HIGHLIGHTS INSIDE: P3 MILESTONES, P7 BVAF WALK CHAMPIONSHIPS, P8/9 RELAY PROSPECTS

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

Number 10 | The Newspaper of the British Veterans Athletic Federation | May/June 1989 £1.50

Controversy and broken records the ingredients at Kelvin Hall

Heads down for the start of a race at the Indoor Championships *photo: Jeremy Hemming*

Wilf Morgan gives a commentators-eye view from the BVAF Indoor Championships held at Kelvin Hall on March 26

THE INDOOR Championships in Glasgow on March 26 got off to a splendid start the evening before when officials, dignitaries and many athletes were treated to an unexpectedly lavish meal in the City Chambers, courtesy of Glasgow City Council.

However, the convivial mood did not extend from the Chambers to the Kelvin Hall for the start of the meeting. The unresolved question of Scottish pro-vets had reared its head and there was a whiff of gunpowder in the air as Henry Muchamore took to the barricades, regaling as many as would give him time of his view that we were all vets together and nobody should be excluded. Apparently the entries of the pro's had been accepted but they were not allowed to collect their numbers.

The first bit of drama occurred at the start of the first heat of the M40 60m. George McNeil appeared on the line sans number. None of the race officials seemed to notice. But there were two false starts and after the second one the marksman saw that George, a pro-celebrity, was improperly dressed and called in the starter. They converged on him and he spread his arms in a, 'Me no understand, they wouldn't give one' sort of gesture. The perplexed starter was then informed that George was on the programme as no 203, so he solved the impasse by writing the number on a card. George stuck it on and the lads got down for a third time. Another false start. At that point one half expected a hastily called meeting would rule George out of order. No, we were saved. They got away at the fourth time of asking with McNeil winning from Webber, last year's champion.

We were off and running and the first performance of note came from a Scot, 61-year-old Ian Steedman in the 60m hurdles. He looked really sharp as he returned 10.1 to better the previous world best by .5. The consensus of opinion said the centre track was faster than the one at Cosford, affording plenty of bounce.

The sprint finals were keenly contested affairs. The most competitive was the M45 in which Brian Green and Ian Foster equalled the world best: 7.3. Green won narrowly, appearing to collect a slight hamstring pull just short of the line. Although not displaying the sharp muscle definition of previous years, with his short staccato stride he still looks very powerful.

McNeil won the M40 but was given a good race by Townley and Webber. Townley was also second to Roger Walters, a new vet from Wolverhampton, in the 200m. Foster's form in winning the M45 200m was quite a revelation. A regular competitor on the vet scene, he has never looked better and a victory over John Henson must have been particularly satisfying.

Exciting 800

The M40 800m final promised to be one of the best races of the meeting. Bell and Peel were in opposition again. Roper was missing. But Pete Browne, a GB international from TVH, was making his first appearance in a BVAF Championship and likely to show up well.

The first lap was a loosener, they eased round in 31, then Peel upped the tempo producing a 28.5 second lap. That seemed to be fast enough but Bell decided he wanted the lead and moved to the front at 400m. Peel appeared to lose concentration, or interest. Browne moved in behind Bell and the battle was

Continued on page 12

INDOOR WORLD RECORDS AT KELVIN

60m M45 B.Green, I.Foster 7.3=, W50 U.Gore 8.8; **200m** M45 I.Foster 23.5=, W50 U.Gore 29.6, W60 J.Ogden 31.6; **400m** W40 A.McDonald 62.4, W45 M.Hocknell 63.9; **800m** M65 J.Todd 2:35.4, M75 D.Morrison 2:53.1; **1500m** M60 W.Marshall 4:49.5, M65 J.Todd 5:11.3; **3000m** M60 W.Marshall 10:18.6, M75 G.Porteous 13:08.2; **60mH** M40 L.Bovell 8.9=, M45 B.Ferguson 9.1, M60 I.Steedman 10.1, W45 P.McNab 9.9=, W55 R.Chrimes 11.1; **2000mW** M40 R.Care 8:39.9, W60 **M.Worth** 11:02.5; **HJ** W55 R.Chrimes 1.35; **TJ** W55 R.Chrimes 8.57, W65 M.Wixey 6.66; **Shot** W55 R.Chrimes 12.04.

INTERNATIONAL CROSS-COUNTRY HAS BIG SPONSOR

MAJOR sponsorship has been found for this year's International Veterans Cross-country and Howard Darbon, the organiser, is looking forward to a major launch in the coming months. The event was initiated by Wrexham's Ron Bell last year and was a terrific success. This year it is being organised by Darbon with Bedford and County AC and it will be run in conjunction with the Ampthill Trophy meeting, an annual event of long standing, on Sunday, November 5.

The Chairman of the BVAF has previously expressed a hope that with major sponsorship it might be possible to extend the number of participants. It looks like this year that may well be possible. More details will be in Issue 11 of Veteran Athletics.

CONVINCING WINNERS AT SILKSWORTH

Medal winners

M40 1. A.Holden (Tipton) 30:27
2. C.Youngson (Aberdeen) 30:39
3. B.Emmerson (Teviot) 30:52

M45 1. B.Little (Bolton) 31:21
2. L.Presland (A&F) 31:44
3. A.Adams (Dumbar) 32:08

M50 1. T.Davies (A&F) 32:17
2. S.James (S.Wat) 32:32
3. E.Isaacs (Wirral) 32:59

M55 1. G.Spink (Bingley) 33:57
2. N.Newnham (Chess) 34:41
3. E.Appleby (Heaton) 34:58

M60 1. R.Peart (Elswick) 36:07
2. R.Franklin (TVH) 37:49
3. E.Nichols (Bromsgr) 38.00

M65 1. R.Fernyhough (Miche) 39:27
2. J.Fraser (Ordbys) 40:36
3. J.Johnston (Coquet) 41:21

M70 1. D.Morrison (Shettl) 44:47
2. R.Jackson (Salf.H) 52:29
3. J.Selby (CovGod) 55:24

W35 1. M.Palmer (Westb) 18:25
2. L.Taylor (Chess) 19:12
3. K.Musson (Border) 19:21

W40 1. P.Gallagher (Westb) 19:07
2. E.Adams (SlnA) 19:43
3. L.Cliff (HolmeP) 20:23

W45 1. J.Beckford (NAycl) 19:46
2. I Hornsey (CamCol) 21:53
3. A.Nally (Altr) 21:59

W50 1. L.Smal (Horwich) 22:11
2. V.Robson (Gatesh) 24:47
3. B.Smith (Ketter) 25:05

W60 1. M.Shone (Altr) 26:43

In their first ever BVAF-championship promotion, NEVAC staged a very professional cross-country for the BVAF Nationals at Silksworth on March 12. For the three races, Men 40-49 and 50+ and women, the pre-race favourites justified their mantle and ran out convincing winners in Andy Holden, Taff Davies and Marilyn Palmer. MARTIN DUFF of ATHLETICS WEEKLY reports.

SURPRISINGLY neither Tony Simmons, winner at Wrexham, nor Alun Roper, winner for the two previous years, turned out for the Men 40-49 race despite being entered, but Tipton's Andy Holden, 77th in the English National, was on hand. With the start being mainly downhill, the pace was fast and furious from the gun. Responsible were the Scottish pair of Brian Emmerson and rival and runner-up last year, Colin Youngson.

There have been some harsh words apparently north of the border between these two and it was Youngson who forced the pace. Holden, with 12 successive National team medals in as many years (six of them gold!), soon made contact and these three drew clear of the chasing bunch of David Robinson, Brian O'Neill, Ken Woodhouse, Peter Hyde, Tony Edwards, Charles McDougal, Bob Firth, Ken Lowther and Ben Grant. A few yards back, Les Presland and Brian Little were battling for the O45 title.

Bolton, one of the team favourites, was headed by Aldershot who, confident of success, ran Tecwyn (Taff) Davies in the O50 race.

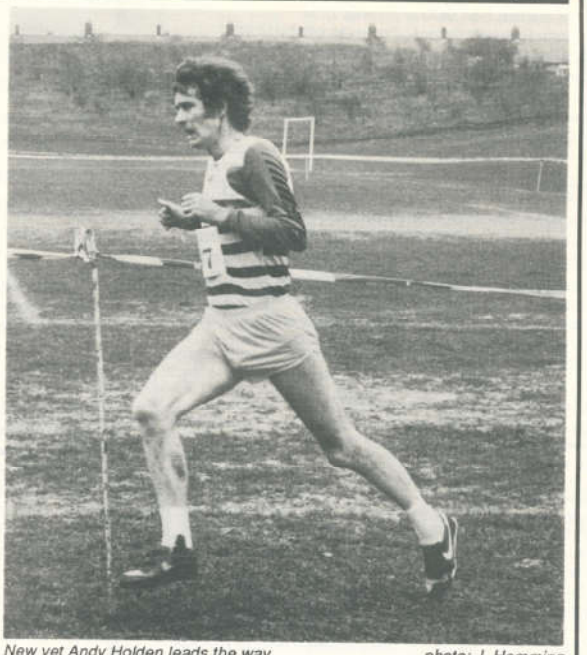
Holden, content to sit behind the Scots, tested them out on the back of the course, eventually going clear on the uphill behind the ski slope. 'I knew I was running stronger on the hills,' said the Tipton Dentist after the race, adding, 'I got a safe cushion, but it's been a long time since I've been in a position to win a race'.

In the event, Emmerson had tailed off on the hills so that at four miles, Holden enjoyed ten yards on Youngson, with rival Emmerson 30 yards further back, but a safe third ahead of O'Neill, who was now leading Aldershot to victory.

Controlling the race perfectly from the front, Holden extended his lead on the first circuit to win by twelve seconds from a jubilant Youngson, who was more than pleased to head Emmerson. He now has three BVAF runner up medals (in last year's cross-country and the half marathon). O'Neill, despite closing, had to settle for fourth, a one place improvement on last year, but at least he cannot complain of being the perennial third man (Bruges, Welwyn and Oswestry in 1988!)

Grant came through well for fifth

Continued on page 3



New vet Andy Holden leads the way *photo: J. Hemming*

Your Own Copy

Want to get your own copy of VETERAN ATHLETICS? Join a vets club — see page 2 for list of secretaries of affiliated clubs.

Next Track & Field Champs go to the Scots

AT THE full BVAF Council meeting held March 5 at Birmingham, the Track and Field Championships 1990 were awarded to Scotland.

Full Council report P5

BVAF BANS KIRKUP FOR ONE YEAR

BARNSLEY Road Runner's Eddie Kirkup, has been suspended from veteran championships for one year for falsifying his age. Kirkup has been running as an O60 since last summer but in fact he will not turn 60 until July 12.

In an earlier instance an athlete was banned for two years for blatant falsification of age. In Kirkup's case the BVAF decided to halve their original two year suspension proposal because it is felt he may genuinely be confused about the year of his birth.

Medal winners in the three championships affected by the BVAF's action are promoted as follows: AAA Veterans Half-marathon Champs: 1 M.Jones (Birchfield), 2 D.Yeabsley (Woking), 3 D.Blois (Basildon); BVAF 10K Champs: 1 B.Peart (Elswick), 2 M.Jones, 3 J.Fraser (O & Wigston). BVAF National Cross-country Champs: 1 B.Peart, 2 R.Franklin (TVH), 3 E.Nichols (Bromsgrove).

Bigger draw prizes

AS MORE people are joining in the Grand Prize Draw so the amount of the prize goes up. And of course, there's still a good chance to pick up one of the five consolation prizes.

The March prize, which is now the grand total of £70, was won by the MVAC. Patricia Stanley of New Jersey won the February Draw of £50.

See P5 for other prize winners

VETERAN ATHLETICS Vol 1 No 10

Editorial Team: Sarah Cawkwell, Jack Fitzgerald, Jeremy Hemming, Sylvester Stein, H C Taylor
Contributors: Dr J Nixon, E A Caldwell, H C Taylor, W Morgan, M Duff, Alastair Aitken, Bridget Cushen, Barbara Dunsford, Eric Austin
Printer: RAP Limited, Rochdale
Advertising: Jack Fitzgerald tel 01-250 1881
Production: Sarah Cawkwell, Jeremy Hemming
Typesetting/layout: Mr & Mrs Morton's Publishing Services tel 01-290 5155
Publisher: Sylvester Stein
Subscription Rates: £10 per annum (6 issues)
Veteran Athletics is an official publication of the British Veterans Athletic Federation and of the World Association of Veteran Athletes. The editorial policy is not, unless otherwise stated, that of the BVAF and WAVA. Unsolicited material for publication in Veteran Athletics is welcomed, preferably typed double spaced. However, legible handwritten copy will be accepted. If you desire return of photographs and/or editorial please enclose stamped addressed envelope. Veteran Athletics accepts no responsibility for loss or damaged material. All correspondence will be acknowledged in the letters column at the editorial committee's discretion.
This newspaper is mailed to BVAF Registered Athletes at home addresses supplied by Area Secretaries.
Advertising/Contributions should be sent to
Veteran Athletics, 67-71 Goswell Road, London EC1V 7EN.

BRITISH VETERANS ATHLETIC FEDERATION

67-71 Goswell Road, London EC1V 7EN Telephone: 01-250 1881 Fax: 01-251 6556

Life Vice Presidents: Jack Fitzgerald, George Phipps, Sylvester Stein
Chairman: H C (Bill) Taylor, 17 Poplar Farm Close, Milton-u-Wychwood, Oxford OX7 6LX
Vice-Chairman: Ruth Allcock, Stoke Grove Farmhouse, Stoke Mandeville, Aylesbury, Bucks
General Secretary: Martin Duff, Bridge Cottage, Stonebridge, Dorking, Surrey RH5 4DN
Asst Gen Sec (Championships): Mike Wrenn, 114 Clapgate Lane, Bartley Green B32 3DH
Treasurer: Keith Whitaker, Leeming Barn, Thornthwaite, Harrogate HG3 2QU
Trophy Secretary: Ursula Trevett, 20 Loewy Crescent, Parkstone, Poole BH12 4PQ
Overseas Entries Coordinator: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU tel 01-422 7157
Administrative Officer: Jack Fitzgerald, 67-71 Goswell Road, London EC1V 7EN

Secretaries of Affiliated Clubs

Eastern (General): E C Butcher, 26 Rycroft Avenue, Deeping St James, Peterborough PE6 8NT tel 0778-345062; (Membership): H Barnfather, 6 St Audrey Close, St Ives, Huntingdon PE17 4NP tel 0480-61433
Isle of Man: J Grimson, Laburnum Cottage, Main Road, Kirk Michael, IOM tel 0624-87202
Midlands: E C Nicholls, "Rainbow Cottage", 15 Meadow Lane, Alvechurch B48 7LH
Northern: A Walsham, 21 Thornfield Road, Heaton Moor, Stockport, Cheshire SK4 3LD tel 061-432 7586
North East: R Peart, 11 Dipton Road, Whitley Bay, Tyne & Wear NE25 9UH tel 091-252 4263
Northern Ireland: E McAvoy, 71a Colinward Avenue, Newtonabbey, Co Antrim tel 02312-6003
Scotland (General): A Muir, 1 Graham Avenue, East Kilbride tel 03552-21059; (Membership): D Wilmoth, 49 Waterside Road, Kirkintilloch G66 3QW tel 041-776 4941
Southern (Membership): J G Green, 12 Hotspur Road, Northolt, Middlesex; (General): Mrs B Dunsford, 71 Hillside Crescent, South Harrow HA2 0QU tel 01-422 7157
South West: D G Lord, 311 Bournemouth Road, Parkstone, Poole Dorset BH14 9AL
Veterans AC (Membership): P Blencowe, 17 Elms Crescent, London SW4 8AE tel 01-622 6093; (General): P J Harvey, 8 Abbotsbury Road, Morden, Surrey tel (business) 01-640 7520
Welsh: D Williams, 1 Powys Gardens, Dinas Powis, South Glamorgan tel 0222 514267; (Membership): J O'Brien, 63 Penllyn Cwmavon, Port Talbot tel 0639-896615

WORLD ASSOCIATION OF VETERAN ATHLETES

(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

President: Cesare Beccalli, IMITT, Via Martinetti 7, 20147 Milano, Italy. **Executive Vice-President:** Mrs Peg Smith, PO67, Williamstown 3016, Australia. **Vice President (Road):** Clem Green, 46 Hargreaves Street, Wellington 2, New Zealand. **Vice President (T&F):** Bob Fine, 4223 Palm Forest Drive, Delray Beach, Florida 33445, USA. **Secretary:** Alastair Lynn, 161 Harrison Drive, Newmarket, Ontario L3Y 6B8, Canada. **Treasurer:** Al Sheahen, PO Box 2372, Van Nuys, California 91404, USA. **Women's Delegate:** Bridget Cushen, 156 Mitcham Road, West Croydon CR0 3JE

Area Delegates

North America: David Pain, 5643 Campinile Way, San Diego, CA 92115, USA. **South America:** Juan Kulzer, Estrada 3429 Olivos (1636), Buenos Aires, Republic of Argentine. **Europe:** Hans Axmann, Eichendorffstrasse 2C, D-8800 Ansbach, Fed. Repub. Germany. **Oceania:** Jim A Blair, PO Box 2910, Postal Centre, Wellington, New Zealand. **Asia:** Contact Secretary **Africa:** Contact President

NOTICEBOARD

GB has a voice on the newly constituted WAVA - NON STADIA COMMITTEE. Ideas are exchanged by correspondence with a meeting at the WAVA Championships. Bob Dobson, race-walker, is Britain's representative and is looking for ideas, views, gripes or grumbles from walkers and runners that he can take to the Committee. These should be sent to Bob Dobson at 2 Lodge Close, Lisvane, Cardiff CF4 5UL.

The committee is made up as follows: Chair: Clem Green (NZ); Cross-country and Road Running reps: Joan Ullyot (USA), Carlos Mocskos (Argentina), Jacques Serruys (Belgium), Takayoshi Koto (Japan), Gusthelm Schabitz (W.Germany), Ed Kousky (Eugene VIII Wava games). Race Walking reps: Paula Kash (USA), Murray Dickinson (Aus), Bob Dobson (GB).

"TOO THIN TO WIN"

A limited number of copies of this well research and documented booklet on eating disorders in young female athletes are available. If you are coaching and would like a free copy, please send a 12 x 9" 30p SAE to Bridget Cushen, 156 Mitcham Road, West Croydon, Surrey, CRO 3JE.

IF YOU are receiving more than one copy of Veteran Athletics — please accept our apologies. It will be because you belong to more than one BVAF affiliated club. Can we ask you to pass it on to a prospective vet member?

THE ROCKFORT BVAF 19TH NATIONAL TRACK & FIELD CHAMPIONSHIPS

PALMERS PARK STADIUM — READING BERKSHIRE

8TH & 9TH JULY 1989

UNDER A.A.A. W.A.A.A. R.W.A. & W.A.V.A LAWS
ORGANISED BY THE VETERANS ATHLETIC CLUB

ROCKFORT GROUP PLC

PROVISIONAL TIMETABLE OF EVENTS
(ALL IN 5 YEAR AGE GROUP CATEGORIES) IF HEATS ARE NOT REQUIRED FINAL WILL BE HELD AT TIME SHOWN FOR HEATS.

SATURDAY

10.30	400M HURDLES	(M&W) FINALS
	300M HURDLES	(Wo/50) "
	300M HURDLES	(Mo/50) "
11.00	100M	(M&W) HEATS
11.50	1500M	(MEN) HEATS
12.40	100M	(M&W) FINALS
13.10	3,000M WALK	(MEN) FINAL
13.40	1500M	(M&W) FINALS
14.05	400M	(MEN) HEATS
15.00	5,000M	M60+W35+ FINALS
15.30	5,000M	M40-44 FINAL
16.00	5,000M	M45-49 FINAL
16.30	5,000M	M50-59 FINAL
17.00	400M	FINALS
10.30	HAMMER	(M&W)
11.00	HIGH JUMP	(WOMEN)
11.30	POLE VAULT	
12.00	DISCUS	(WOMEN)
14.00	"	(MEN)
16.00	SHOT	(WOMEN)
16.00	HIGH JUMP	(MEN)
18.00	AGM	

SUNDAY

10.00	2,000M S/CHASE	(Mo/60) FINALS
	3,000M S/CHASE	(MEN) FINALS
10.30	(3,000 WALK(WOMEN) FINALS	
HELD	(	
TOGETHER	(5,000 WALK	(MEN) FINALS
11.10	800M	(MEN) HEATS
11.35	200M	(M&W) HEATS
12.30	110M HURDLES	FINALS
	100M HURDLES	(W/35) "
	100M HURDLES	(M60/65) "
	80M HURDLES	(W40+) "
	80M HURDLES	(M70+) "
13.20	10,000M	(M50-59) "
14.05	800M	(M&W) FINAL
14.35	200M	(M&W) FINAL
15.05	10,000M	(M40-49)FINAL
15.50	10,000M	(M60+W35+) "
10.30	JAVELIN	(MEN)
12.30	LONG JUMP	(MEN)
14.30	TRIPLE JUMP	(M&W)
	JAVELIN	(WOMEN)
15.30	LONG JUMP	(WOMEN)
	SHOT	(MEN)

AGE GROUPS MAY BE COMBINED BUT AWARDS WILL BE GIVEN IN ACCORDANCE WITH THE B.V.A.F. GUIDELINES

CHAMPIONSHIP ENTRY FORM, PLEASE USE CAPITAL LETTERS

SURNAME_____CHRISTIAN NAMES_____M/F

ADDRESS_____

_____POST CODE_____

DATE OF BIRTH_____AGE GROUP AS AT 8/9 JULY 1989_____

VETERAN CLUB_____VET NUMBER_____

1ST CLAIM CLUB_____

EVENTS ENTERED_____

ENTRY FEE £2.00 FIRST EVENT £1.00 EACH FURTHER EVENT

I ENCLOSE CHEQUE/P.O. CROSSED AND PAYABLE TO THE VETERANS ATHLETIC CLUB FOR THE SUM OF £_____

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Rockfort B.V.A.F. 19th Veterans T & F Championships.

Signed_____Date_____

Entries to Mr Les Brown, 55 Middle Lane, London N8 8PE. Tel. 01 340 5623
Closing date Saturday 10th June 1989. Late entries will not be accepted. Send 9x6 SAE for acknowledgement of entry, information on:

❑ Accommodation ❑ Public Transport ❑ Map of area ❑ Travel Directions

It would be appreciated if entrants would supply the following information (for seeding in the heats)

EVENT	BEST PERFORMANCE 1987/8	PERSONAL BEST AND YEAR

For publicity at the Championships have you any World, European, National or County honours?

ACHIEVEMENTS IN ANY SPORT. PRE VET?_____

AS A VET?_____

Thank you for your help
Have an enjoyable and successful championship.

MILESTONES

BELL AND BOIT DO DOUBLE BATTLE

The world veterans indoor mile record fell twice in seven days in February as Britain's Ron Bell hammered it to 4:17.88 and then a week later Mike Boit of Kenya pushed it down to 4:15.88.

MIKE Boit and Ron Bell competed against each other in two meets held a week apart. The two took turns to smash Albin Swenson's two-year-old mark of 4:18.25 — first in New York and then in New Jersey. Their efforts renewed interest in a wide-open race to become the first O40 runner to crack the four minute mile barrier.

The first confrontation was at the Panasonic Millrose Games in Madison Square Garden on February 3. The start was slow with Byron Dyce leading. With six laps to go Boit went to the front. Bell then had to decide what to do. 'I decided to run my own race at my own pace. At two laps to go I could feel my knees start to buckle a bit 20 yards off the pace. But I put in a kick and caught him 20 yards from the line. The final lap was 62.0.' The capacity crowd of 20,000 were shouting wildly.

Dyce was third in 4:20.60, Al Swenson was fourth in 4:23.82. Also running was Jim Ryun, once the world mile record holder, who came in seventh and last. He had to push hard in the last quarter to avoid being lapped. Bell, as a lad, had always dreamt of running against Ryun and was sad to see him run as bad as that.

THE RETURN MATCH

Boit was eager to get back on the boards and entered the Runners World Vitalis meet at Meadowlands on February 10. Bell was persuaded to fly back from Britain for a return match.

Bell, in a surprising change of strategy, set the pace despite having been sick the night before. He took the nine-man field through quarters of 61.6, 2:07 and 3:14. Dyce and Boit kept close. After passing the three-quarters mark, Dyce bolted to the lead and Boit went with him, then passed him, blazing a 60 second final quarter to win. Dyce, second, clocked 4:16.39 and Swenson was third in 4:18.75. Bell faded to fifth with a time of 4:19.96.

Bell believes that if Wilson Waigwa can prove his age he will be the one to break that four minute barrier.

Ron Bell No 1?

Marilyn Palmer, the women's champion at Silksworth Photo: J. Hemming

CONVINCING WINNERS

Continued from page 1

ahead of Woodhouse, Edwards and Little who had 20 seconds in hand on Presland (now 49) in the O45s. Alan Adams was third O45. Mick Woods (18th) and Dave Rogers (28th) joined Presland and O'Neill in the winning Aldershot team.

Since his stupendous autumn season, Tecwyn (Taff) Davies has had a series of minor injuries that only allowed him to race for the first time this year a week before Silksworth. Thus it was a cautious world record holder who tucked in behind 1988 winners Steve James and Ted Isaacs on the first lap of the M50+ race.

At the end of that circuit, these three were clear leaders ahead of Alan Griffiths, Walter Ryder, Gerry Spink (leading the M55) and Ron Gomez. The pale vests of local club Heaton were packing well inside the first twenty and looked, even at this early stage, to have the team race sewn up. Davies broke to the front on a steep descent at two and a half miles but the Welshman did not go clear until nearly four miles. He had twenty yards on James at that stage and Isaacs was a further 30 yards down.

By the finish, the gaps had widened and Davies was acclaimed the M50 victor over James and Isaacs. 'I felt very bad all the way through' said the Aldershot man, 'Perhaps I should have blasted it from the start'. Ryder just got the better of Griffiths as Gomez completed the half dozen. Spink collected the M55 gold ahead of Neville Newnham and Eric Appleby with Alan Hughes fourth.

With Eddie Kirkup banned for falsifying his age, local organiser Bob Peart won the O60s with Ron Franklin back in the medals again in second. Third was Edgar Nichols, who raced barefoot over the Silksworth slagheaps!

Reg Fernyhough was nearly a minute clear of John Fraser in the M65s with James Johnson third, David Morrisson took the M70 title.

With Southern Veterans Winner Celia Duncan not entering in time, it was left to the Westbury pair of Marilyn Palmer (W35) and Pat Gallagher (W40) to set the pace in the women's race. Palmer particularly had been in fine form all winter, she had placed eighth in the Midland Women's Cross-country followed by 29th in the National, so it was no surprise that she headed the field after the first short lap.

Gallagher lay second at that time as Lesley Taylor, Diane Marsh, Doris Trueman, Kath Musson and Judy Allison were strung out behind. Thirty-eight year old Palmer significantly extended her lead on the full large lap to the finish, over forty seconds clear of Gallagher who took the W40 title. Taylor and Musson collected the minor W35 medals ahead of Barnsley 10K runner-up Doris Trueman, who led Royal Sutton Coldfield to an unexpected team win. They were later to offer a trophy for the women's race.

Eleanor Adams, for whom three and a quarter miles is a mere interruption to her ultra training, got up to seventh and second W40, just ahead of Julie Beckford who was an easy W45 trophy winner.

Lola Small (W55) was awarded the over 50 perpetual cup ahead of Sue Barr who won the W50 trophy, whilst Monica Shone took the W60s.

BELL'S OUTDOOR RECORD GOES TOO

RUNNING in 35 C heat on the excellent Melbourne track on December 15, 1988, 41-year-old Tony Murray from Sydney ran a solo electronically timed 4:12.56 mile to erase Bell's 4:12.58 from the record books. In a small field of eight in the prestigious Wal Sheppard Memorial Masters Mile, Murray led from the gun setting a blistering pace. Afterwards he admitted he was not particularly troubled by the heat but his splits were 'all over the place' and without any pacing help he lost vital concentration. He felt he would have done better had he been more consistent. Exactly one month earlier in Canberra he clocked 4:13.03 behind Olympian Andrew Lloyd. Murray has now embarked on serious training for Eugene.

World Indoor Records Update from Canada

60m **M80** Blain Till 10.2
200m **M80** Blain Till 37.0
400m **W50** Anne Van Der Vleuten 74.5
400m **M55** Earl Fee 56.7
800m **W55** Jean Horne 2:50.1
1500m **W55** Jean Horne 5:41.9
3000m Walk **M80** Art Keay 26:29.9
3000m Walk **M50** Jaan Roos 14:10.5
Triple Jump **W45** Audrey Hiemstra 8.63
High Jump **W40** Liz McBlain 1.55

WAIGWA RUNS SENSATIONAL 1500m

Kenyan Olympian Wilson Waigwa ran a sensational 3:50.42 for 1500m in San Diego on March 4. Waigwa's time is the equivalent of 4:08.58 for the mile.

Waigwa claims to have turned 40 on February 15, but this has yet to be confirmed.

OVERSEAS NEWS

■ **GORDON PIRIE**, now 57, made a guest appearance on January 29 at the Albert Gold Coast Track and Field Championships at Queensland. He was more successful from an interest angle than an athletic one as he trailed most of the M55 1500m field in 5:44.4.

■ **HEATHER DOHERTY** former W50 Javelin World record holder and winner of the title in Melbourne 1987 set new W55 world figures of 40.10 at Brisbane on January 7. At Queensland she had to be content with 34m in her speciality but also won the W55 Shot and Discus with 9.51 and 27.90. She also holds the Australian Hammer record with 28.96.

■ **WENDY EY**, Australian 100m and 200m W45 World Record holder, has moved into the W50 age category.

■ **RUTH ANDERSON**, the American marathoner, turns 60 on the opening date of Eugene.

■ **LASSE VIREN** turns 40 on July 22 and is apparently serious about his marathon prospects as a vet. Lasse's best ever time is 2:13.10 when he finished fifth in the Montreal Olympics after striking gold at 5000m and 10,000m. His coach, the self-named 'Wild Man' Eino, rules out a sub 2:13 as a vet but thinks 2:20 a distinct possibility.

■ **TONY MURRAY** of Canberra emerges as possible 1500m M40 favourite with his new mile record, but it would be a brave man who forecasts the finishing order in the final at Eugene with Mike Boit, Byron Dyce, Ron Bell and a certain Jim Ryun among the probable starters.

■ **LEE EVANS**, former World 400m Record holder — for 20 years — ran an impressive 51.6 indoors on February 10 at the Meadowlands invitational meet.

