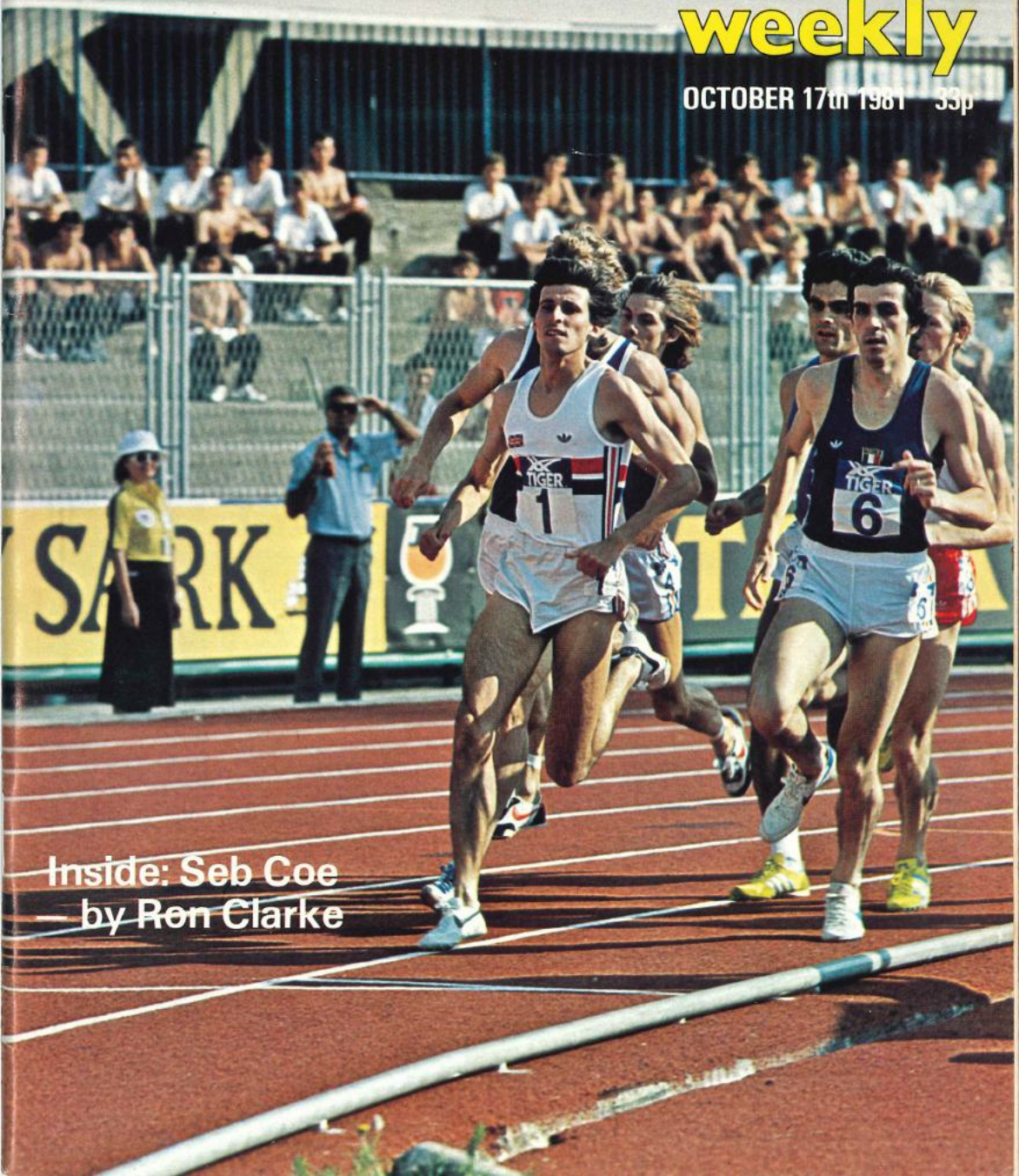


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athletics

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OCTOBER 17th 1981 55p

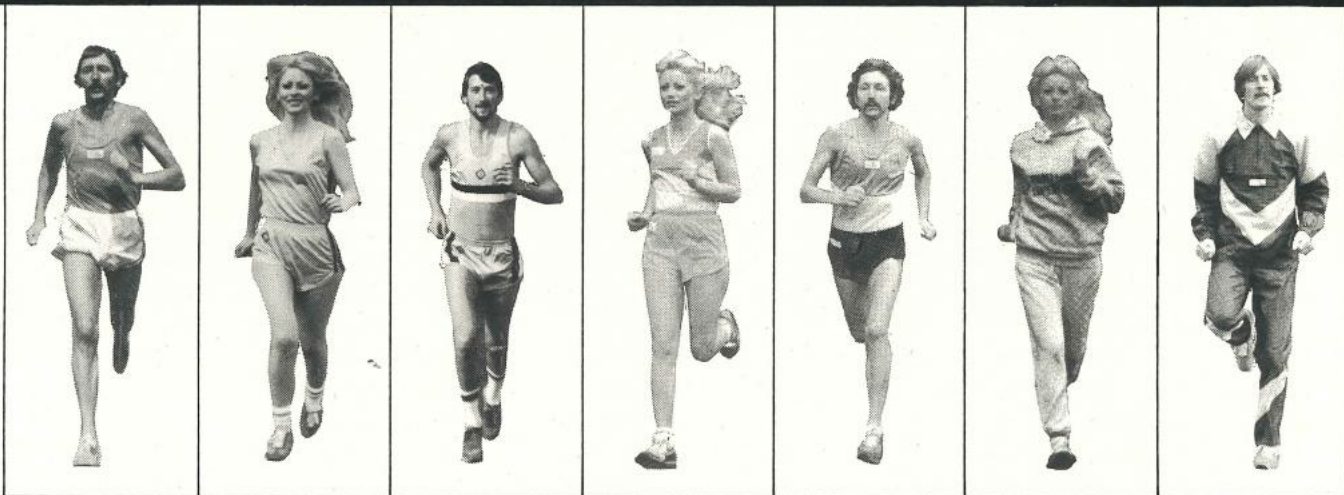


Inside: Seb Coe
by Ron Clarke



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 Subscriptions & Circulation: DOREEN BOURNE

Published by:

World Athletics & Sporting Publications Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.
 Telephone: Medway (0634) 409260
 Medway (0634) 409269

Printed by:

Kent Art Printers Ltd,
 344 High Street,
 Rochester, Kent ME1 1DT.

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces: £21.00
 Through an agency: £25.22
 Overseas Surface Mail: £26.00
 Air Mail Europe: £30.68
 Other Air Mail rates on application.
 USA Surface: \$62. Air Mail: \$87.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

Overseas subscriptions (including Eire) should be
 paid by cheque in sterling on a London bank, or
 by International Money Order.

Audited Circulation: July-December 1980 20,396.

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INCORPORATING: WOMEN'S ATHLETICS • MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

Vol. 35 No. 42

OCTOBER 17th 1981

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THE WEEK AHEAD

Saturday, October 17th: Southern Vets Decathlon (1st day), Bromley; Oxford Univ. v RAF, etc, Oxford; Scottish District Relay Champs; Hastings '1066' Road Races; Sri Chinmoy '7', Ipswich; Taunton & WS Carnival Races, Taunton; Weymouth '10'; Westward League, St. Austell; Reading Vets Road Relay, Palmer Park; Faversham '5'; Old Gaytonians Diamond Jubilee CC Race, Harrow; Chingford League, Oakwood; Longleat Safari Half Marathon; National U/21 Walks Champs, Southend; Hoad Hill Fell Relay, Ulverston.

Sunday, October 18th: Southern Vets Decathlon (2nd day), Bromley; British Vets Walks Champs, Sutton Park; Ivy Tower CC, Neath; Oxford Univ. Open Meeting, Iffley Road; Rockingham '10' Meeting, Hoyland; Wrekin '10', Shrewsbury; Manchester Charity Marathon; Half Marathon, Garforth, Leeds; Frodsham Women's Relays; Half Marathon, Redhill; Welsh Women's (& Y, B, C) Road Relays, Bridgend; Haverhill Road Races; Sri Chinmoy '5', Edinburgh; End of Season Open Meeting, Lincoln; Three Towers Race, Horwich; York Open 7M Walk.

Wednesday, October 21st: London Services League, Uxbridge; NE Wednesday League, Leeds.

Saturday, October 24th: National 6-Stage Road Relay, Crystal Palace; Scottish National CC Relays, Glasgow; Notts '10', Bilborough; Worthing Open Parkland Races, Lancing Manor; Red Rose League, Bury; Biggleswade CC Meeting; Chiltern League, Oxford (Div. 1) & Banbury (Div. 2); Gwent League, Bristol; N. Wales League, Wrexham; Sri Chinmoy '7', Battersea Park; Karmore International Mountain Marathon; Sussex v Normandy Walks, Steyning; Vauxhall Open 10km Walk, Luton.

RON MURRAY'S HIGH JUMP CLINIC

In the advertisement for the HJ Coaching Clinic last week (and on page 28 of this issue), Ron Murray omitted to state the venue, which is the Crystal Palace National Sports Centre.

COVER PHOTO (By Allsport/Steve Powell)
 Seb Coe leading in the European Cup Final 800 in Zagreb, which he won in 1:47.03.

JULIE BARLEYCORN WINS NATIONAL '10'

Mel Watman reports on the birth of an important new event

ATHLETICS, reflecting life generally, is full of ups and downs. Take Julie Barleycorn. She had a most unhappy time of it at Agen the other week when, representing Britain in the women's marathon held in conjunction with the European Cup race, she found her legs drained of strength by 10 miles and called it a day at 20. But that distressing experience was placed firmly behind her as she lined up for the inaugural Avon Cosmetics National 10 Miles Road Championship at Cophthall on October 4th. Forcing the pace from the outset she led throughout for an emphatic victory in 56:32, which was 16 sec inside her previous best.

The only opponent to get anywhere near Julie during the second half of the race was Joyce Smith, herself on the way up again after a depressing spring and summer. Soon after her marvellous run in the London Marathon (2:29:57) on March 29th she became sidelined with an injury which caused her to miss ten weeks of training. The process of starting to run again was both painful and frustrating, and no one would have blamed Joyce had she decided enough was enough and retired. But Joyce didn't become the athletic legend she is by being faint-hearted, and although to begin with she had her work cut out even to jog a lap of the track she persevered. Ever so gradually she built up her mileage, until now it is back up to 70 a week. How much fitness had she lost in the meantime? The answer was provided by this '10'. Although some way from her best (she holds the UK best at 53:17) Joyce's second place in 56:44 was truly remarkable running in the circumstances, and it provides a sound base for a return to the heights. She is planning to maintain 70-80M a week until Christmas, in preparation for the Osaka marathon in Japan on January 24th. After that it's all systems go for the 'London' on May 9th, in which she will be running for a TV Times team (captained by comedian Lennie Bennett) which will be hoping to raise a million pounds for leukaemia research.

What an inspiration Joyce is (and apart from her running she does a tremendous amount of work behind the scenes for her club — not to



THE SMILING WINNER

Peter Tempest photo

mention bringing up a family), and it's my hope that those responsible for recommending worthy candidates for inclusion in the Queen's honours list will consider Joyce for her services to athletics. I can think of no one more deserving.

And how appropriate and pleasing it was that Joyce (whose husband Bryan, another tireless worker for the sport, was race director) should play such a prominent role in an event which demonstrated that long distance road racing for women has well and truly arrived in Britain after a somewhat hesitant beginning. Remember it's only a year or two since we were bemoaning the embarrassingly low entries for the first road

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The road sign says 'slow', but that's ignored as (from the right) Joyce Smith, Glynis Penny, Gill Drake and Carol Gould try hard to catch up with Julie Barleycorn at the four mile mark.

Peter Tempest

events to be thrown open to women. Many race organisers must have wondered if it was worth their time and trouble when maybe half a dozen females would turn up. Happily the great running boom has transformed the situation, and it was a splendid sight for those who have championed the cause to see no fewer than 157 at the start — ranging from an Intermediate like Karen Dyett (who at 16 is now eligible, under the new rules, to race 10 miles — and did so in style with a time of 65:54) to five ladies in their fifties, one of whom (Betty Norrish) clocked only a shade outside 70 min.

The race catered for everyone: the first nine finishers broke the hour, while the last 20 of the 153 finishers took longer than 1½ hours. All were welcome, all received an admirable goodies bag from the sponsors (including an Avon running vest and some of the company's products), and every finisher was presented on arrival with a medal on a ribbon. As I know from personal experience, that's a magical moment for any athlete who wouldn't normally aspire to any sort of award. And, to cap it all, it was the very last finisher of all — Kate Symonds of the local Barnet Ladies club (time — 1:43:29) — who won the most coveted prize, a portable television, in the draw into which every finisher's name was placed!

But back to the race for first place. Right from the start at Copthall Stadium there was no hanging about, as the leaders covered the first lap of the track in 80 sec. By the time the mile mark was reached in 5:40 the leading group of eight — Julie Barleycorn, Joyce Smith, Glynis Penny, New Zealander Gill Drake, Carol Gould, Hilary Hollick, Sue Hassan and Karen Whapshott — were already well clear. By 2M (10:55), with that second mile covered in a blazing 5:15 as Julie forced the pace, 18-year-old Karen had dropped

off the back, and next to be detached from the pack was Hilary (who eventually finished in 59:03 to chop some 7 min off her previous best!).

Julie, a trim economical runner with a bright future in the marathon (she ran 2:45:33 in the London, won at Sandbach in 2:48:21 and this weekend runs one in Holland) continued to dominate the proceedings. By 3M (16:31) she was 40m up on a bunch reduced to four (Sue Hassan having lost contact), and at 4M her time was 22:08 as against 22:24 by Joyce, Glynis, Gill and Carol, with Sue on 22:32.

The next mile saw the field break up as Joyce left the pack to chase after the leader. Halfway positions: 1, Barleycorn 27:47; 2, Smith 28:01; 3, Penny 28:08; 4, Gould 28:11; 5, Drake 28:20; 6, Hassan 28:21; 7, Hollick 28:49; 8, Whapshott 29:00; 9, Jenny Pearson 29:13; 10, Jean Lochhead 29:39. The gap continued to narrow: from 16 sec at 4M and 14 sec at 5M, Joyce closed to 9 sec at 6M (33:43 to 33:52) and just 6 sec at 7M (39:20 to 39:26). Next followed Glynis at 39:49, Gill 40:04, Carol 40:05, Sue 40:22 and Hilary 40:57.

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But that was as near as Joyce ever got to the leader. The gap remained constant for another two miles but then Julie pulled away over the final mile to win by 12 sec even though she hadn't thought she would be able to hold off Joyce on the third and final lap. Due to stomach cramp Julie slowed a little after 6M, but she was still strong enough to cover the final 3M in 17:12, compared with 17:18 by Joyce, 17:12 by Gill Drake who overtook Glynis Penny (17:36) for 3rd, and 17:54 by a disappointed Carol Gould. Personal bests were recorded by the winner, Hollick, Whapshott, Pearson, Gill Burley and former track star Joan Allison among many others.

Barnet Ladies, with an all-vets trio (the mothers of seven children!), easily carried off the team honours ahead of Airedale & Spen Valley and London Olympiades. The future of this race must be assured after such an auspicious debut, and I would not be at all surprised if fields of close to a thousand materialise within a very few years.

1, J. Barleycorn (Crawley) 56:32
 2, J. Smith (Barnet Ladies) 56:44
 3, G. Drake (Croydon/NZ) 57:16
 4, G. Penny (Camb. H) 57:25; 5, C. Gould (Barn) 57:59; 6, S. Hassan (Bir) 58:26; 7, H. Hollick (Sale) 59:03; 8, K. Whapshott (Brack) 59:22; 9, J. Pearson (Sheff) 59:48; 10, J. Lochhead (ASV) 60:00; 11, G. Burley (LOAC) 60:21; 12, S. Samy (Brack) 60:52; 13, L. Watson (LOAC) 61:32; 14, J. Allison (Camb) 61:41; 15, V. Tilbury (unat) 62:34; 16, M. Samy (Bris) 62:43; 17, A. Kirkham (Cov) 62:54; 18, L. Adams (Folk) 62:58; 19, K. Williams (Pt. Tal) 63:06; 20, J. McColl (Glas) 63:15; 21, A. James (ASV) 63:27; 22, J. Standerwick (WSE) 63:35; 23, A. Creamer (Roth) 64:01; 24, L. Pfeiffer (Barn) 64:16; 25, T. Neale (Dart) 64:55; 26, A. Morris (Barn) 65:25; 27, A. Lewis (S'ton) 65:34; 28, T. Glynn (Hill) 65:37; 29, J. Gayter (Sale) 65:39; 30, J. Bird (Ox) 65:48; 31, K. Dyett (Dart) 65:54; 32, S. Bradley (High) 66:04; 33, M. Carlin (RAF) 65:35; 34, T. Williamson (High) 67:14; 35, J. Mitchell (Watf Joggers) 67:17; 36, S. Houghton (Felt Puffers) 67:33; 37, M. Evans (Dart) 67:43; 38, M. Mottram (Dept of Energy) 67:54; 39, M. Rosen (Barn) 67:56; 40, J. Beardsley (Roth) 68:04; 41, M. Braines (P'boro) 68:27; 42, J. Higginson (Ex. L) 68:33; 43, R. Evison (LRR) 68:36; 44, K. Robotham (Roth) 68:44; 45, H. Forbes (H'gey) 68:55; 46, D. Taylor (Barn) 68:59; 47, F. Fawcett (ASV) 69:10; 48, P. Jones (Ilf) 69:14; 49, L. Jemmett (Dart) 69:16; 50, A. Wilsmore (Ver) 69:20;

51, W. Orrowe (Harl) 69:36; 52, S. Rowland (LRR) 69:59; 53, M. Thomas (Harl) 70:09; 54, B. Norris (Mit) 70:44; 55, J. Kimber (Med) 70:47; 56, M. O'Donnell (Ilf) 70:51; 57, V. Houghton (Glas) 70:56; 58, S. Honey (Ilf) 71:04;

All-Mums, All-Vets, All-Stars!



The Barnet Ladies winning team of (left to right) Carol Gould, Joyce Smith and Libby Pfeiffer.

Peter Tempest

59, C. Estcourt (Alt) 71:25; 60, C. Neff (Bed) 71:51; 61, L. Hague (Roth) 72:22; 62, S. Rowlands (LOAC) 72:31; 63, J. Corbett (High) 72:46; 64, J. Walker (Corby) 74:10; 65, J. Arman (Folk) 74:22; 66, Y. McGregor (ASV) 74:36; 67, C. Ellis (HHH) 74:58; 68, M. Huffer (LOAC) 75:32; 69, K. Coppell (Dart) 75:39; 70, S. Burton (Roth) 75:40; 71, H. Hopkins (Cov) 75:54; 72, S. Kohn (S'end) 76:26; 73, J. Pearse (M. Keyn) 76:34; 74, S. Senior (Wat J) 76:37; 75, B. Hogan (LOAC) 77:05; 76, V. Edwards (Temple Bar) 77:24; 77, J. Denegy (Bed) 73:33; 78, C. Bradbery (London 82) 77:40; 79, J. Steele (Bed) 77:50; 80, V. Mijovic (Wat J) 77:56; 81, B. Plaistow (unat) 78:08; 82, J. Southall (Women's Vets) 78:18; 83, A. DeNobrega (HHH) 78:27; 84, B. Harding (London Pol) 78:46; 85, S. Cawkswell (High) 78:50; 86, S. Rymark (—) 78:50; 87, R. Salot (unat) 79:08; 88, M. O'Driscoll (Croy) 79:16; 89, J. Whitby (CLYMCA) 79:33; 90, D. Bouch (Fleet) 79:50; 91, J. Hannon (ASV) 79:50; 92, B. Hawkrigge (Dart) 80:08; 93, E. Marcel (LRR) 80:33; 94, M. Shirley (LRR) 80:36; 95, L. Deane (unat) 80:40;



9th May 1982

SOUTHERN COUNTIES A.A.A.'s MARATHON CHAMPIONSHIP

The Southern Counties A.A.A.'s have now nominated the London Marathon as the race which will incorporate their 1982 Marathon Championship.

This Championship is a **CLOSED** event open only to those athletes who are members of athletic clubs affiliated to the Southern Counties A.A.A.'s.

Application for entry to the Championship should be made as follows:—

ENTRY FORMS — Available now — on receipt of a 9" x 4" stamped, self-addressed envelope (no letter required or money) from:

The Gillette London Marathon, P.O. Box 82, County Hall, London SE1 7PE.

NOTE: Runners who have already applied for an entry form to run in the London Marathon need not make application again.

ENTRIES — Completed entry forms will only be processed if they comply with the following conditions:—

1. **Postmarked 2nd. November 1981 or later to:— P.O. Box 453 London NW7 4NR.**

2. Each entry is sent individually on the GLM 82 entry form with:—

(a) An appropriately filled-in A.A.A.'s Standard entry form — available from your Club secretary or from the A.A.A.'s Office at Francis House, Francis Street, Victoria, London SW1P 0DE.

(b) A cheque for £4 entry fee.

(c) A 9" x 4" stamped self-addressed envelope

AGE LIMIT — 18 years or over on the day of the race.

CLOSING DATE — No entries accepted post marked later than **NOVEMBER 14th, 1981.**

FREE ENTRY — All men who have beaten 2 hours 15 minutes in a bona fide marathon will receive free entry and accommodation. Please attach details addressed to Christopher Brasher with your entry form and send to P.O. Box 453 London NW7 4NR.

IMPORTANT — It is essential that you send your entry form to the London NW7 4NR Box Number and **NOT** to the County Hall address, where all the other entry forms from non Southern AAA's entries will need to go.

