

MASTERS ATHLETICS

The Newspaper of the British Masters Athletic Federation

British
Masters Athletic
Federation



Photo-Jeremy Hemming.

**Three World Records for Rosemary Chrimes
Discus, Shot and High Jump Women's 70.**



Photo-Editor

JULY 2003

**THREE WORLD RECORDS FOR
ROSEMARY**

Alastair Aitken reports from Derby.

**MASTERS ROAD RELAYS IN
BIRMINGHAM**

Pete Mulholland covers the action.

MASTERS CROSS COUNTRY

Alastair describes the event.

EUROPEAN NON STADIA IN UPICE.

Eric Horwill covers the Walks.

A.G.M. FROM DERBY

**10k ROAD CHAMPIONSHIP
RESULTS**

THROWERS DECATHLON

FIXTURES

NEWS & VIEWS.

**WINSTON THOMAS WINS B.M.A.F.
CHAIR**

MASTERS ATHLETICS

NEW ADVERTISING RATES

COMMERCIAL COLOUR

FULL PAGE	£ 600:00
HALF PAGE	£ 350:00
QUARTER PAGE	£ 200:00

COMMERCIAL BLACK & WHITE

FULL PAGE	£ 420:00
HALF PAGE	£ 250:00
QUARTER PAGE	£ 130:00

B.M.A.F. (SPECIAL RATES)

FULL PAGE	£ 200:00
HALF PAGE	£ 105:00
QUARTER PAGE	£ 65:00

PUBLICATION DATES:

16th October BMAF Half Marathon
 BMAF 5k Road Championships
 World Masters Championships
 BMAF Pentathlon Championships
 BMAF 10 mile Championships
 BMAF Marathon Championships
 BMAF Decathlon & Heptathlon

16th December BMAF Weights Pentathlon & 10k
 Walk
 International Cross Country

16th April 2004

16th July 2004

Items for inclusion to reach the editor
 before the 16th of the month prior to
 publication date.

FROM THE EDITOR

Can we have more input from the Clubs and
 Members?

It is your Magazine and we have so many
 interesting members with interesting things to say,
 so please post or email information to me.

I look forward to your input; please note I need
 copy and photographs at least four weeks prior to
 the publication date.

BRIAN OWEN.

“Railway Cuttings”, Thorngrove Road, Malvern,
 Worcestershire, WR14 3BX (Phone/Fax: 01684
 565721

Email-brian.owen2@btinternet.com)

Donations Masters Athletics

Many thanks for the kind donations
 from:

Mrs & Mrs Eldridge.

Anne Martin.

Peter Post.

Mr N.Wray.

300 Club Winners

December 2002

£ 125- C.Masraff (Kelso).
 £ 10- C.Harbord, B.Walters, G.Cooper,
 J.Swannell and W.Dunsford.

January 2003

£ 125- Pat Gallagher (Bristol).
 £ 10- M McMillan, A.Dooley, K Suddaby, J Denyer &
 N.Wray (returned as a donation).

February 2003

£ 125- D.Wooley (Bristol).
 £ 10- V.Bradley, G.Herrington, E.Saberton & A.Clevett.

March 2003

£ 125- T.Harley (East Lothian).
 £ 10- A.Allembly, H.Brindley, R.Cursitor, C.D.Joss & N
 Wray (Returned as a donation);

IN THIS ISSUE

Page 3	Officials and Clubs addresses
Page 4	A.G.M. report.
Page 5	News & Views
Page 6	Officers Reports
Page 7	Fixtures
Page 8	B.M.A.F. Track & Field
Page 14	B.M.A.F. Cross Country
Page 16	B.M.A.F. Road Relays
Page 20	B.M.A.F. 10k
Page 21	European Non Stadia events
Page 22	Throws Decathlon
Page 23	Club Results
Page 26	Combined Events Rankings

CHANGE OF ADDRESS

Please note that members changing their address
 should tell their Club Membership Secretary.

MASTERS ATHLETICS JULY 2003

Editor: Brian Owen, "Railway Cuttings", Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone/Fax: 01684 565721 Email: brian.owen2@btinternet.com)
Advertising: Bridget Cushen, 020 8683 2602
Production/Design: Aldine Print Limited, Sixways Trading Estate, Barnard Green Road, Malvern, WR14 3NB
Subscription Rates: £10 per annum (four issues) free to members of affiliated clubs.

BRITISH MASTERS ATHLETICS FEDERATION

Website: www.bvaf.org.uk
President: Keith Whitaker.
Life Vice Presidents: Norman Ashcroft, Bridget Cushen, Barbara Dunsford, Jack Fitzgerald, Ron Franklyn, George Phipps, Sylvester Stein, Keith Whitaker and Tom Wood.
Chairman: Winston Thomas, 67a, Waterside, Kings Langley, Herts, WD4 8HE. (01923 269357). winston.thomas1@virgin.net
Vice Chairman (Policy Administration for Home and International Affairs)
Eric Shirley, 2, Ladbroke Close, Pinner, Middlesex, HA5 5LR
Hon. Secretary: Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE. (020 8683 2602)
Email: Bcushen@aol.com
Hon. Treasurer: Danny Herman, Bow House, 3, Bow Green Road, Bowdon, Altrincham WA14 3LY. Phone 0161 9412154
Secretary -Track & Field: Maurice Doogan, 5, Stadium Street, London, SW10 0PU. (020 7795 2233)
Fax: 020 7795 2235 Mobile: 07976 614746 email: maurice@dooganconsulting.co.uk
Secretary -Road Running Ken Rushton, 6, Gardenholm Close, Lightwood, Stoke on Trent, ST3 7Y0 (01782 330853)
email: suken@run222.freemove.co.uk
Secretary Race Walking: Eric Horwill, 79, Enville Road, Wall Heath, Kingswinford, DY6 0JA. (01384 273851)
Secretary- XC: Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 9XR. (01223 234856)
Women's Representative: Chris Courtney, 10, Milner Crescent, Winlaton, Tyne & wear, NE21 6BN.
(0191 4145604) email: w.courtney@cablenet.co.uk
Overseas Entries Coordinator: Wendy Dunsford, 12a, Salisbury Road, Grays, Essex RM17 6BQ. (01375 391895.
Please contact before 10pm)
Chairman of Records Committee: Bob Minnting "The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email-
Bob.Minting@btopenworld.com
VAA of England: Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL.
Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778)
Email: chrisjager@cwcom.net

SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: (General) Peter Chaplin, 1, Gunning Way, Cambridge, CB4 3SQ. (Membership) Eva Osbourne, 61, Damgate, Wymondham, Norfolk NR18 0BG (01953 604501)
Isle of Man: Christine Bathgate, "Kerrowglass" Kirk Michael, Isle of Man, IM6 1HP (01624 878768)
(Membership) Peter Cooper, "Woodheights", Knocksharry, German, IM5 2AG
(Tel/Fax 01624 842477)
Midlands VAC: Edgar Nichols, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL (Membership)
Colin Simpson, 87, Willow Road, Solihull, B91 1UF (0121 705 5139)
Northern VAC: (General) Alison Doyle, 6 Valley View, Hyde, Cheshire, SK14 4UD Tele: 0161-366-5175. email:
alison.doyle@talk21.com (Membership) D. Tomkinson, 34, Norden Close, Rochdale, Lancs, OL11 5TF (01706 630081)
Dmt1942@hotmail.com www.northernvets.org.uk
Veterans AA-NE: (General) Harry Mathews, 17, Homedale, Prudhoe, Northumberland, NE42 5AY.
(Membership) Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ.
Northern Ireland: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 624296)
Scotland: (General) Willie Drysdale, 6, Kintyre Wynd, Carlisle ML8 5RW (01555 771448) (Membership)
E Parsons, 2308, Great Western Road, Glasgow, G15 6SF.
Southern Counties VAC: (General) Eric Shirley, 2, Ladbroke Close, Pinner, Middlesex HA5 5LR (Membership)
V Thompson, 18, Albany House, Boyfield Street, SE1 0SB (020 7928 9577)
South West VAC: David Lord, "Old Lord Nelson", 52, North Street, Wareham, BH20 4AQ (01929 551751)
(Membership) Doreen Paine, St. Martins Field, Barbican Estate, East Looe, Cornwall, PL13 1HD (01503 262612)
Veterans AC: (General) Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) (Membership)
Geoff Mellor, 39, Carlton Avenue, Feltham, Middx TW14 0EE (020 8890 9476 email - jgeoffmellor@aol.com)
Welsh Masters : (General) John Kersting, Foreshore, 57/59, Elgin Road, Pwll, Llanelli, Carmarthen SA15 4AF
(Membership) Sue Hooper, 10, Woodland Avenue, Pencoed, Mid Glamorgan, CF36 6UP.

MASTERS ATHLETICS is an official publication of the BRITISH MASTERS ATHLETICS FEDERATION and of the WORLD MASTERS ATHLETICS. The editorial policy is not, unless otherwise stated, that of the BMAF or WMA.
Unsolicited material would be welcomed, preferably Microsoft Word or Text. Copy submitted on "Floppy Disc / CD", needs to be accompanied by a hard copy.
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 cannot accept any responsibility for items lost or damaged in transit, and any correspondence published at the Editors discretion.
This Magazine is posted to the home address of all registered BMAF members, based on the information supplied by Affiliated Clubs and Associations.
Masters Athletics will take every care to ensure that advice given to assist readers with training, diet and injuries is safe.
Masters Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by such advice.

A.G.M held at Derby 7th June

The Derby Athletic Club headquarters was packed to capacity in anticipation of the minutes circulated in advance, reports your Editor.

The retiring Chairman Mick Statham stated he had enjoyed his term of Office but reluctantly was being forced to stand down. Our excellent Secretary and Treasurer presented their reports, as did the Track & Field Secretary, Cross Country, Race Walking and Overseas Entry Coordinator. The Road Running Secretary's report was presented in his absence. We are extremely lucky to have so many hard working and sincere people within the organisation.

Changes were agreed to alter the constitution to include the name changes by the "Welsh Masters Athletics Association", and the new secretaries for Race Walking and Road Running.

1 Proposal to support a vote to alter the age of competition to include Men 35 at the World Masters was narrowly defeated, and our delegates will vote against this proposal in Puerto Rico.

2 Proposal from the B.M.A.F Treasurer to increase the capitation fee from Clubs by £1:00 per members was carried by a large majority.

3 A large majority defeated a proposal that the Agenda for the Annual General Meeting and any Extraordinary General Meeting be sent to all members, constituent Associations and Clubs at least 21 days prior to the meeting.

4 Proposal from the "Veterans Athletic Club" that all members of the Federation should be balloted to ascertain what support there was for the name change to "Masters", was also defeated by a large majority.

Following presentations from Martin Duff and Winston Thomas, **Winston Thomas** was elected Chairman of B.M.A.F.

All other Officers were elected into their offices, with the exception of Dave Burton who retires after 25 years as Chairman of the Records Committee. Bob Minting was elected into this position.

All retiring officers were thanked for the marvellous work they had done for the organisation.

With Ken Rushton retiring as Road Race Secretary, and Ron Franklin as Minutes Secretary we will have great problems running our organisation. If you can help please contact Bridget Cushen.

BOB MINTING is now Chairman of the Records Committee-

Bob will also be looking after the ranking lists, and can be contacted at "The Rowans" Convent Road, Sidmouth, Devon, EX10 8RD. Email- Bob.Minting@bopenworld.com
Our thanks go to Dave Burton who has done the job excellently for 25 years.

MASTERS 10 MILE ROAD RUNNING

Pete Mullholland advises that he is operating a Website www.veterans10mile.org.uk click on to see how you stand in the ranking.

If you do not figure and should! Contact petehwac@aol.com

80 Years of Happy Healthy Life

in pictures



By Arthur Keily

A fascinating insight of a lifetime in running! Obtain from ARTHUR KEILY at 21, Donnington Drive, Sunny Hill, Derby.

01332 766470 £10:00.

MARK HARGREAVES

IT WAS just two days after the Flora London Marathon when Mark Hargreaves, the first veteran home admitted; "I'm still at that stage when I'm going down the stairs backwards. I felt great after the race but it's the Tuesday that always gets me." Unlike the Boomtown Rats he doesn't hate Mondays, writes **Pete Mulholland**.

He may have been going backward at this stage but it's a long way forward that this Bournemouth AC athlete is aiming for. "I'll do a few road races and will just dabble with the track. My main aim is to get selected for the International Veterans cross-country race to be held in Wales in November. I ran the event in Belfast last year and didn't do myself justice. I was too keyed up and ran too tight."

It was soon after that run he proved himself by winning the South of England Veterans Championship that conveniently for Hargreaves was held in Bournemouth.

Echoing the situation of the first female veteran to finish in London, Michaela McCallum, it was a chance meeting while out jogging that led to his recent success.

"This guy saw me running. I was 30-years-old at the time, and he suggested I might be useful and why don't I come and train with the Bournemouth lads."

MASTERS ATHLETICS JULY 2003

"I began to train with the likes of John Boyes in a group coached by Brian James and shortly afterwards I did my first race, a ten miles in 55 minutes and I was hooked."

It was in 1991 and three years later I got that time down to 50:07 but then what with shin splints, work taking priority and a mortgage to pay I packed it all in."

That could have been that as far as Hargreaves was concerned until he soon found himself approaching the landmark age of 40. "There were some good veteran lads at the club so I thought I would give running another go. For me life certainly began at 40." "Our club won the South of England veterans road relays last year and we dedicated the win to Brian (James) who had sadly died the previous May. I also ran a sub-52 ten and wasn't far off my best 10k time with 31:30. Racing was once more enjoyable."

"But now for me it is the marathon that is the ultimate. If you do it well it's satisfying."

NEWS, VIEWS & LETTERS



Dear Editor,

This is the Winning W 40 relay team from San Sebastian taken just after we had just run the most exciting race of the championships!! (Not my comment!)

From the left-Averil McClelland, Angela Beadnall, Manndy Laing, Wendy Laing.

The Germans had a very strong team and I'm sure were too confident they would walk it. Their first three runners were: European 100m champion and winner of the 60 m in San Sebastian, Anke Moritz, then Grissmer and Marz who had come first and second in the 200metres, we did not recognise their fourth runner. I knew we had a fighting chance, both the Laing girls were in great sprinting form, Angela had run well in the final of the 200 metres and I had not had a good championship to date and so was very determined to make amends! My three-team mates ran the race of their lives and gave me the baton within striking distance of the fourth German girl. Coming off the second bend I could see her head wobble and thought "she's fading", all those winter months of speed endurance training paid off and I crept up on her and then threw myself at the line (literally!) and tumbled, in a head over heels ungainly fashion.

The German looked unhappy. We didn't know how to look, as we didn't know the result.

The next 15 minutes were tense. Angela and I decided the best way to find out the result was to wait at the congregation area for the medals ceremonies.

When we saw we had won the feeling was amazing, we had all run the race of our lives and done it for each other and for GB. To cap it all we had beaten the previous championship record by seconds! I hope our record stands for a very long time!

At the grand age of 44 I learnt some very important lessons from that race and hope to take those with me to the Worlds in July.

To my team mates a big thank you and to the screaming supporters in the stand another big thank you! I'm sure you helped us "go for it"

Averil McClelland

In reply to your article by Dr Tony Crocker "Athletics, Ageing and Health"

Dear Sir

After reading Dr Tony Crocker's article in the April edition, it has prompted me to write this letter, crying out for help.

I am now 77, with a heart problem after having a pacemaker fitted. I was a competitive runner, on both road and track and stood quite high in the ratings scale. In 1997, aged 71 everything started to go down hill, after I got irregular heart beat. After four years of taking Warfarin and Amodarine, 5 attempts of electric shock treatment to bring my heart back into rhythm, I had a pace maker fitted. This, I was told, would solve the problem and allow me to return to my usual running ability.

What a disappointment, now I cannot run more than 1 min. for 200m, and easy road work for 4 min. without stopping and walking 40 to 50 meters, then starting off on another 4 min, just like a wind-up clock work toy. My oxygen and energy is completely exhausted. My training schedule is still 5 days per week; my life style and eating habits have not changed. I have had blood, oxygen capacity, and blood flow to the lungs, all the tests, with good results. The problem seems to point to the pacemaker. Is there anyone out there with a pacemaker or with similar problems that can help me? **Please contact me as soon as possible, I am desperate.**

Thank you.

Yours truly

Mr Ronald Atherton

THE PASSING of a GREAT CHARACTER

COLIN FAIREY who passed away at the age of 85 at Kettering General Hospital

On the 16th of February 2003 was one of those remarkably consistent sprinters in veteran circles since the early 1970's.

I only once saw him lose in his category in any veteran meeting, which was in one of his last competitions at the European Veteran Indoor Championships on the famous Birmingham indoor track in 1997. He came second behind a Swede Liedtke, who set M80 World / European records over 60/200m respectively.

However, Fairey had suffered heart and cancer problems, as well as having phlebitis on the day. That really showed what an amazing character he was. I remember him with his 'barrel like form' and little grey moustache, as he came hurtling round the bends. He achieved United Kingdom 100/200 records at various age categories. Jack Fitzgerald, 80, and a connoisseur of veteran athletics, said to me recently that he thought Fairey would have been excellent as a fairground entertainer, taking on all comers over 50 metres which he had such tremendous power over!

A Kettering Town Harriers life Member Colin Fairey, was an accomplished French polisher, as well as having dedication with his sprint training at an age that most put their feet up. That was noticeable to all his friends that knew him, as he ran well into his 80's. If you wanted to see an illustration of the likable man in action, look back through your old *Athletics Weekly*'s and see the issue of July the 5th 1980 where there is a wonderful photo of

him winning the over 60 title at the Barnet Sports Gala and of course he was wearing his Kettering vest that he was so proud of. Colin will be missed on the Veteran/Masters scene; by his friends and those he gave advice to within his club as well of course by his wife Joyce and his family.

Alastair Aitken

Thank you for the contribution by Trevor Driver (who's very funny article could cause offence to some of our members) so I decided not to publish.

Bill White also writes concerning the revision of Standards, his letter has been passed to the appropriate part of B.M.A.F.

Letters have also been received from Bernard McCarthy and Les Riley voicing concern of use of "Masters" in our title.

OFFICERS REPORTS

TRACK & FIELD SECRETARY

Having just suffered at the National Championships at Derby, a weekend where my horrors of Eton were re-visited, and my report is written with despair. We have achieved so much, but progressed not a jot. It still appears that you find it easier to criticise anyone but yourself for the failings of the organisation, when you are not willing to lift a finger to help in any way, shape or form.

As the Track and Field Secretary, the buck stops here with regard to the lack of officials at the meeting, the delay to the timetable, not enough medals and not enough International Kit for sale. But what about you the Athlete – will you own up to not reading the Notice to Competitors fully, not buying a programme and reading the additional instructions or missing the bit about volunteering for an hour. Then there is the really difficult bit about not understanding notices such as Officials Only, No unauthorised person allowed beyond, and the referee's decision is final.

With 706 entries, and I will not go into the number of 'spoilt' forms received, we were always trying to get a 'quart into a pint pot', and therefore struggling with enough officials to cover events. With safety being the main issue, each event requires a full cover of officials, some of the duties of which were capable of being carried out by un-graded workers. This is why I asked for volunteers in the Notice to Competitors, I had forgotten you do not read such things.

So we had graded officials doing numerous jobs, with precious few breaks. The top echelon of Derby A.C. doing menial, but necessary tasks, including the President doing Car Park duty. The backroom team, doctors, chiropractors all giving of their time for free for the cause. To cap it all, I found the Field Referee on Sunday carrying implements between the Weighing In Room and the Outside Cage.

So where was this Team ethic we were supposed to be building on, as part of the way forward for Masters Athletes. One of your peer groups has summed you up as 'whinging prima donnas' – I do not hold with that as it sounds too much like a compliment. Basically most of you were found wanting.

People have asked me why I do this job – my reply was always, IT MATTERS. That is now no longer the case, because personally, I feel I have been let down. I have apologised and grovelled when I had to, to keep officials and workers onside, for the 'Team', what a waste of time. I have made my last apology for

'Legends in their own Lunchtime' athletes who appear to think it is their right to swan about, while unpaid helpers sweep their path to glory.

So next time you stand in front of a mirror, ask yourself, what have you done for British Masters Athletics this year – for most of you, it will have gone very quiet.

I was foolish enough to believe your rhetoric and the fifteen second e-mail as being a sea change – it was a mirage. Platitudes are therefore no longer acceptable; it has to be a common effort for a common cause. Without it, remember who has the most to lose.

We are so close to being able to control our own destiny, as others around us fall by the wayside due to their ineptitude. However without a change in attitude the cause is lost, and it has to be now, otherwise Tony Crocker will not be the only person out of the door.

Sorry – a final word of thanks for the rejection of the motion to lower the entry age to 35 for Men at the WMA General Congress, and what short memories you have. At last years AGM you authorised the delegates at the EVAA General Congress to vote FOR lowering the age to 35, which was passed subject to approval at WMA. By the time you read this, a decision will have been reached, but with the British delegates having looked stupid (but I for one, will at least have abstained). Why do we bother?

Tony, hold that door.

Secretary's Report

I know you will join me in welcoming your new Chairman, Winston Thomas.

We are concerned that some of you are still waiting for the result booklets that you had paid for, from both Potsdam and San Sebastian. Please contact me leaving your name and address as soon as possible so that we can pursue with the Organisers.

Questions were asked from the floor at the AGM in Derby on our decision to support the proposal on the agenda at World Masters Athletic General Assembly in Puerto Rico on 10 July, to move the men's age down to 35. The reasoning being that we feel we should support male athletes from countries that do not enjoy the competition opportunities for older athletes that our club structure affords us here. A British athlete can decide to compete for his club or his masters club.

The French have submitted a counter proposal that men and women become masters at age 40. We felt that we could not support this without first consulting female athletes.

A proposal was put forward from the floor that our five delegates in PR be instructed to abstain, in order to retain the status quo. The vote was carried.

UK: Athletics have confirmed that they prefer 40.

MASTERS ATHLETICS JULY 2003
FIXTURES

DATE	EVENT	VENUE	CONTACT
July 15 th	Welsh Vets League	Neath	01656 863951
July 20 th	EVAC Track & Field Champs.	Luton	Wendy Stone, 58, Wycliffe Grove, Werrington, Peterborough, PE4 5DE
July 27 th	Solihull Classic, BMAF Pentathlon, MVAC 10k Track Open Sprints & 1000 metres	Solihull	Entry form this edition.
July 27 th	BMAF 10 mile Championship	Stoke-on-Trent	Cliff Knowles, 38, Danebower Road, Trentham, Stoke-on-Trent, ST4 8TJ (01782 644750)
July 27 th	SWVAC Grand Prix 10k	St. Eval, Newquay, Cornwall	
Aug 3 rd	SWVAC Grand Prix Half Mar.	Sturminster Newton, Dorset.	
Aug 3 rd	EVAC 5k Grand Prix & Championship	Granchester	EVAC Secretary
August 4 th	WMTFL South	Brierly Hill	Brian Owen
August 6 th	WMTFL East and North	Rugby & Stafford	Brian Owen
August 6 th	Welsh Vets League	Cardiff	01656 863951
Aug 6 th	EVAC T&F League	Tba	
August 9 th	BMAF 50k Walk	Stockport	John Howley, 54, Stradbroke Drive, Sheffield, S13 8SD (0114 239 4587)
August 10 th	IOMVAC Marathon & Half Marathon	IOM	Peter Cooper 01624 842477
August 17 th	Sirene Jogging Veterans 10 Mile	Middelkerke, Belgium	
August 23 rd	BMAF 30k Walk	Leek Wootton (nr Kenilworth)	Glyn Jones, Cobwed Cottage, 54, Ridge Street, Wollaston, Stourbridge, West Midlands. (01384 371733)
August 24 th	SWVAC Grand Prix Half Mar.	Pewsey Carnival	
August 31 st	WMTFL Cup Final	Brierley Hill	Brian Owen
September 7 th	BMAF Marathon Championships	Wolverhampton	Marathon Office, 11, Litchfield Street, Stone, Staffordshire ST15 8NA (01785 811375)
September 7 th	SWVAC Marathon Champs	Redruth, Cornwall.	
September 7 th	EVAC Half Marathon Grand Prix & Championship	Grundy Fen	Enter Grundy Fen
September 7 th	BMAF 10k Road	Mercury 10km Leicester	
September 13 th & 14 th	BMAF Decathlon & Heptathlon	Sheffield	John Charlton, 82, Green Lane, Dronfield, Sheffield, S18 2LZ.
September 14 th	SWVAC Grand Prix Half Mar.	Seaton, Devon	
September 14 th	MVAC 10 mile	Nuneaton	
September 21 st	Inter-Area Track and Field	Warrinton	
October 2 nd	IOMVAC Handicap 6 mile Run & 5k Walk	IOM	Mike Gellion 01624 834822
October 5 th STARTS at 10:30 am.	BMAF Weights Pentathlon & BMAF 10k Walk Pentathlon £ 10:00. Walk £ 5:00.	Burton-on-Trent S.A.E. for Details From Phil.	Phil Owen, 19, Shackland Drive, Measham, Derby, DE12 7LD 01530 272272
October 5 th	SWVAC Grand Prix 5 mile	Milford Keyhaven, Dorset	Peter Cooper 01624 842477
October 12 th	IOMVAC 10 mile Race Walk	IOM	Mike Gellion 01624 834822
October 26 th	EVAC 10 mile GP & Championship	Wisbech	Enter Wisbech 10
November 2 nd	Syd Quirk Half Marathon & race Wk	IOM	Mike Gellion 01624 834822
November 8 th	SWVAC Grand Prix Half Mar.	Cheddar	
November 22 nd	British & Irish International XC	Cardiff Bute Park	There will be an open Mens & Womens 8k race at 2-00pm Enquiries to Irene Lisle 029 2075 3563
November 23 rd	SWVAC 5 mile Champs	Falmouth	
December 14 th	MVAC Handicap XC	Solihull	
December 21 st	SWVAC Grand Prix 5 mile	Hemyock, Devon	
2004			
January 18 th	MVAC XC Championship	Perry Barr, Birmingham	
January 1 st	MVAC Road Handicap	Chelmsley Wood	
April 18 th to 24 th	World Non-Stadia Champs	New Zealand	Details on Web Site
July 7 th to August 1 st	European Track & Field Champs	Aarhus, Denmark	Details on Web Site

BRITISH MASTERS TRACK & FIELD CHAMPIONSHIPS -2003 DERBY- 7th & 8th JUNE**Words- Alastair Aitken****Pictures- Jeremy Hemming
Carina Graham****Val Parsons and Yvonne Priestman**

These days it is an organisational nightmare to be able to hold British Masters or World Masters Championships, with all the countless people flowing into the sport and the fact that some athletes feel that these days competing in the National or International scene is abhorrent for many reasons that would take too long to explain here. Considering that when one realised over 700 had entered these championships at Derby it was a marvel that the meeting eventually caught up with itself after the early hiccups. It was held in hot sunny weather, except for the second half of day two, when there was an extraordinary change in the conditions in the middle with temperatures dropping and winds gusting.

Rosemary Chrimes, the 1970 Commonwealth discus Champion, who recognises the difficulties in organising such a meeting herself, continued to be one of the finest ambassadors for Masters athletics that there has ever been. She was duly rewarded with three World Best's in the over 70 group in the high jump, shot and discus.

It really would be difficult to mention everyone in my report but suffice to say the spirit of comradeship, gained through years of experience, poured out again from every athlete competing.

Ex-World veteran champion Carina Graham's daughter Virginia Mitchell was one of the first to impress on day one winning in the 400 hurdles and 400m. The latter ahead of Sarah Heath who won two gold's at Derby. Mitchell has two children 3 & 5 and her husband Tony, turned again to the hurdles after having a couple of seasons of two lap running and came fourth in the M40 event.

One of the most impressive competitors in Masters athletics was Swindon's M45

athlete Howard Moscrop who ran to a clear UK record in the 400 hurdles and followed that up with a win in the high hurdles. It was interesting to note Kim Heffernan (36) who won the W35 400 hurdles

**Virginia Mitchell**

was first inspired to take up athletics at school through a schoolteacher called Hazel Rider, who was a pioneer of the movement helping to form Women's Masters/veteran movement in the early '70's when she was competing for Cambridge Harriers.

For me the 'Never Say Die' attitude and virility in older age was illustrated by M70 runner Gordon Daborn, who ran 47.5 for 440yards back in the 1950's at a time he was training with Bill Nankeville, Chris Chataway and Nick Stacey.

'Masters competition is pure fun.' He continued 'I don't know what old age is; it is a figment of the imagination or something people decline into when they find they don't want to be athletes anymore. It's certainly an attitude of mind. If you think you can do something you can have a good crack at it. If you fail at least you have tried. I do love to win and enjoy racing rather than training but if you come last people come along and say you did well'

Daborn won four sprint titles at Derby and the javelin to boot. Peter Barber who was a very good half-miler coming second to Brian Hewson several times in National events beat the M70 British hammer record with 43.82.

John Ross, the 'human dynamo' from Edinburgh was in great form at Derby as an M65. He had recently competed in the National Senior Games in Norfolk Virginia where he was 2nd out of 46 entries in the 100m and gained a gold medal out of 34 competitors in the 400m in 59.71. He took the M65 100/200/400 at Derby.

There were quite a few 'classy' athletes coming into Masters athletics at the sharp

end - W35 and M40. I was intrigued by Des Wilkinson, who if he had not looked at the clock would have gone faster than his 15.10 in the hurdles. He ran 14.35 as a senior and his outstanding and daunting memory was to line up at Crystal Palace with Renald Nehmiah next to him one side and Rod Milburn the other! Another speedster was Julie Money the ex-international sprinter who used to have the Merseyside record of 24.7 for 200m. She won the W35 100 at Derby in a respectable 12.74. Manddy Laing who won the W40 100 in 13.41 and the 80m hurdles in 13.3 was an international when she was sixteen. Another to impress was the smooth moving sprinter Avril McLelland who took the W45 100/200 with consummate ease as did Viv Bonner in the 100/200 but in Bonner's case she had changed to horse riding after the Gateshead World Championships but then got injured by a horse falling on her and came back to athletics last year but had injuries. She is now running well again. Going back to talking about McLelland. She is a GP in Lancaster, had made the Commonwealth Games as a fifteen year old, ran till third year at University then took up the triathlon and distance running but was told by a sports physiologist she had fast twitch muscles and would not really succeed as a distance runner hence she is back enjoying sprinting. Yet another 'classy' competitor of course was W40 high jumper Diane Davies, who took the long jump title too. Davies still holds the high jump UK record of 1.95 done in 1982. Her competition in that event was tight because she was up against that great fighter Jenny Brown who moves into the next category in 2004 and had a lot of trouble with her long run up interrupted by the 5000m runners. Davies won on count back with 1.65. It was good to note that her husband Peter Davies, now 42, who ran 1:50/3:43 for 800/1500 is seriously contemplating coming into Masters sport shortly. They have two boys and it was only eighteen months ago that Davies decided to make a return to athletics after a break since 1995. In the older sprinting groups it was good to see Robert Frazer and Alan Meddings back after long lay-offs through injury. The breaks did them good as they dominated their sprint events in the M55 & M75 respectively and you can add Scotsman John Steede M60 and Viv Oliver M50 as other good winners in more than one sprint. You can never say enough about 49 year old Steve Peters the 'Supreme' competitor who won the M45 in the 100/200/400 but new in that category was Brian Morris who really pushed him, leading into the straight in the 400m.

