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athletics weekly

OCTOBER 27th
1979 22p

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THE WEEK AHEAD

Saturday, October 27th: Gateshead International Road Races; Unigate Marathon, Harlow; Camborne Festival '15'; Bathpool '5'; Folkestone '5'; Southern Women's League, Stevenage; Metropolitan League, Parliament Hill; Chiltern League, Watford; Gwent League, Westbury; E. Surrey League, Croydon; Kent Boys & Colts League, Maidstone; Biggleswade CC Races; 24 Hour Track Race, Crystal Palace; Vauxhall Motors 7M Open Walk, Luton; London Vidarians 7M Walk, Battersea Park; Sussex Clubs' 10km Walk, Southwick; Cambridge H Inter-Club 10km Walk, Bexley; Karrimor International Mountain Marathon (1st day).

Sunday, October 28th: Batley Road Races; Lovegrove & Dukes CC Meeting, Bournemouth; Karrimor International Mountain Marathon (2nd day).

Tuesday, October 30th: Oxford v Cambridge University 'Freshers' Track Match, Oxford.

Wednesday, October 31st: Standards Meeting, Gateshead; W. Midlands Services League, Leek Wootton; RAF v WLIHE & others, Halton; E. Anglia League, Holt.

BINGLEY TAKE NATIONAL RELAY

Bingley, with Steve Binns running fastest leg of the day (18:27), captured the AAA National 6x4M Road Relay title at Southport last Saturday in 1:56:30 ahead of Gateshead (1:57:13), Manchester (1:57:52), Tipton (1:58:01), Sheffield (1:58:34) and Airedale (1:58:35).

ENTER LUCY PASCOE

Congratulations to Della and Alan Pascoe on the birth of a daughter, Lucy, last week. Alan himself gives birth next week . . . to his autobiography "Pascoe: the story of an athlete", which is published on Monday. A review will appear shortly in 'AW'.

JIM COOTE MEMORIAL SERVICE

A memorial service for the *Daily Telegraph* athletics correspondent, who died in a plane crash on the way to Turin, will be held at St. Brides, Fleet Street, on Monday, October 29th (noon).

COVER PHOTO

(By Mark Shearman)

UK 400mH record holder Chris Warden

TOTAL TRAINING – By Brian Mitchell

AT the beginning of his poem, *The Hunting of the Snark*, Lewis Carroll describes the crew who are to hunt the snark. This crew includes a forgetful man:

'There was one who was famed for the number of things

He forgot when he entered the ship —
His umbrella, his watch, all his jewels and rings,

And the clothes he had brought for the trip.

He had forty-two boxes, all carefully packed,

With his name painted clearly on each —

But, since he omitted to mention the fact,
They were all left behind on the beach."

Whatever the exact number of boxes we must take on board when planning a runner's training (and I can think of fourteen), it would be a mistake to leave any behind, and prudent to check them all before each season's journey.

My fourteen boxes are really fourteen principles — plans or designs by which the training is to be created — and they are, in some kind of logical order: individuality; regularity; types of session; the equation, mileage $\times$ speed $\times$ time spent; the effect of each session; the

cumulative effect of all sessions; skill; acquiring reserves; suppling and mobility; frequency of racing; preparation for racing; change of seasons; measurement of progress; the head (and other heads).

Science, including exercise physiology, likes to generalise. Life, and art, comprise lots of finger-prints. Science, rightly and persuasively, teaches us how the shoulders, elbows, wrists and fingers work in every case, but it is important to remember the individual finger-print. The first principle I would take on board when coaching a runner is this idea of individuality, embracing the temperament and circumstances of a particular athlete. When can training be done? Therefore, where can training be done? Therefore, to some extent, what kind of training can be done? What kind of training is most enjoyed, most needed? What demands are being made upon the athlete by family, home, other interests? Each of these questions must be carefully answered before serious training/coaching can begin. And the starting point will always be the present physical condition of the individual, to be measured by a sustained run, a formal track session, perhaps a time-trial over the chosen competition distance. Begin at the beginning, one person at a time.

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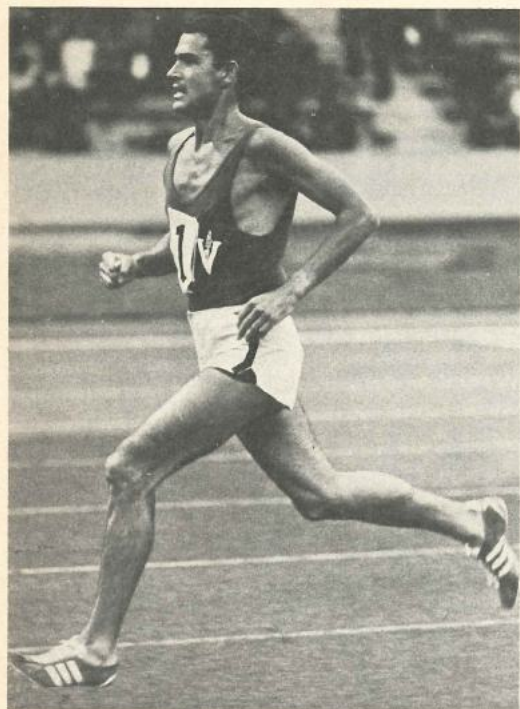
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RON CLARKE

Ran three times daily at his peak.

Ed Lacey

The second box is labelled "regularity". Ron Clarke's experience and David Costill's experiments tend to disagree here; with Clarke running three times a day at his peak, and the American tests leading to the statement that there was no greater improvement amongst a group of runners who ran twice a day than amongst a group running once. What would be accepted as a principle is the need to exercise, at least, daily. The arguable aspect is, whether "daily" covers one huge composite session; or two hard sessions; or one hard and one easy. None of the possible permutations denies the principle of regularity. British marathon running in recent years has been led by Ian Thompson, who does lunch-time and evening sessions.

Complications lie in the theory of training rather than in the practice, and when we examine the type of daily session to be done, it is seen that there are really only five choices: steady running, fartlek, long easy, specialised track, and hill work. The simplest session — steady, prolonged running — is the most important and the most profitable; where effort is made and sustained, almost all that needs to happen will happen. "Steady", of course, describes five-minute mile

pace for one man and six for another, with a stride length of which a complete beginner would not even be capable, and going on long enough for the runner to know that he has been out. Fartlek will either be the orthodox, very long trek across country, or it will be a set piece, a "circuitree" (or circuit through the trees) where the runner knows which sections will be fast, which hills will be hard, and how long the jogs are. The fartlek session is mentally relaxing, but physically productive in terms of both circulation and muscular strength. The long, easy run is recuperative and ought to be occasional. The fast, controlled track session is **training**, attacking the specific distance and therefore creating the specific responses and effects, without which the racing edge would never be honed. Beyond this lies the hill-and-sprint session, valuable for everybody because it gives sheer toughness, length of stride, and a forcefulness needed in competition.

From the **kinds** of daily session must be derived the right equation of mileage (kilometrage?) $\times$ speed $\times$ time spent, which equals the work-rate for the individual, at his level and on his particular day. This work-rate is shaped partly by the special demands of race-distance, manhandled only upon a foundation of general fitness and never forgetting that box which is labelled tempo, feel, and range of movement, which need to be learned. "Mileage" is arbitrary, discovered when you run out of steam; Jim Peters never ran more than half his racing distance in a session. Snell often ran forty times his — like Foster, Ovett and co., or for that matter George, Shrubbs and Nurmi, these men just ran often and far. The genius of Herb Elliott was revealed after countless and uncounted miles. The **pattern** matters, too. Work-rate and the balance of the types of session gradually produce a special capacity, to race a particular distance. Function will determine structure, yet the function is not to be measured too neatly. Its core is simply lots of exercise.

The primary effect of each session needs, nevertheless, to be sensed. Hills and sprints give muscular strength and a heart that survives pounding; track sessions teach the body to withstand what is coming to it in a race, and it is in the race that you truly calculate the invisible physical balance-sheet, checking by doing.

Add up all the single sessions, imagine them set out like the beats of a pulse, and remember that it is this long lifeline of effort which eventually delivers what we are seeking. Again, the need for pattern and emphasis is clear. They govern the final effect. One day's training is balanced, in difficulty and style, against another, partly for what it achieves and partly because of the level of fatigue which is raised.

I would like here to cast a line in the direction of the currently most revered idea in running-training theory, which is the equation of

aerobic/anaerobic exercise. There is some muddled thinking in this area. One of the most knowledgeable coaches in the world, Fred Wilt, in a recent book, writes: "Compare the extent to which the oxygen requirement for each race is met aerobically and/or anaerobically, to decide what percentage of speed, aerobic and anaerobic running to use for most efficient training." This statement condenses what is regularly argued. The shift from, for example, the fact that a fast 200 metres is almost entirely anaerobically achieved, to the belief that training for a 200m runner should be almost entirely anaerobic in kind, is made without any doubt about its logic, and with an exactness that might be set up in a laboratory but not on a track or up (and down) a hill. That emphasis and balance should be placed upon reproducing, in training, what happens in a race, is not really disputable; but that there is an exact carry-over from one to the other is rarely demonstrated, let alone proved.

It seems to me false logic, anyway, to argue that because a man runs 200m almost entirely without relying upon the intake of oxygen and all its attendant mechanisms, therefore his training sessions must consist almost entirely of running without intake. First, he simply cannot do that, as he will have to spend two or three minutes walking, jogging back to repeat his fast run; so the 95% anaerobic work is 95% of what? Not of time spent, certainly. Not of distance covered. Of effort perhaps? But effort is not measurable. What has happened here is that our constant search for the significant link between training and racing has persuaded many people that a ratio of energy sources operating when an athlete races a set distance can be matched exactly with a ratio of kinds of training. At the very least, this link is unproven. I doubt whether anything so clinically neat exists. And, in any case, which of our best athletes carries out the 25% aerobic exercise which the 1500m runner is advised to do? Name the man!

To return to the fourteen boxes — the seventh is too often left behind, or not even noticed. It is skill and rhythm. Observably, the finest athletes are fluent and free in their movements, with no jerk in the cycle of the legs. They run forward, where the majority run up and down and sideways, which is wasteful and inelegant. In training, an athlete should learn to run rhythmically and forwards, thereby using less energy, because the muscles are relaxed and employed only where needed and in the required direction. To run like this is also to enjoy running. Rono in mid-race, or Ovett changing gear for the final 200, are the images that should be imprinted on the mind, then mimicked. These men get there first, too.

Building a strong, efficient machine is not the most difficult part of training. Even a Rolls-Royce can be stuck in the garage, or half way up a hill, if its fuel has been used up. Muscles, heart,

lungs may be brought to supreme fitness, serviced to go another 3000 miles, yet a 'flu bug, or a week's racing, can leave the runner with a machine that will not work. The building and increasing of chemical reserves and nervous energy must be as important as hardening and toughening the machine. Increasing the mysterious mitochondria, or not depleting the blood-sugar, fuelling the body with good, sufficient food, racing but not over-racing — these are crucial aspects of training, which have to be more cannily nurtured than the strengthening of muscles. I suspect that the value of 'long slow distance' training (which I would not advocate, because it is 0% anaerobic?) lies here, in that it creates no exhaustion, depletes no reserves. And if you notice some of those runners who are stuck just below the top rung of the ladder (Keith Penny is a bold example), you will conclude that they race too often and their building programme is always being set back. There is small advantage in regularly knocking the top brick off your own wall. Ask a marathon runner! But need the lesson be so obvious before it is learned?

Suppleness and mobility should also be remembered. Too many runners cannot touch their toes unless they bend their knees. Far more concern has been shown, over the years, for weight-training (of very doubtful value) than for mobility exercises, yet flexibility and suppleness aid fluency. There is no need to make a great fuss over special exercises, because the act of running, if it is carried out at all speeds, will create plenty of looseness, but an athlete should be able to touch his toes, standing or sitting, and do high kneelifts and shoulder rotation. It is a small gift to complete fitness.

If it is true that racing often spoils fitness, it is equally true that racing, properly governed, will contribute to the physical and mental condition which the athlete seeks. Out sport is finally about competition, and if the runner fails to put, and keep, his mind on winning, he will never win and he might as well go for a (very enjoyable) run in the woods. The best athletes like to compete, as the best musicians like to perform, and there is no substitute for a race. The problem is, to find out how often you can race and still go forward. The factors to be borne in mind are: the length of the race, the quality of the opposition, the temperament of the athlete and the nature and stage of the training programme. Then, racing can be used to promote the ability to race. And it is wise to remember that a track season may offer no more than eight or ten really serious competitions, and that a mature athlete can expect no more than eight or ten seasons, after which, as Ron Clarke observed, "I knew that was the end of my youth, the end of competition, the end of the opportunity to pit my fitness against the fitness of others." So, "now let us sport us while we may" is the motto, and perhaps bank

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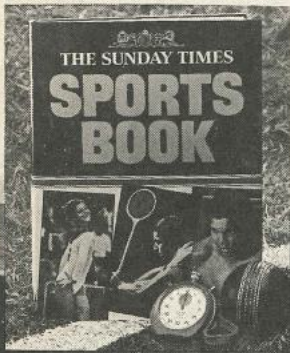
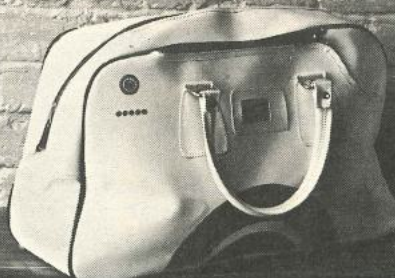
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So, if personal circumstances have allowed many months of daily running, geared to creating profound general fitness and special strength, and massive reserves of energy, to be released skilfully when it matters, the athlete comes to within a few days of a race. He must now ease physically and tighten mentally. (Though Ian Thompson said "I bury my head in a book.") Three or four days before competition, it is not possible to build any more, but only to conserve, so the body is exercised and kept in trim with comparatively light training. The problem will be, to release all that is inside, which is something most of us cannot do. Brendan Foster noted, "You have got to be able to screw yourself up before a race. It does not take care of itself." And swimmer Shane Gould said, "I never, never think of losing." Many athletes, highly trained, with hundreds of hours of physical effort behind them, still go to the race and cannot undo the stopper which, as Herb Elliott observed, will empty the reservoir that has been so assiduously filled.

Twenty years ago, a Russian theorist produced a paper called *Developing Stamina in Athletes*, in which he argued that "from physiologists it is known that everyone possesses a tremendous potential physical energy. This energy, however, does not appear in ordinary circumstances. A simple desire is not enough to bring it out." Neither is a coach. It comes, if at all, from the

depths of character, from a raw need to release it and a great joy in doing so. The source cannot be defined, but luckily the spectator has seen a line of expression stretching from Shrubbs to Zatopek to Clarke to Rono, and the same capacity may be seen in other places (for example, the entry in Scott's diary for August 2nd, 1911). The attempt at release is the climax of the whole process of training. It is what the sport is about; and perhaps "attempt", is the wrong word, at least for the truly great performers, who submit themselves to the full circumstance for which they have been working.

In total training there are three other factors to be accounted for. The first is the shift of emphasis made from season to season, partly dictated by climate, partly by the competition structure, and partly by an intelligent awareness of how best to prepare. The questions to be answered are: When? and, How?

In Britain, moving from the track, September is "when"; track men have had enough racing for a while, and the calendar has run out on them anyway. If they were completely free agents they might argue whether the time had come. If they are distance-runners, the time never does come. These right-minded people merely change surfaces, not so easy for a sprinter, who must seek shelter in an RAF hanger, or a corner of the Crystal Palace, or a not very striking school gymnasium. Whatever the possibilities, some shift of emphasis is made, whether into a definite "phase" or period of special exercise, or by turning the coin over so that long, steady work dominates the shorter, faster. All experience teaches us that the so-called back-up mileage should now be done, through to February, when the sharpening process can begin again. Everyone should try to go on racing, indoors or out, and many track specialists would truly benefit from the demands of mud and hill. Flinching is never successful. Keep the fartlek, the hills and some track speed, all sitting on top of masses of sustained running. And compete now and again; otherwise you become fractionally more apprehensive about competing. Again, Ron Clarke: "The thing I liked beyond all about running was competition, my love of a contest . . . I was a competitor." The chance is always there, even when the main effort has temporarily moved.

Since it is progress that is being sought most urgently, there must be regular measurement of this process; by racing, by time-trial, or by a set training piece. In the British context, racing is more than adequately provided, so there is little need for time-trialling. Exposure to a race will prove condition. The set session is equally valuable, and can be varied, and matched against an equivalent session done, say, the month before. Bruce Tulloh, author of one of the best books on running, went so far as to commend doing a particular session, or course, on the same

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day each year, to check how far you have come. That seems a good idea. It is exact proof of the training done; for example, if a known session is carried out on the first day of April, there will be clear understanding of the effect of the winter's training — and, I suspect, some lessons about the omission of speed work. Whatever happens, this thirteenth box should not be left on shore. Progress, though, is not only **measured** (the measuring is somewhat academic, even if satisfying); progress is **attained**, by the special equation of $\text{mileage} \times \text{speed} \times \text{time spent}$, repeated and repeated, occasionally driven up to the hilt. It is, finally, the balancing, the pattern of kinds and pressures of running over many months, and the achievement of a sufficient number of races, that creates the progress that is wanted.

Where does it all come from, then? The singer, Janet Baker, observed that "great talents can be hammered out of good material", and I think "good material" is not only, or primarily physical. Whilst it would be silly to believe that anyone can become a great athlete, it would be equally silly to ignore the fact that imagination, ambition and a special kind of endurance are the sources of achievement. It is many years since Sir Adolphe Abrahams wrote, "No consideration of the machinery of chemistry or of physics can explain will-power, fortitude and all that is bound up with immeasurable reserve." It is not long since Faina Myelnik said, "I don't need steroids. My temperament is enough". (Those who watched her in Montreal would agree). Or since Bruce Jenner said, "I made a commitment to myself and I wasn't going to let anything stand in the way." A rare cohesion in the head is the true starting-point, but there is one other large and important area which affects the athlete's achievement and completes the picture.

There are many other heads, helping or hindering an athlete. Parents, coach, club, training group, community — all contribute or balk. Encouragement, concern, advice, action, support, acknowledgement, creation of circumstances, sharing and promotion of ambition, may make or mar the individual in any sphere, and not least in track and field. Those of us who have boarded the boat (perhaps, to our shame, have been on board a very long time and are aware of all the luggage left behind) should be looking carefully and honestly at the reasons why many of our youngest and best are changing ships and are bound for the USA. We ought to coach our own athletes here in our own local clubs and community; but it is a principle of good, total training that the athlete needs to be in a context which allows him to succeed. We do not have enough of that context, and we move very slowly towards completing it — "There's a porpoise close behind us and he's treading on my tail". Meanwhile, we snatch and prod and sometimes sniff gold, but we do not grip and build.

