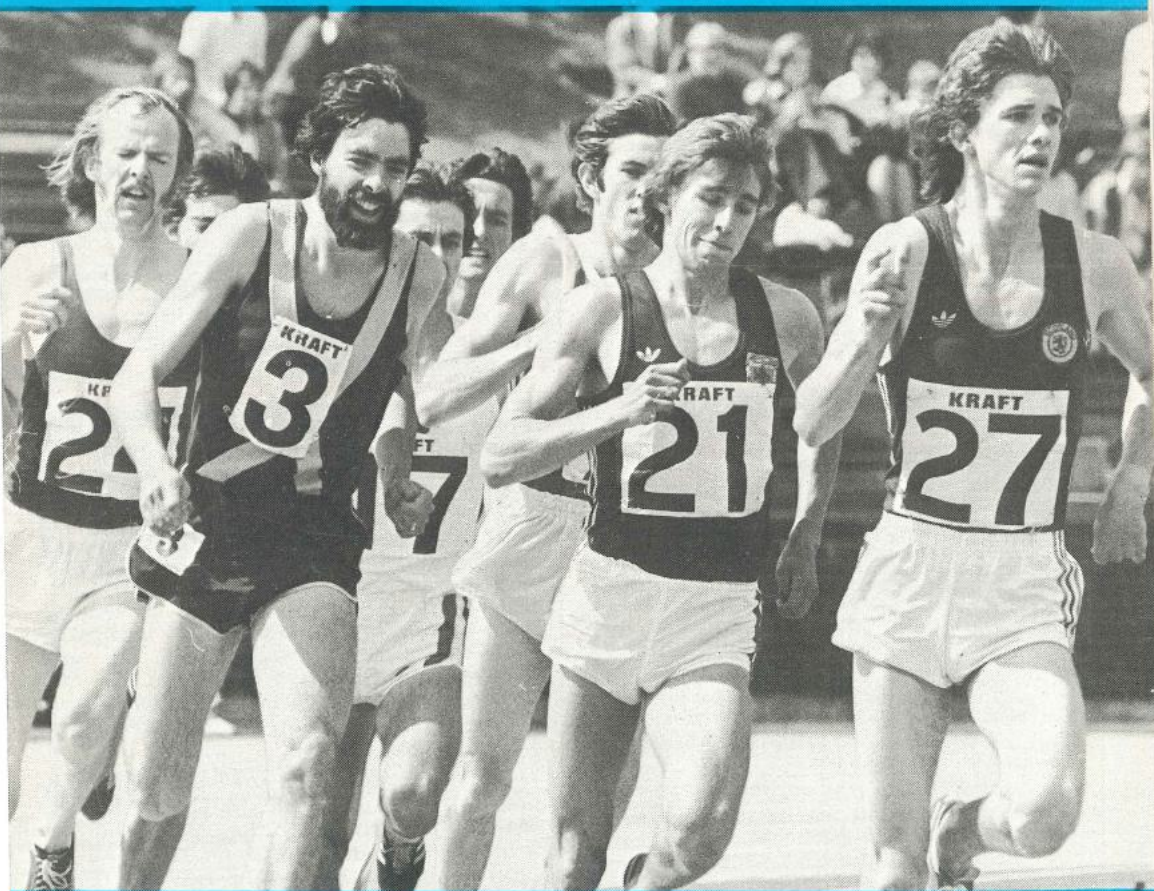
Vol. 32 No. 41

22p

Advice On Jogging For Health

* Spotlight on
Graham Williamson

* Latest Results
From Europe



GRAHAM
WILLIAMSON (27)
leads here from
fellow Scots JOHN
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FRANK CLEMENT
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on

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1978**

(Under AAA & WAAA Laws)

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Junior Men: 200m, 400m, 800m, 3000m (qualifying time 9m 30s).

Youths: 200m, 400m, 800m, 60m Hurdles, Triple Jump and High Jump.

Senior Women: 200m, 400m, 800m, 1500m, 60m Hurdles, High Jump, Long Jump and Shot plus 60m Invitation race to fastest 30 in 1st Open Meeting.

Intermediate Women: 200m, 400m, 60m Hurdles and Shot.

Entry Fee: 35p per event.

ENTRIES CLOSE: 19th November, 1978.

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ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

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THE WEEK AHEAD

Saturday, October 14th: AAA 6 Stage Road Relay Championship, Crystal Palace; Birchfield H Alexander Memorial CC Relays, Perry Park; Hastings AC '1066' Road Races; Manchester University 6 x 2M CC Relay, Wythenshawe Park; Welsh Women's Road Relays, Bridgend; Cheltenham & Co CC Races, Brockworth; Faversham '5'; Essex CC League, Colchester; Kent CC League, Hayes; Chiltern CC League (Div 1, Bracknell/Div 2, Banbury); Westward CC League, St Austell; Chippenham to Calne 6M Walk; Woodford 7M Walk.

Sunday, October 15th: Walton '10'; Cleveland Marathon; Collingwood AC CC Races; Norwich Union Road Relay; Leicester Coritanian CC Festival; Icknield CC League, Stevenage.

Wednesday, October 18th: NE Wednesday CC League, RAF Leeming; Open Graded Meeting, Parliament Hill.

With the addition of generous sponsorship from 'Les Croupiers Casino Club' Cardiff AAC have been able to expand their Cardiff 1900 Road Races into the biggest road race programme in Wales since Nos Galan. The races will be held in the Cardiff Civic Centre on traffic-free roads on New Year's Eve. There will be races for Senior Men & Veterans, Youths, Boys, Colts, Senior Women, Intermediates, Juniors and Girls. Because of the sponsorship, there is an extensive prize list and it is hoped that a future development may be a staging of a midnight race on New Year's Eve.

Reebok International Ltd have joined forces with Carter Pocock Ltd of 235 Southwark Bridge Road, London, SE1 6NN who will, from November 1st, be the sole UK distributors for Reebok shoes. All trade inquiries or orders should go to Carter Pocock Ltd; individual orders should be sent to the usual retail outlets for Reebok shoes. David Jenkins will be joining the Reebok organisation as from October 30th.

Cover photo by Mike Street

British Walkers Victorious Against Germans

WHILE the West Germans dominated the 50km with their very strong and experienced squad the British team swamped their opponents in both the 20km and Junior 10km in the match at Sheffield on September 17th, won by Britain 38-28. The course was a 1km circuit and it was fortunate that the wind helped the competitors up the home straight climb.

(50km — 9 am): Shaun Lightman took the place of the injured Bob Dobson. New internationals, Chris Maddocks and Adrian James, led early on before Gerd Weidner took over, never to be headed again on the 50 lap journey. All competitors speeded up after the initial 5km with Brian Adams and Lightman staying with Hans Binder and Karl Degener while Maddocks and James fought it out with Schubert. Lightman fell back after 10km but later exhibited the experience and fighting spirit which he had shown a fortnight previously when winning the "Brighton". Weidner, piling on the pace, was well away by 15km with James duelling with the inelegant Heinrich Schubert for second and it was certainly a shock to spectators when James received a warning by 20km. With Weidner leading and Lightman at the rear, the remaining six men were grouped within 13 sec. Early in the second half James faded while Lightman caught Maddocks and Adams flowed

Colin Young reporting

through to catch Schubert with an outstanding 24:06 5km stretch. After 30km Adams dropped Schubert and gained ground on the leader; however, this gallant effort took its toll and Schubert came back to pass the Leicester man at 39km and go away rapidly. With just 8km remaining, disaster struck the German team when Schubert was disqualified. With Adams now slowing and falling outside Dobson's British road best schedule it was the tall Binder who literally found a finishing sprint with a 24:47 last 5km to take nearly 4 minutes out of his rival and gain second, closing a little on the amazing 45-year-old Weidner. Young Maddocks had a grand race to record a most promising personal best, while James came again and nearly caught Lightman. Very good overall standard on a by no means easy course. 1, G. Weidner (WG) 4:06:11 (25km — 2:00:28); 2, H. Binder (WG) 4:13:09 (2:04:34); 3, B. Adams (GB) 4:15:22 (2:04:33); 4, K. Degener (WG) 4:17:39 (2:04:33); 5, C. Maddocks (GB) 4:21:06 (2:04:57); 6, S. Lightman (GB) 4:24:09 (2:06:52); 7, A. James (GB) 4:24:32 (2:05:29). H. Schubert (WG) — disq.



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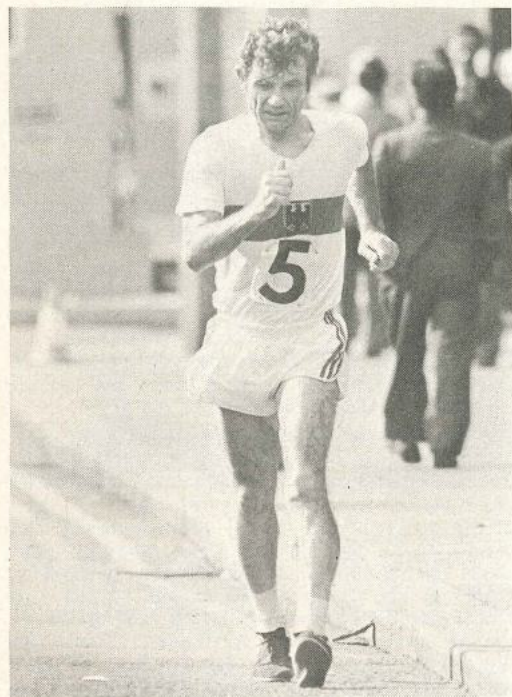
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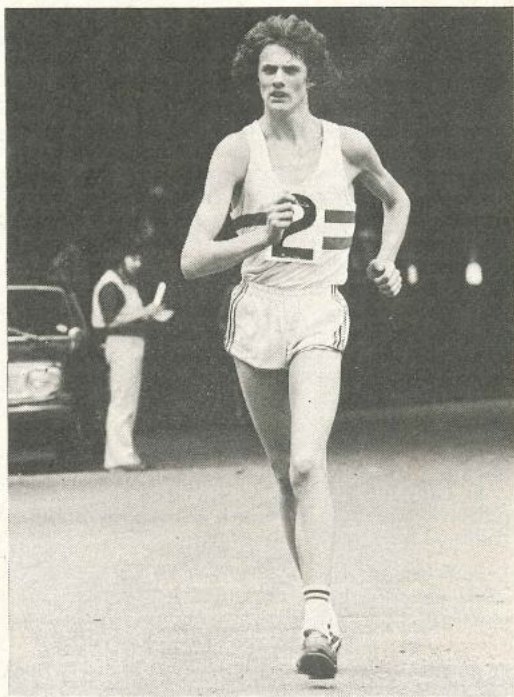
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**GERD WEIDNER**

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**MICK MILEY**

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(Junior 10km — 2.15 pm): Mick Miley blazed off and spreadeagled the field; Ube Fibelkorn tried to stay close but was dropped by 2½km and was later disqualified. Mark Wordsworth came through in fine style, slowed with sickness, then rallied in splendid fashion. He took the lead at 7km only to be pipped by the tremendous finish of Miley. Ian McCombie again showed a cool temperament and good pace judgement to take a solid third while new man, Roy Sheppard, battled through ruggedly, having arrived in the early hours after attending brother Dennis's wedding in Germany. 1, M. Miley (GB) 47:14 (23:29); 2, M. Wordsworth (GB) 47:15 (23:51); 3, I. McCombie (GB) 48:11 (23:54); 4, F. Helms (WG) 48:29; 5, U. Jacob (WG) nt; 6, R. Sheppard (GB) nt (24:13); 7, M. Lomr (WG) 51:48. U. Fibelkorn (WG) — disq (23:44).

(20km — 3.30 pm): The weather was cooler and the wind stronger by the time the last event started. Commonwealth champion Olly Flynn led throughout but never seemed to really extend himself, allowing Alfons Schwarz to close to a few yards at 7km before drawing away. He cruised most of the second half, his strength telling on his opponents in the latter stages. With Schwarz slowing, Steve Gower put in a big effort but by half way Chris Harvey, moving

excellently, had taken second with Gower next. By 15km Hans Michalski had passed Schwarz and soon after took Gower to move into third spot. The Ilford man blew up completely as Amos Seddon moved by at 16½km with Schwarz doing likewise two laps later, and then on the very last circuit Werner charged by. The latter had remarkably variable splits of 23:30; 25:54; 24:22; 23:27! He had hung on to Flynn throughout the final 5km to come back from an isolated last place. Schwarz was well down on his Prague form but both Michalski and Werner put in grand second half efforts. Seddon was, not unnaturally, a little laboured after Edmonton and Prague but Harvey certainly excelled himself. 1, O. Flynn (GB) 92:26 (10km — 45:35); 2, C. Harvey (GB) 93:40 (46:01); 3, H. Michalski (WG) 94:30 (46:59); 4, A. Seddon (GB) 95:08 (47:02); 5, A. Schwarz (WG) 96:45 (46:19); 6, W. Werner (WG) 97:13 (49:24); 7, S. Gower (GB) 97:38 (46:08); 8, W. Wiedermann (WG) 99:29 (47:31).

Excellent road 10km win for Chris Harvey at Winsford (August 20th). On an accurately measured 3 lap course Chris Harvey clocked exactly 44 minutes after breaking away inside the first kilometre. 1, C. Harvey (Lancs) 44:00; 2, M. Holmes (Bing) 46:24; 3, S. Uttley (Lancs) 49:40.

Harvey cuts 22 sec from personal best in Stretford League 3km at Stretford (August 22nd). 1, C. Harvey (Lancs) 12:32; 2, A. Malne (Stock) 13:18; 3, S. Uttley (Lancs) 14:02.

Ross Pilkington well clear in Enfield 20km at Enfield (August 26th). The popular New Zealander had his finest victory during his summer tour here with a near 3 minute victory over Shaun Lightman over the usual flat Enfield course. Leading home the enthusiastic members of the newly formed Anglia Striders Club, Julian Robinson indicated he is now finding the form which last year gained him a junior international vest. (Open 20km): 1, R. Pilkington (Ilf) 94:29; 2, S. Lightman (Met) 97:07; 3, G. Nibre (Ilf) 98:11; 4, B. Armstrong (Ilf) 99:01; 5, J. Robinson (Ang) 99:54. (Youths 5km): 1, N. Perry (B'ton) 24:17; 2, M. Nichols (Bel) 24:42; 3, G. Maynard (Camb) 25:11. (Boys 3km): 1, J. Bean (Stey) 15:35; 2, G. Ringshaw (Stey) 15:38; 3, A. Sullens (South) 15:48. (Women's 5km): 1, V. Birch (Birch) 26:08; 2, S. Till (B'ton) 27:34; 3, J. Robery (Hav) 27:49. (Girls 2½km): 1, E. Clark (Stey) 13:27; 2, F. Rider (Cam) 13:32; 3, L. McCarthy (Hav) 13:35.

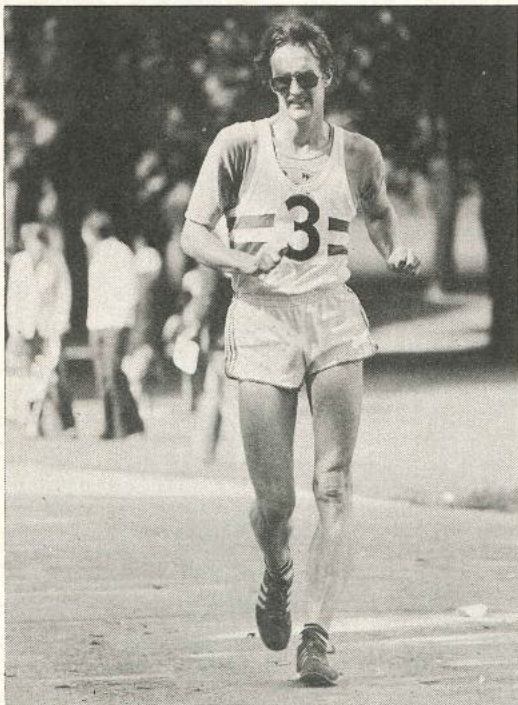
Harvey outstrips opposition in Fulford Open 10km (August 28th). On a 4½ lap course, Chris Harvey proved too strong and too fast for his

rivals from the other side of the Pennines. 1, C. Harvey (Lancs) 45:21; 2, P. Fawkes (York) 46:07; 3, M. Greasley (Sheff) 46:49; 4, I. McCombie (N Sh) 47:31; 5, R. Thorpe (Sheff) 47:47; 6, R. Hawkin (Sheff) 49:49. (Youths 3km): 1, K. Colley (Sheff) 15:42; 2, C. Bolton (Sheff) 15:49; 3, B. Shaw (Sheff) 16:03. (Boys 2km): 1, D. Jackson (York) 12:32; 2, N. Thorpe (York) 13:24; 3, G. Jackson (York) 13:43. (Women's 3km): C. Gee (Lake) 16:20.

* * *

20kms Track Race at Brighton (August 19th). A hot midday sun soon took its toll on the field and all times were slow with Carl Lawton reduced to a 2:17 last lap. 1, C. Lawton (Bel) 98:22; 2, J. Hall (Bel) 102:36; 3, D. Howie (Bel) 104:37; 4, J. Sales (Bas) 105:05; 5, A. Buchanan (B&H) 108:55; 6, K. Dale (B&H) 109:21.

Enfieldfestival of Walking (August 26th). New Zealander Ross Pilkington has probably his best race since arriving here in May with an unpressed 20km victory in a good time on a day when most of the walkers were several minutes slower than usual. In the circumstances there were excellent times from Juniors Julian Robinson and Richard Dorman. The team race was extremely tight with only four points between the first four teams. As there was only one team award it was strange that there was also an award for the first 'B' team when only one finished. Ginny Birch (Lovell) was unpressed in winning the women's 5kms from Sue Till who walked her fastest time in beating back-to-form Julie Robery. The Junior Women's race saw a surprise win for the usual Steyning second-string Elaine Clark. The Sussex club also had the first two in the Boys race where John Bean just held off the remarkable 11-year-old Grant Ringshaw. In the Youth race, Brighton's Neil Perry continued his recent progress in a personal best time. (20kms): 1, R. Pilkington (Ilf) 94:29; 2, S. Lightman (MWC) 97:07; 3, G. Nibre (Ilf) 98:11; 4, B. Armstrong (Ilf) 99:01; 5, J. Robinson (Aug) 99:54; 6, S. Maidment (Stey) 100:40; 7, R. Dorman (Bel) 100:46; 8, S. Elms (B'ton) 102:20; 9, A. James (Enf) 102:22; 10, J. Lees (B'ton) 103:11; 11, R. Sheppard (Ilf) 104:14; 12, S. Holliday (Med) 104:49; 13, D. Salter (Enf) 105:32; 14, J. Newnham (Bel) 106:42; 15, G. Robinson (Enf) 107:47. **Teams:** 1, Ilford 36; 2, Enfield 37; 3, Brighton & Hove 37. (Youths 5000m): 1, N. Perry (B'ton) 24:17; 2, M. Nicholls (Bel) 24:42; 3, G. Maynard (Cam) 25:11; 4, I. Cole (Wal) 25:20; 5, K. McDermott (Bel) 25:51; 6, S. Griffiths (Wal) 26:00; 7, S. Ward (Unatt) 26:05; 8, I. Robery (Hav) 27:25; 9, P. Morris (Bel) 27:36; 10, N. Woods (Hav) 28:30. **Teams:** 1, Belgrave 10; 2, Waltham Forest 14. (Boys 3000m): 1, J. Bean (Stey) 15:35; 2, G. Ringshaw (Stey) 15:38; 3, A. Sullens (S'end) 15:48; 4, J. Buchanan (B'ton) 15:56; 5, G. Blundell (B'ton) 16:13; 6, G. Brown (Stey) 16:35; 7, S. Gates (SWC) 16:56; 8, K. Zuber (Hav) 17:00; 9, P.



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Saunders (Wal For) 17:05; 10, D. Palmer (Wal For) 17:16. **Teams:** 1, Steyning 8; 2, Brighton & Hove 16; 3, Waltham Forest 25. **(Women's 5000m):** 1, V. Birch (Birch) 26:08; 2, S. Till (B'ton) 27:34; 3, J. Robery (Hav) 27:49; 4, A. Matthews (Bel) 28:01; 5, L. Nicholls (Bel) 29:19; 6, K. Blows (Hav) 29:52; 7, K. Boatwright (Ep) 30:04; 8, M. Way (Ep) 31:09; 9, K. Puffett (Ep) 31:51; 10, J. Pritchard (Bel) 32:10. **Teams:** 1, Belgrave 12; 2, Epsom & Ewell 15; 3, Brighton & Hove 19. **(Junior 2500m):** 1, E. Clark (Stey) 13:27; 2, F. Rider (Cam) 13:32; 3, L. McCarthy (Hav) 13:35; 4, S. Brown (Stey) 13:46; 5, M. McCarthy (Hav) 14:13; 6, G. Gahagan (Hav) 14:15; 7, T. Butler (Hav) 14:34; 8, M. Davitt (Cam) 14:53; 9, J. Marshall (Cam) 15:05; 10, E. O'Rawe (S'end) 15:07. **Teams:** 1, Havering 14; 2, Steyning 15; 3, Cambridge 18.

Open Track Races at Brighton (August 27th)
(3000): 1, N. Perry (B&H) 14:13; 2, D. Buchanan (B&H) 14:32; 3, M. Kenward (B&H) 15:04. **(Boys 2000):** 1, G. Ringshaw (Stey) 10:12; 2, J. Bean (Stey) 10:26; 3, J. Buchanan (B&H) 10:39. **(Women's 3000):** 1, V. Birch (Birch) 15:00; 2, B. Francis (B&H) 15:06; 3, S. Till (B&H) 16:09. **(Junior 2000):** 1, S. Brown (Stey) 10:58; 2, H. Ringshaw (Stey) 12:00; 3, E. Page (Stey) 12:02.

Alan Buchanan

South Western 10,000 metres track Championships at Weymouth (August 20th). Stuart Maidment had a comfortable win in the South Western Championships while Bill Wright was an easy winner of the Hampshire title and Carl Lawton of the Open race held in conjunction. 1, S. Maidment (Stey) 48:36.8; 2, C. Maddocks (Daw) 49:21.8; 3, D. Jones (Wey) 49:48.8; 4, E. Shillabeer (Daw) 50:36.0; 5, J. Batten (Trow) 51:34.6; 6, C. Dunn (Wey)

52:46.2. **(Dorset Championship):** 1, Jones; 2, Dunn; 3, K. Baker (Wey) 55:57. **(Devon Championship):** 1, Maddocks; 2, Shillabeer **(Hampshire Championship):** 1, W. Wright (S'ampton) 48:21.4; 2, L. Duquemin (Bel) 51:56.8; 3, J. Ball (S'ampton) 53:00.0. **(Open Race):** 1, C. Lawton (Bel) 46:35.8; 2, B. Armstrong (Ilf) 49:12.8; 3, D. Maynard (Camb) 53:18.0. **(Boys 3000m):** 1, P. Warren (Daw) 16:28.2; 2, D. Spencer (Daw) 16:50.4; 3, R. Hubbard (Bas) 18:07.8. **(Junior Women 2000m):** L. Miller (Winch) 11:58.8.

