

Veteris

APRIL 1979 SIXTY-PENCE
Vol. 5 No. 12



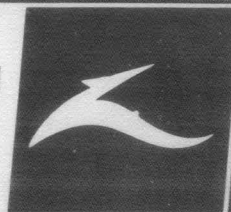
National Veterans C. C. Championships
An Ancient Ambler
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Alastair Aitken Talks to Mike Barratt(part 2)
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We are now coming up to the end of our first year as publishers of 'Veteris.' We started last April full of enthusiasm and with high hopes of producing a first class magazine that could be bought and read by veteran athletes throughout the world

— We never anticipated making profits —

Despite producing a magazine with some pages in colour; no other veteran journal can claim the same. Producing many interesting features, listing results, showing photographs and many, many more attractions. Our readership has declined to such an extent that to continue in its present form would be financial suicide. We never anticipated making a profit when we agreed to be publishers. However, we did think that we would receive the backing of fellow athletes.....we were wrong.

— A new look quarterly magazine —

In a last desperate attempt to keep Veteris going we are reverting to its original yearly publication policy of four magazines. We will guarantee the magazine for a further twelve months only if we have the backing of our readers when re-subscriptions are due in April. The magazine will have a new look with many more pages than at present. In fact, each issue will be a bumper one. The cost will be **£6.60 per year** (overseas apart) with no cost for post and package. We want to continue with the magazine — If you feel the same, persuade other fellow veterans to take the mag.

Remember, if veteris fails then the loudest veteran voice is gone.....maybe for ever!!

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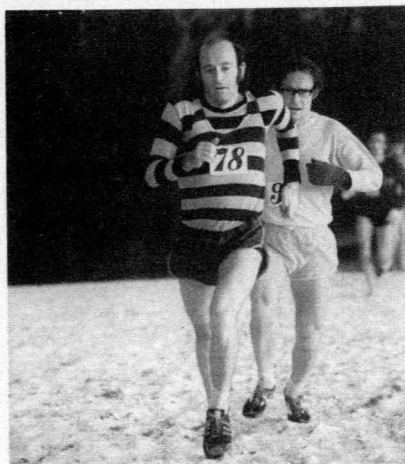
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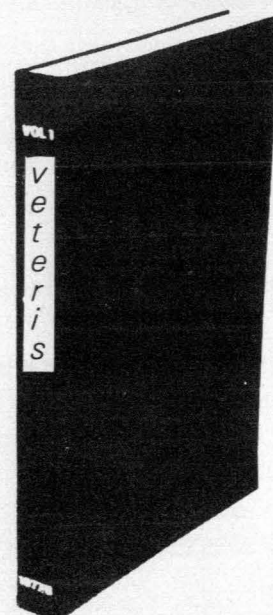


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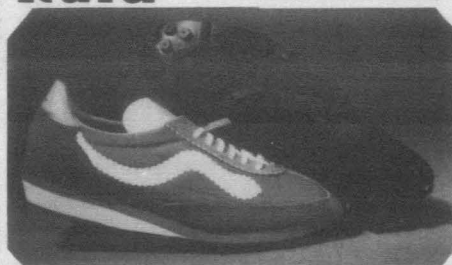
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Dear Sir,

I should be grateful if you would record my thanks to the numerous athletes who took the time and trouble to send me details of their performances, and request that both these people and others will send me details of their 1979 performances in due course. Without their co-operation it would make the task of compiling a ranking list impossible. So thanks once again.

David Burton
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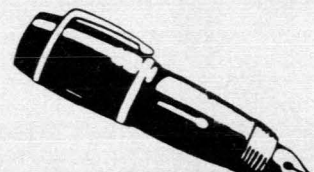
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LETTERS

Dear Sir,

Many veteran athletes may be unaware of their position regarding their status should they compete against athletes previously invalid under I.A.A.F. rules. Rule 53 of the International Amateur Athletic Federation reads as follows: "The following persons are ineligible to take part in competitions under I.A.A.F. rules — who has taken part in any athletic meeting in which any of the competitors in any of the events were to his knowledge ineligible to compete under I.A.A.F. rules." Added to this rule at the Puerto Rican Congress was the following — "This does not apply to any athletic meeting which is restricted to the veteran age groups (40 years and over for men) and (35 years and over for women). The Congress was informed that the Council was making this proposal for two reasons; A). To allow athletes ineligible for amateur athletics to take part in veteran meetings and B). To ensure that any amateur athletes of the veteran age group may compete with ineligible veteran athletes and still retain the right to compete in open amateur athletics. I have confirmed the validity of this with both David Shaw, General Secretary of the British Amateur Athletic Board and John Holt, General Secretary of the I.A.A.F. However, as both the Amateur Athletic Association and the Womens A.A.A. have rules independent of both I.A.A.F. and B.A.A.B. rules. I have also written to Barry Willis and Marea Hartman requesting their assurances that veterans competing against previous ineligible veterans will not be discriminated against in domestic competition. Mr. Willis has replied that although the A.A.A. haven't yet amended their rule in tandem with the I.A.A.F., he personally felt that there should be no problems as long as veterans are aware that this new interpretation of the rule applies to veteran competition only and veterans could not compete against ineligible competitors in any other competition governed by A.A.A. laws.

Continued page 8.

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Continued from page 6.

Miss Hartman has replied that the subject will be discussed at the next executive meeting of the W.A.A.A. on the last day of March.

As the official entry forms for the World Veteran Track and Field meeting at Hanover (July 27th — August 2nd) have to be returned by early May however, there is obviously some necessity for an early statement. Furthermore, at the meeting of the Worlds Veterans Athletic Association held at Viareggio last September, a resolution was passed that all entry forms for future World and European Track and Field meetings are subject to previous sanction by the National Track and Field Association or the accredited Veterans Organisation. The accredited veterans organisation for Great Britain and Northern Ireland was mooted to be the British Veterans Athletic Federation. The significance of this resolution is that the entry forms will have to be countersigned by the Chairman of the B.V.A.F., George Phipps, 164 Millbank, Warwick CV34 5TJ, which will mean an even greater need for urgency. Please send a stamped addressed envelope for returning the countersigned entry form or alternatively send an appropriate International Money Order with stamped addressed envelope for forwarding to the organiser of the meeting. It must be understood that this only applies to veteran athletes affiliated to the B.V.A.F., which currently includes members of the Northern Vets AC, Midland Vets AC, Welsh Vets AC, Womens Vets AC and Southern Counties Veterans A.A.A. The Northern, Midland, Welsh and Women Vets will know whether they are fully paid up members of their respective clubs, but the Southern Vets are in a slightly more confusing position, inasmuch as the S.C.V.A.A.A. accept affiliations from clubs rather than individuals. Southern vets desirous of competing at Hanover should therefore check with their clubs that they are in fact affiliated to the S.C.V.A.A.A. At £3 per annum for all the veterans in their club, this is probably the cheapest affiliation fee of all time and club treasurers can send this sum to the S.C.V.A.A.A. Treasurer, Ken Harland, at 95 Honeybrook Road, London SW12, or to the Secretary Jack Heywood at 14 Darling Road, London SE4.

Yours sincerely,

Jack Fitzgerald.

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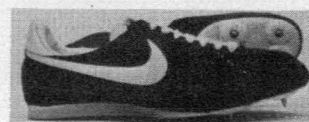
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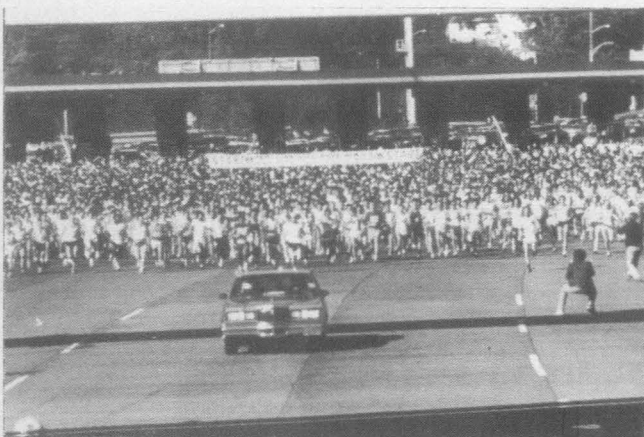
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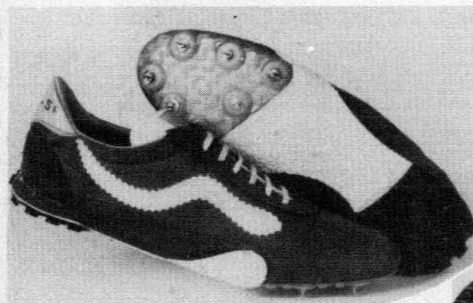
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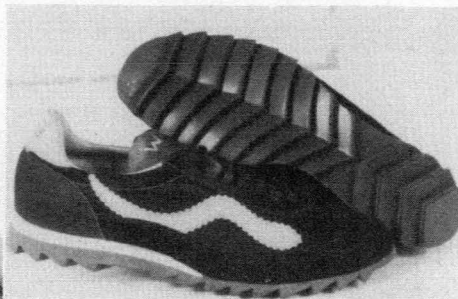
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availability of these shoes after that date.

TRX Competition — The first nylon road
running shoe from Adidas. Sizes 5-5 1/2,
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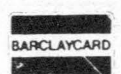
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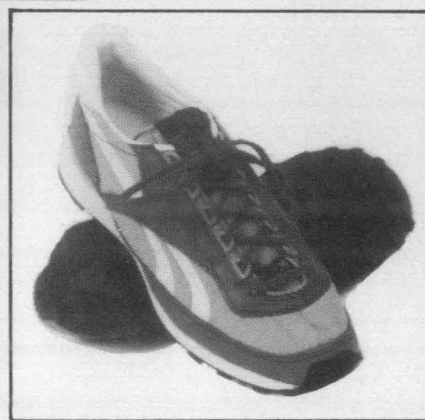
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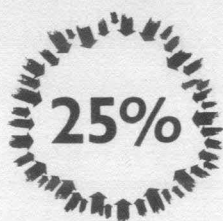
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Bob Shrunkle column

The Hertfordshire Senior and Veterans Cross-Country Championships were held in arctic conditions at Stevenage. Freezing athletes shuffled back and forth as they tried to keep some vestige of warmth in thier fingers and toes. The starter raised his gun, pulled the trigger with his usual flourish and was rewarded with a resounding click. Again he tried and was again rewarded with a wave of apathy from his revolver. This second failure was greeted in true athletic fashion by a low moan of pain from the assembled field and the starter then announced, "As the gun has failed I am going to start you with a horn." A feeble voice somewhere in the middle of the now blue mass was heard to exclaim, "I can't manage that in this weather."

We heard of a marathon runner who asked a bemused official the whereabouts of the next feeding station in the Harlow Unigate race. On being told that it was just around the corner he was heard to say "Oh goodie, I've got egg and chips waiting there."

have you heard about the two arch veteran rivals who entered for the club's sponsored ten mile road race. One heard that the other was willing to donate additional prizes for the 4th, 5th and 6th vets to finish and asked, "Why, is he slowing down?"

Overheard in the canteen queue, "OK then, I'll have the curried mice and rinse."

Our local athletic club have a trophy room full of odds and ends that they have liberated over the years. These include another club's banner, a P.C.'s helmet, street and one way signs and an 'Ice Cream Sold Here' sign. They had a very nasty shock last week. Somebody stole their trophy room.

Kev asked me why my reports to the club AGM were always of a joking nature and never as serious as the track sec's, cross-country sec etc., I explained that I knew it was not an august occasion as it was always held in the month of October.

A young South London Harrier had a new job selling small fire extinguishers. His technique was to soak his coat with petrol, knock on the door and then as soon as the door opened set himself on fire and before the horrified gaze of the householder spray it with his extinguishers to demonstrate the efficiency of his product. All went well with pleasing sales figures until one day he knocked on the door, lit his petrol-soaked coat, waited for the door to open and pressed the button on the extinguishers. Unfortunately it was empty and he had to ask the astonished woman to throw water over him as he was on fire. His next job was selling ice creams.

Ted Andrews of Havering, Ian Mckenzie of Met Police and John Hanscombe of Ranelagh were in a small group of vets in the Mitcham 25kms and were busy chasing two young ladies. A voice could be heard echoing down the road to warn

Rosemary Cox that the group was getting closer and closer. "We're coming for you Rosemary," said Ted, "We're coming for you." The red shirted lady shrugged and moved her legs faster. "We're coming for you, Rosemary Cox" went on the relentless voice. When they caught the two young ladies they discovered that it was in fact Gillian Adams and that Rosemary was not even running! Never mind lads, better luck next time.

A gust of wind fluttered the pages of the exercise book in the gutter of Fleet Street and I bent down to examine the cover. I held the ragged first page down with the point of my umbrella and just managed to read the yellowing lettering which scrawled and crabbed its way across and down the page. It was headed Training Diary and next to the block letter of NAME I could just make out Mau-ic-Mo---l, W--ral, Co Ho--er of the Wor-d Rec--d 4x1 m--e. The winds



from the great North had indeed been kind to me. This must be the training diary of the great MM and it must have blown here all the way South of St. Albans. With trembling fingers I picked it up, took it home and dried each page carefully. One evening I sat down quietly to read the training secrets of the great Northern athlete. I was not disappointed.

Monday:

Got up 6a.m., opened window, threw chest out. Spent rest of morning collecting clothes from lawn and repairing chest.

Tuesday:

Opened window, punched bag for half an hour. She then got up and made the tea or (Got enough tea from bag for a good strong cup.)

Wednesday:

Opened window, climbed in and went to sleep. Must try harder tomorrow. Saw Tom McNab in the market and spoke to the six million dollar man, he said "Hullo and Dubai."

Thursday:

Opened window. Interval session. Ten by one Senior Service with five minutes recovery. Must see Frank Horwell about this session, feel I am missing out something.

Friday:

Opened window as soon as sun tripped over the sill. Shame that the bedroom faces west. Took some deep breaths and felt jocular who immediately left the room. Found breath was coming in short pants, must remember to exhale as well next time.

Saturday:

Opened window. IT'S RACE DAY AT LAST. Attended National Front meeting in Lewisham.

Sunday:

Leapt out of bed (hot water bottle had split), shadow boxed by window. Cleared up broken glass, had forgotten to open it.

Injury of the month award goes to the man who was cycling down a hill when he saw a yellow sponge in the middle of the road and decided to ride over it for kicks. As his front wheel hit the 'sponge' it changed into a brick and our man-of-the-moment took a short course in learning to fly and then walked home with a bike and a buckled wheel. I know who he was, he knows who he was but is not making a great fuss about it. This is why the certificate is being sent under plain brown cover.

"You're only OLD when you THINK you're OLD"

Arthur Walsham talking to
Vince Regan

"I HAVE never been conscious of my age or that I am a veteran and consequently I have not been inhibited by such thoughts." That was the reply Arthur gave to my first question about age and veteran running when we talked during a warm-up run at Heaton Park before the start of the Manchester Cross-Country league race. It reminded me so much of the comments Fred Pendlebury made when I asked him the very same question a few months ago. The views of both of those Lancashire veteran stars are indeed very much the same all the way through although their careers are totally different, Arthur having been in athletics years longer than Fred.

Arthur, who was born in 1930, had always been regarded as a good club athlete, with, as he puts it, "the odd 'flash' outstanding run," like his second fastest leg in the famous Manchester to Blackpool relay (that should bring back some memories.) His best pre-vet time for the 440yds was 53.2, for the 880 it was 1.57.2 and around 4.20 for the mile. "I kept mainly to the shorter distances on the track and road with an occasional venture into the 'unknown' like the club 10 mile track championships, always wondering why I bothered as invariably Geoff Doggett overhauled me in the closing miles," reflected Arthur.

He went on to say, "Distance running came as an accident really. In my early 30's (not the 1930's) I contracted bronchitis and to help myself recover I started doing longer training run, more like longer jogs. My first attempt at the marathon was in fact the very same one that you ran as your first Vince...the Liverpool Show marathon which is now no more. I finished 15th in 2.51 (in front of you if I remember rightly...no comment) and like all marathoners set my sights on trying to get under the then magical 2½ miles. I had to wait until Port Sunlight in '65 to

achieve that mark recording 2.25 for third place and, as at Liverpool, realising what the last 6 miles in a marathon is all about."

Arthur has represented Lancashire in the Inter-Counties 20 on a few occasions with his best performance being in the 1970 race when he finished fourth in 1.48, aged 40. That year was a good one for him throughout. "Yes, it was a great one because once I reached 40 I improved all of my times for the various distances with the exception of the 880 yards and the mile." He had a period when he couldn't put a foot wrong, p.b.'s with every race. The Red Rose 20 (1.45.46, Inter-Counties 20 (1.48.00; Poly Marathon (2.25.00), 3,000m (8.35), 5,000m (14.58), Sale 15 miles road race (1.47.49), Preston to Morecambe marathon (2.22.39...won by Jeff Norman in 2.22.17) and the SLH 30 which he won in 2.51.37.

"I was particularly pleased to have won that SLH 30," he said, "because I had finished second the two previous years to John Newsome and on both occasions John had broken the course record also I felt quite proud to get my name on such a famous trophy."

When Arthur turned 40 he started to make a few headlines and it was this period, his veteran days up to press, that I was particularly keen to re-capture. "The first vets race I was eligible to compete in, major veteran meetings that is, was in 1971 at Karlovy Vary, Czechoslovakia when I won the 25kms from Ron Franklin by 2½ minutes in 1.22.39. The firm favourite that day was Dave Power of Australia, who had won the Empire 10,000m and Marathon in Cardiff and it was very satisfying to beat him. Three weeks later I did the Sale 15, a popular race in Lancashire, finishing in sixth in 1.18.40. Then in September I finished second again in the SLH 30 and 22 days later was fourth in the Rotherham Marathon in 2.24.08. It was around that time that I recorded

my fastest time on the track for 10 miles...51.02.

"Although I never considered myself much of a cross-country runner I seemed to improve a bit once I turned 40 and managed to win a few Lancashire and Northern vets titles, with a win in the National in '71 as well as a second place the following year. In fact I surprised a few finishing 18th in the actual open East Lancs."

After the race he went on to tell me about the years from '71 onwards but this time we talked sitting down with a cup of coffee in the cafe near the finish.

"In 1972 I won the World Veterans Marathon in Cologne which I never expected to do because I was dogged with a lot of leg trouble all year. Then in '73 when the World 25kms was held in the Isle of Man I suffered the biggest disappointment of my career. A misunderstanding saw about 100 of us miss the start and by the time I got into it and chased the field, the best I could manage was 13th. To say I was disappointed is putting it mildly, more so since it cost me the record of being the first person ever to win three successive titles, but that's how it goes I suppose. The year after, the venue was Paris, and the course there was run through a forest on paths instead of roads as the rules for marathon running stipulate, and there I finished sixth. I went through a lean patch during '75 but somehow the thoughts of running in the first World Track and Field Championships in Toronto was enough to bring that little extra out on the day. I was now in the 45-49 age group and looked forward to doing battle with an ex-Briton Arthur Taylor now running for Canada. That was my first experience of early morning racing with the start at 7 a.m. I was up at 4.30 because we had a longish drive to the venue, or should I say that Bob Moore, the ex-Longwood Harrier, had as he was doing the driving. Bob was running with an old clubmate of yours Vince, Peter Lever, the driving force behind Toronto Olympic and now of course renowned for the great strides forward made by the Bermuda athletes under his direction. I stayed with Bob while I was over there and was made so much at home. It was Taylor and Eric Austin that set the pace in that race from the start and it wasn't long before they opened up a fair gap. Eventually I caught Taylor with about



A. Walsham

Photo C. Shippen

3 miles to go and was happy to win my age group, finishing second to Eric in the race in 2.29.53, 1½ minutes behind him." Continuing Arthur told of a surprise he received a week after returning home to Manchester. "I got a phone call inviting me to take part in the World Vets 25kms which was held in Tokyo, and could I leave the coming Saturday. Well, considering I had only just come back from Canada I didn't know what to say but my wife and myself agreed that I really couldn't let a chance like that go by. After all you don't get offers like that many times after you turn 45 in our sport, so I accepted. The trip itself was just fantastic and of course it was all the more satisfying as I won my age group and placed third overall in the race." The Japanese certainly took to Arthur as was evident in Berlin this year; they came up to him in turns and despite the language difference greeted him as a person that they had known for years. The '76 marathon was held at Coventry

with the now famous Salford Harrier finishing eighth suffering from hamstring trouble but still running well enough to do 2.31 and four weeks later he finished in fourth place in the Huddersfield Marathon in a time of 2.33. For the rest of that year he was intermittently troubled with sciatica. Last year, with the sciatica still there he finished runner-up in the National Cross-Country. "For some unknown reason my weight kept going up and down all last year like a yo-yo. I would lose as much as 6lbs some days just by running 6½ miles home from work," said Arthur adding, "The World Championships at Brugge were a nightmare for me. My back 'went' just before the race and I eventually finished about 130th. Since then I have been plagued with this sciatica and I've done nothing to shout about. Four or five weeks ago I had x-rays and they showed I had a bend at the base of my spine which was causing the trouble. Now I am waiting to be contacted with regard to treatment, and if the treatment is successful maybe I can get back to a reasonable standard."

I asked Arthur before we parted for an idea of his typical week's training schedule. "I wasted many years doing track interval training," he said, "now I just do the miles and do nearly all my training to and from work. Sunday morning I do the traditional 20-23 miles. Monday 15 miles. Tuesday right through to Thursday 6½ in the morning and 11 in the evening. Friday I only train in the morning, the usual 6½ and then invariably I race on a Saturday." He told me he has done 39 marathons so far...I say 'so far' because I am certain there are a lot of good marathons still to come from him. To give you some idea of his yearly mileage here are his totals since 1970

1970	4,837
71	5,085
72	4,425
73	5,401
74	4,577
75	4,227
76	3,712
77	3,698
78	3,400 (approx).

Some personal details...Born June 22nd, 1930; Lives near Stockport, Cheshire; weighs 143lbs; stands 5ft 10½ins and started running at the age of 20.

A great guy...a great competitor... and above all a credit to the veteran movement.

An Ancient Ambler

by George McGrath

MY INTRODUCTION to the world of runners occurred in a fairly gradual way and also at a time when the majority of men tend to contemplate the purchase of a rocking chair rather than a pair of jogging shoes.

For more than 40 years I have been a year-round swimmer, and during the lunch hour on week days I follow a game of handball with a 400 metre swim, or longer, depending on the clock. My other sporting interests have included rugby (I played for 31 seasons), cricket, boxing and golf, but at none of these did I ever display more than average ability. For the record, I was born in Melbourne on December 21st, 1919, and, except for the war years, have been a clerk in the N.S.W. Public Service since 1936. I am 1.81 metres tall and weigh 64 kgs.

By chance, I agreed to accompany my friend, John Collins, when he lined up in the inaugural "City-Surf" race in August 1971, hoping that I could complete the course of 15kms. Without a great deal of preparation and, surprisingly, very minor after-effects, we took just over 58 minutes for the journey. We returned to our swimming and handball and did not race again until the second and third "City-Surfs" although, in the winter months of each year, we had increased our road training to about 50 miles a week. Of course, in the process the sheer joy of an early morning training run was revealed to me and I am completely 'hooked' on this routine.

At the conclusion of the 1973 run, Jack Pennington introduced himself to me at Bondi, complimented me on my performance (a shade under 53 minutes) and encouraged me to join the N.S.W. Veterans Athletic Club, emphasising that my life style would change greatly, as a result. I could never have dreamed how true his prediction was to become.

The regular weekly run with the 'Vets' brought me in contact with a wide range of athletes, some of whom used to reminisce about their ex-

periences in marathons — the sense of satisfaction in crossing the finishing line, the comparative ease of the first 20 miles and the agony of the final six, etc. — and I got to wondering whether I could possibly run out such a mighty distance. One Saturday morning I tested myself by running non-stop for three hours and was pleasantly surprised to find that I had covered 27 miles. So I made my debut in the N.S.W. Marathon in July, 1974, at the ripe old age of 54. My 2.43.11 was all I needed to make me a mainline marathoner for as long as I can raise a trot. This is borne out by the fact that since then I have chalked up another fifteen standard marathons (personal best 2.34.45) in Australia, America, Canada, England and Sweden, in addition to a 50 miler in Sydney in October 1976, and at the London-Brighton classic in Sept 1977 (85 kilometres in 7.04.26). The great camaraderie among distance runners comes through despite language barriers and I feel honoured to be a part of this very exclusive scene.

The first World Masters track and field championships were conducted in Toronto, Canada, in August 1975, and I managed to win two gold medals and a bronze. Gothenburg, Sweden, was the venue of the second Games and there I was successful in a 10 kilometres cross-country and got a silver for a second in a 10kms track the following day. Both meets provided wonderful opportunities for competition against and fraternisation with veterans from countries all over the world and were memorable occasions.

But back to that bronze in Toronto! I had completed the loops down in the woods and re-scaled the hill on to the plateau, headed for the finish about half a mile away. At that stage, bystanders calculated that I was leading my division by about three minutes. However, an official, thinking that I had still one circuit to go, directed me towards the woods again and I travelled more than 400 metres before being steered towards

the plateau once again. I passed several contestants on the home run to secure third place and to receive later a public apology from the officials and heaps of sympathetic greetings from opponents and supporters. Six weeks after my return to Australia, a letter arrived from the President of the World Masters Committee explaining that the runner originally placed second was found to have run less than the full course and his subsequent disqualification meant my elevation. Enclosed was a silver medal and a message not to bother returning the bronze as a fresh one had been mailed to the British athlete who was listed as fourth in Toronto.

The final episode occurred, again in Toronto. I ran in the Boston Marathon in April, 1976, after which my wife and I spent some time with friends in Toronto. At a farewell party in our honour, the same Games President, Don Farquharson, presented me with an office desk pen set. At the base of the pen holder was a

Continued page 31.

DEADLINES

Readers please note that the deadline for the next edition is:—

Editorial: May 25th

Advertising: June 5th

Please ensure that your copy reaches us by the above dates.

BRITISH VETS CROSS COUNTRY CHAMPS

With most of the Northern and Eastern cross-country runners snowbound, it was left to the old guard to show the rest of the field a clean, if wet, pair of heels at Parliament Hill Fields on Sunday February 18th, 1979.

The Fighting 50's

The first race in action was the Mens O/50 and once the initial rush settled down it was Steve Charlton (TVH) and Eddie Kirkup (Hallamshire) who headed the field chased by last year's winner Bill Fielding and ex-British steeplechase record holder John Disley (Ranelagh). In the next bunch came George Phipps, Jackie Brown, John Godfrey, Ron Franklin and Bob Mattock. Franklin, the Southern Champion chocked for the second year running in the big one and appears not to like the snow and cold. Perhaps he should take a leaf out of the first three's to finish book and wear more clothing, thereby not using up valuable strength just to keep warm!

Back up front, the ex-cyclist and current champion Fielding had really got into top gear and moved smoothly and efficiently away from the pretenders to his crown and stormed home a most impressive winner. The fight for the minor placings were resolved when Kirkup opened a gap over Steve Charlton who in turn held off a fast finishing John Disley. Disley

by the way was having his first competitive cross-country outing in 20 years! Just wait until he has some racing under his belt.

Ladies

Bridget Cushen has been running really well all year and was determined not to give up her title won last year in the snow at Sheffield. However, newcomer to ladies veteran running, Val Howe, knew what it was all about and never gave Bridget, nor for that matter,

anybody else a look in. The race was run with the Men's O/50 event and Val could have challenged even the very best of those in that event. As a race it became a non-event after around a mile and with Val in such tremendous form it says much for the rest of the ladies who battled away most gamely and gave the spectators plenty to cheer about with battles going for the minor placings. Bridget Cushen and Brenda Robinson were typical having a great contest for second and third with the Mitcham girl just



Just after the start of the 2A plus race.

Photo Ben Bickerton

proving the stronger. Perhaps with some persuasion we might get Joyce Smith, who one week later finished 15th in the Open Ladies National at Runcorn, to take part.

Men's O/40 Race

John Geoghegan achieved his ambition of leading a national field when he burst into the lead at the start of the 'big' event of the day. Not for long was John allowed to lead as Nat Fisher and Roy Fowler stamped their very obvious class on the rest of the field. At the end of the first lap the double F lads had a very healthy lead over a lone chaser, Harry Clayton. Clayton was certainly having his best run for very many a year and with head down and grim determined look, he was not going to cede his position without a fight. The rest of the field was spread out like washing on a line as each individual suffered his own private battle against his fellow competitors and the elements. Into the second lap and Fowler really got going. Nobody or nothing appeared capable of stopping him and that's how it was. Fisher was safe in second place despite Clayton 'bombing' the final half mile or so. With Wirral filling the next two places the defending team champions were well on their way to retaining their trophy for the second year. This they did and even if Cambridge Harriers new signing, John Oliver **had** scored Wirral would still have triumphed. A word on the re-appearance of Bruce Tulloh running cautiously early on, Bruce flew round the second lap and obviously lacked racing practice. Now that pro's can compete in vets events I for one expect to see the former



John Geoghegan (64) John Oliver (71) and Maurice Morrell (2nd O/45). *Photo Ben Bickerton*

European 5,000m champion winning most of the vets top honours.

The Five Year Champions

Run in conjunction with the decade championships the quinary competitors always have a hard job to recognise just where they are positioned during their respective races with the result that some of them find it difficult to pitch their pace just right on the day. However, having said that the O/45

Harry Clayton.

Photo Ben Bickerton



reigning champ, Mike Barratt, never had this problem at all, and showing all the marks of the great cross-country runner that he is, Mike did a 'Fowler' annihilating the rest of his adversaries including runner-up Maurice Morrell — a point of interest here — both men suffer badly from arthritis yet make light of the affliction. Brent-Jones was another runaway winner beating home Nielson and Eyles who had a fine tussle for second place before the first mentioned sprinted home to take the silver medal.

The O/60's

George Coleman, one time a walker of world class, showed that when it comes to a cross-country here in Britain, he has few, if any, rivals. Some way behind George, three O/60's battled it out to the line with the O/65 winner, Wallace of Wirral, edging out his two younger rivals, Taylor and Betts. Lastly a word for another outstanding winner A. Keepax of Blackheath who was a clear winner in the O/70 age group.

