

MASTERS ATHLETICS



The official magazine of the
British Masters Athletic Federation
Winter 2017 - 2018 Issue 118

Ben Reynolds
Photo by David Aspin



Claire McCarthy (Ireland) and Katie White (Scotland)

Photo by David Aspin

MASTERS ATHLETICS

Editor: Paul Smith Email: bmaf@riddys.co.uk

Contents

- [Page 3 - Fixtures](#)
- [Page 4 - News](#)
- [Page 5 - Secretary's Report](#)
- [Page 6 - Obituaries](#)
- [Page 7 - British and Irish Masters Cross Country](#)
- [Page 19 - BMAF Open Cross Country Relays](#)
- [Page 25 - EAMA Cross Country Inter Area Challenge](#)
- [Page 26 - Area News](#)
- [Page 28 - Track and Field Report](#)
- [Page 31 - BMAF Contacts Page](#)

International Fixtures

- 19-24 Mar 2018 - **European Masters Indoor Track & Field Championships** - Madrid, Spain
- 18-20 May 2018 - **European Masters Non Stadia Championships** - Alicante, Spain
- 5-16 Sep 2018 **World Masters Track & Field Championships** - Malaga, Spain
- 17 Nov 2018 - **British & Irish Masters Cross Country International** - Swansea, Wales
- 24-30 Mar 2019 - **World Masters Indoor Track & Field Championships** - Torun, Poland
- 5-17 Sep 2019 - **European Masters Track & Field Championships** - Jessolo, Italy
- 20 Jul - 01 Aug 2020 - **World Masters Track & Field Championships** - Toronto, Canada

National Fixtures

- 24 Feb 2018 - **BMAF 10 Mile Championships** - Rhyl, Denbighshire, Rhyl, Denbighshire, LL18 3AW, Wales
- 25 Feb 2018 - **South of England/EVAC/VAC Masters Indoors Championships** - Lee Valley Athletic Centre, Meridian Way, London N9 0AR

25 Feb 2018 - **British Masters Indoor Pentathlon Championships** - Lee Valley Athletic Centre, Meridian Way, London N9 0AR

04 Mar 2018 - **England Masters Inter-Area Indoor Challenge** - Lee Valley Athletic Centre, Meridian Way, London N9 0AR

10-11 Mar 2018 - **British Masters Indoor & Winter Throws Championships** - Lee Valley Athletic Centre, Meridian Way, London N9 0AR

17 Mar 2018 - **British Masters Cross Country Championships** - Grant Park, Victoria Road, Forres, Scotland, IV36 3BT

28 April 2018 - **British Masters Road Relays** - Sutton Park Sutton Coldfield Birmingham B74 2YT

03 Jun 2018 - **British Masters 10000m and 10000m Track Walk Championships** - Horspath Athletics Ground Oxford Rd Horspath Oxford OX4 2RR

03 Jun 2018 - **British Masters Pentathlon Championships** - Horspath Athletics Ground Oxford Rd Horspath Oxford OX4 2RR

17 Jun 2018 - **BMAF 5km Road and 5 km Road Walk Championships** - Horwich Festival of Racing Horwich Leisure Centre Victoria Road Horwich BL6 5PY

24 Jun 2018 - **South of England Masters T&F Championships** - Millennium Arena, Battersea Park, London, SW11 4NJ

24 Jun 2018 - **BMAF Multi-Terrain Championships** - Cascades Leisure Centre, Thong lane, Gravesend, DA12 4LG

08 Jul 2018 - **England Masters Inter-Area T&F Challenge** - Norman Green Sports Centre Blossomfield Road Solihull B91 1NB

14-15 Jul 2018 - **North of England Masters T&F Championships** (TBC) - Sheffield Hallam University, Woodbourn Road, Sheffield, S9 3HL

14-15 Jul 2018 - **British Masters Combined Events Championships** (TBC) - Sheffield Hallam University, Woodbourn Road, Sheffield, S9 3HL

22 Jul 2018 - **BMAF Half Marathon Championships** - Redhill Aerodrome, Redhill, Surrey RH1 5YP

05 Aug 2018 - **BMAF 10 km Championships** - Tittensor Village Hall, Winghouse Lane, Tittensor, Stoke on Trent, ST12 9HW

25-26 Aug 2018 - **British Masters Track & Field Championships** (TBC) - Alexander Stadium Walsall Rd Perry Barr Birmingham B42 2LR

07 Oct 2018 - **BMAF Marathon Championships** - Chester Racecourse, Chester, CH1 2LY

27 Oct 2018 - **British Masters Cross Country Relays** - West Park Long Eaton NG10 4AA

Regional Fixtures

20 Jan 2018 - **VAC Cross Country Championships 2018** - Wimbledon Common (Camp View/North View end) SW19 4UL. Start time 2:00 pm.

21 Jan 2018 - **MMAC Cross Country Championships 2018** - Aldersley Stadium, Aldersley Road, Wolverhampton WV6 9NW. Start time 11:30 am

21 Jan 2018 - **NMAC Half Marathon Championships** - (incorporated with The Essar Four Villages Half Marathon) Helsby Community Sports Centre, Chester Rd, Helsby, Frodsham WA6 0DL

11 Feb 2018 - **NMAC Cross Country Championships** - East Cheshire Harriers HQ, Richmond Park Stadium, Ashton-u-Lyne

18 Feb 2018 - **SCVAC Indoor Track & Field Championships** - Lee Valley Athletic Centre, Meridian Way, London N9 0AR

18 Mar 2018 - **NMAC 10 Mile Champs** - (Incorporated with the Sweatshop 10) - Bispham Fire Station, Red Bank Road, Blackpool, FY2 9EA

11 Apr 2018 - **NMAC Track and Field Series** - Princess Mary Athletics Stadium, Bradford Road, Cleckheaton, WF15 6LW

11 Jul 2018 - **NMAC Track and Field Series** - Princess Mary Athletics Stadium, Bradford Road, Cleckheaton, WF15 6LW

JOIN THE 300 PLUS CLUB

The 300 plus club exists to provide financial support the Masters Athletics magazine. For £15 per year you can purchase a share numbered between 1 and 999. Once a month one of these numbers is selected at random to receive a prize of £125, and five runners-up each receive £10.

If you are not already a supporter and wish to purchase one or more shares, then please get in touch at 300plus@bmaf.org.uk

Recent Winners:

September: Claire Cameron £125, Robert Williams £10, Lesley Bowcott £10, Vic Goulter £10, Danny Herman £10, John Brett £10

October: Morgan Kelly £125, Steve James £10, John Brett £10, Marilyn Seear £10, Ian Joliffe £10, Alan Clevett £10

Research in Veteran Athlete's Heart Condition

Would you like to volunteer for tests on your heart?

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is researching the cardiac effects of long term high endurance exercise (>10 years at least) in older athletes.

The study is currently recruiting healthy women aged 40-65 years old who have been exercising for most of their life and at least >10 years. Participants should have no history of heart disease, diabetes, high blood pressure, high cholesterol or history of smoking. This will be extended to men 40-65 years old in the New Year.

It is a safe and non-invasive study and does not involve any experimental drugs or procedures. It offers the participants an opportunity to undergo free and comprehensive heart tests, which would cost more than 2000£ if done privately. The tests will include heart tracings, heart ultrasound scans, exercise fitness tests (VO2 max), heart MRI and CT scans. You will be asked to attend three hospital visits, each lasting less than 2 hours. The ECG, Echo, VO2max, 24-hour monitor and blood test will take place at St Georges Hospital, Tooting, South London. The Cardiac MRI will be booked for you at the Bart's Heart Centre, in central London and the CT scan will take place in Lewisham University Hospital, South London.

A more detailed description of the study including what it involves, the inclusion/exclusion criteria and the potential risks to volunteers are in the attached information leaflet [here](#). Please read through it and if you have any concerns or questions then please don't hesitate to contact Dr Papatheodorou who is the principal investigator for this study at veterans.heart.study@gmail.com.

Dr Stathis Papatheodorou, MD
 Cardiovascular and Cell Sciences Institute
 St Georges University London
 Cranmer Terrace, London SW17 0RE

BMAF Official Kit

The official retailer for BMAF kit is Sportswear Deals run by Vince Wilson. Most of the kit is produced by Ridgeway Textiles / Ron Hill Sports and track suits are supplied by Kudos Sports.

The items available in men's and women's are styles are:

Vests	£20
Shorts	£20
Short sleeve tee shirt	£20
Long sleeve tee shirt	£25
Lycra shorts	£20
Lycra tights	£25
Tracksters	£22.50
Tracksuits	£85

Vince will be at the following meetings at Lee Valley with the kit for sale

27/28.01.18	London Indoor Games
03/04.02.18	Essex and Eastern Championships
11.02.18	Lee Valley Open
18.02.18	SCVAC Championships
25.02.18	BMAF Pentathlon, South of England VAC and EMAC Champs
04.03.18	England Athletics Inter Area Challenge
10/11.03.18	BMAF Championships, including winter throws
17/18.03.18	Three Counties Indoor Championships

For any queries Vince can be contacted on **07946 175816**

Booking Information For Use Of British Masters Medical Services in Madrid

British Masters Medical Services (separate from BMAF) are again sending a medical team – Meriel Davies, Juliet Lock, Claudio Merkier and Paul Parkin – to the European indoor championships. They will provide up to four

treatments, chiropractic or massage (at the discretion of the medical team) if required to all GB athletes who pay a non-refundable sum of £45 no later than 10 March. Any extra treatments will be charged at £15 or local currency equivalent. Genuine, acute injuries will always take precedent over someone just wanting a pre or post race massage.

Unfortunately, it will not be possible to sign up for treatment in Madrid – although, the team will always treat an emergency. We understand there will be physio facilities provided by the Local Organising Committee in Madrid which you can pay for on an 'as needed' basis

Secretary's Report

We are losing our influence.

Out there amongst our membership we know there is a huge reservoir of talented people who have managerial, entrepreneurial and human resources skills, but the management and running of Masters athletics is left to just a few of us.

There are wonderful opportunities for those of you who may be retiring from work or have some leisure time, and who have a passion for our sport to seek initially, election on to your Club's Committee or the BMAF, to gain an insight. Or your Partner may well like to be administratively involved, particularly if they are not an active competitor. It is fun, rewarding and sometimes can get the adrenalin going! It grieves me that in Malaga this year, a few of the outgoing Officers at the World Masters Athletics General Assembly will not be able to seek re-election having reached their maximum two-term limitation and we do not have a single candidate to nominate. Since Winston Thomas stood down in Perth, we currently have no one on either the European or World governing Body to influence policy and decisions. Why not take that initial step by getting your Club to nominate you, perhaps as an Assistant to one of the Executive members, for election at our AGM in August?

Four year ban for high jumpers

It came as a bit of a shock to one of our regular European and World Masters Championships competitors, Steve Linsell, to discover that he may have been competing against a cheat when informed that the M50 silver medallist at the March 2016 European Indoor in Ancona, Ukrainian Oleg Kramar, failed an Anti Doping test there. Kramer still went on to compete in Perth and get the silver medal. SWVAC member Ian Allan finished 5th. Kramar took the gold at the WMA Indoor in Daegu in March 2017. He entered for Aarhus but failed to turn up.

At the World Championships in Perth, Australian citizen Volodymyr Shelever, was randomly picked up for an Anti Doping test after winning the M55 high jump title clearing 1.71m. It proved positive and the IAAF recently announced a four suspension on both jumpers. Shelever

apparently is saying that someone must have interfered with his sample. EMAC member Richard Phelan moves up to 5th from the 13 finalists. World Masters Athletics are now left trying to recover the gold medal that will go to the South African Neil Bredeveldt who cleared 1.68m. Thomas Foley from the States also jumped 1.68m, he and Finland's Lauri Linberg now move up to silver and bronze positions.

Linsell has good reason to feel aggrieved. Although he is now entitled to the bronze medal from Ancona, at the World Championships in Lyon in 2015 23 M50 jumpers spilled on to the infield for a nail biting competition, won by the Italian Marco (1.86m), Kramar took the silver medal (1.83m) and Steve clearing 1.75m for the bronze medal.