MASTERS ATHLETICS JULY 2003

Mary Wixey and Sylvester Stein defy age, now well into their 80's and if you consider Stein has



Alan Meddings

been sprinting well since the start of the World Masters movement started back in 1972 and his 16.9 was outstanding for the 100m and Mary Wixey also 82, told me: - 'It is good because my osteopath said I could jump off either foot in the long jump so I have changed recently to the left foot' Often coaches speak well of their athletes and Bill Kingsbury MBE, who has excelled at six sports in his life and coaches many in the Rhonda Valley and won two gold's at Derby in the over 75's was full of the praises for that underrated athlete John Howe who has won four National Masters Decathlon titles. Howe won the M60 100hurdles and Pole Vault' Kingsbury said: "John is an inspiration to the youngsters I coach and they all look up to him as a great athlete. He really had a fantastic year as a Master last year."

Another who competes well as an M60 is Bill Gentleman who took the East Scottish, Scottish Vets and British hammer and discus titles. Sean Power always gives a good account of himself as a hard competitor for a long time now. He won the long jump and triple jump in that same category. Then there was Paul Oakes, part of that celebrated Kent couple, who not only won the M50 pole vault and javelin but also featured in the medals in the high jump and long jump.

Neil Griffin and Chris Melliush traded victories in the M55 throws and despite being diagnosed, as a diabetic in March this year Neil Griffin, is as enthusiastic as ever. In the M45 long jump Trevor Wade leaped 6.01 and back as a twenty four year old he did 7:54.

Another M45 field event man had an impressive set of marks and that was



Mike Small

Mike Small. He threw 44'20 in the discus amongst his three wins and remarked "The last time I had a 44 metres throw was in 1988."

Evaun Williams won five gold's in the throws in the W65 and it was good to see Betty Steedman take a gold in the long jump, after the fantastic contribution by her husband to National and Scottish athletics in the past. He would have been pleased for her!

In the 3000m steeplechase new M40 runner Keith Newton ran into a clear lead with three laps remaining to win in 9:46.78 but had run 9.39 in the Southern League this year. Even more outstanding was Veronica Boden's W40 2000m steeple time of 7:29:06

Perhaps the most exciting races were the Men's 55' 1500/5000 both won by Belgrave's Charlie Dickinson. In each case he made a late bid for victory using great tactical awareness. John Potts, who has won top honours in veterans athletics in the past and used to train with Ian Stewart and the strong Birchfield team did try to put on the pressure for 500metres in the last part of the 1500, only for Dickinson to come past at the finish. "The quick boys like Potts can murder me over the 400 but I knew because I have been doing 4x1000 reps in 3.03 I would have the endurance" he said. Dave Wilcock who was injured at last year's Championship and now 49 in the M45 group, kicked hard in the last 50 metres of the 800m to hold off his rivals who had been close behind him all the way till then. He drew out a last ditch effort to come away and run the fastest time of the day of 2:01.1.



Peter Duckers M60 Long Jump

Steve James, the M65, 5000m winners and the silver medallist John Collins have been competing against each other for a very long time starting as juniors. James was athletics Captain of Oxford University when Collins was the Captain of London University.

The intense heat of the sun on the first day was best illustrated by seeing that courageous athlete Bob Care come home first in the M55' 3000m walk. He staggered all over the track in the last fifty metres, like Jim Peters did in his famous marathon in the heat but, in Care's case, he just made it before collapsing over the line.



Helen Wheeler W35 5000 metre

Our thanks go to Maurice Doogan, and all officials for their hard work during the weekend.

MASTERS ATHLETICS JULY 2003

100 metres

M40 Heat 1 w/s +0.4

1 Kwei Sankofa SCVAC 12.04; 2 Shaun Davy MVAC 12.09; 3 Martin Weetman MVAC 12.20; 4 John Statham MVAC 12.47; **Heat 2 w/s +0.51**
1 Warren Fraser MVAC 11.81; 2 Nick Bennett MVAC 11.86; 3 Andrew Smith EVA 11.88; 4 Glen Reddington SCVAC 12.20; 5 Des Wilkinson EVAC 12.22; 6 Nash Cummings NVAC 12.27;

Heat 3 w/s -0.3

1 Stephen Smith VAA-NE 11.62; 2 Mark Butler VAC 11.98; 3 Trevor Sinclair EVAC 12.12; 4 Christopher Currell VAC 12.67; 5 David Stephenson SCVAC 12.92;

FINAL w/s +1.4

1 Stephen Smith VAA-NE 11.52; 2 Warren Fraser MVAC 11.61; 3 Andrew Smith EVAC 11.69; 4 Kwei Sankofa SCVAC 11.77; 5 Nick Bennett MVAC 11.77; 6 Mark Butler VAC 11.90; 7 Trevor Sinclair EVAC 12.13; 8 Shaun Davy MVAC 13.15;

M45 Heat 1 w/s +1.0

1 Steve Peters EVAC 11.40; 2 Barry Morris VAC 11.73; 3 Cecil Moven MVAC 11.76; 4 Alan Readman VAA-NE 12.13; 5 David Martindale EVAC 12.44; 6 David Coleman MVAC 12.93;

Heat 2 w/s +0.9

1 Eric Smart VAA-NE 11.73; 2 John Browne SCVAC 11.77; 3 John Barclay MVAC 12.32; 4 Tennyson James EVAC 12.40; 5 Stephen Davis SWVAC 12.53;

FINAL w/s +0.6

1 Steve Peters EVAC 11.37 2 John Browne SCVAC 11.54; 3 Eric Smart VAA-NE 11.76; 4 Barry Morris VAC 11.79; 5 Cecil Moven MVAC 11.86; 6 John Barclay MVAC 12.26; 7 Alan Readman VAA-NE 12.31; 8 Tennyson James EVAC 12.34;

M50 FINAL w/s +1.7

1 Viv Oliver MVAC 11.66; 2 Alasdair Ross SCVAC 11.94; 3 Walwyn Franklyn SCVAC 12.02; 4 Ray Watkins SCVAC 12.29; 5 Douglas Lucas VAC 12.58; 6 Alan Baxter MVAC 12.97;

M55 Heat 1 w/s +1.9 1 Robert Fraser SCVAC 12.47; 2 Graham Pope SCVAC 13.22; 3 David Tate VAA-NE 13.45; 4 Gerry Lustig VAC 13.65; 5 Graham Wood MVAC 14.09;

Heat 2 w/s +1.4

1 Mike Clerihew SVHC 13.10; 2 Terry Bissett SCVAC 13.58; 3 John Steel MVAC 13.94; 4 David Whittaker VAC 14.60

FINAL w/s +1.8

1 Robert Fraser SCVAC 12.36; 2 Graham Pope SCVAC 12.72; 3 Mike Clerihew SVHC 12.74; 4 Terry Bissett SCVAC 12.80; 5 David Tate VAA-NE 13.34; 6 Gerry Lustig VAC 13.48; 7 John Steel MVAC 13.80; 8 Graham Wood MVAC 14.31;

M60 Heat 1 w/s -1.5 1 John Steede SVHC 13.28; 2 Huw Morgan WMAA 13.79; 3 Charles Isett VAC 13.86; 4 Derek Farman EVAC 14.05; 5 David Hoare MVAC 14.13;

Heat 2 w/s +1.9

1 Philip Johnson EVAC 13.41; 2 Bryan Shearsmith NVAC 13.43; 3 Norman Gould SVHC 13.60; 4 Robert Smoult VAA-NE 13.88; 5 G Hudson MVAC 15.28;

FINAL w/s +1.7

1 John Steede SVHC 12.92; 2 Bryan Shearsmith NVAC 13.26; 3 Huw Morgan WMAA 13.35; 4 Norman Gould SVHC 13.49; 5 Charles Isett VAC 13.50; 6 Philip Johnson EVAC 13.58; 7 Robert Smoult VAA-NE 13.83; 8 Derek Farman EVAC 14.02;

M65 FINAL w/s +1.0

1 John Ross SVHC 12.91 (CBP); 2 David Burton MVAC 13.48; 3 Alan Mellett MVAC 13.69; 4 Tony Bowman NVAC 14.29; 5 Alan Carter EVAC 14.38;

M70 FINAL w/s +1.9

1 Gordon Daborn EVAC 14.28; 2 Barry Parnaby VAA-NE 14.49; 3 George Cheetham MVAC 14.50; 4 Peter Field SCVAC 15.15; 5 Hubert Daniels WMAA 15.20; 6 Keith Whittaker NVAC 15.84; 7 Norman Carter MVAC 18.25;

M75 FINAL w/s +0.5

Italian Meddings MVAC 13.88 (British Record); 2 John Quantrell MVAC 16.89; 3 Rodney Clark NVAC 17.68;

M80 FINAL w/s +0.5

1 Sylvester Stein VAC 16.91; 2 Jerry Keily MVAC 23.15;

W35 FINAL w/s +1.4

1 Julie Money NVAC 12.74; 2 Euphemie Scott SCVAC 13.31; 3 Abiola Onatade SCVAC 13.87; 4 Meryl Austin SCVAC 13.91; 5 Alexandra Davoile SCVAC 13.92; 6 Joan Chalmers SVHC 14.09; 7 Angie Alstrachen EVAC 14.15

W40 Heat 1 w/s -0.4

1 Manndy Laing NVAC 13.39; 2 Angela Beadnall VAA-NE 13.76; 3 Gaye Clarke EVAC 13.80; 4 Sue Hooper WMAA 13.99; 5 Anne Goad SCVAC 14.14; 6 Janice Hardcastle EVAC 14.23; 7 Carmee Carey IRL (G) 15.22;

Heat 2 w/s -1.2

1 Janice Ellacatt SWVAC 13.86; 2 Angela Fudge VAC 13.88; 3 Angela Kelly SVHC 14.23; 4 Lesley Hopkins SCVAC 14.34; 5 Angela Griffiths VAC 14.38; 6 Hazel Barker NVAC 14.54; 7 Tessa Stephenson SCVAC 14.99; 8 Deborah Murch MVAC 15.18;

FINAL w/s -0.3

1 Manndy Laing NVAC 13.51; 2 Angela Fudge VAC 13.71; 3 Janice Ellacatt SWVAC 13.71; 4 Angela Beadnall VAA-NE 13.84; 5 Gaye Clarke EVAC 13.97; 6 Sue Hooper WMAA 14.12; 7 Angela Kelly SVHC 14.34; 8 Anne Goad SCVAC 14.35;

W45 FINAL w/s +1.1

1 Averil McLelland NVAC 12.74 (CBP); 2 Pauline Gerner MVAC 13.97; 3 Gwen Cunningham SCVAC 14.71; 4 Christine Young SCVAC 15.21; 5 Shelley Walsh EVAC 16.58;

W50 Heat 1 w/s -0.3

1 Vivien Bonner SCVAC 13.33; 2 Annie Nelson VAC 15.34; 3 Olga Codrington MVAC 15.51; 4 Vivienne Kirkland MVAC 15.89; 5 Cathy Lyon-Green MVAC 17.16;

Heat 2 w/s +0.6

1 Brenda Elliott VAA-NE 14.40; 2 Sue Burridge EVAC 15.70; 3 Annette Burkit SWVAC 16.23; 4 Grete Howarth NVAC 16.68;

FINAL w/s +1.5

1 Vivien Bonner SCVAC 13.39; 2 Brenda Elliott VAA-NE 14.34; 3 Annie Nelson VAC 15.35; 4 Olga Codrington MVAC 15.53; 5 Sue Burridge EVAC 15.81;

6 Vivienne Kirkland MVAC 16.20; 7 Annette Burkit SWVAC 16.23; 8 Grete Howarth NVAC 16.51;

W55 FINAL w/s +1.8

1 Valerie Parsons SCVAC 14.20; 2 Yvonne Priestman MVAC 14.23;

W60 FINAL w/s +1.8

1 Esther Linaker SVHC 14.12 (CBP); 2 Iris Holder VAC 15.56; 3 Dorothy Morgan WMAA 16.99;

W65 FINAL w/s +1.8

1 Barbara Colwell SCVAC 16.09; 2 Dorothy Fraser EVAC 16.63; 3 Mary Webb WMAA 16.70;

W70 FINAL w/s +1.8

Brenda Green SCVAC 21.33;

200 metres

M40 Heat 1 w/s -1.9

1 Warren Fraser MVAC 24.78; 2 Andrew Smith EVAC 24.86; 3 Mark Butler SCVAC 25.03; 4 Francis Scott NVAC 25.15; 5 Nick Bennett MVAC 25.17; 6 Nash Cummings NVAC 25.95; 7 Michael May VAC 29.35;

Heat 2 w/s -2.0

1 Philip Jones VAA-NE 25.03; 2 Stephen Chaisty OPEN 25.09; 3 John Statham MVAC 25.81; 4 Andy Gannaway VAC 27.17;

FINAL w/s +2.9

1 Warren Fraser MVAC 23.93; 2 Andrew Smith EVAC 24.05; 3 Philip Jones VAA-NE 24.25; 4 Mark Butler SCVAC 24.28; 5 Francis Scott NVAC 24.30; 6 Stephen Chaisty OPEN 24.31; 7 Nick Bennett MVAC 24.39;

M45 Heat 1 w/s -1.8

1 Steve Peters EVAC 23.93; 2 Peter Hickey NVAC 24.19; 3 John Barclay MVAC 25.06; 4 Kevin Carey IRL (G) 25.54; 5 Zan Scholes NVAC 25.86;

Heat 2 w/s -2.4

1 John Browne SCVAC 23.91; 2 Eric Smart VAA-NE 24.51; 3 Cecil Moven MVAC 24.61; 4 Martin Phillips SWVAC 25.63; 5 Clive Pengelly SWVAC 25.98; 6 John Barwick EVAC 29.14;

FINAL w/s +1.4

1 Steve Peters EVAC 22.99; 2 John Browne SCVAC 23.56; 3 Eric Smart VAA-NE 23.70; 4 Peter Hickey NVAC 24.20; 5 John Barclay MVAC 24.82; 6 Kevin Carey IRL (G) 25.53;

M50 FINAL w/s +3.7

1 Viv Oliver MVAC 23.76; 2 Alasdair Ross SCVAC 24.33; 3 Walwyn Franklyn SCVAC 24.44; 4 Douglas Lucas VAC 25.32; 5 Ray Watkins SCVAC 25.50; 6 Paul Anthony MVAC 26.10; 7 Tony Wells EVAC 26.26; 8 Geoffrey Kitchener VAC 26.78;

M55 Heat 1 w/s -2.3

1 Glyn Sutton WMAA 26.86; 2 Mike Clerihew SVHC 27.64; 3 David Tate VAA-NE 27.76; 4

John Steel MVAC 28.70; 5 Rod Scholes NVAC 29.08;

Heat 2 w/s +3.8

1 Robert Fraser SCVAC 26.28; 2 Terry Bissett SCVAC 27.68; 3 Gerry Lustig VAC 28.48; 4 David Whittaker VAC 29.58; 5 Graham Wood MVAC 30.33;

FINAL w/s +3.7

1 Robert Fraser SCVAC 25.07; 2 Glyn Sutton WMAA 25.39; 3 Terry Bissett SCVAC 26.15; 4 Mike Clerihew SVHC 26.88; 5 David Tate VAA-NE 27.52; 6 Gerry Lustig VAC 27.98; 7 John Steel MVAC 28.57;

M60 Heat 1 (Hand timing) w/s -2.0

1 John Steede SVHC 27.4; 2 Peter Rowell VAA-NE 28.2; 3 Huw Morgan WMAA 28.4; 4 Charles Isett VAC 28.4; 5 Robert Smoult VAA-NE 28.8;

Heat 2 (Hand timing) w/s -2.6

1 Norman Gould SVHC 28.1; 2 Bryan Shearsmith NVAC 28.2; 3 Derek Farman EVAC 28.5; 4 Philip Johnson EVAC 28.6; 5 David Hoare MVAC 29.1; 6 Sam Jones MVAC 30.3;

FINAL w/s -1.2

1 John Steede SVHC 27.36; 2 Norman Gould SVHC 27.75; 3 Peter Rowell AA-NE 28.21; 4 Brian Shearsmith NVAC 28.27; 5 Charles Isett VAC 28.50; 6 Philip Johnson EVAC 29.36;

M65 FINAL w/s -2.6

1 John Ross SVH 27.45; 2 David Burton MVAC 28.86; 3 Tony Bowman NVAC 29.46; 4 Alan Carter EVAC 29.50; 5 Malcolm Schofield NVAC 31.35; 6 David Carney MVAC 36.50;

M70 FINAL w/s +3.8

1 Gordon Daborn EVAC 30.20; 2 Barry Parnaby VAA-NE 30.63; 3 Hubert Daniels WMAA 31.66; 4 Geoffrey Feast VAC 32.10; 5 Williams Davies WMAA 36.66;

M75 FINAL w/s +3.5 1 Allan Meddings

MVAC 29.40 (CBP); 2 John Quantrell MVAC 36.14;

M80 FINAL w/s +3.5

1 Sylvester Stein VAC 36.17; 2 Jerry Keily MVAC 49.06;

W35 FINAL w/s +3.3

1 Euphemie Scott SCVAC 28.41; 2 Abiola Onatade SCVAC 30.02; 3 Dawn Copping SCVAC 30.02;

W40 FINAL w/s -2.1

1 Janice Ellacatt-SWVAC 28.42; 2 Yvonne Salmon-SCVAC 28.48; 3 Jenny Brown-SCVAC 29.25; 4 Sue Hooper-WMAA 29.58; 5 Lesley Hopkins-SCVAC 29.63; 6 Angela Kelly-SVHC 29.84; 7 Carmee Carey-IRL (G) 30.01;

W45 FINAL w/s +3.3

1 Averil McLelland-NVAC 26.50; 2 Shelley Walsh-EVAC 34.97;

W50 FINAL w/s -3.1

1 Vivien Bonner-SCVAC 28.40; 2 Brenda Elliott-VAA-NE 31.41; 3 Annie Nelson-VAC 34.12; 4 Annette Burkit-SWVAC 35.46; 5 Cathy Lyon-Green-MVAC 37.55;

W55 FINAL w/s +4.4

1 Yvonne Priestman-MVAC 29.87; 2 Valerie Parsons-SCVAC 30.38;

W60 FINAL w/s +4.4

1 Esther Linaker-SVHC 30.56; 2 Iris Holder-VAC 33.96;

W65 FINAL w/s -1.2

1 Barbara Colwell-SCVAC 34.50; 2 Dorothy Fraser-EVAC 35.14; 3 Mary Webb-WMAA 36.92;

W70 FINAL w/s -1.2

Brenda Green-SCVAC 48.89;

400 metres

M40 Heat 1

1 Kermitt Bentham-SCVAC 52.28; 2 Nick Grocock-SCVAC 53.08; 3 Kwei Sankofa-SCVAC 53.42; 4anny Hodge-SCVAC 55.57; 5 Stephen Gorrill-NVAC 56.05;

Heat 2

1 Sean Price-WMAA 51.86; 2 Tony Noel-MVAC 52.34; 3 onathan Tilt-SCVAC 52.58; 4 Mark Butler-SCVAC 53.82; 5 artin Telford-VAA-NE 55.78;

Heat 3

1 Francis Scott-NVAC 53.32; 2 Andrew Waddington-SWVAC 54.17; 3 Philip Jones-VAA-NE 54.92; 4 Danny Brown-MVAC 55.39; 5 Andy Gannaway-VAC 57.82; 6 David Stephenson-SCVAC 59.49;

FINAL

1 Kermitt Bentham-SCVAC 50.33; 2 Sean Price-WMAA 51.24; 3 Tony Noel-MVAC 51.58; 4 Nick Grocock-SCVAC 52.69; 5 Jonathan Tilt-SCVAC 53.09; 6 Francis Scott NVAC 53.12; 7 Andrew Waddington SWVAC 55.06;

M45 Heat 1

1-Tennyson James-EVAC 56.42; 2-Steve Peters-EVAC 56.49; 3-Alan Readman-VAA-NE 56.74; 4-Craig Douglas-OPEN 57.42; 5-Lee Rayfield-OPEN 59.02;

Heat 2

1Barry Morris-VAC 54.26; 2-Tony Ward-EVAC 55.47; 3-Brian Slaughter-SCVAC 55.52; 4-Martin Phillips-SWVAC 55.66; 5-John Barwick-EVAC 65.98;

FINAL

1-Steve Peters-EVAC 51.87; 2-Barry Morris-VAC 52.57; 3-Tennyson James-EVAC 54.57; 4-Tony Ward-EVAC 55.18; 5-Martin Phillips-SWVAC 55.18; 6-Alan Readman-VAA-NE 57.56; 7-Brian Slaughter-SCVAC 62.61;

M50 FINAL

1-Viv Oliver-MVAC 52.99; 2-Alasdair Ross-SCVAC 53.55; 3-Walwyn Franklyn-SCVAC 54.44; 4-Douglas Lucas-VAC 55.05; 5-Peter Browne-SCVAC 6.35; 6-Paul Anthony-MVAC 57.72; 7-Stephen Nelson-MVAC 58.34; 8-Derek Leitch-SVHC 58.54;

M55 Heat 1

1-Robert Fraser-SCVAC 58.87; 2-Graham Pope-SCVAC 60.34; 3-Laurence Oldfield-MVAC 60.65; 4-Gerry Lustig-VAC 62.13; 5-David Tate-VAA-NE 62.25; 6-Lawrie Dunn-MVAC 63.72; 7-Robin Davies-MVAC 68.76;

Heat 2

1-Vic Blanchard-NVAC 60.49; 2-Derek Wardle-VAC 60.86; 3-Albert Eland-NVAC 61.16; 4-Richard Barrington-MVAC 61.87; 5 John Barrus-MVAC 63.80; 6-David Whittaker-VAC 65.43;

FINAL

1 Robert Fraser-SCVAC 58.25; 2-Derek Wardle-VAC 58.43; 3-Laurence Oldfield-MVAC 58.92; 4-Graham Pope-SCVAC 59.02; 5-Vic Blanchard-NVAC 59.45; 6-Albert Eland-NVAC 61.69; 7-Richard Barrington-MVAC 65.26;

M60 FINAL

1 John Steede-SVHC 62.36; 2-Frederick Bush-SCVAC 62.54; 3-Bryan Shearsmith-NVAC 64.06; 4-Derek Farman-EVAC 65.21; 5-Norman Gould-SVHC 65.27; 6-Sam Jones-VAC 68.01;

M65 FINAL

1-John Ross-SVHC 61.19 (CBP); 2-Tony Bowman-NVAC 67.98; 3-Alan Carter-EVAC 71.91; 4-Tim Burkit-SWVAC 86.05;

M70 FINAL

1-Tom Clowry-MVAC 70.07; 2-Barry Parnaby-VAA-NE 70.81; 3-Gordon Daborn-EVAC 73.11; 4-Geoffrey Feast-VAC 73.67; 5-Peter Field-SCVAC 83.07;

M75 FINAL

1-John Quantrell-MVAC 84.51;

W35 FINAL

1-Clare Aford-MVAC 59.96; 2-Dawn Copping-SCVAC 66.34; 3-Alexandra Davoile-SCVAC 67.90; 4-Wendy Morant-MVAC 68.09;

W40 FINAL

1-Virginia Mitchell-SCVAC 58.12 (CBP); 2-Sarah Heath-SCVAC 59.68; 3-Yvonne Salmon-SCVAC 62.37; 4-Janice Ellacatt-SWVAC 63.48; 5-Tessa Stephenson-SCVAC 65.49; 6-Dianne Farmer-EVAC 71.03;

W45 FINAL

1-Barbara Lock-SWVAC 63.00; 2-Christine Young-SCVAC 75.27; res

W50 FINAL

1-Joyn Saunders-Mullin-SCVAC 64.52; 2-Caroline Marler-NVAC 66.10; 3-Brenda Elliott-VAA-NE 70.04; 4-Liz Bowers-SVHC 73.52; 5-Annette Burkit-SWVAC 80.06;

W55 FINAL

1-Yvonne Priestman-MVAC 68.09;

W60 FINAL

1-Eva Osborne-EVAC 88.86;

W65 FINAL

1-Dorothy Fraser-EVAC 79.12; 2-Mary Holmes-EVAC 83.79;

800 METRES

M40 HEAT ONE

1-Sean Price WMAA 2:03.3;

MASTERS ATHLETICS JULY 2003

1-Sean Price-WMAA - 2-01.56; 2-Derek Watson-SVHC - 2-03.18; 3-Jonathan Earnshaw-SCVAC - 2-03.23; 4-Mark Harris-OPEN - 2-03.36; 5-Ian Wright SCVAC - 2-05.45; 6-Steven - OPEN - 2-07.09;

FINAL
David Wilcock-SCVAC - 2-01.01; 2-Ray Daniel-VAC - 2-01.64; 3-David Crossland-SCVAC 2:01.65; 4-David Bedwell-MVAC2-02.95; 5-Peter Ivens-MVAC - 2-03.23; 6-Bilal Namani-WMAA - 2-07.78; 7-Raphael Murray-NVAC 2-08.89; 8-Tony Ward-EVAC 2-09.08; 9-Martin Kelly-IRL (G) - 2-09.60; 10-Guy Van herp-BEL (G) - 2-10.98;

M50 FINAL 1-Joe Geogh-IRL (G) - 2-06.19; 2-Brian McKay-SVHC - 2-07.04; 3-Bernard Wareing-MVAC - 2-07.94; 4-Derek Leitch-SVHC - 2-09.64; 5-Keith Short-MVAC - 2-11.32;

M55 FINAL 1-Mike Erith-SWVAC - 2-12.41; 2-John Potts-MVAC - 2-16.79; 3-Derek Wardle-VAC - 2-20.01; 4-Albert Eland-NVAC - 2-20.81; 5-Rod Scholes-NVAC - 2-27.80;

M60 FINAL
1-Barry Swindells-NVAC - 2-29.38; 2-Tony Young-MVAC - 2-30.03; 3-Roger Head-EVAC - 2-45.08;

M65 FINAL
1-Bill Kenny-NZL (G) - 2-45.88; 2-John Wilson-NVAC - 2-49.09; 3-David Carney-MVAC - 2-51.85; 4-John Marshall-MVAC - 3-12.69; 5-Tim Burkitt-SWVAC - 3-33.56;

M70 FINAL
1-Tom Clowry-MVAC - 2-48.44; 2-Derek - arth-NVAC - 2-52.02; 3-Alfred Romaine - 2-54.95; 4-William Davies-WMAA - 3-02.47;

W35 FINAL
1-Kim Heffernan-SCVAC - 2-15.62; 2Bernadine Pritchett-VAC - 2-19.10; 3-Fiona Palmer-MVAC - 2-35.06;

W40 FINAL
1-Sarah Heath-SCVAC - 2-14.85; 2-Veronica Boden-OPEN - 2-16.96; 3-Helen Patton-VAA-NE - 2-21.37; 4-Pauline Atkinson-NVAC - 2-21.78; 5-Joan Lasenby EVAC - 2-26.38; 6-Jenny Brown-SCVAC - 2-28.74; 7-Toni Boa-MVAC - 2-34.62;

W45 FINAL
1-Barbara Lock-SWVAC - 2-26.55; 2-Barbara Murray-NVAC - 2-37.57; 3-Jane Serle -VAC - 2-42.97; 4-Shelly Walsh-EVAC - 2-49.48; 5-Gill Dobson-VAA-NE - 2-55.00;

W50 FINAL
1-Joylyn SaundersMullin-SCVAC - 2-39.67; 2-Sue James-SCVAC - 2-48.83; 3-Pat Halstead-SCVAC - 2-52.55;

W55 FINAL
1-Patricia Gallagher-MVAC - 2-38.90 (CBP); 2-Margaret Auerback-SCVAC - 2-47.55;

W60 FINAL
1-Kathleen Stewart-VAA-NE - 3-04.89; 2-Eva Osborne -EVAC - 3-25.57;

W65 FINAL
1-Mary Holmes EVAC 3-22.96;

metres
M50 FINAL
1-Philip Hall-NVAC - 4-13.67; 2-Chris Wood-EVAC - 4-14.64; 3-Bernie Jones-WMAA - 4-15.18; 4-Chrisopher Waugh -EVAC - 4-19.86; 5-Richard Holland-EVAC - 4-20.57; 6-Peter Plant-MVAC - 4-21.00; 7-Mike Robbins WMAA - 4-21.50;

M45 FINAL
1-David Bedwell-MVAC - 4-13.37; 2-David Crossland-SCVAC - 4-14.73; 3-Tony Livingston-VAA-NE - 4-21.04; 4-Paul Davoile-OPEN - 4-23.90; 5-Robert Payne-VAC - 4-24.28; 6-Stephen Smythe-VAC - 4-30.67; 7-Chris Pedder-NVAC - 4-31.27; 8-Guy Van herp-BEL (G) - 4-36.39; 9-Keith McLellan-EVAC - 4-38.61; 0-Alan Newman-SCVAC - 5-00.16;

M50 FINAL
1-Bernard Wareing-MVAC - 4-23.09; 2-Ken Daniel-SCVAC - 4-27.72; 3-Richard Elliott-MVAC - 4-29.99; 4-Michael Mann-VAC - 4-35.36; 5-Terry O'Neill-VAC - 4-38.86;

M55 FINAL
1-Charles Dickinson-VAC - 4-46.40; 2-John Potts-MVAC - 4-47.95; 3-Mike Erith-SWVAC - 4-49.04; 4-Robert Chapman-SWVAC - 4-56.00; 5-Tony Culshaw-SCVAC - 4-58.77; 6-Robin Davies-MVAC - 5-25.83;

M60 FINAL
1-Barry Swindells-NVAC 5-02.04; 2-Sandy Neil-OPEN 5-17.09; 3-Frederick Bush-VAC 5-32.78; 4-Alan Peers-NVAC 5-34.58;

M65 FINAL

1-Ian Barnes-VAA-NE 5-11.25; 2-Bill Kenny-NZL (G) 5-37.26; 3-Edmond Simpson-VAC 5-44.54; 4-Reginald Checkley-VAA-NE 5-59.63;

M70 FINAL
1-Brian Ashwell-MVAC 5-19.77 (CBP); 2-Richard P-Knowles-VAC 5-59.59; 3-Colin Simpson MVAC 6-54.70;

M75 FINAL 1-Donald Adie SCVAC 6-08.22 (CBP); 2-James Caddy VAA-NE 7-04.48;

M80 FINAL
Jerry Keily MVAC 9-09.68;

W35 FINAL
1-Bernadine Pritchett VAC 4-51.77; 2-Emma Hudson NVAC 5-30.85; 3-Julie Herron EVAC 5-48.01;

W40 FINAL
1-Sarah Heath SCVAC 4-43.48; 2-Pauline Atkinson NVAC 4-47.14; 3-Judith Barresby VAA-NE 4-49.08; 4-Joan Lasenby EVAC 4-56.51; 5-Susie Tawney MVAC 5-17.13; 6-Kay Murphy SCVAC 5-34.15;

W45 FINAL
1-Jill Harris SWVAC 4-57.83; 2-Denise Farnham SCVAC 4-59.62; 3-Elizabeth Batty SCVAC 5-09.81; 4-Susan Weatherburn OPEN 5-13.02; 5-Anne Darby SWVAC 5-34.19; 6-Shelley Walsh EVAC 5-45.25;

W50 FINAL
1-Jane Waterhouse SVHC 5-22.27; 2-Joyce Barrus MVAC 5-29.55; 3-Liz Bowers SVHC 5-36.47; 4-Jane Morley NVAC 5-38.33; 5-Sue James SCVAC 5-39.22;

W55 FINAL
1 Patricia Gallagher MVAC 5-23.34 (CBP); 2 Margaret Auerback SCVAC 5-27.31;

