HIGHLIGHTS INSIDE: INDOOR WORLD AND BRITISH RECORDS P8/9, PLUS ULTRA RECORDS

Veteran Athletics

Sent free to members of veteran clubs affiliated to BVAF

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Over 5000 expected to enter WAVA road races

JACQUES SERRUYS, the WAVA Vice-President for the road flew in to visit Birmingham to inspect facilities for the 1992 World Veterans Road Racing Championships

OVER 5000 athletes from around the World are expected to enter the World Veterans Road Running Championships and International Road Walks to be held on August 29 and 30 in Birmingham.

It is the first time that WAVA has staged this championship. The event, which will take place every two years, like the Track and Field Championships will circulate the continents. So it will be a while before it is back in Europe and possibly even longer before it is back in Britain. Therefore it is an opportunity not to be missed by our athletes.

The organisers are planning quite a festival weekend starting off with an opening ceremony and those members of the family and support teams not racing will be able to enter a charity "Walkathon". But of course the main effort will go towards the business of the weekend — the Championship races.

Already entries have come in and among them are Alun Roper (M40), Molly Smith (W50), Mick Ward (M60), John Collins (M50), George Scutts (M75), Julie Beckford (W45), Dot Fellowes (W45), Eric Appleby (M60), Ernie Warwick (M75), Dolphe Leverdier (M75) and Geoff Harrold (M50); among the walkers: Bob Dobson (M45) and Ed Schillabeer (M50).

Entry details P10

Doing the Graveyard Grind

— Alastair Aitken, Aberdeen, November 4

"TOMORROW you will be glad to hear that we have not got Breakheart Hill ... but we have got Graveyard Grind." Thus spoke Colin Youngson, the organiser of the third home International Cross-country match, at the reception held the day before. Graveyard Grind was a good six minutes gradual climb to be undertaken twice.

Having undergone my own Graveyard Grind courtesy of London Transport and British Rail I only just reached the reception, hosted by the Lord Provost and Council of the City of Aberdeen. However, there was no way I was going to miss arguably the most competitive cross-country event in the world of veteran athletics.

To be a selector of teams for such an event must be a thankless task with form changing so quickly around the country. So perhaps it was not surprising that the selectors got it wrong in the men's O40 race with England B having a resounding victory over the A team and the rest. At least they got it right in all the other races.

Over 142 toed the line in the O40 men's race and the conditions after a couple of days of heavy rain were cold and windy but sunny. After just a mile approaching the top of the climb, strong and tall looking Roy Bailey, a Bingley Harrier who ran cross-country for England back in the 1970's, was in the lead. At that point four times winner Tony Simmons felt like dropping out with back trouble — he was drifting back somewhat to run with his Welsh team mate Bernie Plain — but he decided not to let Wales down and plugged on for a possible place in the first ten.

As they came out of the woods after two miles, Bailey, third in the BVAF National Cross-country earlier this year, had opened up a 50 metre gap on Mike Hagar, with a further 30 to Ian Elliott and Alan Whitfield, Brian Emerson, and Harry Matthews next, all having good runs. In fourteenth place appeared the short characteristic stride of Simmons.

At the half way mark a determined Bailey was some 60 metres up on Hagar and Whitfield third but up into fourth came Simmons — though a good 370 metres behind Bailey. Bailey kept his relentless pace but amazingly Simmons eroded his lead and moved into second place by the finish just 10 seconds behind.

In the O50 section Les Presland led the English team from the start but Graham Patton, also for England, came storming through to take first O50 honours. The English team had eight home in the first ten places.

But surely one of the finest runs was by the winner of the O60s, Gerry Spink. He finished a good 250 yeards ahead of former Scottish International, Bill Stoddart. Ron Lucas, who at 66 was the oldest man in the race, came third.

Continued on page 7

Northern Vet, Gerry Spink, first O60 home at Aberdeen. He also ran a very fine race at Barnsley — a 93.6% age-graded performance.
Report P7

Enter now for Cardiff

ENTRIES for the BVAF Cross-country Championships, to be held at Cardiff on March 15, are coming in at a steady rate. The closing date is March 2 and the entry form was printed on p2 of VA No 20. So send your entry to Dave Walsh, 30 Highfield Close, Dinas Powys, S. Glam CF6 4LR. Entry is £3 (payable to Les Croupiers RC) and enclose a SAE (9" x 6").

Although the big guns have yet to commit themselves there are already signs that we shall see a very hard fought set of races with athletes coming from all corners of Britain. Names so far include Peter Standing, M40, Phil Lancaster, Geoff Harrold and Ted Isaacs, all M50, Alan Griffiths and Eric Appleby, both M55.

The Swansea lads have taken me to task for failing to mention their very strong and able squad in VA No 20. As BVAF Half Marathon team Champions they reckon their pedigree must qualify them for top honours against Cardiff. If the rivalry between these two in the Gwent League is any indicator there could be fireworks.

If there is sufficient interest we will hold a get-together on Saturday evening at the Moat House Hotel (see P12 for the very attractive rates they offer.

Team events will be calculated for the M40-49, M50-59, M-60+ and W35+ categories and not as indicated on the entry form. Most runners will wear age indicator tags visible from behind to enable rivals to recognise them.

Dave Walsh

Dunsfold for the 5K

THE BVAF 5K once again is taking place at Dunsfold Airfield, near Cranleigh, Surrey, on April 5 organised by the Veterans AC. It is an excellent one lap course run on smooth tarmac and makes for good spectating.

Remember how Chester le Street AC came down from Durham and took the team prize last year? The organisers hope this year Veteran affiliated clubs will consider arranging group travel for their members down to Surrey.

Entry details p13.

Road Relays move to Heaton Park

THE NATIONAL BAF Open Veterans Road Relay Championships this year are to be held in Manchester's Heaton Park. The event on May 9 is open to all first claim veterans belonging to a BAF affiliated club and is being organised by the NVAC. ***Entry details are on p13.***

Half Marathon set for Sutton Park

THE NATIONAL BAF Open Veteran Half Marathon is set to take place in Sutton Park on May 17. The event is being organised by John Walker who suggests athletes use the event as part of their racing programme for the WAVA Road Races later on in the year.

Entry details on p10.

Election fever

CURRENT BVAF Chairman, Bill Taylor, steps down this summer. At the AGM to be held Saturday, July 18, at Copthall, after the first day of the BVAF Track & Field Championships a new Chairman will be elected.

Nominations for Chairman and other committee posts need to be with the Secretary by June 6. *See p5.*

The Indoor Championships are on March 21
Closing date February 23
Entry details on P2

FROM THE EDITOR

There is no doubt that there are many male athletes out there who are waiting anxiously to turn 40 and I would suggest female athletes waiting anxiously to turn 35. They are aware of the activities of the veteran movement and the intense competition that takes place. The paper even receives the odd donation from prevets — no doubt they are anxious to see the paper survive at least until they turn the magical age!

Unfortunately there seem also to be many athletes, veteran or otherwise, who are not really aware of all that the movement offers. This seems to reflect badly - at least in the eyes of BAF - on the BVAF claim to represent the mainstream of veteran athletic aspiration. But there can be no doubt that the BVAF is the body that actively supports and looks after veteran interest.

Certainly much is being done to stimulate membership. Apart from this very newspaper's annual consciousness-raising through the general athletic press, area clubs, I know, are actively encouraging and spreading the word. But individuals too can join in and that is the next way forward as suggested by Martin Duff on page 5.

One further thought: one of the main supports on this paper is the space taken by advertisers. When replying to their advertisements do let them know you saw it in *Veteran Athletics*.

Sarah Cawkwell

Veteran Athletics Vol 1 No 21

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(AFFILIATED TO INTERNATIONAL AMATEUR ATHLETIC FEDERATION)

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COPTHALL SHOW, COPTHALL STADIUM, HENDON

Sunday JUNE 14 1st Event 1pm

OPEN VETERANS TRACK MEETING in 5 Year Age Groups

Events — 100m, 200m, 800m, 5000m Run and 5000m Walk

Entries £2 per event to H. Jaquest, 61 Ridge Lane, Watford, Herts WD1 3SX by May 30 (9" x 6" SAE please)

NO LATE ENTRIES

BVAF/NATIONAL VETERANS INDOOR CHAMPIONSHIPS

RAF COSFORD
SATURDAY MARCH 21ST 1992

Supported by Bourne Sports

EVENTS
60H, 60, 200, 400, 800, 1500, 3,000 W, 3,000
LJ (4 Trials), HJ, TJ (4 Trials) SHOT (Depending Entries 4 Trials).
Relay 3 x 300
ALL AGE GROUPS FROM WOMEN 35 & MEN 40
FIVE YEAR AGE GROUPS AGE ON DAY

FIRST EVENT 10.00 A.M.

FEES £3.50 FIRST, £2.50 EACH FOLLOWING PLUS 50p NON BVAF MEMBER.

MAXIMUM EVENTS 3 + RELAY

RELAY — £3.00 PER TEAM, M40+ W35+

MEDALS — 1ST THREE, EACH AGE GROUP (5 YEARS), SUBJECT TO BVAF RULES.

CLOSING DATE FOR ENTRIES: 23RD FEBRUARY, 1992

Entries to: J. Coker, 8A Heather Park Parade, Heather Park Drive, Wembley, Middlesex HA0 1SL.
SAE: 9 x 4"

TEAR OFF

NAME _____

ADDRESS _____

_____

TEL No _____

AGE _____ GROUP _____

VETERAN CLUB _____

FIRST CLAIM CLUB _____

VETERAN No _____

EVENTS BEST TIME '91

1 _____ _____

2 _____ _____

3 _____ _____

RELAY TEAM NAME _____

☐ TICK HERE IF ACCOMMODATION AND TRAVEL DETAILS REQUIRED

Cheque/P.O. £ _____ Payable to BVAF

CLOSING DATE FOR ENTRIES 23RD FEBRUARY 1992

Veterans to Venice

David Coward reports

A SMALL but spirited group of British Veteran athletes took part in the European Veterans Road Racing championships in the outskirts of Venice over the weekend of October 5/6. In warm but comfortable conditions, on flat roads based around the Brenta Riviera, the British brought home a good share of the medals.

Walks

In the mens 30Km and womens 20Km walks the many laps made it interesting for spectators. Some strange decisions on warnings were witnessed and we lost out on at least one medal by some blatant Italian, unchecked, running while a protest had to be made to ensure that one of our medal winners was even included in the result sheet. Team races were calculated on some strange and as yet unfathomed system which left our women out in the cold but our men with a first place.

30KmW M40 1 Renzo Toscanelli (Sui) 33:00 **M45** 1 Alan Callow 2:39:14, 2 Bob Dobson 2:42:23 **M50** 1 Dieter Zschiesche (Ger) 2:35:23, 2 Ed Shillabeer 2:37:30, 3 Amos Seddon 2:37:50 **M55** 1 Frank Knaeringer (Ger) 2:47:00, 3 Colin Young 2:52:33, 6 John Dunsford 3:04:25 **M60** 3 Dennis Withers 3:15:00 **M65** 1 Albert Sturni (Fra) 3:12:14 **M70** 1 Carlo Bombatta 3:14:32, 2 Charles Colman 3:17:43 **M75** 1 Mario Britto (Ita) 4:01:13

Women's 20Km Walk W35 1 Dominique Le Metayer (Fra) 2:04:47 **W40** 1 Regina Heinschidt (Ger) 2:08:50 **W45** 1 F De Wolf (Bel) 1:57:54, 5 Pauline Wilson 2:22:04 **W50** 1 Guiseppina Nigliasson (Ita) 1:57:32 **W55** 1 P Howell 2:16:09 **W60** 1 R Scott 2:21:28

10k Race

The first 10k on the Saturday saw a fast start with a number of well known sub-32 minute performers setting the pace. The British, aware of their own pace needs, settled in to their stride with only Martin Duff visible near the head of the field. He went on to finish second M45. **M40** 1 Omer Van Noten (Bel) 31:25, 38 Reg Gardner 35:49 **M45** 1 John Buckley (Irl) 31:22, 2 Martin Duff 32:28 **M50** 1 Anatoly Biakitnij (Urs) 33:47, 3 Mike Hawkins 34:10, 7 Colin Bolton 35:48, 11 Ron Jeans 35:58, 14 Derek Surrey 36:56, 23 David Coward 41:29 **M55** 1 Gerard Van Nuffelen (Bel) 34:07, 3 Tom Everitt 35:41, 13 Peter Kearsey 39:13, 15 John Atkinson 39:30, 18 Alan Byers 40:32, 27 Derek Weston 44:35 **M60** 1 Luciano Acquarone (It) 34:23, 11 Charlie Walker 42:56 **M65** 1 Gerrit De Backer (Bel) 37:52, 4 Roy Phillips 55:14 **W35** 1 Brigitte Brueckner (Ger) 38:28 **W40** 1 Jaroslava Popova (Csk) 40:36 **W45** 1 Helene Schnichels (Ger) 39:12 **W50** 1 Ruzena Bergmannova (Csk) 42:23 **W55** 1 Gisela Neiss (Ger) 42:38, 5 Brenda Atkinson 48:47 **W60** 1 Eileen Quinton 47:41 **W65** 1 Christine Fuchs (Ger) 39:48

25k Race

The 25k race the next day started off at a good pace but all runners were confused by the length of the second lap which, due to the wrong turning taken by the lead car, was 800 metres too long. Times throughout were thrown into confusion but racing became the order of the day. Of note was the run by George Scutts at the top of his age group who just missed out on a place.

M40 1 Omer Van Noten (Bel) 1:24:21 **M45** 1 John Buckley (Irl) 1:25:39 **M50** 1 Mike Hawkins 1:30:58, 12 Colin Bolton 1:38:34, 13 Ron Jeans 1:40:27, 16 Derek Surrey 1:42:06, 25 David Coward 1:54:43 **M55** 1 Gerard Van Nuffelen (Bel) 1:33:50, 5 Pete House 1:40:01, 10 Alan Byers 1:49:08 **M70** 1 P Dolenski (Tch) 1:57:01, 4 George Scutts 2:03:13

W40 1 E Huber (Ger) 1:45:29 **W45** 1 S Pesando (Ita) 1:47:53 **W50** 1 A Altmann (Ger) 2:10:18 **W60** 1 Eileen Quinton 2:07:17 **W65** 1 M Hanakova (Tch) 2:36:15 **W70** 1 E Falke (Ger) 2:42:48

TURKU TALK

JOHN DUNSFORD and MIKE MCDOWELL are among a list of 22 competitors who have taken part in all nine WAVA World Championships. The list compiled by WAVA historian, Don Farquharson, also includes: Ruth Anderson (USA), Reg Austin (AUS), Norbert Barth (GER), Robert Bontard (FRA), Hari Chandra (SIN), Phil Conley (USA), Willie Dunne (IRL), Don Farquharson (CAN), Bob Fine (USA), Nolan Fowler (USA), John Gilmour (AUS), Max Gould (CAN), Konrad Hernelind (SWE), Don Johnson (USA), Bob Mimm (USA), Jim O'Neil (USA), Isobel Sanmier (CAN), Ray Spencer (USA), Jack Stevens (AUS) and Jim Vernon (USA).

Both Austin and Vernon have won a gold medal in all nine Championships.

1991 World Veterans' Championships, Turku Medal Table

Where more than one country achieved the same number of medals, the gold medals decides the order.

1	Germany	264	14	Belgium	22	27	Trinidad & Tobago	6
2	Finland	232	15	Austria	20	28	Hungary	6
3	United States	214	16	Japan	19	29	Brazil	4
4	Soviet Union	89	17	Spain	19	30	Namibia	4
5	Great Britain	77	18	Switzerland	19	31	Portugal	4
6	Australia	74	19	India	16	32	Yugoslavia	3
7	Sweden	73	20	Czechoslovakia	11	33	Guyana	2
8	Norway	41	21	Denmark	11	34	Chile	1
9	Holland	40	22	Mexico	10	35	Colombia	1
10	Canada	35	23	Ireland	9	36	Iceland	1
11	Italy	30	24	Poland	9	37	Israel	1
12	France	30	25	Greece	7	38	Taiwan	1
13	New Zealand	26	26	Portugal	7	39	Turkey	1

There were 5066 competitors from 52 countries.
Compiled by Jose Waller

A latent talent emerges

Jack FitzGerald on Grace Bulger, pictured right

5K ROAD on Saturday, half-marathon the following morning, one mile track on Monday, a relay leg of 3000m on Tuesday and finally an 8k multi-terrain on Wednesday. Quite an ambitious schedule at any age - but in fact it was the racing programme of 71-year-old Grace Bulger between November 30 and December 4 at Lanzarotte in 1991. Grace's times for these races were respectively 27:22, 2:08:35, 8:11.54 (a W71 World Mile record) a combined time of 36:29 with her partner and finally 60:54 for the tough cross-country. Not bad for someone who started running in her late 60s.

Grace was surprised when she finished first W70 in the 1991 London Marathon and absolutely amazed when she discovered that her one hour track run of 10,915.5m at Bournemouth shortly afterwards was a new W70 World record.

She will be competing in the London Marathon again in April together with her M40 son. With both Jose Waller and Pat Trickett becoming septuagenarians in 1992, Great Britain will at last have a W70 trio capable of tackling the Germans and North Americans at long distance.

What a pity that so many O60s of both sexes have been rejected from this years London. One would have thought that this is the age where they should receive most encouragement.

The loss of a legend

Gordon Pirie did touch base with the veteran movement in the 1980s fully intending to get back to full fitness and perform with his legendary flamboyance. Sadly this was not to be. Pirie died on December 7, 1991, after a long illness.

During the 1950s he broke National records, picked up National titles, won the first Emsley Carr Mile Trophy in a time of 4:06.8. In 1956 he set World records of 7:55.6 for 3000m later reducing it to 7:52.8 and 13:36.8 for 5000m. Also in 1956 he picked up an Olympic silver medal in the 5000m in Melbourne.

OVERSEAS NEWS

WALT BUTLER of the US hurdled to a new M50 100mH World record in 14.11 on October 19 in Santa Barbara, California. The M50 record is an unofficial 14.3 by Charles Miller set in 1988. Butler ran a pending 13:57 in the National Championships held in July.

WALT DAHLIN, also at the same Santa Barbara event, bettered the M70 80mH World Record with a time of 13.18.

JACK GREENWOOD, 65, and BETTY VOSBURG, 60, were named as the top male and female veteran athletes by the US TAC. MAX GREEN, 59, and VIISHA SEDLAK, 42 were the top racewalkers. VOSBURGH also picked up the best multi-event athlete award along with REX HARVEY, 45. The performances of the year award went to GREENWOOD, PAYTON JORDAN, 74 and PHIL RASCHKER, 44.

JOHN CAMPBELL (NZ) tops the list of cumulative prize money earnings for veteran men in 1991. He picked up a fine $27,250. MANUAL VERA (MEX) came next with a sum of $20,750. LAURIE BINDER (US) did even better. She picked up $32,400. PRISCILLA WELSH (GB) was in third spot having collected $13,450 on the US circuits.

Boston Vets Party

THERE will be an IAAF Veterans 8k Cross-country race on March 20, one day before the World Cross-country Championships in Boston. The race is not a championship yet will showcase an unlimited number of veteran runners from all interested countries.

TATYANA KAZANKINA turned 40 in December 1991. She was second behind UK's Sally Young in the W35 1500m in the World Championships at Turku. She ran 3:52.47 in 1980 — a World record that still stands thus making her the first current world record holder competing on the WAVA veteran scene.

A Date for your Diary —

MIZUNO

THE MIZUNO MASTERS10KM ROAD RACE

Sunday June 14 • Battersea Park

Start time 10.30am

CERTIFIED ACCURATE

An RRC measured accurate 10Km course on traffic free roads within Londons Battersea Park — Ample prizes in all age groups for male and female veteran runners — **Special T shirt awarded to all runners completing course inside 39 minutes** — Prizes awarded to first 2 male and female teams

Entries to: Mizuno Masters Race
Alexandra Gate Lodge
Hyde Park
London SW7 1QH (Please enclose a large SAE)

Members of CRRC and veteran clubs £3.50
Other club runners £4.00
Unattached runners £4.50

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.

WAVA RULES AWRY

Bridget Cushen's article, Turku in Perspective, calmly tells of the new rule that in sprint and hurdles heats the first two automatically qualify for the semis or straight final.

The WAVA Council, caught up in election fever, do not seem to have thought through the practical implications.

This rule cannot work fairly. Under it there will be no room for seeding error - no fastest losers at all. The first two per heat automatically onto final. Absurd!

Vets seedings cannot be that accurate. World and European entries have to be in by early April. Most European and North American sprinters will not have a race time yet. In practice we all enter our season's best from the previous year and a lot can happen in between.

May I state emphatically that all IAAF and AAA rule changes and new rules must be considered with veteran peculiarities in mind and be adapted to the real life athletic needs of veteran athletics.

Carina Graham
Guildford

INTER-AREA OR CLUB

As one who was involved in the instigation of the Inter-Area Match may I set the record straight in regards to Jeremy Hemming's letter in the last issue. It was originally a triangular meeting between the MVAC, the SCVAC and the Welsh. As time progressed both the South West and Eastern clubs were invited to take part.

The South has a unique situation in that it has two veteran BVAF affiliated clubs within its geographical boundaries. These are Veterans AC and SCVAC. The basis of selection for the Southern team is the SCVAC club championships. What Jeremy Hemming did not make clear is that many members of Veterans AC are also members of the SCVAC and thus eligible for selection. My records show that in fact Jeremy himself has represented the club in the past.

A possible solution to this problem would be a tops down administration where everyone affiliates directly with the BVAF, who in turn designate the geographical area for each club. Any athlete living within a said area would automatically be a member of the area club irrespective of whatever club they may belong to.

Jim Day
Past Chairman, SCVAC

I RUN AT THE BACK SO THOSE IN FRONT.....

