

# VETERAN ATHLETICS

The Newspaper of the British Veteran Athletics Federation

No 57 August 2001



**MIKE HAGER:  
MAGNIFICENT  
IN MALTA**

Mike Hager (Tipton), Brighton's Nigel Gates (obscured) and Tom O'Connor (Ireland and Oxford Green) in mid-race tussle during European Non-Stadia 10K. See page 23



# 12 MAY 2001, BVAF ROAD RELAY CHAMPIONSHIPS, SUTTON COLDFIELD

## SUTTON PARK SCORCHER



Many of the runners present at Sutton Park on May 12 - basking in an early summer heat wave - must also have been present at the notorious, snow bound 1972 National Cross Country championships. Thankfully, there was no repeat of the abrupt change in the weather conditions experienced that day and the BVAF Road Relay championships went ahead without a hitch.

### MEN 40

#### LAP ONE

Despite allowing a gap to open early in the lap, Peter Barnes (Rugby) pulled the leaders back by the 2 miles point and his kick up the final hill gained him a four-second advantage over Bernard Jones of Wrexham.

1	P Barnes Rugby	15.04
2	B Jones Wrexham	15.08
3	J McMahon Bedford	15.17
4	D Kerr Swansea	15.26
5	D Rudd Altrincham	15.29

6	T Rawsterne Redhill	15.31
7	P Carbutt B&R	15.33
8	S Edney Bideford	15.33
9	B McAvoy Rowhth	15.35
10	A Walker Haleso	15.42

#### LAP TWO

There was drama at the change-over when Mike Holmes (Salford) collapsed with cramp, yards from the finish, as Chris Clarke - raising Nene Valley from 12th place - swept by into the lead.

Surging up from the lower reaches, Paul Chase (11th) gained 25 positions and Dave Dymond (13th) 24 to carry Woodford Green and Cambuslang respectively within striking distance of the leaders.

1	Nene Valley H	31:34
2	Salford	31:38
3	Swansea	31:44
4	Altrincham	31:46
5	Rowheath	31:51
6	Sale	31:55
7	Sunderland H	31:58

8	Bromsgrove & R	32.05
9	Rugby	32.05
10	Halesowen	32.07

#### Fastest laps

1	P Chase W Gn	15.28
2	D Dymond RHCamb	15.33
3	M Holmes Salfrd	15.43

#### LAP THREE

Track man Richard Holland took Woodford Green into the lead with a typical hustling finish while Tony Fowler woke memories of his famous father Roy and set grey-haired spectators off on nostalgia trips when he hauled in 27 teams to take Staffs Moorlands up to fifth with the second fastest lap of the day.

1	Woodford Gn	47.44
2	Swansea	47.47
3	Rowheath	47.49
4	Sale	47.56
5	Staffs M	48.04
6	Salford	48.05
7	Nene Valley H	48.08
8	Halesowen	48.10
9	Trentham	48.13
10	Bromsgrove & R	48.22

#### Fastest laps

1	A Fowler Staff M	14.46
2	D Hollins Trenth	15.17
3	R Holland WG	15.32

#### LAP FOUR

The Swansea juggernaut changed gear as Dave Wilson-Evans caught Woodford's Gerry Carr on the flat stretch and held on for a three second lead at the halfway stage of the championship.

Salford eased back into the medals thanks to Eric Williams who had a comfortable lead over Cambuslang for whom Colin Donnelly had taken 11 places

1	Swansea	1:02.58
2	Woodford Gn	1:03.01
3	Salford	1:03.30
4	R H Camb	1:04.03
5	Rowheath	1:04.32
6	Staff M	1:04.50
7	Sunderland H	1:04.51
8	Trentham	1:05.01
9	Telford	1:05.06
10	Nene ValleyH	1:05.17

#### Fastest laps

1	D Wilson-Evans Sw	15.11
2	L Atkinson Morpht	15.15
3	G Carr W Gn	15.17

#### LAP FIVE

Archie Jenkins gained critical seconds on Salford but Kevin Tobin stretched Swansea's lead to 54 seconds.

1	Swansea	1:18.35
2	Woodford Gn	1:19.29
3	Salford	1:20.15
4	R H Camb	1:20.40
5	Brighton & H	1:20.45
6	Aldershot FD	1:21.46
7	Telford	1:21.57
8	Oxford	1:22.10
9	Rowheath	1:22.16
10	Sunderland H	1:22.28

#### Fastest laps

1	D Blore B&H	15.23
2	K Tobin Swans	15.37
3	P Mirrlees Rother	15.42

#### LAP SIX

The strong men were out on this lap. Martin Rees racked up a lap of 14:45, finishing 1:14 ahead of Euro-indoor 3000m champion Tom O'Connor as Frankie Barton took Cambuslang into the top three with his lap of 14:49.

1	Swansea	1:33.20
2	Woodford Gn	1:34.24
3	R H Camb	1:36.48
4	Brighton & H	1:36.48
5	Staffs M	1:37.40
6	Trentham	1:37.51
7	Oxford	1:37.52



Salford	1:37.56
9 Telford	1:38.04
10 Tipton	1:38.16

#### Fastest laps

1 M Rees Swans	14.45
2 M Burnhope Tipton	14.49
3 D Neill StaffM	15.04

#### LAP SEVEN

Chris Brogan regained 25 seconds for Woodford as Ken Davies cruised at the front for Swansea. Cambuslang's persistence was rewarded when Dave Thom galloped home in third place.

Drafted down from the M50 age group, Tipton's Mike Hager ran the day's fourth fastest time - in all age groupings - to take Tipton up to fifth

1 Swansea	1:49.24
2 Woodford Gn	1:50.15
3 R H Camb	1:51.31
Brighton & H	1:52.53
5 Tipton	1:53.19
6 Telford	1:54.10
7 Staffs M	1:54.14
8 Trentham	1:55.00
9 Salford	1:55.07
10 Sunderland H	1:56.02

#### Fastest laps

1 M Hager Tipton	15.03
2 C Brogan W Gn	15.41
3 D Thom RHCamb	15.43

#### LAP EIGHT

Owen Lewis kept his cool and retained Swansea's premier position despite the attentions of Woodford Green's Tony Pamphillion.

Brighton & Hove put in a late surge, courtesy of Rob Shannon to take fifth slot after a sharp decline on stage two.

1 Swansea	2:05.18
2 Woodford Gn	2:06.02
3 R H Camb	2:07.27
Brighton & H	2:08.11
5 Tipton	2:09.55
6 Staffs M	2:09.58
7 Telford	2:11.22
8 Redhill	2:11.26
9 Trentham	2:12.20
10 Aldershot FD	2:13.06

For full results see page 16

#### WOMEN 35

##### LAP ONE

Back home from Australia in an effort to get fit for the World Vets in Brisbane, Bronwen Cardy looked on course with a first lap of 16:44 - ninth in the combined female and male over-50 field and 7 seconds in front of Sandra Andreou of Woodford Green in the W35 race.

1 B Cardy Brom&R	16.44
2 S Andreou W Gn	16.51
3 A Fletcher Dulwich	17.20
4 H Burrell Redhill	17.28
5 McBrinn Shettl	17.50
6 H Hinsley Bristol	18.08
7 S Heath SBH	18.21
8 K Hemmings Lichfd	18.30
9 A Vesey Altr	18.57
10 T Ambler Wrexham	19.04

#### LAP TWO

Shaftesbury took a turn at the front thanks to the efforts of Kate Armstrong while Bristol's Sian Monohan claimed second spot from Shettleston in the shape of Elaine McKay.

1 K Armstrong SBH (17:44)	36.05
2 S Monohan Bristol (17:58)	36.06
3 E McKay Shettlest (18:50)	36.40
4 K Haley Brom & R (20:09)	36.53
5 R Tabor Dulwich (20:04)	37.24
6 S McCarthy W Gn (20:42)	37.33
7 K Harvey Altrinch (19:23)	38.20
8 Y Crawley Derby L (18:42)	38.56
9 P Knowles RSC (19:36)	39.08
10 J Shirley Redhill (21:41)	39.09

#### LAP THREE

Viv McConnell settled matters for Bristol when she toured the 3 mile circuit 33 seconds faster than Shaftesbury's Ann Ridley. Heather Knight found 16:35 from somewhere and secured the bronze medals for Altrincham.

1 V McConnell Bris (17:08)	53.14
2 A Ridley SBH (17:41)	53.46
3 H Knight Altrinch (16:35)	54.55
4 A-M Hughes Shett (20:08)	56.48
5 H Cawthorne Redh (17:50)	56.59
6 L Copp Cardff (17:08)	57.26
7 J Appleby B&R (20:42)	57.35
8 S McGladdery Dul (20:36)	58.00
9 J Cunningham Der (19:05)	58.01
10 W Edwards LCrou (18:39)	58.06

#### Fastest laps overall

1 H Knight Altrinch	16:35
2 B Cardy B&R	16:44
3 S Andreou W Gn	16:51

Full results page 16

#### MEN 50

##### LAP ONE

Despite, or quite possibly because, having no team to back him up, Charlie Dickenson (Belgrave) stormed round the first lap to lead John Kerr (Steel City Striders) by 11 seconds.

1 C Dickinson Bel	15.50
2 J Kerr Steel C	16.01
3 D Laynes Bed	16.04
4 D Michael Barnet	16.13
5 R Treadwell Oxford	16.26
6 J Sweeney Stockp	16.29
7 S Couldwell Birchf	16.37
8 D Wilde Worcs	16.42
9 J Quaintance SLH	16.46
10 R Phillips RSC	16.53

##### LAP TWO

With Belgrave taking no further interest in the proceedings, Steel City (Gordon Wilding) controlled the front of the race while Peter Marsh moved Barnet up to second.

Bingley entrusted this leg to British M60 CC champion Fred Gibbs and he gained seven places with his 17:10 which was faster than any competitor in the M60 race

1 Steel City	32.56
2 Barnet	33.06
3 Oxford	33.29

4 Worcester	33.43
5 Stockport	33.46
6 Bedford	33.57
7 Bingley	34.09
8 Derby County	34.19
9 Cleethorpes	34.24
10 Cambus	34.28

#### Fastest laps

1 T Dolan Cambus	16.49
2 H Matthews Elswick	16.51
3P Marsh Barnet	16.53

#### LAP THREE

At the halfway mark, Barnet led courtesy of John Shirley and Stockport leapfrogged Steel City to take second.

1 Barnet	50.30
2 Stockport	50.40
3 Steel City	50.45
4 Derby County	50.50
5 Oxford	51.00
6 Elswick	51.18
7 Bingley	51.21
8 South London h	51.27
9 Worcester	51.42
10 Cambus	52.06

#### Fastest laps

1 K Daniel Blackheath	16.16
2 P Williams SLH	16.21
3 M McNally Elswick	16.30

#### LAP FOUR

Barnet's tenure at the front lasted another mile-and-a-half. Gareth Jones passed four teams to establish a lead of 31 seconds. Derby pushed Stockport back down to third.

1 Oxford	1:07.19
2 Derby County	1:07.50
3 Stockport	1:07.56
4 Barnet	1:08.18
5 Bingley	1:08.33
6 Elswick	1:08.38
7 Steel City	1:09.02
8 SLH	1:09.18
9 Cambus	1:09.34
10 Blackheath	1:09.39

#### Fastest laps

1 D Hill THH	16.12
2 G Jones Oxford	16.19
3 N Morrison Verlea	16.36

#### LAP FIVE

Ahmed Amraoui ran Oxford's fastest lap to consolidate their lead over Stockport. Bingley moved into third, thanks to Neil Jennings.

1 Oxford	1:23.24
2 Stockport	1:24.27
3 Bingley	1:25.40
4 Derby County	1:25.59
5 SLH	1:26.22
6 Barnet	1:26.29
7 Elswick	1:26.32
8 Steel City	1:27.05
9 Blackheath	1:27.44
10 Trentham	1:28.30

#### Fastest laps

1 A Amraoui Oxford	16.05
2 F Reilly Stockport	16.31
3 J Wilkins Invicta	16.43

#### LAP SIX

Jimmy Bell made a valiant effort to get Elswick into the medals. Bell's 15:49 eclipsed Dickenson, who had stayed fastest M50 throughout the race, by one second and took him from seventh to fourth.

## 300 Club Prize Draw WINNERS

**FEBRUARY:** £125 to Tom Cheetham (Liverpool). £10 each to K White, S Anderson, P Mander, P Knott and J Mattison.

**MARCH:** £125 to Ann Lilley (Sunderland). £10 each to G Brindley, N Stuart-Thorn, M Kelly, W Eldridge and A-M Richards.

**APRIL:** £125 to Vera Johnstone (Morpeth). £10 each to J Barlow, N Noble, C Abbott, V Bradley and B Hunter.

Cheques (payable to Veteran Athletics) should be sent **Jose Waller, 26 Westwood Road, East Ogwell, Newton Abbott, South Devon TQ12 6YB.**

#### NEWSPAPER SUPPORT FUND

Donations to the Support Fund have been received from: **Mike Caudwell, Patrick Hefferman and Bryan Maurice.**

We are always extremely grateful for these generous donations. Your support goes to augment advertising revenue and aid publication of VA.

Donations should be sent to: **Les Brown (Treasurer), 55 Middle Lane, London N8 8PE.**

1 Oxford	1:39.56
2 Stockport	1:41.16
3 Bingley	1:41.51
4 Elswick	1:42.21
5 Derby County	1:44.20
6 Trentham	1:44.35
7 Barnet	1:44.42
8 Steel City	1:44.55
9 Blackheath	1:45.05
10 SLH	1:45.31

Full results page 16

#### Fastest laps

1 J Bell Elswick	15.49
2 R O'Keeffe Trenth	16.05
3 P Probin Bingley	16.11

#### Fastest laps overall

1 J Bell Elswick	15.49
2 C Dickinson Bel	15.50
3 J Kerr Steel C	16.01
4 D Laynes Bed	16.04
=5 R O'Keeffe Trenth	16.05
=5 A Amraoui Oxford	16.05
7 P Probin Bingley	16.11
8 D Hill THH	16.12
9 D Michael Barnet	16.13
10 K Daniel Blackheath	16.16

Continued over page ►



## ADVERTISEMENT

# BVAF Weight Pentathlon Championship

Organised by MVAC and Burton AC

SHOBNALL STADIUM  
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DoB ..... Age Group .....

Veteran Club ..... Vet No .....

1st claim Club .....

Please enter recent performances for  
grading purposes

DT JT SP HT SHT Best Score

I hereby agree that the organisers shall not be liable for  
any accident or injury, loss or damage as a conse-  
quence of my participation in these Championships.

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

## ◀ BVAF Road Relays continued from page 3

**WOMEN 45****LAP ONE**

Gillian Bunker handed over for  
Rotherham with a ten second  
lead over Richardson of  
Cleethorpe.

1	G Bunker Rother	19.40
2	R Richardson Cleeth	19.50
3	B Stevens Redhill	20.03
4	J Morley Hull AC	20.24
5	E Statham Stone	20.45
6	F O'Brienn RSC	20.59
7	I Peaty SBH	21.11
8	A Bennett Barnsl	21.48
9	J Bryan Cannock	21.55
10	K Falcon Barnet	21.56

**LAP TWO**

Felicty Garland took Redhill  
into the lead while Patricia  
Muller (Rotherham) in second  
place kept charging Stone  
Masters Marathoner Celia  
Hargreaves at bay.

1	Redhill	39.19
2	Rotherham	40.06
3	Stone	41.29
4	Cannock	42.22
5	Royal Sutton C	43.28
6	Middleton	44.11
8	Barnsley	44.24
9	Barnet	44.34
10	Hull Achilles	44.49

**LAP THREE**

In her first outing since fractur-  
ing an ankle, Ann Ford was  
given the job of defending  
Redhill's lead. In fact, it was  
Rotherham and Stone Masters  
who had to give way as former  
UK Marathon record holder  
Christine Kilkenny, resurgent  
after sciatica problems, ran the  
day's fastest lap. It was not,  
however, fast enough to catch  
Ford who notched up the sec-  
ond fastest time and anchored  
Redhill to a deserved victory.

1	Redhill	58.07
2	Cannock	1:00.32
3	Rotherham	1:02.27
4	Stone	1:02.56
5	Shaftesbury BH	1:05.04
6	Royal Sutton C	1:05.06
7	Middleton	1:05.41
8	Barnsley	1:06.00
9	Hull Achilles	1:08.58
10	Barnet	1:09.54

**Fastest laps overall**

1	C Kilkenny Cannock	18:10
2	A Ford Redhill	18:48
3	F Garland Redhill	19:16
4	G Bunker Rotherham	19:40
5	R Richardson Cleeth	19:50

Full results page 15

**MEN 60****LAP ONE**

The fastest laps were set on  
this leg, the obvious advantage  
of running in race conditions  
rather than closing gaps com-  
ing into play. Eric Knight  
(Halesowen), in fact, finished  
41st in the Men 50+/Women  
35+ field, 8 seconds up on  
Morpeth's Walter Ryder.

1	E Knight Haleso	18.2
2	W Ryder Morpeth	18.32
3	J Polgreen Oxford	18.52
4	J Kersting Swans	18.59
5	D Beasley Verlea	19.33
6	M Knight DerbyC	19.42
7	P Morris Solihl	19.45
8	B Hopwood Trenth	20.00
9	T Preston Nuneat	20.01
10	M Turner THH	20.02

**LAP TWO**

John Collins, launching  
Swansea on the road to their  
first set of gold medals that  
afternoon, raced through from  
fourth to first place. Keith  
Spacie hauled Thames Hare &  
Hounds up to fourth,

1	Swansea	37.43
2	Morpeth	38.02
3	Halesowen	38.23
4	Thames HH	38.40
5	Oxford	39.30
6	Derby County	40.
7	Trentham	40.3
8	Verlea	40.35
9	Barnet	41.15
10	Hillingdon	41.43

**LAP THREE**

Jeremy Denny, inspired by  
Spacie's effort, took Thames  
up to second but nobody was  
going to deny Swansea. Brian  
Griffith ran the fifth fastest time  
of the day in solitary splendour.

1	Swansea	56.30
2	Thames HH	58.18
3	Halesowen	59.04
4	Barnet	1:00.09
5	Trentham	1:00.11
6	Verlea	1:00.13
7	Morpeth	1:00.17
8	Clayton le Moors	1:01.06
9	Oxford	1:01.18
10	Woodford Gn	1:02.11

**Fastest laps overall**

1	E Knight Halesowen	18:24
2	W Ryder Morpeth	18:32
3	K Spacie THH	18:33
4	J Collins Swansea	18:44
5	B Griffith Swansea	18:47
6	M Sawyer Barnet	18:54
7	J Kersting Swansea	18:59

Full results page 15

**WOMEN 55****LAP ONE**

1	C Gould SBH	21.37
2	A Conroy LesCro	23.10
3	V Lawson CLM	24.33

**LAP TWO**

1	L Elmore SBH (25:30)	47.07
2	C Johnson L Cro (25:45)	47.55
3	K Garnett CLM (24:44)	49.17

**LAP THREE**

1	D Taylor SBH (24:46)	1:11.53
2	R Collishaw L Cro (25:03)	1:12.58
3	M Shone CLM (29:29)	1:18.46

**Fastest Laps overall**

1	Gould	21:37
2	Conroy	23:10
3	Lawson	24:33

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**MEN 70**

1	Barnet (T Horne 21:37, R Franklin 25:30, D Wood 22:42)	1:18.26
2	Small Heath (J Best 31:10, C Simpson 24:17, L Wilmott 24:14)	1:19.41



## SPORTS PHYSIOTHERAPY

# HOW TO IMPROVE WITHOUT TRAINING HARDER

Obviously that's just a catchy title to hook you in... isn't it. Read on, **Rod Dunn** Ph.D.D. might just have something.

**G**et a group of seasoned athletes together and the conversation will inevitably turn to 'that injury'. To hear some athletes talk, you'd think they could barely walk, let alone run, jump or throw. Yet athletes, whatever their age, are eternal optimists – always hoping that niggling injury will just go away. Ignoring it, they'll go on hammering away at the training and striving to produce that elusive PB. When they do grind to a halt they'll just get depressed – start moaning to anybody who'll listen, blaming it on their age or their last training session. But ignoring the problem won't cure it: even if you rest for a while, injuries rarely just go away of their own accord.

The human body can adapt to a certain amount of stress, which is why athletes usually improve when they train regularly. But too much training overloads the system, and the body breaks down. During any repetitive movement, whether it's running, throwing, swinging a bat or club or even using a keyboard, muscles are continually contracting and relaxing – so much so that at the end of a training session they end up in a partially contracted or tense state. In this state, they're more prone to injury.

Getting injured is rather like falling off a cliff: by the time it starts to hurt it's far too late to stop it, the injury is already well advanced. Your muscles, tendons and ligaments etc will have been coping near their limit of tolerance for months or even years. Suddenly it reaches that limit and you start to feel pain; this could be while you're training but could just as easily occur at any other time. Leave an injury this long and it could take the rest of the season to heal.

If you treat injuries when the very first signs occur, you can reduce the amount of time your training is disrupted. But it makes even more sense, to avoid injury by having regular treatment. Prevention is, as they say, better than cure. An increasingly popular method is to have regular sports massage treatment. This improves the health and efficiency of the muscles by increasing their blood supply and lengthening the muscle fibres. Visiting a physiotherapist regularly is another option; you could be

treated with good old ultrasound, or you could get wired up to some more high-tech machines; both aim to reduce inflammation by increasing the blood supply. Less commonly, you might get some hands-on therapy, which can include stretching and joint manipulation combined with strengthening routines. Alternatively, have your joints manipulated by an osteopath or chiropractor; therapies that concentrate on the correct functioning and alignment of the skeletal system.