Obituaries

Hazel Rider

2.9.1932 – 6.1.2018

It is with deep regret that we announce Hazel's passing at 85 following a second stroke. The Cambridge Harrier was one of the founders of the Women's Veterans AC that later merged with the SCVAC and was involved from the emergence of the BMAF. She went on to be a key member of the Executive attending all Delegates Meetings normally held in a free room obtained through the late Jack Selby's influence on Coventry Council's Leisure Department.

A great stalwart of women's athletics, her own running career started off when she won the WAAA 1-mile title in 1952 aged just 18. Her PB for the 880yds was 2.16.3sec, the World Record was then 2.14.5sec. Her mile time was 5.12.6sec in 1952.

Women's participation in strenuous athletics was at that time still frowned upon and she was one of a panel of international competitors chosen as Guinea Pigs for tests carried out by the late Professor August Kirsch into the affects of distance running on the female body.

As her Teaching career rapidly advanced, marriage and three wonderful children came along, she had less time for training going on to be a top Grade Official and an expert on Rules of Competition, seen Officiating at all WAAA Championships and numerous other events. She was elected WAAA Treasurer and later President of her Club. We organised the 1984 European Veterans Track & Field Championships in Brighton and Crawley. Hazel Chaired the Organising Committee, a huge undertaking as she was still working.

After retiring as a Deputy Head she threw herself into voluntary work, first in Probation, later attached to the Mayday University Hospital Trust where she was put in charge of all the volunteers. What a busy and so efficiently organised working life; what a voluntary

contribution to Society this Trojan worker has left us. She will be fondly remembered by all those who knew her.

We send our sincere condolence to her husband John, children Rob, Fiona, Andrew and her extended family.



Mary Wixey

The elderly lady of the team passed away at her Cheltenham home on 21 December just weeks short of her 97th birthday. She became the doyenne of the Media, featuring prominently in a BBC Documentary title "Old Gold" that followed the everyday lives of six of our members through various staged in 1998 in their preparations for the World Track & Field Championships in Gateshead in 1999. Another accolade was winning Vintage Times Sportswoman of the Year Award collecting a bottle of vintage wine and a weekend at Champneys! We would always get a lovely Thank You letter from her for nominating her.

She was a remarkable women, born before her time and like so many women before her, she was good at all sports at school, particularly netball, but after Teacher Training College there was not much competition for her. Reaching 35 she joined up and very rarely miss a British or international Championships. Fiercely independent, she would be seen negotiating her way through foreign country's public transport system to get to the track in the very early hours and apparently used to cycle into her local village with all her medals in the front basket on her

bicycle! She was competing up to aged 92 and currently has several Age Group sprint and long jump records. We shall miss her.

Jim Tobin

The death has occurred of this well known New Zealand international Delegate aged 85. He and his wife Helen rarely missed a World Masters Athletics Championships, running in all the distance events. He was also a prominent member of WMA Non-Stadia Committee and for many years President of the Oceania Masters Athletics.

Hannes Booyesen

The South African worked hard to promote the sport in that part of the world when he took over as African Representative following the tragic murder of Danny Burger in the Eighties. Until his death at 95 he still kept a keen interest in our sport.

John Hawe

It is with great sadness that the WMAA announce the passing of Rhondda AC club member John Howe.

John was a great guy with a fantastic personality. An inspirational athlete who was still taking part in Pole Vault competitions in the V75 age group and he was also an excellent multi-eventer.

He won many British and Welsh Masters titles and even competed internationally at the European Masters Championships.

He wore his Rhondda AC vest and 'Rhondda AC Heavy Gang' t shirt with pride.

A huge loss to the WMAA & Rhondda AC

Our thoughts go to his wife Christine and family at this sad time.

British and Irish Masters Cross Country International - Londonderry, Northern Ireland - 18th November 2017

Report: Mel James - Photos: David Aspin

On November the 18th we visited Gransha Park in the City of Derry/Londonderry for the 30th staging of the British and Irish Masters Cross Country International.

We were graced with fine weather on the day and besides a small boggy area just after the start line, the parkland course set out by the local club, (City of Derry Spartans) was in excellent condition for cross country competition.



England's expectancy of the major share of team medals was confirmed on the day, but individually they faced determined opposition from the other four nations.

The first race, over the 6k distance, traditionally carries the largest field, as it covers all the women's age groups, plus men 65+. Ireland's Claire McCarthy led the field home to win the 40+ age group Gold medal, just pipping Scotland's 35+ Gold medallist Katie White by a mere second, thus ending England's Claire Martin's run of seven consecutive age group wins, Claire settling for the Silver in her 40+ age group. It was England's Michelle Clarke in the 45+ age group that obtained England's first Gold medal, just edging out team mate Emma Stepto by two seconds.

Gail Griffiths made it two medals for England by winning the 50+ age group and Scotland's prolific medallist Fiona Matheson easily won the 55+ Gold to put them level with two medals each. In the 60+ age group, Ireland's Pauline Moran was given the same finishing chip time as England's Gail Duckworth, but after consultations with line officials



the Gold medal was given to Pauline. Ireland now had two individual Gold's also. Scotland's Ann White obtained Gold in her 65+ age group to put Scotland ahead on three Gold's and it was all down to England's prolific medallist Angela Copson to win her 70+ age group and put England level with Scotland, both with three Gold medals. It was Angela's tenth consecutive age group win.



Within the women's race, the men 65+ also competed. Pre-race favourite and the current British champion Nick Rose lived up to his reputation by easily winning the 65+ Gold. (Finishing 20th overall)

It was a much closer affair within the 70+ age group, with "local hero" Jim Patterson just pipping England's Peter Giles on the line for his Gold medal. Les Haynes secured the 75+ Gold for England.



It was England that dominated the second race; (over 8k) contested by men within the 50 to 60+ age groups. Ben Reynolds led them home after being in contention throughout the race, followed by Julian Richardson and Simon Wright to give them the individual 50+ medals and their 1, 2, 3 assurance of the team Gold medals. Andy Tindall safely won his 55+ Gold medal and it was down to Ireland's Martin McDonald to break the England dominance by securing the 60+ gold medal.

Ireland certainly changed things within the 35 to 45+ age group team's competition. (Also contested over the 8k distance) Their athletes were prominent within the earlier laps and they successfully secured the 35+ and 40+ Gold team medals. It was the 40+ age group that occupied the first three individual finishing placings within the race. Ireland's Brian Maher securing Gold with England's Neil Boniface edging out Ireland's early leader Declan Reed by a mere second. England's Andy Burn won the 35+ Gold, closely followed by Ireland's Paddy Hamilton, with N Ireland's Chris McGuiness taking home the Bronze. Within the 45+ age group section, Paul Green held off Ireland's Shane Healy to





win his Gold medal and also assist his England team mates to take home the team Golds.



England secured the men's and women's team shields and also the overall team shield.

My thanks to NIMAA for hosting this memorable and successful event within their historic city and we are looking forward to offering you a warm Welsh welcome in Swansea, on the 17th November.

Mel James. BMAF Cross Country Secretary.

Results - Race One

1 Claire McCarthy F40 Ireland 22:36, 2 Katie White F35 Scotland 22:37, 3 Claire Martin F40 England 22:42, 4 Kirsty Longley F40 England 22:47, 5 Charlene Jacobs-Conradie F35 England 22:52, 6 Sarah Jane Murphy F40 England 23:00, 7 Sara Doohan F35 Ireland 23:01, 8 Lisa Palmer-Blount F40 England 23:03, 9 Michelle Sandison F35 Scotland 23:06, 10 Michelle Kenny F35 Ireland 23:11, 11 Fiona Kehoe F35 Ireland 23:21, 12 Lesley Chisholm F40 Scotland 23:22, 13 Carol Parsons F40 Scotland 23:22, 14 Tracy Millmore F35 England 23:28, 15 Michelle Clarke F45 England 23:29, 16 Emma Stepto F45 England 23:31, 17



Sinead Kevany F40 Ireland 23:33, 18 Fiona Matheson F55 Scotland 23:36, 19 Julie Dixon F45 England 23:37, 20 Nicholas Rose M65 England 23:38, 21 Karen Costello F40 Ireland 23:40, 22 Adele Walsh F40 Ireland 23:42, 23 Elizabeth Renondeau F35 England 23:43, 24 Cathy Mc Court F35 Ireland 23:46, 25 Ciara Toner F35 Northern Ireland 23:54, 26 Catherine Diver F40 Northern Ireland 24:02, 27 Carmel Crowley F45 Ireland 24:02, 28 Anthony Martin M65 Scotland 24:07, 29 Sara Green F35 Scotland 24:08, 30 Jackie Carthy F45 Ireland 24:12, 31 Jodi Smith F35 Northern Ireland 24:15, 32 Clare McKeown F45 England 24:17, 33 Fiona Bussell F35 Wales 24:18, 34 Gail Griffiths F50 England 24:19, 35 Llinos Jones F35 Wales 24:23, 36 John Skelton M65 England 24:23, 37 Ann Robin F40 Scotland 24:25, 38 Frank Hurley M65 Scotland 24:32, 39 Gerrie Short F40 Northern Ireland 24:36, 40 David Oxland M65 England 24:37, 41 Paula Worthington F35 Northern Ireland 24:37, 42 Jacqueline Etherington F35 Scotland 24:41, 43 Sarah Kearney F40 Wales 24:43, 44 Collette Tuohy F45 Ireland 24:45, 45 Amy Bulman F35 Northern Ireland 24:49, 46 Emilia Dan F45 Ireland 24:50, 47 Niamh O'Sullivan F55 Ireland 24:55, 48 Carla Maley F35



England 24:58, 49 Rose Lambe F55 Ireland 24:58, 50 Andrew McLinden M65 Scotland 25:00, 51 Hannah Shields F50 Northern Ireland 25:03, 52 Helen Marshall F35 Wales 25:03, 53 Jennifer Forbes F45 Scotland 25:09, 54 Joanne Donnelly F40 Wales 25:10, 55 J.J. Murphy M65 Ireland 25:12, 56 Amanda Perry F45 Northern Ireland 25:16, 57 Jacqueline McMonagle F45 Northern Ireland 25:20, 58 Martina McMullan F45 Northern Ireland 25:24, 59 Monica Williamson F55 England 25:25, 60 Sally Wilder F35 Wales 25:28, 61 Susan Ridley F50 Scotland 25:32, 62 Fiona Dalglish F45 Scotland 25:32, 63 Sharon Cahill F50 Ireland 25:32, 64 Louise Ross F40 Scotland 25:33, 65 Ange Norris F55 England 25:35, 66 Karen Kennedy F45 Scotland 25:36, 67 Angela O'Connor F50 Ireland 25:37, 68 Kath Aspin F50 England 25:44, 69 Martin Mc Evilly M65 Ireland 25:44, 70 Elaine Leslie F50 England 25:48, 71 Allie Chong F45 Scotland 25:49, 72 Martin Cortvriend M65 Wales 25:51, 73 Helen-Marie Davies F40 Wales 25:55, 74 Grainne Neill F50 Northern Ireland 25:57, 75 Richard Marks M65 Wales 25:59, 76 Jim Patterson M70 Northern Ireland 26, 77 Clare Jolliffe F50 England 26:01, 78 Peter Giles M70 England 26:01, 79 Penny Lindsay F50 Northern Ireland 26:01, 80

Rhona Anderson F50 Scotland 26:03, 81 Orla Gormley F50 Ireland 26:04, 82 Ceri Cook F50 Wales 26:05, 83 Cath Wheeler F55 Wales 26:08, 84 Geraldine Quigley F40 Northern Ireland 26:10, 85 John Hill M65 England 26:13, 86 Sue Phillips F55 England 26:18, 87 Sheila Lewis F50 Scotland 26:19, 88 Pamela McCrossan F55 Scotland 26:20, 89 John Todd M65 Ireland 26:20, 90 Yvonne Crilly F55 Scotland 26:21, 91 Michael Warrick M65 Wales 26:24, 92 Anne Howie F55 Scotland 26:29, 93 Terry Eakin M65 Northern Ireland 26:34, 94 Diane Brownhill F45 Wales



