

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

OCTOBER 21st 1978

Vol. 32 No. 42

22p

Profile of Wolfgang Schmidt (GDR)

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Women's Heptathlon**

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THE WEEK AHEAD

Saturday, October 21st: Weymouth '10';
 Karmoor Two Day Mountain Marathon;
 Surrey AC CC Relay; RAF v Oxford University;
 Oxford; Surrey CC League, Croydon;
 Hampshire CC League, Havant; Metropolitan
 CC League, Greenford; National U/20 Walking
 Champs, Coventry; Midland Walk League,
 Quinton; Southwick Open 10km Walk; Dunkley
 Walking Cup (10M), Chigwell.

STERIODS: FIVE FACE BAN

It is reported that five athletes, four of them from the USSR, 'failed' the doping tests at the European Championships in Prague — and some medals could be reallocated. No names will be disclosed until the European AA meeting in Rhodes next month. The IAAF's new penalty for drug abuse is 18 months suspension for a first offence.

The AGM of the AAA will be held at the Russell Hotel, Russell Square, London, on November 4th (11.30 am).

Sunday, October 22nd: Anells Brewery CC Races, Perry Barr; Manx AC Road Races; Icknield CC League, Peterborough; Wycombe Phoenix Open Meeting; Vauxhall Motors Open 7M Walk, Luton.

Wednesday, October 25th: Copthall Graded Meeting, Hendon; Lincs Services CC League, RAF Digby; East Anglian CC League, RAF Swanton Morley.

NATIONAL ROAD RELAY

Cambridge & Coleridge won the AAA Six-Stage Road Relay at Crystal Palace last Saturday in 76:55.6, ahead of Shaftesbury (77:27) and Aldershot (77:31). Fastest lap (2.6M) times: S. Kenyon 12:20, K. Penny, J. Goater & B. Ford 12:21. Full details next week.

The AGM of the Northern Women's Track & Field League will be held at the Griffin Hotel, Boar Lane, Leeds on November 5th at 1.30 pm. Any Northern club wishing to be considered for membership of the League should contact the League Secretary, C. S. Hurley (Tel: Lincoln 24327) by October 21st.

Cover photo by Fionnbar Callanan

Ruth Howell Wins Britain's First Heptathlon

IN response to the IAAF request, the WAAA staged an Heptathlon at the Alexander Stadium, Birmingham, on September 23rd and 24th. The occasion was the annual inter-area match between the four regions of the WAAA.

Weather conditions were good and the excellent facilities of the Alexander Stadium provided a perfect setting. The ability to hold parallel competitions in almost all events make this venue an ideal setting for any combined events competition.

The event proved to be highly successful, and the atmosphere created between the four competing teams was reminiscent of the best men's decathlon competition. The girls worked together, competed hard, but thoroughly enjoyed the companionship of two days good and close competition. Ages of the 16 competitors ranged from 16 to 35 and their previous standard was very varied — from girls in their second year of pentathlon competition to six competitors who are placed in the UK top twenty.

The order of events proved to be very satisfactory. Half of the 100m hurdles heats were wind assisted, the other half had the wind against them. The shot-put competition reached no great height and obviously this is an event which will need even more work if UK combined events

competitors are really to compete with the rest of the world. A possible bonus of moving to the full seven events will be that our combined events competitors, with their skill training for the javelin, will incidentally improve their shot putting. The high jump again benefited from the stadium's facilities and it was extremely pleasant to see two parallel areas both of very high quality and providing identical conditions for the full sixteen girls and enabling them to have an unhurried high jump competition which was completed in 45 minutes. The 200m obviously presented very little problems to any of the competitors but certainly provides a very good contrast to the sustained tension of the high jump and makes an excellent rounding off of the first day's competitions.

By the end of the first day the pattern had been set with close competition both in the individual and match event. Gillian Howell was leading at the end of the first day (3040) closely followed by Ruth Howell (2983) and Judy Livermore (2958).

The second day's competition was eagerly awaited by most of the athletes and proved to be extremely interesting in that the individual and team competitions were in doubt till the very last event. The long jump proved to be the point where Ruth Howell moved into the lead with a

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RUTH HOWELL

Tim Pike

wind assisted 5.95m jump. Then all the girls moved to the javelin, an event which was obviously new for most of them. Janine Williams, a javelin specialist, was a clear leader in this competition with 41.44m, over ten metres ahead of anyone else. Many of the other athletes had obviously done some little training for this event, but in certain cases where last minute reserves had been called in they were tackling this event literally for the first time. It was salutary to notice that even in such a new event the girls were scoring almost as many (or as little) as they do in the shot. This event is obviously where a great deal of development can take place.

And so to the last event, the 800m, with the match and individual contest very much in contention. The gap between the two Howells was extremely close but in the end Ruth Howell ran an exceptionally well judged race in 2:24.1 to place herself a clear leader with 5126 points. Gillian Howell, looking very tired by this stage, faded to fourth in her race but still placed a creditable second overall, with Valerie Kelly third.

The team competition resulted in the Northern Counties beating Wales, who had by far their best combined events competition, with the South third and the Midlands fourth. To sum up the event: the officials, the girls and the official observers all felt that this was a worthy event

capable of great developments and which would provide more of the all-round challenge that a combined event competition should provide.

K. A. Oakley

1, R. Howell (W) 5126 (100H — 14.8, SP — 9.86, HJ — 1.62, 200 — 25.8, LJ — 5.95w, JT — 25.20, 800 — 2:24.1); 2, G. Howell (N) 5048 (15.0, 9.67, 1.77, 26.5, 5.47, 26.84, 2:29.2); 3, V. Kelly (M) 4724 (15.8w, 9.52, 1.71, 28.6, 5.18w, 27.10, 2:25.6); 4, R. Hudson (N) 4653 (15.3w, 8.17, 1.71, 27.1, 5.37w, 18.00, 2:24.1); 5, S. Bull (W) 4588 (15.0w, 9.02, 1.70, 26.9, 5.42w, 15.20, 2:31.2); 6, C. Henley (S) 4566 (15.6, 8.67, 1.71, 26.5, 5.61w, 22.68, 2:54.4); 7, J. Livermore (M) 4494 (14.6, 10.76, 1.65, 27.6, 4.39w, 26.58, 2:50.2); 8, P. McNab (S) 4491 (14.8w, 9.58, 1.53, 27.2, 5.42, 22.60, 2:47.4); 9, J. Brown (S) 4409 (16.5, 8.83, 1.55, 28.3, 4.87, 30.70, 2:29.6); 10, C. McGowan (N) 4407 (16.3, 8.86, 1.53, 27.6, 5.12, 23.36, 2:27.0); 11, P. Larmour (W) 4271 (15.5, 10.11, 1.40, 27.0, 5.17w, 17.22, 2:33.9); 12, M. Marriott (S) 4197 (15.7, 9.95, 1.62, 27.3, 5.09w, no distance, 2:25.6); 13, J. Lloyd-Francis (W) 4152 (16.7, 10.93, 1.62, 29.7, 4.64, 22.34, 2:44.2); 14, J. Williams (M) 3912 (19.7, 10.60, 1.45, 30.3, 4.37w, 41.44, 2:49.7); 15, C. Pryce (M) 3771 (16.2, 11.35, 1.58, 28.8, 4.44w, no distance, 2:41.1). (Guest): L. Bennion (M) 4297 (15.3, 9.24, 1.45, 26.9, 4.92w, 23.12, 2:41.2).

Teams: 1, North 14,108; 2, Wales 13,985; 3, South 13,460; 4, Midlands 13,130.

UTTOXETER CROSS-COUNTRY

September 17th

1, R. Harris (Oxford) 23:23
2, A. Adams (Stoke) 23:27
3, A. Wilton (Staffs Moorlands) 23:36
4, R. Fowler (Staffs M) 23:43; 5, S. Wilmot (Cann) 23:49; 6, D. Reeves (Derb) 24:04; 7, D. Daly (Spark) 24:09; 8, T. Gardner (Derb) 24:20; 9, P. Bowler (Staffs M) 24:26; 10, R. Ellerton (Staffs M) 24:30; 11, C. Robinson (Derb) 24:32; 12, D. Persons (Ox) 24:35; 13, M. Tunstall (Wirr) 24:40; 14, D. Ashe (Staffs M) 24:42; 15, P. Standing (Bolt) 24:46; 16, D. Wheeler (Ox) 24:50; 17, P. Birks (Staffs M) 24:52; 18, P. Cracknell (Mat) 24:55; 19, D. Jarvis (Burt) 24:59; 20, B. Roberts (Cann) 25:00; 21, G. Rogan (Holy F) 25:00; 22, P. Whiteman (Staffs M) 25:00; 23, A. Watt (RAF Brize) 25:01; 24, B. Baldero (Wed) 25:02; 25, D. Davies (Stoke) 25:03; 26, L. Carroll (Wirr) 25:04; 27, J. Leonard (Staffs M) 25:06; 28, J. Fisher (Derb) 25:12; 29, C. Perkins (Wed) 25:17; 30, D. Herbert (Shrew) 25:26. Teams: 1, Staffs Moorlands 16; 2, Derby & County 25; 3, Oxford 29; 4, Stoke 60; 5, Wirral 80; 6, Newcastle 100.

Chiltern CC League secretary is R. Kraushaar, 44 Durley Avenue, Pinner, Middx (Tel: 01-866 2318).

ATHLETES OF THE YEAR

Daley Thompson and Tessa Sanderson, both of whom struck gold in Edmonton and silver in Prague, have been voted Britain's athletes of the year by members of the British Athletics Writers' Association. Daley received nearly twice as many votes as last year's winner, European Champion Steve Ovett. The Association's Lillian Board Memorial Prize (presented by Puma) for the most outstanding girl under 17 went to Sandra Arthurton.

Now it's the turn of 'AW' readers to select their athletes of the year. Just drop us a postcard with your choice of the most outstanding athlete of 1978 in these categories: (a) world male; (b) world female; (c) UK male; (d) UK female. Nominations to reach Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, by November 6th.

PAUL FORBES PENALISED

International 800m runner Paul Forbes (Edinburgh AC) has been banned by the Scottish AAA from all international and invitation races for at least a year arising from a "breach of discipline" at the Commonwealth Games. He has actually been rendered ineligible for such competition for two years but the situation will be reviewed after one year. John Robson (Edinburgh Southern), the bronze medallist in the Edmonton 1500m, was similarly banned for two years but in his case the penalty is suspended on condition of future good behaviour. Both men had previously been disciplined in Edmonton when it was discovered that they had spent a night in the women's quarters at the village.

"It's most unfair and it's a real blow to my athletics career", said Forbes, a 21-year-old civil servant who has a best time of 1:48.0. "I received a reprimand and was punished in Canada. That, I thought, was the end of the matter. To drag it all up again now is pathetic".

ADVICE FROM BILL TANCRED

UK discus record holder Bill Tancred, a BAAB senior coach and a senior lecturer in physical education at Trent Polytechnic, has passed on his knowledge and experience of the event in a booklet entitled "A Training Guide For The Discus Specialist". As Bill's old rival John Watts writes in a foreword: "This booklet explains the main points of the event by someone who thoroughly understands the technicalities and training methods used to obtain championship results. This booklet is informative to the novice discus thrower and essential to the coach".

Obtainable from Trent Polytechnic, Finance Office, Burton Street, Nottingham. Cheques (£1.10) payable to Nottinghamshire County Council.

KRAFT PULLS OUT OF ATHLETICS

Kraft has decided to withdraw its sponsorship of British athletics. The decision to pull out of athletics is a direct result of a corporate change in marketing strategy.

James Scull, Chairman of Kraft Foods Limited, said "We reached our decision reluctantly but we feel we have made a positive contribution to British athletics and we, too, have enjoyed the long association. We wish the athletes and the coaches well in their training for the Olympic Games. Our departure at this point leaves adequate time for a new sponsor to take forward our work in developing a strong British team for Moscow".

Kraft's contribution to athletics over the last eight years has included the Kraft Olympic Scholarships, the Kraft Games Meetings, the Kraft/Daily Mail Athletes of the Month Awards, the development of Kraft coaching materials and substantial backing for Olympic preparation coaching courses.

VETS RESULTS

North Eastern Champs: (at Monkton Village, promoted by Jarrow & Hebburn AC; July 26th) (40+) 100/400/800: R. Anderson (Morp) 12.1/53.9/2:06.1; 1500/5000: R. Carruthers (Gosf) 4:16.7/15:42.4. (45+) 100/400/800: B. Parnaby (Dur) 12.5/58.5/2:19.7; 1500: K. Boyle (Sund) 4:38.7; 5000: J. Robertson (Blay) 17:08.6. (50+) 100: J. Hedley (J&H) 13.4; 400: J. Carr (Dur) 67.0; 800/1500/5000: F. Joynson (Gates) 2:24.1/4:42.8/17:10.0.

Veterans AC Track Champs: (at Parliament Hill; August 6th) (40-49) 100: C. Williams 12.0; 200/400: F. Smith 24.2/52.7; 800: A. Kimber 2:06.1; 1500: J. Oliver 4:20.0; 5000: L. O'Hara 15:36.2; 3200W: D. Maynard 15:59.8. (50-59) 100/200: M. Gray 13.1/26.5; 400: I. Steedman 60.3; 800/1500: R. Mattock (gst) 2:13.7/4:37.9; 5000: R. Franklin 16:41.6; 3200W: K. Easlea 16:36.2. (60-69) 100/200: C. Fairey 13.4/28.5; 400: L. Batt 66.5; 800/1500: H. Taylor (gst) 2:33.0/5:22.8; 5000: L. Rolls 20:52.6; 3200W: F. Nickolls 18:52.6. (O/70) 100: N. Martin 17.0; 3200W: A. Roberts 18:58.4.

STEVE CHAPPELL VAULTS 17FT

British vaulter Steve Chappell cleared 17ft (5.18m) at Los Gatos, Calif, on June 15th and July 20th, winning each time. He ranks 6th on the UK all-time list.

Prior to Wendy Adams clocking 62.8, as reported last week, the UK age-15 best for the women's 400m hurdles was 64.6 recorded by Debbie Church (Ilford) at Woodford on September 2nd.

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QUERIES are answered and advice given by an orthopaedic surgeon specialising in athletic injuries. If you have any such problem on which you have not been able to obtain expert advice, write to 'Athletes Clinic', c/o 'Athletics Weekly' with full details relating to your case, but keeping your letter as brief as possible. Answers will be of a general nature rather than individual, so that other athletes who may be suffering from, or may suffer in the future from this type of injury will therefore benefit from the advice given. The orthopaedic surgeon concerned cannot enter into individual correspondence.

KNEE TROUBLE

I took up athletics in October of last year and built up to an average of 30/35 miles per week through the winter and then changing to speed work in the spring, with the aim of running 1500m races with the occasional 5000m. I was under the guidance of a navy coach and we never felt at any time that we had overdone the "overload" part of training. I doubled up my races on several "race days" with no real stress. Then one day I ran a 1500 and followed it with a 5000 an hour later, the latter was only for points and I did not run it hard at any time. After finishing the race my left knee 'gave' and ever since I am constantly limping on it when I try to run again.

The pain usually occurs below the knee cap. I have already approached a Naval Medical Officer and he believes rest is the only therapy. It has been 4 weeks since the injury occurred and after a trial run I find I am still limping.

Do you think I need to see a physiotherapist? Or will rest prove to be the only answer? If so, how long is it likely to be before I recommence gentle training?

D. Barker,
Devonport.

Mr Barker's problem sounds to me very like Chondromalacia patellae, a condition common in runners, often associated with considerable increases in training programmes and characterised by pain around the knee, usually felt to the side of or underneath the knee cap and made worse by going up and down stairs and by sitting for a long time with the knee bent.

I am sure the right thing for Mr Barker to do is to see an Orthopaedic Surgeon who is well-versed in the condition, who ought to be able to arrange appropriate treatment for him. Usually a course of short-wave diathermy (occasionally ultrasonics) together with vigorous straight leg isometric quadriceps exercises cures the condition very quickly.

Hopefully Mr Barker will be able to obtain this treatment and if, as it sounds, he has got Chondromalacia patellae, it ought to put him right.

ACHILLES BURSITIS

I have been suffering for some months with what I believe is called bursitis, an inflammation right at the base of the Achilles tendon on the heel bone. The area is swollen and painful to touch and run on. Can you suggest any helpful treatment other than ultrasonics, which I have tried in the past with little success? I read recently in the national papers of a 'miraculous cure' from Achilles tendon strain by acupuncture that was administered to the former FIFA Referee Jack Taylor whilst in China. Should we be looking at these more obscure methods of treatment?

J. Simmonds,
Crawley.

Mr Simmonds seems to suffer from a very common condition, Achilles bursitis. There are two forms: one in which the inflamed bursa or cyst is underneath the Achilles tendon; the other in which it is underneath the skin on the outer side of the tendon. The latter condition produces an unsightly bump over the back of the heel and is sometimes known as "heel boob".

Chronic bursitis will often respond very satisfactorily to a course of short-wave diathermy and this is well worth trying in the first instance. Ultrasonics is usually useless. Where the condition persists surgical removal of the inflamed sac may be the only thing that can be done. Recurrence after surgery occasionally occurs but results are usually good. Acupuncture has never been known to cure the bursa although if you stick a needle into a sac of fluid it is quite likely that you can release the fluid into the tissues around the sac hence apparently reducing the size of the bursa!

LATERAL POPLITEAL NERVE PALSY

I am 48 and have been running since I became a veteran in all types of races from long fell and marathon to 3 mile track and road with no injuries and attained a very high standard of fitness. But after competing in a 14 mile road race and a marathon on August 20th and 27th 1977, I returned home and trained lightly until September 2nd when I suddenly pulled up abruptly in a training run with a pain across the front of the shin and into the ankle on the left leg. I could hardly walk and consequently visited my local G.P. who arranged for me to see a specialist.

The outcome of his diagnosis, which by then was November 7th, was that I had a lateral popliteal nerve palsy and nature would take its course for a normal healing. I did not begin work

again until January 2nd 1978 and with the aid of a calliper I can do my normal duties at work.

All the associated stiffness, aches, pains and discomfort I endured have now disappeared except for what I can best describe as a "Dropped Foot". I have no pull back at all, only a numb feeling in the big toe and no stability on the outstep; obviously I cannot pull any of the other four toes back either, although I appear to have the same push off the foot as the right one.

To say I can run better than walk is hard to believe, but true. I have tried to run every day this year, up to 7 or 8 miles, but mostly on flat conditions. I feel I have arrived at a point where I cannot see any further improvement, and my last visit to the specialist was not very hopeful as he said he was not satisfied with the progress and he may have to do an exploration.

The questions I would like to ask are:- Is this a rare injury as I cannot find anyone who has had the same problem? What are the chances of 100 per cent recovery?

H. Smith,
Clayton-Le-Moors Harriers.

Mr Smith gives an interesting description of a very tiresome condition, that is lateral popliteal nerve palsy. What happens is that the nerve that supplies the muscles on the front of the shin that lifts the foot and toes up is compressed and no longer conducts impulses. Usually this compression occurs where the nerve passes round on the outside of the top end of the fibula or splint bone. The cause is rather obscure — sometimes it is due to continued pressure on the nerve where it passes round the bone. It could be due to a blow and of course any open wound serving the nerve would have a similar effect. Very often the nerve regenerates but it takes many months to do this. It is said that nerve regenerates at the rate of about 1 millimetre per day and before regeneration takes place there is usually a period of three weeks to one month with nothing happening.

On this basis, Mr Smith ought to be showing signs of recovery. If not, it is well worth having further investigations done. These would include a nerve conduction study which would demonstrate whether the nerve was working properly. If a localised block is found then surgical exploration may be necessary to see if there is some band of tissue constricting the nerve which on division would allow the nerve to function again normally. It is very difficult to give an indication of the likely chances of 100 per cent recovery. This is a pretty rare condition in sportsmen. 100 per cent recovery is itself not very common in lateral popliteal nerve palsy but a good functional recovery allowing return to pretty near normal sporting activity can very often be hoped for.

CHRONIC FOOT STRAIN

I refer to 'AW' (July 30th) and your reply to Malcolm Cross' letter re pain in the foot.

I am a middle-long distance runner, aged 27. During February, I started to experience severe pain on the upper side of my right foot whilst training. At the time, part of my training was on grassland, which due to the extremely cold weather was very hard and rutted in places.

After 3½ months of resting, easy running and physiotherapy treatment (initially ultrasonics and eventually short-wave diathermy), the injury still persists. Although the extreme pain has gone, it has been replaced by a stiffness and dull ache across the middle part of the upper side of my foot. There is no apparent swelling or bruising and an X-ray revealed nothing out of order.

In your reply to the above letter you stated that: "Other causes of pain include sprain, leading to chronic synovitis or inflammation of the small joints between the bones in the middle part of the foot or inflammation around the leaders on the upper side of the foot".

I would therefore be grateful if you would detail the treatment you would recommend for your foregoing reply. It has been suggested that either a cortisone injection or a plaster cast may be the answer. I should point out that, as far as I am aware, there is no specialist Sports Injuries Clinic in Scotland.

David Lang,
Fife AC.

Mr Lang's problem of chronic foot strain is not uncommon. If physiotherapy, including faradic foot baths and intrinsic exercises fail and if the condition is not helped by appropriate anti-inflammatory medication with drugs such as Ibuprofen and Naproxin, very often relief can be obtained by a manipulation of the foot under a general anaesthetic.