Results.

1,1, R. Fowler, Staffs Moorlands.....	32.24
2, N. Fisher, Harlow.....	33.17
3, H. Clayton, Bristol.....	33.26
4, D. Watson, Wirral.....	33.42
4, E. Isaacs, Wirral.....	33.52
6, J. Steed, Verlea.....	33.54
7, B. Tulloh, Portsmouth.....	34.00
8, P. Flynn, Small Heath.....	34.04
9, M. Barratt, Ealing.....	34.05
10, R. Slowe, Highgate.....	34.07
11, R. Gomez, Aylesbury.....	34.13
12, C. Plumpton, Portsmouth.....	34.30
13, A. Jones, Cambridge H.....	34.33
14, J. Oliver, Cambridge H.....	34.43
15, J. Geoghegan, Cambridge H.....	34.48
16, A. Bourne, Newcastle.....	34.49
17, M. E. Morrell, (1B), Wirral.....	34.50
18, T. Ryan, NLAC.....	34.54
19, A. Lennon, Wirral.....	34.59
20, P. Carmichael, (1B), Morpeth.....	35.15
21, P. Morris, (1B), Lozells, 35.20; 22, G. W. Dance, Longwood, 35.24; 23, L. Parrott, Havering, 35.26; 24, P. Dobbs, Thurrock, 35.29; 25, R. E. Grubb, Cam & Col, 35.30; 26, M. Moody, Maidenhead, 35.32; 27, G. Harrison, (1B), Highgate, 35.36; 28, B. H. Switzer, Soton, 35.40; 29, G. Martin, Cam H, 35.50; 30, A. Hughes, (1B), Rochdale, 35.52; 31, W. D. Roe, Havering, 35.54; 32, R. Chalk, Basildon, 36.04; 33, E. Nolan, Shaftes, 36.05; 34, B. Mahon, Cam H, 36.06; 35, E. O'Gorman, Blackheath, 36.07; 36, R. Pannell, Bristol, 36.09; 37, P. Goodfellow, (1B), N. Staffs, 36.11; 38, N. Rees, QPH, 36.16; 39, C. Holmes, (1B), Gates, 36.20; 40, M. Burgess, Basildon, 36.23; 41, C. Simpson, (1B), Small Heath, 36.24; 42, M. Davies, (1B), Reading, 36.24; 43, A. Horn, (1B), Ranelagh, 36.27; 44, R. Irons, VPH, 36.30; 45, V. L. Bayliss, Wirral, 36.35; 46, P. Freeman, Ealing, 36.37; 47, R. Garner, Maidenhead, 36.39; 48, B. Joines, leamington, 36.43; 49, J. A. Mattinson, SLH, 36.44; 50, M. Etherton, Cam & Col, 36.52; 51, S. Allen, HHH, 36.53; 52, B. Froggatt, Small Heath, 36.55; 53, B. Nelson, Lozells, 36.58; 54, B. Hicks, Met Pol, 37.00; 55, T. Hoyles, Havering, 37.03; 56, R. Savery, Black Heath, 37.04; 57, M. Grosse, (1B), Rotherham, 37.05; 58, J. Wood, (1B), Barnet, 37.09; 59, W. Anderson, (1B), Met Pol, 37.11; 60, A. Tewkesbury, Havering, 37.13; 61, D. McIlwain, Harringay, 37.20; 62,	

P. Milsom, TVH, 37.23; 63, M. Rosbrook, Basildon, 37.28; 64, J. Blackburn, (1B), Blackburn, 37.30; 65, J. Dawson, Manch YMCA, 37.32; 66, J. Petlitt, Medway, 37.33; 67, V. Joseph, Highgate, 37.35; 68, M. Robinson, Havering, 37.37; 69, B. Parks, Highgate, 37.38; 70, J. Kirk, (1B), Ranelagh, 37.39; 71, R. Blastland, (1B), Derby, 37.40; 72, C. Brown, (1B), Ealing, 37.44; 73, J. Green, Ranelagh, 37.48; 74, W. Laws, Belgrave, 37.49; 75, D. Woodward, Verlea, 37.52; 76, R. Bunn, Halesowen, 37.52; 77, D. Jewell, Dark Peak, 37.54; 78, R. Marven,

Nat Fisher runner-up: *"This must have been Roy's easiest National win."*

Roy Fowler winner: *"This was my easiest National win."*

Barnet, 38.01; 79, R. Deller, Watford, 38.02; 80, D. O'Leary, Manch YMCA, 38.03; 81, T. Taylor, Leamington, 38.04; 82, N. Marshall, (1B), Kettering, 38.06; 83, M. Howard, Highgate, 38.07; 84, J. Thorpe, (1B), Verlea, 38.08; 85, J. Walker, Small Heath, 38.09; 86, B. Gore, Trowbridge, 38.11; 87, D. Smythe, Bristol, 38.13; 88, A. Pawsey, Mitcham, 38.14; 89, A. Clark, Bristol, 38.15; 90, G. Phimister, Thurrock, 38.17; 91, L. Hudson, Rockingham, 38.19; 92, C. Morgan, Dartford, 38.20; 93, A. K. French, (1B), Folkestone, 38.24; 94, M. Hunter, Highgate, 38.26; 95, J. Porter, Mitcham, 38.28; 96, D. Case, Ealing, 38.30; 97, D. Krause, Maidenhead, 38.32; 98, W. J. Hanscombe, Ranelagh, 38.34; 99, J. A. Charman, (1B), Horsham, 38.42; 100, G. Standen, (1B), Medway, 38.45; 101, T. Slack, Verlea, 38.46; 102, K. J. Dearing, Watford, 38.49; 103, P. D. Ferguson, Ayles, 38.53; 104, P. Chapple, Harlow, 38.54; 105, R. Poultny, Tipton, 39.02; 106, R. Bailey, Portsmouth, 39.02; 107, D. Flemming, Clevedon, 39.04; 108, I. Woodhead, Met Pol, 39.05; 109, C. Burton, (1B), Portsmouth, 39.05; 110, G. Crowder, (1B), Blackheath, 39.06; 111, M. Jacobs, Portsmouth, 39.07; 112, D. Davies, Walthamstow, 39.11; 113, W. Lane, Verlea, 39.13; 114, C. Mould, Havering, 39.21; 115, D. Briggs, Northampton, 39.29; 116, C. Newman, Medway, 39.32; 117, J. Brocher, (1B), Portsmouth, 39.34; 118, J. Hills, Blackheath, 39.35; 119, D. Thomas, (1B), LESSA, 39.36; 120, A. Wolsefield, (1B), Vauxhall, 39.37; 121, J. Haslam, (1B), Bolton, 39.39; 122, N. Thompson, (1B), Newcastle, 39.41; 123, A. Leggatt, Cam H, 39.43; 124, E. Barrett, Woodford, 39.47; 125, P. R. Maffia, (1B), Watford, 39.49; 126, R. Kersey, Mitcham, 39.50; 127, P. Kearsey, (1B), Eton Manor, 39.51; 128, A. Suckling, Cam H, 39.54; 129, G. Davies, Clevedon, 39.55; 130, G. Hutton, Clevedon, 39.56; 131, J. Hegarty, HHH, 39.56; 132, C. M. Weight, Harringay, 39.57; 133, B. Heywood, Dartford, 39.59; 134, D. Hunt, Harringay, 40.01; 135, G. Vooght, Cam H, 40.06; 136, T. Samuels, Havering, 40.10; 137, W. Gilham, Met Pol, 40.12; 138, J. Cox, Barnet, 40.13; 139, D. Jones, (1B), Woodford, 40.14; 140, B. Jackson, (1B), Portsmouth, 40.16; 141, J. Lusty, (1B), Ealing, 40.19; 142, R. Kelsall, Newcastle, 40.25; 143, P. Brown, March, 40.30; 144, G. Douthwaite, (1B), Clevedon, 40.34; 145, D. Thompson, (1B), Folkestone,

40.40; 146, P. Chillingworth, Colchester, 40.44; 147, B. Lovelidge, Medway, 40.46; 148, M. Taylor, Wycombe, 40.48; 149, A. Howell, Medway, 40.53; 150, A. Kimber, Mitcham,, 40.59; 151, D. Creamer, (1B), Rotherham, 41.00; 152, C. Carter, (1B), Gateshead, 41.01; 153, W. Hill, (1B), Blackheath, 41.10; 54, J. Burke, Havering, 41.12; 155, B. Pearce, Bracknell, 41.13; 156, P. Yates, (1B), Kent, 41.14; 157, C. Henn, (1B), Belgrave, 41.15; 158, R. Emmerson, (1B), Rugby, 41.19; 159, A. Lauder, Manch YMCA, 41.22; 160, J. Turley, Lozells, 41.23; 161, J. Leith, (1B), Hill, 41.31; 162, J. Knight, Plymouth, 41.32; 163, K. Fiddler, Ayles, 41.34; 164, D. Machon, (1B), Portsmouth, 41.35; 165, E. Blackler, (1B), Highgate, 41.36; 166, D. Ochiltree, (1B), Woodford, 41.37; 167, F. Cowley, (1B), Bracknell, 41.40; 168, G. Smith, Milton Keynes, 41.42; 169, H. Wise, (1B), Shaftes, 41.43; 170, K. Peel, Milton Keynes, 41.45; 171, M. Stock, Met Pol, 41.47; 172, G. Piddington, Belgrave, 41.49; 173, P. Gaze, Bournemouth, 41.50; 174, A. Tompkins, (1B), Blackheath, 41.50; 175, E. Hamer, Blackpool, 41.52; 176, G. Grayson, (1B), SLH, 41.56; 177, S. Izzard, (1B), Watford, 42.00; 178, P. O'Reilly, QPH, 42.03; 179, G. Edwards, (1B), TVH, 42.05; 180, P. G. Ayscough, Epsom, 42.10; 181, D. Hopgood, (1B), Blackheath, 42.18; 182, R. Keep, Essex B, 42.22; 183, A. Neville, SLH, 42.34; 184, D. Langley, (1B), SLH, 42.42; 185, J. Baker, Woodford, 42.46; 186, L. Oppen, (1B), Verlea, 42.48; 187, K. Whittaker, (1B), ASVAC, 42.47; 188, C. Walker, (1B),



B. Fielding (97), S. Charlton (70) and Eddie Kirkup (64) at the end of lap 1.

Photo Ben Bickerton

Belgrave, 43.05; 189, W. A. Figgins, Folkestone, 43.09; 190, O. Wheaton, Thurrock, 43.12; 191, B. Saunders, (1B), TVH, 43.14; 192, D. Sharp, Harlow, 43.16; 193, M. J. Bentley, (1B), Rugby, 43.17; 194, J.

Fisher: *"I'm not even training at present, just ticking over."*
Fowler: *"I've been training consistently since an injury last year caused me to miss most of the track season."*



Nat Fisher and Roy Fowler (375) at the end of the first lap. Photo Ben Bickerton.

Gordon, (1B), THH, 43.18; 195, J. Hill, Rotherham, 43.27; 196, L. McLaren, (1B), Invicta, 43.34; 197, P. Hart, Leamington, 43.47; 198, R. Hicks, (1B), Kettering, 43.51; 199, L. Pulman, (1B), TVH, 43.57; 200, A. Ford, Woodford, 43.58; 201, G. Kill, (1B), Basildon, 44.01; 202, D. Davidson, (1B), TVH, 44.05; 203, E. Dodds, (1B), Verlea, 44.16; 204, M. Callow, Milton Keynes, 44.18; 205, A. Goodwin, (1B), SLH, 44.20; 206, W. Jackson, Kent, 44.30; 7, V. Martin, Wycombe, 44.32; 208, J. Rowe, Barnet, 44.39; 209, A. Brent, (1B), Harringay, 44.46; 210, B. Claridge, TVH, 44.50; 211, J. Daniels, (1B), Woodford, 44.58; 212, M. Newsom, Ranelagh, 45.08; 213, B. Hart, (1B), Walthamstow, 45.16; 214, D. Granger, (1B), Orion, 45.46; 215, D. Mason, Milton

Fisher: *"I'm about to start training for the Hanover marathon; I would like to win that one."*

Fowler: *"I'm going for a Zatopek at Hanover — 5,000, 10,000 and marathon!"*

Keynes, 45.49; 216, W. Smith, Wirral, 45.59; 217, H. Hardiman, Lozells, 46.02; 218, R. Connor, (1B), Highgate, 46.07; 219, M. Heathcock, Newcastle, 46.09; 220, J. O'Keefe, Vauxhall, 46.10; 221, S. Farr, Trow, 46.14; 222, D. Foxley, Medway, 46.22; 223, B. Saunders, (1B), Barnet, 46.29; 224, W. James, Watford, 46.31; 225, M. J. Tucker, (1B), Hill, 46.32; 226, A. Lancaster, Medway, 46.40; 227, R. M. Stone, Bournemouth, 46.46; 228, J. Quenby, Cam H, 46.52; 229, G. Wilks, SLH, 47.03; 230, J. W. Gorrod, (1B), Hill, 49.24; 231, D. Sutcliffe, (1B), Verlea, 49.50; 232, F. C. Potter, Chelmsford, 49.56; 233, M. D. Terry, Ealing, 53.35; 234, F. D. Pleydell, (1B), Rugby, 53.42; 235, A. Whittle, TVH, 54.39.

Team result.

1, Wirral.....	45
2, Cambridge Harriers.....	91
3, Havering.....	169
4, Highgate.....	173
5, Small Heath.....	186
6, Bristol.....	215
7, Ealing & Southall.....	223
8, Verlea.....	266
9, Ranelagh.....	284
10, Blackheath.....	319
11, Basildon.....	337
12, Portsmouth.....	338
13, Metropolitan Police.....	358
14, Clevedon.....	410
15, Medway.....	429
16, Lozells.....	452
17, Mitcham.....	459
18, Watford.....	483
19, Barnet & District.....	483
20, Newcastle (Staffs).....	500
21, Harringay.....	537
22, Belgrave.....	591
23, SLH.....	592
24, Woodford Green.....	614
25, TVH.....	631
26, Milton Keynes.....	759

Men Over 50 result.

1, W. Fielding, Leeds.....	39.28
2, E. Kirkup, Rotherham.....	36.46
3, S. Charlton, TVH.....	37.02
4, J. Disley, Ranelagh.....	37.35

5, D. C. Lee, Shaftesbury.....	38.00
6, R. Mattock, Bournemouth.....	38.08
7, H. Soper, Vauxhall.....	38.14
8, J. Brown, Cambridge H.....	38.22
9, E. Nichols, Bromsgrove.....	38.26
10, D. Rikly, Bracknell.....	38.27
11, R. Johnson, TVH, 38.56; 12, R. Franklin, TVH, 39.05; 13, R. Hale, Kent, 39.22; 14, D. Walsh, Blackburn, 39.23; 15, H. Tempam, Woodford, 39.25; 16, J. Bancroft, Wirral, 39.27; 17, C. Brasher, Ranelagh, 39.30; 18, J. Brent-Jones, (2B), Salisbury, 39.33; 19, D. Copley, Aylesbury, 39.43; 20, J. Carr, Durham, 39.55; 21, J. Williamson, E. Ches, 39.58; 22, E. Thompson, Wycombe, 40.00; 23, W. Brown, E. Ches, 40.08; 24, F. Claridge, Vaux, 40.17; 25, S. Jackson, Bristol, 40.23; 26, E. Joynson, (2B), Gateshead, 40.32; 27, J. Maguire, Maidenhead, 40.33; 28, G. Phipps, Leamington, 41.04; 29, E. Leal, (2B), Ryde, 41.07; 30, G. Meech, Verlea, 41.23; 31, D. Harris, Colchester, 41.27; 32, E. Wagstaff, Rotherham, 41.34; 33, B. Nielson, (2B), Hill, 41.38; 34, W. Eyles, (2B), Verlea, 41.45; 35, R. Belmore, Guildford, 41.50; 36, L. Brown, (2B), Woodford, 42.00; 37, G. Coleman, (3A), Vaux, 42.03; 38, B. Wright, Cam, 42.14; 39, T. Smith, (2B), E. Ches, 42.30; 40, R. Salisbury, (2B), Wirral, 42.45; 41, R. Gore, Halesowen, 42.53; 42, A. Ferguson, Highgate, 42.54; 43, P. Blunden, Newcastle, 42.56; 44, R. Dare, Ranelagh, 43.00; 45, D. Blythe, (2B), Cam & Col, 43.02; 46, J. Broughton, (2B), Blackheath, 43.14; 47, F. Coombs, (2B), Verlea, 43.20; 48, P. Carnell, London FB, 43.26; 49, T. Wood, Newport, 43.29; 50, E. Bamford, Hill, 43.32; 51, R. Blois, Basildon, 43.51; 52, B. Wade, (2B), Woodford, 43.59; 53, J. Fitzgerald, (2B), Mitcham, 44.24; 54, E. Wallace, (3B), Wirral, 44.28; 55, H. Taylor, (3A), March, 44.30; 56, G. Betts, (3A), QPH, 44.34; 57, R. Gawler, Invicta, 44.51; 58, A. Bruce, Belgrave, 45.20; 59, J. Brennan, (2B), Cov God, 45.22; 60, C. Bishop, (2B), Ranelagh, 45.24; 61, E. O'Bree, (2B), Cam H, 45.25; 62, J. Small, (2B), Hill, 45.21; 63, J. Downes, (2B), QPH, 45.58; 64, N. Booth, Eton Manor, 45.59; 65, H. Trafford, (2B), Newcastle, 46.03; 66, L. Heald, (2B), E. Ches, 46.31; 67, L. Discon, Invicta, 46.36; 68, E. Elderfield, TVH, 46.42; 69, W. Vaughan, Rotherham, 47.11; 70, C. Manning, Belgrave, 47.27; 71, J. Brown, Newham,	

Fisher: *"If Mike Freary had arrived I would have been third."*

Fowler: *"If Mike Freary had been here it would have been one hell of a race."*

47.33; 72, C. McDowell, Ranelagh, 47.40; 73, S. Bradshaw, (3B), Clayton, 47.54; 74, G. Hughes, SLH, 48.04; 75, N. Snow, (2B), Tiverton, 48.10; 76, D. Searle, Hill, 48.14; 77, R. D. McMullen, (2B), Belgrave, 48.28; 78, P. King, (2B), Vets AC, 48.35; 79, T. Hall, (2B), Newcastle, 49.07; 80, J. Turpin, (2B), Hill, 49.10; 81, M. Solomons, (2B), Verlea, 49.44; 82, J. Burns, (3B), Rotherham, 50.12; 83, K. Lanning, QPH, 50.36; 84, P. Munn, (2B), Mitcham, 50.52; 85, R. Hopcroft, (3A), TVH, 51.10; 86, A. Keepax, (4A), Blackheath, 51.32; 87, N. Blackham,	
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Birchfield, 51.38; 88, W. Tyler, (3B), E. Kent, 51.44; 89, W. Lake, (2B), Blackheath, 51.52; 90, J. Bennett, Blackheath, 51.57; 91, S. Lee, (3B), Horwich, 52.19; 92, A. N. Other, 52.29; 93, J. Baker, Belgrave, 52.47; 94, A. Lovett, (2B), Ranelagh, 54.20; 95, W. Eiffe, (3A), Hill, 54.25; 96, J. Munns, (3A), Herc Wim, 54.26; 97, W. Ross, (4A), Ryde, 54.46; 98, E. Abbott, Wycombe, 56.57; 99, J. McDonald, (2B), Belgrave, 56.57; 100, A. Rawlinson, Verlea, 60.21; 101, J. Martin, (3B), Harringay, 60.32; 102, S. Stein, (2B), Highgate, 61.02; 103, R. White, (4A), Ranelagh, 61.04; 104, W. Symes, (3B), QPH, 63.07; 105, R. Crombie, (3A), Welsh Vets, 63.14; 106, H. Rainbird, (4A), Cam H, 68.47.

Team result.

1, TVH.....	16
2, Ranelagh.....	65
3, Vauxhall.....	68
4, East Cheshire.....	83
5, Woodford Green.....	103
6, Cambridge Harriers.....	107
7, Wirral.....	110
8, Verlea.....	111
9, Hillingdon.....	145
10, Newcastle.....	187
11, QPH.....	202
12, Belgrave.....	205
13, Blackheath.....	221



Val Howe.

Photo Ben Bickerton

Ladies result.

1, V. Howe, Bracknell.....	20.17
2, B. Cushen, Mitcham.....	20.55
3, B. Robinson, WVAC.....	20.57
4, B. Brookes, (1A), Stoke.....	21.08
5, P. Davies, (1A), Selsonia.....	21.45
6, V. Robinson, Mitcham.....	22.07
7, J. Kimber, Medway.....	22.16
8, J. Farr, Trowbridge.....	22.19
9, H. Rider, (1B), Cam H.....	22.55
10, J. de Jesus, WVAC.....	23.15
11, S. Pickering, (1A), Rockingham, 23.22; 12, D. Taylor, Barnet, 23.27; 13, K. Koppel, (1A), Dartford, 23.42; 14, J. Manners, (1A), Clevedon, 24.16; 15, K. Wartnaby, (1B), Crawley, 25.16; 16, W. Douthwaite, (1A), Clevedon, 25.26; 17, M. Cox, (1A), Trow, 25.32; 18, U. Gore, (1A), Trow, 26.30; 19, S. Jennins, (1B), Trow, 28.14; 20, J. Godden, Dartford, 28.36; 21, N. Kilvert, (1B), Chelmsford, 28.56; 22, F. O'Bree, (2A), Cam H, 30.31.	

Team result.

1, Trowbridge & District.....	43
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Quotes from Fowler and Fisher after the National Veterans at Parliament Fields (Spoken to at completely different times).

'FAMILY MATTERS'

OTTAWA— The unorthodox is the norm for Ron and Heather Wallingford, the husband-and-wife team who run the Canadian Track and Field Association (CTFA).

Ron, 45, is technical co-ordinator of the CTFA on a 1½ year leave of absence from Laurentian University in Sudbury where he is the director of physical education.

Heather, 42, is executive director of the CTFA and was director of the Crippled Children's Treatment Centre in Sudbury and executive director of the Sudbury Association for the Mentally Retarded.

The couple, married 21 years, have five adopted children ranging in age from 12 to 17, who arrived as infants and are becoming as independent as their parents.

When Ron was one of Canada's outstanding distance runners in the 1960's, Heather felt it was only logical that he have his major meal in the morning to complement his training schedule.

Breakfast at the Wallingfords' in those years resembled your usual dinner: Steak, chicken, or fish with vegetables served around 6.30 a.m. and prepared the night before.

Ron held the Canadian steeplechase

and marathon records, including a 2.20.5 when he finished third in the 1964 Boston Marathon, averaging 5.18 a mile for over 26 miles.

"It's very important to remember that we were always on the move," Heather noted: "When we got married, Ron told me he was going to stay in track and we never had a chance to get into a conventional rut. That made it easy for us to be different."

"Ron was very busy competing, taking his doctorate at McMaster and coaching. I got used to seeing the back of his head as he was rushing out the front door, but I didn't try to change him.

"Instead of nagging Ron, I looked at his absence as freedom for me to take university courses. We didn't have much money then, but enough for baby-sitters. Ron had his career and I had mine."

"Wives can sometimes resent their husbands' careers and time away from the home.

"Now we've come together — for a while — with the CTFA. Ron has really accepted me as an equal professional with different skills and that's super. It's often difficult for men to do that in our society," added Heather.

There is no boss-employee relationship. Both report to the CTFA board of directors, the only arrangement acceptable to the Wallingfords, who are paid salaries comparable to their previous positions.

As technical co-ordinator, Ron receives about \$5,000 more annually than his wife. He is responsible for the CTFA's over-all programme, including the planning of competitions. Wallingford, who directed the marathon at the 1976 Olympic Games in Montreal, took the CTFA position on January 1st, 1977.

Ron will return to Laurentian University in July taking four children with him while 12-year-old Cassandra remains with her mother for at least another year.

"It's been a different type of challenge with the CTFA," Ron said. "While I didn't lose in a dollar sense, instead of having a month's vacation (Laurentian) I've had six days off since I came to Ottawa.

"The CTFA is grossly understaffed; there is a reluctance to pay parity and hire the resource people we need. Basically, it's a volunteer organisation trying to do a professional job.

"It's incredible the number of groups with which you have to



Track's ruling family. Ron Wallingford, 45, second from the right, and his wife, Heather, 42, third from left, run the Canadian Track and Field Association, he is technical director; she is executive director. Wallingford's are jogging (above) on Rideau Canal in Ottawa. From left: Randy, 17, Darcy, 12, Heather, Roxanne, 14, Cassandra, 12, Ron, and Alex 15. All five are also active in swimming. Ron Wallingford is a former marathoner.

Photo by Steve Behal

harmonise. The CTFA is a complex structure and the diverse demands made on the organisation are staggering.

"You're dealing with everyone from elite athletes to Reader's Digest, which wants to know what (marathoner) Jerome Drayton eats before a competition," Ron said.

If Ron Wallingford is finding the position of technical co-ordinator unfulfilling, his wife is thriving as the CTFA's executive director, a job she took last spring.

Heather applied after the resignation of Ken Twigg, the former meet director of The Toronto Star Maple Leaf Indoor Games. Twigg will direct the inaugural Ottawa Citizen track meet at the Civic Centre.

She applied on a whim, but became determined to be considered as a serious contender after a member of the search committee said there was no way he would consider having a husband-and-wife heading the CTFA.

Heather is responsible for the administration of government grants and developing funding programmes for the elite athlete as well as

encouraging participation and public awareness.

"I hadn't planned to come to Ottawa until the following year and then I started toying with the idea of applying for the CFTA position," Heather recalled. "I realised I needed another challenge, a change from Sudbury.

"I like to try new things and ideas in a total programme. I like to move quickly and that can be a problem with people who are not predisposed to change.

"I don't have technical experience and I'm not sophisticated in track and field statistics, but that's not my area as executive director. I felt I could lend expertise in administration and after my third interview the fact that I was Ron's wife was secondary to my qualifications."

Wallingford explained that much of his wife's success as executive director stems from her ability to deal with government bodies and exact funds for programmes.

In this regard Heather built the Sudbury Association for the Mentally Retarded from a government pilot

project with six full-time staff members to a complete programmes with 70 staffers within 2½ years.

The Wallingford children are athletic by inclination and self-sufficient by design. Randy, 17, Alex, 15, Roxanne, 14, Darcy, 12 and Cassandra 12 are swimmers rather than track athletes, which is fine with their parents.

"I like independant people around me and I taught the children basic skills, like taking a bus from the time they were 5 years old," Heather said. "The same with making their own meals.

"Funny thing though. Now I get a little upset when I realize how independent they are. I come back from a trip and the kids have hardly missed me.

"They also buy their own clothes and have become good comparative shoppers. They're not very tidy, though, but I guess that's a universal complaint."

That's the Wallingfords. Not exactly your typical Canadian family.

By kind permission of 'Canadian Masters' magazine.

Snippets

In November, the committee of the Cambs A.A.A. awarded **'Bill' Taylor** of March AC the F. W. Barnard Memorial Trophy for the outstanding performance by a Cambridgeshire athlete during the season. Other contenders were Graham and Grenville Tuck and John Wild (who represented England in the Commonwealth Games steeplechase). Former winners include Tim Johnston and Geoff Capes.

A couple of weeks ago, in a competition organised by the Wisbech Standard, Bill was voted Sports Personality of the Year, 1978 and his performances which were considered as a 3A athlete were;

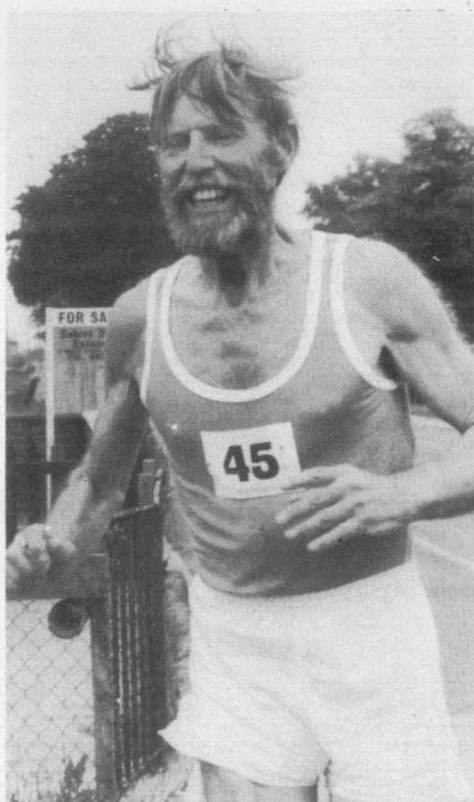
British Vets 800 in 2.29.3 (UK rec).
 British Vets 1,500 in 5.03.9 (UK rec).
 European 800 Champ 2.27.7 (UK rec).
 4th European 1,500 5.02.3 (UK rec).
 Harlow Marathon (as a bit of 'make-weight') in 3.25.7.

Bill hopes that his successes will serve to encourage other veterans who flog as many miles as he does, although when asked how he felt

about receiving the awards, he simply said, "For my money a chap who **should** qualify for some sort of award is Mike Barratt for his 3 golds in cracking times at Viareggio!"

Alastair Lynn was elected President of the Canadian Masters International Track Team at their A.G.M. He ran for many years in the United Kingdom and is a Life Member of Ealing and Southall AC.

In the Kent Vets Cross-Country Championships at Mote Park, Maidstone, on November 4th, **John Geoghegan** came home the victor for his third consecutive win in that championship. It was also the fourth time that **John Oliver** had been second, thrice to John and once to Ken Harland (John was third that year in 1975). John Geoghegan's was an especially pleasing win this year as only seven days before he had run 2.31.46 in the Harlow Marathon thereby winning the Kent Vets Marathon champs. Also in the Kent Vets Cross-Country **Jack Brown** won the Kent O/50 for the third year as well.