26:34, 95 Kay Byrne F50 Ireland 26:38, 96 Anne Paul F55 Northern Ireland 26:44, 97 Terry Kavanagh M65 Ireland 26:47, 98 Roberta Dornan F40 Northern Ireland 26:49, 99 Joanne Rees F40 Wales 26:52, 100 Mark McNally M70 England 26:55, 101 Richard Piotrowski M70 England 26:59, 102 Robert Marshall M65 Scotland 27, 103 Pauline Moran F60 Ireland 27:01, 104 Gail Duckworth F60 England 27:01, 105 Shona Donnelly F50 Scotland 27:05, 106 Ann Sullivan F55 Ireland 27:08, 107 Heather Robinson F55 England 27:09, 108 Christine Kennedy F60 Ireland 27:10, 109 Malcolm McCausland M65 Northern Ireland 27:10, 110



Paul Ross-Davies M65 Wales 27:12, 111 Niamh O'Connell F45 Northern Ireland 27:20, 112 Ceridwen Ann Evans F60 Wales 27:29, 113 Brian Todd M65 Northern Ireland 27:29, 114 Jennifer Wakeman F60 England 27:40, 115 Norman Baillie M70 Scotland 27:40, 116 Anna Garnier F60 England 27:43, 117 Jane Kerridge F60 Scotland 27:51, 118 Jim Newberry M65 Northern Ireland 27:54, 119 Susan Watson F50 Wales 27:56, 120 Les Haynes M75 England 28:00, 121 Emma Collins F55 Wales 28:03, 122 Innes Bracegirdle F60 Scotland 28:04, 123 Catherine Tailby F45 Wales 28:05, 124 Mick Casey M70 England 28:07, 125 Ann White F65 Scotland 28:10, 126 Noelle Thorpe F55 Ireland 28:16, 127 Gordon Orme M75 Wales 28:21, 128 Sue Haslam F60 England 28:23, 129 Noreen Bonner F60 Ireland 28:27, 130 Majella Driskin F60 Ireland 28:31, 131 Angela Copson F70 England 28:41, 132 Ros Tabor F65 England 28:42, 133 Terry Mee M70 Ireland 28:43, 134 Margaret Glavey F65 Ireland 28:51, 135 Judith Oakley F50 Wales 28:54, 136 Mary Lynch F65 Ireland 28:55, 137 Richard Mullins M70 Ireland 29:11, 138 Colin Youngson M70 Scotland 29:13, 139 Margaret Martin F60 Scotland 29:21, 140 Yuko Gordon F65 England 29:23, 141 Robert Young M70

Scotland 29:24, 142 Phil Brennan M75 England 29:35, 143 Susan Linklater F60 Scotland 29:36, 144 Paul Allen M70 Wales 29:37, 145 Tony Gray M70 Northern Ireland 29:40, 146 Margaret Ludden F45 Wales 29:42, 147 Dawn Kenwright F60 Wales 29:43, 148 Eileen Kenny F65 Ireland 29:46, 149 Linda Woodland F55 Wales 29:46, 150 James Doherty M70 Ireland 29:48, 151 Roger Wilson M75 England 29:51, 152 Linden Nicholson F65 Scotland 29:55, 153 Fiona Davies F60 Wales 29:58, 154 David Seaton M70 Northern Ireland 30:02, 155 Stewart McCrae M70 Scotland 30:12, 156 Jeanette Craig F65 Scotland 30:15, 157 Susan Davies F50 Wales 30:20, 158 Brian Gough M75 Wales 30:22, 159 Sian Phillips F55 Wales 30:25, 160 John Gardener M75 Wales 30:26, 161 Jan Needham F65 England 30:35, 162 Jane Georghiou F65 England 30:38,



163 David Moorekite M75 England 30:41, 164 Andrea Webster F60 Wales 31:02, 165 Pat Healy M70 Ireland 31:06, 166 Jackie Maxwell F55 Northern Ireland 31:10, 167 Jim Scobie M75 Scotland 31:33, 168 Dic Evans M70 Wales 31:48, 169 Peter Moody M70 Wales 32:01, 170 Jim Platt M75 Northern Ireland 32:03, 171 Phyllis Browne F65

Ireland 32:20, 172 Mike Duggan M75 Ireland 32:35, 173 Una Gavin F55 Northern Ireland 32:57, 174 Jim Langan



M75 Ireland 33:01, 175 Christine Birch F70 Wales 33:02, 176 Liz Corbett F70 Scotland 33:15, 177 Evelyn McNelis F70 Ireland 33:21, 178 Mary Martin F70 Ireland 33:29, 179 Kathleen O'Brien F70 Ireland 33:54, 180 Kate Montgomery F55 Northern Ireland 34:01, 181 Pauline Rich F70 England 34:21, 182 Ralph Davey M70 Wales 34:42, 183 Margaret Monk F65 Wales 34:44, 184 Margaret Robertson F70 Scotland 34:55, 185 Anne Docherty F70 Scotland 34:59, 186 Lesley Bowcott F70 England 35:01, 187 Brigid Quinn F70 Northern Ireland 35:10, 188 Ian Leggett M75 Scotland 36:11, 189 Hugh Young M75 Northern Ireland 36:24, 190 Michael Gilmore M75 Northern Ireland 36:35, 191 Margaret Oliver F65 Wales 36:40, 192 Michael Lewis M75 Wales 37:57, 193 Ivan Baxter M75 Northern Ireland 37:57, 194 William Murray M75 Scotland 39:20, 195 Rose Healy F70 Ireland 40:19, 196 Clare Johnson F70 Wales 42:31, 197 Maureen Singleton F70 Wales 43:41, 198 Eamon Tully M75 Ireland 50:58

Race Two

1 Ben Reynolds M50 England 28:28, 2 Julian Richardson M50 England 28:36, 3 Simon Wright M50 England 28:46, 4 Andy Tindall M55 England 28:55, 5 Robert Quinn M50 Scotland 28:59, 6 Ian Wetherall M50 England 29:01, 7 Neil Carty M50 Northern Ireland 29:07, 8 Francis Marsh M50 Ireland 29:13, 9 Duncan Bell M50 Northern Ireland 29:13, 10 Patrick Malone M50 Ireland 29:17, 11 Thomas Payne M55 Ireland 29:31, 12 Ifan Lloyd M55 Wales 29:35, 13 Lee Aherne M50 Wales 29:44, 14 Michael McLoone M50 Scotland 29:52, 15 Nat Glenn M50 Ireland 29:53, 16 Ross McEachern M50 Scotland 29:56, 17 David Clarke M55 Northern Ireland 29:57, 18 David Smith M50 England 30:00, 19 Colm Burke M50 Ireland 30:05, 20 Colin Ridley



M55 England 30:08, 21 Philip Tweedie M50 Northern Ireland 30:10, 22 Keith Downey M50 Ireland 30:16, 23 Graeme Saker M55 England 30:16, 24 Martin McDonald M60 Ireland 30:19, 25 Noel Connor M55 Northern Ireland 30:21, 26 Steve Toogood M55 Wales 30:29, 27 Aengus Burke M50 Ireland 30:31, 28 James

Wallace M55 Northern Ireland 30:32, 29 Alastair Walker M60 Scotland 30:33, 30 Laurence Johnston M55 Northern Ireland 30:34, 31 Pat O'Grady M55 Ireland 30:40, 32



Martin Murray M50 England 30:41, 33 Christy Donegan M55 Ireland 30:48, 34 James Turtle M50 Northern Ireland 30:49, 35 Jeremy Mower M50 Wales 31:04, 36 Alan Camp M60 England 31:06, 37 Ger Maloney M55 Ireland 31:08, 38 Matt Shields M60 Ireland 31:10, 39 Steven Worsley M50 Scotland 31:11, 40 Guy Bracken M55 England 31:17, 41 Robert McCulloch M50 Scotland 31:20, 42 Kevin Newman M60 England 31:26, 43 Denis Williams M50 Scotland 31:28, 44 Paul Le Blanc M50 Northern Ireland 31:37, 45 Damian Williams M50 Wales 31:37, 46 Ted Gourley M55 Scotland 31:39, 47 Paul Thompson M60 Scotland 31:39, 48 Bernie Jones M55 Wales 31:51, 49 William Jarvie M55 Scotland 31:56, 50 Neilus Aherne M60 Ireland 31:57, 51 John Oates M55 Scotland 32:01, 52 Ian Webb M60 Wales 32:02, 53 Graham Jones M60 Wales 32:10, 54 Gary Blackwell M50 Wales 32:16, 55 Alexander Chisholm M60 Scotland 32:1, 56 Donald Petrie M60 Scotland 32:20, 57 Frank Sharkey M50 Northern Ireland

32:23, 58 David Hughes M55 Wales 32:30, 59 David James M60 Wales 32:40, 60 Austin Soane M60 England 32:51, 61 Johnny J Feery M60 Ireland 33:11, 62 Peter Gray M60 Northern Ireland 33:22, 63 Irwin Fairclough M60 Northern Ireland 33:35, 64 Stan MacKenzie M55 Scotland 33:44, 65 Gerry O'Doherty M60 Northern Ireland 35:12, 66 Stephen Roberts M60 Wales 35:29, 67 Brian Geddis M60 Northern Ireland 35:3, 68 Mick Page M60 England 36:08, 69 Barrie Roberts M50 Wales 46:15

Race Three

1. Brian Maher M40 Ireland 26:22, 2. Neil Boniface M40 England 26:32, 3. Declan Reed M40 Ireland 26:33, 4. Andy Burn M35 England 26:36, 5. Paddy Hamilton M35 Ireland 26:39, 6. Phil Burden M40 England 26:46, 7. Chris McGuinness M35 Northern Ireland 26:58, 8. Paul Moloney M35 Ireland 27:00, 9. Allan Bogle M35 Northern Ireland 27:01, 10. Stuart Moloney M35 Ireland 27:03, 11. Sullivan Smith M40 England 27:05, 12. Karol Duggan M35 Ireland 27:07, 13. Steve Millward M35 England 27:13, 14. Paul Green M45 England 27:16, 15. Tim Twoomey M35



Ireland 27:23, 16. Shane Healy M45 Ireland 27:24, 17.
Terry Scott M45 England 27:40, 18. Rossa Hurley M35



Ireland 27:43, 19. Stuart Doyle M45 England 27:45, 20.
Jonny Steede M35 Northern Ireland 27:47, 21. Iain Reid
M40 Scotland 27:50, 22. Jozsef Farkas M35 Scotland 27:55,
23. Tony Brewer M35 England 27:56, 24. Eamon White
M45 Northern Ireland 27:56, 25. Dermot McElchar M40
Ireland 27:59, 26. Scott Brember M45 Scotland 27:59, 27.
Stephen Cassidy M35 Northern Ireland 28:01, 28. Stephen
Skates M35 Wales 28:03, 29. Simon Coombes M45
England 28:06, 30. Simon Baines M45 England 28:10, 31.
Niall Sheil M40 Ireland 28:11, 32. Leon Johnson M40
Scotland 28:12, 33. James Horman M35 England 28:14, 34.
Steven McAlary M35 Northern Ireland 28:16, 35. Rory
O'Sullivan M40 Ireland 28:17, 36. Mark Worringham M40
England 28:21, 37. Garry Mathew M35 Scotland 28:27, 38.
Dermot McElhinney M45 Ireland 28:28, 39. Richard Baker
M45 Wales 28:30, 40. Niall Lynch M45 Ireland 28:33, 41.
Gary Henderson M45 Northern Ireland 28:34, 42.
Malcolm Lang M40 Scotland 28:36, 43. Aled Hughes M40
Wales 28:37, 44. Paul Buckley M40 Ireland 28:39, 45.

Michael Reid M40 Scotland 28:39, 46. Michael Harrington
M45 Ireland 28:41, 47. Richard Jackson-Hookins M35
Wales 28:42, 48. John Clifford M45 England 28:49, 49.
Justin Reid M45 Northern Ireland 28:52, 50. Gavin
McDermott M45 Northern Ireland 28:54, 51. Cees Van der
land M35 England 28:55, 52. David Wright M40 Scotland
28:56, 53. Ciaran Diviney M45 Ireland 29:00, 54. Nick
Jones M40 England 29:01, 55. Brian McElvanna M40
Northern Ireland 29:03, 56. Peter Tucker M35 England
29:06, 57. James Watson M40 England 29:07, 58. Simon
Lewis M40 Wales 29:09, 59. Richard Jones M45 Wales
29:10, 60. Justin Carter M40 Scotland 29:11, 61. Declan
Fahey M45 Ireland 29:13, 62. Christopher Devine M35



Scotland 29:14, 63. Martin Cox M35 Northern Ireland
29:16, 64. Nigel McKibbin M45 Northern Ireland 29:20, 65.
Tony MacDowall M35 Scotland 29:23, 66. Jeremy Brown
M45 Wales 29:25, 67. Chris Denton M40 Northern Ireland
29:29, 68. Crispin Walsh M45 Scotland 29:31, 69. David
Henderson M35 Scotland 29:37, 70. Ben Butler-Madden
M35 Wales 29:39, 71. Andrew Considine M40 Northern
Ireland 29:45, 72. Martin Green M40 Wales 29:47, 73.