Mr Lang is wrong in saying that there are no specialist Sports Injuries Clinics in Scotland. There are and he might care to write to Dr James Moncur, Jordanhill College of Education, Southbrae Drive, Glasgow, who is the Secretary of the Scottish branch of the British Association of Sport and Medicine, who should be able to give him some helpful addresses.

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First Yorkshire Victory In Northern Relay

SHEFFIELD appropriately took the silverware back to where it had originally been cast, and their victory was the first by a Yorkshire club in the Northern Counties AA 6 x 4 miles road relay. Indeed, except for a win in the opening event 10 years ago by Saltwell, the championship had been shared by Liverpool and Bolton.

Any chance Gateshead had of taking the coals back to Newcastle disappeared on the second stage at Liverpool on September 30th when they dropped to 18th. They had played their cards right, dropping an ace on the first lap with John Mills who took them into third position behind Grimsby (A. Royle 20:52) and Bingley (S. Binns 20:33). Steve Binns' time was the third fastest of the day, and only beaten by Nick Lees of Derby (20:14) and cross-country international Ken Newton of Sheffield (20:30) — both fourth stage runners.

Holmfirth (I. Roberts), Salford (S. Curran), Sheffield (D. Firth), Bolton (B. Singleton) and Manchester H (D. Blakeley) all followed behind Gateshead and all were within a minute of leaders Bingley. They were kept ahead by Dave Slater (20:56) while Grimsby (J. Clark 21:17) lost yards but not position while Salford through Alan Sladen (21:05) moved into third place followed by Manchester (P. Shaw 20:57) and Sheffield (J. Davidson 21:11).

At the halfway stage the rain-soaked blue and white vest of Dennis Quinlan showed up first for Bingley, with Graham Ellis (20:41) skimming over the flooded route like a hovercraft and reaching the change-over in second place.

Manchester moved into third place (F. Pendlebury 21:32) but further back the choppy stride of Mike Freary (20:51) carried Bolton into sixth, and C. Woodhouse — with the fastest time of the stage (20:40) — ran in ninth for Derby and a place ahead of holders Liverpool (J. Woods 21:06).

The shake-up came on the fourth lap. Newton surged to the front, with Lees second for Derby, and Ricky Wilde (20:57) holding on to Manchester's third place. Bingley (B. Padgett 21:50) faded to fourth, and Holmfirth (J. Turner 22:25) clung to fifth position just a handful of seconds and a place ahead of Liverpool (D. Evans 21:17). Hopes of Liverpool pulling off a hat-trick of victories disappeared on the penultimate stage when leaders Sheffield, followed by Bingley's John Waterhouse, gave last lap runner Nick Sloane a 67 sec start on Geoff Smith. He trimmed it down to 50 sec but Sloane looked to have plenty in reserve as he jogged to the line for a Sheffield success in 2:07:09.

Joe Lancaster

1, Sheffield (D. Frith 21:21, J. Davidson 21:11, P. Rawnsley 21:34, K. Newton 20:30, P. Shaw

21:27, N. Sloane 21:01) 127:09;

2, Liverpool (T. Farrell 22:01, F. McGuire 21:38, J. Woods 21:06, D. Evans 21:17, F. Davies 21:13, G. Smith 20:44) 127:59;

3, Manchester (D. Blakeley 21:23, P. Shaw 20:57, F. Pendlebury 21:32, R. Wilde 20:57, M. Oldham 22:06, D. Gee 21:46) 128:51;

4, Bingley (S. Binns 20:33, D. Slater 20:56, D. Quinlan 21:48, B. Padgett 21:50, J. Waterhouse 21:51, A. Spence 22:04) 129:02;

5, Derby (B. Reeves 22:00, A. Kean 22:03, C. Woodhouse 20:40, N. Lees 20:14, I. Kiltie 22:08, A. Domleo 22:19) 129:24;

6, Airedale & SV (P. Gaskell 22:34, R. Bell 21:39, C. Taylor 21:35, A. Dewhurst 21:22, J. Temperton 21:30, R. Harrison 21:27) 130:07;

7, Bolton 131:16; 8, Holmfirth 131:23; 9, Salford 131:31; 10, Grimsby 131:50; 11, Gateshead 133:08; 12, Wirral 133:10; 13, Liverpool Pembroke 135:07; 14, City of Hull 135:24; 15, South Shields 135:39; 16, Blackburn 136:35; 17, Longwood 137:15; 18, Leigh 138:49; 19, Barrow 139:49; 20, Sutton 140:28; 21, Oldham & Royton 145:05; 22, Chester & Elles Port 147:51; 23, Sefton 148:49; 24, Springfield 156:34. **Fastest:** Lees 20:14; Newton 20:30; Binns 20:33; Woodhouse 20:40; G. Ellis (Holm) 20:41; Smith 20:44; M. Freary (Bolt) 20:51; A. Royle (Grim) 20:52; G. Helme (Leigh) 20:54; Salter 20:56.

Youths: 1, Rossendale (P. Cowell 10:44, P. Dixon 10:47, C. Lewis 10:15, D. Gatenby 10:57) 42:43; 2, Liverpool H (P. Everett 10:53, E. Arrowsmith 10:52, D. Hughes 10:49, C. Dagnall 10:38) 43:12; 3, Blackburn (P. Banks 11:10, D. Jackson 10:44, R. Shorrocks 10:47, K. O'Connor 10:36) 43:27; 4, Gateshead 43:35; 5, Kendal 43:43; 6, Gosforth 43:50; 7, Leeds City 44:02; 8, Sunderland 44:30; 9, Liverpool Pembroke 44:37; 10, Bolton United 45:02; 11, Derby & County 45:03; 12, Bingley 45:53; 13, City of Hull 46:06; 14, Sheffield 46:15; 15, Rotherham 46:20; 16, Wirral 47:23; 17, Sutton 52:14. **Fastest:** J. Doherty (Leeds C) 10:08; Lewis 10:15; C. Moore (Bing) 10:23; D. Woodhouse (Sheff) 10:23; G. Turnbull 10:25; C. Bloor (Sheff) 10:29.

HANTS WAAA CHAMPS (PART)

At Portsmouth, September 17th

4x400: Portsmouth A 4:01.1. Pent: R. Few (Croy) 3403. (**Inters**) 400: S. Curtis (Bas) 60.0. 1500: 1, W. Lodge (AFD) 4:38.8; 2, L. King (Bas) 4:42.9; 3, A. Edwards (Bris) 4:46.9; 4, W. Purser (PAAC) 4:58.1. (**Juniors**) 1500: 1, L. Smith (PAAC) 4:50.8; 2, M. Reilly (Bas) 4:54.7; 3, A. Tindall (AFD) 4:58.4. Pentathlon: 1, K. Glen (AFD) 3036 (12.5; 5.36); 2, C. White (Hav) 2775; 3, R. Griffiths (Hav) 2663; 4, S. Hoyle (AFD) 2652 (5.05); 5, J. Smith (Fare) 2580.

Greater London Council

London Cross-Country Championships, 1978

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

**Saturday,
25th November, 1978
at
Parliament Hill**

A women's event is to be held for the second year in addition to the men's. Entries are invited from individual runners and teams (12 to enter, 8 to run, 4 to score) 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 members of the first three teams in both men's and women's events.

Full particulars and entry forms can be obtained from club secretaries or from the Chief Officer of the Parks Department (M4S), G.L.C., The County Hall, London SE1 7PB. Telephone 01-633-1708.

Closing Date 6th November, 1978

On the Road

ROSEMARY COX BREAKS UK MARATHON RECORD

ROSEMARY COX, winner of the inaugural women's race in the Rugby Open & Midland Counties Championship Marathon at Rugby on September 3rd, clipped one second off Christine Readdy's 1976 UK record with a time of 2:50:54 — a fine display of aggressive running on what is generally regarded as one of the toughest British marathon courses. There was a record field of 190, including eight women, with Dave Francis the winner in 2:19:28.

The three-lap course, first adopted for the 1977 AAA Championship, consisted mainly of traffic-free, mildly undulating country roads except for the notorious Carthorse Hill which had to be negotiated at 3½, 11½ and 20½ miles.

Last year's winner Dave Clarke, this year's Poly victor Dave Francis and Paul Eales led through 10M in 52:27; Clarke and Francis went through 15M together in 1:19:15; and Francis made his decisive break early on the final lap. At 20M (1:46:05) his lead was 25 sec and by the finish it was almost 3 minutes.

Rosemary Cox's intermediate times were 32:35, 1:04:33, 1:37:11 and 2:09:37. Lesley Watson finished 2nd, and Brenda Cook 3rd. In the women's 6 miles race, Christine Readdy finished an easy winner in 35:45.

S. R. Holdsworth

1, D. Francis (Westbury) 2:19:28
2, D. Clarke (Verlea) 2:22:25
3, J. Bigham (Birchfield) 2:24:43
4, P. Birks (Staff M) 2:25:25; 5, P. Eales (WS&E) 2:26:00; 6, T. O'Reilly (S Heath) 2:28:24; 7, J. Hurt (Bourn-V) 2:29:07; 8, T. Moore (Liv) 2:31:45; 9, F. Gillies (Ban) 2:32:29; 10, B. Cook (Staff-V) 2:32:53; 11, G. Astill (Notts) 2:33:44; 12, P. Haywood (Worc) 2:34:54; 13, C. Rutland (Ban) 2:35:10; 14, H. Lambert (B&R) 2:35:17; 15, G. Kay (Staff-V) 2:35:23; 16, D. Davies (TVH) 2:36:20; 17, S. Holdsworth (Rug) 2:36:28; 18, J. Wagstaff (Tip) 2:37:11; 19, J. Alcock (Leic C) 2:38:50; 20, M. Taylor (D&S) 2:38:55.

WITNEY '12' September 2nd

1, J. Cain (Portsmouth) 62:52
2, C. Moxsom (Haringey) 62:54
3, D. Patterson (Thames Valley) 63:14
4, J. Hazleden (TH&H) 64:17; 5, G. Pringuer (H'gey) 64:38; 6, R. Green (Harlow) 65:40; 7, D. Hardstaff (N Lon) 66:00; 8, E. Austin (Tip-V) 66:17; 9, D. Parsons (Ox C) 67:06; 10, D. Milner

(H'gey) 67:17; 11, R. Ellerton (VoA) 67:26; 12, M. Rogers (Small H) 67:31; 13, D. Dilnot (WS&E) 67:41; 14, M. Moody (Maid) 67:51; 15, A. Keenan (Over) 67:68; 16, C. Beauvais (Walt) 68:01; 17, D. Catlin (Milt K) 68:05; 18, A. Portman (W Brom) 68:13; 19, N. Fisher (Harlow) 68:14; 20, R. Kearns (High) 68:16.
Teams: 1, Haringey 17; 2, Portsmouth 50; 3, Harlow 52.

CORNWALL OPEN '10' September 3rd

1, J. Kilsby (Haringey) 50:26
2, T. Parker (Unattached) 50:37
3, A. Holder (Dursley & Dist) 51:08
4, D. Collins (CoP) 51:40; 5, C. Abrahams (Tor) 51:55; 6, J. Lothian (DoC) 52:14; 7, A. Rowling (DoC) 52:40; 8, G. Seward (Exet) 53:15; 9, C. Davies (W Corn) 53:19; 10, K. Cawley (CoP) 53:47; 11, R. Brownsey (West) 54:07; 12, C. Mills (Tor) 54:26; 13, A. Hulme (Alt) 54:38; 14, G. Morgan (D&D) 55:04; 15, E. Phillips (CoP) 55:33. **Teams:** 1, City of Plymouth; 2, Duchy of Cornwall; 3, Dursley & District.

KIRK HALLAM ROAD RACES September 10th

1, N. Lees (Derby & County) 29:27
2, P. Romaine (Holbeach) 29:40
3, C. Woodhouse (Derby & County) 29:49
4, T. Hopkins (Char) 31:24; 5, D. Reeves (D&C) 31:57; 6, J. Simmons (D&C) 32:25; 7, R. Partridge (Birm) 32:40; 8, H. Leeming (RR) 32:51; 9, J. Fisher (D&C) 33:11; 10, M. Prosser (Hol) 33:27; 11, C. Rosling (Met) 33:39; 12, H. Smith (D&C) 33:50; 13, C. Madocks (Sheff) 33:57; 14, T. Challenger (Charn) 34:21; 15, L. Pratt (Charn) 34:50. **Teams:** 1, Derby & C 9; 2, Derby 'B' 27; 3, Charnwood 33. (**Youths 3x2000:**) 1, Derby & C (L. Page 6:45, C. Robinson 6:35; T. Gardner 6:24) 19:44; 2, Charnwood 20:45; 3, Deeping Youths 20:54; 4, Derby 'B' 21:03. Fastest: Gardner 6:24. (**Boys 3x2000:**) 1, Notts (A. Chapman 6:47, M. Hill 6:54, M. Smith 6:53) 20:34; Bingley 20:41; 3, Derby 20:44; 4, Charnwood 22:24. Fastest: Jackson 6:46. (**Colts 3x2000:**) 1, Charnwood (G. Morris 7:43, C. Biddle 7:54, S. Pratt 7:26) 23:03; 2, Derby 23:45; 3, Leicester C 24:23; 4, Charnwood 'B' 25:36.

Women

1, C. Hanson (Loughborough) 14:29
2, G. Dainty (Birchfield) 15:44
3, Y. Rowe (Derby Ladies) 15:51
4, R. Duddle (Charn) 16:00; 5, J. Whiteley (Leeds) 16:28; 6, T. Ashmore (Sheff) 16:39. (**Junior 3x2000:**) 1, Charnwood (F. Betts 8:13, J. Harvey 8:39, M. Headle 8:21) 25:13; 2, Bingley 25:21; 3, Derby 25:23. Fastest C. McNamee 8:09. (**Girls 3x2000:**) 1, Bingley (A. Crewe 7:42, L. Coultas 8:58, A. Firm 8:43) 25:23; 2, Charnwood 26:38; 3, Derby 26:56. Fastest: Crewe 7:42.

NUNEATON '10'

September 16th

1, T. Wright (Wolverhampton & B)	50:01
2, P. Venmore (Tipton)	51:06
3, G. Taylor (Small Heath)	51:48
4, P. Haywood (Worc) 52:05; 5, J. Bigham (RAF Cos) 52:18; 6, R. Tilling (Birch) 52:19; 7, A. Keen (D&C) 52:22; 8, A. Mills (New) 52:48; 9, E. Austin (Tip-V) 52:56; 10, M. Mountford (Staff) 53:26; 11, H. Leeming (RR) 53:27; 12, M. Phillips (Birch) 53:32; 13, M. Pickering (Birch) 53:44; 14, R. Cooper (Worc-V) 53:56; 15, R. Games (Chelt) 53:58; 16, M. Ede (Brom) 53:59; 17, D. Ford (Holm) 54:04; 18, M. Rogers (S Hth) 54:09; 19, R. Campbell (Ex B-V) 54:47; 20, E. Williams (Shrew-V) 54:48; 21, R. Panter (Birch) 54:50; 22, L. Cook (Staff-V) 54:52; 23, I. Wilkins (S Hth) 55:03; 24, D. Ellis (Birch) 55:12; 25, R. Calvert (S Hth) 55:14.	

READING POLICE '10'

September 16th

1, I. Thompson (Luton)	49:02
2, D. Francis (Westbury)	49:10
3, R. Brown (Bournemouth)	50:19
4, G. Dugdale (TVH) 50:46; 5, L. Benjamin (Hill) 51:01; 6, D. Hopkins (New) 51:18; 7, S. Harrison (AFD) 51:32; 8, G. Clark (South) 51:33; 9, T. Hassell (AFD) 52:06; 10, B. Nash (Dart) 52:46; 11, M. McGeoh (Barry) 52:50; 12, R. Tyler (Read) 52:51; 13, C. Abrahams (Tiv) 52:56; 14, B. Copps (Felt) 53:01; 15, J. Smith (West) 53:12; 16, M. Lane (New) 53:12; 17, C. Moulton (HW) 53:13; 18, M. Woods (AFD) 53:37; 19, C. Beauvais (Walt) 53:39; 20, D. Hardstaff (N Lon) 53:43. (Women): 1, L. Billington (Felt) 64:31; 2, J. Farr (Trow) 69:12; 3, M. Rosen (Barn L) 77:03.	

BANBURY '5'

September 16th

1, B. Kiernan (Leighton Buzzard)	21:35
2, J. Butling (Small Heath)	21:41
3, D. Daley (Unatt)	21:42
4, P. Varney (Inv) 22:04; 5, F. Gilles (Ban) 22:19; 6, J. Arnold (L Buzz) 22:30; 7, D. Wheeler (Ox C) 22:37; 8, A. Watts (RAF) 22:37; 9, J. Polgreen (Ox C) 22:41; 10, J. Dagnan (Leam) 22:53; 11, D. Parsons (Ox C) 22:58; 12, C. Rutland (Ban) 23:02; 13, J. Padbury (Ban) 23:05; 14, T. Barnes (L Buzz) 23:15; 15, D. Davey (Leam) 23:20; 16, G. Roe (L Buzz) 23:25; 17, P. Smith (Ox C) 23:37; 18, P. Doyley (Ban) 23:45; 19, A. Bourne (New-V) 23:56; 20, A. Lovatt (L Buzz) 24:00. Teams: 1, Leighton Buzzard 37; 2, Oxford City 44; 3, Banbury 48. (Junior): 1, A. Cooper (L Buzz) 17:12; 2, S. Bond (Glos) 17:19; 3, D. Price (Glos) 17:38. (Colts): 1, N. Ward (Ban) 9:50; 2, P. Ward (Ban) 10:00; 3, G. Deacon (Leic) 10:15.	

BASILDON '10'

September 17th

1, J. Broad (Havering)	48:57
2, I. Thompson (Luton)	49:49
3, R. Green (Harlow)	50:34
4, S. Barr (Unatt) 50:59; 5, B. Diss (Hav) 51:28; 6, R. Etchells (Ilf) 52:22; 7, P. Bryan (Hav) 52:45; 8, N. Fisher (Har) 53:18; 9, R. Thurston (Hav) 53:27; 10, C. Reed (WG) 53:40; 11, D. Skinner (Har) 53:48; 12, L. Coleman (Har) 54:34; 13, D. Horsup (Thur) 54:44; 14, D. Stokes (Thur) 54:51; 15, E. Martin (Bas) 55:30. Teams: 1, Havering 13; 2, Harlow 22; 3, Basildon 50. (Youths 4658m): 1, A. Bright (Colch) 14:36; 2, E. Wood (Chelm) 14:37; 3, P. Woodyatt (Ex B) 14:49; 4, A. Coleman (Hav) 15:15; 5, P. Gahagan (Hav) 15:25; 6, P. Barrett (Hav) 15:38. Team: Havering. (Boys 4658m): 1, C. Thomas (Colch) 15:06; 2, C. Kay (Hav) 15:12; 3, G. Spring (Bed) 15:18; 4, I. Robery (Hav) 15:20; 5, B. Bullock (Hav) 15:32; 6, P. Barr (Bas) 15:41. Team: Havering. (Colts 4000m): 1, K. Berrett (Hav) 13:43; 2, S. Crisp (Hav) 13:52; 3, P. Turner (Hav) 14:12. Team: Havering. (Women 5 Miles): 1, F. McQueen (Glas) 29:38; 2, B. Stone (Thur) 30:17; 3, A. Tamplin (Har) 31:12; 4, E. Trotter (Glas) 33:03; 5, K. Whippy (Thur) 34:24; 6, V. Thomas (Thur) 34:39. Team: Thurrock & Glasgow 13. (Inters 4000m): 1, R. Lawless (Hav) 15:53; 2, J. Reynolds (Bas) 17:03; 3, C. Gahagan (Hav) 17:17. (Juniors 2043m): 1, M. Welts (Ex L) 6:49; 2, B. Sanderson (North) 6:59; 3, N. Lyons (Bas) 7:15; 4, S. Lucy (Hav) 7:20; 5, S. Jefferies (Hav) 7:23; 6, P. Brooks (Hav) 7:24. Team: Havering. (Girls 2043m): 1, D. Webb (Hav) 7:18; 2, D. Lawless (Hav) 7:23; 3, K. Carroll (Hav) 7:36. Team: Havering.	

THE ROTHERHAM MARATHON

September 17th

1, D. Kelly (Saltwell)	2:23:10
2, J. Cain (Portsmouth)	2:24:15
3, P. Blakeney (Salford)	2:25:28
4, B. Hilton (Leeds) 2:26:45; 5, K. Best (Bolt) 2:27:42; 6, C. Woodward (Leam) 2:27:59; 7, D. Watson (Wirr-V) 2:28:21; 8, C. Leigh (Wig-V) 2:29:23; 9, J. Myatt (E Ches) 2:29:44; 10, B.	