Next January I will be 60 years old. I have been a mediocre veteran runner for about 11 years; I train quite hard but my times never get better than 'respectable' — obviously I just don't have the right genes to enable me to be a serious competitor at the upper level of the sport. But I love running and the atmosphere and friendliness of races and I would like to add my voice to that of Sarah Cawkwell in issue No 20 (Setting Standards).

I view the mention of introducing entry standards for Veteran Championships with considerable alarm. The winner is usually a person of outstanding ability and the rest have hardly any chance. People have asked me many times if I am going to win and it has become a standing joke as I answer "... I run at the back so that those in front have someone to come in front of..."

The great thing about athletics is taking part. The pleasure comes from ones own performance and that of the other competitors. I see from Bridget Cushen's article on Turku that 'only performances by registered members of an affiliated country shall be accepted ... as World records ...' I also note that there is to be a permanent IAAF member on the WAVA council. I see in addition that teams must wear uniforms showing which country they represent. These moves seem to be the thin edge of a wedge that will eventually open the door for a requirement that competitors be registered, selected and approved by some national body before they can run in a vet race outside their own country.

From the back of the crowd I call upon those at the front to remember that the object of sport is enjoyment and that it is not the exclusive province of a narrow elite of super-performers.

Alan Braddock
Horbury, Wakefield

NO MERE UNKNOWN, UTES

John Gilmour cannot have been reported correctly in VA20 to have said that "Warren Utes just popped out of nowhere — only a couple of Yanks knew of him". Warren ran 3:01:14 in Chicago in 1990 beating all the M60s (including me) and has a string of M70 records to his name. I suppose it is just possible that Gilmour is even more parochial than we are in the UK so that he has no information on what is going on in the US in his own age group. For "only a couple of Yanks" it should have read "half the US team in Turku..."

Max Jones
Leeds

VALUE FOR MONEY

I have just seen the entry fees for the first World Road Race Championships for Veterans to be held at Birmingham. When I think back to Glasgow and the late Jack Haslam's great weekend of running at Blackpool, I begin to wonder what on earth are we being offered for the value of an unemployed person's weekly income (for two entries).

My wife Mary won W45 Gold (25k) and Silver (10k) at Blackpool, and can't afford to have a go at W55 next year.

Geoff Gartrell
Wrexham AC and NVAC

Among other costs in organising such an important event WAVA takes a good chunk of each athlete's entrance fee. To enter the WAVA Track and Field Championships is equally expensive. They are, after all, the premier events of the World veteran scene.

BLACK KNIGHT'S MOVE

Having just read the VA20 I commend you on the article written on Mike Bull, especially the "Black Knight".

However, if I may, I would like to correct two statistical items.

The British records were held over a period of ten years from 1966-1976 and last year, 1991, he cleared 4.53m at the first round of the Panasonic games.

John Bull (Father)
Belfast

Magnus Caught Out: JOHN KELLY from Walsall writes to point out errors in answers to quiz questions and our red-faced question master puts the record straight.

In VA19 the question of who was the Briton who received a bronze after the disqualification of a medallist in an error. Mike McLeod already had the bronze — after Vainio was disqualified he received the silver. And also in No 19 — the answer to 'How many barriers in the 3000m Steeplechase?' should have read: 28 hurdles and 7 water-jumps, not 28 including 7 water-jumps.

In VA16 the answer to question eight is wrong. Bannister and Cram both wore number 41, not 42, when they set WRs for the mile. Magnus is convinced he's right on this one but there is some dispute about the number Cram was wearing at Bislet on July 27, 1985. Can anyone supply information that might further embarrass our 'know-all' question master?

Magnus Masterton's MEMORY LANE 10

1. Name the two famous boxers who ran the Stockholm marathon in 1982?
2. BBC commentator David Coleman is President of which athletics club?
3. Who was the last European (male) to win the World Cross-country Championship...?
4. ....And who was the last Briton to win it?
5. What was Liz McColgan's maiden name?
6. *Big Shot* was the autobiography of which athlete?
7. Who was the Scot who finished just .01 behind the winner of the 200m at the 1982 European Championships?
8. Six men went under 10 secs in the 100m at the 1991 World Championships: Lewis, Burrell, Mitchell, Christie, Fredericks, and which other runner?
9. Who was the first Kenyan to set a WR on the track?
10. Who was the US sprinter who along with Eddie Hart missed his second round heat at the 1972 Olympics due to a misunderstanding? *Answers p12*

PAST MASTERS

The leading group after two miles in the International Cross-country Championship held in Belfast on March 17, 1956. The leader (40) is Ben Ailal of France; behind him are Fred Norris (6), Ken Norris (7), Alain Mimoun (37), F Herman of Belgium (45) and Derek Ibbotson (5). The race was won by Mimoun and France took the team championship.

Alain Mimoun was the most outstanding distance runner France ever produced. He won the International race four times, the Olympic marathon in 1956 and was second to Zatopek in three Olympic finals: the 10,000m in 1948 and the 5000m and 10,000m in 1952.

Mimoun, who was 71 on January 1, competed for some years as a vet. He recorded 30:47.0 for 10,000m at the age of 47 and 15:31.0 for 5000m at 50. He still holds two veteran WRs for the 1 hour run; 11miles 1268yds at M45 and 11miles 954yds at M50.

PHOTO: JEREMY HEMMING

Members of the Northern Ireland team in full voice singing "Danny Boy" at the International Cross-country match at Aberdeen.

THE WAY FORWARD

Martin Duff BVAF Vice Chairman

MUCH has been written in this column concerning the way in which the BVAF will integrate with the new British Athletic Federation (BAF).

Various meetings have been held by BVAF officers with Bill Evans and Mike Farrell, with all seeming to reach the conclusion that the BAF has far too much with which to concern itself than bother about the veterans movement. The British Board was always happy to let the BVAF get on with running the complicated subject of veteran athletics.

The policy of extending the relationship slowly has been the key to a successful marriage between the BAF and BVAF but at the same time formal vows will have to be made. One problem for the BVAF has always been that we represent but a fraction of the competitive veterans in the country.

Now, no other body can claim to speak for veterans more than the BVAF but, despite continuing membership drives, our total membership numbers just over 6,500.

The BVAF would have far greater clout in its negotiations with the BAF and its new chief executive Malcolm Jones if it could claim to speak for more British veterans. This, then, gives the pointer to "The Way Forward". Each paid up member, all of whom receive this newspaper, should endeavour to sign up at least one new veteran during 1992. It will matter not their standard or their discipline. This way the BVAF can double its affiliated membership during the year. A 13,000 membership will show we mean business!

We can either capture those just entering the ranks or, better still, entice the non-committed club runner to join their area association (a list of clubs is on Page 2). The area and other clubs too should encourage their ex-members who have, for whatever reason, not renewed their membership. This newspaper alone is worth the fee!

The BVAF officers will continue to carry out their duty of getting the best deal for British veterans but the byword seems to be "slowly, slowly catchee monkey" rather than any more brash approach.

NEWSPAPER SUPPORT FUND

Your New Resolution for 1992 - send £5 to *Veteran Athletics* during the year. We have done rather better for donations during this time but we do need more. The supporters listed below have donated since the last issue. Grateful thanks to them. Please join them by sending your cheque to:

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

Matt & Chris O'Halloran	Frank Wainwright
Mary Wixey	Alan Sowden
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Anne Roden	David Blyth
Bob Broom (Again)	Jim Ryan
Mike Redman	J A Pearson
Steven Mottershead	Jim Hurley
Anonymous	C E Shrubsole
	Caroline Marler

Donations received after Press date will be acknowledged next time. I hope that list will include a few new names.

Prize draw winners

June £100 to Mavis Williams, Brighton. £10 to D Ricketts, MVAC, D Button, Irene Nichols and Mel Edwards.
July £125 to Roger Vidler, Wallington. £10 to Wilf Morgan, Jean Sowerby, Arnold Shepherd, Nanette Cross and Val Sharpe
August £125 to J.M.Abell, Wood Green. £10 to John Atkinson, J Shave, S Busby, M Flynn and Ron Jeans.
September £125 to Robert Broom, London N4. £10 to R Giddis, Joan Burns, G Barratt, N Wray and Peter King.
October £125 to Mary Worth, Broxbourne, Herts. £10 to Peter Harvey, Dolphe Leverdier, E Cassels, Mrs B Penrice and Phil Owen.
November £125 to Dr Margaret Clark, Edgware. £10 to L Parrott, Yvonne Priestman, P Webb, S Hardicker and Janis Kerr.
December £125 to S Hardicker, Manchester. £10 to Dr J Williams, T Tomkins, P King, G Shrimpton and J FitzGerald.

THE OFFICERS OF THE FEDERATION

A proposition from the outgoing BVAF Chairman, Bill Taylor, on spreading the load.

Bill Taylor, Chairman, in his more formal role tying up sponsorship

BVAF is a federation of largely autonomous clubs with a Council consisting of officers elected at an AGM, (at which all members of BVAF affiliated clubs may vote) and delegates representing the constituent clubs.

The growth in the number of clubs, total membership, the number and size of events, together with the increase in contact with the national governing body (BAF) has resulted in increased workloads for BVAF officers — particularly for the Chairman and Secretary.

As outgoing Chairman, I am anxious that my successor should not bear the same personal administrative load as I have done. It would almost be asking too much of a person working full time, perhaps with a young family and with training commitments. So it seems sensible to divide the work for which the Chairman has overall responsibility on functional lines.

WAVA Council has three Vice Presidents: one Executive, one Stadia (Track & Field) and one Non-Stadia (Road and Country). Thus the President has support in three well-defined areas of operation.

Some members of BAF General Committee have expressed surprise that we do not have specific committees to cover our different activities. So it has been suggested that BVAF should have three Vice Chairmen. I would like to endorse this and propose they should be: Vice Chairman Track & Field, Vice Chairman Road & Country and Vice Chairman International Affairs.

The responsibilities of the first two are self-explanatory. Those of the VC International Affairs could embrace the duties of the present Chairman of the International Committee (David Coward) and could be formally expanded to keep abreast of WAVA and EVAA affairs. It is fortuitous that two existing BVAF Council members are on the WAVA Council and are therefore close to WAVA policy but this will not necessarily always be so.

All should be empowered to constitute their specialist sub-committees and it would be expected that Council members would be prominent members of these but they could be reinforced by other co-options.

Additional advantages

Besides helping to reduce the Chairman's load, it would also provide a good and operative structure more acceptable to the BAF.

It would also mean that we had a sensibly-sized working executive, voted in by the BVAF electorate, and given a mandate for most executive action which did not require AGM decisions. It would, of course, have full advice from the existing council who would be kept informed via an improved Council Bulletin.

Amendment to Constitution

I have presented a discussion paper to Council and they have agreed that proposals be put to the AGM in July to amend our Constitution accordingly. If carried it will be the business of the meeting to elect officers to the new posts.

Make a date now to go to the BVAF Track & Field Championships at Copthall on July 18/19 and to attend the AGM on the Saturday evening and to vote.

FROM THE SECRETARY

Out of pocket

THE HOME International Cross-country event was hosted by the SVHC and proved yet again that such an event can stimulate competition and engender interest in veteran athletics in all participating countries.

I have been informed that Ernie Dunster, one of the Aberdeen Organising Committee members, has had to personally pay £270 to cover the cost of meals taken by 60 people who were not entitled to a free post race meal but who needed refreshments. As there were no facilities for paying then would those 60 individuals please send £4.50 direct to Ernie at 80 Contlaw Road, Milltimber, Aberdeen AB1 OEJ.

Our hosts did a very good job in organising the races and no athlete, manager or spectator would wish to see a hard working official personally out of pocket.

WAVA World Track & Field Championships, Japan 1993

The BVAF Tour Organiser and the majority of athletes have so far voted in favour of 7-17 October instead of August, for the above World Championships. It is off season, fares are cheaper and the weather is less humid.

Bridget Cushen

Nominations for BVAF Committee

THE BVAF AGM will be held on Saturday, July 18, at Copthall. Nominations for the following posts should reach the Secretary, 156 Mitcham Road, West Croydon, Surrey CRO 3JE by 6 June: Chairman (Bill Taylor, incumbent, is not seeking re-election), Secretary (Bridget Cushen), Treasurer (Keith Whitaker), Minutes Secretary (Ron Franklin), Women's Representative (Jean Coker co-opted 1991) and Overseas Entries Co-Ordinator (Barbara Dunsford).

It was agreed at our last Committee meeting that the following temporary appointments be made subject to approval at the AGM: Vice Chairman, Stadia (Mike Wrenn), Vice Chairman, Non Stadia (Martin Duff) and Vice Chairman, International, (David Coward).

Track & Field TOURS

INTERNATIONAL VETERANS CROSS COUNTRY
BOSTON USA MARCH 20th 1992

Take in not only the International Veterans Cross Country to be held on the IAAF Championships course, but also have the opportunity to:
★ watch the IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS on March 21st
★ take part in the QUINCENTENARY JUBILEE FESTIVAL on March 22nd
★ enjoy the annual St PATRICK'S DAY CELEBRATIONS on March 15th
There really could not be a better time to visit New England. **FROM £499**

EUROPEAN VETERANS TRACK & FIELD CHAMPS
KRISTIANSAND NORWAY - JUNE 26th - JULY 4th 1992

This biennial event is being held in beautiful southern Norway at the perfect season for a holiday there
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"Jan and I had a wonderful holiday . . . thanks to your usual impeccable planning of all of the details of the trip" *(R Ryall, Cheadle)*

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BVAF 22ND NATIONAL TRACK & FIELD CHAMPIONSHIPS

Copthall Stadium, Hendon — 18th & 19th July 1992
Under AAA, WAAA, RWA, WAVA & BVAF Rules
Organised by Southern Counties Veterans Athletic Club

ORDER OF EVENTS
Commencing at 10.00am each day

SATURDAY	SUNDAY
TRACK	**TRACK**
400m Hurdles (M40, M45) Heats	2000m S/chase (M60+ & W) Finals
400m Hurdles (M50+,W35+) Finals	3000m s/chase (Men) Finals
300m Hurdles (W50+) Finals	110m Hurdles (Men) Heats
300m Hurdles (M60+) Finals	5000m Walk (M&W) Finals
100m (M&W) Heats	800m (Men) Heats
1500m (Men) Heats	200m (M&W) Heats
100m (M&W) Finals	110m Hurdles (Men) Finals
3000m Walk (M&W) Finals	100m Hurdles (W35) Finals
400m Hurdles (M40,M45) Finals	100m Hurdles (M60, M65) Finals
1500m (M&W) Finals	80m Hurdles (W40+) Finals
400m (Men) Heats	80m Hurdles (M70+) Finals
5000m (M60+, W35+) Finals	10,000m (M40) Finals
5000m (M40) Finals	800m (M&W) Finals
5000m (M45) Finals	200m (M&W) Finals
5000m (M50, M55) Finals	10,000m (M&W) Finals
400m (M&W) Finals	
FIELD	**FIELD**
Hammer (Women)	Javelin (Women)
Hammer (Men)	Javelin (Men)
Long Jump (Women)	High Jump (Men)
Pole Vault (M&W)	Triple Jump (Women)
Long Jump (Men)	Triple Jump (Men)
Discus (Women)	High Jump (Women)
Discus (Men)	Shot (Men)
Shot (Women)	
A.G.M. — 18.00	

All in 5 year age groups, but may be combined if required although awards will be given as per BVAF guidelines. If not enough competitors arrive for heats, finals will be run at heat times.

CHAMPIONSHIP ENTRY FORM

Please use capital letters

Surname _____ Christian Names _____

Address _____

_____ Post Code _____

*Male/Female Telephone No. _____

Date of Birth _____ Age Group as at 18 July 1992 _____

Veteran Club _____ Veteran No. _____

1st Claim Club _____

EVENTS

EVENT	P.B. 1991/92	EVENT	P.B. 1991/92

Entry Fee £4.00 1st Event £3.00 each subsequent event.
I enclose cheque/P.O. crossed and payable to SCVAC for the sum of £ _____ .
(Overseas entries in sterling only)

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 22nd Veterans T&F Championships.

Signed _____ Date _____

Entries to 1992 BVAF T&F Sec., 14 Senior Road, Eccles, Manchester M30 7PZ.

Closing date Saturday 20th June 1992. Late entries will not be accepted. Send 9" x 6" SAE for acknowledgement of entry, timetable, information, maps etc., which will be sent out on 4th July 1992, but if you wish earlier accommodation list or camping facilities, please send SAE marked Accom. in top right hand corner.
* Delete

Running on Thin Bones

THERE has been much recent interest in the way the bones of women become thin after the menopause — a process called osteoporosis.

Bones and exercise: In general, bone density is increased by exercise. For instance the right arm of a right-handed tennis player will have greater density than that of the left and sprint runners will have higher leg bone density than that of sedentary people. More recently, however, interest has focused on one particular aspect of bones in women who exercise intensely and suffer disturbances of menstruation.

Many women know that when in hard training their periods can become irregular and for some may disappear entirely. It has now been shown that those women who have irregular or absent periods have significantly lower bone density than their counterparts with normal periods because of changes in their natural hormones. Similar changes occur in girls who lose their periods because they have anorexia nervosa. The risk of developing athletic bone loss seems to be lower in athletes who have been taking the oral contraceptive pill. The long-term consequences of athletic bone loss at a young age have not yet been studied but there is concern that it may contribute to bone thinning in later life. Whether or not athletic bone loss completely corrects after training ceases is not known. Nor is it known if hormone replacement therapy (HRT) or calcium supplementation is effective at promoting bone formation in athletes.

Research: Researchers at the British Olympic Medical Centre in Harrow are setting up a two year study to look at the effects of HRT and calcium supplementation in these athletes. In addition we will be comparing the bone density of older women who were previously athletes with the bone density of sedentary women of the same age to assess any long-term advantages or disadvantages of intense exercise.

We would like to recruit two groups of women as follows:
1) Female middle and long-distance runners, 35 years or under, who plan to continue training for the next two years and who have irregular or absent periods.
2) Female athletes of any sport who previously competed at Club, National or International level and who are now over 40.

Initially, we would need to see potential recruits at the Olympic Medical Centre for assessment (by questionnaires, blood and urine tests) and bone density measurements. The younger athletes, if shown to have decreased bone density, would then be allocated to one of three groups. One group will receive calcium alone and one will receive HRT and calcium. The third group will receive no therapy so that we can assess the natural changes in bone density over this period. Treatment and follow-up will be over eighteen months.

If you fit the criteria and feel that you would like to participate please contact me, Dr. Jane Wilson, at British Olympic Medical Centre, Northwick Park Hospital, Watford Road, Harrow, Middlesex HA1 3UJ, with details of your running and if under the age of 35 years, any irregularities in your periods. I will then be able to send you more details. All replies will be treated in the utmost confidence.

Bridget Cushen writes:
"Veteran women who trained intensively during the Sixties/Seventies are ideal "guinea pigs". The test only takes a few hours, your expenses will be paid and you will have a free test for fitness, blood, oxygen uptake etc. The medical profession generally tend to neglect the veterans and this is an excellent opportunity to support a woman who is interested in this subject and I would advise you to contact Jane particularly if you are an ex-international or were up to county standard."

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 LATEST 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.
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Top Marks The best in the world.

Just three seconds shy

Martin Duff reports on the AAA Veterans 10k Road Race at Barnsley November 17

THE BEST performance in this National veterans 10K came from M60 winner, Gerry Spink, whose 35:46 represented in age-graded terms 93.6% of the age graded standard equivalent to a senior run of 28:45 — just three seconds shy of Simon Mugglestone's open win.

Fog, heavy, hoary and heartbreaking for Barnsley's Road Running Supremo, Max McNally, greeted the dawn and the prospect of the race again having to be postponed was strong. (It was 1989 when in similar circumstances the race was delayed to February 1990.)

However, the wintry sun just burnt off enough of the fog to allow the race, which saw over 1000 finishers (23.7% women), to go ahead and then shone on Peter Banks and Paula Fudge, the overall race winners.

Banks was pipped by Tony Simmons last year but, despite trailing former international John Clark of Grimsby for much of the race, he just managed to get up on his toes to win in 31 dead — the fourth best veteran time on this course.

Salford's Kenny Woodhouse was over 150 yards down in third, Brian O'Neill while taking the M45 crown (in 32:16) led Aldershot to a team victory (Martin Duff, second M45, and Les Presland, second M50, were the two other scorers). Presland was just pipped for the M50 title by Steve James (32:34) and the M55 was equally close as Alan Griffiths (34:25) narrowly headed Evan Williams by just two seconds.

Paula Fudge was in control all of the way in the women's section as she clocked 35:03 but, with Veronique Marot being allowed to run in the open race and win in 34:45, a head to head contest would have been welcomed. Fudge was however just headed, on an age graded basis, by W45 winner Julie Beckford whose 37:36 equated to 87:94% age graded to the Hounslow International's 87:92%.

Jenny Pearson was second W35, in 36:36 with Liz Staig third just three seconds behind. June Webb (39:22) took the W40 title. Pat Kerley and Lola Smal claimed the W50 and W55 medals respectively. There were no W60 runners but Margaret Johnston collected the W65 award. It appeared the older women, despite the high proportion of women vets overall, gave the event a miss.

