

This is the first issue of NUTS Notes since Andrew retired as Editor. He took over with the Jan-Mar 1965 issue (Vol.3 No.1), there having been up to that time only 7 issues since July 1959 in just under 5 years. Mel Watman had been responsible for the first issue and he was followed by Len Gebbett and Pat Brian who both edited three issues - and most interesting reading they make. Andrew's tenure as Editor therefore spans 14 years and more than 50 issues, one that is unlikely to be equalled for a long long time. I am sure all members will join with me in thanking Andrew for all his efforts over this long period.

In this issue is an article by Les Crouch entitled "5000m - G.B.", Bob Sparks' researches into the automatic times of the 1958 B.E. & C. Games, Stan Greenberg's 1978 Commonwealth List and Peter Matthews' Survey of the 11 years of his Merit Rankings. Contributions for future issues will be most welcome. Please send to me at the above address.

N.U.T.S. Tour to European Cup Final

Venus Travel, who organised the highly successful trips to the World Cup in '77 and European Championships in '78, have assembled an extremely attractive package for this year's leading European fixture, which is scheduled for 4 - 5 August at Turin. As with their previous ventures, Venus Travel (through Alan Gill) have made arrangements with the specialised interests of N.U.T.S. members in mind.

Here are the basic details:

Flight Out London (Heathrow) - Turin on Friday, 3 Aug (dep. 16.50)

Accommodation Sitea Hotel (First class, all mod-cons, in city centre). Twin-bedded rooms. (Single rooms are available at a supplementary charge). Bed & Breakfast terms.

Return Flight Turin - London (Heathrow) on Monday, 6 Aug. (arr. 10.30)

Cost £130 excluding Stadium Tickets (approx. £7.50 per session) and Insurance £3.

Full details of itinerary and facilities, with booking form, can be obtained on application to: Alan Gill, Venus Travel, 685 Finchley Road, London NW2.

5000 M - G.B.

I have extracted the top five in this event for the last half-dozen years. It would appear to largely prove what I have felt and that is the event nationally at least is stale-mated both in the level of performance and performers.

Apart from Foster in 1974 the best performance in terms of time is in every case OUTSIDE what I regard as World Class. This despite the level of competition in the U.K. which is very high and one would have imagined this would give rise to, from time to time, exceptional performances.

An examination of the list of performers shows that only one or two people have entered the "lists" since the 1972 Olympics. Ovett had one race and he apart, only Rose and McLeod have come from behind to challenge the "establishment".

Foster is correctly an ever present, Black has slipped slowly down and out of the list, Stewart has never regained his 1970 speed, and Simmons whilst threatening to come through has turned to other events with greater success.

May I suggest there are at least two significant questions, firstly why have the times not improved and secondly where is the next generation of 5000 metre stars?

On the first point it is perhaps true to say that to a large extent our showing - Rose excepted - mirrors the world scene. The number of sub 13.20 performers is few in most years and the world record was approached and ultimately beaten but only by a small margin during this time. Was it that Puttermans' time was literally ahead of its time? Hardly so, because Jipcho and Foster were thereabouts in 1974. Frankly

I cannot explain it; our people put up performances at least as good as their times suggest in International competition and yet other "one season wonders" come up with marks much superior to theirs. Perhaps it's our racing yet there are others who race more frequently than our runners and yet are able to find a 13.20 performance.

My second question concerns the apparent lack of class newcomers. One could agree that it takes several years for a "champion" to emerge yet as of this moment of time the only two men to appear in six years who appear likely to challenge for places in the team let alone World or European honours are Rose and McLeod and neither are newcomers to the sport.

Of the established list leaders only Stewart, as far as I am aware, has decided to retire so that 1979 seems likely to see a contest between the top five of 1978 plus the duo of Black and Ford. I am hopeful that a significant increase in the level of performance will be achieved to raise the 5000 metre list from its present trough - remember in 1972 Bedford and McCafferty were both under 13.20 and that is by world standards two generations ago!

One other point in closing, of the athletes listed only one, Ovett, might be really considered as a 1500/5000 metre runner. Whilst Foster and Stewart have been successful at 1500 it was largely before the period under review. Should we look towards the current 3.40 brigade who on current showing are light years from making a mark due to the unusually high level of performance at this event being displayed by G.B. athletes?

	1973	1974	1975	1976	1977	1978
Foster	13.23.8	Foster 14.6	Stewart 27.0	Foster 20.3	Rose 20.4	McLeod 25.2
Black	24.6	Black 23.6	Black 28.6	Simmons 21.2	Foster 21.2	Rose 25.4
Stewart	30.8	Bedford 28.8	Foster 30.4	Rose 22.4	Stewart 23.2	Foster 25.4
Clark	37.8	Simmons 28.8	Rose 35.2	Stewart 27.2	Ovett 25.0	Simmons 25.7
Simmons	38.2	Ford 35.2	Brown 39.0	Black 31.8	McLeod 25.2	Spedding 28.7

Les Crouch

11 YEARS OF UK MERIT RANKINGS (1968-1978)

I first compiled British merit rankings in 1968 with Andrew Huxtable.

This was not a novel venture as various members of the NUTS had compiled top 6's, in the early 1960s in 'Modern Athletics' and even earlier Norris and Ross McWhirter had included them in their classic magazine 'Athletics World' in the early 1950's.

After 11 years, however, I thought it might be an interesting exercise to see who the leading figures had been in this decade of British Athletics. I list here those athletes who have been durable enough to rank in the top 12 of their events over many years and to compete in various 'points' tests.

1. Athletes who have been ranked each year in the Top 12

In brackets events and lowest position

MEN

Mike Bull	(PV, 6th)	Mike Cushion	(DT, 9th)
Geoff Capes	{SP, 7th}	John Hillier	{DT, 10th}
David Travis	{JT, 8th}	Dennis Roscoe	{DT, 11th}
Peter Tancred	(DT, 9th)		

WOMEN

Brenda Bedford	(SP, 5th)	Anne Farquhar	(JT, 12th)
Janis Kerr	(SP, 6th)		

(Most years in womens track events - 9 Rosemary Wright (800m, 1968-76))

In for 1st ten years: Ian Stewart (5,000m), Ron Hill (Marathon), John Sherwood (400 h), Chris Melhuish (HT)

2. Most years at No 1 in a single event

<u>MEN</u>	8 Mike Bull (PV), David Travis (JT), David Jenkins (400), 8 Geoff Capes (SP)
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<u>WOMEN</u>	7 Brenda Bedford (SP), Barbara Lawton (HJ), Rosemary Payne (DT).
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3. Most years at No 1 in all events

<u>MEN</u>	12 David Jenkins (200m - 4, 800m - 8) 11 Brendan Foster (1,500-2, 5,000-5, 10,000-4) 9 Mike Bull (PV - 8, Dec - 1) 8 David Travis (JT - 8) 8 Geoff Capes (SP - 8) 8 Alan Pascoe (110h - 2, 400h - 6) 7 Alan Lerwill (HJ - 1, LJ - 4, TJ - 2)
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<u>WOMEN</u>	7 Bedford, Payne, Lawton (see above) 7 Donna Hartley (200m - 2, 400m - 5) 7 Sonia Lannaman (100m - 4, 200m - 3) 6 Mary Peters (Pen - 4, SP - 2)
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4. By event - the top 5 point scores, scoring 12 for 1st down to 1 for 12th for each year; with the athlete with most years at No 1 and most years ranked.

