

Bill Adcocks Marathon Career Summary

Bill Adcocks was one of Great Britain's trail-blazing marathon runners in the mid to late 1960's and early 1970's, and without doubt the most under-acclaimed. A contemporary of Ron Hill, and a lifetime Coventry Godiva Harrier He was a silver medallist at the 1966 Commonwealth Games in Jamaica, 5th at the Mexico Olympics and world-ranked at No2 in 1969, following his 1st place in Fukuoka, Japan in 2hrs 10mins 48 secs, breaking his own European record. He held the record for the classic Marathon to Athens course of 2hrs 11mins 7 secs in 1969, not beaten until the 2004 Olympic Games, and then only by 12 secs. In all, Bill completed 11 marathons in 2 hrs 20 or under, 6 being under 2 hrs 16 mins.

He is holding a seminar at the Old Spot PH, Daybrook, Nottingham on 11 December. The event is organised by the Nottinghamshire Athletics Network (NAN).

He will be talking about his running career and achievements, training methods and race preparation old and modern, and the current state of the sport, as he is still very much involved in the sports administration, and is Club Secretary at Coventry Godiva Harriers.