Picton House Bank Holiday Walks at Gloucester (August 28th) (Open 4 1/4 Miles): 1, C. Maddocks (Daw) 33:58; 2, N. Troy (Harb) 34:22; 3, R. Gardner (Hale) 34:36; 4, E. Shillabeer (Daw) 34:46; 5, K. Batten (Trow) 34:54; 6, A. Smallwood (Hale) 35:33. **Teams:** 1, Harborne 15; 2, Halesowen 16; 3, Dawlish 16. **(Youths 2400m):** 1, A. Trigg (Leic) 11:56; 2, P. Sugg (Bron) 12:07; 3, I. Hartles (Brom) 12:43. **(Boys 2400m):** 1, P. Warren (Daw) 12:14; 2, A. Bell (Harb) 12:44; 3, N. Corbett (Broms) 12:48. **(Girls 2400m):** 1, N. Griffiths (Harb) 13:25; 2, C. Fierek (Worc) 14:05; 3, M. Small (Worc) 14:45.

LIVERPOOL H & AC OPEN MEETING

At Kirby, August 5th

Liverpool H 279; City of Hull 222; Liverpool Pembroke 101; Rossendale 93; Kendal 76; Sutton 62; East Cheshire 58; Enfield 50.

100: 1, G. Watts (Hick) 10.9; 2, G. Pye (Pilk) 11.0. **400:** 1, A. Bell (Wake) 47.8; 2, R. Harrison (Liv H) 48.8; 3, D. Galvin (—) 49.9; 4, A. Sheridan (Hall) 50.1. **800:** 1, S. Gibson (Chelm) 1:53.2; 2, J. Wiltshire (B'burn) 1:53.8; 3, B. Jones (Liv P) 1:53.9. **3000:** 1, G. Smith (Liv H) 8:09.6; 2, D. Murphy (Liv H) 8:22.4. **HJ:** N. Tustin (Liv P) 1.87. **SP:** M. Holmes (Liv H) 14.52. **DT:** J. Robertson (Liv H) 42.64. **(Youths) 1500:** 1, D. Lewis (Ross) 4:02.9; 2, I. Jones (Ken) 4:05.2; 3, P. Everett (Liv H) 4:06.6. **(Boys) 100:** S. White (Sutt) 11.9. **(Women) 100:** 1, R. Farrell (Liv H) 12.2; 2, L. Yell (BoE) 12.3. **200:** 1, S. Smith (CoH) 24.7; 2, Farrell 25.1; 3, C. Hardaker (Liv H) 25.3; 4, C. Taylor (Cov) 25.4. **800:** 1, J. Boydell (Stret) 2:12.8; 2, K. Pilling (Ross) 2:13.3; 3, J. Moody (CoH) 2:13.4; 4, J. Holmes (Liv H) 2:15.4. **1500:** 1, Moody 4:38.3; 2, Holmes 4:43.8. **100H:** 1, Hardaker 14.2; 2, S. Morley (Hick) 14.4; 3, C. Taylor (Cov) 14.5; 4, Yell 14.6. **HJ:** 1, D. Kerfoot (Liv H) 1.70; 2, Yell 1.65. **LJ:** V. Mullin (Liv H) 5.96. **SP:** Mullin 10.82. **JT:** 1, P. Brindle (Sale) 38.74; 2, K. Salomen (Liv P) 35.10. **(Inters) 100/200:** J. Christian (Liv H) 12.4/25.4. **80H:** 1, K. Yell (BoE) 12.2; 2, K. Morley (Hick) 12.2. **(Juniors) 100:** S. Spencer (Liv H) 12.6; 2, T. Seaward (CoH) 12.8; 3, V. Escreet (CoH) 12.8. **200:** Spencer 26.4. **800:** S. Lanza (B&F) 2:18.5. **75H:** D. Griffiths (E Ches) 12.2. **JT:** 1, J. Harding (E Ches) 30.01; 2, G. Johnson (Liv H) 28.76.

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£300 WORTH OF PRIZES

Races: Colts (2 Miles), Boys (2 Miles), Youths (2.85 Miles), Seniors and Vets (5.70 Miles), including sealed Handicap.

Entry Fees: Colts, Boys & Youths 20p Ind., 70p Team (3 to count). Seniors (all must enter as Individuals) 30p, Vets. 40p, £1 Team (6 to count). Clubs can enter more than one 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 Wednesday, 25th October.

No late entries accepted.

Irish Records Fall

THE 1978 BLE National Championships at Belfield on July 22nd/23rd were arguably the best of the twelve staged and yielded four new national records. Live television coverage did not detract from the gate and the 5,000 spectators who watched on the second day must have enjoyed the competition.

One event which caught the public's imagination was the 1500m in which Eamonn Coghlan won over Ray Flynn. Coghlan, whose main exploits this year had been over 5000, was facing up to his stiffest domestic challenge so far. In gusty conditions Brendan Hilliard took the field through the first 400 in 57 sec and Coghlan moved into the lead with Flynn on his shoulder. Through the bell they remained together and Coghlan upped the pace slightly at the 300 mark. Flynn remained untroubled and made a run for home on the crown of the bend, looking for a few moments as if he was about to pass Coghlan, but it was Eamonn's surge with 80m to go that brought him away to victory and through the tape in 3:40.8.

John Treacy, the world cross-country champion, made his first competitive appearance



Michelle Walsh, who set Irish sprint records of 11.43 & 23.51 at the age of 16.

Fionnbar Callanan

on home soil since his Glasgow win a winning one in taking the 5000 in an untroubled 13:50.3 after leading from start to finish.

The hammer competition got the proceedings away to a great start when Sean Egan's first round effort of 65.56m set a new Irish mark for an event in which Ireland has a great tradition. Edinburgh-based defending champion Eugene Lawlor (who has recently been awarded a Cement Roadstone Training Grant of £1,000) could never get on terms and despite getting his 4th round effort out to a career best of 64.60 he could never get near the 21-year-old Army Private from Kildare, who earlier this year spent three months in Germany receiving expert coaching. Liam Hennessy moved the pole vault record to 4.50m and the women's javelin record was also improved when Linda Kennedy threw 41.86m to eradicate Sandra O'Toole's mark set when Miss O'Toole was utilising her Irish qualifications. Mary Purcell was an untroubled winner of the 1500 in 4:14.3, whilst Patricia Walsh improved her discus mark on the opening day to 48.26m.

Nick Davis

100: 1, C. O'Flaherty (Pear) 10.74. **200:** J. Ryan (DCH) 22.17. **400:** T. Crowe (Lim) 48.89. **800:** P. Markey (S Dub) 1:53.9. **1500:** 1, E. Coghlan (Don) 3:40.8; 2, R. Flynn (Long) 3:41.9; 3, G. Deegan (Water) 3:48.4. **5000:** 1, J. Treacy (Water) 13:50.3; 2, D. Noonan (Clon) 14:31.6. **10,000:** L. Kenny (Mull) 29:55.2. **3000SC:** L. O'Brien (Midd) 9:07.5. **400H:** 1, J. McGing (Derb) 55.45. **HJ:** 1, D. Murray (Lee) 2.00; 2, F. Sweeney (Mar) 2.00; 3, R. Fallon (Clon) 2.00. **PV:** 1, L. Hennessy (Tipp) 4.50. **LJ:** A. Barrett (Lill) 7.38. **TJ:** M. O'Flynn (Lee) 14.58. **SP:** E. Diviney (Crus) 15.76. **DT:** P. Conway (Crus) 47.34. **HT:** 1, S. Egan (Kil) 65.56; 2, E. Lawlor (Edin) 64.60; 3, D. Hegarty (C Ser) 58.60. **JT:** M. Slattery (DCH) 61.14. **(Women)** **100:** 1, M. Walsh (Glen A) 11.52; 2, P. Ammond (Car) 11.52. **200:** Walsh 23.97; 2, Ammond 24.52. **400:** 1, M. Appelby (Crus) 55.65; 2, B. Kavanagh (DCH) 56.79. **800:** 1, P. Quinn (Ball) 2:11.1; 2, T. Hobbs (Sliabh) 2:11.9. **1500:** 1, M. Purcell (Crus) 4:14.3; 2, V. Duffy (Glass) 4:24.3. **3000:** Duffy 9:33.4. **100H:** 1, R. Algar (Crus) 14.58; 2, N. O'Grady (Nen) 14.85; 3, J. Manson (Bally) 15.42. **400H:** 1, Appelby 60.59; 2, Manson 63.26; 3, M. Moroney (Nen) 64.73. **HJ:** 1, A. Long (Bally) 1.69; 2, F. Kennedy (Crus) 1.66. **LJ:** J. Good (St Fin) 5.81. **SP:** 1, M. Walton (Crus) 14.16; 2, P. Walsh (Water) 13.16. **DT:** 1, Walsh 48.26; 2, Walton 43.36. **JT:** 1, L. Kennedy (Dun) 41.86; 2, Walsh 40.84.

Cumbria League (Final Positions): 1, Cockermouth 2365; 2, Kendal 1729; 3, Workington 1445; 4, Furness T&F 910; 5, Furness Gazelles 736; 6, Barrow 528; 7, Egremont 298.

Obituary

Laurie Blackeby

It is with regret that we record the tragic death of L. G. Blackeby who was killed in a road accident while cycling home from the City on July 27th. Laurie was aged 58 and had been a member of Cambridge Harriers for 41 years.

He won the Kent Junior 880y Championship in 1937. The war took away what would probably have been his best years but he won the Kent Senior 880y Championship in 1947. A member of the Stock Exchange, he had been prominent in their various championships over many years. He was however probably most widely known for his more recent activities in Veterans cross-country and road relay races. He was very consistent and scored in the Cambridge Harriers' teams which won the National Veterans (Over 50) CC Championship in 1976, the Southern Over 50 CC Championship in 1975-76-77 and the Southern Over 50 Road Relay in 1976. He was secretary of the Veterans Section of Cambridge Harriers from 1975 to 1977 and organised the Southern Veterans Road Relays at Bexley.

Sympathy is extended to his widow, who as Eileen Garritt of Ilford AC won the WAAA Mile Championship in 1949 and the Southern CC Championship in 1948 & 1949, and also to his two daughters.

H. C. Rogers

Francis Duggan

With the recent passing of Frank Duggan, B.E.M., Welsh athletics has lost one of its last links with the past; and the Welsh AAA has lost its second life vice president within weeks.

Above all things Frank was a grass roots man, and was just at home officiating at the small inter-club event as he was at an international meeting. In fact he was a grade 1 track referee and as such officiated at many of the White City internationals.

He became interested in athletics through his late brother, Jim, who was a leading cross-

country man in the early thirties. He joined Swansea Valley AC and then in 1937 he founded the now defunct Mond AC. When Swansea Harriers were founded in the early 1960's out of the Cockett Boys Club, he became their president — an office he held until his death.

He was one of the corner-stones of athletics in West Glamorgan and at various times was chairman of the South Wales and Monmouthshire AAA and West Glamorgan AAA. He was also a life vice president of the AAA and in 1976/77 he was delighted when he was elected president of the Welsh AAA.

Frank Duggan will be hard to replace in our sport, and Welsh athletics will be the poorer for his passing.

Clive Williams

Robert (Bob) Bishop

How can one write adequately of Bob Bishop, vice-president of Middlesex Ladies AC, highly respected marksman, judge and official of Middlesex and Southern WAAA? The premature death of this humble man, who always had just the right word for the nervous, young athlete at a meeting, or the quiet, rather 'dry' joke that dispenses tension, who served faithfully as a track and field judge, and who spoke so wisely and constructively in committee, will be mourned by a wide circle of friends.

To his wife Joy and his family go our deep sympathy and the hope that all his work for the cause of athletics will continue to go forward. A gentleman — from whom even a rebuke would be a blessing!

J. M. McAuliffe,

President/Chief Coach,
Middlesex Ladies AC

ANGELA LITTLEWOOD PUTS 16.34m IN LONDON FIRE BRIGADE MEETING

At Crystal Palace, September 6th

Invitation 1000: 1, D. Joseph 2:23.7; 2, C. Masback 2:24.0; 3, L. Nicholson 2:25.0. **3000:** 1, K. Penny 7:57.0; 2, N. Lees 7:57.2; 3, P. Standing 7:57.4. **3000W:** 1, M. Wordsworth 12:33.0; 2, C. Lawton 12:36.0; 3, S. Elms 12:59.6. **HJ:** 1, T. Llewelyn 2.05; 2, A. Dainton 2.00; 3, C. Harris 1.95. **PV:** 1, K. Stock 5.00; 2, J. Gutteridge 5.00; 3, T. Gardner 4.60. **LJ:** 1, M. Effiong 7.44; 2, T. Henry 7.10; 3, P. Brugnani 7.00. **(Juniors) 1500:** D. Black 3:57.0. **(Women) 100:** 1, H. Hunte 11.7; 2, E. Thomas 11.8; 3, L. Stewart 11.8. **1500:** 1, W. Smith 4:15.2; 2, G. Penny 4:17.3; 3, B. Madigan 4:18.2. **100H:** 1, J. Vernon 14.4; 2, J. Duffield 14.5; 3, V. Douglas 14.5. **Invitation 400H:** 1, D. Kiernan 59.9; 2, S. Reed 61.8; 3, W. Griffiths 62.9. **LJ:** 1, B. Clarke 5.87; 2, J. Frank-Lynch 5.74; 3, H. Rogers 5.69. **SP:** 1, A. Littlewood 16.34; 2, L. Newton 15.09; 3, V. Redford 13.03.

Midland Area Joint Coaching Committee

ANNUAL CONFERENCE

To be held at Birmingham University
on Saturday, November 11th, 1978

Theme for the conference:

Coaching and Teaching of Young Athletes

Cost £1

Further details and applications from W. E. Marlow, 8 Moorfield Drive, Newfield Park, Halesowen, Worcs.

Allan Wells 10.2w/20.6w

Just 24 hours after his winning double at the Edinburgh Highland Games, Allan Wells was the star of the Monklands International Meeting at Coatbridge on August 20th. He won the 100m in the fast time of 10.2 (+3.1m/sec wind), after easing up with 5m to go, and later he took the 200 in 20.6 (+2.7m) with Cameron Sharp again second. Frank Clement won the 2000m in a Scottish native record time of 5:04.5 after a last 800 in 2:00.2 and a 57 final lap. Nick Rose led with 300 to go but had no answer to Clement's rush over the last 80m. Another Scottish native record was registered in the 1000m where Graham Williamson (2:21.6) yielded by just 0.1 to Dave Moorcroft. After a slow 61 first lap the pace hotted up considerably as Williamson set off in the lead. Moorcroft was close behind at the bell (1:27.2) and took the lead with 250 to go, but Williamson never gave up. The last 400 was covered in just over 54 sec. A crowd of over 6,600 attended, to the delight of the Monklands District Council, one of the most sports conscious of all Scottish local authorities.

100: (+3.1m) 1, A. Wells 10.2; 2, C. Sharp 10.5; 3, B. Green 10.5; 4, A. Pascoe 10.8; 5, J. Carnochan (Clyde V) 10.9; 6, A. McMaster 11.0. **200:** (+2.7m) 1, Wells 20.6; 2, Sharp 21.1; 3, Pascoe 21.3; 4, I. Callender (Clyde V) 22.3. **400:** 1, D. Laing 48.6; 2, R. Jenkins 48.9; 3, I. Houston (Ayr) 48.9; 4, M. Whittingham 49.6; 5, T. Tarquini (Pit) 50.1. **800:** 1, P. Hoffmann 1:51.6; 2, D. Leitch (Lark) 1:53.4; 3, D. Kirk (Dumb-J) 1:53.7; 4, H. Forgie (Lark) 1:54.1. **1000:** 1, D. Moorcroft 2:21.5; 2, G. Williamson 2:21.6 (native rec); 3, P. Forbes 2:25.0; 4, R. Weatherburn 2:25.0; 5, K. McCartney (Law) 2:26.4; 6, A. Amos 2:26.6. **2000:** 1, F. Clement 5:04.5 (native rec); 2, N. Rose 5:04.8; 3, N. Muir 5:06.7; 4, A. Staynings 5:09.4; 5, J. Graham (Clyde V) 5:11.3; 6, R. Smedley 5:13.6; 7, M. Prince 5:22.0; 8, L. Spence 5:24.1; 9, L. Kenny (RoI) 5:25.9; 10, J. Dingwall (FVH) 5:26.7.

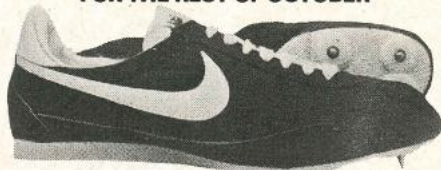
Scottish Relay Champs — 4x100: 1, Pitreavie 42.9; 2, Clyde Valley 44.0; 3, E. Kilbride 44.0. Jnr 4x100: Pitreavie 45.4. Youths 4x400: 1, Clyde Valley 3:33.8; 2, C. Region 3:36.7; 3, Edinburgh AC 3:38.6. Boys 4x400: 1, Central Region 3:44.6; 2, Clyde Valley 3:45.5.

Colin Shields

Welsh Cross-Country Association entry forms for all championships can be obtained from Mrs S. A. Blake, 11 The Moorings, Newport, Gwent (Tel: Newport 67351).

The Kent CC League fixture on Oct 14th will now be held from Blackheath H headquarters at Hayes.

SPECIAL OFFER! FOR THE REST OF OCTOBER

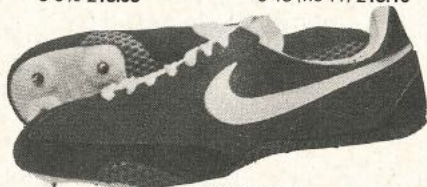


SAVE £3.89

NIKE INTERVALLE — an ideal shoe for distance and hurdles, training and racing, as well as for long and triple jump. Four-spike plate with a half-inch wedge designed for heel and achilles protection. Full width heel to maximise rear foot stability. Four-spike plan is soon to be replaced by a seven-spike plate and this new shoe will sell at £18.99 in the men's sizes. Navy with white trim.

3-5 1/2 £13.95

6-13 (no 11) £15.10



SAVE £3.79

NIKE AMERICAS — for spike plate, snug fitting shoe with rubber gripping nubs, ideal for sprint and distances. Extensive ball to heel cushion with mini-stud outside protects and grips on all competition surfaces. Red nylon upper with white trim and blue sole. List price is now £19.99.

3-5 1/2 £14.99

6-13 £16.20

Available again — THE FAMOUS WALLY WAFFLE! This great NIKE training shoe for kids is available once again. The baby brother of the Waffle Trainer is in full sizes only but now starts at an infants size 8 up to kids size 5. Blue with yellow trim.

Kids 8-5 £6.99

Now in stock — NIKE OCEANIA in Brown/Beige This great budget shoe from NIKE, still available in blue with white trim, is now available in beige with brown trim. A tough, hardwearing shoe with good protection and a great price.

3-5 1/2 £9.25

6-13 £9.99

PLUS — lots more in our great range, all available through our fast mail order service. Send for our free illustrated catalogue and price list.

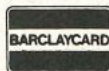
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THE **NIKE** SPECIALISTS

**NORFOLK OLYMPIADS
ATHLETIC CLUB**

OPEN GRADED MEETING

**Sponsored by
THE REIYUKAI of JAPAN**

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

**at the
LAKENHAM TRACK,
NORWICH**

First event 11.30 a.m.

**on
SATURDAY,
25th NOVEMBER, 1978**

**100m LONG JUMP
200m TRIPLE JUMP
400m DISCUS
800m HAMMER
JAVELIN
POLE VAULT**

**SENIOR LADIES,
SENIOR & JUNIOR MEN
& YOUTHS**

ENTRIES: 35p per Athlete to:

John Christie,
78 Hill Crest Road,
Norwich NR7 0JU.

stating name and address, age, club
and events you wish to enter with best
recent performances.

Fee must accompany entry **not later
than 11th NOVEMBER, 1978.**

BATTLE OF BRITAIN TROPHY MEETING

At Leicester, August 26th

**Warks 268; Leics 253; Staffs 237; Notts 184;
Bucks 155; Northants 124; Herts 6.**

100: 1, C. Monk (Leic) 10.6; 2, R. Walters (Staff) 10.9. 200: Monk 21.5. 400: 1, M. Davies (Nor) 49.2; 2, L. Barnett (Warks) 49.8; 3, J. Goodacre (Notts) 49.9. 800: 1, P. Hugh (Warks) 1:53.9; 2, A. Tait (Leic) 1:54.0. 1500: 1, B. Cole (Staff) 4:30.0; 2, D. Lem (Leic) 4:30.3; 3, D. Tierney (Warks) 4:38.8. 3000SC: D. Daly (Warks) 9:30.6. 3000W: 1, A. King (Leic) 12:57.4; 2, G. Chaplin (Warks) 14:00.6. HJ: 1, F. Redley (Warks) 1.95; 2, J. Lee (Staff) 1.95; 3, G. Vorgic (Leic) 1.90. PV: 1, Ward (Staff) 4.12; 2, R. Brown (Notts) 4.00; 3, Nichol (Bucks) 3.60. TJ: A. Earle (Staff) 14.36. SP: 1, N. Griffin (Bucks) 14.80; 2, Brown 13.19. DT: 1, Griffin 48.76; 2, Balbir-Johal (Warks) 45.56; 3, R. Burdill (Leic) 43.96. HT: 1, J. Murphy (Warks) 47.10; 2, C. Higgins (Leic) 43.82. JT: 1, C. Patching (Bucks) 58.98; 2, B. Gerrard (Warks) 58.92. 4x100: 1, Leic 42.5; 2, Warks 43.7. (Juniors) 100: 1, D. Butler (Leic) 11.0; 2, Sheffield (Bucks) 11.2. 200: 1, Butler 22.2; 2, P. Moxham (Warks) 22.6. 400: Sheffield 50.5. 110H: 1, Key (Bucks) 14.8; 2, J. Hempstock (Leic) 15.2; 3, D. Christie (Staff) 15.7. HJ: 1, R. Gater (Staff) 2.01; 2, J. Staniforth (Leic) 1.92; 3, B. McGillion (Warks) 1.90. PV: 1, Russell (Leic) 3.60; 2, Gayle (Warks) 3.50. DT: M. Shonk (Leic) 41.52. 4x100: Leic 44.5. (Youths) 200: 1, M. Summerfield (Staff) 22.8; 2, Shears (Bucks) 23.0. 400: Summerfield 51.8. 1500: 1, P. Black (Staff) 4:01.0; 2, I. Mills (Notts) 4:01.5. 1500SC: 1, R. Copestake (Warks) 4:30.7; 2, M. Hirst (Staff) 4:30.8. 100H: 1, S. Angrave (Leic) 14.5; 2, Reeve (Bucks) 14.5. HJ: N. Halliwell (Leic) 1.85. LJ: 1, G. Pullen (Bucks) 6.45; 2, A. Bloomfield (Warks) 6.40. DT: B. Woodcock (Staff) 44.36.

