

MASTERS

ATHLETICS

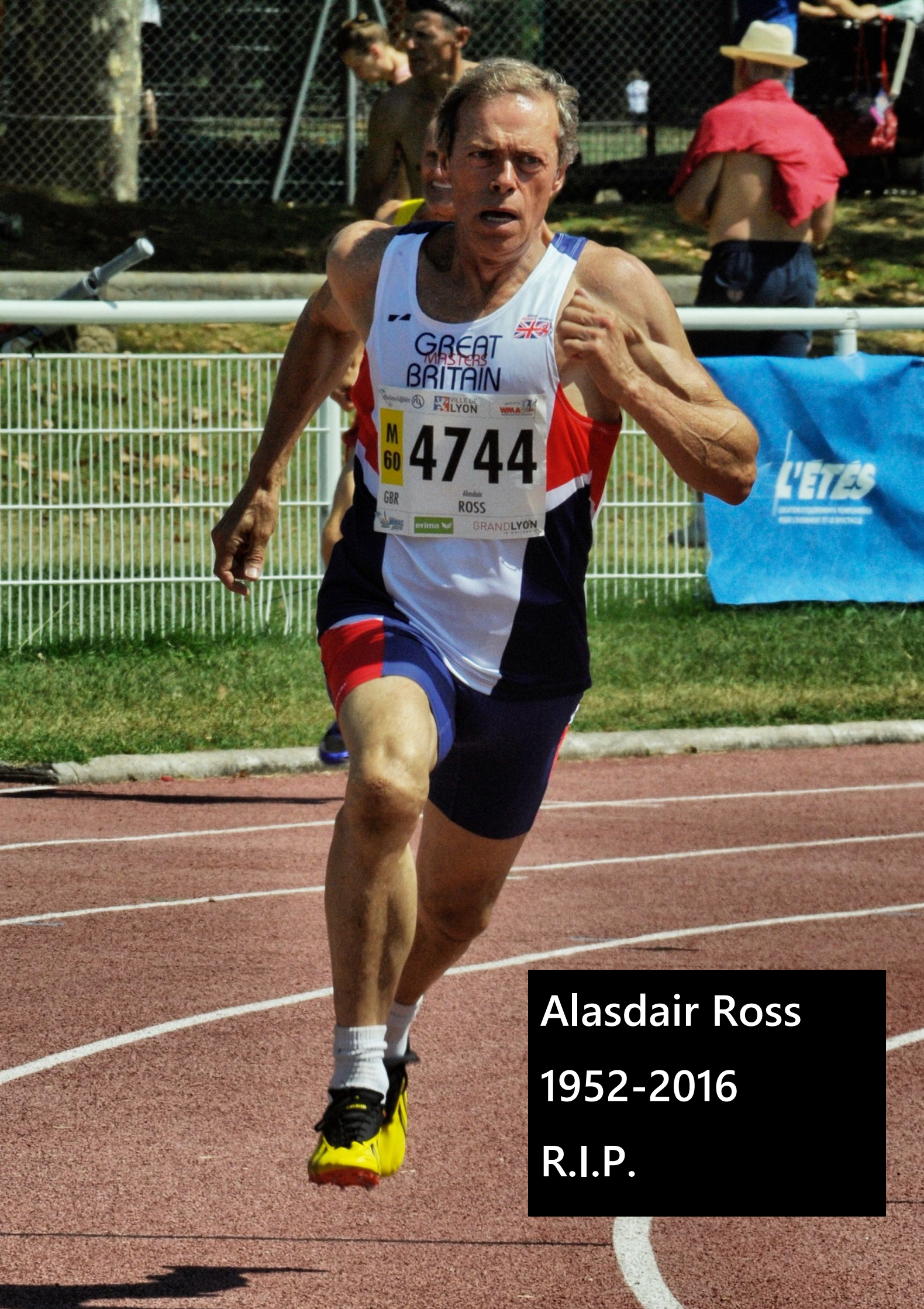
AUTUMN 2016 Issue 113

*The official magazine
of the British Masters
Athletic Federation.*



***Janice Pryce sets a new
British record in the Triple
Jump.***

Picture: ALEX ROTAS.



Alasdair Ross

1952-2016

R.I.P.

MASTERS ATHLETICS

Editor

Paul Smith bmaf@riddys.co.uk

Contributing Editor

Brian Owen.

brian.owen2@btinternet.com

Page 3 ▶ News & Views

Page 5 ▶ Secretary's Report

Page 8 ▶ Obituaries

**Page 10 ▶ Meet our Members -
Tom Phillips**

**Page 13 ▶ Inter Area Track and
Field**

**Page 19 ▶ BMAF Track and
Field**

INTERNATIONAL & NATIONAL FIXTURES 2016/17.

2016:International:

26 Oct-6 November. WMA Track & Field, Perth,
AUSTRALIA

12th November. British & Irish XC International,
Glasgow.

2017:International:

19-25th March: WMA Indoor , Daegu, South Korea.

27th July-6th August: EMA ,Track & Field
Championships, Arthus, Denmark.

National:

8th October. Inter Area Cross Country, Wimbledon.
Common.

9 October. BMAF Half Marathon, Glasgow.

Area:

Your fixtures can go here - please advise Editor.

NEWS & VIEWS:

300 Club Results:

JUNE: Anthony Parkinson £125; Peter Kennedy-Robert Price-Robert Williams all £10.

JULY: Mel James £125; Claire Cameron-Alastair Dunlop-Douglas Fotheringham-Jackie Gilchrist-Peggy Taylor all £10.

AUGUST: P.J.Hefferan £125; Roger Bruch, Dot Fraser, John Howe, Dianne Smith, all £10.

other prizes totalling £ 30 won by Nigel Wray generously donated back to B.M.A.F.
To join please email 300plus@bmaf.org.uk

Steve Parker and Tim Dolder of Opus Restructuring were appointed to Hastings Printing Company on 3rd August and the firm ceased trading the same day, with all 33 employees made redundant.

The circa £3m turnover firm was established in 1915, and had been owned by the Knoll family since 1978, with a number of family members working at the business.

It had developed a specialist role such as posters and programmes for the entertainment industry, alongside magazines and corporate literature.

Opus said that 50% of the firm's sales were in the highly-competitive magazine printing market, and Hastings had found it difficult to compete due to a lack of investment in the latest printing technology.

The Editor of Masters Athletics is looking for a new printer, hopefully the printed Edition of this Magazine will not be delayed.

Following a review of Maurice.Doogan's suspension from Masters Athletics, the WMA have determined that the charges levelled against him, and the subsequent finding of guilt, should be set-aside. As such, he will be resuming his role with the British Masters Athletic Federation with immediate effect.

Although the WMA have reserved the right to look at the circumstances surrounding his suspension again. Maurice has sought all documentary evidence relating to the initial charges brought against him. Should the WMA elect to take any further action against him, charges will be vigorously defended.

PETER KENNEDY

The new official supplier of BMAF kit is Ridgeway Textiles/Ronhill Specials. They will be producing vests and shorts of all types, short and long sleeved tee shirts, tracksters and tracksuits. Prices will be announced and kit will be available in the next few weeks, by post and at the BMAF future championships.

Orders may be placed by calling 01623 551452 or at mail@ronhillspecials.com or by calling Vince Wilson on 07946175816 or via email at vincewilson800m@yahoo.co.uk or vince@sportsweardeals.co.uk

ARTHUR KIMBER

Edward Betts set a new World M45 400 metres Hurdles record, whilst competing in Spain on the 9th July.

Here is the result **first Lander Gil Oiarzabal SM 53.62; second Mikel Calle Navarro SM 54.07; third Edward Betts M45 54.92;**

Ed moved to Spain in 2003, and lives and races in Oviedo, North Spain. He is still a member and club record of Thames Valley Harriers, he is their 400H holder (50.49 in 1997)..

He came to Spain after receiving an offer to run for F.C. Barcelona, for whom he completed for two years. He then I joined the University of Oviedo, where he still coaches, trains and races.

Last year was his first ever world Masters in Lyon, where he finished second in the final, running 55.34 off hardly any training at the age of 44. This gave him the motivation, that if he could stay injury free he could run close to the World Record for Men 45.

What he has learnt is that he cannot do as much Hurdling now due his calf injuries, and to make this achievement more surprising was the fact that this year he probably only hurdled in training once. Ed believes he can still go quicker and maybe injury-free he can run better than 54.3.

Due to family and work commitments making it back to race in the in the UK is difficult.

He plans to see how things are for the Denmark's European championships next year, but the main goal is to run in Malaga's World championship in 2018.

We set a good example to our children/grandchildren, we inspire those who would like "to have a go" at competitive sport but feel that they may be too old. Now we are the active competitive parents of Olympians.

Watching the drama unfold on the track and on the field in Rio, you may well have spotted several Masters athletes. The oldest was the Spanish 50km walker Jesus Angel Garcia aged 46, one of 11 Masters in the 48-strong Spanish team. He finished a very credible 20th in 3.54.29sec. The mother of Nafissatou Thiam the Heptathlon gold medallist, is Daniéle Denisty the current European Masters Athletics W45 Heptathlon gold medallist in Izmir where she scored a total of 5043pts to beat Ireland's Geraldine Finnigan. She is now in the W50 age category.

Another Mother/Daughter team and making her fourth appearance for the Cz Republic at the Olympics was 35-year old Barbora Špotakova. She won the javelin in Beijing and London and took the bronze medal in Rio with a throw of 64.80m. She was the only CZE athletic medallist in Rio. She was at the European Masters Athletics Championships in Zittau in 2012 to watch her mother Ludmila win the W60 javelin title.

The men's hammer was won with a sub 80m throw, lower than the current WMA M40 World Record. The silver medallist is Ivan Tsikhan from Belarus, an M40.

In the women's high jump four cleared 1.97m, two are 37-year old's, Ruth Beitia who won with no failures, and Chaunte Lowe, USA who finished 4th.

One of the best performance by a Masters athlete (note TV Commentators referred to them as "older athletes") came in the 4 x 400m when Chris Brown, who will be 38 in October, took over on the last leg for the Bahamas bringing them home third in their fastest time this year 2.58.49sec. His split time must have been in the 44-sec mark. He is now the first man in history to win four Olympic medals in the 4 x 400m, taking his total to two bronze, one silver and gold at the 2012 London Olympics.

BRIDGET CUSHEN

Heptathlon/Decathlon

Andre Martre in Arles, France, has been in touch inviting any interested multi-eventer to compete in the above on 22/23 October. You will be making your own arrangements and for further information contact Andre by email: martreandre@orange.fr

EAMA Inter-Area Cross Country Challenge

England Athletics Masters in collaboration with Veterans AC are staging a trial Inter-Area Cross Country Challenge on Wimbledon Common, an historic and classic cross country venue. The date for this event was 24th September but due to clashes with other events and a low entry level so far the decision has been taken to put this back two weeks to Saturday 8th October.

Venue: Wimbledon Common, Camp View/North View end, London SW19 4UL.

Post-race reception and prize giving at 4pm in the Swan pub, 89 Ridgway, London SW19 4SU
(Provisional booking at this stage)

Events: 4.5 Miles Cross Country
1-30pm Race 1 M65, M75+, All Women;
2-30pm Race 2 M35-44, M45-54, M55-64;

Eligibility: BMAF Area Club members only, UKA affiliation mandatory

Individual entry, no team selection necessary
Entry fee £10 online by BMAF OpenTrack only

Awards: Trophy for the winning Area Team, certificates for scoring runners in the winning team

The teams will be scored by points for 4 runners in M35 and M45 categories, 3 runners in M55+ and all women's categories.

There is a link to a picture of the Trophy for the event:
<http://bmaf.info/bmaf2015/gallery/IAXC%20Trophy.JPG>

This is a trial for this year and we would like it to be successful and grow in future years, when it can be held in a different region each year.

North Downs Run - BMAF 30k Trail Championships 26 June 2016

Organised by Istead and Ifield Harriers

1 Julian Rendall 1-M35 TONBRIDGE AC 2:01:37; 2 Phil Sanders 1-M40 KENT AC 2:10:25; 3 Allen Jones 1-M45 MEDWAY & MAIDSTONE AC 2:19:31; 4 Dave Cox 1-M60 WOODFOOD GREEN AC W. ESSEX LADIES 2:20:41; 5 Adam Baker 2-M40 ORION HARRIERS 2:25:52; 6 Jonathan Gardner 2-M45 HIGHGATE HARRIERS 2:27:32; 7 Martin Cunningham 1-M50 PETTS WOOD RUNNERS 2:29:14; 8 Peter Thompson 1-M55 WALDEN TRI 2:32:11; 9 Gavin Kitchingham 3-M45 ORPINGTON ROAD RUNNERS 2:35:47; 10 Alex Wright 4-M45 CORBY AC 2:37:01; 11 Angela Norris 1-W50 DULWICH RUNNERS 2:37:16; 12 Fiona Russell 1-W45 MORNINGTON CHASERS 2:38:12; 13 Catherine Stibbs 1-W40 KENT AC 2:41:39; 14 Walter Hill 2-M60 CRAWLEY AC 2:44:56; 15 David Gill 2-M55 WARRINGTON AC 2:45:10; 16 Jenny Fowler 2-W40 MEDWAY & MAIDSTONE AC 2:45:13; 17 Don Lawless 2-M50 THURROCK HARRIERS AC 2:47:42; 18 Trevor Edgley 1-M65 ISTEAD & IFIELD HARRIERS 2:48:49; 19 Ian Wright 3-M60 ISLWYN AC 2:53:21; 20 Bob Fursey 3-M50 MEDWAY & MAIDSTONE AC 2:57:57; 21 Ian Marshall 2-M65 CAMBRIDGE HARRIERS 2:58:26; 22 Robert Scott 5-M45 BARNET & DISTRICT AC 3:03:07; 23 Peter Harris 3-M65 ELY RUNNERS 3:05:02; 24 Liam O'hare 4-M65 BARNET & DISTRICT AC 3:08:58; 25 Catherine Wright 1-W60 CORBY AC 03:11:02

03:10:38; 26 Janice Moorkite 1-W55 LARKFIELD AC 3:18:34; 27 Matthew Mason 6-M45 ELY RUNNERS 3:23:16; 28 Steve Connolly 4-M60 SWINDON HARRIERS 3:24:18; 29 Eilan Laquaniello 3-W40 LARKFIELD AC 3:30:02; 30 John Turner M70; ELY RUNNERS 3:42:02; 31 Sarah Marzaioli 1-W65 HASTINGS RUNNERS 3:53:21; 32 John Gaade 1-M70 SCVAC 4:06:19;

Microgaming Isle of Man Marathon BMAF Championships - 14 August 2016

M35: Phil Martin Bushfield Joggers 2:36:42; **M40:** Grant Ramsay Fairlands Valley Spartans 2:49:06 ; **M45:** 1.Gordy Smith Heanor RC 2:48:17; 2.Jason Bennett Buxton AC 3:01:42; **M55:** 1. Kevin Deakes Northern AC (Isle of Man) 2:59:25; 2. Les Hill Dumfries RC 3:18:37; **M60:** 1.Steve Shaughnessy Stockport Harriers & AC 3:15:23; 2. Walter Hill Crawley AC 3:28:46; 3. Timothy Boone Arunners RC 3:32:55; **M65:** 1.Trevor Edgley Istead & Ifield Harriers 3:35:21; 2.David Pettifer Kenilworth Runners 3:47:13; **W35:** 1. Samantha Amend Belgrave Harriers 2:54:50 2.Louise Hollings Isle of Man Veteran AC 5:21:37; **W45:** 1.Jayne Farquhar Isle of Man Veteran AC 4:56:15; 2. Sharon Cain Western AC (Isle of Man) 5:21:37; **W55:** Margaret Connolly South Kent Harriers 4:08:21; **W65:** Sarah Marzaioli Hastings Runners 4:41:42; **W75:** Brenda Jones Bro Dysynni AC 4:45:20;

Secretary's Report. Bridget Cushen

Annual General Meeting

An increased number of members stayed on after the conclusion of the first day's events during the Track & Field Championships to attend the AGM on 17th. It is always nice to see a good turnout and to know that members are keen to play an active part in the future of the Federation despite their need to refuel and get some rest.

The Reports from all Officers reflected on a very successful year in all disciplines. Mel James reported that entries for both the Cross-Country Relays and the main Championships were up on the previous season. Recording his thanks to Robert Fox and his Long Eaton club team for their help in promoting the Relays, Mel confirmed that we have decided to make a return visit to Long Eaton on November 19th. The Cross Country Championships were promoted by the SWVAC at Bath University in March and he is looking to visiting the North West next March.

Walter Hill's report covered Road and Trail Running outlining the geographical spread of the

various races. In February a top quality Masters field competed in the 10 Mile Championships held near Poole over a challenging course, and the Olympic Park in Stratford was a popular venue for the 10km. He thanked the SWVAC, Peter Kennedy and the VAC for their help. The Road Relays in Sutton Park witnessed an increase in entries. After organising this popular event for many years, our Midland Masters AC was unable to continue and an amazing BMAF team effort ensured a successful day and a vote of confidence for 2017. He recorded his thanks to so many people who made this happen under what could be best described as difficult circumstances.

The 5K at Horwich saw stability in entries and the recommendation of chip timing ensured we avoided the difficulties in 2015. The Mile races in Cardiff were also popular. The multi terrain Championships in June moved to the North Downs 30K and thanks to Trevor Edgley who assisted him, the event was an outstanding success. Next year we return to the same venue and this is one race you need to think about entering. It is best described as a first class experience. All 4 races had excellent coverage in Athletics Weekly which we all appreciate.

The final Championship before the AGM was the Isle Of Man Marathon on the 14 August. BMAF members dominated this event and he can only recommend it for the future. In his opinion it is one of the best Marathons in Great Britain and Northern Ireland. Thanks once again to the IoM Masters and Peter Kennedy who assisted him on the day.

Olympian Ian Richards covering race walking, said it has been another year of excellent achievement by a small band of race walkers who have attended international Masters Championships while the programme of domestic Championships has continued to provide good age group competitions over all distances to enable every walker in the UK over the age of 35 to compete against their peers. Overall numbers of Masters walkers has not changed much over the year with very few 35 to 50 year olds. Meeting the technical requirements of the event remains the biggest deterrent. Before the introduction of the straight leg from point of contact to the upright position, runners would often switch to walking when they started to encounter knee problems. Today it is not uncommon for walkers to switch to running!

Despite being Meet Director, Maurice Doogan managed to attend, reporting that 808 competitors had entered this weekend and despite more entries and a slight increase in entry

fees, Championship losses are substantial. The Official only get basic pay; we have to bring them in from Scotland etc. they need overnight accommodation. Questions were asked from the floor why he does not try to get local Officials and asking if Maurice Doogan is the Track & Field Secretary this weekend. The Chairman said Maurice is currently Co-opted on the Executive.

Questions also arose from Peter Duhig's report covering international Championships. Peter said 283 members have entered for Perth. The Executive agreed to provide more information for athletes in preparation should they be randomly chosen for an Anti-Doping Test. Please check on our website for updated information on this.

BMAF IT Manager, Peter Kennedy's comprehensive report outlined the move from AREG to ReportLab; the new membership and competition entry system called BMAF OpenTrack, the cost of which represents a considerable saving to the BMAF and its Clubs over the cost of using AREG for all Clubs or continuing the inconvenience of only some Clubs using the system. Seven of the area Clubs also now allow their members to pay their membership online by debit/credit card and four of the Clubs use it for online entry to their major championships. There were some teething problems with payments in the first month due to communications problems with the banks, but since then there have been no lost/duplicated payments or other issues.

He said the system has now been in operation for nearly nine months and although all the major functions are in place, there is still a long list of improvements to address. We have to be patient with this, since we share the development resources available rather than having any dedicated support staff. This is a consequence of paying for IT services on a usage basis, rather than as bearing the costs of development. In the remainder of the year we will address the following key changes:

- Automated checks on UKA registration and enforcement of the UKA rules of competition for registration
- Enhanced checks on British nationality due to revised WMA rules on eligibility.

Alex Rowe (NMAC) is helping Peter.

Questions were also asked on Kevin Dillon's Vice-Chair Policy & International Affairs, Report which alluded to the cancellation of the Clothing Contract and the switch to the new Supplier,

Ridgeway Textiles. The latter were at the Championships and official BMAF athletic apparel is readily available. A link will be on our website.

After twenty two years on the Executive and with his wife Pat helping out in other capacities, Danny Herman delivered his final Report as Treasurer. Handing over a healthy Balance Sheet to newly elected fellow NMAC member, Daniel Upton, the Meeting thanked him for his loyal service and welcomed Daniel.

Chris Jager keeps our 300 Club going and with increasing venue hire costs etc, this is one source of income for us as we get no official help and I would encourage members to sign up and you have a good chance of bagging a prize.

All outgoing Officers were re-elected, Maurice Doogan was elected Track & Field Secretary and Arthur Kimber was nominated a Life Vice President for his contribution to our sport.

Club Championships

I was privileged to attend two of our Club Championships earlier this year, the South West in Exeter in June and the combined SCVAC/VAC in Kingston in August. The SWVAC have wonderful facilities at Exeter track. Both were well supported. Some Open entries added to the excellent local competition; Championships records were established as families socialised and Club Championships remain as popular as ever

World Masters Athletics Championships in Perth

Where the 2020 Championships will be held will be decided at the General Assembly in Perth and it could be a difficult decision for your Delegates to decide as the two Bidders, Toronto and Gothenburg, hosted the first Masters gathering in 1975 and 1977 and did a perfect job. The five BMAF Delegates are Arthur Kimber, Ian Richards, Maurice Doogan, Mike May and myself. We would like to have an indication of our members' preference, let us know, although much will depend on what facilities the Bidders offers, transport, accommodation etc.

Masters in the Olympics

No doubt you would have noticed that the Hammer gold medal was won with a throw below the current M40 World Record and that the field included a few Masters. I lost count of the number of 40-plus competitors – Kim Collins, Bernard Lagat who lowered his own M40 5000m World Record finishing 5th in 13.06.78sec. The USA's other 41-year old, Meb Keflezighi, was seen to

stop during the marathon but came through to finish 20th in the 2.16.46sec. The 46-year old Spanish Jesus Angel Garcia, finished a very credible 20th in 3.54.29sec from an 80-strong field in the gruelling 50km walk in weather conditions described by some as worse than Beijing. A record that went largely unnoticed is that of Chris Brown who turns 38 next month, running the final leg for the Bahamas 4 x 400m relay team to take them into bronze medal position, he ran 44.54sec and becomes the first man in history to win four Olympic medals in the 4 x 400m, taking his total to two bronze, one silver and gold at the 2012 London Olympics.

