

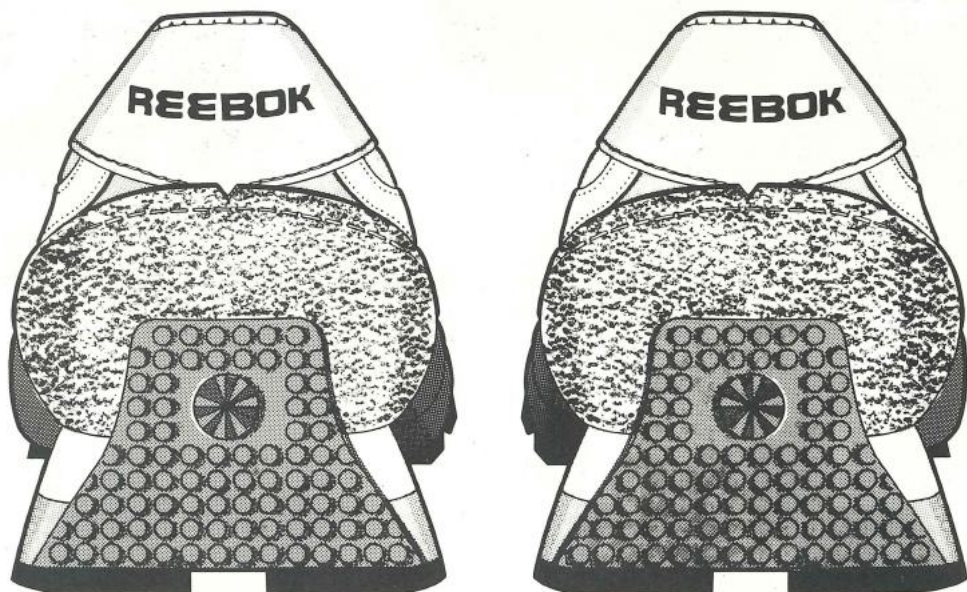
INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

OCTOBER 4th 1980 30p



SHOW A CLEAN PAIR OF HEELS



U.K. Distributors to the Sports Trade, Carter Pocock Ltd
235 Southwark Bridge Road, London SE1 6NN Tel: 01-407 8321

Editor: MEL WATMAN
 Assistant Editor: BARRY TROWBRIDGE
 Editorial Assistant: BRIAN SMYTH
 Business & Advertisement Director: TIM GREEN
 Advertising Assistant: DAVID MATTHEWS
 Consultant Director: P. W. GREEN
 Subscriptions & Books: JACKIE PENNEY
 Subscriptions & Circulation: GABRIELLE PACE

Published by:

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

Printed by:

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

Annual Subscription (including postage):

Direct subscribers in UK & HM Forces: £19.24
 Through an agency: £22.62
 Overseas Surface Mail: £22.36
 Air Mail Europe: £26.00
 Other Air Mail rates on application.
 USA Surface: \$54. Air Mail: \$71.
 Minimum subscription period 6 months.

Registered at the Post Office as a newspaper.

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

Audited Circulation: July-December 1979 19,539.

*No part of this magazine may be used or reproduced
 without the express permission of the editor or
 publishers, and even if such permission is given, the
 source must be acknowledged when used.*

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

athletics

weekly

Vol. 34 No. 40

OCTOBER 4th 1980

CONTENTS

* Tokyo International Meeting	4
* Book Reviews	10
* European Results	14
* UK 50km Walk Record	16
* USSR's First Women's Marathon	21
* Northern Decathlon & Pentathlon	22
* Who's Who (Dave Ottley)	27
* Interview With Dave Ottley — by Alastair Aitken	29
* Steeplechasing — by Brian Mitchell	32
* GRE Plate Competitions	40
* Readers' Letters	42
* Grand Finale In Peking	46

THE WEEK AHEAD

Saturday, October 4th: Southern 6-Stage Relay, Crystal Palace; Haywards Heath CC Meeting; Herne Hill YA CC League, Brockwell Park; Gwent CC League; Oxford AC 'Express Litho' CC Meeting; Skipton CC Meeting; Sports & Leather Schools CC Races, Uppingham; Fairland Trophy CC Races, Stevenage; Rectory Park Schools Relays, Sutton Coldfield; Horsenden Relay; Everill Cup, Birmingham; Reiyukai Open Trophy Meeting, Norwich; Alves Forres Road Race; Ross Shield Road Race, Tiverton; Gallt-Y-Glyn Fell Race, Llanberis; Leicester Open 10km Walk; Steyning Open 10km Walk; Gazette Cup 4M Walk, South Croydon; Belgrave & Met. Police 5M Walk, Wimbledon.

Sunday, October 5th: International Inter-Club Match, Crystal Palace; Lincs Pentathlon Champs, Spalding; South Wales v Birchfield v Cardiff v Swansea, Swansea; W. Midlands YA CC League, Wolverhampton; Ealing CC Relay; British Vets Marathon Champs, Stoke; Nias '10', Newbury; Stockport Road Races; Nashua/Vauxhall Road Relay, Luton; Holmfirth YA Road Races; Leamington Road Races;

Cutlers Grassland Relay, Sheffield; Moffat Chase Fell Race; BRWC 20km, 50km & Women's Races, Moorgate; TT Walk Relay, Isle of Man.

Tuesday, October 7th: London Postal Region 9km Walk, Blackheath.

Wednesday, October 8th: Wyton Relay.

There will be a practical test for timekeepers at the New River Stadium, Haringey on October 26th (10.45 am). Further details from P. Wells, 19 Sheldon Close, West Cheshunt, Herts (Tel: Waltham Cross 35429).

Contrary to their fixture list published at the start of the season, there will not be a SCAA meeting at Crystal Palace on Wednesday, October 8th.

COVER PHOTO (By Bob Sly)

Irene Bateman (2) and Carol Tyson in the UK 5000 metres walk championship.

FOUR BRITISH WINNERS IN TOKYO

Heather Hunte — Kathy Smallwood — Joslyn Hoyte-Smith — Paul Forbes

OF BRITAIN'S four winners in the Eight Nations Match in Tokyo's Olympic Stadium on September 20th, only Kathy Smallwood's triumph in the 200m could really have been expected. Heather Hunte, Joslyn Hoyte-Smith and Paul Forbes all defeated athletes of greater renown in the process of winning their events.

What a day it was for Britain's girl sprinters, for not only did they capture the 100, 200 and 400, but they also finished a good second in the 4 x 100 as Heather, Kathy and Bev Goddard sent Michelle Probert off ahead of Olympic champion Lyudmila Kondratyeva. The Soviet star reached the line first on that occasion but she didn't in the individual 100 where Heather at last recaptured the sparkling form she had shown much earlier in the season. Oozing power the whole way, Heather had the best part of a metre to spare over Kondratyeva for her most notable international success to date. In windless conditions, before a crowd of nearly 80,000, she ran a personal best of 11.24.

In the 200, Kathy celebrated her election by journalists as Britain's woman athlete of the year by producing another impressive run, clocking 22.70 from the difficult inside lane. Her consistency throughout a long and arduous season has been remarkable.

Joslyn, out in lane 8, pulled off a delightful surprise victory in the 400. Irina Nazarova (4th in Moscow in 50.07), in lane 7, never caught her. Joslyn held a half-metre lead into the straight and, far from fading, pulled away to a good four-metre margin in 51.92.

The British women's team as a whole performed with considerable credit to finish second in the unofficial point scores to the USSR, and ahead of Poland, Italy, Germany, USA, Finland and Japan. Sue Hearnshaw long jumped well to place second in front of Olympic champion Tatyana Kolpakova and Moscow fourth-placer Anna Włodarczyk (German winner Christina Sussiek — who has a best of 6.68m came in as reserve for Heike Schmidt); and Shirley Strong was a creditable third in the hurdles behind the Olympic gold (Vera Komisova) and bronze (Lucyna Langer) medallists.

Komisova apart, it wasn't a good meeting for



HEATHER HUNTE

Beat Olympic champion Lyudmila Kondratyeva.

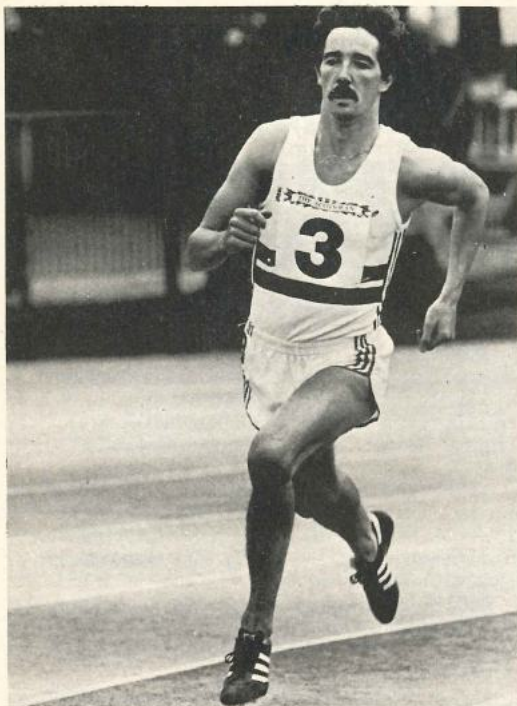
Mike Street

Soviet Olympic women champions. The defeats of Kondratyeva and Kolpakova have already been mentioned and — in the biggest upset of all — Tatyana Kazankina was well beaten in a slow 1500 by Italy's Gabriella Dorio. Chris Boxer finished fourth, a stride in front of world 3000 champion Birgit Friedmann. Another Italian success came in the high jump, more predictably, as Sara Simeoni cleared 1.96m. The USSR accounted for the other two women's events (there was no 800, 3000, 400H, discus and 4 x 400 on the programme) through Olympic silver medallists shot putter Esfir Krachevskaya and



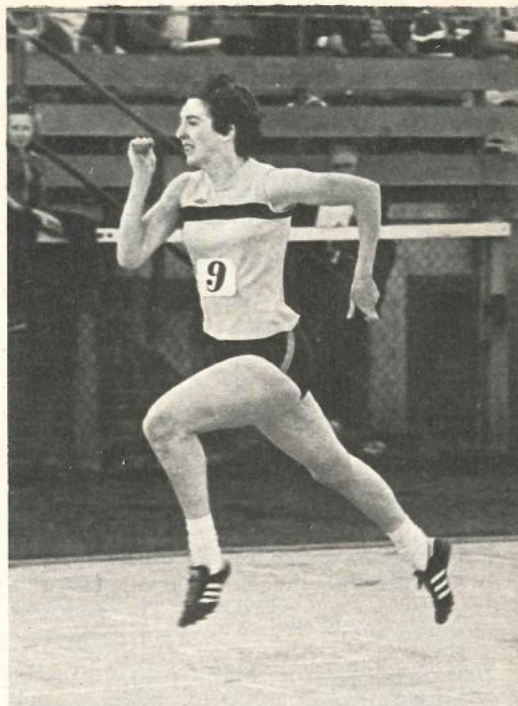
...outstrips the field

Send today for your free colour brochure to:
Bukta, Brinksway, Stockport, Cheshire, SK4 1ED.
enclosing stamp to cover postage.

**PAUL FORBES**

Seen running against Sweden at Meadowbank.

John Burles

**SUE HEARNshaw**

200m winner in Northern Inter-Counties.

Eric North

javelin thrower Saida Gunba. Unlucky Fatima Whitbread (who had thrown 57.30m at Thurrock nine days earlier) re-injured her back while warming up.

Britain's hero on the men's side was Paul Forbes, who has never been seen to better effect than when winning the 800 at this match. Forbes has had his ups and downs in recent seasons but on his day he is a formidable competitor, as his rivals in Tokyo now know to their cost. He and Germany's Hans-Peter Ferner (best of 1:45.6) shared the lead through a slow (57 sec) first lap before the Scot struck out on his own. Olympic bronze medallist Nikolay Kirov and Ferner set off in pursuit but Forbes — running the race of his life — clung tenaciously to his lead all the way. In a desperate finish, in which a stride's length covered the first five runners, Forbes was the winner ahead of Kirov who tried but failed to nip past on the inside. The time of 1:49.7 was slow but unimportant in the context of the event.

Two other Scots to excel themselves were sprinters Cameron Sharp and Drew McMaster. There was no holding Stanley Floyd in the 100 (he was inside 10.20 for the seventh time this year) but in a fine race for second place it was Sharp who came through ahead of Olympic finalists

Marian Woronin and Vladimir Muravyov, and European indoor 60m record holder Christian Haas, in 10.39 — just 1/100th away from his legal personal best. McMaster in the inside lane, broke 21 sec on electric timing for the first time without wind assistance as he placed third in 20.81. The winner, uncorking yet another scintillating run, was Pietro Mennea in 20.03.

Other first-rate British performances came from Steve Jones in the 5000 (collecting several impressive scalps in second place), Wilbert

CLUB INSIGNIA

on ties, cufflinks, T-shirts, badges, trophies & awards.
Write or telephone for catalogue and quotation.

We can do it!



Marks of Distinction Ltd

124 Euston Road, London NW1 2AN. Tel: 01-387 3772

Greaves (third in 13.84, 1/100th outside his best, despite hitting hurdles 7 and 9) and Aston Moore, who equalling his season's best of 16.55m provided Olympic champion Jaak Uudmae with his closest competition. Another who gave it everything was Rod Milne in the 400. Drawn in lane 8 he bombed it to such effect that he led into the finishing straight against a field including Olympic champion Viktor Markin and another sub-45 performer in Willie Smith. Understandably, Milne tied up badly in the closing stages but he still managed to clock 46.51 in fifth place as Smith won decisively from Markin.

One of the most keenly awaited clashes, Ed Moses v Harald Schmid, did not come about as Moses did not feel well and withdrew. Schmid won as he pleased in 48.58, with Gary Oakes a weary fifth some 25m behind. As in the women's events, the large crop of Soviet Olympic champions fared only moderately. Uudmae won, but Markin, Viktor Rashchupkin, Yuriy Sedykh (picked off again by Karl-Hans Riehm) and Dainis Kula were all defeated. Nevertheless, the USSR came out on top in the unofficial match, with Britain sixth. For no obvious reason, the only normal event missing from the men's programme was the shot.

100: (nil wind) 1, Floyd (US) 10.16; 2, CAMERON SHARP 10.39; 3, Woronin (Pol) 10.41; 4, Haas (Ger) 10.44; 5, Muravyov (USSR) 10.45; 6, Toyota (Jap) 10.64. 'B': (+0.3m) 1, Richard (Fra) 10.47; 2, Petitbois (Fra) 10.48.

200: (+0.4m) 1, Mennea (Ita) 20.03; 2, Taylor (US) 20.67; 3, DREW McMASTER 20.81; 4, Dunecki (Pol) 20.88; 5, Hofmeister (Ger) 20.97; 6, Sidorov (USSR) 21.04; 7, Toyota (Jap) 21.05.

400: 1, W. Smith (US) 45.91; 2, Markin (USSR) 46.18; 3, Zuliani (Ita) 46.18; 4, Weber (Ger) 46.43; 5, ROD MILNE 46.51; 6, Natori (Jap) 46.82; 7, Stepien (Pol) 47.26. 'B': Dubois (Fra) 46.77.

800: 1, PAUL FORBES 1:49.7; 2, Kirov (USSR) 1:49.8; 3, Harkonen (Fin) 1:49.8; 4, Ostrowski (Pol) 1:49.8; 5, Ferner (Ger) 1:49.9; 6, Grippo (Ita) 1:50.7; 7, Martin (US) 1:52.8.

1500: 1, Becker (Ger) 3:47.5; 2, Zerkowski (Pol) 3:48.1; 3, Malozemlin (USSR) 3:48.3; 4, Fontanella (Ita) 3:48.4; 5, COLIN REITZ 3:48.9; 6, Ishii (Jap) 3:49.2; 7, Lipsanen (Fin) 3:49.2; 8, Masback (US) 3:49.8.

5000: 1, Cova (Ita) 13:42.6; 2, STEVE JONES 13:43.1; 3, Abramov (USSR) 13:43.4; 4, McChesney (US) 13:46.6; 5, Hildenbrand (Ger) 13:47.2; 6, Ito (Jap) 13:47.3; 7, Kopijasz (Pol) 13:52.9; 8, Paunonen (Fin) 14:14.1.

10,000: 1, Seko (Jap) 28:38.7; 2, Plasencia (US) 28:41.2; 3, Vainio (Fin) 28:46.8; 4, Zarcione (Ita) 29:00.7; 5, RAY SMEDLEY 29:14.0; 6, Poschmann (Ger) 29:23.3; 7, Fyedotkin (USSR) 29:45.7.

3000SC: 1, Maminski (Pol) 8:28.5; 2, Scartezzini (Ita) 8:29.7; 3, Shintaku (Jap) 8:31.3; 4, Martin (US) 8:38.6; 5, Ekblom (Fin) 8:39.2; 6, eq, Ilg (Ger) & GORDON RIMMER 8:41.7; 8, Dimov (USSR) 8:48.8. Guest: Mahmoud (Fra) 8:41.7.

110H: (+0.5m) 1, Puchkov (USSR) 13.76; 2, Lavitt (US) 13.82; 3, WILBERT GREAVES 13.84; 4, Pusty (Pol) 14.06; 5, Buttari (Ita) 14.19; 6, Fujimori (Jap) 14.41; 7, Lax (Fin) 14.53; 8, Kratschmer (Ger) 14.64.

400H: 1, Schmid (Ger) 48.58; 2, Arkhipenko (USSR) 50.06; 3, Nagao (Jap) 50.34; 4, Zorn (Ita) 50.68; 5, GARY OAKES 51.86; 6, Alanen (Fin) 53.90; Moses (US) scr.

HJ: 1, Wszola (Pol) 2.30; 2, Fields (US) 2.23; 3, Di Giorgio (Ita) 2.23; 4, Thranhardt (Ger) 2.20; 5, Demyanuk (USSR) 2.10. Guest: Agbo (Fra) 2.23. No UK competitor.

PV: 1, Volkov (USSR) 5.50; 2, Takahashi (Jap) 5.30; 3, Lohre (Ger) 5.30; 4 eq, Kalliomaki (Fin) & BRIAN HOOPER 5.20; 6, Hintnaus (US) 5.20. Guest: Zalar (Swe) 5.30.

LJ: 1, Jaskulka (Pol) 7.88; 2, Artis (US) 7.78; 3, Usui (Jap) 7.76; 4, Belskiy (USSR) 7.72; 5, Klepsch (Ger) 7.51; 6, Piochi (Ita) 7.49; 7, ROY MITCHELL 7.44.

TJ: 1, Uudmae (USSR) 16.84; 2, ASTON MOORE 16.55; 3, Jordan (US) 16.39; 4, Nakanishi (Jap) 16.22; 5, Kubler (Ger) 16.20; 6, Evangelisti (Ita) 15.71. Guest: Valetudie (Fra) 15.86.

DT: 1, Juzyszyn (Pol) 62.20; 2, Tuokko (Fin) 61.50; 3, Plucknett (US) 61.18; 4, Rashchupkin (USSR) 60.16; 5, Dannenberg (Ger) 59.84; 6, Simeon (Ita) 59.10; 7, Kawasaki (Jap) 54.30; 8, MIKE WINCH 50.12. Guest: Gardenkrans (Swe) 59.14.

HT: 1, Riehm (Ger) 76.48; 2, Sedykh (USSR) 76.40; 3, Bianchini (Ita) 72.12; 4, Huhtala (Fin) 71.00; 5, Woderski (Pol) 70.84; 6, CHRIS BLACK 69.50; 7, Murofushi (Jap) 67.20; 8, Bessette (US) 64.28.

JT: 1, Schreiber (Ger) 87.66; 2, Adamusz (Pol) 84.44; 3, Takeda (Jap) 82.24; 4, Kula (USSR) 79.40; 5, Utriainen (Fin) 79.26; 6, DAVE OTTLEY 78.76; 7, Kennedy (US) 78.18. Guest: Eldebrink (Swe) 86.26.

BUYING A CAR?

Particularly if you are an athlete you should try us first. Fellow athletes always well looked after. Any make of new car supplied. Also a huge selection of low mileage, mostly one-owner cars available.

RENAULT AGENTS • HIRE PURCHASE

Write or telephone: Stoke-on-Trent 514444

George Rhodes Ltd.

BIDDULPH, STOKE-ON-TRENT, STAFFS

MEL BATTY SPORTS

(Under New Management)

CLEARANCE SALE 25% OFF MINIMUM

ALL STOCK MUST GO!!

CROSS COUNTRY STUDDED SHOE

	R.R.P.	SALE
ADIDAS CROSS — 5,5½	£18.75	£12.00
6,6½, 7,7½, 8,8½, 9,10,10½,11,11½,	£21.50	£12.00

SPIKES

NIKE

UNIVERSE — 6,6½,7	£33.99	£25.49
TRIUMPH — 4½,5	£21.75	£16.30
10	£24.99	£18.74
AMERICAS — 6½	£23.99	£17.99
INTERVALLE — 7½, 10	£23.99	£17.99
UNIVERSE — 5,5½	£29.55	£22.16

PUMA

TRACK RIDER — 8	£25.50	£19.12
MUNCHEN — 6½,7½,10½,11,11½	£34.99	£26.24

KARHU

100 — 7½	£10.00
MONTREAL — 6,6½,7,9,9½,10,11	£25.95 £19.46
RECORD — 7,8,8½,10½	£24.95 £18.71
JUMP — 4½,5,5½	£21.79 £16.34
6½,8,8½,9,9½	£25.06 £18.79
CROSS COUNTRY — 6,6½,8,8½, 9½,10	£25.95 £19.46
LURCH — 7	£10.00
ESTEPHONIA — 8	£10.00

TRAINING SHOES

ADIDAS COUNTRY — 5,6,6½,7,7½, 8,9,10,10½,11	£20.50	£12.00
UNIROYAL TRL002 — 6½,9,9½,11½	£19.45	£14.59

NIKE

NYLON CORTEZ — 8½,9,9½,10,11	£12.99	£9.70
OCEANIA — 10,10½,11	£12.99	£9.70
NYLON ROADRUNNER — 10,11,11½	£14.99	£11.20
LEATHER ROADRUNNER — 3,3½,4 9,10½,11½	£14.75	£11.00
9,10½,11½	£16.99	£12.75
WAFFLE TRAINER — 4,4½,5	£19.10	£14.30
WALLY WAFFLE — 3,4	£9.50	£7.10
WAFFLE RACER — 7,8,10,11	£27.99	£20.99
NEW BOSTON — 7,9,10,10½,11, 11½,12	£15.99	£11.99

REEBOK

CORDOVA — 3½,4,4½	£17.75	£13.31
CONTOUR — 6		£8.65
OMEGA — 4	£15.80	£11.85
8,9	£18.20	£13.65
ARENA — 3½	£14.80	£11.10
8,10½	£16.99	£12.74
FREEDOM OF THE CITY — 3,3½	£15.55	£11.66
THREE TOWERS — 4½	£17.50	£13.12

KARHU

SUPER GREEN — 2,3,5	£19.95	£14.90
6,6½,7½	£22.95	£17.20
CHAMPION — 5,5½	£19.95	£14.90
6,6½,8,9½,10, 10½,11	£22.95	£17.20
BOSTON — 6,6½,7,7½,8,8½, 9½,10,10½	£23.95	£17.90
ROADSTER — 3,4,5½	£19.10	£14.30
BROWN STAR — 6,7,7½,8,8½,9, 9½,10,11	£20.95	£15.71
MARATHON — 6½,7,8,9½,10½,11	£19.99	£14.99

UNDER NEW MANAGEMENT — 300 PAIRS OF SHOES TO GO
MORE BARGAINS TO FOLLOW
SO WATCH THIS SPACE!

Only letter orders accepted. Please enclose foot outline because sale goods cannot be refunded. Get in first!

50p OFF extra if you call in the shop with a copy of this advert.

POST FREE ON ALL ITEMS

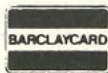
CASH, CHEQUE OR CREDIT CARD NO'S WITH ORDER

OPEN DAILY 9 a.m.-5.45 p.m.



MEL BATTY SPORTS

33 Lodge Lane, (A13),
Grays, Essex.
0375 31922



RUN BY ONE SPORTSMAN FOR OTHERS

BOURNEMOUTH BOROUGH COUNCIL
in association with
BOURNEMOUTH A.C.

present under E.C.C.U., W.C.C. and R.W.A. Rules

THE 6th LOVEGROVE AND JUKES

CROSS-COUNTRY MEETING

KING'S PARK, BOURNEMOUTH
SUNDAY, OCTOBER 26th

Spectator Course • Full Commentary
Coach & Car Park • Refreshments • Good Prizes

1.00 pm 'Priory Sports' Colts Open 2400m.

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

1.25 pm 'Thunder & Clayden' Junior Girls Open 2400m.

Prizes to 1st, 2nd, 3rd Inds. & 1st Newspaper delivery Girl, 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. J. Rose, Team: Fareham A.C.

1.30 pm 'Stateside Center' Inter/Senior Ladies Open 3800m.

Prizes to 1st to 5th Ind. and 1st & 2nd Teams (3 to score). Winners 1979: Ind. H. Hollick, Team: Bournemouth A.C.

2.00 pm 'Thunder & Clayden' Boys Open 4750m.

Prizes to 1st, 2nd, 3rd Ind. & 1st Newspaper delivery boy, 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. S. Male, Team: Oxford City A.C.

2.40 pm 'Jukes' Junior Men's Open 7100m.