A note of caution, the treatment of sports injuries is big business, so some therapists may claim to be able to treat sports injuries but in fact have little experience of doing so. It's wise to check before coughing up your hard-earned cash. The relevance of any therapy to an athlete is heavily dependent on the experience of the therapist, and many are simply not routinely trained to treat sports injuries.

In addition, none of these therapies focus on one of the most important soft tissue systems in the body: the connective tissue. Known as fascia, this is normally a thin moist substance, which wraps around muscles, tendons and ligaments rather like a spider's web. It allows muscle fibres to slide over one another as they contract and relax. Overuse causes this layer to thicken and harden and become glue like. This prevents the muscles from moving easily, resulting in restricted motion and pain.

If you injure a muscle, the connective tissue is usually where the injury shows up first. So keeping the connective tissue healthy helps keep the muscles injury-free. But just resting won't cure injury problems; they'll lie in wait until you start training again. Frequent stretching and icing routines may help, but they won't completely solve the problem.

Help is at hand however. An experienced physical therapist will be able to evaluate the state of your muscles just by feeling them with their hands, and can then answer such vital questions as: 'How long will it take to get back?' and 'Can I run this afternoon or should I wait a week?'. Using hands-on techniques to manipulate the connective tissue, the experienced therapist can successfully treat most soft tissue

injuries, getting you quickly back to training.

Like sports massage, this manipulation lengthens shortened muscles and stimulates the blood and lymphatic systems to get rid of the waste material produced during exercise. Unlike other therapies though, it not only successfully treats your injuries but also 'frees' individual muscle fibres. Thus allowing them to work more efficiently. This increases their range of motion, which in turn improves performance – so you can train harder, run faster, and jump or throw further.

The technique is so effective at keeping muscles healthy, as well as aiding recovery from hard training sessions and preparing for the next, that it's been touted as the next best thing to taking steroids! Well, steroids enable you to train harder and to recover quicker, which is exactly what regular treatment can do for you – and it's legal! Take a look at any athlete who has undergone regular treatment: not only will you see improved muscle definition (sprinters and body builders take note), but they will have trained harder, broken down less and had a much better season than those who have not had regular treatment.

Olympic champions Carl Lewis, Jackie Joyner-Kersey, Leroy Burrell, Willie Banks and Joan Benoit to name a few have all been successfully treated by one of the world's leading physical therapists, Dr Craig Benedict, who developed these soft tissue manipulation techniques

No veteran athlete will, I hope, want to train so hard that they feel the need to use steroids. However, if you want to get your best season ever underway and arrive at the championships with no niggling injuries, don't rely on your natural optimism, book yourself some regular visits to an experienced physical therapist.

*Rod Dunn Ph.D.D. is a full-time physical therapist and veteran middle-distance coach and athlete. You can contact him at 01733 321185, mobile: 07958 943 183, e-mail: Rod@cambsphysicaltherapy.co.uk, www.cambsphysicaltherapy.co.uk*



## IN BRIEF

● **The Dunsford family** feel that the time has come to close the Medical Account for young Barbara. They would like to express their gratitude for the help they have received from an English doctor friend and an English drug company. They are now able to do the treatments at home although the treatments are still overseen by the American doctor via a computer link.

The costs involved have been reduced considerably, at least by 75%, and the family - especially young Barbara - wish to thank everyone who gave donations, support and interest. This has all helped in the great improvement seen since treatments began. There is still a long way to go but there is light at the end of the tunnel.

The family send very special thanks to Pat Oakes and Jim Day who organised and managed the Medical Fund and to their very special doctor friend.

● **Several readers** have expressed interest in the letter from Sydney Robson in the last issue. He wrote about his hip replacement by the Birmingham Hip Resurfacing operation. We have also recently heard from Martin Turner of Thames Hare & Hounds who has also had the operation. In May of this year he was a member of the TH&H M60 team that came second in the BVAF Road Relay Championships.

Turner dislocated a hip playing rugby at the age of 33 which left him walking with a stick for a while. He joined Thames Hare & Hounds, eventually became captain and ran many marathons, recording 2:30 at the age of 42 in the London Marathon.

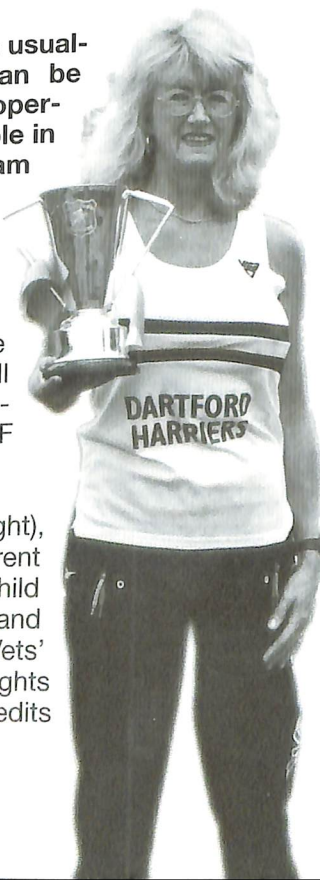
Four years ago he ran his last London. His hip deteriorated so much that by 1999, Turner could not walk without pain and was looking at using a wheelchair. Then he heard of Mr McMinn of the Birmingham Nuffield Hospital who had developed the Hip Resurfacing operation. All Turner wanted at the time was get to get rid of the dreadful pain.

The operation was performed on 1st December 1999 and Turner walked the next day. After a week he could walk up and down stairs and after 10 days he went to a dance; Mr McMinn believes that exercise is beneficial to the hip. Turner is now training at 40 miles a week plus swimming.

There is a 1½% failure rate for the operation which is usually down to bone density. Prospective patients can be referred to Mr McMinn by their GP and can have the operation on the NHS if this course of action is not available in their area. For further information contact: Mrs Pam Charles, Liaison Manager, Birmingham Nuffield Hospital, 7 Chad Road Edgbaston B15 3EN.

● **Richard Drew** of Dartford Harriers has written in retaliation to coach Malcolm Arnold's "I hate veteran athletics" outburst in *Athletics Weekly*. Without veterans, he says, many clubs would have to fold. Vets officiate in all areas, are becoming an increasing majority in open competitions and most clubs rely on them to turn out full T&F teams

Drew cites an example of this. Rosemary Champion (right), occasional contributor to VA, is Dartford Harrier's current Clubwoman of the Year; she is the club's Press Officer, Child Protection Officer, keeps the club records and officiates and competes in the senior Southern League as well as the Vets' league. As a qualified javelin coach she coaches at club nights and at local schools. As if that wasn't enough, she also edits SCVAC's 'Southerner' magazine.



## AROUND

### MIDLANDS

From an entry list of one-hundred-and-ninety, 158 athletes contested the Midland Veteran's championships (10th June, Solihull). Thirty records were set - including one British - and two were equalled.

Recent 80th birthday girl Mary Wixey set new figures in the Long Jump, Shot Putt, Discus, Javelin and Triple Jump where a leap of 4.35m took her past the old British Record.

John Conboy increased his last year's figures in the M55 Hammer and Discus. Mother and son team of Rosemary Chrimes (W65) and Russell Payne (M40) established new figures for the High Jump and Hammer respectively.

In the ladies' Pole Vault, Anne Wainwright (W45) pushed the record up to 2.60m and just failed in her attempt to break the British Record of 2.75m. Ex-Olympian Anita Neil (Munich 1972) in her first competition for over 20 years leapt to a new record of 4.78m in the W50 Long Jump after also taking gold in the 100m. There were new records for Mike Garvey (M60 Long Jump of 5.02), Mike Jones (M60 Shot Putt of 10.80), Brian Sumner (M65 Hammer of 31.54) and Carol Rafferty (W55 Javelin of 24.82).

The award for the best performance went, however, to the evergreen Tony Crocker who in the M65 High Jump achieved 1.45m, increasing the old record set in 1990 by some 6cm. He went on to Pole Vault 2.10m increasing the previous record by 30cm and followed this by equalling the Long Jump record of 4.50m. Well done, Prof!

There were new age group records for Kim Braznell (W45), Jackie King (W50), Jill Langford (W60) and Pam Horwill (W65) in the 5km Walk.

Records on the track were harder to come by with Yvonne Priestman establishing new figures in the W55 age group at 100m and 200m. Sandra McDonald almost achieved a similar feat taking the 200m record for the W40s and equalling the figure in the



# THE REGIONS

100m. Bronwen Cardy (W45) and Magdalene Sloan (W60) improved on the old 1500m records, whilst in the 400m Hurdles Tony Wells (M50) and Richard Barrington (M55) did likewise. Brian Ariss overcame disappointment at not taking the M60 300m Hurdle record when, despite beating the old figure, it was ruled out by the track referee since 3 of the hurdles were at an incorrect height. However, winning the 100m hurdle race with a time of 19.2 gave him the record in that event.

The Best Performance on the Track award was given to Paul Anthony of Notts for his excellent run in the M50 400m where he sliced a full second off the old record held jointly by himself (Solihull 2000) and Derek Taylor (Solihull 1999). Obviously, Paul is improving with age!

**Maurice Priestman**

## SCVAC

Members who competed in the 7th Veterans Athletic Non Stadia events at Malta on April 28/29th returned with a total of 7 Gold, 5 Silver and 5 Bronze Medals. Pride of place must go jointly to Eileen Quinton (W70) and John Taylor (M70). The dynamic duo won both their respective 10km and Half Marathon Championships. Ann Lewis (W50) and Anne Von Bismark (W70) won their divisions in the 20km Walk, the former in what is thought to be a World record. Finally, Jack FitzGerald won the M75 30km Walk, once again having to beat nobody except the Judges.

Karen Bowler, recently returned after a period in the United States, proved that she had lost none of her running ability with a W50 silver in the Half Marathon and Bronze in the 10km, a result duplicated by Betty Norrish in W70 grouping. Harvey Jaquest was happy to win his first championship medal at 74 years when he placed second in the M70 30km Walk. Lastly, Bronze medals went to Bridget Cushen (W60 10km), Ron Hale (M75 10km), Pam Picken (W55 20km walk), Ron Powell (M50 20km Walk) and the ever consistent Vince Hancock in the M55 Half Marathon.

Some of the above mentioned also competed in the 10km Championships held at Beckenham a week later, Hancock winning the M55 gold medal and attaining the highest age graded percentage of 87.77 with a 35:59 clocking,

John Wilkins clocked the fastest Club time of the day with 34:43 to win the M50 division. Other male winners were Steve Smythe (M40), Martin Clarke (M45), newcomer Mike Conway (M60), Brian Bowering (M65) and Derek Thomas (M70). Eileen Quinton was at it again with a 51:32 W70 win. Anne Roden was female leader in the age grading stakes with 85.86% for her W50 41:10 win,

Other female gold medallists were Jackie Barker (W50) and Zoe Gaffen (W45),

After three championships the Grand Prix male leader is Owen Phipps with 116 pts followed by Alastair Matson on 98 while on the distaff side, Anne Roden with 40 points has a slight lead over Pam Jones (78) and Eileen Quinton (77).

The next; championship and Grand Prix event will be the 5km which will be held in conjunction with the BVAP 5K Championships at Milton Keynes Open University Site on Sunday, August 26th, followed by the Cabbage Patch 10 on September 23rd.

The T&F Championships at Battersea on June 10th suffered as a result of the wind and rain, but apart from the one British Record, that of Sylvester Stein in the M80 200, 17 Championship Best Performances were beaten or equalled in the track events, eight in the Jumps and five in the Throws. Pride of place on the track was shared between Kermit Bentham's 50.8 400m and Tony Wade's M45 High Jump/Long Jump double and Nick Phipps's 3.60m Pole Vault also impressed. The Throws were dominated by Hammer throwers Melliush, Augue and Williams, while Joe Phillips again performed well with the spear.

**Jack FitzGersald**

## ADVERTISEMENT

### ANNUAL SPORTS THERAPY CONFERENCE

WORTLEY HALL, SHEFFIELD  
27/28 October 2001

**VENUE** The third annual Sports Therapy Conference will again be taking place in the beautiful setting of Wortley Hall, Sheffield over the weekend of the 27/28 October (the weekend the clocks change).

**CONTENT** As last year (which received very good reviews) there will be individual medical assessments and, among other things, will include an ECG, fitness test, blood pressure, etc. The Chiropractors will be in attendance to give individual evaluations and there will be also be other topical contributions with athletics and general fitness in mind.

**COST** The cost is £85 per person based on a twin share, with a single room costing £95 for the weekend (unfortunately this is non-refundable, as all expenses are kept to a minimum). This includes a 3 course meal on the Saturday evening, overnight accommodation, full cooked breakfast on the Sunday morning and a 3 course Sunday lunch (together with tea and coffee breaks). Those who have attended in previous years will know there is a 'get together' in the bar on the Saturday evening and this year there will be a general knowledge quiz (interspersed with some music!). There is also an early morning run (or walk) on the Sunday for those of you who might be interested. As well as proving of benefit from a health point of view, this also proves to be a good social weekend!

The rooms are of varying standards and will be allocated on a 'first come first served' basis - obviously the better rooms will be taken first, so please reply without delay!

This is a major fund raising event for British Masters' Medical Services, which is non-profit making. The proceeds enable us to plan ahead in providing medical cover for forthcoming events.

We appreciate this is a rather expensive year (for those of you who are travelling to Brisbane) so, if you prefer, a deposit of £50 per person (sorry non-refundable again) can be paid initially to book your room, with the balance payable by the 30 September 2001.

—————  
I/we would like to attend the Sport Therapy Conference to be held 27/28 October 2001 at Wortley Hall, Sheffield and enclose my/our cheque for £50 (deposit) / £85 / £95 per person made payable to:

**British Masters' Medical Services, c/o Carole Filer,**  
The Street, Hockering, Dereham, Norfolk, NR20 3AJ.  
(Telephone 01603 880281  
email: cdss@filerfam.freeseve.co.uk).

Name..... Share room with.....

Address.....

.....  
I/we will require a bar lunch/snack on arrival Saturday lunch time: Yes ☐ No ☐ (This is the only food item you have to pay for)

Telephone No.....

Email address.....



# veteran**ATHLETICS** Volume 1, Number 57

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## YOUR LETTERS

The letters column of VETERAN ATHLETICS is open to all to express their opinions on any subject of interest to our readers. The editor reserves the right to shorten any letter - without altering the meaning - for space reasons. Please address your letters to: Geoff Harrold, 208 Lampits, Hoddesdon, Herts EN11 8DU.  
E-mail: geoff.harrold@ntlworld.com

## INDOOR T&F

### FIASCO - A REPLY

In the last issue of VA, Kevin Burgess made comment regarding the 2001 Indoor Championships at the National Indoor Athletics Centre, at UWIC in Cardiff. Some of the points made both by Kevin and by Maurice Doogan in his reply, by association reflect somewhat adversely on the facility and/or its management. Although I am a member of staff at UWIC, I am not a member of the university's Sports Facilities Management team. However, I have spoken with them to ascertain the facts. Therefore, for clarification sake, may I, please, respond in relation to some of those points which reflected on the venue itself?

Kevin had some reservations about the 200m track because he felt that the banking may not be steep enough. The track angle on the bend is 12.5 degrees. The corresponding values elsewhere are: Birmingham - 12.5; Belfast (just being completed) - 12.5; Sheffield and Manchester (being built) - both 12.5; Kelvin Hall 17.5. The old track at Cosford was 18 degrees. The track at UWIC is kept at 12.5 degrees for competitions. Naturally, the IAAF recommendations for indoor track construction were followed closely when the facility at UWIC was built.

With regards to the photo finish equipment at UWIC, the operators were not those who normally use our equipment. We have not had any problems previously with our equipment. During conversations prior to the Championships, the Sports Facilities Management at UWIC did suggest on a number of occasions that the operators being brought in should come in the day before the competition to familiarise



themselves with the equipment. Any problems during the Championships were not due to equipment malfunction and, indeed, it has operated without problems since.

Again, prior to the Championships, the Sports Facilities Management indicated that only the standard hurdle markings were available. The response they received was to the effect that this would not be a problem and that Veteran markings would be sorted out at the time.

**Sean Power**  
Head of the Centre for  
Performance Analysis  
UWIC (University of Wales  
Institute, Cardiff)

## I KNOW THAT FACE!

I'd like to begin by congratulating everyone concerned with the organisation of the BVAF Road Relays at Sutton Park on 12th May. It was a tremendous day out at the traditional home of road relay running and the weather, if a little hot for competing, was a huge bonus. Our team, Les Croupiers Running Club, had a great day and the silver medals won by our W55 team was the icing on the cake.

The Vets Relays and Sutton Park has been a happy hunting ground for us in recent years, with our W35 team winning gold in 1997 and 1999. One member of those teams, Wendy Edwards, had cause to remember this year's event for a very different reason.

Wendy had a very successful running career as a teenager, culminating in a Welsh vest at Intermediate level in a Home Countries Cross Country International at Porthkerry Park, Barry in January 1978. At that event, due to the relative lack of available accommodation, visiting athletes were housed with families and Wendy's family kindly acted as hosts to a highly promising 15-year-old athlete from Leeds named Sandra Arthurton. The races went off really well, with Sandra fulfilling her promise and winning the Intermediate event convincingly.

Wendy and Sandra never met again until, by chance, the Vets Relays. Both had taken time out of the sport to raise families. Wendy resumed her career around seven years ago and has been a regular member of the Welsh team at the Home Countries Vets Cross Country team since turning 35.

Sandra, now Sandra Andreou, represents Woodford Green and only resumed her athletics career in January of this year. However, talent always rises to the top and, after only four months training, she recorded the third fastest leg of the day. Watch out for this young lady - she is real class and it's great to see her back.

A final word about Wendy and Sandra. The recognition when they realised who the other was, after 23 years, was a picture. In a nutshell, this is what Vets' athletics is all about!

**Mick McGeoch**  
Les Croupiers  
Running Club

## THE ALTERNATIVE MEDAL LIST

There were some medals not awarded at the Track and Field championships at Eton, last June, and I feel I should redress the balance.

A gold for the overall organisation.

A bronze for the failed hotel/track transport.

A gold to the officials and competitors who provided a taxi service to the track and to the station at the close of the meeting.

A gold to the track officials who had time for humorous banter - lap counting expressly - allied to instructions and advice.

A gold for the supply of water during the longer track races.

A gold for the competitors numbers. I knew who was who, increased my contacts and they enlivened the scene - just great! I did not notice any that were discarded - were they as treasured as mine.

A gold to the announcers, they had done their homework and

they added life to the meeting. We were kept informed about who had done what and where and up-to-date on the meeting's progress.

A gold for the hotel although we had no time to enjoy the inclusive amenities.

I have heard views expressed that medals should be discontinued but I noticed that the engraver did not lack for customers.

Now to the Half Marathon championship. We (vets) were submerged in a very well organised People's Half Marathon. I was lost and only caught up with the M75 competitors at the presentation. All that was required was a distinguishing race number worn on the back.

Although medals were presented on the day to the Over-70s my M75 medal has just dropped through the letterbox. I noted that the gold medals were of the bronze variety, is that now par for the course?

I train for events, to achieve the

merit standards attached, and we older runners deserve the same treatment as the younger runners who sometimes do not come up with the rations.

**Hugh McGinlay**  
Falkirk

## HEARFELT PLEA

When I started in athletics, a long, long time ago, I used to find most of my peers in T&F very boring, always going on about their training and how many years worth of 'Athletics Weekly's they had under their bed. Never any time for a drink or the jazz and blues clubs.

Now I have come back into veterans' athletics, I thought that - after half a lifetime of experiences - veterans would have a broader outlook than those callow youths (you see I am talking male athletes here). No chance.

All you hear is injuries and long winded accounts of PB's from 30 years ago! Why are you all such boring old f\*ts? Life is too short, especially now. Lighten up!

**G Armstrong**  
Maidenhead

# BVAF 5K 2001 CHAMPIONSHIPS & Area Challenge Match (4 to score)

Organised by Milton Keynes AC  
for EASTERN VETERANS AC at the Open University  
Site, Milton Keynes, Bedfordshire

SUNDAY 26 AUGUST 2001 11am START

## Event programme

11am W55+ & M60+  
11.45 M50-59  
12.20 W35-54  
13.00 M40-49

## Area Challenge - scoring details

1st to 4th teams 20/15/10/8 pts  
W55+ & M60+ 3 to score  
M50-59 4 to score  
W35-54 4 to score  
M40-49 4 to score

M / F Name.....

Veteran Area Club (one only).....

You will automatically be in the area team given if a scorer

UK Athletics Club.....

Age Group 35-40-45-50-55-60-65-70-75-80-85-90

Date of Birth..... Tel.....

Address.....

Post code.....

I hereby agree that I am taking part in this event at my own risk and the organisers will not be held responsible for any injury, illness or misfortune, howsoever caused as a result of participating

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

Please enclose a 9x5 SAE with cheque for £5 payable to EVAC  
Send to: BVAF 2001, 42 Wimbotsham Road, Downham Market,  
Norfolk PE38 9PE **Details of accommodation YES / NO**



IN MY OPINION

# NO DRUG CHEATS NOW - ONLY SICK PEOPLE

New feature, 'In My Opinion' is an open forum in which readers can air their opinions on athletics-related subjects. Marathon runner **MAX JONES** is first up to cast a cynical eye at the IOC's policy on 'Drug Cheating'

It is nearly two years since the International Olympic Committee changed its policy on what it calls "doping" in Sport. Quoting its web-site, the object of its exercise now is that "... the IOC ... leads the fight against doping in sport and takes measures, the goal of which is to prevent endangering the health of athletes".

Out have gone the old 1969 definitions of "...with the sole intention of increasing in an artificial and unfair manner his/her performance in competition" and "...when necessity demands medical treatment ... this too is regarded as doping".

How many national newspaper sports journalists know that !?

