Scottish Raiders Take Relay Title

Report by Martin Duff

After the drop in support last year when the event was held at Aldershot, the road relays, which are widely regarded as the BVAF's flagship promotion, were back to full strength. The reason? The event was back at the spiritual home of relay racing - Sutton Park. With the BVAF reminding runners that the year 2000 event would be held in the north, and suggesting that the north includes Scotland and the north east, next year's event could be a pale shadow of this year's extravaganza. The number of teams competing if the event went North of the Border, for example, would surely reach a new low. Consequently, there could be a case to be made for the event to be permanently based at Sutton Park, were it not for the "organisational fatigue" that could set in if the proposal were to be implemented.

Nearly 1000 runners took part this year, with the flagship M40 race finishing 62 teams of eight. The race was led from the end of the fourth leg by Cambuslang, Scottish veterans relay champions on six occasions. Their cosmopolitan line up would be odds on favourites on home territory if the event should go north of Hadrian's Wall, but it could spell the beginning of the end for the event itself.

As it was, there were mutterings about the make up of the winning team. For example, how can Frank Barton run for Cambuslang one day and Keith and District the next, both in open UK Athletics competition? Is there one law for the Scots and ano-

The start of the combined men's over 50 age groups and women's race

Brighton, the title holders, also left their challenge late and relied too much on Nigel Gates after Eddie Barrett could not get fit in time to get in the team. Gates had cracked a rib when falling in training six days before, so in the circumstances his 14:49 was highly creditable. The competitiveness of the event, when compared with Tipton's complete domination of the "big boys" 12 stage at the same venue four weeks earlier, was commendable. Five teams, including Redhill

Our Fiftieth Edition

Yes, this is the fiftieth issue of Veteran Athletics, and the editorial committee decided to mark this special occasion by improving the quality of this edition of the magazine, using more colour and better quality paper. The first issue of Veteran Athletics appeared in June 1987 and was published in A3 newspaper format five times a year, although it was soon reduced to four editions per year. The current A4 magazine format, using colour, first appeared in 1996. We believe that we are going from strength to strength and will consider further improvements as finances allow.

This is, of course, the only magazine published in this country which caters exclusively for veterans. Coincidentally, our fiftieth issue corresponds with the decision by Athletics Weekly to scrap their veterans page, and to concentrate, it seems, on items considered more newsworthy. Surely this is a policy which may well backfire as the number of veterans in the sport is growing whereas the number of younger athletes is declining.
British Veterans On Form In Malmo

Report by Winston Thomas

The Second EVAA Indoor Championships in Malmo from March 3-7 was a big success for Great Britain and Northern Ireland athletes. Team members fared well, especially on the track. The team won 92 medals - 40 gold, 29 silver and 23 bronze.

New to the W35 group was Virginia Mitchell, who, with Lesley Hopkins, took control of the 400m. Lesley was leading for around 250m, when Virginia stepped up a gear and went away to clock 58.07, as Lesley hung on to finish third in 61.03. Hazel Barker won three bronze medals, at 60m hurdles [10.64], high jump [1.45m] and shot [10.43m], whilst Carolyn Brown [4.68m] and Denise Timms [4.65m] had silver and bronze in the long jump. Jenny "I love competing" Brown won the high jump [1.72m], shot put [10.99m] and triple jump [11.16m], and finished second at 600m and 600m hurdles. Following her third in the W40 800m, Carole Smith won the 400m with a well timed run over the last 150m to clock 62.85. Carole Filer held on to take three well earned bronze medals at 60m, 200m and long jump, and Deborah Howard kept it going with silvers in the 800m and 3000m, and bronze at 1500m. My favourite "smiler", Debbie Singleton, won the pole vault with 2.50m.

Janet Lawson made her mark in the W45's with 60m and 200m golds [8.28 and 28.91] and silver in 60m hurdles, whilst Judy Stafford earned a silver in the pole vault and three bronze in the 200m, 400m and triple jump. Vilma Thompson, returning from a spate of injuries, won the shot [10.12m], and was third in the long jump. The W50 group should have been a successful one for Pat Gallagher, who easily won the 3000m in 11:11.34, but then her calf injury flared up again and knocked her out of the rest of the competition. Pat Oakes, making her indoor come back, gained silver in the triple jump, and bronze at 60m hurdles and high jump.

In the W55's we welcomed back Marjorie Hocknell, after several injuries. She won the 200m in 31.22, as Betty Stacey won the 1500m [6:27.59] and was second in the 3000m. In the W60 group Evana Williams put on her spikes to run 9.64 for a silver in the 60m, then achieved her usual win in the shot put [11.97m]. Jill Langford was second in the 3000m walk and Dorothy Fraser third in the long jump. Dorothy McEwan, competing for Ireland, won the pole vault [1.50m] and was third in the shot. Brenda Green gained a 400m gold and a 200m silver in the W65, whilst the W70 gave our team a 1-2 in the 3000m walk, with Beryl Randle winning from Anne Von Bismarck in 18:26.52. The evergreen W75 Mary Wixey had her usual good time, winning the long jump [1.84m], and gaining silvers at 60m and triple jump.

The men's events saw the team cleaning up in the majority of the events they had entered. The competition started with the M40 3000m and Mike Givens won the race by winning convincingly in 8:37.60, with Glyn Harvey in third. This started the trend that continued throughout the championships. Kevin Hurges had a bad start in the 60m and had to settle for bronze in 7.19, still a good time. David Elderfield had silver in the 400m [23.44]. Mike Coker was third in the 600m hurdles. Tony McDonald won the 800m [2:00.65], with Geoff Brewer second. Paul Edwards won the shot put on a very slow dead circle with 16.38m. The M40 400m final, between three British runners and one German, was possibly the best individual track race. Having shown his hand in the heats with a 51.74 run, Germany's Martin Birkle set the pace, stalked by David Elderfield, with Alan Harrison and Tony Mitchell close behind. After 200m it was Birkle, with Elderfield two metres adrift. Again Birkle stretched out, leaving both Harrison and Mitchell, after slow starts, to fight out the third place. Meanwhile, Elderfield held his nerve and with 75m left started to pull back Birkle, then passed him and holding on to a wonderful win in 51.37. Harrison and Mitchell fought all the way with the former just inching ahead.

The M45 group gave the other highlights with Steve Peters wrapping up the 60m and 200m [7.31/23.10]. Viv Oliver was second in the 60m and had to pull out of the 200m. Alasdair Ross won the 400m in 53.38 and there was a real gutsy run from Jack Rutherford, chased on by the team to take third place in 55.82. Phil Mellpatticok, coming back to fitness, broke the British Record in the 60m hurdles, finishing second in 8.86. Leading from gun to tape, the "mean machine" David Wilcock won the 800m in 1:59.60, with Kevin Archer third in 2:04.04. A mention for Bryan McKay in fourth, and Jack Rutherford in sixth - this race was almost a British championships. Then we had the long awaited clash in the 1500m between Wilcock and Nigel Gates. Gates had already won the 3000m in a new European Record 8:45.19, although there was a faster time pending, and so both of them now had one win. From the gun, Gates took the lead with Wilcock a close second. They gradually pulled away from the rest of the field and made it a two horse race. With 200m to go Wilcock took the lead, and went on win in 4:06.59. In the M45 field events we only had one competitor, Edward Thompson, who was third in the pole vault.

The M50 60/200m were fruitless, but Tony Wells took a silver in the 60m and bronze in the 400m. Peter Browne won the 800m in 2:12.60, a race he dominated from the start and never got out of first gear after those trying to catch him all bundled into them selves and lost the chance of ever putting him under any pressure. Bob Care took care of business in the 3000m walk in 13:42.66, nearly a minute ahead of his nearest rival. Who could beat Neal Griffin in the field? As already mentioned, the shot circle was slow and he achieved only a modest [continued on page 3].
BVAF Members Marry in London Marathon

Mike Gambrell and Barbara Coles set what is believed to be a unique record when taking part in this year’s London Marathon. They were married during the race!

Mike and Barbara, from the Croydon area and members of Vets AC, wearing custom made wedding outfits, stepped out of the race at two miles, exchanged vows in Charlton House in Greenwich and then re-joined the race as man and wife. They are marathon fanatics and have run more than 100 marathons between them.

The couple met while on a training trip to Club La Santa in Lanzarote. They became engaged while running in the 1997 Disney Marathon.

BVAF Members in the London Marathon: Mike McGeoch, 7th M45, and Mike Wayne, 714

EVA Indoor Championships
Continued from previous page

14.85m to win, but with so many things going on in this event it was not surprising. Two shots burst, and in the end they had to use a competitor’s shot. Then, to make things worse Axel Henman collapsed, cut his head on the rim of the circle and was taken to hospital, although he was released the following day. This caused a 40 minute hold up, so a win is a win. Brian Gillo finished fourth.

The M55 brought things back to home base with a welcome back to Ian Foster in the 60m, first through the line in 7.81. John Henson took over and wrapped up the 200/400m in 24.84/56.31, whilst Allan Connor and Vic Blanchard took second and third in the 400m to give GB a 1-2-3. Reg Phipps continued his good form, taking the 800/1500m titles in 2:14.78/4:42.20. Vic Smith was runner up in the 1500m after making a real race of the event with Phipps and fourth placed Mike Smith. John Howe won the 60m hurdles in 9.72 and was third in the pole vault on count back in a competition where every one stopped to watch Sweden’s Hans Lagerqvists set a 4.05m World Record.

