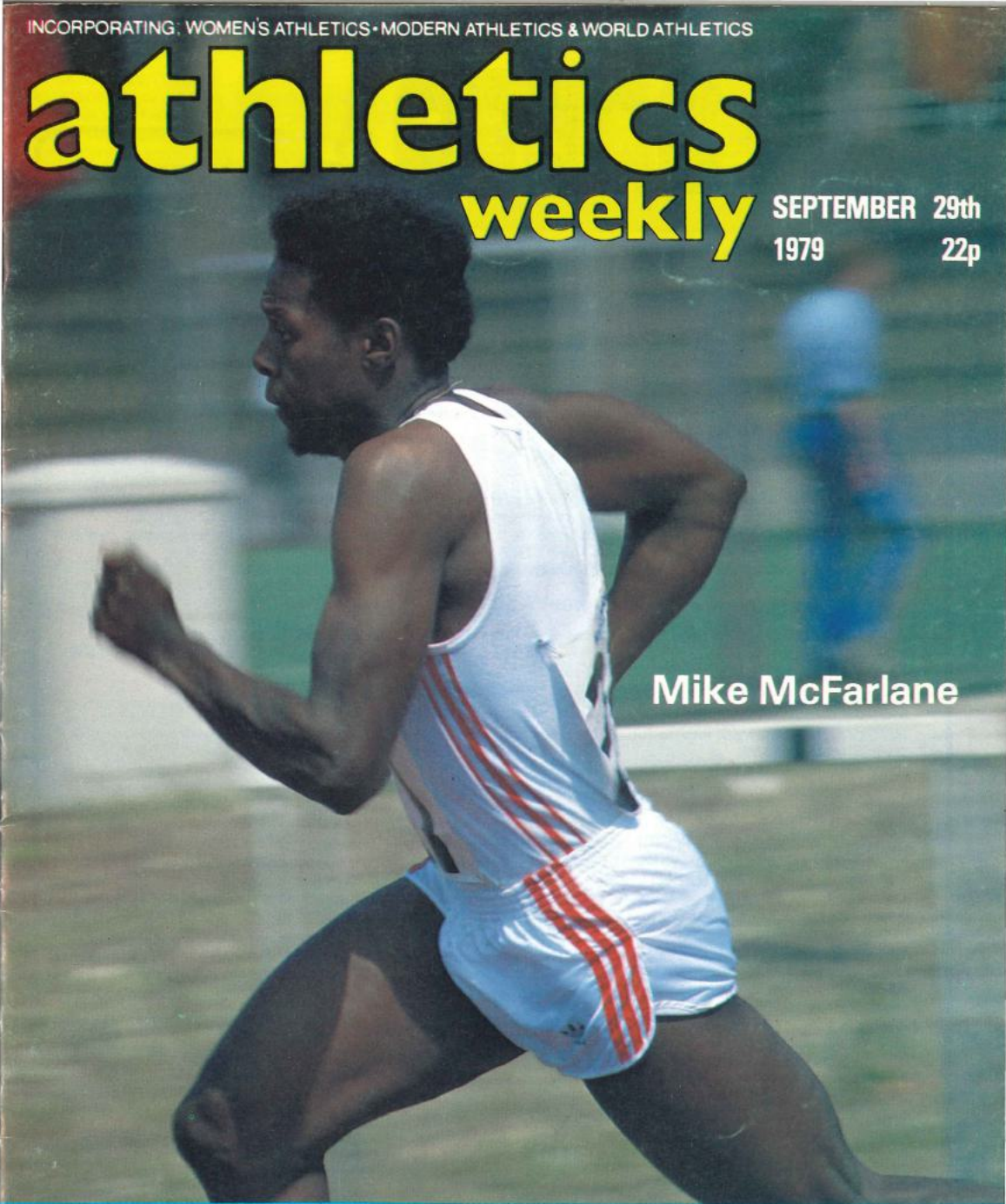


INCORPORATING: WOMEN'S ATHLETICS • MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

SEPTEMBER 29th
1979 22p



Mike McFarlane

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SEPTEMBER 29th 1979

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THE WEEK AHEAD

Saturday, September 29th: Lugano Trophy Finals (1st day), Eschborn (Ger); WAAA Inter-Area Heptathlon Champs (1st day) (incl. National Mile Medley Relay); Enfield; Essex Decathlon Champs (1st day), Woodford Bridge; SCAAA 6-Stage Road Relay, Crystal Palace; Burtonwood Road Relay; Two Bridges Road Relay, Inverness; Kilbarchan Road Relay; Den Hawkins Memorial Road Races, Maidenhead; Norfolk '15'; Banbury '5'; Hanchurch '5'; Cockermouth '10'; Harry Lapworth Memorial 10km Road Race, Coventry; Southern Women's CC League, High Wycombe; Fairlands Trophy CC Races, Stevenage; Thieveley Pike Race; National 100km Walk Champs, Sutton Coldfield.

Sunday, September 30th: Lugano Trophy Finals (2nd day); WAAA Inter-Area Heptathlon Champs (2nd day); Essex Decathlon Champs (2nd day); Sunday Times National Fun Run, Hyde Park; London to Brighton '53'; Lake '15'; Dinas Powys; Camberley '10'; British Veterans' Marathon Champs, Kidsgrove; 'Running of The Walls' Road Races, Berwick; Hewitt-Jones Road Relay, Walton; 'Round The Res' Relays, Sutton-

in-Ashfield; Thurrock CC Meeting, Corringham; Stoodley Pike Fell Race; Manx TT Course Relay Walk.

Wednesday, October 3rd: TVH Open Meeting, West London; W. Midlands Services CC League, Cosford.

15,000 FUN RUNNERS

The Sunday Times National Fun Run in Hyde Park this Sunday (from 10 am) has attracted no fewer than 15,000 entries! A great day's sport is assured, and the accent will be on fun — as the names of some of the 1000-plus teams would indicate . . . the South Beds Knee Tremblers, Cambridge University Nice Thighs Society, British Snail, Finchampstead Flatfeet, Wallington Boots, Pan Am Formation Running Team (complete with sequins?), Tamara Press Admiration Society, and We're NUTS, captained by the editor of 'AW'.

COVER PHOTO (By Mark Shearman)

European Junior 200 champion Mike McFarlane

Double British Triumph Over Russians

Fitting conclusion to a remarkable summer for British athletics

IT was a famous victory, worthy of comparison with that legendary win in Volgograd 16 years ago. On that occasion it was just the British men's team which defeated the opposition representing the Russian Federal Republic; last weekend at Crystal Palace both our men and women were successful in a fascinating match sponsored by British Meat.

Unlike that fiasco of an encounter at Meadowbank two years ago when Britain beat an insultingly weak USSR team, this latest triumph was of some significance. True, both sides were short of many of their biggest names (Wells, Coe, Ovett, Foster, Mitchell, Moore, Hartley, Elder, Boxer, Reeve etc on the one hand ... Chernetskiy, Abramov, Fydotkin, Arkhipenko, Yashchenko, Podluzhny, Litvinov, Kondratyeva, Kulchunova, Stukane etc on the other), but on paper the Russians looked easily strong enough to win both matches. That they didn't was due partly to numerous below-par performances by their own seemingly jaded athletes, but mainly it was the result of an inspired display by the home team.

To judge from some of the press comment beforehand, the British were fielding a team of no-hopers in a match which served no purpose

anyway. In fact, the match provided a perfect opportunity to introduce many of our most promising youngsters to senior international competition as well as catering for those athletes whose 'unfashionable' events have been sadly neglected at the recent series of invitational meetings. The result exceeded all reasonable expectations, and dozens of British athletes — infused with a team spirit which in event after event lifted their performances to unanticipated heights — can now embark upon their arduous pre-Olympic winter's training with the memory of a rapturously acclaimed communal triumph as inspiration when the going gets tough.

Those who maintain that dual internationals lack spectator interest should have spent the weekend at Crystal Palace. This match topped all the earlier extravaganzas for sustained excitement. In a nail-biting climax to the proceedings the result of both matches hinged on the 4x400 relays. The tension was almost unbearable; the relief and joy on their successful conclusion overwhelming. It was a fitting way to conclude a remarkable summer for British athletics.

Mel Watman

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3000 metres (No juniors)

Sunday, 4th November, 1979, 3 p.m.

1500 metres

Sunday, 2nd December, 1979, 3 p.m.

4 x 800 metres Two women relay

(Teams made up from entrants — NO ARRANGED TEAMS BEFOREHAND)

Sunday, 6th January, 1980, 3 p.m.

1200 metres — 3 laps

Sunday, 3rd February, 1980, 3 p.m.

2000 metres — 5 laps (No juniors)

Sunday, 2nd March, 1980, 3 p.m.

1000 metres

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COMPETE WITH THE GREAT

MEN: UK 221, RUSSIA 219

With the Russians piling up a 21-point lead after the first day it looked for all the world as though the visitors were coasting to the comfortable victory expected of them. They were off to a running start, or so it looked to this admittedly non-expert eye, in the 10,000m track walk where Vadim Tsvetkov set a European best of 40:04.0, leaving Roger Mills in 4th place the best part of two laps behind! Thus, with the scoring 7-5-4-3-2-1, the Russians were 10 points ahead before most of the spectators had even arrived.

The next track event brought gladder tidings. Cameron Sharp, who had indicated at Meadowbank the previous weekend that he was in his best form yet by clocking a windy 10.47 behind Allan Wells' 10.33, came through with a powerful surge to overtake 10.35 performer Andrey Shlyapnikov for victory in a personal best of 10.43w. With Trevor Hoyte a good 3rd, Britain scored 12-10. Even better was the 10,000 result: a clean sweep. Despite the breezy conditions Julian Goater struck out on his own on the 6th lap and by halfway (14:09.1) he was 70m ahead of Dave Black, Peter Standing and Ivan Parlui, Yevgeniy Pyrkin (best of 28:17.0) and world class marathoner Viktor Zubov were dropped as early as the 4th lap, which Parlui covered in 64.3 — the fastest of the race. Goater went on to win in 28:30.5 by 150m from Black, and Standing (making his British debut at 29) did well to finish a close 3rd half a lap clear of Parlui, who once ran the distance in 28:00.5. Maximum points were gained also in the 400, where Steve Scutt — gaining in authority with every outing — was dominant, followed in by Alan Bell and outstanding junior Mel Fowell. Britain's other victory on the first day came in the sprint relay courtesy of Phil Cooke, Trevor Hoyte, Cameron Sharp and Dave Baptiste.

One of the events in which the Russians were particularly strongly represented was the high hurdles. As expected the winner was Andrey Prokofiev, who ranks 7th in the world this year with the 13.50 he achieved when winning the World Student Games title in Mexico City. Second place went to Eduard Pereverzev, a 13.61 performer at his best — which he wasn't at Crystal Palace. With Mark Holtom out of contention after two disastrous hurdles, the British challenge came from Wilbert Greaves whose fighting finish carried him to within half a metre of Pereverzev in a legal personal best of 14.08. Wilbert's best time before this season stood at 14.8, having previously concentrated more on 400 hurdles in which he was AAA junior champion four years ago.

The Russians amassed a 60-28 advantage in the four field events on the first day thanks largely to clean sweeps in the long jump (though Trevor

Wade, replacing Daley Thompson, came up with a pb) and discus. However, highly commendable second places were gained by Brian Hooper and Peter Yates. Hooper cleared the winning height of 5.40m, losing only on countback to European champion Vladimir Trofimenko, and had a good final attempt at the UK record height of 5.45. This was one of Brian's finest performances internationally. Yates' 2nd round throw of 79.20m held the lead and he extended it with 79.48 in the 3rd round before Aleksandr Makarov edged in front with his 4th attempt of 79.64. To push Makarov, an 87.82 exponent, that close was an encouraging result for Yates.

So, the second day started with the score 115-94 in Russia's favour. It did not look hopeful. But signs of a great British fightback were evident from the beginning when Chris Black unleashed an opening throw of 71.34m, the best by a Briton for two years and over the BAAB's Olympic selection standard. He went on to record an excellent series (70.34, 69.52, 70.54, 70.10, 69.06) and was in the lead until Aleksandr Buneyev reached 73.06 in the 3rd round, later improving to 73.96 and 74.12. Black, however, did hold on to a precious and completely unlooked for 2nd place as the very tall Aleksey Malyukov — 4th ranked in the world this year with 77.96 — was unable to throw farther than 71.12. Jim Whitehead was in notable form too with a personal best of 69.52. Astonishingly, in view of their incredible depth in this event, the Russian

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third-string was a discus thrower put in just to gain a point.

If the hammer result was surprising, then the outcome of the high jump was simply astonishing. It hardly seems fair to throw Tim Foulger (best of 2.15m), 16-year-old Ossie Cham (2.15) and Mark Naylor (due to undergo a knee operation shortly) in against Gennadiy Belkov (9th ranked in the world this year with 2.28 and silver medallist in the European Indoor), Vladimir Andreyev (2.24) and Vladimir Kuktsevich (2.21) ... and yet the British trio came out on top 12-10! Taking his cue from Moira Maguire's splendid victory the previous day, Tim Foulger (19) was not content simply with equalling his pb of 2.15 at the 2nd attempt ... he flopped over 2.18 first try to win the competition! He then went for a UK record and BAAB Olympic standard of 2.22. He failed, but he had already done more than enough. By clearing 2.18 he had achieved the IAAF's Olympic standard and moved into 3rd place on the UK all-time list behind Naylor (2.22 indoors) and Brian Burgess (2.20). Naylor and Cham — the latter almost making 2.15 in this his first senior international — jumped 2.10 for 4th and 5th places as Andreyev was woefully below form.

The magic didn't rub off on the triple jumpers but the first trackmen in action on Sunday, the 400 hurdlers, did us proud also. Gary Oakes has been consistent at 50-point all season but he

wasn't really expected to defeat European silver medallist Dmitriy Stukalov. As it turned out, Gary left him standing — blasting it all the way and winning by some ten metres in 50.50. Indeed, Stukalov, whose best time is 49.58, only just held on to 2nd place as Mike Whittingham made a memorable international debut by running a personal best of 51.72.

The good work was carried on in the 200, in which Cameron Sharp again lived up to his name and was followed home by Earl Tulloch. Another British one-two materialised in the 800 as Garry Cook overhauled Rob Harrison, leaving three Russian sub—1:47 runners well behind — though Vladimir Malozemlin did fall on the first lap. The shot put contest was a thriller as Geoff Capes, chasing 19.61m by the 6'9" tall Mikhail Gusev, fell just one centimetre short. Ian Lindley, in his debut, reached a pb of 17.03. With four events to go Russia's lead was down slightly to 17 points.

The steeplechase was crucial. If Britain lost points here there would be little chance of redeeming the situation. Britain's trio was Roger Hackney with a best time of 8:33.0, Graeme Fell (8:37.0) and Gordon Rimmer (8:39.2), and all were making their first appearance in the full British team. The opposition: Anatoliy Dimov (8:25.9 and 3rd in the European Cup), Vladimir Isakov (8:30.9) and Sergey Yepishin (8:33.5). Strictly on times, the Russians could have been expected to place 1st, 2nd and 4th — and match victory would have been theirs. However, only Isakov of the Russians showed any fight. The other two were dropped very early in the race as Fell forced the pace ahead of Hackney. It was just starting to look good for Britain when ... disaster ... Hackney fell over the barrier with a little more than three laps to go. He had been 2nd at the time. The 22-year-old Welsh champion quickly picked himself up and set off in pursuit of the leaders and with a lap and a half remaining he moved into 2nd place behind Isakov. The crowd rose to Hackney as he chased after the Russian. Coming up to the final hurdle — the very one he had fallen at — Hackney was just three metres down. He went at it full tilt, cleared safely and produced a tremendous finishing burst to pass his rival 20m from the end. It was a thrilling run. With Rimmer a good 3rd and Fell 5th Britain gained 4 points. We were now 13 down with three strong events to come. Victory was possible.

The 1500 was no push-over, with the Russians fielding Vladimir Ponomarev (best of 3:37.9 and 2nd in the World Cup), Valeriy Toropov (3:38.3) and Vladimir Yerokhin (3:38.7), but sure enough the visitors showed form barely compatible with their credentials. When Steve Cram went — and how he went — along the final back straight there was no response from anyone. Cram (18) ran a dazzling bend to enter the straight fully 15m up on Mike McLeod and held on, just, after covering the last lap in 54.0.

continued on page 18

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5. 2.10 pm Senior and Intermediate Ladies 2 miles individual race. (At least 15 years old on 31st August, 1979). Prizes for the first 10 to finish.

2. 1.20 pm Colts 2 miles individual race (ages 12 and 13). Prizes for the first 20 to finish.

6. 2.25 pm Senior Mens 6 miles individual race. Prizes for the first 30 to finish, also 3 prizes for veterans over 40, 2 prizes for veterans over 45 and one prize for the first veteran over 50.

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All races will start and finish in the Gateshead Stadium.

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1, D. Cannon (Gateshead) 48:29
 2, G. Forster (Sunderland) 49:33
 3, P. McCullagh (Leeds Univ.) 49:41
 4, M. Coleby (Gat) 49:43; 5, B. Sweeting (Sun) 49:50; 6, P. Bradley (Leeds C) 49:57; 7, P. Rafferty (Harr) 50:11; 8, P. Whittle (Els) 50:13; 9, B. Hilton (Leeds C) 50:18; 10, I. Brown (Mor) 51:02; 11, D. Orme (Leeds U) 51:11; 12, D. Kelly (Salt) 51:15; 13, D. Dixon (Sun) 51:23; 14, T. Flory (M&C-V) 51:28; 15, D. Whitson (ESH) 51:33; 16, W. Crowther (Long) 51:53; 17, H. Burdett (M&C) 51:55; 18, B. Pickersgill (Holm) 51:58; 19, T. Wright (Long) 52:04; 20, S. Larkin (Tyne) 52:09; 21, A. Jenkins (Mor) 52:47; 22, R. King (Unatt) 52:59; 23, M. Frostick (M&C) 53:19; 24, G. Sherwood (Rown) 53:21; 25, G. Potts (M&C) 53:25. **Teams:** 1, Sunderland 47; 2, Middlesbrough & C 79; 3, Leeds Univ. 99; 4, Leeds City 106; 5, Gateshead 115; 6, Saltwell 140. **(Vets):** 1, Flory; 2, K. Boyle (Sun) 54:13. (O/50): P. Ashton (Grim) 57:50.

WORSTHORNE CARNIVAL '67'

August 4th

1, P. Morris (Sal) 29:06; 2, F. Pendlebury (Man-V) 29:16; 3, R. Belk (A&SV) 29:27; 4, F.

McGuire (Liv) 29:38; 5, S. Clegg (Sal) 29:43; 6, H. Walker (B'burn) 30:01; 7, P. Turner (Bol) 30:06; 8, B. Aspdon (Sal) 30:21; 9, G. Woodburn (B'burn) 30:27; 10, C. Stainton (Unatt) 30:30. **Teams:** 1, Salford 14; 2, Blackburn 28; 3, Bolton 44.

G.E.C. GALA DAY '10'

August 19th

1, T. Hawkes (North) 49:37; 2, G. Dugdale (TVH) 49:56; 3, A. Robertson (Pless) 50:23; 4, D. Lem (Leic) 51:29; 5, A. Smith (Burt) 51:55; 6, D. March (Mil. K) 52:13; 7, S. Flint (North) 52:14; 8, B. McKim (North) 52:40; 9, J. Alcock (Leic) 52:59; 10, C. Rutland (Banb) 53:09; 11, S. Holdsworth (Rug) 53:50; 12, R. King (Leic) 54:17; 13, J. Binks (VoA) 54:27; 14, D. Doyley (Banb) 54:47; 15, A. Penn (GEC) 55:09. **Teams:** 1, Northampton Ph. 16; 2, Leicester 25.

TWO BRIDGES 36¼M ROAD RACE

At Rosyth, August 25th

1, A. Holden (Tip) 3:25:34; 2, R. Heron (B&H) 3:28:05; 3, C. Woodward (Leam) 3:31:36; 4, M. Daykin (Glouc) 3:38:26; 5, S. Smith (Burt) 3:38:38; 6, S. Graves (Fife) 3:39:14; 7, M. Pickard (E&E) 3:42:01; 8, S. Wright (Unatt) 3:42:49; 9, D. Attwell (Alt) 3:46:10; 10, A. McGee (Bol) 3:46:54; 11, D. Francis (Fife) 3:50:05; 12, M. Coventry (E&E) 3:51:01; 13, G. Bennison (Bol) 3:51:06; 14, A. Robertson (Pit) 3:52:41; 15, T. Parr (Bol-V) 3:54:08. **Teams:** 1,

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No late entries

NO ENTRY FEE

Enclose a stamped addressed envelope for final details.

Bolton 38; 2, Epsom & E 39; 3, Tipton 55; 4, E. Hull 65; 5, Fife 66; 6, Leamington 67. (Vets): 1, Parr 2, C. Dixon (E&E) 4:02:01; 3, C. Hunt (Staff) 4:02:51.

IPSTONES '5'

August 25th

1, B. Williams (Staffs M) 25:08; 2, A. Adams (Staffs M) 25:45; 3, B. Adams (C&N-V) 26:22; 4, K. Bowers (Staffs M) 26:35; 5, D. Brown (Newc) 26:48; 6, M. Sutton (Unatt) 26:50; 7, A. Walker (Mich) 26:58; 8, M. Smith (Newc) 27:12; 9, M. Whiteside (Sal) 27:15; 10, D. Cartwright (Mich) 27:41.

BRACKNELL '5'

August 26th

1, S. Jones (RAF Lyneham) 23:44.5
2, K. Penny (Cambridge H) 23:45
3, J. Goater (Shaftesbury) 24:04
4, R. Crabb (RAF Lyne) 24:12; 5, T. Woods (Rane) 24:37; 6, D. Clark (Ver) 24:43; 7, J. Wise (Brack) 24:48; 8, G. Taylor (Camb. H) 24:54; 9, J. Dryden (Shaft) 24:58; 10, M. McGeoch (Barry) 25:23; 11, K. Nelson (WS&E) 25:25; 12, M. Connelly (Walton) 25:29; 13, A. Dippie (Walton) 25:37; 14, D. Hope (WS&E) 25:39; 15, L. Wells (Walton) 25:40; 16, P. Coyne (Bed) 25:43; 17, M. Duff (WS&E) 25:48; 18, R. Roath (Walton) 26:09; 19, R. Allinson (HW) 26:14; 20, J. Convery (Brack) 26:16. **Teams:** 1, RAF Lyneham 33; 2, Walton 40; 3, Windsor S&E 42; 4, Bracknell 52; 5, Cambridge H 53. (Vets): 1, M. Moody (Maid) 26:21; 2, D. Case (E&S) 26:35; 3, W. Giddings (Kent) 26:59. (O/50): R. Hunt (Sy) 29:59. (Women): 1, G. Penny (Camb. H) 28:06; 2, S. Hutton (Brack) 29:44.

TORBAY REGATTA ROAD RACE

August 27th

1, B. Watson (Cambridge H) 27:54
2, G. Seward (Exeter) 27:59
3, G. Plant (Manchester) 28:09
4, P. Shaw (Man) 28:18; 5, T. Collins (Tor) 28:25; 6, C. Abrahams (Tor) 28:59; 7, D. Sherman (Bris) 29:09; 8, C. Davis (W. Corn) 29:14; 9, T. Meredith (W. Corn) 29:21; 10, R. Pannell (Bris-V) 29:24; 11, J. Steed (Ver-V) 29:29; 12, M. King (W. Corn-Y) 29:30; 13, R. Williams (Tiv) 29:39; 14, D. Kelly (Ply) 29:48; 15, R. Clements (Ply) 30:17; 16, J. Zaple (Exe) 30:19; 17, D. McFadzean (RN-V) 30:24; 18, S. Gwynt (W. Corn) 30:26; 19, M. Gill (Tiv) 30:30; 20, J. Barnett (S&E) 30:33. **Teams:** 1, Torbay 32; 2, W. Cornwall 34; 3, City of Plymouth 47.