AMERSHAM '5'**September 20th**

1, M. Cauldwell (AF&D) 23:44; 2, N. Blayney (AF&D) 24:09; 3, K. Clifford (If) 24:32; 4, J. Broe (Shaft) 24:44; 5, K. Bell (Wyc) 24:51; 6, P. Gore (TVH) 25:04; 7, H. Starkey (Shaft) 25:00; 8, M. Page (Walton) 25:14; 9, R. Dennehey (Bed) 25:21; 10, L. Benjamin (Hill) 25:24; 11, J. Jones (WS&E) 25:26; 12, S. Keene (Shaft) 25:27; 13, I. Sage (W&B) 25:32; 14, P. Stockford (Ox. C) 25:38; 15, M. Moody (Burn. J-V) 25:51; 16, A. Ive (WS&E) 25:52; 17, R. Eagle (Bed) 26:04; 18, P. Coyne (Bed) 26:05; 19, B. Smith (WS&E) 26:08; 20, G. Galvin (Hill) 26:09. **Teams:** 1,

Shaftesbury 51; 2, Windsor S&E 91; 3, Hillingdon 104; 4, Bedford 105. **(Vets):** 1, Moody; 2, R. Campbell (Ex. B) 26:34; 3, D. Case (E&S) 26:47; 4, M. Connelly (Walton) 26:59; 5, M. Stafford (Hill) 28:22; 6, R. Garner (Maid) 28:30. **(O/50):** 1, P. Webb (VoA) 29:35; 2, R. Salmon (Th. H&H) 30:24. **(Women):** 1, G. Drake (Croy) 27:15; 2, J. Smith (Barn-V) 27:36; 3, J. Bennett (High) 28:16; 4, B. Nelson (Barn) 30:50; 5, V. Tilbury 31:19; 6, C. Flynn (E&E) 31:21; 7, L. Pfeiffer (Barn-V) 31:36; 8, B. Tomkins (Hand. C) 31:49; 9, T. Williams (High) 32:13; 10, A. Wilshire (Ver) 32:39.

WOMEN'S '10' Continued from page 6

96, H. Billson (Lon Pol) 81:15; 97, J. Parish (Wat J) 81:22; 98, P. Wilson (Lough) 81:28; 99, M. Carpenter (Colch) 81:34; 100 C. Grimes (unat) 81:36. 153 finished.

(35-39) 1, Gould; 2, Pfeiffer; 3, Mitchell; 4, Houghton; 5, Taylor; 6, Kimber; 7, Huffer; 8, Hogan; 9, Southall; 10, Wilson. **(40-44)** 1, Smith; 2, Hawkrige; 3, C. Ballard (Wyc) 83:18. **(45-49)** 1, Jones; 2, Coppell; 3, S. Jennings (Ton) 83:47. **(50-54)** 1, Norrish; 2, Mijovic; 3, Parish.

Teams: 1, Barnet (Smith, Gould, Pfeiffer) 2:58:59; 2, Airedale & SV 3:12:37; 3, LOAC 3:14:24; 4, Dartford 3:18:32; 5, Rotherham 3:20:49; 6, Barnet 'B' 3:22:20; 7, Highgate 3:26:04.

AVON WOMEN'S MARATHON

Nancy Konz (USA), runner-up in last year's London race, captured the 1981 Avon International Women's Marathon in Ottawa on August 23rd in 2:36:46. Fellow Americans Joan Benoit (2:37:24) and Julie Isphording (2:38:26) filled second and third places, while Britain's Carol Gould finished eighth in a field of 631 in 2:44:32. High temperatures and humidity caused about 250 of the runners to drop out.

OFFICIAL OLYMPIC REPORT

The British Olympic Association's official report of the 1980 Games, in the form of a 108-page booklet (incorporating complete results of all sports), is available from the BOA, 1-2 John Prince's Street, London W1M 0DH, price £2.95.

GREATER LONDON COUNCIL

London Cross-Country Championships 1981

Promoted by the Greater London Council in association with the A.A.A., S.C.C.G.A. and the S.C.W.C.C.A.

Saturday, 28th November, 1981, at Parliament Hill

Both women's and men's events are again to be held. Entries are invited from individual runners and teams (12 to enter, 8 to run, 4 to score men's event) with Greater London qualifications of birth, residence, work or education. To be run over a course of about 6 miles for the men's event and 3 miles for the women's.

The winning men's team will be awarded a perpetual challenge trophy to be held for one year. Medals will be awarded to the first three runners and to the four scoring members of the first three teams in each event.

Full particulars and entry forms can be obtained from the Director of Recreation and the Arts (E3), G.L.C., The County Hall, London SE1 7PB. Telephone 633 1708.

Closing date 9th November, 1981

Talking Point

By Pat Butcher

CONFUSION IN ROAD RUNNING WORLD

DESPITE another bleak showing by the British teams, September 13th 1981 was certainly a red-letter day for international marathon running: the institution of the European Marathon Cup in France, the incorporation of a Nations' Cup into the 3rd Montreal International Marathon, and the Nike professional race in Oregon.

Unfortunately, the problems raised by the 'Nike' and previous 'pro' races put a scar on the exciting expansion of distance running.

Geographically, the Montreal race was halfway between the 'official' European team championship and the 'outlawed' US race, but the Canadian event also served as a half-way house in adding to the confusion as well as providing one blueprint for its solution.

The team prizes of \$10,000, \$7500 and \$5000 were apparently within the present laws of the IAAF. And the Montreal race director Serge Arsenault, who instigated the Nations Cup with these legal cash prizes, has gone so far as to prepare a plan for a World Marathon Circuit (see box). But after two years of discreet discussions with enthusiastic race directors throughout the

world, including New York's Fred Lebow and London's Chris Brasher, Arsenault is becoming as impatient as many top athletes at the lack of interest, not of the IAAF administration but of its members. Arsenault's plans don't transgress the present laws, and he is now threatening to go ahead.

The Association of Road Runners of America (ARRA) have already gone ahead, and the 'Nike' marathon was the second professional race on their circuit following the 'Cascade' event.

But such is the confusion and lack of direction from The Athletics Congress (USA) and the IAAF that three athletes known to have accepted money at the 'Cascade' and the Jordache-sponsored races, went to Montreal and competed. Yet only two weeks beforehand, Britain's Steve Kenyon who had already arrived at a race in Flint, Michigan, was advised not to run because Lorraine Moller was competing.

As a member of the ARRA, Lorraine's 'fault' is accepting money openly instead of 'under-the-table'. If the governing bodies cannot solve this problem honestly and quickly without resorting

WORLD MARATHON CIRCUIT

It was in April 1980 that Serge Arsenault first presented his plans for a World Marathon Circuit to the IAAF.

The project calls for ten marathons in a year to be staged on a continental basis, in this format: Oceania/Asia — 2 races (eg Melbourne & Fukuoka), The Americas — 3 races (Montreal, plus one in eastern USA and one in western USA), Europe 1 — 2 races (Paris and another in the East), Europe 2 — 2 races (eg Stockholm & London), Africa — 1 race (probably in Morocco).

Each runner on the Circuit would have to compete in at least three marathons each year, with all expenses paid by the Circuit, one of which would be in his own geographic zone. The other two must take place on two other continents. Important international championships like the Olympics, Pan-American Games, Commonwealth and European can be incorporated into the athlete's choice of events (if selected, of course).

Points would be awarded both on the basis of position (1st place — 50 pts, 2nd — 45, 3rd — 40, down to 5 pts for 10th place) and of time (eg 100 pts for a man running 2:08:34 or a woman 2:25:00, down to 7 pts for a 2:24 by a man and 1 pt for a 2:41:30

by a woman). At the end of the year the addition of points gained would determine the world champion and other placings. Following the establishment on December 31st of the final standings for the year, purses would be forwarded to national federations whose athletes have the right, according to performance, to share in the agreed-upon payments.

For the first year of the Circuit, the 100 best men and 30 best women marathoners would be eligible — based on best times. Nations who wouldn't have any eligible runners on that basis would be permitted to send two runners to the selected races (but at the national federation's expense, and not the World Circuit's) providing they had run 2:20/2:40 or better.

Mr Arsenault's project, which would carry \$900,000 in prize money, was considered by the IAAF's Cross Country & Road Running Committee in Rome last month. It was decided to establish a sub-committee to review the control and organisation of the road running scene, which would include consideration of a World Championship, World Cup, and World Circuit at various distances. The findings of this sub-committee will be submitted to the IAAF Council for consideration next March.

to the reactionary nonsense of the 'ban' (while a truly disgraceful situation like drug abuse is allowed to fester on), then they do not deserve to be governing athletes of any kind.

Yet, on the other hand, athletes certainly do not want to deliver themselves into the pockets of the sponsors whose principal concerns are profit and publicity. The situation in athletics is now looking miserably like the one which preceded the tennis explosion almost twenty years ago.

However, road runners needn't be in this administrative cul-de-sac. Marathon running in particular and distance running in general have nothing to do with track and field, so why should they be subject to the vagaries of the same governing bodies?

The great disadvantage of track and field for promotional purposes is its diversity. In distance running, like motor or cycle-racing, or even tennis and golf, marathoners are doing the immediately identifiable same thing. It is this facility for comparing performance, along with the massive interest in jogging, which is attracting the sponsors in hordes, as the 'city' marathons testify.

Distance runners could go into open athletics unilaterally from a position of strength. And as for the Olympic 'dream' that would keep runners amateur, how many men under 2:15 (which would get them marathon invites all over the world) are capable of breaking 30 min for 10,000m?

The ARRA was a step in the right direction, but it needs a strong governing body. If the IAAF doesn't sanction something like the World Marathon Circuit, then British and other distance runners should seriously consider following ARRA's example.

\$20,000 for marathon win

US Olympic qualifier Benji Durden and New Zealander Lorraine Moller (winner of the Avon International in London last year) picked up cash prizes of \$20,000 — about £11,000 — each for their victories in the Nike Marathon in Eugene on September 13th. A total of \$100,000 in prize money was on offer in the race, the second on the Association of Road Racing Athletes (ARRA) 1981 Championship Circuit. The Oregon Track Club, which normally co-sponsors the race, withdrew on this occasion in case being involved in an openly professional promotion would prejudice its chances of staging international track meets in Eugene.

Despite being unseasonably hot, with the temperature climbing above 70°F in the later stages of the race, some fast times were registered with eight of the first 11 men setting personal bests. Durden clocked 2:12:12 ahead of 2:12:34 by former Briton Gordon Minty (now a US citizen) with six others inside 2:14 and Mexico's Antonio Villaneuva placing 16th in 2:17:16 for a world age-41 best. Three women bettered 2:38 as Lorraine Moller led the way in 2:31:15 to break her own course record.

Super-vet Villaneuva started fast and led until nearly half way, a point reached by the leading group (including the Mexican) in 1:06:14. It was at 35km (1:50:00) that Durden surged away, opening up a 60m lead in the space of a kilometre and his margin was double that at the finish. Ethiopia's Hailu Ebba, a sub-4 min miler making his marathon debut, was with the leaders at 35km but an attack of stitch caused him to drop to 21st place in 2:18:38. Moller drew away from US record holder Patti Catalano (hampered by a hamstring injury) at 25km, with Laurie Binder moving through to second in a personal best.

Leading finishers, with prize money received: 1, B. Durden 2:12:12 (\$20,000); 2, G. Minty 2:12:34 (\$12,000); 3, P. Pfitzinger 2:12:41 (\$8000); 4, J. Halberstadt (SA), 2:13:02 (\$6000); 5, M. Layman 2:13:05 (\$3500); 6, S. Ortiz 2:13:21 (amateur); 7, T. Raunig 2:13:25 (amateur); 8, C. Smead 2:13:47 (\$1250); 9, F. Torneden 2:14:52 (\$1000); 10, R. Sayre 2:14:59 (\$800). (Women) 1, L. Moller (NZ) 2:31:15 (\$20,000); 2, L. Binder 2:35:19 (\$9000); 3, P. Catalano 2:37:09 (\$5000); 4, P. Story 2:45:59 (\$2500); 5, M. Mayer 2:46:40 (\$1000); 6, D. Ennis-Schwarz 2:48:54 (\$500).

The third race in the Championship Circuit was to have been the Virginia Ten-Miler on September 26th but the ARRA dropped it from their schedule "due to contract violations by the race organisation". ARRA president Don Kardong announced on September 18th: "The Virginia race has indicated that there will be separate finish systems for amateurs and

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GOOD PRIZE LIST

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Entry Fees: Girls/Junior Ladies, Colts, Boys, Youths 25p per Ind., 70p per team (3 to count), Inter/Senior Ladies 25p per Ind. (No team race), Seniors 40p, (all must enter as Inds), £1 team (6 to count). Clubs can enter more than 1 team per event.

Details from and entries to: Mr L. Venmore, 13 Mitcham Crescent, High Heaton, Newcastle-upon-Tyne NE7 7QU. (Tel. 663047). Please send SAE for acknowledgement of entry. **No late entries accepted.**

ENTRIES CLOSE 21st OCTOBER

Please note change of venue, (course remains unaltered).

professionals, and that money will be paid into trust accounts instead of directly to prize winners. These two actions are in violation of the principles of open competition and above-board payment on which the ARRA Championship Circuit was founded, and are also in violation of our written agreement with the race organisers. We have no choice but to drop the event from our series". The Freedom Trail road race in Boston on October 4th was scheduled as the Circuit's next event.

Meanwhile, the leadership of the 100,000 — member Road Runners Club of America (RRCA) is encouraging its 400 nationwide branches to allow all runners to compete, regardless of pressure from The Athletics Congress (TAC) to ban those who have openly accepted prize money. RRCA president Jerry Kokesh has pointed out the hypocrisy of banning those who take prize money openly, while allowing those who take money under the table to "remain in the good graces of TAC".

Of the dozen top finishers in the first ARRA race, the Cascade Run-Off, summoned by TAC to appear at a hearing in Chicago on August 22nd only one showed up (together with his lawyer). After a day-long meeting behind closed doors, TAC decided to postpone its judgment until October 5th. On that date it was announced that eight leading cash prize winners in the Cascade race had been suspended indefinitely: Benji Durden, John Glidewell, Ed Mendoza, Greg

Meyer, Pete Pfitzinger, Ric Rojas, Patti Catalano and Cindy Dalrymple. Charges were dropped against various other runners, including Bill Rodgers — who competed in the race as an "amateur" even though he freely admits to an annual income running into hundreds of thousands of dollars as a result of his athletic and related activities.

As TAC has reportedly abolished its "contamination" rule, which forbade domestic competition between professionals and amateurs, it is not clear what effect the suspensions will have, other than preventing those athletes competing outside the USA. It remains to be seen whether any will be allowed, for example, to take part in the New York Marathon which attracts top runners from all over the world.

M.W.

SOUTHERN WOMEN'S CC SWITCH

The Southern Women's Cross-Country Championships will now be held at Happy Valley, Coulsdon, on February 6th, instead of Hatch End, as previously announced. Any officials unable to get to the new venue, please contact Mrs Maureen Smith, 15 Westminster Court, St. Albans, Herts.

Carol Gould, Leslie Watson and Anne Morris will be running in the New York Marathon on October 25th.

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WORLD CUP ACTION

Photos by Mark Shearman

Top: Steve Ovett winning the 1500 in Rome in 3:34.95 ahead of John Walker and Olaf Beyer. Bottom: Eamonn Coghlan takes the 5000 with Hansjorg Kunze second.

SportsMail



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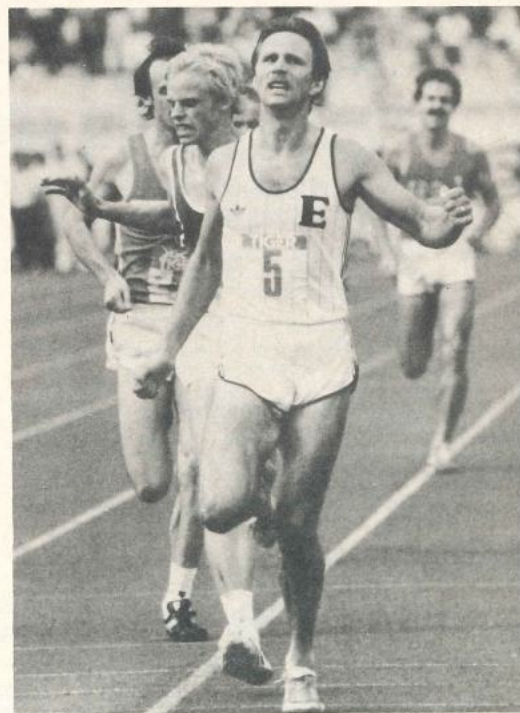
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Evelyn Ashford (left) wins the 100, with Marlies Gohr (right) 3rd and Angella Taylor (centre) 4th.

BLACKHEATH CC RELAY

At West Wickham, September 19th

1, Invicta (J. Wilkins 11:25, M. Gratton 10:41, M. Knapp 11:05, J. Wigley 11:00, P. Brenchley 11:31, M. Brameld 11:08) 1:06:40;

2, Aldershot F&D (C. Campbell 11:28, I. Logan 10:59, S. Barnshaw 11:00, T. Hassall 11:11, P. Ledger 11:01, R. Yeomans 11:17) 1:06:56;

3, Elliott (D. Coney 11:18, G. Clark 10:57, C. Sellars 11:11, K. Hayes 11:11, A. Saker 11:37, K. Minter 11:55) 1:08:09;

4, Cambridge H (P. Johnson 11:09, R. Carter 11:43, J. Rooks 12:03, P. Gaden 11:36, D. Roberts 11:37, A. Chattaway 11:18) 1:08:26;

5, Blackheath (P. German 11:38, W. Foster 11:03, M. Athawes 11:40, R. Coles 11:20, T. Soutar 11:46, L. Roberts 11:16) 1:08:43;

6, South London (M. Preston 11:31, W. Upcott 11:14, P. Williams 11:31, R. Marriott 11:18, D. Higgins 11:33, M. Long 11:42) 1:08:49;

7, Brighton & H 1:09:58; 8, Aldershot F&D 'B' 1:10:06; 9, Tonbridge 1:10:24; 10, Sevenoaks 1:11:17; 11, Crawley 1:11:35; 12, Medway 1:11:44; 13, Cambridge H 'B' 1:12:13; 14, Blackheath 'B' 1:12:20; 15, Portsmouth 1:12:24;

16, Hastings 1:12:31; 17, Dartford 1:12:47; 18, Croydon 1:13:06; 19, Elliott 'B' 1:13:20; 20, Kent 1:15:16. Fastest: Gaden 10:36; Gratton 10:41; Clark 10:57; Logan 10:59; Barnshaw & Wigley 11:00; Ledger 11:01; Foster 11:03; Knapp 11:05; J. Flanagan (Craw) & Brameld 11:08; Johnson 11:09.

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WYNDHAM MANN

Wyndham Mann, vice-president and past president of the Sarnia Walking Club, Guernsey, died early last month after a short illness at the age of 68. Wyndham was one of the first members of the club, racing occasionally up to the early 1970's, and then taking up judging.

He will be remembered by members of the walking fraternity who visited the island, and by all who have known him in and out of sport.



Ian Thompson Wins Brum Run In Fast Time

*

The narrowness of the start of the Interplas City of Birmingham Marathon can be judged from this photo by John Marshall. Omer Khalifa is A009, Knut Kvalheim A003.

A MAGNIFICENT run by Ian Thompson, winner in 2:13:50 (his fastest time for two years), highlighted Birmingham's 'Brum Run' on September 20th.

Quite a few of the 4300 runners must have wondered what sort of weather they would be running in after gales swept through the Midlands the previous night, but the sun was shining as the runners assembled outside the

Arena at the National Exhibition Centre.

It was unfortunate that the organisers had decided at the last minute on a very narrow start for such a large number of competitors, made even more hazardous when the runners had to make way for two buses, two taxis and an ice-cream van making their way through their ranks before the start! Runners at the back had to walk the first mile before there was enough room for them to start running at a steady pace — only to be disrupted by yet another taxi.

Through the City Centre after 12 miles the pace-setters included Sudan's world-class 800/1500 runner Omer Khalifa, Ian Thompson and an unknown quantity in Gerry Helme of St. Helens who was running in his first marathon. An added attraction in the City Centre was Sebastian Coe running a sponsored mile for Birmingham Accident Hospital, held just before the leaders arrived.

The organisers had decided on an indoor finish to the marathon and there was seating available for an audience of more than 5000, but the admission price restricted this number to less than 500 with most spectators preferring to stay outdoors in the sunshine to cheer home the runners.

Ian Thompson came striding into the Arena half a mile ahead although it was only by the increased activity around the finish that the audience inside knew anything was happening, there being sparse information on how the race was developing for the people who had stayed at the NEC. Gerry Helme (24) finished a notable second in 2:16:27, admitting afterwards that he wasn't sure if he would survive after making the decision to follow Thompson's surge. Knut Kvalheim of Norway, came in third.

The youngest finisher was Mark Rowan, aged 7, in just over 6 hours; the oldest was Simeon

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Whitehouse, aged 71, in 5hr 40min. The first woman home was Eileen Bartlett (3:09:50) and the last was Lorna McClelland who ran the course in 6:59:12. Tim Marshall was the first wheelchair competitor home in a new British record time of 3:38:18. But of course there are also those who we'll never hear of, the ones who ran for charity, or simply to prove to themselves that they had the guts and determination to finish.

Irene Marshall

(Results on page 31)

MARRIED BY BAD ORGANISATION

Dear Sir,

After running in the 'Brum Run' I feel impelled to draw attention to the bad organisation which marred this 'Second City' marathon.

Many mistakes were made and I list the following as some of the glaring errors which I noticed personally: (1) The £2.50 entry fee entitled one to a commemorative tee-shirt. All were one size (medium) though competitors were obviously of all shapes and sizes. (2) The official starting line was moved about half a mile just before the race; competitors were not given prior notice. (3) At the start, runners were not segregated according to ability. This could have led to a dangerous pile-up if 'joggers' had got in the way of faster athletes. (4) The first turning, at about ½ mile, was not properly marshalled. Consequently several of the leaders went off-course momentarily. (5) Feeding stations were set up at distances different to those specified in the pre-race information. (6) There was a half-marathon held in conjunction with the full marathon race. Unfortunately no-one knew who was doing which distance; competitors' numbers did not distinguish between the two categories. (7) The half-marathon was publicised as being 12 miles long; it turned out to be nearer the more appropriate 13M. (8) Once they had finished, the people doing the half-marathon then had to find their own way back to the NEC (10 miles away). The organisers had the audacity to expect a man of Tony Simmons' calibre to take a train from New Street Station, clad in running shorts and a vest!