■ **JOHN CAMPBELL** of New Zealand ran 29:25 in the Azalea Trail 10K in Alabama on March 19. It is a new, unofficial world 10K road record. Shel Cowles (GB) was second.

Did You Know?

Alastair Aitken has researched some facts about some Silksworth runners.

MARILYN PALMER, W35 winner, was 38 on March 1. She is a mother of three aged 13, 11 and 4. One of her outstanding runs was coming third in the English Schools Cross-country Championships at 16.

PAT GALLAGHER, W40 winner, and Marilyn Palmer were part of the Westbury team that finished third in the Women's National Cross-country in 1967.

KATHY MUSSON, third O35, is the sister of Andy Holden. Kathy was Northern 3000m Champion in 1976.

DORIS TRUEMAN, W35, was fourth in the European Triathlon Championship in Venice last September.

ELEANOR ADAMS, second W40, currently holds nine ultra distance World records and two weeks after the National she intended to run 100K race having only a few weeks before done the 24 hour event. When Eleanor was 31 she was an 800/1500 runner: 'I love the Ultra distance running and the people are so very friendly more than in any other event.'

TAFF DAVIES, M50 winner, has won the M40 National title five times.

STEVE JAMES, second O50, was National Junior Cross-country and Senior Inter-counties 3 miles track Champion back in 1959.

DAVID MORRISON of Shettleston Harriers was the O70 and O75 winner. He was 75 on December 19 and retired as a radio engineer at 63. He runs betwen 35 and 45 miles per week.

ANDY HOLDEN, M40 champion, turned 40 last October. He came into the National Vets Cross-country with an impressive record over road/track/country as an international. He has three dental practices but is in the process of selling one of them.

BRIAN EMMERSON, third M40, was 23rd in the Scottish National Championships. He has run six races in the last seven weeks which included a 30:31 10K on the road.

FUNNY RUNNING

Medal Mad

IT'S ALL different now, I can tell you. When I was at school at the end of Hackford Road in Brixton, only the lucky few got medals and prizes. I mean, I was pretty quick — don't forget that 100m in ten seconds from the wall of the cloakroom to the girls' lavvie and back through the bike shed — but on the day something always went wrong.

My swimming trunks were too tight in the 100yds under 15 when I ran in the sports at Strand School. I got bad stomach cramp in the under 16 mile for fourth place and then fell into Beverley Brook on Wimbledon Common for fourth in the Senior School cross-country race. Lost interest in athletics until I saw that first London Marathon and noticed that they all won a smashing little medal. Did you see those dolly girls giving them out, a quick peck on the cheek and medal and ribbon around the neck?

I saw that medal and thought that it was a great idea and, more importantly, EVERYBODY got one. Even the old and infirm and strange at the back of the field. EVERYBODY got one. I've been a bit of a collector all my life, cheesecake receipts, press cuttings on earnings in the National Health Service and railway time tables, things like that and here was my first opportunity to collect MEDALS. To get a decent collection together.

I started to run twice a week, just two or three miles each time and then entered for a local Charity half-marathon. It was agony, something went wrong on the day. I got the old stomach cramp and my legs were solid after five miles. I finished in just inside three hours and got my first medal. Mind you, the official party had gone home and I had to find them all in the tea tent. We soon got things sorted out and I had my first medal. Then another thought struck me. Have it engraved. After all the front said which race it was but if I lost it nobody would know who it belonged to. So, I got my full name engraved on the back — or obverse as the engravers call it. Did not cost too much.

And, so my collection started. In one year I got medals from sixteen marathons, twenty ten milers, fifteen half marathons and a five mile race around the local park arranged by a play group to raise funds for a Wendy House. I finished as close-up seventh in that one.

FULL OF CHARACTER AND STRENGTH

Being a thinking man, I started to get a few more details engraved on the obverse and around the rim. They look so nice in their mahogany, glass-fronted case. But I digress, I soon got round to little messages like 'good run', 'personal best', 'wet and windy' and 'pleased at half way'. This led to a more definitive description and the next set featured phrases like 'a brave run', 'full of character and strength' and 'a real example to the younger members in the club'.

Sitting back in my trophy room that Christmas, the fire was burning well in the grate and the spotlights were adjusted to remove any shadows in the cases, I suddenly realised that I had been a fool. I did not have to run at all to get medals. And, let's face it some of them were a bit rough with centres not stuck in the right position, tarnish showing through the gold or silver plate. All I had to do was to write to the adverts in the classified section of the Athletics Press, collect the catalogues and BUY when I wanted to. Perhaps once or twice a week and simply add them to my collection.

When I got the catalogues I discovered that I could buy nice trophies as well. Now, I have never won a trophy and this is what I want to show you. Isn't it a beauty. Three feet high, silvered, enamelled coat of arms, two handles, mahogany stand and look round the back, it's been engraved ..... FOR VALOUR.

STAN ALLEN

YOUR LETTERS

The Letters Page of Veteran Athletics is open to everyone who would like to express their views, satisfactions or dissatisfactions on any subject of interest to our readers. They should be kept as brief as possible or they may be cut for space reasons. They should be addressed to Veteran Athletics, 67-71 Goswell Road, London EC1V 7EN.

MANY CONGRATULATIONS

May I through your columns congratulate Dick Balding, Bob Peart and the host of unsung workers who made the BVAF Cross-country Championships such a memorable occasion. Irvine in 1988 was a hard act to follow but they managed it ... well done!

I am sure that every athlete and supporter who travelled to Silksworth will remember the demanding yet fair course; the superb surrounding facilities with ski-lift and slope, all-weather sports pitches and track set in a natural bowl, not to mention the excellent changing accommodation. And of course that well-stocked bar at the Lakeside Country Club was a great venue to meet old friends.

There is no doubt that the North-East is blessed with facilities which are generally unsung apart from Gateshead and yet it was only four years ago that the BVAF somewhat reluctantly allowed that corner to go it alone.

What a pity that the 'Voice of Common Sense' (sic) chose the presentation to crack a lead brick of a joke (was it?) about returning to more hospitable areas next year. I think the dead silence summed-up the audience reaction.... it used to be Monday night at the Glasgow Empire for jokes that died, Mr Duff proved otherwise!

M. E. Morrell
Wirral

LET'S LOOK AFTER THE VETS

Why oh why do not more race organisers cater for the veteran runner better? How many races do you see where the vets categories prizes consist of 'O40' or 'first three O40'? To quite a few of us that does not constitute covering the vets and certainly doesn't encourage the older vets to compete. As a Race Director I have consistently awarded the categories as suggested by Richard Cashmore (August/September issue), and I couldn't agree with him more.

Of course the monetary problem is always there on a fixed budget, but I would suggest that organisers always have a get-out proviso if needed: 'subject to entries in any particular age range'. We have found that entries do increase throughout the age bands.

With vets comprising a large percentage of many race fields it makes sense to look after them. Eventually everyone will benefit. So come on race organisers — let's put our house in order!

Alun Evans
Birchfield

MORGAN, A MALE CHAUVINIST?

There are times when I have a small suspicion that Wilf Morgan is a bit of a male chauvinist. However, I also suspect I can sometimes spot a bit of tongue in cheek.

I can well imagine there are women who genuinely want to throw a hammer, pole-vault, etc, so my feeling is, let them — but with WAVA it does seem haste unseemly. My fear is that some women could do us a disservice — not the Pat McNabs, because they will achieve good standards for women — but I can conceive of nothing worse than entering for an event with the assurance that I'd pick up a medal, however bad my performance, simply because the opposition was poor or non-existent. I must be careful though, as there's not much numerical opposition in my age-group, is there? However, if I thought I couldn't turn in a respectable performance, I wouldn't enter just to get the medal.

As the emphasis is on joining in for enjoyment, I suppose one might argue that people should feel free to enter any event they wish, irrespective of their capabilities. I've heard about the woman who in Melbourne went on and on and on — and on. Still who's going to tell Ms/Mrs/Miss (sadly it is the women) that they're too slow or whatever, and anyway, as the oldies like me make a leap for the passing pink cloud and don a white nighty, there will be, I hope, more competition in a given age group and the youngsters coming along will raise standards.

I also feel strongly about 1st, 2nd and 3rd in every event getting medals as long as the standard is reached. It's no-one's fault if there aren't deemed to be sufficient in their group. They have taken the trouble to enter, train, pay their entry and are jolly well entitled to their medal.

Jo Ogden
Basildon

If Wilf Morgan ever has any questions he might find my views refreshing as I have no hang-ups whatsoever re athletics, nor have I ever encountered prejudices, nor did I expect or experience any when I took up athletics again. I work pretty hard at my events. Men respect that and are helpful and I am helpful to them. I like competing with men around — so what or where is the problem? It is a question of attitude and mine is positive towards men because I find it easier to work with them.

Carina Graham
Guildford

LET'S ENCOURAGE THE GIRLS

Having read a few comments concerning the age of women becoming vets, I think it should be left to the women and that male athletes be left out. I have raced against women vets in open races and some earn my grudging respect. They are damn good and must train regularly — same as the men. Also they enjoy competing which is the name of the game. Plenty give up in later life because they have not received any encouragement — only in the vets ranks is it provided. Good luck to them all, I say, give them all encouragement possible.

Dave Attwell complains. I know Dave — is he afraid of being beaten by a woman or is it sour grapes?

B.Crook
NVAC

GETTING THE FACTS RIGHT

In Issue No 8 of Veteran Athletics, in the section 'Around the Regions' you report a discus throw in the M50 competition at Barn Elms (see 'Twickenham Vet Open').

This performance, as set down here, would be the most flattering ever recorded in my name during any time of my athletics pursuit in throwing events. It would elevate me possibly to an all time world placing of top five in the M50 category, with only our own Dr. Mac and three others being attributed with better distances.

I have, in all honesty, to reject the generosity extended to me as the figure entered is wholly inaccurate — MY DISTANCE SHOULD READ 35.80m, and not 54.08m.

I should hate to get into the record books under false pretences.

Ian Briggs
Croydon

It can be embarrassing you know! After winning the O65 section in the BVAF 10K at Barnsley and having it reported in the local press you publish that I was in the O60 group.

Mistakes do happen although how I don't know. I may feel only 60 but I have just celebrated my 66th. Having just been sponsored by Saucony I would hate them to think I was cheating.

My thanks for your magazine, we all enjoy it, all is forgiven!

John Fraser

Apologies all! Corrected Barnsley 10K result for the M65: J. Fraser 41:32, 2. J. Johnson 3. R. Stainforth

GO UNLEADED — GO WELL

Road runners should be the most aware of pollution from vehicles. Yet how many car-owning runners still have to take the first step of changing over to using unleaded petrol?

When, in 1976, the lead in petrol was reduced from 0.4 to 0.15 grammes/litre, air-borne lead decreased dramatically and the levels in people's blood dropped. So there's no doubt that going lead-free helps.

Unleaded petrol is becoming widely available. You can cut out most of the gaseous pollutants from your car — the carbon monoxide all important for runners as it reduces the blood's capacity to take up oxygen, nitrogen oxides and hydrocarbons — by fitting a catalytic converter.

So go to it you runners: check that your car can use unleaded petrol — two million can already and another seven million could after simple adjustment — change over to unleaded and persuade friends and relatives to do likewise!

Max Wallis
Les Croupiers

TIME TO COME INTO LINE

What specifications are in force this year?

I refer to the weights of implements, such as shot, discus and javelin, and the hurdle technical specs, concerning length of race, height of hurdle and separation, and also those of steeplechase.

New regulations were promulgated by WAVA dated May 88 but no word has come from BVAF to say that they are in force. It would be natural to suppose they are to be complied with for parity with events in other countries. They were in force at Verona last year and will be at Eugene this year.

Or is there alternatively an option to organisers to adopt as they think fit?

This could arise where a track does not display requisite hurdle markings, or implements in the correct weights are not stocked, or an organiser would object to staging more than one steeplechase for the sake of an odd runner.

But what are athletes to do in their training if they are liable to find different tasks set in different parts of the country and possibly won't know what is in use until they arrive at any meeting?

In a period of rapid development of the veteran sport there is surely need for central authority to give firm and precise directions on procedural matters to meeting organisers.

This would encompass not only regional veteran clubs but also the growing independent meetings for veterans such as Exeter, Reading and Hull. These examples are track but there are road and cross-country too.

A welcome move in this general direction has of course been the recently launched BVAF Road Running Scheme.

Let's have some more!

Jeremy Hemming
London SW18

THE DIFFICULT DECATHLON

A 'big thankyou' is due to Wilf Morgan and Jack Fitzgerald for providing an update on those well overdue World and Indoor Track & Field Records. May we expect to see a repeat with the outdoor performances? And what about those 'poor neighbours' Pentathlon & Decathlon? Will we be seeing similar treatment being afforded them?

With variation in Indoor sprint distances, hurdle heights and weights by the Americans, it would be a complicated task for any compiler. Also there is the problem that the IAAF, WAVA and US ATFS being unable to agree upon a unified scoring system, notwithstanding the efforts of Rodney Charnock.

As an ex-indoor and outdoor 'ATHLONITE' I am somewhat dismayed that one or two past efforts of mine were never really credited, yet those of an American were, over distances and using weights differing to our own. This is again complicated by the UK introducing yet another method of scoring!

I rate the Decathlon on a par with the Marathon.

One comment on the 'Indoor Records' that I just fail to comprehend is how a 65-year-old male can run a 60m in 7.8secs, a mere 0.1secs slower than our own Chas Williams, then go on to a 28.8secs-200m. Chas is 58 years of age, as against C. Paul's 65 years!

Alan Lovett
Moreton-in-Marsh

JIMMY BREEN

Could I report, through Veteran Athletics, the death of my old coach and friend, Jimmy Breen of East Cheshire Harriers. Jim died on the day of the National C.C. Champs and at approximately the same time as the finish of the senior race.

Jim, a member of ECH since 1930 and a Life Member, was 74 and though never a great athlete, worked hard for ECH over the years, having filled most positions in the club. We will miss him very much. Through Jim I was able to obtain county, area and national cross country titles.

At his cremation on March 6 he was honoured, alongside members of his family, by ECH members past and present, including Ex-European vets O60 Marathon Champ Tommy Smith, Past English Youths Champ, Jack Price, English Junior Champ, myself and English Junior Champ. Paul Roden.

East Cheshire for me will never be the same again

Johnny Wild
East Cheshire Harriers

TOM POWERS

The official programme to the Cross-country Championships at Silksworth contained a welcome from NEVAC's President, Tom Power. Tom was in hospital during the race and on the following Wednesday the sad news broke that he had passed away in hospital. Tom was present at every athletic event in the region in his capacity as AAA official. A long time athlete and walker being one of the finest pedestrians of his day.

Although aged 70 Tom still ran in the Great North Run last year when he broke 2 hours for the Half-marathon. A veteran of Dunkirk who gave freely of his time to athletics. He will be sadly missed at all our events. Our condolences to his family.

Bob Peart
Elswick

Jo Ogden at Kelvin Hall
Photo: Jeremy Hemming

CORRECTION

We wish to state that the advertisement from Sportsman Travel in Issue No 9 incorrectly stated that they are acting as official tour and race entry agents in direct association with Jacques Serruys. This is not the case.

Half a mile into the O50s race at Silksworth *Photo: Jeremy Hemming*

THE WAY FORWARD

Bill Taylor, Chairman, BVAF

THE BVAF AND THE BAF

IN THE first issue of this newspaper, I wrote about 'the Other Federation', the proposed single governing body for the whole of athletics in the UK. Now 21 months later, many will question whether the formation of the British Athletics Federation (BAF) is really very much nearer. However, we must be prepared for its arrival and ensure that we, in the BVAF, the pioneers of veteran competition, continue to be its organisers and administrators.

An interim report, published on December 1, 1988, indicated that BAF would have several committees, one of which would cover veterans athletics, and a number of 'Special Commissions' each of which would have considerable autonomy. Among these were cross-country, fell running, track and field leagues and others. The BVAF made representation for a veterans commission to be included, but it now seems that discussion is continuing on whether there will in fact be commissions.

Again, I ask the question — where do we go from here? When a single supreme governing body for British athletics does come about, how shall we fit into it? We do know that, then, every athlete of veteran age, provided he or she is a member of a club affiliated to that body will be a recognised veteran athlete. There are about 6,000 veterans in BVAF clubs and perhaps 30,000 or more outside our organisation. So how do we make ourselves truly representative of all veterans and ensure that we, who have done all the work to date, remain as the voice of veterans in the UK and on the European and World scenes.

OPTIONS

There seem to be two options. Either we recruit every active veteran into one of our area clubs or we enable them to be affiliated via their first-claim clubs. Up to about five years ago it was possible for open clubs in the Southern Counties area to affiliate to BVAF on behalf of their veteran members, whereas in other areas veterans had to join a veteran club. The consensus at the time was that the South should come into line and organise as a veterans club, which it duly did.

But were we right to go that way? At least we knew for the first time who was and who was not a paid-up vet and all athletes knew their individual status. But we are not necessarily in the best position to slot into the new BAF when it comes about. Is it too late to provide for affiliation of open clubs to BVAF? There could still be a place for veteran-only clubs and many veterans feel they have little in common with open clubs. I know opinion divides sharply on this.

Perhaps there is a third option. To go on as we are, remaining relatively small numerically, running our own championships and excluding a vast number from our ranks. Of course, this could mean that the new governing body would set up its own veterans committee, and then who becomes the affiliate to the European Veteran Athletic Association and the World Association of Veteran Athletes? We do not want the schism which exists in some countries with rival bodies making claims for affiliation.

My dream is for us to move forward and to become the voice of veteran athletics within the new Federation; to share in the funding of the new body, to promote championships which are truly national championships and to make ourselves heard all the way up to the IAAF. BVAF Council will fight all the way for recognition, representation and support. We have, I believe, made the AAA accept that we have a fully integrated, UK-wide, veteran organisation for men and women, covering all disciplines ready to adapt to new plans. Perhaps the main stumbling block is that we still do not represent *all* veterans.

How do we put ourselves into the position to say that we do? Please, discuss it when you get together; see that your club committee discusses it; write to me or to the General Secretary about it. It is your sport. I am sure that, like me, you want to see it go the right way.

Track & Field Champs 1990 awarded to Scotland

The full Council meeting, held on March 5 at Aston University, Birmingham, under the Chairmanship of Bill Taylor, awarded the 1990 Track & Field Championships to Scotland. Martin Duff, General Secretary of the BVAF, reports.

THE GROWING list of BVAF championships endorsed by the AAA was discussed. It comprises the Road Relay, the men's Walks and the Half-marathon. The AAA status was extended to the 10K Championship held with the AAA 10K at Barnsley in November.

The Council endorsed the letter of thanks sent to Richard Cashmore following the successful launch of the BVAF Road Running Scheme, his generous sponsorship being especialy welcomed.

The Council agreed that in future T&F Championships three medals should be awarded provided merit standards were met. This will come into effect in 1990. New standards, based on performances in the World Championships in Melbourne, would be set by the records and standards sub-committee for new events, such as the Women's Triple Jump and Hammer.

The recent split in the Scottish Harriers Veterans Club was discussed, with the Council endorsing the view that all members must be eligible to compete under IAAF rules: ie no professionals who have not been reinstated. Whilst the delegates recognised that monies won on the Scottish pro-circuit were small compared to subvention payments under the amateur code, the rules had to be adhered to. Thus it was up to the Scotish 'pros' to bring their circuit into line with the BAAB subvention scheme (side-bets notwithstanding).

The International Committee Meeting, held prior to the full Council meeting and chaired by Ted Butcher, nominated Owen Flaherty for the post of WAVA President in opposition to Cesare Beccali of Italy. Bill Taylor, BVAF chairman, was nominated for WAVA Vice President, Track and Field.

Official BVAF tour organiser, Barbara Dunsford, reported that certain other agents were offering what were reputed to be official tours to the EVAA Bruges events or the WAVA T&F. All UK entrants have to be cleared by the BVAF via Dunsford who unlike other operators offers entry only packages. The BVAF submit names to the BAAB for clearance to run abroad. Athletes cannot compete overseas without such authority.

OPEN VETERANS ATHLETICS
COPTHALL SHOW 1989

(Formerly Barnet Sports Gala)

AT HENDON POLICE COLLEGE, HENDON NW
NEAREST TUBE: - Colindale, Northern Line
NOTE CHANGE OF VENUE THIS YEAR ONLY

SUNDAY, 11TH JUNE, 1989 Start 1pm

Veteran mens open events: 100m 200m 400m 1500m Walk(3000m) LJ HJ Pole Vault

Veteran ladies open events: 100m 200m 400m 1500m Walk(3000m) LJ HJ

SVAC CLUB CHAMPIONSHIP 10,000m (Members only)

All Entries £1.50 per event (Maximum four events)

No Late Entries **Closing Date: 27th May** 9x6 SAE State Age Group

Entries to:- Val Mijovic, 10 Ridge Lane, Watford WD1 3TD, Herts

MAKE THIS THE YEAR THAT YOU COMPETE IN YOUR NATIONAL CHAMPIONSHIPS

THE MAJOR sponsorship by Rockfort Group PLC of 1989's BVAF National Track and Field Championships has enabled the organising club, the VAC, to provide first class facilities for the event. For the first time there will be electronic timing — essential nowadays if you have National or World records broken. It has also enabled the organisers to look closely at the medals, which has been the cause of some dissent over the past few years. They are confident that the specially struck medals will come up to expectations.

All good athletic events rely on the officials. Ruth Allcock, who is organising them, hopes to have no official below Grade two. She is also aiming to have sufficient for an excellent job. The organising team has had meetings and discussions with some top AAA officials to make sure that things run smoothly.

It is expected that a photographer will be present at all the award ceremonies and an engraver will be at the stadium for the two days to engrave the medals. Lucky programmes will be on sale, with prizes awarded during the two days.

For accommodation the VAC have negotiated a very good deal at the Reading Post House for those attending the championships. Bed and breakfast will cost £21.50 a night. Regular visitors to Post House Hotels confirm this to be a really excellent deal — not least because a real athlete's breakfast is available! Accommodation has also been arranged at the University.

After the AGM, to be held at 6pm on Saturday, July 8, there will be a social get-together with a three piece band. Both the AGM and the social will be held in the same room of the Reading Post House.

There can be no doubt that this will be one of the Veteran Athletic highlights of the year — so make this the year that you compete in your National Championships. **See the Entry Form on P2 — and enter now.**

Veterans Combined Events Age-Graded Scoring

RODNEY Charnock has put together a combined event scoring system. It is a worldwide team effort where many athletes, combined event enthusiasts and statisticians have provided contributions as individuals and has been produced in response to a WAVA objective to provide a combined event scoring system for *all age groups*.

NEWSPAPER SUPPORT FUND

The supporters listed below have donated since the last issue. Please join them by sending your cheque to:

Bill Taylor, Veteran Athletics Treasurer
17 Poplar Farm Close
Milton-under-Wychwood, Oxford OX7 6LX

C.T.Palmer	Ron Bryson
Eddie Richardson	J.Sheridan
Winston Thomas	B.Guy
Shel Cowles	D.Coward
J.Norman	Alan Pluck
Hugh Richardson	J.A.Mattinson
Rene Scott	Ken Glenesk
Bob Pape	B.Crook
G.Stewart	Maggie Govender
Mavis Williams	R.F.K.Williams
Joe Gibson	Two unidentified Bank of Ireland Cheques

Donations received after Press date will be acknowledged next time.

Duff: the Voice of Reason Photo: J.Hemming

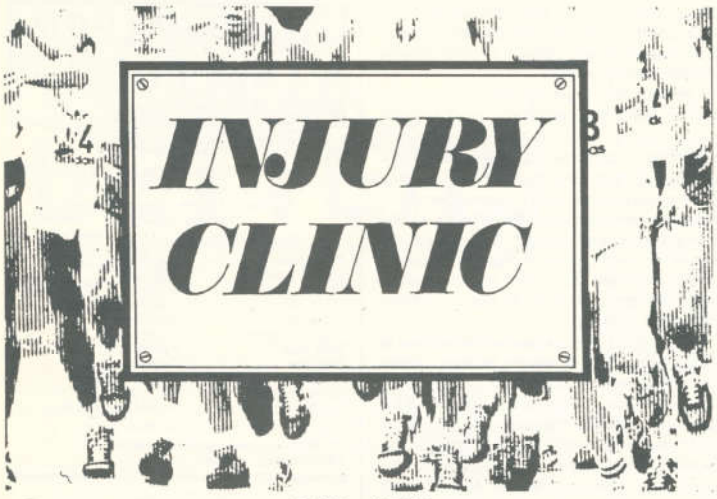
LUCKY PRIZE DRAW WINNERS

Patricia Stanley

PATRICIA Stanley, who lives in Jersey, Channel Islands, was the lucky winner of the March Grand Prize Draw. She won £50 on that occasion. She then struck lucky again in March when her number came up for one of the five consolation prizes of £10. With the increased number of Prize Draw tickets sold, the organisers were able to raise the Grand Prize to £70 in March. And it was the Midland Veterans Athletic Club who won.

Other £10 consolation prize winners were: Hilary Brindley, John Macklin, Mavis Williams, Peter Wixey, Josie Waller, Colin and Helen Knowles, Shel Cowles, Renee Scott and Robin McDonald.

HAVE you got your entry yet into the Grand Prize Draw? If not, send a cheque for £12 per ticket made out to Veteran Athletics and marked Grand Draw. Send it to Bill Taylor, Veteran Athletics Treasurer, 17 Poplar Farm Close, Milton-under-Wychwood, Oxford OX7 6LX. DON'T DELAY —YOUR TICKET COULD COME UP NEXT.



Dr J Nixon MB ChB
Mr E A Caldwell LCSP (Assoc) MFO ACP (Dip Sp Sc)
Advice may be sought by writing with SAE and quoting Veteran No. to Injury Clinic, 'Veteran Athletics', 67-71 Goswell Rd, London EC1V 7EN.

LOW BACK PAIN: SACRO ILIAC STRAIN?

Low back pain is a topic of confusion especially for chronic sufferers. There are so many things that can go wrong as the result of injury, wear and tear, or causes mysterious. Here, Eddie Caldwell outlines the symptoms and advises what action to take to counter this very common back problem.

OVER the years I have become closely acquainted with one particular type of low back condition. This is the one known as sacro-iliac strain. It's a painful and disabling back ache that certainly stops one from running and it is the most common back condition that I see in veteran runners who come to my clinic. It outnumbers all other back conditions in the O40s by five to one.

Check out your back pain against this list:

* Pain from the middle of the lower back reaching to the hip
* Tightness of the buttock muscles on the side of the ache
* Possibly pain into the buttock and down back of thigh
* Possibly a dull ache through to the groin
* Pain becomes worse as the day goes on
* Pain worse on sitting down and eases when you get up and move about
* Long car journeys are intolerable
* Aches in bed at night

If you have all or most of those symptoms the probability is that you have strained the sacro-iliac joint on the side of the pain. GPs, osteopaths, physiotherapists and sports injury specialists should be able to diagnose this condition. Unfortunately a fair number seem to miss out. One of the reasons is that they do not have experience of lots of sacro-iliac strains coming into their clinics every day. Another is that the patient does not always give the full details of their injury.

If you suspect that you have a sacro-iliac strain after reading the list of symptoms, make sure that whoever you consult about the injury is made aware of every single symptom and how and when it occurs. Then you will be in with a good chance of both an accurate diagnosis and the appropriate treatment.

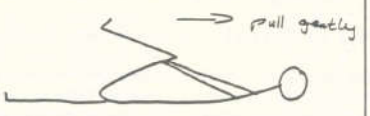
Your injury specialist should be in a position to apply a couple of very simple tests to confirm that the injury you have presented is in fact a sacro-iliac strain. The treatment is uncomplicated; massage to relax the surrounding muscles, a gentle manipulation to make sure the joint is precisely in place. This may well be followed by ultrasound and ice treatment.

I also show the patient two easy exercises (see box) to loosen and relax the muscles of the hip and buttock, some of which become very tight as the result of the sacro-iliac strain and may have been putting pressure on the sciatic nerve.

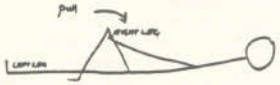
The improvement is such that you can usually begin training gently again the very next day. Several further treatments are required, mainly to deal with the very sensitive ligaments that have beeen damaged. They may take up to three months to finally heal and for you to be free of all pain. With some careful planning and management, and the full cooperation of the patient this condition soon heals.

Treatment for sacro-iliac strain is not a 'one-off' affair. Most of the cases I see have had the condition for some time. The first treatment session gets the vital work done and there is a '60 or 70% improvement' report many of my patients. The remaining progress comes over a period of weeks and may involve a session each week to get the job done. Looked at against the lengthy period of injury already endured this is not a long period of time and you will be doing light training into the bargain.

Two Exercises to Stretch Lower Back



Lie on back — Grasp around back of right knee with both hands — Pull knee up towards chest and hold for 30 seconds — Gently ease right buttock off floor — keep head held back all the time. Repeat with other leg.



Lie on back — Keep left leg straight on floor — Bend right leg — Place right foot over left leg and place on floor on outside of left knee — Grasp right knee in left hand — Gently pull to the left — Hold for 30 seconds. Repeat with other leg.

Both exercises should be done easily. If it hurts, you are doing them too strongly. Ease off. Do exercises up to six times per day and then incorporate them into your stretching routine.

TO RUN OR NOT TO RUN?

Q EARLY stage arthritis was diagnosed when I was 25. In 1962 I went through a car windscreen which gave me some pain in the upper vertebrae. Ten years later, aged 51, I commenced athletics (cross-country) achieving minimal success (smoking 15 to 20 a day) and suffering slightly in the legs. At 62 years, I took to the Track and Field, graduating in 18 months to Pentathlon and Decathlon. Apart from periods of pain in the lumbar I was comparitively pain free. In 1987 I joined a band of O60 distance runners to run from John O'Groats to Land's End in relay. Following X-rays for extreme pains in the neck and an inflexible left shoulder, diagnosed as wear and tear, training was interspersed with pains in the left side hip and groin. On finishing a 10K I was conscious that I'd lost 'spring' particularly in the left leg and thigh and feeling some minor pain in the hip and groin.

I have decided that road running is out and am considering a return to the track. Any comments and advice would be appreciated.

A I note the injuries with the neck in the past and the fact that more recently you have had bad pain in the neck and shoulder, and that X-Rays have shown some wear and tear in this area. Also you have had some pain in the left hip and groin more recently when road running.

With both of these problems it is really very difficult to advise without an examination and looking at the appropriate X-Rays. On purely general grounds it is more than likely that you have some osteoarthritis in the neck, hip and knees, but the mere presence of such changes on an X-Ray does not preclude athletic activity. I think what you are short of here is a definitive diagnosis and it would be well worth your while getting to a Sport's Clinic.

