

OUT
EVERY
WEDNESDAY

FIRST WITH RESULTS

70p

Athletics Weekly

JANUARY 25 1989

**STEVE
BINNS**

Down but
not out

**WEEKEND
RESULTS**
best of the action

**GEOFF
TURNBULL**

"Never give a
sucker an even
break" - p.28

ROGER

HACKNEY

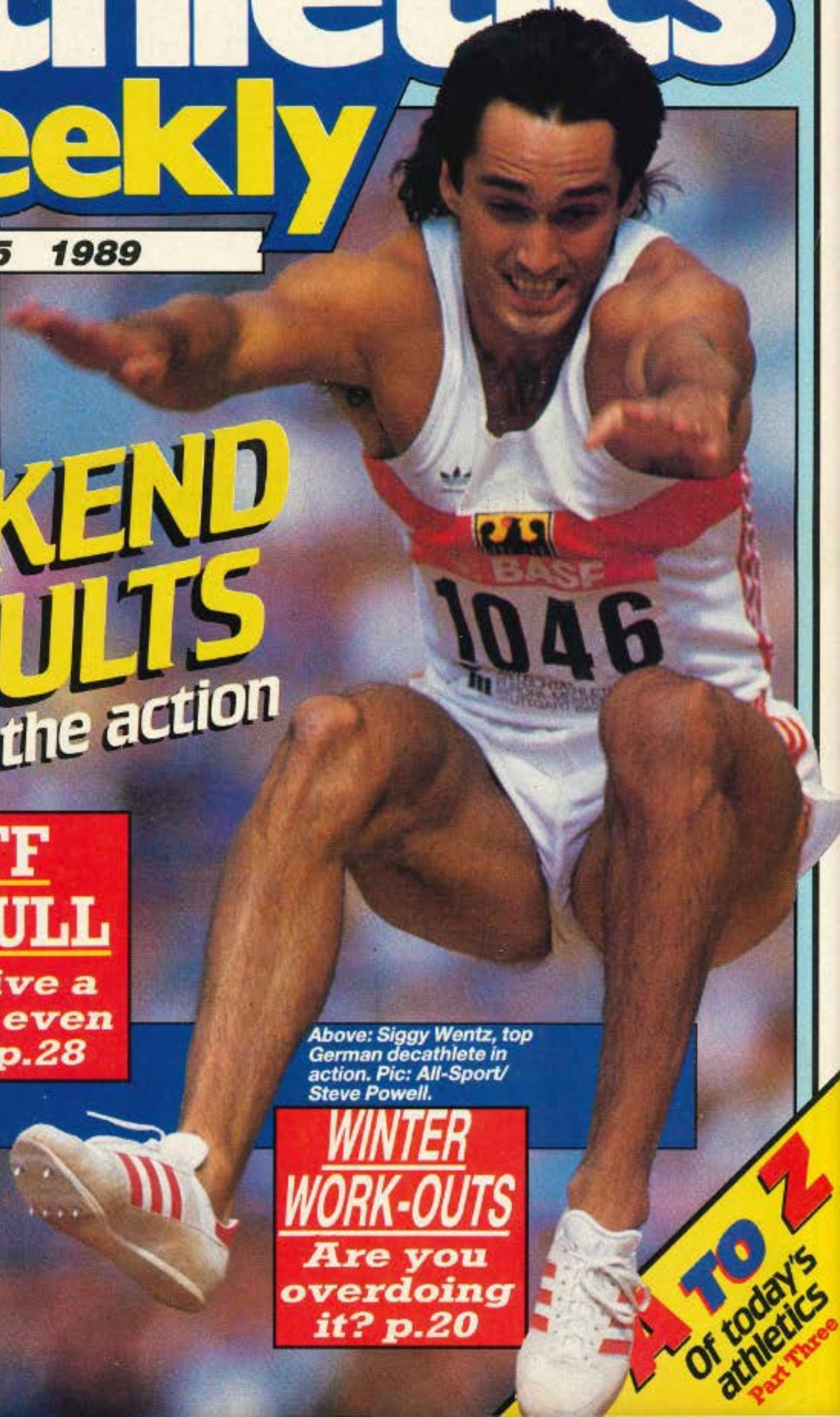
ANSWERS
YOUR INJURY
PROBLEMS

**WINTER
WORK-OUTS**

Are you
overdoing
it? p.20

Above: Siggy Wentz, top
German decathlete in
action. Pic: All-Sport/
Steve Powell.

A TO Z
Of today's
athletics
Part Three



THE A TO Z OF TODAY'S ATHLETICS

CONTINUED

Tug of War

Management of the tug-of-war is delegated by the AAA to the Tug-of-War Association: P. J. Craft 57 Lynton Road, Chesham, Bucks HP8 2BT. Tel. 0494 783057.

Turntec

Shoon Ltd. Dyehouse Lane, Glas-tonbury, Somerset BA6 9LZ. Tel. 0458 34019.

UK Coaching Scheme

Administration is from: The BAAB Coaching Office, Francis House, Francis Street, London SW1P 1DL. Tel. 01 630 5373.

UK Women's League

Sponsored by Access, it's the women's equivalent of the men's British League.

Low Mill, Town Lane, Whittle-le-Woods, nr. Chorley, Lancs. PR6 7PW. Tel. 02572 69611.

Ultra Distance

If the 26.2 miles of a marathon is not enough for you then ultra-distance is what you need. It may be the London to Brighton, a mere 53 miles, or a 24 hour track event in which you complete as many laps as possible, eating, drinking and resting on the track. Still not tested? Then a six day event could fit the bill. Back in 1888 George Littlewood covered 623 miles 1320 yards at the Madison Square garden, New York in that time.

Veterans

In AAA events male veterans are over the age of 40 on the day of competition. Women competing in WAAA controlled events must be at least 35 on the day. Some competitions also have other classes for 'vets' such as over 45, over 50 and so on.

Vitamins

A mixed, healthy diet containing plenty of wholefoods, fresh fruit and vegetables should contain all the natural vitamins required by the athlete.

Sources of the main vitamins include: A, milk, liver, fresh green vegetables; B, yeast and wheat-germ; C, fresh vegetables and citrus fruits; D complex, eggs and cod liver oil.

Multi-vitamin pills can be used to ensure a full intake but many medical experts believe them to be unnecessary if the diet is balanced.

Warming Down

Finish competition or hard training by falling in a heap and you will regret it later. Stopping suddenly will lead to stiffness and aching limbs for days. Far better to put on some warm clothing and then continue some gentle exercise and stretching for another 15 minutes. By tapering down slowly lactic acid and debris left in the muscles can be flushed out and the stiffness avoided.

Warming Up

A vital part of pre-race preparation and also before hard training. By easing into a series of jogs, strides and stretches the athlete gets everything working efficiently. In sprinting it is even more important than in the less explosive long distance events and it may take as long as an hour for a competitor to prepare.

Take your time, concentrate and don't get side-tracked by other athletes and spectators who may want a chat.

Welsh AAA

Winterbourne, Greenway Close, Llandough, Penarth, S Glamorgan CF6 1LZ. Tel. 0222 708102.

Wind Chill

A factor which can quickly reduce a runner's body temperature, even on days when the actual air temperature is not drastically low.

A 20mph wind for example can give an air temperature of 50F the effect of being at around freezing point. Result is possible hypothermia in a runner not fully protected.

Winning streaks

116 consecutive wins in a four year period was the incredible record of USA discus thrower Parry O'Brien.

His performances set a male 'win streak'. Iolanda Balas of Romania went even better in the women's high jump with 140 consecutive wins between 1956 and 1967.

But probably the most famous record is that of Edwin Moses. His domination of the hurdles, winning 122 consecutive races, 107 of them finals, before finally losing to Danny Harris in 1987.

Women's World Road Race Championships

Organised annually by the IAAF and first held over 10km in California before being extended in 1985 to 15km when the race was held at Gateshead. Britain's Wendy Sly was the first UK runner to win an individual honour in 1983.

World Championships

Helsinki, Finland hosted the first World Athletic Championships as recently as 1983. And in that same period of Olympic boycotts an amazing 1572 competitors took part from 157 nations in front of crowds totalling over 422,000.

At those first Championships Carl Lewis collected three gold medals and East Germany's Marita Koch three golds and a silver.

World Cross Country Championships

An annual event which has continually grown since it began in 1903.

Kenyan runners have dominated recent events and current champion John Ngugi is just one of a string that appear almost unbeatable no matter what form the course takes.

British successes have been hard to find in recent years, except for Zola Budd's wins in 1985 and 1986.

World Cup

THE IAAF World Cup has been held since 1975 but since the World Championship began in 1983 has only been held every fourth year.

Teams in the World Cup represent each of the five continents with, national teams from the USA and the two top men's and women's teams from the European Cup.

World Junior Championships

A fairly new event which only began in July 1986 in Athens.

World Race Walking

The IAAF World Race Walking Cup is over 20km and 50km for men and a separate 10km walk for women who compete for the Eschborn Cup. The men's trophy is the Lugano Cup competed for biennially by national teams. Qualification for the final is via three qualifying matches.

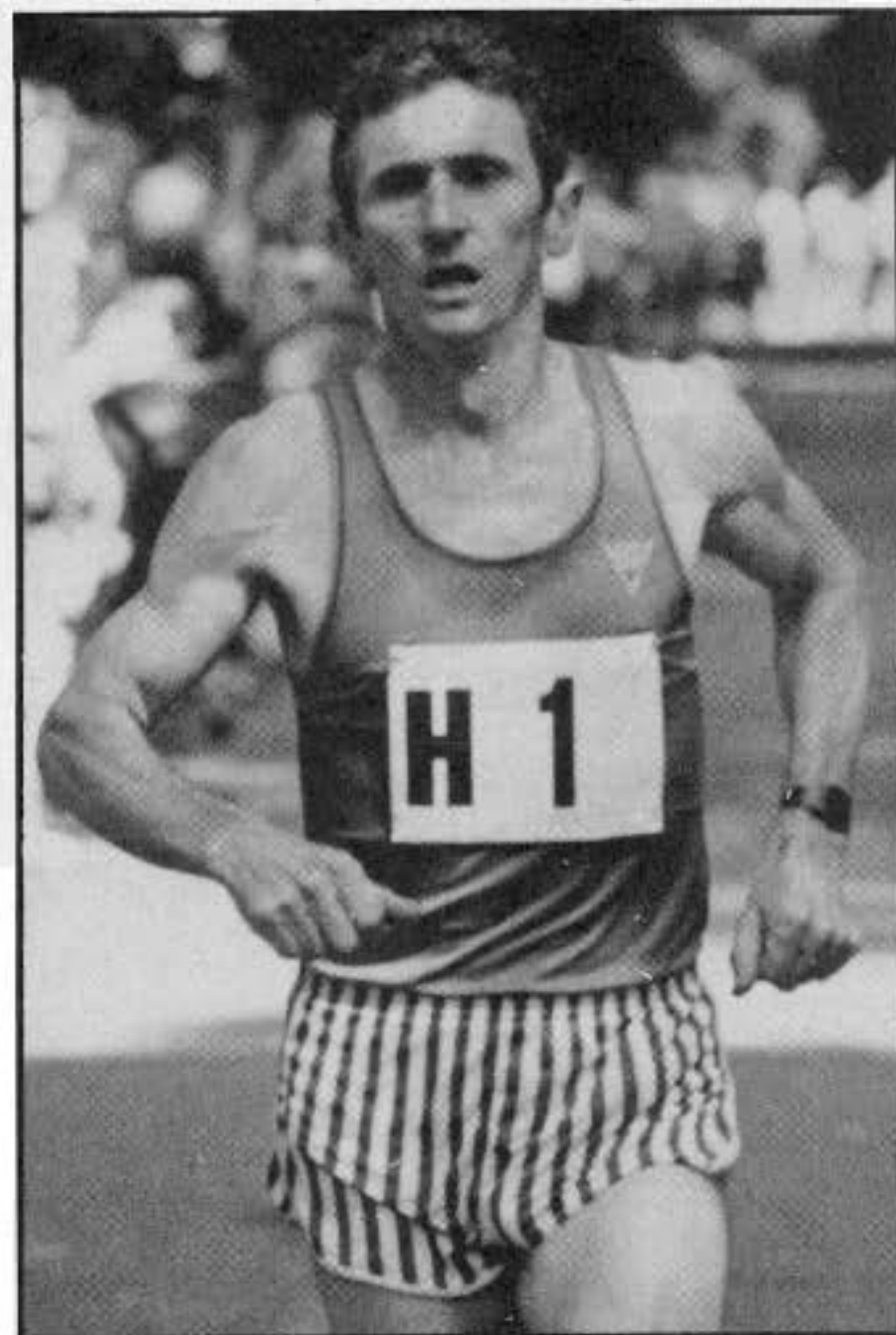
World Records

The IAAF is responsible for world records since it laid down the first list of events to be recognised in 1914. At that time a total of 96 men's events, including 53 runs and hurdles, 30 walks and 12 field events were listed.

Later, in 1977, imperial distances, except for the mile, were dropped and records for races up to 400m were only acceptable if fully automatically timed.

Records - men - 100m: Ben Johnson 9.83; 200m: Pietro Mennea 19.72; 400m: Butch Reynolds 43.29; 800m: Seb Coe 1:41.73; 1500m: Said Aouita 3:29.46; 5000m: Said Aouita 12:58.39; 10,000m: Fernando Mamede 27:13.81; Mar: Belayneh Dinsamo 2:06:50; 3000SC: Henry Rono 8:05.4; 110H: Renaldo Nehemiah 12.93; 400H: Ed Moses 47.02; PV: Sergey Bubka 6.06; HJ: Javier Sotomayor 2.43; LJ: Bob Beamon 8.90; TJ: Willie Banks 17.97; SP: Ulf Timmerman 23.06; DT: Jurgen Schult 74.08; HT: Yuriy Sedykh 86.74; JT: Jan Zatezny 87.66; Dec: Daley Thompson 8847.

Women - 100m: Florence Griffith-Joyner 10.49; 200m: Florence Griffith-Joyner 21.34; 400m: Marita Koch 47.60; 800m: Jarmila Kratochvilova 1:53.28; 1500m: Tatyana Kazankina 3:52.47; 3000m: Tatyana Kazankina 8:22.62; 10,000m: Ingrid Kristiansen 30:13.74; Mar: Ingrid Kristiansen 2:21.07; 100H: Yordanka Donkova 12.21; 400H: Marina Stepanova 52.94; HJ: Stefka Kostadinova 2.09; LJ: Galina Chistyva-



Taff Davies who set veterans' world age bests for 10km and half marathon in 1988. Pic: Chris Witty.

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MARCH 15

1989

BEST OF BRITISH

JACKSON
LEADS THE
WAY IN
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WEEKEND RESULTS

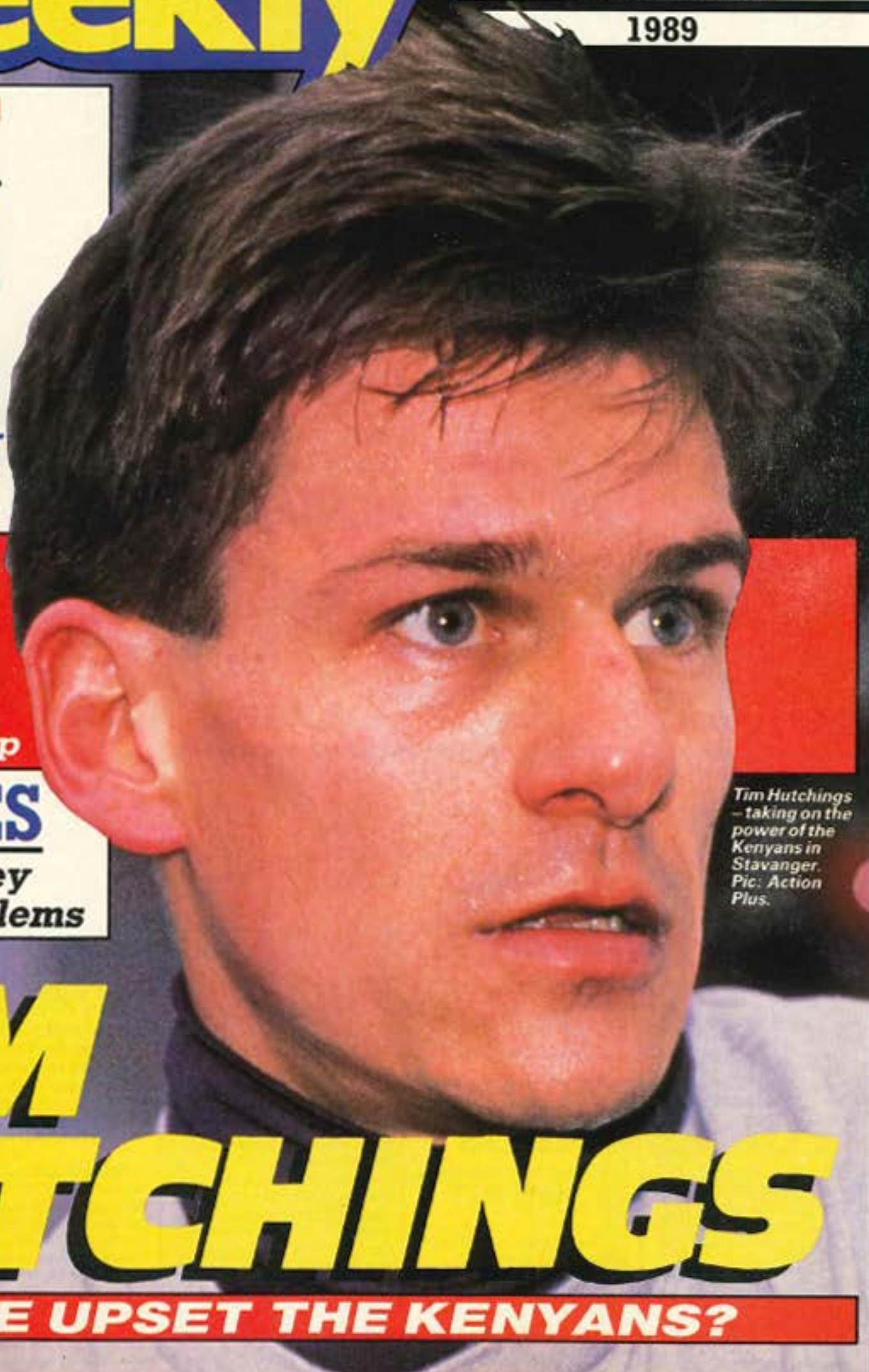
Road & cross
country round-up

INJURIES

Roger Hackney
solves your problems

TIM HUTCHINGS

CAN HE UPSET THE KENYANS?



Tim Hutchings
— taking on the
power of the
Kenyan in
Stavanger.
Pic: Action
Plus.

CONTINUED

Americans, but Paul Johnson (7.94) and Barrington Williams (7.84) weren't concerned. Their best jumps came in the fourth round. "I always bring out the best in Paul," said Williams resignedly afterwards. "Both of us planned to go over eight metres today."

Johnson who improved his best by one centimetre, agreed. "I was looking to go over eight metres because I've been going over eight in training - it'll come, though."

Williams, who recently leapt 8.05m, was pleased to come through unscathed after a back injury. He described that performance as "the biggest moment of my life." This summer Johnson is gunning for the British record, while Williams is hoping for eight metres outdoors. Competition will be tough for Commonwealth places.

Kenny Harrison set an all-comers' record in the triple jump; John Herbert and John Edwards finished fourth and sixth.

Contrasting styles dominated the shot, where rotating Augie Wolf (fourth in the Worlds) pushed Vyacheslav (fourth in the Europeans) close, but not close

GUNNELL SETS RECORD

Sally Gunnell set an all-comers' record in the 300 metres, when she held off Canadian Jillian Richardson for victory in 37.88. There was no denying Gunnell who, in the Worlds the week before, had suffered from barging. This time she got to the front and stayed there.

enough.

Paul Edwards took fourth with 19.69.

Earlier in the day, Yuri Sedykh won the 36lb weight for distance - a full report on that in next week's issue.

Russian walkers dominated the 5km walk, but Andy Drake and Martin Bell, third and fourth picked up valuable points. Not previously held in this country, Drake's time of 20:05.82 clipped almost three seconds off Steve Barry's 1983 UK record.

Moving into the last event, the relay, the score, which had sea-sawed throughout the evening, was such that Great Britain just needed to finish second to be assured of victory.

They never got close to the Americans, who were in World-record-breaking form.

It was quite a night.



Sally Gunnell - Set an all-comers' record in the 300m. Pic: All-Sport/Gray Mortimore.

NEXT WEEK - GLASNOST IN GLASGOW - DON'T MISS OUR FULL REPORT ON THE 35lb WEIGHT FOR DISTANCE COMPETITION - ONE OF THE MOST BIZARRE EVENTS EVER HELD IN THE UK...

60m

1, Michael Rosswess (GB) 6.57; 2, B Cooper (USA) 6.65; 3, S Floyd (USA) 6.68; 4, A Razin (URS) 6.77; 5, Mike McFarlane (GB) 6.80; 6, V Savin (URS) 6.83.

200m 'A'

'A': 1, John Regis (GB) 20.99; 2, B Cooper (USA) 21.67; 3, N Razgonov (URS) Disq.
'B': 1, Ade Mafe (GB) 21.11; 2, T Jefferson (USA) 21.56; 3, A Goremkin (URS) 23.44.

400m

'A': 1, M Rowe (USA) 46.85; 2, Gary Cadogan (GB) 47.64; 3, V Kocheragin (URS) 48.49.
'B': 1, Brian Whittle (GB) 47.08; C Jenkins (USA) Disq.

800m

1, A Sudnik (URS) 1:47.05; 2, Tony Morrell (GB) 1:47.28; 3, Ikem Billy (GB) 1:47.39; 4, J Armour (USA) 1:47.80; 5, R Brown (USA) 1:48.47; 6, A Kraminsky (URS) 1:49.09.

1500m

1, Steve Crabb (GB) 3:39.55; 2, J Atkinson (USA) 3:39.61; 3, S Afanasyev (URS) 3:39.73; 4, V Kalinkin (URS) 3:43.49; 5, J Norris (USA) 3:47.35; 6, Andrew Geddes (GB) 3:56.48.

3000m

1, D Padilla (USA) 8:01.22; 2, B Diemer (USA) 8:02.89; 3, M Das-

ko (URS) 8:03.28; 4, Tom Hanlon (GB) 8:05.14; 5, Simon Muggleston (GB) 8:05.76; 6, A Buzryev (URS) 8:24.57.

60H

1, Colin Jackson (GB) 7.44 (UK A-C rec); 2, R Kingdom (USA) 7.46; 3, I Kazanov (URS) 7.55; 4, A Blake (USA) 7.58; 5, David Nelson (GB) 7.87; 6, V Shishkin (URS) 7.90.

High Jump

1, A Yemelin (URS) 2.32 (UK A-C rec) (2.15-1, 2.20-1, 2.26-1, 2.32-3, 2.34-x); 2, Dalton Grant (GB) 2.29 (2.15-1, 2.20-1, 2.26-3, 2.29-3, 2.32-x); 3, J Jacoby (USA) 2.20 (2.10-1, 2.15-1, 2.20-1, 2.26-x); 4, S Dimchenko (URS) 2.20 (2.10-1, 2.15-2, 2.20-1, 2.23-x); 5, John Holman (GB) 2.20 (2.10-1, 2.20-2, 2.23-x); 6, M Pascuzzo (USA) 2.15 (2.10-1, 2.15-1, 2.20-3).

Pole Vault

1, T Potapovich (URS) 5.65 (Eq UK A-C rec (5.50-1, 5.65-1, 5.80-x); 2, S Davis (USA) 5.50 (5.30-1, 5.50-2, 5.60-x); 3, V Ishutin (URS) 5.40 (5.30-1, 5.50-2, 5.60-x); 4, Mike Edwards (GB) 5.15 (5.00-1, 5.15-3, 5.30-x); 5, Andy Ashurst (GB) 5.00 (5.00-2, 5.15-x); 6, D Kenworthy (USA) no height (5.40-x).

RESULTS

Long Jump

1, Paul Johnson 7.94 (7.46, 7.47, 7.94, 7.79, 7.54); 2, Barrington Williams (GB) 7.84 (7.75, -, 7.64, 7.84, x, 7.71); 3, V Bobilyov (URS) 7.80 (7.50, 7.59, 7.80, 7.66, 7.33, 7.43); 4, R Humphrey (USA) 7.79 (7.38, 7.41, 7.61, 7.79, 7.32, 7.67); 5, R Spry (Guest) 7.73 (7.47, 7.68, 7.65, 7.71, 7.68, 7.73); 6, L Voloshin (URS) 7.68 (7.68, x, x, x, x, x); 7, W Ayears (USA) 7.62 (7.55, 7.55, 7.62, 7.59, x, 7.61).

Triple Jump

1, K Harrison (USA) 16.85 (UK A-C rec) (16.27, 16.63, 16.58, 16.60, 16.85, 16.74); 2, I Lapshin (URS) 16.69 (16.54, 16.69, 16.18, x, 16.38, 16.41); 3, J Tillman (USA) 16.53 (16.19, x, 16.47, 16.53, 16.14, 16.19); 4, John Herbert (GB) 16.21 (15.59, 15.91, 16.21, 16.04, 16.17, 15.74); 5, A Kovalenko (URS) 16.10 (15.65, 16.10, -, 15.49, -, 15.75); 6, Jon Edwards (GB) 15.94 (15.87, 15.94, x, 15.42, 13.51, 15.54).

Shot Put

1, V Lykho (URS) 20.72 (19.90, 20.10, 19.78, 20.72, 20.61, x); 2, A Wolf (USA) 20.46 (19.57, 20.24, 20.46, 19.95, 19.73, 19.90); 3, S Smirnov (URS) 20.21 (x, 19.95, x, 20.21, x, x); 4, Paul Edwards (GB) 18.68 (18.68, 18.22, 18.33, x, x, x); 5, R McKee (USA) 18.50

(17.61, 18.11, x, 17.94, 17.87, 18.50); 6, Matt Simson (GB) 17.08 (16.30, 17.08, 16.46, 16.91, 16.16, 16.88).

35lb weight: 1, Y Sedykh (URS) 23.12 (22.88, 22.62, 22.74, 23.12, x, 22.82); 2, L Deal (USA) 21.40 (21.18, x, x, x, 21.40, x); 3, S Litvinov (URS) 21.04 (x, 19.84, 20.66, 20.72, x, 21.04); 4, P Egan (USA) 20.92 (20.14, 20.48, 20.10, x, 19.98, 20.92); 5, Shane Peacock (GB) 19.94 (18.74, x, x, x, 19.94, x); 6, Mick Jones (GB) 18.56 (18.38, x, 18.56, x, 18.34, 17.48); 7, S Egan (Guest) 17.38 (17.38, 17.18, x, 17.36, x, x).