'Bill' Taylor

Photo John Day

ALASTAIR AITKEN

talks to

MIKE BARRATT

Part Two

ONE OF Britain's greatest ever middle-distance runners is undoubtedly Mike Barratt. His performances for Middlesex, his home county, make quite astonishing reading, especially when one realises that he first represented them at senior level in 1953 and continued to do so at regular intervals right up until 1975. He was captain of the Middlesex Cross-Country team from 1961 to 1973, running in a total of 17 Inter-Counties Championships whilst also competing for that county on the track during the summer months. Mike's success story however, did not begin just while he was in the senior ranks. On the contrary, as a junior he was among the leading half-dozen cross-country runners in the country although, unfortunately for him, at that point in time there was no Junior International Cross-Country thus denying him the chance to win his first international vest.

Although Mike's reputation as a cross-country runner precedes him wherever he goes, his prowess on the track is something that is unjustifiably overlooked from time to time. In the Middlesex 6 miles/10,000m championship Mike has been in a medal winning position on no fewer than nine occasions, a performance that is only matched by the nine medals that he has won in the 3 miles/5,000m in the same championship! As if this wasn't enough he has also placed third in the mile on no fewer than three occasions from 1956 to 1958.

In the 1963 Inter-Counties Cross-Country Championships held at Reading Mike placed a noteworthy 29th. The winner on that day being Tim Johnston, who stole the race from that Lancashire stalwart Gerry North. In third position came Basil Heatley running in the colours of Warwickshire, with that outstanding junior of the day John Farrington of

Gloucester in fourth. Behind Mike in 32nd position was Dave Cooke of Hants, with Alan Cocking of Yorks (34th), Derek Ibbotson (38th), and Nat Fisher (41st). Ibbotson (38th), and Nat Fisher (41st).

In the following year's championship Mike Turner led the Lancastrians to the team title at Epsom, with Mel Batty second, Eddy Strong third, Ron Hill fourth and Jim Hogan fifth. On this occasion Mike finished in 17th spot, the second man home for Middlesex. Behind him came Ron Grove in 18th, Bruce Tulloh 20th, Martin Hyman 23rd, Don Taylor 28th, Harry Clayton 33rd, Ken Harland 65th, Walter Wilkinson 69th and Eric Austin 72nd.

With such an illustrious career behind him (and one that is by no means finished) it is reassuring to appreciate that Mike has remained with the same club, Ealing Harriers (who used to be Ealing and Southall) throughout. It is also plain to see that Mike harbors a great deal of pride for this club.....

MB: "In the 1960's, I think it is fair to say, that, Ealing were one of the most feared clubs in the South. We placed third in the Southern Road Relay and won numerous six-stage events. The 'Valley' Relay was one that we even managed to win on three occasions. There wasn't a club around who could be sure of beating us. I remember when I first joined Ealing it was the ambition of our old captain Cyril Box to see us win the Liddiard Trophy Cross-Country which was held at Eastcote. In subsequent years I managed to win it on a number of occasions but the team always ended up fifth or sixth or something like that. The year that

they changed it from a six to score event to eight to score, however, we managed to get our eight home in the first fifteen and absolutely swamped the score sheet. That really was the highlight of the season and must have made old Cyril's day."

In Mike's first run in the Liddiard cross-country he placed ninth, the winner being Andy Ferguson of Highgate with second place going to 1956 Olympic marathon man Harry Hicks of Hampstead. That was in 1951 and the following year saw Mike win his first Liddiard Trophy with Eric Shirley the Olympic steeplechaser in third place.

MB: "I have run in the Liddiard every year except two since 1951, and those two I only missed through injury. It's a record that I am quite proud of. Similarly, our own Horsenden Relay is in it's 28th year now and I've run in every single one. In the first one I even ran the first leg!"

Mike claims that if he had to pick one race as being the most noteworthy of all his own performances it would have to be the 1955 Southern held, as usual, at Parliament Hill Fields. The result on that day should bring back a few memories as well as indicating the class of company that Mike was keeping. In first position came Gordon Pirie just a single second ahead of Ken Norris with Hugh Foord in third and Mike Barratt in fourth. Fifth place went to Ken Caulder; Peter Driver was sixth and Frank Sando seventh. Impressive indeed!

The 1961 National Cross-Country, also at Parliament Hill Fields, once again provided an interesting result. Basil Heatley was the winner this time, Tulloh, North and Roy Fowler gaining 2nd, 3rd and 4th respectively. In 26th place came Mike ahead of such great names as Dave Chapman (37th), Clive Plumptre (38th), Harry Clayton (42nd), Brian Parkes (43rd)



Mike winning the Liddiard Trophy, 1952.

Photo Len Thorpe

and the evergreen Mike Freary (45th). In 5th, 6th and 15th respectively were Martin Hyman, Mike Turner and Alan Perkins and it is interesting to note that every single one of the aforementioned is still around and taking an active part in athletics at the present time.

From all of these prestigious races one may assume Mike to be the proud possessor of a large number of quite beautiful trophies. Of them all, though, which one is the closest to his heart?

MB: "I guess the most important trophy to me must be the one that came as the greatest surprise. The Middlesex County Board presented me with a trophy, quite out of the blue, in recognition of my having run for them for so many years, 21 in fact, in succession. I missed a couple of Inter-Counties in that time, but nevertheless, I still managed to gain a county vest at some point in the season. I was picked as a junior in only my second year of competitive running. However, I did not win the Middlesex the following year so they did not pick me again that particular season. I must admit that I was most annoyed. You see, the way it worked was that, as there was no junior Inter-Counties Cross-Country Championship at that time, the winner of the county junior would often be picked for the senior team, thereby earning his run in the senior Inter-Counties. That was what happened to me the first time I ran it. As I only placed second the following year, though, the

selectors did not see fit to pick me again, which I suppose was fair enough from their point of view, but nevertheless, it did make me extremely annoyed and so I made it a vow to win all I could that season and to be the first Middlesex man in every event. In fact, I did manage to win just about everything that was going except the Middlesex and the National. John Evans, of course, was the other good junior who was around at that time and it was he who kept me out of the Middlesex side for the Inter-Counties."

Going back to what you were saying about receiving trophies, though, perhaps the most touching thing that has happened to me during the whole of my athletic career was the presentation to me by Queens Park Harriers in 1960 of the Liddiard Trophy. They invited me to their annual dinner and presented me with this beautiful silver salver in honour of all my performances in the Liddiard Trophy race. It had all my performances in the race engraved on it, and I consider it a truly magnanimous gesture on their part. After all it wasn't something that they had to do. I'm sure not too many clubs would have thought of doing such a thing. Mind you, I reckon they thought that I had come to the end of my trail as I had won the trophy for so many years. I still managed to win it for the next four years, though, but that doesn't detract from their gesture in any way. It was truly one of the most touching moments of my life."

It may be interesting at this point to recall some of Mike's best non-veteran performances in order to appreciate just how good he really was in his hey-day.

Distance.	Best performance.
800m.	1.57.00
1 mile	4.10.6
2 miles.	8.53.4
3 miles.	13.39.2
6 miles.	28.40.00
10 miles.	49.48.00

Mike has also come home the winner in cross-country races all over the country, too numerous to mention, having battled with many of the top names in Britain and the rest of the world including, of course, the great Mike Turner.

MB: "My memories of Mike Turner are extremely vivid, although I had not even heard of him until the 1961 Inter-Counties at Bingley when I was made Middlesex captain for the

first time. The race itself was won, in absolutely atrocious conditions I might add, by a young newcomer called Roy Fowler, from John Hillen and John Anderson. Incidentally, Hillen was being coached at that time by the man he beat into third place John Anderson! Returning to the point, however, virtually all of the way round the course I was plagued by this chap in the gold and blue vest of Lancashire. I just couldn't shake him off. I can't remember off-hand who won out of the two of us, but I do know that it remained a closely fought battle all of the way. Only later did I discover that the young chap was Mike Turner who was destined to go on to far greater things. We had many an epic tussle after that and grew to be the best of friends in the process."

"Speaking of epic tussles, there is one race that springs to mind as one of the strangest I have ever run in. It was in the Middlesex Cross-Country Championships the year Ken Norris went to Sao Paulo and only barely arrived back in time to get a run. It didn't seem to make much difference to him though as he still beat me into 2nd place. My particular tussle on that day was with a young lad who used to run second claim for Ealing. His name was Tim Briault and I'm sure a lot of people will remember him as an outstanding prospect in his day. Anyway Tim was really on the up and up and he was determined that this year he was going to give me a good beating and reverse the result of the year before. Unfortunately for him, that particular year was the one when they were in the process of ploughing a lot of the course at Cockfosters and if there is one facet of cross-country running that I consider to be my forte, it is running through plough. There was a chap actually ploughing this field as we were running round it, so every time we completed a full lap and came back to the plough there would be more of it than there had been the previous time. It gradually took its toll on Tim but I went from strength to strength and really enjoyed it. At the time I felt as though I would quite willingly have given that bloke a fiver to plough it faster. Tim, on the other hand, couldn't negotiate the plough very well at all and gradually fell back and even fell over at one stage. There was only one annoying thing for me about that win over Tim and that was the fact that a certain athletics magazine stated in

their report that it was only when Tim fell over that I managed to get away from him, which was a complete misrepresentation of the truth. I had already opened a sizeable gap on him and was still going away when he took his tumble.

Another really weird racing experience that I had was in the North of the Thames Junior Cross-Country in 1952. As the race got underway, for some strange reason the officials began to panic and thereby succeeded in sending us out of the wrong corner of this field after we had completed a single small lap. So there we were, all trotting along and not having a clue where we were going when suddenly I spied out this ploughed field. George Knight was running with me at the front along with a few others and so we all decided that we ought to take a chance in crossing this field. We climbed over a fence and ran across all that plough until we reached another fence which we also climbed, only to find ourselves on a road in the

middle of this small village somewhere near High Wycombe. At this point it was just a matter of trusting to luck; we all kept going in the vague hope that at some point in time we would arrive back in the vicinity of the start. Luckily enough, after a lot of running, we did find ourselves back in the field from which we had departed 20 minutes or so earlier. George and I asked a number of officials which way we were supposed to go and, really, I have never seen so many grown men in such a state of utter confusion. Realising that we were going to get little intelligible information out of them, George and I decided that we would do the same lap again and then call it a day. Off we went across the ploughed field and it was here that George began to fall back. By the time we both arrived back at the start I had opened a clear lead and so began my sprint for the finish. At least that was where I I was going. Instead the officials began to shout 'Out on the

course, out on the course' and directed us out onto the route that we were originally supposed to have covered. We had already run five miles and here we were just beginning the course proper, and to make matters worse we were running it the wrong way round! By the time I finished I was absolutely exhausted and thoroughly fed up with the whole proceedings. Poor old George, though had fallen back to fourth by the finish, I think, and he then collapsed as he crossed the line. It was a debacle in the true sense of the word, but one that is really quite amusing I suppose, when you look back on it."

Mike considers his first 1B year to have been his best as a veteran, due to the fact that he 'played' with veteran's events, as he puts it, during his first two years in that category.

MB: "I didn't run in Vets Nationals or Southern's or anything like that even though I was beating the people who were winning such events. I was beating Laurie O'Hara quite easily in



Horsden Relay, 1953. Left to right: Ken Norris; Bill Collins (Ealing Harriers President); Les Edwards (Eastern Counties, Ex-President E.C.C.U.) Life Member Ealing Harriers.

the county championships. I mean I was still running for the county team while he wasn't getting picked. My main interest was in the open events at that time though as the vets events always seemed to clash with the football matches that my boys team were playing on a Sunday.

"I suppose I really came into veteran's competitions through the influence of John Lusty who told me that it had always been his dream to win a National team medal. We had a fairly good team at the time consisting of John, Dave Case, Mike Blagrove and myself and so we decided to have a crack at the National title at Sheffield. As it turned out we did win the team award, with Roy Fowler winning the individual title and myself finishing fourth. That was my first year as a vet and I took the races more or less as they came."

AA: "How was your form working up to the European Championships? Did things go according to plan for Viareggio?"

MB: "I had been running quite well all that summer and I had been looking forward to the championships. I had managed to steer clear of injury and I was gaining a lot of motivation from the close competition that my 18 year old son Peter was giving me over 1,500 and 3,000. He's getting to the stage now where he can beat me over those distances, although I still hold the edge over 5,000 and the longer events. He provides me with a great deal of both motivation and inspiration and so as things had been going well all the summer I went to Italy with a great deal of confidence. I had no real knowledge of the opposition though, but I reckoned that Alonso of Spain would be the one to beat. As things turned out the strongest opposition came from Roger Monseure of Belgium, but as I had beaten him in Toronto I became steadily more confident as I saw more of the opposition.

"The race itself went quite well for me; I led from the start and opened a fair-sized gap and then coasted home for the gold medal in 15.19. I was more worried about the steeplechase as it was to be run at 11.30 p.m. with the 10,000m scheduled for 9.30 a.m. the next morning. I didn't have a clue who was doing the steeple although I did know that they were all bona fide steeplechasers and not 5,000m runners like myself. My basic handicap was my inability to jump the hurdles properly especially the water-jump. I

always have to land on two feet at that one due to my arthritic toes and consequently I tend to lose quite a bit of ground which I have to make up on the running. Surprisingly enough, everything went extremely well, and I got into a race situation with a German and a beautiful Italian stylist. On the last lap the German got away but I did manage to outrun the Italian for second place and was thoroughly delighted with myself.

The 10,000m the next day also came as somewhat of a surprise, insofar as it was not as difficult as I had expected. I had my usual breakfast at around 6 a.m. and then went to the stadium. I was pretty sure I could beat Monseure and Jack Heywood although there were a couple of Norwegians there who had been credited with good times. Anyway, I took it fairly steady at the start, not burning it up but still staying in contact with the leaders. The heat was quite oppressive and it became a real hindrance as the race progressed, but I did hold first place and reached the finish line with a time of 31.55.6."

AA: "Mike, despite all of your great runs you have only gained one international vest on the track."

MB: "Yes, that is true. I competed for Great Britain against the Benelux Countries, in a 10,000m at Billingham. Don Taylor was the other Briton in the event that being the same year that he broke the GB record for that distance. Running the 10,000m for Benelux in that same meeting was the legendary Marcel Vandwattynne who represented Belgium no less than 19 times in the International Cross-Country championships between 1946 and 1962.

"In the race itself I got a burst of adrenalin inspired by patriotism and came home third after running a 60 seconds last lap. I became quite well known for that finishing burst over the years and used it many times in the Middlesex championships and races like that. It did come unstuck one year though. It was the Middlesex 6 miles and I started the final lap in fourth place. Trevor Bivens was leading and Laurie O'Hara was not too far in front of me. I began my sprint for home and passed Laurie but then eased off just before the line only to be pipped by Geoff Goodman of TVH. I couldn't believe it and everybody laughed. I had run a 60 and he had done a 59!"

AA: "In conclusion Mike, with all due respect, can you ever envisage a time when you will retire from running?"

MB: "If I ever got to a stage where I did not think that I was doing justice to myself as an athlete and as a competitor then I think I would give up. I don't think that I could just go out and continually run round at the back of the field, getting beaten by people who should not even be near me. Of course, it is there that the beauty of veteran's athletics lies. You can run against people of your own age group and your own standard. O.K. so you are still going to get beaten in club matches but that does not prevent you from gauging your performance in relation to the other vets that may be around you. I think I would only retire if my performances were to deteriorate badly; age in itself is no reason to give up competitive sport and I think I would shame everyone in the club if I were to give up just because I thought I was getting on. There is no real excuse!"

North of the Thames 1953/54. Mike leading Alan Perkins and Ted Baverstock (Essex Beagles) finishing third in Senior although he was a Junior. *Photo Len Thorpe*



A MAN FOR ALL SPORTS

H. SPENCER TRAFFORD is perhaps unique in that he has at least three main interest in life; surgery, veteran athletics and cricket. This 56-year-old member of Newcastle (Staffs) AC and the Northern Veterans AC was born in Leek, Staffordshire and won his first cross-country prize as a 12-year-old in 1935 when running second in the U15 race at Newcastle High School. In the next few years he won many sprint and field event trophies at the school before, on the outbreak of war, going to Manchester University at the early age of 16½ to study medicine.



day at hospital he returns 'home, makes a quick change into a track suit and sets out in the winter for five to six miles on the road or in the summer for a session on the sprint track, in the long jump pit or on the shot circle at his local high school. This is followed by a weight training session, a shower and a light meal and comes a real relaxation after a day in the operating theatre and will hopefully prevent cardiac or other vascular problems that so frequently affect members of the medical profession.

In 1954 he became Consultant Surgeon to the Stoke-on-Trent Hospital Group and since 1965 has been Senior Surgeon at the North Staffs Royal Infirmary and Haywood Hospitals. In this capacity he has been called upon to deal with athletic injuries to people indulging in a wide range of sporting activities and has acted as Medical Officer to several touring cricket teams including the Australians when they have played the Minor Counties in Stoke-on-Trent.

He went to the World Masters Games in Toronto in 1975 but a niggling hamstring injury resulted in somewhat disappointing results. In spite of this, he reached the semi-final of the 200m in 26.7 seconds before withdrawing and was the first Englishman in the triple jump (8th) and the pentathlon (9th). At present he holds the 2B United Kingdom records in the triple jump and shot putt.

This versatile sportsman however, considers that cricket really is his first love. Starting in 1938 he has now completed 41 seasons in the North Staffs and District Cricket League, which is the second oldest league in the country. He has played 33 seasons for Kids Grove where he was 1st team captain for ten years and is a life member and past president of the club.

In 1979 he will be playing his 9th season in the same league with the North Staffs Hospitals Cricket Club for whom last year he took 37 wickets and was 3rd in the league averages. In all, 'Spen' has taken an amateur league record of 1,190 wickets and

pentathlon title in 1977 and a second place in 2B pentathlon in 1978, when suffering from a back injury he was beaten by that good all-round Midland veteran Jan Gercs. His best over-50 performances in his favourite events are 200m, 25.9 seconds (in Canada); long jump, 5.04m; triple jump, 10.28m; discus, 29.90m and shot putt, 12.14m. The latter he considers his favourite event and he has held the Northern title for six consecutive years. One of his athletic highlights was a trip with his wife to Christchurch, New Zealand in January 1974 to the Commonwealth Games, where he took part in a two day meeting of Commonwealth Veteran athletes just prior to the Games proper. He came away with five silver medals in the 100 and 200 metre sprints, the long and triple jumps and the shot putt, being narrowly beaten in four events by an Australian and in the shot by a burly New Zealand policeman, who had reached the magic age of 50 only a week before the competition.

Whilst making no real pretence to be a distance runner this all-round performer runs regularly in the Northern Vets 10,000m road and cross-country meetings. In 1973 he was placed 20th in the National Vets 2A cross-country and in 1975 was 10th in the Northern Vets cross-country championships. After a busy

From 1943-5 he was the university long jump, triple jump and 440yds champion with best performances of 21ft 6in, 44ft 6ins and 51.3 seconds respectively, reasonable standards for 35 years ago. He also represented the Northern Universities and British Universities on a number of occasions during this period. After graduation and whilst resident in hospital in Stoke, Birmingham and London an enforced athletic lay-off occurred but the enthusiasm returned in 1956 when the Athletics Master at Newcastle High School, Dr. Eyles, formed an Old Boys Athletic Club and he became its first Chairman. "Doug" Eyles persuaded him to get out the shorts again and having put on three or four stone in weight suggested he tried the shot and discus events, which were hitherto completely new territory. The result was that at the advanced age of 35 and 36, he won silver and bronze medals in the Staffordshire Senior Championships with the 16lb shot in 1958 and 1959. Any subsequent veteran achievements are entirely due to the enthusiasm and encouragement of Dr. Eyles, now alas retired to his native Richmond, Yorkshire, but still running as an over-60 member of the Northern Veterans in cross-country, 1,500 and 5,000 metre events.

'Spen' joined the veteran movement in early 1972 and as an over-50 athlete has gained 23 Northern Track and Field titles in six years as well as many second and third places. In the National Championships he has won 9 titles and in addition the 2A

although not really considered a batsman has scored over 5,000 league runs in his career.

Having a keen interest in youth cricket and in the administrative side of the game he has for 11 years been President of the Kidsgrove and District Junior Cricket League, which is the oldest junior league in the country (founded 1948) and has 30 clubs in membership. He has also served for 9 years on the General Committee of the Staffordshire County Cricket Club.

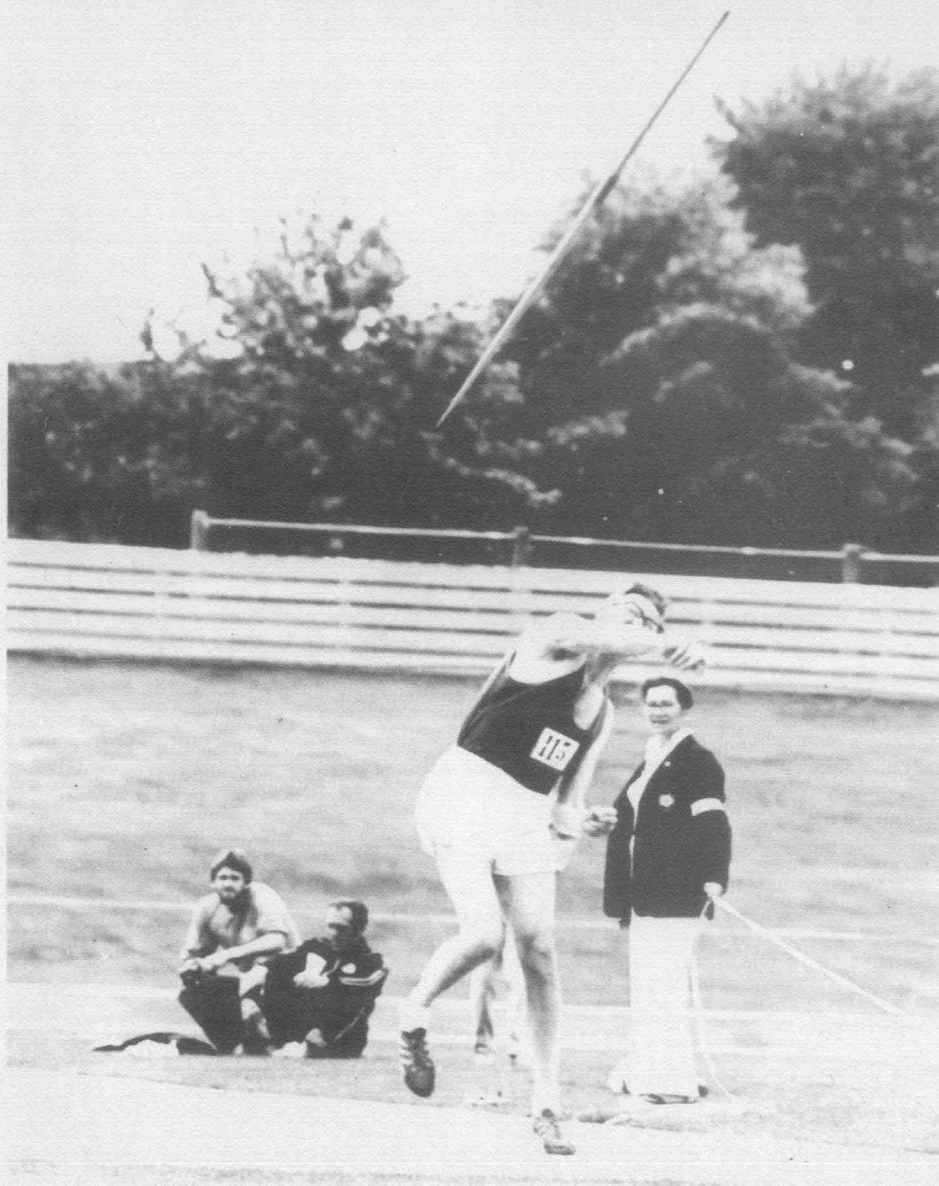
The sporting Trafford family have their own court and play a lot of tennis. Wife Thelma, is a keen youth worker and captain of the 1st Newcastle Company of the Girls Brigade. Son John, aged 28 is a production manager at a local ceramic works, is a Newcastle AC runner, a keen squash and table tennis player and opens the bowling for the

Hospitals 1st XI. Daughter, Hilary aged 30, is Physical Education mistress at a local high school and son-in-law Chris is the other opening bowler for the Hospitals team. They have a son aged 4 and a daughter aged 2, who it is hoped will continue the families sporting traditions.



Running in the National 1972.

Competing in the British National Veterans Championships 1978.



Continued from page 19.

gold medal, one of those left over from the Masters Games. "It has to be unofficial" he said, "but you were robbed of a victory last year and this was the closest we can go to squaring things." In terms of that lovely gesture, I now have in my home gold, silver and bronze medals for the one event and, more importantly, a story with a difference.

My only disappointments have come from the relatively few injuries I have sustained because, in the main, they have occurred in the midst of a build-up programme for some special event. They have been confined to stress fractures, hamstrings, achilles tendon and arch difficulties, the latter troubles being aggravated by the fact that I have rather flat feet. By way of compensation however, I have learned to copy the philosophical outlook of the distance runner and use a measure of patience while waiting for the injury to mend.

Any comment I may make on training would not assist because I am still operating in the trial and error method and will listen to anyone. Probably by the time I have a few clues I will be too old to put them into practice. The one thing I like to do is to total 50 miles a week of long slow distance. As far as diet is concerned, my only rule is to refrain from liquids with meals or immediately after them. This resolution came after I read a word of warning in one of the late Percy Cerutti's books.

Successes? I don't know or, perhaps I should say, I don't care. Apparently, I hold or, did hold, several world age records for various distances on the track and perhaps one of them still stands (5kms in 15.57, at age 56). However, the treadmill style of track running does not appeal to me much — the road is infinitely more interesting.

My plans for the future are vague indeed. At one stage, because I was shaving a minute or so off my marathon times, I was beginning to think of attempting to crack the 2.30.00 barrier but it seems that such an attempt would have to be made by preparing for one marathon only in a season. This does not appeal to me nearly so much as the prospect of turning out four or five times during the winter, even though performances must suffer. If I am blessed with continuing good health to share the joys and pains of other marathons, I will regard myself as a real winner.

U.K. Vets Ranking list '78

CLASS ONE A

Class 1A — 100 metres.

10.9 R. Taylor, Mid Vets	11/6/78
11.6 C. Derrett, Hum Pol	16/8/78
11.8 D. Herman, Man H	20/6/78
11.8 F. Taylor, Bedford	22/7/78
11.8 D. Boggott, Vets AC	11/6/78
11.9 D. Burton, Hallam	4/6/78
11.9 D. Gale, Blackheath	13/8/78
11.9 F. Smith, Woodford	15/7/78
12.0 R. Anderson, Morpeth	7/5/78
12.1 J. Ross, Edin H	15/7/78

Class 1A — 200 metres.

23.0 R. Taylor, Mid Vets	16/7/78
23.4 F. Smith, Woodford	17/5/78
23.7 C. Derrett, Hum Pol	16/8/78
23.8 R. Anderson, Morp	11/6/78
24.2 F. Taylor, Bedford	6/8/78
24.3 D. Burton, Hallam	7/5/78
24.4 R. Woodland, Herc	8/7/78
24.5 H. Crane, Gosforth	7/5/78
24.6 G. Lee, Hallam	7/5/78
24.7 J. Ross, Edin H	11/6/78

Class 1A — 400 metres.

51.2 R. Anderson, Morp	15/7/78
51.8 W. Morgan, Lozells	15/7/78
52.7 F. Smith, Woodford	8/7/78
53.0 F. Taylor, Bedford	6/8/78
53.3 G. Leroy, Tonbridge	8/7/78
54.5 T. Knight, Colling	11/6/78
54.7 H. Harding, St. Lukes	15/7/78
54.9 W. Lane, Verlea	11/6/78
55.2 A. Kimber, Dartford	8/7/78
55.7 D. Herman, Man H	7/5/78

Class 1A — 800 metres.

1.56.0 R. Anderson, Morp	16/7/78
1.58.2 B. Bartholomew	25/7/78
2.01.3 A. Kimber, Dart	10/9/78
2.01.3 W. Morgan, Lozells	16/7/78
2.01.8 R. Allen, Harrogate	16/7/78
2.03.4 T. Knight, Colling	8/7/78
2.05.0 C. Baguley, Leics	16/7/78
2.05.9 A. Pawsey, Mitcham	8/7/78
2.08.7 D. Bucke, Wey	8/7/78
2.09.3 T. Everett, Eton	8/7/78

Class 1A — 1,500 metres.

4.04.7 N. Fisher, Harlow	8/7/78
4.07.8 A. Kimber, Dart	15/7/78
4.08.3 R. Allen, Harro	7/5/78
4.09.8 R. Carruthers, Gos	7/5/78
4.10.2 D. Welsh, Harro	7/5/78
4.10.8 E. Williams, Shrew	15/7/78
4.13.4 J. Mills, Spark	15/7/78
4.13.7 R. Thorpe, Cov	15/7/78
4.14.2 J. Oliver, Kent	8/7/78
4.15.5 B. Bartholomew	20/5/78

Class 1A — 5,000 metres.

14.23.6 J. Roberts, SLH	13/9/78
14.48.8 R. Fowler, Staffs	16/7/78
14.56.8 F. Pendlebury	16/7/78
15.01.6 R. Gomez, Ayles	16/7/78
15.06.8 T. Davies, Alder	16/7/78
15.40.2 D. Welsh, Harro	7/5/78
15.40.4 N. Hamilton, Notts	2/7/78
15.41.0 R. Pannell, Britsol	16/7/78
15.42.4 R. Carruthers	26/7/78
15.43.6 J. Mills, Spark	16/7/78

Class 1A — 10,000 metres.

29.47.0 M. Freary, Bolton	27/8/78
31.09.0 N. Fisher, Harlow	19/4/78
32.09.6 R. Gomez, Ayles	27/8/78
32.05.8 D. Clayton, HHH	19/4/78
32.06.8 G. North, Bel	19/4/78
32.15.0 T. Shrimpton	19/4/78
32.17.6 M. Moody, Maid	19/4/78
32.30.0 G. Entwistle	3/9/78
32.35.0 D. Watson, Wirral	3/9/78
32.54.8 R. Jeans, Salis	19/4/78

Class 1A — 110m Hurdles.