You need not come to any hard and fast conclusions about your athletic career being over, until you have a definite diagnosis.

SCIATIC NERVE

Q I HAVE been running for ten years occasionally suffering from back pain which would subside on my runs. But last September I woke up with an ache in the lower back. I thought a five mile run would clear it up.

Unfortunately it became worse. After a couple of days off the back ache went but the back of my left thigh began cramping up.

My GP diagnosed sciatica. There are now two centres of pain; the top of the thigh to halfway down the thigh (it hurts particularly when I sit down and my calf feels knotted). There is also a burning feeling in my little toe!

Would it be wise for me to carry out some physical activity/exercises in an attempt to regain some fitness?

A There is no doubt at all that in September you slipped a disc and this produced some sciatica. The disc, ie the rubbery material between the bones in the spine, became displaced and is, or was, pressing on the nerve that supplies the leg. The unpleasant pain in the thigh and the little toe is due to nerve root pressure.

You may have some muscle tears/strain in the hamstring itself, but I suspect that the main problem is the nerve root pressure. You have a disc protrusion and no treatment will make it go back. What happens is that the displaced disc gradually shrinks to leave a firm scar in the area. It would be wise to leave off running while in severe pain.

Try swimming, but this should be of a gentle and relaxed nature and should be scaled down if swimming seems to aggravate the problem.

If possible avoid activity which involves bending your back. If you have to pick things up, always bend at the hips.

The condition is going to take some time to settle. It is difficult to say how long. It will get better more quickly if it is not aggravated.

When the pain has really settled down for two or three weeks, try a little, extremely gentle, jogging on a soft surface, for a mile or so, and see what kind of reaction you get from this. From then onwards consider mobility and back rehabilitation exercises.

San Diego, California, USA

1989 TAC/USA NATIONAL MASTERS
TRACK & FIELD
CHAMPIONSHIPS
JULY, 1989

SAN DIEGO TRACK CLUB

JULY 20 - 23, 1989.
5643 Campanile Way • San Diego, California 92115
(619) 582-3316 Fax (619) 582-5769

• Two Great MONDO 400m Tracks at SDSU & Balboa Stadium • All Track Events 100m - 10,000m Plus All Field Events • 5,000m Track Walk & 10K/20K Road Walks • Pentathlon for Men & Women • World Class Competition with International Entrants • Inexpensive Room & Board at San Diego State University - Short Walking Distance from Track • Courtesy Airport Pick-Up & Return to & from SDSU - Save $25.00 Cab Fare • Shuttle Bus Service Between Tracks • Free Commemorative T' Shirt • Automatic Timing • Pre-Meet Sports Medicine Symposium • Welcoming Pre-Meet Reception at SDSU • Nightly Entertainment at SDSU • Post Meet Mexican Fiesta • San Diego's Cool, Dry Weather Assures a P.R. • Time to Visit World Famous San Diego Zoo, Wild Animal Park, & Sea World at Special Group Rates • Swim, Sail, Surf, Snorkel or Sun at Any One of San Diego's Great Beaches or Bays • Opportunity for One Week of Leisurely Travel up the Coast to Eugene with Stopovers at Disneyland, Universal Studios, San Francisco, Redwoods & Much More •

LOCAL CONTACT:

SAE to BARBARA DUNSFORD,
71 HILLSIDE CRESCENT
SOUTH HARROW HA2 0QU

Sponsored by Humberside County Leisure & Tourism
3RD HUMBERSIDE MASTERS OPEN ATHLETIC MEETING
AT COSTELLO STADIUM, HULL
Saturday & Sunday 27th-28th May 1989
Start 12.00 noon
Track and Field Events
For Veteran and Pre-Veteran Athletes
In 5 year age groups from:- Ladies 30 years
Men 35 years
NOVICES WELCOME
Medals and Certificates for all Classes
Entry forms from - P.C. M.Rice, Priory Road Police Station, HULL. ☎(0482) 51211
Entry - £1.00 per event, £4.00 per team
Please send S.A.E.

Bob Dobson retains the cup

The BVAF Men's 50K and Women's 20K walks were again held at Basildon on April 8 in conditions much better than normally obtained for that event. The weather was dry and sunny but strong headwinds in places, as always not matched by following winds elswhere, kept the times comparatively slow. Competitor Peter Cassidy reports on the race.

EARLY leaders in the 50K were Peter Hannell and Chris Rawlins followed by Bob Dobson, Geoff Tranter and Ed Shillabeer. Hannell and Rawlins began to pay for their initial pace and faded over the second 10K in which lap many other things happened too. Shillabeer was disqualified, Tranter started to push the speed up and Brian Adams left the pack and set off in pursuit distantly followed by Cassidy who passed both the earlier pace setters before they, and subsequently he, retired. In the second half of the race Shaun Lightman began to move through to take the M45 Silver.

Over the last 15K Tranter's lead was eroded and Dobson was eventually the winner by a little over nine minutes. Brian Adams although never threatening the leaders did quite enough to finish third overall and Dave Boxall, too, had a good second half to take the M55 title ahead of Peter Worth and a mere three minutes behind Lightman. The closest age group finish was the seven minutes 41 seconds covering messrs. Johnson, Mace and Taylor in the M50 division.

The women's 20K over two laps of the same course round a largely deserted industrial estate saw a battle between Sandra Brown and Maggie Rawlins not resolved until the former began to draw ahead at about 15K building up a lead of a minute and a half. As she started to move ahead I asked her if this was her finishing sprint. She seemed a little surprised and pointed out that she was doing the whole 50K. However, she said she could not promise to maintain that speed all the way. Four minutes behind Rawlins, Carol Bean took the W45 title two minutes ahead of Mary Worth. Worth set a National W60 record. She was followed by Ann Sayer (W50) and Sally Haynes, the second W40.

Not only Sandra Brown -- in a time that would have made her sixth man-- but also Anne Sayer went on to do the 50K. The latter in the process beat the entire Colchester team in the Essex League race held in conjunction.

In all a good day's sport -- but there are many vets in the country who could do well in the event but who were not present. At the presentation (by courtesy of Ford Sports and Social Club and Dave Ainsworth) discussion revealed support for continuing to hold the BVAF Championships at Basildon. Facilities are splendid -- so come on you absentees make a note for 1990.

Geoff Tranter

Maggie Rawlins

Fleet Half – first BVAF-Grade 1 Road Race

The Fleet Half-marathon, held on March 19, was the first race to undertake the award of veteran prizes under the BVAF Grade 1 guidelines. Although the top veteran men gave the race a miss this year, three of the top four women were veterans including Anne Roden, the Melbourne World Veterans Marathon Champion. Martin Duff of Athletics Weekly reports.

NEARLY 30 percent of the first 1000 finishers in the 4000 strong race were veterans which when the full results are analysed will show that over one third of the total field was veterans. This makes it a prime race to use the new BVAF Road Running Graded Scheme. It meant that, as a Grade 1 listed race, minimum awards were as follows: for the men, M40 — 1,2,3; M45 — 1,2,3; M50 — 1,2; O60 — 1; O70 — 1; for the women, W35 — 1,2,3; W40 — 1,2; W45 — 1,2; O50 — 1.

On the men's side leading age group winners were Chris Hughes (M40), Dave Rogers (M45), Barry O'Gorman (M50), Geoff Oliver (M55) and Ken Fotherby (M60).

Rose Ellis, the 35-year-old Hounslow athlete, ran with her training companion, Nicky McCraken (26) in the early part of the race going through five miles in 27:33 before conceding. She finished second overall in 74:47. Ann Ford was lying third for the first half of the race but her lack of background training caught up with her in the later stages as Anne Roden came through strongly to finish in a new PB of 76:06. Ford held on to finish in 78:16, well outside her best because of a bad head cold.

With Roden taking the first W40 award, the second went to Sue Vernon (90:35). Susan Lambert took the W45 in 92:49.

Results on result pages

■ RELAY ROUND-UP

OXFORD CITY Veterans led out on the first lap of the **Milton Keynes Road Relay** on February 11 with their star man, Shel Cowles. Running 9:28 for the two mile lap he placed third overall on that leg and achieved fastest overall veteran (12th best, Seniors included).

Thereafter John Exley, Peter Lindsell and the rest showed they are in fine form for the National AAA Vets relay at Sutton Park. **Martin Duff**

LONDON IRISH were as ever being talked up at the **Alf Mignot Memorial Vets 3 by 3 1/2 M Road Relay** at Cranford on March 25 by the voluble followers of the emerald Isle expatriates and by the end of the first lap Peter Murphy was in front. Belgrave's Charlie Dickenson followed closely. Their times (17:36 and 17:39 respectively) were the days fastest in the vet's event. (Alun Roper and Tony Simmons both ran faster in the senior race.) John Dear held third for Epsom and Ewell ahead of Richard Charney for hosts TVH. Woking was fifth and Oxford sixth.

Second lap saw John Sheridan, one arm in plaster, extend the Irish lead. The final lap saw Peter Keeney set off with a big lead but John Exley for Oxford quickly moved up to give chase. With sights on victory, he caught his man but had to concede in the last few yards. TVH held on for third.

CAMBUSLANG led after the fourth leg and were not challenged again at the **Scottish Veterans Eight Stage Road Relay Championships** from Alloa to Bishopbriggs 40.2 Miles on March 19. Runners from the west of Scotland had a decided advantage throughout. From start to finish it rained, conditions that had prevailed in the west since February. 32 teams took part, including four from Giffnock North, three from Livingston and one from south of the Border, Gosforth.

Former Scottish Marathon Champion, Brian Carty, equalled the course record for the first leg. Fife's Stuart Asher moved into first place on the second leg with Falkirk Victoria second. Last year's winner, Cambuslang, moved into second place by virtue of Eddie McIvor's powerful run, Fife's Tom Ross needed the fastest time in the third stage to keep them in front.

Ted Dolan put Cambuslang into first place at the halfway stage. Their lead was consilidated by John Christie in the fifth stage and they were now some 2.5 minutes in front of Gosforth who had run their way into second ahead of Fife. Cambuslang won in a time of 3:54:44. Fife was second some six minutes behind and Livingston third — Ian Briggs and Ian Leggett producing fastest time stage wins to bring them through from ninth. **Alex Muir**

EUGENE PREPARES

ENTRIES for the VIII World Veterans Track and Field Championships at Eugene, Oregon this coming July are now closed for the British. All entries will have been sent to Barbara Dunsford to arrange for them to be certified by the BAAB.

The organisers stateside are preparing for the arrival of visitors from over 60 nations. Musicals, banquets, T-shirts and sports medicine seminars being among some of the festivities to complement the athletics. Ghana, Bulgaria, Malaysia and Peru are the latest to have athletes enter.

The Soviet Union has expressed an interest in sending a group to Eugene. This would be the first time USSR would be represented.

Also, the organisers are not paying any travel or appearance fees to 'names', as happened at Melbourne and Rome, because they believe the event stands on its own as a prestigious international championship.

UPDATE NEWS: Competitors in the men's 400m please note that if semi-finals are required they will be held on Friday, August 4, the same day as the heats. This is a change from the schedule printed in the official Entry Booklet. Finals of the 400m will still be held August 5.

Drug testing under IAAF rules will be carried out during the games. For asthma sufferers on inhalers it means a letter should be obtained from their doctor explaining their medical requirements. Many inhalers contain banned substances.

The next issue of VETERAN ATHLETICS will take a look at who from Britain will be racing who for the medals.

SAN DIEGO SEEKS TWO CHAMPIONS OF CHAMPIONS

ON THE final day of the TAC/USA National Masters Track and Field Championships an age-graded champion of champions 100m race will be run for both men and women. The race will feature the winners of each age division 100m final. Yardage handicaps will be accorded each runner based on the participant's age. Reg Austin of Australia has pledged $250 prize money for the winners. The organisers are hoping to raise a further $750 so they are able to offer $250 for first place, $150 for second and $100 for third in each of the two events.

A good number of foreign competitors are expected at San Diego for the Championships to be held from July 20 to 23 one week before the World Championships in Eugene, Oregon.

Contrary to prior practice when foreign winners have been given the TAC medal, foreign athletes finishing first, second or third, will receive an entirely different medal.

Details of how to enter, see advertisement page 6.

MEN'S

PENTATHLON

: NATIONAL VETERANS INDOOR CHAMPIONSHIPS

In conjuction with AAA/WAAA Combined Event Championships - Cosford March 5th 1989

Athlete (age)	UNIFIED IAAF POINTS	60mH (fully auto times)	LJ	SHOT	HJ	1000m	WAVA AGE GROUP SCORE (AGS)	approx AGE YEAR SCORE indicator
M65		.840m		5.0k			AGS (M65)	
1) Les WILLIAMS (66)	1,105(*)	11.03	4.24	8.67	1.26‡	4/23.75	3,439	3,549 (66)
M60		.840m		5.0k			AGS (M60)	
1) Norman CARTER (60)	789	13.08	3.71	7.95	1.20	4/06.70	2,353	2,353 (60)
M55		.910m		6.0k			AGS (M55)	
1) Phillip OAKSHOTT (58)	1,076	11.46	4.15	9.87	NHC	3/57.41	2,299	2,519 (58)
M50		.910m		6.0k			AGS (M50)	
1) Colin SHAFTO (54)	2,265 #	9.57‡‡	5.01	9.31	1.56	3/13.77	3,621	3,954 (54)
2) Colin DERRETT (50)	1,338	11.61	4.31	10.14	1.32	4/01.68	2,482	2,482 (50)
M45		.991m		7.26k			AGS (M45)	
1) Bob MEED (45)	2,345 (**)	9.88	5.48	7.45	1.59	3/11.06	3,325	3,325 (45)
2) Brian FOIEN (46)	2,214	10.00	5.09	9.92	1.38	3/13.87	3,141	3,210 (46)
3) Robbey CHAMBUEK (45)	1,909	10.42	4.76	8.06	1.35	3/17.96	2,781	2,781 (45)
4) Bruce CUMBLES (47)	1,602	14.56	5.48	7.51	1.38	3/11.20	2,455	2,592 (47)
5) Dave VAUGHAN (46)	1,559	12.86	4.38	8.71	1.44	3/25.71	2,366	2,432 (46)
Peter DUCKERS (46)	DNF		5.86					
M40		.991m		7.26k			AGS (M40)	
1) Dave CONLEY (41)	2,997(**)	8.95	5.89	8.51	1.71	2/48.79	3,894	3,760 (41)
2) John CHARLTON (41)	2,850	9.54	6.03	10.32	1.53	2/50.76	3,537	3,600 (41)
3) Mike JAMES (40)	2,818	9.02	6.62‡	9.18	1.68	3/25.58	3,548	3,568 (40)
GUEST: Shay FITZPATRICK(39)	2,756	9.28	5.61	10.46	1.71	3/12.21		

WOMENS

PENTATHLON

: NATIONAL VETERANS INDOOR CHAMPIONSHIPS

In conjuction with WAAA/AAA Combined Event Championships - Cosford March 5th 1989

Athlete (age)	UNIFIED IAAF POINTS	60mH	LJ	SHOT	HJ	800m	WAVA AGE GROUP SCORE (AGS)	approx AGE YEAR SCORE indicator
W50		.762m		3.0k			AGS (W50)	
1) Joan BURNS (50)	1,007(*)	12.71	2.35	6.70	1.06	3/08.99	2,171	2,171 (W42)
W45		.762m		4.0k			AGS (W45)	
1) Pat McNAB (46)	2,136(*)	9.82‡	4.48‡	9.55‡	1.36‡	3/49.86	3,329	3,353 (W46)
2) Nanette CROSS (48)	1,882	10.69	3.90	7.43	1.18	2/56.54	2,771	2,930 (W48)
3) Carol MORRIS (45)	1,576	12.49	4.12	6.59	1.21	3/03.81	2,665	2,665 (W45)
4) Jackie CHARLES (47)	1,533	11.31	3.92	6.14	1.15	3/13.15	2,571	2,670 (W47)
W40		.762m		4.0k			AGS (40)	
1) Maria WILLIAMS (41)	1,781(*)	12.76	3.58	6.69	1.30	2/38.01	2,490	2,540 (W41)
W35		.840		4.0k			AGS (W35)	
1) Christie BROWN (37)	2,028	11.87	4.29	8.71	1.30	2/58.75	2,430	2,520 (W37)

(**) : WORLD Age Group BEST (*) : UK Age Group Best # : World Age Year Best (previous best 2,226 pts Phil MULKEY, USA age 54)

DEREK CLARKE perpetual CUP : COLIN SHAFTO (Age 54) for best men's Indoor Pentathlon by any age athlete in the Veterans Championships

With THANKS to ALL OFFICIALS, ORGANISERS & HELPERS from the Veteran PENTATHLETES

- UNIFIED IAAF POINTS provide an absolute comparison between scores for all ages (including scores of open athletes)
- WAVA AGE GROUP SCORES (new 1989 scoring system) are comparable between each age group (including open athletes) on an age adjusted basis
- The approximate 'AGE YEAR SCORE INDICATORS' are only used to assist in identifying the best scores by any age athlete (for CLARKE Cup) and to track the progression of an individual athlete's career on an age adjusted basis
- OPEN INDOOR PENTATHLON RECORDS (for comparative purposes) are
  World Best : 4,451 pts Sheldon BLOCKBURGER (USA) 1987
  UK Best : 4,404 pts Daley THOMPSON (UK) 1984

‡ = UK Indoor Age group record (‡‡ = World Indoor Age group record) for individual event

M65 High Jump : 1.26m Les Williams (previous record 1.23) UK
M50 60m Hurdles : 9.57 Colin Shafto (previous record 9.6) WORLD & UK
M40 Long Jump : 6.62 Mike James (previous record 6.29) UK

ALAN ROPER, absent from Silksworth and Kelvin Hall, has been supporting his club, Swansea, who have plans to do big things in the 12 stage. On March 12 in the Alf Mignot Memorial Road Relay at Cranford, Roper did the 3 1/2M leg in 16:32 for the Swansea B team, which came third. Coe ran 16:11.

TONY SIMMONS ran 16:52 at Cranford for his club Luton United.

MAVIS WILLIAMS, sprinter, has won this years Worthing Sports Council's O60 award. She won two silver medals in 1988 at the European Championships in Verona. She took up running at 60 years of age.

PORTSMOUTH AC are appealing for suggestions for ways of improving the identification of veteran class athletes in open races. One expensive suggestion has been that race organisers be asked to provide numbers to be pinned on the back which would clearly indicate age. At veteran championship races, numbers are usually coded for the different categories, but the question of vets in open races is more difficult to solve.

IAN STEWART, ex-international Munich bronze medallist at 5000m and now 40, made his veteran debut in the Birmingham League with a top 20 placing.

MIKE HURD beat Shel Cowles at the Reading Half-marathon on April 2. Hurd ran 66:20 (11th overall). Cowles ran 66:26 (12th overall). Both are just back from running races in the States

WALTHAMSTOW 7 MILE ROAD RACE

Sunday June 4th 1989

Start 9.30am from Waltham Forest Athletic Track, Chingford Road, Walthamstow E17 (Also Fun Run 11/2 mile, Kids Track Run 400m (U10 only)

1st 5 men 1st 5 women 1st M.F/M U20 - Vets M&F/M - 1st 3 in each age group to to 60 yrs. (Men) 1st 3 in each age group up to 55 yrs (Women) (All subject to sponsorship) + oldest. Many prizes, medal to all finishers. 1st 50 gold, next 50 silver, bronze to others. Changing, showers, free drinks, car parking.

Sponsored by: Waltham Forest Guardian, Dairy Crest, Joggers Sports, Walthamstow Building Soc, Parkers Engravers, Todays Runner.

S.A.E. to Race Organiser, 30 Morland Road, Walthamstow E17 7JB.

ELSWICK HARRIERS

1988 Relay Winners: Ann Bower, Jane Gardner, Wendy Hales, Karen Bowler

Team work on tough course

Mike Wrenn, Championships Secretary, takes you over the 1989 BVAF Road Relay course at Sutton Park, loops, bends, hills and all, believing that 'knowledge is strength'.

IT IS too late to enter but there is plenty of time to add that vital edge to your fitness and to impress your team selectors. In the belief that knowledge is strength I offer some views on the course and facilities at Sutton Park.

The measured course length is three miles eight yards. It is undoubtedly a tougher course than that at Tring and many competitors find that their time approximates closely to their 5,000m track performance. For those 936 of you who ran last year at Tring I estimate that you'll take five percent longer at Sutton Park -- that is add three seconds for each minute of your Tring time. For instance, if you ran 15 minutes at Tring that converts to 15:45 at Sutton Park.

From my researches I believe the fastest time by a veteran on this course to be Alan Rushmer's 14:28 in 1986 and this was set less than a week after running about 2 hours 30 minutes in the Boston Marathon! Incidentally this is also Rushmer's fastest short leg time. In his heyday his contribution to the Tipton team was usually a sub 26 minute long leg. The second fastest is that set by Alun Roper running the last leg for Swansea last year in 14:37. This was all the more remarkable since he should have run the first long leg but could not move at that time due to a back complaint. If only four hours of resting, jogging and stretching could transform we lesser mortals!

Taff Davies takes the prize for consistency at a very high level. As a vet competing for AF&D he ran 14:43 in 1979, 1982 and 1983. I was there in 1981 when silky smooth Les Presland taking over, almost simultaneously with George Blackburn, ran 14:48. It will be most interesting to see if these great performances achieved in the AAA 12 stage relay can be emulated or surpassed on May 13.

Weather conditions and correct pacing will be all important in achieving an optimum performance. Sutton Park can be very bleak if it is cold, wet and windy but this aspect is not within the control of local organisers. Pray if you wish. A brief verbal tour of the course, however, may be helpful.

From the changeover point it is initially downhill until after 250 yards you turn left to negotiate a 500 yard triangular loop. The only merit in this loop is that it makes the course distance up to about three miles and if on emerging you see a rival entering the loop you can be confident that you are unlikely to be caught. You then face 500 yards of stiff climbing. Even on this toughest section shouts of 'if you don't move lady, I'll move you' are to be discouraged from competitors who find Birmingham ratepayers exercising their right to impede progress by meandering across the footpath. Mercifully the hill levels out and you turn right to continue on level ground for some 300 yards. Then follows 1000 yards of steady climbing to the highest point of the course, the Jamboree Memorial stone. You are now at the half-way point in distance and in terms of effort and commitment most of the work has been done -- almost. A sharp right turn leads to a long downhill section which as it flattens brings you alongside Keepers Pool. A sharp left turn here soon followed by a right turn with a short drop leads to a dirt path over the stream and up to a road. Only half a mile remains. The surface is good but the last 400 yards to the finish is purgatory -- it is all uphill.

If you are not weak and struggling at this point you're either not human or you did not make the commitment over the first half of the course. Shouts of 'Arms, arms!' at this point simply confuse a tired brain into wondering if an all-fours posture is being recommended for greater speed.

Finally, medals have arrived from the AAA and I still have high hopes that the WAAA will also support the event. If not then the women will receive BVAF medals of comparable quality. Good luck to you all.

A Kick and a Kiss — A Memory of Club Spirit

I was sorry to read Bill Bakers report on the late Bob Roberts. As Bill said Bob could not compete on Saturday afternoons due to his job, so during the 1940s and early '50s his efforts were usually restricted to training with me at Parliament Hill Fields on Sunday mornings.

At this time Alf McSweeney was the secretary of Highgate Harriers and I was the team captain, so when in 1946 Alf decided that we ought to win the National 20 mile RWA Championship Nimeguen Shield, it was left to me to pick the team. The shield was awarded to the team that first finished eight declared men irrespective of position.

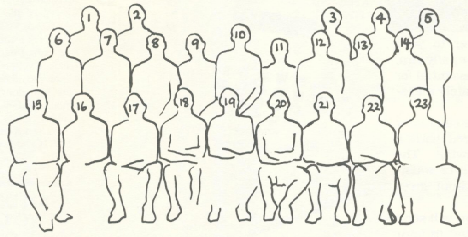
Unlike today this event was hotly contested. Highgate alone had 70 members available for selection, so I stood to be criticised in selecting Bob on the strength of his training performance. Alf a slow starter elected to bring up the rear by ensuring that he kept ahead of the other eighth men. However with two miles to go, secure in victory, he finds Bob clapped out, sitting on the pavement. Alf stopped and pleaded, shouted, rubbed Bob's legs, all to no avail. At last frustrated he gives Bob a hefty kick and surprisingly it worked. Up gets Bob and they both strode to victory!

I won the National 50Km Championship in 1946, to be kissed by Alf McSweeney while sitting in the bath at the finish. So Bob was kicked and I was kissed by Mac in the same year. I am not sure who had the best deal.

Charlie Megnin, Buckhurst Hill, Essex.

THE VETERANS OF ELSWICK HARRIERS

Outlines by Eric Cassels, Editor of Elswick's club newsletter



1. IAN PILLAR O45 President of the North Eastern Counties Cross-country association and an accredited AAA official of the No 1 District Committee. No longer competes but attends many race meetings in an official capacity. General Secretary of Elswick Harriers for many years until 1987.

2. ERIC HUDSON O50 A regular attender on club training nights to accompany the slower group of runners. Takes part in various races as one of the many who never win prizes unless it is a spot prize.

3. HARRY MATTHEWS O40 Began training with Elswick Harriers as a youngster in 1959, but with Elswick Coach, Norman Woodcock's guidance, did not specialise in the sport until 1960. A promising youngster, a steeplechase champion as a youth, Harry was always inspired tremendously by Morpeth celebrity, Jimmy Alder. Joining the vets ranks in 1987 he emerged as the best veteran athlete in the area and in his first year was listed as the sixth fastest vet in the British rankings. His many successes include: a silver medal in the BVAF 10K at Corby, fourth in the 10 Mile Championships at Oswestry where the team took second place – the first time in well over 30 years that an Elwick team won National medals. This achievement was peaked in August 1988 when the team came away with gold medals. Harry's first year in the vets category saw him finish in the first ten in all National Vets championships.

4. JOHN SPELLS O40 Joined Elswick Harriers in 1980. A member of Elswick's successful teams in the BVAF 10 Mile Championships in 1987 and 1988. Also prominent in BVAF track and road races up to the marathon distance with a PB of 2:41.

5. KEITH GRAHAM O40 Peaked a new level of excellence when he joined the vets ranks last year and is always selected for the A Team.

6. JIMMY POOLE O40 A member of Elswick Harriers since 1982 and like many Veterans enjoys the longer distance races. Has a PB for the marathon of 2:40.

7. TONY SAVAGE O55 A champion sprinter in his younger days, who enjoys the club spirit. He is more often seen at race meetings behind his camera. Tony is a respected member of the Photographic World entitled to show LMPA LIPP on his letter headings.

8. FRANK WATSON O45 A member since 1985. A good organiser and responsible for a popular annual series of handicap races known as "Close House Crawlers". His administrative ability has lately been of great assistance to our present general secretary.

9. KEN SHORTLAND O60 Before 1984 Ken jogged to keep fit until his workmate, Club President Bob Peart, advised him of the benefits of joining a club. Not a speed specialist Ken enjoys taking part in the Close House Crawlers handicap races and occasionally tackles the marathon distance.

10. ALBERT ANDERSON O45 Out of action for over a year due to a back injury, Albert is glad to be back in light training again and also enjoys the Close House Handicap.

11. VINCE JOHNSON O45 only joined the club when he was already in the O45 group and like many people in similar circumstances wished he had joined sooner.

12. BILL GARDNER O50 Like many other fathers, Bill only came to the club to keep his son, Paul, company. Good to see both father and son at race meetings shouting encouragement to each other.

13. KEITH CHADFIELD O45 Keith also regrets that his addiction to the sport came late in life. He took up running two months before his 40th birthday, mainly because of his son's interest in athletics, but he only intended to be a fun runner. Joining Elswick Harriers in 1986 he is a valuable member of the A team, always willing to turn out for the club if required, and certainly a force to be reckoned with in the O45s. Not a lover of track or country, he is capable of breaking 52 mins over 10 miles on the road and just outside 32 mins over 10K.

14. BOB DRYSDALE O40 Harry Matthew's training partner, recently acquired fame in the BVAF 10 Mile champs at Oswestry where he was photographed crawling to the finishing line to secure first team place for Elswick.

15. ERIC CASSELS O55 Vets Club Captain, race fixtures secretary and Editor of the Club newsletter.

16. MICHAEL PHILIPSON O45 Only recently joined Elswick Harriers, takes part in mass fun runs but still prefers a game of squash.

17. FRED STEPHENSON O60 Elswick's oldest active member. A 400m champion in his younger days, now specialises in the longer distance events, having completed 72 marathons since 1982 and winning many age group prizes.

18. BOB PEART O60 Celebrates centenary year as his final year as President of Elswick Harriers. Since running as a veteran, Bob has won several North East, British and International races in the respective age groups and last year was first O60 in both the London and the New York marathons, setting a new O50 record in New York. He took part in an indoor 1500m at RAF Cosford and set a new world record of 4:53.8. Bob enjoys all races from 800m to the marathon which includes Cross-country and Fell racing and usually comes away with the first prize. Part of the team which has made the North East Veterans Athletic Club a success and of which he has been secretary since their inception.

19. IAN CAMERON O40 Another dad who came along to look after his young daughters. All joined the club in 1985 and Ian is a useful member of the vets team.

20. KEVIN LOWDEN O50 A club member for over 20 years, accompanies his wife, Wyn, to the club on training nights. Troubled by injuries for a considerable time but now back in light training. Also enjoys skiing, the kind which breaks bones, downhill.

21. ALAN SAUNDERS O50 Both father and son members of the club since 1985. Alan joined with the intention of improving his fitness for his main activity of national football referee but has now retired from football to leave all his energy for running.

22. DANNY CAIN O40 Joined Elswick Harriers in 1986. Having no previous experience in running, but being employed by the Sponsors of the Great North Run he decided to try the half-marathon and was delighted to complete the course. Unaware of the Veteran Athletics movement he believed he was too old to take up the sport until a friend recommended that he joined Elswick Harriers. He became another addicted veteran athlete.

23. IAN LEIGHTON O45 Always volunteers when there is work to be done. Ian's wife, Joan, helped to get the women's section started when she took on the job of women's secretary in December 1979. The club would not exist if it wasn't for the efforts of people like these.

HISTORY OF BIRCHFIELD HARRIERS 1877-1988

An extract from the detailed history of the "Fleet and Free" Birchfield Harriers put together by editors Wilf Morgan (until recently Secretary of the BVAF) and Professor W.O. Alexander. Just published, it is a fascinating record of one club, full of interest and fine photographs, all excellently displayed.

A NUMBER of club members have continued in athletics well beyond what is generally considered to be the 'allotted span'. Until recently it was unusual for athletes to compete much after their mid-thirties. Although the records show that over the years the odd veteran event had been slipped into a track and field programme, even as far back as 1876. The age at which one qualified as a veteran in those days is not clear but it seems likely to have been between 35 and 40.