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Lloyd (Wig) 2:29:53; 11, M. Exton (Hol) 2:31:08; 12, A. Johns (SLH) 2:31:36; 13, D. Lawson (Bing) 2:31:17; 14, B. Blakeley (Man) 2:32:39; 15, E. Trowbridge (Dk Pk) 2:33:17; 16, M. Thompson (Leam) 2:34:28; 17, B. Kay (Staff) 2:35:25; 18, S. Clegg (Sal) 2:36:31; 19, A. Winterbottom (E Ches) 2:36:38; 20, J. Hubbard (Long) 2:36:54; 21, J. Reid (Sal) 2:38:15; 22, T. Parr (Bolt) 2:38:28; 23, M. Turner (Ths) 2:38:36; 24, W. Crowther (Lon) 2:39:12; 25, P. Whittaker (Long) 2:39:55; 26, D. Attwell (Alt) 2:39:59; 27, A. Pickles (Bing) 2:40:41; 28, P. Muddeman (Leam) 2:40:58; 29, K. Heathcote (Bolt) 2:41:31; 30, J. Fretwell (Holm) 2:41:57; 31, R. Hepworth (Long) 2:41:59; 32, K. Mayor (Bolt) 2:42:04; 33, G. Dearlove (Harr) 2:42:13; 34, P. Kilbey (Alt) 2:42:20; 35, R. Kernighan (Pem) 2:42:25; 36, N. Bowman (RNAC) 2:43:44; 37, D. Bennett (Barn) 2:44:31; 38, T. Laynourn (Jarr) 2:45:03; 39, S. Lloyd (YMCA) 2:45:08; 40, D. Hazell (E Ches) 2:46:14. **Teams:** 1, Salford 42; 2, Leamington 50; 3, East Cheshire 68.

(Women): Lesley Watson (LOAC) 2:58:23.

EAST CHESHIRE '7'

September 9th

1, R. Wilde (Manchester) 35:14
2, D. Brennan (Warrington) 35:20
3, A. Blinston (Altrincham) 35:24
4, A. Sladen (Sal) 35:32; 5, P. Livesey (Clay) 35:33; 6, M. Critchley (Card) 35:46; 7, R. Morris (Alt) 35:56; 8, J. Norman (Alt) 36:00; 9, R. Hill (Clay) 36:02; 10, K. Breeze (Sale) 36:23; 11, D. Wilson (Clay) 36:40; 12, J. Jackson (Wig) 36:44; 13, P. Berry (ECH) 36:49; 14, F. Pendlebury (Man) 36:52; 15, D. Farmer (Sale) 36:53; 16, S. Bullen (Sal) 37:25; 17, H. Kelly (ECH) 37:26; 18, S. Clegg (Sal) 37:26; 19, B. Lloyd (Wig) 37:34; 20, D. Brown (Sal) 37:42; 21, G. Entwistle (Man) 37:46; 22, M. McGann (ECH) 37:47; 23, W. Halsall (Wig) 37:50; 24, C. Wood (Black) 37:53; 25, S. Heap (Sal) 38:04; 26, M. Simkinson (Sal) 38:13; 27, S. Walker (Sale) 38:23; 28, T. O'Kell (Sale) 38:24; 29, K. Mayor (Bolt) 38:29; 30, K. Darby (Wig) 38:32; 31, S. Lawson (Man) 38:38; 32, D. Farrell (Man) 38:44; 33, C. Chandler (Sale) 38:47; 34, F. Day (ECH) 38:48; 35, R. Briscoe (Sal) 38:50; 36, R. Kilbey (Alt) 38:54; 37, D. Atwell (Alt) 38:56; 38, P. Lomas (Stock) 38:58; 39, J. Reid (Sal) 38:59; 40, A. Byrne (Sal) 39:00. **Teams:** 1, Altrincham 18; 2, Clayton 25; 3, Manchester 36.

GREENWICH '11'

September 9th

1, M. Russell (Croydon) 54:57
2, J. Davies (Essex Beagles) 55:47
3, M. Hurd (Croydon) 56:01
4, D. Faircloth (Croy) 56:13; 5, B. Diss (Hav) 56:13; 6, P. Bryan (Hav) 56:51; 7, T. Hassall (AF&D) 57:46; 8, J. Avis (Camb) 58:33; 9, S. Hughes (Camb) 59:36; 10, G. Wood (Camb) 60:13; 11, R. Thurston (Hav) 60:19; 12, R. King

(Hast) 60:26; 13, J. Knight (N Lon) 60:36; 14, K. Dickson (Croy) 60:39; 15, J. Madden (Lough) 61:06; 16, L. Parrott (Hav) 61:11; 17, T. Wall (Aust) 61:14; 18, P. Yarlott (Croy) 61:16; 19, J. Geoghegan (Camb) 61:17; 20, M. Baggs (Wey) 61:21. **Teams:** 1, Croydon 8; 2, Havering 22; 3, Cambridge H 27.

OPEN & SOUTHERN VETERANS '10'

At Crawley, September 16th

1, L. O'Hara (Belgrave) 54:14
2, D. Case (Ealing) 54:31
3, L. Parrott (Havering) 54:43
4, J. Geoghegan (Camb) 55:32; 5, B. Gorman (Bel) 56:44; 6, J. Dixon (E&E) 56:51; 7, M. Glover (Inv) 57:02; 8, W. Pryce (Card) 57:15; 9, H. Foord (B'ton) 57:36; 10, J. Cassal (Dart) 58:12; 11, T. Hoyles (Hav) 58:28; 12, E. Andrews (Hav) 58:48; 13, D. Funnel (E&E) 59:02; 14, P. Filler (Orion) 59:09; 15, D. Bell (Wok) 59:33; 16, R. Savory (Black) 59:48; 17, R. Kersey (Vets) 60:00; 18, A. Blatchford (E&E) 60:19; 19, W. Laws (Bel) 60:46; 20, D. Miller (Craw) 60:56. (50-59): 1, Funnel; 2, R. Pape (RN) 62:18; 3, L. Brown (WG) 64:52. (60-69): G. Betts (QPH) 75:50. (Women): 1, B. Norrish 73:03; 2, K. Wartnaby (Craw) 84:21. **Teams:** 1, Belgrave 25; 2, Havering 26; 3, Epsom 37; 4, Blackheath 64; 5, Dartford 67.

EASTHAM BURCO '7'

September 17th

1, M. Freary (Bolton) 33:38
2, F. Davies (Liverpool) 33:49
3, J. Woods (Liverpool) 34:13
4, D. Brennan (Warr) 34:36; 5, J. Jackson (Wig) 34:39; 6, D. Edge (Sal) 34:44; 7, R. Hill (Clay) 34:46; 8, F. McGuire (Liv) 35:02; 9, R. Morris (Alt) 35:12; 10, J. Craven (Rown) 35:22; 11, S. Curran (Sal) 35:33; 12, R. McAndrew (Bolt) 35:37; 13, A. Farrell (Liv) 35:50; 14, D. Williams (Pem) 36:05; 15, K. Maloney (Bolt) 36:13; 16, W. Hasall (Wig) 36:22; 17, P. Dolan (Clyde) 36:32; 18, M. Wakefield (Bolt) 36:37; 19, C. Stainton (B&F) 36:42; 20, P. Clark (Liv) 36:43. **Teams:** 1, Liverpool 13; 2, Bolton 28; 3, Salford 38. (Youths/Boys): 1, P. Dixon (Ross-Y) 14:02; 2, M. Flint (Tel-Y) 14:20; 3, J. Howarth (Leigh-B) 14:21; 4, J. Robinson (Lark-B) 14:24; 5, D. Leck (Leigh-Y) 14:33; 6, M. Pilling (Lake-Y) 14:43; 7, K. McKlusky (B&F-B) 14:53; 8, T. Uttley (Unatt-Y) 15:13; 9, K. Kensington (Pres-B) 15:32; 10, G. Powley (Pres-Y) 15:37.

A sprints and hurdles coaching day will be held at Exeter on November 25th. International Sprinters Steve Green and Dave Hill, together with Senior Coaches, will be present. Full details will appear in 'AW' shortly, but advance information can be obtained by sending an SAE to Ron Roddan, 6b Victoria Terrace, London NW10 6EG.

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LIVING UP TO FATHER'S EXAMPLE

Ivan Berenyi profiles the world discus record holder

THERE was never any question about it that Wolfgang Schmidt would become an outstanding international field athlete. He had an example to live up to, and a ruthless motivator to obey, close at hand in his father, Ernst Schmidt, himself for a long period in the 1950s GDR champion in virtually all the throwing events and in the decathlon who, upon winding up his active sporting career, became national coach of men throwers and shotputters.

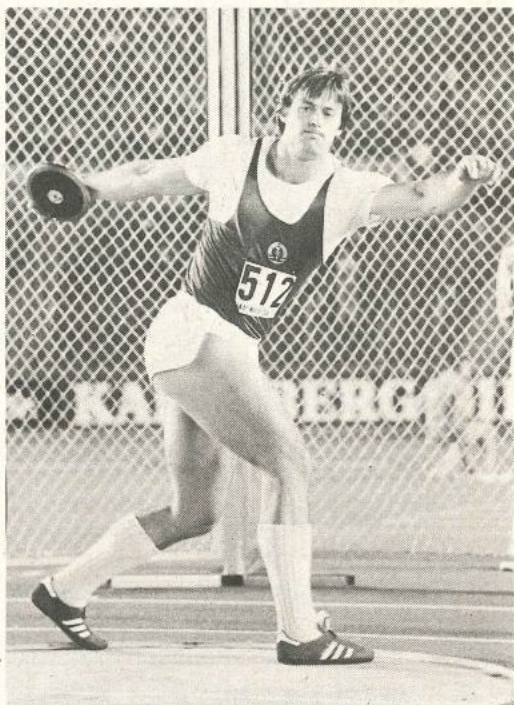
Credited with being the architect of East Germany's eventual rise to world power status in the men's throwing events, father Ernst, a perfectionist and an iron-fisted disciplinarian, adopted an uncompromising attitude in particular when it came to the initial coaching and to the building up of the power of young Wolfgang, who was in any case tall, strong, well-proportioned, very calm by nature and always obedient.

Wolfgang was to carry on with both the shot and discus in top-level competition until the age of 21 in teeth-gritting continuation of the early vow to himself to emulate the varied achievements of his versatile father and idol — something that undoubtedly slowed his emergence as a world-ranking discus man, but which may prove helpful later in his career, when it comes to switching techniques in the discus.

The stress, though, was first on the discus, and Wolfgang threw a best of 38.64m with the 1.5kg implement in 1968, his first competitive year. Born in East Berlin on January 16th 1954, Wolfgang Schmidt always remained in Berlin, and by the following year he was training under Willi Kuhl, junior field coach of the SC Dynamo Berlin club, achieving bests of 53.74 in the discus and 16.51m in the shot, still with the lighter youth 'B' equipment, and winning the 1969 junior 'B' title in the discus.

He switched to 'A' status and full-weight equipment in 1970, at age 16, which naturally led to a slight regression in results (48.52 and 15.59) though he still captured the junior 'A' title, and then started to improve faster in the shot, giving rise to increasing speculation that he would probably end up as a putter. He reigned supreme in both disciplines at the junior level for the next three years, achieving bests of 54.40 and 17.22 in 1971; 57.90 and 17.88 in 1972; and 61.30 and 19.19 in 1973.

But 1973 was to become a decisive year. Wolfgang Schmidt was the star of the GDR squad at that year's European Junior Championships, and won the discus — as anticipated — with ease, but only managed to become runner-up in the shot, losing to compatriot Udo Beyer. This reduced his interest



WOLFGANG SCHMIDT

Tony Duffy

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considerably, and in 1974 — now training under Joachim Spenke, he rose to 14th on the world discus list with 64.10, but could only repeat his 1973 result of 19.19 in the shot. The choice had been made, and the by now fully-developed, 1.97m (6'5½") tall, 105kg (231lb) giant, nicknamed 'Ernie' by clubmate Detlef Thorith (the 1966 European discus champion) on account of his propensity for sticking his nose into everything and constantly playing practical jokes on his elders, settled in for a winter of concentrated discus training.

This was to pay off amply when the 1975 season started. Having first clearly demonstrated that he had emerged as a rival to the country's two leading discus men, Norbert Thiede and the 2.03m (6'8") tall 'behemoth', Siegfried Pachale, by beating both early on in the season, Schmidt broke Pachale's GDR record of 66.38 with a throw of 66.80 in Dresden in June, and went on to win over reigning Eurochamp Pentti Kahma of Finland in the European Cup Final in Nice. This win, albeit with a modest 63.16, tilted the duel with Kahma 2-1 in the Berlin electrician's favour, since Schmidt won once earlier in the year in Stockholm and lost in the European Cup semis in Leipzig. On the 1975 world list, Schmidt placed sixth with his 66.80, behind John Powell, John van Reenen, Ludvik Danek, Ricky Bruch and Kahma, and 2cm in front of Mac Wilkins.

Wolfgang Schmidt was pretty satisfied with the 1975 season — his 'coming out' year. But he, and his handlers, were even happier to recognise the tremendous competitive spirit he proved to have in his make-up. "I guess I am OK in training, too. I am conscientious, do everything I am told without fail, and throw fairly consistently," he was to say at season's end. "But I was particularly happy to discover that my strength seems to double when the chips are down. The excitement of competition gives me a lift."

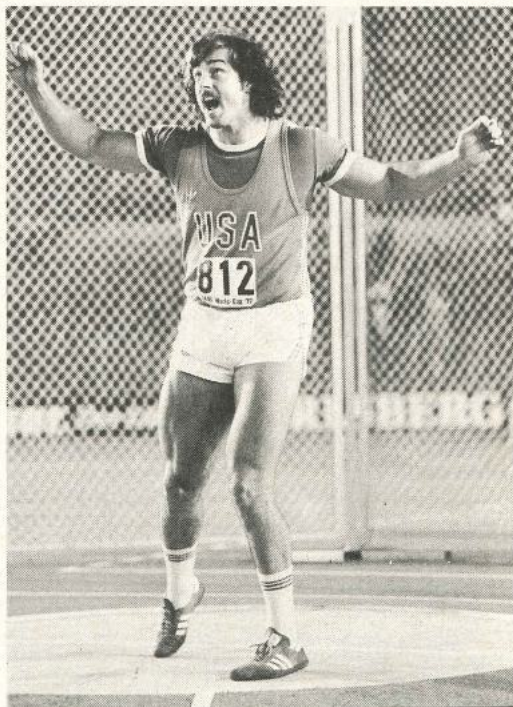
In the 1976 early pre-Olympic build-up domestic rivals Thiede and Pachale seemed to be making the running. Thiede broke Schmidt's record with a throw of 66.90, and then Pachale beat both men with 66.78. But Schmidt did not leave the doubts linger on long about his supremacy. Flanked by bosom-pal and adviser Thorith, who also participated in the competition yet found time to serve tea and generally administer to him, Schmidt threw 68.04 in Berlin in May and regained the GDR record.

Following up on his success, Schmidt scattered the home field again a few days later in Dresden, winning with 67.68, and then in Cologne in June he broke the 1972 European record of Sweden's Bruch (68.40) with 68.60, defeating Wilkins in the process. But, in East Berlin in July, just prior to his squad's departure for Montreal, Schmidt placed only third with a modest 64.14 behind Pachale and Thiede. Some domestic pundits were to voice doubts about his Olympic chances — but only to be made to eat their words.

This was not quite evident yet in the Montreal qualifying round, where Schmidt place 3rd with a moderate 63.14. Wilkins, not long after his fantastic world record of 70.86, led the field with a new Olympic record of 68.28. In the final, Wilkin's second round throw of 67.50 was enough to dampen spirits all around, and Schmidt became unusually 'uncool' when his second throw, which was around the 66m mark, was adjudged a foul. But, very much to his credit, he collected himself again by the last round, and eclipsed Powell's 65.70 with a safe 66.22, despite a disturbing backwind, to gain the silver medal.

"Here in Montreal Mac Wilkins was head and shoulders above the rest of us, and he won in a gigantic, but very fair and friendly competition," Schmidt was to say after the event, his spirits obviously lifted as much by the medal and the overcoming in the last minute of home rivals Thiede and Pachale (4th and 5th respectively), as by the winner's hearty congratulations — ascribed by most to ill-feeling between Wilkins and his predecessor as world-record holder, Powell.

Schmidt looked ahead immediately. "My next big aim is 70 metres," he was to remark, "which I expect to surpass in two years time."



Mac Wilkins, Wolfgang Schmidt's predecessor as world record holder.

Tony Duffy

In 1977, Schmidt's prime aim was to stabilise 68m-plus form, rather than go for big results. But his winter drive for consistency did not work out as planned. First he had a fairly serious car accident, and when he recovered from that, he — very unusually for him — suffered injury in weight training. Prospects for the coming season looked less than rosy.

Yet Schmidt was to confound all, including himself, by throwing 66.86 in the season-opener, and he beat Wilkins mid-June in East Berlin with 67.74 — a win he was to repeat over his back-troubled rival with 65.04 nine days later, in Cologne.

There seems to be a genuine feeling of goodwill between the two athletes, because Schmidt was almost apologetic when interviewed in the wake of the second win: "Mac is the greatest all-round thrower the world has known," he said, "but right now his form is impaired by ill-health. It will be an altogether different thing when he is back to his peak, and I wish him the very best. This does not mean, of course, that I won't do my utmost to beat him."

In the 1977 GDR national championships, held at the start of July, Schmidt had a safe win again with 65.48, and he eclipsed in the European Cup finals in Helsinki the West German Hein-Direck Neu, who was ahead of him on the world list with 68.08. But Schmidt's 66.86 was only good enough for second to Finland's Markku Tuokko (later disqualified as a result of drug tests), who broke Pentti Kahma's national record with 67.06. Clearly Wolfgang Schmidt did not peak at the right time that season.

But whether in top form or not, he is always a dangerous opponent, which he was to prove amply in the World Cup in Dusseldorf. With a series of 64.90, 65.48, 64.12, —, 63.74, he was trailing Wilkins, right until the last throw again. In fact, Wilkins, believing that his first-round

65.78 and third-round 66.64 already established his supremacy, took it easy with his last three throws. Probably he should not have, because Schmidt pulled a 67.14 winner out of the hat . . . just like that.

With a late-season 68.26, Schmidt was to finish second on the 1977 world list, behind Wilkins' 69.20, but he probably deserved to be classed as the men's discus thrower of the year.

It was in 1978 that Schmidt started to realise his enormous potential. He raised his European record to 68.92 in Berlin on May 31st, and his big day — again in Berlin — was August 9th when he added 30cm to Wilkins' world record with a mighty throw of 71.16m (233' 5"). His series: 68.14, 71.16, 67.72, 67.16, 65.78, 68.34. Only that morning, in training, he had beaten 70m for the first time. The overwhelming favourite to win the European title in Prague on September 3rd, he made fairly heavy weather of it and after four rounds he was in third place (64.52) behind the Czech, Imrich Bugár (64.66), and Velko Velez of Bulgaria (64.56). Schmidt clicked with his last two throws of 65.94 and 66.82 to win by nearly two metres over defending champion Tuokko. Earlier he had placed fourth in the shot (20.30m), an event in which he had boosted his personal best during 1978 to an impressive 20.76.

His coach Joachim Spenke feels that Wolfgang will rule the world discus scene for years to come. Father, and GDR national coach Ernst Schmidt, sees this, in fact, as a foregone conclusion.

But what about the renewed challenge of the formidable four-time Olympic champion Al Oerter? Will he not sneak back again to rule the discus world by 1980? "Oerter may be back to 63m-plus form, and he is a terrific competitor", says Wolfgang Schmidt "but I don't see him winning a major international event again. Not on sheer competitiveness. I am pretty competitive myself, you know".

"RONSON" 6 x 2 MILES RELAY At Epsom Downs, September 16th

1, Brighton (S. Morley 9:44, P. Rockwood 9:37, B. Hawkins 9:38, M. Paterson 9:30, P. Whitcomb 9:51, —, 9:45) 58:05;

2, Walton (A. Dippe 10:00, M. Wayland 10:02, G. Horton 10:05, L. Wells 9:30, S. Bird 10:52, A. Smart 10:17) 60:36;

3, Brighton 'B' (C. Brinkhurst 10:04, P. Bidmead 9:42, P. Hanner 9:57, S. Lambourne 10:04, G. Ashdown 10:16, R. Peel 10:54) 60:57;

4, Hercules W 61:43; 5, Herne Hill 61:52; 6, Horsham 62:05; 7, Worthing 63:37; 8, Crawley 64:27; 9, Mitcham 64:47; 10, Epsom & E 64:58. **Fastest:** R. Treadwell (Sy B) 9:09; A. Clarke (Wor) 9:29; Paterson 9:30. **(Youths):** 1, D. Swain (Coll) 20:53; 2, J. Murry (E&E) 21:53; 3, S. Paton (Coll) 22:04; 4, R. Hyten (S&E) 22:21; 5, W. Beese (Coll) 22:33; 6, D. Parsons (Wor) 22:44; 7, C. Parrack (E&E) 22:54; 8, P. Mason (Ton) 23:00; 9, C. Brown (E&E) 23:02; 10, N.