5km Walk

1, Kostilkevich (URS) 19:39.14 UK A-C rec; 2, Misjulia (URS) 19:39.23; 3, Andy Drake (GB) 20:05.82; 4, Martin Bell (GB) 20:26.36; 5, G Morgan (USA) 21:01.12; R Sharp (USA) DNF.

4 x 400m

1, USA (C Daniel, C Jenkins, K Lowery, M Rowe) 3:05.21 - World rec; 2, Great Britain (Gary Cadogan, Marcus Adam, Todd Bennett, Brian Whittle) 3:08.48; 3, Soviet Union (Y Kochevagin, A Goremikin, V Kalinin, A Fana-sier) 3:17.59.

Women

300 Invitation

1, Sally Gunnell (GB) 37.88; 2, J Richardson (Can) 38.00; 3, C Crooks (Can) 38.38; Angela Piggford (GB) Disq.

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MARCH 22

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**MARCUS
O'SULLIVAN**

On top o'
the world

**WORLD
CROSS
COUNTRY**

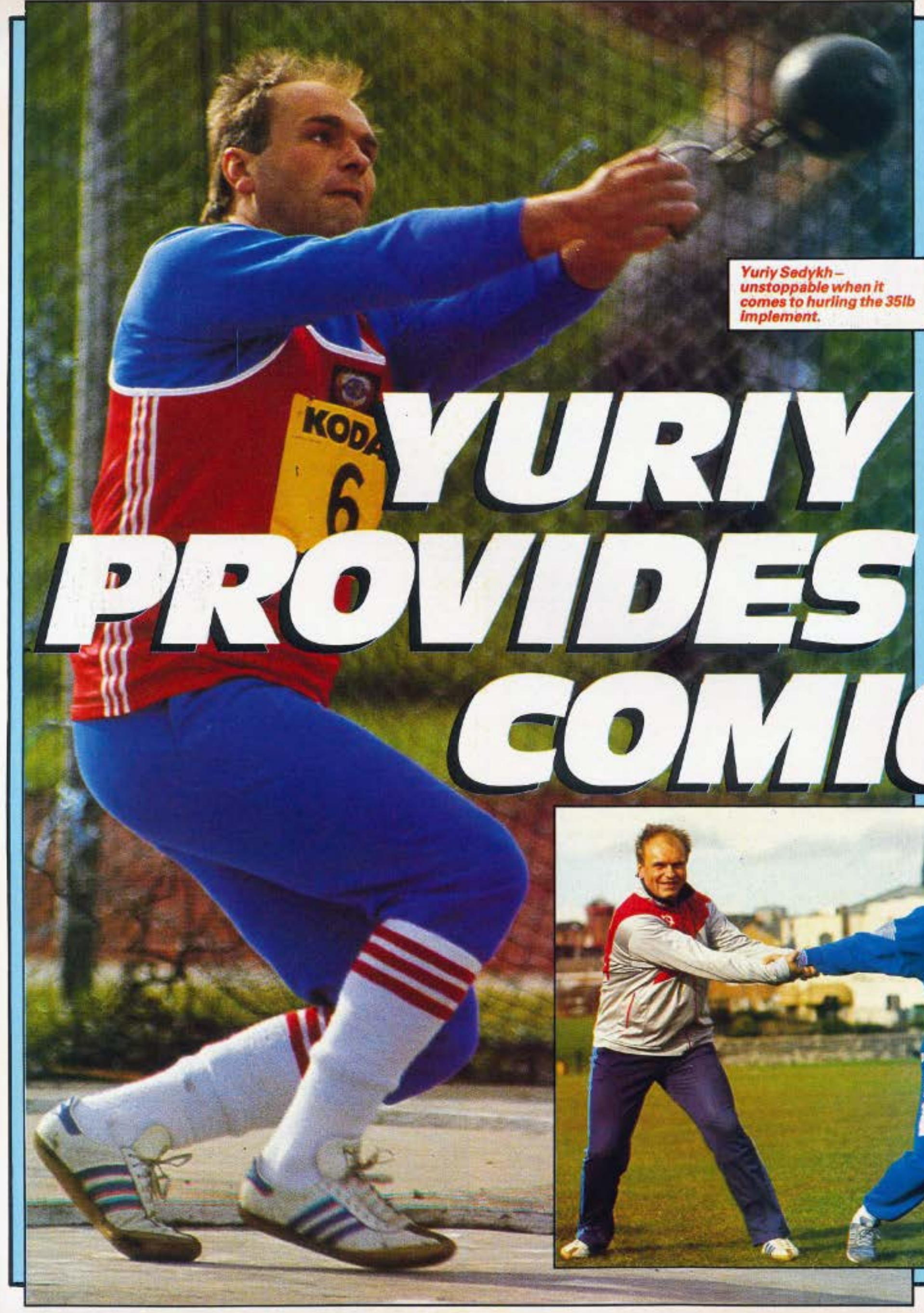
Full report inside

**DAIRY
CREST
U-20
CHAMPS**

Yuriy Sedykh competing
in the 1988 Lausanne
Grand Prix.
Pic: All-Sport/
Gray Mortimore.

GLASNOST IN GLASGOW

YURIY PROVIDES COMIC RELIEF - P. 12



**Yuriy Sedykh—
unstoppable when it
comes to hurling the 35lb
implement.**

YURIY PROVIDES COMIC



Held for the first time in the UK since 1983, the 35lb weight for distance invitation, held as part of the recent Kodak Classic between GB, USA and USSR, turned out to be a unique event. KEITH NELSON reports. Photos by CHARLES DONNELLY.

"THE sucker's going to sink about 20 feet." Not the most eloquent quote of the day, but the American coach had a point.

Hurl a 35lb weight some 20-odd metres into rain-sodden grass and it's bound to make a big hole.

The event was the 35lb weight for distance invitation, held as part of last weekend's Kodak Classic between Great Britain, USA and USSR.

It's an event rare to Britain, but common in America. British Amateur Athletic Board's promoter Andy Norman told me that the Americans had asked for its inclusion in the programme, so he had duly obliged.

But they value their blue and grey floor at Glasgow's Kelvin Hall, so the event had to be held outdoors, some six hours before the main event began.

So it was that, on a sunny but chilly March morning, I found myself at the Crown Point Stadium in Glasgow's East End.

I didn't know what to expect. But, as I discovered, it turned out to be a cross between a John Le Carré novel and something totally bizarre. After all, it was comic relief day.

As I arrived, British hopeful Mike Jones was trying to get to

grips with the implement, swinging it around his head.

I beat a hasty retreat and found myself in the stadium cafeteria, where a crowd of onlookers had gathered to watch a second implement prepared for action.

This involved various lengths of chain, locking pins and a variety of tools. The implement has to be no more than 16 inches in length (isn't it pleasant to be talking Imperially?) — one link too many and the implement can be hurled a few yards further.

A problem with holding the event is that implements are few and far between.

Procured

In fact, there were just two. One of these had been procured by Andy Norman, who had to make a detour, en route to Glasgow, to discuss thrower Paul Mardle's home in Ipswich. Mardle uses one he borrowed from National Coach Max Jones.

Having carefully measured the implements, only one was deemed to be legal, so it was marked and released to the athletes.

Two minutes later there was a problem as it had to be weighed to check it weighed 35lbs. A

second official was despatched to retrieve it. On his return, having carried the implement up the stadium steps, he deposited it on the floor with a look that suggested that he had just ruptured himself, and, yes, the implement really did weigh a full 35lbs.

Leaving him to recover his breath, I strolled over to the hammer cage to see the athletes warming up. The Americans, as always, looked ultra-smart and super-cool.

World record hammer thrower Yuriy Sedykh looked fit, tanned and sharp, while Olympic Champion Sergey Litvinov, small, round-shouldered and sporting a hat and old anorak, looked like the sort of bloke who turns up in the second division of the Southern League and usually scores three or four points in the throws.

Britain's Mike Jones looked mean with a crew cut, and his lack of hair was more than made up for by our other hopeful Shane Peacock.

With the competitors ready for the 'odd' event, all it needed to make it complete was an equally odd assortment of spectators.

They were led by Igor Ter-Ovanesyan, Chief Coach in the Soviet Union, striding through the squelchy grass in full length coat and fur hat, followed by ITV's camera crew.

Also in attendance was Norman Brook, complete with his tape recorder. Norman, as National Coach for Distance Running, was compiling the report on the heavyweight throwing event for a coaching

metres (1979). However, at first a 40 metre marker was set out, until someone had a quiet word in the groundsman's ear that 40 metres was unlikely.

We all tried to have a very loud word in the groundsman's ear when, during practise, the implement was hurled out of bounds towards him. Like all groundsman, however, he kept his eyes to the ground.

Luckily, the implement missed him, but completely destroyed the 17 metre marker. "Keep your eye on the ball" advised Farrell, while someone else pointed out that there would be no problem seeing where it landed.

The official recording the distance was, in fact, in less danger of being hit by the implement than he was in being showered by mud every time it bombed into the ground. He quickly covered his official's blazer with a sou'wester.

Stripped

In the first round, Litvinov stripped off his hat and anorak and throwing the implement competitively for the first time ever, promptly threw out of bounds. He didn't look keen.

After four throws, Andy Norman arrived, and promptly announced that he'd "found the numbers now." The printers had sent them to an old address in Glasgow and his morning had been spent getting extra sets printed, before the originals were eventually found.

All numbered up, Sedykh, stripped down to CCCP vest and long-sleeved top, took an easy lead with 22.88.

By round two, it was clear that the American support team were truly behind their men, applauding their throws.

The Russian delegation followed suit, becoming increasingly vociferous as the competition wore on. The British, inevitably, were more reserved. I believe this was less to do with the fact that our chaps were fifth and sixth, than it was down to natural British reserve.

The loudest were the Glaswegian kids who greeted every throw with a crescendo of shouting until they were told to shut up by an official.

They got bored and disappeared soon afterwards.

By the end of the second round, only the British pair and Litvinov were still short of the 20 metre line. Peacock was having trouble with his direction, while Litvinov was still looking cold.

By halfway, Sedykh, with 22.88, was the clear leader. And you could see why. His speed, power and agility in the circle put him in

RELIEF

Yuriy Sedykh and Sergey Litvinov try to pull in half the world's strongest man, Jon Pall Sigmarsson.



de-brief afterwards.

Other spectators included an Australian agent, General Secretary of the AAA, Mike Farrell, a couple of photographers, a PR man, about 20 Glasgow youngsters and a handful of distance runners who had routed their lunchtime runs to include a quick look at some international competition.

Last, but not least, came a couple of other men who I overheard being introduced as "Doug Edmunds... and the world's strongest man."

The world's strongest man turned out to be Icelander Jon Pall Sigmarsson. He didn't look to me like the world's strongest man, but I must admit he wasn't pulling a lorry with his teeth at the time. Anyway, I wasn't going to pick an argument with him.

The duo were there to try and promote Highland Games to the Russian heavyweights.

The throwers were allowed a couple of warm ups to get used to the implement. Ahead of them, marker boards were showing 17, 18, 19, 20 and 30 metres. The last, presumably, for the Russians.

They were optimistic as Sedykh's world best is 23:46

CONTINUED ON P.20

COACHING

Easter this year coincides with British Summer Time and that means a return to light evenings. Most training now will be outside on the track or the grass, although hopefully there will still be weight or circuit training indoors.

If things have gone well the topping up process should be starting. This will mean more track sessions with the allied need to make them as varied as possible. Boredom is a real danger and the constant repetition of the same session

can quickly become an inhibiting factor.

Perhaps the classic example of this, especially with young athletes was 8 x 150m which seemed to be the constant sprint killer for all seasons. Now there is nothing wrong with either the distance or, at the right pace, the number of repetitions. The problem lies more in the constant repeating of the same session with a resulting staleness and eventually a sense of utter boredom.

Speed becomes the most important single factor for sprinters and sessions should be based on fewer repetitions, longer recovery periods and the runs at a controlled fast pace.

Some hill, or resistance running, over varying distances should still be included with a concentration on drive and leg pick up.

An occasional fartlek style run can be included to keep the all endurance level topped up.

For the hurdlers, work on technical skills now becomes vital, especially for those who may not have had the benefit of indoor facilities. The one lap runners ought to be looking for



■ Mike Smith

stride pattern together with speed endurance working over five to eight hurdles. The sprint hurdlers will be looking to sharpen over three or four hurdles from blocks.

Examples of sprint sessions.

100m/200m.

Pyramid 100m to 150m in 10m intervals and then back down. 11 runs in all. Walk back recovery.
Bend running. 6 x 120m. Sometimes from blocks. Slow walk back recovery. 6 x 100m. Rolling start. Five minutes recovery between runs.
Acceleration runs at varying distances between 60m - 100m. Concentrate on drive, relaxation and running form.
8 x 30m/40m. In two sets of four. From Blocks.

200m/400m.

300m x 200m x 150m. Two sets. 6 minutes and 4 minutes between runs. 12 minutes between sets.
3 x 200m. Two sets. 5 minutes between runs. 10 minutes between sets. Differential 400m x 4. First 200m two seconds slower than second 200m. 10 minutes between runs.
Pyramid 150m to 200m in 10m intervals and then back down. 11 runs in all. Walk back recovery. 10 minute rest after 200m.

Many of the above sessions will be interchangeable. In addition there will still be a session of 500m x 400m x 300m x 200m x 100m for the athletes in my group, while we may also add in time trials over various distances.

YURIY PROVIDES COMIC RELIEF

◀ FROM PAGE 13

a class of his own. There is not an ounce of surplus fat on either of the Russians who dominate world hammer throwing. They truly are a class apart.

At this stage, the Highland Games man started to talk to Sedykh. I wouldn't have advised it at that stage but Sedykh, with all his fingers bandaged on one hand, was smiling.

Starting round four, Mike Jones succeeded in throwing the implement towards the top of the hammer cage. "I was going for height" he smiled as he emerged from the cage.

After four no throws in the fourth round, I wondered if the athletes might be tiring through the weight of the implement. However, a series of good throws towards the end suggested that they were 'getting their eyes' in.

Litvinov saved his best effort, 21.04, until last, but it couldn't displace American Lance Deal from second position. Winner, of course, was strong man Sedykh, whose series was 22.88, 22.62, 22.74, 23.12, 22.82 and 23.12.

"That was the longest throw I've ever seen" said the American coach resignedly, as he admired the Russian's awesome power.

But Yuriy, typically, was more modest. "Just for fun" he said, smiling "just for fun."

All that was left was for pennants and badges to be exchanged, together with a few snapshots and autographs for Glasgow youngsters with Mr Sedykh.

There was no time to waste. Norman had asked the athletes' hotel to keep the dinner on and it was already mid-afternoon. "The bus is going" he cajoled, his single concern being to get the athletes and delegates back to the hotel, in order that he could forget about that worry, and get on with the job of finalising the arrangements for the evening's action.

It had been a bizarre event and, ultimately, one I had been privileged to watch. But if Sedykh really was doing it "just for fun" I would like to see him on a serious day. Perhaps next year?

Result - 1, Y Sedykh (URS) 23.12 (22.88, 22.62, 22.74, 23.12, x, 22.82); 2, L Deal (USA) 21.40 (21.18, x, x, x, 21.40, x); 3, S Litvinov (URS) 21.04 (x, 19.84, 20.66, 20.72, x, 21.04); 4, P Egan (USA) 20.92 (20.14, 20.48, 20.10, x, 19.98, 20.92); 5, S Peacock (GB) 19.94 (18.74, x, x, x, 19.94, x); 6, M Jones (GB) 18.56 (18.38, x, 18.56, x, 18.34, 17.48).

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APRIL 12

1989

**MIKE
McLEOD**

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for a
marathon
break-
through*

*John Herbert - top
of the Triple Jump
1988/89 GB indoor
rankings. Pic:
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1988/89**

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Britain.*

**INSIDE
THIS ISSUE
12 PAGE
TRACK &
FIELD
FIXTURE
GUIDE
EXTRA**

■ I WOULD like to take the opportunity to respond to Wilf Paish (AW March 29).

He asks how I would feel if I were one of the four black South African marathon runners who are denied the chance to prove how good they are. I have no idea how they feel, but if I were one of them, I would want to use my talent in any way I could to achieve the basic human rights that the majority of South Africans do not have.

I am not a politician, and anyone reading my original letter (AW February 22) will appreciate that I am unlikely to get myself elected anyway. However, you do not have to be a politician to see that something is wrong, and it is as much a political act to do nothing about something you see as wrong, as it is to attempt to do something about it.

Sports does not inhabit a vacuum in this world, and anybody who thinks it does would be most unlikely to understand what I'm saying.

Jesse Owens won four gold medals at Berlin in 1936. How many would he have won had he been born German?

With the black infant mortality rate six times that of the white population, how many potentially world class black South African athletes die before their first birthdays, because their political masters see them as

READERS' LETTERS

HOSTED BY

KEITH NELSON

Are we going soft when it comes to hard cross country courses, some of you ask this week. The World Cross Country Championship course was certainly tough, but it didn't seem to hold back the incredible John Ngugi. What do other readers think on the state of cross country courses, both at home and international level?

third class citizens?

It was for this reason that I was opposed to Zola Budd's British conversion. As a white athlete, she symbolises the white regime as a whole. She achieved what she did because of a pernicious system. Black athletes in South Africa achieve success in spite of

it. How many black Zola Budds never have a chance?

Nature does not give us an equal chance of being a top athlete to start with, but we don't need to hamper many just because of the colour of their skin, do we? In my opinion there is no place in world sport for a few world-class black South African athletes until the black population have the same rights.

There seems to be a well-trodden route, by which South African athletes can run under alternative nationalities, whereby the South African regime cannot make political capital out of their success. Maybe this is the answer for the few marathon runners Wilf Paish is concerned about.

To anybody who might ask why they should have to do this, I would ask how many black South Africans were involved in

■ I HAVE just finished watching the World Cross Country Championships, and although I am a big fan of 'Big Bren', I must say that listening to him and Ron Pickering going on and on about the conditions and state of the course, was boring.

After all, we were watching the CROSS COUNTRY championships. In my opinion it is because of the conditions that Hutchings and the British team did so well.

John Richardson
Fareham

■ CONGRATULATIONS on your piece about the 35lb weight contest in Glasgow (March 22). Why can't we see this at the World and European Indoor Championships?

Jan Pall Sigmorsson certainly does look like the world's strongest man, a title that he has won three times. You would do better telling him to get people such as Ulf Timmermann and Werner Gunthor to compete against him in the world's strongest man contests, rather than trying to diminish his claim to be the strongest man in the world.

The likes of Ulf and Werner have the stature to match Sigmorsson, whereas possibly Sedykh and certainly Litvinov, lack the size to do so.

I think Gunthor especially could match Sigmorsson very closely, but not wishing to diminish Sedykh and Litvinov - it was an honour to watch them on television. Forget Carl Lewis and Sebastian Coe - they aren't fit to tie Yuri's shoe laces. Only Al Oerter beats him as the greatest athlete ever.

David Hughes
Cardiff

formulating the Group Areas Act?

Martin Taylor
Theological College
Aberystwyth

■ SOME weeks ago Martin Duff reviewed veteran running during 1988, together with comments on women in distance running, which were interesting to read.

Recently I came upon a magazine, March 1986, containing a similar article by the same writer. The interesting point was to compare times for the age groups to see which names remained, and who was new.

To analyse the data, and to keep on the brief side, only the top eight in the men's 40+ and 50+ together with the top five women, were used, all relating to the half marathon distance.

Over 40s			
	1985		1988
Bill Venus	65.09	E Cunningham	65.13
Alan Rushmer	65.31	S Collier	66.12
Dave Clark	66.49	P Jones	66.57
Ron Hill	67.17	M Hurd	67.02
T Kneller	67.26	M Green	67.29
M Rowland	67.35	O'Neil	67.29
S Hiller	67.35	Cardwell	67.36
Taff Davies	67.46	Grant	68.08
Over 50s			
D Lawson	71.26	Taff Davies	67.09
D Cooper	71.45	Ron Grove	69.44
J Dixon	73.06	Cyril Leigh	70.42
W McBrinn	73.10	J O'Brien	70.48
E Austin	73.23	P Miller	72.47
M Ward	73.50	B Blanford	73.46
M G Thompson	77.19	J Baldwin	73.56
E Appleby	75.51	T Ryan	73.59
Women			
Pricilla Welsh	73.06	Paula Fudge	71.37
Joyce Smith	76.43	Anne Ford	72.16
Margaret Lockley	77.03	Lorna Irving	73.26
H Fotherly	77.40	Bronwyn Cardywac	74.43
Leslie Watson	77.40	Rosemary Ellis	75.55

Firstly, the over 40s, the average for 1985 was 66.53, but in 1988 the average slowed to 67.00.

The over 50s group contains several that were in the previous group, which may account for this difference, average in 1985 was 73.09, but in 1988 it reduced to 71.08. Does this mean that a group of 'Super' vets are moving through the age groups.

With the women the difference is more so. Their average time in 1985 was 76.09, but by 1988 it had fallen to 73.05.

One must take into account various factors such as course terrain, weather etc, but what causes these improvements? Is it training, change in ideas, or perhaps competition is stronger.

Other views and comments on this interesting subject would be nice to hear. As a veteran runner in the latter years of the over 50 group, will this 'Super' group move on into the next one?

Ted Smith, Invicta East Kent A.C.

■ ARE we getting too soft for good, old-fashioned cross country courses?

Muck and mud now seem to be regarded as a serious nuisance if recent TV coverage of the world cross country championships is anything to go by.

Almost every time any reference was made to the course, Brendan Foster took great delight in telling us how bad conditions were and how the runners were hating the mud. True it was a bit sticky, and there had been a lot of rain, but it didn't seem to bother John Ngugi and his Kenyan team mates too much - and I bet they don't get a lot of wet weather training where they come from!

From the spectators' point of view a course with a bit of muck is a far greater attraction than boring circuits which seem to be dished up regularly under the guise of cross country. We even had sawdust laid on the Gateshead course for the trial.

It's time we got international cross country back to 'grass roots' level (no pun intended), and provided similar conditions to those which club athletes experience throughout their season. 'Grass track' running is what we did on the school playing field.

Finally, congratulations to the British teams - and Tim Hutchings in particular - for turning in such good performances. Let's hope it rains a bit more next time!

Allan Haines,
Peterborough

■ IS there anyone among the readership of Athletics Weekly who can tell me why shot putters project the shot at such steep angles?

A group of sixth formers analysed Ulf Timmermann's 21.75m put in a maths lesson. We estimated that he could have thrown about 15cm further if he had used an angle of projection of 42 degrees rather than

approximately 50 degrees, assuming that he could have released the shot at the same speed, and ignoring air resistance.

None of us had ever seen any world-class competitors throwing at an angle below 45 degrees. Can anyone help?

Miss V Pritchard
Roundwood Park School
Harpden

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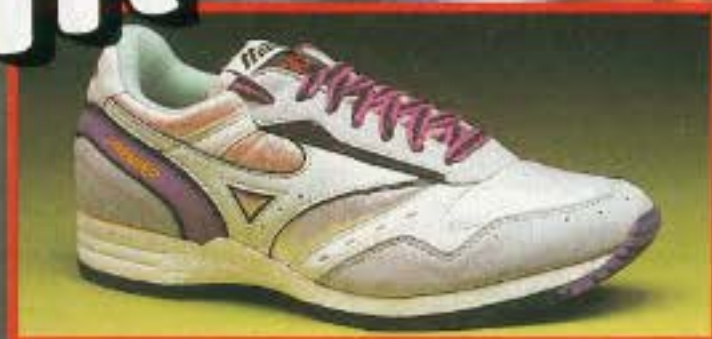
*One lap
or two?*

Shot putter Matt
Simson - one of
Britain's outstanding
juniors. Pic: All-sport/
Russell Cheyne.

JUNIOR SPECIAL

- 5-page training guide
- English schools preview
- UK v West Germany v Sweden report

WIN



**A PAIR OF
MIZUNO
TRAINERS**

**PLAN AHEAD WITH
OUR AUGUST
FIXTURES**

ONDIEKI SET TO SHINE

STAR of the show at the Miller Lite meeting on July 7 in Edinburgh will undoubtedly be Yobes Ondieki.

The relatively unknown Kenyan has taken the athletics world by storm this season, front running world leading times in the 3000 and 5000 as well as reducing his personal best for 1500 almost 10 seconds to 3:34.58.

Ondieki exploded into the limelight by crushing Steve Cram in Portsmouth over 3000, clocking 7:42.19. Since then he has reduced this to a spectacular 7:35.43,

the sixth fastest time ever. Steve Cram is not his only major scalp as he's knocked off the previously unbeatable Said Aouita over 5000 with a world leading 13:12.12. Perhaps not a really spectacular time, but consider his early pace of 6:07 at six laps (about 12:40 pace) and you'll realise that with better pace judgement the record is in danger. Ondieki lines up in the 3000 in Edinburgh and intends to have a crack at the world record if the conditions are right. Britons in the field

include Dave Moorcroft, Eamonn Martin, Gary Staines and Jack Buckner.

For once fellow Kenyan Paul Ereng takes a back seat, but he'll also be a man to watch when it comes to record attempts. In the past few days he's run close to 1:44 a few times and defeated a rejuvenated Abdi Bile, the 1987 world 1500 champion.

Elsewhere Olympic champion Steve Lewis lines up in the 400 against British record holder Derek Redmond. Lewis has already got a 44.47 to his name this season despite missing training through an injury. Like any of the other competitors in Edinburgh he's also one of the fastest performers of all-time with a low altitude clocking of 43.87, number three on the all-time list.

For once, Said Aouita is overshadowed, while Linford Christie contests the 100m and 150m.

Yuriy Sedykh leads the field contingent in the hammer. The 1976 and 1980 Olympic champion will take on tough Soviet opposition in the form of Igor Asapkovich, the fifth ranked thrower in the world.

Kenyans provide the star attractions in the men's events, but Americans are the athletes to watch in the women's. Jackie Joyner-Kersey, the Olympic heptathlon and long jump champion, runs in the 400 hurdles, a new event for her. But it will be no easy race for Joyner-Kersey as she takes on Sally Gunnell, the British record holder and 53.70 performer, Sandra Farmer-Patrick, the recent winner of the American championships. And all of this doesn't include the Olympic Gold medalist and second fastest performer of all-time Debbie Flintoff-King, who'll also be in the line-up!

Patti Sue Plumer and Liz McColgan renew their rivalry over 3000, but look to McColgan for a better run than in Birmingham. She'll be anxious to reverse that result.

TV coverage is on ITV from 7.30pm to 8.30pm and continues on Channel 4 until 10m.

RECORD ENTRY FOR VETERANS

THE Rockfort sponsored National Veterans track and field championships to be held at Palmer Park, Reading this weekend (8/9 July) have attracted an absolute record entry. So great are the scheduling problems that the British Veterans Athletic Federation appealed for all athletes to be ready for their events in good time so as to avoid delays, writes Martin Duff.