W60 FINAL
1 Kathleen Stewart VAA-NE 6-05.04; 2Eva Osborne EVAC 6-45.96;

metres
M40 FINAL
1 Avid MacLachlan NVAC 15-51.07; 2 Chris Harry SWVAC 15-53.36; 3 Andrew Kelleher OPEN 15-58.78; 4 Craig Sabin MVAC 16-12.73; 5 Mike Robbins WMAA 16-15.57; 6 A Harran VAC 16-32.06; 7 Russell Rawlins MVAC 16-38.97; 8 Brian Colella SVHC 16-59.87; 9 Russell Parkin MVAC 17-14.68; 10 Lee Page MVAC 18-02.96; 11 David Stanfield SWVAC18-16.19;

M45 FINAL
1 Brian Green MVAC 15-55.46; 2 Andrew Wetherill MVAC 16-00.76; 3 Alex Rowe NVAC16-01.36; 4 Robert Payne VAC 16-12.77; 5 Alan Dent VAA-NE 16-17.93; 6 Paul Davoile OPEN 16-33.97; 7 David Darby OPEN 16-36.76; 8 Keith McLellan EVAC 17-00.93; 9 Dickie Wythe SWVAC 17-11.37; 10 Brian Worthington MVAC 19-46.01;

M50 FINAL
1 Archie Jenkins SVHC 16-59.20; 2 Malcolm Firth NVAC 17-05.85; 3 Chris Beighton OPEN 17-15.99; 4 Stuart Littlewood VAC 17-38.27; 5 Terry O'Neill VAC 17-56.16; 6 William Valentine SWVAC 19-54.60;

M55 FINAL
1 Charles Dickinson VAC 16-54.35; 2 Brian Hilton NVAC 16-55.43; 3 Robert Chapman SWVAC 17-41.41; 4 John Treadwell VAC18-17.63; 5 Mick Smedley MVAC 18-22.30; 6 Steve Tanner OPEN 18-37.20; 7 Andrew Johnson SCVAC 19-23.03; 8 Martin Duff SCVAC 20-02.00;

M60 FINAL
1 Christopher Woodcock SCVAC 18-55.47; 2 Ken Buckle WMAA 19-37.31; 3 Ray Clayton MVAC 19-42.18; 4 Ian Peers NVAC 20-18.70; 5 Mel Edwards SVHC 21-20.36;

M65 FINAL
1 Steve James NVAC 19-16.21; 2 John Collins WMAA 19-22.56; 3 Ian Barnes VAA-NE 19-27.44; 4 John Perratt SWVAC 19-38.65; 5 Eric Barber SWVAC 20-20.97; 6 Kenneth Sutton VAA-NE 20-57.96; 7 Geoff Oliver MVAC 21-45.41; 8 Albert Prouse VAA-NE 23-07.29;

M70 FINAL
1 Eric Appleby VAA-NE 21-58.51; 2 Richard P-Knowles VAC 22-44.87; 3 Arthur Walsham NVAC 28-35.82;

M75 FINAL
1 Ron Franklin SCVAC 26-43.21;

W35 FINAL
1 Hellen Wheeler VAC 17-51.86; 2 Helen Alsop OPEN 19-34.25;

W40 FINAL
1 Jill Burke MVAC 18-33.11; 2 Wendy Jones EVAC 18-51.59; 3 Hilary Garrison OPEN 19-08.85; 4 Jane Griffiths NVAC 19-42.53; 5 Janet

Williams WMAA 20-00.04; 6 Lynne Marr SVHC 21-07.02;

W45 FINAL
1 Gail Duckworth EVAC 18-22.32; 2 Anne Darby SWVAC 20-45.02; 3 Chrissie Brooks SWVAC 25-18.19;

W50 FINAL
1 Christine Kilkenny MVAC 19-12.43; 2 Ros Tabor VAC 20-03.32; 3 Jane Georgiou VAC 20-32.41; 4 Pat Halstead SCVAC 20-58.50;

W55 FINAL
1 Margaret Auerback SCVAC 20-56.69; 2 Pauline Rich VAC 21-31.14; 3 June Johnson SCVAC 22-32.22;

W60 FINAL
1-Val Hancock VAA-NE 21-01.17 (British Record); 2-Christine Lee VAA-NE 22-06.33; 3-Jeanne Bryan MVAC 24-15.23; 4-Betty Stracey EVAC 24-17.73; 5-Bridget Cushen VAC 26-10.38;

1000m metres
M40 FINAL
1 James McMahon EVAC 33-03.31; 2 Len Reilly SCVAC 33-05.26; 3 Craig SabinMVAC 34-03.12; 4 Martin Farran NVAC 34-49.75; 5 Andrew Coleman OPEN DNF;

M45 FINAL
1 Brian Green MVAC 33-06.81; 2 Alex Rowe NVAC 33-32.91; 3 Andrew Wetherill MVAC 33-56.95; 4 Alan Dent VAA-NE 34-01.78; 5 David Darby OPEN 34-57.05; 6 Stephen Davies MVAC 35-16.29; 7 Michael Kelly EVAC 37-13.51; 8 Brian Worthington MVAC 40-58.46;

M50 FINAL
1 David Wheeler SCVAC 35-53.98; 2 Tony Seakins VAC 36-02.34; 3 Archie Jenkins SVHC 36-44.32; 4 Steve Brown WMAA 36-53.29; 5 William Valentine SWVAC 41-51.59; 6 Stephen Knight VAC DNF;

M55 FINAL
1 Brian Hilton NVAC 36-09.34; 2 Mick Smedley MVAC 38-06.72; 3 John Denyer VAC 40-37.73; 4 Andrew Johnson SCVAC 42-07.71; 5 Alun Stedman SCVAC 43-54.30;

M60 FINAL
1 Fred Gibbs NVAC 39-22.11; 2 Christopher Woodcock SCVAC 39-37.97; 3 Ken Buckle WMAA 40-28.98;

M65 FINAL
1 John Perratt SWVAC 40-58.30; 2 Eric Barber SWVAC 40-59.75; 3 Edmond Simpson VAC 43-03.76; 4 Geoff Oliver MVAC 45-04.93; 5 John Collins WMAA DNF

M75 FINAL
1 Ron Franklin SCVAC 54-19.04;

W45 FINAL
1 Stephanie McCarthy VAC 45-58.35; 2Chrissie Brooks SWVAC 52-23.64;

W50 FINAL
1 Ros Tabor VAC 42-13.99; 2 Jane Georgiou VAC 42-42.59;

W55 FINAL
1 Pauline Rich VAC 45-32.65; 2 June Johnson SCVAC 47-06.50;

W60 FINAL
1 Bridget Cushen VAC 53-44.25;

3000m Walk
M40 FINAL
1 Anthony Bell EVAC 17-40.25

M45 FINAL
1 Colin Bradley 14-40.41; 2 David Sharpe VAC 17-39.29;

M55 FINAL
1 Bob Care MVAC 14-24.68;

M60 FINAL
1 Dennis Myers MVAC 17-14.44; 2 Alan O'Rawe EVAC 17-24.52; 3 John WhyteVAC 18-03.79; 4 James Guest MVAC 19-12.89;

M65 FINAL 1 David Stevens VAC 16-55.32; 2 Ron Powell SCVAC 17-14.90; 3 Colin Stapleford MVAC 18-25.96;

M70 FINAL (Hand timing)
1 Doug Fotheringham MVAC 18-09.6; 2 Paul Ray SCVAC 19-52.1;

M75 FINAL (Hand timing) 1 Karl Abolins MVAC 19-20.0; 2 Denis Withers MVAC 19-52.8; 3 Harvey Jaquest SCVAC 21-40.2;

W40 FINAL (Hand timing)
1 Fiona Bishop VAC 17-54.1; 2 Elizabeth Harris VAC 20-09.6;

W45 FINAL (Hand timing)
1 Kim Howard EVAC 18-14.2;

W55 FINAL (Hand timing)
1 Ann Lewis SCVAC 17-00.3; 2 Jill York WMAA 21-15.3;

W60 FINAL (Hand timing)

1 Jill Langford MVAC 18-33.9; **W65 FINAL (Hand timing)**
1 Maureen Spelman VAC 19-41.2; 2 Pam Horwill MVAC 20-51.2;

5000m Walk
M40 FINAL
1 Anthony Bell EVAC 30-00.50;

M45 FINAL
1 Colin Bradley WMAA 24-41.54; 2 Graham Chapman OPEN 24-56.03; 3 Trevor Jones VAC 26-52.29; 4 David Sharpe VAC 30-35.10;

M50 FINAL
1 Stephen Holliday VAC 32-51.92;

M55 FINAL
1 Les Scrivens MVAC 30-03.30;

M60 FINAL
1 Dennis Myers MVAC 29-42.13; 2 John Whyte VAC 30-17.71;

M65 FINAL
1 David Stevens VAC 28-25.68; 2 Brian Nelson MVAC 28-40.62; 3 Ron PowellSCVAC 29-19.44;

M70 FINAL
1 Doug Fotheringham MVAC 31-26.38;

M75 FINAL
1 Karl Abolins MVAC 32-43.09; 2 Denis Withers MVAC 33-58.86; 3 Harvey Jaquest SCVAC 36-51.66; 4 Terence Simons MVAC 37-51.33;

W40 FINAL
1 Fiona Bishop VAC 30-43.86; 2 Elizabeth Harris VAC 35-21.57;

W45 FINAL
1 Kim Howard EVAC 31-26.39; 2 Anne Belchambers VAC 31-59.40;

W55 FINAL
1 Ann Lewis SCVAC 29-10.02 (CBP); 2 Jill York WMAA 36-25.11;

W65 FINAL
Maureen Spelman VAC 33-28.68;

3000m S/C
M40 FINAL
1 Keith Newton VAC 9-46.78; 2 Robert Creed VAC 10-03.97; 3 Paul Lemmon VAC 10-09.05;

4 Nick Overton EVAC 10-24.28; 5 Andrew Tindall VAC 10-25.21; 6 Joe Laban MVAC 11-35.60; 7 Lazloe Boden OPEN 11-42.48; 8 Stephen Phillips NVAC 11-48.29; 9David Stanfield SWVAC 12-06.23

M45 FINAL
1 David Carrington NVAC 10-39.36; 2 Dickie Wythe SWVAC 10-41.15; 3 Michael Williams OPEN 10-41.44; 4 Alan Newman SCVAC 12-11.71;

M50 FINAL
1 Aleksander Swieciicki EVAC 11-26.44;

M55 FINAL
1 Tony Culshaw SCVAC 12-02.88; 2 Alun Stedman SCVAC 12-37.27;

2000 SC:
M60 FINAL
1 Frederick Bush SCVAC 7-55.85;

M65 FINAL
1 Bill Kenny NZL (G) 8-44.83; 2 Trefor Pugh WMAA 9-19.65;

W35 FINAL
1 Jane Pidgeon MVAC 7-55.98; 2 Emma Hudson NVAC 8-23.58; 3 Angie Alstrachen EVAC 10-20.73;

W40 FINAL
1 Veronica Boden OPEN 7-29.56 (CBP); **W45 FINAL**
1 Shona Fairchild EVAC 8-35.99; 2 Anne Darby SWVAC 8-51.37;

W60 FINAL
Eva Osborne EVAC 10-52.30 (CBP); **W65 FINAL**
Anne Martin EVAC 10-33.91 (European Record);

110m Hurdles
M40 FINAL w/s +2.1
1 Des Wilkinson EVAC 15-10; 2 Neil Tunstall SWVAC 15-97; 3 Ian Wells EVAC 15-98; 4 Glen Reddington SCVAC 16-28; 5 Jeremy Church MVAC17.56; 6 Wayne Martin SCVAC 19-78; 7 Nash Cummings NVAC 19-99;

M45 FINAL w/s +1.3
1 Howard Moscrop SWVAC 15-61; 2 John Mayor EVAC 16-25; 3 Zan Scholes NVAC 16-35; 4 Tennyson James EVAC 16-41; 5 Michael Coker SCVAC 16-49; 6 Clive Pengelly SWVAC 18-21; 7 Andrew Laughton VAC 18-93; 8 Neil Baker EVAC 19-29;

100m Hurdles
M50 FINAL w/s +2.3
1 Tony Wells EVAC 15-49;

M60 FINAL w/s +2.2
1 John Howe WMAA 16-53; 2 Brian Loten SWVAC 20-54; 3 Frederick Bush SCVAC 21-53

MASTERS ATHLETICS JULY 2003

M65 FINAL w/s +2.2

1 Trevor Driver NVAC 21.55; 2 Jim Day SCVAC 21.96;

W35 FINAL w/s +2.3

1 Meryl Austin SCVAC 17.30;

80m Hurdles

M70 FINAL w/s -0.5

1 Gordon Daborn EVAC 14.54 (CBP); 2 Peter Field SCVAC 15.62; 3 Keith Whitaker NVAC 17.97; 4 Normann Carter MVAC 20.84;

W40 FINAL w/s +1.2

1 Manndy Laing NVAC 12.03; 2 Gaye Clarke EVAC 12.66; 3 Diana Davies MVAC 12.87; 4 Hazel Barker NVAC 13.25;

W45 FINAL w/s +1.2

1 Lucy Moore-Fox IRL (G) 15.35; 2 Gwen Cunningham SCVAC 15.67; 3 Gill Dobson VAA-NE 15.85;

W50 FINAL w/s -0.5

Grete Howarth NVAC 18.92;

400m Hurdles

M40 Heat1 (Hand timing)

1 Danny Hodge SCVAC 58.7; 2 Jonathan Tilt SCVAC 59.7; 3 Tony Mitchell SCVAC 60.3; 4 Andrew Waddington SWVAC 62.2;

Heat 2 (Hand timing)

1 Neil Tunstall SWVAC 59.5; 2 Ian Wells EVAC 59.6; 3 Iain Moody MVAC 59.8; 4 Frankie Vargacz NVAC 63.8; 5 Nash Cummings NVAC 67.6;

FINAL

1 Neil Tunstall SWVAC 57.11; 2 Danny Hodge SCVAC 57.11; 3 Jonathan Tilt SCVAC 57.38; 4 Tony Mitchell SCVAC 57.77; 5 Ian Wells EVAC 59.21; 6 Iain Moody MVAC 59.60;

M45 FINAL

1 Howard Moscrop SWVAC 55.89 (British Record); 2 Ray Daniel VAC 58.56; 3 Michael Coker SCVAC 60.92; 4 Brian Slaughter SCVAC 62.85; 5 Clive Pengelly SWVAC 63.51; 6 Andrew Laughton VAC 65.13; 7 John Taylor NVAC 72.41;

M50 FINAL

Peter Mould MVAC 65.92;

M55 FINAL

1 Richard Barrington MVAC 69.63; 2 Andrew Webb OPEN 73.26; 3 Laurie Dunn MVAC 104.72;

W35 FINAL

1 Kim Heffernan SCVAC 63.83; 2 Clare Aford MVAC 69.61; 3 Dawn Copping SCVAC 77.67; 4 Angie Alstrachen EVAC 79.10;

W40 FINAL

1 Virginia Mitchell SCVAC 65.58; 2 Gaye Clarke EVAC 74.42;

W45 FINAL

Carole Filer EVAC 70.33;

300m Hurdles

M60 FINAL

1 Frederick Bush SCVAC 47.22; 2 John Howe WMAA 50.23; 3 David Barrington SCVAC 50.54; 4 Brian Loten SWVAC 53.88;

M65 FINAL

1 John Baron NVAC 54.04; 2 Trevor Pugh WMAA 56.67;

M70 FINAL

1 Gordon Daborn EVAC 52.03 (EUROPEAN RECORD); 2 Peter Field SCVAC 54.60; 3 Normann Carter MVAC 69.52;

Long Jump

M40 FINAL

1 Trevor Sinclair EVAC 6.40; 2 Rez Cameron SCVAC 5.80; 3 David Richards WMAA 5.80; 4 Wayne Martin SCVAC 4.05;

M45 FINAL

1 Trevor Wade SCVAC 6.01 -0.2; 2 John Mayor EVAC 5.84 -0.5; 3 Brian Slaughter SCVAC 5.74 -1.5; 4 David Murrie SVHC 5.61 -0.2; 5 Andrew Laughton VAC 4.96 -0.2; 6 Alan Readman VAA-NE 4.95 -1.0;

M50 FINAL

1 David Folgate EVAC 5.78 -0.2; 2 Paul Oakes SCVAC 5.43 +0.3; 3 Paul Pinnington SCVAC 5.25 +3.0; 4 William Lonsdale SVHC 5.06 +0.2; 5 Dennis Wallington EVAC 4.98 +0.8;

M55 FINAL

Mike Clerihew SVHC 5.01 -0.2;

M60 FINAL

1 Peter Duckers MVAC 5.29 +2.0; 2 Collin Green MVAC 4.85 +2.2; 3 Brian Loten SWVAC 4.42 +1.1; 4 Barrie Taylor MVAC 4.35 +1.2;

M65 FINAL

1 Gerald Wilkinson VAC 4.28 +1.0; 2 John Evans MVAC 3.74 +1.7;

1 Geoffrey Feast VAC 3.95 +0.4; 2 Cliffe Taylor VAC 3.46 +1.1; 3 James Christie SVHC 2.72 +1.0;

M75 FINAL

Ajit Singh Kalirai SCVAC 3.52 +2.0;

W35 FINAL

1 Meryl Austin SCVAC 4.91 +0.2; 2 Joan Chalmers SVHC 4.77 +0.3; 3 Jane Oliver MVAC 4.27 +0.3; 4 Catherine Goddard EVAC 2.36 +0.2;

W40 FINAL

1 Diana Davies MVAC 5.19 -0.2; 2 Manndy Laing NVAC 5.00; 3 Gaye Clarke EVAC 4.74 -1.6; 4 Angela Griffiths VAC 4.43 +0.2; 5 Anne Goad SCVAC 4.38 -0.8; 6 Christine Pates SCVAC 4.09 +0.5; 7 Hazel Barker NVAC 4.00 +0.4; 8 Dianne Farmer EVAC 3.61 +1.4;

W45 FINAL

1 Carole Filer EVAC 5.03 +0.6; 2 Gill Dobson VAA-NE 4.20 +1.6; 3 Christine Young SCVAC 3.85 -0.5; 4 Pat Higgins MVAC 3.51 -0.7;

W50 FINAL

1 Grete Howarth NVAC 3.42 -0.4; 2 Olga Codrington MVAC 3.33 +1.3; 3 Vivienne Kirkland MVAC 3.33 +0.6; 4 Cathy Lyon-Green MVAC 2.97 +0.8;

W55 FINAL

Elaine Mee MVAC 2.85 +2.0;

W60 FINAL

1 Iris Holder VAC 3.93 +2.3; 2 Dorothy Morgan WMAA 3.37 -1.0;

W65 FINAL

1 Betty Steedman SVHC 3.14 +2.2; 2 Anne Martin EVAC 2.87 +0.4;

W80 FINAL

Mary Wixey MVAC 2.03 -0.3;

Triple Jump

M40 FINAL

1 Rez Cameron SCVAC 13.02; 2 David Richards WMAA 12.10; 3 Wayne Martin SCVAC 9.98;

M45 FINAL

1 Albert Earle MVAC 11.94; 2 David Murrie SVHC 10.96;

M50 FINAL

1 David Folgate EVAC 12.02; 2 Paul Pinnington SCVAC 11.25; 3 Paul Oakes SCVAC 11.04; 4 William Lonsdale SVHC 10.75; 5 Alan Maddocks MVAC 10.57;

M55 FINAL

1 Mike Clerihew SVHC 10.21; 2 Mick Cole SCVAC 9.72;

M60 FINAL

1 Sean Power WMAA 11.59 +1.8 (British Record); 2 George Jephcott MVAC 10.03 +1.9; 3 Collin Green MVAC 10.00 +0.5; 4 Brian Loten SWVAC 9.34 +1.8;

M65 FINAL

1 Tony Crocker MVAC 9.79 +2.0; 2 Trevor Driver NVAC 9.15 +2.6; 3 Michael Collins SCVAC 8.54 +1.1; 4 John Evans MVAC 8.50 +1.8;

M70 FINAL

1 Normann Carter MVAC 6.68 +2.8;

M75 FINAL

Ajit Singh Kalirai SCVAC 7.56 -0.5

W35 FINAL

1 Meryl Austin SCVAC 10.08; 2 Joan Chalmers SVHC 9.36; 3 Claire Bowman NVAC 9.27; 4 Angie Alstrachen EVAC 7.65;

W40 FINAL

1 Manndy Laing NVAC 10.40; 2 Jenny Brown SCVAC 10.39; 3 Alison Hesketh NVAC 9.09;

W45 FINAL

1 Gwen Cunningham SCVAC 8.74;

W50 FINAL

1 Cathy Lyon-Green MVAC 7.22;

W55 FINAL

1 Elaine Mee MVAC 6.08;

W60 FINAL

1 Dorothy Morgan WMAA 7.03;

W65 FINAL

1 Anne Martin EVAC 6.86; 2 Mary Holmes EVAC 6.32

W80 FINAL

1 Mary Wixey MVAC 4.05;

High Jump

M40 FINAL

1 Andrew Waddington SWVAC 1.72; 2 Andrew Osborne MVAC 1.70; 3 John Bancroft SCVAC 1.70; 4 Jeremy Church MVAC 1.65; 5 Nash Cummings NVAC 1.55; 6 Wayne Martin SCVAC 1.45;

M45 FINAL

1 Chris Hesketh NVAC 1.75; 2 John Mayor EVAC 1.65; 3 Trevor Wade SCVAC 1.55; 4 Andrew Laughton VAC 1.55; 5 Paul Hayden MVAC / Colin Hague SWVAC / Paul Askew MVAC 1.50;

M50 FINAL

1 Stephen Faulkner SWVAC 1.60; 2 William Lonsdale SVHC 1.55; 3 Paul Oakes SCVAC 1.45; 4 Geoffrey Kitchener VAC 1.30;

M55 FINAL

M60 FINAL

M65 FINAL

M70 FINAL

M75 FINAL

W35 FINAL

W40 FINAL

W45 FINAL

W50 FINAL

W55 FINAL

W60 FINAL

W65 FINAL

W80 FINAL

1 Robert Groves NVAC 1.50; 2 Mick Cole

SCVAC 1.40;

M60 FINAL

1 Sean Power WMAA 1.57; 2 Collin Green MVAC 1.45; 3 James Sloan SVHC 1.24;

M65 FINAL

1 Anthony Bateman SWVAC 1.57 (British Record); 2 Tony Crocker MVAC 1.51; 3 John Freebairn SVHC 1.33; 4 Trevor Driver NVAC 1.30

M70 FINAL

1 Normann Carter MVAC 1.15; 2 Cliffe Taylor VAC 1.12; 3 James Christie SVHC 0.94;

W40 FINAL

1 Diana Davies MVAC 1.65 Eq CBP; 2 Jenny Brown SCVAC 1.65; 3 Hazel Barker NVAC 1.45; 4 Christine Pates SCVAC 1.40; 5 Janice Hardcastle EVAC 1.25;

W45 FINAL

1 Carole Filer EVAC 1.40; 2 Gwen Cunningham SCVAC 1.35; 3 Gill Dobson VAA-NE 1.30;

W50 FINAL

1 Pam Garvey MVAC 1.26; 2 Sue Burridge EVAC 1.26;

W55 FINAL

1 Elaine Mee MVAC 1.08; 2 Carol Rafferty MVAC 1.08 ;

W70 FINAL

1 Rosemary Chimes MVAC 1.23 World Record

Pole Vault

M40 FINAL

1 Martin Shelbourne EVAC 2.80; 2 Wayne Martin SCVAC 2.80;

M45 FINAL

1 John Taylor NVAC 3.70; 2 Rod Woodruff VAC 3.50; 3 David Blunt VAC 3.20; 4 Peter Hill MVAC 3.00;

M50 FINAL

Paul Oakes SCVAC 3.20;

M55 FINAL

1 Glyn Sutton WMAA 3.20; 2 John Bradley MVAC 3.20 ; 3 Mick Cole SCVAC 2.80;

M60 FINAL

1 John Howe WMAA 3.10; 2 Brian Harlick SCVAC 2.80; 3 Brian Loten SWVAC 2.50;

M65 FINAL

Jim Day SCVAC 2.60;

M70 FINAL

1 Ali Woods EVAC 2.20 ;

W45 FINAL

Anne Wainwright MVAC 2.50;

W50 FINAL

1 Sue Yeomans SCVAC 2.85 CBP; 2 Val Neal NVAC 2.10;

Shot Put

M40 FINAL

1 Guy Perryman SCVAC 12.86; 2 Peter Todd SCVAC 12.00; 3 Wayne Martin SCVAC 8.45; 4 Sean Butler VAC 8.28; 5 John Statham MVAC 7.74;

M45 FINAL

1 Michael Small VAC 13.64; 2 Ian Lindley NVAC 12.66; 3 Clive Howell MVAC 8.64;

M50 FINAL

1 Bruce Holden SWVAC 14.02; 2 Merrick Bousfield NVAC 12.94; 3 John Little NVAC 12.79; 4 Anthony Richards VAC 12.25; 5 Nigel Hooker VAC 11.22; 6 William Renshaw NVAC 11.05; 7 John Wild VAA-NE 10.75; 8 James Edgar SCVAC 9.99; 9 Philip Bramford EVAC 9.96; 10 Tim Saunders Mullin SCVAC 9.22;

M55 FINAL

1 Neil Griffin SCVAC 14.00 (British Record); 2 Brian Hatch EVAC 12.31; 3 Michael Hazlewood NVAC 10.64; 4 James MacBeath SVHC 10.28; 5 Robert Richards EVAC 10.21; 6 Richard Jegou MVAC 9.54; 7 John Gilbert SCVAC 9.54;

M60 FINAL

1 Eric Barker SCVAC 14.21 (British Record); 2 Garry Negus SCVAC 12.77; 3 John Howe WMAA 11.40; 4 James Sloan SVHC 10.82; 5 Patsy Conboy IRL (G) 9.61;

M65 FINAL

1 Gordon Hickey SCVAC 11.89; 2 John Freebairn SVHC 10.81; 3 Eric Kitney SCVAC 10.43; 4 Ian Miller EVAC 10.37; 5 Brian Sumner MVAC 9.65; 6 Brian Webb WMAA 8.97; 7 Norman Fullick SCVAC 7.67;

M70 FINAL

1 Michael McGorry IRL (G) 11.44 ; 2 Cliffe Taylor VAC 10.85; 3 Jaroslav Hanus SCVAC 10.07; 4 Keith Dutton MVAC 9.25; 5 Peter Barber SCVAC 8.58; 6 Ian Briggs SCVAC 7.63; 7 James Christie SVHC 5.58;

M75 FINAL

W35 FINAL

W40 FINAL

W45 FINAL

W50 FINAL

W55 FINAL

W60 FINAL

W65 FINAL

W80 FINAL

M75 FINAL

1 William Kingsbury WMAA 7.42; 2 Robert Laidler VAA-NE 7.24;

W35 FINAL

1 Susan Freebairn SVHC 10.90; 2 Catherine Goddard EVAC 9.59; 3 Meryl Austin SCVAC 8.77; 4 Norma Bruce SVHC 8.48; 5 Catia Hallden SCVAC 8.09;

W40 FINAL

1 Wendy Laing NVAC 11.07; 2 Manndy Laing NVAC 10.72; 3 Alison George MVAC 10.30; 4 Claire Cameron SCVAC 10.17; 5 Jenny Brown SCVAC 9.92; 6 Hazel Barker NVAC 9.71 ;

W45 FINAL

1 Lucy Moore-Fox IRL (G) 8.55; 2 Gwen McFarlane SVHC 8.49; 3 Fiona Crompton NVAC 8.18; 4 Gill Dobson VAA-NE 8.11;

W50 FINAL

1 Joylyn Saunders Mullin SCVAC 9.15; 2 Romana Martin EVAC 8.99; 3 Sue Burridge EVAC 8.40 ; 4 Christine Smith MVAC 7.40; 5 W55 FINAL