MEN

- 100m: 77½ Brian Green; 70 Les Piggot; 61½ Don Halliday;
49 Steve Green; 38½ Barrie Kelly
Most at No 1: 2 years by Kelly (68/69), B Green (71/72),
Halliday (73/74), Ainsley Bennett (75/77).
Most years ranked: 8 Les Piggot, Brian Green
- 200m: 96 David Jenkins; 49 Ainsley Bennett; 48 Ian Matthews;
38 Ralph Barthorpe; 37 Martin Reynolds.
Most at No 1: 4 years by David Jenkins (1971-3 & 77).
Most years ranked: 9 Jenkins
- 400m: 115 David Jenkins; 61 Glen Cohen; 42½ Roger Jenkins;
33 Jim Aukett; 32½ John Wilson.
Most years at No 1: 8 David Jenkins (1969, 71-77)
Most years ranked: 10 David Jenkins.
- 800m: 79 Peter Browne; 75½ Andy Carter; 60½ Steve Ovett;
56 Colin Campbell; 54 Dave Cropper.
Most at No 1: 4 Ovett (74-76 & 78).
Most years ranked: 10 Browne.
- 1500m: 81 Brendan Foster; 65½ Frank Clement; 52 John Kirkbride;
48 Walter Wilkinson; 44½ David Moorcroft.
Most years at No 1: 4 Frank Clement (73-76).
Most years ranked: 8 Foster.
- 5000m: 92½ Ian Stewart; 71 Brendan Foster; 70 David Black;
50 Tony Simmons; 40 Allan Rushmer; Nick Rose.
Most at No 1: 5 Foster (1973-76 & 78)
Most years ranked: 10 Stewart.
- 10000m: 69½ Tony Simmons; 63 David Bedford; 64 Bernie Ford;
50 David Black; 48 Brendan Foster.
Most at No 1: 4 Bedford (71-74); Foster (75-78)
Most years ranked: 7 Simmons, Ford
- Marathon: 94½ Ron Hill; 62½ Colin Kirkham; 52½ Ian Thompson;
41 Tom Alder; 38 Don Macgregor.
Most at No 1: 5 Ron Hill (69-72, 75).
Most years ranked: 10 Hill.
- 3000m S/C: 75 Andy Holden; 60 John Bicourt; 60 Dennis Coates;
52 John Davies, Tony Staynings.
Most at No 1: 3 Coates (76-78)
Most years ranked: 9 Holden.
- 110mh: 104 Berwyn Price; 89 Alan Pascoe; 77 Graham Gower;
70 David Wilson; 46 C J Kirkpatrick.
Most at No 1: 6 Price (73-78)
Most years ranked: 9 Gower, Price, Wilson.
- 400mh: 84 Alan Pascoe; 80½ John Sherwood; 66 Bill Hartley;
59 Colin O'Neill; 42½ Andy Todd & Steve Black
Most at No 1: 6 Pascoe (73-78)
Most years ranked: 10 Sherwood.

HJ: 65½ Mike Campbell; 52 Mike Butterfield; 55 Colin Borcham;
54½ Brian Burgess; 51½ David Wilson.
Most at No 1: 4 Campbell (1968-71)
Most years ranked: 7 Borcham.

PV: 119½ Mike Bull; 91½ Brian Hooper; 55½ Allan Williams;
51 David Lease; 49 Keith Stock.
Most at No 1: 8 Bull (1968-75).
Most years ranked: 1 Bull.

LJ: 102 Alan Lerwill; 79 Geoff Hignett; 59 Lynn Davies;
53 Roy Mitchell; 47 Stuart Atkins.
Most at No 1: 4 Davies (1968-71); 4 Lerwill (1972-75).
Most years ranked: 10 Hignett.

TJ: 77 Tony Wadham; 71 David Johnson; 57 Aston Moore;
47 Derek Booscy; 48 Alan Lerwill.
Most at No 1: 3 Wadham (1969-70, 73), 3 Moore (1975-77).
Most years ranked: 8 Wadham, Johnson.

SP: 123 Geoff Capes; 83 Bill Tancred; 81 Mike Winch;
67 Jeff Teale; 46 Bill Fuller.
Most at No 1: 8 Capes (1971-78).
Most years ranked: 11 Capes

DT: 105 Bill Tancred; 98½ Peter Tancred; 88 John Hillier;
87 Mike Cushion; 70 John Watts; 58½ Mike Winch; 54½ Dennis Roscoe.
Most at No 1: 6 Bill Tancred (1969-70, 72-75).
Most years ranked: 11 Cushion, Hillier, Dennis Roscoe, Peter Tancred.

HT: 89 Barry Williams; 89 Chris Black; 88 Howard Payne;
83 Ian Chipchase; 80½ Paul Dickenson; 68½ Bruce Fraser.
Most at No 1: 4 Payne (1968-71); Black (1975-78).
Most years ranked: 10 Chris Molhuish.

JT: 117½ David Travis; 71 Brian Roberts; 61 Charles Clever;
57 David Ottley; 47 John McSorley.
Most at No 1: 3 Travis (1968-75).
Most years ranked: 11 Travis.

Decathlon: 64 Barry King; 62½ David Kidner; 55 Peter Gabbott;
50½ Mike Corden; 48 Daley Thompson.
Most years at No 1: 4 Daley Thompson (1975-77).
Most years ranked: 8 Nick Phipps.

20kw: 84½ Roger Mills; 75 Paul Nihill; 68½ Shaun Lightman;
58½ Oliver Flynn; 53½ Amos Seddon.
Most at No 1: 4 Nihill (1968-69, 71-72); Flynn (1975-78).
Most years ranked: 10 Lightman.

50kw: 100 Bob Dobson; 76½ Ray Middleton; 76 John Warhurst;
53 Shaun Lightman; 46 Roy Thorpe.
Most years at No 1: 3 Paul Nihill (1968, 71-72).
Most years ranked: 10 Dobson.

MEN - Total all Events

1.	235	David Jenkins (100, 200, 400)	9.	139½	Peter Tancred (SP, DT)
2.	225	Alan Pascoe (200, 400, 110h, 400h)	9.	139½	Mike Winch (SP, DT)
3.	200	Brondan Foster (1500, 5000, 10000)	11.	130½	Tony Simmons (1500, 5k, 10k, Ma)
4.	192	Bill Tancred (SP, DT, HT)	12.	127½	David Travis (JT, Dec)
5.	191	Alan Lerwill (HJ, LJ, TJ, Dec)	12.	127½	Bob Dobson (20kw, 50 kw)
6.	154	Geoff Capes (SP, DT)	12.	127½	David Wilson (110h, HJ, Dec)
7.	152½	Mike Bull (PV, Dec)	15.	122½	John Warhurst (20kw, 50kw)
8.	146	Ian Stewart (1500, 5000, 10000)	16.	121½	Shaun Lightman (20kw, 50kw)

17. 120½ Ron Hill (10k, Mar) 18. 120 David Bedford (5k, 10k, S/O)
18. 120 David Black (5k, 10k)

WOMEN

100m:

92½ Andrea Lynch; 89½ Sonia Lannaman; 69½ Helen Golden;
59 Anita Neil; 57 Valerie Peat.
Most years at No 1: 4 Lynch (72-75), 4 Lannaman (1972, 76-78)
Most years ranked 9 Golden, Lannaman, Lynch.

200m:

87 Helen Golden; 57 Andrea Lynch; 56½ Donna Hartley;
54 Margaret Williams; 53 Sonia Lannaman.
Most years at No 1: 3 Lannaman (76-78)
Most years ranked: 9 Golden, Lannaman.

400m:

88 Verona Elder; 73½ Jannette Roscoe; 60 Donna Hartley;
49½ Rosemary Wright; 45½ Ruth Kennedy.
Most years at No 1: 5 Hartley (74-78)
Most years ranked 8 Roscoe, Elder.

800m:

82 Rosemary Wright; 66 Joan Allison; 62½ Pat Cropper;
55 Sheila Carey; 51 Margaret Comber.
Most years at No 1: 2 Lillian Board (68-69), Lesley Kiernan (75-75)

1500m:

74 Joan Allison; 66½ Mary Stewart; 64 Rita Ridley; 46 Joyce Smith;
42½ Penny Yule.
Most years at No 1: 4 Ridley (1968-71).
Most years ranked 7 Allison, Stewart

3000m:

(Since 1972): 75 Ann Ford; 54 Joyce Smith; 50 Paula Fudge;
41 Glynis Perry; 33 Joan Allison.
Most years at No 1: 4 Smith (72-65)
Most years ranked 7 Ford.

100mh:

(80mh in 1968): 73 Ann Simmonds; 61 Judy Vernon; 54½ Blondelle Caines;
53½ Sharon Colyear; 48 Lorna Boothe.
Most years at No 1: 3 Vernon (72-74), Colyear (75-77)
Most years ranked 9 Simmonds.

400mh:

(Since 1974): 46½ Christine Warden; 32½ Diane Heath;
29½ Susan Smith; 23 Jannette Roscoe.
Most years at No 1: 3 Warden (1974, 76-77)
Most years ranked 4 Warden, Heath.

HJ:

101 Barbara Lawton; 68½ Moira Walls; 54½ Valerie Rutter;
44½ Ann Simmonds; 40½ Susan Longden
Most years at No 1: 7 Lawton (1968-74).
Most years ranked 9 Lawton

LJ:

77 Sheila Sherwood; 76½ Ann Simmonds; 74½ Ruth Howell;
72 Susan Reeve; 57½ Maureen Chitty; 55½ Myra Nimm.
Most years at No 1: 5 Sherwood (1968-72).
Most years ranked 10 Simmonds

SP:

125 Brenda Bedford; 101 Janis Kerr; 57 Mary Peters;
49 Rosemary Payne; 48 Heather Yule.
Most years at No 1: 7 Bedford (68-79, 71, 73-76)
Most years ranked 11 Bedford, Kerr.

