The Newspaper of the British Veterans Athletics Federation

Autumn 1998

British Sprinters In Command

In what many old hands described as the best yet, the 11th European Veterans Track and Field Championships provided ten days of excitement and intense competition. Over 4,000 athletes from 38 nations took part. The US competitors numbered about 300 and won 147 medals, but the medals table was dominated by Germany's large contingent, particularly in the older age groups.

The Championships were held in the towns of Cesenatico and Bellaria, on Italy's east coast, a holiday area which most considered to be an ideal location. The weather was warm and sunny, the organisation was first class considering the complexity of the meeting and the area amenities suited those who also wanted a holiday.

The success of British sprinters in recent years appears to have rubbed off on our veteran sprinters! Our M40 and M45 sprinters completely dominated their 100m, 200m and 400m events. In the M40's we had four finalists at 100m, with Kwadwo Ansah taking the gold and Kevin Burgess the bronze, and five finalists at 200m, with Ansah and Burgess giving repeat performances. The M45 sprints, however, carried the most interest and caused the most excitement.

When Peters took the first of his five gold medals of the championships when Britons filled the first four places, through Peters, Joe Caines, Oliver and Franklyn.

Further down the age groups Charlie Williams ran a superb double in taking the M65 100m and a World best 200m run of 26.06. Alan Meddings powered his way to a M70 double. John Henson won a fast M55 200m in 24.56. British women fared less well, however, and, although we were well represented in the finals and won several silvers and bronze, Angela Mullinger, W40, was our only gold, winning the 100m and gaining second at 200m. Maureen Lewington ran well but she was up against Germany's Ingrid Meier and had to be content with two silvers.

The 400m proved to be the most productive for British athletes. In the M40, David Elderfield and Alan Harrison had a battle royal. Elderfield still had the edge on the final bend but Harrison unched his way level and won it in the last few strides. It was the 1-2-3 in the M45 race which aroused the greatest fervour among our supporters, however. Joe Caines ran a fast 350 metres and was still in the lead entering the home straight but Steve Peters had timed his race to perfection and won by about two metres, with Wal Franklyn coming through to take bronze. John Henson won his second M55 gold and Andrew Blackman won the M65. British women had a good haul of medals at 400m, too. Joylyn Saunders, W45, and W50 Yvonne Preece both won their events with ease and W60 Dorothy Fraser had a good win to go with her 200m bronze.

At 1500m we had mixed fortunes, as the men's lower age groups showed a remarkably high standard. We'd win golds at M55 and M60. Reg Phipps used his renowned finish to good effect to take the M55 and Steve James, the favourite for the M60 title, had recovered enough from the bout of illness which had caused him to miss the 10,000m two days earlier, to win with a well-timed effort over the last 200 metres. M50 John Potts made a heroic effort with 300 metres left and was neck and neck with Vakkuri, Finland, and Ambrosini, Italy, with 80 metres to go, but then started to wobble. It looked like he would not make it but he managed to stagger to the line for a bronze. Jimmy Todd missed out on gold when he was pipped on the line in his M75 race. Nancy Hitchmough was a confident winner at W45 and, as expected, Pat Gallagher had no trouble at all in winning the first of her three W50 titles. In a very tight finish, W35 Lynn Murr just lost out and had to be content with a bronze.

Just as our veteran sprinters are reflecting the success of our international sprinting, so our veteran long distance track runners are reflecting the lack of success of their younger counterparts. In the 5,000m and 10,000m events we had only one male winner - Steve James, in the M60 5,000m. Bill Puster, despite running an exceptional... [continued on page 4]
The BVAF Half Marathon - by Maurice Morrell

The BVAF Half Marathon Championship was staged at Liverpool on Aug. 30 in conjunction with the 5th Nike “International” Half Marathon, which incorporated numerous sub-groups such as the UK, the Merseyside, the Services, the Inter Pub and the Corporate Championships, and the “Liverpool Echo” first timers.

It is only fair that I concentrate this report on the BVAF Championships, although there were about 760 veterans competing, only about 180 had entered the BVAF event. Many had not been properly identified by the organisers from the plethora of different entry forms.

The race started 35 minutes late due to insufficient cones placed on the mainly one lap course. This helped no one, on a day when the temperature was in the 70’s. Surely it would have been possible to instruct the over 1800 competitors to break ranks and seek some shade? From a narrow park path start, the race commenced with a lap of Sefton Park and out into South Liverpool. Once under way, it was a good race. Martin Rees, Mike Hager, Rob Wise, Eric Williams, Steve Lonnen, Alex Rowe and Alan Clarkson were soon to the fore, although Rees was identified only as a competitor for the Welsh team in the international event.

A short distance back, Jim Bell was the leading M50 and mixing it with the next rank of younger vets, followed by Bill Adams, who had made the long journey from Lerwick, in the Shetlands. Ever consistent Zina Marchant was well placed ahead of Kath Charnock [Wigan]. Les Haynes, just short of 60, was ahead of Fred Gibbs, the first 60 year old. What a team in the offing for Bingley!

Out through South Liverpool the long straight roads provided little shelter for the runners. The race leaders were the Kenyans, Ojuku and Masya, so the pace was hot, very hot! A climb to Mossley Hill Church at nine miles and the quick descent towards the park, deceived many runners who had forgotten about the tough final lap of Sefton Park with it’s undulations. The team race was threatened, as Wirral’s apparently unasailable lead was dissipated when their lead runner, Tony McDevitt, fell back rapidly because of injury. Fortunately, their main rivals had forgotten to persuade their best runner Arthur Deane to pay the extra levy and so enter the BVAF Championship. It pays to keep up your area membership!

The runners were enthusiastically cheered on by large crowds lining Sefton Park on the final lap. Martin Rees finished well up the field with a 16th place overall and two minutes clear of Mike Hager who, at 49 years old, did well to beat the 70 minute barrier. Rob Wise continued his run of successes to take the over 40 crown from Stockport’s Eric Williams. Steve Lonnen was well clear of Dave Hollins, Alex Rowe and Alan Clarkson, who had a tightly fought battle.

Jim Bell was a clear winner of the M55 group by half a minute, as was Les Haynes, in taking the M55 title, from Invicta’s Eddie Broad. Fred Gibbs was a deserved M60 winner, his gluten free diet paying dividends as he finished three minutes ahead of Keswick postman Dennis Hayes. Ron Higgs hung on well to win the M65’s with very sore feet - retirement obviously suits him. Max Jones, who has run every “London”, won the M70 in a good time and Jim Johnston made his journey from the North East worthwhile by taking the M75. Well done, elder statesmen!

Ron Higgs, M65 winner

Zara Hyde, who was invited for the elite race, took the W35 title from Kath Charnock and Sandra Irvine from Bellahouston. I heard a Scouse say there were Americans running, from Bella Houston. True! Denise Wakefield won what must be her first National title, after some years of trying, from local lady Cath Nevin of Penny Lane Striders [Beatties along, does Cath!]

Zina Marchant continued her superb distance running career by easily winning the W45’s. In fact she was the second veteran woman to finish, whilst Margaret Dobbs of Thurrock [wife of 3rd M60 Pat Dobbs who was shown as a female in the initial results, despite underlining Mr. on his entry form] was given the W50 title after being shown on the result as “no entry details”. What a traumatic week-end for the Dobbs household!

The W55 race was won by Rosemary Armstrong [NVAC] from Blandon’s Eileen Armstrong - again only after examination of the entry forms showed she had correctly entered but was missed out from the championship entries. Pam Jones, former 1950’s international from Ilford, deservedly won the W60 title following Pat Dobbs’s sex change! Louise Gilchrist [Middleton] won the W65 category in good style. She paid the additional £2.00 levy to take part in the BVAF event, but had to wait six weeks for her entry details to be correctly identified and her win verified.

Oh dear! Writing this report has been like a piece of investigative journalism. I hope that Peter Duhig and I have got it right now and the correct awards can be made. There were at least 35 individual errors in the original results, and these spilled over into the team championships. In many cases errors occurred because athletes had not completed their entry blanks correctly. Please show your affiliation correctly and ensure that you are a paid up member!

Results page 18

Prize Draw

The prize draw gives support to the paper. Why not join in? Each month there is an overall £125 winner and five £10 runners up. All you have to do is send off a cheque, made payable to Veteran Athletics, for £12, or multiples thereof—to increase your chances of a win—to the Hon. Draw Organiser, Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbot Devon TQ12 6YB.

The sooner you do it the sooner you will get in on the draw. Recent winners.

July 98: £125 to M Caudwell [Reigate]: £10 to J Williams, B.Gree, Z.D.Shadow, S.Buckley, P.White
Aug. 98: £125 to P.Gallagher [Bristol]: £10 to C.McCall, C.Slaughter, V.Murray, S.Adkins, R.Ibson
Sept. 98: £125 to A.Simmons [Sutton Coldfield]: £10 to J Waller, P.Munk, A.Cleveitt, D.Shepherd, J Denayer
BVAF OPEN INDOOR CHAMPIONSHIPS and PENTATHLON

SATURDAY, FEBRUARY 27th 1999

[under IAAF/WAVA Rules]
NATIONAL INDOOR ARENA, BIRMINGHAM
FIRST EVENT 10.00am

HOTEL ACCOMMODATION FROM WGT TRAVEL [0121-456-1976]
Quality Norfolk Hotel

EVENTS: 60m: 200m: 400m: 800m: 1500m: 3000m: 3000m Walk: 60m Hurdles: High Jump: Pole Vault:
Long Jump: Triple Jump: Shot Put: Pentathlon: 4 x 200m Relay
Pentathlon: Men - 60mH, LJ, SP, HJ, 1000m: Women - 60mH, HJ, SP, LJ, 800m

ENTRY FEE: Non-Affiliated £8.50 first event. £10.50 Pentathlon
Affiliated £6.50 first event. £8.50 Pentathlon
£5.00 each extra event. Relays £5.00

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO BVAF. Postal stamps are not acceptable as payment of entry fees. Entries close on February 6th 1999

Information from and entries to Winston Thomas, 67a Waterside, Kings Langley, Herts WD4 8HF
No s.a.e. necessary. Acknowledgement of entry and event timetable will be sent approximately 10 days before championship. Note: On entry form Veteran Club means BVAF Area Club [MVAC, SCVAC, VAC, etc.]