Is this sort of shabby organisation to become the norm for marathons staged in this country? I sincerely hope not.

Alan Harding,
Birmingham.

PS: I suggest to the organiser, George Gandy, that he leaves Birmingham marathons to John Walker — a 'Brummie' who can give Britain's 'Second City' the marathon spectacle it deserves.

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COURSES 1981/82****Director — Bruce Longden****LONDON — Crystal Palace**

Saturday/Sunday, 28th & 29th November, 1981 — 9.30 a.m.-5.00 p.m.

Events: Pole Vault/Hammer/Triple Jump/Discus/Javelin/Combined Events.

Entries with fee: £30 Resident/£12 Non-Resident to Ray Hall, 9 Drayton Close, Fetcham, Leatherhead, Surrey KT22 9EZ.

Closing Date — 22nd November, 1981.

BRIGHTON

Saturday/Sunday, 6th & 7th February, 1982.

Events: Hurdles/Discus/Long Jump.

Entries with fee: £12, to Mike Lees, 2 Chesswood Road, Worthing, West Sussex BN11 2AD.

Closing Date — 29th January, 1982.

LONDON — Crystal Palace

Saturday/Sunday, 13th & 14th February, 1982.

Events: Sprints/High Jump/Shot.

Entries with fee: £12, to Ray Hall, 9 Drayton Close, Fetcham, Leatherhead, Surrey KT22 9EZ.

Closing Date — 6th February, 1982.

SOUTHAMPTON

Saturday/Sunday, 6th & 7th March, 1982.

Events: Sprints/Shot/Long Jump/Hurdles.

Entries with fee: £12, to Mike Smith, 265 Upper Deacon Road, Thornhill, Southampton.

Closing Date — 27th February, 1982.

LONDON — Crystal Palace

Saturday/Sunday, 13th & 14th March, 1982.

Events: Middle Distance.

Entries with fee: £12, to Ray Hall, 9 Drayton Close, Fetcham, Leatherhead, Surrey KT22 9EZ.

Closing Date — 6th March, 1982.

PLYMOUTH or EXETER

Saturday/Sunday, 20th & 21st March, 1982.

Events: Shot/Middle Distance/High Jump/Sprints.

Entries with fee: £12, to Dave Edgecombe, School of Education, St. Lukes, Exeter EX1 2LU.

Closing Date — 13th March, 1982.

**SENIOR CLUB COACHES
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Saturday/Sunday, 2nd & 3rd January, 1982 — 9.30 a.m.-4.00 p.m.

This two day course will provide the coaching theory unit for all potential Senior Coaches, after which they progress to the event theory unit held nationally.

Entries with fee: £25 Resident (Not including Saturday Dinner), £12 Non-Resident (Friday Night accommodation can be provided at £8.50 extra), to Ray Hall.

Closing Date 24th December, 1981.

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HORSHAM PARKLAND RACES**September 12th**

1, P. Rowland (Horsham BS) 14:32
 2, M. Lassetter (Phoenix) 14:40
 3, B. Dawkins (Southampton & E) 14:43
 4, P. Lindsell (G&G) 14:46; 5, Wheeler (E. Grin) 14:58; 6, P. Rockwood (B&H) 15:00; 7, Gale (Havant) 15:04; 8, M. Patterson (Phoe) 15:06; 9, D. Peel (Hay. H) 15:09; 10, P. Crowhurst (B&H) 15:11; 11, Stenning (Hor. BS) 15:12; 12, C. Plumptre (Ports) 15:13; 13, T. Challenger (B&H) 15:16; 14, A. Lambourne (B&H) 15:22; 15, Stewart (Ton) 15:25; 16, M. Porteous (B&H) 15:27; 17, Baker (Hors BS) 15:28; 18, C. Comber (Hay. H) 15:30; 19, S. Warzee (G&G) 15:31; 20, Davies (Craw) 15:34. **(Vets):** 1, M. Barratt (E&S) 15:33; 2, B. Bartholomew (B&H) 15:47; 3, R. Campbell (Ex. B) 15:48; 4, D. Case (E&S) 15:53; 5, C. Plumptre (Ports) 15:59; 6, R. Lovegrove (HW) 16:24; 7, J. Luxford (Hor. BS) 16:49; 8, R. Palmer (B'ht) 16:54. **(Youths):** 1, M. Slowikowski (HW) 9:45; 2, J. Lassetter (Phoe) 9:50; 3, A. Hopkins (Reig. P) 9:53; 4, D. Baptiste (TVH) 9:57; 5, A. Rowe (Hay. H) 10:02; 6, M. Watson (BR&C) 10:03; 7, R. Vassall (Wav) 10:07; 8, R. Campbell (Ex. B) 10:12; 9, C. Glew (Hay. H) 10:15; 10, N. Andrews (Ports) 10:21. **(Boys):** 1, S. Powell (Wok) 8:10; 2, J. Langley (Ell) 8:24; 3, P. Jenkins (Hay. H) 8:25; 4, C.

Benjamin 8:30; 5, M. Nyrenda 8:32. **(Colts):** 1, B. Robbins (TVH) 8:58; 2, A. Morgan-Lee (S&E) 9:00; 3, L. Rooney (Phoe) 9:01. **(U/11):** P. Brewster (Craw) 5:29. **(Women):** 1, D. Peel (Craw) 10:45; 2, M. Pratt (BR&C) 11:14; 3, T. Howard (Worth) 11:24; 4, K. Bonney (LOAC) 11:36; 5, C. Mole (Med) 12:02; 6, V. Strickland (Havant) 12:06; 7, A. Wyeth (S&E) 12:10; 8, C. Wilmot (Ports) 12:31. **(Inters):** 1, S. Vinall (B&H) 10:53; 2, R. Gamble (E. Grin) 11:17; 3, D. Thomas (BR&C) 11:22; 4, N. Brown (Ton) 11:28; 5, H. Conti (Med) 11:44; 6, S. Skinner (Croy) 11:55; 7, S. Brown (B&H) 12:12; 8, H. Dawton (Med) 12:14. **(Juniors):** 1, N. Way (Ton) 9:20; 2, J. Rudolph (Med) 9:22; 3, H. White (S&E) 9:25; 4, H. Jenner (Ports) 9:26; 5, J. Dennis (Med) 9:33. **(Girls):** 1, M. Rooney (Phoe) 5:17; 2, E. Smith (Havant) 5:22; 3, L. Glossop (Craw) 5:34. **(U/11):** L. Clark (Wav) 5:52.

'ROUND THE RES' RELAYS**At Sutton-in-Ashfield, September 27th**

1, Derby (K. Lamb 16:57, I. Robertson 16:57, N. Lees 16:12, I. Kiltie 17:19) 67:25;
 2, Sheffield (P. Shaw 16:49, M. Farrell 16:54, N. Duggan 16:55, G. Whittlestone 17:03) 67:41;
 3, Notts (R. Milne 16:31, I. Mills 17:05, M. Smith 17:03, J. Loveless 18:01) 68:40;
 4, Sutton 68:41; 5, Derby 'B' 69:56; 6, Leeds City 70:25; 7, Rotherham 71:32; 8, Derby 'C' 71:47. **Fastest:** Lees 16:12; Milne 16:31; S. Daglish (Sutt) 16:35; Shaw 16:49; Farrell 16:54; Duggan 16:55. **(Young Athletes Composite):** 1, Sutton (J. Wakeland (C) 9:30, D. Bount (B) 8:39; A. Kilford (B) 9:01, A. Aked (Y) 8:19) 35:29; 2, Birchfield 36:29; 3, Sutton 'B' 37:07. **Fastest:** **(Youths):** Aked 8:19; J. Hartigan (Bir) 8:24; S. Bishton (Bir) 8:36. **(Boys):** Blount 8:39, N. Smith (Bir) 8:46. **(Colts):** Wakeland 9:30. **(Women):** J/I/S: 1, Leeds City (K. Horncastle 9:59, S. Ramsdale 9:20, S. Arthurton 9:06) 28:25; 2, Derby (L. Winfield 10:03, J. Gregory 10:19, J. Laughton 8:51) 29:13; 3, Leeds City 'B' 29:17; 4, Notts 29:26. **Fastest:** Laughton & C. Hanson (Notts) 8:51; Arthurton 9:06. **(Inters):** Ramsdale 9:20. **(Juniors):** W. Wright (Der) 9:39; F. Southwell (Leeds) 9:41.

**Paul Rowland leading at the end of lap one.**

Peter Williams

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London to Brighton Race**By Michael Coleman ('The Times')****Comrades winner Fordyce lands double**

IT TOOK the combined strengths of his sister Oonagh and his friends to lever Bruce Fordyce off the promenade pavement where he had sunk after his masterly win in the 31st London to Brighton race on September 27th.

For 42 of the 54 miles Fordyce, from Johannesburg, had run close to and partly in the shelter of the lofty Mark Pickard of Epsom and Ewell and when he finally detached himself from Pickard and at the same time caught and passed the race-long leader Tony Roper (West Suffolk AC) he found himself out on his own in the wind.

To the spectator, even to someone close up to Fordyce as I was on a bike, the rest of the race seemed a formality as he eased himself away and out of sight. But he revealed later that his long battle with Pickard ("Mark gave me one hell of a race, it went on and on; on one slope he even went away from me by up to 50 metres") had sapped him of all his energy and he became deeply worried as he hit the Brighton environs.

He kept calling to his sister for splits on those following him, a request which surprised us all. "I was going so slow at the end I was amazed that someone didn't come up and overtake me", he

said. It must have been an illusion brought about by his extreme fatigue for, to us, he flowed easily through the Brighton sprawl, sometimes up on the pavement, at other times disentangling himself from the heavy private traffic which made no concessions to him as a runner but hemmed him into the gutter and, at the final run-in, almost took his life.

British passport

"The wind was awful", he told the local radio as Oonagh leapt about saying: "Isn't my brother just marvellous?". He certainly was that day and it is a pity he lives so far off, in the athletics wilderness. When Fordyce ran the Comrades on June 1st he wore a black armband on the gruelling run from Durban to Pietermaritzburg in defiance of the day the rest of the white republic was celebrating — its 20th anniversary. Like a lot of others Fordyce — who at 25 holds a British passport (born in Hong Kong) but has lived for 16 years in South Africa with his parents and is now studying archaeology at Witwatersrand University — felt he had nothing to celebrate, hence the black armband. It earned him rebuke the whole race, both from other runners and spectators, but he stormed to victory — one place better than the previous year.

The Brighton organisers, the Road Runners Club, were nervous of an anti-apartheid protest against him here, despite his obvious sympathies, but word apparently did not get around, leaving Fordyce with an untroubled run. After Brighton he went off with his sister to Sicily for a holiday and was then returning to Johannesburg to continue his final MA year.

At the first stroke of seven, 140 had set off from Big Ben and without delay Roper and Jim Howard (USA) went straight to the front and departed. Howard, with a 2:16 marathon under his belt and ideas on running a 3,000-miles Los Angeles to New York next year, had the reputation, Tony Roper did not, that is, at first glance. But Roper had the supporters, members of the West Suffolk AC all wearing tee shirts with his name on the front. They worked hard for him the whole race, perhaps returning the long patient work he does as club coach in middle distance for them. A Geordie, Roper, at 38 now lives in Haverhill and recently placed second in the Woodford-Southend and won the Canvey Island marathon (2:24:26).

Behind these two, a group of six formed: Fordyce, Pickard, S. Miller (USA), Peter Lawrence (Hastings), Cavin Woodward (Leamington, a previous winner) and R. Charney

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(Under A.A.A. Laws)

ON SUNDAY,**1st NOVEMBER, 1981****at 1.30 p.m.****Entry:** 50p (75p on day).

Prizes: First 10 Individuals, first 3 Vets O/40, first 3 Vets O/50, first local runner. 3 Team prizes (3 to count). First 3 Ladies.

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

(TVH). They seemed to be ignoring the impetuous pair up front who passed 10M in 59:10 followed by the six at 60:44 and M. J. Taylor (Dudley & S) alone at 60:57.

Leaving Coulsdon on the ascent to Hooley, Roper looked the better of the leaders, running lightly with an advantage now of 2:25, though Miller was dropping off. But Fordyce, sometimes leading his group, and sometimes taking shelter, did not look at all concerned. "Bet you've never seen this before", he said while relieving himself while still running! At Redhill (20M) it was 1:59:29 for Roper/Howard, 2:01:50 for the five and 2:02:46 for Miller. The same gap at Horley (24½M) 2:25:30 as against 2:27:57, though Charney had slipped back to 2:28:45.

It was noticeable that Woodward (3rd 1972, 2nd 1973, 2nd 1974, 1st 1975, dropped out 1976, 3rd 1977, 2nd 1978) was doing a lot of talking, especially to Fordyce. "I heard he wanted to meet me so I was giving him the chance", he said later. He also was aware of a groin strain and sure enough at Gatwick Airport was finally discarded and a little pressure applied, Woodward let them go so at Crawley (30½M) Roper and Howard were still together (3:01:38), though the American was often dropping his arms, followed by Fordyce, Pickard and Lawrence (3:03:49) with Charney at 3:04:07.

Up the climb to Pease Pottage (34M) Roper proved too strong for Howard who rapidly fell back into the clutches of Fordyce and Pickard who themselves had shed Lawrence. A vet, Lawrence placed 17th in the recent Pony marathon in Manchester (2:29) but never goes beyond 20M in training. A visit to the Comrades in 1978 persuaded him to try his legs at the longer distances, despite his limited mileage, and he placed 8th in last year's Brighton. He was going better this time.

The question now was: could Roper hold out? Fordyce was trying to rid himself of Pickard and accordingly narrowing the gap so that at Bolney (40M) Roper at 3:57:39 was only 31 sec up on the two, Pickard having survived a temporary dropping. Fordyce struck again with 12 miles to go, passing Roper and leaving Pickard, as it proved, for good. But Roper kept Pickard in his sights a long time, at one point actually passing him, the tall Pickard opening up in full stride later to correct matters.

The fair-haired, slight Fordyce was now moving like a well-oiled machine though his greying face showed the toll he was taking. Over the dreaded Pyecombe climb (46¾M) he edged further away (4:40:57 against 4:43:00 for Pickard and 4:43:12 for Roper) and he added a further minute and a half through Brighton. Like Fordyce, Pickard too sought the solace and comfort of the pavement but did not think that his 10 miler in 50 minutes the previous day at Reading was the explanation for his deterioration towards the end.

Terry Lonergan

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SURREY COUNTY VETERANS CROSS COUNTRY CHAMPIONSHIPS

(Under A.A.A. Laws)

at Brockwell Park

Saturday, 14th November, at 12.30 pm

Entries: 50p per individual, to J. Fitzgerald, 6 Tyers House, Aldington Road, London SW16 1TJ, by November 2nd.

Please state dates of birth and send stamped addressed envelopes for confirmation and travel directions.

COPTHALL GRADED MEETING

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

AT BARNET COPTHALL STADIUM,
HENDON NW4

WED., 28th OCTOBER

EVENTS: 200m (Ladies), 1500m, 800m (Ladies), 2000m S/Chase (Men), 3000m (Jnr/Snr Men).

ENTRIES CLOSE 26th OCT. to Bryan Smith, 22 Avon Close, Garston, Watford, Herts. — Stating Name, Age Group, Club, Event, Best Recent Performance. Enclosing 35p per event. No entries on night. SAE if acknowledgement required. Cheques/P.O.'s payable to Shaftesbury Harriers.

Max. 6mm Needle spikes — 9mm on Javelin run-ups.

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WOLLATON PARK CROSS COUNTRY RACES

(All ages as at 31.8.81)

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

SUN., NOVEMBER 15th, 1981

EVENTS

1. 11.00 am	YOUNG COLTS U/11	1500m
2. 11.10 am	COLTS U/13	3000m
3. 11.30 am	MINOR GIRLS U/11	1500m
4. 11.45 am	GIRLS U/13	1500m
5. 12 noon	BOYS U/15	3850m
6. 12.45 pm	FUN RUN	3850m
7. 1.15 pm	JUNIOR LADIES U/15	3000m
8. 1.40 pm	YOUTHS U/17	5350m
9. 2.15 pm	JUNIOR & SENIOR MEN	9200m
10. 3.00 pm	INTER/SENIOR LADIES	3850m

Prizes: 1st 3 in each race (separate ind. prizes in combined races), + 1st Men's Vet O/40 & O/50. 1st 3 teams in each race.

Fees: 40p individual, Seniors 50p. No team fee.

FUN RUN: (Proceeds to Charity — 30p on the day).

Entries for Cross Country Races close Tuesday, October 27th. No late entries.

To: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham. (Tel: 0602 283230). SAE for confirmation.

Future Events: Winter Track & Field Meetings

Sunday, January 24th, 1982

Sunday, February 21st, 1982

Sunday, March 21st, 1982

Lawrence pipped Charlie Hunn for the veteran's prize. "They kept telling me Lawrence was looking tired, but I'd heard that one before", Hunn said. The Hastings man, pleased at his 20-minute improvement on last year, attributed it to his good second, Derek Stevens, a steeplechaser, "for that's what counts". Woodward, surrounded by his family, including twins Ross and Darren (three years) and Glen, nine on Friday, went to congratulate Fordyce who asked him what he thought about the wind. "What wind?" joked the Leamington man. "I was going that slow, I didn't notice it".

Result: 1, B. Fordyce (Wits AC) 5:21:15; 2, M. Pickard (Epsom & E) 5:24:55; 3, A. Roper (W. Suffolk) 5:26:16; 4, P. Lawrence (Hast) 5:37:16; 5, C. Hunn (SLH) 5:40:52; 6, P. Sugden (Read) 5:44:39; 7, D. Dowdle (Glos) 5:46:36; 8, C. Woodward (Leam) 5:48:16; 9, T. O'Reilly (Soli) 5:48:50; 10, J. Watkins (SLH) 5:51:36; 11, G. Kay (Staff) 6:04:39; 12, M. Baggs (Wey) 6:12:29; 13, Q. Tupper (Roth) 6:13:34; 14, M. Taylor (Dud) 6:20:14; 15, J. Cock (Eps) 6:21:38; 16, G. Smith (Tip) 6:25:34; 17, M. Turner (Thames H and H) 6:26:07; 18, A. Bray (B&H) 6:28:05; 19, C. Hunt (Staff) 6:32:01; 20, J. Howard (US) 6:32:18; 21, E. Gutteridge (Hill) 6:33:00; 22, Z. Gzywna (Hill) 6:33:13; 23, R. Stickland (Inv) 6:36:18; 24, R. Radley (SLH) 6:36:57; 25, J. Thomas (Overton) 6:38:46; 26, A. Evason (Tip) 6:39:31; 27, G. Hawkes (Leam) 6:40:16; 28, F. Squibb (Duchy) 6:43:04; 29, D. Rosen (Shaft) 6:44:54; 30, D. Davies (Tip) 6:45:26. Teams: 1, SLH 18; 2, Epsom & Ewell 24; 3, Tipton 35. (Women): 1, Lynn Fitzgerald (Highgate) 7:47:28; 2, Rosalind Paul (Hermes) 7:59:15. 104 finishers inside 8:15 limit, including Ken Shaw who at 77 clocked 7:42:14 for his 16th consecutive 'Brighton'.

The race was sponsored by Northern Rock Building Society.

"PREVENTION"

Rodale Press, publishers of the USA edition of "Prevention", held a Press Conference at Guy's Hospital on Sept. 25th to publicise the magazine which is now going to be on open sale through the trade in Britain, where it has been obtainable for many years on subscription only. Preventive medicine and healthy eating, and living are subjects which are gaining popularity all the time and George Gandy, Lecturer in Bio-Mechanics at Loughborough University and well known in athletics through his association with Sebastian Coe, and Tony Vandenburg, the medical journalist, were two of the speakers who elaborated on these themes.

1988 GAMES FOR SEOUL

The 1988 Olympics have been awarded to the South Korean capital of Seoul. The only other candidate was Nagoya in Japan.

Close Decathlon Finish

SHEFFIELD'S Mike Corden was the winner of the second Sportsworld Decathlon at Crewe on September 5th/6th, in an exciting finish with only six points separating him and Kevin Atkinson after the ten events.

Kevin, who had been deposed of his Irish record a week earlier by Sean Carlin, started off well, winning the 100m and long jump, and set a pb in the shot with 12.04m. With the fastest time in the 400m (49.8) he led the first day with 3786, with Mike third on 3515. Mike started his move with the second fastest hurdles time of 15.5, and moved up to second place after the discus with 42.80m. He then cleared 4.00m in the vault, which gave him a ten point lead over Kevin (5859-5849) with two events left. The lead was reduced to eight when Kevin threw 59.16m to Mike's 59.04, and everything depended on the 1500m. Although Kevin finished ahead of Mike (4:33.6 to 4:33.8) the gap was not wide enough. Mike, competing in his 41st decathlon, some 13 years after his first, gained his tenth score over 7000, an age-33 record! Kevin added 51 points to his best, while Nick Phipps, in third and winning the shot, discus and pole vault, had his best score (6793) for two years.

Another promising athlete from Sheffield to show his talents was Mark Luscombe. Mark (born 15.6.64) started the season with a pb of 5121, and has improved in each decathlon this year to reach 5855 in finishing fourth in the AAA's Junior. At Crewe he improved to 6127, adding over 1000 to his 1980 score, and has still a lot of room for improvement, especially in the throws, but he still has two more years as a Junior!

Next year it is hoped to include an inaugural British club championship in the meeting.

