

INCORPORATING WOMEN'S ATHLETICS MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

JANUARY 1st 1983 38p



Keith Connor

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

Printed by:
 Kent Art Presses Ltd.
 344 High Street,
 Rochester, Kent ME1 1DT.

Annual Subscription (including postage):
 Direct subscribers in UK & HM Forces: £23.50
 Through an agency: £25.34
 Overseas Surface Mail: £29.64
 Air Mail Europe: £34.84
 Other Air Mail rates on application.
 USA Surface: \$60. Air Mail: \$62.
 Minimum subscription period 6 months.
 Access & Sunday's accepted.

Registered at the Post Office as a newspaper.
 Overseas subscriptions (including airtel) should be
 paid by cheque in sterling on a London bank, or
 by International Money Order.

Circulation: January-June 1982 22,102.



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COVER PHOTO

(By Allsport/Tony Duffy)

Keith Connor, currently the world's greatest triple jumper, is featured on the next page.

THE WEEK AHEAD

Saturday, January 1st: Devon CC Champs, Exeter; Northern Rock HS Morpeth to Newcastle Road Race; Rawmarsh Road Races; Gloucester New Year's Day '10', Hardwicke; Lonsdale New Year's Day Charity Fun Run, Crystal Palace; Erith '6' & New Year's Day Road Races.

Sunday, January 2nd: Cornwall CC Champs, St. Austell; Avon Cosmetics CC Meeting, Corby; Beith New Year Road Races; Harry 'Round the Island' Road Races; Rossendale Winter Track Meeting; Big 'D' Open Race Walks Corby.

Monday, January 3rd: Tadworth '10'; City of London New Year Road Races, London Wall; Belgrave Inter-Club 7M Walk, Wimbledon.

Wednesday, January 5th: TVH Open Graded Meeting, West London; West Midlands Services League, RAF Stafford.

Friday, January 7th: Davenports Cosford Games (1st day).

Saturday, January 8th: Davenports Cosford Games (2nd day); Women's Home Counties CC International, Dublin; Southern Women's Inter-County Champs, Old Coulsdon; Recommended date for County Champs; N. East Harrier League, Chester le Street; Bob Smith CC Races,

Baldon; Nigel Barge Trophy Race, Maryhill; Cambridge H Walks League, Bealey.

THE LONDON RUNNER

We have been asked to point out that there was an error in the advertisement for the London Runner on page 9 of our December 11th issue. The physiotherapist service will be available at Covent Garden every Sunday, 3pm-5pm, and not Saturday as stated.

A blue waterproof jacket was left in the changing rooms at the Fraternity Cup Races at Cockfosters on December 4th. Would the finder please contact Mr. Alderton on 01-998 2727.

**It's World Championships
 Year — A Very Happy 1983
 To All Our Readers!**

21.04	Peter Ilkock (GDR/55)
21.03	Sergey Gavrilchuk (USSR/79)
20.85	Anatoly Yarech (USSR/52)
20.83	Martha Schneider (GDR/56)
20.82	Donatas Stankūnas (USSR/57)
20.78	Gary Wilkly (USSR/59)
20.71	Brian Oldfield (USA/45)
20.70	Koji Shibata (Jpn/52)
20.64	Hans-Jürgen Jacobs (GDR/50)
20.64	Edward Saral (Pol/58)
20.61	Oskar Jakobsson (Isr/55)
20.61	Aleksandr Baryshnikov (USSR/48)
20.59	Bibop Dolegiewicz (Can/53)
20.49	Yegor Myronov (USSR/49)
20.44	Nages Asand (Gyr/45)
20.37	Jesús María Andújar (Spa/59)
20.34	Nikolay Khristov (Bul/52)
20.31	Al Feunbach (USA/48)
20.32	Isaiah Kibet (Ken/57)
20.24	Melvin Wells (USA/54)
20.22	Jacek Gąsowski (Pol/53)
20.22	Ulf Timmerman (GDR/42)

DISCUS

20.28	Lain Dells (Cub/57)
19.96	Art Burns (USA/54)
19.44	Georgy Kolosovchuk (USSR/51)
19.16	Vyry Danchev (USSR/54)
18.60	Emrich Buger (Gyr/55)
18.52	Yur Dmytyev (USSR/56)
18.50	Ben Pickett (USA/54)
18.50	Armin Lennze (GDR/55)
18.32	John Powell (USA/47)
18.20	Mac Wilkins (USA/50)
18.02	Kent Stadel (USA/52)
18.00	Svein Inge Valvik (Nor/56)
17.76	Geza Valent (Gyr/53)
17.54	Werner Hartmann (FRG/59)
17.24	Borislav Tachev (Bul/56)
17.12	Isaiah Kibet (Ken/57)
17.10	Alvin Wagner (FRG/50)
16.72	Brad Cooper (Bah/57)
16.60	Wolfgang Warmund (GDR/53)
16.16	Dave Voorhees (USA/51)
16.12	Al Dertor (USA/56)
16.00	Hilmar Hofmeier (FRG/56)
15.90	Ion Zamfirache (Rom/51)
15.71	Macka Tuokko (Fin/51)
15.76	Art Swartz (USA/45)
15.60	Dmitry Kovtun (USSR/55)

15.43	Anatoly Lang (USSR/57)
15.28	Piet Goosen (SA/55)
14.84	Richard Slaney (UK/56)
14.54	Scott Crawford (USA/60)

HAMMER

15.98	Sergey Litvinov (USSR/58)
15.54	Igor Nikolaev (USSR/60)
15.46	Vyry Yedykh (USSR/55)
15.72	Vyry Tarasov (USSR/57)
15.48	Karl Hans Kuhn (FRG/51)
15.06	Gilgory Shervan (USSR/58)
14.84	Juha Iainan (Fin/55)
14.92	Roland Serek (GDR/59)
14.92	Giampaolo Urlando (Ita/43)
14.44	Klaus Pöggendorf (FRG/56)
14.40	Pavel Repin (USSR/54)
14.40	Emmanuel Dydymov (Bul/55)
14.40	Aleksandr Bonyer (USSR/50)
14.02	Detlef Gerttjenberg (GDR/57)
14.02	Harri Huhtala (Fin/52)
13.60	Aleksandr Gerasimovskiy (USSR/57)
13.60	Irena Golda (Pol/55)
13.52	Vyry Koshenko (USSR/51)
13.42	Rolf Haber (GDR/62)
13.34	Sergey Abramov (USSR/59)
13.32	Jörg Schafer (FRG/59)
13.24	Sergey Derezhn (USSR/64)
13.00	Vladimir Litvinenko (USSR/57)
12.48	Tibor Tancsi (Hun/58)
12.44	Orlando Bianchini (Ita/55)
12.28	Anatoly Chyvalchuk (USSR/56)
12.24	Christoph Sahme (FRG/63)
12.22	Anatoly Yefimov (USSR/56)
12.20	Sagenobu Marufuchi (Jpn/45)
12.10	Leszek Włodarski (Pol/56)

JAVELIN

55.80	Bob Rozay (USA/54)
54.52	Detlef Michel (GDR/55)
51.34	Uwe Hohn (GDR/62)
50.96	Dariusz Kul (USSR/59)
50.72	Henna Pousle (USSR/55)
50.18	Jarmo Markus (Fin/52)
49.94	Petri Salonen (Fin/54)
49.48	Mike O'Rourke (NZ/55)
48.56	Kees van der Merwe (SA/56)
48.40	Tom Petranoff (USA/59)
48.14	Art Hakkarin (Fin/59)
47.96	Kresh Eldebelik (Sov/57)

47.86	Antero Törmänen (Fin/45)
47.50	Viktor Yevseyev (USSR/56)
47.30	Klaus Tackenberg (FRG/54)
47.24	Detlef Adams (Pol/57)
46.98	Aimo Aho (Fin/51)
46.90	Vasily Yurkov (USSR/49)
46.78	Terrence Parag (Hun/53)
46.60	Jari Kallio (Fin/55)
46.44	Jani Zinatti (USSR/47)
46.24	Brian Crocker (USA/62)
46.08	Aleksandr Makarov (USSR/51)
46.04	Duncan Arnold (USA/55)
46.04	Paul Olsen (Can/57)
45.96	Birkhard Jank (GDR/58)
45.86	Esa Urtanen (Fin/53)
45.82	Kari Hailanen (Fin/54)
45.82	Reidar Lorentzen (Nor/56)
45.76	Herman Fougner (Nor/53)

DECATHLON

8743	Dale Thompson (UK/80)
8723	Juergen Hengen (FRG/58)
8458	Konstantin Akhupkin (USSR/56)
8433	Stefried Stark (GDR/55)
8347	Torsten Voss (GDR/61)
8313	Siegfried Wenz (FRG/60)
8306	Sergey Zhelakov (USSR/57)
8274	Seifun Gromov (GDR/59)
8247	Grigory Degtyarev (USSR/58)
8211	Valery Kuchanov (USSR/54)
8229	Groeg Werthner (Aut/56)
8215	Dariusz Ludwig (Pol/55)
8215	Guido Knechtner (FRG/53)
8176	Stephan Nilsson (Sov/58)
8151	Aleksandr Nevskiy (USSR/58)
8149	Viktor Gerasimov (USSR/51)
8132	Vyry Kusnetsov (USSR/52)
8129	John Crist (USA/54)
8124	Herbert Preter (FRG/57)
8124	Viktor Vashchenko (USSR/53)
8115	Wolfgang Lindner (GDR/56)
8111	Aleksandr Apaychev (USSR/61)
8104	Toni Kallio (USSR/56)
8092	Tor Puhkes (USSR/56)
8097	Ronald Wayne (GDR/54)
8081	Azraas Andonov (Bul/55)
8082	Nikolay Popov (USSR/57)
8060	Vaher Kuliev (USSR/54)
8033	Christian Guelin (Sov/60)
8034	Uwe Friedrich (GDR/61)

Progress On All Fronts: Averages Compared

		Top 10	Top 20	Top 30		Top 10	Top 20	Top 30
100	1991	10.123	10.164	10.199	10,000	1991	27.41.34	27.43.11
	1992	10.099	10.143	10.171		1992	27.30.74	27.49.23
200	1991	20.331	20.434	20.500	20000	1991	8:19.38	8:21.84
	1992	20.321	20.515	20.612		1992	8:18.78	8:23.47
400	1991	44.926	45.143	45.306	10000	1991	13.572	13.519
	1992	44.832	45.080	45.234		1992	13.567	13.499
800	1991	1:44.46	1:45.05	1:45.42	40000	1991	48.609	48.111
	1992	1:44.73	1:45.00	1:45.22		1992	48.468	48.302
1500	1991	3:33.37	3:34.56	3:35.38	100	1991	2.304	2.285
	1992	3:33.35	3:34.63	3:35.68		1992	2.319	2.300
5000	1991	13:15.07	13:18.68	13:21.01	500	1991	5.711	5.654
	1992	13:09.66	13:13.28	13:17.05		1992	5.716	5.669

MAKE IT A RESOLUTION! THE CITY OF PORTSMOUTH HALF MARATHON

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

**SUNDAY,
13th MARCH, 1983
at 9.30 a.m.**

To be followed by a

MINI MARATHON FUN RUN

(Over the same course)

**Start: The Rock Gardens Pavilion,
Southsea.**

Finish: The Guildhall Square.

**Entry Fee: £2.00 (50p extra for
unattached competitors)**

Proceeds to:

THE LORD MAYOR'S CHARITY APPEAL

**Send 9"x4" a.s.e. for details and
entry form to:**

Box 13.1,
The Lord Mayor's Office,
Guildhall, Portsmouth,
Hants. PO1 2AJ

OR from any branch of

Hargreaves Sports,
Portsmouth, Southsea,
Fareham, Chichester

AND Victory Sports,
Portsmouth.

Closing Date: 19th Feb., 1983

		Top 10	Top 20	Top 30
LJ	1981	8.340	8.176	8.130
	1982	8.299	8.218	8.176
FJ	1981	17.273	17.150	17.056
	1982	17.320	17.194	17.096
SP	1981	21.12	20.78	20.78
	1982	21.39	21.07	20.84
DT	1981	68.66	67.41	66.59
	1982	68.98	68.08	67.19
HJ	1981	78.43	77.22	76.40
	1982	80.10	78.67	77.66
JT	1981	90.32	89.54	88.70
	1982	90.99	89.35	88.10
Des	1981	8231	8171	8122
	1982	8412	8288	8218

LYNN REGIS CC MEETING

November 28th

1, G. Rimmer (Holbeach) 32:29
2, G. Rizzo (Nene Valley) 32:59
3, R. Church (Nene Valley) 33:11
4, K. McEllan (H&W) 34:02; 5, C. Herd (Holb)
34:11; 6, D. Hart (Peter) 34:33; 7, A. Soper (Lut)
34:41; 8, M. McCormick (Bed) 35:06; 9, C.
Hobbs (Well) 35:06; 10, B. Jones (Hunt) 35:13.
Teams: 1, Nene Valley 19; 2, Holbeach 26; 3,
Huntingdon 39. (**Youths:**) 1, A. Aled (S. in A)
21:57; 2, S. Barks (Peter) 22:32; 3, K. Milson
(H&W) 22:37; 4, D. Clarke (Bed) 22:49; 5, R.
Foreman (March) 22:56; 6, S. Gurrard (Peter)
23:17; 7, A. Bradshaw (March) 23:24; 8, K.
O'Connor (Hunt) 23:31. **Teams:** 1, Peterborough
19; 2, March 31; 3, Huntingdon 33. (**Boys:**) 1, M.
Kent (Bed) 16:51; 2, D. Mead (Thet) 17:01; 3, J.
Bassett (Can. I) 17:15; 4, D. Shepherd (QBS)
17:34; 5, D. Hyland (Peter) 17:53. **Teams:** 1,
Canvey Island 20; 2, Peterborough 23. (**Colts:**) 1,
J. McDaid (Bed) 11:19; 2, M. Harrod (Peter)
11:25; 3, T. Watson (Bed) 11:29; 4, L. Griffiths
(Bed) 11:32. **Teams:** 1, Bedford 8; 2, W. Suffolk
31. (**U/11:**) M. Rudkin (Charn) 8:12. **Team:**
Huntingdon Sch. (**Women:**) 1, K. Finch (Cann)
17:32; 2, J. Penfold (Cann) 18:44; 3, S. Cox
(Peter) 18:44; 4, J. Hickson (Bed) 19:11; 5, T.
Colebrook (Cann) 19:32; 6, S. Plumb (Hunt)
19:45; 7, C. Rawlings (Holb) 20:02; 8, M. Braines
(Peter) 20:08; 9, A. Connachie (Thet) 20:15; 10,
M. Brown (Bed) 20:19; 11, A. Holman (Diss)
20:20; 12, J. Thompson (Hunt) 20:37. **Teams:** 1,
Cannock Chase 8; 2, Bedford 28; 3,
Huntingdon 33. (**Juniors:**) 1, J. Eady (Bed)
11:37; 2, C. Johnson (Bed) 11:45; 3, K. Cordwell
(W. Norf) 11:54; 4, N. Dilley (Bed) 12:28; 5, S.
Holman (Peter) 12:47; 6, S. Jones (Bed) 12:52; 7,
S. Flint (Hunt) 12:55; 8, D. Farr (Bed) 12:56.
Teams: 1, Bedford 7; 2, Fen All-Stars 49; 3,
Hertford & W. 51. (**Girls:**) 1, M. Bard (Bed) 8:27;
2, J. Ewing (Hunt) 8:34; 3, S. Dunlop (Bed) 8:40.
Team: Bedford. (**U/11:**) R. Tarry (Rut) 8:47.
Team: Fen All-Stars.

HAMMER THROWER EXTRAORDINARY

Yuriy Sedykh — by Howard Payne

ANY ATHLETE who can win an Olympic title with a new world record is certain to go down in history as a great competitor. Yuriy Sedykh did this with his first throw in the 1980 Olympics in response to the threatened challenge from his compatriot, Sergey Litvinov, who had set the previous world mark only a few weeks earlier.

Yuriy, born on June 11th 1955 in Novocherkassk, was very young at 21 to be a super hammer thrower when he lifted his first gold at the 1976 Montreal Olympics. However, as all hammer throwers know, it takes something like eight to ten years of hard work to reach a peak in this technically demanding event and so it was with great expectations that we watched Sedykh develop . . . and he kept us waiting! He seemed to be taking a breather in the next few years, though he did win the 1978 European title. He held the world record briefly with 80.64m at the beginning of the 1980 season, but the other USSR throwers didn't make sleep easy for him as both Litvinov and Juri Tamm crashed over the 80 metre mark. Sedykh channelled everything he had into that first throw in Moscow to record 81.80 — just as well that he did because Litvinov followed him into the circle and launched a great 80.64.

The story doesn't end there in this saga of a great competitor. In the 1982 lead-up to the European Championships, Litvinov staggered us with a massive new world record of 83.98 to wipe out Sedykh's 81.80 with a vengeance. Igor Nikulin, also of the USSR, then proceeded to push Yuriy further down the all-time list with 83.54 just one week before the Championships.

Litvinov missed his opportunity as lead-off man in Athens and "only" reached 76.88 on his first throw, because Sedykh put the result out of doubt with his first throw of 81.66 and neither Litvinov nor Nikulin could improve upon that.

What a competitor! But you can also add: "What a technician!", because Yuriy Sedykh is also the greatest innovator of hammer throwing technique since the days of grass circles.

When films of the 1976 Olympics were studied it seemed that Sedykh was performing all the faults we could think of — low point between the feet in the swings, leaning forward in the first turn, very little lead of the hips ahead of the shoulders and pronounced underturning so that the right foot never quite made it around to the 360° landing. It was surprising not only that his distances were good but also that the legendary Anatoliy Bondarchuk was his coach. Bondarchuk was an orthodox, solid thrower who held the world record and won the 1972 Olympic title. It seems that the Russians in the mid 1970's reached

the limit of the old technique with Valentin Dmitrenko whose lead of the hammer required contortionist mobility of the hips. The Russians then stood all the arguments about good technique on their heads. Hammer throwing, like many other movements in sport, is a contradiction in mechanical principles and the thrower has to sacrifice one sound principle in order to satisfy another equally sound principle.

For example the lean forward increases the radius of the throw, but it also makes balance more difficult and the excessive lead of the lower body over the upper makes for a powerful delivery but it also shortens the radius of the throw. It becomes very much a case of compromising for the individual athlete and his abilities. With the arrival on the scene of the super-fast movers like Litvinov and Sedykh the technique could be changed to suit them — away from the technique that suited the slower, stronger hammer throwers like Bondarchuk, Romuald Klim, etc. The West Germans, as exemplified by Karl-Hans Riehm, were already

**ALDERSHOT, FARNHAM & DISTRICT
ATHLETIC CLUB**

Y.A. CROSS COUNTRY RELAYS

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

SUN., 30th JANUARY, 1983

First Race 1.00 p.m.

Races for Team of Four:

**Mini-Colts
Colts
Boys
Youths**

Entry Fee: £1.50 per team.

**Entries with S.A.E. for details and directions
To: Ian Matlock, 29 Ash Lodge Drive, Ash, Nr.
Aldershot, Hants. GU12 6LP.**

Closing date: 23rd January, 1983

working on the early grounding of the right foot before it had completed the turn in order to produce a "blocking" of the hips and a subsequent whip-like delivery. Gyula Zalvotsky of Hungary, the 1968 Olympic champion, was a fast gymnastic-type athlete ahead of his time who used the old technique which did not suit his abilities. Might he have been an 80 metre thrower had he been coached in the new Russian technique?

Discusses in the hammer just seem to get bigger and bigger, so the question that is always asked is: "Is the limit in sight yet"? The answer must be an emphatic "No"! We have until recently assumed that the hammer is the big strong man's event where strength is more important than speed, but now we are only just beginning to see the sprinter-types (aking up the event. Litvinov is only 24 and Sedykh is 27 and there is now ample proof that provided the incentive is there an athlete only reaches peak form in his early thirties. Igor Nikulin has had a marginal foul throw of 85m in a competition, so it seems that throws of 90m and beyond are quite feasible.

Personally I think that the newer Soviet throwers like Yuri Tarasjuk are going to be the 90m men of the future, with Litvinov and Nikulin leading the way. However they have one enormous problem in every major competition they enter during the next few years . . . and his name is Yuri Sedykh, King of the hammer circle!

Sedykh's Technique

PHOTO SEQUENCE BY HOWARD PAYNE

APPEARS ON PAGES 24 & 25

The sequence was taken during the World Cup in 1981 and shows Yuri throwing 76.06 immediately after a torrential downpour had held up the proceedings. As usual he had already won the competition with his first throw of 77.42, some 2m clear of Riehm, but this was another which could have won the competition.

I've been criticised in the past for shooting down the right hand sector line because "it is not a good viewing position", but the only other alternative is to photograph through the net of the cage which makes the thrower almost invisible. Believe me, it takes nerves of steel to stand on the sector line peering through a camera when guys like Orlando of Italy are smashing into the cage and dropping 74kg of metal at your feet!

Anyway there are other problems with this sequence — in order to have reasonably sized photographs it has had to be cut to only 16 pictures which means that hardly anything of the swings can be seen.