1 Margery Swinton SVHC 7.98; 2 Elaine Mee MVAC 6.89;

W60 FINAL

1 Dorothy Morgan WMAA 7.75; 2 Carole Derrien SWVAC 6.93;

W65 FINAL

1 Evaun Williams SCVAC 11.26 (British Record); 2 Anne Martin EVAC 7.40

W70 FINAL

1 Rosemary Chimes MVAC 11.02 World Record;

W80 FINAL

1 Mary Wixey MVAC 3.90;

Discus

MASTERS ATHLETICS JULY 2003

1 Margery Swinton SVHC 22.66; 2 Margaret Woodger SWVAC 22.08; 3 Elaine Mee MVAC 16.93; **W60 FINAL** 1 Carole Derrien SWVAC 22.92; 2 Dorothy Morgan WMAA 22.40; **W65 FINAL** 1 Evaun Williams SCVAC 28.33; **W70 FINAL** 1 Rosemary Chrimes MVAC 31.62 World Record; **W80 FINAL** 1 Mary Wixey MVAC 9.25; **Javelin M40 FINAL** 1 Kevin Murch MVAC 56.37; 2 Trevor Sinclair EVAC 41.30; 3 Nick Bennett MVAC 37.02; 4 Geoffrey Van Klaveren WMAA 36.59; 5 Wayne Martin SCVAC 31.26; 6 Greg Poole EVAC 24.47; **M45 FINAL** 1 John Fenton SCVAC 48.63; 2 Brian Slaughter SCVAC 42.21; 3 Clive Howell MVAC 28.38; **M50 FINAL** 1 Paul Oakes SCVAC 48.16; 2 Peter Everard OPEN 43.00; 3 Joe Eastwood OPEN 42.16; 4 Merrik Bousfield SCVAC 39.04; 5 Philip Bramford EVAC 38.82; 6 Tim SaundersMullin SCVAC 28.58; **M55 FINAL** 1 Robert Richards EVAC 43.72; 2 Phil Owen MVAC 37.93; 3 Brian Hatch EVAC 37.74; 4 Michael Hazlewood NVAC 34.32; **M60 FINAL** 1 Ashley Fox SCVAC 41.46; 2 John Webster SCVAC 36.88; 3 Grayham Smith NVAC 36.37; 4 David Price IoMVAC 34.77; 5 James Sloan SVHC 34.77; 6 Brian Loten SWVAC 32.88; 7 Brian Harlick SCVAC 28.46; **M65 FINAL** 1 Colin Brand SCVAC 40.18; 2 Vic Adcock SCVAC 39.33; 3 John Freebairn SVHC 33.39; 4 Brian Webb WMAA 29.78; 5 Brian Sumner MVAC 28.02; 6 Norman Fullick SCVAC 22.82; **M70 FINAL** 1 Gordon Daborn EVAC 28.49; 2 Cliffe Taylor VAC 25.15; 3 Keith Dutton MVAC 24.37; 4 James Christie SVHC 14.39; **M75 FINAL** Robert Laidler VAA-NE 27.00 British Record; **M80 FINAL** Janis Geres MVAC 18.93; **W35 FINAL** 1 Caroline Garratt VAC 38.76; 2 Norma Bruce SVHC 27.67; **W40 FINAL** 1 Mandy Laing NVAC 31.56; 2 Christine Pates SCVAC 23.26; **W45 FINAL** 1 Gill Dobson VAA-NE 27.06; 2 Carole Morris EVAC 25.30; 3 Gwen McFarlane SVHC 24.02; 4 Fiona Crompton NVAC 24.00; **W50 FINAL** 1 Kirsten Workman SCVAC 25.92; 2 Joylyn SaundersMullin SCVAC 25.76; 3 Lesley EldridgeVAA-NE 24.97; **W55 FINAL** 1 Carol Rafferty MVAC 22.54; 2 Pat Oakes SCVAC 19.90; 3 Margaret Woodger SWVAC 18.89; **W60 FINAL** 1 Dorothy Morgan WMAA 17.59; **W65 FINAL** 1 Evaun Williams SCVAC 34.40 British Record; 2 Mary Holmes EVAC 19.54; **Hammer M40 FINAL** 1 Russell Payne MVAC 49.87; 2 Martin Roberts MVAC 45.25; 3 Peter Todd SCVAC 39.49; 4 Wayne Martin SCVAC 26.92; 5 Sean Butler VAC 20.91; **M45 FINAL** 1 Michael Small VAC 44.78; 2 Steven Towers VAA-NE 39.12; 3 Clive Howell MVAC 34.58; **M50 FINAL** 1 John Little NVAC 45.83; 2 Clive Thomson OPEN 41.86; 3 Nigel Hooker VAC 41.64; 4 Merrik Bousfield NVAC 39.86; 5 John Wild VAA-NE 38.33; 6 William Renshaw NVAC 32.12; 7 James Edgar SCVAC 29.91; 8 Tim SaundersMullin SCVAC 27.77; **M55 FINAL** 1 Christopher Melliush 8 SCVAC 45.96; 2 Neil Griffin SCVAC 41.23; 3 James MacBeath SVHC 38.04; 4 Michael Hazlewood NVAC 37.24; 5 David Webster EVAC 32.12; 6 John Gilbert SCVAC 30.42; 7 Richard Jegou MVAC 29.45; **M60 FINAL** 1 William Gentleman SVHC 47.97; 2 Eric Barker SCVAC 47.46; 3 Patsy Conboy IRL (G) 44.67; 4 Garry Negus SCVAC 41.63; 5 John Webster SCVAC 34.31; **M65 FINAL** 1 Hugh Richardson NVAC 40.21; 2 Ian Miller EVAC 35.07; 3 John Freebairn SVHC 34.51; 4 Brian Sumner MVAC 32.82; 5 Gordon Hickey SCVAC 30.34; 6 Norman Fullick SCVAC 24.79; **M70 FINAL** 1 Peter Barber SCVAC 43.82 British Record; 2 Philip McEvoy SCVAC 39.97; 3 Jaroslav Hanus SCVAC 35.07; 4 Michael McGorry IRL (G) 34.67; 5 Graham Roberts MVAC 25.05; **M75 FINAL** 1 William Kingsbury WMAA 28.53 British Record; **W35 FINAL** 1 Janet Smith SCVAC 44.07; 2 Susan Freebairn SVHC 37.75; 3 Susan Hillman OPEN 30.93; 4 Dawn Copping SCVAC 26.30; 5 Catcina Hallden SCVAC 25.87; **W40 FINAL** 1 Diane Smith NVAC 40.72; 2 Jackie Cunningham OPEN 32.97; 3 Claire Cameron SCVAC 31.19; **W45 FINAL** 1 Brenda Russell EVAC 29.90; 2 Gwen McFarlane SVHC 23.73; 3 Lucy Moore-Fox IRL (G) 23.32; 4 Fiona Crompton NVAC 21.66; 5 Pat Higgins MVAC 21.00; **W50 FINAL** 1 Christine Smith MVAC 32.97; 2 Romana Martin EVAC 29.12; 3 Val Neal NVAC 22.66; 4 Vivienne Kirkland MVAC 22.30; **W55 FINAL** 1 Lesley Shroesbee EVAC 35.53; 2 Margery Swinton SVHC 29.71; 3 Margaret Woodger SWVAC 25.95; 4 Elaine Mee MVAC 20.92; 5 Carol Rafferty MVAC 17.98; **W60 FINAL** 1 Carole Derrien SWVAC 25.27; 2 Dorothy Morgan WMAA 23.62; **W65 FINAL** 1 Evaun Williams SCVAC 37.61 British Record; 2 Anne Martin EVAC 20.63; **Weight (all CBP new event) M40 FINAL** 1 Peter Todd SCVAC 12.55; 2 Martin Roberts MVAC 11.87; **M45 FINAL** 1 Michael Small VAC 14.62; **M50 FINAL** 1 John Little NVAC 16.60; 2 John Wild VAA-NE 15.04; 3 Merrik Bousfield NVAC 14.93; 4 William Renshaw NVAC 12.46; 5 James Edgar SCVAC 11.14; 6 Tim SaundersMullin SCVAC 10.98; **M55 FINAL** 1 Christopher Melliush SCVAC 16.70; 2 Neil Griffin SCVAC 16.53; 3 David Webster EVAC 12.37; 4 Richard Jegou MVAC 10.98; **M60 FINAL** 1 Patsy Conboy IRL (G) 16.79; 2 William Gentleman SVHC 16.32; **M65 FINAL** 1 Hugh Richardson NVAC 15.02; 2 John Freebairn SVHC 14.11; 3 Ian Miller EVAC 13.55; 4 Gordon Hickey SCVAC 11.88; 5 Brian Sumner MVAC 10.94; 6 Norman Fullick SCVAC 7.16; **M70 FINAL** 1 Peter Barber SCVAC 17.21; 2 Philip McEvoy SCVAC 13.77; 3 Jaroslav Hanus SCVAC 12.97; 4 Michael McGorry IRL (G) 12.71; **M75 FINAL** William Kingsbury WMAA 10.90; **W35 FINAL** 1 Susan Freebairn SVHC 13.25; 2 Catcina Hallden SCVAC 9.23; **W40 FINAL** 1 Diane Smith NVAC 11.90; 2 Claire Cameron SCVAC 11.02; **W45 FINAL** Gwen McFarlane SVHC 7.83; **W50 FINAL** 1 Romana Martin EVAC 10.06; 2 Christine Smith MVAC 9.91; 3 Vivienne Kirkland MVAC 8.72; **W55 FINAL** Margery Swinton SVHC 8.66; **W60 FINAL** Carole Derrien SWVAC 11.46; **W65 FINAL** Evaun Williams SCVAC 15.31;



WGT SPORT LIMITED 10 Harborne Road, Edgbaston, Birmingham, B15 3AA, England

TELEPHONE 0121 456 1976 FACSIMILE 0121 456 5898 E-MAIL wgt sport@btconnect.com

WGT Sport, the official travel agent of the British Masters Athletics Federation and UK Athletics are pleased to offer special travel packages to the following events.

World Masters Championships Non-Stadia New Zealand 18th-24th April 2004

European Track & Field Championships Denmark 22nd July-1st August 2004

For these events, we will provide a range of departure dates and airports with varied options to extend your stay in either of these beautiful countries.

Accommodation standards will range from budget through to quality 4 star and will be supported by our exclusive transport system.

We will also be providing GB team polo shirts for all those travelling with WGT Sport.

Contact us on telephone 0121 456 1976 for a brochure.

Athletics House, 10 Harborne Road, Birmingham. B15 3AA
Tel : 0121 456 1976 Fax : 0121 456 5898 E-mail : wgt sport@btconnect.com

BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS BEACH PARK, IRVINE 12TH OF APRIL 20003

ALASTAIR AITKEN REPORTING

PICTURES BY JEREMY HEMMING

The meeting was held in warm spring sunshine and the course to contend with, was considered one of the toughest in the United Kingdom. In Beach Park there were steep hills that made 'up and down' running quite difficult with a stretch of 'leg sapping' sand to negotiate in each of the three races.

The standard of competition was high despite the fact that the London Marathon was due to be run the very the next day.



Tom Murray (11), Brian Rushworth (35), Julian Critchlow & John Brown.

TOMMY MURRAY one of the 'Great Characters' of distance running over the last twenty years, scored his third major Championship victory as an M40 runner.

Murray showed 'dogged' determination by going off fast at the start to try and stamp his authority on the race from the word 'go' but it was not an easy task for him as he was up against two very good veterans, Julian Critchlow who really blossomed out in his veteran years, having won the title a couple of years ago and Brian Rushworth, who had run so well the previous Saturday for the Sunderland team that finished third in the Northern Road relay Championships. Murray was overtaken by Critchlow on the hill but was soon in contention again with Rushworth close at hand, with a gap opening to the first M45 David Neill, who in turn was drawing away from the rest.

Critchlow was looking comfortable but it was Murray who soon took over the lead and opened a vital thirty-metre gap on Critchlow at the end of the first of the two long laps. At that point Rushworth was then a clear third but losing ground on the first two. Murray, who was in the UK team that last won medals in the World cross country in 1992 and second in the World Mountain Racing Championships, stuck to his task and although Critchlow appeared to be edging closer to him at times, the Inverclyde man came home with a five second advantage.

Murray, who started running at 21 and had suffered for several years with anorexia that his love of running helped him to overcome, had admired several runners over the years for different reasons like Steve Ovett, Lachie Stewart introduced him to club running and although he is self-coached he has had good advice from people like Dave Cannon, Laurie Spense and Nat Muir amongst others. He came from a tough working

class background but had the determination to do well for himself and became one of the most formidable runners in Scottish athletics history and like Brian Rushworth feels he does not really consider himself a veteran because he can perform well in open competition.

Brian Rushworth who was 40 in December said afterwards "I had a stitche on the first lap and I never felt comfortable but I was well beaten today" Rushworth can take comfort from the fact that outstanding runners like him were unable to win their first M40 National 'Veterans' cross country Championships (and some of those never went on to do that) and they included such names as Jim Alder, Jeff Norman, Gerry North, Eamonn Martin, Bernie Plain and Allan Rushmer.

Critchlow, who has started to coach more with his good Watford club and trains sensibly in a scientific way, remarked, "It was really hard work but I enjoyed it as one of the closest tough races I have had for a long, long time."



Ken White (15), Brian Lloyd (2), Brian Kirkwood (1), Stan Owen (13).

BRIAN KIRKWOOD, who came second as an over 40 and second as over 45 in these Championships finally won and won well at Irvine. He moved ahead shortly after the start and never looked like losing and able to relax up front. Archie Jenkins was with Brian Lloyd after the first two miles but then was overtaken and finished ninth one behind new M50 runner Tony Seakins.

Kirkwood from Racing Club Edinburgh remarked, "I liked the terrain and my ambition was to go out and win this one."

Kirkwood who started running when he was 27 continued by saying

"My best years were as a young veteran from 40-43 and I did well in races in the UK and in America then. I had a pretty lean spell a couple of years ago. I had a few races in January and February last year."

Fred Bell, who was the first over 55 in the Home International, put the race down to being one of his best ever. He came through from the second group early on to overtake the first M55 runner and thought he had come fourth or fifth overall at the end but the Elswick runner was pleasantly surprised to find he was second.

"To beat such fine runners as Harry Mathews, who has inspired me when I joined Elswick as a 34 year old, as well as being in front of John Exley and Brian Hilton who are both good too!"

Bingley were the victorious team in both the 'over 50 and 60' and Mike Smith was the first individual and team winner for M60 in 35th of 87 finishers.

The first over 65 was Steve James, who has won countless medals and set records over the years. What a terrific span of winning for him if you realise many years ago he was the National Junior cross country Champion.

BERT McFALL, was the over 70 winner. "As a youngster of 17 I won a sprint race at Meadowbank.

I ran 1:55 / 4.20 for 880 / Mile and beat John Merriman over the mile in the RAF, but he was too strong for me over the longer distances."

City of Edinburgh's McFall remembers being part of the strong team that ran so well in the Edinburgh to Glasgow and London to Brighton road relay teams and he ran the fastest leg on one stage.

Two 'Quality Masters' who were sadly off form due to injuries

MASTERS ATHLETICS JULY 2003



Michael Smith (107), Robin Britton (25) Keith Horn (56) , Roger Parker (59) Paul Williams (25) ,David Wheeler (29) , Les Haynes (109), David Fairweather (60), Gerry Bell (14), Lee Ruecroft (28) Recently were not factors and they were Bill Stoddart who had a fairly Recent hip operation and Eric Appleby who had been injured recently in an accident on the road and hospitalised with an ankle injury.

The first over 80 was James Mathew Johnston who was third over 65 in World Veterans Marathon in Australia in 1987 and was one of the "Pathfinders on D Day."

"I have made a lot of friends round the World and I would say that was the greatest thing about veterans athletics" Johnston remarked.



Jane Clark (51), Eileen Lang (9), Sheila Allen (212)

Eileen Lang (36) from City of Glasgow was the eventual winner of the women's race with a late flurry of speed in the last 800metres.

The first to go ahead were Sheila Allen, the over 45 winner, along with Jane Clarke, who was third over 40 in Ballymena but her strong suit was on the road where she had won titles. By the time they hit the stretch of sand after the hill Clarke started to move ahead. Going up the last big hill Clarke looked good but on the way down Lang came flying by and she did not look back with Helen Wheeler running an isolated but solid race for third place overall. Sheila Allen moved back up from fifth to fourth overall in the last lap. Three who all ran well to win their categories were Jane Waterhouse W50, Val Hancock W55, and Kathleen Stewart W60.

Scottish National winner Lang started running as a 17 year old after being a gymnast. "I am a chartered accountant so I run the 3 miles to work in the centre of Glasgow. I can't get away from work till 5 o'clock with my job but I know what I should be doing in training. I run about 40 to 45 miles a week"

Jane Clarke "I probably went out too fast and I found I was good going up the hills but not so good coming down the other side. I have won my group in the last two years on the road and done 17.27/36.04 for 5000m."

Sheila Allen had something to say "I felt the first 800 was very fast then I felt I was dying as I went back, once I hit the sand. Normally I have a lot of energy but I found the course was very tough and felt to be over distance rather than under. I have had a good year in the North East Harrier League winning the veteran title." Her Manager and all round helper Les Purvis said "She did well to be 45 and win outright in veterans section of the North East Harrier league and I think she was second overall in the competition."

BMAF XC RESULTS

WOMEN & MEN OVER 70 (5k)

1 E Lang W35 Glas 19:03; 2 J Clarke W40 Norf 19:24; 3 H Wheeler W35 Ashford 19:36; 4 S Allen W45 Houghton 19:50; 5 S Ridley W35 EWM 20:04; 6 E McBrinn W35 Shetts 20:13; 7 S Finch W40 Glas 20:24; 8 J Pidgeon W35 Notts 20:36; 9 W Jones W40 Roston 20:43; 10 S Cooper Southport 20:56; 11 J Moorekite W45 Invita 21:01; 12 H Morton W45 Irvine 21:07; 13 P Atkinson W40 Maccles 21:11; 14 S Becconsall W40 Bing 21:29; 15 E Batty W45 Invita 21:46; 16 K Dobboe W35 EWM 22:02; 17 L White W50 Cov 22:18; 18 E Reid W35 Shetts 22:19; 19 J Waterhouse W50 Central 22:23; 20 J Thomson W35 Glas 22:24; 21 K Davidson Elswick 22:37; 22 A Foster W50 Horwich 22:49; 23 E McGarry W45 Irvine 23:13; 24 B McFall M70 Cof Edin 23:14; 25 V Hancock W55 Durh 23:22; 26 K Todd W50 23:25; 27 C-A Gray W35 Glas 23:29; 28 M Ball M70 N Norf 23:31; 29 P Fisher W45 Roth 23:35; 30 D Howarth M70 Leigh 23:45; 31 E Appleton M70 Heaton 23:48; 32 H Gibson M70 Hamil 23:53; 33 T O'Reilly Springburn 24:11; 34 S Kamdar W45 Sothend 24:20; 35 C Lee W60 Gosforth 24:31; 36 L Marr W40 Shetts 25:11; 37 M Miller W40 Irvine 25:16; 38 S Cook W40 Horwich 25:50; 39 K Stewart W60 N Shields 26:04; 40 B Stoddart M70 Inverclyde 26:18; 41 B Jones W60 Bro Dysyanni 26:32; 42 J Cullingham M70 Reading 26:57; 43 W McNeil M70 Drham 26:57; 44 R Silver M70 Helsby 27:01; 45 A Ross W50 Invita 27:58; 46 B Cusken W60 Sutton 28:32; 47 S Porteous W45 Maryhill 29:03; 48 J Caddy M75 Middles 30:03; 49 J Johnston M80 NEVAC 38:40; 50 A Duncan M75 SVHAC 39:39; 51 D Blyth M80 EVAC 41:53;

Teams W35-44 - City of Glasgow 28 pts. W45-54 - Invita East Kent 71 pts.

MEN 50-69 (10k)

1 B Kirkwood M50 Mizuno 36:23; 2 J Bell M55 Elswick 36:57; 3 B Lloyd M50 Tel 37:02; 4 D Overton M55 Kendal 37:15; 5 J Hanratty M50 Clydesdale 37:23; 6 S Owen M50 NVH 37:35; 7 R Bailey M50 Bing 37:39; 8 D Cowie M50 Forres 37:43; 9 J Exley M55 Oxford 37:49; 10 C Dickinson M50 Belg 37:55; 11 T Seakins M50 Colchester 38:04; 12 A Jenkins M50 Cambuslang 38:19; 13 P Ross-Davies M50 Invita 38:24; 14 P Probin M55 Bing 38:30; 15 K White M50 Jersey 38:33; 16 M Stacey M50 Invita 38:47; 17 S Calderbank M55 N Flyde 38:53; 18 P Weatherhead M50 Wirral 39:13; 19 G Mitchell M55 Inverness 39:15; 20 N Morrison M50 Irvine 39:30; 21 R Young M55 Clydes 39:35; 22 H Matthews M55 Elswick 39:42; 23 D Wheeler M50 Ox f 39:59; 24 P Wallace M50 Midway 40:05; 25 F Yoeman M55 Dumb 40:07; 26 B Hilton M55 Leeds 40:09; 27 B Gough M50 Camb 40:17; 28 M Smedley M55 Derby 40:18; 29 M Foschi M50 Wirral 40:29; 30 J White M50 Irvine 40:31; 31 A Rennie M50 Irvine 40:33; 32 J Hassall M55 Tel 40:36; 33 T McPajke M50 Camb 40:40; 34 A Shedden M50 Irvine 40:44; 35 M Smith M60 Bing 40:51; 36 P Cartwright M60 Clydes 41:16; 37 R Parker M55 Leeds 41:19; 38 G Bell M50 Bing 42:01; 39 T Culshaw M55 Invita 42:13; 40 K Horn M55 Leeds 42:21; 41 R Britton M50 Staff Moor 42:31; 42 P Kelly M55 Law 42:37; 43 L Haynes M60 Bing 42:41; 44 D Leech M50 E Kilbride 42:44; 45 S James M65 Southport 43:10; 46 N Robson M55 Bing 43:17; 47 K Buckle M60 Chelt 43:28; 48 J Wilkins M50 Invita 43:31; 49 H Watson Shetts 43:33; 50 F Gibbs M60 Bing 43:37; 51 D Hayes M55 Keswick 43:49; 52 W Ryder M65 Morpeth 44:01; 53 J Firth M60 Bing 44:06; 54 J H Collins M65 Swan 44:10; 55 J Perrat M65 Exmouth 44:40; 56 I Leggat M60 SVH 44:42; 57 P Honniball Thames H&H 44:57; 58 D Fairweather M55 Camb 45:03; 59 L Ruecroft M50 Leeds 45:08; 60 M Edwards M60 Aberdeen 45:12; 61 G Jenkins M60 Invita 45:28; 62 I W Barnes M65 Darl 45:31; 63 M Johnson M60 Thames H&H 45:32; 64 E Simpson M65 Folkes 45:32; 65 D Spencer M65 Barrow 46:08; 66 F McCain M50 Haddington 46:21; 67 G Smith M65 Gateshead 46:39; 68 E Broad M60 Invita 46:49; 69 M Flinn M50 Irvine 47:03; 70 R Pike M55 Leeds 47:21; 71 K Chapman M60 Kimberworth 47:55; 72 B Atkinson M65 NVAC 47:57; 73 W McAskey M65 Edin 48:16; 74 P Rudzinski M50 Clydesdale 49:01; 75 D Morelita M60 Invita 49:12; 76 G Oliver M65 100K 50:10; 77 K Black M55 Spectrum 50:18; 78 L Pearson M55 Clydesdale 50:53; 79 J Wilson M65 Bradford 50:59; 80 R Stewart M60 NSP 51:32; 81 D Turnbull M60 Westerlands 52:28; 82 F Carpenter M60 Thames H&H 55:28; 83 B Shave M65 HHH 55:58; 84 D Kerr M65 Irvine 58:03; 85 W Drysdale M65 Law 64:54; 86 D Tait M50 Saltwell 66:34; 87 E Hill M65 Watford 71:59;

Teams

Men 50-59: 1 Bingley 59; 2 Clydesdale 62; 3 Invicta East Kent 68; 4 Ron Hill Cambuslang 72; 5 Irvine 81;

Men 60-69: 1 Bingley 128; 2 Thames H&H 202; 3 Invicta East Kent 204;

MEN 40-49 (10k)

1 T Murray M40 Inverclyde 33:37; 2 J Crichlow M40 Watford 33:43; 3 B Rushworth M40 Sund 34:06; 4 D Neill M45 Staff Moor 34:15; 5 C Donnelly M40 Camb 34:54; 6 J Brown M40 Camb 35:07; 7 P Muller M45 Horw 35:11; 8 J Convery M40 Bing 35:20; 9 S Robinson M45 Bing 35:25; 10 M Farran M40 Leeds 35:28; 11 B Atkinson M45 Barrow 35:38; 12 G Gaffney M45 Inverclyde 36:14; 13 G Wilson M45 Tel 36:17; 14 R Hailey M45 Tel 36:27; 15 B Gardner M45 Swin 36:43; 16 S Fraser M40 Bing 36:56; 17 P Martin M40 Staff Moor 36:57; 18 B Green M45 Oxf 36:59; 19 D Rayner M40 Craw 37:18; 20 M Spencer M40 Bide 37:25; 21 D Dymand M45 Cambus 37:29; 22 R Grant M45 Oxf 37:34; 23 M Strang M45 Tip 37:38; 24 O Hird M45 Wirral 37:40; 25 P Venables M45 Roth 37:41; 26 M Baylis M40 Wirral 37:44; 27 A Dent M45 Blaydon 37:49; 28 P Carter M40 Staff Moor 38:03; 29 P Neal Roth 38:15; 30 D Condra M40 E Kilbride 38:17; 31 J Zaple M45 Cambus 38:28; 32 B Craig M40 Irvine 38:31; 33 P Kilgannon M45 Wirral 38:39; 34 W Weir M40 Law 38:46; 35 T Dixon M45 Oxf 38:49; 36 P Jones M45 M Keynes 38:56; 37 T Devoy M45 Wirral 39:01; 38 N Bassett M40 Staff Moor 39:04; 39 C Joss M45 Bellahous 39:15; 40 G Harden M40 Sund 39:18; 41 R Riach M40 E Kilb 39:26; 42 S Fry M40 Bing 39:20; 43 D Marshall M40 Cambus 39:53; 44 J McNamee M40 Irvine 40:00; 45 P Roberts M45 Kimberworth 40:16; 46 D Owen M40 Staff Moor 40:18; 47 J Doyle M45 Vic Pk 40:45; 48 J Weir M40 Garscube 41:33; 49 P Woodyatt M40 Norw 42:13; 50 D Geddes M45 Garscube 42:18; 51 G Colvin M40 E Kilb 42:41; 52 M Lee M40 Invita 42:59; 53 G Haddow M40 E Kilb 43:19; 54 J Cooke M40 Staff Moor 44:56; 55 F Dowell M40 Irvine 46:58; 56 G Stewart Calderglen 47:17; 57 R McAuley M45 Staff Morr 47:48; 58 C Steven M40 Calderglen 51:13;

Teams

Men 40-49: 1 Ron Hill Cambuslang 63; 2 Bingley AC 75; 3 Staffordshire Moorlands 87; 4 Wirral 120; 5 East Kilbride 175;

16th National Open Masters Road Relay Championships Sutton Park, Birmingham 17th May 2003**Words from Pete Mulholland****Pictures Jeremy Hemming**

During a week that saw the publication of the UK Athletics newsletter with nary a mention of the masters or veterans this event again showed a commitment and enthusiasm that takes some beating.

In the preceding months, teams were selected, running orders debated and injuries nursed for it all to come together at what many feel is the premier masters event of the year. A concept that is hard to argue with.

M40

An almighty Celtic battle between Cambuslang and Swansea saw the Scottish brigade prove to have the faster 'tail' as they went well clear to repeat their victory of 1999.

Shaftesbury Barnet's Andy Magnall led **stage one** but with no team colleague to pass on to as Wolves Nigel Share placed second with Bernard Jones seeing Wrexham into third while Cambuslang, through Ian Williamson placed fourth.

At this stage Swansea were 22nd with likely contenders Woodford Green and Brighton & Hove in 35th and 40th respectively.

Stage two saw Dave Dymond put Cambuslang into the lead as Ed Partridge took Wrexham into second while Mike Spencer for 'Southern' champions Bideford, went into third. "That was tough," he said.

Lower down the field Andy Thomas of Thames Hare and Hounds passed 27 runners with his 15:08, the quickest of the stage.

The situation remained by close of **stage three** as Dave Thom, confessing, "It was hard from the front and at one stage I thought I'd blown it," maintained Cambuslang's lead. Mike Robbins and Martin Owen respectively kept Wrexham and Bideford in second and third.

Fastest on stage was Mick Hawkins whose 15:13 gained 21 places for Bingley.

Stage four saw Martin Rees enter the fray to haul Swansea into second place with his 14:37, later to prove equal fastest of the day, as he carved 1:13 from Cambuslang's lead.

Rees later said, "Two years ago I ran 14:44 here and I'm in the form ready to have a crack at some more British M50 road records."

However, still ensuring that Cambuslang enjoyed a good lead was UK M40 fell champion Colin Donnelly. "I didn't think I would be able to run today and had to take pain killers," he admitted.

Making the frame for the first time, thanks to Phil Hall, was Clayton-le-Moors just clear of Bingley in fourth.

Gareth Davies then took Swansea into the lead with 15:02 proving the fastest on the **fifth stage**. "I took it easy up the hill, keeping the leader sight. I caught him about a mile to go and then went for it knowing every second counts."

Ross Arbuckle for Cambuslang still managed a respectable 15:34 just one second slower than Peter Plant who brought Telford into third but almost two minutes behind the leading duo.

Shaun Tobin on **stage six** increased Swansea's lead. "I was happy with that. I knew I had to drive myself to give the team a chance," as Cambuslang with Frankie Barton pulled away from Telford for who Steve Jones just held off Clayton-le-Moor's Tony Chew.

Tom O'Connor saw Woodford Green into fifth with his fastest stage time of 14:49 while Nigel Gates, on the eve of his 50th birthday, said, "I'm amazed it was that quick," after clocking 14:51.

The action then hotted up on **stage seven** as Alex Robertson passed Dermott Kerr to present Cambuslang with a one second lead over Swansea as Mark Flint consolidated Telford's third place.

"That was tough," admitted Robertson, "but the atmosphere and the crowd were great and drove me on."

Away from the sharp end Brian Rushworth brought Sunderland into seventh with 14:37 to equal Rees as the day's fastest. "I have to be pleased with that as I had a foot injury for 14 months."

The final stage certainly proved a 'glory leg' for Jack Brown as he went on his own sweet way for Cambuslang while a lonely Andy Doel secured second for Swansea.

"It would have been faster if I had anyone with me," said Brown.

Meanwhile Tony Power consolidated bronze for Telford. "After how many seventh places than I care to remember we have finally got among the medals," said their team manager Colin Mattock.

Steve Smith of Preston was way down the field busy clocking 15:10 for the fastest stage time while defending champions Brighton and Hove, although quicker than last year only managed sixth.

Men 50

Always in first three, Invicta East Kent proved far too consistent to lead home Oxford City who was seeking their fifth win in this event.

Phillip Garbutt of Bromsgrove and Redditch dominated **stage one** ahead of North Fylde's Stu Calderbank as Paul Ross-Davies of Invicta Oxford's led Gareth Jones for a foretaste of the team battle to follow.

Stage two had Dave Laynes taking Bedford from sixth to first to as BMAF cross-country champion Martyn Rouse eased Invicta into second.

Former M50 cross-country champion Peter Hyde took 11 places to see Altrincham into third, admitting, "and I was pleased with that as I've had hamstring problems for 12 weeks."

With an even more impressive display of overtaking, Barnet's Tony Cousins swept past 27 athletes with a fastest stage time of 16:15.

Then Trevor Edgley put Invicta into a half way lead, a position they were to maintain. He confessed, "I didn't like running from the front...it was scary."

Wirral's Michael McDevitt was second with 16:01, later to prove the fastest of the day.

Barnet's progress continued as Des Michael took them into third.

Invicta's lead was then enhanced on stage four as Flora London Marathon M50 winner Pete Russell arrived 33 seconds ahead of Altrincham's Peter Pickwell.

Roy Treadwell finally saw Oxford City in a medal position. "That was hard. I was alright uphill but the downhill wasn't so good," he admitted.

Bringing Cambuslang into eighth place – they were 34th on stage one – was Charlie McDougall with his 16:04 to survive as the second fastest time.

The penultimate stage saw Invicta extend their lead through Mike Stacey although he admitted, "I didn't think I was working hard enough."

Tony McDevitt, twin of Michael, regained second for Wirral with his 16:09 being the fastest time of the stage and third fastest of the race. Tony Culshaw had the honour of ensuring that Invicta proved to be the first club from Kent to take a national veterans road relay title.

"This result has been one of my goals," said club chairman Culshaw.

An exuberant Rouse said, "I have won national and international veteran championships but for 18 years I have waited for this. This is the one I wanted."

John Exley hauled Oxford into the silver medals to confirm their M50 consistency by adding to their four wins and a second place over the previous five years.

"I thought I had a chance and kept bashing away," said Exley.

Archie Jenkins was making serious inroads into the opposition from sixth to third for Cambuslang, edging defending champion Stockport by three seconds.

M60

Second last year Bingley had no trouble in capturing a title they last won in 1999.

It was good as it gets on stage one as Peter Honniball of Thames Hare and Hounds led home Blackheath's Chris Woodcock by three seconds with John Firth of Bingley third three seconds later.

Firth said, "I felt relaxed especially knowing we had Mike (Smith) and Fred (Gibbs) to come."

And so it proved, as Gibbs took control on stage two to go clear of Thames' Keith Spacie with Barrie O'Gorman maintaining third for Blackheath.

Gibbs, after running what proved the second quickest of the race, admitted, "I felt comfortable." Spacie, more than pleased his knee problems were now history said, "There were no problems today."

It was all over bar the shouting as Smith went for Bingley on the final stage for a win.

MASTERS ATHLETICS JULY 2003

margin of over two minutes over Thames' Michael Johnson.

With the only sub-18 of the race, Smith's 17:31 ensured a second gold medal.

Alan Davies comfortably saw Blackheath into third.

M70

Only one team in it as Barnet completed a hat trick of M70.

Ron Higgs opening 20:15 for Barnet ahead of Wrexham's Ted Partridge and Andy Crocker of Cleethorpe set the scene.

Ernie Blackler and Derek Wood then wrapped it up 21:52 and 22:34 respectively and unsurprisingly with the three fastest times of the race Barnet were untroubled when being 11 minutes faster than last year they won by over 18 minutes.

W35

Shaftesbury Barnet finally confirmed their potential with a clear victory.

Mel Ellis celebrated debut in this event with 17:11, later confirmed as the day's fastest. "I came off steady before taking the lead after a mile."

Sandra Andreou saw Woodford Green into second with the second fastest time of the race as Helen Burrell secured third for Redhill with the day's third fastest.