Tony Golabek M35 Scotland 29:48, 74. Ian Johnston M45 Scotland 29:49, 75. Darren Bishop M35 Wales 29:53, 76.



Mark Diamond M45 Northern Ireland 30:06, 77. Paul Halford M40 Wales 30:10, 78. Aron Cole M40 Northern Ireland 30:21, 79. Mark Hand M45 Scotland 30:22, 80. Mark Johnston M45 Scotland 30:24, 81. Paul Horan M40 Northern Ireland 30:29, 82. Paul Burns M40 Northern Ireland 30:46, 83. Eamonn Kirk M45 Wales 30:51, 84. Paul Monaghan M45 Scotland 30:59, 85. Paul Flynn M40 Wales 33:39, 86. Jos Jones M40 Wales 35:05

Open Races - two races - combined results

1. Mary James F40 England 24:11, 2. Andrea Hilldrup F35 Vale Royal AC 24:33, 3. Natalie Hall F35 N. Ireland 24:36, 4. Martina Murphy F35 DCTC 24:48, 5. Aishling Smith F45 Su Cualann 24:57, 6. Sarah Jane Guiney F35 N. Ireland 25:18, 7. Jill Smylie F35 Giffnock North 25:28, 8. Christine Lathwell F40 England 25:37, 9. Jennifer Black F40 N. Ireland 26:01, 10. Lesley Watson F45 England 26:21, 11. Donna Evans F50 Ireland 26:22, 12. Elaine Connor F40 N. Ireland 27:24, 13. Shelagh Murray F45 N. Ireland 27:44, 14.

Arthur Daley F65 England 27:50, 15. Aine McNeill F50 N. Ireland 28:03, 16. Paula McGilloway F50 N Ireland 28:13, 17. Penelope Barber F55 Tipton Harriers 28:29, 18. Darrell McKee M35 N Ireland 28:48, 19. Matthew McLaughlin M35 Foyle Valley AC 29:01, 20. Ray Allen M65 Keith & District 29:02, 21. Phil Martin M35 Peterborough AC 29:18, 22. Elizabeth Leitch F345 Connswater AC 29:21, 23. Anne Ellen F60 England 29:30, 24. Matt Pyatt M40 England 29:53, 25. Nigel Haycock M45 England 29:55, 26. Francis Boal M65 Lagan Valley AC 30:01, 27. Gareth Briggs M45 N. Ireland 30:10, 28. Orla Moran F40 Foyle Valley AC 30:19, 29. Barbara Knox F50 Scotland 30:39, 30. Steve Everett M55 Durham City harriers 30:42, 31. Ian Egan M50 Tuam AC 30:56, 32. Mark Cursons M55 England 31:01, 33. Lee Aherne M50 Parc Bryn Bach 31:17, 34. Julie Cashell F40



Wales 31:31, 35. David Noble M40 N. Ireland 31:35, 36. Christopher Pristavec M35 Les Croupiers RC 32:24, 37. Brian McKee M50 unattached 32:31, 38. Peter Rudzinski M65 Scotland 32:40, 39. Michael Johnson M75 England 32:44, 40. Thomas Leitch M45 Victoria Pk & Conns AC

33:13, 41. Gary Keenan M50 Victoria Pk & Conns AC 33:19,
42. Janet Fellowes F60 Scotland 33:31, 43. Janice



Moorekite F60 Larkfield AC 33:41, 44. Marty Ross M40
BOLT 33:45, 45. Sean McAllister M50 N. Ireland 33:48, 46.
Ken Chapman M75 England 33:50, 47. Gillian Hynes F40
Victoria Pk & Conns AC 34:22, 48. Andy Law M60 Scotland
34:48, 49. Thomas Moore M45 Springwell RC 36:09, 50.
Roger Harrison-Jones M75 Wales 37:17, 51. Peter Jack
M50 Springwell RC 38:46, 52. David Hughes M75 Wales
39:45, 53. Mark Quinn M50 unattached 42:43, 54. Kevin
Dillon M60 England 53:50

Team Results

Male 35

Ireland	2	4	6	7	19
N Ireland	3	5	11	14	33
England	1	8	13	16	38
Scotland	12	18	22	24	76
Wales	15	19	26	28	88

Male 40

Ireland	1	3	7	8	19
England	2	4	5	11	22
Scotland	6	9	12	15	42
Wales	13	20	24	25	82

N Ireland	18	22	23	26	89
-----------	----	----	----	----	----

Male 45

England	1	3	4	7	15
Ireland	2	9	11	13	35
N Ireland	5	12	15	16	48
Scotland	6	22	23	25	76
Wales	10	18	21	27	76

Male 50

England	1	2	3	5	11
Ireland	7	9	12	15	43
N Ireland	6	8	16	20	50
Scotland	4	11	13	22	50
Wales	10	21	26	27	84

Male 55

England	1	5	6	12
N Ireland	4	7	9	20
Ireland	2	11	12	25
Wales	3	8	16	27
Scotland	15	17	18	50

Male 60

Ireland	1	4	7	12
Scotland	2	6	10	18
England	3	5	13	21
Wales	8	9	12	29
N Ireland	15	16	17	48

Male 65

England	1	3	5	9
Scotland	2	4	6	12
Ireland	7	8	12	27
Wales	9	10	13	32
N Ireland	14	17	19	50

Male 70

England	2	3	4	9
Scotland	5	9	10	24
N Ireland	1	12	14	27
Ireland	7	8	13	28
Wales	11	17	18	46

Male 75

England	1	3	4	8
Wales	2	5	6	13
N Ireland	9	13	14	36
Scotland	8	12	17	37
Ireland	10	11	18	39

Female 35

Ireland	3	5	6	14
Scotland	1	4	11	16
England	2	7	8	17
N Ireland	10	12	15	37
Wales	13	14	19	46

BMAF Cross Country Relays - Long Eaton,

Derbyshire - 28th October 2017

Report: Mel James - Photos: Stephen Lee



A record number of 140 teams entered our BMAF Cross Country Relay Championships this year.

The First race consisted of the entire Women's age groups + the older Men 65+ and 75+.



Claire Martin took an early lead and maintained it to assure Telford the leading 35+ team position on the first stage, her fine run also ensuring her the honour of obtaining the quickest women's stage of the day. Telford were going through a purple patch as the second athlete home was also a Telford competitor Michelle Clarke, competing for their 45+ team and also obtaining the

Female 40

England	2	3	4	9
Ireland	1	8	9	18
Scotland	6	7	12	25
N Ireland	11	13	18	42
Wales	14	15	17	46

Female 45

England	1	2	3	6
Ireland	4	5	7	16
N Ireland	10	11	12	33
Scotland	13	14	15	42
Wales	16	18	19	53

Female 50

England	1	6	7	14
N Ireland	2	8	10	20
Ireland	4	5	12	21
Scotland	3	11	14	28
Wales	13	17	18	48

Female 55

England	4	5	7	16
Ireland	2	3	12	17
Scotland	1	8	9	18
Wales	6	14	16	36
N Ireland	11	18	19	48

Female 60

England	2	5	6	13
Ireland	1	3	10	14
Scotland	7	8	12	27
Wales	4	14	15	33
N Ireland	x	x	x	

Female 65

Ireland	3	4	6	13
Scotland	1	7	8	16
England	2	5	9	16
Wales	12	13	x	
N Ireland	x	x	x	

Female 70

Ireland	4	5	6	15
England	1	7	10	18
Scotland	3	8	9	20
Wales	2	13	14	29
N Ireland	11	x	x	

Overall

	Men	Women	Total
1 England	40	35	75
2 Ireland	32	34	66
3 Scotland	24	24	48
4 Northern Ireland	23	12	35
5 Wales	16	10	26

quickest stage of the afternoon within her 45+ age group. Telford's 35+ team held on to their lead until the third and final stage, when a fine run by Rotherham Harrier's Fiona Davies enabled them to take home the Gold medals. Telford AC held on for their Silver's though, with Sunderland Harriers receiving the Bronze medals. A total of 23 teams competed within the Women's 35+ age group.



Telford AC couldn't maintain their first stage lead within the 45+ age group with Bristol & West coming through to secure their Gold medals, Harborough AC also narrowly pushing Telford into third, by a mere 13 seconds. 15 teams contested this 45+ age group.



Only two teams contested the 55+ age group, but a great battle ensued for the medals. Rotherham Harriers were the eventual Gold medallists, edging out Barnsley AC by just 12 seconds. Barnsley AC provided the quickest stage of the day though, obtained by their Jenny Wakeman.

As in the previous age group, only two teams contested for the 65+ age group title, with Matlock AC overtaking Hastings Runners on the final stage due to a tremendous

run from their Jan Forrester, Jan also obtaining the quickest W65+ stage of the day and posting a new course record. (15m-41s)



Within the first race the older men also competed amongst the women. 13 teams contested the 65+ age group, with Blackheath and Bromley taking home the Gold medals and Rotherham Harriers the Silvers. Frank Hurley's tremendous run not only brought Cambuslang Harriers from 9th place to Bronze medal position, but earned himself the quickest 65+ stage medal.



As in the older women's age groups only two teams contested the men's 75+ age group competition, with Bingley's Les Hayes running the quickest stage and helping them to their Gold medals, with Welsh club Prestatyn RC taking Silver.

Race Two. Men's teams 35+, 45+ and 55+.

With 30 teams contesting the 35+ men's age group, an exciting tussle between the first three men's teams developed; all three teams had held the lead during the 5

stages. Leicester Coritavian was the eventual victorious team, holding off Hermitage Harriers by just 6 seconds for their Gold medals, with Charnwood receiving the Bronze medals. A fine run by Owls AC's Paul Richardson gave him quickest stage medal.



The 45+ age group team competition was also contested over 5 stages, with 22 teams competing on the day. Similarly to the younger age group contest, all three eventual medallists had been race leaders during the five stages, with Thames Hare & Hounds taking home the Gold medals, Salford Harriers the Silver's and Rotherham Harrier's Richard Harris obtaining the quickest 45+ stage whilst assisting them to their Bronze medals.



For the 55+ age group, 14 teams competed over 4 stages and South London Harriers dominated their age group from stage two. Cambuslang Harriers held the Silver

position and Warrington AC edged out Dulwich Runners by just 5 seconds for their Bronze medals. South Londoner Andy Tindall receiving the quickest stage medal.

My Thanks to Rob Fox and his Long Eaton club team for hosting us for this record entry of 140 teams. Due to the response and attendance, we are returning to Long Eaton again next year (27th Oct) to hopefully repeat this year's success.

w35 — Team Results — (n) is team position after the appropriate stage.