MIDLAND COUNTIES v NORTHERN COUNTIES

At Birmingham, September 20th

100: 1, C. Monk (M) 10.8; 2, P. Cooke (N-Gst) 10.9; 3, E. Tulloch (N) 10.9; 4, R. Walters (M) 11.0. 200: 1, Cooke 21.6; 2, Monk 21.7; 3, Tulloch 21.8; 4, Walter 22.1; 5, A. Bell (N) 22.3. 400: 1, S. Wymark (N) 48.1; 2, S. Beaumont (N) 49.1; 3, L. Barnett (M) 49.5; 4, I. Lindsay (M-Gst) 50.1. 800: 1, K. Bell (N) 1:53.4; 2, P. Hoddy (M-Gst) 1:54.3; 3, R. Smedley (M) 1:54.4. 1500: 1, M. Downes (M) 3:49.5; 2, N. Black (N) 3:51.0; 3, M. Coram (M) 3:52.2; 4, M. Plant (N) 3:55.4. 3000: 1, R. Callan (M) 8:16.4; 2, G. Harvey (M) 8:17.0; 3, G. Smith (N) 8:17.8. 110H: 1, R. Simpson (M) 15.1; 2, M. Kindon (N) 15.2; 3, S. Pegler (N) 15.5. HJ: F. Redley (M) 1.90. LJ: 1, A. Earle (M) 7.12; 2, K. Bennington (N) 6.81. SP: 1, I. Lindley (N) 14.36; 2, M. Holmes (N) 13.77. HT: 1, R. Weir (M-Gst) 51.32; 2, M. Emmens (M) 46.04; 3, J. Murphy (M) 45.58; 4, Holmes 43.24. (Junior) Invitation 800: D. Barlow 1:55.9.

SPORTS AID FOUNDATION SPONSORSHIP

Since its creation in 1976 the Sports Aid Foundation has assisted no less than 61 athletes and both this number and the total sum given is more than for any other of the 36 sports that have benefitted from this source to date.

In the period leading up to the Commonwealth Games and European Championships the criteria set by SAF became progressively tougher until only those considered to be potential medallists in Edmonton or finalists in Prague were successful in their applications. The guide-lines for applications have just been revised and the following should be noted:-

Function of SAF — To assist individual competitors according to their personal needs towards the legitimate out-of-pocket expenses in respect of preparation and training, such expenses having been approved by the BAAB for competitors of Olympic, World, European and equivalent international standards.

Applications for Grant Aid — Applications may only be made through the BAAB.

Applicants — Under the guide-lines the BAAB must restrict applications to those competitors of proven ability who they believe will compete within the next 2 years in (a) Olympic Games, (b) World Championships, (c) European Championships, (d) major international competitions at senior and junior levels.

Items for which aid may be granted — Within the framework of Olympic Rule 26 grants may be for (a) additional costs incurred by the individual in lodging for training, (b) additional costs incurred by the individual for special food, (c) additional costs incurred by the individual for essential preparatory competition not otherwise grant aided, (d) transport or travel for training, (e) equipment (but only small items of personal equipment), (f) coaching fees necessarily incurred by the individual. Other items of an exceptional nature may be considered.

Grants — Grants may be awarded for a maximum of 2 years and can be divided into 2 categories:- (a) Ongoing grants (to cover term of training up to maximum of 2 years subject to review every 3 months); (b) Single grant of one payment for specific purpose.

Competitors Training Outside UK — In any application for aid towards overseas training the BAAB are asked to consider whether similar facilities are available in the UK and whether it is in the best interest of the sport to assist a competitor to go abroad. For athletes abroad as university students in receipt of scholarships the SAF will only consider grants to cover expenses incurred outside term time and for periods on return to the UK.

Other Sponsorships — Whilst receipt of funds from another source will not disqualify an

The scheme explained by Conrad Milton

(BAAB Athletes' Sponsorship Co-ordinator)

application, the existence of an outside sponsor must be declared in all applications.

Application Forms — Applications will only be considered if submitted on the approved form available on request from the Athletes' Sponsorship Co-ordinator, C. L. Milton, c/o Williams & Glyn's Bank Ltd, 19 Thames Street, Kingston-upon-Thames, Surrey. All forms must be completed using a typewriter.

Time of Application — Applications for aid should normally be made well in advance of requirements but with at least 6 weeks notice and at no time will consideration be given to retrospective applications for training already completed. The next meeting of the Committee of Advisers of the Sports Aid Foundation will be held on November 16th but the forms have to be received by SAF 2 weeks earlier and thus completed applications must be with the Athletes' Sponsorship Co-ordinator not later than October 24th in order that the additional paper-work can be completed by the due date.

On the subject of sponsorship generally, athletes are reminded that in order to protect their amateur status all arrangements for sponsorship of individual athletes must be reported to me at the above address and any eventual payment must be administered through me on behalf of the BAAB unless delegated powers are given to the Constituent Member of the BAAB. I will be only too happy to answer queries on all sponsorship matters and athletes or their coaches should not hesitate to contact me at the above address.

ROAD RUNNERS CLUB CORNWALL

Saturday, 28th October, 2.30 pm
at Camborne Fountain Square.

The Sixth

CAMBORNE FESTIVAL 15 MILE ROAD RACE

(Under AAA Laws)

Awards: 1st 3 ind, plus 4th to 20th special vests. 1st 2 Veterans (40-45), 1st Veteran (45-50). Team prizes first 3 teams plus first 'B' team. First Service or College team. (4 run, 3 score, awards to all 4).

Entry Fee: 35p per individual, no team fee. **No Late Entries.** Closing Date 24th, October. To: Mr. E. A. Philips, 7 Mount Pleasant Road, Camborne, Cornwall.

European Results

AUSTRIA: Pullard Tops 18Ft
29.7. Vienna. PV: Pullard (US) 5.50.

BELGIUM: Sebastian Coe 1:44.3

4-6.8. Brussels. (Champs) 400: Brydenbach 45.59; 5000: Schots 13:31.5 ... 5, Lismont 13:45.3; 10,000: Schots 28:13.5, Schoofs 28:13.5, Lismont 28:14.5, Grillaert 28:21.2; PV: P. Desruelles 5.30 (rec); women's 400H: Alaerts 56.71 (rec). **15.8. Brasschaat.** 100: Collins (US) 10.3, STEVE GREEN 10.4; 3000: Thys 8:00.6, GEOFF SMITH 8:01.2, Treacy (RoI) 8:01.2; HJ: Wszola (Pol) 2.23. **18.8. Brussels.** (Van Damme Memorial) 100: Crawford (Tri) 10.35, Leonard (Cub) 10.37; 200: Leonard 20.36; 400: Juantorena (Cub) 45.30, Parks (US) 45.89, De Leeuw 46.12, DAVID JENKINS 46.21, Rodgers (US) 46.47 ... Brydenbach dnf (inj); 800: SEBASTIAN COE 1:44.3 (UK rec), McLean (US) 1:46.2, Marajo (Fra) 1:46.4, Kormeling (Hol) 1:46.6, Kipkurgat (Ken) 1:47.3; 1500: Nevens 3:38.1, F. Gonzalez (Fra) 3:38.1, Flynn (RoI) 3:38.8, Lok (Hol) 3:39.0, Ruth (GDR) 3:39.0, Vifian (Swi) 3:39.2; 5000: Dixon (NZ)



PENTTI SINERSAARI (Finland)

Mike Street

13:21.8, Liquori (US) 13:23.4, Polleunis 13:24.0, Hermens (Hol) 13:24.9, Treacy (RoI) 13:26.5, Puttemans 13:29.0, Thys 13:31.2, Rombaux 13:31.9, BERNIE FORD 13:32.6, Tebroke (Hol) 13:33.8, Schoofs 13:34.5; 110H: Casanas (Cub) 13:57, Moses (US) 13.64, C. Foster (US) 13.72; 400H: Moses (US) 48.51, Walker (US) 49.42, Schulting (Hol) 50.12; HJ: Fields (US) 2.24, Wszola (Pol) 2.21 ... 7, Jacobs (US) 2.15; LJ: Robinson (US) 8.12, Rousseau (Fra) 8.04, R. Desruelles 7.95 (rec); SP: Feuerbach (US) 20.30; JT: Hanisch (GDR) 85.62, Nemeth (Hun) 84.70, Paragi (Hun) 83.56; women's 200: Szwinska (Pol) 23.07, Rega (Fra) 23.14; 400: Penton (Cub) 51.62; 1500: Purcell (RoI) 4:13.8.

BULGARIA: Totka Petrova 1:57.0

19/20.8. Sofia. 100: Petrov 10.19; 400H: Bratanov 49.98; TJ: Gora (GDR) 16.60; SP: Stoev 20.60 (rec); DT: Velev 65.96; JT: Michel (GDR) 86.12; 4x100: Bulgaria 39.25; women's 800: Petrova 1:57.0, Jazinska 1:59.8; LJ: Siegl (GDR) 6.51; DT: Slupianek (GDR) 63.00.

CZECHOSLOVAKIA: Stekic Jumps 8.18m

5.8. Jablonec. DT: Bugar 64.20. **12.8. Prague.** Women's 400: Kratochvilova 51.10; LJ: Nygrynova 6.74 (rec); SP: Fibingerova 21.10. **18/19.8. Prague.** (Champs) 400: Kolar 46.13 (rec); LJ: Leitner 8.03; SP: Vlk 20.35; DT: Bugar 65.95, Danek 61.30; women's 800: Cerchlanova 2:00.1 (rec); SP: Fibingerova 20.79. **25.8. Prague.** LJ: Stekic 8.18; women's SP: Fibingerova 21.76; DT: Prouzova 63.36. **27.8. Prague.** 100: 2, DAVID JENKINS 10.64; women's JT: Fuchs (GDR) 66.90.

DENMARK: Aussie Runs 28:06.6

11.8. Copenhagen. 10,000: Barrett (Aus) 28:06.6; 400H: Wheeler (US) 49.75; DT: Wilkins (US) 67.00.

FINLAND: 5.60m Vault By Kalliomaki

1.7. Hartola. 100km: DON RITCHIE 6:18.00 (world best; 2:51.38 at 50km). **6.7. Joensuu.** JT: Toivonen 85.44. **13.7. Teuva.** HT: Polvi 73.12 (rec). **15.7. Raah.** PV: Kalliomaki 5.58 (rec), Pudas 5.40. **20.7. Lappeenranta.** 200H: Bryggare 23.1 (rec). **22.7. Jamsankosi.** JT: Kinnunen (37) 84.04. **24.7. Hyvinkaa.** 3000SC: Toukonen 8:28.6. **27.7. Turku.** 800: STEVE OVETT 1:45.4, Robinson (US) 1:46.8, Taskinen 1:47.0; 5000: Vainio 13:31.2, Virgin (US) 13:31.7 ... 7, Viren 13:53.8; SP: Stahlberg 20.59, Feuerbach (US) 19.79. **1.8. Jyväskylä.** 1000: Loikkanen 2:18.5 (rec); JT: Sinersaari 86.04. **4-6.8. Kokkola.** (Champs) 100/200: Rajamaki 10.23w/20.76; 5000: Vainio 13:40.4, Orimus 13:45.2, Ala-Korpi 13:46.9, Viren 13:49.0; 10,000: Vainio 28:21.0, Orimus 28:39.0 ... Viren dnf; 3000SC: Toukonen 8:27.1; 110H: Bryggare 13.73; PV: Kalliomaki 5.40, Pudas 5.30; HT: Polvi 73.84 (rec); JT: Puranen 83.62, Aho 83.58, Sinersaari

We've got to make room for the beer

For our grand opening week in November (watch this space for the exact date!), we're getting in gallons of Blackawton bitter from Devon. And to make room for storing all the barrels, we've got to clear some more of our shelves! But what's all this, I hear you ask, about an opening week? I thought you'd moved into your new shop several weeks ago! Well, yes we did. But any of you who have visited us since we moved in, and particularly those who have sampled the tartan track in our shoe department, will have noticed a temporary partition at the back, from behind which have been emanating the bangs and whirrs of building work. By November, all will be finished and ready to be revealed to public gaze. Hence our second grand opening! Who needs an excuse to drink beer, anyway?

So, to get back to the point, we want to clear some shelves. Can we interest you in . . .

New Balance 320 training shoes. Recommended by a leading specialist in athletic injuries, the 320 combines lightness with flexibility and superb cushioning, and, when the soles wear through, we can repair them for you with a flat or "waffle" sole for only **£3.95**. We have in stock all sizes from 3 to 14½ with the following exceptions: 6½, 10½ and 11; and we can offer most sizes in all three widths — slim, medium and broad. **£17.95**.

New Balance Super Comp. We won't be able to maintain the current price of these terrific road racing shoes much longer, so make the most of it while you can! **£17.95** brings you a lightweight shoe with excellent cushioning and a "pimple" sole for added traction. The mesh uppers allow your feet to breathe on the hottest of roads. Sizes 3½-13, medium and broad.

New Balance Cross Country. Now unfortunately removed from the New Balance range (though we're promised something even better to replace it!), the Cross Country offers an almost unique combination of lightness, flexibility, cushioning and a studded sole. We have sizes 5-13 still in stock, with the exception of 7, 9 and 12½, and two width fittings in most of them — medium and broad. Clearance price **£13.95**.

Sweat Shop Montreal. There's been quite a saga concerning the supplies of these, so we can't guarantee whether you'll receive a green or a blue pair. However, the essential thing is that we can still offer you a well-made, well-padded reliable "waffle" soled shoe for only **£7.45** (up to English size 6) or **£7.95** for the larger sizes, these prices including a 10% discount for all club athletes. Post free too! Sizes are odd, so send a foot outline or tell us your size in your favourite shoe.

★ ★ ★

We still have one or two spikes on offer:

Adidas Mexico. Blue nylon uppers with red trim, six spikes and a small cushioned heel. A really good looking shoe. Size 5 **£10.95** (RRP £14.65), sizes 6-9½ **£11.95** (RRP £15.80).

These are at practically giveaway prices: **Adidas Apollo** size 5 **£3.95** (RRP £12.15), sizes 8½ and 9½ **£4.95** (£13.15); **Adidas Interval** sizes 6, 7 and 10½ **£5.95** (£17.10); **Adidas Quebec** sizes 8½, 9, 9½ **£3.95** (£10.45); **Puma Winnipeg** sizes 8, 9, 9½ **£5.95** (£16.50); **Reebok Omega** sizes 4, 4½, 5½ **£4.95** (£11.95), sizes 7½, 8, 9 **£5.95** (£12.95); **Reebok Orbit** (old style) size 4 **£3.95**, sizes 6 and 7 **£4.95**; **Gola Hawk** size 8½ **£2.95**.

★ ★ ★

We now have good stocks of the revolutionary "thermal" clothing from Helly-Hansen. These Norwegian made vests and long-johns are ideal for winter training and racing, with their remarkable ability to transfer sweat away from your skin to the outside of the garment, where it can evaporate or be absorbed by an outer layer of clothing, while you stay warm and dry inside! Colours are white or blue, sizes are small, medium, large or extra large, styles and prices are as follows: short sleeved vest **£4.25**, long sleeved vest **£4.95**, long sleeved turtle neck vest **£5.35**, long johns (full length) **£4.95**, (breeches length) **£4.50**.

If you prefer a simple 100% cotton long-sleeved T-shirt, we can supply them in small, medium or large in white at **£1.75** or blue at **£1.95**.

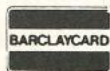
★ ★ ★

Mail Order. For shoes, please include 45p part postage (except for the Montreal) and send a foot outline; for clothing please include 30p part postage. All goods exchanged or money refunded if returned in new condition within 10 days.



The Causeway, Teddington, Middlesex
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RUN BY RUNNERS FOR RUNNERS



81.58; Dec: Lahti 8109 (rec); women's 400: Hagman 51.78.

8.8. Lohja. PV: Kalliomaki 5.60 (rec; attempted world rec 5.72). **12/13.8. Helsinki.** (Finland 240, Sweden 168; 87,000 spectators over 2 days) 5000: Orimus 13:53.7 ... 4, Viren 14:09.7; 10,000: Vainio 28:04.9; 3000SC: Toukonen 8:29.1, Glans (S) 8:30.8; PV: Kalliomaki 5.45; SP: Stahlberg 20.86; JT: Puranen 87.36, Sinersaari 85.12; women (Finland 85, Sweden 72) 100/200: Haglund (S) 11.31/22.96. **15.8. Kerava.** DT: Tuokko 64.64; JT: Hovinen 85.56. **15-17.8. Mikkeli.** (International Military Champs) 1500: Paunonen 3:38.8 ... 7, Downey (RoI) 3:44.5; 10,000: Uhlemann (Ger) 28:53.1 ... 10, M. Gammoudi (Tun; 40) 29:59.2; Mar: Paajanen 2:20:54, Keane (RoI) 2:22:38 ... 5, Murphy (RoI) 2:23:57. **17.8. Uusikaupunki.** 3000: Vainio 7:50.7; SP: Stahlberg 20.82. **20.8. Pori.** 5000: Mawinka 13:49.1, Viren 13:49.9; JT: U. Donins (USSR) 84.04. **20.8. Veteli.** JT: Aho 84.78. **22.8. Lahti.** PV: Kalliomaki 5.50. **22.8. Orivesi.** SP: Stahlberg 21.17; JT: Sinersaari 87.20.

FRANCE: Nehemiah Beats Casanas

1.8. Vanves. HT: Farmer (Aus) 74.58 (rec). **13.8. Font Romeu.** Women's 100/200: Rega 11.1/22.4. **20.8. Nice.** 100: Gilkes (Guy) & Lara (Cub) 10.44, Williams (US) 10.45; 200: Gilkes 20.26, Leonard (Cub) 20.61, Williams 20.86; 400:

Juantorena (Cub) 45.29, Smith (US) 45.45; 1000: Boit (Ken) 2:16.0, Morceli (Alg) 2:17.4 (rec), Brahmia (Alg) 2:17.5; 5000: Waigwa (Ken) 13:34.1, Musyoki (Ken) 13:37.2, Tibaduiza (Col) 13:38.9; 110H: Nehemiah (US) 13.45, Casanas (Cub) 13.55, Cooper (US) 13.69, Bryggare (Fin) 13.99; 400H: Nallet 50.05, King (US) 50.21; HJ: Kotinek (US) 2.24; PV: Abada 5.40, Tracanelli 5.40, Bellot 5.40, Bell (US) 5.30, Houvion 5.30, Tully (US) 5.00; LJ: Robinson (US) 8.13, Rousseau 7.99; HT: Sachse (GDR) 75.32, Accambray 72.90; women's 200: Szwinska (Pol) 23.03, Rega 23.15; 400: Penton (Cub) 51.24, Kohn (GDR) 52.07; 800: Van Nuffel (Bel) 2:01.0 (rec), Dorio (Ita) 2:01.3 (rec), Werthner (Can) 2:01.5, Gendron (Can) 2:01.8; LJ: Curtet 6.46.

GDR: World Record Spree

3/4.7. Dresden. Dec: Lahti (Fin) 8094, Pottel 8034; women's Pent: Tkachenko (USSR) 4668, Smirnova (USSR) 4550, Nitzsche 4541 (1.90 HJ). **5.8. Potsdam.** HJ: Beilschmidt 2.25; SP: Beyer 21.80, Bergmann 20.52; DT: Schmidt 67.44; JT: Michel 84.56; women's 400: Kohn 51.59, Weiss 51.77 (51.62 ht); LJ: Voigt 6.61; DT: Jahl 68.72. **9.8. Berlin.** DT: Schmidt 71.16 (world rec; 68.14, 71.16, 67.72, 67.16, 65.78, 68.34); women's SP: Adam 20.86. **12.8. Dresden.** 200: Prenzler 20.82; HJ: Lauterbach 2.24, Beilschmidt 2.21, Kirst 2.21; PV: Krumpolt 5.40; TJ: Gora 16.53w; SP: Beyer 21.29; DT: Schmidt 68.98; HT: Sachse 74.18; JT: Michel 85.92, Balster 85.50; women's

The Unigate Marathon

A British Road Runners
Championships Event

FROM HARLOW SPORTSCENTRE

SATURDAY, 28th 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.

Time Certificates to all finishers

Entries: Individual 40p (all must pay this fee). Teams 40p (6 run, 3 to score). Southern Vets 40p extra. No additional fees.

Entries to Tom Dradey, 78 The Maples, Harlow, Essex CM19 4RA. Tel. Harlow (0279) 33554. SAE please. CLOSING DATE OCTOBER 18th CERTAIN

BEXLEY BOROUGH A.C.

JACKSON'S SPONSORED ERITH '6' & NEW YEAR'S DAY ROAD RACES

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

6 MILES Vets, Senior Men, Senior Ladies

3 MILES Boys 14/15 yrs, Youths 16/17 yrs

2 MILES U/14 Colts, U/15 Junior Ladies

Ages as at 31.8.78

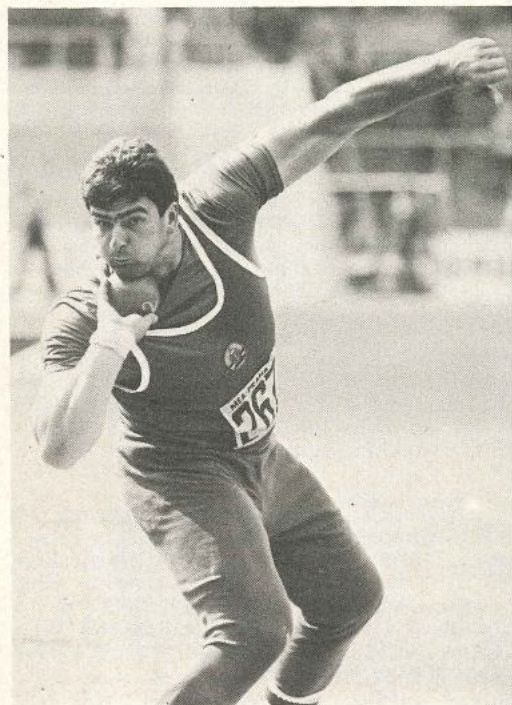
Entry Fees: Vets, Sen Men, Sen Ladies & Yths, 30p Individual. Increased valued prizes for Individuals and Teams (4 run, 4 score). Jun Ladies, Colts & Boys, 15 Ind, Ind and Team awards (4 run, 4 score).

Entries to: R. Sawyer, 34 Park Crescent, Erith, Kent. SAE for acknowledgement.

CLOSING DATE 18th DECEMBER

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Udo Beyer in action at Prague

Mark Shearman

100: (+1.4m) Gohr 10.94, Hamann 11.29; 200: (+1.6m) Gohr 22.38, Brehmer 22.77, Bodendorf 22.89, Hamann 22.96; 400: Weiss 52.42; 100H: (+2.1m) Klier 12.64, Berend 13.01, Fiedler 13.07; 400H: Kohn 56.72; 4x100: GDR 42.52; HJ: Kirst 1.91, Nitzsche 1.88; LJ: Voigt 6.87w (legal 6.75), Siegl 6.79, Wujak 6.73; SP: Droese 21.07, Knorrscheidt 20.92, Adam 20.47; DT: Jahl 70.72 (world rec), 70.72, 67.18, 65.80, —, —, 67.42), Engel 65.58; JT: Richter 64.24.