I think that a coach who takes his job seriously (and there is little point in doing it otherwise) must try to hold in mind the whole design of the training he wants the athlete to do. My idea is, to keep a check-list of everything that has to be remembered, and to review this regularly, in terms of the needs of individual athletes. The principles — of individuality, regularity, types of session, work-rate, effects, piling up reserves, acquiring skill, racing, progressing and attitude — apply to everybody. They are archetypes, from which we derive the particular schemes which help the individual. It is practically important to bear them all in mind and take them with us to the track.

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James Smith, 1 Devil's Point Cottages, Stonehouse, Plymouth, Devon has been unable to obtain an 'AW' for September 15th. Can anybody help?

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Overseas News and Results

Carlos Lopes Aims For Olympic Marathon Debut

CARLOS LOPES (32), Portugal's Olympic 10,000 silver medallist, produced a stunning run in the Paris to Versailles 16.5km road race on October 14th — proving that he has at last fully recovered from the achilles tendon problems that have plagued him for the past two years and is again an Olympic medal contender. Lopes covered the distance in 49:55 to win by nearly 1½ minutes from Julian Goater, with Lasse Viren almost 2½ minutes down in third place. Lopes, who resumed serious training only last June, has his sights set on regaining the world cross-country title next March (in Paris) and plans to run both the 10,000 and the marathon in Moscow. The Portuguese Federation have agreed to select him for the marathon — his first — without his having to run a trial, and his dream is to emulate Emil Zatopek and Alain Mimoun who won the Olympic marathon without any previous experience of the distance.

European results

12.8. Turnov (Cze). Women's SP: Fibingerova 21.18. **19.8. Venice (Ita).** 200: Mennea 20.20. **25.8. Papa (Hun).** JT: Paragi 85.32. **28.8. Prague (Cze)** DT: Danek (Vet) 60.90. **1.9. Prague.** 1500: Sorensen (Den) 3:39.6. **4/5.9. Budapest.** 110H: Myasnikov (USSR) 13.76; SP: Yarosh (USSR) 20.12; DT: Danek (Cze) 60.80; JT: Makarov (USSR) 83.84; women's 100H: G. Rabsztyan (Pol) 13.18; SP: Krachevskaya (USSR) 20.21. **5.9. Prague.** 400: Kolar 46.18; 800: Paroczai (Hun) 1:47.1, Plachy 1:47.7; JT: Utriainen (Fin) 89.86, Bielczyk (Pol) 82.48. **7.9. Bratislava (Cze).** 800: Maina (Ken) 1:47.1, Boit (Ken) 1:47.8; PV: Buciariski (Pol) 5.40; JT: 3, Temesi (Hun) 83.94. **8.9. Nitra (Cze).** DT: Danek 62.34. **10.9. Leiden**

(Hol). HJ: Wielart 2.28 (rec). **15.9. Opava (Cze).** Women's SP: Fibingerova 20.82. **16.9. Berchem (Bel).** Intermediate times in Marc Smet's 2:10:00 (7th on world all-time list): 5km—15:19, 10km—29:59, 20km—60:57, 30km—1:30:58, 35km—1:46:19; 6, ALLEN 2:16:14; 11, O'Shea (RoI) 2:21:45. **22/23.9. Leuven (Bel).** Dec: P. Desruelles 7126 (debut; 5.20 PV). **29.9. Braunshardt (Ger).** HT: Ploghaus 71.90. **29/30.9. Wattenscheid (Ger).** HJ/LJ: Mogenburg 2.20/7.63; women's LJ: Everts 6.54. **3.10. Charley (Fra).** PV: Houvion 5.55. **3.10. Lievin (Fra).** 30km: Lemire (8:30 steeplechaser) 1:34:37 (rec). **7.10. Bourgoin (Fra).** PV: Abada 5.60 (attempted world record 5.72), Bellot 5.40, Vigneron 5.20, Houvion 5.20. **14.10. Livry (Fra).** PV: Vigneron 5.40. **14.10. Paris-Versailles (Fra).** 16.5km: Lopes (Por) 49:55, JULIAN GOATER 51:20, Viren (Fin) 52:22, DAVE CLARK 52.36, Kolbeck 52:43, Charbonnel 53:22, TONY SIMMONS 53.52, Crochon 54:05, RICHARD SAMUEL 54:10, Joannes 54:21, EDDINGTON 55:04, STARKEY 55:12 ... 16, DRYDEN 55:43. Team: SHAFTESBURY. **14.10. Halluin (Fra).** 9200m road: KEN NEWTON 26:31, K. Lismont (Bel) 26:36, Parmentier 26:53, Levisse 26:53, Bouster 27:05, BAILEY 27:07, R. Lismont (Bel) 27:09, Puttemans (Bel) 27:15.

CANADA: Craig brothers in form

21.6. Etobicoke. PV: Simpson 5.32 (rec); SP: Dolegiewicz 19.95; DT: Chambul 61.26. **20.7. Etobicoke.** 3000: TONY STAYNINGS 8:07.3, Sax 8:09.4. **25.7. Etobicoke.** 3000: STAYNINGS 8:07.4, Sax 8:09.3; HJ: Bauck 2.15, Ottey 2.15; TJ: Banks (US) 17.06; JT: Kennedy (US; ex-Rho) 80.36; women's HJ: Matay (Hun) 1.84, Betioli (Bra) 1.84. **28/29.7. Sherbrooke.** (Champs) 100/200: D. Williams 10.47 (10.46 ht)/20.87; 400: Saunders 47.05; 800: Godfrey 1:49.0; 1500: J. Craig 3:38.6, P. Craig 3:39.0; 5000: P.

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Williams 13:55.7, STAYNINGS 14:01.2; 10,000: Martindill 29:20.6; 3000SC: Laheurte 8:51.4; 110H: Fogarty 14.10; 400H: Newhouse 50.96; HJ: Ottey 2.08; PV: Parker 5.10; LJ: Rock 7.55; TJ: Sergeant 15.43; SP: Dolegiewicz 20.23; DT: Gray 55.94; HT: Neilson 69.26; JT: Corazza 77.18; 20kmW: Jobin 89:12. **23.9. London** (Springbank International Road Races) 11½M (18.5km): Pfeffer (US) 54:50 (course record is 54:31 by Bill Rodgers), Butler 54.57, GORDON MINTY (Motor City Striders, Michigan; ex-UK) 56:03.

S. AFRICA: Marathon record

Johnny Halberstadt, four minutes inside the record at the halfway mark of the 86.6km Comrades Marathon from Durban to Pietermaritzburg collapsed 16km from home but gallantly fought back to finish 2nd to Piet Vorster (28), whose time of 5:45:02 was a new record for the race. Halberstadt's next big race was more successful, for in Durban on September 9th he set a national marathon record of 2:12:19.

NEW ZEALAND: Tough Olympic standards

The NZAAA have announced the following Olympic selection standards: 100 — 10.34 (10.1 hand), 200 — 20.84 (20.6), 400 — 46.04 (45.9), 800 — 1:46, 1500 — 3:38, 5000 — 13:25.5, 10,000 — 28:00, Mar — 2:13:30, 3000SC — 8:26, 110H — 13:84 (13.6), 400H — 50.14 (50.0), HJ — 2.22, PV — 5.38, LJ — 7.93, TJ — 16.60, SP — 20.00, DT — 63.50, HT — 72.00, JT — 85.00, Dec — 7800e; 20kmW — 1:27, 50kmW — 4:08; Women's 100 — 11.34 (11.1), 200 — 23.14 (22.9), 400 — 51.84 (51.7), 800 — 2:01, 1500 — 4:07, 100H — 13.34 (13.1), HJ — 1.88, LJ — 6.50, SP — 18.00, DT — 58.00, JT — 59.00, Pent — 4300e.

SUCCESS FOR RICHARD BELK

Richard Belk (Airedale & Spen Valley), a 28-year-old newspaper sub-editor whose best marathon time is 2:21:10, won the 8th Athens Open International Marathon — over the traditional route — on October 6th.

He writes: "The shade temperature was 26°C and there is virtually no shade on the course. In the conditions I decided to start very slowly and come through on the hills. It worked perfectly as I caught the leader, Albrecht Moser of Switzerland, at around 16 miles. At 19 miles I laid it on the line and began to pressure him on the climb to the highest point on the course. I soon went clear and eventually won by more than three minutes in 2:31:21. Moser held onto 2nd place with 2:34:45 and Jurgen Huessemann of Germany was 3rd in 2:40:35. Kenny Mayor (Bolton) was 5th in 2:41:31 and Phil Hampton, now living in Saudi Arabia, 7th in 2:42:54. There were 1200 starters drawn from all over Europe, America and even Japan, and 1047 finished".

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Northern Women's League**At Blaydon, October 6th****GOOD START FOR LEEDS CITY****Seniors**

1, S. Arthurton (Leeds City) 18:48
 2, B. Abbott (Sale) 18:54
 3, M. Belk (Airedale & SV) 19:09
 4, J. Moody (CoH) 19:25; 5, L. Brennan (Pres) 19:34; 6, C. Chapman (Bol) 19:38; 7, C. Tucker (Gat) 19:50; 8, C. Wood (Leeds C) 20:02; 9, S. Gaskell (Long) 20:09; 10, W. Proctor (A&SV) 20:11; 11, R. Toth (A&SV) 20:13; 12, J. Davidson (Sale) 20:18; 13, D. Parsons (Bol) 20:29; 14, A. James (A&SV) 20:45; 15, D. Heckinbottom (B'burn) 21:03; 16, S. Pickersgill (Long) 21:13; 17, S. Richardson (Sale) 21:19; 18, B. Robinson (Bury) 21:21; 19, M. Henley (Bol) 21:24; 20, S. Dransfield (Spen) 21:27; 21, P. Clark (Sale) 21:34; 22, J. Scholes (Long) 21:42; 23, B. Butcher (Bury) 21:49; 24, D. Johnson (Bury) 21:52; 25, J. Dransfield (Spen) 22:25; 26, T. Scully (Sale) 22:30; 27, Y. McGregor (A&SV) 22:43; 28, G. Parry (Bury) 22:54; 29, G. Burley (Gat) 22:57; 30, H. Burgon (A&SV) 23:20.
Teams: 1, Airedale & SV 38; 2, Sale 52; 3, Bolton 76; 4, Longwood 78; 5, Leeds City 80; 6, Bury 93; 7, Gateshead 111; 8, Blackburn 119.

Intermediates

1, S. Walker (Sale) 12:56
 2, J. King (Blackburn) 13:01
 3, J. Croasdale (Blackburn) 13:07
 4, D. Hillen (Blay) 13:12; 5, T. Davison (Hal) 13:14; 6, K. Almond (CoH) 13:19; 7, D. Burton (Leeds C) 13:22; 8, S. Glass (Gat) 13:27; 9, S. Taylor (Mor) 13:30; 10, H. Boyes (Mor) 13:32; 11, W. Hirst (Leeds C) 13:48; 12, S. Lees (Bury) 13:51; 13, S. Hashim (Sale) 14:05; 14, H. Bullimore (Rown) 14:09; 15, D. Sinclair (Blay) 14:10; 16, T. Rawnsley (Leeds C) 14:11; 17, G. Shann (E. Hull) 14:14; 18, N. Porter (Leeds C) 14:15; 19, S. Cotton (Spen) 14:16; 20, L. Skidmore (Blay) 14:17; 21, H. Watts (Unatt) 14:18; 22, B. Fox (Sale) 14:22; 23, A. Hunt (Mor) 14:25; 24, H. Gibbard (Blay) 14:26; 25, M. Johnson (Gat) 14:30; 26, P. Doherty (L&M) 14:36; 27, J. Newton (Stock) 14:39; 28, V. Murray (Sale) 14:49; 29, J. Hannon (A&SV) 14:54; 30, T. Metcalfe (Long) 15:28. **Teams:** 1, Leeds City 52; 2, Blaydon 63; 3, Sale 64; 4, Morpeth 77.

Juniors

1, J. Midgley (Leeds City) 8:41
 2, A. Borrowdale (Blaydon) 8:44
 3, D. Hammonds (Ribble Valley) 8:54
 4, S. Ramsdale (Leeds C) 8:56; 5, S. Stephens (Sale) 8:57; 6, D. Edwards (Sale) 8:58; 7, C. Lord (Hal) 8:59; 8, J. Spencer (Ross) 8:59; 9, D. Robson (Mor) 9:01; 10, S. Hughes (Mor) 9:02;

11, S. Kenyon (Bol) 9:03; 12, J. Fergusson (Blay) 9:06; 13, J. Taylor (Burn) 9:06; 14, B. Ely (Sale) 9:07; 15, L. Robinson (Spen) 9:08; 16, J. Howells (Rown) 9:10; 17, H. Graham (Ross) 9:13; 18, B. Mukalt (Ross) 9:15; 19, J. Southwell (Leeds C) 9:18; 20, R. Adhead (Stock) 9:19; 21, D. Heys (Bol) 9:19; 22, D. Lister (Spen) 9:20; 23, M. Entwistle (Ross) 9:20; 24, F. Higgins (Bol) 9:21; 25, B. Bates (Leeds C) 9:21; 26, L. Sunderland (Burn) 9:23; 27, B. Brown (Sale) 9:24; 28, P. Pearce (Sale) 9:25; 29, J. Fitton (Bol) 9:26; 30, J. Dixon (Blay) 9:26. **Teams:** 1, Leeds City 49; 2, Sale 52; 3, Rossendale 66; 4, Blaydon 77; 5, Bolton 85; 6, Spenborough 127; 7, Burnley 144; 8, Halifax 166; 9, Morpeth 182; 10, Tyneside 207.

Girls

1, L. Smith (Morpeth) 9:52
 2, J. Chaplin (Blaydon) 9:54
 3, J. Hunter (Blaydon) 9:56
 4, J. Ashworth (B'burn) 10:02; 5, F. Southwell (Leeds C) 10:03; 6, M. Dawson (Gos) 10:03; 7, D. Hirst (Leeds C) 10:08; 8, M. Gaffney (B'burn) 10:16; 9, A. Ashworth (Ross) 10:16; 10, N. Parish (Ricc) 10:16; 11, L. Cottam (Bury) 10:20; 12, K. Scobie (Leeds C) 10:22; 13, L. Herd (B'burn) 10:22; 14, M. Pearce (Sale) 10:23; 15, B. Spencer (Ross) 10:23; 16, A. Skewis (E. Hull) 10:26; 17, R. Fry (Spen) 10:33; 18, L. Butler (CoH) 10:35; 19, J. Kemp (Spen) 10:40; 20, M. Emmerson (Mor) 10:42; 21, K. Horncastle (Leeds C) 10:42; 22, A. Hendale (Sale) 10:42; 23, G. Bradshaw (Sale) 10:44; 24, Y. Hendale (Sale) 10:46; 25, G. Irving (Ross) 10:47; 26, L. Fernandez (Sale) 10:49; 27, C. Read (Blay) 10:50; 28, J. Taylor (Mor) 10:51; 29, J. Walker (B'burn) 10:54; 30, A. Potts (Gat) 10:57. **Teams:** 1, Leeds City 45; 2, Blackburn 54; 3, Blaydon 69; 4, Sale 83; 5, Rossendale 83; 6, Morpeth 98; 7, Spenborough 134; 8, Bury 146; 9, Gateshead 159; 10, Riccall 174.

SUTTON CONFUSION

We have recently been informed by Ted Forshaw that some St. Helens athletes have been given the wrong club in some of our results (Stockport 2-4-6 races for example). To those concerned we apologise. However, we are now in doubt as to how many clubs in the UK do actually have the name Sutton. We know of Sutton & Cheam (S&C), Sutton-in-Ashfield (S. in A), Royal Sutton Coldfield (RSC) and, through Mr. Forshaw, Sutton (St. Helens) — as well as St. Helens, of whom we did not know. We think that there may be at least another, though, and would be enlightened to hear from the club/clubs concerned.

National Jogging Association Award Scheme

THE National Jogging Association has announced its first major venture: a jogging award scheme. This scheme, financed by Adidas to the sum of £15,000 per annum through their two wholesale outlets in the UK, Umbro and Peter Black, comes at a time when Jogging as a worthwhile, health-giving activity is beginning to gain support in this country. It is hoped that the Adidas Award Scheme will provide just the incentive necessary to encourage not only the would-be jogger to overcome the forces of inertia but also the committed jogger to progress and improve.

The scheme has been devised by former European 1500m champion John Whetton, with the help of Mike Down and Jim Hawkins. John had been working on such a scheme for some months prior to the foundation of NJA in September 1978. As a physiologist at Trent Polytechnic, Nottingham, he was aware of the variety of problems facing ordinary people wishing to engage in fitness programmes which could lead not only to a longer life but also an improved quality of life. He was particularly aware of the limiting factors to performance based on age. Principally these revolve around the fact that after maturity fitness levels deteriorate until the day we die. This is not helped by the decreasing elasticity of lung tissue, decreased maximal heart rates, decreased mobility or suppleness and decreased muscle power, all of which results in an ever decreasing performance potential. What this means is that no matter how hard an older person trains he can never beat a person who has youth on his side because he does not have the potential to generate enough energy.

What was needed then was a system which compensated for this age-based deterioration. John calculated by computer a series of conversion factors that would allow anyone, male or female, to jog on equal terms.

It was felt by the NJA, however, that at this stage of the development of jogging it was vital to concentrate on a system which was very simply based on the volume of jogging done over a period of time. Although not abandoned, John Whetton's conversion factor system has been shelved whilst it is researched further. Once the present award, based on **quantity** of jogging has got under way, a second award based on the **quality** of jogging and perhaps incorporating the age-conversion factors will be launched in 1980.

Although most people relate jogging performances by how far they have gone, the Adidas Jogging Award avoids the pitfalls of unreliable estimations of distance and is based on the actual **time** jogged. This is regarded as the most important feature of the scheme since it

allows a seven-year-old to do equally as well as a 27-year-old or a 70-year-old.

The principal element of the scheme is the Log Book, in which the jogger can not only read advice on jogging, but also — and more importantly — record every jogging session during the week, month and year. Progress is instantly recognised as the hours recorded accumulate. At the end of six weeks (for the basic award, designed for the beginner) or one year, the Log Book is sent to the Award Scheme Headquarters in Nottingham for verification and by return of post the appropriate woven badge along with the Log Book is sent to the jogger.