Yuri swings long, wide and fast (the latter usually being the downfall of less experienced throwers), but resists the temptation to rush into the turn (picture 5) at the transition from swings to turns. Notice how the lowest point of the hammer head is directly in front of him (pictures 7 and 11 here). Yuri's two-footed ground contact is always longer than the single-footed contact, which means that his right leg has to move very fast in the turns.

The lead of the lower body over the upper at right foot landing is not as pronounced as in older techniques, but is there (pictures 10 and 14) nevertheless due to his tremendous right leg speed in the turns. Note how early he lands his right leg especially at the end of the second (picture 10) and third (picture 14) turns.

Some coaches point to the lifting and dropping action of the body during the turns as an essential part of Yuri Sedykh's technique. You can get a feel for this by observing his head relative to the background. Personally I think this is a consequence of the movement into such turns plus the desire to keep low on bent knees, and that a conscious effort at bobbing up and down simply confuses the athlete. One really important aspect, however, of Russian throwing is the beautifully long straight arms and relaxed shoulders that you can see throughout this throw.

Although it is not very apparent from this view point, Yuri does lean forward in his swings and first turn (you can see something of it in picture 6. But even Yuri at 110kg/242lb bodyweight must

BASILDON ATHLETIC CLUB

CROSS COUNTRY RACES

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

Gloucester Park, Basildon

SUN. 30th JANUARY, 1983

First Race 2.00 p.m.

Girls: Boys, Youths, Junior/Vet Men
Minor Girls, Junior/Vet Ladies

PERPETUAL TROPHY to winner of each age group

PLAQUES for first three individuals in each race

MEDALS to first three clubs in each race (First 4 to award)

ENTRY FEE: Jnr/Snr/Vet Men & Sr Ladies
80p. All other 40p. NO TEAM FEES.

ENTRIES TO: E. Evans, 23 Shakespeare
Avenue, Basildon, Essex, S13 6ED.

Please state age group, d.o.b., Club (S.A.E. for
acknowledgement)

Entries close 1st post 21st January, 1983

Next Track & Field Open Meeting: 30th May,
1983



Provincial Sports Photography

yield to the enormous centripetal forces and progressively lean against the pull of the hammer (pictures 8, 12 and 15).

This sequence has too few pictures in it to show the lifting action in the delivery though if you cast your eyes back and forth over the last three frames you can see the effective use of his great squat weight lifting power. This leg drive is timed critically and exactly if countless hours of weight training are not to be wasted.

It is in the rhythm of the good throw that the sheer beauty of the hammer event is to be seen. It is gross distance we hammer throwers grunt and grown for, but the best only comes with perfect relaxation and rhythm that results in an aesthetic movement. The greatest tribute to my own throwing came from the actor Sir Bernard Miles who commented on the pleasure he experienced

Yuriy Sedykh was born at Novocherkassk on June 11th in 1955. He is 1.85/6'0 3/4", weighs 110kg/242lb. He is married, with a four-year-old daughter, and as a post-graduate is working on a dissertation, "The effectiveness of power-building means in hammer throw training". He feels he is capable of throwing 84m. Annual progression:

1971	57.02	1977	76.60
1972	62.96	1978	79.76
1973	69.04	1979	77.58
1974	70.86	1980	81.80
1975	75.00	1981	80.18
1976	78.86	1982	81.66

HOWARD PAYNE

Howard Payne, who specialises in the kind of sequence photography shown in the Sedykh article, threw the hammer competitively for 20 years (best mark: 70.88m in 1974) and reckons his best achievement was representing Great Britain 61 times — "a record, in spite of you 'AW' crowd pushing other athletes ahead of me in the 'list', athletes who have indoor internationals counted, when us hammer throwers, discus throwers, steeplechasers, javelin throwers and walkers don't have the indoor opportunities!"

With Ted McLaughlin, Howard coaches Robert Weir, the Commonwealth hammer champion — "if Robert gets off his butt and starts real training he will split the Russians in the 1984 Olympics" — and his brother, Peter Weir — "Peter has so much ability, he can push the world record in the shot, discus or hammer in a few years time".

when watching the fluency and abandon of my throwing. Watch Paul Dickenson next time he throws to see what a joyous movement it is!

* A magnificent 24" x 33" sized 24-picture sequence poster of Yuriy Sedykh can be purchased from the IAAF at 3 Hans Crescent, London, SW1X 0LN for £1.50.

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16

Sedykh: "I Hope I Have Better Seasons Ahead"

By Vladimir Gaskin
(Sovietsky Sport)

HE'S NOW the captain of the Soviet team, and carried the flag in the Opening Ceremonies at Athens, but Yuriy Sedykh was drawn into athletics by accident. In 1967 the 12-year-old was playing soccer in the small Ukrainian town of Nikopol. A misplaced kick, and the ball flew over a fence onto the field where the hammer throwers were practising. Someone had to get the ball, and Sedykh was nominated. He nearly got more than he bargained for, as local hero Vladimir Volovik unleashed 7.26kg of iron which nearly hit the child.

One can imagine what Volovik said to the little boy, but to his surprise the youngster endured his tirade in silence, then asked, "What is that anyway?" He asked permission to throw the ball and chain. Putting all his strength into the throw, the future two-time Olympic champion was something less than successful, reaching all of 12 metres.

One can surmise that Volovik, who made Sedykh one of the first members of his newly formed club, could see his potential stardom from the start. Yuriy retorts, "Are you kidding? Some star! Sometimes I marvel when I read about myself. They say things like, 'Sedykh was born to be a hammer thrower'... 'The hammer was his favourite toy from childhood'. All that is untrue. As a child, I was nothing out of the ordinary in strength; in fact, my health was poor."

"At first I was interested in swimming, not athletics. Perhaps I could have become a decent swimmer, but at the time Nikopol didn't have an indoor pool. In the summertime we had a great time swimming every day, but in the winter we were without water."

Yuriy took to hammer training like a duck to water. "I liked it a lot", he says. "I liked the very process of working out. Volovik told us right away that my friends and I would become throwers. But we didn't begin with serious hammer training. At first, we ran and jumped as we pleased. I think that's the right way to do it. You know what happens sometimes. A coach comes across a fairly talented youngster and immediately puts him under the stress of heavy training. Then what? The early leader finishes last. The athlete becomes psychologically injured."

Under the wise tutelage of Volovik, Sedykh didn't encounter early mental burnout. "I was mentally ready for it", he explains. "When I began to train seriously with the hammer, it began to fly right away. I developed self-confidence."

In 1972 Sedykh enrolled at Kiev's Institute of Physical Culture, his first days of study coinciding with Anatoliy Bondarchuk's hammer win in the Munich Olympics. Upon Bondarchuk's return to Kiev, the suggestion

came that he should train with the promising youngster.

"At first, he refused", recalls Sedykh. "What would he, still an active athlete, want with some novice — even a talented one? He agreed, but he wasn't enthusiastic. I immediately believed in Bondarchuk absolutely. I listened to him, as they say, with an open mouth. I did everything he told me to do. He experimented, so I experimented too. He quickly understood that sharpness and speed were my strong suits. Training and scientific research went on together."

Progress was rapid: A 62.96m thrower in 1972, Yuriy jumped to 69.04 in 1973 (and won the European Junior title), set a World Junior Record of 70.86 in 1974 and ranked 8th in the world in 1975 with 75.00.

"At the end of that year, Bondarchuk told me that we were going to train for the Olympics", he recalls. "My first reaction was one of complete surprise. I hadn't even thought about it yet. I was just 20, and the National Championships were the summit of throwing to me."

By the time he got to Montreal he was the favourite. He lived up to his billing by capturing gold with an Olympic record 77.52 as the Soviet throwers went 1-2-3, mentor Bondarchuk taking the bronze.

"It was uncomfortable when I appeared higher on the victory stand than my old comrades", says Sedykh. "I apologised to my coach, but he said, 'You're still stupid. Your gold medal is mine too. Today I'm prouder than ever!'"

The 1981 season was a unique one for Sedykh, as it marked the first odd-numbered year in which he ranked No. 1 in the world. On top in 1976, 1978 (European champion) and 1980 (again Olympic champion), he had been down in 1977 and 1979.

"Sport means a lot in my life, but it's not *all* my life", he explains. In 1977 he concentrated on his exams, and in 1979 he rested for the Olympics to come.

"Besides, who says that a champion is always required to win? The main thing is always to peak for the most important championships, such as the Olympic Games. In that sense, the best example is Al Oerter."

At 27, Sedykh feels he is far from finished: "I hope I have better seasons ahead. In any case, I have the example of my coach, who began to train seriously at 24 and achieved Olympic success when he was over 30".

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

JANUARY 29th 1983 38p



Marita Koch

2

BOB WEIR THROWS HIS WEIGHT AROUND

Sets world best with 35-pounder . . . Billy Olson vaults 5.75 & 5.76

BRITAIN has a new world record breaker . . . in the massive form of Bob Weir. The 21-year-old Commonwealth hammer champion, a team-mate of Keith Connor at Southern Methodist University in Dallas, broke all known records for the 35lb weight throw when he heaved the implement 23.64m (77'6 1/4") indoors at Hanover, New Hampshire, on January 9th. Weir, whose previous best was 22.43 in 1981, opened with an indifferent 20.90, then reached 22.30 and the record 23.64 before passing his three remaining attempts to rush off to catch his long flight back to Texas. **The previous best on record was 23.46 by no less a figure than Yuriy Sedykh, in 1979.**

There is a remarkable correlation, in respect of top hammer throwers, between the distance achieved in feet with the 35lb weight and the metric measurement of a hammer throw. For example in 1981, when Weir threw the weight 22.43m (73'7"), he went on to reach 73.02m with the hammer that summer. If that formula holds true, we can expect throws of around 77m from the Birchfield Harrier this year (his UK record, set in Brisbane, stands at 75.08). As Howard Payne, his coach in Britain, stated in 'AW' just the other week: "If Robert gets off his butt and

starts real training he will split the Russians in the 1984 Olympics".

Weir's exploit was just the start of the indoor record breaking. Billy Olson, who last winter set pole vault bests of 5.71, 5.72, 5.73 and 5.74m, picked up where he left off by clearing 5.75 in Ottawa on January 14th and 5.76 in Los Angeles on January 21st. After the latter effort, Olson remarked: "When I get on a fast runway and get the pole I want, 19 feet (5.79) will come. I think that in the weeks to come, I will get better and better. I don't think I'm close to my limit yet. I can do 19'4"/19'5" (5.89/5.92) on a good runway".

Other world indoor bests were set by Mark Enyart (1:16.91 600m at Sherbrooke on January 16th), and by Evelyn Ashford (5.77 for 50y) and Mary Tabb (9:31.70 2M) in Los Angeles. "I'm amazed", commented Evelyn. "My start wasn't good, I leaned too early and my legs felt heavy. It feels so strange to set a record when I feel so lousy". The previous mark of 5.80 was shared by Jeanette Bolden and Britain's Andrea Lynch. Jane Finch followed up her excellent run in the Cosford Games with a front-running victory in the 800m in Ottawa in 2:03.6, fastest on record on such a small track (125m).

North American Indoor Results

7.12. New London. Women's 1000m: Richburg 2:40.1 (US rec); 2M: Merrill 9:33.2, 29.12. Saskatoon (Can). 50m: Wiley 5.84, Johnson (Can) 5.84, Williams (Can) 5.85; 60m: Johnson 6.66; 300m: Wiley 33.79; 2M: Padilla 8:38.87, Duhalme (Can) 8:39.52; PV: Buckingham 5.43, Smith 5.33; women's 50m: Taylor (Can) 6.35; 300m: Taylor 37.47, Jackson 38.42, Richardson (Can) 38.74; 500m: Killingbeck (Can) 1:12.36, 9.1. Hanover, 500m:

EUROPEAN RESULTS Contd from page 5

Indoor 1500: Lelieveld (Neth) 3:47.4 . . . 3, N. LEACH 3:49.8, 8.1. Hellbronn (FRG). Indoor HJ: Nagel 2.16 . . . 4, Dalhauser (Swi) 2.12, 9.1. Dortmund. Indoor 60: E. CUTTING 6.94; 800: Drupperts (Neth) 1:48.1, 16.1. Paris (Fra). Indoor 60: Richard 6.74; 800: Tonnelier 1:49.24, Lavie 1:49.78, Marajo 1:49.81; PV: Vigneron 5.60, Sivillon 5.40; LJ: Brige (Jnr) 7.86; women's 60: Cazier 7.34; 60H: Chardonnet 8.21; HJ: Ewanje-Epee 1.87, 16.1. Elgolbar (Spa). 10.7km CC: Prieto 31:07, Garcia 31:11, Leitao (Por) 31:16, Rahoui (Alg) 31:34, Esparcia 31:41, Couto (Por) 31:49, D. LEWIS 32:02 . . . 13, J. GOATER 32:36, 16.1. Le Mans (Fra). 11.3km CC: C. WOODHOUSE 33:38, M. CHORLTON 33:42, A. MILOVOROV 33:44, Chauvelier 33:59, J. WILD 34:12, M. PLANT 34:21, N. LEES 34:32.

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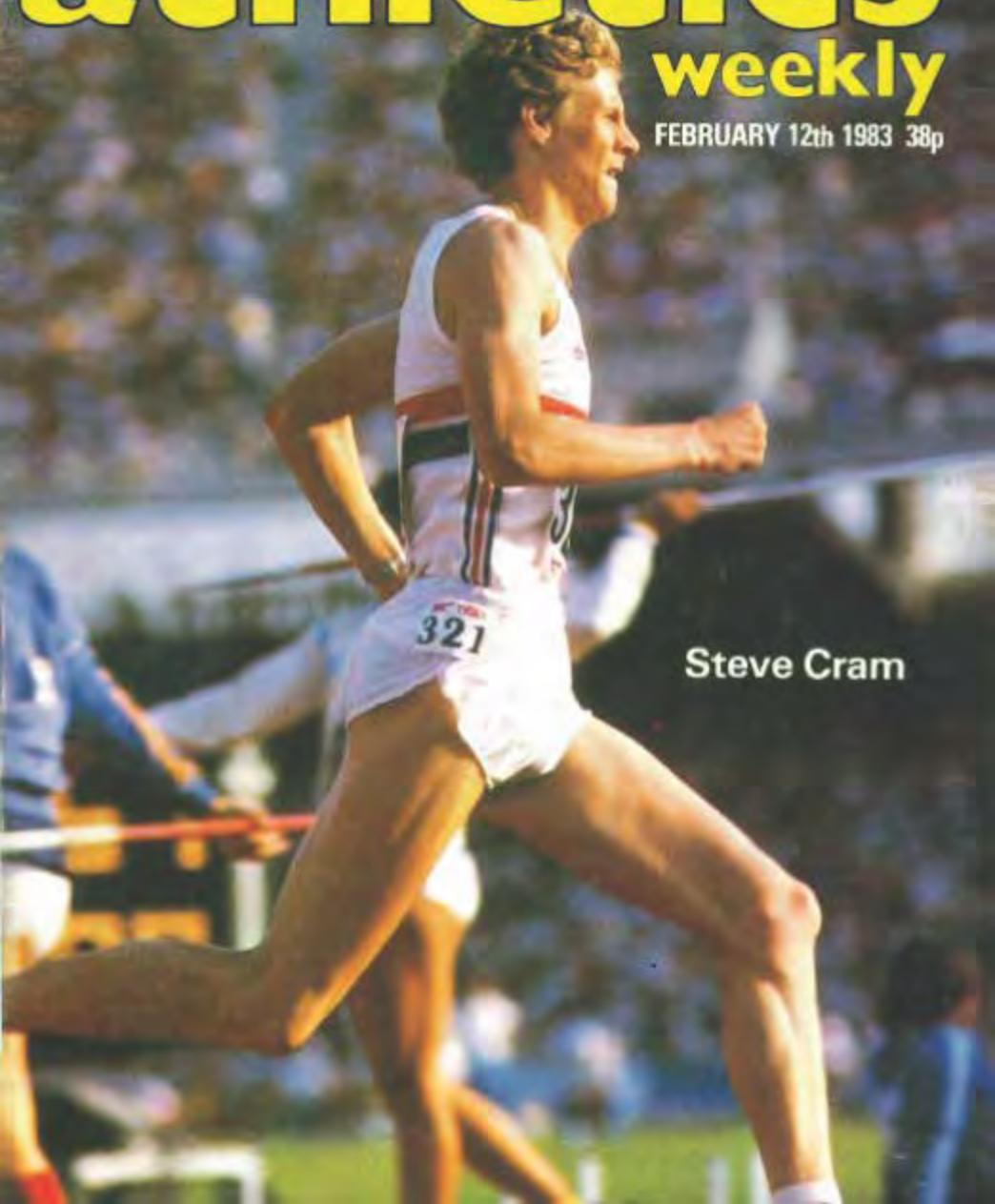
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athletics

weekly

FEBRUARY 12th 1983 38p



Steve Cram

FIVE BRITONS ON TOP OF THE WORLD

BRITAIN'S men athletes enjoyed one of their finest ever years in 1982, and that is reflected in the authoritative World Rankings published by *Track & Field News*. Basing the rankings on honours won, win-loss record and sequence of marks, the main compilers — Roberto Quercetani, Don Potts, Nejat Kok and Garry Hill — chose five British athletes as the best in the world last year.

Seb Coe (800): "Coe rates No. 1 not because he did particularly well, but rather because nobody else could match him. He met 7 of the two-lappers who ended up gaining World Ranking for the '82 campaign, and he beat them all (he was 2-1 v Ferner, 2-0 v Robinson, etc). And he came within 0.03 of the year's fastest time".

Steve Cram (1500): "For the sixth year in a row, a Briton leads the 1500. To remedy the 'Covett' catastrophe, England produced an exciting prospect in 22-year-old Cram. He compiled a near-perfect record, scoring victories in Zurich, Athens and Brisbane. His win over leading American Scott in Zurich was the decisive factor".

Dave Moorcroft (5000): "No one had a flawless record, with world record setter Moorcroft and Euro Champ Wessinghage having the best cases for No. 1. With half of the ultimate

Trackwise

top 10 not running at Athens, the importance of the Euro race was diminished. Moorcroft's 13:00.42 — the performance of the year — was enough, then, to tip the scales in the Briton's favour".

Keith Connor (JJ): "There was no question about Connor's right to the top spot, as he led the list, won the NCAA, Euro and Commonwealth titles and rarely lost. In fact, only twice did he lose outdoors (once to Lorrway, once to Banks), and both setbacks were well avenged".

Daley Thompson (Dec): "For the first time since 1911 — the birthdate of the modern decathlon — the world record was bettered three times in the same year. Naturally, the Rankings are topped by the two record-breakers, with two-time setter Thompson grabbing the top slot".

Only the USA, with seven top rankings, bettered the British tally. No other nation — and that includes the GDR, FRG and USSR — had more than one man at the top. British athletes did stunningly well too in the TFN panel's voting for Athlete of the Year honours. Carl Lewis (327 pts) nosed out Daley Thompson (311) for the award; next came Bob Roggy (181), **Keith Connor (167)**, Alberto Salazar (157), **Yuri Sedykh (145)** and Dave Moorcroft (117), whose 13:00.42 5000 was designated the performance of the year. The top six in the event rankings: —

100: Lewis (US), Smith (US), Lattany (US), Floyd (US), Phillips (US), Emmelmann (GDR). **200:** Butler (US), Smith, Phillips, Prenter (GDR), Miller (US), Lewis ... **7, WELLS; 8, SHARP.** **400:** Cameron (Jam), Paul (Tri), Weber (FRG), Wiley (US), D. Robinson (US), McCoy (US). **800:** COE, Jantorena (Cub), J. Robinson (US), Ferner (FRG), Druppers (Neth), COOK. **1500:** CRAM, Scott (US), Marce (US), Walker (NZ), Wessinghage (FRG), MOORCROFT. **5000:** MOORCROFT, Wessinghage, Schildhauer (GDR), Kunze (GDR), Mamede (Por), Rono (Ken). **10,000:** Mamede, Salazar (US), Schildhauer, Cova (Ita), Lopes (Por), Rono ... **8, GOATER.** **Mar:** Salazar, de Castella (Aus), Gomez (Mex), Nijboer (Neth), Ikangaa (Tan), Ballinger (NZ) ... **9, JONES.** **3000SC:** Marsh (US), Ilg (FRG), Maminski (Pol), Ramon (Spa), Melzer (GDR), Konrad (Aut) ... **9, REITZ.** **110H:** Foster (US), Casanas (Cub), Gault (US), Milburn (US), Turner (US), Stewart (US). **400H:** Schmid (FRG), Phillips (US), Lee (US), Yatsievich (USSR), Ackermann (GDR), Patrick (US).

1H: Ottey (Can), Trzepizur (Pol), Stones (US), Mogenburg (FRG), Nagel (FRG), Peacock (US).

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Carl Lewis, adjudged world athlete of the year by the TFN panel, is after Bob Beamon's world record leap of 8.90m in earnest this year. Last weekend, in Dallas, he set a world indoor 60y record of 6.02.