In M60 Byron Gray got to grips and ran 8.09 to take silver in the 60m, with Colin Field finishing fourth in both the 200/400m. It was left to John Wilson to sort things out in the 800m. This he duly did, winning with ease in 2:26.96 in a well timed race. In the 3000m walk, Brian Gore just walked away with it in 15:12.18, leaving others way behind. Anthony Bateman won the high jump [1.60m.]

Allan Mellett in M65 continued the medals with 8.29 for a silver in the 60m, followed by a 27.68 to win the 200m. Laurie Forster had thirds in the 800m and 1500m, whilst Jim Day picked up silvers in the 60m hurdles and pole vault. The latter event was won by Bob Brown who, after giving the team a few nervous moments at 2.90m, went on to win with 3.20m. With Alf Woods getting injured in the M70 it was left to a not fully fit Dennis Withers to bring home a medal. This he duly provided in the 3000m walk, winning in 18:52.00 and, like his walking compatriots, wearing a gold plated smile. We closed with the relays where our M40 team of Elderfield, Hickey, Burgess and Peters strolled round to take the bronze in 1:34.19. The M50 team won silver and the M60’s won bronze. The latter included walker Brian Gore, who showed that he still has the pace, so all walks judges should beware!

There were many good performances which did not yield medals, particularly by Colin Field, who just missed out in all of his three events. Well done to every team member, to Una Gore for all the team spirit and especially to the Team Manager John (physio, masseur, doctor ?) Mills. Let us have a little more of this in Gateshead, but no BH please. (figure it out).
Another Title For Gates

Report by Martin Duff

First lap leaders, M40-49 race. From left Simon May, Nigel Gates, Andy Weatherill & Bill Foster

The picturesque Earlham Park in Norwich, home of the University of East Anglia, played host to a superbly well organised BVAF Cross Country Championships on March 27, but it was a pity that the events were not so well supported. The calibre of the champions and medallists was top notch, but the fields were disappointingly small. Perhaps the BVAF should adopt a different approach to its premier winter fixture, and follow the lead of the South of England event and arrange block entries through the U.K. club system.

Nigel Gates won again, just a couple of weeks after setting a world M45 3,000 metres best of 3:45.0 in the European Indoor Championships in Malmo. He was never seriously challenged once he had made his move, and it will take an exceptional M40 to end his veteran reign. Eamonn Martin could be that man, but the former London Marathon winner will have to address the vets scene seriously to do it.

Gates, the former World 10k road champion at Toronto, has only a few blips on his CV throughout his M40 years and, now 45, still sees off the challenge of the top M40’s. Going hard from half distance, Gates initially disposed of the challenge of the European vets 10,000 metres bronze medallist Bill Foster, before cruising the last lap. The English vets fell running champion Dave Neill then came through to snatch 2nd place overall and top M40 in the closing stages.

Second to Gates in the M45’s, Mike Girvan was a revelation. He, too, had won gold at 3,000 metres in Malmo, while the last days of his tenure of the M40 group. At Earlham Park he matched Gates stride for stride at the front, before conceding and setting for a close second, ahead of the ever consistent Mike Hager. Wallsend, with three runners in the first ten, had to wait for Tom McPhail in 59th position to seal their team victory in the M40-49 group, but their North Eastern rivals Elswick had no such problems in the M50’s.

The separate over M50 race saw Harry Matthews take the plaudits from his Elswick team mate, Jimmy Bell. Matthews virtually led throughout and Southern silver medallist John Willoughby looked good for silver at one point, but Bell came through to cement the North East triumph. Willoughby took third, ahead of Norman Fairbrass, as just 54 seconds covered the top nine. Matthews, a previous M45 winner, said: “That was for my father, who died last week.”

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Further back, the others had to worry about their own medal placings. Wheeler, the Southern bronze medallist, and Heather Robinson were battling, but Ford made a late charge to snatch second overall, leaving Wheeler to sprint hard for the line to hold off Robinson for W35 gold, as Ford took W45.

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Judy Meeten ran well for a close sixth and W45 silver, ahead of 1998 champion Jill Dean, who looked a little out of sorts on the day. Meanwhile, Felicity Garland came through to just beat the 1997 London Marathon W50 winner Margaret Auerback, as
“The Bradford 10K” & Veterans 10K Race
incorporating the BVAF 10k Championships
under BAF rules. Permit No. 99.3735
Promoted by Bingley Harriers and Athletics Club
11.00am, Sunday, 12th September, 1999

Separate veterans event. A one lap, fast course on good road surfaces. Race Hq at Richard Dunn Sports Centre
Prizes: Extensive prize list and authorised subventions for leading runners and all 5 year age groups
Championship medals for 1st, 2nd and 3rd in all 5 year age groups from W35 for women and M40 for men
[one M90 entry gold medal]. Team medals in 10 year age groups, subject to entries.
Entry fees: Open Race: £5.00 affiliated club members, £6.00 unattached runners.
BVAF Championship: Members £5.00, non BVAF members entering the Championship £7.00

Entries will close on 1st September 1999. No late entries or entries on the day.

Entry Form
Name _________________________ Male □ □ Female □ □
Address _________________________ Post Code ________________
Open Club _________________________ Veteran Club ________ Veteran Club Membership No.
Telephone No _______________ Date of Birth _______________ Age on Race Day _______________

Entries to: Derek Green, Snaithend House, 12 Snaith Wood Drive, Rawdon, Leeds, LS19 6SZ
Please send 9 x 6" SAE for race number and information pack. Details will be sent out late August/early September
I enclose cheque/postal order for £
I understand that the organisers will not be liable for any loss or injury to myself and I agree to abide by BAF Laws
Signature _________________________ Date ________________

BVAF Open 5k Road Race Championships
Promoted by Annan & District Athletic Club
Sunday 10th October 1999 at Annan Academy, Annan
Under B.A.F. Permit Rules & S.A.F. Permit Event

Provisional Timetable: 1.00pm W35+ and M60+: 1.30pm M50/55: 2.00pm M40/45: 3.30pm Awards
Facilities with parking, full changing, refreshments on sale and spectator provision.

BVAF Championship Medals: Individuals all 5 year age groups.
Teams: M40-M49 and M50-M59 [4 to score]: M60+ [3 to score]; W35-W44 and W45+ [3 to score].
Important Note: Teams are scored by open club, NOT VETERAN CLUB [unless all runners are 1st claim members
only to their veteran club].
Team declarations will be accepted on the day [but will close at 12.45 prompt]. Please try to pre entry team names
Entry Fees: BVAF members £4.00; Non affiliated and unattached £6.00
Entries close: 10th September 1999. No late entries will be accepted.
Entries to: Mr John Birkett, 17 Dykes Avenue, Annan, Dumfrieshire, DG12 5EL

Name _________________________ Open Club ______________
Address _________________________ Area Veteran Club ________ Veteran Number ____________
Male □ □ Female □ □ Post Code ________________
Date of Birth ________ / ____ /19 Age on Day of Race ________ Telephone Number ________________

Team Declarations if known:
Name 1 Age Name 2 Age
Name 3 Age Name 4 Age
I enclose cheque / PO payable to A.D.A.C. for £ _______and 9 x 6 SAE for numbers, travel and accommodation details.
I understand that the organisers of this event will not be responsible for any loss or injury to myself and I agree to abide by
BAF. Laws. Signed _________________________


**Veteran Athletics Spring 1999**

**Track and Field Notes**

The team for the Interland International in Holland in June proved to be even harder to select this year, as most of the athletes in line for selection wanted to travel. To those who missed out I send my condolences, but you may get another chance next year. I hope we will do well and a report will be in the next issue.

The main event this year is Gateshead. I have taken a page in this magazine to acquaint you all with the general guide lines for Drug Testing. Please copy or tear out and keep the information for use now and in the future. Should you be called for testing you are able to take a companion with you. Should you be taking anything that may be on the banned lists, including inhalers, make sure that you have a letter from two doctors, describing the said item, medication etc, the dosage and any other relevant information.

**Team management.** John Mills will be the team Manager, assisted by several others including Maurice Morrell, Henry Morrison, Bob Sexton and Ron Franklin. Hopefully, the majority of the team will be housed at the Durham University, which will be one of the main areas of information. We hope that a central information area will be at the main stadium in Gateshead, with other information areas at the other stadiums. For the Championships there are 4 main points to remember:

1. It is important for those competing to note that they have to go to Gateshead Stadium to collect their competition information.

2. After collecting the information the contents and take notice of the enclosed documents.

3. For competing you have to sign in and declare your intention to compete in an event, so make sure that you note at which stadium, and when you have to sign in. This is your declaration of intent to compete. Miss this and you will not be able to compete in the event.

4. For future rounds in the track events take notice on whether you have to sign again or at and what time you have to report for the event (generally you do not have to sign again, but arrive for the following round at the time stated before the event, perhaps 15 minutes).

It is hoped that we will have the chance to march with the bulk of the team, IN TEAM UNIFORM (BVAF Track Suits), at the opening ceremony. After this, I hope that we can meet in various places and give each other support and help.