Alan Lindop

1, M. Corden (Sheff) 7172 (11.4, 6.23w, 13.85, 1.77, 50.6 (3515); 15.5, 42.80, 4.00, 59.04, 4:33.8);

2, K. Atkinson (Stoke) 7166 (11.0, 7.19w, 12.04, 1.83, 49.8 (3786); 15.9, 37.44, 3.50, 59.16, 4:33.6);

3, N. Phipps (Wok) 6793 (11.6w, 6.23w, 14.60, 1.77, 53.5 (3396); 16.5, 43.00, 4.50, 54.28, 5:15.3);

4, G. Ward (Stoke) 6131 (4.00); 5, M. Luscombe (Sheff-J) 6127 (1.90; 3.70); 6, A. Kennedy-Rose (Wok) 5956; 7, C. Veitch (Sheff-J)

5823; 8, M. Standen (Newc) 5715; 9, G. Powley (Pres) 5578; 10, R. Haire (Wok) 5343; 11, J. Trower (B&H) 5257 (67.50); 12, A. Marriott (O&R) 5181; 13, C. Jones (Stoke-J*) 4990; 14, J. Cocker (W&B-J*) 4978; 15, S. Cutler (C&EP) 4900; 16, P. Jolley (Stoke-Y*) 4800; 17, R. Leather (Frod-J) 4715; 18, P. Clarkson (Ox. U) 4567; 19, R. Huntbach (C&N-J*) 4551; G. Flood (Stoke) withdrew after eight events (11.3, 6.58w, 10.60, 1.96, 50.8 (3561); 15.4, 35.48, no height).

(* Junior implements and hurdles used)

Open events: 100: (+2.42m) B. Green (Pilk-V) 10.9. 800: 1, J. Keyworth (Sale) 1:52.1; 2, P. Wynn (Pilk) 1:53.3; 3, A. Palfreyman (Stoke) 1:53.4. 3000SC: M. McBride (Sal) 9:23.4. 110H: (+2.01m) 1, M. Briggs (Stoke) 15.0; 2, M. Millward (Stoke) 15.1; 3, M. Johnson (Leeds) 15.5. 400H: Briggs 53.6.

VERNON SEARL MEMORIAL OPEN THROWS MEETING

At Braintree, September 6th

SP: M. Eyres (BRC) 14.83. DT: N. Woolcott (Ver) 47.70. HT: 1, M. Jones (WLHS) 57.62; 2, R. Earle (W. Gn) 55.20; 3, G. Curtis (Ex. B) 50.90; 4, P. Cooper (Holb-J) 43.70; 5, M. Broughton (Holb-J) 43.08. JT: 1, K. Turnbull (Dart) 59.62; 2, B. Skivington (Bex) 57.32; 3, D. Twerdochlib (Houn) 57.00. (Juniors): SP: W. Cole (Thur-Y) 15.20. DT: C. Jackson (Wat) 41.94. HT: 1, M. Jones (WLHS) 62.78; 2, Cooper 51.60; 3, M. Zaidman (Har) 49.90; 4, Broughton 49.20; 5, K. Power (WLHS-Y) 48.16. (Youths): SP: 1, Cole 16.81; 2, K. Whitton (Can. I) 14.20. DT: N. Boynton (Brain) 47.36. HT: 1, Power 53.08; 2, S. Taylor (Holb) 51.76; 3, M. Griffith (WLHS-B) 44.98. (Boys): SP: M. Smith (S'end) 13.80. HT: 1, Griffith 54.58; 2, M. Fox (Brain) 52.14; 3, C. Howe (W. Gn) 45.00. JT: G. Jensen (S'end) 55.76. (Women): SP: 1, S. Bracey (Chelm) 12.46; 2, D. Bushnell (Chelm) 11.43; 3, S. Parker (Brack) 11.39. DT: 1, L. Whiteley (Enf) 50.74; 2, Bushnell 41.96; 3, S. Browne (Brain-I) 41.38; 4, S. Parker 38.36. JT: 1, J. Morley (Brack) 40.78; 2, M. Bennett (Med-I) 40.10; 3, Bushnell 39.68. (Inters): SP: 1, S. King (Ips) 13.50; 2, Browne 10.49. DT: 1, Browne 42.22; 2, D. Crawley (Hayes) 31.58. JT: 1, G. D'Arcy (Mel) 41.22; 2, Bennett 40.88; 3, A. Caine (C&C) 37.40; 4, T. Neal (Craw) 35.58. (Juniors): SP: C. Bridgeman (Hayes) 10.30. DT: 1, K. Savage (Dart) 30.52; 2, C. Parker (Brack) 29.78; 3, T. Lee (Bas) 28.32.

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Cosford Indoor Season

THE COMING Cosford promotions will follow the usual pattern, this being the first full season on the new track. Open events will be held on November 21st and December 12th the Cosford Games on January 8th & 9th, the AAA and WAAA Senior Championships on January 29th & 30th, and the AAA Under 20 and WAAA Intermediate/Junior Championships on March 19th & 20th.

On March 6th, the ever popular Heptathlon/Pentathlon will be held, together with the Senior AAA/WAAA and Junior AAA Relay Championships.

There is the possibility of two Great Britain and one England International Matches, the dates for which will be confirmed at the Fixture Congress at the end of October.

Will all officials (technical & otherwise) who wish to help at Cosford this season and have not received an "Availability Form" please request same from — MCAA Office, Devonshire House, High Street, Deritend, Birmingham, B12 0LP. (Tel: 021-773 1631).

UK RANKING LISTS 1981

THE NUTS would be most grateful if club statisticians/secretaries/team managers could submit club best performances for 1981 for inclusion in the 1981 UK rankings (to be published in the UK Athletics Annual 1982, due out April 1982) and in the annual club rankings.

We will be sending a circular to many clubs, and this will show the NUTS event standards, but don't necessarily wait for this. We require full details of performance, date, venue and position in the race for any mark likely to make the Senior or age-group lists, as well as dates of birth.

As usual, many meetings have not had results published in 'AW' or submitted to the NUTS, so we would welcome any such details. If club officials are throwing out results, throw them to us!

Results of Open Meetings at several venues are often particularly 'unknown' so any athlete who has run his or her best time at Stretford, for instance, is urged to write to us or they may miss out.

Compilation of NUTS lists is undertaken by a team of members and results are circulated to all concerned. Co-ordinators include: Liz Sissons (Women's lists), Tony Miller (Intermediate and Junior Women), Ian Hodge (Junior Men), Audrey Spinks (Boys), David Burton (Vets), Keith Morbey (relays), Andy Clatworthy (men's club lists) and Reg Dickens (women's club lists). So please send lists and results to any of the above or to me — **Peter Matthews**, 6 Broadfields, Goffs Oak, Waltham Cross, Herts, EN7 5JU.

PJM-NUTS Chairman

MARATHONS & FUN RUNS — AAA STATEMENT

The tremendous recent interest and participation in jogging and road running, at all distances from ten miles to the classic 26 miles 385 yards, has resulted in the mushrooming of 'fun' runs and marathons.

The AAA is delighted that so many hitherto unathletic folk of both sexes are using this means of obtaining enjoyment and fitness. But, for the benefit of all concerned, it is anxious that such events are properly and safely organised.

Accordingly it has set up a special Marathon Sub-committee, chaired by its President Squire Yarrow (an ex-AAA Marathon Champion), whose job will be to endeavour to avoid the clashing of dates and venues, and to offer assistance where it is needed to promoters and participants.

Information or requests should be addressed to Marathon Sub-committee, AAA, Francis House, Francis Street, London SW1P 1DL.

GRE BRITISH LEAGUE (DIV. 5)

At Oxford, July 25th

Sparkhill 260; Oxford City 233; Met. Police 224; Ilford 201; Blackburn 171; Bedford 169.

100/200: R. Hunter (Spark-Y) 11.1/22.1. 400: (A): 1, K. Blackledge (B'burn) 48.5; 2, K. Hicks (Ilf) 49.4; 3, D. Bell (Ox) 49.7. 800: 1, Blackledge 1:51.9; 2, P. Jeffs (Met. P) 1:53.5; 3, A. Palfreyman (Ox) 1:54.0. 1500: (A): 1, K. Steere (Ilf) 3:48.4; 2, S. Goodwin (Bed) 3:52.8. (B): D. Coates (Ilf) 3:52.8. 5000: (A): 1, A. Catton (Ilf) 14:06.0; 2, M. Burnhope (Spark) 14:09.3; 3, R. Harris (Ox) 14:12.4. 3000SC: (A): 1, N. Brawn (Ox) 9:17.3; 2, A. Bamber (Met. P) 9:24.2; 3, P. Banks (B'burn) 9:25.1; 4, A. Nichol (Ilf) 9:25.2. 110H: (A): 1, H. Jones (Ox) 14.6; 2, A. Drysdale (Spark) 15.2; 3, P. Harris (Met. P) 15.2; 4, N. Underwood (Bed) 15.6; 5, M. Erysthee (Ilf) 15.7. (B): M. Hatton (Ox) 14.8. 400H: (A): 1, Underwood 53.9; (B): 1, D. Moles (Met. P) 55.1; 2, R. Hawes (Ox-J) 55.6. HJ: (A): 1, G. Robertson (Ox) 2.05; 2, F. Redley (Spark) 2.00; 3, A. Breden (Met. P) 2.00; 4, I. McAllister (B'burn) 1.95. (B): D. Parsons (Ox) 2.00. PV: 1, A. Gayle (Spark) 4.00; 2, C. Dickenson (B'burn) 4.00. LJ: A. Earle (Spark) 7.15. TJ: (A): 1, Earle 14.86; 2, C. Jones (Ilf) 14.29; 3, A. Wallace (Met. P) 14.16. (B): P. Gayle (Spark) 14.11. SP: 1, T. Canham (Met. P) 13.38; 2, D. Brown (Spark) 13.28. DT: B. Lynn (Met. P) 39.90. HT: 1, P. Dalrymple (Bed) 48.30; 2, J. Tucker (Ox-Y) 47.84; 3, R. Payne (Spark) 43.16. JT: K. Taylor (B'burn) 65.04. 4 x 100: 1, Sparkhill 42.6; 2, Met. Police 43.2; 3, Oxford City 43.4. 4 x 400: 1, Oxford City 3:20.5; 2, Ilford 3:22.9.

Final positions: 1, Sparkhill 22; 2, Met. Police 19; 3, Ilford 15; 4, Oxford City 11; 5, Blackburn 9; 6, Bedford 8.

(Results only recently received)

JACKSON TROPHY MEETING FOR WOMEN

At Leicester, September 5th

Leicestershire 341; Worcestershire 333; Staffs 322; Derbyshire 291; S. Yorkshire 277; Cheshire 248; Northants 213.

400: F. Weston (Staffs) 57.4. 1500: R. Duddle (L) 4:39.8. 100H: (A): 1, K. Warren (D) 13.9; 2, D. Marson (N) 15.5. (B): D. Baker (D) 14.6. HJ: 1, J. Heaney (L) 1.68; 2, S. Burrows (C) 1.65. SP: 1, Y. Hanson-Nortey (S. Yk) 12.04; 2, Warren 11.37. 4x100: Derby 49.3. (Inters): 100: (A): 1, S. Platts (L) 12.2; 2, L. Parry (D) 12.2; 3, H. Braisby (S. Yk) 12.2. (B): M. Pythian-Adams (L) 12.4. 200: 1, Parry 25.3; 2, Platts 25.5. 400: 1, S. Wither (W) 58.2; 2, L. Ingram (Staffs) 58.5. 800: C. Jones (L) 2:19.0. 100H: 1, Parry 14.6; 2, M. Allott (S. Yk) 15.4. HJ: 1, J. Arnold (L) 1.65; 2, S. Webb (W) 1.65; 3, J. Potter (S. Yk) 1.60. SP: S. Wilson-Wolfe (S. Yk) 10.26. JT: 1, G. Major (S. Yk) 38.14; 2, J. Griffiths (Staffs) 36.42. (Juniors): 100: 1, D. Waite (N) 12.4; 2, J. Gratton (L) 12.5; 3, J. Gosney (S. Yk) 12.7. 200: Waite 26.1. 800: 1, H. McDonald (S) 2:20.2; 2, J. Walton (C) 2:21.4. 1500: (A): 1, B. Nicholson (C) 4:51.1; 2, S. Davis (W) 4:54.1. (B): S. Twelves (C) 4:54.3. 80H: (A): 1, J. Hines (N) 12.6; 2, S. Postings (S) 12.6; 3, D. Hogg (L) 12.7. (B): G. Prestridge (S) 12.9. HJ: C. Smith (L) 1.67. SP: T. Salt (S) 12.22. DT: M. Hampton (S) 37.92. 4x100: 1, Leics 50.2; 2, S. Yorks 50.7; 3, Northants 50.7; 4, Staffs 51.4.

UK WOMEN'S LEAGUE QUALIFIER

At Smethwick, September 19th

Bournemouth 301; Chelmsford 294; Liverpool 288; Cardiff 280; Radley 267; Coventry 257; Torfaen 146.

100: K. Rist (Rad) 12.4. 200: 1, C. Smart (Car) 25.0; 2, K. Baker (Cov) 25.1. 400: Baker 55.7. 800/1500: K. Lock (Car) 2:16.1/4:37.0. 3000: 1, K. Harvey (B'mth) 10:16.9; 2, C. Clark (Cov) 10:20.9; 3, B. Thomas (Car) 10:28.8. 100H: 1, C. Porter (Chelm) 1.52; 2, C. Taylor (Cov) 1.55. 400H: 1, S. Fowler (Chelm) 64.5; 2, Taylor 64.8; 3, S. Bull (B'mth) 65.4. HJ: 1, E. Hickey (Rad) 1.71; 2, C. Brookes (Car) 1.68. LJ: G. Regan (Car) 5.87. SP: (A): H. Hounsell (Chelm) 13.94. (B): S. Bracey (Chelm) 12.82. DT: (A): 1, D. Sturman (Chelm) 40.90; 2, A. Franks (Rad) 39.38; 3, A. Hourihan (Car) 38.38; 4, S. Worthy (Torf) 34.26. (B): D. Bushnell (Chelm) 40.20. JT: (A): 1, Bushnell 41.06; 2, J. Averies (Rad) 40.94; 3, M. Hornsby (Cov) 35.18. (B): B. Richardson (Rad) 36.42. 4x100: Bournemouth 50.5. (Inters): 100/200: J. Boggett (Rad) 12.6/25.6. 800: G. Johnson (Liv) 2:22.2. 100H: 1, L. Parry (Cov) 14.9; 2, C. Roe (Rad) 15.1. LJ: Roe 5.33. SP: E. Reid (Cov) 9.96. JT: C. Soden (Rad) 31.42. (Juniors): 100/200: K. Cooper (B'mth) 12.8/26.2. 800: J. Howell (Liv) 2:27.0. 1500: A. Lyons (Liv) 4:59.5. 80H: S. Hayward (B'mth) 12.9. HJ: S. Hornbrook (Chelm) 1.46. LJ: M. Cheetham (Liv) 5.43. SP/DT: L. Angulata (Car) 11.14/26.30. JT: B. Evelyn (Car) 27.44.

PROVINCIAL INSURANCE INTERNATIONAL CROSS COUNTRY EVENT

(Under A.A.A. Laws)

SATURDAY,

12th DECEMBER, 1981

Organised by

INTERNATIONAL ATHLETES CLUB

at

**CRYSTAL PALACE
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NORWOOD, LONDON SE19 2BB**

Colts Race (U/13 on 1.9.81) 1,800m 12.15 pm

Boys Race (U/15 on 1.9.81) 3,400m 12.45 pm

MEDALS TO FIRST 6 IN EACH RACE

Entry Fee: 30p. All Cheques/P.O.'s payable to International Athletes Club (please enclose SAE). A separate entry is required for each race.

Entries to: Mrs S. Herring, 6 Overhill Way, Beckenham, Kent BR3 2SW. No late entries will be accepted.

CLOSING DATE 1st DECEMBER, 1981

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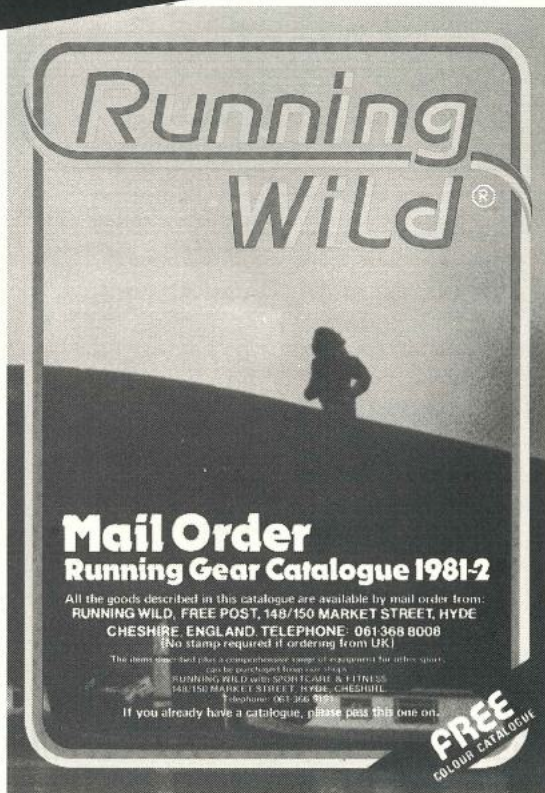
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Vets Corner**By Alastair Aitken****Enthralling battle for 10,000m title**

SEVERAL BVAF National Championships were held at Stockwood Park, Luton, on September 20th in blustery conditions that obviously affected the times put up. The first event was the 40-44 10,000 and John Batchelor (40), who had broken Taff Davies at 4½ miles in the Southern Vets '10' at Crawley the week before (52:22 to Davies' 53:44), led from the start. He passed 400 in 73 sec with John Polgreen, pulling away from the rest, next in 79. Batchelor, a chemical researcher who beat Buddy Edelen in an epic Essex 6 miles championship (28:41) in 1965, averaged 76½ per lap at Luton and ended up with a 70 to clock a respectable 31:55.5. He runs on average 40-45 miles a week at 5:30 pace.

The 45-49 race was won in the same fashion by Johnny Oliver (47), who went smoothly into the lead from the gun and was never overhauled after recording 73 for the first lap. He ran the rest of the race inside 80 per lap to win in 32:29.9 and was followed in by Jack Heywood, the meeting secretary, who will be 50 next February.

Undoubtedly the most enthralling battle of the day was the 50-plus race where the two top UK runners for 1981 in that category were up against each other: Alan Hughes, who destroyed the field

in the National Vets CC at Wirral in March, and London bank manager Dereck Wood who, when guesting in the Eastern Vets 5000 championship on September 6th, put in a 70 last lap to get away from Eastern champion Hughes. At Luton, Hughes took over from Wood just after a mile was completed with the taller Wood just a step behind. Those two could not be separated until, with 600 to go, Wood opened up with his raking stride and it was all over. Wood's time of 33:39 was only some 6 sec down on Hugh Foord's UK age record.

Vivacious Barbara Brookes, who will turn 43 on October 22nd, let Jenny Mitchell open up a sizeable lead in the early stages of the 3000 before taking over and winning in a creditable time of 10:55.7. Barbara, a decorator with Royal Doulton, was encouraged to take up athletics at Veteran level at 35, in her second year of running, by her coach Arthur Shaw (Stoke AC). Yvonne Miles, also in the 40-44 class, ran well for second place, the day after competing for the winning Bournemouth club in the promotion match at Birmingham. She has suffered from hip mobility troubles this year, but her condition has been improved considerably with treatment from 1958 European 400m champion, Dr John Wrighton.

Veteran competitor and coach Harvey Jaquest said that the 10,000 walk (all categories) had attracted the finest ever veteran field at national level, and the man to lead them in was current international Amos Seddon, who is rapidly clawing back the veteran UK bests. After coming second in the one hour walk with 13,360m the day before, and having a chill that evening, he won the National title in 45:35.2! I am sure Colin Young, the veteran walker and 'AW' correspondent, will back me up when I say that the revelation of the walking world at veteran level on the women's side has been 35-year-old Lillian Millen of Lakeland AC, who only took up walking just over a year ago. Some 20 months ago she began jogging so she could lose weight. (she was 132lb (60kg) then; now she is 98lb (45kg)! Trained by her husband, Boyd, she has now established herself as an international, and she won the Veterans 5km convincingly in 24:48.

10,000: (40-44) 1, J. Batchelor (Ilf) 31:55.5; 2, J. Polgreen (Ox. C) 33:10.2; 3, R. Picksley (Notts) 34:46.4; 4, B. Joines (Ox. C) 35:03.6; (45-49) 1, J. Oliver (Camb. H) 32:29.9; 2, J. Heywood (HHH) 34:19.0; 3, N. Green (Bing) 34:29.3; 4, R. Forey (Rugby) 35:05.0; (50-54) 1, D. Wood (Barnet) 33:39; 2, A. Hughes (Roch) 33:55; 3, R. Franklin (TVH) 35:41; (55-59) H. Tempan (VPH) 37:43; (60-64) 1, E. Flowers (VPH) 38:44; 2, G. Scutts (Port) 41:40; (65-plus)

LUTON UNITED ATHLETIC CLUB
20th annual

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**Regional Sports Centre,
Stopsley, Luton**

SAT., NOVEMBER 14th, 1981
1 p.m.

1.00 p.m. Minor Boys	2 miles
1.20 p.m. Minor Girls	1½ miles
1.40 p.m. Colts	2 miles
2.00 p.m. Junior Ladies	2 miles
2.20 p.m. Boys	3 miles
2.40 p.m. Intermediate Ladies	3 miles
3.00 p.m. Youths	4 miles

(All ages as at 31st August, 1981)

Presentations as soon as possible after each race.

Entry fees: 30p per individual to Mrs A. Croft, The Hall, Hockliffe, Leighton Buzzard, Beds. LU7 9NA.

CLOSING DATE 6th NOVEMBER, 1981

Amos Seddon leading in the early stages of the National Veterans 3000m walk championship at Wolverhampton. He won in 13:20.7, with Peter Markham (238) first in the O/45 section in 14:10.4.



John Hickman

1, G. Betts (QPH) 43:00; 2, J. Flowers (VPH) 43:47.

10,000 Walk: (40-44) 1, A. Seddon (Enf) 45:35.2; 2, A. Buchanan (B&H) 48:58; (45-49) 1, P. Markham (Leic) 49:54; 2, D. Maynard (Camb. H) 52:41; 3, J. Dunsford (Bel) 52:44; (50-59) 1, G. Chaplin (Cov) 49:08; 2, P. Worth (Enf) 54:06; 3, D. Fotheringham (Bel) 54:42; 4, D. Withers (R. Sutt) 55:48; (60-64) 1, A. Middleton (Yeo) 61:39; 2, F. Nickolls (Sy WC) 61:55; (65-plus) 1, A. Poole (Worc) 58:57; 2, G. Mitchell (R. Sutt) 59:05.