Mark Shearman

PV: Olson (US), Volz (US), Spasov (USSR), Krupskiy (USSR), Bellot (Fra), Ripley (US). **LJ:** Lewis, Myricks (US), Grimes (US), Dombrowski (GDR), Corgos (Spa), Honey (Aus). **TJ:** CONNOR, Lorrway (Aus), Bakosi (Hun), Valyukevich (USSR), Banks (US), Beskrovny (USSR). **SP:** Beyer (GDR), Laut (US), Bojars (USSR), Crouser (US), Akins (US), Machura (Cze). **DT:** Delis (Cub), Bugar (Cze), Wilkins (US), Burns (US), Lemme (GDR), Powell (US). **HT:** Sedykh (USSR), Nikulin (USSR), Litvinov (USSR), Tarasyuk (USSR), Gerstenberg (GDR), Ploghaus (FRG). **J1:** Roggy (US), Michel (GDR), Hohn (GDR), Kula (USSR), Puuste (USSR), Harkonen (Fin). **Dec:** THOMPSON, Hingsen (FRG), Stark (GDR), Grummt (GDR), Degtyarov (USSR), Werthner (Aut). **20kmW:** Marin (Spa), Pribilinec (Cze), Damilano (Ita), Blazek (Cze), Yevsyukov (USSR), Lelievre (Fra). **50kmW:** Gonzales (Mex), Salonen (Fin), Marin, Gomez (Mex), Gustafsson (Swe), Canto (Mex).

Another indication of just how good a year it was for our male athletes has been provided by the French sports daily *L'Equipe*. By awarding 20 points for the top European performer of the

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athletics

weekly

MARCH 5th 1983

38p



Who Will Win The National?

UK v USSR Indoor Match

Mel Watman reporting

JOAN BAPTISTE THREE TIMES A WINNER

Mark Holtom beats world record holder . . . great display by Martin Girvan

BRITAIN'S indoor teams fared rather better against the USSR in the match at Cosford on February 23rd, sponsored by Carron Steelyne, than they had against the West Germans four days earlier. The losing margins were 61-82 for the men and 41-69 for the women, but there were numerous fine performances by the home athletes — including victories by Ainsley Bennett, Peter Elliott, Billy Dee, Mark Holtom and Joan Baptiste (the winner of three races), and a magnificent display of hammer throwing (outdoors at Wolverhampton Stadium) by Martin Girvan to finish a mere 40cm behind the Soviet grand masters, Igor Nikulin and Yuri Sedykh.

60: So close was the finish that although he was placed third Selwyn Clarke was only 3/100ths of a second behind winner Aleksandr Yevgeniev, a 10.43 100 m last summer. Olympic fourth placer Aleksandr Aksinin edged Clarke by the minutest of margins for second position. 1, A. Yevgeniev 6.77; 2, A. Aksinin 6.80; 3, SELWYN CLARKE 6.80; 4, ERROL ROOPE 6.95.

200: Yevgeniev, who looks set to improve considerably on his outdoor best of 21.06, completed the sprint double and broke Erwin Skamrah's UK all-comers best of 21.48 in the process. He had a 4m margin over Earl Tulloch and Linford Christie, with Nikolay Sidorov — the fastest on paper — last. 1, Yevgeniev 21.39 (UK a-c best); 2, EARL TULLOCH 21.78; 3, LINFORD CHRISTIE 21.81; 4, N. Sidorov 21.97.

400: Ainsley Bennett changed his tactics after being caught napping in the French match. "I decided to run from the back this time and let the others do the work", he explained. Trailing Vladimir Prosin (45.97 outdoors) and Sergey

Sokolov (20.54 200 last year) through a 22.33 first lap he was a stride behind Prosin going into the last turn and breezed past 20m from the finish. 1, AINSLEY BENNETT 47.92; 2, V. Prosin 48.09; 3, S. Sokolov 48.63; 4, CARL HAMILTON 48.92.

800: Peter Elliott's magnificent sequence of races this year continued with a front-running victory over a redoubtable opponent in Aleksandr Kostetsky, who clocked 1:45.66 last year. Elliott covered the laps in 26.6, 27.0, 27.4 and 27.5. The Soviet second string, Anatoly Krakhmalyuk, is a 13:28.71 5000 performer who trotted around knowing he was due to run in the 3000 barely an hour later. 1, PETER ELLIOTT 1:48.52; 2, A. Kostetsky 1:48.98; 3, BRIAN JONES 1:52.86; 4, A. Krakhmalyuk 1:59.34.

1 Mile: The 1500 was switched to a mile to give Jack Buckner the chance to become the first Briton to break 4 minutes at Cosford, but in the event Buckner (who had been down with flu the week before) was far from top form and the runaway winner was Soviet 5000 record holder (at 13:11.99) Valeriy Abramov. Surprisingly, for an international match event, a blatant pacemaker was included as a guest runner: Gary Staines. Not that anyone attempted to go with him as Staines sped through 400 in 56.4; at that point he was 10m up on Abramov and 20m clear of Buckner. At 800, shortly before dropping out, Staines was timed in 1:55.9 with Abramov a couple of strides back, and by the time Abramov found himself in the lead he was 15m ahead of Buckner. Abramov is no slouch at 1500 (3:36.80 in 1981) and he raced past 1200 in 2:58.1 to finish in 3:58.63, an all-comers best. Buckner lost second place in the final 100. 1, V. Abramov 3:58.63 (UK a-c best); 2, P. Yakovlevyev 4:05.22; 3, JACK BUCKNER 4:07.84; 4, STUART PATON 4:11.54.

3000: Britain's only one-two of the match was provided by Billy Dee (making his international debut) and Ian Archibald. Romas Sausaitis, who has a 13:33.9 5000 to his name, led until the final 400 and it was anyone's race at the bell. Dee was the man with the best speed, and a 27.74 last 200 carried the 21-year-old to a personal best indoors or out — a far cry from his previous appearance at Cosford when he placed only ninth in the AAA 3000. 1, BILLY DEE 8:02.46; 2, IAN ARCHIBALD 8:02.92; 3, R. Sausaitis 8:03.41; 4, Krakhmalyuk 8:17.97.

60 Hurdles: Despite a sore leg sustained in Dortmund after setting a UK best of 7.69, Mark

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Holtom gained another brilliant success — this time at the expense of none other than Andre Prokofiev, co-holder of the world best at 7.54. Holtom pulled clear after the third hurdle to win by a convincing margin. "I've never beaten Prokofiev before, so it's a great morale booster". As no photo of the finish was available, manual timing was used. That gave Holtom 7.8, but the Seiko display clocks stopped at 7.73. Thus Nigel Walker, a splendid third in 8.0, might well have run faster than his pb of 7.96. The Soviet second string was world record pole vaulter Vladimir Polyakov, who is no mean decathlete. 1, MARK HOLTOM 7.8; 2, A. Prokofiev 7.9; 3, NIGEL WALKER 8.0; 4, V. Polyakov 8.5.

High Jump: Hopes of a serious British challenge disappeared with the withdrawal of Geoff Parsons and Valeriy Sereda was untroubled. He attempted, unsuccessfully, to equal the all-comers best of 2.28m. 1, V. Sereda 2.24; 2, ALEX KRUGER 2.05; 3, DAVE WATSON 2.05; 4, Prokofiev 2.00.

Pole Vault: Regaining more of his old confidence and ability at every outing, Keith Stock equalled his personal best indoors of 5.30m and had a good shot at 5.40 — a height cleared by outdoor world record holder Polyakov (guesting) at the first attempt and Soviet second string in the match, Nikolay Selivanov, at the third. European indoor record holder Aleksandr Obizhayev (5.74) went over 5.50 at the second try. Selivanov alone attempted 5.60 and when he was eliminated the

two stars put the bar up to 5.75, but neither man came really close. 1, A. Obizhayev 5.50; 2, N. Selivanov 5.40; 3, KEITH STOCK 5.30; 4, JEFF GUTTERIDGE 5.00. Guests: V. Polyakov 5.40, G. Eggleton & W. Davey 5.00.

Long Jump: The unhelpful runway reduced the Soviet pair, both of whom have jumped in excess of 8.15m outdoors, to modest distances. 1, Y. Samarin 7.66; 2, V. Belskiy 7.42; 3, EDDIE STARRS 7.29; 4, FEMI ABEJIDE 7.22.

Triple Jump: Gennadiy Valyukevich (17.42m last summer) jumped 16.97 for third place in the Soviet indoor championships the previous week — behind Jaak Uudmae (17.10) and Aleksandr Yakovlyev (17.04) — but here his only two valid jumps of 16.47 and 16.21 easily sufficed. 1, G. Valyukevich 16.47; 2, A. Beskrovnyi 16.12; 3, DAVE JOHNSON 15.35; 4, GARY GALLAGHER 15.12.

Shot: Janis Bojars, the European silver medallist (he reached 21.31m last year) was in a class of his own as four of his puts smashed down beyond the 20m line. Simon Rodhouse, in what so tragically was to prove his farewell appearance, opened with 17.64 while Billy Cole improved steadily to finish up with 17.41 after three other 17m-plus efforts. 1, J. Bojars 20.25; 2, SIMON RODHOUSE 17.64; 3, BILLY COLE 17.41; 4, N. Tabor (gst) 16.84; 5, I. Nikulin 13.75.

Hammer: Wolverhampton Stadium was the scene of this novel occurrence: an outdoor event

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BRITAIN v USSR AT COSFORD

Photos by John Marshall

Mark Holtom and Andre Prokofiev fight out the 60m hurdles, with Holtom the winner in 7.8. Prokofiev is an Olympic gold medallist in the 4x100 relay, having finished fourth in the 110 hurdles final.



Tamara Bykova, who has jumped 1.98m this winter, set a UK indoor all-comers best of 1.96 prior to attempting unsuccessfully the world record height of 2.01m. She was ninth in Moscow, second in Athens.

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forming part of an indoor match (problem for the statisticians: should Martin Girvan and Chris Black be credited with an outdoor international appearance despite receiving indoor international vests for the occasion?). Girvan was in superb form, his first throw of 73.34m — just 84cm away from his personal best — falling a mere 40cm short of the distance achieved by Igor Nikulin (2nd on the world all-time list with his 83.54 of last year) and Olympic champion Yuri Sedykh. That's a performance that must augur well for Girvan's prospects this summer although he would be as astonished as anyone if he can stay that close to the great Soviet pair later in the year. 1, I. Nikulin 73.74 (73.74, 73.32, 71.90, —, 73.20, 69.72); 2, Y. Sedykh 73.74 (73.74, —, 72.30, —, 71.70, 71.74); 3, MARTIN GIRVAN 73.34 (73.34, 72.60, —, 70.00, 71.82, —); 4, CHRIS BLACK 67.74; 5, M. Jones (gst) 62.68; 6, D. Smith (gst) 61.56.

Match result: USSR 82, UK 61.

Invitation 50m: 1, S. Clarke 5.8; 2, E. Roofs 5.9; 3, E. Tulloch 6.0; 4, L. Christie 6.0; 5, N. Walker 6.0.

Women's Match

60: Joan Baptiste, drafted in at short notice to contest her first 60's of the season, was a revelation. Showing excellent finishing powers she drew clear of Raisa Makhova for a 7.42 victory in the first race, and was even more impressive in the second race in which she was

given a hand timed 7.4 (7.39 on the display clocks). (A) 1, JOAN BAPTISTE 7.42; 2, R. Makhova 7.46; 3, PIPPA BAKER 7.51; 4, Y. Malakhova 7.63. (B) 1, BAPTISTE 7.4; 2, Makhova 7.5; 3, BAKER 7.5; 4, Malakhova 7.6.

200: In between her two 60's Joan Baptiste scored a magnificent win at her favourite distance. Makhova, who won the Soviet indoor title in 23.70, was leading until an inspired burst over the last ten metres took Joan, a Senior Aircraftswoman conveniently stationed at RAF Cosford, past her rival. The time of 23.80 tied her personal best indoors and suggests she could be under 23 sec and vying for No. 2 spot behind Kathy Cook this summer. 1, BAPTISTE 23.80; 2, Makhova 23.88; 3, CARMEN SMART 24.24; 4, Y. Kelchevskaya 25.01.

400: The Soviet girls were utterly dominant, which isn't surprising considering Yelena Korban ran 50.78 and Larisa Krylova 50.60 last season. 1, Y. Korban 52.63; 2, L. Krylova 53.61; 3, JANINE MACGREGOR 55.03; 4, KAREN BAKER 56.41.

800: Lyubov Gurina was mighty impressive, as befits a 1:58.09 performer. Content to bide her time until the bell (Carol Lightfoot leading in 1:36.55), she sprinted that final 200 in 27.20! Making her first indoor appearance for two years, Lorraine Baker (whose sister Karen ran in the 400) ran well to take second ahead of Olga Monakhova, who has a time of 1:58.22 to her credit. 1, L. Gurina 2:03.75; 2, LORRAINE BAKER 2:07.01; 3, O. Monakhova 2:08.97; 4, CAROL LIGHTFOOT 2:11.35.

1500: Chris McMeekin made a brave attempt to mix it with two opponents far superior to her on paper and led at the bell in 3:43.0. However, whereas Chris needed 33.3 for the final 200 (clocking an indoor pb of 4:16.33) the Soviet sub-4 pair of Yelena Sipatova and Nadezhda Ralldugina were nearly 3 sec quicker. 1, Y. Sipatova 4:13.48; 2, N. Ralldugina 4:13.61; 3, CHRIS McMEEKIN 4:16.33; 4, KATIE FAIRBRASS 4:27.90.

3000: Julie Asgill was another to try and stay with the opposition and though she started dropping back with 800 to go her reward was an absolute pb of 9:14.0. As in the 1500, the visitors gave it everything on the last lap and on this occasion a 30.6 final 200 gave Zamira Zaitseva (the European 1500 silver medalist) victory over Svetlana Guskova, who is the third fastest of all-time at this distance with 8:29.36. 1, Z. Zaitseva 8:57.3; 2, S. Guskova 8:57.4; 3, JULIE ASGILL 9:14.0; 4, SHARON HARVEY 9:37.1.

60 Hurdles: Vera Komisova, the Olympic champion, won both races with Lorna Boothe confirming her excellent form by finishing ahead of Yelena Biserova. (A) 1, V. Komisova 8.12; 2, LORNA BOOTHE 8.26; 3, Y. Biserova 8.31; 4, NATALIE BYER 8.61. (B) 1, Komisova 8.2; 2, BOOTHE 8.3; 3, Biserova 8.3; 4, BYER 8.6.

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ALL THE EFFORT'S WORTHWHILE

Dear Sir,

Some 14 months ago I attended an ACC Theory Course at the Swansea Leisure Centre and have since completed a most rewarding 80 coaching sessions with Swansea Harriers. At the same time I decided to improve upon my "jogging" and attempt to achieve some modest results at varying distances. I have been relatively pleased with a 3:28 marathon at 43 years of age.

At this juncture — both in coaching the young athletes and my personal running — I feel I am on the first rung of a long ladder. Whilst the challenge is immense in both ambitions I am enjoying every minute of my participation in athletics.

I am very conscious of being indebted to hundreds of people for allowing me the opportunity to take part in this great sport: the officials, organisers and fellow athletes at many venues; Swansea Harriers in particular for the encouragement received from many people; my wife and daughter for their patience at all times. My final thanks is directed towards the hard-working young athletes who make all the effort worthwhile.

A. R. Jewell,
Swansea.

SEDYKH SEQUENCE APPRECIATED

Dear Sir,

The Hammer Circle thanks and congratulates

Athletics Weekly on the excellently reproduced action sequence by Howard Payne of Sedykh in the January 1st edition.

Barry Williams,
Hon. Sec., The Hammer Circle.

LINDA FORSYTH EXPLAINS

Dear Sir,

It has come to my notice that certain rumours are circulating within athletic circles that I was under the training instructions of Hugh Elder at the Commonwealth Games.

My training was planned before I went to Brisbane, and my husband/coach had asked Hugh to help whenever I needed assistance. So I would like to put the record straight that Hugh had nothing to do with my injury, and I would like to thank both Hugh and Verona for all the help and encouragement they gave me.

Linda Forsyth,
Wolverhampton

A team of under-16 Australian boys are touring the UK in mid-May, and are looking for competition in the Gateshead, Edinburgh, Glasgow and Cardiff areas. If any club can help, would they please contact Neville Sillitoe, 6/15 Marama St., Merlynston, Victoria 3058, Australia.

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athletics weekly

JULY 2nd 1983

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Peter Elliott

World Record Spree In The USSR

SOVIET ATHLETES accounted for five world records in the space of a month. Galina Savinkova set the ball rolling at Leselidse on May 22nd when she demolished Maria Petkova-Vergova's discus figures of 71.80m. The 29-year-old European bronze medallist, whose own previous best stood at 69.90, began with 68.42 and 65.26 before unleashing a Soviet record throw of 71.50. Next came 68.82 and a foul, prior to a final round 73.26. Savinkova is a strong but athletically built 1.80/5'10 1/4" and 95kg/209lb. Her annual progression: 1971 — 33.00, 1972 — 41.10, 1973 — 55.72, 1974 — 59.78, 1975 — injured, 1976 — 56.60, 1977 — 61.48, 1978 — 62.18, 1979 — 65.78, 1980 — 67.22, 1981 — 69.70, 1982 — 69.90, 1983 — 73.26. Yuriy Dumchev (24), the 1977 European junior champion and fifth placer in the 1980 Olympics became the first USSR male discus thrower to hold the world record. Improving from a best of 69.16m, he threw 69.44 and 71.86 in Moscow on May 29th to remove Wolfgang Schmidt's name from the books. Dumchev, 2.00/6'6 3/4" tall and weighing 128kg/282lb, has shown the following year by year progress: 1976 — 53.56, 1977 — 58.32, 1978 — 59.28, 1979 — 61.64, 1980 — 67.26, 1981 — 66.42, 1982 — 69.16, 1983 — 71.86.

At Krasnodar on May 28th, Lyudmila Baranova (33) clipped Mary Decker's 10,000m record of 31:35.3 with a time of 31:35.01 — nearly half a minute faster than her previous best from last year. Anna Ambrozene, née Kastetskaya (28), a former 800/1500 runner who switched to 400 hurdles six years ago and placed fourth in Athens last year, bettered Karin Rossley's global mark of 54.28 with a time of 54.02 in Moscow on June 11th. Still in Moscow, on June 18th/19th, the GDR's Ramona Neubert (24) added 64 points to her heptathlon figures with a score of 6836. On the first day she clocked 13.42 for the hurdles, (compared to 13.59 in her

old record), put the shot 15.25m (15.10), high jumped 1.82m (1.83) and ran 200 in 23.49 (23.14). Her second day results were 6.79 for the long jump (6.84), a much improved 49.94m with the javelin (42.54) and 2:07.51 for the 800 (2:06.20). Sergey Litvinov (25), the Olympic silver and European bronze medallist, continued his hammer record breaking sequence in Moscow on June 21st. The first man to reach 81, 82 and 83 metres, he now leads the way over 84m. His throw of 84.14 added 16cm to his 1982 mark. The USSR can boast of five men over 80m this season, with another three beyond 79m!

27/28.4. Adler. HT: Shevtsov 78.60; JT: Yevsyukov 86.40; women's HJ: Bykova 1.95. 30.4. Ventspils. JT: Kula 87.56. 2.5. Riga. SP: Bojars 20.64. 2.5. Moscow. DT: Dumchev 64.50; women's DT: Savinkova 63.78. 2.5. Aschabad. JT: Brigadnii 17.20. 2.5. Minsk. HT: Tarasyuk 81.18. Chyuzhas 78.66. 14.5. Volgograd. HT: Shevtsov 80.24. 14.5. Krasnodar. Women's LJ: Proskuryakova 6.77. 14/15.5. Kiev. Dec: Kelovanov 8308, Romanyuk 8171, Popov 8095; women's HJ: Sherbina 1.94; Hept: Shpak 6320, Konstantinova 6205, Yurschenko 6105. 15.5. Tashkent. HJ: Paklin (19) 2.33, Belkov 2.28, Prosonin 2.28, Oganyan 2.28. TJ: Abaysov 17.27. 15.5. Moscow. Mar: Pletyukov 2:15.22; women — Ivanova 2:36.31. 22.5. Leselidse. SP: Gayushin 20.97, Bojars 20.90, Mironov 20.90. HT: Sedykh 80.26, Chyuzhas 79.70, Tarasyuk 79.54, Nikulin 79.22, Tamm 79.18, Yefimov 79.06; JT: Puuste 91.00, Kula 87.48; women's DT: Savinkova 73.26. (world rec), Letovaya 65.42, Urakova 63.74.