'Running Wild' Vouchers to 1st-6th Ind. Prizes to 1st, 2nd & 3rd Teams (3 to score). Winners 1979: Ind. T. Redman, Team: Aldershot, Farnham & District A.C.

3.20 pm 'Lovegrove' Senior Men's Open 9400m.

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

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

Entries: Please include Christian names and indicate: any Newspaper delivery girls/boys in the Junior Girls & Boys races; any Veterans in the Senior Men's race. **Send to:** Roger Brown, Parks Dept., Town Hall, Bournemouth — S.A.E. for confirmation. Tel (0202) 292366 Ext. 576). **Closing date Wednesday, October 15th** — No late entries acceptable.

4 × 100: 1, USA 38.52; 2, Italy 39.19; 3, USSR 39.25; 4, Poland 39.44; 5, UK 39.75; 6, Japan 39.82; 7, Germany 39.96; 8, Finland 40.85.

4 × 400: 1, USA 3:04.9; 2, USSR 3:05.2; 3, Germany 3:06.2; 4, UK 3:06.8; 5, Japan 3:06.9; 6, Finland 3:10.1; 7, Italy 3:11.2; 8, Poland 3:12.6.

Unofficial Match Scores: 1, USSR 105½; 2, USA 98; 3, Germany 91½; 4, Poland 84 (4 wins); 5, Italy 84 (2 wins); 6, UK 82; 7, Japan 75; 8, Finland 58.

Women

100: (nil) 1, HEATHER HUNTE 11.24; 2, Kondratyeva (USSR) 11.32; 3, Laihorinne (Fin) 11.49; 4, Richter (Ger) 11.51; 5, Masullo (Ita) 11.60; 6, Stachurska (Pol) 11.84; 7, Fleetwood (US) 11.90. 'B' race: (nil) 1, BEV GODDARD 11.42; 2, Rega (Fra) 11.51; 3, Naigre (Fra) 11.51.

200: (+0.3m) 1, KATHY SMALLWOOD 22.70; 2, Maslakova (USSR) 22.96; 3, Masullo (Ita) 23.44; 4, Sommer (Ger) 23.44; 5, Stachurska (Pol) 23.61; 6, Laihorinne (Fin) 23.71; 7, Forde (US) 23.90.

400: 1, JOSLYN HOYTE-SMITH 51.92; 2, Nazarova (USSR) 52.45; 3, Campbell (US) 53.59; 4, Dunecka (Pol) 52.85; 5, Rossi (Ita) 53.88; 6, Hagman (Fin) 54.15; 7, Decker (Ger) 54.53. Guest: Grandrieux (Fra) 53.88.

1500: 1, Dorio (Ita) 4:12.6; 2, Kazankina (USSR) 4:13.5; 3, Bukis (Pol) 4:14.6; 4, CHRIS BOXER 4:15.0; 5, Friedmann (Ger) 4:15.3; 6, Bremser (US) 4:23.8. Guest: Renties (Fra) 4:23.1.

100H: (nil) 1, Komisova (USSR) 12.68; 2, Langer (Pol) 13.08; 3, SHIRLEY STRONG 13.23; 4, Kempin (Ger) 13.33; 5, Hightower (US) 13.49; 6, Akimoto (Jap) 13.90.

HJ: 1, Simeoni (Ita) 1.96; 2, Kielan (Pol) 1.90; 3, Rienstra (US) 1.90; 4, Meyfarth (Ger) 1.90; 5, Sisoyeva (USSR) 1.85; 6, Fikumitsu (Jap) 1.80; 7, ANN-MARIE DEVALLEY 1.80; 8, Vehmasto (Fin) 1.80. Guest: Carlsson (Swe) 1.80.

LJ: 1, Sussiek (Ger) 6.57; 2, SUE HEARNshaw 6.48; 3, Kolpakova (USSR) 6.39; 4, Wlodarczyk (Pol) 6.31; 5, Laihorinne (Fin) 6.26; 6, Okada (Jap) 5.87.

SP: 1, Krachevskaya (USSR) 21.17; 2, Chewinska (Pol) 17.22; 3, Kivi (Fin) 16.67; 4, Petrucci (Ita) 16.54; 5, Griffin (US) 15.21; 6, Seo (Jap) 14.82; 7, MEG RITCHIE 14.70. Guest: Bertimon (Fra) 15.34.

JT: 1, Gunba (USSR) 64.20; 2, Smith (US) 58.92; 3, Quintavalla (Ita) 58.46; 4, Thyssen (Ger) 57.20; 5, Blechacz (Pol) 56.84; 6, Lillak (Fin) 54.90; 7, Matsui (Jap) 52.84; 8, FATIMA WHITBREAD 51.94.

4 × 100: 1, USSR 42.96; 2, UK 43.19; 3, Germany 44.19; 4, Italy 45.17; 5, USA 45.79; 6, Japan 45.92; 7, Poland 45.94; 8, Finland 47.92.

Unofficial Match Scores: 1, USSR 70; 2, UK 54; 3, Poland 50; 4, Italy 48; 5, Germany 46; 6, USA 40; 7, Finland 31; 8, Japan 21.

CORNWALL '10'**August 31st**

1, J. Lothian (DoC) 50:02; 2, T. Parker (DoC) 51:22; 3, G. Taylor (Camb. H) 51:42; 4, C. Davis (W. Corn) 51:59; 5, C. Hazelwood (RM) 52:11; 6, B. Venus (RM-V) 52:12; 7, G. Stewart (W. Corn) 52:52; 8, R. Harding (Inv) 53:03; 9, D. Collins (Ply) 53:30; 10, D. Hope (Worc) 54:17.
Teams: 1, Duchy of Cornwall; 2, City of Plymouth; 3, Royal Marines; 4, W. Cornwall; 5, RNAS Culdrose; 5, Blackheath. **(Vets):** 1, Venus; 2, J. Nettleton (Rown) 54:32; 3, C. Mills (Tor) 57:25. **(O/45):** 1, G. Chambers (RNAS Cul) 61:23; 2, E. Simpson (Unatt) 82:21. **(Women):** I. Bartlett (Ply) 67:59.

READING POLICE '10'**September 20th**

1, B. Watson (Cambridge H) 48:48
 2, N. Sirs (Unattached) 49:02
 3, N. Wilson (Thames Valley) 49:30
 4, P. Eales (WS&E) 49:56; 5, B. Thompson (AF&D) 50:06; 6, C. Whitty (AF&D) 50:34; 7, R. Tyler (Read) 51:01; 8, M. Hanahoe (HHH) 51:03; 9, G. Anderson (Newb) 51:05; 10, G. Taylor (Camb. H) 51:13; 11, P. Barnes (Leam) 51:19; 12, J. Jones (WS&E) 51:41; 13, J. Peel (AF&D) 51:41; 14, T. Davies (AF&D-V) 51:49; 15, P. Bennett (AF&D) 51:53; 16, C. Beauvais (Walton) 51:57; 17, R. Graham (WS&E) 51:59; 18, A. Bamber (Met. P) 52:02; 19, M. Daughters (Sy. C) 52:07; 20, R. Bridgeman (Wilts. P) 52:16; 21, R. Friend (Dart) 52:17; 22, R. King (RAF Leam) 52:28; 23, B. Smith (WS&E) 52:46; 24, C. Bradley (Ton) 52:54; 25, M. Murray (Sal) 52:57; 26, A. Domenico (Ita) 53:00; 27, M. Page (Walton) 53:02; 28, S. Hooper (Houn) 53:03; 29, I. Talbot (QPH) 53:05; 30, A. McBrayne (HHH) 53:09; 31, A. Reavey (S&E) 53:09; 32, L. Smith (E&S) 53:10; 33, C. Rutland (Ban) 53:20; 34, E. French (RNS) 53:20; 35, J. Wilkins (Inv) 53:20; 36, J. Convery (Brack) 53:21; 37, A. Ive (WS&E) 53:36; 38, G. Youngs (Read) 53:37; 39, C. Ryan (QPH) 53:42; 40, J. Adley (Read) 53:43.
(Teams): 1, Aldershot F&D; 2, Windsor S&E; 3, Cambridge H. **(Vets):** 1, Davies; 2, J. Geoghegan (Camb. H) 53:48; 3, R. Campbell (Ex. B) 54:33; 4, M. Moody (Maid) 55:06; 5, R. Franklin (TVH) 55:47; 6, M. Culver (AF&D) 55:50; 7, B. Switzer (S&E) 56:14; 8, A. Jelly (AF&D) 56:18; 9, J. Thomas (Ov) 56:19; 10, D. Cartwright (S&E) 56:47.

BLACKHEATH CROSS COUNTRY RELAY**At West Wickham, September 20th**

1, Cambridge H (P. Johnson 11:28, G. Meredith 11:36, P. Jones 11:35, P. Williams 11:05, P. Pape 11:29, J. Huntingford 11:43) 68:56;
 2, Blackheath (M. Athawes 11:38, C. Haines 12:00, R. Coles 11:10, T. Soutar 11:56, L. Roberts 11:35, A. Smith 12:11) 70:30;
 3, Invicta (R. Roots 11:44, M. Brameld 11:20, P. Brencley 11:37, J. Wigley 11:06, D. Townsend 12:16, E. Broad 12:30) 70:33;
 4, Walton (R. Roath 11:31, P. McDonald 12:09, A. Dippie 11:26, D. Hardisty 12:50, S. Bird 11:42, L. Wells 11:23) 71:01;
 5, Hastings (M. Christian 11:52, P. Martin 11:57, J. Hernon 11:10, R. Beane 12:08, S. Wolland 11:54, B. Warren 12:13) 71:14;
 6, Hercules Wimbledon (A. Trowell 11:50, S. Newton 11:47, M. Sharp 12:29, R. Holt 11:21, D. Jones 11:41, D. Beard 12:13) 71:21;
 7, Cambridge H 'B' 72:43; 8, S. London 72:57; 9, Portsmouth 74:12; 10, Medway 74:28; 11, Blackheath 'B' 75:59; 12, Cambridge H 'C' 76:15; 13, Hercules Wimbledon 'B' 76:18; 14, Crawley 76:23; 15, Elliott 76:28; 16, Collingwood 77:29; 17, Dartford 77:47; 18, S. London 'B' 78:28; 19, Hastings 'B' 78:40; 20, Croydon 79:16.
Fastest: Williams 11:05; Wigley 11:06; Coles & Hernon 11:10; Brameld 11:20; Holt 11:21; F. Upcott (SLH) & Wells 11:23; Dippie 11:26; Johnson 11:28.

MAKE A NAME FOR YOURSELVES
 With Superior Quality
T-SHIRTS & SWEATSHIRTS
 Printed With
'YOUR OWN DESIGN'
T-Shirt King
 DEEGEE of Norwich
 Europe's Largest
 T-Shirt Printer
 Tel: (0603) 617641 Tlx: 97467

Readers are reminded that among the lecturers at the BMC Coaches Education day (October 18th) are Harry Wilson and Ron Holman. There are still a limited number of places available and prospective applicants should refer to the advertisement in the August 9th issue.

POST, WRITE OR PHONE FOR YOUR FREE COLOUR BROCHURE TODAY. PLEASE TICK YOUR REQUIREMENTS.
 CLUB ☐ TRADE ☐ CONTRACT ☐ PRINTING ☐ ATH ☐
 NAME _____
 ADDRESS _____
T-Shirt King TEL. DEEGEE T-SHIRTS LTD.
 FREEPOST, 27 YARMOUTH ROAD, NORWICH, NR7 0BR.
 NO STAMP REQUIRED

Book Reviews

"Cross Country & Road Running" by Cliff Temple; published by Stanley Paul; obtainable from the Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, price £5.30 (inclusive of postage).

It's October, and for the next six months or so our attention will be focussed on cross-country and road running, both of which are booming in Britain. There are probably more participants in these two sectors of our sport than in all the track and field events combined. The popularity runs through all the age groups, from the youngest (and particularly the youngest — as can be seen from the turn-out at any cross-country event) right through to the ever expanding veteran ranks. There have never been so many club and school runners as there are today, and equally healthy is the steady increase in the number of fun runners and joggers. This coming year will see the first British road races to boast thousands, rather than hundreds, of starters.

Curiously, in view of Britain's strength and tradition in these departments, there has not been a truly comprehensive guide to training and preparing for cross-country and road running (applicable to men and women, all ages, all abilities) — that is until the publication, earlier

this year, of Cliff Temple's informative and invigorating book.

Cliff wears many hats in athletics. He is a prolific writer on the sport, whether it's reporting the Olympics for *The Sunday Times*, contributing a well researched history of women's marathon running or the latest adventures of Emily Lustbody to the columns of 'AW', or collaborating with Brendan Foster on the latter's autobiography. He is himself a road runner — 2:52:27 in the 1978 Polytechnic Marathon. He is a successful coach of middle and long distance runners. He is a club official. He is an enthusiast whose skill as a writer enables him to transmit his joy and knowledge of running to a wide public.

The author makes clear from the start that there is far more to running than the pursuit of victory and he welcomes "a definite and glorious backlash (which) has been growing against that often expressed view that 'winning is everything, second place is nothing, silver medals are for losers, and who cares who was runner-up anyway'". As he says, "to reach the heights is an admirable achievement certainly, but it is not the only achievement available to those who run".

He puts his finger on why distance running is growing so rapidly. "Partly because of the increasing understanding of the need for exercise in some form or other simply to maintain health. Partly because there will always be a percentage of achievers anyway — runners who do want to be winners, who find that running is something at which they excel or want to excel, and who find through the sport a means of self-expression. But particularly, I believe, because of the emphatic, and still growing, rejection of the win-at-all-costs idea, and the acceptance that just to take part at your own level is more important than having a grandstand seat to watch someone else".

Brendan Foster, a champion who has never lost touch with the realities of the sport, takes up the theme. "If winning is everything," he told Cliff after winning the 1977 'National', "then I will be the only bloke here today who is pleased, and the 1500 runners I beat will all have to go home miserable. But I bet there are some runners today who may have improved from 1300th last year to 1250th this year, and they are probably even more delighted than I am. It's wrong to think that every race has only one winner. Running is about improving yourself, and if you ran faster or finished higher than last time, then you're a winner, no matter how many others finished in front of you". Foster is just one of many celebrated runners quoted at length on their training, preparation and attitudes, and their comments are a revealing and attractive component of the book.

Everyone involved in cross-country and road running — whether they be active athletes, coaches, officials, parents of young competitors or other enthusiasts — can benefit from the advice and commonsense distilled in the 224

MEDWAY ATHLETIC CLUB

Present the

57th Rochester "5"

(Under AAA Laws)

& 3rd

Ladies Rochester "5"

(Under WAAA Laws)

SUNDAY, 16th NOVEMBER, 1980

Start 3 pm C.A.V. Rochester Esplanade

Course Records: A. Simmons (Luton) 23.49, 1973. M. Coomber (Camb. H) 29.48, 1979.

Awards: Willis Cup 1st Individual, Simmons Cup 1st Team, Charlie Pay Trophy 1st Kent Runner.

Total value of Prizes OVER £100 for:

First 10 Individuals, first 3 Teams, first 'B' team, first 3 Vets over 40 and over 50, 10 Lucky Spot Prizes. Ladies first 3 Inds. & first Team.

Entries: 30p Individuals, £1.50 Team (6 run, 4 score — Men, 4 run, 3 score Ladies).

RACE SECRETARY: Chris Newman, 42 May Road, Rochester, Kent. Tel: Medway 405645.

CLOSING DATE 10th NOVEMBER, 1980

pages of this volume. But I would say that the most valuable service performed here by Cliff Temple is the guidance he offers the young, inexperienced runner. Training, the choice of shoes and other running gear, diet, coping with heat and cold, injuries, and planning a racing programme are some of the topics covered. There is even a complete list of the various age groups and distances permitted by the numerous UK governing bodies — information not previously grouped together for easy reference.

Mel Watman

"Association of Track & Field Statisticians Annual 1980"; available from 'AW' Book Dept., price £4.00 (inclusive of postage).

Without question this the 30th in the series is the best ATFS Annual for years and well worth waiting for. The world athletics scene in 1979 is copiously documented by way of 100-deep best performer lists (incorporating the top 30 performances) in each event for men and women. It's good to see the women's side of the sport gaining equal recognition at last. There is a splendid index which allows one to read off an athlete's date of birth, height, weight and personal bests; and other invaluable features within the 292 pages include tables of records (including by continent), 50-deep world all-time lists and world junior rankings for 1979.

It's salutary to observe that only one pre-war athlete still figures in the all-time lists . . . Jesse

Owens with his 8.13m long jump in 1935, a mark that stood as world record for 25 years. The next oldest marks are Greg Bell's 8.10 long jump in 1957, followed by Herb Elliott's 3:54.5 mile and Gert Potgieter's 49.46 400 hurdles dating back to 1958. The longest surviving women's marks are Wilma Rudolph's 11.18w 100 in 1960 and Iolanda Balas's 1.91m high jump in 1961.

M.W.

UK FIXTURES CONFERENCE 1981

The 1981 UK Fixtures Conference will be held in the CCPR Committee Room at Francis House, Francis Street, Victoria, SW1 on Friday November 7th at 6.30 pm.

Secretaries of Areas, Leagues, Districts and Counties are asked to send details of their main dates for 1981 to the General Secretary, BAAB at 70 Brompton Road, SW3 1EE not later than October 15th.

Francis Street is approximately 300 yards along on the right hand side of Victoria Street walking away from Victoria Station. Francis House, which will shortly be the house of the BAAB, AAA and Southern Counties AAA, is opposite the back entrance to the Post Office.

DORSET COACHING LECTURE

Two errors appeared in the advertisement on page 34 last week for this lecture, which is on Saturday, November 1st. Mr Carine's telephone number is 0202 764729.

UNBEATABLE VALUE!

That is the best way of summing up the remarkable **Groundhog**. It has a blue nylon upper with double stitched suede all the way around the shoe. It has a soft yellow mid-sole, offering excellent forefoot protection as well as heel protection. The black gristle rubber sole consists of a combined waffle and hounds tooth gripping pattern, and wraps up round the heel and toe for added durability. You won't find better at the price. Full sizes only **£8.95** (size 3-5) and **£9.95** (size 6-11).

UNBEATABLE!

That is our opinion of the **New Balance 620** and it is one shared by an increasing number of delighted customers. Never has such lightness, comfort & support been combined in the one shoe! Light grey mesh nylon upper. Extensive suede reinforcement. This reinforcement has thoughtfully been shaped at the toe to cover the area above the big toe. A place that often wears through. In fact, the designers have thought of everything. Available in **three widths D, 2E & 4E**. Size 6-12 **£29.95**. Please enclose foot outline to ensure a perfect fit.



The Causeway, Teddington, Middlesex TW11 0HE. Telephone 01-943-0239

Run by Runners for Runners

EASTERN YOUNG ATHLETES LEAGUE GRAND FINAL September 22nd

Havering 455; Luton 450; Stevenage & NH 413; Southend-on-Sea 411; Bedford 394; Peterborough 318.

(Youths): 100: 1, J. McRee (Lut) 10.9; 2, D. Linneker (S&NH) 11.0. 200: McRee 22.8. 800: 1, T. Jarman (Peter) 1:56.5; 2, J. Wilmot (Bed) 1:57.5. 100H: M. Whitby (Lut) 13.8. HJ: R. Foulser (S'end) 1.95. DT: R. Stapleton (Bed) 45.00. 4x100: Luton 45.5. (Boys): 200: H. Adams (Hav) 23.9. 400: 1, D. Tucker (S'end) 52.4; 2, A. Francis (Bed) 54.1. DT: A. Gibson (Lut) 41.54. (Inters): 400: 1, W. Hoskins (Peter) 57.1; 2, J. Lindsey (S&NH) 57.5. 800: 1, L. Wight (S&NH) 2:16.2; 2, Hoskins 2:16.4. 1500: (A): 1, A. Alford (S&NH) 4:40.9; 2, C. Hall (S'end) 4:48.6. (B): Wight 4:44.3. 80H: 1, Lindsey 12.3; 2, E. Pearson (Lut) 12.3. HJ: 1, P. Lambert (Bed) 1.63; 2, M. Selwyn (Lut) 1.60. SP/DT: C. Bernard (Hav) 10.89/34.16. (Juniors): 100: 1, S. Croker (Bed) 12.4; 2, S. Leigh (S&NH) 12.7. 200: 1, Croker 25.4; 2, Leigh 25.6. 800: 1, S. Fenn (S'end) 2:21.5; 2, L. Haley (Hav) 2:21.6. HJ: 1, T. Reeson (Peter) 1.65; 2, K. Johnson (S'end) 1.60. LJ: A. Lumb (Peter) 5.19. SP: A. Quick (Hav) 10.22. (Girls): 800: K. Chalkney (Hav) 2:26.0. 1500: A. Smith (S&NH) 5:01.9.

NORTHERN WOMEN'S LEAGUE (Division 1)

At Kirkby, August 31st

Liverpool 555; Hull Spartan 514½; Leeds City 503; Liverpool Pem. 458; N. S. Shields Poly. 410; Warrington 372½.

100: 1, S. Hearnshaw (Hull S) 12.2; 2, W. Barnes (NSP) 12.2. 200/LJ: Hearnshaw 25.0/6.02. 400: 1, R. Elliot (Liv) 57.1; 2, J. Banner (Warr) 57.6. 800: 1, S. Arthurton (Leeds) 2:07.8; 2, Elliot 2:10.4. 3000: 1, Arthurton 10:18.7; 2, D. Holmes (Warr) 10:21.7. 100H: (A): 1, R. Hudson (NSP) 15.2. (B): W. Laing (Liv) 15.6. 400H: (A): 1, C. McGowan (Liv) 63.0; 2, A. Mills (NSP) 64.1. (B): Hudson 67.1. HJ: 1, D. Kerfoot (Liv) 1.70; 2, D. Austin (Hull S) 1.67; 3, Hudson 1.67. SP: (A): M. Laing (Liv) 11.27. (B): W. Laing 10.87. DT: A. Robinson (NSP) 36.12. JT: Austin 35.38. (Inters): 80H/200H: A. Riggs (Leeds) 12.0/30.0. (Juniors): 100: C. Lamb (Liv. P) 12.5. 800: 1, L. Dumbill (Warr) 2:17.0; 2, S. Ramsdale (Leeds) 2:17.0. 75H: J. Booth (Warr) 11.8. HJ/LJ: L. Wong (Liv. P) 1.60/5.16. JT: E. Rey (Leeds) 32.10.

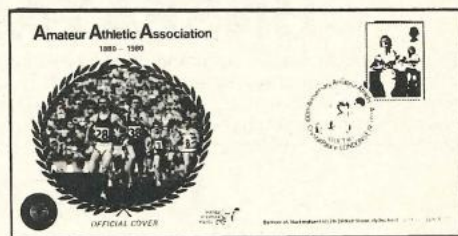
The winner of the 1500m at the London Fire Brigade Meeting on August 20th ('AW', Sept. 6th) was Dave James in 3:46.4, not Mr. Vance as originally reported.

The Benham Official First Day Cover Celebrating the Centenary Of the A.A.A.



Benham, Britain's leading First Day Cover Specialists, are producing an Official A.A.A. First Day Cover on 10th October, featuring one or all of the Post Office new Sports stamps and a special Crystal Palace First Day of Issue Postmark. Some covers will be signed by Famous Athletes, carrying a £1.00 donation to A.A.A. funds.

- | | |
|----------------------------------|--------|
| A. Single stamp | —90p |
| B. All four stamps | —£1.75 |
| C. Gutter pairs (on two Covers). | —£3.75 |
| D. Famous signed— on B above. | —£2.75 |



ORDER FORM

Please send me (A., B., C. or D.).....

I enclose cheque/P.O. (made out to FDC (Athletics), plus 20p. P&P) for £.....

Please send me details of other covers (Tick box if required). ☐

NAME.....

ADDRESS.....

Send to: BENHAM (A. BUCKINGHAM) LTD.,
24-28 HIGH STREET, HYTHE KENT
CT21 5AT TELEPHONE 0303 68456

AMERICAN BOOKS

(Imported from 'Track & Field News')

Orders, please, to Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT, enclosing cheque or postal order payable to Athletics Weekly. Allow at least 15 days for delivery. Prices include postage.