Funds raised from the Award Scheme will be used to develop jogging and to finance the running of the NJA as the governing body of this rapidly developing sport.

The Awards

Basic: requirement — a total of 2 hours jogging over a period of 6 weeks accumulated in not less than 15 sessions; **Black:** 20 hours accumulated jogging time per year (i.e. 23 minutes per week average); **Yellow:** 35 hours per year (40 min per week); **Blue:** 50 hours per year (58 min per week); **Green:** 70 hours per year (1hr 21 min per week); **Red:** 100 hours per year (1hr 55 min per week); **Gold (Super Jogger):** 250 hours accumulated over any period.

Full details are contained in the Log Book, available price 60p from the NJA Award Scheme, Newstead Abbey Park, Nottingham, enclosing 9" x 6" S.A.E.

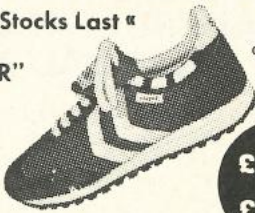
Mike Walters of the NUTS, and compiler of the Welsh Junior rankings (male, all age groups) has moved to 66 Ridgewood Park, Coedcae, Llanelli, Dyfed (Tel: Llanelli 59701). Performances for inclusion in 'Welsh Athletics 1980' should be sent as soon as possible.

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Finn Wins Kosice Marathon

The 49th Kosice marathon on October 7th proved to be a truly international race with 20 countries being represented by 41 competitors together with 36 Czech athletes. Conditions were as perfect as one could expect.

The race was a straightforward but compelling tussle. The clear leader at 10km was Mizeyev (USSR) with Kortelainen a detached 2nd. Mizeyev's lead at 15km was 30 sec but whereas he looked as though he had been obliged to work too hard for his advantage the Finn was running within himself. Tony Kearns (RoI) was now dropping off the bunch whilst Mike Hurd looked comfortable. Bill Domoney was a little under the weather right from the time of arrival and this affected his race.

By 20km Kortelainen had caught the spent Soviet runner and proceeded to reach the turn in 1:06, 10m up on Obschonka (GDR) who was closely followed by a large group including Hurd. At 25km the Finn's lead had stretched to 41 sec from a group of seven, with Hurd still holding on well in the next group of six just over a minute down. Strong running by the leader over the next 10km seemed to put the race beyond anyone else's grasp but Kortelainen lost some ground in the final stages as the battle for 2nd place became more intense. He came home a worthy winner in the fourth fastest time ever on this course, with only 4 sec covering the next three finishers. Mike Hurd placed a game and solid 10th in 2:19:36 and Tony Kearns finished strongly in 22nd position.

Result: 1, Kortelainen (Fin) 2:15:12; 2, Tomanek (Cze) 2:15:41; 3, Tannert (GDR) 2:15:44; 4, Haefele (Ger) 2:15:45; 5, J. Szekeres (Hun) 2:16:17; 6, Jansky (Cze) 2:16:44; 7, Obschonka (GDR) 2:18:06; 8, Madar (Cze) 2:18:22; 9, Peter (Swi) 2:19:18; 10, HURD 2:19:36 ... 22, Kearns (RoI) 2:23:08; 56, DOMONEY 2:35:15; G. Staunton (RoI) dnf. 65 finished.

Bill Adcocks

Obituary

ROY MENDHAM

Essex and St. Dunstan walkers in particular were saddened to learn of the death on September 24th of the popular Ilford AC walker, Roy Mendham. Roy, blinded at Dunkirk, was an inspiration to so many with his earthy humour, boundless enthusiasm and his love of the sport and its participants. Whether on the Cricklefield track or on the Brighton road, Roy gave his all but always had a witty remark no matter how great his suffering.

Our condolences go out to his devoted wife and family in their loss. They can be assured 'our Roy' will always be remembered by those who were fortunate enough to be numbered amongst his friends.

Colin Young

LOREN MURCHISON

An old rival of Harold Abrahams, Loren Murchison died on June 11th at the age of 80. This American sprint star was a member of the winning 4x100 relay team at both the 1920 and 1924 Olympics. On the latter occasion the USA squad clocked a world record equalling 41.0 to win by 0.2 from Britain. Murchison made three individual Olympic finals but a medal eluded him: he was 6th in the 100 in 1920 (being left at the start) and again in 1924 (the race won by Harold Abrahams), while in the 200 he placed 4th in 1920.

ANNE GILLILAND

Last year's American AAU indoor pentathlon champion and a 1.80m high jumper, Anne Gilliland was struck dead by lightning in New Mexico on July 28th. She was just 19.

TAPIO RAUTAVAARA

The death occurred last month in Helsinki, at the age of 64, of Tapio Rautavaara — Finnish winner of the 1948 Olympic javelin title at Wembley with his opening throw of 69.76m. He was at that time also one of Finland's most celebrated singers and film actors, and in 1958 he was a member of the Finnish team which won the world archery title.

Amendment to UK Top 50 lists (see page 22) — 200: Sharp 21.23 best legal; 5000: add 14:01.2 Tony Staynings; 10,000: delete 29:26.0 Baxter; 3000SC: delete 9:04.0 Conlon & 9:06.0 Burns, add 9:10.3 Ian Elliot.

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Black Holds Off McLeod In "Walls" Race

IN PERFECT weather conditions apart from a slight headwind the 7th annual "Running of the Walls" races took place at Berwick-upon-Tweed on September 30th. Just under 1000 competitors took part in eight events, from veterans to girls. Over 300 lined up for the main race and the co-sponsors, GKN Distributors Ltd., must have been delighted to see their team member and employee, Dave Black, run to victory.

The course covered 6¼ miles over 5 laps including a steep climb up Bankhill (always

guaranteed to sort out the men from the boys). First time around Mike McLeod was lying in third place behind Steve Irvine and Andy Gibson. The positions were much the same after the second lap but by the end of the third Gibson had dropped back and Black had taken over the lead with Nat Muir, McLeod and Irvine in a bunch behind. The end of the fourth lap saw Black still in the lead with McLeod on his shoulder and Muir twenty yards behind. Gibson had dropped out and Irvine was fourth.

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Dave Black, Nat Muir and Mike McLeod already to the fore in the Berwick "Running of the Walls".

Tweeddale Press



Glasgow AC duo Judy Shepherd (823) and Fiona McQueen came in 1 3/4 minutes clear in the women's race.

Laurie Campbell

When they appeared in the finishing straight Black led by only a few yards from McLeod, and held on to win in 32:34, just four secs outside Mike's record. Dave commented "I was surprised that I won but I just kept feeling better as the race went on. This is a good race and possibly one of the best courses I have come across."

Norma Campbell

1, D. Black 32:34
2, M. McLeod 32:39
3, N. Muir 33:01
4, S. Irvine 33:44; 5, B. Sweeting 34:28; 6, P. Harker 35:00; 7, S. Beattie 35:04; 8, P. Whittle 35:23; 9, M. Harris 35:28; 10, K. Sanderson 35:35; 11, R. Donkin 35:37; 12, J. Alder 35:42; 13, C. White 35:47; 14, R. Ingleton 35:49; 15, A. Whitfield 35:50; 16, A. Lamb 35:53; 17, P. Naisbitt 35:54; 18, A. McIndoe 35:55; 19, A. Carr 35:56; 20, C. Richardson 36:00. Teams: 1, Morpeth 28; 2, Darlington 30; 3, Sunderland 35; 4, Elswick 37. (Youths): 1, A. Callan 20:27; 2, P. May 20:38; 3, S. Donnelly 20:46; 4, G. Bracken 20:51; 5, P. Dodds 21:07; 6, D. Mills 21:10; 7, S. McPherson 21:18; 8, J. Harper 21:22; 9, M.

Trees 21:29; 10, J. MacMaster 21:34. Teams: 1, Springburn 18; 2, Morpeth 29; 3, Elswick 47. (Boys): 1, P. Bradley (Gat) 13:39; 2, P. Rider (Mor) 14:08; 3, W. Minto (S'burn) 14:10; 4, J. Surtees (Gos) 14:12; 5, G. Woods (Mor) 14:14; 6, P. Tanner (Blay) 14:27. Teams: 1, Springburn 21; 2, Morpeth 23. (Colts): 1, M. Peevor (M&C) 6:47; 2, J. Yeats (M&C) 6:49; 3, I. Davidson (S'burn) 6:59. Team: Middlesbrough & C.

(Women): 1, J. Shepherd 22:35; 2, F. McQueen 22:35; 3, E. Trotter 24:20; 4, M. Brown 24:30; 5, J. Higgins 24:48; 6, M. MacDonald 25:12; 7, B. Harvie 25:35; 8, S. Langthorne 26:15; 9, J. Lawson 26:26; 10, A. Donnelly 26:37. Teams: 1, Glasgow 6; 2, Darlington 23. (Inters): 1, D. Hillen (Blay) 16:01; 2, J. King (B'burn) 16:12; 3, G. Bryant (Darl) 16:20; 4, H. Boyes (Mor) 16:24; 5, P. Cairns (Tev) 16:29; 6, S. Taylor (Mor) 16:37. Teams: 1, Blaydon 18; 2, Morpeth 25. (Juniors): 1, L. McDougall (Glas) 7:17; 2, S. Raine (Darl) 7:30; 3, K. Garrett (J&H) 7:33; 4, P. Maylia (Gos) 7:37. Teams: 1, Darlington 20; 2, Blaydon 29. (Girls): 1, J. Chaplin (Blay) 7:49; 2, L. Smith (Mor) 7:51; 3, J. Hunter (Blay) 7:51. Team: Blaydon.

Book Review

UK Junior All-Time Handbook, compiled by the NUTS; published by the BAAB; available from Book Dept, Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £1.75.

It was appropriate that in a year which has featured Britain's finest ever showing in the European Junior Championships that a new edition — the first since 1971 — of a booklet containing UK junior all-time lists should appear. The lists, the work mainly of Alan Lindop and Peter Martin, make fascinating reading as well as invaluable reference material and could be the basis for many a thesis on the athlete's development.

Some of the lists, running over 100 deep in many events as at the beginning of 1979, are headed by athletes who went on to become senior stars of the first magnitude — among them Peter Radford, David Jenkins, Steve Ovett, Ian Stewart, Daley Thompson, Geoff Capes, Sonia Lannaman, Sue Reeve and Tessa Sanderson. Other big names right now can be found way down the lists — for example, Ainsley Bennett (110th equal in the 100 at 10.8 in 1973), Steve Scutt (89th equal over 400 with 48.8 in 1975), Mike McLeod (48th in the 3000 at 8:16.6 in 1971) and Chris Boxer (46th over 800 with 2:10.6 in 1971). More encouraging still for late developers is that athletes like Allan Wells, Brendan Foster and Ian Thompson don't appear at all. Incidentally, you can look in vain in the 113-deep 800m list (down to 1:52.6) or the 78-strong mile rankings (to 4:11.5) for the name of Seb Coe. He is however present in the 1500 (8th equal, 3:45.2) and 3000 (41st equal, 8:14.8) lists.

The book also contains UK age bests for boys and girls, and results of the first eight (plus other UK placings) in each event at the European Junior Championships from 1970 to 1977. We are reminded that in 1970 Pietro Mennea was only 5th (22.44) in the 200 final, Thomas Wessinghage 8th (3:57.7) in the 1500 and Sara Simeoni 5th (1.70m) in the high jump. Interesting names in the 1973 results include Steve Ovett (800 winner in 1:47.5, a tenth ahead of Willi Wulbeck, with this year's 1:43.9 revelation Jose Marajo 8th in 1:50.8), Markus Ryffel (7th in the 5000 in 14:26.8 some 150m behind the winner), and four Olympic champions of three years hence — Udo Beyer, Yuriy Sedykh, Barbel Eckert and Evelin Schlaak — all of whom were victorious. Among the 1975 crop of finalists: Harald Schmid (7th in 400, 47.76), Seb Coe (3rd in 1500, 3:45.2), John Treacy (2nd in 5000, 14:19.2), Jacek Wszola (HJ winner at 2.22m), Sergey Litvinov (3rd in HT, 64.44m), Marlies Oelsner and Marita Koch (2nd in 100, 11.43, and 400, 51.60, respectively).

But, harking back to 1970, what became of Peter Beaven, winner of the 400 ... John Boggis, 3000 silver medallist ... Mary Sonner,

4th in the 800 ... and Paul Dennis, 5th in the 1500? They all displayed such rich promise, but unlike such team-mates as Dave Black, Berwyn Price, Andrea Lynch and Helen Golden they never attained anything of real note in later years. We at 'AW' would be interested to learn what happened.

Mel Watman

WHY THE AAA MUST REVISE AMATEUR RULES

Dear Sir,

On behalf of Hastings AC I would be grateful if you would publish an explanation of our resolution to the AAA's AGM on November 3rd "that this meeting urges the General Committee to make an urgent revision of the Amateur Rules".

Consequent to the demands of international standards of competition and the economic problems which most athletes have, it has become a fairly open secret that payments have been made to athletes for a number of years. The manner of these illegal payments has varied in order to protect the athlete, the governing bodies, sponsors and organisers of meetings. This statement can easily be dismissed by the administrators as "not proven" but this is without doubt due to the maxim "what the eye does not see, the heart does not grieve over".

The situation is extremely complicated and examples of the ambiguity of the rules can be seen in: (i) the AAA reciprocal agreements with other amateur sports — cyclists for one; (ii) under AAA rules it is very doubtful if the payment of pocket money allowed under IAAF Rules is technically legal; (iii) the payment to athletes, with AAA approval, of sponsorship money to an unlimited amount appears to be inconsistent with the fact that an ordinary club athlete cannot receive a cash prize of any amount.

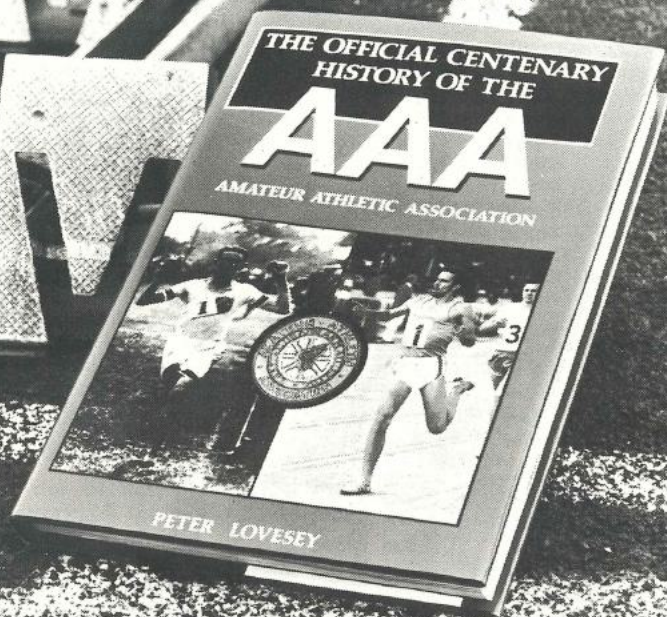
A large number of sports allow cash prizes and also coaching fees to be paid, and it is not difficult to envisage the problems which would be met by the AAA if they tried to enforce the present amateur rules in respect of children who have received such payments.

It is evident that the AAA (who are the only body in England able to impose a ban on a male athlete) would be liable to High Court action if an athlete is banned. The potential costs of such actions would be crippling to the AAA and with the chances of success for the AAA poor.

We do not wish to see the authority of the AAA destroyed or the sport to go "open", and we therefore urge all clubs to attend the AAA AGM and vote for the resolution. If that is not possible, they should use the voting cards supplied with the AGM notice to vote for the resolution.

R. J. Harvey,
Secretary, Hastings AC

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GUINNESS BOOKS

Let's Reduce That Track/Field Discrepancy

Comment by Eric Macintyre

AS our Olympic hopefuls go into winter preparation and the BAAB bestows "elite" status on at least a few of them, it may seem churlish to raise a few personal thoughts. However, the end of this pre-Olympic season makes it, on the other hand, perhaps the ideal moment to consider one aspect of our sport and its future presentation.

Of the 28 athletes (excluding three pentathletes) achieving BAAB standards for Moscow, no fewer than 20 have done so in track events. There will be immediate cries of "it was ever thus", but has not the time finally come, if indeed it has not long passed, when we should be seeking out the reasons for this track/field discrepancy and trying to reduce it for the future?

No short article could hope to cover all the points in this vast question, but there follow some suggestions from a keen athletics fan and humble club coach:

* A vigorous effort is needed in our schools and clubs to wean at least some of our youngsters away from the track, especially the middle-distance events. Naturally, they all want to aspire

to the limelight like Coe, Ovett and Foster, but it is a sobering thought that only three Britons will be on the Moscow plane to run the 1500m, while "spare" field event seats remain vacant. Of course, not every potential young athlete is willing, or suited, to attempt jumps or throws, but those who do so are often pleasantly surprised by their results and hence enjoyment. At least let us give more of them the chance to experiment before specialising too early and falling out of the sport by the age of 15 when all that interval work failed to produce the expected fall in the personal best.

* There is a dangerous trend evident in big meetings that field events are being excluded from the programme, presumably on the grounds of lack of spectator appeal. The pole vault often seems to miss this axe because of its dramatic nature. How are those on the fringe of Moscow selection for a field event meant to achieve the necessary standards with only one or two big competitions per season and when adverse conditions can make these a waste of time and

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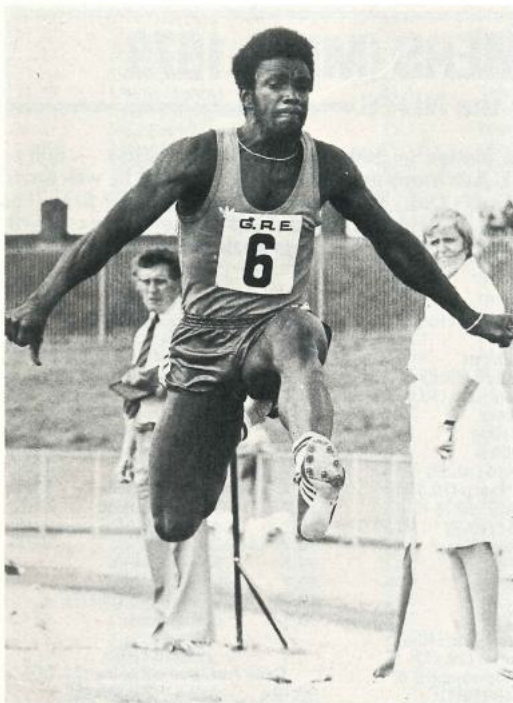
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Mike Street

effort? As more and more meetings are televised, it is no wonder that youngsters gravitate towards the track when few field events — this season no triple jump or hammer — figure on the programmes of meetings like the Rotary Watches or the Coca-Cola.