24.5. Krasnodar. 400: Kozlov 45.95; women's 400: Lyalina 50.97, Chernova 50.91, Korban 50.94. 25.5. Krasnodar. PV: Bogatyrov 5.60; women's 400H: Baranova 55.69; HJ: Kositsina 1.91. 26.5. Krasnodar. TJ: Pokusayev 17.21, Bereglazov 17.03, Borkulov 16.94, Abramov 16.93, Bakirov 16.82; Dec: Pugach 8137; women's Hept: Vinogradova 6443, Smirnova 6209, Stepanova 6157. 27.5. Krasnodar. Women's LJ: Turulina 6.90, Proskuryakova 6.70; 4x400: Krasnodar 3:27.17. 28.5. Krasnodar. 800: Kalinkin 1:45.6, Vakhitov 1:46.5; 3000SC: Yepishin 8:27.3; women's 800: Gurina 1:56.7, Borissova 1:57.4, Podkopayeva 1:57.5; 10,000: Baranova 31:35.01 (world rec) Krentler 31:35.61, Matveyeva 32:28.28; DT: Savinkova 68.86. 28.5. Minsk. Kasnauskas 21.17, Bojars 20.98; women's LJ: Obizhayeva 6.79. 30.5. Krasnodar. HT: Shevtsov 79.98; JT: Yevsyukov 85.86, Makarov 85.36; women's 1500: Podkopayeva 4:00.3, Sorokina 4:00.7, Nikitina 4:01.4, Vilnius. Women's LJ: Butkiene 7.00, Moscow. TJ: Beskrovnyy 17.25. Adler. HT: Shevtsov 81.12.

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All Events Must Be Treated Fairly

Carl Johnson's Personal Opinion

THE recent trials and tribulations which have beset British hammer throwing (make no mistake about it, it is the event which has been again humiliated and not the individuals) at the UK Championships in Edinburgh and at the GB v USSR match at Birmingham and at the NE Championships in Gateshead, sadden me, even dispirit me, for the problem is not a new one . . . it has been with us almost as long as the event. At Edinburgh and Birmingham it represents but the tip of an iceberg which runs even deeper into the soul of the sport. For all the recent popular explosion of top events, and mass events, the patient is still sick at heart. Money making is rife, commercialism is rampant, and the life blood is in jeopardy. Little of this is to the benefit of international athletics, let alone the "grass roots". The now publicised hammer incident at the N. Eastern Championship was sadly not the only incident at the meeting, when local officialdom showed itself to be out of touch with the aspirations of modern athletes, and with the psychological and sociological implications, even at this level of competition. The reasons for such attitudes are quite understandable but they really don't add up in a modern age. Perhaps it would be to the ultimate benefit of the sport if we all worked more positively to change them.

Admittedly, the way that the two day international programme is currently constructed, some long throw must draw the 'short straw' and be pushed to a part of the

programme when there will be a few spectators. Very rarely it is the javelin and not the hammer which 'gets clobbered' in this way. Track walking is invariably treated in a similar manner and indeed suffered the indignity of being temporarily removed from the Olympic programme. Only a vigorous rearguard action on its own behalf prevented its complete demise. Would the hammer be able to summon such support, if it were to suffer the same fate? Would the javelin? I doubt it. Their attraction is not so 'grass roots'. Once gone they would certainly be lost for ever.

Having successfully survived recent efforts to change their nature by increasing the size of the implements, one thought that at last the uninitiated were beginning to understand throwing events and the hammer in particular. It seemed that officialdom was at last slowing in its attempts to ensure safety by proffering the contestant an ever narrower slit through which to aim his effort, and at last beginning to take into account the 'nature' of the event. In this instance I am talking about world officialdom. The Russians had organised a safe and superbly officiated contest in the 1980 Olympic Games. It had not detracted from other events going on at the time. The throwing cage was sensible. No other competitors were endangered, and the reigning Olympic champion treated us to the most complete show of utter competitiveness, and ascendancy, of those Games — and retained his Olympic title and regained the world record in doing so. But, that was in the Soviet Union, the acknowledged master of that event.

Under Soviet leadership the hammer, this most technical of events, has progressed at a more rapid rate than any other, and it is still developing. Nations in which the event is valued



The Soviet Union demonstrated their continued mastery of the hammer with a clean-sweep of medals at last summer's European Championships in Athens. Yurly Sedykh watches as Igor Nikulin (left) and Sergey Litvinov exchange congratulations.

have actively sought the secrets of the USSR's success by bringing Soviet coaches and athletes to seminars, coach-ins and training camps. Imagine the enthusiasm when at long last we got the Russians here in March in conjunction with an indoor match. British Coaching used this rare opportunity of talking with Bondarchuk, Sedykh and Nikulin to superb effect. Nearly one hundred coaches and athletes crowded into the club-room at Wolverhampton's Aldersley Stadium. They talked, listened, watched and then watched again through video-replay. At last something was being done to get British hammer throwing going again. I have never witnessed such enthusiasm. It was a superb example of how positively its devotees would react if given just a little encouragement.

The standards set for British selection for the World Championships are high — 73.50m. They are high just as they are in every other event. Within the event we already have a Commonwealth champion and a UK champion who have surpassed those marks. We haven't in men's discus and we haven't in men's shot. Moreover, riding on the 'high' of the Russians' visit we have a rejuvenated Chris Black, and a revitalised Paul Dickenson back throwing long distances again and who will very possibly exceed the World Championship standard. A fifth thrower has thrown well over 73m in the USA and a young athlete, just one year out of Junior ranks, has recently broken through the 70m barrier after twice going close. Gateshead Stadium management were responsible for one of those occasions. In their own Open Meeting they highlighted the event, made it the centrepiece of the programme and were rewarded by a superb competition and superb publicity. Back at international level it is possible that Britain could be in the fortunate position of having to select from six qualifiers in this event for the World Championships when the time comes round, the first time ever that they have been in this position for a major Games.

The only valid rationale for any championship meeting and for international competition is that they provide an adequate vehicle for our top sportsmen and sportswomen to test themselves under the stresses particular to competition at that level . . . stresses of performance expectancy against opponents of equal standing and in the full glare of the public at large. Under such stress the able will succeed, and by doing so prepare themselves for the greater challenge to come. This is an essential part of top class preparation.

Such is not achieved in a car park at the back of the stadium or early in the morning at an empty stadium, yet by treating such occurrences as commonplace, or unimportant, we are denying the sport as a whole, and not just the individuals concerned. Would we do this to Seb Coe? Would we do this to Allan Wells? Would we do this to Kathy Cook? Of course we wouldn't. Then why



David Smith — the young athlete who has recently broken through the 70m barrier.

John Marshall

do it to hammer throwers, to javelin throwers, to walkers, to triple jumpers or to any other event for that matter.

De Coubertin said: "For one hundred people to take part in physical activity there have to be fifty going in for sport, and for fifty to go in for sport there have to be twenty specialising in sport; but in order to have twenty specialising in sport there have to be five who are able to achieve the highest level of performance". In expounding the principle of the pyramid of success, he was also elucidating the principle of the shop window — both of which are well founded principles. What is the use of a shop window if you keep the shutters closed all of the time?

For far too long there appears to have been a lack of objective and constructive thought on these and related problems on the part of all relevant bodies. We have witnessed addled thought, proffered much too late as each new problem has arisen. There is little evidence of thinking ahead.

We are on the brink of the 100m javelin throw. Stadia will become hard pressed to accommodate it. What will happen when hammers are travelling 90m or discus 75-80m? Will the events be banned, or will we once more return to the call for heavier implements? What is pretty certain is that the occurrences are likely to be upon us

before the problems are considered, let alone solved.

What seems to be needed is a fresh and original look at programme structure, or stadium design, or both. Does an 83.39m straight and a bend of 36.5m radius produce the best facility for all our needs? May not other specifications produce a better solution? Is a 400m track the best size? Might not something like a 500m one suit the purposes of the long term future better? Would it be feasible to locate some facilities, additional to horizontal jumps and pole vault, outside the confines of the track, yet inside the stadium?

Can we cut event assembly time, without detracting from the competition, thereby opening up new space in the programme for events now squeezed out? Could not a track walking event be accommodated in the outside three lanes whilst distance running events are going on in the inside lanes? What is the best relationship of javelin to high jump and pole vault given current stadia and 100m plus javelin throws? All of these are problems to which the sport should be addressing itself now. They represent some of the important problems which are going to have to be solved in the very near future. Are these problems being wrestled with now? Are experts being called? Are people with real knowledge being consulted? In an age of computers many seem capable of solution by computer.

Many of the ancillary problems germane to Gateshead would seem to arise out of the current

mechanisms by which we prepare officials and their lack of understanding of the motivations and aspirations of the modern competitor even at lowest level. We live in a sophisticated world, but many local officials seem unable to accommodate sophisticated performers. We now have a well structured Coach Education programme designed to prepare coaches to handle this very phenomenon. Are our prospective officials instructed in the psychology of competition or in the vagaries of the competitive animal? Are they taught how best to tame him? If you wish to tame or control an animal first understand him is a well tried maxim. Have we a National Officials Education Policy at all? If we haven't, ought we not to have? Has anyone begun to think about those topics of study, other than the rules, which may help to make the official a better official, and thereby give our athletes a better chance?

Whatever happens in the future, and wherever we go, it is most important that those responsible for decision making shake off the shackles which so far have bound them, and approach the problem from a completely fresh beginning. In doing so, they should surely show leadership, for the general wellbeing of the 'whole-sport', rather than one small section.

British officialdom could well set us off on a welcome fresh step forward by re-appraising its match programme for major fixtures, and by treating all events, and all athletes, with fairness and equality.

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Carl Lewis

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USSR: Great marks in Spartakiad

The Spartakiad staged in Moscow between June 18th and 22nd threw up one stunning performance after another, topped by world records from Sergey Litvinov (84.14m hammer) and East Germany's Ramona Neubert (6836 heptathlon), and Soviet records by Valeriy Sereda (2.35m high jump) and Vasily Grishchenkov (17.55m triple jump) — the latter just 1cm short of the best ever at sea level (17.56 by Willie Banks). The Soviet depth in some events was remarkable: five vaulters cleared 5.60m with another two at 5.55 ... nine triple jumpers reached 16.90m or better ... five hammer throwers over 78m ... six decathletes over 8200 ... eight 400m runners inside 46 sec ... five women long jumpers beyond 6.70m.

Spartakiad Results

Moscow, June 18th-22nd

100: (b) Egbunike (Nig) 10.26, Shlapnikov 10.32; 200: (c) Muravov 20.79; 400: (c) Markin 45.44, A. Troshchilo 45.66, Lavachev 45.71, Kutsheva 45.74, Lomiyev 45.84, Chernetsky 45.84; 800: (c) Kalenkin 1:45.72, Vakhitov 1:46.34, Lotorev 1:46.3, P. Troshchilo 1:46.49; 1500: (c) Kirov 3:41.04, 5000: (c) Dmitriyev 13:26.32, Abramov 13:26.68; 10,000: (a) Girma (Eth) 28:16.60; 3000SC: (d) Yepishin 8:29.86; 110H: (d) Prokofyev 13.71, Pohland (GDR) 13.79; 400H: (c) Kharlov 48.78, Melnikov 49.35, Shkarupin 49.47, Zemskov 49.76, Yatshevich 49.99, Arkhipenko 50.16; HJ: (b) Sereda 2.35 (rec), Demyanuk 2.30, Paklin 2.28; PV: (c) Polyakov 5.60, Parov 5.60, Shulgin 5.60, Bogatyrov 5.60, Kulibaba 5.60, Krupskiy & Obizhayev 5.55; LJ: (c) Stepanyan 8.06, Emmyan 8.01, Tselov 8.01; TJ: (b) Grishchenkov 17.55 (rec), Beskrovny 17.53, Yemets 17.27, Valyukevich 17.23, Chernikov 17.10, Isayev 16.99, Musienko 16.97, Borkukov 16.92, Lisichinok 16.90; SP: (a) Bojars 20.62, Smirnov 20.56, Mironov 20.49, Gavrushin 20.42, Kasnauskas 20.26; DT: (c) Kolomoitenko 65.47, Dumchev 64.80; HT: (d) Litvinov 84.14 (world rec), Nikulin 81.16, Chyuzhas 78.92, Sedych 78.68, Tarasynk 78.36, Tamm 76.20, Yefimov 76.04; JT: (d) Kula 84.98, Zirnits 83.40 ... 5, Puuste 82.46; Dec: (a/b) Degtyarov 8538 (11.13, 7.75, 15.97, 2.09, 49.40, 14.51, 49.66, 5.00, 58.56, 4:25.53), Akhapiin 8418 (11.11, 7.78, 14.55, 2.00, 48.59, 14.24, 47.20, 4.90, 55.90, 4:16.97), Nevskiy 8412 (10.98, 7.58, 14.66, 2.03, 48.69, 14.81, 46.26, 4.60, 66.52, 4:17.03), Freimuth (GDR) 8362, Gruzenkin 8320, Apaitchev 8260, Pugach 8210, Poptsov 8104, Voss (GDR) 8045; 20kmW: Vinnichenko 1:22.33; 50kmW: Yung 3:57.15; Relays: Russian FR 39.17/3:03.78.

(Women) 100: (b) Georgieva (Bul) & Antonova 11.29; 200: (c) Oikovnikova 23.12; 400: (d) Pinigina 50.06, Baskakova 50.19, Vladoyina 50.48, Ivanova 50.63; 800: (c) Podyalovskaya 1:58.66, Gurina 1:59.13, Kitova 1:59.19, Agletdinova 1:59.46; 1500: (c) Zaitseva 4:02.61, Agletdinova 4:03.35, Podkopayeva 4:04.28, Kuba 4:04.33, Kazankina 4:05.45, Dvirna 4:05.73; 3000: (c) Artemova 8:55.57; 100H: (d) Donkova (Bul) 12.66, Riefstahl (GDR) 12.72, Biserova 12.97, Korshunova 12.99, Gusarova 13.04; 400H: (d) Ambrozene 54.78, Fesenko 55.01, Navitskaite 55.64, Filipishina 55.77; HJ: (d) Bykova 1.97, Butuzova 1.91, Bondarenko & Serkova 1.91; LJ: (c) Zorina 7.04, Alechina 6.84, Proskuryakova 6.82, Chen 6.77, Kokonova 6.71, Murkova (Cze) 6.68; SP: (d) Lisovskaya 20.57, Schulze (GDR) 20.10, N. Abashidze 19.91; DT: (c) Murashova 67.82, Savitskova 65.06; JT: (c) Blodniece 64.62; Hept: (a/b) Neubert (GDR) 6836 (world rec); 13.42, 1.82, 15.25m, 23.49, 6.79, 49.94, 2:07.51; Shubenkova 6499 (13.25, 1.79, 13.64m, 24.18m, 6.52, 41.72, 2:07.55), Smirnova 6493 (13.41, 1.82, 14.82m, 24.84, 6.56, 45.66, 2:13.38), Kolyadina 6485, Vater (GDR) 6412, Dimitrova (Bul) 6368, Nemogayeva 6298, Shpak 6296; 4x100: Russian FR 43.35; 4x400: Ukraine 3:25.34.

SWITZERLAND: Aouita 1:44.38

Moroccan sensation Said Aouita followed up his 3:32.54 1500 in Florence with an equally

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- (2) Senior ladies 1,500m
- (3) Senior men 1,500m
- (4) Junior girls 1,500m
- (5) Senior men 800m
- (6) Senior ladies 800m

"FINALS"

- (1) 800m youths, juniors, seniors
- (2) 400m senior ladies and junior men
- (3) 1,500m boys, youths, juniors, seniors
- (4) 1,500m jun. girls and senior ladies
- (5) 800m 8,300m, 10,200m (jun) and sen. ladies
- (6) 100m, girls and, final, 100m, int. girls

• (1) FINCHLEY 20 MILES ROAD RACE 8-9-83 - £15

All listed £12 each except 100, 200 and 400m at £10 each. 2 races: ladies final and final for 12 girls. • Complete libraries of all heats and finals for only £25 • OR 15 hire for a week. Send complete card and refund given on return of cassette, unless you decide to keep it. Cheques to Ray O'Donoghue Sports.

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• GREY CUP CROYDON (29/5/83): Ladies 3,000m, Ladies and Men 4x400 relays, Ladies 1000, 4x110 relays, 3,000 youthchase, 1,500 Ladies and men, hurdles. £12 per race or £20 complete tape. BANSTEAD TROPHY (26/5/83): Northern, 3,000, 800 boys, 1,500 mixed Vets races, Relays 100 and 200, £12 per race or £20 complete tape. KINGSWOOD MARATHON. Finished 22/5/83. £15.

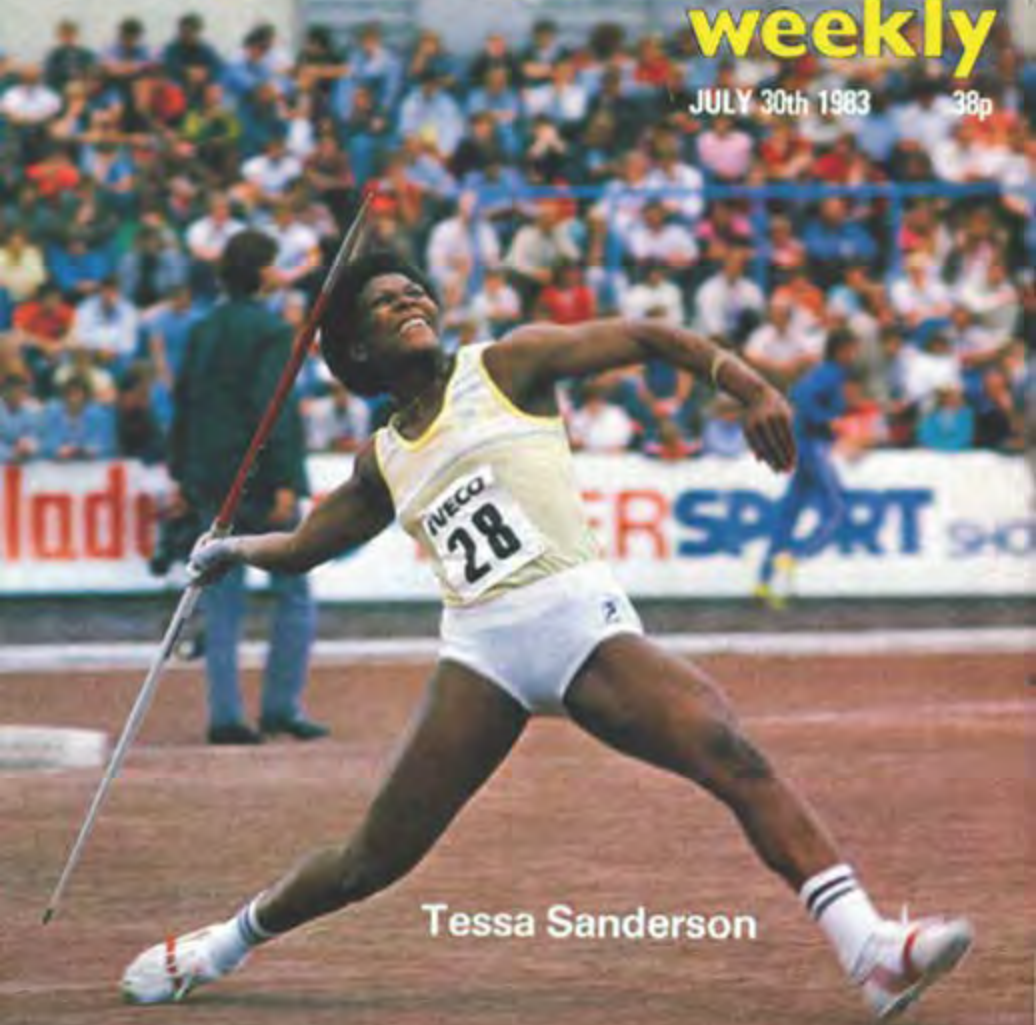


INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

JULY 30th 1983

38p



Tessa Sanderson

AAA Championships Results Issue

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HELSINKI FORECAST CONTEST

It's crystal ball gazing time again! Enter our free competition and you could win yourself a magnificent ACCUSPLIT TIMER. Just jot down your choice to finish first in the 41 events that make up the World Championships (see Form Guide), together with your prediction of the winning time in the 10,000m (e.g. 27:27.27), to be taken into consideration in the event of a tie. Add your name and address and post to: Forecast Contest, Athletics Weekly, 344 High Street, Rochester, Kent, ME1 1DT, to arrive not later than Saturday, August 6th. One entry per person only.

HELSINKI FORM GUIDE

BEST outdoor marks in 1983 by athletes likely to be competing in the World Championships: (A = mark made at altitude of more than 1000m).

100: 9.93 (A) Smith (US)(10.11), 9.97 Lewis (US), 10.15 King (US), 10.16 Haas (FRG), 10.16 Nunez (Dom R), 10.17 (A) Williams (Can), 10.18 Emmelmann (GDR), 10.19 (A) Johnson (Can).

200: 19.75 Lewis (US), 20.03 Myricks (US), 20.13 Smith (US), 20.29 Mennea (Ita), 20.29 (A) Williams (Can), 20.42 Egbunike (Nig), 20.45 Penalver (Cub), 20.46 Haas (FRG), 20.46 Muravyov (USSR).

400: 44.62 Cameron (Jam), 44.87 Nix (US), 44.96 Uti (Nig), 44.96 (A) Franks (US) (45.24), 45.05 Clark (Aus), 45.12 Weber (FRG), 45.17 Tabron (US), 45.28 Gerson de Andrade Souza (Bra), 45.2 Schonlebe (GDR).