**Medical.** We have our own medical team, and members who have paid for this have their cards. Make sure you have the card with you when you go for treatment. It is important that we do not abuse the treatment system. It is not there to cure all ills, and treatment will be regulated.

Finally, we will have a BVAF stand with some goods for sale, and should Bourne Sports not be present, kit may be purchased from BVAF stand. There will also be a raffle with many prizes, including a flight to Brisbane for 2001. **Have a Good Championships and Give it Your Best.**

Winston Thomas, T & F Secretary
Spring 1999

From the Chairman

I am now extremely busy in the run up to the World Championships at Gateshead, but I was able to attend the second largest veteran competition of the year. The Road Relays. This event is reported on page 1 but I would like to highlight the top class organisation by the Midland Veterans AC and officials. There were 225 teams entered and around 2,000 names in the programme. This is roughly the same number that make up the GB entry at Gateshead, and it appears, therefore, that many of our road and cross country runners have declined to take part in the World Championships. The cost of entry is probably a factor, but there was little we could do about this, as the fees have to be agreed with WAVA and are comparable to previous championships. We did try to persuade WAVA Executive to accept a much lower fee for people entering the marathon only, but as they had been criticised for allowing this at Miyazaki, they felt unable to agree to this.

Other than Miyazaki, where the Japanese government sponsored an enormous domestic entry, we have a larger entry than any previous World Championships. The final total will be around 6,000, which will make these championships the largest international event ever staged in the U.K. I was expecting between 8 - 10,000, as there was enthusiastic support from a number of countries.

The largest non domestic entry is usually from Germany and their entry numbers 667, which shows a 36% increase over Durban, two years ago. The next largest is U.S.A. with 550 [+62%] and Australia has 235 [+60%], figures which suggest that my forecast was not far out. The problems in the Balkans have, no doubt, reduced entries from Eastern Europe e.g. I know that entries from Slovenia are down from 40 to 26. The high value of the pound against most European currencies will also be a deterrent.

Quality is, I believe, higher than ever. Although I like to see as many as possible taking part, there will be some stupendous top level competition which should be a treat to watch. A large number of world record holders have entered [details in Jack Fitzgerald’s article on page 14]. British athletes who have performed well in previous championships are well known to readers, but I can add some names who are new to the world stage, such as Keith Anderson, Mike McLeod, Julian Goater, Walter Wilkinson and Paul Edwards, all likely contenders for a world title. David Hemery will, after all, not be competing as he is working abroad at that time.

Mention of David Hemery may raise the question of what is happening with our discussions with UK Athletics. As I can say at present is “Not a lot!”. I have continued to

Secretary's Report

Bridget Cushen

The BVAF Annual General Meeting will be held on the evening of Saturday 17th July, the meeting room at Meadowbank, Edinburgh, immediately after the day’s competition in the stadium. All members are entitled to attend and vote. This year will be of particular interest. Firstly, we will welcome some delegates from overseas to the meeting. Secondly, two important issues will be on the agenda at Edinburgh and at Gateshead.

The World Association of Veteran Athletes Council – the sports governing body, is proposing to change “Veteran” to “Master”. WAVA would become WAMA. The main reason is that Championship organising committees find it extremely difficult to obtain sponsorship because of the widespread misunderstanding of “veteran” being analogous with war veteran.

The other issue to discuss is relations with the International Masters Games Association [IMG/A], organisers of the multi sports World Masters Games. The first of these Games were financial and organisational disasters, following a very successful international PR promotion campaign. The consequences reverberated throughout veteran sport and seriously affected WAVA’s ability to obtain TV coverage or sponsorship for their Championship for some years. The Masters Games held in Eugene last year were more successful, but track and field entries did not reach expectations. About 25 other sports are included. WAVA have proposed running the athletics part, similar to IAAF’s role in the Olympics.

Join up with them or go it alone? Stay “veteran” or become “master”? This is your opportunity to attend and instruct the five British delegates to the WAVA General Assembly on which way you want them to vote.

Entry forms for the 20th Commemorative Japan International Masters Athletic Championships, Kumamoto, 20-23 November 1999, are now available. Entry through national governing body [BVAF] only. All track and field events, plus a 10km road and half marathon, are programmed. A letter has been sent to the annual Multi 10k road race organiser suggesting a safer route, following complaints from some British competitors.

As the women’s javelin has been changed [the centre of gravity is now 3cm closer to the tip], the IAAF Technical Committee is recommending a new javelin to be used to the present world heptathlon record. They are also recommending a change to the present scoring table, in order to slightly increase the points and give a fair opportunity to athletes to break the record with the new javelin. IAAF technical experts are reviewing current javelin scoring tables. Interestingly, when the men’s javelin was changed in 1986, the average loss of distance for the best one hundred throwers was more than 7 metres.

I was invited by the International Athletic...
Welcome From The North East

On behalf of all in the North East, I would like to endorse all that was written by Keith Whitaker and Ron Bell in the last issue of this newsletter concerning the forthcoming World Championships. All competitors, from whichever part of the world, can be assured of a warm welcome. Besides the main languages of French, German and Spanish, interpreters for another 15 or so languages have been found, so every one should be catered for. I would make one comment on Ron Bell’s statement about translating “Geordie” into English. This is true, coming from a lapsed “Geordie” himself.

Although many officials from this area are taking part, we also have many from south of the Mason - Darlington line, so perhaps the translation problem may not be as bad as envisaged. Just in case, however, I list a few examples of “Geordiespeak”.

1] “Tak yer gargies off!” - Please remove your track suits.
2] “On yer honkers” - To your marks.
3] “Wr’s next to hoy the baal” - No 23 in the shot circle please.
4] “Hoyawchuck the spair” - The javelin is about to start.
6] “Watch out for the clarts” - The course is muddy in places.

There are, of course, many more but I am sure that after a few days or so many will have got the hang of it and will be using some “Geordie” into their conversation. One last word of warning! When out socialising, be careful not to order either a “pint of broon” or “a snakebite”. These are our two most potent ales and can leave one with the mother of hangovers. They are not conducive to athletic competition. I am sure that all who come here will have the best of times and I leave you with the old Celtic greeting: “Caile Melle Failte” [a hundred thousand welcomes]”. Howay the lads and lassies!

Richard Balding, President, NEVAC

From the Chairman

[continued from page 7]

at 8.00pm on July 28 for all who wish to attend. This will be at the Stadium as the most convenient place for the majority and will be a general introduction, plus an opportunity to meet up with other team members and clear up any enquiries. During the championships a place will be allocated at each venue and numbers board will be based. You have queries or problems, approach the Team Manager. They may not know all of the answers but they will do their best to help.

Finally, I hope you have all got the approved British veterans strip. Due to past changes our members have a wide variety of vests, but it would be nice to see us looking like a team. It is mandatory for team events such as relays, but it is much easier to cheer on British competitors even if you do not know them, if they are wearing British vests.

Keith M. Whitaker

Thanks from Barbara

Dear Veteran Athletes,

Thank you for your support with my treatment. The signs from the first lot of treatment are good. I am feeling more human than I have felt in many a year. The second treatment is in June and Continental Airlines is giving me a free flight, which will help out with costs.

We do not know how long I will need treatment, before I may go on remission, but I have to have the treatment every three months for the time being, so I am grateful for any support you can give me. I want to thank Pat Oakes and Jim Day for setting the trust fund up and running it. To the following who have already given, THANK YOU.


Barbara J.Dunsford, Junior

Ted Isaacs

Ted Isaacs, a leading member of the Wirral AC team that won National veterans cross country titles over the years, died on May 7. He had fought cancer of the prostate for three and a half years.

Individually, Ted won the BVAF 5000 metres title in the M50 age group at Corby in 1987, and twice recorded the fastest lap in the BVAF Relay Championships. In 1988 and 1989 he finished third M50 in the BVAF Cross Country Championships. He represented Wirral at the inaugural Cross Country International at Wrexham in 1989. As a member of the Northern Veterans A.C, Ted Isaacs won numerous events over the years, but it is as a clubman “par excellence” that he will be remembered. When Ted was on song, Wirral always had their tails in the air.

Maurice Morrell

Prize Draw

The prize draw gives support to the paper. Why not join in? Each month there is an overall £125 prize 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, Josie Waller, 26 Westwood Road, East Oggwell, Newton Abbot, Devon TQ12 6YB. The sooner you do it the sooner you will get in on the draw. These are the recent winners:


YOUR LETTERS

The Letters columns of Veteran Athletics are 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 cut for space reasons. They should be addressed to The Editor, Veteran Athletics, 154, Knightlow Road, Harborne, Birmingham B17 9QA

Praise for BVAF

I would like to compliment BVAF on their excellent care of officials at the Indoor Championships at the NIA in Birmingham. A full meal was arranged with the cafeteria, and sandwiches of your choice could be produced for those who did not have enough time for a break. Drinks were brought to officials where they were working [even if it did take some time to find out how to reach photofinish]! Well done the organisation.

Additionally, can I praise Winston Thomas for his dedication and hard work? Winston spent a whole day at the Midland Open Indoor Championships going round all the competition and organisational sites, asking questions so that he could note good practice, as well as problems. This preparation enabled our championships to run smoothly. Thank you.