Quinton (Coll) 23:12. **Teams:** 1, Collingwood 15; 2, Epsom & E 24; 3, Guildford & G 47. **(Boys):** 1, G. Barber (S&E) 10:27; 2, D. Ruffle (Ald) 10:41; 3, S. Kendall (Ald) 10:42; 4, D. Flack (Ald) 10:42; 5, S. Spelman (Fleet) 10:44; 6, R. McDonnell (Coll) 10:52; 7, M. Hunter (Croy) 11:00; 8, M. Barnes (Camb) 11:00; 9, M. Kendall (A&F) 11:03; 10, R. Hudson (A&F) 11:07. **Teams:** 1, Aldershot F&D 14; 2, Cambridge H 49; 3, Fleet 63. **(Colts):** 1, A. Hawkins (Camb) 11:00; 2, M. Howard (Wor) 11:07; 3, S. Smyth (West) 11:15; 4, J. Quinton (Coll) 11:20; 5, C. Gilby (Camb) 11:21; 6, L. Evans (West) 11:22; 7, P. Haley (Camb) 11:26; 8, D. Neal (Ton) 11:29; 9, K. Howard (Wor) 11:32; 10, A. Poulter (Fleet) 11:35. **Team:** Cambridge H.

Cambridge University Hare and Hounds Club secretary is N. Dorey, Queens College, Cambridge.

Spotlight on Kim Hagger

BORN London, E13, on 2.12.1961. Height: 1.71m (5'7¼"); Weight: 57kg (126lb). Club: Essex Ladies. School: Loughton High. Coach: Bruce Longden. Sister, Jill, is a member of Essex Ladies and her parents are both active members. Favourite event: "Undoubtedly it is now the pentathlon, my favourite individual event is dependent on my present performances which tend to alter month by month".

Brief details of achievements in major competitions: 1975 — 1st English Schools & WAAA Junior Long Jump; 1976 — 1st WAAA Junior Long Jump & Pentathlon; 1977 — 1st WAAA Intermediate Long Jump & Pentathlon; 1978 — 1st WAAA Intermediate Indoor High Jump.

Annual Progression:	HJ	LJ	Pent
1973	—	4.52	—
1974	1.55	5.00	3014*
1975	1.66	5.62	3556*
1976	1.72	5.85	3917*
1977	1.70	5.92	3842
1978	1.74	5.87	3907

(* Pentathlon including 200m)

Started in athletics "on the recommendation of my teacher at Primary School where I won all sprint races, but on joining Essex Ladies I suddenly realised I wasn't the sprinter I thought I was and to gain a place in the Junior team I decided to switch to other events".

General description of a week's training in summer: **Monday** — Technical training for two events & short recovery running sessions (total 2½ hours); **Tuesday** — General fitness and conditioning including mobility exercises (2 hours); **Wednesday** — As Monday but with different events (2½ hours); **Thursday** — As Tuesday with extra speed work (2 hours); **Friday** — Rest; **Saturday** — Competition; **Sunday** — When not competing — technical training. Trains six days a week in winter "with more emphasis on stamina training and therefore more mileage involved. All sessions are done at Crystal Palace under the direction of Bruce Longden".

Her greatest pleasure "was not from a single performance but on a single day at Crystal Palace in the WAAA Junior Championships in August 1976 when I was second in the High Jump (1.72), a personal best at the time, won the 75m hurdles semi-final in 11.4, a personal best, won the long jump (5.85), personal best and CBP. I have no lasting disappointments; I am continually upset each time my performance is below my expectations".

The athlete she particularly admires is "Rosi Ackermann, being a 2.00m high jumper, but is only 1 inch taller than myself".

Short-term ambitions: "To score 4000 points in the pentathlon and to gain selection in a junior international in an individual event". Long-term aims: "To gain selection for the European Junior Championships in Poland in 1979".

Comment: "I am looking forward to the possibility that during my athletic career the multi-event competition for women will be extended, similar to the present men's decathlon".

STARS OF TOMORROW TROPHY MEETING

At Redditch, September 16th

Radley 96; Shrewsbury 63; Hallamshire 46.
(**Snr Women**) 400: L. Burnett (S) 56.8. 800: 1, A. Hartley (Barry) 2:15.4; 2, C. Petitjean (Birch) 2:16.0. (Inters) 400: 1, F. Weston (Tam) 58.7; 2, J. Doyle (Ply) 58.9; 3, J. Charlton (Cov) 59.5. 1500: 1, K. Freeman (Ply) 4:59.8; 2, N. Davies (Rad) 5:01.9; 3, J. Lawton (War) 5:04.2. LJ: E. Little (Cov) 5.55. SP: A. Franks (Rad) 9.94. (**Juniors**) 100: J. Boggett (Rad) 12.8. 1500: 1, J. Glass (War) 5:00.8; 2, D. Whitte (Bris) 5:02.3. 3, A. Cardus (B&R) 5:02.5. 75H: 1, L. Roper (Hall) 11.5; 2, S. Dean (Wich) 11.6; 3, L. Parry (Derb) 12.1. HJ: E. Hickey (Rad) 1:55. LJ: 1, T. Donaldson (Shrew) 5.26; 2, L. Burton (Nun) 5.18. JT: 1, K. Parsons (Ox) 28.98; 2, H. Mitchell (Hall) 28.04. (**Girls**) 1500: H. Gould (Bris) 5:14.9. 70H: 1, S. Webb (Hale) 12.5; 2, L. Young (Ox) 12.6; 3, J. Mulluver (W&B) 12.6. HJ: J. Charlton (Ear) 1.55.

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Application form and further particulars may be obtained from:—

The Honorary Secretary, U.K. Coaching Committee, B.A.A.B. Coaching Office, 63 Woodfield Lane, Lower Ashted, Surrey.

Closing date:— 15th November, 1978.

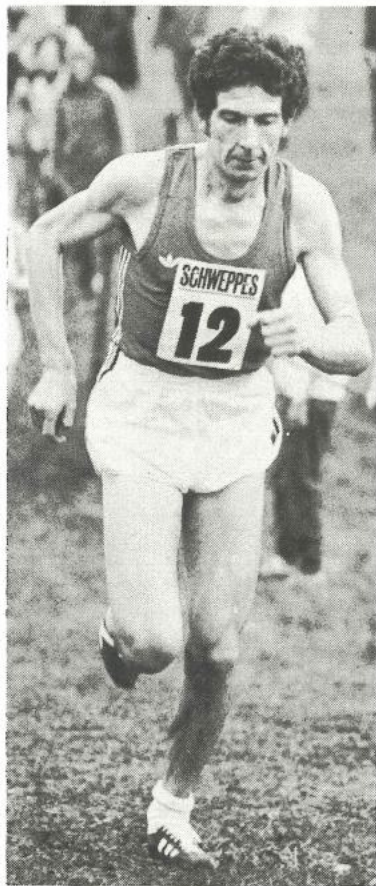
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	11.30 a.m.	PEPSI FUN RUN	Approx. 2 mile
1.	12.00	COLTS	1 ½ mile
2.	12.15 p.m.	JUNIOR LADIES AND GIRLS	1 ½ mile
3.	12.35 p.m.	BOYS	2 ¼ mile
4.	12.50 p.m.	VETS	3 mile
5.	1.15 p.m.	SENIOR AND INTER WOMEN	2 ¼ mile
6.	1.35 p.m.	SENIOR MEN OPEN RACE	4 ½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

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

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

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

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Hammer Circle Reunion

The 26th annual reunion of the Hammer Circle was held at Kimbolton School, Huntingdon, on September 9th/10th with over 45 active throwers, coaches and friends attending. Competition was keen as usual with Martin Girvan winning the Rodda Trophy for the longest throw at the Reunion, and Robert Weir winning the Reidy Trophy in the handicap competition. Commonwealth Games representatives Jim Whitehead and Martin Girvan told their experiences in Edmonton whilst Carl Johnson and Ron Bowden related technical information on the European Championships at Prague. Much of interest emerged from both talks.

The AGM heard that the proposed changes to the event — the shortening of the wire and the increase in the weight of the hammer head — would probably not occur. It is likely that the document submitted by the Hammer Circle to the IAAF played some part in this. Two honorary members were elected to the Circle: Alan Lindop of the NUTS and Dr. Tony Banks. A proposal to open an 'associate branch' of the Circle in the USA was welcomed by members. Secretary Derek Benning would make contact with the branch on his forthcoming visit. It is hoped to stage a weekend course for young Hammer Circle members at Lea Green, Derbyshire, on December 9th/10th.

Peter Aston retired as treasurer and membership secretary after many years association. He was thanked for all the work he had put in to Circle matters. Thanks for a successful weekend are extended to the school headmaster, domestic staff and Bill Stringer.

Officers elected: President: Howard Payne; chairman: Ron Bowden; treasurer & membership sec: Allan Woods; secretary: Derek Benning.

Derek Benning

Competition Results

(September 9th) Snrs: 1, M. Mileham 63.30; 2, D. Hegarty (RoI-J) 56.64; 3, R. Weir 51.44; 4, A. Woods 51.32; 5, C. Melliush 50.34; 6, L. Hall (V) 49.08; 7, R. Earle (J) 48.88; 8, K. Robinson 47.76; 9, D. Bell 46.54; 10, S. Watson 45.50; 11, A. Carruthers (J) 44.78; 12, G. Middleton (J) 43.84; 13, M. Fox 42.82; 14, D. Pope 42.30; 15, D. Benning 40.40; 16, K. Madden (V) 40.26. (Jnrs — 6.25kg): 1, M. Girvan 64.58; 2, M. Mitchel 54.64; 3, G. Curtis 48.24; 4, J. Borczsz 45.84; 5, D. Hugall 43.68. (Yths — 5kg): 1, O. Walshe (RoI) 53.98; 2, M. Zaidman 53.42; 3, S. Rogerson 50.30; 4, A. Zaidman 45.48. (Boys — 4kg): 1, C. Burdett 43.44; 2, P. Head 40.64. (20lb/107cm wire): 1, Mileham 52.38; 2, Hegarty 43.54; 3, Woods 42.74; 4, Mitchel 41.80; 5, Weir 39.50; 6, Earle 38.94. (Overhead 16lb shot throw): 1, A. Zaidman 14.45; 2, Mileham 13.55.



Tony Kenneally of the West London Hammer School, who has improved the UK Boys' best by seven metres this year.

(Overhead 5kg shot throw): 1, Mileham 17.55; 2, A. Zaidman 16.70.

(September 10th) Snrs: 1, Mileham 62.38; 2, Woods 52.46; 3, Melliush 51.44; 4, N. Macdonald (V) 50.98; 5, Hall 50.20; 6, Bell 48.18; 7, Mitchel 47.96; 8, Watson 45.78; 9, Robinson 45.66; 10, Carruthers 44.96; 11, Middleton 43.26; 12, Benning 40.64. (Jnrs): 1, Hegarty 63.54; 2, Weir 57.82; 3, Curtis 48.76; 4, Borczsz 46.40. (Yths): 1, Rogerson 54.26; 2, M. Zaidman 53.22; 3, Walshe 49.10; 4, A. Zaidman 47.74. (Boys): 1, Burdett 42.76; 2, Head 39.78. (H'cap): Weir.

HAMMER COMPETITION

At Windsor, August 9th

(All athletes members of West London Hammer School) Jnr 6.25kg: 1, R. James 61.14; 2, A. James (Y) 52.40; 3, A. Noakes (Y) 48.08. Yth 5kg: 1, Noakes 58.60; 2, A. James 56.00. Boys 4kg: 1, T. Kenneally 59.94; 2, G. Deegan (13) 41.64; 3, C. Bowles (13) 33.80.

WEST LONDON HAMMER SCHOOL CHAMPS

At Hendon Police Track, September 3rd

Ten personal bests were set, including an Irish

Results In Brief

August 5th/6th

NE Decathlon & Pentathlon Champs, at Newcastle. 1, T. Straker (N Sh) 5233; 2, E. Bewick (Blay) 5009; 3, D. Wright (Hough) 4787; 4, D. Goldsworthy (N Sh) 4539. (Juniors): C. Alderson (Hough) 5137. (Youths): 1, R. Phoenix (M&C) 5152; 2, M. Broom (Pete) 4463. (Women's Pentathlon): 1, R. Hudson (N Sh) 3605 (15.6; 1.72); 2, T. Allen (Burn Rd) 3218 (15.6; 5.71). (Inters): 1, K. Townsend (Gos) 3266 (1.63); 2, K. Lowe (M&C) 2916 (11.55). (Juniors): 1, J. Morris (Hough) 2738; 2, C. Gordon (Burn Rd) 2671; 3, P. Jones (Burn Rd) 2636; 4, D. Harrison (Gates) 2628; 5, J. Petford (N Sh) 2612.

September 9th/10th

Middlesex Champs. 10,000W: 1, S. Lightman (Met) 46:48.4; 2, A. James (BoE) 47:34.0. Dec: 1, P. Brugnani (Har) 6506 (11.0; 7.10; 15.4; 3.70); 2, C. Jousiffe (High) 5644 (15.8); 3, H. Thorne (High) 5196 (3.60); 4, K. Seldon (Hill) 5068; 5, E. Walters (NLAC) 4862. (Juniors) Dec: 1, C. Etame (Shaft) 5376; 2, A. Taylor (Har) 5147; 3, A. Udo (Shaft) 4963 (6.79; 1.90); 4, S. Clarke (BoE) 4351.

Verlea AC Decathlon Champs: 1, G. Richards (Ver) 6055; 2, M. Allwood (Ver) 4843.

September 10th

Merseyside WAAA Pentathlon Champs, at Heldon. (Snrs) W. Barrow (Pilk) 2875. (Inters): 1, W. Laing (Liv) 3538 (12.1; 10.35; 1.61); 2, C.

HAMMER RESULTS Continued

Republic junior (6.25kg) record of 66.86m by Declan Hegarty. Best performance by an athlete from the WLHS was Tony Kenneally's UK Boy's best of 56.34 in the Youth event. Guest of honour was Mrs Mary Weatherhead, daughter of the late Patrick Ryan, former world record holder and Olympic hammer champion in 1920.

(Snrs): 1, M. Petra (WLHS) 59.26; 2, D. Hegarty (Rol-J) 57.60; 3, R. James (WLHS-J) 57.50; 4, M. Mitchel (Felt-J) 48.46; 5, A. James (WLHS-Y) 47.84; 6, L. Hickey (Rol-Y) 46.34; 7, A. Carruthers (WLHS-J) 45.82; 8, S. Clark (WLHS-Y) 40.00. (Jnrs): 1, Hegarty 66.86; 2, R. James 62.78; 3, Mitchel 55.04; 4, A. James 53.42; 5, Hickey 52.64; 6, Carruthers 50.66; 7, A. Noakes (WLHS-Y) 50.46; 8, T. Kenneally (WLHS-B) 45.50 (Yths): 1, Hickey 61.32; 2, A. James 59.62; 3, Noakes 59.22; 4, Kenneally 56.34; 5, S. Clark (WLHS) 51.66; 6, C. Mulcahy (Rol-B) 51.32; 7, M. McDonald (Rol-B) 47.06. (Boys): 1, Kenneally 62.76; 2, Mulcahy 61.18; 3, McDonald 52.94; 4, A. Simpkins (Gt Yar) 52.90; 5, G. Deegan (WLHS) 40.48.

McGowan (Liv) 3386 (5.27). (Juniors): L. Wong (Liv Pem) 2761 (1.56). Open 4x200: 1, Macclesfield 1:51.0; 2, Sutton 1:51.9; 3, Liverpool 1:52.0.

September 13th

Inter-Schools Cross Country Match at Watford: 1, M. Cursors 23:15; 2, C. Cornwell 23:25; 3, L. Harvey 23:30.

September 17th

Yorkshire Women's Pentathlon Champs, at Cleckheaton. 1, S. Dewhurst (Rown) 3668 (15.6; 1.66; 5.58); 2, S. Morley (Hick) 3443 (14.8; 1.61); 3, I. Samuels (ASV) 2866 (11.33). (Inters): 1, H. Smiddy (ASV) 3310 (5.64); 2, T. Collier (Rown) 3203 (12.3; 1.60; 5.34); 3, J. Cave (DHCT) 3091; 4, K. Harrison (CoH) 3041; 5, J. Walker (Sheff) 2954; 6, C. Brown (Hull S) 2859 (5.28); 7, K. Morley (Hick) 2818 (12.4); 8, K. Lowe (M&C) 2799 (10.84); 9, G. Walls (CoH) 2794. (Juniors): 1, G. Crowder (Rown) 3217 (12.0; 1.55); 2, A. Riggs (Leeds C) 3079 (11.7); 3, J. Woomble (Hull S) 2938 (12.0; 1.55); 4, R. Brennan (Rown) 2885; 5, V. Escreet (CoH) 2785; 6, K. Mortimer (Hick) 2678; 7, L. Millard (DHCT) 2666; 8, M. Hayden (Leeds C) 2632.

Southampton & Eastleigh v Calvados (France). 800: P. Lewis 1:54.7. 3000SC: C. Bunyan 9:32.7. SP: 1, S. Rodhouse 16.83; 2, P. Rees 16.56; 3, N. Tabor 15.87. DT: 1, Rees 49.32; 2, Tabor 46.22. JT: P. De Kremer 71.58. (Women) 100: S. Clark 12.1. 200: C. Dawkins 25.3. 400/100H: V. LeMoignan 58.3/14.7. HJ: E. Wren 1.69. DT: 1, J. Curtis 41.82; 2, B. Carter 38.10.

Highgate Club Championships, at Cophthall. 100: 1, Dallas (QPH) 10.7; 2, P. Allan (N Lon) 10.7. 200: 1, Allan 22.1; 2, Dallas 22.2; 3, N. Kitchen (High-J) 22.4. 110H: C. Jousiffe (High) 15.7. 400H: D. Bradley (Shaft) 56.9. HJ: 1, R. Laubli (Fra) 1.95; 2, M. Thurlleman (Fra) 1.95; 3, R. Charles (QPH) & Jousiffe 1.90. PV: H. Thorne (High) 3.60. DT: 1, H. Staheli (Fra) 45.28; 2, N. Thompson (Shaft) 44.62. (Juniors) 400: N. Kitchen (High) 50.3.

September 18th

Ranelagh H 3³/₄M CC "Thomas" Cup at Richmond Park: 1, D. Marshall 18:23; 2, G. Nicholson 18:49; 3, S. Mummery 19:0.

September 23rd

Burtonwood Brewery Relay: 1, Airdale & Spen Valley (J. Temperton 18:25, A. Armitage 17:52, A. Dewhurst 18:31, R. Harrison 18:48) 73:36; 2, Tipton 74:27; 3, Holmfirth 74:28; 4, Manchester 74:40; 5, Bolton Utd 75:11. Fastest: S. Kenyon (Bolt Utd) 17:18; 2, G. Ellis (Holm) 17:41; 3, Armitage 17:52. (Only results received).

Club's Written Consent Needed By Student Runners

AS expected, the question of student teams participating in the National championships produced considerable debate at the AGM of the ECCU in Leeds on September 16th with no less than three proposals for rule changes being put forward. The rule passed was that "Athletes who have been granted permission to represent a University or College under AAA rule 14(7) are only eligible to represent the University/College in the ECCU championships provided they have written permission from their open club." The procedure for this would be that the letters giving permission would have to be sent in with entries.

A proposal to hold a National cross-country relay was rejected as it was felt that it would be difficult to fit it into the already crowded fixture calendar, and that there were practical problems such as having several hundred athletes handing over at the end of each leg.

It was reported that the proposed venues for forthcoming IAAF Cross-Country Championships were:

- 1980 — Paris
- 1981 — Spain
- 1982 — still open
- 1983 — England
- 1984 — Los Angeles

The 1983 championships will be held in England to celebrate the 100th anniversary of the

founding of ECCU; the proposed venue is Newbury Racecourse. As the 1980 championships will be on March 19th, the date of the National would be left open for present; current options are that they be held on the same day as the International, two weeks before to facilitate team selection, or two weeks after as in 1976.

ECCU officers elected for 1978/79 are: President, George Dunn; treasurer, Jack Davies; secretary, Barry Wallman (new address — 7 Wolsey Way, Cherry Hinton, Cambridge, CB1 3JQ); championship sec, Norman Fox.

SOUTHERN WOMEN'S LEAGUE

The AGM of the Southern Women's T&F League will be held on December 2nd at 10.45 am in the Polytechnic, 309 Regent Street, London W1. All member clubs are invited to send a representative. Any propositions for alterations or amendments to league rules should be sent to the secretary, P. Smith, 67 Ember Farm Way, East Molesey, Surrey, to arrive not later than November 6th. Competition dates for 1979 are April 21st May 19th, June 23rd, July 14th, August 11th, September 1st.

South of the Thames Cross-Country Association secretary is D. Crookes, 209 Lynmouth Avenue, Morden, Surrey SM4 4RX

THE SCOTTISH AMATEUR ATHLETIC JOINT COACHING COMMITTEE

IXth INTERNATIONAL COACHES CONVENTION

4th-5th NOVEMBER, 1978

The U.K. National Coaches have made a major contribution to the Report on U.K. athletes in Edmonton and Prague — which opens the Convention this year. The Report serves as a useful springboard to studies on predictive indices for age group progression in athletics disciplines, and comparative studies on U.K. and World gradients of improvement. In addition, topics such as Speed in Endurance Events; Triple Jump Training; Specific Training for Javelin; Application of Psychology in Technique Development; Recovery in the Training Process; and Indoor Facilities — are well covered by a team of excellent lecturers.

Please don't delay your application. **The closing date is Friday, October 27th.** We look forward to seeing you in Edinburgh.

Further details from The Administrator, IXth International Coaches Convention, 8 Frederick Street, Edinburgh.