800: 1:43.80 COE (UK), 1:44.04 Cruz (Bra), 1:44.32 Robinson (US), 1:44.38 Aouita (Mor)(may run 1500 only), 1:44.3 Barbosa (Bra), 1:44.40 Koskei (Ken), 1:44.70 Patrick (US), 1:44.75 Druppers (Neth), 1:44.78 Mack (US).

1500: 3:32.54 Aouita (Mor), 3:33.81 OVETT (UK), 3:33.93 Gonzalez (Spa), 3:34.01 WILLIAMSON (UK), 3:34.70 Walker (NZ), 3:35.22 Deleze (Swi), 3:35.28 Zdravkovic (Yug), 3:35.2 Scott (US), 3:35.67 Abascal (Spa), 3:35.68 CRAM (UK). Mile times: 3:49.49 Scott, 3:50.76 Gonzalez, 3:50.98 Marajo (Fra), 3:51.48 Marce (US), 3:51.59 Walker.

5000: 13:17.69 Padilla (US), 13:18.86 Wessinghage (FRG), 13:19.24 Spivey (US), 13:19.73 Hill (US), 13:20.94 MARTIN (UK), 13:21.1 Dmitriyev (USSR), 13:21.2 Krakmalyuk (USSR), 13:21.39 Mamede (Por), 13:22.12 Kadir (Eth), 13:22.54 CLARKE (UK), 13:22.70 GOATER (UK) 13:23.53 Coghlan (Irl).

10,000: 27:23.44 Lopes (Por) (may run marathon only), 27:24.95 Schildhauer (GDR), 27:25.13 Mamede (Por), 27:30.69 Kunze (GDR), 27:31.19 ROSE (UK), 27:37.59 Cova (Ita), 27:39.14 JONES (UK), 27:43.46 Prieto (Spa), 27:54.88 Ryffel (Swi), 27:55.66 BINNS (UK).

Mar: 2:08:37 de Castella (Aus), 2:08:38 Seko (Jap), 2:08:39 Lopes (Por), 2:08:55 T. Soh (Jap), 2:09:12 R. Gomez (Mex), 2:09:32 Tabb (US), 2:09:43 GRATTON (UK), 2:09:57 Parmentier (Bel).

DARTFORD HARRIERS

24th Annual: 6x3M Road Relay

5th Annual: 4x3M Road Relay

Veteran Ladies: 3 Mile Road Race

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

SAT., 10th SEPTEMBER at 3 p.m.

Entry Fees: Men £1.50 per team, Ladies £1.50 per team. Vet. Ladies 50p each. To: R. H. Drew, 23 Claremont Crescent, Claydon, Kent, DA14 8J (By 5th September)

3000SC: 8:17.39 Marsh (US), 8:18.08 Maminski (Pol), 8:18.22 Tuwei (Ken), 8:19.40 Ekblom (Fin), 8:19.56 FELL (UK), 8:19.93 Ilg (FRG), 8:20.10 Wesolowski (Pol), 8:20.13 Schwarz (FRG).

110H: 13.11 Foster (US), 13.17 Turner (US), 13.45 Bryggare (Fin), 13.46 Prokofyev (USSR), 13.47 (A) Gault (US) (13.49), 13.48 Munkelt (GDR), 13.50 Osenkenat (GDR), 13.57 McKay (Can).

400H: 47.84 Moses (US), 48.57 Schmid (FRG), 48.78 Kharlov (USSR), 48.85 Phillips (US), 48.87 Lee (US), 48.88 Nylander (Swe), 49.20 Arkhipenko (USSR), 49.23 Beck (GDR).

1HJ: 2.37 Zhu Jian Hua (Chi), 2.35 Sereda (USSR), 2.34 Frommeyer (FRG), 2.34 Thranhardt (FRG), 2.34 Annys (Bel), 2.33 Paklin (USSR), 2.33 Sjöberg (Swe), 2.32 Centelles (Cub).

PV: 5.80 Quimon (Fra), 5.77 Vigneron (Fra), 5.76 Buckingham (US), 5.71 Bohli (Swi), 5.71 Chernayev (USSR), 5.70 Olson (US), 5.70 Kozakiewicz (Pol), 5.65 five men.

LJ: 8.79 Lewis (US), 8.39 Grimes (US), 8.28 Conley (US), 8.28 Beskovniy (USSR), 8.21 Alii (Nig), 8.16 Szalma (Hun), 8.10 Semykin (USSR), 8.09 Hoffman (Pol), 8.09 Piochi (Ita).

TJ: 17.55 Grishchenkov (USSR), 17.53 Beskovniy (USSR), 17.35 Lorrway (Aus), 17.33 Bouschen (FRG), 17.27 Yemets (USSR), 17.26 CONNOR (UK) (17.48w), 17.26 Banks (US), 17.26 Agbebaku (Nig).

SP: 22.22 Beyer (GDR), 21.94 Laut (US), 21.61 Akins (US), 21.43 Lehmann (US), 21.40 Sarul (Pol), 21.36 Timmermann (GDR), 21.18 Machura (Cze), 21.17 Kasnauskas (USSR).

DT: 71.86 Dumchev (USSR), 71.06 Delis (Cub), 70.72 Bugar (Cze), 70.36 Wilkins (US), 70.00 Martinez (Cub), 69.88 Burns (US) (replaces Plocknett — injured), 68.30 Powell (US), 68.12 Nagy (Rom).

HT: 84.14 Litvinov (USSR), 82.92 Nikulin (USSR), 80.42 Sedykh (USSR), 80.04 Ploghaus (FRG), 79.02 Haber (GDR), 78.76 Kwasny (Pol), 78.68 Riehm (FRG), 78.68 Huhtala (Fin).

JT: 99.72 Petranoff (US), 96.72 Michel (GDR), 94.20 Puuste (USSR), 91.88 Kula (USSR), 91.44 Tafelmeyer (FRG), 90.90 Sinersaari (Fin), 90.58 O'Rourke (NZ), 90.30 Olsen (Nor).

Dec: 8777 Hingven (FRG), 8714 Wentz (FRG), 8558 Degtyarov (USSR), 8509 THOMPSON (UK), 8456 Kratschmer (FRG), 8418 Akhapiin (USSR), 8412 Nevskiy (USSR), 8362 Freimuth (GDR).

20kmW: 1:20:55 Weigel (GDR), 1:21:18 Matveyev (USSR), 1:21:33 Gauder (GDR), 1:21:50 M. Damilano (Ita), 1:21:52 Kowalsky (GDR), 1:22:03 Pezzatini (Ita).

50kmW: 3:40:46 Marin (Spa), 3:41:31 Weigel (GDR), 3:43:23 Gauder (GDR), 3:45:49 Perlov (USSR), 3:46:12 Meisch (GDR), 3:47:48 Llopert (Spa).

Continued on page 54

Jersey Spartan Athletic Club

ROAD RACES 1983/84



TRAVELCARE
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5 mile New Balance Series
10 mile New Balance Series
JERSEY COCA-COLA HALF MARATHON
15 mile New Balance Series
20 mile New Balance Series
JERSEY COCA-COLA MARATHON

18th September (from 11th Sept)
16th October.
27th November (from 2nd Oct)
12th February 1984
25th March 1984.
SUNDAY, 6th MAY, 1984.

- ★ ★ Special travel and/or accommodation rates are available for all these races on application to Guy Plante, Travelcare (Europe) Ltd., 1 Peter Street, St. Helier, Jersey, C. Isles, phone 0534 77949.
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Daphne Wagstaffe, Ballinturley, Mont à la Brune, St. Brelade, Jersey, C. Isles.
(phone 0534 42418).
- ★ ★ The closing date for the New Balance Series is **two** weeks before the event and for the Coca-Cola series **three** weeks before the event.
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INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

AUGUST 6th 1983



**HELSINKI
PREVIEW
ISSUE**

SEB COE OUT

Sad news, as we go to press, that Seb Coe has withdrawn from Helsinki with lymph gland infection.

World Championships Preview

By Mel Watman

Helsinki An Apt Setting For The Greatest Ever Week For Athletics

THE IAAF's inaugural World Championships, which open in Helsinki on Sunday, cannot fail to be the greatest event in the entire history of the sport. A staggering number of countries (more than 150!) have signalled their intention of participating; the standards will top anything ever seen in the Olympic Games; thrilling competition and stupefying performances can be expected in the 41 events which make up the week-long programme... and the venue couldn't be bettered. Helsinki's stadium was the scene of what are commonly regarded as the most memorable of all Olympic Games, and with athletics being the national sport of Finland the stadium will be packed every day with some of the most appreciative and knowledgeable spectators in the world.

Just imagine a few of the treats in store this coming week. Carl Lewis — the Jesse Owens of the eighties — bidding for three, maybe four, titles... Seb Coe and Steve Ovett going for the particular gold medals which eluded them in

Moscow... Ed Moses, undefeated for six years, being challenged by a very much in-form Harald Schmid... Keith Connor, Willie Banks, Ken Lorraway and a formidable Soviet trio battling for triple jump supremacy... the possibility of a titanic clash between the world's two greatest all-rounders, Daley Thompson and Jurgen Hingsen... Evelyn Ashford v Marlies Gohr and Marita Koch to decide who really is the fastest woman in the world... and a women's javelin competition which brings together Finland's heroine Tiina Lillak, Sofia Sakorafa, Anna Verouli, Tessa Sanderson, Fatima Whitbread and everyone else of distinction.

How good are Britain's chances in the Championships? Frank Dick, the BAAB's Director of Coaching and a shrewd judge, considers that there are about ten occasions on which British athletes "could seriously challenge for a medal". No medal, let alone a gold, is going to come easily — as examination of the Form Guide will show. Figures don't tell the whole

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this year, and shown his speed with a 3:38.96 (500). Fernando Mamede can be brilliant, as his times testify, but his record in important events is unimpressive, and the closest opposition to Schildhauer could come from Cova, Mohamed Kadir (who will beat Schildhauer over 5000 in Berlin) and possibly Mike Musyoki if he can transfer his outstanding road racing form to the track. Nick Rose has a fine chance of making the first six, which would be a splendid achievement. (SG) Schildhauer, Mamede, Cova; (RH) Schildhauer, Cova, Kadir; (MW) Schildhauer, Kadir, Musyoki.

Women's Heptathlon: Ramona Neubert, the European champion, has compiled the five highest scores ever (6836, 6773, 6716, 6622, 6621) and, barring disasters, looks unbeatable. She has no weak links: she has run the hurdles in 13.17, high jumped 1.86m, put the shot over 15m, clocked 23.14 for 200, long jumped 6.90m, thrown the javelin almost 50m and covered 800 in 2:06.16. Two other East Germans, the Soviet trio and Jane Frederick should fight it out for the other medals, while Judy Livermore (who could be in the lead after two events) might make the top six to eight if she can add the best part of a hundred points to her UK record. (SG) Neubert, Vater, Smirnova; (RH) Neubert, Vater, Shubenkova; (MW) Neubert, Shubenkova, Paetz.

Women's High Jump: What a competition this promises to be! World record holder and

European champion Ulrike Meyfarth (best ever of 2.02m) against 1980 Olympic champion and former world record holder Sara Simeoni (2.01); Tamara Bykova, who jumped the highest ever mark of 2.03 indoors last winter; US record holder at 2.00, Louise Ritter (who believes she is capable of 2.05); and Commonwealth record holder Debbie Brill (1.99). Gillian Evans could break the UK record of 1.95 and still not make the top eight such is the standard. (SG) Bykova, Meyfarth, Ritter; (RH) Bykova, Meyfarth, Cova; (MW) Bykova, Ritter, Meyfarth.

Hammer: As in the Montreal and Moscow Olympics and in Athens last year, the Soviet throwers seem certain to sweep the medals. The USSR have six 80m throwers this year, the probable trio for Helsinki being world record holder Sergey Litvinov (3rd in Athens), Igor Nikulin (2nd) and Yuriy Sedykh (winner of two Olympic and two European titles). The latter has had a patchy season by his standards and ranks only 5th in the USSR on distance, but his big-time record speaks for itself. Best of the rest? Klaus Ploghaus, Karl-Hans Riehm and Ralf Haber, all 79m-plus performers. Chris Black's target of 77m, if achieved, could squeeze him into the first ten. (SG) Litvinov, Sedykh, Nikulin; (RH) Nikulin, Sedykh, Litvinov; (MW) Sedykh, Litvinov, Nikulin.

WEDNESDAY, AUGUST 10th

Women's 400 Hurdles: European champion



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SUN LIFE 5

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No time on entries but 4 to score in team event in both ladies and men's competition.

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MEN — Trophy: Individual winner, winning team and 1st Over 40 on day of race.
Medals: 1st six individuals, 1st six teams, 1st three individuals over 40, 50 and 60.

LADIES — Trophy: Individual winner, winning team and 1st over 35 on day of race.
Medals: 1st six individuals, 1st three teams and 1st three individuals over age 35.

PLUS — Small prizes to all medal winners.
50 individual spot prizes and one team prize in both ladies and men's team competitions (based on finishing position).

Full details from **A. Bennett or C. Harris (Tel. Bristol 426911 ext. 3404)**. Entries close 24th August or on limit of 1500 being reached. Entry fee 60p per individual (£1.10 unattached). Cheques payable to **SUN LIFE Sports Club**.

Please state name (indicating whether male or female), Company and whether over age 35 (Ladies) or age 40, 50 or 60 (Men) on the day of the race.

Entries to **A. Bennett, Personnel Dept., SUN LIFE Assurance Society plc., P.O. Box 29, Sun Life Court, St. James Barton, Bristol BS99 7SL**.

HELSINKI TIMETABLE OF EVENTS

Times quoted are local Finnish time; British Summer Time is two hours behind (thus when it is 10.00 am in Helsinki, it is 8.00 am in London).

SUNDAY, AUGUST 7th

10.00 400m Hurdles	Men	Heats
10.35 100 metres	Women	Heats
11.00 Shot Put	Men	Qualifying
11.15 100 metres	Men	Heats
11.55 800 metres	Women	Heats
12.30 800 metres	Men	Heats
15.00 The President of the Republic of Finland enters		
15.05 Marathon, start	Women	
15.10 OPENING CEREMONY		
16.30 600 metres	Women	Heats, 2nd round
16.55 100 metres	Men	Heats, 2nd round
17.10 High Jump	Women	Qualifying
17.30 MARATHON, ARRIVAL	Women	
18.05 20km Walk, start	Men	
18.15 400 metres	Women	Heats
18.20 Triple Jump	Men	Qualifying
18.50 400 metres	Men	Heats
19.00 SHOT PUT	Men	
19.30 20KM WALK, ARRIVAL	Men	
19.45 10,000 metres	Men	Heats
20.25 10,000 metres	Men	Heats
21.05 10,000 metres	Men	Heats

MONDAY, AUGUST 8th

10.00 Heparthion	Women	100m Hurdles
10.45 400m Hurdles	Women	Heats
11.00 Heparthion	Women	High Jump
11.20 400 metres	Women	Heats, 2nd round
11.55 400 metres	Men	Heats, 2nd round
12.30 Hammer Throw	Men	Qualifying
17.00 400m Hurdles	Men	Semi-Final
17.25 Heparthion	Women	Shot Put
17.50 100 metres	Women	Semi-Final
17.45 100 metres	Men	Semi-Final
18.00 TRIPLE JUMP	Men	
18.10 3000 metres	Women	Heats
18.50 800 metres	Men	Semi-Final
19.30 800 metres	Women	Semi-Final
19.50 100 METRES	Women	
20.00 100 METRES	Men	
20.20 Heparthion	Women	200 metres

TUESDAY, AUGUST 9th

10.00 Discus	Women	Qualifying
10.50 Heparthion	Women	Long Jump
11.00 4 x 100m Relay	Women	Heats
11.30 Discus	Women	Qualifying
11.40 4 x 100m Relay	Men	Heats
16.30 3000 metres	Women	Semi-Final
16.45 Heparthion	Women	Javelin Throw (1)
17.00 400m Hurdles	Women	Semi-Final
17.20 400m HURDLES	Men	
17.30 Long Jump	Men	Qualifying
17.35 400 metres	Women	Semi-Final
17.50 400 metres	Men	Semi-Final
18.10 800 METRES	Women	
18.15 Heparthion	Women	Javelin Throw (2)
18.20 800 METRES	Men	
18.35 3000m Steeplechase	Men	Heats
18.40 HIGH JUMP	Women	
18.55 10,000 METRES	Men	
20.30 HAMMER THROW	Men	
20.45 HEPATHION	Women	400 metres

WEDNESDAY, AUGUST 10th

10.00 Javelin Throw	Men	Qualifying
11.00 Shot Put	Women	Qualifying
11.40 Javelin Throw	Men	Qualifying
17.00 400m HURDLES	Women	
17.10 DISCUS	Women	
17.15 3000m Steeplechase	Men	Semi-Final
17.50 400 METRES	Women	
18.10 400 METRES	Men	
18.25 4 x 100m Relay	Women	Semi-Final
18.45 4 x 100m Relay	Men	Semi-Final
18.50 LONG JUMP	Men	
19.05 3000 METRES	Women	
19.25 3000 metres	Men	Heats
20.30 4 x 100m RELAY	Women	
20.45 4 x 100m RELAY	Men	



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HELSINKI FORM GUIDE

LISTED here are the best 1983 performances of leading athletes selected — or likely to be selected — for the World Championships. No more than three athletes per event from any one nation are listed, so in some cases where Soviet and GDR athletes are concerned (details of their teams have not yet been released) a certain amount of guesswork is involved. (A) = mark made at altitude of over 1000m.

100 METRES

World rec: 9.93 (A) Calvin Smith (USA) 83; 9.97 Carl Lewis (USA) 83. **Eur rec:** 10.01 (A) Pietro Mennea (Ita) 79; 10.07 Valeriy Borzov (USSR) 72. **Comm rec:** 10.04 (A) Lennox Miller (Jam) 68; 10.06 Hasely Crawford (Tri) 76. **UK rec:** 10.11 Allan Wells 80.

9.93(A) Calvin Smith (USA) (10.11/9.97w)
9.97 Carl Lewis (USA) (9.93w)
10.15 Emmitt King (USA)
10.16 Christian Haas (FRG)
10.16 Juan Nunez (Dominica R)
10.17(A) Desai Williams (Canada) (10.22)
10.18 Frank Emmelmann (GDR)
10.19 Ben Johnson (Canada)
10.20 Viktor Bryzgin (USSR)

10.22 Leandro Penalver (Cuba)
10.22 Thomas Schroder (GDR)
10.23 Chidi Imoh (Nigeria)
10.23 Marian Woronin (Poland) (10.10w)
10.25 Katsuhiko Nakoya (Brazil)
10.26 Pier-Francesco Pavoni (Italy)
10.26 Innocent Egbunike (Nigeria)
10.26 Ferenc Kiss (Hungary)
10.26 Steffen Bringmann (GDR)
10.29 Istvan Tatar (Hungary)
10.30 Pietro Mennea (Italy)
10.30 Valentin Atanasov (Bulgaria)
10.30 Istvan Nagy (Hungary)
10.31 Antoine Richard (France)
10.32 Buster Watson (UK) (10.16w)
10.32 Sterling Hinds (Canada)
10.32 Aleksandr Aksinin (USSR)
10.32 Andrey Shlapnikov (USSR)
10.32 Osvaldo Lara (Cuba)
10.34 Allan Wells (UK)

10.37 Cameron Sharp (UK)

200 METRES

World rec: 19.72(A) Pietro Mennea (Ita) 79; 19.75 Carl Lewis (USA) 83. **Eur rec:** 19.72(A)



PEGASUS

£25.99



Orders received by 11 a.m. either written or telephoned using credit card will be despatched the same day.

NIKE PEGASUS. Grey/royal nylon uppers, curve lasted with 1/2" midsole made up of air channels for ultimate, durable cushioning between you and the road. sz 4-5 1/2 (£25.99) £23.99 6-12 (£29.95) £25.99.

NEW ADIDAS NEW YORK. 2 tone grey double knit nylon uppers for strength and ventilation. "adiler" midsole with EVA stabiliser for controlled shock absorption. Tension midsole board and concave rubber outsole maintain the foot in the correct plain and help reduce pronation. sz 6-12 (£32.95) £28.95.

NEW NIKE INTERNATIONALIST. Lighter, softer more flexible than the great original with 1/2" plastic cup to add stability at heel. sz 6-12 (£22.95) £26.95.

NIKE TERRA. Now the road racing season is once again underway — let these supersoft racers take the strain. sz 6-12 (£37.99) £31.99.

NIKE VAINQUEUR. Yellow/orange/green. Superb spike which once sold for £40.00. sz 6-12 (£24.95) £22.50.

NIKE ODYSSEY. Top of the range trainer with airsole and anti-pronation properties. sz 7-12 (£46.95) £43.95.

NEW BALANCE Shoes. 420's £29.95, 450's £34.95, 980's £36.95. Available 5 1/2-13 (3 widths).