Jo Pavey may have been the fulcrum of British Press attention but there were other Masters women not just competing, but on the podium. The 48-strong Spanish team included eleven Masters and their first ever female Olympic Track & Field medal was won by their 37-year old high jumper, Ruth Beitia, who took the gold on the count back and became the oldest woman in history to win this event. Jessica Ennis-Hill's nemesis, 21-year old Belgian Nafissatou Thiam, is the daughter of Danièle Denisty the current European Masters Athletics W45 Heptathlon gold medallist. She scored a total of 5043pts to beat Ireland's Geraldine Finnigan in Izmir in 2014 and is now in the W50 age category. 35-year old double Olympic javelin champion, Barbora Špotakova making her fourth appearance for CZE, won the bronze medal in Rio with a throw of 64.80m, She came to the European Masters Athletics Championships to watch her mother Ludmila win the W60 javelin title.

The most remarkable Masters athlete in Rio however is Ly Nary. She was rescued as a nine year old by the Red Cross as the Khmer Rouge overrun her country and fostered in France. She went on to study Medicine, returning to Cambodia to help the less fortunate. The 44-year old ran a sub 3-hour marathon in 2015 but finished 133rd and last in Rio in 3.20.20sec. As greed and avarice creeps into international sport at all levels, how refreshing it is that there are those of us who compete just for the love of it, and of course we are the Masters.

Bridget Cushen (*September 2016*)

The official BMAF Facebook page continues to grow rapidly with almost 1000 members now part of this online community discussing all things Masters Athletics. Search 'British Masters Athletic Federation' on Facebook to join or go to: <https://www.facebook.com/groups/1657215257824680>

Whipper In



The Northumberland and Durham Paperchase League, the Early Years, the Forerunner of the North East Harrier League

Archie Jenkins

Archie Jenkins second book has recently been published. 'Whipper In' documents the early years of the Northumberland and Durham Paperchase League, which was the forerunner of the North East Harrier League. Priced at £8, you can obtain a copy from Archie - please email him for details at: archie Meadowriggs@btinternet.com

The European Masters Marathon Championships (EMMC) will take place within an established major city marathon from next year.

Wroclaw in Poland will host the inaugural event on September 10th 2017. It will be the 35th anniversary of this popular marathon that attracts in excess of 6000 entries annually.

Entries open in January.

British Masters One Mile Road Race Results Cardiff - 1st October 2016 (BMAF placings in bold)

Men 35, 40, 45

1 130 James Thie Cardiff AAC 4.31, 2 118 Aaron Brown Tipton Harriers 4.38 **1 - M35**, 3 124 Duncan Mollison Reading Roadrunners 4.42 **2 - M35**, 4 134 Huw Evans Les Croupiers 4.42 **1 - M40**, 5 131 David John Williams Les Croupiers 4.42, 6 127 Doug Nicholls Les Croupiers 4.45 **3 - M35**, 7 129 Daniel Robinson Birmingham Running Athletics & Triathlon Club (BRAT) 4.49, 8 119 Mark Gardner Lancaster & Morecambe AC 4.51 **4 - M35**, 9 153 David Smith Wolverhampton & Bilston 4.53 **1 - M45**, 10 121 Dean Kane Inverness Harriers AAC 4.53 **5 - M35**, 11 123 Edward Land Aberystwyth AC 4.53, 12 147 Mark Champion Istead & Ifield Harriers 5.02 **2 - M45**, 13 149 Tim Grose Walton AC 5.05 **3 - M45**, 14 151 Adrian Lewis Aberdare Valley AAC 5.07 **4 - M45**, 15 139 Charles Thomas Walsh Swansea Harriers AC 5.08, 16 262 Lindsay Toulson York Knavesmere Harriers 5.18, 17 138 Stuart Wadlow Les Croupiers 5.19 **2 - M40**, 18 152 Jacob Morgan Carmarthen & District Harriers 5.22 **5 - M45**, 19 146 Jonathan Carter Chepstow Harriers 5.44, 20 148 Andrew Dickens Pont-Y-Pwl & District Runners 5.46, 21 256 Richard Phillips TROTS 5.59

Men 50, 55, 60

1 160 Simon Anderson City Of Plymouth AC 4.54 **1 - M50**, 2 171 Rob Fox Long Eaton Running Club 5.11 **1 - M55** 3 165 Anthony Roper Bristol and West AC (est. 1882) 5.23 **2 - M50**,

4 180 David Bedwell Bristol and West AC (est. 1882) 5.25 **1 - M60**, 5 179 Kevin Archer Weymouth St Pauls Harriers 5.28 **2 - M60**, 6 173 Ken Ham Westbury Harriers 5.32 **2 - M55**, 7 169 Steven Doxey Swinton Running Club 5.34 **3 - M55**, 8 168 David Coles Les Croupiers 5.35 **4 - M55**, 9 161 Brett Davis Newport Harriers AC 5.35 **3 - M50**, 10 175 Peter Mountain Bristol and West AC (est. 1882) 5.43 **5 - M55**, 11 176 Kevin Pye Charnwood A C 5.46 **6 - M55**, 12 170 Peter Eckersley Birmingham Running Athletics & Triathlon Club (BRAT) 5.49, 13 174 Mark Kallenberg Cardigan RC 5.55 **7 - M55**, 14 184 David Proffitt Llisbury Runners 6.07 **3 - M60**, 15 181 Peter Crowther Aberystwyth AC 6.08 **4 - M60**, 16 185 John Watkins Newport Harriers 6.48 **5 - M60**, 17 182 Kevin Dillon Manchester Harriers & AC 7.55 **6 - M60**
Women 35, 40, 45, 50, 55, 60, 65, 70, 75 and Men 65, 70, 75

1 133 Claire Thompson Victoria Park City Of Glasgow AC 5.34 **1 - W40**, 2 142 Sarah Everitt Bristol and West AC (est. 1882) 5.39 **1 - W45**, 3 207 Richard Marks Sarn Helen 5.40 **1 - M65**, 4 117 Katherine Wellam Sale Harriers Manchester 5.41 **1 - W35**, 5 155 Clare Jolliffe Bristol and West AC (est. 1882) 5.43 **1 - W50**, 6 114 Claire Bruce Les Croupiers RC 5.50 **2 - W35**, 7 158 Lisa Webb Shaftesbury Barnet Harriers 5.51 **2 - W50**, 8 154 Christine Anthony West Suffolk AC 5.53 **3 - W50**, 9 115 Ruth Jones Aldershot Farnham & District 5.54 **3 - W35**, 10 144 Louise Summers Pont-Y-Pwl & District Runners 5.56, 11 208 Don Powell Basingstoke & Mid Hants AC 6.00 **2 - M65**, 12 211 Peter Giles Hercules Wimbledon AC 6.02 **1 - M70**, 13 157 Jane Pidgeon Notts AC 6.05 **4 - W50**, 14 255 Julie Cashell Parc Brynbach Running Club 6.25 **2 - W40**, 15 263 Malcolm Bradley Penarth and Dinas 6.30 **3 - M65**, 16 132 Rachel Lewis Parc Brynbach Running Club 6.32, 17 203 Nancy Hitchmough Dudley and Stourbridge Harriers 6.33 **1 - W65**, 18 204 Ros Tabor Dulwich Runners AC 6.34 **2 - W65**, 19 166 Jeanette Jenkins Fairwater Runners Cwmbran 6.35, 20 141 Lisa Carpenter Cirencester AC 6.46 **2 - W45**, 21 219 John Gardener Pembrokeshire Harriers 6.55 **1 - M75**, 22 213 Barrie Roberts Bournville Harriers 6.59 **2 - M70**, 23 167 Julie Scholey Les Croupiers 7.13 **1 - W55**, 24 217 Doug Milsom Hillingdon AC 7.16 **2 - M75**, 25 209 Patricia Gallagher Westbury Harriers 7.31 **1 - W70**, 26 215 Eric Hughes Bridgend AC 7.36 **3 - M75**, 27 206 Ray Lewis City Of Portsmouth AC 7.58 **4 - M65**, 28 202 Ann Bath 26.2 Road Runners Club 8.06 **3 - W65**, 29 212 Mike Kortenray Veterans AC 8.14 **3 - M70**, 30 205 Jeffrey Aston Les Croupiers 8.40 **5 - M65**, 31 220 Richard Pitcairn-Knowles Sevenoaks AC 8.54 **1 - M80**, 32 218 Sydney Wheeler Chepstow Harriers 9.41 **4 - M75**

OBITUARIES



BETTY DOWNS

HEARTFELT tributes have been paid to "a great woman and friend" following the passing of a dedicated volunteer and official at Birchfield Harriers.

Betty Downs, 82, died on Monday July 25, after being taken to hospital with heart problems earlier in the day.

A spokesman for Birchfield Harriers posted the following message on Facebook: "We are sorry to inform all our members – and friends – of the sad loss of another close friend Betty Downs who passed away "She had been taken ill earlier in the day and did not recover.

"Betty was a great woman, a great official, a volunteer and a friend to athletes, parents, fellow officials and teachers. "The club wishes to pass on our thoughts and best wishes to her family at this time."

Harriers' statement continued: "Many of us owe Betty a huge debt for the support, the smile, the spikes, the safety pins and so much more so, at this time, we all want to say 'thank you, Betty'."

CONRAD PHILLIPS

Sadly we hear that Conrad Phillips passed away recently , having lost his battle with Cancer.

Conrad was 76 and had won several British Masters sprint titles in the 1990's and in the first decade of this century.

He was Lead Coach to Greg Dunson, and contributed to "Masters Athletics", and he will be missed by his many friends in the Sport.

LEO CARROLL

Leo Carroll, for many years one of Wirral Athletic Club's leading runners, passed away suddenly in June after a short illness.

In pre-veteran days Leo had a highly successful career as a marathon runner,

winning the Northern marathon title three times and having a best time of 2 hours 17 minutes and 12 seconds. He won the Road Runners Club Championship in 1965 with a time of 2 hours 21 minutes and 38 seconds shortly after finishing third in the Inter Counties 20 miles' race in 1 hour 44 minutes and 12 seconds behind Heatley and Adcocks.

When he became a Veteran in 1979 Leo became an integral part of the highly successful Wirral team of that time, leading the Club to four victories in the annual Bruges 25 kilometres event. His best placing was in 1982 when he was fourth to Tim Johnston in 81 minutes 04 seconds.

In 1981 Carroll won the European 20 kilometres title in Riccione, Italy being rewarded with a huge cup and a real Gold medal.

Also in 1981 Carroll finished third in the B.V.A.F cross country behind Taff Davies and Jim Alder, probably his best cross country performance.

On the track Leo won the M.45 5000m in 1985 at Wolverhampton.

In 1982 Carroll took over as Secretary of Wirral A.C., a post he held for thirty-four years.

For services to athletics and Cross country Leo Carroll was elected President of the E.C.C.A. in 2007, and in 2015/16 he became President of the North of England A.A.

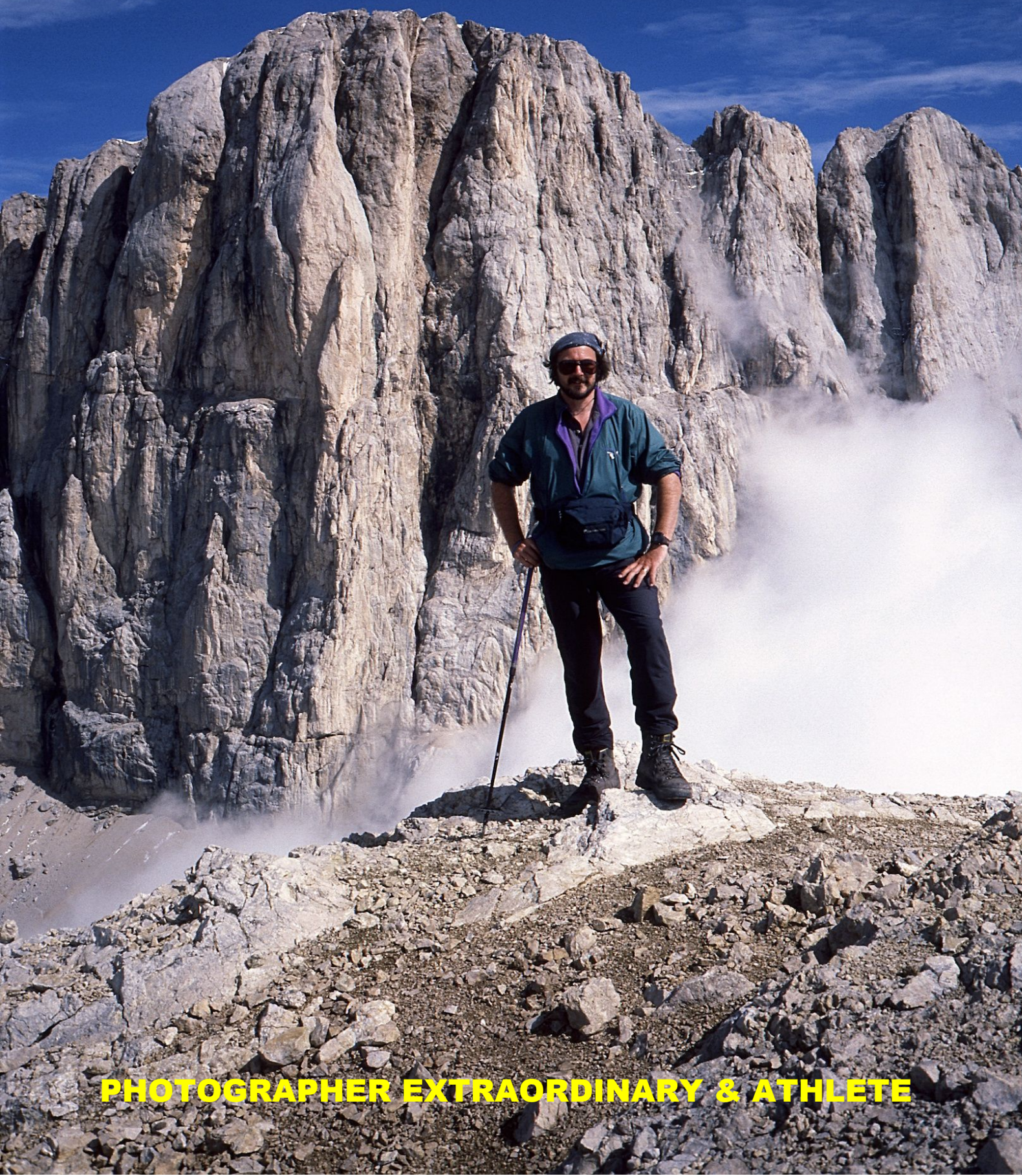
A busy man who fitted in his athletics achievements around his career as a particle physicist, Leo was a Senior Lecturer at Liverpool University. He also attended Harvard where he ran the Boston Marathon. He fitted in many unsung European races when he spent time in Geneva working on the Hadron Collider.

As principal course provider for championship races at Wirral's Arrowe Park which saw Women's National races, Inter Counties championships and several Northern XC Championships, he worked assiduously with a large scale map and a piece of string to establish their accuracy!

Maurice Morrell

MEET OUR MEMBERS

TOM PHILLIPS PHOTOGRAPHER AND ATHLETE



PHOTOGRAPHER EXTRAORDINARY & ATHLETE



Picture Alex Rotas

Readers of *Masters Athletics* will have been impressed for a good few years now by the world-class standard of the photographs that Tom Phillips captures for us. Tom will also be well known to the track racing community as a sprint star, medallist in National, European and World events. Others may never have met him, and some might be curious to know more, so we've made him subject of one of our occasional athlete profiles.
TOM in interview;

"I've been a sprinter pretty much since primary school days in South East London. I was a kid who could run a bit, and I went on to a secondary school with a good athletics tradition. I joined Blackheath Harriers, as it was then, aged 14 in 1968. I've realised I'm not long off 50 years of membership with them.

I was a fairly good senior athlete, by the standards of club athletics in the 1970s, racing in National and Southern League, and that kind of thing. Sadly, my diaries and souvenirs of those days were lost when a flat I lived in got flooded. It was way, way before the advent of the internet, of course! I ducked under 22 seconds for 200m a couple of times, and had a 100m best of 10.7 something. I remember racing against Allan Wells when he was still basically just a long-jumper, amongst other "names" from the time. In the early 1980s I had an accident that badly damaged my back, and put an end to my sprinting - or so I thought! For several years it was far too unstable for running and training. I did eventually get into the

jogging boom and ran what, for a sprinter, still look to me like decent times for 10k and half marathons. I've never run a full marathon on the roads, but took part in some of the early South Downs Marathons, at the goading of the late Cliff Temple.

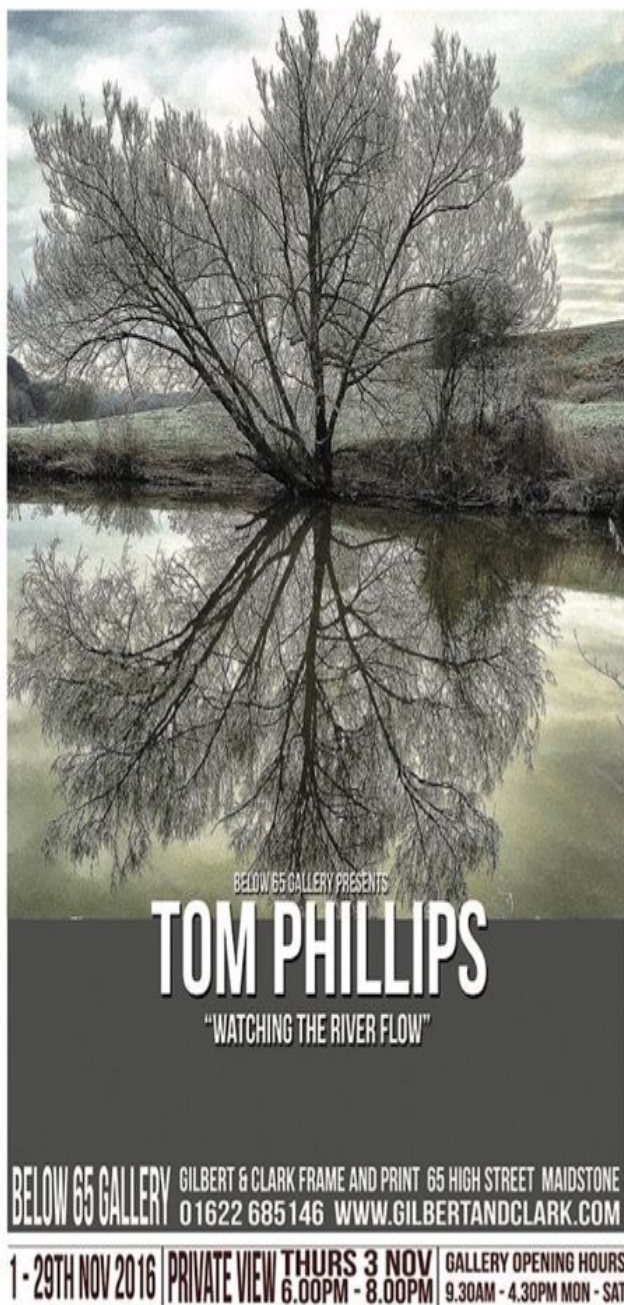
I'd taken up mountain walking and climbing in my teens. I was lucky to be introduced to the Italian Dolomites by a dear and now long-departed friend. Imagine my joy, several years later, at having the opportunity to live and work there on several occasions. Even better, I had a UK job that gave me headroom and (often unpaid) leave opportunities for this, and opportunity to be a leader for mountain hut touring parties in "my mountains". I've walked and climbed in most of Europe's mountain areas over the years. It was while doing stuff like that that I began to gain a reputation for my photography.

A chance encounter in Oxford Street with a former running pal led to me taking very tentative steps back on to the track in about 1999. In spite of my back problem, climbing and walking had kept me in good shape. They had even helped with my rehab. I was a regular gym user by then. It remains one of life's great joys to have set off on the third leg of a Kent Masters League 4x100m relay, and to find that I could still run fast!

I suffered the agonies of injury familiar to most new Masters! It wasn't until 2006 that I felt up to entering the BMAF indoors, held not long before that year's WMA Indoor Championships in Linz. Here was this 52-year-old bloke who almost no one in the British squad knew, who turns up and wins a 60m bronze medal in the British, and then a silver medal in the relay at his first World event! I was, of course, joining one of the best sprint squads in the world, in its toughest age group. On more than one occasion (e.g. Ljubljana in 2008) I made the finals of both the 100m and 200m at a big championship, yet still only got to be reserve for the relay squad!

I hit what, for me, counts as a purple patch in 2008/9, winning double gold in the European Masters Games, and getting 5th place in the WMA Lahti M55 100m. The nearest I've come to an individual WMA medal was in Lahti too, where I lost bronze in the 200m by 0.02 of a second to a Canadian who literally fell at my feet as we crossed the line together. I do cherish my WMA and EMA relay golds, though. I still regard my best Masters performances to date as being my 4x200m third leg in the Indoor final in Clermont Ferrand in 2008, and the lead-off leg I ran for the 4x100m squad in Lyon in 2015. That hurt!

I took a retirement deal from "real" work in 2011 and I'm now quite a busy freelance photographer with some great clients (and always looking for more, too!) My work covers a wide range, including landscape photography, which remains my first love, despite the volume of track and field stuff I shoot in a typical year! For fun, I have also amassed a very big portfolio of pictures from things as diverse as classic motorsport and Morris dancing. I'm also blessed to have time these days to do a little painting and pen and ink work.



I'm holding my second photographic exhibition in Maidstone through November 2016. My first, in 2014, was a general show, described by someone as my "pre-retrospective"! The new one is exclusively of landscape work shot along the River Medway, close to home. I'm looking forward to it a lot. The show will include some of my paintings, as well as photos.

If you're interested to know more, have a look at some stuff other than the Masters athletics stuff on my web site, at www.tomphillipsphotos.co.uk

**Should you wish to be the subject of an interview.
Contact Brian Owen
brian.owen2@btinternet.com**

International Championship Fixtures

26th Oct to 6th Nov 2016 - World Masters Athletic Championships - Perth, Australia



<http://www.perth2016.com/>

27 November, 2016 - World Masters 100K Ultra Run Championships - Los Alcázares, Spain



<http://100kworldchampionship2016.com/>

19th Mar to 25th Mar 2017 - World Masters Athletic Championships Indoors - Daegu, South Korea



<http://daegu2017.or.kr/eng/>

27th July to 6th Aug 2017 - European Masters Athletic Championships Stadia - Aarhus, Denmark



<http://www.emacs2017.com/>

10th Sept 2017 - European Masters Marathon Championships - Wroclaw, Poland



34. PKO WROCLAW
MARATON

<http://wroclawmaraton.pl/>

2018 - European Masters Athletic Championships Indoors - Appeldoorn, Netherlands (To be confirmed)

2018 - European Masters Athletic Championships Non Stadia - (venue to be confirmed)

8th Sept to 20th Sept 2018 - World Masters Athletic Championships - Malaga, Spain

5th Sept to 15th Sept 2019 - European Masters Athletic Championships Stadia - Venice, Italy



**EAMA OUTDOOR INTER
AREA TRACK FIELD
CHALLENGE, SOLIHULL
SUNDAY 17th JULY 2016**

Words: Arthur Kimber.

Pictures: Tom Phillips.