15.8. Berlin. SP: Slupianek 22.06 (rec; & 22.05), Adam 21.59; DT: Slupianek 61.44. **16/17.8. Halle.** (Jnrs: USSR 121, GDR 102; jnr women: USSR 74, GDR 71) HT: Steuk 76.92. **19.8. Potsdam.** 400: Schaffer 45.98; 1500: Beyer 3:37.1; 110H: Munkelt 13.72; HJ: Lauterbach 2.30, Kirst 2.21; SP: Beyer 21.48, W. Schmidt 20.49, M. Schmidt 20.14; DT: W. Schmidt 70.24; HT: Steuk 76.76, Gerstenberg 75.34; women's 100: Gohr 11.05, Hamann 11.26, Bodendorf 11.36; 200: Hamann 22.86, Bodendorf 22.87; 400: Koch 49.02 (world rec), Brehmer 50.26, Marquardt 51.55, Krug 51.58; 800: Bruns 1:58.1, Ullrich 1:58.8, R. Schmidt 1:59.4; 100H: Klier 12.64, Berend 13.07, Fiedler 13.12; 400H: Ullrich 56.47, Rossley 56.49, Weiss 57.00; HJ: Skckermann 1.93; LJ: Wujak 6.63, Wycisk 6.62, Neubert 6.59; SP: Droese 21.30, Knorrscheidt

20.09; DT: Jahl 68.48, Engel 66.10; JT: Fuchs 67.26, Richter 60.20; 4x100: GDR (Klier, Hamann, Bodendorf, Gohr) 42.27 (world rec). **24.8. Potsdam.** DT: Schmidt 67.72, Warnemunde 63.94; HT: Steuk 77.70, Gerstenberg 76.26, Sachse 74.28; women's DT: Droese 68.48, Jahl 68.02, Engel 64.50; JT: Fuchs 64.60, Richter 62.42. **25.8. Potsdam.** 400: Beyer 47.53; 800: Straub 1:47.2; 110H: Munkelt 13.73; SP: Beyer 21.66, M. Schmidt 20.07; women's 100: Gohr 11.30; 400: Weiss 51.72; 100H: Klier 12.83, Berend 13.04; HJ: Ackermann 1.93.

GERMANY: Schmid 45.06/48.43

22.7. Hannover. Women's HJ: Gibbs (Aus) 1.90 (rec); LJ: Wilkes 6.54, Jacenko (Aus) 6.44. **22.7. Recklinghausen.** 400: Herrmann 45.7; LJ: Hanel 6.54. **25.7. Essen.** 100: DON HALLIDAY 10.5; 1000: 3, NEIL LEACH 2:23.7. **27.7. Dormagen.** 100/200: HALLIDAY 10.78 (3rd)/22.01 (5th); Mile: 2, LEACH 4:11.1; women's 100/200: Richter 11.24/22.87. **29/30.7. Bernhausen.** Dec: Kratschmer 8498 (European rec); 10.60, 7.84, 16.56, 1.91, 47.64 — 4468 — 14.01, 45.46, 4.50, 58.80, 4:28.3), Schulze 7929; (Jnr) Schmidt 8047, Hingsen 7966; women's Pent: Philipp 4592. **30.7. Göttingen.** HJ: Mogenburg (17) 2.23. **1.8. Dormagen.** Women's 100: Richter 11.22. **4.8. Troisdorf.** Women's 1000: Kraus 2:33.5 (rec; 2:02.8 at 800). **6.8. Heidenheim.** HT: Riehm 80.32 (world rec; 78.86, 80.32, 78.52, 78.66, —, retired), Huning 75.54; women's 400H: Hollmann 56.27. **10.8. Troisdorf.** 1500: Fleschen 3:38.3. **11-13.8. Cologne.** (Champs) 400: Hofmeister 45.45, Herrmann 45.60, Weppler 45.97; 800: Wulbeck 1:46.7, Becker 1:46.9; 1500: Wessinghage 3:41.1; 5000: Zimmermann 13:22.3, Fleschen 13:24.3, Uhlemann 13:27.5; 3000SC: Ilg 8:20.9, Karst 8:25.0, Schoeneberg 8:27.8; 110H: Kratschmer 13.90; 400H: Schmid 48.43, Lowe 50.12, Salander 50.48; 4x400: Bayer Leverkusen 3:04.5; HJ: Schneider 2.22, Thranhardt 2.22... **11. Killing 2.10; PV: Lohre 5.40; HT: Riehm 78.52, Huning 75.06; JT: Wessing 88.06, Schreiber 84.40; women's 200: Richter 23.10 (22.84 ht); 400: Bussmann 51.74; 1500: Kraus 4:09.4; 100H: Kempin 13.34; HJ: Holzapfel 1.95 (rec), Meyfarth 1.95 (rec); LJ: Hanel 6.47; SP: Wilms 19.62.**

18.8. Berlin. 100: Williams (US) 10.21, Edwards (US) 10.32, Gilkes (Guy) 10.36, Abrahams (Pan) 10.39; 200: Gilkes 20.34, Edwards 20.46, Williams 20.73; 800: Boit (Ken) 1:46.2, Robinson (US) 1:46.3, Wulbeck 1:46.7; Mile: Wessinghage 3:55.4, Scott (US) 3:55.7, Waigwa (Ken) 3:55.8; 3000SC: Malinowski (Pol) 8:11.6, Brown (US) 8:19.3 (rec), Wesolowski (Pol) 8:19.5, Glans (Swe) 8:24.5, Lafranchi (Swi) 8:28.8, Volpi (Ita) 8:29.6; 110H: Nehemiah (US) 13.44, Bryggare (Fin) 13.74, Cooper (US) 13.77; PV: Kozakiewicz (Pol) 5.50, Lohre 5.40, Tully (US) 5.35, Bellot (Fra) 5.30; 4x100: Poland

39.18; women's 100: Richter 11.16, Haglund (Swe) 11.25; 400: Haggman (Fin) 51.29; 1000: Bruns (GDR) 2:32.0 (world best; 60.2/2:01.5), Kraus 2:34.2, Gendron (Can) 2:36.9; 100H: Rabsztyń (Pol) 12.76w, Langer (Pol) 12.96; 400H: Kacperczyk (Pol) 55.44 (world rec), Weinstein 57.55; HJ: Brill (Can) 1.89, Meyfarth 1.89, Kirst (GDR) 1.89; LJ: Voigt (GDR) 6.50. **22.8. Stuttgart.** 100: Williams (US) 10.29, Riddick (US) 10.34, Gilkes (Guy) 10.37, Abrahams (Pan) 10.38; 200: Gilkes 20.29, Williams 20.76, Bombardella (Lux) 20.77; 400: Smith (US) 44.94, Schmid 45.06, Frazier (US) 45.71; 3000: Malinowski (Pol) 7:44.7, Ryffel (Swi) 7:48.1, Polleunis (Bel) 7:50.9, Scott (US) 7:53.1, Puttemans (Bel) 7:53.7; 110H: Nehemiah (US) 13.36, Bethel (US) 13.52, Gebhardt 13.69, Cooper (US) 13.74, C. Foster (US) 13.76; 400H: Moses (US) 48.76, King (US) 49.70; HJ: Fields (US) 2.24, Thranhardt 2.21, Killing 2.21; PV: Lohre 5.40, Taylor (US) 5.40; HT: Riehm 78.42; women's 100: Gohr (GDR) 11.09, Szewinska (Pol) 11.53; 200: (+0.4m) Koch (GDR) 22.18, Szewinska 22.98; 100H: Rot (Isr) 13.24; HJ: Meyfarth 1.92, Matay (Hun) 1.89, Brill (Can) 1.89. **25.8. Iserlohn.** 3000: GLEN GRANT 8:12.4. **27.8. Konstanz.** 100: Williams (Can) 10.37.

GREECE: Srejavic Triples 16.75m

11-13.8. Salonika. (Balkan Games) 200: Ivanov (Bul) 20.89; 400: Toboc (Rum) 46.04; 800: Savic (Yug) 1:46.9; 3000SC: Copu (Rum) 8:27.5, Bichea (Rum) 8:28.4; 400H: Tziortzis 50.01; HJ: Ozdamar (Tur) 2.20 (rec); LJ: Stekic (Yug) 8.02; TJ: Srejavic (Yug) 16.75, Ghioroae (Rum) 16.60w; women's 200: Ivanova (Bul) 22.89w; 400/800: Tarita (Rum) 52.06/1:59.4; 1500/3000: Puica (Rum) 4:05.1/8:47.5; 400H: Filipova (Bul) 56.68, Ivanova 57.12, Badescu (Rum) 57.23; HJ: Popa (Rum) 1.91; LJ: Anton (Rum) 6.56, Panait (Rum) 6.46w, Lambrou 6.46; Pent: Lorenci (Yug) 4351.

HUNGARY: Papp Scores 4675

1/2.7. Budapest. Dec: A. Kiss 7908 (rec); women's Pent: Papp 4675 (rec). **8/9.7. Budapest.** JT: Paragi 83.92; women's 400H: Mohacsi 57.81 (rec). **21-23.7. Budapest.** (Champs) LJ: Szalma 7.94; TJ: Katona 16.58; JT: Boros 84.46, Nemeth 83.44 (84.30 qual), Paragi 81.60; women's 1500: Lazar 4:11.1 (rec); LJ: Pap 6.57, Papp 6.54. **14.8. Budapest.** JT: Paragi 84.64. **18.8. Budapest.** 1000: Zemen 2:18.4 (rec). **21.8. Budapest.** 1500: Kispal 3:37.9.

ICELAND: Halldorsson In Form

13.8. Reykjavik. SP: Halldorsson 20.56; DT: Wilkins 66.90.

ITALY: World Record On 8th Jump

26.7. Rome. 200: Mennea 20.35; women's HJ:

Simeoni 1.95. **4.8. Brescia.** (Women: Poland 80, Italy 72) 400: Kacperczyk (P) 51.78; 400H: Blaszk (P) 56.73; HJ: Simeoni 2.01 (world rec; 1.80-1, 1.86-1, 1.89-1, 1.93-2, 1.98-2, 2.01-1). **5/6.8. Venice.** (Italy 105, Poland 105) 100/200: Mennea 10.43/20.61; 1500: Malinowski (P) 3:39.3; 5000: Cerrada (Spa) 13:40.6, Ortis 13:53.5; HJ: Wszola (P) 2.22; SP: Montelatici 20.13 (rec); HT: Podberscek 73.20; 4x100: Poland 39.20; 4x400: Italy 3:06.4. **10.8. Viareggio.** 100: Mennea 10.34, Williams (US) 10.38, Okodogbe (Nig) 10.54; 200: Mennea 20.29; 800: SEBASTIAN COE 1:45.7, Brahmi (Alg) 1:48.7, Grippo 1:48.8; 1500: Scott (US) 3:40.2, Paunonen (Fin) 3:40.3; 110H: Myasnikov (USSR) 13.64, Nehemiah (US) 13.65, Siai Siai (Nig) 13.91; 400H: Moses (US) 48.72; SP: Shmook (US) 20.12; women's 100: Uko (Nig) 11.48; LJ: Bell-Gam (Nig) 6.27. **20.8. Ligano.** HT: Orlando 75.76 (rec).

NETHERLANDS: Hermens v Tebroke

9.7. Nijmegen. 5000: Hermens won in 13:21.9 (not 13:21.5). **29.7. Noordwijkerhout.** Mar: (32°C) v.d. Weijden 2:28:37, Orvalho (Por) 2:32:40, KEVIN BREEZE 2:38:35. **4-6.8. Groningen.** (Champs) 10,000: Hermens 27:50.5, Tebroke 27:52.8. **12.8. Sittard.** Women's 3000: Van Roy (Bel) 9:03.4 (rec).

NORWAY: Wessing's Mighty Throw

3.8. Oslo. 1500: (57.0, 1:57.5, 2:57.1) STEVE OVETT 3:35.8, Scott (US) 3:36.0, Plachy (Cze) 3:37.9, Coghlan (RoI) 3:38.4, Engelund 3:39.4, Crawford (US) 3:39.9; 5000: Treacy (RoI) 13:28.3, Virgin (US) 13:28.8, D. Brown (US) 13:34.3, Dahl 13:34.9, Koussis (Gre) 13:35.4 (rec) ... 8, Kenny (RoI) 14:00.5; DT: Wilkins (US) 67.22, Hjeltne 65.44; JT: Wessing (Ger) 94.22 (rec; 2nd on all-time list), Thorslund 83.86; women's 3000: Waitz 8:37.8, Purcell (RoI) 8:58.4 (rec). **4.8. Oslo.** Women's 5000 Walk: Thorill Gylder 23:17.5 (world best). **11-13.8. Oslo.** (Champs) 5000/10,000: K. Kvalheim 13:35.0/27:50.8 (rec; 14:01.7, 13:49.1); JT: Grimnes 82.60; women's 1500/3000: Waitz 4:06.9/8:41.6.

POLAND: World Junior Record

6.8. Warsaw. TJ: Hegedis (Yug) 16.51. **8.8. Gdansk.** Women's JT: Blechacz 61.20. **12.8. Warsaw.** LJ: Cybulski 8.03; 10,000 Walk: Salonen (Fin) 41:43.7, Bulakowski 41:44.3; 20kmW: Ornoch 1:26:11, Rola 1:26:27. **13.8. Warsaw.** 100: Edwards (US) 10.36, Woronin 10.38; 400: Smith (US) 45.63; 1500: Malinowski (Pol) 3:37.4, GRAHAM WILLIAMSON 3:37.7 (European jnr rec), Morceli (Alg) 3:37.8, A. Gonzales (Fra) 3:38.3, Manke (US) 3:39.2, Matosz 3:39.3; 5000: Fedotkin (USSR) 13:27.1, Kowol 13:27.9, Antipov (USSR) 13:28.3,

CHARLIE SPEDDING 13:28.7, Brown (US) 13:33.9 . . . 10, MALCOLM PRINCE 13:39.1; 110H: (—0.1m) Nehemiah (US) 13.25 (world jnr rec), Pusty 13.66, Giegel 13.77; 400H: Moses (US) 48.85, Wheeler (US) 49.05, Graybehl (US) 49.83, Walker (US) 49.87; 4x100: Poland 38.81; HJ: Wszola 2.22; PV: Kozakiewicz 5.50, Slusarski 5.45; SP: Feuerbach (US) 20.33; DT: Schmidt (GDR) 69.54, Wilkins (US) 68.32; women's 800: Weiss (GDR) 1:57.0; 100H: G. Rabsztyń 12.77, Langer 12.89, Perka 13.00 (12.92 ht), E. Rabsztyń 13.12 (12.98 ht); 400H: Selenzova (USSR) 56.29, Kohn (GDR) 56.34, Kacperczyk 56.77, Blaszk 57.72 . . . 7, LIZ SUTHERLAND 58.87. 19.8. Poznań. LJ: Jaskulka 7.96. 20.8. Warsaw. Mar: Jarosiewicz 2:14:51, Pierzynka 2:15:03, Pawlik 2:15:06. 24.8. Spala. JT: Bielczyk 84.94; women's HJ: Kielan 1.89 (rec). 27.8. Bydgoszcz. DT: Wolodko 64.46.

RUMANIA: Marasescu Clocks 4:01.2
21/22.7. Bucharest. TJ: Corbu 16.59, Ghioroiaie 16.54; women's 3000: Marasescu 8:55.8, Puica 9:00.2. 6.8. Bucharest. Women's 2000: Puica 5:43.2. 13.8. Bucharest. Women's 1500: Marasescu 4:01.2 (rec).

SWEDEN: Young Hurdler Of Promise
5.7. Nyköping. 400H: Wheeler (US) 49.4; JT: Paragi (Hun) 84.90, Boros (Hun) 83.54, Nemeth (Hun) 82.76. 6.7. Gothenburg. 1500: Loikkanen (Fin) 3:38.9, Kane (US) 3:39.1, Nilsson 3:39.4;

SP: Beyer (GDR) 22.15 (world rec; 21.33, 22.15, 21.53, 20.94, —, —), Komar (Pol) 20.18, W. Schmidt (GDR) 20.18, Feuerbach (US) 19.78. 26.7. Malmö. 1500: STEVE OVETT 3:37.6, Scott (US) 3:41.3; 3000SC: Malley (US) 8:26.6, Brown (US) 8:27.2; 400H: Wheeler (US) 49.85; DT: Wilkins (US) 65.56, Martin (Aus) 59.20. 1.8. Karlskrona. 1500: Coghlan (RoI) 3:38.2; 3000: Treacy (RoI) 7:48.6, Glans 7:48.9; DT: Wilkins (US) 66.64, Bruch 60.78. 1.8. Pitea. SP: Halldorsson (Ice) 20.30. 4.8. Vadstena. Women's 3000 Walk: Gustavsson 13:44.8, Olsson 13:53.2. 5.8. Stockholm. (Champs) JT: Pihl 85.04; women's 400H: Ann-Louise Skoglund (born 28.6.62) 57.57 (world jnr best). 6.8. Vadstena. Women's 5000 Walk: Olsson 24.07. 17.8. Karlstad. HJ: Almen 2.22. 20.8. Kil. SP: Feuerbach (US) 20.40. 27.8. Handen. PV: Isaksson 5.38.

SWITZERLAND: Steve Williams 10.07/20.26
10.6. Aarau. JT: von Wartburg (41) 78.44. 1.7. Geneva. 15km road: BOB LUNNON 46:22, BOB TREADWELL 46.49, Moser 47.40. Team: Brighton Concorde. 5.8. Berne. 4x100: Switzerland 39.19. 13.8. St Gallen. (Champs) 200: Muster 20.67; women's 400H: Helbling 57.51 (rec). 16.8. Zurich. 100: (—0.1m) Williams (US) 10.07 (10.10 ht), Riddick (US) 10.22, Edwards (US) 10.28, McTear (US) 10.33, Leonard (Cub) 10.37 (10.36 ht), Ignatyenko

Continued on page 34

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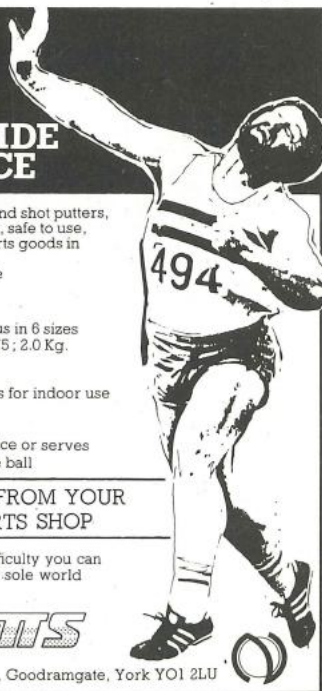
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SPOTLIGHT ON GRAHAM WILLIAMSON

European junior record holder for 1500 metres (3:37.7) at the age of 18

FULL name: John Graham Williamson. **Born:** Glasgow, 15.6.1960. **Height:** 1.80m (5'11"); **Weight:** 63kg (140lb). **Clubs:** Springburn Harriers and British Milers Club. **Coach:** Eddie Sinclair. **Hobbies and interests outside athletics:** "I go along to watch Rangers during the winter when I am not racing. Eddie and I sometimes try to play golf — with him normally winning the 'challenge' matches. I go along to the local pub with friends. I listen to quite a bit of music — Steely Dan, Doobie Bros, Genesis, etc — I used to go to concerts at the Apollo Theatre (Glasgow) before it got closed down. I try to lead a normal teenage life with athletics taking a back seat quite a bit". Nobody else in the family is "officially" involved with athletics but "my Dad has given me a lot of encouragement over the years as well as the rest of the family, who all get involved when they watch me running a big race on television". **Favourite events:** 800m, 1500m & mile — "all equal".

Brief details of achievements in major competitions: **1974** — 3rd Scottish Junior Boys CC. **1975** — 1st Scottish Schools 800; 2nd Scottish AAA Senior Boys 1500. **1976** — 2nd Scottish AAA Youths 800 & 1500; 1st Scottish

Schools 1500 — "lost rest of track season due to glandular fever"; 2nd Scottish Schools CC; 8th International Schools CC. **1977** — 1st Scottish Youths CC; 2nd Scottish Schools CC; 1st Scottish AAA Youths 800, 1500 & 3000; 2nd AAA Junior 1500. **1978** — 3rd Scottish AAA 1500; 1st Scottish AAA Junior 800 & 1500; 1st AAA Junior 1500; 2nd Emsley Carr Mile & European Junior record holder 1500m (3:37.7) and UK Junior Mile record holder (3:55.8).

Annual progression:

	800	1500	3000
1973	2:19.0	—	—
1974	2:10.0	4:35.0	—
1975	2:00.2	4:19.0	—
1976	1:56.3	4:01.0	—
1977	1:53.1	3:48.2	8:25.2
1978	1:50.5	3:37.7	8:00.7
		(3:55.8 mile)	

Started in athletics when "I was asked into Springburn by one of the better runners at the school, John Fleming. He was the Scottish Schools 800 champion; I felt quite chuffed at the time. I met Eddie on my first night at the club and he has coached me since 1973".

General description of a week's training in summer: (1978) Sunday — 10 Miles; Monday — 5 Miles easy/track 15 × 150m; Tuesday — 5 miles easy/20 × 200; Wednesday — 5 miles easy/15 × 300m; Thursday — 5 miles easy/15 × 400m; Friday — Rest; Saturday — Race or 5 miles run.

General description of a week's training in winter: (1977-78) Sunday — 10 miles; Monday — 3 miles easy/5 miles run; Tuesday — 3 miles easy/6 × 800m; Wednesday — 3 miles easy/3 × 1 mile repetition; Thursday — 3 miles easy/6 miles steady; Friday — Rest; Saturday — Race or 5 miles run.

Performance which has caused him the greatest disappointment was "my run at the Rotary Watches Games. I felt completely dead and very heavy. The whole field played straight into Steve Ovet's hands". The performance which has caused the greatest pleasure: "The Emsley Carr Mile was pleasing as it confirmed the running I had been showing in training. The Junior International in Lubeck was also pleasing. The 1:50.5/3:46.4 double at the Scottish AAA Junior was very satisfying. My 3:37.7 in Warsaw, in my opinion, could have been slightly faster, but I made a couple of bad mistakes".

Main rivals? "Obviously Robson, Clement and Moorcroft are the men directly in front of me, so they are the men to beat. Steven Cram when running well can be considered". Any top athletes who he particularly admires? "I think it is bad for someone in my position to 'particularly admire' top athletes as I will have to run against

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Graham wins AAA junior title in 3:39.7

Tim Pike

them. It puts you in an inferior position if you think of some athlete as a 'god' and you have to run against them. I admire John Walker and when I was younger I liked Bronislaw Malinowski. He was aggressive and seemed to me a perfect runner. This admiration came unstuck when I met him in Warsaw over 1500. He took me with 300 to go. I was right on him again with 200 left. However my mind told my body — 'this is Malinowski, I can't go past him! He got away about 8-10 yards round the turn, I fell back to fourth in the straight but fought back. In the end Malinowski beat me by about a yard. After pulling him back that much in the straight I wondered what I might have done if I had passed him with 200 to go'!

Short-term ambitions: "To get a good cross-country season behind me". Long-term aim: "To keep improving".