- 1 Rotherham Harriers & Ac 35:53, 1 Alina Stepanchuk (3) 11:48 2 Elizabeth Hutson (2) 12:34, 3 Fiona Davies (1) 11:31,
- 2 Telford Ac 36:33, 1 Claire Martin (1) 10:50 2 Lucie Taitharris (1) 12:32, 3 Jessica Harvey (2) 13:11,
- 3 Sunderland Harriers & Ac 36:50, 1 J Etherington (2) 11:46 2 Vicky Haswell (3) 12:49, 3 Nicola Woodward (3) 12:15,
- 4 Heanor RC 37:21, 1 Jill Burke (17) 13:48 2 Louise Insley (9) 12:39, 3 Lisa Palmer (4) 10:54,
- 5 Barnsley AC 38:09, 1 Kerry Storrar (4) 12:16 2 Elizabeth Champion (5) 13:06, 3 Lisa Skinner (5) 12:47,
- 6 Charnwood A C 'A' 38:29, 1 Catherine Tinker (11) 12:48 2 Wendy Lockton (6) 12:54, 3 Claire Smith (6) 12:47,
- 7 Dulwich Runners Ac 'A' 39:27, 1 Angie Norris (7) 12:20 2 Katie Styles (4) 12:55, 3 Ros Tabor (7) 14:12,
- 8 City Of Norwich Ac 39:53, 1 Jane Clarke (6) 12:19 2 Ellie Stevens (8) 13:59, 3 Tracey Curl (8) 13:35,
- 9 Sale Harriers Manchester 'A' 40:09, 1 Anne Chinoy (5) 12:18 2 Tracey Taylor (10) 14:27, 3 Sinead Ferguson (9) 13:24,
- 10 Winchester & District Ac 40:20, 1 Karen Rushton (8) 12:22 2 Jo Jefferies (7) 13:40, 3 Joy Radford (10) 14:18,
- 11 Long Eaton RC 'A' 40:27, 1 Sarah Semmens (10) 12:33 2 Julie Bratton (12) 14:51, 3 Steff Warwick (11) 13:03,
- 12 Rushcliffe Ac 'A' 41:01, 1 Katherine Malone (14) 13:26 2 Abigail Cast (11) 13:42, 3 Melissa Wyszynski (12) 13:53,
- 13 Holme Pierrepont Rc 'A' 41:07, 1 Ann Gould (16) 13:33 2 Nikki Dixon (16) 14:25, 3 Claire Goodman (13) 13:09,
- 14 Nene Valley Harriers 41:11, 1 Yvonne Scarrott (19) 14:31 2 Sophie Wilkinson (14) 13:04, 3 Nicky Morgan (14) 13:36,
- 15 Mansfield Harriers 41:46, 1 Beverley Armstrong (13) 13:08 2 Wanda Curley (15) 14:48, 3 Helen Pritchett (15) 13:50,
- 16 North Derbyshire Rc 43:10, 1 Deborah Lock (9) 12:32 2 Chew Tan (13) 14:56, 3 Kirsten Grafton (16) 15:42,

17 Holme Pierrepont Rc 'B' 43:57, 1 Claire Hayesgill (18) 14:00 2 Sue Chicken (17) 15:50, 3 Clare Ablethorpe (17) 14:07,

18 Rushcliffe Ac 'B' 45:25, 1 Elizabeth Tomlin (12) 12:59 2 Jo Davis (18) 17:20, 3 Kathryn Mellor (18) 15:06,

19 Ripley RC 46:23, 1 Eleanor Robinson (22) 15:44 2 Amy Bradley (19) 15:11, 3 Alison Butlin (19) 15:28,

20 Long Eaton RC 'B' 47:35, 1 Nikki Hocking (20) 14:43 2 Valerie Lindsey (20) 17:23, 3 Maria White (20) 15:29,

21 Redhill Road Runners 52:26, 1 Bev Barnes (21) 15:07 2 Tamzin Yates (21) 18:29, 3 Valerie Walker (21) 18:50,

22 Stamford Striders 53:02, 1 Louise Lee (23) 19:41 2 Abbie Alderson (22) 16:47, 3 Helen Schofield (22) 16:34,

Incomplete Teams:, Charnwood A C 'B', 1 Louise Richmond (15) 13:27

W45 — Team Results — (n) is team position after the appropriate stage.

1 Bristol & West Ac W45 'A' 37:28, 1 Clare Jolliffe (2) 12:25 2 Tracy Allan (1) 12:51, 3 Sarah Everitt (1) 12:12,

2 Harborough Ac W45 38:46, 1 Jill Postlethwaite (4) 12:58 2 Karen Brooks (2) 13:25, 3 Jacquie Hanmer (2) 12:23,

3 Telford Ac W45 38:59, 1 Michelle Clarke (1) 11:33 2 Lisa Blagden (3) 15:02, 3 Rachel Coupe (3) 12:24,

4 Holme Pierrepont Rc W45 'A' 39:36, 1 Serena Bignell (6) 13:12 2 Patti Cranton (4) 13:34, 3 Christine Heaton (4) 12:50,

5 Long Eaton Rc W45 41:43, 1 Sharon Orridge (3) 12:44 2 Jackie Mather (5) 14:41, 3 Catherine Benson (5) 14:18,

6 Matlock Ac W45 42:11, 1 Andrea Priestley (10) 14:54 2 Nicky Dick (7) 14:11, 3 Christine Howard (6) 13:06,

7 Sale Harriers W45 42:35, 1 J Cordingley (8) 13:35 2 Lynda Rowlinson (6) 14:45, 3 Julia Reynolds (7) 14:15,

8 Rushcliffe Ac W45 42:57, 1 Viv Wardle (11) 15:05 2 Kate Banks (10) 14:34, 3 Joanne Bramleymaye (8) 13:18,

9 Holme Pierrepont Rc W45 'B' 43:01, 1 Editha Vanloon (9) 14:50 2 Julie McGeorge (9) 14:44, 3 Ruth Brandon (9) 13:27,

10 Rotherham Harriers W45 45:51, 1 D Elliott (5) 13:06 2 Philippa James (8) 16:15, 3 Alison Brown (10) 16:30,

11 Hastings Runners W45 48:32, 1 Helen Brown (13) 15:43 2 Jane Hughes (12) 16:04, 3 Manami Cheves (11) 16:45,

12 Holme Pierrepont Rc W45 'C' 48:46, 1 Friedel Plant (15) 18:00 2 Lucy Adams (13) 15:45, 3 Lorraine Salkild (12) 15:01,

13 Stamford Striders W45 51:28, 1 Janine Buck (14) 16:03 2 Morag Roberts (14) 19:25, 3 Julia Parker (13) 16:00,

Incomplete Teams:, Mansfield Harriers W45, 1 Sharon Armitage (12) 15:09 2 Angela Purdue (11) 15:16, Bristol & West Ac W45 'B', 1 Rosey Mushens (7) 13:29,

W55 — Team Results — (n) is team position after the appropriate stage.

1 Rotherham Harriers W55 48:09, 1 Sharon Burton (2) 15:21 2 Gillian Neal (2) 15:56, 3 Kathryn Brookes (1) 16:52,

2 Barnsley Ac W55 48:21, 1 Jenny Wakeman (1) 13:20 2 Caron Holburt (1) 17:25, 3 Anne Bennett (2) 17:36,

W65 — Team Results — (n) is team position after the appropriate stage.

1 Matlock Ac W65 52:30, 1 Tessa Jackson (2) 18:21 2 Ann Armistead (2) 18:28, 3 Jan Forrester (1) 15:41,

2 Hastings Runners W65 54:26, 1 Yocklin Richardson (1) 17:29 2 Anne Brooks (1) 18:38, 3 Margaret Balch (2) 18:19,

M35 — Team Results — (n) is team position after the appropriate stage.

1 Leicester Coritanian Ac 50:35, 1 Chris Jordan (1) 9:41 2 Gordon Lee (2) 10:17, 3 Ludovic Renou (2) 10:16 4 Chris Southam (2) 10:35, 5 Mark Powell (1) 9:46,

2 Hermitage Harriers 50:41, 1 Matt Adcock (9) 10:05 2 Gavin Mcdermott (5) 10:11, 3 Paul Featherstone (3) 9:58 4 Carl Sommer (1) 10:30, 5 Jason Williams (2) 9:57,

3 Charnwood A C 'B' 51:13, 1 Gary Burnett (7) 10:02 2 Mark Couldwell (3) 10:06, 3 James Douglas (1) 10:04 4 Michael Kingsbury (4) 10:53, 5 Peter Swaine (3) 10:08,

4 Salford Harriers & Ac 'A' 51:26, 1 Matthew Shaw (5) 9:56 2 Bruno Lima (1) 9:46, 3 David Hudson (4) 10:50 4 Chris Tully (3) 10:19, 5 Glyn Billington (4) 10:35,

5 Leeds City AC 52:49, 1 Mike Burrett (3) 9:44 2 Gregory Hull (7) 10:48, 3 Adam Osborne (5) 10:21 4 Martin Hilton (6) 12:00, 5 Alan Buckley (5) 9:56,

6 North Derbyshire Rc 53:35, 1 Martin Dawson (4) 9:52 2 Miles Winter (6) 10:37, 3 Andy Tarry (6) 10:41 4 Steven Penney (7) 11:46, 5 John Sanderson (6) 10:39,

7 Birchfield Harriers 'A' 53:40, 1 Orlando Corea (8) 10:03 2 Matt Biggs (8) 10:35, 3 Mike Morley (7) 10:58 4 Alex Parker (5) 10:54, 5 Peter Dimpleby (7) 11:10,

8 Wolverhampton & Bilston 54:05, 1 Gareth Briggs (15) 10:39 2 Jason Corns (13) 10:59, 3 Dave Smith (12) 10:42 4 Rob Hawley (10) 11:01, 5 James Lewis (8) 10:44,

9 Long Eaton RC 54:16, 1 Mario Rocchelli (20) 11:00 2 Tim Caldwell (12) 10:32, 3 Michael Bland (14) 11:13 4 Daniel Hawley (12) 11:09, 5 Adam White (9) 10:22,

10 Southampton AC 54:25, 1 Matt Hibberd (13) 10:28 2 James Smith (9) 10:13, 3 Rob Ralls (13) 11:41 4 Stuart Hicks (9) 10:55, 5 Jim Bennett (10) 11:08,

11 Rotherham Harriers & Ac 54:36, 1 Gareth Sampson (2) 9:43 2 Damian Worsdall (4) 10:30, 3 Chris Griffiths (8) 11:35 4 Carl Taylor (8) 11:10, 5 Martyn Whyman (11) 11:38,

12 Owls Ac 'A' 55:00, 1 James Franklin (22) 11:13 2 Ash Brutnall (23) 12:20, 3 Paul Richardson (16) 9:26 4 Craig Twigg (14) 11:18, 5 Scott Green (12) 10:43,

13 Salford Harriers & Ac 'B' 55:27, 1 Steve Pennington (19) 10:56 2 Richard Brook (15) 10:50, 3 Charles Foster (15) 11:10 4 Paul Birkett (15) 11:27, 5 Mathew Holt (13) 11:04,

14 Coventry Godiva Harriers 'A' 56:10, 1 Jason Brotherhood (17) 10:50 2 John Wilson (21) 11:46, 3 Iwan Jones (19) 10:53 4 Simon Clarke (17) 11:28, 5 Emerson Combstock(14) 11:13,

15 Rushcliffe Ac 'A' 56:17, 1 Marlon Dunkley (10) 10:11 2 Kevin Bowen (10) 11:03, 3 Shaun McCabe (9) 10:49 4 Alistair Hume (11) 11:51, 5 wardt Derk Vander (15) 12:23,

16 Redhill Road Runners 56:24, 1 Leigh Stubbs (6) 10:01 2 Mark Davis (14) 11:44, 3 Matthew Stratford (11) 10:24 4 Wayne Stott (16) 12:17, 5 Ian Beckingham (16) 11:58,

17 Charnwood A C 'A' 56:30, 1 Adam Lockton (23) 11:17 2 David Locker (20) 10:46, 3 Graham Watson (17) 11:07 4 Jake Smith (18) 12:33, 5 Martin Makin (17) 10:47,

18 City Of Norwich Ac 57:24, 1 Lawrence Wade (21) 11:07 2 Mark Solway (22) 12:03, 3 Jonathan Baxter (21) 11:50 4 Goy Roper (21) 12:15, 5 Gary Crush (18) 10:09,

19 Bournville Harriers 'A' 59:28, 1 Dean Parker (14) 10:37 2 Matthew Pollard (11) 10:38, 3 Iain Jones (10) 10:53 4 Sean Rose (13) 12:04, 5 Barrie Roberts (19) 15:16,

20 Birchfield Harriers 'B' 1:00:13, 1 Simon Mcnamee (24) 11:25 2 Connolly Meagher (25) 12:36, 3 Rob Deakin (25) 11:53 4 Steven Dyer (23) 12:18, 5 Windel Simpson (20) 12:01,

21 Ripley RC 1:00:16, 1 Paul Sorrell (12) 10:28 2 Richard Kimber (17) 11:30, 3 Matt Baker (23) 13:17 4 Ian Wartonwoods (25) 13:44, 5 Tim Clayton (21) 11:17,

22 Holme Pierrepont Rc 1:00:55, 1 David Greenwood (11) 10:26 2 Wayne Mcaneaney (18) 11:35, 3 Matthew Aldridge (22) 13:02 4 Scott Smith (24) 13:19, 5 John Sutherns (22) 12:33,

23 Salford Harriers & Ac 'C' 1:01:19, 1 James Kovacs (16) 10:47 2 Derek Crewe (16) 11:06, 3 Paul Creighton (20) 12:31 4 Gary Thomason (19) 11:43, 5 Undeclared (23) 15:12,

24 Barnsley AC 1:01:30, 1 Chris Wells (18) 10:53 2 Steven Roebuck (19) 11:09, 3 Noel Adkins (18) 11:15 4 Tony Richardsvardy (20) 13:43, 5 Raymond Archer (24) 14:30,

25 Rushcliffe Ac 'B' 1:05:12, 1 Freddie Shields (29) 13:41 2 Ian Howe (26) 12:33, 3 David Sweet (26) 13:41 4 Kevin Allardyce (27) 13:58, 5 Graham Moffatt (25) 11:19,

26 Sutton In Ashfield Harriers & 1:05:43, 1 Paul Dobbs (27) 12:32 2 David Herbert (27) 15:07, 3 Paul Hughes (27) 13:11 4 Wayne Lowe (26) 12:13, 5 Conrad Watson (26) 12:40,

27 Stamford Striders 1:15:28, 1 Andrew Wade (30) 14:24 2 Darren Barratt (28) 17:20, 3 Mark Johnstone (28) 17:17 4 Paul Lofthouse (28) 14:56, 5 Mark Alderson (27) 11:31,

Incomplete Teams:, Coventry Godiva Harriers 'B', 1 Peter Eccleston (25) 11:29 2 Martyn Brunt (24) 12:29, 3 Michael Peters (24) 11:48 4 Jose Ortizgonzalez (22) 11:54, Owls Ac 'B', 1 Joe Archer (26) 11:56, Sheffield Rc, 1 Undeclared (28) 12:42,

M45 — Team Results — (n) is team position after the appropriate stage.