* In related fashion, television coverage of athletics must surely sooner or later break out of the "track circus" mould and give the field a fair share. Of course this is impossible if big meetings are neglecting jumps and throws, but can anyone be satisfied with, for example, the recent poor camera angle when Larry Myricks long jumped the greatest distance ever covered in Britain? We have only to recall this season's Italian and Canadian television coverage of the European and World Cups to conclude that, in the field at least, the BBC "could do better". Then, some of our youngsters might just also fancy becoming a Brian Hooper or an Aston Moore.

Of course, none of these few points will, by itself, automatically improve the paucity in field event talent, but taken as a whole they could not fail to get more people involved at all levels — participant, coach, spectator. Nor would I like

this article to give the impression of coming from one wholly obsessed by the Grecian beauty of field events to the point of denigrating track athletes. All I want to see is a situation where three of our Olympic athletes in every event summon the stewardesses on that Moscow flight.

UK OLYMPIC 'QUALIFIERS'

(Athletes who have achieved BAAB Standards)

100 (10.35) — Allan Wells, Ainsley Bennett; **200** (20.80) — Wells, Bennett, Mike McFarlane; **400** (46.00) — Steve Scutt; **800** (1:46) — Seb Coe, Steve Ovett; **1500** (3:37.8) — Coe, Ovett, Graham Williamson, Dave Moorcroft, John Robson; **5000** (13:25.5) — Mike McLeod; **10,000** (27:56) — McLeod, Brendan Foster, Dave Black, Bernie Ford; **PV** (5.40) — Brian Hooper; **TJ** (16.60) — Aston Moore; **SP** (19.50) — Geoff Capes; **HT** (71.00) — Chris Black; **JT** (81.50) — Simon Osborne. No qualifiers in **3000 SC** (8:25), **110H** (13.85), **400H** (50.05), **HJ** (2.22), **LJ** (7.90), **DT** (60.50), **Dec** (7850).

Women's 100 (11.40) — Heather Hunte, Bev Goddard, Kathy Smallwood; **200** (23.00) — Smallwood, Goddard, Sonia Lannaman; **400** (51.80) — Donna Hartley; **800** (2:00) — Chris Boxer; **1500** (4:04) — Chris Benning; **LJ** (6.56) — Sue Reeve, Sue Hearnshaw; **JT** (59.00) — Tessa Sanderson; **Pent** (4300) — Yvette Wray, Sue Longden, Moira Maguire. No qualifiers in **100H** (13.20), **HJ** (1.88), **SP** (17.00), **DT** (59.00).

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UK BEST PERFORMERS (MEN) 1979

Compiled by the NUTS

These lists have been compiled by the NUTS (Ian Hodge — 100/200/400; Bob Phillips — 800 to 3000; John Softley — 5000/10,000/2000SC/3000SC). Additions and amendments would be welcomed by list co-ordinator Peter Matthews, 6 Broadfields, Goffs Oak, Waltham Cross, Herts EN7 5JU. The full top 100-plus, with details, will be published in the UK Athletics Annual 1980, due out next April. Details of unreported marks to NUTS senior standards (shown in brackets at the head of each event) would be gratefully received, as would club ranking lists.

100 METRES

Fully Automatic Timing (10.99)

10.19	Allan Wells
10.20w	Ernest Obeng (Gha) (10.30)
10.21	Ainsley Bennett
10.38w	Daley Thompson (10.45)
10.40	Trevor Hoyte
10.42	Greg Colin
10.43	Mike McFarlane
10.43w	Cameron Sharp (10.51)
10.46	Edwin Cutting
10.47	Dave Baptiste
10.55w	Steve Green (10.62)
10.57w	Harry King (10.65)
10.58	Drew McMaster
10.62w	Eugene Gilkes (10.70)
10.67	Micky Morris
10.69	John Wilson
10.69w	Keith Connor (10.81)
10.72	Michael Powell
10.72w	Les Hoyte (10.93)
10.74	Alan Fawcett
10.75	Phil Cooke
10.77	Bruce Livingstone
10.78	Darren Bills
10.78w	Brad McStravick (10.82)
10.79w	James Evans (10.85)

Consolidated List (10.9)

10.0w	Allan Wells (10.19)
10.1	Ernest Obeng (Gha)

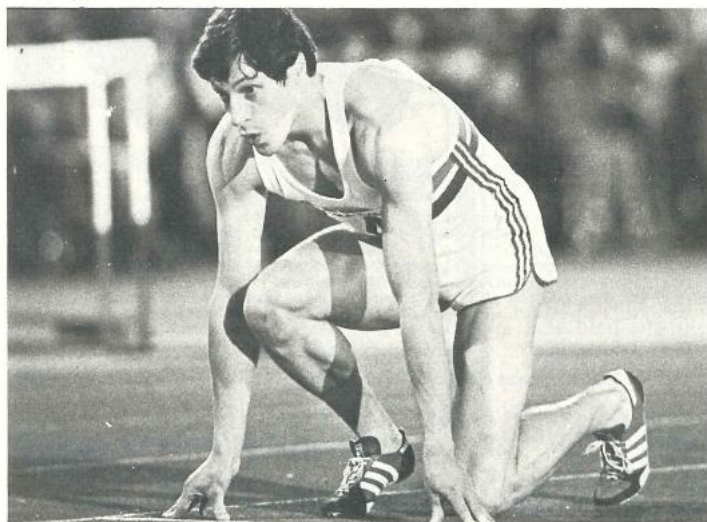
10.1w	Drew McMaster (10.58)
10.2	Greg Colin
10.21	Ainsley Bennett
10.3w	Melvin Fowell (10.8)
10.38w	Daley Thompson (10.45)
10.40	Trevor Hoyte
10.4	Edwin Cutting
10.4	Eugene Gilkes
10.4w	John Wilson (10.69)
10.4w	Cameron Sharp (10.51)
10.4w	Mike Powell (10.7)
10.4w	Peter Little (10.7)
10.4w	Phil Cooke (10.5)
10.43	Mike McFarlane
10.46	Edwin Cutting
10.47	Dave Baptiste
10.5	Steve Green
10.5w	Keith Bennington (10.6)
10.5w	Micky Morris (10.67)
10.5w	Bruce Livingstone (10.6)
10.5w	Darren Bills (10.7)
10.5w	John Stark (10.7)
10.57w	Harry King (10.6)
10.6	Raymond Wallace
10.6	James Evans
10.6	Ian Larrard
10.6	E. Rooft
10.6	Steve Wymark
10.6	Cecil Moven
10.6w	Andrew Hughes (10.7)
10.6w	Lynford Christie (10.7)

10.69w	Keith Connor (10.81)
10.7	Andrew Pitts
10.7	Don Halliday
10.7	James Christie
10.7	Jeff Griffiths
10.7	Phil Brown
10.7	Selwyn Clarke
10.7	Tim Bonsor (?10:6)
10.7	Les Hoyte
10.7	Colin Mitchell
10.7	Kevin Atkinson
10.7	Alfons Adedeji
10.7	David Trick
10.7	Nigel Richens
10.7	Shaun Venus
10.7	B. Williams (Sheffield)
10.7	Chris Monk

200 METRES

Fully Automatic Timing (22.29)

20.19w	Allan Wells (20.42)
20.42	Ainsley Bennett
20.70w	Trevor Hoyte (21.11)
20.80	Mike McFarlane
20.83w	Ernest Obeng (Gha) (20.99)
20.89	Greg Colin
20.89	Daley Thompson
20.95w	Drew McMaster (21.47)
21.06	Earl Tulloch
21.10w	Cameron Sharp (21.24)
21.20	Phil Cooke



Allan Wells, who again topped the UK 100 and 200 lists. Allan's season was highlighted with the 200 win in Turin and a meritorious second place in the IAAF Golden Sprints in Zurich.

George Herringshaw

21.21	Dave Baptiste	21.4	Tim Bonsor	46.53	Steve Wymark
21.22	Steve Green	21.4	Steve Wymark	46.53	Alan Bell
21.22	Micky Morris	21.4	Bruce Livingstone	46.6	Glen Cohen (46.88)
21.30	Glen Cohen	21.4	Alan Bell	46.63	Melvin Fowell
21.38	David Jenkins	21.5	Vernon Bramble	46.84	Terry Whitehead
21.40w	Bruce Livingstone (21.69)	21.5	Melvin Fowell	46.85	Bob Danville
21.41	Phil Brown	21.5	Terry Whitehead	46.87	Sebastian Coe
21.55	Melvin Fowell	21.55	Michael Powell	46.9	Walcott Taylor (47.09)
21.55	Michael Powell	21.6	Danny Laing	46.91	Roger Jenkins
21.61	Roderic Milne	21.6	Edwin Cutting	46.94	Danny Laing
21.61	Mark Holtom	21.6	Peter Little	46.95	Iain Cuthbertson
21.63	Danny Laing	21.6	Alan Fawcett	46.96	Earl Tulloch
21.67	Ian Larrard	21.6	John Davis	47.01	Carl Hamilton
21.70	Alan Fawcett	21.6	Maurice Ducas	47.08	Richard Ashton
21.74	Alan Bell	21.6	Stuart Lawrenson	47.13	Roderic Milne
21.75w	Cecil Moven (21.84)	21.6	Ian Larrard	47.26	Gary Cook
21.76	Peter Little	21.6w	Brian Jones (21.8)	47.30	Daley Thompson
21.77	Les Hoyte	21.6w	Nigel Richens (22.0)	47.3	Kerry Blackburn
21.78	Steve Scutt	21.6w	Mark Hatton (22.0)	47.3	Eugene Gilkes
Consolidated List (22.2)		21.61	Roderic Milne	47.45	Neil Kitchen
20.19w	Allan Wells (20.4)	21.61	Mark Holtom	47.48	Brian Jones
20.42	Ainsley Bennett	21.7	John Stark	47.61	Gary Oakes
20.70w	Trevor Hoyte (21.11)	21.7	Harry King	47.64	Andy Kerr
20.80	Mike McFarlane	21.7	Peter Brugnani	47.66	Neil Jackson
20.83w	Ernest Obeng (Gha) (20.99)	21.7	Darren Bills	47.8	Clive Beattie
20.89	Daley Thompson	21.77	Less Hoyte	47.8	Maurice Ducas
20.89	Greg Colin	21.78	Steve Scutt	47.9	Julian Spooner
20.9	Earl Tulloch	21.8	Carl Hamilton	48.1	Robert Harrison
20.95w	Drew McMaster (21.1)	21.8	Lynford Christie	48.17	Peter Key
21.1	Phil Cooke	21.8	Alson St. Louis	48.2	Steve Murphy
21.1	Cameron Sharp	21.8	Tony Hadley	48.2	Ian Houston
21.2	Micky Morris	21.8	Jeff Griffiths	48.2	Steve Sole
21.21	Dave Baptiste	21.8	Keith Bennington	48.2	Bob Benn
21.22	Steve Green	21.8	Paul Lavender	48.2	Steve Heard
21.30	Glen Cohen	21.8	Ronald Small	48.2	Roy Dickens
21.3	Phil Brown			48.2	Dane Joseph
21.38	David Jenkins			48.2	John Davis
21.4	Cecil Moven			48.2	Steve Hall

400 METRES (49.9)

45.97

Steve Scutt



Sport today



	Size	Price	Size	Price
OCEANIA/BEIGE/BLACK/BLUE	3-5%	£9.75	6-12	£10.75
NYLON ROAD RUNNER	3-5%	£11.50	6-12	£12.50
LEATHER ROAD RUNNER	4-5%	£12.50	6-12	£13.50
WAFFLE TRAINER	4-5%	£17.25	6-13	£18.75
LDV	5-5%	£22.50	6-12	£24.50
ELITE			6-13	£22.75
WAFFLE RACER			6-12	£22.75
WALLY WAFFLE	8-13 1-5	£7.50		
INTERVALLE			6-12	£17.99
TRIUMPH SPIKE	4-5%	£17.75	6-12	£19.50
UNIVERSE SPIKE	5-5%	£23.75	6-12	£25.90
VAINQUEUR	5-5%	£27.50	6-12	£29.55

A foot outline will help us match you perfectly

SHOE _____

QUANTITY _____

COLOUR _____

SIZE: British _____ American _____

- VIGA PRESTIGE TRACKSUIT.** Polyester/Cotton £22.50
Hooded Top. Royal/White. Sizes 5'4"-6'4"
- VIGA UNISEX TRAINING SUIT.** Hooded Top. £12.75
Fleeced Polyester. White/Black, Royal/White, Red/White. Sizes 5'4"-6'4"
- VIGA TRACK KING SINGLET.** White, Black, £4.00
Royal, Navy, Red, Amber. Sizes S, M, L
- VIGA MESH VESTS.** White/Black, Black/Gold, £3.65
Blue/White, Red/White, Gold/Green. Size medium.
- VIGA SPORTSMAN.** Viloft Polyester. Superb L/S £4.99
Training Shirt. Long/Short Sleeve Options. S/S £3.99
White/Black, Black/White, Royal/White, Red/White. Sizes S, M, L
- CONTRAST DE-LUXE SHORTS.** 34"-36" Red/White, £3.00
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All goods returnable if in new condition

CLOTHING ITEM _____ No. _____

QUANTITY _____

COLOUR _____

SIZE _____

29 Octagon Parade, High Wycombe, Bucks HP11 2HX Tel: High Wycombe (0494) 447598

Name _____ Address _____

(BLOCK LETTERS PLEASE)

CHEQUES & P.O.'s PAYABLE TO SPORT TODAY

POST FREE

48.3i	Ainsley Bennett
48.3	Chris Akabusi
48.37	William Armstrong
48.4	Bruce Bailey (48.58)
48.4	Mike Delaney
48.46	Phillip Harvey
48.5	Ken Glass
48.5	Phil Boswell
48.5	David Galvin
48.55	Paul Batten
48.55	James Learmonth

800 METRES (1:52.9)

1:42.4	Sebastian Coe
1:45.0	Steve Ovett
1:46.3	Garry Cook
1:47.6	Julian Spooner
1:47.6	Craig Masback (US)
1:47.6	Graham Williamson
1:47.6	Chris McGeorge
1:48.0	Robert Harrison
1:48.1	Chris Sly
1:48.3	Steve Caldwell
1:48.5	Walcott Taylor
1:48.5	Steve Cram
1:48.6	Dane Joseph
1:48.6	Nick Brooks
1:48.6	David Moorcroft
1:48.6	David Warren
1:48.6	Mike Downes
1:48.6	Alan Gibson
1:49.1	Pat McGrath
1:49.3	Colin Szwed
1:49.3	Malcolm Edwards
1:49.4	Paul Forbes
1:49.5	Pat Chimes
1:49.6	Peter Browne
1:49.6	Peter Lewis
1:49.7	John Robson

1:49.9	Simon Lane
1:50.0	Simon Larder
1:50.0	Bob Benn
1:50.0	Phil Boswell
1:50.0	Ian Stewart
1:50.2	Geoff Cooper
1:50.2	Ronald Weedon
1:50.4	Alan Mottershead
1:50.4	Mark Scruton
1:50.6	David Rafferty
1:50.7	Andrew Lawrence
1:50.7	Stephen Laing
1:50.7	Paul Elliott
1:50.9	Ray Weatherburn
1:51.0	Keith Rothwell
1:51.0	Roy Dickens
1:51.0	Nigel Allison
1:51.0	Ronald Woods
1:51.1	Chris Van Rees
1:51.1	Martin Wilson
1:51.1	Stephen Bennett
1:51.2	Terence Young
1:51.2	Adrian Royle
1:51.2	Gerard Long
1:51.2	Paul Williams

1000 METRES (2:26.0)

2:16.0	Steve Ovett
2:20.0	Graham Williamson
2:20.0	Chris Sly
2:20.2	Robert Harrison
2:20.7	Alan Mottershead
2:20.8*	Sebastian Coe
2:20.8	Glen Grant
2:22.1	Walcott Taylor
2:22.3i	Colin Szwed
2:22.7	Dane Joseph
2:22.9i	Geoff Cooper
2:23.0	Mark Scruton

2:23.0	Steve Caldwell
2:23.2i	David Rafferty
2:23.5	Patrick McGrath
2:23.8	Malcolm Edwards
2:24.0i	David Warren
2:24.2	Peter Lewis
* during 1500m race	

1500 METRES (3:52.9)

3:32.1	Sebastian Coe
3:32.2	Steve Ovett
3:33.9	John Robson
3:36.6	Graham Williamson
3:36.7	Craig Masback (US)
3:37.4	David Moorcroft
3:41.0	Alan Mottershead
3:41.1	Mike Downes
3:41.2	Steve Emson
3:42.4	Malcolm Plant
3:42.5	Colin Reitz
3:42.5	Steve Cram
3:42.8	David Warren
3:43.3	Adrian Weatherhead
3:43.6	James Espir
3:43.8	Geoff Cooper
3:43.8	Malcolm Edwards
3:44.0	Kevin Steere
3:44.1	Roy Wood
3:44.1	Ian Stewart
3:44.2	Julian Goater
3:44.3	David Rafferty
3:44.4	Graham Jackson
3:44.5	Tony Leonard
3:44.5	Stan Markley
3:44.6	Paul Forbes
3:44.6	Nick Lees
3:44.7	Glen Grant
3:44.7	Martin Wilson
3:44.7	Sean Cahill

WELSH INDOOR ATHLETICS

(Held under A.A.A. & W.A.A.A. Rules)

**Sponsored by
BP in WALES**

at

R.A.F., St. Athan, Barry.

OPEN MEETINGS

Saturday, 17th November, 1979**Sunday, 9th December, 1979****Sunday, 24th February, 1980**

First event at 1 p.m. Entries taken on the day.

WELSH INDOOR CHAMPIONSHIPS

Saturday, 22nd March, 1980

Closing date for entries, 24th February, 1980.

Entry forms and further details available (on receipt of stamped addressed envelope) from: Mrs M. Elgie, 19 Coedbach, Highlight Park, Barry, South Glamorgan. Dr W. A. L. Evans, Winterbourne, Greenway Close, Llandough, Penarth, South Glamorgan.