DT:

94 Rosemary Payne; 75 Janet Thompson; 72 Brenda Bedford;
70 Margaret Ritchie; 57 Jean Robertson; 54½ Jackie Elsmore.
Most years at No 1: 7 Payne (68-75)
Most years ranked: 10 Jose Frampton

TT: 811 Anne Farquhar; 69 Pru Carter; 74 Tessa Sanderson;
65 Sharon Avann; 48 Angela Smith.
Most at No 1: 5 Sanderson (74-78)
Most years ranked: 11 Farquhar.

Pentathlon: 87 Ann Simmonds; 59 Mary Peters; 57 Susan Mapstone;
53 Susan Longden; 48 Ruth Howell.
Most at No 1: 4 Peters (1970, 72-74)
Most years ranked: 8 Simmonds

Walks: (Since 1973): 64 Marion Fawkes; 47½ Judy Farr.
Most at No 1: 3 Fawkes (74-76)
Most years ranked: 6 Fawkes, Christine Coleman

WOMEN - Total All Events

281	Ann Simmonds (100h, HJ, LJ, Pen)	10.	148	Janis Kerr (SP, DT)
201½	Sharon Colyer (100, 200, 400, 100h, 200h, 400h, LJ, Pen)	11.	147½	Donna Hartley (100, 200, 400h)
197	Brenda Bedford (SP, DT)	12.	143	Susan Reeve (100h, 200, HJ, LJ, SP, Pen)
175	Joan Allison (400, 800, 1500, 3000)	12.	143	Rosemary Payne (SP, DT)
174	Mary Peters (200, 100h, HJ, LJ, SP, Pen)	14.	142½	Rosemary Wright (400, 800 1500)
6.	156½ Helen Golden (100, 200)	15.	136½	Susan Longden (100h, HJ, LJ, Pen)
7.	152½ Sonia Lannaman (100, 200)	16.	127½	Ruth Howell (HJ, LJ, Pen)
8.	151½ Moira Walls (100h, HJ, LJ, Pen)	17.	125½	Judy Vernon (100, 200, 100h, HJ, LJ, Pen)
9.	149½ Andrea Lynch (100, 200)	18.	125 Barbara Lawton (HJ, LJ)	
		19.	119 Janette Roscoe (100, 200, 400, 400h)	

5. Ranked in Most Events

MEN: 7 Daley Thompson (100, 400, 400h, HJ, PV, LJ, Dec) (6 in 1977)
5 Peter Gabbett (100, 400, PV, LJ, Dec)
4 David Henry, David Kidner, Alan Lerwill, Stewart McCallum,
Alan Pascoe, Chris Stewart, Steve Ovett, Tony Simmons.

WOMEN: 7 Sharon Colyear (100, 200, 400, 100h, 200h/400h, LJ, Pen)
6 Mary Peters, Judy Vernon, Susan Reeve
5 Liz Sutherland, Janet Höhne

6. Least and Most Changing Events

(a) Least number of athletes ranked:

MEN: Discus 21, Hammer 32, Shot 36
WOMEN: Shot 37, Discus 37, Javelin 38

(b) Most number of athletes ranked:

MEN: 400m 57, Marathon 57, 200m 57, HJ 57, 10000m 55.
WOMEN: 400m 55, 100m 52, 1500m 51.

(c) Most No 1s:

MEN: 3000m S/C - 10 (inc 3 at 1st), 100m - 8, 200m - 8, Dec - 7
WOMEN: 800m - 8, 200m - 7

100 METRES

10.15	Allan Wells (Scot)	20.58	Richard Mitchell (Aus)
10.19	James Gilkes (Guy)	20.68	Paul Narracott (Aus)
10.22	Don Quarrie (Jam)	20.72	Floyd Brown (Jam)
10.24	Hasely Crawford (Tri)	20.88	Richard Hopkins (Aus)
10.29	Ernest Obeng (Gha)	20.89	Tim Benser (Eng)
10.31	Desai Williams (Can)	20.90	Trevor Hoyte (Eng)
10.32	Mike McFarlane (Eng)		
10.35	Paul Narracott (Aus)		
10.37	Peter Okodagbe (Nig) (10.16?)		
10.35	Hugh Fraser (Can)		
10.39	Rudy Levarity (Bah)		
10.39	Ephraim Serrette (Tri)		

Wind-assisted

9.98	Cole Doty (Can)		
10.03	Don Quarrie (Jam)		
10.07	Allan Wells (Scot)		
10.09	Hasely Crawford (Tri)		
10.15	James Gilkes (Guy)		
10.20	Denis Trott (Berm)		
10.32	Ephraim Serrette (Tri)		
10.32	Chris Brathwaite (Tri)		
10.35	Daniel Osafu (Nig)		
10.35	Richard Moxey (Bah)		

Hand-timing

10.00	Paul Narracott (Aus)		
10.2	Don Quarrie (Jam)		
10.2	George Enchill (Gha)		
10.2	Ohene Karikari (Gha)		
10.2	Colin McQueen (Aus)		
10.2	Chris Brathwaite (Tri)		
10.2	Albert Lomotey (Gha)		

Wind-assisted

10.0	Albert Lomotey (Gha)
10.1	Everard Samuels (Jam)
10.1	Halson (Aus)

200 METRES

20.14	James Gilkes (Guy)		
20.35	Don Quarrie (Jam)		
20.61	Allan Wells (Scot)		
20.65	Roland Joe Siai-Siai (Nig)		
20.68	Desai Williams (Can)		
20.86	Tony Husbands (Tri)		
20.89	Colin Bradford (Jam)		
20.92	Cole Doty (Can)		
20.92	Calvin Dill (Berm)		
20.92	Tochi Mochache (Ken)		
20.97	Mike McFarlane (Eng)		
20.97	Lawrence Adey (Nig)		
20.99	Dan Biocchi (Can)		

Wind-assisted

20.12	Allan Wells (Scot)
20.43	Colin Bradford (Jam)

Hand-timing

20.2	Don Quarrie (Jam)
20.5	Allan Wells (Scot)
20.6	Paul Narracott (Aus)
20.7	Colin McQueen (Aus)
20.7	Richard Hopkins (Aus)
20.8	Hedge (St. Kitts)
20.9	Richard Mitchell (Aus)
20.9	Oyeledun (Nig)

400 METRES

45.41	Joseph Coombs (Tri)
45.49	Glen Cohen (Eng)
45.65	Cyril Etoori (Uga)
45.65	Dele Udo (Nig)
45.6	Richard Mitchell (Aus)
45.75	Hamil Grimes (Barb)
45.7	John Higham (Aus)
45.97	David Jenkins (Scot)
45.99	Washington Njiri (Ken)
46.04	Glen Bogue (Can)
46.11	Seymour Newman (Jam)
46.14	Clyde Edwards (Barb)
46.22	Rotimi Peters (Nig)
46.23	Terry Whitehead (Eng)
46.27	Richard Ashton (Eng)
46.39	Brian Saunders (Can)
46.34	Ray Mahoney (Jam)
46.39	Danny Laing (Eng)
46.40	Jeel Ngetich (Ken)
46.42	Silver Ayoo (Uga)
46.4	Jeremiah Ongwae (Ken)
46.50	Joseph Bandu (Gha)
16.5	Mike Solomon (Tri)
16.5	Rayfield Beaton (Guy)
16.5	Chum Darvall (Aus)
16.5	Charles Dramiga (Uga)
46.62	Mike Paul (Tri)
46.66	Noel Gray (Jam)
46.68	Felix Imadiyi (Nig)
46.72	Fred Sowerby (Ant)
46.73	Stankovic (Can)
46.74	Jeff Griffiths (Wal)
46.7	Kiprotich (Ken)
46.77	Bevan Smith (NZ)
46.79	Uday Prabhu (IND)

800 METRES

1:44.0	Sebastian Coe (Eng)
1:44.1	Steve Ovett (Eng)

1:44.9	Mike Boit (Ken)
1:45.7	Peter Lemashon (Ken)
1:45.8	Garry Cook (Eng)
1:46.0	John Higham (Aus)
1:46.3	James Maina (Ken)
1:46.5	Rayfield Beaton (Guy)
1:46.6	Peter Hoffmann (Scot)
1:46.6	Sam Kipkurgat (Ken)
1:46.7	Chum Darvall (Aus)
1:46.9	David Korir (Ken)
1:47.1	Dennis Norris (NZ)
1:47.3	David Omwanza (Ken)
1:47.3	Seymour Newman (Jam)
1:47.4	Gideon Terer (Ken)
1:47.7	Dane Joseph (Eng)
1:47.7	John Walker (NZ)
1:47.9	Alan Gibson (A/E)
1:48.0	Paul Forbes (Scot)
1:48.1	David Warren (Eng)
1:48.1*i	Mike Cherono (Ken)
1:48.2	Halidu Zinentah (Gha)
1:48.2	Horace Tuitt (Tri)
1:48.3	Peter Tippett (Aus)
1:48.5	Obwocha (Ken)
1:48.7	Peter Favell (Can)
1:48.8	Sri Ram Singh (IND)
1:48.8	Glen Grant (Wal)
1:48.8	Peter Browne (Eng)
1:48.8*i	Byron Dyce (Jam)
1:48.9	Andrew Stark (NZ)
1:48.9	Colin Szwed (Eng)