Talking Track. Reprints of the best interviews (38 in all) from the pages of 'Track & Field News', including Bayi, Walker, Stones, Wilkins, Juantorena, Borzov, Coghlan, Oerter, Yashchenko, Rodgers, Jenner, plus 62 photos. **Price: £2.75.**

Ron Clarke Talks Track. The great Australian runner reflects on his career. **Price: £1.75.**

Runners & Races: 1500m/Mile. By Cordner Nelson & Roberto Quercetani. Monumentally detailed history of the events up to end of 1972. 350-page hardback. **Price: £3.25.**

The Randy Matson Story. Hardback biography of shot-putting great. **Price: £2.50.**

On The Run. Marty Liquori talks about his running career, opponents, opinions etc. Hardback. **Price: £6.75.**

Pre! Biography of the late Steve Prefontaine, including commentary by his friends and rivals. **Price: £2.75.**

Track & Field: The Great Ones. By Cordner Nelson. Biographies of 13 all-time greats (Nurmi, Owens, Zatopek, Oerter etc) & 180 short profiles of other major stars. Hardback. **Price: £3.00.**

All About Road Racing. By Tom & Janet Heinonen. No-nonsense approach to the fundamentals of road racing, for beginner and veteran, by well known American running/coaching couple. **Price: £2.75.**

How They Train. Vol 1: Middle Distances (Wottle, Keino etc); Vol. 2: Long Distances (Shorter, Puttemans etc); Vol 3: Sprinting & Hurdling (Borzov, Calhoun etc). **Price: £2.50 each volume.**

A Scientific Approach to Distance Running. By David Costill. Easy-to-understand guide to modern training based on latest research findings. **Price: £3.00.**

Sprints & Relays: Contemporary Theory, Technique & Training. Edited by Jess Jarver. Latest information on all aspects of sprinting with articles by international authorities. **Price: £3.75.**

How The Champions Train. Training profiles reproduced from 'Track Technique' of 50 top stars (Wilkins, Jenner, Stones, John Walker, Melnik etc). **Price: £2.50.**

Track & Field Dynamics. By Tom Ecker. Introduction to dynamics of body movement. **Price: £2.75.**

Track & Field: Technique Through Dynamics. By Tom Ecker. Follow-up to previous book,

applying principles of the physics of body movement. **Price: £3.00.**

Track & Field Omnibook. Revised and updated (1976) edition of Ken Doherty's 500-page (hardback) universally acclaimed coaching manual. **Price: £8.75.**

The Jumps: Contemporary Theory, Technique & Training. Edited by Fred Wilt. Collection of articles on the four jumping events. **Price: £3.75.**

Guide to Track & Field Injuries. By Arnd Kruger & H. Oberdieck. Concise, practical guide for the coach and athlete to the prevention and care of common injuries. **Price: £2.75.**

Middle Distances: Contemporary Theory, Technique & Training. Edited by Jess Jarver. Imposing collection of articles on middle distance running and training by some of the world's foremost experts. **Price: £3.75.**

Triple Jump Encyclopaedia. By Ernie Bullard & Larry Knuth. A 312-page opus on the event, excellently illustrated. Coaching, mechanics, techniques etc. **Price: £4.50.**

Olympic Track & Field. By the editors of 'Track & Field News'. Detailed Olympic results 1896-1976 with accounts of every final, plus lots of statistics. **Price: £3.50.**

Getting Started in Track & Field. Designed for the coaching of youngsters, boys and girls, with technical commentary, photos, sequence strips. **Price: £2.25.**

How Road Racers Train. By Greg Brock. Training schedules of 40 leading American road



FUNDRAISING OFFER

CUT YOURSELF IN HERE

MORRIS SHEFRAS MONEYRAISERS

The name means a great deal

Mailing this coupon will swell your funds by up to £5! You'll also get samples and Special Offer details on the best deals in Fundraising.

- ★ the biggest range
- ★ the widest profit margins - £2 to £2,500
- ★ the most competitive prices
- ★ express-return delivery



FREE FUNDRAISER WITH EVERY CATALOGUE ENQUIRY

MS To: Morris Shefras & Sons Limited
27 Vicarage Road, Croydon CR9 4AQ.
Tel: 01-681 2921. Telex: 8812193.

Name _____

Club/Signature _____

Address _____

PLEASE USE BLOCK CAPITALS

AW

runners, including Rodgers, Shorter, Virgin, Miki Gorman, Marty Cooksey. **Price: £3.15.**

Running And Your Body. By Bernie Dare. The application of physiology to track training. General workout guidelines are suggested, based on theory, research and practical knowledge. **Price: £3.95.**

Corbitt. The story of Ted Corbitt, father of US ultra-distance racing, by John Chodes. **Price: £2.25.**

The Little Red Book. Edited by Bert Nelson (3rd edition, 1979). Invaluable for the fan: contains official ATFS metric conversion tables & much other information. **Price: £2.25.**

The Hurdler's Bible. By Wilbur Ross. Comprehensive guide to teaching, learning and refining hurdling skills. **Price: £4.50.**

In the Battle of Britain Trophy Meeting at Leicester on August 30th ('AW', Sept. 20th), H. Green did **not** run in the sprints. C. Beswick of Workshop ran for Notts in the 100m, clocking 10.8.

The entry fee for the Wrekin '10', organised by Shrewbury AC, was omitted from their advert on page 54 of last week's issue. It is in fact 40p.

EUROPEAN RESULTS

16.8. Pescara (Ita). LJ: Myricks (US) 7.93; DT: Wilkins (US) 66.50, Hjeltne (Nor) 64.94, Oerter (US) 62.12; women's HJ: Simeoni 1.94, Brill (Can) 1.91, Krawczuk (Pol) 1.91, Ritter (US) 1.88, Matay (Hun) 1.85. **16.8. Nitra (Cze).** TJ: Bakosi (Hun) 16.60, Uudmae (USSR) 16.21; DT: Schmidt (GDR) 67.50, Bugar 65.60; HT: Huhtala (Fin) 74.90; JT: Temesi (Hun) 77.78, PETER YATES 77.44. **16/17.8. Prague (Cze).** Women's 100/200: Kratochvilova 11.43 (eq rec)/22.53 (rec). **17.8. Barletta (Ita).** DT: Wilkins (US) 67.40, Hjeltne (Nor) 66.34, Oerter (US) 60.48. **20.8. Pardubice (Cze).** Women's 400: Kratochvilova 50.9. **21/22.8. Pitesti.** (Romanian Champs) 110H: Oltean 13.6; TJ: Bedrosian 16.63; women's 400: Samungi 51.6, Tarita 51.9; 800: Silai (38) 1:58.7, Lovin 1:58.9; 1500: Lovin 4:05.2, Silai 4:05.4; HJ: Popa 1.88, Vasile 1.88; JT: Raduly-Zorgo 68.36 (& 68.34). **23.8. Lignano (Ita).** DT: Wagner (Ger) 61.02, Rashchupkin (USSR) 60.62. **23/24.8. Lausanne (Swi).** 200: 2, Gisler 20.69; JT: von Wartburg (43) 74.78 (his 22nd Swiss title!); women's 1500/3000: Burki 4:10.7/8:59.4. **24.8. Ostrava (Cze).** Women's 100/400: Kratochvilova 11.0/49.5; DT: Bartonova 64.50 (rec). **24.8. Caorle (Ita).** 3000: Fontanella 7:48.8, Cova 7:51.1, Ortis 7:51.2, Scartezzini 7:52.6; women's JT: Quintavalla 61.40. **31.8. Rieti (Ita).** 1500: Flynn (Rol) 3rd in 3:40.3 (not 3:43.0); 5000: K. Rono (Ken) 13:52.3 ... 13, H. Rono (Ken) 15:47.6 (!). **9.9. Mainz (Ger).** 1000: Wessinghage 2:19.0. **13.9. Oldenburg (Ger).** HJ: Thranhardt 2.24, Mogenburg 2.20; JT: Tafelmeier 83.06. **14.9. Ensding (Ger).** HT: Riehm 76.92. **17.9. Saint-Maur (Fra).** 20km: Boxberger 59:07.8 (20,340m in hour), Kolbeck 59:58.5 (20,014m). **19.9. Nancy (Fra).** PV: Houvion 5.55.

OPENING OF SWANSEA'S NEW TRACK

Swansea City Council will officially open its new Resisport track at Upper Bank, Morfa, on Sunday (October 5th) — marking the completion of the first stage in the development of an international athletics stadium. Work on the second phase, a 3000-seater grandstand, will start during 1981/2.

The occasion will be marked by a match between Birchfield Harriers, Cardiff AAC, Swansea Harriers and a South West Wales team strengthened by some exiled Welsh internationals. One of the featured events will be the mile in which John Theophilus could become the first Welshman to run under four minutes on Welsh soil. There will be a special 100m event for the top 16 Welsh rugby clubs to establish just how fast their flying wingers are; and another event of interest will be the women's high jump featuring Julia Charlton, Sarah Rowe, Sarah Nicholls and Pam Walker.

THE NEW ASCOT SHOES

Orders to:
BOURNE SPORTS,
Church Street,
Stoke-on-Trent, ST4 1DJ
Tel: 0782 410411.

CALLERS WELCOME

All Orders despatched same day
post free if over £15 value
(otherwise add 75p).

Barclaycard or Access
Card — Phone with number,
goods despatched same day.

FOR RUNNING & LEISURE FROM

Mail Order Specialists

BOURNE SPORTS

SS30 MULTI £13.95

Navy Nylon upper with suede reinforcement special double coloured sole with shock absorbing wedge. New design sole giving sure footed grip.

Sizes 5/12
Including 3 sizes

SS20 KALU Navy/White £10.95 (below)
Lightweight Training Shoe with mesh nylon upper, suede, reinforced ankle support. High back with padded ankle support. Sole with extra special shock absorbing wedge. Sizes 3-12 including 3 sizes. SS20BR Brown/Beige SS20BL Blue/Beige

SS70 MOSCOW £14.95

Mesh grey Nylons upper, suede reinforcement special double colour wedge and double colour sole, with new design grip for all types of surface. Sizes 5-12 including 3 sizes. A copy of the famous runner super that sells at over £24.

BOURNE SPORTS
One of the largest sports
shops in the country



The Megavoice megaphone- a clear winner.

The Megavoice is a lightweight, tough megaphone, ideal for athletic and cross country meetings, training sessions and every type of sports event. The ten watts RMS of power, supplied by internal dry batteries means that the user's voice can be heard, crystal clear over very long distances, and the extension IM 250 microphone prevents that old bug bear, feedback.

The Megavoice is shockproof, weatherproof and is supplied complete with a shoulder strap.

For a limited period of three months, we are making the Megavoice available, to athletic clubs only, by post for only £88.14 including VAT and postage. (Normal retail price £120.98.) The unit is fully guaranteed and your money will be refunded if you are not completely satisfied and return it to us within 7 days from the date of purchase.

The Megavoice is just one of a complete range of portable P.A. systems suitable for internal and external sports meetings. A complete catalogue is available on request.

Any information contact:

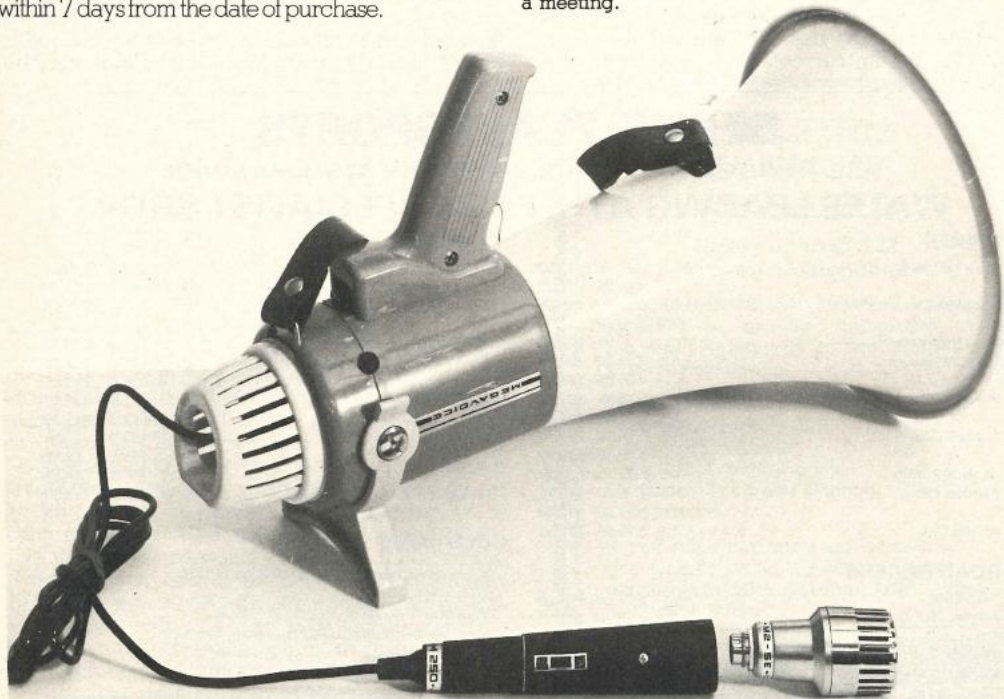
AMDIO

Keith Monks,
AMDIO Ltd.,

A member of the Keith Monks Group of Companies,
26-28 Reading Road South, Fleet, Aldershot,
Hants.

Telephone: Fleet (02514) 20567.

Keith Monks takes an active interest in his local athletics club and will be pleased to help you on any p.a. or sound equipment problems. He'll speak to you after hours and weekends on 02514 21512 - if he's not out at a meeting.



UK 50 Kilometres Walk Best By Chris Maddocks

BRITAIN defeated France, Spain and Switzerland in a walking match at Colombes, Paris, on September 13th/14th.

50 Kilometres. This event was held on an almost flat, multi-lap course amidst heavy traffic, and to add to the danger it was almost dark when the winner finished. A warm sun at the start soon gave way to almost ideal conditions. Neither of the Spanish stars, Jorge Llopart (Olympic silver medallist) and Jose Marin (5th 20km and 6th 50km in Moscow) started. From the gun, Ian Richards set an extraordinary pace and passing 5km (22:24) was nearly 400m ahead of Chris Maddocks with Denis Jackson third. Unfortunately, soon after, Richards had stomach trouble and, with a third 5km split of 23:16, Maddocks swept into the lead which he was not to lose. From here to the 40km point he walked superbly as his 5km splits of 23:24, 23:21, 23:52 and 25:15 indicate. At 40km (3:11:52), a sub-4 hour was an outside possibility but he faltered a little in the last 10km. However, Maddocks came home with a new British road best of 4:05:14 — a magnificent performance in view of the lack of opposition and the unsatisfactory course. His time was 89 sec faster than the previous UK best which he set when winning the Polish Championships in arctic conditions on April 20th. Considering current world standards, it is

sobering to reflect that he would have been ranked in the top ten in the world as recently as 1975.

Troubled further by his stomach, Richards slowed down and by half distance Jackson had moved into second place. Brian Adams and 4:06 performer Manuel Alcalde (Spain) were battling it out for fourth place some four minutes back. Just before 40km, Richards was finally forced to retire after a very uncomfortable race whilst Alcalde had moved away from Adams and was catching Jackson rapidly, but the latter fought magnificently and was not caught until the 45km mark. Indeed he only yielded 16 sec to the stylish Spaniard in the last 5m — a fine performance in his first international. Adams slowed badly in the last 15km and was passed by Saint Martin of France who had started very slowly but walked the second half faster than anyone except the winner. So after the first event, Britain had a nine point lead over France with Spain another 7 points behind.

5 Kilometres-Cadet. The age group for this event was effectively youths and first year juniors. The race took place the following day on an all-weather track. Phil Vesty soon took the lead but had to relinquish it when someone pulled one of his shoes off. Russell Bestly took over but

BERNIE PLAIN SPORTS

The Athletes Shop with an athlete at your service
WALES LEADING ATHLETICS SPECIALIST SHOP

SPIKES

Nike Triumph	4-5 1/2 (£21.75)	£19.00
	6-12 (£24.99)	£22.00
Nike Fly (Black & White)	4-5 1/2 (£17.40)	£15.66
	6-12 (£19.99)	£18.00
Nike Intervalle	6-12 (£23.99)	£21.00
Nike Vainqueur	5-5 1/2 (£32.20)	£28.50
	6-12 (£36.99)	£33.00
Puma Munchen	4-5 1/2 (£28.99)	£24.99
	6-12 (£32.99)	£28.99
Puma Kralle	4-5 1/2 (£28.99)	£24.99
	6-12 (£32.99)	£28.99
Reebok Zenith	6-12 (£22.75)	£20.40
Reebok Orbit	3-5 1/2 (£16.80)	£15.10
	6-12 (£19.35)	£17.40
Adidas Jet	6, 6 1/2, 7, 7 1/2 (£19.50)	£17.55

ROAD RACERS

Nike Elite	6-13 (£27.99)	£25.00
Adidas TRX Comp.	5-5 1/2 (£18.90)	£16.99
	6-12 (£21.75)	£19.35
Reebok IOK	6-12 (£19.30)	£17.25
Karhu Kevlar	6-12 (£26.95)	£24.00

TRAINERS

Puma Fast Rider	6-12 (£26.99)	£23.75
Nike Tailwind	6-12 (£37.99)	£33.00
Nike LDV 2	5-5 1/2	£25.65
	6-12	£25.65
Nike Waffle Trainer	6-12 (£21.99)	£19.80
Nike Nylon Roadrunner	3-5 1/2 (£13.05)	£11.75
	6-12 (£14.99)	£13.50
Nike Oceania	3-5 1/2 (£11.30)	£10.17
	6-12 (£12.99)	£11.70
Nike Wally Waffle	8-13 (£8.50)	£7.65
	1-5 1/2 (£9.50)	£8.55
	6-7 (£10.99)	£9.90
Adidas SL80	6-13 (£21.99)	£19.50

CLOTHING

Viga Men's Track King II Shorts in red, sky blue, green, black.	£2.99
Viga Men's Bullet II Vests in all colours.	£3.78
Viga Women's Jet Queen Towelling Shorts in blue, red, black.	£3.99
Viga Lady Bullet Vests in all colours.	£4.00

SPECIAL OFFERS FOR OPENING OF NEW EXTENSION — Phone your orders to 0222 492520.

Excellent mail order service — POST FREE within U.K.

6 FOUR ELMS ROAD, ROATH, CARDIFF. Tel. 492520 (0222)

set an over ambitious pace — 1:38 at 400m. Vesty soon regained the lead and, after a kilometre, pulled away from the rest of the field with Spain's Francis Botonero. They had a neck and neck battle, the short Spaniard's smooth flowing technique contrasting with the angular "English" technique of the tall Vesty. Several times Vesty threatened to break away but the Spaniard hung on and inside the last kilometre went away to clock a fast 21:51.8. Vesty's 22:00.8 was excellent and he finished 150m ahead of the second Spaniard. Bestly, although admitting he was not in peak form, hung on well after his blitz start for a clear fourth whilst clubmate Tim Berrett, AAA youth champion, excelled himself in sixth place with a fine personal best. Spain beat Britain by four points in this event and pulled up to second place in the match, some 12 points in arrears.

20 Kilometres. This last event was held over a six lap road course with the start and finish on the track. The lap was not easy with a moderately hard hill followed by a long downhill stretch with poor surfaces. In warm conditions, the race started at a restrained tempo with Amos Seddon leading the bunch through 400m in 1:48. A group of four — Seddon, Steve Barry, Gerard Lelievre (3:58:39 for 50km two weeks earlier) and Dominique Guebey — led past 5km in 22:50 just in front of George Nibre who was being tracked by Gerard Allain. Andres Marin (no relation to Jose) was leading the Spanish challenge but was to be disqualified soon after. Mick Greasley was already over 30 sec down and clearly having an off day. In the next 5km Seddon received two warnings and by 10km Lelievre and Barry were pulling away whilst Nibre was in fifth, well clear of Allain. The diminutive Lelievre — a former world record holder for 20km — had not looked comfortable with the slow early pace, but now he was finding his best rhythm. The third 5km took 21:29 but Barry hung on magnificently.

It was not until the final 15km point that Lelievre finally broke away and, walking his last 5km in 21:03, recorded 88:00. Barry was rewarded with a fine time of 89:18 considering the slow first half. Seddon, clearly affected by the unexpected warnings, was a good third a long way ahead of Guebey who has beaten 89 minutes this year. Indeed Nibre, as anchor man, although having a disappointing second half, closed up on the Frenchman in the last 5km. Greasley has a really tough race and although he caught Allain after 15km was passed by young Lafleur in the closing stages. But what of Spain's Augustin Jorba! With a sub-88 min 20km and a sub-4 hour 50km to his credit this year, he could do no better than 98:54, despite pushing himself really hard!

The final points tally showed Britain to be clear winners, 21 points in front of France who went 8 points clear of the unhappy Spaniards whom they outclassed in the last event. The Swiss walkers were out of their depth and next year, when it is

hoped that this match will be held again, (possibly in England) they might well be replaced by Poland.

Julian Hopkins
(National Event Coach)

50Km (Road)

- 1, CHRIS MADDOCKS (UK) 4:05:14
- 2, Manuel Alcalde (Spa) 4:21:39
- 3, DENNIS JACKSON (UK) 4:21:58
- 4, J-P. Saint Martin (Fra) 4:27:07; 5, BRIAN ADAMS (UK) 4:30:26; 6, M. Dumont (Fra) 4:35:40; 7, D. Berenger (Fra) 4:46:02; 8, Valloton (Swi) 4:50:18; 9, P. Chebassier (Swi) 4:50:18; 10, J. Sanllehy (Spa) 4:59:58; 11, R. Bergmann (Swi) 5:01:05; 12, M. Jamini (Swi) 5:18:12. **Non Finishers:** E. Amoros (Spa) 25km, R. Ponzio (Swi) 30km, IAN RICHARDS (UK) 40km.

20Km (Road)

- 1, Gerard Lelievre (Fra) 88:00
- 2, STEVE BARRY (UK) 89:18
- 3, AMOS SEDDON (UK) 90:38
- 4, D. Guebey (Fra) 93:03; 5, GEORGE NIBRE (UK) 93:58; 6, P. Lafleur (Fra) 97:50; 7, MICK GREASLEY (UK) 98:26; 8, A. Jorba (Spa) 98:55.3; 9, A. Gonzales (Spa) 98:58; 10, P. De Caille (Swi) 99:00; 11, R. Pfister (Swi) 101:59; 12, R. Lobano (Spa) 105:33; 13, A. Amiet (Swi)

ATHLETICS STADIUM MANAGER

Salary up to £7,722
(pay award pending)

A new international standard athletics stadium is nearing completion. A manager is required to set it up and develop its potential.

Fringe benefits include:

- Car Allowance,
- Removal expenses,
- Disturbance Allowance,
- Pleasant living and working environment.

If you have had previous experience in this type of work, application forms — returnable by **20th October, 1980** — may be obtained from:



City of Swansea

The Director of Administration, The Guildhall, Swansea SA1 4PN
Tel 50821 ext 2208

107:37. **Disq:** A. Marin (Spa) **Non-finisher:** G. Allain (Fra) 15km.

5Km Cadets (Track)

1, Frances Botonero (Spa) 21:51.8
2, PHILIP VESTY (UK) 22:00.8
3, Miguel Prieto (Spa) 22:41.5
4, RUSSELL BESTLY (UK) 23:09.5; 5, M. Sanz (Spa) 23:30.5; 6, TIM BERRETT (UK) 23:36.4; 7, A. Mendy (Fra) 23:42.8; 8, P. Detoma (Fra) 23:46.8; 9, E. Hochstenbach (Fra) 23:53.8; 10, A. Saladie (Spa) 23:59.6; 11, O. Bailly (Fra) 24:07.6; 12, C. Apostoli (Swi) 24:34.8; 13, P. Charriere (Swi) 24:38.6; 14, CHRIS DARK (UK) 24:47.2; 15, E. Bassetti (Swi) 25:04.4; 16, J-L. Sauter (Swi) 25:47.8.

Final Points Score: UK 87; France 66; Spain 58; Switzerland 25.

Sarnia WC v RAF, 10M, at Guernsey (August 31st). 1, R. Elliott (S) 77:22; 2, C. Bradley (RAF) 77:25; 3, M. Harper (RAF) 80:40.

Dave Jarman wins Met. Police v Stock Exchange 10M, at Chigwell (September 13th). Underterred by the testing and undulating course, Dave Jarman and Paul Blagg moved well clear of their rivals with the Surrey man winning comfortably. 1, D. Jarman (SE) 73:02; 2, P. Blagg (MP) 74:06; 3, P. Jarman (SE) 76:02; 4, A. James (SE) 78:42; 5, G. Scott (MP) 79:34; 6, J. Evans (MP) 79:43; 7, P. Hodgkinson (MP) 80:24; 8, R. Lancefield (SE) 80:37. Teams: Stock Exchange 189; Met. Police 162.

Excellent support for London Postal Region Festival, at Blackheath (September 14th). The popularity of the races regularly held by the London Postal Region was clearly shown by the support given to this festival meet. Paul Blagg maintained his recent excellent form to comfortably beat Graham Morris, with Gordon Vale well back in an isolated third. Gordon then combined with father, Dennis, to reverse last year's placings in the parent's paarlauf with Dave and Graham Maynard, the latter being well

below top form. Grant and Helen Ringshaw were convincing winners, as was the much improved Julie Barrett, who certainly looks to have a very bright future. **(10km):** 1, P. Blagg (Bel) 45:02; 2, G. Morris (Ste) 45:56; 3, G. Vale (Sy) 47:37; 4, D. Hay (Hav) 48:05; 5, D. Stevens (Ste) 48:41; 6, R. Parkins (Med) 49:30; 7, A. Buchanan (B&H) 49:51; 8, E. Crossingham (Bel) 50:25. Teams: 1, Medway 23; 2, Belgrave 25; 3, Steyning 26. **(Father/Offspring 7200m Paarlauf):** 1, D. & G. Vale (Sy) 34:50; 2, D. & G. Maynard (Camb. H) 35:49; 3, D. & P. Stevens (Ste) 37:44. **(Juniors/Youths 5km):** 1, S. Mendham (Hav) 24:08; 2, S. Marshall (Bel) 24:25; 3, M. Easton (Sy) 25:06; 4, S. Phillips (Hav) 25:22; 5, K. Zuber (Hav-Y) 25:26; 6, J. Markham (W. Gn-Y) 25:27; 7, B. Williams (B'stoke-Y) 25:52; 8, A. Cracknell (Ton-Y) 25:57. Teams: 1, Havering 6; 2, Steyning 23. **(Boys 2½km):** 1, G. Ringshaw (Ste) 12:01; 2, D. Bearman (Ste) 12:07; 3, D. Hucks (Camb. H) 12:08; 4, G. Brown (Ste) 12:11; 5, R. Rider (Camb. H) 12:23; 6, I. McDermott (Bel) 12:28. Teams: 1, Steyning 7; 2, Cambridge H 23; 3, Southend-on-Sea 34. **(Women 5km):** 1, J. Barrett (Ver) 25:37; 2, S. Brown (Ste) 26:34; 3, F. Rider (Camb. H) 27:24; 4, H. Blows (Hav) 29:16. Teams: 1, Havering 11; 2, Steyning 17. **(Girls 2½km):** 1, H. Ringshaw (Ste) 13:07; 2, M. O'Rawe (S'end) 13:21; 3, E. Ryan (E&E) 13:43; 3, C. Urquhart (E&E) 13:47; 5, K. Todd (E&E) 13:47. Teams: 1, Epsom & E 12; 2, Steyning 16.