Kate Armstrong on stage two kept Shaftesbury ahead but Julie Cook slightly closed to put Salford second while Audrey MacMillan kept Redhill third.

Congratulated on her performance, Armstrong jokingly replied, "Mel (Ellis) is the engine room of the team, I'm just the oily rag!"

Shaftesbury's Maggie Cooper had no problems on the final stage being 30 seconds quicker than Salford's Trish Sloane as a stirring final effort from Carr took Woodford from fifth to third.

Also on this stage was Sheila Carey, former Olympic finalist and UK 1500m record holder. She said, "I've been out with tendon problems but it's nice to get back."

W45

After usually being among the medallists at this event Cannock and Stafford finally came good.

Forest of Dean, with Ann Nixon's 18:07 proving fastest lap of the race, led home the first stage with Invicta's Elizabeth Batty second and Bath's Zina Marchant third.

Jenny Wakeman took Barnsley clear on stage two while Kim Braznell improved West Bromwich to second as Lindsey Dow kept Bath third.

It was then the Christine Kilkenny charge to haul Cannock and Stafford from fifth into a clear lead as Bath through Sue Brigden clinched second while Wrexham, with Alison Whitelaw, came into a medal position for the first time to take third

Kilkenny's much earlier brush with fame came in 1976 as Britain's first woman to breach a three-hour marathon with her 2:50:55 smashing Margaret Thompson's UK record by almost 17 minutes.

W55

Serpentine Running Club enjoyed their first success at any level at these races when winning by almost five minutes

Pauline Rich set the 'Serpies' on their way with the fastest time of the day and with former UK W65 5km road record holder Ena Ulrich and 2002 Flora London Marathon W60 winner Sue Lambert following, the result proved a formality.

Lambert was in fact the odd one out of the team being the only one without a European Veteran's track title!

Only Barnet's Karen Fallon with her opening stage time of 21:16 put a stop to Serpentine claiming the three fastest times.

Women 35 to 44 Team Result

- 1 Shaftesbury Barnet H 52.18 (Melanie Ellis 17.11, Kate Armstrong 17.47, Maggie Cooper 17.20)
- 2 Salford Harriers 53.15 (Evelyn Duffdale 17.43, Julie Cook 17.42m, Trish Sloane 17.50m)
- 3 Woodford Green Essex I 54.41m (Sandra Andreou 17.18m, Bern Pritchett 19.01m, Je Carr 18.22m)
- 4 Redhill Road Runners 54.48m (Helen Burrell 17.23m, Audrey Macmillan 18.45m, Helen Cawthorne 18.40m)
- 5 Liverpool Harriers 55.04m (Sarah Singleton 17.42m, Linda McDermott 18.29m, Gill Varley 18.53m)
- 6 Derby AC 55.08m (Jill Burke 17.50m, Yvonne Crawley 19.26m, W Roethenbaugh 17.52m)
- 7 Harborough AC 56.53m (Toni Boa 19.01m, Kate Williams 19.44m, Jill Postlewaite 18.08m)
- 8 Rotherham Harriers & AC 57.39m (Janet Hindley 18.27m, Sharon Burton 20.26m, Hilary Garrison 18.46m)
- 9 North Fylde AC 58.48m (Andrea Smith 18.35m, Chris O'Connor 19.55m, Stef McPheeley 20.18m)
- 10 Les Croupiers RC 58.52m (Julie Scholey 18.53m, Wendy M Edwards 19.57m, Yvonne Bullen 20.02m)
- 11 Royal Sutton Coldfield 59.14m (Petra Knowles 18.49m, Yvonne Parker 21.00m, Val Carter 19.25m)
- 12 Wrexham Amateur AC 59.28m (Helen Davies 18.23m, Kim Norgrove 22.18m, Alexia H-Morris 18.47m)
- 13 North Derbyshire RC 59.51m (Ann Barker 19.45m, Fiona Durie 20.24m, S Stephenson 19.42m)
- 14 Serpentine RC 1h01.20m (Theresa Brady 18.47m, Beate Vogt 22.23m, Grethe Petersen 20.10m)
- 15 Clayton-le-Moors H 1h02.20m (Anna Kelly 19.25m, Christina Lewis 20.33m, Kathryn Brady 22.22m)
- 16 Nuneaton Harriers 1h02.31m (Liz Brown 19.42m, Debbie Suffolk 22.15m, Sheila Carey 20.34m)
- 17 Cleethorpes AC 1h02.33m (Beverley Wilson 17.58m, Shelley Lockwood 22.57m, Leslie Parry 21.38m)
- 18 Bromsgrove & Redditch 1h04.16m (Ann Stewart 20.17m, Jane Anderson 23.44m, Kate Haley 20.15m)

- 19 Northbrook AC 1h04.32m (Clair Harrison 22.16m, Loretto Denley 20.45m, Sarah McNaney 21.31m)
 - 20 City of Hull AC 1h04.44m (Jeannie Coupland 20.01m, Tania Wardell 22.23m, Helen Sampson 22.20m)
 - 21 Red Rose Road Runners 1h06.31m (Karin Bain 20.03m, M McLaughlin 22.43m, Jema Swarbrick 23.45m)
 - 22 Forest of Dean AC 1h07.09m (Janice Lightly 20.27m, Tracey Davis 24.24m, Lynne Park 22.18m)
 - 23 Barnet & District AC 1h07.19m (Penny Wylie 21.22m, Pauline Michael 20.19m, Jane Laws 25.38m)
 - 24 Centurion RC 1h07.41m (Sally Gisbourne 22.06m, Theresa Wooley 22.24m, Kathy Cole 23.11m)
 - 25 Middleton Harriers 1h07.53m (Teresa Hollins 22.55m, Ruth Hare 21.15m, Kyrinda H-Moore 23.43m)
 - 26 Mansfield H & AC 1h09.45m (Lynn Townroe 24.34m, Angela Davies 22.53m, Hazel Ross 22.18m)
- Fastest Legs:** 1 Melanie Ellis 17:11; 2 Sandra Andreou 17:18; 3 Maggie Cooper 17:20;

Women 45 to 54 Team Results

- 1 Cannock & Stafford AC 58.45m (Christine Kilkenny 18.28m, Dot Fellows 19.56m, Chris Kilkenny 18.28m)
 - 2 City of Bath AC 59.36m (Zina Marchant 19.44m, Lindsey Dow 20.39m, Sue Brigden 19.53m)
 - 3 Wrexham Amateur AC 59.47m (Ros Adams 19.47m, Margaret Docking 20.29m, Alison Whitelaw 19.31m)
 - 4 Barnsley AC 1h00.09m (Linda Westlake 19.51m, Jenny Wakeman 19.22m, Marion Harrison 20.56m)
 - 5 West Bromwich Harriers 1h00.31m (Joan Clarke 19.32m, Kim Braznell 19.45m, Diane Edge 21.14m)
 - 6 Rotherham Harriers & AC 1h01.24m (Gill Bunker 20.40m, Pat Muller 21.06m, Paul Fisher 19.38m)
 - 7 Poole Runners 1h01.59m (Helen Amrosen 20.39m, Carol Doe 20.53m, Trin Lindop 20.27m)
 - 8 Forest of Dean AC 1h02.25m (Ann Nixon 18.07m, Jackie Green 22.39m, Carol Jones 21.39m)
 - 9 Middleton Harriers 1h04.19m (Carol Baxendale 20.45m, Kim Molyneux 21.57m, Chris Brooks 21.37m)
 - 10 Serpentine RC 1h04.28m (Naomi Stanford 20.31m, Jan Farmer 22.31m, Hilary Walker 21.26m)
 - 11 Invicta East Kent AC 1h04.30m (Elizabeth Batty, 18.29m, Pam Clayton 23.22m, Annie Ross 23.39m)
 - 12 Sutton-in-Ashfield H&AC 1h05.50m (Jane Littler 19.37m, Jan Johnson 21.42m, Lindsay Limb 24.31m)
 - 13 Royal Sutton Coldfield 1h06.09m (Fleur O'Brien 22.01m, Pat Gorman 20.11m, Lyn Taylor-Green 23.57m)
 - 14 Coventry Godiva 1h06.23m (Linda White 19.41m, Ann Kirkham 22.53m, Julie Beckford 23.49m)
 - 15 Centurion RC 1h06.32m (Mary Williams 21.19m, Marilyn Maidment 22.23m, Stephanie Smart 22.50m)
 - 16 Spectrum Striders RC 1h07.47m (Janet Redpath 22.27m, Linda Owen 21.48m, Sue Southern 23.32m)
 - 17 Les Croupiers RC 1h09.00m (Liz Clarke 21.45m, Marilyn Rowson 25.14m, Sue Neal 22.01m)
 - 18 Longwood Harriers AC 1h13.00m (Bridgid Walsh 21.39m, Sue Pickersgill 23.52m, Linda Norgate 27.29m)
 - 19 Hull Achilles 1h15.55m (Jane Morley 21.00m, Jackie Ricketts 28.30m, M Ellerington 26.25m)
 - 20 Cleethorpes AC 1h16.23m (R Richardson 20.48m, Carol Edwards 23.45m, Jenny Clarke 31.50m)
 - 21 Harborough AC 1h20.40m (Val Goode 21.11m, Linda Lawton 27.24m, Ann Knights 32.05m)
- Fastest Legs:** 1 Ann Nixon 18:07; 2 Chris Kilkenny 18:28; 3 Elizabeth Batty 18:29;

Women 55 and over Team Results

- 1 Serpentine RC 1h03.44m (Pauline Rich 20.49m, Ena Ulrich 21.23m, Sue Lambert 21.32m)
 - 2 Barnet & District AC 1h08.25m (Karen Faloon 21.16m, Maureen Shirley 23.11m, Pauline Lygo 23.58m)
 - 3 Les Croupiers RC 1h08.54m (Annie Conroy 22.37m, Clare Johnson 23.59m, Ruth Collishaw 22.18m)
 - 4 Shaftesbury Barnet 1h16.44m (Carole Brown 24.54m, Brenda Fee 24.54m, Dian Taylor 26.56m)
 - 5 Clayton-le-Moors H 1h17.05m (Valerie Lawson 25.56m, Jackie Green 25.50m, Kathleen Garnett 25.19m)
- Fastest Legs:** 1 Pauline Rich 20:49; 2 Karen Faloon 21:16; 3 Ena Ulrich 21:23;

Men 60 to 69 Team Results

- 1 Bingley Harriers & AC 53.48m (John Firth 18.16m, Fred Gibbs 18.01m, Mike Smith 17.31m)
- 2 Thames Hare & Hounds 55.51m (Peter Honnibal 18.12m, Keith Spacie 18.45m, Michael Johnson 18.54m)
- 3 Blackheath & Bromley H 57.24m (Chris Woodcock 18.15m, Barry O'Gorman 18.57m, Alan Davies 20.12m)
- 4 Invicta East Kent AC 58.30m (Eddie Broad 19.13m, Dave Moorkite 20.08m, Glynn Jenkins 19.09m)
- 5 Clayton-le-Moors H 59.08m (Ted Orrell 19.06m, Dave Scott 19.14m, Richard Lawson 20.48m)
- 6 Shaftesbury Barnet 1h00.22m (Ray Tucker 21.00m, Derek Surrey 19.32m, Gerry Elmore 19.50m)
- 7 Barnet & District A 1h00.42m (Con Antoniou 19.08m, Tony Hamilton 21.23m, Ted Kimber 20.11m)

MASTERS ATHLETICS JULY 2003

8 Poole Runners 1h00.59m (Bruce Cameron 19.54m, Brian Pantan 21.17m, Barrie Mitchell 19.48m);
9 Bolton United Harriers 1h01.58m (Mike Barnes 19.01m, Brian Court 22.30m, Jim McNulty 20.27m);
10 Neath Harriers 1h02.38m (Mark Tattersall 21.54m, Arthur Phillips 20.54m, Brian Blandford 19.50m);
11 Gosforth Harriers & AC 1h04.16m (Ken Sutton 20.44m, William Lumsden 21.24m, Albert Prouse 22.08m);
12 Middleton Harriers 1h05.53m (Peter Gilligan 21.39m, Tom Broderick 21.58m);
 Roy Lee 22.16m;
13 Royal Sutton Coldfield 1h08.04m (Richard Cashmore 20.39m, Mike Stanley 23.33m, Sunny Kyd 23.52m);
14 Halesowen A & CC 1h08.56m (Les Woods 22.02m, Archie Rollason 24.02m, Bill Aston 22.52m);
15 Red Rose Road Runners 1h09.38m (Allan Fitchett 21.46m, Thomas Dodd 21.59m, Richard Packer 25.53m);
16 Derby AC 1h09.43m (Ray Clayton 18.42m, Mick Butterly 21.33m, Joe Keily 29.28m);
17 North Fylde AC 1h09.50m (Stan Jackson 26.33m, Mike Walsh 21.42m, John Bradley 21.35m);
18 Les Croupiers RC 1h11.24m (Cledwyn Jones 21.48m, Malcolm Farnham 23.23m, Alan Bladen 26.13m);
19 Wrexham AAC 1h13.40m (Gwyn Jones 22.34m, Peter Roberts 25.34m, John Tipping 25.32m);
Fastest Legs: 1 Mike Smith 17:31; 2 Fred Gibbs 18:01; 3 Peter Honniball 18:12;

Men 70 and over Team Results

1 Barnet & District AC 1h04.41m (Ron Higgs 20.15m, Ernie Blackler 21.52m, Derek Wood 22.34m);
2 Clethorpes AC 1h23.26m (Andy Crockett 28.28m, Alf Harries 25.05m, Dennis Holt 29.53m);
3 Wrexham Amateur AC 1h28.37m (Ted Partridge 24.02m, Les Baldwin 29.53m, Ron Jones 34.42m);
Fastest Leg: 1 Ron Higgs 20:15; 2 Ernie Blackler 21:52; 3 Derek Wood 22:34;

Men 50 to 59 Team Results

1 Invicta East Kent AC 1h01.10m (Paul Ross-Davies 16.51m, Martin Rouse 16.52m, Trevor Edgely 16.54m, Peter Russell 16.34m, Mike Stacey 16.46m, Tony Culshaw 17.13m);
2 Oxford City AC 1h41.27m (Gareth Jones 16.53m, Dave Parsons 17.26m, Mick Welland 17.04m, Roy Treadwell 16.42m, Dave Wheeler 16.48m, John Exley 16.34m);
3 Ron Hill Cambslang 1h41.43m (Tom McPake 17.56m, Barney Gough 17.20m, Freddy Connor 17.24m, C McDougall 16.04m, Frank Hurley 16.31m, Archie Jenkins 16.28m);
4 Stockport Harriers & AC 1h41.46m (John Sweeney 17.34m, Frank Reilly 16.51m, Alan Dover 16.44m, John Wharf 17.33m, Len Best 16.19m, Robert Taylor 16.45m);
5 Altrincham & District 1h41.53m (Dave Telford 17.17m, Peter Hyde 16.27m, Jeff Norman 17.18m, Peter Pickwell 16.42m, Roy Waterlow 7.39m, Malcolm Firth 16.30m);
6 South London Harriers 1h42.04m (Terry Twomey 17.25m, Dave Kent 17.15m, Francis Upcott 17.08m, Ian Kitching 16.32m, Paul Williams 16.49m, John Quaintance 16.55m);
7 Wirral AC 1h42.22m (Pete Weatherhead 17.04m, Mario Foschi 17.34m, Michael McDevitt 16.01m, Brian Williams 17.39m, Anthony McDevitt 16.09m, Anthony Wright 17.55m);
8 Derby AC 1h42.24m (Chin-Pun Chuah 17.41m, Chris Rosling 17.33m, Mick Smedley 17.05m, Alasdair Kean 16.29m, John Simmons 16.47m, Kevin Brailsford 16.49m);
9 Rotherham Harriers & AC 1h43.39m (Alan Gregory 17.30m, Mart Herrington 17.41m, Male Palreymann 17.25m, Mick Marsters 17.37m, Steve Games 17.05m, Chris Beighton 16.21m);
10 Bingley Harriers 1h43.47m (Pete Moon 17.40m, Neil Jennings 17.29m, Billy Padgett 17.04m, Dave Watkinson 17.26m, Gerry Bell 17.42m, Roy Bailey 16.26m);
11 Aldershot Farnham & D 1h44.48m (Dave Gibson 17.13m, Jim Wood 16.55m, Peter Adams 16.46m, Peter Beacham 17.36m, Pat Quigley 17.22m, Martin Duff 18.56m);
12 Longwood Harriers AC 1h46.18m (Ian Mitchell 17.14m, Richard Hepworth 17.09m, Mick Proctor 18.05m, Trevor Wright 17.00m, Andy Norgate 17.41m, Rich Hardcastle 19.09m);
13 Barnet & District AC 1h46.23m (John Shirley 17.52m, Tony Cousins 16.15m, Des Michael 16.34, Pete Marsh 18.17m, Nick Bingham 18.49m, Reg Black 18.36m);
14 Bolton United Harriers 1h47.05m (Dave Dowd 17.19m, Ken Fowler 17.14m, Eric Ranicar 17.14m, Phil Read 18.09m, John Ward 18.14m, Alan Fielding 18.55m);
15 Poole Runners 1h47.08m (Keith Long 17.22m, Alan Lewis 18.25m, Geoff Scott 18.04m, Alwyn Dominey 18.26m, Arthur Johns 17.26m, Dave Cartwright 17.25m);
16 Wrexham AAC 1h48.28m (Phil Walker 18.19m, Ian Selvey 17.22m, Ian Carson 17.45m, Melvyn Ollier 18.50m, Geoff Richards 18.08m, Arthur Egan 18.04m);
17 Bedford & County AC 1h48.57m (Graham Ayre 17.12m, Dave Laynes 16.17m, Brian Webb 18.13m, Pete Dancer 18.37m, Bob Thompson 19.21m, Mick Russell 19.17m);
18 Redhill Road Runners 1h49.03m (Stew Lebelinski 17.02m, Eddie Tennant 17.04m, Jim Munroe 17.08m, Colin Astill 18.08m, Bill Johnson 19.25m, Tony Garland 20.16m, 15.21m, Paul Warden 16.07m, Barrie Moss 16.31m);

19 Trentham Running Club 1h49.19m (Dennis Frain 17.44m, Stan Winterton 17.47m, John Keeling 17.46m, Geoff Rigby 17.53m, Brian Riley 18.57m, Phil Bould 19.12m);
20 Salford Harriers 1h49.35m (Pete White 17.07m, Mike Wakefield 17.13m, Tommy Daniels 18.28m, Frank Royle 19.35m, Stan Curran 17.41m, Rowland Bowness 19.31m);
21 E Cheshire & Tameside 1h49.41m (Rick Smith 17.24m, Dave Mellor 17.44m, Philip Pearson 18.56m, Paul Kilbey 19.57m, Trevor Carson 18.43m, Alan Carroll 16.57m);
22 Mansfield Harriers & AC 1h50.06m (Derek Stewart 19.29m, Brian Harris 19.17m, Tony Hawkins 19.01m, Bob Scott 17.50m, Eric Palmer 17.32m, Rick Huntington 16.57m);
23 Bromsgrove & Redditch 1h50.32m (Philip Garbutt 16.10m, Alan Elsmere 18.55m, John Lammars 19.47m, Reg Gardner 18.16m, Peter Hawcroft 18.24m, Gordon Hardy 19.00m);
24 Telford AC 1h50.47m (John Hassall 17.31m, Paul Sanderson 18.36m, John Fry 18.55m, Peter Sutcliffe 18.19m, Alan McDonald 18.53m, Ian Kevin 18.33m);
25 Barnsley AC 1h51.12m (Peter Goodhall 17.13m, Roy Hart 17.36m, Jim Chisholm 17.34m, David Bennett 19.08m, John Wroe 19.41m, Mick Barker 20.00m);
26 Southamptn RC 1h51.49m (Ian Richardson 17.52m, Martyn West 18.07m, Dave Carter 18.23m, Richard Walley 17.44m, Malcolm Price 20.20m, Peter Lindsell 19.23m);
27 Middleton Harriers 1h52.43m (Dave Ball 19.07m, Steve Lowe 17.59m, Male Schofield 17.43m, John Riley 17.49m, B Fairbrother 20.12m, Brian Buck, 19.53m);
28 Preston Harriers 1h53.26m (Dave Laughlin 17.21m, Phil Walsh 17.52m, Alan Appelby 17.54m, Graham Bailey 19.07m, Peter Parkinson 20.36m, Barry Nuttall 20.36m);
29 Liverpool Harriers & AC 1h53.53m (Tom Vallance 18.55m, Frank Davies 18.19m, Bernie Riley 18.55m, Graham Howell 19.09m, Billy Hargreaves 19.04m, Pete Simpson 19.31m);
30 Tipton Harriers 1h54.14m (Tom Williams 19.23m, Keith Best 18.28m, Brian Russell 18.25m, Paul Lunn 20.25m, Stan Jones 19.32m, Jeff Taylor 18.01m);
31 Halesowen A & CC 1h54.30m (Paul Allen 17.33m, Ken Court 19.31m, David Lloyd 19.45m, Barry Meir 20.00m, Mick Meilezarek 19.12m, Mike Deeley 18.29m);
32 Hercules Wimbledon AC 1h54.33m (Keith Hylands 18.30m, Martin Miller 19.44m, Marco Ciglia 18.11m, Dave Betts 19.35m, Dennis Williams 18.55, Paul Roche 19.38);
33 City of Bath AC 1h54.48m (Ray Bridgen 18.05m, Dave Rose 18.07m, Rob McCarthy 17.56m, Mike Jilians 18.50m, Dennis Marchant 20.55m, Trevor Jones 20.55m);
34 Royal Sutton Coldfield 1h55.04m (Martin Jones 18.06m, Doug Hyde 18.01m, P Grisenthwaite 19.58m, Roger Pollard 19.49m, Steve Mason 18.36m, Eric Noble 20.34m);
35 Clayton-le-Moors H 1h55.08m (Jeff Pickup 18.26m, Barry Mitchell 18.16m, Graham Murray 18.49m, Bob Russell 19.25m, Mike Wrigley 20.12m, Bob Hirst 20.00m);
36 Sutton-in-Ashfield H 1h55.16m (Chris Jones 18.10m, Ian Cockayne 19.09m, Michael Round 18.42m, Alan Dickens 19.59m, Michael Davies 19.14m, Tony Staniland 20.02m);
37 Leamington C & AC 1h56.56m (Chris Donovan 18.18m, Graham Roberts 18.43m, Alan Edwards 19.37m, Bill Waite 19.55m, Bert Payne 19.51m, Jeff Capps 20.32m);
38 Les Croupiers R 1h57.27m (Jeff Aston 18.21m, Peter Morris 19.52m, Mel James 19.33m, Mike Davies 19.51m, David Walsh 21.37m, John Plain 18.13);
39 City of Hull AC 1h57.57m (Richard Winder 19.36m, Steve Coveney 19.18m, Derek Ricketts 18.17m, Pete Blowers 19.35m, Dave Brooke 20.21m, Dave Lister 20.50);
40 Spectrum Striders RC 1h58.23m (Nev Griffiths 19.15m, Terry Coles 19.33m, Alan Peers 18.55m, David Redpath 21.07m, Geoff Wilson 20.22m, Ron Dear 19.11m);
41 North Derbyshire RC 2h00.10m (John Dee 18.36m, Alan Price 18.36m, Michael Cross 22.30m, Colin Sinnott 19.14m, Brian Hampton 19.57m, Dennis Haynes 21.17m);
42 North Fylde AC 2h00.38m (Stu Calderbank 16.32m, Glyn Carradice 19.08m, Larry McGee 23.07m, Malcolm Sherwood 21.26m, Dave Wood 20.43m, Tony Croft 19.42m);
43 Birchfield Harriers 2h00.49m (Alex Elliot 19.02m, Peter Davies 19.51m, John Matthews 19.56m, John Adams 20.42m, Barry Roberts 20.41m, Alan Britton 20.37m);
44 Rolls-Royce Harriers 2h01.04m (Bob Bond 18.57m, Ken Northard 21.33m, Cliff Cooper 20.44m, Allan Pollock 21.17m, Bill Southgate 18.54m, John Thornhill 19.39m);
45 Port Talbot Harriers 2h01.43m (David Oak 19.56m, Len Richards 19.41m, Jim O'Brien 21.21m, Colin Anthony 22.09m, Alan Furnell 20.18m, Alan Perkins 18.18m);
46 Massey Ferguson RC 2h01.55m (Roger Godfrey 17.13m, Mick O'Neil 20.27m, Martin Smith 19.27m, Roger Ladbury 21.25m, John Aylmer 21.41m, Alan Oglesby 21.42m);
47 Centurion Running Club 2h04.07m (Dave Emery 18.46m, Tom Sharkey 20.15m, Eric Langford 20.21m, Geoff Wheeler 21.01m, Lynton Bradley 21.53m, Tony O'Connor 21.51m);
Fastest Legs: 1 Michael McDevitt 16:01; 2 C McDougall 16:04; 3 Anthony McDevitt 16:09;

MEN 40-49

1 Ronhill Cambslang 2h03.22m (Ian Williamson 15.08m, Dave Dymond 15.46m, Dave Thom 15.26m, Colin Donnelly 15.50m, Ross Arbuckle 15.34m, Frankie Barton 15.28m, Alex Robertson 14.55m, Jack Brown 15.15m);

2 Swansea Harriers AC 2h03.59m (Kenny Davies 15.58m, Peter Osborne 16.16m, David W-Evans 15.41m, Martin Rees 14.37m, Gareth Davies 15.02m, Shaun Tobin 15.04m, Dermott Kerr 15.30m, Andy Doel 15.51m);
3 Telford AC 2h05.58m (Steve Needs 15.32m, Brian Lloyd 16.11m, Rick Hailey 15.54m, Andy Smith 16.22m, Peter Plan 15.33m, Steve Jones 16.01m, Mark Flint 15.01m, Tony Power 15.24m);
4 Brighton and Hove AC 2h06.44m (Gary Woolfar 16.35m, Peter Witcomb 15.56m, Steve Connen 16.08m, John Clements 16.54m, Dave Blore 15.34m, Nigel Gates 14.51m, Andy Wood 15.24m, Robert Shannon 15.22m);
5 Clayton-le-Moors H 2h06.46m (Mark Aspinall 15.09m, John Roche 16.24m, Shaun Livesey 15.51m, Phil Hall 16.04m, Dave Gregory 16.19m, Tony Chew 15.47m, Mark Brown 15.09m, Roger Brewster 16.03m);
6 Woodford Green Essex L 2h07.04m (Bill Wootton 16.27m, Paul Chase 16.16m, Andy Coleman 16.14m, Dave Barrett 16.22m, Richard Holland 15.43m, Tom O'Connor 14.49m, Gerry Carr 15.29m, Tony Pamphilon 15.44m);
7 Bournemouth AC 2h08.08m (Dave Higgins 15.15m, Duncan Hurdwell 16.43m, Graham Moxham 16.23m, Mike Grist 15.33m, Ray McIlmurray 16.44m, Nick Kenchington 16.55m, Mark Hargreaves 15.10m, Gary Eagle 15.25m);
8 Bingley Harriers & AC 2h08.13m (Steve Frazer 15.46m, Jason Feeney 17.16m, Mick Hawkins 15.13m, John Convery 15.21m, John Cordingley 17.08m, Cary Gray 15.11m, Steven Fry 16.41m, Steve Robinson 15.37m);
9 Sunderland Harriers 2h08.19m (Steve Coxon 15.24m, Ron Wills 16.48m, Rob Rush 16.04m, George Harden 16.13m, Paul Collins 16.14m, John Watson 17.05m, Brian Rushworth 14.37m, Glenn Forster 15.54);
10 Bideford AAC 2h08.50m (Peter Hockin 15.13m, Mike Spencer 15.57m, Martin Owen 16.03m, Paul Sturtridge 16.48m, Clive Bright 16.59m, Ricky Butler 16.13m, Simon Edney 15.58, Bill O'Donnell 15.39m);
11 Tipton Harriers 2h09.59m (Sean Barker 17.29m, Malcolm Eustace 16.20m, Mark Farnell 16.27m, Mark Burnhope 14.57m, Mick Strange 16.24m, Mike Hager 15.11m, Ray Stanier 16.32m, Steve Wall 16.39m);
12 Rotherham Harriers & AC 2h11.20m (Alan Chell 16.28m, Steve Phillips 17.36m, Drew Donaldson 17.07m, Paul Venables 16.16m, Peter Mirrlees 16.02m, Mark Ruddleston 15.23m, Peter Neal 16.07m, John Atkinson 16.21 0);
13 Wirral AC 2h12.03m (Mike Stanley 16.09m, Peter Kilgallon 16.01m, Mark Baylis 16.37m, Chris Dagnall 16.24m, Mark Morris 17.02m, Kevin Buxton 16.52m, Anthony Devoy 16.35m, Owen Hird 16.23m);
14 Birningham Rowheath AC 2h12.42m (Mark Walton 15.50m, Richard Gray 16.09m, Harry Fowler 16.45m, Steve Hewett 16.24m, Mark Edwards 17.36m, Eddie McGrath 16.05m, Brian McEvoy 16.11m, Paul Hurcombe 17.42m);
15 Oxford City AC 2h13.54m (Richard Grant 16.07m, Trevor Dixon 16.13m, Brian Green 15.26m, Ian Avery 17.19m, Pete Gray 16.36m, Clive Rutland 17.47m, Dave Hartwell 17.07m, Nic Russell 17.19m);
16 Neath Harriers 2h14.37m (Howard Carpenter 17.37m, Dave Davies 17.01m, Steve Williams 17.02, bob bamsey 16.59, Jeff Ress 16.27, Tudor Harris 16.41, Ian Williams 16.46, Phil Crane);
17 North Fylde AC 2h14.48m (Ali Welsh 16.15m, John Houghton 16.20m, Simon Unsworth 16.57m, Graham Davies 15.53m, Gary Johnston 17.51m, Les Endean 16.14m, Nick Hume 16.32m, Terry Bradshaw 18.46m);
18 Derby AC 2h14.49m (Steve Johnson 16.14m, Kevin Spare 16.41m, Ray McDonald 16.18m, Russell Parker 16.31m, Clive Toplass 16.36m, Peter Ivens 16.53m, Garry Fallon 18.06m, L Page 17.30m);
19 Altrincham & District 2h15.32m (Dave Carrington 15.42m, Dave Southern 16.14m, Phil Vesey 17.40m, Mick Jones 17.08m, Dave Bolton 16.37m, Simon Entwistle 17.18m, Eddie Parker 18.00m, Dave Ainsworth 16.53m);
20 Salford Harriers 2h15.49m (Malcolm Fowler 15.22, Sean McMyler 16.31m, Chris Paul 16.48m, Eric Williams 15.35m, M Higginbottom 18.07m, Ian Johnson 18.01m, Paul Roberts 17.08m, Peter Budd 18.17m);
21 Wigan Phoenix 2h15.50m (Phil Derbyshire 16.38m, Barry Abram 17.54m, David Mercer 16.16m, Paul Derbyshire 18.09m, Dave Bamford 17.28m, Anthony Lee 16.34m, Phil Chris 16.30m, Andy Eccles 16.21);
22 Middleton Harriers 2h16.01m (Paul Blackshaw 15.52m, Kevin Ogden 17.14m, Graham Chesters 16.25m, Steve Carey 18.43m, Male Bostock 17.16m, Paul Collinge 16.00m, Patrick Byrne 16.30m, Steve Vasilou 18.01m);
23 Nene Valley Harriers 2h17.08m (Peter Thompson 15.49m, Ian Auger 16.37m, Nick Overton 15.57m, Mike Barnsdale 16.39m, Chris Clarke 16.12m, Steve Mould 18.23m, Barry Freeman 20.21m, J Scarsbrook 17.10m);
24 Preston Harriers 2h17.26m (Ian McDonald 16.05m, Kevin Hesketh 16.28m, Steve Clayton 19.51m, Ray Kenny 16.47m, Phil Morley 17.12m, Alan Metcalf 18.03m, John Rainford 17.50, Steve Smith 15.10m);
25 Aldershot, Farnham & D 2h17.42m (John Campbell 16.22m, Nick Bateson 17.15m, Dave Kennedy 16.48m, Simon Sheard 16.40m, Nick Haynes 17.14m, Steve Bone 17.14m, Roland Yeoman 19.20m, Andy Twell 16.49m);
26 Redhill Road Runners 2h17.46m (Martyn McHale 16.59m, Stan Pascoe 16.43m, Tom Rawsterne 17.26m, Noel McGuinness 17.38m, Chris Middleton 21.01m, Andy Wether