Barnsley Veterans 10k Medal table

M40
1 Peter Banks 31:00, 2 John Clark 31:02, 3 Ken Woodhouse 31:29

M45
1 Brian O'Neill 32:16 2 Martin Duff 32:37 3 Derick Littlewood 33:04

M50
1 Stephen James 32:34 2 Les Presland 32:36 3 Philip Lancaster 33:14

M55
1 Alan Griffiths 34:25 2 Evan Williams 34:27 3 Albert Prouse 36:40

M60
1 Gerry Spink 35:46 2 Bob Peart 36:44 3 Harry Gamble-Thompson 37:17

M65
1 Eric Smith 42:32 2 Frank Copping 43:31 3 Michael Bromley 44:18

M70
1 Arthur Keilly 45:27 2 Denis Kitchen 48:34 3 Robert Mathieson 48:43

W35
1 Paula Fudge 35:03 2 Jenny Pearson 36:36 3 Elizabeth Staig 36:39

W40
1 June Webb 39:22 2 Kathy Howe 39:25 3 Margaret Harris 40:38

W45
1 Julie Beckford 37:36 2 Sonia Dear 38:57 3 Linda Watson 39:46

W50
1 Patricia Kerley 41:56 2 Maureen Singleton 42:38 3 Moira Leneghan 42:48

W55
1 Lola Smal 44:31 2 Lou Gilchrist 45:03 3 Marlene Wood 47:51

Joyce Smith leads the Women home

Jeremy Hemming reports

JOYCE SMITH of Shaftsbury Barnet (pictured above) celebrated a year free from injury by emphatically winning the seventh running of the Veterans AC Open Women Vets Cross-country at Wimbledon on October 26. This event is now strongly established and this year again saw increased numbers turn out.

Smith took the lead from Lesley Taylor on the final hill up through the wood and recorded a W50 best of 15:16, little short of the event best of 15:00, for 2.5 miles. More recently she also won the W35 vets title in the Middlesex County Championships placinga very fine 14th overall and hopes to remain injury free for another marathon bid.

C Bishop and six more followed her at Wimbledon in the black and white Shaftesbury stripes with Brenda Atkinson first W55 and Betty Forster first W60. Bromley Vets had Anne Cross come second W40 to Barbara Blurton, the World vets 400m champion, and Jean Hulls and Maureen Farish, second and third W50.

Orange and green brought four of Woking to the Common with Catherine Brighton third W35 and Mary Todd first W45 - she too set an event age best of 16:19. Natives of the Common, Wimbledon Windmilers, usually run close by but on different courses - their four in black and white across were led by Lesley Bowcott, whose form testifies for diet power, second W45. Another four was the muster of Dulwich Runners whose Rosemary Tabor was third W40.

Tanya Ball (LOAC), a good second in the race on 15:33, was making the most of a streak of autumn form. She started with the Oswestry 10 (second W35) and took in Bromley (first woman) and several other of the open cross-countries which flower at this time. Third in race, Jill Craig (SLH), had been fourth in Surrey County Womens Cross-country behind Ann Roden. Credit is due to publicity in Southern Counties VAC newsletter.

MOLLIE SMITH, Ashford, seems pretty near unstoppable. Last year she came to notice with an age 53 best for 10M of 67:43. This summer and autumn, aged 54, she has improved to 64:44. The real progress has, however, been made over 10k as the following progression shows; 40:00 — Woodstock, July; 39:41 — Gravesend, Aug; 39:38 — Folkestone, August; 39:20 — Julie Rose, October and most recently 38:50 at Brighton in November. This latest mark compares well with the Age 53 best of 38:01 set by Joyce Smith this year at Watford.

HARRY GAMBLE THOMPSON (New Marske) knocked a big lump off the previous best M60 Half Marathon with his 78:31 effort at Langbaugh on October 13. This was a near two minutes improvement on Alan Hughes' previous best for M60. It was pretty short lived, however, as BILL STODDART (Greenock Wellpark), turned in a superb 77:26 at Grangemouth on October 20.

STODDART has had a brilliant year so far with a number of very creditable performances the best of which was his 35:18 for 10k at Lochinch which is believed to be a World Best.

CAMBRIDGE HARRIERS Veteran Section has so impressed the club as a whole that they are prepared to offer substantial support to athletes entering various BVAF National Championships such as the relay, 5k and Cross-country as well as those wishing to enter the World Road Championships this August.

24 places available for Indoor Pentathlon

THERE are only 24 places available this year for the Indoor Pentathlon taking place at Cosford on March 8. The event is being held in conjunction with the AAA's open pentathlon champs. Entry is £9 — a hefty slice of which goes to the AAA. Places will have to be selected though defending champions will go through automatically. Those interested in applying should contact John Mills, 3 Victoria Villas, Bath Road, Nailsworth, Glos GL6 0JB (0453 832802). The closing date is February 15.

Multi-disciplinary training day

Birmingham University, March 28

MVAC are holding a training day at Birmingham University which is intended to give athletes the opportunity to experience Track and Field activities prior to the start of the 1992 season. It is particularly hoped that athletes will be encouraged to sample a discipline with which they are not so familiar.

The day will be divided between practical and theory sessions both in the gym and on the track. Coaches will be available to help with individual training schedules and to take athletes through a range of activities designed to strengthen and develop particular skills. A general warm up session will also be included.

Disciplines represented are sprints, middle distance and walks on the track with jumps and throws coaching also available. The sessions will be held in the new Sports Complex at the University and on the adjacent track.

Overnight accommodation is available at the Halls of Residence. The cost will be kept to a minimum depending on expenses and they hope to attract interest from across the regions.

Enquiries from all veteran athletes are welcome and should be addressed to: Irene Nicholls, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH. Please enclose SAE.

They are also looking for a Walking Coach and a Physiotherapist who could come and help on the day.

From John O'Groats to Lands End

SEVEN members of SCVAC are planning a relay run from John O'Groats to Lands End — via the standard route — starting on May 23. The event has been organised by Len Jones who is raising money for Cancer Research.

The average age of the team is 61 and those taking part are George Scutts, Bob Heron, Roy Webb, Gerry McEwan, Mike Fletcher, Dennis Baker and Len Jones.

They are hoping that Jim Peters will start them off at 9am from John O'Groats and the team are asking for support along the way. If you can help or are interested contact George Scutts, 44 Wood Street, Bognor Regis (0243 823779) or Len Jones, 38 Aldwick Gardens, Bognor Regis (0243 824683).

DOING THE GRAVEYARD GRIND

Continued from page 1

Sally Young went one better than last year when she was runner up to Glynis Penny. This year she won the women's race in fine style. She had Anne Turrington, Christine Price and Liz Hughes for company after a fast start but although she found the last long climb hard into the cold breeze she was unlikely to be caught in the final stages.

Christine Price — a finallist in the 1970 and 1986 Commonwealth Games, came away from Anne Turrington in the final mile. Celia Duncan moved up well for fourth.

Down the field there was an impressive run by Ilford's Pam Jones who at 55, was the first O50 runner in England's winning team.

Eastern Promise

A Challenge in the East

EVAC are following up last year's successful inter BVAF affiliated clubs 10k challenge by organising the event in conjunction with their own 10k Championship on Sunday March 22. The race will be run over a flat two lap course on quiet country roads based on the Stoke Ferry Community Centre, West Norfolk.

Last year there was a closely fought race between EVAC, MVAC and SWVAC. EVAC were the overall winners and MVAC the M40 category winners. This year the organisers would like to see more teams supporting the event. It is the day after the Indoor but this should not interfere with a good turnout. There will be six to score in M40, four in M50 and three in W35.

Details from Peter Duhig, 42 Wimbotsham Rd, Downham Market, Norfolk PE38 9PE. Please enclose SAE.

A League in the East

THE EVER energetic organisers of EVAC are going ahead with an Eastern Track and Field League. The first event will take place on April 29 at Kings Lynn. They are aiming for four matches containing a half-programme each and scorers will come from the M40-49, M50+, W35-44 and W45+ age groups.

One event is likely to be linked with the successful Bedford & County Grand Prix series organised by Howard Darbon.

So any Eastern clubs get in touch with Peter Duhig, 42 Wimbotsham Rd, Downham Market, Norfolk PE38 9PE with SAE.

Another Goes East

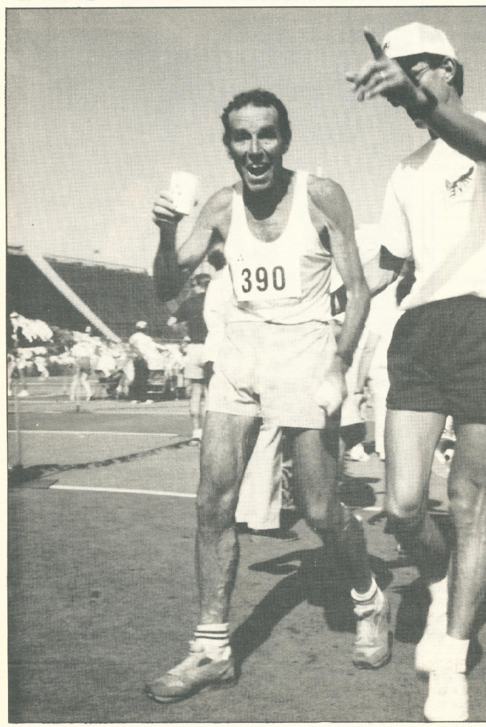
IT HAS now been confirmed that the 1992 Inter BVAF affiliated club match, which to date has been held at Reading, is to be held at Bedford on a date to be confirmed.

Northern Vets of Yesteryear

A FADING copy of a programme for a meeting at Old Trafford, Manchester, in August, 1917, shows the line-up for a vets 80yds handicap — 18 men in three heats. The oldest was a 62-year-old from Stoke, but most of them came from Lancashire clubs, six of them were Salford Harriers. Whoever would have guessed Salford once produced sprinters!

Within the programme is a cutting of the newspaper report. The reporter was impressed: 'This race was one of the successes of the day, if only from a sentimental point of view, so it is probable there will be more veteran races. Hamlin of Salford had not worn spiked pumps for 27 years.'

The real distance runners



Dennis Weir, pictured left in celebratory mood after the 1989 World Vets Marathon, Eugene, was also a participant in the race at Copthall where Don Ritchie broke M45 World records. He finished third. At age 53 to have collected a bronze in a AAAs Championship is a remarkable performance indeed. PHOTO: JOE DEAN

ONE area where veteran athletes outshine their younger counterparts is ultra-distance. The most outstanding examples of this in 1991 were Don Ritchie who on October 26 at Copthall Stadium broke M45 World records for 40 miles (4:15:15), 50 miles (5:23:02), 100 kilometres (6:46:10), 100 miles (12:44:29), 200 kilometres (16:19:16) and 24 hours (166 miles 1203 yards) and Ernie Warwick whose M75 world records from 30 miles to 24 hours at Warwick of were reported in an earlier issue of *Veteran Athletics*.

Other British vets who broke World records on the track in 1991 include Bob Emmerson and Derek Funnell who set new M55 and M60 40 mile times respectively at Crawley. They join the exclusive club which includes Tim Johnstone, Dennis Weir, Martin Daykin, George Kay, Pete Sargeant, Charlie Hunn, Dave Cooper, Ron Bentley, Hilary Johnson and Eleanor Adams.

Ultra Distance World Records

30 Miles

M40 T Johnson(GB)	2:48:37	**M45** G.Boldhaus(Germany)	3:08:28
M50 D Weir(GB)	3:12:53	**M55** O.Perkins (USA)	3:11:01
M60 F Nagelschmidt(USA)	3:42:39	**M65** G.Billingsley (USA)	4:00:06
M70 E Warwick(GB)	4:54:17	**M75** E.Warwick (GB)	5:16:00
W40 H Johnson(UK)	3:40:50	**W45** A.Dyck (Germany)	3:46:49
W50 V Voget(Germany)	4:05:16	**W55** R.Anderson (USA)	4:50:48
W60 H Klein(USA)	5:42:52	**W65** F.Lamothe (France)	5:30:50

50 Kilometres

M40 Johnson	2:55:07	**M45** Boldhaus	3:15:20
M50 Weir	3:19:32	**M55** Perkins	3:17:26
M60 Nagelschmidt	3:49:47	**M65** Billingsley	4:09:08
M70 Warwick	5:07:56	**M75** Warwick	5:28:20
W40 Johnson	3:49:59	**W45** Dyck	3:55:01
A.Mertens(Belgium)3:59:10(Pending)			
W50 Voget	4:13:12	**W55** Anderson	5:00:18
W60 Klein	5:57:32	**W65** Lamothe	5:43:25

40 Miles

M40 M Daykin (GB)	3:59:24	**M45** D Ritchie (GB)	4:15:15
M50 G.Kay (GB)	4:24:06	**M55** R Emmerson (GB)	4:31:36
M60 D.Funnell (GB)	5:28:51	**M65** R Hughes	5:45:40
M70 Warwick	6:48:06	**M75** Warwick	7:16;48
W40 M Kuno (Germany)	5:40:03	**W45** Dyck	5:10:03
W50 C Roos (Germany)	6:26:34	**W55** Anderson	6:34:41
W60 H Klein (USA)	7:51:10	**W65** Lamothe	5:43:25

50 Miles

M40 G.Walsh (RSA)	5:16:07	**M45** Ritchie	5:23:02
M50 Arndt	5:40:06	**M55** Nagelschmidt	6:55:02
M60 Sargeant	7:14:23	**M65** Hughes	7:22:45
M70 Warwick	8:51:03	**M75** Warwick	9:47:03
W40 E Adams (GB)	6:39:47	**W45** Dyck	6:37:44
W50 Roos	8:21:16	**W55** Anderson	8:25:03
W60 Klein	10:01:58	**W65** Klein	9:39:32

100 Kilometres

M40 C Hunn (GB)	7:12:19	**M45** Ritchie	6:46:10
Boldhaus 6:46:42 (pending)			
M50 Arndt	7:12:26	**M55** F Le Roux (France)	7:55:40
M60 C.Young (Australia)	9:18:28	**M65** C.McLaughlin (NZ)	11:09:19
M70 Warwick	11:51:44	**M75** Warwick	12:51:58
W40 Adams	8:32:02	**W45** Dyck	8:24:43
W50 Roos	10:37:04	**W55** Anderson	11:11:04
W60 Klein	12:56:41	**W65** Lamothe	11:59:31

100 Miles

M40 D.Kay (RSA)	11:56:56	**M45** Ritchie	12:44:29
M50 Weir	13:55:48	**M55** D Cooper (GB)	15:14:35
M60 Young	14:37:54	**M65** McLaughlin	17:37:16
M70 Warwick	21:35:27	**M75** Warwick	23:05:53
W40 Adams	14:44:26	**W45** Smith	16:01:43
W50 M.Maricle (USA)	19:26:04	**W55** Anderson	20:54:24
W60 Klein	22:15:26	**W65** Klein	23:03:01

200 Kilometres

M40 R Bentley (GB)	16:53:00	**M45** Ritchie	16:19:16
M50 Weir	18:45:07	**M55** Cooper	19:21:32
M60 Young	20:17:09	**M65** McLaughlin	22:41:00
W40 Adams	19:28:49	**W45** Mertens	21:02:12
W50 C Vollmershausen(Ger)	27:51:22		

24 Hours

M40 R.Bentley (GB)	259.603K 161M545y	**M45** Ritchie	268.251K 166M1203y
M50 Cooper	247.210k 153M1072y	**M55** Cooper	245.208K 152M644y
M60 Young	235.969K 146M1098y	**M65** McLaughlin	210.129K 130M999y
M70 Warwick	175.574K 109M171y	**M75** Warwick	166.357K 103M651y
W40 Adams	240.169K 149M411y	**W45** Mertens	226.237K 140M1015y
W50 Maricle	180.079K 111M1576y	**W55** Anderson	177.430K 110M439y
W60 Klein	170.165K 105M1294y	**W65** Klein	176.223K 109M880y

One Hour

M40 J Van Der Wansem(Hol)	18,919m 11M1330y	**M45** A Mimoun (Fra)	18,862m 11M1268y
M50 Mimoun	18,575m 11M954y	**M55** J Gilmour (Aus'lia)	17,185m 10M1194y
M60 Gilmour	16,853m 10M831y	**M65** J Gilmour	15,892m 9M1540y
M70 Gilmour	15,474m 9M1083y	**M75** E Benham (USA)	13,697m 8M899y
M80 P Spangler (USA)	12,130m 7M946y	**M85** Spangler	10,088m 6M472y
M90 H Kirk (USA)	6,073m/3m.1362y		
W35 Z.Marchant(GB)	16,272m 10M195y	**W40** L.Sipprelle(USA)	15,579m 9M1197y
W45 M.Harbin(USA)	14,828m 9M376y	**W50** N.Bruhn(USA)	14,620m 8M1909y
W55 B.Meadows(USA)	13,458m 8M638y	**W60** M.Trent(USA)	13,075m 8M219y
W65 G.Davidson(USA)	11,631m 7M400y	**W70** G.Bulger(GB)	10,910m
W75 M.Salisbury(USA)	6,590Met. 4M167y	**W80** M.Ames (USA)	7,048m 4M668y

WORLD AND BRITISH INDOOR RECORDS

60 Metres

	World		British	
M40	E.Hart(USA)	6.97	P.Webber	7.1
M45	G.Horton, S.Tyler (Can)	7.3	B.Green, I.Foster	7.3
	S.Whitley (USA)7.02 pending			
M50	R.Taylor, F.Taylor (GB)	7.4	R.Taylor, F.Taylor	7.4
M55	H.Hartenstein(USA)	7.53	R.Taylor	7.6
M60	P.Jordan (USA)	7.7	C.Williams	7.86
			C.Williams 7.7 pending	
M65	C.Paul (Canada)	7.8	C.Fairey, S.Stein	8.5
M70	P.Jordan (USA)	8.46	C.Fairey	8.6
M75	B.Ivers (USA)V.Colo(Italy)	9.5	L.Watson	9.8
	A.Pajunen (Finland) 9.1 pending			
M80	A.Pajunen	9.83		
M85	K.Boas (USA)	11.92		
M90	M.Salonen	15.52		
W35	B.Waldis (Switzerland)	8.05	J.Vernon, J.Martin	8.1
W40	P.Raschker (USA)	8.14	P.McNab	8.3
	Raschker 8.10 pending			
W45	U.Gore (GB)	8.4	U.Gore	8.4
W50	U.Gore (GB)	8.8	U.Gore	8.8
W55	A.Laerson (Sweden)	9.1	H.Farmer	9.3
W60	J.Ogden (GB)	9.4	J.Ogden	9.4
W65	M.Wixey (GB)	10.1	M.Wixey	10.1
W70	M.Bowermaster (USA)	10.36	M.Wixey	10.49
W75	M.Crews(USA)	11.75		

200 Metres

	World		British	
M40	H.Rheineck (Germany)	22.6	J.Henson	23.3
M45	R.Pierce(USA)	23.4	J.Henson, I.Foster	23.5
M50	R.Taylor (GB)	23.8	R.Taylor	23.8
M55	R.Taylor (GB)	24.7	R.Taylor	24.7
M60	C.Williams (GB)	26.14	C.Williams	26.14
M65	M.Larson (USA)	27.87	S.Stein	29.2
	J.Law(USA)26.92 pending			
M70	P.Jordan (USA)	28.00	C.Fairey	29.6
M75	A.Pajunen (Finland)	32.5	L.Watson	33.4
	G.Diguardo (Italy) pending 31.0			
M80	M.d'Elia (USA)	35.62	W.Baker	43.1
	B.Ivers (USA) pending 32.9			
M85	K.Boas (USA)	42.51		
M90	M.Salonen (Finland)	68.6		
W35	B.Waldis (Switzerland)	26.07	J.Vernon	27.3
W40	P.Raschker(USA)	27.30	M.Hocknell	27.9
	P.Raschker 27.08 pending			
W45	M.Hocknell (GB)	27.1	M.Hocknell	27.1
W50	U.Gore (GB)	29.6	U.Gore	29.6
W55	A.Larsson (Sweden)	31.05	J.Ogden	31.8
W60	J.Ogden (GB)	31.6	J.Ogden	31.6
W65	M.Wixey (GB)	36.1	M.Wixey	36.1
W70	M.Wixey (GB)	37.4	M.Wixey	37.4
W75	M.Crews(USA)	45.73		
	M.Crews 44.39 pending			

400 Metres

	World		British	
M40	J.King (USA)	50.64	P.Browne	51.51
M45	D.Parker (USA)	51.75	J.Henson	53.2
	S.Whitley (USA) 51.15 pending			
M50	L.Colbert (USA)	54.00	R.Taylor	54.8
M55	J.Mathis (USA)	56.56	K.Whitaker,D.Burton	59.0
	Mathis 56.17 pending			
M60	E.Fee (Canada)	59.82	K.Whitaker	60.66
	T.Vikmann (Finland) 59.7 pending			
M65	P.Picolli (Italy)	65.58	E.O'Bree	69.5
	J.Law (USA) 60.67 pending			
M70	J.Alexander(USA)	66.03	E.O'Bree	74.5
M75	L.Watson (GB)	79.1	L.Watson	79.1
	A.Ernesaks (Canada) 74.9 pending			
M80	B.Fike (USA)	86.79		
M85	K.Boas (USA)	116.20		
M90	M.Salonen (Finland)	167.3		
W35	C.Marler (GB)	59.0	C.Marler	59.0
W40	A.McDonald (GB)	61.9	A.McDonald	61.9
W45	M.Hocknell (GB)	62.3	M.Hocknell	62.3
W50	J.Hulls(GB)	68.2	J.Hulls	68.2
W55	C.McLennan (GB)	75.8	C.McLennan	75.8
	B.Vosbrugh(USA)75.61 pending			
W60	J.Ogden (GB)	81.6	J.Ogden	81.6
W65	C.Peebles (USA)	103.96		
W70	P.Taylor (GB)	116.00	P.Taylor	116.00
W75	P.Mehl (USA)	105.59		