1500 METRES

3:35.5	David Moorcroft (Eng)
3:35.6	John Robson (Scot)
3:35.6	Steve Ovett (Eng)
3:35.6	Filbert Bayi (Tanz)
3:35.7	Frank Clement (Scot)
3:36.5	Wilson Waigwa (Ken)
3:37.7	Graham Williamson (Scot)
3:38.1	Glen Grant (Wal)
3:38.6	James Munyala (Ken)
3:38.6	Kipsubai Koskei (Ken)
3:38.6	Ken Hall (Aus)
3:39.0	Rod Dixon (NZ)
3:39.5	David Omwanza (Ken)
3:39.7	Jim McGuinness (N.I.)
3:39.8	Paul Craig (Can)
3:40.1	Steve Cram (Eng)
3:40.4	John Walker (NZ)
3:40.5	Richard Tuwei (Ken)
3:40.6	Tim Hutchings (Eng)
3:40.7	David Hill (Can)
3:40.9	John Craig (NZ)
3:41.3	Graham Crouch (Aus)
3:41.3	Dick Quax (NZ)
3:41.7	Suleiman Nyambui (Tanz)
3:41.9	Tim O'Shaughnessy (Aus)
3:41.9	Alan Gibson (A/E)
3:42.0	Bruce Petts (Aus)

3:42.1	Dean Childs (Can)
3:42.2	David FitzSimons (Aus)
3:43.3	Chris Sly (Eng)
3:43.3	Ray Smedley (Eng)
3:43.4	Bob Maplestone (Wal)
3:43.6	Alan Mottershead (Eng)
<u>1 MILE</u>	
3:52.2	Wilson Waigwa (Ken)
3:52.8	Steve Ovett (Eng)
3:53.5	Filbert Bayi (Jam)
3:54.2	Frank Clement (Scot)
3:54.3	John Robson (Scot)
3:55.3	David Moorcroft (Eng)
3:55.8	Graham Williamson (Scot)
3:56.4	John Walker (NZ)
3:57.0	Brendon Foster (Eng)
3:57.4	Steve Cram (Eng)
3:57.5	Dick Quax (NZ)
3:57.8	Tim Hutchings (Eng)
3:58.1	Rod Dixon (NZ)
3:58.6	David Hill (Can)
3:58.9	Nick Rose (Eng)
3:59.4	Ken Hall (Aus)
3:59.4	Paul Lawther (N.I.)
3:59.4	Mike McLeod (Eng)
3:59.6	James Munyala (Ken)
4:00.0	Erwin Hartel (Eng)

3000 METRES

7:32.1	Henry Rono (Ken)
7:40.3	Suleiman Nyambui (Tanz)
7:40.4	Nick Rose (Eng)
7:41.1	Rod Dixon (NZ)
7:41.9	Wilson Waigwa (Ken)
7:43.4	Steve Ovett (Eng)
7:43.5	David Moorcroft (Eng)
7:48.2	Mike McLeod (Eng)
7:48.7	David FitzSimons (Aus)
7:48.8	Gerard Barrett (Aus)
7:49.1	Paul Lawther (N.I.)
7:49.7	Ray Smedley (Eng)
7:49.9	David Black (Eng)
7:51.6	Tony Simmons (Wal/Eng)
7:52.1	Nat Muir (Scot)
7:53.1	Joel Cheruiyot (Ken)
7:53.8	Dick Quax (NZ)
7:53.9	Keith Penny (Eng)
7:54.1	Lawrie Spence (Scot)
7:54.2	Dennis Coates (Eng)
7:54.2	Charles Spelding (Eng)
7:54.4	Bernie Ford (Eng)
7:55.0	Peter Standing (Eng)
7:55.2	Peter Shaw (Eng)
7:55.4	Malcolm Prince (Eng)

3000M STEEPLECHASE

8:05.4	Henry Rono (Ken)
8:23.5	James Munyala (Ken)
8:26.0	Dennis Coates (Eng)

		<u>10,000 METRES</u>
8:26.4	George Kiprotich Rono (Ken)	27:22.5 Henry Rono (Ken)
8:26.6	John Davies (Wal)	27:30.3 Brendan Foster (Eng)
8:28.9	Filbert Bayi (Tanz)	27:36.3 David Black (Eng)
8:30.5	Hilary Tuwei (Ken)	27:51.4 Gerrard Barrett (Aus)
8:31.1	Ian Gilmour (Scot)	27:58.9 Joel Cheruiyot (Ken)
8:31.3	Brian Robertson (NZ)	28:04.3 Dick Quax (NZ)
8:32.4	Peter Larkin (Aus)	28:05.2 Mike Musyoki (Ken)
8:33.6	Harrison Koraso (Ken)	28:07.8 Steve Austin (Aus)
8:35.8	Tony Staynings (Eng)	28:12.4 Bernie Ford (Eng)
8:35.8	Micky Morris (Wal)	28:15.0 Tony Simmons (Wal/Eng)
8:37.1	J Kimartin (Ken)	28:16.7 Julian Goater (Eng)
8:38.8	Amos Kipkovir (Ken)	28:20.2 Bill Scott (Aus)
8:38.9	Howard Healey (NZ)	28:28.5 Alan Thurlow (NZ)
8:39.3	John Graham (Scot)	28:35.1 Steve Kenyon (Eng)
8:41.9	Martin Cauldwell (NZ)	28:36.4 Jim Brown (Scot)
8:42.2	John Wild (Eng)	28:36.5 Geoff Smith (Eng)
8:43.0	John Kehiro (Ken)	28:37.1 Allister Hutton (Scot)
8:44.3	Phil Cuffe (Aus)	28:38.6 Neil Coupland (Eng)
8:44.8	Gopal Singh (IND)	28:39.1 Keith Penny (Eng)
8:46.9	Ron Harris (Eng)	28:44.1 Graham Ellis (Eng)
8:47.6	Roger Hackney (Eng)	28:45.3 Jim Dingwall (Scot)
8:48.1	Graham Tuck (Eng)	28:45.3 Samson Kimokwa (Ken)
8:48.2	Gary Zeuner (Aus)	28:45.7 Joseph Nzau (Ken)
8:48.4	Graeme Fell (Eng)	28:46.6 Grenville Tuck (Eng)
8:49.1	Joe Sax (Can)	28:46.8 Josh Kimeto (Ken)
8:49.2	Dogra Pardheepkumar (IND)	28:48.0 Peter Standing (Eng)
8:50.4	Rob Evans (Can)	28:49.5 Hugh Jones (Wal)
		28:50.0 David FitzSimons (Aus)
		28:53.8 Jon Wigley (Eng)
		28:56.3 Jeremy Odlin (Eng)

5000 METRES

13:08.4	Henry Rono (Ken)
13:17.4	Rod Dixon (NZ)
13:24.4	Wilson Waigwa (Ken)
13:24.8	David FitzSimons (Aus)
13:24.9	Mike Muryoki (Ken)
13:25.2	Mike McLeod (Eng)
13:25.4	Nick Reile (Eng)
13:25.4	Brendan Foster (Eng)
13:25.7	Tony Simmons (Wal/Eng)
13:26.0	Rod Dixon (NZ)
13:28.7	Charles Spedding (Eng)
13:29.6	Suleiman Nyambui (Tanz)
13:31.8	Julian Goater (Eng)
13:32.3	Filbert Bayi (Tanz)
13:32.6	Bernie Ford (Eng)
13:34.8	Joel Cheruiyot (Ken)
13:34.9	David Black (Eng)
13:34.9	Nat Muir (Scot)
13:36.6	Malcolm Prince (Eng)
13:37.2	Keith Penny (Eng)
13:37.7	Laurie Spence (Scot)
13:38.8	Josh Kimeto (Ken)
13:38.8	Steve Jones (Wal)
13:40.5	Peter Standing (Eng)
13:40.6	Tony Staynings (Eng)
13:41.0	John Mayaka (Ken)
13:41.6	Allister Hutton (Scot)
13:42.2	Samson Kimokwa (Ken)
13:43.8	Nick Lees (Eng)
13:43.9	Graham Crouch (Aus)

MARATHON

2:11:43	Kevin Ryan (NZ)
2:11:59	Shiv Nath Singh (IND)
2:12:20	Gerard Barrett (Aus)
2:12:32	Trevor Wright (Eng)
2:12:33	Tony Simmons (Wal/Eng)
2:12:50	Jeff Norman (Eng)
2:13:02	Chris Wardlaw (Aus)
2:13:21	Rich Hughson (Can)
2:13:29	David Cannon (Eng)
2:13:49	Ian Thompson (Eng)
2:13:58	Jim Dingwall (Scot)
2:14:06	Ian Beauchamp (Eng)
2:14:41	David Chettle (Aus)
2:14:45	Stan Curran (Eng)
2:15:31	Brian Maxwell (Can)
2:15:40	Gidemas Shahanga (Tanz)
2:15:43	Jim McLaughlin (N.I)
2:15:47	Colin Taylor (Eng)
2:15:54	Mike Hurd (Eng)
2:16:03	Paul Bannon (Sco/Can)
2:16:14	Jerome Drayton (Can)
2:16:20	Tony Good (NZ)
2:16:37	Bill Scott (Aus)
2:16:39	Paul Eales (Eng)
2:16:48	Don Greig (NZ)
2:16:57	Keith Penny (Eng)
2:17:11	Barry Watson (Eng)

2:17:16 Mike Critchley (Wal)

2:17:21 Mike Rowland (Wal)

2:17:25 Greg Hannon (N.I.)