THE SCOTTISH AMATEUR ATHLETIC JOINT COACHING COMMITTEE

Dunky Wright Memorial Award

The winner of the First Annual Dunky Wright Memorial award, which is made to a U.K. coach for: —

"The most significant contribution to the advancement of coaching knowledge" has been won by

GRAHAM TANNER,

B.Ed (Hons), M.P.E.A., D.P.E.,
B.A.A.B. Senior Coach.

His work, entitled

"An electromyographic investigation of 'specific' training activities for javelin throwing, with a view to establishing their place in the coaching and training of throwers" is an excellent commentary on his collation of previous work in this field, supported by original research by the author.

The Award will be made at the IXth International Coaches Convention; where the paper will be presented by its author.



Left to right: Gisele Oughton, Sue Baxter and Carolyn Wells.

Mike Street

A Havering AC team of 14-year-olds — Gisele Oughton, Susan Baxter and Carolyn Wells — registered the remarkable 3 × 800m relay time of 6:39.8 at the Havering Floodlit Relays at Hornchurch on September 13th. Smashing Sale Harriers' UK junior best by all of 17.8 sec, the girls averaged 2:13.3 per leg despite the race being virtually a time trial. Carolyn (2:10.8), Sue (2:11.5) and Gis (2:12.6) rank 2nd, 3rd and 4th in their age group in the UK this year. The team's time is faster than the current intermediate record

and not so far off the UK senior club best of 6:32.4 by an all-international team from Cambridge Harriers of Liz Barnes, Margaret Coomber and Joan Allison! Does anybody know whether any club team in the world of that age group has run faster?

(Inter Women) 4 × 400: 1, Harlow 4:08.2; 2, Thurrock 4:10.0; 3, Havering 4:13.6. 3 × 800: Ilford 7:17.4. (Jnrs) 3 × 800: 1, Havering 6:39.8; 2, Stevenage 6:59.4; Thurrock 7:05.8; 4, Ilford 7:33.7; (B) Havering 'B' 7:12.2.

SCAAA OPEN MEETING

At Crystal Palace, September 13th

400: B. Dickens (Shaft) 49.7. 5000: 1, R. Callan (Leic) 14:17.6; 2, P. Banks (Cov G) 14:20.6; 3, G. Ribbons (E&E) 14:20.8; 4, C. Bunyan (S&E) 14:23.4; 5, J. Roberts (SLH) 14:23.6; 6, G. Seward (Exet) 14:36.6. HJ: 1, M. O'Neil (Mit) 2.00; 2, T. Whittle (Poly) 1.95; 3, P. Munt (Mit) 1.90; 4, D. Alexander (VPH) 1.90. PV: T. Gardner (Hill) 4.40. SP: 1, S. Clark (WG) 14.89; 2, M. Aldridge (Har) 14.51; 3, N. Griffin (WS&E) 14.27; 4, P. Milbourn (Ton) 13.24. DT: Griffin 46.76. JT: 1, J. Trower (B&H) 71.34; 2, G. Brooks (Card) 68.00; 3, I. Marsh (Ips) 64.72. (Juniors) 400: J. Salmon (S'end) 50.5. PV: 1, A. Jackson (Lut) 4.50; 2, M. Koska (Wind) 3.80. JT: 1, I. Marsh (Ips) 61.54; 2, I. Briden (E&E) 56.26. (Youths) 400: J. Fernee (Mit) 51.3. PV: 1, J. Ball (Whit) 4.00; 2, J. Andrews (E&E) 3.60; 3, J. Wells (Wok) 3.40. (Boys) 1500: P. Cable (B'nor) 4:22.9. PV: 1, W. Davey (Sy) 3.40; 2, R. Hooper (Wok) 3.20; 3, O. Ball (Whit) 3.20; 4, J. Lewis (Coll) 3.20. (Colts) 1500: 1, D. Taylor (Barn) 4:42.3; 2, N. Hopkins (Reig) 4:43.6; 3, B. Pfeiffer (Lon I) 4:43.9; 4, S. Bhikarry (NLAC) 4:43.9; 5, A. Hawkins (Camb) 4:48.2; 6, J. Quinton (Coll) 4:51.0.

ALBERT COVE

The sudden death of Albert Cove on Bank Holiday Monday came as a great shock to all his friends at Folkestone AC, of which he was a Life Vice-President (and former President), and at his previous club, Shaftesbury Harriers. Bert, who was 60, collapsed during a training run near his home and was found to be dead on arrival at hospital. In a lengthy career as a road runner he was an early member of the RRC, he completed 14 marathons and six London to Brighton road races, as well as hundreds of shorter races. His death was apparently due to a heart defect of which he must have been aware but kept a secret from his colleagues. Since moving to Folkestone in 1966 he had helped the small local club through a number of sticky patches, and his support will be sadly missed at road races and cross country events, particularly in Kent, this winter and in the future.

C.T.

UK AGE BEST

Mark Slowikowski (Hercules Wimbledon) set a UK age-12 1500m best of 4:23.9 at Crystal Palace on July 12th.

Young Athletes' Results

"PACE"-MELTON ROAD RELAYS

(Boys 3 x 2 miles)

September 16th

1, Stretford (P. Tootell 10:50, G. Wilkinson 11:37, A. Barlow 10:45) 33:12; 2, Notts (A. Chapman 11:13, M. Hill 11:15, M. Smith 10:58) 33:26; 3, Derby (K. Lamb 11:21, D. Motley 11:08, R. Jackson 11:00) 33:29; 4, Tipton 33:35; 5, Coventry 35:03; 6, Coventry 'B' 35:34; 7, Tipton 'B' 36:00; 8, Charnwood 'C' 36:38; 9, Holbeach 36:39; 10, Charnwood 36:55. **Fastest:** 1, R. White 10:36, 2, Barlow 10:45, 3, Tootell 10:50.

BINGLEY YOUNG ATHLETES

ROAD RACES

September 17th

(Junior): 1, P. Elletson (E Hull) 19:20; 2, C. Moore (Bing) 19:41; 3, D. Sykes (Holm) 20:19; 4, L. Kerlew (E Hull) 20:28; 5, D. Spencer (Rown) 20:32; 6, A. Brown (Lancs) 20:38. **Team:** East Hull. (Youths): 1, D. Topham (Long) 19:51; 2, C. Dagnell (Liv) 20:13; 3, Eves (Roch) 20:21; 4, I. Jones (Ken) 20:31; 5, E. Arrowsmith (Liv) 20:40; 6, R. Tate (E Hull) 20:54; 7, M. Roberts (Ken) 21:02; 8, M. Edwin (Long) 21:04; 9, M. Gaunt (CoH) 21:09; 10, M. Crewe (Bing) 21:10. **Teams:** 1, Bingley 46; 2, Kendal 46; 3, City of Hull 59. (Boys): 1, P. Wynn (Pilk) 15:31; 2, J. Shaw (Bing) 15:45; 3, A. Kennedy (Bing) 15:47; 4, A. Rodgers (Wake) 15:49; 5, M. Kennedy (Stret) 15:58; 6, N. Ellison (Bing) 16:09; 7, B. Bailey (Stret) 16:11; 8, S. Sutcliffe (Lancs) 16:14; 9, A. Alsop (Holm) 16:18; 10, M. Butler (Bing) 16:18. **Teams:** 1, Bingley 21; 2, Stretford 50; 3, Manchester 69. (Colts): 1, C. Flowers (E Hull) 11:07; 2, J. Green (Bing) 11:11; 3, A. Mathen (Warr) 11:21; 4, P. Brown (Hali) 11:38; 5, P. Hart (Hynd) 11:41; 6, C. Smith (St J) 11:44. **Team:** Halifax (U/11): 1, G. Hayes (Warr) 8:24; 2, G. Davies (Hynd) 8:25; 3, S. Kaveagh (Warr) 8:25. **Team:** Warrington. (Inter-Women): 1, J. King (B'burn) 17:36; 2, L. Holdsworth (Leeds) 17:47; 3, E. Young (Man) 18:04; 4, H. Boyes (Gos) 18:37; 5, J. Heyes (Hal) 19:09; 6, P. Doherty (Lancs) 19:10. **Team:** Longwood. (Juniors): 1, T. Davison (Hali) 11:30; 2, L. Robinson (Spem) 11:35; 3, J. Campion (Ind) 11:38; 4, B. Noble (Bing) 11:43; 5, F. Keyte (Man) 11:56; 6, J. McLean (Stret) 11:58; 7, J. Midgley (Leed) 12:01; 8, M. Maull (E Hull) 12:02; 9, W. Hurst (Leed) 12:06; 10, M. Chatterson (E Hull) 12:15. **Teams:** Halifax 27; 2, Leeds 28; 3, East Hull 39. (Girls): 1, A. Crewe (Bing) 11:48; 2, S. Driver (Man) 11:56; 3, S. Ramsdale (Leed) 12:14; 4, J. Holland (Man) 12:24; 5, B. Bates (Leed) 12:37; 6, A. Firm (Bing) 12:44. **Team:** Manchester. (U/11): 1, B. Coleman (Man) 7:46; 2, G. Hindle (B'burn) 7:49; 3, H. Rimmer (Hurst) 7:54. **Team:** Hurstead.

BOLTON UNITED YOUNG ATHLETES

'DORMA' RELAYS

September 24th

(U/18): 1, Rossendale 53:55; 2, Bolton 55:05; 3, Kendal 55:12; 4, Liverpool Pembroke 56:22; 5, Rochdale 57:49; 6, Warrington 58:14. **Fastest:** 1, D. Lewis (Ross) 13:09; 2, P. Cowell (Ross) 13:12; 3, P. Eves (Roch) 13:13. (U/16): 1, Warrington 55:38; 2, Stretford 57:13; 3, Bolton 57:20; 4, Manchester 57:20; 5, Liverpool Pembroke 58:29; 6, Liverpool H 59:52; 7, Kendal 60:01; 8, Rochdale 60:08; 9, Liverpool H 'B' 60:14; 10, Leigh 60:16. **Fastest:** 1, P. Hicken (Warr) 13:26; 2, A. Uttley (Bolt) 13:36; 3, A. Green (Warr) 13:41. (U/14): 1, Warrington 28:19; 2, Bolton 28:41; 3, Altrincham 28:57; 4, Manchester 29:03; 5, Liverpool H 29:19; 6, Liverpool Pembroke 30:00. **Fastest:** 1, A. Severs (Bolt) 6:35; 2, G. Green (Warr) 6:50; 3, P. Screan (Warr) 5:59. (U/12): 1, Stretford 30:33; 2, Anfield Comp 30:37; 3, Wigan 30:50; 4, Bolton 31:12; 5, Warrington 31:28; 6, Spenborough 31:48. **Fastest:** 1, P. Causey (Wig) 7:12; 2, M. Byrne (Stret) & P. Nichol (Alt) 7:24.

CHAD 'ROUND THE RES' RELAY RACES

September 24th

1, Derby (D. Reeves 16:33, G. Woodhouse 16:20, N. Lees 15:39, T. Gardner 17:00) 65:32; 2, Sheffield (P. Shaw 16:45, N. Power 17:22, J. Boulter 17:39, D. Frith 16:34) 68:20; 3, Sparkhill (M. Black 17:26, J. Steven 18:12, A. Harding 17:09, P. Baker 16:32) 69:19; 4, Grimsby 69:59; 5, Derby 'B' 70:23; 6, Notts 70:33; 7, Sheffield 'B' 71:05; 8, Charnwood 71:06; 9, Sutton-in-Ashfield 71:16; 10, Newark 72:23. **Fastest:** (3.4M) Lees 15:39; Woodhouse 16:20; Baker 16:32; Reeves 16:33; Frith 16:34; Hopkins 16:38. (Youths 4 x 1.7M): 1, Sutton-in-Ashfield (A. Aled 9:09, G. Lucas 8:37, D. Bower 8:49, S. Hargrave 8:38) 35:13; 2, Bingley (J. Green 9:22, A. Kennedy 8:48, J. Shaw 8:52, A. Venn 8:49) 35:51; 3, Rotherham (J. Clarkson 9:51, A. Stevenson 8:44, G. Larkin 8:53, D. Morley 8:52) 36:20; 4, Derby 36:37; 5, Notts 37:01; 6, Derby 'B' 37:08; 7, Derby 'C' 37:22; 8, Charnwood 37:25; 9, Sutton (B) 37:40; 10, Newark 37:44. **Fastest:** 1, Mills 8:10; N. Overton 8:20; Smith 8:26. (Women 3 x 1.7M): 1, Leeds (J. Midgley 9:53, S. Arthurton 8:50, C. Wood 9:37) 28:53; 2, Leeds 'B' 28:25; 3, Derby 29:35; 4, Notts 30:06; 5, Rotherham 30:42; 6, Charnwood 31:11. **Fastest:** Arthurton 8:50; L. Holdsworth 9:31; C. McNamee 9:32.

Altrincham & District AC plan to stage a 50km track race in Altrincham on March 10th, 1979 at 12 noon. Anyone interested in running should contact Dave Attwell, 57 Harcourt Road, Altrincham, Cheshire (Tel: 928 2124).

STEVENAGE & NORTH HERTS FAIRLANDS

CC TROPHY

September 30th

1, A. Simmons (Luton)..... 25:53
 2, K. Dumbleton (Verlea)..... 26:06
 3, A. Stewart (Watford)..... 26:07
 4, J. Davies (Ex B) 26:23; 5, D. Clark (Ver)
 26:27; 6, K. Clifford (C&C) 27:00; 7, S. Flint
 (Thet) 27:10; 8, G. Bourne (Lut) 27:14; 9, N.
 Tylie (Hav) 27:18; 10, R. Ludlow (C&C) 27:24;
 11, R. Church (Nene) 27:30; 12, P. Churchward
 (C&C) 27:32; 13, A. Lightfoot (Ver) 27:37; 14, J.
 Jenkins (C&C) 27:44; 15, J. Hursden (Lon I)
 27:52; 16, G. High (Low) 27:58; 17, T. Barrett
 (Bed) 28:01; 18, P. Martin (Lut) 28:05; 19, C.
 Quadlin (Low) 28:10; 20, A. Lovett (Leigh B)
 28:11. (Youths): 1, B. Dee (Lut) 15:37; 2, N.
 Trainer (N Lon) 15:52; 3, P. Woodyatt (Ex B)
 16:04; 4, M. Booth (Lut) 16:05; 5, G. Knight
 (Low) 16:07; 6, H. Curzon (Old Gay) 16:13; 7, A.
 May (Ver) 16:16; 8, M. Goodwin (Bed) 16:20; 9,
 P. Meison (Ton) 16:28; 10, K. Cook (Low) 16:28.
 Teams: 1, Lowestoft; 2, Luton; 3, Havering.
 (Boys): 1, R. Herbert (North) 11:35; 2, M.
 Seymore (Wy) 11:36; 3, P. Frary (Ster) 11:38; 4,
 S. Goodwin (Bed) 11:41; 5, C. Willis (North)
 11:46; 6, C. Burton (Hunt) 11:47; 7, P. Chester
 (Ster) 11:48; 8, G. Gouch (Bas) 11:54; 9, K.
 Carley (Hunt) 12:01; 10, R. Casket (Wy) 12:14.
 Teams: 1, Stevenage; 2, Northampton Ph; 3,
 Wycombe Ph. (Colts): 1, M. Slowikowski (Ind)
 9:21; 2, B. Pfeiffer (Lon I) 9:35; 3, A. Rossbrook
 (Bas) 9:44; 4, B. Henry (Stev) 9:48; 5, P. Giles
 (Slough) 9:55; 6, P. Turner (Hav) 9:37. Team:
 London Irish (U/11): 1, K. Harvey (Sx Rd) 7:42;
 2, I. Williams (Sx Rd) 7:43; 3, A. Deasy (Lon I)
 7:49. Team: Sussex Rd School. (Women): 1, J.
 White (Ind); 2, M. Watson (Bed); 3, M. Barrett
 (Ver); 4, I. Peaty (Ips); 5, C. Mijovic (Wat); 6, J.
 Wong (Bed). (Inters): 1, J. Clarke (Ver) 12:57; 2,
 L. Pashy (Ver) 13:19; 3, C. Draper (Leigh B)
 13:32; 4, L. Chamberlain (Har) 13:45; 5, D. Ball
 (Thet) 13:56; 6, C. Eyre (Har) 14:23. Teams: 1,
 Verlea; 2, Bedford; 3, Luton. (Juniors): 1, A.
 Alford (Stev) 10:04; 2, S. McConchie (Thet)
 10:16; 3, D. Hobbs (Ver) 10:18; 4, H. Easton
 (North) 10:21; 5, A. Nagle (Har) 10:25; 6, P.
 Simmonds (Lut) 10:25; 7, M. High (Low) 10:27;
 8, L. Wight (Stev) 10:34; 9, E. Smith (Thet)
 10:34; 10, L. Dale (Stev) 10:36. Teams: 1,
 Stevenage; 2, Northampton; 3, Verlea. (Girls): 1,
 M. McKeil (Ex) 7:31; 2, L. O'Connor (Thet)
 7:39; 3, P. Cuddihy (Lon I) 7:43; 4, C. Mahoney
 (Stev) 7:44; 5, A. Connochie (Thet) 7:48; 6, J.
 Hickson (Bed) 7:48; 7, T. Sampson (Thet) 7:57;
 8, A. Pullen (Stev) 7:59; 9, D. Taylor (Stev) 8:00;
 10, B. Pfeiffer (Lon I) 8:00. Team: Thetford.

Airedale & Spen Valley AC general secretary is
 J. Temperton, 56 Sunnybank Walk, Mirfield,
 West Yorkshire WF14 0NH (Tel: Mirfield (0924)
 496308).

TWO NEW SHOES FROM REEBOK AS SEEN AT THE TRADE SPORTS EXHIBITION IN SEPTEMBER



AZTEC:— A new dimension in training/racing shoes and the first of the Reebok new Gold Range. Light blue nylon upper with speed lacing has silk suede at toe and heel with red/yellow side supports. The new multitrip cushion sole is flared at the heel. The micro soft middle sole rubber is specially imported to give the smoothest and most comfortable tread of all training shoes.

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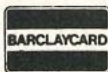
MEN'S ATHLETIC SHORTS (Reebok). Polyester/cotton in six colours with contrast trim.

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BARNOLDSWICK FELL RACE**August 13th**

- 1, P. Romaine (Holbeach) 32:04
 2, A. McGee (Bolton) 32:18
 3, I. Roberts (Holmfirth) 32:31
 4, A. Spence (Bing) 32:38; 5, J. Temperton (ASV) 32:43; 6, J. Calvert (B'burn) 33:00; 7, I. Clarkson (Roch) 33:18; 8, D. Quinlan (Bing) 33:25; 9, D. Wilson (Clay) 33:30; 10, D. Nicholl (W&B) 33:32; 11, J. Waterhouse (Bing) 33:37; 12, B. Robinson (Ken) 33:43; 13, M. Nolan (Man) 33:46; 14, D. Gaskell (ASV) 34:24; 15, D. Anderson (Bing) 34:33; 16, H. Kelly (E Chesh) 34:55; 17, P. Hartley (Ross) 35:06; 18, T. Robertshaw (Clay) 35:09; 19, I. Barrow (Clay) 35:13; 20, P. Bradley (Leeds C) 35:21.

CRANHAM BOUNDARY CHASE**August 14th**

- 1, C. Bunyan (Trowbridge) 27:13
 2, D. Hopkins (Newport) 27:23
 3, K. Brackstone (RAF Innsworth) 27:33
 4, R. Games (Chelt) 27:36; 5, P. Stamp (Ald) 27:44; 6, A. Nolder (D&S) 27:50; 7, J. Smith (W'bury) 28:27; 8, R. Cooper (Worc-V) 28:30; 9,

NORFOLK OLYMPIADS ATHLETIC CLUB**Fourth Annual****ROWNTREE - MACKINTOSH
CROSS-COUNTRY MEETING**(Incorp. Norfolk County AAA & WAAA CC Champs)
under ECCU & WCC & RWA Rules**SUNDAY, DECEMBER 17th, 1978****AT THE UEA NORWICH****(Colney Lane Pavilion)**

- | | | |
|---------------------|----------------------------------|---------------|
| 1. Girls | Under 11 years ** | 1,200 metres |
| 2. Boys | Under 11 years ** | 1,600 metres |
| 3. Girls | Under 13 years | 1,600 metres |
| 4. Youths | Under 17 years | 6,000 metres |
| 5. Veteran Men | over 40 years | 10,000 metres |
| | Senior Men ** | 10,000 metres |
| | Junior Men | 10,000 metres |
| 6. Senior Ladies | | 4,000 metres |
| Intermediate Ladies | | 4,000 metres |
| 7. Boys | Under 15 years | 4,000 metres |
| 8. Girls | Under 15 years | 3,000 metres |
| 9. Colts | Under 13 years | 3,000 metres |
| | ALL AGES as 1.9.78 | |
| | Competition Starts at 12.30 hrs. | |

AWARDS

Medals or prizes first three places in all age groups. Prize for First Teams (4 to score) in all races (races 5 & 6 combined age group). Prizes for Second, Third & Fourth Teams will depend on entries. Challenge Team Trophies to be awarded in all races except 5 & 6.