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CHAMPIONSHIP ENTRY FORM

Please use capital letters
Surname
Address

First Names
Post Code

Telephone No. Day Evening

Date of Birth Age Group at 27/2/99

BVAF Area Club Membership No First Claim Club

NON BVAF AFFILIATED ATHLETES ONLY
I enclose either a copy of my driving licence no.
Or a copy of my birth certificate
Or a copy of my passport personal details


Payment enclosed for Entry Fees as follows:
First Event:
£8.50 for non BVAF affiliated [Pentathlon £10.50] £
£6.50 for BVAF affiliated [Pentathlon £8.50] £
Subsequent Events £5.00 each event £
Total £

I enclose crossed cheque/P.O. in sterling currency payable to BVAF

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation at the 1999 BVAF Indoor Championships.

Signed Date
10,000m time of 30:15.9, was beaten into third place after a thrilling battle with the German Schinkitz and Spaniard Guerra. Alison Fletcher and Josie Heffner won golds at W35 and W45 respectively. The only other 10,000m medals were bronze for Pauline Rich and Harry Matthews.

The hurdles yielded quite a haul of medals. We expected a battle in the 400m hurdles between Mike Coker and Howard Moscrop but Moscrop reversed the result of the BVAF Championships at Newport and came away to win in 53.77, more than a second faster than Coker’s winning time on that occasion. Coker, with a niggling injury, faded to third. The M45 group in this event gave Britain another gold through Bob Stevenson. Alan Wells made a determined effort and was leading out of the final bend, but was visibly weakening and, hitting hurdles, just made it to the line in third place. One of the most outstanding hurdles performances was that of Jenny Pearson, winning the W35 400m in 59.85, a new British Best. Other golds in the hurdles came from Barry Fergusdon at 100m and Peter Field at 300m, while Joss Harwood won silver and Colin Shafto, Eamon Fitzgerald, Carol Smith, and Len Williams all won bronze.

In the 5,000m track walks we won three golds, through Bob Care, M50, Ann Lewis, W50, and Ann Von Bismarck, W70, with good support from Denis Withers and Hilda Nyman, both of whom took bronze.

Medals were hard to come by in the field events, except for Evaun Williams, of course. She won the W60 shot, hammer [British Record, 40.13m] and weight pentathlon, and silver in the javelin. Both Neil Griffin and Peter Gordon won their group discuss although Griffin had to wait for his last throw to snatch victory. He also won silver in the shot and weight pentathlon. Other field event winners were Bob Brown [M65 pole vault], Carol Filer in the W40 long jump and Jenny Brown, W35, in the high jump.

Sean Power beat the British Record in the M55 high jump with 1.70, but only finished second, as J.Hanus [TCH] beat the existing world record with 1.83. In the triple jump, Power again set a new British mark of 12.58, but again finished second, this time to world record holder Backlund of Finland. Some of the field event silver medal winners were; hammer, W35 Diane Smith and W50 Lesley Shrosbee; pole vault, Eirion Owen [W35] and Eamon Fitzgerald [M50]; and Mary Wixey in the W75 long jump. Among the bronze medal winners were Claire Cameron, Jim Day, Debbie Singleton, Judy Stafford, Betty Steedman, and Bill Gentleman.

In the pentathlon, Jenny Brown [3862 points] continued her winning ways and looks set to continue when she moves into the W40 group. Four hundred points behind, Wendy Laing won the silver. John Ross set a British Record in winning the M60 pentathlon [3947 points].

**Jack Fitzgerald continues the report.**

Arriving, as I frequently do nowadays, rather late in the proceedings, I felt like a wayward guest at a dinner party, having missed the hors d'oeuvre and the main meal, but determined to enjoy the sweet, coffee and liqueurs. I made an early start of viewing on the Thursday of the second week at Bellaria, where the women’s 5000m were reeled off, starting with the over 60’s at 9a.m., carrying on until the W35 group at lunchtime. Pam Jones ran well in the first race to finish 5th, but Pat Gallagher was again the W50 star in a race taile that was made for her. She sat in for most of the race before steaming away over the last two laps for her second gold in 18:45.88, a faster time than the W45 event.

Alison Fletcher tried hard to emulate her earlier gold in the 10,000m but, although she made ground on Bonamico in the latter stages, she found that the Italian’s early pace had clinched it and she had to settle for silver. Trying to watch all the 5,000’s was a bit like Russian roulette, with some races at Bellaria and the others at Cesenatico. Harry Matthews and Charlie Dickinson raised our temperatures at M50, Matthews securing his second bronze, with Dickinson a mere 16 seconds behind in 6th. Back at Cesenatico, Jim Estall was our best performer of the younger age groups with 5th at M40.

Ed Shillabeer had made an even more belated appearance than I had and, having brought his own transport, solved the problem of an early start for the 20k walk next morning. We arrived in time to see the end of the women’s 10k walk. Ann Lewis was lying 5th overall and was obviously going to win the W50 group and Pam Phillips finished third in this category. Pam Horwill also won bronze at W60, while Anne Von Bismarck was eventually awarded W70 gold after her Swedish adversary had been disqualified when she ran past her the finishing straight.

As I had been hearing tales of woe about the track walk disqualifications, I was more apprehensive than usual about the 20k. I was told that if I got past Raspustin I might survive, but nobody pointed out which of the judges was Raspustin! After a bent leg caution on each of the first two laps of eight, I did not dare look at the idiot board until the halfway stage. Observing that only one red spot was against me I relaxed, with the result that my last 10k was much faster than my first. Among the medal winners were John Gordon, M45, and Colin Young, M60, both winning bronze. Colin, however, had to combat almost all of the officials before receiving his just desserts. He was 3rd but, as his time was the same as the 4th finisher, they had presented the medal to the wrong man!

I had counted four M75’s ahead of me in the early stages but, not seeing the Italian Carlo Bomba after the first lap, I had assumed that he had received a red card. After passing a couple in the later stages I believed I was in line for a medal so, when offered a lift back to the hotel, I declined in favour of picking up my medal. Jokingly, I said that I hoped the presentation would not be too long as I needed to warm up for the marathon next day. I really should keep my lip buttoned!. Not only did Bomba win my age group gold but one of those I passed must have been a lapped walker, which pushed me back to fourth. By now, the last bus had gone and, as the route back was the last 6k of the marathon course, I actually did, unwittingly, warm up for that race.

Our 20/80km runners had been having a field day at the main stadium while this was going on and I arrived in time to see our clean sweep in the M45. Our 800m runners were almost as prolific. I led Duffy, Reg Phillips and Mike Fox all won gold at M50, M55 and M65 respectively while Jimmy Todd [silver], and Tony McDonald, John Potts and John Ross all picked up bronze. We had a 2nd and 3rd at W40 via Nancy Hitchmough and Sue James, before Pat Gallagher threw a wobbly after winning another title. After her effortless 5,000m win, I had hoped that she would [continued on next page]
**Team Manager's Report**

The track & field season ended on a high at the European Championships in Italy. British veterans won 58 gold, 40 silver and 46 bronze medals. In the relays we were exceptionally successful, either winning or second in each of the age groups entered. In the 4x100m the men won 4 and were second in 2, the women won 3 and were second in 2. In the 4x400m the men won 3 and were second in 3, and the women won 1 and were second in 2. We could have done even better if the Team Manager had not misunderstood notification of an alteration to the time table, bringing the 4x400 relays forward by one hour. One of our M60 team arrived at the track when every one was lined up for the start and with no warming up, he was several metres down on his best, more than the losing margin. We also lost out on the W50 4 x 400m when, with a very good team, two last minute injuries meant we could not run a team at all, as the rules allowed for only one reserve and stipulated that the five names had to be entered on one day prior to the event.

The overall organisation was good, although, as in Durban, there were errors in the lap scoring in the 10,000m. We need to make sure that we have an adequate number of people to assist lap scoring in both 5,000m and 10,000 events at Gateshead. Declaration procedures created problems for those entered in events due to start in the morning, as they had to sign in before 7.00pm the previous evening, and for afternoon events up to 11.00am on the day. Some athletes arriving late through delayed flights were missing declaration deadlines, but we persuaded the organisers that there should be some dispensation and they were tacked on to heats already drawn.

The biggest complaints involved transport. WGT, as our official tour organisers came in for a certain amount of flak, although mainly for matters outside their control. At the start there was difficulty in getting people from Bologna, the nearest major airport, to Cesenatico, 60 miles away. Coaches had been arranged, but delayed flights and missed transfers [mainly at Brussels], created lots of hassle. Athletes were scheduled to arrive over several days and WGT staff were spending most of their time at Bologna airport to make sure that people had got to Cesenatico, even hiring taxis as the only option.

This meant that they were not around to check on the bus service from the main hotels to the main stadium. This was listed as an inclusive item in their brochure, but it was something that the local organisers had arranged with an Italian company called Firma, and it was Firma who had paid for it. When this did not work out smoothly in the first couple of days, people were looking to WGT staff to sort it out, but they were tied up with even bigger problems at Bologna.

Finally, the organisers had arranged for shuttle buses from the main stadium to the second one at Bellaria, 6 miles away. They thought that only two buses constantly plying between the two tracks would be sufficient, but they had not allowed for the number of spectators and fellow athletes who wanted to go. People relied on regard of Italian regulations, but these did not allow standing passengers. Those standing refused to get off, so the drivers were refusing to start and one bus remained stationary for over half an hour. Extra buses were finally provided. I would like to assure every one coming to Gateshead next summer that a lot of thought is going in to the way we will handle transport to and from the tracks.

My own return flight from Bologna was a nightmare. A very long delay at Brussels [immigration working to rule did not help], then waiting on the tarmac for nearly an hour before taking off, before the final straw of an aborted flight due to a damaged engine. We were finally put up overnight in Brussels and flew home next day.

**Keith M. Whitaker**

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1998 Track & Field Rankings

Final call for all athletes who want their best performances to be included in the 1998 Veterans T & F Rankings lists. Men should send theirs to David Burton, 22 Chandlers Way, Steyning. West Sussex. BN44 3NG. Women’s performances should go to Sally Gandys, 7 Westfield Road, Hertford, Herts, SG14 3D1. The booklets will be available in February from the addresses above. Cost will be £3.00 + A5 SAE [31p stamp]
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Autumn 1998

Track & Field Notes

Congratulations to our team in the European Championships in Italy, where they had a tremendous championships, finishing with 147 medals. Particular congratulations to Steve Peters, who successfully defended his 100-200-400 titles from Malmo & Athens, and added again the 4x100 & 4x440 golds. Commissions to Brian Slaughter, who, in his first outing in European Championships, missed a bronze in the Pentathlon by one point. Congratulations also to Jenny Pearson, who won the W53 trophy for the Lady of Women in Sport, donated by EVA. These were among many great performances in track and field at all age groups. This was one of the best performances by our team, and I hope that we can build on this and challenge the Germans in the older age groups, and have a great team and team spirit in Gateshead next year.