One of the first recorded instances of a Birchfielder competing in a veteran event is in fact W.W. Alexander who took part in a handicapin 1902 at the age of 50. The distance of the race is not recorded but it is said that he finished second after starting behind men as much as 17 years his junior and beating the scratch man's time by 20 seconds. It is difficult to keep the old man's name out of any aspect of Birchfield history.

It is well known, of course, that distance runners go on longer than most. W.H. Day, nicknamed 'Dido', was a cross-country international in the years before the First War and a leading member of the Birchfield team. He collected a winner's medal in the National at the age of 38. Apparently he trained more regularly than most runners of his day. In a magazine article he is quoted as saying, "I run once every day of the week except Sunday, because I once got injured on a Sunday."

One of the most outstanding performances by an 'aged athlete' was by Jack Beman who won the AAA Marathon in 1938 at the age of 41. His time of 2:36 stood as a club record for 30 years. In 1986, at the age of 89, he offered the opinion that had he gained selection for the Berlin Olympics of 1936 he would have become the first Briton to win that event.

Hammer thrower, Howard Payne, competed internationally for three years after turning 40, taking in Olympic, European and Commonwealth Games. At the age of 43 he made his longest ever throw of 232ft 6ins in a Great Britain match with Poland in 1974. He went on to become World Veterans' Champion at the first championships for veterans in Toronto in 1975.

Ray Hatton was a cross-country star of the early 50s. He represented England in the 1952 International and was in the Birchfield team that took the National trophy in 1953. Ray emigrated to Oregon, USA in 1960.

After a long absence from athletics he regained his love for the sport, turned to veteran competition and became one of the top men in the States at distances from two miles to the one hour run. In 1982 he ran a world record in the O50 age group at 3000m with a time of 8:53.8.

Ladies, too, have taken to veteran athletics in recent years. Gloria Dourass, a 400-800m runner, ran for Wales in three Commonwealth Games. She was fourth in the Edinburgh Games of 1970 at 800m. As Gloria Rickard she won British Veterans' championships at 400m in 1980 and 1981.

John Potts is the kind of athlete Birchfield have always relied upon, a good, solid club man with no pretensions to championships. He has competed regularly on track, road and country since 1965 at distances ranging from 800m to the marathon. A sample of his personal bests: 1500m in 3:49.4; ten miles in 49:26; and a marathon in 2:32:24. After turning 40 in 1985 John showed his powers had not diminished. He quickly produced times of 4:05 for 1500m indoors; 50:06 for ten miles, and most impressively a time of 2:24:52 for the marathon, his best ever.

Triple jumper, Dennis Field, was a GB international in the 50s and represented England in the Commonwealth Games of 1958. He retired in 1963 at the age of 33 and moved to the North East to become a lecturer in sports and recreation management. In 1979 he started to get fit again by running in local road races and consequently was drawn back to his old event by the flourishing veteran athletics' scene.

In 1982 and again in 1984 he won British Veteran championships in the triple jump, competing in the O50 class.

The present craze for marathon running has given many old athletes a new lease of life. Max Jones was at Cambridge University when he joined the club in 1946. A fair cross country runner, he was first home in the inter-varsity match for second teams with Roger Bannister in second place, first Cambridge man home with Chris Brasher the following year, and winner of the Everill Cup in 1948. On the road he was in winning club teams in the Manchester to Blackpool and the London to Brighton.

In 1981 at 53 he ran his first marathon, the London, in 3:49:57. He has now run 30 of them, the fastest 2:57:06, and rising 60 he hopes to join the select band that have run under three hours in this age group. Having acquired a voracious appetite for the event, he ran three marathons in 21 days in 1986, in three different countries: The World Veteran Championships in Vancouver on 5th October, the "Twin Cities' in Minneapolis on the 12th, and the Leeds Marathon, his present home town, on the 26th. He now covers far more miles in training than he did in the 40s when six miles up to the Parson and Clerk and back twice a week was considered quite enough.

It is a surprising fact that veteran athletics is the fastest growing branch of the sport.

The book "The History of Birchfield Harriers 1877-1988" is available by sending £9.95 (payable to V. Stokes) to V. Stokes, 80 Craythorne Avenue, Birmingham B20 1LN.

As pre-vets: Dennis Field (left) and Gloria Rickard (right) nee Dourass

What's the rest of the world up to?

TOP MARKS provides master/veteran track and field athletes with up-to-the-minute rankings of the top 100 athletes in all the major championship events worldwide according to their best performances throughout the year.

The lists – one for men and one for women – will be updated monthly and home delivered three times a year, enabling you to compare your own performances with those of the world's best. Such a guide will be of particular advantage in the lead-up to regional, European and world championships.

Get with the best now. Fill in the coupon below, giving your full name and address, and tick the appropriate boxes.

NAME: ....

ADDRESS: ....

....

TOWN/CITY: ....

STATE: ....

COUNTRY: .... POST CODE ....

Top Marks (Men) .... ☐ *Top Marks* (Women) .... ☐
(Please tick appropriate box)

American Express Bankcard Others:

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiry date / /

Postal draft ... ☐

Bank cheque ... ☐

SUBSCRIPTION: $US15. Australia: $A15. Europe and elsewhere: £8.

Send to: Arthur Gray, Centurion Press, 8 Jocelyn Street, North Curl Curl, NSW, Australia, 2099.

Top Marks The best in the world.

WORLD'S LARGEST ATHLETIC TOUR OPERATOR

GREAT NORTH RUN Newcastle
Sunday June 18th 1989

Once again we will be taking a large group of non-Geordies to take part in the "Great Geordie Day Out." We will be offering entries and 2 Days/1 Night and 3 Days/2 Nights trips over the Friday to Sunday of the weekend in central Newcastle hotels.
OPT 1: 3★ ROYAL STATION
3 Days/2 Nights from £62.00
OPTS 2-4: 3★ CREST, SWALLOW or ROYAL STATION 2 Days/1 Night from £40.00
Tour Deadline: FRIDAY May 12th 1989

CLUB DEALS from £40

"BABYLON" 10Km THE HAGUE plus 5, 2½ & 1Km
Sunday June 4th 1989 Netherlands
This established road race is yet another excellently organised HAGUE ROAD RUNNERS promotion, attracting both elite and club runners. With its other shorter races join us for a fun midsummer 3 days/2 nights weekend break. Nationwide Executive Coach pick-up service from Newcastle-Ramsgate.
OPTION 1: 4★ CARLTON BEACH HOTEL from £80.00
OPTION 2: 3★ WITTE HUYS HOTEL from £65.00
Tour Deadline: FRIDAY April 28th 1989
★ ATHLETICS WEEKLY READERS TOUR ★

MOSCOW Marathon & 10Km
Saturday August 12th 1989 Soviet Union
A chance to run in the Soviet capital. We are planning both a long weekend in Moscow, and a trip to Moscow and Leningrad as in previous years. With the great interest in the Soviet Union since "Perestroika" demand to go to Russia is not being met by an increase in hotel places so prices are on the up and up.
Advance £50 refundable deposits accepted
Tour Registration Deadline: FRIDAY June 9th 1989

REYKJAVIK Marathon, ½ Marathon & 7Km
Sunday August 20th 1989 Iceland
This interesting venue has made this tour very popular. We offer a basic 5 Days/4 Nights tour for a long weekend with provision for extra days an option. Take in the hot springs, lava flows and moonscape scenery. The world's most northerly international marathon, where overseas visitors are greeted warmly.
OPTION 1: CITY HOTEL from £[illegible]
OPTION 2: TOWNSTAR GUEST HOUSE from £[illegible]
Tour Deadline: FRIDAY June 23rd 1989

BRUSSELS Marathon
Sunday September 24th 1989 Belgium
We have supported this race since its inception in 1984 and are once again the "OFFICIAL UK TOUR & ENTRY AGENTS." With our splendid 4★ Sheraton Hotel base, and the delightful course taking in the city's attractive parks, this event is a pleasant alternative to its larger autumn European rivals.
OPTION 1: 4★ SHERATON HOTEL from £190
Tour Deadline: FRIDAY August 11th 1989

BERLIN MARATHON WEST GERMANY
Sunday October 1st 1989

Continental Europe's largest, and best supported marathon: over 15,000 entrants and ½ million spectators. A superb event in every aspect and a firm favourite amongst our clients: over 200 travelled in 1988.

OPT 1:	4★ PENTA HOTEL AIR TOUR Fri 29 Sept – Mon 2 Oct	from £259
OPT 2:	2★ BERLIN MARK HOTEL AIR TOUR Thurs 28 Sept – Sun 1 Oct	from £199
OPT 3:	PENTA, BERLIN MARK & BURCKSCHAT HOTELS COACH TOUR Thurs 28 Sept – Tues 3 Oct	from £119

Tour Deadline: FRIDAY August 18th 1989

PARIS IN THE AUTUMN
PARIS-VERSAILLES 20 KILOMETRES SUN OCTOBER 1st
SUN OCTOBER 15th
TOUR PRICES FROM £33

ATHENS Marathon
Sunday October 22nd 1989 Greece
Run over the "Original Course" and take in a week's vacation at the Greek resort of Nea Makri at our 4★ hotel base, only 5Km from the race start and away from the noise and bustle of Athens itself. 7, 11 & 14 day options.
[illegible]
Tour Deadline: FRIDAY August 18th 1989

SPLIT Marathon & ½ Marathon
Sunday October 22nd 1989 Yugoslavia
We are EXCLUSIVE UK AGENTS for the Marathon and the "2ND SPORTSMANS TRAVEL SPLIT ½ MARATHON," and look forward to another bumper tour to the first class 4★ Lav Hotel: options from Gatwick, Birmingham, Manchester and Heathrow.

OPT 1:	8 Days/7 Nights ex Heathrow	from £210	Child £95
OPT 2:	8 Days/7 Nights ex Gatwick	from £205	Child £95
OPT 3:	8 Days/7 Nights ex Birmingham	from £215	Child £95
OPT 4:	8 Days/7 Nights ex Manchester	from £210	Child £95

Tour Deadline: FRIDAY September 8th 1989

NEW YORK CITY MARATHON
Sun November 5th 1989

Our programme offers 2, 5 & 7 night tour options into the WALDORF ASTORIA, SHERATON CENTER (Race HQ), MADISON TOWERS and ROOSEVELT hotels. Our full package options are inclusive of return flights, hotel, airport transfers, city/course tour and a "special get together event." Race entries are guaranteed to all runners. Flight & Race Entry Only available too, and an extension package to allow you to make the most of your trans-Atlantic visit.

BROCHURE OUT NOW!!!

600 Flight seats/Beds
400 Race Entries
Prices from £361

★★★ OTHER FEATURED EVENTS IN OUR 1989 RUNNING TOUR PROGRAMME ★★★

18 JUNE	DUBLIN WOMENS 10KM	from £149
24/25 JUNE	BRUGGE VETS CHAMPS	from £ 45
27 AUGUST	GUERNSEY MARATHON	from £119
30 OCT	DUBLIN MARATHON	from £149
5 NOV	HAGUE 10 MILES	from £ 65
26 NOV	JERSEY ½ MARATHON	from £129
26 NOV	BENIDORM MAR & ½	from £149
2/3 DEC	BARBADOS MAR & 10KM	from £449
6 DEC	ISRAEL RUNNING TOUR	from £499

MAJORCA
Sun December 10th 1989
[illegible]
1000 PLACES £2.500 PRIZES
COSTA DE CALVIA MARATHON & 3rd SPORTSMANS TRAVEL ½ MARATHON

OFFICE OPENING HOURS ARE: MONDAY – FRIDAY 09.00 – 17.30 (EXCEPT BANK HOLIDAYS)

SPORTSMANS TRAVEL LTD
P.O. BOX 269 BRENTWOOD, ESSEX CM15 8NR
TELEPHONE: (0277) 222260/264444 TELEX: 99373 SPOTRA G
FACSIMILE: (0277) 261934
54547 ABTA VISA

IMPORTANT: WE ACCEPT BOOKINGS BY FACSIMILE FOR TOURS USING ACCESS OR VISA PROVIDED YOU FAX YOUR COMPLETED BOOKING FORM RACE ENTRY FORMS & ACCESS VISA PAYMENT SLIP

1989 B.V.A.F. 10 MILE ROAD RACE CHAMPIONSHIPS

STAR RANKED HOT 100

OPEN TO ALL VETERANS

UNDER M.C.A.A.A. 7 M.C.W.A.A.A. & B.V.A.F. REGULATIONS
ASSISTED BY OSWESTRY BOROUGH COUNCIL AND OSWESTRY SPORTS COUNCIL - SOUVENIR TO ALL FINISHERS

VENUE OSWESTRY LEISURE CENTRE, COLLEGE ROAD, OSWESTRY
RRC/AIMS COURSE
CLOSING DATE: 26th July 1989 **NO ENTRIES ON DAY**

All Veterans are invited to run BUT the B.V.A.F. Championships are only for Veterans who are 'Paid Up' Members of an official Veteran Association i.e. Northern Vets/ Southern Vets/ Welsh Vets, etc.

Non affiliated Veterans will have their own competition (Tick box below) - YOU MUST BE A MEMBER OF AN AAA CLUB.

CHAMPIONSHIP AWARDS
MEN: 1,2,3, all age groups (5 years) to Over 75 etc.
LADIES: 1,2,3. all age groups (5 years) to Over 65 (providing entry is sufficient).
TEAMS
MEN: 1,2,3, 40-49, Four to count. Over 50, three to count.
LADIES: All ages, three to count.
NON-AFFILIATED
MEN: 1,2,3, 40-49; 1,2,3, O50; LADIES: 1,2,3.

ENTRY FEE £3.00. PAYABLE TO 1989 B.V.A.F. 10.
RACE NUMBERS ISSUED ON DAY
S.A.E. FOR FURTHER DETAILS AND CONFIRMATION
TO: DOUG MORRIS, 27 WHITTINGTON ROAD, OSWESTRY, SHROPSHIRE SY11 1JD.
Tel. 0691 653338

Please accept my entry for the 1989 B.V.A.F. Open 10 mile Championships

NAME.......... Age on day .... D.O.B ....

ADDRESS ....

....

.... Telephone ....

CLUB .... Vet Reg. No. ....

Area affiln/ Northern/Southern, etc .... Non Affiliated pleasetick box.* ☐

*Non affiliated means not a paid up member of an Area Veteran Association.

The organisers of this event will not be responsible for any loss or injury to myself. I agree to abide by AAA's and WAAA Laws.

SIGNED .... DATE ....

SPECIAL! ***Measure how far and fast you run!***

Electronic pedometer with its own built-in calculator

Clip this lightweight pedometer to your waistband as you set off for your daily run. Compact and easy to use, it is essential for the modern runner, and accurately measures your distance and speed.

A pull-out conventional mini-calculator helps you work out your speed with a mounted read-out for easy viewing. The unit can be clipped to your belt or waistband and the eight digit read-out gives distance in miles or kilometres.

Send off for yours today – you will soon find it an inseparable companion in your training programme!

The pedometer is offered to readers at a special price of £12.95 including postage and packing.

* plastic case with metal belt clip
* size 2 3/4" x 2 7/8"
* low power consumption
* batteries included
* instructions enclosed

Post to: **Running Electronic Pedometer Offer, Hainault Road, Little Heath, Romford, Essex RM6 5NP**
Postage and packing free

Please send me ______ electronic pedometer(s) at **£12.95** each (inc.VAT).

Name ______

Address ______

______ Postcode ______

I enclose cheque/PO* made payable to RUNNING Magazine for total £ ______

or please debit my Access/Visa* card no ______

the sum of £ ______

SIGNED ______ Date ______ Expiry date __/__/__

Please allow up to 21 days for delivery.

*Delete as applicable. VA4/2

MARJORIE HOCKNELL

Jack Fitzgerald discovers the uniqueness of Marjorie Hocknell who reckons that one lap with hurdles requires less effort than two without

VETERAN athletes come into several categories. Some are brilliant youngsters who develop into even better Senior Internationals and continue to be champions after the age of fifty. Some develop late merely because they commence athletics late in life and outshine many with better pedigrees in the twilight of their careers. Some are good Seniors who because they are not willing to put in extra training after the age of 35, merely become average performers although still enjoying their veteran events. Not many actually improve their performances after they reach veteran status and in improving her times annually since reaching the age of 38, Marjorie Hocknell is probably unique.

Born Marjorie Machin in 1943, her family moved to Healing, five miles from Grimsby, when she was five. Although doing well at athletics in her early teens, lack of transport prevented her from joining the local club. In 1960 she went into nursing, rising to a Nursing Sister and after marrying in 1971 she retired to await the birth of her daughter in 1972. Her son followed in 1974. Not until 1978 did Marjorie began to get fit again playing badminton.

HER FIRST CROSS-COUNTRY

It was in 1981 when she introduced her children to Barton and District AC (a small club with no track but operating successfully from a school field/sports hall) that Marjorie was tempted to commence road running and ran her first cross-country race in February 1982. In the Spring of that year she moved to the track to compete in local meetings and represented the club in the Humberside, Lincolnshire and Northern Womens Leagues. She attempted all track events from 100m to 1500m as well as Long and High Jump, but eventually settled to one lap or less. Her first 400m hurdles came by chance in June when she swapped her 800m at a league meeting with another Senior. The club at that time possessed no hurdles, so she hadn't been over one since leaving school 22 years earlier, but she reckoned that one lap with hurdles required less effort than two without.

Previous to joining NVAC in 1984, her best times were as follows: 1982 (at 38 years)100m -13.6, 200m -28.4, 400m - 66.7 and 400m hurdles - 73.5. 1983(39)100 - 13.4, 200 - 27.9, 400 - 63.0 and 400mh - 71.6. Her veteran debut at the age of 40 was in the National at Meadowbank in July 1984, where she attempted six events, winning four and running up in the other two. This surprised her as she had previously fractured a metatarsal and sprained her right foot in June and the strain had not helped her conditibning for the European Vets Track and Field championships at Brighton in August. However she ran well enough in the W40 400 to finish third behind Susannah Wold of Norway and Ruth Allcock of GB in 63.55. So at the end of her third consecutive season, she had made further improvements with 13.5, 28.3, 63.55 and 71.4.

RECORD BREAKING

March 1985 found her breaking her first age world record. This was at Cosford, the first time she had run indoors when she won the W40 400m in 65.5. Her outdoor 400m was close to her 1983 best time of 63.0 with 63.3 that year, while her other three disciplines were similar to 1984. Back to Cosford in 1986, she again broke her 400m world record with 63.6 as well as setting a new W40 world mark of 28.2 in the 200m. Outdoors that year she set a new British W40 400m hurdles record of 69.4 at Lincoln. This she further reduced to 68.8 at Corby in 1987 as well as running 61.5 for the flat 400m at the latter end of her age group. Despite this 1988 was to be one of her best seasons. Starting by breaking both her 200m and 400m world records indoors (27.9 and 63.3) she went on to Verona in June, won the European 400m hurdles in 67.08, was second in the flat 400m in a PB 60.56 and was a member of the 4 x 400m Relay team which just failed to beat the great Swiss team for the gold medal.

On reaching her 45th birthday on November 15, 1988, Marjorie wasted no time in her new category. Four days later at an indoors Cosford meeting, she broke Una Gore's 200m record with 27.7 and later reduced this to 27.1 as well as setting a new 800m world record with 2:28.8 on the same evening.

Despite this success at the longer distance, her priorities remain with the 400m hurdles which will be her main target at the Worlds Veterans Championships at Eugene.

Although both Marjorie's children have 'retired' from Athletics, her son is still a keen footballer and accompanies her on his bike on her evening training runs and acts as escort for her sprint training sessions. Howard, her Estate Agent husband, also assists by transporting Marjorie to and from long distance meetings.

CURRENT WORLD INDOOR RECORDS

200m W40 27.9 W45 27.1
400m W45 63.9
800m W45 2:28.8

CURRENT BRITISH AND EUROPEAN OUTDOOR RECORD

400m Hurdles W40 67.08

Around the Regions

THE JOYS OF NORTHERN HILLS
NVAC Cross-country Championships
February 19

PUT a cross country championship in Lewis and Tunstall country and what do you expect, yes hills, lots of them! It could well have been the Northern Vets Fell Champs, with the course built into the side of the hill.

Pride of place in the M50 event went to Stephen James, the 1988 National champion. Steve went away from the gun and had nearly a minute in hand over Wirral's Ted Isaacs, who after a long lay off with an achilles tendon problem was probably pleased to take runner-up spot from a resurgent Fred Pendlebury. Winner of the M55 title in fifth place overall was Gerry Spink, probably the best we have in that age group on the country, and oh so consistent over the years.

One of the joys of mixed cross- country races is being beaten by the ladies, and Carol Wild, not too far behind husband Sid, at least gives encouragement when she passes you! Carol was closely followed by Pat Mee with three quarters of the men's field behind them ... back to the drawing board!

The M40/45 event was a cracker, Peter Hyde having a great race with Pete McWade. Frank Davies more at home on the roads came through well late to take third, just beating Brian Little who is recovering his form of five years ago. Denis Quinlan came second in the M45 class, with marathon runner John Davies third.

The team race was a walk-over for the revived Bolton squad, who over the years have provided some good teams but never quite got it together. **"FIDO"**

WINNER LOSES SHOE
NEVAC Cross-country Championships, Silksworth, March 12

THIS championship was incorporated within this year's British National Cross-country Championship. Blaydon Harrier, David Robinson, a prison officer at Durham Goal, became the champion. Although the course was not muddy there was one bad patch where Dave lost a shoe. Despite this he managed to finish within a minute of the National Championship winner. Dave did some tough training in 1988 when he competed in the Three Peaks Yacht Race in which he ran up Snowdon, Scafell and Ben Nevis. Harry Mathews of Elswick took the silver and Ken Lowther — known as the fastest milkman in the North East won the bronze. The M45 winner was Roger Highnam of Tynedale Harriers. Jarrow and Hebburn won the M40 team event.

Walter Ryder of Morpeth works in Geneva, Switzerland, but came over to run a great race in the M50s (fourth overall). Heaton Harriers took the overall O50 team event and the North East team award in the same category, counters being Reg Checkley, Eric Appleby (M55) and Joe Hawes. Joe is training regularly on the beach in front of his house at Seaton Sluice and attributes his progress to all that sand running.

Bob Peart won the M60. However, pride of place in this group goes to the bionic man Jack Carr of Durham taking the silver award. Jack was fitted last year with a heart pacemaker and continues to astound everyone. James Johnson of Coquet won the M65.

Julie Beckford of Newton Aycliffe is the Women's Champion, although in the W45 category, taking first place and eighth overall. An excellent run. Winner of the W35s, only seven seconds behind, was Kath Dowson of Chester le Street. Susan Kirkup of Durham AC continues to progress taking first in the W40. Valerie Robson of Gateshead won the W55.

Bob Peart

FORMER INTERNATIONAL WINS
NIVAA Cross-country Championships, Castle Grounds, Bangor February 18

THE TWO-lap course was heavy and undulating. Weather cool with light showers. Form this season could not establish a clear favourite.

The leading contenders were Des McHenry, Bernie Gregory and Jim Hayes who have each been winners in previous races this winter with McHenry beating Gregory and Hayes at Mallusk. Hayes and Gregory fought out a thrilling finish with Hayes just prevailing 17:06 to 17:07. McHenry ran his usual strong race to take third in 17:28. Hayes, a former international, is better known now as a fell runner, Gregory is improving in his first year as a vet while McHenry is a successful triathlon exponent. Good to see Derek Graham, now 47, former World Cross-country Championship runner-up and British 5,000m Olympian, returning to the fray placing sixth. British team manager and Board Selector, Les Jones, O45 was seventh. Trevor Alderdyce, 12th, had an unusual preparation just prior to the Scottish Indoor Vets where he set a new 800m BVAF O45 record 2:04.4.

The race was promoted by the NIAAA who awarded Championship Medals to the first three teams and individuals. The NIVAA also awarded medals to the first three members of their association in five year age groups. 103 took part. 56 were members of NIVAA.

With veteran events in NI included in open races or held at open meetings a good spectator attendance is ensured. This gives an atmosphere not usually found at vets only promotions. **E McAvoy**

WON WITH THE WIND
EVAC 10K Championships, Hemingford Grey, March 19

A TYPICALLY windy flat three lap fenland course in Cambridgeshire saw 74 starters for the third EVAC 10K Championships, admirably organised by EVAC Chairman, Tony Churchill.

To start a group of nine opened up a decisive gap. Roger Wadely then suddenly injected pace up front taking Mike Exton and Peter Richardson with him. Indecision at a sharp left allowed the leaders to regroup. Nevertheless, Exton and Richardson drew away as the field hit the wind. At the end of the second lap the front positions remained unchanged while the remainder of the field became processional.

Richardson made the decisive break with 2.5km to go by taking full advantage of the following wind. He finished 24 seconds ahead of Exton.

Howard Darbon, tenth overall, held off a last lap challenge from Fred Bees to win the M45 title, while in the M50s Clive Endersby comfortably beat Roy Ibson. Alan Hughes ran an excellent race to take the M55 title with Roger Carew some two minutes behind. Norman Copping won the M60 and Ralph Batten won the M70.

The women's race promised to be as close with Diane Braverman and S. Britten together at the end of the first lap. However, Braverman soon opened up a wide gap and by the finish was unopposed. Jean Morton won the W40, Sally Gandee the W45 and Gena Jackman the W55.

The gesture of the NVAC in donating a medal to EVAC for presentation to somebody who had overcome adversity or injury to compete was much appreciated. By unanimous agreement it was presented to the oldest competitor in the Championships, Ralph Batten. **Howard Darbon**

ANNUAL VETERAN SCENE IN IoM

THE ISLE of Man Association of Veteran Athletics (AVA) exists to promote and encourage veteran athletics in the IoM. The AVA promotes the annual Veterans' Shield Competition, a road-running league based on 18 events, ranging in distance from 5.7 to 40 miles (see report in Veteran Athletics No 9). Entry to the competition is restricted to registered Manx veterans but the various events in the series are all open events.

The main single event organised by the AVA each year is the Isle of Man Marathon, an open event run in the south of the island on the third Sunday in August. Besides awards for various non-vet classes, there are currently awards for the first three in the O40, O50 and O60 veterans' classes. The Marathon is run in conjunction with a Half-marathon and is one of the events of the Veterans' Shield Competition. It is also the opening event in a Grand Prix Series which occupies the remainder of the week.

The Grand Prix Series comprises five events, with points awarded on finishing positions, the Marathon being allocated twice as many points as each of the other events. The Peel Hill Race is run the day after the Marathon, followed by 10M and 5.7M road races and culminating in a 4M round-the-houses race in Peel on the Friday evening. The series, which is open, is co-ordinated by the AVA and the veterans' classes are catered for in the awards.

The AVA organises three vets-only road races during the year: two 6M handicaps (one in spring and one in autumn) and a 10M event early September. The two handicaps are restricted to AVA members only; the 10M event is open to all veterans.

The veteran contingent in the IoM has developed strongly in the past two years and often vets comprise half of the field in some events. **John Grimson**

FIRST SOUTHERN LEAGUE A SUCCESS

The third and final league race at Lloyds Park, Croydon, on March 25, proved to be a fitting climax to what has been an interesting and productive experiment.

The three venues selected for the 1988/89 pilot scheme were Wormwood Scrubs in Middlesex, Chatham in Kent and the final in Surrey. Although free to members of the SCVAC it was also open to non members on payment of £2 per race. Thus it also created a recruiting campaign, as most paid the extra £1 to join SCVAC.

Although the third race was slightly less well supported than the previous two, the clash with both the National Vets Indoor Champs and TVH Vets Road Relay, were a contributory factor. Team scoring over the series was based on the leading two M40-49 and first O50 runner in each Club team and the outstanding men's team was undoubtedly Medway AC, who placed the first three teams overall. The outstanding Womens team was Bromley Ladies, although Havering AC would have given them a better run for their money had they been able to produce another veteran runner.

Individually points were awarded from one for the last finisher to whatever the final field aggregated, thus if 43 finished the winner got 43 points. In essence this meant that someone placing well up in all three races stood the best chance of winning the overall individual awards and in both the M40-49 and M60+ this proved to be a true analysis with Leo Lyons of Belgrave and Russ Williams of Cambridge Harriers placing first and second in the former and Bob Belmore of VAC sweeping the board among the most mature runners. However there was one anomaly when Gordon Standen of Medway managed to win the M50-59 award even though he only ran in two of the races.

Chris Wilkins of Havering won all three of the Womens races, so was an even easier winner of their award ahead of her teammate Sue Vine and Maureen Farish of Bromley.

Altogether a very good first year with no fewer than 33 mens teams finishing on the overall tables, with 83 individuals on the individual charts. Perhaps a further venue can be found for the 1989/90 Cross-country season to make the event even more competitive. **Jack Fitzgerald**

NEW DATE FOR SVHC 10M
SVHC 10M Road Race Championships

THE CANCELLATION of this year's "Tom Scott" meant that not only had we lost the race which incorporated the SVHC 10M Championships but that Scotland had lost a long established, well organised and much liked event.

Andy Brown's considerable efforts to attract sponsorship were to no avail — entry fees alone would not cover the cost of awards, changing accommodation and the fleet of buses.

As one door closes, another one opens and this time in the shape of Law & District AAC who have offered to incorporate our Championships in their annual road race. We have accepted their offer and accordingly our 10M Championships with five year age groups, will take place on Saturday, July 1 at 3pm starting at Loch Park Stadium, Carluke. **Alex Muir**

A VAC WINTER OF CONTENT

Vets AC ran fourteen winter fixtures, all cross-country.

Ten home meets have enjoyed slowly but steadily increasing support, in an area where there are no shortage of opportunities, for open competition at any rate, and active clubs.

The Club's programme is based on Wilberforce School which is a pleasant modern building and meeting place, and Wimbledon Common, which is a conserved environment and affords well drained ground. Just one course is used which has strong natural character and variety and maintains a long used circuit so that lack of a road like track becomes offset by familiarity.

Away fixtures went to Woodford Green AC, Ranelagh H, Blackheath H, and Thames H&H which all have veteran dynamism and fine country courses. Return visits by the clubs and Hillingdon AC generated extra interest and brought members together for travel and scoring.

Vets AC awarded handicap prizes, and maintained an individual league competition, in which the leaders are E. Stroud and Mike Matthews, and a ranking table (run on the VA micro).

The Club champion and record holder was Peter Hamilton, who also won his own Blackheath Harriers vets championship race. That event is kindly held open to any veteran and is well worth the trip.