Ranelagh Harriers officers elected: President, R. Lofts; secretary, D. Dunn, 42 Tretawn Gradsens, London NW7 4NR (tel: 01-959 2934); assn secretary, A. Lovett (tel: Bookham 58539); assn secretary/fixtures, J. Forrest, Ashburnham, High Road, Chipstead, Surrey (tel: Downland 55258); treasurer, D. Fuller.

NATIONAL CHAMPIONSHIPS FOR VISUALLY HANDICAPPED

July 8th

(Partially Sighted) 100/200: A. Whetherly 12.1/26.0. 400/1M: J. Curry 57.0/5:28.0. 3000W: Thornton 19:16.0. HJ: T. White 1.45. LJ/TJ: P. Patterson 5.51/10.67. SP: P. Longuet 8.91. DT/JT: J. Howie 28.06/32.38. (Women) 60/100/200: J. Bartholomew 9.4/15.0/32.1. HJ: G. Brindley 0.95. LJ: J. Hoffman 3.84. SP: Bigham 6.02. DT/JT: M. Message 19.90/15.86. (Totally Blind) 60/100: G. Salmon 7.9/12.3. 3000W: M. Tetley 20:30.4. HJ: Salmon 125. LJ: M. Worsley 3.85. SP/DT/JT: D. Allanson 8.88/21.86/25.42. (Women) 60/100: E. Moody 9.8/15.8. LJ: M. Sheridan 1.64. SP: D. Sinden 4.79. DT/JT: Sheridan 13.66/10.12. NOTE:— The visually handicapped athletes would like to thank "A. Runner" for the donation.

SENIOR ILLUMINATION MEETING

At Blackpool, September 9th

Birchfield 92; Cannock 88; Wolverhampton & B 66; Elswick 55; Manx 22; Blackpool 17; Stoke 17.

Blackpool Mile: D. Messum (W&B) 4:06.6. HJ: Lee (Cann) 2.00. LJ: D. Anderson (B'field) 6.89. JT: S. Pearson (W&B) 66.88. (Women) Glasgow 83; W&B 55; Stoke 49; Blackpool 37; Cannock 15; Manx 13. HJ: Pinkerton (Glas) 1.70. LJ: Shelms (B&F) 5.40.

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HOW THE MILE RECORDS HAVE EVOLVED

World Record

4:06.4	Sydney Wooderson	28.8.1937	
	(58.6, 2:02.6, 3:07.2)		
4:06.1	Gunder Hagg	1.7.1942	
	(59.4, 2:01.2, 3:04.8)		
4:04.6	Gunder Hagg	4.9.1942	
	(57.2, 2:00.2, 3:04.2)		
4:02.6	Arne Andersson	1.7.1943	
	(59.4, 2:00.8, 3:04.0)		
4:01.6	Arne Andersson	18.7.1944	
	(56.8, 1:56.0, 2:58.5)		
4:01.3	Gunder Hagg	17.7.1945	
	(56.5, 1:59.2, 3:01.4)		
"	"	"	"
"	"	"	"
"	"	"	"
3:59.4	Roger Bannister	6.5.1954	
	(57.5, 1:58.2, 3:00.5)		
3:57.9	John Landy	21.6.1954	
	(58.5, 1:58.7, 2:57.2)		
"	"	"	"
"	"	"	"
3:57.2	Derek Ibbotson	19.7.1957	
	(56.0, 1:56.4, 3:00.3)		
3:54.5	Herb Elliott	6.8.1958	
	(56.4, 1:58.2, 2:59.2)		
3:54.4	Peter Snell	27.1.1962	
	(60.7, 2:00.6, 2:59.6)		
3:54.1	Peter Snell	17.11.1964	
	(56.4, 1:54.1, 2:54.3)		
"	"	"	"
3:53.6	Michel Jazy	9.6.1965	
	(57.3, 1:56.5, 2:57.4)		
"	"	"	"
3:51.3	Jim Ryun	17.7.1966	
	(57.9, 1:55.5, 2:55.3)		
3:51.1	Jim Ryun	23.6.1967	
	(59.0, 1:58.9, 2:57.4)		
"	"	"	"
3:51.0	Filbert Bayi	17.5.1975	
	(56.9, 1:56.6, 2:55.3)		
"	"	"	"
3:49.4	John Walker	12.8.1975	
	(55.8, 1:55.1, 2:53.0)		
"	"	"	"
"	"	"	"
"	"	"	"

UK Record

4:06.4	Sydney Wooderson	28.8.1937	
	(58.6, 2:02.6, 3:07.2)		
"	"	"	"
"	"	"	"
"	"	"	"
"	"	"	"
4:04.2	Sydney Wooderson	9.9.1945	
	(59.0, 2:00.5, 3:03.0)		
4:03.6	Roger Bannister	2.5.1953	
	(62.3, 2:04.2, 3:05.2)		
4:02.0	Roger Bannister	27.6.1953	
	(59.6, 1:59.7, 3:01.8)		
3:59.4	Roger Bannister	6.5.1954	
	(57.5, 1:58.2, 3:00.5)		
"	"	"	"
3:58.8	Roger Bannister	7.8.1954	
	(58.8, 1:59.4, 2:58.7)		
3:58.4	Derek Ibbotson	15.6.1957	
	(58.0, 1:58.3, 2:59.8)		
3:57.2	Derek Ibbotson	19.7.1957	
	(56.0, 1:56.4, 3:00.3)		
"	"	"	"
"	"	"	"
"	"	"	"
3:56.6	Alan Simpson	7.6.1965	
	(59.5, 1:59.4, 2:59.8)		
"	"	"	"
3:55.7	Alan Simpson	30.8.1965	
	(59.0, 1:59.6, 2:59.0)		
"	"	"	"
"	"	"	"
3:55.3	Peter Stewart	10.6.1972	
	(58.8, 1:59.0, 2:58.5)		
"	"	"	"
3:55.0	Frank Clement	30.6.1975	
	(59.9, 1:58.5, 2:57.7)		
"	"	"	"
3:54.7	Steve Ovett	26.6.1977	
	(60.0, 1:59.0, 2:59.6)		
3:54.2	Frank Clement	27.6.1978	
	(58.7, 1:59.1, 2:58.4)		
3:52.8	Steve Ovett	20.9.1978	
	(55.0, 1:55.2, 2:54.4)		

Steve Ovett, Britain's fastest ever runner at 1500m, mile and 2 miles, wins the European 1500m title from Eamonn Coghlan (148), Dave Moorcroft and Thomas Wessinghage.



Mike Street

MILE RECORDS 1937-78

The chart (left) traces the evolution during the past 40 years or so of the world and UK mile records. The intermediate times shown are, wherever it has been possible to ascertain, the $\frac{1}{4}$ M, $\frac{1}{2}$ M and $\frac{3}{4}$ M splits for the record-breaker himself.

AVALON LEAGUE

At Weymouth, July 9th

Yeovil 1500; Trowbridge 1063; Clevedon 862; Taunton 648; Dorchester 698; Weymouth 668; Mendip 189; Tiverton 45.

3000W: Jones (W) 13:47. (Youths) 3000W: J. Ball (W) 14:37. (Inter Women) 100: M. Davis (—) 12.6.

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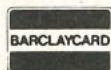


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Sale 130; Birchfield 119; Liverpool 113; Sheffield 98½; Leicester 91½; Stoke 81; Sparkhill 75.

100: 1, C. Monk (Leic) 10.7; 2, E. Tulloch (Sale) 10.7; 3, S. Norton (Liv) 10.8; 4, H. Brown (Birch) 10.9. **200:** 1, Tulloch 21.7; 2, Monk 21.8. **400:** 1, C. Hamilton (Sale) 47.5; 2, T. Hadley (Birch) 48.8; 3, D. Spencer (Liv) 48.9; 4, S. Mynard (Leic) 49.8. **800:** 1, R. Harrison (Liv) 1:52.3; 2, G. Nurse (Leic) 1:53.0; 3, P. Boswell (Sale) 1:53.3; 4, M. Farrell (Sheff) 1:54.7. **1500:** 1, P. Gaytor (Sale) 3:54.4; 2, F. Davies (Liv) 3:55.2; 3, J. Potts (Birch) 3:55.6. **5000:** 1, J. Woods (Liv) 14:28.6; 2, R. Bailey (Sheff) 14:33.8. **10,000:** 1, D. Murphy (Liv) 29:56.8; 2, P. Rawnsley (Sheff) 30:48.8. **3000SC:** 1, D. Frith (Sheff) 9:12.0; 2, P. Gaytor (Sale) 9:14.6; 3, M. Knowles (Leic) 9:34.2. **110H:** 1, D. Jones (Sale) 15.2; 2, R. Simpson (Birch) 15.2; 3, D. Hall (Leic) 15.3. **400H:** 1, Hall 53.9; 2, M. Davidson (Sale) 54.6; 3, M. Millward (Stoke) 55.1; 4, D. Hislop (Birch) 55.4; 5, I. Elliott (Liv) 56.8. **HJ:** 1, F. Redley (Spark) 2.05; 2, A. Ord (Sale) 2.05; 3, R. Gater (Stoke) 2.05; 4, K. Lobb (Birch) 1.95. **PV:** 1, G. Ward (Stoke) 4.00; 2, Lobb 3.90; 3, M. Corden (Sheff) 3.60. **LJ:** 1, A. Moore (Birch) 7.51; 2, A. Earle (Spark) 7.00; 3, K. Atkinson (Stoke) 6.88. **TJ:** 1, D. Johnson (Sheff) 15.68; 2, E. McCalla (Birch) 15.48; 3, Earle 14.65. **SP:** 1, G. Tyler (Sale) 14.58; 2, M. Holmes (Liv) 14.22; 3, Corden 13.26. **DT:** 1, Tyler 51.74; 2, Corden 42.88; 3, R. Weir (Birch) 41.32; 4, Holmes 40.44. **HT:** 1, A. Woods (Birch) 55.42; 2, J. Newett (Liv) 46.88; 3, D. Bell (Sale) 46.38. **JT:** 1, J. Ferrary (Leic) 59.24; 2, N. Smith (Birch) 57.52. **4x100:** 1, Leicester 42.0; 2, Birchfield 42.4; 3, Liverpool 42.4. **4x400:** 1, Sale 3:15.0; Liverpool 3:16.4; 3, Birchfield 3:22.5; 4, Leicester 3:22.8.

(Women): Sale 94; Liverpool 87; Birchfield 87; Sheffield 69; Cannock Chase 61; Leicester 54; Dorothy Hyman TC 50; Stoke 49.

100: 1, J. Hoyte (D Hy) 11.9; 2, M. Probert (Sale) 11.9; 3, M. Ascroft (Birch) 12.0. **200:** 1, Probert 24.1; 2, J. Colebrook (Cann) 24.8; 3, L. Callon (Birch) 25.5. **400:** 1, Hoyte 53.5; 2, E. Beton (Sale) 54.8; 3, R. Livingstone (Liv) 56.4; 4, L. Gillespie (Sheff) 56.5; 5, K. Bissell (Birch) 56.5; 6, L. Greenwood (Leic) 59.0. **800:** 1, Colebrook 2:02.7; 2, G. Dainty (Birch) 2:07.2; 3, S. Simpkin (Sale) 2:10.3; 4, S. Johnson (Leic) 2:13.4; 5, S. Airey (Sheff) 2:14.8; 6, J. Simcock (Stoke) 2:17.0. **1500:** 1, T. Bateman (Birch) 4:25.5; 2, Simpkin 4:26.8; 3, J. Furniss (Sheff) 4:46.1; 4, Holmes 4:47.7. **3000:** 1, B. Schofield (Sale) 9:51.8; 2, Holmes 10:16.6; 3, S. Brown (Sheff) 10:26.2; 4, C. Readdy (Stoke) 10:33.0. **100H:** 1, C. Hardaker (Liv) 14.1; 2, L. Bennion (Stoke) 14.2; 3, R. Howell (Birch) 14.6; 4, S. Frisby (Leic) 15.0; 5, J. Sykes (D Hy) 15.3; 6, V. Langley (Sheff) 15.6. **400H:** 1, Hardaker 62.9; 2, Langley 63.9; 3, C. Petitjean (Birch) 64.2; 4, B.

Butcher (Sale) 64.6; 5, L. Ilderton (Stoke) 64.6; 6, Frisby 66.1. **HJ:** 1, D. Elliott (Leic) 1.80; 2, V. Rutter (Liv) 1.78; 3, Langley 1.75; 4, J. Harrison (Birch) 1.75; 5, V. Kelly (Stoke) 1.70; 6, S. Hunt (Sale) 1.70; 7, Sykes 1.70; 8, H. Spencer (Cann) 1.65. **LJ:** 1, R. Howell 5.99; 2, V. Mullin (Liv) 5.86; 3, G. Morton (Leic) 5.62. **SP:** 1, Y. Ritchie (Sale) 12.63; 2, A. Storrs (Sheff) 11.71; 3, J. Williams (Cann) 11.70; 4, M. Laing (Liv) 11.22; 5, C. Pearson (Stoke) 10.79; 6, Morton 10.60. **DT:** V. Hindley (Cann) 37.78; 2, L. Charlton (Birch) 34.76. **JT:** 1, J. Williams 43.36; 2, B. Shale (Sheff) 41.60; 3, P. Brindle (Sale) 38.90. **4x100:** 1, Sale 46.5; 2, Birchfield 47.4; 3, Liverpool 47.4; 4, DHTC 49.3; 5, Sheffield 49.9. **4x400:** 1, Liverpool 3:47.3; 2, Birchfield 3:47.4; 3, Sale 3:50.2; 4, DHTC 3:56.6; 5, Sheffield 3:57.4.

TVH OPEN GRADED MEETING**At West London, September 6th**

200: 1, A. Bell (Wake) 22.2; 2, A. Parker (Brigh) 22.3. **800:** 1, C. Sly (Felt) 1:52.3; 2, G. Long (BMC) 1:52.4; 3, J. Day (TVH) 1:52.6; 4, S. Larder (W&B) 1:53.6; 5, M. Christie (BMC) 1:53.9; 6, P. Hoddy (Glos) 1:54.7. **3000:** 1, R. Callan (Leic) 8:19.8; 2, J. Davidson (Sheff) 8:25.8; 3, M. Foster (Shaft) 8:27.2. **HT:** 1, M. Mileham (WG) 63.82; 2, P. Dickenson (BoE) 63.06; 3, P. Gordon 56.94. **(Juniors) HT:** R. James (WLHS) 60.86. **(Youths) HT:** 1, M. Zaidman (Har) 53.44; 2, M. Jones (Craw) 47.00; 3, S. Blackwell (Shaft) 45.42. **(Boys) HT:** 1, A. Kennelly (WLHS) 61.50; 2, R. Fedder (TVH) 42.08. **(Women) 3000:** 1, L. Harvey (BMC) 9:26.6; 2, C. Brace (BMC) 9:49.2; 3, D. Wilkins (BMC) 10:07.0; 4, W. Purser (BMC) 10:11.0; 5, S. Harris (BMC) 10:24.8; 6, J. Baker (BMC) 10:40.0.

NORTHERN COUNTIES DECATHLON CHAMPS**At Kirkby, September 9th/10th**

1, M. Pickering (CoH) 6077; 2, T. Straker (NS Poly) 5552; 3, D. Appleton (Sale) 5381; 4, D. Turner (D&C) 5112; 5, I. Elliott (Liv) 5009; 6, P. Mackie (Liv) 4845; 7, W. Lonsdale (Stret) 4789; 8, D. Galsworthy (NS Poly) 4281. **(Juniors):** 1, D. McComb (Liv Pem) 5950 (6.84; 15.8; 4.00); 2, C. Hayton (Leeds C) 5597 (15.9); 3, M. Ahearne (S'ton) 4849; 4, M. Ashley (S'ton) 4412.

ROYAL NAVY CHAMPIONSHIPS**At Portsmouth, July 27th/28th**

(Decathlon): 1, A. Woodin 5652; 2, T. Lewis 5578; 3, N. McPhee 5500 (3.70); 4, E. Fitzgerald 5035 (3.80); 5, C. Hazlewood 4687; 6, A. MacLoughlin 4678; 7, B. Rodgers 4541. **(Juniors):** 1, MacLoughlin 4679; 2, J. Russell 4262; 3, P. Sandall 4259. **(10,000m):** 1, R. Ward 30:21.4; 2, S. Hall 31:02.4. **(Pentathlon):** J. Walsh 2806.

Jogging For Health

JOGGING plays an important part in the Sports Council's newly launched "Sport For All — Come Alive!" campaign. Research carried out for the Sports Council on the relationship between exercise and health concludes . . . "Exercise can make an important contribution to health and well-being. It is now clear that the less active members of the general public would benefit from increasing their levels of physical activity".

The Sports Council's message is that regular exercise will . . .

- * Add a new and enjoyable dimension to life
- * Create a feeling of well-being, vigour and fitness

- * Improve the functioning of heart and lungs
- * Develop good posture and increase the flexibility of joints

- * Help to control weight

- * Reduce the risks of coronary heart disease

* . . . ADD LIFE TO YEARS AND PERHAPS YEARS TO LIFE.

The Sports Council leaflet on jogging for health (available from The Sports Council, 70 Brompton Road, London SW3 1EX) poses and answers the following questions:-

Why jogging?

The Sports Council's Medical Advisory Group on Exercise and Health believes that . . . "Regular dynamic and rhythmic exercise involving large muscle groups, as in brisk walking, jogging, swimming and cycling produces a wide range of beneficial effects". Jogging is a simple and efficient way of stimulating the circulation and exercising the heart and lungs.

What is jogging?

Jogging has experienced a dramatic upsurge in popularity in recent years as one of the best ways of bringing your body back to condition for day to day living. Quite simply, it is an informal activity which involves running in a comfortable rhythmical fashion.

What equipment do I need?

A T-shirt or sweater, an old pair of jeans, and footwear with thick rubber or well-cushioned soles. Although a tracksuit is a bonus, it is important to keep warm. At night it is sensible to wear light-coloured clothing.

Where can I jog?

Anywhere! Just open your front door and off you go! If possible, use woodland or grassed areas rather than hard surfaces as this is easier on the legs and feet, and you are less likely to suffer an irritating tear of a ligament which can put you

out of action for a time. Don't run downhill too fast, as this may cause injury and the conditioning effect is rather modest.

How should I jog?

Simply jog in a style which is natural and easy for you. With practice there is little doubt that your style will become efficient. Take a friend, the children — or dog — along for company.

Am I too old?

The pace can be adapted to suit the age and fitness of everybody; but if you have not exercised for some years, spend a couple of weeks walking regularly before starting jogging.

Don't be impatient — give yourself time to improve.

When is the best time?

Any time of the day or night is suitable — but it is better to jog before rather than after eating. Try it one weekend to start with, when you have a bit of extra time.

For how long should I jog?

Start gently and don't strain yourself. If you get out of breath, walk for a while. Eventually you should aim to jog continuously for at least ten minutes at least three times a week.

At what pace?

Use your common sense. Don't try to keep up with people who are younger or fitter. If you become breathless or very tired, slow down or walk until you have recovered. Whilst jogging it should be possible to carry on a conversation with a friend. In other words, you should be able to *run at talking pace*.

Some sensible precautions

If you feel really distressed from breathlessness or fatigue (and milder degrees of these are normal) or if you experience chest pain on exercising, you should stop exercising until you have consulted your doctor. However most people do not need a medical examination before starting on a suitable and progressive exercise programme. Those who have known or suspected heart or lung disease, or have other worries about their health, should first consult their doctors.

In a recent report the Royal College of Physicians and British Cardiac Society advised that:

Most people do not need a medical examination before starting an exercise programme. There are no risks in regular dynamic exercise as long as the programme begins gently and only gradually increases in vigour.

Where can I obtain further advice?

In addition to jogging there are many other types of active recreation which can be enjoyed anywhere and at whatever level is suitable for

you. If you require further guidance about the facilities which exist in your area, or about where you can take up the activity of your choice, try contacting your local authority, who should be able to provide the necessary details.

Alternatively your regional office of the Sports Council will be able to supply the address of county and regional sports associations, local sports councils, and those concerned with sport and recreation in your local authority.

For general information about participation in the whole range of sports available you can write to the Information Centre at Sports Council Headquarters. A considerable range of publications is available to visitors to the Centre and specific reading lists can be supplied on request.

NATIONAL JOGGING CLUB

Last month saw the launch of the National Jogging Club, sponsored by Complan. From now on potential and seasoned joggers from all over the country will be able to join the National Jogging Club for a membership fee of 50p and receive advice, information and an authoritative handbook.

Not all joggers want to jog alone. Jogging activities are taking place throughout the country and several independent jogging groups already exist. The National Jogging Club has been formed to act as a central co-ordinating body to unite and advise all joggers and those wishing to take up jogging.

The aims of the National Jogging Club are:

- * To promote jogging as a valuable contribution to all sport and better health.
- * To provide a central focal point for dissemination of basic information, exchange of ideas, encouragement and publicity to help more people jog on a long term basis.
- * To provide advice to individual joggers, those wishing to lead a jogging group or participate in one.
- * To initiate jogging events and to participate in other organisations' promotions of jogging.

Complan, a Farley Health Product brand with an established interest in health that underlines fitness and health for all, is providing funds to run the National Jogging Club. Application for membership can be made in writing to the Secretary, National Jogging Club 114 New Bond Street, London, W1Y 9AB, enclosing a cheque or postal order for 50p, made payable to the National Jogging Club. General enquiries should be made to the Secretary (Tel: 01-629 5701)

YES, IT WAS FUN!

The Sunday Times' National Fun Run in Hyde Park last Sunday week proved to be a monumental success. The staggering total of 11,822 men, women and children, ages ranging from 80 down to 4, took part in the runs over a twisting but mercifully flat 4km course, and around 30,000 others lent their moral and vocal support. The organisers had no hesitation in announcing that there would be another National Fun Run in 1979, which is cheering news to those who, like myself, both participated and spectated.

The event, the first of its kind in Britain and a most welcome innovation, was not without its teething troubles. The arrangements made for runners to collect their numbers proved woefully inadequate; long queues formed and it was absolute chaos once one eventually got into the marquee where the numbers were being distributed. A different procedure must be followed next year. Why not, for instance, simply post the number to be worn by the runner at the time the entry is confirmed? There were loud mutterings of discontent in the queue, some of the anxiously waiting would-be participants threatening to break ranks and 'do a Capes', and the first of the 13 runs had to be started a quarter of an hour late, but that was the only major grumble . . . though some additional portable toilets and refreshment facilities would have been appreciated. The runs were well marshalled, every finishing position was recorded on an ICL mini-computer (and all entrants will be receiving, along with a finishing certificate where applicable, a booklet containing complete results), and those with sharp eyes could even read their time off a digital clock as they crossed the line by the Serpentine.