800 Metres

	World		British	
M40	P.Browne (GB)	1:55.63	Browne.	1:55.63
M45	K.Sparks (USA)	1:57.81	J.Potts	2:01.5
M50	K.Baker (USA)	2:05.8	F.Coles	2:09.7
M55	J.Conner (USA)	2:10.62	Churchill	2:12.7
M60	E.Fee (USA)	2:17.84	D.Thomas	2:21.47
M65	A.Messenger (USA)	2:26.3	H.Tempan	2:24.82
	H.Tempan (GB) 2:24.82 pending			
M70	A.Newman (USA)	2:42.0	E.O'Bree	2:48.8
M75	D.Morrison (GB)	2:53.1	D.Morrison	2:53.1
M80	R.White (GB)	4:40.0	R.White	4:40.0
M85	H.Kirk (USA)	6.18.0		
W35	I.Silai (Romania)	2:03.2	P.Gallagher	2:13.6
W40	E.Kozak (Canada)	2:13.69	P.Gallagher	2:20.2
W45	P.Martin (Finland)	2:27.3	P.Gallagher	2:26.06
	P.Gallagher (GB) 2:26.06 pending			
	E.Kozak (Canada) 2:25.08 pending			
W50	J.Hulls	2:33.3	J.Hulls	2:33.3
W55	M.Turner (Canada)	2:49.8		
W60	E.Laine (Finland)	3:11.1		
W65	C.Peebles (USA)	4:04.0(yards)		
	E.Hogvist (Finland) 3.30.3 pending			
W70	P.Mehl(USA)	3:47.8		
	B.Tibbling (Sweden) 3.17.5 pending			
W75	P.Mehl (USA)	4:03.77		

1500 Metres

	World		British	
M40	A.Roper (GB)	3:58.2	A.Roper	3:58.2
M45	J.Potts (GB)	4:03.69	J.Potts	4:03.69
M50	B.Johns (Canada)	4:19.21	E.Williams	4:23.4
M55	J.Sutton (USA)	4:28.9	A.Hughes	4:33.4
M60	C.Bini (Italy)	4:43.8	W.Marshall, W.McBrinn	4:49.5
M65	A.Messenger (USA)	5:05.0	A.Tempan	4:53.03
	A.Tempan (GB) 4:53.03 pending			
M70	A.Newman (USA)	5:27.4	D.Eyers	5:40.3
M75	E.Keller (USA)	6:33.4		
	A.Parma (Italy) 5:42.9 pending			
M80	P.Spangler (USA)	7:04.2	R.White	9.27.0
M90	*M.Salonen 14:28.4 pending*			
W35	I.Silai (Romania)	4:05.4	D.J.Holmes	4:39.1
W40	E.Kozac (Canada)	4:31.84	P.Gallagher	4:44.6
W45	P.Gallagher (GB)	4:44.0	P.Gallagher	4:44.0
W50	P.Martin (Finland)	5:16.9	M.Roberts	5:51.68
W55	M.Turner (Canada)	5:36.60	B.Norrish	6:20.2
W60	J.Ross(GB)	5:59.7	J.Ross	5:59.7
W65	J.Kazdan (Canada)	6:55.7		
W70	J.Kazdan (Canada)	7:22.96		
W75	P.Mehl (USA)	7:43.3		

3000 Metres

	World		British	
M40	R.McCubbins (Canada)	8:24.68	P.Duhig	8:44.2
M45	R.De Palmas (Italy)	8:46.80	J.Potts	8:47.79
M50	L.Presland (GB)	8:58.8	L.Presland	8:58.8
M55	H.Rankin (GB)	9:37.9	H.Rankin	9:37.9
M60	W.Marshall (GB)	10:18.6	W.McBrinn	10:17.6
	K.Hemelind (Sweden) 10:11.4 pending			
M65	J.Fraser (GB)	11:04.1	J.Fraser	11:04.1
M70	S.Carter (USA)	11:27.4	R.Brierley	12:14.6
M75	G.Porteous (GB)	13:08.2	G.Porteous	13:08.2
M80	B.Fike (USA)	18:20.6yds		
	A.Petrone (Italy) 16:53.4 pending			
W35	I.Silai (Romania)	8:43:49	J.Asgill	9:32.93
W40	P.Gallagher (GB)	9:52.64.	P.Gallagher	9:52.64
W45	P.Gallagher (GB)	10.00.05	P.Gallagher	10:00.05
W50	A.McCabe (Canada)	11:38.8	B.Cook	11:51.2
	O.Schenatti (Italy) 11:07.6 pending			
W55	M.Turner (Canada)	12:17.5	B.Norrish	13:52.2
W60	J.Ross (GB)	12:33.3	J.Ross	12:33.3
W65	J.Kazdan	14:47.3		
W70	J.Kazdan	15:47.6		
	E.McCoy (USA)15:15.10 pending			
W75	Mehl	15:53.5		

60 Metres Hurdles

	World		British	
M40	S.Duckery (USA)	8.15	L.Bovell	8.9
M45	W.Davenport (USA)	8.76	B.Ferguson	9.1
M50	C.Miller (USA)	8.92	C.Shafto	9.57
M55	L.Pratt (USA)	9.21	C.Shafto	9.7
M60	J.Greenwood (USA)	9.36	J.Steedman	10.1
M65	E.Lukens (USA)	10.14	L.Williams	10.7
M70	I.Hume (Canada)	11.3	S.McSweeney	12.6
M75	K.Trei (Canada)	12.2		
	A.Pajunen (Finland) 11.5 pending			
	F.Finger (USA)11.20 pending			
M80	A.Pajunen (Finland)	13.37		
W35	J.Vernon (GB)	8.9	J.Vernon	8.9
W40	J.Vernon (GB)	8.8	J.Vernon	8.8
W45	P.McNab (GB)	9.9	J.Vernon	9.51
	J.Vernon (GB) 9.5 pending			
W50	J.Hulls (GB)	11.0	J.Hulls	10.43
	J.Hulls (GB)10.4			
W55	R.Chrimes (GB)	11.1	R.Chrimes	11.1
W60	H.Farmer (GB)	12.3	H.Farmer	12.3
W70				
W75	P.Mehl (USA)	13.44		

2000 Metres Walk

	World		British	
M40	R.Care (GB)	8:28.50	R.Care	8:28.50
M45	D.Stevens (GB)	8:33.4	D.Stevens	8:33.4
M50	D.Stevens (GB)	8:57.9	D.Stevens	8:57.9
M55	P.Worth (GB)	10:24.1	P.Worth	10:24.1
	M.Sciarretta (Italy) 9:29.3 pending			
M60	L.Creo (GB)	10:41.9	L.Creo	10:41.9
M65	L.Creo (GB)	10:39.6	L.Creo	10:39.6
M70	C.Coleman (GB)	10:12.72	C.Coleman	10:12.72
M75	J.Grimwade (GB)	10:50.7	J.Grimwade	10:50.7
W35	L.Millen (GB)	9:39.0	L.Millen	9:39.0
W40	L.Millen (GB)	9:39.5	L.Millen	9:39.5
W45	P.Horwill (GB)	11:35.3	P.Horwill	11:35.3
W50	M.Worth (GB)	11:00.0	M.Worth	11:00.0
W55	M.Worth (GB)	10:58.7	M.Worth	10:58.7
W60	M.Worth (GB)	11:02.5	M.Worth	11:02.5

3000 Metres Walk

	World		British	
M40	R.Care (GB)	13:07.9	R.Care	13:07.9
	M.Katila (Finland)12.40.9 pending			
M45	J.Roos (Canada)	12:58.00	L.Scrivens	16:12.3
M50	J.Roos (Canada)	13:59.1	D.Stevens	14:46.0
	A.Nokela (Finland) 13:12.6 pending			
M55	M.Sciarretta (Italy)	14:27.6	J.Dunsford	16:18.5
M60	M.Gould (Canada)	16:03.8	D.Withers	17:08.6
	B.Olerov (USSR) 14:46.4 pending			
M65	M.Gould (Canada)	16:03.0	L.Creo	16:35.6
M70	P.Makinen (Finland)	17:31.6	A.Poole	20:46.8
M75	G.Mitchell (GB)	18:54.5	G.Mitchell	18:54.5
M80	A.Strang (Finland)	20:35.0		
	A.Strang (Finland) 20:07.00 pending			
W35	C.Reader (GB)	16:25.4	C.Reader	16:25.4
	S.Griesbach (France) 14:13.0 pending			
	C.Paffumi (USA)16:20.74 pending			
W40	J.Ratnes (USA)	15:11.15		
	S.Griesbach (France) 13:26.5 pending			
W45	J.Richards (Canada)	16:12.53	C.Bean	17:09.3
	V.Heikkila (Finland) 14:35.7 pending			
W50	G.Migliasso (Italy)	15:35.7		
	V.Heikkila (Finland) 15:13.1 pending			
W55	P.Horwill (GB)	18:27.7	P.Horwill	18:27.7
	P.Gadient (USA)18:16.02 pending			
W60	R.Leff (USA)	18:19.0	R.Scott	19:49.3
W65	B.Tibbling (Sweden)	17:32.0		
W70	E.Yeomans (USA)	20:56.8		
	B.Tibbling (Sweden) 17:38.10 pending			
W75	M.Crews	22:17.08		
	N.Wedemo (Sweden) 21:21.0 pending.			
W80	M.Sarvana (Finland)	27:33.0		
	M.Sarvana (Finland) 27.10.98 pending.			

High Jump

	World		British	
M40	J.Hartfield (USA)	2.00	G. Griffiths	1.83
M45	M.Chelnov(USSR)	1.92	S.Power	1.71
M50	M.Newton, J.Brown, R.Richardson (All USA)	1.78.	J.Freebairn	1.70
M55	J.Brown (USA)	1.71	C.Shafto	1.53
M60	J.Gilchrist (USA)	1.65	G.Leete	1.50
M65	B.Gist (USA)	1.52	L.Williams	1.35
M70	E.Kolhonen (Finland)	1.45	S.McSweeney	1.18
M75	I.Hume (Canada)	1.37	J.Searle	1.10
	E.Kolhonen (Finland) 1.40 pending			
M80	A.Pitcher (USA)	1.16		
	V.McIntyre (USA)1.17 pending			
M85	A.Pitcher (USA)	1.00		
M90	M.Sanonen (Finland)	0.45		
W35	L.McBlaine (Canada)	1.64	J.Smallwood, C.Drewry, H.Dyble	1.55
W40	L.McBlaine	1.55	J.Smallwood, C.Drewry	1.50
W45	H.Schwinginghammer (Chile), I.Marti,P.McNab, J.Hulls (all GB)	1.35	I.Marti, P.McNab, J.Hulls	1.35
	M.Kargas (Finland) 1.45 pending			
W50	T.Tsentsik (USSR)	1.40	R.Chrimes	1.36
W55	R.Chrimes	1.36	R.Chrimes	1.36
W60	H.Pedel (Canada)	1.15		
	L.McDaniels (USA) 1.26 pending			
W65	H.Pedel	1.15		
W70	M.Bowermaster (USA)	1.09		
W75	V.Nelson (USA)	0.91		
W80	M.Sarvana(Finland)	0.80		

Long Jump

	World		British	
M40	S.Whitley (USA)	7.03	M.James	6.73
	T.Taavitsainen (Finland) 7.31 pending			
M45	T.Taavitsainen(Finland)	6.90	P.Duckers	6.13
M50	S.Backlund (Finland)	6.47	D.Burton	5.83
M55	B.Morcom (USA)	5.87	D.Burton	5.34
M60	B.Morcom (USA)	5.34	A.Kalirai	5.11
	M.Jarvinen (Finland) 5.34 pending			
M65	T.Patsalis (USA)	5.22	A.Lovett	4.31
M70	G.Gonzalez (USA)	4.77	L.Watson	4.09.
M75	E.Kolhonen (Finland)	3.98	L.Watson	3.71
	A.Pajunen (Finland) 3.99 pending			
M80	K.Trei (Canada)	3.57		
M85	E.Hosack (USA)	2.51		
M90	M.Salonen(Finland)	1.50		
W35	W.White (USA)	6.16	J.Pearson	5.22
W40	P.Rashcke.(USA)	5.61	P.McNab	5.23
W45	A.Hiemstra (Canada)	4.52	I.Marti	4.44
W50	A.Larsson (Sweden)	4.31	R.Chrimes, C.Graham	4.25
W55	A.Larsson	4.23	H.Farmer	3.75
W60	M.Wixey (GB)	3.43	M.Wixey	3.43
	L.McDaniels (USA) 3.55 pending			
W65	M.Wixey (GB)	3.63	M.Wixey	3.63
W70	M.Bowermaster (USA)	3.31	M.Wixey	2.96
			M.Wixey 3.01 pending	
W75	V.Nelson (Canada)	2.29		

Pole Vault

	World		British	
M40	W.Sokolowski (USA)	4.57	R.Constantine	3.85
	K.Isaaksson(Sweden) 5.00 pending		*M.Bull 4.40 pending*	
M45	R.Ruth (Canada)	4.42	R.Brown.	3.80
M50	B.Morcom (USA)	4.11	R.Brown	3.90
M55	B.Morcom (USA)	4.02	R.Brown	3.80
M60	J.Donley (USA)	3.78	A.Woods	3.20
M65	B.Morcom (USA)	3.39	A.Rawlinson	2.40
M70	C.Johnston (USA)	2.98	A.Rawlinson	2.10
M75	C.Johnston (USA)	2.82		
M80	A.Pajunen (Finland)	2.25		
M85	A.Pitcher	1.67		
W35	P.Raschker (USA)	2.44		
W40	P.Raschker	1.83		
	P.Raschker 2.46 pending			

Triple Jump

	World		British	
M40	S.Power (GB)	14.15	S.Power	14.15
M45	S.Backlund (Finland)	13.75	S.Power	13.10
M50	S.Backlund (Finland)	13.72	J.Newcombe	11.63
M55	O.Niemi	12.15	D.Marshall	10.50
M60	A. Compri (Italy)	12.13	A.Kalirai	10.18
M65	A. Compri (Italy)	10.92	L.Williams	9.23
M70	H.Simola (Finland)	9.89	D.Philcox	8.29
M75	E.Kolhonen(Finland)	8.48		
	E.Kolhonen 9.40 pending			
M80	K.Trei (Canada)	7.31		
M85	K.Boas (USA)	4.83		
M90	M.Salonen (Finland)	3.82		
W35	P.Rashcker (USA)	10.69	C.Brown	8.74
W40	P.Rashcker (USA)	10.78	B.Terry	8.03
W45	A.Heimstra	8.75	P.McNab	9.08
	P.McNab(GB) 9.08 pending			
	P.Calvert (USA) 9.49 pending			
W50	R.Chrimes (GB)	8.42	R.Chrimes	8.42
W55	R.Chrimes (GB)	8.57	R.Chrimes	8.57
W60	J.Udell (USA)	6.39		
	L.McDaniels (USA) 7.25 pending			
W65	M.Wixey (GB)	6.66	M.Wixey	6.66
W70	E.Yeomans (USA)	4.98	M.Wixey	6.03
	M.Wixey (GB) 6.03 pending			

Shot

	World		British	
M40	B.Oldfield (USA)	20.07	M.Winch	15.25
M45	E.Hill (USA)	15.78	Chromniak	13.14
	M.Jouppila(Finland) 17.36 pending			
M50	T.Wasselowski (USA)	14.86	G.Hickey	13.69
	O.Lahtinen (Finland)16.72 pending			
M55	R.Leino (Finland)	14.64	A.Woods	13.56
	V.Kojala (Finland) 14.73 pending			
M60	R.Nokellainen (Finland)	16.83	D.Vanhegan	13.81
M65	V.Elo (Finland)	15.28	K.Maksimczyc	11.99
M70	J.York, R.Carter (USA)	13.23	B.Metcalfe	10.61
	V.Elo (Finland) 14.35 pending			
M75	V.Elo (Finland)	12.88	S.McSweeney	8.20
M80	N.Jalonen (Finland)	8.55	W.Baker.	7.33
	P.Patinen (Finland) 8.79 pending			
M85	E.Hosack (USA)	6.34		
M90	M.Salonen (Finland)	14.3		
W35	B.Carter (GB)	13.45	B.Carter	13.45
	S.Melnikova (USSR) 16.76 pending			
W40	J.Kerr (GB)	13.75	J.Kerr	13.75
W45	P.McNab (GB)	9.55	P.McNab	9.55
	L.Hmelevskaja(USSR) 12.15 pending		*B.Terry 10.57 pending*	
W50	J.Grissom (USA)	12.66	R.Chrimes	12.48
W55	A.Ivanova (USSR)	12.55	R.Chrimes	12.04
W60	B.Holland (USA)	10.09	J.Ogden	8.54
W65	H.Pedel(Canada)	8.24	M.Wixey	6.13
W70	M.Bowermaster (USA)	7.76		
W75	I.Sarnama (Finland)	7.06		
W80	M.Sarvana (Finland)	6.36		
	M.Sarvana 6.53 pending			

NEW VETS FEATURE IN BRITISH LISTS

The lists of the top 50 British performers in 1991 show two vets as the best in their events.

TESSA SANDERSON topped the Javelin list. She turned 35 in March and her 65.18 in Frankfurt in July considerably improved the British vets record—48.80 by Averil Williams. It is, in fact, a World Record. The best on WAVA's list is a pending 63.80 by Nikanarova (USSR) but the World body's ruling is that only members of veteran clubs can claim WRs. Tessa is not a member.

PETER GORDON also turned vet last year, and he headed the Discus list with 61.62, a distance he achieved a fortnight before his 40th birthday. His best as a vet was 57.70 at Jarrow on September 22, taking the British vets record that stood to Bill Tancred at 52.80. He has previously bettered the record with 55.60 in August, and his throws at Jarrow included a 56.22.

Another first-year vet, **JULIE ASGILL** of Stretford, placed 26th in the 800m list. Her 2:06.7 is a new British record. More recently, at the IMI Birmingham Mint Indoor Games she ran a 3000m in 9:32.93 - a new British W35 Indoor record. One to look out for next season at this distance is **TEENA COLEBROOK**, she was 35 on October 18. Teena was 10th with the 2:02.99 she ran in the US in May — not far short of her best ever, 2:01.65 in 1985.

CHRISTINA CAHILL looks certain to improve Joyce Smith's W35 1500m record later this year. Chris becomes a vet on March 25. She turned in a best of 4:05.64 last season; Joyce's record stands at 4:12.0.

GLADYS BIRD, in her second year as a vet, placed 17th in the 400m. She set the British record of 54.02 in 1990, last year her best was 54.47.

The women's marathon top 50 included 20 vets. Most prominent was 36-year-old **VERONIQUE MAROT** whose 2:30.55 in Houston placed her second behind Liz McColgan. **GILLIAN HOROWITZ**'s 2:39.0 placed her seventh; and there were splendid (age-related) performances by **ZINA MARCHANT** (41), eighth with 2:39.26, **PRISCILLA WELCH** (47), 10th—2:40.20, and **ANNE RODEN** (45), 13th—2:41.22.

Men and women veteran rankings 1991 now available

DAVE BURTON and SALLY GANDEE have now prepared their 1991 rankings. Copies can be got from them by sending £1.50 with a 9" x 6" SAE.

Men's Veteran Rankings: Dave Burton, 71 Nethergreen Rd, Sheffield S11 7EH. Women's Veteran Rankings: Sally Gandee, 4 Westfield Rd, Hertford SG4 3DJ.

Stan Erlam from St Helens

New M50 800m British record-breaker

Maurice Morrell writes

KEEN students of athletics magazines will have noticed throughout the Summer the name of Stan Erlam appearing in the Stretford results with much regularity.

Erlam, 55, is an unpretentious St Helens lad who took up jogging at the age of 42, when he lost his job through ill-health and "was smoking too many cigarettes". Sutton Harriers (St Helens) was just down the road from Erlam's little terraced house where he lives with his mother, so he went along and joined.

Erlam took readily to the world of interval running, hill sessions and fartlek - methods of training he'd never previously heard of. He improved quite rapidly and his reputation as a fierce trainer spread.

He was soon representing Sutton in the Northern Track League at many events ranging from 100m to 10000m and at the age of 46 years he ran the 800m in 1:59.9. This remains his best time for his favourite event.

Track has predominated for Erlam. He has taken part in cross-country and road races though never championship events and to this writer's knowledge he is probably in the top six runners in his age category over 10k road races. Certainlywhen he enters a road race on Merseyside it's a foregone conclusion who will win the age group. Erlam is spoken of with bated breath and respect.

The 1991 track season saw Erlam enter his fifties. Due to his home circumstances he is unable to travel far, so weekly journeys to Stretford's cosy track became his target. He was totally unaware of Veteran records and it wasn't until he ran 2:10.8 for an early season 800m that he realised he had set a British Veterans best performance.

However, self-effacing Erlam admits that he wasn't aware of the need for such stringent verification of times and conditions. He broke the record four times in the summer and it wasn't until he ran 2:2.1 at Kirkby Stadium that Mike Dooling of Liverpool Harriers had the foresight to ensure that all timekeepers provided documentation.

A final effort of 2:1.0 at Stretford finished off his season, but he is still confident that given good conditions and continuing fitness next year he will duck below 2 minutes.

Now for the snags - Stan Erlam is an unattached runner these days, though he may rejoin Sutton Harriers. He is not affiliated to any veteran organisation so is precluded from BVAF events.

In the nicest possible way Stan Erlam typifies the ordinary Northern man - no pose, down to earth with no pretensions. Due to his home circumstances we may never see him at European or World Championships, but I know one thing, if he did appear, the others might as well stay at home.

