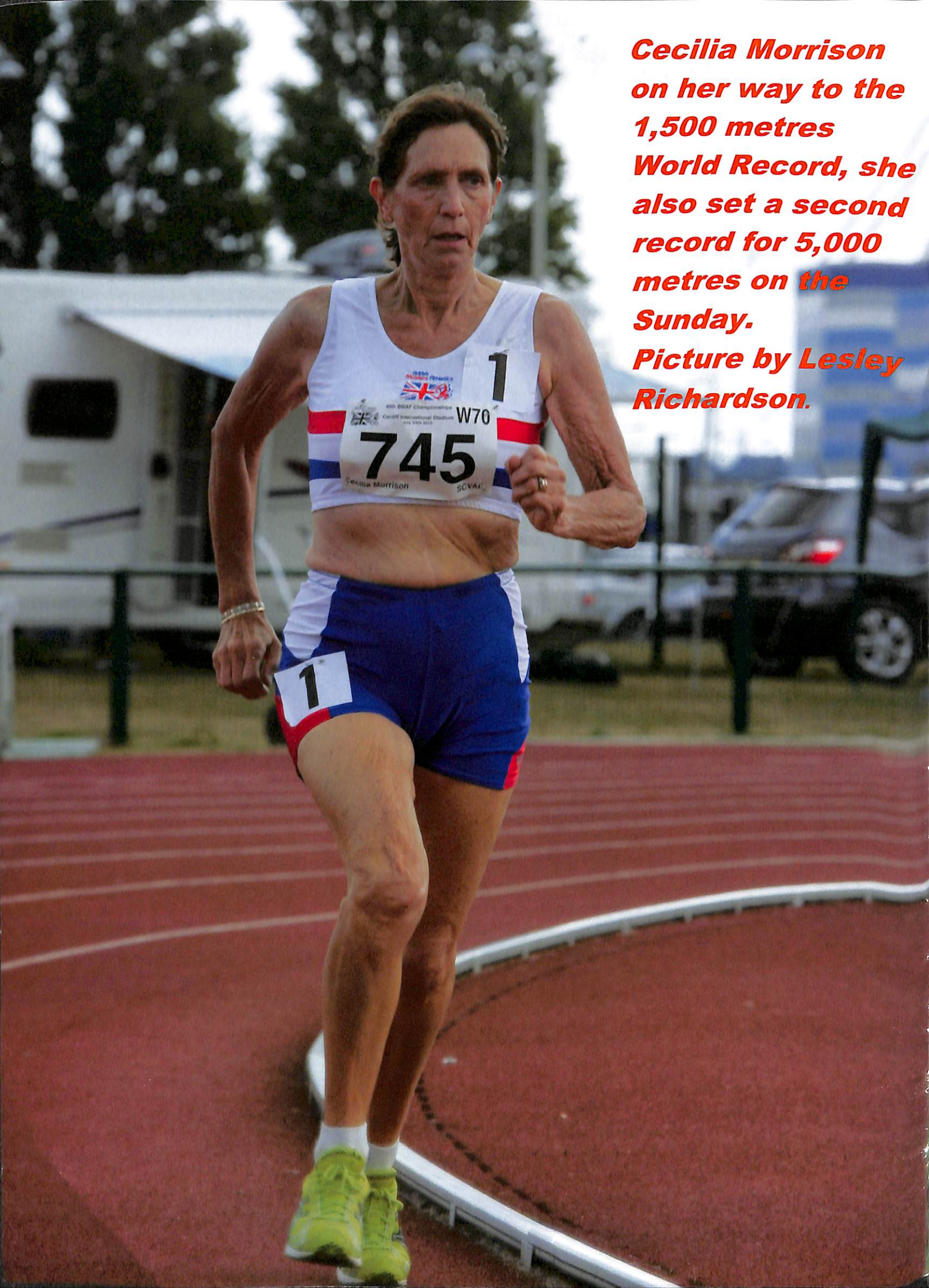


MASTERS
ATHLETICS
2010

SUMMER
NO.92

*The official
Magazine of
The B.M.A.F.*

**Roald
Bradstock**
By Tom Phillips



***Cecilia Morrison
on her way to the
1,500 metres
World Record, she
also set a second
record for 5,000
metres on the
Sunday.***

***Picture by Lesley
Richardson.***

ADVERTISING RATES

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*Items for inclusion in the "Autumn Edition"
to reach the editor by the
16th September 2010.*

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John Mould, Phil Owen,

MAY:

£125- Hamilton Thomas.

£ 10- Fred Cowan, Jackie Gilchrist, Anita
Neil.

Donations received from:

Arthur Bundy, Nigel Wray.

**PAGE 3 ► NEWS FROM THE WORLD OF
MASTERS ATHLETICS.**

PAGE 5 ► BRITISH RECORD UPDATE.

**PAGE 6 ► CHAIRMAN'S REPORT
A.G.M- BRIDGET CUSHEN.**

PAGE 9 ► BMAF PENTATHLON.

PAGE 9 ► BMAF TRACK & FIELD.

PAGE 17 ► BMAF MARATHON.

PAGE 18 ► ADDRESSES.

PAGE 19 ► FIXTURES.

PAGE 20 ► BMAF ROAD RELAYS.

PAGE 26 ► BMAF 5k.

THE PICTURES USED IN THIS ISSUE

ARE BY

LESLEY RICHARDSON

www.rikko2photo.co.uk

JEREMY HEMMING

hemming@dircon.co.uk

TOM PHILLIPS

www.tomphillipsphotos.co.uk

OBITUARIES



The sad passing of former Scottish Cross Country international Bobby Calderwood earlier this week brings to mind a unique team of which he was very much part. A team from Victoria Park A.A.C who trained out of Scotstoun Showground's, Whiteinch Baths Mountblow and the Milngavie Laundry who then crossed the border and took the English Cross Country Championship out of England. Besides Bobby this team also included an Empire Games silver medallist Andy Forbes, Scotland's "Zatopek" Ian Binnie and a young miler from Govan who went on to be an American Olympian and serve with the US Marines in Vietnam Alex Breckenridge. In 1952 this team travelled to Birmingham and took on the best clubs of England like South London Harriers, Belgrave, Birchfield and Bolton Utd on their own turf and beat them, something that had never happened before and has only happened once since when Shettleston Harriers emulated them in 1971.

MASTERS ATHLETICS SUMMER 2010.

PETER FIELD 1931-2010

We are very sorry to report that Peter has died after a long battle with cancer. He was a stalwart of Dartford Harriers for over 50 years, a long standing member of S.C.V.A.C and a talented hurdler, who won many international medals. A full obituary will follow in the next issue of Masters Athletics.

Mr P Hindmarch of 65 Cramond Way, Cramlington, NE23 6LB, died suddenly and unexpectedly in January.

Mr. Teruji KOGAKE, Honorary Vice President of the Japanese Federation, passed away at 21:43 (JST) on May 9, 2010 in hospital in Tokyo due to "Liver Failure" aged 77.

Born on December 18, 1932 in Joge Town, Hioshima , he was a Graduate of Waseda University in Tokyo

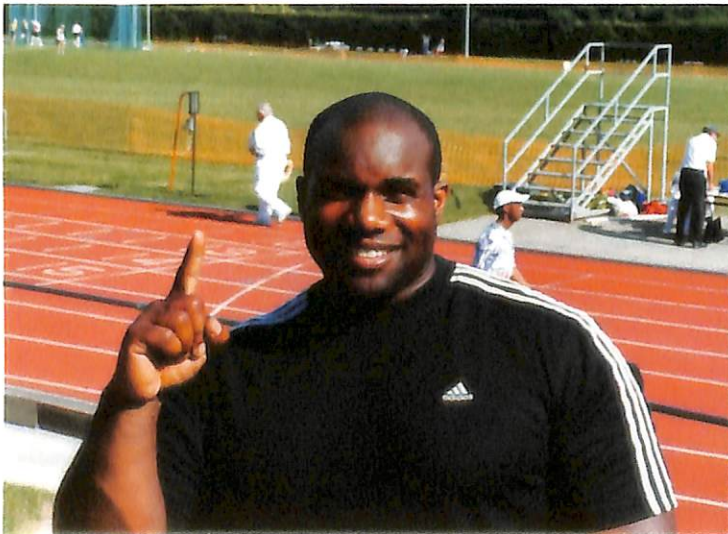
A Japanese Federation Head Coach for many years and a Vice President of his association from 1995 to 2005. He became Vice President of the Japanese Olympic Committee(1999~2003), and was also I.A.A.F Veterans' Committee Member(1995~2007)

As a Triple Jumper, he participated in the Melbourne Olympics in 1956 finishing in 8th place.

Before the Games at his National Championships he achieved a World Record at low altitude with 16.48 metres, Although Adhemar Ferreira da Silva(BRA) recorded 16.56 at the Pan American Games in Mexico City in 1955.

In 2005 he was awarded "the Order of the Rising Sun, Gold Rays with Neck Ribbon" at a ceremony held at the Imperial Palace.

The "Wake" was conducted on the May 13, 2010 and The Funeral at 10:00 a.m. on May the 14th both at "Aoyama Sogisho (Aoyama Ceremony Hall)" in Tokyo.



In our last issue the results of the Discus M45 in KAMLOOPS credited Birmingham's KEVIN BROWN as being CANADIAN.

The Canadian's messed up big time and should have read GREAT BRITAIN.

The W.M.A acknowledges the information recently received from the Irish Sports Council that Ms Geraldine Finegan, a Master Athlete from Ireland, was found guilty of a doping offence and sanctioned with a 2-month period of ineligibility (from April 27 to June 26, 2010).

The analysis of Ms Finegan's urine sample collected on the 5th March 2010 at the WMA World Master Indoor Championships in Kamloops (Canada), revealed the presence of a prohibited stimulant (ephedrine). Her results achieved at the World Indoor Championships, 60mH (1st place) and 400m(3rd place), will be disqualified accordingly.

Stan Perkins, WMA President (21.06.2010)



Darren Scott broke the 200m M40 British Record (3rd July) at Don Valley Stadium, Sheffield . Darren was running in the B-string 200m for Trafford at the British League division one match. Where he came 4th in 21.74 (ws +1.1). He also won the 100m non-scoring event in 10.92 (ws +1.3 which is his fastest 100m so far as a M40.

The LOC of Gent (BEL) is ready for E.V.A.C.I 2011. The city of the 2011 Indoor Championships (March 16-20) is well prepared for the event. Rudy Verlaeckt (LOC President) and Willy Pennoit (LOC Secretary) have finalised the entry booklet will be distributed in Nyiregyhaza.

Five candidates are nominated by their federations for the E.V.A.A-Vice-Presidency

Constantopoulos Georgios (GRE)

Reijo Häyrinen (FIN)

Arthur Kimber (GBR)

Jerzy Krauze (POL)

Martin Roald-Arbøl (DEN)

The preparations for the 17th European Veterans Athletic

MASTERS ATHLETICS SUMMER 2010

Championship Stadia are approaching the final stretch. 41 countries will send athletes to these championships, 3,117 athletes want to compete in more than 6,500 events.

Germany - has entered 528 athletes, followed by the host Hungary with 317, Great Britain & Northern Ireland with 274, Italy with 243, Russia with 186, France with 147 and Spain with 143.

In 1990 Hungary hosted the European Championships. At that time (the first time after the fall of the Berlin wall) 3,050 athletes competed (Hungary entered 115 at that time)

The technical experts are now requested to finalise the daily programmes which will published.



Known performances as at 6/7/2010.

100

W35	Joice Maduaka	11.42	Birmingham	26/6
W75	Rosemary Chrimes	18.83	Cardiff	3/7
200				
M40	Darren Scott	21.74	Sheffield	3/7
800				
M35	Anthony Whiteman	1:50.11	Manchester	15/6
W60	Nancy Hitchmough	2:38.9	Leicester	13/6
1500				
M45	Dave Heath	3:57.19	Pezenas,FRA	30/5
W70	Cecilia Morrison	6:04.59	Cardiff	3/7
W45	Clare Elms	4:33.27	London (CP)	12/6
5000				
W35	Jo Pavey	15:17.87	Bergan,Nor	20/6

W70	Cecilia Morrison	22:19.99	Cardiff	4/7
10000				
W35	Jo Pavey	31:51.91	Birmingham	26/6
80H				
M75	Colin Shafto	15.80	Cardiff	3/7
W60	Jean Fail	14.46	Cardiff	3/7
HJ				
M75	Colin Shafto	1.31	Cardiff	4/7
W40	Julia Machin	1.78	M Keynes	22/5
W75	Rosemary Chrimes	1.17	Leicester	13/6
PV				
W40	Irie Hill	3.80	Perth, AUS	17/4
W65	Margaret Coombe	1.81	Cardiff	3/7
LJ				
W40	Julia Machin	5.73	Kingston	26/6
TJ				
W40	Julia Machin	12.11	M Keynes	22/5
SP				
M80	J Hanus	8.92	Ewell	21/3
W45	Debbie Callaway	11.29	Carshalton	22/5
W75	Rosemary Chrimes	10.35	Cardiff	4/7
DT				
W75	Rosemary Chrimes	30.07	Leicester	13/6
HT				
M45	Mick Jones	70.36	London (Hen)	5/6
M80	Jaroslav Hanus	29.87	Oxford	29/5

MASTERS ATHLETICS SUMMER 2010.

W75	Rosemary Chrimes	28.63	Leicester	13/6
JT:				
M45	Roald Bradstock	71.22	Athens,USA	17/4
M70	George Eccles	40.36	Cardiff	3/7
WT:				
W45	Janet Smith	13.95	Cardiff	3/7
3000W				
W75	Maureen Spellman	21:43.01	Cardiff	3/7
5000W				
W75	Maureen Spellman	37:24.30	Cardiff	4/7
W40	Lisa Kehler	24:21.92	Birmingham	27/6

CHAIRMAN'S REPORT *Arthur Kimber*

We have been continuing our work on the bids for international championships. Swansea as host city for the European Non-Stadia event in 2013 looked very promising earlier this year, but there has been some delay. Fortunately Kurt Kaschke, EVAA Secretary, has assured us that although a bid would normally be made at the E.V.A.A General Assembly in July, it will be possible to bid later this year for Swansea or possibly another venue.

A new kit contract was agreed when Maurice Doogan, Bridget Cushen, Danny Herman and I met Andrew Bourne, who will provide a wider range of kit, including a redesigned tracksuit.

Following the European championships in Nyiregyhaza, late summer and early autumn will be a busy time for Masters, in track and field the Inter Area Challenge at Solihull in August and our Decathlon and Heptathlon championships at Oxford in September, three road running championships at 10k, 10 miles and Half-Marathon, the 30k race walking championships and the Cross Country relays. The final international event of the year, the British and Irish Masters Cross Country takes place in Dublin in November, where I'm sure we hope for better weather than last year at Birmingham.

SECRETARY'S REPORT. *BRIDGET CUSHEN.*

Our Annual General Meeting was held at 18.00 on Saturday 3 July during the 2-day Track & Field Championships and overlapped with some competitions, resulting in a very small attendance as, understandably, many of our members choose to head back immediately to their hotel for dinner and recuperation after a long competitive day. However, the Executive faced some poignant questions from the floor on subjects ranging from clashing of dates with South of England Championships; lack of support from the National and Regional Governing Bodies, Anti Doping and should there be some refund to those members who entered the European Championships on our quoted £1=€1 rate when the entry form was on our website in November and the rate we obtained when we transferred the total entries in June.

In his Opening Address President Paul Dickenson said it would be remiss of him not to say what a superb job all the Officers have done. In his 3rd year as President he has come to appreciate just how much work there is to do. Masters athletics is about enjoyment; he is now in his 47th year of athletics and enjoying it more. Every competition is so invigorating, bringing enjoyment back to us all. His only criticism is the start time for his hammer competition at 09.30 on a Sunday morning when every normal citizen should still be in bed (laughter). He added that we should all actively go out there and publicise our sport, the stadium is a wonderful place. He is a little bit concerned about drug testing in this country and when you go to overseas competition. For the preservation of health we have to protect those who need medication. We are an exceptional group of people, thank you to all the Officers and Officials for doing such a good job we could not run our sport with them (applause).

The Chairman, Arthur Kimber, referred to the wide variety of competitions our athletes have taken part in since last year's AGM, including three major international meetings. We finished fourth in the medals table behind Finland, U.S.A and Germany at the W.M.A Track and Field Championships in Finland and 4th in the World Indoor Championships in Canada. A small group of athletes went to Gent, Belgium as guests in the Belgian Masters Indoor Championships giving them an opportunity to experience the superb new stadium to be used for the E.V.A.A Indoor Championships in 2011. He congratulated all medallists, especially those who set World, European and British records during the year. He referred to meetings with UK Athletics wherein they recognise the B.M.A.F as an autonomous organisation with its own governance and they will assist us in any way they can. A meeting was held with England Athletics; we were assured that the financial support that we received in 2009 for the Inter Area Track & Field Match and the British and Irish Masters Cross Country International will continue for 2010. Two important contracts have been finalised. First with the Travel Agent, Corporate Sporting, and with clothing supplier Bourne Sports who will in future provide a wider range of B.M.A.F kit, including a redesigned track suit. He reported that we have been working on three bids for international championships. Swansea as host city for the European Non-Stadia Championships in 2013 looked very promising earlier this year, but there has been some recent delay. Bids for the W.M.A Indoor Championships in 2014 and the W.M.A Track and Field Championships in the Olympic Stadium in London in 2015 are still under consideration following meetings with UKA, the London Development Agency and Visit London.

The Hon. Secretary Bridget Cushen referred to the 17 Championships held during the year covering every discipline of our sport at venues as far apart as Portland in Dorset to Lochaber in the North of Scotland to Belfast; as diverse as the 60m Indoor to the World Record shattering 100 miles Walk in just 19hrs.57.24 by the magnificent W60 Sandra Brown in atrocious weather on Newmarket Heath on 11/12 July. She

MASTERS ATHLETICS SUMMER 2010

thanked our smallest club, the Isle of Man, who had offered to host the International Cross Country last November but travelling there proved difficult and expensive and it was the Midland Masters AC who again stepped in and hosted an excellent weekend. She also paid tribute to the Event Secretaries Maurice Doogan, John Hall, Mel James and Philip Lee who ensure that our wide and varied programme of events is carried out satisfactorily, and to our Statisticians and Ranking Officers who provide a prompt and efficient service. On publicity, a Press Release is sent to the National media before Major events and Face book, Twitter etc. will be used to advertise our activities.

Missing the A.G.M for only the second time in his long service as Treasurer, Danny Herman feared his wife's threat to shoot him (!) if he again missed a family celebration and his upbeat report was read to the meeting. Reporting a small increase in membership and although we incurred a loss of £945.00 it was considerably less than last year. Total losses of £2315 this year is a vast improvement on last year's results, being less by about £5660. Highlighting the main differences as firstly the Outdoor Track and Field produced a £2000 smaller loss, secondly the absence of the Interland saved us £2350 and thirdly we converted last year's loss of £714 on the Indoors into a profit this year of £380. Losses were incurred on the Masters Athletics magazine through a fall in advertising and on the 300+ Club because of fewer members. He made an appeal for new members. "I am sure most of us here this evening are already members so that if each of us were to recruit one new member and urge our friends to do the same we would receive valuable boost to our income. You will find full details of how to join in the magazine." After deducting administrative Fees and costs we realised a surplus of about £3,000. When we aggregate this with the losses on General Account and the Magazine and 300+ Club we still record an overall net loss of £1,113 as against the previous year's loss of £9,374. Thanks to Alan Cohen for his work on the Accounts, to Peter Duhig for his work as Overseas Entries Coordinator and to Danny Mullane for looking after the 300+ Club.

The Treasurer's proposal to return to members travelling to the European Championships 10% of their original outlay by way of either a discount on future foreign Entry Fees or by way of a cheque refund, was discussed at length and referred back to the Executive. [Please check on our website post Hungary]. The Treasurer drew attention to an important matter concerning the current Championships which does have a bearing on the rate of exchange surplus. Unfortunately we are going to incur a considerable loss this year as the entries are approx 150 less than last year with a resulting drop in total receipts of £3600. I have to consider our financial affairs as a whole and to use an old cliché "Some you win, some you lose". Some of our events make us money, others do not, so looking at the overall picture and offsetting one against the other we aim to achieve a small profit or at least to break even. In view of the anticipated loss on these Championships and because the average refund per person will amount to less than £7 may I please appeal to you "Hungarian travellers" to forego your refunds or discounts and allow BMAF to benefit from the surplus to the extent of an extra £1740 which will help to reduce our loss this year but it will certainly not wipe it out completely.

Commenting on the Treasurer's report, the irrepressible Martin Duff congratulated the Eastern V.A.C on their large increase in membership, but pointed out that when we had just one Championships Secretary (Mike Wrenn) who covered all events, we had big entries and all Championships made a profit, the losses on Championships now are significant. Responding, Track & Field Secretary Maurice Doogan, said the increase in the E.V.A.C membership is partly due to them holding an Indoor championship in conjunction with our Indoor

Pentathlon as they had no local facilities. Our Weight Pentathlon at Milton Keynes had a record entry and does not run at a loss; we now need four times the amount of Officials. We have fewer entries here partly due to the recession and many members did not wish to travel to Cardiff and then Hungary. Our Championships are open and we have quite a few overseas competitors here. Mel James added that entry fees to our road races are comparatively very low.

Road Running Secretary, Mel James, reported that most events went smoothly, the half marathon was most troublesome and we had a very successful season. The organising and medals costs, etc, on the three shorter distance events have equalled the cost of putting on the lesser attended, longer distances. This has kept us in the black financially for the past year's events. Notable British Bests were achieved by W60 Angela Copson - 31.39s for 5 miles, 39.34sec for 10k, 68.01s over the testing Portland 10 miles course and 3.15.18 in the London marathon. W55 Daphne Ellmore recorded 38.09sec for 10k and W80 Eileen Quinton recorded 2.29.52 for the half marathon. He thanked all the hosts and organisers of our Championships.

Philip Lee's comprehensive report covered the 2009 British & Irish Masters International Cross Country and its move to Birmingham because of travel problems for some countries to get to the Isle of Man. He reported that England won 18 out of a possible 30 medals. However they did not have it all their own way and in several age categories, particularly in the men's teams, they had to settle for second and even third place as Wales and the Republic of Ireland put up a very strong challenge. Perhaps, in the future, we may see England's dominance overturned as the "Celtic" countries become stronger. Individually there were some strong performances as several runners maintained their dominance over the opposition. Debbie Walters Eng W40, Niamh O'Sullivan ROI W45, Angela Copson Eng W60, David Morwood NI M35, Tim Hartley Eng M40, Mike Hager Eng M55, Martin Ford Eng M65 and Fred Gibbs Eng M70 all retained their first places from their previous runs. He thanked Birmingham for putting on the event at such short notice and in particular the Midland Masters, Birchfield Harriers and England Athletics Masters Association for their work in organising this event. A special thank you must go to Irene Nicholls who, as part of E.A.M.A and M.M, did much of the organisation which made the event such a success. The 2009 Cross Country Relays were held again at Berry Hill Park, Mansfield on an undulating course. Unfortunately it does not get the support that the Road Relays receive in terms of numbers but it does produce some interesting racing. A big thank you to Mansfield Harriers & AC who do such a great job of organising the event on behalf of BMAF. The 2010 Cross Country Championships were held in the grounds of Stormont Castle Park, Belfast, the venue produced another interesting but different course to the International. Numbers unfortunately were down, perhaps due to the economic situation which wasn't predicted when the venue was decided or that there was a clashing event in the south of England. However this did not detract from the standard of racing and those who won medals certainly had to earn them. As expected there was a big turnout from runners in Northern Ireland as well as some runners who came from the Republic of Ireland. While there were many fine performances, he made a special mention of Des Michael who resisted the easy option of running at the local event in the south of England to travel all the way to Belfast to compete as a M60, only a few days after turning that age. Philip also thanked all runners who crossed the water to compete in this event when it may have been easier to have run at home. I salute your dedication to BMAF. My thanks and appreciation go to Northern Ireland Masters Athletics Association for all their hard work in putting on the Championships in what must be one of the most picturesque settings he has seen. Philip raised the

MASTERS ATHLETICS SUMMER 2010.

M35 issue. While he can understand the reluctance to change the team age groupings for the Road Relays due to records, I find it very frustrating not to be able to do it in Cross Country. At present we have M35, M40-49, M50-59, M60-69 and M70+ teams. This means that any M70 down ageing to a M60-69 team has to run in Race 2 and do 8K instead of 6K. If the teams were grouped as the women into M35-44, M45-54, M55-64, M65-74 and M75+ then all the older runners would be able to compete over the 6K distance, even if they down aged, which is what they run in the International and World XC events. He feels that we must give thought as to how we want the cross country team age groups to be organised in the future so that our members are not disadvantaged when they run for their clubs. Philip thanked all those who have assisted in the organisation of all the events over the past year.

Race Walking Secretary, John Hall reported on his first year having the daunting task of taking over the reins from Eric Horwill at the 2009 AGM and moving rapidly on to the Long Distance Championship, held in conjunction with the hundred mile race at Newmarket on 11th/12th July. This commenced the day after Richard Dunwoody completed his re-enactment of Captain Barclay's 1,000 mile walk in 1,000 hours, two hundred years earlier. The outright winner of the Hundred was Sandra Brown (W60), in the very fine time of 19 hours and 57 minutes, 24 seconds. Her husband, Richard, was 15 minutes behind in 2nd place. There was also a very good effort from new Centurion Mark Wall (M50), who completed the distance in 21:08:39. This was no easy outing for the competitors John added, as apart from the obvious problems presented by the distance there were several hours of heavy rain to contend with in the night. The BMAF 30k was again held with the Midland event at Coventry in August. Paul Evenett (M40), the overall race winner, produced the best performance of the day with 2 hours 46 minutes and 21 seconds. Maureen Noel (W45) produced the best women's performance in 3:25:10. September saw the 10k take place in Leicester's Abbey Park. Paul Evenett again produced one of the best men's performances with 47:35 but Ian Richards' (M60) effort of 52:05 was also a contender. In the women's race Diane Bradley (W45) continued her excellent form with a 54:58 clocking.

Moving into 2010, we have held a 10,000m track walk at Oxford (May), 5k road at Horwich (20th June) and 20k road in Northampton (26th June). In the 20k it was good to see former Portuguese international Francisco Reis (M45), a long-time UK resident, continuing his impressive comeback from athletic retirement. Francisco stopped the clock at 106min58sec. Arthur Thomson (M70, but now at the top of the age-group) put in a performance that gives his international rivals very little hope of stopping his all-conquering championship record. His time of 1:15:54 as usual left some very much younger people trailing a long way behind! Away from B.M.A.F championships Ian Richards (M60) has continued to blaze an astounding trail of performances. Two international events held since last year's A.G.M: the W.M.A outdoor championships in Lahti, Finland and the indoor championships in Kamloops, Canada, in March this year. In Lahti the very small British walking team of just 6 people collected 8 individual medals and 2 team medals. Outstanding, as expected, was Arthur Thomson, with 3 individual golds from his 3 races. John Hall also collected 3 medals (a silver and 2 bronze) and Diane Bradley 2 bronze from 2 races. Diane also led the women's W45 team to two medals. The World Indoors in Kamloops saw Colin Turner achieve yet another double-

gold performance. Colin specialises with indoors because of his busy summer schedule as an official.

Judging of the straight leg (or bent knee) in walking remains controversial. In Lahti in the women's 20k 32 disqualification cards were issued - all for perceived failure to straighten legs according to the international definition of race walking. No woman over 70 was allowed to finish the race! Great Britain put a proposal to the W.M.A congress in Lahti to drop the knee rule. This was defeated but the Congress did pass a resolution authorising the setting up of a panel of "Masters friendly" judges i.e. judges who understand the difficulty that older walkers have in straightening legs in military fashion. It is to be hoped that this initiative works to the benefit of competitors who are doing their physical best and not attempting to cheat.

Overseas Entries Co-Coordinator, Peter Duhig reported that his first full year in the post has gone relatively well. No major problems. He would like to point out the importance of using emails once again as it does not cost money, is quick and easy and save an awful lot of time. He dealt with just 2 Championships this year, World Indoors at Kamloops, Canada, 64 Entries plus 10 accompanying persons and the E.V.A.A Championships in Nyiregyhaza, Hungary, 274 entries. Please note you do not need to give him your U.K.A registration number, the name and membership number of your B.M.A.F Club is important to him when you enter. Entry forms will be available ASAP for 2011 overseas events.

Chris Jager, Keeper of the Web site reported that the number of visitors continues to grow, particularly when the results of major championships are posted. It is not just B.M.A.F members that are interested. There are visitors to the site from around the globe anxious to find out what performances are being posted. Placing entry forms on the Fixtures page is clearly popular, with many choosing to download them. He is pursuing the possibility of On Line entries with Peter Duhig.

Finally, Brian Owen Editor of this magazine, addressed the meeting stressing the hikes in postage, particularly to overseas members. His decision to go full colour and print full portrait of athletes was loudly applauded as was the overall quality of the magazine. All outgoing Officers were unanimously re-elected.

Due to ever increasing International postage rates it is no-longer possible to send "Masters Athletics" by post to overseas based readers.

This therefore will be the last edition you will receive, if you have an email address would you contact brian.owen2@btinternet.com as I shall send the Autumn and future editions as a PDF.

If you do not have email I would be pleased to continue to send at a subscription rate of £12."