3:44.7 Bernie Ford
 3:44.8 Pat Chimes
 3:44.8 Martyn Brewer
 3:44.9 John Davies
 3:44.9 Julian Marsay
 3:45.0 Keith Irvine
 3:45.1 Keith Jones
 3:45.2 Tim Hutchings
 3:45.3 Alan Salter
 3:45.4 Mark Scruton
 3:45.5 Richard Callan
 3:45.5 Keith Rothwell
 3:45.5 Paul Williams
 3:45.6 Glyn Harvey
 3:45.6 Barry Attwell
 3:45.7 Adrian Royle
 3:45.7 John Wilson
 3:45.9 David Messum
 3:46.1 Kenneth Bell
 3:46.1 Steve Flint
 3:46.2 Paul Harker

MILE (4:10.9)

3:49.0 Sebastian Coe
 3:49.6 Steve Ovett
 3:52.1 Craig Masback (US)
 3:52.8 John Robson
 3:53.2 Graham Williamson
 3:54.4 David Moorcroft
 3:56.4 Mike McLeod
 3:56.5 Mike Downes
 3:57.0 Sean Cahill
 3:57.1 Steve Cram
 3:58.0 James Espir
 3:58.3 Alan Mottershead
 3:58.7 Steve Emson

3:59.7 Chris Sly
 3:59.7 Brendan Foster
 3:59.7 Malcolm Plant
 4:00.0 Tony Leonard
 4:00.3 Tim Hutchings
 4:01.5 Stan Markley
 4:01.8 Geoff Cooper
 4:02.5 Tony Blackwell
 4:02.6 Kim McDonald
 4:02.8 Nat Muir
 4:02.9 Glyn Harvey
 4:03.3i David Warren
 4:03.4 Paul Williams
 4:03.7 Malcolm Prince
 4:04.8 Andrew Armitage
 4:05.2 Glen Grant
 4:05.5i David Long
 4:05.7 Martin Wilson
 4:05.9 Adrian Royle
 4:05.9 Steve Parr
 4:06.3 Graham McCallum
 4:06.4 Ray Weatherburn
 4:06.5 Peter Lewis
 4:06.5i Bob Maplestone
 4:06.8 Philip Dunn
 4:07.0i Adrian Leek

2000 METRES (5:19.9)

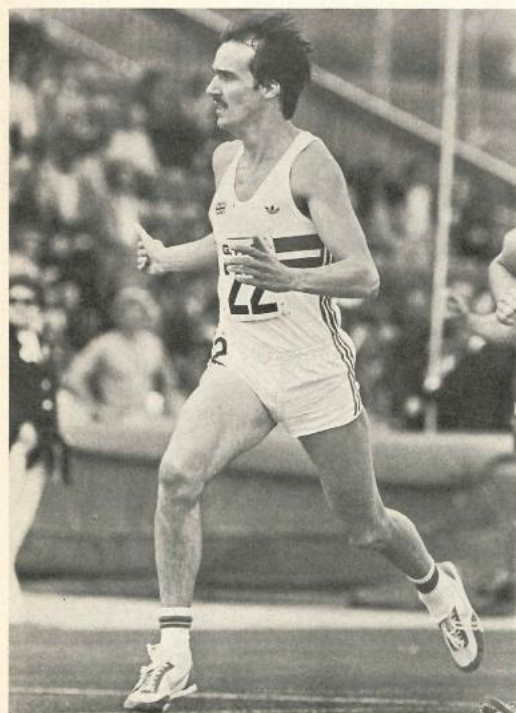
5:05.1 Steve Emson
 5:05.7 Nick Rose
 5:06.3 Malcolm Plant
 5:07.5 Brendan Foster

3000 METRES (8:19.9)

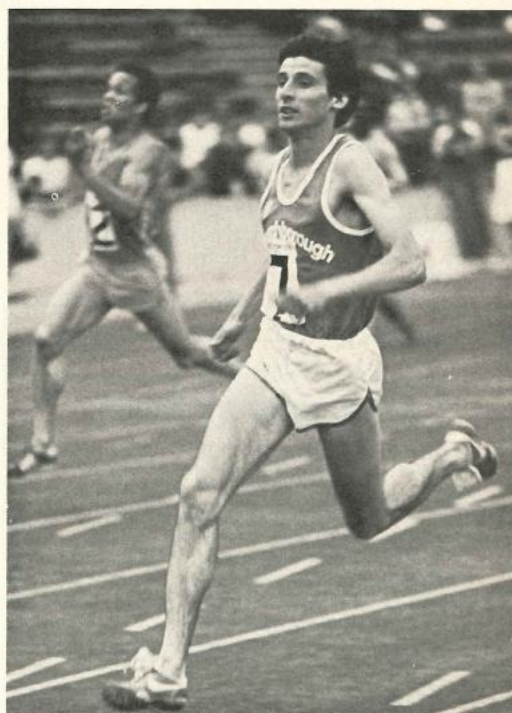
7:46.2 Brendan Foster

7:46.7i Nick Rose (7:50.7)
 7:48.7 Julian Marsay
 7:49.3 Nat Muir
 7:51.1 Mike McLeod
 7:51.6 Malcolm Prince
 7:51.9 Steve Binns
 7:52.4 Steve Emson
 7:52.9 Craig Masback (US)
 7:53.4 John Davies
 7:54.8 David Moorcroft
 7:54.8 David Murphy
 7:55.8 Richard Callan
 7:56.0 Terry Colton
 7:56.1 Kim McDonald
 7:56.6 Lawrie Spence
 7:56.8 Julian Goater
 7:56.8 Nick Lees
 7:57.0 Geoff Smith
 7:57.4 David James
 7:58.8 Steve Jones
 7:59.2 David Black
 7:59.2i Ken Newton (7:59.6)
 7:59.5 Barry Smith
 7:59.6 Ray Smedley
 7:59.6 Kevin Steere
 7:59.8i Sebastian Coe
 8:00.0 Keith Penny
 8:00.3 Mike Downes
 8:00.6 Andrew Armitage
 8:01.1i Adrian Leek
 8:01.2 Frank Clement
 8:01.3 Steve Kenyon
 8:01.5 Colin Reitz
 8:02.0 Glyn Harvey

Continued on page 33

**STEVE SCUTT**

George Herringshaw

**SEBASTIAN COE**

Peter Tempest

Super-Fast Walton '10'

STEVE JONES (RAF Lyneham) gave early warning that he is going to be the man to beat this winter when he won the Marathon Windows Walton '10' on October 14th in the most emphatic manner, setting an impressive record of 46:20.

At the end of the first of three fairly flat, fast laps, he had gained a 75m advantage over teammate Ray Crabb, Graham Tuck, Keith Penny and Paul Eales. By two-thirds distance, Jones had increased his lead to over 200m while Crabb and Tuck were still together, leaving Penny an isolated fourth. By the finish Jones had nearly three-quarters of a minute to spare over Crabb, who finally shook off Tuck's challenge in the last half mile. Penny was fourth and Paul Eales just beat "unknown" N. Sirs of Haslemere for fifth. Merv Brameld in seventh led Invicta to the team race by the narrowest of margins.

The tremendous achievement of Joyce Smith in shattering all known women's records for 10 miles with 54:13 was widely reported in the national press the day after the race. Superb running also from Kath Binns (54:38), Gillian Adams (55:05) and Glynis Penny (55:23).

Clive Beauvais

1, S. Jones (RAF Lyneham) 46:20
2, R. Crabb (RAF Lyneham) 47:03
3, Graham Tuck (Cambridge & C) 47:12
4, K. Penny (Camb. H) 48:11; 5, P. Eales (WS&E) 48:29; 6, N. Sirs (Hasl) 48:32; 7, M. Brameld (Inv) 48:34; 8, I. Beauchamp (Hor) 48:56; 9, W. Mullett (B&H) 49:08; 10, C. Bunyan (S&E) 49:17; 11, C. Thomas (TVH) 49:21; 12, D. Brown (Bel) 49:23; 13, K. Davies (Walton) 49:29; 14, G. Dugdale (TVH) 49:32; 15, B. Jones (U. Lon) 50:02; 16, N. Brawn (Inv) 50:11; 17, J. Avis (Camb. H) 50:14; 18, B. Heath (RNS) 50:21; 19,

R. Newble (Inv) 50:24; 20, P. Barnes (Leam) 50:26; 21, D. Beaver (Poly) 50:27; 22, A. Dippie (Walton) 50:28; 23, L. Wells (Walton) 50:36; 24, M. Connelly (Walton) 50:41; 25, P. Betteridge (Hav) 50:48; 26, B. Lamkin (WS&E) 51:00; 27, D. Needham (RNS) 51:02; 28, D. de Savigny (High) 51:13; 29, B. Smith (WS&E) 51:18; 30, M. Benn (W. Gn) 51:25; 31, R. Campbell (Ex. B-V) 51:26; 32, M. Duff (WS&E) 51:30; 33, C. Hensby (Wok) 51:36; 34, B. Diss (Hav) 51:40; 35, R. Roath (Walton) 51:46; 36, M. Moody (Maid-V) 51:49; 37, P. Crowhurst (B&H) 51:50; 38, R. Small (High) 51:52; 39, R. Wallis (RAF Lyne) 51:56; 40, L. Atterbury (B'ht) 52:00; 41, C. Moulton (HW) 52:03; 42, S. Bird (Walton) 52:05; 43, M. Barratt (E&S-V) 52:08; 44, P. Craig (Bris) 52:16; 45, C. Nash (Houn) 52:21; 46, D. Case (E&S-V) 52:22; 47, A. Nicholl (If) 52:24; 48, J. Shemilt (High) 52:27; 49, A. MacBrayne (HHH) 52:30; 50, J. Binks (VoA) 52:31;

51, M. Page (Walton) 52:33; 52, A. Boyall (Enf) 52:38; 53, C. Canton (E&S-V) 52:40; 54, T. Jones (Bris) 52:42; 55, R. Lettin (Hill) 52:43; 56, B. Copps (Houn) 52:49; 57, G. Wood (Camb. H) 52:52; 58, B. O'Gorman (B'ht) 52:53; 59, R. Allemano (High) 52:54; 60, S. Faulkner (High) 52:55; 61, G. Flanagan (RAF W. Dray) 52:56; 62, S. Wright (Met. P) 52:57; 63, G. Taylor (Camb. H) 53:04; 64, N. England (Rug) 53:05; 65, K. Harrison (Rane) 53:11; 66, M. Walmesley (Spark) 53:12; 67, A. Cronin (QPH) 53:14; 68, R. Sullivan (N. Lon) 53:17; 69, C. March (Hor) 53:19; 70, P. Wiedmar (High) 53:20; 71, A. Hind (Ports) 53:25; 72, K. Heathcock (Rug) 53:28; 73, M. Paul (Camb. H) 53:30; 74, S. Hampson (Read) 53:31; 75, P. Biddlecombe (LSE) 53:32; 76, A. Ive (WS&E) 53:32; 77, G. de Boursac (Rane) 53:33; 78, R. Day (Croy) 53:33; 79, R. Tarrant (RNS) 53:34; 80, S. Trew (Enf) 53:45; 81, L. Coleman (Harl) 53:45; 82, J. Lamont (Shaft) 53:46; 83, R. Knowles (Hill) 53:50; 84, S. Crawte (AF&D) 53:52; 85, M. Davies (S. Hth) 53:53; 86, S. Holdsworth (Rug) 53:55; 87, D. Marsh (Worth) 53:57; 88, A. Linturn (Maid) 53:58; 89, R. Dickson (Croy) 53:59; 90, R. Keenan (High) 54:05; 91, N. Griffiths (SLH) 54:08; 92, W. Giddings (Kent-V) 54:09; 93, R. Pinkerton (Poly) 54:11; 94, D. Gregory (N. Lon) 54:15; 95, S. Crossman (Wok) 54:21; 96, T. Ryan (N. Lon-V) 54:24; 97, D. Wright (Rane) 54:25; 98, D. Williams (Sy) 54:26; 99, M. Beagley (Camb. H) 54:29; 100, M. Kettlewell (Hill) 54:34. Teams: 1, Invicta 42; 2, RAF Lyneham 42; 3, Walton 58; 4, Windsor S&E 60; 5, Cambridge H 78; 6, Highgate 114; 7, Royal Navy South 124; 8, Thames Valley 140; 9, Ealing & S 142. (Vets): 1, Campbell; 2, Moody; 3, Barratt. (O/50): 1, R. Franklin (TVH) 55:51; 2, J. Disley (Rane) 56:42. (Women): 1, J. Smith (Barn) 54:13; 2, K. Binns (Sale) 54:38; 3, G. Adams (AF&D) 55:05; 4, G. Penny (Camb. H) 55:23; 5, C. Rodgers 58:06; 6, L. Billington (Houn) 60:26; 7, L. Taylor (Camb. H) 63:06; 8, W. Orrowe (Harl) 69:12.

LUTON UNITED ATHLETIC CLUB

18th Annual

Cross Country Races

MINOR BOYS RACE (2 MILES)

(O/9, U/11 on 1st Sept. 79) for the White Trophy.

COLTS RACE (2 Miles)

(O/11, U/13 on 1st Sept. 79) for the Wilsher Trophy.

BOYS RACE (4 Miles) No relay this year.

(O/13, U/15 on 1st Sept. 79) for the Wild Cup.

YOUTHS RACE (4 Miles)

(O/15, U/17 on 1st Sept. 79) for the Woodham Cup.

REGIONAL SPORTS CENTRE, LUTON

SATURDAY, 10th NOVEMBER, 1.45 p.m.

(Under AAA & ECCU Rules)

Entry Fees: 30p per Individual, 60p on day.

Entries (with d.o.b.) to J. Dyer, 6 Rogate Road, Luton.

CLOSING DATE 3rd NOVEMBER

For the tremendous response to our sale advertisement. Once again we are sorry that we couldn't serve you all. However at the time of going to press we had the following items still available. Once again it is first come first served, so why not give us a ring or drop us a line if there is anything that takes your fancy.

SPIKES

Flap — 5, 6 and 7	£7.50
-------------------	-------

Tokyo — 4 and 4½	£18.00
Champion — 5, 5½, 7, 7½, 8, 8½, 9, 10, 11½	£7.50



MITRE MOSCOW – SCOOP PURCHASE!

A superb soft shoe of highest quality blue suede, trimmed white. Padded tongue, collar and insole. Special heel cushion. A STAR buy. 2-5% ~~£13.25~~ now **£9.70**, 6-13 (except 12%) ~~£16.95~~ now **£11.15**.

TIGER

At last! A new range of superb quality shoes and accessories from Japan's top athletics specialists.

ENDURO — Blue nylon mesh uppers. Flared heel, waffle type sole which is light but rugged. 5-5½ £19.55. 6-11 £22.50.

Made in a nylon/acetate material, which gives a sheen finish. A top quality suit with two pockets in Jacket. Trousers have a straight leg with zips and velcro fastened pocket. Sizes, Extra Small, Small, Medium and Large **£30.35.**
Navy/Red trim. Silver Grey/Black trim.

Holdall in Navy/Red trim, **£5.95**. Shoulder Bag in Yellow, **£3.30**. Smaller Shoulder Bag in Blue, **£2.95**.

NEW BALANCE

320 — Our initial order came in at the old price so we will hold prices while stocks last. Please indicate whether you have narrow, medium or broad foot, plus foot outline if possible. 5-5½ **£16.75** (New price £19.10), 6-12½ **£18.95** (New price £21.95).

TRACK BOTTOMS

A superb quality nylon/cotton mixture track bottom with contrast stripe. Tapered leg with zips, and fob pocket. Superb value. Extra small **£5.30**, Small **£6.99**, Medium **£7.55**, Large **£8.00**, Extra Large **£8.65**. Black/White, Black/Red in all sizes and Red/White in Medium, Large and Extra Large only.

POST FREE (UK) plus personal shoppers 10% off shop prices on all your sports equipment (except sale items).

N.B. Will our Southern Irish customers add 10% to the above prices to allow for the difference in the exchange rate between sterling and the Punt.

CASH WITH ORDER

Access or Barclaycard accepted. Just send full name and address (print please) plus your card number.
Goods exchanged or money refunded if returned in new condition within 7 days.

K. G. SPORTS LTD.

The Catford Centre, 28/29 Winslade Way, Catford SE6 4JU. Tel. 01-690 7324

Close Finish To Inter-Area Heptathlon

THE Second WAAA Inter-Area Heptathlon at Enfield on September 29th/30th was not blessed by particularly helpful conditions. Saturday was marred by a four metre-plus cold wind which helped the hurdlers but severely drained the stamina and spring of the high-jumpers. Sunday was little better.

Judy Livermore quickly stamped her authority on the event with her 13.9 hurdles and was only 16cm behind her Midland colleague Carmen Pryce in the shot. The high jump looked set for a long and high competition but only Kathy Warren of the North really looked at all happy in the cold conditions. The day ended with the 200m, running into an even stronger wind. Kathy Warren again proved the strongest at 26.1. Judy Livermore retained the overall lead at 3182 points, closely followed by Kathy at 3111. Sarah Bull of Wales had always looked to be in contention with her 2986, and Claire Henley was lying fourth at 2883.

Sunday was less windy but even colder. In the fifth event Judy's long jump of 5.74m looked as if it would put her well on the way to breaking Ruth Howell's score of last year. The javelin proved to be more respectable than last year, but all the competitors are really capable of ten or

more metres improvement once they take the event seriously. Throwing coaches will have a real part to play next autumn and winter in preparing our heptathletes for the next season. Perhaps, some sensible intermediates and young seniors could usefully get an extra winter's throwing in next year. Certainly, in the shot and javelin lie hundreds of extra points for our multi-event girls.

As the last event started, the sparse crowd was rapidly calculating how fast Judy would need to run in the deteriorating conditions to beat the previous WAAA best. This she did, but her 2:40.6 was extremely hard work and was certainly not enjoyed by the athlete. However, moving into the lead for the first time Kathy Warren came home in 2:24.2, not only to win the competition but establish a new best of 5202. Kathy must have never expected to end the season on such a high note. It started late in mid-August after an illness and includes a Northern pentathlon event as well as this famous victory. Rosemary Hudson of the North moved into third place with good personal performances in hurdles, shot and 800m. The Midlands team all worked hard and were rewarded by a 970 pt margin in their victory over the South.



MILTON KEYNES A.C.

15th Annual

**CSA
WOLVERTON
'5'**

ROAD RACE

(Under A.A.A. Laws)

Sponsored by

CAPITAL SHIPPING ANGLIA LTD.

**SATURDAY, 24th NOVEMBER
at 3 p.m.**

**from the Radcliffe School,
Wolverton, Milton Keynes**

Prizes in excess of £500 including at least first 10 finishers, 1st O/40, 1st O/50, first 3 teams plus numerous spot prizes.

Entry Fee: 40p.

Entries to: J. Reynolds, 58 Blackdown, Stony Stratford, Milton Keynes MK11 2AB. S.A.E.(s) for Race details/Results.