For scrubbers like me in the 40-49 class, it was a Walter Mittyish occasion . . . a chance to rub shoulders with some of the great names of years gone by. Little did I think that one day I would line up alongside such figures as Bruce Tulloh (still ferociously fit, he was a runaway winner in around 11 minutes), Stan Eldon, John Disley and Alan Perkins! For the keen jogger who feels he or she isn't really good enough to take part in club competition but welcomes the occasional "racing" situation and the warm feeling of camaraderie and good humour that these mass events promote, fun runs are ideal. There is no pressure; the runner can either jog along comfortably in the company of kindred spirits, or be competitive and find his or her own level. What's more, it really is FUN

Mel Watman

* Forthcoming fun runs include one starting from Tooting Bec Track at 9 am on October 15th and one at Gateshead Bowl at 11.30 am on November 25th. Organisers of such events are invited to send us advance details.

LEAGUE RESULTS

NORTHERN LEAGUE

(Division One)

At Nottingham, August 26th

Leeds City 253; Derby & City 218; 3, Longwood 214; Rowntrees 211; Wakefield 209; Sale 'B' 164.

100: 1, K. Bennington (R) 10.8; 2, A. Bell (W) 10.9. 200: 1, Bell 22.1; 2, Bennington 22.2. 400: 1, Bell 48.8; 2, C. Beaumont (LC) 48.9; 3, W. Shand (L) 49.5. 1500: 1, Wilkinson 3:46.4; 2, N. Lees (D) 3:47.3. 3000SC: 1, G. King (L) 9:18.0; 2, D. Reeves (D) 9:18.8. 110H: 1, A. Shaw (L) 15.3; 2, Bell 15.7; 3, S. Tomaszewski (S) 15.9. 400H: 1, Bell 53.7; 2, J. McGing (D) 54.4; 3, W. Shand (L) 54.8. PV: Murphy (LC) 3.66. LJ: Bennington 6.75. SP: 1, Lindley (LC) 15.35. DT: P. Armstrong (LC) 43.76. HT: K. Madden (S) 42.44.

NORTHERN WOMEN'S LEAGUE

(Division Three)

At St. Helens, July 30th

Pembroke 555; Blackburn 553½; Sutton 480½; Spennborough 420; Pilkingtons 406½; Lincoln Well 354½.

400: J. Croasdale (B) 57.8. (Inters) 200: W. Brown (Pem) 25.7. 800: Croasdale 2:20.7. 200H: Brown 31.7. (Juniors) 100/200: C. Hollindrake (Pem) 12.8/26.1. 1500: D. Ridings (B) 4:51.5.

At Cleckheaton, September 3rd

Liverpool Pembroke 534½; Blackburn 503; Pilkingtons 494; Sutton 470½; Spennborough 440½; Lincoln Well 360½.

200/400: A. Foster (Sp) 25.1/56.3. SP: V. Weston (L) 10.69. DT: L. Dykes (B) 40.40. JT: A. Fish (B) 35.14. (Inters) 800: J. Croasdale (B) 2:20.7. (Juniors) 100 (B): A. Jemmisson (B) 12.7. 75H: J. McNichol (B) 12.1.

(Division Five)

At Oldham, July 29th

Houghton 562½; Bolton 506; Oldham 470; Blackpool 312½; Lancaster 207; Holy Family 168.

3000: D. Parsons (Bolt) 10:37.9. (Inters) 200/LJ: S. Helme (B'pool) 26.0/5.25. (Juniors) SP: B. Crouchley (Old) 11.19. DT: J. Manley (Bolt) 27.52.

MIDLAND COUNTIES LEAGUE

(Division One)

At Wolverhampton, August 19th

Birchfield 159; Tipton 114; Wolverhampton & Bilston 112; Leicester 98; Sparkhill 95; Notts 59.

200: 1, C. Monk (L) 21.9; 2, R. Walters (W&B) 22.2. (B): 1, N. Jackson (W&B) 22.2; 2, D. Butler (L) 22.4. 400: S. Mynard (L) 50.2. 3000SC: A. Holden (T) 9:22.4. (B): T. Milosorov (T) 9:22.4. 110H: 1, R. Simpson (B) 15.3; 2, D. Hall (L) 15.4. 400H: Hall 54.1. PV: 1, C. McCarthy

YOU CAN ALWAYS TELL A ROTTER BY HIS TOTAL LACK OF SCHWEPPE'S!

Don't be a rotter, get your entry off for the

Schweppes International Cross Country Races

at

GATESHEAD, SATURDAY, 25th NOVEMBER, 1978

PROGRAMME

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

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

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

ENTRIES: 30p per person. Please specify, D.O.B. of every entrant, which race, and club. If pre-race details are required then a S.A.E. should be enclosed with entry. CLOSING DATE 1st POST MONDAY, 13th NOVEMBER.

Accommodation lists available on request.

CHEQUES AND P.O.s. PAYABLE TO GATESHEAD M.B.C. AND SENT TO:

SCHWEPPE'S X COUNTRY, DEPARTMENT OF SPORTS AND RECREATION, ALEXANDRA ROAD, GATESHEAD, NE8 4JA Tyne and Wear.

Telephone (0632) 773939/772060.

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

(W&B) 4.15; 2, D. Anderson (B) 4.00; 3, R. Brown (N) 4.00. (B): K. Lobb (B) 4.00. LJ: A. Earle (S) 7.10. (B): D. Perkins (S) 6.78. TJ: 1, Perkins 15.35; 2, A. Flowers (B) 14.24. (B): Earle 15.06. HT: 1, A. Woods (B) 53.58; 2, P. Green (W&B) 42.66. (B): R. Weir (B) 48.12. 4×100: Leicester 43.0. (Youths) JT: G. Hadley (T) 56.68.

SOUTHERN WOMEN'S LEAGUE

(Division Two)

At Cophthall, September 2nd

Bognor 155; Barnet 154; Croydon 153; Feltham 144; Uxbridge 108.

100: 1, S. Ratcliffe (Croy) 12.0; 2, L. Talbot (B'nor) 12.2. 200: Ratcliffe 24.7. 800: W. Smith (Felt) 2:09.5. 1500: T. Hook (Felt) 4:41.6. 3000: J. Adams (Barn) 10:09.8. 100H: A. Ferris (Felt) 15.6. (B): N. McGee (Felt) 15.7. 400H: S. Byrne (Croy) 65.8. LJ: N. McGee 5.44. DT: M. Russell (B'nor) 34.80. (Junior) 100: M. Goode (Croy) 12.5. 200: A. Close (Felt) 26.3. 1500: 1, D. Thomas (B'nor) 4:54.6; 2, A. Trainor (Barn) 4:59.9. HJ: J. Matthews (Barn) 1.56. LJ: Goode 5.12.

At Haringey, September 2nd

Haringey 177; Thurrock 155; Windsor S&E 138; Harlow 138; Wigmore 100.

100: H. Hunte (Har) 12.0. 200: 1, Hunte 24.5; 2, Wilson 25.1. 800: K. Timson (Thur) 2:13.5. (B): B. Stone (Thur) 2:14.1. 3000: 1, Stone 10:08.6; 2, A. Tamplin (Har) 10:28.8. 100H: V. Douglas (Wig) 14.6. HJ: J. Browning (Wind) 1.65. LJ: Browning 5.55. SP: 1, S. Tudor (Har) 13.95; 2, M. Lynch (Thur) 11.61. (B): G. Gij (Thur) 11.34. DT: Tudor 42.70. JT: M. Jervis (Har) 49.90. 4×100: 1, Haringey 48.2; 2, Wigmore 48.5. (Junior) 800: S. Pickett (Har) 2:22.4. 1500: K. Hughes (Thur) 4:43.8. 75H: C. Sewell-Alger (Har) 11.9. HJ: K. Gentry (Thur) 1.58. (B): H. Cushen (Thur) 1.58. LJ: P. Blake (Har) 5.20. SP: G. Achille (Har) 9.72. JT: J. Cole (Har) 32.64. 4×100: Haringey 51.7.

At Norbiton, September 2nd

Surrey 157; Worthing 156½; Basildon 156; Dartford 155½; Tonbridge 102.

400H: R. Davey (Sy) 68.2. LJ: M. Chitty (Sy) 5.58. SP: J. Howland (Sy) 10.63. (Junior) HJ: 1, K. Bachtiger (Worth) 1.60; 2, V. Walsh (Ton) 1.55. LJ: Bachtiger 5.23. DT: S. Legray (Dart) 27.08.

At Battersea Park, September 2nd

Crawley 178; Selsonia 157; Ashford 152; Norfolk 142; Cambridge 54.

100/200: P. Baker (Nor) 12.0/25.0. HJ: 1, R. Stratton (Craw) 1.70; 2, J. Minnott (Sel) 1.70. LJ: 1, D. Gray (Nor) 5.61; 2, S. Simmons (Sel) 5.48; 3, J. Baker (Craw) 5.42. SP: J. Mullings (Sel) 10.88. JT: 1, A. Farquhar (Sel) 46.72; 2, J. Lintern (Craw) 39.65. (B): J. Rose (Sel) 45.62. 4×100: Selsonia 49.2. (Junior) 100: D. Doyley

(Sel) 12.7. LJ: J. Proud (Camb) 5.13. DT: 1, Doyley (Sel) 29.88. JT: R. Miller (Craw) 32.32.

(Division Three)

At Hornchurch, August 12th

Havering 222; Fleet 137; Eastbourne 121; Peterborough 112; Vale of Aylesbury 97.

400: J. Davis (H) 57.5. (B): D. Kiernan (H) 56.8. 3000: M. Braines (P) 10:41.2. 400H: 1, R. Chettleburgh (H) 65.9; 2, C. Hills (F) 68.1. 4×400: Havering 3:59.1. (Juniors) 800: 1, P. Peterson (H) 2:20.7; 2, E. Beeching (E) 2:22.0.

At Guildford, August 12th

Guildford 124; Basildon 189; Sutton 157; Parkside 151; Woking 96.

(Juniors) 1500: M. Riley (B) 5:01.2. 75H: 1, S. Convey (G) 11.8; 2, L. Keogh (B) 12.0.

At Yeovil, August 12th

Fareham 186; Bristol 162; Yeovil 150; Trowbridge 134; Swindon 96.

200: K. Sait (F) 25.5. (Juniors) HJ: K. Gullson (F) 1.53.

At Watford, August 12th

Hillingdon 198; Ipswich 191; Aldershot 114; Watford 95; Andover 0.

HJ: C. Barber (H) 1.63; 2, S. Ball (W) 1.60. (Juniors) 1500: M. Glading (I) 5:02. SP: I. King (I) 11.81.

At Battersea Park, August 12th

East Kent 190½; Herne Hill H 190; Newbury 134; Redhill & Reigate 61½; Walton 0.

At Harrow, September 2nd

Fareham 183; Parkside 183; Ipswich 137; East Kent 130; Aylesbury 89.

(Junior) SP: S. King (Ip) 12.17. DT: L. Highman (Fare) 27.96. JT: N. Bradshaw (Fare) 30.49.

At Redhill, September 2nd

Sutton & Cheam 189; Swindon 187; Fleet & Crookham 157; Redhill & Reigate 115.

400: C. Hills (F&C) 68.4. (Junior) HJ/JT: C. Liqueurish (S&C) 1.53/29.00.

At Hayes, September 2nd

Basingstoke 180; Trowbridge 156; Hillingdon 143½; Peterborough 124; Herne Hill 106½.

At Woking, September 2nd

Bristol 217; Woking 154½; Aldershot 152½; Eastbourne 137.

400H: S. Davidson (W) 68.4. (Juniors) 100: 1, S. Bland (B) 12.7; 2, J. Wick (E) 12.7. 75H/HJ: J. Edwards (B) 12.2/1.57. SP: C. Keep (B) 9.70. JT: Bland 29.50.

At Guildford, September 2nd
Havering 187½ Yeovil 173; Guildford 164;
Newbury 96½; Watford 84.

HJ: I McCormack (Hav) 1.63. 100H: A. Hodge (Yeo) 15.9. (Juniors) 75H: 1, S. Covey (G&G) 11.9; 2, D. Haywood (Hav) 12.1

SCOTTISH LEAGUE (Division One)

At Carlisle, August 20th

Border 393; Central Region 351; Clyde Valley 348; Ayrshire 348; Vale of Leven 298; Pitreavie 179.

(Boys) SP: J. Stuart (CR) 12.96. (Women): Pitreavie 288; Central Region 288; Border 287; Clyde Valley 283; Vale of Leven 238; Paisley 184. 1500: K. Robinson (Bor) 4:41.0. DT: S. Ball (Pit) 36.18. (Girls) 1500: C. Candlish (Pit) 5:10.9.

(Division Two)

At Carlisle, August 20th

Kilbarchan 385; Victoria Park 367; Law & Dist 326; Dumbarton 267; Paisley 200; Lothians 183. (Women): Victoria Park 339; Ayrshire 310; Greenock 262; Law & District 246; Kilbarchan 213; Lothians 125.

SCOTTISH & NEWCASTLE WOMEN'S LEAGUE

At Meadowbank, August 13th

3000: P. Gunstone (EAC) 10:05.4. 100H: 1, F. Macauley (ESH) 14.5; 2, R. Hudson (NSP) 15.0. HJ: 1, I. Watt (EAC) 1.70; 2, Hudson 1.65. LJ: C. Pears (NSP) 5.40. DT: A. Robinson (NSP) 35.58. (Inters) 100/200: A. Reid (EAC) 12.2/24.7. SP: K. Townsend (GAC) 10.37. 4x100: EAC 50.2. (Juniors) 200: G. Grantham (ESH) 26.2. HJ: C. Aitchison (GAC) 1.55. JT: A. Lockton (EAC) 32.22. (Girls) 60H: E. Barratt (ESH) 11.0. (B): A. Pringle (ESH) 11.0.

WELSH LEAGUE (Division One)

At Cwmbran, August 26th

Carmarthen 270; Newport 254; Bridgend 150; Aberdare 142; Rhondda 140; Swansea 95. 400: Owen (C) 50.3. 400H: 1, C. Davies (N) 55.2; 2, R. Davies (C) 55.4. 3000SC: M. Lane (N) 9:34.0. PV: I. Rees (C) 3.60. DT: K. Latten (R) 41.28.

(Division Two)

At Cwmbran, August 26th

Cardiff 290; Barry 273; Cleddau 234; Aberystwyth 132; Torfaen 81. 400H: N. Hammersley (Cle) 56.3. 3000SC: B. Griffiths (Card) 9:33.8. HJ: A. McIver (Gst) 1.90.

"ROSENHEIM" LEAGUE (FINAL MATCH)

At Tooting, August 16th

Herne Hill 81; Surrey AC 69; Hercules Wimbledon 60; SLH 60; Walton 58; Croydon 38; Surrey Beagles 30.

HJ: Cham (HH) 1.91. SP: J. Fenge (HW)

13.06. DT: P. Edwards (Walt) 40.22. (Youths) SP: P. Todd (Sy B) 14.17. DT: 1, Todd 45.80; 2, R. Dillibero (Sy) 40.22.

MIDLAND YOUNG ATHLETES LEAGUE At Birmingham, August 6th

Match 'A'

Birchfield 320½; Wolverhampton & B 273½; Cannock 254; Sparkhill 226.

100: 1, F. Campbell (B) 11.1; 2, R. Minor (C) 11.3. (B): T. Henry (B) 11.3. 200: P. Brown (B) 22.7. 400: Brown 49.7. (B): S. Medford (B) 51.6. 800: 1, N. Harper (W) 1:59.3; 2, D. Constable (B) 2:00.0. 1500: 1, Harper 4:01.6; 2, D. Pemberton (B) 4:02.6. 3000: 1, M. Weaver (B) 8:52.2; 2, D. Harper (W) 9:07.2. 1500SC: 1, D. Bennett (B) 4:29.6; 2, P. Davis-Hale (C) 4:35.5; 3, R. Brightman (W) 4:37.2. 100H: 1, G. Myles (W) 14.1; 2, M. Strawford (B) 14.3. (B): J. Ashley (B) 14.5. 400H: 1, T. Greaves (S) 58.2; 2, A. Thorn (B) 59.0; 3, S. Marlow (C) 60.2; 4, C. Winterbottom (W) 61.1. (B): D. Taylor (B) 59.4. TJ: A. Bloomfield (S) 13.61. (B): I. Worrall (S) 13.51. DT: F. Bacon (C) 46.04. HT: T. Spink (S) 48.22. JT: M. Williams (S) 52.38. (Boys) 100: 1, M. Grzesiak (W) 11.7; 2, R. Hunter (S) 11.8; 3, A. Smith (B) 11.9. (B): D. Deans (B) 12.0. 200: Grzesiak 24.2. 400: C. Gregory (B) 55.4. 3000: J. Abbis (W) 9:45.8. 80H: 1, K. Moore (W) 11.5; 2, R. Hanson (S) 11.9; 3, A. Leslie (B) 12.2. HJ: N. York (W) 1.70. LJ: A. Booton (W) 5.83. TJ: S. Lawrence (W) 12.14. SP/HT: P. Weir (B) 12.62/39.52. (Match 'B'): (Boys) 400: 1, C. Rocky (N) 53.8; 2, C. Powell (C) 54.5. (Colts) 1500: S. McDevitt (C) 4:47.0.

The new secretary of the Midland Counties Cross-Country Association is Jim Skidmore, "Trelawney", The Green, Wordsley, Stourbridge, West Midlands (Tel: Kingswinford 88219), who takes over from David Denton.

The new Treasurer of the Welsh AAA is D. John Jones, 21 Channel View, Bryncoch, Neath, West Glamorgan (Tel: Neath 57933). His office address: Midland Bank Ltd, 34 Heol Eglwys, Ystradgynlais, Swansea (Tel: Glangtawe 843236).

The 1978 Civil Service Marathon Championship is to be held in conjunction with the Unigate Marathon at Harlow. There is no additional entry fee, but Civil Service or Post Office Employees wishing to run should enter the Open race and put "Civil Service" on their entry forms.

The new secretary of West Cornwall AC is Mrs M. Hosking, Westward, Lower Broadlane, Redruth (Tel: Redruth 213437).

CORRECTIONS

It was Margaret Coomber not Ann Clarkson who was 2nd in the 800 (2:06.3) in the Norway v Scotland match . . . The correct result of the shot in the SCAA v Middx v CS v Oxbridge match was: 1, Paul Rees 16.30m; 2, Simon Rodhouse 16.25 . . . Adam Garforth (Ex B), not Robert Earle, was 2nd in the Southern junior discus championship (47.08m) . . . The correct result of the Southern junior 3000 after 5th place should read: 6, P. Lanfear (Read) 8:31.8; 7, C. Hensby (Wok) 8:38.8; 8, J. Alcock (Eps) 8:42.0 . . . Sid Clark was 4th (15.57m) in the shot at Hendon on June 21st, not 5th (14.57) as printed . . . We are advised that winner of the Welsh junior 400 title was David Barlow (Newcastle AC) in 51.1 . . . Earl Tulloch, not Steve Green, was 3rd in the 200 (21.23w) at the McEwan's Games at Gateshead . . . It was Roy Dickens who ran the first leg for Britain in the 4x400 against Finland . . . Beyer's 800 time in Prague was 1:43.8; Grigoryev took his final HJ attempt at 2.32m; Thompson's three PV failures were at 4.40m . . . The 8:53.5 steeplechase credited to Bob Mapstone on April 28th was in fact a flat 2 miles time (he ran 14:19.0 for 5000 at Seattle on April 22nd) . . . 25th in the Boston Marathon (2:18:24) was Barry Heath of RNAC (South), currently on a 2-year posting to Norfolk, Virginia . . . In the youths race run on the occasion of the Winsford '7', 4th was M. Crewe and 7th was S. Dry, both of Bingley.

UK JUNIOR RECORD

Louise Miller (Chelmsford) high jumped 1.83m — a pending UK Junior record — in the Southern Women's League (Div 1) fixture at Woodford on August 12th and not 1.78m as printed.

UK AGE BESTS

Wendy Adams (born 9.10.62) of Bromsgrove & Redditch AC set a UK age-15 best of 62.8 for 400 hurdles at Warley Stadium, Birmingham, on September 17th. Her only previous attempt at the event resulted in a time of 65.4. Competing for Wales in the Celtic International match in Dublin on August 6th, Julia Charlton (born 23.5.66) of Carmarthen H high jumped a UK age-12 best of 1.68m. Her previous best was 1.63.

PRIORY RELAY OFF

Redhill & Reigate AC's annual Priory Relay, which should have been held on November 4th, has had to be cancelled due to circumstances beyond the club's control.

Gareth Brooks (Cardiff) threw the javelin 73.94m, a personal best, at Leicester on August 6th. Matt Mileham (Woodford Gn) set a pb of 65.86m with the hammer at Woodford Green on August 19th.

MORE BARGAINS FROM THE SPORTS MARKET

Reebok Shoe prices increased yet again from the 1st October, so look carefully at our ridiculously low prices below:

Reebok Sirocco

3½, 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½

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Lightweight Navy Blue cotton tracksters. 30/32", 32/34" & 34/36".

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A NEW MAGAZINE FROM THE PUBLISHERS OF RUNNER'S WORLD, 'THE MARATHONER', 120 PAGES ILLUSTRATED IN COLOUR AND BLACK & WHITE. £1.30 plus 20p postage and packing.



Ray O'Donoghue square cut shorts.

Nylon — Black, Gold, Red, White, Brown, Royal and Mauve.

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'Union Jack' Freedom shorts.

Made in lightweight polyester/ cellulosic material.

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Results In Brief

August 5th

Guernsey Championships: 100/200: J. Evans (Bel) 10.8/21.8.

Open Meeting at Blackbridge: (Junior) HJ: W. Kuyvenhoven (Goud) 1.97. (Inter Women) LJ: M. Goedhart (Goud) 5.22.

Army/Royal Navy v Wales (Under 20) Match at Bargoed: HT: P. Bacon (Army) 44.12.

August 8th

Open Meeting at Innsworth: (Inter Women) 800: S. Rowe (Glos) 2:20.2. LJ: M. Guedhart (Goud) 5.31.

August 12th

Helms Trophy 600m Race at Haringey: 1, D. Goodman (TVH) 81.0 (83.8 ht); 2, C. Sly (Felt) 81.0 (82.7); 3, W. Richmond (TVH) 82.0 (82.2); 4, M. Penn (Lough) 83.1 (82.2); 5, E. Hartel (Bris) 83.4 (82.0); 6, M. Woods (AF&D) 84.1 (82.8).

August 16th

Fleet St Bridges Race (Westminster/Blackfriars): 1, G. Harrold (Enf) 13:14; 2, D.

Clarke (Verl) 13:22; 3, A. McRae (B'th) 13:30; 4, B. Gallagher (Shaft) 14:10.

Gloucester Open Meeting at Blackbridge: (Boys) JT: W. Brenner (Glos) 44.94.

August 19th

Lower Largo Hill Race, (Fife): 1, D. Lang (Fife) 31:53; 2, C. Ross (Fife) 32:38; 3, I. McWatt (Dumb) 32:46; 4, J. Gray (Edin) 32:53; 5, I. Graves (Fife) 33:12; 6, J. Rowley (L&D) 33:15.