BMAF PENTATHLON OXFORD 23rd May

BMAF MEN'S PENTATHLON (LJ, JT, 200, DT, 1500):

M35: 1 Matthew Allison-NVAC-3095-(5.34-571, 54.90-697, 24.94-689, 39.96-664, 5-19.60-474); 2 Tim Auty-SCVAC-2299-(5.28-556, 33.49-369-25.23-664, 26.76-401, 5-53.92-309); 3 Nathan Kitchen-SWVAC-1682 (3.90-261, 26.88-272, 29.78-329, 26.72-400, 5-29.99-420); 4 Ed Saunders-MMAC-1525 (4.29-337, 30.24-321, 29.17-368, 22.87-326, 6-29.32-173); **M40:** 1 Adrian Haines-VAC-2712-(5.18-533, 29.93-353, 26.22-665, 19.50-263, 4-23.75-898); 2 Tom O'Brian-IRELAND-2546-(5.50-610, 25.27-278, 25.92-689, 21.08-292-4-58.78-677); 3 Richard Buckingham-Vac-2477 (5.24-548, 33.78-415, 26.07-677, 30.63-477, 6-0.15-360); 4 Richard Ledger-WMAA-2295 (5.09-512, 43.53-576, 26.35-654, 22.49-319, 6-31.45-234); 5 Geoff Butler-OPEN-2086-(4.67-417, 24.02-259, 28.51-489, 24.34-354, 5-18.18-567) 6 Giancarlo Marotta-OPEN-1801 (3.86-252, 28.74-334, 30.28-371, 29.68-458, 5-54.39-386); Eddie McKenzie-SVHC-1841-DNF-(4.53-388, 36.12-453, 27.73-547, 29.43-453); **M45:** 1 Andrew Waddington-SWVAC-3213 (5.45-679, 37.11-524, 25.24-828, 24.39-379, 4-51.96-803); 2 Claude Peter-Thomas-NVAC-3064-(6.20-886, 41.84-609, 24.98-851, 16.87-229, 5-49.40-489); 3 Geoff Powley-EVAC-2852-(5.03-569, 40.08-577, 26.75-701, 26.24-416, 5-29.63-589); 4 John Dickinson-OPEN-2465-(4.80-512, 30.13-399, 26.36-733, 18.12-254, 5-33.98-567); 5 Andy Smerdon-OPEN-2348(4.41-419, 24.10-294, 26.65-709, 22.97-350, 5-32.22-576); 6 Alan Easey-VAC-2238-(5.26-628, 24.06-293, 26.69-707, 19.10-273, 6-23.52-337); 7 Jim Gillespie-EVAC-1661 (3.57-239, 22.79-271, 28.72-551, 21.58-322, 6-38.58-278); **M50:** 1 Brian Slaughter-SCVAC-3489-(5.42-767, 37.87-565, 26.51-800, 34.00-544, 5-4.02-813); 2 Alastair Duncan-SCVAC-2885 (4.62-542, 24.34-315, 25.07-922, 29.18-448, 5-31.76-658); 3 Kenneth Moncrieff-SVHC-2755 (4.92-624, 29.38-407, 27.45-724, 28.86-442, 5-51.33-558); 4 Jim Lawrence-EVAC 1939-(4.10-409, 21.64-267, 28.90-614, 19.40-261, 6-28.74-388); 5 Peter Morgan-VAC-1608-(4.05-398, 24.85-324, 32.86-354, 18.97-253, 6-56.85-279); **M55:** 1 Ian Reeve-EVAC-3070 (4.63-632, 29.59-465, 27.41-802, 26.18-440, 5-32.49-731); 2 Geoff Miller-OPEN-1699-(4.31-540, 23.65-345, 38.49-147, 24.41-402, 7-19.90-265); **M60:** 1 John Charlton-NVAC-3355-(5.07-886, 35.90-635, 28.27-808, 30.20-542, 6-39.61-484); 2 Lawrie Dunn-MMAC-3006 (4.30-628, 31.11-530, 29.52-714, 27.14-474, 6-1.14-6600); 3 David Cowley-MMAC-2956 (4.59-723, 28.35-471, 29.38-724, 27.42-480, 6-22.78-558); **M65:** 1 Brian Loten-OPEN-2750 (3.89-597, 29.15-560, 32.83-557, 27.45-551, 6-55.97-485); 2 Pete Clarke-SWVAC-2051 (3.22-384, 18.54-307, 36.08-369, 21.16-395, 6-29.78-596); **M70:** Jhalman Singh-MMAC-1502 (2.96-384, 17.63-310, 39.60-271, 19.75-423, 9-18.58-114); **M75:** 1 David Burton-MMAC-3474 (3.76-807, 23.58-550, 30.97-938, 20.42-526, 7-5.25-653); 2 John Evans-MMAC-2766 (3.59-732, 19.36-426, 34.63-694, 19.49-496, 8-7.96-418); **M80:** Tom Clowry-MMAC-1117-DNF- (3.15-686-19.04-431,X,X,X);

BMAF WOMEN'S PENTATHLON (100H, HJ, SP, LJ, 800):

W40: Louise Oliver-MMAC-2829 (15.40-614, 1.36-610, 9.54-607-4.48-540, 2-55.42458); **W45:** 1 Gaye Clarke-EVAC-3023 (13.52-973, 1.33-678, 6.88-468, 4.20-540, 3-13.65-364); 2 Ruth Bird-MMAC-1888 (19.42-288, 1.18-481, 8.68-623, 3.01-206, 3-22.59-290); **W50:** Hazel Barker-NVAC-3577-(13.71-920, 1.36-842, 10.34-817, 4.01-567, 3-14.16-431); **W55:** Fiona Argent-SCVAC-2394 (20.33-288, 1.15-655, 6.30-501, 3.29-413, 3-15.29-537); **W60:** Sally Hine-MMAC-3230 (16.40-765, 1.18-830, 5.84-516, 3.56-612, 3-33.52-507);

BMAF 10000 metres:

W35: Wendy King-EVAC-40-38.66; **W55:** Jane Georghiou-VAC-33.69-8-10; **W60:** Margaret Moody-VAC-46-20.08; **M65:** Martin Ford-MMAC-39-06.28; **M65:** 1 Tony Brackstone-SCVAC-40-52.68; 2 Peter Giles-VAC-41-37.29; 3 Ken Buckle-WMAA-43-45.61; 4 Russell Williams-SCVAC-43-55.42; **M70:** 1 Fred Gibbs-NVAC-42-50.72; 2 Edmond Simpson-VAC-45.56.98; 3 Les Green-MMAC-1-06.25.32; **M35:** 1-Huw Evans-WMAA-33-43.29; 2 Brian Southin-SCVAC-34-31.46; 3 Roland Woerle-SCVAC-41-24.00; **M40:** 1 Lee Gordon-MMAC-32-09.25; 2 Ian Johnston-SVHC-33-56.45; 3 Stephen Norris-VAC-37-02.53; 4 Andrew Gleeson-SCVAC-37-46.19; **M45:** Luke Armitage-SCVAC-35-27.62; **M50:** 1 Michael Bridgeland-EVAC-35-27.20; 2 Malcolm Eustace-MMAC-37-08.88; 3 Brian Gardner-SVHC-37-29.63; 4 Richard Jenkin-VAC-38-58.07; 5 Lee Benjamin-VAC-39-14.26 **M55:** 1-Dave Cox-VAC-36-24.26; 2 Malcolm Martin-SCVAC-39-12.78; 3 Archie Jenkins-SVHC-40-05.75; 4 John Quirke-OPEN-40-24.48; 5 Ian Snow-SWVAC-43-29.97; 6 Michael Elwell-MMAC-46-49.30;

M60-1 Tony Cousins-VAC-40-00.60; 2 Gareth Jones-VAC-40-08.33; 3 Peter Young-SWVAC-40-13.05; 4 Mick Smedley-MMAC-44-29.59; 5 John Heywood-MMAC-47-42.99;

BMAF 10000 WALK:

M50: 1 Trevor Jones-VAC-55-32.96; 2 Steve Allen-OPEN-59-38.04; **M60-**Sean McMullin-IRELAND-1.02-52.93; **M65:** 1 Ron Penfold-VAC-1.01-01.70; 2 Shaun Lightman-VAC-1.02-30.67; 3 Peter Hannell-SCVAC-1.03-16.04; 4 Ken Bobbett-SCVAC-1.05-46.15; 5 Peter Howard-EVAC-1.16-16.54; **M70-**Ron Powell-SCVAC-1.08-36.30; **W45:** 1-Helen Middleton EVAC-58-28.94; **W50:** 1 Ann Wheeler-MMAC-1.00-55.33; 2 Fiona Bishop-VAC-1.12-27.74; **W55-1** Anne Belchambers-VAC-1.07-41.94; 2 Diane Braverman-EVAC-1.11-50.17; **W60-**Susan Barnett-EVAC-1.09-35.88;

B.M.A.F. CHAMPIONSHIPS Cardiff, July 3rd and 4th. Words: Alastair Aitken Pictures: Tom Phillips & Lesley Richardson.



Brian Matthews, Jeff Battista and Ian Broadhurst receive their Lahti medals from Paul Dickenson.(LR).

Two World Age Records were achieved on the first day. Cecilia Morrison, ran 6:05.59 for a W70 World age best, she ran 5:54.8 as a 69 year old in the Southern Counties Championships last year and said " I started running when I was 61, doing a couple of marathons which I hated doing but then turned to the 1500 which she loved doing. I have always enjoyed the 5k anyway. In the Winter I do 10'ks for endurance"



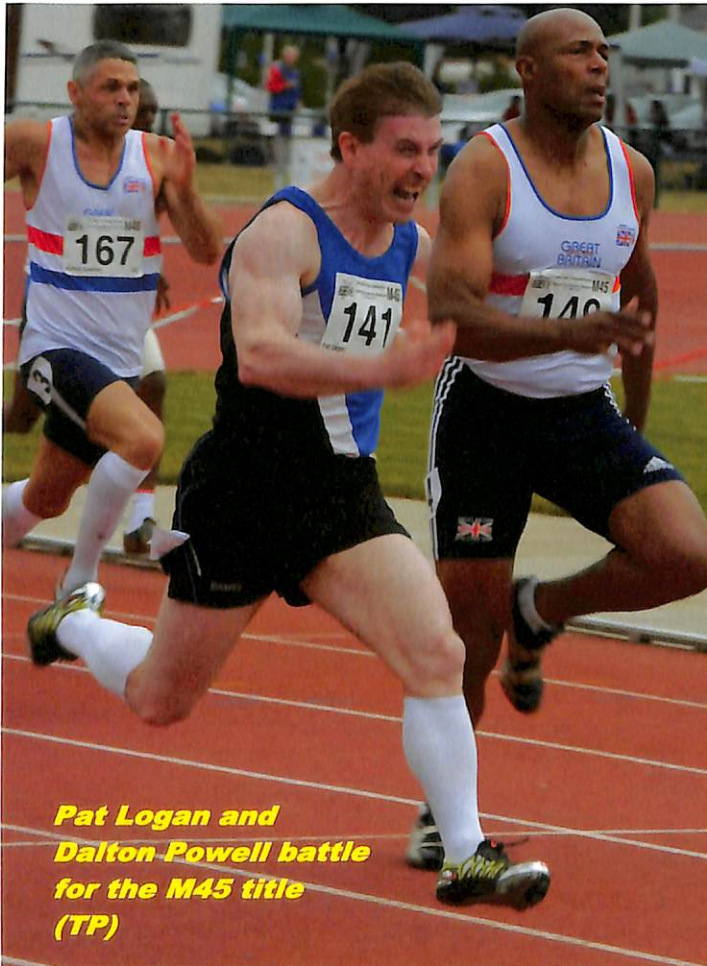
Rosemary Chrimes (TP)

MASTERS ATHLETICS SUMMER 2010

For me one person who has been amazing, through all the age groups and a 'Frontiers Woman' for 'older people's athletics' is **Rosemary Chrimes** who, back in 1970 (as Rosemary Payne) won the Commonwealth title in Edinburgh with 54.46.

A slimmer, in some ways more athletic looking Rosemary, was on show at Cardiff. She set a W75 World Best in the Shot of 10.35. However, at that stage of the day the High Jump was just about to start and she equalled the Championship Best with 1.15 and then, **ran** to the start of the 100, just making it in time and did a time of 18.83 for a British W75 record. Previously in the day she had won the 'W75' Hammer with 28.02

She remarked "I really enjoy it. Though I am always by myself.' She added 'You have to go for it! All you can go for are figures. You don't compete against people. It is a lovely feeling as long as you can keep going"



Pat Logan and Dalton Powell battle for the M45 title (TP)

Someone who raises the standards of competition and gives Masters Athletics a lot of credibility was 48 year old, Roald Bradstock, an accomplished artist. He still competes at international level. He was an Olympian in 1984-88 and threw a massive 90.48 metres for the Javelin in Oslo in 1985. As an M45, every throw that he did at Cardiff was well over the Championship Best of 57.47. (Series- 60.59, 60.31, 63.78, 64.92, 63.92, 61.62). He intends going to his eighth Olympic Trials in 2012 and, to smash the M50 Masters Javelin record of 71.01 metres. At Cardiff he was experimenting with the strong winds and his angle of throwing "As it is an aerodynamic implement you have got to know where the wind is. The changes and directions of angles to throw at."

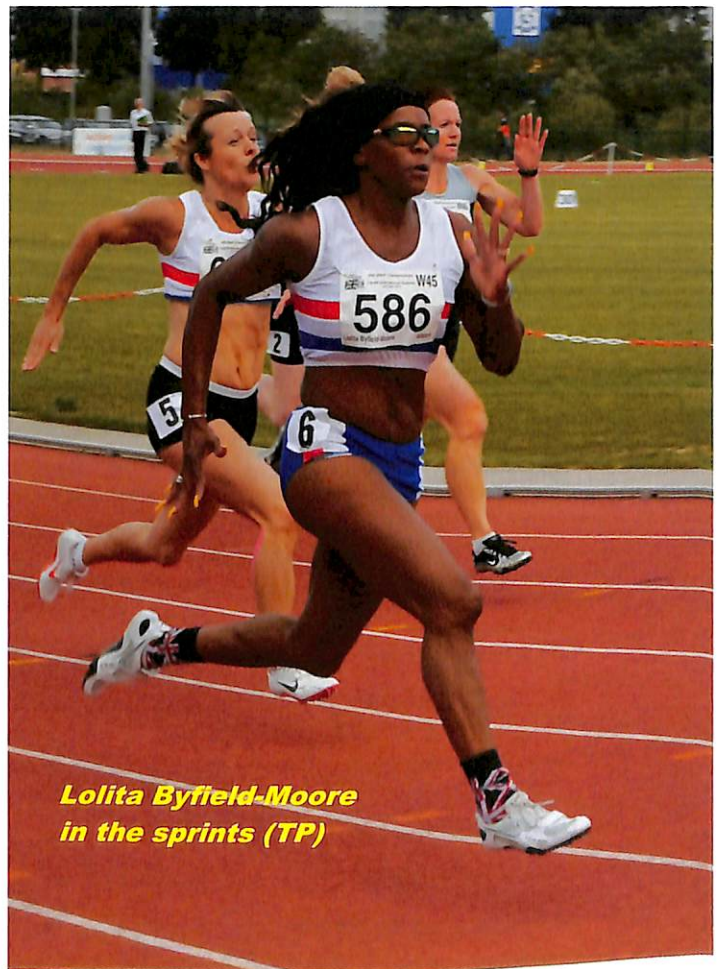
Talking of the winds, the sprinters had to contend with strong winds against, effecting their times radically. Jean Fail was lucky the winds had dropped to 0.7 when she did her W60 Hurdles British record of 14.46. The other British records were

by Janet Smith in the W45 Weight with 13.95, George Eccles in the M70 Javelin with 40.36 and Maureen Spelman in the W75 3k walk in 21:43.01. In the walk Diane Bradley was first past the post, an M45 in 15:35.52. She had finished a creditable 5th in the U.K. European Trials shortly before that.

It is worth mentioning some of the names of people who have been supporting the Masters movement since they came into the Masters ranks, at 35 for women and 40 for men and, were still winning events at older age groups at Cardiff.

Neil Griffin (M60) and Jaroslav Hanus (M80) in the throws. Hurdlers Barry Ferguson (M65), Tony Wells (M60) and Colin Shafto (75). Vilma Thompson (W55) and Liz Sissons (65) in the throws and Kermit Bentham M50 (400). He has been running 400's for 34 years.

One to watch for longevity in the future, I think, will be Wendy Laing who was a prolific winner in the W45 age group. Wendy Dunsford who won the Women's 50 Hammer with 32.56 was a popular winner. She trained with the famous British thrower Judy Oakes and her Mother Barbara Dunsford was a pioneer of Masters travel arrangements abroad.



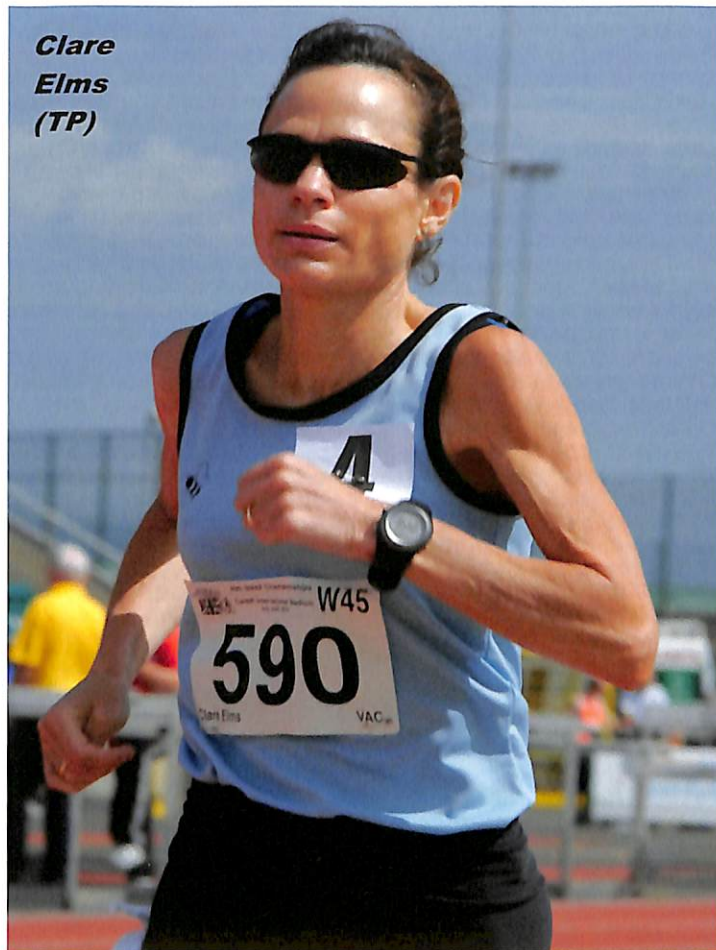
Lolita Byfield-Moore in the sprints (TP)

Both Caroline Powell (W55), comfortable winner of the 400 final and Terry Bissett (M60) winner of 100/200, have been recently injured but were impressive at Cardiff.

Mary Axtell (W65), when winning her 100m race, has now won 3 consecutive W 65 sprint titles outdoors and indoors. Averil McClelland (W50) looked well again winning the W50 Final. Steve Peters was with the rest of the field at half way in the M55' 100m Final then, blasted away from the rest in the second half of the race. He had been extra cautious because of his recent asthma problems. Vivian Bonner was back sprinting with a win in the W60' 100 in 14.57.

MASTERS ATHLETICS SUMMER 2010

Mark Johnson chose the British Masters rather than his British League Premier meeting with Enfield & Haringey to compete in the Pole Vault and, won well with 4.40. He did 4.50 to win the B.M.A.F indoor title this year. John Bradley and John Howe were first and second in the M65 Vault and they always have a good battle. Bradley winning that time with 3.00m.



Clare Elms (TP)

Clare Elms has been setting W45 records this year with some regularity. She had little trouble winning the W45' 1500 in a Championships best of 4:44.58

Jonathan Tilt, coached by Howard Moscrop, came 2nd to Neil Tunstall (57.34) when doing 57.88 in the 400 hurdles in the morning then, won the 'M45' 400 in 52.65 in the afternoon. He said "My Dad died last week and the funeral was yesterday. When my Dad was 15 he won the Devon Schools in 52.6, the same time as I did today!" That was uncanny.

Joe Lloyd (Born April 1973) ran 54.77 to win the M35' 400 hurdles, a Championship Best. "This year I have run faster than last year. I have run 54.02 at an Open Meeting. I think I can get down to 53.3 for the European's. The weather made at least a second difference today".

He added "I am loving athletics again as a Master. I think all the serious athletes like Merlene Ottey and Linford Christie would like to do it and even younger ones like Jamie Baulch too. They still want do it but think it is silly to do it as a Master, which is sad".

SUNDAY;

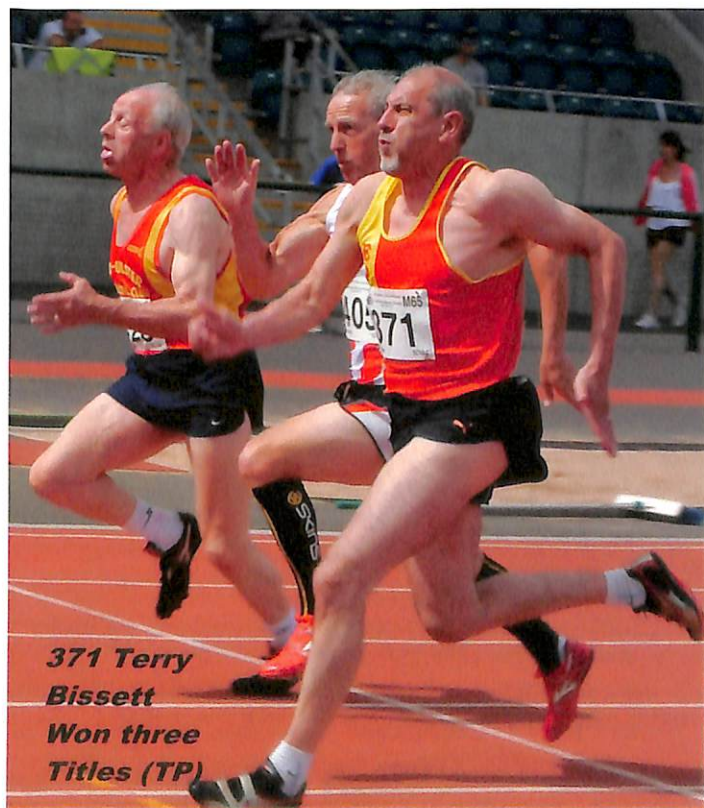
Paul Dickenson, said he was not happy about his event starting at 9:30am, however the former British International Hammer thrower was a winner with 50.07, also setting a new Championship best in the Weight with 18.06.

Cecilia Morrison triumphed with her second World record of the weekend setting a new World Record of 22:19.99, for the 5,000 metres. Cecilia who had her 70th Birthday the previous

weekend, now goes to Nyíregyháza, with the obvious advantage of having set World records for the 1,500 and 5,000 metres.



Joe Lloyd (TP)



**371 Terry Bissett
Won three Titles (TP)**

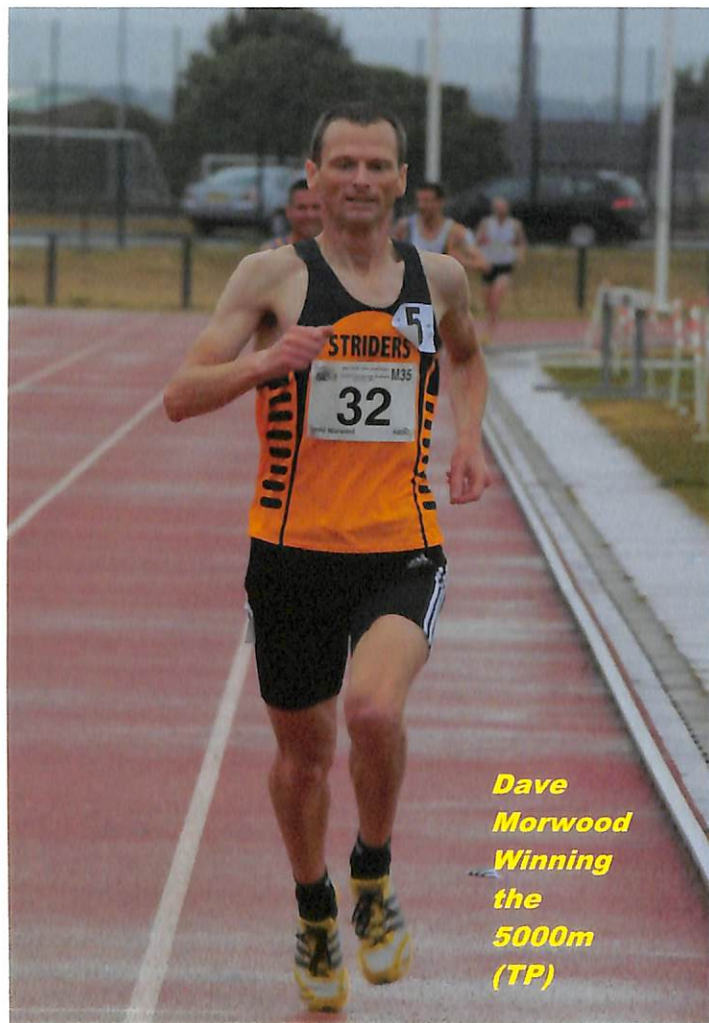
MASTERS ATHLETICS SUMMER 2010

Amongst the many double sprint successes it was great to talk with Steve Peters, enjoying a weekend away from the Sky Cycling Team where Steve is Head of Medical. Steve said all was in place for the Tour de France, so he could indulge in his great love of Sprinting which he did with a 100 /200 double.

Most of the races were held over the weekend into a terrific head wind, so in the main times were much effected by this factor. However, good doubles were achieved by Dalton Powell, John Wright, Geoffrey Kitchener, John Evans, Kirsty Taylor, Kay Reynolds, Lolita Byfield-Moore., Averil McClelland, Viv Bonner and Dorothy Fraser.

Terry Bissett was in superior form earning a treble over 100/200 and 400 distances. Whilst Caroline Powell managed a double over 200 and 400 metres.

Maureen Spelman was in terrific form in the Walks adding a second British record to the Saturdays 3000 metres. With 37:24.30 for the 5000 metres.

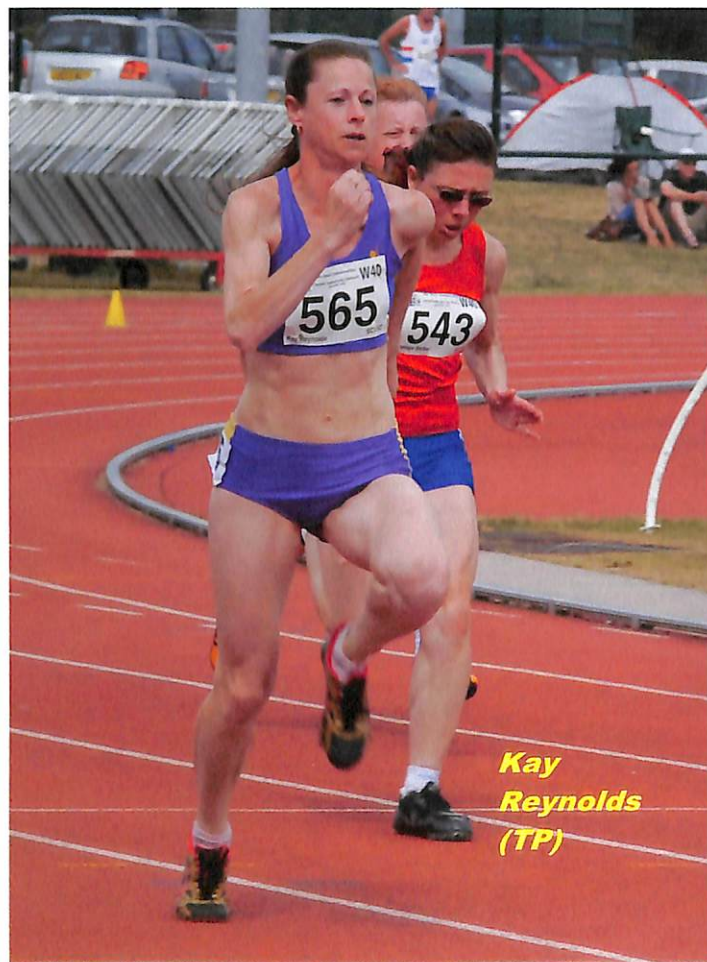


**Dave
Morwood
Winning
the
5000m
(TP)**

Dave Morwood set a new Championship best in the M35 5000 with 15:37.60, Dave broke away with a lap to go, and the win must have felt good after last year's disqualification in Birmingham.

Colin Shafto increased his British Record to 1.31, in the High Jump, and Margaret Coombe cleared 1.81 in the W65 Vault.