In the General Assembly, there was the possibility of BVAF's Danny Hennan elected as treasurer. This was thwarted by the EVA Council making a bizarre change of the rules, and members voting to have only one member from each affiliate. This was designed to make anti Great Britain, and left a very bad taste.

Next, comes the Indoors, including the pentathlon meeting page 31. After Christmas, when we have been given the 27th of February. No late entries please, as I will be away after the closing date. This will be followed by the European Indoors in Malmo. Entries must be made by Wendy Dunsford by the 12th December, as they are due to be held in Malmo by the 31st December, and do not leave it too late, and please follow Wendy's instructions.

Our International in Holland is on June 19, more details in next issue, approximate costs £130.00. Then we will have the Pentathlons and Track Walks [early this year on July 4]. Following this is the greatest event to take place in Britain, the 13th WAVA Championship, Gateshead, with a mass of British entries, despite the criticism from Martin Dut in the AW, and other quarters. Yes, the championships are more expensive than open meetings and general competitions, but this is a World championships, and we all know that we don't sponsorships and have to pay our own way. When we compare the price with other championships, the entries are around the same. The only gripe I have is the price of the accommodation, but think of the foreign athletes who have to pay so much because of our high pound, so let us support these championships.

Favourites please, at the Newport championships, two people purchased goods from John Bourne on credit cards, 12.99. 42.98. Due to the rain the receipt slips were not usable, so could the persons note that their accounts have not been debited, and contact me or Bourne Sports please.

Finally, I have had several calls from athletes asking and giving me advice about Gateshead. I would like to say that I am not technically involved with Gateshead. I am on the technical team, generally by name only, but I do not have any say or any powers to make changes. I advise, and generally my advice was not taken. I think this will change at some point, as there are many things that need to be sorted out. Should you have any points to raise I suggest that you contact Keith Whitaker, Ron Bell, or Gateshead Leisure Services.

Winston Thomas, Track & Field Secretary
Many athletes must be wondering what is going to happen under the new structure created to replace the British Athletic Federation. I am delighted that David Hemery has been elected as the first President of the new body. It will be his responsibility to oversee the most radical changes in the history of British athletics. Just how veteran athletics will be viewed is uncertain and, although I believe that David will be more supportive, we could be left on the sidelines as before. I believe that, as veterans are taking part in veteran and open competition in such large numbers, the best way forward would be for us to be incorporated as a special section of this new structure.

We will have to wait and see but, meanwhile, must continue lobbying for recognition. On that front I found it encouraging to be invited to attend a meeting later this month of the U.K. Athletics 98 Competition Review Committee. A less happy situation, however, was to find that, at comparatively late notice, the BVAF Indoor T & F Championships were in jeopardy and might not take place. We had made a provisional booking [all that is allowed], well in advance, but priority had since been given to what we are told is the needs of the International meeting, scheduled to take place on the following day. After protracted negotiations we have now been offered a new date of February 27th. Had we been an integral part of the new body, I feel sure that we would have been given earlier consideration.

My time has been very much taken up with the European Championships, and simply extracting the British performances from the daily results booklets took me a couple of days. These are printed in this issue, together with a report from my position as Team Manager. I could, however, like to thank Maurice Doogan and John Dunford for their assistance, particularly in covering everything at the second track.

The pace is hotting up for Gateshead. Ron Bell and I are attending regular meetings, but other senior BVAF personnel such as Winston Thomas [timetable] and Barbara Dunford [walks] have become involved with specific areas. Recently a seminar was held in London, with Charlie Hodgson of Hy-Tek, whose computer system will be used at the Championships. This was attended by a number of people, but we are looking for wider involvement...

With such an enormous undertaking and no major commercial sponsor, we are operating on a tight budget. Volunteer help from people who intend being at the Championships and who could give some of their time to assist in a number of ways would be of enormous benefit. A leaflet is enclosed. This can be used to request an entry form or to offer your services as a volunteer, which can be for one or more days. We cannot pay expenses, only subsistence. People living in Tyneside are also being approached, but a good overall response will certainly spread the load.

The Championships will show the world what the British veterans can do, not only in the numbers taking part and in athletic performances, but also in what I regard as the most important of all - the way the whole thing is organised. If you wish to compete in what, for many, is a lifetime's opportunity send your entry booklets to Wendy Dunford, Overseas Entries Co-ordinator, 12A, Salisbury Road, Grays, Essex, RM1 7BQ. Entries must be returned to Wendy and not sent direct to Bruges, as they have to be verified. As this event is a European Veterans' Championship all British entrants must be affiliated to the BVAF.

International Cross Country

Due to print deadlines the report, photos and results of the British and Irish Veterans International Cross Country will appear in the next issue. Meanwhile, Winston Thomas would like to produce a video of the event for distribution to athletes who would like to acquire one. If any one videod the event and would like to produce a video of the event for distribution to athletes who would like to acquire one, please contact him. [address on page 6].

The latter was awarded to Inge Faldager DEN. The Overall EVAA winners were as follows: W55 Jenny Pearson GB/NI 40m in 1:02.30 and 55/85 W60 Christine Muller SUI 80m in 1:11.66; W45 Inge Dach GER, Long Jump 5.46m; W50 Inge Faldager DEN, Hammer 51.36m; W55 Brunhilde Hoffmann GER, 100m 13.83; W60 Gertraud Schoenauer AUT; Javelin 40.52m; W65 Jutta Schaefer GER, Hammer 40.25m; W70 Mary Anne Hamm GER, Shot Put 13.15m; W75 Paula Schiederhner GER, 100m 16.20; W80 Friede Lindenke GER, 150m 10.14; W85 Nora Wedemor SWE, 100m 21.26. The trophies were presented by the outgoing EVAA Women's representative, Marina Hoerneke-Gil, ESP.

There were 136 Championships Records, and 10 World Records set.

Winston Thomas, EVAA Tech. Manager
YOUR LETTERS

The Letters column of Veteran Athletics is open to all who would like to express their views, satisfactions or dissatisfaction on any subject of interest to our readers. Letters should be kept as brief as possible or they may be returned. They should be addressed to The Editor, Veteran Athletics, 154, Knightlow Road, Harborne, Birmingham B17 0QA.

Are Standards Necessary

In recent years a number of letters raising questions on medal standards have been printed in V/A but none have been answered. It appears that the standards are about to be reviewed again. I believe that it would help greatly if the letters and the comments mentioned in Winston Thomas's report in V/A 47 were out in the open. The main points I would raise are as follows.

1) Why have standards?
   a) I have been told that some athletes feel that they only have to turn up to get a medal and that winning is too easy. Did the weather at the recent T & F Championships at Newport make winning medals easy? Every one who finished in the first three deserved a medal.
   b) Or is it because WAVA has standards, and so the regional clubs apply standards because the BVAF has standards.

2) Why do standards apply only to single events on track and field? [Multi events, road and cross country are excluded.] An athlete can win 10k on the road and get a medal regardless of standard as it is difficult to set standards for road races because of the conditions. What about the variable conditions on the track [eg track surfaces and extreme weather]?

3) How are standards calculated? I am sure I am not alone in asking this. I hope that they are not based on a world record set by a super athlete on a super track on a windsless, sunny day! Also, why are BVAF standards higher in some events than WAVA?

4) They penalise lesser events. It is easy to get 8 entries for the M40 100m [then the first three are awarded medals regardless], but more difficult in, say, the M50 javelin or the W50 walk. I agree with Sheila Bull's letter in V/A 47 that we should be trying to encourage athletes to enter lesser events and win medals.

If we must have standards then:
   a) Could we have two types of medals? The existing ones can be won regardless of the standard [if any one feels that it was won too easily then do not claim it]. For those who beat the standard a superior medal could be awarded. The expense would be minimal, but if everyone does it we might then let athletes purchase medals they have won.
   b) Can BVAF give guidance on medal standards? [eg Midlans apply a modified standard, whilst the Scottish apply the BVAF]. I believe it is time to scrap the standards. Some of us have to train long and hard over the years and we have the expense of equipment, travel, hotels and being away for competitions. It is disappointing not to finish in the first three and not win a medal because the standard is not achieved or not enough entered. After all part of the entry fee goes towards the purchase of medals.

Malcolm Robertson, Tamworth

For Me To Help You - You Must Help Me

Further to my attendance at the European Championships in Cesenatico in September and numerous conversations with athletes and their spouses, the problems that occurred in Durban last year are still arising. I have, therefore, taken it upon myself, as I do not see any one else doing it, to try and establish what the problems were, why they were happening, and how they can be resolved. Yes, I do know that it is a lot to do with money!

However, before they can be addressed, I need to know that there are problems and in detail. Whether the problems were with flights, hotels, local transport, changes to the programme of events, support / information from the team management, I need to know.

One person whingeing is an old fart, 100 people whingeing is an outrage. There was no vote with it's feet, but a more especially, with it's money. Combined action is needed to sort this out once and for all. So please write to me at the address below. I want a deluge of details, even trivial [but not, T.S. rarely puts his hand in his pocket, I have known that for forty years]. It all adds to the picture and only then can the lateral thinking begin. I already have a few ideas.

What have you got to lose? I can only try. You can only save money [and aggravation].

Maurice Doogan, 5 Stadium St, London SW10 0PU

Organise Our Team Spirit

The European Championships in Cesenatico were a joy - some superb performances by British vets, and almost flawless organisation by the Italians. I was not concerned however, with any mildly critical comments of the way we organise ourselves, and some suggestions about future meets.

1) Why not get a definitive GB vest? I saw many athletes turning out in at least four different versions, plus several in club outfits, and one idiot running around in a Colombian track suit. The Germans and French look well organised, well turned out teams, but we do not. Let us have one definitive outfit and stick with it!