STAUNTON 6.2M ROAD RACE

August 27th

1, N. Brawn (Invicta) 29:28
2, R. Westwood (Tipton) 29:32
3, G. Davies (Bristol) 29:35
4, B. Coles (Tip) 29:41; 5, P. Wood (Worc)

29:50; 6, J. Harvey (Tip) 30:08; 7, P. Griffiths (Tip) 30:15; 8, B. Dowles (Swan) 30:26; 9, R. Samuel (Shaft) 30:28; 10, W. Weller (Glouc) 30:31; 11, T. Jones (Bris) 30:35; 12, E. Wedderburn (Tip-J) 30:38; 13, D. Golding (Ox. C) 30:40; 14, R. Maule (Cov) 30:44; 15, D. McNamee (Chelt) 30:56; 16, A. Daley (Glouc) 31:11; 17, S. Seaman (Swan) 31:15; 18, B. Baldaro (Tip) 31:37; 19, J. Dryden (Shaft) 31:45; 20, S. Larwill (Bir) 31:51; 21, M. Daykin (Glouc) 31:52; 22, D. Cooper (Worc-V) 31:59; 23, D. Cowles (West) 32:18; 24, C. Lee (B&P) 32:20; 25, D. Price (Glouc-J) 32:25; 26, G. Claff (Sal) 32:27; 27, D. Keepon (B&P) 32:30; 28, J. Polgreen (Ox. C) 32:42; 29, S. Brown (Chelt) 32:51; 30, G. Morgan (Durs) 32:55.

DODDINGTON 4M ROAD RACE

At Faversham, August 27th

1, M. Brameld (Inv) 21:03; 2, A. Evans (SLH) 22:01; 3, M. Hanahoe (HHH) 22:04; 4, K. Davies (N. Lon) 22:05; 5, I. McMillan (Inv) 22:36; 6, D. Jones (HW) 22:50; 7, S. Littlewood (HW) 23:00; 8, F. Pidgeon (S&E) 23:05; 9, N. Griffiths (SLH) 23:10; 10, M. Smith (N. Lon) 23:12; 11, T. Sullivan (N. Lon) 23:17; 12, I. Jolliffe (Inv) 23:24; 13, P. Holland (N. Lon) 23:37; 14, S. Graham (HW) 23:49; 15, P. Williams (SLH) 23:52.

COLCHESTER TO MERSEA '8'

August 27th

1, D. O'Connor (Lon.I) 37:42; 2, C. Mattock (W&B) 38:11; 3, R. Green (Harl) 39:08; 4, G. Payne (S'end) 39:10; 5, P. Richardson (Hav) 39:25; 6, H. Starkey (Shaft) 39:49; 7, B. Diss (Hav) 40:06; 8, P. Bryan (Hav) 40:21; 9, A. Girling (Col) 41:05; 10, M. Pickard (E&E) 41:19; 11, M. Fletcher (Chelm) 41:28; 12, C. Ryan (QPH) 41:31; 13, L. Sawkins (S'end) 41:34; 14, S. Webb (HW) 41:42; 15, B. Thomas (S'end) 42:09. **Teams:** 1, Havering 9; 2, Southend-on-Sea 16; 3, Chelmsford 29; 4, Colchester 35. (Vets): 1, T. Hoyles (Hav) 43:23; 2, G. Smith (E. Man-O/50) 43:55; 3, M. Wilkinson (Norf) 44:58. (Women): 1, A. Tamplin (Harl) 49:43; 2, W. Orrowe (Harl) 53:05; 3, S. Honey (Unatt) 54:46.

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TENDRING FESTIVAL '6½'**August 27th**

1, L. Gough (Ex.B) 32:48; 2, D. Dix (Chelm) 33:23; 3, S. Gibson (Chelm) 33:34; 4, J. Batchelor (Ilf) 34:00; 5, T. Farrow (Chelm) 34:17; 6, D. Zemper (Thet) 34:30; 7, R. Woodley (Chelm) 34:45; 8, T. Croxford (Chelm) 34:56; 9, D. Watkins (Ips) 35:03; 10, V. Holman (Thet) 35:12; 11, G. Adams (Tend) 35:49; 12, S. Bishop (Chelm) 35:51; 13, K. Wilkinson (Chelm) 36:01; 14, M. Buis (Ips) 36:11; 15, D. Horsop (Thur-V) 36:25. **Teams:** 1, Chelmsford 7; 2, Thetford 30; 3, Ipswich 35; 4, Ilford 44. **(Vets):** 1, Horsop; 2, T. Smith (Ips) 36:28; 3, H. Williams (Ilf) 37:39. **(O/50):** A. Brent (Har) 43:09.

SOUTH LONDON HARRIERS '30'**At Old Coulsdon, September 1st**

1, I. Beauchamp (Horsh) 2:48:51 (2:23:35 at marathon); 2, D. Faircloth (Croy) 2:52:25 (2:26:02); 3, C. Hunn (SLH) 2:55:58 (2:30:36); 4, C. Houghton (E&E) 3:03:15 (2:36:40); 5, M. Newton (SLH) 3:03:50 (2:37:54); 6, G. Archer (Hill-V) 3:09:38 (2:43:10); 7, M. Keough (Basing-V) 3:12:19; 8, M. Baggs (Wey) 3:13:00; 9, M. Pickard (E&E) 3:13:34; 10, J. Cock (E&E-V) 3:15:01; 11, R. Holmes (Notts) 3:16:21; 12, N. Griffiths (SLH) 3:19:18; 13, C. Lambert (E&E) 3:21:42; 14, D. Turner (E&E-V) 3:22:54; 15, G. White (Watf) 3:23:59; 16, S. Instone (Rane) 3:27:06; 17, R. Radley (SLH) 3:27:23; 18, F. Thomas (Chelm) 3:28:46; 19 eq, D. Funnell (E&E-O/50) & V. Gutteridge (Hill) 3:31:00; 21, J. Dixon (E&E-V) 3:31:11. 39 finished. **Teams:** 1, SLH 25; 2, Epsom & E 27.

SCARBOROUGH FESTIVAL FORESHORE 6 MILES ROAD RACE**September 1st**

1, M. Prince (CoH) 29:14; 2, D. Allen (Man) 29:22; 3, A. Armitage (A&SV) 29:42; 4, K. Forster (Salt) 29:58; 5, M. Coleby (Gat) 29:59; 6, P. Shaw (Sheff) 30:09; 7, P. Rawnsley (Sheff) 30:39; 8, C. Nightingale (CoH) 30:41; 9, C. Taylor (A&SV) 30:48; 10, J. Myatt (Gat) 31:02. **Teams:** 1, Saltwell 40; 2, Shefffield 41; 3, City of Hull 42. **(Vets):** T. Flory (M&C) 17th. **(Youths):** 1, P. May (Heat) 15:07; 2, A. Kennedy (Bing) 15:19; 3, P. Tootel (Stret) 15:21. **Team:** City of

Hull. **(Boys):** 1, G. Stones (Bart) 13:23; 2, A. Rodgers (Leeds C) 13:29; 3, M. Peevor (M&C) 13:35. **Team:** Middlesbrough & C. **(Colts):** 1, E. Harris (QEGS) 11:53; 2, R. Fletcher (Spn) 11:59; 3, D. Andrews (CoH) 12:04. **Team:** Spenborough.

MISTLEY '6'**September 2nd**

1, M. Hurd (RAF Watt) 30:37; 2, B. Diss (Hav) 30:49; 3, P. Richardson (Hav) 31:33; 4, P. Bryan (Hav) 31:58; 5, D. Dix (Cov) 32:16; 6, M. Fletcher (Chelm) 32:32; 7, B. Thomas (S'end) 32:55; 8, D. Watkins (Ips) 33:02; 9, D. Mullane (Chelm) 33:05; 10, W. Shirley (Hav) 33:12; 11, J. Clare (B'heath) 33:25; 12, P. Whymark (Col) 33:40; 13, G. Valentine (Bas) 33:44; 14, D. Todd (RAF Watt) 33:52; 15, G. Thomas (Col) 34:00. **Teams:** 1, Havering 9; 2, RAF Wattisham 33; 3, Ipswich 34; 4, Chelmsford 35; 5, Colchester 38; 6, Thurrock 48. **(Vets):** 1, T. Smith (Ips) 34:13; 2, P. Dobbs (Thur) 34:16; 3, D. Horsup (Thur) 35:02. **(Women):** 1, L. Mosen (Ux) 40:10; 2, W. Orrowe (Harl) 41:45; 3, J. Marsden (Hav-V) 45:33.

LINOTYPE '5'**At Altrincham, September 5th**

1, A. Royle (Manchester) 23:56
2, M. Tagg (Staffs Moorlands) 23:58
3, G. Harvey (Staffs Moorlands) 24:00
4, D. Brennan (Warr) 24:04; 5, R. May (A&SV) 24:07; 6, L. Reilly (Sale) 24:21; 7, K. Newton (Sheff) 24:23; 8, P. Morris (Sal) 24:25; 9, M. Deegan (O&R) 24:26; 10, J. Norman (Alt) 24:27; 11, J. Temperton (A&SV) 24:32; 12, S. Curran (Sal) 24:41; 13, S. Fowler (Staffs M) 24:43; 14, P. Rawnsley (Sheff) 24:52; 15, P. Bowler (Staffs M) 24:53; 16, P. Shaw (Sheff) 25:00; 17, F. McGuire (Liv) 25:18; 18, D. Gee (Man) 25:19; 19, R. Morris (Alt) 25:20; 20, P. Connelly (Dark P) 25:30; 21, C. Cope (Sheff) 25:31; 22, I. MacKevooy (Liv) 25:32; 23, S. Clegg (Sal) 25:35; 24, F. Day (E. Ches) 25:39; 25, M. Oldham (Man) 25:41; 26, A. Farrell (Liv) 25:41; 27, B. Bowler (Staffs M) 25:43; 28, M. Flynn (Liv) 25:44; 29, D. Clague (Liv) 25:49; 30, R. Gwilt (Sal) 26:03. **(Vets):** 1, I. Wainwright (Dark P) 26:42; 2, A. Bowen (Newc) 27:38; 3, R. Stranding (Sal) 28:38; 4, S. Smith (Liv. P-O/50) 29:00.

BRACKNELL ATHLETIC CLUB**17th Annual Men's & 3rd Annual Women's****10 MILES OPEN ROAD RACE****(Under A.A.A. & W.A.A.A. Laws)****on Sat., 3rd November, 1979, at 2.45 pm****From Sports Centre, Bagshot Rd., Bracknell****Prizes:** 1st 7 Inds., 1st 3 teams, 1st 'B' team, 1st Vets team, 1st 2 Vets O/40, 1st Vet O/50, 1st 2 Ladies.**Entries:** 30p Ind. (50p on day), to: D. Rikly, 34 Saffron Road, Bracknell, Berks, (Tel: 3993), by Monday, 29th October. SAE for acknow. & results.**Reebok sponsor the annual****THREE TOWERS RACE****(Under A.A.A. Laws)****inc. First Ladies Race****Promoted by Bury Athletic Club****SUNDAY, 14th OCTOBER, 12 noon****Individual, Team & Vets O/40 & O/50 Prizes****Entries to:** W. Boland, 104 Booth Way, Tottington, Bury BL8 3JT. Tel. Tottington 6331. **Fee:** £1.**CLOSING DATE 4th OCTOBER****No late entries**

Joyce Smith Regains Record

DURING her long and illustrious career, Joyce Smith has produced many notable performances — among them UK records at 1500 and 3000, a European bronze medal at the latter distance and an International Cross-Country victory. Earlier this year she moved up to the marathon with stunning success, winning the WAAA title at Sandbach in the British record time of 2:41:37. On September 9th she lost that record when Gill Adams ran 2:41:03 in Eugene ... but last Saturday, at Waldneil (Germany), Joyce recaptured it with a vengeance. In winning the Avon international race, Joyce registered the brilliant time of 2:36:27! Barnet clubmate Carol Gould was also inside the old figures with 2:40:37 in 3rd place, despite having to leave the road twice between 20 and 30km. With Suzan Hassan making a splendid marathon debut (15th in 2:49:02), Britain defeated the USA for team honours. The high quality of the race can be gauged from the fact that Lyn Billington finished 35th in 2:57:51.

Joyce and Carol, running together, reached 10km in 36:45 and were ahead at 20km in 1:13:56. At halfway, Joyce's time was 1:18:04 and Carol's 1:18:08. Their 30km times were 1:50:08 and 1:52:56; 40km — 2:28:10 and 2:32:06. Joyce's 5km splits were 18:09, 18:36, 18:30, 18:41, 18:20, 17:52 (!), 18:52, 19:10 and 8:17 for the last 2.195m. Her final time ranks 6th on the world all-time list.

1, J. Smith (UK; born 1937) 2:36:27; 2, K. Merritt (USA/55) 2:39:43; 3, C. Gould (UK/44) 2:40:37; 4, E. Hassall (Aus/44) 2:42:04; 5, B. Guerin (USA/59) 2:42:44; 6, G. Olinek (Can/53) 2:44:04; 7, G. File (NZ/55) 2:45:21; 8, H. Brenner (Ger/56) 2:45:36; 9, V. Foster (Swi/56) 2:46:17; 10, K. Doppes (USA/56) 2:46:38 ... 15, S. Hassan (UK/56) 2:49:02; 35, L. Billington (UK/45) 2:57:51. Teams: 1, UK 8:06:06; 2, USA 8:09:05; 3, Australia 8:31:25; 4, Germany 8:34:47.

WORLD ALL-TIME LIST

2:32:30	Grete Waitz (Nor)	1978
2:34:48	Christa Vahlensieck (Ger)	1977
2:35:15	Chantal Langlace (Fra)	1977
2:35:15	Joan Benoit (USA)	1979
2:36:24	Julie Brown (USA)	1978
2:36:27	Joyce Smith (UK)	1979
2:37:37	Lorraine Moller (NZ)	1979
2:37:57	Kim Merritt (USA)	1977
2:38:10	Manuela Angenvoorth (Ger)	1977
2:38:12	Gayle Olinek (Can)	1979

Mrs Edie Tarrant thanks all the people who enquired about the back copies of 'AW'. They were taken by the first caller and through 'AW' she would like to say that she is unable to reply to each individual, but thanks you all for your response.

REEBOK BARGAINS

To make way for new stocks the following shoes are available at unrepeatable prices:

Reebok Freedom City 3, 3½, 4, 4½, 5, 7½, 10, 10½, 11 (RRP £16.80) **Sale price £9.99.**

Reebok Cordova 3, 3½, 4, 4½, 5, 5½, 6, 6½, 7, 7½, 8, 9, 10½ (RRP £18.90) **Sale price £10.99.**

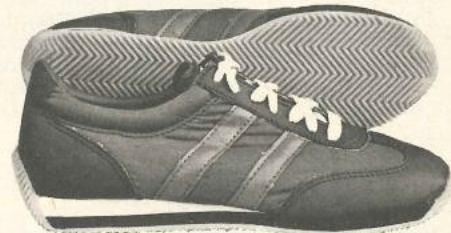
Reebok Midas 5, 6, 6½, 7½, 8, 8½, 9, 9½, 10, 10½ (RRP £21.35) **Sale price £11.99.**

Reebok Aztec 3, 3½, 4, 5, 6, 6½, 7, 11 (RRP £21.35) **Sale price £11.99.**

Reebok Arena (Spikes) 3, 3½, 4, 6, 7, 7½, 8, 8½, 9, 9½, 10½, 11 (RRP £16.00) **Sale price £9.00.**

Reebok Omega 3, 3½, 8, 8½, 9, 10½, 11 (RRP £17.50) **Sale price £10.99.**

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Metric Pacer — A budget price training shoe ideal for the light mileage person. Blue nylon uppers with orange trim. 2-5½ (RRP £5.85) **£5.20**, 6-11 (RRP £7.30) **£6.50.**

PLUS

The Dasher — The latest in the line of budget price waffle training shoes from Korea. This is similar to the Inter GPR, Metric Strider, but with a harder wearing sole. Full sizes only. 2-5 **£7.85**, 6-12 **£8.95.**

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NIKE, KARHU, ADIDAS, TIGER (new range available from October).

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New Balance 320 5½ **£16.75** 6-12½ **£19.95**

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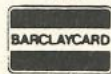
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RUN BY ONE SPORTSMAN FOR OTHERS

NATIONAL YOUNG ATHLETES LEAGUE**At Huddersfield, August 11th**

Leeds City 259; Longwood 231; Sheffield 118.
(Youths): 400H: I. Welsh (Leeds C) 59.3. TJ: A. Khan (Leeds C) 13.80. **(Boys):** 200: D. Wild (Leeds) 24.1. PV: P. Matthews (Leeds C) 3.20. SP: A. Pascall (Long) 13.70.

EASTERN YOUNG ATHLETES LEAGUE**At Bedford, August 12th**

Bedford 500; Oxford City 486; Norfolk Olym. 338; Great Yarmouth 146; Hertford & W 74.

(Boys): DT: L. Douglas (Bed) 40.88. **(Junior Women):** 100: S. Croker (Bed) 12.7. SP: G. Quailey (Bed) 10.74. JT: L. Grantham (Bed) 33.38. **(Girls):** HJ: L. Marriott (Ox.C) 1.55.

At Southend, August 12th

Havering 485; Southend-on-Sea 462; Chelmsford 353½; Lowestoft 184½ Tendring 66.

(Youths): DT: M. Proctor (Chelm) 42.50. **(Boys):** DT: C. Griffin (Hav) 37.36. **(Inters):** LJ: T. Castling (Hav) 5.29. SP: (A): S. Bracey (Chelm) 11.65. (B): D. Bushnell (Chelm) 9.97. DT: Bushnell 34.50. **(Juniors):** SP: 1, B. Eyes (Chelm) 9.94; 2, C. Bernard (Hav) 9.91. DT: Bernard 31.70.

At Peterborough, August 12th

Peterborough 500; Harlow 318; Verlea 307; Thetford 260.

(Youths): HJ: 1, M. Winslow (Harl) 1.95; 2, K.

Letter**BOYS' TOP TEN LISTS**

Dear Sir,

Those interested in the performances of sons and daughters of athletes who appeared in early editions of "UK Athletics Annual", might like to know that Sue and Peter Allday not only have an outstanding throwing daughter, but also a twin son, Adrian, who threw the hammer 41.72m last year.

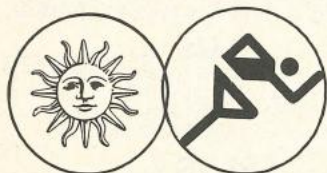
This fact did not come to light because, so far, there have been no ranking lists compiled for the Boys age group. However, we are hoping to rectify this and aim to compile a Boys' "Top Ten" list with AAA Grade 1 as our standard.

Mr. R. Ballantyne of "Cawburnrigg", Haltwhistle, Northumberland, NE49 9PT (track events) and Mr. D. Lynch of "Shandems", Rowhill Road, Hextable, Nr Swanley, Kent, BR8 7RL, (field events) will be most grateful for details of performances that will help them to make these lists as accurate as possible.

**Mrs. Audrey Spinks,
NUTS.**

* * *
 Stourport AC's annual cross country meeting will be held on March 30th next year. Full details in 'AW' later.

Eve (Peter) 1.90. **(Boys):** LJ: D. Shawley (Peter) 5.88. TJ: P. Lumb (Peter) 12.22.

**The 20th Mike Sully Cross-Country Races**

Sponsored by **SUN LIFE ASSURANCE**
 and promoted by **Bristol Athletic Club**

(Under E.C.C.U. & W.C.C. & R.W.A. Rules)

FRY'S SPORTS GROUND, KEYNSHAM, BRISTOL — SUNDAY, 4th NOVEMBER, 1979

A National Class Meeting, 2,000 entries last year
 Spectator course, car and coach parking, refreshments

1979 Timetable

12.10 p.m. 1½ Miles Girls
 12.30 p.m. 1½ Miles Colts
 12.50 p.m. 1½ Miles Junior Ladies
 1.05 p.m. 5 Miles Junior Men
 1.25 p.m. 2½ Miles Boys
 1.55 p.m. 2½ Miles Inter Ladies
 2.20 p.m. 3 Miles Youths
 2.40 p.m. 2½ Miles Senior Ladies
 3.00 p.m. 5 Miles Senior Men

T. Gleed (Wycombe)
 M. Slowikowski (Hercules)
 R. Disley (Haslemere)
 J. Expir (Hillingdon)
 A. Holloway (Ellesmere Port)
 W. Lodge (Aldershot)
 A. Bristow (Brighton)
 R. Smeeth (Aldershot)
 N. Braun (Oxford Univ.)

1978 Winners

Team: Bristol
 Team: Bristol
 Team: Port Talbot
 Team: West London I.H.E.
 Team: Crawley
 Team: Aldershot
 Team: Brighton
 Team: Birchfield
 Team: Bristol

PRIZES: Senior Men 1st 10 and 1st 3 teams, 1st and 2nd Vets and Vets team; 1st 3 and 1st 3 teams all other events; 1st and 2nd Vets (Ladies). All male events, 4 to score (Vets 3). All female events, 3 to score.

ALL PRIZES — NOT MEDALS

ENTRIES: Senior Men 60p, Senior Ladies and Junior Men 50p, all others 40p. For all except Seniors, date of birth and race must be quoted. No team nomination or team fees.

CLOSING DATE 26th OCTOBER — NO LATE ENTRIES

Minimum age 11 years

Entries to Alan Dance, 11 Lymore Avenue, Bath Avon. Tel. Bath 315115. Enquiries must enclose S.A.E.

Birchfield Win Young Athletes Title Again

BIRCHFIELD HARRIERS retained their National Young Athletes' League title amid great atmosphere and with a strong display of all-round depth at Crystal Palace on September 9th. Shaftesbury, a club to be reckoned with these days, had a furious scrap with Cardiff and Haringey before emerging in second place. The Welshmen and the London club tied for third ahead of Leeds and Sale and every point was hard earned.

On an afternoon of excellent marks, young Eric Kimani stood out. He front-ran the Colts 'A' 800m in 2:06.5 (previous record — 2:14.6!) passing 400 in 62.8 and 600 in 1:34.7. Born in Nairobi on November 24th, 1966, Eric is from the same tribe as James Maina and has clocked 2:05.2 twice this year. Recently, he lowered the age-12 1500m best (4:23.9) set by Mark Slowikowski to 4:20.8.

Dave Cocksedge reporting

Sale's Phil McDonnell cleared 2.04m with his first attempt and came close at 2.08 in the Youths high jump, and there was an absorbing struggle in the Boys event: Simon Tyrell and Femi Abejide were even on jumps (except for Abejide's pass at 1.60) until 1.85, when Tyrell slipped over first time and Abejide needed two tries. At 1.90, Abejide snatched back the lead with a first time clearance and Tyrell missed once before going over. Both were close at 1.93 but countback victory went to the Haringey boy. Brian Ritchie drove hard to a 49.4 in the Youths 400 ahead of Owen Parker, and Mark Lassetter had to use all his considerable finishing speed to score a 3000m/1500 steeplechase double.

Shaftesbury's javelin strength looks good through the services of Paul Brice (4 throw series: 58.26, 59.30, 53.40, NT) and Phil Lewis (NT, 57.00, 55.44, 60.12). Ian Welch of Leeds impressed with an excellent 54.8 (record) in the 400H before taking the 'B' string 100H in 14.0. Mark Zaidman was untroubled in the hammer (53.0, 55.86, 56.76, NT).