August 22nd

BMC 800m Races at Stretford: 1, K. Rothwell (Stret) 1:50.7; 2, S. Cahill (Leed) 1:50.9; 3, H. Crabtree (Stret) 1:51.1; 4, D. Barlow (New) 1:52.2; 5, R. Young (Wake) 1:52.4; 6, Y. Karni (Isr) 1:53.4. **(B):** 1, K. Bell (Air) 1:50.5; 2, S. Caldwell (Bolt) 1:50.6; 3, M. Francis (Stret) 1:51.3; 4, D. Singleton (Bolt) 1:52.8; 5, P. Gaytor (Sale) 1:53.2; 6, N. Miller (Alt-J) 1:54.1.

August 26th

Achmony Hill Race: 1, F. Clyne (Aber) 20:57; 2, G. Laing (Aber) 21:15; 3, H. Jarrett (Kes) 21:47; 4, M. Edwards (Aber) 22:08; 5, R. Boswell (Loch) 22:11; 6, M. Adams (Aber) 22:27.

Liddlesdale Agricultural Society Fell Race at

BRITISH MARATHON RUNNERS CLUB

present the

FIRST MARATHON RUNNERS

Coaching Convention "For Coaches and Runners"

on

Sunday, November 12th, 1978

at

Crewe - Alsager College of Higher Education

Programme: 9.30 — Training Run. 10.50 — 5.30 Lecture/Discussions upon 'Sport Science Medicine', Athletic Injuries, Organisation of Road Running, Running on the Diet, Racing in Hot Weather, and Training Programmes.

Lecturers: Ron Hill, Bill Adcocks, Don Shelley, Dr. Ian Adams (St. James Hospital, Leeds), D. W. Kelleet, M.Sc., R. K. Bagnall, Ph.D., and Dr. P. L. Willan, F.R.C.S. (Human Performance Laboratory, Manchester Polytechnic).

**Cost — B.M.R.C. Members £0.50
All Others £1.00**

Application forms and details from Gordon Gluyas (Coaching Co-ordinator), 98 Charlestown Road East, Woodsmoor, STOCKPORT, Cheshire, SK2 7DZ. (Tel. 061-483-2346).

BASINGSTOKE ATHLETIC CLUB FAIRWAY FURNISHING ROUND THE HOUSES

14th Senior 6 Mile Road Race

Sponsored by Fairway Furnishing
SUNDAY, 26th NOVEMBER, 3 pm Start
(Under AAA Laws)

1977 Winner Julian Goater

Team & Ind. Trophies. Awards include 1st Prize valued £20 and 9 other great value Ind. prizes, as well as 1st 3 Teams & 1st Vet.
Also Pint Tankards to next 75 athletes not receiving any other rewards.

ALSO

YOUNG ATHLETES 3 MILES (U/18 1.9.78) 2.30 p.m. Start

Traditionally Y.A. winner reaches the top.

1977 Winner Simon Catchpole

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

Fees: Seniors 30p, Y.A. 25p per Ind. No team fee — 3 score both races. Cheques/POs to be payable to Basingstoke A.C. **Entries** to Ian Byett, 21 Bardwell Close, Basingstoke, Hants. (Tel. 28401). SAE for travelling details.

ENTRIES PLEASE BY NOVEMBER 17th

Newcastleton: 1, D. Lang (Fife) 48:02; 2, D. Lee (C'mouth) 48:07; 3, P. Duffy (Aber) 51:29.

August 30th

Gloucester Young Athletes Meeting at Blackbridge: (Boys) 100: 1, I. Hutchinson (Glos) 11.6; 2, C. Howard (Glos) 11.7. 200: Howard 24.0. 3000: 1, Pendrey (Glos) 9:47.1. HJ: D. Rowe (Glos) 1.65.

City of London 2 3/4 Mile Handicap at Tower Hill: 1, P. Bryan (Hav) 13:00; 2, R. Goad (Bas) 13:58; 3, M. Robinson (Hav) 14:00. (H'cap): P. Hole (Lon Poly) 19:13.

September 2nd

September Shield (Division One & Two) at Bedford: Verlea 147; Bedford 140; Stevenage 72; Wycombe 67; Oxford City 39. HJ: V. Clemens (Stev) 1.90. PV: P. Barton (Bed) 3.80. LJ/TJ: G. Richards (Ver) 6.77/13.90. HT: R. Gourley (Bed) 42.76.

Open Women's Meeting at Shrewsbury. (Inter) DT: E. Ayres (Shrop) 35.68. JT: J. Barrow (Lanc) 32.02. (Junior) 1500: J. Newton (Ches) 4:55.6. 75H: 1, A. Cowburn (Lanc) 12.1; 2, K. Nethercote (Shrop) 12.1. HJ: 1, G. Blount (Shrop) 1.62; 2, Nethercote 1.60. JT: 1, M. Fitzgerald (Ches) 28.46; 2, J. Shaw (Shrop) 28.42.

September 3rd

Cornwall Open '10' Road Race: 1, J. Kilby (Har) 50:26; 2, T. Parker (Unatt) 50:37; 3, A. Nolder (D&D) 51:08; 4, D. Collins (CoP) 51:40; 5, C. Abrahams (Tor) 51:55; 6, J. Lothian (Duch) 51:14; 7, A. Rowling (Duch) 52:40; 8, G. Seward (Exet) 53:15; 9, C. Davies (W Corn) 53:19; 10, K. Cawley (CoP) 53:47; 11, R. Brownsey (West) 54:07; 12, C. Mills (Tor) 54:26; 13, A. Hulme (Alt) 54:38; 14, G. Morgan (D&D) 55:04; 15, E. Phillips (CoP) 55:33. Team: City of Plymouth.

Mullard Trophy at Gateshead: Morpeth 335; Durham City 258; Middlesbrough 240; Houghton 232; North Shields Poly 220; Mandale 127; Gateshead 118; Gosforth 112. Invitation 1500: 1, L. Nicholson (N Sh) 3:48.0; 2, A. Amos (Gate) 3:50.0; 3, G. Wallace (Dur) 3:51.0; 4, P. Harker (Dar) 3:53.0. 3000: K. Foster (Salt) 8:27.8.

September 5th

London Business Houses Road Relay: 1, Lloyds Bank 36:15; 2, Bank of Scotland 36:17; 3, Nat West Bank 37:06; 4, Elliotts 37:04; 5, Temple Bar 38:12; 6, Bank of Scotland 38:38. Fastest: R. Gevers (Temple Bar) 8:44.

September 9th

Open Meeting, at Southampton. 200: R. Milne (TVH) 21.9. 400: 1, M. Clark (TVH) 49.0; 2, P.

Lewis (B'field) 49.9; 3, P. Weston (Hasl) 50.1. HJ: A. Bedford (S&E) 1.94. SP: 1, S. Clark (WG) 15.15; 2, G. Savory (Ald) 14.23; 3, P. Lees (Felt) 13.78. DT: 1, N. Tabor (S&E) 47.54; 2, Savory 43.82; 3, P. Edwards (Walt) 40.62; 4, C. Smith (PAC) 40.54. (Boys) 1500: G. Barber (S&E) 4:20.8. (Women) 200: C. Smart (Barry) 25.3. 1500: A. Hartley (Barry) 4:40.7. LJ: S. Bull (New) 5.47. SP: 1, B. Carter (PAAC) 11.94; 2, S. Oram (Brack) 10.98. DT: 1, J. Curtis (S&E) 41.56; 2, Carter 37.94; 3, Oram 34.10. (Juniors): 1500: R. Disley (Hasl) 4:46.2.

September 9th/10th

Kent Decathlon Champs, at Erith. 1, A. Williams (Camb H) 5340 (4.11); 2, R. Searing (Med) 4837; 3, W. Edwards (Ash) 4438. (Youths) Octathlon: 1, K. Hayford (Bex) 3902; 2, A. Rushbrook (Bex) 3602; 3, J. King (Med) 3541.

Kangaroo Club Postal Competition. (June Results). LJ: 1, C. Jones (HF) 6.51; 2, T. Spender (Poole) 6.29; 3, N. Thompson (Ply) 6.18. Team: Holy Family. TJ: 1, Jones 13.19; 2, S. Loopuit (Kelly) 13.02; 3, A. Shields (Nail) 13.00. Team: Kelly College. (Overall): 1, Holy Family 11; 2, Kelly College 10; 3, Plymouth College 8. (Overall — May/June): 1, Holy Family 23; 2, Kelly College 17; 3, Plymouth College 15. (Inters) LJ: 1, T. Caulfield (Dev) 6.16; 2, W. Walker (Parm) 6.07; 3, A. Sykes (Rann) 5.93. Team: Parmiters Sch. TJ: 1, N. Leech (E Berg) 14.33; 2, G. Molyneux (Parm) 13.85; 3, W. Walker (Parm) 13.80. Team: Parmiters. (Overall): 1, Parmiters 12; 2, Devonport 8; 3, East Bergholt 5. (Overall — May/June): 1, Parmiters 24; 2, Devonport 18; 3, Plymouth College 11. (Juniors) LJ: 1, W. Asante (Orange H) 5.89; 2, A. Coutts (Rann) 5.70; 3, R. Whinton (Exet) 5.65. Team: Orange Hill. TJ: 1, B. Sheerin (HF) 12.09; 2, T. Leeson (Pres) 11.98; 3, J. Nicholls (E Berg) 11.88. Team: Holy Family. (Overall): 1, Orange Hill 11; 2, Holy Family 9; 3, Exeter & Rannoch 5. (Overall — May/June): 1, Holy Family 21; 2, Orange Hill 19; 3, Preston 12.

Wales 246 v Combined Services, at Bargoed. (Juniors) 100: 1, J. Marsdon (W) 11.1; 2, C. Ford (C) 11.2; 3, K. Irish (C) 11.2; 4, M. Owen (W) 11.2. 800: J. Wilson (W) 1:55.6. 2000SC: 1, M. Donnelly (W) 6:01.4; 2, A. Fox (W) 6:15.0. 100H: 1, T. Lewis (W) 14.9; 2, N. Hammersley (W) 15.7. 400H: 1, Hammersley 54.4; 2, G. Davies (W) 57.0; 3, C. Ewart (W) 57.9. PV: 1, D. Young (C) 3.55; 2, D. Wall (C) 3.50. LJ: 1, D. Wood (W) 6.69. TJ: P. Ward (W) 14.02. SP: 1, J. Tym (W) 15.00; 2, P. Rees (W) 14.66. HT: 1, R. Bacon (C) 44.12; 2, N. Stevens (W) 42.72. 4x100: 1, Wales 43.7; 2, Combined Services 44.2. 4x400: 1, Wales 'B' 3:27.1; 2, Wales 3:28.6.

EUROPEAN RESULTS from page 19

(USSR) 10.39, Abrahams (Pan) 10.49 (10.32 ht), Lara (Cub) 10.58 (10.41 ht); 200: Williams 20.26, Edwards 20.35, Gilkes (Guy) 20.58, Darden (US) 20.62, Riddick 20.79, Muster 20.80; 400: Frazier (US) 45.63, Smith (US) 45.94 . . . 6, Kolar (Cze) 46.69; 800: Robinson (US) 1:45.9, Boit (Ken) 1:46.0, McLean (US) 1:46.5, Plachy (Cze) 1:46.9, Savic (Yug) 1:47.0, Juantorena (Cub) 1:47.1 (first defeat in event), Wessinghage (Ger) 1:47.3, Kormeling (Hol) 1:47.3; 5000: Rono (Ken) 13:16.1, Ryffel 13:20.0 (rec), Ortis (Ita) 13:20.8 (rec), Tebroke (Hol) 13:21.7 (rec), Musyoki (Ken) 13:24.9, Kowol (Pol) 13:26.7, Tibaduiza (Col) 13:29.7, Sellik (USSR) 13:32.7, Waigwa (Ken) 13:36.6; 110H: (nil) Nehemiah (US) 13:23 (world jnr rec), C. Foster (US) 13.58, Moses (US) 13.65; 400H: Moses (US) 47.94, Wheeler (US) 49.45, King (US) 49.90, Schulting (Hol) 50.17; HJ: Wielart (Hol) 2.18 . . . 5, Beilschmidt (GDR) 2.10; PV: Trofimenko (USSR) 5.40, Pullard (US) 5.35, Kozakiewicz (Pol) & Tracanelli (Fra) 5.20, Taylor (US) 5.20; LJ: Robinson (US) 8.14, Cybulski (Pol) 7.93; SP: Feuerbach (US) 20.78; DT: Wagner (Ger) 63.18, Chambul (Can) 60.72; HT: Sedykh (USSR) 79.76 (79.76, 79.14, 79.04, 78.86, —, 78.84), Riehm (Ger) 78.54, Dmitrenko (USSR) 75.72, Huning (Ger) 74.98; women's 100: Richter (Ger) 11.27, Maslakova (USSR) 11.35 . . . 5, Szewinska (Pol) 11.44; 200: Szewinska 22.86, Kondrasheva (USSR) 22.90; 1500: Silai (Rum) 4:06.8, Werthner (Can) 4:08.2, Burki 4:09.4, Providokhina (USSR) 4:11.1; 100H: Rabsztyl (Pol) 12.94, Anisimova (USSR) 12.99. **18.8. Aarau.** 100/200: Williams (Can) 10.31/20.68 (rec); PV: Simpson (Can) 5.20.

USSR: Four World Records

18-22.7. Vilnius. 10,000: Parlui 2nd in 28:01.2; 4th (28:08.8) was Merkushin; 20kmW: (fuller

result) Solomin 83:29.8, Yakovlyev 83:30.0, Potchenchuk 83:32.2, Polosov 84:05.0, Yevsyukov 84:17.7, Myslivzyev 84:28.3, Alekseyev 84:52.3 . . . 12, Golubnichiy 86:40.3 (!). **29/30.7. Donetsk.** Dec: Grebenyuk 8161, Kucenko 8041, Dixon (US) 8034, Buryakov 8009; women's Pent: Tkachenko 4746 (13.36, 6.26, 15.48, 1.80, 2:12.9), Smirnova 4450, Gordienko 4418. **12/13.8. Riga.** DT: Velez (Bul) 67.82 (rec); HT: Malyukov 77.46; women's DT: Veleza 64.48. **12/13.8. Podolsk.** 800: Reshetnyak 1:46.6; 5000: V. Kuznetsov 13:32.0, Sellik 13:34.5, Moiseyev 13:34.7, Ossipov 13:34.7; 3000SC: Lisovskiy 8:26.4, Filonov 8:29.2; 4x800: (12th) USSR (Podolyakov, Kirov, Malozemlin, Reshetnyak) 7:08.1 (world rec; 1:47.0 ave); women's 400: Mushta 51.73; 800: Providokhina 1:57.0, Mushta 1:57.2, Rigel 1:57.5, Styrkina 1:57.9, Ivanova 1:59.2; 1500: Karnitskaya 4:02.1, Romanova 4:03.4, Guskova 4:03.5, Ivanova 4:04.8, Ulmasova 4:05.4, Belousova 4:07.0; 3000: Ilyinykh 8:45.6, Smechnova 8:48.3; 100H: Morgulina 13.07; 400H: Barkane 56.61, Makeyeva 56.80, Kostezkaya 57.09. **18.8. Kishinyov.** HJ: Grigoryev 2.25; LJ: Tsepelev 7.91; TJ: Aleksandr Lisichonok (19) 17.00 (European jnr rec), Sanyayev 16.98, Kovtunov 16.94; women's HJ: Filatova 1.88, Oskolok 1.88; LJ: Bardauskiene 7.07 (world rec, +1.8m; 7.07, 6.82, 7.07, 7.06!), Alfeyeva 6.61. **19/20.8. Podolsk.** 400: Burakov 46.15; 3000: Kuznetsov 7:42.1; 400H: Arkhipenko 49.24, Bulatkin 49.82, Stukalov 50.16; SP: Yarosh 20.89; HT: Zaichuk 78.80, Malyukov 76.10, Sedykh 74.24; women's 400: Kulchunova 50.83 (rec), Prorochenko 51.21, Muchta 51.41; 1000: (20th) Providokhina 2:30.6 (world best); 400H: (19th) Selenzova 55.31 (world rec), Makeyeva 56.19, Kostetskaya 57.21; SP: Krachevskaya 20.25; DT: Gorbachova 65.24, Petrova 64.16.



Svetlana Ulmasova (USSR) becomes European 3000m champion, clocking 8:33.2 ahead of Natalia Marasescu (Rum), 8:33.5, and Grete Waitz (Nor), 8:34.3.

BARNSELY ROAD RUNNERS CLUB

Extend sincere thanks to all 600 runners who helped make the 'Barnsley 6' once again Britain's Biggest Road Race. We now invite you to run in our

"WINTER SPECTACULAR"

A BRITISH ROAD RUNNERS CHAMPIONSHIP EVENT

THE 5th BARNSELY MARATHON

INCORPORATING THE SOUTH YORKSHIRE MARATHON CHAMPS

(Under AAA and WCC & RWA Laws)

Sponsored by the South Yorkshire County Council & 'Barnsley Chronicle' newspaper

SUNDAY, 3rd DECEMBER AT 12 NOON



225 runners started last year and only a handful failed to finish

★ FIRST PRIZE PORTABLE TELEVISION SET ★

LOTS OF INDIVIDUAL PRIZES • 1st 3 TEAMS • VETS O/40 1st 3; O/50 1st 2; O/60 1st
PRIZES FIRST 3 SOUTH YORKS. RUNNERS • CERTIFICATES TO ALL FINISHERS

T.V. Coverage . . . all dogs confined to barracks . . . maximum newspaper publicity
& the usual enthusiastic Barnsley crowds

CALLING ALL LADIES: The fair sex are always welcome at Barnsley and seven charming lasses finished the course last year.

1. LESLEY WATSON (London Olympiades)	3.05:57	5. L. DEGG (Stoke)	3.42:13
2. HILARY MATTHEWS (Blackburn)	3.20:08	6. K. WARTNABY (Crawley)	3.46:27
3. GILLIAN RHODES (Stoke)	3.28:46	7. A. PENDLEBURY (Bolton)	3.50:25
4. K. BOOTE (Stoke)	3.42:13		

Come on girls . . . YOU asked for long-distance races, let's see more of you taking part.

N.B. Although the girls run with the men at Barnsley they are part of a separate race and have their own trophies and prize-list. Prizes to first six and 1st Vet over 35.

Last year's race was won by Jeff Norman of Altrincham in 2.19:49, with John Davies of Essex Beagles second in 2.21:51, and Airedale's Richard Belk third in 2.24:47. Kerekas Lazarides of Bolton actually finished second in 2.20:25, but was disqualified by the race referee.

ENTRIES (closing date Nov. 14th): INDIVIDUALS 30p, TEAM 50p TO DAVE BENNETT, 40 NEWHILL ROAD, MONK BRETTON, BARNSELY. NO LATE ENTRIES. If confirmation of entry is required please send S.A.E.

TRAVEL DIRECTIONS: Leave M1 at junction 36, you will then be about 1 mile from Barnsley Town Hall. All runners report to reception at Barnsley Tech., which is 200 yards from Town Hall.

Limited amount of overnight accommodation available . . . Write early

Post-Prague Results

Dave Moorcroft Runs 3:55.3 Mile

3.9. W. Berlin. Mar: Spottel (Ger) 2:20:03 ... 4. KING (RAF) 2:26:48. 3.9. Gomel (USSR). 800: Kirov 1:45.4. 3.9. Bydgoszcz (Pol). DT: Wolodko 64.80 (rec). 3.9. Gdansk (Pol). 20kmW: Myslivzyev (USSR) 84:05, Duda 85:34. 4.9. Brno (Cze). HJ: Lauterbach (GDR) 2.24; DT: Bugar 65.52, Schmidt (GDR) 64.40; JT: Michel (GDR) 84.74; women's SP: Fibingerova 20.86, Droese (GDR) 20.42; DT: Jahl (GDR) 67.66; JT: Fuchs (GDR) 60.90. 4.9. Pardubice. LJ: Korniak (Pol) 7.98. 5.9. Turku (Fin). Mile: Vainio 4:04.8; SP: Stahlberg 20.34; JT: Hovinen 83.10. 5.9. Frankfurt (Ger). 100: Crawford (Tri) 10.30, Riddick (US) 10.34, Williams (US) 10.44, Abrahams (Pan) 10.53, Gilkes (Guy) 10.72, Quarrie (Jam) 10.75; 200: Gilkes 20.64, Williams 20.81, Riddick 20.94, Quarrie 21.08; 800: Wulbeck 1:45.1, Boit (Ken) 1:45.3, Marajo (Fra) 1:45.8 (eq rec), GARRY COOK 1:45.8, Savic (Yug) 1:45.9, McLean (US) 1:47.7; Mile: DAVE MOORCROFT 3:55.3, Wessinghage 3:55.5, Flynn (Rol) 3:56.2, Herle 3:57.5, Lederer 3:57.7, Gysin (Swi) 3:58.5, Dixon (NZ) 3:58.9, Fleschen 3:59.1, Buerkle (US) 3:59.9; 3000: Ryffel (Swi) 7:42.2 (rec), Malinowski (Pol) 7:42.5, Rono (Ken) 7:45.3; HJ: Schneider 2.26 (eq rec), Fields (US) 2.23, Kotinek (US) 2.23; PV: Lohre 5.51

(rec), Taylor (US) 5.30, Bucarski (Pol) 5.30, Bohni (Swi) 5.30; LJ: Cybulski (Pol) 7.92, Stekic (Yug) 7.91, Rousseau (Fra) 7.70, Robinson (US) 7.68; women's 400: Szewinska (Pol) 51.01, Kacperczyk (Pol) 52.01 ... 6, Hollmann 53.99; 1500: Marasescu (Rum) 4:10.0, Puica (Rum) 4:11.1, Kraus 4:11.6, Werthner (Can) 4:13.2, Wright (NZ) 4:16.5; 100H: Perka (Pol) 12.95, Langer (Pol) 13.01; HJ: Holzapfel & Meyfarth 1.91, Brill (Can) 1.85, Betioli (Braz) 1.85.

Malinowski Outchases Rono

6.9. Helsinki (Fin). 5000: Vainio 13:28.0, Floroiu (Rum) 13:28.5; SP: Stahlberg 20.41, W. Schmidt (GDR) 19.81, Halldorsson (Ice) 19.66; DT: Schmidt 67.36, Tuokko 64.92; JT: Hanisch (GDR) 88.70, Sinersaari 84.08, Harkonen 83.12; women's 200: (— 3.0m) Koch (GDR) 22.76; 1500: Waitz (Nor) 4:11.2. 6.9. Nitra (Cze). HJ: Jambor (Hun) 2.23; SP: Mironov (USSR) 20.54; HT: Malyukov (USSR) 76.86; JT: Yershov (USSR) 87.86; women's SP: Droese (GDR) 21.02, Fibingerova 20.89, Stoyanova (Bul) 20.20; DT: Jahl (GDR) 68.00, Gorbachova (USSR) 65.14. 6.9. Szeged (Hun). JT: Boros 88.60, Nemeth 80.60. 7.9. Koblenz (Ger). 100: Crawford (Tri) 10.24, Gilkes (Guy) 10.37, Williams (US) 10.44; 200: Gilkes 20.23, Quarrie (Jam) 20.69, Williams 20.73; 400: DAVID JENKINS 47.08 (2nd man: 48.72); 800: Boit (Ken) 1:44.9, Savic (Yug) 1:45.8, McLean (US)

'RON MURRAY'S COACHINS

HIGH JUMPING

DIVE STRADDLE

FOSBURY FLOP 1 AND FLOP 2

at

THE NATIONAL RECREATION CENTRE CRYSTAL PALACE

Saturday, 28th October, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 11th November, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 25th November, 1978

10.00 am-12.30 pm (Cricket School)

Saturday, 2nd December, 1978

10.00 am-12.30 pm (Indoor Football Area)

Saturday, 6th January, 1979

10.00 am-12.30 pm (Indoor Football Area)

Saturday, 3rd February, 1979

10.00 am-12.30 pm (Cricket School)

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

COACHIN FEES

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

COACHES—£1.50 ATHLETES—£1.50

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

SHEFFIELD ATHLETIC CLUB

Harry Whitehurst Memorial

10,000m C.C. RACE

(Under AAA & ECCU Rules)

Sponsored by Batchelors Foods Ltd

AT GRAVES PARK, SHEFFIELD

SATURDAY, 25th NOVEMBER

2.30 pm

Prizes: FIRST 20 Individuals

First 3 Teams (4 count)

1st Vet, 1st Junior

Entry Fees: 30p Ind., 50p "A" Team (others free) to D. Pratt, 9 Harcourt Rise, Chapeltown, S30 4QD (Ecclesfield 64974).