2) The British team spirit is great, but it tends to be a bit dispersed into clusters. Why not create a GB pitch in the stands, with a damn great Union Jack, where all GB officials and athletes congregate and cheer their heads off? Not every one would wish to be there, but it would provide a place to which we could all gravitate, and at least you would know where to find a British official when you needed one.

3) Newcomers at international championships tend to feel a bit out of it [I did, at my first]. A simple solution, and one designed to foster team spirit, would be to have a British get together on the eve of the meet. Our officials and some of the stars could be introduced, the various procedures outlined, where the GB noticeboard is [which I discovered by accident], and every one could feel that they were part of a team.

4) There are lots of impromptu parties in the evenings, but it would be very jolly to have an official GB party at the end of the meet. For a modest charge we could all break training to come and have a most convivial time. I would help to organise it if asked.

Mike Fox, [the idiot in the Colombian track suit]

Basil Neilson

Along with many readers who knew him, I was saddened by the report in V/A 47 of the death of "Bas", that likeable character who brightened the veteran scene with his ready smile, kind words and humour. A fellow Kiwi, I also came over from New Zealand to witness the Olympics [Helsinki, 1952], and stayed.

Like Basil, I have reluctantly come to accept that my name will be misspelled in programmes, results, etc, even though it is of Scottish origin. He often drew my attention to the Danish origin of his family name. What a shame that Basil Christian Neilson's final tribute has it wrong!

Ian Steedman, Edinburgh

European Championships Physio-Chiro

The administrators of the above treatment had a task of great importance in supporting the GB team, individually and in team events. I ask the question: Why do athletes who have completed their events, or who are not taking any further part in the championships, or others who are not competing, have to "undergo treatment"? It produces an overload in treatment vacancies, giving rise to a feeling of rejection to competitors who wanted hands on care and assurance which was not available, but who could see treatment being given in low priority cases.

Perhaps some thought to our fellow competitor's needs will be given at future venues. I was not a competitive task for help, but I saw feathers being ruffled and harsh words said, which could bring splits in our currently undivided team.

A.A.Meddings, MVAC

Poor Team Selection

I read the report of the Veterans international in Calais in V/A 47 and was pleased to see that those who went enjoyed themselves so much. I only wish that I had been there!

V/A 45 announced this competition and stated that information had been sent to most athletes in the top rankings. There was no specific mention that any one who was interested in competing should contact the organiser. Although I am top in the M50 hammer, I realise that there are several better M40/45 throwers, and I was disappointed, although not surprised, when I received no such information.

I was very surprised, however, when I read the results of the match in "Athletics Weekly". I was not a competitor tasked to help, but I saw feathers being ruffled and harsh words said, which could bring splits in our currently undivided team.

I hope that the organiser of any future matches will be considerably more competent.

Chris Melluish, Cambridge Harriers

BVAF Road Running Scheme

What, if anything, is BVAF now doing to promote the BVAF Road Running Scheme? When launched in 1989, it was well received by runners and race organisers alike, but now is merely encountered, in spite of the obvious benefits that it offers to both.

Is this a symptom of the apparent contraction of BVAF's efforts on behalf of track and field competitors, at the expense of road runners who, I imagine, make up the majority of BVAF membership. Richard Cushmore
GREAT WEST RUN '99

The BVAF Marathon

I am sure that many of us agree with Mike Barnes' article in V/A 47 and wish to see the BVAF Marathon Championship restored to the importance it enjoyed when so ably organised by the Stone Master Marathoners.

However, the marathon boom has long since passed and a veterans only event is unlikely to be financially or logistically feasible, whenever or wherever it might be held. Accordingly, it will have to form part of an existing event, but one which, through its timing and location, attracts maximum support from top-class veterans and adds to the prestige of the event itself. To hold it in the "London" would be a mistake. Championship contenders would be lost among the masses during the race and at the finish, and would be unable to identify those they were competing against.

As many veterans run in the "London" in the spring, an autumn date for our championship is clearly desirable. Regarding location, somewhere south of Manchester and north of London would be in easy reach of the greatest number of potential entrants and this suggests from the present calendar, Manchester itself, Nottingham, Wolverhampton and Abingdon.

I hold no particular brief for any of these and would enter whichever one was nominated for the championship. However, a strong case can be made for the new Wolverhampton Marathon. The inaugural event was held on Sept. 6, with 442 finishing the full marathon and 749 finishing the half marathon with which it was combined. The single lap course was a pleasant mixture of town and country with reasonable roadside support. Slightly undulating and potentially not as fast as London, it should nevertheless produce good times. At 3:05:41 for the first M60, I was less than two minutes slower than my somewhat disappointing London effort. Wolverhampton offers good rail and motorway access.

Richard Cashmere, Sutton Coldfield

Malmo Entries

Entries for the 2nd European Indoor Championships, to be held in Malmo Mar. 4-7 have to be returned to Wendy Dunsford at 12A, Salisbury Road, Grays, Essex RM178Q by Dec. 12. It is hoped this magazine will be distributed by that date so that it can remind members who wish to enter.

The entry booklets did not arrive in this country until mid November, so apologies for the late arrival, but it was certainly no fault of BVAF or any one connected with it. Entries have to be checked by Wendy and arrive in Sweden by Dec. 31 and, with the Christmas post being so busy, it is necessary to close entries by Dec. 12.

Malta Veterans Week End

There is still time to enter for the Malta Veterans Weekend. Entries close on Jan. 12. The organisers have agreed to suggestions to reverse the programme and hold the Track & Field Meeting on the Saturday afternoon and the 10km Road Race on the Sunday morning. The organisers state that they have already received a higher number of entries than last year.

Details of package trips with Belle Air Holidays appeared in the last issue and a Running Tours advert can be found on p. 5 of this issue. An entry form was published on page 4 of the last issue.

Entries and fees and a large SAE to:
GWR, Exeter Harriers, Exeter Arena, Summer Lane, Exeter EX4 8NN

More of Your Letters

Slowing Down With Age

Ref the Agony Aunt's Column, the interesting article in the last issue contained some inconsistencies that could lead to the setting of unrealistic aspirations. I believe the final advice to be sound, i.e. the equating of a 10k time of 42.30 to 42.56 one year later. The additional 26 seconds represent an increase of approx. one per cent in time attributable to the one year of ageing.

For middle of the road runners, a loss of 3-4 seconds per mile per annum can be expected. Elite runners may lose slightly less and slower runners rather more. Over five years, therefore, the middle of the road runner can anticipate a 10k time increase of 1.30 to 2.00. My personal experience indicates, despite many attempts to defeat the effects of ageing [all failed], an increase of 3.3 seconds per mile per annum over distances from 5 miles to half a marathon.

David Newent, Milton Keynes
The El Nino Effect?

I did what all weather forecasters should do. I looked out of the window and I felt my piece of seaweed. I then decided that my trip to Burton On Trent for the British Throwers Pentathlon Championships would be blessed with fine weather. It turned out that way, despite the doom and literal gloom predicted by the experts.

This was a new venue for the championships, with the arena set in pleasant surroundings and plenty of sporting activity going on around us. Despite the nearness of the European Championships the turnout was excellent and entries higher than last year's record. Had there not been a second caged area it could have been a very long job and it was welcome to see the officials, although working hard, taking a common sense and pragmatic approach to the minor imperfections with the second cage.

I was sorry to see that the competition was not as popular with ladies as previously, except in the W50 age group where 59 points

separated Margaret Woodger and Elaine Mee. Mention should be made of Diane Smith's W53 British Record of 3023 points and Eavon Williams' massive W60 total to win both her age group and the trophy for the best female points scorer.

In the men's groups life was very different, and I congratulate Michael Small on his luck yet again, the sole competitor in the M40! I am used to seeing Terry Lalley and Merrick Bousfield slugging it out, but this year they were joined by John Little of Border [I almost said Copeland, a Frendish slip], who beat both of them with a British Record. Mike Hazelwood and Bill Gentleman were again too good for their fellows in the M50 and M55 age groups respectively.

I was fortunate enough to hold off the challenge from John Freebairn and Joe Phillips to retain both the M60 title and the Pamela Carter Memorial trophy for the best male points scorer. Had Jaroslav Hanus not slipped up with the heavy hammer things would have been closer in M65, which was won by John Watson, who beat his own British Record by a handful of points.

It was especially welcome to see Edwin Cheetham, who has a long and standing knee problem, taking on Norman Carter, one of the chief organisers. Norman was just pipped for second place by John Parker, however. Janis Gerecs, is 75 plus and scored 311 points. What more needs to be said? Another superb performance.

Judging by the comments made before and afterwards, a good day was had by all including, hopefully, the officials. It was especially satisfying to see the members of the organising British Trackers Club working so well together, especially Phil and Sheila Owen, Norman Carter and the computer wizard, Malcolm Short.

It was especially welcome to see Duncan Finlayson, who has a triple jump, and I told him not to walk before his record. My advice was that he should not buy any Linford Christie stuff, to avoid hurdling, stick to the triple jump, and I told him not to walk behind me in the Opening Ceremony.

The next letter was from a W53 sprinter who said she was married to a joiner, and was now coached by an ex Dutch discus thrower who had given her some vitamin pills to avoid catching colds. The result had been a six seconds improvement in her 100m time, and, although she now has more places where unwanted hair, she feels that she will easily break the world record and she is worried that she may have to make a speech if she does. I told her not to worry about the speech, but to avoid people in white coats holding a syringe or a bottle, to keep her fingers nails short, and to make a will.

An unusual problem was from a friend who is not sure of his nationality. He was born on a flight over the Atlantic, is Irish on his mother's side and Scottish from his father. A complication is that he gets a strange feeling when he hears "Land Of My Fathers". My advice was that if he wins -call himself British, but if he loses -American.

Another query came from a fellow JP and OAP of NVAC who had entered the M65 HJ, TJ and the 5K TR W. He had given his P.B. and wanted to know if it was OK to assume that after the AGMA, the WAVAG rules and not the IAAF would apply and that the BVAJ would not be BVAJ affiliated Ath.UK. I said "Yes."

If any of you do have problems regarding your entries or training, do not hesitate to write for help. However, could I say in advance that I will not be able to lend you money for the entry fees, and I am not joking.

Hugh Richardson

Below: SVHC President Jim McKinnon with Pat McKinnon and Brian McKay

Scottish Trophy Winners

During this year's Scottish Veterans annual match against the North East Veterans at Wishaw, the men's and women's trophies awarded for the best age graded performances at the SAF National Track and Field Championships at Dumfries were presented by SVHC President Jim McMillan.