The match again provided performances of a high standard and competition between eight area clubs. MMAC won the men's match, narrowly beating SCVAC, 312 points to 304, but SCVAC took the women's match by a larger margin from MMAC, 295.5 to 264.5, ensuring that SCVAC won the combined match. Ten CBPs were set, two by Carole Filer, one British record, in the high jump where Steve Linsell equalled the British Record, and one British best performance in the 2000m. walk by race Anne Wheeler.

In the men's match MMAC had only five victories on the track, a 2000m.walk double, M35 Mark Williams, 9:33.78 and M50 Dwane Butterly, 10:17.77, a double in the 3000m, M35 Rob Keal, with a sub nine-minute clocking, 8:59.65, to win by over 30 seconds and M60 David Oxland, 10:41.17, and they took the M50 4x100m relay. They scored more heavily in the field, in the throws with a clean sweep by the M50s, discus by Kevin Brown, 47.72, javelin by Kevin Murch, 49.87, shot by Morris Fox, 15.03, and hammer by John Pearson, 56.97. Dean Storry set a CBP in winning the M35 high jump with 1.98 and Donovan Davenport won the M35 triple jump, 11.65.



**Aaron Brown
wins at 800 &
1500 metres**

For SCVAC Peter Davey got the club off to a good start with his 17.02 run to take the 110m. hurdles and the club scored heavily in the sprints, with winners M35

Joshua Wood, 11.41 and M60 Wally Franklyn, 13.44, taking the 100m. races, M35 Adam Bellis the 200m. in 23.33 and Simon Barrett, M60, 61.09 and Terry Bissett, M70, 69.98, winning the 400m. races. M60 Dave Wilcock was the only middle distance victor with 4:56.24 in the 1500m. and Chris Hobbs, also M60, took the 2000m. walk in 10:09.49. The club won three of the 4x100m. relays, M35, M60 and M70. In the throws M35 Mark Wiseman easily won the discus, 47.19, and shot, 12.25, Richard Nash took the M35 javelin, 41.42 and victories in the jumps came from M35 Ian Parkinson, 4.00 in the pole vault, Andy Lewis, 6.23 in the M35 long jump, Roger Bruck, 1.23 in the M70 high jump and Vic Novell, 4.17 in the M70 long jump.



**Zara
Hyde-
Peters**

EVAC had three winners, M35 David Brown, a fast 50.86 400m, M50 Tony Roberts a 2:13.86 800m, and M60 Geoff Tyler, shot, 12.16. M50 Tony Wright scored a double win for SWVAC, a 4:25.71 1500m. and a 9:32.22 3000m, Kevin Archer won the M60 800m. in 2:31.80 and Neil Tunstall the M50 100m. hurdles in 15.24. Paul Guest took the M50 long jump, 5.47 and Mario Lapka the M60 event with 4.70. VAC's Aaron Brown set a CPB in the M35 800m. with a fast sub two minutes clocking, 1:58.79, and also won the 1500m. in a fast 4:07.41. Richard Bloom won the M70 1500m, 5:53.92 and in the sprints Mark White the M50 400m, 56.00 and Pat Logan the M50 100m, 12.16. Dave Blunt won the M60 high jump, 1.44. M70 Glyn Sutton scored a fine double for WMAA, 100m. in 13.20 and 200m. in 27.39. Ian Broadhurst won the M60 race with 27.46 and in the field M35 Graham Holder easily won the hammer,

MASTERS ATHLETICS AUTUMN 2016

50.11. NMAA's Steve Linsell, M50, set a British record and CBP with a 1.77 high jump and also won the triple jump with 11.03. John Watts won the M70 shot, 11.38 and Mark Johnson the M50 pole vault with a very high 4.30.



Tony Crocker started the concept of Masters Teams competitions, with his West Midlands Veterans League and Inter Counties Championships back in the late 1970's.

In the women's match SCVAC scored heavily in both track and field. Diana Norman was outstanding in the W35 events winning on the track the 80m. hurdles, 12.61, the 800m. 2:21.17, the high jump, 1.59 and triple jump, 10.95. In the sprints newcomer Claire Spurway won the W35 200m, 25.82 and Joan Trimble, W60, the 100m, 15.64, and the club won all three 4x100m. relays, W35, W50 and W60. The W35 team of Sharon Dooley, Diana Norman, Kathryn Miles and Claire Spurway set a CBP. In the field Teresa Eades won the W50 pole vault, 2.30, Debbie McCaw the W35 shot, 9.83 and Liz Sissons W70 shot, 8.30.

MMAC compiled a substantial numbers of points in winning track events, W35 Ellena Ruddock, a 12.86 100m, W50 Jane Horder a 30.00 200m. and M50 Susan Frisby a 67.73 400m. The distance events winners included W60 international stars Angela Copson, a 5:56.81 1500m. and Nancy Hitchmough a 2:53.29 800m.



Zara Hyde Peters set a W50 800m. CBP in 2:33.87 and Caroline Dyllal won the W35 2000m. walk with 11:00.33. Deborah Murch won the W50 hammer, 36.09 and Jenny Cooper the W50 discus, 30.95. W60 Carole Filer worked hard for EVAC, competing in six events and winning four, with two CBPs, long jump, 4.49 and high jump 1.35. Her other two victories came in the 200m, 30.98 and the 400m, 72.46. Monica Brown won the W50 100m, 14.06 and W35 Andrea Jenkins the hammer, 46.42 and discus, 38.47. VAC had four victories on the track, two in the 1500m, W35 Joanne Locker a 4:44.51 1500m. and W50 Lisa Webb, 5:11.22, and two in the 3000m, W35 Indoor 3000 Champion and Marathon Champion Samantha Amend, 10:29.54 and W50 Anna Garnier, 12:39.59. For WMAA Iris Holder won the 100m, 18.39 and long jump, 3.09, W70 Pat Gallagher set a CBP with her 6:48.43 1500m, and Wendy Bennett, W50, the 2000m. walk, 11:15.30. M50 Melanie Garland won two field events, long jump 4.46 and triple jump 9.09, Alison Murray won the W35 pole vault, 3.20, a CBP, Joanne Frost the W35 long jump, 5.56 and Janice Timberlake the W50 javelin, 24.51. W50 Wendy Laing took two events for NMAA, high jump, 1.45, a CBP and shot, 9.79, while W35 Clare Constable won the 400m. in 62.44.

TEAM RESULTS:

TOTAL: 1 SCVAC 599.5; 2 MMAC 576.5; 3 WMAA 438; 4 EVAC 410; 5 NMAC 376.5; 6 VAC 374.5; 7 SWVAC 232; 8 SVHC 97; MEN: 1 MMAC 312; 2 SCVAC 304; 3 WMAA 228; 4 VAC 206; 5 NMAC 198; 6 EVAC 194; 7 SWVAC 181; 8 SVHC 71; WOMEN: 1

MASTERS ATHLETICS AUTUMN 2016

SCVAC 295.5; 2 MMAC 264.5; 3 EVAC 216; 4 WMAA 210; 5 NMAC 178.5; 6 VAC 168.5; 7 SWVAC 51; 8 SVHC 26;



Neil Griffin

M35: 100: 1 Joshua Wood SCVAC 11.41; 2 Dominic Bradley MMAC 11.49; 3 Marvin Edwards NMAC 11.50; 4 Stephen Butler WMAA 12.04; 5 Chris Taplin VAC 12.28; 6 Stan Walker SVHC 12.40; 7 Peter Benedickter EVAC 12.89; **200:** 1 Adam Bellis SCVAC 23.33; 2 Marvin Edwards NMAC 23.56; 3 David Brown EVAC 23.63; 4 Dominic Bradley MMAC 23.64; 5 Chris Taplin VAC 24.40; 6 Stan Walker SVHC 24.92; 7 James Morgan WMAA 26.39; **400:** 1 David Brown EVAC 50.86; 2 Adam Bellis SCVAC 51.39; 3 Richard Rubenis MMAC 51.43; 4 Jevgeni Judin SWVAC 53.42; 5 Chris Taplin VAC 54.00; 6 Robert Lindsay SVHC 56.81; 7 Leeroy Golding NMAC 57.41; 8 Stuart Pearce WMAA 59.86; **800:** 1 Aaron Brown VAC 1-58.79 (**CBP**); 2 Richard Scott SWVAC 2-00.09; 3 Phil Gould MMAC 2-00.76; 4 Paul Mitchinson SCVAC 2-09.48; 5 Robert Lindsay SVHC 2-10.43; 6 Peter Benedickter EVAC 2-10.84; 7 Terence Jones WMAA 2-13.30; 8 Steven Doxey NMAC 2-32.96; **1500:** 1 Aaron Brown VAC 4-07.41; 2 Gordon Barrie SVHC 4-17.95; 3 Shane Jay EVAC 4-19.89; 4 Richard Bruce SWVAC 4-27.30; 5 Terence Jones WMAA 4-30.55; 6 Calvin Scoltock MMAC 4-37.05; 7 Steven Doxey NMAC 5-11.68; T15 **3000:** 1 Rob Keal MMAC 8-59.65; 2 Paul Cheetham VAC 9-36.19; 3 Gordon Barrie SVHC 9-44.21; 4 Paul Mitchinson SCVAC 9-50.34; 5 Matthew Jacklin WMAA 9-52.20; 6 Sammy Rashid NMAC 10-08.61; 7 Andrew Stowe EVAC 10-13.25;



Diana Norman scored 41 points during the meeting

110H: 1 Peter Davey SCVAC 17.00; 2 Derek Hateley MMAC 20.82; 3 Leeroy Golding NMAC 24.42; **2000W:** 1 Mark Williams MMAC 9-33.78; 2 53 John Ralph VAC 11-46.66; 3 Charles Northey WMAA 3-56.68; **4x100:** 1 SCVAC (Lewis; Bellis; Davey; Wood) 44.90; 2 NMAC (Edwards; Goulding; Higson-Blythe; McCullen) 47.54; 3 VAC (Taplin; Brown; Lauder; Adesina) 49.48; 4 EVAC (Cohen-Wray; Stowe; Benedickter; Brown) 49.63 ; 5 WMAA (Pearce; Buttler; Morgan; Northey) 50.75; 6 MMAC (Gould; Bradley; Storry; Keal) 52.58; **HJ:** 1 Dean Storry MMAC 1.98 (**CBP**); 2 Gavin Fordham EVAC 1.77; 3 Ian Allen SWVAC 1.68; 4 Rick Cordwell NMAC 1.41; 5 Charles Northey WMAA 1.26; 6 Rich Nash SCVAC 1.20; **PV:** 1 Ian Parkinson SCVAC 4.00; 2 Gavin Fordham EVAC 3.90; 3 Derek Hateley MMAC 3.50; 4 Eddie McKenzie SVHC 2.40; **LJ:** 1 Andy Lewis SCVAC 6.23; 2 Donovan Davenport MMAC 6.10; 3 Ioan Hughes WMAA 5.97; 4 Gavin Fordham EVAC 5.80; 5 Ian Allen SWVAC 5.66; 6 Emmanuel Adesina VAC 4.64; 7 Carl McMullen NMAC 4.43; **TJ:** 1 Donovan Davenport MMAC 11.65; 2 Gavin Fordham EVAC 11.24; 3 Rich Nash SCVAC 10.11; 4 Rick Cordwell NMAC 10.10; 5 Emmanuel Adesina VAC 9.60; 6 Charles Northey WMAA 8.83; 7 Gordon Barrie SVHC 7.94; **SP:** 1 Mark Wiseman SCVAC 12.25; 2 David Locke MMAC 11.97; 3 John Twiddle NMAC 11.88; 4 Daniel Upton VAC 11.33; 5 Gavin Fordham EVAC 10.70; 6 Graham Holder WMAA 10.29; 7 Eddie McKenzie SVHC 9.37; **DT:** 1 Mark Wiseman SCVAC 47.19; 2 Graham Holder WMAA 33.31; 3 Gavin Fordham EVAC 33.06; 4 John Twiddle NMAC 32.53; 5 Perriss Wilkins MMAC 32.20; 6 Eddie McKenzie SVHC 27.82; 7 Daniel Upton VAC 27.23; **HT:**

MASTERS ATHLETICS AUTUMN 2016

1 Graham Holder WMAA 50.11; 2 Mark Elliott MMAC 41.91; 3 Mark Wiseman SCVAC 41.47; 4 John Twiddle NMAC 35.47; 5 Daniel Upton VAC 24.18; 6 Eddie McKenzie SVHC 23.80; **JT:** 1 Rich Nash SCVAC 41.42; 2 Eddie McKenzie SVHC 33.28; 3 Charles Northey WMAA 31.31; 4 Daniel Upton VAC 30.58; 5 Jason Cashmore MMAC 27.13; 6 Stephen Thorpe NMAC 24.73;

59.77; 7 NMAC (Hunter; Chapman; Rashid; Clarke) 1-03.72;



Jane Horder leads Teresa Eades in the 80 Hurdles

M50: 100: 1 Pat Logan VAC 12.16; 2 Paul Guest SWVAC 12.53; 3 John Statham MMAC 12.67; 4 Wole Odele SCVAC 12.84; 5 Andy Hunter NMAC 13.08; 6 Paul Williams WMAA 13.74; 7 Steve Mayfield EVAC 13.99; **200:** 1 Tony Leigh MMAC 24.60; 2 Pat Logan VAC 25.52; 3 Neil Tunstall SWVAC 25.64; 4 Wole Odele SCVAC 25.90; 5 Paul Williams WMAA 26.45; 6 Andy Hunter NMAC 27.42; 7 Steve Mayfield EVAC 28.48; **400:** 1 Mark White VAC 56.00; 2 Richard White MMAC 56.24; 3 Robert Grew SWVAC 57.15; 4 Wole Odele SCVAC 57.69; 5 Gary Butler EVAC 58.89; 6 Patrick O'Connor NMAC 1-01.18; 7 Sean Price WMAA 1-01.30; 8 James Buchanan SVHC 1-05.24; **800:** 1 Tony Roberts EVAC 2-13.86; 2 Brett Davis WMAA 2-16.16; 3 Rob Fox MMAC 2-17.67; 4 Patrick O'Connor NMAC 2-18.86; 5 Andrew Kelleher SCVAC 2-19.08; 6 Steve Roberts VAC 2-19.99; 7 James Buchanan SVHC 2-31.04; **1500:** 1 Tony Wright SWVAC 4-25.71; 2 Jonathan Grainger WMAA 4-37.76; 3 Andrew Kelleher SCVAC 4-39.15; 4 John McGrath EVAC 4-39.73; 5 Steve Roberts VAC 4-46.35; 6 John Knibb MMAC 4-46.43; 7 Dave Flitcroft NMAC 5-34.26; **3000:** 1 Tony Wright SWVAC 9-32.22; 2 Nigel Rackham SCVAC 9-38.79; 3 Colin Ridley EVAC 9-45.21; 4 Lee Aherne WMAA 9-56.75; 5 Paul Whittingham MMAC 10-01.57; 6 James Buchanan SVHC 10-36.11; 7 Martin Bright VAC 10-47.84; 8 Steven Taylor NMAC 11-21.58; **100H:** 1 Neil Tunstall SWVAC 15.24; 2 Greg Dunson MMAC 15.55; 3 Richard Phelan EVAC 19.30; 4 Martin Davies WMAA 23.59; **2000W:** 1 Dwane Butterly MMAC 10-11.77; 2 Steve Allen SCVAC 10-49.96; 3 David Bowker EVAC 11-39.74; 4 Shaun Lightman VAC 12-11.17; 5 Ian Torode SWVAC 13-15.17; 6 Stephen Walker WMAA 13-17.20; **4x100:** 1 MMAC (Statham; Leigh; Brown; Whittingham) 50.04; 2 SWVAC (Guest; Allen; Grew; Torode) 50.98; 3 WMAA (Williams; Davis; Davies; Walker) 55.97; 4 SCVAC (Capon; Andrews; Rackham; Odele) 56.14; 5 VAC (Logan; White; Warren; Bell) 59.40; 6 EVAC (Phelan; Mayfield; Licietis; Bowker)



HJ: 1 Steve Linsell NMAC 1.77 (**=BRITISH RECORD & CBP**); 2 Andre Sinclair-Linton EVAC 1.56; 3 Gary Capon SCVAC 1.56; 4 Paul Guest SWVAC 1.50; 5 Ken Moncrieff SVHC 1.38; 6 Chris Berry WMAA 1.35; 7 Clifford Warren VAC 1.35; 8 Terry Selway MMAC 1.26; **PV:** 1 Mark Johnson NMAC 4.30; 2 John Andrews SCVAC 3.40; 3 Richard Phelan EVAC 3.00; 4 Martin Davies WMAA 2.90; 5 Nicholas Walker SWVAC 2.90; 6 Ken Moncrieff SVHC 2.30; 7 Terry Selway MMAC 2.20; **LJ:** 1 Paul Guest SWVAC 5.47; 2 Steve Linsell NMAC 5.16; 3 Andre Sinclair-Linton EVAC 5.10; 4 Paul Williams WMAA 4.95; 5 Wole Odele SCVAC 4.81; 6 Albert Earle MMAC 4.74; 7 James Buchanan SVHC 4.56; 8 Michael May VAC 3.19; **TJ:** 1 Steve Linsell NMAC 11.03; 2 Albert Earle MMAC 10.56; 3 Richard Phelan EVAC 10.54; 4 Clifford Warren VAC 10.46; 5 Wole Odele SCVAC 10.33; 6 Paul Williams WMAA 9.53; 7 James Buchanan SVHC 8.65; 8 Ian Torode SWVAC 8.60; **SP:** 1 Morris Fox MMAC 15.03; 2 John Nicholls NMAC 14.83; 3 Robert Broadbridge SWVAC 11.70; 4 David Burrell EVAC 11.65; 5 Renzo Di Libero VAC 11.15; 6 David Stokes WMAA 9.01; 7 Alex Ahmet SCVAC 8.76; 8 Ken Moncrieff SVHC 8.67; **DT:** 1 Kevin Brown MMAC 47.72 (**CBP**); 2 Robert Broadbridge SWVAC 40.92; 3 David Burrell EVAC 36.95; 4 David Stokes WMAA 34.75; 5 Peter Wishart VAC 33.87; 6 Jonathan Sewell NMAC 27.80; 7 Ken Moncrieff SVHC 26.16; 8 Alex Ahmet SCVAC 18.30; **HT:** 1 John Pearson MMAC 56.97; 2 David Burrell EVAC 45.78; 3 Wesley Clarke VAC 44.56; 4 Robert Broadbridge SWVAC 43.46; 5 Ian Cooley NMAC 31.75; 6 David Stokes WMAA 29.77; 7 Alex Ahmet SCVAC 17.18; 8

MASTERS ATHLETICS AUTUMN 2016

James Buchanan SVHC 12.45; **JT:** 1 Kevin Murch MMAC 49.87; 2 David Brown NMAC 39.04; 3 Michael Hausler EVAC 37.03; 4 Robert Broadbridge SWVAC 31.94; 5 Richard Halsey SCVAC 30.69; 6 Michael Drew WMAA 30.10; 7 Ken Moncrieff SVHC 25.55; 8 Peter Wishart VAC 21.83;



David Wilcock

M60: 100: 1 Wally Franklyn SCVAC 13.44; 2 Ian Broadhurst WMAA 13.56; 3 Christopher Monk MMAC 13.65; 4 Stephen Faulkner SWVAC 14.27; 5 Alan Perry VAC 15.13; 6 Jon Clarke NMAC M60 15.53; **200:** 1 Ian Broadhurst WMAA 27.46; 2 Tom Phillips SCVAC 27.75; 3 Ivars Licietis EVAC 28.96; 4 David Hinds VAC 28.99; 5 Christopher Monk MMAC 29.48; 6 Jon Clarke NMAC 33.58; **400:** 1 Simon Barrett SCVAC 1-01.09; 2 Ian Broadhurst WMAA 1-01.88; 3 Ivars Licietis EVAC 1-04.02; 4 Ian Willoughby MMAC 1-04.59; 5 David Hinds VAC 1-05.67; **800:** 1 Kevin Archer SWVAC 2-31.80; 2 Michael Quinn NMAC 2-37.35; 3 Peter Kennedy VAC 2-38.83; 4 Tony Davies WMAA 2-48.97; 5 Desmond Michael SCVAC 3-02.56; **1500:** 1 David Wilcock SCVAC 4-56.24; 2 David Bedwell MMAC 4-58.14; 3 Stephen Lang SWVAC 5-00.74; 4 Michael Quinn NMAC 5-13.73; 5 David Frampton EVAC 5-16.68; 6 Tony Davies WMAA 5-34.49; 7 Michael Mann VAC 5-48.51; **3000:** 1 David Oxland MMAC 10-41.17; 2 John Skelton EVAC 10-44.54; 3 Elio Lepore WMAA 10-53.99; 4 Michael Quinn NMAC 11-22.61; 5 Stephen Lang SWVAC 11-41.94; 6 Desmond Michael SCVAC 11-49.70; 7 Michael Mann VAC M60 12-09.31; **2000W:** 1 Christopher Hobbs SCVAC 10-09.49; 2 Peter Boszko MMAC 11-19.91; 3 Peter Hannell VAC 13-13.69; 4 Tony

Davies WMAA 18-38.37; **4x100:** 1 SCVAC (Franklyn; Barrett; Michael; Phillips) 55.67; 2 MMAC (Oxland; Singh; Willoughby; Monk) 57.06; 3 VAC (Hinds; Blunt; Perry; Bell) 58.24; 4 7WMAA (Lepore; Sutton; Broadhurst; Davies) 1-01.31; **HJ:** 1 David Blunt VAC 1.44; 2 Duncan Talbot SCVAC 1.44; 3 Stephen Faulkner SWVAC 1.41; 4 Paul Askew MMAC 1.38; **LJ:** 1 Mario Lapka SWVAC 4.70; 2 Rashpal Singh MMAC 4.31; 3 Jon Clarke NMAC 3.32; 4 Elio Lepore WMAA 2.93; 5 Geoff Tyler EVAC 2.59; **SP:** 1 Geoff Tyler EVAC 12.16; 2 Neil Griffin SCVAC 11.59; 3 Dave Russell MMAC 9.22; 4 Michael Quinn NMAC 5.72;