What I personally find refreshing with the sport at this level is the genuine **ENTHUSIASM** of the athletes and fans. Frankly, it makes a nice change from the cynical money-under-the-table grasping of much of international athletics. Full marks to the sponsors, the IAC, for having the imagination to back this excellent league . . . and to secretary Ron Sales, who works 15 hours per week to ensure the league's success.

Birchfield 491; Shaftesbury 424; Cardiff & Haringey 347; Leeds City 311; Sale 290; Brighton & H 279½; Herne Hill 262½.

(Youths): 100: 1, L. Mars (Har) 11.0; 2, F.



Birchfield's team captain proudly receives the Wilkinson Sword Trophy from international javelin thrower Dave Ottley.

Robin Nicholls

Campbell (Bir) 11.1; 3, N. Grover (B&H) 11.2. 200: (A): 1, Campbell 22.5; 2, Grover 22.7; 3, L. Opherts (Leeds C) 22.7; 4, Mars 22.9. (B): M. Henry (HHH) 22.9. 400: (A): 1, B. Ritchie (Har) 49.4; 2, O. Parker (HHH) 50.2; 3, D. Robinson (Sale) 50.4. (B): 1, M. Baker (Har) 51.1; 2, D. Deans (Bir) 51.5. 800: (A): D. Constable (Bir) 1:58.6. (B): 1, K. McIntosh (HHH) 1:59.0; 2, N.

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Geens (Bir) 1:59.3; 3, D. Pitty (Sale) 1:59.3; 4, A. Taylor (Leeds C) 1:59.9. 1500: 1, Constable 4:03.2; 2, C. Bigg (B&H) 4:03.3. 3000: 1, M. Lassetter (B&H) 8:56.3; 2, M. Bullock (Sale) 8:57.4. 1500SC: (A): 1, Lassetter 4:26.8; 2, R. Pemberton (HHH) 4:27.4; 3, C. Reid (Leeds C) 4:34.7; 4, L. Price (Bir) 4:34.8; 5, M. Thomas (Car) 4:38.9. (B): P. Bristow (B&H) 4:32.9. 100H: (A): 1, N. Walker (Car) 13.7; 2, M. Strawford (Bir) 13.9; 3, M. Johnson (Leeds C) 14.1; 4, H. Ricketts (HHH) 14.1. (B): 1, I. Welch (Leeds C) 14.0; 2, A. Thorn (Bir) 14.4. 400H: (A): 1, Welch 54.8; 2, Thorn 56.4; 3, G. Lynton (Car) 56.7; 4, C. Lush (B&H) 57.8; 5, P. Versheuren (Sale) 58.2; 6, L. Haughton (HHH) 59.1; 7, O. Onuma (Shaft) 59.4. (B): 1, M. Thomas (Car) 57.6; 2, Strawford 59.2; 3, E. Moore (Shaft) 59.9. HJ: (A): 1, P. McDonnell (Sale) 2.04; 2, E. Moore (Shaft) 2.00; 3, Haughton 1.90. (B): G. Barnard (Shaft) 1.90. LJ: J. Fletcher (Shaft) 6.55. TJ: 1, Fletcher 14.23; 2, A. Khan (Leeds C) 13.82. SP: 1, M. Hewer (Car) 16.42; 2, P. Weir (Bir) 14.62; 3, S. Elsley (B&H) 13.96. DT: 1, D. Harrison (Car) 41.94; 2, M. Roberts (Shaft) 41.82. HT: (A): 1, M. Zaidman (Har) 56.76; 2, S. Clark (Shaft) 50.46; 3, A. Hamer (Bir) 47.78; 4, A. Bonetti (B&H) 46.20; 5, S. Benson (Sale) 45.60. (B): S. Blackwell (Shaft) 47.98. JT: 1, P. Lewis (Shaft) 60.12; 2, C. Nelson (Bir) 56.14. 4x100: 1, Haringey 42.9; 2, Birchfield 43.2; 3, Cardiff 44.4; 4, Shaftesbury 44.6; 5, Herne Hill 45.1. 4x400: 1, Herne Hill 3:29.4; 2, Brighton & H 3:29.8; 3, Haringey 3:29.8; 4, Cardiff 3:30.3; 5, Leeds City 3:30.9.

(Boys): 100: 1, D. Broadwood (HHH) 11.8; 2, A. Jones (Bir) 11.8; 3, S. Griffiths (Shaft) 11.8; 4, N. Davies (Sale) 11.9; 5, W. Worrell (Har) 11.9. 200: (A): 1, Griffiths 23.9; 2, Jones 24.1; 3, Broadwood 24.1. (B): D. Wild (Leeds C) 24.0. 400: 1, Griffiths 52.8; 2, N. Wilson (Bir) 53.4; 3, C. Edwards (Har) 53.7; 4, N. Davies (Sale) 54.4. 800: (A): 1, D. Taylor (Sale) 2:05.4; 2, M. Hind (Leeds C) 2:05.6. (B): 1, G. Schiavi (Har) 2:05.9; 2, A. Richards (Car) 2:06.4. 1500: (A): 1, D. Clarke (Bir) 4:12.5; 2, A. Rodgers (Leeds C) 4:15.3; 3, Schiavi 4:19.5. (B): J. Hartigan (Bir) 4:17.0. 3000: (A): 1, D. Middleton (HHH) 9:11.6; 2, C. Ryalls (Leeds C) 9:15.8; 3, J.

Lassetter (B&H) 9:26.0; 4, P. Dainty (Bir) 9:33.6. (B): 1, R. Carter (B&H) 9:30.8; 2, R. Walker 9:34.6; 3, P. Downes (Bir) 9:38.8. 80H: (A): 1, L. O'Toole (Bir) 11.7; 2, R. Francis (Leeds C) 11.8. (B): G. Edwards (Sale) 12.1. HJ: (A): 1, F. Abejide (Har) 1.90; 2, S. Tyrrell (Shaft) 1.90; 3, P. Marlow (Bir) 1.75. (B): G. Curtis (Shaft) 1.75. PV: (A): 1, D. Fagan (Har) 3.40; 2, G. Ashurst (Sale) 3.25; 3, P. Matthews (Leeds C) 3.05; 4, D. Kerr (Shaft) 3.05. (B): 1, C. Weyer (Shaft) 3.05; 2, C. Bitirim (Har) 2.90; 3, B. Forster (Sale) 2.90. LJ: P. Brice (Shaft) 5.99. TJ: 1, Edwards 12.97; 2, R. Thompson (Bir) 12.25; 3, D. Dingwall (Leeds C) 12.19; 4, A. Lewis (HHH) 12.10. SP: 1, M. Fevrius (HHH) 14.60; 2, Brice 14.29. DT: (A): 1, K. Brown (Bir) 40.82; 2, G. Misser (Har) 39.36; 3, T. Bagnall (Sale) 36.86; 4, S. Simms (HHH) 36.64. (B): N. Lynch (Har) 36.04. HT: (A): 1, A. French (Shaft) 52.56; 2, B. Collins (Har) 47.52; 3, A. Allday (B&H) 44.98. (B): K. Powers (Shaft) 47.00. JT: 1, Brice 59.30; 2, P. Jarrett (Bir) 50.76; 3, J. Boyes (Leeds C) 49.00. 4x100: 1, Birchfield 46.6; 2, Cardiff 46.9. 4x400: 1, Birchfield 3:41.9; 2, Shaftesbury 3:42.0; 3, Sale 3:43.4; 4, Cardiff 3:44.4. (Colts): 800: 1, E. Kimani 2:06.5; 2, J. Holloway (Bir) 2:18.5. 1500: (A): 1, Downes 4:41.5; 2, M. Powell (Car) 4:41.6; 3, S. Dimery (B&H) 4:47.8; 4, B. Cox (Shaft) 4:49.7. (B): 1, P. Bridger (Car) 4:46.7; 2, N. Smith (Bir) 4:46.9. 4x100: Birchfield 51.5.

NATIONAL YOUNG ATHLETES LEAGUE AUXILIARY FINAL

At Crystal Palace, August 25th

Borough of Enfield 387; Bristol 379; Borough of Hounslow 368; Cannock Chase 364; Luton 314; Stretford 308½; Tonbridge 303½; Middlesbrough & C 285.

(Youths): 100: (A): J. Blake (Enf) 11.1. (B): R. Minor (Cann) 11.2. 200: (A): Blake 22.3. (B): J. Weston (Enf) 22.9. 400: 1, Weston 50.2; 2, C. Wright (Lut) 50.8; 3, D. Flory (Bris) 51.0; 4, P. Lycett (Cann) 51.0. 1500: G. Taylor (Houn) 4:04.9. 3000: P. Tootell (Stret) 8:57.6. 1500SC: 1, Taylor 4:18.3; 2, K. Baker (Cann) 4:23.1; 3, T. Barlow (Stret) 4:24.6; 4, M. Bannister (Ton) 4:33.9; 5, P. Coulsen (M&C) 4:38.8. 100H: 1, D. Wilkinson (Lut) 13.4; 2, H. Teap (Enf) 13.7; 3, N. Verma (Houn) 14.0; 4, B. Rodger (Ton) 14.2; 5, J. O'Reilly (Stret) 14.3; 6, R. Knibbs (Bris) 14.4. 400H: (A): 1, Rodger 56.8; 2, O'Reilly 57.7; 3, M. Blastland (Lut) 58.3; 4, G. Baker (Bris) 58.6. (B): Wilkinson 58.1. TJ: (A): 1, Teap 14.12; 2, E. Hechavarria (Bris) 14.03. (B): W. Williams (Enf) 13.82. SP: B. Woodcock (Cann) 15.06. DT: R. Wood (Ton) 41.56. 4x100: 1, Borough of Enfield 44.5; 2, Luton 44.6; 3, Borough of Hounslow 45.4; 4, Stretford 45.4. 4x400: Cannock Chase 3:29.2.

(Boys): 100: 1, D. Thomas (Enf) 11.7; 2, C. Thompson (Stret) 11.9. 200: Thomas 23.8. 400: 1, R. Barclay (Ton) 54.5; 2, R. Soames (Houn)

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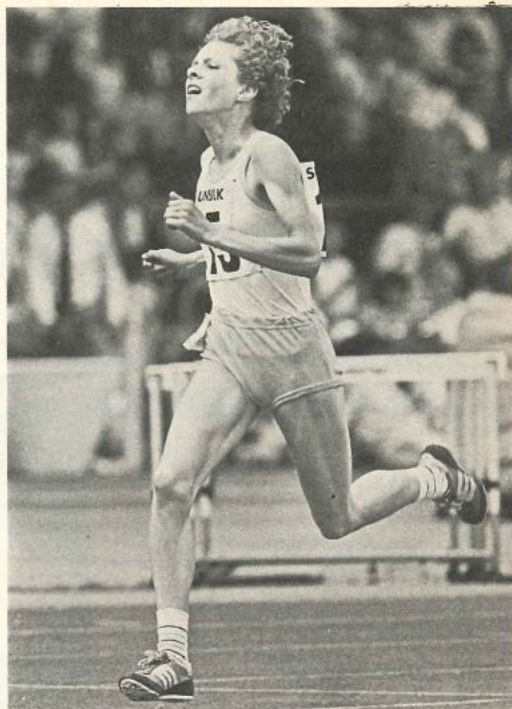
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MONEY BACK GUARANTEE

54.6; 3, J. Burns (Cann) 54.7. 1500: 1, D. Birchall (Stret) 4:16.9; 2, M. Peavor (M&C) 4:18.5. 3000: R. Lollie (Ton) 9:36.6. 80H: (A): 1, S. Berneth (Houn) 11.6; 2, M. Kenney (Bris) 11.8. (B): D. Barry (Enf) 12.0. HJ: A. Finnie (Lut) 1.70. LJ: V. Samuels (Bris) 5.87. TJ: 1, Samuels 13.69; 2, S. Folkard (Houn) 12.45. SP: 1, R. Proctor (Bris) 13.72; 2, I. Mobley (Cann) 13.40. DT: (A) Mobley 42.14. (B): W. Leonowicz (Cann) 37.04. HT: 1, Proctor 40.24; 2, Mobley 39.70. JT: (A): A. Ravenscroft (Stret) 48.04. (B): C. Thompson (Stret) 47.32. (Colts): 800: 1, S. Newport (Ton) 2:17.0; 2, A. Webb (Enf) 2:18.8. 1500: (A): 1, D. Neal (Ton) 4:41.2; 2, P. Halsey (Lut) 4:43.1; 3, G. Leader (Enf) 4:48.0. (B): A. Hollens (Ton) 4:42.2.

Southern Counties Women's CC & RWA officers: secretary — R. Scruton, 88 Whetstone Road, Farnborough, Hants (Tel: 0252 46301); walking sec — Mrs. J. Torpey, 41 Selsdon Close, Elmars Avenue, Surbiton, Surrey (Tel: 01-399 8985); treasurer — K. Luckins, 19 Cross Lane, Frimley Green, Camberley, Surrey (Tel: Deepcut 5360); champs sec — A. Barrett, Corrie View, Wyke, Axminster, Devon; officials sec — Mrs. M. Smith; coaching secs — S. Belton (CC) & M. Long (Walking).

Right: Linsey MacDonald . . . UK junior 400 record holder and senior international at age 15!



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ENTRIES CLOSE 7.11.79

Bell's Junior International

At Meadowbank, September 1st

England 331; Scotland 235; Wales 176; N. Ireland 101.

100: (+1.9m) 1, E. Gilkes (E) 10.70; 2, M. Powell (E) 10.73; 3, S. Thomas (W) 10.99; 4, J. Dawson (S) 11.04; 5, D. Morgan (W) 11.16; 6, R. Smith (S) 11.37; 7, K. Lockhart (NI) 11.55; 8, K. Higgins (NI) 11.78. **200:** (+1.9m) 1, P. Cooke (E) 21.51; 2, Dawson 21.94; 3, D. Bills (E) 22.00; 4, Thomas 22.28; 5, Morgan 22.29; 6, Smith 22.74; 7, S. McBride (NI) 22.76; 8, D. Marrs (NI) 23.99. **400:** 1, K. Blackburn (E) 48.01; 2, I. Cuthbertson (S) 48.26; 3, J. Learmonth (S) 48.55; 4, B. McLaughlin (NI) 50.28; 5, P. Beattie (W) 50.36; 6, N. Jackson (E) 50.42; 7, O. Sussey (W) 51.16; 8, C. Ewart (W) 51.17. **800:** 1, C. McGeorge (E) 1:53.8; 2, R. Barrett (W) 1:55.2; 3, J. Blackledge (E) 1:56.0; 4, A. Bryce (S) 1:56.7; 5, G. Gibson (S) 1:57.8; 6, S. Gillespie (NI) 1:57.9; 7, Ewart 1:58.7; 8, P. Hannon (NI) 1:59.4. **1500:** 1, S. Cram (E) 3:48.4; 2, S. Flint (E) 3:52.9; 3, C. Hume (S) 3:57.3; 4, N. Morgan (W) 3:57.6; 5, M. Webbun (W) 3:57.7; 6, R. Murtagh (NI) 3:59.1; 7, D. Leckey (NI) 4:00.2; 8, R. Arbuckle (S) 4:02.3. **3000:** 1, C. Reitz (E) 8:17.8; 2, J. Doherty (NI) 8:18.1; 3, G. Smith (E) 8:26.8; 4, C. Clarkson (W) 8:33.2; 5, P. Lanfear (W) 8:36.8; 6, W. Smith (S) 8:43.7; 7, I. Steel (S) 8:53.4; 8, J. McCready (NI) 8:54.2. **110H:** (+3.0m) 1, T. Carrington (E) 14.9; 2, C. Porteous (NI) 14.9; 3, R. Willard (E) 15.0; 4, N. Alexander (W); 5, S. McAslan (S); 6, A. Erskine (S); 7, P. Horner (NI).

HJ: 1, O. Cham (E) 2.09; 2, T. Smith (S) 2.06; 3, T. Llewelyn (W) 2.03; 4, A. McIver (W) 1.95; 5, R. Charles (E) 1.95; 6, D. McKinney (NI) 1.95; 7, McAslan 1.90; 8, N. Thompson (NI). **PV:** 1, A. Jackson (E) 4.50; 2, A. Leiper (S) 4.30; 3, D. Hooper (E) 4.20; 4, D. Hamilton (S) 4.00; 5, R. Hughes (W) 3.80; 6, R. Harvey (NI) 3.10; 7, P. Carson (NI) 2.70; A. Phillips (W) no ht. **LJ:** 1, T. Sinclair (E) 6.87; 2, J. Furnham (W) 6.78; 3, P. Hanson (E) 6.75; 4, D. Emslie (S) 6.70; 5, D. Woods (W) 6.53; 6, H. Taylor (S) 6.15; 7, G. Taylor (NI) 6.07; 8, D. McMullan (NI) 5.92. **SP:** 1, P. Milbourn (E) 15.36; 2, J. Reynolds (NI) 14.03; 3, G. Brocklebank (E) 13.92; 4, P. Mardle (S) 13.36; 5, E. Irvine (S) 12.92; 6, M. Girvan (NI) 12.05; 7, M. Hower (W) 12.03; 8, J. Daniels (W) 11.96. **DT:** 1, R. Weir (E) 50.42; 2, C. Dinsdale (E) 47.92; 3, Mardle 43.46; 4, K. Christie (S) 41.94; 5, Reynolds 39.16; 6, J. Buttress (W) 38.72; 7, J. Collins (W) 34.34; 8, Girvan 28.20. **4x100:** 1, England 42.1; 2, Wales 42.5; 3, Scotland 42.8; 4, N. Ireland 47.8. **4x400:** 1, England 3:15.3; 2, Scotland 3:19.5; 3, Wales 3:22.9; 4, N. Ireland 3:28.8.

Women

100: (+4.3m) 1, L. MacDonald (S) 11.68; 2, L. Stewart (E) 11.72; 3, J. Christian (E) 12.02; 4, A.

Reid (S) 12.23; 5, J. Webb 12.26; 6, K. Taylor (W) 12.38; 7, R. Gaylor (NI) 12.78; 8, L. Gourley (NI) 12.81. **200:** (+1.6m) 1, MacDonald 23.95; 2, Stewart 24.56; 3, S. Thomas (E) 24.81; 4, Reid 24.98; 5, Taylor 25.63; 6, H. Gourley (NI) 26.46; 7, J. Buttress (W) 26.79; 8, Gaylor 27.08. **400:** 1, C. Pendleton (E) 55.86; 2, D. Kitchen (S) 56.73; 3, A. Bridgeman (S) 57.21; 4, F. Western (E) 57.89; 5, A. Griffiths (W) 58.06; 6, S. Morgan (W) 58.65; 7, C. Gallen (NI) 58.79; 8, R. Atkinson (NI) 61.39. **800:** 1, K. McDermott (W) 2:08.7; 2, L. Baker (E) 2:09.4; 3, J. Croasdale (E) 2:10.7; 4, E. McArthur (S) 2:12.5; 5, C. Nicholas (W) 2:16.9; 6, V. Hutton (S) 2:18.5. **1500:** 1, F. McQueen (S) 4:26.1; 2, W. Lodge (E) 4:30.7; 3, L. Driver (E) 4:35.0; 4, S. Doyle (NI) 4:35.6; 5, A. McClung (NI) 4:37.5; 6, L. MacDougall (S) 4:37.7; 7, Y. Jones (W) 4:40.2; 8, K. Williams (W) 4:43.2. **100H:** (+0.3m) 1, C. St. John (E) 14.47; 2, L. Scott (S) 14.65; 3, E. Little (E) 14.82; 4, N. Evans (W) 15.01; 5, Buttress 15.49; 6, E. McKie (S) 15.69; 7, C. McKinney (NI). **HJ:** 1, S. Rowe (E) 1.71; 2, S. Brown (S) 1.71; 3, J. Hagger (E) & L. Matthews (E) 1.68; 5, I. Watt (S) 1.68; 6, S. McPeake (NI) 1.68; 7, D. McDowell (NI) 1.65; 8, M. Hughes (W) 1.65. **LJ:** 1, S. Hearnshaw (E) 6.19; 2, K. Glen (S) 5.75; 3, L. Stephen (S) 5.71; 4, M. McGee (E) 5.71; 5, J. Edwards (W) 5.59; 6, Rowe 5.49. **SP:** 1, C. Gregory (E) 12.72; 2, S. McDonald (S) 12.23; 3, S. Bracey (E) 12.14; 4, S. Lee (W) 10.71; 5, Y. Christie (S) 10.51; 6, J. Leonard (W) 10.50; 7, J. McGowell (NI) 9.51; 8, J. McKernan (NI) 7.96. **JT:** 1, S. Flack (E) 46.36; 2, M. Jervis (E) 45.98; 3, V. Price (S) 41.40; 4, J. Jackson (W) 36.06; 5, J. Morley (W) 34.06; 6, K. Stewart (S) 32.04; 7, J. Menown (NI) 28.94. **4x100:** 1, England 46.38; 2, Scotland 47.74; 3, Wales 48.49; 4, N. Ireland 49.79. **4x400:** 1, Scotland 3:43.2; 2, England 3:44.5; 3, Wales 3:53.2; 4, N. Ireland 4:07.2.

Karen Hughes' time of 4:31.2 in the Junior 1500 at the Rotary Watches Meeting at Crystal Palace was wrongly reported as a UK age-14 best. Lynne MacDougall ran 4:29.6 in the Schools International at Grangemouth on July 16th.

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UK v RUSSIA contd from page 6

Downes played his part by placing 5th and the deficit was down to 7 points.

The 5000m runners as good as clinched the match in Britain's favour by finishing 1st, 3rd and 4th, with only European marathon champion Leonid Moseyev (who has a best of 13:34.7) foiling a clean sweep. It was a very slow race until first Malcolm Prince and then Steve Binns livened it up with an 8th lap of 61.8. Binns continued to lead until Steve Emson shot away with 200 to go and covered the last half lap in 27.6. Moseyev passed Binns for 2nd around the turn and showed a lot of finishing speed for a marathon specialist. No wonder he won that amazing Spartakiade marathon in which four metres covered the first four!

Going into the final event, the 4x400, Russia led by a single point. With the relay scoring 7 for a win and 4 for 2nd place the match would go to whomever won the race. Barring accidents Britain had to 'walk it' ... and so they did, winning by around 80m! Alan Bell (49.0) handed over a dozen metres up, Iain Cuthbertson (47.8) slightly extended the lead, and Mel Fowell (47.3) and Steve Scutt (46.3) completed the demolition job against opponents who weren't really that interested. And so, at the end of an emotionally charged afternoon, Britain ran out the winners by 2 points.

(a) Sept 22nd, (b) Sept 23rd

100: (+3.2m) (a) 1, CAMERON SHARP 10.43; 2, A. Shlyapnikov 10.46; 3, TREVOR HOYTE 10.50; 4, S. Vladimirtsev 10.58; 5, A. Stasevich 10.61; 6, DAVE BAPTISTE 10.62.

200: (-1.7m) (b) 1, SHARP 21.41; 2, EARL TULLOCH 21.59; 3, Shlyapnikov 21.61; 4, HOYTE 21.67; 5, Stasevich 21.81; 6, Vladimirtsev 22.19.

400: (a) 1, STEVE SCUTT 47.03; 2, ALAN BELL 47.34; 3, MEL FOWELL 47.92; 4, Y. Kozlov 48.11; 5, V. Dotsenko 48.99; 6, V. Malozemlin 49.91.