Irishman Tom Ryan was an outstanding O50 champion of a strong class and other

Continued on next page

At the finish of the BVAF/AAA National Road Relay at Tring, 1988 *photo: Hemming*

FIXTURES

NATIONAL

13 May AAA National Veteran Road Relay S COLDFIELD
8/9 Jul ROCKFORT BVAF T&F Champs Palmers Park READING cd 10 Jun Entry Form page 2
6 Aug BVAF 10M Champs OSWESTRY Entry Form page 10
13 Aug Inter Area T&F Match MILLFIELD SCHOOL Som
20 Aug BVAF & MVAC Pentathlon SOLIHULL
20 Aug BVAF 10K/5K Track Walk Champs SOLIHULL
3 Sep AAA/BVAF Half Mar Champs KINGS LYNN Norfolk
9/10 Sep BVAF Decathlon/Heptathlon SHEFFIELD
24 Sep BVAF 5K Road Champs ALDERSHOT
1 Oct BVAF & Flying Fox Marathon Champs STONE Staffs
14 Oct AAA/BVAF 20K/10K Road Walk Champs S COLD FIELD
19 Nov AAA/BVAF 10K Road Champs BARNSLEY

INTERNATIONAL

24 Jun European Vet Road Champs 10K M&W BRUGGE) 30K Walk Men, 20K Walk Women cd 15 May)
25 Jun Euro Vet Champs Marathon BRUGGE)
20/23 Jul USA TAC Masters T&F SAN DIEGO CA Ad page 6
27 Jul- 6 Aug World AVA T&F Champs EUGENE OREGON closed
30 Jun-7 Jul 1990 EVAA European Games BUDAPEST Hungary

MIDLAND

28 May Centurion RR Festival of Running Cannon Hill Park Nike Womens 5K 10am 1st 20 & 14 wv prizes min NUPE Centenary 10K 1045am 1st 20 men & 15v £2 cd 20/5 John Walker 111 Cooks Lane Kingshurst Solihull
31 May BIRCHFIELD 10K 730pm
11 Jun MVAC & Open T&F Champs Saffron Lane LEICESTER £1.50 ea cd 1/6 Morris 2 Norfolk Grove Gt Wyrley WS6 6JS
18 Jun MVAC 10K Champs CHELMSLEY WOOD
18 Jun Hi-Tec ABC Potteries Marathon 21v 8wv £6 Don Shelley PMP Trentham Gardens Stoke-on-Trent
8/9 Jul Centurion RR 24 Hr Track Race N SOLIHULL T O'Reilly 26 Silverbirch Rd Erdington B24 0AS
12 Jul 7th Park Hall 6M Road OSWESTRY BVAF Grade1 £1.50 Doug Morris 27 Whittington Rd Oswestry
20 Aug MVAC Pent10/5K Walks Throws Quad SOLIHULL
10 Sep 6th Brendan Fleming CHELMSLEY 10M 75v 21w £3 cd 1/9 John Walker as above
16 Sep MVAC 10M Champs & NUNEATON 10
24 Sep WOLVERHAMPTON Masters T&F meeting
24 Sep Lake Vyrnwy Half Marathon - £3 D Morris above
29 Oct MVAC Half Marathon Champs & STROUD Half Mara

EASTERN

28 May IPSWICH JAFFA 5, 10 AND 15M BVAF Grade1 forms C Buxton 124 Hawthorne Drive Ipswich
15 May BEDFORD Veteran T&F Grand Prix Series Ad page 12 also 7pm Wednesdays 7 June & 28 June
3 Sep AAA/BVAF Half Mar KINGS LYNN
17 Sep EVAC T&F Champs

SOUTH

6 May VAC 10M Champs Wilberforce Schl WIMBLEDON
20 May ISLE OF WIGHT Marathon
29 May WORTHING & Dis H Open & Vets Meeting Mrs P Leeves Downside Stable La Findon W Sx
4 Jun SCVAC T&F Champs Norman Park BROMLEY Kent £1.50 B Terry 41 Watling St Strood Kent ME2 3JH
4 Jun WALTHAMSTOW 7M Road 930am Ad page 7
11 Jun COPTHALL Open Vet T&F Colindale Entry form p5
1/2 Jul 24 Hr Team Relay (10 x Over 50) World Rec Atmpt Derek Wood 9B Wellington Rd Enfield Middx
16 Jul Berks Bucks Ox & Hants Vet T&F HIGH WYCOMBE L Thomas 20 Stephenson Cl High Wycombe HP13 5SY
16 Jul VAC 10K Walk and Track Champs W Lon Stdm
23 Jul EASTBOURNE YA & Vets Open Meeting
30 Jul LRRC Gen Portfolio Vet10K BATTERSEA
27 Aug VAC Track Championships WEST LONDON Stdm
3 Sep TWICKENHAM AC Open Vet Track Meet Barn Elms
24 Sep BVAF 5K Road ALDERSHOT
22 Oct Barns Green Half Mar incp SCVAC Champs VAC BATTERSEA PARK 5M Runs & Walks 7pm 2 May, 30 May, 20 Jun (champs), 12 Jul, 15 Aug,

SOUTH WEST

7 May SWVAC 13.1M Champs & Great West Run EXETER
21 May Dorset County AAA 26.2M Champs POOLE Ad p13
17 Jun SWVAC Champs & Poole Runners 10K POOLE
24 Jun SWVAC T&F Champs Kings Park BOURNEMOUTH
13 Aug Inter Area T&F Match Millfield School STREET
10 Sep EXETER H 5th Open Vet T&F Meeting & Pentathlon £1.50/50 cd 1/9 B Brockington 32 Spinney Cl Heavitree EX2 5PE SAE details: David G Lord 311 Bournemouth Rd Parkstone POOLE

NORTH

7 May NVAC Monthly run WARRINGTON
27-28 May 3rd Humberside Masters T&F Costello Stdm HULL Advertisement page 6
28 May EAST CHESHIRE Half Marathon & NVAC Champs £3.50 Martin McGann 1 County Av Ashton-U-Lyne
4 Jun NVAC T&F Championships STOCKPORT
11 Jun BLACKPOOL Marathon £6 cd 7 May 1st 5 Vet Men 1st 3 Vet Women in 5 year age groups 7 Rectory Gardens Cockerham Lancaster LA2 0ED
18 Jun NVAC Track Meet Belle Vue MANCHESTER
2 Jul PENNINE MARATHON 11am A.D Sykes Ellis & Booth 843 Leeds Rd Huddersfield

ISLE OF MAN

10/11 Jun Western AC T&F Championships
23 Sep WAC Open Jump Championships
20 Aug ISLE OF MAN Marathon

NORTH EAST

17 May League No 1 JARROW 3K 800 200 LJ JT
14 Jun League No 2 JARROW 1500 400 100 DT HJ
2 Jul NEVAC T&F Champs JARROW
16 Jul League No 3 JARROW 3K 800 200 SP TJ
19 Aug League No 4 JARROW 1500 400 100 JT LJ
26 Aug NEVAC v SVHC T&F Match JARROW
17 Sep NEVAC Pentathlon JARROW
26 Sep NEVAC 10,000 Champs JARROW

SCOTLAND

6 May GLASGOW 800 10K Pavilion Yokermill Rd Garscadden 215pm on the day
14 May LUDDON Half Marathon inc SVHC Champs
27 May BATHGATE Hill Race
18 Jun SVHC T&F Champs DUNDEE form D Morrison
1 Jul SVHC 10M Champs CARLUKE 3pm in Law & District AAC Annual 10
6 Aug LOCHINCH 10K Road Glasgow on the day

WOMEN ONLY

21 May King of Clubs Ladies 10K GLOUCESTER 11am £2.50 Inger Baud 126 Estcourt Rd Gloucester GL1 3LH
28 May LIVERPOOL Womens 10K 1100am cd 28/4 £3 L'pool City Council 11 Dale St Liverpool L2 2TE

FIXTURE NOTES

Inter Area Match Team Managers: Wales Roy Austin; Midland Derek Fellowes; South J Day/B Terry; South West Ms F Argent/Chris Jager

MVAC Track Champs offer for first time events for non-members, at £1.50 ea, - for reg. BVAF vets, 100/400 1500/5K/SP/LJ/JT with Medals in 5 yr gps - for any vet, 800/5K/DT with Medals

ICI/USRA Masters Circuit again features a grand prix style purse of $25,000 and 13 races across the USA. Two have been run, next May 29 - details (SAE) Jeremy Hemming, Vet Athletics office. Magazine still available for 32p stamp.

Welsh Borders As well as the BVAF Ten, vets are well looked after at Doug Morris's other events. See Park Hall 6, Oswestry, and Lake Vyrnwy Half Mara in Fix list, Midland section.

Around the Regions

Continued from previous page

age group leaders were Tony Stone (M45), Neville Newnham (M55), Bob Belmore (M60) and Dennis Eyers (M65).

Fittingly the successful season marked the final term in office of CC Secretary Arnold Shepherd. Lancastrian Arnold, still a member of E. Cheshire Harriers, has stood as a veritable oak tree in the Vets AC country since he gave up running himself and took up the role of leader.

JH

A SPRING CLASSIC

MVAC Tamworth Spring Classic, Tamworth, March 19

TAMWORTH AC hosted this eight event handicap meeting of three sprints (80, 150 and 300) handicapped by metres, 3 mile walk and a mile race handicapped by a yacht handicap, three field events (LJ, HJ and Shot) by a distance handicap calculated afterwards.

The meeting also included events for athletes from U11 upwards and so a tremendous atmosphere prevailed enhanced by the sight of young and not so young veterans battling for places — often producing very close finishes. There were many fine performances: Jack Cross 9.7 off 9m for the 80m, Peter Goulding 10 secs from scratch; effervescent Mary Wixey fooled the handicapper with a nippy 10.8 off 20m as well as throwing an excellent shot to produce a British best of 5m89; Bob Care, scratch man in the Walk, had too much to do to catch the in form Bill Rawlins; and Peter Goulding showing Kangaroo ability in the HJ.

One hiccup was in the 300m. Peggy Taylor was poorly treated by the handicappers who had to give husband Bill a start. The last event was the Mile which was a smashing affair — except for the wind and rain. The 12 starters produced an excellent race with two new names leading the bunch: Kevin Wood and Malcolm Robertson. Phil Smith, who had previously contested the open 1,000m, won in 3:02.4.

Phil Owen

BEDFORD AND COUNTY ATHLETIC CLUB

1989 VETERANS TRACK AND FIELD GRAND PRIX SERIES

at Barkers Lane Track, Bedford

MONDAY 15 MAY
WEDNESDAY 7 JUNE
WEDNESDAY 28 JUNE

Events commence 7pm

Age groups: Women O35: Men O50: Men 40-49 (ages as at 15 May, 1989)

Further details: send SAE to Howard Darbon, 1 St. Augustines Road, Bedford MK40 2NB

KELVIN HALL

Continued from page 1

joined.

Bell took the new boy round the third lap in 28.6 and we waited to see if he was providing his challenger with enough work to prevent him finishing fast. He was, his 28.2 last lap got him home first, but not by very much — there was less than a metre between them at the end.

The M50 race was equally interesting. Front runner Brian Bartholemew, from Brighton, had Checkley and Sutton breathing down his neck and both looking pretty handy. After a 66.5 first 400 his pace slowed to 34.4 on the third lap, he had to grit his teeth and produce a 31.4 last lap to lose his pursuers.

Davy Morrison, one of the meeting organisers from just down the road in Airdrie, got one of the biggest cheers of the day as he ran 2:53.1 to set new World figures in the M75. The M65 saw Basil Neilsen fail to burn off Jimmy Todd who came past off the final bend. Both were inside the British record.

The 1500s were somewhat disappointing though there were world bests by Willie Marshall M60 and Todd M65.

The 3000m was on the programme for the first time and as all the world bests were held by foreigners it was of academic interest to see if any of the Brits could get their names on the list. Well, two did, and both of them Glaswegians. Willie Marshall ran 10:18 in the M60 and Gordon Porteous' 13:08.2 was over a minute better than the previous M75 best. Porteous ran for Scotland in the 1946 International Cross-country Championships on Ayr Racecourse.

Not many walkers showed up. Bob Care was the pick of the bunch. He lopped six seconds off his record. Our championships distance, 2000m, is out of line with the rest of the world, they cover 3000m. Perhaps we should get in line.

Winch Debut

Shot Putter, Mike Winch, who turned vet in July last year, made his debut in a vet championship. He is reported to have set a British indoor record of 15.25 at Bournemouth recently. At Kelvin he produced three legals: 15.04, 15.14 and 14.99. This was enough to beat off the challenge of another first year vet, Neil Griffin.

Winch is a comparatively small man as shot-putters go, 'pound for pound' one of the best in the business. An articulate devotee of the throws, he may well be an asset to vets athletics. Unfortunately he won't be able to afford the trip to Eugene for the World Championships.

Michael James, who had already improved the M40 long jump record at a Cosford meeting, improved it still further with 6.66. He was given a tough fight by the 1988 Champion, Hugo Duggan from Ireland.

There were a number of names missing from the pole-vault, in fact only seven competitors in all. First year vet Ty Lewis took the M40 title. But the best performance came from A.Woods who won the M60 with 3.20, only two men, both M40s, went higher than that. Wood also won the Shot and High jump.

Record Collector

Rosemary Chrimes competed in her first indoors as a W55. Her only competition was the record book and we can only judge her performances from that. She left behind five World bests in the W50 and did the same five events in Glasgow: High Jump, 60m Hurdles, Triple Jump and Shot. She set four W55 records, missing out in the 60m with 9.4 against the existing record of 9.3.

The records she set made mincemeat of the previous marks taking 1.14 HJ to 1.30; 10.49 shot to 12.04; 6.86 TJ to 8.57 and 11.9 hurdles to 11.1. She will have the task of improving these next year for nobody else is likely to. Her best performance must be the triple jump where she actually bettered her M50 record. Mind you, until she gets that 60m record I think we will have to withold our applause.

It was noticeable that in the women's sprints there were more competitors in the 40 and 45 groups than there were in the 35, and that all the W35s were Scots. The best races were the W45 battles, Ruth Allcock v Pat McNab in the 60 and Allcock v Marjorie Hocknell in the 200. Allcock won the first by a whisker, but lost out to Hocknell by about two metres in the second. Hocknell's appearance was surprising, she tore knee ligaments early in February.

There were two World records in the 200m. Una Gore ran 29.6 in the W50 and Jo Ogden 31.6 in the W60. This shaved .2 off the record she set at Cosford last year. She's remarkably loose limbed for a 61-year-old and with more races (she only does the championships) she would probably go faster. She did not do the 400m but looks capable of knocking spots off her best time: 81.6.

The other track races were disappointing for many of the better performers were missing. But Anna McDonald ran well to set a new World best in the W40 400m. Jane Holmes (W40) gave herself plenty of work and produced creditable performances in 800m, 1500m and 3000m. Pat Gallagher won the 800m impressively and the 3000m comfortably.

There were only three women competitors in the 2000m walk but this should not detract from the splendid performance by Mary Worth, on balance one of the best of the meeting. Her 11:02.5 at 60 years of age bears comparison with any of the walking records on the list.

Verdict

Although the meeting was well organised it was not well attended. It might be advisable to extend all future indoor championships to two days. It might not have affected the turn out but it would give some athletes the chance of taking in a wider range of events.

The printed programme could have been more informative, with first names rather than initials and the athletes first claim club is also useful info. The public address, never very good at Cosford, was diabolical at Kelvin.

On the issue of pro's, I venture to suggest that the ball is in the court of the BVAF. It is surely not beyond their wit to devise a plan that would accommodate all veteran athletes.

RESULTS · RESULTS · RESULTS · RESULTS ·

BVAF CROSS COUNTRY CHAMPIONSHIPS SUNDERLAND, TYNE & WEAR, 12 MARCH PROMOTED BY NEVAC

M40 40-49 race
1 A Holden Tipton 30:27
2 C Youngston Aberdn 30:39
3 B Emmerson Teviot 30:52
4 B O'Neill AlderF 31:07
5 B Grant Harro 31:13
6 K Woodhouse Presta 31:17
7 T Edwards Spark 31:18
9 D Robinson Blay H 31:23
10 P Hyde Altrin 31:28
11 H Matthews Elsw H 31:32
12 R Firth Mandle 31:33
13 C McDougall Calder 31:36
15 T Hesketh Horwch 31:48
16 S Tune New St 31:55
17 K Lowther J&H 32:00
18 M Woods AlderF 32:04
19 D Lowther J&H 32:05
20 E Ranicar Bolton 32:06
22 D Littlewood Crook 32:17
23 S Grace Altrin 32:22
24 V Holman Granta 32:31
26 B Marshall Morpth 32:48
27 A Marconi New St 32:50
30 A Fielding Bolton 32:57
31 P Page J&H 32:59
32 S Almond Bolton 33:03
33 K O'Toole L Pem 33:04
34 B Preece Aberdn 33:05
36 R Arnold Granta 33:14
37 T Coyne Tipton 33:15
38 I Millar N Vets 33:16
39 T Mcguinness MilKey 33:17
40 P Larkin New St 33:20
42 R Mawer Lowes 33:24
44 C Rigby L Pem 33:26
45 E Maddison Sund H 33:29
46 P Leach Harbro 33:30
47 M Lister Harro 33:31
48 B McGall Altrin 33:32
51 C Halsall Manx 33:37
52 B Robertson J&H 33:38
54 A Samuel Teviot 33:39
55 G Teasdale Sund S 33:44
56 D Charlton Tynedl 33:51
57 D Maxwell Tynedl 33:52
59 K Mayor Bolton 33:56
66 P Davies Tipton 34:09
67 R Wright Durham 34:12
68 P Kelly So Sh 34:15
70 B Webb Bedfrd 34:17
71 K Jenner Sund H 34:18
72 J Bradley Granth 34:21
73 J Thompson Harbro 34:22
76 K Atkins Tipton 34:32
78 A Barlow Altrin 34:48
80 M Brown Morpth 34:50
81 M Victory Sund H 34:53
82 J Coulsen Harro 34:54
83 M Walker Gosf H 34:57
85 J Usher So Sh 34:59
86 R Lund Durham 35:00
89 G Ayre Bedfrd 35:05
91 I Fisher Granth 35:13
93 J Poole Elsw H 35:15
95 T Branagan AlderF 35:19
96 G McLean Kirkin 35:20
97 B Humphreys Nidd V 35:26
99 T Webb MilKey 35:35
100 I Cameron Elsw H 35:36
102 T White Hough 35:38
103 P Baxter Gosf H 35:39
104 K Grimes Sund H 35:42
106 D Adamson WashAC 35:46
107 E Goulden Altrin 35:48
109 A Lamb Dundee 35:51
110 A Craft Gosf H 35:52
112 D Gee Teesdl 36:06
114 P Lintum Brackn 36:10
115 P Lee Cambr 36:12
118 N Rutherford CLS 36:20
119 C Brown Heaton 36:22
120 C Smith GateshH 36:23
121 R Hinde Clare 36:27
123 D Todd Stret 36:30
124 J Hedley Morpth 36:32
128 D Moir Tynedl 36:43
129 G Smith Tipton 36:54
130 H Stoker Morpth 36:55
131 A Jones J&H 37:02
132 R Parker Blay H 37:04
133 A Wilks NewAyc 37:06
134 B McKay MarshH 37:09
135 A Muir Calder 37:13
136 S Cowan MilKey 37:15
137 K Bowron Teesdl 37:22
139 P Hooper AlderF 37:31
140 B Allison Brid 37:33
141 B Brotherton Tynedl 37:37
142 I Walker Granth 37:40
143 T Ward Morpth 37:47
145 D Brearley Broms 38:03
148 R Jacques Birtly 38:18
149 D Leng GateshH 38:20
150 T Forryan Bound 38:25
151 G Hurst J&H 38:30
153 S Eccleston Hough 38:32
154 B Brown Durham 38:38
155 A McDermid Cambus 38:40
162 B Dodson Law 38:55
163 J Reynolds MilKey 38:57
164 B Scott Nots 38:59
165 T Beddington So Sh 39:00
166 D Shelton N Vets 39:00
168 B McGregor Spring 39:07
170 D Bolam Heaton 39:11
171 K Sharples Morpth 39:31
174 P Gregory RSCold 39:47
177 B Desborough Bedfrd 40:20
178 G Routledge Heaton 40:28
180 T Lown Birtly 40:47
181 C Jobson Alnwck 40:56
182 A Begg Calder 41:04
183 K Alnwick GateshH 41:13
185 T Mawson Nidd V 43:21
187 G Reeve NE Vet 47:45

TEAMS over 40
1 Aldershot, Farnham & Dist (4, 14, 18, 28) 64
2 Bolton United Harriers (8, 20, 30, 32) 90
3 Jarrow & Hebburn AC (17, 19, 31, 52) 119
4 Altrincham & District AC (10, 23, 43, 48) 124
5 Tipton Harriers (1, 37, 58, 66) 162
6 Newcastle (Staffs) AC (16, 27, 40, 87) 170
7 Elswick Harriers (11, 49, 60, 93) 213
8 Morpeth Harriers (26, 63, 77, 80) 246
9 Tynedale Harriers (29, 56, 57, 128) 270
10 Sunderland Harriers (45, 71, 81, 104) 301
11 Gosforth Harriers (74, 83, 84, 103) 344
12 Durham City H & AC (67, 79, 86, 117) 349
13 Bingley Harriers (25, 61, 122, 147) 355
14 Bedford & County AC (53, 70, 89, 177) 389
15 Northern Vets AC (38, 50, 166, 172) 426
16 Blaydon Harriers (9, 101, 132, 186) 428
17 Milton Keynes AC (39, 99, 136, 163) 437

M45 40-49 race
8 B Little Bolton 31:21
14 L Presland AlderF 31:44
21 A Adams Dunbar 32:08
25 D Quinlan Bingley 32:44
28 D Rogers AlderF 32:51
29 R Highnam Tynedl 32:56
35 R MacFarquhar Aberdn 33:10
41 J Dear Epsom 33:23
43 D Jukes Altrin 33:25
49 T Turnbull Elsw H 33:35
50 K Summersgill NVAC 33:36
53 H Darbon Bedfrd 33:38
58 M Wrenn Tipton 33:54
60 K Chadfield Elsw H 34:00
61 M Smith Bingly 34:03
62 M Barnes Bolton 34:04
63 J Alder Morpth 34:05
64 K Burgess Altrin 34:07
65 D Reay CLS 34:08
69 B Ellis Longw 34:16
74 B Purvis Gosf H 34:25
75 D Attwell Altrin 34:28
77 D Thornton Morpth 34:40
79 B Mackay Durham 34:49
84 A Philipson Gosf H 34:56
87 K Collins New St 35:01
88 P Hutchinson GateshH 35:02
90 P Baxter Altrin 35:06
92 J Moses Bellah 35:14
94 J Cleland Tipton 35:16
98 J Dean Salf H 35:33
101 E Watson Blay H 35:37
105 P Winter CLS 35:44
108 D Kitching Blyth 35:50
111 R Wilson Sund H 35:59
113 Altrin 36:09
116 P Kearney Maryh 36:12
117 G Wood Durham 36:17
122 P Sharp Bingly 36:28
125 R Harvey NewAyc 36:34
126 C Dunn Durham 36:37
127 P Fisher Broms 36:38
138 P Lancaster Tynedl 37:25
144 B Hurst J&H 37:54
146 J Warburton ThorpM 38:12
147 C Butler Bingly 38:16
152 A Purdham Vrook 38:32
156 R Blackett GateshH 38:41
157 D Westhead So Sh 38:42
158 L Outwin Dk Pea 38:42
159 K Kennon Elswik 38:44
160 R Wells H&C 38:47
161 T Parker Granth 38:50
167 T Cuthbert Alnwck 39:03
169 H Rule Birtly 39:08
172 W Cameron N Vets 39:35
173 Brian Read Granth 39:43
175 K Quinn H&C 39:50
176 D Tomkinson Rochd 40:12
179 A Hoare Clare 40:35
184 R Dalley WarrAC 42:08
186 B Armstrong Blay H 43:44
188 J Holmes H&C 48:31
189 J Mackin NiddV 53:51

M50 50+ race
1 T Davies Alders 32:17
2 S James SouWat 32:32
3 T Isaacs Wirral 32:59
4 W Ryder Morpth 33:13
5 A Griffiths Nots 33:18
6 Ron Gomez V Ayle 33:40
8 F Dockerty J&H 34:28
9 T Pailthorpe Haver 34:35
11 R Checkley Heaton 34:44
12 G Smith GateshH 34:46
15 J Hawes Heaton 35:23
16 J Happle Birtly 35:31
17 J Conaghan Spango 35:36
20 J Morrison Aberdn 35:47
21 J Smithurst Bingly 35:48
22 N Robinson Haver 35:50
23 T Hoyles Haver 35:53
24 J Walker Heaton 35:54
25 I Barnes Darl H 35:55
26 P Dawson Blackb 35:56
29 L Parrott Haver 36:05
33 S Moffett Gosfth 36:16
35 B Court Bolton 36:36
36 A Oliver Morpth 36:38
37 G Watson Sund H 36:41
39 E Sweeting Birtly 36:51
40 J Graham Sund H 36:52
43 A Prouse Gosfth 36:58
45 J Barr Chelt 37:14
48 P Ferguson V Ayle 37:34
49 T Stodhard Uas 37:44
50 A Tewkesbury Haver 37:46
52 P Duffy Aberdn 37:53
53 P Welsh NE Vet 37:55
55 J Mattinson SLH 38:02
58 J Melville So Sh 38:25
60 J Gavin J&H 38:32
61 B Farrell Spring 38:40
62 D Cornwell Bolton 38:48
64 A Braithwaite Sund H 38:57
65 T Parr Bolton 39:09
66 H Barnfather Granta 39:13
68 P Thomas V Ayle 39:22
69 S Mclean Bellah 39:24
73 J Prudham J&H 39:35
76 G Hope Crook 39:47
77 S Blankinsop MilKey 39:54
81 T Kirby Hough 40:05
87 K Fiddler V Ayle 40:44
88 M Callon MilKey 40:57
90 B Hill Clay L 41:01
91 E King Dundee 41:02
96 F Gallacher Maryh 41:35
97 H Crane MilKey 41:44
98 B Tristam Granth 41:55
101 R Mills Ripon 42:27
109 J Atkinson Elsw H 43:42
110 E Hudson ElswH 43:42
111 B Hill ChLS 43:59
119 B King WarrAC 47:02

M55 50+ race
7 G Spink Bingly 33:57
10 N Newnham Cheas 34:41
13 E Appleby Heaton 34:58
14 A Hughes Notfas 35:16
19 L Vaughan-Hook L Pem 35:44
27 H Gibson Hamil 36:00
28 R Sheraton So Sh 36:02
31 P Carmichael Morpth 36:08
32 I Addison C Ayle 36:09
34 R Manning Blay H 36:30
38 J Peacock NE Vet 36:49
41 A Morgan Gosfth 36:52
42 L Forster Barnet 36:54
44 D Wood Barnet 37:08
46 B Ramage Durham 37:22
47 M Morrell Wirral 37:31
56 R Laverick Ch L 38:11
57 R Carew Bedfor 38:15
59 J Smith Bingly 38:30
63 B McGuigan Wirral 38:50
67 R Bray Morpth 39:21
71 S Lawson Maryh 39:28
72 R Blastland V Ayle 39:31
75 J Foster Edinb 39:45
82 S Robson Gatesh 40:11
83 R Francis Bury 40:15
84 G Eden Swale 40:25
92 C Burn Alnwck 41:14
95 A Walsham Salf H 41:31
100 G Freeman Sund H 42:15
102 J Mcguigan Maryh 42:33
103 T Rooke H&C 42:43
108 A Hosie NE Vet 43:41
112 F Valentine Bolton 44:04
114 K Headman Alnwck 44:36
116 B Lister N Vets 44:52
117 D Newton WarrAC 44:58
118 E Cassels Elsw H 46:29
123 G Chapman RSCold 50:57

M60 50+ race
30 B Peart ElswH 36:07
51 R Franklin TVH 37:49
54 E Nicholls Bromsg 38:00
74 B Crook Todmor 39:36
78 D Smith Ketter 39:57
79 J Charman Hor BS 39:58
80 G Booth Forban 40:00
86 M Stewart E Ches 40:40
89 J Carr Durham 40:57
94 A Hitchman RSCold 41:26
99 A McInnes V Park 42:04
104 S Coffey Man H 43:01
106 R Dudley Sund H 43:37
121 R Appleby Bingly 48:18
122 M Robertson So Sh 48:32
126 K Arstall N Vets 54:24

M65 50+ race
70 R Fernyhough Micha 39:27
85 J Fraser Ordbys 40:36
93 J Johnston Coquet 41:21
105 Ted Joynson Gatesh 43:09
107 D Burns NE Vet 43:39
113 K Hall Wirral 44:22
120 T Harrison Maryh 47:28
124 L Heald E Ches 52:05
127 R Walker Salt H 54:52

M70 50+ race
115 D Morrison Shettl 44:47
125 B Jackson Salf H 52:29
128 J Selby CovGod 55:24

TEAM RACE OVER 50
1 Heaton Harriers (11, 13, 15) 39
2 Havering AC (9, 22, 23) 54
3 Morpeth Harriers (4, 31, 36) 71
4 Vale of Aylesbury AC (6, 32, 48) 86
5 Bingley (7, 21, 59) 87
6 Wirral AC (3, 47, 63) 113
7 Gosforth Harriers (33, 41, 43) 117
8 Sunderland Harriers (37, 40, 64) 141
9 Jarrow & Hebburn AC (8, 60, 73) 141
10 Bolton United Harriers (35, 62, 65) 162
11 North East Veterans (38, 53, 107) 198
12 Gateshead Harriers (12, 82, 105) 199
13 South Shields Harriers (28, 58, 122) 208
14 Elswick Harriers (30, 109, 110) 249
15 Milton Keynes AC (77, 88, 97) 262
16 Maryhill Harriers (71, 96, 102) 269

WOMEN'S RACE W35
1 M Palmer WestBH 18:25
3 L Taylor Cheas 19:12
4 K Musson Border 19:21
5 D Trueman RSC 19:23
6 D Marsh N Olyn 19:42
9 J Allison Brid 19:49
10 K Dowson CLeS 19:53
11 A Jones Alt AC 19:59
12 L Robb NottsA 20:21
14 G Rollason RSC 20:28
15 F Argent Dorch 20:36
16 J Gardener Arena 20:38
17 S Johnstone Clare 20:48
18 R Haggan Clare 20:49
19 J Foster Horwch 20:50
20 C Hay Marsh 20:52
23 J Crump Bourne 21:13
24 B Hare Loftus 21:14
25 J Kilgour Clare 21:15
27 A Roberts RSC 21:24
28 M Fish RSC 21:30
30 C Dwyer N Olyn 21:38
33 A Bower Arena 21:53
34 A Richards GiffN 21:54
35 S Belford Kilbar 21:58
39 M Dean Sefton 22:08
42 G Welford March 22:30
43 H Shaw Beds 22:40
47 M McGee TyneDH 23:26
66 S Riley CamCol 27:26

W40
2 P Gallagher BeetBH 19:07
7 E Adams S In A 19:43
13 L Cliff Holsep 20:23
21 K Howe Border 20:59
22 S Kirkup DhamCH 21:08
26 B Hutcheon N Olyn 21:18
29 M Curran Alt AC 21:32
31 H Hopkins Arena 21:50
37 R Robson Arena 22:01
38 K Dudson Law&D 22:04
41 S Wilson HoughH 22:19
45 M Perry RSC 22:59
48 S Mark CamCol 23:39
52 C Wake GateshH 24:18
57 A Hoggarth Nidd V 25:09
58 P Brearley Bromsg 25:13
59 E Mcmillan Kilbar 25:24
62 B Brown TyneDH 26:30
64 E Sandison TyneDH 26:50
68 H Payne RSC 29:27

W45
8 J Beckford NAycl 19:46
32 I Hornsey CamCol 21:53
36 A Naily Alt AC 21:59
44 J Aitcheson Wigan 22:48
46 H Simpson Elsw H 23:09
50 A Blight ElswH 23:46
51 M Avery Elsw H 24:04
61 A Tomkinson Rochd 26:19
65 V Smith TyneDH 26:51

W50
49 S Barr Chelt 23:44
54 P Parr Bolton 24:54
55 M Holmes CamCol 25:00
69 J Coker Highgt 32:13

W55
40 L Smal Horwch 22:11
53 V Robson Gates H 24:47
56 B Smith Ketter 25:05
60 B Forster Shafts 25:46
67 B Chapman RSC 27:58

GOSFORTH HARRIERS ROAD RELAYS
Newcastle, March 4
Veterans 4 x 3.1 miles:1, **Jarrow & Hebburn** 65:56, 2 **Mandale** 66:22, 3 **Morpeth** 66:30. Fastest legs: 1 R.Firth (Man) 51:51; 2 **R.Higham** (Tyne) 15:56; 3 **D.Lowther** (J&H) 16:09.