ADIDAS OREGON. One of 1982's best shoes available once again. sz 3 1/2-5 1/2 (£27.99) £24.99 5-12 (£31.99) £27.99.

SAUCONY QUEST. Combination lasted for flexibility/stability, with abrasion resistant outsole for long wear. Superb value. sz 6-11 (£27.50) £24.95.

SORBOTHANE Heel inserts absorb up to 84% of ground shock. £2.95 per pair. **NEW** moulded insole £4.95 per pair.

ACCUSPLIT SPORTSWATCH 920XP At last a black watch designed to cope with rigours of running training. It has bigger, bolder digits than normal for easier reading. Special features include an upper display to freeze splits while bottom display in motion — especially useful in fast 1.2 finishes. A countdown timer from 1 min to 15 mins automatically repeats for controlled interval/repetition rest periods, while still allowing a full stopwatch function. All usual chronograph features day, date, time, alarm, hrv, chime, light, 5 year battery and water resistant to 100ft depth. £19.95 or 2 for £37.50. Money back if returned within 14 days (if not satisfied).

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

RUNNERCARE



334 Holderness Road, Hull
Tel (0482) 27483/226638
after 6pm (0482) 647108

- 67.26 Geza Valent (Czecho)
- 66.78 Jurgen Schult (GDR)
- 66.32 Oystein Bjorback (Nor)
- 66.24 Wolfgang Warnemunde (GDR)
- 65.88 Hilmar Hossfeld (GDR)
- 65.42 Georgiy Kolnootchenko (USSR)
- 65.40 Alwin Wagner (FRG)
- 65.28 Romas Ubartas (USSR)
- 65.26 Knut Hjeltne (Norway)

HAMMER

World/Eur rec: 84.14 Sergey Litvinov (USSR)
 83. Comm rec: 75.90 Peter Farmer (Aus) 79. UK
 rec: 75.40 Chris Black 83.

- 84.14 Sergey Litvinov (USSR)
- 82.92 Igor Nikulin (USSR)
- 80.42 Yuriy Sedykh (USSR)
- 80.04 Klaus Ploghaus (FRG)
- 80.04 Karl-Hans Riehm (FRG)
- 79.02 Ralf Haber (GDR)
- 78.76 Zdzislaw Kwasny (Poland)
- 78.68 Harri Huhtala (Finland)
- 78.38 Juha Tiainen (Finland)
- 78.22 Roland Steuk (GDR)
- 78.14 Gunther Rodehau (GDR)
- 77.98 Emanuil Dyulgerov (Bul)
- 77.88 Christoph Sahner (FRG)
- 77.88 Giampaolo Orlando (Italy)
- 77.64 Mariusz Tomaszewski (Pol)
- 77.30 Frantisek Vrbka (Czecho)
- 76.88 Orlando Bianchini (Italy)
- 76.70 Henryk Krolak (Poland)
- 75.42 Tibor Tanczi (Hungary)
- 75.40 Chris Black (UK)
- 75.02 Matt Mileham (UK)
- 74.70 Jiri Chamrad (Czecho)
- 74.50 Dave McKenzie (USA)
- 74.42 Bob Weir (UK)

- 73.52 Declan Hegarty (Ireland)

Other USSR possibles:

- 81.18 Yuriy Tarasyuk
- 81.12 Grigoriy Shevtsov
- 80.00 Anatoliy Chyuzhas

JAVELIN

World rec: 99.72 Tom Petranoff (USA) 83.
 Eur rec: 96.72 Ferenc Paragi (Hun) 80 & Detlef
 Michel (GDR) 83. Comm rec: 90.58 Mike
 O'Rourke (NZ) 83.

- 99.72 Tom Petranoff (USA)
- 96.72 Detlef Michel (GDR)
- 94.20 Heino Pauste (USSR)
- 91.88 Dainis Kula (USSR)
- 91.44 Klaus Tafelmier (FRG)



DETLEF MICHEL

Tom Duffy

- 90.90 Pentti Sinersaari (Fin)
- 90.66 Einar Vilhjalmsson (Ice)
- 90.58 Mike O'Rourke (NZ)
- 90.30 Per-Erling Olsen (Norway)
- 89.18 Vasily Yershov (USSR)
- 89.12 Agostino Ghesini (Italy)
- 88.50 Rod Ewaliko (USA)
- 87.90 Ramon Gonzales (Cuba)
- 87.80 Arto Harkonen (Finland)
- 87.54 Dariusz Adamus (Poland)
- 87.40 Stanislaw Gorak (Poland)
- 86.92 Phil Olsen (Canada)
- 86.88 Aimo Aho (Finland)

CRAWLEY A.C.

10th OPEN VETERAN'S 10 MILE ROAD RACE

(Incorp. Southern Vets Champs.)
 PLUS

LADIES 10 MILE ROAD RACE

(Under A.A.A.; B.W.A.A.A. Laws)

SUN., 18th SEPT., 2.30 p.m.

Fees: Open 75p, Southern 60p.

Unattached £1.25p. All to enter 'Open'.

CLOSING DATE: 4th SEPTEMBER

PRIZES: All age groups. 1st Team. Entries and details
 (s.a.e.).

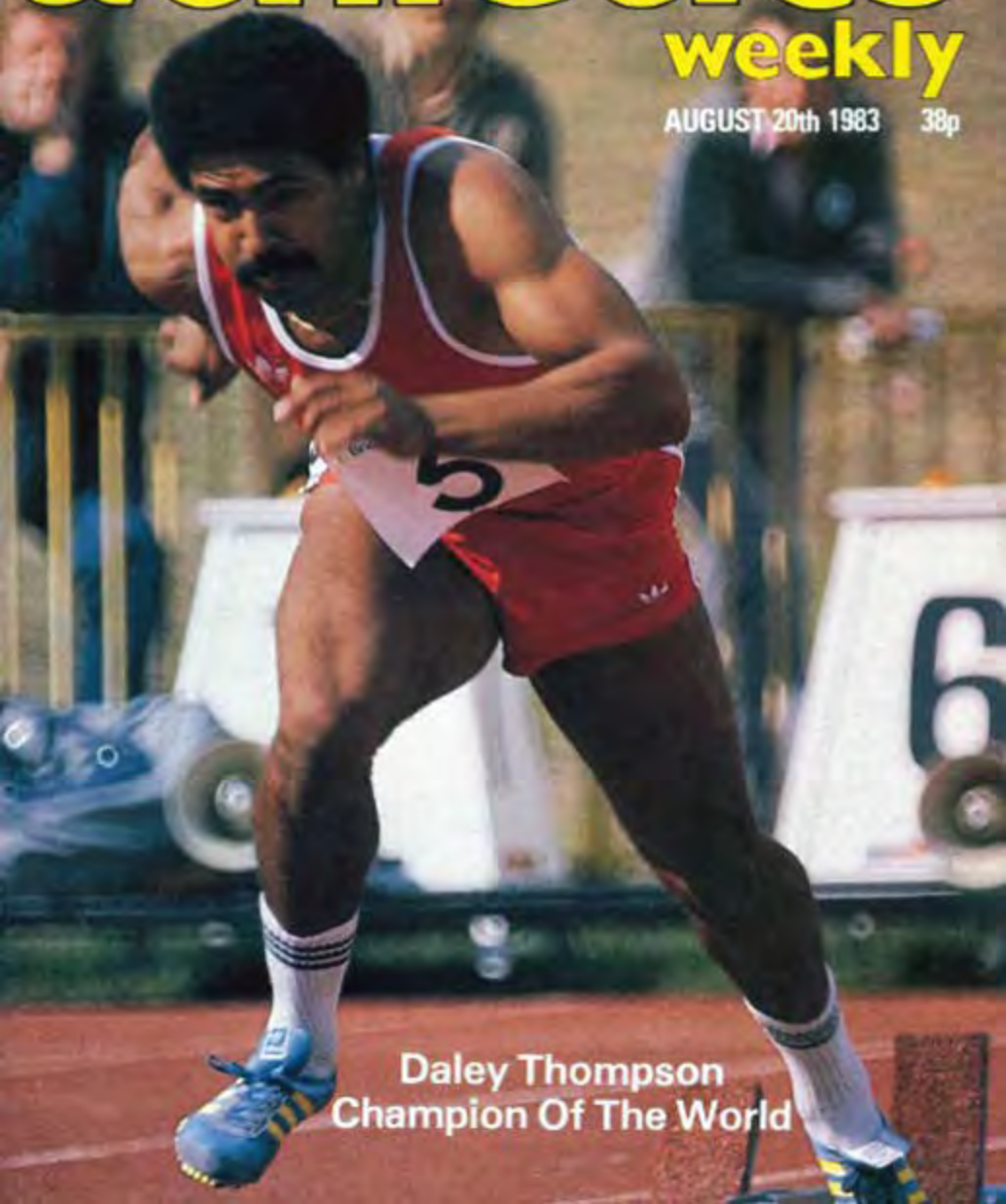
To: M. Labarr, 25 Epsom Road, Furnace Green,
 Crawley, RH10 6LT.

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

AUGUST 20th 1983 38p



Daley Thompson
Champion Of The World

MEN'S EVENTS

100: (-0.3m) 1, C. Lewis (US) 10.07; 2, C. Smith (US) 10.21; 3, E. King (US) 10.24; 4, ALLAN WELLS 10.27; 5, J. Nunez (Dom) 10.29; 6, C. Haas (FRG) 10.32; 7, P. Narracott (Aus) 10.33; 8, D. Williams (Can) 10.39. Elim: CAMERON SHARP 10.43 sf (10.41 rd. 2); BUSTER WATSON 10.57 rd. 2.

200: (+1.1m) 1, C. Smith (US) 20.14; 2, E. Quow (US) 20.41; 3, P. Menna (Ita) 20.51; 4, ALLAN WELLS 20.52; 5, F. Emmelmann (GDR) 20.55; 6, I. Egbunike (Nig) 20.63; 7, C. Simionato (Ita) 20.69; 8, J. Da Silva (Bra) 20.80. Elim: CAMERON SHARP 20.69 sf; BUSTER WATSON 20.99 rd. 2.

400: 1, B. Cameron (Jam) 45.05; 2, M. Franks (US) 45.22; 3, S. Nix (US) 45.24; 4, E. Skamrahl (FRG) 45.37; 5, H. Weber (FRG) 45.49; 6, T. Schonelebe (GDR) 45.50; 7, M. Paul (Trin) 45.80; 8, G. Souza (Bra) 45.91. Elim: TODD BENNETT 46.11 sf; PHIL BROWN 46.81 sf (45.80 rd. 2).

800: 1, W. Wulbeck (FRG) 1:43.65; 2, R. Druppers (Neth) 1:44.20; 3, J. Cruz (Bra) 1:44.27; 4, PETER ELLIOTT 1:44.87; 5, J. Robinson (US) 1:45.12; 6, A. Guimaraes (Bra) 1:45.46; 7, H. Ferner (FRG) 1:45.74; 8, D. Patrick (US) 1:46.56. Elim: GARY COOK 1:47.48 sf (1:46.44 rd. 1).

1500: 1, STEVE CRAM 3:41.59 (3:35.77 sf); 2, S. Scott (US) 3:41.87; 3, S. Aouita (Mor) 3:42.02; 4, STEVE OVETT 3:42.34; (3:36.26 sf); 5, J. Abascal (Spa) 3:42.47; 6, P. Deleze (Swi) 3:43.69; 7, A. Busse (GDR) 3:43.72; 8, D. Zdravkovic (Yug) 3:43.75. Elim: GRAHAM WILLIAMSON 3:45.84 sf (3:38.99 rd. 1).

5000: 1, E. Coghlan (Irl) 13:28.53; 2, W. Schildhauer (GDR) 13:30.20; 3, M. Vainio (Fin) 13:30.34; 4, D. Dmitriev (USSR) 13:30.38; 5, D. Padilla (US) 13:32.08; 6, T. Wessinghage (FRG) 13:32.46; 7, W. Bulti (Eth) 13:34.03; 8, D. Millonig (Aut) 13:36.08 ... 14, JULIAN GOATER 13:48.13 (13:36.21 sf). Elim: EAMONN MARTIN 13:48.60 sf (13:43.57 rd. 1); DAVE CLARKE 13:58.37 sf.

10,000: 1, A. Cova (Ita) 28:01.04; 2, W. Schildhauer (GDR) 28:01.18; 3, H. Kunze (GDR) 28:01.26; 4, M. Vainio (Fin) 28:01.37; 5, G. Shahanga (Tan) 28:01.93; 6, C. Lopes (Port) 28:06.78; 7, NICK ROSE 28:07.53 (28:06.05 ht); 8, C. Herle (FRG) 28:09.05 ... 12, STEVE JONES 28:15.03 (27:47.57 ht). Elim: STEVE BINNS 28:12.79.

Mar: 1, R. de Castella (Aus) 2:10.03; 2, K. Balcha (Eth) 2:10.27; 3, W. Cierpinski (GDR) 2:10.37; 4, K. Stahl (Swe) 2:10.38; 5, A. Masong (Tan) 2:10.42; 6, A. Parmentier (Bel) 2:10.57; 7, P. Poli (Ita) 2:11.05; 8, HUGH JONES 2:11.15 ... 48, GERRY HELME 2:25.02; MIKE GRATTON dnf.

3000SC: 1, P. Ilg (FRG) 8:15.06; 2, B. Maminski (Pol) 8:17.03; 3, COLIN REITZ 8:17.75 (UK rec); 4, J. Mahmoud (Fra) 8:18.32; 5, ROGER HACKNEY 8:19.38; 6, GRAEME FELL 8:20.01; 7, J. Korir (Ken) 8:20.11; 8, H. Marsh (US) 8:20.45.

110H: (+1.3m) 1, G. Foster (US) 13.42; 2, A. Bryggare (Fin) 13.46; 3, W. Gault (US) 13.48; 4, M. McKoy (Can) 13.56; 5, T. Munkelt (GDR) 13.66; 6, G. Bakos (Hun) 13.68; 7, V. Radev (Bul) 13.73; 8, S. Turner (US) 13.82. Elim: MARK HOLTOM 13.79 sf.

400H: 1, E. Moses (US) 47.50; 2, H. Schmid (FRG) 48.61; 3, A. Kharlov (USSR) 49.03; 4, S. Nylander (Swe) 49.06; 5, A. Phillips (US) 49.24; 6, D. Lee (US) 49.32; 7, A. Dia Ba (Sen) 49.61; 8, R. Szparak (Pol) 49.78. Elim: GARY OAKES 51.23 rd. 1; STEVE SOLE 51.80 rd. 1.

HJ: 1, G. Avdeyenko (USSR) 2.32; 2, T. Peacock (US) 2.32; 3, Z. Jian Hua (Chi) 2.29; 4, E. Paklin (USSR) & D. Mogenburg (FRG) 2.29; 6, D. Stones (US) 2.29; 7, C. Thranhardt (FRG) 2.26; 8, V. Sereda (USSR) 2.26.

PV: 1, S. Bubka (USSR) 5.70; 2, K. Volkov (USSR) 5.60; 3, A. Tarev (Bul) 5.60; 4, T. Slusarski (Pol) 5.55; 5, T. Hintnaus (Bra) 5.50; 6, P. Abada (Fra) 5.50; 7, M. Zalar (Swe) 5.50; 8, T. Vigneron (Fra) & W. Kozakiewicz (Pol) 5.40.

LJ: 1, C. Lewis (US) 8.55; 2, J. Grimes (US) 8.29; 3, M. Conley (US) 8.12; 4, L. Szalmai (Hun) 8.12; 5, N. Stekie (Yug) 8.09; 6, G. Honey (Aus) 8.06; 7, A. Corgos (Spa) 8.06; 8, Y. Alli (Nig) 7.89.

TJ: 1, Z. Hoffman (Pol) 17.42; 2, W. Banks (US) 17.18; 3, A. Agbebaku (Nig) 17.18; 4, M. Conley (US) 17.13; 5, V. Marinac (Cze) 17.13; 6, J. Cado (Cze) 17.06; 7, B. Bakosi (Hun) 16.83; 8, A. Joyner (US) 16.76. Non-qualifiers: KEITH CONNOR 16.18; JOHN HERBERT 16.12.

SP: 1, E. Sarul (Pol) 21.39; 2, U. Timmermann (GDR) 21.16; 3, R. Machura (Cze) 20.98; 4, D. Laut (US) 20.60; 5, J. Bojars (USSR) 20.32; 6, U. Beyer (GDR) 20.09; 7, A. Andrei (Ita) 20.07; 8, A. Akonniemi (Fin) 19.85.

DT: 1, I. Bugar (Cze) 67.22; 2, L. Delis (Cub) 67.36; 3, G. Valent (Cze) 66.08; 4, A. Huuonen (Fin) 65.44; 5, J. Schult (GDR) 64.92; 6, G.

RIVERSIDE

'TRAINING HOLIDAYS'

Tired of the same routine?

Fancy a training break in N. Wales?
(September-June)

Run on sandy beaches, dunes, fells or traffic free roads and be catered for (minimum 6 people) in our luxury modern bungalows (C.H., colour television etc.) Ideal for sprinters, middle and long distance athletes.

For further details, write or telephone: Brett and Chris Wheatley (Hons. Grad. Teachers, S.A.A.B. Senior Coaches), Riverside Luxury Holiday Bungalows, Llanbedr, Gwynedd LL54 2D.J. Tel: 034123 223.

Konotchenko (USSR) 64.74; 7. J. Martinez (Cub) 64.26; 8. A. Burns (US) 63.77

ITT: 1. S. Litvinov (USSR) 82.68; 2. Y. Sedykh (USSR) 80.94; 3. Z. Kwasny (Pol) 79.42; 4. I. Nikulin (USSR) 79.34; 5. G. Rodchau (FRG) 77.08; 6. K. Ploghaus (GDR) 76.96; 7. K. Riehm (FRG) 76.92; 8. E. Dyoulgueroov (Bul) 76.64. Non-qualifiers: BOB WEIR 71.62; CHRIS BLACK 71.18; MATT MILEHAM 67.12.

JT: 1. D. Michel (GDR) 89.48; 2. I. Petramoni (US) 85.60; 3. D. Kula (USSR) 85.58; 4. H. Puuste (USSR) 84.56; 5. P. Olsen (Nor) 83.54; 6. K. Eldebrink (Swe) 83.20; 7. Z. Adamc (Cze) 81.30; 8. K. Tafelmeier (FRG) 80.42.

Dec: 1. DALEY THOMPSON 8666 (10.60, 7.88, 15.35, 2.03, 48.12 (4486); 14.37w, 44.46, 5.10, 65.24, 4:29.72); 2. J. Hingsen (FRG) 8561; 3. S. Wentz (FRG) 8478; 4. U. Freimuth (FRG) 8433; 5. S. Niklaus (Swi) 8212; 6. A. Nevskiy (USSR) 8201; 7. T. Voss (GDR) 8167; 8. S. Grummt (GDR) 8149.

4x100: 1. US (E. King, W. Gault, C. Smith, C. Lewis) 37.86 (world rec); 2. Italy 38.37; 3. USSR 38.41; 4. GDR 38.51; 5. FRG 38.56; 6. Poland 38.72; 7. Jamaica 38.75; 8. France 38.98. Elim: UK (AINSLEY BENNETT, DONOVAN REID, MIKE McFARLANE, DREW McMASTER) 39.39 sf.

4x400: 1. USSR (S. Lovachev, A. Troshchilo, N. Chernetsky, V. Markin) 3:00.79; 2. FRG 3:01.83; 3. UK (AINSLEY BENNETT, GARY

COOK, TODD BENNETT, PHIL BROWN) 3:03.53 (3:04.03 sf in which KRISS AKABUSI ran first leg); 4. Czechoslovakia 3:03.90; 5. Italy 3:05.10; 6. US 3:05.29; 7. Sweden 3:08.57; Poland disq.

20kmW: 1. E. Canto (Mex) 1:20:49; 2. J. Pribilinec (Cze) 1:20:59; 3. Y. Yevsyukov (USSR) 1:21:08; 4. J. Marin (Sp) 1:21:21; 5. G. Lelievre (Fra) 1:21:37; 6. P. Blazek (Cze) 1:21:57; 7. M. Damilano (Ita) 1:21:57; 8. G. Leblanc (Can) 1:22:04 ... 25. PHIL VESTY 1:27:20; 37. ROGER MILLS 1:30:25; 41. IAN McCOMBIE 1:31:14.

50kmW: 1. R. Weigel (GDR) 3:43:08; 2. J. Marin (Spa) 3:46:42; 3. S. Jung (USSR) 3:49:03; 4. R. Salonen (Fin) 3:52:53; 5. R. Gonzales (Mex) 3:53:57; 6. F. Lapointe (Can) 3:53:57; 7. A. Belluchi (Ita) 3:55:38; 8. V. Dorovskikh (USSR) 3:56:02.

We have been reliably informed that the East Hull Open Throws Meeting, results from which appeared in *Results in Brief* last week, was not an authorised meeting. The performances should be ignored for ranking purposes.

BAAB Senior Coach Award written examinations will be held on October 15th/16th. Full ad. will appear in our Sept. 3rd issue, but meanwhile contact Area Coach Education Administrators for details, enclosing an s.a.e.