M70: 100: 1 Glyn Sutton WMAA 13.2 ; 2 Victor Novell SCVAC 14.3 ; 3 Michael Dugan SWVAC 15.1; 4 Tony Crocker MMAC 16.5; 5 Barry Chapman NMAC 16.5; 6 Charles Isetts VAC 16.6; **200:** 1 Glyn Sutton WMAA 27.39; 2 Laurence Oldfield MMAC 29.68; 3 Ron Davies SCVAC 32.31; 4 Peter Daw SWVAC 33.35; 5 Charles Isetts VAC 36.36; 6 Barry Chapman NMAC 36.36; **400:** 1 Terry Bissett SCVAC 1-09.98; 2 Richard Somers VAC 1-13.06; 3 Michael Dugan SWVAC 1-19.85; 4 Barrie Roberts WMAA 1-22.25; 5 Terry Faulkner MMAC 1-24.36; **1500:** 1 Richard Bloom VAC 5-53.92; 2 Tony Brackstone SCVAC 5-56.40; 3 Gordon Orme WMAA 5-59.87; 4 Phil Brennan MMAC 6-03.59; **4x100:** 1 SCVAC (Bruck; Bissett; Davies; Novell) 59.96; 2 MMAC (Faulkner; Brennan; Hudson; Oldfield) 1-06.02; **HJ:** 1 Roger Bruck SCVAC 1.23; 2 Tony Crocker MMAC 1.20; 3 Richard Somers VAC 1.10; 4 Barry Chapman NMAC 1.05; ; **LJ:** 1 Victor Novell SCVAC 4.17; 2 Barry Chapman NMAC 3.34; 3 Phil Rees WMAA 2.40; 4 Phil Brennan MMAC M70 2.23; **SP:** 1 John Watts NMAC 11.38 (**CBP**); 2 Ian Bowles WMAA 9.18; 3 Brian Harlick SCVAC 7.99; 4 Michael Dugan SWVAC 7.84; 5 Phil Owen MMAC 7.30;

W35: 100: 1 Ellena Ruddock MMAC 12.86; 2 Joanne Frost WMAA 12.94; 3 Naana Adusei NMAC 13.49; 4 Heidi Nicholas EVAC 14.07; 5 Linzie Marsh SVHC 14.08; 6 Kathryn Miles SCVAC 14.24; 7 Joanna Flowers VAC 14.34; 8 Janet Dickinson SWVAC 14.72; **200:** 1 Claire Spurway SCVAC 25.82; 2 Ellena Ruddock MMAC 26.16; 3 Michelle Thomas WMAA 26.99; 4 Naana Adusei NMAC 27.24; 5 Linzie Marsh SVHC 28.46; 6 Joanna Flowers VAC 28.66; 7 Zoe Palmer EVAC 30.66; **400:** 1 Clare Constable NMAC 1-02.44; 2 Rachel Coupe MMAC 1-04.57; 3 Rachel Matthews WMAA 1-05.76; 4 Bernadine Pritchett VAC 1-06.36; 5 Sharon Dooley SCVAC 1-07.48; 6 Stephanie Pain EVAC 1-07.73; T09 **800:** 1 Diana Norman SCVAC 2-21.17; 2 Corinne Nurse EVAC 2-24.65; 3 Bernadine Pritchett VAC 2-28.08; 4 Rachel Coupe MMAC 2-29.98; 5 Rachel Matthews WMAA 2-31.08; 6 Faye Holden NMAC 3-13.21; **1500:** 1 Joanne Locker VAC 4-44.51; 2 Diana Norman SCVAC 5-03.59; 3 Fiona Davies NMAC 5-07.78; 4 Lucy Wathan WMAA 5-12.06; 5 Nicky Morgan EVAC 5-16.47; 6 Carolyn Dyal MMAC 6-26.93; **3000:** 1 Samantha Amend VAC 10-29.54; 2 Fiona Davies NMAC 10-59.11; 3 Christine Lathwell EVAC 11-21.30; 4 Claire Bruce WMAA 11-41.22; 5 Diana Norman SCVAC 11-51.89; 6 Catherine Charlton MMAC 12-09.25; **80H:** 1 Diana Norman SCVAC 12.61; 2 Paula Williams MMAC 13.41; 3 Amanda Wale WMAA 14.20; 4 Faye Holden NMAC 17.13; **2000W:** 1 Carolyn Dyal MMAC 11-00.33; 2 Angela Martin SCVAC 11-15.30;

MASTERS ATHLETICS AUTUMN 2016

4x100: 1 SCVAC (Dooley; Norman; Miles; Spurway) 52.32 (**CBP**) ; 2 WMAA (Sidney; Thomas; Wathan; Frost) 53.99; 3 MMAC (Jane; Palmer; Williams; Ruddock) 55.37; 4 NMAC (Holden; Aduzet; Whyke; Buckley) 57.48 ; 5 VAC (Flowers; Broek; Parsons; Pritchett) 58.07 ; **HJ:** 1 Diana Norman SCVAC 1.59; 2= Janet Dickinson SWVAC & Corinne Nurse EVAC 1.35; 4 Mel Hepke MMAC 1.30; 5 Amanda Wale WMAA 1.25; 6 Faye Holden NMAC 1.25; **PV:** 1 Alison Murray WMAA 3.20 (**CBP**); 2 Jemma Eastwood EVAC 3.20 (**CBP**) ; 3 Jacqueline Montgomery SCVAC 2.60; 4 Mel Hepke MMAC 2.30; **LJ:** 1 Joanne Frost WMAA 5.56 (**CBP**) ; 2 Lysie Whyke NMAC 4.75; 3 Janet Dickinson SWVAC 4.67; 4 Emma Jayne MMAC 4.47; 5 Stephanie Pain EVAC 4.21; 6 Margaret Pope VAC 4.13; 7 Kathryn Miles SCVAC 3.99; **TJ:** 1 Diana Norman SCVAC 10.95; 2 Joanne Frost WMAA 10.81; 3 Lysie Whyke NMAC 10.45; 4 Paula Williams MMAC 9.69; 5 Janet Dickinson SWVAC 9.13; 6 Heidi Nicholas EVAC 9.10; 7 Margaret Pope VAC 8.28; **SP:** 1 Debbie Mccaw SCVAC 9.83; 2 Paula Williams MMAC 9.52; 3 Kerrie Buckley NMAC 9.43; 4 Clare Taylor SWVAC 8.80; 5 Stephanie Pain EVAC 8.30; 6 Amanda Wale WMAA 8.23; 7 53 Tracey Gould VAC 7.85; **DT:** 1 Andrea Jenkins EVAC 38.47; 2 Debbie Mccaw SCVAC 31.14; 3 Clare Taylor SWVAC 24.42; 4 Lynette Mckeown MMAC 24.32; 5 Kerrie Buckley NMAC 23.40; 6 Julie Driscoll WMAA 23.01; 7 Tracey Gould VAC 22.32; **HT:** 1 Andrea Jenkins EVAC 46.42; 2 Debbie Mccaw SCVAC 46.19; 3 Clare Taylor SWVAC 37.60; 4 Lynette McKeown MMAC 34.34; 5 Tracey Gould VAC 33.59; 6 Julie Driscoll WMAA 28.24; 7 Kerrie Buckley NMAC 27.72; **JT:** 1 Victoria Storey NMAC 30.90; 2 Karen Addis MMAC 28.19; 3 Heather Mballa SCVAC 26.65; 4 Margaret Pope VAC 26.47; 5 Stephanie Pain EVAC 24.33; 6 Janet Dickinson SWVAC 23.96; 7 Amanda Wale WMAA 21.37;

W50: 100: 1 Monica Brown EVAC 14.06; 2 Kirstin King SCVAC 14.14; 3 Yolanda Broek VAC 14.65; 4 Judy Johnson MMAC 15.09; 5 Melanie Garland WMAA 15.25; 6 Susan Richardson NMAC 15.92; **200:** 1 Jane Horder MMAC 30.0; 2 Wendy Laing NMAC 30.3; 3 Michele Wakefield SCVAC 31.3; 4 Angela Sonn WMAA 32.6; 5 Tessa Stephenson EVAC 32.9; 6 Lesley Parsons VAC 33.0; **400:** 1 Susan Frisby MMAC 1-07.73; 2 Lisa Webb VAC 1-08.56; 3 Lindsay Lister EVAC 1-09.67; 4 Alison Hartopp NMAC 1-11.35; 5 Helene Marie Kehoe SCVAC 1-14.05; 6 Angela Sonn WMAA 1-17.85; **800:** 1 Zara Hyde-Peters MMAC 2-33.87 (**CBP**); 2 Lindsay Lister EVAC 2-41.74; 3 Alison Hartopp NMAC 2-43.65; 4 Anna Garnier VAC 2-54.80; 5 Sharon Hawkins SCVAC 2-55.91; 6 Rachel Ward WMAA 3-05.88; **1500:** 1 Lisa Webb VAC 5-11.22; 2 Zara Hyde-Peters MMAC 5-13.55; 3 Lindsay Lister EVAC 5-29.92; 4 Sharon Hawkins SCVAC 5-59.07; 5 Rachel Ward WMAA 6-09.84; **3000:** 1 Anna Garnier VAC 12-39.59; 2 Sharon Hawkins SCVAC 12-43.58; 3 Helen Grant EVAC 13-03.67; 4 Carol Blower MMAC 13-26.21; **80H:** 1 Jane Horder MMAC 13.55; 2 Monica Brown EVAC 15.38; 3 Teresa Eades SCVAC 16.13; 4 Hazel Barker NMAC 18.93; **2000W:** 1 Wendy Bennett WMAA 11-15.30; 2 Ann Wheeler MMAC 11-31.86 (**BRITISH BEST**) ; 3 Geraldine Legon SCVAC 13-32.30; 4 Pamela Abbott EVAC 14-07.77; **4x100:** 1 SCVAC (Wakefield; Kehoe; Eades; King) 58.58; 2 MMAC (Johnson; Hyde Peters; Frisby; Horder) 58.74; 3 WMAA (Timberlake; Matthews;

Garland; Sonn) 1-03.14; 4 NMAC (Barker; Laing; Richardson; Hartopp) 1-03.95; 5 EVAC (Brown; Grant; Jagger; Stephenson) 1-04.13 4; **HJ:** 1 Wendy Laing NMAC 1.45 (**=CBP**); 2 Susan Frisby MMAC 1.40; 3 Janice Timberlake WMAA 1.35; 4 Monica Brown EVAC 1.30; 5 Teresa Eades SCVAC 1.30; **PV:** 1 Teresa Eades SCVAC 2.30; 2 Deborah Singleton VAC 1.70; **LJ:** 1 Melanie Garland WMAA 4.46; 2 Wendy Laing NMAC 4.36; 3 Teresa Eades SCVAC 4.21; 4 Julie Wakelam MMAC 3.59; 5 Deborah Singleton VAC 2.71; 6 Pamela Abbott EVAC 2.65; **TJ:** 1 Melanie Garland WMAA 9.09; 2 Teresa Eades SCVAC 8.88; 3 Susan Richardson NMAC 8.87; 4 Susan Frisby MMAC 8.35; 5 Judith Jagger EVAC 7.58; **SP:** 1 Wendy Laing NMAC 9.79; 2 Deborah Murch MMAC 9.67; 3 Julie Wilson SCVAC 9.43; 4 Claire Cameron SVHC 8.95; 5 Tessa Stephenson EVAC 8.07; 6 Deborah Singleton VAC 7.09; 7 Val Bovell SWVAC 7.07; 8 Renate Prells WMAA 7.02; **DT:** 1 Jenny Cooper MMAC 30.95; 2 Julie Wilson SCVAC 28.47; 3 Claire Cameron SVHC 27.56; 4 Deborah Singleton VAC 22.11; 5 Val Bovell SWVAC 20.67; 6 Hazel Barker NMAC 19.58; 7 Renate Prells WMAA 18.95; 8 Tessa Stephenson EVAC 17.43; **JT:** 1 Janice Timberlake WMAA 24.51; 2 Wendy Laing NMAC 23.99; 3 Judith Jagger EVAC 23.85; 4 Julie Wakelam MMAC 21.85; 5 Julie Wilson SCVAC 20.74; 6 Val Bovell SWVAC 13.47; 7 Claire Cameron SVHC 10.79;

W60: 100: 1 Joan Trimble SCVAC 15.64; 2 Ed Roe VAC 15.79; 3 Ilse Hemming NMAC 15.98; 4 Sally Hine MMAC 16.80; 5 Yvonne Newton EVAC 17.07; 6 Fiona Argent WMAA W60 18.42; **200:** 1 Carole Filer EVAC 30.98; 2 Moira West SCVAC 32.84; 3 Ilse Hemming NMAC 33.85; 4 Brenda Fee VAC 34.08; 5 Sally Hine MMAC 35.18; 6 Fiona Argent WMAA 37.30; **400:** 1 Carole Filer EVAC 1-12.46; 2 Ed Roe VAC 1-14.47; 3 Nancy Hitchmough MMAC 1-17.85; 4 Moira West SCVAC 1-19.46; 5 Fiona Argent WMAA 1-27.20; **800:** 1 Nancy Hitchmough MMAC 2-53.29; 2 Ros Tabor VAC 2-53.95; 3 Christine Birch WMAA 3-17.53; 4 Sue James SCVAC 3-33.00; 5 Yvonne Newton EVAC 4-11.45; **1500:** 1 Angela Copson MMAC 5-56.81; 2 Andrea Sanders-Reece VAC 6-17.83; 3 Sue James SCVAC 6-59.56; 4 Carole Filer EVAC 7-40.14; **4x100:** 1 SCVAC (West; James; Ahmet; Trimble) 1-05.53; 2 VAC (Dassie; Tabor; Fee; Garnier) 1-08.44; 3 MMAC (Copson; Hichmough; Kirkland; Hine) 1-09.10 6; **HJ:** 1 Carole Filer EVAC 1.35 (**CBP**); 2= Sally Hine MMAC & Lyn Ahmet SCVAC 1.10; 4= Maria Williams NMAC & Dassie VAC 1.05; **LJ#:** 1 Carole Filer EVAC 4.49 (**CBP**) ; 2 Ilse Hemming NMAC 3.90; 3 Lyn Ahmet SCVAC 3.59; 4 Sally Hine MMAC 3.28; 5 Sue Dassie VAC 2.83; 6 Fiona Argent WMAA 2.37; **SP:** 1 Sue Dassie VAC 8.01; 2 Carole Filer EVAC 7.45; 3 Patricia Oakes WMAA 6.26; 4 Lyn Ahmet SCVAC 6.09; 5 Viv Kirkland MMAC 6.01; 6 Maria Williams NMAC 5.40; **#(No wind gauge hence no British Record)**

W70: 100: 1 Iris Holder WMAA 18.39; 2 Trish Hill EVAC 20.13; 3 Rose Webb SCVAC 22.31; **1500:** 1 Patricia Gallagher WMAA 6-48.43 (**CBP**); 2 Rose Webb SCVAC 8-39.02; **SP:** 1 Liz Sissons SCVAC 8.30; 2 Trish Hill EVAC 6.58; 3 Carol Rafferty MMAC 5.40; 4 Iris Holder WMAA 5.28; **LJ#:** 1 Iris Holder WMAA 3.09; 2 Rose Webb SCVAC 2.10; **#(No wind gauge hence no British Record)**

**BRITISH MASTERS TRACK
& FIELD CHAMPIONSHIPS
BIRMINGHAM ALEXANDER
STADIUM 17/18TH
SEPTEMBER**

**WORDS: BRIAN OWEN.
PICTURES: ALEX ROTAS.**

A near record 808 entrants graced a largely dry and at times chilly mid-September weekend. The smooth running of these championships, was due to the many regular Officials who have supported this fixture in recent years.

Maurice Doogan, worked tirelessly to ensure that the very full programme worked and ran to time. It certainly did especially with the many age groups and events involved.

SPRINTS:

There was one European and six British Records established in the 100/200/400 metres.

The European 400 metres Record was achieved by Caroline Marler whose 72.37 was achieved in some style. In talking to Caroline it appears that she ran faster in Wakefield on the 11th September but was not sure of the time. However according to the Internationally acclaimed UKA Statistician Ian Hodge who was a spectator during the meeting the time was 70.89. Which unless the necessary paperwork can be produced may not stand as a record.

British Records came from Anne Martin in the 200 and 400 metres, she set a further three during the weekend in her first outdoor championships as a W80.

George Cheetham now 85 set a new British 200 metre record, and 90 year Dalbar Singh Deol did likewise in the 200 and 400 metres.

Sprint royalty in the forms of the exceptional Steve Peters and Caroline Powell, who both produced fantastic trebles in the 100/200/400. Elegance, power and grace being a feature of their running.

World Masters Champion Esmei Ossai produced the days only sub 11 second 100 metres in winning the M40 100 and backed this up with a solid 200 metre win.

MIDDLE DISTANCE:

Doubles were achieved by Jo Locker, and Irelands Anne Gilshinan. Anne had an excellent win over

Coventry Godiva's Zara Hyde Peters O.B.E. In the 1,500 metres.

Fiona Matheson showed her stamina and range in winning the 800 /1,500 and Sundays 5,000 metres. She also achieved a noticeable victory over Karen Brooks who ran in the I.A.A.F 800 metres race in Portland in March.

Aaron Brown just squeezed inside two minutes in the 800, and Andrew Ridley ran a fast 4:25.11 1,500 metres.

Anne Martin added a further two British Records at the 800 and 1,500 metres.

DISTANCE:

Pam Jones set a new British Record in the W80 5,000 Metres.

Fastest times came from Paula Richardson in the W40 5,000 with 17:40.30, and Kerry Liam Wilson in the Men's event.

In the Steeplechase British Record Holder Claire Thompson was the fastest in the women's race with 7:25.96, whilst Steve Millward had the men's leading time with 10:04.68.

Lisa Kehler W45 won the 3,000 Walk in a new British Record time. Making her the fastest Walker at both 3,000 and 5,000 metres in the first three age groups.

HURDLES

Tony Bowman set a European Record in the M80 group, equaling the time he ran on the same track in the Multi-Events. The time 14.93 will go forward and all the necessary information was correct so perhaps this time the Europeans will list it. Talking to Tony he was astonished as he tripped during the race and did not expect the time to be so fast.

Jane Horder was the fastest with 13.43 over the 80 metres, however the tightest race was the M50 100 metres where Donald Brown beat Greg Dunson both given the same time of 14.74, the digital photo finish deciding in Brown's favour.

The M40 race saw Mensah Elliott speed his way to a new British Record of 14.26. That would put Mensah 13th on the years UK rankings, however our hurdles are three inches lower than those used by Senior Men.

JUMPS:

Janice Pryce set a British Record of 9.75 in the W55 Triple Jump, she has actually beaten the Record three times this season but on the previous occasions the Stadiums used did not have a wind gauge. However, this time BINGO!

Anne Martin set British record number five in the W80 Long Jump, as did 95-year-old Charles Eugster noticeably not sprinting this weekend.

MASTERS ATHLETICS AUTUMN 2016

Mark Johnson was the best of the Vaulters this time clearing 4.20m.

Sue Richardson won the W55 High Jump to my knowledge her first BMAF Championship win, she is certainly better known as the 1984 Olympic Long Jump Bronze medallist. These days, it's all for fun!

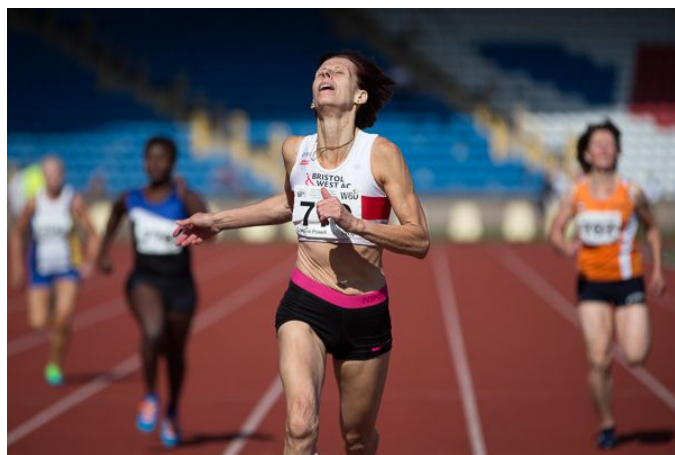
THROWS:

David Abernathy set a new M60 Discus record with 53.87, although it should be noted that M60's now throw the 1kg implement, the previous record was set by Dr. Macsimczyk at the old Alexander Stadium in 1979 with the 2kg Discus.

Other British Records came in the Weight competition, from John Pearson M50, Phil Spivey M55 and M85 Graham Roberts.

