

MASTERS ATHLETICS

The official magazine of the British Masters Athletic Federation.

SUMMER 2012



ISSUE 100


BMAF ROAD RELAYS.

W.M.A Indoor Championships

and the News from the Masters Athletics World.

PICTURE: NATIONAL MASTERS ROAD RELAYS BY TOM PHILLIPS.

MASTERS ATHLETICS FIXTURES

2012			
14 th JUL	BMAF 30k Walk	Coventry	
21 st & 22 nd JUL	BMAF Track & Field	Derby	DETAILS ON BMAF WEBSITE
22 nd JUL	VAA-NE 10k Road	New Marske	
31 st JUL	VAC 5m run&walk	Battersea	1900h
4-5 th AUG	BMAF Decathlon & Heptathlon , 10k & 10k Walk.	Horspath , Oxford	Incorporating GB v USA Challenge.
16-25 th AUG	EVAA, European Championships, Stadia	Zittau (GER) Bogatynia (POL) Hradek n.N. (CZE)	 <small>18. LEICHTATHLETIK SENIOREN EUROPAMEISTERSCHAFTEN ZITTAU - BOGATYNIA - HRÁDEK N.N.</small>
21 st AUG	VAC 5M run &Walk	Battersea	Walk 1900h Run (champs)1915h
26 th AUG	VAC Track & Field	Battersea	
30 th AUG	VAA-NE 5k M/	Lobley Hill, Gateshead	
2 nd SEP	VAA-NE 10 mile	Hexham	
5 th SEP	VAC 10,000 Track Championship	Battersea	1830h
9 th SEP	Inter Area Challenge	Solihull	
7 th OCT	BMAF HALF MARATHON	Kirkkintiloch	Neil McCover Memorial Race
14 th OCT	BMAF 10K	ASHFORD	Details in this issue
	VAA-NE5k ROAD	Matfen, Northumberland	
21 st OCT	SVHC 10k Track	Coatbridge	10k at 1pm , AGM at 2pm
28 th OCT	BMAF 10 Mile	Tiptree	Details in this issue
	VAA-NEE Marathon	Town Moor, Newcastle	
10 th NOV	British & Irish XC Championships	Stormont Park, Belfast	
17 th NOV	BMAF XC RELAYS	Moorways Stadium, Derby	<p>ENTRY FORM SHOULD BE AVAILABLE SOON ON THE BMAF WEBSITE ON MEL JAMES RETURN FROM HOLIDAY ALSO IN THIS MAGAZINE IN OCTOBER.</p> <p>IF YOU WISH TO ENTER TEAMS PLEASE CONTACT MEL JAMES.</p>
2013			
19-24 MAR	EVAA Indoor Championships	San Sebastian, ESP	
24-26 th May	EVAA Non Stadia	Upice,CZE	
2-11 AUG	World Masters Games	Torino, ITA	
31 st AUG	WMA Mountain Championships	Janske Lazne.CZE	
16-27 th OCT	WMAA Track & Field Championships	Porto Alegre,BRA	
2014			
March 25-30 th	WMAA Indoor Championships	Budapest, HUN	
Aug 15-24 th	EVAA Track & Field Championships	Izmir, TUR	
2015			
Feb 24-Mar1 st	EVAA Indoor Championships	Torun (POL)	
TBC	WMAA Track & Field Championships	Lyon, FRA	
10-20 th Sept	European Masters Games	Nice (FRA)	

MASTERS ATHLETICS

Items for inclusion in the "Autumn Edition"
to reach the editor by the
16th September 2012.

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SHOULD YOU WISH TO JOIN PLEASE SEND
YOUR DETAILS WITH YOUR CHEQUE FOR
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December 2011:

Redrawn- £10 Dr Hein Burrell.

March 2012:

£ 125-Mario Foschi;

£10-Ian Jolliffe, Midland Masters AC, Ron Smith,
Mervyn Huggins, Nigel Wray (donated to BMAF).

April 2012;

£ 125-Terry Morris.

£10-Claire Cameron, Kitty Garnett,
Ursula Duckworth, B.D. Whitehead,
Lesley Bowcott.

May 2012;

£ 125-Terry Mannion.

£10-Anita Neil, Tom Edwards, J.A.Hall,
Jackie Gilchrist, Keith Hall.

THANK YOU FOR THE DONATIONS BY.
NIGEL WRAY.

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Smythe.**

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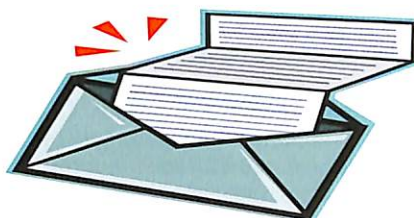
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LETTERS

As you may have noticed this is the 100th Edition of "Masters Athletics", can I take the opportunity of saying what a pleasure it has been to be involved with the production, over the last ten years.

It would have been impossible to produce the Magazine without the help of many others, so may I thank them in alphabetical order.

Alastair Aitken, Andrew Bourne, John Bourne,
Tony Bowman, Bruce Charles, Tony Crocker,
Bridget Cushen, Paul Dickenson, Maurice Doogan,
Martin Duff, Simon Hainsworth, John Hall,
Jeremy Hemming, Walter Hill, Danny Herman,
Eric Howell, Mel James, Arthur Kimber, Philip Lee,
Tom Morris, Pete Mulholand, Irene Nicholls,
Walter Nicholls, Barbara Owen, Conrad Phillips,
Tom Phillips, Lesley Richardson, Steve Smythe, Winston Thomas.

Without your much appreciated contribution our Magazine with be a very thin and sorry item.

EDITOR.

Secretary's Report BMAF Annual General Meeting

Whether or not you will be competing in the Track & Field Championships in Derby, all members are invited to attend the above on Saturday 21st at 18.00 in the stadium clubhouse. All outgoing Officers are seeking re-election; there is a Proposal to increase the Capitation Fee from £4.50 to £5. This covers the production and postage of Masters Athletics, etc. It is your opportunity to

meet the Executive members, hear their reports and raise any questions.

Thames TV:

We were one of 15 different sports invited to participate in a preliminary audition for an entertainment sports-related peak time Saturday night programme, title "Let's Get Gold". Nine of our prominent mainly south-based members came along to Pickett's Lock at very short notice to meet the Production Team and demonstrate their speed, hurdling and jumping skills. Sadly we did not get into the final, the studio space where our members were expected to demonstrate their ability to the Judging Panel on the night, was limited to just 30-40m, it was virtually impossible. The lucrative winning team's prize and the publicity that Masters Athletics would have gained had we got through would be invaluable. We are very grateful to our members for coming along.

The Sub 4-minute mile.

It was our plan in this special year to promote an attempt by a Masters athlete to run the classic mile outdoor in under 4-minutes at one of our Championships. A few Promoters had the same idea. Tony Whiteman got an invitation to the Music City Carnival Mile in Nashville on 2 June. One of the pacemakers was a young British athlete. Tony won in 3.58.79sec, but his barrier-breaking performance has attracted little publicity.

Masters Athletics.

This is the 100th edition of Masters Athletics, formerly Veteran Athletics, and we congratulate all those who were at any stage involved in the design and production of this eagerly awaited quarterly, the successor to the now collectable Veterans magazine. Leafing through the various copies, particularly the first issue in July 1987, it says much for our sport that so many who featured prominently then are still going strong today. Ex-Chairman and one time President of the BMAF, Sylvester Stein, is likely to make an appearance in the M90 sprints this year. A youthful Lord Coe was then Vice-Chair of The Sports Council and sent his good wishes. Messages also flowed in from Author and former British National Coach, Tom McNab, the then Minister for Sport Dick Tracey and the late Presidents of World Masters Athletics and the European V.A.A amongst many others.

A then "hirsute" Martin Duff reported on the I.G.A.L international road races and he remains as enthusiastic and knowledgeable as ever! We introduced a Hammer competition for women for the first time at our Track & Field Championships that year in preparation for the World Masters Championships in Melbourne. We are fortunate in having quite a few photographers amongst our membership, they have made an enormous contribution to the popularity of Masters Athletics and we do thank; Jeremy Hemming, Tom Phillips, Fred Popplewell, Lesley Richardson and many others who have donated photos during the last 25 years. Sadly two previous Editors, Jeff Ashton and Geoff Harrold are no longer with us. Brian Owen has now been at the helm for nearly a decade and I am sure you will join me in thanking him for getting our specialist colour magazine through your letterbox on time and at an unbelievably low cost.

Bridget Cushen

June 2012

Tony Whiteman runs sub 4-minute mile!

Roald Bradstock's M50 World Javelin Record takes him into Olympic reckoning.

On Saturday 2 June Tony Whiteman, the 40-year Master athlete did what was once considered beyond human endeavour – ran a mile in under four minutes. Competing in the Music City Distance Carnival Mile at Vanderbilt University in

Nashville, Tennessee. Tony led through the 1500m in 3.42.66sec (British Record just 1/100 off the World record), going on to hold off Tony Jordanek to complete the mile and win by a clear second in 3.58.79sec (World Record). After his breath-taking 1.48.28sec M40 World Record 800m at the Loughborough International (a meeting used by UKA to select for International Championships) on 20th May, such a feat was on the cards.

His World Record Indoor 1500m 3.44.12sec at Pickett's Lock in April (In the UKA promoted Inter City Challenge) is surely eligible for ratification as a World Masters Record. We offer our congratulations to Tony on his magnificent achievements.

On the 2nd June, the 2010 BMAF M45 Javelin Champion, Roald Bradstock, smashed the M50 World javelin record in Clermont, Florida, throwing the 700g javelin out to 76.15m. He then went on to erase the 24 year-old 800g javelin record from the books with a throw of 67.10m. Roald has been back on British soil. Competing in his eight consecutive Olympic Trials in Birmingham (Threw 72.78 with the 800 gm implement for second place). We congratulate him on his World Record and his brilliant series of throws.

Ultra distance star, Lizzie Hawker, has been voted IAU Athlete of the Year after her phenomenal 247.06 km 24-hour run, a World Best Performance. We congratulate her on this wonderful achievement.

Whilst at the Midland Masters Championships on the 10th June. Angela Copson now 65 set a new World Record for the 1500 metres. The time of 5:40.3, bettered the previous best of 5:43.61 set by Germany's Lydia Ritter.

Rosemary Chrimes broke her own World Record in the High Jump by a single centimetre her new record standing at 1.18.

Tony Crocker equaled his British Record of 1.33 in the M75 High Jump.

It was nice to see the 1990 Commonwealth 1500 metre Bronze Medallist, Bev Hartigan back in action.

She told our editor she runs with her daughter, and when she saw a race for over 45's she would have a go in the Championships.

CHRIS FINILL'S RUN ACROSS AMERICA IN 2011 *By Alastair Aitken*

Chris Finill & Steve Pope started their **3000 mile run** in Mid August 2011 at Half Moon Bay, San Francisco and completed it at Coney Island, New York in early November.

Fortunately it was something greatly encouraged by Julia Finill, Chris's wife. Both Chris Finill and Steve Pope ran the New York Marathon in 3:36, the very next day after running into the sea at Coney Bay right at the end of their lengthy travels. (Finill remarked afterwards to someone that it was the only marathon of '60' he had done outside of 3 hours!) Finill is already, an 'Over 50' Master runner, who was born on the 31/12/58 and had run 243.36 miles in a 24 hour race. It was in 1985 he ran his fastest marathon in the London of 2:28.27.

I did this short interview with Chris, just after he had come 45th of 155 in the Middlesex cross country Championships, over the

Wormwood Scrubs course. He scored in Harrow's team that achieved silver medals behind the winners Highgate Harriers.

What were Chris Finill's outstanding memories of the run across America?

Was it the challenge of doing it?

Incidentally with Steve Pope they raised money for 'Help the Heroes' Charity.

Chris Finill: - " It was because I read a book called ' Meditations from the Breakdown Lane' by Jim Shapiro. He ran across America in 1980 and wrote a book about it. I read the book and was completely inspired by it'

'One of the memories of the trip was running into the Atlantic at the end of the run and Jim Shapiro was there on the beach. He was absolutely thrilled to be there to witness us finishing and we were absolutely thrilled as he had been the inspiration behind the run.... It was very kind of 'circular feel' for the whole thing"

When they had done all that they ran the next day in the New York Marathon which, to most was a challenge in itself

"We finished on the Saturday at 6'o'clock in the evening then we did the New York the following morning.

'It was funny; everyone thinks you did a marathon, after running across America!?'

'But the marathon was a day off basically. We were running 40 miles a day so running a marathon, even in a race situation was quite straight forward really. We just liked the idea of doing it."

In my 19 'Ever Present' London Marathons, before I had a bad accident three days before the 20th, Mickey Peel of Blackheath Harriers 'Still and Ever Present' used to come past me, sometimes even three-quarters into the race and say 'How you going' He was looking quite fresh and I would by then be often suffering a bit. He was bright as a button but of course, that was because he did the London to Brighton 55/56 miles road races a couple of times, which made the marathon a fairly easy task for him in those days!
CF: - "I don't think the marathon is a big deal at all for me now"

Early in your run across America you did actually get injured?

"It was a suspected stress fracture--If it had been a stress fracture I would have had to have stopped. There would not have been a question of carrying on at all. If I had, it would have been a career threatening injury which would be very serious indeed'

'The Physio I was speaking to back in England said ' if you can walk on it then walk on it and so, I walked on it for six days and it slowly started to get better. After it got better I then had a problem with my right knee for 300 miles in Colorado. Once we came off the Rockies everything was fine again and was for the next 1,800 to 2,000 miles'

'I ran completely injury free for 2000 miles BUT up until the Rockies it was pretty rocky!'

Was there any time that Chris said to himself 'Gosh' that is the most beautiful area?

"The descent through Nevada was spectacular for its desolation. The temperatures at 120F in August--That was spectacularly difficult and threatening. The Route 14 through Steamboat Springs out towards Fort Collins. Through Colorado was absolutely breathtaking.

Rocky Mountains- we were running through spectacular gorges, forests on either side, mountains, streams--Just out of this World really beautiful.'

You said in a way you could have done it faster and, therefore been in the record books, if you also had a certain type of back up?

" Instead of having a car that took us to a motel each day, for when we chose to stop running. We could have chosen to have a vehicle follow us all the time and just climbed in to the vehicle and slept right by the road side, which would have cut down all the travelling between runs and sleeping. It would have made it a much faster journey ."

One time you did run off course too?

"We did not make any navigational errors. As we were going through Nebraska we realised the bridge we were relying upon to cross into Iowa would have been washed away and so, we had to change course to a different bridge. That meant we had to run extra miles which when you are tired and fraught does not go down very well but that was the way it was. There had been flooding in the Dakotas which had washed a lot of water down through Nebraska and taken some of the bridges. We did not realise this until we were 100 miles away from the bridge that was not there. We had to suddenly via Northwards so we took a totally different route for 800 miles as a consequence of that.

Did this diversion put a lot of distance on then?

"About 40 miles but it is not the end of the World. It is an extra day running and there was no two ways about it."

You are one of the 'Ever Present' London Marathon runners. One of the last 18 that are left doing them and, you appear to try and keep up a standard of running well since it began in 1981?

"I am hoping to break 3 hours again this year as sub 3 is not a fast time. I am quite proud of the fact I have done that 31 times in a row. That is going to be a goal next time round and I will try and keep up the streak as long as I possibly can."

Chris Finill is still the fastest ever present runner in the 2012 London Marathon this year with a 2hour 50minute clocking out of the sixteen people ' Ever Presents' left in the event that started in 1981.

Many of you have possibly been selected to carry the Olympic Torch, during the UK section of the relay.

Two we know about are our President Paul Dickenson, and our nifty nonagenarian Mary Wixey.

If you too, have Olympic fame, and interesting stories to tell contact the Editor.



MMAC / MVAC

40TH ANNIVERSARY

GRAND CELEBRATION

SUNDAY 30TH SEPTEMBER 2012, 2:30 – 9PM

TAMWORTH AC STADIUM



Something for everyone –

COMPETITION, NOSTALGIA, FUN AND GAMES

- Torch relay from MVAC's original home in Halesowen
 - Runs and Walks - Relays and Handicap Races
 - Throws and Jumps
- Obstacle Course, Tug of War, Kiddies' Events and more
 - Supper provided and Club Bar open
 - Firework Display and Dancing to the DJ

Booking form on the MMAC Website shortly
and in the next Newsletter

£10 adult entry in advance (£13 at the gate)
covers supper and any/all events and games.

U-13s free (max 4 per adult/couple). 13s to 20s (incl) ½ price

DON'T MISS IT!



I Danced with Mrs Gandhi
by Sylvester Stein

Kindle edition available NOW
Only £1.96

<http://www.amazon.co.uk/dp/B0085EIKRI>

Born on Christmas day, 1920, in Cape Town, South Africa, Sylvester shook hands (aged 6) with George Bernard Shaw, danced (aged 19) with Mrs Gandhi, spent time (aged 22) on Robben Island on service during the war....degaussing, appeared on stage (aged 25) with Laurence Olivier at the Old Vic, edited (in his late thirties) DRUM magazine during the harsh years under the Nationalist Apartheid Government, danced (about the same age) a dignified kwela with Nelson Rolihlahla Mandela, wrote (aged 38) a zany, satirical novel, *2nd Class Taxi*, which was promptly banned by the Apartheid government shortly after publication. And much more ...

He has been so far ahead of his time, which means he rarely allows himself to be beaten over a 100m sprint. This autobiography of a writer, journalist, actor, anti-apartheid campaigner and athlete can only enchant as you get swept down the many avenues of his long and lively life. And he is still going strong with an occasional sprint on the track!

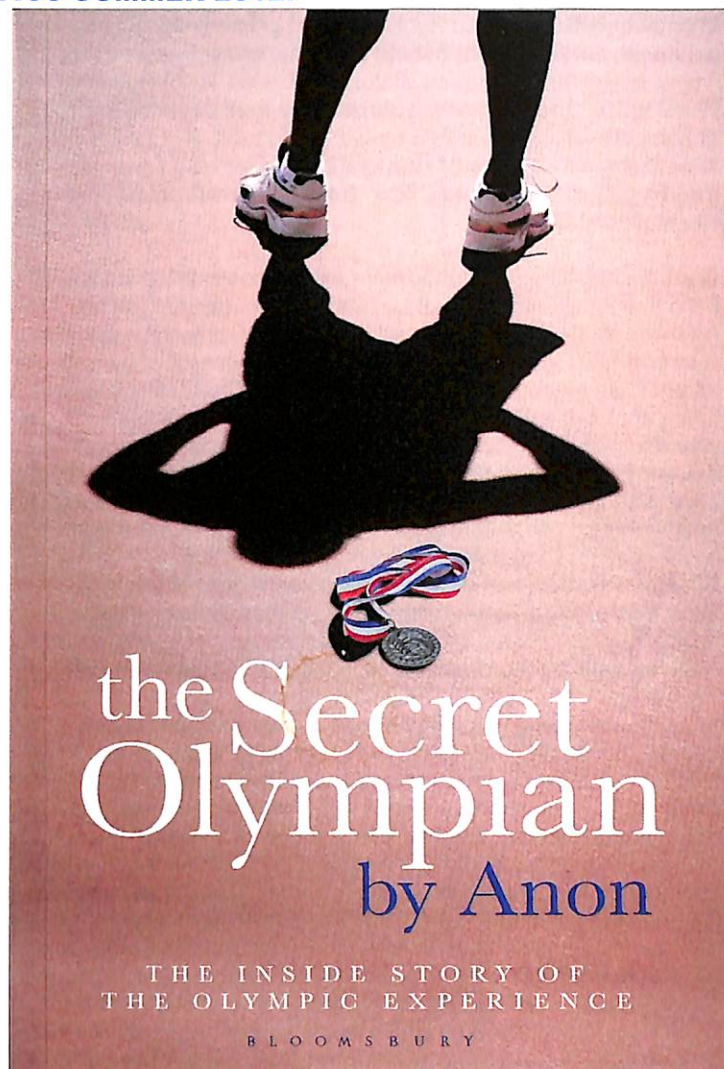
It's a fascinating read about this life-loving and inventive comic spirit.

"A wonderful tour de force, insouciant, likely-boy stuff which can be read at a sitting ... wonderfully flamboyant ... a serious story to tell." Denis Herbstein

<http://www.amazon.co.uk/dp/B0085EIKRI>

Know anyone who has a Kindle or iPad? Why not forward this email to them now.

For further information about the author visit <http://www.sylvesterstein.com>



By an anonymous former Olympian

Published by Bloomsbury

10th May 2012

Paperback £8.99· eBook £8.99

Ever wondered what it's like to be an Olympian?

At the peak of your physical condition but permanently exhausted. Losing your mind but projecting ultimate self-belief. Ready yourself for the performance of your life, the hard work of a decade or more and your future career hanging on just a few seconds...

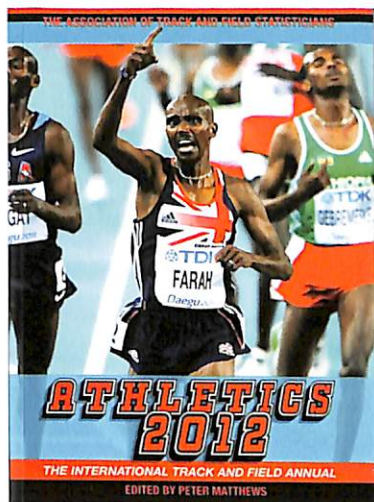
Written by a member of Team GB's Athens squad, *The Secret Olympian* goes behind the scenes and inside the Village, showing what the millions watching the greatest sporting event on earth don't see.

From the emotional overload of the podium to the ultimate comedown back home, via back-breaking training camps, drug-testing paranoia, tears, bags of condoms, endless plates of carbohydrates, celebrity encounters, epic post-Games binges and a lot of flirting, this access-all-areas expose offers revealing tales of the dedication, loneliness and Olympic Village debauchery experienced by those carrying the sporting hopes of a nation upon their muscular shoulders.

Including exclusive interviews with stars of the Games past and present, *The Secret Olympian* provides a unique insight into what goes on before,

during and after the medals are awarded.

The anonymous author is a former Olympian with friends and contacts in many countries' Olympic squads. He knows things



SPORTSBOOKS of Cheltenham have produced the 2012 bible of Athletic facts, "Athletics 2012" an invaluable tool when watching the Olympics this year. Cover price £19.95 from www.sportsbooks.ltd.uk A most useful source of reference which would have provided the information that Dwain Chambers did in fact have an Olympic qualifying Time from 2011 (10.01 w/s 2.0

São Paulo 22nd May), which would have assisted the BBC presentation somewhat!

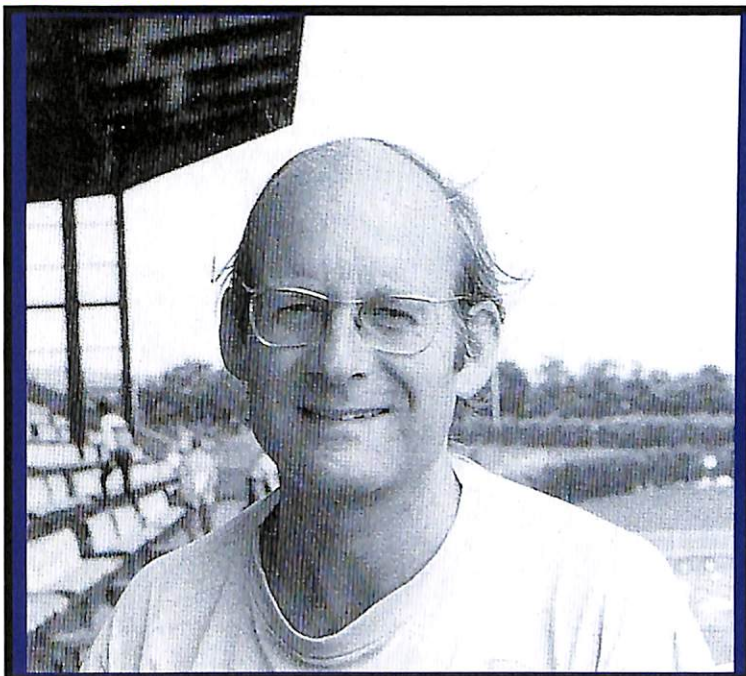
It also contains a comprehensive list of World masters all time records, some of which agree with the World masters website.

Editor Peter Matthews whilst generally supportive of the London Olympics has had some interesting comments regarding legacy.

He says that great stress was placed on the legacy aspect of the games, and in particular the desire to attract more people into sport. There must be a considerable doubt that this will happen in Athletics, as the number of active competitors in track and field events in this country has fallen sharply over the last quarter of a century, and the decline continues.

Whilst there are thousands of youngsters who compete in Athletics and tens of thousands who take part, at least occasionally in road races, there are less than 1500 regular participants in track and field competition within the 20 to 34 year age range. This information comes from a detailed survey by Rob Whittingham which showed that only 1000 men and under 450 women in the senior her age group completed on a regular basis in 2011.

Peter has also concerns about the use of the Olympic stadium after the event, and whilst accepting that major Championships are programmed for this venue. He states It is difficult to see how domestic meetings could afford the likely costs involved in hiring the stadium.



I was kindly asked by **Brian Owen**, The current Editor of *Masters Athletics*, to write something for the 100th Edition of *'Masters Athletics'* previously called *'Veterans Athletics'* and to highlight half a dozen characters who have been outstanding personalities, for one reason or another, over that period. Unfortunately there are easily enough to fill a book so I will only be able to mention or highlight a few. One of those six was a 'Veteran Master' called Roy Fowler, which was before the newspaper started but the other five were within the 100 issue time. The first one was when I was Editor of *Veterans Corner* in *'Athletics Weekly'* and Colin Young was the authority on race walking in 'AW' at the time, a few years before Martin Duff took over on the Veteran side of *Athletics Weekly*.

It was in the 1970's that Laurie O' Hara was so brilliant and Gaston Roelants ran an amazing World Best M40 time of 8:41.5 for the 3k steeplechase. 'Taff' Davies a few years after became British record holder of that event and Maevie Kyle was a big veteran 'Star' at the time. The magazine for vets in those days was *Veteris* and Clive Shippen was the Editor, Jack Fitzgerald the secretary and John Hayward of Woodford Green the *Veteris* statistician.

The first international Veterans meeting was held in 1972 at Crystal Palace (See picture of that in *Veterans Athletics No 24 Issue Page 6--Photo of the inauguration with Roger Bannister planting a tree*) and that was when Hazel Rider of Cambridge Harriers was inspired to help start a Woman's veteran movement in the UK. The first World Masters Athletics Championships was held in Toronto in 1975 and on the front cover of the *Veteris* was my first subject Roy Fowler.

Veterans Athletics No1 June/July 1987 was published by Sylvester Stein, who up to a couple of years ago was a World Class veteran sprinter from his 50's right into his 80's. Jeremy Hemming edited the first issue; the Associate Editor was Jack Fitzgerald, who recently retired from the sport after contributing hugely to the World of Masters Athletics. The General Secretary of the BVAf in those early years of *Veterans Athletics* was Wilf Morgan. Funnily enough I talked to Wilf on a beach near Athens, at the time of the European Championships of 1969. I was intrigued when he enthused about veteran's athletics, as opposed to things like the European Championships which we were there for! Around that time people Like Ron Franklin and Arthur Walsham were young men running fast times on the road and track. The one who is still

100 MASTERS NEWSPAPERS

By Alastair Aitken...

defying the odds and in the M75 category is that 'Gentleman' and modest sprinter Charlie Williams--Good since the 1950's! The pictures in the first issue **June/July 1987** includes, on the front page double National M40 cross-country Champion and ex-Swansea rugby player, Alun Roper in action in the National Vets cross country at Trent Park with a picture of the Women's winner Amanda Cooper.

A picture of charming sprinter Una Gore is also on the front cover. In the paper are pictures of the 'Over 50 winner' Gerry North, and Ron Gomez, Bill Taylor and Dennis Eyres with popular late veteran Bas Nielsen and also a good photo of sprinters Frank Taylor with Dave Burton and Ron Taylor. Three runners who were highly placed in the Veteran Women's National cross-country in the results are still active to-day. They were Pat Gallagher (Coached by Nigel Gates who has been a phenomenal Master), Pam Jones and Margaret Auerback. Bridgette Cushen who is currently Hon Secretary of the BVAF, was a contributor then with an article in the first issue. What was very prestigious was that at the time she was The Women's representative with W.A.V.A. Not a lot of people know that in her younger days she came third in the National cross country in 1969. Keith Whittaker (*Gordon Pirie's Best Man*) who was a good 400m hurdler was listed as the treasurer of the BVAF and is still involved with the Masters. Barbara and John Dunsford used to organise some great tours in those days for the veterans and their daughter is already an established field event exponent. People like Peter Duhig and Winston Thomas and Pat Oakes have been great contributors to the Masters movement subsequently and of course before that and now Edgar and Irene Nicholls and Pat Butcher, Norman Ashcroft plus the late Colin Simpson have contributed so much to Veteran/Masters athletics in this country.

Three of my favourites over the years are Tim Johnston, a European Vets Marathon Champion (1984) and World IGAL 10k/Half Marathon champion in one weekend in Japan. He was a fantastic cross-country runner in his younger days. Tony Simmons who I knew when he was a 'World class' athlete, won the Home Veteran cross country Championships at Amptill **See Issue No 13**. He coaches now and thirdly Peter Browne who between 40 and 55 was a superlative 800 runner and broke some 'World' Category records, was a European and World Masters Champion after his international days. There was one day when there was a clean sweep of wins for the UK at Eugene in the World Masters Championships in **Issue No 12 October/November 1989** when looking back on the previous Summer the First 3 in the World Championships- **Photo in Issue 12** of the first three coming into the finish in the 'M40' 800 Final 1 Pete Browne 1:55.20; 2 Ron Bell 1:55.80 and 3 Les Duffy 1:56.20. Peter's wife Jeanne was a National Vets 100m Champion. Mike Hager is one person who has deteriorated very little over the years and then there are Dave Stevens, Bob Dobson, Bob Care, Eric Horwill, John Ross, Trevor Wade, John Batchelor, Liz Sissons, Colin Shafto, Barry Ferguson, Vilma Thompson, Mary Wixey, Val Parsons, Chris Melliush, Tony Wells, Arthur Kimber, Bill Gentleman, Gordon Hickey, Barbara Terry, John Robinson, Stephen James (A National Champion as a Junior and then through most of the Masters age groups), and Maurice Doogan, the organiser of Masters Championships to mention a few. All of those names have competed all through the time of those 100 issues as did John Henson the M40 European 400 Champion back in 1984 at Brighton. Kermit Bentham took his 400 Vets record off the books and they are as active as ever and, one should not forget Derek Wood who won the M50 London and New York Marathon category, one after the other and led Barnet & District to many National titles in his '50's and 60's' age groups till John Exley's Oxford team took over and then there was the amazing Maurice Morrell, who won many titles turning his hand to almost anything from a Javelin to a Marathon. Hugh Richardson, the Hammer thrower got together field event competitors and wrote their newsletter. A little more recently Jane Horder and Dave Wilcock have been

prolific. They have been on the front cover of Masters News **Issue 51 and 81 respectively**.