THE KENT COUNTY AAA

Invite entries for the annual

KENT OPEN

'20'

at HAYES

SUNDAY, 2nd OCTOBER 1983

Start: 11.00 am

Incorporating the Kent County AAA

20 mile Championship

Entries/Enquiries to: D. J. Nash, 11 Crockenhall Way, latest Rise, GRAVESEND, Kent DA13 9DB.

Entry Fees: Ladies & Men's Open (members of affiliated clubs) £1.

Others £1.50.

Men's championship £1 (additional to open fee)

No team entry fee — first three score.

Closing Date: 20th September 1983

(SAE for acknowledgment please)

REGRET NO LATE ENTRIES

(Under AAA & WAAA/WCCA Laws)

KENDAL A.A.C.

Present the 6th Annual

5.1m 'Gathering Gallop'

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

FRIDAY, 9th SEPT.

Start 7.00 p.m.

Start & Finish — Kendal Town Hall

1982 winner — K. Irvine (Wigan)

PRIZES: First 10 Men. First 3 Teams (4 to score). First 3 Women. First Junior (U/20). First Vet O/40. First Vet O/50.

ENTRIES: (On Entry Forms please)

£1.25 (club runner)

£1.75 (unattached), includes pie and peas supper and result sheet.

TO: A. Taylor, Skelsmergh Hall, Nr. Kendal, Cumbria.

Definitely no late entries

Entries close Wed. 31st August

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

AUGUST 27th 1983 38p



WORLD CHAMPIONSHIPS SPECIAL

WORLD CHAMPIONSHIP RESULTS

National Abbreviations

A total of 154 of the IAAF's 170 members took part in the World Championships. The following abbreviations, devised by the IAAF, have been used in the results which follow.

AFG	Afghanistan	GRE	Greece	POR	Portugal
AHO	Netherlands Antilles	GRN	Grenada	PRC	People's Rep of China
ALB	Albania	GUA	Guatemala	PRK	DPR Korea
ALG	Algeria	GUI	Guinea	PRY	PDR Yemen
ANG	Anguilla	GUY	Guyana	PUR	Puerto Rico
ANO	Angola	HKG	Hong Kong	QAT	Qatar
ANT	Antigua	HOL	Netherlands	ROM	Romania
ARG	Argentina	HON	Honduras	RWA	Rwanda
AUS	Australia	HUN	Hungary	SAM	W. Samoa
AUT	Austria	INA	Indonesia	SAU	Saudi Arabia
BAH	Bahamas	IND	India	SEN	Senegal
BAN	Bangladesh	IRL	Ireland	SEY	Seychelles
BAR	Barbados	IRN	Iran	SIN	Singapore
BEL	Belgium	IRQ	Iraq	SLE	Sierra Leone
BEN	Benin	ISL	Iceland	SMR	San Marino
BER	Bermuda	ISR	Israel	SOL	Solomon Is
BHR	Bahrain	ISV	Virgin Is.	SOM	Somalia
BIZ	Belize	ITA	Italy	STK	St. Kitts & Nevis
BOL	Bolivia	JAM	Jamaica	STL	St. Lucia
BOT	Botswana	JAP	Japan	STP	Sao Tome e Principe
BRA	Brazil	JOR	Jordan	STV	St. Vincent
BUL	Bulgaria	KEN	Kenya	SUD	Sudan
BUR	Burundi	KHM	Khmer	SUI	Switzerland
BVI	British Virgin Islands	KOR	Korea	SUR	Suriname
CAF	Central Africa Republic	KUW	Kuwait	SWE	Sweden
CAN	Canada	LBA	Libya	SWZ	Swaziland
CAY	Cayman Is	LES	Lesotho	SYR	Syria
CGO	Congo	LIB	Lebanon	TAN	Tanzania
CHI	Chile	LUX	Luxembourg	TCH	Czechoslovakia
CIV	Ivory Coast	MAD	Madagascar	THA	Thailand
CKI	Cook Is	MAL	Malaysia	TKS	Turks & Caicos Is
CMR	Cameroon	MAR	Morocco	TOG	Togo
COL	Colombia	MAW	Malawi	TON	Tonga
COM	Comores	MEX	Mexico	TPE	Chinese Taipei AF
CRC	Costa Rica	MGL	Mongolia	TRI	Trinidad & T
CUB	Cuba	MLT	Malta	TUN	Tunisia
DEN	Denmark	MNT	Montserrat	TUR	Turkey
DJI	Djibouti	MOZ	Mozambique	UAE	United Arab Em
DOM	Dominican Republic	MRI	Mauritius	UGA	Uganda
ECU	Ecuador	NAU	Nauru	URS	USSR
EGY	Egypt	NCA	Nicaragua	URU	Uruguay
ESA	El Salvador	NEP	Nepal	USA	USA
ESP	Spain	NGR	Nigeria	VAN	Vanuatu
ETH	Ethiopia	NGU	Papua New Guinea	VEN	Venezuela
FIJ	Fiji	NOR	Norway	VIE	Vietnam
FIN	Finland	NZL	New Zealand	VOL	Upper Volta
FRA	France	OMN	Oman	YUG	Yugoslavia
FRG	Federal Rep of Germany	PAK	Pakistan	ZAI	Zaire
GAB	Gabon	PAL	Palestine Ath Fed	ZAM	Zambia
GAM	The Gambia	PAN	Panama	ZIM	Zimbabwe
GBR	Great Britain & N. Ireland	PAR	Paraguay		
GDR	German Democratic Rep	PER	Peru		
GHA	Ghana	PHI	Philippines		
GIB	Gibraltar	POL	Poland		

Results start on page 22

(POL) 20.82; R. Machura (TCH) 20.67; U. Beyer (GDR) 20.29; U. Timmermann (GDR) 20.10; J. Bojars (URS) 19.78, 20.04; M. Lehmann (USA) 19.24, 19.28, 19.88; I. Ivancic (YUG) 19.51, 19.74, 19.39; J. Kubes (TCH) 19.38, 19.73, 19.54; V. Milie (YUG) 19.66, —, —; A. Akonniemi (FIN) 19.65, —, 18.33; A. Andres (ITA) —, 19.57, 19.24.

Non-qualifiers: K. Akins (USA) 19.15, 19.48, 19.10; E. Weitzel (AUT) 18.91, 19.23, 18.53; W. Guenther (Swi) 19.18, —, 18.92; B. Dolegiewicz (CAN) 18.68, —; B. Pauletto (CAN) 17.46, 17.22, 18.32; S. Smirnov (URS) —, —, 18.03; A. Shatta (EGY) 16.66, 16.47, 16.73.

Final, Aug. 7th.

1. EDWARD SARUL (POL) 21.39 (21.04, 20.74, —, —, 20.34, 21.39); 2. ULF TIMMERMANN (GDR) 21.16 (19.61, 20.06, 20.45, 20.87, 21.16, —); 3. REMIGIUS MACHURA (TCH) 20.98 (20.26, —, —, 20.74, —, 20.98); 4. DAVE LAUR (USA) 20.60 (20.60, 20.32, —, —, —, —); 5. JANIS BOJARS (URS) 20.32 (19.55, 19.77, 20.06, 20.32, 19.98, —); 6. UDO BEYER (GDR) 20.09 (20.08, 20.09, —, 20.07, —, —); 7. ALESSANDRO ANDREI (ITA) 20.07 (19.80, 18.65, 20.07, 19.61 —, 19.30); 8. AULIS AKONNIEMI (FIN) 19.85 (19.85, 18.83, —, —, —, —); 9. V. Milie (YUG) 19.71 (19.71, —, —); 10. M. Lehmann (USA) 19.69 (19.69, 19.46, —); 11. J. Kubes (TCH) 19.67 (19.62, —, 19.67); 12. I. Ivancic (YUG) 19.52 (19.42, —, 19.52).

DISCUS

Qualifying Round, Aug. 13th. Standard: 63.0m or top 12 to final.

Qualifiers: I. Buga (TCH) 62.28, 65.00; I. Delis (CUB) 61.66, 64.20; G. Valent (TCH) 59.38, 63.98; A. Huuonen (FIN) 61.02, 67.32, 63.76; G. Kolnootchenko (URS) —, 63.46; I. Schult (GDR) 61.76, 60.38, 62.80; B. Cooper (BAH) 62.72, 60.84, 57.84; M. Wilkins (USA) —, 57.48, 62.58; I. Duginets (URS) 60.56, 61.98, 62.42; A. Burns (USA) 58.66, 60.00, 61.88; J. Martinez (CUB) 59.36, 60.92, —; K. Hjeltines (NOR) 58.42, 60.10, —.

Non-qualifiers: C. Georgacopoulos (GRE) 57.44, 58.06, 59.54; R. Bruch (SWE) 59.28, —; J. Powell (USA) —, 58.96, 56.24; A. Wagner (FRG) —, —, 58.96; Y. Dumchev (URS) 58.84, —, 56.66; W. Hartmann (FRG) 53.92, 58.48, 56.52; J. Nagy (ROM) 57.58, 58.34, —; K. Gray (CAN) —, 56.50, 57.92; I. Zamfirache (ROM) 57.54, —, —; N. Hamed (EGY) 56.62, 56.38, —; O. Bjorbaek (NOR) 54.78, 52.58, 55.40; V. Hafsteinsson (ISL) —, —, 55.20; Li Wei-Nan (PRC) 46.94, 51.64, 51.72; A. Hore (SYR) 46.30, 46.60, 48.34.

Final, Aug. 14th.

1. IMRICH BUGA (TCH) 67.72 (67.48, 67.72, 61.76, 67.14, 66.94, 65.58); 2. LUIS

DELIS (CUB) 67.36 (—, 66.30, 68.88, —, 67.36, 66.48); 3. GEIZA VALENT (TCH) 66.08 (60.16, —, 63.42, 66.08, 64.94, 65.90); 4. ARI HUONEN (FIN) 65.44 (63.66, 65.44, —, 64.18, 64.62, 63.14); 5. JURGEN SCHULT (GDR) 64.92 (63.64, 60.36, —, 64.92, 62.94); 6. GREGORY KOLNOUTCHENKO (URS) 64.74 (64.74, —, —, —, —); 7. JUAN MARTINEZ (CUB) 64.26 (64.26, 60.48, 61.36, 61.30, —, 60.96); 8. ART BURNS (USA) 63.22 (62.76, 62.38, 63.22, —, —, —); 9. K. Hjeltines (NOR) 62.26 (—, 62.26, —); 10. M. Wilkins (USA) 61.46 (60.40, 61.46, 59.68); 11. I. Duginets (URS) 60.44 (59.76, 60.44, 56.50); 12. B. Cooper (BAH) 58.70 (—, —, 58.70).

HAMMER

Qualifying Round, Aug. 8th. Standard: 73.30m or top 12 to final.

Qualifiers: S. Litvinov (URS) 78.50; Z. Kwany (POL) 73.28, 73.36, 75.78; Y. Sedych (URS) 75.52; J. Tainen (FIN) 72.66, 75.02; G. Rodehau (GDR) 71.28, 74.86; E. Dyulgerov (BUL) 74.74; K.H. Riehm (FRG) 74.56; K. Ploghaus (FRG) 74.46; H. Huhtala (FIN) 73.22, 74.28; I. Nikulin (URS) 74.06; K. Steuk (GDR) 73.68; C. Sahner (FRG) 73.44, —, 72.42.

Non-qualifiers: G. Orlando (ITA) 72.06, 69.86, —; P. Vrbka (TCH) 68.06, 71.72, 70.34; Robert Weir (GBR) 71.62, 70.72, 68.24; S. Murofuchi (JPN) 71.42, —; Chris Black (GBR) —, 71.18, —; M. Tomaszewski (POL) 70.62, —, 69.44; D. McKenzie (USA) 69.24, 67.22, 69.94; E. Burke (USA) 67.72, 69.12, 68.70; R. Olsen (NOR) 67.62, 68.58, —; Matt Mierham (GBR) —, 67.12, —; J. McArdle (USA) —, 64.44, 66.18; H. Lohr (AUT) —, 66.14, 65.42; K. Bystedt (SWE) 65.84, 64.72, 65.86; H. Tuomi (ALG) 65.54, 63.92, 63.98; Xie Ying-Qi (PRC) 62.54, 65.54, 63.04; D. Hegarty (IRL) 65.46, —, 64.12; F. Bajraktari (ALB) 61.22, 61.72, 64.48.

Final, Aug. 9th.

1. SERGEY LITVINOV (URS) 82.68 (82.68, 82.04, 73.54, 80.90, 80.26, 81.84); 2. YURI SEDYKH (URS) 80.94 (79.22, 79.76, 80.64, 80.94, 78.96, —); 3. ZDZISLAW KWASNY (POL) 79.42 (77.38, 79.42, 79.16, 76.44, 76.40, —); 4. IGOR NIKULIN (URS) 79.34 (77.86, 78.46, —, 78.96, 79.34, 77.74); 5. GUNTHER RODEHAU (GDR) 77.08 (—, 76.04, 74.80, 77.08, 75.36, 76.12); 6. KLAUS PLOGHAUS (FRG) 76.96 (76.96, 76.12, 75.26, —, 76.76, 76.94); 7. KARL-HANS RIEHM (FRG) 76.92 (76.92, —, 76.70, 74.82, 73.74, —); 8. EMANOUIL DYULGEROV (BUL) 76.64 (76.22, 74.50, 76.64, 76.12, —, 75.38); 9. J. Tainen (FIN) 75.60 (73.52, 74.54, 75.60); 10. H. Huhtala (FIN) 75.46 (74.52, 75.46, 73.96); 11. C. Sahner (FRG) 72.86 (70.60, 71.26, 72.86); 12. R. Steuk (GDR) 72.10 (72.10, —, —).

Hammer: Litvinov Dethrones Sedykh

Prior to this event, Yuriy Sedykh had never been beaten in a major international hammer championship. He opened his account with victory in the European Junior Championships of 1973, and since then has won the 1976 and 1980 Olympic events and the 1978 and 1982 European titles. But whilst being dominant over the past decade, recent years have seen him pushed very hard by his own countrymen, particularly Sergey Litvinov who came closest to challenging Sedykh's supremacy when he smashed the master's 81.80 world record last year with 83.98 prior to the European championships. Sedykh replied in the only way he could, short of recapturing the record, by defeating his younger opponent with a first round 81.66 to take the European title. There the matter rested... until Helsinki.

Perhaps the writing was on the wall when Litvinov, who earlier in the season extended the world record to 84.14, qualified with a supremely easy 78.50, with Sedykh throwing 75.52. The British trio of Bob Weir, Chris Black and Matt Mileham found that their 74m-plus form had deserted them when they needed it most. Weir was the only one to get a full series, with a best of 71.62. UK record holder Black never got it together, only managing 71.18 and fouling twice, as did Mileham who had a complete disaster of a day with 67.12.

In the final Sedykh opened with a solid 79.22, only for Litvinov to land one at 82.68 four throws later. What those watching didn't know at the time was that Litvinov had 'done a Sedykh' and sealed the competition before it had really started. Although Sedykh improved on his next three throws culminating in a season's best of 80.94, it just wasn't good enough and 25-year-old Litvinov had finally got the better of his 28-year-old compatriot. Strange things indeed were happening, particularly as Zdzislaw Kwasny (previous best of 78.84) prevented the anticipated Soviet clean sweep of medals with his second round 79.42. But what the result card doesn't show is that the Pole's final throw was measured at an astonishing 81.54. Good enough for the silver, you might think, and it was, until the day after the event when a protest from the Soviet management led to the throw in question being disallowed by the Jury of Appeal — a decision based on a video recording. Thus Kwasny's best reverted to 79.42 and his medal turned from silver to bronze.

A tough decision, you might think, but it was actually a fairly obvious foul at the rim of the circle and it was surprising the judge didn't spot it instead of raising his white flag. However, judges do make mistakes and the officials were at least ready to admit that an error had been made.

(Results: page 32)

Javelin: Just Slinging In The Rain

The appalling weather conditions which prevailed during the final (it was cold and the rain got heavier as the competition progressed) literally dampened what might have been a most exhilarating contest involving world record holder Tooni Petranoff, Olympic champion Dainis Kula and European record holder Detlef Michel among others. The qualifying round had promised much with Michel throwing beyond 90m, the shock eliminations being sometime 90m performers Mike O'Rourke, Arto Harkinen and Einar Vilbjalmsson. But in the final only one man, Michel, managed to reach even 86m. Bearing in mind also the poor showing of the two Finnish finalists the eagerly anticipated competition proved to be a disappointment for the crowd of commentators.

It was no coincidence that every finalist's best throw came during the first three rounds, before the potential downpour really took hold. Michel opened with 88.96 and followed with 89.48 and 88.74 to dominate the proceedings. He even produced a final sling of 86.70, when everyone else was floundering, in itself superior to

anything the opposition could muster. Surprisingly, for a man acknowledged as the most consistent of current world class throwers, it was his first major title. His victory also enabled him to even the score with Petranoff, who had beaten him in Los Angeles earlier in the summer. All credit, though, to the American who, although deprived of his favourite model javelin, claimed the silver. His second round cast of 85.60 overtook Kula's opener by the smallest margin possible. But spare a thought for Klaus Tadmecier and Bob Rogay; their qualifying throws would have won them medals had they been reproduced in the final. Instead they placed 8th and 9th respectively.

Michel expressed surprise at his victory; he hadn't believed a throw of under 90m would suffice and had expected Petranoff to throw 93-94m. The American, some 14m below his world record, said: "I guess I'm satisfied to throw over 85m in this weather. I never throw well in the rain".

(Results: page 33)

INCORPORATING WOMEN'S ATHLETICS MODERN ATHLETICS & WORLD ATHLETICS

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SEPTEMBER 3rd 1983 40p



EUROPEAN CUP SPECIAL

THE MEN'S FINAL — report by Mel Watman

FIRST DAY, AUGUST 20th

400 Hurdles: Harald Schmid produced the fastest time this year by a European as he pushed to a 48.56 clocking. He entered the straight with a long lead over Ryszard Szparak but the Pole flagged in the closing stages and was overhauled by Helsinki bronze medallist Aleksandr Kharlov. Steve Sole did all that could have been expected of him by placing fourth behind these three World Championship finalists. "I needed this good run to get my confidence back after the poor run of last week", said Sole, who was eliminated in the heats in Helsinki. With Volker Beck and Uwe Ackermann on the injured list, the GDR had to scrape the barrel for this event and began the meeting inauspiciously with a seventh place. Team scores: 1, FRG 8; 2, USSR 7; 3, Poland 6; 4, UK 5; 5, Italy 4; 6, Hungary 3; 7, GDR 2; 8, France 1.

100: Following hard on the frustration of two fourth places in Helsinki, Allan Wells' misfortunes continued when, after recovering brilliantly from a stumble caused by his blocks slipping, he failed by just 1/100th of a second to catch European champion Frank Emmelmann. The West Germans failed to capitalise on the good start given them by Harald Schmid when Christian Haas, the only European other than Wells to reach the World Championship final, could manage only fifth place. A headwind of 1.5m/sec held the winning time down to a slow 10.58. Scores: 1 eq, UK, USSR & FRG 12; 4, GDR 10; 5, Poland 8; 6 eq, France & Italy 7; 8, Hungary 4.

1500: At the last European Cup Final in Zagreb (two years ago, Steve Cram — deputising for an injured Steve Ovett — was outkicked to finish third in a slow race. This time, now a great star in his own right, Cram stamped his authority on the race. Despite a sore achilles and all the demands on his time since returning in triumph from Finland, Steve was still sharp enough to



Steve Cram leads into the final straight, chased unavailingly by Andreas Busse.

Tony Marshall

thrill the crowd with his finishing speed. The race was an all too typical Cup race (Andreas Busse leading past 400 in 63.6, 800 in 2:07.6), which played into the hands of Cram. He swept into the lead with just over 200 remaining to win with ease in 3:42.27 — just a little slower than in the Helsinki final. He covered the last 400 in a spectacular 51.5, and his victory put Britain into the lead after three events completed. Nikolay Kirov, who pipped Cram for second place in Zagreb and was his runner-up in the European Championships, showed poor form in Helsinki, being knocked out in the heats, and was equally disappointing here in seventh place. Scores: 1, UK 20; 2, GDR 17; 3, FRG 15; 4 eq, Poland & USSR 14; 6, France 12; 7, Italy 11; 8, Hungary 5.

Shot: Edward Sarul and Ulf Timmermann, first and second in the world, quickly renewed their rivalry and again the Pole came out on top. His opener of 20.54m went unbeaten as the East German came close with 20.32 and 20.39 in rounds four and five. On paper, Mike Winch could not realistically have aspired to higher than the seventh place he filled, but he will have been disappointed not to have taken an off-form Udo

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Gelhausen (down from a season's best of 18.98 to 17.51). The GDR took the lead they were never to lose. Scores: 1, GDR 24; 2 eq, UK & Poland 22; 4, USSR 20; 5, FRG 18; 6, Italy 16; 7, France 13; 8, Hungary 9.