FEES

All fees 30p per person. No team fee. County championships no fee but must complete entry forms. All MUST enter open race. ** Non County Championship.

ENTRIES by 2nd December please. AFTER this date no entries will be accepted for County Championships and all other entry fees will be 50p per person.

(ALL P.O. & Cheques to Norfolk Olympiads A.C.)

Further details and County Entry Forms from:— Reg Double, 77 Meadow Way, Helledon, Norwich NR6 6XX. (SAE please).

- P. Heywood (Worc) 28:34; 10, M. Hill (Glouc) 28:39; 11, D. Shermon (Bris) 28:46; 12, A. Barr (Broms) 28:54; 13, G. Claff (Sal) 29:01; 14, D. O'Daly (Swin) 29:03; 15, R. Pannell (Bris-V) 29:07; 16, S. Colvin (Chelt) 29:16; 17, P. Watts (W'bury) 29:21; 18, I. Atkins (Worc) 29:33; 19, D. Wheeler (Ox) 29:41; 20, G. Morgan (D&D) 29:48. **(Women):** 1, L. Smith (W'bury) 16:11; 2, L. Gibson (Unatt) 16:12; 3, K. Bishop (Chelt) 16:18; 4, C. Francis (N'port) 16:24; 5, G. McBean (Swin) 17:01; 6, L. Jones (N'port) 17:16; 7, K. McDonough (Chelt) 1:35; 8, T. McAuley (Chelt & C) 17:36; 9, J. Smith (Chelt & C) 17:41; 10, J. Ashman (Swin) 17:58.

ESTON NAB 8½ MILES FELL RACE**August 27th**

- 1, G. Forster (Sunderland) 43:38
 2, D. Dixon (Sunderland) 44:50
 3, P. Taylor (Sunderland) 44:50
 4, D. Welch (Harr) 45:48; 5, T. Proctor (Sund) 46:15; 6, G. Hemblade (Mand) 46:26; 7, M. Hall (M&C) 46:42; 8, G. Potts (M&C) 46:54; 9, G. Black (Dur) 47:17; 10, R. Puckrin (Mand) 47:23; 11, N. Barnbrook (M&C) 47:27; 12, M. Nesbitt (M&C) 47:48; 13, G. Peel (Unatt) 47:48; 14, D. Hartley (Gos) 48:02; 15, T. Rooke (M&C) 48:13.
Teams: 1, Sunderland 6; 2, Middlesbrough & Cleveland 27; 3, Sunderland 'B' 48. **(Junior 6 Miles):** 1, P. Collins (Sund) 35:02; 2, D. Pearson (Mand) 35:41; 3, T. Franks (Gates) 36:06; 4, C. Donald (Darl) 36:32; 5, A. Kelleher (Mand) 36:49; 6, S. Kelleher (Mand) 36:49.

BEN NEVIS FELL RACE**September 2nd**

- 1, W. Bland (Keswick) 1:26:56
 2, M. Short (Horwich) 1:28:43
 3, A. Styan (Holmfirth) 1:30:58
 4, B. Robinson (Ken) 1:33:01; 5, R. Boswell (Loch) 1:34:02; 6, P. Walkington (B'burn) 1:34:16; 7, R. Whitfield (Ken) 1:34:40; 8, J. Shields (Clyd) 1:35:35; 9, P. Hartley (Ross) 1:35:54; 10, W. Tait (Tyne) 1:36:34; 11, P. Chapman (Ken) 1:36:54; 12, S. Owen (RAF) 1:37:39; 13, P. Barrow (Kes) 1:37:49; 14, P. Murray (Clay) 1:38:03; 15, T. Robertshaw (Clay) 1:38:14; 16, A. Bland (Kes) 1:38:19; 17, R. Morris (Edin) 1:38:32; 18, H. Blenkinsop (Ken) 1:38:36; 19, J. Bland (Kes) 1:38:45; 20, G. Carlin (Clyd) 1:39:27. **(Women):** 1, R. Coates 1:53:29; 2, A. Bland 2:07:42; 3, B. Nogue 2:07:58.

GOODRICH VILLAGE FELL RACE**September 2nd**

- 1, D. Francis (Westbury) 16:55
 2, A. Cole (Swansea) 17:24
 3, R. Cooper (Worcester-V) 17:46
 4, P. Watts (West) 17:52; 5, G. Blackburn (West-V) 17:55; 6, S. Parker (West-J) 17:59; 7, C. Clarkson (Swan-J) 18:05; 8, J. Smith (West)

18:10; 9, G. Stamp (Glos-J) 18:20; 10, M. Lane (New) 18:32; 11, K. West (Wolv) 18:35; 12, S. Seaman (Swan) 18:48; 13, P. Durrant (Sheff) 18:58; 14, D. Davies (N Powys) 19:01; 15, J. Carswell (Chelt) 19:03.

BELTON CHASE

At Belton, September 3rd

(3M): 1, G. Rimmer (Cran) 13:34; 2, T. Trowbridge (Dk Pk) 14:01; 3, A. Bigg (Hallam) 14:15. (Boys 1½M): 1, M. Toseland (Gran) 8:24; 2, P. Laurnes (Scun) 8:29; 3, S. Hughes (Linc C) 8:40. (Women 1½M): 1, A. Walker (Lin C) 8:51; 2, L. Davy (Linc C) 9:06; 3, J. Raddings (Lin C) 9:25. (Girls 1M) 1, K. Buxton (Linc C) 5:27; 2, C. Oxy (Linc C) 5:30; 3, A. Grey (Linc C) 5:35.

FRODSHAM HILL RACE

September 3rd

1, G. Ellis (Holmfirth) 24:55
2, A. Dewhurst (Airedale & Spen V) 25:01
3, J. Norman (Altrincham) 25:15
4, I. Roberts (Holm) 25:28; 5, R. Morris (Alt) 25:36; 6, J. Temperton (A&SV) 26:11; 7, N. Gaskill (A&SV) 26:19; 8, R. Hill (Stock) 26:29; 9, H. Kelly (E Ches) 26:33; 10, G. Helme (Leigh) 26:34; 11, S. Howcroft (Leigh) 26:50; 12, T. Harper (Wirr) 26:51; 13, S. Anders (Stret-J) 26:56; 14, J. Turner (Holm) 27:11; 15, B. Lloyd (Wig) 27:18; 16, M. Nolan (Man) 27:19; 17, C. Leigh (Wig-V) 27:20; 18, R. Bradley (Holm) 27:24; 19, M. Weston (Wrex) 27:27; 20, T. Ramsden (Holm) 27:36. **Teams:** 1, Airedale & Spen V 13; 2, Holmfirth 19; 3, Altrincham 43. (**Youths:** 1, C. Lewis (Ross) 20:27; 2, J. Masterson (Leic) 21:11; 3, P. Cowell (Ross) 21:15; 4, I. Rawlinson (B'pool) 21:31; 5, G. Heslop (Leic) 21:37; 6, A. Taylor (Ken) 21:42; 7, D. Gattenby (Ross) 21:49; 8, P. Dixon (Ross) 22:01; 9, K. McGee (Wall) 22:03; 10, J. O'Connor (Ross) 22:06. **Teams:** 1, Rossendale 11; 2, Leicester 28; 3, Warrington 46. (**Boys:** 1, P. Hicken (Warr) 16:02; 2, A. Holloway (E Pory) 16:16; 3, A. Green (Warr) 16:27; 4, M. Newby (Ross) 16:29; 5, C. Roberys (Ken) 16:33; 6, M. Crewe (Bing) 16:39; 7, A. Barlow (Stret) 16:45; 8, A. Warhurst (E Ches) 16:51; 9, D. Cunningham (Wig) 16:55; 10, M. Ellison (Bing) 16:56. **Teams:** 1, Warrington 17; 2, Bingley 27; 3, Stretford 40. (**Colts:** 1, G. Green (Warr) 17:10; 2, B. Hussain (Stock) 17:12; 3, R. Lawton (Warr) 17:20; 4, A. Rodgers (Wake) 17:24; 5, A. Severs (Bolt) 17:39; 6, P. Scream (Warr) 17:47; 7, A. Alsop (Holm) 17:56; 8, R. Dukes (Hallam) 18:01; 9, A. Morris (Man) 18:02; 10, M. Tordissory (Wirr) 18:04. **Teams:** 1, Warrington 10; 2, Hallamshire 37; 3, Stockport 51.

HODDER VALLEY FELL RACE

September 9th

1, H. Walker (Blackburn) 22:31
2, B. Robinson (Kendal) 23:04

3, G. Edwards (Bingley) 24:03
4, D. Lawson (Bing) 24:15; 5, J. Fretwell (Holm) 24:33; 6, R. Mitchell (Clay) 25:15; 7, P. Stanton (Unatt) 25:42; 8, D. Beresford (Clay) 26:01; 9, B. Walker (Bing) 26:06; 10, C. Cunningham (Clay) 26:16.

HORSHAM PARKLAND RACES

September 9th

1, S. Williams (Horsham Blue Star) 14:49
2, P. Rockwood (Brighton & Hove) 14:52
3, B. Hawkins (Brighton & Hove) 14:57
4, M. Patterson (B&H) 15:02; 5, D. Peel (Hay) 15:12; 6, P. Witcomb (B&H) 15:30; 7, A. Clark (Worth) 15:35; 8, P. Stenning (HBS) 15:50; 9, J. Bristow (B&H) 15:51; 10, C. March (HBS) 15:53. (**Youths:** 1, A. Franklin (Craw) 10:27; 2, J. Sleeman (HBS) 10:36; 3, P. Johnson (Hay) 10:43; 4, M. Muncer (Lon I) 10:46; 5, R. Heaseman (Hay) 10:59; 6, G. Sumner (AFD) 11:03. (**Boys:** 1, D. Bean (Folk) 8:14; 2, D. Flack (AFD) 8:25; 3, D. Howels (Fra) 8:30; 4, Slowikowski (H&W) 8:33; 5, G. Crouch (Bas) 8:37; 6, A. Bryne (Worth) 8:46. (**Colts:** 1, B. Pfeiffer (Lon I) 8:49; 2, M. Howard (Worth) 8:58; 3, N. Hopkins (Reg) 9:08; 4, A. Rosbrook (Bas) 9:20; 5, M. Reid (E&E) 9:22; 6, K. Howard (Worth) 9:27. (**Women:** 1, L. Stannard (CR) 11:36; 2, D. Peel (Hay) 11:47; 3, W. Hamlyn (Worth) 12:17; 4, C. Stroud (E&E) 12:34. (**Inters:** 1, L. King (Bas) 11:15; 2, S. Curtis (Bas) 12:14; 3, C. Harding (E&E) 12:27; 4, N. Janaway (E&E) 12:47. (**Junior:** 1, S. Morse (E&E) 9:12; 2, M. Riley (Bas) 9:14; 3, T. Wilson (Port) 9:32; 4, N. Jackson (Ton) 9:43. (**Girls:** 1, D. Campbell (CR) 5:32; 2, D. Amey (Bas) 5:36; 3, B. Cuddiay (Bas) 5:36; 4, T. McGiffin (B&H) 5:48.

ROSSENDALE FELL RACE

September 10th

1, A. McGee (Bolton) 61:13
2, R. Wilde (Manchester) 61:59
3, A. Styan (Holmfirth) 62:46
4, C. Robinson (Roch) 63:28; 5, A. Spence (Bing) 64:37; 6, J. Calvert (B'burn) 64:44; 7, H. Kelly (E Ches) 64:55; 8, P. Cowell (Ross) 65:03; 9, D. Quinlan (Bing) 65:29; 10, P. Hartley (Ross) 65:32; 11, D. Lawson (Bing) 65:48; 12, S. Breckell (B'burn) 65:56; 13, C. Pooley (L&M) 66:00; 14, G. Edwards (Bing) 66:17; 15, J. Waterhouse (Bing) 66:25; 16, R. Ashworth (Ross) 66:26; 17, E. Richardson (Ross) 66:32; 18, D. Lee (C'mouth) 66:47; 19, K. West (W&B) 66:54; 20, R. Aucott (Dk Pk) 66:58. (**Women:** 1, B. Robinson (Roch) 81:50; 2, G. Pile (Sale) 89:52; 3, K. Etherden (Roch) 93:08. (**Jnr Men:** 1, D. Lewis (Ross) 13:17; 2, M. Newby (Ross) 14:16; 3, Barlow (Stret) 14:22; 4, McTavish (Stret) 14:37.

Blackpool & Fylde AC president & general secretary is T. Brooks, 16 Manor Road, Wrea Green (Tel: Kirkham 683304).

ACTION PLAN FOR MOSCOW UNVEILED

ACTING on his own initiative, the BAAB's General Secretary, David Shaw, has drawn up an "Action Plan For Moscow" which last Sunday was accepted in principle by the Council of the BAAB. Mr Shaw, who took up his appointment last April as the Board's first professional officer, has made a close scrutiny of the ways in which we in Britain produce and manage our international teams and the aim of his paper is "to identify the key areas where change is needed, and to outline a cohesive action plan for the period 1979-80, leading up to the Moscow Olympics".

It is an important, refreshingly direct document, hailed as "tremendous" by IAC chairman Derek Johnson. He commented: "The package approach is absolutely right. It's simple and it's got to the root of the matter".

If the plan gets the go-ahead, and that is subject to implementation of the detail by a 13-strong working party of the Board who will present their recommendations to the Council meeting on February 18th, and the obtaining of the necessary finance (up to £80,000 a year), then the whole approach to preparing the British

Olympic team will be revolutionised. Team management will be made more professional and an elite corps of outstanding Olympic prospects will be financially assisted and helped to prepare for the Games in the most advantageous conditions.

"If the Board are going to put their faith and money into certain athletes", said Mr Shaw as he presented his paper to the press on Monday, "in return the athletes have to recognise a certain commitment to the Board". Those who bucked the system would be dropped from the list and left to fend for themselves independently.

"I don't think the success of this should be judged solely by the number of medals we get. We have to get the best possible there in the best prepared manner".

Just as David Shaw's own appointment was a watershed in the Board's acknowledgement of the need for a more professional approach to the sport's administration, so this timely and welcome document could open the way to British athletes competing on level terms with those of other countries with regard to preparation and back-up.

Mel Watman

THE PLAN

Three areas stand out in need of immediate attention if we are to approach Moscow with confidence while at the same time laying the foundation for long-term progress.

First, our present approach to team management depends to too great an extent on enthusiasm, hard work, and sometimes the need to balance out management selection politically; it depends insufficiently on objective planning and aptitude for leadership.

Second, there is need for greater faith to be placed in our genuine medal prospects. They must be released from, and firmly encouraged to avoid, the burden of over-competition, whilst selection hurdles need to be kept to a minimum.

Third, we need to give our medal prospects and potential finalists greater assistance in shaping their individual programmes of preparation for the Olympics.

THE MANAGEMENT STRUCTURE

The present management structure is not in need of radical alteration, but it does need changes of emphasis if our management teams are to operate effectively and gain the confidence of the athletes.

Most important the Board, having determined to introduce professionals into the organisation at a high level, should use such people in an appropriate manner and give them the necessary

authority and freedom to carry out their duties.

To function effectively, we need a **management team**, selected, directed and organised through the office of the General Secretary and Director of Coaching. The General Secretary should be responsible to the Chairman and Officers of the Board for the operation of the management team.

On the occasion of an international match the management team should be responsible for all matters pertaining to the team. The management team would be accountable, in the first place, to the Head of Delegation, who should normally be the Chairman, an officer of the Board or a Council Member.

The posts of team manager and assistant team manager are obviously crucial. There is a need for managers who are used to working with young people; who have the ability to lead and motivate; who are willing to work non-stop to answer the needs of the team; and who are willing to cross job boundaries in an effort to create a strong and harmonious management team.

There is a need for continuity and a settled management team if the athletes are to get to know the management and vice versa.

Future team managers should emerge from those who gain experience with the Junior Commission and with small teams abroad.

MEDAL PROSPECTS: THE RECOGNITION OF AN ELITE

The time has come to experiment with the way we treat our genuine medal prospects. We should

be willing to identify them, and to remove, where possible, obstacles which lie between such athletes and the medals that they, we and the public seek.

It must be clearly understood that the composition of an elite group would be flexible. Individuals should be added to, or removed from, the group according to substantial changes in form or fitness, or as a result of serious injury.

Such a scheme would work only if there were close co-operation between the athlete, his or her coach, and the Board (through the management team).

Accompanying the establishment of an elite, therefore, would be an unwritten, but nonetheless very real, contract between the athlete and the Board. The management team would thus be involved in the drawing up of each athlete's competition calendar.

FINANCIAL IMPLICATIONS OF AN ELITE SCHEME

Some of the obstacles referred to can only be removed if additional money is made available. We need financial assistance of a specialist nature **over and above** the routine, invaluable assistance provided by the Sports Aid Foundation (SAF) and by other sponsors through the Athletes' Sponsorship Co-ordinator.

The SAF provides money primarily to help athletes obtain extra food and to assist with travel, coaching and training expenses. This

assistance is further boosted through the BAAB National Squads (weekend courses, sunshine training etc.) and Special Events Scheme.

I believe very strongly that our top athletes need more support and, most important, support which is based on a systematic study of their individual strengths, weaknesses and needs. I would suggest two levels of assistance:

- * Potential Moscow medallists — up to £4,000 per year

- * Potential Moscow finalists — up to £2,000 per year

This financial support would not put money in an athlete's pocket, but would go towards vital preparation for Moscow. I have in mind, for example:

- * A systematic programme of physiological testing

- * Carefully selected overseas competition

- * Overseas training

- * Altitude training

- * Pre-Moscow training camp

RECOMMENDATION

I would recommend to Council the following proposals of actions which are urgently required if we are to go to Moscow confident that our athletes will have been given every chance possible within the accepted 'constraints' of the United Kingdom's social and economic structures.

Continued on page 38

BEDFORD & COUNTY ATHLETIC CLUB

5th Annual

AMPTHILL TROPHY CROSS COUNTRY MEETING

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

AMPTHILL PARK, AMPTHILL, BEDS. SUNDAY, NOVEMBER, 5th at 12.30 p.m.

A QUALITY CLASS MEETING FOR BOTH SEXES AND ALL AGE GROUPS

RUN OVER A GENUINE CROSS COUNTRY COURSE

Senior Men	5 Miles	The Texas Cup	1977 Team Prize Bedford & County A.C.
Veterans	5 Miles	The Chairman Trophy	1977 Team Prize Havering A.C.
Youths	3½ Miles	J. Nottingham Cup	1977 Team Prize Tipton Harriers
Boys	2½ Miles	Bedford County Press Cup	1977 Team Prize Tipton Harriers
Colts	1½ Miles	Bedford A.C. Trophy	1977 Team Prize Barnet A.C.
Minor Boys	1 Mile	Jenson Trophy	1977 Team Prize Sussex Rd. School
Colin Rumbelow Trophy		Aggregate of 4 Men's events	Tipton Harriers
Senior Ladies	2½ Miles	Texas Ladies Cup	1977 Team Prize Highgate Harriers
Inter Ladies	2½ Miles	Amphill Cup	1977 Team Prize Epsom & E. A.C.
Junior Ladies	1½ Miles	Amphill Town Cup	1977 Team Prize Uxbridge Ladies A.C.
Girls	1½ Miles	Bedford A.C. Trophy	1977 Team Prize Hertford & Ware A.C.
Minor Girls	1 Mile	Bedford A.C. Trophy	1977 Team Prize Thetford A.C.
Colin Rumbelow Trophy		Aggregate of 3 Ladies' events	Epsom & E. A.C.
The Amphill Trophy		Aggregate of 4 Men's & 3 Ladies' events	Bedford C. A.C.

All ages as on 1.9.78

TROPHIES: First three individuals and first three teams (3 to score) in all events.

ENTRY FEES: Senior Men, Senior Ladies & Veterans 30p, rest 25p. No Team Fee.

ENTRIES (Must enclose S.A.E.) to D. Spring, 28 Wedgewood Road, Bedford (Tel: Bedford 64737).

ENTRIES CLOSE OCTOBER 24th — NO LATE ENTRIES.

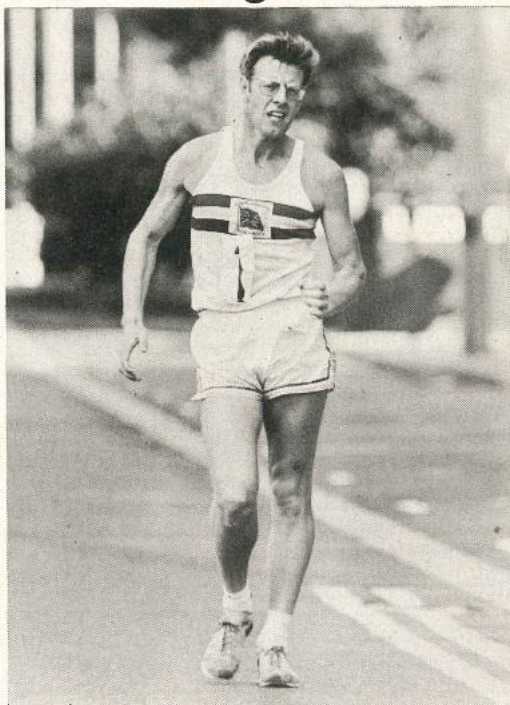
Shaun Lightman Wins London – Brighton Walk

WITH international selection assured for the first four British finishers in the 53rd London to Brighton Walk on September 2nd there was disappointment at some of the missing names at the start and there was disappointment at the finish for some of the more fancied names. A British team has been invited to compete in the race from Compiègne to Paris, a distance similar to the 'Brighton', on November 11th to commemorate the Great War Armistice and it was announced that the first four would go.