I felt I must mention a newer Master in terms of the 100 issues, still with tremendous veteran results, who has been a great help as Steve Peters Programme Psychiatrist to the 2012 Olympic Cycling team and of course we are honoured to have the Masters field events represented in 2012 by Ex-international hammer thrower, Paul Dickinson the current President of the British Masters. He of course is a Television commentator for the BBC.

Neil Griffin has been a constant competitor in the throws for some years now as has Wally Franklin in the sprints and Trevor Wade in the jumps too.

Going back to that **Issue 12** there is a front cover photo of four athletes who had just broken the W50 sprint relay record in Eugene-Jean Hulls, Evaun Williams, Rosemary Chrimes and Una Gore and gong forward to **Issue 99 of Masters Athletics** there is a full picture of Nancy Hitchmough running to a new World indoor 1500 W60 record 5:17.93. There is Lucy Elliott who in 2011 and 2012 has run so well in Masters races **but** Like Brian Rushworth and Joyce Smith, for that matter, did **not** really consider the M35 or W35 category as important for them to compete in 'Veteran Only' events as they were at the height of their powers at that W35-45' time.

There are three in their '80's' who still compete in Masters Competitions successfully, Ex-Olympic finalist from 1956- Eric Shirley, Steve Charlton and Harry Tempan.

One must not forget Carina Graham was a fine performer and her daughter Virginia Mitchell (**Front Cover Autumn Issue 93**) has really put a good glamorous look on the sport with good World and European Championship results in recent years. What was interesting to see in **No 1 Veteran Athletics** was the comment from Tom McNab the Author and National coach of the UK for seven years, on being informed of the first issue of the Vets Athletics.

"May I wish all possible success to Veterans' Newspaper. The veterans' movement strike me as having all the fresh and sportsmanlike qualities of the All England Schools Championships, combined with the maturity and dignity of age. One could ask for no better blend."

ROY FOWLER

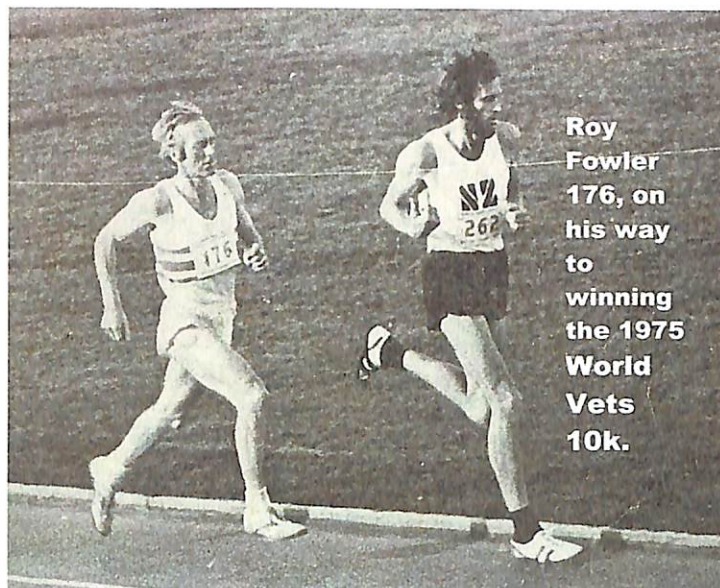
Roy Fowler 'The Red Fox' took up running because his doctor advised it, as he was suffering so much with illness and only had three years at school because of that but amazingly he became a hard man. Up ladders nearly all his life painting and decorating, after going for a run in heavy army boots before breakfast after a sherry with raw egg. The man from the Potteries was an incredible performer, not only coming third in the European 10,000 and, defeating Gaston Roelants to win the 'World' International cross-country in San Sebastian in 1963, fighting him every inch of the way till Roelants had to give up!. Fowler went on in later years to win three National Veterans cross country titles M40 titles.

In the National Vets Cross Country Championships of 1977 at Perry Bar he had a strong field to contend but they all finished behind him--Nat Fisher, Gerry North, Ron Gomez, Dick Cooper, Harry Clayton, Eric Austin, Bob Slowe and Mike Barrett in his wake. He quoted his hero Zatopek to me about that race afterwards "When you think you have nothing left the others have got nothing left at all and if you can play your last ace you may have a chance of pulling it off." That was the mantra he had used to beat Roelants. Roy had been running that San Sebastian 'World' cross country in 1963 with stress fractures in both his legs which he got from a concrete stretch in the 'National' when he came second to Basil Heatley. After that he was off running for 12 months!

In the first ever World Veterans Championships in 1975 in Toronto Roy did well. He won the cross-country leading the

MASTERS ATHLETICS SUMMER 2012.

England team to victory. He also won the M40 5000 and 10,000m too.



When I talked to him in **March 1977** at his home in the Potteries he made an interesting observation " The British athlete gets up in the morning at 6.30, does his 8 to 10 miles, comes back, washes shaves and goes to work. He has about half an hour for dinner, and then at night he is on the highway again. Don't forget most athletes will do this for six or seven years before they ever win so much as an area title. For instance I trained twice a day from when I was 21 and I did not obtain a title of any description till I was 27, yet I still trained twice a day every day-Saturday and Sunday too. I even came out of night school at 9, walked home and went training for an hour at 10.30, and was still up at 5.30 to get my session in. The British athlete does not want a soap box to stand on to shout "I have done that", he just wants someone to say thank you, and I think it means a lot. I remember when I won the Inter-County Cross Country Championships at Blackpool for the second time, and the man who presented me with that medal was Jack Crump, shortly before he died. I always remember his words "Roy we want men like you in the England team. You are the men who are going to win medals." That gave me a terrific lift."

Pat McNab

Someone who has made a tremendous contribution to veteran advancement was the forthright, Pat McNab who was married to Author and Coach Tom Mc Nab.

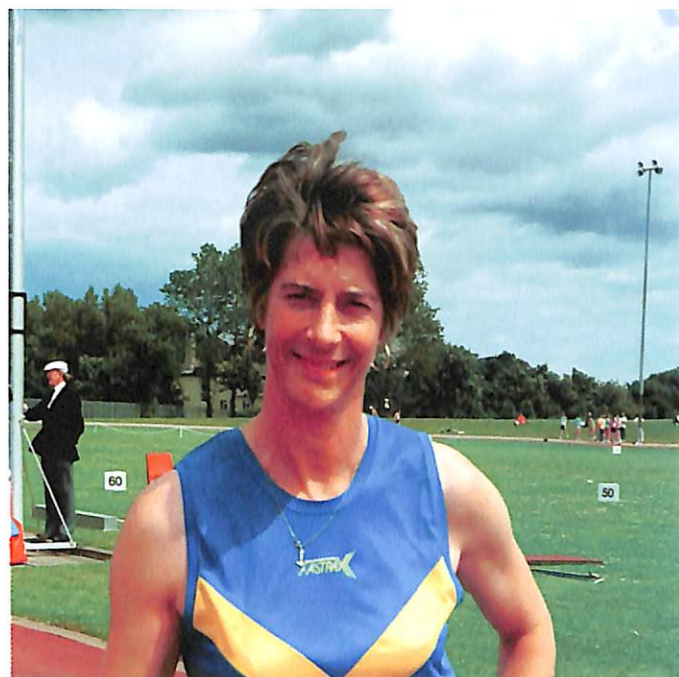
I would like to say that the vets were some of the earliest to put on Women's Pole vault, Hammer and Steeplechase.

In 1981 Pat McNab had a best of 40.84 for the hammer throw which put her 8th on the UK 'All Time' lists at the time.

In 1981 in New Zealand in the World Veterans Championships she won the W35 100/200 sprints, 100 hurdles and the Pentathlon to show what a versatile performer she was. In 1989 as a W45, her 40 metres plus hammer was a Veterans World record.

Pat McNab started competing as a 15 year old and in 1962 she was third behind Olympic Champion of 1972 Mary Peters with Thelma Hopkins in the Yorkshire Pentathlon Championships. In 1970 she represented Great Britain at the Pentathlon and was selected for the Barcelona European Cup in 1975. In order to do her multiple events she was advised by her husband Tom McNab. She achieved 5225 points in Heptathlon in 1989. Commonwealth hurdles Champion Judy Vernon and her husband competed as well in vets competitions. Judy said

something about the 'Inner person' that made a great Champion which would apply to her friend Pat McNab--She had 'The Diamond Centre' .That is that something that makes an athlete really good at competing!



RON TAYLOR



Ron Taylor is still, in 2012, credited as being the fastest 'M60' of all time for the 100m (11.70) and the 200 (24.60). Both done in Athens in 1994!

Although Ron has not appeared lately in Masters Athletics like that outstanding sprinter Charlie Williams, he was still a sensational and gifted sprinter to watch with his different outfits that dazzled and brought something to the sport of 'Masters Athletics. Unfortunately that was frowned on by some officials. See one of his outfits on the Front page of **Issue 23**.

The 'Joe Cool' of Vets athletics was born 4th of December 1933.

I wrote in *Athletics Weekly* in 1986 ' He is a character who brightens up every meeting he attends, with his happy-go-lucky' flamboyant style and effortless superiority over other veteran sprinters; but perhaps his casual manner and honest approach to athletics, plus the fact he was an industrious manual worker, has not helped him obtain English or Jamaican representation

at International level. As he said 'I never got an invitation. People just think that my attitude towards the sport is to get in races and wave to the crowd and laugh, never taking it seriously; also I would not train! They just look and say he is a comedian or something!' Interesting what he said but a 'Hell of a good comedian'. He beat Thane Baker when he became a veteran by a long way and Baker finished second in the 200 behind Andy Stanfield in the 1952 Olympics. Ron also beat Adrian Metcalfe and John Salisbury over 400 in his younger days. Ron also broke veteran records in his '50's and even before that won quite a few World Championship titles. He did say back in 1986 when I talked to him when he was a 'M50' "I am now getting all the fun that I missed when I was younger, and I am just as keen; and Puma sponsor me now, which is a help. The thing is I am not afraid to express my thoughts and, when I went to Crystal Palace recently and talked to some of the top sprinters; they seemed to respect my judgement. I enjoy every stride on the track, even when I am warming up."

AL OERTER

AL OERTER is pictured with Joanne Smallwood, Rosemary Chrimes, and the late Carina Graham in a photo on Page 3 **Issue No 12. of Veterans Athletics** having won the World Masters M50 discus title with 62.74.

Al won four gold medals at the Olympics 1956 (56.36); 1960 (59.18); 1964 (61.00) and 1968 (64.78).

As he was such an amazing thrower it would be interesting to see what he had to say to me about Masters Athletics when we spoke in London in 1982.

Q. It must have been a surprise to go into the World Veterans Championships in 1977 and find you were up against such a celebrated performer as Ludvik Danek who at the time was World Class' and the 1972 Olympic Champion.?

"Ludvik is a very good friend and was somewhat ambivalent about my beating him that day, because he was working at that moment for the World Cup. To beat him after only two years training when he was actively training over all those years to retain not only the Olympic title but his World Cup status was not good. He should have beaten me very easily."

Even though you had achieved so much, you went into veteran athletics without reservation, mixing it with open competitions. Was 40 a mental barrier?

"No, because when I decided to go back into completion I was determined to become as good as I possibly could, and compete both in open competition and Veterans or Masters as it is known in the States. When I went into my first Masters Championships in the United States the question was not 'Who wasn't there' but 'why weren't they there.' I competed against perhaps one other Olympian in the entire competition and he was a Decathlete. It was an environment that many athletes found hostile. They could not conceive of the thought of competing at a lower level than what they were used to. Evidently athletes have this sense of retiring at the peak of their form and so to accept anything less is very, very difficult. 'But why weren't they out there, enjoying something that they had enjoyed for so long? Because the enjoyment was not really there. They found that the training regime was very difficult. It was a forced environment because of coaches and physicians keeping them in some kind of form, when they really preferred to rest when they were injured. It became a difficult thing for them to get back to Masters competition in a way that was comfortable for them. However, I had always enjoyed it and nobody has ever forced me to do anything in my life. I could certainly accept a level of competition that was well below what I experienced in all the Olympics that I had been to, so it became a natural thing for me to just start."



JOHN GILMOUR

(Received the Australia Medal in 1979 and Advance Australia medal in 1987)

John's home is in Leeming, Western Australia. He was born back in September 1919.

John Gilmour, still coaches and jogs in his 90's now. He had a tough life, living through the 'Great Depression' and also was imprisoned in a Japanese Prison camp, "Changi gaol" and then he was a slave labourer for several years. The end result was when he came out, due to malnutrition with very bad vision and he often bumped into things when training but was able to see enough to set many World Veteran records and win many World Masters Championship events. His time of 17:25.3 for 5000m, which he did in Rome in 1985 is the third fastest of all time for the 65 age group. Despite his single vision he had such tremendous determination to succeed as a runner. The following is an example of John Gilmour's talent at the age of 60.

His group races in Hannover at the well organised World Championships were startling. Over a five day period in 1979 He won every race he entered and here they are:-

800 heat 2:25.09, 10,000 35.07 World Best, 800 Final 2:19.3 World Best, 1500 heat 4:58.4, 5000 16:54 World Best, 1500 4:32 World Best and Last Day the marathon 2:52.58.

He told me after those Championships about his life and it was interesting to read about his resolution in "Changi gaol" and his hard labouring. "A lot of the fellows are not here today because they had tossed it in.

It is the same with running. It is all in the mind. You have to think you are going to make it'

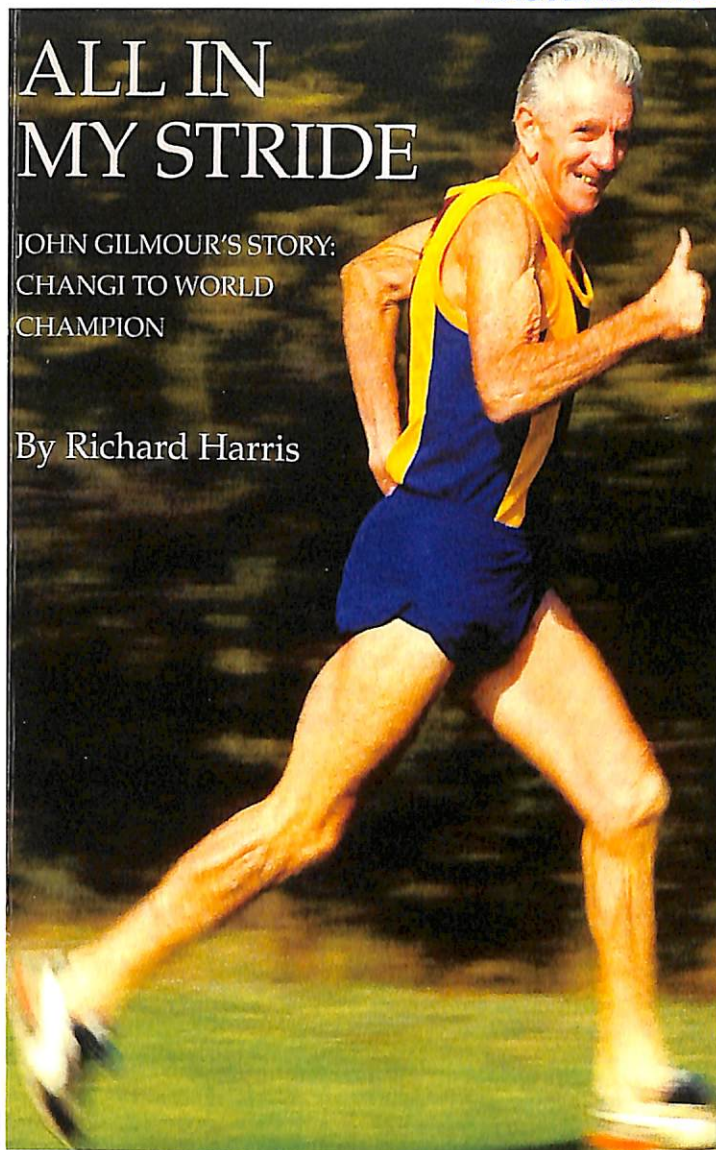
'I wanted to win an a Western Australian title and I lived with that in the back of my mind so, if I got out that is what I would do'

'I did win that title for 10 miles on the road."

ALL IN MY STRIDE

JOHN GILMOUR'S STORY:
CHANGI TO WORLD
CHAMPION

By Richard Harris



ROSEMARY CHRIMES

Rosemary Crimes, formerly Payne, has an entry in the 'Power of 10', a statistical computerised bible for athletics that goes back to her performances every season since 1972 when Rosemary threw the discus to a British W35 Best of 58.02.

What is left out are the many other years she had been competing since she started at seventeen.

The record misses out something very special, as Rosemary coached by her former husband Howard, won a coveted Gold Medal in the Discus for Scotland at the 1970 Commonwealth Games in Edinburgh.

Howard won the Hammer with a throw of 67.80/225ft 5ns and Rosemary's Discus throw was 54.66/178ft 8ins. It meant a lot to her as she was born in Kelso on the Scottish Borders on the 19th of May 1933. By the way, Rosemary broke the British Discus record every year for twelve years (1964-72 inclusive) also was W.A.A.A Champion five times.

Rosemary Crimes is a unique and wonderful lady, not just a serious competitor but a sense of humour to go with it of that there is little doubt. When she said to me in 2011 at the National Championships at Alexander Stadium and how all through the years she has enjoyed competition.

"Masters Athletics keeps you reasonably healthy. Everybody including myself think I am a bit crazy but never mind. I have got to keep going till I am 80. There are some records up there to be broken. If I live that long!"



To add to that, this year in May (2012) not far short of her being 79, at Stourport, she won a Midland's veteran's league South Davison shot put with 7.49 so she is still on form. She is handy with sprinting, triple jumping, high jumping and her more familiar events the shot, discus and hammer.

In the **OVER 75 ALL TIME LISTS** Rosemary leads in the High Jump Indoors 1.16 and outdoors 1.17; Indoors shot 9.66 and outdoors 10.35; discus 29.13. Add to that another 'All time top mark still on the books of 11.02 for 70-74 Shot.

She made an interesting observation about Masters competition when I spoke to her in 1989 "I think the most pleasant aspects of athletics just now are the Juniors and Vets. I have been involved with juniors over the last ten years, being their team manager and so very close to them, and I felt that there it was still pure- all for the good of the team, and fun and so on.

'All the unpleasant arguments that everyone knows about that goes on in international athletics - money, drugs, commercialism etc - switched me off a bit, so when I came back to the vets hope was renewed, seeing people doing things for the fun of it, encouraging each other and pleased for each other to do well. It is very good"

OBITUARIES

PHILIP MALINS M.B.E. M.C.

A well known and popular athlete of many years, Philip passed away on the 9th of April, aged 92.

He was a member of the former Royal Sutton Coldfield walking club and latterly of Midland Masters athletic club.

Though often away for long periods he competed in walking events over a remarkable 55 years. He became Centurion (number 209) by completing the 1953 Birmingham to London race. His 100 mile time was 21 hours 26 minutes and 45 seconds. He went on to cover the 103 miles in 22 hours 21 minutes and 45 seconds. This was the first time that there was a team race in a centurions walk. So along with George Hall and E.M.Wilde he helped Royal Sutton Coldfield win the team title.

Major Philip Malins had a remarkable and distinguished war record. He served initially in Europe in the Second World War. Following several narrow escapes he was rescued from Bray Dunes, just north of Dunkirk. He was then sent to the Far East to join the Burma campaign. He was awarded the M.B.E for outstanding bravery and leadership. He was eventually taken prisoner by the Japanese.

At the apparent end of hostilities in the Far East, he took part in a difficult and little publicised campaign in French Indo China, working with his former enemies. For his part in the mission he was awarded the "Military Cross".

After leaving the army he devoted most of his life working for peace and reconciliation. He helped former prisoners of war gain compensation and was an active member of the "Burma Star association". He was chairman of the International Friendship and Reconciliation trust. His main efforts were concerned with Japan and the Japanese.

In 2011 he was awarded the order of the "Rising Sun" for his reconciliation work. Philip was the only the second non Japanese person to receive this award which was presented by the Japanese ambassador to the United Kingdom.

The current Japanese ambassador travelled from London to give a short address at Philips funeral at Birmingham's Robin Hood crematorium on the 24th of April. In addition to many military groups and their standards, the family mourners were joined by representatives from Cycling and Mountaineering as well as a good contingent of Race Walkers including seven centenarians.

Philip, known as Phil by his fellow athletes was a bachelor and will be remembered as a quiet but friendly man with a great sense of respect for others. He rarely spoke of his Wartime experiences, but enjoyed his athletics events always competing in a fair and sporting manner.

He will always be remembered of a man of peace.

ERIC HORWILL.

CHAIRMAN'S REPORT ARTHUR KIMBER

I am very pleased to see that this issue of Masters Athletics is number 100. Since the first issue, as Veteran Athletics, in July 1987, the magazine has been an indispensable reporter and guide for master athletes.

Editor Brian Owen has worked very hard to put together number 100 a memorable issue to be read and kept as a souvenir. I hope you enjoy reading it.

Important news for international athletes:

As many of you know, our travel agent, Corporate and Sporting Events, was unable to provide a travel and accommodation package for the forthcoming European Championships in August. Maurice Doogan, Bridget Cushen and I recently met Simon Hainsworth, CSE managing director, and David Barnett, managing director of Track and Field Tours, a company probably known to many of you, and we have agreed a new contract between the BMAF and CSE/T&FT, whereby T&FT will make arrangements for international championships starting with the European Indoor Championships in San Sebastian, Spain, in March 2013.

David writes: *In partnership with CSE for events from 2013 onwards Track and Field Tours will now be organising the official tours to the major Masters championships. T&FT has been successfully operating tours and travel for athletes and spectators for over 21 years with groups at all major Athletic Championships.*

All the staff of T&FT have extensive experience within the sport and of major events and the needs of athletes and their friends and family. The company is run by active M50 athlete David Barnett who has been involved with club athletics for over 40 years and is the team manager of Chelmsford ACs Masters team and is also on the committee of EVAC.

T&FT will have an information desk at the National track and field championships in Derby and the BMAF looks forward to a long and successful partnership with them.

Other News: The main competition since the last issue was the World Indoor Championships in Jyväskylä, Finland, in April where the British team gained third place in the medals table behind Finland and Germany. At home this was followed by BMAF championships, producing a busy time for road runners and race walkers, the road relays in Sutton Park in May, the Marathon at Tenby, the 20k. race walk at Downham Market and the 5k. road run and race walk at Horwich in June. The Pentathlon in May at Oxford.

England Athletics will continue funding the EAMA Inter Area Match in September this year, but unfortunately will not be able to help with the proposed Indoor Inter Area Match in 2013. As many athletes have expressed an interest in this new fixture, I am discussing the matter with representatives of the area clubs to, I hope, find alternative funding.

The proposed TV documentary on athletes over 70 is progressing well. The commissioning company, IWC Media, has been interviewing athletes by telephone and expects to be in Derby for preliminary filming, where I'll introduce those involved to the I.W.C Media representatives Fiona Wilson and Jennifer Gilroy. They hope to follow that with a visit to Zittau.

The BMAF Executive Committee has nominated our Track and Field Secretary Maurice Doogan for the post of EVAA Technical Director, a similar post at the European level. The vote will take place at the European Assembly in Zittau and we hope very much to see Maurice elected.

Looking ahead to British bids for international championships, the European Indoor Championships has been confirmed for 2015 in Torun, Poland, so the proposed Glasgow bid will now be aimed at 2016 or 2017. Llandudno is a possibility for the 2015 European Non Stadia Championships.

VETERAN ATHLETICS NO. 1

I am fortunate to be old enough to have received the first issue of our magazine **VETERAN ATHLETICS**, as it then was, in July 1987 and I now have my collection of all 99 so far and am looking forward very much to number 100.

The first issue looked very different from today's glossy colour magazine. It was an A3 16 page black and white publication on newspaper type paper, edited by Jeremy Hemming and Sylvester Stein. The BVAf, as it was, had no president, but many of its committee were pioneers of veteran athletics, Sylvester doubling up as chairman, Wilf Morgan as secretary, Keith Whittaker as treasurer, with assistant secretary Mike Wrenn and administrative officer Jack Fitzgerald. Vice-chairman Bill Taylor is sadly no longer with us, but the trophy for the overall winners of the Inter Area Challenge, presented every year, is a fitting memorial to him.

A full page was devoted to welcome messages, from the Minister of Sport Richard Tracey, and international athletes Bruce Tulloh, Sebastian Coe and John Disley. John, in this issue that looked forward to the World Veterans Championships in Melbourne, was a very appropriate contributor, as he had taken sixth place in the final of the 3000m. steeplechase in the Olympic Games in 1956. He says in his welcome that 'age-class competition is the best thing to happen to athletics since the innovation of the Tartan track'. Further welcomes came from AAA President Arthur G. McAllister and WAAA Secretary Maria Hartmann, Athletics Weekly Editor Barry Trowbridge, and Clive Shippen, Founder Editor of the earlier magazine *Veteris*. *Veteris* was originally published in May 1973, following the first international veterans track and field meetings in 1972 in London, Helsinki, Stockholm, Gothenburg and Cologne, but became a professional publication in 1978 with contributions from Jack Fitzgerald and Wilf Morgan. By that time the BVAf had been formed with George Phipps as chairman, Jack Fitzgerald as secretary and Keith Whittaker as treasurer.

There were reports and results from a wide mixture of events, ranging from the World Road Running/Cross Country Championships in Israel to the BVAf Indoor Championships at Cosford, the BVAf Cross Country Championships as well as regional championships and veteran placings in a wide range of other events, including 'The National', i.e. open cross country. Martin Duff reported on the events in Israel and managed to compete, as an M40, as well, taking third spot in the 10k. race in a speedy 32:01. The Cosford report states that 30 world records were broken. My first reaction is 'On that track!?' But the reporter adds that 'indoors is a soft area of vets competition' as many countries have no indoor championships and the USA still uses imperial distances. There were, of course, no European or World Indoor Championships until 1997. Among the reports from regional clubs, Eastern Veterans held their cross country at, bafflingly, 'remote' Ipswich, while in the Midlands the new track and field league had attracted 12 clubs. Brian Owen put on a track and field meeting in Cheltenham where the 'high spot of the evening has to be awarded to 65 year old Cheltenham lady, Mary Wixey, who produced the longest leap recorded in Britain for her age group, 3.60.' And Mary's still there at 91 setting records and running as an Olympic torchbearer in 2012.

Forthcoming events were advertised and a fixture list, showing international, national and regional competitions, including the World Championships in Melbourne, where women for the first time were permitted to compete in triple jump and hammer, as the report states 'after some politicking', and details were available from the BVAf Tours Organiser, the indefatigable Barbara Dunsford.

Bridget Cushen, our current secretary and long standing BVAf/BMAf stalwart, was already representing us as Women's Delegate on the World Association of Veteran Athletes, as WMA was then called, and she contributed to this issue an article on Melbourne, containing very useful information about the championships and the city and valuable advice for competitors. She mentions that athletes had been permitted to enter only a maximum of five events in the past because of complaints from some host cities that 'some of the older athletes were "pot hunting" and entering events for which they were not suited or had not trained for and were holding up the programme'. The Australians had argued that many athletes might not think it worthwhile to travel so far for just five events. Although too young to enter these championships in 1987 Brian Slaughter would no doubt have agreed! The limit was raised for Melbourne to seven events. Bridget also stresses the informal nature of the athletes' party, writing 'you can turn up in your T-shirt and jeans rather than your best evening dress'.

The records and rankings compilers were already very busy, Dave Burton could provide 'a well laid out guide and record of performances at all levels' for £1.00. There was an advertisement for an Australian ranking magazine 'Top Marks' published three times a year and available at £5.00 p.a. Did any current members subscribe? I've never seen a copy.

Three other full page items were an injury clinic, a letters page and a Bourne Sports advertisement. The 'Injury Clinic' by Dr. Ian Smith, an English Schools 100 yards champion, an RAF Wing Commander at Cosford and medical adviser to the RAF Athletic Association, and by 1987 running a sports injuries clinic in Walsall is entitled 'Prevention of Running Injuries' and looks forward to the areas that he will cover in future issues. The letters page contained two contributions on women in veteran athletics, one stating that women get a bad deal and insufficient mention in results. 'Come on Editor' she writes, and hopes it will be rectified in this new publication. The other looks at the 'anomaly', a qualifying age for veteran competition of 35 for women but 40 for men, and suggests that it should be removed by raising the age for women to 40. Another correspondent points out that there are 'probably some 40,000 veteran athletes' and 'BVAf membership is currently 7,000'. Sounds familiar. His solution – allow athletes to join BVAf directly without joining a regional club. Membership would increase, by 'natural growth' (I'm not sure what he means by that) to 17,000, more would enter BVAf events and BVAf income would increase considerably. I have my doubts.

Bourne Sports took the back page, black and white of course, offering a wide range of shoes and some clothing, but no BVAf kit, the Maurice Doogan nightmare!

Number 1 was a very good start to our newspaper, which has changed considerably to become a well established magazine at 100. For those who may still be around, past vice-chairman Tony Bowman, perhaps, who is aiming to run 100m. at age 100, for issue 200 in 2037, the digital age may bring even greater changes. I hope that with increasing life expectation and our healthy lifestyles many of us will remain in masters athletics and live to see it.

ARTHUR KIMBER

MASTERS ATHLETICS SUMMER 2012.

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Welsh Masters : **General:** Brian Williamson, 1, Ebenezer Street, Rhydyfelin, Pontypridd, CF37 5PB Phone-01443 660234. mobile- 07954785874 Mail: y60bjw@yahoo.co.uk **Membership-** Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

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The Givaudan Ashford 10K



Givaudan[®]



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Nice Work



Sunday October 14th 2012 at 10.00am

Incorporating the British Masters Athletic Federation 10K Championships and
the Southern Counties Vets AC 10K Championships
Held under UK Athletics Rules. Licence Applied for.

Race organised on behalf of Ashford Athletic Club by Nice Work

Now in its 26th year this popular 10K run through the traffic free streets of Ashford is one of the south east's leading races, attracting runners of all abilities. Fast times are usually the order of the day on this accurately measured course. The stadium start and finish provides for a memorable event.