SCOTTISH VETS 8 STAGE ROAD RELAY CHAMPIONSHIPS
Alloa to Bishopbrigge 40.2M, March 19
1. **Cambuslang** 3:54:44, 2 **Fife AC** 3:58:50, 3 **Livingstone** 4:00:36, 4 **Gosforth** 4:01:06, 5 **Shettleston** 4:02:40, 6 **Falkirk Victoria** 4:04:02, 7 **Irvine AC** 4:04:55, 8 **Law & District** 4:08:13, 9 **Giffnock N.** 4:08:23, 10 **Pitreavie** 4:08:52, 11 **Springburn Harriers** 4:09:14, 12 **Cambuslang 'B'** 4:12:04.
Fastest legs: 1st leg (5M) **B.Carty** (Shettle) 28:23 (equals course record), 2nd leg (5M) **S.Asher** (Fife) 26:45, 3rd leg (5M) **T.Rose** (Fife) 28:45, 4th leg (5.6M) **I.Seggie** (Living) 31:17, 5th leg (5M) **P.Marshall** (HELP) 26:31 (course record), 6th leg (5.2M) **I.Briggs** (Living 30:02, 7th leg (4.7M) **I.Leggett** (Living) 27:10, 8th leg (4.7M) **J.Linnaker** (Pit) 27:49.

MIDLAND COUNTIES SIX STAGE VETERAN ROAD RELAY
Sutton Park, March 25
1 **Newcastle** 2:00:55 (T.Toft 28:41, S.Tune 15:30, A.Marconi 15:59, D.Cartwright 28:53, M.Smith, P.Larkin), 2 **Notts** 2:05:02 (G.Astill 29:07, R.Smith 16:26, F.Nee 16:40, A.Griffiths 29:50, D.Reffin 16:49, I.McIntosh 16:08), 3 **Tipton H.** (2:05:26 (T.Coyne 28:45, K.Green 16:58, P.Davies 16:46, J.Taylor 30:15, K.Atkins 16:37, M.Wrenn 16:05), 4 **Huncote** 2:06:41, 5 **Birchfield** 2:07:25, 6 **Leamington** S:07:43, 7 **Newcastle 'B'** 2:08:27, 8 **Stroud & District** 2:08:32, 9 **Potteries Marathon** 2:09:32, 10 **Tipton 'B'** 2:11:00, 11 **Redhill** 2:11:08, 12 **Cannock & Stafford** 2:12:48, 13 **Halesowen** 2:13:09, 14 **Sandwell Valley** 2:14:47, 15 **Solihull & Smallheath** 2:15:32, 16 **Birchfield 'C'** 2:16:50, 17 **Rugby** 2:17:57, 18 **Oadby & Wigston** 2:18:30, 19 **Telford** 2:19:44, 20 **Newcastle 'C'** 2:20:00.
Fastest short legs: 1 J.Potts (Bir) 15:20, 2 **S.Tune** 15:30, 3 **A.Austin** 15:44. Fastest long legs **1.T.Toft** 28:41, 2 **T.Coyne** 28:45, 3 **G.Astill** 29:07.

MILTON KEYNES 6 x 2M ROAD RELAY
February 11
9 Oxford City AC 80:34 (S.Cowles 9.28, J.Exley 10.9, P.Lindsell 10.9, J.Polgreen 10.9, D.Parsons 10.17, P.Morrison 10.22); **20 Gloucester AC** 82:53 (D.Buckle 10:31, D.Spackman 10:49, J.Carragher 10:41, B.Batty 10:28, B.Sparkes 10:33, L.Davis 9:53); **22 Burnham Joggers** 83:32 (G.Wheeler 10:36, T.Pollare 10:46, T.Tylance 11:37, A.Lintrun 10:5, J.Movat 10:14, D.Sutton 10:29); **23 Vauxhall Motors AC** 83:36 (D.Haughney 10:32, R.Brockway 10:59, K.Cook 10:23, B.Morrison 10:27, R.Brett 10:39, C.Holmes 11:30); **25 Croydon Harriers** 84:40 (D.Faircloth 10:21, S.Collie 10:13, P.Richardson 11:56, R.Dickson 10:24, B.Collins 10:42, K.Pearson 10:44); 34 **Windsor S&E** 86:40; 36 **Milton Keynes AC** 86:40; 37 **Banbury Harriers** 86:54; 39 **Vale of Aylesbury AC** 88:22; 42 **Bedford &County** 89:50; 45 **Oxford City 'B'** 70:29; 51 **Vauxhall Motors AC 'B'** 71:12. Fastest legs: **S.Cowles** (Oxford) 9:28, **C.Rutland** (Banbury H) 9:50, **L.Davis** (Gloucester) 9:53.

ALF MIGNOT VET 3x3.5M ROAD RELAY
Crawford, March 26
1 **London Irish** 53:50 (P.Murphy 17:36, J.Sheridan 17:54, P.Keeney 18:20)
2 **Oxford City** 53:51 (J.Polgreen 18:19, D.Parsons 17:53, J.Exley 17:39)
3 **TVH** 54:41 (R.Charney 17:59, C.Thomas 17:53, G.Goodman 18:49)
4 **Invicta** 55:00 (A.Howlett 18:23, K.Judge 18:44, M.Rouse 17:53)
5 **Blackheath** 55:09 (M.Cronin 18:43, P.Hamilton:43, J.Phelan 18:43)
6 **Burnham Joggers** 55:30 (G.Wheeler 19:10, J.Mouatt 18:10, D.Sutton 18:10)
7 **Belgrave** 55:36 (C.Dickenson 17:39, A.Painter 19:14, L.O'Hara 18:43)
8 **Woking** 55:43 (E.Cooke 18:11, F.Bell 18:51, C.Woodhams 18:41)
9 **S.London** 55:46, 10 **Shaftsbury Barnet** 56:19, 11 **Reading** 56:24, 12 **B.of Hounslow** 57:02, 13 **London Irish 'B'** 57:15, 14 **Ealing & Southall** 58:15, 15 **Oxford 'B'** 58:21, 16 **Serpentine** 58:23, 17 **S.London 'B'** 58:26, 18 **Bracknell** 58:29, 19 **Burnham Joggers 'B'** 58:40, 20 **Epsom & Ewell** 58:44. **Fastest laps:** 1 P.Murphy (Lrish) 17:36, 2 J.Exley (Oxford) and C.Dickenson (Belgrave) 17:39.

HAIGH HALL RELAY 4x3 3/4M
Wigan, March 4
1 **Bolton Vets A** (S.Almond 20:23, D.Kay 20:39, B.Little 19:33, A.Fielding 20:15)
2 **Wirral Vets** (E.Isaacs 20:52, F.Walsh 20:44, D.Barnes 19:51, A.Day 20:50)
3 **Bolton B** (D.Kearns 20:58, M.Selby 20:33, M.Freary 21:03, K.Kayor 20:53)

CRAWFORD CUP 2M CROSS-COUNTRY
Belvoir Park, Belfast, March 4
1 **J.Hayes** (Bally) 11:51, 2 **E.Campbell** (Willow) 11:59, 3 **D.Graham** (9th Old B) 12:05, 4 **A.Corry** (Willow) 12:17, 5 **B.Smith** (N.Down) 12:22, 6 **J.Glover** (Lagan V) 12:31, 7 **R.Nicholl** (Dromore) 12:33, 8 **F.Strickland** (Bally) 12:39, 9 **J.Hawthorne** (CIYMS) 12:40, 10 **J.McAllister** (Larne) 12:42, 11 **E.Playfair** (CIYMS) 12:55, 12 **D.Hill** (Albertv) 13:00, 13 **C.Richardson** (Willow) 13:02, 14 **K.Hewtin** (N.Down) 13:15, 15 **R.Graham** (RVC) 13:10, 16 **D.McQuitty** (N.Down) 13:15, 17 **W.Crawford** (EAntrim) 13:19, 18 **J.Harris** (CIYMS) 13:22, 19 **H.Adams** (CIYMS) 13:24
20 **W.Magee** (Larne) 13:29. **Handicap result:** 1 **J.Glover** 10.11, 2 **J.Elliott** 10:12, 3 **R.Grimason** 10:16.

CONLIG 6M ROAD RACE
N.Ireland, March 18
1 **E.Campbell** (Willow) **32:17, 2**
H.Pritchard (Co Andrim) 32:39, 3 **F.Strickland** (Bally) 33:29, 4 **R.Corry** (Willow) 33:32, 5 **B.Smith** (N.Down) 33:52, 6 **R.Graham** (RVC) 34:12, 7 **J.Hawthorne** (CIYMS) 34:23, 8 **C.Richardson** (Willow) 34:37, 9 **D.Hill (Albertv) 34:44,** 10 **J.Sloan** (N.Down) 35:16. **Handicap result:** 1 **R.Grimason** 25:58, 2 **R.Graham** 26:12, 3 **T.Milne** 26:18.

NIVAA WINTER LEAGUE
Best 6 races from 8
M40 1 **C.Richardson** 108, 2 **D.Hill** 106, 3 **J.Harris** 89. 33 scored.
M45 1 **E.Campbell** 60, 2 **B.Smith** 50, 3 **R.Corry** 47. 19 scored.
M50 1 **H.Hawtin**, 2 **J.Elliott**, 3 **T.Long.** 14 scored.
M55 1 **R.Booth** 60, 2 **E.Beck** 55, 3 **R.Grimason** 49. 8 scored.
M60+ 1 **J.Todd** 60, 2 **J.Dawson** 50, 3 **J.Kennedy** 42. 5 scored.

KODAK 10K, NOTTINGHAM, MARCH 5
M40 47 **J.Offord** (Beaumont) 32:00, 68 **R.Statham** (CovG) 33:16, 86 **W.Chance** 33:57, 88 **J.Mathews** (Hull) 34:03, 101 **P.Groves** (Hull) 34:21, 104 **M.Smedley** (Derby) 34:26, 117 **I.Millar** (NDerby) 34:44, 138 **R.Smith** (Notts) 35:27, 141 **E.Tindale** (Barns.) 35:30, 143 **D.Reffin** (Notts) 35:33, 148 **D.Love** (Sunder.) 35:43, 151 **S.Sharp** (Erewash) 35:47, 166 **I.Richardson** (HolmPP) 36:25, 182 **A.Martin** (SuttAsh) 36:59, 188 **R.Hill** 37:11, 194 **D.Bennett** (Barns.) 37:23, 201 **C.Moore** (Notts) 37:35, 217 **P.Sergent** (Carlton) 38:04.
M45 84 **A.Hawkins** (Mansfld) 33:56, 156 **P.Flatman** (Hull) 36:00, 170 **D.Kirkby**

Continued on next page

NM FINANCIAL
POOLE
MARATHON

21st May 1989

- Minithon
- Extensive prize-list
- Poole Pottery Plate to all finishers
- Single lap course
- Accommodation discounts
- Poole Lions Country Fayre
- Dorset AAA Marathon Championships

NM FINANCIAL POOLE MARATHON

Now in its 4th successful year!

Organised by Poole Athletic Club under AAA; WC AAA rules/RRC measured
► BARR member

Apply to: Dept va3
Poole Sports Council
Civic Centre,
Poole, Dorset, BH15 2RU
(0202) 675151
Closing Date 21st April 1989

GRITTLETON LADIES 10 KM ROAD RACE

(Under WAAA Rules)

SUNDAY 6TH AUGUST 1989

TIME: Starting at 10.30 am promptly

VENUE: Grittleton House School, Grittleton, Nr. Chippenham, Wilts

COURSE: An undulating 10km country course

AWARDS: 1st to 6th Lady; 1st Lady over 40, 45, 50;
1st & 2nd teams (4 to score); *Any runner entering under a team name will be accepted, eg clubs, pubs, etc.

AGE LIMIT: 17 yrs or over on day of race

ENTRY FEE: £2.00 affiliated - £2.50 unattached runners payable to "Grittleton Ladies 10 km".

TO ENTER: Please send your entry and fee together with a **large SAE** to:
Maria Kemp, 7 The Ham, Kington St Michael, Chippenham, Wilts SN14 6LD

RESULTS · RESULTS · RESULTS · RESULTS ·

BVAF INDOOR CHAMPIONSHIPS KELVIN HALL GLASGOW 26 MARCH 1989

50m Hurdles

M40
1 LBovell 8.9[WR=]
2 T Lewis 9.1
3 B Grove 9.5
4 J Charlton 9.6
5 H Smith 9.7
6 M Bousfield 9.8
M45
1 B Ferguson 9.1[WR]
2 B Rudd 9.8
3 A MacKay 10.8
4 J Baron 11.1
M60
1 I Steedman 10.1[WR]
2 A Woods 10.8
M65
L Williams 10.9
W35
C Brown 11.7
W45
P McNab 9.9[WR=]
W55
R Chrimes 11.1[WR]

60m

M40
1 G McNiell 7.2
2 B Townley 7.3
3 P Webber 7.3
4 G Cassidy 7.5
5 P Burns 7.5
6 D Pickering 7.6
M45
1 B Green 7.3 [WR]
2 I Foster 7.3[WR]
3 R Austrin 7.4
4 J Henson 7.4
5 J Topliss 7.8
M50
1 I McAnany 7.7
2 J Swannell 7.8
3 C Derrett 7.9
4 J Newcombe 8.0
5 D Burton 8.1
M55
1 W Guy 7.9
2 K Glenesk 8.2
3 J Cross 8.2
4 J Lang 8.6
5 B Ford 9.0
M60
1 G Bridgeman 8.4
2 J Moran 8.6
3 A Kalirai 8.6
4 J McInally 8.9
5 Steedman 9.2
6 D Jones 9.8
M65
1 Williams 8.8
2 T Henderson 9.2
3 J Sinton 9.5
4 D Philcox 9.8
5 H Goodman 10.3
M70
1 J Lucasz 9.3
2 L Watson 9.5
M75
1 J Murphy 11.4
W35
1 A Munro 8.3
2 S Johnston 8.5
3 J Brydone 8.9
4 H Wisley 9.5
W40
1 Y Priestman 8.8
2 J Browne 8.9
3 P Spence 9.2
4 C Scarles 9.3
5 S Wood 9.8
W45
1 R Allcock 8.7
2 McNab 87.7
3 E Stagg 8.7
4 M Axtell 9.0
5 R Smith 9.1
6 M Mills 9.2
W50
1 U Gore 8.8[WR]
W55
1 Chrimes 9.4

200m

M40
1 R Walter 23.4
2 Townley 23.7
3 Burns 24.2
4 Cassidy 24.6
M45
1 I Foster 23.5[WR=]
2 Henson 23.9
3 J Steede 24.5
4 B Rudd 24.8
M50
1 Swannel 25.3
2 Burton 25.6
3 Derrett 26.4
4 D Herman 27.4
M55
1 J Bryce 26.5
2 K Whitaker 26.8
3 B Parnaby 27.1
4 Guy 27.8
M60
1 Bridgeman 27.7
2 McInally 27.1
3 Jones 33.0
M65
1 Williams 30.3
2 Henderson 33.0
3 Swinton 33.4
4 Goodman 38.0
M70
1 Watson 32.3
M75
1 Murphy 44.4
W35
1 Munro 28.3
2 Wisley 30.5
W40
1 A McDoanld 28.6
2 Priestman 28.9
3 M Williams 30.4
4 Scarles 32.4
W45
1 M Hocknell 28.6
2 Allcock 28.9
3 Stagg 30.2
4 Mcnabb 30.7
W50
1 Gore 29.6[WR]
W60
1 J Ogden 31.6[WR]
W65
1 P Taylor 44.6

400m

M40
1 P Browne 52.5
2 J Charlton 54.2
3 A Robinson 55.5
4 D Low 56.1
M45
1 Austin 55.5
2 J Walton 56.4
3 F Hearns 57.2
4 J Neil 59.9
M50
1 J Ross 57.4
2 Baron 60.2
3 L Cooke 61.0
4 E Harner 62.7
M55
1 Parnaby 59.5
2 Whitaker 59.6
3 G Feast 60.6
4 W Russell 62.1
M60
1 Bridgeman 64.2
2 J Farrar 65.8
3 Steedman 66.3
M65
1 B Nielsen 70.0
2 E Clayton 73.1
M70
1 B Taylor 92.1
W35
1 J Bigos 63.5
2 Munro 65.9
3 Wisley 67.1
W40
1 A McDonald 62.4[WR]
W45
1 M Hocknell 63.9[WR]

800m

M40
1 R Bell 1:56.2
2 Browne 1:56.3
3 G Peel 2:04.5
4 W Gray 2:06.5
5 J Halliday 2:07.1
6 M Cockwill 2:07.6
7 J Christie 2:10.0
8 I Stark 2:27.1
M45
1 T Alderdyce 2:03.7[BR]
2 Hearns 2:08.5
3 I Pearce 2:08.7
4 T Young 2:09.4
5 B Mackay 2:12.3
6 J McCain 2:13.0
7 D Cowgill 2:17.0
8 E Johnson 2:21.8
9 N Weir 2:26.6
M50
1 B Bartholomew 2:12.3
2 R Checkley 2:13.2
3 K Sutton 2:13.9
4 Newcombe 2:14.7
5 Harner 2:115.3
6 Donald 2:17.0
7 Cooke 2:17.7
8 I Leggett 2:20.2
1 F Cowan 2:25.7
W Russell 2:26.6
M60
1 W Temple 2:29.6
2 A McInnes 2:44.9
M65
1 J Todd 2:35.4[WR]
2 Nielsen 2:35.8
3 Clayton 2:44.8
M70
1 Taylor 3:32.8
M75
1 D Morrison 2:53.1[WR]
W35
1 Bigos 2:24.5
2 Wisley 2:25.6
3 J Stevenson 2:27.7
4 N McKinnon 2:28.6
W40
1 P Gallagher 2:20.2[BR]
2 J Holmes 2:25.0
34 Mcdonald 2:26.9
4 Williams 2:37.4
W45
1 K Yewer 2:35.7
2 I Hornsey 2:38.9

1500m

M40
1 Bell 4:10.1
2 B Wilkie 4:11.9
3 P Sawbridge 4:15.6
4 K Hogg 4:35.0
M45
1 V Smith 4:18.4
2 Alderdyce 4:18.9
3 P Cartwright 4:30.8
4 R Young 4:30.1
5 W Magee 4:36.2
6 Cowgill 4:48.6
M50
1 Leggett 4:36.7
2 Checkley 4:36.7
3 Sutton 4:421.6
4 A Aolive 4:58.3
5 E King 5:26.9
M55
1 M Morrell 4:47.9
2 W Ramage 4:53.2
M60
1 W Marshall 4:49.5[WR]
2 Temple 5:06.3
M65
1 Todd 5:11.3[WR]
2 J Geddes 5:36.4
W35
1 Wisley 4:55.0
2 McKinnon 5:07.1
3 I Fraser 5:074.7
W40
1 Holmes 4:48.4
W45
1 K Yewer 5:22.2[BR]
2 Hornsey 5:26.5
W55
1 B Norrish 6:20.2

3000m

M40
1 D Evans 9:06.4
2 Sawbridge 9:13.3
3 P Wallace 9:22.8
4 F McCain 10:42.1
M45
1 R MacFarquhar 9:12.4[BR]
2 Young 9:28.4
3 T McCall 10:9.7
4 K Morrison 11:03.9
M50
1 H Rankin 9:45.4 [BR]
2 Donald, 9:54.9
3 H Muchamore 10:46.4
4 A Prouse 10:48.8
5 P Thompson 10:53.4
6 B Gore 11:3.6
7 King 11:29.8
M55
1 W McBrinn 10:02.1[BR]
2 E Appleby 10:03.5
3 Morrell 10:22.5
4 Ramage 10:33.6
M60
1 W Marshall 10:18.6[WR]
2 R Franklin 10:50.0
3 J Foden 12:41.6
4 McInnes 12:52.4
M65
1 Geddes 14:49.4
M75
1 G Porteous 13:08.2[WR]
2 A McLean 18:06.3
W35
1 Stevenson 10:35.3
2 R Murray 10:48.8
3 R Newman 11:01.1
4 Fraser 11:05.9
5 S Cawlowell 11:18.2
W40
1 Gallagher 10:10.2
2 Holmes 10:26.3
W55
1 B Norrish 13:52.2[BR]

2000m Walk

M40
1 R Care 8:39.9[WR]
M45
1 P Hannell 9:04.1
2 K Morrison 11:56.4
M 55
1 P Worth 10:36.8
2 J Dunsford 11:17.1
M65
1 C Colman 10:55.7
W35
1 S Howard 11:41.6
W80
1 M Worth 11:02.5[WR]
2 R Scott 13:01.6

4x100m Relay

1 Manchester HAC 49.1
2 Aberdeen AAC 49.2
3 Tamworth AC 49.5
4 Inverness H 51.0
5 Durham City 51.7

Pole Vault

M40
1 T Lewis 3.70
2 R Masson 3.60
3 Charlton 2.580
M50
1 A Mackay 3.20
2 J Freebairn 3.00
M55
1 Ford 2.90
M60
1 A Woods 3.20[BR]

High Jump

M40
G Griffiths 1.83[BR]
2 E Fitzgerald 1.75
3 T Black 1.60
4 Masson 1.55
5 M Green 1.50
6 B Collie 1.40
M45
1 Rudd 1.60
2 C Green 1.55
M50
J Freebairn 1.70[BR]
2 Shafto 1.55
3 Mackay 1.50
M55
1 T McManus 1.19
2 A Graham 1.10
M60
1 WOODS 1.35
M65
1 LT Williams 1.35[BR]
2 Swinton 1.10
W35
1 N Thompson 1.48
2 C Brown 1.30
W40
1 P Spence 1.30
W45
1 McNab1.35
W55
1 R Chrimes 1.30[WR]

Long Jump

M40
1 M James 6.66[BR]
2 H Duggan 6.49
3 Charlton 6.01
4 M Bousfield 5.35
5 H Smith 5.29
6 R Bolton 5.11
7 Mackay 4.78
8 A Brown 4.76
9 M Clarkson 4.55
M45
1J Topliss 5.73
2 C Green 5.64
3 J Parish 5.57
M50
1 Newcombe 5.67
2 Shafto 5.11
3 A Carter 4.50
M55
1 Glenesk 4.50
2 D Barber 4.23
3 Graham 3.43
M60
1 A Kalirai 4.88
M65
1 Swinton 3.98
2 Philcox 3.78
3 Goodman 3.43
M70
1 Watson 4.09
M75
1 Murphy 2.82
W35
1 Johnston 4.56
2 N Thompson 4.39
2 Mcinally 67.7
W35
1 Munro 35.0
W40
1 Hogg 66.9
W45
1 Roger 67.9

800m

M40
1 B Wilkie 2:05.4
2 R Anderson 2:09.1
3 J Christie 2:10.0
4 R Johnstone 2:10.2
5 J Halliday 2:12.6
6 W Gray 2:13.4
7 K Hogg 2:16.9
M45
1 T Alderdyce 2:04.4
2 I Paterson 2:13.6
3 B Campbell 2:13.1
4 I Laggett 2:17.0
5 McNeill 2:185.0
M50
1 K Sutton 2:15.6
2 Beckworth 2:16.1
3 J Donald 2:20.9
4 P Thompson 2:24.7
5 H Muchamore 2:26.0
6 B Lennon 2:28.8
7 R Burt 2:31.1
M55
1 T O'Reilly 2:21.3
2 Russell 2:25.3
M60
1 W Temple 2:33.0
2 A McInnes 2:51.8
M75
1 D Morrison 2:57.9[WR]
W35
1 N McKinnon 2:28.8

1500m

M40
1 Wilkie 4:12.8
2 I Burke 4:14.8
3 I Stark 4:22.8
4 Hogg 4:33.4
5 B McRae 4:51.0
6 J Gurley 4:54.5
M45
1 Alderdyce 4:25.7
2 P Cartwright 4:28.9
3 F Wright 4:30.3
4 B Young 4:35.1
5 Laggett 4:40.9
6 W Parker 4:41.2
M50
1 Sutton 4:39.9
2 D Fraser 4:41.3
3 Donald 4:42.8
4 Gormley 4:48.8
5 J Irvine 4:59.4
6 E King 5:23.6
M55
1 W McBrinn 4:48.3
2 O'Reilly 5:04.8
3 F Cowan 5:06.6
4 S Lawson 5:10.3
M60
1 W Marshall 4:56.6
2 Temple 5:11.6
3 H McGinlay 5:50.4
W35
1 N McKinnon 5:09.8
W40
1 K Dobson 5:50.4

3000m

M40
1 C Youngson 8.58.7[BR]
2 Burke 9:09.3
3 A Duncan 9:13.0
4 C Martin 9:25.6
5 I Donnelly 9:43.0
6 Johnstone 9:57.2
M45
1 R Young 9:24.4
2 B Purvis 9:53.8
3 A McCall 10:00.2
4 P Kearney 10:38.7
M50
1 H Rankin 9:53.1
2 Donald 10:01.9
3 Gormley 10:07..9
4 Muchamore 10:11.0
5 S Moffett 10:24.5
6 A Prouse 10:53.3
7 Thompson 11:00.7
8 E King 11:21.9
9 J Brough 11:56.6
M55
1 McBrinn 10:05.4
2 H Gibson 10:44.7
3 Lawson 11:01.2
M60
1 Marshall 10:53.3
2 Temple 11:11.0
3 McInnes 11:53.3
4 H McGinlay 13:26.5
M65
1 Geddes 13:45.0[BR]
2 J Hanton 14:53.7
M75
1 A McLean 17:51.8
W40
1 Dodson 12:24.4
2 I Carroll 12:53.0

Long Jump

M40
1 J Hutt 5.73
2 E Fitzgerald 5.58
3 J Gelder 5.54
4 Gibson 5"17
5 K Brown 5.08
6 J McLaughlin 4.88
7 K McKay 4.86
8 B Collie 4.50
M45
1 A Dingwall 4.91
2 W Melvin 4.55
M50
1 J Freebairn 4.75
2 J Brough 4.57
M55
1 Glenesk 4.58
2 J Christie 4.13
3 T McManus 4.00
4 Graham 3.56
M65
1 Swinton 3.99
W35
1 S Johnston 4.85
2 N Thompson 4.25
3 C Brown 4.23
W40
1 Hogg 4.25
2 Wood 4.12

Triple Jump

M40
1 Lorimer 11.82
2 Gelder 11.20
3 Fitzgerald 10.79
4 W McCallum 10.65
5 Hutt 10.35
6 K Brown 9.90
7 T Black 9.75
8 Collie 9.42
M45
1 Scott 9.86
2 Dingwall 9.75
M50
1 Ross 10.23
2 Freebairn 9.44
M55
1 N Brown 9.45
2 McManus 8.58
3 Graham 6.95
M65
1 Swinton 7.52
W35
1 C Brown 8.09

Pole Vault

M40
1 D Leace 3.60
2 Fitzgerald 3.00
M50
1 Freebairn 2.90
M55
1 B Ford 3.00
2 N Brown 2.90
3 McManus 2.10

High Jump

M40
1 Fitzgerald 1.70
2 Black 1.67
3 Collie 1.40
M50
1 Freebairn 1.70[BR]
M55
1 Graham 1.05
M65
1 Swinton 1.10
W35
1 Thompson 1.35
2 Brown 1.35
W40
1 Hogg 1.30

Continued from previous page

(Hallamsh) 36:35, 200 **R.Clayton** (Derby) 37:32.
M50 177 **A.Pritchard** (Warw.) 36:50, 223 **M.Knight** (Derby) 38:20.
W40 215 **E.Adams** (SuttAsh) 36:01.