12.23; 4.Raphael Smith MMAC 12.62; 5.Leroy Golding NVAC 12.81; 6.Richard Buckingham VAC 13.04; 7.David James WMAA 13.62; 8.Bruno Laasna SWVAC 14.16; **M45:** 1.Dalton Powell MMAC 11.91; 2.Pat Logan SCVAC 11.96; 3.John Statham MMAC 12.45; 4.John Garner SCVAC 12.45; 5.Glen Reddington SCVAC 12.70; 6.Shaun Davy MMAC 12.86; 7.David Richardson SWVAC 13.88; 8.Michael May VAC 14.97; **M50:** (w/s -2.7) 1.John Wright NVAC 12.28; 2.Ricky Huskisson EVAC 12.29; 3.Dougie Donald MMAC 12.58; 4.John Mayor EVAC 12.95; 5.Clement Leon SCVAC 13.41; 6.Roderick Davies SCVAC 13.43; 7.Brian Matthews VAC 13.56; **M55** (w/s -0.1) 1.Steve Peters NVAC 12.08; 2.Ray Watkins SCVAC 12.58; 3.Tom Phillips SCVAC 12.97; 4.John McGarry SVHC 13.18; 5.Mario Lapka SWVAC 13.19; 6.Bob Douglas SVHC 13.81; 7.=.Christopher Monk MMAC 14.60; 7.=.Jack McGuire OPEN 14.60; 9.Alan Perry VAC 14.68; **M60:** (w/s -3.7) 1.Geoffrey Kitchener VAC 14.17; 2.Michael Applegate SWVAC 14.64; 3.Brian Williamson WMAA 14.70; 4.Roderick Howe WMAA 14.97; **M65:** (w/s -3.3) 1.Terry Bissett SCVAC 13.73; 2.Patsey Forbes IRL (G) 14.04; 3.Victor Novell SCVAC 14.11; 4.Charles Isetts VAC 14.37; **M70**(Hand timing);(w/s -2.2) Anthony Hughes NVAC 15.8; **M75** (Hand timing);(w/s -2.2) 1.John Evans MMAC 17.0; 2.Hubert Daniels WMAA 17.7; 3.Geoffrey Feast VAC 18.1; **W35**(w/s -2.4) 1.Kirsty Taylor SCVAC 13.79; 2.Katy Williams MMAC 14.69; 3.Lorraine G-Mulvaney WMAA 15.66; **W40:** (w/s -2.0) 1.Kay Reynolds SCVAC 13.50; 2.Helen Eve WMAA 14.46; 3.Penelope Barber SCVAC 14.59; 4.Shirley Rowbotham SCVAC 15.50; 5.Lesley Richardson SCVAC 16.82; **W45:**1.Lolita Byfield-Moore WMAA 13.64; 2.Anita Sampson EVAC 14.05; 3.Lesley Willis MMAC 14.36; 4.Judy Thomas MMAC 14.39; 5.Amanda Rochester SCVAC 14.78; 6.Angela Kelly SVHC 14.82; 7.Abi Onatade SCVAC 15.83; **W50:** (w/s -2.8) 1.Averil McClelland NVAC 13.73; 2.Wendy Dunn EVAC 14.04; 3.Linda Nicholson SVHC 14.51; 4.Pauline Gerner MMAC 15.03; 5.Chris Salvary SCVAC 16.03; **W55:** (w/s -1.5) 1.Joan Trimble VAC 14.56; 2.Sue Dassie SCVAC 15.28; 3.Anne Nelson SCVAC 15.92; 4.Fiona Argent SCVAC 16.79; 5.Lyn Ahmet SCVAC 17.09; 6.Cathy Lyon-Green MMAC 18.57; **W60:** (w/s -2.5) 1.Vivien Bonner MMAC 14.57; 2.Brenda Fee VAC 15.39; 3.Sally Hine MMAC 16.09; 4.Daphne Marler SCVAC 23.00; **W65:** w/s -2.1; 1.Mary Axtell SCVAC 17.61; 2.Ann Bolitho SCVAC 18.08; **W70:** (w/s -2.1) 1.Dorothy Fraser EVAC 17.64; 2.Gillian Woodland OPEN 20.77; **W75:** (w/s -2.5); Rosemary Chrimes MMAC18.83 (**British Record**);



**Kay
Reynolds
(TP)**

100:

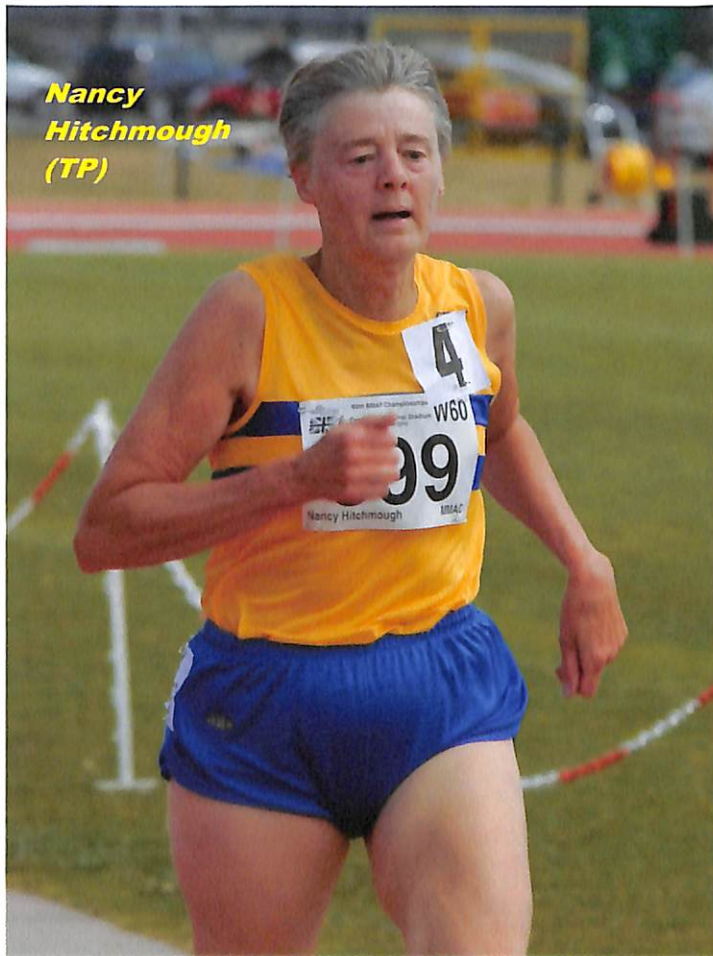
M35 (w/s -3.1) 1.Joshua Wood SCVAC 11.23; 2.Imam Qazi SWVAC 11.91; 3. Bernard Ward NVAC 11.96; 4.Kwadjo Adjepong OPEN 12.06; 5.Richard H-Blythe NVAC 12.11; 6.Martin White MMAC 12.19; 7.Stephen Thorpe NVAC 12.56; 8.Brian Taylor OPEN 12.57; **M40:** (w/s -3.7) 1.Mark Dunwell MMAC 11.67 2 Scott Dorset SCVAC 12.04. 3.Paul Donaghy VAA-NE

200:

M35: (w/s -1.5) 1.Bernard Ward NVAC 23.39; 2.Scott Spencer SCVAC 23.90; 3.Martin White MMAC 24.15; 4.Michael Culshaw NVAC 24.86; 5.Richard H-Blythe NVAC 25.41; 6.Stephen Thorpe NVAC 25.65; 7 Gary Wyn-Jones WMAA 26.06; **M40:** (w/s 0.0) 1.Scott Dorset SCVAC 24.25; 2.Paul Donaghy VAA-NE 24.42; 3.Ian Allen SWVAC 24.84. 4 Leroy Golding

MASTERS ATHLETICS SUMMER 2010

NVAC 25.63; 5. Raphael Smith MMAC 25.85; **M45:** w/s -2.2; 1. Dalton Powell MMAC 24.25; 2. Pat Logan SCVAC 24.42; 3. Michael Vassiliou VAC 24.95; 4. Clarence Riley SCVAC 25.58; 5. John Statham MMAC 25.98; 6. Michael May VAC 29.42; **M50:** (w/s -1.3) 1. John Wright NVAC 24.68; 2. Kermit Bentham SCVAC 25.24; 3. Dougie Donald MMAC 25.35; 4. Alan Harrison SCVAC 26.67; 5. Clive Pengelly SWVAC 26.79; 6. Roderick Davies SCVAC 26.85; 7. Paul Bevan WMAA 27.04; 8. Clement Leon SCVAC 27.46; **M55 (B)** 1. Les Percival EVAC 26.98; 2. John McGarry SVHC 27.51; 3. Bob Douglas SVHC 27.99; 4. Peter Mould MMAC 28.56; 5. Alan Perry VAC 30.42; **(A)** (w/s -2.4) **1. Steve Peters NVAC 24.27; 2. Viv Oliver MMAC 25.10; 3. Ray Watkins SCVAC 25.64;** 4. Ian Broadhurst WMAA 26.20; 5. Tom Phillips SCVAC 26.40; **M60:** (w/s -2.4; 1. Geoffrey Kitchener VAC 28.16; 2. Paul Anthony MMAC 28.17; 3. Tony Wells EVAC 28.30; 4. Bruce Hendrie MMAC 28.88; 5. Roderick Howe WMAA 29.55; 6. Brian Williamson WMAA 29.56; 7. Michael Applegate SWVAC 29.72; **M65:** (w/s -1.8) 1. Terry Bissett SCVAC 27.65; 2. Victor Novell SCVAC 28.70; 3. Patsey Forbes IRL (G) 29.09; 4. Charles Isetts VAC 30.24; **M70:** (w/s -2.2) 1. John Wilson NVAC 33.18; 2. Anthony Hughes NVAC 33.63; **M75:** (w/s -2.2) 1. John Evans MMAC 35.49; 2. Hubert Daniels WMAA 37.83; 3. Geoffrey Feast VAC 38.04; **W35:** (w/s +0.1) 1. Kirsty Taylor SCVAC 28.65; 2. Katy Williams MMAC 30.51; **W40:** (w/s -2.8) 1. Kay Reynolds SCVAC 26.97; 2. Fiona Palmer MMAC 28.52; 3. Louise Oliver MMAC 28.68; 4. Michele Wakefield SCVAC 29.69; 5. Helen Eve WMAA 30.00; 6. Deborah Doherty SCVAC 30.13; 7. Shirley Rowbotham SCVAC 31.58; 8. Sandra Campbell VAC 36.05; **W45:** (w/s -0.9) 1. Lolita Byfield-Moore WMAA 27.95; 2. Anita Sampson EVAC 28.47; 3. Lesley Willis MMAC 29.01; 4. Sue Hooper WMAA 29.39; 5. Gaye Clarke EVAC 29.64; 6. Angela Kelly SVHC 30.09; 7. Abi Onatade SCVAC 31.72; **W50:** (w/s -0.2) 1. Averil McClelland NVAC 27.71; 2. Wendy Dunn EVAC 28.39; 3. Chris Salvary SCVAC 31.87; 4. Isabel McMillan NVAC 33.16; **W55:** w/s -2.3; 1. Caroline Powell SWVAC 30.04; 2. Joan Trimble VAC 30.34; 3. Carol Alker OPEN 31.53; 4. Sue Dassie SCVAC 32.78; 5. Anne Nelson SCVAC 33.32; 6. Anne Darby SWVAC 35.03; 7. Fiona Argent SCVAC 35.44; 8. Cathy Lyon-Green MMAC 38.20; **W60:** 1. Vivien Bonner MMAC 29.54 **(CBP)**; 2. Brenda Fee VAC 32.09; 3. Sally Hine MMAC 33.88; **W65:** 1. Ann Bolitho SCVAC 38.41; **W70:** Dorothy Fraser EVAC 37.48;



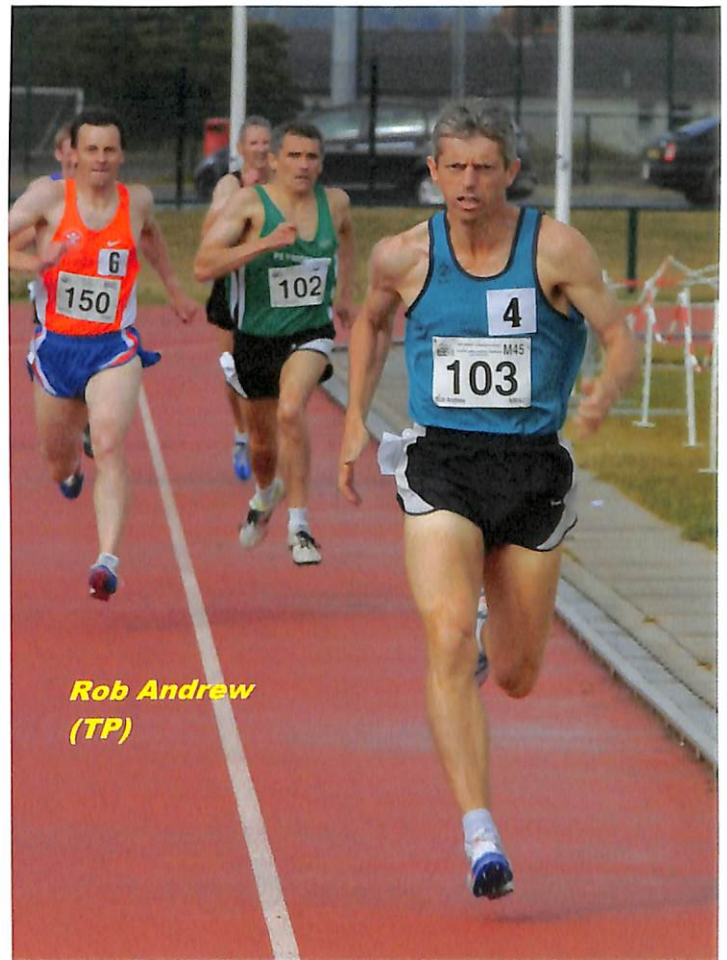
Nancy Hitchmough (TP)

400:

M35: 1. Bernard Ward NVAC 51.00; 2. Scott Spencer SCVAC 51.57; 3. Craig Holder SCVAC 55.09; 4. Michael Culshaw NVAC 56.66; 5. Gary Wyn-Jones WMAA 57.17; 6. Craig Russell WMAA 57.53; **M40:** 1. Michael Gardiner MMAC 52.40; 2. Neville Warnke NVAC 55.37; 3. Chris Taplin OPEN 55.56; 4. Lance Croft EVAC 56.86; 5. Leroy Golding NVAC 58.10; 6. Bruno Laasna SWVAC 62.47; **M45 (B)** 1. Ty Holden SCVAC 58.12; 2. Iain Moody MMAC

58.43; 3. Mark Turner SWVAC 58.44; 4. David Richardson SWVAC 60.71; 5. Michael May VAC 71.98; **(A)** **1. Jonathan Tilt SCVAC 52.65; 2. Michael Vassiliou VAC 53.54; 3. Robert Grew SWVAC 54.07;** 4. Sean Price WMAA 54.40; 5. Tony Noel MMAC 57.82; **M50: (B)** 1. Malcolm Cowton SWVAC 57.60; 2. Stewart Walton MMAC 58.39; 3. Brian Matthews VAC 59.76; 4. Clement Leon SCVAC 60.12; 5. Tony Foster MMAC 61.33; 6. Mike Burling EVAC 65.66; **(A)** **1. Kermit Bentham SCVAC 54.41; 2. Jeff Battista NVAC 55.21; 3. Nigel Wilson OPEN 55.95;** 4. Ivars Licietis EVAC 56.55; 5. Tennyson James EVAC 58.19; **M55:** 1. Ian Broadhurst WMAA 57.79; 2. Les Percival EVAC 59.72; 3. Elio Lepore EVAC 69.49; **M60:** 1. Derek Wardle VAC 60.97; 2. David Hayward VAC 61.42; 3. Paul Anthony MMAC 61.53; 4. Geoffrey Kitchener VAC 62.82; 5. Bruce Hendrie MMAC 65.54; 6. Roderick Howe WMAA 66.58; 7. Ray Lewis SCVAC 74.99; **M65:** 1. Terry Bissett SCVAC 64.29; 2. Richard Somers VAC 68.09; 3. Melvyn James WMAA 69.78; 4. Chris Lawn EVAC 75.82; **M70:** 1. John Wilson NVAC 71.71; 2. Peter Donaghy VAA-NE 78.20; **M75:** 1. Leonard Tew WMAA 74.20; 2. John Seymour SCVAC 80.14; **W35:** Amanda Wale WMAA 61.76; **W40:** 1. Denise Morley EVAC 61.35; 2. Fiona Palmer MMAC 62.56; 3. Sian Gifford WMAA 65.46; 4. Deborah Doherty SCVAC 65.89; 5. Michele Wakefield SCVAC 66.22; 6. Jayne Ancombe VAC 70.01; **W45:** 1. Anita Sampson EVAC 65.23; 2. Lesley Willis MMAC 66.46; 3. Tracy Burrows SCVAC 66.59; 4. Sue Hooper WMAA 67.67; 5. Amanda Rochester SCVAC 68.14; 6. Angela Kelly SVHC 73.10; **W50:** 1. Laura Mahady SVHC 63.52; 2. Wendy Dunn EVAC 66.23; 3. Isabel McMillan NVAC 75.02; **W55:** 1. Caroline Powell SWVAC 65.06; 2. Fiona Argent SCVAC 79.02; 3. Sue James SCVAC 81.36; **W60:** 1. Brenda Fee VAC 71.43 **(CBP)**; 2. Moira West SCVAC 73.08; **W65:** Iris Hornsey EVAC 92.40; **W70:** Dorothy Fraser EVAC 89.81;

800:



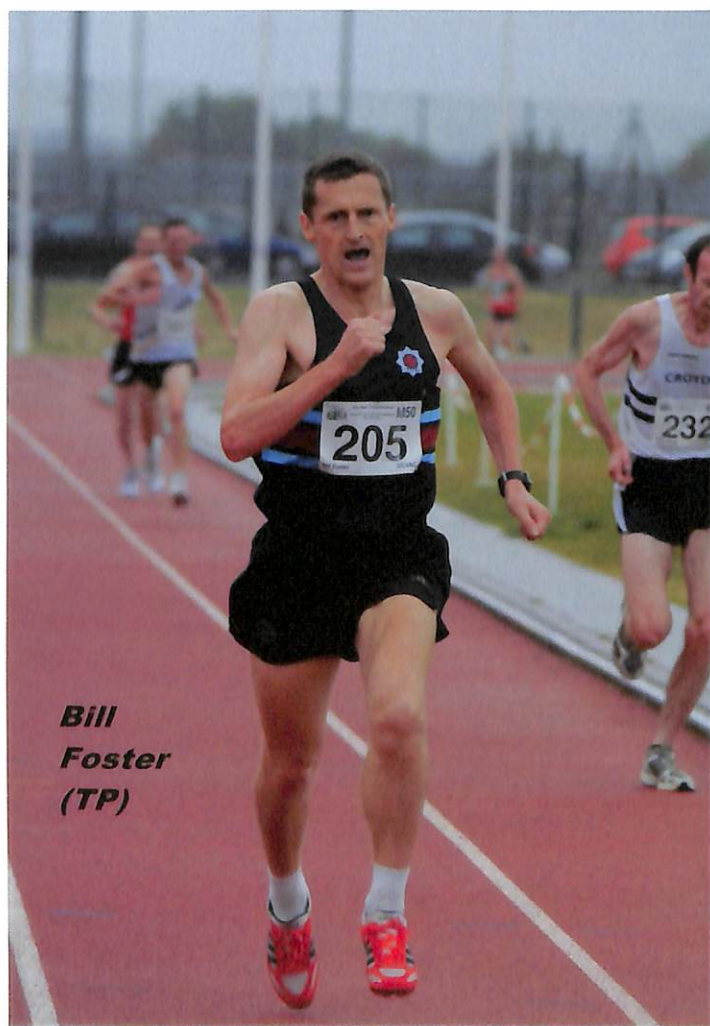
Rob Andrew (TP)

M35: 1. Jim Bennett SCVAC 2-06.80; 2. Richard Weaver SCVAC 2-08.50; 3. Simon Howard SWVAC 2-15.29; **M40:** 1. Lee Jones OPEN 2-00.34; 2. Adrian Haines VAC 2-03.48; 3. Gary Burnett MMAC 2-04.21; 4. David Blackman SCVAC 2-04.96; 5. Matthew Bland EVAC 2-05.37; 6. Calvin Scoltock MMAC 2-09.01; 7. Geoff Gallagher SCVAC 2-13.46; 8. Russell Middleton OPEN 2-19.52; **M45: (B)** 1. Edward Ball WMAA 2-05.24; 2. Donald Bradley SVHC 2-06.01; 3. Ian Wright SCVAC 2-06.89; 4. Rob Webster SCVAC 2-08.29; 5. John Knibb MMAC 2-16.17; **(A)** **1. Rob Andrew MMAC 2-03.04; 2. Sean Price WMAA 2-05.42; 3. Simon Anderson SWVAC 2-05.65;** 4. Robert Tudor NVAC 2-08.56; 5. Alex Bryce SVHC 2-09.48; 6. Derek Watson SVHC 2-10.43; **1 Andrew; 2 Ball; 3 Price; M50:** 1. Jonathan Metcalf EVAC 2-15.89; 2. Ray Daniel VAC 2-16.05; 3. Kevin Pye MMAC 2-16.14; 4. Ivars Licietis EVAC 2-16.28; 5. Richard Jenkin SCVAC 2-18.48;

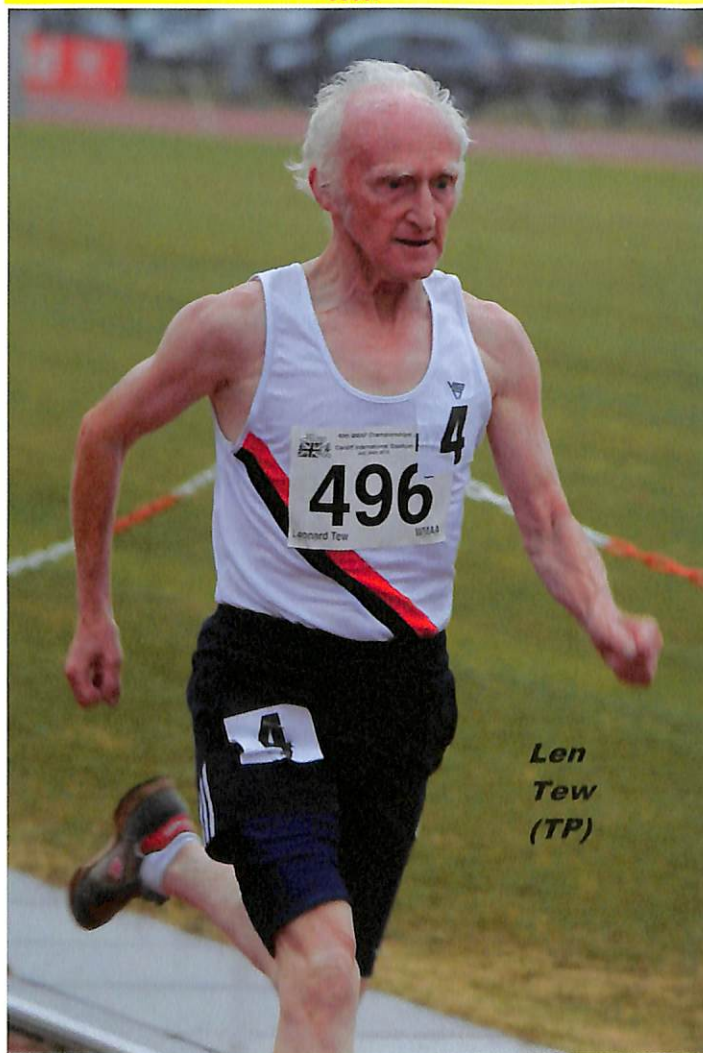
MASTERS ATHLETICS SUMMER 2010

6. Malcolm Cowton SWVAC 2-20.03; 7. Tony Foster MMAC 2-20.36; 8. Paul Bevan WMAA 2-21.56; **M55**: 1. Kevin Archer SWVAC 2-16.94; 2. Bilal Namani WMAA 2-18.76; 3. Stuart MacGregor SWVAC 2-19.93; 4. Jonathan Hughes EVAC 2-21.00; 5. George Maybury IRL (G) 2-27.97; 6. Fred Pidgeon MMAC 2-33.01; **M60**: 1. Patrick Timmons IRL (G) 2-26.72; 2. Ed Connolly SCVAC 2-30.11; 3. Michael Davies WMAA 2-45.38; 4. Ray Lewis SCVAC 2-58.67; 5. Howard Brown WMAA 3-14.66; **M65**: 1. Mike Dixon SCVAC 2-29.87; 2. Rod Scholes NVAC 2-30.67; 3. Richard Somers VAC 2-40.14; **M70**: 1. Barry Swindells NVAC 2-48.84; 2. Eric Hughes WMAA 2-49.98; 3. Peter Donaghy VAA-NE 3-02.24; 4. David Carney MMAC 3-27.21; **M75**: 1. Leonard Tew WMAA 3-26.18; 2. John Seymour SCVAC 3-33.38; 3. John Cullingham VAC 3-50.75; 4. Brian Shave VAC 3-56.68; **W35**: 1. Joanna Winfield EVAC 2-24.33; 2. Heather Graz WMAA 2-31.71; 3. Rachel Matthews WMAA 2-32.83; **W40**: 1. Denise Morley EVAC 2-21.58; 2. Jacqueline Kind MMAC 2-33.07; 3. Sian Gifford WMAA 2-34.65; 4. Sally Frapwell OPEN 2-37.75; 5. Michelle Hooton MMAC 2-38.50; **W45**: 1. Helen Walch NVAC 2-26.05; 2. Tracy Burrows SCVAC 2-33.44; 3. Julia Austin SCVAC 2-35.56; 4. Jane Pidgeon MMAC 2-37.45; 5. Anita Sampson EVAC 2-43.59; **W50**: 1. Laura Mahady SVHC 2-23.63; 2. Joan Lasenby EVAC 2-33.68; 3. Susie Ardron EVAC 2-43.50; **W55**: 1. Jacqueline Walpole SWVAC 2-37.57; 2. Joan Howe NVAC 2-39.51; 3. Liz Bowers SVHC 2-53.81; 4. Joyce Barrus MMAC 3-00.60; 5. Sue James SCVAC 3-04.19; 6. Anne Darby SWVAC 3-05.30; **W60**: 1. Nancy Hitchmough MMAC 2-44.16; 2. Pat Gallagher WMAA 2-52.13; 3. Ros Tabor VAC 2-52.19; **W65**: Iris Hornsey EVAC 3-34.62; **W70**: Betty Stracey EVAC 3-51.13;

5-08.37; 7. Alan Newman SCVAC 5-24.94; 8. David King SWVAC 5-35.61; 9. Martin Lippitt SCVAC 6-18.91; **M60**: 1. Patrick Timmons IRL (G) 4-55.13; 2. Michael Mann VAC 5-03.15; 3. Bob Chapman SWVAC 5-14.98; 4. Mick Smedley MMAC 5-22.13; 5. Michael Davies WMAA 5-35.90; **M65**: 1. Peter Giles VAC 5-11.05; 2. Mike Dixon SCVAC 5-12.05; 3. Michael Smith NVAC 5-17.05; 4. Barrie Roberts WMAA 5-51.04; **M70**: 1. Barry Swindells NVAC 5-50.25; 2. Eric Hughes WMAA 5-50.28; 3. Peter Donaghy VAA-NE 6-21.37; **M75**: 1. Leonard Tew WMAA 6-07.68 (**CBP**); 2. Bill Rigby NVAC 7-00.60; 3. Richard P-Knowles VAC 7-03.20; 4. Brian Shave VAC 7-32.64; 5. John Cullingham VAC 7-54.36; **W35**: 1. Cara Oliver SCVAC 4-58.54; 2. Heather Graz WMAA 5-06.20; 3. Candy Hawkins SCVAC 5-08.38; **W40**: 1. Sarah Wells VAC 5-03.16; 2. Jenny Phillips WMAA 5-04.25; 3. Sharon Leech WMAA 5-05.41; 4. Janine Stones NVAC 5-09.75; **W45**: 1. Clare Elms VAC 4-44.58 (**CBP**); 2. Julia Austin SCVAC 5-10.18; 3. Tracey Gibson NVAC 5-46.94; **W50**: 1. Joan Lasenby EVAC 5-10.77; 2. Susie Tawney MMAC 5-26.86; 3. Susie Ardron EVAC 5-29.62; 4. Diane Farmer EVAC 5-51.53; 5. Maureen Emmett WMAA 5-53.91; **W55**: 1. Joan Howe NVAC 5-34.29; 2. Liz Bowers SVHC 5-43.90; 3. Pat Halstead SCVAC 5-49.06; 4. Sue James SCVAC 6-10.54; 5. Anne Lippitt SCVAC 6-44.51; **W60**: 1. Nancy Hitchmough MMAC 5-24.13; 2. Ros Tabor VAC 5-36.64; 3. Pat Gallagher WMAA 5-50.54; **W65**: 1. Clare Johnson WMAA 7-08.61; 2. Iris Hornsey EVAC 7-10.56; **W70**: 1. Cecilia Morrison SCVAC 6-04.59 (**World Record**); 2. Betty Stracey EVAC 7-32.59;



Bill Foster (TP)



Len Tew (TP)

1500:

M35: 1. Phillip Bullock MMAC 4-50.13; 2. James Middleton OPEN 4-56.30; **M40**: 1. Matthew Bland EVAC 4-08.07; 2. Adrian Haines VAC 4-08.58; 3. Andy Morgan-Lee SWVAC 4-08.63; 4. Kevin Downee SVHC 4-10.38; 5. David Blackman SCVAC 4-20.85; 6. Andrew Deamer SWVAC 4-35.28; 7. Andrew Del nevo SCVAC 4-41.86; **M45**: 1. Rob Andrew MMAC 4-08.38; 2. Simon Anderson SWVAC 4-08.69; 3. Jon James SWVAC 4-10.75; 4. Edward Ball WMAA 4-15.41; 5. John Knibb MMAC 4-18.91; 6. Alex Bryce SVHC 4-22.56; 7. Paul Berrett EVAC 4-46.84; **M50**: 1. Jonathan Metcalf EVAC 4-36.92; 2. Richard Jenkin SCVAC 4-38.75; 3. Geoffrey Brewster EVAC 4-42.44; 4. Jeremy Hogan SWVAC 4-43.17; 5. Kevin Steed EVAC 4-45.99; 6. David Darby NVAC 4-47.32; 7. Simon Bean SCVAC 4-55.95; 8. Huw Roberts WMAA 5-18.70; **M55**: 1. David Bedwell MMAC 4-41.80; 2. Jonathan Hughes EVAC 4-50.14; 3. David Oxland MMAC 4-51.75; 4. Gavin Bayne VAA-NE 4-59.68; 5. Stuart MacGregor SWVAC 4-59.74; 6. Ian Snow SWVAC