Even more importantly, the *evidence* of the urine analysis is officially the *crime de jure*, instead of being merely *de facto* as it has been for 30 years. The only offence which matters is now "...the presence in the body of a substance ... on the list annexed to the Olympic Movement Anti-Doping Code".

This means that there are no drug-cheats in sport any longer, only athletes who are ill, injured or taking a regular dose - prescribed by a qualified medical practitioner - of a medication of which, for no apparent reason, the IOC disapproves.

Or products of the health food industry which contain no banned substances at all but which speed up the repair of damaged tissues and as a result produce enough of the banned, *but natural*, substances in the urine for the IOC to claim that they are "endangering the health of athletes". Only tiny, tiny quantities, of course, but the IOC prohibits virtually everything in its catalogue over absolute zero.

One exception to that Golden Rule is nandrolone. The IOC allows two parts *per million* of that. Big Deal! They are seriously asking us to believe that that amount is, quote: "endangering the health of athletes". What sort of idiots do they take us for?

Does the General Medical Council endorse the IOC's position. We should be told. I've

asked Kathy Jager at least twice what she was charged with, if anything. Whether or not officially and whether or not in writing, but she has not answered that question.

I did not get an answer to that question from Uta Pippig either when I went to see her and Dieter Hogen in Boulder last October. In their defence, though, I have to say that I didn't press them for an answer because, even three months after German Supreme Court Judge Ullmann had pronounced that "*de facto* there was a ban, but its existence has not been legally justified." they were still both exhausted from two-year's-worth of fighting the DLV.

Her "offence" was that she was very ill, with an abnormally low testosterone but an even lower epitestosterone. The eT readings for the two out-of-competition tests she had in 1998 (she had been too ill to compete in more than one race since her DNF in the Atlanta Olympics in 1996) one of which gave the banned T:eT ratio of 9.2:1, were 1.9 ng/ml and 0.4 ng/ml, whereas the amount allowed by the IOC Rules is 200 ng/ml.

It is all quite awful.

Jager was convicted because her doctor had diagnosed and was treating her for a testosterone deficiency, whereas Pippig was jailed because her doctor had not diagnosed what was wrong and was not treating her.

Neither should have been suspended, because they had no case to answer, let alone convicted, but Uta was vindicated simply because she had a six-figure sum of cash available with which to engage a an attorney and was prepared to use it until she won. She had to concede, however, that she wouldn't sue the DLV for loss of earnings, punitive damages, etc, because she and Dieter were too exhausted to continue the case

Ironically, both Pippig and Jager were charged (or not charged, depending on your point of view) before the introduction on 1st January 2000 of the "presence in the body of a substance on the list of the Olympic Anti-Doping Code" clause defining "doping" in the Lausanne Declaration

On Doping In Sport as not only the *evidence* but also the *crime*.

So Uta would not have succeeded had she been tested in April 2000 rather than April 1998. Now the urine analysis is *all* that matters, as both tiny Romanian gymnast Andreea Raducan and C J Hunter found last year.

The clause was written after an IOC representative declared that health foods are "unnecessary for ...healthy athletes, so why ...take them *when they can give rise to positive dope analyses*".

So the IOC Doping-In-Sport train has finally hit the buffers. We are totally responsible for what we ingest (the IOC's perversion and inversion of the Insurance Industry's 'Strict Liability', whereby the responsibility is placed on the supplier, not the consumer) even when it doesn't contain an IOC-banned substance but only an unknown catalyst which produces a natural substance in the body in quantities over the absurdly low limits derived from small-scale tests on, quote, "males, including sportsmen"!

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## SINGLETON PARK, SWANSEA

ORGANISED BY SWANSEA HARRIERS AC AND WELSH VETERANS AA.  
SUPPORTED BY CITY AND COUNTY OF SWANSEA LEISURE SERVICES

### SATURDAY 6th OCTOBER 2001

(PERMIT APPLIED FOR)

#### OPEN TO ALL VETERANS

WOMEN OVER 35 YEARS AND MEN OVER 40 YEARS ON RACE DAY

<b>RACE 1:</b>	<b>5km WOMEN (ALL AGES) AND MEN OVER 70</b>	<b>13.00</b>
<b>RACE 2:</b>	<b>10km MEN 50-69</b>	<b>13.45</b>
<b>RACE 3:</b>	<b>10km MEN 40-49</b>	<b>15.00</b>

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; all other age groups 3 to count  
BVAF Championship competitors in M60-69 and W45+ age groups who wish to count for M50-59, W35 and W45 teams instead of their own must declare on the entry form

#### ENTRY FEES (NO TEAM FEES):

Members of veteran clubs	£4.50
All other competitors*	£6.50

\*Must include proof of age, eg: photocopy of birth certificate, driving licence, passport etc

#### CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO 'WVAA'

Postal stamps are **NOT** acceptable as payment of entry fees  
SAE (9x6") required for race number, confirmation and travel directions

Send completed form with entry fee to:

**BVAF Cross Country Championship, 40 Twyni-Teg, Killay, Swansea SA2 7NS**  
Welsh Athletes are required to give their AAW Registration Number

**CLOSING DATE: September 15th 2001 - NO LATE ENTRIES, NO ENTRIES ON THE DAY**  
Confirmation of entry will be sent out after closing date

PLEASE USE CAPITAL LETTERS

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Age on 6.10.2001 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age Group for Event \_\_\_\_\_

YOUNGER TEAM DECLARATION M50-59 \_\_\_\_\_ W35-44 \_\_\_\_\_ W45-54 \_\_\_\_\_

AAW Reg. No. (Welsh Athletes Only) \_\_\_\_\_

TRAVEL DETAILS: Car Mini Bus Coach Train (Delete as necessary)

First claim UKA club \_\_\_\_\_ BVAF Club \_\_\_\_\_ Membership No \_\_\_\_\_

I enclose a race fee of £ \_\_\_\_\_ Tel: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

I confirm the above details are correct \_\_\_\_\_ Date \_\_\_\_\_

For accommodation details please tick ☐ and enclose additional 9x6" envelope

**NB:** athletes who entered for the original March event but did not have their fees returned will be automatically re-entered. However, it would greatly assist if they re-affirmed their intentions and advised the organisers of any changes in their age group or of team nomination and send an SAE for race number plus any other details.



# AN ETON CROP

REPORT: **ALASTAIR AITKEN**. PHOTOGRAPH: **JEREMY HEMMING**



**T**he sun blazed down for both days of BVA F T&F Championships at Eton although there was a wind against the sprinters on Saturday, 23 June. By the final event of the day, however, it had died down sufficiently for Kermitt Bentham, the forty-one-year-old Thames Valley Harrier to wipe away one of the longest standing records on the books.

For the 400m Final, Bentham had drawn lane 4, his nearest rival Francis Scott (42), whose personal best of 50.8 was achieved as a veteran, was in lane 3. From the gun it was obvious that Bentham was in a different race to the others and was timed at 49.55 for a new M40 British record.

"I was in two minds (about) the record but when I started I thought, 'Oh well, I might as well go for it'."

On Sunday 24th June, Bentham also won the M40 200 as a curtain raiser to the well organ-

ised meet but, after the highs of Saturday he was not motivated to run quicker than 22.96. Stephen Peters was pipped by David Elderfield in the M45 400m on the Saturday but came back next day to win the 200 and to turn the tables on Elderfield who succumbed also to the fast finishing Eric Smart. Smart had been involved in the 100m championship with John Browne, owner of a hand-timed World Best of 10.97 from earlier in the year. Browne and Elderfield were just ahead at the half distance but Smart, the Powderhall Sprint Champion of 1986, passed them both in the last 20 metres.

Brian Shearsmith, a rugby winger until his 50s was, I felt, the most impressive in the older age groups, using his strength to pull away in the M60 100 and 200. Statistician Dave Burton, often the bridesmaid to Ron Taylor, came into his own when winning the M65 200m. An unusual combination of wins on the Saturday was achieved by Bill Davies in the M70 group. Like Shearsmith a rugby player until his 50s, he won the 400, 1500 and 5000 titles.



# OF RECORDS



Bustling Edinburgh man, John Ross, was out in force again, winning the M60 300m hurdles, 400, 800 and Javelin. South London Harrier, Don Adair, was an RAF Air Gunner in the 1940s who, although he had run as a youngster only came back into the sport as a 65-year-old. Adair won the M75 100 and 200 while Sylvester Stein, who never looks his age, took his M80 200 metres UK record down to 33.82.

An ex-400m hurdler, Tony Mitchell took up the 800m this year. Mitchell was content to go through the bell in 63 seconds and then use his speed in the closing 150m for a winning time of 2:01.71. His wife Jenny won the W35 400 hurdles with 66.0 while mother-in-law Carina Graham carried the family tradition by winning the M65 80m hurdles in 16.8 - a new British Record.

Double World champion Dave Wilcock

led from start to finish in the 800m M45 showing he would be hard to beat in Brisbane. It was good to see Ken Daniel win the M50 1500m. Daniel had been part of a Blackheath M50 4x400m which had achieved a UK record of 3:51.5 in the Kent Vets League some eight days previously.

A member of that team, Bob Minting front ran the M50 800m to win from Stewart Halion and Brian McKay. This had been the order in the European Vets Indoor Championships!

Another Blackheath man to excel was Bill Foster, the ex-international marathon man. Foster ran a relaxed M40 5km race and was too strong for the rest in the closing stages - no surprise as he had run 31:10 in the BAL Cup 10,000m two weeks previously. Mike Boyle also looked good in the closing stages of the M40 10,000, winning in the excellent time

- for such a hot day - of 31:36.55. His Herne Hill clubmate Richard Payne also conquered the conditions to crack 15 minutes (14:48.55) in the 5000m.

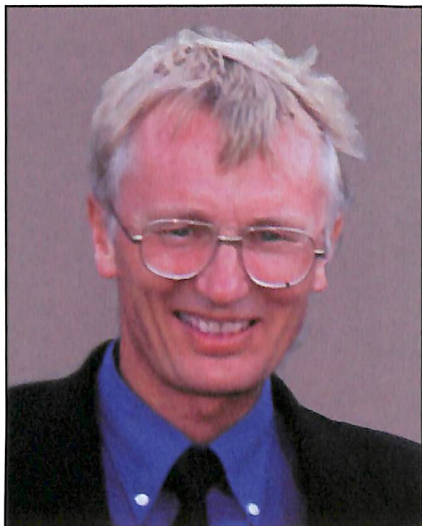
The most exciting distance event to watch was the MSO 5000m where Brian Hilton, John Willoughby and postman Henry Emerton had a race long battle tracked all the way by Paul Williams who only just off the pace. Hilton proved the stronger on the last lap.

Geoff Oliver (67) won the M65 5km and 10km after suffering a minor stroke in February.

Someone shaping up well for Brisbane was Neil Griffin who won the M50 discus and shot. Welshman Sean Power has always been a great credit to veterans athletics and he was out again, winning the M55 high and triple jumps. Tony Rawlinson at 85 defies age and logic ▶ 21



## CHAIRMAN'S REPORT



The relays in Sutton Park were very well organised by Mike Wrenn. I was privileged to host Deputy Lord Mayor McCardle, a runner himself, at the event. I managed to get round my leg for Stone Master Marathoners... but slowly!

A significant number of members travelled to Brisbane for the WAVA Track and Field Championships. Unfortunately, Elaine and I were unable to join you for family reasons. We both hope you all had a brilliant time and achieved your aims.

My commitment to the chairman's responsibilities has been hampered by vet matters of another kind. In March I was called up to serve on the front line as a veterinary inspector for MAFF. The virus seems to be having (hopefully) its final fling in this area and life should soon return to its semi-retired norm with time for the important things in life... BVA, running, biking and so on. I am most grateful to the other executive officers who took on the work.

I hope your training is going to plan as you peak for your target event. Enjoy your athletics....enjoy life.

**Mick Statham**

## WHAT'S ON/FIXTURES

### INTERNATIONAL

Nov? Great Britain and Ireland International CC championships

### NATIONAL

18 August BVA 30K Road Walk, Warwick  
 26 August BVA BVA 5K Road Championships, Milton Keynes  
 1 Sept BVA 10K Road Walk, M&W, Leicester  
 2 Sept BVA Weights Pentathlon, Burton, Entries N Carter  
 2 Sept BVA 10K Road Walk, Leicester (Mercury)  
 8-9 Sept BVA Multi Events Woodburn Rd, Sheffield  
 Entries J Charlton  
 16 Sept BVA 10K Road Championships (incorporating Inter-Area 10K), Brockwell Park  
 23 Sept BVA Marathon Championships, Manchester  
 30 Sept Inter-Area T&F, Tidworth, Wiltshire  
 6 Oct BVA CC Championships - Swansea

### NORTH

22 Aug Track and Field League Cleckheaton  
 9 Sept NVAC 10k Track Championships TBA  
 23 Sept 4 Mile Fell Race Ponderosa Café, Horseshoe Pass, Llangollen  
 30 Sept Monthly run, Edgeworth  
 11 Nov 7 Mile Cross Country, Great Harwood  
 21 Nov NVAC 10 Mile Championships, Padgate College, Warrington  
 25 Nov Monthly run, Leigh  
 16 Dec Christmas Handicap, Ashton-u-Lyne

### NORTH EAST (VAA-NE)

19 Aug Open Vets Throws Competition, Silksworth 11.30am  
 26 Aug NE Track 10k/5k Championships with Vets Open Throws, Monkton, 6.45pm  
 26 Aug VAA-NE 10K road championship (incorporated with Auckland Castle 10K)  
 1 Sept Vets NE v Scottish Vets, Monkton, Field 12 noon, Track 1pm (Prov)  
 8 Sept Pentathlon Championships and 5000m and 10,000m championships, Monkton 1pm plus Open Vets Throws & Hurdles  
 16 Sept Open Vets Throws Competition, Silksworth, 11.30am  
 30 Sept Multi-Throws Competition, Monkton, 1pm  
 14 Oct Open Vets Throws Competition, Silksworth,

11.30am  
 27 Oct BVA Cross Country Relay Championships, Darlington

### MIDLANDS

2 Sept Track and Field League Cup Final, Nuneaton  
 16 Sept 10 mile Road Championships, Nuneaton  
 9 Dec Christmas Cross Country Handicap, Solihull

### SOUTH

26 August VAC T&F Championships, Kingsmeadow  
 2 Sept Southern League Finals at Battersea,  
 6 Sept VAC 10K Track Championships, Battersea  
 9 Sept Middlesex Veterans T&F, Barn Elms. Entries £3 per event. Entry Secretary, 210 Chaplin Road, Wembley, Middlesex HA0 4UT.c/d 31 August. Cheques payable: Middlesex AA with SAE  
 16 Sept BVA 10k Road Championships (hosted by VAC) Brockwell Park, Lambeth, SE London. 11am.  
 23 Sept SCVAC 10 Miles Championship & Grand Prix (in conjunction with Stragglers "Cabbage Patch 10M" 29 Stourton Avenue Hanworth, Feltham, Middlesex, TW13 6LA. £8 payable to "Cabbage Patch Run"  
 29 Sept SEAA Veterans Road Relays  
 7 Oct Reading Veterans T&F Meeting, Reading  
 20 Oct Surrey Vets Champs - Richmond Park/Petersham  
 21 Oct SCVAC Marathon Champs, (in conjunction with Abingdon Marathon) Entries £9 to: Abingdon Marathon, PO Box 57, Abingdon, Oxon OX13 6XR Grand Prix event  
 27 Oct VAC CC - Wimbledon Common. 2.30 pm  
 4 Nov SCVAC Half Marathon Champs + final Grand Prix event (in conjunction with Harrow Half Marathon) Entries £8 to Mary Swindles, 41 Priory Way, North Harrow, Middlesex HA2 6DS  
 24 Nov SEAA Vets CC championships - Parliament Hill, Hampstead  
 1 Dec Hercules Wimbledon Inter-Club 5M CC with VAC 2.30pm.  
 22 Dec VAC CC Wimbledon Common 2.30pm  
 12 Jan VAC CC Champs - Wimbledon Common 2.30pm  
 9 Mar SEAA Veterans CC Championships - Maidenhead

### SOUTH WEST

26 Aug SWVAC 'Battle of Sedgemoor 10k' Langport, Somerset, 1100 hrs  
 2 Sept SWVAC Calne 10k, Wilts, 1100hrs.



# RESULTS

- 6 Sep Aldbourne 10K\*, Nr Marlborough, Wilts, 1100hrs  
 7 Oct BUPA City of Bristol 13 miles\* Championships, 1245hrs  
 28 Oct 'Egdon Easy' 10K\*, Weymouth, Dorset, 1030hrs  
 4 Nov Ilminster Charity 10K\*, Somerset, 1045hrs  
 2 Dec Victory 5 miles\*, Portsmouth, Hants, Championships, 1300hrs  
 9 Dec Christmas 10K\*, Christchurch, Dorset, 1100hrs  
 30 Dec 'Last Chance' 10K\*, Exeter, Devon, 1030hrs  
 (\*part of the 2001 Road Race Grand Prix Series)

## WALES

## SCOTLAND

## ISLE OF MAN

- 23 Sept Open 10 miles Walk, Contact Mike Gellion -1624 834822  
 30 Sept OMVAC TT Course Relay Walk, 37 miles 4 legs relay walk Contact Allan Callow 01624 672159

## BVAF WEBSITE NEWS

The BVAFwebsite continues to expand, both in the amount of information included and the number of visitors received - about three times as many as a year ago. A new more succinct name has been acquired - www.bvaf.org.uk - although the old one is still valid.

The latest feature is the 'Athletes' Shop' where anyone with a product or service of interest to veteran athletes can advertise. The charges are low and if anyone wishes to place an entry in this section they can email webmaster@bvaf.org.uk or telephone Chris Jager on 01666 825926.

## RAFFLE PRIZES

Winston Thomas announces the following prize winners of the raffle conducted in VETERAN ATHLETICS

1	J Marcus	27062	Potsdam trip
2	Lawton	24332	Weekend break
3	B Girardeau	18492	Cash or tracksuit
4	Clare Lerner	66709	Cash
5	Mrs S Smith	8356	Trainers
6	C Pleastead	69479	BVAF kit (T/S)
7	Joslyn Ross	53159	BVAF kit (T/S)
8	Sue Abvott	59411	BVAF kit
9	Ian McVicar	87884	BVAF kit
10	Harry Clayton	34957	BVAF kit
11	Cliff Hilton	17877	Sports bag
12	E Barnwell	54755	Sports bag
13	John Potts	44721	Sports bag
14	Mike Smith	74599	BVAF shorts
15	Joy Holder	32048	BVAF shorts
16	C Utterson	22570	BVAF shorts
17	Peter Barber	16910	BVAF kit
18	Ray Fear	61401	BVAF vest
19	Philip Guinness	64655	BVAF vest
20	P Le Couillard	1388	BVAF vest

APRIL 28-29

### EUROPEAN NON-STADIA CHAMPIONSHIPS MALTA

10km

M40

1	S Schweickardt SUI	30:00
2	P Monnier FRA	31:15
3	T O'Connor IRL	33:25
...	13 W Taylor 37:01; 14 T Knightley 37:49.	

M45

1	N Gates GBR	32:38
2	G Hannaford GBR	34:04
3	M Proell AUT	34:08
...	8 S Ross 35:36; ...11 P Weatherhead 37:35	
...	13 R Benjamin 37:45; 14 T Steele 37:55; 15 P Williams 38:08; 16 M Clarke 38:24; 17 P Morgan 38:21.	

M50

1	M Hager GBR	32:07
2	P O'Shea IRL	33:59
3	R O'Keefe GBR	34:07
...	11 P Williams 36:11; 12 D Wilson 36:17; 13 P Bidmead 36:52; ...17 P Duhig 38:21; 18 J Spencer-Wood 39:19; ...20 O Phillips 39:58	
...	22 A Stevenson 40:06.	

M55

1	H Odegard NOR	35:21
2	F Reilly IRL	35:27
3	J Sheridan IRL	36:36
...	10 M Theobald 40:23; ...11 T Jefferies 40:06.	

M60

1	V Kioun RUS	36:32
2	K Scheiber SUI	37:25
3	M Bubltz GER	37:48
...	13 B Hercock 44:31; ...15 D Edge 44:47.	

M65

1	W Schanne GER	37:37
2	G Sitsky RUS	39:23
3	F Duss SUI	42:05
...	7 H Morrison 46:25; 8 C Weight 47:05; 9 N Stuart-Thorne 47:53.	

M70

1	J Taylor GBR	43:58
2	L Forster GBR	48:17
3	K Mazner CZE	49:21
...	5 A Hughes 53:08.	

M75

1	S Agnoli ITA	44:50
2	H Gutbier GER	45:16
3	R Hale GBR	50:51
...	5 N Copping 53:58.	

M80

1	H Keller SUI	52:24
2	H Colsmann GER	59:16
3	J Riederer GER	98:58

M85

1	A Olbrechts GER	71:20
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W35

1	S Galea MLT	35:02
2	S Ridley GBR	36:20
3	R Hoffman GER	38:18
...	5 L Marson 41:29.	

W40

1	M Greenham IRL	37:43
2	D Tygeman BEL	39:42
3	V De Lucas ESP	40:42
...	5 K Roberts 43:02.	

W45

1	K Marshall GBR	38:03
2	E Huether GER	40:04
3	O Mathys SUI	40:51
4	D Marsh GBR	40:56

W50

1	J Stevenson GBR	38:57
2	D Undeutsch AUT	39:57
3	K Bowler GBR	40:40

W55

1	E Luethi SUI	40:31
2	C Jolimet-Ruzic FRA	42:34
3	A Kolesnikova RUS	42:42

W60

1	G Van Kooten NED	45:32
2	H Draeger GER	52:52
3	B Cushman GBR	53:30

W65

1	O Maisongrosse FRA	47:46
2	B Minotti ITA	47:52
3	A Pinard FRA	52:32
...	6 J Goody 55:48.	

W70

1	E Quinton GBR	51:54
2	B Forster GBR	60:13
3	B Norrish GBR	61:13

W75

1	M Dahinden SUI	70:25
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W80

1	E Falke GER	85:15
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30km WALK

M40

1	S Woegerbauer AUT	2:35:13
2	G Caldarelli ITA	2:43:20

3 F Venturi ITA 2:43:38

M45

1	J-Magalhaes POR	2:27:09
2	C Penolazzi ITA	2:40:06
3	D Duboscq FRA	2:44:47
4	C Bradley 2:45:18; ...7 C Ryan 2:56:09; ...9 D Sheppard 3:08:00; 10 C Hobbs 3:16:43.	