16.5 D. Gale, Blackheath	17/6/78
16.5 C. Shafto, Rown	16/7/78
16.6 J. Howell, HHH	16/7/78
19.4 R. Ball, Redhill	8/10/78
19.9 J. Phillips, Trow	8/10/78
19.9 J. Darlington, Hales	8/10/78
20.0 D. Burton, Hallam	4/6/78
20.1 G. Lee, Hallam	4/6/78
20.4 J. Ross, Edin AC	8/10/78
20.8 J. Day, Brighton	8/7/78

Class 1A — 400m Hurdles.

58.9 C. Shafto, Rown	26/8/78
59.5 W. Lane, Verlea	13/5/78
66.3 E. Hamer, Blackpool	7/5/78
69.5 K. Robinson, C&C	8/7/78
70.5 J. Howell, HHH	21/8/78
81.2 D. Harris, DASH	2/7/78

Class 1A — Steeplechase.

9.15.6 T. Davies, Alder	15/7/78
9.45.6 R. Carruthers, Gos	15/7/78
9.47.8 P. Knott, B'pool	7/5/78
10.11.4 M. Keough, Basin	8/7/78
10.22.2 T. Shrimpton	15/7/78
10.29.8 D. Spencer, Bar	7/5/78
10.33.8 J. Welsh, Hunt	15/7/78
10.53.0 T. Everitt, Eton	8/7/78

Class 1A — Long Jump.

6.61 D. Gale, Blackheath	8/7/78
5.89 F. Taylor, Bedford	19/8/78
5.84 D. Burton, Hallam	7/10/78
5.81 M. Davies, B'Heath	8/7/78
5.76 M. Burrell, Surrey B	11/6/78
5.71 R. Wilson, N Vets	7/5/78
5.69 J. Darlington, Hales	7/10/78
5.55 J. Ross, Edin	7/10/78
5.41 A. Crocker, Stour	7/10/78
5.37 R. Ball, Redhill	7/10/78

Class 1A — High Jump.

1.80 G. Hickey, B'Heath	19/8/78
1.73 A. Crocker, Stour	2/7/78
1.70 J. Darlington, Hales	15/7/78
1.65 D. Gale, B'Heath	15/7/78
1.63 M. Burrell, Surrey B	8/7/78
1.47 R. Ball, Redhill	7/10/78
1.44 J. Ross, Edin	7/10/78
1.44 J. Phillips, Trow	7/10/78
1.42 J. Day, Blackheath	15/7/78
1.41 G. Lee, Hallam	7/10/78

Class 1A — Triple Jump.

12.93 D. Smith, TVH	8/7/78
12.40 M. Burrell, Surrey B	16/7/78
12.22 J. Darlington, Hales	16/7/78
11.78 M. Davies, B'Heath	8/7/78
11.56 D. Gale, Blackheath	16/7/78
11.38 J. Phillips, Trow	8/7/78
11.34 F. Taylor, Bedford	1/7/78
9.97 J. Day, Blackheath	8/7/78

Class 1A — Pole Vault.

4.00 G. Trymel, Birchfield	15/7/78
3.70 R. Ball, Redhill	8/7/78
3.70 R. Wilson, Wigan	3/6/78
3.16 J. Day, Blackheath	28/5/78
2.80 S. Robinson, Fare	8/7/78
2.75 J. Ross, Edin	8/10/78
2.60 A. Crocker, Stour	8/10/78
2.30 D. Harris, DASH	8/10/78
2.30 A. McManus, Paisley	14/5/78
2.25 D. Burton, Hallam	8/10/78

Class 1A — Discus.

42.36 D. Clarke, Enfield	6/5/78
38.60 R. Ball, Redhill	8/10/78
37.60 G. Shoemark, Scot	11/6/78
37.50 S. Robinson, Fare	2/7/78
35.42 H. Richardson, N V	7/5/78
34.06 B. Strange, Oxford	8/7/78
33.54 J. Medhurst, Lancs	7/5/78
32.82 B. Treharne, Surrey	19/8/78
32.43 F. Hobson, Sheff	9/7/78
30.42 R. Wilson, Wigan	7/5/78

Class 1A — Javelin.

57.78 P. Hable, Barnet	26/7/78
56.38 R. Ball, Redhill	30/4/78
50.42 J. Ross, Edin AC	
48.86 C. Brand, B'Heath	8/7/78
45.26 J. Phillips, Trow	16/7/78
44.36 H. Richardson, NV	7/5/78
42.20 J. Howell, HHH	29/5/78
40.54 G. Ratcliffe, Dacor	8/10/78
36.14 J. Medhurst, Lancs	7/5/78
34.40 K. Madden, Sale	7/5/78

Class 1A — Shot.

12.06 G. Shoemark, Scot	11/6/78
11.52 R. Ball, Redhill	7/10/78
11.26 K. Madden, Sale	16/7/78
11.05 G. Hickey, B'Heath	8/7/78
10.80 B. Strange, Oxford	8/7/78
10.61 F. Hobson, Sheff	9/7/78
10.56 B. Treharne, Surrey	17/6/78
10.40 J. Medhurst, Lancs	7/5/78
10.19 B. Sumner, Cann	2/7/78
9.54 J. Howell, HHH	13/5/78

Class 1A — Hammer.

53.16 N. McDonald, Edin	5/6/78
50.90 L. Hall, TVH	23/9/78
49.80 D. Bayes, Poly	16/4/78
46.34 W. Treharne, Surrey	3/6/78
45.52 K. Madden, Sale	15/7/78
44.72 W. Dixon, Cam H	13/5/78
44.32 H. Richardson, NV	15/7/78
44.12 S. Robinson, Fare	13/5/78
41.98 J. Head, Essex B	13/5/78
41.08 B. Sumner, Cann	15/7/78

CLASS ONE B

Class 1B — 100 metres.

11.1 C. Williams, Poly	11/6/78
12.1 A. Blackman, Harrin	6/8/78
12.2 D. Howarth, Leigh	7/5/78
12.5 B. Parnaby, Durham	26/7/78
12.6 P. Field, Dartford	11/6/78
12.6 K. Scott, Newbury	8/7/78
12.9 A. Graham, Inland	16/8/78
12.9 D. Williams, Mid Vet	22/6/78
12.9 J. McGregor, Burn	7/5/78
13.0 G. Griffiths, E. Ches	7/5/78

Class 1B — 200 metres.

22.8 C. Williams, Poly	10/7/78
24.3 A. Blackman, Harrin	6/8/78
25.3 K. Scott, HHH	8/7/78
25.4 K. Whittaker, Aire	16/7/78
25.6 D. Howarth, Leigh	7/5/78
25.7 E. Blackler, Highgate	8/7/78
25.9 G. Griffiths, E. Ches	7/5/78
26.0 T. Brown, Liv H	7/5/78
26.0 A. Graham, Inland	16/8/78
26.5 G. Feast, Wycombe	6/8/78

Class 1B — 400 metres.

51.8 C. Williams, Poly	22/7/78
54.6 E. Blackler, Highgate	15/7/78
54.9 K. Whittaker, Aire	15/7/78
55.0 D. Folkes, Worcs	15/7/78
55.6 D. Howarth, Wolves	15/7/78
57.2 P. Field, Dartford	15/7/78
57.6 T. Clowry, Notts	15/7/78
58.5 B. Parnaby, Durham	26/7/78
58.7 D. Deacon, S Shield	26/7/78
58.8 T. Brown, Liv H	7/5/78

Class 1B — 800 metres.

2.00.5 B. Bullen, Stret	16/7/78
2.04.6 A. Hughes, Roch	16/7/78
2.07.0 M. Barratt, Ealing	17/6/78
2.08.7 T. Crowrv, Notts	16/7/78
2.09.8 D. Folkes, Worcs	16/7/78
2.09.9 D. Howarth, Leigh	16/7/78
2.10.0 J. Evans, Wolves	2/7/78
2.10.7 G. Smith, Eton	8/7/78
2.13.0 G. Hutton, Cleve	2/7/78
2.16.9 D. McWhirter, Tip	16/7/78

Class 1B — 1,500 metres.

4.03.3 B. Bullen, Stret	20/8/78
4.08.8 M. Barratt, Ealing	10/5/78
4.16.8 A. Hughes, Roch	15/7/78
4.26.5 G. Smith, Eton	8/7/78
4.29.6 W. Stoddart	11/6/78
4.31.0 T. O'Reilly, Spring	22/10/78
4.31.6 D. Dellar, Cam H	6/8/78
4.35.5 M. Morrell, Wirral	7/5/78
4.35.5 P. Maffia, Watford	15/7/78
4.35.9 D. McWhirter, Tip	15/7/78

Class 1B — 5,000 metres.

15.05.8 L. O'Hara, Bel	20/5/78
15.08.0 M. Barratt, Ealing	2/9/78
15.47.4 M. Morrell, Wirral	16/7/78
16.01.6 P. Morris, Lozells	16/7/78
16.03.6 A. Hughes, Roch	16/7/78
16.23.6 D. Dellar, Cam H	8/7/78
16.48.4 P. Pattison, Gos	7/5/78
17.08.6 J. Robertson	26/7/78
17.15.0 R. Hayward, Rug	2/7/78
17.21.0 M. Weston, Bolton	7/5/78

Class 1B — 10,000 metres.

31.39.0 L. O'Hara, Bel	19/4/78
31.45.4 M. Barratt, Eal	19/4/78
33.07.4 P. Morris, Lozells	27/8/78
33.31.0 M. Morrell, Wirral	3/9/78
33.43.0 A. Hughes, Roch	3/9/78
33.55.2 J. Heywood, HHH	27/8/78
39.26.0 D. Dellar, Cam H	19/4/78
34.35.6 G. Smith, Eton	19/4/78
34.40.0 E. Andrews, Hav	19/4/78
34.47.0 A. Walsham, Sal	3/9/78

Class 1B — Steeplechase.

9.57.0 M. Morrell, Wirral	15/7/78
9.59.0 M. Barratt, Ealing	19/8/78
10.43.0 J. Salt, Rochdale	15/7/78
11.02.6 R. Curtis, Ton	8/7/78

Class 1B — 110m Hurdles.

18.4 K. Wilmhurst, Walton	8/7/78
18.7 D. Williams, Mid V	23/6/78
19.2 C. Knowles, Ayles	15/7/78
20.4 J. Day, Blackheath	8/10/78
20.5 R. Beeby, Leicester	8/10/78
23.0 G. Brass, Clayton	8/10/78
31.4 M. Douthwaite, Hall	8/10/78

Class 1B — 400m Hurdles.

56.9 J. Dixon, Bristol	15/7/78
62.5 K. Whittaker, Aire	15/7/78
64.5 P. Field, Dartford	15/7/78
103.2 J. Moore, Rugby	2/7/78

Class 1B — Long Jump.

6.14 K. Wilmhurst, Wal	8/7/78
5.71 R. Beeby, Leicester	7/10/78
5.35 D. Williams, Mid V	7/10/78
5.35 C. Knowles, Ayles	7/10/78
5.10 D. Howarth, Leigh	7/5/78
4.91 J. Day, Blackheath	7/10/78
4.89 G. Brass, Clayton	7/10/78
4.69 J. Christie, Vic Park	11/6/78
4.61 R. Cornish, RAE	8/7/78
4.50 G. Tilsley, Hallam	7/5/78

Class 1B — High Jump.

1.65 D. Williams, Sydney	25/11/78
1.60 C. Knowles, Ayles	15/7/78
1.56 R. Beeby, Leicester	7/10/78
1.40 J. Day, Blackheath	11/6/78
1.38 D. Williams, Mid V	7.10.78
1.37 K. Westley, W Brom	2/7/78
1.32 G. Brass, Clayton	7/10/78
1.23 M. Douthwaite, Hall	7/10/78

Class 1B — Javelin.

42.42 M. Morrell, Wirral	16/7/78
37.46 G. Brass, Clayton	8/10/78
35.86 W. Mann, Sefton	7/5/78
31.68 D. Williams, Mid V	8/10/78
27.96 M. Douthwaite, Hall	8/10/78
27.52 R. Cornish, RAE	8/7/78
27.44 R. Beeby, Leicester	8/10/78
24.74 J. Day, Blackheath	8/10/78

22.94 J. Moore, Rugby	2/7/78
20.92 E. Horwill, DASH	16/7/78
Class 1B — Hammer.	
41.84 L. Bell, RNAC	11/6/78
41.70 T. O'Neill, Bristol	15/7/78
27.00 B. Tyndall, SLH	8/7/78
19.04 J. Moore, Rugby	2/7/78
16.46 E. Horwill, DASH	2/7/78
Class 1B — Shot.	
15.80 S. Clarke, Wood	26/8/78
10.87 T. O'Neill, Bristol	6/9/78
10.41 I. Briggs, Surrey	8/7/78
10.21 W. Mann, Sefton	7/5/78
9.39 B. Tyndall, SLH	11/6/78
9.17 D. Burrage, Barnet	1/7/78
8.57 D. Williams, Mid V	7/10/78
8.29 R. Beeby, Leicester	7/10/78
7.85 R. Buckley, N Vets	7/5/78
7.45 J. Moore, Rugby	11/6/78
Class 1B — Discus.	
37.96 T. O'Neill, Bristol	15/7/78
35.46 L. Bell, RNAC	1/7/78
35.36 I. Briggs, Surrey	11/6/78
29.74 D. Burrage, Barnet	11/6/78
28.12 D. Williams, Mid V	8/10/78
27.64 W. Mann, Sefton	7/5/78
25.50 R. Beeby, Leicester	8/10/78
22.74 J. Moore, Rugby	8/10/78
21.28 E. Horwill, DASH	2/7/78
20.72 M. Douthwaite, Hall	8/10/78
Class 1B — Pole Vault.	
4.00 R. Brown, Notts	20/5/78
2.90 J. Day, Blackheath	8/10/78
2.60 D. Williams, Mid V	8/10/78
2.45 C. Knowles, Ayles	8/10/78
2.15 R. Beeby, Leicester	8/10/78
1.81 M. Douthwaite, Hall	8/10/78
1.81 C. Brass, Clayton	8/10/78
Class 1B — Triple Jump.	
12.32 K. Wilmhurst, Wal	8/7/78
11.27 C. Knowles, Ayles	19/8/78
8.14 K. Westley, W Brom	2/7/78

CLASS TWO A

Class 2A — 100 metres.	
12.3 F. Martindale, Vets	9/9/78
12.4 M. Gray, Soton	8/7/78
12.5 S. Brooks, Ealing	11/3/78
13.0 R. Archbold, Nor Oly	11/6/78
13.2 I. Steedman, Lothian	7/10/78
13.3 J. Hedley, Jarrow	26/7/78
13.4 H. Smith, N Vets	7/5/78
13.4 F. Moran, Man H	15/7/78
13.7 E. Allen, Burn Road	7/5/78
13.8 R. Swain, S Holland	7/5/78
Class 2A — 200 metres.	
25.5 M. Gray, Soton	8/7/78
26.1 J. Farrar, Rowntrees	16/7/78
26.6 R. Archbold, Nor Oly	16/7/78
26.6 H. Smith, N Vets	7/5/78
27.1 F. Martindale, Vets	15/7/78
27.3 I. Steedman, Lothian	2/7/78
27.8 E. Allen, Burn Road	7/5/78
28.1 R. Swain, S Holland	7/8/78
28.6 J. Hare, Vets	6/8/78
28.9 J. Dean, Bingley	10/5/78
Class 2A — 400 metres.	
55.6 S. Brooks, Ealing	15/7/78
56.4 J. Farrar, Rowntrees	15/7/78
57.0 E. Gallagher, Liv H	15/7/78
58.0 R. Archbold, Nor Oly	15/7/78
60.3 I. Steedman, Lothian	6/8/78
60.4 H. Tempan, Vic Park	6/8/78
61.3 R. Swain, S Holland	15/7/78
62.0 B. Neilson, Hilling	8/7/78
62.4 J. Dean, Bingley	15/7/78
62.5 F. Thompson, Clay	7/5/78
Class 2A — 800 metres.	
2.12.4 R. Mattock, B'mth	16/7/78
2.15.3 B. Neilson, Hilling	16/7/78
2.15.9 H. Tempan, Vic P	6/8/78
2.18.0 F. Wrigley, Mich	16/7/78
2.18.4 R. Hunt, Surrey	8/7/78
2.20.8 F. Thompson, Clay	16/7/78
2.22.6 J. Dean, Bingley	16/7/78
2.24.1 E. Joynson, Gates	26/7/78
2.24.7 K. Bruns, Liv	16/7/78
2.26.8 R. Johnson, TVH	6/8/78
Class 2A — 1,500 metres.	
4.25.0 G. Rhodes, Staff	15/7/78
4.32.0 R. Mattock, B'mth	15/7/78



George Rhodes

4.37.6 B. Neilson, Hilling	15/7/78
4.37.7 W. Marshall, Clyde	7/5/78
4.39.6 R. Franklin, TVH	15/7/78
4.42.8 E. Joynson, Gates	26/7/78
4.45.7 F. Wrigley, Mich	15/7/78
4.49.8 T. Wood, Newport	15/7/78
4.51.5 R. Kane, Vic Park	11/6/78
4.53.5 S. Charlton, TVH	6/8/78
Class 2A — 5,000 metres.	
16.06.0 G. Rhodes, Staff	16/7/78
16.18.8 R. Franklin, TVH	16/7/78
16.44.6 J. Ellis, Tamworth	16/7/78
16.46.2 W. Marshall, Clyde	7/5/78
16.54.4 S. Charlton, TVH	8/7/78
17.03.0 T. Wood, New	16/7/78
17.10.0 E. Joynson, Gates	26/7/78
17.23.5 S. Smith, N Vets	7/5/78
18.02.4 R. Pape, RNAC	8/7/78
18.05.0 G. Phipps, Lea	2/7/78
Class 2A — 10,000 metres.	
34.14.8 S. Charlton, TVH	19/4/78
34.17.0 R. Franklin, TVH	27/8/78
34.53.0 J. Brown, Cam H	19/4/78
34.53.4 W. Marshall, Cly	27/8/78
35.15.0 E. Kirkup, Rother	3/9/78
36.06.0 D. Wigley, Invicta	19/4/78
36.22.0 T. Wood, New	27/8/78
36.45.0 R. Hale, Kent	19/4/78
37.01.0 S. Smith, Liv Pem	3/9/78
37.06.0 W. Brown, S Ches	3/9/78
Class 2A — 110m Hurdles.	
17.9 I. Steedman, Lothian	8/10/78
22.1 B. Thomas, Verlea	8/7/78
Class 2A — 400m Hurdles.	
66.7 I. Steedman, Lothian	15/7/78
Class 2A — Long Jump.	
5.29 I. Steedman, Lothian	7/10/78
5.14 F. Martindale, Vets	9/9/78
4.65 H. Smith, N Vets	11/6/78
Class 2A — High Jump.	
1.40 B. Thomas, Verlea	8/7/78
1.35 I. Steedman, Lothian	7/10/78
Class 2A — Triple Jump.	
9.84 B. Thomas, Verlea	8/7/78
Class 2A — Pole Vault.	
2.10 I. Steedman, Lothian	8/10/78
Class 2A — Shot.	
12.72 O. Feldmanis, Mitch	15/7/78
9.97 J. Drummond, Scot	11/6/78
8.86 F. Stewart, N Vets	7/5/78
8.41 I. Steedman, Loth	7/10/78
7.50 F. Martindale, Ver	9/9/78
6.06 D. Jepson, N Vets	7/5/78
Class 2A — Discus.	
42.78 O. Feldmanis, Mitch	15/7/78
34.00 J. Drummond, Scot	11/6/78
29.02 F. Laudobelis, MV	15/7/78
26.60 F. Martindale, Vets	15/7/78
24.50 I. Steedman, Loth	15/7/78
23.34 F. Stewart, N Vets	7/5/78
19.92 E. Allen, Burn Road	7/5/78
18.52 I. Buchan, Bella	11/6/78
12.54 D. Jepson, N Vets	7/5/78
Class 2A — Javelin.	
22.38 I. Steedman, Loth	16/7/78
22.24 F. Martindale, Vets	16/7/78
Class 2A — Hammer.	
22.02 F. Laudobelis, MV	15/7/78

CLASS TWO B

Class 2B — 100 metres.	
12.5 S. Stein, Highgate	11/6/78
13.3 D. King, Blackpool	14/9/78
13.5 L. Audritt, Trow	8/7/78
13.9 A. Bowden, P'boro	15/7/78
13.9 J. Swinton, Vets	15/7/78
14.2 K. Hallam, N Vets	15/7/78
14.4 H. Trafford, N'castle	7/5/78
14.5 J. Gercs, Rugby	7/10/78
14.5 W. Hartfree, Vets	11/6/78
14.6 G. Norman, Hull C	15/7/78
Class 2B — 200 metres.	
26.7 S. Stein, Highgate	16/7/78
27.5 L. Audritt, Trow	16/7/78
28.2 P. Munn, Mitcham	8/7/78
28.3 H. Trafford, N'castle	15/7/78
28.6 A. Bowden, P'boro	15/7/78
29.3 J. Gercs, Rugby	15/7/78
29.3 J. Swinton, Vets	15/7/78
29.4 D. King, Blackpool	16/7/78
30.2 K. Hallam, N Vets	7/5/78
39.3 W. Hartfree, Vets	11/6/78
Class 2B — 400 metres.	
63.2 P. Munn, Mitcham	11/6/78
63.3 S. Stein, Highgate	15/7/78
65.0 L. Audritt, Trow	8/7/78
65.0 K. Hallam, N Vets	15/7/78
70.6 J. Gercs, Rugby	7/10/78
Class 2B — 800 metres.	
2.22.4 E. O'Bree, Cam H	6/8/78
2.24.5 T. Joynson, Gates	16/7/78
2.37.4 D. Wenden, Achilles	8/7/78
2.50.4 J. Hanton, Paisley	11/6/78
3.02.1 J. Cascarina, Vic	11/6/78
Class 2B — 1,500 metres.	
4.40.5 T. Joynson, Gates	15/7/78
4.51.5 E. O'Bree, Cam	8/7/78
4.58.0 K. Hall, Wirral	7/5/78
5.02.3 M. Casey, Barrow	7/5/78
5.09.0 D. Wenden, Achilles	8/7/78
5.15.5 B. Wade, Wood	15/7/78
5.18.2 A. Bowden, P'boro	16/7/78
5.25.6 H. Trafford, New	16/7/78
5.32.8 J. Gercs, Rugby	16/7/78
5.38.0 L. Heald, E Ches	7/5/78
Class 2B — 5,000 metres.	
16.57.0 T. Joynson, Gates	16/7/78
17.13.2 K. Hall, Wirral	7/5/78
18.38.0 M. Casey, Barrow	7/5/78
19.06.2 D. Wenden, Ach	6/8/78
19.44.0 J. Downes, QPH	8/7/78
19.48.2 B. Wade, Wood	8/7/78
21.06.8 P. Minchin, Scots	16/7/78
22.20.0 J. Kyle, B'mth	8/7/78



Ken Hall

Class 2B — 10,000 metres.	
36.06.0 K. Hall, Wirral	3/9/78
38.34.0 L. Brown, Wood	19/4/78
38.36.0 J. Fitzgerald, Mit	19/4/78
41.41.2 B. Wade, Wood	27/8/78
42.50.0 L. Heald, E Ches	3/9/78
43.30.0 H. Trafford, N'cas	3/9/78
50.33.0 J. Bailey, Lozells	27/8/78
Class 2B — 110m Hurdles.	
24.9 J. Gercs, Rugby	8/10/78
25.2 W. Hartfree, Vets	8/10/78
28.8 K. Hallam, N Vets	7/5/78

Class 2B — Long Jump.	
4.63 J. Gercs, Rugby	7/10/78
4.38 H. Trafford, N'castle	7/5/78
4.15 W. Hartfree, Vets	11/6/78
4.08 G. Norman, B'pool	7/5/78
3.66 D. Causon, Garscube	11/6/78
3.20 R. Davenport, N Vets	7/5/78
Class 2B — High Jump.	
1.26 J. Gercs, Rugby	7/10/78
Class 2B — Triple Jump.	
7.49 H. Trafford, N'castle	16/7/78
Class 2B — Pole Vault.	
2.01 J. Gercs, Rugby	8/10/78
Class 2B — Shot.	
11.58 D. Vanhegan, Bar	23/4/78
10.99 H. Trafford, N'cast	16/7/78
10.62 J. Gercs, Rugby	7/10/78
9.44 L. Audritt, Trow	8/7/78
8.45 H. Price, Mid Vets	16/7/78
6.60 R. Davenport, N V	7/5/78
5.38 D. Causon, Gars	11/6/78

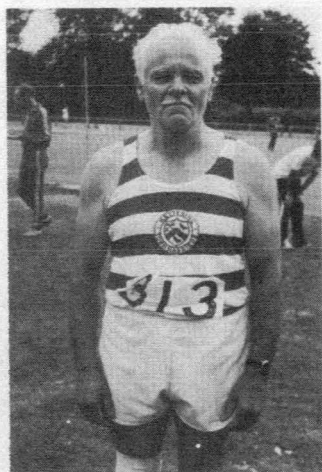


Janis Gercs

Class 2B — Discus.	
34.96 D. Vanhegan, Bar	23/4/78
29.84 J. Gercs, Rugby	8/10/78
25.38 H. Trafford, N'cast	15/7/78
20.88 A. Bowden, P'boro	15/7/78
13.34 H. Price, Mid Vets	2/7/78
Class 2B — Javelin.	
31.46 D. Vanhegan, Bar	26/8/78
28.64 J. Gercs, Rugby	16/7/78
25.94 H. Trafford, N'cast	16/7/78
22.30 A. Bowden, P'boro	16/7/78
18.04 H. Price, Mid Vets	16/7/78
Class 2B — Hammer.	
41.33 D. Vanhegan, Barn	6/5/78

CLASS THREE A

Class 3A — 100 metres.	
12.3 C. Fairey, Kettering	10/9/78
14.3 L. Batt, Highgate	6/8/78
14.9 B. Metcalfe, Vets	6/8/78
Class 3A — 200 metres.	
26.9 C. Fairey, Kettering	10/9/78
30.0 L. Batt, Highgate	6/8/78
30.0 R. Barnes, Vets	8/7/78
30.7 B. Metcalfe, Vets	8/7/78
Class 3A — 400 metres.	
65.8 L. Batt, Highgate	11/6/78
70.4 R. Barnes, Vets	8/7/78
84.6 R. Hopcroft, TVH	6/8/78
93.0 L. Davis, Vets	6/9/78
Class 3A — 800 metres.	
2.27.7 B. Taylor, March	13/9/78
2.39.9 B. Spiller, Poly	6/8/78
3.33.6 L. Davis, Vets	6/8/78
3.41.2 D. Morrison, Shett	11/6/78
Class 3A — 1,500 metres.	
5.02.3 B. Taylor, March	15/9/78
5.13.0 N. Ashcroft, Sutton	7/5/78
5.20.5 D. Morrison, Shett	15/7/78
5.25.0 G. Porteous, Mary	22/10/78
5.26.5 B. Spiller, Poly	15/7/78



Colin Fairey

5.49.0 G. Bell, Bellahous 22/10/78
6.19.0 J. Selby, Cov God 22/10/78
6.19.0 J. Cascarina, Vic 22/10/78
6.25.0 D. Gyles, Newcastle 7/5/78
Class 3A — 5,000 metres.
18.36.6 R. McMinnis, Sutt 16/7/78
18.44.2 G. Scutts, Ports 8/7/78
18.48.0 N. Ashcroft, Sutt 16/7/78
19.27.6 D. Morrison, Shet 16/7/78
20.02.8 B. Taylor, March 16/7/78
21.09.0 J. Catton, Ilford 6/8/78
21.18.3 G. Storey, Durham 7/5/78
21.30.4 J. Selby, Cov God 16/7/78
22.13.4 R. Hopcroft, TVH 6/8/78
23.20.6 J. Wilby, Worcs 2/7/78
Class 3A — 10,000 metres.
38.02.0 W. McMinnis, Sutt 3/10/78
39.44.0 N. Ashcroft, Sutt 3/10/78
41.31.0 G. Scutts, Ports 19/4/78
44.03.0 G. Betts, QPH 19/4/78
45.22.0 G. Miller, Liv Pem 3/10/78
45.31.0 B. Spiller, Poly 19/4/78
Class 3A — Long Jump.
3.58 H. Samuels, Hereford 2/7/78
Class 3A — Javelin.
22.50 H. Samuels, Here 2/7/78
Class 3A — Discus.
53.42 K. Maksimczyk, West 8/6/78
32.10 B. Metcalfe, Vets 15/7/78
24.38 H. Samuels, Here 15/7/78
20.60 D. Morrison, Shett 11/6/78
Class 3A — Shot.
13.63 K. Maksimczyk, West 8/7/78
10.85 B. Metcalfe, Vets 15/7/78
Class 3A — Hammer.
21.00 H. Samuels, Here 2/7/78
16.00 K. Maksimczyk, West 8/7/78

CLASS THREE B

Class 3B — 100 metres.
14.1 A. Cooke, Swansea 23/9/78
14.5 J. Williams, Vets 15/7/78
14.7 A. Beckett, W Corn 21/5/78
16.2 R. Evans, Luton 8/7/78
Class 3B — 200 metres.
30.6 J. Williams, Vets 16/7/78
31.1 A. Beckett, W Corn 16/7/78
Class 3B — 400 metres.
72.6 L. Rolls, Vets 1/2/78
Class 3B — 800 metres.
2.37.3 L. Rolls, Vets 11/6/78
3.17.6 E. Sears, Essex B 6/8/78
Class 3B — 1,500 metres.
5.17.0 J. Farrell, Maryhill 22/10/78
5.30.7 L. Rolls, Vets 11/6/78
5.48.2 S. Lee, Horwich 15/7/78
Class 3B — 5,000 metres.
19.46.0 S. Lee, Horwich 2/7/78
20.46.4 L. Rolls, Vets 8/7/78
20.53.2 B. Wallace, Wirral 16/7/78
23.06.6 W. Burns, Rother 7/5/78
24.07.0 J. Harris, Watford 6/8/78
Class 3B — 10,000 metres.
42.25.0 B. Wallace, Wirral 3/9/78
43.04.0 L. Rolls, Vets 19/4/78
43.22.0 W. Tyler, E Kent 19/4/78

43.35.0 S. Lee, Horwich 3/9/78
46.13.0 S. Smith, E Ches 3/9/78
Class 3B — Long Jump.
4.37 A. Cooke, Swansea 10/6/78
4.21 R. Evans, Luton 16/7/78
Class 3B — Triple Jump.
8.65 A. Cooke, Swansea 23/9/78
Class 3B — Shot.
11.05 A. Cooke, Swansea 10/6/78
Class 3B — Hammer.
28.76 J. Clarke, N Belfast 15/7/78
Class 3B — Discus.
31.52 F. Brown, Swansea

CLASS FOUR A

Class 4A — 100 metres.
15.8 J. Searle, Vets
16.0 T. Hines, N London
18.3 F. Wedgbury, Birch 15/7/78
20.1 J. Barrs, Poly 8/7/78
Class 4A — 200 metres.
34.4 T. Hines, N London
35.2 F. Wedgbury, Birch 2/7/78
36.0 J. Searle, Vets
48.0 J. Barrs, Poly 8/7/78
Class 4A — 400 metres.
89.0 T. Hines, N London
Class 4A — 1,500 metres.
6.00.4 F. Jackson, N&N 15/7/78
7.03.0 R. White, Ranelagh 6/8/78
8.39.8 E. Peacock, Vets 6/8/78
Class 4A — 5,000 metres.
23.10.8 F. Jackson, N&N 16/7/78
30.30.6 E. Peacock, Vets 6/8/78
32.36.0 W. Smith, Vets 6/8/78
Class 4A — 10,000 metres.
54.45.0 R. White, Rane 19/6/78
Class 4A — High Jump.
1.18 J. Searle, Vets 8/7/78
1.10 T. Hines, N London
Class 4A — Long Jump.
3.40 J. Searle, Vets 8/7/78
3.09 T. Hines, N London
Class 4A — Javelin.
29.03 E. Benneche, Swansea

CLASS FOUR B

Class 4B — 100 metres.
16.3 N. Martin, Vets 8/7/78
Class 4B — 200 metres.
35.8 N. Martin, Vets 8/7/78
Class 4B — 400 metres.
99.4 N. Martin, Vets 15/7/78
Class 4B — 10,000 metres.
53.54.0 R. Wiseman, Cam 19/4/78
Class 4B — Shot (7lbs).
10.13 M. Cullen, Swansea
Class 4B — Discus.
34.07 M. Cullen, Swansea
Class 4B — Javelin.
22.93 M. Cullen, Swansea
Class 4B — Hammer.
21.10 M. Cullen, Swansea
6.54 N. Martin, Vets 15/7/78

CLASS FIVE A

Class 5A — Sc.
36.51.8 W. Keeler 13/9/78

CLASS SIX A

Class 6A — 100 metres.
28.5 C. Speechley 6/8/78

Compiled on behalf of N.U.T.S. by David Burton, 71 Nethergreen Road, Sheffield S11 7EH to whom all amendments and additions should be sent. All times in **bold** shown took place in a decathlon.