**** Chip timing ** Medal to all finishers ** Fun Runs for Under 15's and Under 10's ****

**Prizes/trophies for 1st, 2nd & 3rd Male and Female; 1st in all age categories from Junior to Vet 8
1st Male & Female affiliated Team (3 to count)**

Prize giving and presentations approx 60 minutes after first runner home

Venue: Julie Rose Stadium, Kennington Road, Ashford, TN24 9QP

Changing, Toilets, Showers, Onsite parking, Refreshments

ENTRY FEE: £13.00 attached £15.00 unattached £20.00 on the day £3 Fun Runs

ENTRY LIMIT: 1500. Closing date is October 7th

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'Ashford AC'

Enquiries/more information: 01797 230999

POSTAL ENTRIES TO:

Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

ENTER ONLINE www.runnersworld.co.uk/events or www.nice-work.org.uk

Visit the Givaudan Ashford 10K Race Website www.ashford10k.co.uk

Givaudan Ashford 10K. Please complete and return along with your cheque and a large sae.

Please enter me for: 10K [] Under 15s Fun Run [] Under 10's Fun Run []

British Masters 10K Championships [] Southern Counties Vets AC Championships []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 14/10/2012 _____

Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No.

BMAF CLUB _____ Membership No. _____

I declare I will be over 15 years of age on 14/10/12 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions.

SIGNATURE _____ DATE _____

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here []

World Masters Athletics Indoor Championships, Jyvaskyla, Finland, 3-8 April

By Bridget Cushen,
Pictures from file.#

unfortunately we were unable to get pictures from the event, so I have used some stock pictures.

Cross-country runners emerging from under their duvets on the first day of competition after a minus 17° night, found the early morning temperature cold enough to flash freeze fat-free bodies unless you kept on the move. An unexpected metre of snow had cascaded down the previous three days when normally the centre of Finland would expect a rapid thaw by the first week of April. The country is well prepared and well equipped for such conditions; machines had cleared the access roads, the viewing areas and the athletic track from where the races would start, coffee and refreshments were readily available as were the heated changing rooms. Athletes from the African continent and the Southern Hemisphere relished the novelty as the varied world of cross-country running challenged the most sure footed of runners on this 4 x 2km picturesque Christmas card course.



The W55-plus were the first to test the slippery hills on the Harju Ridge that overlooks the University City. All starters reported home, led by the W55 European champion from Gent last year Anne Fischer of Germany, Ros Tabor came in

6th overall well clear to take the W60 individual World title. With Eva Osborne 3rd W70, Betty Stacey 4th and myself 5th we captured the W70 team title.

Remarkably two 80-year old Swiss women completed the course. By the time the W35-54 group set off at 14.00 the sun may have raised the temperature somewhat but so too did the pace set by the local W35 year old, Sanna Kullberg,

as Victoria Fiddick of Sweden and Susan Ridley battled for W45 supremacy over the last two laps immediately behind her, finishing in that order. Satu Haikala came through steadily to nab the W40 individual bronze. Jane Pidgeon was 4th in the W45; she should have counted in the bronze medal winning team. Susie Tawney also collected an individual bronze in the W50 category and Lynne Marr completed the British entries.

Entries averaged slightly below 30 in the men's age groups 35-59 but that did not detract from the quality of the field. Spectators witnessed an exciting combined M45/50 race between the early leaders M50 Ahcne Alam of Algeria who appeared to just glide over the snow, the Spaniard Cuadrillero, and the 45 year old Dane, Grenna, the Spaniard sprinted clear in the closing stages. Julian Critchlow suffering from sinus, held on to 4th overall and 3rd M50. In the combined M55/60 race the much fancied British M60 title holder David Oxland, looked out of sorts in the freezing conditions and struggled to stay in contention as two Russians and a Pole spread-eagled the field. British entries were sparse; Team Manager Archie Jenkins struggled to get a team together. Keith Newton finished 3rd M65, John Haywood 8th but they desperately need a few more Britons. Athletes from countries bordering the Arctic Circle may be impervious to such conditions, but Southern Hemisphere runners were prominent. The 70-year old Australian, Peter Sandery who won six gold medals in the Oceania Championships in March, led all the way here; then removing his sunglasses as he crossed the line in 35.33sec he went straight back to the Indoor hall to win his M70 800m heat! Les Green loves these Championships and rarely misses any, the Wolverhampton man was the only Briton in the 31-strong M70 category field that included opponents from 14 different countries from as far apart as Canada to Kazakhstan - something to add to his scrapbook!

Several of our members picked up a flu-like bug causing them to withdraw from finals, by the end of the Championships it had infected an estimated 50% of the team including the Team Manager, Maurice Doogan. World Masters Athletics Indoor Championships can now attract up to 4,000-plus of the World's best athletes. WMA must seriously consider whether or not to accept bids from cities offering a 4-lane track. Finland is well used to organising excellent Championships as they did here, but sprinters paying all their own expenses would expect to be able to compete in top stadiums. Four semis were needed in the M45 200/400m with the eight fastest going through to an A & B final. Robert Grew won his heat and semi but did not contest the final. Some athletes experienced difficulty hearing the electronic start, other problems like the qualifying procedure were soon sorted out. Despite these difficulties, why is it that the British Masters can always produce their best in these Championships, several ran faster, jumped higher or longer when they came under pressure here than they had all season? The small team of 146 returned home with a barrow load of medals again with only the host country and Germany ahead of us on the final medal table. 51 of the 64 participating countries shared the spoils.

In the Indoor arena the three BMAF pentathlones, Janice Hardcastle, Carole Filer and Pat Oakes kicked off proceedings on the first day. Carole put herself virtually into an unassailable lead straight away winning the hurdles, both jumps, 4th in the shot and 3rd 800m notching up 4071pts using the new 2010 WMA Scoring Tables and well above Caroline Marler's 2005 4021 score. She went on to add the individual high jump gold, silver in the long jump, bronze in the 60mH and gold in the relay. The indomitable American, Phil Raschker, set a W65 4713pts World Record.



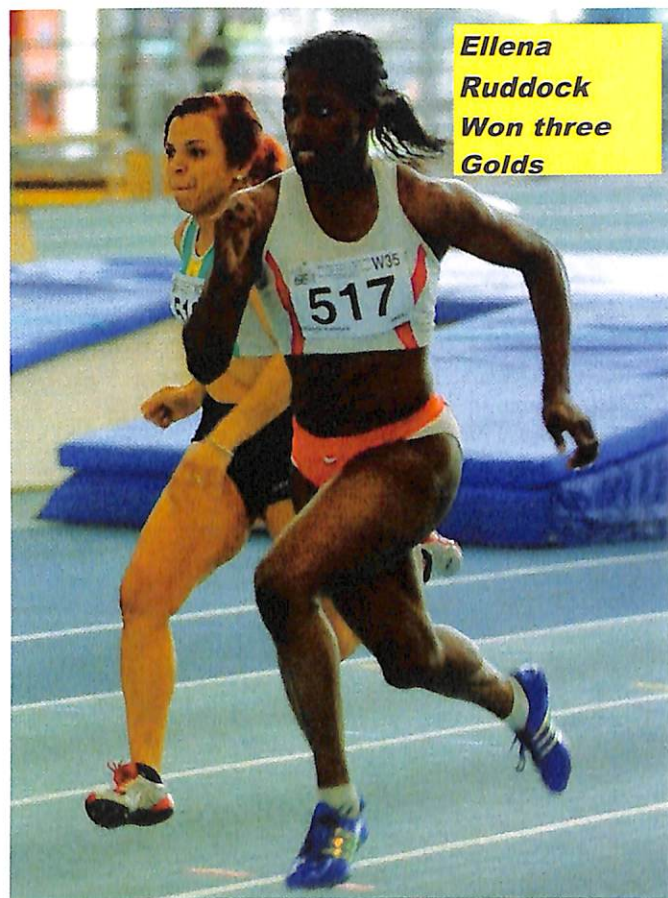
**Mark
Dunwell**

Heats of the 60m, here run outside the back straight, were under way with Mark Dunwell again sailing through to win his heat and take the M40 final in 7.00, Jason Carty ran 7.21 for 2nd in the BMAF Championships but here he clocked 7.13 for silver with Draco Myka in 6th. Martin White was out of the final but his 7.61 was faster than at Lea Valley. Mark Collins got through to the final of a fantastic M35 race where Hykl of the Cz. Republic just held off the Russian Zaitcev 7.00 to 7.1. After 4 heats and two semis in the M45 group Rohan Samuel and Donald Brown were through with Rohan going on to a decisive win, again faster than in his BMAF victory.

The M50 World Record is still credited to Val Barnwell of the USA who clocked 7.13sec in March 2009; four months later he failed an Anti-Doping test at the World Championships in Lahti and served a two year suspension. Here Pat Logan went on from his 7.65 win in the first of five heats to take the final in the 7.49sec ahead of Neill Tunstall. Keith Powell and Paul Edwards should feel well satisfied with their times and evergreen Wally Franklyn reached another M55 final.

Texan Olympian Bill Collins set remarkable M60 60m/200m (7.59/25.09sec) Indoor World Records after he missed 2011 and the World outdoor Championships in Sacramento suffering from a rare muscle wasting disease that normally leaves its victims too weak to walk, but Collins is a fighter and with his superbly fit well-honed body fought back to make a complete and rapid recovered, albeit still much lighter. He went away from Jyväskylä with three individual gold medals, including a decisive 56.67sec 400m win, two M60 WRs and his M50 and M55 WRs still intact. Chasing him hard was the BMAF Champion, Alasdair Ross, lowering his Lea Valley 8.09 time to 7.96sec for the silver medal.

The Slovak Rep. M65 sprinter Vladimer Vyboštok set the second meeting WR breezing through his heat in 7.92, lowering it again the following day to 7.81 in the final. He saw Collins take his M60 World Record. Victor Novell was yet another to improve on his 8.73 season's best with an 8.49 clocking in the final and unnoticed amongst the 17 entries was the familiar face of the USA Masters Track & Field Chairman, Gary Snyder, practicing what he preaches. Hardy perennial Barry Ferguson just got eased out of the M70 final. Another WR went to M75 Robert Lida of the USA in 8.56 after he had to pull out all the stops to hold off the Yorkshire man Tony Bowman, with Colin Field 6th in a straight final. They were to clash again over 200m where the American smashed Wolfgang Reuter's 2005 Dusseldorf 28.98 World mark with a brilliant 27.64sec, or did he? Lida ran 27.03sec on a flat indoor track in January and 8.49sec at the same meeting. The current outdoor record is 27.97sec! Lida made it a hat-trick in the 400 on the penultimate day. Tony Bowman completed his set of medals with a bronze over 400m having earlier won the 60mH in 10.64sec, breaking his own 2011 10.77 European Record.

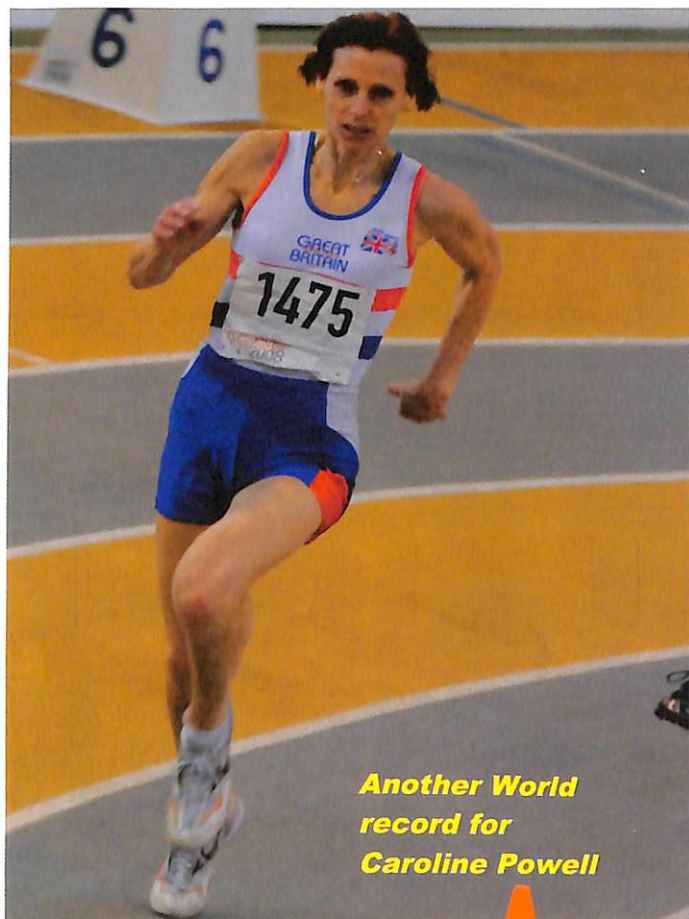


**Ellena
Ruddock
Won three
Golds**

Coventry sprinter, Ellena Ruddock, had a brilliant doubt, winning her W35 60m and 200m heats and finals then anchoring the 4 x 200 relay team to gold. It was the start of a busy week for our superb SWVAC female sprinters, raking in the medals as the 6-day Championships progressed. W35 Julia Hubbard's times were all superior to Lea Valley, she got 3rd in the 60m. 2nd 200m, luckily for her the 400m was a straight A & B final where she got silver again with a sub 60sec. timing and gold in the relay. Caroline Powell continues to break her own amazing age group World Records. After pushing the Dutch W55 sprinter Tilly Jacobs to a 60m 8.44sec win - the fastest age group time ever recorded indoors - Caroline clocked 8.63 for 2nd; she conceded victory again to Jacobs in the 200m but in her favourite 400m she ran 62.65 in Heat 2 to break her pending WR. going on to take the final in 63.18sec. Heats, finals, a 4

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x 200m relay victory, what a performance all within a few days. Jane Horder won the 60mH in a straight final, qualified for the 400m but the flu bug had taken its toll and she withdrew. Joan Trimble 3rd 60m, Carole Filer and Jan Lawson were all in with a shout in the sprint finals. Averil McClelland, Moira West, Iris Holder and Dorothy Fraser all made the medal rostrum, Dorothy Fraser getting two W75 silver medals and she won her 400m. The Gran'dam of the team, 92-year-old Mary Wixey, returned home with 5 silver medals.



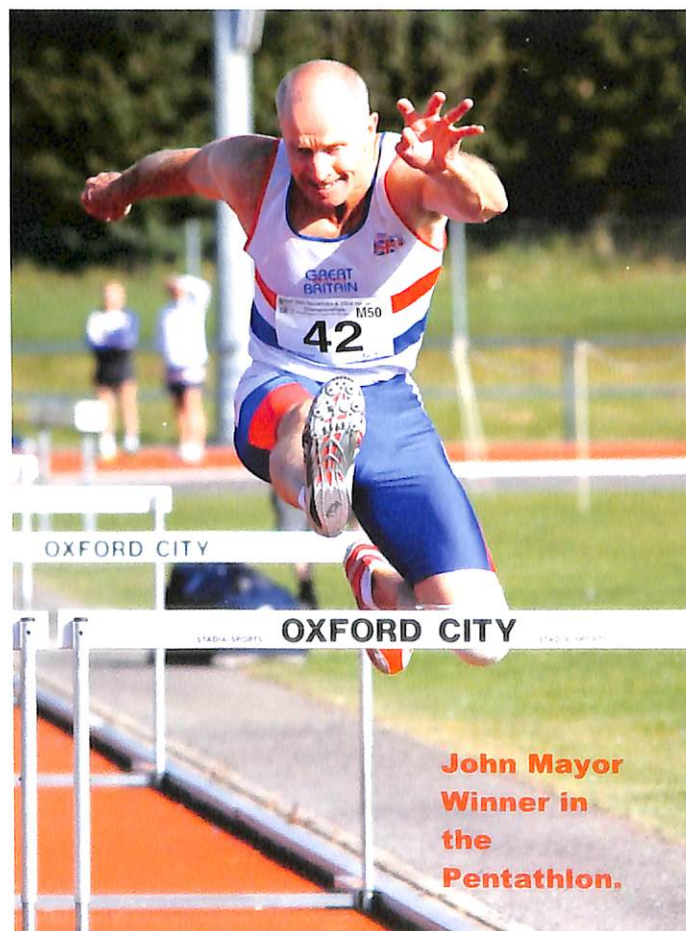
Another World record for Caroline Powell

Paul Bristow won his M40 800m heat going on to take the final the following day. Adrian Haines lowered his season's indoor to 2.05.73. 5 heats were necessary in the M45 group but they had just four hour rest to the semis with the final the following day. Stephen Smith and Alex Bryce got through their M50 heats, Oberliessen of Germany took the final in 2.05.71, Ian Snow was an M60 finalist and BMAF Chairman, Arthur Kimber, won a bronze in the M75 category. W45 Simon Anderson won the 1500m and got 2nd in the 3000m European dominated final. After his coruscating win over Nick Rose at the BMAF championships, David Oxland had an easier passage here to the World M60 3000m title.

Outdoors, at least the cross-country runners could get warm running but the M70-90 hammer and women's discus competitions were also scheduled for the first day in Harju stadium. The area was cleared of snow that piled up so high it almost obscured the spectators view from the stand seats! Hermann Albrecht of Germany and Ed Burke, USA, still managed to throw the M70 4kg hammer out over 51m. On the second day following an overnight temperature of minus 15°, the Weight throw and hammer competitions for the younger groups were still a blue fingertips affair, Stuart Thurgood managed 2nd in the M35 hammer with Peter Mayfield 10th. Stephen Whyte won the M45 reaching out to a 54.63m throw but records were not expected in such

conditions! He was in record breaking mode however, as in winning the Weight competition with 16.17m, Steve erased the short lived 16.20 European Record set in February by the Swede Mikael Leindahl. At Indoor Championships the Weight Throw competition has to be held indoors. The design of this arena with the 60m on the outside of the back straight, the vertical jumps infield and a capacity audience in the limited seating area, it was virtually impossible. The Organisers placed a tent immediately outside the building for the event, but some competitors complained that it was actually colder than outside! Unfazed by the weather however in the Harju stadium the 60-year old Finn, Heikki Kangas, threw the 5kg hammer out to a remarkable 60.44m, 8m clear of his Bosnian & Herzegovina runner-up. We looked twice at the scoreboard showing the W40 and W45 javelin winners as Geraldine Francis and Gwen Smith from Trinidad & Tobago! Vilma Thompson collected a silver medal in the W60 Weight. Carole Derrien must constantly wish she was slightly younger or older for in her age category are two of the best known Women competitors, the durable Olympic Champions and multi World Record breakers, Tamara Danilova of Russia and Karin Illgen of Germany. 5th in the W70 discus was the closest the Jersey woman could get to them.

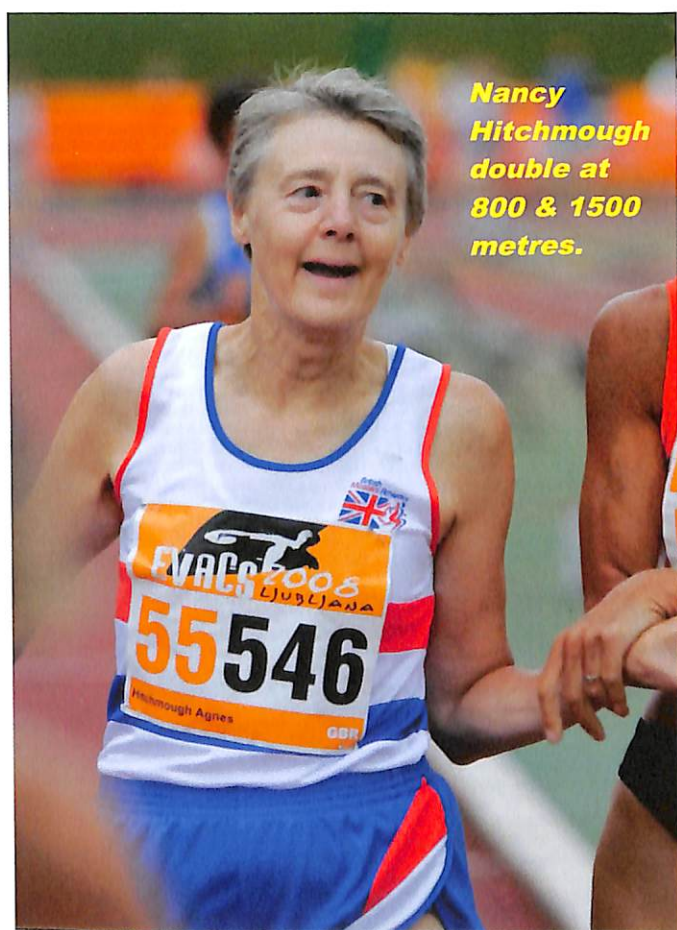
Indoors, 18 men contested the M35 pentathlon where Stuart Richardson finished 16th. The M40 Swede, Sunneborn, notched up a WR 4316pts as Nathan Baker got 4th. Ian Allen and Derek Osborne were 3rd and 7th in the M45 group. Ian was in pole position after the first two events and although he equalled the 1.75 high jump that the German Thomas Stevens also cleared on his way to a 4066 World score (9.08, 5.66m, 12.39m, 1.75m, 2.49.34sec), Ian notched up 3687pts. John Mayor's 3668pts winning score over his 16 rivals in the M50 was a remarkable performance as he was one of the athletes to have been floored by the flu. Keith Powell finished 12th.



John Mayor Winner in the Pentathlon.

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There were not many walkers in the below average 146 British entry but for once the technicalities of their discipline was brought into sharp focus by the closeness of the capacity crowd in the only seating area parallel with the finishing straight and a slightly raised track. One of a total of nine DQs in the 3km was the M70 Australian, Ray Hall. Ann Wheeler 3rd and Judy Howard's 4th W55 performances were overshadowed by the Australian, Lynette Ventris, who has set a phenomenal series of WR's, here she obliterated the 15.06.18 World mark set by the Portuguese, Fernadez in 2008 coming home in 14.51.24sec. Noel Blanford got her silver medal in the W60 race, Roz McKenzie finished 4th W45. In the men's event Ian Richards was another flu victim, virtually collapsing at the finish but managing to hold on to 2nd after closing down the Frenchman Brochet. BMAF Race Walking Secretary, John Hall collected 3rd. On the penultimate day the 10k road walks were split into five manageable age groups races on a 1km switchback by the frozen Lake. Although the sun did shine it was still a case of keep walking or freeze! Ian Richards (2nd M60), Steve Alan and Gary Smith got the M55 team gold, Ron Penfold 3rd M70 and the W45 team won a silver medal. Perhaps the performance of the Championships was Ventris's 49.59sec WR winning time, 7½ minutes clear of her Italian runner-up.



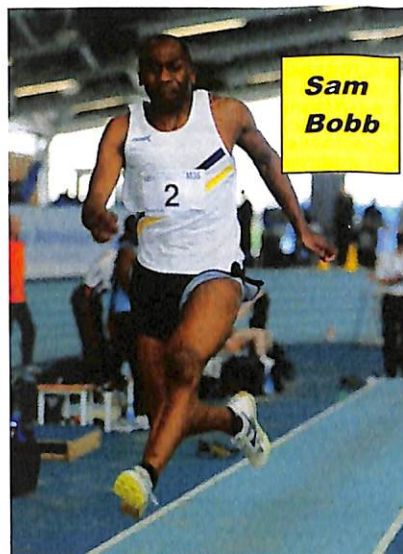
Nancy Hitchmough double at 800 & 1500 metres.

Nancy Hitchmough won the W60 800m by 6sec, W65 Pat Gallagher hers by a whopping 14sec. Both went on to win the 1500m and Pat the 3000m. Bernadine Pritchett had to chase hard to get her bronze medal in the W45 800m final, 2sec faster than in the BMAF Championships. She went on to get another 3rd in the 1500m but struck gold in her favourite 3000m ahead of Susan Ridley. Jane Clarke and new British record breaker, Gail Duckworth, had decisive victories in their tactically-run W50/W55 1500/3000m.

Both Draco Myka 4th (24.01) and Martin White (24.24) were well inside their Lea Valley times in the M40 200m final, won

by the Frenchman Cheval in 22.58sec. Pat Logan and Neil Turnstall were first and second in the M50 200m. David Elderfield 2nd M55, Wally Franklyn 6th, Eric Smart just missing out on the final in a race won by Reinaldo Sosa, one of two Venezuelans to make the final, in 24.95. Elderfield won the 400 in 54.97sec.

The horizontal jumps pit was right alongside the stand, British supporters were able to closely follow



Sam Bobb's M35 triple jump winning series and his 3rd place in the long jump. Keith Newton cleared 13.47 for his bronze medal in the M40 group. Chris Mills got over 4.60m in the M35 pole vault, the same height as the Swede Jeppsson did for 2nd place. Infield, M35 Alwyn Lombaard and Stephen Davies share 8th place in the high jump.

The women's high jumping was an enthralling affair with the W35 title going to Witteveen of Argentina (1.73), W40 to Lathvian, Petersone (1.63m), W45 Dinah Heymans of South Africa taking Wendy Laing's 1.63 2008 World Record with a new 1.65m followed by the Finn, Marttinen, also setting a new W50 1.56 mark. Olympian Jim Barrineau is still clearing 1.76 to win the M55 title and Wolfgang Ritte is still clearing 4.00m in the pole vault just months short of his 60th birthday. Over on the other side of the arena, Joe Appiah faced a quality field in a straight M40 60m hurdles final that he went on to take in 8.12 from Don Drummond, USA, 8.17sec. Dexter McCloud had been setting American M50 60mH records, but here he was taken to task by the lone entry from Curacao, Philip Burgos, both were given 8.80sec, faster than the M45 winning time.

A half marathon is also included in these Championships, run on the final day over a course that skirted a forest and circled Lake Päijänne, Finland's largest, still frozen solid enough for the locals to walk their pets on or peddle across to work; local boys skated to vantage points to follow the race, a unique experience for many of the 381 runners who completed the course. With the city celebrating its 175th anniversary and the Organising Committee throwing in many extra events such as free guided tours around their rich architecture; Lectures by Professors with access to their considerable University research archives, not even a metre of snow could stop the Finns from putting on a good Championships!