M50

1	S-J Savolainen FIN	2:43:00
2	H Lahtinen FIN	2:51:14
3	F Werth GER	2:51:31
...	7 K Phillips 2:06:26.	

M55

1	V Sgardello ITA	2:44:06
2	D Thrun GER	2:52:58
3	B Binnigeli SUI	2:54:47
4	B Dobson 2:57:58; ...12 G Jones 3:17:40.	

M60

1	P Andreotti ITA	3:05:38
2	A Ludwig GER	3:09:42
3	R Powell GBR	3:15:17
...	6 R Deacon 3:31:22.	

M65

1	G Weidner GER	2:51:29
2	C Young GBR	3:10:10
3	G Parodi ITA	3:11:51
...	5 E Horwill 3:29:42; 6 J Smith 3:59:30.	

M70

1	R Schouckens BEL	3:30:02
2	H Jaquest GBR	3:47:47
3	J Eveno FRA	3:47:53

M75

1	J Fitzgerald GBR	3:54:48
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20km WALK

W35

1	M Demares FRA	2:12:55
2	A Walter GER	2:30:15

W40

1	A Minella ITA	2:02:49
2	S Codina ITA	2:06:07
3	F Bishop GBR	2:12:17

W45

1	N Sapounova ITA	1:58:38
2	M Silva-Fernandez POR	2:01:33
3	A Kuukkanen FIN	2:03:05
...	5 C Duhig 2:06:01; ...9 A Wheeler 2:20:22.	

W50

1	A Lewis GBR	2:02:04
2	P Phillips GBR	2:17:26
3	J Bonnett FRA	2:25:01

W55

1	H Maeder SUI	1:55:36
2	F De Wolf BEL	2:10:47
3	P Ficken GBR	2:27:07

W60

1	M Vecchi ITA	2:35:25
2	T Knaeringer GER	2:37:02
3	G Borissova RUS	2:47:23

W65

1	J Sommer FRA	2:06:48
2	M Spelman GBR	2:11:56
3	D Leclerc FRA	2:18:32

W70

1	A Von Bismark GBR	2:40:14
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APRIL 29

### HALF MARATHON CHAMPIONSHIPS

M40

1	Schweickardt SUI	66:08
2	J Critchlow GBR	68:29
3	F Guerra Gonzalez ESP	69:58

M45

1	A Rungger ITA	72:55
2	A Puchner AUT	72:59
3	R Klitz GER	74:08
...	P Morgan 86:13.	

M50

1	M Hager GBR	70:57
2	K Urbach GER	73:16
3	H Schaiter ITA	74:23
...	14 C Wood 86:22; ...16 J Spencer-Wood 89:26.	

M55

1	F Reilly IRL	77:59
2	E Schlenker GER	78:29
3	V Hancock GBR	79:48
...	8 R Price 87:01; ...11 D Poole 89:06; ...13 T Jefferies 90:44; R Allard 94:10.	

M60

1	W Koch GER	78:02
2	P Lessing GER	78:16
3	V Kioun RUS	80:28

M65

1	G Sitsky RUS	89:55
2	E Grubert GER	91:30
3	M Mahoney GBR	91:39

4 J Irvine 93:04; ...8 N Stuart-Thorne 103:09; 9 C Weight 104:18.

M70

1	J Taylor GBR	99:48
2	E Kataja-Rahko FIN	111:02
3	A Berdat SUI	118:04



## RESULTS continued from page 15

<b>M75</b>		
1	S Agnoli ITA	95:40
2	H Gutbier GER	101:15
3	N Copping GBR	129:48
<b>M80</b>		
1	H Keller SUI	117:05
<b>W35</b>		
1	D Battistella ITA	98:41
<b>W40</b>		
1	S Lencina Altamir ESP	83:23
2	C Segers BEL	84:26
3	G Harant GER	89:44
5	C Wickham	95:58
<b>W45</b>		
1	G Wahl GER	88:53
2	O Mathys SUI	91:26
3	E Mayrbaur AUT	93:11
4	D Marsh	99:36
<b>W50</b>		
1	G Mazzucco ITA	87:29
2	K Bowler GBR	91:36
3	S Nicolae ITA	92:10
6	M Swithenby	95:01
<b>W55</b>		
1	E Leuthi SUI	90:14
2	K Risch GER	90:52
3	L Bauer GER	100:04
6	S Poole	106:17
10	J Murphy	120:32
<b>W60</b>		
1	I Hoflehner AUT	107:39
2	D Ellineroova CZE	108:01
3	M Distefano ITA	114:51
4	B Cushman	120:50
<b>W65</b>		
1	J Weiss SUI	103:10
2	E Kruger GER	141:43
3	N Gastaldi ITA	146:01
<b>W70</b>		
1	E Quinton GBR	116:31
2	B Norrish GBR	142:18
3	H Kundig SUI	142:37

### MAY 12 BVAF ROAD RELAY CHAMPIONSHIPS SUTTON PARK, BIRMINGHAM

**M40 (8x3miles)**

**1 Swansea Harriers** (Dermot Kerr 15.26m  
Colin Elvins 16.18m Ifan Lloyd 16.03m  
D Wilson-Evans 15.11m Kevin Tobinn 15.37m  
Martin Rees 14.45m Kenny Davies 16.04m  
Owen Lewis 15.54m) **2h05.18m**

**2 Woodford Green AC** (Bill Wootton  
16.44m Paul Chase 15.28m Richard Holland  
15.32m Gerry Carr 15.17m Dave Cox 16.28m  
Tom O'Connor 15.05m Chris Brogan 15.41m  
Tony Pamphilon 15.47m) **2h06.02m**

**3 Ron Hill Cambuslang** (Frank Hurley  
16.43m Dave Dymond 15.33m Fred Connor  
16.27m Colin Donnelly 15.20m Archie  
Jenkins 16.37m Frankie Barton 15.08m Dave  
Thom 15.43m Ronnie Bruce 15.56m)  
**2h07.27m**

**4 Brighton & Hove AC** (Steven Lonnas  
15.48m Brian Olgivie 17.24m Graham  
Hannafor 15.55m Tom Ulliott 16.15m Dave  
Blore 15.23m John Bristow 15.58m Peter  
Witcomb 16.10m Rob Shannon 15.18m)  
**2h08.11m**

**5 Tipton Harriers** (Malcolm Evans  
16.15m Steve Wall 16.39m Mike Strange  
16.34m Glen Cox 17.19m Malcolm Eustace  
16.40m Mark Burnhope 14.49m Mike Hager  
15.03m Sean Barker 16.36m) **2h09.55m**

**6 Staffordshire Moorlands** (Phil Carter  
16.18m Phil Bowler 17.00m Anthony Fowler  
14.46m John Walker 16.46m Robin Britton  
17.46m Dave Neill 15.04m Paul Light 16.34m  
Andy Wilton 15.44m) **2h09.58m**

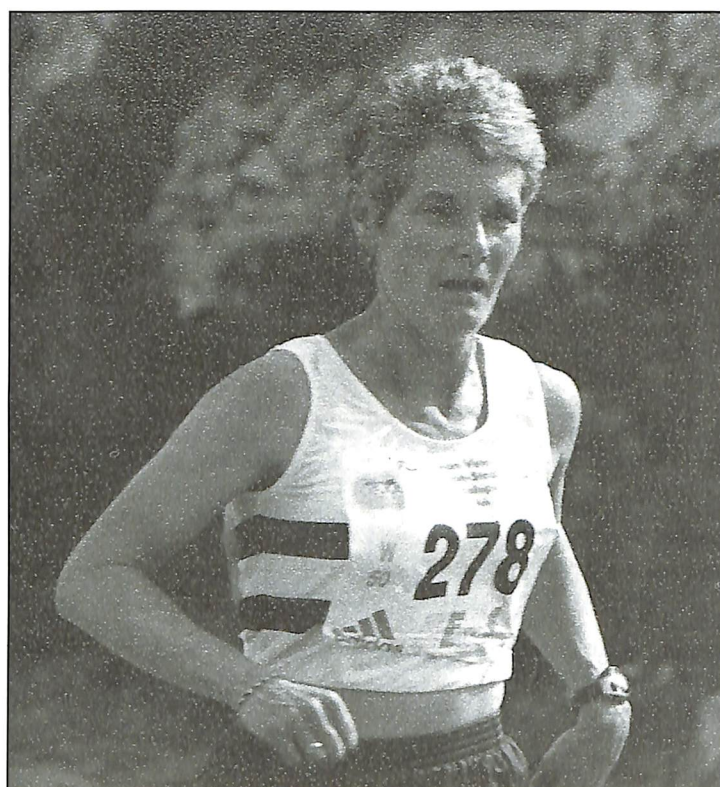
**7 Telford AC** (Steve Needs 16.01m Brian  
Lloyd 16.37m Rick Hayley 16.25m Alan  
Jones 16.03m Tim Foulger 16.51m Greg  
Wilson 16.07m Steve Jones 16.06m Dave  
Rowley 17.12m) **2h11.22m**

**8 Redhill Road Runners** (Tom Rawsterne  
15.31m Stan Pascoe 16.43m Alan Gourley  
16.47m Eddie Tenant 17.12m Stu Lebelinski  
16.40m Paul Mellors 17.11m Barry Moss  
16.01m Andy Wetherill 15.21m) **2h11.26m**

**9 Trentham RC** (Dale Colclough 16.03m  
Richard Hunt 16.53m Dave Hollins 15.17m  
Mick Baggaley 16.48m Dave Myatt 17.46m  
Mark Roberts 15.04m Allan Simpson 17.09m  
Ivan Bridgett 17.20m) **2h12.20m**

**10 Aldershot Farnham & D** (Keith Donkin  
16.06m Jim Wood 16.19m Dave Kennedy  
16.17m Nick Bateson 17.04m Pete Campbell  
16.00m Andy Tinnell 17.32m Steve Bone  
17.20m Ray Keeney 16.28m) **2h13.06m**

**11 Sunderland Harriers** (Rob Rush 15.42m  
Tony Thompson 16.16m Ron Wills 17.13m  
Derek Mullen 15.40m Fred Judson 17.37m  
Vince Emmitt 17.09m John Watson 16.25m)



Janette Stephenson at halfway during the European Non-Stadia 10K in Malta. Stephenson went on to win by one minute.

Vin Tindle 17.12m)	2h13.14m
12 Oxford City AC (Nic Russell 16.04m Richard Grant 16.30m Peter Gray 15.54m Mick Welland 17.23m Dave Wheeler 16.19m Brian Green 15.42m Melvin Kilcoyne 18.33m Simon Johnson 16.51m)	2h13.16m
13 Morpeth Harriers & AC (Kevin Bray 17.34m Tony Robinson 16.15m Steve Beattie 16.55m Les Atkinson 15.15m Gordon Dixon 16.45m Gavin Bayde 16.55m Robert Senell 16.59m George McDougal 16.41m)	2h13.19m
14 Les Croupiers RC (Nigel Webb 16.21m John Crofts 18.03m David Carter 17.24m Richard Bullen 15.19m David Powell 16.53m Michael McGeoch 16.02m David Headon 16.46m Barry Johnston 16.44m)	2h13.32m
15 Salford Harriers (Steve Williams 15.55m Mike Holmes 15.43m M Higginbottom 16.27m Eric Williams 15.25m Mike Wakefield 16.45m Brian Gore 17.41m Stan Curran 17.11m Pete White 18.37m)	2h13.44m
16 Nene Valley Harriers (Peter Thompson 15.43m Chris Clarke 15.51m Mike Barnsdale 16.34m William Taylor 17.09m Jeff Baker 17.47m Graham Anderson 17.34m Paul Spick 16.37m Paul Grogan 16.59m)	2h14.14m
17 Rotherham Harriers & AC (Keith Williams 16.38m Martin Connolly 16.36m M Herrington 17.56m Steve Gaines 16.51m Peter Mirreles 15.42m Peter Neal 16.45m Alan Chell 16.55m John Atkinson 16.55m)	2h14.18m
18 Neath Harriers (David Davies 17.08m Howard Carpenter 17.34m Steve Williams 16.53m Bob Bamsey 17.17m Kev Lewis 16.51m Tudor Harries 16.14m Phil Jones 16.04m Phil Craine 16.34m)	2h14.35m
19 Mansfield Harriers & AC (Peter Wilbraham 17.40m John Morley 16.45m Hedley Cauldwell 17.41m Pat Carlan 16.39m Rick Huntington 17.13m Stephen Davies 16.06m Peter Stafford 16.10m Kevin Wilson 16.30m)	2h14.44m
20 City Of Portsmouth (Paul Davoile 16.29m Tony Saunders 16.49m Derek Bower 17.48m Godfrey Rhimes 16.48m John Pike 17.59m Martyn Flower 15.55m Dave Walker 17.27m Vince Stamp 15.43m)	2h14.58m
21 Bromsgrove & Redditch (Philip Carbutt 15.33m Steven Clews 16.32m Russell Rawlings 16.17m Rob Kesterton 17.15m Chris Taylor 17.03m Dick Tyler 17.37m Phil Anderson 17.31m Dave Cleverly 17.40m)	2h15.28m
22 Thames Hare & Hounds (Richard Pitt	

16.54m Bill Snelgrove 16.03m Mike Farmery 17.42m Ian Trotter 17.29m Paul Whitlock 17.38m Jerry Watson 16.23m Alan Gibbons 18.00m Chris Cheeseman 16.44m)	2h16.53m
<b>23 North Fylde AC</b> (Mick Cronshaw 17.26m Phil Quibell 16.29m Les Endean 16.25m Graham Davies 17.15m John Houghton 16.21m Glyn Carradice 17.40m Gary Johnston 17.56m Stu Calderbank 17.29m)	2h17.01m
<b>24 Preston Harriers</b> (C Shuttleworth 16.16m Kevin Hesketh 16.34m Lionel Gowland 16.19m Steve Clayton 17.30m Ash Nixon 17.01m Gordon Thompson 18.13m Phil Walsh 18.21m Ray Kenny 17.12m)	2h17.26m
<b>25 Kingston Upon Hull AC</b> (James Abel 17.01m Stephen Rennie 16.16m John Redmond 15.49m Stuart Buchan 17.18m Michael Barlow 18.09m Stephen Milson 17.34m James Dingwall 18.12m Michael Baggott 17.13m)	2h17.32m
<b>26 Altrincham &amp; District</b> (Dave Rudd 15.29m Peter Pickwell 16.17m Dave Ainsworth 16.58m Eddie Parker 18.24m Mark Jutrenka 18.42m Robin Brownhill 19.03m Dave Southern 16.24m Pete Milligan 16.18m)	2h17.35m
<b>27 Wirral AC</b> (Owen Hurd 16.47m Brian Beecroft 16.26m Tony McDevitt 15.57m Peter Killgallon 16.37m Tony Devoy 17.05m Tony Wright 17.49m Brian Williams 18.21m Nigel Pratten 18.52m)	2h17.54m
<b>28 Derby &amp; County</b> (Kevin Spare 16.19m Paul Armstrong 18.31m Ray McDonald 16.36m Chris Rosling 16.48m Peter Hahn 16.51m Jim Elrick 18.28m Ian Kiltie 17.40m Clive Toplass 16.56m)	2h18.09m
<b>29 Birmingham Rowheath AC</b> (Brian McAvoy 15.35m Richard Gray 16.16m Steve Hewet 15.58m Harry Fowler 16.43m Mark Edwards 17.44m John Llewellyn 17.38m Martin Foster 19.05m Tony Craddock 19.23m)	2h18.22m
<b>30 Sale Harriers</b> (Nick Peach 15.45m Jeff Martin 16.10m Dave Charrington 16.01m Andy Yates 18.25m Mike Dunne 18.39m Frank Cordingley 17.58m Bill Fox 17.39m Dave Farmer 18.12m)	2h18.49m
<b>31 Tynedale Harriers</b> (Syd Coxon 15.44m Doug Maxwell 20.26m Roger Highnam 17.35m James Dickinson 16.53m Neil Cassidy 17.00m David Charleton 18.06m Mike Broadhurst 16.50m Barry Jameson 16.20m)	2h18.54m
<b>32 City Of Sheffield AC</b> (Nigel Kent	

16.28m Mick Quinn 16.34m Chas Cope 18.31m Pete Shaw 18.39m Mick Plint 16.44m Malc Taylor 17.14m Nick Duggan 18.06m Adrian Eagle 17.21m)	2h19.37m
<b>33 Chase Harriers</b> (Tony Burns 18.19m Andrew Cooper 16.24m Evan Anderson 17.04m Geoffrey Farmer 16.35m Mark Chapman 17.11m Derek Loundes 18.05m Keith Parry 19.08m Stephen Loundes 17.24m)	2h20.10m
<b>34 Massey Ferguson RC</b> (Simon Sheard 16.11m Martin Riley 16.21m Adrian Bryant 17.13m Terry Meechan 17.46m Steve Parkes 17.05m Ian Redford 17.40m Martin Smith 19.46m Tony Howarth 18.22m)	2h20.24m
<b>35 Huncote Harriers</b> (Graeme Slight 15.53m Dave Shields 17.24m Joe O'Flynn 16.45m Mick Sandford 16.34m Steve Wright 18.15m Ivan Balchin 18.28m Nick Nealon 19.01m Dave Gritton 19.08m)	2h21.28m
<b>36 Middleton Harriers AC</b> (Graham Chesters 16.21m John Reilly 17.23m Paul Collinge 18.55m Tom Temple 19.29m Ian Newcombe 17.51m Al Brocklehurst 16.24m Paul Cambridge 18.50m Kevin Ogden 17.04m)	2h22.17m
<b>37 Halesowen A&amp;CC</b> (Albert Walker 15.42m Keith Bright 16.25m Andy Carruthers 16.03m Stuart Geggie 17.19m Mel Edwards 17.45m Ali Grant 19.18m Andy Banham 18.06m Barry Thompson 21.45m)	2h22.23m
<b>38 Barrow In Furness</b> (Peter Willacy 15.59m Gary Mason 16.25m David Kelly 17.19m Roly Carruthers 16.59m Steve Murray 17.45m David Shaw 18.11m Alf Waite 19.49m Ray Jones 20.13m)	2h22.40m
<b>39 Exmouth Harriers</b> (Dave Eveleigh 17.56m Phil Bater 18.55m Andy Kennedy 18.25m Steve Merry 18.32m Rich Selby 16.45m Bob Keast 18.41m Hugh Marsden 16.45m Derek Donaghy 17.11m)	2h23.10m
<b>40 Corby AC</b> (Peter New 16.03m Ian Robb 16.58m Mark Cook 16.47m Jim Smith 16.44m Bob Seamark 19.31m Tim Pell 19.18m Simon Pollock 18.27m Roger Garritt 21.09m)	2h24.57m
<b>41 Wrexham AAC</b> (Bernard Jones 15.08m Charles Ashley 18.11m Rob Williams 18.37m Peter Davis 19.13m Paul Price 18.10m Tony Parry 19.13m Paul Owen 17.44m Steve Walker 19.04m)	2h25.20m
<b>42 Verlea AC</b> (Joe Avery 17.30m Simon Doyle 17.27m Pete Fitzpatrick 17.49m Martin Milburn 20.19m S Livingstone 17.03m Mark Faughnan 17.30m Gavin Hobson 19.15m Richard Foskett 18.45m)	2h25.38m
<b>43 Hillingdon AC</b> (Peter Warburton 17.03m Trevor Jones 17.30m Andy Miles 18.01m Simon Powell 18.14m Martin Seale 21.45m Dave Newman 19.01m Dave Vardle 17.07m Stevan Doherty 17.49m)	2h26.30m
<b>44 Clayton Le Moors</b> (John Hartley 16.25m Ray Lees 16.41m Stephen Green 18.03m Ian White 16.58m Brian Horrocks 17.18m James Hickie 18.28m Johnatha Howe 20.04m Michael Green 22.46m)	2h26.43m
<b>45 Rugby &amp; District AC</b> (Peter Barnes 15.04m Bryan Aford 17.01m Steve Colbourne 19.20m Pete Thomas 19.07m Paul Burrows 18.07m Tim Randall 18.21m Ray Nichols 20.34m Steve Townson 19.32m)	2h27.06m
<b>46 Doncaster &amp; Stainforth</b> (Ian Temperton 16.28m Richard Wright 16.51m Kevin Lincoln 17.34m David McCabe 18.22m Richard Randall 17.21m Paul Bond 19.00m Roger Fuller 24.01m Eddie Fletcher 17.51m)	2h27.28m
<b>47 West Bromwich Harriers</b> (Phil Smith 17.10m Paul Jameson 17.02m Dave Jones 16.20m Stan Hawes 19.45m Pat Powell 18.15m Bob Meek 18.45m Tim Smith 19.49m Alan Portman 23.25m)	2h30.31m
<b>48 Dulwich Runners</b> (Steve Smythe 16.50m Colin Chown 18.04m Andy Murray 17.55m Russell Daker 18.08m Martin Morley 18.13m Ian Sesan John Tymukas 19.15m Steve Cook 23.12m)	2h30.48m
<b>49 Royal Sutton Coldfield</b> (Peter Parker 17.09m Tony Hinchley 16.40m Paul Kenny 17.09m Peter Tague 17.44m Mark Kirsten 19.29m Bob Owen 20.35m Keith Fletcher 22.20m Vince Earley 21.23m)	2h32.29m
<b>50 City Of Hull AC</b> (John Bobczuk 18.52m Mike Atkinson 18.30m Richard Windner 20.22m Steve Holmes 20.33m Kevin McManus 18.50m Derek Ricketts 18.44m Pete Blowers 20.52m Tony Slater 21.54m)	2h33.10m
<b>51 Sunderland Strollers</b> (Geoff Prior 17.47m Graham Glaze 18.38m Steve Ramsden 20.09m Phil Watson 20.14m Steve Hobday 18.54m Robert Blair 19.47m John	