Women's 3000: (35-39) 1, J. Kimber (Med) 11:14.8; 2, J. Mitchell (Watford) 11:27.8; (40-44) 1, B. Brookes (Stoke) 10:55.7; 2, Y. Miles (B'mth) 11:06.9; 3, B. Cushen (Mit) 11:28.0; (45-49) 1, P. Jones (Ilf) 11:29.0; 2, E. Sheridan-Price (Walt) 12:20.2; (50-plus) 1, V. Mijovic (Wat) 12:47; 2, J. Parish (Wat) 13:20.

Women's 5000 Walk: (35-39) 1, Millen (Lake) 24:48; (45-49) 1, Y. Smith (Stoke) 31:32; 2, F. Horwill (Dud) 33:12; 3, B. Dunsford (Bel) 35:40; (50-plus) R. Scott (Bolt) 32:42.

*Wilf Morgan, who won the 1B 800 in this year's National Vets Champs, organised the first all-ages Vets 400 invitation race at Birmingham on September 12th. The result (with ages) was: 1, Ronnie Anderson (Morp; 44) 52.78; 2, Clive Wooton (Glouc; 43) 52.94; 3, Frank Taylor (Bed; 45) 53.40; 4, Peter Higgins (NVAC; 52) 53.78. Wilf remarked afterwards: "The British Vets ran 3:24.4 for the 4x400 at the World Vets in Hannover in 1979, and our girls ran 3:27.5 in Moscow, so I would like to promote a match between them if it were possible under the rules".

*Competing as a guest, Alf Woods (Epsom & Ewell) broke the late Otto Feldmanis's age 50-54 shot record of 14.10m by 11 cm at the Eastern Veterans AC's 3rd track & field championships at

St. Ives on September 6th — just after Wendy Feldmanis had given him some advice on improving his technique! Results:—

(40-49) 100: 1, R. Glasgow (gst) 12.6; 2, K. Doole (Ips) 12.8; 3, D. Everett (Norf) 12.9. **200:** 1, Doole 25.4; 2, R. Caplis (Corby) 25.4; 3, C. Shafto (gst) 26.1. **400:** 1, Caplis 55.3; 2, Doole 55.8; 3, A. Churchill (C&C) 56.8. **800:** 1, Churchill 2:08.7; 2, T. Ash (Norf) 2:12.7; 3, G.

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AW1

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Johnson (Linc W) 2:16.5. 1500: 1, H. Barnfather (Hunts) 4:31.2; 2, H. Platt (Norf) 4:47.0; 3, D. Clarke (C&C) 4:47.8. 5000: 1, Barnfather 17:45.4; 2, D. Briggs (N'ton) 18:07.3; 3, A. Tunesi (Hunts) 18:08.2. 3000SC: 1, Barnfather 11:01.5; 2, K. Robinson (C&C) 11:39.6. 110H: 1, Shafto 17.6; 2, J. Howell (HHH) 18.6. 400H: Shafto 62.6. HJ: 1, M. Watson (Corby) 1.45; 2, A. Mackay (Bed) 1.45. LJ: Everett 5.50. SP: 1, P. Hallett (gst) 11.83; 2, Mackay 10.72. DT: 1, Hallett 34.20; 2, Mackay 29.12. JT: Mackay 46.18. (50-59) 100: 1, W. Williams (gst) 13.5; 2, C. Knowles (VoA) 13.6; 3, R. Swain (Holb) 13.8. 200: 1, R. Glasgow (gst) 25.8; 2, B. Slater (gst) 27.6; 3, Swain 29.2. 400: 1, A. Hughes (Roch) 59.4; 2, Swain 61.4; 3, A. Bemrose (Linc. W) 61.6. 800: 1, Hughes 2:09.3; 2, Bemrose 2:18.7. 1500: 1, D. Wood (gst) 4:33.3; 2, W. Jones (Vaux) 4:44.3; 3, R. Hayward (Rugby) 4:48.8. 5000: 1, Wood 16:30.4; 2, Hughes 16:39.3; 3, Jones 18:09.0; 4, Hayward 18:10.0. 110H/HJ/LJ: Knowles 19.7/1.55/5.17. SP: 1, A. Woods (gst) 14.21; 2, C. Poole (Lut) 10.38. DT: 1, I. Briggs (gst) 40.24; 2, Williams 27.88; 3, G. Jones (Hunts) 23.02. JT: Poole 29.02. (60-69) 100: 1, C. Fahey (Kett) 13.6; 2, S. Busby (Lut) 15.1; 3, L. Price (Walt) 15.2. 200: 1, Price 31.2; 2, Busby 31.5. 400: 1, Price 69.9; 2, Busby 72.2. 800/1500: H. Taylor (March) 2:37.5/5:26.2. 5000: B. Jenkins (Hunts) 19:40.2. HJ/SP/DT/JT: Fahey 1.15/9.94/27.06/20.64. LJ: R. Evans (Lut) 3.69. (70-plus) 5000: E.

Harrison (Linc W) 22:02.2. (Women) (35-44) 100/800/3000: M. Vallis (Hunts) 15.8/2:53.2/13:42.7. (45-plus) 100: 1, H. Farmer (Low) 15.9; 2, B. Atkinson (gst) 16.7. 800/3000: E. Sheridan-Price (Walt) 2:54.2/13:31.0. LJ: Farmer 3.55. DT: W. Feldmanis (Sy B) 23.90. JT: Atkinson 17.22.

* In the BVA national decathlon championships at Sheffield on September 19th/20th, Robin Ball set new UK figures for the 45-49 group with 7064 pts (on special vets tables), adding some 1300 pts to the old mark! Tony Rawlinson broke not only the 65-69 record with 5334 pts but also set new pole vault figures of 2.45m.

(40-44) 1, A. Mackay (Bed) 5716 (13.1, 5.17m, 10.01m, 1.57m, 59.4, 19.4, 28.70m, 3.40m, 49.72m, 5:47); 2, J. Ross (EAC) 5426 (12.5, 5.11, 8.92, 1.35, 56.3, 20.1, 26.12, 3.00, 49.62, 4:53); 3, F. Wilson (Bed) 4613 (5.18, 29.84, DT, 3.20); 4, C. Derrett (Humb Pol) 4237 (11.7, 57.4); 5, M. Clarke (Thur) 4201 (1.50, 19.6, 5:03). (45-49) 1, R. Ball (Croy) 7155 (UK rec) (13.0, 5.06, 11.22, 1.50, 59.6, 18.6, 37.70, 3.90, 51.98, 5:17); 2, C. Shafto (Rown) 5805 (12.8, 5.56, 8.52, 1.55, 57.4, 17.2, 22.28, 2.60, 27.54, 5:10); 3, D. Burton (Hallam) 5725 (11.9, 5.76, 7.49, 1.50, 56.1, 20.6, 21.50, 2.70, 26.12, 5:09); 4, F. Taylor (Bed) 5071 (12.0, 5.77, 54.3, 5:05). (50-54) 1, D. Williams (Lough) 5593 (13.0, 4.91, 9.62, 1.35, 61.9, 19.1, 32.74, 2.30, 30.86, 5:57.8); 2, J. Cross (Tam) 4502 (12.8, 1.40); 3, I. Steedman (Loth) 4450 (4.94, 18.9, 5:31.5). (55-59) 1, S. Trafford (Newc)

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DATES ARE AS FOLLOWS:

Saturday, 14th, 28th November, 1981, 2.30-5.00 p.m.
Saturday, 12th December, 1981, 2.30 p.m.-5.00 p.m.
Saturday, 2nd January, 1982, 2.30 p.m.-5.00 p.m.
Saturday, 6th, 27th February, 1982, 2.30 p.m.-5.00 p.m.

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3680 (14.8, 3.83, 10.45, 1.15, 72.3, 24.2, 26.20, no ht, 27.44, 6:38); 2, J. Swinton (VAC) 2823 (14.3, 4.35, 69.0). (60-64) B. Metcalfe (VAC) 4301 (14.4, 3.95, 10.58, 1.25 (eq UK rec), 77.7, 23.2, 30.86, 1.45, 23.38, 7:46.3). (O/65): T. Rawlinson (Ver) 5334 (UK Rec) (14.8, 4.24, 8.12, 1.20, 74.5; 24.6, 20.72, 2.45 (UK rec), 26.32, 6:30).

* Tony Mackay flew out to compete in the USA this summer but had the misfortune to have both his poles broken on arrival at Los Angeles Airport. At the Pan American Masters Games in LA on August 9th he placed 2nd in both the javelin (48.34m) and high jump (1.57m), and then went on to compete in the TAC National Vets Champs at Los Gatos where he threw 49.20 for 4th place — being edged out of the medals in the final round by none other than 1968 Olympic decathlon champion Bill Toomey with 52.28!

* Three notable athletes by the name of Robinson have been excelling at middle and long distance over the last few years, and to help avoid confusion the following could be noted. **John Robinson** (born 1939) represented New Zealand in the 1974 Commonwealth marathon, took the World Vets marathon title in Hannover in 1979 and at the beginning of this year came 2nd in the World Vets CC in New Zealand behind Roger Robinson. John has been suffering from an injury which has affected his performance this year. **Roger Robinson** was born and educated in the UK but has been living and teaching in NZ for some years now. He formerly represented England at cross-country before obtaining his NZ vest. Roger won the World Vets 10km road title in Glasgow last year and in Vancouver in May of this year he ran a 2:18:45 marathon. The third and youngest of the Robinsons is **Colin**, a former British international who runs for Rochdale. In his first year as a Vet, Colin was 4th overall in the Tour of Tameside. His wife, Brenda, is also a leading Vet competitor.

* Malcolm Moody, formerly of TVH and then Maidenhead, has recently been competing for Burnham Joggers.

* Ultra-distance performers should not go unnoticed in this column, and one runner who stands out is 41-year-old Charlie Hunn (SLH). Last year he ran 3rd overall in the Woodford to Southend 40M in 4:21:06 and 5th overall in the London to Brighton in 5:44:10. This year his fastest marathon was 2:27:23 in the London, and he was an impressive 7th overall in the SLH '30' (3:01:46) after 2nd place in the Isle of Man '40' (4:14:05).

* Alan Hughes (51), who won the over-50 award in the Humberside '10' on September 27th and was 3rd Vet overall, commented: "The wind on the bridge reduced you to walking pace in parts, so all the times were down by some two minutes a man. In the last two miles, when the wind was favourable, your strength had gone".

Hughes, who clocked 56:10, thought it was one of the hardest races he had ever run.

Result: 1, J. Nettleton (Rown) 55:13; 2, K. Scurr (E. Hull) 55:30; 3, A. Hughes (Roch) 56:10; 4, D. Anderson (Bing) 56:22; 5, D. Makin (Bing) 57:02; 6, N. Green (Bing) 57:05; 7, M. Rawson (Hallam) 57:07; 8, A. Martin (Rown) 57:08; 9, D. Owen (Long) 57:20; 10, R. Dimbleby (Linc W) 58:11; 11, M. Brook (Holm) 58:39. (O/45) 1, Green; 2, Brook; 3, R. Stones (E. Hull). (O/50) 1, Hughes; 2, T. McCann (Lon); 3, A. Jones (RR).

World age bests in the USA this year: (40-44) 400: James Burnett (41) 49:36; Dec: Wolfgang Linkman (40) 6784; (55-59) LJ: Tom Patsalis (59) 6:10; (60-64) 400: John Alexander (61) 58:34; (75-79) Mile/3000: Richard Bredenbeck (75) 6:46.0/13:09.0; 110H/400H: Russell Meyers 20.83/89.58; (Women) (40-44) 5000: Judy Fox 16:57.4; (45-49) 5000: Vicki Bigelow 18:14.0; (55-59) 5000: Jean Cleator (Can) 20:49.4; (60-64) 5000: Pat Dixon (62) 22:26.4; (70-74) 400/800/1500: Polly Clarke 87.6/3:38.7/7:34.0. In addition there have been USA Vets records by Tom Laris (40-44 mile, 4:23.7) and Ray Hatton (49, ex-UK) with 9:02.5 for 3000. Not records, but worthy of note — 12.1 100 and 25.3 200 by Payton Jordan (64), the famous coach, and a 6.11m long jump by 1956 Olympic champion Greg Bell (50).

Three women's age bests in South Africa: 70.9 for 400 by Anne McKenzie (55-59) and 33.5 200/78.13 400 by Winifred Reid (65-69).

Antonio Villaneuva of Mexico won a 1500 at Nijmegen (Hol) on July 18th in 3:57.56 ahead of Ernie Billups 4:03.0 (he is US record holder at 3:59.8) and Ireland's Michael Connolly 4:05.0.

Despite a recent calf injury, 60-64 multi world champion and record holder John Gilmour finished 12th of 485 starters in a peoples marathon in Western Australia in 2:47. Later he clocked 1:31:37 for 25km.

World all-time Vets marathon list — 2:11:19 Jack Foster (NZ) 1974, 2:15:09 Mamo Wolde (Eth) 1972, 2:15:46 Ron Hill (UK) 1979, 2:17:41 Eric Austin (UK) 1975, 2:18:08 Terry Manners (NZ) 1981, 2:18:09 Gyorgy Sinko (Hun) 1978, 2:18:45 Roger Robinson (NZ) 1981, 2:19:24 Don Macgregor (UK) 1980, 2:19:25 Antonio Villaneuva (Mex) 1980, 2:19:34 Renato de Palmas (Ita) 1981. Late amendment 2:17:16 Villaneuva 1981.

SOUTHERN VETERANS 10M CHAMPS

At Crawley, September 13th

1, J. Batchelor (Ilford) 52:22
2, T. Davies (Aldershot F&D) 53:44
3, T. Ryan (North London) 54:06
4, D. Ellison (Read) 54:36; 5, A. Jones (Camb) 54:43; 6, D. Marsh (Worth) 54:56; 7, G. Gough (Port) 55:14; 8, D. Wood (Barn) 55:16; 9, J.

Geoghegan (Camb) 55:25; 10, P. Standen (Hast) 55:33; 11, D. Robbins (Swan) 55:40; 12, B. Allden (Read) 56:05; 13, C. Lambert (Eps) 56:12; 14, D. Townsend (Inv) 56:18; 15, J. Simmonds (Craw) 56:23; 16, S. Charlton (TVH) 56:38; 17, J. Collins (Swan) 56:46; 18, J. Franklin (Craw) 56:52; 19, C. Burton (Port) 56:54; 20, J. Bowles (E. Manor) 57:02; 21, P. Elliott (Mit) 57:05; 22, R. Bailey (Port) 57:07; 23, A. Bovington (Walt) 57:08; 24, P. Hannaford (Read) 57:31; 25, H. Foord (B'ton) 57:38; 26, D. West (VPH) 57:47; 27, T. Everett (E. Manor) 57:50; 28, R. O'Donoghue (HHH) 58:15; 29, N. Miller (Hill) 58:25; 30, E. Jones (Camb) 58:28; 31, R. Garner (Maid) 58:37; 32, J. Adams (Inv) 58:45; 33, Carolyn Rodgers (High-not a vet) 58:59; 34, B. Rodgers (Port) 59:18w, 35, A. Smith (Swan) 59:30; 36, A. Pawsey (Mit) 59:31; 37, L. Tempan (Inv) 59:37; 38, C. Bennett (TVH) 59:38; 39, J. Bowen (Mit) 60:08; 40, R. Taylor (Eps) 60:28; 41, J. Luxford (Horsh) 60:44; 42, P. Catley (B'ht) 60:45; 43, B. Collins (Herc) 60:59; 44, S. Toms (E. Manor) 61:07; 45, R. Cox (High) 61:08; 46, D. Surrey (Shaft) 61:19; 47, J. Atkinson (Barn) 61:31; 48, J. Brothers (Port) 61:34; 49, R. Hutchinson (Barnet C) 61:41; 50, E. Blackler (High) 61:51. 155 finished. **Teams:** 1, Reading 32; 2, Cambridge H 36; 3, Portsmouth 39; 4, Eton Manor 74; 5, Mitcham 76; 6, Barnet 89; 7, Epsom & Ewell 89; 8, TVH 90; 9, Highgate 139; 10, Horsham BS 167. (45-49) 1, Geoghegan 55:25; 2, Everett 57:50; 3, Luxford 60:44. (50-54) 1, Wood 55:16; 2, Charlton 56:38; 3, Burton 56:54; 4, Foord 57:38. (55-59) 1, H. Martin (Horsh) 67:05; 2, J. Miller (Croy) 70:32; 3, J. FitzGerald (Mit) 72:37. (60-plus) 1, G. Scutts (Port) 68:19; 2, W. Watts (HHH) 73:00; 3, R. Hopcroft (TVH) 73:03.

Women: (not necessarily vets) 1, C. Rodgers (High) 58:59; 2, L. Watson (LOAC) 61:52; 3, G. Burley (LOAC) 62:34; 4, K. Fitzgibbons (LOAC) 64:41; 5, B. Cushen (Mit) 67:46; 6, S. Smith (High) 68:35.

SURREY COUNTY ROAD RELAYS

At Brockwell Park, September 12th

1, Hercules Wimbledon (R. Samuel 12:01, P. Clarke 12:21, D. Clarke 11:31, S. Littlewood 13:09, S. Badgery 13:24, R. Holt 12:40) 75:06;

2, Woking (J. Voice 12:47, C. Hall 12:47, T. Watkins 12:14, C. Hensby 11:57, J. Froud 13:09, S. Crossman 12:43) 75:37;

REDHILL & REIGATE A.C.

PRIORY RELAY

SAT., 7th NOVEMBER, 1981

1.30 p.m. Youths (6 run, 4 score) 2½ miles

2.00 p.m. Senior Men Relay 6 x 2½ miles

Entry Fees: Youth team 75p, 25p ind., Senior Relay £1 per team.

Entries to: Mr I. Trevett, 44 Sandcross Lane, Reigate, Surrey. (Rei. 44993), by 1st November.

3, Aldershot F&D (P. Stamp 12:39, C. Whitty 12:53, R. Yeomans 12:20, I. Logan 12:12, S. Crawte 13:00, J. Watts 12:36) 75:40;

4, S. London 75:53; 5, Belgrave 79:06; 6, S. London 'B' 79:16; 7, Epsom & E 79:25; 8, Ranelagh 79:33; 9, Herne Hill 80:54; 10, Hercules Wimbledon 'B' 81:17; 11, Sutton & C 81:27; 12, Belgrave 'B' 82:02; 13, Mitcham 82:55. **Fastest:** D. Clarke 11:31; Hensby 11:57; Samuel 12:01; D. Jenkins (Rane) 12:06; Logan 12:12; A. Gibson (SLH 'B') 12:13. (**Youths:**) 1, Sutton & C (A. Kerridge 8:13, R. McDonnell 8:56, A. Wickens 8:19, B. Brennan 8:07) 32:59; 2, S. London 35:38; 3, Belgrave 36:35; 4, Hercules Wimbledon 36:43; 5, Ranelagh 36:57; 6, Surrey Beagles 37:03; 7, Surrey AC 41:40. **Fastest:** Brennan 8:07; P. Richley (Bel) 8:11; Kerridge 8:13; Wickens 8:19. (**Boys:**) 1, S. London (J. McNicholas 9:32, J. Headley 9:28, A. Iszatt 8:35, D. Byrne 9:21) 36:56; 2, Aldershot F&D 37:02; 3, Belgrave 37:32; 4, Camberley 37:48; 5, S. London 'B' 38:11; 6, Surrey AC 38:12; 7, Croydon 38:45; 8, Herne Hill 39:00. **Fastest:** J. Warren (SLH 'B') 8:24; Iszatt 8:35; A. Moffatt (AF&D) & A. Malcolm (HW) 8:36. (**Colts:**) 1, Camberley (N. Watkins 8:56, S. Denham 9:15, J. Mears 10:03, C. Payne 8:49) 37:03; 2, Mitcham 37:25; 3, Epsom & E 39:19; 4, Sutton & C 39:28; 5, Mitcham 'B' 40:26; 6, Herne Hill 40:38. **Fastest:** Payne 8:49; Watkins & G. Adams (Mit) 8:56.

BEDFORD HALF-MARATHON

September 13th

1, C. Stebbings (Luton) 1:08:12
2, A. Simmons (Luton) 1:09:18
3, M. Shobolt (Bedford) 1:10:11
4, R. Dennehey (Bed) 1:10:18; 5, N. Rust 1:10:40;
6, P. O'Dell (Bed) 1:11:07; 7, D. Case (E&S-V) 1:11:10; 8, A. Dawson (Bol) 1:11:27; 9, P. Claridge (Vaux) 1:12:10; 10, S. Worrall (S&NH) 1:12:18; 11, E. Williams (Lut) 1:12:28; 12, P. Thorpe (Stam) 1:12:32; 13, S. Holdsworth 1:12:52; 14, J. Hogan (North-V) 1:13:11; 15, G. Thomas (Lut) 1:13:18; 16, G. Spring (North) 1:13:51; 17, R. Wadeley (Bigg) 1:13:55; 18, A. Cowan 1:14:24; 19, A. Burgin (Hunt) 1:14:25; 20, P. Coleman (Vaux) 1:14:40; 21, J. Jenkins (C&C) 1:14:45; 22, P. Smith (Ver-V) 1:14:46; 23, J. Turby 1:14:52; 24, R. Cowley (Vaux) 1:15:07; 25, A. Bichener (Bed) 1:15:34. (**Vets:**) 1, Case; 2, Hogan; 3, Smith. (**O/50:**) K. Jones (Vaux) 1:19:34. (**O/60:**) P. King (Vets) 1:39:16. (**Women:**) C. Nieff (Bed) 1:39:23. (**Vets:**) 1, P. Papworth (Hunt) 1:48:06; 2, J. Collins (North-G) 2:00:11.

In the Northern Women's League (Div. 2) match at Stretford on August 30th ('AW' Sept 26th), Lyn Vose ran 4:42.5 and not 4:22.5, as stated.