CLOSING DATE 17th NOVEMBER

Entries on day: 75p

WORKSOP HARRIERS A.C.

9th Annual

**CROSS COUNTRY
RACES**

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

**SUNDAY, 9th DECEMBER, at 12.30 pm
at Sparken Hill Campus, Worksop**

OVER £600 IN PRIZES

Kindly Sponsored by: **Dernie & Bell & Sons,**
The Steeley Co., Linvar Ltd., Batchelors Ltd.,
Carnation Foods, Klingspor Abrasives,
Chas Middleton Ltd., Chels Larder Services,
Dean Farm Eggs, Worksop Guardian, G. R. Stein.

EVENTS

Young Colts U/11	1 Mile	Minor Girls U/11	1 Mile
Colts U/13	1 1/4 Miles	Girls U/13	1 Mile
Boys U/15	2 1/4 Miles	Junior Girls U/15	1 1/4 Miles
Youths	3 Miles	Inter Ladies	2 Miles
Junior Men	5 Miles	Ladies	3 Miles
Senior Men & Vets 7 Miles			

Prizes or Trophies 1st 3 Inds. and 1st 3 Teams (3 to score). Vets 1st 3 O/40, 1st 2 O/45, 1st O/50, plus first team. Please mark entry if Vet & D.o.B. All ages as midnight 31.8.79. **Entries close November 19th, 1979,** to: Mrs D. Metterick, 75 Nettleham Road, Woodseats, Sheffield. SAE for confirmation.

Entry Fees: Under 15 yrs 25p, Under 17 yrs 30p, Over 17 yrs 30p.



Judy Livermore, who led the Inter-Area Heptathlon until the last event, when Kathy Warren's 2:24.2 was enough to give her a 39 point victory.

Mike Street

The excellent track, and food, together with the hospitality of Enfield and the Southern Counties made the four teams forget the weather and all enjoy the comradeship that this two-day event engenders.

Ken Oakley

1, K. Warren (N) 5202 (100H — 15.0, SP — 11.12, HJ — 1.71, 200 — 26.1, LJ — 5.66, JT — 25.98, 800 — 2:24.2); 2, J. Livermore (M) 5163 (13.9, 12.22, 1.68, 27.4, 5.74, 28.42, 2:40.6); 3, R. Hudson (N) 4737 (15.0, 10.00, 1.68, 28.1, 5.17, 25.56, 2:32.2); 4, S. Bull (W) 4716 (14.6, 11.17, 1.60, 26.9, 5.50, 13.48, 2:28.0); 5, E. Wren (S) 4706 (14.4, 8.97, 1.68, 26.4, 5.44, 13.96, 2:28.2); 6, C. Pryce (M) 4656 (15.3, 12.38, 1.50, 28.6, 5.14, 31.32, 2:40.0); 7, C. Henley (S) 4605

(15.4, 10.09, 1.68, 27.3, 5.42, 27.18, 2:59.0); 8, V. Kelly (M) 4585 (15.7, 10.29, 1.65, 28.8, 5.10, 27.00, 2:35.5); 9, J. Brown (S) 4123 (17.2, 9.13, 1.50, 30.1, 4.72, 31.46, 2:34.9); 10, P. Oakes (W) 3932 (16.3, 8.54, 1.50, 29.1, 4.94, 23.24, 2:58.8); 11, M. Hughes (W) (17.2, 6.75, 1.68, 28.9, 4.99, 17.70, 2:57.5).

Teams: 1, Midlands 14,404; 2, South 13,434; 3, Wales 12,437; 4, North 9,939.

Herne Hill Harriers officers: general & track fixtures secretary — K. Kelly, 71 Penwortham Road, S.W.16 (Tel: 01-677 0337); young athletes cc & women's track & cc secretary — R. Gobey, 10 Brome Road, S.E.9 (Tel: 01-856 4681); young athletes track secretary — B. Smyth, 25 Crofton Park Road, S.E.4 (Tel: 01-690 7806); cc secretary — M. Farley, 236 Parchmore Road, Thornton Heath, Surrey (Tel: 01-771 3789); road running secretary — M. Harran, Flat 17, 12 Beulah Crescent, Thornton Heath, Surrey (Tel: 01-653 8961).

Newham AC secretary: P. Stuart, 23 Mafeking Road, Canning Town, E.15 (Tel: 01-474 1676).

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Grete Waitz Sensational

GRETE WAITZ made a late but strong claim to woman-athlete-of-the-year honours with a fantastic run in last Sunday's New York Marathon. It was in this race a year ago that she made a sensational debut at the distance by setting a world's best of 2:32:30... this time she was almost five minutes faster in recording a staggering 2:27:33! The Norwegian wonder now stands a good seven minutes ahead of the next fastest female marathoner of all time, Christa Vahlensieck. Her time would have constituted an Olympic record until Emil Zatopek's 2:23 in 1952, and by becoming the first woman to break the 2½ hour barrier — 43 years after Kitei Son became the first man to do so — Grete has carved an important niche for herself in athletics history. Out of a mind-boggling field of 14,153 runners (1,829 of them women), Grete actually finished 69th overall. Due to a 'pit stop' at 10 miles, she covered the second half of the race faster than the first... in 1:12:42 as against 1:14:51.

Following hard on their success at Waldniel, British women marathoners were again in great form. Gill Adams finished 2nd in a personal best of 2:38:31 to become (after Joyce Smith's 2:36:27) the second Briton to break 2:40; Carol Gould was within two minutes of her Waldniel time of a month earlier with 2:42:19 in 5th position, and Glynis Penny placed 11th in her fastest time of 2:50:45. Britain won the team race.

The men's race was won for the fourth year running by Bill Rodgers, who proved that his Montreal debacle in August was just an isolated bad run as he overhauled Kirk Pfeffer to score by over quarter of a mile in 2:11:42 — merely the **ninth** best time of his career! Pfeffer (21), who set a world junior best of 2:16:03 two years ago and was the winner at Enschede in August in 2:11:50, set a killing pace to reach halfway 1¼ minutes up in 1:03:51 — inside world record schedule. Pfeffer maintained a 400m lead over Rodgers at 20M but was overtaken soon after 22M.

Pfeffer held on to 2nd place, and he was followed in by two Britons. Steve Kenyon (28), who last ran a marathon back in 1973 (2:18:29), demonstrated that this is where his athletic future lies as he took a splendid 3rd place in 2:13:29, while Ian Thompson — who turned 30 a few days earlier — clocked 2:13:42 for his fastest time for three years. Chris Stewart was 14th in 2:18:01, and Ron Hill won the veteran's award.

1, Rodgers (US) 2:11:42; 2, Pfeffer (US) 2:13:08; 3, KENYON (UK) 2:13:29; 4, THOMPSON (UK) 2:13:42; 5, Durden (US) 2:13:48; 6, Toivola (Fin) 2:13:59; 7, Shorter (US) 2:16:15; 8, Tabb (US) 2:16:28; 9, Anderson (US) 2:16:38; 10, Dahl (Nor) 2:16:41; 11, Nyboer (Hol) 2:16:56; 12, Wiel (Ger) 2:17:48; 13, Vriend (Hol) 2:17:54; 14, STEWART (UK) 2:18:01; 15,

Sieben (US) 2:18:02; 16, Rafferty (US) 2:18:11; 17, Tebroke (Hol) 2:18:14; 18, Fanelli (US) 2:18:20; 19, Barie (Tan) 2:18:24; 20, Robinson (US) 2:18:53. (Women) 1, Waitz (Nor) 2:27:33 (world best); 2, ADAMS (UK) 2:38:31; 3, Gareau (Can) 2:39:04; 4, Lyons (US) 2:40:17; 5, GOULD (UK) 2:42:19... 11, PENNY (UK) 2:50:45.

SHIRLEY STRONG RUNS 13.21

Shirley Strong missed the BAAB'S Olympic selection standard by just 1/100th of a second when recording a personal best of 13.21 for 100m hurdles in the President Makarios International Meeting in Nicosia (Cyprus) on October 6th. Other personal bests were gained by Rob Harrison in the 400 with 47.68 (earlier he had won the 800 in 1:48.5) and Mike Whittingham (51.64 400 hurdles). Maxine Ascroft snatched victory from Irena Szewinska in an 11.77 100 — her fastest legal time — while Roger Hackney ran Bronislaw Malinowski to a metre in the steeplechase. Malcolm Prince won the 5000. The meeting, at the Makarion Stadium, was held on a new all-weather Mondo rubber track.

Results:— 400: HARRISON 47.68, Moutsanas (Gre) 48.18; 800: HARRISON 1:48.5, Obwocha (Ken) 1:48.8, Spyrou (Cyp) 1:50.4; 5000: PRINCE 14:10.8, Kemei (Ken) 14:14.0, Downey (RoI) 14:20.9; 3000SC: Malinowski (Pol) 8:46.7, HACKNEY 8:46.8, Tsiminos (Gre) 8:49.3; 400H: Rambotas (Gre) 51.40, WHITTINGHAM 51.64, Chazot (Fra) 51.67; Women's 100: (+0.5m) ASCROFT 11.77, Szewinska (Pol) 11.80; 100H: Langer (Pol) 12.84, STRONG 13.21; HJ: Kielan (Pol) 1.90.

RECORD FOR BOB DOBSON

Bob Dobson broke his own UK best for the 50km road walk (4:08:39.2) with a time of 4:07:22 when winning the Grand Prix of Austria event at Lassing last Saturday. Walter Schwoche (Ger) was 2nd in 4:10:40 and Chris Maddocks was 3rd in 4:16:02, a personal best. Carol Tyson won the women's 10km in 50:46.4.

The hotel rates negotiated at the Five Bridges Hotel, Gateshead for the weekend of the Schweppes International CC Races have unfortunately been incorrectly quoted. They should read — £8.00 B & B sharing double room and £9.20 B & B single room. Full details on page 31.

The closing date for entries for the Tipton '10' and Ladies Race on Sunday, November 18th, is the 10th and not the 16th as advertised. Vets prizes will be awarded to 1st 3 O/40, 1st 2 O/45 and 1st O/50. Full details on page 40.

Schweppes International Cross Country Races

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

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1979 PROGRAMME

11.30 a.m.		Approx.
1. 12.00 noon	PEPSI FUN RUN	2 miles
2. 12.15 p.m.	COLTS	1½ miles
3. 12.35 p.m.	JUNIOR LADIES AND GIRLS	1½ miles
4. 12.50 p.m.	BOYS	2½ miles
5. 1.15 p.m.	VETS	3 miles
6. 1.35 p.m.	SENIOR AND INTER WOMEN	2½ miles
7. 2.10 p.m.	SENIOR MEN OPEN RACE	4½ miles
8. 2.20 p.m.	INTERNATIONAL MIDDLE DISTANCE RACE	2½ miles
9. 2.50 p.m.	YOUTHS	3 miles
	INTERNATIONAL INVITATION TEAM RACE	4½ miles

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, 12th NOVEMBER, 1979

Accommodation lists, hotels etc. available on request. The following rates have been negotiated at the Five Bridges Hotel, Gateshead. Tel. Gateshead 771105. £8.00 B&B sharing double room. £9.20 B&B single room. Any athletes interested in taking up this offer should contact the hotel direct. Efforts are being made to secure the same rate at other hotels.

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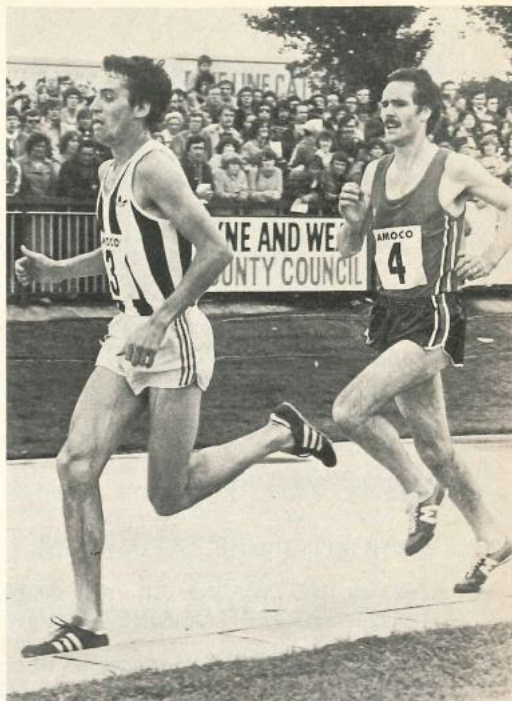
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Mike Kelly



8:02.2	Peter Morris
8:02.7	John Wheway
8:02.7	Barry Attwell
8:02.8	Graham McCallum
8:03.2	Steve Cram
8:03.4	Grenville Tuck
8:03.6	Tony Simmons
8:03.8	Gary Ribbons
8:04.2	John Robson
8:04.3	Bernie Ford
8:04.6	Andrew Catton
8:04.9	Peter Standing
8:05.7	Richard May
8:05.9	Steve Parr
8:06.0	Gordon Rimmer
8:06.2	Paul Lawther

2 MILES

8:17.0	Brendan Foster
8:23.5	Nick Rose
8:25.2	David Black
8:27.2	Richard Callan
8:28.1	Bernie Ford
8:28.3	Malcolm Prince
8:28.4	Steve Binns
8:34.5	Gordon Rimmer
8:35.0	Keith Penny
8:35.9i	Tony Staynings
8:38.5	David Murphy
8:40.1	Steve Jones
8:41.1i	Tony Blackwell
8:42.0	Richard Charleston
8:42.6i	Steve Anders

5000 METRES (14:30)

13:24.3	Mike McLeod
13:26.7	Brendan Foster
13:27.1	Steve Binns
13:27.4	Nat Muir
13:28.2	Malcolm Prince
13:28.5	Julian Goater
13:29.0	Steve Emson
13:29.4	David Black
13:30.4	David Moorcroft
13:30.7	Bernie Ford
13:33.2	Nick Rose
13:33.6	Nick Lees
13:34.5	Adrian Leek
13:40.3	David James
13:40.6	Steve Jones
13:42.5	John Davies
13:42.8	Peter Baker
13:43.8	Tony Simmons
13:43.9	Ray Smedley
13:45.6	Steve Kenyon
13:46.6	Keith Penny
13:46.9	David Chettle (Aus)
13:47.1	Richard Callan
13:47.9	Grenville Tuck
13:48.2	Gordon Rimmer
13:49.1	Kim McDonald
13:49.6	Peter Morris
13:49.8	Julian Marsay
13:50.5	John Doherty
13:50.8	Geoff Smith
13:50.9	Ian Gilmour
13:51.5	Jim Dingwall
13:51.7	Jeremy Odlin
13:52.7	Brian McSloy
13:52.9	Graham Ellis
13:53.2	Andrew Armitage

13:53.4	Allister Hutton
13:55.2	Alwyn Dewhurst
13:55.2	Terry Colton
13:56.2	John Woods (RoI)
13:56.3	Mike Baxter
13:56.5	Lawrie Spence
13:57.6	Steve Slocombe
13:58.0	David Murphy
13:58.6	John Wheway
13:59.8	David Slater
14:00.5	Jim Brown
14:00.9	Tony Milovsorov
14:01.3	Gerry Helme
14:02.0	Peter Shaw
14:02.0	Kevin Steere

10,000 METRES (31:00)

27:39.8	Mike McLeod
27:41.3	Brendan Foster
27:46.6	David Black
27:47.6	Bernie Ford
28:03.6	Geoff Smith
28:12.5	David Murphy
28:12.9	Julian Goater
28:18.6	John Davies
28:18.8	Nick Lees
28:27.4	Ray Smedley
28:44.4	Karl Harrison
28:48.0	Alwyn Dewhurst
28:48.6	David Chettle (Aus)
28:50.1	Tony Simmons
28:57.5	Peter Standing
28:58.0	Jim Brown
29:00.8	Chris Ridler
29:03.0	Jeremy Odlin
29:05.0	Adrian Leek
29:07.4	Keith Penny
29:10.4	Andrew Catton
29:12.2	Peter Shaw
29:13.2	Nick Brawn
29:13.2	Graham Ellis
29:13.2	Huw Jones
29:13.7	Andy Holden
29:16.0	Chris Woodhouse
29:16.4	Gerry Helme
29:25.8	Jon Wigley
29:26.0	Mike Baxter
29:28.6	Michael Green
29:29.4	John Robertshaw
29:30.4	Richard Green
29:30.6	Brian Cole
29:33.0	Peter Morris
29:33.0	Ian Thompson
29:35.8	Chris Bunyan
29:37.4	Graham Laing
29:38.1	Bob Holt
29:40.0	Richard Coles
29:41.8	Allister Hutton
29:45.0	Peter Bennett
29:45.1	John Woods (RoI)
29:45.8	Michael Gratton
29:46.6	Colin Brown
29:47.0	Alan Sladen
29:48.4	Roy Bailey
29:49.0	Peter Elletson
29:50.0	Kirk Lazarides (Gre)
29:52.0	Michael Deegan
29:53.5	Alun Cole
29:54.2	Robert Cytlau
29:54.6	John Wheway

2000 METRES STEEPLECHASE (6:00)

5:29.7	Colin Reitz
5:33.8	Graeme Fell
5:34.3	Gordon Rimmer
5:35.2	John Davies
5:36.0	Ian Gilmour
5:37.2	John Graham
5:40.0	Eddie Wedderburn
5:41.8	David Lewis
5:42.2	Paul Davies-Hale
5:43.5	Graham Tuck
5:44.8	Chris Stebbings
5:46.6	Thomas Conlon
5:49.9	Paul Bettridge

3000 METRES STEEPLECHASE (9:28)

8:29.5	Julian Marsay
8:33.0	Roger Hackney
8:34.8	Ian Gilmour
8:35.5	John Davies
8:37.0	Graeme Fell
8:39.2	Gordon Rimmer
8:42.8	Colin Reitz
8:43.4	John Wheway
8:46.4	Richard Charleston
8:47.0	Ron Harris
8:47.3	Dennis Coates
8:48.8	John Graham
8:49.3	Chris Stebbings
8:51.5	Graham Tuck
8:53.4	Albert Kuhn (Swi)
8:54.6	Ian Logan
8:54.9	Paul Bettridge
8:56.0	Eddie Wedderburn
8:56.0	Ted Turner
8:57.0	Derek Stevens
8:57.6	Mickey Morris
8:57.8	Tony Blackwell
8:58.3	Trevor Fieldsend
8:59.7	Richard Samuel
8:59.8	Andrew Sharp
9:00.4	Andrew Bamber
9:00.4	Paul Davies-Hale
9:00.5	Adrian Philpott
9:00.6	David Frith
9:00.9	Paul Taylor
9:01.4	Robert McKim
9:01.7	Peter Moon
9:02.0	John Dryden
9:02.6	Peter Morris
9:03.0	Tacwyn Davies
9:03.0	David Warren
9:03.0	Tony Milovsorov
9:03.4	John Bicourt
9:04.0	Thomas Conlon
9:04.0	Chris Bunyan
9:05.2	Nigel Jones
9:05.8	Martin McEvilly
9:06.0	John Burns
9:06.2	Ian Atkins
9:06.9	David Reeves
9:07.2	Derek Coates (Ilford)
9:08.0	Keith Irvine
9:08.1	Fraser Clyne
9:08.8	Ken Newton
9:09.4	James Goldring
9:09.5	Adam Bridge

[Hurdles, Field Events & Decathlon
next week]

Opposite page: Julian Goater and David Black in the 5000m at the Amoco International Games at Gateshead, and Roger Hackney, who picked himself off the track to beat the Russians at Crystal Palace in the British Meat International.