U.K. VETS RESULTS

Southern Women's Inter Counties

6/1/79

V. Howe, Berkshire.....25.40
H. Hollick, Kent.....26.43



Val Howe of Bracknell A.C.

Photo Joy Warren

Bexley Borough AC Road Race
L. Parrott, Havering.....34.30

Burko 7

1, M. Freary, 33.38; 7, R. Hill, 34.46; 46, D. Spencer, Barrow, 39.08; 57, A. Walsham, Salford, 39.53; 70, J. Haslam, Bolton, 41.03; 71, D. Hardy, Bolton, 41.08; 72, S. Smith, Liv Pem, 41.15; 84, J. Iddon, Bolton, 41.59; 90, D. Howarth, Leigh, 42.17; 99, B. Crook, Rochdale, 42.40; 108, J. Robertson, Cocker-mouth, 42.57; 116, J. Naylor, Kendal, 43.14; 128, P. Gregory, Blackpool, 44.27; 129, G. Brady, Liv Pem, 44.34; 132, D. Newton, Warrington, 44.56; 134, J. Hall, Cocker-mouth, 45.11; 140, A. Pemberton, Cheshire, 45.50; 158, A. Campbell, Bolton, 48.16; 159, R. Walker, Saltwell, 48.27; 171, T. Jenkins, Liv Pem, 52.08.

Corby 5 miles road race.

1/1/79

D. Robbins, Swansea.....27.48

County Cross-Country Champs

Bucks.
R. Gomez, Aylesbury.....39.32
Derbyshire.
P. Wilkinson, Derby & Co..38.41
B. Howitt, Marlborough.....40.10
Dorset.
8, J. Hurt.....39.54
Humberside.
D. Pickering, E. Hull.....43.54
P. Collinson, E. Hull.....44.51
Leicester & Rutland.
11, L. Pratt, Charnwood.....45.47
12, R. Grove, Leicester.....46.00
13, L. Stowell, Charnwood.46.03
Norfolk.
6, G. Bowman, Diss.....39.29
Northampton.
N. Marshall, Police.....34.03
North Wales.
T. Davies, Army.....38.23
R. Billington, Wrexham.....41.25
Shropshire.
E. Williams, Shrewsbury....38.50
Staffs.
R. Fowler, Staffs Moor.....31.16
B. Cook, Staffs.....33.36
P. Goodfellow, Stoke.....34.44
Worcester.
R. Cooper.....33.00
E. Austin.....35.28
R. Bunn, Halesowen.....38.49
E. Nichols, O/50, Broms....40.31

Mitcham AC Prestige Ladies Cross-Country Races, Morden Park. 27/1/79.

4, V. Howe.....16.14
10, V. Robinson.....17.28
12, B. Cushen.....17.53
16, P. Davies, Selsonia.....18.16

Undated Results.**Hants 10 Mile Road Race**

C. Plumpton.....58.12
J. Thomas, Overton.....59.17
E. Leal, Ryde.....64.57

Brackets denote number of races

Veterans final positions in British Road Runners Champs

1, R. Campbell, Essex B, (9)..289
2, G. Kay, Stafford, (9).....276
3, J. Steed, Verlea, (9).....249
4, P. Whittaker, Long, (6).....149
5, J. Geoghegan, Cam H, (3)..123
6, C. Leogh, Salford, (4).....122

ITALIENISCHE MARATHON- MEISTERSCHAFTEN, ROM-LIDO DE OSTIA (30.4.)

1. Magnani	2:16:46
2. Accaputo	2:18:36
3. Arena	2:20:53

MARATHON IN MELBOURNE (13.5.)

1. D. Chettle	2:14:41
2. V. Anderson	2:18:44

100 KM KOPENHAGEN (13./14.5.)

Frauen :

1. Edith Holdener, CH	8:59:10
2. Mary Hendriksen, Dk	10:35:40
3. Anni Laursen, Dk	11:36:00
4. Maria Herrmann, A	12:50:00
9. E.M. Westphal, D	13:41:25

Männer :

1. K. Baumgärtner, D	7:30:00
2. H. Deneuville, F	8:06:20
3. G. Iverson, S	8:12:00

weiterhin bis 34 :

M. Hyllestad, Dk	8:13:10
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35-49

E. Hendriksen, Dk	8:31:00
E. Bühlmann, CH	8:37:00
R. Kunz, D	9:07:20

40-44

3. P. Skyöth, Dk	8:24:40
4. J. Nymann, Dk	8:25:30
6. J. Bergmann, D	8:48:10

55-59 Jahre :

1. E. Höppner, D	12:00:00
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60-64 Jahre :

1. W. Kloth, D	11:00:10
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FINLANDIA-MARATHON JYVÄSKYLÄ (21.5.)

1. Lindström, 42, SF	2:24:50,4
2. P. Squires, USA	2:29:03,4
3. P. Heikkinen, SF	2:32:03,4

Frauen :

1. Jane Kilian, USA	2:58:14,0
2. Saara Rappi, SF	3:08:22,2
3. Sirkka Kytölä, SF	3:31:08,0

FINNISCHE MARATHON- MEISTERSCHAFT KEURUU (28.5.)

Temperatur ca. 18 Grad C, hügelige Auf-und-Ab-Strecke schwierig. 38 Läufer gestartet, 16 aufgegeben, darunter Päivärinta und Toivola.

1. Hakan Spik, 51	2:16:20
Zum 3. Mal hintereinander Meister, Spik wird von Rolf Kaikkola trainiert.	
2. Arno Ristimäki, 45	2:16:24
3. Esko Lipsonen, 50	2:16:45
4. Jouni Kortelainen	2:17:40
erster Marathon	
5. Esa Tikkanen, 53	2:19:10
6. Kaarlo Maaninka	2:19:27

MARATHON, LUDWIGSHAFEN zum 125jährigen Stadtjubiläum (4.6.)

Trotz sommerlicher Hitze von fast allen Teilnehmern durchgestanden. Wendepunktstrecke durch sieben Stadtteile Ludwigshafens, amtliches Vermessungsprotokoll

1. P. Spahn, 57	2:32:34,4
2. H. Jaenicke, 45	2:36:06,0
3. H. Wallenstein, 41	2:36:19,7
4. R. Vogel, 45	2:40:09
5. R. Scherbaum, 41	2:40:23
6. V. Müller, 40	2:46:58
7. K. Metzger, 29	2:47:17
9. G. Matzke, 38	2:48:48
12. W. Heissler, 35	2:51:45
13. K. Segiet, 52	2:52:06
17. D. Schilz, 38	2:52:48
54. H. Kalus, 27	3:13:02
60. T. Haubrich, 62	3:14:42
63. D. Glowski, 60	3:15:56
69. H. Schwarzwälder, 25	3:21:00
76. R. Spöhrle, 27	3:23:40
89. H. Schultz, 13	3:31:42
106. A. Rudnik, 08	3:36:18
107. H. Höft, 08	3:36:22
116. Herta Franke, 37	3:42:26
117. Erika Dreger, 39	3:42:26
140. Auguste Huber, A, 41	3:55:10
142. Margarete Schäfer, 36	3:55:15
156. R. Weidlich, 13	4:09:58
158. Gretel Eisinger, 34	4:10:46

165. M. Colon, 60	4:19:27
239 im Ziel.	

Organisatoren-Lauf :

1. F. Jones	2:37:06
2. W. Ullrich	2:43:12
3. P. Ullrich	2:56:54
6. E. Leese, 37	3:20:37
15. P. Eppel	4:44:08

BELGISCHE MARATHON- MEISTERSCHAFT BRÜSSEL (10.6.)

1. Marc Smet	2:13:23
2. J.M. Ancion	2:16:25
3. M. Critchley, Gb	2:17:15
4. R. Dewancker	2:21:53
5. M. Reylandt	2:22:44
6. H. Parmentier	2:23:11
7. E. Gils	2:23:11

WELTBESTENKÄMPFE der IGAL, BERLIN (16./17.6.)

Männer :

10 km, AK 3 :	
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1. Fr. Pendesbury, 37, Gb	31:09,3
2. Günter Schmitt, 37, D	31:18,7
3. Johannes Kessler, 37, D	31:57,6
4. R. Schelfhaut, 36, Be	32:04,2
5. R. Zimmermann, 37, D	32:06,8
6. W. Wilms, 36, D	32:58,9
7. B.D. Hecht, 38, D	33:24,9
8. W. Lux, 37, D	33:42,0
9. K.H. Jung, 35, D	33:52,3
10. H. Dott, 35, D	34:03,3

10 km, AK 4 :

1. Alfons Ida, 33, D	32:20,8
2. William Stoddart, 31, Gb	32:41,8
3. Roger Monseur, 31, B	33:16,4
4. O. Alamaa, 31, N	33:41,4
5. T. Rooke, 31, Gb	34:10,9
6. H. Jorczik, D, 33	34:43,2
7. A. Arnaut, 33, Rum	34:44,0
8. H. Jettkant, 29, D	35:14,4
9. P. Döring, 33, D	35:21,2
10. K. Nagel, 29, D	35:53,5

10 km, AK 5 :

1. Paolo Kotila, 27, Fin	33:32,5
2. W. Marshall, 27, Gb	33:35,3
3. George Rhodes, 28, Gb	33:50,2
4. Emil Schulz, 27, D	34:26,7
5. W. Fischer, 28, D	34:47,4
6. Hagedorn, 28, D	35:07,0
7. S. Smith, 28, Gb	35:46,2
8. K. Heinz, 24, D	35:47,1
9. J. Kystad, 25, N	35:53,8
10. F. Bösch, 24, D	36:32,3

10 km, AK 6 :

1. K. Hasler, 19, CH	35:40,0
2. H. Brecht, 21, D	35:46,0
3. J.B. Germain, 23, F	36:49,0
4. J. de Borger, 20, B	37:25,0
5. P. Graf, 20, CH	37:42,0
6. J. Jöchle, 22, D	37:48,0
7. H. Larsson, 21, Sv	38:22,0
8. R. Bocklandt, 23, B	38:32,0
9. L. Herrmann, 20, D	38:41,0
10. M. Walenta, 23, D	38:55,0
19. J. Selby, 17, Gb	45:02,0

10 km, AK 7 :

1. J. Verloop, 17, NI	37:35,0
2. G. Pauls, 17, D	38:34,0
3. G. Beck, 18, CH	38:39,0
4. G. Scutts, 17, Gb	39:06,0
5. O. Elvland, 18, S	40:11,0
6. N. Ashcroft, 17, Gb	40:11,0
7. F. Hübner, 14, D	40:38,0
8. J. van Ginkel, 17, NI	41:14,0
9. Dr. D. Maisch, 17, D	41:24,0
10. E. Pauwels, 18, B	41:33,0

10 km, AK 8 :

1. Erich Kruzycki, 11, D	37:20,0
2. K. Hall, 13, Sv	40:44,0
3. G. Schilz, 13, D	40:48,0
4. G. Ekerstahl, 13, Sv	41:19,0
5. E. Pawlak, 10, D	41:27,0
6. H. Michon, 13, F	41:45,0
7. W. Reuss, 11, D	42:26,0
8. H. Mohr, 10, D	42:30,0
9. J. Berg, 09, D	42:44,0
10. W. Rieb, 12, D	43:43,0

10 km, AK 9 :

1. Bryan Doughty, 06, Gb	40:04,2
2. T. Jensen, 07, Sv	44:32,0
3. M. Syring, 08, D	46:16,9
4. K.G. Elvstrand, 07, Sv	46:52,2
5. E. Schulze, 08, D	46:54,1
6. W. Ross, 08, Gb	47:13,9

23 im Ziel

10 km, AK 10 :

1. L. Charbonneau, 03, F	44:02,0
2. P. van Leenen, 01, NI	47:53,5
3. S. Jaernmyr, 02, Sv	48:57,1
4. K.A. Grünwaldt, 01, D	49:21,8
5. A. Althaus, 03, D	49:25,3
6. F. Bachmann, 02, D	51:12,4
7. O. Mahla, 01, D	52:22,5

16 im Ziel

10 km, AK 11 :

1. F. Schreiber, 1894, Sv	59:45,0
2. K. Hrbek, 1898, CS	59:54,9
3. M. Takazoe, 1898, Jp	74:37,5

10 km, AK 12 :

1. Arthur Lambert, 1891, D	67:16,0
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Frauen :

10 km, AK 2 :

1. Corrie Konings, 40, NI	35:36,5
2. Denise Howe, 43, NI	35:36,5
3. Renate Güttler, 43, D	39:04,1
4. Sigrid Sucker, 39, D	41:06,7
5. Marli Olschewski, 40, D	43:12,0
6. Ursula Detree, 43, D	43:27,2
7. Heike Gertz, 40, D	43:57,0
8. Kristin Bochröder, 41, D	44:21,5

25 im Ziel

10 km, AK 3 :

1. L. Siprelle, 34, USA	38:12,4
2. Hilde Lang, 38, D	38:21,1
3. Helga Balzer, 35, D	38:33,5
4. J. Wübbeling, 37, D	42:17,1
5. E. Jung, 35, D	42:56,2
6. M. Köster, 36, D	43:12,9
7. E. Friedel, 35, D	43:50,0
8. I. Schmitt, 37	43:52,0
9. G. Natter, 38, D	44:45,2

42 im Ziel

10 km, AK 4 :

1. Ulla Seger, 30, Sv	41:15,0
2. M. Henselowsky, 31, D	43:12,2
3. Edith Holdener, 32, CH	43:49,0

4. M. Rider, 32, Gb	44:04,0
5. E. Bischoff, 32, D	44:37,2
6. H. Ernst, 33, D	44:53,4
7. T. Bieler, 32, D	45:46,3
8. O. Pokorna, 33, CS	45:46,5

24 im Ziel

10 km, AK 5 :

1. Ria Brouwers, 26, D	42:34,8
2. S. Wisman-Versteeg, 28, NI	43:06,7

3. A. Lusk, 28, Gb	44:59,5
4. U. Wtli, 25, D	46:55,7
5. U. Heringhaus, 26, D	47:12,0
6. R. Vaupel, 28, D	47:16,2
7. H. Schnabel, 28, D	47:57,0

28 im Ziel

10 km, AK 6 :

1. Hilde Jöckle, 21, D	44:56,2
2. Elfriede Falke, 20	48:17,5
3. G. Descampes, 21, B	49:33,5
4. E. Haule, 19, D	52:40,5
5. D. Cauvin, 23, F	53:05,0

11 im Ziel

10 km, AK 7 :

1. Fr. Liedtke, 16, D	52:31,5
2. Carola Wiegmann, 17, D	58:17,2
3. Hedwig Langbein, 15, D	60:59,5

7 im Ziel

10 km, AK 8 :

1. Johanna Luther, 13, D	52:59,0
2. M.R. Wagner, 10, D	74:32,9

3 im Ziel

10 km, AK 9 :

1. Justine Bucher, 08, D	64:26,3
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Marathon :

Männer :

Marathon, AK 3 :

1. Fritz Müller, 36, USA	2:25:20,4
2. G. Schmitt, 37, D	2:28:35,4
3. E. Rüegg, 37, CH	2:29:40,1
4. H. Salavarda, 36, B	2:29:47,4

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Art-Nr. 0024



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komplett
Art-Nr. 0245
Sicherheits-Set komplett
Art-Nr. 0244

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Art-Nr. 0052
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5. D. Daddio, 38, Can	2:30:15,7
6. H. Behr, 38, D	2:32:26,0
7. F. Schüller, 35, D	2:33:59,0
8. D. Brosse, 37, F	2:35:18,6
9. R. Hein, 38, D	2:35:58,1
10. H.G. Krüger, 36, D	2:36:14,2
11. N. Houter, 38, NI	2:36:33,1
12. J. Wedeking, 36, D	2:36:40,4
13. K. Heathcote, 35, Gb	2:37:10,0
14. P. Dick, 34, D	2:37:46,4
15. J. Wright, 35, Gb	2:38:24,4
16. A. Lokoy, 37, N	2:39:02,2
17. W. Mechtenberg, 38, D	2:39:31,4

Marathon, AK 4 :

1. P. van Alphen, NI, 30	2:28:55,7
2. H. Müller, 32, D	2:34:47,9
3. W. Irmen, 32, D	2:35:31,2
4. B. Hopp, 32, D	2:39:28,0
5. A. Walsham, 30, Gb	2:39:45,2
6. H. Wetzel, 33, D	2:39:54,1
7. A. Göritz, 29, D	2:40:26,6
8. L. Buck, 33, Can	2:41:45,0
9. J. Mielonen, 31, Fin	2:42:41,7
10. R. John, 31, D	2:44:40,5
12. K. Malterer, D, 29	2:46:01,0

Marathon, AK 5 :

1. R. Franklin, 28, Gb	2:41:20,3
2. G. Pfister, 28, D	2:43:56,1
3. H. Grenzbebach, 28, D	2:45:10,3
4. H. Baudisch, 26, D	2:45:34,4
5. L. Carlsson, 25, Sv	2:45:52,0
6. L. Wenz, 28, D	2:48:13,0
7. Derek Funnell, 27, Gb	2:50:44,0
8. J. Janicek, 24, CS	2:52:05,0
9. J. Caddy, 24, Gb	2:56:56,0
10. H. Wloka, 28, D	2:57:31,0

Marathon, AK 6 :

1. Hermann Brecht, 21, D	2:45:26,4
2. G. Ekström, 23, Sv	2:49:37,0
3. Jean Fontaine, 22, CH	2:54:46,6
4. G. Andersson, 20, Sv	2:56:39,6
5. F. Kappeli, CH, 23	2:57:14,0
6. B. Nilsson, 23, Sv	2:57:37,0
7. J. Schmitz, 22, D	2:58:04,8
8. K.H. Grelle, 21	3:05:38,8
9. A. Göransson, 21, Sv	3:07:05,6
10. J. Fitzgerald, 23, Gb	3:07:58,4

Marathon, AK 7 :

1. G. Porteous, 14, Gb	2:55:51,2
2. Otoa Hobst, 17, CS	3:06:15,0
3. R. McMinnis, 15, Gb	3:08:32,6
4. W.G. Fokkema, 18, NI	3:10:26,0
5. G. Pearson, 18, Gb	3:14:27,0
6. G. Olsson, 17, Sv	3:17:21,4
7. V. Honzatk, 17, CS	3:18:10,0
8. A. Schauder, 16, D	3:25:50,2
9. H. Dambrowski, 15, D	3:33:45,8
10. L. Garbrand, 17, Sv	3:33:58,8

Marathon, AK 8 :

1. Rudi Seydler, 12, D	3:12:31,2
2. Otto Claussen, 12, D	3:18:52,0
3. Max Mross, 13, D	3:21:07,0
4. K. Hall, 13, Sv	3:23:44,4
5. K.H. Schäfer, 10, D	3:38:12,6
6. G. Letellier, 12, F	3:41:15,0
7. K. Hoffmann, 12, D	3:41:15,0
8. H. Bastien, 09, B	3:42:33,0
9. F. Röll, 09, D	3:43:54,8
10. W. Masuda, 11, Jp	3:46:28,4

Marathon, AK 9 :

1. Arno Rudnick, 08, D	3:23:15,6
2. Helmut Hoefft, 08, D	3:35:20,2
3. L. Birk, 08, D	3:50:59,2
4. L. Laiho, 08, Fin	3:55:37,0
5. K. Kristahn, 07, D	3:56:19,4
6. G. Birla, 06, D	4:01:25,0
7. F. v. Ossowski, 04, D	4:19:49,0
8. A. Bannmann, 06, D	4:21:47,8

Marathon, AK 10 :

1. F. Tempel, 01, D	3:36:26,0
2. E. Haussner, 02	4:29:27,4
3. R. Fischer, 02, D	4:33:17,2
4. F. de Meyer, 01, Be	4:50:16,4

Marathon, AK 11 :

1. Josef Galia, 1898, D	4:56:27,0
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2. Arthur Frey, 1898, CH 5:11:12,6

Marathon Frauen, AK 2 :

1. Liane Winter, 42, D	2:51:32,4
2. M. Büttner, 40, D	3:04:48,0
3. Br. Cushman, 40, Gb	3:14:57,8
4. Marga Rabold, 42, D	3:17:11,4
5. I. Hokazono, 41, Jp	3:18:50,4
6. G. Schäfers, 40, D	3:26:04,4
7. H. Hummel, 41, D	3:29:19,4
8. P. Inacker, 43, D	3:42:57,0
9. M.J. Duyvejonck, 43, B	3:51:47,4
10. A.M. Schreuder-Keur, 42, NI	3:54:31,6

Marathon Frauen, AK 3 :

1. Gerda Reinke, 38, D	2:57:11,4
2. Patricia Day, 38, Gb	3:14:54,8
3. Leni Elbing, 38, D	3:28:20,8
4. H. Sievers, 37, D	3:29:08,8
5. W. Novotny, 37, D	3:40:40,0
6. B. Tinsel, 38, D	3:53:37,0
7. I. Moll, 34, D	3:54:15,2
8. M. Kloos, 37, D	3:56:25,2
9. M. Schäfer, 36, D	3:56:35,6
10. E. Puljack, 38, D	4:00:56,2

Marathon Frauen, AK 4 :

1. Else Gyllenohr, 33, Dk	3:19:01,0
2. Ulla Seger, 30, Sv	3:26:00,6
3. Edith Holdener, 32, CH	3:28:38,0
4. M. Henriksen, 29, Dk	3:32:25,6
5. H. Mäder, 30, CH	3:42:04,2
6. B. Hahn, 33, D	3:44:51,0
7. Z. Kirsch, 29, D	3:53:28,4
8. E. Adam, 30, D	4:06:32,8

Marathon Frauen, AK 5 :

1. N. Campbell, 28, Gb	3:19:22,0
2. Lydia Backes, 26, D	3:23:33,0
3. Ilse Lutz, 28, D	3:29:03,4
4. M. Faiss, 27, D	3:48:49,8
5. E. Keyser, 27, D	4:07:10,6
6. L. Steglich, 26, D	4:28:18,8

Marathon Frauen, AK 6 :

1. Lieselotte Schultz, 20, D	3:35:01,8
2. Gertrud Knittel, 21, D	4:39:01,0

Marathon Frauen, AK 7 :

1. Marie Lynnerup, 14, Dk	3:42:24,4
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Marathon Frauen, AK 8 :

1. Johanna Luther, 13, D	5:04:53,0
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20. 100-KM-LAUF, BIEL

(16./17.6.)
4044 Teilnehmer (Rekord !), darunter 95 Frauen, 2657 im Ziel in der Sollzeit von 24 Stunden

1. H. van Kasteren	6:58:32
Streckenrekord	
2. H. Urbach	7:08:00
3. L. Lauffs	7:12
4. J. L. Baudet, CH	7:14
5. H. Jeanrichard, CH	7:18
6. R. Aeaeger, CH	7:20
7. E. Wodli, D, 43	7:22
8. W. Endrowait, D, 39	7:25
9. M. Fatzer, CH, 41	7:40
P. Rühl, CH	7:40
11. H. Schünemann, D	7:41
12. R. Scheidegger, CH	7:45
13. H. Reitz, D	7:56
14. J. Fassbind, CH	7:57
15. Ch. Barrot, CH	7:58
16. F. Steffen, CH	8:01
J. Frank, D	8:01
18. K. Irmischer, D, 36	8:02
19. W. Schürer, CH, 31	8:03
20. R. Calderari, CH, 42	8:10
21. K. Baumgärtner, D, 44	8:12
22. W. Ullrich, D, 41	8:14
23. H. Gulyas, D, 49	8:19
24. N. Rüegg, CH, 45	8:20
25. H. Brenig, D	8:21
26. G. Vögele, D, 37	8:23
27. J. Kriebelm, CH, 38	8:24
28. D. Glaser, CH	8:25
U. Schwabi, CH	8:25
30. A. Natterer, CH, 47	8:26

erster 100er, Grafiker des Umschlagentwurfs „Irgendwann mußt Du nach Biel“

O. Meier, CH, 39	8:26
32. V. Reinhardt, D, 39	
33. A. Corniole, CH	8:28
34. A. Hannappel, CH	8:29
35. T. Stauffer, CH, 45	8:30
36. D. Kuhbandner, D	8:31
37. E. Bühlmann, CH, 43	8:32
38. H. Konrad, D	8:33
39. H.P. Schütz, CH, 44	8:36
40. H. Wisler, CH, 33	8:37
H.G. Noack, D, 37	8:37
42. K. Cvicek, CS	8:38
43. E. Morscher, CH, 29	8:39
44. H. Ecoeur, CH, 30	8:40
45. H. Gack, D	8:42
J.D. Jaquenod, F	8:42
47. H. Moser, CH, 45	8:43
48. G. Schilling, D	8:44
G. Glass	8:44
50. A. Scheidegger, CH	8:45
287. H. Jürgensohn, D, 21	10:33
289. Gertrud Lorenz, D	10:34
367. W. Sonntag, 26	11:06

Frauen :

98. Rita Weilbacher, D	9:18
Michaela Selb, 09	11:53
Rosa Vögeli, CH, 1900	15:46

Rund 700 Mitarbeiter bei diesem Jubiläumslauf. Die relativ hohe Quote von aufgegebenen Läufern (34 %) wird durch starke Regenfälle während der Veranstaltung erklärt.

DDR-Marathonmeister-

schaften, Boxberg

(Kreis Weißwasser)

(24.6.)

Start 18 Uhr Kurs flach, nur wenige unmerkliche Steigungen, Untergrund nicht immer ideal (z.T. Pflaster, Straße schmal und stark gekrümmt), ca 18 Grad, windstill, hohe Luftfeuchtigkeit, unterwegs ein starker Regenschauer.

1. W. Cierpinski, 50, Halle	2:14:57,4
2. J. Truppel, 51, Jena	2:15:59,7
3. J. Eberding, 55, Magdeburg	2:18:42,4
4. B. Arnhold, 49, Halle	2:21:18,1
5. P. Stolz, 47, Berlin	2:21:40,0
6. M. Schröder, 53, Magdeburg	2:30:53,1

50 Läufer am Start, 36 im Ziel. Cierpinski's Zwischenzeiten : 16:52,3 - 31:32,0 - 47:12,0 - 1:03:31,6 - 1:19:52,0 - 1:36:15,0 - 1:51:43,0 - 2:08:12,0

OSTWESTFALEN-LAUF,

STEINHEIM

(24./25.6.)