Birmingham Marathon Results

1, I. Thompson 2:13:50
 2, G. Helme 2:16:27
 3, K. Kvalheim (Norway) 2:17:10
 4, Neby 2:21:26; 5, Pickard 2:24:17; 6, Ford 2:25:58; 7, Khalifa 2:26:40; 8, Deakins 2:27:32;
 9, Phillips 2:28:07; 10, Davies 2:31:53; 11, Eley 2:32:35; 12, Lee 2:33:23; 13, Hara 2:35:02; 14, Smith 2:36:00; 15, Charney 2:36:17; 16, Patterson 2:36:53; 17, Heathcock 2:36:59; 18, Griffiths 2:38:35; 19, Chadwick 2:38:38; 20, Williams 2:39:11; 21, Shawcross 2:39:24; 22, Gibbs 2:39:54; 23, Lawrence 2:40:47; 24, Feeney 2:40:54; 25, Groom 2:40:59; 26, Redmayne 2:41:16; 27, Lyne 2:41:29; 28, Hume 2:41:36; 29, Grice 2:41:47; 30, Holmes 2:42:04; 31, Jackson 2:42:05; 32, Greer 2:42:24; 33, Wimmer 2:42:47; 34, Oakley 2:43:00; 35, Bowman 2:43:01; 36, James 2:44:02; 37, Train 2:44:31; 38, Summers 2:46:12; 39, Wilson 2:46:13; 40, Horton 2:46:14; 41, Jones 2:46:15; 42, Dickson 2:46:16; 43, Daly 2:46:17; 44, Costigan 2:46:24; 45, Hipkins 2:47:03; 46, Howell 2:47:14; 47, Muddeman 2:47:15; 48, Davis 2:47:20; 49, Newman 2:47:36; 50, MacPherson 2:47:44;
 51, Holbrook 2:47:48; 52, Pitt 2:47:56; 53, Burnham 2:47:57; 54, Gee 2:48:04; 55, Hodsman 2:48:15; 56, Hipkiss 2:48:24; 57, Foster 2:48:43; 58, Futrell 2:48:48; 59, Oliver 2:48:54; 60, Collins 2:49:01; 61, Mills 2:49:03; 62, Clifton 2:49:13; 63, Clarke 2:49:24; 64, Lawton 2:49:25;

65, Bloor 2:49:39; 66, Farr 2:49:40; 67, Byrne 2:49:41; 68, — 2:49:42; 69, Marks 2:49:47; 70, Howard 2:49:49; 71, Labhart 2:50:01; 72, Lees 2:50:14; 73, Wagstaff 2:50:20; 74, Goodyear 2:50:21; 75, Baxter 2:50:22; 76, Thurston 2:50:42; 77, Hill 2:51:07; 78, James 2:51:15; 79, Dickinson 2:51:22; 80, Jardine 2:51:32; 81, Brearley 2:51:48; 82, Thomas 2:52:11; 83, Davies 2:52:18; 84, — 2:52:48; 85, Didierrserre 2:52:49; 86, Edwards 2:52:52; 87, Hughes 2:52:54; 88, Ogara 2:53:27; 89, Brown 2:53:29; 90, Vangrove 2:53:32; 91, Hodgkinson 2:53:37; 92, Slatter 2:53:53; 93, Shutt 2:53:54; 94, Skinner 2:54:08; 95, Crowe 2:54:09; 96, Griffiths 2:54:14; 97, Thornes 2:54:18; 98, Goddard 2:54:21; 99, Emmerson 2:54:29; 100, Walker 2:54:38.

101, Warren 2:54:46; 102, Rollason 2:54:54; 103, O'Loughlin 2:55:00; 104, Jones 2:55:09; 105, McDonald 2:55:10; 106, Gibbons 2:55:13; 107, O'Leary 2:55:21; 108, Griffiths 2:55:38; 109, Leaf 2:55:39; 110, Cashmore 2:55:44; 111, Gallagher 2:55:48; 112, Deeley 2:55:50; 113, Williams 2:55:54; 114, Sinar 2:55:56; 115, Kilty 2:55:57; 116, Stuart 2:56:04; 117, Elliott 2:56:07; 118, Webb 2:56:20; 119, — 2:56:24; 120, Caddy 2:56:24; 121, Hogan 2:56:26; 122, Rowe 2:56:43; 123, Petersson 2:56:50; 124, Lee 2:56:56; 125, Wicks 2:57:09;

(Women): 1, E. Bartlett 3:09:50; 2, Cooke 3:16:26; 3, Lappage 3:19:37; 4, Poynor 3:32:20; 5, Beckley 3:32:54; 6, Barnett 3:35:00.



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HEYS ROAD, THONGSBIDGE, NR HOLMFIRTH****MINIMUM £400 PRIZE LIST****Prizes 1st Individual plus Silver Candelabra**

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

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CLOSING DATE OCTOBER 26th, 1981

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

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

I wish to enter Yorkshire '15'

Plain Sailing In Western Mail Marathon

WALES' top marathon runner Bernie Plain had an easy victory in his home city when he became the first winner of the Western Mail Marathon held in Cardiff on September 20th. Organised by the national newspaper of Wales (the *Western Mail*) more than 3,000 of the original 3,901 entrants turned out for the sponsored run. Nearly £100,000 is expected to have been raised by the runners for the local Rookwood Hospital.

For most of the runners it was their first attempt at a marathon, but there was a surprisingly high finishing rate. More than 2,400 people managed to complete the course, including three wheelchair competitors.

Despite two torrential downpours and a hilly course, Plain went on to achieve his second win in a row — he won the Poly Marathon at Windsor in June — with a time of 2:26:04. He dominated the race from nine miles and was a clear nine minutes winner from Welsh veterans Gordon McLlroy and Dr Hedydd Davies.

After such an enthusiastic response, the *Western Mail* intend to make the charity marathon an annual event. Bernie Plain now goes on to New York as he builds up for next year's Commonwealth Games.

Robert Cole

1, B. Plain (Car) 2:26:04; 2, G. McLlroy (Car) 2:35:26; 3, H. Davies (Carm) 2:36:18; 4, H. Roberts (Whit) 2:38:46; 5, D. Collier (A'dare)

2:39:09; 6, J. Riley (Car) 2:39:21; 7, G. Finlayson (Car) 2:42:24; 8, M. Griffiths (Bedd) 2:42:53; 9, A. Roper (Neath) 2:43:04; 10, M. McGeoch (Barry) 2:43:10; 11, M. Fothergill (Taly) 2:44:39; 12, J. Walsh (Car) 2:47:30; 13, S. Stretch (F'guard) 2:47:58; 14, N. Cullen (P'wyn) 2:49:01; 15, J. Aston (Penarth) 2:49:07; 16, — 2:49:58; 17, A. Jenkinson (Bridge) 2:50:34; 18, S. Johnson (Car) 2:51:01; 19, M. Lucas (Bridge) 2:51:07; 20, L. Williams (Car) 2:51:56; 21, B. Blandford (Neath) 2:52:11; 22, D. Thomas (Rhym) 2:52:34; 23, D. Brown (Cow) 2:52:42; 24, I. Williams (Abert) 2:53:21; 25, R. Harries (Rhiw) 2:54:00; 26, J. Collins (Killay) 2:54:18; 27, G. Edwards (Aberg) 2:54:44; 28, N. Carter (Car) 2:54:52; 29, R. Marks (Lamp) 2:54:54; 30, G. Morgan (Rum) 2:55:11; 31, R. Humphries (Lon) 2:55:12; 32, E. Hughes (Bridge) 2:55:13; 33, C. Davies (P'clun) 2:55:40; 34, G. James (Cad) 2:55:58; 35, I. Swanson (P. Tal) 2:56:16; 36, C. Prince (Bary) 2:56:25; 37, G. Aubrey (Roath) 2:57:03; 38, H. Brown (Peny) 2:57:22; 39, C. Ruck (Penarth) 2:57:59; 40, D. Fereday (Caerl) 2:58:37; 41, B. Taylor (Bridge) 2:58:43; 42, L. Latchford (Car) 2:58:44; 43, C. Davies (C'philly) 2:58:54; 44, J. Smith (Abert) 2:59:04; 45, Bramley (Neath) 2:59:09; 46, B. Mansley (Rhon) 2:59:58; 47, J. Hooper (Car) 3:00:30; 48, K. Tannetta 3:00:32; 49, W. Baker (Ebb. V) 3:00:53; 50, A. Brown (Nant) 3:00:58.

CANVEY ISLAND MARATHON

September 20th

1, T. Roper (W. Suff) 2:24:26; 2, C. Whitty (AF&D) 2:26:40; 3, P. Whymark (Col) 2:30:09; 4, G. Carpenter (Col) 2:34:15; 5, S. Faris (Norf-V) 2:35:49; 6, J. Bishop (Chelm) 2:37:17; 7, S. Kemp (S'end) 2:37:47; 8, G. Cobden (S'end) 2:38:10; 9, J. Madden (Lough. S) 2:38:29; 10, P. Dobbs (Thur-V) 2:38:35; 11, D. Slann (Sy) 2:39:50; 12, J. Fulcher (Barn) 2:40:39; 13, K. Meardon (Thet) 2:41:15; 14, D. Norman (Chelm) 2:42:12; 15, T. Barden (Bas) 2:42:36; 16, G. Valentine (Bas-V) 2:43:32; 17, D. Ballard (HW) 2:43:50; 18, P. Saunders (Ov-V) 2:44:21; 19, J. Watling (Can. I) 2:44:30; 20, M. Ellsmore (Belv) 2:45:31; 21, R. Llow (US) 2:45:45; 22, P. Barry (HW) 2:46:34; 23, LESLIE WATSON (LOAC) 2:47:38; 24, P. Lucia (Rom-V O/45) 2:47:38; 25, G. Carey (S'end) 2:41:56; 26, M. Reid 2:49:03; 27, S. Thompson (Can. I) 2:49:13; 28, G. Sinclair (Can. I) 2:49:51; 29, A. Waring (Har) 2:49:57; 30, B. Lee (RAF) 2:50:07; 31, G. Hewitt (S'end-V) 2:50:17; 32, R. Stewart (S&E-V O/45) 2:50:23; 33, S. Dobbs (Col) 2:50:36; 34, J. Etam (Brent) 2:51:55; 35, P. Mulholland (HW-V) 2:53:13; 36, J. Dibbins (S'end) 2:53:35; 37, P. Woodger (Dag) 2:53:36; 38, G. Smith (E. Man-V O/50) 2:53:55; 39, C. Hughes (Hash H) 2:54:26;

40, D. Minns (Bas-V) 2:54:41; 41, D. Blois (Bas-V O/50) 2:54:43; 42, C. Mold (Hav-V O/45) 2:55:04; 43, M. Gulchard (Dart) 2:55:13; 44, A. Puddicombe (Hay. H) 2:55:28; 45, B. Sheaf (Wigtown) 2:56:31; 46, P. Chapman (RAF) 2:56:39; 47, E. Stroud (V O/45) 2:57:21; 48, N. Eldred (Dart-V) 2:58:14; 49, E. Cotton (Dart) 2:58:14; 50, T. Civil (AJARS) 2:58:14; 51, N. Towers (RAF) 2:58:28; 52, W. Metcalfe (Ex. B) 2:58:36; 53, M. Labram (Craw-V) 2:58:56; 54, J. Rampling (Camb. H) 2:59:26; 55, J. Shelton (Craw-V) 3:00:13; 56, D. Boulter (VPH) 3:01:20; 57, A. Angeli (B&H-V O/45) 3:02:13; 58, O. Caviglioli (Vets) 3:02:14; 59, M. Love (Thur) 3:02:26; 60, M. Haycock (S'end) 3:02:30. **Teams:** 1, Southend 40; 2, Colchester 40; 3, Basildon 71; 4, Chelmsford 104; 5, Canvey Island 113; 6, Dartford 140. **Women:** 1, Watson; 2, S. Kendrick (CI) 3:06:17; 3, M. Thomas (CI) 3:28:09.

The National Young Athletes' League have a limited number of vacancies in the leagues in the South, South Wales and the Midlands for 1982. Clubs in these areas wishing to become members should apply to R. A. Sales, 78 Orchard Road, South Ockendon, Essex (Tel: 700 2178) for full details.

ITALIAN WALKERS CARRY OFF LUGANO CUP

FOR THE FIRST time since 1963, Western Europe broke the East European/Mexican stranglehold to win the most exciting team competition yet in this, the tenth edition of the event.

As all the four leading countries suffered from disqualifications, retirements or 'blow ups', the destination of the Cup was in the balance throughout, with Italy — the popular winners — gaining the verdict over the USSR by the fact they had their leading 50km performer home first as both teams finished level on points.

Mexico provided both individual winners with Raul Gonzalez, a surprise starter in view of his differences with officialdom earlier this year, producing a breathtaking second half in the 50km in glorious, immaculate style — the outstanding male walker on view.

In both races it was noticeable that there was no pace-blazing at the start, obviously due in part to the very warm sun and wind but also, quite probably, to the strict judging experienced at Moscow last year. On both days a sizeable leading pack was gradually thinned down with the winners producing faster second halves.

The course was flat and out-and-back, with a lap of the all-weather track included in each of the 2km-plus laps.

Asia was represented for the first time by a trio of Chinese who, though obviously lacking in experience at this level, showed enough for many to consider that they could be quite a force within the next decade.

Colin Young

20 KILOMETRES (Oct. 3rd)

- 1, E. Canto (Mexico) 1:23:52
- 2, R. Weiser (GDR) 1:24:12
- 3, A. Pezzatini (Italy) 1:24:24
- 4, E. Yevsyukov (USSR) 1:24:51; 5, J. Marin (Spa) 1:25:00; 6, M. Damilano (Ita) 1:25:08; 7, A. Solomin (USSR) 1:26:39; 8, P. Potchenchuk (USSR) 1:27:03; 9, B. Gustavsson (Swe) 1:27:28; 10, G. Leblanc (Can) 1:28:02; 11, P. Blazek (Cze) 1:28:12; 12, S. Petrik (Cze) 1:28:20; 13, C.

At Valencia, October 3rd/4th

- Mattioli (Ita) 1:28:52; 14, R. Meisel (GDR) 1:29:24; 15, S. Rola (Pol) 1:29:37; 16, W. Chun Tang (Chi) 1:29:45; 17, STEVE BARRY 1:29:56; 18, E. Andersen (Nor) 1:30:03; 19, IAN McCOMBIE 1:30:03; 20, E. Linares (Mex) 1:30:05; 21, T. Scully (US) 1:30:22; 22, J. Heiring (US) 1:30:39; 23, N. Vinnichenko (USSR) 1:31:10; 24, J. Zimka (Cze) 1:31:13; 25, M. Colin (Mex) 1:31:23; 26, Z. Szalapkyn (Pol) 1:31:29; 27, B. Duda (Pol) 1:31:34; 28, R. Sharp (US) 1:32:30; 29, W. Dwyer (Aus) 1:32:52; 30, ROGER MILLS 1:33:30; 31, A. Marin (Spa) 1:33:46; 32, F. Lapointe (Can) 1:33:49; 33, AMOS SEDDON 1:33:52; 34, P. Lafleur (Fra) 1:34:08; 35, P. Rasmussen (Swe) 1:34:18; 36, J. Kazimierski (Pol) 1:34:18; 37, R. Nilsson (Swe) 1:34:47; 38, M. Fesselier (Fra) 1:35:05; 39, P. Lengart (Fra) 1:35:59; 40, J. Pribilinec (Cze) 1:36:25; 41, K. Knox (Aus) 1:37:41; 42, D. Terraz (Fra) 1:38:20; 43, H. Matern (GDR) 1:39:21; 44, F. Botonero (Spa) 1:39:55; 45, T. Stroemoe (Nor) 1:40:07; 46, M. Stones (Can) 1:41:56; 47, G. Fang Yuan (Chi) 1:44:47; 48, A. Hjellev (Nor) 1:46:05; 49, M. Harvey (Aus) 1:46:17. **Teams:** 1, USSR 119; 2, Italy 116; 3, Mexico 94; 4, Czechoslovakia 92; 5, GDR 84; 6, UK 73; 7, Poland 72; 8, USA 68; 9, Spain 64; 10, Sweden 62; 11, Canada 56; 12, Norway 37; 13, France 35; 14, China 34; 15, Australia 29. **Retired:** D. Smith (Aus); T. Guttulsoed (Nor); O. Hemmingsson (Swe). **Disq:** Z. Fu Xin (Chi); R. Kowalsky (GDR); F. Gomez (Mex); L. Bueno (Spa); S. Pecinovsky (US); G. Damilano (Ita).

50 KILOMETRES (Oct. 4th)

- 1, R. Gonzalez (Mexico) 3:48:30
- 2, H. Gauder (GDR) 3:52:18
- 3, S. Bellucci (Italy) 3:54:57
- 4, D. Meisch (GDR) 3:56:27; 5, A. Bravo (Mex) 3:58:04; 6, M. Bermudes (Mex) 3:58:16; 7, V. Suintsov (USSR) 4:01:30; 8, U. Duenkel (GDR) 4:02:04; 9, G. Lelievre (Fra) 4:03:06; 10, G. Poggi (Ita) 4:03:15; 11, V. Dorovskikh (USSR) 4:03:51; 12, V. Grodovchuk (USSR) 4:07:16; 13, M. Evoniuk (US) 4:07:44; 14, D. Carpentieri (Ita) 4:13:19; 15, B. Bulakowski (Pol) 4:15:34; 16, P. Jati (Cze) 4:17:06; 17, L. Mackanic (Cze) 4:17:11; 18, B. Simonsen (Swe) 4:17:57; 19, P. Grecucci (Ita) 4:18:56; 20, IAN RICHARDS 4:21:04; 21, D. O'Connor (US) 4:22:24; 22, V. Padrouzek (Cze) 4:23:31; 23, K. Drajski (Pol) 4:25:10; 24, J. Pilozuk (Pol) 4:26:28; 25, S. Eloffsson (Swe) 4:28:08; 26, V. O'Sullivan (US) 4:29:49; 27, W. Glusker (US) 4:33:01; 28, BARRY GRAHAM 4:34:34; 29, M. Sjoeholm (Swe) 4:34:58; 30, F. Lapointe (Can) 4:35:51; 31, BOB DOBSON 4:36:13; 32, P. Szikora (Cze) 4:37:21; 33, J. Sheard (Aus) 4:38:48; 34, DENNIS

CHESHIRE W.A.A.A.

"CROSS COUNTRY CHAMPIONSHIPS"

Linear Park, Woolston, Warrington

SAT., 21st NOVEMBER, 1981

Entry Fee: 50p per athlete.

Closing date: 1st November, 1981.

Entries to: J. Morgan-Parker, 2 Glamis Close, Wistaston, Crewe, Cheshire CW2 8AJ. (0270 68400).

JACKSON 4:39.37; 35, C. Viken (Nor) 4:41.04; 36, A. Moulinet (Fra) 4:42.58; 37, A. Jorba (Spa) 4:43.03; 38, H. Summers (Aus) 4:43.43; 39, S. Korneluk (Pol) 4:47.27; 40, A. Lemercier (Fra) 4:52.04; 41, M. Dumont (Fra) 5:03.32. **Teams:** 1, Mexico 127; 2, GDR 124; 3, Italy 111; 4, USSR 108; 5, Czechoslovakia 84; 6, USA 80; 7, Poland 78; 8, Sweden 69; 9, UK 64; 10, France 62; 11, Australia 28; 12, Canada 18; 13, Norway 15; 14, Spain 13. **Retired:** W. Sawall (Aus); M. Jobin (Can); G. Leblanc (Can); W. Chun Tang (Chi); Z. Fu Xin (Chi); G. Fang Yuan (Chi); R. Weigel (GDR); H. Krokli (Nor); L. Moen (Nor); J. Llopert (Spa); M. Alcalde (Spa); R. Espejo (Spa); T. Janse (Swe); V. Fursov (USSR). **Disq:** P. Fullager (Aus); E. Vera (Mex); R. Hofnes (Nor).

Combined Scores: 1, Italy 227; 2, USSR 227; 3, Mexico 221; 4, GDR 208; 5, Czechoslovakia 176; 6, Poland 150; 7, USA 148; 8, UK 137; 9, Sweden 131; 10, France 97; 11, Spain 77; 12, Canada 74; 13, Australia 57; 14, Norway 52; 15, China 34.

WOMEN'S 5000 METRES (Oct. 3rd)

1, S. Gustavsson (Sweden) 22:56.9
2, A. Deverenskaya (USSR) 23:17.2
3, L. Khrushcheva (USSR) 23:25.4
4, F. Hilsen (Nor) 23:34.4; 5, A. Jansson (Swe) 23:42.2; 6, S. Pierson (Aus) 23:51.3; 7, S. Cook (Aus) 24:04.9; 8, A. Peel (Can) 24:05.9; 9, S. Liers-Westerfield (US) 24:15.8; 10, N. Sharypova (USSR) 24:20.7; 11, A. Larson (Swe) 24:31.7; 12, S. Griesbach (Fra) 24:35.6; 13, IRENE

BATEMAN 24:40.0; 14, M. Vetterli (Swit) 24:43.9; 15, LILIAN MILLEN 24:47.4; 16, O. Tchugunova (USSR) 24:53.2; 17, B. Holmqvist (Swe) 25:03.5; 18, JILL BARRETT 25:05.1; 19, CAROL TYSON 25:10.9; 20, A. Ryan (Aus) 25:16.2; 21, G. Grant (Can) 25:26.6; 22, T. Palacios (Spa) 25:31.8; 23, I. Adam (Ger) 25:34.5; 24, L. Viken (Nor) 25:34.5; 25, B. Dillon (US) 25:39.8; 26, V. Jones (US) 25:51.9; 27, M. Kjoelberg (Nor) 26:08.8; 28, P. Kash (US) 26:21.7; 29, C. Richard (Fra) 26:35.4; 30, M. Holland (Can) 26:44.9. 47 finished. **Teams:** 1, USSR 105; 2, Sweden 104; 3, Australia 90; 4, UK 76; 5, Norway 71; 6, Canada 68; 7, USA 66; 8, France 55; 9, Germany 41; 10, Spain 33; 11, Switzerland 31; 12, Denmark 25.