1 Thames Hare & Hounds M45 52:31, 1 Ben Reynolds (2) 10:00 2 Matthew Lynas (3) 11:26, 3 Simon Baines (1) 9:58 4 Paul Cheetham (1) 10:45, 5 Andy Weir (1) 10:22,

2 Salford Harriers & Ac M45 52:56, 1 Mark Russell (3) 10:22 2 Ian Grime (1) 10:09, 3 David Lockett (2) 11:10 4 Roger Alsop (2) 10:50, 5 Philip Leybourne (2) 10:25,

3 Rotherham Harriers & Ac M45 'A' 55:42, 1 Richard Harris (1) 9:50 2 Steven Marshall (2) 11:09, 3 Howard Darwin (3) 12:19 4 Simon Holt (3) 11:34, 5 Ian Whyman (3) 10:50,

4 Sutton In Ashfield M45 57:20, 1 Glenn Baird (9) 11:23 2 Dean Cross (8) 11:22, 3 Craig Linacre (6) 12:17 4 Brent Stevenson (4) 11:26, 5 Paul Whittingham (4) 10:52,

5 Southampton Ac M45 57:29, 1 Howard Long (16) 12:29 2 Peter Costley (10) 11:11, 3 John Macinnes (9) 12:30 4 David Blackman (6) 10:35, 5 Andy Morganlee (5) 10:44,

6 Barnsley Ac M45 57:59, 1 Keith Littlewood (6) 11:08 2 Mark Havenhand (4) 10:54, 3 David Brooksbank (4) 11:35 4 Graham Bateson (5) 13:04, 5 Melvin Wallace (6) 11:18,

7 Long Eaton Rc M45 58:23, 1 Andy Dickenson (7) 11:10 2 Edmond Murden (9) 11:42, 3 David Lewis (8) 12:38 4 Timothy Baggs (7) 11:31, 5 Ian Chant (7) 11:22,

8 East Cheshire Harriers M45 1:00:22, 1 Ian Fraser (5) 11:02 2 Gary Matthews (7) 11:41, 3 Simon Grundy (5) 12:13 4 John Bowker (8) 13:18, 5 Saul Gallagher (8) 12:08,

9 Nene Valley Harriers M45 1:01:59, 1 Sean Beard (8) 11:14 2 David Neal (5) 10:53, 3 Chris Hunt (7) 13:14 4 Paul Parkin (9) 13:13, 5 Barry Warne (9) 13:25,

10 Hastings Runners M45 1:02:21, 1 Andrew Watson (14) 12:18 2 Dean Fox (15) 12:39, 3 Martin Noakes (12) 12:32 4 Mike Beaumont (10) 12:02, 5 Nick Webb (10) 12:50,

11 Redhill Road Runners M45 'A' 1:02:27, 1 Simon Nash (10) 11:35 2 Stanley Pascoe (11) 12:37, 3 Clive Greyson (11) 13:15 4 Christopher Ward (11) 12:23, 5 Francesco Lari (11) 12:37,

12 Bristol & West Ac M45 1:03:08, 1 Anthony Roper (4) 10:52 2 Jonathan Goodland (6) 11:45, 3 Michael Nutt (10) 14:04 4 Graham Crump (12) 13:47, 5 Steven Grant (12) 12:40,

13 Rushcliffe Ac M45 1:03:59, 1 Jonathan Maston (13) 12:15 2 Neil Emery (13) 12:37, 3 Charlie Horner (14) 12:51 4 Ian Livsey (16) 13:58, 5 Andy Wardle (13) 12:18,

14 Redhill Road Runners M45 'B' 1:04:14, 1 R Butterworth (11) 12:08 2 Andy Parsons (12) 12:41, 3 Steve Gelderd (13) 12:42 4 Paul Stacey (13) 13:26, 5 Kevin Dickinson (14) 13:17,

15 Rotherham Harriers & Ac M45 'B' 1:04:22, 1 John Comrie (17) 12:53 2 Paul Risley (14) 11:59, 3 Christopher Bott (16) 13:50 4 John Massingham (14) 12:44, 5 Nigel Brookes (15) 12:56,

16 Stamford Striders M45 1:04:51, 1 Keith Read (18) 13:02 2 Dave Aust (19) 13:39, 3 Stephen Parker (19) 13:21 4 Edward Fancourt (17) 12:41, 5 Stuart Hill (16) 12:08,

17 Holme Pierrepont Rc M45 'A' 1:06:18, 1 Wayne Cranton (15) 12:28 2 Neil Devonport (17) 13:34, 3 Richard Jones (17) 13:24 4 John Harrison (15) 12:14, 5 David Ralph (17) 14:38,

18 North Derbyshire Rc M45 1:06:22, 1 Sam Passingham (21) 13:24 2 Gary Elkington (16) 12:28, 3 Richard Corker (15) 12:47 4 Steve Bennett (18) 14:36, 5 Stephen Rundell (18) 13:07,

19 Holme Pierrepont Rc M45 'B' 1:11:42, 1 Chris Allen (22) 13:36 2 Mark Enstone (21) 14:29, 3 Mark Rose (21) 15:21 4 Gary Cragg (20) 14:06, 5 Matthew Hill (19) 14:10,

Incomplete Teams:, Long Eaton Rc M45 'B', 1 Tim Doyle (20) 13:17 2 Paul Wade (20) 13:45, 3 Steve Mcquade (20) 13:52 4 Damian Cowlshaw (19) 15:17, Sparkhill Harriers M45, 1 Andy Manning (19) 13:13 2 Andy Carroll (18) 13:18, 3 Tahir Akhtar (18) 13:03, Leicester Coritanian Ac M45, 1 Derek Guess (12) 12:12,

M55 — Team Results — (n) is team position after the appropriate stage.

1 South London Harriers M55 44:06, 1 David Ogden (2) 11:12 2 Chris Phelan (1) 11:20, 3 John Foss (1) 11:00 4 Andy Tindall (1) 10:34,

2 Cambuslang Harriers M55 45:35, 1 Colin Feechan (6) 11:58 2 Dave Thom (5) 11:43, 3 Alick Walkinshaw (2) 11:08 4 Colin Donnelly (2) 10:46,

3 Warrington A C M55 46:58, 1 Stephen Burthem (3) 11:36 2 David Gill (3) 11:40, 3 Mervyn Ward (4) 12:31 4 David Norman (3) 11:11,

4 Dulwich Runners Ac M55 'A' 47:03, 1 Stephen Smythe (5) 11:56 2 Tony Tuohy (2) 11:02, 3 Eberhard Prill (3) 12:08 4 Gary Sullivan (4) 11:57,

5 Sheffield Rc M55 47:18, 1 Jed Turner (1) 11:09 2 Les Morton (4) 12:10, 3 Nicholas Duggan (5) 12:41 4 Chris Ireland (5) 11:18,

6 Oxford City Ac M55 48:44, 1 Richard Grant (8) 12:12 2 Trevor Dixon (7) 12:16, 3 Phillip Huxley (6) 12:35 4 Brian Green (6) 11:41,

7 Hatton Darts M55 50:52, 1 Kevin Spare (4) 11:50 2 Ian Stewart (9) 12:53, 3 Richard Millward (9) 14:02 4 Peter Wright (7) 12:07,

8 Rotherham Harriers & Ac M55 51:05, 1 Terry Eastwood (9) 12:17 2 Peter Neal (6) 12:09, 3 David Nuttall (7) 13:31 4 Peter Shaw (8) 13:08,

9 Matlock Ac M55 51:21, 1 Mark Jackson (14) 15:04 2 Chris Hallas (13) 12:32, 3 Bob Foreman (11) 12:05 4 Simon Croft (9) 11:40, (nn) is team position after the appropriate stage.,

10 Bingley Harriers & Ac M55 51:24, 1 Paul Lemmon (7) 12:10 2 Mark Westman (11) 13:28, 3 Robert Eccles (10) 13:22 4 Ian Ferguson (10) 12:24,

11 Hastings Runners M55 52:27, 1 Andrew Lee (12) 12:51 2 Ken Hughes (12) 13:12, 3 David Bratby (12) 13:49 4 Andy Key (11) 12:35,

12 Dulwich Runners Ac M55 'B' 52:47, 1 Nicholas Brown (11) 12:44 2 Colin Baileywood (10) 12:32, 3 Mike Mann (8) 13:28 4 Andrew Murray (12) 14:03,

Incomplete Teams:, Sale Harriers M55, 1 Frank Cordingley (10) 12:39 2 Glen Savage (8) 11:58, Charnwood A C M55, 1 Kevin Pye (13) 12:58,

M65 — Team Results — (n) is team position after the appropriate stage.

1 Blackheath & Bromley M65 39:34, 1 Peter Hamilton (4) 13:17 2 Robert Brown (1) 13:03, 3 Paul Rossdavies (1) 13:14,

2 Rotherham Harriers & Ac M65 39:58, 1 Michael Marsters (3) 13:09 2 Malcolm Palfreyman (3) 13:56, 3 Robert Tinting (2) 12:53,

3 Cambuslang Harriers M65 41:00, 1 Peter Ogden (11) 15:14 2 Bernie Gough (9) 13:41, 3 Frank Hurley (3) 12:05,

4 Bingley Harriers & Ac M65 41:15, 1 Gerry Bell (5) 13:19 2 Tony Kingham (7) 15:05, 3 Bryan Parkinson (4) 12:51,

5 Barnet & District Ac M65 41:17, 1 Desmond Michael (1) 12:27 2 Nicholas Bingham (2) 14:24, 3 Liam O'hare (5) 14:26,

6 Sale Harriers M65 41:42, 1 Michael Curley (2) 12:58 2 Geoffrey Beattie (4) 14:50, 3 Michael Dunne (6) 13:54,

7 Matlock Ac M65 41:48, 1 Les Thurston (10) 15:14 2 Simon Brister (5) 12:41, 3 Mick Moorhouse (7) 13:53,

8 Barnsley Ac M65 42:09, 1 Mick Casey (6) 13:27 2 Kevin Manley (8) 15:12, 3 Roy Hart (8) 13:30,

9 Prestatyn Rc M65 43:27, 1 Michael Davis (12) 15:19 2 George Nixon (6) 13:00, 3 Gareth Hughes (9) 15:08,

10 Sparkhill Harriers M65 45:39, 1 Anthony Edwards (9) 14:37 2 Barry Crowley (11) 15:24, 3 Martin Millicheap (10) 15:38,

11 Holme Pierrepont Rc M65 46:41, 1 John Oldfield (13) 15:22 2 Stuart Brook (10) 14:26, 3 William Scott (11) 16:53,

12 Salford Harriers & Ac M65 'A' 47:26, 1 Roland Bowness (8) 14:34 2 Terry Dermody (12) 16:25, 3 Vincent Murphy (12) 16:27,

13 Salford Harriers & Ac M65 'B' 51:09, 1 Robert Towell (14) 17:12 2 Dennis Moran (13) 17:00, 3 Stewart Darlington (13) 16:57,

Incomplete Teams:, Bristol & West Ac M65, 1 Tom Burgess (7) 14:28,

M75 — Team Results — (n) is team position after the appropriate stage.