Jeanne Coker

Records Out of Date

In the V/A 49 the time of 1:44.02 set by Walton A.C. for the men’s 4 x 200m at the BVAF Indoors was shown as a World Record.

I wish to point out that this time has been bettered a number of times by various UK clubs, the fastest being by my club Royal Sutton Coldfield at the BVAF Indoors at Cosford in 1986. The team was Barry Moulton, Arthur Orr, John Topliss, and Ron Taylor. At the time it was a club world record, but I believe that it has been beaten by one of the U.S.A. area teams since. In 1985 we also set a 4 x 100m club world indoor record at Cosford with a time of 48.1. The line up on that occasion was Trevor Brown, Barry Moulton, John Topliss and Ron Taylor.

John Topliss

Newspaper Support Fund

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

Tony Rawlinson, Joe Gough, Ron Hopcroft, Ursula Duckworth

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.

Holiday Home for Champs

Holiday home, three bedrooms, in historic town of Berwick Upon Tweed. Most dates available, including World Championships period. £250 per week. Details 01905 764761
More from Trevor Driver

Recently, I was notified by Leeds Medical School that I had been put forward as a volunteer for medical research into athletic activities for the elderly. Wondering who might have done the volunteering for me and putting aside unworthy thoughts that there could be mischievous intent from any one [I wondered about a Welsh triple jumper who is jealous of my good looks], I decided, as much out of curiosity as of an altruistic motive, to attend the clinic.

Initially, it was medical history time and I was faced by the very man himself, the professor of physiology. Not for the first time my parentage was questioned and then he said, “What about sex?” Humourously, I asked him to jog my memory, but he just looked at me. “Waterworks alright” was the next question, and although I nodded he said, “Never mind, we will have a look later.” Questionnaire completed, I awaited the physical examination. I was asked if I minded a few students looking in and I readily agreed. “All for a good cause”, I thought, and was confident that they would be impressed with my youthful body. About 20 female students appeared and I was introduced as a veteran athlete who would assist in the understanding of the ageing process.

“I think he competes in the truss hurling contest or tossing the incontinence bag”, said the professor. Howls of laughter from the students! “(Remove your trousers, please, Mr. Driver, and let us have a look at this wonder body. Yes, everything, unless you have anything to hide.)” Howls of laughter from the female students! It is hard to describe what it is like when faced with a group of young ladies looking at you, giggling, and dangling their little fringes.

“Will you jump up and down, please, and then we will listen to your ticker”? Have you ever tried to do that naked? Twenty cold stethoscopes later the professor said: “Did you hear it?” and they all nodded. “Will you roll on your side, please?” Now I know that they all wore gloves, but 20 fingers later the professor said: “Did you feel it?” and they all nodded. “Now, I will just squirt some local anaesthetic into your old friend so that we can put a camera in.” I must say that it felt as though they had put the tripod in as well, but 20 pairs of eyes later the professor said: “Did you see it?” Nods all round!

By now my hopes and aspirations of even competing at Gateshead were disappearing rapidly. The wheelchair beckoned. Then, suddenly, the professor said: “Thank you, Mr. Driver; for this preliminary examination. We hope you will join with others as volunteers during the forthcoming World Championships. Today was just a get to know you. Thank you for your co-operation. Oh! by the way, our mutual friends - Sean, Joe, Snowy and Tony - send their regards”.

THE CARVER WOLVERHAMPTON MARATHON & HALF MARATHON
and STAFFORDSHIRE MARATHON CHAMPIONSHIP

WEST PARK, WOLVERHAMPTON,
SEPTEMBER 5th, 1999 at 10.30a.m

Certified, accurate figure of eight course through town centre and open country: Superb prizes in open events: Excellent facilities: Tented village: Family entertainment.

All proceeds, less expenses, in aid of St. John’s Ambulance new headquarters and other local charities.

BVAF medals awarded in all 5 year age groups. BVAF Team medals to first three teams as follows: M40-49 & M50-59 [4 to score]; M60+ [3 to score]; W35-44 [3 to score]; W45+ [3 to score].

Entry Fees: Carver & Staffs Marathon £12.00 affiliated. £13.00 unaffiliated: Half Marathon £11.00 affiliated. £12.00 unaffiliated BVAF members: £12.00 Veterans not affiliated to BVAF and wishing to enter BVAF Championship £14.00

Entries close for Championship events on 28th August 1999. No late entries for Championship events.

Surname ______________________________ First Names ______________________________
Address ______________________________ County ______________________________ Post Code ______________________________
Telephone [incl. STD] __________________ Affiliated Club ______________________________
Date of Birth __________________ Age on Race Day __________________ Sex __________________
BVAF Club __________________ Membership No. __________________

I hereby declare that I am an amateur according to the eligibility rules of the B.A.F. or Athletic U.K. and I am medically fit to run and will do so at my own risk and agree not to hold the organisers responsible in any way for any injury, accident, action, claim, costs or expenses which may arise in consequence from my participation in the event.

Signed ______________________________ Date __________________

Please send completed entry form, together with a cheque or P.O. and a large SAE to: Marathon Office, Littles Lane, St Patrick’s, Wolverhampton, WV1 1JY. Cheques made payable to Carver Wolverhampton Marathon.
World Championships Quiz compiled by Ian Steedman

As the countdown to Gateshead begins, this set of questions is intended to refresh your memories of some of the people, events and places associated with the 12 previous WAVA Championships, which began in 1975. Answers on page 22.

1] This year’s biennial WAVA Championships will be the 13th. Can you name the venues of the other 12 in order?
2] In which cities, and the year, were the following stadia used for the championships? Stotsskogsvallen; Paavo Nurmi Stadium; Haywood Field; Queen Elizabeth 11 Stadium; Etobicoke Centennial Stadium; Olympic Park.
3] Where were the championships officially opened by their Imperial Highnesses Prince and Princess?
4] At which venues were the decathlon, heptathlon and weight pentathlon officially recognised as WAVA championship events?
5] With six gold medallists, the 800m was Britain’s most successful track event in 1997. Who were our two lap winners?
6] In only one event in 1997 did the British achieve a gold - silver - bronze medal result. Which event, and who were the athletes?
7] Can you name the three Britons who achieved a famous track 1-2-3 in 1989?
8] The only two world records set by Britons in 1995 were in the same discipline and at the same distance. Which event, and who were the athletes?
9] Four British hurdlers won gold in 1997. Can you name them and their events?
10] Which country has provided the overall champion up, before 46 year old Turner did the rest. Earlier, it had been another Welsh lass, Francis Gill, who had held off Danielle Sanderson [the Watford international marathoner] on the opening stage to win the leg in 16:52, the day’s fastest.

Robert Edwards’ back went”, said Edwina Turner, who advanced the Welsh cause from fourth to the gold medal position on the final leg. Edwards had no such problem this time, as she moved the Welsh senior cross country championships up, before 46 year old Turner did the rest. Earlier, it had been another Welsh lass, Francis Gill, who had held off Danielle Sanderson [the Watford international marathoner] on the opening stage to win the leg in 16:52, the day’s fastest.

Ann Ford, another from the marathon background, did the business for Redhill Road Runners in the W45 class when she stretched out in front for the midlanders on the final leg. Celia Duncan, of National vets cross champions City of Norwich, could only watch from a distance in amazement, as Ford clocked the best W45 time of the day [17:32], to take them to fourth overall and a near two minute age group victory. Duncan was second fastest in 18:20.

Robin Nash, fastest time on first lap

Road Relay Championships continued from page 1

Road Runners and Tipton, were within 47 seconds of Cannock Chase at the finish. It was Oxford City’s domination of the M50 race that most resembled the 12 stage event. Just a few seconds off the lead at the end of the second stage, and with their three best runners going over the next three laps, there was no way they were going to be thwarted at Aldershot last year when “Wendy Edwards’ back went”, said Edwina Turner, who advanced the Welsh cause from fourth to the gold medal position on the final leg. Edwards had no such problem this time, as she moved the Welsh senior cross country championships up, before 46 year old Turner did the rest. Earlier, it had been another Welsh lass, Francis Gill, who had held off Danielle Sanderson [the Watford international marathoner] on the opening stage to win the leg in 16:52, the day’s fastest.

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Seventeen teams finished the three stage M60 race. In the early stages it appeared that Morpeth would hold on to the trophy that they won for the first time last year. However, Bernie Cordes could not do quite enough to build on the hard work of Walter Ryder and Alan Oliver, as both Bingley and Havering saw their best until last. Fred Gibbs for winners Bingley, and Tim Pailthorpe for Havering, scythed through the stragglers in the M50 race in which their event was run. They gobbled up Morpeth and Wirral, who were also ahead at that point. Gibbs’ 16:54 and Pailthorpe’s 17:05 were the best of the day.

The inaugural M70 race, like the W55’s, saw just one team finish. Local club Solihull took the M70’s and Bromley Vets the W55’s, but there are more out there. Could not the rules be relaxed, to see the area and other vet clubs putting in composite teams of second claim members in these age groups?