60:
M35: 1-HYKL Pavel CZE 7.00. 2-ZAITCEV Ivan RUS 7.01. 3-NIANGANE Samba FRA 7.06. 9-COLLINS Mark 7.25. (QR) DAVIES Stephen 7.79. **M40:** 1-DUNWELL Mark 7.00; 2-CARTY Jason 7.13; 3-CHIAPPERINI Paolo ITA 7.23. 6-MKPA Draco 7.40. (QR) WHITE Martin 7.61. SMITH Michael 7.73. **M45:** 1-SAMUEL Rohan 7.33; 2-MOELLER Meinert GER 7.38. 3-MOEN Robert NED 7.42. 5-BROWN Donald 7.50. (QR) DOUGLAS HOME Sholto 8.54. **M50:** 1-LOGAN Pat 7.49. 2-OSTASHEVSKYY Mykhaylo UKR 7.57. 3-CLEMENTONI Massimo-ITA 7.64. (QR) GUEST Paul 7.92. POWELL Keith 8.03. EDWARDS Paul 8.31. **M55:** 1-HUOTARI Harri FIN 7.57. 2-BODNAR Gabor HUN 7.68. 3-BANJEVIC Gojko MNE 7.69. 6-FRANKLYN Walwyn 7.86. **M60:** 1-COLLINS Bill -USA (WR) 7.59. 2-ROSS Alasdair 7.96; 3-ROSSI Antonio ITA 7.96. **M65:** 1-VYBOSTOK Vladimir SVK (WR) 7.81; 2-CROMBIE Peter AUS 8.38. 3-MAKI Vesa FIN 8.38. 5-NOVELL Victor 8.49. **M70:** 1-MUELLER Guido GER 8.40. 2-MIKKOLA Aimo FIN 8.59. 3-YASUI Takehiro JPN 8.62. 5-FORBES Patsy IRL 8.88. (QR) FERGUSON Barry 9.40. **M75:**

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1-LIDA Robert USA (WR) 8.56; 2-BOWMAN Anthony 8.96; 3-ROCA Armando ESP 9.06; 4-FIELD Colin 9.44; **M80:** 1-NIEMINEN Jaakko FIN 9.98; 2-ELFSTROM Bure SWE 10.11; 3-REUTER Wolfgang GER 10.26; **M85:** 1-SAINIO Aatos FIN 11.12; 2-BYGGMASTAR Kurt FIN 11.85; **M90:** 1-KOPPINEN Ilmari FIN 16.26; **W35:** 1-RUDDOCK Ellena 7.81; 2-PAUNICA PAUNICA Emilia ESP 7.95; 3-HUBBARD Julia 7.99; **W40:** 1-STRANZINGER Karin GER 8.03; 2-GRANOVSKAJA Piret EST 8.04; 3-NEUMANN Denise Caroline ITA 8.14; (QR); WILLIAMS Cathryn 9.05; POSE Margaret 9.50; RICHARDSON Lesley 10.01; **W45:** 1-JOERG Heike GER 8.16; 2-SCOTT Menka USA 8.42; 3-MUNIZAGA Claudia CHI 8.50; 7-FINNEGAN Geraldine IRL 8.86 (8.84ht); **W50:** 1-KAY Marie D AUS 8.33; 2-VIVES Loles ESP 8.37; 3-ALEXIS Nicole FRA 8.39; 5-MCCLELLAND Averil 8.55; 7-STAGLES Sally 9.10 (8.98ht); **W55:** 1-JACOBS Tilly NED (WR) 8.44; 2-POWELL Caroline 8.63; 3-TRIMBLE Joan 8.92; 4-FILER Carole 9.04; 6-LAWSON Jan 9.52(9.44ht); **W60:** 1-KOKKONEN Terhi FIN 9.17; 2-HEAGNEY Kathryn AUS 9.17; 3-WEST Moira 9.37; 5-NELSON Anne 9.85 (9.80ht); (QR)HOWARTH Grete 11.88; **W65:** 1-MEIER Ingrid GER (WR) 8.80; 2-RASCHKER Phil USA 9.36; 3-FOERSTER Karin GER 9.66; **W70:** 1-PARRISH Noreen AUS 10.31; 2-HOLDER Iris 10.47; 3-VEHN Hannelore GER 10.56; **W75:** 1-BORTIGNON Christa CAN (WR) 10.04; 2-KAAS Leili EST 11.15; 3 FRASER Dorothy-11.91; **W80:** 1-HELFFENSTEIN Ruth SUI 14.53; 2-SOPANEN Senni FIN 16.01; 3-FREI Lydia SUI 18.97; **W90:** 1-KOTELKO Olga CAN 15.86; 2-WIXEY Mary 18.70;

200:
M35: 1-DUSSETT Antwon USA 21.89; 2-ZAITCEV Ivan RUS 22.70; 3-NIANGANE Samba FRA 22.85; COLLINS Mark DNS (24.23ht); **M40:** 1-CHEVAL Christophe FRA 22.58; 2-CHIAPPERINI Paolo ITA 23.54; 3-ACCIAFFERRI Pierluigi ITA 23.60; 4-MKPA Draco 24.10 (24.01ht); 6-WHITE Martin 24.24; 7-GRIFFIN Tomas IRL 24.80 (24.38ht); (QR); SMITH Michael 25.16; **M45:** 1-MOEN Robert NED 23.34; 2-MOELLER Meinert GER 23.50; 3-THOMAS Robert USA 23.71; **M50:** 1-LOGAN Pat 24.40; 2-TUNSTALL Neil 24.73; 3-BERNARD Vincent FRA 25.21; **M55:** 1-SOSA Reinaldo VEN 24.95; 2-ELDERFIELD David 25.18; 3-HUOTARI Harr FIN 25.42; 6-FRANKLYN Walwyn 25.97; (QR); SMART Eric 26.38; **M60:** 1-COLLINS Bill USA 25.09; 2-ROSS Alasdair 25.88; 3-VAUHKONEN Reijo FIN 26.85; **M65:** 1-CROMBIE Peter AUS 27.12; 2-FRUEHAUF Hans Juergen GER 27.50; 3-ADOLF Friedrich GER 28.00; 5-NOVELL Victor 28.88 (28.74ht); **M70:** 1-MUELLER Guido-GER -27.52; 2-HALLIA Sakari -FIN 29.39; 3-MIKKOLA AimoFIN -29.41; 7-FORBES Patsy IRL 30.44(30.11ht);(QR); FERGUSON Barry 32.46; **M75:** 1-LIDA Robert USA (WR) 27.64; 2-BOWMAN Anthony 30.38; 3-KOECHLING Hans Guenther GER 31.67; 7-FIELD Colin 32.75 (32.56ht); **M80:** 1-NIEMINEN Jaakko FIN 34.28; 2-MATTSSON Unto FIN 34.46; 3-ELFSTROM Bure SWE 34.70; **M85:** 1-BYGGMASTAR Kurt FIN 41.57; **M90:** 1-PAUWELS Emiel BEL 56.12; 2-KOPPINEN Ilmari FIN 1:10.77; **W35:** 1-RUDDOCK Ellena 25.47; 2-HUBBARD Julia 25.80; 3-PAUNICA PAUNICA Emilia ESP 26.47; **W40:** 1-NEUMANN Denise Caroline ITA 26.29; 2-GRANOVSKAJA Piret EST 27.05; 3-ARNAUDOVA Merlina BUL 27.07; (QR); WILLIAMS Cathryn 30.94; RICHARDSON Lesley 34.83; **W45:** 1-JOERG Heike GER 26.07; 2-KREEN Katrin FIN 27.35; 3-KLOSTERMANN Valerie NED 27.80; **W50:** 1-KAY Marie D AUS 27.21; 2-KAUERHOF Petra GER 28.09; 3-MCCLELLAND Averil 28.15 (28.10 ht); **W55:** 1-JACOBS Tilly NED 28.33; 2-POWELL Caroline 28.56; 4-TRIMBLE Joan 30.70; 8-LAWSON Jan 32.81(32.37ht); **W60:** 1-HEAGNEY Kathryn AUS 30.60; 2-WEST Moira 31.88; 3-KOKKONEN Terhi FIN 31.91; 7-NELSON Anne 33.86; **W65:** 1-MEIER Ingrid GER (WR) 30.10; 2-RASCHKER Phil USA 30.28; 3-FOERSTER Karin GER 33.76; **W70:** 1-PARRISH Noreen AUS 35.86; 2-BABUSHKINA Klavdiya RUS 36.33; 3-VEHN Hannelore GER 36.73; **W75:** 1-BORTIGNON Christa CAN 34.84; 2-DAPRANO Jean USA 36.29; 3-FRASER Dorothy 37.38 (BR); **W80:** 1-HELFFENSTEIN Ruth SUI 51.23; **W90:** 1-KOTELKO Olga CAN 1:18.75;

400:
M35: 1-DUSSETT Antwon USA 48.71; 2-SPRIDONOV Anton RUS 50.93; 3-VAN DER PUTTEN Marijn NED 51.22; **M40:** 1-JANSSENS Richard NED 52.45; 2-SCHULZE Andreas GER 52.69; 3-ACCIAFFERRI Pierluigi ITA 53.12; 4-EDWARDS Neal 53.26; 7-BAKER Nathan ROY GER 58.45 (58.01ht); **M45:** 1-THOMAS Robert USA 52.71; 2-MOELLER Meinert GER 52.73; 3-SHUTE Marcus USA 53.30; GREW Robert DNS (54.16ht); **M50:** 1-OBERLIENSS Peter GER 54.92; 2-ZAVATTI Benoît FRA 55.13; 3-TUNSTALL Neil 55.18; 4-LEWIS Bob 55.24(55.14ht); (QR); MAY Michael 1:14.46; **M55:** 1-ELDERFIELD David 54.97; 2-WEMUNDSTAD Stig NOR 57.00; 3-KREEMKE Wolfgang GER 57.56; 4-FRANKLYN Walwyn 58.48; **M60:** 1-COLLINS Bill USA 56.67; 2-LYYTIKAINEN Mauri FIN 1:00.68; 3-FELICETTI Vincenzo ITA 1:01.01; **M65:** 1-FRUEHAUF Hans Juergen GER 1:01.59; 2-DEL RIO Aldo ITA 1:01.89; 3-CROMBIE Peter AUS 1:02.89; **M70:** 1-MUELLER Guido GER 1:05.69; 2-KINNUNEN Paavo FIN 1:08.68; 3-SCHUCK Hans GER 1:08.88; **M75:** 1-LIDA Robert USA 1:05.14; 2-MILLS Rodney 1:12.82 (BR); 3-BOWMAN Anthony 1:13.77; 7-KIMBER Arthur 1:20.90; **M80:** 1-MATTSSON Unto FIN 1:17.97; 2-MUELLER Herbert GER 1:20.10; 3-HOPPE Felix GER 1:47.08; **M85:** 1-TORIKKA Yrjo FIN 1:43.81; 2-DUMITRU Radu-ROU 2:30.22; **M90:** 1-PAUWELS Emiel BEL 2:24.11; **W35:** 1-GRUTTERS Ingrid NED 58.59; 2-HUBBARD Julia 59.78; 3-NEFJODOVA VOLKOVA Ludmi LAT 1:01.89; 4-HOGAN Angela IRL 1:02.08; **W40:** 1-ROBERTS Charmaine USA 59.68; 2-COLAS Esther ESP 1:02.73; 3-RAMAN Virpi FIN 1:04.49; **W45:** 1-KREEN Katrin FIN 1:01.55; 2-FINNEGAN Geraldine IRL 1:03.18 (1:02.78ht); 3-MANNERS Gorel SWE 1:03.41; 4-BURROWS Tracy 1:04.51(1:03.34ht); **W50:** 1-KAUERHOF Petra GER 1:03.24; 2-HEIDRICH Brigitte GER 1:04.45; 3-SALMIJARVI Silja FIN 1:07.54; **W55:** 1-POWELL Caroline 1:03.18 (1:02.65 WR ht); 2-UNDHEIM Anny NOR 1:05.74; 3-WIZEN Lilly SWE 1:08.90; HORDER Jane DNS (1:07.78ht); **W60:** 1-HEAGNEY Kathryn AUS 1:10.35; 2-WEST Moira 1:14.29; 3-LITTENHEIM Ulla SWE 1:14.44; **W65:** 1-RASCHKER Phil USA 1:18.01; 2-JONKERS Riet NED 1:19.22; 3-STENBAKK Mariann NOR 1:26.35; **W70:** 1-CARLSSON Kristina SWE 1:28.61; 2-PARRISH Noreen AUS 1:28.74; 3-IVITOLA Leontine LAT 1:28.87; **W75:** 1-FRASER Dorothy 1:34.03; 2-BORTIGNON ChristaCAN 1:36.62; 3-LIMA AldaBRA 1:47.54; **W80:** 1-HELFFENSTEIN Ruth SUI (WR) 1:54.97; 2-ANGELIS Ruth GER 2:41.39; **W90:** 1-KOTELKO Olga CAN 3:31.50;

800:
M35: 1-VAN DER PUTTEN Marijn NED 1:58.20; 2-CHEVAUX Christophe FRA 1:59.66; 3-ANDERSON Travis CAN 2:00.29; **M40:** 1-BRISTOW Paul 2:03.31; 2-CEPEK Robert CZE 2:04.17; 3-RUIZ MORCILLO Pascual ESP 2:05.12; 5-HAINES Adrian 2:05.73; 7-GRANGE David IRL 2:09.88; **M45:** 1-DUREN Gunnar SWE 2:01.14; 2-OLIVEIRA Antonio POR 2:02.39; 3-HABIB Abdellou FRA 2:02.59; (QR); ROBERTS Alan 2:49.85; **M50:** 1-OBERLIENSS Peter GER 2:05.71; 2-HECINI Aissa ALG 2:07.29; 3-NAVAS Antonio ESP 2:07.48; 6-BRYCE Alex 2:10.96; 8-SMITH Stephen 2:15.78(2:12.00ht); **M55:** 1-MARQUE Pierre FRA 2:10.41; 2-FAUCHEUR Pierre FRA 2:12.16; 3-KREEMKE Wolfgang GER 2:14.49; (QR); DANIEL Ray 2:27.95; **M60:** 1-LEVASSEUR Yves FRA 2:22.03; 2-CARTER Ian NZL 2:22.40; 3-STOLWIJK Cees NED 2:23.94; 6-SNOW Ian GBR 2:31.74 (2:29.49ht); **M65:** 1-SMEETS Hans NED 2:24.62; 2-BERGERSEN Johan NOR 2:30.38; 3-RINGHAND Helmut GER 2:30.82; **M70:** 1-ESNAULT Jean Louis FRA 2:34.79; 2-SANDERY Peter AUS 2:40.11; 3-KRUEGER Bernd GER 2:42.26; **M75:** 1-AHOKAS Pauli FIN 3:01.99; 2-JOHANSSON Tord SWE 3:07.55; 3-KIMBER Arthur 3:10.01; **M80:** 1-MATTSSON Unto FIN 3:21.98; 2-MUELLER Herbert E-GER 3:24.44; 3-MATZNER Karel CZE 4:00.10; **M85:** 1-TORIKKA Yrjo FIN 4:02.31; 2-SAUKKOSAARI Pentti FIN 4:32.91; **M90:** 1-PAUWELS Emiel BEL 5:44.78; **W35:** 1-GRUTTERS Ingrid NED 2:19.26; 2-TISELLI Paola ITA 2:20.15; 3-RIBEIRO Vanda POR 2:22.02; **W40:** 1-CAMPS GALI Marta ESP 2:26.55; 2-OLIVARI Paola CHI 2:28.00; 3-BES Carme ESP 2:31.19; **W45:** 1-MARTINELLI Barbara ITA 2:23.75; 2-PARMANTIER Sylvie FRA 2:25.52; 3-PRITCHETT Bernadine 2:26.67; 6-BURROWS Tracy 2:29.27; 7-FINNEGAN Geraldine IRL 2:32.95; **W50:** 1-JASPER Lorraine USA 2:28.31; 2-PEREZ Aurora ESP 2:28.78; 3-WAHLSTEDT Karin SWE 2:31.45; **W55:** 1-WIZEN Lilly SWE 2:46.97; 2-MORA LEINO Anneli FIN 2:55.93; 3-HILDEN Raja FIN 2:56.79; **W60:** 1-HITCHMOUGH Agnes 2:41.84;

2-HEAGNEY Kathryn AUS 2:47.81; 3-STEINBACH Coreen USA 2:51.71; 4-TABOR Rosalind 2:57.51; **W65:** 1-GALLAGHER Patricia 3:01.75; 2-STENBAKK Mariann NOR 3:15.15; 3-MARTTILA Terttu FIN 3:37.70; **W70:** 1-RASIMUS Riitta FIN 3:27.27; 2-CARLSSON Kristina SWE 3:28.34; 3-STAUERBARMANN Hermine GER 3:33.42; 4-OSBORNE Eva 3:52.89; 5-STRACEY Betty 3:58.12; **W75:** 1-DAPRANO Jean USA (WR) 3:16.21; 2-HARADA Mary USA 4:10.30; 3-ALEKSYEYeva Lyusya UKR 4:19.04; **W80:** 1-HELFFENSTEIN Ruth SUI 4:24.58; 2-ANGELIS Ruth GER 5:58.58;

1500:
M35: 1-VAN DER PUTTEN Marijn NED 4:05.70; 2-THIERY Fabrice FRA 4:06.54; 3-SYRJALA Teppo FIN 4:09.62; **M40:** 1-GILBERT Frederic FRA 4:18.70; 2-DESMEDT Frederic BEL 4:19.03; 3-CEPEK Robert CZE 4:21.36; 7-HAINES Adrian 4:24.18; **M45:** 1-ANDERSON Simon 4:14.37; 2-WIEGMAN Frank NED 4:14.43; 3-OLIVEIRA Antonio POR 4:14.61; (QR); ROBERTS Alan 5:41.51; **M50:** 1-NAVAS Antonio-ESP -4:20.11; 2-TROARE Didier-FRA -4:20.85; 3-STIENSTRA Alex-NED -4:20.96; 6-BRYCE Alex-4:28.61; 8-SMITH Stephen-4:33.00 (4:27.04ht); **M55:** 1-FAUCHEUR Pierre FRA -4:31.24; 2-MARQUE Pierre FRA -4:33.04; 3-DRYPS Ryszard POL 4:33.51; **M60:** 1-LEVASSEUR Yves FRA -4:43.14; 2-STOLWIJK Cees NED -4:43.22; 3-CARTER Ian NZL -4:44.73; 4-OLAND David 4:59.27; 5-SNOW Ian 5:00.17; **M65:** 1-SMEETS Hans NED -4:57.39; 2-NOLAN Harold USA -5:11.00; 3-RINGHAND Helmut GER -5:14.67; **M70:** 1-ESNAULT Jean Louis FRA -5:15.41; 2-WALTER Albert GER -5:16.64; 3-SANDERY Peter AUS -5:20.16; **M75:** 1-ALONSO Manuel ESP -5:46.62; 2-AHOKAS Pauli FIN -5:59.07; 3-MILLS Rodney 6:13.84; **M80:** 1-MUELLER Herbert E GER -7:16.75; 2-MATZNER Karel CZE -7:47.73; 3-HADEM Ingolf NOR -7:47.86; **M85:** 1-TORIKKA Yrjo FIN -8:34.09; 2-SAUKKOSAARI Pentti- FIN -9:03.40; 3-DUMITRU Radu ROU 10:33.27; **W35:** 1-GRUTTERS Ingrid NED -4:42.92; 2-TISELLI Paola ITA -4:43.24; 3-HAAVIVIKKO Hanna FIN -4:46.20; **W40:** 1-LIVSON Matleena FIN -5:00.21; 2-OLIVARI Paola CHI 5:11.40; 3-NYRKOVA Tatiana RUS 5:19.62; **W45:** 1-PARMANTIER Sylvie FRA -4:49.35; 2-RIITAMAKI Sirpa FIN -4:56.68; 3-PRITCHETT Bernadine 5:00.79; 4-RIDLEY Susan 5:02.73; 6-PIDGEON Jane 5:10.09; **W50:** 1-CLARKE Jane 4:59.05; 2-JASPER Lorraine USA -5:02.65; 3-PEREZ Aurora ESP -5:04.12; 5-TAWNEY Susie 5:26.16; **W55:** 1-DUCKWORTH Gail 5:22.57; 2-REIJONEN Elisa FIN -5:54.58; 3-HILTUNEN Sisko FIN -6:07.10; **W60:** 1-HITCHMOUGH Agnes 5:24.25; 2-MARTIN Kathryn USA -5:29.19; 3-TABOR Rosalind 5:45.19; **W65:** 1-GALLAGHER Patricia 5:59.49(ER); 2-STENBAKK Mariann NOR -6:31.76; 3-TORTI Michele FRA -6:38.51; **W70:** 1-STAUERBARMANN Hermine GER -6:45.43; 2-STRACEY Betty 7:42.89; 3-MENDIBURO AREVALO Marth MEX 7:50.64; **W75:** 1-DAPRANO Jean -USA -6:48.27; 2-HARADA Mary USA -8:02.08; **W80:** HELFFENSTEIN Ruth SUI 8:46.01;

3000:
M35: 1-DOHERTY Ciaran IRL 8:37.45; 2-THIERY Fabrice-FRA 8:38.00; 3-RUIZ Fidel ESP 8:41.52; **M40:** 1-CUADRILLERO Juan Antoni ESP 8:43.40; 2-BARDAVIO ATIENZA Julio ESP 9:00.89; 3-AUSTIN KERL Juergen GER 9:09.78; 8-HARKER Ken 10:07.92; **M45:** 1-ROMKES Benjamin NED 9:02.20; 2-ANDERSON Simon 9:02.71; 3-DUREN Gunnar SWE 9:07.41; 13-ROBERTS Alan 12:07.22; **M50:** 1-PUENTE ANTON Jesus ESP 9:25.85; 2-STIENSTRA Alex NED 9:32.16; 3-SIMANOV Sergei FIN 9:36.55; 15-DOXEY Steven 10:17.03; **M55:** 1-BOROWSKI Krzysztof- POL -9:52.09; 2-PIIROINEN Valde FIN 9:53.16; 3-TIKHONOV Leonid RUS 10:02.45; 7-MOYNIHAN Eugene IRL 10:18.49; 14-SARGENT Rob 12:52.33; **M60:** 1-OLAND David-10:08.34; 2-KRIVONOSOV Alexey RUS 10:12.89; 3-TLEMISSOV Biyebyay KAZ 10:19.66; **M65:** 1-SMEETS Hans NED 10:54.49; 2-DEMARQUE Jean Claude FRA 10:58.33; 3-RINGHAND Helmut GER 11:15.98; **M70:** 1-ESNAULT Jean Louis FRA -11:15.07; 2-SANDERY Peter AUS -11:16.60; 3-WALTER Albert GER -11:37.43; **M75:** 1-BAGGIA Bruno ITA -12:50.01; 2-ALONSO Manuel ESP -13:33.83; 3-MILLS Rodney 13:51.75; **M80:** 1-KOLGASHKIN Grigory RUS -15:22.39; 2-MUELLER Herbert E GER -15:33.21; 3-HADEM Ingolf NOR -15:42.91; **M85:** 1-SAUKKOSAARI Pentti FIN -20:18.67; 2-DUMITRU Radu ROU -22:56.48; **W35:** 1-TISELLI Paola ITA -10:21.73; 2-RIBEIRO Vanda POR -10:22.42; 3-HAAVIVIKKO Hanna FIN -10:22.52; **W40:** 1-OLIVARI Paola CHI -10:53.95; 2-COLL CONSTANS Mariagrac ESP -11:11.21; 3-NYRKOVA Tatiana RUS -11:18.21; **W45:** 1-PRITCHETT Bernadine 10:39.80; 2-RIDLEY Susan 10:50.53; 3-STENHAUT Kathleen BEL -10:52.25; 8-PIDGEON Jane 11:26.48; **W50:** 1-CLARKE Jane 10:45.16; 2-PEREZ Aurora ESP -10:51.37; 3-RAMOS Marisol ESP -11:05.98; 6-TAWNEY Susie 11:25.68; **W55:** 1-DUCKWORTH Gail 11:11.09; 2-PAKKONEN Sirpa FIN -12:11.65; 3-REIJONEN Elisa FIN -12:49.19; **W60:** 1-STEINBACH Coreen USA -12:28.86; 2-TABOR Rosalind 12:35.46; 3-BUITRAGO Olga ARG 13:13.89; **W65:** 1-GALLAGHER Patricia 13:01.37; 2-STENBAKK Mariann NOR -13:51.41; 3-TORTI Michele FRA -13:51.42; **W70:** 1-RASIMUS Riitta FIN -14:12.98; 2-STAUERBARMANN Hermine GER -15:55.98; 3-STRACEY Betty 16:30.78; CUSHEN Bridget DNS; **W75:** 1-KAVTASKINA Nadezda LAT 16:53.21; 2-HARADA Mary USA -17:16.23; **W80:** HELFFENSTEIN Ruth SUI 18:49.42;

60H:
M35: 1-DEMANECHE Frederic FRA 8:12; 2-ELLIOTT Mensah GAM 8:12; 3-SOUZA Jefferson USA 8:45; (QR); DAVIES Stephen 8:55; HARTIS Anthony 9:33; **M40:** 1-APPIAH Joe 8:12(BR); 2-DRUMMOND Don USA 8:17; 3-SIMOES Herbert Gustavo BRA 8:43; **M45:** 1-GARRIGUES Marin FRA 8:52; 2-ZIMBREK Slaven CRO 8:52; 3-BECKERS Serge BEL 9:48; **M50:** 1-MCCLOUD Dexter USA 8:50; 2-BURGOS Alfred Philip CUW 8:50; 3-BOZICEK Marko SLO 9:01; 5-TUNSTALL Neil 9:04(8.95ht); 8-EDWARDS Paul 10:40 (9.56ht); MAYOR John DNS (9.18ht); **M55:** 1-RAJAMAKI Timo FIN 9:09; 2-DE SOUZA PINTO Ivanildo BRA 9:75; 3-RUEBEL Noel USA 9:81; **M60:** 1-DAVYDOV Valery RUS 9:43; 2-BROWN James Woolvin USA 9:52; 3-BURGE Conrad AUS 9:78; **M65:** 1-BELIANSKY Milan SVK 9:92; 2-KACAR Murat TUR 10:20; 3-ABRAMOV Alexander RUS 11:45; **M70:** 1-YASUI Takehiro JPN 10:00; 2-FERGUSON Barry 10:15; 3-MUELLER Guido GER 10:37; **M75:** 1-BOWMAN Anthony 10:64 (ER); 2-IOANNIS Bellos GRE 11:01; 3-PAULEN Robert USA 11:32; **M80:** BLAIR James Alexander NZL 15.18; **M85:** BYGGMASTAR Kurt FIN 15:39; **W35:** 1-WITTEVEEN Solange ARG 9:20; 2-GUEST Rachel USA 9:29; 3-SCHMELTER Jennifer GER 10:87; **W40:** 1-DEL PRETE Sonia FRA 9:05; 2-JATKOLA Kristina FIN 9:25; 3-CANEDO REYES Bertha Ali MEX 9:90; **W45:** 1-BAJEAT Petra FRA 9:12; 2-SCOTT Menka USA 9:43; 3-KREPKINA Valentyina UKR 9:67; 4-FINNEGAN Geraldine IRL 9:72; **W50:** 1-KAY Marie D AUS 9:62; 2-STAGLES Sally 9:82; 3-VIVES Loles ESP 10:22; **W55:** 1-HORDER Jane 10:06 (ER); 2-SANGUOS Maria Jesus ESP 10:11; 3-FILER Carole 10:14; **W60:** 1-KOKKONEN Terhi FIN 10:72; 2-FAIL Jean 10:77; 3-KRAEHE Waltraud GER 11:14; **W65:** 1-RASCHKER Phil USA 12:10; 2-HOUBEN Helgard GER 13:66; 3-VIITANEN Kirsti FIN 13:72; 5-OAKES Patricia 14:28; **W70:** 1-SAUER Erika GER 13:32; 2-FRANCHI Rosanna ITA 13:56; 3-TOMILOVA Nelli RUS 14:55; **W75:** 1-BORTIGNON Christa CAN 13:50; 2-KAAS Leili EST 14:08;

HJ:
M35: 1-ARDUINI sco-ITA 2:05; 2-ROZOV Alexey RUS 2:02; 3-POLKU Mika FIN 2:02; 8-LOMBAARD Alwyn & DAVIES Stephen-1975-M35-GBR -1:80; **M40:** 1-NEGOITA Ovidiu CAN 1:85; 2-FINKIS Arvis LAT 1:82; 3-JARVI Marko FIN 1:82; **M45:** 1-ROMANOVICH Vitaliy RUS 1:93; 2-PISTONO Alessandro ITA 1:82; 3-ZAPALA Alois CZE 1:82; 5-ALLEN Ian 1:73; 8-INSSELL Steven 1:73; **M50:** 1-SEGATEL Marco ITA 1:86; 2-MANFREDINI Emanuel ITA 1:83; 2-MCBARNETTE Bruce USA 1:83; **M55:** 1-BARRINEAU James USA 1:76; 2-FOUGMAN Stefan SWE 1:73; 3-FEDORKO Oleg UKR 1:67; **M60:** 1-NIEMINEN Matti FIN 1:69; 2-HUIJBERS Jan NED 1:66; 3-GRUZENKIN Victor RUS 1:63; **M65:** 1-PESONEN Asko FIN 1:58; 2-OLSEN Jan Kristian NOR 1:55; 3-MAKI Vesa FIN 1:55; **M70:** 1-SARNDAL Carl Erik SWE 1:51; 2-MANKOVSKIS Janis LAT 1:43; 3-MOLJK Valentin SLO 1:40; **M75:** 1-IOANNIS Bellos GRE 1:33; 2-KATAJA Reino FIN 1:30; 3-SALMI Aimo FIN 1:27; **M80:** 1-KORPI Samuli-1929-M80-FIN 1:28; 2-BLAIR James Alexander NZL 1:10; 3-NIEMI Olavi FIN 1:10; **M85:** 1-NEVRUP Nilsbertli SWE (WR) 1:22; 2-JARVINEN Matti FIN 0:92; **M90:** 1-PAUWELS Emiel BEL 0:91; **W35:**

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1 WITTEVEEN Solange ARG 1.73; 2 LEHTORANTA Katriina FIN 1.57; 3 LEPIKKO Tanja FIN 1.57; **W40:** 1 PETERSONE Laila LAT 1.63; 2 JATKOLA Kristiina FIN 1.57; 3 NACK Lolita FRA 1.54; **W45:** 1 HEYMANS Dinah RSA (**WR**) 1.65; 2 JOHANNES Maria GER 1.25; **W50:** 1 MARTTINEN Auli FIN (**WR**) 1.56; 2 ESKILDSENMOELLER Kirste DEN 1.48; 3 KAY Marie D AUS 1.48; 8 BARKER Hazel IRL 1.36; 11 MOORE FOX Lucy IRL 1.20; **W55:** 1 FILER Carole 1.37; 2 PREZELJ Stanka SLO 1.37; 3 HOPPIE Carla USA 1.31; **W60:** 1 PERKINS Wilma AUS 1.23; 2 VASTI Marketta FIN 1.18; 2 CAD Marjeta SLO 1.18; **W65:** 1 RASCHKER Phil USA 1.22; 2 RUUSKANEN Sirkkaliisa FIN 1.16; 3 VIITANEN Kirsti FIN 1.13; 5 OAKES Patricia 1.10; **W70:** 1 TOMILOVA Nelli RUS 1.08; 2 FALT Inkeri FIN 1.05; 3 TAIPALE Marjatta FIN 1.02; **W75:** 1 BORTIGNON Christa CAN 1.11; 2 KAAS Leili EST 1.08; **W80:** 1 HAPPP Christa GER 0.93; **W90:** 1 KOTELKO Olga (**WR**) 0.76;

PV:

M35: 1 HEUMANN Eike GER 4.70; 2 JEPPSSON Stefan SWE 4.60; 3 MILLS Chris 4.60; 8 RICHARDS Stuart 3.00; **M40:** 1 TSIBIN Sergey RUS 4.40; 2 FRIEDRICH Mario GER 3.50; 3 BOHMAN Michael SWE 3.50; **M45:** 1 HERNANDEZ RIVERO Franci ESP 4.40; 2 HOMMIK Aivar EST 4.00; 3 LAITINEN Petri FIN 4.00; **M50:** 1 MERTZ Joel FRA 3.90; 2 GOURLAOUEN Jean Jacques FRA 3.70; 3 MARGUS Mikko EST 3.60; 12 POWELL Keith 3.00; **M55:** 1 RITTE Wolfgang GER 4.00; 2 GISSURARSON Kristjan ISL 3.70; 3 NUCKLIES Rolf GER 3.70; **M60:** 1 LIPASTI Jarmo FIN 3.60; 2 OINAANOJA Reima FIN 3.30; 3 VAN VLIET Marc NED 3.20; **M65:** 1 KALLIOMAKI Antti FIN 3.20; 2 VAYRYNEN Eero FIN 3.00; 3 TORRI Timo SWE 2.80; **M70:** 1 KURUNCZI Zoltan HUN 2.90; 2 ZBINDEN Walter SUI 2.80; 3 POUTAINEN Kyösti FIN 2.70; 9 HOWE John 2.30; **M75:** 1 VILLANEN Osmo FIN 2.50; 2 SKRAMSTAD Knut Henrik NOR 2.50; 3 KANDEYDI Hikmet TUR 2.40; **M80:** 1 ANDRECS Hermann AUT 2.20; 2 LUND Ake FIN 1.90; 3 TORIYA Munehiro JPN 1.70; **M85:** SEPP Herbert EST 1.40; **W35:** 1 KELLY Louise 2.60; 2 LAMMI Kristiina FIN 2.00; **W40:** 1 ZIEMANN Christina GER 2.70; 2 TWYFFELS Elena FRA 2.70; 3 GUENTHER GRAEFF Eva GER 2.70; **W45:** 1 SZANTO Gaby CAN & KREPKINA Valentyna UKR 2.80; 3 WOLFF Pascale FRA 2.70; 5 FINNEGAN Geraldine IRL 2.30; **W50:** 1 FORCELLINI Carla ITA 3.00; 2 HALONEN Leena FIN 2.30; **W55:** 1 HANSCOM Rita USA 2.60; 2 YEOMANS Sue 2.40; **W60:** 1 RITTE Ute GER 2.50; 2 PERKINS Wilma AUS 2.30; 3 LEAPING RABBIT Grania GER 2.20; **W65:** 1 RASCHKER Phil USA 2.40; 2 FOERSTER Karin GER 2.30; 3 VIITANEN Kirsti FIN 1.90; **W70:** FALT Inkeri FIN 1.80; **W75:** MCLENNAN Dorothy IRL 1.40;

LJ:

M35: 1 BAKRI Darouche FRA 7.19; 2 SBEGHEN Laurent FRA 6.92; 3 BOBB Samuel 6.62; **M40:** 1 MORMIN Maxime FRA 6.60; 2 TARI' Stefano ITA 6.44; 3 LOVO Yvan SUI 6.36; 5 GRIFFIN Tomas IRL 6.22; **M45:** 11621VIULSROED Oddvar NOR 6.30; 2 TICO' Michele ITA 6.28; 3 PANKRATOV Vladimir RUS 6.22; 4 ALLEN Ian 6.19; **M50:** 1 STRAUB Thomas GER 6.40; 2 FOSTER Gregory USA 5.79; 3 STRANDE Kaare NOR 5.61; 4 GUEST Paul 5.59; 6 MAYOR John 5.43; 9 POWELL Keith 5.27; **M55:** 1 OLSSON Anders SWE 5.96; 2 PUODOVNIKOV Eugeny RUS 5.41; 3 NIKULA Jouko FIN 5.38; **M60:** 1 HOLMBERG Sture SWE 5.24; 2 PITKANEN Tapa FIN 5.14; 3 LORENZ Sylwester POL 4.85; **M65:** 1 MAKI Vesa FIN (**WR**) 5.35; 2 HOMAKI Pertti FIN 5.26; 3 VYBOSTOK Vladimir SVK 5.06; **M70:** 1 BACKLUND Stig FIN 4.96; 2 HALLIA Sakari FIN 4.36; 3 YASUI Takehiro JPN 4.31; **M75:** 1 GASPER Hans Juergen GER 4.13; 2 IOANNIS Bellos GRE 4.06; 3 KANERVA Antti FIN 3.99; **M80:** 1 REUTER Wolfgang GER 3.22; 2 HOPPE Felix GER 3.20; 3 REIDMA Harri EST 2.97; **M85:** 1 SAINIO Aatos FIN 3.18; 2 JARVINEN Matti FIN 2.51; **M90:** 1 KOPPINEN Ilmari FIN 1.80; 2 MAGNUSSON Axel SWE 1.76; **W35:** 1 SOROKINA Nata UKR 5.77; 2 WITTEVEEN Solange ARG 5.51; 3 BUSUIOC Nicoleta ESP 5.32; **W40:** 1 DEL PRETE Sonia FRA 5.37; 2 JATKOLA Kristiina FIN 5.24; 3 DORONKINA Oksana RUS 5.02; **W45:** 1 BAJEAT Petra FRA 5.47; 2 KREPKINA Valentyna UKR 5.20; 3 SCOTT Menka USA 5.13; **W50:** 1 BISKUP Marianna POL 5.23; 2 KAY Marie D AUS 5.20; 3 VIVES Loles ESP 4.90; 5 MCCLELLAND Averil 4.65; **W55:** 1 JACOBS Tilly NED 4.75; 2 FILER Carole 4.52; 3 UNDEHEIM Anny NOR 4.31; **W60:** 1 BARTOSIK Ewa POL 3.97; 2 RITTE Ute GER 3.89; 3 PERKINS Wilma AUS 3.87; 9 HOWARTH Grete GBR 2.79; **W65:** 1 MEIER Ingrid GER (**WR**) 4.36; 2 RASCHKER Phil USA 4.34; 3 JONKERS Riet NED 3.59; 4 ERIKSEN Anne Kathrin GER 3.30; 8 OAKES Patricia 3.04; **W70:** 1 SAUER Erika GER 3.58; 2 HOLDER Iris GBR 3.15; 3 VITOLA Leontine LAT 3.05; **W75:** 1 BORTIGNON Christa CAN (**WR**) 3.67; 2 TISCHLINGER Berta AUT 2.47; **W80:** 1 HAPPP Christa GER 2.48; 2 SOPANEN Senni FIN 1.89; **W90:** 1 KOTELKO Olga CAN 1.58; 2 WIXEY Mary 0.86;

TJ:

M35: 1 BOBB Samuel 14.48; 2 LEPRICH Alexander AUT 14.44; 3 INKEROINEN Mikael FIN 14.09; **M40:** 1 M'BON Josue SUI 13.75; 2 LEPIK Stanislav RUS 13.59; 3 NEWTON Keith 13.47; **M45:** 1 PANKRATOV Vladimir RUS 13.97; 2 TICO' Michele ITA 13.13; 3 VIULSROED Oddvar NOR 12.84; **M50:** 1 FOSTER Gregory USA 12.80; 2 CICERI Giancarlo ITA 12.63; 3 MANFREDINI Emanuel ITA 12.14; 4 DIXON David 11.87; 8 BARRATT John 11.26; 14 GUEST Paul 10.60; **M55:** 1 ZVEZDKIN Valery RUS 12.12; 2 NTEKAILO Vladimirov GRE 11.91; 3 JUKKOLA Veli FIN 11.86; **M60:** 1 CHERNYATEVICH Volodymyr UKR 11.00; 2 LEJEUNE Bernard FRA 10.66; 3 PITKANEN Tapa FIN 10.61; **M65:** 1 HOMAKI Pertti FIN 10.97; 2 SHCHERBINA Fedor RUS 9.69; 3 ABRAMOV Alexander RUS 9.29; **M70:** 1 BACKLUND Stig FIN 10.50; 2 GUVEN Muzaffer TUR 9.53; 3 ROYTMAN Vladimir RUS 9.48; **M75:** 1 KJARTAN Solvberg NOR 8.44; 2 PAULEN Robert USA 8.21; 3 KATAJA Reino FIN 8.11; **M80:** 1 NIEMINEN Jaakko FIN 8.12; 2 KORPI Samuli FIN 8.08; 3 REUTER Wolfgang GER 6.35; **M85:** 1 SAINIO Aatos FIN 7.33; 2 JARVINEN Matti FIN 5.66; **M90:** 1 KOPPINEN Ilmari FIN 3.81; **W35:** 1 BORISOVA Tatiana RUS 12.15; 2 BUSUIOC Nicoleta ESP 12.10; 3 WITTEVEEN Solange ARG 11.93; **W40:** 1 WALLINHEIMO Kaisa FIN 10.83; 2 LAAKSO Paula FIN 10.38; 3 PETERSONE Laila LAT 10.38; 8 RICHARDSON Lesley 7.30; **W45:** 1 KREPKINA Valentyna UKR 10.94; 2 FINNEGAN Geraldine IRL 10.17; 3 LAMBERTE Ingrida LAT 9.66; **W50:** 1 BISKUP Marianna POL 10.61; 2 SEILLAC Catherine FRA 10.14; 3 JURJ sca ITA 9.88; **W55:** 1 ZAHKNA Sirjes EST 8.40; 2 BRAKANESKA Dace LAT 8.33; 3- CASANOVAS Lluisa ESP 7.82; **W60:** 1 BARTOSIK Ewa POL 8.87; 2 KOKKONEN Terhi FIN 8.44; 3 DAHLER Margartha SUI 7.87; 6 HOWARTH Grete 5.70; **W65:** 1 RASCHKER Phil USA 8.76; 2 KUKKA Anna Maija FIN 8.18; 3 OAKES Patricia 7.04; **W70:** 1 HOLDER Iris 7.15 (**BR**); 2 HOLMBERG Varpu FIN 5.80; 3 SCHICKERT Lynne AUS 5.46; **W75:** 1 BORTIGNON Christa CAN 7.21; **W80:** SOPANEN Senni FIN 4.34; **W90:** KOTELKO Olga CAN 3.35;

SP:

M35: 1 DITTMAR Andy GER 18.05; 2 NISSINEN Tomi Esko Tapa FIN 15.43; 3 SINGH Pakinder IND 15.12; 9 THURGOOD Stuart 13.02; 14 MAYFIELD Peter 10.76; **M40:** 1 DEGUTIS Gintas LTU 16.57; 2 FANARTZIS Imvrain GRE 16.03; 3 MANDLA Roland EST 16.01; **M45:** 1 HAMMARSTEN Thomas SWE 15.56; 2 ESKELINEN Arto FIN 14.69; 3 NICHOLLS John 14.42; 4 WHYTE Stephen 14.12; **M50:** 1 PETERSSON Bengt SWE 16.08; 2 HOFF Karl NOR 15.60; 3 JENSEN Tom O DEN 14.58; **M55:** 1 BELOUSOV Vladimir RUS 13.74; 2 WATTENBACH Roland GER 13.35; 3 HOLOPAINEN Veini FIN 13.22; **M60:** 1 LEHTI Antti FIN 15.04; 2 ARV Raimo EST 14.16; 3 TALPSEPP Lembit EST 13.72; **M65:** 1 HERMANN Axel GER 13.65; 2 JOUPLIA Matti FIN 13.43; 3 TORMA Ilmo FIN 12.83; **M70:** 1 HILDEN Esko Eerik FIN 13.47; 2 JOKINEN Usko FIN 12.98; 3 LEHTINEN Toivo FIN 12.94; **M75:** 1 KJARTAN Solvberg NOR 12.21; 2 HUCHTHAUSEN Lothar GER 12.16; 3 EDLUND Osten SWE 11.65; **M80:** 1 SAARINEN Leo FIN 12.98; 2 HELMINEN Simo FIN 11.42; 3 KIETAVAINEN Raimo FIN 11.05; **M85:** 1 NEVRUP Nilsbert SWE 9.53; 2 JARVINEN Matti FIN 7.23; **M90:** 1 AHVENJARVI Toimi FIN (**WR**) 9.68; 2 MAGNUSSON Axel SWE 6.69; **M95:** 1 SAUNAMAKI Ilmari FIN 6.54; 2 LONNROTH Helge FIN 6.32; **W35:** 1 HENTTONEN Minna FIN 12.35; 2 TREUDE Tanja GER 11.93; 3 KORO Kirsu FIN 11.29; 5 KELLY Louise 10.06; **W40:** 1 FRANCIS Geraldine TRI 12.52; HILDEBRANDT Carmen GER 11.43; 3 VERA Ana Carolina ARG 11.32; 7 LAWRENCE Sue 10.46; **W45:** 1 SMITH Gwendolyn TRI 12.27; 2 VASKA Asta FIN 11.73; 3 WELLER

Ellen GER 11.65; 8 FINNEGAN Geraldine IRL 10.07; **W50:** 1 MARGHIEVA Alexandra MDA (**WR**) 14.53; 2 KAY Marie D AUS 12.14; 3 ENGELHARDT Ulrike GER 11.65; 7 BARKER Hazel 9.94; 12 MOORE FOX Lucy IRL 8.21; **W55:** 1 MIHAELA Loghin ROU 13.93; 2 COTOLUPENCO Maria MDA 11.54; 3 SCHLOSSER Barbara GER 10.51; **W60:** 1 KERSULIENE Birute LTU 11.21; 2 BUFETOVA Tamara RUS 10.78; 3 KAZLAUSKIENE Genovaitė LTU 10.66; 5 THOMPSON Vilma 10.14; **W65:** 1 PUTINIENE Jadvyga LTU 10.25; 2 JAKOBSONE Maija LAT 9.69; 3 ALBRECHT Teodora GER 9.56; **W70:** 1 DANILOVA Tamara RUS 10.51; 2 WILLIAMS Evaun 9.98; 3 BOEKER Hella GER 9.25; **W75:** 1 VILCINSKIENE Algina LTU 9.41; 2 KAAS Leili EST 8.61; 3 KOVALENSKAYA Galina RUS 8.52; 8 CHAMPION Sheila IRL 5.15; **W80:** 1 HANSSSENS Rachel BEL 8.17; 2 HAPPP Christa GER 6.57; 3 SOPANEN Senni FIN 5.75; **W85:** BAKHOFF Hilja EST (**WR**) 7.32; **W90:** 1 KOTELKO Olga CAN 5.32; 2 WIXEY Mary 3.46;

WT:

M35: 1 TARVAINEN Tuomo FIN 17.19; 2 MURTASAARI Jussi FIN 16.50; 3 THURGOOD Stuart 16.13(**BR**); 10 MAYFIELD Peter 11.56; **M40:** 1 GLEIXNER Martin GER 15.85; 2 HEINAEUSO Jukka FIN 14.20; 3 TONIZZO Stephane LUX 14.02; **M45:** 1 WHYTE Stephen (**ER**) 16.70; 2 LEINDAHL Mikael SWE 16.32; 3 SUVAAL Ervin NED 15.48; **M50:** 1 LEINDERS Michel NED 18.41; 2 BOBRYSEV Victor RUS 18.05; 3 SINISAIRI Pekka FIN 17.94; **M55:** 1 MYLLYMAKI Jarmo FIN 16.38; 2 SACHSE Juergen GER 16.34; 3 VLASOV Anatoliy UKR 15.29; **M60:** 1 KANGAS Heikki FIN (**ER**) 20.85; 2 BAJRIC Mehmedalija BIH 18.09; **M65:** 1 VIERTBauer Heimo AUT 17.98; 2 ORN Antti FIN 17.88; 3 CAHNERS Robert USA 17.47; **M70:** 1 BURKE Ed USA 19.48; 2 ALBRECHT Hermann GER 19.25; 3 PALVAINEN Esko FIN 18.71; **M75:** 1 SPECKENS Peter GER 16.68; 2 EDLUND Osten SWE 15.70; 3 LEINO Raimo FIN 15.06; **M80:** 1 BENEK Zdenek CZE 14.26; 2 RZEHAAR Richard GER 13.76; 3 SAARINEN Leo FIN 13.19; **M85:** 1 JARVINEN Matti FIN (**WR**) 13.02; 2 LARSSON Bertil SWE 9.59; 3 LINDBERG Lars FIN 7.65; **M90:** MAGNUSSON Axel SWE 4.94; **M95:** LONNROTH Helge FIN 6.54; **W35:** 1 KORO Kirsu FIN 16.18; 2 SCHARDT Bettina GER 13.49; 3 SCRIBE Virginie FIN 13.28; **W40:** 1 MADEC Catherine FRA 15.00; 2 TONIZZO Mireille LUX 13.43; 3 RAGARU Laurence FRA 12.02; 4 LAWRENCE Sue 11.88; **W45:** 1 MIK Gonny NED 15.07; 2 VAN DIJK Ingrid NED 13.19; 3 HODEL Connie SUI 12.18; **W50:** 1 ENGELHARDT Ulrike GER 13.95; 2 WIDJESKOG Monica FIN 13.54; 3 MAKITORMA Liisa FIN 11.90; 5 MOORE FOX Lucy IRL 10.46; **W55:** 1 KARLSTROM Siv FIN 11.99; 2 JUNKER Christel GER 11.51; 3 ADLEROVA Alexandra CZE 10.86; **W60:** 1 TOMANEK Margarethe BEL 15.23; 2 THOMPSON Vilma 13.37; 3 DESCHAMPS Marie Madelei BEL 11.76; **W65:** 1 ALBRECHT Teodora GER 13.68; 2 VIITANEN Kirsti FIN 12.31; 3 HORN Marita GER 10.47; **W70:** 1 MELLMANN Gudrun GER (**ER**) 12.18; 2 BOEKER Hella GER (**ER**) 12.01; 3 KIRCHHOFS Irma GER 11.54; 8 DERRIEN Carole 8.61; **W75:** 1 MERJAMAA Irene FIN (**WR**) 10.93; 3 KOVALENSKAYA Galina RUS (**ER**) 10.67; 3 MIKOLA Eila FIN 10.12; **W80:** HANSSSENS Rachel BEL (**WR**) 9.44; **W85:** BAKHOFF Hilja EST (**WR**) 8.72; **W90:** KOTELKO Olga CAN (**WR**) 7.24;

PENT:

M35: 1 FRANCOIS Justin NED 3612; (8.40 / 9156.27 / 68813.18 / 7081.78 / 6443.02.06 / 657) ; 2 SOUZA Jefferson USA 3450 (8.51 / 8886.04 / 63711.92 / 6281.72 / 5932.57.30 / 704); 3 HUTTUNEN Mikko FIN 3290 (9.30 / 7135.94 / 61310.86 / 5621.78 / 6442.51.96 / 758); 12 CURRAN Patrick IRL 2569 (9.39 / 6945.08 / 4298.20 / 3961.51 / 4193.04.79 / 631); 16 RICHARDS Stuart 1652 (12.08 / 2415.10 / 4338.60 / 4201.45 / 3744.04.44 / 184); **M40:** 1 SUNNEBORN Mattias SWE (**WR**) 4316 (8.39 / 9947.04 / 97712.11 / 7241.90 / 7942.52.24 / 827); 2 ANDRES Stephan GER 3472 (8.88 / 8815.85 / 66813.46 / 7891.57 / 4963.11.53 / 638); 3 HORTAL Antonio ESP SPAIN 3383 (9.47 / 7526.14 / 7419.67 / 5311.81 / 7053.09.82 / 654); BAKER Nathan Robert 2711 (10.57 / 5395.21 / 5168.76 / 4711.63 / 5443.11.26 / 641); **M45:** 1 STEWENS Thomas GER (**WR**) 4066 (9.08 / 9175.66 / 70412.39 / 7831.75 / 7312.49.34 / 931); 2 DUEZ Jean Luc FRA 3781 (9.20 / 8916.28 / 8749.32 / 5581.69 / 6793.04.45 / 779); 3 ALLEN Ian 3687 (8.98 / 9396.08 / 8188.63 / 5081.75 / 7313.13.84 / 691); 7 SOSBORNE Derek 2694 (11.01 / 5374.94 / 5237.65 / 4371.48 / 4883.11.86 / 709); **M50:** 1 MAYOR John 3668 (9.29 / 9105.39 / 7259.60 / 5611.63 / 7053.14.03 / 767); 2 KOIDUSTE Aivar EST 3651(9.42 / 8815.08 / 6391.13 / 6701.66 / 7313.18.12 / 730); 3 VOGEL Martin Rupert GER 3557 (9.19 / 9324.85 / 57612.94 / 8001.63 / 7053.40.23 / 544); 12 POWELL Keith 2591 (10.96 / 5834.80 / 5638.97 / 5161.42 / 4963.55.12 / 433); **M55:** 1 RAJAMAKI Timo FIN 3955 (9.36 / 9795.66 / 91513.00 / 8831.51 / 6703.55.41 / 508); 2 RUEBEL Noel USA 3871 (9.84 / 8795.07 / 73210.81 / 7121.63 / 8033.25.66 / 745); 3 MAUKO Zdravko SLO 3654 (10.04 / 8395.04 / 7238.89 / 5631.54 / 7053.16.70 / 824); **M60:** 1 KERGAN Aavo EST 3814 (10.16 / 8724.68 / 71611.60 / 7571.42 / 6613.28.35 / 808); 2 HALLGRIMSSON Stefan ISL 3601 (10.96 / 7224.36 / 6150.75 / 6921.51 / 7673.28.66 / 805); 3 MERO Antti FIN 3514 (11.23 / 6734.89 / 78510.10 / 6431.39 / 6363.32.01 / 777); **M65:** 1 SUOMINEN Harri FIN 3988 (10.13 / 9694.40 / 73911.51 / 8301.51 / 8874.12.17 / 563); 2 GESE Rolf GER 3659 (12.73 / 5204.58 / 80211.42 / 8221.42 / 7673.47.00 / 748); 3 DIDIO Franz GER 3203 (12.13 / 6114.37 / 72711.66 / 8431.30 / 6274.38.72 / 395); **M70:** 1 MANKOVSKIS Janis LAT 3489 (12.25 / 6503.99 / 71310.09 / 7031.39 / 8594.28.05 / 564); 2 MOLJIK Valentin SLO 3468 (11.97 / 6943.78 / 63710.72 / 7551.42 / 8964.40.51 / 486); 3 UKHOV Valery RUS 3373 (10.65 / 9273.99 / 7139.55 / 6591.27 / 6964.59.36 / 378); **M75:** 1 SKRAMSTAD Knut Henrik NOR 3966 (11.61 / 8583.86 / 80210.75 / 8441.27 / 8224.37.00 / 640); 2 KJARTAN Solvberg NOR 3878 (12.69 / 6813.78 / 76912.07 / 9661.27 / 8224.37.03 / 640); 3 VILLANEN Osmo FIN 3801(12.01 / 7883.64 / 7099.44 / 7261.24 / 7764.12.80 / 802); 9 CAFFREY Ernest IRL 2563 (14.20 / 4663.45 / 6328.15 / 6091.12 / 6105.52.23 / 246); **M80:** 1 ANDRECS Hermann AUT 2589 (14.60 / 5473.01 / 5829.32 / 7831.06 / 6447.51.39 / 33); 2 FERNAEUS Axel SWE 1914 (19.64 / 842.68 / 4458.18 / 6721.09 / 6877.56.47 / 216); **M85:** BYGGMASTAR Kurt FIN 2724 (15.70 / 5992.35 / 4218.00 / 7541.03 / 7407.42.21 / 260); **W35:** 1 WITTEVEEN Solange ARG 3407 (9.15 / 9465.39 / 7448.57 / 4561.75 / 10163.15.06 / 245); 2 GUEST Rachel USA 3405 (9.35 / 9065.16 / 6748.70 / 4651.57 / 7952.41.44 / 565); 3 MEHTALA Anette FIN 2419 (11.09 / 5874.38 / 4517.71 / 3991.33 / 5022.49.29 / 480); **W40:** 1 DEL PRETE Sonia FRA 3838 (9.06 / 10825.11 / 75010.26 / 6201.54 / 8422.50.45 / 544); 2 SANZ Carolina CHI 3274 (9.76 / 9414.22 / 47410.30 / 6231.57 / 8913.11.07 / 345); 3 PIIR Mari EST 3094 (9.95 / 9064.44 / 53810.18 / 6141.36 / 6213.03.23 / 415); **W45:** 1 BAJEAT Petra FRA 4290 (9.10 / 10935.35 / 94310.37 / 6861.54 / 9532.51.46 / 615); 2 FINNEGAN Geraldine IRL 3764(9.79 / 9564.30 / 57610.54 / 7001.39 / 7472.36.58 / 785); 3 SCHULZ Romana GER 3549 (9.82 / 9504.67 / 6979.40 / 6101.42 / 7833.01.65 / 509); **W50:** 1 HEDEAGER Susanne DEN 3590 (10.95 / 8204.43 / 7159.71 / 6771.42 / 9033.13.98 / 475); 2 ESKILDSENMOELLER Kirste DEN 3354(10.70 / 8624.20 / 6317.96 / 5311.45 / 9413.23.83 / 389); 3 SAVOLAINEN Annika FIN 3080(11.64 / 7054.09 / 5928.60 / 5851.27 / 6783.09.10 / 520); 6 HARDCASTLE Janice 2336(12.46 / 5783.13 / 2907.02 / 4541.21 / 5993.20.69 / 415); **W55:** 1 FILER Carole 4071(10.38 / 9954.48 / 8507.47 / 5451.42 / 10293.04.78 / 652); 2 HANSCOM Rita USA 3933(10.61 / 9544.41 / 8228.74 / 6591.30 / 8303.03.21 / 668); 3 HOPPIE Carla USA 3243(13.47 / 5123.61 / 5149.08 / 6901.30 / 8303.00.39 / 697); **W60:** 1 KOKKONEN Terhi FIN 4022(10.61 / 10373.86 / 7158.40 / 7021.24 / 8553.09.08 / 713); 2 KRAEHE Waltraud GER 3764 (11.27 / 9253.75 / 6718.07 / 6681.18 / 7593.06.29 / 741); 3 DAHLER Margartha SUI 3384(11.39 / 9043.56 / 5929.27 / 7881.12 / 6663.40.34 / 434); **W65:** 1 RASCHKER Phil USA (**WR**) 4713(10.62 / 11234.18 / 10077.55 / 6961.30 / 11193.16.30 / 768); 2 RUUSKANEN Sirkkaliisa FIN 3169(13.25 / 7083.14 / 5276.28 / 5571.18 / 8913.48.65 / 466); 3 OAKES Patricia 2492 13.92 / 6163.03 / 4827.05 / 6411.06 / 6785.02.50 / 75); **W70:** 1 SAUER Erika GER 3710(13.48 / 7713.52 / 8377.28 / 7611.06 / 8184.03.57 / 523); 2 TOMILOVA Nelli RUS 3109(14.47 / 6393.08 / 6175.53 / 5461.09 / 8794.16.87 / 428); 3 MATHES Karin GER 2734(15.29 / 5382.84 / 5087.26 / 7591.00 / 7014.50.81 / 228); **W75:** BORTIGNON Christa CAN 4355; **W90:** KOTELKO Olga CAN 2326

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4x200:

M35: 1 RUSSIA 1:31.56; 2 UNITED STATES OF AMERICA 1:33.98; 3 FINLAND 1:40.58;
M40: 1 GERMANY 1:35.32; 2 ITALY 1:37.87; 3 GREAT BRITAIN & NI (APPIAH Joe -
 NEWTON Keith - BAKER Nathan Robert - EDWARDS Neal) 1:39.59; **M45:** 1 UNITED
 STATES OF AMERICA 1:37.04; 2 FINLAND 1:38.80; 3 FRANCE 1:39.58; **M50:** 1 GREAT
 BRITAIN & NI (POWELL Keith - LEWIS Bob - GUEST Paul - TUNSTALL Neil) 1:41.11;
 2 FRANCE 1:41.52; 3 RUSSIA 1:44.00; **M55:** 1 FINLAND 1:42.58; 2 GREAT BRITAIN &
 NI (FRANKLYN Waiwyn - ELDERFIELD David - NOVELL Victor - SMART Eric)
 1:43.31; 3 GERMANY 1:46.47; **M60:** 1 FRANCE 1:51.64; 2 FINLAND 1:51.82; 3 ITALY
 1:55.18; **M65:** 1 GERMANY 1:54.61; 2 FINLAND 2:03.81; 3 UNITED STATES OF
 AMERICA 2:05.34; **M70:** 1 GERMANY 1:56.31; 2 FINLAND 1:58.02; 3 RUSSIA 2:11.68;
M75: 1 GERMANY 2:06.14; 2 FINLAND 2:13.79; 3 GREAT BRITAIN & NI (FIELD Colin -
 KIMBER Arthur - MILLS Rodney - BOWMAN Anthony) 2:14.17; **M80:** FINLAND
 2:32.15; **M85:** FINLAND (WR) 3:04.61; **W35:** 1 GREAT BRITAIN & NI (WILLIAMS Cathryn
 - HUBBARD Julia - BURROWS Tracy - RUDDOCK Elena) 1:51.29; 2 UNITED STATES
 OF AMERICA 1:52.14; 3 LATVIA 1:53.89; **W40:** 1 FINLAND 1:56.96; 2 RUSSIA 2:00.09;
 3 SPAIN 2:00.73; 4 GREAT BRITAIN & NI (RICHARDSON Lesley - PIDGEON Jane -
 BARKER Hazel - PRITCHETT Bernadine) 2:17.94; **W45:** 1 GERMANY 1:49.89;
 2 FINLAND 1:58.42; 3 AUSTRALIA 2:09.05; **W50:** 1 FINLAND 2:01.15; 2 GREAT BRITAIN
 & NI (HARDCASTLE Janice - LAWSON Jan - TAWNEY Susie - MCCLELLAND Averil)
 2:03.19; 3 RUSSIA 2:07.12; **W55:** 1 GREAT BRITAIN & NI (TRIMBLE Joan - FILER
 Carole - HORDER Jane - POWELL Caroline) 1:58.33; 2 SWEDEN 2:17.61; 3 FINLAND
 2:17.79; **W60:** 1 GREAT BRITAIN & NI (WEST Moira - NELSON Anne - HITCHMOUGH
 Agnes - FAIL Jean) (WR) 2:11.52; 2 AUSTRALIA 2:17.56; 3 FINLAND 2:19.14; **W65:**
 1 GER MANY 2:18.90; 2 FINLAND 2:29.82; **W70:** 1 GERMANY 2:41.17; 2 GREAT
 BRITAIN & NI (FRASER Dorothy - STRACEY Betty - OSBORNE Eva - HOLDER Iris)
 2:45.75; 3 FINLAND 3:01.41; **W75:** FINLAND 4:12.80;

3000W:

M35: 1 MAGLIULO Vincenzo ITA 12:16.30; 2 MARTIN Francisco ESP 12:46.73;
 3 PUPYSHEV Andrey RUS 12:57.67; **M40:** 1 DEGTYARENKO Viacheslav RUS 12:57.95;
 2 KOLLMORGEN Stuart AUS 13:41.19; 3 CACIA Salvatore ITA 13:47.93; **M45:** 1 ARENA
 Walter ITA (IR) 13:02.11; 2 PERIANEZ Miguel ESP 13:19.73; 3 GNAUCK Dick GER
 13:55.30; 11 ROBERTS Alan 18:31.06; **M50:** 1 DONAHOO Mark AUS 13:55.43; 2 NASO
 Andrea ITA 14:02.24; 3 BOGAERT Dirk BEL 14:21.21; 4 MURPHY Patrick IRL 14:26.75;
M55: 1 KISELEV Mikhail RUS 14:47.94; 2 LYZHIN Sergey RUS 14:54.30; 3 ZHYRKOV
 Pavlo UKR 14:57.01; 8 ALLEN Steve 15:48.76; 12 SMITH Gary 17:22.81; **M60:**
 1 BROCHOT Patrice FRA 14:15.85; 2 RICHARDS Ian 14:21.07 (BR); 3 HALL John
 14:22.57; **M65:** 1 JAMIESON Andrew AUS (WR) 14:39.77; 2 MCMULLIN John IRL
 16:20.73; 3 RABATEL Fernand FRA 16:49.24; **M70:** 1 JOBIN Marcel CAN 16:34.25;
 2 PALMAR Ants EST 16:34.51; 3 VAINIKKA Einari FIN 17:01.91; 5 PENFOLD Ronald
 17:22.36; **M75:** 1 JORDANA Alexis FRA 17:31.55; 2 IRBE Zigurds LAT 17:36.98;
 3 NOKELA Aaro FIN 18:11.32; 8 WILL Norbert 20:51.69; **M80:** 1 HYVOLA Viljo FIN
 21:15.72; 2 PUSHKIN Ivan UKR 22:01.30; 3 TAMMINEN Matti FIN 22:08.94; **M85:**
 1 CIESIELSKI Guenter GER 22:00.31; 2 HOKKANEN Taavi FIN 27:18.14; 3 ANISIMOV
 Andrei RUS 31:23.65; **W35:** 1 FRISENBRUDERE Baiba LAT 16:37.95; 2 TOIA Katia ITA
 17:47.92; 3 MOTTONEN Minna FIN 17:54.14; **W40:** 1 LILAND Hanne NOR 16:35.06;
 2 MOMBELLI Roberta ITA 16:48.50; 3 MEDEIROS Sara BRA 17:15.91; **W45:**
 1 KOKORINA Irina RUS 16:17.48; 2 ZEIDLER Brigitte GER 18:29.59; 3 GLOMBITZA Silke
 GER 18:41.49; 4 MCKENZIE Roz 19:01.86; 7 GORMLEY Anne 1963 W45 IRL 19:35.61;
W50: 1 TEREITYEVA Natalia RUS 16:14.28; 2 PAMART Odile FRA 16:16.19;
 3 COCHEREAU Veronique FRA 16:16.77; **W55:** 1 VENTRIS Lynette AUS (WR) 14:51.24;
 2 MARCENCO Natalia ITA 16:42.58; 3 WHEELER Ann 16:44.03; 4 HOWARD Judy
 17:54.57; **W60:** 1 CARR Heather AUS 16:05.95; 2 BLATCHFORD Noel 17:50.96;
 3 VIHINEN Anneli FIN 17:52.70; **W65:** 1 KARETIE Pirjo FIN 19:06.51; 2 KLING Ursula GER
 20:27.61; 3 BLUME Rosina GER 21:32.37; **W70:** 1 TULINIEMI Ritva FIN 21:00.51;
 2 GRINBERTE Vera LAT 21:38.06; 3 GIRARDS Rosa GER 21:38.20; **W75:** 1 LECLERC
 Denise FRA 21:33.93; 2 ALEKSYEYeva Lyusya UKR 21:34.66; 3 LAURILA Hanna FIN
 24:55.45.