Long Jump: As fourth placer behind three Americans in Helsinki, Laszlo Szalma can claim to be the top European of 1983. As such, he was expected to win; he did — but only just. It was a grand competition, sparked off by Oganez Stepanian's opening leap of 8.06w. Szalma's initial response was a forlorn 7.80 but in the second round he went close with 8.01w — only for Stepanian to move further ahead with a legal 8.09 in the third round. Szalma fouled his next three attempts and Stepanian, who placed only 11th in the Helsinki final with 7.74 after qualifying with 8.01, may have been anticipating a notable victory as the competition entered its final round. But Szalma is a tough customer and in a rousing finale he cut the sand at a wind-assisted 8.10 for Hungary's one victory of the meeting. John Herbert came close to his legal best with 7.66 and his sixth place was something of a bonus. Scores: 1, GDR 30; 2 eq, USSR & Poland 27; 4, UK 25; 5 eq, Italy & FRG 20; 7, Hungary 17; 8, France 14.

400: European champion Hartmut Weber, who pipped 18-year-old Thomas Schonlebe by 1/100th of a second for fifth place in Helsinki, enjoyed a more comfortable advantage this time, pulling clear to a 2½m win over the European

junior record holder. Phil Brown might have hoped to fill third or fourth place but he wound up fifth, possibly proving the point made earlier in the week by Todd Bennett that he, and not Phil, should have been picked. Ahead of him were Sergey Lovachev, whose astonishing 45.23 lead-off contributed so greatly to the USSR's world 4×400 title, and France's Aldo Canti whose 45.96 run was a far cry from his disastrous first round exit (in 47.50) in Helsinki. Poland should have been represented by their national record holder Ryszard Podlas, but he has been disqualified for life by the Polish Federation after being caught stealing running shoes in the athletes' village outside Helsinki. His 4×400 colleague, Ryszard Wichrowski, served as his accomplice and was suspended for two years. The Polish reserve drafted in for London finished last. Scores: 1, GDR 37; 2, USSR 33; 3, UK 29; 4 eq, FRG & Poland 28; 6, Italy 22; 7, Hungary 20; 8, France 19.

High Jump: *Alors!* French record holder Franck Verzy, a disaster in Helsinki where he couldn't clear higher than 2.10m in the qualifying round, enjoyed his day of days as, faultlessly, he took every height on offer: 2.10, 2.15, 2.19, 2.23, 2.26 and 2.29. By that time only Valeriy Sereda was still left to oppose him. The Soviet jumper, assured of second place at worst having cleared 2.26, elected to pass 2.29 after seeing Verzy succeed . . . and also gave 2.32 a miss after the inspired Frenchman went over that height, 2cm

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MEN'S MATCH REPORT Cont'd from page 7

above his national record, first time too. Sereda returned, and departed, at 2.34, leaving Verzy — to the astonishment of his colleagues — attempting a world record 2.38! He didn't come close, but what a breakthrough this competition was for the 1.81/5'11" tall athlete from Lyon. How did he explain a 22cm gain in performance in a week? Mortified by his poor showing in Helsinki (and he certainly wasn't alone in the French team), he worked on a new approach run. Instead of his usual six-stride approach he experimented with seven, nine, eleven, thirteen strides — and it was thirteen strides he used to such effect in London. Aged 22, his progression reads: 1974 — 1.61, 1975 — 1.67, 1976 — 1.76, 1977 — 1.97, 1978 — 2.12, 1979 — 2.13, 1980 — 2.18, 1981 — 2.30, 1982 — 2.23, 1983 — 2.32. What was Geoff Parsons playing at, passing vital heights in a team scoring event? Everybody cleared 2.19 but instead of trying 2.23, a height he has surpassed only once before, and which could have given him fifth place if successful, he tried in vain for a 1/4 record of 2.26 and wound up equal seventh. Scores: 1, GDR 42; 2, USSR 40; 3, FRG 34; 4, Poland 31½; 5, UK 30½; 6, France 27; 7, Italy 25½; 8, Hungary 21½.

Javelin: World champion Detlef Michel's 85.72m opener survived as the winning throw, but it was close as Heino Puuste fell only just short with his initial effort of 85.54. Klaus Tafelmeier also began with his best throw of the day (84.20) but Dave Oatley progressed from 81.24 to 81.42 and 82.40, a good performance which accounted for Polish and Italian throwers with far longer throws to their credit. Scores: 1, GDR 50; 2, USSR 47; 3, FRG 40; 4 eq, UK & Poland 35½; 6, France 30; 7, Italy 27½; 8, Hungary 23½.

10,000: It didn't make up for being pipped in the last few strides of both the European and World 10,000m title races, but Werner Schildhauer gained an awful lot of satisfaction from holding off the dreaded Alberto Cova, despite the Italian's 26.9 final 200. Steve Jones

did most of the leading, with Cova occasionally going ahead in order to slow it down, and the halfway mark was reached in 13:57.18. Jones tried hard to break away on the 19th lap, which he covered in 65:85, but to no avail: Cova, Schildhauer, Valeriy Abramov and Christoph Herle stayed in contact. At the hell it was Schildhauer and Herle together, just in front of Cova, Jones and Abramov, but such was the power of the big kickers that although Jones ran the last lap in very close to 60 sec he was left trailing by some 35m. Scores: 1, GDR 58; 2, USSR 53; 3, FRG 45; 4, UK 39½; 5, Poland 37½; 6, Italy 34½; 7, France 33; 8, Hungary 23½.

4x100: Thanks to a superb display by the relay squad, Britain finished the first day in third place. Solid running and deft baton work by Lincoln Asquith, Donovan Reid and Mike McFarlane enabled Cameron Sharp to take over just ahead of Pietro Mennea, but the old maestro whizzed past just before the line to give Italy (the Helsinki silver medalists) the victory. Britain's time of 38.86, second fastest ever behind the 1980 Olympic squad's 38.62, was first rate and if that squad can practise together on a regular basis a time of 38.5 or faster is a realistic target for the Olympic Games.

First Day Scores: 1, GDR 63; 2, USSR 56; 3, UK 46½; 4, FRG 40; 5, Poland 43½; 6, Italy 42½; 7, France 37; 8, Hungary 28½.

SECOND DAY, AUGUST 21st

Hammer: The World Championships showed that Zdzislaw Kwasny is the strongest threat for several years to Soviet hammer domination, and he underlined his new status by exerting severe pressure on world record holder and champion Sergey Litvinov. Litvinov quickly made an impact with his opening 79.04m and countered Kwasny's second round 78.38 with a 79.82. But with his third throw Kwasny not only broke his week-old Polish record of 79.42 but snatched the lead and (officially this time) joined the exclusive 80m club with a distance of 80.18. Litvinov has not succeeded Yury Sedykh by accident, though: he's a great competitor himself and his immediate reply was 81.52. He injured himself on his fifth attempt and retired. Gunther Rodehau and Karl Hans Riehm had another close scrap, the East German coming out on top again as he did in Helsinki. Chris Black improved steadily — 70.58, 70.90, 71.52, 71.98 — but had to be content with seventh place, with Britain dropping from third to fifth overall. The hammer throwers had the field to themselves and it was good to see a large crowd following the event with appreciation. Scores: 1, GDR 69; 2, USSR 64; 3, FRG 51; 4, Poland 50½; 5, UK 48½; 6, Italy 45½; 7, France 38; 8, Hungary 29½.

110 hurdles: Britain torturers are at their lowest ebb here. Mark Holtom, the inspiration of

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Team: Winsford. Women: 2, L. Hammond 1:40.44, 6.11. Mulhouse (Fra). Mar: Zimmerman 2:28.52 ... 3, Mike Spedding (Durham City; Charlie's 34-year-old brother) 2:39.30, 13.11. Guerande (Fra). 11.1km road: MARTIN MCCARTHY (Ox. C) 34:02 ... 7, S. Cowles (WH) 36:19; 10, B. Wilkus (Spark) 36:42; 22, J. Mills (Spark) 38:33 (2nd Vet).

USSR RESULTS

28/29.5. Kharkov. 4000H: A. Chibrikov 49.20; TJ: Yemets 17.05; HT: Sedykh 80.42, 3/4.7. Chernigov. PV: Chernayev 3.71; 31. Pershov 89.02. 17.7. Novokuznetsk. Women's LJ: Shvachenko (Jar) 6.82; 27.7. Leningrad. 5000: Dmitriyev 13:21.1, Krokhamlyuk 13:21.2; women's 800: Popova 1:57.9, Providokhina 1:58.0, 27.7. Leningrad. 100: Bryzgin 10.23, Muraviov 10.26; PV: Volkov 5.70, Bubka 5.65, Selivanov 5.60; TJ: Boryukov 17.01; SP: Smirnov 20.88, Baryshnikov 20.62; DT: Dumchev 64.70; women's 100: Antonova 11.09, Romanova 11.23; 1500: Podkopayeva 4:00.79, Kazankina 4:01.23, Radugina 4:01.67; 100H: Petrova 12.72; HJ: Poluiko 1.98, Bykova 1.93, Kositsina 1.93; SP: N. Abashidze 20.54, 28.7. Leningrad. 200: Sokolov 20.57; 400: Chernetskiy 45.51, Lovachev 45.52, Roshchin 45.72; 400H: Yatshevich 48.99; 111: Sereda 2.30, Demyanuk 2.30; LJ: Rodin 8.33; women's 200: Pivagina 22.80; 800: Podkopayeva 1:55.96, Zaitseva 1:56.51, Providokhina 1:56.81; 3000: Kazankina 8:32.08, Yushchina 8:34.04, Sakharova 8:34.60, 28-30.8. Kiev. PV: Bubka 5.60; HT: Boryukov 17.30; HT: Sedykh 79.48, Nikulin 79.40, 13/14.9. Saporozhye. TJ: Staryshchuk 2.28; LJ: Kobylanskiy 8.17; HT: Spiridonov 76.96; women's DT: Kugayevskikh 67.84.

INDIA

30.9. — 2.10. Jamshedpur. (All India Open) 400: Charanjit Bajwa 47.1; PV: Sunder Singh Tanwar 4.71; SP: Balwinder Singh 18.56; DT: Ajmer Singh 56.40 (rec); HT: Raghib Singh Bat 62.76; TJ: Carraj Singh 7.78 (rec); Dec: Sabin Carr 69.19; 20kmW: Chand Ram 1:32.12; Women's 100/200/400: P. T. Usha 11.8/23.9 (rec)/53.6 (rec); SP: Bakhtawar Khanbhatta 14.08 (rec).

SABIN CARR

Sabin Carr (USA), who died in September at the age of 79, was an important figure in the history of pole vaulting. At Philadelphia in May 1927 he became the first man to clear 14 feet (4.26m), and in February 1928 he set an indoor world best of 4.29. A fine competitor, Carr won the 1928 Olympic title in Amsterdam with an Olympic record of 4.20, failing at the world record height of 4.31. His teammate and defending champion, Lee Barnes, who had broken Carr's record with 4.30 in April 1928, finished only 5th.

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INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics weekly

DECEMBER 17th 1983 40p



Overseas News

EUROPEAN RESULTS

22.7. Leningrad (USSR). Women's 100: Romanova 10.9 hr; 400: Korban 50.77; 100H: (+2.8m) Petrova 12.72, Akimova 12.88. **28.7. Leningrad.** 3000: Abramov 7:46.80, Dmitriyev 7:47.80; 400H: 7. Vasiliev 49.07, Kharchov 49.30 hr; **HT: Nikulin 79.88, Sedykh 79.24,** Tarayuk 77.98; 31. Pousie 85.72; women's 200: 2. Baskakova 22.80; 800: 4. Agletdinova 1:57.08; 5. Veselkova 1:58.12; 6. Kitova 1:58.82; 3000: 4. Guskova 8:35.06; 5. Pozdnyakova 8:37.32; 6. Dvirna 8:37.40; 7. Ulimasova 8:38.19; 8. Kuznyukova 8:38.22; 9. Sadreydinova 8:41.05; 400H: Navicknile 55.20; LJ: Turulina 6.68. **7.9. Odessa (USSR).** PV: Bubka 5.50; women's DT: Savinkova 64.76. **7.9. Kessel-Lo (Bel)** 10,000: Puttemans 28:24.5. **11.9. Malmö (Swe).** Mar: Persson 2:13.09, Hogberg 2:17.10. **24.9. Stockholm (Swe).** JT: Eldebrink 83.46. **28.9. Malmö.** DT: Bruch 67.08. **5.10. Helsingborg (Swe).** DT: Bruch 66.64. **12.10. Helsingborg.** DT: Bruch 66.16. **18.10. Koblenz (FRG).** 25km road: Johnson 1:20.11, MARK LASSETTER 1:20.51, Collis 1:21.51. . . 9. STEVE OVETT 1:27.39. **16.11. Griesheim (FRG).** 25km road: Ten Kate (Neth) 1:17.09, Spottel 1:17.18, Hartmann (Aut) 1:17.28. . . 12. MIKE GRATTON 1:19.54; women — Schafer 1:26.56, Teske 1:28.08.

20.11. Grenoble (Fra). 10.1km CC: Watrice 28:11, Szabo (Hun) 28:17, TONY SIMMONS 28:35, BERNIE FORD 28:38, Wessinghage (PRG) 28:53; women's 3.6km Wessinghage (PRG) 11:27, Faye 11:32, SALLY McDIARMID 11:35. **25.11. Colombes (Fra).** Indoor PV: Vigneron 5.60. **27.11. Brest (Fra).** 800m CC: TONY MILOVOROV 2:36, F. Gonzalez 2:50, NIGEL GATES 24:09, Faure 24:14. . . 7. Mamunski (Pol) 24:38; women's 4.6km: Lorr 15.30, JULIA GATES 16:00, Letur 16:01. **27.11. Volvic (Fra).** 10km CC: Couto (Por) 30:30, Szabo (Hun) 30:37, Pinheiro (Por) 30:48, Abreu (Por) 30:52, MIKE BISHOP 31:10. **27.11. Bolbec (Fra).** 10.1km CC: Levine 32:42, PETER STANDING 33:02, BOB TREADWELL 33:08, Geffray 33:18, Babaci 33:25, GARY RIBBONS 33:38, Hachadour (Alg) 34:00, PAUL MAGNER 34:04; women's 4.5km: CHRIS BENNING 18:06, Matthews 18:13. . . 6. CHRIS WHITTINGHAM 19:28. **27.11. Colombiers (Fra).** 10.6km CC: ROGER HACKNEY 33:20, A. Gonzalez 33:30, Coudwell (NZ) 34:42. **27.11. Alloues (Fra).** 9.1km CC: Watrice 28:09, EDDIE HERRIDGE 28:21. **27.11. Marseilles (Fra).** CC: BURNS 27:08, Ben Larbi 27:29, Clabaut 27:41, TERRY COLTON 27:57.

AROUND THE WORLD

AUSTRALIA. 2.7. Melbourne. 10M road: de Castella 46:33; women — Mallinder 53:08, 9.10.

Melbourne. Mar: Ikangaa (Tan) 2:13:50, Wood 2:19:57; women — Mallinder 2:37:56, Walker (NZ) 2:40:07. **JAPAN.** 20.11. Tokyo. Women's Mar: Sasaki 2:37:09, R. Joyce (Ir) 2:37:33, Tanaka 2:38:46, Vahlensieck (FRG) 2:39:27, Asai 2:39:47, Smekhnova (USSR) 2:40:05. . . 11. GILLIAN BURLEY 2:43:06. **MEXICO.** 17.19.6. Mexico City. (Junior meet) 100: Castano (Bra) 10.40; 200: Batista (Bra) 20.51; HJ: Ristano (Bra) 2: (7) 4 × 100: Brazil 40.36 (5. American Jnr rec); women's 200/400: Vazquez (Mex) 23.62/53.76 (rec); HJ: dos Santos (Bra) 1.85 (5. Am Jnr rec). **NEW ZEALAND.** 18.9. Christchurch. Women's 15km road: Moller 51:47. **8.10. New Plymouth.** NZ 16km road champ: Ballinger 48:26, Duckett 48:29, Burridge 48:34, Renner 48:52, TREVOR WRIGHT 48:55; Vets 12km: R. Robinson 37:46; women's 6km: Tweedie 20.21. **16.10. Auckland.** Indoor HJ: Te Puni 2.16 (NZ best). **20.11. Auckland.** Mar: Pfiringer (US) 2:12:19, N. de Castella (Aus) 2:15:04, Radcliffe (US) 2:18.11. **SOUTH AFRICA.** Nellie Basson set an African women's javelin record of 61.28m at Stellenbosch. Note that Zola Budd's African 1500 record of 4:06.87 at Bloemfontein on October 28th was achieved at an altitude of 1392m, and that the half marathon "world best" of 1:01:36 by Bethuel Serobe at Port Elizabeth on July 23rd was accomplished on a course found to be 43m (7-8 sec) short. **10.10. Cradock.** 100/200: 2. Greg Conlin 10.6/21.4.

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athletics weekly

DECEMBER 24th 1983 40p



**Fatima Whitbread:
In-Depth Interview**

lost from the fold. 'Carrots must be tangible'.

Therefore my suggestion is that the hammer, shot and discus be competed for under similar conditions to the weightlifting fraternity. This system would operate for senior men and senior women in County and National championships. I feel the benefits to the sport would far outweigh the administrative arguments.

If (yes, the proverbial 'if') these changes could be integrated, it would allow and encourage more athletes to stay in the sport. I also feel that more emphasis would be put on good technique and therefore coaching would be forced to improve. Hopefully one of the biggest spin-offs would be more good coaches coming from the ranks of the athletes. Comments please

M. J. Morley,
(BAAB Field Coach),
Barton & District AC

The suggestion of splitting the heavy throws into weight categories is one that has been advocated on and off for many years, and certainly merits serious consideration. Weightlifting is divided into the following limits: 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg and 119kg-plus. At top world level the vast majority of the male throwers weigh over 100kg — as can be gauged from these official figures relating to World Championship finalists—

SP: 1, Saral (106kg) 21.39; 2, Timmermann (117) 21.16; 3, Machura (108) 20.98; 4, Laut (114) 20.60; 5, Bojars (122) 20.32; 6, Beyer (130) 20.09; 7, Andrei (118) 20.07; 8, Akonniemi (95) 19.85. **DT:** 1, Buga (120) 67.72; 2, Delis (103) 67.36; 3, Valens (115) 66.08; 4, Huuonon (120) 65.44; 5, Schult (108) 64.92; 6, Kolnoorchenko (105) 64.74; 7, Martinez (120) 64.26; 8, Burns (118) 63.22. **HT:** 1, Litvinov (98) 82.68; 2, Sedykh (104) 80.94; 3, Kwany (102) 79.42; 4, Nikulin (105) 79.34; 5, Rodelau (108) 77.08; 6, Ploghaus (109) 76.96; 7,

Riehm (107) 76.92; 8, Dyalgerov (95) 76.64. **Women's SP:** 1, Fibingerova (99) 21.05; 2, Knorscheidt (90) 20.70; 3, Slupianek (90) 20.56; 4, Abashidze (98) 20.55; 5, Lisovskaya (—) 20.02; 6, Loghin (75) 19.85; 7, Lusch (84) 19.72; 8, Sarria (104) 19.47. **DT:** 1, Opitz (86) 68.94; 2, Murashova (90) 67.44; 3, Petkova (105) 66.44; 4, Khristova (94) 65.62; 5, Beyer (94) 65.26; 6, Silhava (79) 64.32; 7, Stalman (94) 63.76; 8, Ritchie (98) 62.50. — Ed.

INVITATION WOULD BE WELCOME

Dear Sir,

With reference to Jack Harris's letter (Nov. 12th), if he is prepared to do the local research to determine whether an Assistant Club Coach Course is likely to be supported, I shall be delighted to arrange one at Watford for him. So far this year (in the North of Thames area) there have been courses at Thurrock, Harlow, Ipswich, Norwich and Crystal Palace, and in the last three years similar courses at Welwyn, Bedford, Reading, Enfield, Stevenage etc. If such a course is successful, it should ensure that some local qualified coaches are attracted to help with Watford Harriers on a regular basis (providing Mr Harris is prepared to invite them).

Can I take this opportunity of pointing out to Mr Harris that "members of the coaching administration" (to use his phrase) would be pleased to be invited to Watford and other venues — they should not just be expected to 'turn up' uninvited.

Charles Mustoo,
(SCAAA Coach Education
Administrator, North of Thames)

ROGER AND OUT

Dear Sir,

May I express my thanks to the clubs of the Southern Athletic League for the beautiful inscribed coffee set that was presented to me at the League AGM on November 18th. I shall always treasure this gift.

It has been a pleasure and a privilege to serve the League, as the whole set up of athletes, secretaries, officials and supporters constitutes a wonderful team.

My thanks also for the cheque which I shall use to purchase a measuring tape and stop watch, so that at future League meetings I shall be ready for any duties as required!

With my grateful thanks to all the Southern clubs.

Roger Buzzard,
Flackwell Heath, Bucks

All involved in athletics in the South owe Roger Buzzard a debt of gratitude for his sterling work on behalf of the League, of which he was the tireless secretary from 1968 to 1982. Where would our sport be without enthusiastic officials of his calibre? — Ed.

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4 to enter, 8 to run, 4 to score.		

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