Thought was given to extending the programme to the Friday night but because it was not originally scheduled the suggestion was not pursued. Nevertheless splitting of the championship may have to be considered in future years.

The most closely contested races are likely to be in the M40 middle distance events where world 800 metres veterans champion, Ron Bell will face Peter Browne and European 5000 metres title holder Alun Roper, whilst Olympians Maurice Benn and Tony Simmons should also line up. For the M40 5000 metres, Dic Evans, Shel Cowles, Colin Youngson, Bernie Plain and new star Henry Emerton join Simmons and Roper for what promises to be a

cracking race.

Among newcomers to the men's field events will be Windsor's national league stalwart Mark James (in the long jump, triple jump and hurdles), whilst club colleague Neil Griffin should retain his shot and discus titles.

In the older age groups, Ron Taylor returns after a couple of fallow years to tackle the M55 sprints whilst Eric Bartholemew should retain the M50 middle distance titles.

World age record holders Majorie Hocknell (W45) and Rosemary Chrimes (W55) are again in top form. Both will be seeking new bests in their main events, the 400 hurdles and discus respectively, whilst collecting other titles on the way. Former UK international Judy Vernon (W40) and Pat McNab will contest the sprint hurdles whilst other women stars should include Una Gore, who has already broken the W50 100 metres record this year and Jose Waller in the 5000 metres.

European champion (1500), Pat Gallagher in her final year in the W40 group should have no trouble in that event, but faces Anna McDonald in the 800 metres.

Men 400 All-time List

43.29	Butch Reynolds (USA)	1988
43.86 (A)	Lee Evans (USA)	1968
43.87	STEVE LEWIS (USA)	1988
43.97 (A)	Larry Evans (USA)	1968
43.98	Danny Everett (USA)	1988

Men 3000 All-time List

7:32.1	Henry Rono (Ken)	1978
7:32.23	Said Aouita (Mor)	1986
7:32.79	Dave Moorcroft (GB)	1982
7:33.37	Sydney Maree (USA)	1982
7:35.1	Brendan Foster (GB)	1974
7:35.43	YOBES ONDIEKI (Ken)	1989

Men Hammer All-time List

86.74	YURIY SEDYKH (URS)	1986
86.04	Sergei Litvinov (URS)	1986
84.40	Juri Tamm (URS)	1984
83.78	Igor Nikulin (URS)	1988
83.44	IGOR ASTAPKOVICH	1988

Women 400 Hurdles All-time List

52.94	Marina Stepanova (URS)	1986
53.17	DEBBIE FLINTOFF-KING (Aus)	1988
53.18	Tatyana Ledovskaya (URS)	1988
53.24	Sabine Busch (GDR)	1987
53.58	Margaret Ponomaryova (URS)	1984
53.58	Cornelia Ullrich (GDR)	1987
53.63	Ellen Fiedler (GDR)	1988
53.70	SANDRA FARMER-PATRICK (USA)	1989

■ Eamonn Martin
— out for victory.



■ Twenty years at the top... Tony Simmons lines up in the vets' championship.

1, G Tiacoh (IcC) 44.8; 2, L Sang (Ken) 46.2; 3, A Dia Ba (Sen) 46.4. **800:** Kinyor (Ken) 1:49.52. **110H:** Daily (IvC) 14.0 (Nat Rec). **Women - 100:** Yankey (Gha) 11.8. **400:** 1, Addy (IvC) 53.1; 2, N'Drin 53.3. **4x400:** 1, Ivory Coast 3:40.1; 2, Ghana 3:48.8.

POLAND

Polish except where stated
1.5 Bialystok. Men - HT: 1, T Astapovich (URS) 79.40; 2, M Popel (URS) 73.58; 3, V Gubkin (URS) 72.56. **JT:** N Kasyanok (URS) 75.86. **Women - SP:** Car 16.49.
20.5 Bialystok. Men - 400: Swaczyn a 46.81. **PV:** Chmara 5.70.
20.5 IX General W Sikorski Memorial, Mielec. Men - 20kmW: 1, Sieczko 1:26.14; 2, M Ornoch 1:26.35. **Women - 5kmW:** Mosio 23:05. **10kmW:** Lawandowska 47:05.
20.5 Warszawa Under 22 Men - 200: Zalewski 21.27. **Women - 100H:** Krawczak 13.74.
20-21.5 Spala, Under 20. Men - Dec: J Finni (Fin) 7160. **Women Hept:** 1, M Podracka (Cze) 5610; 2, Z Balint (Hun) 5518.
27.5 Krakow. Men - TJ: Zuch 16.73. **3.6 Grand Prix PZLA (not IAAF GP), Mielec. Men - 800:** Janus 1:47.08. **LJ:** 1, Hydel 7.94; 2, Klimaszewski 7.92; 3, Hoffman 7.83. **TJ:** 1, Grabarczyk 16.42; 2, Zuch 16.30. **HT:** Kowalski 71.40. **Women - 400:** Wojdecka 53.25. **10,000:** Birbach 34:08.70. **400H:** Knapczyk 56.80. **HJ:** Komsa 1.83. **SP:** Wolska 17.67. **DT:** Katowicz 55.32. **JT:** Maczka 56.28. **10kmW:** Mosio 47:56.
3.6 Grand Prix PZLA, Pila. Men - 100: Machaj 10.58 (10.51 in ht). **5000:** 1, Beblo 13:42.65; 2, Niemczak 13:46.02; 3, Dolega 13:48.47. **110H:** Platek 13.91. **SP:** Kreiger 19.38. **JT:** 1, Uhl 75.28; 2, Patelka 74.58; 3, M Witke 74.22. **20kmW:** 1, Szlapkin 1:24.43; 2, Sadlej 1:25.07; 3, Lapacz 1:28.28. **10.6 Under 20's International, Zielona Gora. Men - 100:** Kusowski 10.61. **400:** V Hrich (Cze) 48.22. **800:** P Soukup (Cze) 1:52.18. **3000:** T Kliszek (Hun) 8:18.70. **2000SC:** Swobczyk 5:48.98. **400H:** Jazwinski 51.80. **HJ:** M Kollbrink (Swe) 2.20. **PV:** 1, K Nikolov (Bul) 5.45; 2, L Yeframov (Bul) 5.25. **LJ:** 1, S Georgiev (Bul) 7.55; 2, O Karki (Fin) 7.50. **SP:** M Halvari (Fin) 17.40. **JT:** D Trafes 69.12 (U18 Nat Rec). **4x100:** Poland 40.63. **Women - 400:** Pachut 54.34. **800:** Kata 2:05.88. **100H:** Laszczynska 13.89 (in ht 13.72). **400H:** Stanczyk 60.88.

ARGENTINA

22-25.6 Pan Am Junior Championships, Santa Fe. Men - 100: 1, B Bridgewater (USA) 10.72; 2, Y Lamela (Cub) 10.88; 3, F Botasso (Bra) 10.89. **200:** 1, Bridgewater 21.27; 2, P Ogilvie (Can) 21.37; 3, J Lamela (Cub) 21.50. **400:** 1, C Nelloms (USA) 49.16; 2, I de Sena (Bra) 47.14; 3, E Diaz Villa (Cub) 47.40. **800:** 1, R Kenah (USA) 1:51.78; 2, G Hood (Can) 1:51.98; 3, E Graglia (Arg) 1:52.00. **1500:** R Kennedy (USA) 3:58.58. **5000:** P Shea (USA) 14:22.02. **110H:** 1, G Terry (USA) 14.28; 2, A Sanches (Cub) 14.39. **400H:** 1, A Derrick (USA) 50.92; 2, E Nunes (Bra) 51.20; 3, A Randon (Cub) 52.17. **LJ:** 1, D Bentley (USA-J) 8.16; 2, E Richard (Cub) 7.73. **TJ:** 1, E Richard (Cub) 15.93; 2, B Tabor (USA) 15.89. **SP:** D Winkler (USA) 16.58. **DT:** P Acosta (Cub) 60.00. **HT:** 1, Lopez (Cub) 59.80. **Dec:** E Long (USA) 6659. **4x100:** 1, USA 40.14; 2, Bahamas 40.72. **10kmW:** 1, A Cruz (Mex) 42:00.21; 2, A Gonzales (Mex) 42:24.62; 3, R Gonzalez (Cub) 42:27.72. **Women - 100:** L Allen (Cub) 11.66. **200:** 1, L Allen (Cub) 23.29; 2, J Da Graca (Bra) 24.04; 3, K Clarke (Can) 24.24. **400:** 1, C Allen (Can) 53.28; 2, N Error (Cub) 53.86; 3, R Russell (USA) 53.95. **800/1500:** C Arrua (Arg) 2:07.45/4:28.36. **3000:** 1, L Harvey (Can) 9:16.05; 2, M del Carmen Diaz (Mex) 9:24.85; 3, J

Caizalitin (Ecu) 9:27.43. **100H:** 1, C Sheffield (USA) 13.39; 2, Y Valiente (Cub) 14.09. **400H:** 1, L Mountain (Cub) 58.12; 2, C Forti (Can) 56.71; 3, T Carson (USA) 58.76. **4x100:** 1, USA 45.20; 2, Cuba 45.52; 3, Brazil 46.72.

CZECHOSLOVAKIA

Czech except where stated
21.6 Evzen Rosicky Memorial, IAAF International Invitation Meeting, Prague. Men - 100 'A' (0.33W): 1, A Cason (USA) 10.26; 2, B Surin (Can) 10.37; 3, J Isasi (Cub) 10.37; 4, J Valik 10.40; 5, F Stevens (Cub) 10.42. **B (+1.21w):** 1, J Isasi (Cub) 10.25; 2, P Polomsky 10.47; 3, N Antonov (Bul) 10.47; 4, Mezihorak 10.50; 5, I Pistek 10.59. **C (+0.65w):** R Stupka 10.54. **400:** 1, L Balosak 46.37; 2, L Martinez (Cub) 46.42; 3, A Pavo (Cub) 46.69; 4, F Lomba (Por) 46.97. **800:** D Kwizera (Bur) 1:47.47. **1500:** I Schutte (GDR) 3:45.30. **5000:** 1, D Gilo (Eth) 13:50.07; 2, M Feysa (Eth) 13:50.12; 3, J Linares (Cub) 13:53.01. **110H:** 1, J Hudec 13.59; 2, A Blake (USA) 13.60; 3, I Kazanov (URS) 13.69; 4, DAVID NELSON (GB) 13.72; 5, H Pohland (GDR) 13.74; 6, A Hoffer 13.77; 7, S Usov (URS) 13.77. **B:** 1, P Sada 13.90; 2, I Kovac 13.98. **400H:** 1, J Kucej 48.94; 2, O Perez (Cub) 50.67; 3, F Velazco (Cub) 50.67. **HJ:** 1, T Kemp (Bah) 2.25; 2, T Muller (GDR) 2.20; 3, J Hrabel 2.20; 4, M Machotka 2.20. **PV:** 1, A Obizajev (URS) 5.55; 2, Z Lubensky 5.50. **TJ:** 1, O Sarikin (URS) 16.91; 2, N Elliott (Bah) 16.63; 3, P Wiederman 16.62; 4, I Slanar 16.50; 5, G Valjuevic (URS) 16.43. **SP:** 1, S Kleja (URS) 19.34; 2, R Machura 19.13; 3, J Lacika 18.53; 4, K Sula 18.52; 5, R Despotov (Bul) 18.51. **DT:** 1, G Valent 63.30; 2, I Bugar 61.36. **HT:** 1, T Gustafsson (Swe) 78.54; 2, S Gecsek (Hun) 76.20; 3, S Voros (Hun) 73.00; 4, P Sedlacek 71.16; 5, F Vrbka 71.06. **JT:** 1, M Barnett (USA) 79.46; 2, G Lovegrove (NZ) 78.06; 3, R Larrionaga (Cub) 75.12; 4, U Trinks (GDR) 74.96; 5, E Cvetanov (Bul) 74.72; 6, Z Nenadal 74.38; 7, C Scheaffer (USA) 73.50. **4x100:** 1, Czechoslovakia I 39.30; 2, Czechoslovakia II 39.55. **Juniors - 800:** 1, P Soukup 1:50.44; 2, J Rusikvas 1:51.55. **Women - 100 (-1.06w):** S Hanhijoki (Fin) 11.59. **400:** 1, J Goleseva (URS) 51.28; 2, C Crooks (Can) 51.69. **1500:** J Podkopajeva (URS) 4:15.43. **100H (+0.75w):** 1, K Patzwahl (GDR) 12.88; 2, O Adams (Cub) 13.05; 3, K McKenzie (USA) 13.14; 4, K Freeman (USA) 13.33; 5, B Hladka 13.64. **HJ:** S Kasparkova 1.80. **LJ:** 1, M Belu (Rom) 6.49; 2, C Connor (USA) 6.42. **SP:** 1, S Vasickova 18.35; 2, A Vitoulova 17.50. **DT:** 1, S Stefania (Bul) 60.86; 2, R Sonja (GDR) 59.60. **4x100:** Czechoslovakia 44.93.

FRANCE

French except where stated.
25.6 Meeting BNP d'Athletisme, Men 100 (+0.10w): 1, C Lewis (USA) 10.05; 2, R Stewart (Jam) 10.07; 3, L Burrell (USA) 10.11; 4, M Marsh (USA) 10.30; 5, L McNeill (USA) 10.36; 6, M Moriniere 10.37; 7, J-C Troubal 10.38; 8, B Cooper (USA) 10.41. **200 (+0.10w):** 1, D Sangouma 20.32; 2, J DeLoach (USA) 20.41; 3, F Heard (USA) 20.43; 4, G Queneherve 20.69; 5, J-C Troubal 20.72. **400:** 1, S Lewis (USA) 45.05; 2, M Al Malki (Oma) 45.51; 3, A Pettigrew (USA) 45.59; 4, D Everett (USA) 45.61; 5, B Cameron (Jam) 46.31; 6, T Jedrusik (Pol) 46.35; 7, A Kasbane (Mor) 46.98. **800:** 1, P Ereg (Ken) 1:44.94; 2, J Gray (USA) 1:45.59; 3, G Kersh (USA) 1:46.03; 4, TONY MORRELL (GB) 1:46.20; 5, El Bsur (Mor) 1:46.84; 6, V Terrier 1:47.12; 7, F Lahbi (Mor) 1:47.26. **1500:** 1, S Aquita (Mor) 3:35.24; 2, K Cheruyiot (Ken) 3:35.84; 3, J Chesire (Ken) 3:35.88; 4, P Rono (Ken) 3:36.15; 5, P Koach (Ken) 3:38.91; 6, H Phelippeau 3:40.43; 7,

P Fargere 3:40.92. **3000:** 1, Y Ondieki (Ken) 7:35.43; 2, P Thiebault 7:42.64; 3, B Boutayeb (Mor) 7:48.43; 4, V Rousseau (Bel) 7:53.34. **5000:** 1, A Barrios (Mex) 13:26.63; 2, M Issanger (Mor) 13:44.25; 3, P Kipkoech (Ken) 13:47.06; 4, A Lloyd (Aus) 13:52.86; 5, F Couto (Por) 13:53.78; 6, J-L Prianon 13:56.79; 7, C Monteiro (Por) 13:59.15; 8, J Ngugi (Ken) 14:00.58. **100H (-1.0w):** 1, R Kingdom (USA) 13.21; 2, A Blake (USA) 13.47; 3, P Tourret 13.49; 4, C Clark (USA) 13.52; 5, J Hudec (Cze) 13.61; 6, T Campbell (USA) 13.66; 7, J Pierce (USA) 13.82. **400H:** 1, W Graham (Jam) 48.60; 2, K Young (USA) 48.65; 3, P McGhee (USA) 49.19; 4, M Matete (Jam) 49.28; 5, P Goningham 50.14. **HJ:** 1, H Conway (USA) 2.35; 2, P Sjoberg (Swe) 2.30; 3, T McCants (USA) 2.30; 4, J Howard (USA) 2.27; 5, K Krawczyk (Pol) 2.20; 6, J Vincent 2.20. **PV:** 1, I Potapovich (URS) 5.70; 2, D Kenworthy (USA) 5.60; 3, M Chmara (Pol) 5.60; 4, T Bright (USA) 5.50; 5, S Davis (USA) 5.40; 6, P Collet 5.40; 7, P d'Encausse 5.40. **Women - 100 (-1.25w):** 1, M Ottey (Jam) 10.95; 2, D Sowell (USA) 10.96; 3, S Echolls (USA) 11.13; 4, L Bily 11.29; 5, E Jones (USA) 11.31; 6, T Iheagwam (Nig) 11.32; 7, A Brown (USA) 11.36; 8, F Leroux 11.59. **200 (+0.30w):** 1, Ottey 22.33; 2, G Jackson (Jam) 22.72; 3, D Young (USA) 22.82; 4, J Richardson (Can) 23.61. **800:** E Washington (USA) 2:04.11. **3000:** 1, P S Plumer (USA) 8:54.45; 2, M A Diaz (Por) 8:55.24; 3, R Smyth (Ire) 9:11.50. **100H (-0.6w):** 1, M Olyslager (Hol) 12.77; 2, L Tolbert (USA) 12.87; 3, K McKenzie (USA) 12.99; 4, M Evanje Epee 13.07; 5, A Piquereau (Fra) 13.08; 6, G Zagorcheva (Bul) 13.15; 7, D Wallor (USA) 13.56. **400H:** 1, L Shaffield (USA) 56.41; 2, C Freeman (USA) 56.53; 3, H Huat 57.34; 4, A Moello 58.29. **HJ:** 1, S Costa (Cub) 1.94; 2, C Browne (Aus) 1.94; 3, B Mencik 1.88; 4, T Bykova (URS) 1.88; 5, C Fink Sinega (Mex) 1.84. **LJ:** N Medvedyva (URS) 6.66. **SP:** R Pagel (USA) 18.56.

23.6 Meeting International de St Denis, IAAF International Invitation Meeting, St Denis. Men - 100 (+0.83w): 1, R Stewart (Jam) 10.25; 2, Sangouma 10.29; 3, Cason (USA) 10.32; 4, Moriere 10.53; 5, McNeill (USA) 10.54; 6, Marie-Rose 10.58. **200 (+0.92w):** 1, D Sangouma 20.48; 2, Spearmon (USA) 20.77; 3, Troubal 20.80; 4, Queneherve 20.80. **400:** 1, G Tiacoh (IvC) 45.19; 2, Pettigrew (USA) 45.37; 3, Al Malki (Oma) 45.82; 4, Graham (Jam) 46.18; 5, Cameron (Jam) 46.27; 6, Dia Ba (Sen) 46.86. **B:** Noirol 46.44. **800:** 1, D Kwizera (Bur) 1:46.92; 2, Diarra (Sen) 1:47.05; 3, Niang (Sen) 1:47.12; 4, Banfares 1:47.26. **1500:** 1, K Cheruyiot (Ken) 3:34.44; 2, Ondieki (Ken) 3:34.58; 3, Thiebaut 3:35.01; 4, Lavature 3:37.01; 5, Cartier 3:39.11; 6, Kalboussi (Tun) 3:39.77; 7, Geoffray 3:40.06; 8, Silva (Por) 3:40.65; 9, Fargere 3:40.65; 10, Kram (Alg) 3:40.81; 11, Van Geyte (Bel) 3:40.86. **5000:** 1, C Cheruyiot (Ken) 13:25.45; 2, Pantel 13:25.83; 3, Skah (Mor) 13:26.54; 4, Couto (Por) 13:27.31; 5, Goldberg (Den) 13:29.04; 6, Levant 13:33.48; 7, Gtari (Tun) 13:40.58; 8, Behar (Mor) 13:41.78. **3000SC:** 1, K Koech (Ken) 8:16.74; 2, Pannier 8:19.88; 3, Mahmoud 8:24.27; 4, Le Stum 8:26.25; 5, Brahmi (Alg) 8:26.94; 6, Vagg (Hun) 8:27.21; 7, Coutant 8:30.85; 8, Brusseau 8:34.33; 9, Fouray 8:37.94. **110H (-0.84w):** 1, C Clark (USA) 13.56; 2, Hudec (Cze) 13.59; 3, Tourret 13.69; 4, McGee (USA) 13.87; 5, Aubert 13.95; 6, Clarico 13.97. **HJ:** 1, J Sotomaypr (Cub) 2.38; 2, E2, Conway (USA) & Howard (USA) 2.30; 4, Povarnitsine (URS) 2.27; 5, McCants (USA) 2.27; 6, Vincent 2.24; 7, Gicquel & Hernandez 2.24; 9, Jouzziach 2.24; 10, Kemp (Ber) 2.20; 11, Verzi 2.20. **PV:** 1, D Kenworthy (USA) 5.60; 2, Potapovich (URS) 5.35; 3, Lubenski (Cze) 5.35; 4, Tailhardat 5.35; 5,

Kolassa (Pol) 5.35; 5, Chmara (Pol), Salberyt, Bright (USA) & Donias 5.35. **TJ:** 1, Raina (Cub) 16.97; 2, Rabenela 16.94; 3, Mikulas (Cze) 16.63; 4, Lopez (Cub) 16.46; 5, Hernandez (Cub) 16.20. **HT:** 1, Y Sedykh (URS) 80.04; 2, Piantoni 76.04; 3, Schaeffer 74.50; 4, Clonani 74.28; 5, F Kuhn 73.52; 6, Tanev (Bul) 71.06. **4x200:** Santa Monica (DeLoach, Burrell, Heard, Lewis) 1:20.33. **Women - 100 (+0.58w):** 1, M Ottey (Jam) 11.10; 2, Echols (USA) 11.31; 3, Bily 11.41; 4, Young (USA) 11.63. **200 (+1.51w):** 1, Ottey (Jam) 22.24; 2, Young (USA) 22.90; 3, Singa 23.70. **800:** 1, A Quirot (Cub) 2:00.00; 2, Boulmerka (Alg) 2:02.31. **3000:** 1, M-P Duros 8:45.58; 2, Diaz (Por) 8:48.87; 3, Fayu 8:54.86; 4, Collard (Bel) 9:02.37; 5, Dhier 9:09.05. **100H (+0.23w):** 1, M Olyslager (Hol) 12.93; 2, Tolbert (USA) 13.03. **HJ:** 1, Costa (Cub) 1.94; 2, Beaugendre 1.94. **LJ:** 1, Medvedieva (URS) 5.81; 2, Chen (URS) 6.35; 3, Karczmarek (Pol) 6.33. **JT:** 1, Malovecz (Hun) 60.68; 2, Renk (GDR) 60.02; 3, N Teppa 55.54.



■ Roger Kingdom again in action.

GRE JUBILEE TROPHY

Canoe, July 2

Women: 1, Wrexham 104; 2, Coventry 98; 3, Shrewsbury 96; 4, Cannock & Stafford 74; 5, Bromsgrove & Redditch 71; 6, Halesowen 71.

Cheltenham, July 2

Match result: 1, Bristol 104; 2, Cheltenham 99; 3, Southampton 96; 4, Portsmouth 95; 5, Plymouth 15.

Women - 100: 1, H Weaver (Chelt) 12.6; 2, S Latham (Bris) 12.6.

200: 1, H Weaver 25.6; 2, S Latham 25.6.

400: 1, C Powell (Bris) 56.6; 2, J Jones (Soton) 59.1.

800: 1, A Parry (Soton) 2:11.8; 2, S Smith (Bris) 2:17.3.

1500: 2 Hyde (Soton) 4:33.6.

3000: J Clark (Soton) 10:13.8.

100H: J Brett (Ply) 14.8.

400H: H Myers (Ports) 62.7.

HJ: K White (Ports) 1.55.

LJ: J Wiloughby (Bris) 5.99.

SP: J Elphick (Soton) 13.82.

DT: J Elphick 37.14.

JT: S Spragg (Chelt) 45.20.

4x100: Bristol 49.8.

4x400: 1, Bristol 4:00.8; 2, Southampton 4:01.0.

Enfield, July 2

Match result: 1, Milton Keynes 105½; 2, Wycombe Phoenix 98½; 3, Haringey 82½; 4, Middlesex Ladies 80; 5, Enfield 70½; 6, Norfolk Olympians 64.

Women - 100: 1, S Douglas (Mil K) 12.0; 2, D Tank (Wyc) 12.5.

200: 1, N Crowther (Mil K) 24.7; 2, A Thorne (Wyc) 25.2; 3, T Allen (Har) 25.4.

400: L Hopkins (Enf) 57.6.

800: S Bell (Enf) 2:13.1.

1500: J Bartlett (Wyc) 4:44.2.

3000: 1, J Harrop (Wyc) 10:08.6; 2, V Miller (Enf) 10:12.0; 3, R Quill (Mil K) 10:17.5.

110H: 1, D Hunt (Mil K) 15.1; 2, R Foster (Har) 15.3; 3, T Hoyle (Wyc) 15.4.

400H: 1, T Allen (Har) 60.2; 2, T Hoyle (Wyc) 60.9.

HJ: B Brown (Midd L) 1.65.

SP: 1, E Beales (Mil K) 12.09; 2, V Davis (Midd L) 11.36.

DT: 1, E Beales (Mil K) 43.62; 2, V Hunt (Midd L) 36.36; 3, C Tank (Wyc) 34.80; 4, G Hermanstein (Har) 32.82.

JT: 1, B Foster (Har) 39.56; 2, C Pottinger (Midd L) 34.48.

4x100: 1, Milton Keynes 48.4; 2, Wycombe Phoenix 48.9.

4x400: 1, Wycombe Phoenix 3:56.3; 2, Enfield 3:58.7; 3, Haringey 4:03.9.

Hayes, July 2

Match result: 1, Bromley 110; 2, Epsom & Ewell 85; 3, Cambridge Harriers 84; 4, Atalanta Fareham 83; 5, Belgrave 76; 6, Bournemouth 69.

Women - 100: 1, M O'Brien (Camb) 12.2; 2, A Coore (Bel) 12.2; 3, A Lowdell (Brom) 12.4.

200: 1, E Howard (Camb) 25.3; 2, A Lowdell 25.3; 3, E Oshevre (Bel) 25.4; 4, A Fudge (AF) 25.7.

400: 1, E Spencer (AF) 55.2; 2, E Langston (Brom) 56.2; 3, E Robertson (Bel) 59.0; 4, C Griffin (Camb) 59.5.

800: 1, S Wheeler (B'mth) 2:08.3; 2, L Thompson (Brom) 2:08.8.

1500: 1, S Bailey (Brom) 4:23.6; 2, J Hansford (B'mth) 4:44.3.

3000: S Bridger (AF) 9:51.9.

100H: 1, J Mulcock (B'mth) 14.3; 2, E Oshevre 14.8; 3, L Schramm (E&E) 15.4.