25 km (SPIRIDON-Cup) :

1. H.W. Pietschmann, 45	1:26:02
2. H. Kubelt, 40	1:26:04
3. K. Bienert, 46	1:32:19
7. W. Henselmeier, 34	1:39:52
10. K. Vollmer, 61	1:44:50
12. A. Deleker, 34	1:44:57
14. M. Becker, 63	1:45:34
20. R. Wolf, 62	1:52:20
26. F. Werner, 22	1:57:25
31. M. Jansen, 27	1:58:15
53. O. Elbracht, 11	2:13:57
69. R. Eyring, 11	2:28:24

Frauen / WJ :

1. Sigrid Sucker, 39	1:57:35
2. Margarete Wolf	2:17:31
3. Helga Wolf, 65	2:30:08
4. Hilde Kröger, 26	2:58:49

Rahmenwettbewerb, 10 km :

Hauptklasse :

1. H. Kubelt, 40	32:28
2. J. Baker, 56	34:42
4. U. Petrusch, 60	35:30
7. K. Schlüter, 37	36:40
15. H. Stiegmann, 62	39:44

AK 1 :

1. H.W. Pietschmann	32:28
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2. P. Gehrman, 39	34:53
3. W. Hoppe, 39	35:28

AK 2 :

1. H. Clemens, 38	35:13
2. G. Linnemann, 37	35:27

AK 3 (17-28)

1. G. Pfitzner, 28	43:45
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AK 4 (1916 und älter)

1. A. Chwalla, 16	45:54
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Frauen :

1. Regina Dame, 49	47:18
2. Angela Offel, 63	48:43

Frauen AK 1

1. Sigrid Sucker, 39	40:33
2. Anne Stiegmann, 35	46:25
3. Erika Offel, 44	47:41

Pietschmann gewann den Wanderpokal des SPIRIDON-Clubs in neuer Streckenrekordzeit (zuvor wegen Verletzung fehlende Günther Dietzel), Heinz Kubelt wurde Zweiter, nachdem beide am Samstag den 10-km-Lauf gewonnen hatten. Doppelsiegerin bei den Damen wurde Sigrid Sucker (Kopenhagen). Gute Leistungen gab es bei den Jugendlichen, schon traditionell in Steinheim, wo eine der Wiegen des Jugend-Dauerlaufs steht. Trotz Fußball-WM 250 Teilnehmer im Ziel.

LA-SPORTFEST, OSLO

(27.6.)

Frauen : 3 000 m :

1. Grete Waitz, Nor	8:32,1
zur Weltrekordanerkennung eingereicht, da die 8:27,1 von Ludmilla Bragina 1976 in College Park bisher weder anerkannt noch eingereicht worden sind	
2. Loa Olafsson, DK	8:42,3
Die 20jährige Silvesterlaufsiegerin hat nun folgende Leistungs-kala : 1 500 m : 4:10,7 ; 3 000 m : 8:42,3 ; 5 000 m : 15:08,8 ; Weltbestzeit, 10 000 m : 31:45,4 ; Weltbestzeit. Leider muß sie im Augenblick wegen eines Ermüdungsbruchs pausieren	

Melle :

1. Wilson Waigwa, Ken	3:53,2
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LA-Länderkampf

BR Deutschland-Sowjetunion,

Dortmund

(30.6./1.7.)

Mit nur 9 000 Zuschauern großes Defizit, das nur durch eine Ausfallbürgschaft der Stadt Dortmund in Höhe von 50 000 DM für den Ausrichter OSC Thier Dortmund erträglich gestaltet werden konnte. den Frauen.

Männer :

800 m :

1. Wülbeck W., D, 54	1:47,1
2. Rechetnjak A., SU	1:47,1
3. Anochin V., SU	1:48,5
4. U. Becker, D	1:56,4

bei den Männern und 81:65 bei Sowjetunion gewann mit 116:107 Becker stürzte in seinem ersten Länderkampf nach 250 m und behinderte dabei Wülbeck, der trotz Verlustes von 6-8 m Millimeter-Sieger wurde.

1 500 m :

1. T. Wessinghage, D, 52	3:40,5
2. W. Toropow, SU, 56	3:41,4
3. H.v. Papen, D, 52	3:41,6
4. N. Kirow, SU, 57	3:42,2

Typischer Länderkampf-Lauf, nach sehr gleichmäßigem Beginn von Kirow (59,4, 1:59,2, 3:00,4) leichte Sache für Wessinghage, der bei weniger egoistischem Verhalten - 300-m-Spurt - seinen Kollegen von Papen zu Platz zwei hätte mitziehen können.

Land, Lauf und Leute

- **Lidingö-Lauf über 30 km**, Drei-Tage-Trip zu Skandinaviens berühmtesten Lauf, dem Gegenstück zum Vasa-Lauf bei Stockholm 29.9. - 2.10. **ca. 815 DM**
 - **30. Dezember : Silvesterlauf Madeira** (Leitung Hubert Wolf).
 - **31. Dezember : 54. Silvesterlauf Sao Paulo**
Variante A : Lauf-Bade-Reise Rio-Sao Paulo **ca. 2800 DM**
Variante B : Anden-Afrika-Tour mit Lima, den Inka-Städten, Rio und Senegal/Dakar **ca. 3800 DM**
- Anfragen, Anmeldungen : Udo Geppert, Reisecenter Soest, Hansastr. 24, 4740 Soest.

CROSS-COUNTRY CHAMPIONSHIPS

Northern Veterans AC

Classes 1A & 1B.

1, M. Freary, Bolton.....	32.49
2, F. Pendlebury, Manch....	33.47
3, D. Watson, Wirral.....	34.00
4, E. Isaacs, Wirral.....	34.32
5, C. Pickett, M'boro.....	35.18
6, T. Rooke, (1B), M'boro..	35.20
7, V. Bayliss, Wirral.....	35.25
8, R. Balding, Heaton.....	35.28
9, G. Entwistle, Manch.....	35.39
10, B. Court, Bolton.....	35.47



Freary wins - Photo J. Dales

11, A. Hughes, (1B), Rochdale, 35.50; 12, M. Murphy, (1B), Sutton, 35.59; 13, P. Carmichael, (1B), Morpeth, 36.07; 14, A. Bourne, Newcastle, 36.11; 15, T. Parr, Bolton, 36.23; 16, D. Lee, Bolton, 36.26; 17, J. Wright, (1B), Wirral, 36.28; 18, J. Wright, Southport, 36.29; 19, T. Flory, M'boro, 36.33; 20, P. Rady, Burnley, 36.47; 21, F. Laybourne, Jarrow, 36.57; 22, D. Howarth, (1B), Leigh, 37.02; 23, R. Checkley, Heaton, 37.04; 24, C. Holmes, (1B), Gates, 37.08; 25, W. Ryder, Morpeth, 37.12; 26, J. Hawes, Heaton, 37.15; 27, J. Salt, (1B), Rochdale, 37.16; 28, K. Heathcote, Bolton, 37.18; 29, P. Knott, Blackpool, 37.37; 30, G. Smith, (1B), Rochdale, 37.40; 31, H. Jacques, (1B), Salford, 37.50; 32, J. Jackson, Rochdale, 37.58; 33, S. Robson, (1B), Gateshead, 38.01; 34, W. Ratcliffe, Frodsham, 38.05; 35, N. Jones, Warrington, 38.10; 36, A.

Prowse, Gosforth, 38.13; 37, P. Pattison, Gosforth, 38.17; 38, G. Freeman, (1B), Sun'land, 38.27; 39, J. Robertson, (1B), Blaydon, 38.31; 40, B. Parnaby, (1B), Durham, 38.38; 41, K. Sutton, Gosforth, 38.45; 42, A. Watson, Gateshead, 38.49; 43, M. Cranny, Wirral, 38.54; 44, A. Lennon, Wirral, 38.57; 45, M. Grosse, (1B), Rotherham, 39.02; 46, A. Shaw, Rochdale, 39.13; 47, W. Johnson, (1B), Gates, 39.20; 48, R. Kernighan, (1B), Pembroke, 39.29; 49, J. Dawson, YMCA, 39.32; 50, W. Fuery, (1B), Pembroke, 39.35; 51, B. Lister, (1B), Bolton, 39.43; 52, J. McMahon, Durham, 39.47; 53, R. King, (1B), Blackburn, 39.55; 54, H. Thompson, (1B), M'boro, 39.58; 55, J. Nesbit, Morpeth, 40.00; 56, E. Appleby, (1B), Heaton, 40.04; 57, J. Iddon, (1B), Bolton, 40.10; 58, E. Barrow, Durham, 40.18; 59, H. Manning, Clayton, 40.25; 60, J. Winters, Blackpool, 40.34; 61, R. Young, Gosforth, 40.37; 62, S. Boyd, (1B), Blackburn, 40.42; 63, W. Smith, Clayton, 40.44; 64, M. Brook, (1B), Holm, 40.53; 65, B. Rudman, Rotherham, 41.03; 66, C. Martin, (1B), Pem, 41.06; 67, H. Crane, Gosforth, 41.11; 68, C. Perks, Bolton, 41.12; 69, G. Doggett, Salford, 41.21; 70, N. Thompson, (1B), Newcastle, 41.21; 71, J. Emmet, ASVAC, 41.24; 72, A. Yeats, M'boro, 41.27; 73, L. V-Hodgkinson, Pem, 41.29; 74, D. Large, Barrow, 41.30; 75, J. Wallwork, (1B), Durham, 41.30; 76, D. Barton, Clayton, 41.31; 77, P. Sutton, (1B), Michelin, 41.36; 78, G. Brass, (1B), Clayton, 41.40; 79, A. Leadbetter, N Vets, 41.41; 80, J. Haslam, (1B), Bolton, 41.45; 81, C. Hallinan, (1B), Leigh, 41.55; 82, E. Murtagh, M'boro, 41.57; 83, Goldsworth, (1B), Burnley, 42.06; 84, D. Talbot, (1B), Clayton, 42.09; 85, J. Betney, (1B), Clayton, 42.14; 86, G. Lovett, Longwood, 42.15; 87, C. Betts, (1B), Salford, 42.17; 88, C. Carter, (1B), Gates, 42.19; 89, B. Holden, (1B), Clayton, 42.20; 90, A. Evans, (1B), Maccles, 42.21; 91, S. McIver, (1B), Pembroke, 42.26; 92, C. Gains, (1B), Pembroke, 42.34; 93, D. Whitmore, South Shields, 42.58; 94, J. Alexander, (1B), Warrington,

43.04; 95, J. Clayton, Manch, 43.21; 96, F. Valentine, (1B), Bolton, 43.30; 97, I. Coombs, Altrincham, 43.44; 98, B. Hughes, (1B), Pembroke, 43.47; 99, J. Gurney, Durham, 44.09; 100, A. Kinersley, Newcastle, 44.32; 101, K. Whittaker, (1B), ASVAC, 44.37; 102, G. Crawley, (1B), Salford, 44.37; 103, D. Tripp, Liv H, 44.43; 104, G. Brady, (1B), Pembroke, 44.45; 105, E. Eastman, Southport, 44.47; 106, A. Oxley, Rotherham, 44.53; 107, J. Dewar, Bladon, 45.20; 108, A. Ball, (1B), Pembroke, 45.31; 109, P. Heron, Pembroke, 46.03; 109, J. Smith, (1B), ASVAC, 46.11; 111, T. Kenkins, (1B), Pembroke, 46.29; 112, M. Heathcote, Newcastle, 46.31; 113, C. Byrne, (1B), Clayton, 46.52; 114, R. Allen, N Vets, 47.26; 115, P. Shillito, (1B), Pembroke, 47.36; 116, W. Smith, Wirral, 49.00; 117, T. Youngson, E. Ches, 50.08; 118, R. Kitchener, N Vets, 51.28; 119, A. Booth, (1B), N Vets, 54.58.

Team result.

1, Wirral.....	31
2, Bolton.....	42
3, Middlesborough.....	84

Classes 2A, 2B, 3A, 3B, 4A.

1, W. Fielding, (2A), Leeds, 37.29
2, E. Kirkup, (2A), Rother, 38.31
3, D. Walsh, (2A), Black, 40.14
4, E. Joynson, (2B), Gates, 40.23
5, K. Hall, (2B), Wirral, 40.45
6, J. Williamson, (2A), E.C., 40.57
7, I. Thompson, (2A), Clay, 41.16
8, W. Brown, (2A), E. Ches, 41.26
9, S. Coffey, (2A), Man, 41.41
10, P. Brook, (2A), Holm, 41.42
11, R. Ferynhaugh, (2A), Michelin, 42.08; 12, T. Carr, (2A), Durham, 43.03; 13, J. Bancroft, (2A), Wirral, 43.15; 14, T. Robson, (2A), Gateshead, 43.33; 15, J. Mannington, (2A), M'boro, 43.40; 16, R. Brown, (2A), S. Shields, 44.12; 17, T. Smith, (2B), E. Ches, 44.14; 18, N. Ashcroft, (3A), Sutton, 44.22; 19, E. Wagstaff, (2A), Rotherham, 44.35; 20, C. Jones, (2A), Maccles, 45.07; 21, D. Mason, (2A), ASVAC, 45.18; 22, B. Blow, (2A), Altrincham, 45.18; 23, J. Riley, (2B), Clayton, 45.36; 24, T. Heaton, (2A), Clayton, 45.52; 25, R. Salisbury, (2B), Wirral, 46.52; 26, M. Robertson, (2A), S. Shields, 46.53; 27, A. Briggs, (2B), Clayton, 47.21; 28, J. Thompson, (2A), M'boro, 47.34;

29, S. Trafford, (2B), Newcastle, 48.08; 30, J. Waters, (2B), Blaydon, 48.16; 31, T. Hall, (2B), Newcastle, 48.43; 32, L. Heald, (2B), E. Ches, 50.09; 33, D. Crewe, (2B), E. Ches, 50.16; 34, P. Smith, (2A), Man YMCA, 50.32; 35, R. Walker, (2B), Saltwell, 50.33; 36, N. Taylor, (2B), E. Ches, 50.45; 37, R. Durham, (2A), N. Vets, 51.25; 38, S. Bradshaw, (3B), Clayton, 51.28; 39, G. Miller, (3A), Pembroke, 52.33; 40, E. Harrison, (3B), Lincoln Well, 52.42; 41, S. Cooper, (2A), ASVAC, 52.53; 42, C. Baldwin, (3B), N. Vets, 53.05; 43, J. Dean, (2A), Bingley, 53.21; 44, A. Cooper, (2B), Newcastle, 56.43.

Team result.

1, East Cheshire.....	31
2, Wirral.....	43
3, Clayton.....	54

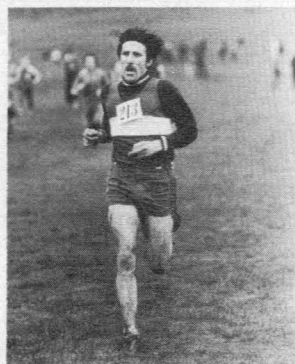
Southern Veterans

Class 1A & 1B.

1, N. Fisher, Har, 31.02
2, J. Steed, Ver, 31.15
3, R. Gomez, Ayles, 31.23
4, T. Davies, AFD, 31.40
5, C. Plumpton, Port, 31.53
6, M. Barratt, (1B), Eal, 32.01
7, M. Hyman, (1B), Port, 32.11
8, J. Oliver, Cam, 32.13
9, A. Jones, Cam, 32.19
10, J. Geoghegan, Cam, 32.21
11, B. Slowe, High, 32.24; 12, G. North, Port, 32.36; 13, L. Parrott, Hav, 32.49; 14, W. Giddings, Kent, 32.54; 15, M. Moody, Maid, 33.03; 16, P. Dobbs, Thur, 33.09; 17, R. Brandon, TVH, 33.10; 18, G. Harrison, High, 33.12; 19, B. Switzer, S/E, 33.21; 20, J. Luxford, (1B), Hors, 33.25; 21, R. Grubb, C/C, 33.36; 22, B. Bartholomew, BrH, 33.39; 23, G. Martin, Cam, 33.39; 24, J. Heywood, (1B), HHH, 33.44; 25, S. Allen, HHH, 33.50; 26, M. Porteous, VAC, 33.51; 27, T. Hoyles, Hav, 33.55; 28, W. Roe, Hav, 33.55; 29, M. Davies, Read, 34.03; 30, J. Bull, Ran, 34.08; 31, R. Garner, Maid, 34.09; 32, J. Wood, (1B), Barn, 34.13; 33, B. Middleton, Cam, 34.16; 34, N. Rees, QPH, 34.18; 35, T. Everett, EM, 34.19; 36, T. Honeychurch, Tby, 34.20; 37, S. Bullpit, S/E, 34.25; 38, E. Nolan, Shaft, 34.25; 39, C. Brown, (1B), Eal, 34.27; 40, D. Mullen, G/G,

34.30; 41, C. Bennett, TVH, 34.32; 42, R. Savery, Blkh, 34.34; 43, V. Joseph, High, 34.38; 44, R. Bailey, Port, 34.39; 45, M. Rosbrook, Basil, 34.39; 46, D. Bucke, Wey, 34.40; 47, B. Griffiths, Brack, 34.45; 48, P. Ferguson, Ayles, 34.46; 49, J. Porter, Mitch, 34.48; 50, J. Kirk, Ran, 34.51; 51, D. Fyddes, Blakh, 34.53; 52, A. Tewkesbury, Hav, 34.55; 53, D. Woodward, Ver, 34.58; 54, J. Mattinson, SLH, 35.06; 55, D. Bell, (1B), Wok, 35.11; 56, B. Parkes, High, 35.14; 57, J. Hanscombe, Ran, 35.15; 58, J. Bowen, Mit, 35.16; 59, A. Saunders, ADF, 35.22; 60, A. Pawsey, Mit, 35.23; 61, W. Lane, Ver, 35.25; 62, M. Etherton, C/C, 35.28; 63, C. Morgan, Dart, 35.29; 64, M. Hunter, High, 35.32; 65, P. Chapple, Har, 35.32; 66, K. Dearing, Wat, 35.35; 67, P. Moughtman, Craw, 35.41; 68, D. Devey, VAC, 35.42; 69, M. Kerry, Oak, 35.43; 70, S. Vane (1B), Thur, 35.45; 71, T. Crowhurst, Hay H, 35.50; 72, G. Crowder, (1B), Blakh, 35.51; 73, P. Kearsey, (1B), EM, 35.54; 74, R. Marven, Barn, 35.58; 75, B. Heywood, Dart, 35.59; 76, E. Blackler, High, 36.02; 77, R. Appleby, High, 36.02; 78, K. Fiddler, Ayles, 36.02; 79, D. Krause, Maid, 36.03; 80, T. Davy, THH, 36.07; 81, K. Shephard, RR, 36.14; 82, C. Burton, (1B), Port, 36.19; 83, B. Greig, ADF, 36.22; 83, J. Hills, Blakh, 36.23; 85, M. Jacobs, Port, 36.25; 86, A. French, (1B), Folk, 36.29; 87, P. Allen, Walt, 36.31; 88, C. Mould, Hav, 36.33; 89, A. Bray, BHove, 36.36; 90, J. Blackburn, Blakh, 36.39; 91, M. Harran, HHH, 36.45; 92, R. Salmon, (1B), TVH, 36.46; 93, W. Hill, (1B), Blakh, 36.49; 94, E. Barrett, W/G, 36.57; 95, J. Thorpe, (1B), Ver, 37.03; 96, R. Taylor, BHove, 37.08; 97, J. Mayatt, Med, 37.12; 98, D. Oakley, Barn, 37.13; 99, C. Newman, Med, 37.14; 100, P. Chaplin, C/C, 37.18; 101, J. Charman, (1B), HBS, 37.22; 102, K. Kenway, Cam, 37.27; 103, P. Clarke, (1B), Dart, 37.33; 104, D. Nash, Dart, 37.34; 105, J. Burt, (1B), Hav, 37.40; 106, R. Kearsey, Mitch, 37.43; 107, A. Kimber, (1B), Mitch, 37.43; 108, J. Hayward, (1B), W/G, 37.52; 109, A. Suckling, Cam, 37.52; 110, P. Yates, (1B), Kent, 37.55; 111, B. Loveledge, Med, 37.57; 112, M. McDonough, Ran, 37.58; 113, D. Sudbury, (1B), SLH, 38.02; 114, E. Hollie, G/G, 38.05; 115, J. Cox, Barn, 38.07; 116, D. Ochiltree, W/G, 38.11; 117, D. Bell, (1B), Thur, 38.13; 118, A. Tompkins, Blakh, 38.18; 119, D. Thomas, LESSA, 38.19; 120, D. MacHon, (1B), Port, 38.22; 121, C. Henn, (1B), Bels, 38.35; 122, D. Thompson, (1B), Folk, 38.38; 123, G. Grayson, SLH, 38.39; 124, R. Bastable, Wat, 38.41;

125, B. Shave, HH, 38.43; 126, P. Field, (1B), Dart, 38.45; 127, D. Hopgood, (1B), Blakh, 38.48; 128, A. Fern, S/E, 38.54; 129, D. Foxley, Med, 38.58; 130, D. Wood, B&H, 39.08; 131, G. Piddington, Bels, 39.09; 132, D. Devers, (1B), S/E, 39.14; 133, M. Burnham, Wat, 39.18; 134, J. Cavanagh, Blakh, 39.22; 135, D. Langley, (1B), SLH, 39.24; 136, P. Harvey, (1B), Coll, 39.29; 137, G. Edwards, (1B), TVH, 39.38; 138, A. Goodwin, (1B), SLH, 39.42; 139, M. Payne, (1B), Cam, 39.48; 140, E. Jones, Cam, 39.51; 141, A. Neville, SLH, 39.55; 142, E. Dodds, (1B), Ver, 39.59; 143, C. Goater, Port, 40.02; 144, P. Eldridge, New, 40.03; 145, B. Saunders, (1B), TVH, 40.11; 146, K. Robinson, C/S, 40.18; 147, P. Holdon, Ver, 40.28; 148, D. Wheaton, Thur, 40.36; 149, M. Miller, G/G, 40.51; 150, D. Sharp, Har, 40.54; 151, M. Newson, Ran, 40.57; 152, W. Figgins, Folk, 41.00; 153, M. Sullivan, Ver, 41.07; 154, W. James, (1B), Wat, 41.36; 155, J. Daniels, (1B), W/G, 41.44; 156, J. Brown, New, 42.30; 157, P. Munden, Ver, 42.50; 158, J. Lawrence, VAC, 42.53; 159, L. Pulman, (1B), TVH, 43.24; 160, A. Lancaster, Med, 43.45; 161, D. Gardner, Coll, 47.54; 162, G. Rosewell, New, 48.01.



Ron Gomez 3rd in 31.23

Teams — 3 to score.

1, Portsmouth.....24
2, Cambridge.....42
3, Havering.....68
4, Highgate.....72
5, Verlea.....116
6, Maidenhead.....125
7, Vale of Aylesbury.....129
8, Ranelagh.....137
9, HHH.....140
10, AFD.....146
11, Blackheath, 165; 12, Mitcham, 167; 13, Cam/Coll, 183; 14, Southampton, 184; 15, TVH, 195; 16, Thurrock, 203; 17, Barnet, 204; 18, Brighton, 207; 19, Harlow, 216; 20, Dartford, 241; 21, VAC, 252; 22, SLH, 302; 23, Medway, 307; 24, W/Green, 318; 25, Watford, 323; 26, Folkestone, 360; 27, Newham, 462.

6 to score.

1, Portsmouth.....236
2, Highgate.....268
3, Cambridge.....286
4, Havering.....313
5, Blackheath.....460
6, Verlea.....500

Over 50 classes.

1, R. Franklin, (2A), TVH...34.15
2, S. Charlton, (2A), TVH...34.25
3, D. Dellar, (2A), Cam.....34.27
4, D. Lee, (2A), Shaft.....34.39
5, R. Mattock, (2A), Brn.....34.48
6, D. Rikly, (2A), Brack.....34.50
7, G. Smith, (2A), EM.....34.56
8, J. Brown, (2A), Cam.....35.20
9, J. Brent-Jones, (2A), Salis35.28
10, R. Johnson, (2A), TVH.35.57
11, J. Disley, (2A), Ran, 36.03;
12, D. Cobley, (2A), Ayles, 37.26; 13, W. Eyles, (2B), Verlea, 37.57; 14, J. McGuire, (2A), Maid, 37.57; 15, B. Neilson, (2B), Hill, 38.02; 16, R. Belmore, (2A), G/G, 38.18; 17, E. Leal, (2B), Ryde, 38.22; 18, B. Wright, (2B), Cam, 38.31; 19, S. Toms, (2A), EM, 38.42; 20, L. Brown, (2B), W/G, 38.59; 21, J. Broughton, (2B), Blakh, 39.09; 22, C. Brasher, (2A), Ran, 39.37; 23, B. Wade, (2B), W/G, 39.41; 24, D. Blythe, (2B), C/C, 39.45; 25, P. Carnell, (2A), LFB, 39.51; 26, W. Hazle, (2A), W/G, 39.54; 27, R. Dare, (2A), Ran, 40.01; 28, C. Charnock, (2A), Coll, 40.21; 29, F. Coombs, (2B), Ver, 41.10; 30, G. Betts, (3A), QPH, 41.11; 31, M. Cass, (2A), W/G, 41.30; 32, D. Mace, (2A), W/G, 41.40; 33, E. O'Bree, (2B), Cam, 41.43; 34, F. Dyter, (2B), Blakh, 41.53; 35, C. Bishop, (2A), Ran, 42.04; 36, J. Downes, (2B), QPH, 42.08; 37, A. Rockall, High, 42.31; 38, B. Smith, Hill, 42.33; 39, N. Booth, (2A), EM, 42.57; 40, G. Pearson, (3A), Bels, 43.43; 41, R. Hamilton, (2A), Fleet, 43.44; 42, G. Geere, (2A), Blakh, 43.53; 43, E. Elderfield, (2A), TVH, 43.57; 44, T. Rowley, (2A), Wok, 44.03; 45, P. King, (2B), VAC, 44.26; 46, G. Eastwood, (2A), W/G, 45.13; 47, J. Baker, (2A), Bels, 45.17; 48, K. Canning, (2A), QPH, 45.48; 49, M. Salmon, (2B), Ver, 45.55; 50, R. Hopcroft, (3A), TVH, 47.07; 51, J. Bennett, (2B), Blakh, 47.33; 52, D. McMullen, (2B), Bels, 47.58; 53, A. Parsons, (2B), HHH, 48.04; 54, A. Keepax, (4A), Blakh, 48.29; 55, W. Ross, (4A), Ryde, 49.21; 56, N. Dudley, (2B), Blakh, 49.39; 57, J. McDonald, (2B), Bels, 49.44; 58, A. Lovett, (2B), Ran, 50.13; 59, L. Davis, (3B), Dart, 50.18; 60, A. Rawlinson, (3A), Ver, 51.38; 61, W. Hartfree, (2B), VAC, 52.05; 62, W. Eife, (3A), Hill, 53.08; 63, S. Stein, (2B), 53.40; 64, R. White, (4A), Ran, 53.45.

Team result.

3 to score.
1, TVH.....13
2, Cambridge.....29

3, Ranelagh.....60
4, Eton Manor.....65
5, Woodford Green.....69
6, Verlea.....91
7, Blackheath.....97
8, QPH.....114
9, Hillingdon.....123
10, Belgrave.....139

COUNTY CROSS-COUNTRY CHAMPIONSHIPS VETS — — —**Lancashire**

1, M. Freary, (1A), Bolton...38.13
2, F. Pendlebury, (1A), Man...38.29
3, H. Kelly, (1A), E. Ches...38.49
4, R. Hill, (1A), Clayton...38.53
5, C. Leigh, (1A), Wigan...39.15
6, S. James, (1A), S'port...39.33
7, A. Hughes, (1B), Roch...42.05
8, B. Court, (1A), Bolton...42.19
9, T. Parr, (1A), Bolton...43.07
10, J. Salt, (1B), Rochdale...43.20
11, P. Raidly, (1A), Burnely, 43.26; 12, M. Murphy, (1B), Sutton, 43.45; 13, H. Jacques, (1B), Salford, 44.02; 14, A. Walsham, (1B), Salford, 44.12; 15, D. Howarth, (1B), Leigh, 44.20; 16, G. Entwistle, (1A), Manchester, 44.28; 17, J. Rhodes (1A), Bolton, 44.30; 18, P. Knott, (1A), Blackburn, 44.37; 19, M. Weston, (1B), Bolton, 45.00; 20, D. Walsh, (2A), Blackburn, 45.28; 21, P. Madden, (1A), Blackburn, 45.37; 22, B. Crook, (2A), Rochdale, 46.35; 23, D. O'Leary, (1A), YMCA, 46.50; 24, A. Cadwallader, (1A), Sefton, 46.57; 25, W. Brown, (2A), E. Ches, 47.04; 26, J. Dawson, (1A), YMCA, 47.20; 27, J. Haslam, (1B), Bolton, 47.28; 28, J. Claton, (1A), Manch, 47.52; 29, S. Boyd, (1B), Blackburn, 47.52; 30, A. Burrows, (1A), Pembroke, 48.03; 31, W. Harwood, (1A), Oldham, 48.10; 32, J. Howarth, (1A), Clayton, 48.16; 33, B. Lister, (1B), Bolton, 48.26; 34, H. Smith, (1B), Clayton, 48.30; 35, S. Coffey, (2A), Manch, 48.34; 36, C. Betts, (1B), Salford, 49.14; 37, B. Holden, (1A), Clayton, 49.16; 38, D. Hardy, (1A), Bolton, 49.22; 39, M. Stephenson, (1A), Manch, 50.13; 40, C. Hallinan, (1B), Leigh, 50.14; 41, A. Leadbetter, (1A), N. Vets, 50.25; 42, C. Perks, (1A), Bolton, 50.39; 43, N. Ashcroft, (3A), Sutton, 51.05; 44, F. Valentine, (1B), Bolton, 51.16; 45, G. Sutcliffe, (1B), Rochdale, 51.42; 46, D. Tripp, (1A), Liv, 51.53; 47, L. Pollard, (1A), Horwich, 53.21; 48, W. Clayton, (1B), Todmorden, 53.43; 49, A. Kimber, (1A), Oldham, 56.30; 50, L. Heald, (2B), E. Ches, 58.07; 51, S. Bradshaw, (3B), Clayton, 58.85; 52, L. Burstowe, (1B), Fleetwood, 59.46; 53, C. Baldwin, (3B), N. Vets, 64.12; 54, A. Locke, (3A), E. Ches, 65.45; 55, E. Stoddard, (2A), Todmorden, NTT.