Veteran Indoor results in both Senior and Veteran events

Mizuno Midland Counties Indoor Open Meetings

November 16, 1991, Cosford

60m Senior Women M Wixey 10.3 **WR**
60m Veteran Men
Race 1: 1 R Taylor 7.7, 2 J Thompson 7.8, 3 G Barratt 7.8, 4 W McHugh 8.1, 5 R Roach 8.2
Race 2: 1 D Hockney 8.1, 2 M Garrett 8.2, 3 N Dean 8.3, 4 J Conboy 8.3, 5 A Meddings 8.5, 6 R Pritchard 8.7
Race 3: 1 R Minting 8.0, 2 L Whitehead 8.3, 3 B Spratt 8.9, 4 J Moran 9.0, 5 C Fairey 9.2, 6 N Carter 9.4
60m Veteran Women
Race 1 1 Y Priestmen 8.7, 2 L Elliott8.9, 3 C Morris 9.2, 4 M Mills 9.4
Race 2 1 R Allcock 8.8, 2 V Kirkland 9.1, 3 T Bell9.7, 4 R Foster 10.0
200m Senior Men G Barratt 25.9
200m Senior Women M Hocknell 29.0, C Morris 31.3
400m Veteran Men
Race 1 1 P Anthony 56.8, 2 R Roach 57.3, 3 R Pritchard 58.4, 4 P Owen 59.5
Race 2, 1 C Sargant 59.3, 2 L Whitehead 59.6, 3 W Morgan 60.4, 4 M Robertson 63.7
Race 3 1 D Hockney 58.9, 2 N Dean 59.7, 3 G Elliott 60.2, 4 K Whitaker 64.6
Race 4 1 R Minting 54.1, 2 A Wills 57.0, 3 A Meddings 64.8, 4 N Carter 74.5
400m Veteran Women
1 M Hocknell 64.2, 2 G Rickard 66.2, 3 L Slaney 69.2, 4 R Allcock 70.0
800m Senior Men M Watson 2:11.5
1500m Senior Women P Gallagher 4:46.9
60mHurdles Junior Men A Wells 9.0
Shot Senior Men J Conboy 11.41
Pole Vault Senior Men R Brown 3.50

December 14, 1991, Cosford

60m Senior Men B Taylor 8.4
60m Senior Women Y Priestman 8.7, C Morris 9.2, M Mills 9.2
200m Senior Women Y Priestman 28.6, M Mills 31.3, C Morris 31.3
400m Senior Men W Morgan 59.8, P. Owen 60.2
800m Senior Women M Singleton 2:34.2 **W50 WR**
1500m Veteran Men
1 M Watson 4:22.6, 2 J Fry 4:24.1, 3 G Regan 4:26.4, 4 T Young 4:27.6, 5 R Pritchard 4:44.8, 6 T Faulkner 4:47.2, 7 K Robson (Wigan) 4:49.7, 8 L Badger 4:50.8, 9 M Stephenson 4:54.6, 10 R Ellis 5:07.9, 11 N Carter 6:11.0
High Jump Senior Women H Dyble 1.55
Shot Senior Men J Conboy 11.20

January 5, 1992, National Indoor Arena

60m Senior Men B Taylor 8.26, A Meddings 8.31
60m Senior Women Y Priestman 8.65, M Mills 9.20, M Wixey 10.36
200m Senior Women Y Priestman 28.08 M Mills 31.47
400m Senior Men W Morgan 59.85, A Meddings 62.30
800m Senior Men J Garber 2:17.1
800m Veteran Men
Race 1 1 S Hallion 2:06.6, 2 M Watson 2:07.7, 3 N Carroll 2:08.1, 4 J Fry 2:09.1, 5 T Young 2:10.1, 6 R Pritchard 2:16.7, 7 A English 2:44.0
Race 2 1 J Taylor 2:11.4, 2 P Anthony 2:12.2, 3 B Mackay 2:15.5, 4 T Faulkener 2:18.3, 5 K Robson 2:19.6, 6 J Dickenson 2:23.4, 7 N Carter 3:00.7
800m Veteran Women
1 C Oxton 2:32.3, 2 J Cooksley 3:32.7, 3 J Hulls 2:33.3 **W50 WR** 4 L Slaney 2:36.3, 5 A Cross 2:40.2
Pole Vault Senior Men T Mackay 3.40

IMI Birmingham Mint Games January 3-4, 1992, National Indoor Arena

3000m: J Asgill 9:32.93 **W35 BR**, P Gallagher 10:13.90
Long Jump: D Philcox 3.61

Singleton v Hulls

THE W50 800m WR of 2:34.5 by MAUREEN SINGLETON at Cosford lasted only three weeks. In a veterans race at the National Indoor Arena on January 5 JEAN HULLS (53) brought it down to 2:33.3. She finished third in a race won by Carolyn Oxton (2:32.3). The meeting of Hulls and Singleton at the National Indoors on March 21 should be interesting.

A sprint Marathon

Mike Corden of Rotherham, a British Olympian in the decathlon at Montreal, completed 15 full decathlons back to back in 24 hours of unfortunately freezing conditions. He was partnered by John Charlton who could only spare 18 hours so only completed ten. Corden collected 46,635 decathlon points overall — an average of some 3,000 per event. His top score as a vet for only one ten-eventer done in a two-day competition is 5,886.

He was raising money for a premature baby's foundation. Next year he hopes to set up a 24-hour fixture open to all. *Running Magazine*

STARRANK

BAF VETERANS OPEN HALF MARATHON BVAF CHAMPIONSHIP

SUNDAY 17th MAY 1992 — 11.30am SUTTON PARK

CLUB TEAM EVENTS

ENTRY FEE £5 FOR BVAF MEMBERS £6.50 NON-BVAF MEMBERS.
CLOSING DATE 10TH MAY 1992 PAYABLE TO "PEGASUS/CRR"

RACE DETAILS
— All run over traffic-free roads
— AAA/IAAF measured
— Clear mile markers
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— Free creche Please tick if required ☐
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— Open to ALL Veteran athletes Men over 40 — Women over 35 on the day
— Awards for all finishers
— Prizes to all age groups in 5 years from 40 to 70 Men & 35 to 65 Women. Gold, silver, Bronze medals to each age group (subject to entries) Send form with cheque or postal order made payable to PEGASUS/ CRR x 10" x 8" SAE

ENTRY FORM
Please complete this form carefully in BLOCK CAPITALS only

Surname _____
Forename _____
Postal _____
Address _____
Town _____
Country _____ Postal code _____

For Over 40 men and Over 35 women: I wish to join BVAF ☐

Club/Team _____

Veterans Membership no _____

Veteran club _____

I declare that I am an amateur as defined by the AAA, WCC & RRA Laws and that I will be over 40 men and over 35 women on the day of the race. I agree to abide by the rules of the event and that the Officials decisions will be final. The organisers will not be held responsible for any injury or illness incurred to my person during or as a result of the event, also for any property lost or damage within the vicinity or on the course, changing area and car park. I understand my entry is subject to the approval of the promoters and that the entry fee is not refundable.

Signed _____ Date _____

Please enclose cheque or postal order plus 10"x8" S.A.E. along with this form

Must be answered M F

Date of birth _____

Age on day of race _____

Telephone _____

Is club affiliated YES NO

Predicted time

Accommodation ☐

WHY NOT USE THIS EVENT AS PART OF YOUR RACING PROGRAMME FOR THIS YEAR'S WAVA WORLD 10 & 25K ROAD RACES.

Further details: John Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU

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NO ENTRY STANDARD

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●	●	●

WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS © BIRMINGHAM 1992

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Non-UK residents 20th June 1992
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5k 1,500 — 10k 3,500 — 25k 5,000

SPORTING ACTION WAVA British Veterans Athletic Federation National Exhibition Centre

Running Athletics Today

ELAINE STATHAM

— Martin Duff —

PHOTO: MICK STATHAM

Triumph at Turku — third overall in the women's Cross-country and first W45 home — a third gold medal of the Games

WHEN Elaine Statham began running at the age of 40 little did she realise that she was destined to become one of the top runners of her age in the World. Now at 47 she has won World veteran W45 championship titles in both Eugene (1989) and Turku (1991). Indeed in Turku she took gold medals in three events: the 5000m and 10,000m on the track and cross-country.

At school, back in the fifties, the young Elaine had little opportunity for running, the choice being between sprinting and hurdles (girls were not allowed to run more than 200m). In fact she never ran further than 100m. "I did the hurdles because I was not good enough for sprinting."

Elaine was bullied by her husband Mick into starting to run. He had already taken his first tentative steps and thought she might be good at it. The first attempt was a disaster — she ran in a half-marathon on no specific training, just the basic fitness gained by playing squash. "I wondered why I couldn't walk the next day" she said and it was six months before she had another go. "I did it sensibly this time, going out for one mile every other day," she continued. "Very soon I was running faster than Mick. I joined Stone Master Marathoners and got hooked on marathon running for a few years."

Statham ran her first marathon after just five months running in a time of 3:42. By the end of her second year her time was down to 2:52. In 1987 she achieved her best marathon time of 2:50.52 at the Potteries Marathon which remains to this day as the women's course record.

Realising that there was more to running than just churning out marathons, she acquired a coach, Harry Harvey, at the end of 1988 and began plans for the World Championships in Eugene the following summer. There she churned out a series of remorseless laps to win the 10,000m, but then got a little carried away in the 5000m by running a little too fast early on so finding herself outside the medals.

After her exploits in Eugene, Elaine took a one year break from the longer track races and concentrated on her speedwork in 1990 breaking the World indoor W45 1500m record with 4:54 along the way. The extra speed was important for her to build up to the 1991 World track championships in Turku last July.

On a beautifully appointed track, with a backdrop of pine trees, she retained her 10,000m title with a new British record of 37:05.16 before adding the 5000m and cross-country gold medals.

Elaine Statham has also excelled on the road. She was European 10k champion at Bruges in 1989 and regularly collects veteran first prizes up and down the country. 1991 saw her top the W45 half-marathon lists with 81:35, run 36:40 for second in the 10k lists (behind Priscilla Welch) and second to Welch in the 10M lists with 61:21. She practices a philosophy of variety. Aiming to be in top shape for defending her World titles she looks for something different for the year in between.

The Stone Master Marathoner is also a great campaigner for women to be recognised for that which they achieve in the sport. "There should be equal prizes for men and women, as the first lady nearly always has to run as hard as the first man and train as hard," she says. Further, she believes that women should take the best prize to which they are entitled, irrespective of their age.

W45 Personal bests
1500m — 4:54
3000m — 10:26
5000m — 17:40 BR
10000m — 37:05 BR
10k — 36:40
5M — 29:01
10M — 61:06
Half M — 1:21:35

Around the Regions

All weathers for the SW

The dearth of All Weather Track and Field facilities in the SW combined with the ever increasing cost of travel has had a deleterious effect on our athletic aspirations. That looks set to change.

Last year saw the introduction of a one hour track event which targetted our road running fanatics. Not one of the six men and two women who competed will look down their noses again at track runners. Indeed, the organisers were amazed to find that they had entered subsequent events on the same programme.

This year, our sixth, will see a big leap forward. After two years of rumour and speculation we will soon have a brand new regional sports arena on the outskirts of Exeter. It has an 8/12 lane All Weather track now completed and the ancillary buildings are due for completion in April. Our intelligence network soon sniffed out the embryo management and we were the first to make a reservation date — Sunday, June 21, 1992.

Its central position will be a great boon to the far West in particular. No longer will athletes have cause to complain about 200 mile plus journeys — indeed 99.5% of our members will be within 150 miles. Salisbury is going to be the next SW town to get its AWT. Although not of regional design it will nevertheless be most welcome when it comes on line in the spring.

David Lord

Eastern Endeavours

Collectively, this has been a quiet period for EVAC although not for individuals. The ten Easterners who ran in the Home International Cross-country match acquitted themselves well. Pride of place goes to Tony Simmons who secured second place (M40) for Wales with a fine run, despite sustaining a back injury during the race. Ann Turrington, gaining her first (of many we hope) England International Veterans vest, had a storming run only to be pipped for second (W35) on the run-in.

There seems to be a strong body of opinion in the East to suggest that, without too much extra work and on a paying basis, the international could be extended to include 'C' and 'D' teams. Certainly, this would seem to have the merit of providing additional incentive to aspiring veterans for little additional efforts. How about it?

In another representative fixture held at RAF Halton on November 9, a number of Eastern Vets were selected to run for Eastern Counties in a threeway Cross-country match against the RAF and Cambridge University. In the M40 race, Henry Emerton triumphed over Duncan Overton (RAF), also an E Vet, with Ray Church third and Peter Dancer fourth. The RAF (36pts) won this category from EC (46pts). In the M50 race, Peter Andrews led from gun to tape while holding off a strong challenge from Tony Moore (RAF), who has since joined us!

Gerald Marsden and Ian Vaughan-Arbuckle were fourth and fifth respectively in helping EC to win this category from the RAF vets.

It has been confirmed that we will also be hosting the 1992 Inter BVAF Track and Field match at Bedford where EVAC will be competing, for the first time, in its own right. Another first for 1992 will be our first T & F league as reported elsewhere.

Ian Vaughan-Arbuckle

Racing up North

NVAC 10M Road Championships, Padgate, Oct 27: The continued success of the monthly meetings was reflected in the excellent turnout of over 100 runners for the 10M championship over a certified course at Padgate.

Barry Peatfield, having recovered from his fine win in the National Veterans Marathon, had a sterling battle with 50-year-old Mick Flynn before pulling away for a 50 yards win. Des Wilkinson of Wirral held on for third beating former National 10M winner, Harry Clague, for the M45 prize.Derek Howarth, that gregarious jack of all trades, won the M60 event.

Denise Wakefield ran an outstanding race to easily win the Women's event and Liverpool Harriers finally got their act together as veterans to take the team race with a fine display of packing. MEM

Gwent Cross-country League

Swansea, Oct 5: Dic Evans made a fine start to the season with a convincing win on this tough but fair course. Finishing 20th in the race overall was also good enough for him to score for the Cardiff senior team. George Blackburn held off a determined run by Alan Garrett to lead home the senior vets.

In the women's race it was new vet Liz Hughes who shone as she beat League (and World) star Pat Gallagher.

Blaize Castle, 26 Oct: Having missed their home fixture the Swansea guns made a go of it this time. Newly crowned BVAF Half Marathon Champion, Alun Roper, reminded Dic Evans that he was still the boss with a clear victory. Their respective teams remained locked in combat with precious little difference after two rounds.

Liz Hughes, another fresh BVAF Half Champion, continued on her merry way, with another clear advantage over Mrs G. As ever the team event could be notified before the start: Les Croupiers — winners for the past five years.

Carmarthen, 23 Nov: The infamous sludge pit section was somewhat improved from its state last February but still remained as a reminder that flat is not always easy. Jeremy Collins improved from his third placing last time to deny Dic a second victory, but stronger packing by the Cardiff squad saw them draw level with Swansea in the team honours. If both teams keep their men fit through the winter there could be some real fireworks at the BVAF Cross-country Championships in March.

Liz Hughes was given a closer than expected challenge by Viv McConnell but kept her score perfect. Les Croupiers extended their sizeable women's team gap.

Dave Walsh

SCVAC League Roundup

After three races the SCVAC Cross-country League is at its usual interesting stage. With just the final race at Croydon on March 7 to come, Medway lead Barnet & District by 199 points to 182. Last year's winners, Blackheath, haven't really got their act together after sending only a token duo of Bill Clapham and Chris Woodcock to the opening run at Wormwood Scrubs.

Individually Vic Smith leads the M40-49 brigade with 76 points — ahead of last year's winner and Medway team mate, John Evans, who is lying second with 67 points. Ted Kimber looks likely to take the M50-59 title as he leads his Barnet compatriot Mike Sawyer also by nine points. At M60+ holder Laurie Forster leads the 1990/91 M50 winner by seven points.

The Women's section looks much more cut and dried. Shaftesbury B have an almost unassailable cushion of 34 points over Barnet & District, while individually the consistent Maggie Govender, who has finished second in all three races, needs only to go through the motions at Croydon. She holds a ten point lead over Joyce Smith, who won the second and third races at Chatham and Barnet convincingly, but missed the opening fixture at the Scrubs.

Jack FitzGerald

Fast times all round

Veterans AC Cross-country Championships, Wimbledon, January 11

Terry Osborne (Ver) in a strongly competed mens' championship and Tanya Ball (LOAC) in the womens' were outstanding at Wimbledon Common. On dry ground a record 60 members were under 30 minutes and many achieved fast times.

Osborne, a Hertfordshire leisure officer, set a new course record, of 24:52 for 4.8 miles, by no less than 47 seconds. He trains with Tony Ross and Tony Simmons in Verlea, with direction from Harry Wilson, famed coach of Steve Ovett.

The lead group out of the wood into the football fields included Osborne, Ian Emery (WSE), Geoff Harrold (Enf), Bob Graham (WSE), Dennis Williams(HW) and Charlie Dickinson (Bel). Along the Beverly Brook at 1.3 miles Osborne broke and at the top of the hill first time led title holder Charlie Dickinson by eight metres. Dickinson, stronger than last year when illness followed his round the world trip pursued to such effect that he went inside the old record by 11 seconds. Hugh Morten (B'heath), third, was likewise five seconds inside the old mark.

The fast tempo was held by the next three age group winners. The Windsor pair were fourth and fifth with new comer Ian Emery and then came tall Bob Graham first M45 in 25:48 (record 25:46). Close sixth of the 142 strong field was humorist Geoff Harrold, 50 — aggressive running carried him to 25:53 to eclipse Laurie O'Hara's long standing 26:16 best.

O'Hara's M55 best time just survived when Ray Davidson(CamH) sprinted in at 26:58 - two seconds short.

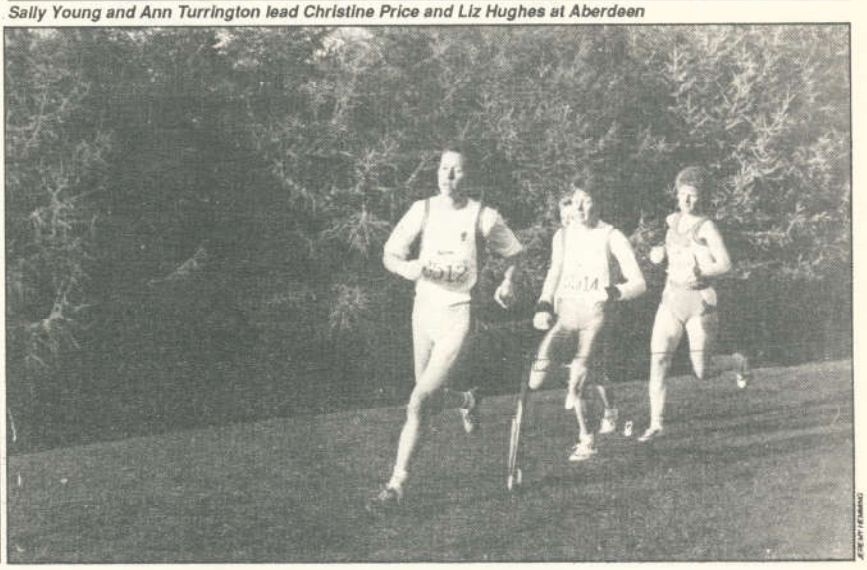
Steve Charlton(TVH), no heavyweight but often dogged by injury, made no mistake in his 65th year. His 30:06 shone out where 33 minutes had been the norm. In M60 Laurie Forster had improved on '91 with 29:28, clear of Derek Thomas and Chas Walker.

Ruth Allcock(VoA), first lady President, in the Club's 60th year, presented special Anniversary medals and four trophies and fittingly it was the day a woman demolished the 30 minute barrier.