800: (b) 1, GARRY COOK 1:50.9; 2, ROB HARRISON 1:51.0; 3, N. Shirokov 1:51.7; 4, CHRIS SLY 1:53.0; 5, V. Anokhin 1:54.2; 6, Malozemlin 1:56.3 (fell).

1500: (b) 1, STEVE CRAM 3:48.3; 2, MIKE MCLEOD 3:48.5; 3, V. Ponomarev 3:49.7; 4, V. Toropov 3:50.3; 5, MIKE DOWNES 3:50.6; 6, V. Yerokhin 3:51.3.

5000: (b) 1, STEVE EMSON 13:56.0; 2, L. Moseyev 13:56.7; 3, STEVE BINNS 13:58.2; 4, MALCOLM PRINCE 14:00.0; 5, N. Grigoryev 14:03.5; 6, G. Yaburov 14:58.5.

10,000: (a) 1, JULIAN GOATER 28:30.5; 2, DAVE BLACK 28:55.7; 3, PETER STANDING 28:57.5; 4, I. Parlui 29:34.6; 5, V. Zubov 30:10.1; 6, Y. Pyrkina 30:19.7.

3000SC: (b) 1, ROGER HACKNEY 8:38.4; 2, V. Isakov 8:38.9; 3, GORDON RIMMER 8:40.2; 4, A. Dimov 8:46.1; 5, GRAEME FELL 8:47.0; 6, S. Yepishin 9:07.8.

110H: (+2.0m) (a) 1, A. Prokofiev 13.71; 2, E. Pereverzev 14.03; 3, WILBERT GREAVES 14.08; 4, MARK HOLTOM 14.28; 5, DAVE WILSON 14.41; 6, G. Rybachenko 14.74.

400H: (b) 1, GARY OAKES 50.50; 2, D. Stukalov 51.69; 3, MIKE WHITTINGHAM 51.72; 4, Rybachenko 52.73; 5, ROGER BELL 53.38; 6, A. Istomin 54.00.

HJ: (b) 1, TIM FOULGER 2.18; 2, G. Belkov 2.15; 3, V. Kuktsevich 2.15; 4, MARK NAYLOR 2.10; 5, OSSIE CHAM 2.10; 6, V. Andreyev 2.10.

PV: (a) 1, V. Trofimenko 5.40; 2, BRIAN HOOPER 5.40; 3, A. Dolgov 5.35; 4, A. Krupskiy 5.20; 5, ALLAN WILLIAMS 5.00; 6, TIM ANSTISS 4.40.

LJ: (a) 1, A. Syomin 7.75; 2, S. Scherbina 7.63; 3, A. Beskrovny 7.55; 4, TREVOR WADE 7.47; 5, EDDIE STARRS 7.39; 6, TREVOR SINCLAIR 7.17.

TJ: (b) 1, A. Piskulin 16.61; 2, V. Parshenkov 16.31; 3, Beskrovny 15.81; 4, DAVE JOHNSON 15.32; 5, FRANK ATTOH 15.20; 6, RICHARD PHILIPS 14.92.

SP: (b) 1, M. Gusev 19.61; 2, GEOFF CAPES 19.60; 3, G. Mikhailov 18.28; 4, V. Raschupkin 18.01; 5, MIKE WINCH 17.10; 6, IAN LINDLEY 17.03.

DT: (a) 1, A. Nazhimov 61.62; 2, Raschupkin 60.66; 3, P. Mikhailov 60.46; 4, WINCH 51.72; 5, DENNIS ROSCOE 51.00; 6, PETER GORDON 49.32.

HT: (b) 1, A. Buneyev 74.12; 2, CHRIS BLACK 71.34; 3, A. Malyukov 71.12; 4, JIM WHITEHEAD 69.52; 5, PAUL DICKENSON 63.86; 6, P. Mikhailov 33.92.

JT: (a) 1, A. Makarov 79.64; 2, PETER YATES 79.48; 3, D. Sitnikov 76.88; 4, V. Yevsyukov 76.22; 5, JOHN TROWER 75.40; 6, DAVE OTTLEY 74.40.

10,000 Walk: (a) 1, V. Tsvetkov 40:04.0 (European & UK a-c best); 2, V. Dorovskikts 40:25.3; 3, Y. Yevsyukov 40:40.4; 4, ROGER MILLS 43:14.7; 5, GORDON VALE 44:21.2; 6, AMOS SEDDON 44:32.5.

4x100: (a) 1, UK (PHIL COOKE, HOYTE, SHARP, BAPTISTE) 40.04; 2, Russia (Shlyapnikov, N. Kolesnikov, Stasevich, Vladimirtsev) 40.25.

4x400: (b) 1, UK (BELL, IAIN CUTHBERTSON, FOWELL, SCUTT) 3:10.4; 2, Russia (Rybachenko, Shirokov, Stukalov, Kozlov) 3:20.2.

Match Result: UK 221, Russia 219.

Women's Match: see page 26

The third leg of the England 'B' 4x400 relay team in the England v Poland v Switzerland international (Aug. 27th) was filled by Gary Oakes and not Earl Tulloch as reported.

London Boroughs Championships

At Crystal Palace, September 2nd

Haringey 256; Lambeth 249; Waltham Forest 244½; Enfield 234; Havering 222; Croydon 221; Hillingdon 199; Bromley 194½.

200: 1, M. Morris (Wal) 21.9; 2, C. Moseley (Har) 22.3. 400: 1, D. Joseph (Wal) 48.2; 2, D. Cocks (Croy) 48.9; 3, S. McGilchrist (Enf) 49.1; 4, A. Cord (Lam) 49.7; 5, D. Cameron (Har) 50.0. 800: R. Benn (Croy) 1:53.0. 3000SC: 1, J. Goldring (Wal) 9:17.4; 2, D. Milner (Enf) 9:23.4; 3, T. Woods (Lam) 9:26.2; 4, G. Ward (Har) 9:33.2. 400H: P. Johnson (Enf) 55.7. HJ: 1, L. Thompson (Har) 1.95; 2, R. Atun (Wal) 1.95. PV: 1, J. Ball (Croy) 4.20; 2, H. Davis (Har) 4.00; 3, S. N'Jie (Hill) 3.80. LJ: 1, R. Mitchell (Lam) 7.20; 2, H. Walters (Wal) 7.03. TJ: 1, A. Oyedran (Lam) 15.00; 2, M. Brown (Har) 14.95; 3, J. Harmon (Wal) 14.41; 4, S. Smith (Enf) 13.86. SP: 1, M. Winch (Lam) 15.72; 2, A. Zaidman (Enf) 14.77; 3, F. Obikwu (Har) 13.80; 4, P. Todd (Croy) 13.00. DT: 1, Winch 49.60; 2, J. Howell (Brom) 48.08; 3, B. Lynn (Hill) 43.03; 4, C. Darcy (Hav) 41.86; 5, P. Todd (Croy) 41.24. JT: 1, E. Devido (Har) 61.74; 2, D. Heath (Hav) 60.06. 4x400: Havering 3:23.4. **(Youths):** 400: 1, J. Weston (Enf) 50.0; 2, M. Baker (Har) 50.4. 800: 1, P. Lynch (Har) 1:59.3; 2, N. Goode (Croy) 1:59.4. 100H: H. Teape (Enf) 14.0. LJ: 1, Teape 6.97; 2, J. Patterson (Hav) 6.56. 4x100:

1, Waltham Forest 44.3; 2, Enfield 45.2; 3, Havering 45.5.

(Women): 100/200: H. Hunte (Enf) 11.9/23.9. 400: 1, J. Mgbeze (Lam) 56.3; 2, L. Thompson (Croy) 57.1. 3, S. Reed (Brom) 57.4. 800: S. Hassan (Croy) 2:13.4. 1500: 1, D. Kiernan (Hav) 4:33.9; 2, J. Smith (Brom) 4:34.9; 3, D. Phillips (Croy) 4:37.3. 100H: 1, D. Skerritt (Hill) 14.5; 2, S. Bull (Brom) 15.9. HJ: 1, R. Few (Brom) 1.80; 2, D. Brown (Hill) 1.70; 3, C. Saunders (Enf) 1.70; 4, M. Jones (Croy) 1.65; 5, S. Taylor (Wal) 1.65. LJ: 1, M. Jones (Croy) 5.52; 2, S. Joseph (Brom) 5.52. SP: 1, J. Oakes (Brom) 15.77; 2, J. Kerr (Croy) 13.31; 3, J. Jackson (Har) 12.75; 4, J. Mullings (Lam) 10.95. DT: 1, Kerr 46.24; 2, Oakes 45.94; 3, J. Wilderspin (Hav) 36.92; 4, Jackson 36.66; 5, J. Kelly (Wal) 31.86; 6, D. Tudor (Hill) 30.62. JT: J. Rose (Lam) 51.26. 4x100: 1, Lambeth 48.3; 2, Bromley 48.7; 3, Enfield 49.0; 4, Croydon 49.2; 5, Hillingdon 49.4. **(Juniors):** 100: D. Doyley (Lam) 12.7. 200: 1, Doyley 25.8; 2, S. Moseley (Har) 26.2. 800: 1, J. Oliver (Wal) 2:18.3; 2, A. Tingay (Croy) 2:19.9; 3, P. Peterson (Hav) 2:23.0. 1500: 1, S. Jeffries (Hav) 4:46.5; 2, A. Nagle (Wal) 4:47.6; 3, T. Birch (Hill) 4:57.6. 75H: 1, N. Byer (Wal) 11.5; 2, D. Warnett (Hill) 11.6; 3, S. Clarke (Har) 11.8. LJ: 1, M. Gooden (Har) 5.20; 2, Byer 5.18. SP: 1, G. Achille (Har) 11.68; 2, I. Doyley (Lam) 11.07; 3, S. Mair (Croy) 9.95. 4x100: 1, Lambeth 50.9; 2, Waltham Forest 51.4; 3, Haringey 51.4.



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POST FREE

CREAG DHUBH HILL RACE (Cat. A)**August 4th**

1, H. Jarratt (Cumb) 28:26; 2, C. Donnelly (Cam-J) 29:31; 3, B. Shields (Lochaber) 30:56; 4, A. Davies (Bad) 32:29; 5, J. Jardine (Pen) 32:37; 6, G. Young (Rown) 32:44; 7, R. Boswell (Lochaber) 32:46; 8, M. Ingham (ESH) 32:54; 9, P. Brooks (Lochaber-V) 33:02; 10, M. Allen (S'port W) 33:40.

CRANHAM BOUNDARY CHASE**August 13th**

1, N. Rose (Bris) 26:39; 2, C. Bunyan (S&E) 27:21; 3, D. O'Daly (Swin) 27:56; 4, P. Watts (West) 28:54; 5, D. McNamee (Chelt) 29:02; 6, R. Brownsley (West) 29:32; 7, S. Brown (Chelt) 29:42; 8, M. Tockwell (Durs) 29:48; 9, G. Morgan (Durs) 29:52; 10, D. Jennings (Bing) 29:55. **(Women):** 1, L. Gibson (Durs) 29:35; 2, K. Bishop (Chelt) 29:50; 3, C. Francis (KH VIII) 30:17; 4, P. Gallagher (Unatt) 30:54; 5, J. Hasman (Swin) 31:42; 6, L. Jones (KH VIII) 32:08.

BARNOLDSWICK FELL RACE**August 19th**

1, D. Slater (Bingley) 31:24
2, P. Ravald (Horwich (RMI)) 31:38
3, R. Wilde (Manchester) 31:59
4, J. Temperton (A&SV) 32:11; 5, M. Baxter (Leeds C) 32:13; 6, J. Norman (Alt) 32:21; 7, P. Morris (Sal) 32:26; 8, J. Clark (Grim) 32:27; 9, E. Irving (Bing) 32:33; 10, M. Deegan (O&R) 32:42;

11, A. Parkinson (A&SV) 32:46; 12, D. Wilson (B'burn) 32:53; 13, J. Marsay (Leeds C) 33:04; 14, D. Quinlan (Bing) 33:15; 15, A. Derby (Sale) 33:18; 16, B. Hilton (Leeds C) 33:18; 17, J. Waterhouse (Bing) 33:37; 18, M. Bishop (Staffs M) 33:38; 19, H. Walker (B'burn) 33:53; 20, H. Kelly (E. Ches-V) 33:55; 21, A. Styan (Holm) 34:05; 22, D. Singleton (Bol) 34:06; 23, A. Spence (Bing) 34:13; 24, R. Shorrocks (B'burn) 34:14; 25, F. McQuire (Liv) 34:15; 26, K. West (W&B) 34:16; 27, R. Hill (Clay-V) 34:17; 28, M. McGann (E. Ches) 34:21; 29, I. Perrow (Clay) 34:31; 30, C. Haynes (WYP) 34:45.

ACHMONY HILL RACE (Cat. B)**August 25th**

1, A. Smith (Shett) 21:41; 2, M. Edwards (A'deen) 21:47; 3, R. Campbell (Lochaber) 21:55; 4, F. Clyne (A'deen) 22:01; 5, B. Kirkwood (Lochaber) 22:02; 6, R. Boswell (Lochaber) 22:08; 7, B. Turnbull (I'ness) 22:24; 8, B. Shields (Lochaber) 23:10.

UK CLUB RELAY RECORDS

UK best marks have been recorded lately as follows: Sept. 8th at Bracknell: Inters. 4x800: Haslemere Border 9:09.3. Sept. 15th at Luton: Junior 4x1500: Blackburn 16:04.3; Junior Women 4x100: Haringey 48.5; 4x200: Bristol 1:44.0 (Selsonia 1:44.2 & Haringey 1:45.2 in heats).

EASTERN COUNTIES ATHLETICS COACHING CONFERENCE

(Administered by Essex Federation of Athletics Coaches)**SATURDAY, 13th OCTOBER, 1979, 9 a.m. to 6 p.m.**

**Venue: Anglia Regional Management Centre,
Danbury Park, Danbury, Nr. Chelmsford, Essex.**

- PROGRAMME:**
- (1) **Training Theory**
Lecturer: Frank Dick, B.A.A.B. Director of Coaching
 - (2) **Trends in the Marathon**
Lecturer: Ron Holman, National Event Coach Long Distance
 - (3) **Sprint Training**
Lecturer: Malcolm Coomber, Southern Staff Coach
 - (4) **Strength Training**
Lecturer: Mike Winch, Southern Staff Coach
 - (5) **Women's Middle Distance Running**
Lecturer: Bryan Smith, Senior Coach
 - (6) **Trends in the Horizontal Jumps**
Lecturer: Gordon Adams, National Coach.

Conference Fee: £6.00 (including 3 course lunch and light refreshments — morning and afternoon).

Applications to: Mr Charles Mustoo, 10 Dee Close, Upminster, Essex, (enclose S.A.E.).

All County Associations and Clubs in the Eastern Counties are strongly recommended to be represented.

GDR All Rounders Triumph

At Dresden, September 1st/2nd

THIS fourth final of the European Cup for Combined Events was held in excellent conditions, a marked contrast to the final in Lille two years ago, and certainly an improvement on those in Bonn (1973) and Bydgoszcz (1975).

The pentathlon, on the first day, resulted in the expected win for GDR, who missed the 1977 competition, but individual honours went to Yekaterina Smirnova, who in Quebec City on August 12th had moved to 2nd best of all-time (4834) with the following series: 12.95, 14.36m, 1.80m, 6.78m, 2:14.4. Here she was reduced to 13.48 by a headwind of 0.9m/s, but after the shot and high jump had cut the deficit to 50 vis-à-vis her Canadian score. However, a long jump of "only" 6.62m meant that she would have needed to run an extravagant 2:08.4 for a personal best. She had to settle for 2:17.0.

The UK team started off rather well in the hurdles with Gladys Taylor (14.49 into 1.3 m/s) and Moira Maguire (14.06 into 0.4m/s) setting personal bests; the team were 3rd (2,493) behind GDR (2,721) and USSR (2,656).

In the shot, Eva Wilms was well short of her 19.36m in the semi-final, but with Beatrix Philipp improving from 17.29 to 17.91, West Germany took the lead (5,406) from GDR (5,279) and USSR (5,100). Britain slipped to 6th (4,486).

The high jump produced some excellent results, with Kristine Nitzsche failing finally at 1.96m, Cornelia Sulek setting a pb of 1.90, and Moira Maguire making reasonably close attempts at the UK record of 1.87, having equalled her best of 1.84. At this point the West German lead had been cut to 103 over GDR, with Britain 111 behind Hungary, but still 6th.

Ramona Neubert (6.49m) and Sabine Mobius (6.50) ensured that GDR remained in with a chance as they took the lead (11,190) over USSR (11,067) after the long jump. The UK was now only 84 behind Hungary, thanks mainly to a season's best of 6.18 by Moira Maguire.

In the first 800m heat, Zsusa Czene led the field home but Marcia Marriott, Sue Longden and Gladys Taylor made it an exciting finish by packing ahead of Margit Papp. Moira Maguire just failed to catch her but still ended up with her best score of 4,304 (previously 4,233 hand, 4,227 automatic). Gladys Taylor and Marcia Marriott also set new bests.

The decathlon was the anticipated tense struggle between GDR and West Germany, USSR always remaining in third spot (they were without 1977 winner Aleksandr Grebenyuk, 8,166 this year, and Konstantin Akhabin dropped out 10m after the start of 1500m). Siegfried Stark, thanks to a javelin cast in the opening round of 73.24m (which some well-placed observers thought

should have been ruled out), improved his GDR record by 7 pts.

Andrew Huxtable

Pentathlon

1, Y. Smirnova (USSR) 4,717 (13.48, 14.65, 1.81, 6.62, 2:17.0); 2, K. Nitzsche (GDR) 4,686 (14.08, 14.34, 1.93, 6.17, 2:13.2); 3, R. Neubert (GDR) 4,602 (13.78, 13.71, 1.72, 6.49, 2:10.4); 4, S. Mobius (GDR) 4,548 (13.45, 13.28, 1.72, 6.50, 2:15.7); 5, M. Papp (Hun) 4,502 (14.06, 15.09, 1.75, 6.30, 2:20.0); 6, C. Sulek (Ger) 4,486 (14.70, 15.41, 1.90, 5.98, 2:22.2); 7, S. Everts (Ger) 4,462 (14.01, 11.48, 1.81, 6.42, 2:13.6); 8, O. Rukavishnikova (USSR) 4,455 (14.20, 12.88, 1.78, 6.45, 2:17.2); 9, N. Karyakina (USSR) 4,448; 10, B. Pollak (GDR) 4,380; 11, E. Wilms (Ger) 4,377; 12, B. Philipp (Ger) 4,352; 13, O. Kuragina (USSR) 4,310; 14, MOIRA MAGUIRE (UK) 4,304 (14.06, 10.88, 1.84, 6.18, 2:20.4); 15, S. Barlag (Hol) 4,247; 16, E. Stolk (Hol) 4,244; 17, T. Hidding (Hol) 4,231; 18, O. Commandeur (Hol) 4,176; 19, SUE LONGDEN (UK) 4,169 (14.30, 11.46, 1.68, 6.00, 2:16.6); 20, Z. Czene (Hun) 4,163; 21, GLADYS TAYLOR (UK) 4,123 (14.49, 11.06, 1.68, 6.04, 2:17.1); 22, Z. Vanyek (Hun) 3,981; 23, Z. Csuri (Hun) 3,900; 24, MARCIA MARRIOTT (UK) 3,900 (15.12, 11.10, 1.64, 5.43, 2:15.4).

Teams: 1, GDR 13,836; 2, USSR 13,620; 3, Germany 13,325; 4, Netherlands 12,722; 5, Hungary 12,646; 6, UK 12,596.

Decathlon

1, S. Stark (GDR) 8,287 (11.56, 7.51, 15.31, 2.04, 48.82, 15.13, 45.90, 4.80, 73.24, 4:31.6); 2, G. Kratschmer (Ger) 8,053 (11.04, 7.40, 14.90, 1.98, 48.67, 14.46, 43.40, 4.50, 63.38, 4:48.2); 3, A. Nevskiy (USSR) 7,949 (11.11, 7.27, 13.56, 2.13, 50.04, 15.43, 40.12, 4.50, 61.52, 4:25.1); 4, Y. Kuzenko (USSR) 7,938 (11.27, 7.19, 14.23, 2.04, 49.48, 15.43, 46.70, 4.20, 59.08, 4:21.2); 5, R. Pottel (GDR) 7,925 (11.16, 7.49, 14.92, 1.98, 48.57, 14.91, 39.18, 4.80, 53.94, 4:39.4); 6, J. Lahti (Fin) 7,885 (11.04, 7.15, 13.97, 2.04, 50.11, 15.52, 43.84, 4.40, 67.72, 4:43.0); 7, H. Schmidt (Ger) 7,882 (10.99, 7.36, 15.54, 1.92, 49.86, 14.83, 48.96, 4.00, 61.38, 4:51.1); 8, D. Schauerhammer (GDR) 7,858 (10.84, 7.39, 14.04, 1.98, 47.64, 15.27, 42.00, 4.40, 51.48, 4:40.4); 9, R. Wiese (GDR) 7,838; 10, J. Hingsen (Ger) 7,820; 11, V. Grusenkin (USSR) 7,623; 12, D. Ludwig (Pol) 7,607; 13, J-E. Romar (Fin) 7,482; 14, E. Jokinen (Fin) 7,444; 15, E. Motti (Fra) 7,391; 16, R. Fostriak (Pol) 7,347; 17, K. Akhabin (USSR) 7,206; 18, L. Smajdor (Pol) 7,192; 19, A. Haapalahti (Fin) 7,148; 20, J. Schulze (Ger) 7,125; 21, J-F. Raffali (Fra) 6,990; 22, A. Pollin (Fra) 6,502; G. Delaune (Fra) 5,859 & J. Szczerkowski (Pol) 5,117 dnf.

Teams: 1, GDR 24,070; 2, Germany 23,755; 3, USSR 23,510; 4, Finland 22,811; 5, Poland 22,146; 6, France 20,883.

Who's Who In British Athletics

YVETTE WRAY

Full name: Yvette Julie Wray. Born at Scraftoft (Leics), 18.10.1958; Height: 1.70/5'7"; Weight 63kg/138lbs; Pulse rate at rest: 56. Club: Shrewsbury & District AAC. PE student at Madeley College. Single. Lives near Market Drayton, Shropshire. Coached by father with recent help from Graham Knight (hurdles) and Derek Benning. Hobbies: painting and drawing; playing a variety of games (basketball, hockey, tennis etc).

Became interested in athletics at junior school — "when I found that I was good in at least one thing!" Began at 100m. Joined Shrewsbury & District AAC in 1973. Competed in English Schools Championships in 1973 (4th in 100m quarter-finals), 1974 (5th in 80mH semi), 1975 (2nd 80mH), 1976 (2nd 100mH) and 1977 (1st 100mH). Early inspiration was Mary Peters. Favourite events are pentathlon and hurdles.

Personal bests: 100 — 11.8/11.7w (1979), 800 — 2:15.4 (1978), 100H — 13.57 (1979), HJ — 1.68 (1979), LJ — 6.04w (1978) & 5.96 (1979), SP — 13.17 (1979), Pentathlon — 4325 (1979). Achievements include: 1977 — 1st English Schools 100H, 2nd WAAA Pentathlon; 1978 — 3rd WAAA 100H, 1st WAAA Pentathlon, 3rd Commonwealth Pentathlon, 13th European Pentathlon; 1979 — 2nd WAAA Indoor 60H, 2nd UK Champs 100H, 4th World Student Games Pentathlon.