SATURDAY 17th SEPTEMBER

100:



Caroline Powell 100/ 200 /400 Metre winner

W35 (A*1.4 & B# 2.0) 1 Susan McLoughlin VAC 12.69*; 2 Claire Spurway SCVAC 12.72*; 3 Paula Owen MMAC 12.94; 4 Samantha Bickley-Vaile SCVAC 13.11*, 5 Naana Adusei NMAC 13.22*; 6 Karen Burles SCVAC 13.24*; 7 Heidi Nicholas EVAC 13.80#; 8 Susan Abidakun EVAC 14.08#; 9 Julia Jones MMAC 14.62#; 10 Ainslea Cross MMAC 14.69#; 11 Rebecca Mulley SWVAC 28.58#; **W40 (1.2)** 1 631 Michelle Thomas WMAA 13.14; 2 612 Cat Goulder-Davies MMAC 13.64; 3 620 Kathryn Miles SCVAC 13.97; 4 623 Stephanie Pain EVAC 14.24; 5 610 Sharon Dooley SCVAC 14.43; 6 603 Andrea Burnett MMAC 15.62; **W45 (2.1)** : 1 662 Anita Saunders NMAC 13.44; 2 643 Joanna Flowers VAC 13.68; 3 663 Juliet Sidney WMAA 13.89; 4 999 Sue Van Vuuren SCVAC 13.92; 5 661 Deborah Ricci MMAC 14.63; **W50 (1.0)** 1 687 Jayne Henderson NEMAA 13.95; 2 706 Fiona Steele SVHC 14.49; 3 711 Michele Wakefield SCVAC 14.49; 4 690 Judy Johnson MMAC 14.71; 5 688 Paula Hine SWVAC 14.94; 6 714 Lesley Willis MMAC 15.20; 7 682 Melanie Garland WMAA 15.24; **W55 (1.0):** 1 733 Angela Kelly NMAC 14.85; 2 748 Clare St John-Coleman WMAA 14.88; 3

747 Angela Sonn WMAA 15.06; 4 724 Teresa Eades SCVAC 15.10; 5 744 Susan Richardson NMAC 15.58; 6 749 Tessa Stephenson EVAC 16.06; 1.0

W60 (1.7): 1 770 Caroline Powell SWVAC 14.20; 2 767 Tilly Jacobs NED 14.92; 3 776 Joan Trimble SCVAC 14.92; 4 772 Joy Radford SWVAC 15.94; 5 756 Carol Alker EVAC 15.99; 6 769 Anne Nelson VAC 16.12; 7 763 Christine Fry SCVAC 16.54; 8 765 Sylvia Gattiker SUI 18.21; **W65 (0.0)** 1 793 Moira West SCVAC 15.47; 2 794 Hendricka White SCVAC 15.52; 3 782 Brenda Fee VAC 15.75; 4 784 Sally Hine MMAC 16.26 ; 5 781 Jean Fail SWVAC 16.63 +0.0; **W75 (0.0):** 1 804 Iris Holder WMAA 18.17; 2 802 Dorothy Fraser WMAA 20.88; **M35 Finals (A 1.4* & B1.9#)** 1 15 Liam Collins NEMAA 11.30*; 2 7 Dominic Bradley MMAC 11.32*; 3 10 Anthony Browne NMAC 11.40*; 4 53 Alan Robertson SVHC 11.44*; 5 27 Peter Hall MMAC 11.46*; 6 22 Marvin Edwards NMAC 11.49*; 7 45 Matthew Muggeridge SWVAC 11.78#; 8 19 Ger Cremin IRL 11.85#; 9 14 James Colclough OPEN 11.96#; 10 58 Darren Towart NEMAA 12.08#; 11 11 Navid Childs WMAA 12.14#; **M40 (1.4)** : 1 108 Esmei Ossai SCVAC 10.97; 2 84 Mensah Elliott SCVAC 11.15; 3 125 Joshua Wood SCVAC 11.31; 4 89 Ciaran Harvey SCVAC 11.54; 5 74 Mark Collins EVAC 11.62; 6 69 Stephen Buttler WMAA 11.92; 7 88 Andrew Gordon VAC 12.43; 8 90 Richard Henry MMAC 12.71; 9 86 Paul Evans WMAA 13.38; **M45 (Ht1 1.1)** 1 135 Pedro Canto OPEN-ESP 11.89 Q; 2 184 David Swalwell NEMAA 12.14 Q; 3 160 Andy Lewis SCVAC 12.28 Q; 4 168 James Morgan WMAA 12.55; 5 188 Stephen Terry-Short MMAC 12.56; 6 173 David Pearson SWVAC 12.56; 7 136 David Carpenter SVHC 12.76 (**H2 0.8**) 1 179 Darren Scott SCVAC 11.38 Q; 2 167 Giuseppe Minetti SCVAC 12.09 Q; 3 192 Martin White MMAC 12.13 Q; 4 183 Julian Smith EVAC 12.28 q; 5 166 Malcolm McPhail NMAC 12.40 q; 6 191 Daniel Tomlinson SCVAC 12.59; 7 128 Michael Bense VAC-RSA 12.79; 8 149 Brian Gravelsons MMAC 13.38; **FINAL (0.9)** 1 179 Darren Scott SCVAC 11.25; 2 135 Pedro Canto ESP 11.48; 3 167 Giuseppe Minetti SCVAC 11.81; 4 192 Martin White MMAC 12.08; 5 184 David Swalwell NEMAA 12.15; 6 160 Andy Lewis SCVAC 12.23; 7 183 Julian Smith EVAC 12.31; 8 166 Malcolm McPhail NMAC 12.40; **M50 (H1 1.4)** 1 208 Anthony Burniston NMAC 12.09 Q; 2 272 Rohan Samuel VAC 12.23 Q; 3 258 Erskine Peters EVAC-TRI 12.30 q; 4 288 Paul Williams WMAA 12.99; 5 251 Chris Michael VAC 14.90; **Ht2 0.3)** 1 229 Fausto Furlotti SCVAC 12.28 Q; 2 285 Mark White VAC 12.45 Q; 3 206 Donald Brown MMAC 12.47; 4 284 Richard Weekes VAC 13.03; 5 238 Jason Hall SWVAC 13.33; 6 200 Con Ariti SCVAC-USA 13.58; **Ht 3 (2.5):** 1 248 Tony Leigh MMAC 11.92 Q; 2 260 Dalton Powell MMAC 11.94 Q ; 3 203 Steve Beak SCVAC 12.17 q ; 4 254 Wole Odele SCVAC 12.89 ; 5 264 Glen Reddington SCVAC 13.10 ; 6 275 Steve Snook OPEN 14.42; (**FINAL 2.3**): 1 260 Dalton Powell MMAC 11.76; 2 248 Tony Leigh MMAC 11.82; 3 272 Rohan Samuel VAC 12.05; 4 203 Steve Beak SCVAC 12.11; 5 208 Anthony Burniston NMAC 12.11; 6 258 Erskine Peters EVAC-TRI 12.36; 7 229 Fausto Furlotti SCVAC 12.39; 8

MASTERS ATHLETICS AUTUMN 2016

285 Mark White VAC 13.11; **M55 (Ht1 1.0):** 1 377 Michael Vassiliou VAC 12.31 Q; 2 374 John Statham MMAC 12.60 Q; 3 318 Mark Ellery SWVAC 12.74; 4 337 Tennyson James EVAC 12.94; 5 301 Dominic Browne MMAC 13.21; 6 308 Roderick Davies WMAA 14.21; **(H2 1.4)** 1 334 Ricardo Huskisson EVAC 12.36 Q; 2 369 Shane Sheridan OPEN-IRL 12.48 Q; 3 310 Dougie Donald MMAC 12.54 q; 4 333 Andy Hunter NMAC 12.71 q; 5 360 Robert Phin SVHC 13.76; 6 366 Kirtley Robbins MMAC 13.85; **H3 0.8)** 1 342 Pat Logan NIMAA 12.00 Q; 2 303 Kevin Burgess EVAC 12.47 Q; 3 339 Gary Leek SVHC 12.78; 4 352 Cecil Moven MMAC 13.51; 5 345 Michael May VAC 14.59; **(FINAL 2.2)** 1 342 Pat Logan NIMAA 11.80; 2 334 Ricardo Huskisson EVAC 12.11; 3 377 Michael Vassiliou VAC 12.40; 4 369 Shane Sheridan IRL 12.40; 5 303 Kevin Burgess EVAC 12.44; 6 310 Dougie Donald MMAC 12.55; 7 374 John Statham MMAC 12.59; 8 333 Andy Hunter NMAC 15.32; **M60 (A 0.5* & B 1.5#)** 1 422 Steve Peters NMAC 12.42*; 2 385 Simon Barrett SCVAC 13.09*; 3 418 Christopher Monk MMAC 13.31*; 4 400 Wally Franklyn SCVAC 13.52*; 5 444 Kevin Williams MMAC 13.57*; 6 440 David Walker NMAC 14.52#; 7 389 David Blunt VAC 14.85#; 8 395 Jon Clarke NMAC 15.23#; 9 396 Peter Cote MMAC 15.30#; **M65 (0.0):** 1 473 John McGarry SVHC 13.70; 2 470 Brendan Lynch SVHC 13.76; 3 464 David Hinds VAC 14.01; 4 453 Chris Christofides OPEN 14.88; 5 454 Tom Clinton IRL 15.22; 6 477 Patrick Reynolds VAC-IRL 18.12; **M70 (1.5):** 1 511 Victor Novell SCVAC 13.75; 2 506 Allan Long VAC 14.18; 3 519 James Smith SVHC 14.45; **M75 (1.6):** 1 526 Alan Carter EVAC 15.51; 2 544 Frank Stewart IRL 16.38; 3 531 Raymond Hall SCVAC 16.83; 4 525 Roger Bruck SCVAC 17.27; 5 530 David Haines SCVAC 17.86; **M80 (1.5):** 552 Colin Field SCVAC 17.00; **M85 (1.5):** 558 George Cheetham MMAC 18.07; **M90 (1.5):** Dalbir Singh Deol VAC 24.71;

400:

W35: 1 589 Susan McLoughlin VAC 60.36; 2 570 Karen Burles SCVAC 63.88; 3 576 Nicola Evans EVAC 65.73; **W40:** 1 602 Sarah Burke VAC 62.08; 2 627 Claire Smith EVAC 64.62; 3 619 Rachel Matthews WMAA 65.92; 4 601 Lourdes Bradley NEMAA-ESP 68.33; 5 610 Sharon Dooley SCVAC 76.15; **W45:** 1 653 Monique Krefling SCVAC 59.12; 2 639 Clare Constable NMAC 62.45; 3 648 Emma Hollinshead MMAC 65.10; 4 643 Joanna Flowers VAC 65.10; 5 640 Rachel Coupe MMAC 66.24; **W50:** 1 674 Tracy Bezance EVAC 65.48; 2 712 Lisa Webb VAC 68.52; 3 704 Catkin Shelley VAC 70.56; **W55:** 1 752 Elizabeth Welbourn EVAC 69.95; 2 753 Hilary West NMAC 73.85; 3 747 Angela Sonn WMAA 1:22.69; **W60:** Caroline Powell SWVAC 66.75; **W65:** 1 787 Caroline Marler NMAC 72.37 **(EUROPEAN RECORD) reported performance 70.89 Wakefield 11/9/16 verified by Ian Hodge UKA Statistician);** 2 782 Brenda Fee VAC 1:20.49; **W70:** 1 797 Iris Hornsey EVAC 1:39.34; 2 800 Patricia Stanley SWVAC 1:59.99; **W75:** Kathleen Stewart NEMAA 1:28.55; **W80:** 808 Anne Martin EVAC 1:48.53 **(BRITISH RECORD); M35:** 1 39 Stewart Marshall MMAC 50.45; 2 4 Adam Bellis

SCVAC 51.63; 3 6 Tom Bolan-Ashworth NMAC 51.89; 4 45 Matthew Muggeridge SWVAC 53.36; 5 58 Darren Towart NEMAA 53.67; 6 3 Martin Aspley-Davis MMAC 54.06; 7 30 Dale Higham NMAC 58.18; 8 29 Brian Hawkins EVAC 59.65; **M40:** 1 79 Brian Darby MMAC 52.55; 2 70 Liam Byrne OPEN 56.23; **M45: (A & B)** 1 129 Dominic Bokor-Ingram VAC 54.20; 2 187 Chris Taplin VAC 54.44; 3 130 Richard Bowers MMAC 56.83; 4 147 Leeroy Golding NMAC 58.34; 5 173 David Pearson SWVAC 58.77; 6 164 David McKeown-Webster SCVAC 59.95; 7 128 Michael Bense VAC-RSA 60.50; 8 180 David Shortridge SCVAC 62.15; 9 146 Gareth George VAC 67.80; **M50 (Ht1)** 1 285 Mark White VAC 58.16 Q; 2 254 Wole Odele SCVAC 58.68 Q; 3 274 Harold Sewell SCVAC 58.85 Q; 4 216 Brett Davis WMAA 59.47; 5 259 Darryl Pigott MMAC-IRL 60.08; 6 212 John Carmichael NMAC 60.54; 7 283 Clifford Warren VAC 62.29; **(Ht2)** 1 277 Jonathan Tilt SCVAC 58.15 Q; 2 235 Robert Grew SWVAC 58.34 Q; 3 280 Neil Vondy IOMVAC 58.40 Q; 4 237 Nicholas Grocock SCVAC 58.88 q; 5 213 Gary Clare NMAC 59.27 q; 6 238 Jason Hall SWVAC 61.45; 7 225 Ian Fitzpatrick NMAC 61.62; **(FINAL):** 1 277 Jonathan Tilt SCVAC 56.08; 2 254 Wole Odele SCVAC 56.73; 3 235 Robert Grew SWVAC 57.05; 4 274 Harold Sewell SCVAC 57.64; 5 237 Nicholas Grocock SCVAC 58.29; 6 213 Gary Clare NMAC 58.44; 7 280 Neil Vondy IOMVAC 60.59; 285 Mark White VAC DNF; **M55: Finals (A & B)** 1 335 Peter Ilo SCVAC 57.56; 2 337 Tennyson James EVAC 58.66; 3 364 Ludwig Ramsey MMAC 59.00; 4 341 Bob Lewis SCVAC 60.55; 5 363 Kevin Pye MMAC 62.10; 6 306 Michael Cornyn IRL 62.55; 7 319 Michael Farrell OPEN 64.37; 8 349 Iain Moody MMAC 64.80; 9 314 Peter Eckersley OPEN 65.23; 0 376 Andrew Stewart VAC 68.63; 11 345 Michael May VAC 1:23.40; **M60:** 1 422 Steve Peters NMAC 58.23; 2 385 Simon Barrett SCVAC 60.87; 3 391 Ian Broadhurst WMAA 61.12; 4 413 Ivars Licietis EVAC 62.38; **M65:** 1 483 Matthew Slattery IRL 63.65; 2 469 Douglas Lucas VAC 64.09; 3 485 David Spencer SCVAC 64.94; 4 464 David Hinds VAC 66.69; 5 482 John Skelton EVAC 68.52; **M70:** 1 488 Terry Bissett SCVAC 70.04; 2 498 Albert Eland NMAC 71.73; **M75:** 1 527 Terry Faulkner MMAC 1:20.97; 2 535 Arthur Kimber SCVAC 1:32.55; **M90:** 562 Dalbir Singh Deol VAC 2:22.23 **(BRITISH RECORD);**

1500:

W35: 1 584 Anna Lewis SWVAC 4:58.16; 2 566 Emily Alden VAC 5:03.19; 3 582 Ruth Jones SCVAC 5:28.01; 4 568 Claire Bruce WMAA 5:39.49; **W40:** 1 618 Joanne Locker VAC 4:49.41; 2 625 Paula Richardson MMAC 4:52.39; 3 632 Claire Thompson SVHC 5:07.07; 4 619 Rachel Matthews WMAA 5:12.20; 5 600 Rachel Badham VAC 5:15.08; **W45:** 1 642 Sarah Everitt MMAC 5:08.53; 2 644 Susan Francis SCVAC 5:15.74; 3 655 Nicky Morgan EVAC 5:25.66; 4 645 Natasha Geere NMAC 5:58.86; **W50:** 1 683 Anne Gilshinan IRL 4:57.17; 2 689 Zara Hyde-Peters MMAC 5:02.39; 3 712 Lisa Webb VAC 5:13.01; 4 670 Christine Anthony EVAC 5:27.11; 5 675 Cathryn Brady IRL 5:28.65; 6 671 Julia

MASTERS ATHLETICS AUTUMN 2016

Austin EVAC 5:31.02; 7 710 Alison Vesey NMAC 6:02.02; **W55**: 1 737 Fiona Matheson SVHC 5:05.31; 2



Five British Records for Anne Martin

720 Karen Brooks MMAC 5:24.93; 3 731 Louise Jeffries SWVAC 5:36.84; 4 729 Jenny Hughes SCVAC 5:57.49; **W60**: 1 764 Anna Garnier VAC 5:44.68; 2 758 Elizabeth Bowers SVHC 6:08.80; 3 766 Phyllis Hands SVHC 6:17.17; **W65**: 1 785 Nancy Hitchmough MMAC 5:49.56; 2 791 Janette Stevenson SVHC 5:54.70; 3 789 Margaret Moody VAC 6:23.17; 4 778 Susan Barnett EVAC 7:17.20; 5 786 Sue James SCVAC 7:24.08; **W70**: 1 796 Patricia Gallagher WMAA 6:59.58; 2 797 Iris Hornsey EVAC 8:05.20; **W75**: 806 Betty Stracey EVAC 8:15.09; **W80**: 1 808 Anne Martin EVAC 8:21.72 (**BRITISH RECORD**); 2 807 Pam Jones VAC 8:43.48; **1500**: 1 9 Aaron Brown VAC 4:09.35; 2 16 Sam Coombes SCVAC 4:10.60; 3 44 Duncan Mollison SCVAC 4:16.18; 4 26 Phil Gould MMAC 4:16.94; 5 2 Joe Ashley SCVAC 4:18.39; 6 34 Istvan Jacso EVAC-HUN 4:20.52; 7 36 Dean Kane SVHC 4:29.78; **M40**: 1 102 Les Newell SCVAC 4:30.62; 2 107 Dominic O'Mahoney SCVAC 4:31.43; 3 87 Lee Garland WMAA 4:34.51; 4 73 Richard Clancy NMAC 4:36.96; 5 68 Rich Berry VAC 4:43.30; **M45**: 1 186 Mark Symes SCVAC 4:26.03; 2 154 Michael Hunt NMAC 4:27.69; 3 181 David Smith MMAC 4:31.33; 4 144 Ed Fazakerley NMAC 4:31.99; 5 185 Darren Symes SCVAC 4:34.18; 6 140 Robert Datnow VAC 4:36.59; 7 145 Paul Gaylor SCVAC 4:37.65; 8 156 Tim Kimber OPEN 4:42.36; 9 137 Mark Champion SCVAC 4:43.25; 10 139 Evatt

Cummings WMAA 5:21.03; **M50**: 1 266 Andrew Ridley VAC 4:25.11; 2 197 Simon Anderson SWVAC 4:26.24; 3 273 Brian Scally SVHC 4:51.03; 4 268 Steve Roberts VAC 4:54.86; **M55**: 1 304 David Clarke NIMAA 4:46.81; 2 328 Benjamin Hands SVHC 4:48.64; 3 321 Rob Fox MMAC 4:50.59; 4 312 Steven Doxey NMAC 5:09.63; 5 309 Alan Dolton SCVAC 5:53.95; **M60**: 1 386 David Bedwell MMAC 5:01.98; 2 428 Michael Quinn NMAC 5:24.04; 3 445 Ian Wright MMAC 5:32.84; 4 408 Bernard Johnson EVAC 5:36.56; 5 398 Kevin Dillon NMAC 7:24.61; **M65**: 1 482 John Skelton EVAC 5:01.57; 2 475 David Oxland MMAC 5:04.51; 3 472 Richard Marks WMAA 5:11.42; 4 452 Michael Bumstead EVAC 5:23.88; 5 465 David Jones MMAC 5:44.35; 6 457 Peter Duhig EVAC 5:53.28; 7 484 Ian Snow SWVAC 6:20.93; **M70**: 1 502 Peter Giles VAC 5:32.31; 2 490 Phil Brennan MMAC 6:03.37; 3 516 Barrie Roberts WMAA 6:35.97; 4 500 John Garber EVAC 6:50.11; **M75**: Edmond Simpson VAC 7:02.96;

80H:

W40 (1.2): 634 Paula Williams MMAC 14.10; **W50 (1.2)**: 1 701 Julie Rogers MMAC 13.89; 2 707 Marise Taylor MMAC 16.01; 3 708 Janice Timberlake WMAA 16.04; **W55 (1.2)**: 1 728 Jane Horder MMAC 13.43; 2 718 Mary Barrett OPEN-IRL 16.02; **W60 (1.0)**: 755 Lyn Ahmet SCVAC 18.67; **W65 (1.0)**: 1 781 Jean Fail SWVAC 16.60; 2 784 Sally Hine MMAC 16.69; **M80 (1.0)**: 548 Tony Bowman NMAC 14.93 (**EUROPEAN RECORD**);

100H

W35 (1.1): 1 567 Samantha Bickley-Vaile SCVAC 16.40; 2 580 Faye Holden NMAC 21.21; **M50 (1.2)**: 1 206 Donald Brown MMAC 14.74; 2 219 Greg Dunson MMAC 14.74; 3 279 Neil Tunstall SWVAC 14.79; 4 224 Clarence Firstborn SCVAC



Tony Bowman European Record

MASTERS ATHLETICS AUTUMN 2016

14.84; 5 264 Glen Reddington SCVAC 15.62; 6 211 Paul Canning EVAC 17.90; **M55 (1.4):** 1 316 Paul Edwards MMAC 17.51; 2 366 Kirtley Robbins MMAC 18.32; 3 375 Pete Stepney SCVAC 18.71; **M60 (1.1)** 1 397 Gerald Daniel EVAC 17.94; 2 429 Robert Reynolds OPEN 20.62; 3 430 Rashpal Singh MMAC 20.68; 4 437 Ian Torode SWVAC 21.68;

110H:

M35 (0.1): 1 15 Liam Collins NEMAA 14.43; 2 19 Ger Cremin IRL 15.85; 3 46 Clint Nicholls EVAC 15.94; 4 20 Matthew Dalton EVAC 17.43; 5 58 Darren Towart NEMAA 18.19; **M40 (1.1):** 1 84 Mensah Elliott SCVAC 14.26 (**BRITISH RECORD**); 2 82 Darren Dods SCVAC 15.96; 3 81 Peter Davey SCVAC 16.78; 4 77 Neil Cox SWVAC 17.24; 5 80 Kehinde Dauda SCVAC 18.85; **M45 (1.1):** 1 173 David Pearson SWVAC 18.11; 2 195 Adam Young MMAC 18.46;

200H:

M80 (0.9): 548 Tony Bowman NMAC 40.48;

300H:

W50: 701 Julie Rogers MMAC 52.01; **W60:** 1 757 Fiona Argent VAC 67.68; 2 755 Lyn Ahmet SCVAC 71.61; **W65:** 788 Emily McMahon EVAC 1:20.87; **M60:** 1 391 Ian Broadhurst WMAA 48.41; 2 397 Gerald Daniel EVAC 53.69; 3 434 Duncan Talbot SCVAC 57.36; 4 430 Rashpal Singh MMAC 60.17;

400H:

W35: 580 Faye Holden NMAC 1:29.04; **W40:** 1 602 Sarah Burke VAC 67.05; 2 633 Katrina Wastenev EVAC 1:24.93; **W45:** 1 653 Monique Krefting SCVAC 66.37; 2 646 Tamzin Gribble SWVAC 79.47; **M35:** 1 42 Carl McMullen NMAC 59.60; 2 56 Quinten Stern NED 60.27; 3 20 Matthew Dalton EVAC 60.79; 4 58 Darren Towart NEMAA 60.91; 5 3 Martin Aspley-Davis MMAC 61.70; 6 46 Clint Nicholls EVAC 63.11; 7 19 Ger Cremin IRL 63.41; 8 13 Andy Cohen-Wray EVAC 66.93; **M40:** 1 82 Darren Dods SCVAC 62.38; 2 92 Richard Holt SCVAC 63.63; 3 80 Kehinde Dauda SCVAC 64.49; 4 81 Peter Davey SCVAC 65.73; 77 Neil Cox SWVAC DNF; **M45:** 1 134 Simon Byway SCVAC 65.77; 2 180 David Shortridge SCVAC 1:20.55; 3 178 Jay Ruuska USA 1:21.53; **M50:** 1 277 Jonathan Tilt SCVAC 60.32; 2 279 Neil Tunstall SWVAC 61.44; **M55:** 1 347 Jonathan Metcalf EVAC 68.38; 2 349 Iain Moody MMAC 68.63; 3 375 Pete Stepney SCVAC 72.85; 4 371 Alan Smith VAC 76.29;

3000W:

W45: 1 651 Lisa Kehler MMAC 14:55.42 (**BRITISH RECORD**); 2 657 Melanie Peddle EVAC 17:26.22; 3 637 Julie Bellfield MMAC 17:51.35; 4 650 Wendy Kane MMAC 17:54.13; **W50:** 1 673 Wendy Bennett WMAA 17:08.58; 2 672 Lynn Bellfield MMAC 19:20.70; **W55:** 719 Fiona Bishop VAC 19:18.15; **W60:** 1 777 Ann Wheeler MMAC 17:13.03; 2 761 Cath Duhig EVAC 17:50.27; **M50:** 1 287 Mark Williams MMAC 14:12.71; 2 210 Dwane Butterly MMAC 15:22.43; 3 228 Andrew

Fraser SVHC 19:04.64; 4 255 Keith Palmer EVAC 19:31.17; **M55:** 365 Francisco Reis SCVAC 14:10.94 **M60:** 437 Ian Torode SWVAC 19:42.82; **M65:** 1 449 Peter Boszko MMAC 16:50.76; 478 Ian Richards VAC DQ; **M70:** 499 David Fall MMAC 21:01.65; **M75:** 545 Ron Stewart NEMAA 23:54.32; **M80:** 1 557 Arthur Thomson VAC 19:01.00; 2 553 Ken Livermore VAC 25:10.60;

HJ:

W35: 1 591 Heidi Nicholas EVAC 1.45m; 2 571 Maria Chacon OPEN-ESP 1.40m; **W40:** 608 Claudia Cabbage SCVAC 1.35m; **W50:** 1 682 Melanie Garland WMAA 1.33m 2 708 Janice Timberlake WMAA 1.30m; **W55:** 1 744 Susan Richardson NMAC 1.30m; 2 724 Teresa Eades SCVAC & 718 Mary Barrett IRL 1.27m; 4 722 Gaye Clarke EVAC 1.24m; 5 717 Hazel Barker NMAC 1.18m; **W65:** 784 Sally Hine MMAC 1.12m;

PV:

W35: 1 574 Jemma Eastwood EVAC 3.20m; 2 583 Patrycja Krawczyk NMAC-POL 2.80m; **W40:** 1 604 Trudi Carter SWVAC 2.60m; 2 608 Claudia Cabbage SCVAC 2.50m; 3 616 Louise Kelly SCVAC 2.30m; **W55:** 724 Teresa Eades SCVAC 2.50m; **W60:** 759 Sue Dassie SCVAC 1.90m;

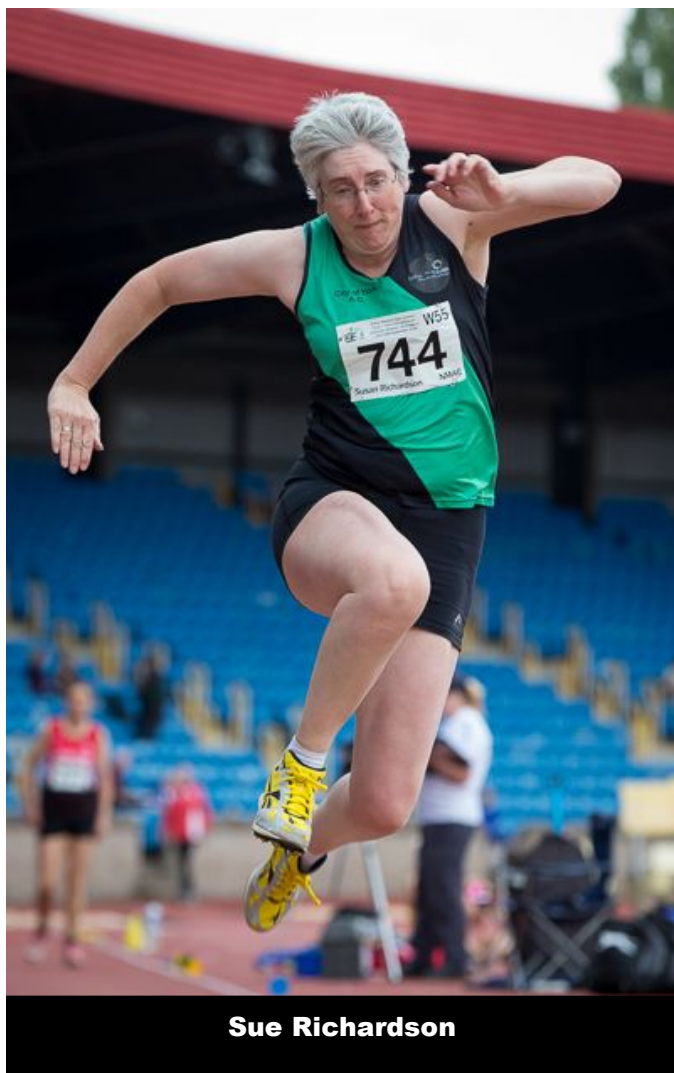
LJ:

W35: 1 577 Joanne Frost WMAA 5.78/ 1.5; 2 591 Heidi Nicholas EVAC 4.86 /1.0; 3 596 Lynsie Whyke NMAC 4.65/1.2; 4 590 Rebecca Mulley SWVAC 3.97 /1.0; 5 586 Heather Mballa SCVAC 3.36/ 1.3; **W40:** 623 Stephanie Pain EVAC 4.35/ 0.6; **W45:** 1 653 Monique Krefting SCVAC 4.97/0.6; 2 667 Amanda Wale WMAA 4.31 /0.9; 3 658 Margaret Pope VAC 4.07/ 1.6; 4 638 Jackie Breslin SCVAC 3.55 /1.1; **W50:** 1 708 Janice Timberlake WMAA 4.50 /1.7; 2 682 Melanie Garland WMAA 4.21 /1.8; 3 688 Paula Hine SWVAC 3.94 /1.5; 4 714 Lesley Willis MMAC 3.89 /+0.0; 5 707 Marise Taylor MMAC 3.53 /0.5; **W55:** 1 724 Teresa Eades SCVAC 4.19 /1.0; 2 744 Susan Richardson NMAC 4.14 /0.8; 3 742 Janice Pryce MMAC 4.08 /1.1; 4 748 Clare St John-Coleman WMAA 3.92 /0.4; 5 722 Gaye Clarke EVAC 3.89 /1.0; 6 751 Julie Wakelam MMAC 3.60 /0.7; **W60:** 1 763 Christine Fry SCVAC 3.55 / 2.6; 2 755 Lyn Ahmet SCVAC 3.52 / 1.8; **W65:** 1 793 Moira West SCVAC 3.52 / 1.4; 2 788 Emily McMahon EVAC 3.45 /2.5; 3 784 Sally Hine MMAC 3.11 /NWI; 4 790 Linda Oxlade SCVAC 1.69 /1.1; **W75:** 804 Iris Holder WMAA 2.82 / 1.1; **W80:** 808 Anne Martin EVAC 2.46/ 1.2 (**BRITISH RECORD**); **M35:** 1 11 Navid Childs WMAA 6.36 / 3.0; 2 42 Carl McMullen NMAC 6.04 /2.8; 3 46 Clint Nicholls EVAC 5.92 /1.2; 4 37 Stephen Leek SVHC 5.91 /1.5; **M40:** 1 82 Darren Dods SCVAC 6.21 / 1.7; 2 72 Stuart Channon VAC 5.84 /1.3; 3 80 Kehinde Dauda SCVAC 5.04 / 1.3; **M45:** 1 160 Andy Lewis SCVAC 5.97 /1.5; 2 136 David Carpenter SVHC 5.79/ 1.0; 3 182 Gary Smith EVAC 5.33/ 1.2; 4 157 Andrew Lawton NMAC 4.04 /0.9; **M50:** 1 196 Ian Allen SWVAC 5.64/ 0.0; 2 232 Julien Gittens NMAC 5.34 /1.2; 3 282 Derek Warn SCVAC

MASTERS ATHLETICS AUTUMN 2016

5.05 /0.7; 4 283 Clifford Warren VAC 5.01 /1.6; 5 255 Keith Palmer EVAC 4.80/ 1.2; **M55:** 1 325 Paul Guest SWVAC 5.59 /0.7; 2 332 Henry Hopkins MMAC 4.89 /0.8; 3 371 Alan Smith VAC 4.68/ 0.4; 4 308 Roderick Davies WMAA 4.26/ 1.5; 5 345 Michael May VAC 3.39 / 1.1; **M60:** 1 439 Trevor Wade SCVAC & 411 Mario Lapka SWVAC 4.62 /0.7; 3 430 Rashpal Singh MMAC 4.49 / 0.6; 4 389 David Blunt VAC 4.27 /2.4; 5 414 William Lonsdale SVHC 4.19 /0.0; 6 396 Peter Cote MMAC 3.21 /1.4; **M65:** 1 487 Derek Wardle VAC 4.11 /1.2; 2 477 Patrick Reynolds VAC-IRL

EVAC 9.24m; 5 598 Cath Alford WMAA 8.97m; 6 608 Claudia Cabbage SCVAC 8.94m; 7 613 Sarah Hewitt SCVAC 8.89m; 8 630 Clare Taylor SWVAC 8.66m; 9 623 Stephanie Pain EVAC 7.29m; **W45:** 1 654 Sue Lawrence SCVAC 9.44m; 2 665 Camilla Thrush SCVAC 8.61m; 3 662 Anita Saunders NMAC 6.66m; **W50:** 1 676 Jacquelyn Brett SWVAC 10.71m ; 2 698 Barbara Norris VAC-SUI 9.63m; 3 693 Karen Llewellyn WMAA 8.53m ; 4 681 Lorna Foster MMAC 8.51m; 5 705 Janet Smith SCVAC 8.40m; 6 708 Janice Timberlake WMAA 7.95m; **W55:** 1 718 Mary Barrett IRL 10.21m; 2 740 Deborah Murch MMAC 9.52m; 3 721 Claire Cameron SVHC 9.10m; 4 738 Lucy Moore-Fox VAC-IRL 8.70m; 5 717 Hazel Barker NMAC 8.48m; 6 723 Wendy Dunsford EVAC 7.99m; 7 739 Angela Morgan SCVAC 7.16m; **W60:** 1 775 Vilma Thompson SCVAC 8.96m; 2 759 Sue Dassie SCVAC 7.73m; 3 760 Anje de Lang NED 7.43m; 4 762 Carole Filer EVAC 7.05m; 5 773 Ann Rhodes NMAC 5.15m; **W70:** 799 Liz Sissons SCVAC 8.05m;



Sue Richardson



Discus record for David Abernethy

3.24 /1.7; **M70:** 1 521 Roy White SCVAC 4.29 /3.4; 2 519 James Smith SVHC 4.14 /2.8; 3 506 Allan Long VAC 4.09 / 1.6; 4 496 Peter Daw SWVAC 3.60 /1.4; **M75:** 1 539 John Scott SVHC 3.59 /1.3; 2 530 David Haines SCVAC 3.45 /2.6; 3 525 Roger Bruck SCVAC 3.14 /1.8; **M95:** 563 Charles Eugster VAC 1.21/ 1.4 (**BRITISH RECORD**);

SP:

W35: 1 579 Monique Heijns NED 9.93m; 2 587 Debbie McCaw SCVAC-NZL 9.78; 3 569 Kerrie Buckley NMAC 9.68m; 4 588 Lynette McKeown MMAC 8.07m; 5 586 Heather Mballa SCVAC 7.94m; 6 578 Margot Griffiths MMAC 6.36m; **W40:** 1 634 Paula Williams MMAC 9.47m; 2 629 Ros Stansbury OPEN 9.44m; 3 616 Louise Kelly SCVAC 9.35m; 4 614 Andrea Jenkins

M35: 1 21 David Dowson NEMAA 42.18m; 2 46 Clint Nicholls EVAC 26.50m; **M40:** 1 78 Phil Crawford NEMAA 36.60m; 2 117 Andrew Thomas OPEN 35.73m; 3 82 Darren Dods SCVAC 35.62m; 4 122 Daniel Upton VAC 30.65m; 5 124 Ian Williams WMAA 25.12m; **M45:** 1 142 Paul Derrien SCVAC 37.20m; 2 193 Perriss Wilkins MMAC 35.90m; 3 138 Damian Crawford NIMAA 34.16m; 4 151 Matthew Hammond NMAC 33.64m; 5 147 Leeroy Golding NMAC 29.08m; **M50:** 1 286 Stephen Whyte EVAC 45.80m; 2 207 Kevin Brown MMAC 45.09m; 3 271 Stuart Ryan NEMAA 40.34m; 4 202 David Bauer EVAC 39.53m; 5 278 Anthony Tipping SCVAC 37.78m; 6 209 David Burrell EVAC 37.72m; 7 244 Paul Kelly SCVAC 37.25m; 8 201 Tony Balko NMAC 34.69m; 9 205 David Brown NMAC 33.75m; 10 292 Paul Young NEMAA 30.99m; 11 231 Jim Gillespie

MASTERS ATHLETICS AUTUMN 2016

EVAC 26.58m; 12 251 Chris Michael VAC 20.51m; 13 255 Keith Palmer EVAC 17.80m; **M55:** 1 350 John Moreland MMAC 42.57m; 2 300 Robert Broadbridge SWVAC 41.41m; 3 361 Chris Privett VAC 39.81m; 4 340 Allan Leiper SCVAC 37.05m; 5 329 Michael Hausler EVAC-GER 34.93m; 6 295 Nick Barton SCVAC 34.02m; 7 379 Peter Wishart VAC 31.20m; 8 330 Paul Herron IRL 30.24m; 9 362 Glyn Pugh WMAA 29.57m; 10 343 Wayne Martin SCVAC 28.77m; 11 293 Alex Ahmet SCVAC 20.91m; **M60:** 1 381 David Abernethy NMAC 53.87m(**BRITISH RECORD**); 2 436 Stephen Thomas NMAC 40.73m; 3 433 Trevor Straker NEMAA 35.95m; 4 421 Paul Oakes EVAC 33.97m; 5 442 John Wild NEMAA 32.09m; 6 384 Mike Bale SCVAC 30.50m; 7 419 Timothy Needham EVAC 30.21m; 8 396 Peter Coote MMAC 26.52m; 9 415 Derek Martin NMAC 26.44m; **M65:** 1 461 Neil Griffin SCVAC 44.65m; 2 486 Geoff Tyler EVAC 43.85m; 3 459 Michael Ferne SCVAC 43.53m; 4 479 Tony Richards VAC 37.74m; 5 476 Bill Renshaw MMAC 36.30m; 6 481 Bunt Scott EVAC 33.76m; 7 448 John Blackwell EVAC 33.26m; 8 477 Patrick Reynolds VAC-IRL 22.72m; **M70:** 1 504 Richard Jegou MMAC 30.28m; 2 501 John Gilbert VAC 27.69m; 3 495 Patrick Conboy IRL 25.17m ; 4 505 David Kuester MMAC 24.96m; **M75:** 1 547 John Watts NMAC 37.80m; 2 543 James Sloan NMAC 29.71m; 3 538 Phil Rees WMAA 20.97m; **M80:** 1 550 Warwick Dixon SCVAC 30.63m; 2 555 Robin Sykes SVHC 19.77m; **M85:** 559 James Farrar NMAC 13.82m

HT:

W35: 1 587 Debbie McCaw SCVAC-NZL 46.01m; 2 588 Lynette McKeown MMAC 45.90m; 3 569 Kerrie Buckley NMAC 30.41m; **W40:** 1 614 Andrea Jenkins EVAC 47.10m; 2 629 Ros Stansbury OPEN 39.99m; 3 630 Clare Taylor SWVAC 37.87m; 4 611 Tracey Gould VAC 34.00m; 5 613 Sarah Hewitt SCVAC 33.01m; 6 598 Cath Alford WMAA 30.06m; **W45:** 1 665 Camilla Thrush SCVAC 28.00m; 2 654 Sue Lawrence SCVAC 32.82m; **W50:** 1 698 Barbara Norris VAC-SUI 45.23m; 2 705 Janet Smith SCVAC 42.43m; 3 694 Marion Loveridge MMAC 39.38m; 4 676 Jacquelyn Brett SWVAC 38.23m; 5 700 Paula Peaty VAC 34.62m; 6 713 Kim Weir VAC 31.33m; 7 693 Karen Llewellyn WMAA 30.03m; 8 681 Lorna Foster MMAC 24.32m; **W55:** 1 751 Julie Wakelam MMAC 32.55m; 2 740 Deborah Murch MMAC 31.45m; 3 732 Karen Jones SWVAC 31.18m; 4 723 Wendy Dunsford EVAC 29.88m; 5 738 Lucy Moore-Fox VAC-IRL 28.77m; 6 739 Angela Morgan SCVAC 26.33m; 7 745 Brenda Russell EVAC 25.17m; 8 746 Deborah Singleton VAC 24.80m; 9 721 Claire Cameron SVHC 23.60m; 10 722 Gaye Clarke EVAC 20.46m; 11 734 Jill Lamb MMAC 17.14m; **W60:** 1 771 Renate Prells WMAA 31.65m; 2 775 Vilma Thompson SCVAC 28.88m; 3 773 Ann Rhodes NMAC 21.96m; **W65:** 790 Linda Oxlade SCVAC 14.74m; **W70:** 799 Liz Sissons SCVAC 22.09m; **W75:** 803 Trish Hill EVAC 30.39m ;

JT:

M35: 1 5 Steven Birse NEMAA 51.11m; 2 17 Ian Corcoran NMAC 40.45m; 3 37 Stephen Leek SVHC 40.37m; 4 58 Darren Towart NEMAA 34.37m; 5 32 Stephen Hollis OPEN 28.75m; **M40:** 1 67 Simon Bennett SWVAC 54.73m; 2 113 David Sketchley OPEN 50.94m; 3 97 Simon Jones NMAC 38.47m; 4 116 Alec Taylor MMAC 35.23m; 5 111 Greg Richards OPEN 34.32m; 6 124 Ian Williams WMAA 32.73m; **M45:** 138 Damian Crawford NIMAA 48.65m; **M50:** 1 263 Trevor Ratcliffe SCVAC 52.55m; 2 271 Stuart Ryan NEMAA 43.18m; 3 209 David Burrell EVAC 42.98m; 4 205 David Brown NMAC 38.21m; 5 201 Tony Balko NMAC 32.96m; 6 292 Paul Young NEMAA 29.06m; 7 244 Paul Kelly SCVAC 27.95m; **M55:** 1 353 Kevin Murch MMAC 51.31m; 2 320 John Fenton SCVAC 43.74m; 3 295 Nick Barton SCVAC 35.76m; 4 329 Michael Hausler EVAC-GER 34.55m; 5 293 Alex Ahmet SCVAC 26.13m; 6 355 Sean O'Keeffe VAC-IRL 23.35m; **M60:** 1 415 Derek Martin NMAC 34.85m 2 426 Chris Pruski WMAA 32.47m 3 421 Paul Oakes EVAC 32.23m 4 396 Peter Coote MMAC 31.55m 5 442 John Wild NEMAA 31.25m; **M65** 1 479 Tony Richards VAC 32.45m; 2 458 Joe Eastwood SCVAC 32.29m; 3 481 Bunt Scott EVAC 31.79m; 4 448 John Blackwell EVAC 26.61m; **M70:** 1 493 Duncan Chappell SWVAC 31.50m; 2 521 Roy White SCVAC 30.36m; 3 496 Peter Daw SWVAC 29.94m; 4 501 John Gilbert VAC 23.83m; 5 505 David Kuester MMAC 22.89m; **M75** 1 523 Victor Adcock SCVAC 28.88m; 2 537 David Price MMAC 25.54m; 3 530 David Haines SCVAC 24.10m ; 4 544 Frank Stewart OPEN-IRL 23.68m; **M80** 1 550 Warwick Dixon SCVAC 19.22m; **M85** 1 560 John Kirkham VAC 9.94m

WT:

W35 1 587 Debbie McCaw SCVAC-NZL 14.07m; 2 588 Lynette McKeown MMAC 11.21m; 3 569 Kerrie Buckley NMAC 9.35m ; **W40** 1 614 Andrea Jenkins EVAC 14.62m; 2 629 Ros Stansbury OPEN 11.89m; 3 598 Cath Alford WMAA 10.13m; 4 613 Sarah Hewitt SCVAC 10.11m; 5 611 Tracey Gould VAC 9.51m; **W45** 1 654 Sue Lawrence SCVAC 10.33m; 2 665 Camilla Thrush SCVAC 8.65m; **W50** 1 698 Barbara Norris VAC-SUI 14.50m; 2 705 Janet Smith SCVAC 13.95m; 3 694 Marion Loveridge MMAC 12.70m; 4 676 Jacquelyn Brett SWVAC 11.72m; 5 693 Karen Llewellyn WMAA 9.74m; 6 713 Kim Weir VAC 9.49m; **W55** 1 740 Deborah Murch MMAC 10.71m; 2 721 Claire Cameron SVHC 9.75m; 3 738 Lucy Moore-Fox VAC-IRL 9.29m; 4 723 Wendy Dunsford EVAC 9.10m; 5 745 Brenda Russell EVAC 7.80m; 6 739 Angela Morgan SCVAC 7.76m; **W60** 1 775 Vilma Thompson SCVAC 11.34m; 2 759 Sue Dassie SCVAC 9.57m; 3 771 Renate Prells WMAA 8.74m; **W65** 790 Linda Oxlade SCVAC 7.25m; **W70** 799 Liz Sissons SCVAC 7.44m;

Sun 18/09/2016

200:

W35 (0.0) 1 593 Katie Skelding VAC 26.20; 2 594 Claire Spurway SCVAC 26.63; 3 565 Naana Adusei NMAC 27.30; 4 570 Karen Burles SCVAC 27.45; **W40 (0.0):** 1 631 Michelle Thomas WMAA 27.55; 2 627 Claire Smith

MASTERS ATHLETICS AUTUMN 2016

EVAC 28.26; 3 612 Cat Goulder-Davies MMAC 28.48; 4 623 Stephanie Pain EVAC 29.76; 5 620 Kathryn Miles SCVAC 30.18; 6 610 Sharon Dooley SCVAC 30.21; 7 603 Andrea Burnett MMAC 32.90;

W45 (-1.9) 1 662 Anita Saunders NMAC 28.61; 2 643 Joanna Flowers VAC 28.81; 3 999 Sue Van Vuuren SCVAC 29.40; 4 663 Juliet Sidney WMAA 30.02; 5 667 Amanda Wale WMAA 30.42; 6 661 Deborah Ricci MMAC 30.55;

W50 (0.0) 1 674 Tracy Bezance EVAC 28.86; 2 687 Jayne Henderson NEMAA 29.13; 3 677 Yolanda Broek VAC-NED 29.62; 4 706 Fiona Steele SVHC 30.10; 5 711 Michele Wakefield SCVAC 30.69; 6 690 Judy Johnson MMAC 31.00 ; 7 704 Catkin Shelley VAC 31.24; 8 682 Melanie Garland WMAA 32.37; **W55 (1.3):** 1 752 Elizabeth Welbourn EVAC 30.20; 2 733 Angela Kelly NMAC 31.70; 3 747 Angela Sonn WMAA 32.60; 4 749 Tessa Stephenson EVAC 32.90; **W60 (0.5)** 1 770 Caroline Powell SWVAC 29.57; 2 776 Joan Trimble SCVAC 31.54; 3 767 Tilly Jacobs NED 31.65; 4 756 Carol Alker EVAC 33.33; 5 769 Anne Nelson VAC 34.80;

W65 (0.0) 1 794 Hendricka White SCVAC 32.63; 2 787 Caroline Marler NMAC 32.83 3 782 Brenda Fee VAC 33.16; 4 784 Sally Hine MMAC 34.38; 5 786 Sue James SCVAC 39.26; **W70 (0.6)** 1 797 Iris Hornsey EVAC 42.54; 2 800 Patricia Stanley SWVAC 45.55;

W75 (0.6): 1 805 Kathleen Stewart NEMAA 38.18; 2 804 Iris Holder WMAA 39.29; 3 802 Dorothy Fraser WMAA 44.71; **W80 (0.6)** 808 Anne Martin EVAC 44.55