Southend-on-Sea AC 3km Club Champs (September 16th). 1, R. Pearce 15:22.4; 2, P. Rogers 15:51.2.

National U/20 Champs. The venue this year is Coundon Court School, Northbrook Road, Coundon, Coventry on October 18th. Timetable is: 1.30pm — Colts 3km; 2.00 pm — Boys 3km; 2.30 pm — Youths 5km; 3.30 pm — Junior 10km. The latter race should feature Gordon Vale, Paul Vesty and Richard Dorman battling for the premier places. In the younger age groups both Steyning and Tonbridge look likely individual and team winners.

Women's Records to be officially recognised.

As from 1.1.81, both the 5km and 10km track distances will be officially accepted by the IAAF for record purposes.

1980/81 Southern RWA Officials. Long-time stalwart Phil Fisher (Lon. V) replaces Reg Wells as president with Ray Middleton, Carl Lawton, Charly Megnin and Dave Stevens acting Vice-Presidents. John Powell continues as treasurer.

Colin Young

WELSH ATHLETICS 1980

Copies of this publication are still available, at the reduced price of 50p plus 16p postage, from Clive Williams, 19 Walnut Tree Close, Radyr, Cardiff, S. Glamorgan, CF4 8SX.

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

(Under A.A.A. Laws)

SAT., NOVEMBER 1st, 1980

Start at 2.30 p.m.

at Camborne Festival Square

Awards to: First 3 Individuals at least,
First 3 Teams (4 to score),
First Vet (40-45),
First Vet (45-50).

Entry Fee: 50p per individual. No team fee.

All entries and details from: Mr R. Retter, Trewonnal Farm, Probus, Cornwall.

CLOSING DATE OCTOBER 25th

No late entries

SOUTHERN WOMEN'S LEAGUE

Final Positions, 1980

Division 1. Champions: Essex Ladies. 2, Bracknell; 3, Aldershot F&D; 4, Southampton & E; 5, Radley; 6, Brighton & H; 7, Portsmouth; 8, Mitcham; 9, Barnet; 10, Bristol; 11, Bournemouth; 12, Borough of Enfield; 13, Crawley; 14, Reading; 15, Croydon; 16, Exeter; 17, City of Plymouth; 18, Bedford; 19, Havering; 20, Wycombe. **Relegated:** 21, Fareham; 22, Chelmsford; 23, Verleia; 24, Bognor Regis & C; 25, Thurrock.

Division 2. Champions: Borough of Hounslow. **Also promoted:** 2, Harlow; 3, Basildon; 4, Stevenage & NH; & 5, Epsom & E; 6, Oxford City; 7, Haringey; 8, Dartford; 9, Ashford; 10, London Olympiads; 11, Wigmore; 12, Southend-on-Sea; 13, Medway; 14, Selsonia; 15, Basingstoke; 16, Hillingdon; 17, Guildford & G; 18, Windsor S&E; 19, Luton. **Relegated:** 20, Sutton & C; 21, Surrey Beagles; 22, Middlesex; 23, Worthing; 24, Herne Hill; 25, Surrey AC.

Division 3 South. Champions: Havant. **Also promoted:** 2, Duchy of Cornwall & 3, Swindon. 4, Winchester; 5, Belgrave; 6, E. Kent; 7, W. Cornwall; 8, Yeovil; 9, Aldershot F&D; 10, Hastings; 11, Woking; 12, Tonbridge; 13, Bournemouth; 14, Newbury; 15, Trowbridge; 16, Eastbourne; 17, Portsmouth; 18, Watford; 19, Fleet & C; 20, Bexley; 21, Redhill & R; 22,

Bracknell. **Relegated:** 23, Fareham; 24, Dartford; 25, Andover.

Division 3 North. Champions: Ilford. **Also promoted:** 2, Norfolk & 3, Ipswich. 4, Highgate; 5, Essex Beagles; 6, Hayes; 7, Peterborough; 8, Parkside; 9, Braintree; 10, Cambridge & C; 11, Havering; 12, Uxbridge; 13, Huntingdon; 14, Bedford; 15, Oxford City; 16, Hertford & W; 17, Vale of Aylesbury; 18, Newham; 19, Wycombe; 20, Windsor S&E 21, Dacorum; 22, Maidenhead. **Relegated:** 23, Colchester; 24, Diss; 25, Radley.

Division 4. Champions: Nene Valley. **Also promoted:** 2, Walton; 3, Chelmsford; 4, Salisbury; 5, Brighton & H & 6, Southampton & E; 7, Hercules Wimbledon; 8, Dorchester; 9, Horsham; 10, Lowestoft; 11, Weymouth; 12, Borehamwood. **To seek re-instatement:** 13, Leighton Buzzard; 14, Ealing; 15, Tower Hamlets.

AAA/WAAA OFFICIALS COURSES

The following courses have been arranged at Shrewsbury Technical College this autumn:

- 1. Track Judging.** Sept. 30th, Oct. 7th & 14th, 6.45 pm; exam — Nov. 4th.
- 2. Field Judging.** Oct. 29th & Nov. 12th, 6.45 pm; exam — Nov. 19th.

The cost is 50p per course, payable at the first session, and applications should be made to D. Hayward, PE Adviser, Education Offices, The Shirehall, Shrewsbury, Shropshire.

SET FOR WINTER

Make sure you've got the gear which will help you with your training and racing through the long winter.

SPECIAL OFFERS

ADIDAS SL72 — Fondly remembered as the first and best of the SL series. Royal/white nylon uppers, grooved well padded heel. Sizes 4-5 1/2 (£19.75) £12.99, 6, 8-11 1/2 (£21.70) £14.99.

ADIDAS SL80 — Special clearance price on this excellent training shoe with the dual density sole unit. Navy/gold nylon uppers. Sizes 5-5 1/2 (£19.15) £15.99, 6-12 (£21.99) £16.99.

ADIDAS HOODED TOP — 100% cotton fleecy lined warmth in safety yellow. Sizes 5'6", 5'9", 5'11", 6'1" (£8.99) £5.99.

MILLINGTON HOODED TOP — 100% cotton with pouch pockets. Green. Sizes S, M & L. Unbelievable price £3.99.

NEW LINES

ADIDAS CROSS COUNTRY — It had to happen. A cross between a spike at front with studs on the heel. A shoe to tame the wildest of courses. Sizes 6-12 (£21.50) £19.95.



POST FREE

Written or telephoned orders (using credit card) received by us before 11am should arrive with you via FIRST CLASS post very next day.

NEW LINES (cont'd)

ADIDAS DISTANCE SHORTS — Incredibly light comfortable short with inner brief and small velcro-fastened pocket for key etc. Royal/yellow, navy/red, red/navy. Sizes 28", 30", 32", 34" £6.25 or 2 for £11.50.

ADIDAS SWEATSHIRT — 100% cotton backed in flecked grey/black or silver grey/navy. Sizes XS, S, M & L. £9.95 or 2 for £18.00.

ALSO . . .

NIKE ELITE — The distance racer's delight. Sizes 7-12 (£27.99) £23.99.

TRX COMPETITION — No. 2 racing shoe in recent survey. Sizes 5-5 1/2 (£18.90) £17.99, 6-12 (£21.75) £19.50.

WALLY WAFFLE — A proper training shoe at a sensible price for youngsters. Sizes 1-5 (£9.50) £8.99, 6-7 (£10.99) £9.99.

ATLAS TRACKSUIT TROUSERS — Nylon/cotton, zipped/stirruped. Just right for training. Black/navy. Sizes XS, S, M & L. £4.95 or 2 pairs for £9.00.

For shoes state size and enclose foot outline, for clothing state size and second colour choice.

RUNNERCARE

SEND FOR COMPLETE STOCKLIST



334 Holderness Road, Hull
Tel (0482) 27483/835929
after 6pm (0482) 75517

TVH OPEN GRADED MEETINGS

At West London

May 7th. DT: N. Griffin (WS&E) 49.38. (Youths): DT: R. Stapleton (Bed) 44.94. (Women): BMC 800: 1, A. Ekperigin 2:10.3; 2, D. Phillips 2:12.7; 3, E. Lyon 2:13.6; 4, S. Harvey 2:13.8; 5, J. Cole 2:14.3; 6, B. Lovett 2:14.8; 7, L. Harvey 2:15.4; 8, B. Sanderson 2:15.5. LJ: S. Simmons (Sel) 5.58. (Inter): LJ: P. Blake (Har) 5.50.

June 4th. 400: 1, D. Laing (SLH) 47.6; 2, A. Cord (HHH) 50.0. 1500: C. O'Connor (Aus) 3:45.7. 3000: 1, K. Penny (Camb. H) 8:15.4; 2, T. Conlon (HHH-J) 8:23.6. . . . 10, M. Slowikowski (HW-B) 8:51.1. HJ: 1, C. Harris (TVH) 2.11; 2, R. Charles (QPH) 2.06. (Women): 400: 1, C. Wells (Hav) 56.3; 2, Ekperigin 57.1; 3, K. Hughes (Thur) 57.2; 4, S. Keen (E'bourne) 57.9. BMC 1500: 1, Phillips 4:26.1; 2, K. Binns 4:26.5; 3, Cole 4:41.4; 4, Lovett 4:42.3. 3000: 1, Hughes 9:36.8; 2, D. Dudley (Thur) 10:24.2.

July 2nd. 200: 1, A. Bell (Wake) 22.0; 2, R. Macey (S&E) 22.1. 800: 1, K. O'Meally (Tip) 1:52.2; 2, R. Morgan (Poly) 1:53.2. 3000: 1, P. Standing (WS&E) 8:08.4; 2, D. O'Connor (Lon. I) 8:10.3. 400H: (A): 1, D. West (TVH) 53.0; 2, R. Tolson (TVH) 54.6; 3, A. Greaves (Lut) 55.1. (B): J. Molloy (High) 56.4. TJ: T. Coker (Rush) 13.94. HT: 1, R. James (WLHS) 61.86; 2, M.

Jones (WLHS-J) 49.50. (Youths): HT: 1, A. Kenneally (WLHS) 68.02; 2, G. Deegan (WLHS) 52.48; 3, R. Hanley (N. Ire) 51.88; 4, K. Power (WLHS) 49.36. (Women): 800: 1, A. Alford (S&NH) 2:07.3; 2, Hughes 2:07.7; 3, T. Rashford (Ports) 2:12.8; 4, L. Bicknell (Hasl) 2:16.0. BMC 800: (A): 1, J. White 2:06.6; 2, B. Madigan 2:08.0; 3, M. Coomber 2:08.8; 4, K. Lock 2:09.9; 5, S. Alt 2:10.0; 6, A. Mason 2:13.8; 7, Cole 2:14.4; 8, Binns 2:15.0. (B): 1, Lyon 2:11.4; 2, Lovett 2:13.2.

Aug 6th. (Women): 400: D. Skerritt (LOAC) 56.7. BMC 1500: 1, S. Harvey 4:29.1; 2, Binns 4:33.1; 3, K. Timson 4:37.0; 4, Cole 4:37.8; 5, J. Elliott 4:41.3. . . . 9, T. Gleed 4:53.6.

Sept 3rd. 3000: D. Brown (AF&D) 8:19.6. HT: 1, R. James (WLHS) 59.24; 2, Kenneally 53.12; 3, M. Zaidman (Har) 52.98; 4, M. Jones (WLHS) 50.54. (Youths): HT: 1, Power 52.22; 2, J. Tucker (WLHS) 50.62. (Women): 800: 1, Ekperigin 2:15.4; 2, M. Walker (Park) 2:15.8. BMC 3000: 1, Phillips 9:21.9; 2, S. Harvey 9:29.0; 3, A. Blake 9:52.8; 4, Timson 10:05.7.

1980 ENGLISH SCHOOLGIRLS' CROSS COUNTRY T-SHIRTS

There are a few commemorative T-shirts left in stock, which are being offered at £2.50 on a 'first come, first served' basis. Order forms and details from D. Hayward, PE Adviser, Education Offices, The Shirehall, Shrewsbury, Shropshire.

Sheraton Sea of Galilee MARATHON Winter 1980/81



SUNDAY, JANUARY 4, 1981

"The Most Beautiful Marathon in the World" - Around the Biblical Lake! Entry Fee: US \$ 12.00

- * Commemorative medals, certificates to all finishers.
- * Trophies to all category winners, including women and veterans
- * After the race, prize ceremony and buffet sponsored by the TEL AVIV-SHERATON HOTEL
- * The only Marathon run below sea level

Entries to: Marathon Organizing Committee, Sports Federation of Israel
P.O.B. 4575, 4 Marmorek St. Tel Aviv, Israel

Travel and Accommodation:

55 Concorde Israel Ltd
112 Hayarkon St. Tel Aviv, Israel
Telex 341624 Five IL.
Telephone: 03-287245

Sponsored by the



Tel Aviv-Sheraton Hotel
115 Hayarkon Street, Tel Aviv, Israel, Tel. 286222

Women's Marathon Running Under Way In USSR

TWO HOURS 42 minutes 46 seconds. That was the time of the winner of the first women's marathon race in the Soviet Union held in Kaliningrad in August. Arina Zinurova (33) was first at the finish and thus her time became the first USSR national record.

At the competition in Kaliningrad women toed the mark together with the men but the winners were determined separately. Nineteen sports-women lined up for the start and all of them drove for the tape. However the strongest Soviet middle and long-distance runners didn't participate as the trainers decided to give them a rest.

The appearance of women in the marathon race must be the peak of "suffragism" in athletics. Taking into consideration that the 1500 metres remained the longest distance for women at the Moscow Games and that they will take part in the 3000m race only at the 1984 Olympics, the leap seems to be very appreciable. Besides this, the time is not so distant when marathon races were invariably regarded as a purely men's event, something like the steeplechase and the pole vault.

But the investigations by Soviet medical specialists show that well-trained sportswomen can well cope with the marathon distance. "Long-distance running is harmful only if used improperly" says Uno Kalle, a trainer of the track and field department of the USSR Sports Committee. "The correct choice of the volume and intensity of training sessions doesn't make the marathon more exhausting than, for example, the 100 metres sprint. The difference lies only in the regimen of running; an irrepressible impulse to make every effort in a trice in one case, and a smooth and measured pace throughout the whole distance and an ability to apportion exactly one's strength and time from the start to the very finish".

Soviet specialists stress an interesting point: it is mainly the losers in the women's 1500m and 3000m who have taken up the marathon race and shown themselves to the best advantage then and there. While lagging constantly behind more swift-footed rivals at middle and long distances, they seem to have found themselves in the marathon.

For example, the famous Grete Waitz. Whereas she was beaten twice by Svetlana Ulmasova from the Soviet Union in the 3000m at the 1978 European Championships and at the 1979 World Cup, the Norwegian athlete has no match in the world's marathon at present — her best result is 2:27:33.

The Soviet national coaches are not going to overestimate the results of the first marathon race in the Soviet Union. The time of the winner, Arina Zinurova, is far from the level of the world's best runners. Yet, the history of Soviet



Grete Waitz and Svetlana Ulmasova in the World Cup 3000m in Montreal.

All-Sport/Paul J. Sutton

women's marathon races is at its beginning and such well-known athletes as Yelena Sipatova, who has the world's best time of the season in the 3000m (8:33.6), Irina Bondarchuk and Raissa Smekhnova will participate in future competitions. Svetlana Ulmasova is also preparing to vie for honours with Grete Waitz. There is quite enough time before the 1982 European Championships, in which the women's marathon is included for the first time.

Igor Monichev

Tamworth AC are looking for a second-hand set of weights. If anybody can help would they please contact B. Jackson, 36 St. Michael's Drive, Appleby Magna, Burton-on-Trent, Staffs. DE12 7BG (Tel: Measham 71040).

J. Frewin of 42, St. Mary's Road, Sherborne, Dorset (Tel: 4196) has back copies of 'AW' (1962-67 and 1974-79) available for collection.

Northern Decathlon Won By Mike Pickering

MIKE PICKERING won the Northern Counties AAA Decathlon championships with a season's best of 6349 points, despite very windy conditions on the first day and intermittent rain on the second at Kirkby on September 13th/14th. He had held a slight overnight lead (3401) and made sure of his victory with 3.80m vault in the rain. In second place his clubmate, policeman Leslie Tissiman, completed his first decathlon, with a good score of 6155, and still has more to come. Better known as a shot and discus expert, he won those events at 12.96m and 42.26m. However he was also fleet of foot, gaining the fastest 100m time of 11.0 sec. Third was 16-year-old Tim Atkin, competing again with Senior implements, and he improved his recent best mark to 5454.

Cliff Dickinson was a clear winner of the Junior event, improving his best mark with Junior implements to 6254, scoring an impressive 3505 on the first day; with Chris Veitch also improving in second place to 5826. Alex Kruger was the inaugural winner of the Octathlon championship with 4654, helped by a 1.88m high jump (he has cleared 2m), although he had been in the lead since the third event, the long jump.

Manndy Laing won the Pentathlon title with 3871, taking four of the five events, including a good hurdles of 14.2. In a battle for second, Karen Townsend just pipped Manndy's sister Wendy with an 800m win of 2:28.4, to finish with 3571 points to Wendy's 3565. Madeleine Cropper had two wins in winning the Intermediate title with 3437. National champion, Linda Wong, improved her best Pentathlon score again, and her final total of 3419 has only been beaten by Julie Charlton's National best. Linda was a clear winner of the long jump (5.35m), had the equal second best mark in the hurdles (12.5) and also won the shot (9.78m) and high jump (1.60m) before clocking the second best 800m time.

Alan Lindop

1, M. Pickering (CoH) 6349 (11.3, 6.61, 11.17, 1.80, 52.3; 16.7, 29.88, 3.80, 39.56, 4:35.4) 6349; 2, L. Tissiman (CoH) 6155 (11.0, 6.10, 12.96, 1.70, 53.0; 15.9, 42.26, 2.90, 37.76, 5:10.1); 3, T. Atkin (Sheff-Y) 5454 (12.1, 5.87, 8.97, 1.75, 57.0; 17.0, 34.54, 3.80, 44.12, 5:36.2); 4, D. McComb (Liv. P) 5439 (4.00); 5, A. Atkin (Sheff-Y) 5206; 6, I. Elliott (Liv) 5181; 7, S. O'Donnell (Bol) 5160; 8, M. Luscombe (Sheff-Y) 5121; 9, S. Cutler (C&EP) 4883. **(Juniors):** 1, C. Dickinson (B'burn) 6254 (11.2, 6.82, 10.98, 1.90, 53.3; 16.0, 35.76, 2.60, 51.20, 5:08.7); 2, C. Veitch (Burn R) 5826 (11.4, 6.04, 10.08, 1.80, 55.2; 16.1, 31.96, 3.00, 38.08, 4:41.8); 3, G. Powley (Pres) 5453; 4, S. Ryan (Gos) 5311; 5, G. Briggs (JMS) 4662. **(Youths):** Octathlon (100, DT, LJ, 400; HJ, JT, SP, 1500): 1, A. Kruger (Liv. P) 4654 (12.0,

25.58, 6.35, 54.8; 1.88, 42.84, 11.15, 4:30.3); 2, A. Rivett (Leeds C) 4422 (11.5, 32.12, 5.20, 53.0; 1.55, 43.24, 10.97, 4:28.1); 3, M. Crompton (Bol) 3878 (1.88); 4, L. Cafferty (Bol) 3661; 5, M. McGlynn (Liv) 3618; 6, B. Sheerin (Liv) 3603; 7, A. Kendall (Bol) 3440.

Pentathlon, September 14th

1, M. Laing (Liv) 3871 (14.2, 11.15, 1.68, 5.67, 2:35.2); 2, K. Townsend (Gos) 3571 (15.6, 9.57, 1.62, 5.45, 2:28.4); 3, W. Laing (Liv) 3565 (15.4, 10.49, 1.62, 5.26, 2:32.4); 4, P. Standen (O&R) 2953; 5, A. King (Lin. W) 2818. **(Inters):** 1, M. Cropper (Ashton) 3407 (13.1, 9.54, 1.61, 4.76, 2:25.4); 2, G. Crowder (Rown) 3176; 3, C. Gordon (Burn R) 3123 (1.61); 4, J. Harding (E. Ches) 3096; 5, M. Drath 2987; 6, J. Fahey (Lin. W) 2955; 7, J. Dobson (E. Ches) 2943; 8, H. Greenwood (Ross) 2854. **(Juniors):** 1, L. Wong (Liv. P) 3419 (5.35, 12.5, 9.78, 1.60, 2:33.7); 2, B. Muckalt (Ross) 3093; 3, L. Hannon (Gos) 2999; 4, A. Fleming (B&F) 2911; 5, J. Smith (Leigh) 2846.

HORSHAM PARKLAND RACES

September 13th

1, R. Treadwell (Sy. B) 14:25; 2, N. Sirs (Unatt) 14:37; 3, M. Lassetter (B&H) 14:39; 4, A. Bristow (B&H) 14:41; 5, B. Hawkins (B&H) 14:51; 6, T. Davies (AF&D-V) 14:56; 7, D. Eglon (AF&D) 14:57; 8, M. Paterson (B&H) 15:00; 9, D. Peel (HHH) 15:05; 10, T. Challenger (B&H) 15:06; 11, P. Barratt (E&S) 15:07; 12, G. Butcher (Ports) 15:08. **(Vets):** 1, Davies; 2, B. Bartholomew (B&H) 15:44; 3, G. North (Ports) 15:47; 4, R. Parker (Worth) 15:58; 5, M. Barratt (E&S) 15:59; 6, C. Case (E&S) 16:03. **(Youths):** 1, P. Davies (Craw) 9:42; 2, M. Wheeler (E. Grin) 9:45; 3, A. Leyland (Sy. B) 9:56; 4, K. Hutchins (Sy. B) 10:03. **(Boys):** 1, M. Howard (Worth) 8:04; 2, K. Howard (Worth) 8:05; 3, M. Andrews (Ports) 8:09. **(Colts):** 1, R. Pamphlett (Coll) 8:56; 2, H. Lee (Worth) 8:58. **(Women):** 1, D. Peel (HHH) 10:58; 2, J. Bennett (WS&E) 11:15; 3, K. Charwell (Wig) 12:02; 4, K. Wade (Wig) 12:33; 5, C. Flynn (E&E) 12:35. **(Inters):** 1, T. Howard (Worth) 11:16; 2, S. Vinall (B&H) 11:26; 3, V. Strickland (Havatt) 11:47; 4, N. Jackson (Trow) 11:53. **(Juniors):** 1, L. Sisley (E. Grin) 9:09; 2, R. Gamble (E. Grin) 9:16; 3, D. Campbell (Craw) 9:18; 4, D. Thomas (BR&C) 9:21. **(Girls):** 1, N. Milton (Hors) 5:27; 2, M. Jenner (Ports) 5:33.

The new OUAC tie is now available for all members of the club, both past and present. They are available, priced £4, from A. Beardmore, S.E.H., Oxford University.



Leading the field.

The new Sporting Centenary set for enthusiasts.

The 12p stamp in this colourful, action packed set of four, commemorates the founding of the A.A.A. – at the Randolph Hotel, Oxford on April 24th 1880.

The 13p stamp celebrates the formation of the Welsh Rugby Union towards the end of the 1880–81 season; the 15p stamp commemorates the founding of the Amateur Boxing Association on February 25th 1880; and the 17p stamp the first Test Match played between England and Australia on September 6, 7 and 8th 1880.

A sporting 58p at your post office from October 10th

British 
STAMPS
 collectors' items
 –from your Post Office

We would like to WELCOME

Steve Kenyon to our staff

He is now training hard to make sure all your orders are ready when the GPO comes to collect our day's parcels.

Gerry Helme has now left us to go to University and we wish him well with his studies and his future running.