The mens Silver Jubilee Trophy was awarded to 47 year old Brian McKay [Lochgelly] for his time of 2:01.36, recorded when losing narrowly to Stornoway's Alastair Dunlop in an exciting tussle on the home stretch in the M40/45 800m. Brian, who reached the final of the European 800m at Cesenatico. finishing the bronze medal by 0.03sec, was given 93.98% for his time at Dumfries, while Alastair's 2:01.22 was worth

More Tongue in Cheek Advice

It appears that my last article on how to prepare for next year's World Championships at Gateshead was a bit short on specific detail and I have been inundated with requests from four people requesting advice on their personal situation and problems. Possibly others could benefit from my responses.

The first came from a Welsh athlete who had been told by his doctor that the drug he had prescribed for a 12 month trial period was likely to have some degree of unpredictability. It seems that the effect of viagra varies from day to day. My advice was that he should not buy any Linfoord Christie style shorts, to avoid hurdling, stick to the triple jump, and I told him not to walk behind me in the Opening Ceremony.

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Trevor Driver

91.99% Sprinters John Ross, 60, 90.80% [200m in 26.40]; Jimmy Bryce, 66, 90.16% [100m in 13.72]; and John Rae, 58, 90.00% [400m in 58.58] were the next highest placed among the male competitors.

To 48 year old Pat McKinnon of Kilbrachan AAC [1979 Scottish Commonwealth Games sprinter Pat Penneycook], went the distinction of being the first recipient of the new SVHC Womens Trap and Field Cup. Pat's 89.42% for her 100m [13.52] and 87.53% 200m [28.07] were the two most meritorious ladies performances at the championships. Also highly placed were Jane Low, 37, 86.60% [400m in 64.63]; Jan Thompson, 38, 82.79% [800m in 2:24.42] and Janet Lyon, 36, 81.84% [100m in 13.49].

Ian Steedman
BVAF OPEN CROSS COUNTRY CHAMPIONSHIPS

at

EARLHAM PARK, NORWICH

Saturday, March 27 1999 [Permit applied for]

Organised by Eastern Veterans Athletic Club
[in conjunction with City of Norwich Athletic Club]

Open to all veterans - Women over 35 years, Men over 40 years of age.

Race One: 5km. Women [all ages] & Men over 70 13.00
Race Two: 10km. Men 50 - 69 13.45
Race Three: 10km. Men 40 - 49 15.00

BVAF Individual Awards to the first three in each five year age group.
BVAF Team awards to the first three teams M40-49 [4 to count]
M50-59: M60-69: W35-44: W45+ [3 to count]
BVAF Championship competitors in M60-69 and W45+ groups who wish to count for M50-59 and W35 teams instead of their own, must declare on entry the form.

ENTRY FEES: 
Member of veteran club: £4.00
All other competitors: £6.00

Non Veteran Club athletes are required to send proof of age. Please send a photocopy of Birth Certificate, Passport or Driving Licence.

Send completed entry form with cheque/postal order and an A5 envelope with a 31p stamp to:
BVAF X-Country Championships, 7 Nutfield Close, Norwich, Norfolk, NR4 6PF

Closing Date March 20th 1999. NO ENTRIES ACCEPTED AFTER THIS DATE
Absolutely no entries on the day.

BVAF Open Cross Country Championships 1999 Entry Form

I wish to be entered for the BVAF Cross Country Championships on 27th March 1999. I agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in this event.

FIRST NAME[S] ____________________ SURNAME ____________________
Age on 27-3-1999 ____________________ Date of Birth ____________________
Gender ____________________ Age Group ____________________
ADDRESS ____________________
Post Code ____________________
HOME TELEPHONE NO ____________________ ACCOMMODATION DETAILS Yes / No

FIRST CLAIM BAF ATHLETIC CLUB ____________________
BVAF CLUB [if different] ____________________ MEMB. No. ____________________

YOUNGER TEAM DECLARATION M50-59 W35-44
I enclose a race fee of £ ____________________

I confirm that the details above are correct
SIGNED ____________________ DATE ____________________

Entry form must be accompanied by an A5 SAE envelope [31p stamp]
The world records are out of date as I have been unable to obtain recent dates from Peter Mundy, Chairman of the WAVA Records Committee. It is known that some of the European records achieved by GB athletes are incorrect. I am attempting to rectify this. D. Burton, Chairman, BVAF Records Committee.

UK European Records [at 31/8/98]

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Veteran Athletics

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<th>Event</th>
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<th>Time</th>
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<tr>
<td>Shot</td>
<td>M Wixey</td>
<td>6.37</td>
</tr>
<tr>
<td>Long J</td>
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<tr>
<td>Triple J</td>
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<tr>
<td>Pole Vault</td>
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Autumn 1998

Veteran Athletics

WORLD, EUROPEAN & BRITISH INDOOR RECORDS

The world records are out of date as I have been unable to obtain recent dates from Peter Mundy, Chairman of the WAVA Records Committee. It is known that some of the European records achieved by GB athletes are incorrect. I am attempting to rectify this. D. Burton, Chairman, BVAF Records Committee.
John Ross: Multi Eventer Supreme

"Ross is Super at 60" and "Ross in 60’s Hit Parade" screamed the headlines in Edinburgh’s 'Evening News', as the ecstatic reporter wrote. John Ross has dominated every multi event he has taken part in this season. He has not only beaten all of his M60 age group rivals but he has outsprinted, on the WAVA age graded tables, every other competitor, irrespective of age, in two decathlons [SAF and BVAF] and two pentathlons [BVAF and EVAA].

In Glasgow on May 2-3 he took the SAF Veterans decathlon with 7582 points, ranking him 4th on the world all time M60 list behind those three American Olympian “giants” of yesteryear Mulkey, Morecom and Warmerdam. In the BVAF pentathlon at Solihull on August 9th, he amassed 3823 points for a British Record, 629 better than his M55 age group rivals but he has outscored, on the WAVA age graded tables, every other competitor, irrespective of age, in two decathlons [SAF and BVAF] and two pentathlons [BVAF and EVAA].

On September 14 at Bellaria, the European pentathlon brought out the best in John’s ferocious competitive temperament! He was off the pace, as they say, after a mediocre long jump into the wind in 27.10 [853 pts]. At last in with a real medal chance, he threw the discuss 32.82m, disappointing for him as his great rival the German Werner Schallau was heading for the gold after a 40 metres plus throw. Ross ran the decisive 1500m as if his life depended on it, destroying hopes of the other 27 competitors with a superb solo run in 5:13.73 [863 pts] to overtake the hapless Schallau, who collapsed at the finish. John’s total of 3947 won the coveted gold, with Schallau the silver on 3848. Ross’s winning total was more than any other European champion from M40 to M80! As the Edinburgh sports reporter so aptly said: “John Ross now targets the magical 4000 points after being crowned European veteran pentathlon king”. His big chance may well come at the Pan-American Masters in Barbados in November.

Ian Steedman

The Nike Masters Games

Throwers Jenny Earle [W35] and Margery Swinton [W55] took part in the Nike World Masters Games in Eugene, Oregon, in August. This is the site of the famous Hayward Track, part of the University of Oregon, and is used for US Trials and countless large meetings. As throwers, the bonus for us had to be the throwing circles, which were good and fast. Within the main area there were two shot circles and one discus circle. The main hammer circle adjoined the track in one of three warm up fields. The lighting equipment was efficient and most helpful. Equipment was in good condition and competition implements were new. The discus and javelins were American made and felt different, although very comfortable.

The W55 age group was the largest group of all. Of course the war time / post war baby boom! Competitors were mainly American, with some Lithuanian, Canadian, Russian, Australian and Indonesian throwers. The dry heat made training and competing a pleasure, although plenty of fluids were needed. All of the events went well for me, some of [4.54m], but hit back with a superb 44.19m javelin throw for 893 pts and a blistering 200m into the wind in 27.10 [853 pts]. At last in with a real medal chance, he threw the discus 32.82m, disappointing for him as his great rival the German Werner Schallau was heading for the gold after a 40metres plus throw. Ross ran the decisive 1500m as if his life depended on it, destroying hopes of the other 27 competitors with a superb solo run in 5:13.73 [863 pts] to overtake the hapless Schallau, who collapsed at the finish. John’s total of 3947 won the coveted gold, with Schallau the silver on 3848. Ross’s winning total was more than any other European champion from M40 to M80! As the Edinburgh sports reporter so aptly said: “John Ross now targets the magical 4000 points after being crowned European veteran pentathlon king”. His big chance may well come at the Pan-American Masters in Barbados in November.
The Multi Events Championship

The Championships also included a Great Britain v USA Challenge Match and a warm welcome was given to M55 Tom Thorne, M50-54 L. Dunn, M45 J. Meares and M40 Jeff Watry. Rex Harvey was still recovering from injury and illness and could not compete, but helped with the officiating. We wish Rex a speedy recovery and hope to meet up with him and the other guys in Gateshead in 1999.

The women started the competition, with five entries. Jenny Brown won the W35 with a good all round performance. Jacky Ricketts did likewise at W45 and it was good to see Jacky Charles and Betty Steedman competing again after injury and taking the W55 and W65 titles respectively. Jacky and husband Bruce [5th in M55] had a rushed second day in order to get away to see their first grandchild. Bruce somehow managed to keep his concentration in the hurdles, despite loud calls of grandad as he came out of the blocks.

However, congratulations to both of them.

In the decathlon, the USA athletes were paired with GB athletes who were expected to make similar scores, in order to make it a closer match. Had it not been for Jim Shoemaker’s injury things could have been a lot closer. Tom Thorne [USA] won the M55 but it was Jim who missed his grandfather to be in the vault before he could shake off Brian Loten and then open up a cushion of 300 points.

Ty Lewis took the lead after the first event at M45 and never lost it, increasing the gap over Kelly Meares [USA] as the event progressed. Tim Wall and Jeff Watry [USA] had the closest contest. Although Tim held the lead until the discus he fell behind during the pole vault and so it stayed that way until the 1500m. Tim ran a stormer to win in 4:35.02 and improved on his 1997 score by nearly 200 points.

Ian Steedman won the M70’s. In the M65’s, Gordon Daborn and Jim Day extended their lead throughout both days, with only two points separating them after the ninth event, the javelin. Gordon then won the 1500m and the title.