Annual progression at pentathlon:

1974	3127 (200)	1977	4088
1975	3614 (200)	1978	4292
1976	3646	1979	4325

Most pleasing performance was "winning the international match against Holland and Denmark at Cwmbran in 1978 with a personal best score, four individual personal bests and one equal pb". Target is "to become the best". What she likes most about athletics is "winning, friendship, enjoyment, travelling".

Advice to a youngster taking up athletics: "Obviously being a pentathlete myself I'd advise them not to specialise in anything too soon. They won't lose anything by doing this. On the contrary, a youngster who has a number of events under his or her belt is likely to achieve far more satisfaction than one who flogs himself to death on one event without achieving any notable improvement".

Comment: I feel very strongly about the use of drugs and the rules concerning them. It seems ridiculous to me that athletes are banned for life for accepting money while other athletes who are caught taking drugs (to my mind a far greater sin) are allowed to return to top-class competition within a very short period of time".



Yvette Wray tops the UK pentathlon rankings for 1979 with 4325 points.

Mike Street

Training

Trains 6 days a week in winter, 4-5 days in summer. Sessions usually last 1-2 hours. Facilities at Madeley: weights room, two gyms, Redgra for running and hurdling. Aldersley Stadium, Wolverhampton, is 30 miles from home. Coaching has been "very important. It's nice to think that there's always someone there to help". Enjoys hurdle training the most.

Training cycle: "After last competition in September usually have about five weeks rest. From then until Christmas mostly general fitness. From Christmas gradual build-up to competitions.

Typical week's training in winter: Sunday. High jump, hurdles. Monday: General running, shot. Tuesday: Weights. Wednesday: Hurdling. Thursday: Weights. Friday: Rest. Saturday: General running, shot.

Typical week's training in summer: Sunday: Rest if competition on previous day. Monday: Running, shot. Tuesday: Weights. Wednesday: Hurdling. Thursday: Weights. Friday: Rest. Saturday: Competition.

Likes to compete every week, with two days rest before a major competition.

FAREWELL TO THE TRACK HAIL TO THE COUNTRY

Catch a bargain while you can. We need space for our winter stocks so we are offering some great bargains in this season's spikes. They will be even bigger bargains when you see next year's prices for spikes because both leather and artificial materials based on petro-chemicals have rocketed this last few months. So buy now and store it away for next season.

28 pairs of **Adidas Apollo 6** — Blue nylon upper, toe & heel counter, padded tongue with six screw-in spikes. 3½ £9.15 (£12.15), 6½-11 £10.95 (£13.95).

62 pairs of **Adidas Champion** — Blue nylon upper, wedge heel, weighs only 4½ oz! 4-5½ £8.15 (£10.15), 6-11 £9.75 (£11.75).

19 pairs of **Adidas Tokyo** — Supersoft velour uppers with foot to heel padding. 6-12 £26.95 (£31.25).

40 pairs of **Adidas Jet** — Lightweight, blue nylon upper with a great heel wedge. 3½-5, 5½ £14.80 (£16.80), 6-12 £17.50 (£19.50).

37 pairs of **Adistar** — Velour leather uppers, soft heel wedge. Non-slip vario sole. 5½ £29.95 (£35.30), 6-11½ £34.95 (£40.75).

11 pairs of **Adistar Sprint** — Ultra-light nylon uppers with non-slip vario sole. 5½ £24.95 (£31.50), 6, 8, 8½, 9½, 10, 10½ £29.95 (£36.35).

21 pairs of **Vainqueur** — The elevated heel makes this an exceptional spike. 5-5½ £27.90 (£29.95), 6-10½ £31.95 (£34.50).

11 pairs of **Triumph** (blue) — Holder of 3 world records!! Say no more. 4-5 £18.50 (£19.55), 7, 7½, 8, 9 £20.95 (£22.50).

20 pairs of **Americas** — Extensive ball to heel cushion with mini stud outsole. 6-11½ £21.95 (£23.99).

12 pairs of **Universe** — Designed for cross-country, six spike plate with mini waffles. 5 £23.95 (£25.99), 6½, 7, 7½, 8, 9, 10, 10½ £26.95 (£29.99).

39 pairs of **Fly** — White nylon upper, very good wedge heel. The suede can be coloured to your choice. 4-5½ £14.95 (£16.50), 6-12 £16.95 (£18.95).

18 pairs of **Reebok Orbit** — Good reliable cross-country shoe. 5-5½ £11.95 (£14.30), 6½, 7, 8, 8½, 9½, 10, 11, 11½ £13.95 (£16.30).

12 pairs of **Puma Mirage** — Orange nylon uppers with a padded wedge heel. 6-9½ £18.95 (£21.25).

7 pairs of **Puma Winnipeg** — Green suede pigskin upper, well padded cushioned heel. 7, 7½, 8, 8½, 9½, 10½ £16.95 (£19.70).

17 pairs of **Karhu Montreal** — Orange nylon upper, good wedge heel. 5-5½ £19.95 (£23.95). 6½, 7, 7½, 8, 9, 11½ £21.95 (£26.50).

27 pairs of **Karhu Light** — Suede upper, wedge heel. 5-5½ £18.95 (£23.10), 6½-10½ £22.95 (£27.45).

ODDMENTS

Adidas Hawk — 5 £8.95 (£11.95), 8½-9 £9.95 (£12.95).

Adidas Racer — 8 £22.95 (£29.95).

Adidas Sprint — 5½ £18.95 (£22.95), 6 £19.95 (£23.95).

Adidas Weitsprung — Good long jump spike. 7½, 8 £29.95 (£34.15).

Puma Kralle 130'0 — 9 £22.95 (£32.95).

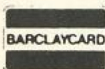
Adidas Quick Silver Special — 10 £19.95 (£36.50).



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UK WOMEN'S LEAGUE

Division 1

At Grangemouth, August 25th

Glasgow 273; Edinburgh Southern 267; Stretford 258; Sale 237; Birchfield 218; Essex Ladies 136.

100: M. Probert (Sale) 12.2. **200:** (A): 1, E. Douglas (ESH) 24.9; 2, S. Strong (Stret) 25.3; 3, D. Edge (Sale) 25.4. (B): F. Nixon (ESH) 25.4. **400:** (A): 1, Probert 53.9; 2, L. Callow (Bir) 54.6; 3, Douglas 54.6; 4, D. Heath (Stret) 57.0; 5, I. Anderson (Glas) 58.0. (B): 1, L. Wait (ESH) 57.4; 2, V. Rowbotham (Sale) 58.6. **800:** (A): 1, G. Dainty (Bir) 2:08.2; 2, A. Clarkson (ESH) 2:08.3; 3, C. McMeekin (Glas) 2:08.3; 4, J. Asgill (Stret) 2:14.4. (B): 1, J. Davidson (Sale) 2:11.8; 2, B. Harvie (Glas) 2:11.7; 3, V. Hutton (ESH) 2:13.5; 4, J. Boydell (Stret) 2:15.0; 5, N. Salisbury (Bir) 2:15.1. **1500:** (A): 1, E. McMeekin (Glas) 4:20.8; 2, T. Bateman (Bir) 4:22.8; 3, K. Binns (Sale) 4:29.8; 4, V. Hope (ESH) 4:33.4; 5, Asgill 4:43.6. (B): J. Shepherd (Glas) 4:24.5. **3000:** (A): 1, F. McQueen (Glas) 9:29.0; 2, Asgill 9:43.2; 3, B. Abbot (Sale) 9:46.9; 4, S. Harris (Bir) 10:07.8; 5, C. Degan (ESH) 10:31.9. (B): 1, S. Walker (Sale) 9:46.9; 2, J. Higgins (Glas) 10:33.6. **100H:** (A): 1, G. Taylor (Ex. L) 14.7; 2, Heath 14.8; 3, L. Brady (ESH) 14.9; 4, J. Lindsay (Glas) 15.2. (B): M. Maguire (ESH) 14.9. **400H:** (A): 1, Heath 59.6; 2, Brady 61.4; 3,

Jackie Zaslona throws 53.16m

Anderson 62.6; 4, E. Beton (Sale) 64.6. (B): 1, Strong 64.7; 2, E. Brown 66.0; 3, B. Campbell (ESH) 66.1. **HJ:** (A): 1, Maguire 1.80; 2, J. Crouchley (Stret) 1.77; 3, R. Pinkerton (Glas) 1.70; 4, K. Hagger (Ex. L) 1.65; 5, I. Thomas (Sale) 1.65. (B): 1, J. Frost (Stret) 1.65; 2, J. Pinkerton (Glas) 1.65. **LJ:** (A): 1, Taylor 6.19; 2, Maguire 6.05; 3, C. James (Sale) 5.71; 4, Crouchley 5.53; 5, A. Crow (Bir) 5.48. (B): Hagger 5.68. **SP:** (A): 1, M. Ritchie (ESH) 13.95; 2, N. Njoku (Stret) 12.71; 3, H. Yule (Glas) 12.50; 4, C. Hartnell (Sale) 12.35; 5, C. Gregory (Bir) 12.32. (B): 1, A. Jackson (Stret) 11.07; 2, C. Chalk (Glas) 11.03. **DT:** (A): 1, Ritchie 51.60; 2, Njoku 42.18; 3, Chalk 39.40. (B): 1, L. King (Glas) 39.12; 2, L. Robertson (ESH) 35.90. **JT:** (A): 1, J. Zaslona (Bir) 53.16; 2, D. Royle (Stret) 51.50; 3, P. Bundle (Sale) 41.52. (B): 1, S. O'Toole (Bir) 47.06; 2, A. Flatters (Stret) 35.68. **4 x 100:** 1, Sale 48.0; 2, Stretford 48.3. **4 x 400:** 1, ESH 3:47.9; 2, Glasgow 3:50.9; 3, Sale 3:53.5; 4, Birchfield 3:56.8.

(Inters): 100: (A): 1, G. Grantham (ESH) 13.1; 2, A. Bridgeman (Glas) 13.1. (B): 1, L. Marshall (ESH) 13.1; 2, S. Whittaker (Glas) 13.1. **200:** Bridgeman 25.7. **800:** (A): 1, C. Neville (Glas) 2:13.1; 2, S. Lonsdale (Sale) 2:15.9; 3, S. Tait (ESH) 2:16.8; 4, M. Witts (Ex. L) 2:17.2. (B): 1,

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SOUTHAMPTON & EASTLEIGH A.C. CONTINENTAL STYLE CROSS-COUNTRY RACES

(Under AAA & WAAA Laws)

SUNDAY, 4th NOVEMBER, 1979

At The Sports Centre, Bassett, Southampton

Winner 1978	
1.15pm Girls	1600m C. Reynolds
1.25pm Colts	3200m M. Brewster
1.45pm Junior Women	1600m C. Fairbrass
2.00pm Boys	4800m G. Barber
2.15pm Youths	6400m C. Dagnell
2.45pm Senior/Inter Women	3900m J. Dawkins
3.10pm Senior Men	8000m B. Dawkins
3.45pm Veterans, Men	4800m G. North

Entry Fee: 30p per event to M. J. Smith, 265 Upper Deacon Road, Thornhill, Southampton.

Closing Date: Tuesday, 30th October, 1979

Definitely NO LATE or ON DAY entries

Guaranteed Prize List — First 15 in Senior Men's race and first 6 in all other races (including first 3 Inters in Women's race).

Reynolds Garrett Trophy — Senior Men (holders SEAC) 4 to score Team Race — no team fee.

Heathcroft Trophy — Junior Women (holders Reading AC) 4 to score Team Race — no team fee.

A. Gordon (Glas) 2:17.3; 2, P. Matheson (Sale) 2:18.5. **80H**: 1, L. Scott (ESH) 11.7; 2, L. Beeley (Stret) 12.2. **200H**: (A): 1, Scott 29.2; 2, Beeley 30.3; 3, G. Mitchell (Glas) 30.5; 4, K. Robinson (Sale) 30.6. (B): R. Pinkerton 31.8. **LJ**: 1, B. Hart (Glas) 5.79; 2, Scott 5.71. **SP**: (A): 1, P. Webber (Bir) 11.11; 2, J. Henry (Sale) 10.03; 3, Marshall 10.01. (B): K. Austin (Sale) 10.01. **4x100**: 1, ESH 49.3; 2, Glasgow 49.8. (**Juniors**): **100**: 1, A. Turner (Bir) 12.8; 2, Y. Anderson (Glas) 12.8. **200**: Turner 26.1. **800**: 1, L. MacDougall (Glas) 2:17.7; 2, D. Edwards (Sale) 2:19.4; 3, J. Oliver (Ex. L) 2:19.4. **1500**: B. Ely (Sale) 5:00.6. **75H**: 1, S. Preece (Stret) 12.1; 2, S. Moran (ESH) 12.1. **HJ**: 1, Oliver 1.63; 2, S. Burrows (Stret) 1.56; 3, N. Owens (Bir) 1.56; 4, J. Donald (ESH) 1.53. **LJ**: (A): 1, Anderson 5.39; 2, Burrows 5.22; 3, L. Graham (ESH) 5.11. (B): 1, G. Provan (Glas) 5.21; 2, P. Dunn (Stret) 5.12. **SP**: D. Winstanley (Stret) 11.69. **DT**: N. Marston (Bir) 27.60. **JT**: 1, I. Samuels (Stret) 31.94; 2, A. Campbell (Sale) 29.66. **4x100**: 1, Sale 50.5; 2, Glasgow 51.0; 3, Essex Ladies 51.8; 4, Stretford 51.9.

Division 2

At West London, August 26th

Bristol 281; Borough of Hounslow 279; Derby 245; Exeter 241; Notts 198; Wolverhampton & B 160.

100/200: D. Campbell (W&B) 12.6/26.3. **400**: (A): 1, C. Fernley (Bris) 56.9; 2, P. Whitter (Exe) 57.2; 3, F. Paterson (Der) 57.8. (B): C. Powell (Bris) 57.8. **800**: (A): 1, W. Smith (Houn) 2:09.3; 2, S. Smith (Bris) 2:09.9; 3, J. Whiteley (Der) 2:11.4; 4, Whitter 2:15.1. (B): A. Roberts (Houn) 2:15.4. **1500**: (A): 1, Roberts 4:28.7; 2, Whiteley 4:30.3. (B): C. Avery (Der) 4:36.9. **3000**: 1, P. Fudge (Houn) 9:45.4; 2, J. Honeysett (Exe) 10:34.2. **100H**: 1, H. Selway (Exe) 14.5; 2, K. Warren (Der) 14.8; 3, C. Pryce (Notts) 15.0. **400H**: (A): 1, J. Evans (Bris) 61.9; 2, Selway 62.2; 3, K. Bentley (Der) 66.9. (B): J. Stewart (Bris) 66.5. **HJ**: 1, D. Brown (W&B) 1.70; 2, S. Williams (Houn) 1.65. **LJ**: 1, K. Donovan (Houn) 6.11; 2, Selway 5.70; 3, K. Warren (Der) 5.59. **SP**: (A): 1, V. Redford (W&B) 14.64; 2, J. Kerr (Houn) 13.28; 3, L. Mallin (Exe) 11.88; 4, Pryce 11.55; 5, K. Doyle (Bris) 11.25. (B): 1, J. Jackson (Houn) 12.28; 2, J. Frampton (Notts) 11.35; 3, S. Cook (W&B) 11.26; 4, S. Spragg (Bris) 11.00. **DT**: (A): 1, Mallin 50.30; 2, Redford 46.66; 3, Kerr 42.64; 4, F. Vittles (Notts) 39.48; 5, Y. James (Bris) 36.88. (B): 1, K. Zoepfel (W&B) 38.94; 2, Frampton 38.70; 3, Jackson 35.38; 4, K. Doyle (Bris) 34.14. **JT**: 1, S. Gibson (Notts) 45.82; 2, Spragg 44.76; 3, J. Cross (Der) 41.42. **4x100**: Exeter 50.2. **4x400**: 1, Bristol 3:55.1; 2, Exeter 3:57.7; 3, Derby 3:58.8; 4, Borough of Hounslow 4:00.0.

(**Inters**): **100**: J. Webb (W&B) 12.5. **200**: S. French (Houn) 26.0. **800**: 1, J. Blackwell (Notts) 2:17.3; 2, E. Sinclair (Bris) 2:18.9. **80H**: 1, D. Baker (Der) 11.8; 2, J. Edwards (Bris) 12.4.

200H: 1, Baker 29.3; 2, Edwards 30.7; 3, J. Lowes (Notts) 31.0. **LJ**: 1, French 6.04; 2, Edwards 5.65. **SP**: C. Keep (Bris) 9.44. **4x100**: Derby 50.0. (**Juniors**): **100**: D. Tucker (Bris) 12.7. **200**: K. Hurman (Bris) 26.9. **800**: L. Smith (Houn) 2:23.8. **1500**: (A): 1, M. McKie (Exe) 4:53.8; 2, H. Gould (Bris) 4:54.8. (B): M. Lavercombe (Exe) 4:59.5. **75H**: (A): 1, L. Parry (Der) 11.7; 2, S. White (Bris) 11.8. (B): S. Adcock (Exe) 12.0. **HJ**: K. Weston (Der) 1.50. **LJ**: 1, D. Cook (Der) 5.31; 2, J. Sardina (Houn) 5.29; 3, C. Abraham (Exe) 5.23; 4, S. White (Bris) 5.13. **SP**: F. McGill (W&B) 8.93. **DT**: A. Houldsworth (Der) 25.10. **JT**: 1, U. Bunting (Houn) 31.44; 2, L. Addicott (Exe) 29.90. **4x100**: 1, Bristol 51.0; 2, Borough of Hounslow 51.6.

2:06.3/4:20.6 double by Jo White

Division 4

At Coatbridge, August 25th

Shettleston 332; Aldershot F&D 300; Mitcham 255; Cambridge H 215; Hull Spartans 195.

100/200: A. Dalton (Shett) 12.3/25.4. **400**: 1, C. Boxer (AF&D) 56.0; 2, C. Lightfoot (Shett) 57.7; 3, M. Coomber (Camb. H) 58.2. **800**: 1, J. White (Mit) 2:06.3; 2, Lightfoot 2:10.0; 3, Coomber 2:12.6. **1500**: (A): 1, White 4:20.6; 2, R. Smeeth (AF&D) 4:25.0; 3, G. Penny (Camb. H) 4:32.3. (B): D. Lucy (Mit) 4:39.7. **3000**: (A): Penny 9:40.6. (B): J. Smith (Camb. H) 10:09.7. **100H**: C. Hawkins (Mit) 17.2. **400H**: 1, C. Walkinshaw (Camb. H) 66.0; 2, Hawkins 66.2. **HJ**: (A): 1, D. Austin (Hull S) 1.70; 2, S. Brown (Shett) 1.70. (B): M. Nogacz (Shett) 1.65. **LJ**: 1, S. Hearnshaw (Hull S) 6.10; 2, L. Watt (Shett) 5.47. **SP**: 1, A. Littlewood (Camb. H) 16.33; 2, C. Dyer (AF&D) 13.09. **DT**: 1, Littlewood 45.02; 2, Dyer 39.00; 3, B. Aitken (Shett) 35.78. **JT**: T. Beavers (AF&D) 33.24. **Relays**: Shettleston 50.1/3:57.6.

(**Inters**): **100**: R. Jordan (Camb. H) 13.0. **200**: M. van Frederici (Mit) 26.6. **800**: 1, W. Lodge (AF&D) 2:14.5; 2, A. Everett (Shett) 2:17.1. **80H**: 1, L. Stephen (Shett) 12.0; 2, M. Chung (Mit) 12.3. **200H**: (A): 1, Stephen 31.0; 2, Chung 31.5. (B): van Frederici 31.0. **LJ**: (A): 1, K. Glen (AF&D) 5.90; 2, Stephen 5.76; 3, K. Terrett (Mit) 5.39. (B): 1, S. Brown (Shett) 5.40; 2, L. O'Toole (AF&D) 5.30. **SP**: Y. Christie (Shett) 10.80. **4x100**: Shettleston 50.8. (**Juniors**): **100/200/LJ**: T. Campbell (AF&D) 13.0/27.0/5.32. **800**: J. Burton (AF&D) 2:23.0. **1500**: 1, S. Morris (Shett) 4:48.1; 2, K. Hendrickse 4:52.2. **75H**: 1, K. Murdoch (Shett) 12.0; 2, M. Morris (AF&D) 12.0. **HJ**: M. Brown (AF&D) 1.50. **SP**: 1, J. Taylor (Camb. H) 10.82; 2, D. Lewthwaite (Shett) 10.62. **DT**: J. Medcalf (AF&D) 25.76. **JT**: Taylor 26.04. **4x100**: 1, Aldershot F&D 51.2; 2, Shettleston 51.3.

(Qualifying match results on page 34)

SUE HEARNshaw's GREAT LEAP FORWARD

Barry Trowbridge reports on the victory over the Russian women

WOMEN: UK 156, RUSSIA 151

A blistering third leg in the very last event, the 4x400m relay, by Tatyana Storozheva almost snatched match victory for Russia at the last minute after the British girls had worked hard to set up a memorable win. But the British were not to be denied, for although Jos Smith looked to be doing it all wrong — pegging back the three metre deficit and taking the lead by the end of the first bend — she held on courageously and was cheered home by her team-mates and the crowd alike to win by a couple of metres.

At the end of Saturday's events the scores were even although the UK athletes had won six of the nine events, indicating that the scoring system in a three-a-side match gives a completely different all-round picture than that used for two-a-sides.

Susan Hearnshaw set the scene in the first event as she opened up with 6.66m. At first glance it was a UK Junior record — but nobody was manning the wind gauge, which wasn't Sue's fault, but would have been enough to deny her the record. Thanks to prompt action by BBC TV personnel the field events referee was alerted with the wind gauge manned in time for later jumps. In the third round Sue produced a great 6.68 (+1.7m) to rank eighth in the world for 1979, one centimetre and one place behind Sue Reeve, before retiring with a hamstring twinge.

The first track event, the 400m hurdles, pitted Chris Warden against three past or present world record holders and although Tatyana Storozheva

(55.74 in 1977) proved too strong in the finish, Chris was only four-hundredths down on Marina Makeyeva (54.78 this year) and ahead of European champion Tatyana Zelentsova (54.89 in 1978). Heather Hunte led the charge in the 100m that followed as her windy 11.26 was her best ever. She led all the way to re-establish herself as this year's number one, though Kathy Smallwood (2nd) and Bev Goddard (3rd) both clocked faster (altitude assisted) times in Mexico City earlier in the month. A convincing clean sweep.

Liz Barnes found herself up against three sub-2 minute girls in the 800, the fastest being Yekaterina Poryvkina who has run 1:57.2 this year. Not to be daunted, Liz led from start to finish, running the second lap in just outside 60 sec to win comfortably from the Russian Trio. Meanwhile, Moira Maguire was being similarly disrespectful in the high jump. Two of the Russians had been over 1.92m this year, but Moira was not to be outdone and found that her 1.86 (equalling her own Scottish record) was enough for victory.

Another Scot, Linsey MacDonald, is fast becoming a great favourite at Crystal Palace. In her first senior UK appearance she again won the crowd's affection, showing her now familiar singlemindedness — running her own race whatever the opposition — and provided a more than adequate performance to secure second place behind Jos Smith. Jos was well in command by halfway, and both she and Linsey can feel proud of the scalps of Irina Bagryantseva (50.52 this year) and Tatyana Goischik (50.49).

The shot, and the discus on Sunday, gave Russia the opportunity to score heavily, which they duly did as they took maximum points in each. Angela Littlewood's best of 16.23m left her 36cm behind the third Russian, whilst Janet Thompson's 53.68m, although by far the best British performance, was way behind the three 60m-plus Russian efforts. They also scored well in the 1500 and only Gillian Dainty's third place, ahead of 4:06.0 performer Faina Krasnova, prevented another one-two-three.