EVAC 10k ROAD CHAMPIONSHIP, HEMINGFORD GREY, MARCH 19

M40
1 P.Richardson (Tiptree RR) 31:45
2 M.Exton (Holbeach) 32:09
3 J.Smith (Corby) 32:18
4 G.R.Arnold (Granta) 32:39
5 M.Nelson (Phillips Sc.RR) 32:39
6 T.Coleman (Kettering) 32:48
7 V.Holman (Granta) 33:25
8 T.O'Brien (Corby) 33:38
9 R.Wadeley (Biggleswade) 33:46
10 G.Ayre (Bedford) 34:10
11 K.Brooks (Nene) 34:25
12 R.Brockway (Vauxhall) 34:40
13 P.Lee (C&C) 34:48
14 G.Walker (Nene) 34:49
15 G.Carpenter (Huntingdon) 35:09
16 A.Broughton (Wellington) 35:33
17 D.Hanwell (Kettering) 35:51
18 N.Bush (Biggleswade) 35:54
19 A.Bowden (Nene) 36:09
20 D.Eldridge (guest - Grantham) 36:20
21 D.Watts (Tiptree RR) 36:41
22 I.Walker (Grantham) 36:13
23 L.Gooch (Gt Yar & Dist) 38:17
24 D.R.Cobbold (Hadleigh Hares) 40:22
25 T.Braverman (C&C) 41:16
26 K.Dawson (guest - March) 42:07
27 M.Godden (EVAC) 42:54

M45
1 H.Darbon (Bedford) 34:09
2 F.J.Bees (Vauxhall Motors) 34:14
3 D.Wray (Stevenage & Herts) 35:01
4 P.Hutchison (Biggleswade) 35:31
5 K.Underwood (Nene) 35:46
6 T.Fone (Bushfield J) 36:43
7 T.Cameron (Vauxhall) 36:55
8 E.Johnson (Chelmsford) 37:09
9 M.Taylor (Biggleswade) 37:22
10 A.Parker (Grantham) 38:06
11 P.Howard (C&C) 38:10
12 J.H.Murdock (Lincoln City) 38:40
13 R.Farrington (Peterborough) 39:56
14 W.Fox (March AC) 45:18
15 J.Harvey (Bushfield) 46:46

M50
1 C.R.Endersby (Stevenage) 37:31
2 R.Ibson (St.Albans Str) 37:58
3 H.Barnfather (Granta) 39:09
4 A.J.Palmer (Vauxhall) 40:11
5 A.E.Cotton (BRJ) 42:35

M55
1 A.Hughes (Notfast RRC) 34:50
2 R.Carew (Bedford) 36:50
3 D.Lindon (EVAC) 37:41
4 E.Cooper (Duke Str.RRC) 39:01
5 G.Jones (Huntingdon AC) 40:41
6 J.Atkinson (Barnet) 41:51
7 P.Chaplin (C&C) 44:08
8 P.Parmenter (Bildeston) 44:56
9 L.Myers (guest - NVAC) 45:36
10 P.Jackman (March) 48:35

M60
1 F.Copping (Ipswich Jaffa) 39:54
2 D.Smith (Kettering) 40:32
3 D.Laws (guest - March) 42:18
4 R.Edney (EVAC) 43:50
5 G.Webb (Biggleswade) 52:00

M65
1 R.J.Batten (Dunmow) 61:13

W35
1 D.Braverman (C&C) 41:09
2 S.E.Britten (Grantham) 43:56
3 C.Cregg (Notfast) 48:03 ·
4 G.Holmes (March) 51:35

W40
1 J.Morton (Notfast) 46:42
2 M.Olley (Gt.Yarm.& Dist) 54:18

W45
1 S.Gandee (Hertford & W) 42:15
2 J.Harvey (Bushfield) 43:25

W50
1 G.Jackman (March) 48:28
2 B.Atkinson (Shaftsbury B) 48:54
3 J.Larham (EVAC) 49:39

FLEET HALF-MARATHON, MARCH 19

M40 1 **C.Hughes** (THH) 1:12:47, 2 **J.Matthews** 1:12:55, 3 **E.Cooke** (Woking) 1:13:06, 4 **R.Clark** (Milocrn) 1:14:29, 5 **P.Jenkins** (Reading) 1:15:14, 6 **T.Roden** (SLH) 1:15:14, 7 **A.Ive** (WindsrSE) 1:16:25, 8 **LUre** (G&G) 1:16:47, 9 **S.Walsh** (Burnham) 1:18:10, 10 **B.Imber** (Dulwich) 1:18:24, 11 **K.Lenehan** (Massey F) 1:18:52, 12 **L.Elliott** (Reading) 1:18:53, 13 **A.Branagan** (A&F) 1:18:53, 14 **J.Jackson** (A&F) 1:19:21, 15 **P.Dovey** (VoA), 16 **V.Evett** (Bearbrk) 1:19:52, 17 **F.James** (Reigate) 1:19:54, 18 **K.Hatter** (Fl&Cr) 1:19:56, 19 **G.Woodhams** (Woking) 1:19:58, 20 **J.Coombes** (Deal) 1:19:59.
M45 1 **D.Rogers** (A&F) 1:13:52, 2 **C.Holmes** (Vauxhall) 1:15:17, 3 **C.New** (AltonJ) 1:15:41, 4 **K.Robertson** (Houns) 1:16:49, 5 **J.Green** (MarkH) 1:18:13, 6 **B.Millo** (Havant) 1:18:33, 7 **J.Hassell** (AirLog) 1:18:37, 8 **M.Ralph** (Waverley) 1:18:59, 9 **J.Harrap** (Jogcise) 1:19:55, 10 **C.Jones** (Straggle) 1:20:13, 11 **L.Ingold** (Ranel) 1:20:37, 12 **M.Branigan** (Watford) 1:20:39, 13 13 **J.Flatters** (Yeov) 1:20:56, 14 **C.Horsley** (LeukRech) 1:22:02, 15 **R.Sayer** (AltonJ) 1:22:32, 16 **V.Goulter** (Woking) 1:22:49, 17 **A.Stone** (Belgrave) 1:23:02, 18 **P.Vivesah** (Heston) 1:23:03, 19 **R.Walsh** (SLH) 1:23:14, 20 **A.Merritt** (Burnham) 1:23:36.
M50 1 **B.O'Gorman** (BH) 1:16:00, 2 **D.Surrey** (Shafts) 1:18:32, 3 **J.Thomas** (Overton) 1:18:54, 4 **R.Agar** (Brackn.) 1:20:16, 5 **A.Verdie** (Belgrave) 1:21:32, 6 **I.Window** (Farnhm TC) 1:21:57, 7 **D.Clark** (Newbury) 1:24:33, 8 **R.Andrews** (Chippnhm) 1:26:41, 9 **J.Goulding** (Andover) 1:26:46, 10 **J.Pollard** (New Frst) 1:27:26
M55 1 **G.Oliver** 1:18:47, 2 **R.Webb** (SCVAC) 1:21:30, 3 **M.Firth** (SLH) 1:22:41, 4 **C.Portmore** (Fl&Cr) 1:25:28, 5 **J.Howorth** (Burnham) 1:26:04, 6 **B.Ward** (Fl&Cr) 1:26:06, 7 **D.Richards** (Banbury) 1:27:51, 8 **R.White** 1:29:07, 9 **P.Hicks** (THH) 1:29:39, 10 **J.Hills** (Ranelagh) 1:30:03.
M60 1 **K.Fotherby** (Ranelagh) 1:25:34, 2 **D.Yeabsley** (Woking) 1:30:59, 3 **T.Shilling** (Basing) 1:31:45, 4 **R.Jeffreys** (Metros) 1:33:12, 5 **J.Doggett** (New Frst) 1:34:20.
M65 1 **A.Cowlishaw** 1:44:51, 2 H.Triggs (DitchDash) 1:48:23, 3 C.Lawrence (LRR) 1:55:35.
W35 1 **R.Ellis** (Houns) 1:14:47, 2 **A.Ford** (Houns) 1:18:16, 3 **C.Hardy** (HarngyJC) 1:26:10, 4 **G.Duire** 1:29:37, 5 **D.Bernthal** (Cardiff) 1:31:11.
W40 1 **A.Roden** 1:16:06, 2 **S.Vernon** (Dulwich) 1:30:35, 3 **J.Ellis** (Feltham) 1:33:10, 4 **S.Houghton** (Feltham) 1:33:10, 5 **S.Clements** (Wargrave) 1:35:22.
W45 1 **S.Lambert** (Elmbridge) 1:32:49, 2 **P.Card** (A&F) 1:33:46, 3 **R.Grover** (AndvD) 1:41:43.
W50 1 **J.Palmer** (RomseyRR) 1:40:28, 2 **C.Hearsey** (Fl&Cr), 3 **A.Cooper** (Newbury) 1:47:27.
W55 1 **H.Fotherby** (Ranel) 1:43:47, 2 **M.Stegglee** (Fl&Cr) 1:49:34.

5th DRAPER TOOLS EASTLEIGH 10K 19 MARCH

OVER 40 1 **R O"Mahoney**[B&H] 31:30, 2 **C Dickinson**[Bel] 32:26, 3 **G Jones**[Soton] 32:35, 4 **J Johnston**[C of Plym] 32:42, 5 **A Burbidge**[Poole] 32:31, 6 **M Hiscock** 33:35, 7 **P Clark**[Wav] 33:47,8 **P Dornan** 33:47, 9 **R Churcher**[Soton] 34:28, 10 **G Cloke** [Overton] 34:31
Over 50 1 **T Shrimpton**[Portsm] 35:07, 2 **G North**[Portsm] 36:07, 3 **B Benett**[Winchstr] 36:15, 4 **R Gould**[Wessex] 36:33, 5 **S Bulpitt**[Soton] 36:33, 6 **M Keough**[Basing] 36:51, 7 **R Lax**[Stub G] 38:28, 8 **W Davies** [SWVAC] 39:44, 9 **R Chatk**[Solent] 40:09, 10 **A Miller**[Wessex] 40:34.
Over 60 1 **J Bennett**[Port Jog] 46:35, 2 **J Arch**[Romsey] 4:47, 3 **R Switzer**[Soton] 57:00, 4 **P Wright**[Bel] 58:04, 5 **H Ronald**[Soton] 60:49
W35 1 **C Duncan**[AFD] 34:59 (disq), 2 **J Baugh**[Andover] 37:57, 3 **H Oram** [Basing] 42:59, 4 **G Tew**[Soton] 44:10, 5 **S Munday** [Stub G] 44:30, 6 **J Froud** [Basing] 47:08, 7 E Fox[Solent] 47:32, 8 **D Rawlinson** [Gosport[] 48:29, 9 **B Wiltshire** [Gosport] 49:00, 10 **P Heath**[Romsey] 49:50
W40 1 **M Beachem**[AFD] 38:28, 2 **N Atkey**[Atal] 39:33, 3 **M Townsend**[Portsm] 39:53, 4 **C Le Flem**[Basing] 41:31, 5 **J Rushton**[Soton] 44:03, 6 **S Saywell**[Soton] 47:25, 7 **D McEwen**Stub G] 47:25, 8 **S Andrews**[Gosport] 48:32, 9 **C Ludlow** [Romsey] 49:35, 10 **M Braithwaite**[New Forest] 49:44
W45 1 **A Dykes**[Soton] 47:00, 2 **M Gregory**[Porton] 47:00, 3 **E Cooke**[Soton] 47:46, 4 **B Tee**[Soton] 47:49, 5 **E Scoggins**[Overton] 50:35
949 ran 320 veterans = 33%

BALLYCOTTON 10
March 12

M40 1 **M.Roche** (Dungarvan) 54:16, 2 **J.Buckley** (St.Finbarrs) 54:45, 3 **D.Noonan** (Clonliffe H) 54:49.
M45 1 **F.Walsh** (E.Cork) 56:02, 2 **P.O'Reilly** (Donore) 56:17, 3 **J.Haugh** (Millstreet) 57:43.
M50 1 **D.O'Driscoll** (St.Finbarrs) 55:37, 2 **G.Blackburn** (Westbury) 55:47, 3 H.Pritchard (Co.Antrim) 57:59.
M55 1 **W.Neenan** 62:13, 2 **D.Murphy** (LCC) 64:59, 3 **T.Coughlan** (R.Sun) 69:17.
M60 1 **S.Kearns** (Crrusaders) 69:43, 2 **T.Lynam** (Raheny Sh) 70:39, 3 **D.Kiely** (Mallow) 74:09.
W35 1 **R.Hayden** (Raheny Sh) 62:36, 2 **R.Crockett** (St Finbarrs) 67:14, 3 **J.Hayden** (Metro H) 74:58.
W40 1 **M.Morley** (St.Finbarrs) 67:15, 2 **A.Reede** (Raheny Sh) 67:27, 3 **E.O'Reilly** (Donore H) 72:33.

SVHC INDOOR CHAMPS KELVIN HALL GLASGOW 26 FEBRUARY

60m

M40
1 B Logan 7.6
2 A McKenzie 7.6
3 K Gibson 7.9
4 A Stirling 7.9
5 K Brown 8.0
6 G Baird 8.1
M45
1 J Steede7.5
2 JL Scott 8.1
3 W Melvin 8.2
4 K Turner 8.2
5 G Caseley 8.7
6 D Coates 8.9
M50
1 B Edgar 7.9
2 J Ross 8.0
3 J Brough 8.7
4 M Mathieson 8.96
5 H Fletcher 9.0
6 W Spark 9.3
M55
1 K Glenesk 8.4
2 J Lang 8.7
3 B Ford 8.9
4 W Murray 9.1
5 A Graham 10.2
M60
1 G Bridgeman 8.4
2 J McInally 8.9
3 I Steedman 839
M65
1 J Swinton 9.7
W35
1 A Munro 8.4
2 S Johnston 8.4
W40
1 C Scarles 9.3
2 P Spence 9.4
3 S Wood 9.4

200m

M40
1 Logan 24.6
2 A Lorimer 25.2
3 McKenzie 25.7
1 Steede 25.3
M45
2 RTurne 26.7
3 Melvin 27.9
M50
1 Ross 25.8
2 Fletcher 29.6
3 Spark 32.2
M55
1 Glebnesk 27.7
2 W Russell 29.0
3 Arthur 30.1
4 C Stewart 30.4
M60
1 Bridgeman 27.8
2 Steedman 29.4
3 McInally 29.5
M65
1 Swinton 33.2
M70
1 A Coogan 33.2
W35
1 Munro 27.9
2 Johnston 28.6
W40
1 J Hogg 30.4
2 Scarles 32.0
3 Spence 32.2
4 Wood 32.6
W45
1 S Roger 31.3

400m

M40
1 D Low 55.3
2 J Neil 58.1
3 A Stirling 59.0
4 K Mackay 59.4
M45
1 Steed 56.2
2 F McMahon 58.2
3 D McNeill 60.5
M50
1 Ross 57.8
2 C Beckworth 60.2
3 Fletcher 63.3
4 P Thompson 64.3
M55
1 Russell 64.4
2 Stewart 67.1
M60
1 Steedman 66.1

1:33:10, 4 S.Houghton (Feltham) 1:33:10, 5 **S.Clements** (Wargrave) 1:35:22.
W45 1 **S.Lambert** (Elmbridge) 1:32:49, 2 **P.Card** (A&F) 1:33:46, 3 **R.Grover** (AndvD) 1:41:43.
W50 1 **J.Palmer** (RomseyRR) 1:40:28, 2 **C.Hearsey** (Fl&Cr), 3 **A.Cooper** (Newbury) 1:47:27.
W55 1 **H.Fotherby** (Ranel) 1:43:47, 2 **M.Stegglee** (Fl&Cr) 1:49:34.

5th DRAPER TOOLS EASTLEIGH 10K 19 MARCH

OVER 40 1 **R O"Mahoney**[B&H] 31:30, 2 **C Dickinson**[Bel] 32:26, 3 **G Jones**[Soton] 32:35, 4 **J Johnston**[C of Plym] 32:42, 5 **A Burbidge**[Poole] 32:31, 6 **M Hiscock** 33:35, 7 **P Clark**[Wav] 33:47,8 **P Dornan** 33:47, 9 **R Churcher**[Soton] 34:28, 10 **G Cloke** [Overton] 34:31
Over 50 1 **T Shrimpton**[Portsm] 35:07, 2 **G North**[Portsm] 36:07, 3 **B Benett**[Winchstr] 36:15, 4 **R Gould**[Wessex] 36:33, 5 **S Bulpitt**[Soton] 36:33, 6 **M Keough**[Basing] 36:51, 7 **R Lax**[Stub G] 38:28, 8 **W Davies** [SWVAC] 39:44, 9 **R Chatk**[Solent] 40:09, 10 **A Miller**[Wessex] 40:34.
Over 60 1 **J Bennett**[Port Jog] 46:35, 2 **J Arch**[Romsey] 4:47, 3 **R Switzer**[Soton] 57:00, 4 **P Wright**[Bel] 58:04, 5 **H Ronald**[Soton] 60:49
W35 1 **C Duncan**[AFD] 34:59 (disq), 2 **J Baugh**[Andover] 37:57, 3 **H Oram** [Basing] 42:59, 4 **G Tew**[Soton] 44:10, 5 **S Munday** [Stub G] 44:30, 6 **J Froud** [Basing] 47:08, 7 E Fox[Solent] 47:32, 8 **D Rawlinson** [Gosport[] 48:29, 9 **B Wiltshire** [Gosport] 49:00, 10 **P Heath**[Romsey] 49:50
W40 1 **M Beachem**[AFD] 38:28, 2 **N Atkey**[Atal] 39:33, 3 **M Townsend**[Portsm] 39:53, 4 **C Le Flem**[Basing] 41:31, 5 **J Rushton**[Soton] 44:03, 6 **S Saywell**[Soton] 47:25, 7 **D McEwen**Stub G] 47:25, 8 **S Andrews**[Gosport] 48:32, 9 **C Ludlow** [Romsey] 49:35, 10 **M Braithwaite**[New Forest] 49:44
W45 1 **A Dykes**[Soton] 47:00, 2 **M Gregory**[Porton] 47:00, 3 **E Cooke**[Soton] 47:46, 4 **B Tee**[Soton] 47:49, 5 **E Scoggins**[Overton] 50:35
949 ran 320 veterans = 33%

BALLYCOTTON 10
March 12

M40 1 **M.Roche** (Dungarvan) 54:16, 2 **J.Buckley** (St.Finbarrs) 54:45, 3 **D.Noonan** (Clonliffe H) 54:49.
M45 1 **F.Walsh** (E.Cork) 56:02, 2 **P.O'Reilly** (Donore) 56:17, 3 **J.Haugh** (Millstreet) 57:43.
M50 1 **D.O'Driscoll** (St.Finbarrs) 55:37, 2 **G.Blackburn** (Westbury) 55:47, 3 H.Pritchard (Co.Antrim) 57:59.
M55 1 **W.Neenan** 62:13, 2 **D.Murphy** (LCC) 64:59, 3 **T.Coughlan** (R.Sun) 69:17.
M60 1 **S.Kearns** (Crrusaders) 69:43, 2 **T.Lynam** (Raheny Sh) 70:39, 3 **D.Kiely** (Mallow) 74:09.
W35 1 **R.Hayden** (Raheny Sh) 62:36, 2 **R.Crockett** (St Finbarrs) 67:14, 3 **J.Hayden** (Metro H) 74:58.
W40 1 **M.Morley** (St.Finbarrs) 67:15, 2 **A.Reede** (Raheny Sh) 67:27, 3 **E.O'Reilly** (Donore H) 72:33.

RESULTS · RESULTS · RESULTS · RESULTS ·

2 Spence 1.20

Shot Putt

M40
1 W Weir 11.85
2 Gelder 8.38
3 McCallum 8.32

M45
1 Scott 12.65
2 Dingwall 10.50

M50
1 Freebairn 12.40
2 H Ryan 10.11

M55
1 Gleneak 7.95
2 Christie 6.54
3 Graham 5.76

M60
1 McInnes 7.42

M65
1 W Laing 8.13
2 J M Illar 7.09
3 Geddes 5.88

W35
1 M Ingram 9.86
2 Brown 8.96
3 Thompson 6.31

W40
1 Hogg 7.74
2 Wood 6.68
3 Spence 6.46

BVAF 50K & 20K WALKS CHAMPS BASILDON ESSEX 8 APRIL

MEN 50K
1 **R Dobson**[Ilford] M45 4:35:57, 2 **G Tranter**[RS&B] M40 4:47:07, 3 **B Adams**[Leics WC] M40 4:57:27, 4 **S Lightman**[Surrey WC] M45 5:09:45, 5 **D Boxall**[B&H] M55 5:12:01, 6 **P Worth**[Enfield H] M55 5:18:37, 7 **T Collins**[RS&B] M45 5:23:25, 8 **W Johnson**[York Postal] M50 5:26:31, 9 **D Mace**[RS&B] M50 5:23:25, 10 **J Taylor**[B&H] M50 5:34:12, 11 **I Bradwell**[Medway] M40 5:40:27.
Women completing 50K **S Brown** 5:13:49, **A Sayer** 5:53:13.
WOMEN 20K
1 **S Brown** [Surrey WC] W40 1:57:10, 2 **M Rawlins** [B&H] W35 1:58:42, 3 **C Bean**[Steyning] W45 2:02:24, 4 **M Worth**[Steyning AC] W60 2:04?:34, 5 **A Sayer**[Loughton] W50 2:16:22, 6 **S Haynes**[Brom & Redd] W40 2:18:58.

NORTH EAST VETERANS AC CROSS COUNTRY CHAMPIONSHIPS SILKSWORTH MARCH 12

M40	D Robinson	31:23
	H Mathews	31:32
	K Lowther	32:00
M45	R Highnam	32:56
	T Turnbull	33:35
	K Chadfield	34:00
M50	W Ryder	33:13
	F Dockarty	34:28
	R Checkley	34:44
M55	E Appleby	34:58
	R Sheraton	36:02
	P Carmichael	36:08
M60	R Peart	36:07
	J Carr	40:57
	R Dudley	43:57
M65	J Johnston	41:21
	E Joynson	43:09
	D Burns	43:39
Teams		
M40	Jarrow & Hebburn	
	Elswick	
	Tynedale	
M50	Heaton	
	Morpeth	
	Gosforth	
W35	K Dowson	19:53
	S Johnstone	20:48
	R Haggan	20:49
W40	S Kirkup	21:08
	S Wilson	22:19
	C Wake	24:18
W45	J Backford	19:46
	H Simpson	23:49
	A Blight	23:46
W55	V Robson	34:47
Teams	Claremont	
	Elswick	
	Tynedale	

NVAC CC CHAMPS ACCRINGTON 19 FEBRUARY

M40
1 P Hyde[Alt] 36:19
2 P McWade [Clayton] 36:34
5 T Hesketh[Horwich] 36:51
7 R Dobson[Prestatyn] 37:26
8 D Barnes[Wirral] 37:27
9 E Ranica[Bolton] 37:28
11 S Grace[Alt] 37:40
12 A Fielding [Bolton] 37:42
13 P Larkin[Newcastle] 37:46
14 R Hargreaves [Clayton] 37:56
15 D Lindesay [Wirral] 38:01
16 D Wilkinson [Wirral] 38:18
17 M McGann [E Chesh] 38:27
18 A Marconi [Newc] 38:31
19 S Almond [Bolton] 38:38
20 M Smith [newc] 38:43
21 M Target [Clayton] 38:47
22 I Miller [NVAC] 38:49
23 A Barlow [Altrincham] 38:50
24 D Cartwright [Newc] 38:59
26 D Kearns [Bolton] 39:01
27 M Thornton [Stockport] 39:08
29 P Roberts [Prestatyn] 39:12
30 K Boyle [Clayton] 39:21
33 J Carter [Altrincham] 39:40
34 R Smith [Wigan] 39:44
35 K Collin [Newc] 39:46
36 K Mayor [Bolton] 39:53
39 A James [Prestatyn] 40:24
40 G Owens [Prestatyn] 40:32
41 P Jebb [Bingley] 40:35
46 A Best [Barton] 41:20
48 V Seed [Wirral] 41:28
50 D Todd [Stretfd] 42:10
52 K Simpson [Newc] 42:12
53 A Flynn [Plessey] 42:16
55 C Dickenson [Bolton] 42:30
57 A Turner [Wirral] 42:49
58 S Bragg [E Chesh] 42:56
59 G Cuzner[Stockpt] 43:06
60 E Wickstead [Rochdale] 43:09
61 DM Daley [Newc] 43:10
64 A Healey [Bury] 43:27
67 C Foster [Bingley] 43:47
68 D Blount [Bolton] 44:00
69 M Pearce [NVAC] 44:23
70 A Webster[newc] 44:38
76 N Griffiths [NVAC] 45:41
79 J Linley[NVAC] 47:43
82 G Axon[Stockpt] 51:31
83 S Black[Abbey rj]54:28

M45
6 D Quinlan [Bingley] 37:12
10 J Davies[Newc]37:35
28 B Dale [Newc] 39:11
31 A Lythe [
sale] 39:39
32 K Summersgill [NVAC] 39:37
35 K Collin[Newc] 39:46
37 A Day [Wirral] 40:00
38 K Burgess [Altrincham] 40:17
42 I Wainwright [Dk Peak] 40:41
43 D Atwell [Altrincham] 40:53
44 P Baxter [Altrincham] 41:06
45 D Walton [Altrincham] 41:13
47P Wilkinson [?Clayton] 41:24

49
L Carroll [Wirral] 41:48
51 M Smith [Bingly] 42:06
54 J Patterson [Altrincham] 42:21
56 P Sharp [Bingley] 42:34
62 D Wilcox [Sale] 43:11
63 D Illingworth[NVAC] 43:19
64 A Healey [bury] 43:27
65 S Sacks [Salfd] 43:34
66 J Smith[Roch] 43:43
71 D Callender [Altrincham] 44:54
72 W Hadfield [NVAC] 44:58
73 C Butler [Bingly] 45:09
74 L Outwin[Dk Pk] 45:11
75 K Knox [Prestatyn] 45:25
77B Evans [Prestatyn] 46:01
78 D Tomkinson [Roch] 46:39
80 R Daley [Warrington] 50:08
Teams Over 40
Bolton 44, Newcastle 61
Clayton 67, Altrincham 68
Wirral 76
M50
1 S James [Southpt] 37:59
2 E Isaacs[Wirral] 38:56
3 F Pendlebury [Altrincham] 39:20
4 N Matthews [Horwich] 39:59
7 J Smithurst [Bingly] 41:34
8 D Pickering [E Hull] 41:35
10 D Darlington [Sale] 41:50
11 B Gane [Sale] 42:23
12 P SDawson [Blacburn] 43:11
'13 F Wilson [Pembrk] 43:32
14 E Emmett [NVAC] 43:37
17 G Griffin[E Chesh] 44:21
19 T Parr [Bolton] 44:33
23 E Muxworthy [Holmfirth] 45:29
27 D Widdowson [NVAC] 46:07
28 P Maden [Blackbn] 46:11
34 D George [Sale] 46:51
35 K Willis [NVAC] 47:57
36 R Smith [Sale] 47:59
37 R Chadwick [NVAC] 48:13
40 B Hill [NVAC] 48:26
47 C Morath [Abbey R] 49:40
62 A King [Warrington] 55:23
M55
5 G Spink [Bingley] 40:09
6 L V-Hodkinson [Pembrk] 41:28
9 S Wild [half]41:36
15 D Morris [Oswestry] 44:00
16 E Chambers[E Hull] 44:14
18 B McGuigan [Wirral] 44:28
20 M Morrell [Wirral] 44:48
21 JP Smith [Bingley] 44:50
22 W McCartney[Pembrk] 44:51
25 P Dibb [Longwd] 45:58
26 G Maxwell [liverpool RC] 46:05
29 R Francis [Bury] 46:16
31 R Silver [NVAC] 46:26
32 W Atkinson[Blackbrn] 46:33
38 H Thornton [Escafield] 48:16
41 B Hargreaves [Todmdn] 48:27
42 A Hardman [Altrincham] 48:50
44 G Robinson [Wallasey] 49:02
45 B Lister [NVAC] 49:06
46 K Clark [NVAC] 49:26
48 D Summersgill [NVAC] 49:55
49 J Newby [Todmdn] 50:04
54 F VAlentine [Bolton] 51:25
56 H Clayton [Tod] 52:39
59 D Newton [Warr] 53:05
M60
24 B Crook [Bury] 45:53
33 F Wrigley [NVAC] 46:34
39 M Stewart [E Chesh] 48:18
43 M Bancroft [Wirral] 49:01
51 G Bradshaw [Newark] 51:03
53 T Heaton [NVAC] 51:14
55 R Davies [Altrincham] 51:45
57 J Lawton [Escafld] 52:44
58 A Fearnley [Bolton] 52:45
61 R Appleby [Bingley]55:29
63 P Bradley [NVAC] 57:06
65 J McDonagh [Tod] 57:55
66 R Phillips [NVAC] 58:33
70 K Arstall [Bolton] 66:40
M65
50 D Hall [Wirral] 50:42
52 R Allen [NVAC] 51:04
60 W Knowles [NVAC] 53:31
64 J Kerr [NVAC] 57:50
68 L Heald [E Chesh] 61:45
69 J Morris [Chesh TH] 62:42
M70
67 R Jackson [Salfd] 59:34
Teams over 50
Bingley 33, Wirral 40
East Hull 41
Women
W40
1 C Wild [Hallam] 44:04
2 P Mee [Altrincham] 44:22
4 M Curran [Altrincham] 47:03
12 J Jones [Bolton] 58:20
W35
3 J Foster [Horwch] 46:36
7 M Dean [Sefton] 51:00
W45
6 V Curran [Wirral] 49:59
8 J Aitcheson [Wigan] 52:06
9 H Morath[Abbey R] 52:17
11 M Gannon [Warr] 57:46
W55
5 L Smal [Horwch] 49:36
W50
10 P Parr [Bolton] 54:03
13 M Chadwick [NVAC] 61:25

NIVAA, CROSS-COUNTRY CHAMPIONSHIPS, BANGOR, FEBRUARY 18

1 J Hayes Ballydrain 17:06
2 B Gregory Cavehill 17:07
3 D McHenry Willowfield 17:28
4 E Campbell Willowfield 17:32
5 C McMonigle Sparta 17:38
6 D Graham 9th Old Boys 17:51
7 L Jones 9th Old Boys 17:59
8 R Corry Willowfield 18:04
9 D Seaton North Down 18:07
10 B Smith North Down 18:13
11 G Williamson Sparta 18:26
12 T Alderdice 9th Old Boys 18:31
13 A Grey Ballydrain 18:36
14 J Patterson North Down 18:39
15 T Mason Beechmount 18:42
16 F Strickland Ballydrain 18:44
17 K Hawtin North Down 18:47
18 J McAllister Larne 18:49
19 W Doherty Sparta 18:50
20 H Andrews Lisburn 18:56
21 J Glover Ind 19:00
22 E Playfair CIYMS 19:06
23 M Maguire Beechmount 19:09
24 J Hawthorne CIYMS 19:10
25 M Brewer Ballydrain 19:17
26 R Graham RVC 19:22
27 D McQuitty Northdown 19:23
28 C Richardson Willowfield 19:27
29 R Rea Albertville 19:27
30 D Gourley North Belfast 19:32
31 D Hill Alvertville 19:35
32 W Magee Larne 19:40
33 J Harris CIYMS 19:41
34 S McMinn Ballydrain 19:41
35 D Mullholand Sparta 19:45
36 J Ferguson Lisburn 19:50
37 W Crawford East Antrim 19:51
38 K Symmington North Down 20:03
39 R Ferry Magherafelt 20:10
40 J Sampson Sperrin 20:11
Teams 1st Willowfield 15 2nd 9th Old Boys 25 3rd Ballydrain 30

NIVAA MEDAL WINNERS

40	1 D McHenry	17:28
	2 D Seaton	18:07
	3 J Glover	19:00
45	1 E Campbell	17:32
	2 D Graham	17:51
	3 L Jones	17:59
50	1 K Hawtin	18:47
	2 T Long	20:49
	3 R Calvert	21:20
55	1 R Booth	21:09
	2 E Beck	21:26
	3 S Allen	22:01
60	1 J Dawson	24:52
65	1 J Todd	21:21
	2 J Kennedy	23:21

SCVAC CC LEAGUE CROYDON 25 MARCH

MEN
1 G Meredith M40 29:00, 2 S Horne M40 29:42, 3 L Lyons M40 29:52, 4 R Williams M40 30:13, 5 H Morten M40 30:43, 6 R Jenkins M40 31:00, 7 R Solomons M40 31:02, 8 J Clare M45 31:13, 9 R Hillyard M40 31:37, 10 R Dixon M40 32:07, 11 M Williams M40 32:19, 12 T Edgley 32:27, 13 P Harris M45 32:29, 14 J Bailey 33:04, 15 E King M45 33:06, 16 M Reynolds M40 33:14, 17 J Rains M45 33:42, 18 R Belmore M60 33:57, 19 W Clapham M55 34:08, 20 C Rowe M40 34:50 33ran
Team 1 Blackheath A 70, 2 Medway A 69, 3 Cambridge 63, 4 Medway B 56, 5 Blackheath B 54
WOMEN
1 C Wilkins W35 18:17, 2 P Grant W50 18:27, 3 S Vine W35 18:43, 4 M Farish W45 19:36, 5 H James W50 20:34, 6 N Cross W45 21:03, 7B Cushen W45 21:29, 8 A Cross W40 21:33, 9 J Burns W50 23:27, 10 M Keeble W40 23:27

League Individual Total Points after 3 races
M40-49
1 L Lyons 107, 2 R Williams 103, 3 S Hopme 97, 4 R Dixon 91, 5 R Hillyard 89, 6 V Smith 76, 7 R Solomons 61, 8 T Edgeley 51, 9 ß? Worm 49, 10 P Wallace 43, 11 J Robinson 39, 12= M Emme 36, , 12= E Klong 36, 14 S Russell 35 14 J Rains 34, 16 G Meredith 33, 17 A Hughes 32, 18 A Fairclough 31, 19= H Marten 29, 19= J Walker 29, 21 R Jenkins 28, 22= J Clare 26, 22= M Duggam 26, 24 R Thimpson 25, 25= R hammond 24, 25= J Mullams 24, 27= J Coombs 23, 27= M Williams 23, 29 J Evans 22, 30 P Harris 21, 31= M Miller 20, 31= A Stratford 20, 31= J Bailey 20, 34= H Scott 19, 34= B Lash 19, 36= R Kemto, M Reynolds 18, 38 J Cooper 16, 39/V Giles 15, 40= C Rowe, J Beaney 12, 43 K Llewellyn 11, 44 J Adams 10, 45 B Harlick 9, 46 R Teague 4, 47 K Burnett 3, 48 R Brown 2.
M50-59
1 G Standon 39, 2= R Jeary T Palthorpe 38, 4 V Withers 31, 5 T Hayles 30, 6 D Case 28, 7 D Desborough 25, 8 J Green 21, 9= P Thomas & W Clapham & R Breakell 15, 12 J Brown 12, 13= G Watts & G Crowder 11, 15 L Lawton 9, 16= M Waddel & C Brown 8, 18= D Wheaton & R Varcoe 7, 20 R Corney 6, 21= P Yates & B Jackson 3, 23= J Cross & J Luxford 2, 25= D Coates & R Newman 1.
M60,
1 R Belmore 81, 2R Franklin 42, 3 B Nielsen 12, 4 S Charlton 9, 5 J Braughton 8, 6 G Johnson 7, 7= G Collett & J Fitzgerald 4, 9 J Bennett 1.
WOMEN
1 C Wilkins 37, 2 S Vine 30, 3 M Farish 25, 4 J Hulls 22, 5= N Cross & P Grant 21, 7 H James 18, 8 Cawkwell 13, 9 J Burns 12, 10 B Cushen 10, 11 M Drewitt 9, 12 P Jackson 7, 13 R Allcock 6, 14 A Cross 5, 15= M Keeble & D McLennan 4 17 J Rose 3, 18 M Orban 2, 19= J O'Brien & M Hill 1.