3 000 m :

1. F. Zimmermann, 55, D	7:49,1
2. D. Uhlmann, 49, D	7:50,0
3. A. Antipow, 55, SU	7:50,2
4. B. Kusnetzow, 49, SU	7:50,3

Ein Antritt der beiden deutschen Läufer in der drittletzten Runde genügte, um die zu eckig wirkenden sowjetischen Läufer abzuhalten. Uhlmann hatte gegen den spritzigen Zimmermann keine Chance. Die 3 000 m wurden auf sowjetischen Wunsch statt der 10 000 m eingeschaltet.

5 000 m :

1. E. Sellik, SU	13:31,8
2. A. Fedotkin, SU	13:31,9
3. P. Weigt, 48, D	13:37,4
4. Ch. Herle, 55, D	13:37,6

Im Gegensatz zu Wessinghage über 1 500 m lief der stärkste 5 000-m-Läufer Enn Sellik mattschaftsdienlich. Er ließ seinen Landsmann Fedotkin entteilen, sicherte ihm den Rücken und spurtete erst sehr spät voll, um doch noch zu gewinnen. Das nennt man Mannschaftstaktik !

10 000-m-Gehen :

1. A. Tooickig, SU	41:53,4
2. A. Schwarz, D	42:22,5
3. H. Michalski, D	42:54,0
4. B. Soldatenko, D	43:40,6

Frauen :

800 m :

1. Nadeschda Muschta, 53, SU	1:58,1
2. L. Wesselkova, 50, SU	1:58,3
3. P. Kleinbrahm, 59, D	2:02,5
4. B. Koczelnik, 53, D	2:03,1

400-m-Zwischenzeit : 57,91 Muschta, die deutschen Läuferinnen liefen ihr eigenes Rennen, persönliche Bestzeit für die 19jährige Kleinbrahm.

1 500 m :

1. Brigitte Kraus, 56, D	4:01,5
deutscher Rekord, Weltjahresbestzeit	
2. Soja Riegel, SU	4:04,4
3. N. Kusnezowa, SU	4:04,7
4. Birgit Friedmann, 60, D	4:06,0

Junioren-Weltrekord, DLV-Jugendrekord, siehe Artikel Rundbrief
außer Konkurrenz :
Nadeschda Muschta, SU 4:04,1
Giana Romanowa, SU 4:04,3
Ludmilla Wesselkova, SU 4:04,7
Swetlana Guskowa, SU 4:07,7
Zwischenzeiten : 400 m 65, 800 m 2:13, 1 200 m 3:16 Minuten.

WELTSPIELE, HELSINKI (28./29.6.)

18 000 Zuschauer

10 000 m :

1. G. Virgin, USA	27:57,2
2. J. Hermens, Ne	27:57,3
3. Kamata, Jp	27:57,9
4. G. Tebroke, Ne	27:58,0
5. Kowol, P, LR	27:59,0
6. Vainio, SF	27:59,7
7. Mossejew, SU	28:00,9
8. L. Viren, SF	28:11,8

BAHNMEISTERSCHAFTEN, DDR, LEIPZIG (30.6. - 2.7.)

Männer, 800 m :

1. Wagenknecht, Berlin	1:45,8
2. Straub, Potsdam	1:46,1
3. Beyer, Potsdam	1:46,3

5 000 m :

1. Peter, Dresden	13:27,0
2. Kuschmann, Halle	13:34,4
3. Justus, Jena	13:43,8

10 000 m :

1. Leiteritz	28:57,2
2. Knies	29:05,4

3 000 m Hindernis :

1. Wetzig	8:34,0
2. Melzer	8:38,7

20 km Gehen :

1. Gerhard Wieser	1:24:35,9
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Frauen, 800 m :

1. Anita Weiss, Neubrand	1:58,6
2. M. Kämpfert, Berlin	1:59,3
3. Hildegard Ulrich, Erfurt	1:59,7
4. Bettina Buse, Berlin	1:59,7
5. Ulrike Bruns, Cottbus	1:59,9
6. Heike Roock, Rostock	2:00,7

1 500 m :

1. Ulrike Bruns, Cottbus	4:02,0
2. Waltraud Strotzer, Jena	4:06,1

3 000 m :

1. Gabrielle Lehmann	9:02,8
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NACHTMEETING, MAILAND (1.7.)

5 000 m :

1. H. Rono, Ken	13:18,2
2. Ortis, I	13:30,2
3. R. Dixon, NS	13:32,2

LA-SPORTFEST, STOCKHOLM (3.7.)

eine Meile :

1. T. Wessinghage	3:52,50
Europarekord	
2. J. Plachy, CS	3:52,59
3. Scott, USA	3:52,93
4. A. Paunonen, SF	3:56,71
5. L. Ericsson, S	3:57,67

10 000 m :

1. Seko, Jp	27:51,61
2. D. Uhlmann, D	27:52,09
3. Brown, USA	27:54,19
4. Kopijasz, P	27:56,06
5. Levisse, F	27:58,05
6. T. Soh, Jp	27:59,3
7. D. Quax, NS	28:04,3
8. B. Rodgers, USA	28:04,3
9. Kamata, Jp	28:05,3
10. Ito, Jp	28:05,3
11. Sh. So, Jp	28:17,6

Hier standen sich die zur Zeit schnellsten Marathonläufer Bill Rodgers und Shigeru So im direkten Vergleich auf der Bahn gegenüber.

LA-SPORTFEST, STOCKHOLM (4.7.)

5 000 m :

1. M. Liguori, USA	13:16,2
2. R. Dixon, NS	13:17,4
3. Mamede, Por	13:17,8
4. F. Zimmermann, D	13:18,2
5. M. Ryffel, CH	13:20,7

3 000 m Hindernis :

1. B. Malinowski, P	8:16,3
2. M. Karst, D	8:19,3

AARHUS-GAMES (5.7.)

Frauen : 3 000 m :

1. N. Marasescu, Rum	8:37,6
Landesrekord	
2. Purcell, Irl, LR	9:02,7

LA-LÄNDERKAMPF

USA-UdSSR,

BERKELEY/USA (8.7.)

Frauen, 3 000 m :

1. Swetlana Ulmasowa, SU	8:42,6
2. Jan Merrill, USA, LR	8:44,0
3. R. Sadretidinowa, SU	8:55,2

1. INTERN. DANIS-BERGLAUF

LENZERHEIDE=VALBELLA (9.7.)

1. E. Warnke, Chi	45:44
2. St. Soler, CH	47:00
3. L. Preland, Gb	47:51
4. J. Mouat, Gb	48:06
5. G. Zahn, D	48:24
6. D. Francis, Gb	48:45
7. R. Brown, Gb	48:50
8. S. Gmünder	48:54
10. Woods, Gb	49:02
11. D. Siegenthaler, CH	49:09
12. P. Reiher, D, 40	49:15
13. A. Gorbunow, D	49:34
14. T. Theus, CH	49:40
15. D. Fischer, CH	49:58
19. A. Gwerder, CH, 39	50:52
29. K. Lauen, D, 36	52:39
34. W. Keller, 35	53:31
52. E. Bießer, CH	56:48
72. E. Schumacher, CH, 27	59:05

Frauen :

1. M. Moser, CH	1:03:12
2. A. Maienfisch, CH	1:09:38
3. M. Herzog, CH	1:12:16
4. J. Werder, 62, CH	1:13:47
5. M. Freitag, D	1:16:42

25-KM-VETERANEN-LAUF,

BRÜGGE (10.7.)

Sehr gut organisierter Lauf mit guten Leistungen der über 40jährigen. 24 unter 1:30, 313 im Ziel. Klasseneinteilung wie bei Veteranen-WM - a = über 40, 1 b = über 45, 2 a = über 50, 2 b = über 55 usw.

1. E. van Ranst, B	1:21:16
2. H. Peeters, B	1:23:25
3. H. Kirschke, D	1:23:29
4. H. Clayton, Gb	1:23:29
5. H.E. Salavarda, B	1:23:57
6. E.J. Austin, Gb	1:24:57
7. R. Jansen, NI	1:25:08
8. J. van Tvoehem, B	1:25:24
9. R. E. Schelfhout, B	1:25:54
10. R. Monseur, B, 1b	1:26:02
11. B. Compere, F, 1b	1:26:34
18. J. Heywoord, Gb, 1b	1:27:48

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Energie-Konzentrat

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20. Hal Higdon, USA, 1b 1:29:08
Redakteur von „Runners World“ und Autor des Buchs „Fit after Forty“.

31. D.E. Funnell, Gb, 2a	1:31:41
34. G. Besau, D, 1b	1:32:59
41. T.C. Woods, Gb, 2a	1:34:02
44. D. Ommer, B, 2a	1:34:15
71. J. Schmitz, D, 2b	1:38:23
77. J. de Borger, B, 2b	1:39:32
78. J. Fitzgerald, Gb, 2b	1:39:51
111. R. Collin, B, 3a	1:43:04
116. A.F. Heuninck, B, 3a	1:43:23
141. Lilo Kalweit, WO, D	1:46:16
154. Godelieve Roggeman, WO, B	1:48:05
170. Bertilia de Preter, Wt, B	1:49:21
190. S. Lee, Gb, 3b	1:52:03
198. Gertrud Theissen, D, WO	1:53:19

frühere deutsche Spitzenklassenläuferin über 800 m
200. P. Poelman, B, 3b 1:53:32
241. L. Charbonneau, F, 4a 2:00:52
276. F. Hässig, CH, 3b 2:09:47
290. G. Cormier, F, 4a 2:19:08
293. P.C. Ponthieu, F, 4a 2:21:34
303. F. de Meyer, B, 4b 2:30:54

Mannschaften :

1. Belgien	4:08:38
2. Großbritannien	4:15:21
3. BR Deutschland (Kirschke, Besau, Phela)	4:30:10
4. Niederlande	4:39:22
5. Frankreich	4:48:33
6. Wales	5:14:26

Vereine :

1. Olympic Brugge	4:32:45
2. Herne Hill Harriers	4:32:47
3. Preußen Krefeld	4:33:51

37 Vereine im Ziel.

LA-LÄNDERKAMPF FINNLAND - SCHWEDEN - ITALIEN (10.7.)

5 000 m :

1. V. Ortis, I	13:27,9
2. L. Viren, SF	13:37,0
3. I. Toukonen, SF	13:42,3

4. F. Fava, I 13:50,3
Viren ging mit einer Verletzung am rechten Fuß gehandicapt ins Rennen und verabsagte sich nicht total. Zur Vorbereitung auf EM in Prag sagte er : „Vor Prag noch 13:20 über 5 000 m und 27:50 über 10 000 m, dann würde die Sache laufen !“.

JUNIOREN-LÄNDERKAMPF BR DEUTSCHLAND - USA - GROSSBRITANNIEN LÜBECK (11.7.)

3 000 m :

1. T. Hutchings, Gb	7:57,7
2. M. Morton, Gb	8:00,1
3. Thomas Koch, Neheim	8:06,3

deutscher Jugendrekord
4. S. Ortiz, USA 8:09,4
5. L. Mangan, USA 8:15,3
6. B. Gatzke, D 8:16,2

5 000 m :

1. W. McChesney, USA	13:59,6
2. P. Nothacker, D	14:10,3
3. St. Anders, GB	14:12,1
4. M. Hedtkamp, D	14:12,3

2 000 m Hindernis :

1. Michael Längler, Dorsten	5:34,5
deutscher Jugendrekord	
2. C. Reitz, Gb, LR	5:34,7
3. M. Hoffmann, D	5:39,0

3 000-m-GEHEN, NORDERSTEDT (1.7.)

1. Heike Penner, Schönkirchen	14:45,9
deutscher Rekord	
2. Hannelore Klaus	14:55,5

SÜDDEUTSCHE MEISTERSCHAFT, INSELHEIM (15.7.)

Frauen, 3 000 m :

1. Charlotte Teske	9:06,4
2. Elvira Hofmann	9:07,4

Vom Trimm-Traber zum Nürburgring-Läufer (II)

VON MANFRED STEFFNY

Hier ist die 7. bis 15. Woche für einen Läufer beschrieben, der eine Basis von einer halben Stunde Dauerlauf hat und den Nürburgringlauf am 15. Oktober in der Sollzeit von 2:30 Stunden schaffen will. Dies ist die Ergänzung zum Training in SPIRIDON 4/78, jedoch kann man jederzeit nach Gutdünken ins Programm „einsteigen“. Auch die Belastungen der letzten 14 Tage sind für Läufer, die durchweg nicht mehr als drei- bis viermal in der Woche trainieren, ein guter Anhaltspunkt, um fit über die Nordschleife des Nürburgrings über 22,8 km zu kommen.

7. Woche :

Samstag, 12. August : 50 Minuten Dauerlauf

Sonntag, 13. August : 30 Minuten Dauerlauf in eine Richtung, 5 Minuten Pause, die gleiche Distanz zurück (die Kondition ist gut, wenn die zweite Hälfte kaum langsamer ist)

Dienstag, 15. August : 40 Minuten leichtes Traben

Donnerstag, 17. August : 5 x 2.000 m in 12 Minuten (Pause 8 - 10 Minuten)

8. Woche :

Samstag, 19. August : 1 Stunde leichter Dauerlauf

Sonntag, 20. August : 50 Minuten Fahrtspiel, (individueller Wechsellauf im Gelände)

Dienstag, 22. August : 45 Minuten leichtes Traben

Donnerstag, 24. August : 5 x 2.000 m in 5 Minuten (Pause 8 Minuten).

9. Woche :

Samstag, 26. August : 50 Minuten Dauerlauf

Sonntag, 27. August : Testlauf 5.000 m in 28 Minuten

Dienstag, 29. August : 50 Minuten Dauerlauf

Donnerstag, 31. August : 3 x 3.000 m in 18 Minuten (Pause jeweils 10 Minuten).

10. Woche :

Samstag, 2.9. : 40 Minuten gemächlicher Dauerlauf

Sonntag, 3.9. : 10 km Volkslauf in 60 Minuten oder darunter (ggf. Testlauf ohne Wettkampfcharakter)

Dienstag, 5.9. : 45 Minuten leichtes Traben

Donnerstag, 7.9. : 5 x 2.000 m in 11 Minuten, Pause jeweils 6-8 Minuten.

11. Woche :

Samstag, 9.9. : 45 Minuten leichter Dauerlauf.

Sonntag, 10.9. : Volkslauf 10 km in 55 Minuten oder darunter (ggf. Testlauf ohne Wettkampfcharakter). Zeiten gehen von flacher Strecke aus.

Dienstag, 12.9. : 40 Minuten leichtes Traben, anschließend 5 x 300 m in 1:30 Minuten, bei einer Pause von je 2 Minuten zwischen den einzelnen Intervall-Läufen.

Donnerstag, 14.9. : 10 Minuten Aufwärmen, 3 x 3.000 m in 16-16:30 Minuten, Pause jeweils 10 Minuten.

12. Woche :

Samstag, 16.9. : Dauerlauf mit Wendepunkt : 40 Minuten hin und 40 Minuten zurück.

Sonntag, 17.9. : 1:30 Stunden Dauerlauf.

Dienstag, 19.9. : 50 Minuten Fahrtspiel im Wald.

Donnerstag, 21.9. : 10 Minuten Aufwärmen, 5 x 3.000 m in 16-16:30 Minuten.

13. Woche :

Samstag, 23.9. : 1 Stunde gemächlicher Dauerlauf.

Sonntag, 24.9. : Volkslauf 10 km anzustreben 55 Minuten und schneller.

Dienstag, 26.9. : 1 Stunde leichter Dauerlauf.

Donnerstag, 28.9. : 10 Minuten Aufwärmen, 5 x 3.000 m in 16 Minuten.

14. Woche :

Samstag, 30.9. : leichter Dauerlauf zwei Stunden ohne Pause (Sie haben damit die Bedingungen für das Zwei-Stunden-Laufabzeichen des Deutschen Leichtathletik-Verbandes erfüllt).

Sonntag, 1.10. : leichter Dauerlauf eine Stunde.

Dienstag, 3.10. : Fahrtspiel eine Stunde.

Mittwoch, 4.10. : 10 x 300 m in 1:30 Minuten, Pause jeweils zwei Minuten.

Donnerstag, 5.10. : 40 Minuten Dauerlauf in eine Richtung, nach Wendepunkt 40 Minuten zurück.

15. Woche :

Samstag, 7.10. : Testlauf im Flachland 20 km anzustreben in 1:55 Stunden.

Sonntag, 8.10. : 40 Minuten leichter Dauerlauf.

Dienstag, 10.10. : 20 x 300 m in 1:30 Minuten, Pause jeweils 2 Minuten.

Donnerstag, 12.10. : 1 Stunde Dauerlauf.

Sonntag, 15.10. : Nürburgringlauf über 22,8 km unter 2:30 Stunden Sollzeit.



Abschicken an : SPIRIDON Road Runners Club, Postfach 8901, 4000 Düsseldorf.

Anmeldung zum

1. Internationalen Nürburgring-Lauf am 15. 10. 1978

Verein : _____

Anschrift : _____

Lauf 22,8 Km :

Start Nr	Name, Vorname	Jgg.	Name, Vorname
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Wandern 22,8 Km :

Die Startgebühren in Höhe von 12 DM wurden mit Überweisung / Scheck Nr _____ am _____ auf das KtoNr. 967810 der Stadtsparkasse Wuppertal überwiesen.

Yorkshire

1, D. Welch, (1A), Harro....	37.22
2, T. Rocke, (1B), Cleve.....	37.33
3, T. Flory, (1A), Cleve.....	38.07
4, G. Spink, (1B), Bingley....	38.31
5, N. Smith, (1B), THirsk....	38.39
6, D. Lawson, (1A), Bing.....	38.58
7, E. Kirkup, (2A), Rother....	39.18
8, K. Fozard, (1A), Harro....	39.23
9, W. Fielding, (2A), Leeds....	39.28
10, R. Allen, (1B), Harro.....	40.07
11, B. Cooper, (1A), Rotherham,	40.50;
12, M. Nunn, (1A), Longwood,	40.56;
13, J. Hampshire, (1A), Wakefield,	41.16;
14, J. McKenna, (1A), Leeds, 41.56;	
15, P. Brook, (2A), Holmfirth,	41.57;
16, N. Green, (1B), Bingley,	42.06;
17, R. Shaw, (1A), Holmfirth,	42.14;
18, C. McCartney, (1B), Skyrac,	42.21;
19, K. Bingley, (1B), Wakefield,	42.23;
20, K. Appleyard, (1A), Skyrac,	42.26;
21, A. Yeats, (1A), Cleveland,	42.48;
22, B. Rudman, (1A), Rotherham,	42.54;
23, M. Grosse, (1B), Rotherham,	43.18;
24, E. Chambers, (1B), E. Hull,	43.22;
25, M. Brook, (1B), Holmfirth,	43.26;
26, J. Pickering, (1A), Rotherham,	43.28;
17, J. Emmett, (1A), ASVAC, 43.57;	
28, E. Mutagh, (1A), Cleveland,	44.07;
29, G. Goodair, (1A), Wakefield,	44.16;
30, J. Hanington, (2A), Cleveland,	44.18;
31, S. Cooper, (2A), ASVAC, 44.41;	
32, G. Towle, (1A), Harrogate,	44.50;
33, K. Raistrick, (1B), Rotherham,	44.58;
34, K. Ridgelway, (1B), Rotherham,	45.06;
35, A. Lawton, (2A), Leeds, 45.16;	
36, B. Haxby, (1A), Leeds, 45.28;	
37, D. Cramer, (1B), Rotherham,	45.30;
38, D. Lovett, (1A), Longwood,	45.44;
39, E. Wagstaffe, (2A), Rotherham,	46.00;
40, B. Boothroyd, (1B), Holmfirth,	46.25;
41, J. Hooper, (1A), Harrogate,	46.33;
42, F. McGrath, (1B), ASVAC, 46.37;	
43, K. Whittaker, (1B), ASVAC, 47.01;	
44, J. Lawton, (2A), Leeds, 47.25;	
45, J. E. Smith, (1B), ASVAC, 48.39;	
46, B. Gomersall, (1B), Leeds, 48.46;	
47, G. Degge, (2A), Rotherham, 49.17;	
48, S. Roe, (1B), Rotherham, 49.31;	
49, J. Railton, (2B), Cleveland,	50.29;
50, L. Stuart, (2B), Thirsk,	50.45;
51, R. Martin, (1A), Skyrac,	51.22;
52, J. Dean, (2A), Bingley,	53.10;
53, B. Scrivan, (1A), Rotherham,	54.55;
54, D. Mason, (2A), ASVAC, 57.16.	

Team result.

1, Harrogate.....	19
2, Bingley.....	26
3, Midd/Cleveland.....	26
4, Rotherham.....	47
5, Holmfirth.....	57
6, Leeds City.....	58
7, Wakefield.....	61
8, Skyrac.....	89
9, ASVAC.....	100

WORLD OVERSEAS RESULTS

FIRST AUSTRALIAN MARATHON -----

THE RACE was held at Caboolture, Queensland, on a 2 lap course in hot humid conditions, which played a big part in the relatively mediocre times, but times mean very little in a race of this type. In the Open race Joe Patterson (Q.) placed 20th in 2.37.16 thus winning the 1A category race by over 6 mins.

From the result sheets we can piece together a race of changing fortunes. Buk Dillon, John Gilmour and Harold Batterham were never seriously challenged for their group wins, although Johnny Gilmour slowed over the closing stages which is quite unusual for this dogged runner. The big run was by Tony Visalli in the 1B group. At the half way he was 4.15 behind Eddie Westburgh and 3.9 behind Bruce Patterson but by 23 miles led by 6 minutes 1 second and eventually ran out to win by 10 minutes 57 seconds.

Results.

Class 1A.

1, J. Patterson, (Q).....	2.37.16
2, I. Stocks, (T).....	2.43.55
3, P. Afford, (SA).....	2.52.55
4, J. Simon, (NSW).....	2.54.48
5, N. Neill, (Q).....	2.58.27

Class 1B.

1, T. Visalli, (NSW).....	2.58.13
2, E. Westburgh, (T).....	3.09.10
3, B. Patterson, (Q).....	3.15.33
4, J. Gibson, (SA).....	3.28.49

Class 2A.

1, B. Dillon, (NSW).....	3.09.29
2, J. Weeks, (Q).....	3.15.43
3, A. Semple, (Q).....	3.20.40
4, E. Smith, (Q).....	3.31.22

Class 2B.

1, J. Gilmour, (WA).....	2.53.44
2, J. Lee, (NSW).....	3.11.26

Class 3B.

1, H. Batterham, (NSW)...	3.29.26
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THE SECOND U.S.A. V CANADA CROSS-COUNTRY MATCH -----

November 19th, 1978

THIS PRESITIGIOUS race proved both exciting and well organised and, as can be seen from the results, produced a very high level of competition. The U.S.A. team deservedly won but we must congratulate all members of the Canadian team for a fine competitive effort.

The B.C. and Alberta groups carried the burden and came through with flying colours, Keith Mitchell, Nick Whiting and Hylke VanderWal especially in class 1A, Les McDonald and Jim Conway in 1B, Arthur Taylor in 2A, Sverre Hietanen and Stan Baldry in 2B and Clarence Carroll (3A) and Jean Cleater W2A our only woman competitor.

The two Easterners who made the trip from Ontario, Bob Daniell and Cliff Hall could hardly have done better placing 3rd and 2nd in their respective classes.

Oscar Moore the individual winner was a revelation (or was it a shock!) to everyone, Denny Meyer (1B) and Peter Mundle (2A) were formidable in their classes whilst the U.S.A. women led by Ruth Anderson (47th in 41.19.4) were excellent. Everyone looks forward to 1979's clash which will be in Toronto in November.

In the team event the U.S.A. were comfortable victors, winning four of the divisions and taking the overall title by 75 points to 91.

Results.

Class 1A — 5 to score.

1, O. Moore, USA.....	32.11.7
-----------------------	---------

2, D. Beardall, USA.....	32.32.8
3, B. Daniell, Can.....	32.37.3
4, K. Mitchell, Can.....	32.38.3
5, E. Ellis, USA.....	32.40.4
6, R. Bowles, USA, 32.47.6;	
7, R. Whiting, Can, 33.33.2;	
8, B. Langebach, USA, 33.35.8;	
9, H. VanderWal, Can, 33.56.3;	
10, K. Guthrie, USA, 34.04.1;	
11, D. Pitkethley, USA, 34.07.9;	
12, H. Parsons, USA, 34.12.6;	
13, D. Trethewey, Can, 34.26.5;	
14, G. Ball, Can, 34.43.0;	
15, T. Stewart, USA, 34.46.7;	
16, R. Burt, USA, 35.35.3;	
17, A. Hupf, USA, 37.13.1;	
18, H. Curran, USA, 37.36.4;	
19, B. Hotzman, Can, 38.00.9;	
20, P. Delany, Can, 38.32.5;	
21, D. Smith, USA, 40.15.5.	

Team.

1, USA (1,2,5,6,8).....	22
2, Canada (3,4,7,9,13).....	36

Class 1B — 4 to score.

1, D. Meyer, USA.....	33.22.9
2, A. Fisher, Can.....	34.47.4
3, A. Schwinkendorf, US.	35.23.6
4, L. McDonald, Can.....	35.43.2
5, J. Conway, Can.....	35.45.5
6, T. Sturak, USA, 37.32.9;	
7, F. Ryan, USA, 37.42.6;	
8, B. Burd, USA, 38.48.4;	
9, H. Sigmund, Can, 38.49.0;	
10, B. Paul, Can, 39.46.2;	
11, J. Lyons, Can, 40.34.5;	
12, B. Anderson, Can, 41.04.5;	
13, G. Lundin, USA, 41.11.9;	
14, D. Conrad, USA, 41.22.3;	
15, T. McArthur, USA, 44.48.1;	
16, A. Rudrun, Can, 46.57.0;	
17, A. Knapf, USA, 52.29.6.	

Teams

1, USA (1,3,6,7).....	17
2, Canada (2,4,5,9).....	20

Class 2A — 3 to score.

1, P. Mundle, USA.....	34.43.4
2, C. Hall, Can.....	34.47.1
3, A. Taylor, Can.....	35.03.9
4, H. Miller, USA, 38.08.3;	
5, I. Davies, Can, 39.26.2;	
6, S.	

Davidson, Can, 40.26.1; 7, A. Milligan, 51.56.1; 8, F. Robertson, USA, 42.55.8; 9, L. Holnan, USA, 43.35.9;

Teams.

1, Canada (2,3,5).....10
2, USA (1,4,8).....13

Class 2B — 2 to score.

1, S. Hietanen, Can.....38.42.5
2, S. Baldry, Can.....40.14.1
3, C. Hill, Can.....41.10.7
4, A. Stewart, Can, 41.14.5; 5, B. Cleator, Can, 42.12.6; 6, E. Fischer, Can, 42.25.6; 7, K. Richardson, Can, 42.36.5.

Teams

1, Canada (1,2,3).....6
2, USA (8,9 Penalties).....17

Class 3+ — 1 to score.

1, C. Carroll, Can.....46.29.1

Teams.

1, Canada (1).....1
2, USA (2 Penalty).....2

Womens Class W1A — 2 to score.

1, R. Anderson, USA.....41.19.4
2, M. Miricle, USA.....42.33.0
3, R. Waters, USA.....45.07.3
4, M. McDonald, USA, 45.08.6;
5, J. Hunser, USA, 49.48.3; 6, J. Cleator, Can (W2), 51.11.9.

Teams.

1, USA (1,2).....3
2, Canada (6,7 Penalty).....13

Total Match Score.

1, USA (22,17,13,17,2,1,3).....75
2, Canada (36,20,10,6,1,5,13).....91

A.A.U. NATIONAL 10kms RACE WALK

1, T. Scully, Shore.....45.15.6
2, R. Daniels, NYAC.....45.48.5
3, P. Doyle, Island.....47.58.1
4, M. Kraft, Motor City.....48.11.3
5, T. Knatt, No Med Club.....48.31.8
6, R. S. Kulik, NYAC.....48.47.7
7, S. Petrcinovski, G & G.....49.06.1
8, C. Mimm, Shore.....49.15.5
9, B. Fallciola, Shore.....49.50.1
10, S. Corrallo, Potamoc.....49.58.8
11, J. Allen, Unatt, 50.21.1; 12, T. Katz, Island, 50.41.5; 13, G. Westerfield, Island, 51.19.4; 14, I. D. Dudek, G & G, 51.19.5; 15, G. Bocci, Motor City, 51.40.4; 16, D. Cummings, Niagara, 51.43.8; 17, R. Laird, NYAC, 51.47.4; 18, M. Gould, Etobicoke, 51.59.5; 19, J. Jones, Lake Erie, 52.29.0; 20, J. Byers, G & G, 52.50.5; 21, B. Walker, Motor City, 53.03.5; 22, R. Oloswski, Etobicoke, 63.08.4; 23, D. Winiacki, Niagara, 53.11.0; 24, G. Stanek, Niagara, 53.36.8; 25, D. Lawrence, Niagara, 54.05.3; 26, W. Freeman, Motor City,

54.07.2; 27, L. Polletier, Lake Erie, 54.51.4; 28, G. Wainos, Niagara, 55.35.7; 29, G. Chodosh, Island, 55.39.6; 30, J. Bocci, Motor City, 55.42.7; 31, S. Liers, Lady, Island, 56.02.0; 32, G. Reitler, Lake Erie, 56.55.9; 33, L. Waalen, Lady, Etobicoke, 57.28.7; 35, G. Burkett, Niagara, 57.45.8; 36, D. Johnson, Shore, 57.47.9; 37, A. Rudnik, Etobicoke, 59.29.1; 38, A. F. Christian, Unatt, 59.48.1; 39, W. Preischel, Niagara, 1.00.49.7; 40, B. Carroll, Lady, Ohio, 1.01.44.9; 41, R. Boeck, Lady, Etobicoke, 1.02.25.2; 42, D. Lawrence, Niagara, 1.04.26.2; 43, R. Frawley, Lady, Niagara, 1.04.55.7; 44, G. Wallace, Unatt, 1.05.03.6; 45, G. Mols, Out to pasture, 1.05.27.1; 46, F. Fina, Niagara, 1.05.33.7; 47, B. Stradowski, G & G, 1.09.34.9; 48, B. Schwatz, Lake Erie, 1.09.44.8; 49, M. Riban, G & G, 1.12.47.3; 50, W. Wippert, Lady, 1.12.50.5; 51, K. Sadler, Lady, 1.12.51.7; 52, G. Byers, Unatt, 1.19.47.5; 53, E. Doran, Niagara, 1.26.42.9.