DECATHLON

8,467 Daley Thompson (Eng)

7,826 Peter Hadfield (Aus)

7,484 Alan Drayton (Eng)

7,443 Pan Zeniou (Cyp)

7,392 Zenon Smiechowski (Can)

7,381 Graeme Watson (Eng)

7,380 Suresh Babu (IND)

7,287 Nick Phipps (Eng)

7,239 John Howell (Eng)

7,233 Mike Cordon (Eng)

7,165 Brad McStravick (N.I.)

7,138 Rob Town (Can)

7,134 Tony Verhoven (Can)

7,117 Robert Sadler (NZ)

7,109 Craig Considine (Aus)

7,025 Phil Lewis (Eng)

6,990 Kevin Lobb (Eng)

6,939 Sanitesi Latu (Tonga)

6,876 Ebewele Brown (Nig)

6,856 Pat Bredin (Eng)

6,785 Ray Knox (N.I.)

6,775 Charles Kokoyo (Ken)

6,749 Robbie Goff (Aus)

6,742 Mike Bull (N.I.)

6,727 Snowy Brooks (Barb)

110M HURDLES

13.73 Fatwel Kimaiyo (Ken)

13.74 Berwyn Price (Wal)

13.76 Don Wright (Aus)

13.91 Roland Joe Siai-Siai (Nig)

13.98 Godwin Obasogie (Nig)

14.01 Mark Hottom (Eng)

14.02 Warren Parr (Aus)

14.02 Philip Sang (Ken)

14.13 Fogarty (Can)

14.25 Ross Pownall (NZ)

14.32 Philip Mills (NZ)

14.32 Harold Gretzinger (Can)

14.33 T. Nyakwe (Nig)

14.40 David Wilson (Scot)

14.43 Satbir Singh (IND)

Wind-assisted

13.68 Fatwel Kimaiyo (Ken)

13.70 Berwyn Price (Wal)

13.73 Max Binnington (Aus)

13.83 Roland Joe Siai-Siai (Nig)

13.97 Philip Sang (Ken)

14.09 Philip Mills (NZ)

14.11 Augustine Igonibo-Oruwari (Nig)

14.18 Ross Pownall (NZ)

14.19 John Mayuku (Ken)

Hand-timing

13.7 Roland Joe Siai-Siai (Nig)

13.8 Vince Plant (Aus)

13.8 Warren Parr (Aus)

13.9 Max Binnington (Aus)

14.1 Brian Hutchins (Aus)

14.1 Ross Pownall (NZ)

14.2 Philip Mills (NZ)

Wind-assisted

13.8 Fogarty (Can)

13.9 Ross Pownall (NZ)

14.3 Istiaq Mobarak (Mal)

400M HURDLES

49.20 Daniel Kimaiyo (Ken)

49.55 John Akii-Bua (Uga)

49.63 Alan Pascoe (Eng)

49.78 Peter Rwamuhada (Uga)

50.0 William Koskei (Ken)

50.04 Gary Brown (Aus)

50.13 Dennis Otono (Nig)

50.15 Fatwel Kimaiyo (Ken)

50.16 Clive Baniffe (Jam)

50.25 Peter Kipchumba (Ken)

50.50 Stavros Iziortzis (Cyp)

50.74 Mike Murei (Ken)

50.92 Philip Mills (NZ)

50.96 Gary Oakes (Eng)

51.03 Bill Hartley (Eng)

51.13 Gladstone Williams (Can)

51.21 Steve James (Wal)

51.21 Silver Ayoo (Uga)

51.2 Peter Grant (Aus)

51.2 Gary Cox (Aus)

51.31 M'Paka Fyneface (Nig)

51.3 John Sheridan (Aus)

51.38 David West (Eng)

51.45 Clive Beattie (N.I.)

51.47 Roger Bell (Eng)

51.71 Joseph Appiagyei (Gha)

51.8 Don Hanly (Aus)

51.8 Evert Giscombe (Jam)

51.88 Roger Jenkins (Scot)

51.97 Roger Guss (Can)

51.98 Mike Forgrave (Can)

HIGH JUMP

2.31i Grey Joy (Can) (2.24)

2.21 Gordon Windeyer (Aus)

2.20 Claude Ferragne (Can)

2.20 Brian Burgess (Scot)

2.19i Mark Naylor (Eng) (2.17)

2.15 Trevor Llewelyn (Wal)

2.15 John Beers (Can)

2.15 Dean Bauck (Can)

2.15i Robert Forget (Can) (2.14)

2.14 Colin Harris (Eng)

2.14?	Winston Strachan (Bah)
2.13	John Knight (Aus)
2.11	Milton (Can)
2.11	Brian Burgess (Aus)
2.11	George Robertson (Eng)
2.10	Matt Ottley (Can)
	Claude Moseley (Eng)
	Mike Butterfield (Eng)
	Milton Palmer (Eng/Wal)
	Tim Foulger (Eng)
	Vincent Clemmens (Eng)
2.09	Jerry Lomax (NZ)
2.08	Gavin Vernon (Aus)
	Baljit Singh Sidhu (IND)
	Adrian Ord (Eng)
	Ross Hepburn (Scot)
	Mark Barratt (Aus)

POLE VAULT

5.48	Don Baird (Aus)
5.42	Brian Hooper (Eng)
5.35	Bruce Simpson (Can)
5.25	Keith Stock (Eng)
5.20	Ray Boyd (Aus)
	Jeff Gutteridge (Eng)
5.18	Steve Chappell (Eng)
5.10	Allan Williams (Eng)
5.05	Mike Bull (N.I)
5.03	Glenn Colivas (Can)
	Bill Fisher (Can)
4.98	Dick Williamson (Scot)
4.90	Andy Stewart (Aus)
4.85	Bob Huddle (Aus)
4.80	Peter Hadfield (Aus)
	Harold Heer (Can)
	Daley Thompson (Eng)
4.71	Mark Bradley (Can)
4.70	Manson (Can)
4.65	Andrew Jackson (Eng)
4.62	Marcotte (Can)

LONG JUMP

8.11	Charlton Ehizvelen (Nig)
8.08	Chris Commons (Aus)
7.96	Alfred Ogunfeyimi (Nig)
7.93	Daley Thompson (Eng)
7.89	Dennis Trott (Berm)
7.88	Suresh Babu (IND)
	Roy Mitchell (Eng)
7.86	Richard Rock (Can)
7.82i	Ajai Agbabaku (Nig)
7.80i	Sheikh Faye (Gam) (7.76)
7.77	T C Yohannan (IND)
	Ron Chambers (Jam)
7.75	Fidelis Nyabagye (Yga)
7.72	Alwin Chambers (Jam)
7.72	Steve Hanna (Bah)
7.71	Billie Kirkpatrick (N.I)
7.68	Ken Lorraway (Aus)
7.67i	Jim McAndrew (Can)

7.67i	Michael Halim (Ken)
7.66	Steven Knott (Aus)
7.66	Don Commons (Aus)
7.65i	John DoDoo (Uga) (7.62)
7.64	Gary Honey (Aus)
7.63	Peter Hadfield (Aus)
7.62	Colin Mitchell (Eng)
7.61	Aston Moore (Eng)
7.60	Emmanuel Mifetu (Cha)

Wind-assisted

8.13	Richard Rock (Can)
8.11	Daley Thompson (Eng)
8.06	Roy Mitchell (Eng)
7.94	Suresh Babu (IND)
7.86	Ajai Agbabaku (Nig)
7.86	Jonathan Laniyan (Ken)
7.82	Ken Lorraway (Aus)
7.82	Emmanuel Mifetu (Gha)
7.80	Jim McAndrew (Can)