5000:

M35: 1. David Morwood NIMAC 15-37.60 (**CBP**); 2. Darran Hiscox WMAA 15-41.24; 3. Steve Hallas NVAC 16-10.66; **M40**: 1. Robert Palmer OPEN 15-44.89; 2. Andy Morgan-Lee SWVAC 15-49.84; 3. Ian Johnston SCVAC 15-59.96; 4. Andrew Wright MMAC 16-41.88; **M45**: 1. Philip Parry MMAC 15-51.53; 2. Mark Cursons OPEN 16-19.08; 3. Martin Farran NVAC 16-43.14; 4. Steven Doxey NVAC 18-15.06; **M50**: 1. Bill Foster SCVAC 16-08.44; 2. Iain Campbell OPEN 16-13.63; 3. Michael Deegan NVAC 16-16.84; 4. Michael Bridgeland EVAC 16-32.07; 5. David Darby NVAC 17-10.62; 6. Colin Oxlade SCVAC 19-12.40; 7. Robert Banner NVAC 19-49.04; 8. Ian Wright SWVAC 19-50.92; **M55**: 1. David Oxland MMAC 17-56.10; 2. Henry Heavisides NVAC 17-57.26; 3. Gavin Bayne VAA-NE 18-12.25; 4. Alan Newman SCVAC 19-53.07; **M60**: 1. Desmond Michael SCVAC 18-00.04; 2. Michael Mann VAC 18-19.16; 3. Sandy Johnston WMAA 18-24.14; 4. Gareth Jones VAC 18-54.91; 5. Peter Hamilton SWVAC 19-01.15; 6. Peter Banks MMAC 19-09.73; 7. Arthur Daley OPEN 19-11.65; 8. Alan Appleby NVAC 19-31.08; 9. Paul

MASTERS ATHLETICS SUMMER 2010

Allen MMAC 20-11.44; 10.Alan Rich VAC 20-12.97; 11.Mick Smedley MMAC 20-32.66; 12.Arnold Bradshaw NVAC 20-54.20; **M65**: 1.Martin Ford MMAC 18-39.13; 2.Peter Giles VAC 18-56.18; 3.Gordon Orme MMAC 19-42.07; 4.Tony Brackstone SCVAC 19-58.86; 5.Andrew Johnson MMAC 20-50.68; 6.Ken Buckle WMAA 21-15.86; 7.Barrie Roberts WMAA 23-01.39; **M70**: Edmond Simpson VAC 22-21.46; **M75**: 1.Bill Rigby NVAC 25-33.25; 2.Richard P-Knowles VAC 26-20.25; 3.Derek Howarth NVAC 26-24.55; 4.Brian Shave VAC 28-13.70; **M80**: 1.Arthur Walsham VAC 32-26.20; 2.Ron Franklin SCVAC 42-14.84; **W35**: 1.Sally Gray OPEN 17-59.68; 2.Candy Hawkins SCVAC 19-42.71; 3.Michelle Stark RSA (G) 20-49.94; **W40**: 1.Emma Stallard SWVAC 17-29.78; 2.Helen Wheeler OPEN 19-07.22; 3.Nina Skilton MMAC 19-17.99; 4.Satu Haikala WMAA 19-46.89; 5.Michelle Hooton MMAC 19-48.48; **W45**: 1.Clare Elms VAC 17-25.88; 2.Julia Myatt MMAC 18-42.37; 3.Tracey Gibson NVAC 21-14.22; **W50**: 1.Lesley Wright SWVAC 23-21.04; 2.Ann Roberts NVAC 25-03.80; **W55**: 1.Gail Duckworth EVAC 19-22.16; 2.Edwina Turner WMAA 23-20.11; **W60**: 1.Ros Tabor VAC 20-24.75; 2.Lou Lyness NVAC 20-29.86; 3.Lesley Griffin MMAC 21-51.60; 4.Ann James WMAA 24-28.59; **W65**: 1.Pauline Rich VAC 23-51.97; 2.June Johnson MMAC 24-09.69; 3.Clare Johnson WMAA 25-59.01; **W70**: 1.Cecilia Morrison SCVAC 22-19.99 (**World Record**); 2.Betty Tracey EVAC 26-29.48;

3000W:

M45: Mark Williams MMAC 14-38.81; **M50**: Gary MacDonald SCVAC 19-01.93; **M55**: 1.Nick Silvester SCVAC 15-12.82; 2.Rodney Dunn EVAC 17-34.32; **M60**: Roger Michell MMAC 15-55.32; **M65**: 1.Ken Bobbett WMAA 17-09.23; 2.Peter Hannell SCVAC 17-28.10; 3.Peter Howard EVAC 20-08.57; **M70**: 1.Arthur Thomson VAC 16-24.82; 2.Ron Powell SCVAC 19-23.59; 3.David Stevens VAC 19-59.08; 4.John Collins WMAA 22-21.39; **M75**: 1.Norbert Will NIMAC 20-48.90; 2.Eric Horwill MMAC 20-52.55; 3.John Cullingham VAC DISQ; **W45**: Diane Bradley VAC 15-35.52; **W50**: 1.Ann Wheeler MMAC 16-35.75; **W60**: 1.Susan Barnett EVAC 19-02.21; 2.Ann Lewis SCVAC 19-15.49; **W75**: Maureen Spelman VAC 21-43.01 (**British Record**);

5000W:

M45: Mark Williams MMAC 25-13.14; **M50**: Gary MacDonald SCVAC 31-25.33; **M60**: Roger Michell MMAC 26-52.01; **M65**: 1.Ken Bobbett WMAA 29-46.99; 2.Peter Howard EVAC DISQ; **M70**: 1.Arthur Thomson VAC 28-00.61; 2.Edmund Shillabeer SWVAC 30-00.36; 3.Ron Powell SCVAC 32-18.68; 4.David Stevens VAC 34-55.36; 5.John Collins WMAA 38-43.73; **M75**: 21.Norbert Will NIMAC 35-46.03; 2.Eric Horwill MMAC 35-48.96; **W40**: Angie Alstrachen SCVAC DISQ; **W45**: 1.Diane Bradley VAC 26-48.89; 2.Helen Middleton EVAC 29-11.21; **W50**: 1.Ann Wheeler MMAC 28-22.23; **W60**: Heat 1 01.Susan Barnett EVAC 32-49.28; 2.Ann Lewis SCVAC 33-00.76; **W75**: Maureen Spelman VAC 37-24.30 (**British Record**);

3000SC:

M35: 1.Jason Lendon OPEN 10-06.24 (**CBP**); 2.Josh Painter VAC 10-33.58; **M40**: Colin Palmer MMAC 9-49.64; **M45**: 1.Andrew Tindall VAC 10-15.49; 2.Philip York SWVAC 11-05.03; 3.Paul Berrett EVAC 11-16.78; **M50**: 1.Chris Ireland NVAC 10-35.82; 2.Ifan Lloyd WMAA 11-09.41; 3.Richard Jenkin SCVAC 11-49.36; 4.Colin Oxlade SCVAC 12-20.09; **M55**: 1.Ian Snow SWVAC 13-18.44; 2.David King SWVAC 13-55.09;

2000SC:

M65: John Oldfield MMAC 9-54.82; **W45**: Jane Pidgeon MMAC 7-39.98 (**CBP**); **W55**: Anne Darby SWVAC 9-20.46; ;

110H:

M35: (w/s -0.7) 1.Darren Dods SCVAC 15.58(**CBP**); 2.Peter Davey SCVAC 16.00; **M40**: (w/s -0.7) Adam Young MMAC 16.91; **M45**: (w/s -1.6); 1.Neil Tunstall SWVAC 16.53; 2.Glen Reddington SCVAC 17.23; 3.Iain Moody MMAC 18.59;

100H:

M50: (w/s -1.6) 1.Tennyson James EVAC 15.39; 2.John Mayor EVAC 15.41; 3.Paul Edwards MMAC 16.22; 4.Clive Pengelly SWVAC 17.38; **M55**: (w/s -1.6) 1.David Robinson NVAC 17.85; 2.Roy Buchanan SVHC 19.94; **M60**: (w/s +0.1) Tony Wells EVAC 16.37; **M65**: (w/s +0.1) Barry Ferguson VAC 16.95 (**CBP**); **W35**: (w/s +0.1) 1.Kate Brook OPEN 16.56; 2.Amanda Wale WMAA 17.49; 3.Natasha Mighty OPEN DNF;

80H:

M75: (w/s -0.7) Colin Shafto NVAC 15.80 (**British Record**); **W40**: (w/s -2.1) 1.Kay Reynolds SCVAC 12.10; 2.Louise Oliver MMAC 14.89; **W45**: (w/s -2.1); 1.Wendy Laing NVAC 13.02; 2.Gaye Clarke EVAC 13.46; **W50**: (w/s -0.7) 1.Hazel Barker NVAC 13.77; 2.Susan Frisby MMAC 14.39; 3.Mary Barrett IRL (G) 14.74; 4.Janice Hardcastle EVAC 17.44; **W60**: (w/s -0.7) 1.Jean Fail SWVAC 14.46 (**British Record**); 2.Sally Hine MMAC 16.07;

400H:

M35: 1.Joe Lloyd MMAC 54.77 (**CBP**); 2.Darren Dods SCVAC 58.41; 3.Richard Holt OPEN 59.21; 4.Peter Davey SCVAC 63.24; 5.Julian Langley OPEN 65.93; **M40**: David James WMAA 72.93; **M45**: 11.Neil Tunstall SWVAC 57.34; 2.Jonathan Tilt SCVAC 57.88; 3.Iain Moody MMAC 64.69;

4.Leroy Gould SCVAC 67.69; **M50**: 1.David Moles VAC 63.75; 2.John Mayor EVAC 64.33; 3.Tennyson James EVAC 64.69; 4.Paul Edwards MMAC 65.58; **M55**: David Robinson NVAC 74.17; **W35**: Kate Brook OPEN 66.92; **W40**: Deborah Doherty SCVAC 75.56;

300H:

M60: 1.Tony Wells EVAC 47.48; 2.Geoffrey Kitchener VAC 49.38; **M65**: 1.Barry Ferguson VAC 53.46; 2.Mike Dixon SCVAC 54.57; **W50**: Jane Horder MMAC 48.78;

LJ:

M35: 1.Neil Lincoln SCVAC 6.51w; 2.Darren Dods SCVAC 6.40w; 3.Steve Lake SCVAC 6.02w; 4.Donovan Davenport MMAC 5.97w; 5.Brian Taylor OPEN 5.56; **M40**: 1.Keven Rixon SCVAC 5.71w; 2.Ian Allen SWVAC 5.70; 3.Richard Buckingham VAC 5.48w; 4.Leroy Golding NVAC 4.64; **M45**: 1.John Garner SCVAC 5.96w; 2.Masaktsu Kondo SCVAC 5.94; 3.Paul Guest SWVAC 5.58w; 4.Andrew Waddington SWVAC 5.47w; 5.Clarence Riley SCVAC 5.13w; 6.Nicholas Walker SWVAC 4.81; **M50**: 1.John Mayor EVAC 5.58w; 2.Trevor Wade SCVAC 5.49; 3.Stephen Langford SCVAC 5.38w; 4.Clement Leon SCVAC 5.01; 5.Roderick Davies SCVAC 4.97w; 6.Wayne Howe SCVAC 4.51; **M55**: 1.Mario Lapka SWVAC 5.20w; 2.Ken Jackson SWVAC 5.05; 3.Geoff Miller WMAA 4.72; 4.David Robinson NVAC 4.58w; 5.Peter Morgan VAC 4.07; **M60**: Lawrie Dunn MMAC 4.33w; **M65**: 1.Allan Cheers WMAA 4.36; 2.Allan Long VAC 4.07; 3.Harold Halliwell NVAC 4.01; 4.Collin Green MMAC 3.91w; **M70**: 1.Pdraig Maye IRL (G) 3.97w; 2.Trefor Pugh WMAA 3.56; 3.Michael Collins SCVAC 3.46; **M75**: 1.John Evans MMAC 3.71w; 2.Colin Shafto NVAC 3.67w; 3.Geoffrey Feast VAC 2.75w; **W35**: Kate Brook OPEN 4.82w; **W40**: 1.Louise Oliver MMAC 4.62; 2.Sandra Campbell VAC 3.91w; **W45**: 1.Wendy Laing NVAC 4.78w; 2.Alison Duke SCVAC 4.46; 3.Lesley Willis MMAC 4.45w; 4.Gaye Clarke EVAC 4.28 ; **W50**: 1.Linda Nicholson SVHC 4.87 (**=CBP**); 2.Carole Filer EVAC 4.61w; 3.Pauline Gerner MMAC 3.86w; 4.Janice Hardcastle EVAC 3.81; 5.Elaine Restorick MMAC 3.78w; 6.Chris Salvary SCVAC 3.62w; **W55**: 1.Sue Yeomans SCVAC 3.98w; 2.Lyn Ahmet SCVAC 3.34; 3.Fiona Argent SCVAC 3.23; 4.Cathy Lyon-Green MMAC 2.81; 5.Linda Harrison SCVAC 2.39w; **W60**: 1.Jean Fail SWVAC 3.84; ; 2.Sally Hine MMAC 3.32w; 3.Patricia Oakes SCVAC 3.10w; 4.Daphne Marler SCVAC 2.30; **W70**: Gillian Woodland OPEN 2.49;

TJ:

M35: 1.Darren Dods SCVAC 12.67; 2.Donovan Davenport MMAC 12.61w; 3.Steve Lake SCVAC 12.50w; 4.Neil Lincoln SCVAC 12.18; **M40**: 1.Ian Allen SWVAC 12.48; 2.Keven Rixon SCVAC 11.55w; 3.Adrian Haines VAC 11.38w; 4.Chris Daniels VAC 11.03w; 5.Leroy Golding NVAC 10.37w; **M45**: 1.Dave Shields WMAA 10.21w; 2.Clarence Riley SCVAC 10.04; **M50**: 1.Clement Leon SCVAC 10.76w; 2.Wayne Howe SCVAC 9.77; **M55**: 1.Mario Lapka SWVAC 10.31w; 2.David Robinson NVAC 9.52; **M65**: 1.Allan Cheers WMAA 9.30; 2.Collin Green MMAC 8.57w; 3.Harold Halliwell NVAC 8.37; **M70**: 1.Pdraig Maye IRL (G) 9.05w; 2.Tony Crocker MMAC 8.47w; 3.Trefor Pugh WMAA 7.80w; **M75**: John Evans MMAC 7.80w (**CBP**); **W40**: 1.Louise Oliver MMAC 9.39w; 2.Sandra Campbell VAC 8.39w; **W45**: Lesley Willis MMAC 8.97w; **W50**: Lorraine Benton MMAC 6.88w; **W55**: 1.Cathy Lyon-Green MMAC 6.82; 2.Linda Harrison SCVAC 5.84; **W60**: 1.Patricia Oakes SCVAC 7.05; 2.Daphne Marler SCVAC 5.27;

HJ:



**New British Record
for Colin Shafto (TP)**

MASTERS ATHLETICS SUMMER 2010

M35: 1.Darren Dods SCVAC 1.75 (CBP); 2.Donovan Davenport MMAC 1.70; 3.Peter Davey SCVAC 1.60; **M40:** 1.Ian Allen SWVAC 1.75; 2.Adam Young MMAC 1.70; 3.Phillip Chalke SCVAC 1.65; **M45:** 1.Steve Linsell NVAC 1.75; 2.Andrew Waddington SWVAC 1.70; 3.Mark Roach SWVAC 1.60; 4.John Garner SCVAC 1.55; **M50:** 1.Thomas Endrody SCVAC 1.63; 2.Clement Leon SCVAC 1.60; 3.John Mayor EVAC 1.60; 4.Colin Hague SWVAC 1.50; **M55:** 1.Duncan Talbot SCVAC 1.51; 2.Paul Askew MMAC 1.40; 3.David Robinson NVAC 1.30; **M60:** 1.Geoffrey Kitchener VAC 1.33; **M65:** 1.Collin Green MMAC & Jim O'Shea IRL (G) 1.33; 3.John Howe WMAA 1.21; **M70:** Tony Crocker MMAC 1.36; **M75:** 1.Colin Shafto NVAC 1.31 (British Record) 2.Robin Sykes NVAC 1.06; **W45:** 1.Wendy Laing NVAC 1.50 (eq CBP); 2.Gaye Clarke EVAC 1.30; 3.Amanda Rowley-Jones SCVAC 1.25; **W50:** 1.Susan Frisby MMAC 1.39 (CBP); 2.Mary Barrett IRL (G) 1.39 (Irish Record); 3.Carole Filer EVAC 1.33; **W55:** Pam Garvey MMAC 1.27; **W60:** 1.Sally Hine MMAC 1.15; 2.Patricia Oakes SCVAC 1.09; **W75:** Rosemary Chrimes MMAC 1.15 (Eq CBP);

PV:

M40: Andrew Del nevo SCVAC 2.60; **M45:** 1.Mark Johnson NVAC 4.40 (CBP); 2.John Andrews SCVAC 3.80; 3.Alan Easey VAC 3.30; 4.Nicholas Walker SWVAC 3.20; **M50:** 1.Martin Davies WMAA 3.10; 2.Brian Slaughter SCVAC 3.00; **M55:** David Robinson NVAC 2.70; **M65:** 1.John Bradley MMAC 3.00; 2.John Howe WMAA 2.60; 3.Brian Harlick SCVAC 2.40; **M75:** Robert Brown MMAC 2.40; **W45:** Alison Duke SCVAC 2.60; **W55:** Sue Yeomans SCVAC 2.71(CBP); **W65:** Margaret Coombe EVAC 1.81 (British Record);

SP:

M35: 1.Ken Baker OPEN 13.38bp; 2.Simon Achurch EVAC 11.84; 3.Graham Holder WMAA 11.63; 4.Barry Barnfield WMAA 10.68; 5.Stephen Minnikin NVAC 10.60; **M40:** 1.Paul Smith MMAC 9.43; 2.Michael Clift OPEN 9.31; **M45:** 1.Andy Turner WMAA 12.56; 2.Allan Leiper SCVAC 12.06; 3.Phillip Davies NVAC 11.31; 4.Anthony Tipping SCVAC 11.11; 5.Dave Brown NVAC 10.99; 6.Glyndwr Pugh WMAA 10.26; 7.Darren Gibson NVAC 9.98; **M50:** 1.Bob Broadbridge SWVAC 13.68; 2.John Moreland MMAC 11.75; 3.Jan Drzewiecki SCVAC 9.82; 4.John Birkett SVHC 9.11; **M55:** 1.Michael Small SWVAC 12.64; 2.Phillip Olsen WMAA 10.29; 3.Clive Howell MMAC 8.85; 4.Bob Douglas SVHC 7.29; **M60:** 1.Neil Griffin SCVAC 14.04; 2.Michael Hazlewood NVAC 12.83; 3.Anthony Richards VAC 12.49; 4.Barry Hawksworth MMAC 11.83; 5.Phillip Bramford EVAC 10.07; 6.Robert Richards EVAC 9.80; 7.Allan Webb SWVAC 7.52; **M65:** 1.Peter Virgo VAC 11.39; 2.Richard Jegou MMAC 10.54; 3.David Kuester VAC 10.01; 4.James Sloan SVHC 9.89; 5.Godfrey Leak EVAC 9.63; 6.Brian Harlick SCVAC 8.16; **M70:** 1.Bill Legg SWVAC 10.93; 2.Michael Jones MMAC 10.42; 3.Colin Brand SCVAC 10.15; 4.William Gentleman NVAC 9.62; 5.Brian Webb WMAA 7.76; **M75:** 1.Ian Miller EVAC 10.83br; 2.Gordon Hickey VAC 9.63; 3.Robin Sykes NVAC 9.25; 4.Michael McGarry IRL (G) 9.17; 5.Warwick Dixon SCVAC 8.15; 6.Norman Fullick SCVAC 6.92; 7.Peter Barber SCVAC 6.63; **M80:** 1.Jaroslav Hanus VAC 8.87(CBP); **W35:** 1.Sue Lawrence SCVAC 10.86; 2.Natasha Mighty OPEN 10.47; 3.Amanda Wale WMAA 9.15; 4.Catherine Alford WMAA 8.44; 5.Krisztina Black HUN (G) 8.26; **W40:** 1.Louise Oliver MMAC 9.51; 2.Sandra Campbell VAC 8.47; 3.Julie Driscoll WMAA 6.84; **W45:** 1.Wendy Laing NVAC 9.49; 2.Julie Wilson SCVAC 9.01; 3.Janet Smith SCVAC 8.81; 4.Ruth Bird MMAC 8.63; 5.Karen Llewellyn WMAA 8.51; 6.Priscilla O'Sullivan IRL (G) 8.51; 7.Maureen Glanton IRL (G) 8.35; 8.Gaye Clarke EVAC 6.89; **W50:** 1.Mary Barrett IRL (G) 11.07; 2.Claire Cameron SVHC 10.06; 3.Hazel Barker NVAC 10.04; 4.Wendy Dunsford SCVAC 9.81; 5.Lucy Moore-Fox IRL (G) 8.60; **W55:** 1.Vilma Thompson SCVAC 10.79; 2.Sue Dassie SCVAC 8.70; 3.Gwen McFarlane SVHC 8.61; 4.Fiona Crompton NVAC 8.48; 5.Eirian Arwyn WMAA 7.30; **W60:** 1.Mo Pearson SWVAC 8.98; 2.Barbara Terry SCVAC 8.41; 3.Patricia Oakes SCVAC 6.90; 4.Anthea Bramford EVAC 6.19; **W65:** 1.Elizabeth Sissons SCVAC 9.38; 2.Margaret Coombe EVAC 6.60; 3.Helen Cole WMAA 5.98; 4.Yvonne Miles SCVAC 4.96; **W70:** 1.Anne Martin EVAC 6.58; 2.Sheila Champion IRL (G) 5.20; **W75:** 1.Rosemary Chrimes MMAC 10.35 (World Record);

DT:

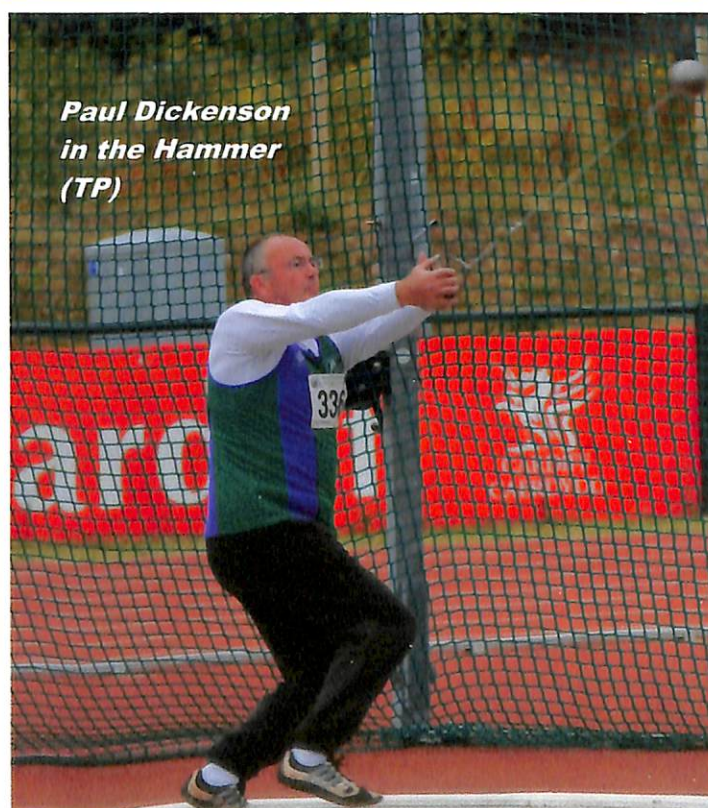
M35: 1.Matthew Allison NVAC 41.55; 2.Graham Holder WMAA 37.55; 3.Simon Achurch EVAC 34.77; 4.Barry Barnfield WMAA 31.23; **M40:** 1.Michael Clift OPEN 27.43; 2.Paul Smith MMAC 26.41; 3.Leroy Golding NVAC 26.21; **M45:** 1.Gerrard Farrell SVHC 38.25; 2.Anthony Tipping SCVAC 37.41; 3.Andy Turner WMAA 37.22; 4.Allan Leiper SCVAC 32.73; 5.Graham Middleton MMAC 32.49; 6.Glyndwr Pugh WMAA 31.99; 7.Darren Gibson NVAC 28.87; 8.Dave Brown NVAC 27.73; 9.Dave Shields WMAA 20.57; **M50:** 1.John Moreland MMAC 46.46; 2.Jan Drzewiecki SCVAC 41.23; 3.Chris Privett SCVAC 39.33; 4.David Maggs WMAA 31.16; 5.Geoff Van klaveren WMAA 28.27; 6.John Birkett SVHC 22.06; **M55:** 1.Michael Small SWVAC 43.93; 2.Richard Healey SCVAC 42.34; 3.John Wild VAA-NE 36.84; 4.Phillip Olsen WMAA 32.47; 5.Frank McCrystal NIMAC 29.59; **M60:** 1.Neil Griffin SCVAC 50.55; 2.Michael Hazlewood NVAC 46.59; 3.Anthony Richards VAC 42.77; 4.Barry Hawksworth MMAC 41.53; 5.Phillip Bramford EVAC 39.28; 6.Robert Richards EVAC 35.59; 7.Allan Webb SWVAC 25.20; **M65:** 1.Peter Eddy SVHC 36.52; 2.Brian Harlick SCVAC 35.96; 3.James Sloan SVHC 35.14; 4.Godfrey Leak EVAC 35.04; 5.Peter Virgo VAC 34.79; 6.David Kuester VAC 32.58; 7.Ian Bowles MMAC 32.23;

8.Richard Jegou MMAC 30.62; 9.Patsy Conboy IRL (G) 25.12; **M70:** 1.Colin Brand SCVAC 32.44; 2.George Eccles SWVAC 29.75; 3.William Gentleman NVAC 28.95; 4.Vic Adcock SCVAC 21.41; **M75:** 1.Robin Sykes NVAC 29.58; 2.Ian Miller EVAC 29.12; 3.Michael McGarry IRL (G) 28.93; 4.Warwick Dixon SCVAC 27.36; 5.Gordon Hickey VAC 24.88; 6.Peter Barber SCVAC 23.78; 7.Norman Fullick SCVAC 17.44; **M80:** 1.Jaroslav Hanus VAC 24.77 (CBP); **W40:** Catarina Hallden SWVAC 28.21; **W45:** 1.Maureen Glanton IRL (G) 31.45; 2.Helen Daniel VAC 29.24; 3.Priscilla O'Sullivan IRL (G) 26.32; 4.Karen Llewellyn WMAA 24.95; **W50:** 1.Claire Cameron SVHC 32.56; 2.Wendy Dunsford SCVAC 24.54; 3.Mary Barrett IRL (G) 22.99; 4.Julie Wakelam MMAC 20.39; **W55:** 1.Vilma Thompson SCVAC 25.58; 2.Gwen McFarlane SVHC 22.05; 3.Eirian Arwyn WMAA 19.26; 4.Fiona Crompton NVAC 17.46; 5.Margaret Ehrenberg MMAC 15.62; **W60:** 1.Mo Pearson SWVAC 22.25; 2.Barbara Terry SCVAC 21.47; **W65:** 1.Elizabeth Sissons SCVAC 19.69; 2.Margaret Coombe EVAC 14.41; 3.Helen Cole WMAA 11.85; **W70:** Carole Derrien SWVAC 19.41; **W75:** Rosemary Chrimes MMAC 27.76 (CBP);

JT:

M35: 1.Matthew Allison NVAC 55.87; 2.Simon Achurch EVAC 47.16; 3.James Cowell MMAC 47.13; **M40:** Richard Ledger WMAA 44.07; **M45:** 1.Roald Bradstock OPEN 64.92 (CBP); 2.Trevor Ratcliffe SCVAC 53.73; 3.Allan Leiper SCVAC 43.44; 4.Dave Brown NVAC 40.01; 5.Anthony Tipping SCVAC 35.69; 6.Andrew Waddington SWVAC 34.70; **M50:** 1.Kevin Murch MMAC 54.87 (CBP); 2.Stephen Langdon SCVAC 51.79; 3.John Fenton SCVAC 47.15; 4.Geoff Van klaveren WMAA 38.28; 5.Martyn Thomas WMAA 35.58; 6.Wayne Howe SCVAC 34.43; **M55:** 1.Frank McCrystal NIMAC 31.38; 2.Peter Morgan VAC 25.05; **M60:** 1.Michael Hazlewood NVAC 44.02; 2.Barry Hawksworth MMAC 40.04; 3.Phillip Bramford EVAC 37.11; 4.John Davies WMAA 34.59; 5.Robert Richards EVAC 30.02; 6.Allan Webb SWVAC 25.82; **M65:** 1.David Kuester VAC 38.01; 2.Phil Owen MMAC 35.71; 3.Ashley Fox SCVAC 33.88; 4.James Sloan SVHC 29.71; 5.Peter Daw SWVAC 28.40; 6.Brian Harlick SCVAC 24.26; **M70:** 1.George Eccles SWVAC 40.36 (British Record); 2.Colin Brand SCVAC 37.84; 3.Vic Adcock SCVAC 34.36; 4.David Price MMAC 33.32; 5.John Webster SCVAC 30.07; 6.Robert Evans OPEN 25.88; 7.Brian Webb WMAA 24.12; **M75:** 1.Gordon Hickey VAC 25.32; 2.Ian Miller EVAC 24.69; 3.Norman Fullick SCVAC 18.52; **W35:** 1.Jo Davis WMAA 30.18; 2.Karen Addis MMAC 26.96; 3.Amanda Wale WMAA 26.43; 4.Natasha Mighty OPEN 26.22; **W40:** Deborah Doherty SCVAC 28.63; **W45:** 1.Karen Llewellyn WMAA 19.29; 2.Priscilla O'Sullivan IRL (G) 18.04; 3.Gaye Clarke EVAC 16.51; **W50:** 1.Mary Barrett IRL (G) 24.98; 2.Julie Wakelam MMAC 22.60; 3.Hazel Barker NVAC 22.58; 4.Carole Morris EVAC 10.87; **W55:** 1.Vilma Thompson SCVAC 23.64; 2.Gwen McFarlane SVHC 23.58; 3.Fiona Crompton NVAC 20.88; 4.Fiona Argent SCVAC 14.38; **W60:** 1.Barbara Terry SCVAC 19.27; 2.Patricia Oakes SCVAC 16.26; **W65:** 1.Elizabeth Sissons SCVAC 23.02; 2.Margaret Coombe EVAC 23.02; 3.Helen Cole WMAA 14.74; **W70:** Sheila Champion IRL (G) 8.39;

HT:



MASTERS ATHLETICS SUMMER 2010

M35: 1.Graham Holder WMAA 54.70; 2.Stephen Minnikin NVAC 52.86; 3.Simon Achurch EVAC 44.07; 4.Barry Barnfield WMAA 37.43; 5.Darren Andrews WMAA 34.11; **M40:** 1.Gary Halpin WMAA 53.17; 2.Michael Cliff OPEN 26.61; 3.Paul Smith MMAC 25.35; **M45:** 1.Russell Payne MMAC 45.28; 2.Anthony Tipping SCVAC 38.99; 3.Darren Gibson NVAC 36.77; 4.Graham Middleton MMAC 35.77; 5.Glyndwr Pugh WMAA 34.18; 6.Dave Brown NVAC 26.28; **M50:** 1.Nigel Winchcombe EVAC 49.62; 2.Martin Roberts MMAC 48.13; 3.Chris Privett SCVAC 45.71; 4.John Moreland MMAC 42.86; 5.David Maggs WMAA 40.98; 6.Jan Drzewiecki SCVAC 31.42; 7.Mike Burling EVAC 27.35; **M55:** 1.Michael Small SWVAC 40.74; 2.Clive Howell MMAC 36.88; 3.John Wild VAA-NE 36.31; 4.Philip Olsen WMAA 32.01; **M60:** 1.Paul Dickenson SCVAC 50.07; 2.Barry Hawksworth MMAC 46.83; 3.Michael Hazlewood NVAC 43.77; 4.Allan Webb SWVAC 25.72; 5.Philip Bramford EVAC 25.54; **M65:** 1.Chris Melliush SCVAC 42.29; 2.Patsy Conboy IRL (G) 36.64; 3.David Kuester VAC 31.33; 4.Richard Jegou MMAC 30.08; 5.Godfrey Leak EVAC 28.85; 6.Brian Harlick SCVAC 25.64; **M70:** 1.Jack Kee EVAC 46.52bp; 2.William Gentleman NVAC 46.28; 3.Hamilton Thomas SCVAC 35.15; 4.John Webster SCVAC 33.10; 5.Colin Brand SCVAC 29.98; **M75:** 1.Warwick Dixon SCVAC 34.43; 2.Ian Miller EVAC 34.26; 3.Peter Barber SCVAC 33.62; 4.Michael McGarry IRL (G) 28.81; 5.Gordon Hickey VAC 24.33; 6.Norman Fullick SCVAC 22.66; 7.Graham Roberts MMAC 20.03; 8.Neville Hargreaves SCVAC 19.81; **M80:** Jaroslav Hanus VAC 28.76 ; **W35:** 1.Kristina Black HUN (G) 36.67; 2.Sue Lawrence SCVAC 33.84; 3.Catherine Alford WMAA 32.74; **W40:** 1.Catarina Hallden SWVAC 31.81; 2.Catriona Gentleman NVAC 27.63; 3.Julie Driscoll WMAA 25.59; **W45:** 1.Janet Smith SCVAC 43.48 **(CBP)**; 2.Priscilla O'Sullivan IRL (G) 38.29; 3.Julie Wilson SCVAC 32.77; 4.Marion Loveridge MMAC 32.25; 5.Ruth Bird MMAC 30.89; 6.Karen Llewellyn WMAA 27.61; **W50:** 1.Wendy Dunsford SCVAC 32.56; 2.Claire Cameron SVHC 32.50; 3.Pat Higgins MMAC 27.51; 4.Lucy Moore-Fox IRL (G) 21.03; 5.Wanda Callahan OPEN 16.59; **W55:** 1.Vilma Thompson SCVAC 33.34; 2.Gwen McFarlane SVHC 26.61; 3.Fiona Crompton NVAC 23.68; 4.Linda Harrison SCVAC 19.68; 5.Eirian Arwyn WMAA 19.30; **W60:** 1.Rosemary Hutton SWVAC 30.89; 2.Anthea Bramford EVAC 28.14; 3.Barbara Terry SCVAC 23.97; **W65:** 1.Elizabeth Sissons SCVAC 27.43; 2.Yvonne Miles SCVAC 18.67; 3.Helen Cole WMAA 18.43; 4.Margaret Coombe EVAC 17.50; **W70:** 1.Carole Derrien SWVAC 23.88; 2.Anne Martin EVAC 18.08; 3.Dorothy Fraser EVAC 17.95; **W75:** 1.Rosemary Chrimmes MMAC 28.02 **(CBP)**;

WT:

M35: 1.Graham Holder WMAA 15.01; 2.Stephen Minnikin NVAC 14.08; 3.Simon Achurch EVAC 12.85; 4.Barry Barnfield WMAA 11.33; **M40:** 1.Gary Halpin WMAA 15.40; 2.Paul Smith MMAC 7.54; **M45:** 1.Russell Payne MMAC 12.45; 2.Anthony Tipping SCVAC 11.85; 3.Andy Turner WMAA 11.59; 4.Darren Gibson NVAC 11.42; 5.Graham Middleton MMAC 11.18; 6.Glyndwr Pugh WMAA 9.88; **M50:** 1.Chris Privett SCVAC 17.59; 2.John Moreland MMAC 14.95; 3.Bob Broadbridge SWVAC 14.82; 4.Martin Roberts MMAC 14.66; 5.David Maggs WMAA 13.63; 6.Mike Burling EVAC 10.70; **M55:** 1.Michael Small SWVAC 14.19; 2.Clive Howell MMAC 13.92; 3.John Wild VAA-NE 12.44; **M60:** 1.Paul Dickenson SCVAC 18.06 **(CBP)**; 2.Neil Griffin SCVAC 17.47; 3.Barry Hawksworth MMAC 17.42; 4.Michael Hazlewood NVAC 16.26; **M65:** 1.Chris Melliush SCVAC 16.08 **(Eq CBP)**; 2.David Kuester VAC 13.51; 3.Patsy Conboy IRL (G) 12.96; 4.Godfrey Leak EVAC 12.80; 5.Brian Harlick SCVAC 10.94; 6.Richard Jegou MMAC 10.42; **M70:** 1.Jack Kee EVAC 16.28; 2.William Gentleman NVAC 15.48; 3.Hamilton Thomas SCVAC 13.98; 4.Colin Brand SCVAC 10.32; **M75:** 1.Ian Miller EVAC 14.23 **(CBP)**; 2.Peter Barber SCVAC 12.20; 3.Gordon Hickey VAC 10.76; 4.Graham Roberts MMAC 8.60; 5.Neville Hargreaves SCVAC 7.05; 6.Norman Fullick SCVAC 6.26; **M80:** Jaroslav Hanus VAC 10.73 **(CBP)**; **W35:** 1.Natasha Mighty OPEN 11.84; 2.Kristina Black HUN (G) 10.98; 3.Sue Lawrence SCVAC 10.83; 4.Catherine Alford WMAA 9.52; **W40:** 1.Julie Driscoll WMAA 9.99; 2.Catriona Gentleman NVAC 9.72; 3.Catarina Hallden SWVAC 8.87; **W45:** 1.Janet Smith SCVAC 13.95 **(British Record)**; 2.Priscilla O'Sullivan IRL (G) 10.55; 3.Julie Wilson SCVAC 10.07; 4.Ruth Bird MMAC 9.46; 5.Karen Llewellyn WMAA 8.96; **W50:** 1.Claire Cameron SVHC 10.61; 2.Wendy Dunsford SCVAC 10.41; 3.Pat Higgins MMAC 9.81; 4.Lucy Moore-Fox IRL (G) 8.55; **W55:** 1.Vilma Thompson SCVAC 11.96 **(CBP)**; 2.Fiona Crompton NVAC 8.67; 3.Gwen McFarlane SVHC 8.11; 4.Eirian Arwyn WMAA 7.68; 5.Linda Harrison SCVAC 7.16; **W60:** 1.Rosemary Hutton SWVAC 11.75; 2.Barbara Terry SCVAC 10.00; 3.Anthea Bramford EVAC 9.62; **W65:** 1.Elizabeth Sissons SCVAC 9.80; **W70:** 1.Carole Derrien SWVAC 9.05 **(CBP)**; 2.Anne Martin EVAC 7.39;

Temperatures were favourable at around 7c and overhead conditions just about perfect as the sun broke through after early morning rain, as the runners set off in the Lochaber Marathon at Fort William on Sunday 18th April. This race, superbly well organised by Lochaber AC and run in the shadow of Ben Nevis, Britain's highest mountain, has been used as the Scottish Veteran Harriers Marathon Championship for a number of years now and this year's race also incorporated the BMAF Championship.

From the start two fairly new members of the Masters fraternity, Stuart Kerr and Kerry Liam Wilson, both M35 and from SVHC, were at the front and setting the pace in this pleasant out and back course. The pair was together until just over a mile to go when Stuart managed to create a gap and finish 21 seconds up and win not only the Masters competition but also the overall race with both men setting personal bests.

In the women's event Helen Ambrosen made her long journey worthwhile as she ran 3:18:31 to take the B.M.A.F title with Susan Addison, in fine form recently, running 3:20:54 in 2nd place taking the S.V.H.C title. Of special note was Ann Bath's performance in winning the W60 title for the 3rd year in a row.

There were 49 B.M.A.F finishers, mostly as one would expect from Scottish Veteran Harriers Club and there were many favourable comments regarding the high standard of organisation and support for the runners as well as the friendly atmosphere surrounding the race, run in a most spectacular environment.

M35:

1 STUART KERR SVHC 2:31:43; 2 KERRY LIAM WILSON SVHC 2:32:04; 3 MARK WALSH SVHC 2:48:50; 4 CONNELL DRUMMOND SVHC 2:59:15;

M40: 1 CHRIS FLAVELL MMAC 2:42:34; 2 SCOTT MARTIN SVHC 2:47:18; 3 PETER GALLANACH SVHC 2:49:49; 4 ALASDAIR MURRAY SVHC 3:20:28;

M45:

1 MARTIN FERGUSON SVHC 2:44:55; 2 MICK BREARLEY NVAC 2:59:29; 3 RUSSELL MABBETT NVAC 3:03:02; 4 ROBERT ROGERSON SVHC 3:03:40; 5 EDDIE REID SVHC 3:05:17; 6 ROB GILLANDERS IOMVAC; 3:45:26;

M50:

1 ALEX ROWE NVAC 2:46:44; 2 DICKIE WILKINSON MMAC 2:54:33; 3 LES HILL SVHC 3:02:11; 4 ANDY LAW SVHC 3:02:39; 5 JOHN BERTENSHAW NVAC 3:06:38; 6 MICK BRADLEY SCVAC 3:26:59; 7 TOM McCHORD SVHC 3:32:06; 8 NEIL ADAMSON SVHC 3:37:21;

M55:

1 ROBERT WILSON SVHC 2:57:50; 2 RICHARD PITT VETS AC 3:04:25; 3 BRIAN HOWIE SVHC 3:18:44; 4 SANDY EAGLESHAM SVHC 3:19:19; 5 VERNON POWNALL WMAC 3:25:22; 6 COLIN MATHIESON SVHC 3:27:50; 7 MAURICE HEMINGWAY EVAC 3:33:01;

M60:

1 KEITH PAILING NVAC 3:11:30; 2 DAVID BEATTIE SCVAC 3:15:59; 3 PETER SIMPSON NVAC 3:25:15; 4 JOHN SOFTLEY SVHC 3:34:15;

M65:

1 PETER GILES VETS AC 3:18:22; 2 KEN CHAPMAN 3:47:06; 3 GLYN JENKINS SCVAC 3:56:20; 4 GEORGE INGLIS SVHC 4:28:51;

M70:

WALTER RYDER NEVAC 4:13:38;

M75:

WILLIE HAMIL SVHC 5:03:57;

W35:

1 AUDREY POWER SVHC 3:29:35; 2 JENNY SALT NVAC 3:41:09

W45:

1 SUSAN ADDISON SVHC 3:20:54; 2 PIRJO KIVELAINEN NVAC 3:36:02;

W50:

1 HELEN AMBROSEN SWVAC 3:18:31; 2 MARIE McCHORD SVHC 3:28:04;

W55:

1 KATE TODD SVHC 3:43:17; 2 BETH McLAFFERTY SVHC 3:43:56; 3 BRENDA AVERY WMAC 3:46:14;

W60:

ANN BATH SVHC 3:52:19;

BMAF MARATHON CHAMPIONSHIP
2010
WORDS
Alastair Macfarlane

MASTERS ATHLETICS SUMMER 2010.

Editor: Brian Owen, **8, Thorngrove Road**, Malvern, Worcestershire, WR14 3BX (Phone- 01684 565721
Email-brian.owen2@btinternet.com)
Advertising: Bridget Cushen, 020 8683 2602; Email: Bcushen@aol.com
Production: Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.
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BRITISH MASTERS ATHLETIC FEDERATION

Website: www.bmaf.org.uk
President: Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. (*athlete.uk@btopenworld.com*)
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Chairman: Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD 01634 389554. Mail- *arthur.kimber@talktalk.net*
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Secretary- XC: Philip Lee, 85, Parlour Close, Histon, Cambs, CB4 9XR. (01223 234856)
Overseas Entries Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE *Mail-peter@peterduhig.plus.com*
Co-ordinator:
Chairman of Records Committee: Bob Minting " The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email- *Bob.Minting@btopenworld.com*
CHAIR of EAMA : Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. *Mail -IRENENN@aol.com*
Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: *webmaster@bmaf.org.uk*

GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: Danny Mullane, 34, Maldon Road, Tiptree, Colchester, ESSEX, CO5 0TN *email – running@dannyjean.fsnet.co.uk ;*
Membership- Mary Waters, East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB. *Email-mary.waters@uea.ac.uk*
Isle of Man: Mrs Maureen Kelly, 47, Ballacriy Park, Colby, Isle of Man, IM9 4LX ; Email: *mokelly@manx.net*
Membership) Mike Gellion, 4, Creggan Moor, Port St. Mary, Isle of Man, IM9 5BB mail: mikegell@manx.net
Midlands MAC: Tom Morris, **General & Membership-**391, Chester Road, Castle Bromwich, Birmingham B36 0JH;
email-mmacc.sec@blueyonder.co.uk ; www.midlandmasters.org.uk
Northern VAC: Eric Gebbett, 196, Newsham Lane, Hadfield, Derbyshire SK13 2AY (01457 867772) email-gebbettejw@supanet.com
Membership- David Sinnott, 24, St Asaphs Drive, Ashton under Lyne, OL6 8UB –Phone -0161 3396562
email davidsinnott@bulldoghome.com www.nvac.co.uk (alex.rowe500@virgin.net)
Veterans AA-NE: **Membership-** Val Hancock, Low Dryburn Farm, North End, Durham DH1 4NJ.
Northern Ireland MAA: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) www.northernirelandvets.co.uk
Scotland (SVHC): Willie Drysdale, 6, Kintyre Wynd, Carluke ML8 5RW (01555 771448)
Membership- David Fairweather, 12, Powburn Crescent, Uddingston , Glasgow G71 7SS (phone-01698 810575)
djf@dfairweather.plus.com Website: www.scottishmastersathletics.webnode.com
Southern Counties VAC: **Secretary –** David Lipscomb, 120, New Road, Croxley Green, Herts, WD3 3EP Tel-01923 448852
*email- lippy@serpentine.org.uk Membership-*Vilma Thompson, 18, Albany House, Boyfield Street, SE1 0SB
(020 7928 9577) *email : villy18@hotmail.co.uk*
South West VAC: John Perratt, Gable Cottage, Stanhope Drive , Sidmouth, Devon, EX10 9JE (01395 513611) email:
johnperratt@talktalk.net
Membership- Ken Ballam, 7, Sandford Court, 32, Belle Vue Road, Bournemouth, BH6 3DR Tele: 01202 429137
Email-k.ballam@btinternet.com
Veterans AC: Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112)
Membership- Phil Bell, 117, Cairnfield Avenue, London NW2 7JH.
Welsh Masters : Brian Williams, 1, Ebenezer Street, Rhydyfelin, Pontypridd, CF37 5PB Phone-01443 660234. **mobile-07954785874**
Mail: y60bjw@yahoo.co.uk
Membership- Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

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CHANGES OF ADDRESS TO THE EDITOR- IN WRITING OR BY EMAIL-NO PHONE CALLS PLEASE !

MASTERS ATHLETICS SPRING 2010.

2010			
15th-24th JUL	EVAA T&F Championships	Nyíregyháza, Hun	
4th AUG	NVAC T&F League	Leigh Sport Village	
8th AUG	EMAA INTER AREA	Solihull	<i>Contact your club for details on selection</i>
14th AUG	BMAF 30k Walk	Coventry	
15th AUG	SVHC 10k Road Champs	Cartha Rugby Club	13.30h
22nd AUG	BMAF Half Marathon	Burnham Beeches, Slough	
28th AUG	Masters Mountain World Championships	Korbielow (POL)	
5th SEPT	SCVAC T&F League Final	Julie Rose Stadium, Ashford	
11/12th SEPT	BMAF Decathlon /Heptathlon	Oxford	
12th SEPT	BMAF 10k (Goodrich 10k)	Wolverhampton	Goodrich 10k (details BMAF website)
26th SEPT	NVAC Track & Field Championships	Hyndburn	
3rd OCT	BMAF 10Mile	Oldbury, Gloucestershire.	Oldbury Power Station 10m (BMAF website)
17th OCT	SVHC 10k Track Champs		13.00h
OCT	BMAF XC RELAYS	TBC	
13th NOV	British & Irish Masters XC International	Santry Park, Dublin.	
2011			
16-20th MAR	EVAA Indoor Championships	Ghent, BEL	
21st MAY	BMAF ROAD RELAYS	Sutton Park	
20-22nd MAY	EVAA Non Stadla	Thionville / Yutz, FRA	
19th JUN	BMAF 5k	Horwich	
7th-17th JUL	WMA Championships	Sacramento,USA	
10-17th SEPT	European Masters Games	Lignano, ITA	
2012			
3 - 8 APL	WMA Indoor	Jyväskylä (FIN)	
16-25 AUG	EVAA, European Championships, Stadla	Zittau (GER) / Bogatynia (POL) / Hradek n.N. (CZE)	

Dates listed above in certain circumstances MAY change so check latest available information prior to making advanced bookings.

WHEN ENTERING INTERNATIONAL CHAMPIONSHIP YOU WILL NEED TO PROCESS YOUR ENTRY VIA OUR OVERSEAS ENTRY CO-ORDINATOR PETER DUHIG. WE WILL HOLD THIS SPACE IN FUTURE ISSUES FOR INFORMATION.



B.M.A.F. RELAYS
Sutton Park 15th May



WORDS: *Martin Duff of Athletics Weekly.*
PICTURES: *Jeremy Hemming*

MASTERS ATHLETICS SUMMER 2010

Ron Hill Cambuslang took two of the younger men's age group titles but it was Herne Hill Harriers who retained their eight stage men's M40 title, one that the Scots had won in 1999, 2003 and 2004, with many of their members then returning to lift the M50s this time. They also won the four stage M35 race and were home ahead of the leading M40 squad after those four legs.



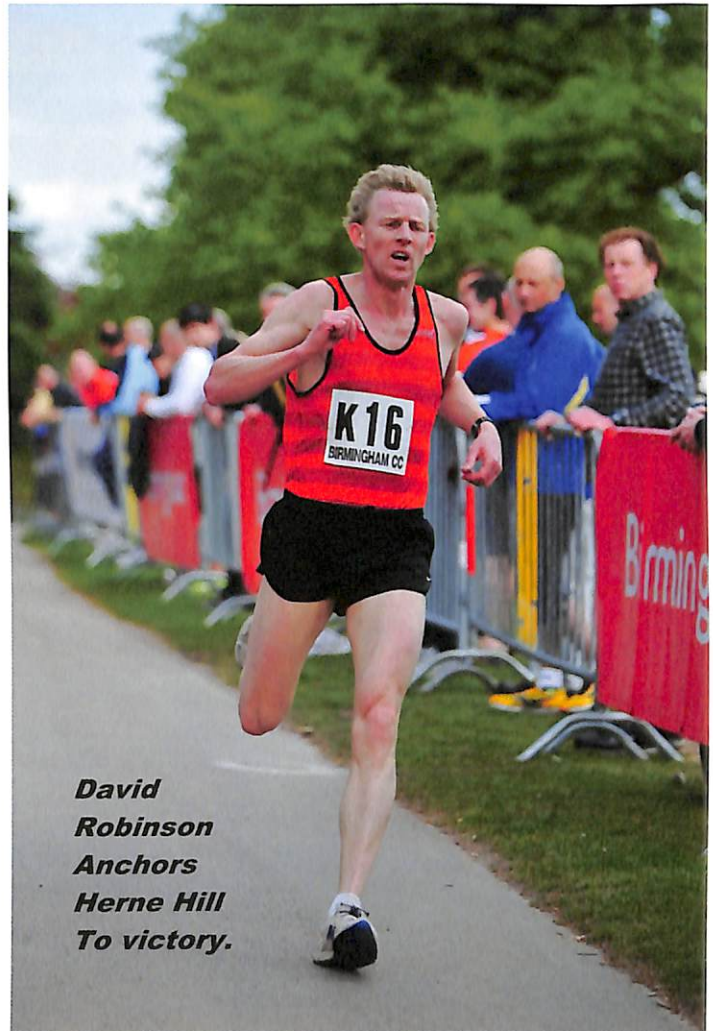
**Martin Cox
Set the
fastest ever
leg.**

Martin Cox, however, put many of the senior runners, who struggled to break 15 minutes for their three mile lap here the previous month in the shade, with a stunning new masters record of 14:11, to add to his fastest (albeit slower) M35 best last year. After his fifth leg run he said: "I just went out fast and as soon as I got to the hill I hammered it and passed them all. I wasn't in good shape last year but this year I've been working as a chef in Switzerland at 1600 metres altitude for four months, so knew I was fit."

Cox took 12 seconds from Nigel Gates' 1995 record to give Salford a momentary lead on stage five of the M40 race but Herne Hill and Bristol had both back loaded their teams and came through strongly over the last three legs. On the leg six Ian Lockett opened out 11 seconds for Herne Hill and they then held on despite course record holders Bristol & West closing up. Roger Alsop and David Robinson kept Herne Hill in front, but Bristol closed the margin to just 13 seconds, with Salford a minute down in third.

The Herne Hill boys all had something to say after their run: Lockett said: "I'm not in shape as I've had a winter nightmare with a virus every couple of weeks. I finally had three weeks off completely in January, so I wasn't expected to take the lead Alsop offered "I did my best but I always get a cold for this race," and finally Robinson, who famously held off Nick Rose in

the cross-country relay at Newport a few years back did the same in holding off an albeit partially injured Rob Whalley: "It's hard to be in front for three miles and I wasn't feeling as healthy out there as I should, so I was not looking forward to that last hill."



**David
Robinson
Anchors
Herne Hill
To victory.**

Earlier, Gordon Lee had blasted the first leg, in 14:36, for Leicester Coritavian, but they flattered to deceive. "I'm pleased with that and I took the lead after the first mile but then the wind was against going out," said Lee. Then, on stage two, recent signing Haggai Chepkwony ran 14:47 to lift Bristol & West up. By the half-distance, Ben Reynolds had moved Thames Hare & Hounds up for their turn in front and they later held on for fourth M40 team.

In the M35 race, none of the Cambuslang squad broke the important 15 minute barrier. Kerry-Liam Wilson was their fastest on the third stage with 15:08 before Jamie Reid brought them home ahead.

The M50 race saw Bob Atkinson post the fastest M50 split of 15:40 for Barrow-in-Furness on the opening leg before Cambuslang had two of the fastest three M50 runners overall help secure their victory.

Firstly, Frankie Barton, a member of the earlier M40 winning teams, made up ground on the second stage with 15:49 to go from 18th into a lead. Iain Campbell then took them well clear again on the fifth stage with the third best M50 effort of 15:59, before Frank Hurley rounded things off for victory over Clayton-le-Moors and South London.

Des Michael ran 17:18 on the opening M60 leg and this stood up as the best of the race from Rotherham's Keith Williams.

MASTERS ATHLETICS SUMMER 2010

I'm pleased with that as I was training all last year for this and we came here hoping to win, but thought that we would have stiffer competition," said Michael after his Barnet team mate's cemented victory.



**Des Michael
Fastest M60.**



**Jenny
Clague
was the
days
fastest
Woman.**

Fred Gibbs added the M70 course record to his M60 one as he led Bingley Harriers to the M70 title with a 19:55. Pete Covey had given them a first stage lead by a minute and they eventually prevailed by over three in a new record 62:29. "We had a good lead and we maintained it," said Gibbs.

Women

There were no records in the women's age groups, just close contests as Dulwich Runners took the youngest group (the four stage W35 race), Windsor, Slough, Eton & Hounslow the W45s and Wolds the W55s.

Both Dulwich and Windsor drafted older runners into the younger age groups to make up the numbers and prove the adage that balanced squads make for relay champions.

Clare Elms did this for Dulwich in the W35 group and former I.A.A.F world 5000 metre record holder Paula Fudge for Windsor in the W45s.

Elms 'won' the opening stage in a 17:06 time that was to be the third best of the day but had she opted for the W45 race, would have won the fastest lap medal there! "I pushed on from the top of the hill but felt I was running all by myself," said the 46-year-old, who wondered where the other good W35s were on the stage. Behind, 50-year-old Jane Clarke, posted 17:40 for City of Norwich and that stayed as the official best W45 best. Former senior international and former World junior 5000 metres record holder Jenny Clague took Liverpool into the lead

on the second lap with the fastest time of 16:51 after starting off in 14th spot overall. She said: "I was a bit shocked as I've not been doing much, only training about 40 miles a week, and four or five times."

Andrea Pickup took Dulwich back ahead on the third lap but Bingley's Sarah Jarvis finished close in her wake and her 16:57 was second best W35 time of the day. "We won last year," said Jarvis, who admitted that she was affected by the wind on the top of the course, "but I was faster than last year." Teresa Gaillard de Laubenque, whose last run for Dulwich this was (she is moving to Serpentine) held on over the final leg as Telford's Claire Martin was closing up. "I got away after the hill on the dog-leg then I could see her. I was under pressure but thought I can't give up now," said de Laubenque.

Windsor's W45 victory was also helped by former International Marina Stedman (nee Sammy), who is also an International Masters cross-country winner. "I ran as hard as I could and went too fast up the hill at the beginning but it's my first race since the Southern Road relay (in March)," said Stedman.