CLOSING DATE MON. 13th NOV.

(S.A.E. for acknowledgement)

1:45.9, COOK 1:46.0, Marajo (Fra) 1:46.7; (B) TIM HUTCHINGS 1:51.8; 1500: Wulbeck 3:38.6, Ryffel (Swi) 3:39.3, Herle 3:40.2, Flynn (RoI) 3:40.4; 5000: Wessinghage 13:37.3, Schots (Bel) 13:37.8 . . . 18, Dixon (NZ) 14:26.6; 3000SC: Malinowski (Pol) 8:15.5, Rono (Ken) 8:17.5; PV: Buciariski (Pol) 5.45; LJ: Stekic (Yug) 7.95 . . . 4, Rousseau (Fra) 7.47; JT: Wessing 88.00; women's 400: Szewinska (Pol) 51.73; 800: Kacperczyk (Pol) 2:00.1 . . . 4, Werthner (Can) 2:02.2; 5, Wright (NZ) 2:04.0; 100H: Perka (Pol) 12.74, Langer (Pol) 12.97. **8.9. Trier (Ger).** HT: Riehm 77.00, Huning 76.40.

Simeoni Attempts 2.02 Metres

9.9. Linz. (European Police Champs) 110H: NEIL GERRARD 14.75; SP: GEOFF CAPE 19.76. **9/10.9. Ulm (Ger).** 400: Weppler 45.78; HJ: Thranhardt 2.23, Schneider 2.23, Mogenburg 2.23; women's HJ: Holzapfel 1.90. **9/10.9. Olten (Swi).** 400H: Kopitar (Yug) 50.01 (rec), Meier 50.40; LJ: Stekic (Yug) 8.00; TJ: Srejavic (Yug) 16.59; 4x400: Switzerland 3:05.5. **9/10.9. Moscow (USSR).** Women's 400: Muchta 51.5; JT: Zorgo (Rum) 62.40 (rec). **10.9. Freising (Ger).** 100: Crawford (Tri) 10.50, Gilkes (Guy) 10.57, Riddick (US) 10.58 . . . 5, E. ROOFE (Croydon) 10.99; 400: King (US) 46.41 . . . 3, J. GOSTELOW (Croy) 48.60; 5, D. COCKS (Croy-Y) 50.79; 800: R. BENN (Croy) 1:52.8 . . . 3, J. GESCINA (Croy) 1:54.3; 2000: FRANK CLEMENT 5:02.8, Dixon (NZ) 5:09.5; HJ: Fields (US) 2.25 . . . 4, S. PARSONS (Croy) 1.95; PV: Buciariski (Pol) 5.50, KEITH STOCK 5.00; LJ: Robinson (US) 8.12w, Carter (US) 7.93w, Rousseau (Fra) 7.79 . . . 6, S. BRADBROOK (Croy) 6.79; JT: 9, BRADBROOK 57.16; 4x100: 2, CROYDON 41.86; women's 100: (— 2.5m) S. RATCLIFFE (Croy) 11.76, Possek 11.76; 400H: Kacperczyk (Pol) 55.76, SUE REED 62.24, S. BYRNE (Croy) 62.78; HJ: Meyfarth 1.86, R. FEW (Croy) 1.73; (Int) 4, A. JONES (Croy) 1.65; LJ (Int): 2, JONES 5.36; SP: Fibingerova (Cze) 21.65, Wilms 19.83, Seidler (US) 18.98 (rec); DT: Wilms 56.94. **10.9. Rieti (Ita).** 200: Mennea 20.21, Edwards (US) 20.83; 800: Boit (Ken) 1:46.5; 1500: Coghlan (RoI) 3:38.9, Malinowski (Pol) 3:39.4; 5000: Rono (Ken) 13:15.5, Floroiu (Rum) 13:16.7, Vainio (Fin) 13:34.7, Ortis 13:38.5; PV: Pullard (US) 5.35; LJ: Cybulski (Pol) 8.05; women's HJ: Simeoni 1.98 (attempted world rec. 2.02), Brill (Can) 1.88. **10.9. Luxembourg.** 100: Quarrie (Jam) 10.2; 200: Quarrie 20.2, Micha (Bel) 20.5; Mile: Wessinghage (Ger) 3:58.8, Marajo (Fra) 3:59.2, Flynn (RoI) 4:02.5. **10.9. Ostrava (Cze).** Women's LJ: Nygrynova 6.70. **10.9. Debrecen (Hun).** JT: Boros 86.08, Nemeth 86.04.

Wind Blows Mennea To 9.98

12.9. Ingelheim (Ger). 100: Gilkes (Guy) 10.19; 200: Gilkes 20.14, Edwards (US) 20.73; 1000:

Boit (Ken) 2:17.5, Wessinghage 2:18.9, McLean (US) 2:19.4, Flynn (RoI) 2:19.7; 3000: Rono (Ken) 7:49.3, Schots (Bel) 7:50.1; LJ: Stekic (Yug) 8.04 . . . 3, Rousseau (Fra) 7.59. **13.9. Bari (Ita).** 100: (+7.0m!) Mennea 9.98. **13.9. Bydgoszcz (Pol).** 100: Woronin 10.29; 3000SC: Olizarenko (USSR) 8:25.6, Wesolowski 8:26.0; 110H: Pusty 13.70; LJ: Tsepelev (USSR) 7.91; TJ: Biskupski 16.64, Katona (Hun) 16.58; DT: Bugar (Cze) 64.90, Velez (Bul) 63.56; HT: Dmitrenko (USSR) 76.64, Sedykh (USSR) 75.98. **13.9. Szeged (Hun).** JT: Boros 85.96. **13/14.9. Budapest (Hun).** HJ: Jozsef Jambor (1.80 tall) 2.26 (rec); DT: Bugar (Cze) 64.94; JT: Boros 86.94, Nemeth 82.94; women's HJ: Matay 1.87. **13/14.9. Ludenscheid** (Germany 118, Finland 94) 1500: Loikkanen (F) 3:42.1, Wessinghage 3:42.5, Paunonen (F) 3:42.7; 5000: Vainio (F) 13:37.6, Uhlemann 13:38.5, Fleschen 13:51.8, Okkola (F) (winner v UK) 15:02.6; 10,000: Herle 28:15.3, Orthmann 28:15.6; 3000SC: Toukonen (F) 8:33.1, Karst 8:36.8; 110H: Bryggare (F) 13.62, Gebhard 13.83; 400H: Schmid 48.88; PV: Kalliomaki (F) 5.40, Lohre 5.40; SP: Stahlberg (F) 25.21; HT: Riehm 76.08, Huning 75.06, Huhtala (F) 73.66; JT: Wessing 88.22, Sinersaari (F) 88.12; (women: Germany 98, Finland 58) 400: Haggman (F) 51.99; 400H: Hollmann 57.00; HJ: Holzapfel 1.91, Meyfarth 1.89; SP: Wilms 20.10.

Selenzova Close to World Record

15-18.9. Tbilisi. (USSR Champs) 100: Ignatyenko 10.31, Aksinin 10.37; 200: Ignatyenko 20.85; 400: Dossenko 46.35; 800: Kirov 1:46.3, Chironov 1:46.9; 1500: Abramov 3:38.6, Mamontov 3:39.1; 5000: Fedotkin 13:30.7; 10,000: Badrankov 28:54.6; 3000SC: Filonov 8:35.9; 110H: Prokofiev (junr) 13.77; 400H: Arkhipenko 49.09, Stukalov 49.70; HJ: Grigoryev 2.26 (attempted world rec 2.35), Molotilov 2.24, Kiba 2.22; PV: Tananika 5.50, Kishkun 5.45, Dolgov 5.40; LJ: Tsepelev 8.03; TJ: Sanyayev 17.03, Valuykevich 16.94, Uudmae 16.86, Piskulin 16.67; SP: Baryshnikov 20.55, Nossenko 20.10, Mironov 20.03; DT: Duginets 62.26; HT: Sedykh 77.00, Zaichuk 74.84, Spiridonov 74.68; JT: Zaitsev 84.90; 20kmW: Semionov 87.15; women's 100: Storoshkova 11.28; 200: Maslakova 22.62; 400: Kulchunova 50.84, Prorochenko 51.13, Muchta 51.59; 800: Providokhina 1:57.6, Veselkova 1:57.8, Styrkina 1:58.0; 1500: Dvirna 4:02.8, Rigel 4:03.9, Zaitseva 4:05.0; 3000: Ulmasova 8:48.4, Beloussova 8:48.7, Gouskova 8:48.8; 100H: Anisimova 12.83, Morgulina 12.83; 400H: Selenzova 54.96 (2nd fastest time ever), Makeyeva 56.44, Zoubova 56.97; HJ: Ivanchenko 1.88; LJ: Bardauskiene 6.83, Toukane 6.66; SP: Krachevskaya 20.70; DT: Gorbachova 64.44; JT: Unba 59.04. **16.9. Dusseldorf.** 100: DON HALLIDAY 10.6. **17.9. Brno (Cze).** Women's SP: Fibingerova 21:01.

Letters

OPEN TEAM COMPETITION AND THE SERVICES

Dear Sir,

I wish to endeavour to clarify the position as regards participation by the Services in Open Team Competition under AAA Laws.

Our Rule 17 (a) defines Open Teams Competition as being open to all Clubs — and we explain on page 49 of our current Handbook, where we define terms, that the word 'Club' covers, amongst other things, Service Units. Thus a team whose members were all genuinely drawn from, say, one RAF Station would be eligible to compete in an Open Teams Competition.

In addition there can be Service Clubs. These are a type of Club, the membership of which is restricted to members of a Service by constitutional rules which have been accepted by an Area Association. Membership of such a Club is controlled in exactly the same way as for any normal civilian Club, e.g. joining membership, resignation, etc. The Royal Navy Athletic Club (South) is one such Club which has been competing in Open Team Competitions for over 50 years.

However, a group of individuals who are drawn widely from one of the Services, and who have no other links than the colour of their uniform, are not eligible to represent their Service in Open Team Competition.

Barry Willis
Hon. Secretary, AAA

DANGEROUS CONDITIONS FOR JUMPING

Dear Sir,

I am writing to complain about the decision taken at the AAA U/20 Championships to allow the Youths high jump to continue in highly unfavourable and dangerous conditions. I have already directed a complaint to the organisers of the meeting.

It was apparent before the competition began on the Sunday afternoon that conditions would

be impossible for good and safe jumping. There had been a steady downpour of rain all day. The 'fan' was awash, the water was collecting in deep puddles and there was no chance of it draining off the tartan surface. Even the landing area looked as though it might float away shortly. It was evident that any competition held under those conditions would be a lottery.

After an accident — I was amazed there weren't more — the judges called a halt and asked the athletes if they wished to carry on. The really keen jumpers appeared to be more vociferous than the quiet majority and the first round was almost completed before the Field Events Referee (Jumps) called a halt for a while to see if the weather conditions would improve. Some hope!

A short time later I was amazed to learn over the Public Address System that the competition was continuing because there could be no other occasion during the season for the competition to be rearranged. It was lamentable initially, to witness wholesale 'buckpassing' by the officials on the spot and secondly it was evident that administrative expediency over-rode common sense and the safety and well-being of the competitors.

I withdrew my own athlete. It is a pity that the rest of the competitors didn't follow suit. I wonder what the organisers would have done then?

W. J. Hodson
Leeds

TRACK AND FIELD LEAGUES

Dear Sir,

May I offer the following ideas on athletic leagues.

(1) Leagues should be regionalised, so that much of the travelling at present undertaken by many clubs is minimised. A study of results especially at National League level shows away clubs often cannot field representative teams obviously because of travel difficulties. None of us minds competing but many object to the wasted hours travelling.

(2) Ladies Leagues should be for senior teams like most of the men's leagues. I'm not certain that the pressures of team athletics are good for the development of Juniors into Seniors.

(3) The governing bodies of athletics (if there are such things), should designate one Saturday a month as league day. All other fixtures should avoid these days.

Many of these thoughts were prompted by looking at the UK Women's League results in your June 17th issue. I don't think it a good idea for a club like Bristol to have to travel to Grangemouth with 13 and 14 year olds just to race, or Exeter to Nottingham. There must be a more rational and cheaper method of athletics.

Terry Haines
Gloucester

EUROPEAN RESULTS continued

17.9. Konz (Ger). HT: Riehm 76.40. 23.9. Steinwiessen. (German Marathon Champs) Leibold 2:17:29; women — Vahlensieck 2:38:33, Winter 2:50:05. 23/24.9. Talence (Fra). Dec: Katchanov (USSR) 7930, Muders (Ger) 7917, women's Pent: Smirnova (USSR) 4596, Gordienko (USSR) 4590, Losch (Ger) 4514. 24.9. Brest-Litovsk (USSR). Women's DT: Petrova 67.54. 24.9. Louvain (Bel). 2000: Polleunis 4:57.1. 27.9. Saint-Maur (Fra). 2000: Polleunis (Bel) 4:58.1. 1.10. Mergnac (French Marathon Champ) Gomez 2:16:34.

LONDON BOROUGH CHAMPIONSHIPS

At Crystal Palace, September 3rd

Waltham Forest 241; Haringey 240; Havering 236; Lambeth 226; Bromley 224; Hillingdon 224; Sutton 200; Kingston 184.

100: M. Morris (Har) 10.9. 200: Morris 21.7. 400: 1, D. Joseph (WF) 47.6; 2, D. Mote (Kin) 49.5; 3, J. Spooner (Brom) 49.5. 1500: K. Penny (Brom) 3:51.0. 3000SC: 1, F. Upcott (Sut) 9:17.6; 2, R. Rose (Hill) 9:24.4. 400H: T. Clifton (WF) 56.9. HJ: 1, T. Foulger (Brom) 2.07; 2, C. Moseley (Har) 2.01; 3, T. Whittle (Lam) 1.95; 4, D. Paris (Kin) 1.90; 5, D. Wilkingson (Hav) 1.90. PV: 1, P. Couling (Hill) 4.60; 2, D. Hooper (Kin) 4.00; 3, G. Holder (WF) 3.60; 4, A. Pratt (Sut) 3.60. LJ: C. Rattigan (WF) 6.81. SP: 1, M. Winch (Lam) 17.20; 2, B. Lynn (Hill) 13.40. DT: 1, M. Winch (Lam) 50.80; 2, J. Howell (Brom) 47.26; 3, Lynn 43.06. JT: D. Hoath (Hav) 59.00. 4x400: Waltham F 3:19.9. (Youths) 400: 1, R. Bailey (Hav) 50.7; 2, T. Brennan (Sut) 51.2. 1500SC: 1, D. Swain (Sut) 4:32.2; 2, P. Berrett (Hav) 4:34.6. 100H: 1, B. Barry (Hill) 14.0; 2, H. Ricketts (Lam) 14.1; 3, P. Johnson (Har) 14.2; 4, A. King (Brom) 14.3. LJ: J. Herbert (WF) 6.58.

SP: M. Newby (WF) 14.38. 4x100: 1, Lambeth 44.8; 2, Sutton 45.3; 3, Haringey 45.3. (Women) 100: 1, E. Thomas (Lam) 11.8; 2, S. Ratcliffe (Brom) 12.1. 200: 1, Thomas 23.9; 2, Ratcliffe 24.5. 400: 1, J. McBezh (Lam) 56.6; 2, D. Kiernan (Hav) 57.2; 3, W. Grant (Sut) 57.9; 4, K. Wragg (Hill) 58.1. 800: Kiernan 2:14.5. 1500: B. Green (Hill) 4:30.8. HJ: R. Few (Brom) 1.76. LJ: G. McCormack (WF) 5.84. SP: 1, S. Tudor (Hill) 12.51; 2, M. Jervis (Har) 11.27; 3, J. Howland (Kin) 11.04; 4, J. Mullings (Lam) 10.65. DT: 1, J. Oakes (Brom) 40.88; 2, Tudor 38.22; 3, Jervis 37.60; 4, J. Wilderspin (Hav) 37.10. JT: 1, Jervis 51.72; 2, J. Ross (Lam) 45.90; 3, E. Bradley (Hill) 37.30; 4, J. Miller (Hav) 37.04. 4x100: Lambeth 46.9. (Junior) 100: 1, D. Doyley (Lam) 12.7; 2, H. D'Aguiw (Brom) 12.7. 800: 1, S. Baxter (Hav) 2:13.8; 2, S. Green (Kin) 2:19.8; 1500: 1, W. Bonfield (Kin) 4:49.2; 2, K. Muntzer (WF) 4:56.9. 75H: D. Warnett (Hill) 12.0.

CHESHIRE TRACK & FIELD LEAGUE

At Stoke on Trent, July 9th

(Junior Women) 1500: P. Brannelly (Stoke) 4:48.2. (B): M. George (Stoke) 4:51.0.

NOTTS ATHLETIC CLUB GOLDEN JUBILEE CROSS COUNTRY RACES

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

SUNDAY, 19th NOVEMBER, 1978

(one week later than originally announced)

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

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

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

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

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

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

CLASSIFIED ADVERTISEMENTS

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

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

WE SPECIALISE in printing club Teeshirts (£1.75) and Singlets (£1.25). Minimum order 10. Send S.A.E. — **Mr Print-it, 64 Portland Drive, Forsbrook, Stoke-on-Trent.**

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

FOR SALE — PRIVATE RARE athletic book collection. Send foolscap SAE for list. **Richard Bond, 17 Witley Drive, Sale, Cheshire.**

TEACH YOURSELF RUNNING TO WIN, by Brian Mitchell, is in paper-back and obtainable from any bookshop.

FILM, SUPER 8 CINE, required of athletics and rowing at 1978 Commonwealth Games, 1976/1972 Olympics. Normal amateur films required (not technical) as mine have been destroyed. **Phone Ian Smith on 01-607-1632 or write 49 Scotts Avenue, Sunbury-on-Thames, Middlesex.**

ATHLETIC EVENTS

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

14th MILTON KEYNES AC WOLVERTON "5"

FIVE MILES ROAD RACE

Saturday, 25th November at 3 pm

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

TIPTON "10"

Sponsored by Bullers Ltd.

SUNDAY, 19th NOVEMBER, at 11.00 a.m.

from Tipton Sports Union (3 miles off M6 Junc. 9)

San Silverstre Trophy (donated by Ian Stewart) to winner, plus £20 prize. Prizes 1st 20, 1st Vet O/40, O/45, O/50. No team race.

Entries to A. Richards, 114 Richard Road, Princes End, Tipton, West Midlands DY4 9LU (Tel 021-557-9172). Entry Fee: 30p. Closing date 11th November. SAE for replies.

COPTHALL GRADED MEETING

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

WEDNESDAY, 25th OCTOBER, 1978

AT COPTHALL STADIUM, HENDON N.W.4
on the All Weather "Olymprene" Track

Maximum 6mm Needle spikes
(9mm on Javelin run-ups)

Events:

6.45 p.m. 3000m Walk (Men)

7.10 p.m. 800m

7.45 p.m. 100m

8.15 p.m. 3000m

All age groups and Men and Women unless otherwise stated. All times approx. Entries to: Bryan Smith, 22 Avon Close, Garston, Watford, Herts. Giving Name, Address, Date of Birth, Club, Event and best recent performance together with 25p (first event), 15p (subsequent events) and enclosing S.A.E. if acknowledgement of entry required. Cheques and P.O.'s payable to Shaftesbury Harriers.

By Monday, 23rd October

NO ENTRIES ACCEPTED ON NIGHT

WEST CORNWALL ATHLETIC CLUB ANNUAL ROAD RACES

(Under A.A.A. Laws)

18th November - Cambourne

Girls - Junior Ladies - Inter Ladies - Ladies

M. Boys - Boys - Youths - Senior Men

Entry forms: T. Trevorrow, Chy-an-Kernyk, Alexandra Road, St. Ives, Cornwall.

BRACKNELL ATHLETIC CLUB

17th ANNUAL OPEN 10 MILE ROAD RACE

(Under AAA Laws)

SATURDAY, 4th NOVEMBER, at 2.45 p.m.

From Sports Centre, Bagshot Road, Bracknell

Awards: First 6 Ind, first Vet O/40, First Vet O/50, first 3 teams, first 'B' Team, first Vets Team (3 score).

Entries: 25p Ind, 50p on day, to D. Rikly, 34 Saffron Rd, Bracknell, Berks. (Tel. 3993) by 30th Oct. SAE acknow/results. NB New course by popular request.

STOURPORT ATHLETIC CLUB

4th Annual

CROSS COUNTRY RACES

All age groups

1st April, 1979

C.C. Secretaries please NOTE date
Watch A.W. for details in January.

The 19th

MIKE SULLY

CROSS COUNTRY RACES

promoted by

BRISTOL ATHLETIC CLUB

(Under ECCU and WCC & RWA Rules)

Fry's Sports Ground, Keynsham, Bristol

SUNDAY, 5th NOVEMBER, 1978

A 'National' Class meeting, 2000 entries last year.
Spectator course, car and coach parking,
refreshments.

12.00 p.m.	1 ¼ Miles Girls
12.15 p.m.	1 ¼ Miles Colts
12.35 p.m.	1 ¼ Miles Junior Ladies
12.40 p.m.	5 Miles Junior Men
1.20 p.m.	2 ½ Miles Boys
1.50 p.m.	2 ½ Miles Inter Ladies
2.00 p.m.	3 Miles Youths
2.30 p.m.	2 ½ Miles Senior Ladies
3.00 p.m.	5 Miles Senior Men

PRIZES: Senior Men first 7 and first 3 teams; 1st and 2nd Vets and Vets team; first 3 and first 3 teams all other events. All male events 4 to score (Vets 3). All female events 3 to score. No team nomination or team fees.

ENTRIES: Senior Men and Senior Ladies 40p, all others 30p. For all except Seniors, date of birth and race must be quoted. Closing date 28th October. No late entries. Minimum age 11 years.

Entries to A. Dance, 11 Lyme Avenue, Bath, Avon.
Tel. Bath 315115. Enquiries must enclose SAE.