OUTDOOR EVENTS

DT:

M35: 1-LOIKKANEN Mika FIN 48.25; 2-SIREN Sami FIN 45.41; 3-BOTTIER Gregory FRA
 44.33; 9-MAYFIELD Peter 34.47; **M40:** 1-RYYTI Teppo FIN 47.15; 2-KORKEASALO Kari
 FIN 33.75; 3-OLKKONEN Juha FIN 33.33; **M45:** 1-AKERLUND Johan-FIN 44.89;
 2-QUERNER Heiko-GER 43.82; 3-JAAKKOLA Pekka-FIN 41.15; 5-WHYTE Stephen 34.31;
M50: 1-JENSEN Tom O-DEN 49.33; 2-LEINDERS Michel NED 48.34; 3-HIETALA Juha
 FIN 45.86; **M55:** 1-PRISHVALKO Victor RUS 42.84; 2-KANANEN Tapani FIN 41.28;
 3-HOLOPAINEN Veini FIN 40.04; **M60:** 1-GRYIC Milos CZE 50.55; 2-TALPSEPP Lembit
 EST 46.24; 3-MYLLYKANGAS Heikki FIN 46.00; **M65:** 1-DIDIO Franz GER 42.80;
 2-DAHLE Knut NOR 41.86; 3-KORPIKOKKO Timo FIN 41.71; **M70:** 1-TURVANEN Into FIN
 38.20; 2-PLUECKER Guenter GER 37.65; 3-TARKKIO Veikko FIN 37.28; **M75:**
 1-SPECKENS Peter GER 40.69; 2-EDLUND Osten SWE 39.64; 3-TUOVINEN Kaarle FIN
 35.27; **M80:** 1-HELMINEN Simo FIN -32.85; 2-HARALDSSON Sigurdur ISL -29.38;
 3-SAARINEN Leo FIN -28.67; **M85:** 1-JARVINEN Matti FIN 23.50; 2-LARSSON Bertil SWE
 20.24; **M90:** 1-MAGNUSSON Axel SWE 13.61; **M95:** 1-LONNROTH Helge FIN 14.16;
 2-SAUNAMAKI Ilmari FIN 11.82; **W35:** 1-SCHARDT Bettina GER 42.24; 2-MAGALI Martin
 FRA 37.06; 3-KERANEN Saija FIN 27.70; **W40:** 1-KELHETTER PION Daniel FRA 47.98;
 2-STOLT Silke GER -39.13; 3-SILTOVUORI Kai FIN -39.13; 5-LAWRENCE Sue 34.92;
W45: 1-CHERNYAVSKAYA Olga RUS 44.14; 2-VAN DIJK Ingrid NED 36.91; 3-KIVISTO
 Jaana FIN 33.66; **W50:** 1-MARGHIEVA Alexandra MDA 38.65; 2-ENGELHARDT Ulrike
 GER 37.64; 3-JANINA Lapienienne LTU 36.42; **W55:** 1-COTOLUPENCO Maria MDA 35.51;
 2-SCHLOSSER Barbara GER -26.47; 3-JOYE Carine BEL -25.87; **W60:** 1-TOMANEK
 Margarethe BEL 29.74; 2-BUFETOVA Tamara RUS 27.50; 3-DESCHAMPS Marie Madelei
 BEL 25.42; **W65:** 1-JAKOBSONE Maija LAT 28.03; 2-KLOTZMANN Elisabeth AUT 21.76;
 3-PUTINIENE Jadvyga LTU 20.64; **W70:** 1-DANILOVA Tamara RUS -29.08; 2-BOEKER
 Hella GER 26.64; 3-ILLGEN Karin GER 23.83; 5-DERRIEN Carole 18.77; **W75:**
 1-KOVALENSKAYA Galina RUS 21.26; 2-SATSI Asta EST 20.91; 3-VILCINSKIENE Algina
 LTU 19.76; **W80:** 1-HANSSSENS Rachel BEL 18.93; 2-BAUMANN Ruth GER 17.04;
 3-HAPP Christa GER 13.91; **W85:** 1-BAKHOF Hilja EST 14.83; 2-PLUEGER Ilse GER
 12.94; **W90:** 1-KOTELKO Olga CAN 12.49; 2-WIXEY Mary 7.62 (BR);

JAVELIN

M35: 1-VALLEALA Riku FIN 65.85; 2-LEIVONEN Harri FIN 61.68; 3-CUEVAS Oscar ESP
 61.26; 13-MAYFIELD Peter 42.95; 14-RICHARDS Stuart 39.45; **M40:** 1-FANARTZIS
 Imvraim GRE 54.40; 2-KUZNIK Pascal FRA 53.56; 3-FRANCIS Rick TRI 47.66; **M45:**
 1-ANTTONEN Mikko FIN 59.28; 2-SUOMALAINEN Jari FIN 57.74; 3-KITTILA Ari FIN
 55.47; **M50:** 1-SUOMALAINEN Timo-FIN 66.01; 2-TAKKUNEN Seppo FIN 58.69;
 3-JENSEN Tom O DEN 58.48; **M55:** 1-PAUL Reinhold GER 54.77; 2-HALONEN Jouni FIN
 47.76; 3-SAUNAMAKI Sauli FIN 45.16; **M60:** 1-KIURU Esa-FIN 55.69; 2-KEMPPAINEN
 Teuvo FIN 48.77; 3-KORTESLUOMA Hannu FIN 47.80; **M65:** 1-KUUTTI Esko FIN 48.06;
 2-BYKOV Alexander RUS 45.53; 3-HESSERT Helmut GER 44.94; **M70:** 1-KOSIKOV
 Anatoly RUS 46.82; 2-HONKANEN Kalevi FIN 46.64; 3-TENHU Jouni FIN 46.02; **M75:**
 1-HUCHTHAUSEN Lothar GER 42.60; 2-NIEMELA Paavo FIN 41.72; 3-SKRAMSTAD Knut
 Henrik NOR 35.49; **M80:** 1-KIETAVAINEN Raimo FIN 30.89; 2-POUTIAINEN Heino SWE
 26.25; 3-KAUTTO Seppo FIN 26.14; **M85:** 1-LARSSON Bertil SWE 22.62; 2-LINDBERG
 Lars FIN 14.60; **M90:** 1-MAGNUSSON Axel SWE 11.50; 2-PAUWELS Emiel BEL 11.13;
M95: 1-LONNROTH Helge FIN 14.89; 2-SAUNAMAKI Ilmari FIN 14.29; **W35:**
 1-LUOKKANEN Mia FIN 38.59; 2-TALJAARD Wanda RSA 36.38; 3-LUTZ Petra GER
 31.66; **W40:** 1-FRANCIS Geraldine TRI 41.00; 2-PELTOLA Mia FIN 30.47; 3-VARJO Eila

FIN 29.85; 5-LAWRENCE Sue 25.50; **W45:** 1-SMITH Gwendolyn TRI 41.59; 2-TOLONEN
 Mervi FIN 37.33; 3-KOJALOVICA Ilona LAT 33.95; 6-FINNEGAN Geraldine IRL 30.99;
W50: 1-HERLEVI Heli FIN 40.48; 2-MARGARETA Anton ROU 35.43; 3-VEPSALAINEN
 Sirpa FIN 30.30; **W55:** 1-ADLEROVA Alexandra CZE 28.90; 2-PULKKINEN Merja FIN
 24.15; 3-YLI HALLILA Elisa FIN 21.03; **W60:** 1-SPOTAKOVA Ludmila CZE 26.66;
 2-PERKINS Wilma AUS 23.70; 3-HYNNYNNEN Aija Riitta FIN 19.36; **W65:** 1-FRANCKX
 Magda BEL 28.65; 2-OJALA Aivi FIN 23.88; **W70:** 1-WILLIAMS Evaun 31.08; 2-BOEKER
 Hella GER 28.55; 3-ERIKSON Helvi EST 21.94; **W75:** CHAMPION Sheila IRL 8.01; **W80:**
 1-HAPP Christa GER 17.78; 2-HANSSSENS Rachel BEL 16.31;

HT:

M35: 1-TARVAINEN Tuomo FIN 58.07; 2-THURGOOD Stuart 56.43; 3-TOURUNEN Jani
 FIN 52.47; 10-MAYFIELD Peter 32.16; **M40:** 1-HEINAESUO Jukka FIN 52.76;
 2-GLEIXNER Martin GER 51.17; 3-TONIZZO Stephane LUX 50.41; **M45:** 1-WHYTE
 Stephen 54.63; 2-LEINDAHL Mikael SWE 51.47; 3-SUVAAL Ervin NED 47.22; **M50:**
 1-LEINDERS Michel NED 54.24; 2-BOBRYSEV Victor RUS 52.51; 3-JENSEN Tom O
 DEN 52.10; **M55:** 1-NOLUVEAU Lucien FRA 50.37; 2-MYLLYMAKI Jarmo FIN 47.64;
 3-SACHSE Juergen GER 47.29; 11-COOLEY Ian 33.60; **M60:** 1-KANGAS Heikki FIN
 60.44; 2-BAJRIC Mehmedalija BIH 52.30; 3-TALPSEPP Lembit EST 46.84; **M65:** 1-ORN
 Antti FIN 49.30; 2-VIERTBAUER Heimo AUT 49.20; 3-MAKIAJALA Reima FIN 43.79;
M70: 1-ALBRECHT Hermann GER 51.25; 2-BURKE Ed USA 51.24; 3-PALVIAINEN Esko
 FIN 46.14; **M75:** 1-SPECKENS Peter GER 40.01; 2-AKULOV Valentin RUS 37.91;
 3-EDLUND Osten SWE 37.59; **M80:** 1-SAARINEN Leo FIN 35.92; 2-BENEK Zdenek CZE
 35.59; 3-RZEHA Richard GER 34.86; **M85:** 1-JARVINEN Matti FIN 29.82; 2-LARSSON
 Bertil SWE 24.42; 3-LINDBERG Lars FIN 21.11; **M90:** MAGNUSSON Axel SWE 14.42;
M95: 1-LONNROTH Helge FIN 18.01; **W35:** 1-KORO Kirsji FIN 53.11; 2-SCHARDT Bettina
 GER 44.35; 3-SCRIBE Virginie FRA 42.58; **W40:** 1-MADEC Catherine FRA 45.28;
 2-RAGARU Laurence FRA 42.99; 3-TONIZZO Mireille LUX 40.20; 9-LAWRENCE Sue
 31.93; **W45:** 1-MIK Gonny NED 44.08; 2-HODEL Connie SUI 42.06; 3-VAN DIJK Ingrid
 NED 41.11; **W50:** 1-ENGELHARDT Ulrike GER 42.28; 2-WIDJESKOG Monica FIN 39.09;
 3-GALLEAZZI Sylvie FRA 38.94; **W55:** 1-ADLEROVA Alexandra CZE 36.68; 2-NEUMANN
 Jutta GER 34.31; 3-JUNKER Christel GER 34.11; **W60:** 1-TOMANEK Margarethe BEL
 38.27; 2-THOMPSON Vilma 35.32; 3-DESCHAMPS Marie Madelei BEL 33.57; **W65:**
 1-VITANEN Kirsti FIN 29.25; 2-ALBRECHT Teodora GER 29.00; 3-HORN Marita GER
 28.35; **W70:** 1-MELLMANN Gudrun GER 33.35; 2-ERIKSON Helvi EST 30.45;
 3-BOEKER Hella GER 30.42; 7-DERRIEN Carole 21.80; **W75:** 1-SATSI Asta EST 24.65;
 2-KOVALENSKAYA Galina RUS 24.62; 3-JUNGE Ingrid GER 24.56; **W80:** HANSSSENS
 Rachel BEL 22.96; **W85:** BAKHOFF Hilja EST (WR) 20.36; **W90:** KOTELKO Olga CAN
 12.69;

8k XC:

M35: 1-MUUKKONEN Petteri FIN 26:25; 2-BARTHEL Remo GER 27:35; 3-KOIVU Veli
 Heikki Piet FIN 27:43; **M40:** 1-CUADRILLERO Juan Antoni ESP 26:09; 2-BARDAVIO
 ATIENZA Julio ESP 26:31; 3-PARTANEN Marko FIN 26:40; 11-HARKER Ken 30:31; **M45:**
 1-GRENAA Poul DEN 28:47; 2-MEYER Steffen GER 28:52; 3-KULIKOV Petr RUS 28:58;
 21-ROBERTS Alan 38:37; **M50:** 1-PUENTE ANTON Jesus ESP 28:25; 2-ALEM Ahcene
 ALG 28:42; 3-CRITCHLOW Julian 28:53; **M55:** 1-BOROWSKI Krzysztof POL 30:22;
 2-MOYNIHAN Eugene IRL 30:36; 3-PIIROINEN Valde FIN 30:59; 15-MURRAY Andrew
 34:52; 18-PARKER Stephen 37:50; 22-SARGENT Rob 39:24; **M60:** 1-KRIVONOSOV
 Alexey RUS 30:58; 2-KHITERMAN Lev RUS 31:29; 3-VOGLER Reinhart GER 32:02;
 8-OLAND David 33:19; **M65:** 1-FIRSTOV Yury RUS 35:41; 2-OLLITERO Lauri FIN
 35:52; 3-NEWTON Geoff 36:02; 8-HEYWOOD John 39:28; **M70:** 1-SANDERY Peter AUS
 35:33; 2-LESSING Peter GER 35:46; 3-WALTER Albert GER 35:50; 31-GREEN Les
 1h03:39; **M75:** 1-BAGGIA Bruno ITA 42:21; 2-KIANDER Raino FIN 44:00; 3-MANNINEN
 Eino FIN 48:54; **M80:** 1-DERBEE Leon GER 51:02; 2-MATZNER Karel CZE 55:40;
 3-KATERINKO Petr RUS 58:14; **M85:** 1-SAUKKOSAARI Pentti FIN 1h01:39;
 2-HOKKANEN Taavi FIN 1h14:12; 3-DUMITRU Radu ROU 1h17:54; **W35:** 1-KULLBERG
 Sanna FIN 32:40; 2-PRILADNYKH Ekaterina RUS 33:29; 3-JARVELA Katja FIN 33:37;
W40: 1-LIVSON Matleena FIN 33:24; 2-COLL CONSTANS Mariagrac ESP 33:52;
W45: 3-HAIKALA Satu 34:02; 1-FIDDICK Victoria SWE 32:54; 2-RIDLEY Susan 33:08;
 3-RODRIGUEZ Piedad ESP 34:55; 4-PIDGEON Jane 35:25; 11-REID Jacqueline IRL
 43:22; **W50:** 1-SALMIJARVI Silja FIN 34:15; 2-LETTJOARVI Kaisa FIN 35:42; 3-TAWNEY
 Susie 36:15; 15-MARR Lynne 48:13; **W55:** 1-FISCHER Anne GER 36:41; 2-PAKKONEN
 Sirpa FIN 37:13; 3-TYNNKYNNEN Mirjam FIN 38:25; **W60:** 1-TABOR Rosalind 39:46;
 2-ROPPO Kerttuli FIN 40:38; 8-HITTUNEN Kristina FIN 41:15; **W65:** 1-KUMPLA Maija
 FIN 42:23; 2-SAARI Leena FIN 43:04; 3-ROST BRASHOLZ Gabriele GER 47:02; **W70:**
 1-JANHUNEN Inkeri FIN 42:31; 2-RASIMUS Riitta FIN 45:25; 3-OSBORNE Eva 51:09;
 4-STRACEY Betty 56:33; 5-CUSHEN Bridget 58:38; **W75:** 1-KAVTASKINA Nadezda LAT
 52:49; 4-KRUEGER Erika GER 58:40; **W80:** 1-HELFENSTEIN Ruth SUI 1:00:23; 2-FREI
 Lydia SUI 1:21:21;

TEAM RESULTS:

M35: 1 FINLAND 1h22:48.00 ; 2 GERMANY 1h27:10.00 ; 3 RUSSIA 1h45:37.00 ; **M40:**
 1 SPAIN 1h20:01.00 ; 2 FINLAND 1h26:19.00 ; 3 RUSSIA 1h27:51.00 ; **M45:** 1 FINLAND
 1h29:14.00 ; 2 GERMANY 1h36:27.00 ; **M50:** 1 FINLAND 1h29:36.00 ; 2 AUSTRIA
 1h31:27.00 ; 3 RUSSIA 1h32:26.00 ; **M55:** 1 UKRAINE 1h36:01.00 ; 2 RUSSIA
 1h38:44.00 ; 3 FINLAND 1h39:38.00 ; 4 GREAT BRITAIN & N/IRELAND 1h52:06.00;
M60: 1 RUSSIA 1h36:22.00 ; 2 FINLAND 1h38:14.00 ; 3 GERMANY 1h40:40.00 ; **M65:**
 1 FINLAND 1h49:52.00 ; 2 RUSSIA 1h52:10.00 ; 3 LATVIA 2h26:48.00 ; **M70:**
 1 GERMANY 1h48:53.00 ; 2 FINLAND 1h56:04.00 ; 3 RUSSIA 1h59:02.00 ; **M75:**
 FINLAND 2h26:48.00 ; **W40:** 1 FINLAND 1h43:49.00 ; 2 RUSSIA 1h57:10.00 ;
 3 GREAT BRITAIN & N/IRELAND 1h58:30.00 ; **W45:** GERMANY 2h03:12.00 ; **W50:**
 1 FINLAND 1h48:23.00 ; 2 GERMANY 1h58:15.00 ; **W55:** 1 FINLAND 1:54.46 ;
 2 GERMANY 2:09.87 ; 3 CZECH REPUBLIC 2:23.81 ; **W60:** FINLAND 2:03.76 ; **W65:**
 1 FINLAND 2:22.77 ; 2 LATVIA 2:48.44 ; **W70:** GREAT BRITAIN & N/IRELAND 2:45.80;

10k WALK:

M35: 1 MARTIN Francisco ESP 45:33; 2 PUPYSHEV Andrey RUS 45:37; 3 PINERA
 ALVAREZ Ruben ESP 47:34; **M40:** 1-DEGTYARENKO Viacheslav RUS 45.39;
 2 KOLLMORGEN Stuart AUS 48.07; 3 SIRAGUSA Gianni ITA 52.31; **M45:** 1 PERIANEZ
 Miguel ESP 46.33; 2 MEYER Steffen GER 49.12; 3 GNAUCK Dick GER 49.19; **M50:**
 1 NASO Andrea ITA 48.30; 2 DONAHOO Mark AUS 49.50; 3 MURPHY Patrick IRL 50.28;
M55: 1 KISELEV Mikhail RUS 52.09; 2 LYZHIN Sergey RUS 53.17; 3 PIO Alberto ITA
 53.56; 6 ALLEN Steve 54.46; 13 SMITH Gary 1h00:32; **M60:** 1 BROCHOT Patrice FRA
 49:54; 2 RICHARDS Ian 50:10; 3 HALL John 54:00; **M65:** 1 JAMIESON Andrew AUS
 52:04; 2 MCMULLIN John IRL 56.41; 3 RABATEL Fernand FRA 58.51; **M70:** 1 PALMAR
 Ants EST 56.46; 2 JOBIN Marcel CAN 57.39; 3 PENFOLD Ronald 59:25; **M75:**
 1 JORDANA Alexis FRA 1h01:12; 2 IRBE Zigurds LAT 1h04:29; 3 PANASEIKO Mykola
 UKR 1h05:23; 6 STEVENS David 1h10:29; 7 WILL Norbert 1h13:10; **M80:** 1-HYVOLA Viljo
 FIN 1h14:37; 2 PUSHKIN Ivan UKR 1h15:46; 3 TAMMINEN Matti FIN 1h21:49; **M85:**
 1 CIESIELSKI Guenter GER (WR) 1h16:12; 2 HOKKANEN Taavi FIN 1h31:05; **W35:**
 1 FRISENBRUDERE Baiba LAT 1h04:59; 2 MOTTONEN Minna FIN 1h03:09;
 3 JAKUBOVSKA Aiva LAT 1h04:08; **W40:** 1-IGLESIAS Pilar Amelia ESP 52.42;
 2 MOMBELLI Roberta ITA 57.43; 3 LILAND Hanne NOR 58.40; **W45:** 1 KOKORINA Irina
 RUS 56:10; 2 ZEIDLER Brigitte GER 1h04:19; 3 GORMLEY Anne IRL 1h05:32;
 8 MCKENZIE Roz 1h09:42; **W50:** 1 TEREITYEVA Natalia RUS 56.35; 2 PAMART Odile
 FRA 56.58; 3 COCHEREAU Veronique FRA 57.07; **W55:** 1 VENTRIS Lynette AUS (WR)
 49:59; 2 MARCENCO Natalia ITA 57.36; 3 WHEELER Ann 1h00:34; 4 HOWARD Judy
 1h01:39; **W60:** 1 CARR Heather AUS 55.23; 2 BLATCHFORD Noel 1h02:16; 3 GROLIG
 Dorothea AUT 1h03:57; **W65:** 1 KARETIE Pirjo FIN 1h10:15; 2 KLING Ursula GER
 1h10:24; 3 BLUME Rosina GER 1h14:26; **W70:** 1-HERRENDOERFER Ursula GER

MASTERS ATHLETICS SUMMER 2012.

1h13:22; 2 GRINBERTE Vera (I) LAT 1h13:48; 3 LEBIEDIEVA Larysa UKR 1h14:08; **W75:** 1 LECLERC Denise FRA 1h11:56; 2 ALEKSYEYeva Lyusya UKR 1h16:53; 3 LAURILA Hanna FIN 1h29:15;
TEAM RESULTS: 1 SPAIN 2h23:36; 2 FRANCE 2h54:58.00; 3 RUSSIA 2h57:56.00; **M40:** 1 AUSTRALIA 2h32:51.00; 2 FINLAND 2h43:28.00; 3 AUSTRIA 2h46:04.00; **M45:** 1 GERMANY 2h28:47.00; 2 LATVIA 2h51:11.00; **M55:** 1 GREAT BRITAIN & N/IRELAND 2h45:28.00; 2 GERMANY 2h46:14.00; 3 RUSSIA 2h46:24.00; **M60:** 1 FRANCE 2h46:21.00; 2 FINLAND 2h53:11.00; 3 GERMANY 3h01:45.00; **M65:** 1 FRANCE 3h09:17.00; 2 FINLAND 3h19:13.00; 3 LATVIA 3h21:27.00; **M70:** 1 GREAT BRITAIN & N/IRELAND 3h23:04.00; 2 UKRAINE 3h23:59.00; 3 LATVIA 3h31:19.00; **M80:** FINLAND 3h58:42.00; **W35:** 1 LATVIA 3h08:17.00; 2 HONG KONG-CHINA 3h22:45.00; 3 FINLAND 3h40:24.00; **W40:** 1 LATVIA 3h21:28.00; 2 AUSTRIA 3h49:26.00; **W45:** 1 RUSSIA 3h04:54.00; 2 GREAT BRITAIN & N/IRELAND 3h11:55.00; 3 GERMANY 3h17:51.00; **W50:** FRANCE 2h53:06.00; **W55:** FINLAND 3h35:05.00; **W60:** 1 RUSSIA 3h40:39.00; 2 GERMANY 3h42:57.00; **W65:** GERMANY 3h38:12.00;

HALF MARATHON

M35: 1 STRUYVEN William FRA 1h08:52; 2 MUUKKONEN Petteri FIN 1h09:25; 3 KOIVU Veli Heikki Piet FIN 1h12:21; **M40:** 1 CUADRILLERO Juan Antoni ESP 1h08:14; 2 PARTANEN Marko FIN 1h11:55; 3 CALDERONE Salvatore ITA 1h12:04; 9 HARKER Ken 1h18:31; **M45:** 1 FONTANEDA Francisco Jay ESP 1h10:48; 2 FRIARI Lauri FIN 1h14:20; 3 KULIKOV Petr RUS 1h14:56; 27 SMITH Paul 1h32:18; 30 ROBERTS Alan 1h37:42; **M50:** 1 ALEM Ahcene ALG 1h16:07; 2 KYKKANEN Seppo FIN 1h17:22; 3 GIGL Manfred AUT 1h17:23; 8 DEAKES Kevin 1h19:51; 10 DOXEY Steven 1h21:13; **M55:** 1 NEDYBALIUK Viktor UKR 1h17:33; 2 LOMPERI Kari FIN 1h18:52; 3 DERKACH Mykola UKR 1h19:30; 11 HENRY Chris 1h25:22; 16 MURRAY Andrew 1h29:27; 23 PARKER Stephen 1h37:13; 25 SARGENT Rob 1h38:16; **M60:** 1 MCLINDEN Andrew 1h20:13; 2 KUNINGAS Kauko FIN 1h21:28; 3 TLEMISOV Biyeby KAZ KAZAKHSTAN 1h22:21; **M65:** 1 DEMARQUE Jean Claude 1h28:36; 2 NEWTON Geoff 1h28:58; 3 FIRSTOV Yury RUS 1h29:58; 8 HEYWOOD John 1h44:02; **M70:** 1 ESNAULT Jean Louis FRA 1h36:35; 2 SACCA' Carmelo ITA 1h36:45; 3 TAIASSALO Keijo CAN 1h41:37; 17 GREEN Les 2h42:03; **M75:** 1 KIANDER Raimo FIN 1h46:32; 2 BAGGIA Bruno ITA 1h49:55; 3 LINNA Heikki FIN 2h09:58; **M80:** D ERBEE Leon GER 2h22:30; **W35:** 1 KULLBERG Sanna FIN 1h22:20; 2 PRILADNYKH Ekaterina RUS 1h24:26; 3 JARVELA Katja FIN 1h24:29; **W40:** 1 NIKITINA Svetlana RUS 1h24:26; 2 CAMPAGNARO Moira ITA 1h25:37; 3 HALONEN Niina FIN 1h27:41; **W45:** 1 CASTRO Maria Soledad ESP 1h22:53; 2 JAASKELAINEN Anne FIN 1h23:13; 3 VINCI Donatella ITA 1h24:14; 16 REID Jacqueline IRL 1h54:10; **W50:** 1 RAMOS Marisol ESP 1h24:02; 2 CARSON Sherry CAN 1h29:39; 3 OIKARINEN Kati FIN 1h33:50; **W55:** 1 FISCHER Anne GER 1h32:44; 2 TYNKKYNNEN Mirjam FIN 1h35:27; 3 NURMI Seija FIN 1h35:56; **W60:** 1 VAQUERO SANCHEZ Emilia ESP 1h33:16; 2 MANKKI Hellevi FIN 1h39:49; 3 HYOTYLAINEN Marjalisia FIN 1h51:55; **W65:** 1 SAARI Leena FIN 1h45:02; 2 KOSONEN Leena FIN 1h48:49; 3 ROST BRASHOLZ Gabriele GER 1h56:42; **W70:** RASIMUS Riitta FIN 1h54:08; **W75:** 1 KAVTASIKINA Nadezda LAT 2h19:52; 2 KRUEGER Erika GER 2h25:57; **W80:** KIRSCH Zdenka GER 2h43:28; **TEAM RESULTS:** **M35:** 1 FINLAND 3h36:24.00; 2 SPAIN 3h53:50.00; 3 FRANCE 3h55:36.00; **M40:** 1 FINLAND 3h40:15.00; 2 RUSSIA 3h41:13.00; 3 GREAT BRITAIN & N/IRELAND 4h28:31.00; **M45:** 1 SPAIN 3h44:53.00; 2 FINLAND 3h48:54.00; 3 GERMANY 4h17:07.00; **M50:** 1 FINLAND 3h59:54.00; 2 RUSSIA 4h02:56.00; 3 GREAT BRITAIN & N/IRELAND 4h19:20.00; **M55:** 1 UKRAINE 3h56:57.00; 2 FINLAND 4h06:43.00; 3 RUSSIA 4h09:32.00; 4 GREAT BRITAIN & N/IRELAND 4h32:02.00; **M60:** 1 FINLAND 4h08:41.00; 2 GERMANY 4h30:32.00; 3 RUSSIA 4h31:36.00; 4 GREAT BRITAIN & N/IRELAND 4h33:13.00; **M65:** 1 RUSSIA 4h44:10.00; 2 FINLAND 5h23:13.00; **M70:** 1 RUSSIA 5h16:18.00; 2 FINLAND 5h21:04.00; **W35:** FINLAND 4h15:44.00; **W40:** 1 RUSSIA 4h22:29.00; 2 FINLAND 4h32:34.00; **W45:** 1 SPAIN 4h14:35.00; 2 FINLAND 4h36:02.00; 3 GERMANY 6h06:29.00; **W50:** 1 FINLAND 4h52:24.00; 2 GERMANY 5h09:25.00; **W55:** FINLAND 4h47:25.00; **W60:** FINLAND 5h28:14.00;

MEDAL TABLE:

1	FINLAND	105	103	104	312
2	GERMANY	59	57	57	173
3	GREAT BRITAIN & NI	40	43	36	119
4	FRANCE	35	21	19	75
5	RUSSIA	27	24	21	72
6	UNITED STATES	26	25	11	62
7	CANADA	22	3	2	27
8	NETHERLANDS	19	8	10	37
9	SWEDEN	17	17	10	44
10	AUSTRALIA	17	14	7	38
23	IRELAND	3	6	2	11

While going through these World Indoor results, I was struck by the number of events in which the number of competitors was two or less. Although I would be the first to agree that it would be unreasonable, for competitors not to be awarded medals given the massive expense involved travelling to these games. In addition it is logical to assume that these competitors have worked just as hard as all the others to achieve medal potential.