1 Bingley Harriers M75 45:57, 1 David Barber (2) 16:59 2 Fred Gibbs (1) 15:29, 3 Les Haynes (1) 13:29,

2 Prestatyn Rc M75 52:10, 1 John Hickman (1) 15:41 2 David Hughes (2) 18:54, 3 R Harrisonjones (2) 17:35,

EAMA Inter Area Cross Country Challenge

Bournemouth - 25th November 2017

The 2017 EAMA Cross Country Inter Area Challenge was hosted by South West Veterans AC at Kings Park Bournemouth on Saturday 25th November.

The race was run over a testing and undulating 4.5 mile course under blue skies and bright sunshine. It was well well-marshalled with no risk of getting lost because the ground-staff had marked the course with a continuous white line.

The 56 runners had to battle with a chilly northerly wind on each of the three 1.5 mile laps around the playing fields and nearby woodland surrounding Kings Park Sports arena.

The scoring was done by age graded performances rather than absolute times, in order to allow teams of 10 men and 10 women to score, no matter what age they were. The event was open to all club members and everyone had the opportunity to score for their club – teams did not have to be selected in advance.

Team points were awarded according to the positions of the scoring runners.

The first man over the finishing line was Aaron Brown (V35) of VAC in an impressive time of 25.26, the first woman across the finishing line was Maria Kowal (W35) of SCVAC in an equally impressive time of 28.09.

After age grading, the leading man was Peter Giles (M70) of VAC with an age graded percentage of 90.5% and the leading woman was Penny Forse (W65) of SCVAC with an age graded percentage of 93.5% – world class!

SWVAC won the EAMA Inter Area team trophy beating teams from VAC, SCVAC, MMAC and NMAC. The members of the winning team were awarded a framed certificate of their performance.

This was only the 2nd year of this competition but everyone who was there enjoyed it and appreciated the new method of scoring. Next year the venue is likely to be in the North of England and with good transport connections to the whole of the country, then the numbers can be expected to increase, particularly as EAMA are considering whether to hold it at the end of September in future in order to make it part of the selection process for the English team for the British & Irish Cross Country International.

Des White/Peter Kennedy

Results - Men - Ranked by age grade % (race position in brackets)

1 (21) 30:59 Peter Giles	VAC	1-M70	90.48%
2 (22) 31:02 Brian James	VAC	2-M70	86.86%
3 (27) 32:00 Malcolm Renyard	SWVAC	3-M70	86.37%
4 (12) 28:37 Jonathan Goodland	SWVAC	1-M60	86.11%
5 (6) 27:29 Anthony Roper	MMAC	2-M50	85.44%
6 (11) 8:19 Franklyn Young	SWVAC	3-M55	84.92%
7 (9) 28:13 Ken Ham	SWVAC	2-M55	84.54%
8 (7) 28:01 David Wilkinson	SWVAC	1-M55	84.47%
9 (4) 25:58 Lance Nortcliff	SCVAC	1-M45	84.46%
10 (20) 30:44 Don Powell	SCVAC	1-M65	84.35%
11 (5) 27:13 Paul Drake	SWVAC	1-M50	84.29%
12 (2) 25:44 Jon Hamblen	VAC	1-M40	83.99%
13 (24) 31:39 Chris Mason	MMAC	2-M65	83.38%
14 (30) 32:08 Michael Mann	VAC	4-M65	82.97%
15 (31) 32:11 Peter Hamilton	SWVAC	5-M65	82.84%
16 (18) 30:34 Stephen Lang	SWVAC	2-M60	82.66%

MASTERS ATHLETICS WINTER 2017 - 2018

17 (46) 37:12 Ray Elston	SWVAC 1-M75	82.27%
18 (15) 29:15 Steve Oliver	SWVAC 4-M55	82.21%
19 (1) 25:26 Aaron Brown	VAC 1-M35	80.93%
20 (28) 32:02 Stephen Plested	VAC 3-M65	80.93%
-- (16) 30:00 Hugh Marsden	SWVAC 5-M55	80.81%
-- (23) 31:25 Des White	SWVAC 3-M60	80.42%
21 (3) 25:49 Matt Hibberd	SCVAC 2-M35	80.24%
-- (14) 28:52 David Wilcox	SWVAC 3-M50	80.08%
-- (55) 42:42 Tony Berry	SWVAC 1-M80	78.80%
-- (32) 32:21 Phil Harding	SWVAC 4-M60	78.77%
22 (47) 37:30 Mike Barnes	NMAC 2-M75	78.50%
-- (42) 36:07 John Horton	SWVAC 4-M70	77.62%
23 (36) 33:27 Peter Kennedy	VAC 6-M65	77.50%
24 (53) 39:48 Doug Milsom	VAC 3-M75	76.89%
-- (39) 35:05 Ian Snow	SWVAC 7-M65	74.54%
25 (34) 32:50 Carey Gray	VAC 6-M55	73.83%
26 (13) 28:49 Kevin Wheeler	SCVAC 3-M35	71.43%
27 (41) 36:01 Tony McCreery	VAC 8-M65	71.36%
28 (51) 38:20 Kenny McCormick	NEMAA 9-M65	67.04%
-- (52) 39:34 Mike Terry	SWVAC 10-M65	66.09%
29 (56) 45:10 Kevin Dillon	NMAC 5-M60	55.94%

Women - Ranked by age grade % (race position in brackets)

1 (37) 33:53 Penny Forse	SCVAC 1-W65	93.55%
2 (10) 28:14 Kathryn Bailey	SWVAC 1-W45	89.34%
3 (40) 35:29 Margaret Moody	VAC 2-W65	89.33%
4 (26) 31:52 Marilyn Blair	SWVAC 1-W55	87.64%
5 (38) 34:56 Maggie Statham	VAC 1-W60	86.09%
6 (54) 40:42 Pauline Rich	VAC 1-W70	82.33%
7 (43) 36:32 Joy Radford	SWVAC 2-W60	82.32%
8 (8) 28:09 Maria Kowal	SCVAC 1-W35	81.48%
9 (17) 30:20 Sarah Urwin-Mann	SWVAC 2-W45	81.44%
10 (44) 36:39 Alison White	SWVAC 3-W60	80.00%
11 (33) 32:36 Kay Noyce	SCVAC 1-W50	79.07%
12 (19) 30:43 Samantha Parkinson	SWVAC 3-W45	78.94%
13 (35) 33:17 Rosey Mushens	SWVAC 2-W50	78.31%
14 (50) 38:00 Margaret Thompson	SWVAC 4-W60	78.15%
15 (29) 32:04 Belinda Tull	SWVAC 4-W45	77.03%
16 (25) 31:40 Joy Wright	SCVAC 1-W40	74.84%

17 (48) 37:37 Carrie Oliver	SWVAC 2-W55	72.52%
18 (57) 45:35 Ann Bath	VAC 3-W65	70.49%
-- (49) 37:53 Dawn Teed	SWVAC 3-W50	70.37%
19 (45) 37:10 Claire Seymour	SCVAC 2-W40	63.35%

Team	Women	Men	Total	Rank
SWVAC	97	195	292	1
VAC	48	133	181	2
SCVAC	45	54	99	3
MMAC	0	42	42	4
NMAC	0	9	9	5
EVAC	0	0	0	6
NIMAA	0	0	0	6
WMAA	0	0	0	6

Area News

SWVAC - Congratulations to Ed Shillabeer for winning the M75 category at the 2017 BMAF Long Distance Walking Champs. Held at Bury St Edmunds on Sunday 6th August

The SWVAC 2017 Half Marathon was held within the Sturminster Newton Half Marathon. We had 6 athletes finish - Hamish Murray, Nigel Haywood, Cath Stibbs, David Heath, Kevin Doherty and Peter Bunyan.

SWVAC - Congratulations to Tony Berry for setting a SWVAC M80 3000m club record of 15:09.8 at the DAN Cornwall County 3000m Champs at Par on Wednesday 23rd of August, the Time was a 2017 UK M80 leading time (by 3 minutes) and is the UK 3rd fastest M80 3000m of all-time.

Congratulations to Roy Huxtable for setting a SWVAC Discus Club record of 17.65m at the Devon Open Series meeting at Braunton on 13th of August.

Congratulations to Emma Stepto for setting a SWVAC W45 5000m club record at the SW Track and Field Championships at Exeter on Sunday 20th of August, the time also broke the British W45 all-time record. Also Emma set a SWVAC W45 3000m club record of 9:47,8 at

the DAN Cornwall 3000m Champs at Par on Wednesday 23rd August.



SWVAC - Alison White receiving the Gold Medal for her 1st W60 place at the BMAF Half Marathon Championships at Northampton 3rd September



NMAC - There was a good turnout at the Christmas Predictor race, with more opting for the single lap 5km than the double loop 10k. Weather conditions were perfect, it turned out sunny and dry after overnight rain which left lots of puddles across the Flash. Rob Jackson and Colin Bishop set off at a pace on the 10k and finished together having not been able to make a break from each

other all race long. Alex Rowe was the first finisher in the 5k closely followed by track sprinter Jason Newell, but it was left to Ken Fowler to win the Predictor with just 7 seconds over his time in the 10k and Jason Newell assisted by the previous day's parkrun to also get within 7 seconds in the 5km.

NEMAA TRACK & FIELD INTER-CLUB LEAGUE SERIES 2018

Five fixtures to be held at Monkton Stadium, Dene Terrace, Jarrow, Tyne & Wear for the NEMAA Mens and Womens Club Team Championships. Awards also to the top point scoring individuals in four disciplines :

Sprints- 100m /200m /300m /400m,

Distance- 800m /1500m / mile / 3000m / 5000m,

Jumps – Long Jump / Triple Jump / High Jump,

Throws – Discus / Javelin / Shot / Hammer .

Competition will be in 5 year age groups for men & women - 35.40.45.50.55.60.65.70.75.80. with the top six in each event scoring points irrespective of the number of competitors in each event as follows : 6 points for 1st position, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 point for 6th . Each club may enter as many competitors in an event in any of the age groups but only three competitors per club per age group may score points. In order to qualify for the team competition- clubs must consist of at least 4 competitors for Men or 3 competitors for Women at each meeting.

All competitors must be paid up members of NEMAA prior to the fixture. NEMAA Subs will only be accepted on the day with prior agreement with George Routledge the Membership Secretary. The entry fee for each fixture will be £3.00. Members may enter a maximum of three events each night. Members may enter the series at any of the five fixtures. The number allocated to each member at their first registration should be kept and used at all NEMAA Track & Field League fixtures as well as The NEMAA Track & Field Championships and 10k/5k

Championships. Competitors MUST compete in their own age group. Field events may be divided into two sections on the night (see program on the night). Competitors who are moving up to a new age group during the League series will score points in both league and individual competition in the younger age group until their birthday. After their birthday they will score points in the older age group in the league competition. In the individual competition they can either continue to score points in the younger age group or start from scratch in the older age group. NB: Moving to an older age group may involve different standards and weight implements. Entries for the first event at each fixture will close 15 minutes before the starting time and entries for later events will be accepted up to 15 minutes before their start times. Competitors who are taking part in both the first field and track event must make their preparations and practice trials - and if necessary - take their first trial in the field event before going to the start of the track event. In track events, the order of races will be seeded, based on the times provided by athletes – slowest first. In field events (not the High Jump) competitors will be allowed three trials, with the best here competitors in each group being allowed a further three trials if the field event standard is attained. Competitors, with prior consent from the Registration Official, may compete in an event in a younger age group – but only as a guest. Such competitors in throwing events must use the younger age group weight of implement.