Running Wild®

The BOSTON RANGE from RON HILL SPORTS



LADY BOSTON VEST

Black/lilac, blue/red, green/blue,
gold/green, lilac/gold.
S, M, L

£5.95

LADY BOSTON SHORTS

Lilac, black, blue, red, green or
gold.
S, M, L

£4.95



BOSTON VEST

Half mesh, half tricot. Black, blue,
red, gold or green.
S, M, L

£5.95

BOSTON SHORTS

Built-in brief. Black, blue, red,
gold or green.
S, M, L

£4.95

We reckon ours is almost a definitive list of running shoes available in the U.K. Take your pick from:

TRAINERS

NIKE

		OUR PRICE	RRP
TAILWIND	6-12	£33.80	(£37.99)
DAYBREAK	5½	£23.20	6-12 £26.65
LDVII	5-5½	£21.70	6-12 £24.90
WAFFLE TRAINER II	5-5½	£17.75	6-12 £20.45
WALLY WAFFLE	8-13		kids £7.55
(also avail. in red)	1-5½	£8.45	6-7 £9.75 (£10.99)
NYLON ROAD RUNNER	3-5½	£11.60	6-13 £13.30 (£14.99)
LTHR. ROAD RUNNER	4-5½	£13.10	6-12 £15.10 (£16.99)
OCEANIA	3-5½	£9.95	6-12 £11.55 (£12.99)

WALSH

V. RIPPLE	3½-5½	£15.85	6-12 £18.20
STUD			6-12 £17.40

PUMA

FAST RIDER	4-5½	£20.85	6-12 £23.95 (£26.99)
ROCKET	4-5½	£12.35	6-12 £14.20 (£15.99)
WHIRLWIND	4-5½	£11.99	6-12 £13.99 (£14.99)
JOGGER	4-5½	£10.70	6-10 £12.30 (£12.99)

ADIDAS

SPACE	3½-5½	£19.95	6-12 £22.95 (£24.25)
TRX TRAINING	3½-5½	£15.10	6-12 £17.35 (£19.50)
MARATHON TRAINING	3½-5½	£19.35	6-12 £22.20 (£24.99)
TRX KID			10-5 £8.70 (£9.80)
SL80	5-5½	£16.95	6-13 £19.55 (£21.99)
ELAN	3-5½	£9.00	6-12 £10.45 (£11.75)

LE COQ

VARIOSPEED	5-5½	£20.85	6-12 £23.10 (£25.99)
TURBOSTYLE	3½-5½	£18.95	6-12 £22.75 (£23.99)

TRAINERS (contd.)

REEBOK

		OUR PRICE	RRP
AZTEC			Special Offer (see below)
GAZELLE	3-5½	£15.75	6-12 £18.20 (£20.50)
FAB XC STUD	3-5½	£12.25	6-12 £14.15 (£15.90)

INTER

PREMIER	4-5½	£10.15	6-11 £11.85 (£12.49)
GPR	3-5½	£8.90	6-12 £10.40 (£10.99)
MARATHON	3-5½	£8.90	6-11 £10.40 (£10.99)
SPRINT	3-5½	£8.05	6-11 £9.45 (£9.99)

NEW BALANCE

375	5½	£21.70	6-12½ £24.95
XC15	5½	£22.60	6-12½ £25.95
620	5½	£26.04	6-12½ £29.95

TIGER

ARROW	5-5½	£18.80	6-11 £21.60 (£22.75)
MONTREAL III	5-5½	£16.90	6-11 £19.45 (£20.50)
ENDURO	5-5½	£18.55	6-11 £21.35 (£22.50)
PACESETTER	3-5½	£11.05	6-11 £12.70 (£13.40)

KARHU

NAVY STAR			6-11 £20.85 (£21.95)
SUPER GREEN	3-5½	£18.95	6-11 £21.80 (£22.95)

GROUNDHOG

	3-5	£8.95	6-11 £9.95
--	-----	-------	------------

SPIKES**NIKE**

VAINQUEUR	5-5½	£28.65	6-12	£32.90	(£36.99)
UNIVERSE	5-5½	£26.25	6-12	£30.25	(£33.99)
TRIUMPH	4-5½	£19.35	6-13	£22.20	(£24.99)
FLY (Black/Silver)	3-5½	£15.45	6-12	£17.75	

PUMA

HURRICANE	2½-5½	£10.80	6-12	£12.45	(£13.99)
-----------	-------	--------	------	--------	----------

ADIDAS

INTERVAL 2	3½-5½	£12.45	6-12	£14.20	(£15.99)
SPEEDER	3-5½	£9.95	6-12	£11.55	(£12.99)
TRACK	3½-5½	£16.65	6-12	£19.10	(£21.50)
MARINER	3½-5½	£13.10	6-12	£15.10	(£16.99)
CROSS-COUNTRY	3½-5½	£17.80	6-12	£20.40	(£21.50)

OUR PRICE

RRP

ROAD RACERS**NIKE**

ELITE	Special Offer (see below)				
WAFFLE RACER	6-12	£24.90			(£27.99)

ADIDAS

MARATHON 80	5-5½	£28.10	6-12	£32.25	(£36.25)
TRX. COMP	5-5½	£16.80	6-12	£19.35	(£21.75)

REEBOK

10K	3-5½	£14.95	6-12	£17.15	(£19.30)
-----	------	--------	------	--------	----------

NEW BALANCE

COMP. 100	5½	£25.20	6-12½	£28.95	
-----------	----	--------	-------	--------	--

KARHU

KEVLAR	6-11	£25.60			(£26.95)
--------	------	--------	--	--	----------

CLOTHING

RON HILL SPORTS WET SUIT. Pullover jacket with single front pocket, big enough for ordnance survey map. Colours: Brown/beige, red/navy, navy/beige, royal/red, fluorescent-orange/gold, gold/sky, bottle green/navy. Sizes S, M & L. Price: Jacket **£9.50**, Trousers **£7.25**.

RON HILL SPORTS TRACKSTERS. Red, navy, royal or black. S, M & L. **£6.95**

RON HILL SPORTS TUBE SOCKS (21 INCH). White with three stripes. Royal/Red/Royal, Green/Gold/Green, Navy/Sky/Navy, Red/Black/Red, Royal/Gold/Royal, Black/Orange/Black. **£1.30**.

RON HILL SPORTS VELOUR SPORTS SOCK. White with three stripes. Black/Red/Grey, Brown/Rust/Camel, Navy/Sky/Grey, Navy/Burgundy/Sky, Red/Gold/Burgundy. **£1.50**.

RON HILL SPORTS FREEDOM SHORTS. Lightweight polyester/cotton. Gold, red, orange, sky, royal, navy, emerald, bottle, purple, black, white, maroon, 24/26", 28/30", 32/34", 36/38". Plain colour **£3.75**, 2 contrast stripes **£4.25**. New Zealand, Moscow 1980, Scotland **£4.75**. Union Jack, U.S. Flag, Maple Leaf **£5.25**.

RON HILL SPORTS MESH VESTS. World famous lightweight mesh vests. White, black, gold, orange, red, royal, emerald, sky. Plain or contrast trim (give alternative on contrast colour if possible). **£4.25**.

SPENCO SPORTS MEDICINE PRODUCTS. Insoles £2.25 pr., Skinguard Tape £1.50, Flexible Arch Support £3.25 pr., Orthotic Arch Support £6.75 pr., Heel Cushions £1.60 pr., Cold/Hot Pack S £2.25, M £4.50, L £6.35, Second Skin small tube £1.10, large tube £11.50.

RUNNERS WRIST WATCHES. Casio **F300**, ½ oz. quartz watch, 1/100th sec. stop watch, calendar, **£12.95**, Casio **F80** Alarm Chronograph, calendar, timing in 1/10th sec., net time, lap time, 1st and 2nd place times, **£19.95**, Casio **C80**, digital CALCULATOR watch, calendar, stop watch, dual time zone, superlightweight. Price only **£24.95!**

VAN SERVICE. Someone from our staff will be at the following races:

The **NORTHERN ROAD RELAY**, Seyton Park, Oct. 4th. The **CUTLERS RELAY**, Sheffield, Oct. 5th. The **LANCASHIRE ROAD RELAY**, Southport, Oct. 11th. The **MANCHESTER UNIVERSITY RELAY**, Wythenshawe Park, Oct. 18th. The **GALA FELL RACE**, Oct. 26th. The **"RUNNING WILD"** STRATFORD SCHOOLS CROSS-COUNTRY LEAGUE RACES, Oct. 11th and 25th, Nov. 15th and Dec. 6th. The **"RUNNING WILD"** MANCHESTER CROSS-COUNTRY LEAGUE RACES, Heaton Park, Oct. 25th, Boggart Hole Clough, Nov. 8th, Woodbush Park, Nov. 22nd, Ashton, Dec. 6th.

AUGUST & SEPTEMBER issues of **THE RUNNER** and **RUNNING TIMES** now in **£1.15** each. Back issues available at **£1.15**.

OCTOBER SPECIAL OFFERS. PUMA ROCKET 4-5½ **£11.99**, 6-12 **£13.59** (RRP £15.99), PUMA HURRICANE 2½-5½ **£10.50**, 6-12 **£11.90** (RRP £13.99), NEW BALANCE 375, cosmetic seconds, 6-12½ **£14.95** (£24.95 when perfect).

To: **RUNNING WILD (Dept. AW), FREEPOST**

(i.e. no stamp required UK mainland but if your order is URGENT we recommend using 1st class post).

2, TOWER ST., HYDE, CHESHIRE.
Tel. (MON-FRI) 061 368 8008.

On Saturdays credit card orders may be phoned to the shop. Tel. 061 366 9191.

The Running Wild shop is at 148/150 Market Street, Hyde, Cheshire. Open all day everyday except Sunday, 9.00-5.30 (late opening until 6.00 p.m. Friday and Saturday).



Running Wild®

POST FREE SERVICE BY FIRST CLASS POST

LONDON BOROUGH OF BROMLEY RECREATION DEPARTMENT

in conjunction with
CHEVRON OIL (U.K) LTD.

are holding a

TRACK MEETING

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

to mark the opening of
the new Chevron 400 track
at Norman Park, Bromley

**ON SUNDAY,
OCTOBER 26th, 1980**
at 2 p.m.

LADIES' EVENTS

Inter Ladies	1500m
Senior, Inter & Junior Ladies	200m
Senior Ladies	400m
Junior & Senior Ladies	800m

MEN'S EVENTS

Colts	800m & 1500m
Boys	400m & 800m
Youths	400m & 1500m
Juniors	400m & 800m
Seniors	1500m & 5000m
Vets	3000m

NO ENTRY FEES

CLOSING DATE MON., OCT. 20th

Entries (with SAE) to: Recreation Dept., London Borough of Bromley, 83 Tweedy Road, Bromley, Kent, tel. 01-464 3333 Ext. 5350. Stating name, address, event, age group, club and 1980 best performance.

FRENCH GIRL'S DISTANCE FEAT

Former marathon world record breaker (2:35:16 in 1977) Chantal Langlace put together a remarkable performance at Val-de-Somme on September 6th. In a 100km road race won by Britain's Mike Newton in 7:12:10, the 25-year-old Frenchwoman placed 3rd in the startling time of 7:27:22 — shattering the previous women's world best of 7:50:37 by Christa Vahlensieck of Germany. Chantal, who has obviously fully recovered now from two achilles tendon operations which have interrupted her career for two years, ran the equivalent of nearly 2½ marathons on end at around 3:10 pace per marathon!

PAN-AMERICAN JUNIOR GAMES

At Sudbury (Canada), August 29th-31st

(Athletes born 1961 or later) — 100: (—1.1m) Lewis (US) 10.43, Smith (US) 10.51; 200: Lewis 20.72w, Smith 20.94, Hector (Pan) 20.98; 400: Hector 46.12; 800: Corvalho Cruz (Bra) 1:47.9, Marshall (US) 1:48.5, Wournell (Can) 1:49.4; 1500: Corvalho Cruz 3:50.0; 5000: Barrios (Mex) 14:53.3; 2000SC: Garcia (US) 5:43.2; 110H: Wilson (US) 13.71; 400H: Fonseca (Bra) 50.70; HJ: Balkin (US) 2.21; PV: Woolley (Can) 4.60; LJ: Clemons (US) 7.52; TJ: Ware (US) 15.28; SP: Jennings (US) 17.05; DT: Deal (US) 56.18; HT: Attilio (Bra) 57.56; JT: Barnett (US) 73.04; Dec: Erickson (US) 6639; 10,000W: M. Colin (Mex) 43:32.2; Relays: USA 39.61/3:08.6; (Women) 100: (—1.2m) Bailey (Can) 11.55; 200: Bailey 23.44w; 400: Crooks (Can) 53.61; 800: Clark (US) 2:05.7; 1500: Rettie (Can) 4:24.3; 3000: Cook (US) 9:24.8; 100H: Sanders (US) 14.44; 400H: Candelario (Dom Rep) 60.13; HJ: Argent (Arg) 1.82; LJ: Joyner (US) 6.18; SP: Ray (US) 13.82; DT: Deniz (US) 49.64; JT: Hughes (US) 51.68; Hept: Lenardon (Can) 5297; 3000W: Peel (Can) 14:39.5; Relays: USA 44.61/3:39.0.

2/3.8. Tillsonburg. DT: Chambul 59.76; JT: Corazza 81.28. 9/10.8. Winnipeg. Women's Pent: Konihowski 4543 (1.84 HJ), Ross 4128. 16/17.8. Saskatoon. HJ: Bauck 2.19; HT: Neilson 68.56; women's, HJ: Reid 1.86; LJ: Konihowski 6.48w.

NEW ZEALAND

Euan Robertson (32) at last won a New Zealand cross-country title. On an extremely muddy course at Trentham, Wellington, on August 9th he held off Peter Renner (20) over the final kilometre to win the 12km event in 39:09. Renner finished in 39:13 with Paul Ballinger 3rd in 39:33. Mary O'Connor (17:33) won the women's 5km title from Diane Rodger and Allison Roe.

Who's Who In British Athletics

DAVE OTTLEY

Full name: David Charles Ottley. Born in Thurrock (Essex), 5.8.1955; Height: 1.87/6'1½"; Weight: 95kg/209lb; Pulse rate at rest: 40-45. Thurrock Harriers. Single. Lives at Corringham (Essex). Coached by Margaret Whitbread since 1968. Hobbies and interests: "Hi-Fi, listening and making; photography; cabinet making".

Became interested in javelin throwing in 1968, my second year at school. It was the first sport I had represented my school in. When I won my first competition in an inter-school match with 27.08m (91ft) I decided I would train for the next season." Joined Thurrock Harriers in 1969. Competed five times in English Schools Championships: 2nd in 1969 (Junior), 5th in 1970 and 1st in 1971 (Intermediate), 2nd in 1972 and 1st in 1973 (Senior). Hero was Janis Lusis: "Inspired by his competitive performance in my early years and influenced in temperament in my later years, after I had met the great man". Inspired also in early days by Dave Bedford and Dave Travis. Realised right from the beginning that he could reach international level. "In 1968 I

was taken, by Margaret, to see Jim Alford at Crystal Palace, to see if he thought I had potential. When my father asked him whether it was worth me carrying on he told us I would be British record holder one day, and I was arrogant enough to believe him".

Personal bests: SP — 14.14m (1979), JT — 85.52m (UK record; 1980). International since 1975. AAA champion 1977; 2nd 1977 World Student Games; UK champion 1978-80; 5th 1978 Commonwealth. Annual progression:

1968	27.80	(600gm)	1974	72.10
1969	52.80	(600gm)	1975	74.74
	42.18	(800gm)	1976	80.08
1970	54.94	(700gm)	1977	81.50
1971	62.20	(800gm)	1978	79.20
1972	66.34		1979	80.82
1973	66.52		1980	85.52

Most pleasing performance: "Second place in 1977 World Student Games (81.14), because it was my first major medal against good foreign opposition". Greatest disappointment: "1978 and 1979 — two depressing years without improvement". Target is "to reach my potential and to win a major medal doing it". Would like to coach after retirement ("I have not seriously thought about how long I intend to compete: ask



DAVE OTTLEY

Phil Sheldon

The *NEW* 'POWA-THERM' KNEE SUPPORT

-a boon to all
sports enthusiasts



Fashioned in a new fibre to give the maximum support and comfort for all knee sprains, strains etc.



The new 'POWA-THERM' fibre is woven and shaped to give a powerful 'hold' and to insulate natural body warmth assisting repair of the tissues.

Single £2.60 + 50p p/p
Pair £5.00 + 50p p/p
2 Pairs £9.00 post free

Please give measurements round knee when ordering

LARKHALL LABORATORIES (Dept. AW1),
225-229 Putney Bridge Rd., London SW15 2PY.

me again in four years time"). What he like most about athletics is "travelling and the people involved in the sport ... except fair weather friends". Advice to a youngster taking up athletics: "Once you have decided you mean business get yourself a good coach, read about your event, listen to others, then formulate your own ideas and stick to them. But, above all, enjoy yourself while you're doing it".

Training

In winter, trains two or three times a day every day; in summer, one or two times a day depending on competitions. Trains morning, afternoon and sometimes evening: "the length of time training is less important than the quality". Usually trains at Grays, Southend or Hornchurch. Nearest first-class facilities are at the Havering track.

Coached by Margaret Whitbread since 1968. "I was introduced to Maggie when I broke a home-made Javelin, in order to find out whether I was any good and whether it was worth making another one". Coaching has been "very important; I feel for any technical event coaching is essential if you are to get anywhere near your potential".

Training he likes: "running, jumping, throwing at maximum or near maximum effort". Dislikes "repetitive training such as ball throwing into net". Training cycle: "Conditioning varies possibly up to Christmas. Strength from then on in various phases, exercises moving towards a more specific nature when nearing the summer".

Typical week's training in winter: (March 2nd-8th 1980; mobility every day) **Sunday:** Mobility.

Javelin throwing — standing, 3 stride, 5 stride, full run up. 6×100m strides. **Monday:** 60 ball (1kg) throws into net. Close grip bench; seated press; dumbbell tricep extension; squats; bent arm pullovers. 45-60 min of jump circuits. **Tuesday:** Sprints (2×3×60m rolling; 4×20 standing start). Light weights — dumbbell pullovers on incline bench, slide bends, hip drive exercise. **Wednesday:** 60 ball throws. Bunny and single leg hops up steps (total 235 jumps). Tricep kick back; incline flys; front squats; bench French press; straight arm pullovers; bouncing split squats; sit ups (Roman chair). **Thursday:** Side bends; seated trunk twists; hip drive curls; light bent arm pullovers with tricep extension on different incline to Tuesday. Sprints (2×4×30; 2×100); 100 sargeant jumps. **Friday:** Incline press; seated tricep extension; incline sit ups; bent arm pullovers; tricep push downs. 60 ball throws. Combination jumps (total of 130 jumps). **Saturday:** Back squats; 3 mile run.

Typical week's training in summer: (May 11th to first competition of 1980 on May 18th) **Sunday:** Javelin throwing. 4×60 strides; 4×40 flat out from rolling start; 4×30 sprint start. **Monday:** 60 jumps. Front press using hips; tricep extension; trunk twists; Roman chair sit ups; close grip straight arm pullovers. **Tuesday:** Shot throws, various. Squats. 2×60 fast strides; 5×40 timed. **Wednesday:** Weights similar to Monday. **Thursday:** Javelin throwing (76m recorded). **Friday:** Sprint drills. **Saturday:** Rest. **Sunday:** Competition (78.88m).

"I've tried to cut out as much deadwood from my programme as possible, keeping it reasonably specific". No major changes planned at the moment. Likes one to three days rest before a big competition.



Flashback to the English Schools Championships of 1973, where 17-year-old Dave Ottley was the winner with a throw of 66.18m. He first topped 70 metres in 1974, 80 metres in 1976 and 85 metres this year.

DAVE OTTLEY INTERVIEWED By Alastair Aitken

Who do you think is the greatest javelin thrower of all time?

Janis Lusis, without a doubt. He won the Olympics the year I started out in 1968 with the javelin. He has inspired me ever since, as he has done just about everything — gold, silver and bronze in the Olympics. I have not modelled my technique on him but I like his attitude and competitive spirit. He's a very cool character and a real gentleman. It was a dream come true when I met him as he is such a nice bloke. Nobody has done better to my mind. It is the amount of competitions he has won over the years really that counts. The thing with the javelin is that somebody might be able to throw 96 metres but it does not mean, necessarily, they are the greatest thing that has ever happened. Lusis just kept on throwing 90 metres every time.

How did you come to take up javelin throwing?

I always wanted to be good at something. Up until I took up the javelin I never represented my school in anything at all; that included football, cricket or athletics. It was not till my second year in secondary school that in fact I got into the school team and that was for the javelin. One day I saw someone throwing the javelin. I knew that I had a good arm on me, and I took someone on at

the javelin — one of the boys above me in years in the school — and I threw it further. It just sort of carried on from there. I improved from 91ft to 173ft in my second year of throwing. I met Margaret Whitbread during that time.

Did Margaret notice anything about your technique to help you early on?

She likes to keep things reasonably basic first of all. She was always trying to ingrain a simple technique of running in hard, keeping the speed up at the end, keeping the arm well back, keeping the head and legs in front of the body. So, in those days I was getting a good basis for what I am doing now.

Which was the first competition to give you a thrill?

I remember right back to my 1968 competition. I threw only 91 feet but I won and it was a great sensation to actually win something for a change... people congratulating you and saying well done. The next year the one that really stood out in my mind, for another two years until I won the England Schools in 1971, was in 1969 when I won the Essex county at Chelmsford and broke the record there. I had been the underdog because no one had ever heard of me before. I just came up and started putting things together.

Did you train more after that event then?

BINGLEY SPORTS

Dennis Quinlan

Kim McDonald

KARHU — NORTH'S MAIN STOCKIST

TRAINERS/ROAD RACERS

	OUR PRICE	R.R.P.
NIKE NEW LDV	6-12 £24.90 (£27.99)	
NIKE ELITE	6-12 £24.50 (£27.99)	
NIKE NYLON R.R.	6-12 £13.30 (£14.99)	
NIKE LEATHER R.R.	6-12 £15.10 (£18.99)	
NIKE WALLY WAFFLE	1-5½ £8.45, 6-7 £9.75 (£10.99)	
NIKE DAYBREAK	7-11 £26.99 (£29.99)	
ADIDAS NEW TRX	4-5½ £15.30, 6-12 £17.35 (£19.50)	
ADIDAS TRX KID	3-5 £8.70	
ADIDAS MARATHON T.	7-12 £22.50 (£24.99)	
REEBOK AZTEC MK. 2	7-12 £20.20 (£22.70)	
KARHU NAVY STAR	6-12 £19.95 (£21.95)	
KARHU SUPER GREEN	6-12 £20.65 (£22.95)	

SPIKES

ADIDAS INTERVAL 2	4-5½ £12.45, 6-12 £14.20 (£15.99)
ADIDAS MARINER	4-5½ £13.10, 6-7 £15.10 (£16.99)
ADIDAS TRACK	7-12 £19.10 (£21.50)
KARHU MONTREAL	6-12 £23.35 (£25.95)
KARHU LASER	6-12 £21.55 (£23.95)

For good fit please state shoes used and sizes.

We stock SHOE PATCH and SPENCO products.

CLOTHING BARGAINS

- VIGA TRACK KING II SHORTS** £2.50
22/24 Black, sky, red
26/28 Royal, red, sky, black, white, green
30/32 White, sky, green, red
34/36 Green, red, sky
REQUEST WAIST SIZE 2" MORE THAN NORMAL
- At last, no more Rugby, Football Jerseys.
NOW — LONG SLEEVE, crew neck, 100% COTTON vests. Made for ATHLETES £3.50
S, M, L (Men). White, red, royal blue, olive green.
STATE 2nd COLOUR PREFERENCE
- VIGA MESH VESTS** £2.50
Black/gold, yellow/green, white/black, red/white, royal/white.
- VIGA TRACK QUEEN SINGLES** £2.25
white 32 only.
- LADIES TOWELLING BRIEFS** £2.50
22, 24, 26, 28. Black, red, white.
- CHILDREN'S TRACKSUITS** £5.75
28", 30", 32". Sky top/Navy bottoms, Red top/Navy bottoms.
30" only. All Black, all Navy.

4 CHAPEL LANE, BINGLEY. Tel (0274) 563349



Fionnbar Callanan

I was training reasonably hard, nothing outstanding, from the word go. I did three or four days a week training then; only about an hour at the most in each session. It was really technique that pulled me through early on, which Margaret had worked on, and basic growth going from 13 to 16 and upwards.

What sort of a year was 1970 for you?

I had a bad year in javelins. I was just changing javelins from 600's to 700's and I did not seem to cope all that well first of all. I broke a British record for 14-year-olds that year but I was not all that pleased because it was not a consistent year for me. As I say, going back to Lusi, the great thing about him was his consistency and when I was not consistently throwing then I felt I was letting myself down somehow. But in 1971 the thing that stands out has got to be the English Schools. I think that is fantastic for kids, and I went to five altogether, actually! Each time I really enjoyed it. I was really pleased at the time because on the day I broke my own record four times. Charlie Clover came second that day. I threw 199'11" (60.94m) and he threw 198'0" (60.36). In fact he threw that on his last throw, so I was biting my finger nails till they measured it out, but it was a tight competition all

The great Janis Lusi, pictured in 1969. Dave Ottley's idol, he won four European titles, three Olympic medals (gold in 1968) and was a former world record holder.

BOLTON UNITED HARRIERS

Promote their annual

HARWOOD 8 MILE OPEN ROAD RACE

Incorporating Ladies & Veteran Race

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

ON SUNDAY, NOVEMBER 9th, at 2 p.m.

Changing at Longsight Methodist School, Harwood, Bolton

USUAL EXCELLENT PRIZES

INDIVIDUAL: First 6 in Men's Open Race

First 3 in Ladies Race

First 3 Vets (O/40 & O/45)

First 2 Vets (O/50) & First Vet (O/60)

* ALL RUNNERS MUST ENTER AS INDIVIDUALS *

TEAM: First 3 (3 to score)

First 'B'

First Veteran Team

ENTRY FEES: 50p Individual, £1 Team. Double entry fees on day.

ENTRIES TO: Jack Haslam,

10 Higher Dunscur,

Bolton, Lancs.

Tel. (0204) 56632 (evenings), (0204) 386202 (day).

**PETER YATES**

"He was an inspiration to me".