(Further details next week)

Northern Rock BS 'London to Brighton' (September 5th). 1, C. Lawton (Bel) 8:20:51; 2, A. Collins (Hol. P) 8:31:13; 3, J. Warhurst (Sheff) 8:37:10; 4, J. Eddershaw (Sheff) 8:46:42; 5, B. Armstrong (Ilf) 8:50:38; 6, K. Halstead (Cov) 8:52:56; 7, S. Till (Sy) 8:56:54; 8, N. Simmons (Sy) 9:02:58; 9, C. Bent (Leic) 9:10:02; 10, J. Hall (Bel) 9:14:02; 11, S. Lightman (Sy) 9:15:21; 12, P. Worth (Enf) 9:17:51; 13, J. Dunsford (Bel) 9:23:41; 14, J. Dowling (Sheff) 9:45:04; 15, R. Day (Bel) 9:56:57. **Teams:** 1, Belgrave 25; 2, Surrey 28; 3, Sheffield 30.

IMPORTANT
ANNOUNCEMENT

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Ron Clarke in 1968

Peter Tempest

Ron Clarke suffering from heart trouble

HIS legion of fans in Britain and throughout the rest of the world will be concerned to hear that Ron Clarke has been told that he has serious heart trouble and that an operation would probably be needed to correct the fault. Doctors have diagnosed that the valve between the two chambers on the left side of his heart was leaking badly, causing blood to pass back through the valve and resulting in his heart beating irregularly even at rest.

Ron, who is now 44, has known for a long time that all was not well — for he was refused life insurance eight years ago because of a heart 'murmur'. A minor valve leak was revealed in a test last year.

Despite a warning from Dr Garry Jennings, staff physician of a clinical research unit in Melbourne, that he should give it up, Ron has continued to take his daily 10km jog, albeit at a very slow pace. He is 7.8kg over his old racing weight.

According to an article by Stephen Downes, of the *Melbourne Age* (kindly sent to us by Ian R. Smith of the NUTS), Dr Jennings made some significant discoveries in the course of testing Ron on an exercise bicycle.

SOUTHERN COUNTIES (U.K.) COACHING COMMITTEE

A series of six

INDOOR HURDLE (TRAINING) COMPETITION SESSIONS

has been arranged at the
CRYSTAL PALACE NATIONAL SPORTS CENTRE
for Junior (13-15), Intermediate and Senior Ladies,
and Junior and Senior Men on the following dates:

1981

Saturday, November 14th
Saturday, November 28th
Saturday, December 12th

1982

January 16th
February 13th
March 6th

Sessions: 9.30 a.m.-12 p.m.

There will be three races for each group at a distance of 60 metres over 5 flights of hurdles. With A.A.A. & W.A.A.A. officials in attendance.

In addition to two trophies for the Intermediate and Senior Women, K.G. Sports have promised to present £5.00 vouchers to be spent at their Catford branch to the competitors of each group, both men and women, who have made the most improved time after attending four sessions.

Fee per session — 50p, or £2.50 for the six sessions. (Cheques should be made payable to: Southern Counties (U/K) Coaching Committee). Entries will be accepted at each session before the 1st race.

Entries with a **Stamped Addressed Envelope** to: George Stratford, 'Lynwood', 2 Austin Avenue, Bickley, Kent BR2 8AJ.

COE'S PHILOSOPHY THE SAME AS MINE

WHO is the better athlete, Sebastian Coe or Steve Ovett?

There isn't any doubt that these two have stood head and shoulders above their contemporaries in middle distance running over the past few years and have provided an interesting contrast to the normal pattern.

History has rarely produced two runners from one country so even; normally one prevails over the other. Glenn Cunningham, for example, had the edge over Bill Bonthron in the USA during the halcyon '30s when these two, Luigi Beccali, Jack Lovelock and later, Archie San Romani staged 'miles of the century' twice or three times each year.

Jim Ryun prevailed over Jim Beatty and Jim Grelle in the '60s, as did Herb Elliott over Merv Lincoln here (in Australia) the decade before.

The closest to the Coe-Ovett relationship was

Continued from previous page

The hearts of untrained people can usually sustain about 75% of their capacity for work over a reasonable period. For highly trained athletes the figure is nearer 85%. But Ron Clarke's heart was like neither of these. His coped with fairly high workloads with a minimum of effort. His heart and lungs had become so well developed that they could sustain unusual stress on the body with little extra exertion. But when his heart was called on to do especially heavy work it could not. It had the tendency towards sudden fatigue; it began to beat wildly and haphazardly, and Dr Jennings had to stop the test. It was a heart that, in his view, had lost its "fine tuning".

Could this have had a bearing on Ron's track career, which contained so many world records but no major gold medals? Dr Jennings told Stephen Downes: "It's pure speculation, but Ron might have been able to compete very well at 85% of his huge capacity lap after lap, but if he was called on to sprint at the end maybe he couldn't. Of course it didn't stop him breaking world records, provided he could go at his own pace". During his record breaking days Ron's resting pulse rate was reportedly as low as 28.

It was expected that tests to be carried out on Ron this month would enable doctors to decide on whether surgery was necessary. It was possible that what Dr Jennings termed a "routine" valve replacement would be made — a three hour operation from which 95% of patients make a full recovery.

I know that I write on behalf of all his friends and admirers who read 'AW' when I wish Ron the very best of luck in this the toughest battle of his life.

Mel Watman

— writes Ron Clarke

perhaps the Arne Andersson-Gunder Hagg rivalry which saw the mile record topple by 5 seconds in Sweden in the 1940s. But whereas Hagg was the front-runner and Andersson the fast finisher, both Coe and Ovett can handle any tactics adequately albeit Coe, basically faster, has more often led races.

Sebastian Coe has just published a book, *Running Free*, and it is fascinating reading, especially to those, like me, who have been born and bred on the need for long mileage. I quote:

"In the months prior to his three world records in 1979, Seb, maintaining a full academic life at Loughborough, trained no more than around 50 miles per week, which by the international standards of the day was strangely low when the school of thought since 1960 was that mileage made champions. Led by the coaching example of New Zealander Arthur Lydiard, who trained Peter Snell and others, at least 100 miles a week had become the norm, and indeed there were those who trained far in excess of this, with the result that many of them inevitably broke down with muscle and joint injuries. It was Peter Coe who reconvinced everyone that quantity was no substitute for quality".

An example given was that if a 10-mile training run was scheduled, Coe would start out at no slower than 6-minute mile pace and come home faster than 5 minutes per mile over the last 3 miles.

Before all aspiring runners ditch their long work, it is worth recording that Coe is a very light runner who, in fact, started regular training at 13, working at 1500/3000 as a junior and running many cross-countries. He had an excellent background, therefore, and needed the quick work to polish off this foundation.

The injury bit I reject completely. There are just as many victims, if not more, of quality as of quantity workouts. Ralph Doubell, never a hard

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worker, was in constant trouble, as was Derek Clayton, always a hard worker.

Injury prevention is a mixture of care and luck, and the more care you take the luckier you get.

Coe also describes some of the incredible gymnasium workouts he did which I endorse thoroughly. Too many runners ignore extra-curricular exercises but surely Jim Ryun, Herb Elliott and now Sebastian Coe have illustrated how regular additional exercise training can assist performances.

Who is the better, Coe or Ovett? I think Coe, but of course the position can change overnight. Coe should have won both the 800 and 1500 in Moscow. He was too far back in the 800, but in the 1500 Ovett ran the perfect race in his best event at a time when he was in peak fitness — and Coe won going away.

I especially liked one other quote from *Running Free*. Coe is speaking: "I had nothing to learn from hanging back among the back. Peter and I had always believed, even when I was younger, that it was important to go out and commit yourself. It is the only way to find out about yourself and others". If only more youngsters here would do this our standards would improve much more quickly.

I also have an empathy with Coe in his philosophy as to the Olympic Games and breaking world records. Undoubtedly both are important but he, as I was, has been persistently badgered with the question, "Would you trade your world records for an Olympic gold?"

His philosophy, as was mine, is that the Olympics are the supreme test of racing, but luck can play so much a part that they stand apart from setting a world record, which is your best at your peak against everyone else in the world doing their bests, at their peaks, in the own timetables. And the world is a very big place.

Reprinted courtesy of "Australasian Track & Field" (edited by Mike Agostini), published by Vaucluse Press, PO Box 109, Rose Bay, NSW 2029, Australia. Overseas subscription rate (surface mail) is A\$21 per year.



George Herringshaw photo

BRIGHTON & HOVE A.C. OPEN TRACK MEETING

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

WEDNESDAY, 28th OCTOBER
WITHDEAN STADIUM, BRIGHTON

(all weather — 6mm spikes)

6.45 p.m. 150m — C, B, Y, SM, G, JW, SW.
7.30 p.m. 1000m — C, B, Y, SM, JW, SW.
8.10 p.m. 300m — C, B, Y, SM, SW.
9.00 p.m. 3000m — SM.
7.00 p.m. L.J. — C, B, Y, JW.

(Ages as at 1.9.81)

Entry Fee: 50p per event, no entries on the day.

ENTRIES CLOSE 21st OCTOBER

State name, club, date of birth, event(s) to Mike Langmaid, 16 Fairford Close, Haywards Heath, Sussex RH16 3EF. (SAE only if you need travel directions).

Note future 'Open' dates: 3rd & 28th Mar., 24th Apr.

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Golden Marathon in 1982

THE FIRST event of the 1982 Citizen Golden Series will be the Golden Marathon, to be held over the famous Marathon to Athens route on March 7th.

The IAAF will be inviting 22 of the world's leading runners to compete, although Jon Wigley, representing the IAAF at the press launch in London last month, clearly stated that Federation members would be entitled to submit as many additional entries as they wished, so long as the athletes have produced 'competitive' times and that the members themselves will meet expenses.

Britain has an outstanding record in the Golden Series, at present holding the sprints, mile, 5000m and 10,000m titles, and it will be down to Dave Cannon and John Graham to try to extend this sequence.

The other 20 invited athletes are Itoh, Seko and the Soh twins from Japan; Balcha and Nedi from Ethiopia; Henry and de Castella from Australia; Kotov, Dzhumanazarov and Moseyev from the Soviet Union; Virgin, Salazar and Rodgers from USA, Cierpinski (GDR), Gomez (Mexico), Lismont (Belgium), Magnani (Italy), Nijboer (Netherlands) and Shahanga (Tanzania). Truly a 'Golden' line-up.

B.T.

BRITISH 1-2-3 IN BERLIN

British runners dominated the Berlin Marathon on September 27th, run in hot conditions, filling first three places through Ian Ray, Mick Hurd and Dave Clark, while Gill Burley was second woman home. Britain won the team awards for men and women. A total of some 3500 runners, drawn from 30 countries, took part.

1, IAN RAY 2:15:42; 2, MICK HURD 2:17:45; 3, DAVE CLARK 2:20:10; 4, Dimick (US) 2:20:46; 5, Umberg (Swi) 2:21:56; 6, JOHN ROBERTSHAW 2:23:08 . . . 10, JOHN BICOURT 2:25:14; 16, RAY MAULE 2:28:44; 25, BARKER 2:34:36; 26, DE BOURSAC 2:35:23; 29, WOOD 2:36:02; 37, HEYLAND 2:38:22. (Women): 1, Stephan (Ger) 2:47:24; 2, GILL BURLEY 2:50:45; 3, Winter (Ger) 2:53:56; 4, Bakker (Neth) 2:54:39; 5, LESLIE WATSON 2:55:34 . . . 7, von Haase (Ger) 2:58:14 . . . BRIDGET CUSHEN 3:14:24. A wheelchair contestant, Georg Freund (Aut), finished in 2:08:44.

CHRISTIE UNIVERSITIES' EUROPEAN TOUR

(Leeds, Manchester & Liverpool Universities)

July 7th, Dortmund. 200: 2, A. Greasley 22.1; 3, A. Littler (J) 22.4. 400: 1, Littler 48.8; 2, G. Brown 50.0. LJ: R. Jones (J) 7.05. SP: M. Middleton 14.55. July 9th, Metz. 100: Greasley 10.7. 400: Littler 48.6. 110H: M. Standen 15.4. SP/DT/HT: Middleton 14.31/42.72/46.92. July 14th, Kerkrade. HT: Middleton 48.44.

SEE IN THE NEW YEAR

with the

L.R.R.C. MIDNIGHT RUN

London Road Runners Club announce the first annual central London midnight run — a road race for men and women of all ages and standards.

The Midnight Run will start in 1981 and finish in 1982. Numbers will be limited to the first 1000 entries received.

Full details will appear in this magazine in November. For an entry form send a stamped, self addressed envelope to:

L.R.R.C.
(Midnight Run),
6 Upper Montagu Street,
London W1.

THE MEASUREMENT OF ROAD COURSES

Dear Sir,

Max Coleby, in his article "Courses must be measured accurately", (August 22nd issue) has raised several points which I hope all road race organisers will heed, but he has not mentioned the great amount of work in this field which has been done by the Road Runners Club over the past 28 years.

He is to be congratulated on emphasising the necessity of accurate road measurement, which no doubt all road runners want. It might help if when their suspicions are aroused they make a bit more noise, because they get no satisfaction from times on short courses.

There are a number of matters which Coleby has not mentioned in his article. Quoting his statement, "despite the aforementioned lack of a concerted move towards a formalised system of course certification on an international basis", it should be pointed out that the IAAF has published for many years "Instructions setting out the recommended method of measuring road courses". The 1981 IAAF Handbook (rule 145-5) has redefined how the course should be measured, i.e. "In events over roads, the course shall be measured along the ideal line of running, i.e. the shortest possible path, in that section of the road permitted for the runners. The course must not measure less than the official distance

for the event".

The measurement one metre from the kerb has therefore been abandoned, which is really commonsense. Where the RRC have measured courses, we have for many years measured along the shortest permissible path; for example the one metre regulation made no sense on a closed path as at Milton Keynes. The difference between two such measurements has been found to be relatively small, certainly nothing like the error which Coleby has mentioned. Regarding the Northallerton-Thirsk '10', mentioned by Coleby, I did question the 44:54 attributed to Ray Smedley, but I did not receive a reply to my letter.

Letters

What is necessary is to get information about course measurement over to the organisers of road races, particularly to those new to the sport. The RRC has been engaged on this never-ending task since 1953. Thanks to the understanding, co-operation, and integrity of the majority of road race organisers, a considerable amount of information on courses of 10 miles and over, and their measurement, has been gathered, examined and documented.

HARINGEY RECREATIONAL SERVICES

in conjunction with
HARINGEY ADVERTISER
and
HARINGEY ATHLETIC CLUB
presents their annual

6x1 MILE RELAYS

to be held at
ALEXANDRA PALACE,
WOOD GREEN, N.22

on
SUNDAY, 1st NOVEMBER

Entry Forms available from: Tottenham Sports Centre, 701/3 High Road, Tottenham N.17. Tel. 801 6401, 801 4390.

Entry Fees: £4 per team.

Prizes: First 3 Teams + Fastest Lap.

HARLOW ATHLETIC CLUB

FLOODLIT GRADED MEETING

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

WED., 21st OCTOBER, 1981

EVENTS

100m — All Groups, Male & Female.

400m — All Groups, Male & Female.

1500m — All Groups, Male & Female.

110mH — Men.

4x100m Relays — Jnr. & Int. Women, Youths & Boys.

Long Jump — Male & Female.

Shot — Male.

Javelin — Female.

Entries to: Mrs A. Watson, 76 Silvesters, Harlow, stating name, age group, event, best recent performance and club.

Enclosing 30p per event, payable to Harlow AC.

CLOSING DATE 19th OCTOBER, 1981

Until some evidence of correct measurement is obtained, road races are not included for the award of RRC Standard Certificates.

The number of courses, scattered all over the country, which we can measure ourselves is obviously limited. However, we have distributed IAAF Instructions and the AAA Rules for road running to race organisers for many years, together with more specific advice as to how to go about the job in relation to local facilities.

It has been difficult to keep pace with all the new races, and I will be pleased to send this information to any race organiser who intends to make his race a permanent event.

Basically, course measurement is the responsibility of the organiser of the race, as is also compliance with AAA Rules. Mention here might not be out of place on the vital matter of road safety (Rule 107a).

It would also be helpful to hear of capable people, who would be interested in measuring road courses, as suggested by Coleby.

Regarding the American National Running Data Centre, described in the article, this is basically an information unit. The NRDC feeds race results into a computer, to produce ranking lists, which are published. As was pointed out to these enthusiasts, unless the race distances are correct any such ranking lists are, to say the least, of dubious meaning!

The certification of road courses in the USA (there are now over 1300 of these) has been done by a committee of the RRC-USA, which since its inception some twenty years ago has been led by Ted Corbitt. Three years ago a road records committee was established, and performances accepted by this body are also accepted as official by the American Athletic Congress.

Close collaboration has existed between the RRC and the RRC-USA in this field. I have questioned whether the recent move in the USA to standardise road courses for record purposes is really meaningful and worthwhile; great fun for the statisticians, but an added complication to a probably over-taxed organiser. As mentioned by Coleby this standardisation requires the finish of a race to be not more than 10% of the total distance from the start, i.e. 2.6 miles for the marathon, with an additional limitation in overall fall in altitude. This has resulted in the US marathon "record" being for a performance in the Oregon Marathon at the expense of the famous point-to-point Boston. However, it must be said that it has eliminated for consideration performances on "freak" courses.

Coleby rightly emphasises the importance of topographical and climatic influence on marathon performance. But, as to accurate course measurement, there should be no question. However, let us not lose a sense of proportion. What really counts is who wins the race. Course records, yes, but at the present time "road records" in general and "ranking lists"

should perhaps be taken with a pinch of salt. After all, it's a complicated little world, and full of pitfalls.

John Jewell,
296 Barkham Road,
Wokingham,
Berks RG11 4DA

CALLING ALL DOCTORS

Dear Sir,

At the AGM of the ECCU on September 19th it was agreed that as Hon. Medical Officer I should try to expand medical services on a regional basis. This has proved necessary since one M.O. cannot cover all regional or major events on any one race day. Through your pages, therefore, I am writing to seek recruits to expand medical care in the cross-country world. Many university cross-country teams have over the years contained medical students, who after qualifying as Doctors continue to help their chosen sport. I am seeking that such Doctors contact me if they are willing to offer their services on a county or area basis.

We seek help in improving the medical care at events — and if possible seek Doctors who are willing and able to take an active part in advising and helping clubs in their area. Of course experience in Sports Medicine would be an advantage, but is by no means essential, since if a network is set up — and I envisage that we would have periodic meetings and symposia to co-ordinate our interests and experience — G.P. and hospital based Doctors are of equal value to the scheme.

If you are a Doctor and are reading 'AW' — you must be interested in the sport (or sitting in a Dentist's waiting room!) — please spare the time to write to me so that we may together explore the possibility of putting a little back into a sport from which we have all derived so much enjoyment.

Dr. Frank A. Newton,
(Hon. M.O., ECCU)
39 Cattle End, Silverstone,
Towcester, Northants.
(Tel: 0327-857415).

P.S. If you are not a Doctor but are a runner reading this letter, then please read on and consider this "commercial". Have you had your tetanus injection for the season to come? A top international had his first shot at last year's National — so how many club regulars have even thought about it!

UNNECESSARY EXPENSE

Dear Sir,

As a Saturday worker and Sunday runner, I would like to voice my objection to the growing number of races which have registration on the day or days before the race.

If Britain's biggest and best organised road

race — The Great North Run — did not need pre-race registration, I fail to understand why lesser events have to put the runner to unnecessary expense and inconvenience. Surely if a big field is expected, it is simple enough to send running numbers and instructions with confirmation of entry. As for 'goodies', it is better to copy the Great North idea of 'goodies' after the finish, not at registration. After all, if you do not finish, you do not deserve any 'goodies'!

I realise that the towns that put on big races want the runners to spend money on meals and hotels in their town but this should be voluntary, not compulsory.

Finally I would like to express my displeasure at the advertisements for the Lakes marathon, in which entrants are encouraged to run "5, 10, 15, 20 miles, or the whole hog". It cheapens the tradition of the marathon if runners enter an event without any hope or desire to complete the distance. By all means have 'fun runs', but the satisfaction from running is achieved at the finish line and runners who cannot hope to complete 26.2 miles should enter shorter races.

H. R. Mitchell,
Wokington AAC.

The hon. secretary of West Cornwall AC, Mr P. F. Elliott, has moved to Dolcoath Cottage, 22 Lower Pengegon, Camborne, Cornwall TR14 7UL. Tel: 0209-716276.

SOUTHERN COUNTIES OFFICIALS CONFERENCE

**SUNDAY,
29th NOVEMBER, 1981
at 10.00 a.m.**

**WEST LONDON INSTITUTE
OF HIGHER EDUCATION,
BOROUGH ROAD, ISLEWORTH**

Open to Graded Officials I, II and III. Topics for discussion welcomed.

Course Fee: £1.00. Lunch etc. £3.40, (cheques payable to S.C.A.A.A.).

Applications to: Hon. Secretary,
S.C.A.A.A.,
Francis House,
Francis Street,
London SW1.