SCVAC 10M Road Championships 4 December 2017, Thanet

On the 4th December the SCVAC 10 Mile Championship was held as part of the Alan Green Memorial 10 mile race in Thanet. It's a flat, traffic free out and back course meaning that fast times are possible as long as the wind stays away. On the day it was dry and overcast but we did have a reasonable tail wind on the 1st half and headwind on the 2nd half meaning that most runners were a couple of minutes slower in the 2nd half.

16 Athletes took part across 11 age categories.

The most keenly contested were the M65 where Trevor Edgley won comfortably, but Peter Watts took a close silver just 45 seconds ahead of Barry Bell in bronze, and the W55 was even closer with all three medallists finishing within 4 minutes.

Age graded wise the performances were very good with many in the high 70s but the two stand out performances were:

David Winch M70 Time: 01:10:49 - 84.91%

Lisa Compton W60 Time: 01:20:15 - 81.64%

Track and Field Report

The Entry Forms and Provisional Timetables for the four Indoor Championships/Match being put on at Lee Valley Athletics Centre in 2018, are fully listed elsewhere on the BMAF website.

Let us deal with the two National Championships first, together with associated matters as these are lead up events to the European Masters Athletics Indoor Championships in Madrid at the end of March – closing date 18TH JANUARY 2018 [allegedly].

The Indoor Pentathlon is combined with the South of England Masters Indoor Championships which also incorporates both the EMAC and VAC Masters Area Clubs Indoor Championships. Please be aware Pentathletes who wish to compete in the SoE Championships can only do so as additional events. Your 60m Hurdles time for the Pentathlon, for example cannot also be allocated to the SoE Event – you have to compete in a separate race wearing your SoE Bib Number.

The Main Indoors and Winter Throws Championships will follow the normal format. The External Throws consisting of four trials per athlete, due to time restrictions.

Please be aware, if entering Madrid and considering submitting yourself for one of the 4 x 200m Relay Teams, although not actually competing in the 200m there, then you need an electronic time for a 200m at one of the meetings at Lee Valley, preferably the Main Indoors, as close to races in Madrid. Without that performance you will have little chance of being selected.

For newbie Internationalists, second timers and returners to the fold, please fully read the detailed information about what is required of you to enable you to enter, be fully vetted by BMAF and allow you to get through the Call Room and actually compete.

There are three MUST READ sections of Information, highlighted in the International Section of the Fixtures List on this website.

The full range of the International Kit – Ronhill Sports Vests, Shorts, T-Shirts etc., the about to be released Kudos Track Suit [with alternative leg lengths] and a branded Russell Fleece – will be available from Sportswear Deals [Vince Wilson] at all meetings at Lee Valley in January, February and March, with a BMAF Executive present at most of them, to answer any queries concerning the Kit. All of this Kit will also become available On-Line shortly.

In the meantime, if you have any problems regarding entry to International Championships then please direct those to Peter Duhig our International Entries Co-ordinator who is also tasked with vetting your application – internationalentries@bmaf.org.uk

All other queries to us at tfsec@bmaf.org.uk

A Recce of the Madrid facilities – stadium and outdoor venues, transport guide, dining and wining and partying possibilities will be undertaken in early January with a Report posted prior to the Closing Date. This report will allegedly be an encouragement for you to entry, but will highlight possible areas of concern, as there always are some and how Team Management try and address those for you, and indicate how to possibly avoid them.

However, let us highlight one main issue that continues to occur which we still find amazing.

When you enter you only know the day of your first event not the time. You therefore have to assume you could be required to compete at 08.00 on that day. That will require you to have Declared the day before, possibly by 18.00. That indicates that your flight to Madrid has to be a morning flight landing before lunch to allow you to get to the Stadium by 17.00 to allow you to pick up your Athletes Package and then declare.

Yet for all Championships we have athletes flying in late in the evening before the day of their first event, the 'odd' one very early in the morning of their first event. Yes some have got away with it, but only with luck not judgement.

Yes hotels are not cheap but an extra night at a hotel to ensure you can declare the day before your first event, find out all the uncertainties about transport, look at warm up possibilities, Call Room procedures and sort out your breakfast timings, has to be your option of choice.

Why risk compromising your first or possibly only event, by almost certainly being not fully composed before the first round of your first event – the question is therefore, after possibly six months or more building up to this moment, why you here, when not in your best possible condition by having been rushed before this event, which you could live to regret, as some have. That would be such a waste of time, effort and money.

Returning to the South of England Masters Championships. The Entry Requirements have been de-restricted to be in line with the inaugural North of England Masters Outdoor Championships in Sheffield in September.

The only entry requirement for this and the summer Outdoor Championships is that athletes are fully paid up to date members of a UKA Athletic Club in the SEAA Area, which they have to verify when registering in the BMAF system.

Masters Athletics is about inclusion not exclusion, but you are required to prove your date of birth. You are not required to prove your nationality which you have to do for National and International Championships

The other two fixtures are the SCVAC Championships on February 18th and the English Masters Inter Area Challenge on March 4th.

Entries for the SCVAC Championships are open and close on February 4th. All details are on the BMAF website bmaf.org.uk

The Inter Area Challenge is a team event. There are no individual entries, all athletes are selected by the team managers of the competing area clubs. No guests are permitted.

Lastly, if your area club membership expired at the end of December, do not leave your renewal until just before the closing date for competition entries, because your membership secretary may be delayed in the confirmation of renewal.

Maurice Doogan



British Masters (Open) Cross Country Champs.

Saturday March 17th at Grant Park, Forres. IV36 3BT

A warm Scottish welcome is planned for all competitors this year.

(See Below)

Awards.

Individual Gold, Silver and Bronze BMAF Medals will be presented to the first three competitors (Men and Women) of each five year age group beginning at 35+ years of age.

Team medals will be presented in Ten year age bands (Men 35+ to 44, 45+ to 54, 55+ to 64, 65+ to 74 and 75+) Women 35+ to 44, 45+ to 54, 55+ to 64 and 65+) Three to score on aggregate time.

Down aging accepted in each race on the day. Request must be made (in writing) 30 minutes before race commencement.

Race One. Approx. distance 6k, commences at 12.00pm. Women (all age groups) and Men 65+

Race Two. Approx. Distance 8k commences at 1.00pm. Men 35+ to 64.

The course is traditional cross country, run over parkland and forest trails.

For this year only, as it is in Forres, the town of Forres are adding extra prizes. There will be a special whisky (from the Glen Morey distillery) donated to the winners of each individual category. The local club Forres Harriers are also donating prizes to the first, second and third placed runners in each category.

Every Competitor will also receive a souvenir Scottish shortbread pack, supplied by McLeans, the local bakery in Forres.

Entry/Registration.

Entries are now open on the BMAF website. (Under national fixtures)

(BMAF Members = £12.00. Non BMAF = £15.00)

Registration, Changing and the Presentations will take place at Forres Academy. (Approx. five minute walk from Grant Park)

Travel to Grant Park.

There are many hotels in Forres and Inverness. (25 Miles away)

Trains from Inverness to Forres run every 2 hours. (25 minute journey) The train station at Forres is a 10 minute walk to the Forres Academy for registration, changing etc.

Buses between Inverness and Forres run every hour (Journey time 55 mins)

For competitors driving to Forres, there is ample parking available at the Academy.

Flights to Inverness are available from most cities, some are very reasonable. **Examples:** - Bristol to Inverness return £50.00. Heathrow and Gatwick return £65.00. Birmingham return £89.00. **(As at Jan 1st 2018)**

As stated earlier, a warm Scottish welcome is planned. With a Scottish Pipe Band playing at the event and free refreshments to all competitors and their travelling supporters.

The town of Forres is planning a welcome that no other BMAF Cross Country Championship has offered before. **"This will be a competition not to miss"**

Mel James (Cross/Country Sec.)

Editor: Paul Smith, 79a Cotton Road, Bangor BT19 7QH Tel: 07971 471267; Email: bmaf@riddys.co.uk
Advertising: Bridget Cushen Tel: 020 8683 2602 Email: bridgetcushen156@btinternet.com
Production: M2 Print, 106 Courtyard Studios, Lakes Road, Braintree Essex, CM7 3AN, Tel: 01376 332172
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, ► 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 ► Tel 01634 389554; ► Email: chairman@bmaf.org.uk
Vice Chairman Policy & International Affairs: Ian Richards, ► Tel: 01903 504463; ► Email: ianrichards.racewalker@virginmedia.com
Hon. Secretary: Bridget Cushen, ► Tel 020 8683 2602 ► Email: secretary@bmaf.org.uk
Hon. Treasurer: David Oxland, ► Tel 01159 473938 ► Email: treasurer@bmaf.org.uk
Secretary - Track & Field: Vacant ► Email: tfsec@bmaf.org.uk
Secretary - Road Running: Walter Hill ► Tel 01293 862327 ► Email: walterhelen@hotmail.co.uk
Secretary - Race Walking: Ian Richards, ► Tel: 01903 504463; ► Email: ianrichards.racewalker@virginmedia.com
Secretary - XC: Mel James, ► Tel 01656 720579 ► email mel.james@tiscali.co.uk
Chair of EAMA: Harry Matthews, ► Tel: 07858 796574 ► Email: eama@bmaf.org.uk
IT Manager: Peter Kennedy, ► Tel: 01273 477062 ► Email: it@bmaf.info
International Entries
Co-ordinator: Peter Duhig, ► Tel: +34 96 801 8535
► Email: internationalentries@bmaf.org.uk
Chairman of Records Committee: Brian Owen, ► Tel: 01684 565721
► 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: 418@manx.net **Membership :** Mrs Maureen Kelly, 47, Ballacriy 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:** Helen Whitby 11 Meadow Close, Cuddington, Northwich, Cheshire CW8 2LZ Tel: 01606 888880 Email: helen_l_whitby@hotmail.com
Membership: Dave Flitcroft, 10 Parkstone Close, Bury, BL8 2UR; Tel: 07904 837206; Email: daveflitcroft@sky.com

North East MAA **General:** Archie Jenkins, 8 Meadow Riggs, Aldwick, 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:** Anne Maguire, 36 Ormonde Park, Belfast, BT10 0LS Tel: 028 9061 2396 Email: annemaguire28@gmail.com

Scotland (SVHC): **General;** John Softley, 6 Cathkinview Road, Mount Florida, Glasgow G42 9EH Tel: 0141 570 1896, Email: johnsoftley@yahoo.com **Membership:** Ada Stewart, 30 Earlsburn Road, Lenzie, Glasgow G66 5PF Tel: 0141 5780526 Email: stewart2@ntlworld.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.

EUROPEAN MASTERS INDOOR CHAMPIONSHIPS
MADRID - Spain **19 – 24 March 2018**



Madrid awaits with enthusiasm to host the 12th edition of the European Indoor Masters Championships. This will be the third time Spain will host this competition after the previous ones celebrated with great success in San Sebastián in 2003 and 2013. Direct flights from UK airports and a choice of city centre 3 & 4* hotels are offered. We have secured an allotment in these hotels for BMAF athletes and these will be allocated on a “first come first served basis” – late booking requests may be offered alternative accommodation in the event that these options are fully booked.

WORLD MASTERS CHAMPIONSHIPS
MALAGA - Spain **05 – 16 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.

WORLD MASTERS INDOOR CHAMPIONSHIPS
TORUN – Poland **24 – 30 March 2019**



The next WMACI event is being held at the new Hala-Sportowo-Widowiskowa sports complex in Poland. Torun is a large town rather than a city and the competition venue is on the outskirts of the town rather than the town centre but still relatively close to our hotel options. Torun previously hosted the European Masters Indoor Champs in 2015, so we are very familiar with the logistics of the town, having coordinated a successful travel programme for competing athletes to this event. A choice of 3 & 4* hotels will be offered, along with a choice of direct and indirect flight options.

In order to be the first to receive our full travel programmes for these events, please register below or email your interest to info@trackandfield.co.uk

MASTERS ATHLETICS TRAVEL 2018 / 19 REQUEST FORM Date Received []

NAME _____ Tel No _____ Email _____

ADDRESS _____

Please tick as appropriate

	<u>Flights</u>	<u>Airport Transfers</u>	<u>Hotel</u>
2018 EUROPEAN MASTERS INDOORS CHAMPS – Madrid	[]	[]	[]
2018 WORLD MASTERS CHAMPIONSHIPS – Malaga	[]	[]	[]
2019 WORLD MASTERS INDOOR CHAMPIONSHIPS – Torun	[]	[]	[]