There was much Welsh celebration in the women’s race, as Les Croupiers regained the trophy they first won at Sutton Park two years earlier. The casino backed club had been thwarted at Aldershot last year when “Wendy Edwards’ back went”, said Edwina Turner, who advanced the Welsh cause from fourth to the gold medal position on the final leg. Edwards had no such problem this time, as she moved the Welsh senior cross country championships up, before 46 year old Turner did the rest. Earlier, it had been another Welsh lass, Francis Gill, who had held off Danielle Sanderson [the Watford international marathoner] on the opening stage to win the leg in 16:52, the day’s fastest.

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Slough
Borough Council

PRESENTS
SLOUGH HALF MARATHON,
WHEELCHAIR HALF MARATHON
& FAMILY FUN RUN
incorporating SCVAC Half Marathon Championships & Grand Prix
SUNDAY 5th SEPTEMBER 1999
UPTON COURT PARK, UPTON COURT ROAD, SLOUGH

START TIMES
9.00am - Wheelchair Half
9.45am - Half Marathon
10.00am - Family Fun Run

FEES
£8.00/9.00 - Non-affiliated
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PRIZES
£200 - First M & F in both races
£100 - Second M & F in Half Marathon
£50 - Third M & F in Half Marathon

BONUS PRIZE FOR NEW COURSE RECORD
TEAM, VETERAN AWARDS, MEDAL FOR EVERY FINISHER:
FREE T SHIRT TO FIRST 25 MEN AND 6 WOMEN IN HALF MARATHON
FREE T SHIRT TO ALL FINISHERS IN THE WHEELCHAIR RACE.

Entry forms and further details from
Susan Duncan, Customer Care Department,
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Town Hall, Bath Road
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Telephone 01753 875571

Reading Athletic Club
PRESENT
12TH VETERAN'S TRACK & FIELD OPEN MEETING
SUNDAY 3rd OCTOBER 1999 at PALMER PARK STADIUM, READING

I wish to be entered for the event[s] indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the BVAF.

Name: _____________________________________________
Address: ___________________________________________

Signature: ___________________ Post Code: ___________ Tel. No: _________

Categories (please tick):
M  40-44 □ 45-49 □ 50-54 □ 55-59 □ 60-64 □ 65-69 □ 70+ □
F  35-39 □ 40-44 □ 50-54 □ 55-59 □ 60-64 □ 65-69 □ 70+ □

Entries to: Mr. D. Bradfield, 36, Blebury Drive, Tilehurst, Reading, RG31 5HL
Entry Fees: £2.00 for each event (£3.00 on day, subject to availability). Cheques or Postal orders: Reading Athletic Club
Closing Date for Postal Entries: 23rd September 1999
**Centurion’s Millenium**

The Centurions are approaching their own millenium! In the U.K. nearly 1000 Centurions have gone the distance since the club was formed in 1911. To qualify you must walk 100 miles within 24 hours under race walking rules. The Centurions award each new member his or her unique number. For there are also centurion groups in the Netherlands, Australia and the U.S.A. Qualifying walks are held annually in the U.K., Holland and Australia.

Centurions come to event from various backgrounds. All are ultra distance runners who take part in events such as the London to Brighton, 100km and 24 hour races. Some are country walkers, e.g. members of the LDWA who take to the roads to fulfill an ambition of achieving Centurionhood. For this is one a self off experience. There are many anecdote of pedestrians past and present, as well as the physical stamina to go the distance. Some Centurions are members of a club such as the Surrey Walking Club. As well as the mental qualities for ultra distance sport, as well as the physical stamina to go the distance. Some Centurions are members of a club such as the Surrey Walking Club, which is the distance running club of the British 100km and 24 hour races, including the historic "Brighton and back" series and, more recently, in Battersea Park.

The National 24 hours roadwalking championship and 100 mile qualifying event starting at 10.00 am is to be held on August 14-15 in Battersea Park, as a feature of Surrey Walking Club’s programme of events to celebrate its centenary in 1999. Details, Sandy Brown, address below.

A history and handbook of Centurions, packed with fascinating facts and amusing anecdotes of pedestrians past and present, is available from Sandy Brown, Little Gables, Battle Lane, Chew Magna, Somerset BS40 8PX, price £5 including postage and packing. Sandra will also supply details of Surrey Walking Club’s Centenary events to any one who is interested [see place].
Potential Gateshead Medallists by Jack Fitzgerald

As information on entries for the World Veterans Championships at Gateshead is so far limited to a list, without age groups or events entered, it is possible at this stage to make only educated guesses regarding likely medallists.

The US Masters have hitherto been the strongest team in terms of medals, so their entry list contains impressive names such as world record holders W50 P.Rashker [100/200m], M45 B.Collins [200m], M50 K.Dennis [200m] and M40 S.Duckery [400m & 110H]. Others include M40 T.Petranoff [javelin], W60 L.Oberra [400m] and L.McDaniels, with her impressive combination of best ever W70 marks for high jump, pole vault and 300mH. M.Laycock, M50, also holds a prestigious 400m [56.58] US Masters record. In addition, there are four outstanding race walkers, D.De Noon [M55], L.Brubaker [W35], V.Herazo [W40] and B.Mimm [M70], the latter competed in the 1948 Olympics.

Canada has entered several fine performers, spearheaded by world record holders D.Brill, W45 High Jump, and Earl Fee, M65 800m. Graham Fell, the outstanding international s/schase performer, on home soil, has a wealth of experience in both saw and high jump events, has a list of medallists. From Australia comes M55 T.Roberts whose records include 400m and 1500m. Two ex-record holders are also in the team. R.Austin, now M60, ran 22.14 for a M45 mark, and W55 H.Searle held W40 long jump record with 5.59m in 1989. W50 M.Thomas holds the javelin record and S.Brasher is credited with the W60 10000m record. New Zealand sends two outstanding world record holders, D.De Noon [M55], L.Brubaker [W35], V.Herazo [W40] and B.Mimm [M70], the latter competed in the 1948 Olympics.

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Road Championship Proposal

I will be putting the following proposals to membership at the AGM on July 17.

Proposal One: [Foreword] When the Inter Area 10k takes place it is usually a competitive, high quality event, easily as good as the National 10k. Last year and the previous year, it sadly fell short of the mark, due to low key organisation, poor choice of date, etc. The National 10k is also falling short of the mark. Being incorporated in an open event, it does not always suit many athletes, due to geographical venue, nature of race chosen, etc. We [the BVAF] struggle to make any income from it. Put the two together and we would have the finest veteran 10k in the country. This could be an exciting prospect and an attractive event for future sponsorship. At present, the Inter Area 10k is usually run by EVAA or MVAC or WVAA, etc, which means that all income goes to veterans. The National 10k, usually organised by an outside club, means that only 30%, at most, goes to veterans.

Proposal: I propose that, as from the year 2000, the two events are amalgamated and organised Areas on a North / South / Central rota- tion, to get the best possible return from the event by way of participation, publicity and finance. Note: North would comprise NVAC, NEVAC, SVHC, NRVAC, IOMVAC, South would be SWVAC, SCVAC, VAC Central would be EVAC, MVAC, WVAA

Proposal Two: [Foreword] BVAF road events are

Three years ago the BVAF implemented a policy of agreements with race organisers to ensure that some income was procured from these events for the BVAF. This has worked reasonably well, with BVAF realising approx. 25% of the entry monies from Championship events. In reality, this is a low return from a National Championship.

If the Area clubs were to take on the responsibility of organising such events, the benefit to veteran athletes would be far greater. An Area Club, being part of the BVAF, shares all expenses of the event with BVAF and profits/losses are then split 50-50 between the Area and the BVAF. I would like to see this concept go one stage further and encompass the growing interest and ability of veteran athletes with reward for outstanding performance. This will encourage veteran athletes to participate in veteran championships and help give [athletes and BVAF] the kudos that being a focus of athletic excellence should give. This would also increase the potential of media and sponsorship interest in veteran championships.

Proposal: I propose that all future BVAF Road Championships are organised by the Area Clubs on a North / South / Central rotation and that the profit should be split into the following three sections. 1] One third to the organising area. 2] one third to BVAF 3] One third to an athletes prize fund, to be managed by the BVAF, for incentive awards for performances of excellence. I would suggest financial prizes for these performances be awarded to: 1] The first male and female competitors the cross the line, regardless of age. 2] The Clubs with first team in each of the age group races.

Back-Rack Ltd. sales and agency
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What does it do?
The Back-Rack provides welcome relief from back pain and is safe to use as part of any back care programme.

• reduces pain and stiffness
• It increases mobility and flexibility in the vertebral column
• It increases soft tissue elasticity
• It stimulates the nervous system and improves circulation
• It relieves muscle tension and releases psychosomatic stress
• It prevents skeletal deterioration through wear and tear.

The Back-Rack works by applying pressure to the facet joints along the vertebral column, decompressing them. The diagram to the right shows a schematic of this.

How does it do it?
All the patient has to do is to lie on the Back-Rack for about 15 minutes. The spine is aligned with the central channel and the knees are bent so that the lower spine is supported correctly.

Direct to you
You can order a Back-Rack now. Each Back-Rack costs just £85 plus VAT and postage. The Back-Rack is zero rated for VAT for qualifying persons. You will qualify if you live in the UK and are chronically sick [Note 1] or disabled [Note 2] due to a mechanical disorder of the spine causing back pain. For other people, VAT will be charged at the current rate [17.5%]. Postage within the UK is £9.00. Postage prices for other countries may differ.