# Swansea bag two sets of gold medals - Shaftesbury women take gold and silver

ward 21.39m Eddie Airson 22.39m)  
2h39.47m

**52 Scunthorpe & District** (Ian Dowse  
17.10m Rod Burton 17.58m John Curry  
18.56m Don Green 18.15m Pete Smith  
22.32m Bob Costello 22.20m Steve Stamp  
22.01m Mick Taylor 23.26m) **2h42.38m**  
**53 Lichfield RC** (Ray Prew 17.51m Andrew  
Newbould 18.05m Denzil Baker 19.05m Nigel  
Butler 20.42m John Brophy 22.01m Derek  
Lord 25.20m Dave Lawton 21.12m Bob  
Houghton 20.06m) **2h44.22m**  
*Incomplete Teams*

**Bedford & County AC** (Jim McMahon  
15.17m Rob Lands 17.48m Pas Caprioli  
19.58m Chris Andrews 17.01m Malc Cowley  
18.12m Jud Kirk 15.34m)

**Bideford AAC** (Simon Edney 15.33m)  
**Birchfield Harriers** (B Worthington  
19.19m Phil Kiely 20.36m Mike Leechmere  
20.47m)

**Enfield & Haringey AC** (Simon  
Broughton 18.11m)

**Nuneaton Harriers** (Mick Carter  
16.55m Pete Traynor 16.52m Pete Coventry  
18.33m Steve Poole 21.03m Steve Edwards  
18.39m)

## M50 (6x3miles)

**1 Oxford City AC** (Roy Treadwell 16.26m  
Dave Parsons 17.03m Clive Rutland 17.31m  
15.00m Jones 16.19m Ahmed Amraoui  
15.00m John Exley 16.32m) **1h39.56m**

**2 Stockport Harriers** (John Sweeney  
16.29m Alan Pover 17.17m Len Best 16.54m  
Tony Keller 17.16m Frank Reilly 16.31m  
Robert Taylor 16.49m) **1h41.16m**

**3 Bingley Harriers** (Neil Robson 16.59m  
Fred Gibbs 17.10m Les Haynes 17.12m Mike  
Smith 17.12m Neil Jennings 17.07m Peter  
Probin 16.11m) **1h41.51m**

**4 Elswick Harriers** (Harvey Taylor 17.57m  
Harry Matthews 16.51m Mark McNally  
16.30m Phil Lancaster 17.20m Steve White  
17.54m Jimmy Bell 15.49m) **1h42.21m**

**5 Derby & County AC** (Mick Smedley  
17.00m John Simmons 17.19m Alasdair Keane  
16.31m Kevin Brailsford 17.00m Mick  
Robinson 18.09m Ray Clayton 18.21m)

**6 Trentham RC** (Stan Winterton 17.41m  
Dennis Frain 17.49m Alan Austin 17.36m  
John Keeling 17.17m Geoff Rigby 18.07m  
Richard O'Keeffe 16.05m) **1h44.35m**

**7 Barnet & District** (Desmond Michael  
16.13m Peter Marsh 16.53m John Shirley  
17.24m Liam O'Hare 17.48m Nicholas  
Bingham 18.11m Reginald Black 18.13m)

**8 Steel City Striders** (John Kerr 16.01m  
Gordon Wilding 16.55m John Gregory  
17.49m John Robinson 18.17m Harry Todd  
18.03m Pete Wakefield 17.50m) **1h44.55m**

**9 Blackheath Harriers** (Mike Cronin  
16.00m Bob Minting 17.59m Ken Daniel  
16.16m Peter Hamilton 17.24m Terry  
Brightwell 18.05m Jim Phelan 17.21m)

**10 South London Harriers** (John  
Quaintance 16.46m Ken Lee 18.20m Paul  
Williams 16.21m John Rix 17.51m Francis  
Upcott 17.04m Terry Ward 19.09m) **1h45.31m**

**11 Thames Hare & Hounds** (L Cherrington  
17.23m Robin Dickson 18.21m Mike  
Bostelman 19.42m Dave Hill 16.12m Chris  
Hughes 17.15m Hugh Arnold 16.48m)

**12 Worcester AC** (Dave Wilde 16.42m  
Stuart Halton 17.01m Dave Higgins 17.59m  
Roger Blandford 19.27m Mick Monaghan  
18.29m Geoff Aston 17.31m) **1h47.09m**

**13 Poole Runners** (Ian Barnes 17.18m  
Geoff Scott 17.47m Ron Walmsley 18.14m  
Alan Lewis 18.10m Keith Long 18.06m Arthur  
Johns 17.54m) **1h47.29m**

**14 Invicta East Kent** (Martyn Rouse  
17.02m Eddie Broad 18.46m Trevor Edgely  
17.12m Glynn Jenkins 20.53m John Wilkins  
16.43m Tony Culshaw 17.29m) **1h48.05m**

**15 Verlea AC** (Stuart Mann 17.54m Alun  
Stedman 18.26m Richard Bloom 18.54m  
Norman Morrison 16.36m Richard Melvern  
17.24m Mike Dixon 19.04m) **1h48.18m**

**16 Altrincham & District** (Dave Telford  
17.07m Ken Burgess 18.10m Robbie McGall  
18.18m Jeff Norman 18.07m Alan Barlow  
18.22m Stuart Graham 18.37m) **1h48.41m**

**17 Ron Hill Cambslang** (Tom McPake  
16.00m Terry Dolan 16.49m D Fairweather  
16.00m Ian Gordon 17.28m Andy Hughes  
20.06m David Cooney 19.22m) **1h49.02m**

**18 Bromsgrove & Redditch** (Paul Knight  
17.04m Tony Woodward 19.07m Clive Brown  
17.39m Pete Hawcroft 17.59m Steve Bach

18.19m Allan Ellsmere 19.23m) **1h49.31m**

**19 Doncaster & Stainforth** (Robin Aconley  
18.16m Ray Hope 18.38m Peter Rowlands  
17.57m Keith Temperton 18.50m Philip  
Rowlands 17.24m David Grayson 18.30m)

**20 Clayton Le Moors** (Mick Targett 17.56m  
Peter McWade 17.30m Peter Booth 17.31m  
Barry Mitchell 18.37m Roger Hargreaves  
20.07m Jack Holt 19.39m) **1h51.20m**

**21 Tipton Harriers** (Brian Russell 18.22m  
Tom Williams 18.20m Keith Best 17.55m Paul  
Lunn 19.52m Chris Morris 18.59m Jeff Taylor  
18.08m) **1h51.36m**

**22 Royal Sutton Coldfield** (Reg Phipps  
16.53m Doug Hyde 17.52m Martin Jones  
17.59m Roy Pollard 19.19m Ray Fowler  
20.08m Roy Humpherson 19.30m) **1h51.41m**

**23 Halesowen A&CC** (Paul Allen 17.10m  
Ken Court 18.17m Trevor Chalmers 18.37m  
Mike Deeley 18.30m Barry Meir 20.18m  
Maurice Endacott 19.43m) **1h52.35m**

**24 Birchfield Harriers** (Steve Gouldwell  
16.37m Mike Sharland 20.00m John Potts  
17.50m Alex Elliott 18.09m John Adams  
20.49m Alan Price 19.40m) **1h53.05m**

**25 Cleethorpes AC** (Steve Green 16.55m  
Mike Pickwell 17.29m Brian McKay 19.02m  
Jo Saville 20.01m John Hudson 20.07m Dave  
Edwards 19.42m) **1h53.16m**

**26 Bedford & County AC** (Dave Laynes  
16.04m Pete Dancer 17.53m Mick Russell  
18.41m Bob Thompson 19.13m Mike  
Hartwell 19.22m Tony Forrest 22.26m)

**27 Salford Harriers** (Frank Royle 18.19m  
Brian Buck 18.28m Roland Bowness 18.51m  
Tommy Daniels 18.44m Sid Sachs 19.09m  
Vinny Murphy 20.18m) **1h53.49m**

**28 Hercules Wimbledon AC** (Marco Ciglia  
18.03m Vincent Hancock 16.59m Graham  
Bradbury 18.30m Dennis Williams 18.25m  
John Phelan 22.37m Alan Turner 19.24m)

**29 Bolton United Harriers** (Alan Nuttall  
18.56m David Dowd 17.31m Mike Barnes  
19.06m Dennis Kearns 19.55m Kenny Mayor  
19.57m Alan Fielding 18.50m) **1h54.15m**

**30 Redhill Road Runners** (Pete Whitehead  
19.15m Tony Garland 20.44m Colin Astill  
17.43m Arthur Hancock 19.15m Bill Johnson  
18.32m Jim Munro 19.02m) **1h54.31m**

**31 Les Croupiers RC** (Keith McGeoch  
17.12m Melvyn James 19.01m Desmond  
Davies 19.17m Ray Donovan 20.55m Keith  
Quinn 18.29m Ian Law 19.39m) **1h54.33m**

**32 Wrexham AAC** (Phil Walker 17.16m Ian  
Carson 17.47m Richard Carr 18.45m Bob  
Frost 19.11m John Hopkins 21.18m David  
Williams 21.03m) **1h55.20m**

**33 Rugby & District AC** (Barry McHugh  
17.37m B Mitchell-King 21.26m Maurice  
West 18.56m Eric Covill 19.31m Tom Wash  
20.40m Terry Akiens 17.42m) **1h55.52m**

**34 Nuneaton Harriers** (Nev Bates 19.06m  
Colin Turner 18.21m Paul Gibbs 19.39m  
Roger Panter 19.38m George Davis 20.47m  
Tony Norman 22.11m) **1h59.42m**

**35 Hillingdon AC** (Brian O'Riordan 19.29m  
Richard Nash 18.32m John Myall 19.10m  
Howard Pattinor 21.06m Jeff Budd 20.42m  
Phil Welsh 21.33m) **2h00.32m**

**36 Stone Marathoners** (Chris Barlow  
19.39m Dave Hargreaves 19.06m Lew  
Badger 20.26m Dave Gillick 18.38m Mick  
Statham 23.08m Terry Murphy 21.29m)

**37 Middleton Harriers** (Malc Schofield  
18.39m B Fairbrother 21.38m Michael Buck  
20.11m Barry Bowden 19.53m Peter Gilligan  
22.33m Michael Pyle 20.34m) **2h03.28m**

**38 Spectrum Striders** (Alan Peers  
18.25m Nev Griffiths 19.31m Eric Pendleton  
24.16m John Dooley 21.02m David Redpath  
21.37m Geoff Wilson 19.51m) **2h04.42m**

**39 Preston Harriers** (Allan Appleby  
17.52m Bob Shepherd 21.12m Dave Bowers  
23.16m Eddie Stewart 20.23m Joe Howard  
22.37m Barry Nuttall 19.44m) **2h05.04m**

*Incomplete Teams*  
**Belgrave Harriers** (Charlie Dickinson  
15.50m)

**M60 (3x3miles)**  
**1 Swansea Harriers** (Jon Kersting  
18.59m John Collins 18.44m Brian Griffiths  
18.47m) **56.30m**

**2 Thames Hare & Hounds** (Martin Turner  
20.02m Keith Spacie 18.38m Jeremy Denny  
19.38m) **58.18m**

**3 Halesowen A&CC** (Eric Knight 18.24m  
Archie Rollaston 19.59m Ray Bunn 20.41m)

**4 Barnet & District** (Ronald Higgs

20.06m Ted Kimber 21.09m Mike Sawyer  
18.54m) **1h00.09m**

**5 Trentham RC** (Barry Hopwood 20.00m  
Don Brookes 20.33m Gerry Calvert 19.38m)

**6 Verlea AC** (David Beasley 19.33m  
Angus Kindley 21.02m John Steed 19.38m)

**7 Morpeth Harriers** (Walter Ryder 18.32m  
Bernie Cordes 19.30m Alan Oliver 22.15m)

**8 Clayton Le Moors** (Ron Hill 20.26m  
Richard Crowson 21.35m Ted Orrel 19.05m)

**9 Oxford City AC** (John Polgreen 18.52m  
Ron Clanfield 20.38m Roger Collins 21.48m)

**10 Woodford Green** (Reg Haines 21.43m  
Mick Thompson 20.16m Dave Chapman  
20.12m) **1h02.11m**

**11 Nuneaton Harriers** (Terry Preston  
20.01m Geoffrey Hudson 21.53m Robin  
Suddens 20.35m) **1h02.29m**

**12 Stone Marathoners** (Gerald Davis  
20.53m Simon Probert 21.26m George Kay  
20.39m) **1h02.58m**

**13 Barnsley AC** (Mick Barker 20.55m  
Ken Pickering 21.21m Derek Littlewood  
20.47m) **1h03.03m**

**14 Hillingdon AC** (John De Louvois 20.33  
Mick Miller 21.10m Bernie Smith 22.15m)

**15 Derby & County AC** (Mike Knight  
19.42m Mick Butterly 20.29m Derek Weston  
24.20m) **1h04.31m**

**16 Solihull & Small Heath** (Paschal Morris  
19.45m Charlie Sloan 22.01m Bob Froggatt  
22.51m) **1h04.37m**

**17 Wrexham AAC** (Brian Forster 22.12m  
Ted Partridge 22.24m Derek Parsons 22.17m)

**18 Royal Sutton Coldfield** (Bunny Kyd  
22.06m Gordon Chapman 23.00m Tom Wyre  
25.08m) **1h10.14m**

**19 Cleethorpes AC** (George Wardle  
24.32m Alf Harries 24.17m Dennis Holt  
28.55m) **1h17.44m**

**W35 (3x3miles)**  
**1 Bristol AC** (Helen Hinsley 18.08m Sian  
Monahan 17.58m Viv McConnell 17.08m)

**2 Shaftesbury Barnet** (Sarah Heath 18.21m  
Kate Armstrong 17.44m Ann Ridley 17.41m)

**3 Altrincham & District** (Alison Vesey  
18.57m Kath Harvey 19.23m Heather Knight  
16.35m) **53.46m**

**4 Shettleston Harriers** (Elaine McBrinn  
17.50m Elaine Mackay 18.50m Ann-Marie  
Hughes 20.08m) **56.48m**

**5 Redhill Road Runners** (Helen Burrell  
17.28m Joanne Shirley 21.41m Helen  
Cawthorne 17.50m) **56.59m**

**6 Cardiff Ladies** (Wendy Edwards 21.03m  
Barbara Harries 19.15m Louise Copp 17.08m)

**7 Bromsgrove & Redditch** (Bronwen  
Cardy 16.44m Kate Haley 20.09m Julie  
Appleby 20.42m) **57.35m**

**8 Dulwich Runners** (Alison Fletcher  
17.20m Ros Tabor 20.04m S McGladdery  
20.36m) **58.00m**

**9 Derby Ladies AC** (Jackie Jackson  
20.14m Yvonne Crawley 18.42m Jill  
Cunningham 19.05m) **58.01m**

**10 Les Croupiers RC** (Yvonne Bullen  
19.43m Glenda Edwards 19.44m Wendy  
Edwards 18.39m) **58.06m**

**11 Royal Sutton Coldfield** (Yvonne Parker  
19.32m Petra Knowles 19.36m Val Carter  
19.11m) **58.19m**

**12 Barnsley AC** (Ruby Lavender 19.59m  
Jenny Wakeman 19.26m Linda Westlake  
19.22m) **58.47m**

**13 Doncaster & Stainforth** (Kim Blagden  
19.31m Dawn Fletcher 21.03m Jane Eyres  
18.24m) **58.58m**

**14 Oxford City AC** (Gwyneth Hueter  
19.56m Sue Walters 19.55m Sue Ogilvie  
19.55m) **59.46m**

**15 Poole Runners** (Daveena Tweed 19.34m  
Helen Ambrosen 20.39m Karen Edmondson  
19.44m) **59.57m**

**16 Wrexham AAC** (Tracey Ambler 19.04m  
Victori Musgrove 20.28m Alison Whitelaw  
20.32m) **1h00.04m**

**17 Lichfield RC** (Karen Hemmings 18.30m  
Nancy Miller 21.49m Chris Rolleson 20.03m)

**18 Sale Harriers** (Denise Wakefield 19.50m  
Karen Hazleton 19.57m Susan Crehan  
20.57m) **1h00.44m**

**19 City Of Bath AC** (Zina Marchant

19.05m Sally Driver 21.16m Lynda Keepen  
21.08m) **1h01.29m**

**20 Chelmsford AC** (Tracey Minton 20.36m  
Hazel Cybyk 20.10m Sarah Stark 22.22m)

**21 Rugby & District AC** (Heather F-Harris  
20.42m Sandra Baker 21.58m Ann Rollings  
20.58m) **1h03.38m**

**22 Nuneaton Harriers** (Debbie Suffolk  
21.31m Janette Slapp 21.20m Wendy  
Boughy 20.57m) **1h03.48m**

**23 Woodford Green** (Sandra Andreou  
16.51m Stef McCarthy 20.42m Zuzana  
Walker 26.45m) **1h04.18m**

**24 Stone Marathoners** (Roz Barker  
20.28m Rose Wilson 22.06m Gill Stripp  
21.49m) **1h04.23m**

**25 Thames Hare & Hounds** (Rachel Disley  
20.23m Veronica Richards 20.46m Diane  
Cheeseman 23.37m) **1h04.46m**

**26 Hull Achilles AC** (Joanne Harrison  
19.41m Diana Fulston 21.41m Gillian Barton  
26.05m) **1h07.27m**

**27 Middleton Harriers** (K Hurst-Moore  
22.22m Lou Gilchrist 22.13m Wendy Grundy  
24.12m) **1h08.47m**

**28 Cleethorpes AC** (Leslie Parry 20.56m  
Tina McKay 22.59m Carol Edwards 26.52m)

*Incomplete Teams*  
**Spectrum Striders** (Sue Southern  
22.15m)

**Swansea Harriers** (Anna Cambule  
21.09m Diane Mort 19.48m)

**W45 (3x3miles)**  
**1 Redhill Road Runners** (Barbara  
Stevens 20.03m Felicity Garland 19.16m Ann  
Ford 18.48m) **58.07m**

**2 Cannock & Stafford AC** (Jeanne Bryan  
21.55m Dot Fellows 20.27m Chris Kilkenny  
18.10m) **1h00.32m**

**3 Rotherham Harriers** (Gillian Bunker  
19.40m Patricia Muller 20.26m Janice Streets  
22.21m) **1h02.27m**

**4 Stone Marathoners** (Elaine Stratham  
20.45m Celia Hargreaves 20.44m Pam Davies  
21.27m) **1h02.56m**

**5 Shaftesbury Barnet** (Irene Peaty 21.11m  
Joyce Smith 23.51m Anne Jeeves 20.02m)

**6 Royal Sutton Coldfield** (Fleur O'Brien  
20.59m Helen Lyons 22.29m Anne Roberts  
21.38m) **1h05.06m**

**7 Middleton Harriers** (Carol Baxendale  
22.37m Kim Molyneux 21.34m Chris Brooks  
21.30m) **1h05.41m**

**8 Barnsley AC** (Anne Bennett 21.48m  
S Pickering 22.36m Marion Harrison 21.36m)

**9 Hull Achilles AC** (Jane Morley 20.24m  
Jackie Ricketts 24.25m M Ellerington  
24.09m) **1h08.58m**

**10 Barnet & District** (Karen Falcon 21.56m  
Pippa Anderson 22.38m Maureen Shirley  
25.20m) **1h09.54m**

**11 Cardiff Ladies** (Diane Walford 22.23m  
Sue John 27.00m Shelagh Adkins 20.49m)

**12 Les Croupiers RC** (Angela Neal 25.46m  
Carol Llewellyn 28.43m Marilyn Rowson  
25.23m) **1h19.52m**

*Incomplete Teams*  
**Cleethorpes AC** (R Richardson 19.50m)

**W55 (3x3miles)**  
**1 Shaftesbury Barnet** (Carol Gould  
21.37m Linda Elmore 25.30m Diane Taylor  
24.46m) **1h11.53m**

**2 Les Croupiers RC** (Annie Conroy  
23.10m Clare Johnson 24.45m Ruth  
Collishaw 25.03m) **1h12.58m**

**3 Clayton Le Moors** (Val Lawson 24.33m  
Kitty Garnett 24.44m Monica Shone 29.29m)

**23/24 JUNE**  
**BVAF NATIONAL TRACK & FIELD**  
**ETON**

**M40**  
**100 metres** (Hand timing)w/s -1.0

1 Kevin Burgess EVAC 11.7

2 Cecil Moven MVAC 11.8

3 Ricky Huskisson EVAC 11.8

4 Graham Fletcher SWVAC 12.0; 5 Philip

Jones NEVAC 12.1; 6 Barry Morris VAC 12.1;

7 Martin Leyland SVHC 12.2; 8 Kwei Sankofa

SCVAC 12.3.