Running with the men, Tanya Ball, whose form has been on a high since the summer, strode over the tough course to a confident 28:57. She was clear of LOAC club mate and cross-country specialist, Margaret Auerback, who took near on a

Continued on page 12

Sally Young and Ann Turrington lead Christine Price and Liz Hughes at Aberdeen



Hammer Happy: Barbara Dunsford, Jo Ogden, Barbara Terry and Evaun Williams

FIXTURES

NATIONAL

8 March BVAF Indoor Pentathlon, see P7
15 March BVAF CC Champs. CARDIFF. £3 +(9" x 6" SAE) cd 2/3 Entries to D Walsh 36 Highfield Close, Dinas Powys. S Glam. CF6 4LR
21 March BVAF Indoor Champs, COSFORD. See ad P2
22 March Inter Area 10K Road Challenge, STOKE FERRY Details P Duhig, 42 Wimbotsham Rd. Downham Market, Norfolk
5 April BVAF 5K Road Champs. See ad P13
9 May BVAF National Road Relay Champs. Heaton Park, Prestwich, MANCHESTER. See ad P13
20 June BVAF Race Walk Champs. SUTTON PARK, Birmingham 20K/10K 12 noon
18/19 Jul BVAF National Track & Field, Copthall, BARNET See ad P6
16 Aug BVAF National Track Walk Champs. SOLIHULL, 10K/5K

INTERNATIONAL

21 June BRUGES Vets Grand Prix, 10K/25K. Details from B Dunsford SAE
26 June - 4 July VIII European Track & Field Championships, KRISTIANSAND, NORWAY Details B Dunsford SAE
29/30 Aug WAVA 10K/25K Road Runs and 20K Women/35K Men Road Walks NEC Birmingham

SCOTTISH

2 Feb SVHC CC Champs. TROON
7 March SVHC Indoor Track & Field Champs. Kelvin Hall, GLASGOW
14 March SVHC 10K Rd Race AYR Swimming Pool 11am
23 March SVHC 8-stage Road Relay, ALLOA to BISHOPBRIGGS, 10am
25 March SVHC ALLOA to BISHOPBRIGGS Vets 8 stage relay. ALLOA
4 April SVHC 10M Champs incorporated in Tom Scott 10M Road Race Strathclyde Park, MOTHERWELL, 1.30
26 April Lodialser Marathon, FORT WILLIAM, 12 noon
13 May Alistair McInness Mem. 10K Rd COATBRIDGE 7pm
23 May Bathgate Hill Race, Vets. Champs. BATHGATE, 2pm

NORTH

9 Feb NVAC 10K Road, Sports Centre Stockton Heath, WARRINGTON 12 noon. Enter on day.
16 Feb NVAC CC Champs. Witton Park, BLACKBURN. 0/50s & Ladies 1pm, 40-49 2pm cd 10/2, £1 to Derek Howarth, 6 Stone Cross Lane, Lowton, Warrington, WA3 2SB.
8 March NVAC Monthly run. Venue to be arranged
29 March NVAC Monthly run. ATRINCHAM. Venue to be confirmed
19 April NVAC 10K Road Wallasey RUFC, Cross Lane, WALLASEY, 12 noon Enter on Day
17 May NVAC 10K Road & Canal Path, Hood Lane Sports Club, WARRINGTON 12 noon, Enter on day.
27 May NVAC Track & Field League No.1. Enter on night. Vet guests welcome. Leverhulme Park, BOLTON
31 May NVAC Half Marathon Champs. Incorporated in open race. East Cheshire Hrs.HQ Richmond St, ASHTON U LYNE 12 noon £4. cd 24./5 to M McGann, 1 County Ave, Ashton U Lyne. Quote NVAC number

NORTH EAST

9 Feb NEVAC ALNWICK Harriers CC Baliff Gym, Alnswick Ladies 2"M, 11.35am, Men 6.5 Miles 12 noon, SAE K Marton, 52 Church St. Amble
22 Feb NEVAC CC Champs, Parkside School, WILLINGTON. 1pm Open to ALL Vets.10K 0/50 + Womens 5K 1pm. Men 40/49 10K 2pm cd 12/2. £1.50/£2 unatt. payable to NEVAC to G Routledge, 5 St Hildas Ave. Holy Cross, Wallsend, T&W, NE28 7AB
23 Feb NEVAC Pocklington Snake Lane 10, YORK, 11am. £3/£3.50 SAE to Sec. 8 Wheatlands Close Pocklington. York.
26 Feb NEVAC Lamplight 5, Oakleaf Sports Centre, NEWTON Aycliffe. 7.30pm £2/£2.50 enter on night
7 March NEVAC WINDERMERE- KENDAL 10M Road Race, 2.30 £3.50/£4 payable to Kendal AAC.cd 26/2 to R Taylor, Skelsmere Hall Farm, Nr Kendal Cumbria
7 March NEVAC CC League TYNEDALE, Prudhoe High School, 12.30pm
14 March NEVAC DENTDALE Run, 14.5 miles, 1pm £4.50/£5, £6 on day SAE to Mrs C Brown, Headteacher, Dent C of E Primary School Dent, Sedbergh, LA10 5QJ
15 March NEVAC Winter Track League, Details G Routledge
21 March NEVAC CC League, Farringdon School, SUNDERLAND, 12.30pm
29 March NEVAC Yorkie Half Marathon, KNAVESMIRE RACECOURSE, York. 1.30pm £4/£4.50 to Great York Run, POBox 254, York. YO3 02Y
5 April NEVAC PENRITH Half Marathon, Ullswater High School, Penrith. cd 1/4 11am £3/£3.50 to Penrith Half Marathon, SAE to 6 Cedar Close Penrith Cumbria
11 April NEVAC 11th Annual CONISTON 14 Run, John Ruskin School, Lake Road Coniston, 11am, cd 31/3. £5/£5.50. Large SAE to "Coniston 14", Atkinson Ground, Coniston.
19 April NEVAC BRIDLINGTON 10K
26 April NEVAC Blyth RC 10M, SAE to Blyth RC, G Young. 11 Holystone Close, Newsham Farm Est, Blyth. NE24 4QF

NORTHERN IRELAND

15 Feb NIVAC Crawford Cup CC 2 miles Handicap
29 Feb NIVAC Albertville 5 miles RR Handicap

MIDLAND

2 Feb MVAC Winter Handicap CC, 6 miles, 11.15am cd 20/1 N Solihull Sports Centre, Chelmsley Wood, BIRMINGHAM. Entries to Stewart Harris
26 April MVAC Spring Warm Up, TAMWORTH 1.30pm, entries to Phil Owen
26 April MVAC 3 x 5000m Handicap Relays, TAMWORTH, 11am. cd 17/4 Entries to Stewart Harris

EASTERN

22 March EVAC 10K, STOKE FERRY, Norfolk, 11am. cd 16/3 £2 to 42 Wimbotsham Rd, Downham Market, Norfolk Incorp. 2nd 10K Challenge

SOUTH

8 Feb VAC CC WIMBLEDON COMMON
9 Feb SCVAC CC Champs PORTSMOUTH. Entries to J Coker, 8A Heather Park Parade, Heather Park Drive, Wembley
29 Feb SCVAC Indoor Champs and Vets Open Meeting, CRYSTAL PALACE 1-6pm £2 first event £1 sub. cd 20/2. Entries to B Terry, 41 Watling Street, Strood, Kent. HE2 3JH. SAE
7 March SVAC CC League CROYDON, 3pm. Details from R Franklin, 23 Boundary Road, Wood Green, N22 6AS
21 March VAC 5M CC Wilberforce with Ranelagh H. WIMBLEDON
22 March SWANLEY Half Mara. with VAC Champs. see ad. p14
28 March TVH Vets Road Relay. Entries £3 per team to E Harper 17 Carlton Rd. Caversham Heights, Reading, RG4 7NT
2 May Open Vets 10 mile Road.TOOTING BEC COMMON. Details, J Fitzgerald, 67/71 Goswell Road, London EC1

SOUTH WEST

2 Feb SWVAC Champs. in comb. with Braunton 10 mile, BARNSTABLE 11am, cd 16/2. Entries to R.Sec, Forge Cott, 1 East St. Braunton, Devon EX33 2EA
22 March Inter Area 10K Challenge STOKE FERRY, 11.30 Details D Lord, 311 Bournemouth Rd, Parkstone, Poole
5 April SWVAC Champs. in comb with Totton 10K, TOTTON, 2.pm. cd 22/3 for prog. Details R.Sec. 42 Bugle St. Southampton, SO1 0AH
3 May SWVAC Champs. in comb with Duchy Marathon, LANDS END. 12 noon cd 21/4. Details R.Sec. Tremeneth, Quarry Hill, Gulval, Churchtown, Penzance

WALES

18 April 10 mile Road Race, NEWPORT, 2pm
13 May Track & Field League 1, CARMARTHEN

ISLE OF MAN

16 Aug I.O.M. Marathon/Half Marathon, RAMSEY, 9am, £5 payable to I.O.M. Vets Athletes Club. cd 31/7. Gr1. Open race inc. I.O.M. Marathon Championship. Details and entries to D Higgins, Curlew Cottage, Scarlett, Castletown, I.O.M.
17 Aug PEEL Hill Race, 4 miles, 7pm. £12 for full series of 5 races payable to I.O.M. Vets Athletes Club. Gr1, Details as above.

Answers to quiz p4

1. Heavy-weights Floyd Patterson and Ingemar Johansson.
2. Wolverhampton & Bilston.
3. Carlos Lopes (Portugal) in 1985.
4. Ian Stewart (Scotland) in 1975.
5. Lynch.
6. Geoff Capes.
7. Cameron Sharp: the winner was Prenzler (GDR) in 20:46.
8. Ray Stewart (Jamaica).
9. Kip Keino: 7:39.5 for 3000m in Sweden in 1965.
10. Rey Robinson.

MVAC meets MCAA to explore

REPRESENTATIVES of MVAC, in an endeavour to bring the veteran movement in the Midland area more into the mainstream of athletics, held a meeting with officers of the Midland Counties Athletic Association (MCAA) on October 21."Full and frank discussion" took place.

Some of the MCAA officials were unaware of the size of the veteran movement and of the special nature of our track and field competitions.

Initially the MCAA would be willing to insert a few veteran events (open to all veterans — not just MVAC members) into their open meetings and Junior Championships with the long term intention of integrating our full championship range. There would naturally be consultation on the dates and types of events. The point was made that veteran events were already included on a limited scale at MCAA indoor meetings.

An appeal was made from the MCAA side for help in filling administrative posts at their meetings and the MVAC undertook to encourage members to qualify as officials.

A start has been made to bring our sport in from the cold. However, MVAC fully realised that there may well be a body of opinion among our members who prefer to continue independently and it is their intention to give every opportunity for all shades of opinion to be heard. **Colin Simpson**

Aberdeen: Meredith (Sco) leads Evans (Wales) first M45

Around the Regions

Continued from page 11

minute out of her old record and made it a W40 best - 30:30.

Third woman in a larger womens' field, consistent Mary Todd (Woking), equalled her W45 group best. Bromley cleared W50 by Nan Cross and Maureen Farish while a full W60 group was headed by Betty Norrish. **Jeremy Hemming**

A proper testing

MVAC Cross-country Championships, Wollaton Park, Nottingham, January 5

A testing proper cross-country course confronted a record field of 135 starters for this well staged event. Mike Hager retained his title, well clear of Eddie Tennant who led an impressive Redhill team. The standard at the front of the M55 section was particularly impressive as Evan Williams scored from Alan Griffiths, who had run in the Welsh Championships at Llanrumney the previous day.

There were 24 women competitors, a good contest in all sections and steadily rising standards. **Stewart Harris**

A windy 10K in the NE

Heaton Harriers Memorial Road Races November 10

SCOTTISH visitor Ian Elliott overcame the windy conditions to win a highly competitive veteran mens 10K race from Elswicks Jimmy Bell.

Further down the field two British age records were broken. Eric Appleby gave the host club something to celebrate when he sliced 19 seconds off his own week-old mark for a 59-year-old. Elswick's Bob Peart, the NEVAC's President, set new figures in the 64-year-old section with a time of 36:13.

In the women's 5K race M. Dodsworth of Houghton won with a time of 19:28. **George Routledge**

Accommodation for the Cross-country Champs

LES CROUPIERS have reached agreement with the Cardiff Moat House for a special rate for visitors coming to the BVAF Cross-country Championships.

They will offer B+B at the reduced rate of only £21.00 per person per night sharing twin or double. A surcharge may be paid by those who prefer single room accommodation. In addition the hotel will offer a three course set meal for £12.50 on the Saturday evening. Any special dietry needs should be notified when booking. All bookings must be made directly to the hotel quoting "BVAF Agreed Rate".

This hotel is ideally situated for access to the Pentwyn LC and the race course.

All members of the SCVAC

Please note that the address of Winston Thomas, organiser of the SCVAC Track Champs on June 6— 7 is 67A Waterside, Kings Langley (and not as printed in the "The Southerner"). In the timetable of events T2 should read 300m Hurdles not 200 and F16 should read Javelin M40 & M45 (not M45 & M50).

RESULTS · RESULTS · RESULTS · RESULTS ·

NATIONAL

BVAF Marathon Championships inc. in 13th Flying Fox Marathon, Stone, October 6

M40 1 B Peatfield 2:30:25, 2 J Pointon 2:31:46, 3 M Noble 2:43:09, 4 M Hawkins 2:48:55, 5 A Roy Lamb 2:56:40, 6 K Uzzell 2:57:06, 7 J Linley 3:01:01, 8 G John 3:10:30, 9 A Garner 3:24:46

M45 1 A Watson 2:32:34, 2 D Littlewood 2:33:22, 3 J Collins 2:39:35, 4 T Allsopp 2:41:57, 5 D Palmer 2:49:36, 6 D Bastable 2:50:34, 7 R Lumb 2:51:24, 8 L Carr 2:53:38, 9 D Jones 2:56:02, 10 R Bowness 2:57:39, 11 D Marshall 3:59:30, 12 J Butler 4:10:37, 13 B Dolan 4:18:16

M50 1 L Stowell 2:47:08, 2 D Bamforth 2:54:45, 3 R Baldwin 2:56:56, 4 T Donniffe 3:01:54, 5 B Pope 3:12:39, 6 A Pope 3:12:44, 7 M Howe 3:15:00, 8 A Elliott 3:15:10, 9 T Edwards 3:16:29, 10 A Cotton 3:18:56, 11 B Adamson 3:19:56, 12 J Powell 3:42:39, 13 P Widdrington 3:55:56

M55 1 E Williams 2:37:57, 2 D Wrigley 2:50:20, 3 A Mansley 2:52:00, 4 J Dawson 2:54:52, 5 L Moss 3:20:32, 6 M Newton 3:42:10, 7 R Hughes 3:56:21

M60 1 P Kirby 3:01:14, 2 M Pittock 3:01:54, 3 R Stanton 3:31:20, 4 T Hefford 3:34:47

M65 1 P Webb 3:26:07, 2 J FitzGerald 3:31:31, 3 T Wheeldon 3:51:43

M70 1 G Williams 3:59:39

M75 1 E Warwick 4:12:32

W35 1 D Harvey 2:52:31, 2 Y Bissitt 2:57:54, 3 L Gillan 4:00:42

W45 1 R Banks 3:08:53

W50 1 K Hope 3:29:51

W65 1 P Trickett 3:47:55

Veterans International Cross Country Aberdeen, November 3

Men 10K

1 R Bailey 40 Eng B 32:05
2 T Simmons 40 Wales A 32:15
3 M Hager 40 Eng B 32:24
4 A Whitfield 40 Eng A 32:35
5 B Emmerson 40 Scot A 32:42
6 H Matthews 40 Eng B 32:43
7 T Osborn 40 Eng A 32:45
8 I Elliott 40 Scot A 32:51
9 M Neary 40 Eng A 32:58
10 D Throut 40 Eng A 33:09
11 C Spence 40 Scot B 33:12
12 D Evans 45 Wales A 33:14
13 G Meredith 40 Scot A 33:18
14 K Sanderson 40 Eng B 33:20
15 B Gregory 40 N.Ire A 33:22
16 C Youngson 40 Scot A 33:24
17 C McDougall 40 Scot A 33:27
18 P Whitcombe 40 Eng B 33:35
19 J Kennedy 40 Scot A 33:36
20 C Rutland 45 Eng A 33:43
21 D Hill 40 Eng A 33:51
22 M Duff 45 Eng A 33:51
23 D McKenzie 40 Scot B 33:54
24 S Curran 40 Eng A 33:54
25 G Patton 50 Eng A 33:54
26 F Thomas 40 Wales A 33:56
27 L Presland 50 Eng A 33:58
28 D Littlewood 45 Eng A 34:03
29 S James 50 Eng A 34:05
30 L Davis 45 Eng A 34:07
31 A Adams 45 Scot A 34:08
32 A Egan 45 Wales A 34:08
33 C Smith 40 Scot B 34:08
34 P Cheatle 45 Eng A 34:11
35 K Wilkinson 40 Wales A 34:13
36 B Plain 40 Wales A 34:14
37 J Curran 40 N.Ire A 34:17
38 D Ide 40 Wales A 34:18
39 G Milke 40 Scot B 34:19
40 J Bell 40 Eng B 34:22
41 R O'Gorman 40 N.Ire A 34:23
42 S Asher 40 Scot B 34:24
43 P Lancaster 50 Eng A 34:26
44 J Davies 45 Eng B 34:45
45 V Holman 45 Eng B 34:52
46 B McMonagle 45 Scot A 34:56
47 A Jefferies 45 Wales A 34:58
48 A Steadman 40 Wales A 35:02
49 D Wilkinson 45 N.Ire A 35:03
50 J Llewellyn 45 Wales A 35:04
51 C Martin 40 (Ind) Scot 35:05
52 I Spiers 40 N.Ire A 38:06
53 D Armitage 40 (Ind) Scot 35:12
54 D Vaughan 45 Wales A 35:14
55 B Young 45 Scot A 35:19
56 A Garrett 50 Wales A 35:20
57 B Preece 45 Scot A 35:20
58 G Taylor 45 Eng A 35:26
59 D Clarke 40 N.Ire A 35:31
60 S Grace 45 Eng B 35:32
61 M Flynn 50 Eng B 35:32
62 A Stirling 40 Scot B 35:34
63 D Fairweather 45 Scot A 35:40
64 J Linaker 50 Scot A 35:41
65 Tony Hawkins 50 Eng B 35:42
66 P Andrews 50 Eng B 35:43
67 J McAllister 40 N.Ire A 35:44
68 E Williams 50 Wales A 35:46
69 J O'Brien 50 Wales A 35:53
70 P Paterson 40 (Ind) Scot 35:54
71 A Griffiths 50 Wales A 35:57
72 M Edwards 45 Scot B 35:57
73 G Mitchell 45 Scot B 35:57
74 M Hawkins 50 Eng B 36:03
75 H Rankin 50 Scot A 36:17
76 B Dale 50 Eng A 36:19
77 M McGuigan 45 N.Ire A 36:21
78 S McCrae 45 Scot A 36:25
79 E Butler 40 (Ind) Scot 36:27
80 D Haughney 50 Eng B 36:31
81 A Nicol 45 Scot B 36:38
82 B Edridge 45 Scot B 36:42
83 P Marshall 50 Eng B 36:46
84 G Spink 60 Eng A 36:54
85 J Holden 45 Scot B 37:06
86 G Entwistle 50 Eng A 37:10
87 J Ingram 40 (Ind) Scot 37:12
88 A Davies 45 Wales A 37:17
89 B Gough 50 Wales A 37:21
90 F Duguid 40 (Ind) Scot 37:23
91 J Collins 50 (Ind) Wales 37:36
92 B Stoddart 60 Scot A 37:39
93 G Bennison 45 Scot B 37:50
94 G Black 50 Scot B 38:00
95 J Maitland 50 Scot A 38:02
96 J Ballantine 50 Scot A 38:07
97 J Irvine 50 Scot A 38:11
98 G Armstrong 50 Scot B 38:16
99 B Peart 60 Eng A 38:17
100 W Magee 45 N.Ire A 38:22
101 C Richardson 45 N.Ire A 38:24
102 H Gibson 50 Scot B 38:25
103 H Fleming 45 (Ind) Scot 38:35
104 R Donaldson 45 N.Ire B 38:37
105 J Cunningham 50 (Ind) Eng 38:45
106 T Aiderdice 45 N.Ire A 38:52
107 R Irvine 50 N.Ire A 38:58
108 B Lawrie 45 (Ind) Scot 39:01
109 J Chandler 60 Eng B 39:03
110 R Lucas 60 Eng A 39:11
111 I Curphey 45 (Ind) Scot 39:19
112 R Stewart 50 Scot A 39:27
113 S McGuigan 45 N.Ire B 39:33
114 M Coyne 50 Scot B 39:34
115 D Linton 60 Eng A 39:46
116 A Stevenson 40 (Ind) Scot 39:51
117 W Crawford 45 N.Ire B 39:59
118 D Voyle 50 Wales A 40:02
119 F Murdock 45 N.Ire B 40:05
120 G Blair 50 Scot B 40:31
121 R Graham 45 N.Ire B 40:54
122 E Thompson 60 Eng B 41:00
123 B McBrinn 60 Scot A 41:15
124 H Tempan 60 Scot A 41:37
125 B Belmore 60 (Ind) Eng 41:42
126 R Franklin 60 Wales A 42:01
127 H Mitchell 60 (Ind) Scot 42:15
128 K Summersgill 50 (Ind) Scot 42:18
129 T McClenaghan 45 N.Ire A 42:34
130 J Day 60 Eng B 42:36
131 G Cruickshank 55 (Ind) Scot 43:09
132 W Armour 60 Scot A 43:15
133 W Hunter 50 N.Ire A 43:26
134 J Elphinstone 60 Scot B 43:38
135 J Meredith 60 Wales A 44:40
136 J Quinn 60 Scot B 45:07
137 P Young 40 (Ind) Eng 45:23
138 G Burton 40 N.Ire B 46:27
139 T Wood 60 Wales A 46:31
140 H McGinlay 60 Scot B 47:19
141 J Kennedy 60 N.Ire A 52:28
142 A Duncan 65 (Ind) Scot 58:52

Teams:
M40 1 Eng B 24, 2 Eng A 30, 3 Scot A 42, 4 Wales 99, 5 Scot B 106, 6 N.Ire A 144
M45 1 Eng A 100, 2 Wales 140, 3 Scot A 185, 4 Scot B 294, 5 N.Ire A 358, 6 N.Ire B 410
M50 1 Eng A 124, 2 Wales 255, 3 Eng B 257, 4 Scot A 311, 5 Scot B 386
M60 1 Eng A 272, 2 Scot A 308, 3 Eng B 324, 4 Wales 354, 5 Scot B 361

Women's 5k

1 S Young 35 Eng A 16:57
2 C Price 35 Scot A 17:10
3 A Turrington 35 Eng A 17:33
4 C Duncan 35 Eng A 17:42
5 J McColl 35 Scot A 17:46
6 L Hughes 35 Wales A 17:48
7 A Roden 40 Eng A 17:50
8 S Patrick 35 N.Ire A 17:51
9 L Tyler 35 Eng B 17:54
10 J Stevenson 40 Scot A 18:00
11 E Statham 40 Eng A 18:03
12 D Underwood 35 Eng A 18:04
13 C Ashberry 40 Eng B 18:05
14 L Degg 35 Eng B 18:11
15 R McAleese 35 Scot A 18:14
16 J Jay 40 Eng A 18:18
17 D Hains 40 Wales A 18:33
18 D Kenwright 35 Wales A 18:34
19 C Rollason 35 Eng B 18:35
20 A Pugh 35 Eng B 18:37
21 A Cartwright 35 Wales A 18:43
22 D Fellows 40 Eng A 18:49
23 S Neal 40 Wales A 18:53
24 A Dickson 35 Scot B 18:57
25 F Sparke 40 Eng B 19:05
26 J Byng 40 Scot A 19:06
27 P Mee 40 Eng B 19:07
28 K Hancock 35 Scot B 19:09
29 A James 40 Wales A 19:11
30 F Farquhar 40 Scot B 19:14
31 L Hardley 35 Wales A 19:16
32 C Parker 40 Eng B 19:20
33 R Kay 35 Scot B 19:20
34 M Stafford 35 Scot A 19:30
35 S White 35 Scot B 19:31
36 K Chapman 40 Scot A 19:33
37 M Robertson 40 Scot A 19:42
38 P Jones 50 Eng A 19:50
39 H Mairs 35 N.Ire A 19:59
40 M Singleton 50 Eng A 20:04
41 K Hope 50 Eng A 20:38
42 B Mateley 50 Eng B 20:41
43 A Richards 40 Scot B 20:50
44 J Hulls 50 Eng A 20:54
45 N Cross 50 Eng B 21:21
46 E Doherty 35 N.Ire A 21:21
47 M Farish 50 Eng B 22:13
48 B May 40 Scot B 22:15
49 M Robertson 50 Scot A 22:35
50 J Aitcheson 50 Eng B 22:40
51 M Moore 50 Scot A 22:41
52 J McClughan 40 N.Ire A 23:01
53 K Sharkey 35 (Ind) Scot 23:15
54 M Copeland 40 N.Ire A 23:55
55 D Dazell 40 N.Ire A 24:18