Saturday's closing event was the 4x100 relay, and with our individual sprinters doing so well it was little wonder that the quartette came in over a second ahead. The second and third changes looked particularly effective.

So Sunday started even-up. Heather Hunte, Kathy Smallwood and Bev Goddard again showed the Russians their backs, this time in the 200, with Heather again getting first place. As in the 100, Kathy got a bad start, but her strength in the straight pulled her back to equal Heather's winning time of 23.38.

HEATON HARRIERS MEMORIAL ROAD RACES

(Under A.A.A. Laws)

SATURDAY, 10th NOVEMBER, 1979
2.30 p.m.

OVER £300 IN PRIZES

Races: Colts 2 Miles, Boys 2 Miles, Youths 2.85 Miles, Seniors & Vets 5.70 Miles.

Entry Fees: Colts, Boys & Youths 25p per Ind., 70p per Team (3 to count), Seniors 35p (all must enter as Individuals), £1 Team (6 to count). Clubs can enter more than one Team per event.

Details from and entries to: Mr L. Venmore, 13 Mitcham Crescent, High Heaton, Newcastle upon Tyne NE7 7QU. (Tel. 663047).

Please send S.A.E. if acknowledgement of entry required.

ENTRIES CLOSE WED., 24th OCTOBER
No late entries accepted

A dramatic collision with Kath Binns after three laps of the 3000 left Glynis Penny a limping last, but to her immense credit she ran on with an injured ankle to pick up the one point which may well have mattered in the end. Valentina Ilinykh's injection of pace three laps from home soon saw Kath fall away and with the Russians running as a team Chris Benning's task looked pretty hopeless. Chris, though, has had a remarkable season and isn't too used to being beaten, and with 200 to go she had moved confidently past the blocking Russians from fourth to second. There she stayed until the last 50m where she gradually eased ahead for a notable victory. Her last lap took 60.6.

With first and second in the 100 hurdles the Russians looked fairly safe with a 141 — 133 lead and two events left. Britain needed to score well in the javelin to set up a chance of overall victory... and this they did. Tessa Sanderson has finished the season with something like her 1978 consistency and nobody could match her this time as she strung together a series of 61.42, 64.04, 58.34, 60.08, NT and 50.30. Although still injured, Fatima Whitbread hit 54.60 in the second round for second place and Jackie Zaslona, deputising for Diane Royle, put in a consistent series between 48.20 and 51.06 to hold off the Russian trio. The stage was set for the finale... the winners of the relay would win the match.

It was looking easy as Michelle Probert (53.9) and Linsey MacDonald (52.7) built up a 7 metre advantage by halfway. But the race wasn't over, for on the third leg Storozheva gradually closed the gap and as Karen Williams 'died' in the straight the former 400 hurdles world record holder opened up a three metre lead. The rest is history, with Jos Smith clocking 51.3.

(a) Sept. 22nd, (b) Sept. 23rd

100: (+2.6m) (a) 1, HEATHER HUNTE 11.26; 2, KATHY SMALLWOOD 11.34; 3, BEV GODDARD 11.50; 4, V. Komisova 11.53; 5, V. Akchurina 11.82; 6, M. Sidorova 12.05.

200: (—1.8m) (b) 1, HUNTE 23.38; 2, SMALLWOOD 23.38; 3, GODDARD 23.76; 4, Akchurina 24.58; 5, T. Goischik 24.62; 6, N. Aldoshina 24.87.

400: (a) 1, JOSLYN SMITH 52.64; 2, LINSEY MACDONALD 53.04; 3, I. Bagryantseva 53.33; 4, Goischik 53.85; 5, MICHELLE PROBERT 53.87; 6, L. Zenina 54.44.

800: (a) LIZ BARNES 2:03.6; 2, Y. Poryvkina 2:04.9; 3, O. Mineyeva 2:05.0; 4, M. Yenkina 2:05.3; 5, JANET PRICOT 2:05.9; 6, JO WHITE 2:08.9.

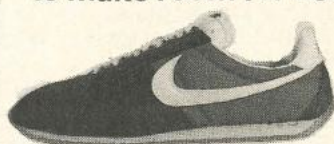
1500: (a) 1, V. Ilinykh 4:16.1; 2, R. Sadreidinova 4:17.9; 3, GILLIAN DAINTY 4:18.6; 4, F. Krasnova 4:19.1; 5, WENDY SMITH 4:25.6; 6, RUTH SMEETH 4:25.7.

3000: (b) 1, CHRIS BENNING 9:00.2; 2, Ilinykh 9:00.7; 3, Krasnova 9:01.07; 4,

continued on page 35

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Results In Brief

August 4th

Open Meeting, at Black Bridge. SP/HT: A. Bilous (Glouc-J) 10.62/45.20. (Boys): SP/JT: W. Bremner (Glouc) 12.50/46.80. (Junior Ladies): 100: K. Price (West) 12.7.

August 15th

Rosenheim League, at Tooting Bec. 400: A. Card (HHH) 50.2. HJ: P. Edwards (Walton) 1.91. SP/DT: W. Fuller (E&E) 14.94/42.10.

Fleet Street Bridges Race, at Blackfriars. 1, J. Dryden (Shaft) 12:53; 2, G. Harrold (Enf-V) 13:29; 3, A. Etchells (Ilf) 13:38; 4, M. Stennett (Enf) 13:52; 5, P. Marriott 14:08; 6, R. Knowle (Hill) 14:14. (Women): M. Rosen (Barn) 18.51.

August 18th

Midland League Division 1, at Birchfield. 200: 1, I. Larrard (Glouc) 21.9; 2, C. Monk (Leic) 22.1. 400: T. Hadley (Bir) 49.4. 10,000: (A): A. Holden (Tip) 30:24.2. (B): B. Cole (Tip) 30:24.2. 3000SC: 1, P. Davies-Hale (Cann) 9:00.4; 2, P. Griffiths (Tip) 9:13.8. 110H: 1, R. Simpson (Bir) 14.4; 2, D. Hall (Leic) 15.1; 3, A. Drysdale (Spark) 15.5. 400H: 1, P. Goacher (Cann) 53.7; 2, Hall 53.7; 3, D. Hyslop (Bir) 54.7. LJ: A. Earle (Spark) 7.15. TJ: 1, Earle 14.40; 2, E. McCalla (Bir) 14.39. JT: M. Williams (Spark)

58.66. 4x100: 1, Leicester 43.5; 2, Sparkhill 43.6. (Youths): 200: R. Minor (Cann) 22.8. 1500SC: 1, K. Baker (Cann) 4:24.1; 2, L. Price (Bir) 4:30.0; 3, S. Bond (Glouc) 4:33.2; 4, A. Fell (Tip) 4:36.3. 100H: (A): 1, M. Strawford (Bir) 13.8; 2, D. Burrell (Tip) 14.0. (B): A. Leslie (Bir) 14.3. DT: M. Williams (Spark) 40.30.

Division 2, at Leamington. 200: 1, C. Moven (W&B) 22.0; 2, N. Schoolcraft (Worc) 22.2. 400: D. Barlow (Newc) 50.2. 3000SC: M. McBride (Stoke) 9:34.4. 110H: 1, B. Danville (W&B) 15.4; 2, M. Millward (Stoke) 15.6. TJ: 1, M. Cannavan (W&B) 14.11; 2, J. Church (Worc) 13.85. SP: G. Blyton (Notts) 14.11. HT: 1, G. Middleton (Newc) 45.94; 2, Blyton 43.30. JT: S. Pearson (W&B) 62.60. 4x100: 1, Woverhampton & B 43.2; 2, City of Stoke 43.6. 4x400: Notts 3:22.7. (Youths): 1500SC: M. Smith (Notts) 4:33.2.

Division 3, at Loughborough. 400: 1, C. Szwed (Cov) 49.4; 2, C. Currell (Shrew) 50.1; 3, I. Lindsay (Warl) 50.1. 800: A. Tait (Charn) 1:53.2. 10,000: (A): P. Banks (Cov) 30:52.0. (B): R. Maule (Cov) 31:00.0. 3000SC: 1, R. Gibbard (Charn) 9:27.2; 2, J. Mostyn (Shrew) 9:29.0; 3, J. Smith (West) 9:29.8. 400H: S. Ward (Charn) 56.9. SP: B. Holden (Bris) 14.46. (Youths): 1500SC: 1, J. Payne (Shrew) 4:35.8; 2, S. Dick (Charn) 4:35.8; 3, S. Rooney (Cov) 4:38.4.

Open Meeting, at Dartford. 400H: S. Munday (Dart) 55.6. (Boys): 3000: A. Wilson (Dart) 9:40.0.



ROAD RACERS!

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NIAS NEWBURY NINE

(Under A.A.A. Laws)

**11th Annual Road Race
for the Hutchins Trophy**

**SUNDAY, 7th OCTOBER, 1979
at 3 p.m.**

**From the Rugby Club,
Pinchington Lane, Newbury.**

£100 PRIZE LIST

Awards: to first 6 Individuals and 3 Teams (3 to score), first 'B' Team, first Vet. 0/40, 0/50.

Entries: 40p Individual (no Team fee), 50p on day, to: Mr A. Kilberry, 8 Beverly Close, Thatcham, Berks. Enclose S.A.E. Phone Newbury 48708 for enquiries.

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(Under A.A.A., W.C.C. & R.W.A. Laws)

TO BE HELD IN MORDEN PARK

SATURDAY, OCTOBER, 13th, 1979

1st Race — Ladies. Teams to consist of 1 Senior or 1 Inter, 1 Junior & 1 Girl.

2nd Race — Men. Teams to consist of 1 Senior, 1 Junior, 1 Youth, 1 Boy, 1 Colt.

Both Races will use the 1 1/2 mile course.

Plus FUN RUN for U/11 Girls over shorter course.

Medals for first three teams in each race.

Block entries and stated number of teams. Declaration on day.

Entries: £1 first team, £1 other; 25p per entrant Fun Run. Send with SAE to Keith Ross, 23 The Bridge Road, Purley, Surrey (Tel. 688 4470).

CLOSING DATE 6th OCTOBER

Pilkington Open Meeting, at St. Helens.
(Women): SP: J. Whitmarsh (Pilk) 11.04.

August 19th

Cambridge H Open Meeting, at Crystal Palace. (Youths): 800: 1, C. Burton (Hunt) 1:58.7; 2, T. Mitchell (Hast) 1:59.7. (Boys): 200: 1, R. Brown (Ips) 23.0; 2, S. O'Sullivan (Newh) 23.9; 3, A. Goodwin (Col) 24.0. 800: 1, M. Anderson (Inv) 2:06.3; 2, D. Lipard (Bex) 2:06.9. 1500: 1, K. Bean (Folk) 4:14.6; 2, M. Barnes (Camb. H) 4:18.9. LJ: M. O'Hanlon (Croy) 5.76. (Colts): 800: 1, S. Newport (Ton) 2:18.0; 2, P. Murry (DoC) 2:19.0. (Inters): 200: K. Rist (Rad) 25.2. 800: 1, S. Baxter (Hav) 2:14.2; 2, J. Stokes (West) 2:19.8. (Juniors): 200: D. Edwards (Tow. H) 25.7; 2, P. O'Hara (Tow. H) 26.3; 3, L. Walls (Dart) 26.3. 800: 1, A. Wittekind (Dart) 2:19.2; 2, N. Hughes (Inv) 2:19.2; 3, K. Brighton (Hunt) 2:19.4. (Girls): 200: A. McCoy (Ports) 26.8. 800: 1, S. Fenn (S'end) 2:23.5; 2, L. Carter (Mit) 2:27.4; 3, M. O'Shea (B'stoke) 2:28.3.

Open Meeting at Luton. 400: 1, A. Bell (Wake) 47.4; 2, S. Murphy (Lut) 48.7; 3, M. Penn (Har) 49.8; 4, B. Allison (US) 50.1. 1500: G. McCallum (Shaft) 3:54.2. PV: 1, A. Jackson (Lut) 4.40; 2, C. Boreham (Lut) 4.40; 3, G. Eggleton (Chelm) 4.40; 4, G. Patel (W. Gn) 4.30. (Youths): HJ: M. Stanford (Houn) 2.00. PV: 1, W. Davey (Sy) 4.20; 2, S. Lewis (Coll) 3.90. LJ: R. Haycock (Dav) 6.60. (Boys): 400: P. Chesterman (Enf) 55.0. LJ: A. Williams (W&B) 6.22. (Women): 400: S. Guise (W&B) 57.7. 800: 1, D. Sproll (US) 2:10.4; 2, T. Bateman (Bir) 2:10.9; 3, S. Harris (Bir) 2:16.3. HJ: 1, A-M. Devally (Bed) 1.84; 2, J. Harrison (Bir) 1.65. LJ: D. Gray (Norf) 5.72. (Inters): 400: S. Evans (S&C) 60.2. 800: 1, J. Godliman (Mil. K) 2:15.5; 2, D. Ball (Thet) 2:17.5; 3, P. Simmonds (L. Buz) 2:19.0. HJ: 1, L. Matthews (Bed) 1.76; 2, D. Wilkinson (Enf) 1.60; 3, C. Venner (Wig) 1.60. (Juniors): 800: 1, A. Nagle (Har) 2:16.5; 2, B. Sanderson (Unatt) 2:17.5. HJ: K. Weston (Der) 1.56. LJ: N. Wing (Lut) 5.11. (Girls): 800: 1, A. D'Arcy (Mel) 2:25.6; 2, A. Connachie (Thet) 2:27.6. LJ: C. Brown (Mil. K) 4.85.

Meeting at Bristol. (Juniors): HT: A. Bilous (Glouc) 48.90.

August 21st

Meeting at Halifax FC. (Youths): 800: 1, P. Elliott (Roth) 1:53.0; 2, M. Godfrey (Hal) 1:57.0. (Boys): 3000: A. Rodgers (Leeds C) 9:17.0.

August 22nd

Open Meeting, at Crawley. (Women): 3000: 1, J. Van Cuylenburg (Craw) 9:53.6; 2, D. Peel (Hay. H) 10:04.0.

August 25th

Invitation Meeting, at Luton. (Women): HJ: 1, A-M. Devally 1.80; 2, L. Matthews 1.73; 3, J. Hilliard 1.70; 4, J. Harrison 1.65.

Octavian Relays, at Meadowbank. 4×100: 1, Pitreavie 42.8. 4×200: 1, Pitreavie 1:27.9; 2, Edinburgh AC 1:28.9. 4×800: Edinburgh AC 7:43.9. (Youths): 4×200: 1, Ayr Seaforth 1:36.9; 2, Ayrshire 1:37.9. (Senior Boys): 4×200: Pitreavie 1:39.3. (Women): 4×100: 1, Pitreavie 48.3; 2, Gateshead 49.6. 4×400: 1, Pitreavie 3:47.7; 2, Gateshead 3:54.9; 3, Edinburgh AC 3:59.3. (Junior Girls): 4×100: Pitreavie 51.0. 4×200: 1, Pitreavie 1:46.5; 2, Paisley 1:49.8. 3×800: 1, Paisley 7:17.9; 2, Livingstone 7:24.4. (Girls): 3×800: 1, Edinburgh AC 7:45.0; 2, Clyde Valley 7:45.1.

August 26th

Bank of Scotland League, at Meadowbank. 100: 1, C. Sharp (Shett) 10.6; 2, J. Wilson (ESH) 10.9. 200: Sharp 21.1. 400: 1, K. Glass (EAC) 49.0; 2, D. Archibald (E. Kil) 50.0. 800: 1, P. Hoffmann (EAC) 1:53.8; 2, I. Cuthbertson (Pit) 1:54.2. 1500: A. Weatherhead (EAC) 3:52.2. 5000: (A): 1, D. Lang (Fife) 14:31.7; 2, G. Laing (A'deen) 14:32.0; 3, I. Campbell (E. Kil) 14:37.3. (B): D. Macgregor (Fife) 14:33.5. 3000SC: (A): N. Jones (EAC) 9:22.8. (B): D. Hunter (EAC) 9:33.6. 110H: (A): 1, D. Findlay (Pit) 15.1; 2, C. Luxon (EAC) 15.9. (B): S. McAslan (EAC) 15.9. 400H: (A): 1, N. Gregor (EAC) 53.8; 2, S. Devine (ESH) 55.9. (B): R. Caldwell (EAC) 55.7. HJ: D. Hendry (Fife) 1.96. PV: (A): 1, J. Johnstone (ESH) 4.05; 2, N. Forster (Shett) 3.70. (B): D. Hamilton (ESH) 3.90. LJ: J. Scott (EAC) 6.80. TJ: (A): T. Black (Shett) 14.19. (B): R. Harkins (Shett) 13.94. DT: 1, K. Christie (ESH) 42.78; 2, D. Crolla (EAC) 40.60. HT: (A): 1, C. Black (ESH) 67.72; 2, D. Huxley (EAC) 51.02; 3, R. Gray (Pit) 45.06. (B): W. Gentleman (EAC) 43.86. JT: A. Black (ESH) 57.04. 4×100: Shettleston 43.7. 4×400: 1, Edinburgh AC 3:20.7; 2, Pitreavie 3:21.9. Div. 2. 800: 1, I. Bryce (Cen. R) 1:54.1; 2, I. Smith (VP) 1:54.4. 1500: J. Dingwall (FVH) 3:54.7.

Northern Men's League, at Cleckheaton. 100/200/400: S. Wymark (Hull S) 10.8/21.4/49.9. 800: J. Bawden (Wake) 1:51.5. 1500: 1, S. Markley (M&C) 3:45.8; 2, N. Lees (Der) 3:46.0; 3, Bawden 3:50.2. 110H: 1, A. Shaw (Long) 14.8; 2, R. Bell (Wake) 14.9. 400H: 1, Bell 54.1; 2, J. McGhing (Der) 54.4. HT: D. Smith (Hull S) 50.44.

DATE FOR YOUR DIARY

STOURPORT A.C.

fifth annual

CROSS COUNTRY

SUNDAY, 9th MARCH, 1980

NEW COURSE

Details in "A.W." later

Cannock Chase YA Meeting. (Youths): 200: S. Venus (Cov) 22.6; 3000: R. Ellerton (Staffs M) 8.45.8. 1500SC: 1, C. Baker (Cann) 4:27.2; 2, A. Green (Warr) 4:33.5. **(Boys):** 100: 1, M. Stevens (BH&M) 11.7; 2, J. Lord (Shrew) 11.8. 400: R. Holding (Wig) 55.0. 800: G. Green (Warr) 2:04.5. 80H: 1. Bucklar (Chip) 12.1. HJ: 1, M. Powell (W&B) 1.75; 2, N. York (W&B) 1.75. SP/DT: J. Clare (Wig) 14.67/40.28. **(Inters):** 200: A. Keegan (Wig) 25.7. 1500: 1, S. Weaver (Stour) 4:50.5; 2, A. McKim (North) 4:51.6. 80H: 1, L. Roper (Hallam) 12.0; 2, J. Langston (Cann) 12.0; 3, L. Playel (Ver) 12.2; 4, B. Malpass (Cov) 12.2; 5, A. Simmons (Newp) 12.3 (12.2 ht). HJ: G. Blount (Shrew) 1.58. **(Juniors):** 200: 1, J. Guest (Roth) 26.8; 2, M. Still (Wig) 26.9 (26.4 ht). 800: B. Sanderson (Cor) 2:22.5. 1500: R. Taylor (Rug) 4:58.5. 75H: 1, B. Booth (Cann) 12.1; 2, J. Booth (Warr) 12.1. HJ: 1, J. Charlton (Carm) 1.67; 2, S. Duerdon (Wig) 1.60. LJ: Duerdon 5.23. SP: D. White (Tam) 10.86. DT: 1, K. Pugh (Nun) 30.02; 2, H. McMahon (Hal) 27.30. JT: 1, G. Major (Hallam) 31.52; 2, J. Griffiths (Cann) 30.48; 3, J. Rowe (BH&M) 29.54. **(Girls):** LJ: D. Rawsthorne (Warr) 4.92.

Open Meeting in Jersey. SP: 1, I. Lindley (Leeds) 16.91; 2, A. Satchwell (Met. P) 16.67. DT: 1, Satchwell 49.86; 2, Lindley 41.54.

August 27th

Ted Hopkins Memorial Meeting, at Cardiff. HT: A. Bilous (Glouc-J) 45.78. **(Youths):** SP: M. Hewer (Car) 16.16. HT: R. Proctor (Bris) 48.56. **(Women):** SP: S. Bull (Newp) 11.76. **(Juniors):** SP: S. Thompson (Glouc) 9.93. 4x100: Bristol 51.2.

August 29th

Open Meeting in Jersey. SP: 1, I. Lindley (Leeds) 16.61; 2, A. Satchwell (Met. P) 16.09. DT: 1, Satchwell 49.10; 2, Lindley 43.44.

Standards Meeting, at Gateshead. 800: 1, S. Cram (J&H-J) 1.48.5; 2, R. Woods (Dur. C) 1:51.0; 3, A. Lawrence (Darl-J) 1:51.3; 4, G. Turnbull (Gat-J) 1:51.6; 5, I. Adams (New. U) 1:52.5; 6, W. Foster (New. U) 1:52.7; 7, C. Pulford (Darl) 1:53.0. 3000: 1, P. Harker (Darl) 8:12.7; 2, J. Smith (Sun-J) 8:13.5; 3, D. Martin (Gat-J) 8:14.5. **(Youths):** 3000: 1, M. Wright (Gat) 8:51.3; 2, P. Ryder (Mor-B) 8:56.0; 3, P. Bradley (Gat) 8:58.9.

BOURNEMOUTH BOROUGH COUNCIL

5th LOVEGROVE & JUKES CROSS COUNTRY MEETING

Sunday, 28th October — King's Park

Extended programme to include: Colts, Boys, Junior & Senior Men's, Junior Girls & Senior Ladies Races.

Full details October 6th & 13th issues

Enquiries: (S.A.E.) Roger Brown, Parks Dept., Town Hall, Bournemouth. Tel. (0202) 22066 ext. 576.

September 1st

Open Events, at Meadowbank. (Youths): 1500: A. Callan (S'burn) 4:03.0. **(Boys):** 200: (+2.8m) 1, S. Robertson (Cen. R) 22.90; 2, C. Forsyth (Annan) 23.29 (23.1 ht); 3, S. Graham (ESH) 23.68; 4, M. Rhind (Clyde V) 23.75; 5, I. Brown (Law) 24.00. In hts: M. Cousens (Air. Ac) 23.6. 800: 1, E. Alexander (Cen. R) 2:05.5; 2, S. Tabb (Pit) 2:06.5. In hts: J. McGovern (St. C. HS) 2:07.0. **(Junior Women):** 200: (+1.7m) 1, C. Candlish (Pit) 25.83; 2, D. Menzies (Pit) 26.38 (26.3 ht); 3, F. Wardhaugh (ESH) 26.45 (26.1 ht); 4, F. Johnstone 26.67 (26.2 ht). 800: 1, A. McGeown 2:14.9; 2, T. McCullough (Newl. S) 2:17.0; 3, K. Brown (Liv) 2:17.7; 4, S. Morris (Shett) 2:20.3.

Northern Ireland Marathon Champs. 1, D. McGonigal (B'drain) 2:33:04; 2, D. McHenry (B'drain) 2:43:42; 3, P. McLean (N. Down) 2:47:16.

September 2nd

Northern Women's League, at Cleckheaton. 400: L. Gillespie (Sheff) 57.4. 3000: J. Clarke (Sheff) 10:11.0. LJ: S. Sherwood (Sheff) 5.58. **(Inters):** 800: J. Walker (Sheff) 2:16.3. HJ: J. Walker (Sheff) 1.63.