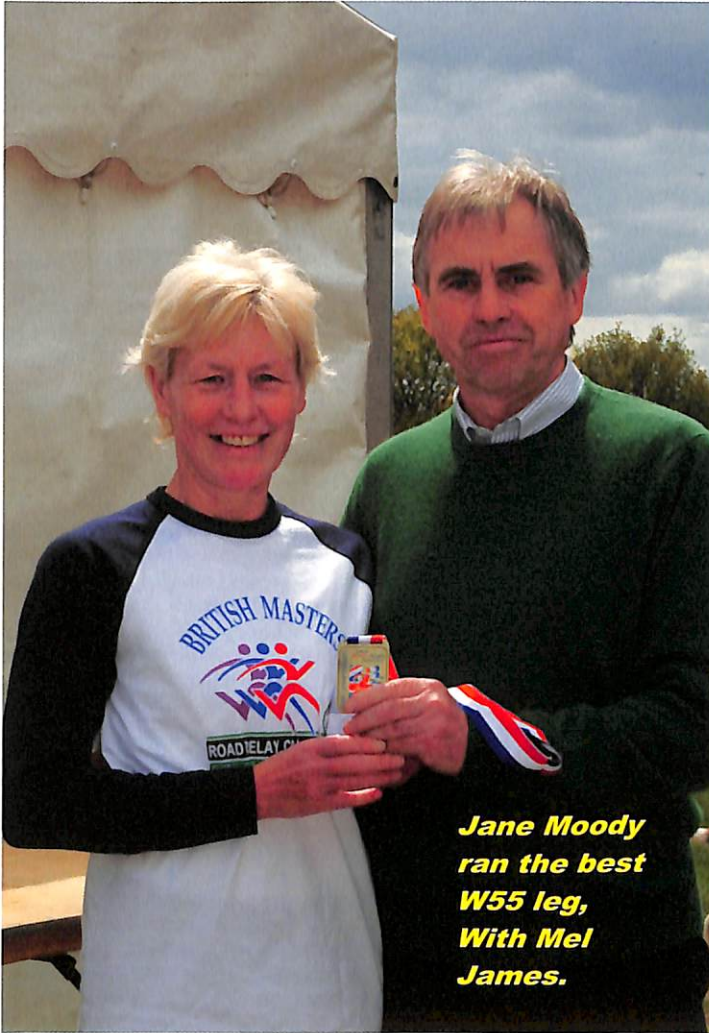
Fudge was also making a rare recent racing appearance: "I didn't think we stood a chance and I had keyhole surgery under the kneecap and started back in December," said the former London Marathon fifth place, with 2:32:45 in 1986.

Clarke said of her City of Norwich squad: "we've got a decent team" as they held on to finish a close second to Windsor. Altrincham took third in the W45s, with London Marathon W50 winner Vicky Perry making only her second appearance since taking the same title in 2009.

Wolds vets regained the W55 title they last won in 2007 and that was without Daphne Elmore, who has been fastest in each of the past two years. The new W60 10km record holder was

MASTERS ATHLETICS SUMMER 2010

delayed on her way to the race when coach Mick Hall, with whom she was travelling, was taken ill.



**Jane Moody
ran the best
W55 leg,
With Mel
James.**

Jane Moody ran their first leg but that was behind Gail Duckworth whose 18:32 on that leg was not backed up by a full team but was easily the best W55 effort. "I was hoping for 18-and-a-half," said the Leighton Buzzard runner. Whether her run without ever the chance of any team mates backing her up was legitimate remains to be seen. Some veterans relay races, most notably the South of England championships, have a rule that ensures that runners without a full team backing them up are not eligible for fastest lap medals.

There was yet another request to clubs to offer an opinion on whether the men's age groups should change and there were some heated discussions on the subject with those opting for the status quo, which preserves the times and record history of the race, the most vociferous. There were one or two clubs who voted for change for purely selfish interests as they had squads that would benefit in the short term from such a move.

W35 /44:

1 Dulwich Runners AC 1h12.30m (Clare Elms 17.06m, Ola Balme 19.22m-3, Andrea Pickup 18.06m +1, Teresa Gaillard 17.56m +2);
2 Telford AC 1h12.42m (Amanda Davies 18.41m, Denise Sanders 18.43m +9, Michelle Clarke 17.58m +4, Claire Martin 17.20m +4);
3 Bingley Harriers & AC 1h13.13m (Andrea Dennison 18.46m, Ruth Whitehead 18.53m +6, Sarah Jarvis 16.57m +12, Sue Beconsall 18.37m +1);
4 Redhill Road Runners 1h14.59m (Antoin Minniti 17.54m, Sharon Smith 18.16m +4, Ann Ford 20.55m -9, Helen Burrell 17.54m +8);
5 Blackheath & Bromley 1h17.23m (Jane Bradshaw 18.23m, Jennie Butler 18.57m +5, Kate Pratten 20.53m -9, Sarah Dowling 19.10m +13);
6 Liverpool Harriers & AC 1h18.58m (Michelle Murphy 19.08m, Jenny Clague 16.51m +24, Karen Dalby 21.52m -14, Pam Morgan 21.07m +10);
7 Holmfirth Harriers 1h19.56m (Helen

Berry 18.18m, Julia Johnson 19.20m -4, Helen Pettit 21.19m -7, Chris Couch 20.59m +15);
8 Wolverhampton & Bilston 1h20.26m (Claire King 20.30m, Audrey Wilson 18.33m +26, Sue Weatherburn 20.25m -7, Vicky Ornsby 20.58m +20);
9 Macclesfield Harriers 1h21.14m (Barbara Murray 21.16m, Sarah Harris 18.52m +33, Sally A Pattison 20.38m -5, Alison Hartop 20.28m +25);
10 Ilkley Harriers 1h21.29m (Sally Morley 17.50m, Jann Smith 21.21m -16, Suz Bickerdike 22.53m -15, Jane Bryant 19.25m +27);
11 Blackpool Wyre & Fylde AC 1h22.10m (Carolyn Robbins 18.55m, Sally Laine 20.51m -3, Tanya Ashworth 20.39m -5, Karen Dunford 21.45m +21);
12 Birchfield Harriers 1h22.21m (Rachel Cook 19.29m, Val Carter 21.31m -5, Amanda W Smith 17.46m +14, Lisa Dimpleby 23.35m +9);
13 Clayton le Moors Harriers 1h29.11m (Gail Whittaker 20.02m, Saeedah Mehmood 21.47m -4, Irene Roche 21.10m +1, Susan Farnworth 26.12m +29);
14 Centurion Running Club 1h29.29m (Theresa Woolley 19.39m, Janine Thomas 21.29m -3, Deni Fitzgerald 23.41m -12, Ursula Scott 24.40m +35);
15 North Shields Polytechnic 1h29.44m (Helen Morris 20.59m, Louise Vickers 24.16m -13, Suzanne Hunter 21.04m +16, Karen Gunn 23.25m +39);
16 Salford Harriers & AC 1h31.33m (Beverley Jenkins 21.07m, Ruth Bardsley 24.03m -8, Debra Ridding 21.34m +11, Joanne Aplin 24.49m +41);
17 Halesowen AC 1h41.18m (Judith Buckley 23.04m, Diane Hillier 24.17m +4, Julie Dale 25.16m +1, Helen Attwood 8.41m? +59);
Incomplete teams:
Birmingham RATC -(Marg Kenchington 20.05m, Christine Hirsch 22.01m -6, Biserka Pavlovic-25:20);
12 Sheffield Running Club (Deborah Richards 18.24m);
Wolds Veteran RC (Cheryl Baker 20.21m);

Fastest Legs: 1 Jenny Clague 16:51; 2 Sarah Jarvis 16:57; 3 Clare Elms 17:06;

W45/ 54

1 Windsor 57.22m (Marina Stedman 18.20m, Dee Smale 19.07m +0, Paula Fudge 19.55m -1);
2 City Of Norwich A C 57.32m (Clarke Jane 17.40m, Louise Wilkinson 19.54m -11, Pike Tessa 19.58m +0);
3 Altrincham & Dist AC 59.06m (Anne Pugh 19.54m, Vikki Perry 19.28m +13, Alison Vesey 19.44m -1);
4 Bingley Harriers & AC 59.07m (Alison Marks 20.50m, Sue Beconsall 19.48m +24, Alison Raw 18.29m +6);
5 Serpentine RC 1h00.23m (Karen Hancock 20.09m, Valerie Metcalf 21.03m +3, Catkin Shelley 19.11m +7);
6 Les Croupiers 1h01.39m (V Singleton 20.34m, Yvonne Bullen 21.44m -1, Jane Coker 19.21m +16);
7 Holmfirth Harriers 1h04.29m (Karen Sinkinson 20.33m, Yvette Arthur 21.26m +4, Jean Shotter 22.30m -3);
8 Halesowen AC 1h10.17m (Christine Lloyd 21.03m, Susan Baker 23.00m -2, Ellen Ambrose 26.14m -10);
9 Middleton Harriers 1h12.54m (Kyrinda Moore 22.21m, Jenny Poole 24.42m +0, Ruth Hare 25.51m -4);
10 Wolds Veteran RC 1h22.25m (Karen Hames 23.48m, Kath Pinchbeck 24.25m +8, Julia Johnson 34.12m -2);
Incomplete Teams: **Blackheath & Bromley** (J Montgomery 20.47m, Anne Cilia 21.39m -2);
Bristol & West AC (Sian Davies 18.45m);
Dulwich Runners AC (Ros Tabor 20.35m);

Fastest Legs: 1 Jane Clarke 17:40; 2 Marina Stedman 18:20; 3 Alison Raw 18:29;

W55 Plus

1 Wolds Veteran RC 1h06.36m (Jane Morley 20.01m, Barbara Brown 21.29m -3, Susan Green 25.06m -15, 2 Team Bath AC 1h07.51m (Zina Marchant 20.17m, Marg Thompson 21.56m -6, Janice Rambridge 25.38m -13);
3 Holmfirth Harriers 1h08.41m (Lesley Ewart 19.59m, B Hinchcliffe 21.54m -7, Ad Delchirst 26.48m -21);
4 Les Croupiers 1h09.52 (Edwina Turner 22.18m, Clare Johnson 25.24m -5, C Dallimore 22.10m +11);
5 Rotherham Harriers & AC 1h11.53m (Gill Taylor 22.35m, Wendy Whitaker 24.07m +3, Jenny Horan 25.11m +0);
6 Middleton Harriers 1h12.28m (Chris Brooks 23.15m, Kim Molyneux 23.48m +7, Chris Eckersley 25.25m +0);
7 Spectrum Striders RC 1h14.44m (Steph Charman 24.31m, Anne Fortune 23.58m +8, Janet Redpath 26.15m +2);
8 Telford Harriers 1h19.47m (Naomi Wrighton 26.09m, Cynthia Lewis 31.06m +8, Grace Hough 22.32m +3);
Incomplete Teams:
Leighton Buzzard (Gail Duckworth 18.32m);
Northern Veterans AC (Denise Wakefield 21.59m);

Fastest Legs: 1 Gail Duckworth 18:32; 2 Lesley Ewart 19:59; 3 Jane Morley 20:01;

M35/ 39:

1 Ronhill Cambuslang 1h02.10m (Greg Hastie 15.58m, Charlie Thomson 15.43m +10, Kerry Wilson 15.08m +9, Jamie Reid 15.21m +1);
2 Trafford AC 1h02.37m (Ian Salisbury 15.06m, Jeff Prest 15.51m

MASTERS ATHLETICS SUMMER 2010

+0, Chris Leigh 16.11m-2, Michael Hunt 15.29m +2); **3 Preston Harriers 1h02.44m** (Steve Hallas 15.38m, Geffen Butler 15.41m +2, John Green 16.11m-1, Gary Pennington 15.14m +6); **4 Tipton Harriers 1h03.46m** (Rich O'Sullivan 15.48m, Phil Clamp 15.53m +8, Dean Hill 16.23m-3, Pat Kavanagh 15.42m +3); **5 Hallamshire Harriers 1h04.00m** (Carl Thackery 15.15m, Darren Newbold 15.55m +1, Scott Wilson 16.03m-1, Dean Furniss 16.47m-5); **6 Liverpool Harriers 1h04.16m** (Mark Keeley 15.11m, Nat Vengdasalem 16.01m-1, Alan Ashton 15.45m +3, Rob Dewhurst 17.19m-9); **7 Salford Harriers & Ac 1h05.08m** (James Kovacs 16.02m, David Hudson 16.11m +9, Darren Moran 16.39m-2, Philip West 16.16m +4); **8 Bournville Harriers 1h05.27m** (Rob Andrew 15.34m, Dean Parker 15.44m +2, Andy Clayton 17.08m-7, Andy Crawford 17.01m-1); **9 North Belfast Harriers 1h07.43m** (Paul Blanny 15.44m, Stuart Kennedy 17.33m-13, Paul Jenkins 17.26m-2, Eddie Burns 17.00m +3); **10 Leicester Coritanian AC 1h07.51m** (Craig Sabin 16.44m, Craig Austin 16.54m +9, Chris Black 16.54m +8, John Grindly 17.19m +0); **11 Wolverhampton & Bilston 1h08.08m** (Dave Smith 16.24m, Nigel Share 18.27m-14, Darren Edwards 15.22m +27, Dave Evans 17.55m-6); **12 Staffordshire Moorlands 1h08.33m** (Gareth Briggs 16.50m, Mark Platts 18.10m-10, Richard Brooks 16.51m +16, Craig Jeffrey 16.42m +8); **13 Wolds Veteran RC 1h08.34m** (Gary Thomas 16.00m, Peter Hutchinson 17.46m-15, Keith Lamb 17.39m +2, Stuart Wright 17.09m +2); **14 Halesowen AC 1h09.04m** (Tom Kenderdine 15.30m, Chris Cleary 17.38m-17, Nick Price 18.57m-18, Mark Turner 16.59m +7); **15 Birchfield Harriers 1h09.21m** (Peter Dimpleby 16.25m, Mike Morley 16.45m +12, Simon McNamee 18.28m-11, Sean Howatt 17.43m-3); **16 Royal Sutton Coldfield AC 1h09.55m** (Nick Corker 15.41m, Dave Liddall 18.03m-24, Simon Corker 17.00m +6, Clive Hackforth 19.11m-15); **17 Dulwich Runners AC 1h10.48m** (Tony Tuohy 16.16m, Ebehard Prill 18.57m-28, Jose Barretta 17.56m +4, Charles Lound 17.39m +5); **18 Wesham Road Runners 1h10.54m** (Lee Barlow 17.09m, Gary De Banke 17.50m +1, Trevor Rayner 18.05m +1, Steve Myerscough 17.50m +2); **19 Rotherham Harriers & AC 1h11.33m** (Glenn James 17.30m, Gary Claxton 16.33m +28, Richard Howcroft 19.31m-15, Neil Shaw 17.59m +3); **20 Holmfirth Harriers 1h12.42m** (Jared Croft 17.32m, Brandon Holroyd 19.19m-8, Nigel Moran 17.17m +18, Andy Hauser 18.34m +1); **21 West Bromwich Harriers 1h13.32m** (Gurmell Dewl 16.53m, Malcolm Carr 17.59m-5, Gary Whitehouse 19.18m-9, Gary Clifton 19.22m-3); **22 Bromsgrove & Redditch 1h16.05m** (Calvin Scoltock 17.46m, Mike Neylon 21.00m-12, Philip Anderson 17.32m +11, Vincent Rollason 19.47m +4); **23 Centurion Running Club 1h26.18m** (Wayne Muddiman 18.58m, Andy Matthews 23.41m-7, Neil Wilkes 20.57m+4, Kevin Morris 22.42m +2); **Incomplete Teams: Barrow & Furness** (David Parker 17.27m); **Bingley Harriers** (Marc Teasey 16.41m); **Birmingham RA & TC** (Mark Ince 16.16m); **Neath Harriers** (Alun Rees 17.16m), Shaun Broome 18.24m-8, Kevin Lewis 19.51m-5);

Fastest Legs: 1 Ian Salisbury 15:06; 2 Kerry Wilson 15:08; 3 Mark Keeley 15:11;

M40/ 49:

1 Herne Hill Harriers 2h05.22m (Kofi Agyei 15.44m, Carl Ferri 15.34m +7, Francis C Marsh 15.57m +0, Victor S Maughn 15.56m-1, Keith Newton 15.50m +5, Iain Lockett 15.38m +2, Roger Alsop 15.30m +0, David Robinson 15.13m +0); **2 Bristol & West AC 2h05.35m** (Jerry Hogan 16.43m, Alec Woods 15.29m +28, Haggai Chepkwony 14.47m +12, Heath Bampton 16.11m-3, Mick O'Doherty 15.36m +5, Martin Hula 16.16m-1, Phil Parry 15.24m +1, Rob Whalley 15.09m +0); **3 Salford Harriers & AC 2h06.28m** (Mike Deegan 15.45m, Paul Birkett 16.30m-2, John Brown 15.00m +10, Paul Simons 16.04m-1, Martin Cox 14.11m +8, Keith Boardman 17.20m-1, Philip Leybourne 16.07m-1, David Lockett 15.31m +0); **4 Thames Hare and Hounds 2h07.50m** (Ian Harkness 15.08m, Dave Symons 15.47m +2, Matt Lynas 16.30m-7, Ben Reynolds 15.01m +7, Alastair Kennis 17.23m-4, Andy Weir 15.26m +2, Andy Howse 16.35m +0, Chris Daniels 16.00m +0); **5 Leicester Coritanian AC 2h08.16m** (Gordon Lee 14.36m, Gareth Deacon 15.48m +0, Rob Sheen 16.15m +0, Danny Keating 16.30m-5, Derek Guess 16.20m +1, Simon Cotton 15.59m +0, Andy Hart 16.37m +0, Dave Pearce 16.11m +0); **6 Sunderland Harriers 2h09.01m** (Timothy Field 16.07m, Ken Bell 15.50m +13, Michael Thompson 16.12m +1, Brian Rushworth 15.00m +9, Brian Bewick 16.05m +1, George Harden 16.39m-2, Paul Redman 16.35m +0, Paul Merrison 16.33m +0); **7 Telford AC 2h12.06m** (Paul Ward 14.52m, John Saunders 16.17m-2, John Garmson 17.24m-13, Paul Williams 17.33m-1, Greg Wilson 16.38m +9, Pete Plant 16.48m +2, Tony Power 16.29m +0, Dave Mansbridge 16.05m +0); **8 Crawley AC 2h13.45m** (Tim Kimber 16.02m, Dave Rayner 16.55m +1, Graham Cooper 17.36m-6, Adrian Haines 16.10m +9, Mark Parry 16.56m +8, Rob Creed 16.53m +1,

Clive Spencer 17.01m +2, Viesturs Dude 16.12m +1); **9 Neath Harriers 2h14.30m** (Jeremy Davies 17.22m, Peter John Crane 17.06m +20, R Whitehouse 17.25m +5, Lee Sandham 17.27m +3, Anthony Powell 17.09m +17, Paul Talbot 16.03m +4, Paul Griffiths 16.33m +4, Chris Williams 15.25m +5, **10 East Cheshire & T 2h14.44m** (Jason Dunkerley 15.33m, Simon Grundy 16.13m-3, Phillip Jaques 16.16m +0, Saul Gallagher 17.26m-5, Paul Dalton 16.27m +10, John Bowker 17.58m-1, Steve Robinson 17.25m +0, Garry Matthews 17.26m-2); **11 Morpeth Harriers 2h15.56m** (Alan Shepherd 15.50m, Phil Walker 15.59m +7, George Hall 16.44m-3, Paul Waterston 16.28m +2, Gordon Dixon 17.42m +6, Chris Waugh 17.42m-2, Mike Winter 18.14m-3, Al McDonald 17.17m +2); **12 Redhill Road Runners 2h15.58m** (Mark Yates 16.21m, Simon Nash 17.09m +2, Alan Smith 15.17m +16, Mark Tomlinson 19.48m-17, Martyn McHale 17.48m +14, Ben Bennett 16.08m +4, Andy Wetherill 16.05m +5, Stanley Pascoe 17.22m +0); **13 Bedford & County AC 2h16.37m** (Jim McMahon 16.15m, Richard Powell 15.37m +16, Alan Turnbull 15.52m +3, Andrew Blair 16.52m-2, Robert Payne 18.13m +3, Paul Gooding 18.03m-2, Jonathan Roots 18.57m-4, Stephen Earley 16.48m +3); **14 Oxford City AC 2h16.42m** (John Atyeo 16.24m, J Richardson 16.04m +18, Andy Gleeson 16.49m-2, Heine van Zyl 17.29m +0, Mark Tankard 17.11m +7, John Lisiewicz 17.38m +0, Rob Webster 17.35m-1, Carl Thompson 17.32m +1); **15 City of Norwich A C 2h16.49m** (Andrew Jones 15.27m, John Walshaw 18.02m-24, Wayne Lincoln 15.31m +11, Harry Knowles 18.40m-6, Neil Davison 15.49m +15, Robert Cheverton 16.47m +2, Andrew Bunn 17.45m-1, Chris Turner 18.48m-5); **16 Southampton AC 2h17.11m** (Howard Long 19.19m, Andy Morgan Lee 15.13m +44, Owen Harries 16.33m +17, Dave Blackman 16.19m +9, Scott Augur 17.20m +9, Jon Grainger 17.03m +0, Mike Twomey 16.19m +4, Neil Richmond 19.05m-5); **17 Tipton Harriers 2h19.09m** (Mark Farnell 16.56m, John Shepherd 16.56m +12, Richard Britain 18.36m-10, Chris Flavell 17.25m +5, Andy Williams 18.08m +18, Paul Rogers 16.23m +3, Ray Stanier 18.20m +5, Henry Piotrowski 16.25m +2); **18 Worcester AC 2h19.36m** (Ivan Pawluk 16.17m, Dave O'Brien 16.47m +10, Warren Miles 16.20m +2, Andy Peach 17.00m +3, Martyn Cole 18.48m +3, Lawrence Fowkes 18.36m-6, Peter Richardson 18.35m +5, Mark Hill 17.13m-1); **19 Clayton le Moors Harriers 2h21.44m** (Paul Shackleton 16.55m, David Edmondson 16.27m +22, Gary Wilkinson 17.09m +3, Jason Harbour 16.21m +4, Steve Green 18.24m +5, Mark Wightman 18.02m-3, Dave McMullen 19.18m +2, Paul Hindmarch 19.08m-1); **20 Holmfirth Harriers 2h23.52m** (M Mavromihales 19.02m, Dave Knight 18.50m +6, Chris Beadle 18.05m +8, Jonathon Sykes 17.40m +8, Simon Rawnsley 16.24m +33, Steve Rimmer 18.31m-3, Julian Rose 16.41m +16, Phil Martino 18.39m +2); **21 North Shields Polytechnic 2h25.45m** (Guy Bracken 16.02m, Vaughan Hemy 16.45m +3, Alan Turnbull 19.03m-18, Norman de Bruin 17.15m +3, Chris Wescomb 18.45m +11, Paul Hughes 20.10m-7, Tommy Brannon 17.11m +12, Chris Walker 20.34m +0); **22 Vale Royal AC 2h26.09m** (Andy Gibbs 15.50m, Tom Annable 16.45m-1, Pete Maher 17.28m-4, Darren Cottier 17.35m-1, Tony Archer 18.59m +2, Colin Rathbone 20.17m-5, Dave Gough 17.58m +8, John Davies 21.17m-2); **23 Wolverhampton & Bilston 2h27.02m** (Callum Eden 16.54m, Steve Green 17.36m +1, Ian Pincher 19.12m-11, John Abbiss 17.05m +10, Terry Bullock 21.06m +7, Carl Morgan 16.49m +2, Neil Bradley 18.12m +18, Tony Putton 20.08m +0); **24 Sparkhill Harriers 2h29.38m** (Paul Shipway 17.56m, Patrick Finnegan 17.08m +22, Darren Riley 17.25m +8, Craig Hinks 18.21m-1, Nick Stringer 17.59m +21, Derek Gothard 19.06m-1, Rob Mills 19.49m +8, John Goulding 21.54m +0); **25 Harrow AC 2h30.24m** (John Bignall 18.06m, Julian Critchlow 16.03m +39, Richard Francis 17.33m +5, Mike Lepps 18.27m-8, Terry McIntyre 18.31m +17, Kevin Concannon 18.50m +0, Ross Bloom 20.31m +5, Trev Fairweather 22.23m +0); **26 Wolds Veteran RC 2h31.40m** (Paul Freeman 17.32m, Dean Houlton 18.01m +7, Mike Friend 18.41m +1, Philip Merrison 19.22m-2, Scott Gillespie 19.50m +19, Mark Salter 19.13m +0, David Holmes 19.13m +22, Kenny McMillan 19.48m +0); **27 Halesowen AC 2h35.28m** (Mel Edwards 18.10m, Richard Guest 19.19m +3, Robert Weaver 19.20m +0, Stuart Towlson 21.35m-1, Steve Millington 19.09m +25, Paul Butler 19.13m +4, Barry Thompson 19.08m +25, Paul Allen 19.34m +1, **28 Birmingham RA&TC 2h35.31m** (Andy Kenchington 16.29m, Mark Hirsch 17.04m +6, Paul Hurcombe 18.48m-13, Richard Carney 19.52m-9, John Llewellyn 20.01m +13, Martin Ludford 21.16m-6, Rob Andrews 24.14m +20, Mark Edwards 17.47m +2); **29 Centurion RC 2h35.43m** (Chris McCann 16.56m, Mark Carwardine 18.26m-10, Tom Healy 18.18m +4, David Pearson 20.01m-10, Gavin Davies 20.33m +18, Gary Turner 20.05m +0, Andy Rea 20.18m +24, Dave O'Keefe 21.06m-2); **30 Staffordshire Moorlands 2h37.01m** (Terry Fowler 19.12m, Mark Dean 18.52m +6, Chris Green 18.53m +4, Robin Britton 19.44m +4, Dave Edge 19.52m +23, Roy McCauley 21.05m +0, Anthony Jones 19.57m +26, Chris Meir 19.26m-1); **31 Wesham Road Runners 2h45.11m** (Alan Taylor 21.05m, Gary

MASTERS ATHLETICS SUMMER 2010

Moore 18.19m +9, Finlay McCalman 21.56m +2, Barry Edwards 21.32m +3, Peter Cooke 22.07m +23, Christopher Moss 21.01m +1, Graham Vickers 20.30m +31, Michael Edge 18.41m +0); **Incomplete Teams: Derby AC** (Dav Connor 16.00m, John Knibb 16.45m +1, Russell Parkin 17.09m-2, John Robertson 17.20m +0, Chris Booth 19.32m-2, Karl Petch 21.53m-15); **North Belfast Harriers** (Damien Gill 19.06m, Brendan Dumigan 18.28m +9); **Preston Harriers** (David Watson 17.10m, Rob Hobbs 19.38m-21, Neil McDonald 17.40m +12); **Team Bath AC** (David Coales 15.46m, Alan Buckingham 22.16m-68); **West Bromwich Harriers** (Paul Mansell 22.49m, Neil Munroe 21.54m +4, David Heeley 19.52m +4, Phil Culver 27.16m +1, Dave Jones 22.57m +26, John Buckby 21.41m +1);

Fastest Legs: 1 Martin Cox 14:11; 2 Gordon Lee 14:36; 3 Haggai Chepkwony 14:47;

M50/ 59:

1 Ronhill Cambuslang 1h40.56m (Colin Feechan 17.20m, Frank Barton 15.49m +39, Archie Jenkins 18.17m-11, David Thom 16.26m +8, Iain Campbell 15.59m +16, Frank Hurley 17.05m +0); **2 Clayton le Moors Harriers 1h42.22m** (Mark Aspinall 16.04m, John Roche 17.26m-6, Roger Brewster 17.01m +6, Brian Horrocks 17.41m-5, Col Shuttleworth 17.28m +13, Mike Wallis 16.42m +3); **3 South London Harriers 1h42.40m** (David Ogden 16.27m, Barry Attwell 17.24m +1, Ian Kitching 17.10m +7, Mark Gregory 17.06m +2, Michael Airey 17.30m +12, Glenn Quarton 17.03m-1); **4 Woodford Green AC 1h43.20m** (Iain Cumming 17.36m, Terry McCarthy 17.53m +10, Paul Chase 17.31m +11, David Cox 16.48m +10, Richard Holland 16.51m +20, Tony Pamphilon 16.41m +3); **5 Wirral AC 1h43.58m** (Kevin Buxton 16.59m, Dave Norman 17.11m +9, Anthony McDevitt 18.05m-1, Tony Devoy 17.04m +9, Graham Ratcliffe 17.00m +18, Chris Henry 17.39m-3); **6 Staffordshire Moorlands 1h45.15m** (Kelvin Amos 17.22m, Paul Williams 19.20m-10, Paul Light 17.31m +12, Dave Hollins 16.06m +15, Alan Simpson 18.58m +15, Dave Neill 15.58m +9); **7 North Belfast Harriers 1h45.35m** (Derek Donaghy 17.28m, John Patience 17.49m +8, Tommy Hughs 15.55m +28, Jim Newbury 18.09m-6, Frank Davidson 19.08m +11, Matt Shields 17.06m +3); **8 Wesham Road Runners 1h46.44m** (John Bertenshaw 18.20m, John Collier 18.07m +10, Alan Hudson 18.06m +7, Martin Bates 18.39m +5, Gary Pendlebury 16.58m +26, Alex Rowe 16.34m +10); **9 Dulwich Runners AC 1h47.24m** (Stephen Smythe 17.26m, James Godkin 17.22m +17, Nick Brown 17.17m +7, Chris Loizou 17.38m +1, Mike Mann 18.25m +15, Andrew Murray 19.16m-1); **10 Oxford City AC 1h47.40m** (Phil Huxley 17.12m, Richard Grant 17.17m +12, Bob Wyatt 17.45m +2, Stewart Thorp 18.02m-2, Dave Wheeler 18.53m +15, Gareth Jones 18.31m +2); **11 Wakefield & District 1h48.01m** (Paul Hallas 16.15m, Peter McNamara 17.14m-1, David Brailsford 17.49m-3, Richard West 18.21m-7, Peter Young 19.13m +10, Steve Wilkinson 19.09m-2); **12 Les Croupiers 1h48.21m** (Paul Coker 17.49m, Elio Lepore 18.02m +9, Michael Tabor 18.55m-1, David Bright 18.08m +9, Nicholas Rees 18.05m +22, Michael McGeoch 17.22m +5); **13 Team Bath AC 1h48.25m** (Dave Gunstone 17.33m, Steve Hale 17.30m +16, David Vaudin 18.28m +1, Paul King 18.42m-1, Nick Watson 18.05m +20, Tom Hutchinson 18.07m +2); **14 Preston Harriers 1h48.31m** (Phil Walsh 18.03m, Phil Morley 18.17m +9, Steve Clayton 18.50m +0, Alan Appleby 18.38m +2, Dave Barker 17.15m +29, Kevin Hesketh 17.28m +5); **15 Barnet & District AC 1h48.33m** (Keith Turner 17.18m, Peter Ellis 17.56m +2, Mike Stapleton 17.13m +12, Nick Bingham 19.59m-10, Yitzhak B Aroya 17.43m +23, David Wilcock 18.24m-3); **16 Bingley Harriers 1h49.01m** (Shaun Jordan 17.19m, Peter Pyrah 16.50m +19, Mark Westman 19.34m-16, Gerry Bell 18.51m +1, Carey Gray 18.28m +19, Roy Bailey 17.59m-1); **17 Rotherham Harriers & AC 1h49.53m** (Peter Neal 17.12m, Peter Shaw 18.22m-8, Dave Nuttall 18.45m +1, Drew Donaldson 18.56m +2, Terry Eastwood 17.27m +25, Mart Herrington 19.11m-4); **18 Sheffield Running Club 1h50.38m** (Nick Duggan 17.37m, Paul Blakeney 18.49m +2, Robert Booth 19.15m-1, Malcolm Taylor 18.49m +2, Sid Cordle 17.50m +27, Mike Levery 18.18m +2); **19 Holmfirth Harriers 1h50.56m** (John Ewart 16.57m, Ricky South 17.57m-1, David Darby 17.13m +10, Ian Moore 19.23m-9, Rob Kersey 20.46m +9, Jeff Pierson 18.40m +0); **20 Neath Harriers 1h52.07m** (Michael Evans 19.14m, Robert Bamsey 18.55m +6, Richard Bowen 19.11m +4, John Williams 18.55m +7, Stephen Williams 18.02m +24, David Crane 17.50m +6); **21 Salford Harriers & AC 1h52.36m** (Stanley Owen 16.44m, Mike Wakefield 18.08m-7, Stephen Jones 19.45m-16, Ronald Warrender 19.09m-1, Ian Johnson 20.06m +21, Russ Derbyshire 18.44m +2); **22 Barrow & Furness Striders 1h53.17m** (Robert Atkinson 15.40m, Harry Melia 18.16m-29, Gary Mason 18.43m-12, Peter Leviston 19.20m-3, David Shaw 20.30m +9, Jack Etchels 20.48m-2);