400H: 1, L Duglison (E&E) 63.0; 2, K Spackman (Brom) 64.2.

HJ: 1, D Marti (Brom) 1.83; 2, J Bennett (E&E) 1.75; 3, W McDonald (Camb) 1.65.

LJ: 1, J Oladito (Brom) 6.20; 2, A Coore (Bel) 5.76; 3, J Bennett 5.59.

SP: 1, M Augue (Brom) 17.76; 2, W Dunsford (Bel) 12.39; 3, N Bradshaw (AF) 10.61.

DT: 1, S Winckless (E&E) 40.92; 2, M Augue (Brom) 36.74.

JT: 1, N Bradshaw (AF) 40.82; 2, D Marti (Brom) 36.18.

4x100: 1, Cambridge Harriers 49.0; 2, Bromley 49.6; 3, Belgrave 50.0.

4x400: 1, Bromley 3:52.0; 2, Bournemouth 4:02.4; 3, Cambridge Harriers 4:03.8.

Meadowbank, July 2

Match Result: 1, North Shields Poly 102 (5 wins); 2, Edinburgh Woolen Mills 102 (3 wins); 3, SV 86; 4, ESPC 85; 5, Gateshead 83; 6, Copeland 48.

Women - 100: 1, J Kirby (NSP) 12.5; 2, D Flockhart (EWM) 12.5.

200: 1, W Addison (NSP) 24.01; 2, D Flockhart 24.91.

400: 1, A Pickford (Gates) 52.79; 2, M Anderson (ESPC) 54.71; 3, W Addison 55.53; 4, S Booth (EWM) 56.81.

800: 1, L Smith (ESPC) 2:13.13; 2, B McArdle (SV) 2:14.27; 3, K Storey (Gates) 2:15.23.

1500: 1, C Gray (ESPC) 4:35.67; 2, S Durham (EWM) 4:38.04.

3000: K Byrne (SV) 10:11.71.

100H: 1, J Kirby 14.25; 2, C Reid (EWM) 14.64.

400H: 1, A Brown (EWM) 62.68; 2, A Mills (NSP) 63.78.

HJ: 1, S McLaughlin (SV) 1.66; 2, S Urquhart (EWM) 1.63; 3, K Guthrie

(ESPC) 1.63.

LJ: J Ainslie (EWM) 5.81.

SP: 1, M Anderson (ESPC) 13.04; 2, G Bird (NSP) 11.40.

DT: 1, G Bird 45.30; 2, K Neary (EWM) 37.78; 3, B Lynch (SV) 34.92.

JT: 1, J Hornby (NSP) 46.70; 2, S Urquhart 45.60; 3, M Anderson 38.44.

4x100: 1, Gateshead 48.38; 2, North Shields 48.97; 3, Edinburgh Woolen Mills 49.12.

4x400: 1, Edinburgh Woolen Mills 3:48.62; 2, Gateshead 4:01.38.

Peterborough, July 2

Match result: 1, Derby Ladies 125; 2, Peterborough 86; 3, Oxford City 85; 4, Reading 84; 5, Grimsby 81.

Women - 100: J Money (Der) 12.2.

200: 1, J Money (Der) 24.9; 2, H Fuller (Peter) 25.5.

400: L Edwards (Der) 60.8.

800: C Willey (Der) 2:15.8.

1500: W Wright (Der) 4:27.1.

3000: K Bennett (Grim) 10:01.0.

100H: 1, D Baker (Der) 13.7; 2, T Sortwell (Peter) 15.3; 3, J Thornley (Grim) 15.8.

400H: L Parry (Der) 59.5.

HJ: M Hughes (Der) 1.60.

LJ: S Baigent (Read) 5.56.

SP: M Boyland (Der) 10.18.

DT: 1, S Symonds (Ox C) 37.26; 2, M Stevens (Read) 34.18.

JT: 1, G Cresswell (Der) 37.62; 2, K Gascoigne (Peter) 37.41.

4x100: 1, Derby 48.9; 2, Peterborough 49.5.

4x400: 1, Derby 3:54.4; 2, Oxford 4:00.4.

Sheffield, July 2

Match Result: 1, Hallamshire 109; 2, Hull Achilles 91; 3, Leeds City 89; 4, Spenborough 78; 5, Rotherham 73; 6, Middlesbrough 70.

Women - 100: 1, S Hebditch (Leeds) 12.4; 2, S Emshaw (Roth) 12.5.

200: 1, S Emshaw (Roth) 24.9; 2, L Fishley (Leeds) 25.6; 3, S Jennings (Spen) 26.0.

400: 1, V Boldon (Hallam) 57.0; 2, S Carter (Leeds) 59.1; 3, D May (Hull) 59.9.

800: 1, C Gowland (Spen) 2:12.2; 2, S Howe (Leeds) 2:12.5; 3, D Frome (Hull) 2:13.0; 4, L Nicholson (Hallam) 2:14.6.

1500: 1, A Buckley (Leeds) 4:32.8; 2, C Gowland (Spen) 4:35.6; 3, M Chadwick (Hull) 4:38.6; 4, C Fothergill (Hallam) 4:42.7.

3000: A Joiner (Hallam) 10:12.6.

100H: 1, C Marshall (Hallam) 15.4; 2, J Homer (Hull) 15.9.

400H: 1, V Bowden (Hallam) 61.6; 2, J Homer (Hull) 63.8.

4x100: Hallamshire 49.3.

4x400: 1, Hallamshire 3:53.8; 2, Hull Achilles 4:03.1.

HJ: C Brighty (Middle) 1.60.

LJ: D Facey (Hallam) 5.31.

SP: Y Hanson-Nortey (Hallam) 16.44; 2, S Parkinson (Roth) 11.27; 3, A Sellers (Hull) 10.54.

DT: 1, A Sellers (Hull) 45.92; 2, Y Hanson-Nortey (Hallam) 45.82; 3, S Parkinson (Roth) 34.98.

JT: P Simpson (Spen) 32.48.

Swansea, July 2

Match result: 1, Wolverhampton

Correction

Max Jones' recent column on sports injuries should have read as below, and not as printed.

In Britain we have a worldwide reputation for medical expertise and yet we see an increasing exodus of athletes going to continental clinics for treatment.

I am sure we have the expertise here in this country. We need a system of immediate access to treatment, not as a favour or by who you know, but paid for by the sport or by the sport's insurance policy.

FOCUS ON

FIELD

MID-TERM REPORT - POLE VAULT

Youth all-time lists have been rewritten through the exploits of three superb prospects - Neil Winter, Nick Buckfield and Warren Siley.

Winter equalled Billy Davey's AAA Youth record of 4.80 in finishing fourth in the UK Championships, while Buckfield moved to third on the all-time list with 4.76 in the British League match on June 11.

Siley, who pipped Winter for the AAA Youths Indoor title in March, has jumped 4.60 to move to fifth on the all-time list.

David points out that there are a host of youths in the 3.90 - 4.10 range and the general standard is most encouraging.

He believes that there is now light at the end of the tunnel at last. I endorse this opinion and I predict that the AAA Commonwealth Trials will be a watershed for British vaulting with selection for Auckland the considerable incentive.

We must remember that Andy Ashurst is the Commonwealth champion and Birmingham will be the ideal place to increase his personal best of 5.40.

Whatever the outcome of this competition, I believe we have now 'turned the corner' and, with the aid of the Post Office sponsorship, the event will go from strength to strength.

Field event enthusiasts will be only just recovering from Birmingham (23/24 June). With so much world class talent on view, it was hard to take it all in.

This Friday it is all happening again at the Miller Lite IAC meeting in Edinburgh.

In the men's Discus Wolfgang Schmidt (FRG) has the chance to prove he is the best in the world when he meets the first four finishers in the Olympic.

The hammer world class field is headed by Yuri Sedykh (Sov), who is out to regain his number one ranking.

Long jumpers will be eager to watch our emerging male athletes raise their game against Mike Powell (USA) and Larry Myricks (USA). Myricks, at 33 years of age, will surely find it a pleasure not to be the oldest man in the field (Barrington is six months older).



■ MAX JONES

In the High Jump Dalton Grant will have to be at his best to beat Commonwealth rivals, Nick Saunders (Ber) and Milton Ottey (Can). Our women jumpers will have the daunting prospect of jumping against world record holder, Stefka Kostadinova (Bul).

All credit must go to Dave Bedford and the IAC for putting together a superb field events package rather than providing the bare minimum required to meet IAAF approval. One of the benefits of the Grand Prix concept is that stipulated field events must be included in the meeting and this, therefore, provides much needed exposure and competition.

Probably the most criticised event in British athletics is the Pole Vault and my sympathies go out to National Event Coaches, Peter Sutcliffe (Senior) and David Young (Junior).

Both have worked diligently to raise standards but there are no short cuts since in such a technical event. It takes a good four to six years to produce a new generation of vaulters.

I was at Loughborough for the annual AAA match and I came away with a positive outlook on the event. The talented 20-year-old Mike Edwards impressively vaulted 5.26 to prove he has now fully recovered from his early season injury and maybe this is only just the beginning.

It was nice to see Paul Phelps, who had last season ruined by injury, go over 5.02 to at long last increase his teenage mark of 4.91.

Behind these 'in form' athletes was the Rochdale junior, Matthew Belsham who, at 17, is already a member of the 'five metre club'. Tall and rangy, Matthew, coached by Alan Jabb, could be the first of the promising juniors to leap into world class.

Backing up Belsham in the junior group are Dylan McDermott (4.80), Duncan Taylor (4.65) and that talented decathlete Brian Taylor (4.70).

Looking to the future David Young stresses that this year the

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Athletics Weekly

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Tom McKean on his way to victory in last Friday's 800m at Edinburgh. Pic: All-Sport-Simon Bruty.

**TOM
McKEAN**
The prodigal returns

EXCLUSIVE

**SAID AOUITA'S WORLD
CUP FEAR**

**ENGLISH
SCHOOLS**
All the action
from Wigan

CONTINUED

things have been going," he said. He was not surprised however with his fourth place in the 200, less than 30 minutes after the 100. "It was a bit too soon to get mentally ready."

Christie may be mentally ready for action after a long lay-off with injury but his body isn't quite yet and probably the most exciting thing about his 100 and unsuccessful 150m bid was the lime green and tartan body suit.

On a night of notable scalps, one of the most sweetly savoured was that of 400m champion Steve Lewis, by fellow American Tim Simon.

Living permanently in the shadow of Lewis, plus an injury during the American Olympic Trials, means little is known of the medical student outside the States. For Simon, his running history is summed up like this "whenever I have run, Steve has always been one place in front of

me, whether I'm second or fourth. Beating him for the first time is a great feeling."

Simon's not under the delusion that he has turned the tide though. "My best is 44.71. Only when I get down to about 44.2 will I start to think I could have the beating of Steve and Butch Reynolds."

Believing you are better is a problem faced by the majority of Said Aouita's opponents and often, as happened on Friday in the mile, there appears to be a reluctance to take things on if the great man is in the field.

Aouita, only recently recovered from a stomach virus which he said stopped him training for four weeks, was pleased with the slow pace which made it necessary only for a sprint to the finish to get the better of Olympic champion Peter Rono.

"The problem was the cold and nobody wanted to take the decision to lead. There were so many good runners in there. I am happy with how it went," said Aouita.

MEN'S RESULTS

100: 1, C Smith (USA) 10.42; 2, D Mitchell (USA) 10.48; 3, V Krylov (URS) 10.48; 4, L Christie (Eng) 10.51; 5, C Imoh (Nig) 10.60; 6, L McNeill (USA) 10.69; 7, J Henderson (Sco) 10.87; 8, E Bunney (Sco) 10.95.

150: 1, L Christie (Eng) 15.24; 2, M Adam (Eng) 15.50; 3, M Marsh (USA) 15.51; 4, H Thomas (USA) 15.52; 5, J Butler (USA) 15.90; 6, C Callender (Eng) 15.94; 7, M McFarlane (Eng) 16.01; 8, L Paul (Eng) 16.16.

200: 1, R Da Silva (Bra) 20.51; 2, J Regis (Eng) 20.67; 3, D Mitchell (USA) 20.73; 4, C Smith (USA) 20.80; 5, H Thomas (USA) 20.85; 6, A Mafe (Eng) 21.13; 7, L Daniel (USA) 21.59; 8, A Mahorn (Can) 21.76.

400: 1, T Simon (USA) 45.21; 2, S Lewis (USA) 45.35; 3, A Valmon (USA) 45.65; 4, I Morris (T&T) 45.69; 5, C Daniel (USA) 46.19; 6, I Egbunike (Nig) 46.24; 7, B Cameron (Jam) 46.61; D Redmond (Eng) DNF.

800: 1, T McKean (Sco) 1:45.41; 2, J Gray (USA) 1:45.82; 3, N Kiprotich (Ken) 1:45.84; 4, R Kibet (Ken) 1:46.18; 5, J-L Barbosa (Bra) 1:46.73; 6, S Hoogewerf (Can) 1:46.88; 7, O Clark (USA) 1:47.01; 8, D Sharpe (Eng) 1:47.20; 9, S Crabb (Eng) 1:47.42; 10, F Lahbi (Mor) 1:47.52; 11, B Whittle (Sco) 1:47.80. **Splits:** 1, McKean - 200 24.47; 400 51.00; 800 1:17.17. **Pacemaker:** 1, 200 24.47; 400 49.33.

Mile: 1, S Aouita (Mor) 3:58.53; 2, P Rono (Ken) 3:58.80; 3, J Chesire (Ken) 3:59.16; 4, W Kirochi (Ken) 3:59.48; 5, J Atkinson (USA) 3:59.57; 6, P Scammell (Aus) 3:59.82; 7, M Rowland (Eng) 3:59.87; 8, K McKay (Eng) 3:59.91; 9, J Gladwin (Eng) 4:00.14; 10, D Moorcroft (Eng) 4:01.75; 11, C McGeorge (Eng) 4:01.91; 12, I Schutte (GDR) 4:01.92. **Splits:** 1, Aouita - 400 61.8; 800 2:04.8.

3000: 1, E Martin (Eng) 7:43.73; 2, D Padilla (USA) 7:44.21; 3, Missanger (Mor) 7:44.48; 4, T Hutchings (Eng) 7:44.67; 5, D Lewis (Eng) 7:45.39; 6, J Buckner (Eng) 7:45.76; 7, G Staines (Eng) 7:45.89; 8, H Boutayeb (Mor) 7:46.82; 9, C Laventure (Fra) 7:47.56; 10, G Turnbull (Eng) 7:48.39; 11, M Guisto (USA) 7:49.98; 12, M Tanui (Ken) 7:54.03; 13, J Ngugi (Ken) 7:54.17; 14, T Brahm (USA) 7:59.62; 15, A Currie (Sco) 8:00.16; 16, S Binns (Eng) 8:02.38; 17, S Yoneshige (Jap) 8:14.92. **Splits - Pacemaker** A Guimares (Bra): 1k - 2:33.50; 2k - 5:13.4; 800 to go - Buckner 5:54; 400 to go - 6:46.74; Martin - last 200 27.6.

110H: 1, R Kingdom (USA) 13.31; 2, G Foster (USA) 13.33; 3, A Blake (USA) 13.60; 4, T Jarrett (Eng) 13.65; 5, J Pierce (USA) 13.69; 6, T Campbell (USA) 13.70. **HJ:** 1, M Otley (Can) 2.20 (2.15-1, 2.20-1); 2, J Howard (USA) 2.20 (2.10-1, 2.15-

1, 2.20-2); 3, D Grant (Eng) 2.20 (2.10-1, 2.15-1, 2.20-3); 4, J Wszola (Pol) 2.15 (2.10-1, 2.15-1); 5, J Jacoby (USA) 2.15 (2.10-1, 2.15-1); 6, T McCants (USA) 2.15 (2.10-2, 2.15-1); 7, J Holman (Eng) 2.15 (2.10-1, 2.15-2).

LJ: 1, M Powell (USA) 8.21 (8.21 (+2.37); 7.94 (+0.89), X, -, 7.91 (+2.07), X); 2, L Myricks (USA) 8.13 (8.04 (+1.85), 8.13 (+0.92), X, 8.12 (+2.11), 7.90 (+2.03), 8.13 (+2.13); 3, S Faulkner (Eng) 8.04 (X, 7.04 (+1.63), 7.60 (+1.71), 7.97 (+1.88), 8.04 (+1.62), 7.95 (+1.63); 4, G Laine (USA) 7.90 (7.69 (+2.24), X, 7.47 (+1.03), 7.90 (+2.12), 7.66 (+1.67), 7.66 (+1.40); 5, M Forsythe (N Ire) 7.79 (7.32 (+3.72), 7.75 (+1.01), 7.79 (+2.60), 7.79 (+2.21), 7.65 (+1.11), 7.73 (+3.02); 6, B Williams (Eng) 7.78 (7.78 (+1.15), X, X, 7.54 (+2.32), 7.63 (+0.89), X); 7, Y Ali (Nig) 7.73 (7.54 (+0.71), 7.64 (+2.51), 7.56 (+1.98), 7.73 (+2.03), 7.61 (+2.33), 7.58 (+2.68); 8, C Stewart (USA) 7.61 (X, 7.61 (+2.00), X, 7.24 (+0.75), X, X); L Szalma (Hun) 7.50; I Simpson (Eng) 7.34; E Floreal (Can) 7.33.

DT: 1, J Schult (GDR) 66.56 (65.90, 62.18, 63.74, 65.02, 66.56); 2, W Schmidt (FRG) 64.24 (62.20, 64.24, 60.08, 60.44, 61.74, 61.92); 3, E De Bruin (Hol) 63.86 (63.32, 62.16, 62.00, 63.86, 62.26, 60.24); 4, R Danneberg (FRG) 62.88 (60.78, 61.22, 60.52, 62.88, X, 60.10); 5, R Uhartas (URS) 62.40 (59.56, 61.92, 61.30, 61.20, 62.22, 62.40); 6, M Buncio (USA) 61.76 (61.76, X, X, 57.12, X, X); 7, G Valent (Cze) 61.02 (60.46, 59.92, X, X, X, 61.02); 8, A Horvath (Hun) 60.60 (60.36, 58.16, 60.56, X, 60.60, X); 9, P Mardie (Eng) 55.14 (53.84, X, 55.14); 10, G Savory (Eng) 54.22 (52.46, 52.22, 54.22).

HT: 1, I Astapkovich (URS) 81.64 (80.20, 74.34, 79.72, 81.64, 79.78, 77.78); 2, A Abduvaliyev (URS) 78.12 (X, 74.50, 76.94, 78.12, X, X); 3, C Sahner (FRG) 78.00 (74.72, 78.00, 75.00, 76.90, 77.00, X); 4, Y Sedykh (URS) 76.92 (75.94, 75.74, 76.86, 76.92, 76.90, 76.86); 5, J Tainen (Fin) 74.08 (69.90, X, 71.24, X, 74.08, X); 6, T Gecsek (Hun) 73.44, 72.76, 72.32, 73.40, 71.80, 72.56, 73.44; 7, S Peacock (Eng) 70.28 (66.72, X, 65.94, 68.28, 69.08, 70.28).

HT: 1, S Buckley (Eng) 63.26 (73.12, 76.50, 78.04, 63.28, - 78.66); 2, K Mizoguchi (Jap) 82.70 (81.10, X, 80.20, 80.60, 81.68, 82.70); 3, M Hill (Eng) 82.28 (72.06, 77.36, 80.48, X, 79.40, 82.28); 4, P Borglund (Swe) 80.86 (80.86, X, 80.38, X, 79.24, 79.48); 5, D Wennlund (Swe) 80.80 (80.54, X, X, X, 80.80); 6, S Raty (Fin) 78.52 (68.86, 74.82, 77.88, 77.32, 78.52, 76.62); 7, R Bradstock (Eng) 76.50 (76.50, 74.48, 73.34, 74.04, 75.22, 74.26); 8, P Lefevre (Fra) 71.68 (66.12, 68.28, 70.06, X, 69.82, 71.68).

WOMEN'S RESULTS

100: 1, M Otley (Jam) 11.16; 2, E Jones (USA) 11.49; 3, M Onyali (Nig) 11.61; 4, T Iheagwam (Nig) 11.67; 5, F Ogunkoya (Nig) 11.68; 6, N Voronova (URS) 11.73; 7, P Dunn (Eng) 11.74; 8, K McKenzie (USA) 13.09.

200: 1, M Otley (Jam) 22.66; 2, M Onyali (Nig) 23.17; 3, D Dixon (USA) 23.25; 4, R Stevens (USA) 23.31; 5, F Ogunkoya (Nig) 23.44; 6, M Finn (USA) 23.86; 7, L Leatherwood (USA) 23.88; 8, J Stoute (Eng) 23.96.

800: 1, C Wachtel (GDR) 1:59.74; 2, T Grebenchuk (URS) 2:01.66; 3, D Marshall (USA) 2:01.73; 4, A Williams (Eng) 2:02.39; 5, C Groenendaal (USA) 2:04.10; 6, B Gourdet (Fra) 2:04.71; 7, N Thomas (Fra) 2:06.41; 8, M Anderson (Sco) 2:09.0. **Wachtel's splits:** 400 - 57.16; 600 1:29.3.

1500: 1, D Melinte (Rom) 4:02.09; 2, S Kitova (URS) 4:03.15; 3, Y Murray (Sco) 4:03.38; 4, Y Mai (GDR) 4:03.58; 5, B Nicholson (Eng) 4:07.98; 6, D Richburg (USA) 4:08.13; 7, L MacIntyre (Sco) 4:09.32; 8, K Hutcheson (Sco) 4:11.33; 9, C Grant (Can) 4:17.84. **Splits:** 800 - 2:13.71.

3000: 1, P S Plumer (USA) 8:43.82; 2, L McColgan (Sco) 8:44.93; 3, L Williams (Can) 8:48.28; 4, A Wyeth (Eng) 8:48.96; 5, C Buerki (Swi) 8:58.08; 6, I Delagrang (Bel) 9:04.87; 7, R Partridge (Eng) 9:09.25; 8, C Borovicka (USA) 9:12.37; 9, H Titterton (Eng) 9:24.94. **Splits:** 400 - 69.1; 1k 2:56.48; 2k - 5:54.39.

400H: 1, S Farmer-Patrick (USA) 54.82; 2, S Williams (USA) 55.66; 3, K Freeman (USA) 56.11; 4, S Gunnell (Eng) 56.13; 5, I Qanta (Rom) 57.09; 6, L Sheffield (USA) 57.33; 7, J Parker (Eng) 58.18. Elaine McLaughlin (N Ire) DNS due to pulled hamstring.

HJ: 1, J Wohlschlag (USA) 1.91 (1.75-1, 1.80-1, 1.55-1, 1.88-1, 1.91-2); 2, J Barnetson (Sco) 1.91 (1.70-1, 1.75-1, 1.80-1, 1.85-1, 1.88-1, 1.91-2); 3, V

Browne (Aus) 1.85 (1.80-1, 1.85-1) & S Hutchings (N Ire) 1.85 (1.70-1, 1.75-1, 1.80-1, 1.85-1); 5, D Davies (Eng) 1.80 (1.70-1, 1.75-1, 1.80-1); 6, J Boyle (N Ire) 1.80 (1.70-1, 1.75-1, 1.80-2); 7, J Jennings (Eng) No height.

LJ: 1, H Radtke (GDR) 6.95 (X, X, 6.44 (+1.26), 6.75 (+0.81), 6.90 (+2.07), 6.95 (+1.00); 2, M Ilcu (Rom) 6.94 (6.77 (+3.10), 6.94 (+1.59), 6.84 (+1.12), 6.76 (+2.81), 6.85 (+1.71), 6.61 (+1.11); 3, F May (Eng) 6.77 (X, 6.62 (+1.20), 6.68 (+2.75), 6.65 (+0.93), 6.77 (+3.91), 6.74 (+2.99); 4, R Ropo (Fin) 6.69 (6.59 (+1.63), 6.54 (+1.15), 6.69 (+3.25), 6.67 (+4.01), 6.64 (+2.25), 6.55 (+2.68); 5, V Ionescu-Constantin (Rom) 6.68 (X, 6.44 (+0.57), 6.46 (+1.37), 6.68 (+2.20), 6.63 (+1.56), X); 6, C Lewis (USA) 6.37 (6.34 (+2.11), 6.33 (+1.53), 6.37 (+2.11), 6.33 (+1.53), X, 6.33 (+2.90); 7, J Inniss (USA) 6.33 (6.33 (+2.08), 6.22 (+0.63), 6.26 (+0.70), 6.23 (+2.11), 6.17 (+1.70); 8, K Hagger (Eng) 6.29 (X, 6.10 (+2.26), 6.25 (+2.25), 6.20 (+1.40), 6.26 (+1.03), 6.29 (+1.71); 9, C Connor (USA) 6.18 (+2.51), 6.06 (+2.33), 6.01 (+2.03).

SP: Results to follow next week.



Christine Wachtel forces the pace in the women's 800 metres.

Reebok racing club FESTIVAL OF RUNNING

RACE DETAILS

Sunday, 10th September, 1989

BARNET CROFT HALL STADIUM

GREAT NORTH WAY, HENDON, LONDON NW4

- 12.30 p.m.** Shaftesbury '10' incorporating AAA '10' Mile Championship
- 2.00 p.m.** Open '5' Mile Road Race (Men & Women over 16)
- 3.00 p.m.** Womens '10' Mile Road Race (formerly Nescafe '10')
- Entries:** Miss I. Peaty, 53 Burnham Road, St Albans, Herts AL1 4QN.
- Entry Fee:** All Races - £3.00 (affiliated); £3.50 (unattached)
- Entries Close:** FRIDAY, 25th AUGUST, 1989 (sac for acknowledgement).
- NO ENTRIES ACCEPTED ON DAY OF RACE** (this will be strictly enforced)

Course: Conforms with RRC standards.

Teams: 3 to score.