Shaun Lightman and Sheffield veteran John Eddershaw forced the pace from the start with blind Scotsman Derek Howie in close contention. At 20M the first two passed in 2:56:09, with Howie on 2:58:36, Rosso 2:58:43, Selby 2:59:03, Lees 2:59:43 and Boxall 3:03:17. The Italian was looking useful but past winner Peter Selby and holder John Lees were not at all happy and to their credit continued to finish the course although both a full hour outside their best on the day when they most wanted to be on form.

At 50km, just after Crawley, Lightman went through in 4:36:53 despite losing 2½min at the level crossing. The gates are now automatic there and the underpass has been blocked up. Others were to be stopped there and this is a problem the organisers, Surrey WC, must tackle. Rosso clocked 4:40:15, Derek Howie a personal best 4:42:30, Eddershaw 4:45:16, Selby 4:46:36, Harding 4:48:08, Boxall 4:51:20, Simmons 4:52:17, Worth 4:53:17, Halstead 4:53:25 and Lees 4:54:26.

After this Derek Howie was slowing, having made his effort to win an international place, but lack of experience at such a distance was against him and he eventually retired at 43M in 10th place. John Eddershaw, however, continued and his walking was all 'blood and guts'. Looking about to drop at any minute he still maintained a



SHAUN LIGHTMAN

Mike Street

good pace to the finish and held off the challenge of Trinidadian Nolan Simmons. He could not, however, stop two fellow veterans, Ken Harding and Dave Boxall, passing him — both showing how much experience counts in the Brighton. Up front Shaun Lightman continued to pull away from a very good Italian but failed in his bid to be the first walker to walk 8 miles in the hour and win the Brighton in under 8 hours.

Good races from 49-year-old Peter Worth and Keith Halstead, the former Metropolitan WC walker of the late 60's who is making an excellent comeback.

Alan Buchanan

1, S. Lightman (Met WC) 8:06:39; 2, G. Rosso (Italy) 8:14:32; 3, K. Harding (RSC) 8:21:10; 4, D. Boxall (B&H) 8:27:54; 5, J. Eddershaw (Sheff) 8:28:37; 6, N. Simmons (Sy) 8:29:02; 7, P. Worth (Enf) 8:34:27; 8, K. Halstead (Cov) 8:37:02; 9, R. Colver (Leic) 8:50:28; 10, J. Lees (B&H) 8:53:39; 11, E. Holmquist (H'gate) 8:55:36; 12, P. Selby (Sy) 9:02:12; 13, L. Holton (Leic) 9:06:41; 14, S. Wynn (Sy) 9:17:40; 15, J. Sturgess (Leic) 9:21:11; 16, I. Quintino (Ita) 9:28:21; 17, K. Read (Sy) 9:31:56; 18, D. King (Bel) 9:34:24; 19, A. Gates (Sy) 9:39:14; 20, S.

THAMES VALLEY HARRIERS

FLOODLIT OPEN GRADED MEETING

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

AT WEST LONDON STADIUM
WEDNESDAY, 1st NOVEMBER

- 6.50 p.m. 200 metres
- 7.20 p.m. 200 metres — SENIOR LADIES
- 7.30 p.m. 800 metres
- 8.00 p.m. 800 metres — SENIOR LADIES
- 8.15 p.m. 2 MILES — SENIOR LADIES
- 8.30 p.m. 2 MILES

Entries: Vets, Seniors & Ladies 25p per event, others 20p per event, to John Sexton, 35 Riverside Avenue, Lightwater, Surrey, stating name, age, address, club, event and best recent performance. Fee must accompany entry.

Entries NOT accepted on the night
CLOSING DATE 28th OCTOBER

Barton (Sy) 9:39:51. **Teams:** 1, Surrey WC 29; 2, Leicester WC 39; 3, Enfield 53; 4, Brighton & Hove 56.

* * *

Brian Armstrong fastest time in London Postal Region 9km Yacht H'cp at Blackheath Park (August 29th). 1, B. Armstrong (Ilf) 41:13; 2, R. Dorman (Bel) 43:27; 3, J. Robinson (Ang) 43:30; 4, M. Nicholls (Bel) 45:22; 5, D. Maynard (Camb) 46:06; 6, S. Marshall (Camb) 46:08.

Steve Gower wins Tendering 10km from Bob Dobson and Ross Pilkington at Clacton (September 3rd). The 1952/56 Olympian, George Coleman, returned to racing and clocked a stylish 56:38, just 80 sec down on his daughter, international Christine. 1, S. Gower (Ilf) 45:13; 2, R. Dobson (S'end) 46:06; 3, R. Pilkington (Ilf) 46:37; 4, A. James (Enf) 47:11; 5, J. Robinson (Aug) 47:54; 6, D. Cox (S'end) 48:06; 7, R. Sheppard (Ilf) 48:43; 8, B. Armstrong (Ilf) 48:43. **Teams** 1, Ilford 179; 2, Anglia Striders 158; 3, Southend 117.

Sharp Bob Dobson beats Carl Lawton in GLC 3km with 12:45.6 at West London (September 3rd). 1, R. Dobson (S'end) 12:45.2; 2, C. Lawton (Bel) 12:54.6; 3, J. Hall (Bel) 13:10.0; 4, B. Armstrong (Ilf) 13:21.0.

Subramaniam wins Singapore Open 20km Track Walk (September 3rd) 1, V. Subramaniam (Malay) 1:43:24; 2, R. Tanabal (Sing) 1:47:17; 3, S. Tong V-Eng (Sing) 1:54:31; 4, R. Bailey (Hong K) 1:56:47.

Another Lawton victory in Southend 5M at Southend (September 10th). 1, C. Lawton (Bel) 36:23; 2, A. James (Enf) 37:21; 3, A. Seddon (Enf) 37:34; 4, J. Robinson (Ang) 38:12; 5, B. Armstrong (Ilf) 38:48; 6, D. Cox (S'end) 38:56; 7, R. Wallwork (Ang) 39:12; 8, D. Sheppard (Aug) 39:54; 9, M. Scamell (Bel) 40:50; 10, L. Mockett (Ilf) 41:03; 11, R. Lancefield (Sy) 41:03; 12, J. Evans (Ilf) 41:27. **Teams:** 1, Anglia 31; 2, Enfield 33; 3, Ilford 46. **(Boys U/16 2km):** 1, I. Robery (Hav) 10:08:6; 2, A. Sullens (S'end) 10:32:6; 3, N. Woods (Hav) 10:37:8. **(Girls U/15 2km):** 1, T. Butler (Hav) 10:51:4; 2, S. Connelley (Hav) 11:14:6; 3, C. Gahagan (Hav) 11:28:4.

Carl Lawton easy winner of Dorset 20km at Cerne Abbas (September 17th). On a tough 4 lap course Carl Lawton dominated the event with Bill Wright holding off Stuart Maidment for second while the latter captured the South West title. 1, C. Lawton (Bel) 98:09; 2, W. Wright (S&E) 103:05; 3, S. Maidment (Stey) 103:42; 4, K. Batten (Trow) 104:59; 5, L. Duquemin (Bel) 109:45; 6, E. Shillabeer (Daw) 110:59; 7, R. Picton (Bel) 111:17; 8, D. Jones (Wey) 111:44; 9, J. Turner (Trow) 111:57; 10, J. Newman (Bel) 112:46. **Teams:** 1, Belgrave 9; 2, Trowbridge 19;

3, Weymouth 28. **South West Championship:** 1, Maidment; 2, Batten; 3, Shillabeer.

Lawton just holds off Shaun Lightman's closing rush to win Highgate's 'A' section 1 hour at West London Stadium (September 23rd). A warm sun and high humidity seemingly affected performances quite considerably with standards well below par in the slower sections. Two men who thrive on competition, Carl Lawton and Shaun Lightman, dominated the opposition in the second half of the 'A' race, with the Belgrave man having just 11 metres from this year's 'Brighton' winner who was closing rapidly in the closing stages. Peter Fox looked set for third at 10km but then had to make a pit stop, thus allowing Julian Robinson surprisingly to beat Graham Morris for the placing. George Nibre and new Junior international, Peter Blagg, were disqualified while Peter Fawkes and Bill Wright retired. The highlight in the 'D' race was the showing of the 1936 Olympic 50km champion Harold Whitlock who finished 7th with 9,773m (over 6 miles) — a wonderful performance from an all-time great who celebrates his 75th birthday in December. 1, C. Lawton (Bel) 12,922m (10k-46:23); 2, S. Lightman (Met) 12,911 (46:41); 3, J. Robinson (Ang) 12,644 (47:25) 4, G. Morris (Stey) 12,590 (47:35); 5, A. King (Leic) 12,507 (48:02); 6, P. Fox (Stey) 12,326 (47:24); 7, A. James (Enf) 12,312 (48:15); 8, B. Armstrong (Ilf) 12,235 (48:45); 9, D. Stevens (Stey) 12,210 (49:08); 10, S. Maidment (Stey) 12,047 (49:57); 11, M. Scamell (Bel) 11,822; 12, G. Scott (Enf) 11,736; 13, D. Salter (Enf) 11,484; 14, C. Fogg (Enf) 11,310. (B): 1, R. Gardner (Hale) 12,017; 2, N. Peters (Bel) 11,745; 3, S. Holliday (Med) 11,709; 4, J. Sales (Bas) 11,695; 5, E. Holmquist (High) 11,572; 6, D. Ellis (Bel) 11,447. (C): 1, J. Newham (Bel) 11,602; 2, M. Greenhalgh (Grey) 11,253; 3, K. Till (Craw) 11,093; 4, D. Buchanan (B'ton) 10,801; 5, C. Weston (High) 10,716; 6, D. Fotheringham (Bel) 10,682. (D): 1, T. Nunn (Grey) 10,153; 2, A. Perkins (Ilf) 10,035; 3, J. Morris (Bel) 9,998; 4, D. Ringshaw (Stey) 9,914; 5, D. Seddon (Tend) 9,885; 6, T. Hucus (Wal) 9,779; 7, H. Whitlock (Met) 9,773. **Teams:** 1, Steyning 49,173m; 2, Belgrave 46,943; 3, Enfield 46,842.

Ron Stone (Coventry Godiva) new RWA President. Taking over from Len Mitchell, Coventry's Ron Stone fills the position of president following years in the sport as a walker, coach, judge and, above all, a stalwart club man. Peter Marlow and Alec Banyard carry on as general secretary and treasurer respectively with Reg Wells appointed as assistant secretary and John Burns as championship secretary. John Lees was awarded the Edgar Horton Trophy for his record-breaking Manchester to Blackpool victory.

Colin Young

Southern RWA Champs at Bexley (September 9th). Round the undulating courses used for the annual Cambridge Harriers opens, the favourites came out on top in both the Junior and Youth races. Junior international Mark Wordsworth was in a class of his own in the older age group winning from Richard Dorman who could have won a Junior 'Vest' had he hit this form a month or so earlier; and Gordon Vale, after a mediocre summer by his own high standards, was an easy winner of the Youth race. If the other races went to form, the Boys' was a complete upset. ESAA and Southern AAA champion Simon Mortimer was only 5th, Christian Blundell was disqualified and the other contender, John Bean, was surprisingly outsprinted by unknown Tim Berrett from Tonbridge. His club were also surprise team winners — a credit to coach Ted Ardley's efforts. **(Junior 10km):** 1, M. Wordsworth (Ton) 48:50; 2, R. Dorman (Bels) 49:47 3, R. Shepherd (Ilf) 51:19; 4, S. Mendham (Hav) 51:49; 5, T. McDermot (Bel) 52:04; 6, T. Hayes (Med) 52:52. **Teams:** 1, Belgrave 6; 2, Brighton & H 15; 3, Waltham Forest 5. **(Youths 5km):** 1, G. Vale (Sy) 23:50; 2, M. Nichols (Bels) 24:20; 3, G. Maynard (Cam) 24:37; 4, S. Marshall (Cam) 25:03; 5, D. Jones (Sy) 25:35; 6, M. Easton (Sy) 25:38. **Teams:** 1, Surrey 10; 2, Cambridge H 17; 3, Waltham Forest 22. **(Boys 3km):** 1, T. Berrett (Ton) 15:04; 2, J. Bean (Stey) 15:05; 3, J. Buchanan (B&H) 15:43; 4, A. Sullens (S'en)

15:58; 5, S. Mortimer (Sy) 16:04; 6, D. Elliott (Ton) 16:34. **Teams:** 1, Tonbridge 12; 2, Surrey 18; 3, Steyning 21.

Grand Prix De Flers, in France (September 10th). Steyning's Graham Morris walked one of his finest ever races to finish within 21 sec of Lucian Faber. On the closing laps Faber, who clocked 1:29:19.7 for 15th in Prague, was fading badly due no doubt to the previous week's 50km in Prague which he failed to finish. Morris was closing rapidly and his time of 1:31:24 for a hilly 19.6km on a hot day was first class. The women's race was a triumph for Brighton's Beverley Francis (19) who led all the way. 1, L. Faber (Lux) 1:31:03; 2, G. Morris (Stey) 1:31:24; 3, L. Gautier (Fra) 1:32:13; 4, R. Pilkington (NZ) 1:32:47; 5, J. Decosse (Fra) 1:34:48; 6, S. Elms (B&H) 1:35:05; 7, A. Lemerrier (Fra) 1:35:29; 8, G. Allain (Fra) 1:36:02; 9, D. Stevens (Stey) 1:37:42 ... 12, S. Maidment (Stey) 1:41:18. **(Women's 4km):** 1, B. Francis (B&H) 19:22; 2, S. Atton (Fra) 20:08; 3, S. Till (B&H) 21:18.

Alan Buchanan

CAROL TYSON EQUALLED RECORD

Carol Tyson's 3000m walk time of 13:40.0 at Kirkby on July 23rd equalled her UK best set in 1977 and was only 0.4 sec outside the world's best held by Sweden's Siv Gustavsson.

SOUTHERN COUNTIES (U.K.) COACHING COMMITTEE

COACHING COURSES

NOVEMBER 11th/12th, 1978 at EXETER

Jumps and Throws

For Athletes, Coaches and Prospective Coaches

DECEMBER 2nd/3rd, 1978 at PLYMOUTH

Discussion on Latest Developments and Trends.

Technical Analysis of Individual Events and Practical Demonstrations.

For Coaches, Prospective Coaches, Teachers and Club Officials.

FEE: £2.00 each COURSE.

Directed by BRUCE LONGDEN.

Accommodation can be arranged on request.

PROSPECTUS and APPLICATION FORMS from:

B. DAVIS, Esq.,
34 Polwithen Drive,
Carbis Bay,
ST. IVES,
Cornwall.

UK WOMEN'S LEAGUE QUALIFYING MATCH At Birmingham, September 16th

Shettleston 413; Aldershot 366; Liverpool 346; Croydon 332; Bracknell 314; Cardiff 275; Swansea 173.

200: S. Ratcliffe (Croy) 25.3. 400: R. Livingston (Liv) 58.8. 800: 1, C. Boxer (Ald) 2:15.5; 2, C. Lightfoot (Shett) 2:15.8. 1500: 1, Boxer 4:35.9; 2, A. Notman (Card) 4:38.5; 3, Lightfoot (Shett) 4:44.1; 4, D. Phillips (Croy) 4:42.0; 5, S. Samy (Brack) 4:43.0. (B): 1, R. Smeeth (Ald) 4:36.8; 2, K. Whapshott (Brack) 4:44.7. 3000: 1, B. Madigan (Brack) 9:46.0; 2, G. Adams (Ald) 10:14.2; 3, A. Notman (Card) 10:34.0. 100H: C. Hardaker (Liv) 15.2. (B): M. Laing (Liv) 15.0. 400H: 1, Hardaker 65.3; 2, L. Croft (Card) 66.8. HJ: 1, D. Kerfoot (Liv) 1.70; 2, M. Norgacz (Shett) 1.64; 3, V. Rothera (Swan) 1.61. SP: 1, J. Thompson (Brack) 13.15; 2, C. Dyer (Ald) 11.95; 3, M. Laing 10.72; 4, J. Covill (Card) 10.62; 5, H. Douglas (Shett) 10.59. (B): F. Condon (Brack) 11.51. DT: 1, Thompson 49.04; 2, J. Robertson (Liv) 40.40; 3, C. Dyer (Ald) 35.78. (B): Condon 45.34. JT: L. Stratford (Ald) 44.40. 4x100: Liverpool 49.9. (Inters) 800: W. Lodge (Ald) 2:18.0. 800H/200H: L. Stephen (Shett) 12.2/31.2. LJ: 1, Stephen (Shett) 5.56; 2, D. Perry (Card) 5.32; 3, A. Jones (Croy) 5.24. SP: 1, B. Wright (Croy) 12.76; 2, S. Parker (Brack) 10.43. (B): L. Hester (Brack) 9.88. (Juniors) 100: 1, M. Goode (Croy) 12.5; 2, T. Campbell (Ald) 12.8. 200: J. Peets (Card) 26.1. 1500: 1, H. Churn (Ald) 4:53.0; 2, A. Everett (Shett) 4:54.2. (B): S. Morris (Shett) 4:55.3. 75H: 1, K. Sauva (Croy) 12.2; 2, C. Morrison (Shett) 12.2. HJ: M. Miles (Brack) 1.52. LJ: 1, K. Glen (Ald) 5.41; 2, M. Goode (Croy) 5.34; 3, Peets 5.16. (B): T. Campbell (Ald) 5.29. SP: 1, Y. Christie (Shett) 10.96; 2, C. Richardson (Card) 10.34. DT: 1, J. Stanton (Brack) 29.92; 2, Richardson (Card) 29.74. JT: C. Jennings (Ald) 28.70.

BLACKHEATH CROSS COUNTRY RELAY At West Wickham, September 23rd

1, Portsmouth (S. Speller 11:26, J. Patton 11:08, S. Galloway 11:44, S. Ottaway 11:57, P. Corney 11:55, T. Kazik 11:21.2) 69:31.2;
2, Invicta (I. MacMillan 11:38, P. Varney 11:52, P. Brencley 11:28, R. Newble 11:06, T. Harding 12:23, M. Knapp 11:37) 70:04;
3, Blackheath (M. Athawes 11:40, P. German 11:57, R. Coles 11:13, A. Frankish 11:59, I. Young 12:05, S. Knowles 12:10) 71:04;
4, Croydon 71:09; 5, SLH 71:34; 6, Kent 72:42; 7, Hercules Wimbledon 73:06; 8, Elliott 73:53; 9, Blackheath 'B' 74:04; 10, Cambridge 74:06; 11, Invicta 'B' 76:09; 12, Crawley 76:14; 13, Medway 76:17; 14, Blackheath 'C' 76:45; 15, Sevenoaks 77:08.

VANCOUVER TROPHY

At Woodford, September 10th

Ilford 88; Essex Beagles 65; Woodford Green 59; Enfield 41; Chelmsford 41; TVH 35; Luton 35; Poly 15; Haringey 4.

100: 1, Rattigan (WG) 10.8; 2, St. Louis (TVH) 10.9; 3, Dominique (EB) 11.0. 200: 1, St. Louis (TVH) 22.1 (22.0 ht); 2, Waterman (EB) 22.3. 400: Weedon (Chelm) 50.1. 110H: 1, Clifton (WG) 14.8; 2, Wallace (Poly) 15.3 (15.1 ht); 3, Honey (EB) 15.3; 4, Flood (Ilf) 15.8; 5, Johnson (Enf) 15.8. (In heats): Shaw (Lut) 15.8. 3000W: 1, Mills (Ilf) 13.27.8; 2, Armstrong (Ilf) 13:52.2. HJ: 1, Atun (WG) 2.01; 2, Harris (TVH) 1.96; 3, Wilkinson (TVH) 1.90. PV: 1, Eggleton (Chelm) 4.41; 2, Goulding (TVH) 4.30. LJ: 1, Rattigan (WG) 6.80; 2, Ashdown (Lut) 6.78. TJ: 1, Harman (WG) 14.66; 2, Leech (EB) 13.96; 3, Ashdown 13.95; 4, Simmons (EB) 13.86. SP: 1, Slaney (EB) 15.60; 2, Clark (WG) 15.10; 3, Aldridge (Har) 14.43; 4, Eyres (EB) 14.32; 5, Sharman (TVH) 13.17. DT: 1, Slaney —; 2, Sharman 40.70. (B): 1, Garforth (EB) 42.08; 2, Breen (TVH) 40.04. JT: 1, Heath (WG) 62.84; 2, Jalowiecki (Ilf) 60.84; 3, Young (Lut) 57.72.

Walthamstow AC officers: Secretary, B. Hart, 134 Forest Glade, Highams Park, London E4 (Tel: 01-527 2591); fixtures sec, R. Vile, 2 Handsworth Avenue, Highams Park, London E4.

WANTED RETAIL MANAGER

for our store in Hyde, Cheshire.

We are looking for a bright person, the more qualified the better, to manage our retail store in Hyde, starting as soon as possible.