23 Thames Hare & Hounds 1h56.44m (Michael Farmery 18.30m, Richard Pitt 18.15m +9, Rhodri Davies 19.23m-1, Paul Whitlock 20.45m-1, Jerry Watson 18.35m +25, Bill Snelgrove 21.16m +20); **24 Wolds Veteran RC 1h57.10m** (Garry Perkins 17.39m, Gary Coulam 18.39m +5, John Green 20.16m-8, Steven Green 19.47m +3, David Wilson 18.14m +24, Dennis Brown 22.35m-1); **25 Middleton Harriers & 1h59.16m** (Graham Chesters 17.00m, Jack Kershaw 18.35m-12, John Brooks 22.16m-17, Paul Collinge 19.22m +5, Alan Garvey 21.11m +22, Steve Vasilou 20.52m +2); **26 Spectrum Striders RC 1h59.46m** (Scott Liddell 18.51m, Stephen Martin 17.54m +10, Julian Spencer 18.21m +6, Barry Allman 20.48m-2, Mark Taylor 21.07m +18, Dave Thompson 22.45m-1); **27 Southampton AC 2h00.17m** (Dave Carter 19.52m, Sidney Delara 18.46m +6, Andy Eastaugh 19.12m +5, Gordon Whelan 20.10m +3, Paul Harvey 21.37m +22, Steve Wallington 20.40m +1); **28 Derby AC 2h01.17m** (Kevin Spare 16.52m, Gary Fallon 18.33m-16, Ray McDonald 19.20m-6, Mick Smedley 19.06m-2, Keith Donald 20.06m +22, Mick Butterley 27.20m-9); **29 North Shields Polytechnic 2h03.21m** (Steve Borlos 18.42m, Dave Hall 19.05m +4, Dave Morris 21.22m-4, Ian Richardson 20.02m +2, Harry Norman 24.29m +23, John Brettell 19.41m +2); **30 Tipton Harriers 2h04.05m** (Malcolm Eustace 16.14m, Andy Cooper 17.14m-1, Alan Grice 19.03m-22, Keith Best 20.56m-13, Graham Smith 27.07m +5, Jeff Taylor 23.31m—1); **31 Birchfield Harriers 2h13.39m** (Bri Worthington 20.34m, Peter Lawton 21.00m +5, Martin Wilkinson 19.34m +6, Roger Hayward 23.55m-1, Brendan White 23.12m +24, Tony Molloy 25.24m +2); **32 Dudley & Stourbridge 2h13.47m** (Sam Freeman 20.29m, Dave Eades 21.17m +3, Jim Brown 21.11m +4, Chris Harris 21.48m +3, Ivan Dawes 17.58m +27, Rob Mulgrue 31.04m-3); **Incomplete Teams: Birmingham RA&TC** (Richard Gray 16.18m); **Halesowen AC** (Keith Perry 25.53m, Trevor Chalmers 20.21m +4, Maurice Endacott 21.55m +4, Ken Court 20.48m +3); **Herts Phoenix AC** (Norman Morrison 17.52m, Richard Foskett 20.45m-8); **Huntingdonshire AC** (Derek Darnell 19.53m, Giles Newcombe 20.06m +4, Shane Hunt 18.08m +6, Alan Burgin 20.55m +2); **Royal Sutton Coldfield AC** (John Fletcher 17.16m, Stephen Larcombe 18.58m-9, Paul Kenney 19.45m-6, Bob Owen 22.32m—6, **Telford AC** (Steve Jones 16.39m, Rick Hailey 17.23m +0); **Wolverhampton & Bilston** (Peter Stark 20.19m, Derrick Harding 21.13m +4, Rob Challinor 20.42m +3, Gwyn James 21.51m +3, Dave Guest 22.35m +23);

Fastest Legs: 1 Robert Atkinson 15:40; 2 Frank Barton 15:49; 3 Tommy Hughs 15:55;

M60/ 69:

1 Barnet & District AC 53.19m (Desmond Michael 17.18m, Tony Cousins 18.07m +1, Liam O'Hare 17.54m +0); **2 Rotherham Harriers & AC 54.07m** (Mick Cochrane 18.54m, Bob Tinting 17.45m +18, Keith Williams 17.28m +3); **3 Oxford City AC 54.39m** (Dave Parsons 18.35m, John Exley 18.06m +12, Roy Treadwell 17.58m +1); **4 Poole Runners 55.37m** (Arthur Johns 17.42m, Alan Lewis 19.04m-2, David Cartwright 18.51m +0); **5 Brighton & Hove AC 55.52m** (Barry Blackwell 18.16m, Paul Rockwood 19.46m-8, Peter Witcomb 17.50m +10); **6 Wilmslow 55.56m** (Andy Watts 18.41m, Tony Hulme 18.53m +7, Michael Fairs 18.22m +4); **7 Bingley Harriers 56.15m** (Mike Smith 18.34m, Bryan Parkinson 18.36m +9, Les Haynes 19.05m-2); **8 Altrincham & District AC 56.53m** (Ken Burgess 19.21m, Jeff Norman 18.36m +12, Dave Telford 18.56m +6); **9 Cheltenham & County H 57.47m** (Martin Ford 17.42m, Geoff Eden 19.43m-7, Ken Buckle 20.22m-4); **10 South London Harriers 57.52m** (Paul Williams 19.01m, Kenneth Lee 20.37m-1, John Quaintance 18.14m +9); **11 Salford Harriers & AC 58.16m** (Alan Norman 18.09m, Tommy Daniels 20.16m-11, Stan Curran 19.51m +0); **12 Clydesdale Harriers 58.31m** (Peter Cartwright 19.16m, Brian Campbell 20.09m +3, Robert Young 19.06m +4); **13 Banbury Harriers 59.03m** (Richard Thomas 18.21m, Glyn Pritchard 20.38m-7, Bruce Hendrie 20.04m-3); **14 Herts Phoenix AC 59.12m** (Mike Dixon 20.24m, Stuart Mann 19.06m +21, Richard Bloom 19.42m-1); **15 Worcester AC 59.22m** (David Hibbett 20.50m, David Waldron 19.09m +26, Geoff Aston 19.23m +1); **16 Hercules Wimbeldon AC 59.57m** (Dennis Williams 21.29m, Charles Lawrie 19.38m +31, Peter Giles 18.50m +7); **17 Blackheath & Bromley 1h00.13m** (Jim Phelan 19.34m, John Fenwick 21.11m +1, Rob Brown 19.28m +3); **18 Longwood Harriers AC 1h00.43m** (Michael Proctor 21.04m, Bri Pickersgill 21.13m +9, Trevor Wright 18.26m +17); **19 Royal Sutton Coldfield AC 1h02.02m** (Roy Humpherson 20.32m, Clive Sayer 20.43m +9, Doug Hyde 20.47m+3); **20 Dudley Kingswinford RC 1h02.19m** (Brian Russell 20.22m, Tom Williams 22.04m-8, Malcolm Pillar 19.53m +14); **21 Exmouth Harriers 1h02.35m** (Roger Rowe 19.30m, Robert Woodall 20.39m +1, Jim Wyatt 22.26m-10); **22 Huncote Harriers AC 1h02.51m** (John Heywood 21.18m, Phil Watts 21.15m +7, Martin Slipp 20.18m +15); **23 Birchfield**

MASTERS ATHLETICS SUMMER 2010

Harriers 1h03.06m (Gordon Orme 19.17m, Alan Britton 21.41m-6, Alex Elliott 22.08m-9); **24 Ronhill Cambuslang 1h03.10m** (Dave Fairweather 21.15m, David Cooney 20.16m +19, Robert Anderson 21.39m-2); **25 Stratford on Avon AC 1h03.21m** (David Jones 21.28m, John Turner 20.52m +13, Roger Wilson 21.01m +7); **26 Bedford & County AC 1h04.03m** (Pete Dancer 20.48m, Bob Thompson 20.40m +13, Brian Webb 22.35m-6); **27 Les Croupiers 1h04.10m** (Desmond Davies 19.34m, Ralph Davey 22.53m-22, Jeffrey Aston 21.43m +8); **28 Blackpool Wyre & Fylde AC 1h05.46m** (Robert Newman 21.44m, Alan Wilkinson 22.28m +8, Reg Smallbone 21.34m +10); **29 Wesham Road Runners 1h06.11m** (Barry Peatfield 19.42m, Norman Bateman 21.02m +3, Simon Young 25.27m-20); **30 Spectrum Striders RC 1h06.21m** (Alan Peers 22.53m, Nev Griffiths 21.26m +17, John Dooley 22.02m +7); **31 Wolds Veteran RC 1h07.26m** (William Ward 21.46m, Dave Edwards 21.57m +11, John Hudson 23.43m +0); **32 Clayton le Moors Harriers 1h07.41m** (Ronald Chappell 22.03m, Barry Mitchell 20.05m +25, Michael Wrigley 25.33m-13); **33 Middleton Harriers 1h08.05m** (John Reilly 18.15m, Roy Lee 24.38m-48, Derek Bury 25.12m-5); **34 Liverpool Harriers & AC 1h08.24m** (Patrick Henley 21.24m, Graham Howell 21.51m +6, Clive Rigby 25.09m-6); **35 Torbay AC 1h10.01m** (Will Valentine 23.03m, Barry Layton 24.07m +4, Eric Barber 22.51m +8); **36 Centurion Running Club 1h10.04m** (Kevin O'Mally 22.36m, Geoff Lewis 21.53m +12, Lynton Bradley 25.35m-4); **37 Sparkhill Harriers 1h10.26m** (Barry Crowley 21.40m, Graham Cooper 23.31m-1, Mart Millicheap 25.15m-2); **38 Reading Road Runners 1h11.27m** (Ken Beck 23.27m, James Kiddie 21.29m +17, Carl Woffington 26.31m-5); **Incomplete: Barrow & Furness** (Ronald Winward 20.52m), **Holmfirth Harriers** (Tim Cock 23.41m);

Fastest Legs 1 Desmond Michael 17:18; 2 Keith Williams 17:28; 3 Martin Ford 17:42; 4 Arthur Johns 17:42; 5 Bob Tintinger 17:45; 6 Peter Whitcombe 17:50;

M70 plus

1 Bingley Harriers 1h02.09m (Pete Covey 20.18m, John Smithurst 21.56m-6, Fred Gibbs 19.55m +11); **2 Exmouth Harriers 1h05.42m** (Ray Elston 21.29m, Mick Allen 22.54m +2, John Perratt 21.19m +14); **3 New Marske Harriers 1h06.19m** (Jim Conaghan 22.28m, Phil Miles 22.01m +9, Ron Sherwood 21.50m +13); **4 Herts Phoenix AC 1h08.18m** (David Beasley 22.46m, Angus Kindley 22.37m +7, John Steed 22.55m +8); **5 Barnet & District AC 1h09.06m** (Mike Sawyer 23.26m, Tony Hamilton 22.35m +11, Ted Kimber 23.05m +6); **6 Clayton le Moors Harriers 1h11.53m** (Ron Hill 23.44m, Ted Orrell 20.36m +24, Harry Manning 27.33m-11); **7 Blackpool Wyre & Fylde AC 1h12.49m** (Norman Greenwood 23.43m, Howard Henshaw 25.32m +4, John Winters 23.34m +5); **8 East Cheshire H 1h20.06m** (Wade Cooper 24.36m, Ron Woolmer 23.23m +11, Trevor West 32.07m-2); **Incomplete Teams: Birchfield Harriers** (John Summerton 37.29m); **Wolds Veteran RC** (Barry Everett 26.16m);

Fastest Legs: 1 Fred Gibbs 19:55; 2 Pte Covey 20:18; 3 John Perrett 21:19;



III CAMPEONATO DE EUROPA DE ATLETISMO DE MONTAÑA, 7-CATEGORIA DE VETERANOS 8-CERDANYOLA DEL VALLES - 2010

M-35:

1-Vicente-Capitan Peña-ESP-38:29; 2-Stephen-Duncan-IRL-38:45; 3-Barry-Minnock-IRL-39:42; 24-Rob-Cummins-IRL-0:50:05;

M-40:

1-Miguel Angel-Fernandez Cobo-ESP-40:42; 2-Steffen-Meyer-GER-41:37; 3-Fco. Jose-Rodriguez De Paz-ESP-42:20; 10-Leo-Murray-IRL-45:10; 11-Ed-Mcentee-IRL-45:19;

M-45:

1-Martin-Martinez Alcantara-ESP-41:44; 2-Jose Maria-Fernandez Atienza-ESP-42:37; 3-Stephan-Bayer-GER-0:42:45; 22-Alan-Roberts-GBR-55:20;

M-50:

1-Jesus-Manzanares Sacristan-ESP-42:43; 2-Thomas-Ruminski-GER-42:57;

3-Jose-Navarro Garcia-ESP-42:58; 15-Pat-Mccavana-IRL-46:50; 20-Gerry-Brady-IRL-49:13; 28-Dave-Bell-IRL-55:33; 30-Greenan-Seamus-IRL-57:05;

M-55:

1-Francisco-Aragon Muñoz-ESP-0:43:56; 2-Michel-Duron-FRA-45:28; 3-Miguel-Nieto Del Aguila-ESP-46:05; 25-Willie John-Brown-IRL-59:54; 28-Kevin-Dillon-GBR-1:31:00;

M-60:

1-Livio-Donadoni-ITA-48:33; 2-Vittorio-Poles-ITA-49:16; 3-Rudolf-Pletzer-GER-49:39;

M-65:

1-Bruno-Innocente-ITA-49:58; 2-Jose Antonio-Arias De La Cruz-ESP-51:04;

3-Joan-Alba Tutusaus-ESP-53:36;

M-70:

1-Georg-Grob-GER-53:55; 2-Ludwig-Amarell-GER-59:58; 3-Francesc-Vilajosana Simo-ESP-1:00:35;

M-75:-

1-Bruno-Baggia-ITA-55:57; 2-Angelo-Cerello-ITA-1:01:01; 3-Nicolau-Osete Moreno-ESP-1:21:44;

W-35:

1-Donna-Mahon-IRL-47:35; 2-Marta-Santamaria-ITA-47:45; 3-Monika-Carl-GER-50:28; 5-Aisling-Coppinger-IRL-53:34;

W-40:

1-Amada De Jesus-Sanchez Rivero-ESP-46:57; 2-Laura-Ursella-ITA-47:26;

3-Susan-Ridley-GBR-48:17; 9-Zoe-Melling-IRL-55:25;

40 -W-45:

1-Helen-White-IRL-49:24; 2-Anne-Sandford-IRL-52:51; 3-Tish-Mccann-IRL-53:37;

W-50:

1-Francisca Jose-Moscoso Rega-ESP-52:00; 2-Christine-Sachs-GER-53:25;

3-Greenan-Mags-IRL-54:26;

W-55:

1-Ivana-Dall Armi-ITA-55:56; 2-Isabel-Pinheiro Gonçalves-ESP-1:05:20; 3-Placida Aurora-Alvarez Ordas-ESP-1:05:40

W-60:

1-Emi-Vaquero Sanchez-ESP-57:40; 2-Irmgard-Olma-GER-1:00:34;

W-65:

1-Gerlinde-Schmittner-GER-1:05:15; 2-Gloria-Guerrero Gonzalez-ESP-1:06:18

3-Erminia-Furegon-ITA-1:12:54; 4-Brenda-Robinson-GBR-1:13:45;

W-70:

1-Maria Cristina-Frangiaco-ITA-1:17:41; 2-Annemarie-Reng-GER-1:29:08;

W-75:

Rosa M-Tena Reales-ESP-1:14:16

TEAMS:

M35-M40- 1 SPAIN 1:59:24; 2 IRELAND 2:03:46;

M45-M50- 1 SPAIN 2:07:04; 2-GERMANY 2:10:12; 3-ITALY 2:26:05; - -

4-IRELAND 2:33:08- -

W35-W40- 1 SPAIN 2:29:27- - ; 2 ITALY 2:30:10; 3 IRELAND 2:36:4

W45-W50- 1 IRELAND 2:35:52; 2 GERMANY 2:43:44; 3 SPAIN 2:43:37;

BMAF 5k HORWICH WORDS MEL LEWIS

This is the eighth consecutive year that the British Masters have held their 5k road running championships at Horwich. Being in the middle of an unusually (for the UK) long spell of dry weather, the race conditions this year, were ideal.

Although this year, we did not obtain any British bests, (most of them are now exceptionally difficult to surpass anyway), the racing still produced a very high standard. Notably in the overall race, the third finishing positions were by men and women in the o/50 age group.

Overall winner and first o/35 was John Parker (CLC Striders) in a time of 15.37s, closely followed just 2secs later by an o/40

MASTERS ATHLETICS SUMMER 2010

Jason Dunkerley (East Cheshire H) with the o/50 George Thompson (Border Harriers) just 3secs behind in 15.42s.

In the women's race, first over the line was Sarah Cumber (Halifax H) o/35, stopping the clock at 18.35s with Sally Morley (Ilkley H) just 7secs behind and the o/50 Jill Harrison (Honiton H) clocking 18.48s.

The age group categories were very competitive. In the o/40 section Silver and Bronze medals were decided by just 2secs with R Palmer (Luton H) losing out to J Herbert (Werrington J). The o/45 Gold was secured by A Woods (Bristol & W) with a 2 second gap from R Alsop (Herne H.H) in a time of 15.57s. Martin Ford (Cheltenham H) was closest to a o/65 British best, missing out by 17secs, behind him just 3secs separated the 3 athletes vying for the two remaining places, with P Hall (Barrow Striders) being the most unlucky athlete in the race, missing the Bronze by 1 sec. P Giles (Hercules W) took Silver in 19.11s with G Howard (Ilkley H) 19.12s.

In the Male Team Competition, Gold medals went to Bingley Harriers in the o/35 section. In the o/40 age group they had to settle for Silver, as Salford pipped them by just four seconds on aggregate for Gold, with Wilmslow taking Bronze. Bristol & West AC took Gold in the o/50, with Salford the Silver and Long Eaton, (Bronze). The o/60 team winners were Oxford City, followed by Clydesdale Harriers, (Silver) and local club Horwich RMI, (Bronze). The o/70 Gold team medals were taken home by Sale Harriers.

The Women's team competition was sparsely contested with only Altringham o/45 Ladies taking home their deserved Gold Medals.

Finally I would like to thank Horwich Town Council for hosting the race, plus all the officials, marshals etc. involved with the event and yourselves the athletes, for travelling and competing.

I have to offer my apology for the delay of the presentation on the day, we encountered some problems with the results and I am working hard to eliminate these gremlins for next year. I will insist that the problems are ironed out, before we confirm our venue for next year.

We still have Burnham Beeches (Half Marathon), Goodrich 10k and the 10 mile at Oldbury to contest for medals this year, details are on our website and in our magazine.

BMAF 5k ROAD WALK:

1 27:53 Edwards A Lancs W.C M45-1; 2 28:11 Smith G Lancs W.C M55-1; 3 28:17 Buszko P Birchfield Harries M60-1; 4 29:03 McMullin IRE M60-2; 5 29:15 Malone T York M55-2; 6 29:55 Jones G Coventry God M65-1; 7 30:43 Bishop F Woking AC W50-1; 8 31:07 Crompton D Lancs W.C W45-1; 9 31:42 Hardy J Lancs W.C M; 10 31:53 Bellfield J Halesowen AC W40-1; 11 33:55 Walker S Lancs W.C M50-1; 12 33:56 Grayson J York M65-2; 13 34:25 Crahan P M55-3; 14 34:30 Payn J Lancs W.C M75-1; 15 34:35 Bellfield L Halesowen AC W40-2; 16 34:41 Crahan J Lancs W.C W60-1; 17 36:02 Munn J Lancs W.C M75-2; 18 36:29 Horwill E Dudley M75-3; 19 38:05 Grocock E Sheffield M85-1; 20 42:15 Dowling G York RWC M75-4;

BMAF 5k ROAD RACE:

1 15:37 268 Parker J CLC Striders M35-1; 2 15:39 397 Dunkerley J East Cheshire Harriers M40-1; 3 15:42 284 Thompson G Border Harriers M50-1; 4 15:54 Herbert J Werrington Joggers M40-2; 5 15:56 Palmer R Luton AC M40-3; 6 15:57 389 Woods A Bristol & West AC M45-1; 7 15:58 O'Doherty M Bristol & West AC M50-2; 8 15:59 Alsop R Herne Hill Harriers M45-2; 9 16:02 Peace A Bingley Harriers M40-4; 10 16:06 Thompson C Cambuslang Harriers M45-3; 11 16:09 Lockett D Salford Harriers M40-5; 12 16:11 Hallas S Preston Harriers M35-2; 13 16:13 MacDonald S Bingley Harriers M40-6; 14 16:21 Green J Preston Harriers M35-3; 15 16:23 Bridgeland M Chelmsford AC M50-3; 16 16:27 Deegan M Salford Harriers M50-4; 17 16:29 Leybourne P Salford Harriers M40-7; 18 16:30 Gibbs A Vale Royal M45-4; 19 16:33 Simons P Salford Harriers M45-5; 20 16:41 Convery J Wamefield Harriers M45-6; 21 16:42 Bailey S Bingley Harriers M35-4; 22 16:43 Sheen R Leicester Coritanian AC M45-7; 23 16:45 Downs R Wilmslow RC M45-8; 24 16:47 Dalton P East Cheshire Harriers M45-9;

25 16:47 Rowe A Wesham RR M50-5; 26 16:50 Parrott S Wilmslow RC M45-10; 27 16:51 Parkinson J Liverpool Harriers M45-11; 28 16:54 Tudor R West Cheshire AC M45-12; 29 16:55 Nolan S Horwich RMI Harriers M50-6; 30 16:56 Ireland C Sheffield RC M50-7; 31 16:57 Shaw M Stockport Harriers M45-13; 32 17:02 Holland R Woodford Green AC M50-8; 33 17:03 Fox R Long Eaton RC M50-9; 34 17:05 Farran M Leeds City AC M45-14; 35 17:07 Eustace M Tipton Harriers M50-10; 36 17:08 Johnson S Bingley Harriers M40-8; 37 17:16 McKay K Sale Harriers M40-9; 38 17:17 Teasey M Bingley Harriers M40-10; 39 17:22 Morris T Wilmslow RC M45-15; 40 17:23 Jackson I Salford Harriers M40-11; 41 17:24 275 Owen S Salford Harriers M55-1; 42 17:26 Furniss D Hallamshire Harriers M40-12; 43 17:28 Burkett P Salford Harriers M45-16; 44 17:35 Oxland D Notts AC M55-2; 45 17:38 Scrutton M Bristol & West AC M50-11; 46 17:39 Pyrah P Bingley Harriers M55-3; 47 17:48 Parkin R Derby AC M45-17; 48 17:50 Dixon T Oxford City AC M50-12; 49 17:54 Hesketh K Preston Harriers M55-4; 50 17:58 MacNeil G Wilmslow M45-18; 51 17:59 Reeve Richard Ilkley Harriers M50-13; 52 18:09 295 Michael D Barnet & District AC M60-1; 53 18:14 Cordingley F Sale Harriers M45-19; 54 18:19 Goodland J Bristol & West AC M50-14; 55 18:20 Wilkinson D Long Eaton RC M50-15; 56 18:20 Heavisides H Ilkley Harriers M55-5; 57 18:23 Treadwell R Oxford City AC M60-2; 58 18:24 Roberts S Oswestry Olympians M55-6; 59 18:29 Huxley P Oxford City AC M50-16; 60 18:30 no name M; 61 18:32 Thorp S Oxford City AC M55-7; 62 18:33 Wilcock G Sale Harriers M45-20; 63 18:34 327 Ford M Cheltenham Harriers M65-1; 64 18:35 Pacet J Ilkley Harriers M55-8; 65 18:35 211 Cumber S Halifax Harriers W35-1; 66 18:37 Wakefield M Salford Harriers M55-9; 67 18:38 Birch J Long Eaton RC M50-17; 68 18:42 Morley S Ilkley Harriers W35-2; 69 18:48 392 Harrison J Honiton RC W50-1; 70 18:55 Dellar P Dunstable RR M60-3; 71 18:57 324 Griffiths G Manchester Harriers W45-1; 72 18:59 Daglish A Luton AC M60-4; 73 19:01 Rayner T Wesham RR M45-21; 74 19:03 McCracken C VK Park City Glasgow W35-3; 75 19:06 Doxey S Swinton RC M45-22; 76 19:10 Cumber G Halifax Harriers M60-5; 77 19:11 Giles P Hercules Wimbledon M65-2; 78 19:12 Howard G Ilkley Harriers M65-3; 79 19:13 Hall P Barrow Striders M65-4; 80 19:15 273 Duckworth G Leighton Buzzard AC W55-1; 81 19:20 Robbins C W50-2; 82 19:29 Trickett D Hallamshire Harriers M65-5; 83 19:32 Allan W Tadcaster Harriers M60-6; 84 19:34 Pidgeon F Notts AC M55-10; 85 19:35 Jones G Oxford City AC M60-7; 86 19:37 Crook M Horwich RMI Harriers M60-8; 87 19:41 Rudd L Wilmslow W35-4; 88 19:50 Exley J Oxford City AC M60-9; 89 19:55 261 Hooton M Notts AC W40-1; 90 20:01 Woodcock A Wolds Veteran RC M55-11; 91 20:05 Newman A Paddockwood AC M55-12; 92 20:06 Cartwright P Clydesdale Harriers M65-6; 93 20:06 Gavins T Keighley & Craven AC W45-2; 94 20:07 Brackstone T SCV AC M65-7; 95 20:07 202 Gibbs F Bingley Harriers M70-1; 96 20:13 Orme G Birchfield Harriers M60-10; 97 20:16 Leviston P Barrow Striders M60-11; 98 20:19 Conroy J Bury AC M50-18; 99 20:21 Westman M Bingley Harriers M50-19; 100 20:22 Kilkenny C Cannock & Staff AC W55-2; 101 20:23 Campbell B Clydesdale Harriers M65-8; 102 20:24 Hesketh AJ Horwich RMI Harriers M60-12; 103 20:26 Brown R Harborough AC M55-13; 104 20:30 294 Lyness L Barrow Striders W60-1; 105 20:34 Presland L Vets Ac M70-2; 106 20:35 Lambe J Sale Harriers M45-23; 107 20:36 Vesey A Altrincham & District W45-3; 108 20:37 Young R Clydesdale Harriers M65-9; 109 20:40 Whitaker L Romsey RR W50-3; 110 20:43 Dunne Michael Sale Harriers M50-20; 111 20:44 Clarke J Lincoln Wellington W40-2; 112 20:46 Brooks K Harborough AC W50-4; 113 20:52 Rich A Worthing Striders M60-13; 114 20:54 Hesketh M Preston Harriers W55-3; 115 21:00 Pugh Anne Altrincham & District W55-4; 116 21:03 Smith R M65-10; 117 21:04 Jones M Altrincham & District M55-14; 118 21:07 Lonargan T Sale Harriers M60-14; 119 21:09 Bland P Horwich RMI Harriers M60-15; 120 21:10 Johnson A Leamington C AC M65-11; 121 21:10 Georghiou J Farnham R W55-5; 122 21:16 Cunningham M Manchester Harriers M65-12; 123 21:21 McNamara P Salford Harriers M45-24; 124 21:26 Marchant Z Teambath AC W55-6; 125 21:27 Bradshaw A Manchester Harriers M60-16; 126 21:28 Elwell M Cobra RC M55-15; 127 21:28 Cordingley J Sale Harriers W50-5; 128 21:43 Harrison C Altrincham & District W45-4; 129 22:15 Sacks S Salford Harriers M70-3; 130 22:18 Parkin P Derby AC W40-3; 131 22:25 203 James S Paddockwood AC W55-7; 132 22:31 212 Fellows D Cannock & Staff AC W65-1; 133 22:40 Walton D Altrincham & District M65-13; 134 22:42 Daglish L Luton AC W50-6; 135 22:53 Barnes Michael Northern Veterans AC M65-14; 136 23:07 Wakefield D W50-7; 137 23:20 McCaskey W E. Edinburgh AC M75-1; 138 23:32 Nicholls D Sale Harriers M70-4; 139 23:35 Hough G Telford Harriers W60-2; 140 23:46 Briggs K Sale Harriers M70-5; 141 24:00 Smethurst J Bingley Harriers M70-6; 142 24:05 Ridding D Salford Harriers W35-5; 143 24:09 Peers A Spectrum Striders M65-15; 144 24:11 Rich P Serpentine RC W65-2; 145 24:15 Howarth T Sale Harriers M70-7; 146 24:17 Black K Spectrum Striders M65-16; 147 24:39 Johnson J Leamington C AC W65-3; 148 24:52 McCormack F Sale Harriers M60-17; 149 24:54 Fortune A Spectrum Striders W55-8; 150 25:13 Howe M Sale Harriers M70-8; 151 26:03 234 Rogers B Northern Vets M75-2; 152 26:17 Fortune I Spectrum Striders M60-18; 153 27:15 Howarth D Leigh Harriers M75-3; 154 28:25 Rhodes J Radcliffe AC M65-17; 155 33:23 Walsham A Salford Harr M75-4;

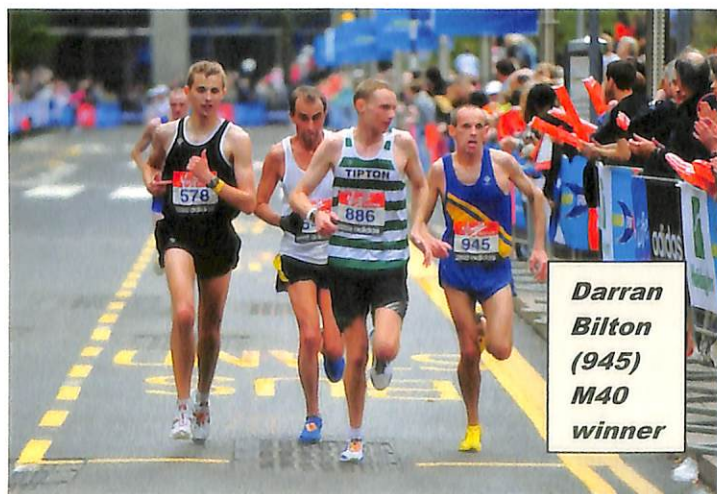
TEAMS:

M35: Bingley ; M40: 1 Salford Harriers; 2 Bingley Harriers; 3 Wilmslow R.C.; M50: 1 Bristol and West A.C. ; 2 Salford Harriers ; 3 Long Eaton R.C.; M60: 1 Oxford City; 2 Clydesdale Harriers; 3 Horwich R.M.I.; M70: Sale Harriers; W45: Altringham & District;



Sally Musson was the only Masters record breaker in the Virgin London Marathon on April 25th but Darran Bilton's fourth successive placing as first Master in the event was also a record of its own, writes Martin Duff of Athletics Weekly.