MASTERS ATHLETICS JULY 2003

27 City of Sheffield AC 2h17.53m (Pete Shaw 15.40m, Dave Nuttall 16.25m, Chris Ireland 16.50m, Nigel Kent 16.46m, Nick Duggan 17.44m, Malcolm Taylor 18.10m, Adrian Eagle 18.04m, Steve Tanner 18.14m);

28 West Hull Harriers & AC 2h19.24m (Lance Kirlew 15.38m, Chris Hodgson 16.10m, Ian Grewar 16.25m, Simon Watts 17.16m, Andrew Collinson 17.41m, Jim Whitfield 19.27m, Michael Avenel 18.01m, Ron Chaisty 18.46m);

29 Thames Hare and Hounds 2h20.02m (Mike Fernery 17.16m, Andy Thomas 15.08m, Paul Whitlock 19.00m, Jerry Watson 16.37m, Rodri Davies 17.18m, Hugh Arnold 17.03m, Robin Dickson 19.21m, Alan Gibbons 18.19m);

30 Leamington AC 2h20.09m (Andy Geen 15.41m, Simon Riley 16.13m, David Potter 17.17m, Tony Foster 17.49m, Roland Hancock 17.40m, Russ Burrows 18.08m, Steve Roberts 18.16m, Colin Reading 19.05m);

31 Coventry Godiva H 2h20.31m (Dave Batstone 16.31m, Dave Long 16.15m, Bernie Gaffney 16.51m, Bob Statham 18.00m, Peter Banks 18.12m, Steve Gray 18.42m, Colin Kirkham 18.41m, Paul Hayes 17.19m);

32 Kingston upon Hull AC 2h20.53m (Steve Rennie 16.06m, Stuart Buchan 16.42m, Kevin Kilkeny 19.43m, Mike Baggott 17.22m, Jim Abel 18.21m, David Mather 17.32m, Jon Ireland 16.47m, Jim Dingwall 18.20m);

33 Halesowen A & CC 2h21.00m (Keith Bright 15.41m, Stuart Geggie 16.36m, Andy Nock 17.41m, Tony Murphy 16.44m, Al Thomas 18.00m, Paul Butler 18.31m, Mick Morton 19.58m, Barry Thompson 17.49m);

34 Mansfield Harriers & AC 2h21.52m (Ivan Cotton 19.07m, Pete Wilbraham 19.11m, John Farquarson 16.52m, Chris Riley 16.44m, Hedley Cauldwell 16.28m, Peter Stafford 17.46m, Steven Davies 16.36m, Pat Carlan 19.08m);

35 Warrington AC 2h22.24m (Neil Shepherd 16.41m, Keith Crute 17.05m, Gary Lagar 20.35m, James Crehan 17.59m, Graham Ratcliffe 17.25m, Wayne Thorpe 16.09m, Steve Burthen 18.11m, Jim Russell 19.29m);

36 Centurion RC 2h22.53m (Peter Taylor 16.29m, Paul Bingham 16.59m, Neil Prentice 18.17m, Bob Eaton 18.51m, Robin Howes 18.45m, Martin Booth 17.42m, Andy Rea 18.13m, Thomas Healy 17.37m);

37 Trentham RC 2h22.55m (Mick Baggaley 18.12m, Paul Crutchley 18.48m, Alan Evans 17.17m, Ken Rushton 17.45m, Dave Myatt 17.56m, Kevin Finney 17.41m, Alan Dodd 17.19m, Steve Locker 17.57m);

38 Wolves & Bilston 2h23.13m (Nigel Share 15.02m Terry Guy 16.37m, Dave Rowley 17.01m, Duncan Davies 17.27m, Peter Stark 18.52m, Glen Lock 19.30m, Derrik Harding 19.46m, Mark Cotterill 18.58m);

39 Riverside Runners 2h23.16m (Andy Boast 16.58m, Phil Redden 17.18m, Graham Williams 16.46m, Andy Phillips 17.18m, Simon Crampin 17.30m, Peter Duthie 19.36m, Andy Hynes 19.05m, Steve Pledger 18.45m);

40 Sale Harriers 2h23.40m (Frank Cordingley 17.11m, Michael Johnson 17.48m, Chris Wilson 17.28m, Steve McLoughlin 17.02, Bill Fox 17.29m, Mark Gyves 18.49m, Tony Lythe 18.55m, Dave Farmer 18.58m);

41 Barrow & Furness 2h24.03m (Chris Brogan 16.08m, John Montague 17.52m, Bob Atkinson 15.50m, Peter Leviston 18.46m, Dave Kelly 17.11m, Alf Waite 19.54m, Mark Williams 19.44m, Ron Winward 18.38m);

42 Wrexham Amateur AC 2h24.38m (Bernard Jones 15.07m, Edward Partridge 15.56m, Mike Robbins 15.53m, Keith Ellis 19.15m, Tony Parry 18.19m, Keith Mills 19.13m, Peter Davis 19.57m, Paul Price 20.58m);

43 Royal Sutton Coldfield 2h25.33m (Paul Kibber 18.19m, Peter Kirsten 20.23m, Mick Browne 19.48m, Phil Bradney 19.27m, Peter Parker 16.28m, Tony Hinchley 17.04m, John Currie 17.40m, Paul Kenny 17.24m);

44 Bromsgrove & Redditch 2h25.59m (Russell Rawlins 16.27m, Ian Keyte 16.26m, John Manley 18.40m, Chris Taylor 18.45m, Dave Cleverley 18.46m, V Nowacki 16.47m, Steven James 20.01m, Philip Anderson 20.07m);

45 Kimberworth Striders 2h26.27m (Steve Ross 16.13m, Phil Roberts 17.33m, Phil Martin 17.50m, Keith Ward 18.21m, John McDermott 19.15m, Roy Nixon 18.31m, David Booth 20.03m, Patrick Rooney 18.41m);

46 City of Bath AC 2h26.55m (Tom Hutchinson 17.20m, Dean Keepen 15.43m, Martin Blackwell 16.41m, Rich Kennington 20.57m, David Todd 18.38m, Richard Crawley 20.05m, Andy Mullett 18.50m, Ewan Basterfield 18.41m);

47 Les Croupiers RC 2h27.19m (Scott Howell 18.00m, Richard Bullen 15.27m, Barry Johnston 17.10m, David Lloyd 19.15m, Graeme Donnan 19.03m, Terry Caveney 17.58m, Richard Brewer 20.07m, David Carter 20.19m);

48 City of Hull AC 2h27.35m (Wilf McSherry 17.41m, Colin Smith 17.45m, James Sampson 17.41m, Alan Metcalfe 17.46m, Alan Bayston 17.17m, Kevin McMannus 19.48m, John Smith 19.04m, Dave Tucker 20.33m);

49 Liverpool Harriers & AC 2h28.40m (Paul Quine 16.12m, Ray Cole 16.09m, Keith Hutton 16.57m, Arthur Deane 16.28m, Mike Carney 21.05m, Clive Rigby 21.46m, Roger Harrison 19.49m, Pat Henley 20.14);

50 Stroud and District AC 2h29.55m (Peter Broomfield 20.49m, Roger Briers 19.56m, Andy Hammond 18.57m, Colin O. Harris 17.38m, Mike Davis 16.39m, Chris Bourne 17.29m, Chris Young 19.32m, Geoff Langton 18.55m);

51 Red Rose Road Runners 2h31.03m (Joe Swarbrick 17.26m, Keith Chapman 20.07m, David Hooton 18.24m, Ian Cookson

19.10m, Geoffrey Orritt 17.51m, David Tolson 19.34m, David Aspin 19.04m, Philip Dean 19.27m);

52 West Bromwich Harriers 2h31.07m (Paul Jameson 17.19m, Archie Powell 17.02m, Robert Meek 18.39m, David Jones 18.22m, Neil Munroe 19.10m, Stan Hawes 19.43m, Jim Stott 20.18m, Maurice Smith 20.34m);

53 Birchfield Harriers 2h34.45m (Ian Higgins 16.33m, Paul Bullock 18.16m, Martin Wilkinson 18.36m, Bri Worthington 19.25m, John Graham 21.49m, Peter Lawton 19.18m, Tony Malloy 20.21m, Robin Davies 20.27m);

54 Northbrook AC 2h35.05m (Mick O'Shea 15.53m, Tom Gillon 19.15m, Bob Adams 18.18m, John Bird 19.28m, Alex Marshall 18.41m, Tom Jordan 19.23m, Con McHugh 18.48m, Tony French 25.19m);

55 Sutton-in-Ashfield H&AC 2h36.20m (Paul Appleby 18.28m, Paul Wilbraham 19.28m, Dave Pickering 17.39m, Jim Mann 19.46m, Ian Bebbington 19.08m, Paul Beasley 20.18m, Alan Pemberton 19.55m, Andy Mitchell 21.38m);

56 Cleethorpes AC 2h37.26m (Robin Rushton 17.31m, Brian McKay 20.20m, Mike Pickwell 18.48m, John Green 18.56m, Nick Aisthorpe 18.48m, Pete Stevens 21.08m, Sam McMillan 22.10m, Frank Thomas 19.45m);

57 Scunthorpe & District 2h39.13m (Ian Dowse 16.47m, Graham Knowles 18.22m, Keith Lings 17.08m, Don Green 18.32m, Ken Collier 19.17m, Mick Taylor 25.11m, Stuart Frow 21.57m, Steve Stamp 21.59m);

58 Bourneville Harriers 2h50.05m (John Morris 19.12m, John Ward 18.01m, Glyn Hughes 22.09m, Alex Croke 21.15m, Stephen Hopkins 20.28m, Terry Doherty 21.32m, Stephen Evans 23.59m, Jim Price 23.29m);

Fastest Legs: 1 Martin Röss & Brian Rushworth 14:37; 3 Mark Burnhope 14:57;

BMAF 10k Road Championships at Birmingham on Sunday 4th May 2003 BMAF 10k - Men - FINAL RESULTS

BMAF 10k - Men over 40 1 Ron Adams Portsmouth Joggers 32:12; 2 Mark Burnhope Tipton H 32:24; 3 Mark Flint Telford AC 32:57; 4 Chris Harry Cornwall AC 33:04; 5 Nigel Share Wolverhampton & B 33:09; 6 Loken Ian Van Milton Keynes 34:25; 7 Mike Robbins Wrexham AC 34:37; 8 John Grindy Leicester Coritanians 34:40; 9 Dennis Walmsley Bourton Rr 34:53; 10 Chris Clarke Nene Valley H 35:09; 11 Robert Fox Long Eaton RC 35:25; 12 Mike Spencer Bideford AAC 35:33; 13 Malcolm Eustace Tipton H 35:44; 14 Peter Gray Oxford City AC 35:54; 15 Adrian Rollings Chase H 36:13; 16 John Farquharson Mansfield H 36:39; 17 Pete Wright Hatton Darts 36:50; 18 Ian Auger Nene Valley H 36:59; 19 Stuart Geggie Halesowen AC 37:11; 20 Trevor McGill Bourton Rr 37:17; 21 Andrew Dippie Bridgnorth AC 41:00; 22 Rob Edwards Bourton Rr 41:53;

BMAF 10k - Men over 45

1 Andy Wetherill Redhill RR 33:13; 2 Steve Robinson Bingley H 33:27; 3 Brian Green Oxford City AC 33:35; 4 Alex Rowe Wesham Rr 33:51; 5 Patrick Carlan Mansfield H 34:02; 6 Greg Wilson Telford AC 34:15; 7 Mike Weedall Vale Royal AC 34:43; 8 Mark Walton Birmingham Rowheath 34:58; 9 Richard Grant Oxford City AC 35:12; 10 Mick Strange Tipton H 35:20; 11 Ray Stanier Tipton H 35:23; 12 Pete Johnson Norfolk Gazelles 35:27; 13 Stephen Davies Mansfield H 36:05; 14 Harry Fowler Birmingham Rowheath 36:49; 15 Keith McLellan Luton Untied AC 36:58; 16 Alec McLaren Bideford AAC 37:18; 17 Ian Avery Oxford City AC 38:45; 18 Anthony Spedding Bourton Rr 39:46; 19 Stephen Rubery Mansfield H 41:16; 20 Paul Grimsdale Oxford City AC 41:47; 21 Keith Mellor Mansfield H 42:34; 22 Martin Ludford Birmingham Rowheath 44:21; 23 Brian Worthington Birchfield H 44:57; 24 Michael Boyce Liss Rr 46:12; 25 Kevin Dillon Manchester H 53:54;

BMAF 10k - Men 40/49 -- TEAM RESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated 1 Tipton

H 2:13:21; 2 Oxford City AC 2:16:07; 3 Mansfield H 2:17:37; 4 Bourton Rr 2:19:41;

BMAF 10k - Men over 50

1 Michael Hager Tipton H 32:48; 2 Stan Owen Nvh 34:41; 3 Philip Carbutt Bromsgrove & Redditch 34:46; 4 Tony Seakins Colchester H 35:40; 5 Geoff Farmer Chase H 35:47; 6 Desmond Michael Barnet & District 35:49; 7 Michael Stacey Invicta East Kent AC 35:56; 8 Kevin Brailsford Derby AC 36:15; 9 David Wheeler Oxford City AC 36:30; 10 Paul Williams Wrekin Rr 36:34; 11 Stephen Hewett Birmingham Rowheath 36:42; 12 Rick Huntington Mansfield H 36:51; 13 Alan Pover Stockport H 36:57; 14 Kevin Youngs Norfolk Gazelles 37:04; 15 Richard Elliott Kenilworth RC 37:25; 16 Paul Ross-Davies Invicta East Kent AC 37:27; 17 Eric Palmer Mansfield H 38:06; 18 Chris Rosling Derby AC 38:31; 19 Gerry Ball Bingley H 38:35; 20 Robert Scott Mansfield H 38:43; 21 John Wilkins Invicta East Kent AC 39:26; 22 Alan Rich Walthamstow AC 39:42; 23 Hussein Yousefian Stockport 39:47; 24 Martin Smith Massey Ferguson 42:20; 25 Keith Best Tipton H 43:07; 26 Derek Stewart Mansfield H 43:13; 27 Roger Pollard Royal Sutton Coldfield 43:47;

BMAF 10k - Men over 55

1 John Exley Oxford City AC 35:31; 2 Roy Treadwell Oxford City AC 35:59; 3 Robert Young Clydesdale H 36:38; 4 Malcolm Renyard Hatley Rr 36:41; 5 Michael Welland Oxford City AC 36:53; 6 Gareth Jones Oxford City AC 37:41; 7 Martin Ford Cheltenham H 37:41; 8 Mike Smedley Derby AC 37:49; 9 Trevor Edgley Invicta East Kent AC 38:11; 10 Frank Reilly Stockport H 38:15; 11 Jonathan Hassall Telford AC 38:32; 12 David Parsons Oxford City AC 38:40; 13 John Griffin Birstall AC 40:00; 14 Paul Allen Halesowen AC 40:12; 15 Alan Mills Newcastle (Staffs) AC 41:26; 16 Brian Harris Mansfield H 42:48; 17 Kenneth Black Spectrum Striders 47:24; 18 John Butler Stratford on Avon AC 51:08; 19 Alan Simmonds Mvac 51:58; 20 John Clulee Birmingham Rowheath 1:01:45;

BMAF 10k - Men 50/59 -- TEAM RESULTS

1 Oxford City AC 1:37:04; 2 Invicta East Kent AC 1:41:07; 3 Derby AC 1:41:50; 4 Mansfield H 1:42:45; 5 Stockport H 1:43:26;

BMAF 10k - Men over 60

1 Mike Shipway Woodstock H 38:31; 2 Michael Smith Bingley H 38:41; 3 Peter Cartwright Clydesdale H 39:05; 4 Ken Buckle Cheltenham H 39:31; 5 John Firth V60 Bingley H 39:44; 6 Fred Gibbs Bingley H 40:04; 7 Chris Woodcock Blackheath H 40:26; 8 Alan Peers Nvac 41:24; 9 G. Jenkins Invicta East Kent AC 41:29; 10 Alexander Elliott Birchfield H 41:56; 11 Peter Forward Bristol AC 42:28; 12 Ramon Howe Owls 42:59; 13 Ken Chapman Kimberworth Src 43:22; 14 Eddie Broad Invicta East Kent AC 44:17; 15 David Moorekite Invicta East Kent AC 44:33;

BMAF 10k - Men over 65

1 John Collins Swansea H 40:43; 2 Walter Ryder Morpeth H 41:15; 3 Bill Atkinson Nvac 42:39; 4 Les Bailey Worcs Triathlon Club 42:54; 5 L.a.Parott Havering Maysbrook AC 43:10; 6 Ronnie Jones Wirral AC 44:28; 7 Geoff Oliver 100k Association 45:19; 8 John Toy Centurion Rr 45:54; 9 Michael Butterly Derby AC 46:09; 10 Richard Cashmore Royal Sutton Coldfield 46:28; 11 Ken Wright Rolls Royce H 50:12; 12 Bunny Kyd Royal Sutton Coldfield 57:27;

MASTERS ATHLETICS JULY 2003

BMAF 10k - Men over 70

1 Derek Howarth Leigh H & AC 45:25; 2 Malcolm Ball North Norfolk Br 45:50; 3 John Taylor Liss Rr 46:13; 4 Ronald Silver Helsby RC 49:36; 5 Brian Dawson Centurion Rr 53:30;

BMAF 10k - Men over 75

1 James Caddy Middlesborough & Cleve 54:01; 2 Mike McDowell Ranelagh H 1:02:39;

BMAF 10k - Men (Vets) over 60 -- TEAM RESULTS

1 Bingley H 1:34:52; 2 Invicta East Kent AC 1:40:37;

BMAF 10k - Women over 35

1 Sharon Coyne Cornwall AC 37:08 2 Allison Hirst Headington Rr 37:53; 3 Linda Carmichael Nene Valley H 43:36; 4 Helen Pellett Brighton & Hove 45:24; 5 Lesley Dobson Cornwall AC 45:26; **TEAM- 1 Cornwall AC 1:36:15**

BMAF 10k - Women over 40

1 Jane Clarke Norfolk Gazelles 37:01; 2 Revis Crowle East Cornwall H 39:11; 3 Andrea Dennison Bradford Airedale 40:13; 4 Wendy Ray Ilkeston RC 40:31; 5 Lesley Richardson Cornwall AC 42:41; 6 Jane Poole Ilkeston RC 47:55; 7 Angela Davies Mansfield H 51:10;

BMAF 10k - Women over 45

1 Gail Duckworth Leighton Buzzard 39:29; 2 Jane Littler Sutton H 41:20; 3 Fiona Davies Bridgend AC 41:41; 4 Dee Brockway Luton Untied AC 44:39; 5 Julie Potts Mansfield H 45:45; 6 Denise Winfield Unattached 48:41; 7 Margaret Ehrenberg Sparkhill H 48:58; 8 Christine Huntington Mansfield H 54:48;

BMAF 10k - Women over 50

1 Daphne Ellmore Wolds Vets RC 37:19; 2 Lesley Griffin Birstall AC 43:23; 3 Christine Rollason Cannock & Staffs 45:29; 4 Liz Bowers Havant AC 46:39; 5 Grace Hough Telford AC 49:00; 6 Christine Yousefian Stockport H 50:12; 7 Marion Stewart Mansfield H 54:17; 8 Lesley Pymm Birchfield H 55:57;

BMAF 10k - Women over 55

1 Dot Fellows Cannock & Staffs 44:52; 2 Pauline Rich Serpentine RC 45:59;

BMAF 10k - Women over 60

1 Jeanne Bryan Cannock & Staffs 51:21; Phylly Wilson Road Runners Club 1:01:40;

BMAF 10k - Women 45-- TEAM RESULTS

1 Cannock & Staffs 1:38:06; 2 Mansfield H 1:39:38;

Results copyright (c) G.J. Fecitt (SportSoft) 2003

8th EUROPEAN VETERANS NON-STADIA CHAMPIONSHIPS, UPICE 24TH MAY 2003.

Words Eric Horwill
Pictures Pam Horwill
& Tom Wyer



British Walks Medallists 20K WALK.

Pam Phillips has only recently returned to training after a very serious illness (Cancer), her performance was quite remarkable considering the extreme heat experienced during the afternoon. Fiona Bishop thought she had finished fourth in her group; however, it was not until she had finished the Half Marathon the following day, was it confirmed that she had in fact won the bronze. This was because the leading Spanish athlete dropped out.

It was significant that the 30% of starters that dropped out were mainly in the younger age groups, the older athletes tending to stay the course.

W40: 1 Janina Luniewska POL 2:01:16; 2 Alexandr Gromusova CZE 2:13:50; 3 **Fiona Jane Bishop GBR 2:19:22;**

W45: 1 Natali Marcenco ITA 2:04:38; 2 Anne McGill IRL 2:13:09; 3 Edith Tust GER 2:54:39;

W50: 1 Regina Meinschmidt GER 2:11:01; 2 Alena Winterova CZE 2:32:12; 3 Heidrun Gruenig GER 3:07:53;

W55: 1 Heidi Maeder SUI 2:06:40; 2 **Pamela Phillips GBR 2:29:11;** 3 P Churlea ROM 2:31:51;

W60: 1 Gudrun Fleetwood SWE 2:12:48; 2 Rigney De Petra ITA 2:19:50; 3 Emila Gusat ROM 2:51:25;

W65: 1 **Sheila Champion IRL 3:05:28;**

W75: Olena Chub UKR 3:21:04;

30K WALK

Peter Ryan's superb effort in this event in the men 45 group followed last weeks second place in the London to Brighton walk. It is reported he was overheard to say he would not be competing this weekend. Evergreen Colin Young overcame his health and sight problems winning a well earned "Silver" in the Men 60 event, and I am sure his experience must have helped Harvey Jacquest walked steadily and most consistently, but eventually walked away from a very persistent Finn to record in my view one of his best performances.

Jack Fitzgerald finished strongly to win the only British Gold of the championships. Laurence Dordoy and Dave Kates showed

stamina and resolve in completing the distance.

The locals gave all of the walkers a great deal of support, and one man showered the competitors with his garden hose, which was well appreciated in the extreme heat.

Editors Note: Eric was too modest to say but was just one position outside a Bronze himself.



Colin Young won Silver



Jack Fitzgerald receives his Gold

M40: 1 Frantisek Kmenta CZE 2:37:40; 2 Stephan Wogerbauer AUT 2:40:49; 3 Tibor Ferenc Major Hun 2:45:24; 5 **Patrick Murphy IRL 3:00:38;**

M45: 1 Roland Colin FRA 2:34:49; 2 Vladimir Barabash RIS 2:52:51; 3 **Peter Charles Ryan GBR 2:53:23;** 12 Laurence Dordoy GBR 3:22:34;

M50: 1 Fabio Ruzzier SLO 2:39:54; 2 Rostislav Kovar CZE 2:54:52; 3 Udo Schaeffer GER 2:58:07; 7 **David Kates GBR 3:20:33;**

M55: 1 Jaroslav Ptak CZE 3:06:25; 2 Detlef Thrun GER 3:07:35; 3 Heikki Lahtinen Fin 3:09:25;

M60: 1 Valter Sgardello ITA 2:49:30; 2 Dieter Zschiesche Ger 2:58:01; 3 Minivali Sinagulov RUS 3:01:49;

MASTERS ATHELTICS JULY 2003

M65: 1 Wilhelm Armbruster GER 3:23:51; 2 Colin Young GBR 3:27:14; 3 Jan Bialous POL 3:27:30;
M70: 1 Gerhard Waidner GER 3:10:57; 2 Karl-Heinz Hartwig GER 3:32:10; 3 Robert Schoukenes Bel 3:44:21;
M75: 1 Horwill GBR 3:50:47;
M80: 1 Alois Balcarik CZE 3:34:09; 2 Bratislav Dubjak CZE 3:39:45; 3 Harvey Jaquest GBR 4:14:13;
M80: Jack Fitzgerald GBR 4:30:22;

10 k RUN

MEN40: 1 Viktor Petronyuk UKR 33:10; 2 Zdenek Moravcik CZE 33:18; 3 Dominick Boner IRL 33:52; 7 Chris Bailey GBR 35:20; 24 Roy Sheppard GBR 43:26;
MEN45: 1 Infestas Fernandez ESP 32:01; Jose Manue Gonzalez ESP 33:03; 3 Do Menargues Ramon ESOP 33:44; 9 Desie Shorten IRL 35:34; 21 Ian Richardson GBR 40:48; 28 Robert Sargent GBR 42:44; 41 Kevin Dillon GBR 56:33;
MEN50: 1 Klaus Goldammer Ger 34:43; 2 Hans-Guente Mueller GER 34:49; 3 Kurt Herbicht GER 35:52; 4 Paul Williams GBR 36:33; 6 Arcie Jenkins GBR 36:53; 40 John Marshall GBR 43:48; 43 Roberto Proietti GBR 44:34; 59 David Sinnott GBR 51:06; 62 Christopher Potter GBR 52:33;
MEN 55: 1 Omer Van Noten BEL 35:09; 2 Alexei Gavrilov RUS 36:01; 3 Harald Qdegard NOR 37:03; 5 Colin Youngson GBR 37:22; 6 Martin McEvilly IRE 37:49; 12 John Shirley GBR 39:57; 23 Alan Davidson GBR 43:44;



Mike Smith ran well for fourth place

M60: 1 Valeriy Kyun RUS 37:45; 2 Ivo Rezac CZE 37:48; 3 Vladimir Sachkov RUS 37:51; 4 Michael Smith GBR 37:53; 17 John Taylor GBR 42:44; 18 Jim Hynes IRE 42:51;
M65: 1 Jiri Libra CZE 38:52; 2 Friedel GER 40:16; 3 Jan Slav Fiala CZE 40:44; 21 Peter Robinson GBR 42:51;
M70: 1 Jan Buchar CZE 43:08; 2 Igor Burkov RUS 43:31; 3 Alfred Mielke GER 46:30; 5 John Taylor GBR 47:03; 6 Derek Howarth GBR 47:16; 13 Fred Mottram GBR 56:47; 14 Robert Davidson GBR 58:58; 16 Arthur Walsham GBR 62:48; 19 Edwin Byers GBR 65:48;
MEN75: 1 Sergio Agnoli ITA 47:48; 2 James Caddy 54:44; 3 Rolf Fichtner GER 56:52;
MEN80: 1 Jindrich Resl CZE 55:57; 2 Heinrich Keller SUI 57:12;
MEN 85: 1 Albert Olbrechts GER 75:14; 2 Otto Ludzuweit GER 88:18;
W35: Conch Martin ESP 37:28; 2 Teresa Estesio ESP 38:01; 3 Susan Ridley GBR 39:11; 7 Lorna Krane IRE 49:44;
W40: 1 Chantal Dallenbach FRA 35:40; 2 Krystyna Pieczulis POL 37:00; 3 Blanka Burilova CZE 42:00; 6 Sandra Coleborn IRE 44:21; 7 Caroline Wickham GBR 45:21; 8 Lynne Marr GBR 46:05; **W45:** 1 Magethie Trave NOR 38:05; 2 Karen Marshall GBR 38:24; 3 Elfie Huether GER 40:04; 12 Joan De'ath GBR 51:59;
W50: 1 Lucia Soranzo ITA 38:23; 2 Stefica Gajic SUI 40:24; Mikolajczyk Wasilew POL 41:23; 4 Margaret McCreary IRE 42:38; 13 Karen Bowler GBR 45:52;
W55: 1 Emmi Luthi SUI 41:58; 2 Roswitha Schaeffler GBR 43:07; 3 Elishabeth Raap NED 43:44; 12 Maureen Shirley GBR 53:16; 15 Maureen Stephens GBR 57:07;



British Women prior to 10k start

W60: 1 Emmi Schneidee GER 44:47; 2 Barbara Wolf GER 45:21; 3 Waltraud Bayer GER 45:36;
W65: 1 Elfriede Hodapp GER 46:20; 2 Jutta Weiss SUI 47:14; 3 Dana Ellingerova CZE 49:53; 6 Pamela Jones GBR 57:49;
W70: Helga Kundig SUI 1:06:51;
W75: Marianne Dahinden SUI 1:15:21;

HALF MARATHON

M40: 1 Gerrit Voortman NED 1:12:11; 2 Paramo Fuente ESP 1:12:21; 3 Viktor Petronyuk UKR 1:14:20; 7 Michael Spencer GBR 1:16:18; 10 Joseph O'Sullivan IRL 1:17:27;
M45: 1 Jose Gonzalez ESP 1:12:30; 2 Josef Siegel CZE 1:14:58; 3 Rolf Hesselmann GER 1:15:11; 24 Ian Richardson GBR 1:31:46; 28 Robert Sargent GBR 1:34:21;



Great Silver for Doug Cowie

M50: 1 Zigmund Lynicki POL 1:18:04; 2 Douglas Cowie GBR 1:19:15; 3 Alois Puchner AUT 1:19:19; 12 Chris Wood GBR 1:28:11; 28 Roberto Proietti GBR 1:40:55; 46 Christopher Potter GBR 2:05:27;
M55: 1 Omer Van Noten BEL 1:19:39; 2 Alexei Gavrilov RUS 1:19:52; 3 Heinz Steiner AUT 1:19:58; 6 Martin McEvilly IRL 1:25:53; 20 Derek Poole GBR 1:41:06; 26 Mervyn Hobbs GBR 1:44:12;
M60: 1 Walter Koch GER 1:24:15; 2 Valeriy Kyun RUS 1:25:29; 3 Vladimir Sachkov RUS 1:25:49; 16 Jim Hynes IRL 1:44:16; 18 Roy Meredith GBR 1:47:24;
M65: 1 Jiri Libra CZE 1:27:15; 2 Horst Seeger GER 1:31:42; 3 Wolfgang Helbig GER 1:32:25;
M70: 1 Igor Burkov RUS 1:35:08; 2 Alfred Mielke GER 1:42:02; 3 Leo Hohmann GER 1:43:54; 5 John Taylor GBR 1:56:58; 10 Edwin Byers GBR 2:58:28;
M75: 1 Sergio Agnoli ITA 1:46:49; 2 Gordon Heeler GBR 2:00:49; 3 Hans Kundig SUI 2:13:07;
M80: Heinrich Keller SUI 2:10:47;
M85: Albert Olbrechts GER 2:58:33;
W35: 1 Roberta Boggiauto ITA 1:24:14; 2 Donatella Vinci ITA 1:27:27; 3 Susan Ridley GBR 1:32:58; 8 Fiona Bishop GBR 1:54:42;
W45: 1 Anna Trave NOR 1:28:42; 2 Elisabeth Gebauer GER 1:35:00; 3 Octavie Henricks BEL 1:36:00;
W50: 1 Stefica Gajic SUI 1:27:23; 2 Lucia Soranzo ITA 1:29:15; 3 Liane Muschler GER 1:30:40; 11 Mary Nolan IRL 1:48:36;
W55: 1 Jacqueline Beelen BEL 1:32:00; 2 Emmi Luthi SUI 1:35:06; 3 Maria Knapen NED 1:37:10; 9 Sandra Poole GBR 1:53:13; 13 Jean Meredith GBR 2:01:34;
W60: 1 Baerbel Berghaus GER 1:41:11; 2 Emmi



Gordon Heeler bags Silver

Schneider GER 1:41:52; 3 Christine Lee GBR 1:44:44;
W65: 1 Erika Keller SUI 1:52:58; 2 Jutta Weiss SUI 1:53:55; 3 Elfriede Willerts GER 2:01:16; 6 Helen James GBR 2:53:40;
W70: Helga Kundig SUI 2:31:56;

B.M.A.F. 20k RACE WALK, SUTTON PARK, 3rd MAY

Words from Eric Horwill:

Colin Bradley set a sharp pace over the first two laps, that was until the pack caught up with him. After this most of the pace making was done by Ireland Patrick Murphy. Whilst not amongst the early leaders, Richard Emsley gradually moved up the field to launch a late challenge but was unable to catch the younger man. The men's field was very satisfactory with a full house in six age groups, with ages represented up to 80. Only three Women turned out and that was disappointing, however, all raced well.