AWARDS:

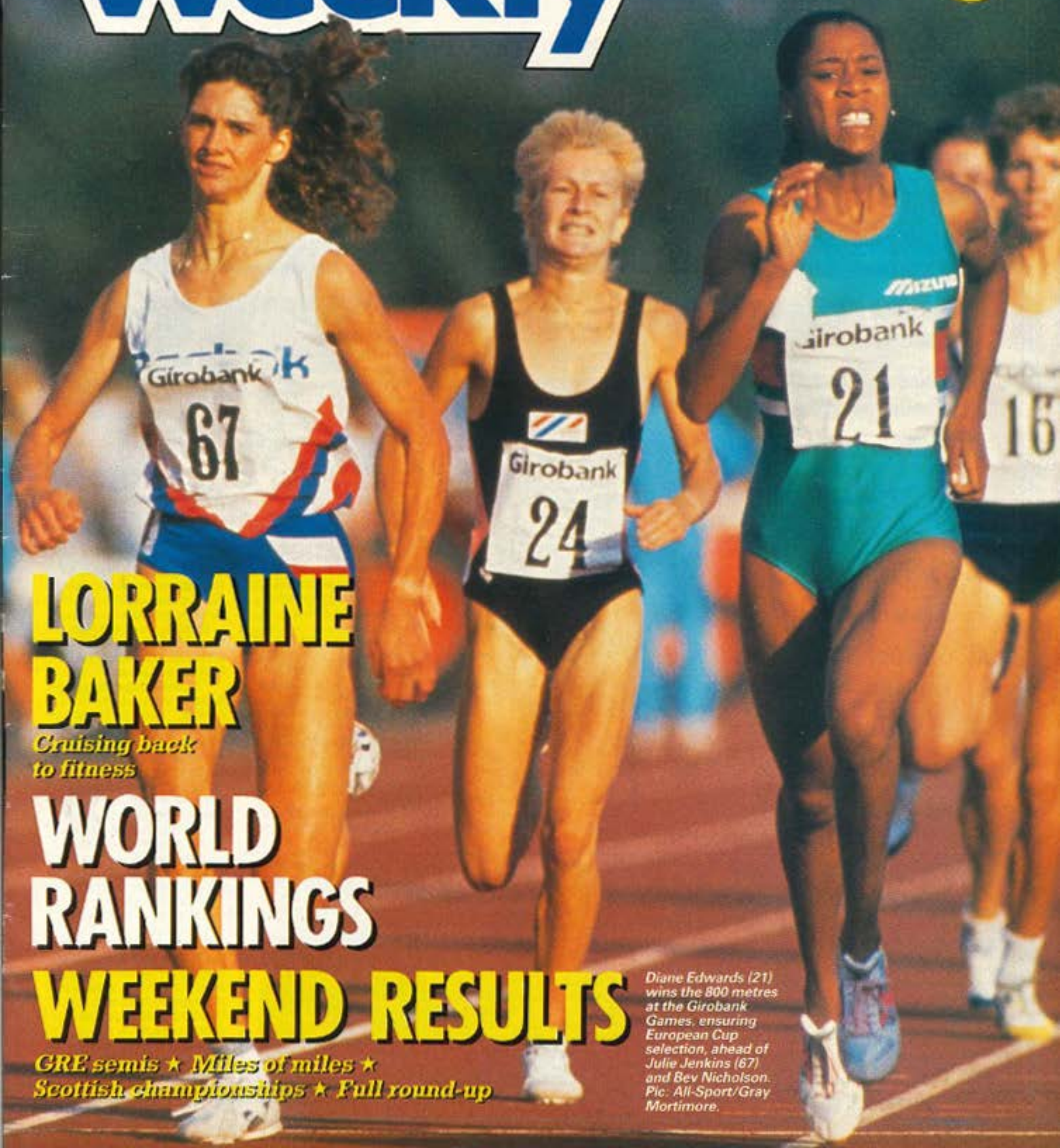
- Shaftesbury '10':** Prizes to the first 15 individuals. Prizes to the first 3 teams and first 'B' team. Winning team to hold A.J.C. Kendall Trophy for 1 year Veterans BVAF Grade 1.
- AAA '10'** Medals to the first 3 individuals. Medals to the first 3 teams.
- 5 Mile Open:** Prizes to the first 5 men. Prizes to the first 3 women. Veterans BVAF Grade 2. No team awards.
- Womens '10'** Prizes to the first 10 women. Prizes to the first 3 teams. Veterans BVAF Grade 1.
- No athlete shall take more than 1 individual prize. Total value of prizes approximately £2,000. Fuller details and entry forms in the issue dated 2nd August.

Weekly

WRITTEN FOR ATHLETES BY ATHLETES

Athletics Weekly

JULY 26 1989 70p



**LORRAINE
BAKER**

*Cruising back
to fitness*

**WORLD
RANKINGS**

WEEKEND RESULTS

*GRE semis ★ Miles of miles ★
Scottish championships ★ Full round-up*

*Diane Edwards (21)
wins the 800 metres
at the Girobank
Games, ensuring
European Cup
selection, ahead of
Julie Jenkins (67)
and Bev Nicholson.
Pic: All-Sport/Gray
Mortimore.*

ON TOP OF THE WORLD

100m

9.94	Leroy	Burrell	USA	16 Jun
9.97	Ray	Stewart	Jam	20 May
10.03	Dannay	Mitchell	USA	16 Jun
10.04	Andre	Cason	USA	18 Jun
10.05	Carl	Lewis	USA	23 Jun
10.05	Calvin	Smith	USA	1 Jul
10.07	Mike	Marsh	USA	8 Apr
10.11	Sven	Matthes	GDR	22 Jun
10.12	Brian	Cooper	USA	16 Jun
10.14	Mark	Witherspoon	USA	16 Jun

200m

20.08	Robson	Da Silva	Bra	14 Jul
20.09	Dennis	Mitchell	USA	2 Jun
20.09	Floyd	Heard	USA	17 Jun
20.12	Mark	Witherspoon	USA	17 Jun
20.13	Joe	DeLoach	USA	7 May
20.21	Gilles	Quehehve	Fra	15 Jul
20.30	Calvin	Smith	USA	16 Jun
20.32	Tim	Williams	USA	10 Jun
20.32	Daniel	Sangouma	Fra	23 Jun
20.35	Daron	Council	USA	22 Apr
20.35	JOHN	REGIS	GB	14 Jul

400m

44.27	Antonio	Pettigrew	USA	17 Jun
44.47	Steve	Lewis	USA	27 Jun
44.59	Raymond	Pierre	USA	3 Jun
44.61	Harry "Butch"	Reynolds	USA	14 Jul
44.66	Tyrone	Kemp	USA	8 Apr
44.71	Mark	Rowe	USA	17 Jun
44.71	Tim	Simon	USA	27 Jun
44.8	Gabriel	Tiacoh	IvC	18 Jun
45.08	Jens	Carlowitz	GDR	7 Jul
45.09	Clarence	Daniel	USA	17 Jun

800m

1:43.22	Paul	Ereng	Ken	10 Jul
1:43.39	Johnny	Gray	USA	1 Jul
1:43.70	Robert	Kibet	Ken	1 Jul
1:44.36	Jose Luis	Barbosa	Bra	10 Jul
1:44.59	TOM	McKEAN	GB	3 Jul
1:44.68	Abdi	Bile	Som	3 Jul
1:45.05	Ari	Suhonen	Fin	1 Jul
1:45.12	Slobadan	Popovic	Yug	10 Jul
1:45.15	Hauke	Fuhlbruegge	GDR	29 Jun
1:45.47	Dieudonne	Kwizera	Bur	10 Jul

1500m

3:31.20	Abdi	Bile	Som	19 Jul
3:32.57	Wilfred	Kirochi	Ken	19 Jul
3:32.98	Gennaro	Di Napoli	Ita	19 Jul
3:33.33	Jose Luis	Gonzales	Spa	19 Jul
3:34.44	Kip	Cheruiyot	Ken	23 Jun
3:34.58	Yobes	Ondieki	Ken	23 Jun
3:34.60	Said	Aouita	Mor	3 Jul
3:35.01	Pascal	Thiebaut	Fra	23 Jun
3:35.06	Joseph	Chesire	Ken	29 Jun
3:35.27	Hauke	Fuhlbruegge	GDR	1 Jul

Mile

3:49.90	Abdi	Bile	Som	1 Jul
3:50.49	Wilfred	Kirochi	Ken	1 Jul
3:51.07	Joe	Falcon	USA	1 Jul
3:51.58	STEVE	CRAM	GB	1 Jul
3:51.64	Marcus	O'Sullivan	Ire	1 Jul
3:52.20	STEVE	CRABB	GB	1 Jul
3:52.38	Joseph	Chesire	Ken	1 Jul
3:54.28	John	Walker	NZ	1 Jul
3:54.99i	Said	Aouita	Mor	17 Feb
3:55.34i	Sydney	Maree	USA	10 Feb

3000m

7:34.70	Said	Aouita	Mor	1 Jul
7:35.01	Yobes	Ondieki	Ken	10 Jul
7:35.71	Arturo	Barrios	Mex	10 Jul
7:38.93	Dieter	Baumann	FRG	10 Jul
7:39.41	Vinceni	Rousseau	Bel	10 Jul
7:39.94i	Steve	Scott	USA	10 Feb
7:41.59	John	Doherty	Ire	10 Jul

AS athletics reaches mid-season, we publish the current world rankings, courtesy of the IAAF/Richard Hymans. Last week's British rankings were produced by NUTS/Stam Greenberg & Rob Whittingham.



Said Aouita - topping the 3000m rankings.
Pic: A.S.P.

7:41.84i	Brian	Abshire	USA	10 Feb
7:42.05	Sydney	Maree	USA	10 Jul
7:42.53	Marcus	O'Sullivan	Ire	14 Jul

5000m

13:04.24	Yobes	Ondieki	Ken	1 Jul
13:07.79	Arturo	Barrios	Mex	14 Jul
13:15.27	John	Doherty	Ire	14 Jul
13:17.82	JACK	BUCKNER	GB	1 Jul
13:19.54	Mohammed	Insangar	Mor	1 Jul
13:19.82	Ale	Nakkim	Swe	1 Jul
13:20.44	John	Halvorsen	Nor	14 Jul
13:20.86	Mark	Nenow	USA	14 Jul
13:20.91	Alejandro	Gomez	Spa	1 Jul
13:20.92	GARY	STAINES	GB	14 Jul

10,000m

27:16.50	Salvatore	Antibo	Ita	29 Jun
27:17.82 WJR	Addis	Abebe	Eth	29 Jun
27:18.45	Arturo	Barrios	Mex	3 Jul
27:24.16	Francesco	Panetta	Ita	29 Jun
27:36.00	Domingos	Castro	Por	3 Jul
27:38.29	Kipkemboi	Kimeli	Ken	3 Jul
27:49.69	Dionisi	Castro	Por	3 Jul
27:50.04	Hamou	Boutayeb	Mor	29 Jun
27:53.90	Jean-Louis	Prianon	Fra	3 Jul
27:54.12	Brahim	Boutayeb	Mor	1 Jul

3000SC

8:05.35 WR	Peter	Koech	Ken	3 Jul
8:06.02	Patrick	Sang	Ken	3 Jul
8:14.39	Julius	Kariuki	Ken	1 Jul
8:15.95	Graeme	Fell	Can	3 Jul
8:16.35	Hagen	Melzer	GDR	3 Jul
8:16.92	Brian	Diemer	USA	3 Jul
8:17.22	MARK	ROWLAND	GB	14 Jul
8:17.93	Boguslaw	Maminski	Pol	3 Jul
8:19.40	TOM	HANLON	GB	14 Jul
8:19.88	Raymond	Pannier	Fra	23 Jun

110H

13.11	COLIN	JACKSON	GB	14 Jul
13.13	Roger	Kingdom	USA	27 Jun
13.19	Greg	Foster	USA	10 Jun
13.31	ANTHONY	JARRETT	GB	14 Jul
13.32	Jack	Pierce	USA	10 Jun
13.33	Emilio	Valle	Cub	22 Jun
13.36	Arthur	Blake	USA	16 Jun
13.41	Courtney	Hawkins	USA	16 Jun
13.42	Robert	Reading	USA	1 Jun
13.43	Tonie	Campbell	USA	1 Jul

400H

48.31	Kevin	Young	USA	3 Jul
48.49	Winthrop	Graham	Jam	23 Jun
48.54	Danny	Harris	USA	24 Jun
48.67	Samuel	Matete	Zam	20 Jun
48.83	David	Patrick	USA	17 Jun
48.91	Harald	Schmid	FRG	8 Jun
48.94	Jozef	Kucej	Cze	24 Jun
48.94	Pat	McGhee	USA	27 Jun
49.04	Henry	Amike	Ngr	17 Jun
49.04	KRISS	AKABUSI	GB	28 Jun

High Jump

2.43i	Javier	Sotomayor	Cub	4 Mar
2.38	Hollis	Conway	USA	3 Jun
2.37	Gennadiy	Avdeyenko	URS	3 Jul
2.36i	Carlo	Thranhardt	FRG	24 Feb
2.36i	Patrik	Sjoberg	Swe	24 Feb
2.36i	Gerd	Nagel	FRG	7 Mar
2.35i	Nick	Saunders	Ber	13 Jan
2.35i	Dietmar	Mogenburg	FRG	4 Mar
2.35i	DALTON	GRANT	GB	4 Mar
2.34	Rudolf	Povarnitsyn	URS	14 Jun

Pole Vault

6.03i	Sergey	Bubka	URS	14 Feb
6.02i	Rodion	Gataullin	URS	4 Feb
5.92i	Philippe	Collet	Fra	11 Mar
5.90	Joe	Dial	USA	16 Apr
5.85i	Miroslaw	Chmara	Pol	24 Feb
5.80i	Grigoriy	Yegorov	URS	4 Mar
5.80	Kory	Tarpenning	USA	13 May
5.80	Vasilij	Bubka	URS	3 Jul
5.80 WJR	Maksim	Tarasov	URS	14 Jul
5.79	Tim	Bright	USA	17 Jun

Long Jump

8.70	Larry	Myricks	USA	17 Jun
8.53	Carl	Lewis	USA	8 Jul
8.37	Leroy	Burrell	USA	2 Jun
8.33	Vladimir	Ratushkov	URS	11 Jun
8.27	Mike	Powell	USA	10 Jun
8.25i	Dietmar	Haaf	FRG	26 Feb
8.24	Yussuf	Ali	Ngr	24 Jun
8.23i	Emiel	Mellaard	Hol	5 Feb
8.23	Andre	Ester	USA	21 May
8.22	Vernon	George	USA	27 May

Triple Jump

17.65i	Mike	Conley	USA	5 Mar
17.53	Charles	Simpkins	USA	13 May
17.47	Kenny	Harrison	USA	21 May
17.41i	Jorge	Reyna	Cub	5 Mar
17.37i	Vladimir	Inozamtsev	URS	3 Feb
17.34	Nikolay	Musiyenko	URS	10 Jun
17.29	Edrick	Floreal	Can	3 Jun
17.28i	Juan	Lopez	Cub	5 Mar
17.27	Oleg	Sakirkin	URS	10 Jun
17.21i	Jan	Cado	Tch	28 Jan

Shot Put

22.66i	Randy Barnes	USA	20 Jan
22.55i	Ulf Timmermann	GDR	11 Feb
21.37	Jim Doehring	USA	10 Jun
21.32	Gregg Tafralis	USA	6 May
21.25i	Maris Petrashko	URS	7 Jan
21.02	Mike Stulce	USA	3 Jun
20.96i	Aleksandr Bagach	URS	21 Jan
20.96i	Georg Andersen	Nor	4 Mar
20.94i	Karel Sula	Tch	21 Jan
20.91	August Wolf	USA	6 May

Discus

68.82	Mike Buncie	USA	24 May
68.30	Wolfgang Schmidt	FRG	24 May
68.28	Luis Delis	Cub	12 Jul
68.12	Jurgen Schult	GDR	7 Jul
67.64	Vesteinn Hafsteinsson	Isl	31 May
67.62	Marco Martino	Ita	28 May
67.58	Erik de Bruin	Hol	29 Jun
66.50	Kamy Keshmiri	USA	17 Jun
66.44	Mac Wilkins	USA	6 May
66.28	Olav Ijessen	Nor	24 May

Hammer

82.48	Igor Astapkovich	URS	10 Jun
81.00	Andrey Abduvaliyev	URS	26 Feb
80.60	Heinz Weis	FRG	17 Jun
80.14	Tore Gustafsson	Isl	4 Jul
80.04	Yuriy Sedykh	URS	23 Jun
79.70	Vasily Sidorenko	URS	10 Jun
79.38	Viktor Apostolov	Bul	21 May
79.10	Vyacheslav Korovin	URS	1 Jul
78.78	Sergey Alay	URS	23 May
78.66	Christoph Sahner	FRG	28 May

Javelin

87.60	Kazuhiro Mizoguchi	Jpn	27 May
84.74	Jan Zelezny	Tch	13 Jun
84.34	STEVE BACKLEY	GB	14 Jul
83.92	Seppo Raty	Fin	4 Jun
83.16	Viktor Zaitsev	URS	24 Jun
82.52	Dag Wenlund	Swe	10 Jun
82.42	Peter Dorglund	Swe	10 Jun
82.28	Patrik Boden	Swe	19 May
82.28	MICHAEL HILL	GB	7 Jul
82.22	Lev Shatilo	URS	14 Feb

Decathlon

8549	Dave Johnson	USA	14 Jun
8485	Christian Plaziat	Fra	18 Jun
8351	Christian Schenk	GDR	18 Jun
8300	Thomas Fahner	GDR	24 Jun
8260	Mikhail Medved	URS	11 Jun
8248w	Sheldon Blockburger	USA	11 Jun
8192	Roman Terekhov	URS	11 Jun
8155w	Gary Kinder	USA	14 Jun
8152	Norbert Demmel	FRG	18 Jun
8121	Mike Smith	Can	18 Jun

WOMEN

100m

10.78	Dawn Sowell	USA	3 Jun
10.95	Merlene Ottey	JAM	25 Jun
11.07	Sheila Echols	USA	14 Jul
11.11	Kerstin Behrend	GDR	7 Jul
11.12	Gwen Torrence	USA	21 Mar
11.12	Esther Jones	USA	3 Jun
11.12	Natalya Kovtun	URS	11 Jun
11.14	Mary Onyali	Ngr	3 Jun
11.14	Liliana Allan	Cub	Jun
11.14	Anita Howard	USA	18 Jun
11.14	Laurence Bily	Fra	15 Jul

200m

22.04	Dawn Sowell	USA	2 Jun
22.24	Merlene Ottey	JAM	23 Jun
22.29	Dannette Young	USA	17 Jun
22.45	Mary Onyali	NIG	2 Jun
22.48	Yelena Nasonkina	URS	10 Jun
22.52	Grace Jackson	JAM	27 Jun
22.53	Esther Jones	USA	17 Jun
22.64	Pauline Davis	Bah	6 May
22.65	Marie Josee Perek	Fra	29 Apr

400m

50.14	Ana Quirot	Cub	3 Jun
50.18	Pauline Davis	Bah	3 Jun
50.63	Grace Jackson	Jam	1 Jul
50.74	Tatyana Alekseyeva	URS	11 May
50.75	Rochelle Stevens	USA	17 Jun
50.86	Natasha Kaiser	USA	3 Jun
50.88	Iolanda Oanta	Rom	28 May
50.99	Grit Breuer	GDR	7 Jul
51.05	Marie Josee Perek	Fra	7 May
51.14	Celena Mondie	USA	3 Jun

800m

1:56.82	Christine Wachtel	GDR	23 Jun
1:57.10	Sigrun Wodars	GDR	29 Jun
1:57.51	Ana Quirot	Cub	1 Jul
1:58.71	Dalia Matuseviciene	URS	16 Jun
1:58.84	Slobodanka Colovic	Yug	16 Jun
1:58.94	Violeta Beclea	Rom	19 Jul
1:59.02	Viorica Niga	Rom	24 Jun
1:59.08	Lyudmila Rogachova	URS	22 Jun
1:59.28	Gaby Lesch	FRG	19 Jul
1:59.41	Ellen Kiessling	GDR	27 Jun
1:59.51	Doina Melinte	Rom	27 Jun
1:59.53i	Tatyana Grebenchuk	URS	5 Mar

1500m

4:01.27i	Paula Ivan	Rom	10 Feb
4:02.09	Doina Melinte	Rom	7 Jul
4:03.15	Yvonne Mai	GDR	22 Jun
4:03.38	YVONNE MURRAY	GB	7 Jul
4:04.15	Svetlana Kitova	URS	7 Jul
4:04.44	Ellen Kessling	GDR	7 Jul
4:04.65	Viorica Ghican	Rom	2 Jul
4:04.86	Lynn Williams	Can	10 Jun
4:06.52i	Marina Yachmeneva	URS	4 Mar
4:06.94	Catalina Gheorgiou	Rom	4 Jun

MILE

4:15.61 WR	Paula Ivan	Rom	10 Jul
4:20.39	Doina Melinte	Rom	10 Jul
4:22.52	Kitova Svetlana	URS	19 Jul
4:24.75	Lynn Williams	Can	10 Jul



Paula Ivan - leading the field in both the 1500m and the Mile. Pic: A.S.P.

3000m

8:33.82i	Elly Van Hulst	Hol	4 Mar
8:34.80i	LIZ McCOLGAN	GB	4 Mar
8:38.51	YVONNE MURRAY	GB	10 Jul
8:38.97	Marie-Pierre Duros	Fra	10 Jul
8:39.09	Paula Ivan	Rom	24 Jun
8:42.12	Patti Sue Plumer	USA	27 Jun
8:42.61	Viorica Ghican	Rom	25 Jun
8:44.33	Margarita Keszeg	Rom	10 Jul
8:45.04	Julia Bosliu	Rom	24 Jun
8:46.82	Martine Fays	Fra	10 Jul

5000m

14:56.22	Kathrin Ullrich	GDR	3 Jul
14:57.22	Patti Sue Plumer	USA	3 Jul
14:58.52	Lynn Williams	Can	3 Jul

10,000m

30:48.51	Ingrid Kristiansen	Nor	1 Jul
31:52.00	Iris Biba	FRG	1 Jul
32:14.65	Miejoko Asahina	Jpn	17 Jun
32:17.62	Kerstin Pressler	FRG	1 Jul
32:21.16	Monica Joyce	Ire	23 Apr

100H

12.68	Yelizaveta Chernysheva	URS	10 Jun
12.68	Mihaela Pogacean	Rom	4 Jun
12.69	Lyudmila Navozhilenko	URS	10 Jun
12.70	Tananjalyn Stanley	USA	3 Jun
12.70	Lidia Okolo-Kulak	URS	10 Jun
12.70	Eva Sokolova	URS	20 Jun
12.72	Cornelia Oschkenat	GDR	22 Jun
12.75	Lynda Tolbert	USA	16 Jun
12.77	Marjan Olyslager	Hol	25 Jun
12.88	Kristin Patzwahl	GDR	21 Jun

400H

53.35	Sandra Farmer-Patrick	USA	17 Jun
54.77	Susanne Losch	GDR	7 Jul
55.20	Petra Krug	GDR	7 Jul
55.27	Janeen Vickers	USA	2 Jun
55.37	Margarita Jaseviciene	URS	14 Jun
55.38	Linetta Wilson	USA	2 Jun
55.42	Vera Ordina	URS	27 May
55.43	SALLY GUNNELL	GB	14 Jul
55.3	Jackie Joyner-Kersey	USA	10 Jun
56.57	Schowanda Williams	USA	16 Jun
55.57	Cornelia Ulrich	GDR	7 Jul

High Jump

2.04i	Stefka Kostadinova	Bul	8 Mar
2.01	Heike Balck	GDR	5 Mar
2.00i	Tamara Bykova	URS	5 Mar
2.00	Jan Wohschlag	USA	1 Jul
1.98i	Louise Ritter	USA	13 Jan
1.98	Vanessa Ward	Aus	12 Feb
1.98	Galina Astafei	Rom	14 Jun
1.98	Silvia Costa	Cub	14 Jun
1.98	Biljana Petrovic	Yug	18 Jun
1.97	Jin Ling	Chn	30 Apr

Long Jump

7.30i	Galina Chistyakova	URS	29 Jan
7.20i	Larisa Berezhnaya	URS	4 Feb
7.15	Helga Radtke	GDR	22 Jun
7.08	Marieta Ilcu	Rom	24 Jun
7.05i	Yolanda Chen	URS	4 Feb
6.89i	Yelena Kokonova	URS	29 Jan
6.88i	Inessa Kravets	URS	4 Feb
6.86i	Anna Derevyankina	URS	4 Feb
6.82i	Valy Ionescu	Rom	5 Feb
6.81	Niole Medvedyeva	URS	23 Jun

Shot Put

20.73	Heike Hartwig	GDR	22 Jun
20.61 WJR	Astrid Kumburnuss	GDR	1 Jul
20.50i	Christa Wiese	GDR	12 Feb
20.45i	Claudia Losch	FRG	5 Mar
20.37	Sona Vasickova	Tch	21 Jun
20.37	Heidi Krieger	GDR	27 Jun
20.30i	Stephanie Storp	FRG	19 Feb
20.25i	Huang Zhihong	Chn	5 Mar
20.23	Ilke Wyludda	GDR	Jun
20.20	Natalya Lisovskaya	URS	11 Jun

Discus

72.28	Ilke Wyludda	GDR	23 Jun
71.86	Gabriele Reinsch	GDR	23 Jun
69.00	Maritza Marten	Cub	19 Feb
68.26	Franka Dietzsch	GDR	23 Jun
68.18	Barbara Echevaria	Cub	19 Feb
68.10	Olga Davydova	URS	12 Feb
66.92	Franka Dietzsch	GDR	14 Jun
66.78	Dunielo Costian	Rom	19 Mar
65.68	Irena Meszynski	GDR	May
65.06	Tavetanka Khristova	Bul	14 Jun

Javelin

75.72	Petra Felke	GDR	17 Jun
71.12	Trina Solberg	Nor	1 Jul
70.76	Beate Koch	GDR	22 Jun
69.72	Karen Forkel	GDR	Jun
69.38	Natalya Shikolenko	URS	25 Feb
65.82	Ivonne Leal	Cub	18 Feb
64.82	Elizabeth Fernandez	Cub	17 Jun
64.80	Dulce Garcia	Cub	18 Feb
64.80	Silke Renk	GDR	May
64.78	Laverne Eve	Bah	17 Jun

Heptathlon

7005	Larisa Nikitina	URS	11 Jun
6686	Anke Behmer	GDR	18 Jun
6604	Remigia Nazarova	URS	11 Jun
6568	Liliane Nastase	Rom	4 Jun
6551	Natalya Shubenkova	URS	11 Jun
6534WJR	Svetla Dmitrova	Bul	16 Jul
6453	Cornelia Heinrich	FRG	18 Jun
6416	Sabine Braun	FRG	18 Jun
6381	Elizabeth Anghel	Rom	4 Jun
6347	Mariana Maslennikova	URS	11 Jun

THE
VOICE OF
THE SPORT

WRITTEN FOR ATHLETES BY ATHLETES

Athletics Weekly

WEDNESDAY

SEPTEMBER 6

70p

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PAGES!
WORLD CUP

11 page preview

NEW SERIES

- Training for the half marathon
- Veterans' voice with Martin Duff

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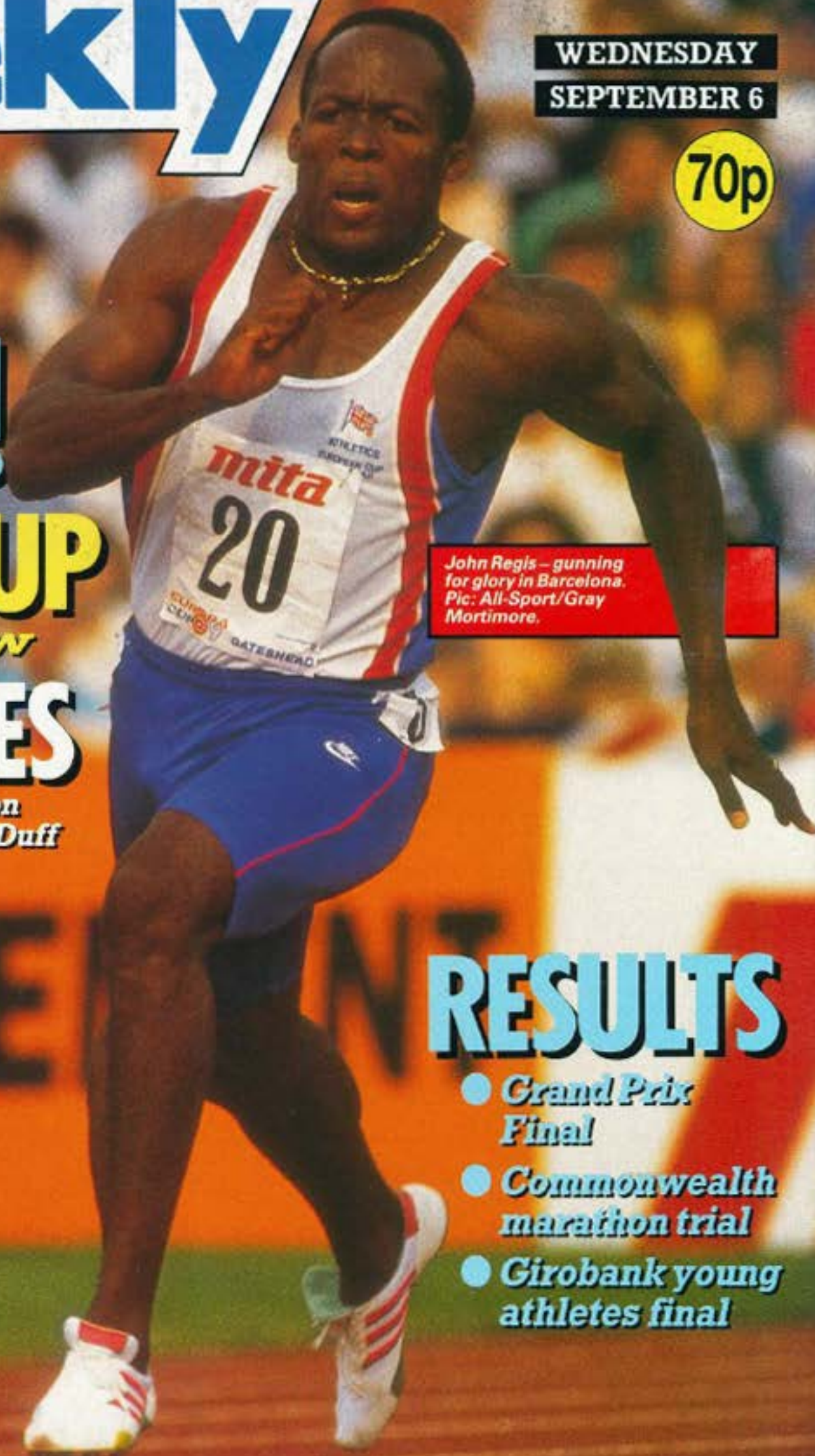
All the events
for October

TESTED

Wristwatches
compared

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32 page supplement
on cross country
greats



John Regis - gunning
for glory in Barcelona.
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Mortimore.