TRIPLE JUMP

16.97i	Ian Campbell (Aus)	(16.67)
16.76	Keith Connor (Eng)	
16.69	Aston Moore (Eng)	
16.65i	Steve Hanna (Baff)	(16.60)
16.60i	Ajayi Agbabaku (Nig)	(16.32)
16.51	Charlton Ehizvelen (Nig)	
16.50	Ken Lorraway (Aus)	
16.49	Maxwell Peters (Ant)	
16.40	Don Commons (Aus)	
16.29i	David Johnson (Eng)	(16.11)
16.24	Mike Nipinak (Can)	
16.22	Phil Wood (NZ)	
16.11i	Ken Brimmer (Berm)	
16.10i	John DoDoo (Uga)	
16.08	Gary Honey (Aus)	
16.01	Osita Nsofor (Nig)	
15.92i	Moise Pomaney (Gha)	
15.88	John Phillips (Wal)	
15.87	Chris Colman (Eng)	
15.87i	Jonathan Laniyan (Ken)	
15.85i	Frank Attoh (Eng)	(15.74)
15.78	Ron Chambers (Jam)	
15.78	Joe Canyan (Nig)	
15.70	Suresh Babu (IND)	
15.67	Maxwell Peters (Ant)	
15.64	Gideon Cheruiyot (Ken)	

Wind-assisted

17.21	Keith Connor (Eng)
16.76	Aston Moore (Eng)
16.33	David Johnson (Eng)
16.23	Mike McGrath (Aus)
16.20	Jonathan Laniyan (Ken)
16.17	Chris Colman (Eng)
15.87	Frank Attoh (Eng)

<u>SHOT</u>			
20.85	Bishop Dolegiewicz (Can)	59.40	Bertolacci (Aus)
20.68	Geoff Capes (Eng)	58.98	Nirmal Singh (IND)
19.89	Bruno Pauletto (Can)	58.26	Malcolm Fenton (Eng)
19.17i	Mike Winch (Eng) (18.64)	57.24	Alan Woods (Eng)
18.64	Mike Mercer (Can) (18.85 Light)	56.64	Geoff Whaley (Eng)
<u>JAVELIN</u>			
18.46	Bob Dale (Eng)	86.00	Michael O'Rourke (NZ)
18.35	Bahadur Singh (IND)	85.54	Phil Olsen (Can)
18.15	Jagraj Singh (IND)	80.90	Peter Dekremer (Eng)
17.65	Bruce Pirnie (Can)	80.62	Peter Yates (Eng)
17.52	Gurdip Singh (IND)	80.42	Gheorghe Megelea (Can)
17.48	Marko Catalano (Can)	79.20	David Ottley (Eng)
17.44	Hamish Davidson (Scot)	79.06	Brian Roberts (Eng)
17.12	Richard Slaney (Eng)	77.36	Simon Osborne (Eng)
16.99	Harvey Baranauskas (Can)	76.94	Justin Avop (Uga)
16.88	H Smith (NZ)	76.70	Charles Clover (Eng)
16.83	Simon Rodhouse (Eng)	75.44	John Trower (Eng)
16.70	Paul Rees (Wal)	75.32	David Travis (Eng)
16.66	Bill Fuller (Eng)	75.26	Reg Spiers (Aus)
16.65	Roy Rigby (Aus)	74.88	Frank Dejak (Can)
16.61	Wayne Martin (Aus)	74.46	Manfred Rohkamper (Aus)
<u>DISCUS</u>			
62.86	Borys Chambul (Can)	73.94	Gareth Brooks (Wal)
62.44	Wayne Martin (Aus)	73.44	Luc Laperriere (Can)
60.20	Robin Tait (NZ)	72.98	Gopal Kidiyoor (IND)
59.84	Colin Sutherland (Eng)	72.62	Ian Marsh (Eng)
59.22	Bishop Dolegiewicz (Can)	72.06	Tony Smith (Eng)
58.10	Rob Gray (Can)		
57.60	Brad Cooper (Bah)		
57.54	Peter Tancred (Eng)		
57.02	Peter Gordon (Eng)		
56.96	Richard Priman (Aus)		
56.90	Richard Slaney (Eng)		
55.90	Parveen Kumar (IND)		
55.18	Mike Winch (Eng)		
54.84	John Hillier (Eng)		
54.20	Geoff Capes (Eng)		
53.92	Dennis Roscoe (Eng)		
53.38	Neville Thompson (Eng)		
53.16	Guy Dirkin (Eng)		
53.12	Mike Cushion (Eng)		
52.90	Rudi Villari (Aus)		
<u>HAMMER</u>			
74.58	Peter Farmer (Aus)	3:03.5 disq	England
72.72	Scott Neilson (Can)	3:03.5	Kenya
70.32	Paul Dickenson (Eng)	3:03.8	Jamaica
70.20	Chris Black (Scot)	3:04.2	Nigeria
69.00	Jim Whitehead (Eng)		Uganda
66.76	Ian Chipchase (Eng)		Australia
65.86	Matthew Milehar (Eng)	3:05.0	Trinidad
63.66	Murray Cheater (NZ)	3:05.9	Canada
63.04	Gus Puopolo (Aus)	3:06.9	Scotland
62.84	Peter Gordon (Eng)	3:08.4	Wales
61.62	Raghbir Singh (IND)		India
61.60	Mike Petra (Eng)	3:10.5	Bahamas
61.52	Martin Girvan (N.I)	3:11.0	Antigua
61.34	Ron James (Eng)		Ghana
60.76	Andrew Pollock (Aus)	3:12.7	Malaysia
<u>4 X 100M RELAY</u>			
		39.13	Trinidad
		39.24	Scotland
			Ghana
		39.26	Nigeria
		39.33	Jamaica
		39.55	Canada
		39.8	Australia (Victoria)
		40.05	England
		40.33	Bermuda
		40.80	Kenya
		41.23	Barbados
		41.30	Wales
		41.40	New Zealand
		41.48	Uganda
<u>4 X 400M RELAY</u>			
		3:03.5 disq	England
		3:03.5	Kenya
		3:03.8	Jamaica
		3:04.2	Nigeria
			Uganda
		3:05.0	Australia
		3:05.9	Trinidad
		3:06.9	Canada
		3:08.4	Scotland
			Wales
			India
		3:10.5	Bahamas
		3:11.0	Antigua
			Ghana
		3:12.7	Malaysia

WOMEN100 METRES

11.14	Lilieth Hodges (Jam)	11.3	Helen Edwards (Aus)
11.26	Sonia Lannaman (Eng)	11.3	Beverley Goddard (Eng)
11.32	Andrea Lynch (Eng)	11.3	Heather Hunte (Eng)
11.34	Patty Loverock (Can)	11.4	Margot Wells (Scot)
11.35	Marjorie Bailey (Can)	11.4	Wendy Clarke (Eng)
11.37	Denise Boyd (Aus)	11.4	Hannah Afriyie (Gha)
11.47	Hannah Afriyie (Gha)	11.4	Colleen Beazley (Aus)
11.47	Raelene Boyle (Aus)	11.4	Dorothy Scott (Jam)
11.48	Utit Ufon Uko (Nig)	11.5	Wendy Brown (NZ)
11.48	Jackie Pusey (Jam)	11.5	Maureen Gottschalk (Jam)
11.49	Beverley Goddard (Eng)	11.5	Debbie Wells (Aus)
11.52	Angela Bailey (Can)	11.5	Barbara Nichols (Barb)
11.55	Wendy Brown (NZ)	11.5	Leane Evans (Aus)
11.56	Wendy Clarke (Eng)	11.5	Leane Lynch (Aus)
11.60	Colleen Beazley (Aus)	11.5	Jayne Faithfull (Aus)
11.60	Heather Hynte (Eng)	11.5	Amanda Twidale (Aus)
11.62	Sharon Colyear (Eng)		
11.62	Debbie Jones (Berm)		
11.62	Kim Robertson (NZ)	11.2	Kim Robertson (NZ)
11.64	Kathy Smallwood (Eng)	11.2	Helen Edwards (Aus)
11.64	Esther Hope (Tri)	11.3	Colleen Beazley (Aus)
11.66	Janice Bernard (Tri)	11.4	Wendy Brown (NZ)
11.68	Margot Wells (Scot)	11.4	Debbie Wells (Aus)
11.71	Helen Golden (Scot)		
11.71	Chantal Desrosiers (Can)		
11.73	Eleanor Thomas (Eng)	22.75	Donna Hartley (Eng)
11.75	Derry Holly (Can)	22.88	Sonia Lannaman (Eng)
11.75	Barbara Clarke (Eng)	22.99	Kathy Smallwood (Eng)
11.76	Shelley Ratcliffe (Eng)	23.01	Hannah Afriyie (Gha)
11.77	Margot Howe (Can)	23.11	Beverley Goddard (Eng)
11.77	Maureen Gottschalk (Jam)	23.26	Andrea Lynch (Eng)