Walking Commentary

BY COLIN YOUNG

Gordon Vale inside 43 min in London Postal Region 9km, at Blackheath Park (September 11th). 1, G. Vale (Sy) 42:43; 2, B. Armstrong (Ilf) 43:07; 3, M. Scamell (Bel) 43:35; 4, S. Marshall (Bel) 44:19; 5, J. Newnham (Bel) 44:33; 6, E. Crossingham (Bel) 45:15. Teams: 1, Belgrave 9; 2, Surrey WC 19.

Mike Parker well clear in London Postal Region Festival of Walking 10km, at Blackheath Park (September 16th). As a sharpener prior to his Lugano Cup 50km, New Zealander Mike Parker showed excellent pace to finish 450m clear of Carl Lawton in 44:02. Young Fiona Rider won the women's 5km with mother Hazel 7th. **10km:** 1, M. Parker (B&H) 44:02; 2, C. Lawton (Bel) 46:07; 3, R. Dorman (Bel) 48:09; 4, P. Hodgkinson (E'bourne) 48:16; 5, M. Nicholls (Bel) 49:23; 6, J. Newnham (Bel) 49:42; 7, S. Holliday (Med) 50:15; 8, N. Perry (B&H) 50:20; 9, A. Ardley (Ton) 50:24; 10, R. Parkins (Med) 51:07. Teams: 1, Belgrave 12; 2, Brighton & H 14; 3, Medway 19. **(Jnr/Yth 5km):** 1, R. Dorman (Bel) 23:26; 2, S. Marshall (Bel) 23:36; 3, M. Easton (Sy-Y) 24:03; 4, K. McDermott (Bel-Y)

24:27; 5, C. Marchant (Hav-Y) 24:44; 6, G. Maynard (Camb. H-Y) 26:31. Teams: 1, Belgrave 9; 2, Havering 15; 3, Cambridge H 21. **(Boys 2500m):** 1, C. Dark (Ton) 11:58; 2, K. Zuber (Hav) 12:12; 3, J. Markham (W. Gn) 12:38; 4, I. McDermott (Bel) 12:55; 5, M. Fielden (S'end) 13:06; 6, P. Toft (Hav) 13:10. Teams: 1, Havering 15; 2, Tonbridge 16; 3, Surrey WC 22. **(Father & offspring 7200m 'paarlau'):** 1, D. & G. Maynard (Camb. H) 34:19; 2, D. & G. Vale (Sy) 34:56. **(Women's 5km):** 1, F. Rider (Camb. H) 27:09; 2, J. Robery (Hav) 27:29; 3, T. Butler (Hav) 29:23; 4, L. Nicholls (Bel) 29:25; 5, L. McCarty (Hav) 29:28; 6, K. Blow (Hav) 30:02; 7, H. Rider (Camb. H) 30:12. Teams: 1, Havering 7; 2, Belgrave 21; 3, Medway 22. **(Girls 2500m):** 1, H. Downie (E&E) 13:33; 2, E. O'Rawe (S'end) 13:55; 3, K. Todd (E&E) 14:05; 4, L. Urquhart (S&C) 14:27; 5, N. Gates (Hav) 14:47; 6, J. Marshall (Unatt) 14:59. Team: Epsom & E.

Roger Mills wins Captain Barclay Stakes 10km, at Newmarket (September 16th). Held on a 5-lap course in an area made famous by the 19th century pedestrian, Captain Barclay, with his feat of completing 1000 miles in 1000 hours in 1809, the race was won by Roger Mills who produced a fast finishing burst to beat club-mate Bob Dobson. Organiser Ron Wallwork, the 1966 Commonwealth 20M champion, had an excellent race in 9th place. He has been showing good solid form since joining the Anglia Striders despite work commitments involving the social welfare of the stable lads at Newmarket. 1, R. Mills (Ilf) 46:09; 2, R. Dobson (Ilf) 46:18; 3, K. Carter (Ang) 46:50; 4, M. Dunion (Ang) 47:16; 5, R. Sheppard (Ilf) 47:39; 6, P. Ryan (Sheff) 48:00; 7, B. Armstrong (Ilf) 48:53; 8, P. Vesty (Leic-Y) 49:08; 9, R. Wallwork (Ang) 49:34; 10, J. Robinson (Ang) 50:00; 11, M. Scamell (Bel) 50:16; 12, M. Angrove (Grey) 50:29. Teams: 1, Ilford 14; 2, Anglia Striders 24; 3, Leicester WC 45.

World-class 3km from Carol Tyson and convincing victory for Alan King in Highgate 'hour' meeting, at Parliament Hill (September 22nd). Excellent performances from up-and-coming walkers was the order of the day. The Leicester stylist, Alan King, was out on his own in the 'A' section, passing 10km in a very encouraging 44:20. Carl Lawton was 2nd and in a close battle Richard Dorman took 3rd from David Buchanan, who really excelled himself. It was good to see former British junior international Mike Angrove take the 'B' race. Making a rare racing appearance, Mike Bateman was outstanding in the 'C' section and could well have won the higher grade race. Obviously training with wife Irene has proved very beneficial. **A remarkable performance in the 'D' race came from 1936 Olympic 50km champion Harold Whitlock, now 75, who covered just short**

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of 6 miles. With Marion Fawkes disqualified, Carol Tyson lapped all but Sue Till in the women's 3km as a warm-up prior to the Eschborn 5km. (A) 1, A. King (Leic) 13,447m (10km—44:20); 2, C. Lawton (Bel) 13,134 (45:30); 3, R. Dorman (Bel) 13,060 (45:55); 4, D. Buchanan (B&H) 13,022 (46:00); 5, G. Nibre (Ilf) 12,960 (46:00); 6, B. Armstrong (Ilf) 12,719 (47:07); 7, D. Stevens (Stey) 12,551 (47:40); 8, S. Lightman (Met) 12,367 (48:04); 9, M. Scamell (Bel) 12,352; 10, D. Sheppard (Ang) 12,345; 11, W. Wright (S&E) 12,270; 12, M. Nicholls (Bel) 12,246; 13, J. Robinson (Ang) 12,207; 14, N. Walsh (Grey) 12,060; 15, J. Newnham (Bel) 12,052; 16, A. Geal (Stey) 12,036; 17, D. Holly (B&H) 11,859; (B) 1, M. Angrove (Grey) 12,169; 2, C. Marchant (Hav) 12,090; 3, A. Worth (Leic) 12,036; 4, S. Marshall (Bel) 11,983; 5, E. Holmquist (High) 11,868; 6, E. Crossingham (Bel) 11,861; (C) M. Bateman (Bas) 12,054; (D) M. Hills (Bel) 11,023. Teams: 1, Belgrave 50,792; 2, Brighton & H 48,365; 3, Met. WC 45,547. (Yths 1610m): 1, P. Vesty (Leic) 6:58; 2, G. Maynard (Camb. H) 7:08; 3, K. McDermott (Bel) 7:25. (Boys 1610m): 1, K. Zuber (Hav) 7:50; 2, G. Ringshaw (Stey) 7:52; 3, J. Markham (W. Gn) 8:01. (Women's 3km): 1, C. Tyson (Lake) 13:47.4; 2, S. Till (B&H) 15:13.5; 3, K. Blows (Hav) 16:32.2; 4, L. McCarthy (Hav) 16:38.0.

Mike Holmes in class of his own in Lancs WC 1 hour track walk, at Stretford (September 22nd). 1, M. Holmes (Yk. P) 13,155m (10km—45:23); 2, A. Malone (Stock) 12,779; 3, D. Jackson (Yk. P) 12,330; 4, S. Tyas (Yk. RWC) 11,925; 5, M. Ireland (Lancs) 11,349; 6, W. Johnson (Yk. P) 11,095.

Midland Counties WAAA Walk League, at Bournville (September 22nd). Snr 5km: 1, E. Worth (Bolehall WC) 27:11; 2, S. Saunders (Harb) 28:13; 3, C. Nichol (Sol) 28:55; 4, C. Brooke (Sol) 29:30. (Jnr 3km): 1, C. Rawlins (Harb) 16:25; 2, E. Gaffer (Leic) 16:29; 3, D. Naylor (Harb) 16:35; 4, C. Fioreck (Worc) 16:49; 5, L. Smith (Sol) 16:54. (Girls 2500m): 1, K. Bowers (B&R) 13:50; 2, L. Langford (W&B) 14:10; 3, M. Prince (Sol) 14:19; 4, K. Williams (Sol) 14:36.

Pier-Angelo Fortunati wins 6 hour race from Colin Young, at Binche, Belgium (September 23rd). It was last year's second placer, Italian international Pier-Angelo Fortunati, who broke away on the second of the demanding 4km laps to lead throughout after resisting an early challenge from organiser and ultra-distance specialist Robert Schouckens. Colin Young emerged from a group of Italians to finish 2nd after overhauling Schouckens. 1, P-A. Fortunati (Ita) 63.9km—6:04:04; 2, C. Young (UK) 63.9km—6:14:59; 3, R. Schouckens (Bel) 63.9km—6:18:37; 4, P.

Continued on page 38



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On the Road

ROTHERHAM MARATHON

September 23rd

1, D. Slater (Bingley) 2:19:35
 2, D. Wilson (Blackburn) 2:24:12
 3, W. Padgett (Bingley) 2:25:51
 4, T. Flory (M&C-V) 2:30:26; 5, J. Ashworth (Bing) 2:31:57; 6, S. Clegg (Sal) 2:32:12; 7, A. Lamb (NSP) 2:32:25; 8, T. Farnell (Dark P) 2:34:01; 9, D. Trickett (Hallam) 2:35:13; 10, P. Richardson (Ver) 2:38:00; 11, A. Trowbridge (Dark P) 2:38:14; 12, A. Gibson (Long) 2:38:53; 13, K. Binney (Barns) 2:39:30; 14, M. Rawson (Hallam) 2:39:45; 15, M. Pickard (E&E) 2:40:12; 16, M. Palfreyman (Unatt) 2:41:52; 17, G. Duff (Sheff. U) 2:41:58; 18, A. Gregory (Hallam) 2:42:38; 19, D. Bennett (Barns) 2:42:53; 20, K. Sharp (Barns) 2:43:15. **Teams:** 1, Bingley 9; 2, Hallamshire 41; 3, Dark Peak 50. **(Vets):** 1, Flory; 2, F. Price (Roth) 2:43:19; 3, K. Thomson (Liv) 2:52:29. **(O/50):** Price. **(O/60):** D. Rosenfield (E. Ches) 3:27:29. **(Women):** 1, G. Burley (Gat) 3:10:31; 2, L. Watson (LOAC) 3:18:43; 3, J. Bearsley (Roth) 3:35:38.

ROWNTREE MACKINTOSH '10'

At York, October 7th

1, J. Davies (Essex Beagles) 49:59
 2, J. King (Small Heath) 50:00
 3, W. Padgett (Bingley) 50:20
 4, R. Sinclair (Sheff) 50:27; 5, P. Rawnsley (Sheff) 51:09; 6, D. Wilson (B'burn) 51:14; 7, R. Harbisher (Long) 51:41; 8, E. Irwing (Bing) 52:18; 9, A. Spence (Bing) 52:36; 10, J. Craven (Rown) 52:37; 11, N. Spiers (Sheff) 52:53; 12, D. Anderson (Bing-V) 53:00; 13, D. Lawson (Bing-V) 53:02; 14, K. Angus (Sheff) 53:06; 15, K. Jacques (Sutt) 53:43; 16, T. Lonergan (Bing) 53:48; 17, R. King (RAF Leem) 53:51; 18, R. Marson (Scar) 53:55; 19, T. Flory (M&C-V) 53:58; 20, H. Storey (St. H) 54:23; 21, D. Trickett (Hallam) 54:32; 22, J. Clark (Roth) 54:44; 23, A. Clark (Roth) 54:49; 24, G. Leggatt (Bing) 54:59; 25, A. Hughes (Roch-V) 55:00. **Teams:** 1, Bingley 20; 2, Sheffield 20; 3, St. Helens 74; 4, Middlesbrough & C 89; 5, Longwood 98; 6, Hallamshire 101; 7, Rowntrees 126; 8, Rotherham 140; 9, Harrogate 144; 10, RAF Leeming 172. **(Vets):** 1, Anderson; 2, Lawson; 3, Flory. **(O/45):** 1, Hughes; 2, H. Gamble-Thompson (M&C) 55:25; 3, G. Spink (Bing) 56:21. **(O/50):** 1, K. Paistrick (Bing) 61:58; 2, P. Brook (Holm) 62:31; 3, J. Thompson (M&C) 63:31. **Teams:** 1, Bingley 63; 2, Middlesbrough & C 97. **(Yorkshire Champs):** 1, Padgett; 2, Sinclair; 3, Ramsley. **(Women):** 1, M. Chambers (EAC) 66:41; 2, A. Creamer (Roth) 67:03; 3, J. Bearsley (Roth) 67:14.

WIMBLEDON '10'

HARLOW'S Richard Green was a surprise winner of the annual Wimbledon open 10 miles road race at Wimbledon Park on October 6th. Green (23), who was competing in the race for the first time, beat two former winners, Barry Watson and Bob Holt, in one of the closest tussles in the race's 19 year history.

There was a slight modification to the course this year to avoid a local church and the traditional problem of Saturday afternoon weddings, but an adjustment was made to maintain the 10 miles distance.

Derek Stevens, Holt, Peter Banks, Watson, Green and Glen Grant led the record 201-strong field round the first lap. The leading six runners were still in control at the end of the second of the three laps, increasing their lead to 23 sec over Pete Bennett in 7th place.

At the start of the final lap the leaders dropped Holt, four times winner and course record-holder with 48:10 in 1975. Then Green, Banks and Watson pulled away from Grant and Stevens but Grant came back to get on terms with the leading trio and managed to get past Banks and Watson in the closing stages of the race. Green returned to Wimbledon Park with a fair lead and was never in danger as he completed the final 300y on the track.

Tom Pollak



1, R. Green (Harlow) 49:38
 2, G. Grant (Cambridge H) 49:42
 3, B. Watson (Cambridge H) 49:52
 4, D. Stevens (Hast) 50:02; 5, P. Banks (Cov) 50:22; 6, R. Holt (HW) 50:33; 7, P. Bennett (AF&D) 50:44; 8, G. Meredith (Camb. H) 51:05; 9, D. Faircloth (Croy) 51:15; 10, M. Fletcher (Chelm) 51:22; 11, F. Bell (HW) 51:38; 12, P. Pope (Camb. H) 51:58; 13, M. Woods (AF&D) 52:00; 14, D. Beard (HW) 52:01; 15, S. Badgery (HW) 52:12; 16, C. Barley (Enf) 52:21; 17, P. Barnett (AF&D) 52:27; 18, P. Dolan (N. Bel) 52:38; 19, C. Thomas (TVH) 52:42; 20, A. Jones (Camb. H-V) 52:44; 21, P. Marton (Hast) 52:48; 22, D. March (Mil. K) 52:49; 23, J. Davy (Ips) 52:56; 24, K. Eede (B&R) 52:59; 25, S. Graham (HW) 53:03; 26, S. Webb (HW) 53:08; 27, J. Hermon (Hast) 53:29; 28, S. Crawte (AF&D) 53:38; 29, P. Millard (Hast) 53:53; 30, C. Atterbury (B'ht) 52:55; 31, R. Friend (Dart) 54:01; 32, A. Boyall (Enf) 54:10; 33, C. Moulton (HW) 54:15; 34, C. Ryan (QPH) 54:21; 35, M. Walmsley (Spark) 53:22; 36, A. Locking (RAF W. Dray) 54:29; 37, F. Geen (HW) 54:38; 38, L. Slater (Inv) 54:40; 39, T. Ryan (N. Lon-V) 54:43; 40, D. Williams (Sy) 54:48; 41, J. Cock (E&E-V) 54:50. **Teams:** 1, Cambridge H 13; 2, Hercules Wimbledon 31; 3, Aldershot F&D 37; 4, Hastings 52.

HASTINGS 1066 ROAD RACES

Hastings AC won the main event, the senior men's 5×5000m relay, for the third successive year in their Seafront road race meeting on October 13th, but they left it late with Derek Stevens moving ahead of leaders Brighton & Hove on the final stage and clocking the day's second fastest leg of 13:38. Richard Coles, running fourth leg for the third-placed Blackheath was fastest of the race at 13:31. Hilary Hollick, now based in London again, won the women's 4000m race after taking the lead early on and never being headed, although the fast-improving Alison Gooderham (Chelsea Coll.) closed to within 3 sec on the run-in.

C.T.