I have saved the best until last. John Ross won the M60’s, topping the 7000 point barrier, which is accepted as being world class. He also earned the trophy for best overall performance of the week-end. The match was won for the second time in a row by GB, 23177 points to 20987.

The second day was spoilt by very heavy rain, which lasted almost for the full duration [four hours] of the decathlon pole vault. However, the competition went well, benefiting from electric timing. Ian Thomas,ably assisted by Winston Thomas, did the scoring and the Sheffield officials once again did a great job.

I do not yet know the date of the 1999 Championships. However, they are likely to be in mid September to suit recovery from the World Championships in Gateshead. As soon as I know I will put the date and venue in V/A and in the veteran’s column in Athletics Weekly.

John Charlton
Northem

Our annual 10k road event over the out and back course at Llanfyllin on Sunday evening, saw a watery and blustery day. Eddie Shaw led the 57 strong field home in 34:10, with East Cheshire clubmate Paul Sinnott having one of his best runs, only 28 seconds behind. Eddie’s brother, Bill, Middleton H. is enjoying a new lease of life since becoming a vet, finishing in 35:21. Altrincham’s Ken Burgess [M55] showed that age is no deterrent by running the 9 miles to the venue as a warm up, finishing 5th in the race, and then using the return run home as a warm down - a total of 25 miles. All good training for his forthcoming Snowdonia Marathon.

In the women’s race Sue Claxton showed that she has lost none of her talent due to parenthood, running the excellent time of 40:11, and finishing about 7 minutes clear of her closest rival Pam Golder.

Membership Secretary John Linley has been planning and keeping in style, and another climb gave the runners another climb, as they perked up on the side of Llangollen. The first big climb of 500 feet to the top of Moel y Gamelin saw the leaders walking, before a broad, stony path led to a final, long, grassy descent to the Ponderosa Cafe finish, where the prizegiving took place. The first senior men’s entry was New Griffiths [Spectruman], with Eryri’s Victoria Musgrove having an excellent run to finish 4th overall and first W40. M60 NVAC member was M50 runner Nev.Griffiths [Specruman], with Eryri’s Victoria Musgrove having an excellent run to finish 4th overall and first W40. M60 NVAC member was M50 runner Nev.Griffiths [Specruman], with Eryri’s Victoria Musgrove having an excellent run to finish 4th overall and first W40. M60 NVAC member was M50 runner Nev.Griffiths [Specruman], with Eryri’s Victoria Musgrove having an excellent run to finish 4th overall and first W40. 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Veteran Athletics

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Operation, but is somewhat pessimistic on a return to athletic fitness.

Joeqlyn Ross's problems have been of a pulmonary nature, exacerbated by an operation that went awry. She did get to Crammell on an 80m hurdles, but has suffered from a cycling mishap. No bones broken, however, and she hopes to compete again, probably after the cross country season.

Josie Waller, recovering from a cardiac arrest, was told to make a choice between retiring or taking chance. Being Josie, she chose the latter, to her ultimate cost. Although the local hospital continue to carry out further tests, a bypass has been temporarily ruled out. She is, however, hoping that recent laser work on an unusual back problem will subside sufficiently for consideration. Meanwhile, she is taking plenty of long walks, indulging in country dancing and carrying on her twin duties of Road Secretary for Teignbridge Trotters and organiser of the BVAF 300+ Club.

Rain following a very wet period made conditions the worst in memory at the last VAC cross country, yet members went through the deep puddles in style. The M40 vets were, for once, right up front with 10 in the first 12, as Mark Watling won his second race emphatically. The next three, Steve Smythe, new member Kevin Jennings and Mike Nouch had a battle of the top of the hill for 3rd spot.

The Women's Open one lap was run concurrently because of the conditions. Splitting from the men after the white gate, a marshal could just be made out through the downpour, Josie Helferack looked to have the edge, but challenger Maggie Statham produced the better speed on the flat to win by 8 seconds. Jane Davies, now in the 50 class, was third in a well competed race.

At Lea Valley Circuit on the VAC 5k day, rain fell on the walk and, later, the strong winds made the run struggle. A large field of 31, with Essex League, raced the walk and set four CBP's. Steve Allen of Ilford won readily in 24:47, a CBP from his clubmate Steve Utley. Carl Lawson [Belgrave] was 3rd vet and 1st 50 as another Ilford, David Kates, took the 45 gold. Pam Phillips, still Ilford, was 1st woman of six, 32:12, from Mary Worth, 33:06 [CBP], bringing long distance to 70 class.

London Irish's Gerry Staunton, open, was challenged in the run by Stu Littlewood until, sensationally, the athlete of 35 years, Steve Allen, came through for 2nd place and club 1st in the run, with 17:35 in a strong headwind. Liam O'Hare and Maurice Duggan took the 50 and 55 gold but a new name winning the 60's was Reg Haines of Woodford, one of the supporting clubs in a tight fixture period, along with Hertfordshire Athletics club.

VAC vets did well in the first Surrey League matches. The men, now in Div 2, were 12 strong and placed 6 of 9 over windy Epson Downs. Mark Watling, the race 3rd, was our equal highest placing for 300+ members.

The opening cross country drew fresh blood in the person of Mark Watling of Blackheath. After Ken Dan- isel had shown him the way, Watling won in 26:10, from a field of 55. Chris Chataway was in good shape for 1st 65, while a week later another who was a competitor in the Bannister era, Charlie Walker [Belgrave], was elected President of the Veterans AC.

The club's vote for President of the new Athletics UK, after debate in committee and support for Mike Turner and Eddie Kullundius, was finally for David Homery. At Surrey County, members Eric Thomas and Marilyn Clarke won the Vet champs over spacious Richmond Park easily. Thomas was pursued by VAC champ Mike Waine and Barry Attwell, while Charlie Dickinson, 5th, won the 50's easily. Jeremy Henning would be the most popular tour and will be a sell out, with the opportunity to visit the royal yacht Britannia and appreciate the luxury experienced by heads of state and royal families. On view will be the honeymoon suite. However, thanks to those who travelled from the north, London and the south, plus a number of EVAC members, there were sufficient runners to hold a triangular four to a side race. As can be seen from the results on page 19, the race was won by our Northern Vet in 7th place.

The field was small, but the quality good. Unlike most of Cambridgeshire the course was not flat, the first four kms being mostly uphill, compensated for a 3k stretch down hill on the return, enough for the winner Alex Rowve to record a personal best.

The date did clash with the Lea Valley Area Track & Field Challenge at Warrington but, when the date was decided it was thought that clubs, who number their membership in hundreds, would be able to find enough to fulfil both fixtures.

Peter Chaplin

Results of Raffle

The raffle went well and we expect a surplus of around £ 3,000, so thanks to all those who entered and to those who donated.


Donations: P Frean, M James, A Dunlop, J Adams, P Card, C Thompson, V Duckworth

Winston Thomas

Gateshead Update

The following tours will be offered:

The Castles: This takes in the castles and market town cities of Northumbria, offering the best of British history and the picturesque villages and towns of Northumberland.

York. One of the most famous historical cities in England with its famed Cathedral, cobbled streets and antique shops.

Beamish: An open air heritage museum, which shows the history and culture of North East England. Well worth a visit, with too many attractions to mention.

Holy Island and Bamburgh: This tour offers the finest castle in the area, together with a trip to the Holy Island of Lindisfarne. The Island is accessed by a causeway and is the birthplace of Christianity, home to St. Cuthbert. This tour offers magnificent coastal scenery with seal and nature islands.

Durham. This city offers a smaller version of York and will probably be offered on a half day basis as it is so close to Newcastle and other centres being used.

Edinburgh, Royal Yacht and Tattoo. This should be the most popular tour and will be a sell out, with the opportunity to visit the royal yacht Britannia and appreciate the luxury experienced by heads of state and royal families. On view will be the honeymoon suite used by Prince Charles and Princess Diana.

The tour will also take in Princes Street for sightseeing and shopping and, in the evening, to the castle for the world famous Tattoo with its marching bands and displays.

A full colour brochure will be available at the end of November. Ron Bell
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**Notes:**
- The results include the top 10 finishers in each event.
- All times are in minutes and seconds.
- The table above represents the top 10 finishers in the 10-Mile race.
- The text above is a summary of the results, focusing on the top performances in each event.
**FIXTURES**

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<tr>
<td>16-17</td>
<td>Malta Vets T &amp; F Sat 16th and 10km Road Sun 17th, entry form V/A 47,</td>
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<tr>
<td>4-7</td>
<td>European Indoor Champs, Malmo, Sweden, see note page 9</td>
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<tr>
<td>May</td>
<td>European Veterans Road Champs, Brugges, 10K &amp; Half Marathon +</td>
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<tr>
<td>June</td>
<td>Road Walks. See note on p.7</td>
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<tr>
<td>29 Jul</td>
<td>World Vets Track and Field Championships, Gateshead. See page 23</td>
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<td>BVAF Open Cross Country Champs, Norwich, entry form p.11</td>
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<td>2 May</td>
<td>BVAF Hal Marathon Champs, inc. in Great West Run, Exeter Arena 10.30 start, entry form p.9</td>
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<td>22 May</td>
<td>BVAF Open Road Relays, Sutton Park, Info from J Walker, 111 Cooks Lane, Kingshurst, Birmingham B37 6NU [details in next issue]</td>
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<td>BVAF Pentathlon, Solihull, Birmingham [entry form in next issue]</td>
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<td>BVAF Track and Field Champs, Meadowbank, Edinburgh, see next issue</td>
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<td>9</td>
<td>BVAF Marathon Champs, incorp. in Wolverhampton Marathon</td>
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<td>1 Oct</td>
<td>BVAF 5Km Road Champs, Annan, Scotland</td>
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<td>NVAC Monthly run, 10K Road, Stockton Heath, Warrington, Noon</td>
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<td>NVAC Cross Country Champs, Leisure Centre, Broadroad, Ashton-under-Lyne, 1st race 1pm. See Newsletter</td>
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<td>Mar</td>
<td>NVAC Monthly run, Oldham. Date to be confirmed</td>
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<td>21 Mar</td>
<td>NVAC 20 miles Road Champs inc. in Rochdale '20'. See Newsletter</td>
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<td>16 Jan</td>
<td>Morpeth 11K</td>
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### MIDLAND