However, I wonder if it would be logical to assume that such results should not be recorded in the medal tables, or indeed if medal tables should be included at all.

Well out of interest I scanned the results as far as the top 20 nations were concerned, and if you eliminate medals from the events where only two athletes competed. It does make a big difference to totals, host nation Finland retain first place in the table but their total would be reduced by 50 medals. Second placed in Germany would lose 18 from their total. Whilst third place Britain, would be just six medals down.

France, Russia and the USA retain their places and their medal tally would only slightly be reduced.

Canada and Sweden would be the big losers dropping out of the top 10 altogether, being replaced by Spain and Italy

REVISED MEDAL TABLE:

1	FINLAND (1)	70	88	104	262
2	GERMANY (2)	52	46	57	155
3	GREAT BRITAIN (3)	38	39	36	113
4	FRANCE (4)	34	19	19	72
5	RUSSIA (5)	25	24	21	70
6	UNITED STATES (6)	25	24	11	60
7	SPAIN (-)	20	15	17	52
8	NETHERLANDS (8)	19	8	10	37
9	AUSTRALIA (10)	17	14	7	38
10	ITALY (-)	11	21	15	47

In addition I also totally agree with Bridget Cushen, championships of this scale should not be held on a track with only four lanes.

It is widely accepted in the sport that once having fought your way through the rounds, it is extremely difficult to win a Gold medal from the Lanes one and two in 200 and 400 metres. Whilst in fact it is common practice for lanes one and two not to be used in a single lap races in open meetings where the 200 metres is still run.

This unwillingness for runners to use inside lanes is the reason why the 200 metres has been removed from all International Championships, other than Masters.

Although it is a problem that largely affects the one and two lap competitors, distance people are not really affected other than the fact that fewer competitors should not be allowed in finals. It would be sound advice to avoid Four Lane and flat tracks as used in Canada.

A point that annoys me somewhat is the Indoor Weight as it appears again to have been held in a tent (That's surely outdoors!). Indoor Hall managements do not like heavy weights crashing down on their floors, unless they have a custom made throwing hall attached. So why try and host an Indoor Weight, move it outside.

EDITOR.

B.M.A.F. PENTATHLON, OXFORD, 17th JUNE,

M35: 1 Darren Dods-SCVAC-2864 (6 27-688, 38 49-427, 24 54-681, 32 96-532, 5-6 77-5360; 2 Steven Davey-SCVAC-2674 (5 45-506, 44 33-513, 26 10-550, 34 79-569, 5-06 81-5360; 3 Mark Bushell-SCVAC-2528 (6 15-661, 38 98-434, 24 99-641, 29 66-466, 5-48 68-326); 4 Steve Wren-NVAC-2436 (5 83-589, 33 48-354, 25 55 594, 25 61-386, 5-11 04-513); 5 Peter Mayfield-SCVAC-2368 (5-40, 384-37 25-409, 27 01-480, 35 18-577, 5-10 14-518); 5 Graham Lay-SWVAC-1731 (4 64-341, 50 83-610, 29 22-327, 29 03-453, DNF);

M40: 1 Lee Parrott-SWVAC-2569 (5 08-487, 38 30-465, 27 35-517, 31 57-559, 5-18 58-541); 2 Darran Lee Askew-NVAC-2061 (4 69-404, 36 61-439, 26 93-549, 36 52-669, DNF); 3 Geoff Butler-OPEN-1782 (4 63-390, 26 35-280, 30 28-319, 22 61-365, 5-40 73-428);

M45: 1 Richard Buckingham-VAC-2846 (5 47-655, -34 63-450, 25 69-717, 33 15-663, 6-10 43-361); 2 Adrian Haines-SCVAC-2769 (5 15-574, 27 80-336, 27 10-603, 19 45-337, 4-28 15-919); 3 Derek Osborne-WMAA-2636 (5 03-546-32 44-413, 28 01-535, 26 02-491, 5-12 01-651); 4 Mark Gray-EVAC-2339 (4 64-451, 30 88-387, 27 85-547, 16 68-274, 5-06 89-680); 5 Steve

Mayfield-EVAC-2243 (4.53-427, 24.32-278, 28.19-521, 20.29-356, 5-10.14-661); 6 Alan Easey-VAC-2230 (5.04-548, 23.31-262, 27.35-584, 20.14-353, 5-43.89-483); 7 Wm McKeever-USA-2096 (4.58-439, 29.37-362, 25.51-733, 0.00-0, 5-28.30-562);

M50: 1 Allan Leiper-SCVAC-3035 (4.99-615, 41.55-604, 26.44-727, 39.47-671, 6-13.66-418); 2 John Dickinson-SCVAC-2636 (4.92-595, 28.88-377, 27.07-676, 21.39-307, 5-20.60-681); 3 Ken Moncrieff-SVHC-2583 (4.73-546, 30.34-402, 27.60-635, 30.50-487, 5-53.14-513); 4 Andrew Smerdon-OPEN-2493 (4.44-471, 28.02-362, 26.44-727, 19.82-277, 5-25.06-656); 5 Keith Powell-WMAA-1584-(0.00-0, 24.14-294, 27.60-635, 27.19-421, 7-0.94-234);

M55: 1 Clement Leon-SCVAC-2680 (4.71-624, 23.01-310, 27.61-707, 22.55-368, 5-37.58-671); 2 Brian Matthews-VAC-2601 (4.42-542, 27.41-394, 28.02-676, 22.03-357, 5-45.19-632); 3 Peter Morgan-VAC-1663 (4.01-433, 23.20-314, 33.33-325, 20.21-318, 7-09.10-273); 4 Rashpal Singh-MMAC-911 (4.51-567, NT-0, 33.00-344, 0.00-0);

M60: 1 Kristian Lundby-MMAC 2840 (4.53-668, 35.09-583, 31.85-482, 33.81-582, 6-25.68-525); 2 Adrian Essex-SCVAC 2741 (4.52-666-20.05-276, 27.88-764, 24.06-378, 5-57.42-657); 3 John Howard-SCVAC 2504 (3.90-479, 27.26-421, 31.81-485, 32.20-548, 6-15.52-571); 4 Brian Williamson-WMAA 2178 (4.19-563, 22.87-332, 30.08-600, 21.75-331, 7-08.00-352);

M65: 1 Derek Wardle-VAC-3011 (4.53-783, 25.33-436, 30.60-648, 24.46-434, 6-05.63-710); 2 Lawrie Dunn-MMAC-2793 (4.07-626-26.91-472-31.64-578, 24.67-439, 6-12.35-678);

M70: 1 John Ross-SCVHC 3311 (3.93-691, 32.62-691, 31.31-699, 26.93-552, 6-36.02-678); 2 David Haines-SCVAC 2767 (4.05-736, 20.72-386, 33.78-539, 21.61-418, 6-33.73-688);

M75: Tony Bowman-NVAC 2819 (3.67-723, 24.02-551, 31.13-836, 17-377, 8-45.21-332);

M80: - Cliff Taylor-VAC-2304-(2.88-527, 20.41-539, 42.56-343, 20.95-552, 9-37.45-343);

W35: Maria Henry-OPEN-1198-(23.42-97, 1.33-502, 7.31-372, 3.46-227, 0.00-0);

W40: Amanda Wale-WMAA-3101 (13.30-746, 1.33-577, 9.01-529, 4.53-565, 2-38.02-684);

W45: 1 Charmain Johnson-VAC-3546 (13.13-931, 1.36-701, 9.81-642, 4.71-712, 2-56.57-560); 2 Sue Van Huyssteen-OPEN 2887 (16.26-515, 1.30-621, 6.49-383, 4.04-492, 2-29.30-876); 3 Monica Brown-EVAC 2577 (16.44-494, 1.36-701, 6.48-382, 4.39-603, 3-13.59-397);

W50: 1 Gaye Clarke-EVAC 3604 (13.43-878, 1.39-855, 8.23-554, 4.38-697, 2-59.07-620); 2 Lesley Willis-MMAC 3105 (14.78-689, 1.21-599, 7.67-507, 4.14-612, 2-51.73-698); 3 Christine Feely-EVAC 2077 (19.79-176, 1.21-599, 5.99-370, 2.81-204, 2-49.01-728);

W55: Fiona Argent-VAC 1864 (21.82-162, 1.03-439, 6.42-451, 3.15-359, 3-26.21-453);

W60: Sally Hine-MMAC 2940 (16.17-708, 1.15-712, 6.31-495, 3.34-506, 3-29.94-519);

19th May



4 Smith, Sullivan ENG M35-3 43:13.0; 25 Bardsley, Ben ENG M40-7 45:32.0; 42 Carty, Neil IRL M45-4 46:42.4; 45 Roberts, Mark ENG M50-7 46:50.5; 57 Bryson, Robin IRL M50-47:29.0; 58 Taylor, Brendon ENG M35-16 47:31.0; 73 Rogan, Paul ENG M40-18 48:15.5; 100 Deegan, Jonathan ENG M45-28 49:20.2; 109 Foley, Sean IRL M50-22 49:41.1; 124 Blackburn, Thomas IRL M45-35 50:18.7; 134 Normandale, Andrew ENG M55-6 50:32.2; 144 Cunningham, Michael IRL M45-37 50:53.0; 153 Alexander, David ENG M40-41 51:11.9; 188 Ryan, Keith IRL M45-48 52:11.2; 274 Ridley, Susan F45-3 54:46.5; 313 Booth, Pete ENG M60-22 55:55.9; 326 White, Helen IRL F45-6 56:25.0; 341 Walton, Brian ENG M55-26 57:01.8; 351 McGreevy, Dominic IRL M55-28 57:20.5; 369 Patterson, Samuel James IRL M65-7 57:51.5; 386 Kelly, John IRL M35-47 58:16.6; 398 Ford, Martin ENG M65-8 58:39.6; 416 Mccoy, Jim ENG M45-92 58:56.5; 421 Herington, Steve ENG M60-36 59:02.7; 462 Evans, Richard WAL M65-12 1:00:04.1; 488 Greenan, Mags IRL F50-6 1:00:40.6; 495 Tones, Francis ENG M55-46 1:00:50.9; 530 Buchanan, Hugh SCO M50-101 1:01:43.6; 552 Cornyn, Michael IRL M50-103 1:02:13.4; 575 Taylor, Kenneth ENG M65-20 1:02:52.1; 577 Tones, Elizabeth ENG F50-13 1:03:00.1; 589 McLaughlin, Hazel IRL F35-16 1:03:24.4; 590 Bell, David IRL M50-110 1:03:24.9; 591 2427 m Kühl, Hartmut TV 03 Breitenbach M45 124 516 1:03:26.5

592 2011 m Allenbach, Jean-Martin Rohan Athlétisme Sav... M60 53 517 1:03:26.9; 613 Davies, Susan ENG F45-17 1:03:49.0; 616 Sallier, Vanessa IRL F40-23 1:03:55.6; 651 Greenan, Seamus IRL M50-116 1:05:14.4; 656 Sandford, Anne IRL F45-20 1:05:21.5; 668 Melling, Zoe IRL F40-25 1:05:44.4; 683 Fitzsimons, Deirdre IRL F40-27 1:06:20.8; 710 Kendall, Charles ENG M55-77 1:07:12.2; 721 Bell, Peter IRL M55-78 1:07:29.8; 778 Buckle, Kenneth ENG M70-13 1:09:49.5; 795 Stewart, Elaine F55-16 1:10:22.8; 810 Brown, William John IRL M55-87 1:11:03.1; 27 Roberts, Alan British Masters M45-160 1:11:40.6; 838 Roberts, Phil ENG M65-30 1:12:26.3; 869 Buck, Lindsay ENG F50-33 1:14:16.4; 894 Channing, Paul ENG M55-97 731 1:15:20.8; 928 Blackburn, callanan, Patricia IRL F45-35 1:17:40.3; 946 Burn, Christine ENG F55-24 1:19:40.8; 948 Burn, Robert ENG M55-106 1:19:41.6; 969 Wikeley, Alan Frederick ENG M65-40 1:22:24.4; 995 Graves, Brian ENG M70-29 1:30:36.6; 1000 Duffy, Peter ENG M75-19 1:33:29.3;

2012 IAU 100K World and European Championships - 22nd April Seregno Italy WMA, EVAA Cahmpionships.

MEN:

1 DI CECCO ALBERICO M35-1 ITA 6:40:30; 2 CUEVAS ETTCHETO ASIER M35-2 ESP 6:44:54; 3 COLLET ANDRÉ M40 1 GER 6:45:48; 4 TYAZHKOROB IGOR M40-2 RUS 7:00:48; 5 DILMI LUDOVIC M45-1 FRA 7:03:29; 6 SZYMANDERA PAWE M35-3 POL 7:04:12; 7 IZMAILOV ALEXEJ M40-3 RUS 7:06:07; 8 SOMMER MICHAEL M45-2 GER 7:09:55; 9 ROMERO LUDISVINDO M40-4 ESP 7:11:40; 10 ORÁLEK DANIEL M40-5 CZE 7:13:47; 11 FATATIS VALERIO M35-4 ITA 7:36:34; 12 MERTENS GERT M45-3 BEL 7:37:19; 13 MASSARENTI PAOLO M40-6 ITA 7:38:07; 14 PAOLETTI NERINO M45-4 ITA 7:39:11; 15 MORAWETZ HUBERT M40-7 AUT 7:40:25; 16 FERNANDES FERNANDO M50-1 POR 7:42:03; 17 COLLINS MICHAEL M45-5 IRL 7:43:14; 18 ELWART ROMAN M35-5 POL 7:46:58; 19 VANDERLINDEN MARC M50-2 BEL 7:52:20; 20 GRATZL KARL M40-8 AUT 7:52:44; 21 BARANZINI DANIELE M40-9 ITA 7:55:56; 22 SCOLA DANIELE M45-6 ITA 8:02:39; 23 BERGMANN HEINZ-PETER M45-7 AUT 8:14:30; 24 PIROTTA MARIO M50-3 ITA 8:16:24; 25 BARICHELLO GASTONE M50-4 ITA 8:17:49; 26 BARBUGIAN RENZO M45-8 ITA 8:18:06; 27 KARLSEN OLE M45-9 DEN 8:18:35; 28 GUZOWSKI DARIUSZ M40-10 POL 8:20:18; 29 RYMASHEUSKI M55-1 BLR 8:25:43; 29 VAILATI ALAN M40-11 ITA 8:30:22; 30 HARTL HERBERT M50-5 AUT 8:30:57; 31 NAVITSKI IHAR M40-12 BLR 8:32:02; 32 UZOLS AIVARS M45-10 LAT 8:37:52; 33 RECCHI MIRCO M35-6 ITA 8:38:16; 34 KORANDA RAINHARDT M45-11 AUT 8:39:38; 35 WAKONIG WALTER M40 13 AUT 8:40:33; 36 COSTANTINI FABIO M50-6 ITA 8:41:23; 37 WEBB RICHARD M55-2 CAN 8:42:26; 38 CARONI FRANCESCO M35-7 ITA 8:43:33; 39 BAUMANN JÜRGEN M55-3 GER 8:45:32; 40 ALVAREZ SAINZ RAMON M50-7 ESP 8:45:56; 41 NILOLAS ADAM M55-4 GER 8:46:39; 42 O'REGAN JOHN M40-14 IRL 8:51:28; 43 TALLARITA ANTONIO M50-8 ITA 8:54:26; 44 FEDELE GIORGIO M40-15 ITA 8:57:16; 45 TRETTO LIVIO M55-5 ITA 9:04:37; 46 TALVITIE TAPIO M50-9 FIN 9:10:03; 47 BORDONI CARLUCCIO M60-1 ITA 9:23:56; 48 BIGNOTTI MASSIMO M35-8 ITA 9:30:52; 49 SOTO CONDE JOSE M35-9 ESP 9:32:18; 50 TROVATO GIANNI M50-10 ITA 9:32:49; 51 DESTEFANI STEFANO M40-16 ITA 9:36:56; 52 EGGENREICH GERHARD M45-12 AUT 9:37:18; 53 MANZOLI WILLIAM M45-13 ITA 9:39:00; 54 VOLPATO ANDREA M40-17 GSA 9:40:00; 55 FOLLI GIANBATTISTA M45-14 ITA 9:41:15; 56 OHME RUDI M60-2 AUT 9:41:51; 57 HOFFMANN NORBERT M70-1 GER 9:43:02; 58 RIEMANN ERNST M55-6 GER 9:44:01; 59 FRIGURA VASILE M45-15 ITA 9:44:20; 60 FLAMINI ANTONIO M60-3 ITA 9:46:09; 61 SUBORINS VIKTORS M60-4 LAT 9:49:33; 62 SEISER WALTER M60-5 GER 9:51:29; 63 ŠROUBEK VLASTIMIL M50-11 CZE 9:56:19; 64 BAZZANA LUCIO M55-7 ITA 10:02:42; 65 ZANNI MASSIMO M55-8 ITA 10:04:56; 65 PULICI MAURIZIO M50-12 ITA 10:10:56; 66 TALIANI MASSIMO M50-13 ITA 10:14:22; 67 CARLINI WILLIAM M60-6 ITA 10:15:22; 68 LODI LODOVICO M40-18 ITA 10:15:45; 69 BERTUCCIO ALBERTO M40-19 ITA 10:16:29; 70 MARTORANO RAFFAELE M40-20 ATLETICA AMATORI LAURIA 10:16:54; 71 EIGNER LEOPOLD M50-14 AUT 10:18:15; 72 LORENTI MARIO M55-9 ITA 10:23:46; 73 ALLOCCA GIUSEPPE M60-7 ITA 10:25:50; 74 BRESCIANI STEFANO M45-16 ITA 10:27:47; 75 SALVITTI GIAN PIETRO M45-17 ITA 10:27:47; 76 ROMEO ADAMO M65-1 ITA 10:28:44; 77 ROMANO DOMENICO M65-2 ITA 10:34:21; 78 CAPONETTO ANTONINO M75-1 ITA 10:40:43; 79 ZINGARO LORENZO M35-10 ITA 10:40:45; 80 IGNATIUS ANTERO M65-3 FIN 10:50:37; 81 MARIANI PAOLO M45-18 ITA 10:57:05; 82 GIAMMANCO MICHELE M60-8 ITA 11:06:20; 83 GRILLO FORTUNATO M50-15 ITA 11:07:53; 84 FEDERICI NICOLA M45-19 ITA 11:08:10; 85 MURA TEODORO M40-21 ITA 11:11:02; 86 BOCCHI FABRIZIO M40-20 ITA 11:13:18; 87 CALZOLAI DAVID M45-21 ITA 11:13:18; 88 BERETTA MAURIZIO M45-22 ITA 11:26:09; 89 CONTE VINCENZO M50-16 ITA 11:27:48; 90 VEGA MALAGON GENARO M50-17 MEX 11:30:51; 91 GAMBAIANI MAURO M45-23 ITA 11:42:57; 92 IADEMARCO NICOLA M55-10 ITA 11:45:08; 93 TELI EMILIO M65-4 ITA 11:45:34; 94 MARCOLONGO ROBERTO M65-5 ITA 11:56:09;

WOMEN:

1 SPROSTON AMY F35-1 USA 7:34:08; 2 ARBOGAST MEGHAN F50-1 USA 7:41:52; 3 SMITH PAM F35-2 USA 7:43:04; 4 KUDO MAMI F45-1 JAP 7:48:05; 5 ZANARDI MARINA F40-1 ITA 7:58:07; 6 MARIN FRANCESCA F35-3 ITA 8:03:53; 7 RUSHTON KAREN F40-2 GBR 8:22:18; 8 ORSENIGO ROBERTA F45-2 ITA 8:23:27; 9 SMITH CAROLYN F45-3 USA 8:32:15; 10 SIMS ELENA F40-3 ITA 8:33:09; 11 STRIEDNIG ULRIKE F50-2 AUT 8:39:35; 12 STRÄBER REGINA F40-4 AUT 8:49:50; 13 CASIRAGHI MONICA F40-5 ITA 8:54:01; 14 HEIML ALEXANDRA F35-4 AUT 9:06:47; 15 ZANTEDESCHI CRISTINA F45-4 ITA 9:07:01; 15 ZECCHINO LUISA F40-6 ITA 9:19:23; 16 DI VITO LORENA F45-5 ITA 9:20:08; 17 HOFFMANN SIGRID F45-6 GER 9:20:57; 18 BANG HELGA F45-7 DEN 9:35:43; 19 BEDNOSKY ANNETTE F45-8 USA 9:47:40; 20 NEMEKOVA MARTINA F45-9 CZE 10:22:32; 21 VIGGIANI ANNA F50-3 ITA 10:33:46; 22 ELS ANNEGARN F55-1 NED 11:20:36; 23 CAVAZZA LORENA F55-2 ITA 11:27:48; 24 ARDAU ALESSANDRA F45-10 ITA 11:34:19;



Women and men 65 plus start: Pic:TOM PHILLIPS



Men 35-64 start: Pic:TOM PHILLIPS

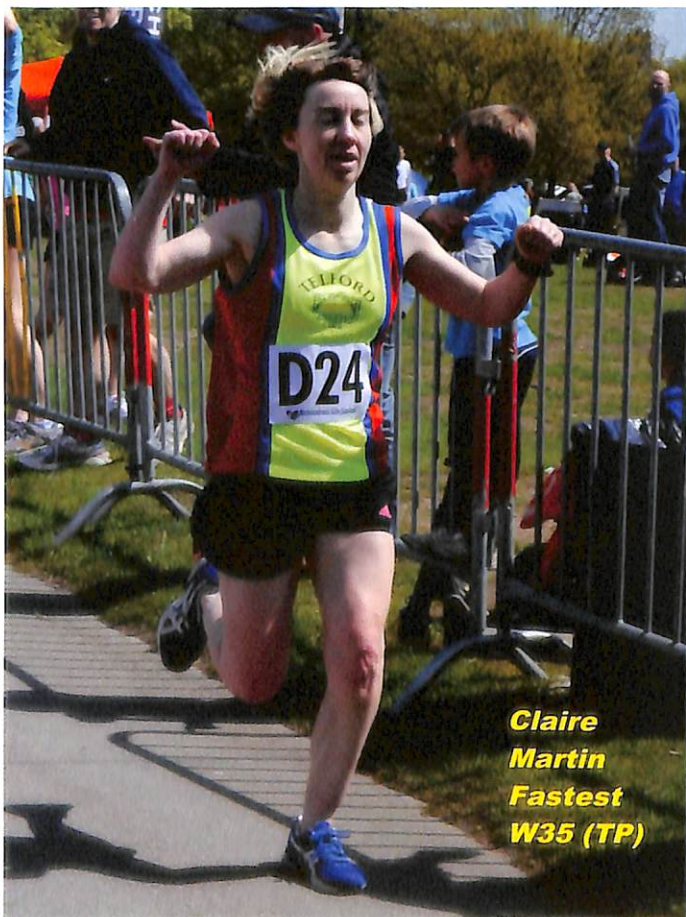
Report by Steve Smythe of Athletics Weekly. Pictures: Tom Phillips & Jeremy Hemming.

As ever Sutton Park provided some top class competition. It wasn't consistent over all the age groups and there were still complaints about the men's age group changes introduced last year. The depth was also a bit disappointing in some races but every race produced quality individual performances across the board on a dry but cool and breezy afternoon.

W35-44 race

The W35s trailed the W45s for the first two legs and the standard was down on past years as Telford retained their title with the slowest ever winning time, some four minutes down on their 2011 effort.

Ruth Watchorn Rice of Staffordshire Moorland's led home the W35s on leg one with a 18:06 as Telford were only 15th overall and 9th W35 team. Birchfield through Clare Grice (18:09), and Bristol's Clare Stevenson followed on 18:14. Second overall, Bristol moved into the W35 lead after two legs with Kim Whitlock returning a 19:51 but the advantage was just 11 seconds as Michelle Clarke moved Telford into contention with the fastest second leg of 18:27. Staffs Moorlands through Ruth Goreham's 20:29, were in bronze, 48 seconds up on Charnwood.



**Claire
Martin
Fastest
W35 (TP)**

Kate Ramsey holds the all time W35 record of 16:09 which she set in 2005, and now a W45 and not in the shape of her peak, she was still good enough running out of age group to scythe through the field and her 18:13 was almost a minute faster than any other woman of any age managed on this leg and she took the overall lead and went to the head of the W35s.

With Bristol stopping after two legs, Telford through Amanda Dalkins, came in 21 seconds adrift of Charnwood after a 19:41 leg which maintained the advantage over Staffs Moorland, for whom Debbie Hope ran a 19:42. The medals looked to be between the three as Blackpool were over two minutes back.

Those 19 seconds Charnwood had were never going to be enough on the final leg and Masters international cross-country winner Clare Martin soon caught and passed Clare McKittrick. Her 17:23 won the W35 fastest lap award with ease, though only surpassed the top W45 time by five seconds. "I was delighted we won as we were missing Kim Fawke this year but I probably went out a little too fast and I found it hard once I got in front," said Martin.

McKittrick lost a minute but was still second fastest on the leg with 18:27 while Staffs Moorland's Kerry Marchant was third best on 18:49 and ensured comfortable bronze medals. Biggleswade led the other dozen W35s in, almost four minutes back.



**Clare
Elms
Fastest
W45
(TP)**

W45 -54 race

The British W45 1500m record holder Clare Elms sat in on the leading W35s for most of the first mile before pushing on during the second and trying to forge a clear lead. Her 17:28 leg easily stood up as the day's quickest W45 run. Fourth overall, the former UK 10,000m champion Zara Hyde Peters ran 18:12 and that was the nearest any W45 would come to the Dulwich Runners' time. Another former

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International Marina Stedman, put Windsor Slough and Eton in the bronze medal position with 18:56. Angela Copson brought Morthampton in sixth with a 20:02, despite now being in the W65 category.

On leg two, Ola Balme, who like Elms had been in Dulwich's winning W35 team from 2010, retained most of the overall lead and also found it hard so far in front and timed 20:01 which gave Dulwich a minute lead over Windsor, for whom Dee Smale timed 19:36 and they were half a minute up on Bristol, Coventry and Thames Hare and Hounds, who were all within two minutes of the leaders. Derby's Tracey Greenway, who advanced 28 places overall, was the fastest W45 on leg two, with 18:46.

Dulwich thought they may have got it tactically wrong as inexperienced at this level, Angela Oritsejafor set off with four faster W45 runners in hot pursuit. However, though three W35s passed her, Oritsejafor held on for W45 gold with an individual time of 21:01, a minute up on what past form suggested. She needed it too though as former World 5000m record holder Paula Fudge closed the gap to 20 seconds with a 20:18 as Windsor went a place better than last year. Three other teams including defending champions Bristol and West with Claire Joliffe's 19:57 in third Jayne Mumford's 20:12 for Coventry and Pippa Major's 20:03 for Thames Hare and Hounds all closed on the leaders and it resulted with the top five all finishing within a minute and all bettering last year's winning time, despite inferior conditions. Jane Coker's 19:21 for Les Croupiers was the fastest W45 time on this leg and that moved up 14 places overall.



**Daphne
Ellmore
W55 (TP)**

W55 -64 race & W65 +race

The W55 mirrored the W45 rather than the W35 in quality as the first six beat last year's winning time.

Wolds Vets were always in control thanks to Daphne Ellmore's opening 19:44 which gave the age group record holder her fourth fastest leg award in the last six years. Behind Ellmore came 1978 Commonwealth 3000m champion Ann Ford (20:26), who running for Redhill, was not part of a full team. Thus effectively in silver medal position was Bath's multi masters UK road record holder Zina Marchant (20:47) followed by World Masters W60 cross-country champion Ros Tabor (21:06), who was running against doctors orders due to a leg injury but was keen not to let her team down. No one in the W55 age group went quicker than the first three here.

Wolds Vets retained their lead on leg two through Barbara Brown's 22:42 but Margaret Thompson, the wife of former European and Commonwealth champion Ian Thompson, who herself set a UK marathon record in 1975, brought Bath closer with a 22:05. Dot Fellows with 22:14 brought Cannock into a distant third, though Les Croupiers, Rotherham, Westbury (for whom Shirley Hulme ran the fastest on this leg of 21:57), Dulwich and Blackheath were all close enough to still be in the medal hunt.

On the final leg, Masters international regular Jane Morley successfully widened the lead for Wolds with a 20:55 clocking, the quickest W55 on leg three. Bath with Lindsay Dow's 22:41, finished two minutes back. The major excitement came in third as Cannock were missing a final leg runner. Les Croupiers' Welsh masters international Edwina Turner had a minute in hand over Dulwich's Claire Steward as she set off. Steward, who was in the W55 record setting team in 2008 and won the W60 London Marathon title and a half-marathon in Stratford the week before, when the marathon was cancelled, found some late speed with a 21:16 and caught Turner (22:31) on the final hill to snatch bronze by three seconds. Les Croupiers did though win the W65 golds, as the only team to finish with Annie Conroy's 26:34 being the fastest.

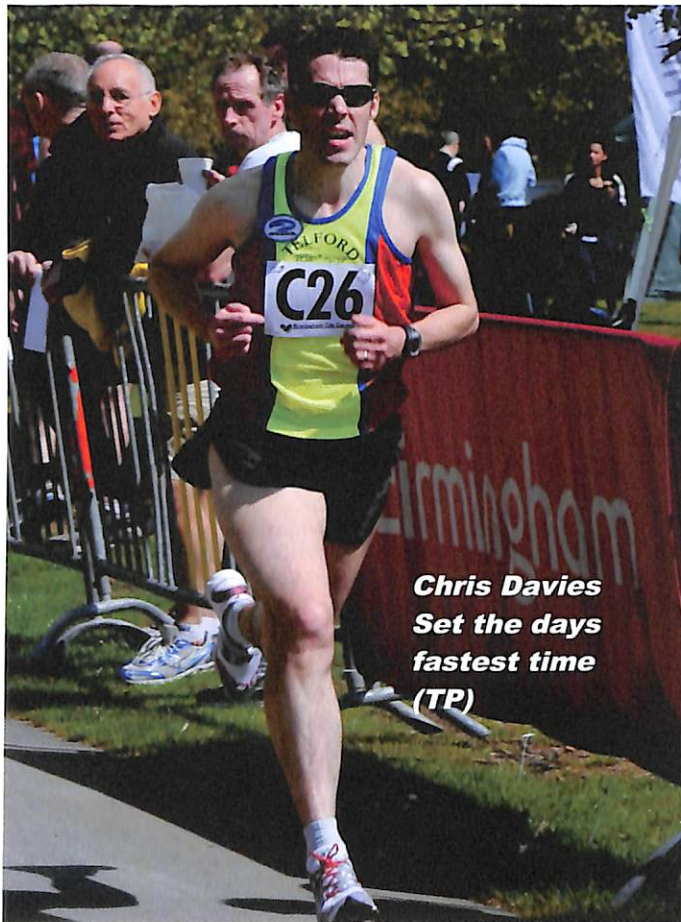
M35 -44 race

In the men's race two hours later, Highgate Harriers won the eight stage M35 event. Fourth last year, they started gently and were 35th overall after leg one through Chris Bailey's 17:23. They advanced gradually from 20th with Alex Davidson's 16:56 to eighth through Richard Scott's 15:31, then seventh for Duncan Burbidge's 16:00 and fifth with Chris Beacham's 16:11. They had saved their best runners until the end though and on leg six, Henry Dodwell with the equal fastest leg of 15:33 moved them into a medal position though they were a minute off the lead held by Ronhill Cambuslang. Ben Pochee with a 14:56 though shot into a clear lead and then cross-country international Ben Noad, in his first Masters event, ran a solo 14:59 to give them a 51 second winning margin over the Scottish club. As in the women's event, the 45s led in the 35s and it was M35 lap record holder Martin Cox who led in the M35s (in third overall) for Salford with a 15:19 with Royal Sutton Coldfield and Morpeth holding the other medal positions at this stage.