Results: 1 P Murphy IRE M40 108:29; 2 R Emsley Stey M50 108:37 (BMAF CHAMPION) 3 C Bradley D&S M45 112:45; 4 T Jones Hill M45 112:48; 5 S Uttley Ilf M45 113:55; 6 D Kares Ilf M50 117:01; 7 R Penfold Stey M60 118:07; 8 B Nelson Birch M65 118:59; 9 M Byrne Sheff M40 121:20; 10 L Dordoy Ilf M45 121:22; 11 G Tranter Birch M55 121:56; 12 D Stevens Stey M65 122:06; 13 A Flear Nun M40 122:30; 14 T Morris Nun M55 122:58; 15 B Dobson Ilf M60 126:15; 16 N Smith Nun M40 128:07; 17 B Wright Nun M60 128:29; 18 R Powell Enf M65 129:11; 19 D Fall Birch M55 129:30; 20 G Jones Cov M60 130:28; 21 K French Sheff M60 130:42; 22 D Fotheringham Bel M70 133:28; 23 E Horwill D&S M70 139:25; 24 K Abolins Birch M75 139:46; 25 D Withers Birch M75 143:40; 26 T Kent Leic M65 147:02; 27 L Creo Worc M80 147:35; 28 J Sturgess Leic M60 153:46; 29 G Chapman RSC M70 154:43; 30 H Jaquest Enf M75 155:59; **Handicap -** 1 G Chapman; 2 H Jaquest; 3 T Jones; **Team** 1 Ilford 18; 2 Steyning 18; 3 Birchfield 35; 4 Nuneaton 40;
Women's Result- 1 C Duhig Ryston W45 126:55; 2 P Ficken Surrey W60 154:31; 3 D Braverman Camb & C W50 156:57;

LEAMINGTON GRAND PRIX 26th April 2003. England v Ireland

Words from Eric Horwill:

28 competitors from a record entry of 43 faced the starter in the opening event of the Grand Prix.

Colin Bradley walking for Wales set a fast opening pace, but was hotly pursued by Mike Smith and Jimmy Ball.

Meanwhile the two Manx ladies, Bridget Kaneen and Marie Latham took charge of the Women's race.

In ideal conditions, Jimmy Ball overhauled Colin to cross the line first, only to receive the dreaded "red disc" after a third warning received late in the race.

Dave Stevens, Karl Abolins and Allan Callow (I.O.M) were always to the fore in the age related awards, with Dave taking the honours. Jill Langford narrowly beaten last year, winning from Leslie Ralph in the women's version.

England took the team honours from a sporting, but weakened by late withdrawals Irish team.

There were very few DQ's; the Judges who included three non British I.A.A.F. officials were pleased with the general standard of Walking.

Both here and in Dublin we Masters are made to feel an integral part of the Grand Prix, and we all look forward to the return in Dublin in July.

Results: (3k)

Men: 1 C Bradley M45 (W) 14:38; 2 M Smith M40 (E) 14:42; 3 G Chapman M45 (E) 15:02; 4 A Callow M55 (IOM) 15:22; 5 D Stevens M65 (E) 16:35; 6 R Penfold M60 (E) 16:45; 7 M O'Brien M45 (I) 17:27; 8 A O'Rawe M60 (E) 17:32; 9 J Everett M40 (E) 17:46; 10 S Pender M45 (I) 18:15; 11 K Abolins M75 (E) 19:02; 12 E Horwill M70 (E) 19:32; 13 D Withers M75 (E) 19:36; 14 B O'Callaghan M55 (I) 20:02; 15 G Stott M70 (E) 21:03; 16 P Roberts M55 (E) 21:05;

Women: 1 B Kaneen W35 (IOM) 15:34; 2 M Latham W40 (IOM) 16:01; 3 L Ralph W45 (E) 16:37; 4 A Wheeler W45 (E) 16:40; 5 S Owen W45 (E) 17:39; 6 J Langford W60 (E) 18:35; 7 L Harris W40 (E) 20:22; 8 A Gormley W35 (I) 20:24; 9 P Horwill W65 (E) 20:36; 10 J Yorke W55 (E) 21:29; 11 S Campion W60 (I) 23:16;

Age related:

Men: 1 D Stevens M65 (E) 85.43%; 2 A Callow M55 (IOM) 83.62%; 3 K Abolins M75 (E) 82.66%; 4 C Bradley M45 (W) 80.87%; 5 R Penfold M60 (E) 79.60%; 6 G Chapman M45 (E) 79.27%; 7 D Withers M75 (E) 79.25%; 8 M Smith M40 (E) 76.53%; 9 A O'Rawe M60 (E) 76.05%; 10 E Horwill M70 (E) 74.91%; 11 G Stott M70 (E) 72.84; 12 M O'Brien M45 (I) 67.24%; 13 S Pender M45 (I) 65.84%; 14 B O'Callaghan M55 (I) 64.14%; 15 J Everett M40 (E) 63.70%; 16 P Roberts M55 (E) 62.06%;

Women: 1 J Langford W60 (E) 83.38%; 2 L Ralph W45 (E) 80.24%; 3 A Wheeler W45 (E) 79.40%; 4 P Horwill W65 (E) 79.05%; 5 B Kaneen W35 (IOM) 78.69%; 6 M Latham W40 (IOM) 77.32%; 7 S Owen (E) 75.54%; 8 J Yorke W55 (E) 68.74%; 9 S Campion W60 (I) 68.56%; 10 L Harris W40 (E) 62.44%; 11 A Gormley W35 (I) 60.95%;

Team Result: England 415.3% Ireland 326.8%;

MASTERS ATHLETICS -JULY 2003 B.M.A.F / S.E.C.T.A WEIGHT DECATHLON



Susan Freebairn with Maurice Doogan

The first SECTA /BMAF Weight Decathlon was held at Buckingham School on Saturday May the 10th. This was certainly a new venture for the Club and was the first time that the Club organised the Weight Decathlon. The B.M.A.F. supported the venture and so it was a double first.

Clubman, Jack Kee provided the facility and what a facility it was. A throwers venue in every sense of the phrase, several caged circles and additional circles and run ups ideal for a fixture of this type. Jack ensured the venue was in first class order, having spent several days marking out the various events, and he deserves our congratulations for the excellence of his preparation.

Besides the Shot, Discus, Hammer, Javelin and Heavy Hammer, the event involves the Brick (putting a weight from a run up -35lbs for the Men 40/45 group), the Sling ball, the Club, One-handed Hammer, and the "Kugel" (Shot thrown Discus style). All events take place in a single day leaving competitors exhausted for several days afterwards. As in all multi-events points are scored for the distance achieved in each event.

Chris Meluish excellent computer programme made the points scoring an easy matter, the distance achieved is entered into the computer and points scored were readily available throughout the day. This programme can be seen on the "B.M.A.F. web site" under "technical".

As to the event itself, it was noted that the Club had experienced two unique events; the Weight Pentathlon last September at Ashford was the last event where "B.V.A.F.". Medals were awarded; whilst this event was the first outdoor event where "B.M.A.F." medals were presented.

The event was blessed by the weather; although it was overcast the threatened rain the low flying clouds promised did not occur.

With 15 entries there were two groups, the standard was extremely high with several World and National bests narrowly missed in three categories. Mike Small broke his own National Record in the M45 group from Colm Murphy. Mike's highlights included mid 40 metre marks in the Hammer, Javelin and Discus, which set him up for a remarkable total of 6,769 points. -Truly World class!

Merrick Bousfield did not enjoy as a day as he would have expected from his own high standards, but none the less won the M50 event from John Wild who

enjoyed several personal bests on his way to a 6,237 points.

Chris Melliush won the M55 event from Richard Jegou, whose cause was not helped by fouling out in the Heavy Hammer.

The new sector lines caused several problems for many throwers.

Jack Kee helped by a mid 40 metre Hammer throw topped 5,500 points to win the M60, whilst Scotland's John Freebairn also matching that performance in the M65.

Peter Barber was another athlete over 40 metres in the Hammer in the M70 group but could not break the National mark in the individual event, contested the Gold with Cliff Taylor for who was also attempting to improve on his National Shot mark.

Susan Freebairn, Catherine Murphy and Evaun Williams all won their events, W35, W50 and W65. Evaun was the athlete closest to a World Record and was shy by 200 hundred points.

Even better than the many splendid marks attained on the day was the banter throughout. No one was free from the many observations made on the various unorthodox styles in the more established through to the less familiar events. Everyone enjoyed this aspect of the day and everyone added to the many comments that abounded. Even better was the advice given by the more experienced to those who were less than familiar with any particular event? This ensured, of course, that everyone did well in every event with the very odd exception.

Maurice Doogan the B.M.A.F. Track and Field Secretary awarded the medals, and was thanked for coming on the day.

A minute's silence was observed in memory of Erwin Kollmar, President of the World Throwers Group who died after training the week before, our condolences go to his family. It was Erwin who promoted the throws at Veteran level, the Weight Decathlon was his brainchild and he will certainly be missed.

He maintained a keen interest in the activities of the activities in England, and invariably spent two hours a month on the telephone so that he could keep abreast of the last situation. He was not only a World-class thrower, but also a first class administrator and organiser.

Results From the BMAF Throws Decathlon 10th May 2003 (Results in the following order) Total pts, Shot, Discus, Javelin, Hammer, Brick, Sling Ball, Club, Kugel, One Handed Hammer, Heavy Hammer) Men

45: 1 Mike Small (E&E) 6769 (12.99, 43.16, 44.25, 44.58, 7.42, 58.74, 58.96, 20.94, 24.06, 18.56); 2 Colm Murphy (M&M) 5297 (11.11, 36.19, 30.70, 34.50, 7.82, 50.54, 48.44, 15.84, 16.97, 11.72); M50: 1 Merrick Bousfield (Liv PS) 6393 (12.41, 36.64, 36.30, 39.20, 9.88, 50.31, 54.83, 25.90, 19.06, 17.30); 2 John Wild (R&Z) 6237 (10.70, 38.65, 37.70, 40.98, 8.31, 49.09, 53.67, 24.77, 21.67, 17.21); 3 Bill Renshaw (Roth) 5107 (10.94, 36.82, 21.53, 31.38, 6.99, 41.87, 43.38, 24.77, 16.75, 12.12); **M55** 1 Chris Melliush (Camb H) 4908 (8.90, 30.60, 20.72, 42.63, 5.39, 39.54, 35.80, 21.07, 18.46, 17.70); 2 Richard Jegou (WHH) 3955 (9.65, 24.97, 20.60, 28.43, 7.35, 35.60, 37.37, 21.40, 16.93, 0.00); **M60** Jack Kee (M Keynes) 5648 (9.70, 37.74, 25.84, 43.94, 7.72, 43.30, 44.52, 17.97, 22.62, 19.08); **M65** John Freebairn (C'nauld) 5694 (10.81, 35.38, 30.15, 33.75, 8.93, 48.06, 42.13, 18.01, 22.03, 17.58); **M70:** 1 Peter Barber (camb H) 4978 (7.92, 28.60, 16.18, 42.15, 6.98, 38.06, 26.83, 19.12, 26.18, 19.66); 2 Cliff Taylor (Belg) 4235 (10.14, 24.12, 21.48, 27.10, 8.49, 29.50, 28.68, 16.27, 16.70, 12.99); 3 Phil McEvoy (Lond I) 4058 (6.84, 23.82, 11.94, 38.94, 5.90, 32.04, 18.84, 15.50, 23.05, 16.72); **W35:** Susan Freebairn (Glas) 5521 (10.47, 42.34, 26.20, 35.40, 6.96, 37.80, 29.24, 13.77, 16.25, 14.87); **W50:** Catherine Murphy (M&M) 2505 (5.21, 12.11, 16.50, 14.34, 4.62, 24.70, 10.85, 10.24, 9.48, 4.40); **W65:** Evaun Williams (E&H) 5685 (10.12, 26.22, 28.12, 37.38, 9.50, 33.14, 39.65, 15.70, 21.28, 14.36);

PICTURES BY: Richard Jegou.

MIDLAND VETERANS ATHLETIC CLUB ROAD RELAYS **TAMWORTH, SUNDAY 27th APRIL 2003**

Showers and wind effected what was a fine days racing at the Midland Veterans Athletic Club relays. Greg Wilson who ran the anchor leg in the Midland Counties Championships gave Teford a 14 seconds lead from Tony Caulton of Hatton Darts, whilst Phil Carbutt of Bromsgrove and Redditch held third place by a single second. Mike Hager put Telford into the lead by just two seconds by virtue of the day's fastest leg of 15:17, and Rick Hailey had 71 seconds in hand from Pater Wright of Hatton Darts. From the last change Dave Talbot regained the lead and powered away to give Telford the title with 37 seconds to spare, and to repeat their Midland Counties relay win over Tipton. Malcolm Eustace increased the gap to give the "Heathens" the silver medal from Stanislaw Knopik of Hatton Darts. Derby A.C. were emphatic victors in the Men 50 Group, with Mick Smedley, Alasdair Kean and Kevin Brailsford, winning from Bromsgrove and Redditch. Derby Women's team won the women's event with Jill Burke recording the fastest leg of 18:04, whilst Wendy Rothenbaugh running in a mixed team recorded a fine 18:19.

The meeting was well marshalled and organised by Tamworth A.C.

RESULTS:

1 Telford (M40A) 47:28 (G Wilson 15:47, R Hailey 15:51, D Talbot 15:50); 2 Tipton (M40A) 48:05 (M Strange 16:19, M Hager 15:17, M Eustace 16:29); 3 Hatton Darts (M40A) 49:43 (T Caulton 16:01, P Wright 16:45, S Knopik 16:57); 4 Derby AC (M40A) 50:00 (R McDonald 16:45, K Smedley 16:58, S Johnson 16:58); 5 Derby Spire 16:57, S Johnson 16:58; 6 Derby AC (M40B) 50:58 (T Fee 17:41, R Parkin 17:44, C Toplass 16:33); 7 Bromsgrove (M50A) 51:11 (M Smedley 17:17, A Kean 16:02, C Brown 17:48, V Rollason 18:44); 8 Derby AC (M50B) 52:48 (Chin Pun Chuah 17:46, C Rosling 17:40, J Simmons 17:22); 9 Tipton (M40B) 53:10 (R Stanier 16:27, S Barker 17:33, K Best 19:10); 10 Telford (M50A) 53:25 (B Lloyd 16:43, P Sanderson 18:38, J Hassall 18:04); 11 Derby AC (M40C) 54:08 (J Laban 18:16, L Page 17:45, I Kiltie 18:07); 12 Massey Ferguson (M40A) 54:11 (M Riley 16:53, S Parkes 17:49, T Howarth 19:29); 13 West Bromwich (M40A) 54:15 (P Jameson 17:16, B Meek 18:33, D Jones 18:26); 14 Derby AC (M40D) 54:38 (G Fallon 17:58, S Perdesi 18:20, J Elrick 18:20); 15 Royal Sutton Coldfield (M50A) 55:34 (J Currie 17:30, D Hyde 18:08, R Pollard 19:56); 16 Derby AC (M50C) 56:52 (M Robinson 18:52, B Gill 19:15, S Tattersall 18:45); 17 Massey Ferguson (M50A) 57:13 (R Godfrey 17:19, M Smith 19:14, M O'Neill 20:40); 18 Derby AC (W35A) 58:05 (J Le 18:04, J Jackson 20:23, Y Crawley 19:38); 19 Royal Sutton

Coldfield (M60A) 61:51 (R Phipps 17:59, J Cox 20:25, M Stanley 23:27); 20 West Bromwich (M40B) 63:23 (S Jeavons 21:54, N Munroe 19:48, M Smith 21:41); 21 Royal Sutton Coldfield (W35A) 63:37 (F O'Brien 22:10, B O'Brien 21:55, V Carter 19:32); 22 Cannock & Stafford (W45A) 69:07 (J Bryan 23:33, C Rollason 21:49, D Fellows 23:45); 23 Solihull & Small Heath (M60A) 73:35 (B Froggatt 23:17, C Sloan 23:28, C Simpson 26:50);

MIDLAND COUNTIES MASTERS 6 STAGE RELAYS, SUTTON PARK APRIL 5th.

1, Telford AC 2:02.03 (D Talbot, (2), 28:54, S Jones, (1), 16:13, R Hailey, (1), 16:26, T Power, (1), 28:43, P Plant, (1), 15:48, G Wilson, (1), 15:59)
2, Tipton Harriers 2:06.06 (M Eustace, (5), 30:19, M Hager, (2), 15:25, M Farnell, (2), 16:19, T Wood, (2), 30:21, R Stanier, (2), 16:54, M Strange, (2), 16:48)
3, Wolverhampton & Bilston, 2:09.04, (N Share, (1), 28:05, T Bullock, (3), 18:21, J Birkel, (4), 18:14, K Fotherby, (3), 29:59, D Rowley, (3), 17:31, T Guy, (3), 16:54)
4, Bitton RR 2:10.48 (P Westlake, (3), 29:55, D Rexworthy, (5), 17:54, M Emes, (5), 18:03, W Fortesque, (5), 31:44, P Sperrin, (4), 15:52, G Beazer, (4), 17:20)
5, Notts AC 2:12.43 (P Archer, (4), 30:11, J Noble, (6), 19:03, G McMahon, (6), 17:16, A Watson, (6), 31:24, M Hill, (5), 17:23, S Elliott, (5), 17:26)
6, Redhill RR 2:17.38 (S Pascoe, (7), 31:21, A Wetherill, (4), 15:17, B Moss, (3), 16:49, M McHale, (4), 32:56, T Garland, (6), 20:50, C Middleton, (6), 20:25)
7, Bristol AC 2:18.49 (D Cordwell, (9), 32:55, C Tucker, (9), 18:17, T Kemp, (8), 18:39, D Mortimer, (8), 33:24, G Crump, (8), 18:43, D Bedwell, (7), 16:51)
8, Stafford Harriers 2:20.36 (L Martin, (10), 33:13, A Haycock, (4), 18:09, K Palmer, (9), 18:36, P Sarson, (7), 32:46, M Mountford, (7), 18:49, P Reynolds, (8), 19:03)
9, Leicester Coritanians 2:22.56 (R Willingale, (16), 36:44, T Forryan, (19), 22:09, J Grindley, (13), 16:28, N Francis, (10), 31:55, J Masterson, (9), 16:42, B Winter, (9), 18:58)
10, Silson Joggers 2:26.48 (J Haynes, (6), 30:22, D Coates, (7), 19:22, J Wright, (7), 19:13, D Lantsbery, (9), 37:24, E Shoesmith, (10), 21:10, G Linnell, (10), 19:17)
11, Stafford Harriers B 2:37.07, (J Atherton, (11), 34:36, M Bradbury, (11), 20:15, E Smith, (12), 20:04, P Hodgetts, (13), 38:02, P Burns, (13), 20:35, F Grant, (11), 23:35)
12, Leamington C&C 2:37.47, (C Reading, (13), 35:50, A Edward, (13), 19:47, P Muddeman, (11), 19:13, B Payne, (11), 36:26, C Woodward, (11), 20:22, P Hart, (12), 26:09)
13, Harborough AC 2:39.02, (D Oram, (22), 41:56, S Avins, (21), 19:34, B Yarwood, (20), 22:13, P Leach, (14), 36:30, B Devlin, (14), 18:22, D Reid, (13), 20:27)
14, City of Bath AC 2:39.38,

(D Craig, (15), 36:27, D Marchant, (15), 21:07, M Blackwell, (15), 18:33, T Hutchinson, (15), 44:48, R Brigden, (15), 19:07, M Thompson, (14), 19:36)
15, Cobra RC 3:00.55, (R Kavanagh, (21), 39:50, T Safe, (23), 25:22, J Batchelor, (21), 24:35, S Farmer, (18), 38:46, C Murch, (18), 25:14, J Sidaway, (15), 27:08)
Fastest short stage (3M 8y):
1., Andy Wetherill, Redhill, 15.17
2., Mike Hager, TiptonH, 15.25
3., Peter Plant, TelfrdA, 15.48
4., Paul Sperrin, Bitton, 15.52
5., Greg Wilson, TelfrdA, 15.59
6., Steve Jones, TelfrdA, 16.13
7., Mark Farnell, TiptonH, 16.19
8., Rick Hailey, TelfrdA, 16.26
9., John Grindley, LeicCor, 16.28
10., Joe Masterson, LeicCor, 16.42
11., Mick Strange, TiptonH, 16.48
12., Barrie Moss, Redhill, 16.49
13., Dave Bedwell, Bristol, 16.51
14., Ray Stanier, TiptonH, 16.54
=., Terry Guy, WolvBil, 16.54
16., Gary McMahon, NottsAC, 17.16
17., Geoff Beazer, Bitton, 17.20
18., Mick Hill, NottsAC, 17.23
19., Simon Elliott, NottsAC, 17.26
20., Dave Rowley, WolvBil, 17.31
21., Dave Rexworthy, Bitton, 17.54
22., Mark Emes, Bitton, 18.03
23., Antony Haycock, StaffdH, 18.09
24., Jeff Birkel, WolvBil, 18.14
25., Clive Tucker, Bristol, 18.17
26., Terry Bullock, WolvBil, 18.21
27., Brian Devlin, Harboro, 18.22
28., Martin Blackwell, CtyBath, 18.33
29., Kevin Palmer, StaffdH, 18.36
30., Ted Kemp, Bristol, 18.39
31., Graham Crump, Bristol, 18.43
32., Keith Best, TiptonH, 18.44
33., Malcolm Mountford, StaffdH, 18.49
34., Bill Winter, LeicCor, 18.58
35., John Noble, NottsAC, 19.03
=., Philip Reynolds, StaffdH, 19.03
37., Mike Collin, Bristol, 19.06
38., Ray Brigden, CtyBath, 19.07
39., Shaun Flanagan, N'Brook, 19.08
40., Paul Muddeman, Leamtn, 19.13
=., Jim Wright, Silson, 19.13
42., Graham Linnell, Silson, 19.17
43., Dave Coates, Silson, 19.22
44., Stuart Avins, Harboro, 19.34
45., Mike Thompson, CtyBath, 19.36
46., Michael Davies, Sutton, 19.39
47., Alan Edward, Leamtn, 19.47
48., Jim Mann, Sutton, 19.55
49., Ed Smith, StaffdH, 20.04
50., Chris Jones, Sutton, 20.14
51., Mick Bradbury, StaffdH, 20.15
52., Marc Kirsten, RSutton, 20.18
53., Cavin Woodward, Leamtn, 20.22
54., Joe Cox, RSutton, 20.24
55., Jim Stott, WestBrm, 20.25
=., Chris Middleton, Redhill, 20.25
57., Derek Reid, Harboro, 20.27
58., Kevin Viner, N'Brook, 20.28
59., Des Grant, WolvBil, 20.34
60., Perer Burns, StaffdH, 20.35
61., Tony Garland, Redhill, 20.50
62., Clive Sayer, RSutton, 20.53
63., Michael Mitchell, Solihul, 20.55
64., Den Marchant, CtyBath, 21.07
65., Eddie Shoesmith, Silson, 21.10
66., Tony Forryan, LeicCor, 22.09
67., Barry Yarwood, Harboro, 22.13
68., Frank Grant, StaffdH, 23.35
69., Bob Groggatt, Solihul, 23.58
70., Paul Carrol, WolvBil, 24.03
71., Doug Fownes, TiptonH, 24.22
72., Charlie Sloan, Solihul, 24.34
73., John Batchelor, Cobra, 24.35
74., Clive Murch, Cobra, 25.14
75., Tony Safe, Cobra, 25.22
76., Pete Hart, Leamtn, 26.09

77., John Sidaway, Cobra, 27.08

Fastest long stage (5M 706y):

1., Nigel Share, WolvBil, 28.05
2., Tony Power, TelfrdA, 28.43
3., Dave Talbot, TelfrdA, 28.54
4., Phil Westlake, Bitton, 29.55
5., Ken Fotherby, WolvBil, 29.59
6., Paul Archer, NottsAC, 30.11
7., Malcolm Eustace, TiptonH, 30.19
8., Terry Wood, TiptonH, 30.21
9., Jeff Haynes, Silson, 30.22
10., Stan Pascoe, Redhill, 31.21
11., Andy Watson, NottsAC, 31.24
12., Steve Wall, TiptonH, 31.34
13., Warwick Fortesque, Bitton, 31.44
14., Nev Francis, LeicCor, 31.55
15., Perer Sarson, StaffdH, 32.46
16., Dave Cordwell, Bristol, 32.55
17., Martyn McHale, Redhill, 32.56
18., Lee Martin, StaffdH, 33.13
19., Dave Mortimer, Bristol, 33.24
20., Joe Atherton, StaffdH, 34.36
21., Paul Appleby, Sutton, 35.41
22., Colin Reading, Leamtn, 35.50
23., Mark Dickinson, Bristol, 36.23
24., Bert Payne, Leamtn, 36.26
25., Bob Craig, CtyBath, 36.27
26., Peter Leach, Harboro, 36.30
27., Richard Willingale, LeicCor, 36.44
28., Ian Voaden, Solihul, 36.54
29., Alan Dickens, Sutton, 37.02
30., Neil Munroe, WestBrm, 37.10
31., Dave Lantsbery, Silson, 37.24
32., Roger Pollard, RSutton, 37.34
33., Derrick Harding, WolvBil, 38.00
34., Perer Hodgetts, StaffdH, 38.02
35., Stirling Farmer, Cobra, 38.46
36., Derek Staley, Solihul, 39.05
37., Richard Kavanagh, Cobra, 39.50
38., Dave Oram, Harboro, 41.56
39., Tony French, N'Brook, 42.56

40., Tom Hutchinson, CtyBath, 44.48

Midland Veterans T&F League

Div North Telford 7th May

MEN 40

100 (A): 1 P Williams (Stoke) 11.4; 2 N Bennett (C&S) 11.8; 3 R Cawson (Burt) 12.4; (B) 1 A Weetman (C&S) 12.2;
400 (A): 1 P Williams (Stoke) 55.4; 2 I Moody (Tel) 58.0; 3 N Evans (C&S) 59.2;
(B) D Drew (RSC-M55) 60.4; 1500 (A): 1 P Lant (Tel) 4:22.4; 2 J Danahay (Stoke) 4:28.0; 3 P Ivens (Tam-M45) 4:29.4; (B) R Hailey (Tel-M45) 4:41.8; 2000 Walk (A): 1 D Fall (RSC-M55) 11:21.5; 2 P Evanson (Tam) 12:06.7; 3 P Bailey (Stoke-M55) 13:46.4; (B) J Culshaw Snr. (Tam-M65) 13:25.2; 4x200 : 1 Stoke 1:48.0; 2 Cannock & Stafford 1:49.4; 3 Telford 1:50.2; HT: 1 J Culshaw Jnr. (Tam) 1:58; 2 M Warrilow (Stoke-M50) 1:55; 3 M Kelsall (Burt) 1:45; HT: 1 M Roberts (C&S) 46.21 (League Record); 2 M Kelsall (Burt) 19.96; 3 M Leath (Shrews-M55) 19.94; JT: 1 N Bennett (C&S) 39.70; 2 P Wainwright (Stoke-M50) 35.89; 3 P Owen (Tam-M55) 34.91; TJ: 1 I Moody (tel) 10.33; 2 M Robertson (tam-M55) 8.97; 3 J Toplass (RSC-M55) 8.65;
M50:
400: 1 R Barrington (Stoke -M55) 61.5; 2 M Robertson (tam-M55) 67.2; 3 T Faulkner (C&S-M60) 68.1; M50: 1 P Sanderson (tel) 5:14.9; 2 B Muran (tam) 5:15.9; 3 S Tattershall (burt) 5:18.0; HT: 1 R Stevenson (Tel) 30.00; 2 P Duckers (Shrews-M60) 29.50 (League Record); 3 B Sumner (Tam-M65) 28.77; TJ: 1 M Warrilow (Stoke) 10.04; 2 C Green (Tam-

MASTERS ATHELTICS JULY 2003

M60) 9.85 (league Record); 3 P Duckers (Shrews -M60) 9.21;

M60:

100: 1 P Duckers (Shrews) 13.5; 2 C Green (tam) 14.7; 3 T Faulkner (C&S) 15.2; **SP:** 1 P Duckers (Shrews) 9.21; 2 B Sumner (Tam-M65) 8.83; 3 G Young (RSC) 8.10;

Team: 1 Tamworth 239; 2 Stoke 225; 3 Telford 222; 4 Royal Sutton Coldfield 188; 5 Burton 161; 6 Cannock & Stafford 146; 7 Shrewsbury 96;

W35

100 (A): 1 S McDonald (RSC-W40) 14.0; 2 A Wainwright (C&S-W45) 14.4; 3 J Oliver (tel) 15.1; (B) S Kneil (C&S) 16.2; **400 (A):** 1 A Wainwright (C&S-W45) 69.6; 2 C Evans (tel-W40) 73.2; 3 P Knowles (RSC-W40) 82.7; (B) S Kneil (C&S) 79.4; **1500 (A):** 1 C Evans (Tel-W40) 5:23.9; 2 P Knowles (RSC-W40) 5:31.1; 3 S Kneil (C&S) 5:55.5; (B) D Fellows (C&S-W55) 6:00.7; **2000 Walk (A):** 1 D Fellows (C&S-W55) 13:14.9; 2 P Lay (RSC) 14:11.0; 3 C Lyon-Green (tam-W50) 14:11.5; (B) J Bryan (C&S-W60) 15:19.9; **4x200:** 1 C&S 2:24.0; 2 Telf 2:25.3; 3 RSC 2:37.9; **HJ:** 1 J Oliver (Tel) 1.20; 2 S Kneil (C&S) 1.00; **JT:** 1 A George (C&S-W40) 16.89; 2 M Lewington (RSC-W55) 15.03; 3 D Harrison (Burt) 14.63;

W45

1500: 1 J Bryan (C&S-W60) 6:48.4; 2 L Foulger (RSC-W55) 6:55.4; 3 J Hailey (tel) 7:03.7; **HJ:** 1 J Stafford (Burt) 1.10; 2 Z McDonald (RSC) 1.10; 3 C Lyon-Green (Tam-W50) 0.90;