George Herringshaw

round. I think I was lying second or third till about the third round, then things started clicking really well, and I kept breaking my record each time I came up and threw the javelin. It was at Crystal Palace and it was my first major competition with a tremendous crowd. We were led out with the band playing for the opening event so it sent shivers down my back at the time.

You competed as an international in 1975?

It was a cheap one really because nobody was throwing well, so I jumped up the ranks cheekily. It was a question of people coming down to my level rather than me going up, to a certain extent. It was my first year at Borough Road College. It was in my second year that I settled down to a routine in the place.

BRITAIN'S 80 METRE THROWERS

85.52	Dave Ottley	28.5.80
84.92	Charles Clover	2.2.74
83.44	Dave Travis	2.8.70
83.24	Peter Yates	6.8.80
82.90	Brian Roberts	21.5.80
81.92	John FitzSimons	23.3.69
81.68	Simon Osborne	13.7.79
81.06	John Trower	13.7.80
80.90	Peter De Kremer	10.7.78
80.20	Kevin Sheppard	26.8.74

UK JAVELIN RECORD EVOLUTION

First over 60m:

60.10 James McKillop 1938

First over 70m:

70.42 Clive Loveland 1956

First over 75m:

75.16 Colin Smith 1957

Subsequent progress:

78.06 John McSorley 30.6.62

79.26 John McSorley 14.7.62

79.26 John Greasley 14.9.63

79.78 John FitzSimons 5.8.66

81.92 John FitzSimons 23.3.69

82.22 Dave Travis 5.7.70

83.44 Dave Travis 2.8.70

84.92 Charles Clover 2.2.74

85.52 Dave Ottley 28.5.80

Did you find the people helpful at College?

I had never really trained before with anyone with so much motivation as Peter Yates. It was the first time I was able to see someone who was really willing to push themselves to the limit. He was an inspiration to me, to be quite honest. That was the year that I put on quite a bit of strength. Another person I was training with at the time was a lad called Steve Ladds who threw 63-64 metres and he was only about 5'3". Once again, a tremendous worker and I think that is where it helped me when I was at college — I was able to train with people who were really hard workers and I knew then what I was up against and what to do. That year I think I worked possibly harder than I had ever done before and I put 5½ to 6 metres on my throw and 1976 was the first year I went over 80 metres and became number one in the country.

Your performance at the 1977 World Student Games, coming second, must have really given you a lift.

It did, actually, because when I looked down at the people in the event there were eleven in front of me as far as distance was concerned. At the time I thought I was going to have problems getting into the last eight, let alone getting higher. It is, so far, the crowning glory of my career — to be such an underdog at the time and to throw reasonably well and consistently.

© Alastair Aitken, 1980

JAVELIN THROWING

By Wilf Paish

This BAAB Instructional Booklet is the ideal introduction to the event for athletes and coaches — rules, safety, specifications, mechanics of the throw, technique, training, photo sequences, etc. Price £1.90 from Book Dept., Athletics Weekly, 344 High Street, Rochester, Kent ME1 1DT.

STEEPLECHASING — By Brian Mitchell

"Presently a faint halloo was heard from an adjoining field. They answered it and stopped, hoping for some competent rustic to guide them, when over a gate some twenty yards ahead crawled the wretched Tadpole, in a state of collapse; he had lost a shoe in the brook, and had been groping after it up to his elbows in the stiff wet clay."

(chapter 7, TOM BROWN'S SCHOOLDAYS
published 1856)

When Kip Keino said of the steeplechase, "It's a race for horses", he was right. The event was born of 'point-to-point', with just two or three riders racing towards a prominent point — the steeple of a church. The shift from hedges and ditches of the open country to the hedges and ditches of Aintree is neatly paralleled by the history of the event as it is known in the world of track and field. And the hedge which the athlete crosses actually gets smaller as we get more urbanised; the huge, rough hedges through which the muscular Christians of nineteenth-century British public schools hurtled have become the potted plants under the Montreal stadium barrier.

In 1752, in County Cork, Mr. O'Callaghan raced Mr. Blake on horseback from the church steeple of Buttevant to St. Leger, Doneraile, about 4½ miles. The Oxford dictionary says that the word "steeplechase" was first used to describe a foot-race across country in 1864, yet Eton would appear to have held one in 1845, six medical students are reported as arranging a "cross-country steeplechase" in 1838, and a year

before that the Crick Run was started at Rugby School and had, in its turn, grown from the 'Big Side Hare and Hounds'. Cross-country as we know it is cousin to steeplechasing and second cousin to beagling, by way of paper-chasing as known to Tom Brown. It is ironic that the modern international event should so often be held around a horse-race course. Folk memory, by courtesy of the IAAF?

The essence of steeplechasing is that runners cross a line of water-jumps over difficult country. The most common reference in the history of athletics is to the 1850 'College Grind' of members of Exeter College, Oxford, where twenty-four runners agreed to compete over twenty-four jumps at Binsey, and did so in foul weather. On page 255 of the 'Badminton Library' volume on athletics, there is a splendid photograph of this kind of running, sub-titled 'A Wet Finish' and showing not only the two runners who lack any kind of barrier technique (one is climbing hand-and-foot up the "stiff wet clay"), but also that gaggle of idle onlookers who always enjoy the vicarious discomfort and probably have not even paid. As this kind of running developed into cross-country running and/or the pretend version in the stadium, there was an interesting off-shoot in the form of 'paper-chasing', which survived for at least eighty years. I took part in one in the early 1950's, before we started to keep Britain tidy.

Since long before 1819, when Major Mason, of Necton in Norfolk, organised the 'Necton Guild' meeting, to include foot-races, there had been fairs and festivals that embraced running

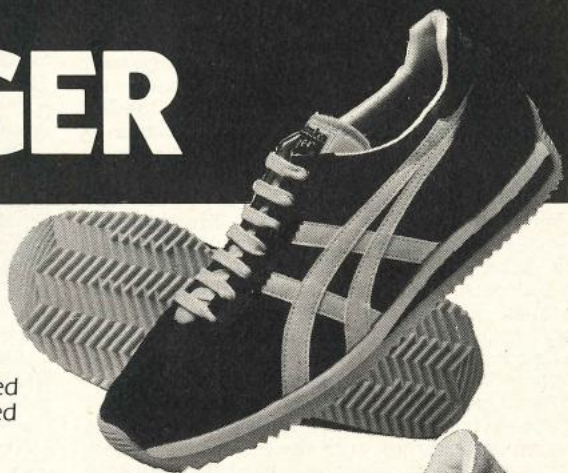


The splendid photograph from Montague Shearman's classic book on athletes showing two exceedingly wet runners watched by "that gaggle of idle onlookers".

A WET FINISH.



asics TIGER

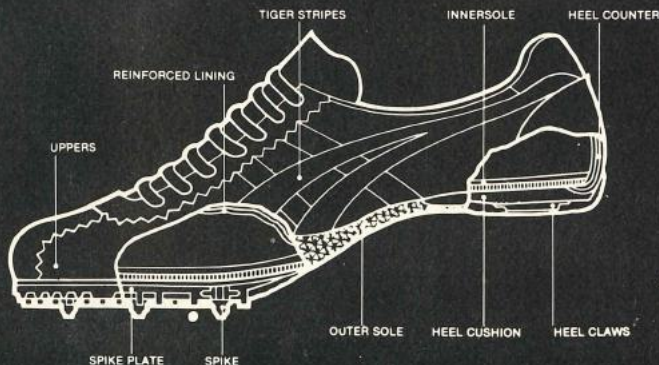
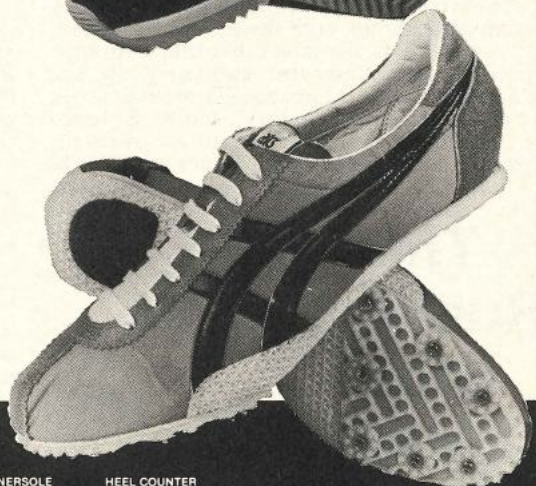


MONTREAL III

Tiger air suspension for flexibility and cushioning. Thicker mid-sole for shock absorption. Tiger cushion inner-sole for added comfort. Durable new herringbone designed outer sole. Royal blue with yellow stripes.

SPARTAN 'B'

With high quality nylon fabric uppers. Soft pliable rubber soling with waffle tread. Creates perfect rear soling for traction and cushion on synthetic surfaced track. Heel features leather and nylon 'heel cup' counter, anklepad and heel collar. Dense foam heel wedge for ultimate cushion and achilles protection.



METRIC

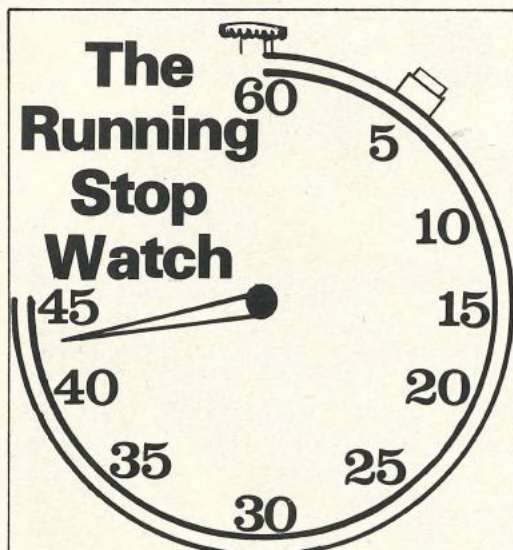
Sole Trade Distributors,
STARCRAFT SPORTS CO. LTD.,
40 Dane Rd.,
London SW19,
Tel: 01-542 2446.

competitors; but the organised 'meet' (another horsey word now coming back as a trendy label) seems not to come about until the mid-nineteenth century. On December 4th 1860, thirty-eight runners contested the OUAC 'steeplechase' over two miles of what was called "fair hunting country", in heavy rain. On March 5th 1864, a steeplechase was included in the first Oxford-Cambridge sports at the Christ Church ground; but the race was "over a genuine bit of cross-country work with the brook swollen by floods". This race has been variously listed as 1½ miles or 2 miles, but since it was won in 10 minutes, it would seem likely that it was the shorter — and even more likely that it was not accurately measured. When, on December 7th 1867, the Thames Rowing Club instituted its winter race, it was called the 'Thames Handicap Steeplechase'. It becomes clear that steeplechasing in the summer is cross-country masquerading and borrowing the idea of a 'brook' from its winter ancestors.

The summer championships of 1879, organised by London AC, included a two-miles steeplechase won by H. M. Oliver, who founded Moseley Harriers, but it took until the first world war for the race to be at all standardised, at two miles with eight laps, thirty-two hurdles of 3ft and eight water-jumps. Montague Shearman, at the end of the nineteenth century, said he preferred the steeplechase not to be round "an artificially prepared and enclosed course", but by 1900 the

event was an Olympic one — or two, rather, at 2500m and 4000m. Eight years later, it was a logical 3200m, as near to two miles as London could get! Arthur Russell (Walsall H.) won in 10:47.8. In 1920, the Olympic event was set at 3000m, a weird distance when you come to think of it, and Percy Hodge took 10:02.4, which would have left him more than a half-lap behind Andy Sharp in this year's Kent championship. But technique was not advanced and the advice given by coaches not over helpful. F. A. M. Webster said that some runners "rush" the water-jump and use up too much energy; some "climb the rail" or "jump to it" and "spring thence across the ditch", either wasting time or "risking a nasty fall". If the photo of Lord Burghley (admittedly no keen 'chaser') in Webster's 1929 book, *Athletics Of Today*, is anything to go by, some runners took the "flimsy rail" to be a gate, and vaulted it, only to be surprised by the water on the other side.

Out of all this murky background of dragooned schoolboys, hearty students and a British wish to keep some winter in summer, there emerges a fine event, much under-publicised and under-rated. Who would know about Maurice Herriott, surely one of the best athletes in British track and field history? He won eight AAA titles, the last of them (1967) in 8:33.8, and the silver medal at the Tokyo Olympics in 8:32.4. He was strong, fluent, technically superb, with a touch of the true artist, but not much fuss was made about



From next week you'll be able to buy all your running gear, at competitive prices, from a new specialist shop.

We'll be working hard to give you a first class, quick service, so next week, stop and watch out for us!

NOTTS. ATHLETIC CLUB

present

WOLLATON PARK CROSS COUNTRY RACES

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

SUN., NOVEMBER 16th, 1980

EVENTS

11.00 am	YOUNG COLTS U/11	1500m
11.20 am	COLTS U/13	3000m
11.45 am	MINOR GIRLS U/11	1500m
12.10 pm	BOYS U/15	4000m
12.45 pm	FUN RUN	1500m
1.15 pm	JUNIOR LADIES U/15	3000m
1.40 pm	YOUTHS U/17	5500m
2.15 pm	JUNIOR & SENIOR MEN	9500m
2.45 pm	INTER/SENIOR LADIES	4000m

(All ages as at 31.8.80)

Prizes: First three in each race (separate individual prizes in combined races), plus first Men's Vet. O/40 & O/50. First three teams in each race.

Fees: 30p per Individual, Seniors 50p. No team fee.

ENTRIES CLOSE TUES., 4th NOV.

To: Terry Bentley, 23 Charlecote Drive, Wollaton, Nottingham. (Tel: 0602 283230). S.A.E. for confirmation please.

**MAURICE HERRIOTT****"A touch of the true artist".**

Ed Lacey

his achievements, presumably because of his event and his impressive lack of flamboyance and ego. With John Disley (1952 Olympic bronze, 8:51.8) and Chris Brasher (1956 Olympic gold, 8:41.2), he helped to assemble that line of accomplishment which led to Dennis Coates' brilliant 8:19.0 (still the UK record) at Montreal. Acknowledging certain training difficulties, because it is an event where track, hurdles and water-jump are needed pretty regularly by the athlete, what are the keys to success?

The race is very fast. Something near to four minutes for one or other of the halves of the 3000m is now demanded of top competitors. So, specialised training is needed. Well behind us are the days when you could take your cross-country runner and guarantee him successful steeplechasing. As the event has moved into the stadium, so the runners have become track specialists, the best of whom are excellent winter runners, accepting the challenge and provocation of cross-country, but training to run fast. Founded on a lot of mileage, which must be maintained through the track season, steeplechase fitness comes from a range of speed work from pure sprinting to repeated four laps — how a specialist 3000m runner would train, in

fact. A particularly effective routine is to do repeat 250's, starting in the back straight and taking in the water-jump and three hurdles. Another is to run over three or four hurdles placed fairly close to each other, allowing perhaps 20-30m between. It has to be remembered that the constant lifting and thrusting demanded of the runner will create a special, local fatigue, and to ignore work which establishes the strength to withstand such fatigue is to leave a crucial gap.

As with all good running, rhythm matters. The barriers must not be allowed to break it. Hurdling is better than stepping, therefore; the water-jump has to be stepped, but there the best steeplechasers keep most of their rhythm when they are strong enough to and go well forward, so that they are not far below track level on landing and do not, as a consequence, have to lift themselves from the hole and water. A conscious attack is made at each obstacle, with some body-dip and no wasted action as the runner flows over. It is wise to be able to lead with either leg, to avoid the stuttering which wrecks rhythm and confidence. This skill is best achieved, or at least the feel of the approach to hurdles, by training with these placed at random and/or close, which compels the runner to judge distance and stride-pattern. By various means, technique can be acquired.

Older text-books often referred to the steeplechaser as "rugged". Strictly speaking, that word applies to the roughness and bumpiness of the ground; by extension, to the resilience of the man who can cross it. If to ruggedness, physical and mental, is added high-quality modern training, with all its demands and responses, we have the steeplechase competitor who is pursuing Henry Rono's exacting but beatable 8:05.4.

© **Brian Mitchell, 1980****NUNEATON '10'****At Stockingford, September 20th**

- 1, G. Harvey (Staffs Moorlands) 51:00
 2, K. Holmes (Tamworth)..... 51:15
 3, N. Leach (Cambridge Univ.)..... 51:27
 4, N. Deakin (Newc) 51:38; 5, P. Bowler (Staffs M) 51:47; 6, A. Mills (Newc) 52:18; 7, D. Ellis (Bir) 52:40; 8, M. Mountford (Staff) 52:49; 9, J. Thornbury (Spark) 53:06; 10, R. Panter (Bir) 53:24; 11, S. James (Nun) 53:30; 12, S. Brown (Chelt) 53:40; 13, D. McNamee (Chelt) 53:51; 14, R. Cooper (Worc-V) 54:20; 15, R. Statham (Cov) 54:30; 16, N. Gray (S&SH) 54:32; 17, S. Lerwill (Bir) 54:33; 18, P. Sanderson (Tel) 54:42; 19, M. Black (Spark) 54:51; 20, R. Oliver (Leic) 54:54.
(Vets): 1, Cooper; 2, A. Hughes (Newk) 55:34; 3, G. Thomas (GEC) 57:32; 4, R. Griffin (Tip) 58:03; 5, J. Peet (Tam) 58:52; 6, L. Willmott (Mid. V) 59:02. **(Women):** 1, B. Smith (B&R) 61:52; 2, C. Readdy (Stoke) 62:17; 3, S. Carey (Nun) 66:46; 4, B. Cook (Staff-V) 67:53.

Results In Brief

July 30th

Shaftesbury Open Meeting, at Copthall. 1500: 1, I. Stewart (Lut) 3:48.4. (Women): 1500: K. Binns (Sale) 4:34.1.

August 10th

Midland Women's League, at Mansfield. JT: J. Rowe (BH&M) 37.70. (Juniors): DT/JT: J. Murray (Leam) 30.10/29.86.

August 17th

Barnoldswick Weets Fell Race. 1, R. Bailey (Sheff) 31:42; 2, P. Raval (Horw) 32:08; 3, J. Norman (Alt) 32:18; 4, A. Sladen (Sal) 32:24; 5, J. Clark (Grim) 32:51; 6, C. Robinson (Roch-V) 33:17; 7, J. Temperton (A&SV) 33:27; 8, M. Deegan (O&R) 33:31; 9, H. Kelly (E. Ches-V) 33:46; 10, P. Campbell (Bol) 33:51; 11, P. McCullough (Leeds U) 33:52; 12, A. Spence (Bing) 33:57; 13, R. Hill (Clay-V) 34:06; 14, G. Woodburn (B'burn) 34:10; 15, B. McKenna (Clay) 34:44. (Vets): 1, Robinson; 2, Kelly; 3, Hill; 4, D. Lawson (Bing-O/45) 36:00; 5, P. Dawson (B'burn) 36:12; 6, P. Fleming (Horw) 36:52. (O/45): 1, Lawson; 2, G. Spink (Bing) 37:05; 3, C. McCarthey (Sky) 39:06. (O/50): 1

August 27th

Shaftesbury Open Meeting, at Copthall. 400: (A): A. Parker (B&H) 49.6. (B): C. Burton (Hunt) 49.5. 2000: Gren. Tuck (AF&D) 5:13.9. 3000 Walk: G. Nibre (Ilf) 12:36.5. (Women): 400: A. Ekperigin (LOAC) 57.6. 2000: K. Brighton (Hunt) 6:41.5.

August 31st

Braintree Open Throws Meeting. DT: C. D'Arcy (Ex. B-J) 40.00. HT: 1, M. Jones (WLHS-J) 53.62; 2, R. Earle (Chelm) 52.92; 3, A. Kenneally (WLHS-Y) 52.48. JT: B. Bushnell (Ilf-V) 55.82. (Juniors): DT: 1, D'Arcy 42.54; 2, N. Boyton (Brain-Y) 40.84. HT: 1, Jones 60.00; 2, Kenneally 59.44; 3, G. Curtis (Ex. B) 52.48. (Youths): DT: 1, Boyton 45.26; 2, R. Stapleton (Bed) 42.24. HT: 1, Kenneally 68.98; 2, P. Williams (Brain) 44.48. (Women): SP: S. Parker (Brack) 12.56. DT: 1, Parker 42.10; 2, L. Whiteley (Brack) 41.20. (Inters): DT: 1, B. D'Arcy (Ex. B) 36.46; 2, S. Browne (Brain) 33.82; 3, J. D'Arcy (Ex. B) 32.12.

September 6th

Bromsgrove & Redditch/Staffordshire BS Road Races. (Senior 5M): 1, P. Banks (Cov) 21:17; 2, R. Cytlau (Tip) 21:19; 3, R. Bentley (Tip) 21:32; 4, C. Perkins (Tip) 21:47; 5, N. Thomas (Glouc) 22:00; 6, N. Price (B&R) 22:06. Teams: 1, Tipton 9; 2, Coventry 31; 3, Sparkhill 38. (Vets): A. Whittle (Tip). (Youths Relay): 1, Bingley 33:50; 2, Coventry 33:59; 3, Rotherham 34:10. Fastest: L. Tredell (Cov) 10:58. (Boys Relay): 1, Coventry 34:46; 2, Birchfield 35:06; 3, Rotherham 35:15. Fastest: D. Ramsden (Cov) 11:04.

Illumination Trophy Meeting, at Blackpool. 400: A. Little (Wig) 49.5. JT: T. Aspey (Wig) 63.24. (Women): DT: C. Cameron (Glas) 34.42. JT: E. McKie (Glas) 35.10.

Southern Women's League, At Camborne. HJ: N. Shout (DoC) 1.66. (Juniors): SP/JT: J. Abel (Yeo) 10.59/35.14.

September 7th

Ackrill Road Races, at Harrogate. 1, M. Prince (CoH) 25:07; 2, G. Smith (Sun) 25:08; 3, C. Moore (Bing) 25:27; 4, A. Robertson (Harr) 25:56; 5, C. Nightingale (CoH) 26:07; 6, D. Hill (Sun) 26:09. (Vets): 1, J. Craven (Rown) 26:16; 2, M. Freary (Bol) 26:58. (Boys): K. Smith (Hal) 14:02. (Colts): 1, Whitwam (Bing) 14:40. (Women): 1, S. Endersby (Spem) 15:59; 2, L. Everington (Harr) 16:48. (Inters): 1, H. Bullimore (Harr) 16:38; 2, S. Cotton (Spem) 16:44; 3, D. Everington (Harr) 17:00.

THE SOUTH'S TOP TEN!

WALTON '10'

(Under A.A.A. Laws)

**Sponsored by
MARATHON WINDOW COMPANY
SUNDAY, OCTOBER 12th
at 3.00 p.m.
STOMPOND LANE,
WALTON-ON-THAMES**

- * Fast course — accurately measured.
- * Prizes to 1st 100 finishers!
- * Prizes 1st 3 Ladies, 1st 3 Vets.
(state on entry form).
- * Prizes 1st 5 teams, (all run, 3 score).

Entries: £1 per runner, to Clive Beauvais, 'Lower Wyche', Clarence Drive, Englefield Green, Surrey.

**ENTRIES BY OCTOBER 6th
£2 ON THE DAY!**

September 13th

Lily B League, at Wimbledon Park. (Junior Women): DT: (A): C. Porter (Brack) 33.46. (B): C. Parker (Brack) 28.00. **(Girls):** 1000 Walk: D. Winter (HW) 6:15.0.

September 13th/14th

Open Heptathlon/Pentathlon Meeting, at Bournemouth. Hept: 1, H. Selway (Exe) 4577 (14.5); 2, J. Brown (Ash) 4534; 3, C. Henley (B'mth) 4499 (14.9); 4, S. Gilbert (B'mth) 4464; 5, S. Sherratt (Ports) 4276; 6, C. Smith (B'mth) 4202. **(Inters):** Pent: 1, J. Edwards (Bris) 3372 (5.70); 2, H. Myers (Ports) 2995 (1.60); 3, C. Koppel (Dart) 2995 (10.20); 4, R. Coton (Wey. St. P) 2887 (12.2). **(Junior):** Pent: 1, K. Crook (Cled) 3100 (1.56); 2, M. McKie (Exe) 3043 (2:19.4); 3, L. Crutchley (Ash) 3011 (1.56); 4, J. Boyce (B'mth) 2780; also M. Hayward (B'mth) 11.9.

Kent CAAA Decathlon Champs, at Deangate. 1, K. Hayford (Bex-J) 5437; 2, A. Williams (Camb. H) 5394 (4.40); 3, S. Munday (Dart) 5316; 4, P. Oakes (Dart) 4437. **(Youths):** Octathlon (100, DT, JT, 400, HJ, SP, LJ, 1500): 1, R. Sawyer (Bex) 4308; 2, M. Wood (Sitt) 3860; 3, G. Mortley (Med) 3836; 4, P. Sparkes (Med) 3565; 5, D. Woods (Ash) 3370; also P. Ashen (B'ht) 11.2. **(Boys):** Pentathlon (200, LJ, JT, SP, 1500): 1, P. Rowbotham (Camb. H) 2265; 2, S. Talbot (Ell) 2007; 3, A. Elliott (Dart) 1996.