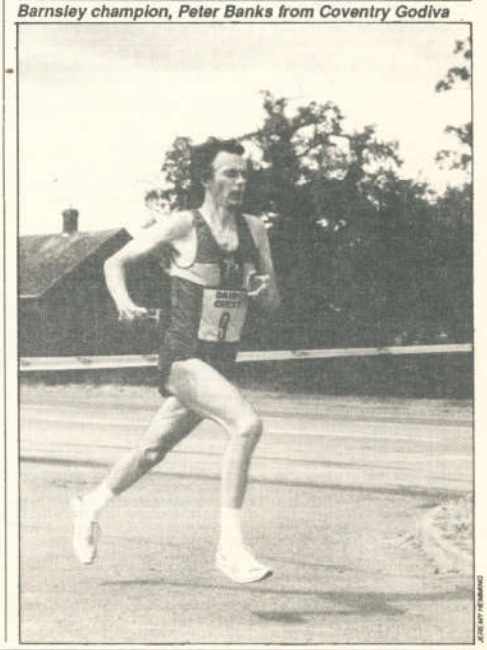
Teams: **W35** 1 Eng A 8, 2 Scot A 22, 3 Eng B 42, 4 Wales 45, 5 Scot B 85, 6 N.Ire 93
W40 1 Eng A 34, 2 Eng B 65, 3 Wales 69, 4 Scot A 72, 5 Scot B 121, 6 N.Ire 159
W50 1 Eng A 119, 2 Eng B 134

BVAF 10k Championship, Barnsley November 11

(overall position in brackets)

M40 1 P Banks 31.00 (1), 2 J Clark 31:02 (2), 3 K Woodhouse 31:29 (3), 4 A Whitfield 31:39 (4), 5 D Throup 31:42 (5), 6 P Standing 31:47 (6), 7 E Tennant 31:54 (7), 8 M Rideout 32:10 (8), 9 H Matthews 32:15 (9), 10 M Woolrich 32:26 (11), 11 J Bell 32:31 (12), 12 M Neary 32:32 (13), 13 J Matthews 32:33 (14), 14 S White 32:33 (15), 15 D Soden 32:34 (16), 16 M Greaves 32:40 (20), 17 T Mortlock 32:57 (21), 18 P Duhig 33:06 (23), 19 P Ramsley 33:22 (27), 20 R Firth 33:34 (31), 21 D Phillips 33:35 (32), 22 E Maddison 33:39 (34), 23 P Keen 33:41 (36), 24 D Dixon 33:43 (37), 25 P Thackaray 33:52 (39), 26 B Forbes 33:55 (40), 27 J Russell 34:01 (41), 28 J Dingwall 34:06 (42), 29 J Kerr 34:09 (44), 30 J Maddison 34:11 (46), 31 M Dooling 34:12 (47), 32 B Hilton 34:14 (49), 33 B Hargreaves 34:15 (50), 34 B Fairbrother 34:16 (52), 35 J Evans 34:21 (53), 36 S Buckley 34:35 (60), 37 S Couldwell 34:35 (61), 38 P Wyness 34:36 (62), 39 K Graham 34:38 (64), 40 R Innes 34:40 (65), 41 R Hope 34:41 (66) 42 C Lane 34:42 (67), 43 G Hayes 34:44 (68), 44 M Lister 34:46 (69), 45 J Chisholm 34:47 (70), 46 S Green 34:54 (71), 47 P Weatherhead 34:59 (72), 48 K Allen 35:00 (73), 49 B Mills 35:10 (76), 50 J Bee 35:16 (78), 51 D Gill 35:18 (79).

Barnsley champion, Peter Banks from Coventry Godiva



NATIONAL OPEN VETERANS ROAD RELAY CHAMPIONSHIPS

SATURDAY MAY 9, 1992

HEATON PARK, PRESTWICH, MANCHESTER

By kind permission of Manchester City Council

Open to all clubs affiliated to BAF.
BAF medals as appropriate to first 3 teams and fastest 3 individuals in each event.
This Championship will be held over a AAA/RRC measured 3 mile course within Heaton Park.

EVENT	STAGES	START
1 WOMEN 35 plus	4	11am
2 MEN 60 plus	3	11am
3 MEN 50 plus	6	11am
4 MEN 40 plus	8	1.30pm

ENTRIES CLOSE on APRIL 11

Entries from B teams will not be accepted.
Teams must be declared 30 minutes before the start.
All competitors must wear club colours.

Entry form and other details from:
DEREK HOWARTH, 6 STONE CROSS LANE, LOWTON, WARRINGTON, CHESHIRE WA3 2SB.
(Include 9" x 6" S.A.E.)

1992 BVAF 5K Road Championships

promoted by Veterans Athletic Club
by kind permission of the Management British Aerospace

Dunsfold Airfield, Surrey

traffic free, one lap measured course

Sunday 5 April

under BAF Laws - permit applied for

First Race 1pm

Championship awards

Men and Women: 1st, 2nd and 3rd in 5 year age groups

Team Awards (AAA clubs, 1st claim members only)

Men 40-49	1st, 2nd and 3rd teams	6 may run, 4 to score
Men 50-59	1st, 2nd and 3rd teams	6 may run, 4 to score
Men Over 60	1st, 2nd and 3rd teams	6 may run, 3 to score
Women 35-49	1st, 2nd and 3rd teams	6 may run, 4 to score
Women Over 50	1st, 2nd and 3rd teams	6 may run, 3 to score

Entry restricted to registered members of Veteran Clubs and Associations affiliated to BVAF. Entry fee for Individuals £3.00, for Teams £4 per event.
Teams: one team per event - the number of names are not limited but all must be entered in full as individuals on official forms. Declarations on the day.

Closing date **Tuesday 18th March** 1992 - no late entries
Enquiries & entries to Entry Secretary, 25 St Mary Avenue, Wallington Sy SM6 7JH
Meeting Director Bob Belmore tel 0428-654749

Please accept my entry for the BVAF 5K Road Championship

Name ..... Age on day ..... Date of Birth .....

Address ..... Male/Female ..... Telephone .....

Affiliated Vet Club ..... Vet Nº .....

AAA 1st Claim Club .....

I enclose two SAEs min 9"x4" for acknowledgement and for race details, with my entry fee £3.00, cheque payable 'Veterans AC', plus team fee of £4 if applicable

I understand the Organisers of this event will not be responsible for any loss or injury to myself and I agree to abide by BAF Laws

Signed ..... Date .....

note: a detail map will be sent to you

RESULTS · RESULTS · RESULTS · RESULTS ·

52 K Binney 35:18 (80), 53 R Harrison 35:20 (82), 54 P Buttery 35:20 (83), 55 T Hawley 35:21 (85), 56 P Furness 35:22 (86), 57 R Howard 35:24 (88), 58 E Cusack 35:26 (90), 59 N Brown 35:27 (91), 60 B Pringle 35:30 (93), 61 T Dickie 35:31 (94), 62 I MacKintosh 35:34 (95), 63 J Hunter 35:37 (96), 64 J Howarth 35:43 (98), 65 M Green 35:49 (100), 66 M Marsters 35:51 (101), 67 A Barlow 35:53 (102), 68 C Gill 35:55 (104), 69 P Glover 35:56 (105), 70 A Stainer 36:01 (106), 71 D Oldham 36:02 (109), 72 M McCann 36:07 (110), 73 D Dickinson 36:12 (112), 74 P Shaw 36:16 (113), 75 D Varley 36:20 (114), 76 I Scuffins 36:22 (116), 77 A Greenhough 36:23 (117), 78 G Chadwick 36:23 (118), 79 L Arnott 36:25 (121), 80 R Buckley 36:26 (124), 81 B Cull 36:27 (125), 82 G Hollis 36:31 (128), 83 K Dacre 36:32 (129), 84 R Adamson 36:34 (130), 85 P Sanders 36:37 (132), 86 R Llewellin 36:46 (137), 87 D Parry 36:47 (138), 88 B Buck 36:49 (139), 89 D Williams 36:55 (144), 90 L Noble 36:56 (145), 91 D Hardwick 36:57 (146), 92 G Symes 36:58 (147), 93 H Stoker 36:59 (148), 94 J Gregory 37:01 (150), 95 C Jonnson 37:01 (151), 96 A Thompson 37:03 (153), 97 P Chapman 37:07 (156), 98 K Williams 37:08 (157), 99 M Sizer 37:18 (164), 100 H Holden 37:21 (167)

M45 1 B O'Neill 32:16 (10), 2 M Duff 32:37 (19), 3 D Littlewood 33:04 (22), 4 D Oldfield 33:11 (24), 5 D Evans 33:18 (26), 6 P Cheatle 33:28 (29), 7 L Haynes 33:31 (30), 8 S Grace 33:37 (33), 9 P Bentley 34:08 (43), 10 R Donkin 34:13 (48), 11 K Moore 34:16 (51), 12 M Rouse 34:24 (54), 13 M Smith 34:26 (56), 14 J Collins 34:27 (57), 15 M Walker 34:32 (59), 16 J Robinson 34:37 (63), 17 D Grayson 35:08 (75), 18 S Tanner 35:13 (77), 19 D Stevens 35:20 (81), 20 J O'Kane 35:21 (84), 21 P Rowland 35:23 (87), 22 M Robinson 35:28 (92), 23 D Goddard 35:40 (97), 24 J Cook 35:55 (103), 25 E Bradshaw 36:02 (107), 26 R Clayton 36:21 (115), 27 D Green 36:24 (119), 28 I Rooke 36:25 (120), 29 M Stuart 36:25 (122), 30 P Flatman 36:26 (123), 31 M Cross 36:28 (126), 32 B MacKay 36:29 (127), 33 A Wood 36:50 (140), 34 A Sidebotham 36:52 (141), 35 T Fox 36:54 (143), 36 K Horn 37:02 (152), 37 B Humphreys 37:05 (154), 38 R Shaw 37:06 (155), 39 G Ogden 37:11 (159), 40 D Green 37:14 (160), 41 I Fisher 37:15 (161), 42 R Toogood 37:19 (165), 43 R Scholes 37:22 (168), 44 J Senior 37:25 (171), 45 D Scott 37:27 (173), 46 D Collingwood 37:29 (175), 47 A Wikaley 37:32 (177), 48 J Bradley 37:39 (180), 49 M Gallivan 37:55 (191), 50 A Stafford 38:00 (193)

M50 1 S James 32:34 (17), 2 L Presland 32:36 (18), 3 P Lancaster 33:14 (25), 4 R Toogood 33:25 (28), 5 G Harrold 33:40 (35), 6 T Hawkins 33:49 (38), 7 M Hawkins 34:10 (45), 8 G Marsden 35:25 (89), 9 B Purvis 36:02 (108), 10 G Black 36:09 (111), 11 F Gorman 36:43 (135), 12 J Clarke 36:53 (142), 13 T Bentley 37:00 (149), 14 M Coles 37:10 (158), 15 T Burke 37:16 (162), 16 D Cannon 37:24 (170), 17 R Nelson 37:51 (187), 18 E Gee 38:14 (207), 19 M Gutterly 38:20, 20 R Donkin 38:24 (215), 21 B Swindells 38:50 (235), 22 J Foster 38:51 (236), 23 R Moore 39:00 (245), 24 C Wheddon 39:01 (246), 25 K Pickering 39:09 (253), 26 M Rawson 39:21 (265), 27 D Moorekite 39:27 (276), 28 W Lumsdon 39:29 (278), 29 A Conway 39:45 (289), 30 M Nalty 39:55 (297)

M55 1 A Griffiths 34:25 (55), 2 E Williams 34:27 (58), 3 A Prouse 36:40 (134), 4 M Ward 37:20 (166), 5 P Brennan 38:02 (194), 6 J Conville 38:03 (195), 7 M Brook 38:06 (200), 8 P Dibb 38:07 (202), 9 J Lynch 39:06 (250), 10 D Wrigley 39:16 (262), 11 G Watson 39:26 (275), 12 J Powell 40:03 (301), 13 J Forster 40:06 (303), 14 G Knight 40:09 (305), 15 Sumerled Mitchell 40:27 (319), 16 J Park 40:51 (342), 17 R Parkin 41:06 (358), 18 D Faulknall 41:40 (396), 19 G Chapman 41:41 (398), 20 P Ridgewell 41:42 (400)

M60 1 G Spink 35:46 (99), 2 B Peart 36:44 (136), 3 H Gamble-Thompson 37:17 (163), 4 D Howarth 38:54 (240), 5 T Whittering 41:40 (395), 6 P Ashton 41:49 (412), 7 J Englert 42:52 (477), 8 M Jones 43:07 (485), 9 S Coffey 43:20 (500), 10 S Bagshaw 43:42, 11 D Warburton 43:44 (530), 12 A Benrose 43:55 (540), 13 J Standring 44:15, 14 C Toy 45:08 (619), 15 R Baggaley 45:23 (629)

M65 1 E Smith 42:32 (458), 2 F Copping 43:31 (510), 3 M Bromley 44:18 (565), 4 R Stainforth 45:19 (627), 5 R Appleby 46:41 (696)

M70 1 A Kelly 45:27 (634), 2 D Kitchen 48:34 (781), 3 R Mathieson 48:43 (790), 4 J Walker 59:48 (1011)

W35 1 P Fudge 35:03 (1), 2 J Pearson 36:36 (2), 3 E Staig 36:39 (3), 4 M Gunby 37:53 (5), 5 D Wakefield 38:04 (6), 6 J Jackson 38:31 (7), 7 R Leonard 39:10 (9), 8 R Stephens 39:25 (11), 9 I Lewandoska 41:10 (16), 10 J Ashforth 41:22 (19), 11 S Morley 41:43 (20), 12 B Bly 42:14 (25), 13 L Brewis 42:16 (26), 14 S Johnson 42:38 (28), 15 G Naylor 43:30 (36), 16 L Padfield 43:35 (37), 17 C Denton 43:38 (38), 18 J Wilson 43:58 (40), 19 H Lindley 44:37 (45), 20 C Edwards 44:40 (46), 21 H Elleker 44:57 (51), 22 C Exton 46:05 (59), 23 S Harrison 46:24 (62), 24 S Platts 46:28 (64), 25 A Oldham 46:39 (67), 26 L Bienkinson 46:41 (68), 27 S Hodson 47:04 (72), 28 P Blackwell 47:33 (77), 29 M Raw 47:37 (78), 30 M Harris 47:51 (81)

W40 1 J Webb 39:22 (10), 2 K Howe 39:25 (12), 3 M Harris 40:38 (15), 4 L Maule 41:14 (17), 5 B Hare 41:16 (18), 6 E Woods 42:05 (22), 7 L Duffty 42:11 (24), 8 E Denby 42:55 (30), 9 N Betts 43:01 (31), 10 A Cross 43:09 (32), 11 A Bennett 43:19 (34), 12 K Hamming 43:32 (36), 13 G Cohen 43:57 (39), 14 N Lewis 44:01 (41), 15 A Dinsmor 44:09 (42), 16 C Hall 44:41 (47), 17 J Jones 44:43 (48), 18 S Dickson 44:52 (50), 19 C Tindale 45:00 (52), 20 S Woodhead 46:00 (57), 21 G Burnell 46:22 (61), 22 J Sears 46:38 (65), 23 S Page 46:39 (66), 24 P Hislop 47:11 (74), 25 M Craig 47:28 (76), 26 N Parry 47:43 (79), 27 P Pitts 47:53 (83), 28 S Green 47:56 (84), 29 D Davies 48:08 (88), 30 M Stewart 48:10 (89)

W45 1 J Beckford 37:36 (4), 2 S Dear 38:57 (8), 3 L Watson 39:46 (13), 4 A Chippendale 40:37 (14), 5 P Brooks 42:07 (23), 6 M Jackson 45:48 (56), 7 J Wroe 46:01 (58), 8 E Mayfield 46:27 (63), 9 J Morton 46:50 (70), 10 C Schofield 47:06 (73), 11 B Sayer 48:13 (90), 12 A Calvert 48:52 (97), 13 L Wilson 49:09, 14 M Wilson 49:10 (101), 15 S Metcalfe 49:29 (107)

W50 1 M Singleton 42:30 (27), 2 M Lenaghan 42:48 (29), 3 M Bradshaw 43:19 (33), 4 B Matley 44:28 (43), 5 H Morath 44:44 (49), 6 M Farish 45:24 (54), 7 M Fox 45:32 (55), 8 B Machin 46:50 (69), 9 D Bacon 47:01 (71), 10 S Pickering 47:57, 11 C Bourne 48:36 (93), 12 P Senior 49:01 (98), 13 A Parr 49:08

W55 1 L Smal 44:31 (44), 2 L Gilchrist 45:03 (53), 3 M Wood 47:51 (82), 4 J Fox 48:27 (92), 5 A Webster 50:31 (115), 6 J Powell 50:40 (117)

NORTH

NVAC 10M Road Championships
Padgate, Warrington, October 27

M40 1 B Peatfield 53:02
2 T Keenan 54:49
3 P Weatherhead 55:04, 4 B Hargreaves 55:32, 5 M Dooling 55:37, 6 B Frodsham 55:43, 7 R Waterlow 55:53, 8 E Wickstead 55:58, 9 S Almond 56:01, 10 A Peers 56:33, 11 E Murphy 57:00, 12 J Brophy 57:44, 13 C Rigby 57:58, 14 P Wilkinson 58:12, 15 J Hynes 58:23, 16 T Vallance 58:52, 17 A Flynn 59:48, 18 M Buck 60:06, 19 A Cooper 61:30, 20 L Crawley 61:37, 21 M Curley 61:57, 22 B Buck 62:09, 23 P Henley 62:15, 24 T Mannion 63:56, 25 R Webster 65:23, 26 D Michaels 66:22, 27 P Wilkinson 70:41

M45 1 D Wilkinson 53:50
2 H Clague 54:25
3 K Mayor 56:43, 4 B Wilkinson 57:40, 5 D Gent 57:45, 6 D Walton 58:35, 7 B Hollinrake 59:44, 8 D Mainwaring 61:09, 9 A Parker 61:15, 10 D Todd 61:39, 11 B Millward 62:34, 12 R Ashby 63:49, 13 A Turner 64:59, 14 P Milroy 65:56, 15 G Rawding 66:13

M50 1 M Flynn 53:14
2 M Frayne 55:59
3 M Brookes 58:00, 4 M Pollard 59:49, 5 J Massey 60:26, 6 J Smith 61:42, 7 T West 61:49, 8 B E Jackson 62:01, 9 T Parr 62:45, 10 D Scott 64:50, 11 J Biggar 65:02, 12 D Wilcock 65:11, 13 D George 66:29, 14 R Smith 67:43, 15 R Dalley 71:52, 16 B Kearns 74:29, 17 B Ankers 78:23, 18 F Toman 80:19

M55 1 D Hayes 56:47
2 B Gane 59:24
3 M Morrell 59:42, 4 P Brennan 60:09, 5 J Dawson 60:14, 6 B Bullen 60:18, 7 L V-Hodkinson 60:48, 8 P Dibb 61:28, 9 B Atkinson 61:41, 10 F Wilson 62:35, 11 P Spratt 62:53, 12 B Rogers 64:04, 13 R Armstrong 64:06, 14 C Hallinan 65:43, 15 W Rolfe 69:12, 16 C Doyle 71:45, 17 B Lister 73:14, 18 R Platt 75:40, 19 W Smith 78:11, 20 D Newton 81:25

M60 1 D Howarth 62:04
2 B McGuigan 63:38
3 S Soneson 65:44, 4 S Hardicker 68:23, 5 A Walsham 70:21, 6 D Gill 73:58, 7 D Mason 86:51

M65 1 A Fearnley 75:17

M70 1 B Mathieson 78:32
2 N Morris 84:33

M75 1 D Rosenfield 92:47

W35 1 D Wakefield 60:33
2 L Hales 66:29
3 K Maycock 70:26

W40 1 A Keenan 73:03
2 A Smythe 74:16
3 P Hanson 78:33

W45 1 J Gent 79:38
2 D Padget 89:25

W50 1 J Aitcheson 75:01

W55 1 S Smith 87:17

W60 1 N Cowap 98:04

NORTH EAST

Heston Harriers Memorial Road Races
November 10

Men 10K M40 1 I Elliott 31:50
2 J Bell 32:08
3 S White 32:18, 4 L Watson 32:32, 5 H Mathews 32:32, 6 M McNally 33:03, 7 D Dixon 33:18, 8 B Forbes 33:29

M45 1 M Walker 33:29
2 E Watson 35: 24
3 D Kitching 35:41

M50 1 C Bolton 34:16
2 B Purvis 35:34
3 L Cummings 35:39

M55 1 E Appleby 35:19

M60 1 R Peart 36:13

M70 1 F Troughton 54:21

Women 5K W35 1 M Didsworth 19:28
2 S Laws 19:41
3 W Lowden 19:58

Lanebaurgh Half Marathon, incorporationg NEVAC Championships, Redcar, Cleveland, October 13