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<th>Date</th>
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<tr>
<td>10 Jan</td>
<td>MVAC Cross Country Champs, Alexander Stadium, Ferry Barr. 11.30am cd 31/12. See newsletter</td>
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<tr>
<td>7 Feb</td>
<td>MVAC Cross Country Handicap, Archbishop Grimshaw School, Kingswood cd 25/1 Info from J Walker</td>
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<tr>
<td>25 Apr</td>
<td>MVAC Road Relay Champs, &amp; AGM, Tamworth. Info from J Walker</td>
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<tr>
<td>18 Apr</td>
<td>MVAC Spring Track and Field Warm Up, Redditch. Info from M Priestman</td>
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<tr>
<td>7 May</td>
<td>MVAC 5K M50-59 race: Race leaders Peter Hyde [512], Harry Matthews [526] and Brian Hilton</td>
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<tr>
<td>7 June</td>
<td>BVAF 5K M50-59 race: Race leaders Peter Hyde [512], Harry Matthews [526] and Brian Hilton</td>
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<tr>
<td>24 Jan</td>
<td>EVAC Cross Country Champs, Arrington, Cambs.</td>
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### SOUTH

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<tbody>
<tr>
<td>19 Dec</td>
<td>VAC 4.8M CC, Camp Road, SW19, HQ Belgrave Hall, Denmark Road, Enter Belgrave Hall. Start 2.30, please note</td>
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<tr>
<td>9 Jan</td>
<td>Surrey Womens League, Richmond Park, 3pm</td>
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<tr>
<td>16 Jan</td>
<td>Surrey Mens League, Div II, Lloyd Park, Croydon, 3pm</td>
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<tr>
<td>23 Jan</td>
<td>VAC CC Champs. Men &amp; Women, Camp Road, 2.30pm. Enter on day</td>
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<tr>
<td>24 Jan</td>
<td>48th Mitnham 25K Road Race. SCVAC Champs &amp; Grand Prix event. Details from P Hichman, 6 Tynes House, Aldrington Road. SW16 1T3</td>
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<tr>
<td>31 Jan</td>
<td>SCVAC Indoor Track &amp; Field Champs, Crystal Palace. First event 1pm. Entries £2.50 per event members, £3.50 per event Guests (no awards). Entries +SAE, Sec. 64 Goddard Ave, Swindon, Wilts, SN1 4HS. cd 16/1</td>
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<td>6 Feb</td>
<td>VAC 4.8M CC, Camp Road, SW19, Belgrave Hall, Denmark Rd. 3pm</td>
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<tr>
<td>20 Feb</td>
<td>SCVAC Cross Country Champs (GP event) Hornden Hill, Perivale 2pm. Entries £2.50 Member, £3.50 Guests (No awards). Entries + SAE to 64 Goddard Ave, Swindon. cd 6/2</td>
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<tr>
<td>27 Feb</td>
<td>Surrey Womens League, Lloyd Park with Croydon H.</td>
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<td>Surrey Mens League, Div II, Venue to be confirmed</td>
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<tr>
<td>10 Jan</td>
<td>SWVAC Stubbington Green 10K, 1000 hrs.</td>
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<tr>
<td>24 Jan</td>
<td>SWVAC Romsey 5 miles, 1100 hrs</td>
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<tr>
<td>14 Mar</td>
<td>SWVAC Eastleigh 10K, 1430 hrs</td>
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<tr>
<td>2 May</td>
<td>Great West Run inc BVAF Half Marathon Champs, Exeter Arena, 1030</td>
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<tr>
<td>20 June</td>
<td>SWVAC Track &amp; Field Champs, Exeter Arena, (Inc AGM) 1000 hrs</td>
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<tr>
<td>12 Dec</td>
<td>SVHC Christmas Handicap, Lochinch</td>
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<tr>
<td>13-14</td>
<td>SAF National Indoors Champs, Kelvin Hall, Glasgow, details see Scottish notes on page 17</td>
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<tr>
<td>27 Feb</td>
<td>SAF National Vets Cross Country Championships, Hawick</td>
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<tr>
<td>21 Mar</td>
<td>Veterans Six Stage Relay, Torrance</td>
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### WALES

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<tr>
<td>3 Jan</td>
<td>WVAV Old Father Tyme 5 miles Road Race Championships. Llandaff Rugby Club, Contact Derek Williams/K Bray</td>
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<tr>
<td>26 Dec</td>
<td>Millenium Relay, Sky Hill, Ramsey, H'capped Event, 09.30 Teams of 4</td>
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<tr>
<td>24 Jan</td>
<td>Island Cross Country Championships, Ramsey, 2pm</td>
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### ISLE OF MAN

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<tr>
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### Book Review: From Sophie to Sonia

From Sophie to Sonia charts the history of women's athletics in Ireland. It is perhaps not generally realised that women's athletics did not become accepted in Ireland until the 1960's and, in fact, before this period was actively discouraged. Talented Irish women had to compete overseas.

The author, Noel Henry, describes the background and the prejudices prevalent at that time and how they were overcome. In-depth articles on Irish women athletes, ranging from Sophie Pierce Evans, the first Irish international athlete, who competed for Great Britain, to the present day greats Catherine McKiernan and Sonia O'Sullivan, make absorbing reading. There are pen and is available from Noel Henry, 61, Rathdovm Park, Greystones, County Wicklow, Ireland.
Gates Still At The Top - Report by Alastair Aitken

The BVAF 5km Road Championships, held at Sutton Park, Birmingham on October 11, attracted a record entry, according to Midland Vets treasurer Colin Simpson. The venue was easy to get to for a large percentage of BVAF members and MVAC deserve a pat on the back for their organisation. The event was blessed with fine weather and the only possible problems on the gently undulating course were a sharp turn soon after the start and some confusing marking tapes.

Nigel Gates, now 45, has shown remarkable consistency as an all round winning veteran performer and took Brighton & Hove to yet another convincing victory. In my opinion Gates's record can only be matched in the M40-49 category over the last 20 years by Taff Davies and Roy Fowler. After one kilometre of the M40-49 event, the leading group of seven was led by 48 year old Tipton battler Mike Hager, together with M40 Rob Wise, who has had such an excellent year on the roads. Tucked in behind was Gates, and also in the bunch were Greg Newhams and Nigel Arnold, the 2nd and 3rd M40's. Wise, the tough tattooed Plymouth runner, led for three quarters of the race, with Hager and Gates close at hand, but then Gates started to motor, quickly gained a 20 metre advantage and increased it slightly by the finish.

It was nice to see Gates winning his race through a head to head contest, as he has won most of his veteran races well ahead of the field! He commented that, as a high profile athlete when becoming a vet, that had been forced on to him. Now he was into another age group he did not feel the pressure to make the race any more. He has achieved a World Best 8:27.7 for 3000m earlier this year.

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The 50-59 race was won by Salford University lecturer Peter Hyde, his third major veteran title this year. The early part of the race was fast and a group of half a dozen broke away. Among them were Alasdair Kean, Harry Matthews of the winning Elswick team, Barry Hilton and Hyde. John Exley, the fastest of Oxford's Southern relay squad, was just adrift of the group. Hyde moved ahead after applying pressure on the hill. Although Matthews chased hard, Hyde never looked like losing in the last mile. Exley came through for fourth. The first over 55 runners were 7th, 8th and 9th overall. They were Martin Ford [Cheltenham], and two former M50 cross country champions Les Presland and Les Davis.

In the over 60's event Steve James appeared to be unbeatable in his age group so far. He achieved a World Best in the summer with a 16:24 5000m. The M65 winner, Gerry Spink [Bingley], like James one of the best juniors in the country at one time, did try to join James for the first 400m in a bid to break Ron Higgs, the man who has been taking M65 titles this year. That move worked for winning team man Spink, as Higgs could not catch him, as hard as he tried. James, however, went forging ahead and appeared to be going well clear, but Fred Gibbs of Bingley moved up and stayed with him for quite a while. James seemed concerned about that, but managed to ease away on the last lap. There was another struggle for the M60 bronze, as Harry Clayton beat Dennis Hayes on the run in.

Woodford Green, without Charlie Crump, were second team. It was interesting to see Dave Chapman, once a respected international steeplechaser, in the team. Leamington's George Phipps, despite a recent leg operation, ran a relaxed race and at the same pace that he likes to run in training, to win the M70.

In the women's event, Havant's Melanie Bailey, who was 35 in March and is coached by her running husband Bill Bailey, won in style, but there were early challenges from runners such as that supreme competitor Pat Gallagher, W50. Then another category winner, W45 Diane Underwood set the pace. At all stages of the race Bailey always had her potential winning pace, and would not be caught. She commented that she could not have done this without her support of great husband Bill.

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Melanie Bailey, Women's race winner

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Melanie Bailey, Women's race winner

Photographs Available
Jeremy Hemming contributes many of the photos which appear in V/A. He has large stocks of photos taken at major veterans events in this country, available at very reasonable prices. Contact at [office] 249, Merton Rd, London SW18 5EB tel/fax 0181 871 9989 or [home] 0181 675 4643.
Veronica Manley has offered to answer readers' questions, give training tips or advice on injury prevention/treatment and nutrition. She has many years experience as a graduate sports teacher (teaching adults), runs her own fitness consultancy business and is a practising private physiotherapist. She is an enthusiastic member of the Eastern Veterans AC. Members' letters will be answered personally and a selection will be used in these columns. Please send queries to the editor, address on page 6. Although Veronica gives her advice free it is suggested that readers who receive advice may wish to make a small donation to the BVAF.

Jenny Crick, at the age of 62, had a bad fall and damaged her knee, which became swollen with large amounts of fluid. Despite surgery, fluid remained and, after starting to train again after a long lay off her other knee became swollen, with pain in calf and thigh.

Patella bursitis/tennisitis is often the result of a blow to the knee or a fall. The bursa, of which there are several within the knee capsule, is a fluid filled sack that serves to lubricate the joint, thereby reducing friction in the surrounding tissues.

When the knee suffers a blow the fluid escapes into the surrounding tissue, producing a swelling called bursitis. This condition may be acute, as in your original accident, or it could also be an overuse/injury caused by repeated compression associated with overuse of the joint. In acute cases the fluid build up can be removed surgically by a syringe, although this is mainly done to rule out the possibility of infection that may have entered the wound.