(BRITISH RECORD); M35 (A*1.1 & B# 0.2) 1 31 Daniel Hill EVAC 22.64* ; 2 7 Dominic Bradley MMAC 22.91*; 3 53 Alan Robertson SVHC 23.09#; 4 47 Ben Owen MMAC 23.10*; 5 10 Anthony Browne NMAC 23.24*; 6 4 Adam Bellis SCVAC 23.32 *; 7 27 Peter Hall MMAC 23.70#; 8 14 James Colclough OPEN 24.10#; 9 58 Darren Towart NEMAA 24.50#; 10 46 Clint Nicholls EVAC 25.38#; **M40 (1.5):** 1 108 Esmei Ossai SCVAC 22.33; 2 125 Joshua Wood SCVAC 23.44; 3 119 Jim Tipper MMAC 23.47; 4 89 Ciaran Harvey SCVAC 23.65; 5 74 Mark Collins EVAC 23.67; 6 103 Paul North MMAC 26.02; 7 86 Paul Evans WMAA 27.65; **M45 (Ht1 0.3)** 1 167 Giuseppe Minetti SCVAC 24.62 Q; 2 192 Martin White MMAC 25.06 Q; 3 184 David Swalwell NEMAA 25.28 Q; 4 147 Leeroy Golding NMAC 25.72 q; 5 191 Daniel Tomlinson SCVAC 25.75 q; 6 168 James Morgan WMAA 25.93; **H2 -0.9)** 1 179 Darren Scott SCVAC 23.06 Q; 2 183 Julian Smith EVAC 25.33 Q; 3 136 David Carpenter SVHC 25.68 Q; 4 188 Stephen Terry-Short MMAC 26.34 -0.9; 5 178 Jay Ruuska USA 28.50; **(FINAL 0.0)** 1 179 Darren Scott SCVAC 22.96; 2 167 Giuseppe Minetti SCVAC 24.25; 3 192 Martin White MMAC 24.96; 4 184 David Swalwell NEMAA 25.12; 5 183 Julian Smith EVAC 25.28; 6 191 Daniel Tomlinson SCVAC 25.69; 7 136 David Carpenter SVHC 25.78; 8 147 Leeroy Golding NMAC 26.09; **M50 (Ht1 1.6):** 1 248 Tony Leigh MMAC 24.82 Q; 1.6 2 260 Dalton Powell MMAC 25.01 Q; 3 203 Steve Beak SCVAC 25.09 Q; 4 277 Jonathan Tilt SCVAC 26.13; 5 288 Paul Williams WMAA 26.91; 6 284 Richard Weekes VAC 30.61; **(H2 0.0):** 1 206 Donald Brown MMAC 24.97 Q; 2 208 Anthony Burniston NMAC 25.26 Q; 3 258



Dalbir Singh Deol M90

Erskine Peters EVAC-TRI 25.33 Q; 4 279 Neil Tunstall SWVAC 25.53 q; 5 245 David Kemp SCVAC 26.02 q; 6 243 Mike Jones OPEN 26.17; **(FINAL 0.9)** 1 248 Tony Leigh MMAC 24.41; 2 206 Donald Brown MMAC 24.45; 3 203 Steve Beak SCVAC 24.85; 4 258 Erskine Peters EVAC-TRI 25.08; 5 208 Anthony Burniston NMAC 25.22; 6 279 Neil Tunstall SWVAC 25.46; **M55 (Ht1 0.0):** 1 342 Pat Logan NIMAA 25.48 Q; 2 335 Peter Ilo SCVAC 25.61 Q; 3 369 Shane Sheridan IRL 25.87 q; 4 303 Kevin Burgess EVAC 26.16; 5 339 Gary Leek SVHC 26.42; 6 345 Michael May VAC 30.39; 7 376 Andrew Stewart VAC 30.56; **(Ht2 0.0)** 1 325 Paul Guest SWVAC 25.91 Q; 2 318 Mark Ellery SWVAC 26.24 Q; 3 374 John Statham MMAC 26.82; 4 301 Dominic Browne MMAC 27.72; 5 366 Kirtley Robbins MMAC 29.31; **(H3 0.9)** 1 334 Ricardo Huskisson EVAC 25.38 Q; 2 337 Tennyson James EVAC 26.02 Q; 3 310 Dougie Donald MMAC 26.08 q; 4 341 Bob Lewis SCVAC 26.50; 5 333 Andy Hunter NMAC 27.11; 6 308 Roderick Davies WMAA 29.23; **(FINAL 0.1)** 1 342 Pat Logan NIMAA 24.47; 2 334 Ricardo Huskisson EVAC 24.68; 3 335 Peter Ilo SCVAC 25.49; 4 325 Paul Guest SWVAC 25.57; 5 369 Shane Sheridan IRL 25.65; 6 337 Tennyson James EVAC 25.80; 7 318 Mark Ellery SWVAC 26.37; **M60 (0.8):** 1 422 Steve Peters NMAC 24.90; 2 391 Ian Broadhurst WMAA 26.55; 3 385 Simon Barrett SCVAC 26.77; 4 413 Ivars Licietis EVAC 27.61; 5 395 Jon Clarke NMAC 32.60; **M65 (-0.9):** 1 469 Douglas Lucas VAC 27.92 ; 2 473 John McGarry SVHC 28.32; 3 483 Matthew Slattery IRL 28.40; 4 464 David

MASTERS ATHLETICS AUTUMN 2016

Hinds VAC 28.54; 5 485 David Spencer SCVAC 29.09;
6 454 Tom Clinton IRL 31.50; 7 477 Patrick Reynolds
VAC-IRL 36.53; Geoffrey Kitchener VAC DNF; **M70 (0.0)**
1 511 Victor Novell SCVAC 28.54; 2 506 Allan Long



George Cheetham M85

VAC 29.38; 3 519 James Smith SVHC 29.98; 4 488
Terry Bissett SCVAC 42.42; **M75 (0.5)**: 1 526 Alan
Carter EVAC 32.53; 2 527 Terry Faulkner MMAC 33.19;
3 525 Roger Bruck SCVAC 34.64; **M80 (0.5)**: 548 Tony
Bowman NMAC 32.54; **M85 (-0.9)** George Cheetham
MMAC 41.79 (**BRITISH RECORD**); **M90 (-0.9)** : 562
Dalbir Singh Deol VAC 55.57 (**BRITISH RECORD**);

800:

W35: 580 Faye Holden NMAC 3:02.17; **W40**: 1 618
Joanne Locker VAC 2:23.05; 2 619 Rachel Matthews
WMAA 2:27.48 3 601 Lourdes Bradley NEMAA-ESP
2:35.35; 4 624 Delphine Pearson NMAC 2:47.37; **W45**:
1 639 Clare Constable NMAC 2:24.02; 2 648 Emma
Hollinshead MMAC 2:27.09; 3 642 Sarah Everitt MMAC
2:27.23; 4 640 Rachel Coupe MMAC 2:27.47; 5 645
Natasha Geere NMAC 2:50.93; **W50**: 1 683 Anne
Gilshinan IRL 2:21.49; 2 716 Alison Wood EVAC
2:31.49; 3 712 Lisa Webb VAC 2:33.42; 4 670 Christine
Anthony EVAC 2:35.67; 5 675 Cathryn Brady OPEN-
IRL 2:36.15; 6 699 Katrina Oddy NMAC 2:40.95; 7 671
Julia Austin EVAC 2:44.42; 8 704 Catkin Shelley VAC
2:45.62; 9 692 Sue Kneill-Boxley MMAC 2:49.87; **W55**:
1 737 Fiona Matheson SVHC 2:34.63; 2 720 Karen



Charles Eugster M95 Long Jump Record

Brooks MMAC 2:35.88; 3 731 Louise Jeffries SWVAC
2:41.76; 4 725 Jan Ellacott SWVAC 2:51.17; 5 753
Hilary West NMAC 2:53.29; **W60**: 766 Phyllis Hands
SVHC 3:09.76; **W65**: 1 785 Nancy Hitchmough MMAC
2:46.45; 2 787 Caroline Marler NMAC 3:02.05; 3 778
Susan Barnett EVAC 3:27.28; 4 786 Sue James
SCVAC 3:34.12; **W70** : 796 Patricia Gallagher WMAA
3:17.13; **W75**: 1 805 Kathleen Stewart NEMAA 3:45.52
2 806 Betty Stracey EVAC 4:03.53; **W80**: 808 Anne
Martin EVAC 4:10.97 (**BRITISH RECORD**); **M35**: 1 9
Aaron Brown VAC 1:59.55; 2 60 James Wardman
OPEN 2:01.13; 3 12 Paul Clarke WMAA 2:01.36; 4 54
Iain Robertson OPEN 2:01.98; 5 35 Jevgeni Judin
SWVAC 2:03.45 ; 6 1 David Allworthy OPEN 2:04.46; 7
2 Joe Ashley SCVAC 2:07.24; 8 36 Dean Kane SVHC
2:11.26; **M40**; 1 121 Marc Turner MMAC 2:04.7; 2 71
Andrew Cartwright NMAC 2:05.11; 3 70 Liam Byrne
OPEN 2:06.24; 4 123 Christopher Westcott EVAC
2:06.28; 5 106 Paul O'Hare SVHC 2:12.28; 6 98 Jason
Kabel OPEN 2:14.65; **M45**: 1 190 Mike Toal NMAC
2:01.73; 2 186 Mark Symes SCVAC 2:03.53; 3 154
Michael Hunt NMAC 2:03.53; 4 126 Nick Andrews
OPEN 2:08.11; 5 132 Richard Bruce SWVAC 2:08.77; 6
140 Robert Datnow VAC 2:10.26; 7 150 Adrian Haines
SCVAC 2:11.31; 8 155 Nick Jacobs SCVAC 2:12.88; 9
162 Sean Maley NEMAA 2:14.54; 10 156 Tim Kimber
OPEN 2:19.99; 11 131 Tommy Brannon NEMAA
2:20.76; 12 146 Gareth George VAC 2:40.96; **M50** 1
266 Andrew Ridley VAC 2:06.68; 2 197 Simon
Anderson SWVAC 2:09.34; 3 290 Tony Wright SWVAC
2:11.48; 4 273 Brian Scally SVHC 2:12.85; 5 216 Brett
Davis WMAA 2:15.58 6 217 Norman De Bruin NEMAA
2:16.35; 7 269 Tony Roberts EVAC 2:16.90; 8 250
Jonny Lowe MMAC 2:17.56; 9 234 John Greig VAC
2:18.68 ; 10 225 Ian Fitzpatrick NMAC 2:20.61; **M55**; 1
364 Ludwig Ramsey MMAC 2:17.51; 2 347 Jonathan
Metcalf EVAC 2:18.44; 3 321 Rob Fox MMAC 2:19.45;
4 315 Dennis Edghill EVAC 2:20.00; 5 311 John

MASTERS ATHLETICS AUTUMN 2016

Donaldson EVAC 2:25.86; 6 351 Peter Mountain SWVAC 2:26.35; 7 306 Michael Cornyn IRL 2:26.53; 8 363 Kevin Pye MMAC 2:31.95; 9 314 Peter Eckersley OPEN 2:34.18; 10 376 Andrew Stewart VAC 2:39.22; 11 307 Austin Davies WMAA 2:43.04; 12 344 Paul Mathie MMAC 3:15.30; **M60**: 1 413 Ivars Licietis EVAC 2:37.77; 2 410 Graham Lamb MMAC 2:45.38; 3 387 David Bell EVAC 3:04.74; 4 398 Kevin Dillon NMAC 3:37.28; **M65**: 1 475 David Oxland MMAC 2:28.93; 2 467 Peter Kennedy VAC 2:34.33; 3 455 Ed Connolly VAC 2:35.48; 4 484 Ian Snow SWVAC 2:47.75; 5 457 Peter Duhig EVAC 2:52.91; **M70** 1 517 Rod Scholes NMAC 2:43.31; 2 498 Albert Eland NMAC 2:50.40; 3 502 Peter Giles VAC 2:51.65; 4 490 Phil Brennan MMAC 3:04.06; 5 516 Barrie Roberts WMAA 3:06.64; 6 500 John Garber EVAC 3:11.33; **M75**: 524 John Batchelor VAC 2:56.08 ;

5000:

W35: 1 585 Carla Maley NEMAA 18:37.88; 2 572 Catherine Charlton MMAC 19:40.33; 3 568 Claire Bruce WMAA 20:09.24
W40: 1 625 Paula Richardson MMAC 17:40.30; 2 609 Fiona Davies NMAC 18:08.64; 3 606 Lesley Chisholm SVHC 18:14.23; 4 626 Lucy Robinson VAC 20:27.73;
W45: 649 Clare Jolliffe MMAC 19:45.34; **W50**: 1 685 Tracey Greenway MMAC 19:50.03; 2 697 Jackie Newton NMAC 20:23.61; 3 709 Catherine Ulliott VAC 20:48.67; 4 680 Cathy Flitcroft NMAC 21:12.66; 5 684 Helen Grant EVAC 21:51.57; 6 710 Alison Vesey NMAC 21:56.71; 7 686 Elke Hausler EVAC-GER 22:08.18;
W55: 1 737 Fiona Matheson SVHC 17:55.87; 2 754 Monica Williamson MMAC 19:53.61; 3 750 Susie Tawney MMAC 20:47.00; 4 729 Jenny Hughes SCVAC 21:15.06; 5 743 Val Purnell SCVAC 21:47.40; **W60**: 1 764 Anna Garnier VAC 20:57.90; 2 774 Maggie Statham VAC 21:25.23; **W65**: 1 789 Margaret Moody VAC 22:03.37; 2 780 Barbara Brown NMAC 22:45.64; **W70**: 798 Pauline Rich VAC 25:11.92; **W80**: 807 Pam Jones VAC 30:23.17 (**BRITISH RECORD**); **M35** : 1 62 Martin Williams SVHC 15:57.68; 2 50 Carl Platt MMAC 17:17.19; 3 25 Tony Golabek SVHC 17:29.89; **M40**: 1 76 Mark Couldwell MMAC 16:06.20; 2 120 Lee Tolhurst SCVAC 17:06.35; **M45**: 1 194 Kerry-Liam Wilson SVHC 15:42.39; 2 158 Gordon Lee MMAC 15:44.41; 3 143 James Douglas MMAC 16:05.15; 4 181 David Smith MMAC 16:24.18; 5 144 Ed Fazakerley NMAC 16:31.91; 6 137 Mark Champion SCVAC 17:23.14; **M50**: 1 265 Ben Reynolds VAC 16:08.67; 2 204 Guy Bracken NEMAA 16:12.85; 3 289 Simon Wright NMAC 16:38.32; 4 290 Tony Wright SWVAC 16:44.52; 5 239 Christopher Hollinshead MMAC 16:55.20; 6 246 Mick Kingsbury MMAC 16:56.48; 7 199 Dean Angell SCVAC 17:27.11; 8 273 Brian Scally SVHC 17:43.41; 9 197 Simon Anderson SWVAC 18:03.22; 10 270 Anthony Roper MMAC 18:28.51; 11 226 Dave Flitcroft NMAC 20:46.59; **M55**: 1 304 David Clarke NIMAA 17:40.64; 2 354 Pete O'Connell SCVAC 17:42.53; 3 338 Andrew Kelleher SCVAC 17:53.74; 4 356 Steve Oliver SWVAC 18:52.96; 5 312 Steven Doxey NMAC 19:06.36; 6 327 Ken Ham SWVAC 19:12.28; 7 357 Colin Oxlade SCVAC

20:36.40 ; **M60**: 1 427 Peter Pyrah NMAC 18:34.98; 2 394 Alexander Chisholm SVHC 18:45.08; 3 428 Michael Quinn NMAC 19:07.89; 4 432 Kevin Spare MMAC 19:10.75; 5 405 John Hill MMAC 19:19.68; 6 425 David Proffitt WMAA 20:02.12; 7 420 Alan Newman SCVAC 21:02.77; 8 409 David King SWVAC 21:19.46; **M65** : 1 482 John Skelton EVAC 18:21.66; 2 472 Richard Marks WMAA 18:44.08; 3 456 Arthur Daley MMAC 19:22.20; 4 474 Desmond Michael SCVAC 19:53.18; 5 465 David Jones MMAC 21:00.06; 6 450 Arnold Bradshaw NMAC 21:20.76; 7 446 Paul Allen WMAA 21:42.02; 8 451 Dennis Brown NMAC 21:45.06; **M70**: 1 502 Peter Giles VAC 21:34.86; 2 489 Tony Brackstone SCVAC 21:35.46; 3 510 Geoff Newton SCVAC 21:40.32; 4 513 Gordon Orme WMAA 21:43.23; 5 490 Phil Brennan MMAC 22:28.38; **M75**: 1 524 John Batchelor VAC 21:37.78; 2 529 Fred Gibbs NMAC 23:24.13; 3 536 Lawrie Peter VAC 24:46.65;

2000SC:

W35: 575 Jacqueline Etherington SVHC 8:16.67; **W40**: 1 632 Claire Thompson SVHC 7:25.96; 2 633 Katrina Wastenev EVAC 8:52.95; **M60**: 1 438 Tom Ulliott VAC 9:03.87; 2 435 Malcolm Thirlaway NEMAA 9:04.23 ; **M65**: 457 Peter Duhig EVAC 8:57.93;

3000SC:

M35: 1 43 Steve Millward MMAC 10:04.68; 2 34 Istvan Jacso EVAC-HUN 10:15.57; 3 25 Tony Golabek SVHC 10:53.66; 4 13 Andy Cohen-Wray EVAC 11:52.00; **M40**: 1 87 Lee Garland WMAA 10:27.71; 2 120 Lee Tolhurst SCVAC 10:37.03; **M45**: 1 171 Colin Palmer MMAC 10:33.74; 2 152 Jason Harding NEMAA 10:49.20; 3 169 Darren Newbould NMAC 11:02.66; 4 161 Wayne Lillis OPEN 11:39.74; 5 159 Paul Lester MMAC 11:43.63; **M50**: 1 252 Jeremy Mower WMAA 11:33.22; 2 247 Don Lawless SVHC 13:03.37; 3 291 Philip York SWVAC 13:12.66; **M55**: 1 328 Benjamin Hands SVHC 12:06.68; 2 323 David Gill NMAC 12:25.12 ; 3 358 Mike Peters MMAC 12:34.47;

5000W:

W45: 1 647 Harriet Hide OPEN 30:14.57; 2 637 Julie Bellfield MMAC 30:27.98; 3 650 Wendy Kane MMAC 34:40.71; **W50**: 672 Lynn Bellfield MMAC 33:24.28 ; **W55**: 1 719 Fiona Bishop VAC 33:32.86; 2 741 Carrie Oliver SWVAC 35:35.17; **W60**: 1 777 Ann Wheeler MMAC 29:10.60; 2 761 Cath Duhig EVAC 31:02.36; **W65**: 779 Noel Blatchford SCVAC 33:57.81; **M50**: 1 210 Dwane Butterly MMAC 26:24.65 ; 2 228 Andrew Fraser SVHC 34:40.91; **M65**: 449 Peter Boszko MMAC 28:29.97; **M70**: 499 David Fall MMAC 36:01.40; **M75**: 1 541 Edmund Shillabeer SWVAC 35:05.66 2 545 Ron Stewart NEMAA 41:00.23 ; **M80**: 557 Arthur Thomson VAC 31:44.55;

HJ:

M35: 1 46 Clint Nicholls EVAC 1.75m; 2 52 Andrew Reeves MMAC 1.70m; 3 36 Dean Kane SVHC 1.40m; **M40**: 1 85 Andrew England NMAC 1.70m; **M45**: 1 195 Adam Young MMAC 1.70m ; 2 175 Matthew Reece

MASTERS ATHLETICS AUTUMN 2016

MMAC 1.65m ; 3 136 David Carpenter SVHC 1.55m; **M50:** 1 196 Ian Allen SWVAC 1.65m; 2 249 Steve Linsell NMAC 1.60m; 3 258 Erskine Peters EVAC-TRI 1.50m; **M55:** 1 359 Richard Phelan EVAC 1.50m; 2 371 Alan Smith VAC 1.30m; 2 355 Sean O'Keefe VAC-IRL 1.30m; **M60:** 1 389 David Blunt VAC 1.45m; 2 437 Ian Torode SWVAC 1.40m; 2 434 Duncan Talbot SCVAC 1.40m; 2 383 Paul Askew MMAC 1.40m; 5 439 Trevor Wade SCVAC 1.35m; 6 414 William Lonsdale SVHC 1.20m; **M65:** 468 Geoffrey Kitchener VAC 1.03m; **M70:** 1 494 Allan Cheers WMAA 1.21m; 2 492 Juan Chacon Chacon ESP 1.18m; 2 520 Edward Wagner NMAC 1.18m; **M75:** 1 525 Roger Bruck SCVAC 1.27m; 2 530 David Haines SCVAC 1.15m; **M80:** 1 549 Tony Crocker MMAC 1.24m;

PV:

M35: 1 49 Ian Parkinson SCVAC 3.80m; 2 40 Joe McGrath EVAC 3.20m **M40:** 99 Robert Kingman EVAC 4.00m; **M50:** 1 242 Mark Johnson NMAC 4.20m ; 2 261 Glyn Price WMAA 3.80m; 3 222 Simon Eastwood EVAC 3.00m; **M55:** 1 373 Mark Spivey OPEN 3.30m; 2 359 Richard Phelan EVAC 3.10m; 3 340 Allan Leiper SCVAC 3.00m; 4 343 Wayne Martin SCVAC 2.70m; 5 371 Alan Smith VAC 2.70m; **M60:** 1 443 Allan Williams SCVAC 3.20m; 2 421 Paul Oakes EVAC 2.60m; **M75:** John Howe WMAA 2.10m;

TJ

W35: 1 596 Lynsie Whyke NMAC 10.30m/ 1.1; 2 590 Rebecca Mulley SWVAC 8.85m/ +0.0; **W45:** 1 667 Amanda Wale WMAA 9.47m/ +0.0; 2 638 Jackie Breslin SCVAC 7.50m/ +0.0;

W50: 1 708 Janice Timberlake WMAA 9.39m/ +0.0; 2 682 Melanie Garland WMAA 9.05m +0.0; 3 702 Mandy Rowley-Jones SCVAC 8.15m/ +0.0; **W55:** 1 742 Janice Pryce MMAC 9.75m/ +0.0 (**BRITISH RECORD**); 2 727 Danae Herron IRL 8.52m/ +0.0; 3 744 Susan Richardson NMAC 8.33m/+0.0; 4 748 Clare St John-Coleman WMAA 8.11m/+0.0; 5 751 Julie Wakelam MMAC 7.44m/+0.0; **W60:** 755 Lyn Ahmet SCVAC 7.74m/+0.0; **W65:** 1 784 Sally Hine MMAC 6.78m/1.1; 2 790 Linda Oxlade SCVAC 4.28m/+0.0; **W75:** 804 Iris Holder WMAA 6.36m/+0.0; **W80:** 808 Anne Martin EVAC 5.57m/+0.0;