Northern Women's League, at Lincoln. 200: G. May (A&SV) 25.2. 400: 1, May 57.4; 2, D. Ridings (B'burn) 58.3. 1500: 1, W. Proctor (A&SV) 4:43.5; 2, D. Heckingbottom (B'burn) 4:43.8. 3000: (A): 1, Proctor 10:19.9; 2, S. Gaskell (Long) 10:23.5. (B): A. James (A&SV) 10:31.2. 400H: A. Walker (Lin. C&C) 66.4. DT: 1, L. Dykes (B'burn) 38.06; 2, S. Faulkner (Lin. C&C) 34.40. JT: 1, K. McCarthy (Liv) 37.48; 2, M. Cheetham (Lin. C&C) 35.62. **(Inters):** 80H: J. McNicol (B'burn) 12.4. SP: A. Hanson (Liv) 10.45. **(Juniors):** 100: M. Newton (A&SV) 12.6. 200: 1, C. Lamb (Liv) 25.8; 2, M. Atkinson (B'burn) 25.9. 75H: 1, A. McArdle (Liv) 11.7; 2, J. Booth (Warr) 11.8. HJ: D. Nagan (Lin. C&C) 1.58. LJ: N. Suttcliffe (B'burn) 5.36. JT: J. Mellon (Liv) 28.02.

September 8th

Open Meeting, at Southampton. HJ: A. Bedford (S&E) 1.93. SP: 1, N. Tabor (S&E) 15.13; 2, C. Smith (Ports) 13.38. **(Vets):** SP/DT: O. Feldmanis (Mit) 13.43/44.30. **(Juniors):** SP: 1, S. Wilson (Fare) 13.99; 2, L. Wiltshire (Ports) 13.54. **(Women):** 200: L. Talbert (BR&C) 25.3. SP: B. Carter (Ports) 12.36. DT: 1, J. Curtis (S&E) 39.78; 2, Carter 37.58; 3, L. Higman (Fare) 34.52.

Lily B League, at Battlebridge. (Junior Ladies): HJ: A. Tingay (Sy. B) 1.60. JT: W. Norman (G&G) 28.46.

Middlesex 10,000m Champs, at West London. T. Woods (HHH) 30:33.8

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

Lugano Cup Final: UK To Place In First Six?

THE largest fields yet, representing 14 teams, contest the ninth edition of the race walkers' 'World Cup', the Lugano Cup Final, at Eschborn this weekend. The final was held there in 1970 but this time the circuit has been shortened from 5000m to 2500m. Cup holders Mexico will face strong opposition from the USSR, GDR and Italy. Certainly a couple of sub-par performances or disqualifications could affect the leading placings drastically.

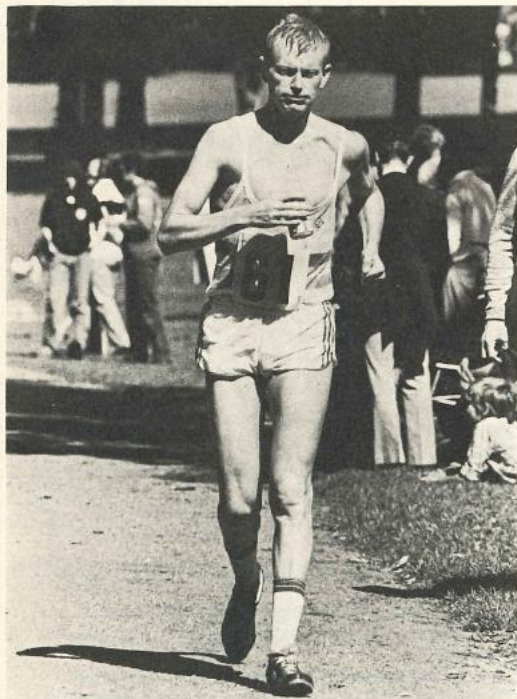
Individually the contests should make for fascinating viewing. At 20km Daniel Bautista will have to be at his superb best to defeat Mexican countrymen Domingo Colin and Felix Gomez, as well as Stadtmuller and Weiser (GDR), Da Milano (Ita) and an ever improving Soviet quartet. At 50km Raul Gonzalez (Mex) should have a battle royal with European champion Jorge Llopart (Spa). Others in contention must be Martin Bermudez and Pedro Aroche of Mexico and the Soviet squad. An honourable placing is almost certain to be achieved by the amazing 46-year-old Gerd Weidner (Ger), competing in a record seventh final. The British squad, encouraged by their semi-final efforts at

By Colin Young

Hove and strengthened by the inclusion of Olly Flynn, have every reason to hope for a placing in the first six teams with Adrian James standing an excellent chance of beating Bob Dobson's British 50km best of 4:08:39. Our 20km quartet will obviously be out to achieve times which will put them in line for Olympic selection.

The women's 5km should see Carol Tyson and Marion Fawkes battling at the head of affairs with Thorill Gylder and the Swedish girls. With Irene Bateman also in fine form the British trio should finally beat the Swedes in the team placings.

RWA National 100km Championship. The inaugural championship takes place on September 29th (6 am) on a stretch of the M42 motorway at Sutton Coldfield. For the first time in a RWA championship competitors will be classified and count in team scoring once the time limit of 12 hours has elapsed. Competitors will race up and down the 2500m stretch, thus completing 20 laps of 5km. There will be a refreshment station which will enable competitors to be fed every 2500m.



Adrian James pictured during his 4:09:33 50km at Hove. Bob Dobson's UK best is 4:08:39.

Mike Street

Organised by Batley Sports Development Council
in conjunction with Airedale and Spen Valley A.C.

BATLEY ROAD RACES 1979

(Under AAA, WCC & RWA Rules)

Sponsored by Home Charm Paints (SPL) Ltd.

SUNDAY, 28th OCTOBER, 1979

commencing 2.00 p.m.

Senior 5 Miles — Fast Course from BATLEY SPORTS CENTRE. Individual and Team Race.

Ladies Composite Relay — Junior, Inter, Senior—each one lap of 1.7 Miles.

Young Athletes Composite Relay — Colts (12 & 13), Boys (14 & 15), Youths (16 & 17)—each one lap of 1.7 Miles. Ages as at 31st August, 1979.

EXCELLENT PRIZES

First three Teams, first 'B' & 'C' Teams in Relays; first three Individuals plus next 15 without Team awards, first three teams, first 'B' Team, first Vet, Local and Junior in Senior Road Race.

Entry Fees: 75p per Team in Relays: 40p per Individual in Senior Race (No Team Fee).

Entries to: Ken Duckworth, 15 Hill Foot, Shipley BD18 4EP, West Yorkshire (Tel. 592347).
SAE for entry confirmations and directions to course.

CLOSING DATE 17th OCTOBER

That redoubtable veteran ultra-distance quintet of Dave Boxall, John Eddershaw, Ken Harding, Derek Harrison and Peter Worth will obviously make their presence felt, while Tony Geall will be hoping to reproduce the brilliant form he displayed at Rouen earlier this year in his debut at the distance. Bob Dobson and Ian Richards may well take the opportunity of the early morning start and flat course to endeavour to beat the 4:10 for 50km set as the Olympic standard by the RWA. Due to the clash with the Lugano Cup Final several potential high placers will be absent from the start line.

John Paddick breaks course record in TT victory (August 18th). The 1964 Olympian, John Paddick, broke Graham Young's 1977 course record for the 37.73 mile classic in the Isle of Man by 7 sec, easily beating the local favourite with a fine display of forceful walking and excellent climbing speed. He passed 10M in 1:33:20, 20M in 3:02:06 and 50km in 4:44:30. 1, J. Paddick (Leic) 5:47:02; 2, G. Young (Bound) 5:59:21; 3, M. Lambden (Bound) 6:04:33; 4, E. Shillabeer (Daw) 6:11:03; 5, D. Harrison (Bound) 6:11:35; 6, A. Brooks (Yorks RWC) 6:24:56; 7, M. Davitt (Camb) 6:28:09; 8, E. Crompton (Lancs) 6:30:30; 9, W. Corkill (Bound) 6:35:28; 10, J. May (Met) 6:44:36. Teams: 1, Boundary 16; 2, Leics WC 28; 3, Lancs WC 43.

Peel (IoM) 'Round the Houses' 5km (August 20th). 1, A. Callow (Bel) 23:05; 2, M. Lambden (Bound) 24:27; 3, J. Canwell (Bound) 25:22; 4, A. Briggs (York RWC) 25:40. **(Junior)** J. Madigan (Bound) 26:14. **(Women)** 1, I. Corlett (Bound) 27:49; 2, P. Horwill (Dud) 30:49.

Top form Amos Seddon wins Enfield 12km (August 25th). Amos Seddon used the fast, flat circuit he knows so well to full advantage in finishing a clear winner of his club's open 12km. 1, A. Seddon (Enf) 53:23; 2, C. Lawton (Bel) 54:00; 3, G. Morris (Stey) 54:58; 4, M. Dunion (Ang) 56:15; 5, R. Dorman (Bel) 57:02; 6, J. Hall (Bel) 57:39; 7, B. Armstrong (Ilf) 58:12; 8, J. Newnham (Bel) 59:02; 9, D. Rowland (Stey) 59:20; 10, R. Wallwork (Ang) 59:28; 11, D. Sheppard (Ang) 59:46; 12, D. Hay (Hav) 60:27; 13, E. Holmquist (H'gate) 61:21; 14, A. Geal (Stey) 61:36; 15, M. Angove (Grey) 61:48; 16, N. Perry (B'ton) 62:05; 17, K. Dale (B'ton) 62:07; 18, J. Evans (Ilf) 62:36; 19, J. Hedgethorpe (Ang) 62:43; 20, M. Oliver (Enf) 62:52. Teams: 1, Belgrave 20; 2, Anglia Striders 38; 3, Steyning 49; 4, Enfield 58. **(Youths & Jnrs 5km)** 1, N. Walsh (Grey) 23:33; 2, M. Nicholls (Bel) 23:39; 3, C. Marchant (Hav) 24:29; 4, K. McDermot (Bel) 24:33. **(U/15 2500m)** 1, P. Toft (Hav) 13:13; 2, B. Gahagan (Hav) 14:16. **(U/13 2500m)** 1, G. Ringshaw (Stey) 12:48; 2, I. McDermot (Bel) 13:32. Team: Steyning. **(Women's 5km)** 1, V. Birch (Enf) 25:21; 2, S. Till (B'ton) 27:04; 3, F.

Rider (Camb) 27:50; 4, L. Nicholls (Bel) 29:20; 5, A. Matthews (Bel) 29:25. Team: Belgrave. **(Girls U/15 2500m)** 1, L. McCarthy (Hav) 13:32; 2, E. O'Rawe (S'end) 13:54; 3, T. Butler (Hav) 13:57. Team: Havering. **(Girls U/13 2500m)** 1, H. Ringshaw (Stey) 13:31; 2, M. O'Rawe (S'end) 15:18; 3, N. Gates (Hav) 15:20. Team: Steyning.

Exciting London to Brighton finish (September 1st). Despite starting a minute late and going through the occasional crisis, Ian Richards made his 'Brighton' debut a winning one when he passed the man who had led from the start, John Eddershaw, with just 3 miles remaining. The 46-year-old Sheffielder had the sympathy of most of the race followers as he forced the pace throughout, building up a maximum lead of 6 minutes fighting off the challenges of Bob Dobson and Dave Boxall before succumbing to Richards' final flourish. Dobson had a tough race but gutted it out to finish. 1, I. Richards (Cov) 8:18:22; 2, J. Eddershaw (Sheff) 8:19:46; 3, D. Boxall (B'ton) 8:26:06; 4, K. Halstead (Cov) 8:29:39; 5, P. Worth (Enf) 8:33:54; 6, R. Dobson (Ilf) 8:35:38. Team: Coventry Godiva.

Open Races, at Hove Park (September 2nd). Mike Parker opened with a scorching first lap and established a wide lead over Brian Adams in the 10km. The New Zealander looked very impressive but lost ground in the closing stages to his fellow countryman Graham Scatter and storming Alan King who has improved out of all knowledge on his performances since placing second in the National 20km. Showing excellent speed, endurance and recovery, the London-Brighton winner of the previous day, Ian Richards, clocked a fine 47:11. In the women's 10km the Solihull duo of Elaine Cox and Karen Eden drew well away from Judy Farr in the early stages but Judy fought back on the climbs to pass Karen to finish a comfortable second. Elaine showed good stamina to win in good time.

1, M. Parker (B'ton/NZ) 43:26; 2, G. Scatter (Bel/NZ) 43:45; 3, A. King (Leic) 43:52; 4, C. Lawton (Bel) 44:43; 5, B. Adams (Leic) 45:09; 6, S. Gower (Ilf) 45:11; 7, G. Vale (Sy) 45:26; 8, R. Dorman (Bel) 45:34; 9, K. Carter (Ang) 45:58; 10, B. Graham (York P) 46:06; 11, N. Walsh (Grey) 47:10; 12, I. Richards (Cov) 47:11; 13, P. Vesty (Leic) 47:14; 14, M. Nicholls (Bel) 47:27; 15, R. Sheppard (Ilf) 48:00; 16, D. Hay (Hav) 48:08; 17, S. Lightman (Met) 48:17; 18, D. Buchanan (B&H) 48:19; 19, M. Angove (Grey) 48:20; 20, A. Trigg (Leic) 48:25; 21, L. Mockett (Ilf) 48:42; 22, J. Newnham (Bel) 48:55; 23, N. Perry (B&H) 48:55; 24, K. Walsh (Grey) 49:04; 25, D. Sheppard (Ang) 49:05. 58 finished. **(Women)** 1, E. Cox (Sol) 51:51; 2, J. Farr (Trow-V) 52:39; 3, K. Eden (Sol) 53:37; 4, S. Till (B'ton) 55:44; 5, J. Robery (Hav) 56:29; 6, S. Jennings (Trow-V) 61:52.

Mills and Dobson dominate international inter-club 20km, at Chelmsford (September 8th). Competitors representing nine countries took part in this very well organised and successful venture by Anglia Striders and Ilford AC. Dennis Sheppard, Tony Perkins and John Hedgethorpe in particular were responsible for all the travelling arrangements, sponsorship and entertaining for the guests from abroad. The international system of judging was used on an out and back 5km course and times were affected by the high humidity. Steve Gower was caught at 10km by Roger Mills and Bob Dobson, and retired due to stomach trouble. Walking well within himself, Mills stayed with his clubmate until the last few metres. Behind them, Mike Dunion showed fine form to clock a pb with Roy Sheppard also excelling in following Ken Carter home. 1, R. Mills (Ilf) 94:30; 2, R. Dobson (Ilf) 94:31; 3, M. Dunion (Ang) 96:16; 4, K. Carter (Ang) 98:08; 5, R. Sheppard (Ilf) 99:25; 6, L. Mockett (Ilf) 100:01; 7, R. Tryankowski (Germany) 100:29; 8, M. Lambden (I of Man) 101:05; 9, K. Viken (Norway) 101:29; 10, A. Callow (IoM) 102:41; 11, J. Robinson (Ang) 103:11; 12, R. Wallwork (Ang) 103:30; 13, B. Armstrong (Ilf) 104:28; 14, P. Ryan (Sheff/Ang) 104:40; 15, M. Scammell (Bel/Ang) 106:27.

York Postal RWC Open 7M. The second edition will take place on October 21st from the Civil Service Club (2 pm). An open Women's and Boys 3km will be held earlier, at 1.30 pm. As the only open '7' held in the North, the enthusiastic promoting club hopes there will be plenty of support from all areas.

Walkers needed for Civil Service Championship. Walkers who are members of staff in the Dept of Employment, Manpower Services or Training Services Division are requested to contact Jim Carr, 77 Knowle Avenue, Ashton-u-Lyne, Lancs (work tel: 061-652 8411). The Civil Service 7M takes place on November 3rd.

Outstanding wins for Lelievre and Llopart in Lugano Cup Semi, at Reus (August 25th/26th). 20km: 1, G. Lelievre (Fra) 83:46; 2, J. Marin (Spa) 85:45; 3, E. Andersen (Nor-J) 87:40. 50km: 1, J. Llopart (Spa) 3:44:33; 2, L. Moen (Nor) 4:09:40; 3, L. Sator (Hun) 4:14:13. Teams: 1, Spain 61; 2, Hungary 60; 3, France 54.

News from the USA. AAU 15km Championship (May 6th): 1 eq, C. Hansen & M. Jobin (Can) 66:58; 3, J. Heiring 68:22... 8, P. Ryan (UK) 73:32; 10, R. Sheppard (UK) 75:48. **AAU 10km, at Chicago (May 26th):** 1, T. Scully 43:14.4 (6:26 first mile); 2, Hansen 43:55; 3, Jobin 44:16. **Ron Zinn Memorial 10km Road Race, at Chicago (May 27th):** 1, Jobin 41:42; 2, Scully 42:15. **AAU 5000m (June 16th):** 1, D.

O'Connor 21:45; 2, P. Timmons 22:17; 3, M. Kraft 22:25. **AAU Women's 5000m (June 15th):** 1, S. Brodock 24:07; 2, P. Kash 25:20; 3, C. Sakelarios 25:22. **AAU Women's 10,000m (June 17th):** 1, Brodock 50:32.8 (rec); 2, S. Liers 51:13.2; 3, Sakelarios 51:33.0. **Pan-Am 50km Trial, at Walnut (June 15th):** 1, M. Evoniuk 4:10:33; 2, V. O'Sullivan 4:20:05; 3, K. Johansen 4:29:21. **Pan-Am 20km Trial, at Walnut (June 17th):** 1, N. Pyke 87:11; 2, Scully 87:55 (set US track 20km record of 88:33 in Seattle on April 22nd); 3, Hansen 89:56.

Willi Sawall clocks 3:56:07 in Australian 50km trial! Willi Sawall, the man who finished 2nd to Olly Flynn in the Commonwealth 30km, had a pit stop at 35km and also suffered hamstring strain after 10km... and yet, despite a hilly course, returned 3:56:07 in the Australian Lugano Cup 50km trial. 20km (July 14th): 1, P. Fullager 93:43; 2, J. Smith 93:47; 3, R. Huxley (18) 94:50. Women's 5km (July 14th): 1, S. Orr 24:37; 2, S. Pierson 24:44; 3, L. Young 24:52. 50km (July 15th): 1, W. Sawall 3:56:07 (10km — 43:38, 20km — 90:23, 30km — 2:16:34/Comm best, 40km — 3:05:05); 2, T. Erickson 4:21:54; 3, J. Sheard 4:25:27. The Australian selectors have set standards of 88:00 and 4:15 for Olympic selection. In earlier races, Sawall won over 20M at Canberra (June 17th) in 2:23:10, 20km on July 1st in 88:14 and a track 10km on July 8th in 42:03, continuing on to 12km in 50:33.

QUALIFYING MATCH FOR THE UK WOMEN'S LEAGUE

At Birmingham, September 8th

Pitreeve 289; City of Hull 275; Cardiff 262; Bournemouth 223; Hull Spartans 186½; Shrewsbury 152½.

100: L. MacDonald (Pit-I) 12.5. 400: 1, MacDonald 55.6; 2, S. Smith (CoH) 58.3. 800: 1, K. Williams (Pit) 2:11.7; 2, N. Parsons (B'mouth) 2:12.0; 3, A. Hartley (Car) 2:13.3. 1500: 1, K. Lock (Car) 4:33.7; 2, K. Harvey (B'mouth) 4:42.3. 3000: 1, J. Moody (CoH) 10:09.2; 2, K. Robinson (Pit) 10:35.2. 100H: G. Howell (CoH) 15.6. 400H: (A): 1, Smith 61.9; 2, C. Hogg (Pit) 63.9. (B): 1, S. Needham (CoH) 65.5; 2, C. Sutton (Car) 68.0. HJ: (A): 1, V. Austin (Hull S) 1.75; 2, C. Howarth (B'mouth) 1.70. (B): C. Henley (B'mouth) 1.65. LJ: 1, S. Hamilton (Hull S) 5.99; 2, Howell 5.48; 3, Henley 5.47. SP/DT: S. McDonald (Pit) 11.71/38.46. JT: J. Jackson (Car) 36.08. 4x400: 1, Pitreeve 3:54.3; 2, City of Hull 3:54.8; 3, Bournemouth 3:59.4. (Inters): 800: 1, K. Greally (Pit) 2:15.1; 2, K. Almond (CoH) 2:15.7. (Juniors): 1500: J. Millerchip (CoH) 4:58.8. SP: J. Kellock (Pit) 10.29. DT: (A): A. Davies (B'mouth) 30.86. (B): F. Angrave (B'mouth) 30.38. 4x100: Pitreeve 51.8.

UK v RUSSIA (WOMEN) from page 27

Sadredinova 9:02.0; 5, KATH BINNS 9:15.8; 6, GLYNIS PENNY 9:54.2.

100H: (-1.9m) (b) 1, N. Morgulina 13.21; 2, N. Lebedeva 13.49; 3, SHIRLEY STRONG 13.55; 4, YVETTE WRAY 13.82; 5, O. Bogdantseva 14.07; 6, WENDY MCDONNELL 14.16.

400H: (a) 1, T. Storozheva 57.03; 2, M. Makeyeva 57.87; 3, CHRISTINE WARDEN 57.91; 4, T. Zelentsova 58.15; 5, SUSAN MORLEY 60.18; 6, SUSAN DALGOUTTE 60.59.

HJ: (a) 1, MOIRA MAGUIRE 1.86; 2, M. Serkova 1.84; 3, BARBARA SIMMONDS 1.81; 4, T. Denisova 1.81; 5, ANN-MARIE DEVALLY 1.75; L. Khaustova no ht.

LJ: (a) 1, SUSAN HEARNshaw 6.68 (**UK Junior rec**); 2, Morgulina 6.24; 3, GILLIAN REGAN 6.22; 4, Khaustova 6.17; 5, ALLISON MANLEY 5.89; 6, Zelentsova 5.77.

SP: (a) 1, N. Isayeva 19.10; 2, N. Akhrimenko 17.10; 3, S. Melnikova 16.59; 4, ANGELA LITTLEWOOD 16.23; 5, JUDITH OAKES 16.08; 6, VENISSA HEAD 15.43.

DT: (b) 1, Melnikova 64.62; 2, N. Gorbachova 60.88; 3, Akhrimenko 60.20; 4, JANET THOMPSON 53.68; 5, LESLEY MALLIN 46.32; 6, HEAD 45.78.

JT: (b) 1, TESSA SANDERSON 64.04; 2, FATIMA WHITBREAD 54.60; 3, JACKIE ZASLONA 51.06; 4, L. Atstetskaya 50.62; 5, M. Terenchenko 50.10; 6, Akhrimenko 39.54.

4x100: (a) 1, UK (HELEN BARNETT, SMALLWOOD, GODDARD, HUNTE) 44.06; 2, Russia (Komisova, A. Bogdantseva, Sidorova, Akchurina) 45.38.

4x400: (b) 1, UK (PROBERT, MACDONALD, KAREN WILLIAMS, SMITH) 3:32.2; 2, Russia (Poryvkina, Zenina, Storozheva, Bagryantseva) 3:32.6.

100: (+3.4m) (a) (non-scoring) 1, Barnett 11.51; 2, E. Thomas 11.62; 3, M. Ascroft 11.69; 4, Bogdantseva 11.81.

RECORD LONDON-BRIGHTON

There is a record entry of 161 for the RRC's London to Brighton road race this Sunday (September 30th), sponsored this year by the Northern Rock Building Society. A big overseas entry includes runners from the USA (44 athletes), France, Germany and Zimbabwe Rhodesia. The Americans' brightest hope must be Allan Richard Kirik who in May set a national record of 5:00:31 for 50 miles.