Bilton however had to fight hard for his victory and it came just a week after the Leeds 43-year-old had to run a long leg in his club's 12-stage relay team at Sutton Park. It was Nicholas Cope who went well ahead at the half-distance in a fast 70:33, as Bilton was nearly a minute in arrears.



The gap was gradually closed before a winning margin of 70 seconds was opened out, as Cope a promising middle distance runner in his youth but returning to the sport, could not maintain the momentum.

Bilton said: "to win the Masters Trophy for a record 4th time is unbelievable, at half-way I was lying in second place but my experience and tenacity came through and I reckon my four years in a row record will remain untouched for some time," added the Leeds runner.

Musson won her W55 age group last year but was not then fully fit after getting back to running after injuries and illness of her husband, Roger, but was able to not only retain her title but also knock more than two minutes from Sue Carriss' 2005 British record time of 3:08:00. Musson, who had set herself a three hour personal best target, said: "the race went very well for me and was enjoyable but I was just not able to keep the pace going in the later stages. I felt good throughout really and did not go through any identifiable bad patches".

Mara Yamauchi took more than six days to reach the U.K from her training base in Mexico thanks to the airline flight ban following the Icelandic Volcano Explosion and felt that her 2:26:16, comfortably ahead of Deena Castor was down to the travelling. Speaking before the race, Yamauchi said of her build-up: "I had a good training stint in Alberquerque but last week I didn't have time to do any training."

Jo Wilkinson and Sue Harrison were also under 2:40 but, as W35s, these women were not recorded as Masters as the Virgin London Marathon classes it's masters as being over 40 for both men and women. Constantina Dita had a torrid time in the Elite race but still took the W40 medal but her time was bettered by Sarah Gee who almost reached her target of breaking 2:40 after placing first woman in the mass start. The 46-year-old who started 45 minutes after the Romanian, was slower over the first half but held her pace better.

MASTERS ATHLETICS SUMMER 2010

Gee said: "I am delighted but seven seconds quicker would have been better as I did 2.40.06. I have also been dutifully informed that I was 8th Brit woman, including the elites. It was an age grading of 94.8 per cent which would equate to a 2.22.35 if I was a senior, however I am not sure that makes me feel any better."

Gee improved her personal best by over five minutes and said: "the race went to plan, although the temptation to go off too fast with the championship men is enormous. I aimed to run 6.05 minute miles and, more or less, did that. I did back off the pace at 15 to 19 miles as I knew I was well ahead and had a bad patch but wanted to stay in front. I was a little cautious about my last 6 miles but picked up mentally in the last five."

Like Yamauchi, 2009 W50 winner Vicky Perry had trouble with getting to the start but retained her W50 title, for the second time, with 2:53:46 in her first race since last year's London and has now won five age group titles in a row, having previously won the W45s in 2006 & 2007.

"I am absolutely amazed as we were stuck in Iceland until Wednesday," said the 52-year-old. "I was not focused and I had written it off. I got to half-way (85:54) and was feeling comfortable at 6:35 pace and felt fine but, from 19 miles, my left quad tightened up slightly," added Perry.

"I don't really like the pressure of racing but I do like London as it is well organised," she added.



**Ian Crampton
won the M45
Group**

Ian Crampton (M45, 2:30:02) and Andy Clements (M50, 2:33:14) had solid victories as Ros Tabor won an age group for the first time by taking the over-60s in 3:24:05 before saying this could be her last marathon.

Chris Finill, the South of England M50 masters cross-country champion, was 17th in the M50 section but was fastest of the 'ever present' runners. Speaking before the start he told the BBC, with other 'ever-presents' around him: "I have been

quickest in recent years but we are all here to get through the race together."

M40

1 D Bilton 2:25:08; 2 N Cope 2:26:18; 3 S Vautier (FRA) 2:27:53; 4 A Weir 2:29:30; 5 W Lincoln 2:30:08; 6 K Richmond 2:31:41; 7 A Smalls 2:33:23; 8 J Berg (NOR) 2:34:35; 9 G Knight 2:35:14; 10 D Freeman 2:35:56; 11 D Rowlands 2:37:20; 12 J Herbert 2:37:34; 13 N Baker 2:37:38; 14 G Stewart 2:37:47; 15 S Stevens 2:37:50; 16 P Sankey 2:38:05; 17 P Chritchlow 2:38:19; 18 S Whiting 2:38:24; 19 N Davison 2:39:01; 20 D McCarter 2:39:09; 21 A Timmins 2:39:22; 22 L Passingham 2:39:22; 23 A Bardsley 2:39:39; 24 D Connor 2:39:58; 25 J Benson 2:40:03; 26 M Russell 2:40:22; 27 R Tuddenham 2:40:33; 28 G Chandler 2:40:39; 29 D Stone 2:40:41; 30 K Robertshaw 2:40:45; 31 P Guinan 2:40:47; 32 A Jackson 2:40:48; 33 C Lound 2:40:52; 34 Y Kimura (JPN) 2:41:16; 35 A Lyons 2:41:18; 36 S Herring 2:41:18; 37 P Payne 2:41:22; 38 A Gore 2:41:38; 39 N Thompson 2:41:40; 40 S Ketteridge 2:41:55; 41 A Green 2:42:03; 42 P Charlebois (CAN) 2:42:43; 43 A Buttery 2:42:49; 44 D Coales 2:42:50; 45 F Marsh 2:42:53; 46 S Morton 2:43:11; 47 S Nitschmann (GER) 2:43:12; 48 B Martin-Dye 2:43:25; 49 S Thomas 2:43:38; 50 C Hollinshead 2:43:41;

M45

1 I Crampton 2:30:02; 2 E Larripa (FRA) 2:33:02; 3 N Rackham 2:36:05; 4 R Downs 2:37:33; 5 M Hatton 2:38:58; 6 P Foster 2:39:42; 7 P Waby 2:39:43; 8 L Reilly 2:40:15; 9 M Croasdale 2:40:21; 10 G hedger 2:40:27; 11 L Boden 2:40:44; 12 P Stainer 2:41:23; 13 C Phelan 2:41:41; 14 M Woodman 2:42:13; 15 P Rose 2:42:40; 16 C Barrile (ITA) 2:42:45; 17 I James 2:43:05; 18 R Bentley 2:43:12; 19 G Hogg 2:43:22; 20 S Dobbs 2:43:28; 21 J Trelfa 2:44:18; 22 J Carr 2:45:07; 23 R Gornall 2:45:31; 24 P Simons 2:45:55; 25 S Cunningham 2:46:12; 26 S Watmough 2:46:13; 27 A Harrison 2:46:32; 28 G Gueret (FRA) 2:46:41; 29 P Redman 2:46:56; 30 R Bowker 2:47:34; 31 A Sly 2:47:42; 32 S Murtagh 2:47:54; 33 M Giles 2:48:13; 34 S Pettit 2:48:46; 35 P Swan 2:48:50; 36 M Powell 2:49:10; 37 G Evans 2:49:25; 38 I Pawluk 2:49:30; 39 K Boardman 2:49:39; 40 S Jones 2:49:59; 41 D Nittner 2:50:37; 42 G Astin 2:50:44; 43 K Duckworth 2:50:59; 44 J McMahon 2:51:11; 45 M Williams 2:51:13; 46 C Richards 2:51:18; 47 M Pittaway 2:51:23; 48 T Symons 2:51:24; 49 P Quine 2:51:29; 50 A Karnfalt 2:51:41

M50

1 A Clements 2:33:14; 2 G Payne 2:39:32; 3 H Zwintou 2:41:11; 4 G Hetherington 2:45:05; 5 D Clarke 2:45:45; 6 Stephen Smythe 2:46:06; 7 C Stephens 2:47:27; 8 R Burton 2:48:04; 9 P Teece 2:48:06; 10 M Bridgeland 2:48:54; 11 N Kinsey 2:49:11; 12 J Stephens 2:49:18; 13 A MacLachlan 2:49:24; 14 M Lambden 2:49:54; 15 S Davies 2:50:31; 16 T Vout 2:51:37; 17 C Finill 2:52:05; 18 T Coyle 2:52:19; 19 S Moffatt 2:52:31; 20 S Sheard 2:53:31; 21 T Zaranko 2:53:47; 22 M McGeogh 2:53:48; 23 W Thomas 2:53:57; 24 M Bond 2:54:02; 25 C Fuller 2:54:12; 26 J Hudspith 2:54:28; 27 M Ashby 2:54:30; 28 S Low 2:54:54; 29 C Loizou 2:54:54; 30 M Davis 2:55:13; 31 Steve Smythe 2:55:22; 32 J Nelson 2:56:01; 33 R Corsini 2:56:20; 34 K Purvis 2:57:15; 35 H Furuland (SWE) 2:57:38; 36 A Yates 2:57:53; 37 S Duddell 2:57:53; 38 I Brown 2:57:55; 39 G McPherson 2:58:05; 40 A Eastment 2:58:06; 41 G Doyle 2:58:12; 42 M Sedge 2:58:13; 43 H Garcia (ESP) 2:58:37; 44 I Pollard 2:58:48; 45 N Holding 2:59:01; 46 K Buxton 2:59:42; 47 G McClure 2:59:43; 48 P Perrin (FRA) 3:00:27; 49 S Buchan 3:00:28; 50 J Watson 3:00:42

M55

1 I Kitching 2:57:37; 2 S Shaw 2:52:02; 3 A di Somma (ITA) 2:52:07; 4 M Shield 2:54:37; 5 D Butler 2:54:53; 6 R Stanier 2:58:10; 7 M McCabe 2:58:55; 8 G Rayner 3:00:41; 9 D Brisco 3:00:57; 10 T Hunter 3:02:15; 11 C Clemerson 3:04:27; 12 W Hill 3:04:53; 13 A Sprules 3:05:24; 14 G McAllister 3:06:17; 15 S Russell 3:06:19; 16 J Skelton 3:06:27; 17 P Douglas 3:07:32; 18 M Warrick 3:08:23; 19 B Merron 3:09:01; 20 E Dorling 3:09:25; 21 K Hill 3:09:26; 22 I Richardson 3:09:47; 23 A Boast 3:09:48; 24 C Skerratt 3:11:10; 25 D King 3:12:31; 26 K Needs 3:12:33; 27 I Balto (NOR) 3:12:39; 28 B Milburn 3:12:42; 29 A Lillevik (SWE) 3:13:01; 30 D Hoddell 3:13:27

M60

1 R Thomas 2:55:04; 2 R Booth 2:58:56; 3 L O'Hare (IRE) 2:59:49; 4 J O'Reilly 3:00:20; 5 T Robertshaw 3:02:18; 6 P Sarson 3:05:06; 7 D Michael 3:05:34; 8 G Cumber 3:06:44; 9 J Bateman 3:07:28; 10 P Lockett 3:08:34; 11 N Scruton 3:08:35; 12 A Lewis 3:08:50; 13 S Dunford 3:11:24; 14 M McKenna 3:11:49; 15 D Alsop 3:12:11; 16 D Lupton 3:12:20; 17 A Watts 3:12:36; 18 J Tenant 3:16:05; 19 A Elsmere 3:16:14; 20 T Hodgson 3:16:48; 21 G Ball 3:16:51; 22 C Lawrie 3:17:31; 23 G Pomfret 3:18:43; 24 K Allen 3:18:54; 25 K Hull 3:20:11; 26 M Bardsley 3:20:24; 27 J Wrigglesworth 3:22:10; 28 T Welch 3:22:56; 29 R Pearson 3:22:58; 30 V Garner 3:24:13

M65

1 C Rathbone 3:05:51; 2 S Mann 3:10:23; 3 M Ford 3:10:50; 4 R Scott 3:20:10; 5 D Andrews 3:20:15; 6 B Jarvis 3:26:40; 7 R Van Hilst (NED) 3:28:23; 8 R Penrose 3:28:52; 9 O Downing 3:29:06; 10 E Huck 3:234:00; 11 A Bye 3:35:25; 12 J Kane 3:36:27; 13 B Mckey 3:39:01; 14 D Crook 3:39:36; 15 A Bent 3:42:02

MASTERS ATHLETICS SUMMER 2010

M70:

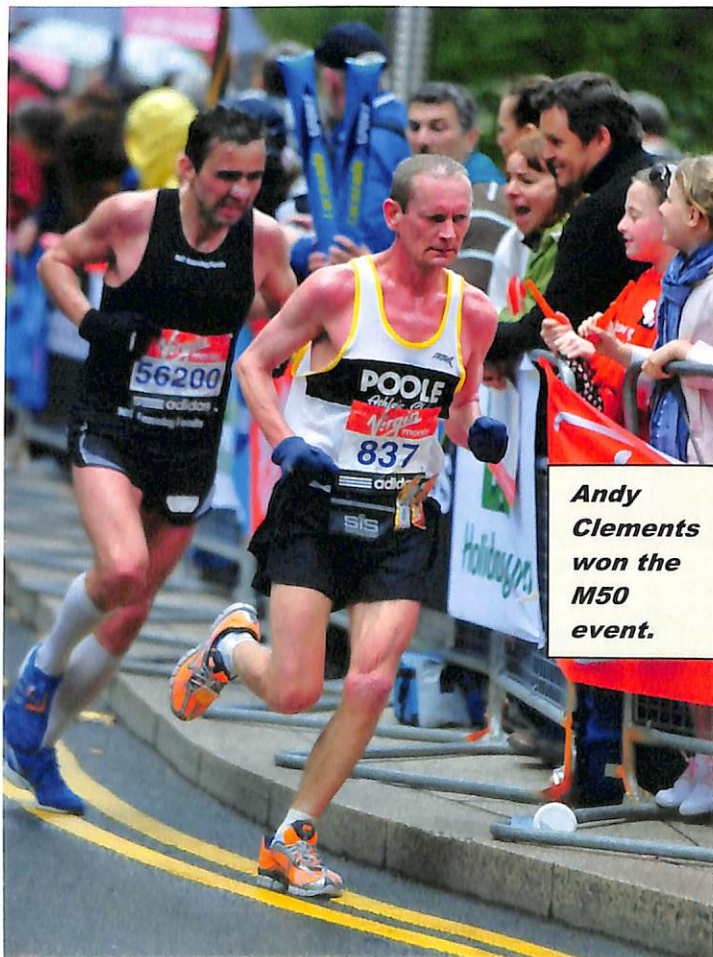
1 A Donoghue (IRL) 3:34:37; 2 M Coupe 3:43:42; 3 M Horwood 3:45:44; 4 W Vonier (SUI) 3:56:13; 5 D Earl 3:56:58; 6 R Griffin 3:57:08; 7 M Clarke 3:57:10; 8 J Langman 3:59:22

M75:

1 G Oliver 3:44:10; 2 F Makin 3:59:07

W40:

1 C Dita (ROM) 2:41:12; 2 R Johnson 2:57:14; 3 S Alvarez 2:57:25; 4 T Patmore 2:58:10; 5 A Long 2:58:42; 6 T Oldershaw 2:58:43; 7 C Wilkinson 2:58:54; 8 A Thomas 2:59:19; 9 S Watson 2:59:28; 10 K Rushton 3:01:27; 11 S Bailey 3:02:22; 12 S Baker 3:03:59; 13 C Leoni (ITA) 3:04:29; 14 S Maguire 3:05:01; 15 J Hesketh 3:05:43; 16 A Drasdo 3:06:12; 17 R Barker 3:06:42; 18 K Doyle 3:07:06; 19 J Lang 3:07:38; 20 K Bridge 3:08:10; 21 F Maycock 3:08:27; 22 A Devine 3:08:47; 23 Z Lowe 3:09:12; 24 C Sullivan 3:11:17; 25 T West 3:11:23; 26 M Darling 3:11:29; 27 A Troup 3:11:32; 28 S Sharp 3:11:45; 29 N Froud 3:12:05; 30 F Bugler 3:12:23; 31 H Evans 3:12:47; 32 K West 3:13:10; 33 M Hollinshead 3:14:03; 34 J Goorney 3:14:09; 35 E Storey 3:14:12; 36 J Lawton 3:14:36; 37 S Bignell 3:15:09; 38 A Wallace 3:15:22; 39 S Abate 3:15:22; 40 M Livingstone 3:15:33; 41 J Johnstone 3:16:13; 42 K Trinder 3:16:39; 43 H Wallington 3:17:29; 44 N Bourne 3:17:48; 45 M Bartlett 3:17:50; 46 F Bond 3:18:03; 47 P Adams 3:18:04; 48 L Hales 3:18:46; 49 C Howard 3:18:57; 50 D Hughes 3:19:11



**Andy
Clements
won the
M50
event.**

W45:

1 S Gee 2:40:06; 2 D Steer 2:56:01; 3 L Valliker 2:56:06; 4 J Moore 2:57:31; 5 M Synnott-Wells 3:04:48; 6 S Hawkins 3:06:27; 7 K Wright 3:06:36; 8 F Williams 3:08:04; 9 R Anderson 3:08:22; 10 C Hewitt 3:08:55; 11 J Taylor 3:10:24; 12 S Malir 3:10:49; 13 C Pauzers 3:11:23; 14 K Masson 3:11:36; 15 C Lawrence 3:12:56; 16 K Stephenson 3:13:01; 17 A Brownhill 3:13:25; 18 S Gannon 3:13:49; 19 T Hull 3:14:25; 20 R Bales 3:14:38; 21 C Heycock 3:14:54; 22 A Piotti (ITA) 3:15:02; 23 C Oakshott 3:16:00; 24 L Gettins 3:16:11; 25 E Gannon 3:16:22; 26 R Chinnery 3:16:22; 27 J Purchase 3:17:12; 28 D Hier 3:17:14; 29 J Bouley 3:17:38; 30 P Monnier 3:18:13; 31 H Young 3:18:25; 32 Y McGarry 3:18:46; 33 M Hetherington 3:19:11; 34 B Ganose 3:19:12; 35 S Carpenter 3:19:37; 36 D Roy 3:20:09; 37 D Loader 3:20:29; 38 S Kumlleben 3:20:36; 39 C Heaton 3:20:39; 40 S Woodward 3:20:39; 41 C John 3:21:22; 42 C Costiff 3:22:11; 43 D Chapman 3:22:40; 44 C Jay 3:23:01; 45 E Cotton 3:23:18; 46 P Hill 3:23:18; 47 A Davies 3:23:20; 48 J Criado (ESP) 3:23:28; 49 T Hemsall 3:23:48; 50 A Hill 3:24:05

W50:

1 V Perry 2:53:46; 2 F Ross-Russell 3:11:31; 3 A Sadler 3:16:20; 4 E Christie 3:18:33; 5 B Wenman 3:19:08; 6 S Green 3:19:09; 7 C Jones 3:19:21; 8 P Curtis 3:22:19; 9 A Meredith 3:23:04; 10 P Straw 3:23:55; 11 J Dobson 3:24:03; 12 J Webb 3:25:40; 13 F Skidmore 3:25:50; 14 F Cooke 3:25:53; 15 J Yale 3:27:20; 16 E O'Sullivan 3:27:56; 17 J Binns 3:28:06; 18 S Burns 3:29:23; 19 J Bradshaw 3:29:42; 20 A McGarvey 3:31:33; 21 C Davies 3:31:51; 22 A Hovden (NOR) 3:32:08; 23 H Fooks 3:32:17; 24 S Spong 3:32:31; 25 C Emery 3:32:37; 26 A Wilson 3:32:40; 27 N Mowatt 3:33:06; 28 J Curtiss 3:33:41; 29 K Bates 3:34:00; 30 S Colquhoun 3:34:05; 31 K Fooks 3:34:16; 32 H Johnson 3:34:40; 33 D Heydecker 3:35:29; 34 L Collinson 3:35:45; 35 B Nordin 3:35:51; 36 I Roehrich (GER) 3:36:58; 37 J Gibson 3:37:01; 38 J Nodder 3:37:14; 39 F Shenton 3:37:42; 40 L Hayes 3:37:45; 41 A Saunders 3:38:07; 42 D King 3:38:13; 43 J Robinson 3:38:24; 44 K Horsman 3:38:50; 45 N Bramley 3:39:10; 46 P Withers 3:39:18; 47 C Barker 3:40:36; 48 H Duke 3:40:38; 49 S Cox 3:41:03; 50 B Frago 3:41:22



**Sarah
Gee
top
W45**

W55:

1 S Musson 3:05:21; 2 L Rivas (CHN) 3:06:26; 3 K Hancock 3:18:08; 4 B Hickman 3:22:59; 5 M Nuytink (BEL) 3:23:54; 6 P White 3:24:34; 7 C Wright 3:25:33; 8 B Ralph 3:25:25; 9 J Radford 3:26:42; 10 C Horder 3:27:10; 11 C Steward 3:29:48; 12 R Edmondson 3:31:18; 13 A Ridell 3:31:19; 14 J Georghiou 3:31:49; 15 C Taylor 3:36:43; 16 G Harrison 3:38:14; 17 A Dougall 3:38:57; 18 E Metham 3:41:40; 19 C Cowley 3:42:38; 20 E Berrus (FRA) 3:44:22; 21 C Blamire 3:46:33; 22 M Picksley 3:46:53; 23 F Verrill 3:47:17; 24 M Vasseur (FRA) 3:48:16; 25 O Boes (BEL) 3:49:18; 26 I Mann 3:49:41; 27 L Brewis 3:49:45; 28 J Brown 3:51:07; 29 C Hillkirk (NOR) 3:51:26; 30 C Thorne 3:52:02; 31 J King 3:52:37; 32 H Neery 3:53:09; 33 S Dale 3:53:28; 34 S Hume 3:53:50; 35 C Jones 3:54:07; 36 M Walker 3:55:05; 37 M Hemsworth 3:55:21; 38 H Burkitt 3:56:31; 39 C Parkinson 3:58:02; 40 C Bondaroff (CAN) 3:58:31; 41 M Whitty 3:58:40; 42 F Kenden 3:59:16; 43 S Ball 3:59:32; 44 C Waddicor 4:00:06; 45 S Le Ruez 4:01:31

W60:

1 R Tabor 3:24:05; 2 P Payne 3:38:15; 3 J Miners 3:43:49; 4 K Williamson 3:44:47; 5 P Fenelon 3:47:41; 6 B Crandon 3:48:40; 7 S Marzaioli 3:51:50; 8 Y Mann 3:57:09; 9 P Lucas 3:57:42; 10 G Porter 3:58:54; 11 N Smith 3:59:15; 12 C Andersson-Skog 3:59:47; 13 J Conneely 4:00:07; 14 S Stewart 4:01:02; 15 M York 4:02:30; 16 G Hary 4:02:56; 17 M Moody 4:03:01; 18 P Lewis 4:05:26; 19 F Hair 4:06:35; 20 E Ronteltap (NED) 4:09:23; 21 J Horan 4:09:41; 22 B Arrequi (ESP) 4:10:41; 23 C Morgan 4:11:15; 24 A Foot 4:11:27; 25 A Bowles 4:12:12; 26 S Alves de Sousa 4:12:14; 27 M Bevan 4:12:27; 28 H Allen 4:13:00; 29 S Garner 4:16:07; 30 A Willbond 4:18:59

W65:

1 P Moss 3:52:36; 2 B Kinch 3:54:16; 3 G Little 3:57:01; 4 J Toepoel (NED) 3:59:06; 5 G Jackson 4:05:37; 6 S Lambert 4:05:44; 7 J Jenkins 4:05:53; 8 R Peck 4:11:02; 9 M Kirby 4:14:28; 10 C Wood 4:15:06; 11 M Livolsi (FRA) 4:16:07; 12 P Carroll 4:21:10; 13 M Summers 4:32:54; 14 G Thompson 4:38:46; 15 P Dorrell 4:40:14

W70:

1 R Bussell 4:06:01; 2 K Takei (JPN) 4:40:14; 3 A Collings 4:41:47; 4 E Draper 5:02:11; 5 J Wainwright 5:32:41; 6 J Watts 5:41:45; 7 P Seabrook 5:45:28; 8 R Anderson 5:59:41; 9 S Cook 6:02:19; 10 S Cannell 6:08:19

W75:

E Noble 5:48:44

W80:

I Barr 6:26:41

I did run as a youngster, but stopped running when at 18, and caught glandular fever. I was ill for several months and honestly thought it was too late to come back.

I started running again at 35. I had put on a bit too much weight after having the children and started jogging to lose it. For several weeks I went out running in the dark so nobody could see me. I eventually joined Aldridge Running club after meeting a few of their members out on runs.

In my first six month of running I broke my ankle out on a run on club night. I thought my running was over but several months later started again. At this point I was given a place in the London Marathon. This drove me to work hard and I completed my first marathon in 2hr.58 min just six months after returning to running a second time.

It was at this point I joined Birchfield Harriers. This was because I fancied having a go at some track running, which is what I had really enjoyed as a youngster. My first success just a few months after joining Birchfield was being part of their winning team in the National Road Relays. The previous year I had been just a spectator and was very proud not just to take part but to get my first National Gold Medal. Just a few months later I was also on the anchor leg for Birchfield to win gold in the Master's National Road Relays.



Other things that have made me proud are winning the 25th Snowdon Marathon. Two wins at 1500m and 3000m running for Great Britain in the Interland. My wins in the two Masters International cross countries. My win in the track 10k, at Bedford in appalling wind and rain. Then finally being selected to run for England in Denmark after getting my PB for half marathon in Bath of 75 min.

I can't honestly say what surface I enjoy running on the most. I love Cross County.

I have a great passion for running on the Track and Road running is pretty good too, hence I try it all. I also enjoy all distances from 400m to Marathon and have enjoyed successes in them all.

I will definitely have a go at Joyce Smith record. I think that would have gone if the weather conditions at Bedford had been better. As for the Euro Masters Champs I would love to have a shot at the 1500m and 3k titles but unfortunately the cost to get to these big Masters champs are too much.

My main motivation is to be as good as I can be before I'm too old to improve. My partner Patrick Kavanagh from Tipton has been amazing as he totally believes in me and has given up his running really to help me improve. Also my Coach of the last year Bud Baldaro has been brilliant. He also believes in me and has guided me in which races to choose so I reach my maximum potential.

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