Contact us and we will send you an order form and VAT declaration to complete, or you can order through our website. Orders will be processed on receipt of payment. Please allow up to 28 days for delivery.

NOTES
1. Chronic is defined as suffering from the same complaint for a period of more than 3 consecutive months. 2. Disability can be caused by a hereditary defect, accident, psychological trauma, injury, age or lifestyle. 3. If you have a pre-existing medical condition, you should consult your doctor before using the Back-Pack.

Mr. Luckinski is well known to many BVAF members. He has been very successful in BVAF Championships in recent years, winning medals in the Decathlon and also in the individual hurdles, high jump and pole vault.
Spring 1999

Veteran Athletics

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Around the Regions

NORTHERN

At Stockton Heath on Feb 7 the monthly run took place over 10kms of roads and park path. It was dry, cold and sunny and the older age groups dominated the sharp end of the field. M50 Robbie McGall gained his first victory in a monthly run, comfortably beating his Altrincham clubmate Ken Burgess [M55], with M50 James Beesley 75 seconds adrift. Brian Gore [Wigan] regained his best form to win the handicap. W35 Margaret Bradshaw led haul the ladies, in a disappointingly quiet field, 21:55, from Sarah's Pam Goldie [W50]. Thanks are due to Les Vaughan-Hodkinson for organising a hiccupp free day.

A wild, windy and wet Feb 7th at Ashton, every one in the field, competing in the marathon, was either a marshall or as a competitor, especially Race Director Martin McClaun. From 8am until 6.30pm, with some help from E.Chisheille H. members, he laid out, tended and dismantled the markings on a quagmire of a course.

In the racing Carson ran well on his home course to win the race, but Robert [Bingley] won his second championship from Tony Hesketh [Horwich], and also led his club to victory over Altrincham in the M50 category. John Davies [Newcastle - Lyme] had an excellent return to form in getting the better of the rarely seen M60 winner, M55's. The stupendous Steve James was fifth overall, over two and a half minutes ahead of Fred Gibbons, no mean performer, in the M60 group. Recent convert to the M65's Les V-Hodkinson, won a close battle with the evergreen Gerry Spin. In the women's event, Lynne Marr was the outstanding runner, finishing in 48:39.

The M40 and M54 groups had to endure the worst of the weather, including a vicious hail storm towards the finish. Rotherham's Paul Venables had an excellent return to form in getting the better of the rarely seen M55's. They were followed by the Lady local Dave Mellor by over a minute, Fred Gibbons, no mean performer, in the M60 group. Recent convert to the M65's Les V-Hodkinson, won a close battle with the evergreen Gerry Spin. In the women's event, Lynne Marr was the outstanding runner, finishing in 48:39.

The second race of the day, over 10.2km, saw the return to M50 gold of Evesham's Harry Matthews, back in superb form. Defending champion and team mate Jimmy Bell, the BVAF half marathon champion, had to settle for silver, with in form Peter Kelly making it 1-2-3 for the Elswick team. They also had M55 gold.

NORTHERN

At Rosehill, Wallsend, on Feb 20. Altliougli pre

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Page 16

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NORTHERN

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Spring 1999

Veteran Athletics

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Around the Regions

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The WVAA 10k Road Champs were incorporated in the Alberto Cova 10k at Swansea in April. Mr. M. Neath [Les Croupiers] won the M40, followed by Charles Bridgeford and J. Rees [Neath]. M. Neath [Neath] took the M45 title, with J. Collins [Swansea] in 2nd. D. Davies [Cardiff] won the M55’s and secretary Jon Kirsins won the M60 title. Bernadette Walters [W55] was the first woman, with A. Richards [Cardiff] in 2nd. Cardif dau and Frank Williams finished 1-2 in the W40’s. J. Lovell [Neath] won W45, with Sheila Adkins leading the way at W50. Our outgoing president Myfanwy Louden won the W60 title for the first time.

There will be a strong presence of Welsh vets at Edinburgh and at Gateshead and we look forward to seeing our friends in veteran athletics. Mary Webb

**SOUTHERN**

SCVAC: The third race of 1999 to qualify for the “Grand Prix” series was the 10k road, held with Blackheath H “Ted Pepper Memorial Race” at Beckenham. Due to road works, the course was slightly longer which, although affecting event records, did not alter the age graded records which determine the G.P. points. The club’s cross country champion. Mark Watling of the organising club, was again in the frame in the open race, gaining 3rd place and 1st M40 with 34:13. Second M40 Bernard Hutchinson ran well to place 5th in 39:13 seconds slower. Steve Smythe completed M40 placings, just ahead of 1st M50 Owen Phipps, who was a minute ahead of his Ilford team mate Martin Clarke, the 1st M45. Stuart Nice of Medway was 2nd M45, 26 seconds ahead of 1st M55 Robin Dickson [Teddington]. One of the older fellows with 40-49, and it was good to see Denis [Lodby] Holdick pull on the gold medal. Denis is on record as being one of the select few who have won both the South of Thames Senior and Junior cross country championships in the same season, before suffering ill health, which limited his international career.

Again the Club female turn out was disappointing. Pam Jones, 62, was again the star with a W50 overall win by 15 seconds over legendary Joyce Smith. Neil W40 Cath Mestand and old faithful Bridget Cusden and Betty Norris were the other gold medallists, but come on, ladies, let us see more of you at the Slough Half Marathon on Sept 5, the next of the G.P. series. Pam Jones, of course, retained her 100% record in the age gradings with her third successive 40 points total. The only hitherto unblotted M40, Owen Phipps, who, on this occasion dropped by point to supervise Steve Charlon, who again topped the 90% barrier with 91.5%.

With two of the Southern track & field fixtures already held, interest has been aroused among the older age groups with one track and one field event allocated to the over 60s in each fixture for additional points. I was even persuaded to run my first 1500m for 36 years in the first and my first 200m ever in the 2nd. I decline to publish the respective times.

**Veteran Athletics**

**Book Review: All In My Stride**

From Changi to World Champion by Richard Harris. This is the story of that phenomenal veteran runner John Gilmour. I have not read a more interesting account of any one’s experiences as a prisoner of war in Japan - the will to survive, the camaraderie between the Australian prisoners, the understanding of the mentality of the guards and Gilmour’s belief that he would make it and race again.

After the war, despite ill health due to malnutrition and beatings as a prisoner, Gilmour went on to achieve his ambitions of winning Australian titles. He then became a respected coach, before venturing into veteran athletics. Since then, over a span of 25 years, he has bettered world age groups performances for every distance from 800m to the marathon. In the WAVA Championships at Hanover in 1977 he won the M60 800m, 1500m, 5000m, 10000m [all in record times] and then went on to win the marathon.

Gilmour’s start in life was not easy. Born in 1919 in Scotland, his family were part of the white dream of the 1920’s - the Group Settlement Scheme in Australia, which meant being on the poverty line during the depression. The book describes their early struggles, Gilmour’s terrible experiences during the war, and his fight to regain fitness and win. John Gilmour will be 80 this year, and is still running.

This is not just a book for the athletics monomaniac. It is also a book for those who wish to be inspired by a good read and to encourage those who wish to enjoy running into old age.

**All In My Stride** has 204 pages and sells at $A20 [with post and packing $A30.95 in the U.K] direct from John Gilmour [an autographed copy] at $5, Rae Place, Leeming 6149 WA, Australia, or from the publisher, Hesperian Press, PO Box 317, Victoria Park, WA 6979, Australia.

**New NEVAC Officers**

NEVAC General Secretary George Routledge stepped down at the Annual General Meeting and retired from the post that he had so successfully occupied for more than eight years. His outstanding work was acknowledged at the meeting. The measure of the enormous amount of work he did for NEVAC became evident when it was decided that it was necessary to split up his former duties and distribute them among five new officers.

The shared responsibilities will be carried out by:

- General secretary: Harry Matthews
- Ass. Secretary - Membership: Val Hancock/ Bill McNeil
- Ass. Secretary - Newsletter: Dave Pearson
- Ass. Secretary - Registration/Results: Geoff Wood/R.Balding
- Ass. Secretary - Entries/Programme: Phil Pye
- Ass. Secretary - Fixtures/Records: Denis Field
- Ass. Secretary - Comp Organisation: Denis Field

**Harry Mathews**

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**POSTAGE/PACKING FREE TO VETS!**

NB: Bill Bennett is a former 4mins 7secs miler and is a Vice-President of the British Milers Club; he is also a member of the Welsh Veterans No. 144!

**Athletes quotes:**

The knee injury cleared in a few weeks - SN - Kings Lynn

**Tendons better - knee much improved** - SH - York

Ankle pain eased in days - GB (3rd Euro Vets 800)-Cambs.

**Circulation improved within days!** - NW - Swindon

**Achilles eventually improved - top 100 female-RH-Worcester**

Ecema completely cleared! - 65 yrs old TW-Sutton Coldfield

**More much energy - FF (Mrs) - Caithness**

My sciatica is 80% better!-MT-Dagenham

**It cleared my back problem - GC (Mrs) - Grantham**

**DISTRIBUTORS NEEDED IN ALL AREAS**

- Telephone Bill for details!
BVAF Cross Country Champs, Norwich, 27/3/99


The Spring 1999

Road Relays Championships, Cambuslang Harriers, this year's M40-49 winners.