**200 metres w/s +0.5**

1 Kermitt Bentham SC



## ADVERTISEMENT

## READING ATHLETIC CLUB

Sponsored by *Reading Evening Post* present  
**13th VETERANS' OPEN TRACK &  
 FIELD MEETING**

Sunday 7th October 2001 at PALMER PARK STADIUM  
 Winner medal each age group • First class stadium • Easy  
 access and parking

Events (Tick Box)

FIELD (Minimum 4 trials - depending on entry)

<input type="checkbox"/> 11.00 HT	M	<input type="checkbox"/> 14.00 LJ	M
<input type="checkbox"/> 11.00 SP	W	<input type="checkbox"/> 14.30 SP	M60+
<input type="checkbox"/> 12.00 PV	M&W	<input type="checkbox"/> 14.30 JT	M40-59
<input type="checkbox"/> 12.00 LJ	W	<input type="checkbox"/> 15.00 TJ	W
<input type="checkbox"/> 13.00 SP	M40-59	<input type="checkbox"/> 15.30 DT	M40-59
<input type="checkbox"/> 13.00 JT	W&M60+	<input type="checkbox"/> 16.00 TJ	M
<input type="checkbox"/> 13.00 HJ	M&W	<input type="checkbox"/> 16.00 DT	W&M60+
<input type="checkbox"/> 13.30 HT	W		

## TRACK

<input type="checkbox"/> 13.15 100M	W&M	<input type="checkbox"/> 15.20 400M	W&M
<input type="checkbox"/> 14.00 800M	W&M	<input type="checkbox"/> 15.45 1500M	W&M
<input type="checkbox"/> 14.39 5000M	W&M	<input type="checkbox"/> 16.10 200M	W&M
<input type="checkbox"/> 14.55 SPR H	W&M		

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.....

Post code..... Tel. No.....

Signature.....

Categories (please tick)

M 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐F 35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+ ☐

**Entries:** Mr D Bradfield, 36 Blewbury Drive, Tilehurst,  
 Reading, Berks RG 31 5HL

**Entry fees:** £2.50 per event (£3.00 on the day subject to  
 availability)

**Cheques or Postal Orders:**  
 Payable to Reading Athletic Club

Closing date for Postal Entries: 1st October 2001

## RESULTS continued from page 17

Scott NVAC 23.69; 6 Jagdish Ubhoo MVAC  
 24.23; 7 Kevin Burgess EVAC 24.45.

## 400 metres

1 Kermitt Bentham SCVAC 49.55BP  
 2 Francis Scott NVAC 51.92  
 3 Danny Brown MVAC 52.40

4 Mark Baker VAC 53.22; 5 Robert Franklin  
 SCVAC 53.27; 6 Jon Evans NEVAC 55.52;  
 7 Keith Wilson VAC 56.08; 8 Adam Doughty  
 WVA 56.91.

## 800 metres

1 Tony Mitchell SCVAC 2-01.71  
 2 Keith McGhie NVAC 2-02.30  
 3 Alex Bryce SVHC 2-02.67

4 David Crossland SCVAC 2-03.09; 5 Robert  
 Creed VAC 2-04.81; 6 Robert Franklin SCVAC  
 2-05.18; 7 David Campbell OPEN  
 2-05.24.

## 1500 metres (Hand timing)

1 Bernie Jones MVAC 4-11.0  
 2 Richard Bullen WVA 4-11.2  
 3 Robert Creed VAC 4-11.9

4 David Crossland SCVAC 4-12.2;  
 5 Raymond Rogers SWVAC 4-15.2; 6 Richard  
 Holland VAC 4-16.4; 7 Kevin Pye MVAC  
 4-21.8; 8 Brian Colella SVHC 4-30.4; 9 Keith  
 McLellan EVAC 4-36.1; 10 Philip Young OPEN  
 4-55.3.

## 5000 metres

1 Bill Foster SCVAC 15-13.80  
 2 Richard Bullen WVA 15-22.26  
 3 Andrew King MVAC 15-25.85

4 James McMahon EVAC 15-35.79; 5 Martin  
 Farran NVAC 15-45.47; 6 Paul Pudney EVAC  
 15-46.67; 7 Paul Chase OPEN 16-11.29;  
 8 Derek Brown VAC 16-19.31; 9 Tony  
 Pamphilon VAC 16-25.32; 10 Russell Rawlins  
 MVAC 16-31.96; 11 David Morris VAC  
 16-39.52; 12 Keith McLellan EVAC 16-40.77;  
 13 Dickie Wythe SWVAC 17-49.46.

## 10000 metres

1 Mike Boyle VAC 31-36.55  
 2 Laurence Hellowell NVAC 33-15.75  
 3 Steve Murdoch NVAC 33-23.43

4 Vince Stamp VAC 33-30.29; 5 Richard  
 Jenkin SCVAC 34-11.42; 6 David Thomson  
 SVHC 34-17.33; 7 Derek Brown VAC  
 34-33.20; 8 Michael Kelly EVAC 36-59.44.

## 3000m Walk

1 Noel Carmody VAC 13-37.40  
 2 Michael Kelly EVAC 17-23.90

## 3000m S/C (Hand timing)

1 Paul Morrison NEVAC 9-39.9  
 2 Bernie Jones MVAC 9-56.0  
 3 Raymond Rogers SWVAC 10-19.5

4 Graeme Riley 41 SWVAC 10-44.7; 5 Richard  
 Long VAC 10-59.1; 6 Brian Colella SVHC  
 11-14.5; 7 Dickie Wythe SWVAC 11-33.2.

## 110m Hurdles w/s -0.6

1 Ian Scholes NVAC 16.09  
 2 John Mayor EVAC 16.82  
 3 Larry Michel OPEN 17.36  
 4 Wayne Martin SCVAC 21.00

## 400m Hurdles (Hand timing)

1 Howard Moscrop SWVAC 55.5  
 2 Ray Daniel VAC 59.2  
 3 David Moles VAC 61.2

4 Larry Michel OPEN 64.8; 5 John Barwick  
 EVAC 72.4.

## Long Jump

1 Peter Ilo SCVAC 5.88  
 2 Barry Morris VAC 5.85  
 3 David Dixon NEVAC 5.76

4 Charlie Batts SWVAC 5.64; 5 John  
 Jakenfelds OPEN 5.51; 6 Roderick Davies  
 SCVAC 4.56.

## Triple Jump

1 Anthony Jackson OPEN 13.42  
 2 Rez Cameron SCVAC 13.36  
 3 Albert Earle MVAC 12.74

4 David Dixon NEVAC 12.48; 5 Steve Wallace  
 SVHC 11.51

## High Jump

1 Chris Hesketh NVAC 1.80  
 2 John Bancroft SCVAC 1.70  
 3 John Mayor EVAC 1.65

4 James Herron OPEN 1.50

## Pole Vault

1 Wayne Martin SCVAC 1.50

## Shot Putt

1 Colin Smith VAC 14.29  
 2 Guy Perryman SCVAC 13.81  
 3 Rob Earle EVAC 13.51

4 James Herron OPEN 9.50; 5 Wayne Martin  
 SCVAC 9.31.

## Discus

1 Gary Herrington MVAC 50.63BP  
 2 John Moreland MVAC 44.82  
 3 John Painter EVAC 39.72

4 Russell Payne MVAC 37.68; 5 Jeremy Davis  
 SCVAC 35.63; 6 Wayne Martin SCVAC 28.20.

## Javelin

1 Kevin Murch MVAC 61.23  
 2 Glyn Amos NEVAC 55.32

## 3 Jeremy Davis SCVAC

## Hammer

1 Rob Earle EVAC 56.98  
 2 Russell Payne MVAC 50.25  
 3 Colin Smith VAC 45.00

4 Steven Towers NEVAC 40.12; 5 John  
 Maitland SCVAC 37.55; 6 Jeremy Davis  
 SCVAC 35.07.

## M45

## 100 metres (Hand timing)w/s -1.0

1 Eric Smart NEVAC 11.6  
 2 John Browne SCVAC 11.7  
 3 David Elderfield SCVAC 11.7

4 Alasdair Ross SCVAC 12.1; 5 John Barclay  
 MVAC 12.2; 6 Robert Cawson MVAC 12.6;  
 7 Ray Watkins SCVAC 12.6; 8 Douglas Lucas  
 VAC 12.7.

## 200 metres w/s -0.4

1 Stephen Peters EVAC 22.85  
 2 Eric Smart NEVAC 23.02  
 3 Viv Oliver MVAC 23.33

4 Alasdair Ross SCVAC 23.83; 5 John Barclay  
 MVAC 23.97; 6 Douglas Lucas VAC 24.28;  
 7 Ian Broadhurst NVAC 24.57; 8 Ray Watkins  
 SCVAC 24.99.

## 400 metres

1 David Elderfield SCVAC 51.07BP  
 2 Stephen Peters EVAC 51.13  
 3 Viv Oliver MVAC 51.64

4 Douglas Lucas VAC 54.46; 5 David Cooke  
 SWVAC 54.57; 6 Stephen Todner NEVAC  
 57.02; 7 John Marchmont loMVAC 57.5  
 8 Philip Bell VAC 59.36.

## 800 metres

1 David Wilcock VAC 2-02.53  
 2 Kevin Archer NEVAC 2-06.76  
 3 Raphael Murray NVAC 2-06.92

4 Peter Kennedy SCVAC 2-14.41; 5 Mick  
 McGeoch WVA 2-15.99; 6 Jim Stott NVAC  
 2-22.72.

## 1500 metres

1 Andrew Shepherd EVAC 4-14.64  
 2 Robert Payne VAC 4-16.41  
 3 David Bedwell MVAC 4-17.62

4 Kevin Archer NEVAC 4-21.55; 5 Raphael  
 Murray NVAC 4-26.71; 6 Christopher O'Neill  
 SCVAC 4-32.76; 7 Peter Kennedy SCVAC  
 4-33.64; 8 Rodney Dunn EVAC 4-48.20; 9  
 Derek Ricketts NVAC 5-08.11.

## 5000 metres

1 Robert Payne VAC 15-48.55  
 2 Martyn Flower SCVAC 15-52.07  
 3 David Griffin WVA 15-54.53

4 Brian Gardner SVHC 16-01.33; 5 Mick  
 McGeoch WVA 16-11.34; 6 Martin Flowers  
 MVAC 16-13.08; 7 David Jones MVAC  
 16-23.63; 8 David Wheeler SCVAC 16-36.12;  
 9 Archie Jenkins SVHC 17-35.40; 10 John  
 Cobb VAC 17-36.43.

## 10000 metres

1 Brian Gardner SVHC 34-52.76  
 2 David Jones MVAC 35-12.68  
 3 David Wheeler SCVAC 35-15.07

4 Martin Flowers MVAC 35-40.93; 5 John  
 Cobb VAC 37-15.08; 6 Colin Bradley WVA  
 39-11.64; 7 Martin Grimsdale VAC 40-33.97.

## 3000m Walk

1 Colin Bradley WVA 14-05.10  
 2 Peter Ryan EVAC 14-22.00  
 3 Graham Chapman OPEN 14-57.90

## 5000m Walk (Hand timing)

1 Colin Bradley WVA 24-23.3  
 2 Peter Ryan EVAC 25-20.9  
 3 Graham Chapman OPEN 25-36.0

4 Alan Lott OPEN 28-33.6

## 3000m S/C (Hand timing)

1 David Carrington NVAC 10-03.3  
 2 Kevin Archer NEVAC 10-28.6  
 3 Christopher Harris VAC 10-54.3

4 Alan Lott OPEN 11-47.0

## 110m Hurdles (Hand timing) w/s +0.2

1 Peter West EVAC 17.5  
 2 Clive Pengelly SWVAC 18.1  
 3 John Wright SCVAC 19.6

4 Neil Baker EVAC 19.9; 5 Ian Chamberlain  
 VAC 20.1; 6 Duncan Talbot SCVAC 20.2.

## 400m Hurdles (Hand timing)

1 Peter West EVAC 59.9  
 2 Ian Broadhurst NVAC 62.3  
 3 Clive Pengelly SWVAC 64.6

4 Duncan Talbot SCVAC 68.5; 5 Ian  
 Chamberlain VAC 71.2.

## Long Jump

1 Trevor Wade SCVAC 6.21  
 2 Ian Chamberlain VAC 5.31  
 3 Philip Bell VAC 5.06

## Triple Jump

1 Trevor Wade SCVAC 9.99  
 2 Ian Broadhurst NVAC 9.99  
 3 Ian Chamberlain VAC 9.99

## High Jump

1 Trevor Wade SCVAC 1.60  
 2 Duncan Talbot SCVAC 1.60



# Tony Wells enjoys pre-Brisbane medal fest

David Blunt VAC	1.55
<b>Pole Vault</b>	
1 Allan Williams SCVAC	4.00
2 David Blunt VAC	3.20
3 Tony Fortes SWVAC	2.40

<b>Shot Putt</b>	
1 David Abernethy NVAC	13.97
2 Ian Lindley NVAC	13.47
3 Michael Small SCVAC	12.92
4 Steve Archer SCVAC	12.52

<b>Discus</b>	
1 David Abernethy NVAC	42.20
2 Steve Archer SCVAC	34.20

<b>Javelin</b>	
1 David Abernethy NVAC	48.04
2 Paul Oakes SCVAC	46.81
3 Peter Everard OPEN	43.74
4 David Jones MVAC	32.65

<b>Hammer</b>	
1 Michael Small SCVAC	45.33

<b>M50</b>	
<b>100 metres (Hand timing)</b>	
1 Robert Shaw NVAC	12.7
2 Tony Deleiros VAC	12.8
3 Mike Clerihew SVHC	12.8
4 Mike Applegate SWVAC 13.0; 5 Tony Wells EVAC 13.0; 6 Jim Keech EVAC 13.3;	

<b>200 metres</b>	
1 Tony Deleiros VAC	25.14
2 Robert Shaw NVAC	25.36
3 Paul Anthony MVAC	25.59
4 Tony Wells EVAC 25.80; 5 George Chalstrey SCVAC 26.20; 6 Geoffrey Kitchener VAC 26.31; 7 John Moore EVAC 26.63; 8 Lawrie Dunn MVAC 28.15.	

<b>400 metres (Hand timing)</b>	
1 Paul Anthony MVAC	56.5
2 David Hayward SCVAC	57.0
3 Tony Wells EVAC	57.2
4 Robert Shaw NVAC 57.3; 5 Keith Short MVAC 58.0; 6 Steve Mottershead SWVAC 58.1; 7 Derek Wardle VAC 59.2; 8 Lawrie Dunn MVAC 62.7.	

<b>800 metres</b>	
1 Bob Minting SWVAC	2-05.54
2 Stewart Hallon MVAC	2-06.77
3 Brian McKay SVHC	2-07.45
4 Anthony Peers NVAC 2-08.03; 5 Richard Elliott MVAC 2-09.23; 6 Edward Connolly SCVAC 2-09.63; 7 Keith Short MVAC 2-09.69; 8 Kenneth Daniel VAC 2-09.91; 9 Roger Tolson NVAC 2-17.40; 10 Robin MacDonald MVAC 2-26.20.	

<b>1500 metres (Hand timing)</b>	
1 Kenneth Daniel VAC	4-22.3
2 Stewart Hallon MVAC	4-26.2
3 Charles Dickinson VAC	4-30.0
4 Stephen Knight VAC 4-31.0; 5 Richard Elliott MVAC 4-31.6; 6 Keith McGeoch WVAA 4-35.2; 7 Phillip Smith MVAC 4-37.4; 8 Peter Tolson EVAC 4-38.4; 9 Roger Tolson NVAC 4-46.2; 10 Robert Chapman SWVAC 4-46.2; 11 Robin MacDonald MVAC 5-06.1.	

<b>5000 metres</b>	
1 Brian Hilton NVAC	16-34.00
2 John Willoughby VAC	16-39.70
3 Henry Emerton OPEN	16-43.10

4 Paul Williams MVAC 17-09.20; 5 Peter Binns EVAC 17-09.20; 6 Peter Hamilton SCVAC 17-27.40; 7 James Clune SWVAC 19-55.00.	
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<b>10000 metres</b>	
1 Neil Robson NVAC	36-21.43
2 Paul Allen MVAC	37-43.78

<b>3000m Walk</b>	
1 John Hall VAC	14-12.70
2 David Henley MVAC	14-17.20
3 Carl Lawton VAC	15-15.60
4 Keith Walker VAC	21-21.90

<b>5000m Walk (Hand timing)</b>	
1 John Hall VAC	24-42.2
2 David Henley MVAC	24-50.9
3 Carl Lawton VAC	26-53.7
4 Stephen Holliday VAC	29-23.8

<b>3000m S/C (Hand timing)</b>	
1 Tony Culshaw SCVAC	11-07.3
2 Alun Stedman SCVAC	11-47.4

<b>100m Hurdles (Hand timing) w/s -1.1</b>	
1 Tony Wells EVAC	15.0

<b>400m Hurdles (Hand timing)</b>	
1 Tony Wells EVAC	61.5
2 Bruce Hendrie MVAC	69.3

<b>Long Jump</b>	
1 Mike James SCVAC	5.79
2 David Folgate EVAC	5.48
3 Mike Clerihew SVHC	5.29

<b>Triple Jump</b>	
1 David Folgate EVAC	12.35
2 Lee Still EVAC	12.17
3 Mike James SCVAC	11.76

<b>High Jump</b>	
1 Stephen Faulkner SWVAC	1.61
2 Mike James SCVAC	1.51
3 Geoffrey Kitchener VAC	1.35

<b>Pole Vault</b>	
1 Mick Goodall VAC	2.80
2 Bruce Hendrie MVAC	2.80

<b>Shot Putt</b>	
1 Neil Griffin SCVAC	14.87BP
2 Merrick Bousfield NVAC	13.85
3 Bill Renshaw NVAC	12.36

<b>Discus</b>	
1 Neil Griffin SCVAC	49.76
2 Bill Renshaw NVAC	41.43
3 David Webster NVAC	38.87

4 Mike Mayo SWVAC 38.70; 5 Brian Hatch EVAC 38.41; 6 Phillip Bramford EVAC 35.00; 7 Jim Rayner SCVAC 31.73.	
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<b>Javelin</b>	
1 Leslie Hatton VAC	47.06
2 Robert Richards EVAC	46.83
3 Mike Bennett SCVAC	45.87
4 Christopher Arnold SCVAC 44.15; 5 Phillip Bramford EVAC 41.68.	

<b>Hammer</b>	
1 Alan Woods SCVAC	48.18
2 Neil Griffin SCVAC	44.76
3 Merrick Bousfield NVAC	43.53
4 Bill Renshaw NVAC 37.62; 5 Jim Rayner SCVAC 27.86.	

<b>M55</b>	
<b>100 metres (Hand timing)</b>	
1 Victor Novell SCVAC	13.2
2 Huw Morgan WVAA	13.4
3 Terry Ryan VAC	13.4
4 Jeff Rozelaar SCVAC 13.7; 5 Norman Gould SVHC 13.8; 6 Charles Isetts VAC 13.9; 7 Barry Ferguson VAC 14.2.	

<b>200 metres w/s -0.1</b>	
1 Winston Thomas SCVAC	25.60
2 Terry Bissett SCVAC	26.04
3 Lawrence Oldfield MVAC	26.17
4 Victor Novell SCVAC 26.93; 5 Terry Ryan VAC 26.98; 6 Norman Gould SVHC 27.56;	

<b>400 metres (Hand timing)</b>	
1 Winston Thomas SCVAC	57.3
2 Terry Bissett SCVAC	58.1
3 Frederick Bush SCVAC	60.8
4 John Barrus MVAC 61.2; 5 Derek Graves SCVAC 62.2; 6 Huw Morgan WVAA 62.6; 7 Chris Lawn EVAC 63.3.	

<b>800 metres</b>	
1 Rod Scholes NVAC	2-15.22
2 Michael Smith NVAC	2-17.23
3 Richard Somers VAC	2-21.92
4 Trevor Attey NEVAC 2-24.68; 5 Chris Lawn EVAC 2-28.74; 6 John Garber EVAC 2-28.95; 7 Bryan Mackay NEVAC 2-32.86.	

<b>1500 metres (Hand timing)</b>	
1 John Treadwell VAC	4-37.0
2 Michael Smith NVAC	4-37.7
3 Gareth Jones SWVAC	4-40.2
4 Trevor Attey NEVAC	5-04.2

<b>5000 metres</b>	
1 Gareth Jones SWVAC	17-04.00
2 Martyn Rouse VAC	17-21.20
3 Martin Duff SCVAC	20-28.50

<b>10000 metres</b>	
1 Martyn Rouse VAC	36-53.29
2 Gareth Jones SWVAC	36-57.90
3 Vincent Hancock SCVAC	37-23.04

<b>3000m Walk</b>	
1 Peter Hannell SCVAC	15-36.00
2 Alan O'Rawe VAC	16-27.50
3 Bernie O'Callaghan OPEN	17-19.60

<b>5000m Walk (Hand timing)</b>	
1 Bernie O'Callaghan OPEN	29-39.5

<b>3000m S/C (Hand timing)</b>	
1 Frederick Bush SCVAC	12-08.1

<b>100m Hurdles (Hand timing) w/s -1.1</b>	
1 Barry Ferguson VAC	16.0
2 John Howe WVAA (?)	17.5
3 John Howe WVAA (?)	21.6

<b>400m Hurdles (Hand timing)</b>	
1 Frederick Bush SCVAC	68.3
2 Derek Graves SCVAC	77.7
3 Bruce Charles MVAC	81.4

<b>Long Jump</b>	
1 Allan Cheers SCVAC	4.95
2 Collin Green MVAC	4.85
3 Bruce Charles MVAC	4.34
4 Derek Graves SCVAC 4.29; 5 Malcolm Taylor SCVAC 3.72.	