A.A.U. MASTERS C.C. CHAMPS

THE A.A.U. Masters 5,000m Cross-Country Championships were held at Balboa Park. The Pacific Southwest Association Championships were held concurrently for masters and sub-masters.

Sporadic rain on Thursday and Friday added a little mud down on the trail, but not enough to make it interesting. One of these days we'll have a gully-washer and 'Powder Hill' will turn to mud and the skiers will really shine. Until then we will continue with our standard 'GI-type' cross-country and just read about the challenges of the 'Honest Injun' European-type.

Masters women were shown the course by Nicki Hobson and Dorothy Stock with Nicki in front by a comfortable 28 seconds and Betty Wood another 36 seconds back.

On November 4th, Jim Temples led the way in the SDTC team trials and not only duplicated that race in these nationals, but he had **exactly** the same time! That's consistency and also shows that the trials are a meaningful race. Indeed, the first 3 finishers on November 4th were the first 3 on November 25th. Bob Collins placed an inconsistent second (2 seconds faster) and Tony Sucec really blew it by running third (10 seconds faster).

Hal Winton, SYC 47, broke the San Diego monopoly with a 4th place overall, second 1b finish in 17.33.

Results. 1, J. Temples.....17.15
2, B. Collins.....17.25
3, T. Sucec.....17.26
4, H. Winton.....17.33
5, C. Hamren.....17.46
6, B. Blair.....17.55
7, T. Hillary.....18.01
8, B. Phillips.....18.09
9, T. Sturak.....18.19
10, B. Mayer.....18.28
11, V. Berkouf, 18.32; 12, B. Stock, 18.42; 13, J. Donaghue, 18.52; 14, B. Freeman, 18.56; 15, M. Haraden, 18.59; 16, R. Gil, 19.00; 17, D. Foster, 19.04; 18, T. R. Eddy, 19.08; 19, E. Oleata, 19.11; 20, F. Ferrone, 19.12; 21, S. Wotkyns, 19.21; 22, M. Davis, 19.31; 23, J. Burton, 19.35; 24, C. Logan, 19.36; 25, B. Holmes, 19.37; 26, G. Kezas, 19.40; 27, B. Ferral, 19.43; 28, W. Parry, 19.53; 29, B. Dean, 19.56; 30, R. Doolittle, 20.07; 31, J. Greene, 20.17; 32, J. Wilson, 20.31; 33, R. Friberg, 20.32; 34, J. Bannon, 20.40; 35, J. Lafferty, 20.46; 36, B. Powell, 20.48; 37, A. Holzman, 20.49; 38, D. Fraitag, 20.55; 39, B. Sieben, 21.05; 40, L. McGuire, 21.06; 41, W. Zook, 21.10; 42, B. Johnson, 21.11; 43, B. McCoy, 21.12; 44, H. Elrick, 21.22; 45, B. Armstrong, 21.43; 46, R. Spencer, 22.17; 47, J. Seeley, 22.31; 48, K. Bernard, 22.33; 49, D. Hayworth, 23.07; 50, B. Parkinson, 24.06; 51, J. Tex, 24.18; 52, W. Dalzell, 24.30; 53, H. Hawkes, 24.43; 54, F. Minter, 25.03; 55, W. Benton, 28.11; 56, J. Nichols, 31.03; 57, M. Gale, 31.16; 58, O. Pafoofnik, 31.55.

National & PSA-AAU Masters 5,000m cross-country championships.

1, Nicki Hobson.....20.07
2, Dorothy Stock.....20.35
3, B. A. Wood.....21.11
4, Joanne Wichary.....21.52
5, Helene Laurent.....23.00
6, Kathleen Shanet.....27.03
7, Cathy Hargus.....27.38
8, Dene Foltz.....29.40

Team result. 40-49.

1, SDTC Orange.....15
Jim Temples.
Bob Collins.
Tony Sucec.
Cal Hamren.
Bill Blair.

2, SDTC Blue.....43
Jerry Berkhouf.
Bill Stock.
Marsh Haraden.
T. R. Eddy.
Ed Oleata.

3, SDTC White.....62
Jim Donahue.
Frank Ferrone.
Marvin Davies.
Chuck Logan.
George Kezas.

50-59.

1, SDTC A.....20
Bill Phillips.
Brian freeman.
Bob Holmes.
Rudy Friberg.
Tom Rice.

2, SDTC B.....35
Art Holzman.
Ray Spencer.
Ken Bernard.
Dave Hayworth.
Bob Sieben.

60+

1, SDTC.....6
John Lafferty.
Wayne Zook.
Hal Elrick.

Women 40-49.

1, SDTC.....15
Nicki Hobson.
Dorothy Stock.
B. A. Wood.
Joanne Wichary.
Helene Laurent.

SUBSCRIBE

IF YOU are having problems obtaining your copy of Veteris every quarter why not subscribe? The cost of a year's subscription is equivalent to just 12.5p per week and not only do subscribers make sure of receiving their copy early in the quarter, but they also automatically become members of the Wiskcrown Athletes Club

Direct from TOBI SPORTS

Etonic/Km running shoes for men and women
These popular shoes now available to the
discerning British runner

Proven features have made the Etonic/Km running shoes first choice with runners everywhere. Features like the high, wide toe-box, the sturdy heel counter, the 3 layer innersole with a mid-sole support and elevated heel. Those are some of the features that have brought the runners running to Etonic/Km running shoes.

But the secret weapon that really wins the battle of heel strike on hard surfaces is the unique Dr. Rob Roy McGregor one-piece heel and arch support.....the exclusive 'Etonic Foot Cradle.'

This remarkable heel unit holds the heel, that has flattened out over the years, in its intended form, and allows it to function as a shock absorber. Dr. R. McGregor is not only a prominent podiatrist and a pioneer in the growing field of sports medicine, but also a marathon runner himself.

The advantages of the Etonic Foot Cradle are pretty obvious: Heel strike happens about 1,600 times a mile and we can't change that fact.....but we can reduce the shock..... and all the protection built in the Etonic/Km running shoes does just that!



Km 505 'Street Fighter' (Mens)
(Size 7 weighs 313gms)



Km 705 'Street Fighter' (Ladies)
(Size 7 weighs 261gms)

The Street Fighter is a tough shoe. Designed especially for those who put heavy mileage on hard roads. Street Fighter combines all the usual Etonic features, with a more durable outer sole with wrapped toe. Men and women all over the world are taking a giant step towards healthier running in Etonic/Km running shoes — The most protective training shoes available.

Mens size 5½-12½, £21.75



ETONIC KM 701

Ladies size 4-7½, £20.75



Available from

TOBI SPORTS



7 Berkeley Lane, Canvey Island, Essex. Telephone Canvey Island (03743) 64956.

(Please send foot outline with order)

WE ARE ABLE TO SUPPLY DIRECT TO RETAILERS

COMING SHORTLY: The Etonic 'Stabilizer' with revolutionary rear foot control

APRIL

Sunday 1st

Border HAC Cross-Country races, Carlisle race course.
Warrington AC Forshaws Relays, Victoria Park, Warrington.
Sammi Belles 7, Newcastle, 1pm.
Five Mills cross-country, Vittore Olona.
Duchy of Cornwall marathon, 1pm.
Welsh Road Relay Champs, Cardiff.
Chas Kendall 10, Barrow.

Tuesday 3rd.

Postal Region open 9kms walk, Blackheath, 2.30pm.

Wednesday 4th

County 10kms walk championships.
TVH open meet, W. London.

Friday 6th

Athens marathon.

Saturday 7th

Area mens 12 stage road relay championships.
Metropolitan open 20km walks, Battersea Park, 3pm.
Stock Exchange 25m walk, Hayes, 2pm.
N.W. Post Office 15kms walk, Blackpool.
Oxford City YA open meet.
Lagan Valley relays.
Scottish vets 10m championships, Grangemouth.
Suffolk 10.

Sunday 8th

Kentmere Horse Shoe Mountain Race, 1.30p.m.
Welsh Junior, Youth, Boys and Colts Cross-Country Champs, Bridgend.

Wed 11th.

S.C.A.A.A. 10kms Walks Champs. Crystal Palace.

EASTER

Friday 13th.

Havering AC Open 10kms walk. Upminster. 12 noon.

Friday 13th—Sunday 15th.

Isle of Man Easter Athletic Festival.

Saturday 14th.

Walthamstow Vets and Pre-Vets races, Highams Park, Walthamstow.
Essex Open 50kms walk, Basildon.
Liverpool Harriers Y.A. Open meet, Kirkby.
Newport 10.

Sunday 15th.

Huddersfield Mrathon, Leeds Road Playing Fields, Huddersfield, 12 noon.
Cambridge 10.

Monday 16th.

Easter Monday Road Races. Feltham.
Bampton to Tiverton Road Race.
Hounslow Borough Womens Road Races.
Princeton House Relay walks and Open 7, Gloucester.

Wednesday 18th.

P.A.A. v R.A.F. v Civil Service 10 miles walk.
Highgate Harriers open meet, Parliament Hill.
Ryan Cup walk match, R.A.F. Henlow.

Forthcoming Events...

Race organisers may use these columns to advertise their event free of charge. To find out how, phone Melanie Thomas on Canvey Island (03743) 64981. (Day or evenings).

Saturday 21st.

Cheshire League.
Brighton to Steyning walk.
Walthamstow Road Relays. Highams Park, Walthamstow.
National Post Office 15kms walk, Altrincham. 2p.m.
Longwood 10, Huddersfield.
Solihull 10.
Stanwick 10, Wellingborough.
Scottish Vets 7½ miles road race, Strathclyde Park.

Sunday 22nd.

Blackpool and Fylde Y.A. Road Relays, 2.30p.m.
Liverpool Harriers open meet.
Finchley 20.
Kent AC 10.
Scottish Womens Cross-Country League.
Midland Counties Womens Cross-Country League.
Jim Peter's Trophy Meet, Barking.

Tuesday 24th.

Postal Region Open 9kms walk, Blackheath. 2.30p.m.

Wednesday 25th.

Shaftesbury Harriers Open Graded Meet. Hendon.
Inter-Services Marathon Champs, R.A.F. Swindon.
S.C.A.A.A. v Loughborough, Crystal Palace.

Saturday 28th.

Karl Marx-Stadt Marathon (GDR).
A.A.A. 12-stage Road Relay Champs, Sutton Coldfield.
Hampstead 10.
W.G.A.C. v Army v Loughborough et al, Woodford.
Southern Area 20 miles walk champs.
Herne Hill Harriers 10.
Epsom Track 40.
Barnet Y.A. Road Races.

Sunday 29th.

Gloucester 18.

Monday 30th.

Highgate Harriers Centenary Invitation Meet, Parliament Hill.

MAY

Wednesday 2nd.

TVH Open Meet. W. London.
S.C.A.A.A. v Borough Road v RAF at Crystal Palace.

Saturday 5th.

British League.
Southern League.
British Polytechnic S.A. Champs.
Chichester to Portsmouth 25kms Road Race.
Scottish W.A.A.A. District Champs.
Scottish Vets 'Glasgow 800' 10kms Road Race.

Sunday 6th.

Essex Ladies AC McJannet Relays at Woodford Bridge.
GRE Cup Competitions (Men's preliminary rounds, women's first rounds).
Plymouth to Dawlish 42 miles walk.
Essex 20 miles Road Champs. Thurrock.

Monday 7th.

Cardiff 1900 Road Races.
Trowbridge Mayday 10.

Halifax Harriers AC MYTHOLMROYD FELL RACE

Approx 6¾ miles 1,350 feet ascent (Under A.A.A. laws)

Saturday July 7th, 1979 — 2.30p.m. (Seniors over 18 years)

Sponsored by:

P. W. Tyres of Huddersfield, Elland, Brighouse.
J. Tetlaw, Newsagent of Mytholmroyd.
K. Butterworth (Valley Electric) Ltd, Mytholmroyd.
Lord Bros, Electrical Engineers of Hebden Bridge.
Samuel Websters and Sons Ltd, Brewers of Halifax.

Prizes: First 20 individuals, first and second teams, first veteran O/40, O/50 (Individuals one prize each other than team + Spot Prizes.

Total value of prizes £130

Winner to hold P. W. Tyres Trophy for 12 months

Entry fees: All individuals 50p. No team fees.

Closing date Monday June 18th (No late entries)

Entries to: David J. Smith, 254 Claremont Road, Halifax, West Yorks. SAE for reply. (Cheques and P.O.'s made payable to Halifax Harriers AC).

Changing accommodation at Mytholmroyd Community Centre.

Wednesday 9th.

Borough Road v A.A.A. U/20 at Crystal Palace.
Midland Counties A.A.A. v Loughborough at Loughborough.

Saturday 12th.

Middlesex Womens Champs at Copthall.
Midland League.
Croxdale 10.
R.W.A. National 20kms Walk Champs.

Saturday 12th/Sunday 13th.

Midland Counties A.A.A. Decathlon Champs Birmingham.
Sheffield Schools A.A. Pentathlon/Decathlon, Hillsborough Park.

Sunday 13th.

A.A.A. Marathon Champs, Coventry.
Lancashire W.A.A.A. Champs, Lancaster.
Scottish Cup (Women, qualifying round), Coatbridge.
France v U.K. v Belgium v Spain Womens Walk Match, Elboeuf.

Wednesday 16th.

Phillips 'Night of Athletics' Crystal Palace.
Highgate Open Meet, Parliament Hill.

Saturday 19th.

British Colleges Sports Association Champs, Coatbridge Sports Centre, 11a.m.
University 10, Coventry.
Isle of Wight Marathon.
Southern League (Men and Women).
Northamptonshire Champs, Daventry.
Worcs Champs, Redditch.
Yorkshire, Humberside and Cleveland Womens champs, Cleckheaton.
Scottish W.A.A.A. East v West Match, Meadowbank.
English Schools Road Walking Champs, Southampton.
Stock Exchange London to Brighton walk.

Saturday 19th/Sunday 20th.

Welsh W.A.A.A. Heptathlon/Pentathlon/Relay Champs, Cwmbran.
Midland Counties W.A.A.A. Pentathlon Champs, Birmingham.

Sunday 20th.

Yorkshire, Humberside and Cleveland Champs, Cleckheaton.
Midland Counties Womens League.
Enfield 'Opening of Track' Meet.
Army v Paris Univ v Essex C.A.A.A. v Surrey C.A.A.A. v Kent C.A.A.A. v London Univ at Motspur Park.
Barking to Southend 33 miles Police walk.
Cumbria 20.
Dudley Festival 25kms.
Pembroke 20 incorporating Cheshire 20.
Lincolnshire 100kms Open Road Race.
Italy v U.K. Walk Match, Italy.

AMENDMENT

Would readers please note that in the full page advertisement on the inside rear page of this magazine there is this amendment:

Team races will be held in both men's events at club and national level — Age class 40-49 and Over 50 (3 scoring) also in the women's races if numbers justify.

and this addition:

Footnote:— Veterans over 50 please note team race for your category.

**Borough of Barnet Sports
10kms OPEN ROAD RACE
From Copthall Stadium, Hendon
Saturday June 9th, 1979—2.30 pm**
(2 small laps Shaftesbury 10 mile course)

Prizes of £150

First 6 individuals, first junior, first 3 teams.

Entries and fee 50p (No team fee) to G. Harrison, 75 Gallows Hill Lane, Abbots Langley, Herts. Please enclose SAE for details.

Closing date Thursday May 31st.

**2nd Joggers & Walkers Marathon
Marple, Stockport
May 6th, 1979.**

A challenge for runners, joggers, fast walkers and other sports folk.

All who finish within 6 hours will receive a commemorative certificate

Entry fee £1

For details please send S.A.E. to:—
B. Dowey, 7 Grosvenor Road,
Marple, Stockport, Cheshire SK6
6PR. Tel. 061-427 4939.

Course can be run, jogged or walked by members of either sex over 16 years of age. Entry limit 250.

**Sports Council
(Greater London and South East
Region and Hastings AC)**

**present the
HASTINGS 5
ROAD RACE
(Under A.A.A. rules)**

**Sunday May 6th, 1979
2.30 p.m.**
at

**Hillcrest School, Rye Road, Hastings
Fun Run at 11.30 a.m.**

No entry fee, certificates to all finishers.

**Prizes: First prize portable TV.
Total Prize value £250**

First 10 ind, first 3 vets over O/40,
First Vet O/50. First 4 teams of 4,
first B team of 4, plus 10 spot prizes.

Entries £1.50 per team of 4, 35p per individual.

TO:—
Mr. P. Martin, 16 Winchelsea Lane,
Hastings. Tel. (0424) 892466.
Closing date April 28th, 1979.

VETERANS FIXTURES 1979**June 3rd.**

Herne Hill Harriers Veterans Relay at Tooting Bec.

June 9th.

10kms Veterans Road Race at Copthall Stadium.

June 10th.

Barnet Sports Gala Men and Women Veterans Track and Field meeting at Copthall Stadium.

June 17th.

Vets Inter-Counties 10kms Road Race at Leamington.

June 24th.

Manchester Y.M.C.A. 20kms Road Race. (includes Northern Veterans Championships).

July 1st.

Brugges 25kms Road Race for Veteran Men and Women.

July 8th.

Veterans AC Track Club Championships at Parliament Hill Fields.

July 14th/15th.

B.V.A.F. Track and Field Championships at Kirkby Stadium, Liverpool.

July 15th.

B.V.A.F. Annual General Meeting.

June 30th.

Southern Vets Track and field Championships at Iffley Road, Oxford.

July 21st.

Worlds Best 10kms Road Race at Bolton.

July 22nd.

12th Worlds Best 25kms Road Race at Bolton.

July 27th-August 2nd.

3rd World Veterans Track and Field Championships at Hanover.

September 1st.

British-American Marathon: Venue to be announced.

September 30th.

B.V.A.F. Marathon Championships at Stoke on Trent.

RACING ABROAD

Don't forget if you intend to compete abroad you must obtain A.A.A. permission. Merely a formality, drop them a line at their offices.

A.A.A., 70 Brompton Road,
London SW3 1EE.

**Dawlish & South Devon R.W.C.
PLYMOUTH — DAWLISH WALK
42 MILES**

**Sponsored by Harrisons
Amusements, Dawlish.**

Sunday May 6th, 1979 — 7 a.m.

Prizes: First five individs; First 3 teams (8 walk 4 score), First vet O/45. Certificates, include accurate 50kms time, to all who finish in 10 hours.

Accommodation available.

Entries:— Individual 70p, Team 75p extra in by April 26th

**Mr. E. H. Shillabeer, 94 Hyde Park Road, Peverell, Plymouth PL3 4RF.
Telephone 0752 62312**

Horwich R.M.I. Harriers
present

**THE RIVINGTON PIKE CLASSIC
FELL RACE**
(Under A.A.A. laws)

and 2nd
**LADIES RIVINGTON PIKE
FELL RACE**
(Under W.A.A.A. laws)

Sponsored by
Holt Brothers (Horwich) Ltd. Makers
of quality wrought iron gates and
railings.

Easter Sunday April 14th — 3 p.m.
Both races.

Men's race first 10 prizes, first
0/40, first 0/45, first 0/50, first
U/18 and furthest travelled com-
petitor. Entry fee 40p.
Age limit Over 16 years.

Ladies race Trophy and first 3 prizes.
Entry fee 40p. Age limit 0/16.
Entries to Pete Schofield, 18
Stanley Grove, Horwich, Bolton,
Lancs. Tel. Hor 692402.

CLOSING DATE APRIL 7th, 1979.

The Second
**NORTHALLERTON—THIRSK
ROAD RACE**

(Under A.A.A. laws)

THIS YEAR — 10 MILES

Promoted by

Hambleton District Council of
North Yorkshire in conjunction
with Thirsk and Sowerby Harriers.

SPRING BANK HOLIDAY

Sunday May 27th, 1979

2 p.m. start.

£250 in prizes

All enquiries to:— Mr. N. R. Smith,
17 Cleveland Way, Carlton Miniott,
Thirsk, North Yorkshire.

BARNET SPORTS GALA

Sunday June 10th, 1979
Copthall Stadium, Barnet
Veterans Races

Mens — 100m — 3,000m team
race plus 3,000m steeplechase.
High jump, long jump, shot and
discus.

Ladies — 100m, 400m and 3,000m,
Long jump, shot and discus.

Entries — 50p per event to:—

J. Heywood, 14 Darling Road,
London SE4
by

MAY 28th, 1979.

**5th ANNUAL
YEOVIL ROAD RACES**

Saturday April 21st — 1.45pm.
From Preston Comprehensive
School, Yeovil.

U/12, U/13, U/15, U/17.

and Men's including Vets. Junior
Races 25p, Men 35p. Details and
entries to John Flatters, 7 St.
James Close, Yeovil, Somerset.
Tel. Yeovil 24825.

Closing Date April 17th.

Borough of Barnet Sports
VETERANS 10kms ROAD RACE
(For the Williams Cup)
From Copthall Stadium, Hendon
Saturday June 9th, 1979—2.30 pm

Prizes: First 4 ind 0/40, first 2 ind,
0/45, first 2 ind, 0/50, first 2 ind,
0/60. First 3 teams 0/40, First
team 0/50.

Entries and fee 50p to G. Harrison,
75, Gallows Hill Lane, Abbots
Langley, Herts. SAE for particulars.
Closing date Thursday May 31st.

PHILIPS NIGHT OF ATHLETICS

(Under I.A.A.F. rules)

WEDNESDAY, MAY 16th, 1979

at CRYSTAL PALACE. — First event 7.30 p.m.

Organised in conjunction with the West London
Institute of Higher Education.

Tickets:— £2 and £1.50 reserved.

£1 unreserved. Children half price.

12th WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS

Promoted by Bolton Sports Council in conjunction with
Bolton United Harriers

10 KILOMETRES — Saturday July 21st, 1979 at 2 p.m.

25 KILOMETRES — Sunday July 22nd, 1979 at 10 a.m.

FROM DEANE BASE SCHOOL, BOLTON

The races are open to **Women over 35 years and Men over 40 years on the day of the race.**

Commemorative awards (value £5) will be made to all finishers along with a certificate showing time and position. Special awards to first 3 in each 5 year age class.

A team race (regardless of age class) will be held in the Men's races at both club and national level (3 scoring) also in the Women's races if numbers justify.

Awards will be made to the scoring members of the first 3 national teams and the first 3 club teams.

Programmes and full result sheets will be given to all competitors. Drinks will be available at the end of the finishing funnels and drinking and sponge stations will be set up at 10 & 20kms in the longer races.

Entry fees:— £5 each race. No team fee

AWARDS DINNER

Refreshments will be available to all competitors free following the races but an awards dinner will be held on the Sunday evening at a cost of £5 per person.

ACCOMMODATION

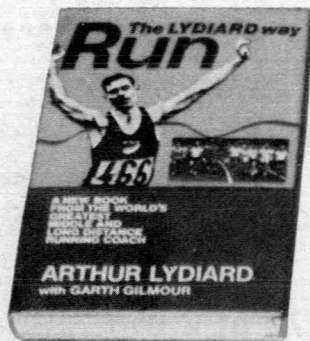
Most overseas competitors and their families will be staying at the Manchester University Halls of Residence and all British competitors are invited to do the same. Single, Double and Family accommodation is available, so why not enjoy an international weekend and bring the family.

Friday-Monday Bed and Breakfast — £29.90. Under 14 £19.50 — Evening meal optional at £2.60. Price includes tea and coffee making facilities at any time of day or night and transport to and from race venue (15 miles)

Reductions for shorter stay

**Entry forms and other details from:—
Jack Haslam, 10 Higher Dunscar, Egerton, Bolton.
Telephone: Bolton (0204) 56632**

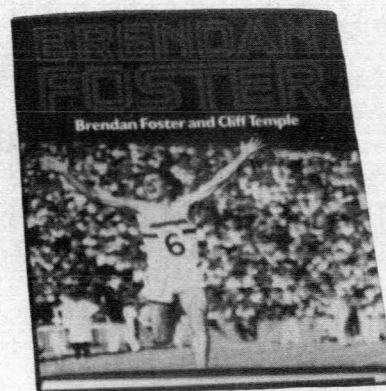
ENTRY CLOSING DATE MAY 31st, 1979



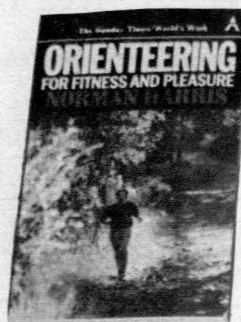
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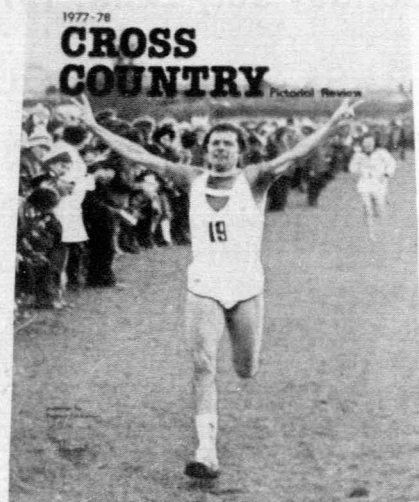
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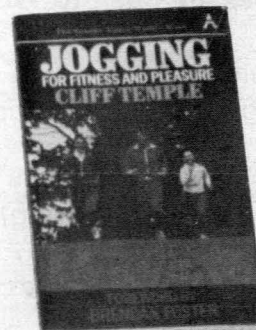
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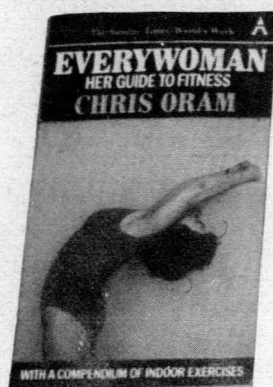
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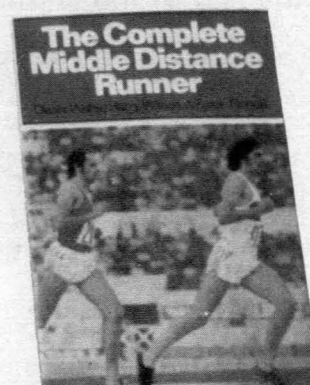
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7



8



9

1. **Run the Lydiard Way** by Garth Gilmour and Arthur Lydiard is an in depth but easily understood guide to the Lydiard training methods. Health, diet, injury, cure and prevention and other associated topics. For the committed athlete it includes Arthur Lydiard's schedule and his detailed exercise programmes for day to day training for all middle and long distance events from 800m to marathon.
Hard back, illustrated, 250 pages. £5.95 postage included

2. **Running to Win** by Brian Mitchell
In his foreword to **Running to Win** Brendan Foster stresses the fact that although running is the simplest recreation activity of all, there is nothing worse than racing without preparation, yet nothing better than racing when well prepared. **Running to Win** can be an essential part of preparation and although it is aimed particularly at young runners, adults embarking on a jogging programme to keep fit will find it equally useful. It is a handbook for runners showing them how to devise and follow a productive programme of training, specifically tailored to their own ability.
£1.50 (includes post and packing)

Brendan Foster by Brendan Foster and Cliff Temple
The story of the rise of Britain's outstanding track, road and cross-country champion. The book is a first-hand account told by Brendan himself as to how he began running at an early age and despite mediocre performances in his early years, he persevered to finally establish himself as one of the world's leading middle distance runners.
Price Soft back £3.25, Hard back £6.25

4. **Orienteering for Fitness and Pleasure**
Norman Harris, himself once a runner and the author of highly acclaimed books on athletics, has turned his attention to exercise and participatory sports, and especially orienteering. His enthusiasm provides an exciting story, and an irresistible invitation to take up the sport.
Soft back £1.20 (includes post and packing)

5. **1977-78 Cross-Country Pictorial Review**. Published by Pegasus Publications
This publication is intended to provide under one cover a means of reference whereby those with an interest can recall the major races of 1977-78 season. It concentrates on the achievements of those cross-country runners who live, or originate from, the British Isles. With over 80 illustrations and an in depth interview with the English National winner, Bernie Ford, this book is good value at £1.50 (post and packing paid)

6. **Jogging for Fitness and Pleasure** by Cliff Temple
Jogging is the biggest pastime in the U.S.A. and is now catching on fast here in G.B. In this book the author explains how our modern, comfort-filled life styles conceal health dangers, particularly heart illnesses, and shows how jogging is the cheapest and most effective way of helping to combat the problem.
£1.20 (post and package included)

7. **Everywoman. Her Guide to Fitness** by Chris Oram
This is a book for all women who are aware that their bodies are not as much in shape as they could be. All the exercises can be done alone, indoors, until you are ready to emerge to show off your new identity. If you're not convinced you'd benefit from a new identity, read this book and you may change your mind.
£1.20 (post and package included)

8. **The Easy Guide to Everyday Fitness and Successful Jogging** by Freddie Lawrence
There are many books on the market at present extolling the virtues of jogging to keep fit - this book is without doubt one of the easiest to read and really gets over the feeling of the fun of running back to fitness and health.
Price £1.25 (includes post and package)

9. **The Complete Middle Distance Runner** by Dennis Watts, Harry Wilson and Frank Horwill (Revised Edition)
British runners in middle and long events have always been the envy of the rest of the world. Since the war, Bannister, Pirie, Bedford, Foster, Ovett have been among the greatest Internationals of their particular era. Much of their success has been due to the experience of Britain's enviable coaching system. Dennis Watts, Harry Wilson and Frank Horwill have coached many of our best athletes to the very pinnacle of their success and now you can share that knowledge by reading this book. Price £2.30 (post and package included).

ORDER NOW - Please rush me
Title & Number of books required

I enclose £

Cheque/postal order
Price includes p&p

Name

Address

Send to: R.A.C.E. & Veteris Book Shop,
7 Berkeley Lane, Canvey Island, Essex.