M35: 1 28 Lawrence Harvey EVAC 14.62m/ 0.7; 2 11 Navid Childs WMAA 14.18m /0.7; 3 37 Stephen Leek SVHC 11.30m 0.5; 4 18 Rick Cordwell NMAC 11.19m +0.0; **M40:** 1 100 Stephen Lake SCVAC 11.38m +0.0; 2 63 Ben Anderson SCVAC 11.21m +0.0; **M45:** 1 174 Ben Radcliffe SCVAC 11.10m 0.8 ; 2 147 Leeroy Golding NMAC 9.75m +0.0; **M50:** 1 232 Julien Gittens NMAC 11.76m -0.5; 2 283 Clifford Warren VAC 10.37m -1.6; 3 249 Steve Linsell NMAC 10.34m +0.0; **M55:** 1 294 John Barratt NMAC 11.10m 0.1; 2 359 Richard Phelan EVAC 10.82m +0.0; 3 332 Henry Hopkins MMAC 10.08m +0.0; 4 375 Pete Stepney SCVAC 9.40m +0.0; 5 370 David Shields WMAA 9.20m -1.1; **M60:** 1 437 Ian Torode SWVAC 9.18m 2.0; 2 414 William Lonsdale SVHC 8.84m +0.0; **M65:** 1 460 David Folgate EVAC 10.19m +0.0; 2 477 Patrick Reynolds

VAC-IRL 6.49m +0.0; **M70:** 1 506 Allan Long VAC 8.55m +0.0; 2 494 Allan Cheers WMAA 8.26m +0.0; 3 519 James Smith SVHC 8.06m 0.8; 4 515 Norman Rice VAC 7.53m +0.0; **M75:** 1 540 Pinchas Shechter VAC-ISR 8.81m +0.0; **M80:** 551 John Evans MMAC 6.82m 0.8 ;

SP:

M35 : 1 21 David Dowson NEMAA 13.78m; 2 5 Steven Birse NEMAA 11.18m; **M40:** 1 64 Ken Baker EVAC 12.77m; 2 118 Stuart Thurgood SCVAC 11.42m ; 3 122 Daniel Upton VAC 11.29m; **M45:** 1 141 Gintas Degutis EVAC-LTU 14.81m; 2 138 Damian Crawford NIMAA 10.50m; 3 142 Paul Derrien SCVAC 10.28m ; 4 151 Matthew Hammond NMAC 9.69m; **M50:** 1 253 John Nicholls NMAC 15.02m; 2 215 Nick Crimmen NMAC 13.06m; 3 271 Stuart Ryan NEMAA 12.94m; 4 286 Stephen Whyte EVAC 12.42m; 5 278 Anthony Tipping SCVAC 11.88m; 6 202 David Bauer EVAC 11.45m; 7 218 Renzo Di Libero VAC 11.16m; 8 205 David Brown NMAC 10.32m; 9 201 Tony Balko NMAC 10.12m; 10 244 Paul Kelly SCVAC 8.97m; 11 231 Jim Gillespie EVAC 7.79m; **M55:** 1 300 Robert Broadbridge SWVAC 12.62m; 2 340 Allan Leiper SCVAC 12.49m; 3 329 Michael Hausler EVAC-GER 11.52m; 4 350 John Moreland MMAC 11.03m; 5 362 Glyn Pugh WMAA 9.81m; 6 371 Alan Smith VAC 9.65m; 7 379 Peter Wishart VAC 8.84m; 8 355 Sean O'Keefe VAC-IRL 8.77m; 9 293 Alex Ahmet SCVAC 8.50m; **M60:** 1 381 David Abernethy NMAC 13.44m; 2 436 Stephen Thomas NMAC 13.14m; 3 433 Trevor Straker NEMAA 10.75m; 4 421 Paul Oakes EVAC 10.31m; 5 388 John Birkett NMAC 9.63m; 6 415 Derek Martin NMAC 9.29m; 7 392 Jim Burke EVAC 8.04m; **M65:** 1 461 Neil Griffin SCVAC 12.61m; 2 486 Geoff Tyler EVAC 12.49m; 3 479 Tony Richards VAC 10.97m; 4 481 Bunt Scott EVAC 9.63m; 5 448 John Blackwell EVAC 9.52m; 6 476 Bill Renshaw MMAC 9.29m; 7 477 Patrick Reynolds VAC-IRL 7.29m; **M70:** 1 509 Garry Negus SCVAC 10.11m; 2 504 Richard Jegou MMAC 9.86m; 3 515 Norman Rice VAC 8.88m; 4 505 David Kuester MMAC 8.67m; 5 501 John Gilbert VAC 8.63m; 6 520 Edward Wagner NMAC 8.50m; **M75:** 1 547 John Watts NMAC 11.06m; 2 543 James Sloan NMAC 9.83m; 3 540 Pinchas Shechter VAC-ISR 8.67m; 4 531 Raymond Hall SCVAC 8.12m; 5 544 Frank Stewart IRL 8.08m; 6 530 David Haines SCVAC 7.80m;

M80: 1 550 Warwick Dixon SCVAC 8.90m; 2 555 Robin Sykes SVHC 8.67m; **M85 :** 1 560 John Kirkham VAC 6.19m;

DT:

W35: 1 587 Debbie McCaw SCVAC-NZL 30.73m; 2 588 Lynette McKeown MMAC 27.18m; 3 586 Heather Mballa SCVAC 22.75m; **W40:** 1 614 Andrea Jenkins EVAC 38.26m; 2 613 Sarah Hewitt SCVAC 37.83m; 3 605 Jacqueline Cherry SCVAC 27.13m; 4 608 Claudia Cabbage SCVAC 21.97m; **W45 :** 1 654 Sue Lawrence SCVAC 29.92m; 2 665 Camilla Thrush SCVAC 25.73m; **W50:** 1 678 Jenny Cooper MMAC 29.21m; 2 681 Lorna Foster MMAC 24.60m; 3 693 Karen Llewellyn WMAA

MASTERS ATHLETICS AUTUMN 2016

22.87m; **W55:** 1 721 Claire Cameron SVHC 27.15m; 2 746 Deborah Singleton VAC 24.33m; 3 723 Wendy Dunsford EVAC 22.99m; **W60:** 1 775 Vilma Thompson SCVAC 21.86m; 2 760 Anje de Lang NED 16.05m; **W65:** 790 Linda Oxlade SCVAC 11.88m; **W70:** 799 Liz Sissons SCVAC 18.22m;

HT:

M35: 1 23 Mark Elliott MMAC 43.29m ; 2 24 Neil Fitzpatrick SCVAC 31.57m; 3 61 Leon Weaving SCVAC 26.72m; **M40:** 1 91 Graham Holder WMAA 52.19m; 2 118 Stuart Thurgood SCVAC 50.49m; 3 122 Daniel Upton VAC 25.48m; **M45:** 1 142 Paul Derrien SCVAC 40.73m; 2 151 Matthew Hammond NMAC 37.92m; **M50:** 1 257 John Pearson MMAC 65.38m; 2 286 Stephen Whyte EVAC 53.74m; 3 209 David Burrell EVAC 43.46m; 4 223 Robert Ellingham EVAC 42.02m; 5 278 Anthony Tipping SCVAC 41.11m; 6 202 David Bauer EVAC 41.07m; 7 244 Paul Kelly SCVAC 40.74m; 8 201 Tony Balko NMAC 37.07m; 9 205 David Brown NMAC 31.70m; 10 231 Jim Gillespie EVAC 23.09m; **M55:** 1 372 Phillip Spivey SCVAC 52.83m; 2 367 Martin Roberts MMAC 46.10m; 3 300 Robert Broadbridge SWVAC 44.75m; 4 361 Chris Privett VAC 43.11m; 5 350 John Moreland MMAC 38.35m; 6 305 Ian Cooley NMAC 33.22m; 7 362 Glyn Pugh WMAA 33.06m; 8 379 Peter Wishart VAC 25.83m; 9 293 Alex Ahmet SCVAC 18.46m; **M60:** 1 399 Malcolm Fenton EVAC 48.77m; 2 436 Stephen Thomas NMAC 42.12m; 3 442 John Wild NEMAA 35.55m; 4 415 Derek Martin NMAC 34.36m; 5 384 Mike Bale SCVAC 33.45m; 6 392 Jim Burke EVAC 30.17m; 7 419 Timothy Needham EVAC 27.79m; 8 406 Clive Howell MMAC 27.55m; **M65:** 1 481 Bunt Scott EVAC 36.66m; 2 448 John Blackwell EVAC 32.26m; 3 480 Dave Russell MMAC 30.42m; 4 476 Bill Renshaw MMAC 30.20m; **M70:** 1 509 Garry Negus SCVAC 35.83m; 2 508 Christopher Melluish SCVAC 33.48m; 3 501 John Gilbert VAC 31.96m; 4 518 Swaran Singh Dhaliwal MMAC-IND 31.24m; 5 495 Patrick Conboy OPEN-IRL 30.45m; 6 505 David Kuester MMAC 30.04m; 7 504 Richard Jegou MMAC 25.87m; **M75:** 1 528 William Gentleman NMAC 35.99m; **M80:** 1 550 Warwick Dixon SCVAC 29.17m; **M85:** 1 561 Graham Roberts MMAC 22.47m; 2 560 John Kirkham VAC 20.91m ;

JT:

W35: 1 586 Heather Mballa SCVAC 28.53m; 2 595 Victoria Storey NMAC 28.00m; 3 587 Debbie McCaw SCVAC-NZL 23.11m; 4 578 Margot Griffiths MMAC 20.15m; **W40:** 1 623 Stephanie Pain EVAC 24.06m; 2 617 Claire Lacey SCVAC 22.35m; 3 614 Andrea Jenkins EVAC 21.72m; **W45:** 1 654 Sue Lawrence SCVAC 28.02m; 2 635 Karen Addis MMAC 27.67m; 3 658 Margaret Pope VAC 27.38m; **W50:** 1 703 Sally Serridge OPEN 27.79m; 2 701 Julie Rogers MMAC 21.22m; 3 693 Karen Llewellyn WMAA 17.23m; **W55:** 1 727 Dana Herron IRL 22.67m ; 2 751 Julie Wakelam MMAC 22.55m; 3 717 Hazel Barker NMAC 17.67m; **W60:** 1 775 Vilma Thompson SCVAC 18.94m; **W65:** 1 781 Jean Fail SWVAC 16.55m; 2 790 Linda Oxlade

SCVAC 13.12m; **W70:** 1 799 Liz Sissons SCVAC 22.82m; 2 795 Margaret Coombe SCVAC 14.61m;

WT:

M35: 1 21 David Dowson NEMAA 12.32m; 2 23 Mark Elliott MMAC 10.14m; 3 5 Steven Birse NEMAA 10.01m; 4 24 Neil Fitzpatrick SCVAC 9.67m; 5 61 Leon Weaving SCVAC 9.27m; **M40:** 1 118 Stuart Thurgood SCVAC 14.37m; 2 122 Daniel Upton VAC 9.89m; **M45:** 1 151 Matthew Hammond NMAC 10.39m; **M50:** 1 257 John Pearson MMAC 21.83m (**BRITISH RECORD**); 2 286 Stephen Whyte EVAC 19.26m; 3 209 David Burrell EVAC 15.89m; 4 202 David Bauer EVAC 14.24m; 5 278 Anthony Tipping SCVAC 13.45m; 6 244 Paul Kelly SCVAC 12.27m; 7 205 David Brown NMAC 12.10m; 8 231 Jim Gillespie EVAC 9.92m; **M55:** 1 372 Phillip Spivey SCVAC 20.40m (**BRITISH RECORD**); 2 300 Robert Broadbridge SWVAC 16.23m; 3 361 Chris Privett VAC 15.30m; 4 367 Martin Roberts MMAC 13.64m; 5 350 John Moreland MMAC 13.54m; 6 305 Ian Cooley NMAC 11.83m ; 7 362 Glyn Pugh WMAA 11.64m; **M60:** 1 381 David Abernethy NMAC 18.17m; 2 399 Malcolm Fenton EVAC 17.25m; 3 436 Stephen Thomas NMAC 16.06m; 4 442 John Wild NEMAA 13.58m; 5 384 Mike Bale SCVAC 13.52m; 6 421 Paul Oakes EVAC 13.14m; 7 415 Derek Martin NMAC 11.77m; 8 392 Jim Burke EVAC 11.49m; 9 419 Timothy Needham EVAC 10.22m; 10 406 Clive Howell MMAC 9.94m ; **M65:** 1 461 Neil Griffin SCVAC 13.66m; 2 448 John Blackwell EVAC 12.33m ; 3 481 Bunt Scott EVAC 12.30m; 4 476 Bill Renshaw MMAC 10.89m; 5 480 Dave Russell MMAC 10.20m; **M70:** 1 509 Garry Negus SCVAC 13.85m; 2 495 Patrick Conboy IRL 12.34m; 3 501 John Gilbert VAC 11.56m; 4 505 David Kuester MMAC 11.36m; 5 504 Richard Jegou MMAC 10.04m; **M75:** 1 528 William Gentleman NMAC 14.36m; **M80:** 1 550 Warwick Dixon SCVAC 12.39m ; **M85:** 1 561 Graham Roberts MMAC 9.26m (**BRITISH RECORD**); 2 560 John Kirkham VAC 7.41m; - 36 -

Forthcoming BMAF Championships

19 Nov 2016 BMAF Cross Country Relay Championships
12 Feb 2017 - South of England/EVAC/VAC Masters Indoor Championships 2017
12 Feb 2017 - BMAF Indoor Pentathlon Championships 2017
26 Feb 2017 - EAMA Indoor Track & Field Inter Area Challenge 2017
26 Feb 2017 - BMAF 10 Mile Championships
11-12 Mar 2017 - BMAF Indoor Track & Field and Winter Throws Championships 2017
18 Mar 2017 BMAF Cross Country Championships
20 May 2017 - BMAF Road Relay Championships
18 Jun 2017 - BMAF 5 km Road Championships
25 Jun 2017 - BMAF 30km Multi-Terrain Championships

Production Editor: Paul Smith, 79a Cotton Road, Bangor BT19 7QH ►Tel: 07971 471267 ►Email: bmaf@riddys.co.uk
Contributing Editor: Brian Owen, 8 Thorngrove Road, Malvern, Worcestershire, WR14 3BX ►Tel: 01684 565721
►Email: brian.owen2@btinternet.com
Advertising: Bridget Cushen ►020 8683 2602 ►Email: bridgetcushen156@btinternet.com
Production:
Subscription Rates: £10 per annum (four issues) for printed copy, online version free to members of affiliated clubs.

BRITISH MASTERS ATHLETIC FEDERATION

Website: www.bmaf.org.uk
President: Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. ►Email: bmafpd@bmaf.org.uk
Life Vice Presidents: Bridget Cushen, Barbara Dunsford, Ron Franklin, George Phipps, Irene Nicholls, Mike Wrenn
Danny Herman, Arthur Kimber
Chairman: Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD ► Tel 01634 389554
► Email: chairman@bmaf.org.uk
Vice Chairman Policy & International Affairs: Kevin Dillon ►Email: dillon22@yahoo.co.uk
Hon. Secretary: Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE ►Tel 020 8683 2602 ►Email: secretary@bmaf.org.uk
Hon. Treasurer: Daniel Upton, Snab Cottage, Aughton Road, Gressingham, LA2 8LS ►Tel 01524 222469
► Email: treasurer@bmaf.org.uk
Secretary - Track & Field: Maurice Doogan, Lower Ground Floor, 77 Ladbroke Road, London W11 3JP ►Tel 07976 614746
► Email: tfsec@bmaf.org.uk
Secretary - Road Running: Walter Hill ► Tel 01293 862327 ► Email: walterhelen@hotmail.co.uk
Secretary - Race Walking: Ian Richardson, 24, Pevensey Road, Worthing, BN11 5NS, ►Tel: 01903 504463
► Email: ianrichards.racewalker@virginmedia.com
Secretary - XC: Mel James, 2, Baglan Cottages, Coytrahen, Nr Bridgend, South Wales, CF32 0DP ►Tel 01656 720579
► email mel.james@tiscali.co.uk
Chair of EAMA: Harry Matthews, 7 Spencer's View Blaydon Tyne and Wear NE21 4FT ►Tel: 07858 796574 ► Email: eama@bmaf.org.uk
IT Manager: Peter Kennedy, 14 Keere Street, Lewes, East Sussex, BN7 1TY Tel: ►Tel: 01273 477062 ►Email: it@bmaf.info
Marketing Manager: Alex Rowe, 1, Buckingham Road, Lytham St. Annes, Lancashire, FY8 4EU Tel: 07811550315
Email: alex.rowe@talktalk.net
Overseas Entries Co-ordinator: Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE ►Tel: 0366 388188
► Email: internationalentries@bmaf.org.uk
Chairman of Records Committee: Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD
► Email: records@bmaf.org.uk

GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern MAC: **Chairman:** Peter Duhig, 42 Wimbotsham Rd, Downham Market, Norfolk, PE38 9PE, Tel: 01366 388188 Email: peter@peterduhig.plus.com **Membership:** Courtney Gunn, 37 Hillside Road, Upper Stondon, Henlow, SG16 6LP Tel: 01462 850212; Email: evacmemsec@btinternet.com
Isle of Man VAC: **Chairman** Terry Bates, Email: 4t8@manx.net **Membership:** Mrs Maureen Kelly, 47, Ballacry Park, Colby, Isle of Man, IM9 4LX; Email: mokelly@manx.net
Midlands MAC: **Chairman:** Irene Nicholls, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH Tel: 0121 445 5327 Email: Irenenn@aol.com **Membership:** Graham Lamb, 1 Crest Close, Stretton, Burton on Trent, DE13 0GW Tel: 07790 495115; Email: grahamhlamb@gmail.com
Northern MAC: **General/Membership:** Alex Rowe, 1, Buckingham Road, Lytham St. Annes, Lancashire, FY8 4EU Tel: 07811550315 Email: alex.rowe@talktalk.net
North East MAA **General:** Archie Jenkins, 8 Meadow Riggs, Alnwick, Northumberland, NE66 1AP Tel 0770 2322815; **Membership:** George Routledge, 5, St. Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear, NE28 7AB Tel: 0191 4474219 Email: 10744grout@talktalk.net
Northern Ireland MAA: **General:** Jim Newberry, 53 Meadow Bank Jordanstown Co Antrim, BT37 0UP, Tel: 028 9086 2998, Email: jnewberry@btinternet.com **Membership:** Drew Crawford, 1 Wilmont Park, Dunmurry, Belfast BT17 9JW Tel: 028 9032 1731 Email: office@crawfordsedgwick.co.uk
Scotland (SVHC): **General:** Alastair Macfarlane, 7 Andrew Avenue, Lenzie, Glasgow G66 5HF, Tel: 0141 578 1611, Email: almacr@btinternet.com **Membership:** David Fairweather, 12, Powburn Crescent, Uddingston, Glasgow G71 7SS Tel 01698 810575 Email djf@dfairweather.plus.com
Southern Counties VAC: **Chairman** Arthur Kimber, 22 Asquith Road Wigmore Gillingham, Kent ME8 OJD, Tel: 01634 389554 Email: arthur.kimber@gmail.com **Membership-Lesley** Richardson, 1, Puttenham Close, South Oxley, WD19 7BJ Tel: 07958 459123 Email: richarlg99@aol.com **New Membership:** Vilma Thompson, 18 Albany House, Boyfield Street, SE1 0SB Tel: 020 7928 9577 Email: villy18@hotmail.co.uk
South West VAC: **Secretary:** Alison White, 6 Hillcrest Gardens, Exmouth EX8 4FE Tel: 01395 274178, Email: ali.white@btinternet.com **Membership:** Des White, 6 Hillcrest Gardens, Exmouth EX8 4FE Tel: 01395 274178, Email: des.white@btinternet.com
Veterans AC: **General:** Ros Tabor, 28 Kerfield Crescent LONDON SE5 8SU, Tel: 020 7701 2546, Email: ros.tabor49@gmail.com **Membership:** Peter Kennedy, 14 Keere Street, Lewes, East Sussex, BN7 1TY Tel: 01273 477062 Email: it@bmaf.info
Welsh MAA: **General:** Gary Jones, Eryri, 77 Ewenny Road, Bridgend, CF31 3HY Tel: 01656 657775 Email: garryjones333@btinternet.com **Membership-** Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Tel: 01633 881608 Email: hooper_pencoed@btinternet.com

MASTERS ATHLETICS is the official publication of the BRITISH MASTERS ATHLETIC FEDERATION. The editorial policy is not, unless otherwise stated, necessary that of the BMAF.

Unsolicited material would be welcomed, preferably Microsoft Word or Text. Copy submitted by Email, Email attachments are acceptable in any Microsoft format. If you require the return of your information and photographs please enclose a stamped addressed envelope. Masters Athletics or its contributors cannot however, accept any responsibility for injury, loss or damage caused by their advice. MASTERS ATHLETICS cannot accept any responsibility for items lost or damaged in transit and any correspondence is published at the Editor's discretion.

This Magazine is posted to the home address of subscribing BMAF. members, based on the information supplied by Affiliated Clubs and Associations.

WORLD INDOOR MASTERS CHAMPIONSHIPS

DAEGU – South Korea

19 – 25 March 2017



Daegu, the third city of South Korea, is host to the 7th WMA Indoor Athletic Championships. We have good knowledge of this city after organising travel arrangements for over 150 clients to the IAAF World Champs in 2011. We can offer flights via Seoul at competitive prices or the opportunity to travel by train from Seoul to Daegu and view the amazing scenery en-route. Airport transfers and good city centre hotel options all possible, with the support of our local ground agent. And more good news - No Visa is required for UK citizens!

EUROPEAN MASTERS CHAMPIONSHIPS

AARHUS – Denmark

27 July – 06 August 2017

EMACS 2017

– bliv en del af holdet



As European Capital of Culture in 2017 Aarhus features new athletics facilities at Viby and the refurbished city stadium of CERES Park. The city will welcome an expected 4,000 participating master athletes who will attend during the 11 days of the championships. Alongside the event will be the opportunity to compete in an organised Half Marathon. Direct and indirect flights will be offered, along with airport transfers and good city centre hotel options

WORLD MASTERS CHAMPIONSHIPS

MALAGA - Spain

(Preliminary dates) 08 – 20 September 2018



This will be the second time that Spain has hosted the Masters athletics showpiece after the edition held in San Sebastian in 2005. A great chance to combine some competitive athletics with a relaxing beach break on the Costa del Sol. With more than 4,000 athletes and 3,000 supporters from more than 80 countries expected to attend we are pleased to offer 'FLEXIBLE' travel arrangements to include numerous flight options from various UK departure airports, return airport transfers and city / beach hotels not far from the event venues. Additional nights can be added to extend your stay.

In order to be the first to receive our full travel programmes for these events, please register below

MASTERS ATHLETICS TRAVEL 2017 / 18

REQUEST FORM

Date Received []

NAME _____ Tel No _____ Email _____

ADDRESS _____

Please tick as appropriate

	<u>Flights</u>	<u>Airport Transfers</u>	<u>Hotel</u>
2017 WORLD INDOOR MASTERS CHAMPIONSHIPS – Daegu	[]	[]	[]
2017 EUROPEAN MASTERS CHAMPIONSHIPS – Aarhus	[]	[]	[]
2018 WORLD MASTERS CHAMPIONSHIPS – Malaga	[]	[]	[]