September 14th

Bennett Trophy Meeting. HT: 1, E. Berry (Yeo) 58.00; 2, A. Bilous (Glouc) 43.70. **(Youths):** 100H: M. Robertson (Yeo) 14.0. HJ: S. Chant (Yeo) 1.88. HT: G. Phillips (Glouc) 52.62. JT: W. Bremer (Glouc) 56.16. **(Boys):** HJ: S. Sinclair (Ply) 1.79. HT: A. Barham (B'mth) 42.02. **(Women):** 100H: S. Rowe (Glouc) 15.2. 400H: S. Perrins (Yeo) 67.4. **(Inters):** SP: 1, S. Thompson (Glouc) 10.67; 2, A. Davies (B'mth) 10.40. DT: Davies 32.32. **(Juniors):** 100/80H: M. Lyn (Glouc) 12.6/12.1. HJ: J. Aplin (Yeo) 1.55. SP/JT: J. Abel (Yeo) 10.04/39.86.

Kirk Hallam Road Races, at Ilkeston. 1, N. Leach (Camb. U) 29:32; 2, G. Dugdale (TVH) 29:38; 3, D. Lem (Leic) 30:04; 4, D. Ellis (Bir) 30:20; 5, D. Reeves (Der) 30:29; 6, I. Robertson (Der) 30:33. Team: Derby. **(Vets):** 1, A. Hawkins (S. in A) 31:02; 2, K. Picksley (Notts) 32:56. **(Youths Relay):** 1, Derby (S. Wright 6:30, K. Lamb 6:15, R. Jackson 6:16) 19:01; 2, Leicester 19:06; 3, Leicester 'B' 20:13; 4, Charnwood 20:37. Fastest: Lamb 6:15. **(Boys Relay):** 1, Leicester (D. Pick 6:34, C. Southam 6:42, L. Taylor 6:42) 19:58; 2, Leicester 'B' 20:45; 3, Charnwood 20:47. Fastest: Pick 6:34. **(Colts Relay):** 1, Liverpool (C. Coulter 7:31, N. Cresswell 7:17, J. Lamb 6:53) 21:41; 2, Sutton in Ashfield 21:45; 3, Leicester 22:10. **(Women):** 1, J. Laughton (Der) 13:59; 2, E. Adams (S. in A)

VINCE REGAN'S
SPORTS LOCKERONE OF THE BEST RUNNING SHOPS
IN GREAT BRITAINTWO VERY IMPORTANT
ANNOUNCEMENTS

* **FIRSTLY** — Jack Haslam (needs no introduction to runners) is now the "go-ahead" manager of the shop in Bolton. Together we make the top two man team in the trade, giving you a straight-deal with nothing hidden in the corners.

* **SECONDLY** — For the second year running, Runners World's shoe survey has proved our judgement on Reebok Aztec & 10K shoes by giving them both 5 Star rating again.

WE GIVE THEM

(and other 5 Star rated shoes as well)

TO YOU

AT GREATLY REDUCED PRICES

Reebok 
BRITISH RUNNING SHOES

No. 1



AZTEC

The resoleable 5-star training shoe for
training/racing — ONLY £20.00. (£22.75).

Track laced for a snug fit and
extra arch support. Our unique
banana last follows the
natural curve of the runner's
foot in motion.



Reebok's memory cushion
been using wedge designed
to absorb shock and
prevent injuries

Honeycomb outsole made of
high carbon natural rubber

10K

Racer — ONLY £18.00 (£19.50).

GREAT PRICES — GREAT VALUE

Also in stock — **REEBOK ORBIT spikes £18.00.**
Other great bargains in NIKE, ADIDAS, NEW
BALANCE, TIGER, INTER & WALSH.
Bolton is so easy to get to and its a super shopping
centre for the family — we're right in the middle.

Why not call and have a coffee at our shop, free of
course — open 6 days, 9 am-5 pm.

THE SPORTS LOCKER,

18 Corporation St., Bolton.

Tel. 386202 & 655666.

HOLMFIRTH HARRIERS A.C.

PRESENT THEIR 10th ANNUAL

KIWI 15

Sponsored by KIWI PRODUCTS (UK) LTD.

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

SATURDAY, NOVEMBER 1st, at 2.00 p.m.

**AT HOLMFIRTH HIGH SCHOOL
HEYS ROAD, THONGSBIDGE, NR HOLMFIRTH**

MINIMUM £400 PRIZE LIST

Prizes 1st Individual plus Silver Candelabra

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

CERTIFICATES TO ALL FINISHERS

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

LADIES WELCOME

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

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

CLOSING DATE OCTOBER 20th, 1980

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

NAME.....

ADDRESS.....

.....

CLUB.....

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

I wish to enter Yorkshire '15'

15:18; 3, D. Hammonds (Ross) 15:36; 4, J. Spencer (Ross) 15:43; 5, J. Burtonwood (Leic) 15:45; 6, W. Benfield (Notts) 15:46; 7, K. Butters (Leic) 15:46. **Team: Derby Ladies. (Junior Relay):** 1, Rossendale (H. Graham 7:56, L. Sunderland 7:50, A. Lund 7:42) 23:28; 2, Bromsgrove & R 23:35; 3, Rossendale 23:40; 4, Leicester 24:06; 5, Charnwood 24:17; 6, Derby Ladies 24:18. **Fastest: K. Nurse (Charn) 7:38. (Girls Relay):** 1, Derby Ladies (W. Wright 7:34, S. Barratt 8:07, L. Clark 7:55) 23:36; 2, Bromsgrove & R 23:39; 3, Charnwood 24:07. **Fastest: Wright 7:34.**

Glensford Cross Country Trophy Meeting, at Ipswich. 4x2M: 1, Ipswich (P. Lushington 11:28, D. Watkins 11:36, N. Allison 10:43, S. Kightley 11:34) 45:21; 2, Chelmsford (I. Wyatt 12:20, R. Woodley 10:48, R. Dunn 11:30, M. Fletcher 11:14) 45:52; 3, Cambridge & C 46:29; 4, Colchester 46:49; 5, Nene Valley 47:04; 6, Lowestoft 47:32. **Fastest: Allison 10:43; Woodley 10:48; R. Church (Nene V) & Fletcher 11:14. (Youths, 3x2M):** 1, Chelmsford (D. Carruthers 12:28, A. Buckingham 12:22, S. Giles 12:15) 37:05; 2, Ipswich (P. Bailey 12:38, J. Lay 12:36, J. Mallett 12:00) 37:14; 3, Cambridge & C 38:57; 4, Thetford 39:22; 5, Lowestoft 39:50; 6, Gt. Yarmouth 40:21. **Fastest: Mallett 12:00; Giles 12:15; Buckingham 12:22. (Women):** 1, S. Jeffries (Low) 14:42; 2, S. Eastall (Ips) 14:56. **(Juniors):** 1, A. Connachie (Thet) 13:29; 2, J. Hickson (Bed) 13:30; 3, J. Hawarth (Gt. Y) 13:41; 4, T. Sampson (Thet) 13:57; 5, S. Lawrence (Bed) 14:27; 6, L. O'Connor (Thet) 14:41; 7, J. Woods (Bed) 14:51. **(Girls):** 1, M. Ainsworth (Thet) 14:39; 2, T. Points (Thet) 14:48.

September 17th

Southern Vets 10,000m Track Champs, at Southwark Park. 1, H. Foord (B&H-2A) 33:25.3 (UK O/50 best); 2, G. Smith (E. Man-2A) 34:04.0; 3, R. Franklin (TVH-2A) 35:10.4; 4, J. Brown (Camb. H-2B) 36:38.2; 5, N. Booth (E. Man-2B) 36:46.0; 6, K. Bray (W. Gn-2A) 37:07.0. 10, R. Askew (Vets AC-2B) 38:39.7.

BMC Junior 1500m, at Southwark Park. 1, J. Gladwin 3:52.9; 2, T. Crossman 3:53.7; 3, A. Bristow 3:54.8; 4, D. Swain 3:55.6; 5, N. Maytum (Y) 3:58.8.

September 20th

Belgrave 5¼M Road Handicap, at Wimbledon. 1, M. Kortenray 29:36; 2, L. O'Hara (V) 30:20; 3, A. Marsay 30:32; 4, S. Williamson 31:03.

Brighton Open Meeting. (Juniors): 800: 1, J. Gladwin (Bel) 1:49.8; 2, M. Clark (Craw) 1:50.0; 3, M. Hirsch (HHH) 1:52.2; 4, C. Bigg (B&H) 1:52.4; 5, M. Rowland (BR&C) 1:53.5; 6, N. Pacey (Lut) 1:54.1; 7, P. Davies (Craw-Y) 1:54.2; 8, D. Agnew (HHH-Y) 1:56.7. **(Boys):** 800: 1, P. Beechinor (Hor) 2:05.5; 2, J. Bigg (B&H) 2:05.6;



John Wild, fastest on the fell section in the Ian Roberts Memorial Relay.

Eric North

3, K. Howard (Worth) 2:05.7. **(Women):** 400: 1, S. Keen (E'bourne) 56.5; 2, T. Simmonds (Craw) 57.0. 1500: D. Peel (HHH) 4:31.3. HJ/LJ: J. Tomey (B&H) 1.65/5.49. **(Inters):** SP: D. Woolgar (Worth) 10.24. JT: 1, C. Martin (B&H) 39.20; 2, K. Miller (Craw) 37.96; 3, R. Wells (B&H) 33.96; 4, Woolgar 33.18. **(Juniors):** 1500: D. Thomas (BR&C) 4:51.2.

Gibson Trophy Meeting, at Ilford. (Women): 100/100H: W. Griffiths (Ilf) 12.2/15.0. DT: B. D'Arcy (Ex. L) 39.44. **(Juniors):** DT: W. Townsend (Ex. L) 30.10. JT: D. Treloar (Ilf) 33.58.

September 21st

Sorbo Trophy Meeting, at Woking. PV: 1, R. Hooper (Wok-Y) 4.45; 2, R. Gammage (W&B-J) 4.25.

NOTTS. ATHLETIC CLUB NOTTS. 10 MILE ROAD RACE SATURDAY, 25th OCTOBER at 3.00 p.m.

From Harvey Hadden Stadium,
Bilborough, Nottingham

Fees: 40p Individuals.

Entries to: M. Robinson, Alandene Avenue, Watnall,
Notts. NG16 1HH.

Donovan Perkins Triple Jumps Windy 16.12m

GRE PLATE COMPETITIONS At Birmingham, September 21st

DESPITE poor weather and especially strong winds, there was a most enthusiastic response from the non-BAL and non-National Women's League clubs for the first ever GRE Plate Competitions.

Sparkhill and Bracknell eventually finished as clear winners, but for both the men's and women's events, the issue was in doubt throughout most of the afternoon.

Donovan Perkins produced the day's best performance as after three no-jumps, he produced triple jumps of 15.10, 15.85 (+3.5m) and 16.12 (+3.8). The latter ranks him third in Britain this year and represents a great breakthrough in a season of very limited competitions. The best races on the track came in the men's 400m and the women's 200m. In the former, Steve Caldwell and Paul Goacher had each won their specialist events earlier in the afternoon and their times of 48.75 and 48.93 would have been worth much more but for the conditions. The women's 200 was the day's closest, with Carmen Smart just holding off Karen Rist.

Peter Matthews

MEN

Sparkhill 130; Hull Spartan 115; Cannock Chase 114; Bolton 105; Elliott 75; Liverpool Pem. 70; Worcester 67; Newport 63.

100: (—4.0m) 1, P. Cooke (Hull. S) 11.71; 2, N. Schoolcraft (Worc) 11.78; 3, I. Gower (Ell) 11.89. **200:** (—3.9m) 1, Schoolcraft 23.11; 2, Cooke 23.17; 3, T. Jones (Newp) 23.37. **400:** 1, S. Caldwell (Bol) 48.75; 2, P. Goacher (Cann) 48.93; 3, K. Hunter (Spark) 49.91; 4, S. Bagdaley (Ell) 50.00. **800:** 1, Caldwell 1:57.8; 2, S. Willmott (Cann) 1:59.5; 3, A. Railton (Hull. S) 1:59.9. **1500:** 1, T. Leonard (Bol) 3:59.9; 2, P. Baker (Spark) 4:00.4; 3, K. Baker (Cann) 4:01.0. **5000:** 1, M. Prince (Hull. S) 14:37.0; 2, P. Baker 14:38.7; 3, D. Singleton (Bol) 14:40.6. **10,000:** 1,

M. Critchley (Bol) 30:56.5; 2, P. Lightfoot (Hull. S) 31:10.1; 3, M. Flynn (Liv. P) 31:57.3. **3000SC:** 1, I. Atkins (Worc) 9:13.5; 2, K. Baker 9:17.3; 3, C. Vodden (Hull. S) 9:24.3. **110H:** (—3.1m) 1, G. McDonald (Bol) 15.22; 2, L. Tissiman (Hull. S) 15.83; 3, A. Drysdale (Spark) 15.85. **400H:** 1, Goacher 55.09; 2, M. Pickering (Hull. S) 56.55; 3, McDonald 58.25. **HJ:** 1, J. Lee (Cann) 1.95; 2, F. Redley (Spark) 1.95; 3, N. Justin (Liv. P) 1.90. **PV:** 1, A. Gayle (Spark) 3.90; 2, Pickering 3.75; 3, D. McComb (Liv. P) 3.60. **LJ:** 1, A. Earle (Spark) 7.33w; 2, G. Gallagher (Ell) 6.92w; 3, M. Kalewski (Worc) 6.83w. **TJ:** 1, D. Perkins (Spark) 16.12w; 2, Gallagher 15.05; 3, J. Church (Worc) 14.68w. **SP:** 1, F. Bacon (Cann) 13.70; 2, Tissiman 13.25; 3, D. Brown (Spark) 12.85. **DT:** 1, Bacon 39.68; 2, Tissiman 39.40; 3, J. Borszcz (Bol) 36.64. **HT:** 1, J. Murphy (Spark) 46.42; 2, Borszcz 45.80; 3, R. Bacon (Newp) 45.44. **JT:** 1, B. Jerrard (Spark) 56.32; 2, M. Hamer (Hull. S) 55.78; 3, E. Forshaw (Cann) 52.94. **4x100:** 1, Sparkhill 43.00; 2, Elliott 43.72; 3, Cannock Chase 43.75. **4x400:** 1, Sparkhill 3:24.9; 2, Cannock Chase 3:26.5; 3, Liverpool Pem. 3:27.8.

WOMEN

Bracknell 91; Southampton & E 83; Brighton & H 76; Cardiff 75; Wigmore 70; Radley 62; E. Cheshire 51; N. Shields Poly. 46.

100: (—3.1m) 1, D. Warner (Rad) 12.38; 2, C. Smart (Car) 12.47; 3, S. Joseph (Wig) 12.67. **200:** (—3.9m) 1, Smart 25.19; 2, K. Rist (Rad) 25.21; 3, Joseph 25.63. **400:** 1, C. Dawkins (S&E) 56.79; 2, M. Cox (B&H) 58.99; 3, H. Waterhouse (E. Ches) 59.66. **800:** 1, J. Compton (Brack) 2:14.9; 2, L. Porter (S&E) 2:18.7; 3, A. Hartley (Car) 2:20.0. **1500:** 1, S. Samy (Brack) 4:33.5; 2, S. Morley (B&H) 4:38.2; 3, A. Lewis (S&E) 4:40.6. **3000:** 1, S. Vinall (B&H) 10:23.0; 2, S. McDiarmid (S&E) 10:28.6; 3, M. Samy (Brack) 10:33.0; 4, L. Davies (E. Ches) 10:34.9. **100H:** (—2.7m) 1, V. Douglas (Wig) 14.54; 2, V. Lemoignan (S&E) 15.01; 3, J. Tomey (B&H) 15.88. **400H:** 1, Lemoignan 61.6; 2, S. Coulson (Brack) 62.96; 3, Waterhouse 65.47; 4, A. Mills (NSP) 66.61. **HJ:** 1, E. Hickey (Rad) 1.75; 2, Tomey 1.70; 3, R. Hudson (NSP) 1.65. **LJ:** 1, G. Regan (Car) 6.07w; 2, J. Oladapo (Wig) 5.75w; 3, Tomey 5.58w; 4, S. Oram (Brack) 5.52w. **SP:** 1, S. Parker (Brack) 12.39; 2, S. Elliott (Wig) 11.24; 3, J. Lloyd-Francis (Car) 10.62. **DT:** 1, Parker 45.50; 2, A. Franks (Rad) 41.64; 3, A. Hourihan (Car) 38.62; 4, D. Ashworth (NSP) 35.60. **JT:** 1, C. Martin (B&H) 43.14; 2, J. Harding (E. Ches) 41.82; 3, J. Morley (Brack) 40.52. **4x100:** 1, Radley 48.17; 2, Bracknell 48.73; 3, Southampton & E 48.76. **4x400:** 1, Southampton & E 3:58.0; 2, Brighton & H 3:59.0; 3, Wigmore 4:02.9.

REDHILL & REIGATE A.C.

PRIORY RELAY

Senior Men 6x2½ miles

(Under A.A.A. Laws)

Priory Park, Reigate

SAT., 1st NOVEMBER, 1980

Relay at 2.00 p.m.

Youths team (6 run, 4 score) — 1.30 p.m.

Fees: Relay £1 per team.

Youth 75p per team, 30p Individual.

Entries to: Mr I. Trevett, 44 Sandcross Lane, Reigate, Surrey, (tel. 44993), by 25th October.



The Sports Centre

8 Medway Street, Chatham, Kent ME4 4HD

Telephone 0634 47055

Specialists in Athletic Clothing & Footwear



TRAINERS

AZTEC
SIROCCO
ORIENT EXPRESS

RACERS

10K
WORLD TEN

CROSS COUNTRY

FAB X
GAZELLE

OUR
PRICE

7-12 only £20.40
7½, 8½, 11 only £9.95
6-11 £11.50

6-11 £16.99
6-11 £26.99

6-11 £13.50
6-11 £17.99

SPIKES

ARENA

ELITE

INCA (S)

INCA (W)

ORBIT

ZENITH

OMEGA

OUR
PRICE

3-5½ £13.40, 6-11 £15.30

4-5½ £27.25, 6-11 £31.30

5-5½ £22.65, 6-11 £26.10

5-5½ £23.58, 6-11 £26.99

5-5½ £14.99, 6-11 £17.45

4,5,5½ £16.95, 6-11 £19.40

3-5½ £14.25, 6-11 £16.40

HURRY, HURRY, HURRY, SUPPLIES NOW LIMITED

**REEBOK
CORDOVA**

LOOK £4 OFF

ONLY £16.95

**REEBOK
FREEDOM**

LOOK £7 OFF

ONLY £11.95

**REEBOK
COUGAR**

LOOK £4 OFF

ONLY £16.95

NEW BALANCE ★ ADIDAS ★ NIKE ★ REEBOK ★ PUMA ★ POWER ★ KARHU

Puma Whirlwind 6-11 (incl. ½'s) & 12 £14.40 (£15.95)
Puma Super Sonic 5-11 (incl. ½'s) £19.45 (£21.70)
Puma Fast Rider 7-11 (incl. ½'s) £24.49 (£26.99)
Puma Tahara 3, 3½, 4, 5, 5½ £8.68
6-10 (incl. ½'s) & 12 £9.99

New Balance 620 6-12 £29.95
New Balance XC15 6-12 £25.95
New Balance 375 6-12 £24.95
Inter Marathon 4,5,5½ £8.45, 6-11 £9.99
White/Blue.
Inter Premier 4,4½,5,5½ £9.60
Grey/Navy NEW, 6,7,7½,8,9,10 only £11.25

Adidas TRX Training 6½-11 (incl. ½'s) £17.50 (£19.50)

Adidas SL80 6,6½,7,7½,8,8½,9,11 only £19.85 (£21.75)

Adidas Marathon Training 6-11 (incl. ½'s) £22.49 (£24.99)

Power Nice 2-5 £12.99
6-11 & 12 £14.99

CLOTHING

Millington Hooded Tops — 100% cotton. Light green M & L, emerald green L only. **Special offer £3.95**

Open Championship Jogging Suit — Grey S, M, L. Navy S, M, L, XL. 100% Acrylic. **£14.50**

Ron Hill Tracksters — Royal, Scarlet, Black. S, M, L. **£6.95**

Ron Hill Boston Shorts — Ladies & Mens, S, M, L. Green, Blue, Gold, Black, Sky, Red. **£4.95**

Ron Hill Boston Vests — Matching the shorts. S, M, L. **£5.95**

CALLING ALL VETERANS

Official Great Britain Veterans

Tracksuits (Navy-White/Red/White trim) **£16.95**

Vests (White-Red/White/Blue trim) **£4.25**

Shorts (White-Red/Blue trim) by Reebok **£4.95**



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.



WAYS TO COMBAT THE DRUG MENACE

Dear Sir,

As you mention in your Olympic report, both the women champions on the first day had, in your words, "previously been suspended for taking anabolic steroids" or, as I would put it, are proven cheats. It is illegal to take drugs either for competition or in training for a competition. Do the IOC not realise that these two come into the latter category? They should not of course have been allowed to compete, but it would at least be a welcome gesture to disqualify them.

Adriaan Paulen has now said that he regrets his decision. Was he really so out of touch with the feelings in athletics that he didn't realise the reaction this would cause within the sport? If that is the case, he should resign his post now. However, while our indignation is rightly directed at Adriaan Paulen, we must remember that he only had to cast his deciding vote because as many delegates supported their reinstatement as opposed to it.

The competitive yet friendly atmosphere is what makes our sport such a fine one at club level, but does there exist such a dishonest sport at international level? It is easy to pick out the events in which drugs are of greatest advantage. It is those which are dominated by athletes from countries which do not take decisive steps to combat drug-taking by their own athletes, and

which — according to some reports — actively encourage and even enforce it.

Whether we can save our sport from total disrepute at this late stage must be doubtful, but may I suggest the following:

Readers' Letters

(1) Put pressure on the IAAF to pass a resolution saying that drug takers will receive an automatic life ban and, of course, make sure that they implement it. (2) The BAAB should make it quite clear that British athletes will receive a life ban from domestic athletics. Other countries must be encouraged to follow suit. (3) Other countries must be encouraged to adopt random testing as we have in Britain. Countries which do not must be regarded as suspect. (4) To deter countries from selecting drug-takers for international competition, the IAAF must penalise the country as well as banning the individual athlete. This should take the form of a very considerable fine which can go towards the funding of the campaign against drugs. I would also suggest that if this occurs in the European Cup, the country is disqualified from that and the

The Unigate Marathon

FROM HARLOW SPORTSCENTRE

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

MEN'S RACE (Under AAA Laws)

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

LADIES RACE (Under WCC & RWA Rules)

Prizes first 3 — more if entry warrants.

Time Certificates to all finishers

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

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

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

**CLOSING DATE OCTOBER 14th
NO LATE ENTRIES**

BEDFORD & COUNTY A.C.
7th Annual

AMPTHILL TROPHY CROSS-COUNTRY MEETING

(Under ECCU, WCC & RWA Rules)

AMPTHILL PARK, AMPHILL, BEDS.
SUNDAY, 2nd NOVEMBER

A top quality course — just ask any of the 1626 who finished last year!

12.00	Veteran Men	5½ miles
12.30	U/11 Girls	1 mile
12.45	U/11 Boys	1 mile
1.00	U/13 Girls	1½ miles
1.20	U/13 Colts	1½ miles
1.40	U/15 Girls	1½ miles
2.00	U/15 Boys	3 miles
2.20	Inter. Ladies	2½ miles
2.40	Youths	3½ miles
3.10	Senior Ladies	3 miles
3.30	Senior Men	5½ + miles

(All ages as at 1.9.80)

Trophies: 1st 3 Inds, 1st 3 teams (3 score) all events. 1st Lady Vet, 1st O/50, O/60. Perpetual team trophy all events. Trophies for aggregate of: 3 Ladies' events; 4 Men's events; 3 Ladies' + 4 Men's events. **Prizes:** 1st 3 Snr. Men, Snr. Ladies & Vets. (£15, £10, £5). Spot prizes all events.

Entries, Seniors & Vets 60p, others 40p. No team fees, to: C. Neff, 21 Wood End Rd, Kempston, Bedford, (Tel. Bedford 852835), Mon., Oct. 20th. No late entries, so use 1st class post. SAE for acknow.

following competition two years later. (5) Nobody who has been caught cheating shall be permitted to compete in Britain. Other countries should be encouraged to follow suit. (This will not be necessary if the IAAF acted sensibly). (6) Britain should not compete against countries who do not attempt to combat drug-taking amongst their own athletes.

Michael Ede,
Ipswich Harriers.

Dear Sir,

A simple way to eliminate drug-abuse in athletics might be to compile regular lists of best performances by athletes who have taken acceptable dope tests once every three months (say) in a year. No special agreements would be needed with national bodies (perhaps unwilling) since no obligation would be involved. If the list became a regular feature of a magazine such as yours it might gradually eclipse the rather suspicious world rankings in interest, especially amongst honest athletes.

The only aspect of the idea needing some thought is the neutral administration of tests. Surely this is worthwhile, to give honest athletes something to strive for, and to begin the process of isolating cheats.

Dr Charles Nightingale,
Felixstowe.

OLYMPIC SELECTION

Dear Sir,

Our sprinters and middle distance runners did excellently in Moscow but I would like to make a few suggestions before Los Angeles.

First, our marathon selections be tried and tested **marathon** runners, not 10,000m men who perhaps can get to the 10 mile mark on a good day. I would suggest at least three marathon runs during the previous 4-6 months. The marathon is a 'hardy' event for hard men who stick in during a bad patch. This grittiness is developed on the marathon course, not on a drawing board.