The fact that full range of movement in the knee is not possible indicates that there is still some fluid on the knee. As you point out, you have compensated for this knee restriction by taking an increased workload on to the good leg and probably affected your running gait and biomechanics. This would predispose you to further injury, as well as stressing the hips and lower spine.

You wanted to train for a marathon, but the injured leg does not stretch properly and your good leg therefore feels the effects of doing twice the work. The obvious answer is to get rid of the fluid in the injured knee, which is not easy. Once a bursa leaks into the surrounding cavities, it is often simply a question of time to reduce the swelling.

Acute traumatic bursitis that you had after the accident, with repeated insult to the knee, led to the more common chronic bursitis. Here the bursal wall thickenings and, when filled with fluid, appears distended. Unlike acute bursitis when the distended bursa becomes filled with a bloody effusion. Inflammation typically develops from friction. This is often seen in runners who are subjected to excessive valgus stress of the knee (knock knee). Women, with a wide pelvis, are particularly at risk. Tight hamstrings and calf muscles can also affect pronation of the foot, resulting in further knee stress. This would explain the pain you have felt in your uninjured leg.

The treatment for bursitis is ice therapy, compressive strapping, anti inflammatories and, most importantly, avoiding activities that irritate the condition. Running will only hamper the natural healing processes. Take advantage of this lay off time to develop a balanced conditioning programme, which is the key to injury prevention. Stretch the hamstring, quadratus, calf muscles and iliotibial band. These muscles contribute to knee stability. Maintain aerobic endurance by cycling and then you can return to your sport once the swelling and pain has subsided, without having lost too much fitness.

Newspaper Support Fund

The supporters listed below have contributed since the last issue. We are grateful for their generosity.

C. Mouldwell, A. Garrett, J. Beswick, L. Tew, M. L. Quinn, Sally Gandee, Mr. Richardson, Marina Hoernecke-Gil

We still need donations to augment income and assist the continued publication of this newspaper. Please send cheques, payable to Veteran Athletics, to Mr. L. Brown, 55 Middle Lane, London, N8 8PE

Donations received after press date will be acknowledged in the next issue.

WAVA 1999 Hotel Accommodation

As many members will be aware, the booking of accommodation at the WAVA Championships follows the normal practice of booking by price band, not by individual hotels. This practice can result in athletes being allocated hotels anywhere in the N.E. of England. Offering British athletes the opportunity to book any hotel on the list would be administratively impossible as, at the time of writing, 33 establishments are being used. To ensure that British athletes are all housed at the same location, receive the best value for money and have the easiest journeys to competition venues, university accommodation has been reserved at Durham and hotel accommodation at Durham and Washington.

Durham: This historical city offers the best access to venues and has the best facilities of the three universities used. The city has excellent eating places and first class training/jogging areas and many attractions and places of interest. As it is a smaller city, the restaurants and pubs are cheaper. Riverside Stadium is only 5-10 minutes away, and Gateshead and Monkton stadiums 20-25 minutes. For those athletes using their own cars, all stadiums are reached by using the A1M. However, the old road between Durham and Chester Le Street may be better for the Riverside Stadium, which will also be the venue for the cross country events. Road walkers have a direct route to Team Valley, easily reached off the A1M.

Washington is just off the A1M and offers a multitude of shops and restaurants, with the historic "Old Town" a tourist attraction. Travel time to Riverside is 5 minutes and the other venues 10-15 minutes.

Both Destinations: When selecting the most suitable accommodation for British athletes careful consideration was given to access to all the venues and the route from hotels and universities. Travelling time will be less from Durham and Washington, irrespective of whether private vehicles or courtesy buses are used. There will be fewer stopping points for buses, and private vehicles can avoid the traffic hold ups in Newcastle centre.

Hotel accommodation is of better quality, as prices charged in Newcastle put them into a higher bracket without always offering better services. Other criteria used in selecting the destinations were the locality attractions and appeal. There are other establishments closer to the competition but the locality lacks appeal. Courtesy buses will be available but private vehicle use will offer the greatest flexibility, with advantages in selecting your own travel times. Buses will collect from certain points and transfer to Gateshead Stadium, where a fleet of buses will transfer on to other competition venues.

Price structure

It may be helpful to explain the accommodation pricing and how they differ from tourist resorts. In resorts, hotels are built and rooms sold to travel companies. If the hotel does not sell, it does not make a profit. The buyer will have a choice of several hotels and hotel owners will discount prices to get the business. If they do not do they do not appear in the travel brochure. If they group together to force up prices, then travel companies will boycott that resort.

However, in the case of major sporting events the situation is totally reversed. Hoteliers often increase their prices, knowing that the demand will be greater than the supply. They will certainly not offer discounts when they know they can sell all available rooms at the full price. Universities also realised that they were cheaper than hotels so they have now increased their prices, as they know they are one of the few establishments that can take large numbers of guests. It is difficult to obtain discounts from hotels when there is a major event in town and we have been fortunate to obtain the rates we have. As a final point it is worth noting that, already, most of the quality accommodation in Gateshead and Newcastle is classed as uninhabitable, or is selling at an increased price, for the dates of the Europa Cup in 2000.

Ron Bell
Northern Vets Retain Bill Taylor Trophy

The Inter-Area track and field meeting - the "Bill Taylor Trophy" brought to a close a busy period for veteran athletes and it was encouraging to see the enthusiasm that was engendered by teams from seven areas.

Hosted by the Northern veterans, the meeting ticked over like clockwork, thanks to the dedication to duty by the large number of northern officials who attended. Some of them were judging for the sixtieth time this season. We even had the luxury of an excess of officials, I believe!

The meeting got off to a sensational start. In the first event, Steve Peters, the multiple gold medalist from the European Championships, stumbled just metres from the tape in the 200m when leading from Viv Oliver and collapsed on the track. In a desperate search for points, Steve dragged himself over the line to finish last and score a point. Nothing daunted, Steve doctorred himself for the grazes he suffered and soon scored another point - by plodding round the 2000m Walk in a new European worst time for the event!

Competition thereafter raged furiously as, urged on by enthusiastic fellow competitors and supporters, the areas vied for leadership.

Below: Tony McDonald, 1500m winner

In the women's events, Lesley Felton won the W35 800m easily. Lynn Mart carried on her long season with a good win at 1500m from Tessa Pike, and then completed the double by scoring over Janice Moorekite in the 5000m. [The announcer apologises humbly for failing to identify Janice correctly during the race and blames the excited crowd dancing in front of his box].

For the Midlands, Nancy Melluish did the double in the W45 800/1500m and Chris Kilkeiny took the 5000m.

The M40 5000m saw Jan Furness win from Alan Dent and Dave Carrington, whilst another stalwart in Harry Matthews had a good victory in the M50 event. Peter Hyde won a good M50 1500m duel with the North East's Jim Bell, who had just dropped down from his recent M50 win in the BVAF Half Marathon.

In the walks, whilst there were wins for two Taylors, evidence of the desperate search for points was exemplified by the sight of Archie Jenkins, Pete Duckers and Chris Mottershead deserting their usual events to tackle Steve Peters. I thought their styles were impeccable -good solid earth shaking strides, and legs locked with rigor mortis at the end! In the women's walks, the two Isle of Man contestants Liz Corrin and Mo Cox showed how it should be done with wins for their small team.

Jan Lawson scored heavily for the Eastern Vets by winning both W45 sprints convincingly and finishing second in the hurdles. Emily McMahon replied by taking the hurdles and high jump for Southern Vets. Caroline Marler, back from globe trotting, picked up valuable points by winning the 400m and placing second in the shot. Wently and Mandy Laiing had high scores for the North in the W35 shot, high jump, javelin, hurdles and long jump. Baby brother Robbie is a team in himself for Liverpool H, but he has some way to go before he reaches veteran ranks, otherwise the North could sit back and relax!

The spirit of this event was epitomised by the sight of Mary Wixey travelling all the way from Devon to pick up points in the javelin for the Midlands. Mary is 75 years young! Other "spots" included the winning of the M40 high jump by Chris Hesketh, son of the great cross country international. His wife Alison also scored in the W35 100m. Wendy Dunsford, our new Entries Co-ordinator, took part in six events for the Southern ladies. Can I say that she scored "heavily"? I have already risked the wrath of her mother for 15 years.

In the M40 sprints, Viv Oliver was denied a double by Eric Smart, but Peter Hackney scored well in both sprints for the North. In the W35 sprints, Wendy Stone tried valiently for a triple but, having won the 100m and 200m, had to give way in the 400m to the runner up from the longer sprint, Alison Brown.

Tony McDonald, another "tired" European competitor, won a thrilling 1500m from Glyn Harvey who is now domiciled in the East, whilst Graham Fulcher won a very good 800m by a whisker from Peter Evans in an excellent field. In the M50 800m, Mike Erith overhauled pacemaker George Eland to complete a South West double.

In the women's events, Lesley Felton won the W35 800m easily. Lynn Marr carried on Murray limping off the track, when leading, due to a pulled muscle, leaving the Midlands to pip the Eastern Vets [sans Peters] by a narrow margin.

The overall women's event was won by Eastern vets and the overall men's by the North. Combining all of the scores, the Northern vets retained the trophy they won at Solihull last year. That great enthusiast Bill Taylor would have heartily approved of the meeting named in his honour.

A few final tributes - to the team managers for getting the teams together [nice to see you, Isle of Man], to Derek Howarth and the Northern vets for staging the meeting, to Edgar and Irene Nichols for their four hour stint collating results and scores. Thank You. Now, where are we next year? Results p.18

Maurice Morrell

World Championships Entries
Barbara Dunsford is now receiving entries for the World Championships at Gateshead July 28 - August 8, 1999. She asks us to point out, however, that some people are not reading the instructions carefully. Already, she has received entries which have not included the WAVA fee of £10.00. This just creates extra work as entries cannot be accepted if the payment is not correct.

The other point is that the £21 fee for a first event only has to be paid once other than for a decathlon/heptathlon or weight pentathlon. If entering, say, a shot put and weight pentathlon, the fee is £21 + £7.

Any one writing to Barbara must send a SAE if they want a reply or if an entry receipt is required. Closing date for the World Championships is in April and all entrants must be members of a BVAF affiliated club. Entry booklets from Gateshead Borough Council, Leisure Services Dept, Civic centre, regent St, Gateshead NE8 1HH. Entries must be returned to Entries Co-ordinator, 71, Hallside Crescent, South Harrow, Middlesex HA2 0QU