Malm, Sweden March 47

[Event winners and British performances only]

60 M: 1 H.Luyja Fra 7:5, 2 H.Richards 7:9, 3 J.Harrison 7:9, 4 K.Gibson 7:9, 5 E.Ledford 7:9, 6 E.Ledford 7:9, 7 E.Ledford 7:9, 8 E.Ledford 7:9, 9 E.Ledford 7:9, 10 E.Ledford 7:9.


40 M: 1 M.Branfoot 8:2, 2 R.Goad 8:2, 3 P.Bower 8:2, 4 R.Chapinajj 8:2, 5 P.Kelly 8:2, 6 L.O'Hare 8:2, 7 B.Hilton 8:2, 8 A.Davies 8:2, 9 S.Henington 8:2, 10 T.Edge 8:2, 11 J.Steed 8:2, 12 A.Oliver 8:2, 13 J.Siward 8:2, 14 A.Rowe 8:2, 15 A.Welshill 8:2, 16 P.Merrison 8:2, 17 P.Saint 8:2.

[Other results for other events and categories]

[Results and details for other events and categories]

[Additional information and notes]
RESULTS


FIXTURES
INTERNATIONAL
30 June NVAC Track and Field, Cleckheaton Stadium. 7.00pm
15 Aug NVAC Monthly run, 10K Road & Paths. Irlam Steel Recreation & Social Club, Liverpool Rd. Irlam
18 Aug NVAC 4 mile Fell Race, From Ponderosa Cafe at Horseshoe Pass.
3 Oct NVAC monthly run, 7pm Edgworth Reservoir.
31 Oct NVAC 10 mile Road Champs, Padgate College, Padgate, Warrington.
7 Nov NVAC monthly run, 7 miles Cross Country, Mercer Street Baths, Gt. Harwood. Noon

NATIONAL
26 June NEVAC Track and Field, Monkton. 11.30am Field, 1.00 Track
5 July NEVAC League No. 4, Monkton, 7pm
24 July NEVAC League No. 5, Monkton, 11am followed by 1.30 Open events Track & Field for Vets
11 Aug NEVAC Venmore Meeting 1 mile open to Vets + Thelwells, 6.30, Monkton
21 Aug NEVAC League No. 4 Thelwells Match, Monkton, 12 noon
4 Sept NEVAC Silksworth Thelwells Meeting, 11.30am
17 Sept NEVAC Scottish Vets Meeting, Monkton, 12 noon
18 Sept NEVAC Pentathlon Championships, Monkton, 12 noon
29 Sept NEVAC 10K Track Races, Monkton 6.30pm M65 & Women – M50 55 6.30pm M40/45
9 Oct NEVAC Silksworth Thelwells Meetings

NORTH EAST
4 July MVAC & BVAF Pentathlon. Entries close June 13
12 Sept Tamworth Thelwells Meeting, Men and Women
19 Sept MVAC 10 mile road championships, Nuneaton

SOUTH
23 June VAC Track and Field, Kingsmeadow, 7pm
29 June SE Inter-counties Vets Track and Field, Kingsmeadow, 6.30pm
5 July Southern Vets Track and Field League, 6.30pm, Various venues
13 July VAC 5 miles Run and Walks, Battersea Park, 7pm
14 Aug VAC Track and Field, Kingsmeadow, 7pm
18 Aug VAC Track, Kingsmeadow, 7.30pm run & walk Battersea Park
29 Aug VAC Track and Field Championships, 11.30am. Cdr 18/8. Kingsmeadow
5 Sept SCVAC Track and Field Final, Colindale
7 Sept SCVAC Half Marathon Champs + G/F in long. Slough Half Marra see ad p.11
8 Sept VAC 10,000m, Kingsmeadow, 6.30pm M40/45, 7.15 over 50 & Women
18/19 Kent CO rest of Vets Track and Field events. JR Ashford, cd 27/8
3 Oct Reading Open Veterans T & F, see ad & entry form on p.11

SCOTLAND
1 Aug 6 Stage Ballot Team Race IBM Greenock
14 Aug Glasgow 800 10K Road Race, Lochinvin
11 Sept NEVAC v SVHC, Jarrow
3 Oct Half Marathon Handicap Race, Apr
17 Oct 10K Track Championships inc. Andy Forbes Memorial Race, Coatbridge
17 Oct SVHC AGM Coatbridge
6 Nov Rolls Race 6 miles Bent Park, Hamilton

WALES
6 July SWVAC Track and Field Championships, Neath
11 Aug SWVAC Track and Field Championships, Cardiff

ISLE OF MAN
2 July Western 10 Road Race, Viking Longhouse, Peel, Isle of Man. 7pm
4 July Ellan Vannin Fell Race Tholtsy Will, Sulby, 20 miles 8am
4 July IOMVAC Track & Field Championships Pt 2, NSC Douglas, ed 1/7
13 Aug IOMVAC Marathon and Half Marathon, Ramsey. 9am. Contact Peter Cooper Tel/Fax 01624 842 477
15 Aug- IOM Grand Prix of Running, 5 Races in Six Days Details from Terry Bates 01624 672820
16 Aug Peel Hill Race & Fell Walks, Marine Hall, Peel, 7pm
18 Aug Southern "10" Run/Walk, Castletown Stadium, New Course, 7pm
19 Aug Anna Marie Cuttill Run/Walk, Foxdale School, 7pm
20 Aug Peel 4, Peevill Hotel Peel, 7pm
29 Aug Laxey Horseshoe Fell Race, Laxey Prom. 11.75 miles, 2pm
26 Sept IOMVAC Open 10 mile Walk, NSC Douglas, 10am
3 Oct Celtic Marine TT Relay Walk, Douglas, 8am
7 Nov IOMVAC Syd Quirk Memorial Half Marathon, Janets Corner, Castletown, inc. Island Half Marathon Champs, 10.15am
20 Nov IOMVAC Autumn Handicap, NSC Douglas, 10.30am

BVAF On The Web

The British Veterans Athletic Federation is now on line. It’s address is www.veteran-athletics.freelease.co.uk

The site gives information on all fixtures within the Federation and, during the next month, will be extended to include results, ranking lists, BVAF news and items of interest. Any one who wishes to place an advert on the BVAF web page should contact Ron Bell, e-mail address wava@enterprise.net

Club secretaries and members are welcome to send interesting material for inclusion on the web page. Please send in disk format to Ron Bell [address on page 6].

Veterans Athletic Association of England Report

Inter Area Track & Field Challenge - September 26, Wavertree

Please note the change of date, due to a clash of commitments for some Area Clubs. This is one of the highlights of our year. It has been commented that the event exceeds the BVAF Track & Field Championships in terms of corporate atmosphere and quality of competition for the Bill Taylor Challenge Trophy. I have certainly enjoyed being involved and urge you to support your Area team for this needle contest.

Home International Cross Country - November 13, Bideford, Devon

Thanks to David Lord and the organising team, arrangements are well in hand. There will be competition for all the usual age groups, plus M65 and W55 included as full scoring teams. At our meeting in March in Birmingham it was decided to retain the current selection formula which has served the English teams so well in recent years. Phil Lee will be sending information to be published in local newspapers about where and when submissions for consideration should be be sent, but the general advice is that competition in BV/VF and high class events of similar distance and nature, i.e. 10k and 5k road and cross country, will be used for comparison. It is also stressed that current form will be very much a deciding factor at the selection meeting to be held in October.

Associated races will be organised by the local athletic club for all ages from U13 upwards, making it a truly family affair. Accommodation in Bideford and Barnstaple has been kindly sponsored by Peter Brind, and it will be possible to extend your stay at one of his hotels in this beautiful part of the country at very favourable rates.

Inter Area Club 10K Road Challenge

There will not be a contest this year, but it has been decided to incorporate this event into the BVAF 10K from 2000.

VAAE AGM, Friday July 16 at 9.00pm at BVAF T & E, Edinburgh

We have not been very successful in attracting folk to our meetings in the past, and, having tried various formats, it has been decided to break with tradition this year and meet before competition starts.

Please try to attend as we are representative of all the English Areas Clubs and we valuable your input. I shall be contacting Clubs with detailed financial information, more precise news of the venue and an AGM agenda shortly.

Irene Nichols
The former Deputy Head of Engineering was running twice each day when only 10 years old. It was not part of scheduled athletics training; however, as his uncle had a milk round in South Wales and wanted young George to help him. As there was no other way of getting there, he used to run the four miles each way to link up with his uncle. He has been running ever since.

Moving from South Wales to Cambridge while still at school, Phipps played rugby and carried on running. He joined the local Cambridge club and started to run well from the age of 18, winning the Cambridgeshire cross country championships several years in succession and finishing third in the Eastern Counties Championships. He ran in the Inter Counties event on several occasions and was selected for the Welsh International team three times. He states that he was always up there, but never quite able to make it to the top. Phipps was, however, a consistent top class club runner over a long period of time.