Secondly, the 5000 and 10,000m runners should have trials under exactly the same conditions as in the Olympic Games. For example, there is a difference between doing a 2 mile run at Crystal Palace and three 5000m races on consecutive days in competition. My suggestion here is that all entries for our team do a trial and the ones who get inside, say, 13:40 come back the day after and attempt to beat 13:30. Those still left come back and race again. Only runners inside 13:25 would be considered for selection, after the third race.

Thirdly, that times done abroad under special conditions are not considered when selections are made.

Fourthly, that our race walkers be given more consideration when, because they adhere to the strict rules of walking, they achieve slower times than their competitors abroad.

Fifth and last, no competitor who is not 100% fit and healthy should be taken. Taking one person who has a touch of flu can ruin all the efforts of the team.

F. Dawson,
Burnley.

Dear Sir,

Re Bob Forster's letter regarding our pitiful performances in successive Olympic marathons ('AW', August 23rd), his flippant and sneering letter cannot pass unanswered.

Obviously we have had disappointing results in marathons but attitudes such as Mr Forster's do nothing constructively to solve the problem. Why excellent athletes such as Ian Thompson and Bernie Ford ran so badly must mystify them as much as it does their many admirers. Without speaking personally to them, I can only offer the climate as a reason, and for them not really having acclimatised sufficiently to maintain such a severe pace for over two hours.

For Dave Black there is a reason for a poor run. No-one could have prepared better; he even put the race before himself and his family, giving up his job to allocate all his time to training. His pre-Moscow '10', at Solihull and John Oultram could only have been surpassed by very few athletes. Very early in the Moscow race he severely lacerated his foot but still carried on past the halfway before calling it a day. (For Bob Forster's information, he was on crutches for over a week after returning home).

Surely their personal depression and disappointment, after years and thousands of lonely miles training, is enough punishment for these men without any sardonic cheap sarcasm from "fellow athletes" like Mr Forster.

Mike Kelly,
Sparkhill Harriers.

NO SOVIET BOYCOTT

Dear Sir,

Your article "Russians boycott IAAF World Championships" suggests that the Soviet withdrawal from the Sittard meeting was "in retaliation for the Dutch Government's call for an Olympic boycott."

This is incorrect. Marina Makeyeva was ill while Tatyana Zelentsova and Faina Krasnova were injured. There were no comparable substitutes for these athletes and that is why the Soviet Union decided not to take part.

There is no question of Soviet retaliation over Olympic boycott attempts by governments. Soviet athletes have since the Olympics competed in France, Italy and Switzerland and are scheduled to compete in Japan, West Germany and Canada.

Mike Ambrose,
Novosti Press Agency.

SOLVING THE LAP TIME PROBLEM

Dear Sir,

The letter from Ron Jewkes in the June 14th 'AW' gives me an excuse to ask about the merits, or defects, of possible solutions to the problem. Of course, timekeepers like to have lap times called at the start and finish lines, and with a couple of dozen timekeepers it can be, and is, done. However, with the edict to reduce the numbers in timekeeping teams this becomes difficult to arrange if essential duties are to be adequately covered. Among the possible solutions are:—

(1) The chief timekeeper "officially appoints" from outside his 'team' (eg starters' assistants, or umpires — with the starter's or referee's permission) officials to call lap times to all the runners as they pass the start and finish lines.

(2) If the announcers' box provides a good view of the start and finish lines, then with the announcer's permission, a qualified timekeeper may be spared from the 'team' to tell the announcer the times required. The 'communication' involves a slight delay, so the runners are usually a little way on their next lap when they get the 'lap split' from the PA system. Only the leader's time can usually be announced.

(3) The installation of digital displays — figures 20cm or more in height — initiated by the photo-finish gun contact (or less accurately, manually) — and positioned to be easily seen by the runners. A dual system would cope with both start and finish lines. A read-out in whole seconds aids quick appraisal by the runners.

Of these possibilities I favour (3) which avoids most of the disadvantages of (1) and (2). Finding an official with a sufficiently stentorian voice is often a problem, and I wonder if runners do always hear their times from the 'lap time caller'. It is believed that some do, for I was once thanked for having arranged for so loud and distinct a caller. But I am sure others, eg the writer, would stand little chance of being heard above the crowd etc. noises — hence, perhaps, my personal preference for the visual display of (3).

Alan Tomkins,
Stourbridge.

FREEDOM TO COMPETE

Dear Sir,

I should have thought that, having opted to attend them, the Olympic Games were Britain's most prestigious international of the season. Yet David Shaw, according to the national press, gives this description to a meeting in either Tokyo or Peking, when criticising the decision by Steve Overt and Allan Wells for declining to attend. "Some of our athletes are too inclined to do what they like", he goes on. Hasn't this been seen to pay off in the above two cases?

But even I, when in the lower ranks, could not do what I liked. To the amazement of my friends outside the sport, I had to have a letter each year when wishing to race whilst on holiday abroad. Until athletes become salaried members of the BAAB do they not possess freedom of choice, and did not one of the greatest arguments against turning professional used to be, "I want to be free to run when I want to run"?

Peter Hamilton,
Bahrain.

WILF PAISH'S CONTRIBUTION

Dear Sir,

It was sad to learn of the resignation of National Coach Wilf Paish who has made a tremendous contribution to our sport during his years in the North. Whilst his great knowledge and experience made him one of the finest all round coaches in the world it was his work rate, enthusiasm and ability to motivate and encourage both athletes and coaches that gained him wide respect. There is little doubt that many coaches ranging from assistant club coach level to current National and Staff Coaches have been influenced by Wilf's guidance, and on behalf of all my coaching colleagues I should like to say thanks, Wilf, and good luck in your new post.

Gordon Surtees,
Northern Staff Coach.

INVITATION FROM ISRAEL

Dear Sir,

My scheme for inviting runners to Israel to work and train has enjoyed much success. Some of the runners have been here twice. They include Fergus Murray (Edinburgh AC), Ken Davies (Walton), Graham Payne and Ian Spiers (Southend) and Geoff Watkins (Ryde). Ken McLaren (Northants) is enjoying himself so much he has been here for over a year and hopes to extend his stay for at least another eight months.

In the past year, several kibbutzim have joined the network offering hospitality to runners wishing to experience a different lifestyle. It must be stressed that the kibbutz is first and foremost a place of work. Up to eight hours work a day is expected in return for room, meals, entertainment, spending money, sightseeing trips and other amenities. Before and after work runs can be enjoyed in a variety of locations: deserted beaches to forest trails, tropical plantations to rocky hillsides.

In Israel there is a developing programme of runs and races highlighted by the annual Sea of Galilee International Marathon, to be run on January 4th. Any runner, male or female, between the ages of 18 to 30 can apply to me for further details.

Barry Shaw,
Kibbutz Mishmar HaSharon,
Emek Hefer, Israel.

INTER-COUNTY MATCH

At Crystal Palace, September 21st

Kent 255; Sussex 213; Hampshire 194; Oxfordshire 167; Essex 158; Hertfordshire 146; Wiltshire 93.

100: 1, A. Pitts (Ex) 10.9; 2, N. Richens (Hants) 11.0. 200: Pitts 21.8; 2, Richens 21.9; 3, D. Quay-Verlander (Kt) 22.1. 400: (A): 1, T. Bennett (Hants) 48.6; 2, K. Bentham (Ex) 49.5; 3, O. Parker (Kt-J) 50.1. (B): R. Weedon (Ex) 49.7. 800: 1, Weedon 1:51.2; 2, U. Kark (Hants) 1:51.2; 3, P. Squire (Wilts) 1:53.2. 1500: (A): 1, E. Martin (Ex) 3:50.5; 2, A. Douglas (Sx) 3:52.2; 3, R. Hanna (Wilts) 3:53.6; 4, P. Johnson (Kt) 3:54.0. (B): R. Woodley (Ex) 3:53.7. 3000: (A): 1, T. Hutchins (Sx) 8:07.3; 2, G. Grant (Kt) 8:08.9. (B): G. Wightman (Kt) 8:17.0. 10,000: (A): 1, M. Brameld (Kt) 30:39.0; 2, F. Tota (Sx) 30:49.2; 3, A. Berry (Wilts) 31:05.5. (B): J. Wigley (Kt) 30:55.0. 3000SC: 1, D. Coates (Ex) 9:15.6; 2, M. Hunter (Herts) 9:20.3. 400H: 1, R. Jerrett (Kt) 54.4; 2, S. Adams (Herts) 54.4. HJ: (A): 1, P. Minshell (Kt) 2.00; 2, D. Parsons (Ox) 1.95. (B): G. Parsons (Kt) 2.00. PV: 1, G. Eggleton (Ex) 4.40; 2, M. Burgess (Sx) 3.75. LJ: 1, C. Mitchinson (Ex) 7.11; 2, J. King (Kt) 7.02. TJ: (A): 1, C. Coleman (Kt) 14.93; 2, I. Timbers (Hants) 14.30. (B): A. Lees (Kt) 14.54. SP: M. Aldridge (Herts) 14.03. DT: (A): 1, N. Woolcott (Herts) 46.00; 2, S. Ellis (Kt) 40.52. (B): Aldridge 40.60. HT: 1, M. Girvan (Ex) 67.34; 2, A. Carruthers (Sx) 50.40; 3, P. Dolding (Hants) 47.46; 4, R. Jenkins (Ox) 45.08; 5, M. Middleton (Kt) 44.48. JT: (A): C. MacKenzie (Kent) 67.70; 2, A. Holloway (Sx) 61.92; 3, D. Heath (Ex) 57.78. (B): Jones (Sx) 56.80. 4 x 100: Hampshire 43.4. 4 x 400: 1, Hampshire 3:19.5; 2, Essex 3:21.2. 5000W: 1, G. Morris (Sx) 22:16.7; 2, R. Bestly (Kt) 22:37.6. (Women): 800: 1, S. Hassan (Croy) 2:08.6; 2, S. Alt (Ox. C) 2:10.9; 3, L. Keough (B'stoke) 2:12.0; 4, K. Charnell (Wig) 2:12.1; 5, W. Lodge (AF&D) 2:16.4.

BLACKPOOL YOUNG ATHLETES' TROPHY MEETING

Qualifying Rounds

Apr. 27th. (Inters): 100: A. Keegan (Wig) 12.5. 400: M. Still (Wig) 58.8. 800: A. Taylor (S'port W) 2:19.3. (Juniors): 800: 1, T. McCullough (Carl) 2:17.0; 2, R. Adshead (S'port W) 2:19.9. May 11th. (Boys): 1500: J. Evans (Liv. P) 4:17.0. (Inters): 800: 1, S. Lanza (B&F) 2:18.5; 2, S. Kenyon (Bol) 2:19.6. June 1st. (Boys): LJ: 1, C. Gregory (Bir) 6.40; 2, R. Ravenall (Bir) 6.13. (Inters): 400: Lanza 58.8. July 13th. (Inters): SP: 1, C. Gregory (Bir) 12.96; 2, J. Richards (B&F) 10.13. DT: A. Cowburn (B&F) 31.78. (Girls): 800: S. Durrell (Bir) 2:23.9. August 10th. (Colts): 800: C. Ashton 2:03.4. (Inters): SP: Richards 10.17.

FLINTBARN SPORTS

MEN'S ATHLETIC SINGLET

British made. Deep cut armholes, 100% cotton, plain colours. Sizes 34/36", 38/40", 42/44" chest. Colours: Royal, Lt. Blue, Red, Green, Yellow, White.

£3.85 each
2 for £7.30
3 for £10.80

SHORTS

Cotton, square cut, plain. Cotton, square cut, with double trim. Colours: Royal, Navy, Red, Green, Gold, White. Sizes: 28", 30", 32", 34", 36" waist.

£2.30
£2.95

TRACKSTERS

Lightweight turquoise leggings, nylon/cotton mixture, elasticated ankles. Sizes: 28", 30", 32", 34" waist.

£3.50

SWEAT SHIRTS

American, top quality cotton, round neck. Colours: Navy, Lt. Blue, Red, Grey. Sizes: Small, Medium and Large.

£6.60

SHOES

SPIKES

TIGER ATLANTIS

Blue nylon uppers, raised wedge heel. Flexible, nylon spike plate with seven spike positions. IDEAL FOR TRACK OR X-COUNTRY Replacement screw-in spikes — 14p each.

6-11 £14.75 (£16.30)

TRAINERS

NIKE

OCEANIA

ROADRUNNER

WAFFLE TRAINER

LDV

TAILWIND

6-12 £11.95 (£12.99)

6-12 £13.30 (£14.99)

6-12 £20.45 (£21.99)

8-13 £24.45 (£29.99)

7-12 £32.00 (£37.99)

TIGER

MONTREAL III

ARROW

ENDURO

6-11 £19.50 (£20.50)

6-11 £21.60 (£22.75)

6-11 £17.50 (£22.50)

SPECIAL OFFER — GREAT VALUE

TIGER PACESETTER — Waffle sole.

Normally (6-11) £13.40.

While stocks last £9.95!

RACERS

NIKE ELITE

7-13 £24.45 (£27.99)

For shoes, state size and enclose foot outline.

For clothing, please give second colour choice.

ALL ITEMS POST FREE

SEND CASH/P.O./CHEQUE WITH ORDER TO:

FLINTBARN Ltd

P.O. BOX 25

STEVENAGE

HERTS. SG2 8BH

Tel: 0438 813913

Flintbarn Ltd. Registered Office: 79 Marlowes, Hemel Hempstead, Herts.

GRAND FINALE IN PEKING

The long international season was brought to a successful close in Peking last weekend when British athletes scored the most victories in the Eight Nations Meeting. British winners were Colin Reitz (1500), Steve Jones (10,000), Brian Hooper, Roy Mitchell (with a personal best of 8.08m), Heather Hunte (pb of 11.20 for 100), Kathy Smallwood, Joslyn Hoyte-Smith, Wendy Smith (3000), Shirley Strong, Chris Warden and both women's relay teams.

100: 1, H. Glance (US) 10.27 ... 3, CAMERON SHARP 10.46; 200: 1, P. Mennea (Ita) 20.03 ... 3, DREW McMASTER 21.12; 400: 1, W. Smith (US) 46.53; 2, STEVE SCUTT 46.77; 800: 1, U. Becker (Ger) 1:48.2; 2, PAUL FORBES 1:48.2; 1500: 1, COLIN REITZ 3:41.0; 5000: 1, S. Plasencia (US) 13:52.1 ... 3, RAY SMEDLEY 14:04.4; 10,000: 1, STEVE JONES 28:33.1; 3000SC: 1, M. Scartezzini (Ita) 8:31.7; 2, GORDON RIMMER 8:33.7; 110H: 1, G. Drut (Fra) 13.85; 2, WILBERT GREAVES 13.93; 400H: 1, J. Walker (US) 49.82; HJ: 1, B. Fields (US) 2.25; PV: 1, BRIAN HOOPER 5.40; LJ: 1, ROY MITCHELL 8.08; TJ: 1, Zou Zhen-xian (Chi) 16.80; 2, ASTON MOORE 16.21; SP: 1, B. Plucknett (US) 20.40 ... 3, MIKE WINCH 17.90; DT: 1, M. Tuokko (Fin) 62.58; HT: 1, K. H. Riehm (Ger) 76.52; JT: 1, H. Schreiber (Ger) 92.62; 4x100: 1, USA 38.86; 4x400: 1, Germany 3:05.7; 2, UK 3:05.9. Women's 100: 1, HEATHER HUNTE 11.20; 200: 1, KATHY

SMALLWOOD 22.79; 400: 1, JOSLYN HOYTE-SMITH 52.68; 800: 1, M. Manning (US) 1:59.9; 1500: 1, G. Dorio (Ita) 4:12.9; 2, CHRIS BOXER 4:17.3; 3000: 1, WENDY SMITH 9:17.0; 100H: 1, SHIRLEY STRONG 13.21; 400H: 1, CHRIS WARDEN 57.58; HJ: 1, S. Simeoni (Ita) 1.95; LJ: 1, S. Sussiek (Ger) 6.59 ... 3, SUE HEARNshaw 6.49; SP: 1, S. Lihuan (Chi) 17.74; DT: 1, F. Tacu (Rom) 63.98 ... 3, MEG RITCHIE 58.76; JT: 1, F. Quintavalla (Ita) 60.94; Relays: UK 43.02/3:31.7.

**IAN THOMPSON ...
ULTRA-DISTANCE STAR**

Former Commonwealth & European marathon champion Ian Thompson made as notable a start to his career as an ultra-distance runner as he did to the marathon seven years ago by winning the London to Brighton 54¼M race last Sunday in a record shattering 5:15:15 — which represents around 2:32 pace for two marathons in a row! Last year's winner Alan Kirik (US) was 2nd in 5:21:55, and Leslie Watson placed 47th in 6:56:10.

FORDS ANNOUNCE NEW MODEL

Ann and Bernie Ford became the proud parents of a 6lb 11oz boy — Matthew — on September 10th. Ann trained every day of her pregnancy — latterly four miles per day — and hopes to resume shortly.

DORSET COUNTY A.A.A. in conjunction with DORSET EDUCATION AUTHORITY

COACHING LECTURE

by

**DR PETER TRAVERS, M.B., B.S., L.R.C.P., M.R.C.S., D. PHYS. MED.
SOUTH WEST AREA STAFF COACH**

from 10.00 a.m. to 4.30 p.m.

ON SATURDAY, 1st NOVEMBER, 1980

AT OAKMEAD SCHOOL FOR BOYS, BOURNEMOUTH

PROGRAMME:

1. Basic Physiology of Running
2. Recent advances in middle distance training
3. Diet for training and competition
4. Practical gymnasium

Bio-mechanical analysis and skills in circuit training

Refreshments available

APPLICATIONS TO: F. G. Carine, 17 Sandbourne Road, Alum Chine, Bournemouth BH4 8JH, (tel 0202 764729), **before 27th October.**

TICKETS: £2. Athletes aged 16 years and over £1. Cheques made payable to Dorset County A.A.A., together with S.A.E.

Direction to Oakmead School will be provided.

ATHLETIC EVENTS

With approximately 20,000 copies going out weekly and an estimated total readership of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £13, ½ page £24, page £45. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

WORCESTER ATHLETIC CLUB WORCESTERSHIRE BEACON RACE

SATURDAY, 11th OCTOBER, 1980, at 3 pm

6¼ M Road and Country over Malvern Hills

Prizes valued over £250 — 1st 10 finishers, 1st 3 Teams, 1st 2 Vets O/40 & O/50, 1st Lady finisher.

Fees: 50p Inds., 75p Teams (all enter as Inds.).

Entries to: P. Haywood, Harrier Sports, 1 St. Johns, Worcester. Tel: 427601. S.A.E. for details.

ENTRIES CLOSE TUESDAY, 7th OCTOBER

HERCULES WIMBLEDON A.C. 20th Annual

'WIMBLEDON 10'

SAT., 11th OCTOBER, 1980, 3 pm

Start & Finish Wimbledon Park Track
PRIZES 1st 25

Entries to: Geoff Moulden, 59 Lambton Road, London SW20, 45p by 8th October.

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.

TRAINING DIARY. 90p, (B.A.A.B. APPROVED). Starts anytime! Any event/sport! 'NUTRITION', 50p; 'ATHLETICS INJURIES', 50p; 'TEACHING ATHLETICS', 60p. **150-PLUS BAG/CAR STICKERS!** Amusing, Serious; "OLYMPIC REPORT 1976", J. Coote: £1.50*/Published: £4* (* = post paid). Samples, Catalogue (10p S.A.E.): Arena Publications, 325 High Road, London SW16 3NS.

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

REQUIRED — ATHLETICS WEEKLY dated January and February, 1963. Eight copies. Please phone 01-670 1191.

WEST MIDLANDS SCHOOLS

present

GIRLS CROSS COUNTRY RELAYS AND RACES

SATURDAY, 11th OCTOBER
at 10.30 a.m.

Sennellys Park, Birmingham

U/12 (as at 1.9.80)

3 x 1¼ Miles

U/14 (as at 1.9.80)

3 x 1¼ Miles

U/16 (as at 1.9.80)

Open Race

Awards: 1st 3 Teams, (also 1st 3 Teams from W. Midlands area). 1st 'B' Team, fastest lap.

Entries: 75p 'A' Teams, 50p 'B', 25p others. To: B. Baldaro, 26 Beechwood Road, Smethwick, Warley, W. Mids. (Tel. 021 429 6579).

LUTON UNITED ATHLETIC CLUB

19th Annual

Cross-Country Races

MINOR BOYS RACE (2 MILES)

(O/9, U/11 on 1st Sept. 80) for the White Trophy.

COLTS RACE (2 MILES)

(O/11, U/13 on 1st Sept. 80) for the Wilsher Trophy.

BOYS RACE (4 MILES)

(O/13, U/15 on 1st Sept. 80) for the Wild Cup.

YOUTHS RACE (4 MILES)

(O/15, U/17 on 1st Sept. 80) for the Woodham Cup.

REGIONAL SPORTS CENTRE, LUTON

SATURDAY, 8th NOVEMBER, 1.45 p.m.

(Under AAA & ECCU Rules)

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

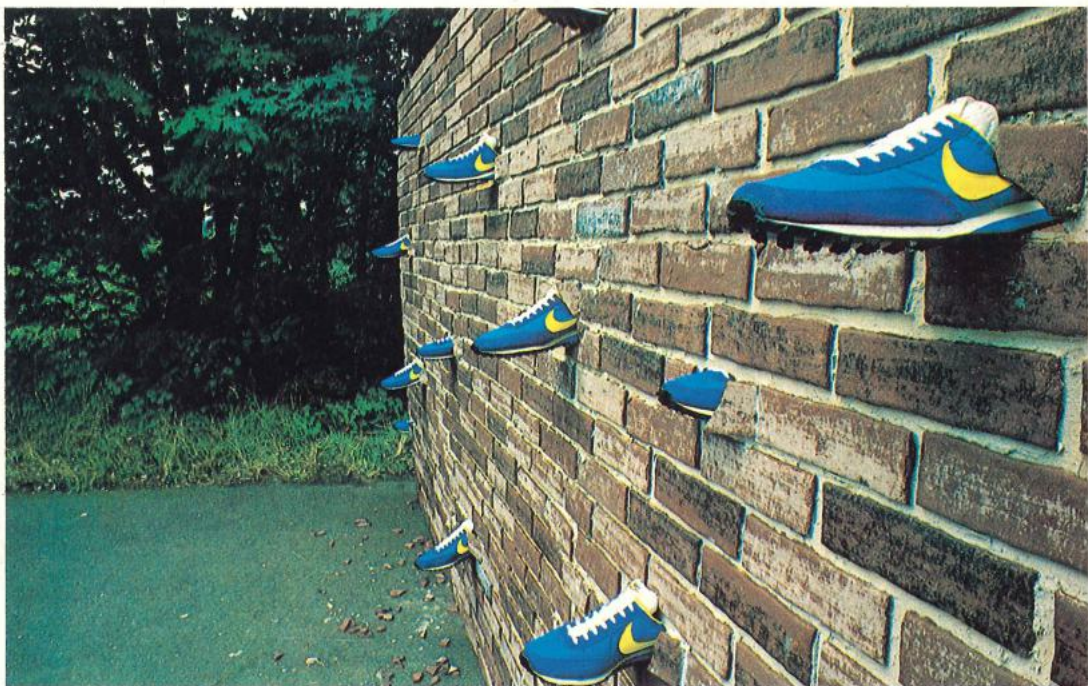
Entries (with d.o.b.) to Mrs A. G. Croft, The Hall, Hockliffe, Leighton Buzzard, Beds. LU7 9NA.

CLOSING DATE 31st OCTOBER

READ BEYOND NUTRITION magazine. Vitamins and health. Herbs. Minerals. Rejuvenation and energy. The truth about Vitamin C. £1 subscription 4 issues to **Beyond Nutrition**, AW Green Farm, Burwash, East Sussex.

QUILTED WATERPROOF SKI-TOPS. Ideal for casual wear or training, with fold away hood and zipped pockets. Very warm and light. Available in Red, Black, Royal with contrasting trim. Sizes: Small 32"-34", Medium 36"-38", Large 40", please give second choice. Price: £8.75 each. From **Ray O'Donoghue Sportswear**, 13 Parkdale Crescent, Worcester Park, Surrey KT4 7QF.

CHINA AWARDS — Plates, mugs, ash trays. Club insignia, event dates, sponsors' names, etc. shown. Planning for 1981? Contact **Berkshire China Co. Ltd.**, 298 King Street, Fenton, Stoke-on-Trent, Staffs. Tel. 0782 311447. See commemorative plate for UK Veterans Marathon, 5th October, 1980.



HOW TO BREAK THROUGH THE WALL.

Every marathoner knows about "the wall." You hit it at 20 miles. With six miles to go, the glycogen that feeds your muscles runs out.

Dehydration sets in. You lose blood volume. Some marathoners develop parathesia. Toes tingle. You feel nauseous, dizzy.

Some people try to break through the wall by dissociating—concentrating on other things. Some repeat mantras or do mental math. Others "listen" to rock or Bach.

A few world class runners find it's actually better to concentrate on the pain itself.

But no matter how you deal with it, the wall is pure pain.

We can't say Nike shoes will make that pain disappear. But we can say this:

Your legs and feet will probably feel a lot better wearing a pair of Nike Elites.

We build them especially for marathonning. The Elite nylon uppers have no seams to constrict your toes and cause blisters.

They weigh only 240 grams.

We designed the Nike Elites to give you more help in breaking through the wall than any racing shoe in the world.

But they can in no way do it all.

Nobody but you can do that.