W50

100: 1 C Lyon-Green (Tam-W50) 16.6; 2 P Furness (tel) 16.7; 3 J Kelsall (Burt) 17.7; **SP:** 1 M Lewington (RSC-W55) 7.70; 2 P Furness (tel) 6.13; 3 J Peleszok (Shrews) 5.70; **Team:** 1 Royal Sutton Coldfield 185; 2 Cannock & Stafford 180; 3 Telford 145; 4 Tamworth 112; 5 Burton 104; 6 Shrewsbury 46;

DIVISION EAST NUNEATON 7th May

M40

100 (A): 1 C Moven (Rug-A) 11.6; 2 V Oliver (Notts) 11.6; 3 C Orr (Charn) 11.7; (B) A Greaves (Rug-A) 12.4; **2000 Walk (A):** 1 A Fear (Nun) 9:39.4; 2 S Harris (Rug-A) 10:36.4; 3 B Scott (Mans) 11:31.2; (B) C Turner (Nun) 11:27.8; **400 (A):** 1 C Orr (Charn) 55.0; 2 T Harrison (Harb) 58.6; 3 T Foster (Leam) 59.8; (B) M Lewis (Rug-A) 57.9; **1500 (A):** 1 T Egan (Rug-A) 4:25.5; 2 C Sabin (Charn) 4:30.5; 3 S Jennings (Notts) 4:34.3; (B) T Heatherton (Rug-A) 4:39.2; **HJ:** 1 C Orr (Charn) 1.55; 2 P Haydon (Nun) 1.45; 3 B Abdy (Rud-B) 1.40; **HT:** 1 K Murch (Rug-A) 24.29; 2 M Greaves (Charn) 23.41; 3 C Davey (Mans) 18.76; **TJ:** 1 F Blackwell (Rug-B) 9.90; 2 P Harrison (Nun) 9.67; 3 D Bithray (Rug-A) 9.59; **JT:** 1 K Murch (Rug-A) 47.65; 2 I Harding (Notts) 38.11; 3 M Greaves (Charn) 36.10; **4x200:** 1 Rug A 1:43.7; 2 Notts 1:43.9; 3 Charn 1:47.6;

M50:

400: 1 M Anthony (Notts) 57.6; 2 B Waring (Spark) 60.4; 3 T Chambers (Rug-A) 60.7; **1500:** 1 B Waring (Spark) 4:36.1; 2 R Elliot (Leam) 4:43.7; 3 E Palmer (Mans) 5:02.7; **HT:** 1 B Hawkesware (Charn) 36.52; 2 B Ewington (Nun) 30.82; 3 B Abdy (Rug-B) 26.97; **TJ:** 1 D Cowley (Rug A) 10.11; 2 G Jephcott (Rug-B) 9.88; 3 A Maddocks (Mans) 9.45;

M60:

100: 1 M Garvey (Mans) 13.4; 2 A Mellet (Charn) 13.6; 3 D Hoare (Leam) 14.0; **SP:**

1 D Vaughan (Leam) 8.40; 2 B Ewington (Nun) 7.82; 3 J Love (Rug-B) 7.68;

Team

1 Rugby & Northampton (A) 243; 2 Charnwood 218; 3 Nuneaton 185; 4 Leamington 168; 5 Mansfield 160; 6 Rugby & Northampton (B) 159; 7 Notts AC 144; 8 Harborough 133; 9 Sparkhill 80;

W35

100 (A): 1 B Matthews (Rug-B) 13.8; 2 S Brown (Charn) 14.1; 3 P Dutton (Mans) 14.2; (B) D Davies (Charn) 13.6; **400:** 1 P Dutton (Man) 68.6; 2 S Brown (Charn) 70.5; 3 C Willis (Rug-A) 70.8; (B) A Carlin (Rug-A) 75.1; **1500 (A):** 1 J Beech (Rug-A) 5:17.2; 2 J Lea (Nun) 5:22.2; 3 T Boa (Har) 5:24.6; (B) G Taylor (Harb) 5:31.8; **2000 Walk:** 1 A Wheeler (Nun) 11:03.0; 2 A Rollins (Rug-A) 12:39.3; 3 C Huntington (Mans) 14:35.1; (B) B Cewin (Nun) 12:27.0; **4x200:** 1, Rug A 2:09.8; 2 Rug B 2:13.5; 3 Nun 2:14.2; **JT:** 1 D Murch (Rug-A) 22.65; 2 C Smith (Nun) 15.96; **HJ:** 1 D Davies (Charn) 1.45; 2 L Willis (Rug A) 1.25; 3 P Dutton (Mans) 1.20;

W45

1500: 1 H Fiddament-Harris (Rug-B) 5:42.1; 2 V Goode (Harb) 5:45.8; 3 A Rollins (Rug-A) 6:25.0; **HJ:** 1 P Garvey (Mans) 1.30; 2 E Mee (Charn) 1.05; 3 C Cox (Rug-A) 1.00;

W50:

100: 1 C Cox (Rug-A) 15.2; 2 V Kirkland (Nun) 15.4; 3 P Garvey (Mans) 16.1; **SP:** 1 C Cox (Rug-A) 8.17; 2 C Smith (Nun) 7.50; 3 B Murie (Har) 6.57; **Team:** 1 Rugby & Northampton A 208; 2 Nuneaton 169; 3 Mansfield 164; 4 Harborough 145; 5 Charnwood 126; 6 Rugby & Northampton B 121; 7 Sparkhill 22;

DIVISION SOUTH REDDITCH 8th MAY

M40:

100 (A): 1 W Fraser Birch 11.8; 2 A Priest Droit 12.2; 3 R White Worc 12.6; (B) D Maynard 11.7;

400 (A): 1 R White Worc 53.5; 2 D Brown Birch 55.5; 3 A Priest Droit 56.1; (B) D Maynard Birch 50.3;

1500 (A): 1 R Gray B-Row 4:33.6; 2 R Rawlins B&R 4:34.4; 3 B Worthington Birch 4:35.6; (B) S Halion Worc 4:37.3; **2000 Walk:** 1 B Care Birch 9:15.7; 2 D Henley B&R 10:17.7; 3 G Jones D&S 11:08.9; (B) P Bhatti Birch 11:41.6;

HT: 1 R Payne Birch 45.10; 2 J Fullwood D&S 29.81; 3 J Church Worc 15.86;

HJ: 1 J Church Worc 1.60; 2 T Crocker Droit 1.50; 3 D Maynard Birch 1.45;

LJ: 1 J Ubhoo Birch 5.14; 2 J Church Worc 5.12; 3 P MacClean D&S 3.58;

JT: 1 P Carbutt B&R 37.99; 2 D Naish Worc 35.09; 3 A Priest Droit 26.99;

M50:

400: 1 L Oldfield Worc 62.7; 2 R Davies Birch 67.9; 3 M Endacott Hales 71.2;

1500: 1 P Carbutt B&R 4:41.0; 2 D Waldron Worc 5:04.0; 3 S Caldwell Birch 5:06.9;

HT: 1 B Cutler D&S 24.80; 2 M Jones B&R 20.21; 3 M Endacott Hales 17.7;

LJ: 1 T Crocker Droit 4.61; 2 B Cutler D&S 4.59; 3 B Taylor Birch 4.59;

M60:

100: 1 T Crocker Droit 13.8; 2 A Meddings Birch 14.3; 3 L Woods Hales 15.6;

SP: 1 M Jones B&R 9.25; 2 B Griffiths Hales 6.34; 3 T Crocker Droit 5.79;

4x200: 1 Birch 1:37.2; 2 Worc 1:46.0; 3 West Brom 1:53.6;

Team: 1 Worcester 245; 2 Birchfield 239; 3 Bromsgrove & Redditch 188; 4 Droitwich with K&S 182; 5 Dudley & Stourbridge 176; 6 Halesowen 94; 7 West Bromwich 72; 8 Birmingham Rowheath 47;

W35:

100 (A): 1 W Morant Birch 13.9; 2 P Gerner B&R 14.1; 3 J MacClean D&S 14.2; (B) J Rogers Birch 14.1;

400 (A): 1 J Rogers Birch 65.5; 2 Y Priestman B&R 70.4; 3 R Hope Worc 73.8; (B) A Haywood Birch 69.1;

1500 (A): 1 K Haley B&R 5:34.6; (B) J Anderson B&R 5:40.0;

2000 Walk: 1 W Bennett Worc 9:34.1; 2 J Malin B&R 12:26.8; 3 K Davies Birch 12:55.4; (B) G Replon Worc 13:49.6;

HJ: 1 J Wakelam B&R 1.15; =2, E Restorick D&S / K Davies Birch 1.10;

JT: 1 J Rogers Birch 23.59; 2 J Wakelam B&R 22.19; 3 J Smallwood 19.65;

W45:

1500: L Clifford 6:39.0;

HJ: R Chrimes 1.20;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

SP: 1 R Chrimes 10.20; 2 M Harding D&S 6.31; 3 C Rafferty Birch 6.21;

4x200: 1 Birch 2:01.9; 2 B&R 2:09.2; 3 Worc 2:21.2;

Team: 1 Bromsgrove & Redditch 216; 2 Birchfield 165; 3 Worcester 156; 4 Dudley & Stourbridge 131; 5 Halesowen 122; 6 Droitwich with K&S 78;

W50:

100: Y Priestman B&R 14.8;

44 S Crane Bed H M45 48:51; 45 B Daniels M Keynes M60 49:04; 46 J Adams L Buzz M60 49:08; 47 D Russell Bed H M50 50:13; 48 M Chambers St.Eds M60 50:18; 49 M English M Keynes M40 50:26; 50 J Lawrence M Keynes M45 50:33; 51 M McKellar M Keynes M65 50:34; 52 N Beckwith Bed H M60 51:08; 53 S Clark Bed H M50 51:17; 54 B Morant Bed H M60 51:17; 55 B Gilks EVAC 54:14; 56 M Callow M Keynes M65 56:17; 57 J Keenan Bed H M65 58:07; 58 G Burley Bed H M55 67:20;

Teams:

M40-49- 1, Milton Keynes 16; 2 Bedford & County 62; 3 Bedford Harriers 136; M50-59- 1 Milton Keynes 63; 2 Bedford & County 82; 3 Bedford Harriers 158; M60plus - 1 Milton Keynes 137; 2 Bedford Harriers 163;

WOMEN (5.4 km)

1 W Jones Bedford & Co W40 23:18; 2 C Rooney M Keynes W35 23:46; 3 J Bulgin Chelms W35 24:19; 4 B Wallen Chelms W35 26:01; 5 J Herron Camb W35 26:37; 6 S Walsh Bed & Co W45 26:54; 7 S Kamdar Southend W45 27:04; 8 M Chew St W55 27:37; 9 C Rogers Bed H W35 27:40; 10 S Barnett Camb W50 27:48; 11 S Stark Chelms W35 28:15; 12 E Osborne Wymondham W60 29:12; 13

MASTERS ATHLETICS JULY 2003 – ROUND THE CLUBS

Downie C&C M55 42:51; 26 G Meah C&C M45 43:12; 27 P Howard C&C M60 44:11; 71 P Harris Ely M50 44:30; 29 P Gorman Hunts M50 45:55; 30 D Bartrum M50 46:36; 31 R Hudson Hunts M50 46:54; 32 D Willis Hunts M40 46:55; 33 M Ball N/Nor M70 47:03; 34 P Westlake Garden M65 48:00; **35 S Barnett C&C W50 48:16**; 36 M Callow M Key M65 54:10; **37 U Duckworth B&C W65 54:45**; 38 M Parmenter EVAC M60 56:41; **39 G Holmes Fen W45 60:38**; 40 R Blackwell EVAC M70 79:57; 41 B Jenkins C&C 87:30;

EVAC RELAYS

The Annual Meeting followed the race.

A presentation of a digital camera was made to retiring Chairman Peter Duhig, the founder and driving force behind the "Winning Ways Veterans Track and Field League now in its tenth year.

The League is a great success considering the large area it covers. The new Chairman is Mark Chaplin from Royston who is a youngster of 40.

Mark also agreed to carry out a postal ballot on a proposed change of name from Veterans to Masters in July.

NORTHERN VETERANS

Cross Country Championships, Wrexham 16th March 2003.

1 P Cadwallander Liv P&S M40 32:55; 2 M Farran Leeds M40 34:02; 3 D Gee Man H M50 34:29; 4 P Quine Liv H M40 34:51; 5 S Butler Altrin M40 35:10; 6 N Peach Sale M40 36:15; 7 P Weatherhead Wirral M50 36:31; 8 P Keen Hallam M50 36:48; 9 I Mitchell Long M50 37:37; 10 M Smith M60 37:39; 11 F Cordingley Sale M40 37:47; 12 K Cate Warr M55 37:57; 13 E Ranicar Bolt M55 38:10; 14 D Telford Altrin M550 38:22; 15 D Helps Leigh M50 38:36; 16 J Hancock Owest M55 38:54; 17 M Johnson Sale M50 39:08; 18 W Fox Sale M45 39:08; 19 P Wilkinson Skipton M55 39:21; 20 C Wilson Sale M45 39:41; 21 M Barnes Bolton M60 39:54; 22 M Pope Altrin M50 39:58; **23 S Cooper Southport W45 39:59**; 24 A Fielding Bolt M50 40:08; **25 P Atkinson Maccles W40 40:08**; 26 K Burgess Altrin M60 40:19; 27 F Gibbs Bing M60 40:38; **28 A Hartopp Warr W35 40:45**; 29 T Lythe Sale M55 41:07; 30 D Haynes Keswick M65 41:12; 31 A Peers Spect M60 41:42; 32 M Gyves Sale M40 41:47; 33 G Large NVAC M55 42:04; 34 A Boyack St Helens & S M50 42:18; 35 D Spencer Barr M65 42:26; **36 E Hudson Stock W35 42:54**; 37 M Brooks Altrin M60 43:29; 38 S James Southport W M65 43:44; 39 J Golder Sale M55 43:54; 40 M Curly Sale M50 43:55; 41 S Hatfield Prestatyn M55 44:06; 42 R Ashby Sale M55 44:24; **43 A Foster Horwich W50 44:33**; 44 R Jones Wirral M65 44:52; **45 J Cordingley Sale W40 45:14**; 46 T Mannion Leigh M50 45:30; 47 P Norman Wrex Guest 45:51; 48 K Black Spect M50 45:57; 49 K Mayor Bolt M50 46:30; 50 D Callander Altrin M60 46:54; 51 P Edwards NVAC M65 48:03;

52 D Watson Altrin M55 48:58; **53 L Hickey Altrin W40 49:19**; 54 D Scott Wirral M65 50:20; **55 J Adams NVAC W50 50:34**; **56 S-A Cook Horw W40 52:19**; **57 P Golder Sale W50 54:08**; 58 D Tilstone Newc M65 54:12; 59 J Tipping Wrex M60 55:21; 60 J Maloney Sale M45 56:55; 61 R Packer Red Rose M65 57:33; 62 K Dillon Manch M45 58:48; 63 W Smith Wirral M65 59:08; 64 J Butler NVAC M65 59:36; 65 D Wilcox Sale M65 60:03; 66 D Tomkinson NVAC M60 63:57; **67 A Doyle NVAC W50 70:37**;

5000 Metres

1 D Howarth Leigh M70 22:52; 2 J Beswick Helsby 25:17; 3 T Partridge Wrex M70 26:08; 4 R Silver Helsby 26:40; 5 D Kitchen Hallam M80 34:28;

Teams M40-Sale ; M45-Sale; M50 – Bolton M55 – Sale ; M60- Altrincham; M65-Wirral;

NVAC MONTHLY RUN, Lymm, April 6th

Just after the start of the race, on information supplied by Maurice Morrell, it was decided to move the finish of the race 150 metres, due to a large number of vehicles attending a Car Boot sale.

Sixty two runners lined up at the start, Paul Muller went into the lead only to find he had been sent the wrong way at the two mile point, once back on the correct path he pulled back on the leaders to win followed by Kenneth Moss.

It was good to see Tommy Parr coming in at the finish after a long absence from competition.

1 P Muller Horw 39:47; 2 K Moss NVAC 40:01; 3 A Harris Radcliffe 41:02; 4 K Crute Warr 41:27; 5 D Edwards Liv RC 41:30; 6 A Power Stock 41:43; 7 B Fairclough Liv RC 42:20; 8 D Waywell Wesham 42:27; 9 F Reilly Stock 43:18; 10 D Gaynor Liv P&S 44:08; 11 J Appleton NVAC 44:39; 12 P Wilkinson Skip 44:47; 13 G Large NVAC 44:55; 14 C Slavin Liv RC 45:09; 15 K Burgess Altrin 45:37; 16 S Clayton Liv RC 45:41; 17 P Grain Sale 46:02; 18 A Fielding Bolt 46:05; 19 E Wickstead Roch 46:45; 20 M Gyves Sale 46:52; 21 A Peers Spect 46:57; 22 T Lythe Sale 47:03; 23 F Slavin NVAC 47:43; 24 M Brooks Altrin 47:48; 25 R Russell C-I-Moors 48:06; 26 D Walton Altrin 48:29; 27 K Briggs Sale 48:58; 28 J Golder Sale 49:11; 29 S Sacks Salf 49:18; 30 B Atkinson NVAC 49:20; 31 B Hargreaves Liv H 49:24; **32 J Cordingley Sale 49:33**; **33 T Lewis C-I-Moor 49:40**; M Canny Salf 50:06; 35 K Mayor Bolt 50:08; 36 T Mannion Leigh 50:09; 37 M Hodkinson NVAC 50:39; 38 P Dibb Long 51:37; 39 D Callander ADAC 52:14; **40 K Hoyer Wesham 52:20**; 41 D Sinnott NVAC 52:32; 42 M Lloyd Sale 53:24; 43 R Ashby Sale 54:21; 44 P Spratt NVAC 54:29; 45 J Wilson Bradf 55:06; 46 N Cook 55:17; 47 D Barrow Prest 56:14; **48 P Appleton St Helens 57:14**; 49 K Clark NVAC 57:53; **50 P Golder Sale 59:40**; 51 K Dillon Manch 60:43; 52 B Heeler NVAC 61:32; 53 W Smith 64:05; 54 T Parr Bolt 65:26; **55 E Heeler NVAC 67:22**; **56 V Tucker 67:22**; 57 D Tomkinson Roch 73:09; 58 B Lister NVAC 78:11; **59 A Higginson NVAC 83:08**; 60 P Parr NVAC 83:09;

HANDICAP RESULT

1 K Crute Warr 33:57; 2 K Moss NVAC 35:01; 3 A Fielding Bolt 35:05; 4 J Wilson Bradf 35:21; 5 J Appleton NVAC 35:39; 6 A Harris Radcliffe 36:02; 7 P Muller Horw 36:17; 8 F Slavin NVAC 36:13; 9 P Wilkinson Skip 36:17; 10 G Large NVAC 36:24; 11 C Slavin Liv RC 36:24; 12 R Russell C-I-Moors 36:36; 13 P Dibb Long 36:37; 14 F Reilly Stock 36:48; **15 T Lewis C-I-Moor 36:55**; 16 A Peers Spect 36:57; 17 K Briggs Sale 36:58; 18 Burgess Altrin 37:07; 19 J Golder Sale 37:11; 20 S Sacks Salf 37:18; 21 T Parr Bolt 37:26; 22 D Gaynor Liv P 37:38; 23 M Brooks Altrin 37:48; 24 T Lythe Sale 38:03; 25 T Mannion Leigh 38:09; 26 D Callander ADAC 38:14; 27 E Wickstead Roch 38:15; 28 K Mayor Bolt 38:38; 29 B Atkinson NVAC 38:50; 30 D Walton Altrin 38:59; 31 D Sinnott NVAC 39:32; 32 P Spratt NVAC 39:59; **33 P Golder Sale 40:10**; 34 D Barrow Prest 40:14; 35 K Clark NVAC 40:23; 36 B Heeler NVAC 40:32; 37 D Edwards Liv RC 41:30; 38 A Power Stock 41:43; 39 B Fairclough Liv RC 42:20; 40 M Lloyd Sale 42:24; 41 D Waywell Wesham 42:27; 42 W Smith 42:35; 43 R Ashby Sale 43:21; 44 K Dillon Manch 44:43; 45 S Clayton Liv RC 45:41; 46 P Grain Sale 46:02; 47 M Gyves Sale 46:52; 48 B Lister NVAC 49:11; 49 B Hargreaves Liv H 49:24; **50 J Cordingley Sale 49:33**; 51 M Canny Salf 50:06; 52 M Hodkinson NVAC 50:39; **53 P Parr NVAC 51:39**; **54 K Hoyer Wesham 52:20**; 55 D Tomkinson Roch 53:09; 56 N Cook 55:17; **57 P Appleton St Helens 57:14**; **58 E Heeler NVAC 67:22**; **59 V Tucker 67:22**; 60 A Higginson NVAC 83:08

VAA-NE T&F League, Monkton, 19th May 03:

100 Metres:

M40: 1 S Smith Gates 11.9; 2 M Wilson H'Pool 13.1; 3 R Anderson Birtley 13.4; **M45:** 1 E Smart NEV 11.9; 2 A Readman Hough 12.6; 3 G Hewitson Crook 14.0; **M50:** 1 Bainbridge Crook 16.9; **M55:** T Page Hough 13.7; **M60:** 1 J Scott NEV 14.3; 2 R Smoult NEV 14.5; 3 J Hampson Durh 16.6; **M70:** B Parnaby NEV 15.1; **W40:** 1 L Smith Morp 15.26; 2 P Ridley Birt 16.1; 3 K partridge Crook 16.4; **W50:** B Elliott Dur 15.3; **W55:** N Garnham NEV 17.5;

400 Metres

M40: 1 P Jones Walls 56.2; 2 M telford Walls 56.5; 3 R Anderson Birtley 62.0; **M45:** 1 A Readman Hough 57.2; 2 G Pemberton NEV 63.4; 3 M Mallon Crook 64.0; **M50:** 1 D Morris NSP 70.6; 2 I Bainbridge Crook 74.1; 3 C Evison Crook nt; **M55:** A Rowell Durh 66.1; **M60:** R Stewart NSP 75.0; **M65:** R Checkley Heaton 80.2; **M70:** B Parnaby NEV 72.9; **W40:** L Smith Morp 75.4; **W50:** B Elliott Durh 71.8;

1500 Metres:

M40: 1 G Harden Sund 4:26.8; 2 Hardman Elvet 4:27.5; 3 C Guy Walls 4:35.5; **M45:** 1 K Archer Crook 4:27.8; 2 A Dent Baly 4:35.0; 3 G Pemberton NEV 4:45.1; **M50:** 1 A Jenkins Morp 4:49.0; 2 S Winetr C-I-S 4:59.7; 3 D Morris NSP 5:16.1; **M55:** 1 E Maddison Sund 5:04.7; 2 K Alnwick Gates 5:43.7; 3 S Elleston Hough 6:21.0;

Teams after 1st Match:

Men: 1 N.E.V.A.C. 84; 2 Crook 62; 3 Heaton 47; 4 Sunderland 44; 5 Birtley 44; 6 Durham 32; **Women:** 1 Birtley 42; 2 Durham 18; 3 Gateshead 12; 4 Morpeth 12;

VAA-NE T&F League, Monkton, 2nd June.

200 Metres:

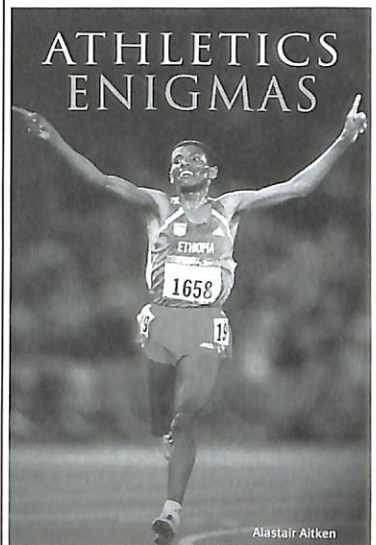
M40: P Jones Walls 25.2; **M45:** A Readman Hough 25.3; **M50:** 1 Bainbridge Crook 34.3; **M55:** T Page Hough 29.4; **M60:** 1 P Rowell NEV ; 2 J Scott NEV 31.1; 3 J Hampson Durh 34.0; **M70:** B Parnaby NEV 32.7; **W40:** L Smith Morp 31.5; **W50:** B Elliott Durh 31.2; **W55:** K Stewart NSP 36.4;

800 Metres:

M40: 1 G Harden Sund 2:03.6; 2 T Mellor NSP 2:12.1; 3 M Telford Walls 2:14.0; **M45:** 1 K Atcher Crook 2:08.7; 2 S Todmer Hough 2:15.3; 3 G Pemberton NEV 2:16.7; **M50:** 1 A Jenkins Morp 2:24.3; 2 S Winter C-I-S 2:32.0; 3 C Everson Crook 2:47.0; **M55:** A Rowell 2:39.9; **M60:** 1 J Hampson Durh 2:47.7; 2 R Stewart NSP 2:53.6; 3 L Dunn C-I-S 2:53.6; **W40:** 1 H patten Gates 2:23.6; 2 J Battersby Elvet 2:24.8; 3 L Marr Tyne 2:53.7; **W50:** L Inwood Birtley 3:30.7; **W55:** K Stewart NSP 3:07.8;

3000 Metres:

M40: 1 L Atkinson Morp 9:25.6; 2 T Mellor NSP 9:51.0; 3 M Ruffell J&H 9:55.0; **M45:** 1 K Archer Crook 10:04.4; 2 M Mallen Crook 10:09.7; 3 G Pemberton NEV 10:17.7; **M50:** 1. A Jenkins Morp 10:10.2; 2 F Devlin Gates 11:07.3; 3 C Everson Crook 11:53.7; **M55:** S White 10:05.1;



A great read from Alastair Aitken

SWVAC PENTATHLON 15th JUNE

M45: R Ashford (5.17, 23.47, 26.8, 33.22, 4:41.6) 2966;

M50: J Kennedy (4.78, 24.20, 28.1, 38.13, 5:43.5) 2750;

M55: 1 P Clarke (3.22, 20.39, 36.7, 19.60, 6:15.9) 1568;

M60: 1 B Loten (3.87, 33.23, 31.2, 30.65, 6:29.1); 2 I Sneddon (3.86, 28.87, 31.2, 26.16, 6:11.5) 2636;



TRACK AND FIELD TEE SHIRTS
Sprinter, multi-sport or high jump.
Colours navy or camel Sizes S, M, L,
or XL **£10**. Long sleeved **£12**

BOURNE SPORTS MAIL ORDER SPECIALISTS



**OFFER
£18
SAVE £27**

white/red

ADIDAS LYCRA SPRINT SUITS Unisex,
available in colours white/royal, white/red,
white/black, black/yellow, navy/white/red,
royal/white stripes. Sizes 34/36,
36/38, 38/40, 40/42 and 42/44"
Usual £44.95

**OFFER £18
SAVE £27**

white/
royal

adidas



**OFFER
£23.95**

INSPORET COMPETITOR LONG SLEEVED T SHIRT Crew neck, extended length, loose fitting, dri-sport fabric, light weight fabric - dries quickly and offers sun protection, can be worn alone or over other layers. S, M, L, XL **£23.95**



**OFFER
£8
SAVE £7**

royal/
white
stripes

LADIES MIZUNO VEST AND SHORTS 100% polyester vest with lining, fitted style. Sizes S and M. Shorts to match with inner brief, elastic and tiecord waist, fob pocket. Sizes M and L Usual £14.99 **OFFER £8 PER ITEM**



**OFFER
£18
SAVE £27**

ADIDAS ACTION BACK PACK Features padding on reverse and straps, adjustable chest straps, hip straps to prevent movement. Usual £29.95 **OFFER £18**

ADIDAS EQUIPMENT CLIMA-SHELL STORM LADIES

JACKET 100% waterproof, extremely lightweight, breathable, 360 degree reflective tape, 2 side zip pockets, full zip with storm flaps, fully taped seams. Sizes 34/36, 36/38" Colour black Usual £79.95 **OFFER £45**



**OFFER
£18
SAVE £12**

ADIDAS SEDONA SHORTS Elastic and tie waist, fob pocket, inner brief, breathable moisture management fabric. Colours navy/white Sizes S, M, L, XL Usual £19.95 **OFFER £10**

ADIDAS LADIES SHORT SLEEVE RUNNING TEE

Breathable mesh fabric. Colour leaf green/aluminium Sizes 10, 12, 14, or 16 Usual £19.95 **OFFER £15**

**OFFER
£12
SAVE £13**

ADIDAS RESPONSE LADIES RUNNING SHORTS Sizes 10, 12, 14 Usual £24.95 **OFFER £12**



NIKE MENS DRI-FIT RUNNING VEST Colours and sizes, white/green L, XL, XXL, orange/black XL, XXL, royal/red XL, XXL, white/royal L, XL, XXL, royal/white XL, XXL, white/black XL, XXL black/red L, XL, XXL, black/gold L, XL, XXL green/white L, XL, XXL Usual £24.99

Offer £10 or 2 for £15 or 3 for £20

**OFFER
£8
SAVE £12**

NIKE LONGER LENGTH RUNNING SHORTS With inner brief, fob pocket, elastic and tie waist, dri-fit. Navy or black Sizes 30/32" only Usual £19.99 **OFFER £8**



NIKE DRI-FIT RUNNING SHORT Colour gold Size XL 36/38 only Usual £15.95 **OFFER £5**

**OFFER
£5
SAVE £11**

NIKE DRI-FIT LADIES RUNNING VEST Colours black/blue Sizes S, M, L or XL **£19.95**

**OFFER
£19.95**

**OFFER
£8
SAVE £12**

NIKE LADIES DRI-FIT RUNNING SHORT Colour azure blue Sizes S(8), M(10) Usual £19.95 **Offer £8**

**OFFER
£20
SAVE £30**

NIKE LADIES RUNNING HAT Light blue, fully adjustable **£15**

NIKE CLIMA-FIT LADIES RUNNING JACKET Features reflective tape, zip pockets, waist adjustment, brushed inside collar. Colour sky blue/black Sizes S, M, L, XL **£49.95**

NIKE LADIES TECH TIGHTS Colour black/sky/silver Sizes S(8), M(10), L(12), XL(14) USUAL £49.95 **OFFER £20**



Briefs £12.95 - Lycra shorts £15 GB MASTERS KIT
Vest £15 - Shorts £13.95 - Crop top £18.95
Tee shirts £15.95 - Tracksuit £49.95
Tights £19.99 - Long sleeve tops £21.95

GB VETS KIT to clear



Vests were £15 Now **£10**
Crop tops were £18.95 Now **£12.50**
Long sleeve tops were £19.95 Now **£15**
Tee shirts were £15.95 Now **£12**

**offer
£12
SAVE £4**

GB VETS



NIKE LADIES CLIMA-FIT FULL ZIP JACKET

Lightweight clima-fit fabric, resists wind & rain yet is extremely breathable, keeping you comfortable with a minimum of bulk. Features 2 zippered side pockets, side vent, drop tail, elastic draw cord at waist, with toggle closure at the side, concealed hood with Velcro adjusters on cuffs. Ladies sizes S, M, L, XL Usual £59.95 **OFFER £39.95**

**OFFER
£39.95
SAVE £20**

NIKE DRI-FIT LADIES RUNNING VEST



**OFFER
£39.95
SAVE £20**



TELEPHONE: 01782 410411 All orders plus £3 post & packing. Send cheque/postal order or telephone your order quoting Visa, Mastercard or Switchcard. Fax No: 01782 411072

BOURNE SPORTS, Church Street, Stoke on Trent, ST4 1DJ **TELEPHONE: 01782 410411** www.bournesports.com