By the time he was 40 Phipps had moved to Leamington. He was a driving force in the setting up and organisation of Midland Veterans AC and helped to form the BVAF in the 70's. Organising events was one of his interests and he admits that he always ran better when both organising and running. Among the titles that George Phipps has won in the past are the BVAF M50 cross country championship in 1977 and the M65 title in 1992. Last year he won the BVAF M70 5k road championships at Sutton Park and also achieved a double in the track and field at Newport, where he won 1500m and 5000m.

The BVAF Half Marathon Championship was this year incorporated into the Eurobell Great West Run at Exeter on May 2nd. Robin Nash [Westbury], only a couple of months into the veteran ranks and overcoming a lengthy lay off due to injury, put in an impressive performance, finishing 5th in the overall race, to take the M40 title in 69:34. Although M45 Mike Girvan was chasing hard throughout, he could not hold on to Nash and finished 50 seconds adrift, but this was another great run from Girvan, who is having a very good season. Third veteran to finish, and second M40 in 72:32, was Northern vet Alex Rowe, who had a battle with M45 Mike Hager [Tipton], before finishing just seven seconds clear.

Nash Wins BVAF Half

Do you know who has won most gold medals at World Championships, or which GB athlete has won most individual medals? The answers to these questions, and many others, are given in a new book produced to coincide with the World Veterans Championships, held in the U.K. for the first time.

Contents include winners of every event held in previous championships, the winners of the most gold medals, event winners by country, all British individual medallists, plus numerous other statistics. The book can be obtained from D.Burton, 22 Chandlers Way, Steyning, West Sussex BN4 3NG for £4.00 + A5 SAE [31p stamp]. It will be available at the BVAF Championships at Edinburgh. David & Brenda Burton can now be contacted by e-mail, thevet@steyning.freeserve.co.uk.
Agony Aunt

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 freely it is suggested that readers who receive advice may wish to make a small donation to the BVAF.

This issue’s request for advice comes from a 64 year old 800 metre runner who has been suffering from pain in the groin.

Groin pain can arise from varying different structures and involve diverse pathology. Groin pain can be referred from the back, the sacroiliac region, and also from the bowel, bladder and kidney. A visit to your G.P. would be worthwhile to rule out these possibilities.

The majority of sporting injuries in this area involve muscles and tendons. The adductor longus is the most frequently injured muscle in the pelvic and groin area and, because of its proximity of its pubic attachment to that of the abdominal muscles, means that chronic inflammatory change may affect both structures.

Groin strains account for between 5% and 8% of all sports injuries, and affect athletes whose activities require either quick changes in direction, soccer players for example, or those activities requiring propulsion and acceleration, such as sprinting and middle distance races. The athlete complains of a sharp pain in the groin region, followed by increased pain and stiffness and weakness in hip movements outward, inward and upward. The runner may be able to tolerate running straight ahead, but may find side to side running causes pain.

In this case the complaint is of pain in both sides of the body. This possibly indicates that the injury is due to an overuse coupled with a biomechanical disadvantage, rather than to a sudden acute episode.

It has been shown that 60% to 80% of tendon overuse injuries are contributed by training errors. Either the distance is too long, or the intensity is too high, or the progression is too fast. Ageing, too, has it’s part to play. Veteran athletes suffer more from overuse injuries, and these are more commonly degenerative.

The hip and back lose flexibility and the muscles lose their strength. The biomechanical imbalances produce degenerative joint changes. Loss of flexibility results in muscle shortening. Notice how a veteran’s stride length becomes shorter as he ages. The hip flexor muscles responsible for maintaining stride length have become shorter and this leads to a greater susceptibility to injury.

In training, the body adapts to the demands. After a while you might notice a failed adaptation. You carry on training, but your times do not improve. So, what do you do? Yes, train even harder. What the body needs is more time to adapt. If you return too soon there is a period of recurrent injury vulnerability. The tissue is still damaged.

To overcome this type of groin injury I suggest that, as the problem lies in the loss of range of motion in the hip and pelvic regions, you should concentrate on improving the range of motion of the hip abductors and hip flexors, in addition to undertaking a general stretching routine for the hamstrings and quads. Try the following stretching and strengthening exercises.

Specific hip flexor stretch: Standing on one leg, foot to 12 o’clock, place other foot on chair and lean forward until stretch is felt. Repeat with standing foot pointed to 3 o’clock.

Lateral rotator stretch: Seated position. Cross one leg over thigh and place elbow on outer knee. Gently stretch buttock muscle by pushing bent knee across body while keeping pelvis on floor.

Adductor stretch: Standing sideways to chair, place leg to be stretched on the chair and slowly bend other knee. Keep hips in a neutral position.

Strengthening exercises: Attach a theraband and elastic tubing to a table. Standing on one leg, place other foot in the band. Perform exercises lifting the leg upwards, backwards, sideways across the body and behind. These exercises will strengthen the muscles associated with stability of the hip and pelvic regions.

Maintain cardiovascular fitness by water running. Perform short sprints in deep water. This will give sprint specific training and develop individual skills of high knee lifts and increased range of motion that would not be possible on dry land. When you can run, leap, and bound without pain then, and only then, should you return to full training.


WAVA Quiz Answers

5] Dave Wilson [M40], John Wilson [M60], Jim Tod [M75], Tina Crockbrooke [W40], Toni Borthwick [W65] and Joe Waller [M75].
7] Peter Brown [gold], Ron Bell [silver], Les Duff [bronze] in M40 800m.
8] 5000m race walk: Doug Fotheringham [M65] and Len Cross [M70].
9] 100m; Barry Ferguson [M55] and Colin Shaflo [M60]. 400m: Mike Coker [M40] and Tony Wells [M45].
11] They are the only winners of the marathon from the host country of the championships. A Briton to win in 1999?
12] The New Zealanders were Derek Turnbull [M70], golds in 800m, 1500m, 5000m, 10000m, 10k cross country, marathon and silver in country team. Ron Robertson [M55], golds in 1500m, 5000m, 10000m, 3000m s/chase, 10k c.country. USA’s Phil Raschker [W50], golds in 100m, 200m, 400m, 80mH, 300mH, PV, LJ, 4 x 100m relay and silver in HJ.
13] Miyazaki in Japan had 12000 [12,178 to be exact, which included 9701 Japanese].
14] John Dunsford [M65], husband of Barbara [race walk judge and British entry co-ordinator for Gateshead].

Published by Scottish County Press Ltd, Boxwell, Paignton
Your
Step-by-Step Guide
to Drug Testing
Procedures

Sportsmen and women may be tested for drugs at any time, on the day of competition or during training. All testing takes place at short, or no notice. With competition testing, some governing bodies of sport specify a recommended selection procedure for competitors. For example, new records will only be ratified with a negative test.

Whether an athlete is selected for testing during training or competition, the procedure is the same.

Notifying the Athlete
After an event or during training, in the UK, the competitor will be notified in writing by a UK Sports Council Independent Sample Collecting Officer (ISO) that they have been selected for a drug test. Where appropriate, the competitor will be allowed to complete his/her training session. With out-of-competition testing, the competitor may be given short, or no notice.

Reporting for Testing
A chaplain accompanies each competitor to be tested to the Doping Control Station changing room. Sealed, non-alcoholic drinks are available, alongside reading material. All competitors are entitled to have a representative (from their sport's national governing body) present.

Selecting a Collection Vessel
When the competitor is ready to provide a sample of urine, he/she is asked to select a sample collection vessel.

Selecting the Sample Containers
The competitor will now be asked to select a pair of pre-sealed bottle containers.

Breaking the Security Seals
The competitor will be invited to break the security seals.

Recording the Information
The ISO records the bottle code and seal numbers on the Sample Collection Form. This information is checked by the competitor. The competitor is then asked to declare any medications that he/she has taken in the previous week.

Dividing the Sample
The competitor will then be asked to divide his/her sample between the A and B sample bottles, putting approximately two thirds of the sample into the A bottle and a minimum of 100ml into the B bottle.

Sealing the Samples
The ISO ensures that the bottles have been tightly sealed by checking the bottle tops. The competitor is then invited to select two numbered seals and to seal the A and B packs.

Transferring the Samples to the Laboratory
The samples, in their sealed transit containers, are then sent to an accredited laboratory by a secure chain of custody for analysis. The laboratory receives the copies of the Sample Collection Form which detail only the sample, seal numbers and the competitor's medications. No other information is provided which might allow the competitor to be identified.

Certifying the Information
The ISO then gives the competitor (and their representative if present) a copy of all the information on the Sample Collection Form and if satisfied, signs the form. The ISO will also check and sign the form. The ISO provides the competitor with a copy of the Sample Collection Form and the competitor is free to go.

The competitor then entitled to a second analysis of the urine sample in the B bottle, which the competitor (and/or a representative) may observe, plus an opportunity to present their case to a decision will be taken. This may include suspension from competition for a given period, or even in some cases, a lifetime ban.

Every competitor is however entitled to appeal against the decision reached.

These procedures have been developed to ensure security and fairness in drug testing. Competitors can of course, refuse to be tested. However, such a refusal is considered as though the urine sample gave a positive result.

[Advised list of the classes of drugs which are banned by the International Olympic Committee (IOC) is available from the UK Sports Council. These over the counter preparations which may be taken for common ailments (such as hayfever, asthma, etc.) and which are permitted under the doping regulations of the IOC are listed in the UK Sports Council's Doping Control Information booklet, number 4]

UK Sports Council,
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