1, Hastings (J. Hernon 14:00, P. Brook 14:22, A. Wilson 14:04, R. Brookes 13:56, D. Stevens 13:38) 70:00
 2, Brighton & H (D. Crowhurst 14:16, P. Rockwood 14:16, M. Paterson 14:07, A. Bristow 13:43, P. Whitcomb 14:11) 70:33
 3, Blackheath (M. Athews 14:08, T. Soutar 14:33, R. Cliff 14:37, R. Coles 13:31, P. Irvine 14:24) 71:13
 4, Crawley 71:49; 5, Brighton & H 'B' 72:17; 6,

Hastings 'B' 74:23. **Fastest laps:** Coles 13:31; Stevens 13:38; Bristow 13:43; A. Douglas (Craw) 13:45; F. Tota (Craw) 13:53; A. Sharp (Ton) 13:55. **(Boys):** 1, Bean (Folk) 11:33; 2, Sims (Inv) 11:45; 3, Rowe (Hay. H) 11:47. **Teams:** 1, Invicta 17; 2, Folkestone 27. **(Colts):** 1, Dinery (B&H) 9:09; 2, Sisley (E. Grin) 9:13; 3, Giggins (Craw) 9:16. **Team:** Crawley. **(Women):** 1, H. Hollick (Sale) 12:31; 2, A. Gooderham (Chel) 12:34; 3, E. Sloan (Hast) 12:50; 4, L. Mozen (Ux) 13:25; 5, J. Mitchell (Chel) 13:59; 6, Leeves (Worth) 14:02; 7, L. Jemmett (Unatt) 14:04; 8, McDonagh (Inv) 14:31; 9, Elliot (Worth) 14:37. **Teams:** 1, Chelsea Coll. 21; 2, Worthing 33; 3, Hastings 34. **(Juniors):** 1, T. Long (F&C) 8:42; 2, J. Rose (Ash) 8:50; 3, D. Campbell (Craw) 9:12; 4, N. Hughes (Inv) 9:21. **Teams:** 1, Fleet & C 13; 2, Crawley 27. **(Girls):** 1, H. Avila (S&C) 9:29; 2, D. Henson (F&C) 9:50; 3, L. Sisley (E. Grin) 9:55. **Team:** Sutton & C.

SURREY COUNTY WOMEN'S ROAD RELAYS

At Brockwell Park, October 6th

1, Epsom & E (M. Griffiths 11:50, C. Stroud 11:58, E. Harding 10:49) 34:37; 2, Croydon (C. Goscomb 12:12, J. Burchett 13:10, D. Phillips 10:50) 36:12; 3, Mitcham (M. Lowe 10:58, J. Frankland 12:45, J. Digby 13:19) 37:02; 4, Selsonia 39:00; 5, Epsom & E 'B' 39:13; 6, Surrey AC 41:41; 7, Hercules Wimbledon 51:14. **Fastest laps:** Harding 10:49; Phillips 10:50; Lowe 10:58. **(Inters):** 1, Haslemere Border (L. Bicknell 9:39, R. Disley 9:46, A. Wilkins 9:40) 29:05; 2, Epsom & E (Z. Hyde 10:45, C. Harding 10:30, S. Poulter 10:26) 31:41; 3, Mitcham (R. Titmarsh 10:20, R. Watson 11:09, L. Tyler 10:39) 32:08; 4, Epsom & E 'B' 33:42; 5, Surrey AC 35:17; 6, Aldershot F&D 37:50. **Fastest laps:** Bicknell 9:39; Wilkins 9:40; Disley 9:46. **(Juniors):** 1, Mitcham (C. Gair 8:14, D. Wilson 8:19, K. Hendrickse 8:20) 24:53; 2, Epsom & E (R. Eldridge 8:33, K. Barwell 9:00, S. Morss 8:15) 25:48; 3, Aldershot F&D (T. Howard-Jones 9:45, C. Lilley 8:27, H. Churn 8:05) 26:17; 4, Mitcham 'B' 26:27; 5, Sutton & C 26:27; 6, Croydon 27:05; 7, Surrey AC 27:20; 8, Dorking St. Pauls 27:49. **Fastest laps:** Churn 8:05; Gair 8:14; Morss 8:15. **(Girls):** 1, Mitcham (A. White 8:46, J. Owens 8:56, A. Maunsell 8:50) 26:32; 2, Croydon (J. Edward 8:57, J. Marmont 9:12, E. Gualtieri 8:52) 27:01; 3, Mitcham 'B' 27:11; 4, Sutton & C 27:28; 5, Epsom & E 27:35; 6, Hercules Wimbledon 29:09. **Fastest laps:** H. Avila (S&C) 8:32; L. Carter (Mit 'B') 8:41; White & P. Williams (E&E) 8:46.

Opposite page: first six home in the Wimbledon '10', (l to r) Barry Watson, Richard Green, Bob Holt, Glen Grant (well tucked in), Peter Banks and Derek Stevens.

Photo by John Wasbrough

Veterans AC officers: secretary — A. Shepherd, 38 Bromley Road, Beckenham, Kent, BR3 2JD; treasurer — F. Webb, 50 Longford Avenue, Southall, Middlesex.

WALKING Continued from page 35

Forthomme (Bel) 60km—6:02:02; 5, J. Lambrecht (Bel) 60km—6:03:33; 6, D. Vandendaul (Bel) 60km—6:05:25.

Fine victory by Mike Holmes in Northern 10km championship, at Sheffield (September 29th). The track was by no means in top condition when the seniors toed the line for the fifth race of the day. Mike Holmes took the lead during the first lap and passed 5km in 21:57. With three laps remaining he lapped Mick Greasley and John Warhurst who were battling for 2nd place. Tony Malone had a fine race to record a pb; it was a happy day all round for him as he has been responsible for getting walking established in the Stockport club and its enthusiastic members made their presence felt in this their first major championships. 1, M. Holmes (Yk. P) 44:33; 2, M. Greasley (Sheff) 46:21; 3, J. Warhurst (Sheff) 46:37; 4, A. Malone (Stock) 46:54; 5, B. Graham (Yk. P) 47:32; 6, D. Jackson (Yk. P) 48:30; 7, R. Hankin (Sheff) 49:45; 8, S. Tyas (Yk. RWC) 49:59. (**Jnr 10km**): 1, D. Griffin (Sheff) 54:14; 2, G. Pilmoor (Yk. P) 54:22; 3, K. Colley (Sheff) 55:28. (**Yths 3km**): 1, C. Bolton (Sheff) 15:35; 2, P. Cambridge (Yk. P) 15:35; 3, M. O'Farrell (Sheff) 15:40. (**Boys Open 2km**): 1, D. Hurditch (Sheff) 9:56; 2, P. Furness (Sheff) 10:27; 3, D. Moore (Stock) 10:30. (**Women's Open 3km**): 1, J. Pilmoor (Yk. P) 17:20; 2, P. Benson (Yk. P) 17:45; 3, K. Pryce (Stock) 18:24.

Race Walking on the media. Barry Ingarfield was recently featured on Radio London, talking on the sport. Several walkers will be seen in the BBC 'Grandad' series, featuring Clive Dunn, on October 31st.

Excellent track 10km from Maurizio DaMilano. Recording 40:01 in Turin on September 16th, Italy's leading 20km specialist set a European best. He reached 5000 in 19:58 and powered the final 400 in 90 sec.

Other super-fast track 10km times. (Grudziadz, Poland, May 30th) 1, D. Bautista (Mex) 39:31.5 (world best); 2, D. Colin (Mex) 40:20.9; 3, A. Flores (Mex) 41:47.3; 4, F. Gomez (Mex) 42:09.6. (Forli, June 6th) G. Fabbri (Ita) 41:13.3. (Turin, June 8th) 1, M. DaMilano (Ita) 41:14.2; 2, A. Pezzatini (Ita) 41:45.5; 3, B. Bulakowski (Pol) 41:51.0. (Furth, Germany, June 10th) 1, Colin 40:40.0; 2, P. Aroche (Mex) 41:04.4; 3, Flores 41:04.6. **Track 20km** (at Zabrze, Poland, June 23rd) 1, Bautista 1:24:17.2; 2, M. Bermudez (Mex) 1:29:12.2; 3, R. Gonzales (Mex) 1:30:49.

Bautista and Gonzales triumph in Pan-American Games, at San Juan (Puerto Rico).

With both races taking place in extreme heat it was both surprising and outstanding for Neal Pyke and Todd Scully to finish so close to Daniel Bautista in the 20km. Indeed, Pyke pressed the Olympic champion for over half the distance. World record holder Domingo Colin had a disastrous race to finish 6th. The Mexican pair were unchallenged in the 50km but Marco Evoniuk had a good race. 20km (July 13th): 1, D. Bautista (Mex) 1:28:15; 2, N. Pyke (US) 1:30:17; 3, T. Scully (US) 1:32:30; 4, S. Fonseca (Hond) 1:35:20; 5, M. Jobin (Can) 1:38:42; 6, D. Colin (Mex) 1:40:02. 50km (July 10th): 1, R. Gonzales (Mex) 4:05:17; 2, M. Bermudez (Mex) 4:11:13; 3, M. Evoniuk (US) 4:24:23; 4, E. Bermudez (Col) 4:39:36.

Roger Quemener first Frenchman to win Strasbourg to Paris since 1970. 1, R. Quemener (Fra) 64:24:53 (510km); 2, R. Schouckens (Bel) 64:53:22 (510km); 3, J. Simon (Lux) 65:03:46 (510km); 4, M. Boulouc (Fra) 69:57:10 (510km); 5, J. de Jonge (Hol) 69:15 (487km); 6, J. Frick (Fra) 70:39 (487km).

Greek twins triumph in Balkan Games 20km, at Athens (August 11th). Course 900m over distance; temperature: 36°C! 1, A. Karagiorgos (Gre) 1:41:00; 2, C. Karagiorgos (Gre) 1:41:01; 3, C. Staicu (Rom) 1:41:32.

100km race at Turpange, Belgium (August 26th). 1, F. Schwickert (Lux) 10:07:59; 2, A. Kunhert (Lux) 10:16:44.

AAA SPECIAL TROPHY AWARDS FOR 1979

The Amateur Athletics Association announce that the following Special Trophy awards have been made for 1979:

C. N. Jackson Memorial Cup for the outstanding AAA athlete of the year — Sebastian Coe; **Harvey Memorial Cup** for the best Champion of the year — Edwin Moses (US); **Pepsi-Cola Award** for the best performance by a UK athlete under 21 in the AAA Championships — Mike McFarlane; **John Thornton Award** for the best High Hurdles performance during the year in the UK — Andrey Prokofiev (USSR); **Carborundum Golden Jubilee Trophy** for the best track performance in the AAA Championships — Steve Ovet; **W. J. Pepper Memorial Trophy** for the best field performance in the AAA Championships — Mike Tully (US); **Philips Trophy** for the best performance in the AAA Indoor Championships — Brian Hooper; **George Hogsflesh Memorial Trophy** for the best Junior athlete of the year — Mike McFarlane; **Joe Turner Memorial Trophy** for the best champion in the AAA Junior Championships — Graham Williamson; **Jack Crump Memorial Trophy** for the best Youth of the year — Ossie Cham.

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ADIDAS APOLLO. Yellow with black trim. One 7½ only, but small fitting and would suit 6½ normal fitting. To clear at £9.95.

PUMA MIRAGE. Orange/black trim. One small fitting 7½, suit normal 6½. To clear at £9.95.

ADIDAS INTERVALL. White leather/black trim. Sizes 6, 6½, 7. Again very small fitting, probably fit normal 5, 5½, 6 but send foot outline for perfect fit. To clear £12.95, were £16.75.

GOLA JAVELIN BOOTS. One 8 only, probably normal fitting 7. £19.95 (£31.99).

ADIDAS HIGH JUMP. "Straddle" (L) 6, 6½, 9; (R) 7, 8½, 9. More than £10 off. £15.95 (£26.25). "Flop" (R) 9½, same price £15.95.

"THE DASHER"

By far the best value for money we have come across in low-priced training shoes, this copy of the TRX shoe with blue nylon uppers and small close studs is ideal for road or country. Excellent build up at the heel. You cannot go wrong at this price. Full sizes only 2 to 12, 2 to 5 £6.50, 6 to 12 £7.50. Normal fitting but we suggest you send foot outline for perfect fit.

ADIDAS T-SHIRTS

Green/navy trim S, M, L; Yellow/navy S, M, L; Black/white S, L; White/navy S, M; Orange/black S, M; Red/white S, M. MRP £4.95, our price still £3.95.

CLUB VESTS

Now is the time to order your club vests for next summer. We can even get them through for you in 5 to 6 weeks. It is not easy to obtain a top quality knitted vest (not interlock) in 100% cotton specially made to club requirements, but we can supply just that at very reasonable prices. Hoops or any number of bands in most colours can be knitted in, all at the same price: 26 or 28 in £2.45, 30 or 32 in £2.85, 34 or 36 in £3.55, 38 or 40 in £3.80, 42 in £4.20. Minimum order 12 vests, and 6 per size. Discount on 3 dozen or more. Other designs, diagonals, vertical stripes or panels £1.75 per vest extra. Please enclose 20% deposit with any order for club vests.

All sent post free as soon as order is received. Please write name and address in block letters and always send foot outline for shoes to ensure perfect fit. Goods exchanged (postage must be sent) if returned in new condition within 7 days.

ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone Medway (0634) 47055

SOUTHEND-ON-SEA ATHLETIC CLUB CROSS COUNTRY RELAY RACE

for Senior Men — 5 stages of 2½ Miles
(Under ECCU Rules)

ON SAT., 24th NOVEMBER, at 2.15 p.m.

Entries to: M. Seaman, 110 Yarnacott, Shoeburyness, Southend-on-Sea, SS3 8AW. (Tel. S-o-S 584043), by **Wednesday, 14th November.**

Fees. First team £1.20, reserve teams 80p.

SKIPTON & DISTRICT A.C.
(Under A.A.A. Laws)

SKIPTON'S 1st OPEN CROSS COUNTRY MEETING

SATURDAY, NOVEMBER 17th
Start 1 p.m.

AT AIREVILLE SCHOOL
SPONSORED BY SILENT NIGHT

Events: Colts 1½ Miles, Boys 2½ Miles, Youths 3 Miles, Mens & Vets 5 Miles. (Ages as from 1.9.79).

Awards: 1st 3 Individuals all ages, 1st 3 Teams — Colts, Boys, Youths & Men only. No team fee (4 to score).

Entries: Men & Vets 30p, others 25p.

Entries to: Mr R. Holmes, 21 Roughaw Road, Skipton, North Yorks. (Tel. 61437).

CLOSING DATE 12th NOVEMBER

CLASSIFIED ADVERTISEMENTS

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

RUNNING MAKES YOU BEAUTIFUL —

Look even better in a Mr Print-it custom designed Teeshirt, Sweatshirt or Singlet. Minimum order 10. S.A.E. Mr Print-it, 64 Portland Drive, Forsbrook, Stoke-on-Trent, ST11 9AU.

Write or phone for a **FREE 1979 ADIDAS** full colour brochure showing footwear and textiles plus our **MAIL ORDER DISCOUNT/POST FREE** price list. We stock the complete range. **CAPITAL SPORTS LTD.,** Catherine Street, St. Albans, Herts. Telephone St. A. 63741. Access and Barclaycard accepted.

CLUB COLOURS — vests, jerseys, shorts, tracksuits, etc. Send for free catalogue. **Douglas Sports, 16 St. Martin's-Le-Grand, London EC1A 4EP.**

ATHLETIC AWARDS, CLUB BADGES, MEDALS & PRESENTATIONS of EVERY DESCRIPTION; Send for list and full details. **GREENS OF OLYMPIC TROPHIES",** Astley Lane, Bedworth, Warwickshire. Phone: 0203 312183.

ATHLETIC EVENTS

With more than 18,000 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.

NENE VALLEY HARRIERS A.C.

10 MILE OPEN ROAD RACE

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

SUNDAY, 2nd DECEMBER, 1979

at 2.30 pm

BRETTON CENTRE, PETERBOROUGH

GOOD INDIVIDUAL PRIZES

1st 3 Teams (3 to score)

Entry Fee: 35p per individual. No team fee.

Entries to: Ray Church, 14 Benland, Bretton, Peterborough, (Tel. 0733 265303), no later than **Monday, 26th November, 1979.**

Please send S.A.E. if acknowledgement or details required.

NORTH WEST ATHLETICS COACHING COMMITTEE

Courses for ATHLETES, COACHES AND TEACHERS

1. 'Hammer Course' — at Crossford Bridge, Sale.
Director — Kevin Madden (NACC Event Organiser). Sundays: November 4th, December 2nd, January 6th, February 3rd, March 2nd, April 6th.
2. 'Javelin Course' — at Longford Park, Stretford.
Director — Wilf Paish (National Coach). Sunday, December 2nd, 1979.
3. 'Shot and Discus Course' — at Kirkby Stadium.
Director — Carl Johnson (National Coach). Wednesday/Thursday/Friday Evenings, 23rd/24th/25th January, 1980. Saturday, 26th January, 1980.
4. 'Sprint Course' — at Kirkby Stadium. Director — John Bailey (National Event Coach). Saturday/Sunday, 9th/10th February, 1980.

Also Courses leading to Assistant Club and Club Coach Awards.

Full details and application forms from: Gordon Gluyas, Hon. Secretary N.W.A.C.C., 98 Charlestown Road East, Woodsmoor, Stockport, Cheshire SK2 7DZ. Tel. 061 483 2346. SAE please.

20 MILE ROAD RACE LEAMINGTON TO BANBURY Automotive Products Sponsored

ap 20

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

SUNDAY, 11th NOVEMBER, at 12.30 p.m.

Prizes: 1st 3, 1st Vet O/40, O/50, 1st 2 Ladies & 1st 2 Teams (4 run, 3 score). Award to every finisher.

Entries: 40p, (no team fee). Please enclose S.A.E. Late entries 60p non scoring. (Closing date 5th Nov.).

Entries to: The Organiser, 60 Wards Crescent, Bodicote, Nr. Banbury.

TIPTON '10' & LADIES RACE

Sponsored by BULLERS LTD.

SUNDAY, 18th NOVEMBER, 11 a.m.

from Tipton Sports Union,

Gospel Oak Road, (3M off M6, Junct. 9)

Prizes: 1st 20, 1st 3 O/40, 2 x O/45, 1 O/45, 1st 3 Ladies.

Entry Fee: 35p to: A. Richards, 114 Richards Rd., Princes End, Tipton, W. Midlands DY4 9LU. (Payable to Tipton Harriers). S.A.E. for replies.

**British Road Runners Championship Event
ENTRIES CLOSE 16th NOVEMBER**

Leeds University Cross-Country Club

presents

Yorkshire Bank Cross Country Relays for Students

(Under ECCU and WCC & RWA Rules)

Saturday, 1st December, 1979

Meanwood Park, Leeds

MEN'S RELAY (incl. Schools Relay) 6 x 2 ¼ miles

LADIES RELAY 3 x 2 ½ miles

Prizes to the value of £400

MEN'S FASTEST LAP — £50 suit from 'Burtons'. 2nd fastest — £25 tracksuit from Kim McDonald Sports. 3rd fastest — £15 document case.

LADIES FASTEST LAP — to the value of £30.

LAP RECORDS: MEN Hugh Jones 13.07 (1976)
LADIES Jill Clarke 13.38 (1979)

Entry Fee: £1.50 per team. **Closing date 10th November, 1979.** Invitations from Andy Evans, Relay Secretary, Leeds University Union Cross Country Club, University Road, Leeds LS2 9JT.

Sponsored by



Yorkshire Bank