RESULTS

- Grand Prix
Final
- Commonwealth
marathon trial
- Girobank young
athletes final

flashback

It wasn't the happiest of events for steeplechaser Henry Marsh. Those of you with good memories will remember that Marsh was the first to cross the line in 8:19.31, but was subsequently disqualified for running round (not over) the water jump on the penultimate lap, improving from fourth to second. Marsh appealed but to no avail.

"Lewis is fit and ready to go; his right hamstring was the problem, but he is fine now." So said Dr Anthony Daly, the US team doctor, talking about Carl, who at the time held the world best for 100 (10.00) at sea level.

Daly was wrong. Lewis jogged in last in 10.96.

The scrap at the front centred on Belgrave Harrier Ernie Obeng, running for Africa, and Edinburgh Southern Harrier Allan Wells. Obeng, off to the start of his life, was two metres clear of the Scot by 70 metres, but then Wells remorselessly pulled him back. As they dipped for the line, observers felt victory was Obeng's, but Wells was given the verdict.

Half an hour before the 100, Lewis had been in the long jump. He ran through his first jump, before leaping to 8.15 in the second round. He opted out of further competition – but 8.15 was sufficient for victory.

The European team notched up a victory in the men's match helped by Well's victory and his second placing in the 200, together with solid victories for Coe at 800 and Ovett at 1500.

The Ethiopian/African stranglehold on the 5000/10,000 was finally broken after Werner Schildhauer outkicked Mohamed Kadir with 60 metres remaining in the 25 lapper. Victory in the 5000 went to Eamonn Coghlan.

Evelyn Ashford reigned supreme in the women's sprints. Behind her in the 100 was Kathy Smallwood (now Cook) who set a UK record of 11.10 and took the scalp of Marlies Gohr in the process.

British roll of honour

Allan Wells – 1st, 100, 10.20, 2nd, 200 20.53.

Seb Coe – 1st, 800 1:46.16.

Steve Ovett – 1st, 1500 3:34.95.

Kathy Smallwood – 2nd, 100:11.1 (UK rec).

Wendy Hoyte, Smallwood, Bev Callender, Shirley Thomas – 4 × 100, Inf.

Michelle Scutt, Verona Elder, Jocelyn Hoyte-Smith – 4 × 400, 2nd.

1985 Canberra

The 1985 World Cup belonged to the East German women, headed by the inimitable Marita Koch.

Having been beaten by the USSR in the European Cup, East Germany's women won 12 out of the 16 events. These wins were

backed up with two seconds, a third and a fourth.

These included two world records, the best of which went to Maria Koch in the 400 metres. The record stood for Kratochvilova, with 47.99, but Koch, zipping through 200 in 22.4, recorded 47.60. Koch still holds five of the six fastest times ever. Just for good measure, she won the 200 as well.

The second record went to the GDR's 4 × 100 relay squad, clocking 41.37.

These included a massive throw of 96.96 in the javelin by Uwe Hohn. His earlier world record, 104.80, which led to the change in the aerodynamics of the javelin as it was going too far. The World Cup was the last major competition for the old javelin.

Drama in Canberra was reserved for the final event of the meeting, the men's 4 × 400 relay.

With just one leg remaining, Ray Armstead of the USA held a six metre lead. As he came to change over, Russian Boris Krylov broke ranks too early and obstructed Darren Clark, due to go off second. Clark shoved Krylov, who consequently knocked Armstead into the infield. Last leg USA runner Mike Franks had to stop, turn and retrieve the baton, by which time he was fourth. He needn't have worried. From his standing start, he was clocked at 44.1, overtaking Schonlebe and Egbunike for a US victory.

British roll of honour

Fatima Whitbread – 3rd, javelin, 65.12

Dave Ottley – 4th javelin, 87.00.

Previous Results

MEN – 1977

100: 1, S Williams (USA) 10.13; 2, E Ray (GDR) 10.15; 3, S Leonard (Am/Cub) 10.19.
200: 1, C Edwards (USA) 20.17; 2, P Mennea (Eur/Ita) 10.17; 3, S Leonard (Am/Cub) 20.30.
400: 1, V Beck (GDR) 45.79; 2, R Rodlas (Eur/Pol) 45.80; 3, A Juantorena (Am/Cub) 45.83; **Re-run race**: 1, Juantorena 45.36; 2, Beck 45.50.
800: 1, A Juantorena (Am/Cub) 1:44.0; 2, M Boit (Afr/Ken) 1:44.1; 3, W Wullbeck (WG) 1:45.5.
1500: 1, S Ovett (Eur/UK) 3:34.5 (UK national record); 2, T Wessinghage (WG) 3:36.0; 3, J Straub (GDR) 3:37.5.
5000: 1, M Yifter (Afr/Eth) 3:13.8; 2, M Liquori (USA) 13:15.1; 3, D Fitzsimons (O/Aus) 13:17.4.
10,000: 1, M Yifter (Afr/Eth) 28:32.3; 2, J Peter (GDR) 28:34.0; 3, J Hermens (Eur/Hol) 28:35.0.
3000 Steeplechase: 1, M Kars (WG) 8:21.6; 2, A Casans (Am/Cub) 13:50; 3, O Malley (USA) 8:25.3.
110 Hurdles: 1, T Munkelt (GDR) 13:41; 2, A Casanas (Am/Cub) 13:50; 3, G Malley (USA) 13:51.
400 Hurdles: 1, E Moses (USA) 47.58; 2, V Beck (GDR) 48.33; 3, H Schmid (WG) 48.85.
High Jump: 1, R Beilschmidt (DGR) 2.30; 2, D Stones (USA) 2.27; 3, J Wszola (Eur/Pol) 2.24.
Pole Vault: M Tully (USA) 5.60; 2, W Kozakiewicz (Eur/Pol) 5.55; 3, A Weber (GDR) 5.30.
Long Jump: 1, A Robinson (USA) 8.19; 2, H Baumgartner (WG) 7.96; 3, C Ehizuelen (Afr/Nig) 7.89.
Triple Jump: 1, J C De Oliveira (Am/Bra) 16.68; 2, A Piskulin (Eur/Sov) 16.61; 3, K Hufnagel (GDR) 16.43.
Shot: 1, U Beyer (GDR) 21.74; 2, R Stahlberg (Eur/Fin) 20.46; 3, R Reichenbach (WG) 19.97.
Discus: 1, W Schmidt (GDR) 67.14; 2, M Wilkins (USA) 66.64; 3, H. D. Neu (WG) 62.64.
Hammer: 1, K-H Reim (WG) 75.64; 2, J Sachse

During the previous four World Cups, the biggest names in athletics have fought for the honours. Here we take a look back at past results in the men's and women's competitions.

(GDR) 75.40; 3, P Farmer (O/Aus) 73.92.
Javelin: 1, M Wessing (WG) 87.46; 2, H Hanjisch (GDR) 84.28; 3, M Nemeth (Eur/Hun) 80.82.
4 × 100: 1, United States 38.03 (world record); 2, GDR 38.57; 3, America 38.66.
4 × 400: 1, West Germany 3:01.3; 2, Europe 3:02.5; 3, America 3:02.7.
Final Scores: 1, GDR 127; 2, United States 120; 3, West Germany 112; 4, Europe Select 111; 5, America 92; 6, Oceania 48; 8, Asia 44.

WOMEN – 1977

100: 1, M Oelsner (GDR) 11.16; 2, S Lannaman (Eur/UK) 11.26; 3, S Chivas (Am/Cub) 11.34.
200: 1, I Szewinska (Eur/Pol) 22.72; 2, B Eckert (GDR) 23.02; 3, T Prorochenko (Sov) 23.26.
400: 1, I Szewinska (Eur/Pol) 49.52; 2, M Koch (GDR) 49.76; 3, M Sidorova (Sov) 51.29.
800: 1, T Petrova (Eur/Bul) 1:59.2; 2, Liebetrau (GDR) 1:59.5; 3, S Styrkina (Sov) 1:59.7.
1500: 1, T Kazankina (Sov) 4:12.7; 2, F Lutz (USA) 4:13.0; 3, U Bruns (GDR) 4:13.1.
3000: 1, G Waltz (Eur/Nor) 8:43.5; 2, L Bragina (Sov) 8:46.3; 3, J Merrill (USA) 8:46.6.
100 Hurdles: 1, G Rabsztyń (Eur, Pol) 12.70; 2, J Klier (GDR) 12.86; 3, L Nikitenko (Sov) 12.87.
High Jump: 1, R Ackermann (GDR) 1.98; 2, S Simeoni (Eur/Ita) 1.92; 3, D Brill (Am/Can) 1.89.
Long Jump: 1, L Jacenko (O/Aus) 6.54; 2, J Nygrynova (Eur/Cze) 6.48; 3, T Skatchko (Sov) 6.48.

Shot: 1, I Slupianek (GDR) 20.93; 2, H Fibingerova (Eur/Cze) 20.63; 3, S Krachevkaya (Sov) 29.39.
Discus: 1, F Veleva (Sov) 68.10; 2, T Menis (Eur/Rom) 63.38; 3, S Engel (GDR) 63.12.
Javelin: 1, R Fuchs (GDR) 62.36; 2, M Yakubovich (Sov) 62.02; 3, T Sanderson (Eur/UK) 60.03.
4 × 100: 1, Europe 42.51; 2, GDR 42.65; 3, Soviet Union 42.91.
4 × 400: 1, GDR 3:20.0; 2, Europe 3:25.8; 3, Soviet Union 3:27.0.
Final Scores: 1, Europe Select 107; GDR 102; 3, Soviet Union 89; 4, United States 59; 5, America 55; 6, Oceania 45; 7, Africa 31; 8, Asia 29.

MEN – 1979

100: J Sanford (USA) 10.17; 2, S Leonard (Am/Cub) 10.26; 3, M Woronin (Eur/Pol) 10.28.
200: 1, S Leonard (Am/Cub) 20.34; 2, L Dunecki (Eur/Pol) 20.50; 3, P Okodogbe (Afr/Nig) 20.69.
400: 1, K Hassan (Afr/Sud) 45.39; 2, N Chernetskiy (USSR) 46.06; 3, T Darden (USA) 46.12.
800: 1, J Maina (Afr/Ken) 1:47.1; 2, J Robinson (USA) 1:47.9; 3, W Wullbeck (Eur/Ger) 1:47.9.
1500: 1, T Wessinghage (Eur, Ger) 3:46.0; 2, V Ponomaryev (USSR) 3:46.2; 3, J Staub (GDR) 3:46.3.
5000: 1, M Yifter (Afr/Eth) 13:15.9; 2, V Abramov (USSR) 13:37.6; 3, M Ryffel (Eur/Swi) 13:38.6.

Continued

from previous page

10,000: 1, M Yifter (Afr/Etn) 27:53.1; 2, C Virgin (USA) 27:59.6; 3, A Antipov (USSR) 28:26.2.
3000 Steeplechaser: 1, K Rono (Afr/Ken) 8:26.0; 2, R Ponitzsch (GDR) 8:29.3; 3, M Scartezzini (Eur/Ita) 8:29.5.
110 Hurdles: 1, R Nehemiah (USA) 13.39; 2, T Munkelt (GDR) 13.42; 3, A Casnas (Am/Cub) 13.44.
400 Hurdles: 1, E Moses (USA) 4.53; 2, H Schmid (Eur/Ger) 48.71; 3, V Arkhipenko (USSR) 48.97.
High Jump: 1, F Jacobs (USA) 2.27; 2, J Waszola (Eur/Pol) 2.27; 3, AA Grigoryev (USSR) 2.24.
Pole Vault: 1, M Tully (USA) 5.45; 2, P Adaba (Eur/Fra) 5.45; 3, K Volkov (USSR) 5.30.
Long Jump: 1, L Myricks (USA) 8.52; 2, L Dombrowski (GDR) 8.27; 3, D Giralt (Am/Cub) 8.22.
Triple Jump: 1, J C de Oliveira (Am/Bra) 17.02; 2, G Valyukevich (USSR) 16.94; 3, I Campbell (O/Aus) 16.76.
Shot: 1, U Beyer (GDR) 20.45; 2, R Stahiberg (Eur/Fin) 20.05; 3, A Barynsnikov (USSR) 20.00.
Discus: 1, W Schmidt (GDR) 66.02; 2, M Wilkins (USA) 64.92; 3, L Delis (Am/Cub) 63.50.
Hammer: 1, S Litvinov (USSR) 78.70; 2, K H Riehm (Eur/Ger) 75.88; 3, R Steuk (GDR) 74.82.
Javelin: 1, W Hanisch (GDR) 86.48; 2, M O'Rourke (O/NZ) 85.80; 3, A Gonzalez (Am/Cub) 83.44.
4 x 100 Relay: 1, America 38.70; 2, USA 38.77; 3, Europe/Poland 38.85.
4 x 400 Relay: 1 USA 3:00.7; 2, Europe 44.8; 3, Africa 45.8.
Final Scores: 1, USA 119; 2, Europe Select 112; 3, GDR 108; 4, USSR 102; 5, America 98; 6, Africa 84; 7, Oceania 58; 8, Asia 36.

WOMEN - 1979

100: 1, E Ashford (USA) 11.06; 2, M Gohr (GDR) 11.17; 3, A Richter (Eur/Ger) 11.36.
200: 1, E Ashford (USA) 21.83; 2, M Koch (GDR) 22.02; 3, A Richter (Eur/Ger) 11.36.
400: 1, M Koch (GDR) 48.97; 2, M Kulchunova (USSR) 50.60; 3, I Szwinska (Eur/Pol) 51.15.
800: 1, N Shtereva (Bul) 2:00.6; 2, M Mushta (USSR) 2:01.1; 3, A Weiss (GDR) 2:01.4.
1500: 1, C Wartenberg (GDR) 4:06.9; 2, G Romanova (USSR) 4:08.8; 3, F Larrieu (USA) 4:09.2.
3000: 1, S Ulmasova (USSR) 8:36.4; 2, G Waitz (Eur/Nor) 8:38.6; 3, F Larrieu (USA) 8:53.1.
100 Hurdles: 1, G Rabsztyl (Eur/Pol) 12.67; 2, T Anisimova (USSR) 12.75; 3, K Claus (GDR) 13.03.
400 Hurdles: 1, B Klepp (GDR) 55.83; 2, M Makeyeva (USSR) 56.02; 3, D Esser (USA) 56.75.
High Jump: 1, D Brill (Am/Can) 1.96; 2, S Simeoni (Eur/Ita) 1.94; 3, N Serbina (USSR) 1.90.
Long Jump: 1, A Stukane (USSR) 6.64; 2, B Wujak (GDR) 6.55; 3, K McMillen (USA) 6.31.
Shot: 1, I Slupianek (GDR) 20.98; 2, H Fibingerova (Eur/Cze) 19.74; 3, S Krachevskaya (USSR) 19.70.
Discus: 1, E Jahl (GDR) 65.18; 2, S Melnikova (USSR) 65.14; 3, M Betancourt (Am/Cub) 62.84.
Javelin: 1, R Fuchs (GDR) 66.10; 2, E Raduly (Eur/Rom) 65.82; 3, M Colon (Am/Cub) 63.50.
4 x 100 Relay: 1, Europe 42.19; 2, GDR 42.32; 3, USSR 42.52.
4 x 400 Relay: 1 GDR 3:20.4; 2, USSR 3:21.1; 3, USA 3:27.4.
Final Scores: 1, GDR 106; 2, USSR 98; 3, Europe Select 88; 4, USA 76; 5, America 68; 6, Oceania 47; 7, Africa 30; 8, Asia 26.

MEN - 1981

100: (+0.16) 1, A Wells (UK, Eur) 10.20; 2, E Obeng (Gha/Afr) 10.21; 3, F Emmelmann (GDR) 10.31.
200: (+0.3) 1, M Lattany (USA) 20.21; 2, Wells 20.53; 3, Emmelmann 20.57.
400: 1, C Wiley (USA) 44.88 (Cup rec); 2, M Zuliani (Ita) 45.26; 3, B Cameron (Jam/Ame) 45.27.
800: 1, S Coe (UK/Eur) 1:46.16; 2, J Robinson (USA) 1:47.31; 3, D Wagenknecht (GDR) 1:47.49.
1500: 1, S Ovett (UK/Eur) 3:34.5; 2, J Walker (NZ/Oce) 3:35.49; 3, O Beyer (GDR) 3:38.58.
5000: 1, E Coghlan (Ire/Eur) 14:08.39; 2, H Kunze (GDR) 14:08.54; 3, V Fontanella (Ita) 14:09.06.
10000: 1, W Schildhauer (GDR) 27:38.43 (Cup rec); 2, M Kadir (Eth/Afr) 27:39.44; 3, A Salazar (USA) 2:40.69.
3000SC: 1, B Maminski (Pol/Eur) 8:19.89 (Cup rec); 2, M Scartezzini (Ita) 8:19.93; 3, M Shintaku (Jap/As) 8:23.54.
110H: (-0.29) 1, G Foster (USA) 13.32 (Cup rec); 2, A Casanas (Cub/Ame) 13.36; 3, J Ivan (Cze/Eur) 13.66.



The leading World Cup sprinter, Evelyn Ashford.

400H: 1, E Moses (USA) 47.37 (Cup rec); 2, V Beck (GDR) 49.16; 3, H Schulting (Hol/Eur) 49.69.
HT: 1, T Peacock (USA) 2.28; 2, G Nagel (Ger/Eur) 2.26; 3, J Freimuth (GDR) 2.24.
PV: 1, K Volkov (USSR) 5.70 (cup rec); 2, J M Bellot (Fra/Eur) 5.55; 3, B Olson (USA) 5.50.
LJ: 1, C Lewis (USA) 8.15; 2, G Honey (Aus/Oce) 8.11; 3, S Abayusov (USSR) 7.95.
TJ: 1, J C de Oliveira (Bra/Ama) 17.37 (Cup rec); 2, Zhu Zhen-xian (Chi-Asi) 17.34; 3, W Banks (USA) 17.04.
SP: 1, U Beyer (GDR) 21.40; 2, Y Mironov (USSR) 20.34; 3, D Laut (USA) 19.90.
DT: 1, A Lemme (GDR) 66.38; 2, L Delis (Cub/Ame) 66.26; 3, I Rugar (Cze/Eur) 64.29.
HT: 1, Y Sedykh (USSR) 89.74; 2, K H Riehm (Ger/Eur) 75.60; 3, G Orlando (Ita) 71.92.
J1: 1, D Kula (USSR) 89.74 (Cup rec); 2, Michel (GDR) 89.38; 3, P Siersaari (Fin/Eur) 83.26.
4 x 100: 1, Poland/Europe 38.73; 2, GDR 38.79; 3, USA 38.85.
4 x 400: 1, USA 2:59.12 (Cup rec); 2, Europe 3:01.47; 3, Americas 3:02.01.
Final Placings: 1, Europe 147; 2, GDR 130; 3, USA 127; 4, USSR 118; 5, Americas 95; 6, Italy 93; 7, Africa 66; 8, Oceania 6; 9, Asia 59.

WOMEN

100: (+0.01) 1, E Ashford (USA) 11.02 (Cup rec); 2, K Smallwood (UK/Eur) 11.10; 3, M Gohr (GDR) 11.13.
200: (+0.7) 1, Ashford 22.18; 2, J Kratochvilova (Cze/Eur) 22.31; 3, B Wockel (GDR) 22.41.
400: 1, Kratochvilova 48.61 (Cup rec); 2, M Koch (GDR) 49.27; 3, J Pusey (Jam/Ame) 51.48.
800: 1, L Vesselko (USSR) 1:57.48 (Cup rec); 2, M Steuk (GDR) 1:58.31; 3, J Januchta (Pol/Eur) 1:58.32.
1500: 1, T Sorokina (USSR) 4:03.33 (Cup rec); 2, G Dorio (Ita) 4:03.75; 3, U Bruns (GDR) 4:04.67.
3000: 1, A Zauber (GDR) 8:54.80; 2, M Pulca (Rom/Eur) 8:55.80; 3, S Cruiciata (Ita) 8:57.10.
100H: (+0.02) 1, T Anisimova (USSR) 12.85; 2, K Knabe (GDR) 12.91; 3, L Langer (Pol/Eur) 12.97.
400H: 1, E Neumann (GDR) 54.82 (Cup rec); 2, G Blaszk (Pol/Eur) 56.20; 3, A Kastetskaya (USSR) 56.37.
HJ: 1, U Meyfarth (Ger/Eur) 1.96; 2, T Bykova (USSR) 1.96; 3, P Spencer (USA) 1.92.
LJ: 1, S Ulbricht (GDR) 6.80 (Cup rec); 2, J Anderson (USA) 6.61; 3, A Wlodarczyk (Pol/Eur) 6.59.
SP: 1, I Slupianek (GDR) 20.60; 2, H Fibingerova (Cze/Eur) 19.92; 3, M Sarria (Cub/Ame) 19.21.
DT: 1, E Jahl (GDR) 66.70; 2, M Petkova (Bul/Eur) 66.30; 3, G Savinkova (USSR) 63.96.
JT: 1, A Todorova (Bul/Eur) 70.08 (Cup rec); 2, P Felka (GDR) 66.60; 3, K Smith (USA) 63.04.
4 x 100: 1, GDR 42.22; 2, USA 42.82; 3, USSR 43.01.
4 x 400: 1, GDR 3:20.62; 2, Europe 3:23.03; 3, Americas 3:26.42.
Final Placings: 1, GDR 120½; 2, Europe 110; 3, USSR 98; 4, USA 89; 5, Americas 72; 6, Italy 68½;

7, Oceania 58; 8, Asian 32; 9, Africa 26.