The British entry includes three former winners: Don Ritchie (the course record holder), Cavin Woodward and Tom O'Reilly. These three athletes finished 1, 2, 3 in last year's event.

The race starts from Westminster Bridge at 7.00 am and the leaders are expected to complete their 53 1/2 mile journey at the Aquarium at about 12.15 pm.

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BEDFORD AND COUNTY ATHLETIC CLUB**6th Annual**

AMPTHILL TROPHY CROSS-COUNTRY MEETING

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

AMPTHILL PARK, AMPTHILL, BEDS**SUNDAY, NOVEMBER 4th, at 12.30 p.m.**

**A QUALITY CLASS MEETING FOR BOTH SEXES AND ALL AGE GROUPS
RUN OVER A GENUINE CROSS-COUNTRY COURSE**

2679 ENTRY LAST YEAR**PROGRAMME****EVENT**

1. MINOR GIRLS	U/11 years	1 MILE	1978 TEAM PRIZE
2. MINOR BOYS	U/11 years	1 MILE	Thurrock A.C.
3. GIRLS	U/13 years	1¼ MILES	Sussex Road School
4. COLTS	U/13 years	1¼ MILES	Thetford A.C.
5. JUNIOR LADIES	U/15 years	1¼ MILES	Shaftesbury Harriers
6. BOYS	U/15 years	2½ MILES	Basingstoke A.C.
7. INTER LADIES	U/17 years	2½ MILES	Wolverhampton & Bilston A.C.
8. YOUTHS	U/17 years	3¾ MILES	Epsom & Ewell A.C.
9. SENIOR LADIES		2½ MILES	Highgate Harriers
10. VETERANS		5 MILES	Barnet A.C.
11. SENIOR MEN		5 MILES	Havering A.C.

All ages as at 1st September, 1979

PRIZES

Events 1 to 8 — Trophies first three Individuals and first three Teams (3 to score).
 Events 9 and 10 — 1st £50, 2nd £30, 3rd £15, 4th £5. Teams 3 × £8, 3 × £6, 3 × £4.
 Event 11 — 1st T.V., 2nd £40, 3rd £25, 4th £15, 5th £5. Team 3 × £8, 3 × £6, 3 × £4.

Entry Fees: Senior Men, Senior Ladies and Veterans 40p, rest 30p. No team fees.**Entries to:** D. Spring, 28 Wedgwood Road, Bedford. Tel. 0234 64737, with d.o.b., club and S.A.E.**CLOSING DATE 23rd OCTOBER, 1979 — NO LATE ENTRIES**

Irish Hammer Record

IRELAND may have had six individual wins and the bonus of a national record in the hammer but when the points were accumulated at the end of the day at Belfield on August 19th the Netherlands (199) were well ahead of Ireland (137½) and Wales (108½). It was not a particularly happy occasion for a weakened Welsh team who on their last visit to Ireland in 1976 had a fine victory.

Sean Egan got the home squad away to a good start when his throw landed at 68.82m, a new Irish record. Egan has been re-writing the hammer record all season but his reputation had been dented by his National Championships defeat by Eugene Lawlor and he was extremely pleased to get back on top again.

Brian Jennings made a dramatic international debut in the 800m. A 55 sec first lap left the field bunched together and with 200m remaining it looked like a 1-2 for the Netherlands. Mercelina and Koermeling were on their way to the tape when, in the last 50m, Jennings found some new reserves and fought his way between them and through the tape in a career best of 1:50.4. It was quite a start for the 20-year-old Dubliner currently on a scholarship in the USA and in his first season of 800m running.

Nick Davis

100: 1, R. Heerenveen (N) 10.67; 2, M. Owen (W) 10.92; 3, P. Fallon (I) 10.96 . . . 5, S. Thomas (W) 11.02. **200:** (+3.0m) 1, H. Brouwer (N) 21.26; 2, Heerenveen 21.71; 3, T. Crowe (I) 22.02; 4, D. Morgan (W) 22.13; 5, Thomas 22.24. **400:** 1, K. Gijssbers (N) 48.27; 2, M. James (W) 49.09; 3, B. McManus (I) 49.40 . . . 6, S. Perks (W) 51.11. **800:** 1, B. Jennings (I) 1:50.4; 2, A. Koermeling (N) 1:50.5; 3, R. Mercelina (N) 1:50.6 . . . 5, P. Lewis (W) 1:51.7; 6, R. Barrett

(W) 1:53.1. **1500:** 1, R. Flynn (I) 3:48.0; 2, P. Williams (W) 3:48.3; 3, B. Downey (I) 3:48.3 . . . 6, K. Jones (W) 3:48.6. **5000:** 1, G. Deegan (I) 14:03.5; 2, M. O'Shea (I) 14:04.3; 3, R. Verriet (N) 14:05.4; 4, A. Leek (W) 14:09.0 . . . 6, D. Messum (W) 14:53.4. **10,000:** 1, J. Woods (I) 29:45.1; 2, P. Vonk (N) 29:52.7; 3, H. Patist (N) 30:09.0; 4, A. Cole (W) 30:10.9 . . . 6, J. Robertshaw (W) 30:29.3. **3000SC:** 1, H. Koeleman (N) 8:54.4; 2, L. O'Brien (I) 8:59.5; 3, T. Blackwell (W) 9:04.7 . . . 5, R. Evans (W) 9:12.4. **110H:** (+4.0m) 1, F. Burgoss (N) 14.68; 2, E. Schutter (N) 14.72; 3, N. Alexander (W) 14.89 . . . 6, T. Bidder (W) 15.51. **400H:** 1, H. Pont (N) 51.24; 2, D. Fishwick (W) 53.59; 3, H. Kort (N) 53.95; 4 N. Hammersley (W) 54.06.

HJ: 1, R. Wielart (N) 2.22; 2, R. De Vries (N) 2.05; 3, A. McIvor (W) 2.00 . . . 5, T. Llewellyn (W) 1.95. **PV:** 1, P. Goebel (N) 4.70; 2, E. Schutter (N) 4.40; 3, D. Lease (W) 4.20; 4, G. Ward (W) 4.10. **LJ:** 1, J. Bronwasser (N) 7.00; 2, P. Van Leeuwen (N) 7.00; 3, C. Wright (W) 6.84 . . . 6, P. Wood (W) 6.44. **TJ:** 1, R. Sedoc (N) 15.37; 2, Van Leeuwen 15.06; 3, M. O'Flynn (I) 14.69; 4, D. Wood (W) 14.68 . . . 6, J. Furnham (W) 14.26. **SP:** 1, G. McEvoy (I) 17.58; 2, S. Ruhl (N) 15.71; 3, H. Hummel (N) 14.83; 4, J. Walters (W) 13.59 . . . 6, K. Latten (W) 11.99. **DT:** 1, Ruhl 53.12; 2, J. Brice (I) 51.68; 3, N. Kriatkov (N) 48.20 . . . 5, Latten 45.20; 6, Walters 41.18. **HT:** 1, S. Egan (I) 68.82; 2, B. Hartigan (I) 56.24; 3, F. Eilander (N) 53.04; 4, L. Hall (W) 49.76 . . . 6, Latten 24.10. **JT:** 1, R. Van Bokhoven (N) 66.76; 2, P. Ruffi (I) 66.12; 3, A. Eleveld (N) 64.74; 4, N. Price (W) 58.16 . . . 6, S. Robbins (W) 52.78. **4x100:** 1, Netherlands 41.93; 2, Wales 42.49; 3, Ireland 42.63. **4x400:** 1, Netherlands 3:15.7; 2, Ireland 3:20.9; 3, Wales 3:21.4. **3000 Walk:** 1, S. Barry (W) 13:00.5; 2, R. Van Ravensberg (N) 13:08.1; 3, R. Garden (W) 13:44.9.

Belfast's First International Match Since 1962

THE first track and field international to be held in Belfast for 17 years: that was the long-awaited Wales v N. Ireland match at the Mary Peters' Track over the nights of August 20th and 21st. Smarting from a double defeat by the Netherlands and Eire in Dublin, a jaded Welsh team wreaked a sort of revenge by winning the Belfast meeting by 26 points with Northern Ireland athletes winning only seven of the 19 events. Realistically, however, one cannot expect too much from a team which was allowed no opportunity to develop a corporate spirit, and which has been starved of properly-graded competitive opportunities for too long.

Yet despite the disappointing results, home-based athletes can only benefit from the stimulus offered by the meeting. By nature it will be a long-term benefit, for few athletes could have

been happy with their performances before a home crowd hungry for local success. Alan Fawcett's performances were typical, for they reflected in no way his true ability. After a spirited 200m on the Monday night he managed to hold onto third place in the following evening's 400m and followed that by contributing to the 4x400m victory which also featured Clive Beattie and his 15-year-old brother, Phillip. Fawcett's loss of form after winning both Irish short-sprint titles is a familiar NI plight. Paradoxically, to be the best in Ireland marks a limiting of future development for a sprinter unless he is prepared to travel to the mainland frequently in search of competitions which will further extend him. In the month following his successes in the Irish Championships, Fawcett had only one such opportunity. Small wonder

then, that he found it so difficult to maintain top-class form.

Significantly, of the six individual home victories five were achieved by athletes with easy access to good competition: Clive Beattie, a magnificent double victor in the 400m/400m hurdles, attracts the occasional invitation to 'big' meetings, while Ian Mowat, Stuart Gibson and Martin Girvan are based in either Scotland or England. For the rest, the opening-up of the All-Ireland context offers the best — if not the only — hope.

Strangely, the only new NI record set in the meeting generally went unnoticed. Carson Porteous, after a start which would have disgraced a lame elephant, established a new Junior record in the 110m hurdles of 14.7. The person who pipped him on the line was also a Junior athlete, Nick Alexander of Wales. First place, however, went to a guesting Daley Thompson.

Neill Morton

(a) August 20th; (b) August 21st

100: (b) 1, D. Thompson (Gst) 11.0; 2, M. Owen (W) 11.2; 3, S. Thomas (W) 11.2; 4, R. Wallace (NI) 11.3; 5, G. Carson (NI) 11.5. **200:** (a) 1, Thompson 21.6; 2, M. James (W) 22.3; 3, A. Fawcett (NI) 22.5; 4, Wallace 22.9; 5, S. Perks (W) 23.3. **400:** (b) 1, C. Beattie (NI) 48.4; 2, D. Morgan (W) 49.5; 3, Fawcett 50.1; 4, R. Barratt (W) 50.6. **800:** (b) 1, G. Terer (Ken-Gst) 1:51.4; 2,

P. Lewis (W) 1:52.0; 3, S. Gibson (NI) 1:53.1; 4, P. Irvine (NI) 1:55.3; 5, K. Jones (W) 1:55.8. **1500:** (a) 1, Gibson 3:49.9; 2, P. Baker (W) 3:50.9; 3, C. Monk (W) 3:51.6; 4, H. Kolman (Neth-Gst) 3:52.1; 5, E. Patterson (Gst) 3:53.5; 6, M. Lawther (NI) 3:54.8. **3000:** (b) 1, P. Williams (W) 8:10.0; 2, M. O'Shea (RoI-Gst) 8:10.1; 3, H. Tuwei (Ken-Gst) 8:14.8; 4, Kolman 8:16.8; 5, D. Messum (Gst) 8:17.0; 6, T. Blackwell (W) 8:17.8; 7, Monk (Gst) 8:19.4; 8, Lawther 8:19.8; 9, J. McDonald (NI) 8:39.5. **3000SC:** (a) 1, Tuwei 8:42.9; 2, Blackwell 8:57.8; 3, A. Philpott (NI) 9:04.8; 4, D. Evans (W) 9:30.0; 5, S. McArthur (NI) 9:39.0. **110H:** (b) 1, Thompson 14.6; 2, N. Alexander (W-J) 14.7; 3, C. Porteous (NI-J) 14.7; 4, T. Bidder (W) 15.7; 5, M. McClure (NI-J) 16.0. **400H:** (a) 1, C. Beattie (NI) 52.6; 2, N. Hammersley (W) 53.7; 3, Porteous 54.1; 4, L. Mullholland (Gst) 55.9; 5, Bidder 56.6.

HJ: (b) 1, T. Foulger (Gst) 2.00; 2, R. DeVries (Neth-Gst) 1.95; 3, T. Llewellyn (W) 1.95; 4, A. McIvor (W) 1.95; 5, P. McKinney (Gst) 1.95; 6, I. Grant (NI) 1.90; 7, G. Griffin (NI) 1.85. **PV:** (a) 1, K. Stock (Gst) 4.90; 2, D. Lease (W) 4.40; 3, G. Ward (W) 4.00; 4, W. McCarron (NI) 4.00; 5, A. McMeekin (NI) 3.30. (b) Stock 5.00. **LJ:** (a) 1, R. Palmer (NI) 6.77; 2, G. Ward (W) 6.69; 3, J. Furnim (W) 6.60; 4, I. Grant (NI) 6.44. **TJ:** (b) 1, D. Wood (W) 14.44; 2, J. McColgan (NI) 14.25; 3, Ward 13.60; 4, Grant 13.36. **SP:** (a) 1, R. Slaney (Gst) 16.88; 2, I. Mowat (NI) 15.68; 3, M. Atkinson (NI) 15.23; 4, J. Reynolds (Gst) 14.32; 5, J. Walters (W) 13.79; 6, K. Latten (W) 12.60. **DT:** (b) 1, Slaney 56.78; 2, Latten 48.72; 3, Mowat 46.66; 4, Walters 43.46; 5, Atkinson 40.18. **HT:** (b) 1, M. Girvan (NI) 53.62; 2, K. Hutton (NI) 48.90; 3, L. Hall (W) 47.44; 4, Atkinson (Gst) 44.70; 5, Latten 28.18. **JT:** (a) 1, N. Price (W) 61.36; 2, S. Robbins (W) 58.00; 3, D. Coulter (NI) 57.48; 4, P. Harrower (NI) 53.90. **4x100:** (a) 1, Wales 42.0; 2, NI 42.2. **4x400:** (b) 1, NI 3:20.5; 2, Wales 3:20.8. **3000 Walk:** (b) 1, S. Barry (W) 13:03.2; 2, R. Gardiner (W) 13:49.0; 3, G. Smith (NI) 14:42.3; 4, J. Todd (Gst) 14:53.3; 5, A. Agnew (NI) 15:25.3.

Match Result: Wales 120; N. Ireland 94.

HERCULES WIMBLEDON A.C.

Saturday, 6th October

19th Annual

'WIMBLEDON 10'

(Under A.A.A. Laws)

commencing at 3 p.m.

Wimbledon Park Track, London SW19

PRIZES FIRST 25 COMPETITORS

Entries: (35p) to: Geoff Moulden, 59 Lambton Road, London SW20, by 3rd October.

THE SCOTTISH AMATEUR ATHLETIC JOINT COACHING COMMITTEE

U.K. COACHING SCHEME CLUB COACH AWARDS 1979

22nd-26th OCTOBER, 1979

Scottish applicants are reminded that the closing date for applications for the Club Coach Award is first post, Wednesday, 10th October, 1979. NO APPLICATIONS WILL BE ACCEPTED AFTER THIS DATE.

Applications and Fees (£1.00 per event) should be sent to:

Athletics Examination Administrator,

"Garry",

Glenlee, by New Galloway,

Kirkcudbrightshire. Telephone: Dalry, Kirkcudbrightshire (064 43) 440.

SPECIAL OFFERS

ADIDAS ORION. Very light road shoe in blue nylon with velour reinforcement and white trim. Heel wedge and rubber sole with trefoil tread. Sizes 4½, 5 **£14.95**, 6, 6½, 7, 7½, 8, 8½, 9½, 10, 10½, 11 and 12 **£15.95** (£17.50).

ADIDAS GALAXY. Super racing or marathon shoe weighing barely 7 oz, perforated to keep the foot cool. Blue with silver trim. Sizes 5½ to 11 in half sizes **£16.95** (£19.75). Regret no 8.

NIKE LDV. Exceptionally light, nylon mesh upper, waffle sole with slightly larger than usual studs. Sizes 6 to 11½ in half sizes **£23.99** (£27.75). Regret no 7, 8, 9 or 10.

NIKE WAFFLE TRAINER. Still one of the most popular Nike shoes. Extremely comfortable, light enough for racing but sturdy enough for hard wear in training. Sizes 5½, 6, 6½, 7, 7½, 8½, 10½, 11 & 12 **£16.95** (£20.99).

NIKE WALLY WAFFLE. Junior version of the Nike Waffle Trainer and a bargain buy. Whole sizes only, 1, 2, 3, 4, 5, **£7.20** (£8.75), 6, 7 **£8.50** (£9.99).

METRIC STRIDE. A bargain in low-priced training shoes. Blue nylon uppers reinforced with leather, built-up heel, well cushioned with towelling-faced insert and arch support. Rounded heel and toe, gristle sole. Sizes 5½, 8, 8½, 9½, 10. Only **£6.95**.

SPIKES

ADIDAS INTERVALL II. Ideal shoe for distance, cross-country or the jumps. White nylon uppers, velour reinforcement, blue trim. Extensive padding and shock absorbing heel wedge. Nylon shoe. Very light but strong shoe. Size 4 **£12.95** (MRP £13.99), 6 to 12 in half sizes **£14.50** (MRP £15.99). Enclose foot outline as they are on the small side.

WOMEN'S SHORTS

Bukta 100% Stretch Nylon Shorts. The original Bukta ladies shorts, copied but never bettered. Without trim in White, Royal Black or Scarlet, 22" or 24" **£2.40**, 26" or 28" **£2.85**. With trim down sides, Scarlet/white, Black/white or Royal/white 22" or 24" **£2.50**, 26" or 28" **£2.99**.

CLUB VESTS

Top quality 100% cotton supplied in 3-4 weeks. See last week's A.W. for prices or send for estimate.

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

ACCESS OR BARCLAYCARD ACCEPTED

THE SPORTS CENTRE

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

WORCESTER ATHLETIC CLUB

WORCESTERSHIRE BEACON RACE

SATURDAY, 13th OCTOBER, 1979, 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: 40p Inds., 75p Teams (all enter as Inds.).

Entries to: P. Haywood, 4 Athelstan House, Hill Ave., Worcester. Tel: 352335. S.A.E. for details.

ENTRIES CLOSE TUESDAY, 9th OCTOBER

HASTINGS ATHLETIC CLUB

present

1066 ROAD RACES

Sponsored by

"Hastings and St. Leonards Observer"

(Under A.A.A. and W.C.C. & R.W.A. Laws)

SATURDAY, 13th OCTOBER, 1979

ON HASTINGS SEAFRONT

ALSO 1½ M FUN RUN

at 12.30 pm for runners and joggers of all ages.

EVENTS: 1.30 pm Girls (U/13) 2,500m race. 1.45 pm Junior Ladies (13-15) 2,500m race. 2.00 pm Colts (U/13) 2,500m race. 2.15 pm Boys (13-15) 3,400m race. 2.30 pm MEN'S 5x5000m RELAY RACE for the Town Trophy. 4.00 pm Inter and Senior Ladies 3,400m race. (Ages as at 1.9.79).

AWARDS: Men's Relay — 1st 3 Teams, 1st 'B' Team not in 1st 3 fastest laps. Other races: 1st 3 Inds, 1st 3 Teams of 3 (except Int/Snr Ladies teams depending on entries).

ENTRIES: Relay, £1.50 1st Team, subsequent Teams £1. Individuals 25p, no Team fee. To: P. Martin, 16 Winchelsea Lane, Hastings, E. Sussex, tel: Pett 2466, by 8th October. S.A.E. for acknowledgement.

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.

TOP QUALITY Vitamins/Food Supplements at unbeatable prices S.A.E. list: **Healthways, (Dept AW) P.O. Box 28, Harrogate HG1 3HP.**

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

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

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

ATHLETIC EVENTS

With more than 18,000 copies going out weekly and a total readership approaching 50,000 an advertisement in "Athletics Weekly" can increase **YOUR** entries. Specially reduced rate for clubs (prepaid): £1.50 per cm (depth) for first insertion and £1 per cm per insertion for each repeat of the same copy. Minimum size 3cms. Display: ¼ page £13 (£9 per repeat), ½ page £24 (£17 per repeat), page £45 (£32 per repeat). A remittance to cover all insertions **must** accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date.

SUTTON & CHEAM HARRIERS

CROSS COUNTRY RACES

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

AT CARSHALTON PARK,

SAT., 17th NOVEMBER, 12 noon

Colts & Boys 4 x 1 Mile Relay (2 Boys, 2 Colts).

Junior & Minor Girls 4 x 1 Mile Relay (2 Juniors, 2 Minors). Youths 4 x 1 Mile Relay.

Trophies for winning teams; awards first 3 teams, first 'B' & 'C' teams, and fastest lap winners. Entry fee: £1.20 per team.

U/11 1 Mile Race for Boys

Medals first 3 runners. Entry Fee: 20p.

Entries, with dates of birth, to: A. Brennan, 74 The Crescent, Belmont, Sutton, Surrey SM2 7BS.

CLOSING DATE WED., 7th NOVEMBER

SOUTHEND-ON-SEA ATHLETIC CLUB

ROAD RELAY RACES for Youths, Boys and Colts

(Under AAA Laws but using ECCU age groups)

Saturday, 20th October, at 2.15 p.m.

Each race will be 3 stages of 2.35 miles

Entries to: M. Seaman, 110 Yarnacott, Shoeburyness, Southend-on-sea, SS3 8AW, (Tel. S-o-S 584043), by Wednesday, 10th October.

Fees: First Team 70p, reserve teams 45p.

Our Senior Cross Country relay will be held on 25th November. Details later.

CRAWLEY ATHLETIC CLUB

VETS 10 & SOUTHERN 10

SUNDAY, OCTOBER 14th, 1979
at 12.30 p.m.

From Ifield Green, Crawley
40 to 50 to 60 to 70 Team Prizes

ALSO OPEN LADIES 10 MILES ROAD RACE

Individual and Team Prizes

All events 45p to J. Cook, 15 Johnson Walk, Tilgate, Crawley, Sussex. Tel. Crawley 512212.

THE REIYUKAI Open Graded

Trophy Meeting

at Lakenham, Norwich, on

SAT., 20th OCTOBER, 1979

commencing at 11.00 a.m.

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

Senior Ladies: 100m, 200m, 400m, 800m, Javelin, Discus, Shot, Long Jump.

Junior/Senior Men: 100m, 200m, 400m, 800m, 3,000m, Javelin, Discus, Hammer, Shot, Long Jump, Pole Vault.

Youths: 100m, 200m, 400m, 800m, 3,000m, Javelin, Discus, Hammer, Shot, Long Jump, Pole Vault.

Trophies awarded to all final winners

Entries: 20p per event, to: J. Christie, 78 Hillcrest Road, Norwich, stating name, age, address, club, events and best recent performance.

Fee must accompany entry with S.A.E. for acknowledgement and timetable.

CLOSING DATE 10th OCTOBER

THE TOP TEN!!

Sponsored by
MARATHON WINDOW COMPANY

WALTON '10'

(Under A.A.A. Laws)

SUNDAY, OCTOBER 14th

3.00 p.m. Start

STOMPOND LANE,
WALTON-ON-THAMES

* Fast, wheel-measured course.

* Personal bests galore last year!!

* Prizes:

100 Individuals!

5 Teams (all run, 3 score)

First 5 LADIES!

First 5 VETS OVER 40!

First VET OVER 50!

NB VETS MUST STATE AGE WITH ENTRY

*Super prize for one lucky finisher after 100th place!

Enter by October 8th (£1 per runner). To: Clive Beauvais, "Lower Wyche", Clarence Drive, Englefield Green, Egham, Surrey.