Wind-assisted

11.24	Sonia Lannaman (Eng)	23.29	Verona Elder (Eng)
11.30	Beverley Goddard (Eng)	23.30	Lorna Forde (Barb)
11.35	Raelene Boyle (Aus)	23.40	Patty Loverock (Can)
11.38	Wendy Clarke (Eng)	23.42	Debbie Bunn (Eng)
11.38	Hannah Afriyie (Gha)	23.48	Lynda Stewart (Eng)
11.42	Sharon Colyear (Eng)	23.51	Eleanor Thomas (Eng)
11.50	Eleanor Thomas (Eng)	23.52	Sharon Colyear (Eng)
11.53	Margot Wells (Scot)	23.61	Joslyn Hoyte (Eng)
11.61	Kathy Smallwood (Eng)	23.62	Linda McCurry (N.I)
11.68	Helen Golden (Scot)	23.64	Wendy Brown (NZ)

Hand-timing

11.0	Lilieth Hodges (Jam)	23.76	Jackie Pusey (Jam)
11.2	Raelene Boyle (Aus)	23.85	Kehmunde Vaughan (Nig)
11.2	Andrea Lynch (Eng)	23.87	Freida Nichols (Barb)
11.3	Denise Boyd (Aus)	23.91	Janine McGregor (Eng)
11.3	Jackie Pusey (Jam)	23.92	Shelley Ratcliffe (Eng)

23.92	Michelle Probert (Eng)	53.77	Debbie White (Jam)
23.92	Grace Bakari (Gha)	53.80	Jane Colebrook (Eng)
<u>Wind-assisted</u>			
22.73	Kathy Smallwood (Eng)	53.84	Anne Morelli (Can)
22.82	Denise Boyd (Aus)	53.8	Rachelle Campbell (Can)
22.93	Colleen Beazley (Aus)	53.88	Joyce Yakubovich (Can)
22.95	Beverley Goddard (Eng)	53.96	Adrienne Smyth (N.I)
23.02	June Griffith (Guy)		
23.15	Andrea Lynch (Eng)		
23.17	Helen Golden (Scot)		
23.38	Kim Robertson (NZ)		
23.45	Joslyn Hoyte (Eng)		
23.51	Janine McGregor (Eng)		
<u>Hand-timing</u>			
22.8	Denise Boyd (Aus)		
22.9	Raelene Boyle (Aus)		
23.1	Helen Edwards (Aus)		
	Colleen Beazley (Aus)		
	Jackie Pusey (Jam)		
23.2	Kim Robertson (NZ)		
	Freida Nichols (Barb)		
	Leane Evans (Aus)		
23.4	Debbie Jones (Berm)		
23.5	Debbie Wells (Aus)		
	Janine Faithfull (Aus)		
23.6	Marion Fisher (Aus)		
	Helen Golden (Scot)		
23.7	Carmeta Drummond (Jam)		
	Janine McGregor (Eng)		
<u>400 METRES</u>			
51.04	Lorna Forde (Barb)		
51.2	Donna Hartley (Eng)		
51.40	June Griffith (Guy)		
51.70	Verona Elder (Eng)		
51.9	Marian Fisher (Aus)		
52.15	Joslyn Hoyte (Eng)		
52.2	Maxine Corcoran (Aus)		
52.51	Beth Nail (Aus)		
52.56	Helen Blake (Jam)		
52.6	Raelene Boyle (Aus)		
52.9	Verna Burnard (Aus)		
52.98	Karen Williams (Scot)		
53.1	Terry Wangman (Aus)		
	Heather Wright (Aus)		
53.30	Ruth Waithera (Ken)		
53.43	Ruth Simpson (Jam)		
53.4	Ruth Kennedy (Eng)		
	Judy Peckham (Aus)		
	Denise Boyd (Aus)		
53.54	Margaret Stride (Can)		
53.5	Penny Hunt (NZ)		
	Gladys McCormack (Eng)		
53.59	Janine McGregor (Eng)		
53.70	Ruth Kyalisima (Uga)		
53.72	Kehminde Vaughan (Nig)		
53.7	Lynn Young (Aus)		
	Liz Barnes (Eng)		
53.76	Grace Bakari (Gha)		
<u>800 METRES</u>			
2:01.2	Christine McMeekin (Scot)		
2:01.5	Penny Werthner (Can)		
2:01.6	Jane Colebrook (Eng)		
2:01.7	Liz Barnes (Eng)		
2:01.8	Francine Gendon (Can)		
2:02.0	Evelyn McMeekin (Can)		
	Charlene Rendina (Aus)		
2:02.8	Judy Peckham (Aus)		
2:02.9	Tekla Chemabwai (Ken)		
2:03.1	Julia Schwass (Aus)		
	Christina Boxer (Eng)		
	Janet Pritchett (Eng)		
2:03.2	Paula Newnham (Eng)		
	Mary Chemweno (Ken)		
2:03.3	Anne Morelli (Can)		
2:03.6	Carmen Campton (Aus)		
	Angela Creamer (Eng)		
2:03.7	Christine Benning (Eng)		
	Mary Stewart (Eng)		
2:04.0	Alison Wright (NZ)		
2:04.1	Penny Yule (Eng)		
2:04.3	Heather Wright (Aus)		
2:04.3i	Verona Elder (Eng)		
2:04.5	Lesley Kiernan (Eng)		
2:04.9	Debbie Campbell (Can)		
2:05.0	Denise Kiernan (Eng)		
2:06.2	Evelyn Adiru (Uga)		
2:06.3	Margaret Coomber (Scot)		
	Cherry Hanson (Eng)		
2:06.5	Phyllis Lazarakis (Aus)		
2:06.7	Ranza Clark (Can)		
	Verna Burnard (Aus)		
	Adrienne Smyth (N.I)		
<u>1500 METRES</u>			
4:06.0	Mary Stewart (Eng)		
4:07.5	Christine Benning (Eng)		
4:08.1	Penny Werthner (Can)		
4:10.0	Christina Boxer (Eng)		
4:10.3	Penny Yule (Eng)		
4:11.6	Cherry Hanson (Eng)		
4:12.4	Christine McMeekin (Scot)		
4:12.5	Glynis Penny (Eng)		
4:12.7	Hilary Hollick (Wal)		
4:12.9	Alison Wright (NZ)		
4:13.4	Wendy Smith (Eng)		
4:13.5	Debbie Pearson (Can)		
4:14.6	Ruth Smeeth (Eng)		
4:15.0	Francine Gendon (Can)		
4:15.6	Sandra Arthurton (Eng)		
4:16.1	Ann Ford (Eng)		
4:16.2i	Jo White (Eng)		
4:16.3	Gillian Dainty (Eng)		

4:17.0	Bernadette Madigan (Eng)
4:17.1	Wayua Kiteti (Ken)
4:17.2	Jan Healey (NZ)
4:17.5	Paula Fudge (Eng)
4:18.0	Anne Kiprop (Ken)
	Angela Mason (Eng)
	Sharon Harvey (Eng)

3000 METRES

8:48.7	Paula Fudge (Eng)
8:52.3	Christine Benning (Eng)
8:53.1	Ann Ford (Eng)
9:06.4	Glynis Penny (Eng)
9:07.4	Heather Thomson (NZ)
9:08.6	Penny Yule (Eng)
9:11.2	Joyce Smith (Eng)
9:13.9	Alison Wright (NZ)
9:15.8	Ruth Smeeth (Eng)
9:15.9	Kathy Binns (Eng)
9:18.3	Debbie Scott (Can)
9:18.6	Thelwyn Bateman (Wal)
9:18.9	Annette Roberts (Eng)
9:20.0	Nancy Rooks (Can)
9:20.3	Jill Clarke (Eng)
9:20.7	Monica Joyce (Eng)
9:21.0	Rhonda Taylor (Aus)
9:21.1	Shauna Miller (Can)
9:21.8	Wendy Smith (Eng)
9:23.0	Carol Gould (Eng)

100M HURDLES

13.08	Lorna Boothe (Eng)
13.23	Sharon Colyear (Eng)
13.41	Shirley Strong (Eng)
13.49	Modupe Oshikoya (Nig)
13.65	Wendy McDonnell (Eng)
13.67	Judy Bellgam (Nig)
13.77	Yvette Wray (Eng)
13.82	Joann McLeod (Can)
	Sharon Lane (Can)
	Ann Simmonds (Eng)
13.85	Judy Vernon (Eng)
	Diane Konihowski (Can)
13.86	Blondelle Caines (Eng)
13.88	Elaine Davidson (Scot)
13.92	Ruth Kyalisima (Uga)
13.94	Cecilia Branch (Can)
13.99	Judy Livermore (Eng)
	Bella Bellgam (Nig)