M40 1 M Colelv 71:51
2 R Firth 72:38
3 P Connor 72:51

M50 1 J Bowe 77:43

M60 1 H Gamble-Thompson 78:31

W35 1 J Barleycorn 80:03
2 S Laws 86:49

MIDLANDS

MVAC Cross-country Championships
Wollaton Park, Nottingham, January 5

10K Men M40 1 M Hagar 36:11
2 E Tennant 37:06
3 J Walton 37:48

M45 1 C Kirkham 37:53
2 M Parker 37:59
3 B Russell 39:13

M50 1 R Grove 39:12
2 T Hawkins 39:23
3 J Pegg 42:00

M55 1 E Williams 39:26
2 A Griffiths 39:51
3 P Morris 40:16

M60 1 P Ronan 46:34
2 C Simpson 47:20
3 D Smith 47:49

M65 1 G Phipps 46:23
2 Alex Hitchman 49:13
3 Edgar Nicholls 50:19

Women 6K W35 1 S Johnson 21:43
2 H Fiddament-Harris 23:08
3 M Ehrenberg 27:14

W40 1 L White 22:11
2 S Dodwell E22:58
3 J Bryan 23:50

W50 1 B Matley 24:36
2 J Shaw 26:48
3 B Brough 26:52

WALES

Gwent League
Swansea, October 5

Men 1 D Evans, Cardiff 34:42
2 G Williams, Club 69 Tredegar 36:20
3 A Jefferies, Swansea 36:30
4 B Plain, Cardiff 36:42
5 G Blackburn, Westbury 36:45
6 A Garrett, Cardiff 36:57
7 D Lewis, Swansea 37:13
8 J O'Brien, Cardiff 37:22

Women 1 L Hughes, Cardiff 19:07
2 P Gallagher, Westbury 19:45
3 J Andrews, Westbury 20:33
4 J Jay, Great WR 20:42
5 S Neal, Les Croupiers 20:42
Blaize Castle, October 26

Men 1 A Roper, Swansea 34:10
2 D Evans, Cardiff 35:43
3 J Collins Swansea 36:05
4 M Venables Llanelli 36:15
5 D Ide, Cardiff 36: 21
6 G Williams, Club 69 Tredegar 36:28
7 B Plain, Cardiff 36:31
8 G Blackburn, Westbury 36:53

Women 1 E Hughes, Cardiff 16:48
2 P Gallagher, Westbury 17:26
3 J Andrews, Westbury 17:33
4 L Slater, Brecon 17:49
5 S Neal, Les Croupiers 17:52
Carmarthen, November 23

Men 1 J Collins, Swansea 31:38
2 D Evans, Cardiff 32:10
3 A Jefferies, Swansea 32:19
4 D Ide, Cardiff 32:34
5 B Plain, Cardiff 32:36
6 D Jones, Swansea 32:53
7 G Williams Club 69 Tredegar 32:53
8 J O'Brien, Cardiff 33:08

Women 1 E Hughes, Cardiff 17:44
2 V McConnell, Westubyr 17:52
3 P Gallagher, Westbury 18:09
4 J Nelson, Westbury 18:29
5 L Slater, Brecon 18:30

SOUTH

Veterans AC Cross-country Championships
Wilberforce School, SW19, January

1 T Osborne(Verlea)	40	1	24:52(rec)
2 C Dickinson(Bel)	43	2	25:20
3 H Morten(B'hth)	43	3	25:26
4 I Emery(WSE)	41		25:42
5 R Graham(WSE)	48	1	25:48
6 G Harrold(Ent)	52	1	25:53(rec)
7 DS Williams(HW)	46	2	26:17
8 M Sharp(HW)	46	3	26:27
9 A Davis(Fleet)	40		26:31
10 J Treadwell(VAC)	47		26:33
11 S Collie(Croy)	44		26:35
12 J McGlashan(CamH)	40		26:45
13 D Spencer(Muswell)	42		26:49
14 R Hill(Fleet)	41		26:54
15 R Davidson(CamH)	55	1	26:58
16 K Spacie(THH)	56	2	27:05
17 A Bird(Woodford)	43		27:12
18 P Jones(Reading RR)	44		27:17
19 J Mullane(Lonlr)	46		27:22
20 P Parker(M&S)	43		27:23
21 G Bradbury(HW)	47		27:26
22 P Finch(Waverley)	42		27:28
23 T Everitt (EtonM)	57	3	27:50
24 M Miller(HW)	45		27:54
25 M Bott(Wok)	50	2	27:56
26 J Mescall(Houns)	41		27:56
27 J Coffey(Wok)	49		28:00
28 J Jennings(Wav)	42		28:05
29 R Jenkins(MVR)	45		28:11
30 R Higgs(High)	59		28:14
31 K Hatter(Fleet)	43		28:16
32 A Painter(Bel)	44		28:16
33 P Harris(Fleet)	49		28:18
34 M Fergnani(Colch)	50	3	28:20
35 R Alder(Wok)	46		28:26
36 M Doogan(Wok)	52		28:39
37 D Mitchell(E&E)	43		28:45
38 R Bales(Bel)	46		28:52

Cambridge Harriers and Swanley Town Council present the

SWANLEY HALF MARATHON

(incorporating Veterans AC Championships)
on
Sunday 22 March 1992
starting at 10.30am

Medals to all finishers, with generous prizes to 1st 10 men, 1st 3 women, 1st 3 men over 40/45/50, 1st woman over 35/40/45, 1st 3 male teams of 3 & 1st female team of 3, plus additions according to entry numbers, and some excellent spot prizes.

Entries to Race Secretary, 138 Felstead Road, Orpington, Kent on the standard form. Fee — £4.00 (affil) or £4.50 (non-affil) — cheques payable to "The Swanley Half Marathon". Enclose large SAE. **The closing date for entries is 9 March 1992.**

Course run over undulating roads consisting of 1 large and 1 small lap around Swanley, Wilmington and Hextable in Kent. Refreshments and ample changing with a small fete at start/finish area.

Race Charity — Barnardos

Sponsored by NEWS SHOPPER

EVENING ECHO POOLE 1992 MARATHON

Organised by POOLE ATHLETIC CLUB
Under AAA, WCAAA, BAF Rules/RRC

SUNDAY, 7th JUNE 1992
at 10 am

- EXTENSIVE SPOT PRIZES
- LIMITED EDITION 'POOLE POTTERY' PLATE TO ALL FINISHERS
- AWARDS IN ALL AGE CATEGORIES (Men and Women)
- SINGLE LAP, SCENIC AND HISTORIC COURSE
- POOLE LIONS CHARITY FAYRE
- MINITHON (Under 18s)

Apply to:- THE SECRETARY,
POOLE SPORTS COUNCIL,
CIVIC CENTRE,
POOLE, DORSET BH15 2RU

British Association of Road Races
Grade 1

Permit No. 6854

CERTIFIED ACCURATE

RESULTS · RESULTS ·

39 R Green(Woodford)	44		28:54
40 T Ball(LOAC)	W35	1	28:57
41 S Corti(Oxfd)	47		28:59
42 J Wasbrough(Bel)	50		29:02
43 D West(VPH)(G)	51		29:03
44 S Alexander(Strm)(G)	W34		29:06
45 J Portsmore(Fleet)	57		29:17
46 C Bird(Ton)	40		29:18
47 M Chaplin(Fleet)	43		29:27
48 L Forster(Bar)	62	1	29:28
49 P House(Woodford)	56		29:29
50 D Smith(VAC)	45		29:33
51 F Green(Woodford)	45		29:36
52 R Auerback(Ran)	44		29:38
53 C Wroth(E&S)	55		29:39
54 A Stevens(Woodfd)	50		29:43
55 J Phelan(HW)(G)	57		29:46
56 R Turney(B'hth)	51		29:47
57 J Francis(Ran)	45		29:53
58 M Rodrigues(WWind)	41		29:55
59 M Peel(B'hth)	50		29:57
60 M Newton(Bel)	56		29:59
61 D Coward(Cam)	54		30:00
62 M Doohan(Colling)	42		30:03
63 S Charlton(TVH)	65	1	30:06
64 H Gibson(E&S)	43		30:07
65 J Green(VAC)	56		30:10
66 B Bartholomew(B&H)	52		30:17
67 D Thomas(Cam)	61	2	30:18
68 A Aitken(High)	51		30:21
69 R Cnudde(TVH)	52		30:27
70 M Auerback(LOAC)	W44	1	30:30(rec)
71 A Hardy(Bel)	51		30:34
72 P Smith(Colling)	45		30:38
73 G Wakely(VAC)	47		30:47
74 G Sheffield(Ran)	57		30:50
75 C Walker(Bel)	62	3	30:52
76 A Stone(Bel)	51		31:06
77 D Maughan(Bel)	44		31:12
78 D King(Med)	51		31:17
79 P Trainor(Ran)	46		31:19
80 T Crisp(VAC)	52		31:23
81 K Powley(Ran)	61		31:26
82 B Hallett(E&E)	51		31:38
83 M Todd(Wok)	W47	1	31:40(=rec)
84 J Leith(Hill)	58		31:43
85 M Fisher(Wok)	40		31:52
86 M Wood(VAC)	50		31:55
87 J McQuillan(E&E)	62		32:00
88 S Cawkwell(High)	W41	2	32:01
89 K Fiddler(VoA)	56		32:02
90 R Dare(MVR)	65	2	32:10
91 R Collins(Lonlr)	55		32:22
92 J Aspinall(HHH)	53		32:27
93 R Hammond(Med)	50		32:31
94 N Manning(SLH)	47		32:34
95 L Butcher(Woodfd)	49		32:38
96 G Kennedy(W Wind)	44		32:42
97 P Cawsey(Wok)	56		32:46
98 H Fenton(Croy)	W35	2	32:47
99 L Morris(Har)	49		32:49
100 J Howlett(High)	W36	3	32:50
101 J Hayward(Woodfd)	62		33:00
102 T Lawton(Bel)	50		33:01
103 J Frost(G)(B'hth)	55		33:02
104 J Stephenson(VAC)	62		33:17
105 J Hills(Ran)	59		33:23
106 K Livermore(Enfd)	59		33:29
107 E Stroud(Bel)	56		33:46
108 M Jones(VAC)	W36		33:55
109 P Blencowe(Colling)	48		34:03
110 J Hanscombe(Ran)	56		34:06
111 W Garrod(Ran)	56		34:14
112 G Jones(Colling)	48		34:31
113 C Brighton(Woking)	W37		34:36
114 D Manning(Bel)	58		34:45
115 R Wallis(Woodfd)	62		34:49
116 J FitzGerald(M&S)	69	3	34:54
117 N Cross(Brom V)	W51	1	35:03
118 J Banville(VAC)	53		35:06
119 M HawkesH(W)	52		35:07
120 D Eyers(Hill)	72	1	35:07
121 B Nielsen(Hill)	68		35:08
122 I Thompson(Ran)	48		35:41
123 W Hennessy(Colling)	48		36:22
124 T Hiller(M&S)(G)	41		36:33
125 T Rowley(Wok)	64		36:56
126 M Farish(Brom V)	W50	2	37:14
127 S FitzPatrick(HHH)	51		37:29
128 L Butcher(Woodfd)	49		37:43
129 P Yates(Kent)	61		38:21
130 M McDowell(Ran)	64		38:30
131 R Vidler(M&S)	55		39:36
132 L Brown(Woodfd)	69		40:14
133 T Brennan(VPH)	52		40:18
134 B Norrish(VAC)	W61	1	40:42
135 O Seear(W Wind)	W40	3	41:48
136 G Beale(Ran)	47		42:28
137 J Smith(W Wind)	W64	2	42:54
138 D Offredi(W Wind)	W63	3	43:48
139 G Eastwood(Wood)	67		43:58
140 C Megnin(Wood)(G)	76	1	47:19
141 P Munn(M&S)	68		48:31
142 L Burnett(Woodfd)	72	2	49:13

300 CLUB — WIN £125 a month — and more !!

Each month the Veteran Athletics prize draw provides an overall winner and half a dozen £10 runners-up. As the number of vets in the draw grows the size of the 1st prize grows.

Everyone has a chance and the more entries you have the more chances. Already Colin Simpson, Patricia Stanley, Nigel Wray and Shel Cowles have run off more than once with useful cash prizes.

Send off the coupon with your cheque for £12, or multiples thereof, immediately and you'll qualify for the next draw and a chance for a three-figure pay-out.

Return to the Hon. Draw Organiser, Jose Waller, 7 Rosebriar Walk, Watford, ND2 5LJ.

Name ____________________

Address ____________________

____

I wish to apply for _____ chances in the next 12 monthly draws. Enclosed is cheque, made payable to The 300 Club, for

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Signature ______________ Date ______________

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Tel No

Description

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Total £

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ROAD RUNNING TOURS 1992

January Marrakech
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April Rotterdam, London, Boston, Vienna
May Berlin, Stockholm, Brussels
June Mombassa, Bonn, Brugge
July Tromso
August Reykjavik
September Amsterdam, Brussels, Newcastle G.N.R., Berlin, Luxembourg, Paris-Versailles
October Athens, Lisbon, Paris
November Hague, New York, Malta, Benidorm
December Honolulu, Majorca

OFFICIAL APPOINTED AGENT – NOW IN OUR 7th YEAR

19th Brugge Vets Grand Prix

25Km and 10 Km Races

21st JUNE 1992 *BELGIUM*

"BETTER BRUGGE BEFORE BIRMINGHAM"

THE RACES

Association of International Marathons and Road Races AIMS

With the first World Vets Road Running Championships to be held in Birmingham in August 1992 over the same distances why not use this weekend as a warm up to the Birmingham event and join us in the medieval city of Brugge, with its unique atmosphere. this city has become a favourite location for the Vets Grand Prix events over the past years. Again this year both the 25km and the 10km are being held on the Sunday. The 25km starts in the city centre Market Place, and the 10km starts outside the Olympic Stadium both courses are flat and loop around the countryside on the outskirts of the city to finish inside the grass covered Stadium where all the spectators are waiting to welcome finishers home.

EVENT FACTS

	10km	25km
Start Time	10.00 hrs	10.45 hrs
Age Limit	Men over 40 & Women over 35 for both races	
Time Limit	No Limit	No Limit
Race Entry Fee	£12.00	£14.00

Awards: Medals & Certificates to all finishers. Prizes for first three in Age Groups, both men and women presented at the awards ceremony after the events. A Sportsmans Travel 'T' Shirt.

THE TOUR – EXECUTIVE COACH

4 day/3 night option using our parallel route system as highlighted on page 2 and below into our city centre hotels, the Aragon, Navarra and Lucca. Departing Thursday 18th June and returning Tuesday 23rd June.

East Route: Newcastle 23.30 hrs, Fri Leeds 01.30, Nottingham 02.30, Northampton 03.30, London 06.15, Bexley 06.30, Dover 08.00.

West Route: Preston 23.45 hrs, Fri Manchester 01.00, Stoke 01.45, Birmingham 02.45, London 06.15, Bexley 06.30, Dover 08.00.

P&O European Ferries

THE HOTELS

3★ DELUXE ARAGON HOTEL. This family run hotel in central Brugge offers traditional comfort in the olde world style. All rooms have private facilities with mini bar, radio, direct dial phone & TV. There is a sumptuous buffet breakfast included.

3★ NAVARRA. Centrally located, this hotel offers rooms with private facilities with either a bath or shower. DD Telephone, TV & radio. There is a swimming pool, bar and a restaurant where buffet breakfast is served.

FEATURE ALL HOTELS WITHIN 3 MINUTES FROM START OF 25km RACE

2★ LUCCA. This is an excellent budget option, family owned central hotel. Twin/triple rooms have private facilities with either shower or bath. Single rooms have bath/shower adjacent. There is a bar and a TV lounge. Buffet breakfast is included.

EXCURSION

We will organise a full day excursion on Saturday 20th June to take you to Brussels. A local guide will explain the sights of this unique city that include the EEC Government building, the Parliament building, the Atomium and the Cinquantenaire Arch before you wander and enjoy your lunch in the Grand Palace district. Back in Brugge our staff are taking care of your race numbers for your return enabling you to enjoy your weekend to the full.

PASTA PARTY

The organisers of this years event are staging a Pasta Party on Saturday night for your enjoyment. It will be a good excuse to meet with other Vet runners from around Europe and to load those Carbo's ready for Sunday's races.

TOUR PRICE INCLUDES

- ★ Executive Coach travel UK-Brugge return
- ★ Channel ferry crossing by P&O Ferries
- ★ 3 nights bed and breakfast in a twin shared room
- ★ Courier service
- ★ Securely Bonded Company

NOT INCLUDED

- ★ Other meals
- ★ Insurance
- ★ Excursion
- ★ Personal Expenses

TOUR REF: RRVB2		BASIC PRICE					
OPTION	HOTEL	Prices per person sharing twin					Single Sup
		Twin	10+	20+	30+	40+	
1	ARAGON	£165	£163	—	—	—	£51
2	NAVARRA	£155	£153	£151	£149	£147	£60
3	LUCCA	£135	£133	£131	—	—	£42
For regional pick-ups and supplements refer to Page 2.							

TOUR DEPOSIT: £60.00 **INSURANCE: £11.00**

TOUR DIRECTION: This tour will be directed by Barry Whitmore, assisted by Tour Manager, John Kingsgate and the Sportsmans Travel courier team.

TOUR DEADLINE Friday 8th May 1992. Week No: 19

SPORTSMANS TRAVEL LTD. PO BOX 269, Brentwood, Essex CM15 8NR
Tel: (0277) 222260/264444 Telex: 99373 SPOTRA G Fax: (0277) 261934
Office Hours: 09.00 – 17.30 hours Monday – Friday Closed Bank Holidays
Office Address: 196 Hutton Road, Shenfield, Brentwood, Essex CM15 8NR. All correspondence to PO Box 269

ABTA

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AGENTS STAMP

FOR OFFICIAL USE ONLY: Receiving Date / Processing Date / Processed By / TOUR CODE / TRAVEL OPTION / ACCOMM OPTION / ZONE

BOOKING FORM

VERY IMPORTANT: COMPLETE BOOKING FORM IN BLOCK CAPITALS USING BLACK INK

EVENT NAME
TOUR (Code / Option No.) /
TOUR HOTEL No. NIGHTS
DEPARTURE DATE DEP. POINT
(ARRIVAL DATE – if hotel only)

BOOKING REFERENCE

SURNAME OF TOUR BOOKER
FIRST NAME / OCCUPATION / DAYTIME TELEPHONE (STD CODE ESSENTIAL) / HOME TELEPHONE (STD CODE ESSENTIAL)
HOUSE/STREET / DISTRICT
CITY/TOWN / COUNTY / POST CODE ESSENTIAL

THE "TOUR BOOKER" IS CLIENT No. 1

ROOM REQUIREMENTS: I/We require ☐ x SINGLE(S) ☐ x TWIN(S) ☐ x TRIPLE(S) ☐ x MULTI-BED ROOM(S) ☐ x ROOM SHARE

For couples Double bedded rooms will be offered where available. Please use the panels below to indicate the room sharing arrangements of your booking, this is especially important for group bookings. Please refer to the Tour brochure for type of rooms available on your Option choice. Individuals requesting 'room share' may be obliged to pay the single room supplement if there is no other person to share you with: you will be advised of this before the Tour.

CLIENT DETAILS

Details of ALL persons travelling with the party MUST BE COMPLETED IN FULL. Photocopied forms are acceptable. For non runners put 'NR' in the Estimated time, and 'T' Shirt column. You will be automatically covered by our TRAVEL INSURANCE – PLEASE READ DETAILS OVERLEAF – unless you cross out the 'Yes' in the insurance column, which confirms that this is not required.

* DISABLED CLIENTS: Please send a covering letter stating the nature of your disability so that we can make the necessary provisions.

Client No	Room No	Mr/Mrs Ms/Dr	Surname	Forename	Age	Date of Birth	Sex M/F	Smoker	Ins	Event	Est Time	Club	T Shirt Size	Nationality	Profession
1	1								Yes						
									Yes						
	2								Yes						
									Yes						
	3								Yes						
									Yes						
	4								Yes						
									Yes						
	5								Yes						
									Yes						

N.B. We MUST have the home address of all CLIENTS listed on this form in the event that we need to contact a client directly. THE TOUR BOOKER MUST COMPLETE THE CLIENT ADDRESS SECTION OVERLEAF!

I enclose Cash/PO/Cheque/Credit Charge Card Authority to cover BASIC TOUR DEPOSITS PLUS ALL TOUR EXTRAS

No. ADULTS for BASIC TOUR DEPOSIT ___ x £ ___ = £ ___
No. CHILDREN for BASIC TOUR DEPOSIT ___ x £ ___ = £ ___
No. PERSONS for SINGLE ROOM SUPP ___ x £ ___ = £ ___
No. PERSONS for EXCURSION ___ x £ ___ = £ ___
No. PERSONS for RACE ENTRY/TICKETS ___ x £ ___ = £ ___
No. PERSONS for INSURANCE ___ x £ ___ = £ ___
MISCELLANEOUS (Transfers, Visas, Functions etc) ___ x £ ___ = £ ___
TOTAL ENCLOSED = £ ___
FOR OFFICIAL USE ONLY: REDUCTION to ___ = £ ___
TOTAL BALANCE OF PAYMENT OUTSTANDING = £ ___

OFFICIAL USE

On my behalf, and any others listed above, I accept that this Booking is subject to those BOOKING CONDITIONS as supplied with our Tour Brochures and reconfirmed on the reverse of our Confirmation Invoice. The TOUR BOOKER is to sign and date this form and agree to indemnify SPORTSMANS TRAVEL against any breach of this Contract by those named above.

Signed

Date REV./18/10/91

CREDIT/CHARGE CARD PAYMENT

Please charge £ ______ to my credit/charge card account

CREDIT/CHARGE CARD NUMBER

☐ Access ☐ Visa ☐ American Express

This card expires on: ______ Date

Cardholder Address:

Signature:

USE THE BOOKING FORM ABOVE – PHOTOCOPIES ACCEPTED

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850 D	69.99
997 D.2E.4E	79.99
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