MEN - 1985

100: 1, B Johnson (Am/Can) 10.00 (Cup rec; eq. Commonwealth rec); 2, C Imo (Afr/Nig) 10.12 (African rec); 3, F Emmelmann (GDR) 10.17.
200: 1, R Da Silva (Am/Bra) 20.44; 2, F Emmelmann (GDR) 20.51; 3, D Clark (Oce/Aus) 20.78.
400: 1, M Franks (USA) 44.47 (Cup rec); 2, T Schonolebe (GDR) 44.72; 3, I Egbunike (Afr/Nig) 44.99.
800: 1, S Koskei (Afr/Ken) 1:45.15; 2, V Kanlikin (USSR) 1:45.72; 3, A Guimaraes (Am/Bra) 1:45.81.
1500: 1, O Khalifa (Afr-Sud) 3:41.16; 2, O Beyer (GDR) 3:41.26; 3, I Lotarev (USSR) 3:41.92.
5000: 1, D Padilla (USA) 14:04.11; 2, S Mei (Eur/Ita) 14:05.99; 3, W Bulti (Afr/Eth) 14:07.17.
10000: 1, W Bulti (Afr/Eth) 29:22.96; 2, P Porter (USA) 29:23.03; 3, W Schildhauer (GDR) 29:25.64.
3000SC: 1, Kariuki (Afr/Ken) 8:39.51; 2, H Marsh (USA) 8:39.51; 3, G Fell (Am/Can) 8:40.30.
110H: 1, T Cambbell (USA) 13.35; 2, S Usov (USSR) 13.62; 3, J Naumann (GDR) 13.76.
400H: 1, A Phillips (USA) 48.43; 2, A Vasilyev (USSR) 48.43; 3, H Schmid (Fra/Eur) 48.84.
High Jump: 1, P Sjoberg (Eur/Swe) 2.31 (Cup rec); 2, M Howard (USA) 2.28; 3, J Sotomayor (Am/Cub) 2.28.
Pole Vault: 1, S Bubka (USSR) 5.85 (Cup rec); 2, P Collet (Eur/Fra) 5.60; 3, T Bright (USA) 5.40.
Long Jump: 1, M Conley (USA) 8.20; 2, R Emmiyan (USSR) 8.09; 3, L Szalma (Eur/Hun) 8.09.
Triple Jump: 1, W Banks (USA) 17.58 (Cup rec); 2, V Protzenko (USSR) 17.478; 3, V Markov (Eur/Bul) 17.13.
Shot: 1, U Timmermann (GDR) 22.00 (Cup rec); 2, S Smirnov (USSR) 21.72; 3, A Andrei (Eur/Ita) 21.14.
Discus: 1, G Kolonotchenko (USSR) 69.08 (Cup rec); 2, J Schult (GDR) 68.30; 3, L Delis (Am/Cub) 67.60.
Hammer: 1, Y Tamm (USSR) 82.12 (Cup rec); 2, G Rodehau (GDR) 78.44; 3, J Logan (USA) 76.68.
Javelin: 1, U Hohn (GDR) 96.96 (Cup rec); 2, H Puuste (USSR) 87.40; 3, T Petranoff (USA) 87.34.
4 x 100: 1, USA 38.10; 2, Americans 38.31; 3, USSR 38.35.
4 x 400: USA 3:00.71; 2, GDR 3:00.82; 3, Oceania/Australia 3:01.35.
Final Team Placings - Men: 1, United States 123, 2, Soviet Union 115; 3, German Dem. Republic 114; 4, Europe Select 97½; 5, Africa 81; 6, Americas 80; 7, Oceania 65, 8, Asia 39½.

WOMEN

100: 1, M Gohr (GDR) 11.10; 2, eq. G Jackson (Am/Jam) & M Zhirona (USSR) 11.39.
200: 1, M Koch (GDR) 21.90; 2, G Jackson (Am/Jam) 22.61; 3, M Zhirona (USSR) 22.67.
400: 1, M Koch (GDR) 47.60 (world record); 2, O Vladykina (USSR) 48.27 (rec); 3, L Leatherwood (USA) 50.43.
800: 1, C Wachtel (GDR) 2:01.57; 2, J Kratochvilova (Eur/Cze) 2:01.99; 3, N Olizarenko (USSR) 2:02.17.
1500: 1, H Korner (GDR) 4:10.87; 2, R Agletdinova (USSR) 4:11.22; 3, D Melinte (Eur/Rom) 4:19.67.
3000: 1, U Bruns (GDR) 9:14.65; 2, T Pozdnyakova (USSR) 9:15.65; 3, C Bremser (USA) 9:21.15.
10000: A Cunha (Euro Port) 32:07.50 (inaugural Cup rec); 2, M Knisely (USA) 32:19.93; 3, O Bondareko (USSR) 32:27.70.
100H: 1, C Oschkenat (GDR) 12.72; 2, G Zagorcheva (Eur/Bul) 12.72; 3, Gusarova (USSR) 13.01.
400H: 1, S Busch (GDR) 54.45 (Cup rec); 2, J Brown-King (USA) 55.10; 3, D Flintoff (Oce/Aus).
High Jump: 1, S Kostadinova (Eur/Bul) 2.00 (Cup rec); 2, T Bykova (USSR) 1.97; Helm (GDR) 1.97.
Long Jump: 1, H Drechsler (GDR) 7.27 (Cup rec); 2, G Chistyakova (USSR) 7.00; 3, C Lewis (USA) 6.88.
Shot: N Lisovskaya (USSR) 20.69; 2, H Hartwig (GDR) 19.98; 3, H Fibingerova (Eur/Cze) 19.17.
Discus: 1, M Opitz (GDR) 69.78 (Cup rec); 2, G Savinkova (USSR) 67.30; 3, M Marten (Am/Cub) 66.54.
Javelin: 1, G Gavrilova (USSR) 66.80; 2, P Felke (GDR) 66.22; 3, F Whitbread (Eur/UK) 65.12.
4 x 100: 1, GDR 41.37 (world record); 2, USSR 42.54; 3, Europe 43.38.
4 x 400: 1, GDR 3:19.50 (Cup rec); 2, USSR 3:20.61; 3, Europe 3:28.48.
Final Team Placings: 1, German Dem Republic 121; 2, Soviet Union 105½; 3, Europe Select 86; 4, Americas 62½; 5, United States 61; 6, Oceania 52; 7, Asia 42; 8, Africa 41.

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Athletics Weekly

WEDNESDAY

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FREE
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1989
MEN'S
WORLD
RANKINGS

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Gunning for
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CROSS COUNTRY

Off road shoe guide

WEEKEND RESULTS

Road, track and country
round-up

NEW SECTION
Road race
previews

1989 WORLD RANKINGS

AFTER THE WORLD CUP IN BARCELONA

100m

9.94	Leroy Burrell	USA	16 Jun
9.97	Ray Stewart	JAM	20 May
10.03	Dennis Mitchell	USA	16 Jun
10.04	Andre Cason	USA	16 Jun
10.05	Carl Lewis	USA	25 Jun
10.05	Calvin Smith	USA	1 Jul
10.07	Mike Marsh	USA	8 Apr
10.10	LINFORD CHRISTIE	GBR	8 Sep
10.11	Sven Matthes	GDR	22 Jun
10.12	Brian Cooper	USA	16 Jun
10.14	Mark Witherspoon	USA	16 Jun
10.14	Bruny Surin	CAN	4 Aug
10.15	Slip Watkins	USA	16 Jun
10.16	Bruno Marie-Rose	FRA	13 Aug
10.16	Olapade Adeniken	NGR	26 Aug
10.17	Greg Moses	USA	18 Mar
10.17	Daron Council	USA	16 Jun
10.17	Daniel Sangouma	FRA	8 Sep
10.17	Robson Da Silva	BRA	23 Aug
10.18	Andrey Razin	URS	10 Jun

200m

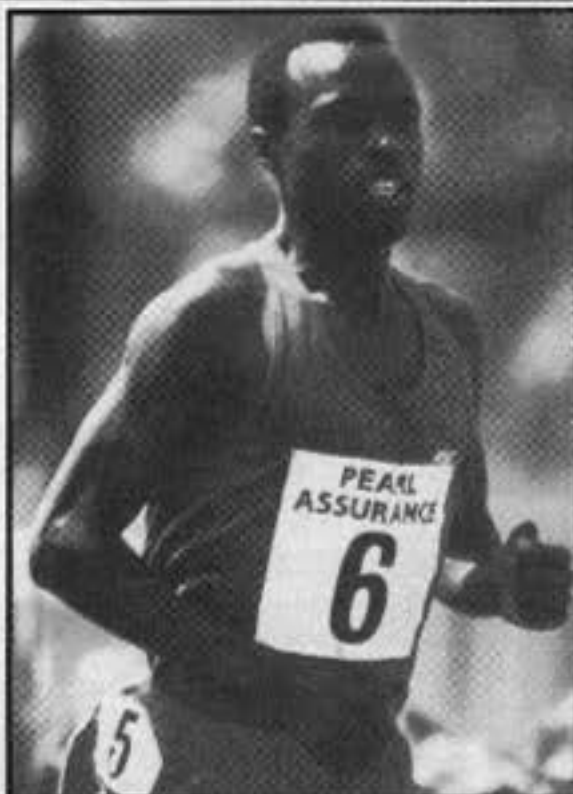
19.96	Robson Da Silva	BRA	25 Aug
20.09	Dennis Mitchell	USA	2 Jun
20.09	Floyd Heard	USA	17 Jun
20.12	Mark Witherspoon	USA	17 Jun
20.13	Joe DeLoach	USA	7 May
20.17	Danny Everett	USA	29 Aug
20.20	Daniel Sangouma	FRA	18 Jul
20.21	Gilles Queneherve	FRA	15 Jul
20.24	Felix Stevens	CUB	7 Jul
20.25	James Butler	USA	29 Aug
20.30	Calvin Smith	USA	16 Jun
20.32	Tim Williams	USA	10 Jun
20.35	Daron Council	USA	22 Apr
20.35	JOHN REGIS	GBR	14 Jul
20.37	Dino Napier	USA	27 May
20.37	Kevin Little	USA	2 Jun
20.38	Olapade Adeniken	NGR	10 Sep
20.40	Leroy Burrell	USA	23 Apr
20.40	Slip Watkins	USA	17 Jun
20.40	Henry Thomas	USA	10 Jul

400m

44.27	Antonio Pettigrew	USA	17 Jun
44.30	Butch Reynolds	USA	20 Aug
44.36	Danny Everett	USA	16 Aug
44.47	Steve Lewis	USA	27 Jun
44.58	Roberto Hernandez	CUB	9 Sep
44.59	Raymond Pierre	USA	3 Jun
44.66	Tyrone Kemp	USA	8 Apr
44.71	Mark Rowe	USA	17 Jun
44.71	Tim Simon	USA	27 Jun
44.86	Jens Carlowitz	GDR	9 Sep
44.93	Gabriel Tiacoh	CIV	16 Jul
44.96	Cayetano Cornet	ESP	12 Aug
45.01	Mohamed Al Malky	OMN	16 Aug
45.09	Clarence Daniel	USA	17 Jun
45.21	Howard Davis	JAM	3 Jun
45.21	Andrew Valmon	USA	9 Jun
45.27	Keith Mouton	USA	6 May
45.28	Thomas Schonlebe	GDR	5 Jul
45.29	Simon Kipkemboi	KEN	29 Aug
45.31	Bruce Phillip	DMN	1 Jun

800m

1:43.16	Paul Ereng	KEN	16 Aug
1:43.38	Nixon Kiprotich	KEN	16 Aug
1:43.38	SEBASTIAN COE	GBR	29 Aug
1:43.39	Johnny Gray	USA	1 Jul
1:43.60	Abdi Bile	SOM	16 Aug
1:43.70	Robert Kibet	KEN	24 Jun
1:43.88	TOM McKEAN	GBR	28 Jul
1:44.10	Ari Suhonen	FIN	16 Aug
1:44.20	Jose-Luiz Barbosa	BRA	18 Aug
1:44.45	Moussa Fall	SEN	3 Sep
1:44.76	Dieudonne Kwizera	BUR	18 Aug
1:44.92	Peter Braun	FRG	16 Aug
1:45.04	Jens Peter Herold	GDR	8 Sep
1:45.05	Wilfred Kirochi	KEN	10 Aug
1:45.07	Babacar Niang	SEN	29 Aug



Yobes Ondieki - topping the 5000m rankings.

1:45.09	Holger Bottcher	FRG	18 Aug
1:45.11	Ray Brown	USA	29 Aug
1:45.12	Slobodan Popovic	YUG	10 Jul
1:45.13	TONY MORRELL	GBR	29 Aug
1:45.15	Hauke Fuhlbrugge	GDR	29 Jun

1500m

3:30.55	Abdi Bile	SOM	3 Sep
3:30.63	Said Aouita	MAR	13 Aug
3:32.57	Wilfred Kirochi	KEN	19 Jul
3:32.98	Gennaro Di Napoli	ITA	19 Jul
3:33.33	Jose-Luis Gonzalez	ESP	19 Jul
3:34.00	Jens-Peter Herold	GDR	3 Sep
3:34.05	SEBASTIAN COE	GBR	16 Aug
3:34.14	Kipkoech Cheruiyot	KEN	16 Aug
3:34.25	Dietmar Baumann	FRG	23 Aug
3:34.53	Joseph Chesire	KEN	23 Aug
3:34.54	Peter Rono	KEN	16 Aug
3:34.54	Herve Philippeau	FRA	23 Aug
3:34.58	Yobes Ondieki	KEN	23 Jun
3:34.68	Pascal Thiebaut	FRA	16 Aug
3:35.15	Jeff Atkinson	USA	13 Aug
3:35.27	Hauke Fuhlbrugge	GDR	1 Jul
3:35.3+	STEVE CRAM	GBR	1 Jul
3:35.36	Marcus O'Sullivan	IRL	10 Jul
3:35.40	Mogens Guldberg	DEN	25 Jul
3:35.42	Alessandro Lambruschini	ITA	1 Jul
3:35.42	Joe Falcon	USA	16 Aug

Mile

3:49.90	Abdi Bile	SOM	1 Jul
3:50.09	Said Aouita	MAR	25 Aug
3:50.49	Wilfred Kirochi	KEN	1 Jul
3:51.07	Joe Falcon	USA	1 Jul
3:51.15	Dieter Baumann	FRG	18 Aug
3:51.58	STEVE CRAM	GBR	1 Jul
3:51.64	Marcus O'Sullivan	IRL	1 Jul
3:52.20	STEVE CRABB	GBR	1 Jul
3:52.38	Joseph Chesire	KEN	1 Jul
3:52.57	Herve Philippeau	FRA	18 Aug
3:52.93	Peter Elliott	KEN	26 Aug
3:53.06	Peter Rono	KEN	18 Aug
3:53.29	Kipkoech Cheruiyot	KEN	18 Aug
3:53.60	Mogens Guldberg	USA	18 Aug
3:53.83	Steve Scott	USA	22 Jul
3:54.02	Jose Luis Gonzalez	ESP	22 Jul
3:54.2m	Doug Padilla	USA	6 Aug

3:54.2m	John Quade	USA	6 Aug
3:54.28	John Walker	NZL	1 Jul
3:54.9m	ADRIAN PASSEY	GBR	20 Aug

3000m

7:29.45	Said Aouita	MAR	20 Aug
7:35.01	Yobes Ondieki	KEN	10 Jul
7:35.71	Arturo Barrios	MEX	10 Jul
7:38.93	Dieter Baumann	FRG	10 Jul
7:39.41	Vincent Rousseau	BEL	10 Jul
7:39.94	Steve Scott	USA	10 Feb
7:40.41	Frank O'Mara	IRL	10 Jul
7:40.67	Sydney Maree	USA	20 Aug
7:41.42	Brahim Boutayeb	MAR	10 Aug
7:41.59	John Doherty	IRL	10 Jul
7:41.84i	Brian Abshire	USA	10 Feb
7:42.00	Mikhail Dasko	URS	20 Aug
7:42.35	Charles Cheruiyot	KEN	3 Jul
7:42.41	Jonny Danielson	SWE	3 Jul
7:42.53	Marcus O'Sullivan	IRL	14 Jul
7:42.64	Pascal Thiebaut	FRA	25 Jun
7:43.00	Jose Regalo	POR	20 Aug
7:43.01	Mark Nenow	USA	20 Aug
7:43.03	TIM HUTCHINGS	GBR	14 Jul
7:43.21	Tim Hacker	USA	3 Jul

5000m

13:04.24	Yobes Ondieki	KEN	1 Jul
13:06.36	Said Aouita	MAR	1 Sep
13:07.79	Arturo Barrios	MEX	14 Jul
13:12.10	Brahim Boutayeb	MAR	25 Jul
13:13.84	Sydney Maree	USA	25 Aug
13:14.27	John Ngugi	KEN	25 Jul
13:14.30	Salvatore Antibo	ITA	10 Aug
13:14.41	Domingos Castro	POR	25 Aug
13:15.09	John Doherty	IRL	25 Jul
13:16.90	Dionisio Castro	POR	25 Aug
13:17.30	Khalid Skah	MAR	25 Aug
13:17.82	JACK BUCKNER	GBR	1 Jul
13:18.58	Dieter Baumann	FRG	3 Sep
13:19.54	Mohamed Issengar	MAR	1 Jul
13:19.69	Steve Plascencia	USA	3 Sep
13:19.82	Are Nakkim	NOR	1 Jul
13:20.44	John Halvorsen	NOR	14 Jul
13:20.86	Mark Nenow	USA	14 Jul
13:20.91	Alejandro Gomez	ESP	1 Jul
13:20.92	GARY STAINES	GBR	14 Jul
13:20.95	TIM HUTCHINGS	GBR	28 Jul
13:22.57	PAUL DAVIES-HALE	GBR	14 Jul

10,000m

27:08.23	Arturo Barrios	MEX	18 Aug
27:16.50	Salvatore Antibo	ITA	29 Jun
27:17.82	Addis Abebe	ETH	29 Jun
27:24.16	Francesco Panetta	ITA	29 Jun
27:28.07	John Ngugi	KEN	25 Aug
27:36.00	Domingos Castro	POR	3 Jul
27:38.29	Kipkemboi Kimeli	KEN	3 Jul
27:42.25	Brahim Boutayeb	MAR	25 Aug
27:42.64	Mark Nenow	USA	25 Aug
27:49.69	Dionisio Castro	POR	3 Jul
27:49.74	John Doherty	IRL	25 Aug
27:50.04	Hammou Boutayeb	MAR	29 Jun
27:50.10	Ezequiel Canario	POR	3 Jul
27:52.96	Antonio Prieto	ESP	25 Aug
27:53.53	Gerardo Alcala	MEX	25 Aug
27:53.88	Steve Plascencia	USA	25 Aug
27:53.90	Jean-Louis Prianon	FRA	3 Jul
27:54.13	Alejandro Gomez	ESP	25 Aug
27:54.37	Haji Bullbula	ETH	3 Jul
27:54.67	Thierry Pantel	FRA	29 Jun

3000m SC

8:05.35	Peter Koech	KEN	3 Jul
8:06.02	Patrick Sang	KEN	3 Jul
8:12.18	Julius Kariuki	KEN	23 Aug
8:13.38	Joseph Mahmoud	FRA	23 Aug
8:15.80	Graeme Fell	CAN	23 Aug
8:16.35	Hagen Melzer	GDR	3 Jul
8:16.52	TOM HANLON	GBR	23 Aug
8:16.92	Brian Diemer	USA	3 Jul

8:17.22	MARK ROWLAND	GBR	14 Jul
8:17.64	Miroslaw Zerkowski	POL	18 Aug
8:17.93	Boguslaw Maminski	POL	3 Jul
8:18.29	Bruno Le Stum	FRA	18 Aug
8:19.88	Raymond Pannier	FRA	23 Jun
8:21.19	Francesco Panetta	ITA	14 Jul
8:21.21	Alessandro Lambruschini	ITA	16 Aug
8:22.26	Bela Vago	HUN	3 Jul
8:23.76	Hans Koeleman	HOL	13 Aug
8:23.83	Angelo Carosi	ITA	1 Jul
8:23.85	Henryk Janikowski	POL	23 Aug
8:24.14	EDDIE WEDDERBURN	GBR	14 Jul

110mH

12.92	Roger Kingdom	USA	16 Aug
13.11	COLIN JACKSON	GBR	14 Jul
13.19	Greg Foster	USA	10 Jun
13.20	Renaldo Nehemiah	USA	29 Aug
13.22	Tonie Campbell	USA	1 Sep
13.24	Jack Pierce	USA	16 Aug
13.30	Emilio Valle	CUB	7 Jul
13.31	TONY JARRETT	GBR	14 Jul
13.35	Arthur Blake	USA	16 Jun
13.38	Florian Schwarthoff	FRG	29 Aug
13.40	Philippe Tourret	FRA	29 Aug
13.41	Courtney Hawkins	USA	16 Jun
13.41	Keith Talley	USA	16 Aug
13.41	Tomasz Nagorka	POL	29 Aug
13.42	Robert Reading	USA	1 Jun
13.44	Eric Cannon	USA	1 Jun
13.48	Jiri Hudec	CZE	29 Jul
13.50	Cletus Clark	USA	6 May
13.51	Vladimir Shishkin	URS	24 Jul
13.53	Earl Diamond	USA	1 Jun

400mH

47.86	Kevin Young	USA	18 Aug
47.94	Andre Phillips	USA	18 Aug
48.20	Winthrop Graham	JAM	22 Jul
48.27	Danny Harris	USA	29 Aug
48.67	Samuel Matete	ZAM	20 Jun
48.79	Reggie Davis	USA	14 Aug
48.80	Nat Page	USA	23 Aug
48.83	David Patrick	USA	17 Jun
48.89	Pat McGhee	USA	10 Aug
48.90	Harald Schmid	FRG	30 Jul
48.94	Jozef Kucej	CZE	21 Jun
48.95	Edgar Itt	FRG	30 Jul
48.95	KRISS AKABUSI	GBR	5 Aug
49.04	Henry Amike	NIG	17 Jun
49.05	Kevin Henderson	USA	17 Jun
49.19	George Porter	USA	2 Jun
49.24	Amadou Dia Ba	SEN	3 Jun
49.36	Domingo Cordero	PUR	16 Apr
49.43	Vladimir Budko	URS	10 Jun
49.53	Alain Cuyppers	BEL	5 Aug

HIGH JUMP

2.44	Javier Sotomayor	CUB	30 Jul
2.40	Patrik Sjöberg	SWE	5 Aug
2.39	Hollis Conway	USA	30 Jul
2.37	Gennadiy Avdeyenko	URS	3 Jul
2.36i	Carlo Thränhardt	FRG	24 Feb
2.36i	Gerd Nagel	FRG	7 Mar
2.35i	Nick Saunders	BER	13 Jan
2.35i	Dietmar Mogenburg	FRG	4 Mar
2.35i	DALTON GRANT	GBR	4 Mar
2.34	Rudolf Povarnitsyn	URS	14 Jun
2.32i	Aleksey Yemelin	URS	4 Feb
2.32	Tom McCants	USA	29 Apr
2.32	Brian Brown	USA	17 Jun
2.32	Troy Kemp	BAH	10 Jul
2.32	Robert Ruffini	CZE	10 Jul
2.32	Artur Partyka	POL	5 Aug
2.32	Georgi Dakov	BUL	5 Aug
2.31i	Jake Jacoby	USA	3 Feb
2.31	Brian Stanton	USA	22 Jul
2.30i	Jim Howard	USA	13 Jan
2.30i	Sergey Malchenko	URS	14 Jan
2.30i	Vladimir Korniyenko	URS	28 Jan
2.30i	Torsten Marschner	GDR	29 Jan
2.30i	Krzysztof Krawczyk	POL	5 Feb
2.30i	Sorin Matei	ROM	5 Feb
2.30i	Ralf Sonn	FRG	10 Feb
2.30i	Gerg Wessig	GDR	22 Feb
2.30	Rick Noji	USA	30 Apr
2.30	Brant Harken	USA	6 May
2.30	Doug Nordquist	USA	2 Aug

POLE VAULT

6.03i	Sergey Bubka	URS	11 Feb
6.02i	Rodion Gataullin	URS	4 Feb
5.92i	Philippe Collet	FRA	11 Mar
5.90	Joe Dial	USA	16 Apr
5.85i	Miroslaw Chmara	POL	24 Feb
5.81	Grigoriy Yegorov	URS	20 Aug
5.80	Kory Tarpenning	USA	13 May
5.80	Vasily Bubka	URS	3 Jul
5.80	Maksim Tarasov	URS	14 Jul
5.79	Tim Bright	USA	17 Jun
5.75i	Igor Polapovich	URS	15 Jan
5.75i	Valeriy Ishutin	URS	22 Jan
5.75	Aleksandr Obizhayev	URS	14 Jun
5.73i	Scott Davis	USA	18 Feb



Sergey Bubka – just ahead of Gataullin in the pole vault rankings.

5.72	Greg Duplantis	USA	21 May
5.71	Javier Garcia	ESP	
5.70i	Igor Trandenkov	URS	22 Jan
5.70i	Marian Kolasa	POL	5 Feb
5.70i	Billy Olson	USA	24 Feb
5.70i	Philippe D'Encasse	FRA	11 Mar
5.70	Doug Fraley	USA	27 May
5.70	Earl Bell	USA	3 Jun
5.70	Ference Salbert	FRA	10 Jun

LONG JUMP

8.70	Larry Myricks	USA	17 Jun
8.54	Carl Lewis	USA	22 Jul
8.49	Mike Powell	USA	25 Aug
8.37	Leroy Burrell	USA	2 Jun
8.33	Vladimir Ratushkov	URS	11 Jun
8.29	Jaime Jefferson	CUB	11 Aug
8.27	Yusuf Alli	NIG	8 Aug
8.25i	Dietmar Haaf	FRG	26 Feb
8.23i	Emiel Mellaard	HOL	5 Feb
8.23	Andre Ester	USA	21 May
8.22	Vernon George	USA	27 May
8.19	Lee Starks	USA	16 Jun
8.19	Elmer Williams	PUR	11 Aug
8.17	Antonio Corgos	ESP	22 Jul
8.16	Jarmo Karna	FIN	4 Jun
8.16	Dion Bentley	USA	23 Jun
8.15	Mike Conley	USA	13 May
8.15	Boris Goins	USA	2 Jun
8.15	Giovanni Evangelisti	ITA	24 Jun
8.14	Latin Berry	USA	2 Jun
8.14	Teddy Steinmayr	AUT	21 Jul
8.14	STEWART FAULKNER	GBR	25 Aug

TRIPLE JUMP

17.65i	Mike Conley	USA	5 Mar
17.62	Vladimir Inozemtsev	URS	23 Jul
17.58	Oleg Sakirkin	URS	23 Jul
17.53	Charles Simpkins	USA	13 May
17.47	Kenny Harrison	USA	21 May
17.44	Jorge Reyna	CUB	12 Aug
17.40	Igor Lapshin	URS	29 Aug
17.37	Vasily Sokov	URS	12 Aug
17.34	Nikolay Musiyenko	URS	10 Jun
17.29	Edrick Floreal	CAN	3 Jun
17.28	JONATHAN EDWARDS	GBR	9 Sep
17.28i	Juan Lopez	CUB	5 Mar
17.22	Khristo Markov	BUL	9 Jul
17.21i	Jan Cado		28 Jan
17.21	Vladimir Zubrilin	URS	23 Jul
17.19	Vladimir Chernikov	URS	9 Jul
17.18	Vyacheslav Bordukov	URS	12 Aug
17.17	Maris Bruziks	URS	3 Jun
17.13i	John Tillman	USA	24 Feb
17.12i	Serge Helan	FRA	5 Feb
17.05	Jorge Rabenala	MAD	10 Jun
17.04	Abelvio Rodrigues	BRA	12 Aug
17.04	Oleg Protchenko	URS	18 Aug

SHOT PUT

22.66i	Randy Barnes	USA	20 Jan
22.55i	Ulf Timmermann	GDR	11 Feb
22.18	Werner Günthör	SUI	29 Aug
21.57	Jim Doehring	USA	10 Jun
21.42*	Aleksandr Bagach	URS	22 Jul
21.32	Gregg Tafalis	USA	6 May
21.51i	Maris Petrasenko	URS	7 Jan

21.02	Mike Stulce	USA	3 Jun
20.96i	Georg Andersen	NOR	4 Mar
20.94i	Karel Sula	CZE	21 Jan
20.91	August Wolf	USA	6 May
20.88	Vyacheslav Lykho	URS	27 May
20.80	Sergey Smirnov	URS	3 Jun
20.78	Lars-Arvid Nilsen	NOR	20 May
20.77	Karsten Stolz	FRG	1 Aug
20.73	Gert Weil	CHI	5 Jul
20.60i	Alessandro Andrei	ITA	22 Feb
20.54i	Erik de Bruin	HOL	14 Jan
20.40	Tariel Bitsadze	URS	27 May
20.37	Kalman Konya	FRG	30 Aug
20.27	Torsten Pelzer	GDR	7 Jul

*Barred for drug abuse.