League Teams Total Points after 3 events to 25.3.89
1 Medway A 267,
2 Medway B 220,
3 Medway C 171,
4 Belgrave H 138
5 Cambridge H 136
6 Veterans AC 124
7 Havering 104
8 Thames Valley H 100
9 Blackheath A 96
10 Medway D 72
11 Highgate H 61
12 Blackheath B 54
13= London Irish 50
" Ealing & Southall 50
15 Serpentine 49
16= Blackheath C 40
" Varlea AC 40
18 Medway E 39
19 GEC A 38
20 Invicta 29
21 Deal Striders 27
22 Waverley H 28
23= Maidstone 25
" North London AC 25
25 Hillingdon AC 23
26 Blackheath D 22
27 Horsham Blue Star 21
28 Dacorum 16
29 Vale of Aylesbury 15
30= Kent AC 12
" SCVAC 12
" GEC B 12

19th MEMORIAL REX FOULKES 20K ROAD RACE

7 S.Moore (Hert&Ware) M40 70:55
9 J.Roberts (Vol Ayles) M40 71:18
11 P.King (Maidenh) M45 71:53
14 T.Dickens (Ver) M50 73:09
16 R.Brett (Vaux) M45 73:28
18 B.Cardy-Wise (Broms&Red) W35 73:30
20 L.Durniat (L.Buzz) M40 73:59
21 M.Jellis (L.Buzz) M40 76:04
23 A.Keane (Vaux) M40 76:39
25 J.Crowshaw (Chil RC) M45 76:46
32 J.Mattison (SLH) M50 78:19
50 R.Blastland (VetA) M55 83:45

TAMWORTH SPRING CLASSIC OPEN MEETING 19 MARCH

1 Mile Vet
1 K Wood 4:47.4, 2 M Roberts [Tamworth] 4:487.7, 3 R Davies [RSC] 4:51.0, 4 P Smith [W Bromwich] 5:01, 5 DF Brearley [W Bromwich] 5:10.4, 6 C Simpson [MVAC] 5:12.3, 7 R Ellis [Stroud] 5:16.7, 8 N Carter [Burton] 5:21.7, 9 R Farr [Burton] 5:24.1.
LJ Vet Women
1 E Evans [Burton] 3.94, 2 M Wixey [MVAC] 3.43.
Shot Vet Men
1 J Conboy 12.55, 2 N Carter 12.08, 3 M Leath [Shrew] 11.94, 4 T Roper [Hinck] 11.66, 5 B Sumner [Tamworth] 11.27.
300m Vet men race 1
1 J Quantrell [MVAC] 38.6, 2 Ellis 39.3, 3 C Turner [MVAC] 40.7, 4 D Headley [Tamworth] 40.8, 5 P Owen 40.8, 6 R Farr [Burton] 41.5
race 2 1 RG Davis [RSC] 38.6, 2 P Goulding [S&S] 39.3, 3 M Smith [MVAC] 39.5, 4 T Coonagh [Birch] 40.7, 5 D Cook [Northts] 41.8, 6 HC Taylor 42.2, 7N Carter [Burton] 44.3
vet women 1 M Mills [MVAC] 38.2, 2 R Allcock 42.7, 3 P Taylor 50.5
1000m Open 1 P Smith 3:02.4, 4 C Simpson 3:22.0
80m Handicap
1 J Cross [Tamworth] (9) 9.7, 2 Conboy (9) 9.7, 3 Goulding 10.0, 4 Leath (10) 10.3
race 2 1 Owen(8) 9.8, 2 Green(3) 9.8, 3 Quantrell(13) 10.1, 4 Headley (3) 10.1, 5 Harding (3) 10.1, 6 Carter(16) 10.4.
150m Handicaps
vet men race 1 1(sc) 19.3, 5 Cook(18)19.3, 6 G Japhcott [MVAC](13) 20.4
race 2 1 Goulding (sc)18.7, 2 Owen(8) 19.1, 3 Turner(12) 19.5, A Harding(28) [RSC] 20.6.
race 3 1 J Cross(13)18.9. 2 Quantrell(26) 19.1, 3 Ellis(25) 20.3, 4 I Cockwill(23) 20.5, 5 Farr(sc) 23.6
vet women 1 Wixey(50) 18.1, 2 Y Priestman [Broms](10) 21.0, 3 Taylor(50) 21.2, 4 Allcock(scr) 21.7, 5 Mills(6), 6 G Evans [Burton] (21) 21.8
HJ Vet men 1 Goulding 1.55, 2 C Green [Tamworth] 1.48, 3 Carter 1.25
Shot vet women P Brearley 8.20, 2 J Smallwood 7.93, 3 Wixey 5.89
Walk times after handicap applied
vet men 1 W Rawlins 20:52.1, 2 L Scrivens 21:29.6, 3 Turner 21:44.7, 4 R Care [Sandwell] 21:52.2, 5 D Withers [B&R] 22:07.8, 6 A Smallwood [B&R] 22:34.5, 7 A Poole [MVAC] 23:04.6, 8 G Mitchell [RSC] 23:05.7, 9 Farr 26:54.4.
vet women 1 Y Withers 22:08.9, 2 S Haynes [B&R] 23:00.1, 3 Evans 26:47.6.
MVAC Handicap Points on Day Scores *(prizes from P Owen)*
men 1 J Conboy 8pts, 2 N Carter 7, 3 P Goulding 6
women 1 M Wixey 18, 2 Y Priestman 6, 3 E Evans 6

BLACKHEATH H VETERAN CC CHAMPS HAYES KENT 18 FEBRUARY

1 P Hamilton 35:13, 2 J Phelan 38:58, 3 J Denyer 39:24, 4 M Cronin 39:34, 5 S Herrington 39:36, 6 A Painter 39:46, 7 R Bannister 39:49, 8 H Morten 40:16, 9 S Russell 4:36, 10 J McGilvray 40:37, 11 R Hillyard 40:39, 12 B Collins 40:41, 13 R Morris 41:11, 14 J Clare 41:22, 15 D White 41:35, 16 D Uwin 41:48, 17 D Coward 41:59, 18 P Brown 42:17, 19 N Pratten 42:29, 20 M Williams 42:30, 21 M Stewardson 43:28, 22 K Shepperd 43:30, 23 R Turney 43:39, 24 P Harris 43:48, 25 M Singer 43:50, 26 C Crump 43:51, 27 T Edgeley 43:55, 28 B Wilson 43:59, 29 J Bailey 44:10, 30 P Metcalf 44:30, 31 M Peel 44:36, 32 P Shepheard 44:39, 33 R Savery 44:44, 34 A Holmes 44:46, 35 W Wheeler 44:52, 36 L Mann 44:55, 37 J Rains 45:26, 38 D Thomas 45:31, 39 A Jones 45:39, 40 A Stevens 45:44, 41 V Withers 45:51, 42 D Maughan 46:03, 43 C Warrington 46:11, 44 T Penfold 46:25, 45 G Plank 46:35

Teams (6) Blackheath H 42, Woodford Green AC 145, Vets AC 162

NISSAN SHAMROCK 8K Virginia Beach, USA, March 18

Men 1 W.Waigwa 23:54, 2 B.Rodgers 24:14, 3 R.Bell 25:47, 4 K.Sparks 26:38, 5 T.Sudderth 26:59.
Women 1 N.Mieszczak 28:55, 2 N.Oshier 29:33, 3 S.Foster 32:44, 4 M.Shaver 33:52, 5 B.Williams 33:59.

NISSAN SHAMROCK MARATHON Virginia Beach, USA, March 18

Men 1 B.Hart 2:38:03, 2 E.Brinkley 2:44:58, 3 D.Rich 2:46:11
Women 1 L.Miesch 3:52:30, 2 J.Newburgh 3:56:08, 3 P.Jenkins 3:59:27

Redditch Sports Council League Fixtures in 3 divisions, 18 Clubs

W = West E = East S = South
Thu 4 May W Sutton Coldfield
E Tamworth S Warley
Thu 8 Jun W Brierley Hill
E Nuneaton S Redditch
Thu 13 Jul W Royal Sutton Coldfield
E to be advised S Worcester
Thu 7 Sep League Cup Finals Warley with Central Weekend TV Trophy

Jumps: at Kelvin Hall, Michael James jumps M40 British Record

...at Silksworth, cross-country runners jump a stream

Photos: J. Hemming

BOURNE SPORTS ·SUPER· OFFERS

F.R.S. 400 Vest & Shorts. matching set. Colour: black/blue/red. Sizes: S, M, L & XL. **Price £14.95**

PUMA
New Running Shoes

Impulse. Colour: white/charcoal/lime/black · Lightweight fine mesh upper · Suede heel cap, toe cap and side reinforcements · Contoured lace system · Bi-density moulded E.V.A. midsole · Durable sponge rubber outsole. Sizes: 5-5½ **Price £26.00.** Sizes: 6-12 £29.95

Puma Vector. Colour: white/black/red · Lightweight fine mesh nylon upper · Printed eyelet stay featuring selective lacing system · Motion series branding · New Puma lace tag. Sizes: 4-5½ **Price £22.50** Sizes: 6-12 **PRICE £27.95**

Puma Sports Shirts
Function Pique. Navy, Columbia green, optic white. Sizes: 34-44". **Price £14.95**

GT III. Colour: Metallic Silver/white/red. New Asic's Gel System incorporates a full length Gel pad from rearfoot to the middle of the sole in addition to forefoot (3mm) and rearfoot (5mm) pads for increased shock absorption Extended midsole extension collar for greater motion control. Sizes: 6-12, 13. **Price £89.99.**

asics
ASICS' GEL
INCREDIBLE SHOCK ABSORPTION PROPERTIES

Puma Tracksuits
Canada. Navy/peacock/silver. Sizes: 34-44". **Price £29.99**

Belgium. Navy. Sizes: 34-44". **Price £49.95**

Puma T Shirts
Sprint. White. Sizes: 34-44". **Price £9.95**
Falco. White or neon. Sizes: 34-44". **Price £9.95**

PUMA Childrens T Shirts

Switched On. Sizes: 24-32". **Price £7.95**
Rio Junior. White, yellow. Sizes: 24-32". **Price £7.95**

Rio Junior.

Childrens Tracksuits
Wembley. Black/reflex blue or navy/peacock green. Sizes: 24-32". **Price £22.95**

Gel 100. Colour: light grey/silver/navy blue. Asics 'Gel' positioned in the rearfoot of midsole to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 6-12. **Price £49.95.**

Gel Lyte. Colour: white/white/black. Asics 'Gel' placed in the rearfoot of midsole to provide maximum shock absorption. Anti-torque stability system offers unsurpassed motion control for mid-foot stance and forefoot positioning. Sizes: 6-12. **Price £59.95.**

Gel 101. Colour: white/red/black. Asics 'Gel' positioned in the rearfoot of midsole to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 6-12. **Price £54.95.**

Puma Jogging Trousers
Jogga. Black or navy. Sizes: 30-36". **Price £14.95**

Puma Fluorescent Lycra Short
F.L.S. 100 Neon/silver/black. Sizes: S-L. **Price £13.95**

Puma
SPECIAL OFFER
Skyliner Training Shoe. Nylon mesh upper. (Removeable, in sock). Bi-density 3 colour outsole. Sizes: 4-5½. Usual price £27.95 **OFFER £18.99.** Sizes: 6-12. Usual price £29.95 **£19.99**

Reebok

Mens Running Shoes
ERS Trainer. A high performance, supportive and versatile running shoe with Reebok's Energy Return System. Dupont Hytrel tubes form an integral part of the moulded EVA midsole. The duratech rubber outersole is extended on the outer side of the shoe forming a distinctive "shark's fin". This feature ensures lightweight, flexible and breathable. Reebok's Energy Return System – the more you give, the more you get. The ERS Trainer is without doubt destined to become a top selling shoe in 1989. Sizes: 6-12. Weight: 320 gms. Size: 8½. **Price £39.99**
World Trainer. Colour: white/blue/red. Sizes: 6-12 inc. ½ sizes, 13, 14. **Price £49.99**
World Road. Colour: white/red/silver. Sizes 6-12 inc. ½ sizes. **Price £44.99**
GL6100. Colour: white/silver/blue. Sizes: 6-12 inc. ½ sizes. **Price £44.99**
DL5000. Colour: silver/slate/blue. Sizes: 6-12 inc. ½ sizes. **£42.99**

NIKE FOOTWEAR

Running
Air Stab. State-of-the-Art Stability Shoe featuring the footbridge visible air and forefoot air cushioning. Colour: white/sand/green/navy. Sizes: 6-12. **£64.99**

Reebok
Leather Classic. Colour: white/light grey. Sizes: 6-12 inc. ½ sizes. **Price £39.99**
Phase 3. Colour: blue/cream. Sizes: 6-12 inc. ½ sizes, 13, 14. **Price £36.99**
Phase 2. Colour: blue/cream. Sizes: 6-12 inc. ½ sizes, 13, 14. **Price £35.99**
Response. Colour: white/blue/light grey. Sizes: 6-12 inc. ½ sizes. **Price £32.95**
Royale. Colour: navy/silver/gold. Sizes: 6-12 inc. ½ sizes, 13, 14. **Price £27.99**
Rapide. Colour: light grey/charcoal/aqua. Sizes: 6-12 inc. ½ sizes. **Price £22.99**

Reebok

Womens Running Shoes
Lady World Road. One of the lightest training shoes available and an ideal shoe for the heavier runner to race in. It features the Reebok Energy Return System – Hytrel tubes encapsulated in a composite midsole of moulded EVA and PU. The microcellular outersole provides excellent shock absorbancy and the Duratech rubber heel plug gives extra durability. Colour: white/turquoise/pink. Sizes: 3-8. Weight: 253 gms. size 5. **Price £44.99**
ERS Trainer. Colour: white/fuchsia/grey. Sizes: 3-8 inc. ½ sizes. **Price £39.99**
Phase 3. Colour: white/grey/pale blue. Sizes: 3-8 inc. ½ sizes. **Price £39.99**
Response. Colour: blue/white. Sizes: 3-8 inc. ½ sizes. **Price £29.99**
Panache. Colour: white/light grey/fuchsia. Sizes: 3-8 inc. ½ sizes. **Price £25.99**
Etoile. Colour: white/lilac. Sizes: 3-8 inc. ½ sizes. **Price £19.99**

ENERGY RETURN

Reebok's Energy Return System – ERS – succeeds in storing the performer's own energy in the midsole of the shoe and releasing it at the optimum moment.
Reebok's Energy Return System – ERS – give you back the energy you put in.

Off Road Running Shoes
Fjellrunner. Developed in England for the serious off-road runner. The outsole features a pentagonal stud pattern with varied settings at the fore and rearfoot to aid ascending and descending. The new TechTan upper is breathable yet lightweight and water repellent. A tough shoe for the toughest of conditions. Colour: buff/black/yellow. Sizes: 6-12 inc. ½ sizes. Weight 262 gms size 8½. **Price £37.99**
4-5½. **Price £32.99**
Wild Runner Two. Colour: buff/black/yellow. Sizes: 6-12 inc. ½ sizes. **Price £34.99**
5, 5½. **Price £29.99**
World Cross Spike. Colour: white/grey/red. Sizes: 6-12 inc. ½ sizes. **Price £34.99**
XC Spike. Colour: buff/black/yellow. Sizes: 6-12 inc. ½ sizes. **Price £34.99**
Sizes: 4-5½. **Price £29.99**

Air Max Light. Maximum cushioning in a lighter more flexible shoe. Colour: white/red/black. Sizes: 7-14. **Price £54.99**

Air Span. Lighweight stability shoe with footbridge and air. Colour: blue/white/silver blue. Sizes: 7-14. **Price £49.99**

Racing Shoes
World Best. An ultra lightweight road racing shoe designed specifically for serious road racing. Lightweight synthetic suede and breathable nylon, moulded EVA midsole, microcellular outersole with durable carbon rubber heel block. A shoe for sheer speed. Colour: white/blue/red. Sizes: 6-12 inc. ½ sizes. Weight: 193 gms size 8½. **Price £39.99**
P.B. Colour: white/blue/gold. Sizes: 6-12 inc. ½ sizes. **£34.99**
Sizes: 4-5½. **Price £29.99**

Reebok SPECIAL OFFER

Reebok Winnipeg Athletic Vests. Colours: royal, green, black, red, navy. Sizes: S, M, L, XL. Usual price £8.99 **OFFER PRICE £4.50**
Reebok Quebec Athletic Shorts, with inner brief. Colours: black, navy, royal, green, red. Sizes: S, M, L, XL. Usual price £9.99 **OFFER PRICE £4.95**
Complete Set, Winnipeg Vest, plus Quebec Short. Usual price £18.99 **OFFER PRICE £8.00**

Turntec
Running Shoes

Road Warrior Supreme. State of the art shoe with full ZO system ZO[1] anotomical cradle ZO[2] silicone gel pad and ZO[3] energy return system. Leather/mesh upper. Sizes: 7-13. **Price £54.95**

Road Warrior II. High Stability, high-cushioning shoe with ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Sizes: 7-13. **Price £49.95**

Impulse. For the heavier, over-pronating runner with medial stability device. Also ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Sizes: 7-13. **Price £47.95**

Road Warrior I. For the heavier runner requiring the ultimate in shock absorption and stability. With ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Sizes: 7-13. **Price £44.95**

Lady Optimum. For the mid-weight runner with ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Styled for women. Sizes: 5-10. **Price £39.95**

Quixote Plus. For the lighter runner. Trainer/racer type with ZO[1] anatomical cradle. Suede/mesh upper. Sizes: 7-13. **Price £34.95**

Air Pegasus '89. The latest and greatest in the Pegasus dynasty. Colour: grey/blue/black. Sizes: 7-15. **Price £39.99**

Air Windrunner Trainer. Semi-curve lasted, versatile training shoe. Colour: silver/blue/indigo navy. Sizes: 7-14. **Price £29.99**

Lady Impulse. For the heavier, over-pronating runner with medial stability device. Also ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Styled for women. Sizes: 5-10. **Price £42.95**

Optimum. For the mid-weight runner with ZO[1] anatomical cradle and ZO[2] silicone gel pad. Suede/mesh upper. Sizes: 7-13. **Price £42.95**

Lady Quixote Plus II. For the lighter runner. Trainer/racer type with ZO[1] anatomical cradle. Suede/mesh upper. Styled for women. Sizes: 5-10 **Price £29.95**

Quixote Supeme. For the lighter runner. Trainer/racer type with ZO[1] anatomical cradle. Leather/mesh upper. Sizes: 7-13. **Price £39.95**

◆SPECIAL OFFER◆
Turntec T Shirts, cotton/polyester. Screen Stars top quality with Turntec logo. Colours: sky or grey. Sizes: S, M, L & XL. Usual price £5.95 **ONLY £3.00 or 2 for £5.50**

AVIA
2010 Men's Cushion/Control Trainer. Recommended for runners seeking excellent blend of cushioning control features. Compression moulded EVA midsole. Solid rubber cantilever outsole. Exclusive Dynamic Fit Gore lacing system for maximum comfort, accommodating foot shape changes while running. Sizes: 6½-12, 13, 14 **Price £29.95**
2030 Men's Lightweight Trainer. Recommended for either fast-paced runners or those not requiring additional motion control. Dual-density compression moulded EVA midsole with rear and midfoot stabilizing wraps. Three-colour Indy 500 solid rubber dual-density cantilever outsole. Exclusive Dynamic Fit Gore lacing system for maximum comfort, accommodating foot shape changes while running. New men's curved last. Sizes: 6½-12, 13, 14. **Price £37.95**

Avia SPECIAL OFFER
Ladies Training Shoe Model 960 WZ. Featuring Avia's new double cantilever system. Colours: white/grey/powder blue/silver. • U.S. sizes: 4-10. U.K. sizes are 1½ less, i.e. 6 equals 7½ U.S. Usual price £49.99. **OFFER £34.95**

BOURNE SPORTS

Bourne Sports, Church St., Stoke-on-Trent, ST4 1DJ. Telephone: 0782 410411. Fax: 0782 411072.
All orders £30 and over post free, other orders plus post and packing. £2
Send cheque/postal order or telephone your order quoting Access, Visa, Diners Card or American Express.

Palette T Shirt. Basic single jersey T shirt with six coloured print on front. Fabric 65% polyester, 35% cotton. Colour white. Children's sizes: 26/28", 30/32". **Price £7.99.** Adult sizes: 32/34", 34/36", 38/40", 42/44", 44/46". **Price £9.99**

Runner. T Shirt with Adidas and Trefoil print on front chest. Picture of runner incorporated in trefoil. The T shirt is made from single jersey fabric and has a rib neck. Fabric 65% polyester, 35% cotton. Colour: white with multi-colour print, black, green, red. Children's sizes: 22/24", 24/26", 26/28", 28/30" 30/32". **£5.99.** Adults sizes: 32/34", 34/36", 38/40", 42/44", 44/46". **£7.99**

Adidas Hunter Athletic Shorts. A lightweight running short with an inner pant. The short has an elasticated waist-band with tie cord. The short has a flock Adidas and Trefoil on the left leg. Fabric 100% nylon. Colours: royal/white, black/white, pacific green/black, white/black, navy/white. Children's sizes: 20", 22", 24", 26", 28". **Price £4.99.** Adults: 30", 32", 34", 36", 38". **Price £6.99**

Adidas Vests, Training. 100% cotton with tone and tone trefoil. Colours: pacific green, black, navy or royal. Sizes: 32/34", 36/38", 40/42", 44/46". **£6.99**

Racing Vest, cotton/polyester. Colours: white/royal, royal/white, black/white, navy/white. Sizes: 34/36", 38/40", 42/44". **£9.99**

Adidas Sprinter Shorts. A classic 3 stripe short with inner brief. Adidas Trefoil on left leg. Fabric 100% nylon outer, 100% cotton inner pant. Colours: royal/white, white/royal, black/white, navy/white, pacific green/black. Children's sizes: 20", 22", 24", 26", 28". **Price £7.99.** Adults: 30", 32", 34", 36", 38". **Price 9.99**

Adidas ZX 310 Training Shoe. Ideal for competition or training, mainly road. Colour: grey/green-violet. Sizes: 6-12. **Price £34.99**

Adidas Jupiter Training Shoe. Moccasin construction, lightweight nylon upper, with synthetic suede reinforcements, ghilly speed lacing, removable insole. Micro-cellular mid sole with heel stabilizer. Colours: silver/blue-red, or silver/royal/yellow. Sizes: 3½-5½. **Price £22.50** 6-12 **Price £25.95**

Plain basic T Shirt in single jersey fabric, with ribbed neck. Embroidered Adidas & Trefoil on left chest, as worn. Fabric 65% polyester, 35% cotton. Colours: pale green, black, royal, or white. Childrens sizes: 22/24", 24/26", 26/28", 28/30", 30/32". **Price £4.99.** Adult sizes: 32/34", 34/36", 38/40", 42/44", 44/46". **Price £5.99**

Adidas ZX 220, suitable for training and off-road running. Sizes: 3½-5½. **Price £25.95.** 6-12 **Price £29.99**

adidas
Adidas SPECIAL OFFER

Adidas Ladies Tri-Star Vest. Lightweight running vest. Colour: pink/navy. Sizes: 10, 12, 14, 16. Lemon/pink. Sizes: 10, 12, 14, 16. Usual price £8.95 **OFFER PRICE £6.50**
Adidas Ladies Lycra Running Briefs. Colours: Melone (light orange), jade, or fenchel (light green). Sizes: 22", 24", 26", 28", 30". Usual price £7.95. **OFFER PRICE £3.50 pair OR 2 pairs £6.50 OR 3 pairs, 1 of each colour £9.00**
Adidas Malibu Ladies Short. Lightweight ladies running short, with inner brief, cotton gusset. Colour: lilac. Sizes: 20", 22", 24", 26", 28". Usual price £9.50. **OFFER PRICE £4.50**

Saucony

Azura. This performance trainer features the exclusive T.R.B. support system. Made of very lightweight materials, it provides new levels of support and energy return.
(Men's). White/royal/yellow. Sizes: 7-12, 13. **Price £49.99**
(Women's). White/teal/yellow. Sizes: 5-10, 11. **Price £49.99**

Courageous. An excellent choice for runners who need greater control or stability. It's also great for heavier runners. **(Men's).** Navy/silver/pewter. Sizes: 7-12, 13. **Price £54.99**

Shadow VS. The next generation of the proven Shadow provides high-performance cushioning, fit and motion control **(Men's).** Platinum/steel/royal. Sizes: 7-12, 13, 14. **Price £49.99**

TELEPHONE ORDERING SERVICE
0782 410411/47138/49088

Send cheque/postal orders or telephone your order quoting American Express Access, Visa, or Diners Card.

Name	Description	Price
Address		
Tel		
All Orders £30 and over. Post Free. Other orders plus £2.	Total	

HOW TO ORDER

CREDIT CARD
Use your card its the hassle free way to order. All you have to do is telephone our helpful sales staff, who will take your details and charge the cost to your credit card. It couldn't be easier. All we need is your card number, your name and the card registered address. Simple as that – and we'll do the rest. Call us now on 0782 410411. EXTRA FAST DELIVERY SERVICE OPTIONAL at extra charge.
ROYAL MAIL SUPERSERVICE
Add £2.50 for this special service, 2 day guaranteed U.K. 3 day Scotland /N. Ireland (not including Saturday).
FAX-IT. Our Fax number is (0782) 411072. Ideal for FAST FAXED FOOT-OUTLINES accurate size shoes can be despatched same day.
USE OUR ORDER FORM, printed in this price list. Don't worry about cutting up our catalogue, we'll send you a new one on request with your order.
CALL AT OUR SUPERSTORE, in Stoke-on-Trent. We have two of the finest sports stores in the country here in Stoke on Trent. Our main store in Church Street and our other store in Glebe Street, just 50 yards away. By motorway M6 junction 15, A500, 1 mile, near to Stoke City F.C. ground.
SERVICE
We aim to despatch all goods quickly, usually within a day or two of receiving your order, but please allow up to 28 days for delivery. Obviously requests for Super Service receive priority.
Overseas orders are not subject to V.A.T. We offset the V.A.T. against additional postage and packing charges necessary on overseas destinations. B.F.P.O. orders are exempt of V.A.T. and no extra postage charges are added.