Wind-assisted

12.98	Lorna Boothe (Eng)
13.08	Shirley Strong (Eng)
13.12	Sharon Colyear (Eng)
13.53	Blondelle Caines (Eng)
13.68	Judy Vernon (Eng)
13.76	Elaine Davidson (Scot)
13.77	Gail Wootten (NZ)

13.4	Modupe Oshikoya (Nig)
13.5	Gail Wootten (NZ)
13.7	Cheryl Boswell (Aus)
13.8	Roxanne Gelle (Aus)
13.8	Glynis Saunders (Aus)
13.8	Penny Gillies (Aus)
13.8	Eileen Hindle (Aus)
13.8	Elaine Davidson (Scot)
	Cecilia Branch (Can)

400M HURDLES

57.0	Christine Warden (Eng)
57.2	Marion Fisher (Aus)
57.43	Liz Sutherland (Scot)
58.3	Lyn Young (Aus)
58.60	Eleanor Mahal (Can)
58.62	June Smith (Jam)
58.8	Glynis Saunders (Aus)
59.02	Susan Smith (Eng)
59.0	Sally Hamilton (Aus)
59.15	Jannette Roscoe (Eng)
59.2	Jane Colebrook (Eng)
59.33	Francine Gendron (Can)
59.53	Veronica Langley (Eng)
59.64	Diane Heath (Wal)
59.9	Denise Kiernan (Eng)
60.0	Eileen Hindle (Aus)
	Jenny Low (Aus)
	Elizabeth Dale (Aus)
60.36	Susan Dalgoutte (Eng)
60.40	Karen Green (NZ)
60.4	Gayle Anderson (Aus)
60.5	Sue Reed (Eng)
60.6	Linda Brady (Eng)
	Frances McCall (Scot)
	Amanda Stacey (Eng)
60.69	Wendy Griffiths (Eng)
60.72	Kerry McCarthy (Can)
60.89	Pam Myring (Can)
60.92	Y Timmer (NZ)
60.9	Gillian Mather (NZ)

HIGH JUMP

1.93	Katrina Gibb (Aus)
1.92	Debbie Brill (Can) (1.91)
1.88	Chris Annison (Aus)
	Diane Konihowski (Can)
1.85	Gillian Hitchen (Eng)
1.84	Julie White (Can)
1.83	Brigitte Bittner (Can)
	Val Rutter (Eng)
	Louise Miller (Eng)
1.82	Vandebos (Can)
	Diana Elliott (Eng)
1.81	Vanessa Browne (Aus)
	Barbara Simmonds (Eng)
1.80	Evelyn Brenhouse (Can)
	Res Few (Eng)
	Judy Livermore (Eng)

1.79	Linda Hayman (Eng)	15.27	Janis Kerr (Eng)
	Brenda Gibba (Eng)	15.09	Lana Newton (Eng)
	Carol Mathers (Eng)	15.03	Vanessa Redford (Eng)
	Gillian Howell (Eng)	14.87	Diane Konihowski (Can)
	Moira Walls (Scot)	14.81	Vivienne Head (Wal)
1.78	Joann McLeod (Can)	14.72i	Bronwen Smith (Berm)
	Maggie Woods (Can)	14.65	Barbara Beable (NZ)
	Heather Spencer (Eng)	14.06	Chris Schultz (Aus)
1.78i	Ann-Marie Devalley (Eng)	14.54	Janet Thompson (Aus)
1.77	Allison Manley (Eng)	14.47	Joyce Aciro (Uga)
	Modupe Oshikoya (Nig)	14.32	Val Young (NZ)
	Tonia Philpotts (Eng)	14.27	Janet Beese (Wal)
	Valerie Kelly (Eng)	14.13	Jane Haist (Can)
<u>LONG JUMP</u>			
6.70	Lyia Jacenko (Aus)	62.34	Carmen Ionesco (Can)
6.59	Sue Reeve (Eng)	60.80	Margaret Ritchie (Scot)
6.58	Erica Hooker (Aus)	60.08	Gael Mulhall (Aus)
6.56	Modupe Oshikoya (Nig)	57.64	Lucette Moreau (Can)
6.52	June Griffith (Guy)	56.40	Jane Haist (Can)
6.45	Diane Konihowski (Can)	55.06	Janet Thompson (Eng)
6.41	Linda Parr (Aus)	53.24	Luigina Torso (Aus)
	Shonel Ferguson (Bah)	51.04	Lesley Mallin (Eng)
6.40	Susan Hearnshaw (Eng)	50.54	Doreen Garnier (Can)
6.33	Ruth Howell (Wal)	49.06	Janis Kerr (Eng)
6.29	Noele Hodgins (NZ)	49.00	Vanessa Redford (Eng)
	Jeanette Yawson (Gha)	48.74	Chris Schultz (Aus)
6.28	Sharon Colyear (Eng)	48.24	Angela Littlewood (Eng)
6.27	Bella Beltgam (Nig)	47.92	Denise Sturman (Eng)
6.22	Barbara Clarke (Eng)	47.64	Gail Henderson (Aus)
6.21	Janet Frank-Lynch (Eng)	47.40	Fiona Condon (Eng)
6.17	Jill Davies (Wal)	46.44	Vivienne Head (Wal)
6.16	Carol Earlington (Eng)	45.94	Nnenna Njoku (Nig)
6.13i	Sue Longden (Eng)	45.90	Heidi Wittesch (Aus)
6.12	Ann Simmonds (Eng)		Helen Alyek (Uga)
6.12	Sharol Henry (Jam)		
<u>Wind-assisted</u>			
6.64	Sue Reeve (Eng)	64.00	Tessa Sanderson (Eng)
6.59	Susan Hearnshaw (Eng)	57.98	Pam Matthews (Aus)
6.42	Linda Parr (Aus)	54.90	Alison Hayward (Can)
	Sharon Colyear (Eng)	54.76	Margaret Philpott (Aus)
6.37	Chris Booth (Aus)	53.88	Fatima Whitbread (Eng)
6.34	J Innes (Guy)	53.66	Chartrand (Can)
	Janet Frank-Lynch (Eng)	53.60	Laurie Kem (Can)
	Jill Davies (Wal)	53.32	Maxine Jervis (Eng)
6.27	Ann Simmonds (Eng)	52.16	Sandra O'Toole (Eng)
6.24	Barbara Clarke (Eng)	52.04	Jackie Zaslona (Wal)
<u>SHOT</u>			
18.16	Gael Mulhall (Aus)	51.74	Diane Williams (Scot)
16.80i	Carmen Ionesco (Can) (16.45)	51.58	Eunice Nekesa (Ken)
16.74i	Judith Oakes (Eng) (16.14)	51.20	Jeanette Rose (Eng)
16.73	Bev Francis (Aus)	50.84	Shara Spragg (Eng)
16.40	Margaret Ritchie (Scot)	50.80	Ann Farquhar (Eng)
16.34	Angela Littlewood (Eng)	50.72	Monique Lapre (Can)
16.20	Luigina Torso (Aus)	50.20	Janeen Williams (Eng)
16.00i	Lucette Moreau (Can) (15.91)	48.18	Jeanette Kieboom (Aus)
15.72	Brenda Bedford (Eng)	48.12	Lise Boyer (Can)
15.52	Venissa Head (Wal)		Becky Sjare (Can)
15.31i	Rosemary Hauck (Can) (14.72)		
<u>PENTATHLON</u>			
		4768	Diane Konihowski (Can)
		4379	Modupe Oshikoya (Nig)

4292 Yvette Wray (Eng)
4222 Sue Mapstone (Eng)
4205 Jill Ross (Can)
4119 Sue Longden (Eng)
4099 Karen Page (NZ)
4087 Barbara Beadle (NZ)
4070 Gillian Howell (Eng)
4060 Penny May (Can)
4028 Judy Livermore (Eng)
4022 Ruth Howell (Wal)
4013 Val Mullin (Eng)
4006 Glynis Saunders (Aus)
3974 Ann Crump (Can)
3952 Julie White (Can)
3936 Veronica Langley (Eng)
3933 Sue Summers (Can)
3907 Kim Hagger (Eng)
3895 Sue Kueffer (Aus)

4 X 100M RELAY

42.72 England
44.15 Canada
44.41 Jamaica
44.63 Nigeria
44.78 Australia
45.06 New Zealand
45.13 Trinidad
45.19 Ghana
45.53 Scotland
46.77 Uganda
46.7 Wales
48.1 Malaysia
48.30 Gambia
49.4 Singapore

4 X 400M RELAY

3:27.2 England
3:28.7 Australia
3:35.6 Ghana
3:35.8 Canada
3:36.5 Scotland
3:37.9 Jamaica
3:39.3 Kenya
3:39.9 Uganda
3:41.1 New Zealand (Wellington)
3:47.0 Nigeria
3:49.6 Wales
3:49.8 Malaysia
3:59.0 Singapore