**By Closing Date 22nd November, 1981
please.**

Area 6-Stage Road Relays

MIDLAND

At Asfordby, September 26th

1, Tipton (M. Pountney 18:00, J. Earlstun 17:50, R. Cytla 18:06, R. Westwood 17:33, P. Griffiths 18:20, A. Holden 17:41) 1:47:30;

2, Wolverhampton & B (D. Messum 17:48, J. Wheway 18:00, I. Gilmour 17:41, N. Harper 18:40, M. Cadwallader 18:04, Hassall 19:00) 1:49:13;

3, Staffs Moorlands (R. Fowler 18:21, D. Ashe 18:27, Wilton 18:03, S. Fowler 17:59, M. Bishop 18:06, Bowler 18:26) 1:49:22;

4, Leicester (J. Masterson 17:56, T. Walker 18:16, C. Mochrie 17:28, Offord 18:24, A. Rogerson 19:06, G. Heslop 18:47) 1:49:57;

5, Sparkhill (R. O'Hara 18:27, M. Lawther 18:04, J. Thornbury 18:18, A. Laukam 18:26, Watson 19:08, M. Burnhope 18:06) 1:50:29;

6, Sheffield (C. Cope 18:22, K. Angus 18:16, Pratt 19:25, J. Stringer 19:07, M. Duggan 18:32, Spiers 19:03) 1:52:37;

7, Charnwood (Parker 18:35, Clarke 19:13, A. Armitage 17:32, A. Reynolds 19:57, Clarke 18:54, Barnwell 19:26) 1:53:37;

8, Derby (I. Kiltie 18:37, J. Henshall 19:04, C. Toplass 19:19, J. Eley 18:59, Pearson 18:42, A. Domleo 19:05) 1:53:46;

9, Birchfield 1:56:03; 10, Leicester 'B' 1:56:37; 11, Nene Valley 1:56:50; 12, Corby 1:57:13; 13, Wolverhampton & B 'B' 1:57:17; 14, Sutton in Ashfield 1:57:26; 15, Sparkhill 'B' 1:57:32; 16, Leamington 1:58:20; 17, Notts 1:58:21; 18, Derby 'B' 1:59:26; 19, Coventry 2:00:33; 20, Newark 2:03:25; 21, Grantham 2:03:27; 22, Charnwood 'B' 2:04:13; 23, Tipton 'B' 2:04:22; 24, GEC Whetstone 2:04:27; 25, Sparkhill 'C' 2:04:40. **Fastest:** Mochrie 17:28; Armitage 17:32; Westwood 17:33; Holden & Gilmour 17:41; Messum 17:48; Earlstun 17:50; Masterson 17:56.

(Sponsored by Pace Consultants)

SOUTHERN

At Crystal Palace, October 3rd

1, Aldershot F&D (R. Keeney 21:06, I. Logan 20:08, N. Blayney 19:53, Gren. Truck 19:20, M. Cauldwell 19:57, R. Lunn 20:18) 2:00:42;

2, Ilford (D. Coates 20:14, A. Gilham 20:43, K. Steere 20:04, A. Catton 19:34, J. Batchelor 20:58, K. Clifford 20:51) 2:02:24;

3, Elliott (A. Guildler 20:04, D. Coney 21:16, G. Clark 19:50, C. Sellars 21:20, B. McSloy 19:48, K. Hayes 20:47) 2:03:05;

4, Shaftesbury (S. Keen 20:46, H. Starkey 21:28, A. Lunon 21:16, J. Broe 20:13, S. Lowe 20:02, M. Foster 20:26) 2:04:11;

5, Cambridge H (P. Johnson 21:28, P. Jones 20:47, P. Gaden 20:11, D. Roberts 20:43, K. Penny 19:22, A. Weston 21:43) 2:04:14;

6, Thames Valley (M. Coram 21:17, C.

Thomas 20:09, A. Pretty 21:22, D. Reeves 20:56, P. Gayter 20:31, J. Sheridan 21:04) 2:05:19;

7, Herne Hill (R. Payne 20:34, M. Nolan 21:13, M. Roberts 20:26, T. Conlon 20:19, J. Stack 22:23, D. Glassborow 21:13) 2:06:08;

8, Invicta (R. Newble 21:42, M. Knapp 20:17, M. Brameld 19:53, J. Wilkins 21:21, L. Slater 21:47, P. Brenchley 21:27) 2:06:27;

9, Portsmouth 2:07:17; 10, S. London 2:08:48; 11, Blackheath 2:10:20; 12, Cambridge H 'B' 2:10:44; 13, Southend-on-Sea 2:11:02; 14, Bedford 2:11:21; 15, N. London 2:12:17; 16, Hastings 2:14:29; 17, Herne Hill 'B' 2:17:24; 18, Invicta 'B' 2:26:43. **Fastest:** Tuck 19:20; Penny 19:22; Catton 19:34; McSloy 19:48; G. Payne (S'end) 19:50; Blayney & Brameld 19:53; Cauldwell 19:57.

NORTHERN

At Wakefield, October 3rd

1, Liverpool (S. Hollewell 19:23, R. Harrison 19:47, E. White 18:56, C. Dagnall 19:39, J. Woods 19:03, F. Davies 19:32) 1:56:20;

2, Derby (N. Lees 18:40, J. Robertson 19:41, C. Robinson 20:15, L. Pearson 20:11, C. Woodhouse 18:42, I. Kilty 19:19) 1:57:48;

3, Manchester (D. Blakeley 19:41, D. Austin 19:33, D. Gee 19:52, M. Plant 19:36, A. Firth 19:51, R. Wilde 19:22) 1:57:55;

4, Bolton (D. Campbell 19:31, K. Best 19:33, M. Freary 19:43, S. Owen 20:48, M. Critchley 20:32, D. Singleton 19:01) 1:58:08;

5, Airedale & SV (J. Temperton 19:34, J. Atkinson 19:44, R. Harrison 20:12, R. May 19:08, J. Fry 20:12, D. Mayho 19:50) 1:58:40;

6, Stretford (A. Mottershead 19:06, D. McTavish 20:35, K. Rothwell 19:17, P. Tootell 19:53, C. Bucknell 20:53, K. Harrison 19:12) 1:58:56;

7, Bingley (P. Moon 19:36, W. Padgett 19:29, — 20:13, C. Moore 19:11, S. Dry 19:59, P. Crewe 20:52) 1:59:20;

8, St. Helen's (S. Anders 19:14, M. Storey 20:08, A. McDonald 20:52, K. Jacques 19:24, G. Helme 18:49, S. Lawrence 21:04) 1:59:33;

9, Liverpool Pem. 1:59:42; 10, Salford 2:00:20; 11, Sheffield 2:00:51; 12, Holmfirth 2:01:01; 13, Leeds City 2:01:31; 14, Morpeth 2:01:51; 15, Sale 2:02:14; 16, Durham City 2:03:40; 17, City of Hull 2:04:21; 18, Altrincham 2:04:46; 19, Rotherham 2:05:04; 20, Sutton (St. H) 2:06:22; 21, Hallamshire 2:06:28; 22, Dark Peak 2:06:59; 23, Longwood 2:07:25; 24, Sefton 2:08:05; 25, Middlesbrough & C 2:08:11; 26, Spennborough 2:09:07; 27, Chesterfield 2:14:09; 28, Hull Spartan 2:21:40. **Fastest:** Lees 18:40; Woodhouse 18:42; K. Irvine (Wig) 18:44; G. Ellis (Holm) & Helme 18:49; White 18:56; Singleton 19:01; Woods 19:03.

Mark Pickard (Epsom & E) set a UK 24 hour track record of 163M 1249y at Copthall last weekend.

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420 4 1/2-13 £27.95

620 6 £26.05, 6 1/2-13 £29.95

730 6 £34.75, 6 1/2-13 £39.95

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KARHU

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With over 20,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

MILTON KEYNES A.C.

17th Annual

WOLVERTON '5' ROAD RACE

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

SATURDAY, 28th NOVEMBER
at 3 p.m., from the Radcliffe School,
Wolverton, Milton Keynes

Prizes: 1st 10, 1st 3 Teams, 1st 3 O/40, 1st O/50, 1st 3 Ladies.

Entry Fee: 60p.

Entries to: J. Reynolds, 58 Blackdown, Stony Stratford, Milton Keynes. SAE's results/acknow.

LIMIT OF 650 ENTRIES — Entries on day £1.50 only accepted if full entry not taken up.

CLOSING DATE 21st NOVEMBER

ROAD RUNNERS CLUB (CORNWALL) 9th CAMBORNE FESTIVAL 15 MILE ROAD RACE

(Under A.A.A. Laws)

SAT., 31st OCTOBER, 1981

Start 2.30 pm, Fountain Square, Camborne
Awards: 1st 3 Teams, (4 to score), 1st 3 Individuals and as many as sponsorship will allow.

Entry Fee: 75p. **Closing date 26th Oct., 1981.**

Entries, detail to: Mr R. Retter, Trewonnal Farm, Probus, Truro. SAE for details to be returned. Time standard 1 hour 55 minutes.

LEEDS CITY A.C.

(Sponsored by Taylors Tea & Coffee Ltd.)

AARON MEMORIAL RACES

LAWNSWOOD HIGH SCHOOL

WEST PARK, LEEDS 16

SATURDAY, 7th NOVEMBER

Colts, Boys & Youths Team Races

(Ages as per E.C.C.U. rules)

4-Stage Senior Relay Race

Entry Fee: £1.50 per team.

Entries to: J. Lunn, 654 Whitehall Road, Leeds 12. No late entries.

CLOSING DATE 26th OCTOBER

NORTH WEST ATHLETICS COACHING COMMITTEE

present

SPECIALIST EVENT COURSES FOR ATHLETES

One day training sessions linked with
Regional Event Squad formation

SUNDAY, NOVEMBER 1st 1981

at Stretford Stadium

Sprints, Hurdles, Long Jump, Steeplechase, Javelin.

also at Crossford Bridge, Sale

Middle Distance

SUNDAY, NOVEMBER 8th, 1981

at Kirkby Stadium

High Jump, Hurdles, Discus.

SUNDAY, NOVEMBER 29th, 1981

at Horwich

Shot.

Fee: £3.00 (three pounds).

Application forms for the above together with requests for Hammer & Pole Vault Training session details from: Gordon Gluyas, 98 Charlestown Road East, Woodsmoor, Stockport, Cheshire SK2 7DZ. (SAE please).

WEST CORNWALL ATHLETIC CLUB

1981

CROSS COUNTRY RACES

(Under E.C.C.U. & W.C.C.A. Laws)

SUNDAY, 15th NOVEMBER

AT REDRUTH RUGBY CLUB

1st Race 12.30 p.m.

Fast Grass Course — Attractive Prizes — Licenced Bar (O/18's only) — Hot Food and Drinks — Snacks — Tracksuit Badge to all U/13 entrants — Changing Rooms and Showers.

U/10 Girls

U/13 Girls

U/15 Girls

U/17 Girls

Senior Ladies

U/11 Boys

U/13 Boys

U/15 Boys

U/17 Boys

Senior Men

(Ages as at 1.9.81)

Prizes: Trophies for winning Men's team & all individual races. **Awards:** Men's Team 1st, 2nd, 3rd & 1st 'B' team. 1st 6 individuals (depending on entries). 1st Veteran, 1st Vet O/45, 1st Lady Vet.

Fees: Team (6 named, 4 to score) £u.50, Individual Men & Ladies 50p, all other groups 40p.

Entries to: Mrs Pat Tresidder, 33 Hughville Street, Camborne, Cornwall, (0209 716830), with fee & ages.

ENTRIES CLOSE FRIDAY, 6th NOVEMBER

No late entries

GLASGOW UNIV. HARES & HOUNDS 5 MILE OPEN ROAD RACE

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

SPONSORED BY SAAB (WESTCARS)**NOVEMBER 7th, 3 p.m.****Changing:** University Sports Ground, Anniesland Cross, Glasgow.**Holder:** Nat Muir. 400 entries in 1980.**Entry Fee:** 20p on day.**Prizes:** 1st 6, 1st 2 Juniors, 1st 2 Ladies, 1st 2 Vets., 1st Vet O/50. Spot Prizes. No Team Prizes.**Enquiries:** Jim Bogan, 041 339 9496.

SIX WEEKS BEFORE LONDON,
IN THE TOWN WHOSE PEOPLE
GLADLY HELP VISITORS

WOLVERHAMPTON MARATHON '82

SUNDAY, 28th MARCH, 1982**Start 10 O'Clock, Town Centre****APOLOGIES FOR DELAY****IN ISSUING ENTRY FORMS**

Now Available, send SAE to: Wilson, Wilson & Wilson, Tetterhall Road, Wolverhampton WV1 4SL.

LIMIT 5,000 ENTRIES**LEICESTER CORITANIAN A.C.**

WINTER WARM UP MEETINGS

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

To be held at the Sports Centre,
Saffron Lane, Leicester
at 10.30 a.m.

SUNDAY, NOVEMBER 1st**400mH** — Snr Ladies/Men.**High Jump** — Ladies all ages.**Pole Vault, Long Jump** — Men all age groups.**60m, 50m, 600m, 2000m, Shot, Javelin** — All age groups Male & Female.**Entry Fees:** 25p per event, cheques and P.O.'s made out to L.C.A.C.**Entries to:** Mrs J. Clarke, 88 Scotswood Crescent, Leicester.**SUNDAY, DECEMBER 6th****75mH** — Minor Girls/Colts.**80mH** — Jnr Girls/Boys.**High Jump** — Men all age groups.**Long Jump** — Ladies all age groups.**80m, 300m, 1000m, Shot, Discus** — All age groups Male & Female.**Entries close on the 24th Oct. & 21st Nov.**

5mm spikes only must be worn.

Results In Brief

September 12th

Lily 'B' League. At Carshalton. (Juniors): 100: D. Marti (R&R) 12.2. **(Girls):** 1000W: 1, S. Streeter (R&R) 6:01.2; 2, M. Urquhart (E&E) 6:01.2. **At Guildford. (Juniors):** 100/200: S. Burke (Croy) 12.7/26.0. 80H: L. Manning (S&C) 12.2. DT: (A): C. Parker (Brack) 30.90. (B): C. MacIntyre (Brack) 30.66. 1600W: T. McClenn (AF&D) 8:56.1. **(Girls):** 1000W: 1, N. Thornley (S&C) 6:02.7; 2, F. Stennet (Walton) 6:04.5. **At Wimbledon.** 80H: S. van Frederici (Mit) 12.8. HJ: H. Schlötel (Wok) 1.57. **(Girls):** 1000W: (A): J. Mulligan (Mit) 6:05.3. (B): K. Smith 6:05.3.

Solihull & SH YA Open Meeting. (Youths): JT: P. Muspratt (Nun-B) 50.04. **(Inters):** 200: L. Parry (Der) 25.4. 800: E. Jones (Cov) 2:18.6. 100H: 1, Parry 14.6; 2, S. Bowie (S&SH) 15.1; 3, L. Parry (Cov) 15.4. HJ: 1, S. Webb (Hales) 1.65; 2, S. Burrows (Stret) 1.60. LJ: Bowie 5.46. SP: R. Eley (Banb) 10.52. 4x400: Solihull & SH 4:08.2. **(Juniors):** 1500: S. Davis (B&R) 4:54.2. 80H: 1, M. Williams (Rug) 12.6; 2, R. Frankcom (S&SH) 12.6; 3, J. Miles 12.6. SP: M. Hampton (Bir) 12.27.

September 13th

Ackrill Road Races, at Harrogate. 1, M. Prince (CoH) 25:07; 2, M. Critchley (Bol) 25:14; 3, J. Todd (A&SV) 25:23; 4, C. Moore (Bing) 25:33; 5, M. Baxter (Leeds) 25:53; 6, C. Taylor (A&SV) 26:03; 7, S. Shallcross (CoH) 26:21; 8, D. Mayho (A&SV) 26:30; 9, P. Moon (Bing) 26:41; 10, D. Dalby (A&SV) 26:46; 11, C. Vadden (CoH) 26:48; 12, D. Quinlan (Bing) 26:54; 13, B. Pickersgill (Holm) 26:58; 14, D. Carr 27:05; 15, A. Cooper (Newc) 27:07. **(Vets):** 1, C. Windle (Bing) 28:01; 2, A. Martin (Rown) 28:04; 3, R. Allen (Harr-O/45) 28:11. **(Boys):** 1, M. Peevor (Wig) 13:58; 2, P. Fitzpatrick (Stock) 14:03; 3, R. Findlow (A&SV) 14:19; 4, M. Sharpa (Long) 14:36; 5, G. Farooq (A&SV) 14:48; 6, I. Whitman (Bing) 14:56. **(Colts):** 1, P. Barker (Sky) 14:41; 2, G. Bird (Sun) 14:58; 3, D. Robinson (Bing) 15:33. **(Women):** 1, D. Baker (CoH) 15:53; 2, B. Robinson (Bury) 16:12; 3, S. Pickersgill (Holm) 16:37.

Salisbury '10'. 1, I. Ray (Salis) 49:25; 2, A. Keenan (Ov) 50:37; 3, A. Coleman (Wey) 50:43; 4, D. Norton (Salis) 50:52; 5, J. Boyes (B'mth) 51:03; 6, S. Colledge (S&E) 51:47; 7, A. Rogers (Ov) 52:19; 8, J. Davies (Ex. B) 52:19; 9, S. Needs (B'mth) 52:59; 10, P. Gale (Havant) 53:07; 11, J. Bolton (Wey) 53:22; 12, I. MacIntosh (B&P) 53:38; 13, P. Critchlow (Wey) 53:59; 14, H. Evans (AF&D) 54:07; 15, J. Kerley (Salis) 54:31. **Teams: 1, Salisbury 36; 2, Bournemouth 60; 3, Weymouth St. Pauls 62. **(Vets):** 1, B. Switzer (S&E-O/45) 55:22; 2, H. Clayton (Bris-O/45) 55:31; 3, M. Cowley (B&P) 55:42; 4, B. Popel (Weston) 56:14; 5, D. Salway (Weston) 56:21. **Team:** Weston. **(Women):** 1, J. Standerwick (Porton) 63:34; 2, Y. Miles (B'mth-V) 67:45.**

WOMEN'S MARATHON LIST

Bryan Smith has notified us of the following amendments to the UK all-time women's marathon list published in the August 22nd issue: add 2:57:54 Libby Pfeiffer (b. 3.9.44) 10.5.81; note dates of birth — Karen Goldhawk (2.8.60), Gillian Burley (24.9.56). Bryan points out that Barnet Ladies can boast four of the top 25 — Joe Smith (2:29:57), Carol Gould (2:35:05), Goldhawk (2:43:28) and Pfeiffer — while another member, Anne Morris, has run 2:58:39. Libby has since improved to 2:54:10 on 27.9.81.

Frances Mudway (b. 8.9.48) has written to say that her unofficial time in the London Marathon was 2:57:37 and that Frances Ashmole ran 2:56:06 in that race.

SOUTHERN WOMEN'S CC LEAGUE

Omitted from the "Week Ahead" on page 3 is the first Southern Women's Cross Country League meeting at Stevenage this afternoon (17th). The other meetings are on October 31st at Morden and on November 21st at Fleet.

Next week's issue will include Ivan Berenyi's assessment of Henry Rono's remarkable comeback in 1981, the first of the 1981 Ranking Lists — Scottish Best Performers, and Colin Young's detailed report of the Lugano Cup races.

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FELL RUNNERS' MEETING

An Extraordinary General Meeting of the Fell Runners Association is to be held on November 14th (2pm) in Chapel Stile Village Hall, Langdale, Cumbria. All members are invited to attend. The main agenda items concern the role of the FRA in the future, with particular regard to the AAA.

RECORD FOR REITZ

Colin Reitz set a UK best for 2000m steeplechase of 5:27.5 in Adelaide last week. At the same meet, Steve Ovett won the 1500 in 3:42.6, Steve Cram the 3000 in 8:03.5 and Keith Stock the vault at 5.35m. Top results in Sydney last weekend included — 100: 2, M. McFarlane 10.4; 400: T. Bennett 47.2; Mile: Ovett 3:59.8, Hillardt (Aus) 4:00.3, Cram 4:01.4, Reitz 4:01.8; 5000: Rono (Ken) 13:35.3, M. McLeod 13:38.6; 300H: 2, W. Hartley 38.0; PV: Stock 5.30.

Barry Watson won the Torbay Marathon on September 27th in 2:20:50. First women home were Carolyn Rodgers (2:49:51) and Libby Pfeiffer (2:54:10). Bernie Ford (47:19) and Chris Benning (56:39) were winners of the Walton '10' last weekend.

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GATESHEAD INTERNATIONAL CROSS COUNTRY RACES

Promoted by Gateshead Metropolitan Borough Council
DEPARTMENT OF SPORTS AND RECREATION
(Under E.C.C.U. & W.C.C. Rules)

RIVERSIDE BOWL, GATESHEAD
SATURDAY, 21st NOVEMBER, 1981

1981 PROGRAMME

1.	11.45 a.m.	GIRLS	Approx.
2.	12.00	COLTS	1 ½ miles
3.	12.15 p.m.	JUNIOR LADIES	1 ½ miles
4.	12.35 p.m.	BOYS	1 ½ miles
5.	12.50 p.m.	VETS	2 ¼ miles
6.	1.15 p.m.	SENIOR & INTER WOMEN	3 miles
7.	1.35 p.m.	SENIOR MEN OPEN RACE	2 ½ miles
8.	2.10 p.m.	MIDDLE DISTANCE RACE (For 800m & 1500m specialists)	4 ½ miles
9.	2.20 p.m.	YOUTHS	2 ½ miles
10.	2.50 p.m.	INTERNATIONAL INVITATION TEAM RACE	3 miles
			4 ½ miles

1980 WINNERS

	Individuals	Team
Colts	N. McRobb (Rotherham H)	St. Malachy's College
Junior Ladies & Girls	S. Tierney (Hounslow A.C.)	Morpeth
Boys	D. Marton (Tonbridge A.C.)	Tonbridge A.C.
Vets over 40	T. Davies (A'shot and Farnham D.A.C.)	
Over 45	R. Balding (Heaton H)	
Over 50	E. Kirkup (Rotherham H)	
Senior & Inter Women	S. Arthurton (Leeds City A.C.)	Sale
Senior Men	D. Lewis (Rossendale)	Gateshead
Middle Distance Race	T. Blackwell	
Youths	A. Hope (Westbury H)	Morpeth
International Invitation Team Race	Berhanu Girma (Ethiopia)	Rest of the World

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: 35p per person. Please specify D of 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 9th NOVEMBER, 1981

Accommodation lists, hotels etc, available on request. Special hotel rates have been negotiated with major hotels in the area. Details available on receipt of a S.A.E.

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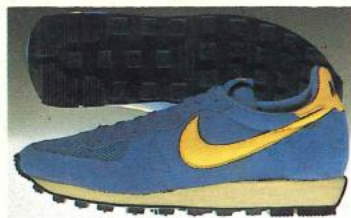


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