<b>Triple Jump</b>	
1 Sean Power WVAA	11.85
2 Allan Cheers SCVAC	10.41
3 Collin Green MVAC	10.08
4 Derek Graves SCVAC	9.34

<b>High Jump</b>	
1 Sean Power WVAA	1.61BP
2 Collin Green MVAC	1.42
3 David Myerscough NVAC	1.39

4 John Howe WVAA 1.39; 5 Bruce Charles MVAC 1.24.	
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<b>Pole Vault</b>	
1 John Bradley MVAC	3.40
2 John Howe WVAA	2.90
3 Brian Harlick SCVAC	2.80
4 Bruce Charles MVAC	2.10

<b>Shot Putt</b>	
1 David Myerscough NVAC	12.57
2 Brian Gillo SWVAC	12.39
3 Gary Negus SCVAC	12.26
4 Mike Hazelwood NVAC 11.61; 5 Malcolm Taylor SCVAC 10.20; 6 John Gilbert VAC 9.97; 7 Richard Jegou MVAC 9.84; 8 Patsy Conboy IRL (G) 8.88.	

<b>Discus</b>	
1 David Myerscough NVAC	40.46
2 Mike Hazelwood NVAC	38.52
3 Godfrey Leak SVHC	36.97
4 Brian Gillo SWVAC 35.62; 5 Patsy Conboy IRL (G) 33.20; 6 John Howe WVAA 33.03; 7 Malcolm Taylor SCVAC 31.92; 8 Chris Melliush SCVAC 31.15.	

<b>Javelin</b>	
1 Mike Hazelwood NVAC	46.09
2 Phil Owen MVAC	40.37
3 Ashley Fox SCVAC	37.58
4 David Myerscough NVAC 33.87; 5 Brian Harlick SCVAC 30.11.	

<b>Hammer</b>	
1 Chris Melliush SCVAC	50.37
2 Patsy Conboy IRL (G)	42.12
3 Gary Negus SCVAC	37.27
4 Mike Hazelwood NVAC 37.15; 5 Lester Monahan SCVAC 33.56; 6 John Gilbert VAC 32.15; 7 Richard Jegou MVAC 28.18.	

<b>M60</b>	
<b>100 metres</b>	
1 Bryan Shearsmith NVAC	13.19
2 Mike Garvey MVAC	13.30
3 Robert Smoult NEVAC	13.47
4 Colin Field SCVAC 13.68; 5 John Penwarden MVAC 13.77; 6 Brian Ariss MVAC 13.88; 7 Barrie Taylor MVAC 13.94; 8 David Hoare MVAC 14.00.	

<b>200 metres w/s -0.6</b>	
1 Bryan Shearsmith NVAC	27.17
2 Robert Smoult NEVAC	27.69
3 Lyndsey Fairbrother SWVAC	28.43
4 David Hoare MVAC 28.67; 5 John Seed EVAC 28.77; 6 Malcolm Schofield NVAC 29.63; 7 John Penwarden MVAC 29.91.	

<b>400 metres (Hand timing)</b>	
1 John Ross SVHC	59.6
2 Martin Simmonds EVAC	62.0
3 Robert Sheridan SWVAC	63.6
4 Lyndsey Fairbrother SWVAC 63.8; 5 Colin Field SCVAC 66.1; 6 Malcolm Schofield NVAC 68.7; 7 John Seed EVAC 69.0; 8 G Hudson MVAC 70.3.	

<b>800 metres</b>	
1 John Ross SVHC	2-20.78
2 Barry Swindells NVAC	2-21.45
3 Arthur Kimber SCVAC	2-28.13
4 Alan Peers NVAC 2-28.76; 5 Michael Dyer SWVAC 2-31.20; 6 Joe Clarke SCVAC 2-42.75.	

<b>1500 metres (Hand timing)</b>	
1 Barry Swindells NVAC	4-50.5
2 Alan Peers NVAC	5-05.8
3 Fred Gibbs NVAC	5-09.0
4 Joe Clarke SCVAC 5-28.8; 5 David Carney MVAC 5-45.1;	

<b>5000 metres</b>	
1 Steve James NVAC	17-39.70
2 Alan Peers NVAC	18-18.50
3 Edmond Simpson VAC	19-44.10
4 Gordon Wiltshire SWVAC	20-12.50

<b>10000 metres</b>	
1 Peter Andrews EVAC	37-44.68
2 Fred Gibbs NVAC	39-00.36
3 Alan Peers NVAC	39-27.22
4 Geoff Harrold VAC 40-15.27; 5 Edmond Simpson VAC 41-36.98.	

<b>3000m Walk</b>	
1 Kenneth Ballam SWVAC	17-05.50

<b>5000m Walk (Hand timing)</b>	
1 Kenneth Ballam SWVAC	29-24.7

<b>100m Hurdles (Hand timing) w/s -0.7</b>	
1 Brian Ariss MVAC	19.3

<b>300m Hurdles (Hand timing)</b>	
1 John Ross SVHC	47.6
2 Martin Simmonds EVAC	50.1
3 Brian Ariss MVAC	52.5
4 David Simpson VAC	62.6

<b>Long Jump</b>	
1 Mike Garvey MVAC	5.14
2 Barrie Taylor MVAC	4.99
3 Colin Field SCVAC	4.69
4 Michael Collins SCVAC	4.17

<b>Triple Jump</b>	
1 Barrie Taylor MVAC	9.70

2 Trevor Driver NVAC	9.37
3 Michael Collins SCVAC	8.79
4 Ernie Chambers SWVAC	8.78

<b>High Jump</b>	
1 John Freebairn SVHC	1.42
2 Trevor Driver NVAC	1.36
3 Ernie Chambers SWVAC	1.27

<b>Pole Vault</b>	
1 Brian Woolcott OPEN	2.20
2 David Simpson VAC	1.90

<b>Shot Putt</b>	
1 John Freebairn SVHC	11.56
2 Peter Hallett EVAC	11.26
3 Eric Kitney SCVAC	10.85
4 John Walters WVAA 10.66; 5 Bill Gentleman SVHC 10.39; 6 Brian Webb WVAA 9.32.	

<b>Discus</b>	
1 William Gentleman SVHC	40.01
2 Peter Hallett EVAC	37.26
3 Grayham Smith NVAC	36.11
4 William Hudson SCVAC 34.90; 5 Eric Kitney SCVAC 33.34; 6 John Walters WVAA 28.55; 7 Trevor Driver NVAC 27.73; 8 Brian Webb WVAA 25.42.	

<b>Javelin</b>	
1 John Ross SVHC	42.80
2 Vic Adcock SCVAC	39.79
3 Grayham Smith NVAC	37.96
4 Trevor Driver NVAC 32.08; 5 Brian Webb WVAA 29.22.	

<b>Hammer</b>	
1 William Gentleman SVHC	50.36BR
2 Peter Shevlane SCVAC	35.74
3 John Freebairn SVHC	34.57

<b>M65</b>	
<b>100 metres</b>	
1 Tony Bowman NVAC	13.33
2 Peter Matthews NVAC	13.41=
3 David Burton MVAC	13.54
4 Danny Herman NVAC	14.75

<b>200 metres w/s -1.0</b>	
1 David Burton MVAC	28.26
2 Tony Bowman NVAC	28.29
3 Geoffrey Feast VAC	30.80
4 Roy Grubb SCVAC 31.26; 5 Danny Herman NVAC 31.38.	

<b>400 metres</b>	
1 Tony Bowman NVAC	69.28
2 John Seymour SCVAC	70.15
3 Geoffrey Feast VAC	70.50
4 Danny Herman NVAC 71.87; 5 John Evans MVAC 73.97.	

<b>800 metres</b>	
1 Ian Barnes NEVAC	2-26.75
2 John Cullingham VAC	2-49.31
<b>1500 metres (Hand timing)</b>	
1 Ian Barnes NEVAC	4-59.3
2 John Cullingham VAC	5-54.8

<b>5000 metres</b>	
1 Geoff Oliver MVAC	20-03.43
2 Brian Shave SCVAC	22-53.76
3 Ronald Silver NVAC	24-27.51

<b>10000 metres</b>	
1 Geoff Oliver MVAC	44-40.54
2 Leonard Parrott SCVAC	45-51.68
3 Brian Shave SCVAC	48-10.32

<b>3000m Walk</b>	
1 Dave Stevens VAC	16-24.20
2 Colin Stapleford MVAC	17-



# RESULTS continued from page 19

Taylor VAC 9.73.

<b>Discus</b>		
1 Michael McGarry IRL (G)	36.82	
2 Barrie Strange SCVAC	36.49	
3 Colin Brand SCVAC	35.52	
4 Peter Barber SCVAC 33.17; 5 Gordon Hickey SCVAC 31.87; 6 Philip McEvoy SCVAC 31.53		

<b>Javelin</b>		
1 Joe Phillips SWVAC	41.58	
2 Colin Brand SCVAC	39.43	
3 Gordon Hickey SCVAC	33.60	
4 Clifford Taylor VAC	25.92	

<b>Hammer</b>		
1 Peter Barber SCVAC	38.21	
2 Philip McEvoy SCVAC	35.20	
3 Ian Miller OPEN	29.96	
4 Barrie Strange SCVAC 29.17; 5 Gordon Hickey SCVAC 26.87.		

<b>M70</b>		
<b>100 metres</b>		
1 Keith Whitaker NVAC	16.20	
2 Norman Carter MVAC	17.07	
3 Peter Yates VAC	17.84	
<b>200 metres w/s +0.3</b>		
1 Ken Crooke SCVAC	34.68	
2 Norman Carter MVAC	35.76	
3 Peter Yates VAC	37.47	
<b>400 metres</b>		
1 William Davies SWVAC	74.63	
2 Ken Crooke SCVAC	78.91	
3 Peter Yates VAC	90.60	

<b>800 metres</b>		
1 Colin Simpson MVAC	3-02.87	
2 Ken Crooke SCVAC	3-15.48	
3 Ernest Bowring VAC	3-36.16	
Alfred Romain VAC DISQ		

<b>1500 metres</b>		
1 William Davies SWVAC	5-52.60	
2 Colin Simpson MVAC	6-19.10	
3 Ajit Singh NVAC	6-21.50	
4 Alfred Romain VAC 6-24.50; 5 Ken Crooke SCVAC 6-32.40; 6 Ernest Bowring VAC 7-36.00.		

<b>5000 metres</b>		
1 William Davies SWVAC	21-27.24	
2 Bill Clapham VAC	23-30.28	
3 Arthur Bruce OPEN	24-40.10	
4 Ron Franklin SCVAC	25-56.22	

<b>10000 metres</b>		
1 Donald Adie SCVAC	47-30.21	
2 Ajit Singh NVAC	50-49.13	
3 Ron Franklin SCVAC	58-19.10	

<b>3000m Walk (Hand timing)</b>		
1 Karl Abolins MVAC	18-51.0	
2 Harvey Jaquest VAC	20-47.0	

<b>5000m Walk (Hand timing)</b>		
1 Karl Abolins MVAC	32-28.2	
2 Ronald Davies OPEN	34-18.7	
3 Harvey Jaquest VAC	35-45.7	

<b>Long Jump</b>		
1 Ajit Kalirai SCVAC	4.03	
2 Norman Carter MVAC	3.25	
3 James Christie SVHC	3.10	

<b>Triple Jump</b>		
1 Ajit Kalirai SCVAC	8.65	

<b>High Jump</b>		
1 Norman Carter MVAC	1.27	
2 John Robinson VAC	1.24	

<b>Pole Vault</b>		
1 Alf Woods EVAC	2.40=BP	
2 Bernard Thomas EVAC	2.20	

<b>Shot Putt</b>		
1 Denis Field NEVAC	8.68	
2 James Christie SVHC	5.94	

<b>Discus</b>		
1 Denis Field NEVAC	34.83	
2 Norman Carter MVAC	23.14	
3 James Christie SVHC	17.79	

<b>Javelin</b>		
1 Denis Field NEVAC	33.90BR	
2 Norman Carter MVAC	22.06	
3 James Christie SVHC	17.41	

<b>Hammer</b>		
1 Denis Field NEVAC	29.51	
2 William Kingsbury WVAA	27.89	
3 Norman Carter MVAC	23.96	

<b>M75</b>		
<b>100 metres (Hand timing)</b>		
1 Douglas Adair SCVAC	14.4BP	
2 George Bridgeman SVHC	15.7	
3 John Quantrell MVAC	16.2	

<b>200 metres w/s +0.3</b>		
1 Douglas Adair SCVAC	30.78BR	
2 George Bridgeman SVHC	33.64	
3 John Quantrell MVAC	35.16	
4 Alf Sutton SCVAC	42.53	

<b>400 metres</b>		
1 John Quantrell MVAC	77.85	
2 Hugh McGinley SVHC	77.92	
3 Frank Copping EVAC	93.83	

<b>800 metres</b>		
1 Hugh McGinley SVHC	3-04.23	
2 James Todd NIVAC	3-06.90	

<b>1500 metres</b>		
1 Hugh McGinley SVHC	6-15.30BP	
2 James Todd NIVAC	6-30.10	
3 Frank Copping EVAC	7-11.50	

<b>5000 metres</b>		
1 Ronald Hale SCVAC	23-20.50	
2 Hugh McGinley SVHC	23-21.26	
3 Frank Copping EVAC	25-55.09	
4 Jack Fitzgerald SCVAC	28-37.00	

<b>10000 metres</b>		
1 Hugh McGinley SVHC	49-28.92	
2 Ronald Hale SCVAC	50-31.71	
3 Jack Fitzgerald SCVAC	62-54.10	

<b>3000m Walk (Hand timing)</b>		
1 Paul Sargent MVAC	23-17.4	
Jack Fitzgerald SCVAC DISQ		

<b>5000m Walk (Hand timing)</b>		
1 Paul Sargent MVAC	39-46.7	
Jack Fitzgerald SCVAC DISQ		

<b>Shot Putt</b>		
1 Janis Gercs MVAC	8.68	
2 Richard Glover EVAC	6.44	

<b>Discus</b>		
1 George Bridgeman SVHC	21.94	

<b>Hammer</b>		
1 Janis Gercs MVAC	18.84	
2 Richard Glover EVAC	17.50	

<b>M80</b>		
<b>100 metres (Hand timing)</b>		
1 Sylvester Stein VAC	15.7BP	
2 Arthur Kelly MVAC	21.0	

<b>200 metres w/s +0.3</b>		
1 Sylvester Stein VAC	33.82BR	

<b>400 metres</b>		
1 Arthur Kelly MVAC	1-12.52	

<b>5000 metres</b>		
1 Gerald Cuning SCVAC	29-40.81	

<b>3000m Walk (Hand timing)</b>		
1 Arthur Kelly MVAC	25-13.7	

<b>M85</b>		
<b>5000m Walk (Hand timing)</b>		
1 George Mitchell MVAC	37-24.5BP	

<b>Pole Vault</b>		
1 Tony Rawlinson EVAC	1.70BR	

<b>Discus</b>		
1 Tony Rawlinson EVAC	14.94BR	

<b>Javelin</b>		
1 Tony Rawlinson EVAC	16.53BR	

<b>W35</b>		
<b>100 metres</b>		
1 Karen Iddenden SCVAC	13.23	
2 Angela Fudge VAC	13.52	
3 Rosie Cursiter OPEN	13.60	
4 Susan Hooper WVAA 13.74; 5 Alexandra Davoile VAC 14.26; 6 Fiona Carry SWVAC 15.25.		

<b>200 metres w/s -1.0</b>		
1 Karen Iddenden SCVAC	27.53	
2 Rosie Cursiter OPEN	28.19	
3 Susan Hooper WVAA	28.58	
4 Abi Onatade SCVAC 29.37; 5 Alexandra Davoile VAC 29.76; 6 Fiona Carry SWVAC 31.93.		

<b>400 metres</b>		
1 Sally Read-Cayton VAC	59.58	
2 Mary Edwards SCVAC	59.78	
3 Rosie Cursiter OPEN	61.80	
4 Susan Hooper WVAA	63.48	

<b>800 metres</b>		
1 Tracey Smedley EVAC	2-15.86	
2 Mary Edwards SCVAC	2-16.61	
3 Sally Read-Cayton VAC	2-17.04	
4 Allison Crossman OPEN 2-17.82; 5 Judith Battersby NEVAC 2-18.24; 6 Ruth Viassak VAC 2-19.05.		

<b>1500 metres (Hand timing)</b>		
1 Lisa Webb OPEN	4-40.1	
2 Allison Crossman OPEN	4-48.3	
3 Tracey Smedley EVAC	4-53.7	
4 Sharon Coyne SWVAC 4-57.7; 5 Emma Hudson NVAC 5-16.4; 6 Yvonne Bullen WVAA 5-36.6; 7 Janet Williams WVAA 5-40.5.		

<b>5000 metres (Hand timing)</b>		
1 Judy Oakley VAC	17-51.5	
2 Susan Ridley SVHC	17-52.3	
3 Allison Hirst SCVAC	18-11.5	
4 Sharon Coyne SWVAC 18-23.7; 5 Yvonne Bullen WVAA 20-50.6		

<b>10000 metres</b>		
1 Judy Oakley VAC	37-42.85	

<b>2000m S/C</b>		
1 Emma Hudson NVAC	7-48.34	
2 Susie Tawnley MVAC	0(?)	
3 Emma Hudson NVAC (?)	7-48.34(?)	
400m Hurdles (Hand timing)		
1 Virginia Mitchell SCVAC	66.0	

<b>Long Jump</b>		
1 Jane Oliver MVAC	4.69	
2 Karen Iddenden SCVAC	4.38	

<b>Triple Jump</b>		
1 Alison Hesketh NVAC	9.11	

<b>High Jump</b>		
1 Jane Oliver MVAC	1.35	

<b>Shot Putt</b>		
1 Alison George MVAC	10.71	
2 Bridie Lynch IRL (G)	10.14	

<b>Discus</b>		
1 Susan Freebairn SVHC	42.53	
2 Janet Smith SCVAC	30.36	
3 Helen Daniel VAC	25.13	
4 Dunuta Krzyzanowska VAC	24.05	

<b>Javelin</b>		
1 Caroline Garratt VAC	35.04	
2 Susan Freebairn SVHC	31.97	

<b>Hammer</b>		
1 Janet Smith SCVAC	45.91BP	

<b>W40</b>		
<b>100 metres (Hand timing)</b>		
1 Wendy Stone EVAC	13.6	
2 Averil McClelland OPEN	13.6	
3 Denise Timmis EVAC	13.6	
4 Dina Francis VAC 13.8; 5 Anne Goad SCVAC 13.8; 6 Gaye Clarke EVAC 14.0; 7 Susan Brown NVAC 14.0; 8 Diane Farmer EVAC 15.4.		

<b>200 metres w/s +1.1</b>		
1 Wendy Stone EVAC	27.35	
2 Averil McClelland OPEN	27.74	
3 Sandra McDonald MVAC	28.08	
4 Dina Francis VAC 28.69; 5 Gaye Clarke EVAC 29.52.		

<b>400 metres</b>		
1 Denise Timmis EVAC	63.01	
2 Dina Francis VAC	63.34	
3 Kay Murphy OPEN	67.02	
4 Diane Farmer EVAC	73.85	

<b>800 metres</b>		
1 Alison Hurford VAC	2-18.45	
2 Lesley Felton SCVAC	2-20.67	
3 Joan Lasenby EVAC	2-23.18	
4 Barbara Murray NVAC 2-26.93; 5 Lynne Flatman NVAC 2-31.85; 6 Kay Murphy OPEN 2-35.64.		

<b>1500 metres (Hand timing)</b>		
1 Jenny Gray SCVAC	4-43.4	
2 Alison Hurford VAC	4-45.7	
3 Jill Harris SWVAC	4-54.6	
4 Deborah Howard MVAC 4-54.9; 5 Joan Lasenby EVAC 4-57.8; 6 Lynne Flatman NVAC 5-16.2; 7 Kay Murphy OPEN 5-20.3; 8 Julie O'Neill OPEN 5-57.8		

<b>5000 metres (Hand timing)</b>		
1 Susie Tawnley MVAC	18-47.0	
2 Kate Armstrong SCVAC	18-53.1	
3 Lynne Marr NEVAC	19-18.7	
4 Aly Sloane VAC	19-32.6	

<b>10000 metres</b>		
1 Lynne Marr NEVAC	40-52.23	

<b>3000m Walk (Hand timing)</b>		
1 Fiona Bishop VAC	18-05.4	

<b>5000m Walk (Hand timing)</b>		
1 Fiona Bishop VAC	30-52.1	

<b>2000m S/C</b>		
1 Susie Tawnley MVAC	8-08.51BP	

<b>80m Hurdles (Hand timing)w/s +0.2</b>		
1 Gaye Clarke EVAC	12.8	
2 Jenny Brown SCVAC	13.4	
3 Danae Herron NIVAC	14.1	

<b>400m Hurdles (Hand timing)</b>		
1 Susan Brown MVAC	75.2	

<b>Long Jump</b>		
1 Denise Timmis EVAC	4.97	
2 Danae Herron NIVAC	4.75	
3 Hazel Barker NVAC	4.62	
4 Gaye Clarke EVAC 4.60; 5 Anne Goad SCVAC 4.46; 6 Teresa May VAC 4.39.		

<b>Triple Jump</b>		
1 Jenny Brown SCVAC	10.37	
2 Sheridan Eyles EVAC	9.31	
3 Gaye Clarke EVAC	9.24	
Danae Herron NIVAC NVJ		

<b>High Jump</b>		
1 Hazel Barker NVAC	1.45	
2 Teresa May VAC	1.40	
3 Lucy Moore-Fox IRL (G)	1.40	
4 Danae NIVAC	1.35	



◀ Continued from page 13

Nancy Hitchmough MVAC	2-28.25
2 Sue James SCVAC	2-43.93
<b>1500 metres</b> (Hand timing)	
1 Nancy Hitchmough MVAC	5-05.7
2 Josie Heffernan VAC	5-20.3
3 Sue James SCVAC	5-30.2
4 Janice Warren SWVAC	5-31.0

<b>5000 metres</b>	
1 Gill Dean SCVAC	18-32.73BP
2 Josie Heffernan VAC	19-33.95
3 Felicity Garland EVAC	19-51.69
4 Janice Warren SWVAC 21-05.80; 5 Margaret Moody VAC 21-41.16.	