DISCUS

68.88	Mike Buncic	USA	24 May
68.30	Wolfgang Schmidt	FRG	24 May
68.28	Luis Delis	CUB	12 Jul
68.12	Jurgen Schult	GDR	5 Jul
67.64	Vesteinn Hafsteinsson	ISL	31 May
67.62	Marco Martino	ITA	28 May
67.58	Erik de Bruin	HOL	29 Jun
67.38	Rolf Danneberg	FRG	12 Aug
66.50	Kamy Keshmiri	USA	17 Jun
66.44	Mac Wilkins	USA	6 May
66.28	Olav Jenssen	NOR	24 May
65.74	Goran Svensson	USA	17 Jun
65.54	Adewale Oluwoji	NIG	6 May
65.30	Juan Martinez	CUB	17 Feb
64.92	Gejza Valent	CZE	5 Jul
64.84	Imrich Bugar	CZE	5 Jul
64.28	Alwin Wagner	FRG	30 Apr
64.18	Tony Washington	USA	17 Jun
64.16	Marcel Tirlé	ROM	15 Aug
63.98	Yuriy Seskin	URS	28 May
63.98	Romas Ubartas	URS	6 Aug

HAMMER

82.84	Heinz Weis	FRG	18 Aug
82.52	Igor Astapkovich	URS	15 Jul
82.30	Vasily Sidorenko	URS	15 Jul
81.14	Yuriy Sedykh	URS	18 Aug
81.00	Andrey Abduvaliyev	URS	26 Feb
80.52	Tore Gustafsson	SWE	4 Jul
80.22	Christoph Sahner	FRG	30 Jul
79.38	Viktor Apostolov	BUL	21 May
79.22	Marc Odenthal	FRG	30 Jul
79.10	Vyacheslav Korovin	URS	1 Jul
78.84	Plamen Minev	BUL	21 Jul
78.78	Sergey Alay	URS	25 Feb
78.64	Ralf Haber	GDR	15 Jul
78.58	Juri Tamm	URS	4 Jul
78.40	Igor Nikulin	URS	26 Feb
78.34	Lance Deal	USA	3 Jun
78.12	Jorg Schaeffer	FRG	18 Aug
78.12	Jozsef Vida	HUN	19 Aug
78.04	Donatas Plunge	URS	10 Jun
78.02	Jud Logan	USA	8 Aug

JAVELIN

78.60	Kazuhiro Mizoguchi	JAP	27 May
85.90	STEVE BACKLEY	GBR	9 Sep
84.84	Volker Hadwich	GDR	5 Sep
84.76	Peter Borglund	SWE	19 Aug
84.74	Jan Zelezny	CZE	13 Jun
84.56	Peter Schneider	FRG	13 Aug
84.50	Einar Vilhjalmsen	ICE	10 Aug
83.92	Sappo Raty	FIN	4 Jun
83.16	Viktor Zaytsev	URS	24 Jun
82.68	Sigurdur Einarsson	ICE	18 Aug
82.56	MIKE HILL	GBR	26 Aug
82.56	Pascal Lefevre	FRA	28 Aug
82.52	Dag Wennlund	SWE	11 Jun
82.40	Tapio Korjus	FIN	3 Sep
82.28	Patrik Boden	SWE	19 May
82.22	Lev Shatilov	URS	14 Feb
82.18	Viktor Yevsyukov	URS	8 Aug
81.92	Marek Kuleta	URS	7 Aug
81.86	Peter Schreiber	FRG	17 Jun

DECATHLON

8549	Dave Johnson	USA	14 Jun
8485	Christian Plaziat	FRA	18 Jun
8351	Christain Schenk	GDR	18 Jun
8300	Thomas Fahnner	GDR	24 Jun
8259	Mikhail Medved	URS	11 Jun
8248w	Sheldon Blockburger	USA	14 Jun
8192	Roman Terekhov	URS	11 Jun
8170	Petri Keskitalo	FIN	16 Jul
8160	Mike Smith	CAN	14 Jul
8155w	Gary Kinder	USA	14 Jun
8152	Norbert Demmel	FRG	18 Jun
8121	Mike Smith	CAN	18 Jun
8120	Anatoliy Gazyura	URS	11 Jun
8114	Michael Kohnle	FRG	25 Aug
8089	Sven Reintak	URS	11 Jun
8080	Deszö Szabo	HUN	18 Jun
8069	Richardas Malakhovskis	URS	11 Jun
8050	Antonio Penalver	ESP	12 Aug
8030	Henrik Dagard	SWE	16 Jul
8025	Thomas Eriksson	SWE	28 May
8020	Derek Huff	USA	3 Jun

THE
VOICE OF
THE SPORT

WRITTEN FOR ATHLETES BY ATHLETES

Athletics Weekly

WEDNESDAY

OCT. 25

1989

70p

DIANE EDWARDS

*Seeking a
World Top
Ten place*

WINTER WEIGHT TRAINING

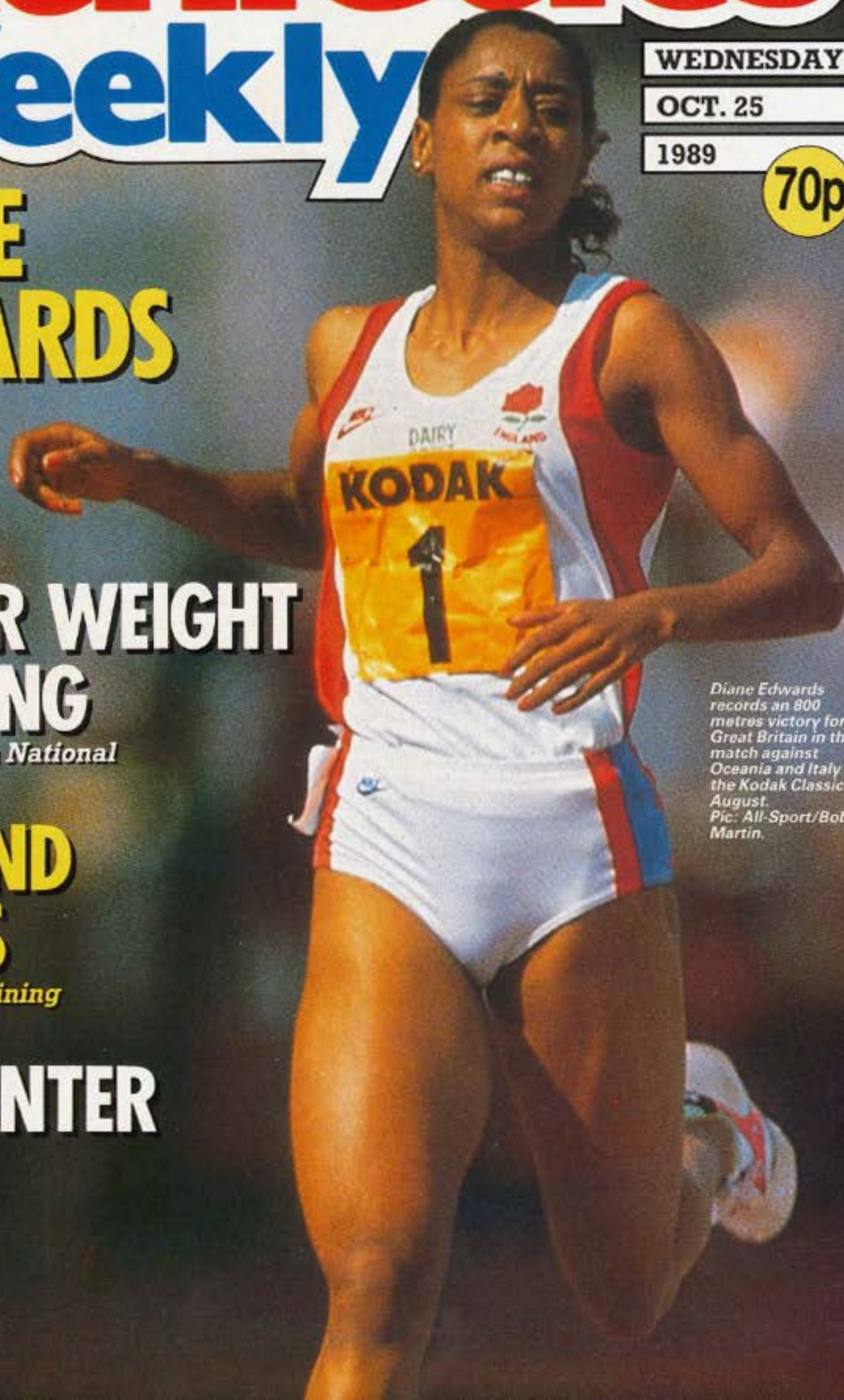
*More advice from National
Coach Max Jones*

WEEKEND BREAKS

*A selection of training
holidays on offer*

JILL HUNTER

*Returning to
centre stage*



*Diane Edwards records an 800 metres victory for Great Britain in the match against Oceania and Italy at the Kodak Classic in August.
Pic: All-Sport/Bob Martin.*



FOCUS ON FIELD

MY first real experience of 'big time athletics' was at the 1983 World Championships in Helsinki. One of the many memories of that great occasion that I still retain is of the men's hammer where Sergey Litvinov defeated Yuriy Sedykh.

It was not the contest I remember but the substantial figure of Sedykh's coach, Bondarchuk ('72 Olympic Champion) silhouetted high up in the stadium transmitting coaching points to his athletes after every throw.

Although against the then IAAF rules, almost every personal coach attempted to communicate with their athlete but Bondarchuk was ingenious to ensure that Sedykh could immediately see him and not like other throwers, have to search through thousands of faces to locate their coach. Many coaches developed an elaborate form of 'tic tac' to convey instructions to their athletes so that a championship meeting could sometimes resemble a day at the Grand National.

This season has been the first under the new IAAF rule which allows 'verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.' It is quite a novelty to see the athlete receive

verbal instruction from his coach and not be hounded by officials. I initially thought that this new freedom would be abused with too much communication going on between rounds of competition but this has, so far, not been the case.

Unusually the AAA did not follow the IAAF lead and its rule (No.22) still states 'no competitor shall receive any advice or similar assistance during the progress of an event. Assistance means direct help conveyed by any means including any technical device - athletes receiving assistance as defined above are liable to be disqualified!'

Undercover

This means at most domestic meets we will continue to have 'coaching by undercover means' and venues such as the horizontal jumps area at Alexander Stadium will also continue to be a source of amusement for all but the officials and coaches concerned.

There is a need for the governing bodies to come into line since having two separate rules makes for confusion and potential conflict.

Dependent

On much the same theme I would urge coaches to make their athletes much more independent - on the day of competition they should not be dependent on gesticulation from a person in the crowd.

Personally, I have little choice since my occupation takes me away most weekends and therefore my junior athletes never experience me being present at competitions. I coached one athlete for three years (including an English Schools' title) before I saw him compete for the first time! Such a regime makes them independent and in the long run, better athletes.

Remember, the coach develops from the dictator to the coach and to the advisor and eventually is the instrument of his own redundancy.



WOLFGANG IS COMING

Wolfgang Schmidt has agreed to take a series of discus seminars as well as work with the national discus squad. The venues are Crystal Palace evenings of November 21 & 22, Solihull November 23 and a weekend course at Jarrow on November 25 & 26. For full details, please contact the following administrators.

Crystal Palace: Julie Dennis, 43 Liddon Road, Bromley, Kent BS1 2SR.

Solihull: Max Jones, 152 Longdon Road, Knowle, Solihull B93 9HU.

Jarrow: Dorothy Chipchase, 17 Monks Way, Tynemouth, NE30 2QN.

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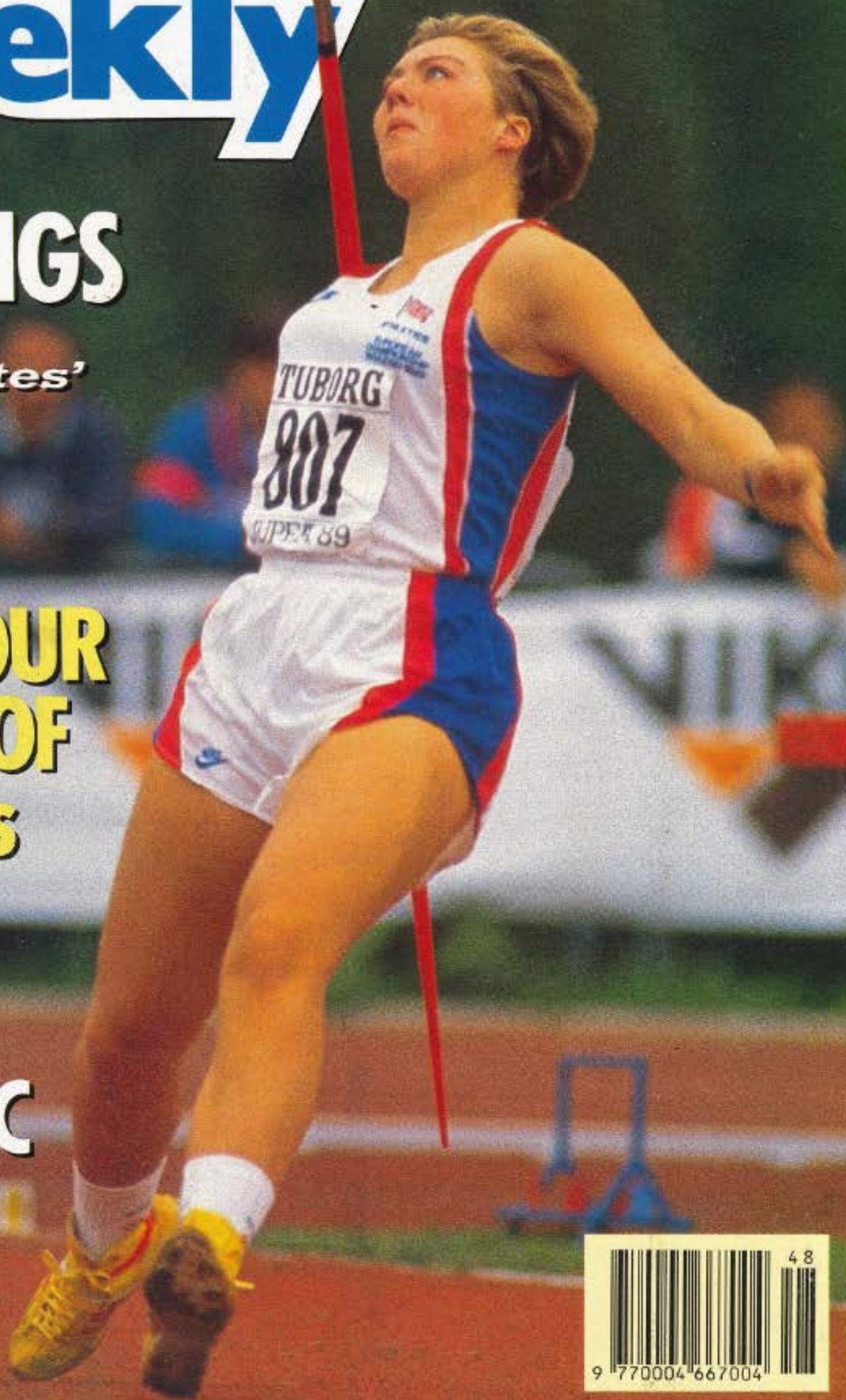
RANKINGS

1989
Intermediates'
lists

NAME YOUR
ATHLETE OF
THE 1980s

PRESTO XC

Full report



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Athlete of

WITH the start of the Nineties almost upon us, now is the time to look back at the athletes of the Eighties.

Back in 1979, *Athletics Weekly* asked its readers who were the athletes of the Seventies, so to keep with tradition, we're asking you who were your athletes of the Eighties?

To refresh your memories *Athletics Weekly* readers in 1979 voted for the four-time Olympic champion Lasse Viren, of Finland, by a huge margin. He notched up 49 per cent of the vote, far ahead of Viktor Saneyev (14 per cent), Ed Moss and Don Quarrie (12 per cent).

On the women's side, Irena Szewinska was the readers' favourite,

commanding 62 per cent of the vote. Ruth Fuchs (17 per cent) and Marita Koch (10 per cent) trailed.

Top three British athletes were Brendan Foster, Steve Ovett and Seb Coe, while Mary Peters led the way from Tessa Sanderson and Joyce Smith.

The Eighties will be remembered as the decade of growth in athletics. Marathons grew from 100 or so finishers to nearly 30,000. Suddenly everyone was running them.

Helsinki '83 marked the first World Championships, a huge success that provided fantastic competition many felt could not be topped. But in Los Angeles just one year later, the Olympic flame never burned brighter, despite the eastern bloc boycott. Carl Lewis cap-

tured four gold medals while Said Aouita finally showed us why he is perhaps the greatest distance runner ever.

The Eighties will also be remembered for the emergence of the African nations. Suddenly everyone knew where Djibouti was because they had marathon men that could match the best. The Kenyans also re-established themselves on top of the distance running pile. The question everyone wanted to know the answer to was, "How do you beat them?" Of course, early in the Eighties the question was, "How do you beat the British?" Steve Ovett and Seb Coe swapped middle distance world records almost weekly, spoiling us with their exploits. The decade of the pacemaker made it news if the record *didn't* go.

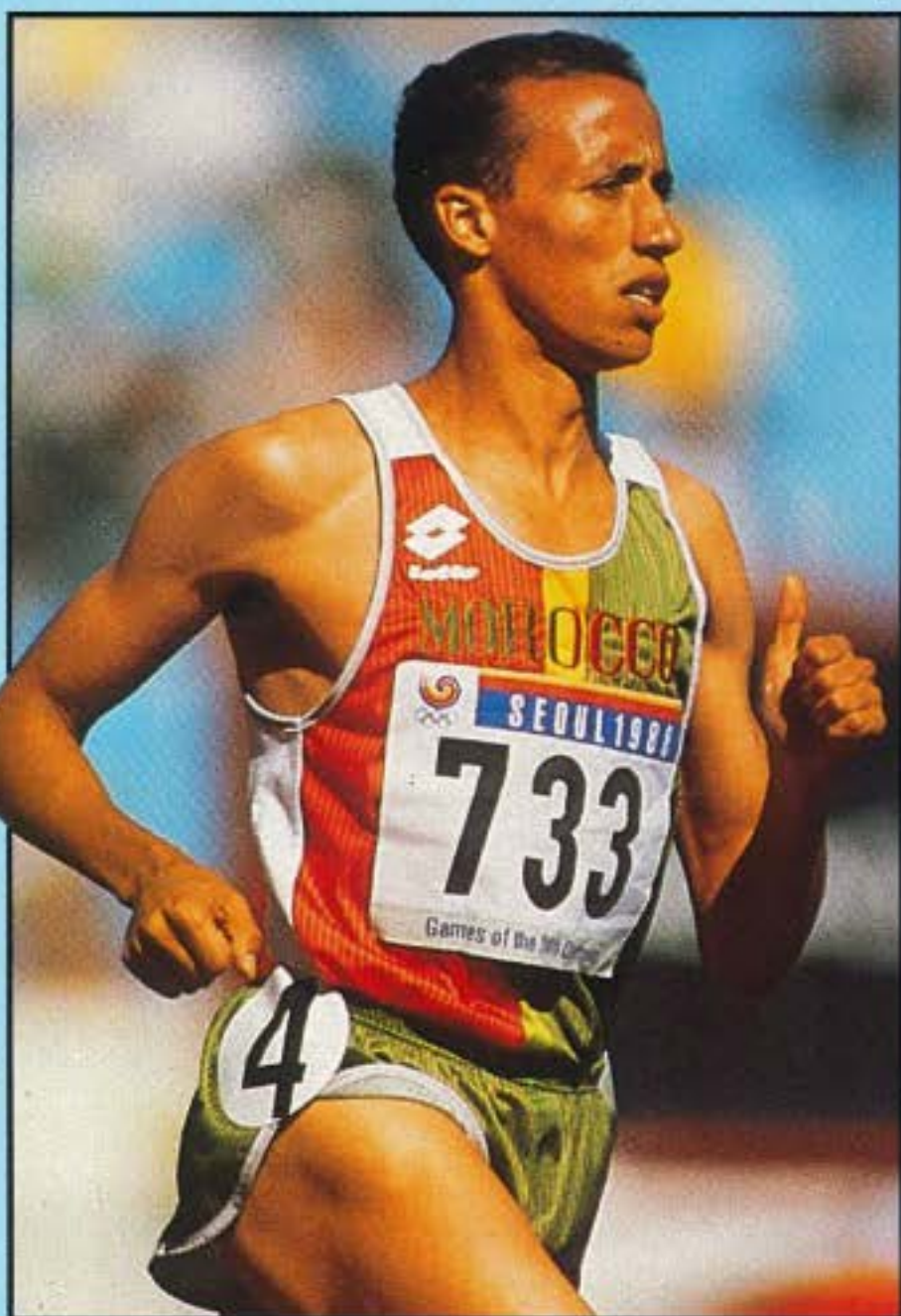
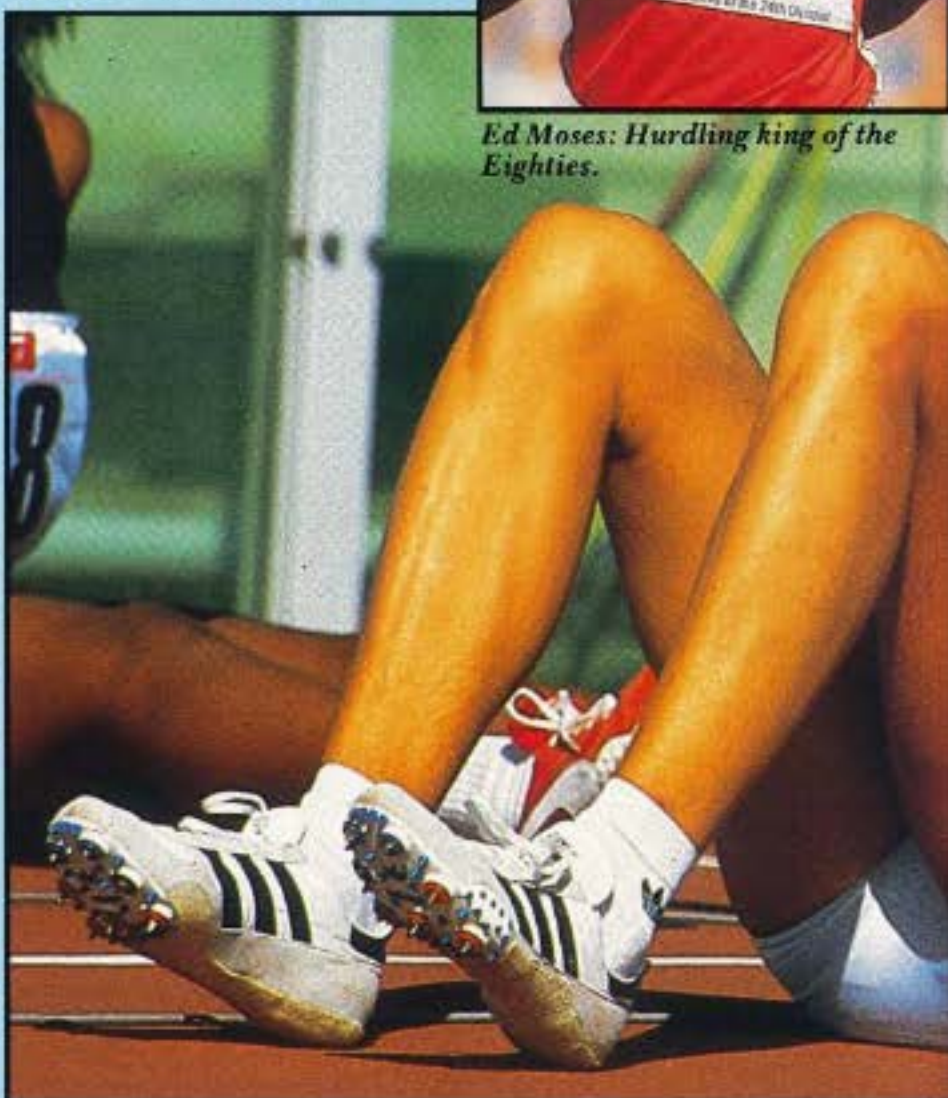
The list of athletes to choose from is huge. On a world scale perhaps Aouita leads the way, although of course both Coe and Ovett have played a large role in athletics in the Eighties. Don't forget, either, Steve Cram or Ed Moses. Here's a reminder:

Male Athletes

Carl Lewis, multi-Olympic gold medallist; Said Aouita, multi-world record-holder; Seb Coe, double Olympic champion; Steve Ovett, world record-holder; Butch Reynolds, 400 man; Sergey Bubka, unbeatable pole vaulter; Daley Thompson, super decathlete; Ed



Ed Moses: Hurdling king of the Eighties.



Said Aouita: Multi world record holder.

Vote for your athletes of the 80s

Male Athlete:	1	2	3
Female Athlete:	1	2	3
British Male Athlete:	1	2	3
British Female Athlete:	1	2	3

the decade

Moses, 400 hurdler; Steve Cram, world record holder; John Walker, resilient miler; Yuriy Sedykh, six-time world record-breaker; Mike Conley, long/triple jumper; Roger Kingdom, double Olympic champion; Greg Foster, consistent 13-second man. And of course, there's always Ben Johnson. Like we said, the choice is up to you.

Women Athletes

Ingrid Kristiansen, distance runner; Grete Waitz, marathon boom leader; Marita Koch, world sprint leader; Mary Slaney, middle distance queen; Florence Griffith Joyner, amazing sprinter; Evelyn Ashford, Olympic champion; Joan Benoit, first Olympic Marathon winner; Paula Ivan, dominant middle distance runner; Heike Drechsler, super jumper; Jackie Joyner-Kersey, multi-event leader; Marlies Gohr, consistent sprinter; Jarmila Kratochvilova, double world champion; and Petra Felke, javelin leader.

Which athletes made a lasting impression on the Eighties and who has made the biggest contribution to the sport during the last decade. Here's your chance to decide, using the coupon below. Closing date for entries is 11th December, 1989.



Above: Heike Drechsler: East German star sprinter and long jumper.

Right: American sprinter Evelyn Ashford: Could she win your vote as Athlete of the Decade?