We are athletics specialists but have rapidly increasing sales relative to all sports.

Previous retail experience would be an advantage but is not necessary.

WARNING

The post does not involve just standing behind a counter and serving.

CHALLENGE

We need someone with flair, who can get on with people, increase sales, control the shop stock and generally develop the business by imaginative display etc., etc.

It is hard graft — Saturday work is necessary, but there is a full day off in lieu and occasionally it may be possible to swap duties for a Saturday off.

For the right person there is considerable scope for career development.

Write or phone us for an interview, but please ONLY LIVE WIRES need apply; DEFINITELY NO DAMP SQUIBS.

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Letters

ISLE OF WIGHT MARATHON

Dear Sir,

In my efforts to ensure the success of the inaugural Women's National Marathon Championship, held in conjunction with our 22nd Isle of Wight Marathon on May 20th, it seems my letter has stirred up a considerable amount of controversy!

Firstly, may I say that it is refreshing to find the Ladies at least trying to justify their not competing on our notoriously tough course, — whereas similar criticisms of our top male marathon runners in the past, have elicited no response what ever.

Everyone, of course, is entitled to run where and when he or she likes, (provided certain standards some of our race organisers impose can be achieved), but it does seem a little strange to read, on the one hand of our marathoners' exploits abroad, (New York Marathon etc.), and then to be told that runners are unable to afford to travel to the Isle of Wight! Athletes from our own club regularly compete in races as far afield as Scotland, and this year we had entries in our marathon from New Zealand, France, South Africa and Northern Ireland. Each year, for some years now, we have received new record entries, so if the men can muster large numbers, why not the Ladies?

It is quite wrong to compare entry fees as a yardstick for judging a race, as some organisers are very fortunate in having sponsorship to the tune of several thousand pounds. In 22 years, our entry fees have quadrupled, but the cost of staging the race has increased six fold, and we are still making a substantial loss on the promotion each year, which left us with no alternative but to increase entry fees, or to lower the value of the prize list; which would you do?

As regards short notice of the championship, I



National marathon champion Margaret Lockley (31), thanks to sponsorship by Empire International Restaurants, will be competing in the international New York Marathon on Sunday. Margaret, who runs 80 miles a week, hopes to become the first British woman to break 2:50.

was informed on January 23rd that the event was being publicised in "Athletics Weekly" and through the Territorial Associations, and also that details were being announced at the National Cross Country Championships (it was, in fact advertised in the programme).

One of your correspondents says our course

MEDWAY ATHLETIC CLUB

Annual Cross-Country Races for Schools and Clubs Over 3 Miles

SATURDAY, 11th NOVEMBER, 1978

For Teams & Inds.

Under A.A.A. Laws

SCHOOLS RACE 2.30 p.m. 1st Team Chal. Cup; Medals first 3 Teams (6 run, 4 score) and first 3 Individuals.

YOUNG ATHLETES RACE. 1st Team Trophy; Medals first 3 Teams (4 run, 3 score) and first 3 Individuals.

Ages: 14-16 yrs (Schools) and 16-18 (Young Athletes) on 1st September, 1978. Date of birth **must** be stated.

Fees: 50p per team (any number), 15p per Ind.

Entries close 4th November to C. F. Newman, 42 May Road, Rochester, Kent. Tel: Medway 405645.

CAMBERLEY & DISTRICT A.C.

Annual

LADIES CROSS COUNTRY

(Under WAAA & SCWCC & RWA Rules)

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

Collingwood School, Old Dean, Camberley

Girls 1½ Miles approx.

Juniors 1½ Miles approx.

Inters 2 Miles approx.

Seniors 3 Miles approx.

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

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

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

ENTRIES CLOSE NOVEMBER 27th (SAE Please)

"cannot be considered similar" to Milton Keynes but, this lady has never competed on our course!

There are no official world records for the Marathon, therefore this fixation for fast times which some competitors and officials have, is just so much nonsense. For years, our international marathoners have been selected from "fast" courses, and where are all our Olympic gold medals to justify this procedure?

When it comes to a race, competitors have to take the course provided, and if the top stars avoid tough courses, then they cannot be called true champions, as the timekeeper's watch gives us (and them) a false impression of their ability; after all, who can say that a fast runner on a tough course might not "blow up" and be beaten by a dozen plodders?

May I congratulate Margaret Lockley on her fine run, and, indeed all the runners of both sexes who completed the course. Congratulations also to the WCC & RWA who in selecting our course, displayed considerable enterprise and courage, which their male counterparts might well imitate!

Our 1979 Marathon is on Saturday May 19th, and we always announce the next year's date in our programme, so there was at least 12 months notice of this year's race.

There are no Olympic/European/Commonwealth selection races in 1979, so we challenge all the runners who have avoided our course to compete if they dare.

J. E. Symonds
(Hon Sec/IoW Marathon)

Dear Sir,

Advocates of the theory that women's higher fat content makes them superior to men as distance runners never provide supporting data. Rather, isolated anecdotes and outright absurdities (e.g. "Women don't hit the wall.") are proffered as proof; Cliff Temple is guilty of this in his Isle of Wight report (AW, June 3).

Surely the fat theory implies that women's long distance results will exhibit a lesser slowdown, relative to shorter distance speed, than men's. Instead, the men's world record as a percent of the women's falls from 88.98 for the 400 to 83.05 for the marathon. Alternatively, express the world record pace for distance above the 1500 as a percent of the 1500 record pace; for men the percent increases from 107.2 for the 3000 to 129.2 for the marathon, while for women it zooms from 107.6 for the 3000 to 140.1 for the marathon. Indeed, were the women's marathon run as fast relative to the 1500 record as the men's the world record would be 2:22.59 and not 2:34.48.

The relative slowdown of individual marathoners damages the theory still more. Many top male marathoners (e.g. Maxwell, Shorter) race their marathons at approximately 125 percent of their best 1500 pace. Yet many of the best women

marathoners exhibit marathon paces that are at least 130 percent of their best 1500 times, indicating a considerably less strenuous effort. This is true of every one of the five British women under 3.00, of five of the six Canadians under 3:00, and of many of the Americans under 3:00. Sub-3:00 women who began as joggers (e.g. Gumbs 2:50:40, Ulyot 2:51:15, and me at 2:58:50) do demonstrate race percentages as low as 120; but our 1500 times are clearly so ridiculously overstated by our non-existent track backgrounds that the evidence must be laughed out of court. Furthermore, our percentages are simply not significantly different from 125, hovering in the 123 range.

The strongest position that an advocate of Ulyot's fat theory can take in the light of so much contradictory evidence is that we must await the data that the greater development of women's distance running will provide. Any other stance is pure twaddle.

Louise Adamson
Oxford

THANKS

Dear Sir,

May I through the columns of 'AW' offer my sincere thanks to John Herring and Geoff Capes on behalf of the eight young runners from Graham Balfour High School Stafford.

These lads had run a sponsored Relay from Stafford to London in 19 hours 45 minutes 10 seconds and collected £100 for the National Children's Homes. With John's help the cheque was presented to Geoff at Crystal Palace — to these lads this meant a great deal.

On the other hand to those people in the administrative circles who when approached out of courtesy refused any help, and indeed were most awkward, I can only say thank goodness that we have people like John and Geoff in British athletics, otherwise the youth of the country would never get a chance.

John Kinsella
Stafford

Dear Sir,

On behalf of the BAAB I wish to thank the 130 young athletes who troubled to complete and return the questionnaires issued at the ESAA Championships as part of this year's survey.

We are well aware that for many of you completing such forms is something of a chore, and we are particularly grateful therefore to those who have unfailingly put pen to paper year after year.

In most instances although nothing tangible will be forthcoming as far as the athlete is concerned, this information is most useful within the 'Event' training structure, and to the Junior Commission. It is used by all National Event Coaches in compiling their winter training

ACTION PLAN Continued from page 31**Management**

We should select, prior to the 1979 indoor season, a pool of team managers/assistant managers from whom we would service all international matches and Cup competitions up to and including the Moscow Olympics.

The pool should consist of 4 men and 4 women.

The team captains should be appointed prior to the 1979 indoor season, with the expectation that they will be regular team members up to and including the Moscow Olympics.

The ten people referred to above should liaise closely with the offices of the General Secretary and the Director of Coaching, not just on the occasion of competition, but also during the all-important intervening periods.

The Elite

We should name our medal prospects prior to the 1979 indoor season.

We should name our potential finalists prior to the 1979 indoor season.

Stringent criteria should be used in drawing up both lists. The lists would be flexible, as previously stated, and should be very difficult to get on to, thus leaving a considerable incentive to those left on the fringe.

There should be a meeting early in 1979 at which the athletes selected, their coaches and the management team could discuss the scheme and agree the detailed approach to be adopted.

Finance

We should seek financial assistance as follows:

- * Medal prospects —
probable maximum of 10 = £40,000 per year
- * Potential finalists —
probable maximum of 20 = £40,000 per year
- * Total = £80,000 per year

This financial assistance should, if possible, come from the State.

Failing State support, or if State support is only partially forthcoming, the scheme should be sold as an attractive package to major industrial and commercial concerns.

All monies should be disbursed by the BAAB within the sponsorship scheme.

CONCLUSIONS

This paper is essentially an outline one, but one which hopefully gives sufficient detail for Council Members to approve the proposals in

LETTERS continued

squads, and in some instances we have been able to give direct assistance with training/coaching problems.

Carl Johnson
National Coach

principle. Given this approval I would further propose that a working party comprising — among others — athletes and national coaches be set up to fill in the detail so that the proposals may be implemented from January 1979 onwards.

The action plan is not comprehensive in that it does not deal with all the Board's activities. However, in highlighting the three areas needing immediate attention if we are to improve our performances at international level. I anticipate spin-off in other areas. In particular the action plan should provide tremendous impetus for the reorganisation of, and improvement in, our medical services.

Once in operation the action plan would benefit greatly from periodic meetings between the management team and the Board's officers to assess progress and discuss future developments.

David Shaw

(as presented to the Council of the BAAB, October 15th)

SOUTHERN WOMEN'S LEAGUE

Farnham Park, October 14th

Seniors: 1, C. Benning (Stretford-guest) 13:37, 2, V. Rowe (LO) 13:38, 3, R. Smeeth (Ald) 13:41.

Team: Bracknell 89. **Inters:** 1, L. King (Basingstoke) 10:58, 2, J. Clarke (Verlea) 11:11, 3, K. Timson (Thurrock) 11:21. **Team:** Aldershot 62. **Juniors:** 1, M. Alford (Stevenage) 8:10, 2, W. Bonfield (Surrey AC) 8:17, 3, J. Rose (Ashford) 8:18. **Team:** Stevenage 89. **Girls:** 1, D. Thomas (Bognor) 8:22, 2, D. Amey (Basingstoke) 8:25, 3, T. Gleed (Wycombe) 8:31. **Team:** Basingstoke 76.

EXPENSES INVESTIGATION

Claims of irregularities concerning expenses paid to some athletes who competed in the Glenlivet Edinburgh Highland Games on August 19th are being investigated by the police, Edinburgh District Council (who organised the meeting) and the Inland Revenue.

ASTON MOORE: NO RECORD

Aston Moore's 16.76m triple jump in Tokyo will not be ratified as equalling Keith Connor's UK record; there was a following wind of 2.4m/sec. He had a legal best of 16.68.

The Women's National Inter-Area/Inter-League cross-country meeting will be held at Amptill Park, Beds on December 16th — run over the same course as the Amptill Trophy.

Found — at Camberley Road Relays on October 1st: orange rain-top, 2 tee-shirts, leather purse containing money. Contact M. Goodway on Camberley 24708.

LONDON CHAMPIONSHIPS**At West London, September 2nd**

100: 1, M. Morris (H&S) 11.1. 200: T. Henry (Shaft) 22.5. 400: 1, J. Ekperigin (TVH) 48.5; 2, P. Allen (N Lon) 48.7; 3, B. Bailey (TVH) 49.2. 800: 1, P. Browne (TVH) 1:54.7. 2, J. Day (TVH) 1:55.1. 1500: 1, Browne 3:54.5; 2, S. Lowe (BRC) 3:54.9; 3, M. Edwards (TVH) 3:55.8. 2000SC: A. Sharp (Ton) 5:44.4. 3000W: 1, R. Dobson (S'end) 12:45.2; 2, C. Lawton (Bel) 12:54.6; 3, D. Hall (Bel) 13:10.0. HJ: 1, C. Harris (TVH) 2.01; 2, D. Cham (HHH) 2.01; 3, T. Whittle (Poly) 1.95. LJ: 1, L. Tyson (Shaft) 7.21; 2, Henry 7.15; 3, T. Wade (TVH) 6.81. TJ: 1, R. Philips (Old Gay) 15.13; 2, J. Harmon (WG) 14.76; 3, A. Lees (Ton) 14.48. SP: 1, M. Winch (B'heath) 16.66; 2, S. Clark (WG) 15.70. DT: Winch 49.74; 2, T. Lithgow (Poly) 46.76. HT: 1, M. Mileham (WG) 63.76; 2, M. Girvan (WG) 59.70; 3, C. King (Croy) 43.00. JT: E. Devido (N Lon) 60.30. (Juniors) 200: 1, I. Loftman (WG) 22.6; 2, C. Rattigan (WG) 22.6. 400: R. Dickens (Shaft) 48.5. 1500: C. Reitz (EB) 3:53.7. LJ: 1, H. Waters (N Lon) 7.07; 2, R. McKenzie (VPH) 7.07; 3, A. Udo (Shaft) 7.00. TJ: 1, McKenzie 14.36; 2, J. Herbert (Har) 13.71. (Youths) 100: M. Powell (HW) 12.3. 200: 1, Powell 22.8; 2, T. Olabiri (TVH) 23.0; 3, C. Levy (LAC) 23.2.

WELSH AAA v MIDLAND COUNTIES**U/20 MATCH****At Cwmbran, August 23rd****Midland Counties 101; Wales 96.**

400: A. Swithenbank (MC) 49.6. 800: 1, S. Bennett (MC) 1:54.3; 2, K. Glastonbury (Gst) 1:54.4; 3, R. Barrett (W) 1:54.4. 3000: C. Clarkson (W) 8:25.2. 110H: 1, N. Alexander (W) 15.0; 2, A. Drysdale (MC) 15.3; 3, H. Jones (W) 15.5; 4, K. Lobb (MC) 15.6. 400H: 1, P. Goacher (MC) 54.2; 2, N. Hammersley (W) 54.6; 3, M. Millward (MC) 56.0; 4, G. Davies (W) 56.9. HJ: 1, F. Redley (MC) 2.00; 2, A. Maciver (W) 1.90; 3, D. Abrahams (MC) 1.90; 4, S. Brock (W) 1.90; 5, M. Johnson (Gst) 1.90. PV: K. Lobb (MC) 3.70. TJ: 1, Furnham 13.97. SP: P. Rees (W) 14.46. DT: 1, R. Weir (MC) 46.32; 2, J. Collins (W) 41.42. HT: 1, Weir 57.02; 2, G. Middleton (MC) 49.36; 3, R. Bacon (W) 45.98; 4, C. Lantzovs (W) 44.52; 5, N. Stevens (W) 43.96. JT: 1, G. Brooks (Gst) 68.00; 2, N. Smith (MC) 58.72. 4 x 100: 1, Wales 43.3; 2, Midland C 43.5. 4 x 400: 1, Wales 3:22.0; 2, Midland C 3:22.5.

The Southern Students Cross-Country League which was in danger of folding up after 'Courages' withdrew their sponsorship after many years of support, has been rescued from the brink by the intervention of Reebok, who have agreed to take up the sponsorship. The League will now be known as the Reebok Students Cross-Country League.

**First Surrey County Veterans
Cross Country Championships**
**Saturday, November 11th, 1 p.m.
at Brockwell Park.**

Individual awards over 40, 50 & 60. Team awards over 40.

Entries: 40p per individual to J. Fitzgerald, 6 Tyers House, Aldington Road, SW16 by October 30th. S.A.E. for confirmation and details of venue, please.

NEWLAND PARK ROAD RELAY

(6 x 2½ Mile) Under AAA Laws

For THE ERIC SHAW MEMORIAL TROPHY
 also **YOUTHS STRAIGHT 2½ MILE RACE**
for The Playwell Sports Trophy
Saturday, 3rd February, 1979

Entry forms from: Ian Hoube, Newland Park College, Chalfont St. Giles, Bucks.

14th MILTON KEYNES AC**WOLVERTON "5"****FIVE MILES ROAD RACE****Saturday, 25th November at 3 pm**

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

CLASSIFIED ADVERTISEMENTS

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

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

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

BAAB APPROVED TRAINING DIARY 80p — Starts anytime! All events! **"ATHLETICS INJURIES"** 50p. **Arena Publications**, London SW16 3NS.

CLUB/SCHOOL MONEYSPINNERS: BAG/CAR STICKERS (Promotional, commemorative); **BOOKS** (Prizes, incentives). S.a.e. Samples/Catalogues (**Arena**, above).

NURMI — WANTED DOCUMENTATION, borrow or buy, German, English, French, Norwegian, Swedish, Danish, also action photos, training schedules. **George Berger, B.Sc.**, 296 Franciscan Road, London SW17.

ATHLETIC EVENTS

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

BRIGHTON & HOVE A.C.

Cross Country Sprint Relays

(Under AAA & WAAA Laws)

Saturday, 11th November

At Brighton 1st Race 1.30 p.m.

Colts, Boys, Youths, Girls, Junior, Inter/Senior Women — all 3 x 1½ miles. Senior Men 4 x 1½ miles. Medals for first 3 teams, and fastest laps.

Entry Fee: 60p per team. Entries (stating age groups, number of teams only): M. J. Langmaid, 16 Fairford Close, Haywards Heath, West Sussex, RH16 3EF by **1st Nov.** SAE for travel details & times.

WOODFORD GREEN A.C.

present their

YOUNG ATHLETES ROAD RACES

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

SATURDAY, NOVEMBER 11th, 1978

Eastway Cycle Circuit, Temple Mills Lane, London E15

1.00 p.m. Minor Boys U/11, 1 mile
1.15 p.m. Minor Girls U/11, 1 mile
1.30 p.m. Colts U/13, 1 mile
1.45 p.m. Girls U/13, 1 mile
2.00 p.m. Boys U/15, 2 miles
2.30 p.m. Junior Ladies U/15, 1 mile
3.00 p.m. Youths U/17, 3 miles
3.30 p.m. Intermediates U/17, 3 miles

Ages at 1/9/1978

Awards: Plaques to winners in each age group. Medals to second and third in each race. Team awards to first three teams, plus first 'B' team in each race. (3 to score) Certificates to all finishers

Entries: 30p Indiv. No team fee.

To: Chris Reed, 38 Thriftwood, Bicknacre, Chelmsford, Essex.

S.A.E for directions

ENTRIES CLOSE 31st OCTOBER

Advance Notice: Woodford Green A.C. Annual Senior, Veterans and Ladies Races **Saturday, 31st March, 1979.**

KENT ATHLETIC CLUB ARTHUR TWINN MEMORIAL SCHOOLS CROSS-COUNTRY RACES

At Albany Park, Sidcup

Saturday, November 18th, 1978

Changing from 1 p.m. at Royal Pk Youth Club, Pembury Crescent, Albany Park.

COLTS	2 Miles	2.00 p.m.
BOYS	3 Miles	2.20 p.m.
YOUTHS	3 Miles	2.50 p.m.

4 to run, 3 to score

Fees: £1 per team, 30p individual. Entries to Mr R. Martin, 19 Ormanton Road, London, SE26.

CLOSING DATE 10th NOVEMBER

SOUTHAMPTON & EASTLEIGH A.C. Continental Style

Cross Country Races

(Under A.A.A. & W.A.A.A. Rules)

SUNDAY, 5th NOVEMBER, 1.15 p.m.

At Southampton Sports Centre

Senior Men (Reynolds Garrett Trophy)	8000m
Veterans 4800m	Youths 6400m
Boys 4800m	Colts 3200m
Senior/Inter Ladies	4800m
Junior Girls (Heathfield Trophy)	1600m
Minor Girls	1600m

Entry Fee: 30p per Ind. (no team fee) to M. J. Smith, 265 Upper Deacon Road, Thornhill, Southampton, by **28th October.** Guaranteed Prize List — First 15 in Senior Men's Race, first 6 all other races, (first 3 Inters Senior Ladies race). Senior Men's Team Prize (4 score).

RIDDINGS YOUTH CENTRE A.C.

Open Cross Country

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

QUIBELL PARK, SCUNTHORPE

NOVEMBER 12th, 1978, at 11.30 a.m.

Boys 8/11	1 Mile
Colts	1½ Miles
Boys	2½ Miles
Youths	3½ Miles
Minor Girls	1 Mile
Girls	1½ Miles
Junior Ladies	2 Miles
Intermediate Ladies	2½ Miles

Ages as at 1st September, 1978

Any number to enter, three to score.

Medals: First 3 Individuals and first 3 Teams.

Trophies for Best Boys Club and Best Girls Club.

Entry Fee: 20p per Individual. Cheques etc. payable to Riddings Y.C.

Entries to: Mr J. F. Parrot, 27 Rothbury Road, Scunthorpe, S. Humberside DN17 1EY, by **1st November.**

NO LATE ENTRIES