<b>10000 metres</b>	
1 Josie Heffernan VAC	41-48.50
2 Margaret Swithenby EVAC	44-23.65

<b>3000m Walk</b> (Hand timing)	
1 Ann Lewis SCVAC	16-28.7
2 Margaret Swithenby EVAC	18-29.5

<b>5000m Walk</b> (Hand timing)	
1 Ann Lewis SCVAC	28-40.2

<b>2000m S/C</b>	
1 Josie Heffernan VAC	8-17.12BR

<b>80m Hurdles</b> (Hand timing)	
1 Jean Fails SWVAC	13.6
2 Emily McMahon SCVAC	14.1

<b>300m Hurdles</b> (Hand timing)	
1 Emily McMahon SCVAC	53.8
2 Jean Fails SWVAC	57.0

<b>Long Jump</b>	
1 Jean Fails SWVAC	4.49
2 Emily McMahon SCVAC	4.32

<b>Triple Jump</b>	
1 Jean Fails SWVAC	8.80

<b>Shot Putt</b>	
1 Romana Martin EVAC	9.83
2 Margaret Woodger SWVAC	7.56
3 Annabella Smith VAC	7.46
4 Sue John WVA	6.10

<b>Discus</b>	
1 Romana Martin EVAC	25.80
2 Margaret Woodger SWVAC	20.25
3 Annabella Smith VAC	17.62

<b>Javelin</b>	
1 Margaret Woodger SWVAC	18.80
2 Annabella Smith VAC	15.93

<b>Hammer</b>	
1 Lesley Shroobree SCVAC	34.82
2 Romana Martin EVAC	30.49
3 Annabella Smith VAC	28.60
4 Margaret Woodger SWVAC 22.91; 5 Sue John WVA 20.75.	

<b>W55</b>	
<b>100 metres</b>	
1 Valerie Parsons SCVAC	13.94BP
2 Margaret Coombe SCVAC	17.90

<b>200 metres w/s +1.1</b>	
1 Valerie Parsons SCVAC	28.66BR
2 Yvonne Priestman MVAC	28.87
3 Margaret Coombe SCVAC	32.62
4 Jackie Charles MVAC	34.08

<b>400 metres</b> (Hand timing)	
1 Yvonne Priestman MVAC	66.9BP

<b>1500 metres</b> (Hand timing)	
1 Elaine Statham MVAC	5-43.5

<b>3000m Walk</b> (Hand timing)	
1 Jill York SWVAC	19-54.2

<b>5000m Walk</b> (Hand timing)	
1 Jill York SWVAC	34-46.7

<b>80m Hurdles</b> (Hand timing)	
1 Pat Oakes SCVAC	16.0

<b>Long Jump</b>	
1 Pat Oakes SCVAC	3.87
2 Jackie Charles MVAC	3.85

<b>Triple Jump</b>	
1 Marlene Simmonds EVAC	8.75
2 Pat Oakes SCVAC	8.46
3 Jackie Charles MVAC	8.07
4 Gibby Meneer SWVAC	6.57

<b>High Jump</b>	
1 Pat Oakes SCVAC	1.19
2 Jackie Charles MVAC	1.16
3 Carol Rafferty MVAC	1.13

<b>Pole Vault</b>	
Margaret Coombe SCVAC NHC	

<b>Shot Putt</b>	
1 Barbara Terry SCVAC	10.01
2 Margery Swinton SVHC	8.67
3 Pat Oakes SCVAC	8.06
4 Carol Rafferty MVAC	7.00

<b>Discus</b>	
1 Barbara Terry SCVAC	24.39
2 Marlene Simmonds EVAC	23.00
3 Margery Swinton SVHC	20.47

<b>Javelin</b>	
1 Carol Rafferty MVAC	23.96
2 Margaret Coombe SCVAC	23.06
3 Margery Swinton SVHC	21.65
4 Pat Oakes SCVAC	21.31

<b>Hammer</b>	
1 Margery Swinton SVHC	32.44
2 Barbara Terry SCVAC	27.66

3 Carol Rafferty MVAC	17.17
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<b>W60</b>	
<b>100 metres</b> (Hand timing)	
1 Elizabeth Torevell EVAC	17.2

<b>200 metres w/s 0.0</b>	
1 Dorothy Fraser EVAC	35.30

<b>400 metres</b> (Hand timing)	
1 Dorothy Fraser EVAC	89.5

<b>800 metres</b>	
1 Kathleen Stewart NEVAC	2-51.46BR
2 Eva Osborne EVAC	3-21.01
3 Hazel Marchant EVAC	3-32.23

<b>1500 metres</b> (Hand timing)	
1 Kathleen Stewart NEVAC	5-55.9BP
2 Eva Osborne EVAC	6-18.7

<b>5000 metres</b>	
1 Pamela Jones SCVAC	23-02.12
2 Eva Osborne EVAC	23-19.61
3 Hazel Marchant EVAC	23-43.23
4 Bridget Cushen VAC	25-42.60

<b>10000 metres</b>	
1 Pamela Jones SCVAC	48-46.38
2 Eva Osborne EVAC	49-13.51
3 Hazel Marchant EVAC	49-58.41

<b>5000m Walk</b> (Hand timing)	
1 Jill Langford MVAC	31-26.6

<b>Long Jump</b>	
1 Evaun Williams SCVAC	3.64

<b>Shot Putt</b>	
1 Evaun Williams SCVAC	11.39
2 Elizabeth Torevell EVAC	7.28
3 Yvonne Miles SCVAC	6.08

<b>Discus</b>	
1 Evaun Williams SCVAC	28.92

<b>Javelin</b>	
1 Evaun Williams SCVAC	35.44

<b>Hammer</b>	
1 Evaun Williams SCVAC	40.23
2 Elizabeth Torevell EVAC	20.13

<b>W65</b>	
<b>100 metres</b> (Hand timing)	
1 Mary Webb WVA	16.6
2 Rosemary Chrimes MVAC	16.6
3 Betty Steedman SVHC	16.7

<b>200 metres w/s 0.0</b>	
1 Mary Webb WVA	35.45
2 Betty Steedman SVHC	35.96

<b>5000 metres</b>	
1 Anne Martin EVAC	23-40.55

<b>3000m Walk</b> (Hand timing)	
1 Maureen Spelman VAC	18-31.9
2 Pam Horwill MVAC	20-05.0

<b>5000m Walk</b> (Hand timing)	
1 Maureen Spelman VAC	31-31.0
2 Pam Horwill MVAC	34-47.5

<b>80m Hurdles</b> (Hand timing)w/s -1.0	
1 Carina Graham SCVAC	16.8BR
2 Kay Koppel SCVAC	20.1

<b>Long Jump</b>	
1 Betty Steedman SVHC	3.45
2 Anne Martin EVAC	3.39
3 Kay Koppel SCVAC	3.21

<b>Triple Jump</b>	
1 Carina Graham SCVAC	7.42BR
2 Betty Steedman SVHC	6.85

<b>High Jump</b>	
1 Rosemary Chrimes MVAC	1.19
2 Kay Koppel SCVAC	1.10

<b>Pole Vault</b>	
1 Dorothy McLennan SCVAC	1.90BR

<b>Shot Putt</b>	
1 Rosemary Chrimes MVAC	10.38
2 Anne Martin EVAC	7.66
3 Kay Koppel SCVAC	7.60
4 Marie Grant-Stevens SCVAC	6.36

<b>Discus</b>	
1 Rosemary Chrimes MVAC	32.57
2 Kay Koppel SCVAC	19.71

<b>Hammer</b>	
1 Anne Martin EVAC	22.06

<b>W70</b>	
<b>200 metres w/s 0.0</b>	
1 Toni Borthwick SCVAC	39.72

<b>3000m Walk</b> (Hand timing)	
1 Toni Borthwick SCVAC	19-58.6
2 Anne Von Bismark VAC	22-28.3

<b>5000m Walk</b> (Hand timing)	
1 Anne Von Bismark VAC	38-01.9

<b>W80</b>	
<b>100 metres</b> (Hand timing)	
1 Mary Wixey MVAC	20.8BP

<b>Long Jump</b>	
1 Mary Wixey MVAC	2.07BP

<b>Triple Jump</b>	
1 Mary Wixey MVAC	4.23BP

<b>Shot Putt</b>	
1 Mary Wixey MVAC	4.04BR

<b>Javelin</b>	
1 Mary Wixey MVAC	9.79BR

# AN ETON CROP OF RECORDS

and, like Mary Wixey in the W80 age group, pushes the UK record boundaries even further with age bests in the pole vault, discus and javelin.

I found there was some interesting dialogue out in the field. Mike Hazelwood was second to Dave Myerscough in the discus and won the M55 javelin with 46.09. He talked about the difficulties with the new rules when throwing a 700g Nemeth javelin because "unless you hit it absolutely right for a longish throw it tends to fall flat with no mark from the point".

Bob Phillips (67) who won the M65 javelin with a 600g spear. He had come from Reading the same afternoon where he had competed for West Bath in the Southern League, finishing third in the a string and throwing 39.17m with a 8001b senior javelin. In the M60s discus Scotsman Bill Gentleman was in form with a personal best of 40.01m when winning the discus and achieving a UK record of 50.36m in the hammer. All quite incredible when you realise he had several operations on his throwing shoulder back in February because of torn muscles!

Wendy Stone, who won the W40 100 and 200, had only got back to sprint training three weeks before the championships after recovering from a broken ankle. Sally Read Cayton won the W35 400m W35 from Marian Edwards who was also second also in the 800 to Tracey Smedley. Smedley has endured two car and a trampoline accidents before returning to competition 18 months ago; her time at Eaton was 2:15:86, only 3 seconds off her lifetime best. Brenda Elliott, a Durham City Harrier advised by Bryan McKay, has never been out of the first three in her ten years of veteran sprinting and did not disappoint at Eton with a hat-trick of wins in the W50 100, 200 and 400 metres. Elliott was sixth in the English Schools 150 yards when she was 14 and resumed athletics after a 20 year lay-off.

Running in the W55 100m, Val Parsons recorded 13:94 for a championship best and then was timed at 28.66 for a UK W55 record.

Ex-International John Hall had a double victory in the M45 3km and 5km walks. He warmed up by walking from Slough Station but it was Kim Braznell of Midland Vets who caught the attention of announcers Phil and Brian Owen when winning the 3km walk with a championship best of 15:28.0 and a UK record in the 5km of 26:10.9. Braznell gained her first international vest in the Commonwealth Games at 40. She is coached by Bob Care who we hope will be back competing again soon.

Jose Heffernan won the W50 2000m steeplechase in a UK record of 8:17.12 and also took the 10000m. She had competed in two duathlons during the week and has a job that keeps her away from home for as much as 10 to 12 hours a day. She has three children at school and one at University.

Jenny Brown, displaying her usual abundance of enthusiasm for competition, continued to enjoy the challenges of being an all-round performer. She has now competed in 127 multi-eventers and on the Saturday was representing Ashford in the Southern Women's League at 800m, high jump, 100m hurdles, javelin and 4x400. No wonder at Eton on the Sunday - where she won the W40 400m hurdles, triple jump and javelin - she found the 800m an event too far.



## BRITISH MASTERS' MEDICAL SERVICES

**Carole Filer** explains the background and structure of the British Masters' Medical Services

I am sure there are quite a number of athletes who are in the dark about this group. It was set up (purely on a voluntary and non-profit making basis) by Steve Peters and myself - with input from Fiona Jacobs on behalf of the Chiropractors - to raise funds to organise medical support for the overseas track and field meetings. We wanted to provide an ongoing fund in order to plan ahead. It is no good waiting until the last minute to see whether enough athletes have subscribed before trying to book accommodation and flights when the reasonably priced ones will have long gone.

A major fund raiser is the annual Sports Therapy Conference held at Wortley Hall, Sheffield on the last weekend in October (see the advertisement on page 7). Last year's conference raised approximately £950 towards the considerable expense that was incurred in providing cover for Brisbane.

We would like to stress that by paying 'up front' it does enable us to plan ahead and would like to thank everyone for their support. Should anyone like to see where their money has gone once meetings have taken place, please do send an SAE to the address below (or email) and I will gladly provide a breakdown.

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*Jack FitzGerald gives some hard sell to Bruce Tulloh on the BVA stand at the 2001 Flora London Marathon Expo. Tulloh, 1962 European 5000 champion and coach to, among others, Richard Nerurkar, is currently preparing a book on how top veterans train.*



## DRIVER'S BACK

Knowing that there is an increasing hostility towards the English from some parts of the Welsh nation, I decided, earlier this year, to take a security guard and food taster (my wife doubling up as both) to the British Vets Indoor Championships in Cardiff.

We stayed at a little guest house near the arena; I'd been warned not to mention the recent rugby match between Wales and England, so I was careful and only mentioned it about a dozen times. My main concern was that the tea tasted strangely reminiscent of that served up in the Army.

Feeling listless on the Saturday morning I was just able to record some disappointing marks in the shot and long jump. I then fell into the trap which I now know was set for me.

About to start the High Jump I was asked casually (by a Welshman) to lift some poles out of his way. The result was

the most intense back spasm I can remember. Bravely I tried the opening height, fell off the bed bent double and was unable to straighten up.

I had a choice - to quit the arena doing an impression of Quasimodo or to straighten up and face the agony. I split the difference getting halfway up and doing half an impression on my way to the chiropractors.

They were busy so I waited and watched. One of them was dealing with a younger female athlete who seemed to have damaged a groin. It took an hour to find the spot whilst the other yanked four or five of us about and suggested rest to me.

I improved enough to be able to walk about, meet old friends and to admire the facilities. I passed Keith Whitaker who, for once, was sitting doing nothing. I remarked on his unusual inactivity and he simply said: "I'm waiting till I'm 80 so I can win some medals. If you can't

beat the bastards - outlive them." A sound motto I thought.

I was able to look at Bill Gentleman's operation scar and watch some splendid competition. Thanks to all the organisers and officials who tolerated our habits and tantrums. I apologised to one for the behaviour of Tony Crocker when the officials wouldn't open the doors so he could have a full run up in his triple jump and I was present when Sean Power arrived for an hour warm-up to be told that the time of his event had changed and had already started. Roughly translated he said, "Mr official, you are a naughty boy for not telling me the time had been changed!"

Whatever our experiences, we should always be grateful that we can compete and to express our gratitude for those who provide the organisation and facilities for us. Thank you Cardiff - and the back is getting better.

**Trevor Driver**



EUROPEAN NON STADIA CHAMPIONSHIPS, MALTA, 28-29 APRIL

# MALTESE MAGIC

Photographs: **Jeremy Hemming**

**M**ike Hager's purple patch continues. After winning the Midland Vets' CC championships and placing 59th in the English National CC (that's THE National, the one won by Shrubbs, Jack Holden, Wooderson, Hesketh, Pirie, Heatley, Bedford, Hutchings etc, etc) Hager left Malta and the European Non-Stadia Championships with two gold medals in his luggage.

Hager won both the M50 10km and the Half Marathon by considerable margins but in the 10km was involved in a torrid struggle with Nigel Gates for the honour of being first Briton home. Initially they had been harried by Tom O'Connor but the Irish 10km champion fell away, no doubt feeling the after effects of winning that title the previous week.

By the time the two Brits had reached the finish - near that ancient Maltese landmark, Huggy Bear Lido - Hager had an eleven second advantage over Gates who has been suffering with Achilles tendon problems.

Hager was fourth overall, a little over two minutes down on Stephane Schweickardt who had reeled off the kilometres with metronomic regularity to record 30 minutes exactly.

The next day, Hager - feeling no effects from Saturday's efforts - took fifth place overall in the 13.1 mile race, his first half marathon for three years.

Further down the road, Julian Critchlow was watching the failure of Schweickardt getting smaller and concentrating on taking second place off Gurra Gonzalez.

The pairing of Gonzalez and Critchlow nearly met disaster when they went off course at 14km.

"The Spanish guy was about 15 yards up at this stage," Critchlow told *Athletics Weekly*, "But after the incident I went clear. I was bearing down on him before that."

From then on, the positions remained the same with Critchlow savouring the silver medal. "I was pleased to get a medal. After watching the 10km I was concerned about the high standards," he offered.

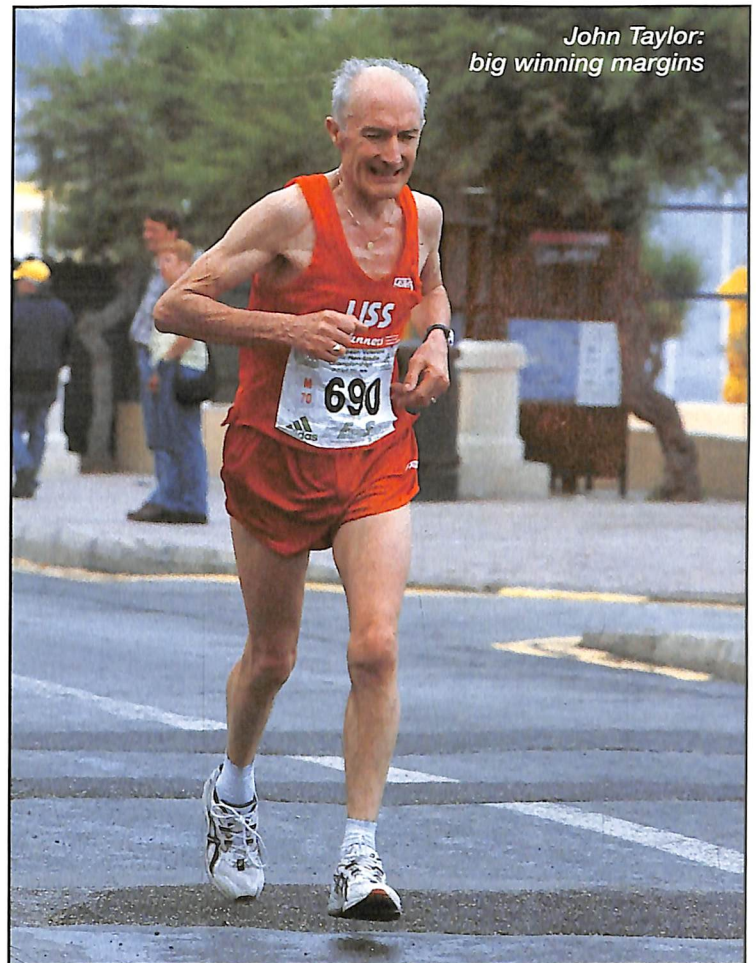
The older age groups had their British stars as well. John Taylor took an M70 Golden double as did Eileen Quinton in the equivalent women's age group.

Karen Marshall took the W45 10km by over a minute although she was well off her best time, "It was very, very hot out there," Marshall explained but she was more than pleased to add the gold to her Euro-indoors 3000m win.

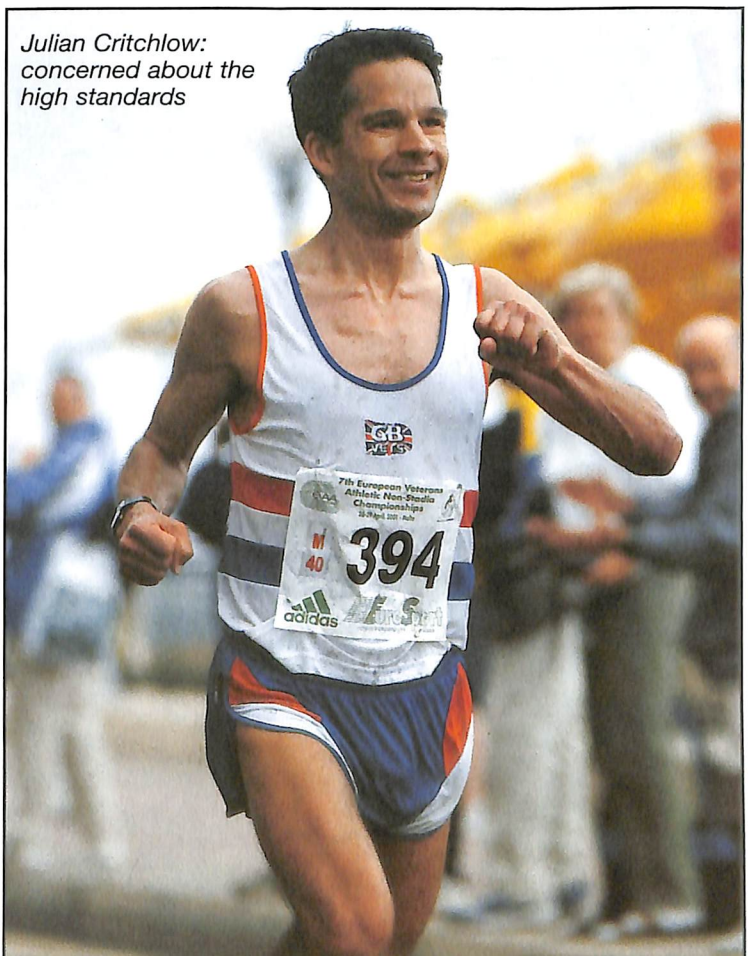
W50 winner Janette Stevenson kept company with W35 silver medallist Susan Ridley until 5km where, as Marshall confessed later, "The heat got to me" and Ridley made her effort. However, the British women was exactly a minute to the good in her age group.

In the walking events, three golds came Britain's way courtesy of Ann Lewis and Anne Von Bismark in the W50 and W70 sections of the 20km and Jack FitzGerald who was looked on favourably by the judges in the M75 30km.

● Results on page 15



*John Taylor:  
big winning margins*



*Julian Critchlow:  
concerned about the  
high standards*



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