On leg two, Salford retained the lead through Dave Lockett's 16:03 though Les Croupiers and Wells closed up with sub-16 efforts and Chris Cobbold's 15:46 for the Welsh club and Jon James' 15:54 were the best on the leg. Salford kept the lead on leg three through Eric Crowther's 16:49 but Birmingham's Martin Matthews closed to within 11 seconds with a 15:58 while Les Croupiers held third. The fastest leg though on leg three, and indeed overall, went to another former top international Chris Davies of Telford, who was another making his Masters debut. The 28:37 10km performer was primarily there to support his wife Amanda in

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the winning W35 team, and short of speed after having a break from running over the winter, his 14:41 was easily the day's fastest. The former postman, who shot past 27



**Chris Davies
Set the days
fastest time
(TP)**

runners, is looking forward to regaining fitness over the summer.

At the halfway stage Salford still held a narrow lead, this time of 13 seconds thanks to Ian Jackson's 16:29 but Ronhill Cambuslang's Mart McLaughlin's 15:43 had moved them into contention and excitingly Birmingham, Wells (Adrian Marriott's 15:12 being the leg's fastest), Thames Hare and Hounds and winners Highgate were all within or around a minute of the lead.

Salford retained the lead on leg five through Michael Grace's 15:59 as Ron Hill Cambuslang stayed in touch with Jamie Reid's 16:05.

Former Cycling national champion Gethin Butler was the quickest on this leg for Preston with a 15:38. Salford dropped to fourth on leg six as Ron Hill Cambuslang went ahead with Robert Gilroy's 15:33 which was the equal fastest with Highgate's Dodwell. Highgate had too much firepower on the last two legs where Pochee and Noad were easily fastest and Ron Hill Cambuslang and Salford retained their medal positions on the last two legs with Steve Wylie's 15:29 being the best of the rest for the Scottish club on leg seven and England international Andy Morgan Lee's 15:15 being the next best on leg eight as Thames moved up to fifth just behind Preston.

M45 -54 race

For the first three legs it was Leicester Coritarians' M45 team who dominated proceedings against the younger M35 runners. As they retained their title, their 1:37:48 was a

record of sorts, bettering Oxford City's 1999 M50 mark by just under a minute.

Gordon Lee won the overall opening leg from fellow M45 Paul Ward in the day's fastest M45 time of 15:13 to Ward's 15:19. Blackheath and Bromley, through M50 England international Keith Ewing were almost a minute back in third on 16:12.



**Gordon
Lee
fastest
M45
(TP)**

Rob Sheen, with 16:30 actually lost the overall lead on leg two but he opened up the M45 race lead by over a minute as Telford dropped back but retained second and Bingley closed up in third. The fastest on the leg was Dulwich's Tony Tuohy who advanced 28 places overall with a 16:28 clocking.

Gareth Deacon's 16:16 not only put Leicester back ahead of the M35s but at the halfway point they had well over two minutes in hand over the next in their age group and that was easily the best M45 effort on the leg. Telford held second while up to third was Bristol. Their third runner was actually a M60, but a good one as double

Olympian Nick Rose, who can boast a 13:20 5000m PB timed 17:14, which is significantly quicker than any M60 ran in the M55 race.

Also moving through was another runner of the past Dave Beaver of Dulwich, who timed 17:08. Beaver had been second in the Junior National back in the 70s and is less than a year into a serious comeback.

Leicester moved further away on leg four through Derek Guess's 17:00 and the gap was now three and a half minutes on Bristol for whom Masters track star Dave Bedwell moved them up to second. John Atyeo's 16:40 was the fastest on the leg as he moved Oxford into medal contention.

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Leicester kept the lead at over three minutes thanks to a notable run from Tommy Hughes on leg five. Hughes, was the fastest M50 in London (where he beat all the M45s) and had been inside 2:30 at Belfast again just five days before his 16:09 leg here.

Alec Woods with 15:52 for Bristol and John Richardson's 15:56 for Oxford were even faster and were the best on the leg.

Leicester Danny Keating's 16:40 ensured the record though Bristol with a strong finish from Phil Parry who timed the fastest last leg of 15:40 did close the margin to just over two minutes.

Oxford's Steve Male with 16:13 ensured Oxford got bronze as Telford, through many times international Greg Wilson came in fourth with a 16:58. The depth here was an all time low and maybe six legs is too much. Only five teams finished within 10 minutes of Leicester.

came home two seconds up with a 16:49 just ahead of Oxford's Roy Treadwell's 18:03 while Dulwich's Adrian Greer with 17:47 were just seven seconds off the lead themselves. Up to fifth and within 200m of the leaders came Salford 's international Mike Deegan who timed the best on the leg of 16:48.

The battle continued on leg three with Stewart Thorp's 18:07 opening up a gap on Wesham and Dulwich but Preston and Salford were still in medal contention too.

Oxford's Richard Grant did enough to win with a 18:12 timing on the fourth and final leg but powering through to second was Salford's Eric Williams. His 16:32 which left him just 21 seconds of the lead, but did win him the fastest M55 medal of the day by 16 seconds from clubmate Deegan.

Wesham held on third with Dulwich's former national M60 track champion Mike Mann falling 15 seconds short of a medal in fourth

M55 -64 race



Eric Williams
Fastest M55 (TP)

While the M50s used to get their own race with the women, the M55s are now totally lost within the M35s and M45s and the excitement can be missed when the medal races are being decided back in the overall 30s. However, short of less legs for the M35s and M45s, and the timed saved enabling an extra race, or different start times for different age groups, it's difficult seeing a safe solution.

It was Oxford City who had four consistent legs who again dominated the age group but on leg one another Masters international regular Graham Ratcliffe who led the way, although actually back in 27th overall with his 16:54 while the other medal positions were 39th and 40th in 17:38 through Oxford's Phil Huxley and Preston's Kevin Hesketh. With the leading M55 team now in 36th overall, a great race largely went unnoticed on leg two as Wesham's Alex Rowe

M65-74 race



Dave Parsons
fastest M65 (TP)

Oxford's M65 win, which was run within the women's race was far easier to spot. Stockport's Frank Reilly led the way with an opening 19:32 with Kieron Carr's 19:58 putting Clayton le Moors second and Gareth Jones' 20:04 placing Oxford third.

Clive Rutland brought Oxford from third to first on leg two with a 20:38 while many times international winner Fred Gibbs being the fastest on the leg with a 20:25 which brought Bingley closer to the medal race in fifth.

Oxford's Dave Parsons ensured an easy team gold and his 18:41 was comfortably the fastest M65 time. Over two minutes back Les Haynes' 19:41 ensured Bingley took silver medals while Dudley Kingswinford held on for third ahead of Clayton le Moors.

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WOMEN 35-44:



1 Telford AC 1h15.20m (Denise Sanders 19.49m, Michelle Clarke 18.27m +12, Amanda Dalkins 19.41m +1, Claire Martin 17.23m +1); **2 Charnwood AC 1h16.03m** (Jenni Muston 19.44m, Nicola Thompson 19.39m +5, Kate Ramsey 18.13m +7, Clare McKittrick 18.27 -1); **3 Staffordshire Moorlands 1h17.06m** (Ruth W-Rice 18.06m, Ruth Goreham 20.29m -3, Debbie Hope 19.42m +2, Kerry Marchant 18.49m +0); **4 Biggleswade AC 1h20.58m** (Isobel Everest 18.52m, Fiona Hunter 22.02m -6, Zoe Luscombe 21.23m +1, Juliet Nayler 18.41m +9); **5 Blackpool, Wyre & Fylde 1h23.07m** (Carolyn Robbins 20.40m, Beverley Wright 19.40m +14, Sarah Wetherill 20.36m +2, Karen Dunford 22.11m +5); **6 Blackheath & Bromley HAC 1h23.33m** (Julie Reynolds 20.09m, Rosie Ferguson 20.04m +9, Kate Pratten 20.46m +0, C Jones-Baldock 22.34m +5); **7 Les Croupiers 1h23.41m** (Julia Becker 20.55m, Frances MacHin 21.48m +2, Joanne Tucker 21.04m +6, Helen Jessop 19.54m +13); **8 Birchfield Harriers 1h24.52m** (Clare Grice 18.09m, Mary Ross 23.24m -17, Marion Peak 22.41m -1, Val Carter 20.38m +13); **9 Westbury Harriers 1h28.45m** (Kirst Robertson 21.15m, Hayley Johnson 22.03m +3, Victoria Howlett 22.02m +1, Sarah Tucker 20.53m +9, Sam Morton 23.29m -9, Anna Cosimetti 24.17m +15); **11 Vale Royal AC 1h32.03m** (Maggie Fenn 21.40m, Diane Newsham 24.49m -9, Carole Williams 26.10m +1, Jacky Thorn 19.24m +33); **12 Royal Sutton Coldfield AC 1h34.45m** (Shiran Yakobi 25.29m, Kirsty Tarr 24.11m +9, Andre Deahtridge 19.11m +15, Tamara Savage 25.54m +23); **13 Sphinx AC 1h41.44m** (Tracey Higgins 25.45m, Lorraine Gordon 25.24m +9, Julie Cozens 27.16m +3, Jackie Stuart 23.19m +35); **14 Centurion RC 1h53.31m** (Janine Thomas 22.45m, J Robathan 23.40m +2, Diane Sylvester 25.15m +2, Lucy Greswell 41.51m +27); **15 Bourneville Harriers 1h54.36m** (Melanie James 18.32m, Lesley Pym 26.07m -26, Angela Vince 24.46m -4, Kathryn Doudican 45.11m +21); **ALSO:** **Wolverhampton & Bilston** (Audrey Wilson 18.41m, Vicky Ornsby 21.02m -3, Thelma Powell 24.41m -12); **Bristol & West AC** (Clare Stevinson 18.14m, Kim Whitlock 19.51m +3); **FASTEST LEGS:** 1: Claire Martin Telfrd 17.23m; 2: Ruth W-Rice Staffm 18.06m; 3: Clare Grice Birch 18.09m;

WOMEN 45-54:

1 Dulwich Runners AC 58.30m (Clare Elms 17.28m, Ola Balme 20.01m +0, Ange Oritsejafor 21.01m -3); **2 Windsor, Slough, Eton & H 58.50m** (Marina Stedman 18.56m, Dee Smale 19.36m +5, Paula Fudge 20.18m -1); **3 Bristol & West AC 59.05m** (Tracy Allan 19.47m, Sarah Everitt 19.21m +8, Clare Liffie 19.57m +0); **4 Coventry Godiva Harriers 59.25m** (Zara Hyde-Peters 18.12m, Eileen Williams 21.01m -3, Jayne Mumford 20.12m -1); **5 Thames Hare & Hounds 59.29m** (Vikki Filsell 19.30m, Anna Garner 19.56m +1, Pippa Major 20.03m +0); **6 Les Croupiers 1h02.58m** (V Singleton 21.30m, Yvonne Bullen 22.07m +5, Jane Coker 19.21m +14); **7 Rotherham Harriers & AC 1h04.28m** (Janet Hindley 20.08m, Phillipa James 21.17m +1, Nina Hague 23.03m -5); **8 North Derbyshire RC 1h04.48m** (Sharon Stevenson 20.57m, Fiona Duroe 22.50m -2, Ann Barker 21.01m +7); **9 Wolverhampton & Bilston 1h05.18m** (Sue Weatherburn 20.21m, Jackie Halford 21.01m +5, Carrie Creamer 23.56m -10); **10 Rugby & Northampton AC 1h06.20m** (Angela Copson 20.02m, B Parkinson 25.21m -18, Cath Williams 20.57m +5); **11 Vale Royal AC 1h08.09m** (Jayne Lomax 22.41m, Valerie Kinig 23.45m -1, Joanne Edwards 21.43m +10); **12 Halesowen A & CC 1h09.31m** (Sally Spencer 20.58m, Marion Bailey 24.33m -7, Ellen Ambrose 24.00m +0); **13 Wolds Veteran RC 1h11.51m** (Anne Mortimer 22.57m, Julie Turrell 23.16m +9, Susan Green 25.38m -4); **14 West Bromwich Harriers 1h17.36m** (Diane Edge 24.39m, Megan Jeavons 26.43m +4, Ruth Blackwood 26.14m +5); **ALSO:** **Derby AC** (Paula Parkin 22.59m, Tracey Greenway 18.46m +28); **Centurion RC** (Theresa Woolley 21.24m); **Birchfield Harriers** (Tracy Ratcliffe 23.37m); **Blackheath & Bromley HAC** (Anne Cilia 24.45m); **FASTEST LEGS:** 1: Clare Elms Dulwich 17.28m; 2: Zara Hyde-Peters CovGod 18.12m; 3: Tracey Greenway Derby 18.46m;

WOMEN 55-64:

1 Wolds Veteran R C 1h03.21m (Daphne Ellmore 19.44m, Barbara Brown 22.42m -13, Jane Morley 20.55m +8); **2 Team Bath AC 1h05.33m** (Zina Marchant 20.47m, Marg Thompson 22.05m +0, Lindsey Dow 22.41m -2); **3 Dulwich Runners AC 1h08.06m** (Ros Tabor 21.06m, Steph Burchill 25.44m -15, Claire Steward 21.16m +14); **4 Les Croupiers 1h08.09m** (Ann James 22.32m, Marilyn Rowson 23.06m +4, Edwina Turner 22.31m +5); **5 Rotherham Harriers & AC 1h11.38m** (Gillian Taylor 22.10m, Wendy Whitaker 24.08m +0, Jennifer Horan 25.20m +1); **6 Westbury Harriers 1h11.43m** (Marilyn Palmer 24.25m, Shirley Hume 21.57m +13, Eithne Noonan 25.21m +0); **7 Blackheath & Bromley HAC 1h15.08m** (Helen Gossell 22.46m, Annie McDonough 24.13m -1, Maz Turner 28.09m +1); **8 Barnet & District AC 1h18.59m** (Ros de Bertauche 24.49m, Pauline Lygo 26.40m +5, Maureen Shirley 27.30m +4); **9 Spectrum Striders RC 1h21.18m** (Anne Fortune 24.08m, Janet Redpath 28.49m +0, Steph Charman 28.21m +4); **ALSO:** **Cannock & Stafford AC** (Chris Rollason 22.55m, Dot Fellows 22.14m +13); **Redhill Road Runners** (Ann Ford 20.26m); **FASTEST LEGS:** 1: Daphne Ellmore Wolds 19.44m; 2: Ann Ford Redhill 20.26m; 3: Zina Marchant Bath 20.47m +0;

WOMEN 65 plus:

1 Les Croupiers 1h23.45m (Clare Johnson 27.36m, Annie Conroy 26.34m +6, Ruth Collishaw 29.35m +3); **Fastest Legs:** As above.

MEN 35-44:

1 Highgate Harriers 2h07.29m (Chris Bailey 17.23m, Alex Davidson 16.56m +15, Richard Scott 15.31m +12, Duncan Burbidge 16.00m +1, Chris Beacham 16.11m +2, Henry Doddwell 15.33m +2, Ben Pochee 14.56m +2, Ben Noad 14.59m +0); **2 Ron Hill Cambsuland 2h08.20m** (Charlie Thomson 16.00m, Greg Hastie 16.20m +4, Dave Thom 16.52m +1, Mart McLaughlin 15.43m +3, Jamie Reid 16.05m +0, Robert Gilroy 15.33m +1, Ian Campbell 16.18m -1, Stevie Wyle 15.29m +0); **3 Salford Harriers & AC 2h09.37m**

(Martin Cox 15.21m, David Lockett 16.03m +2, Eric Crowther 16.49m -1, Ian Jackson 16.29m +1, Michael Grace 15.59m +0, Darren Moran 16.56m -3, James Williams 16.04m +1, James Kovacs 15.56m +0); **4 Preston Harriers 2h10.49m** (Steve Hallas 16.50m, Jonathan Green 16.17m +12, Jason Parker 16.18m +6, David Watson 16.47m -2, Gethin Butler 15.38m +5, Robert Affleck 15.39m +2, Matt Livingstone 17.08m -2, Gary Pennington 16.12m +0); **5 Thames Hare & Hounds 2h10.58m** (Dave Symons 16.24m, Jerry Watson 17.36m +1, Ian Harkness 16.06m +7, Ben Reynolds 15.39m +4, Alex Gaskell 17.01m -2, Andy Weir 16.00m +1, Chris Daniels 16.57m +1, Andy Morgan-Lee 15.15m +1); **6 Birmingham Running and Triathlon Club 2h12.01m** (Paddy Allaway 16.08m, Mark Lawlor 16.18m +3, Martin Matthews 15.58m +5, Mark Ince 16.39m -1, Richard Gray 17.14m -2, Jon Tune 16.10m +0, Rene Vergo 17.10m +1, Robin Biles 16.24m -1); **7 Les Croupiers 2h12.20m** (Julian Baker 15.59m, Chris Cobbold 15.46m +6, Gareth Lynch 17.05m -1, Matthew Hurford 17.15m -4, Nicholas Dukes 16.50m -1, Phil Cook 17.02m +1, Robert Sage 16.25m +1, Huw Evans 15.58m +0); **8 Tipton Harriers 2h14.31m** (Phil Clamp 15.53m, Rich O'Sullivan 16.44m -2, Kevin Freeman 17.32m -3, Malcolm Eustace 16.35m +1, Paul Rogers 16.43m +1, Jason Corns 17.54m -1, Aaron Keene 16.31m +3, Dean Hill 16.39m +0); **9 Staffordshire Moorlands 2h16.36m** (Robin Hope 16.40m, Mark Platts 18.47m -14, Anthony Jones 17.35m +7, Jason Burgess 16.26m +12, Gareth Briggs 16.33m +1, Wood James 17.11m +1, Craig Jeffery 16.45m +4, Darren Perry 16.39m +1); **10 Wells City Harriers 2h17.29m** (Lloyd Collins 16.13m, Jon James 15.54m +10, Tom Dukes 17.47m -5, Adrian Marriott 15.12m +4, Simon Prior 17.30m -2, Stephen Masters 17.53m -3, Gra Gouldsmith 18.12m +1, Peter Darton 18.48m -1); **11 Southport Waterloo AC 2h18.29m** (David Hamilton 16.10m, Keith Lunt 18.39m -15, Steven Wilkinson 16.51m +10, Michael Morgan 17.59m +0, Peter Roome 17.26m +1, Matthew Thompson 16.12m +1).



**Ben Noad
On glory leg
for Highgate
(JH)**

Robert Berry 17.11m +4, Steve Lewis 18.01m +0); 12 Royal Sutton Coldfield AC 2h20.32m (Nick Corker 15.32m, Mark Bridges 16.41m -1, Paul Terleski 17.08m -1, Colin McAuley 17.21m -4, Simon Corker 17.35m -1, Dave Bowen 19.15m -5, David Liddall 18.45m +4, Clive Hackforth 18.15m +0); **13 Birchfield Harriers 2h24.20m** (John Cullen 16.33m, Connolly Meagher 17.42m +2, Nick Hewitt 20.32m -20, Wayne Bourne 18.27m +3, Peter Dimbleby 16.44m +12, Shaun Howat 19.39m -5, Simon McNamee 17.38m +14, Mike Morley 17.05m +1); **14 Morpeth Harriers & AC 2h24.35m** (Neil Wilkinson 15.43m, Paul Waterston 16.40m -2, Mike Winter 18.39m -9, Ian Corner 22.28m -21, Phil Walker 17.07m +10, Fergus Bates 17.11m +8, Michael Thompson 17.17m +6, Jim Alder 19.30m -1); **15 Bournville Harriers 2h26.25m** (Paul Thompson 15.50m, Sean Rose 17.11m -5, Sam Chatwin 17.07m +0, Paul Dugmore 20.24m -9, Edwin Hartley 19.01m -1, Mark Doudican 21.21m -10, Stuart Pearson 17.53m +15, Heath Mason 17.38m +1); **16 Tyne Bridge Harriers 2h28.55m** (Paul Hilton 16.43m, Dave Daniels 17.57m -2, Dave Embleton 17.31m +4, Dave Appleby 17.40m +2, Peter Kennedy 17.54m +0, John Tollitt 18.34m +1, Chris Meek 21.48m +2, Ron Murray 20.48m -1); **17 Wolds Veteran RC 2h29.16m** (Gary Thomas 16.49m, Gary Coulam 19.42m -23, Andy Garside 18.13m +10, Nigel Plaskitt 18.54m -2, Peter Hutchinson 19.10m +3, Paul Freeman 18.48m +2, David Wilson 18.18m +17, Mark Hodson 19.22m +0); **18 Halesowen A & CC 2h29.52m** (Mat Allen 17.05m, Andy Morrell 18.45m -11, Dave Kesterton 16.54m +16, Nic Price 16.21m +10, Chris Cleary 18.35m -3, Marc Turner 19.32m -1, Stewart Towilson 23.29m +0, Rob Weaver 19.11m +0); **19 Sphinx AC 2h30.09m** (Ashley Miles 15.54m, Justin Smith 17.16m -6, Andrew Lovelock 17.51m -1, Peter Fahy 19.08m -4, Kevin Naughton 19.21m -1, Mitch Timms 20.25m -9, Bernald Blundell 20.48m +10, Mark Coyle 19.26m +0); **20 Wakefield & District 2h37.24m** (Neil Dutton 18.01m, Peter McNamara 17.21m +12, Tony Smith 18.55m +0, Anthony White 19.18m -4, Paul Robinson 22.03m -2, David Dawson 19.42m +0, Mark Whitehouse 21.23m +19, Peter Young 20.41m +1); **21 West Bromwich Harriers 2h38.30m** (Gary Whitehouse 17.26m, Steven Pitt 18.26m -3, Gurnell Dehl 17.00m +15, Malcolm Carr 19.12m -3, Gary Clifton 19.42m -3, Andrew Moseley 20.43m -5, James Greenwood 21.40m +17, Paul Mansell 24.21m -1); **ALSO:** **Centurion RC** (I Satterthwaite 17.18m, Paul Bingham

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18.43m -10, Chris McCann 20.03m -4, Tony Haden 19.29m -1, Neil Wilkes 21.34m +5, Seth Atkin 20.44m +0, Kevin Morris 23.22m +20; **Blackheath & Bromley HAC**(Steve Cooper 16.32m, Mark Ellison 19.31m -24, Andy Lawes 19.56m -2, Adrian Stocks 20.59m -6, Ian Montgomery 22.32m +7); **Telford AC** (Karl Morris 21.11m, Spencer Davies 18.59m +8, Chris Davies 14.41m +27, Nigel Tatton 20.33m -5, Dale Wilkinson 17.09m +1, Peter Plant 18.53m +1); **Wolverhampton & Bilston** (Edward Bolland 18.17m, Robert Edwards 18.59m +2, Carl Morgan 20.32m -2); **Team Bath AC** (David Coates 16.17); **Coventry Godiva Harriers** (Nigel Arledge 18.29m); **FASTEST LEGS:** 1: Chris Davies Telford 14.41m 2: Ben Pochee Highgt 14.56m 3: Ben Noad Highgt 14.59m;

MEN 45-54

1 Leicester Coritanian AC 1h37.48m (Gordon Lee 15.13m, Rob Sheen 16.30m -1, Gareth Deacon 16.16m +1, Derek Guess 17.00m -2, Tommy Hughes 16.09m +0, Danny Keating 16.40m -2); **2 Bristol & West AC 1h40.00m** (Jeremy Hogan 17.10m, Mike Jacobs 16.30m +14, Nick Rose 17.14m +2, David Bedwell 17.34m +2, Alec Woods 15.52m +0, Philip Parry 15.40m +3); **3 Oxford City AC 1h41.30m** (Heine van Zyl 17.44m, Rob Webster 16.46m +21, Carl Thompson 18.11m -1, John Atyeo 16.40m +8, J Richardson 15.56m +2, Steve Male 16.13m +1); **4 Telford AC 1h42.49m** (Paul Ward 15.19m, John Garmson 17.28m -8, John Sanders 17.28m -3, Colin Lancaster 18.30m +0, Tony Power 17.06m -1, Greg Wilson 16.58m +1); **5 Southampton AC 1h47.53m** (David Blackman 16.17m, Jon Grainger 17.19m +0, John Macinnes 18.29m -3, Malcolm Riddle 18.59m -7, Howard Long 19.27m -1, Peter Costley 17.22m +6); **6 Dulwich Runners AC 1h48.28m** (Stephen Smythe 18.33m, Tony Tuohy 16.28m +28, David Beaver 17.08m +10, Chris Loizou 18.51m -5, Duncan Hussey 16.58m +5, Duncan Wilson 20.30m -2); **7 Salford Harriers & AC 1h48.32m** (Trevor Rayner 17.23m, Mark Seed 17.53m +2, David Townsend 17.55m +2, Graham Chesters 17.46m +7, Stan Curran 19.57m -5, Paul Birkett 17.38m +6); **8 Birmingham Running and Triathlon Club 1h48.39m** (David McNeil 17.43m, Nick Murphy 17.00m +16, Mark Hirsch 17.38m +4, Chris Horton 18.20m +0, Nick Iliff 18.55m -1, Owen Doherty 19.03m -1); **9 Wolverhampton & Bilston 1h49.11m** (Ian Pincher 17.13m, Nigel Share 17.25m +8, Duncan Davies 18.54m -9, Darren Edwards 18.55m +0, Callum Eden 18.36m +3, Simon Calrow 18.08m +5); **10 Blackheath & Bromley HAC 1h49.22m** (Keith Ewing 16.12m, Neil Ayrton 18.44m -15, Mark Watling 18.28m -3, Steve Paiman 18.46m +1, Roy Smith 17.54m +6, Con Griffin 19.18m -1); **11 Sheffield RC 1h49.31m** (Les Morton 20.18m, Ian A-barnes 16.55m +24, Gary Podmore 19.06m +2, Jed Turner 18.08m +4, David Broddle 18.04m +10, Chris Ireland 17.00m +7); **12 Derby AC 1h49.33m** (John Knibb 17.18m, Russell Parkin 16.59m +14, John Robertson 18.49m -10, Kevin Spare 18.40m +2, Clive Toplass 18.32m +2, Ray McDonald 19.15m -2); **13 E Cheshire & Tameside 1h49.57m** (Stephen Robinson 17.43m, Daniel Vaughan 18.00m +4, Francis Day 19.21m -4, Saul Gallagher 18.34m +2, John Bowker 19.17m +2, Gary Matthews 17.02m +8); **14 Les Croupiers 1h51.03m** (Jeremy Forshaw 16.53m, Paul Coker 18.15m -4, Richard Bullen 17.16m +8, David Headon 18.52m -4, David Williams 19.56m -4, Paul Morris 19.51m -2); **15 Coventry Godiva Harriers 1h52.00m** (Howard Anderson 17.25m, Vince Clisham 17.48m +6, Michael Peters 19.38m -8, Martin Slevin 18.58m -2, Ian Gower 19.05m +4, Joseph Devlin 19.06m +2); **16 Rotherham Harriers & AC 1h52.14m** (John Comrie 16.46m, Terry Eastwood 18.01m -3, David Nuttall 18.04m +1, Howard Darwin 17.53m +3, John Spencer 20.41m -9, Gary Ridgeway 20.49m -5); **17 Royal Sutton Coldfield AC 1h53.11m** (Tony Hinchley 17.25m, Steve Marklew 17.02m +15, John Fletcher 18.31m -6, Paul Jenkins 19.46m -6, Gordon Price 19.50m -2, Paul Kenney 20.37m -3); **18 Vale Royal AC 1h55.17m** (Tom Annable 18.03m, Gary Weedall 18.10m +2, David Shepherd 18.44m +4, Richard Pettitt 21.09m -7, Scott Bamber 18.44m +9, John Moulds 20.27m +0); **19 Westbury Harriers 1h55.31m** (Aidan Naughton 20.33m, Ken Ham 18.06m +13, Keith Hill 19.30m +7, Malcom White 18.28m +4, Mark Tooski 19.13m +9, Andrew Yuill 19.41m +0); **20 North Derbyshire RC 1h59.39m** (Steve Bennett 18.17m, Ian Lilley 20.05m -8, David Ashmore 20.07m +4, John Cannon 20.30m -2, Stu Cunningham 19.10m +14, Steve Kimberley 21.30m +0); **21 Halesowen A & CC 2h03.47m** (Melvin Edwards 19.04m, Mike Neylon 21.08m -3, Paul Butler 21.20m +3, Jon Hill 18.49m +6, Kevin Monk 22.14m +14, Steve Millington 21.12m +1); **22 Blackpool Wyre & Fylde 2h06.56m** (Stuart Williams 19.12m, Gary Johnston 20.11m +2, Terence Westhead 22.35m -2, Jeffery Wright 22.05m +2, Dunc Richardson 21.30m +18, Terry Bradshaw 21.23m +1); **23 Centurion RC 2h15.44m** (Gary Turner 22.35m, Paul Cornock 21.17m +4, Thomas Healy 23.11m +3, Eric Robathan 22.00m +2, L Satterthwaite 22.48m +21, Kevin O'Malley 23.53m +1); **ALSO: Wesham Road Runners** (Peter Cooke 23.17m, Graham Cunliffe 24.04m +4, Christopher Moss 24.12m +3, David Preston 22.01m +2, Alan Glasgow 21.27m +22); **Ron Hill Cambuslang** (Walter Edgar 17.03m, Colin Feechan 18.16m -5); **Bingley Harriers** (Simon Johnson 16.22m, Stewart McDonald 16.39m +5); **Bournville Harriers** (Daniel Wilson 18.13m); **Tipton Harriers** (Mark Farnell 18.19m); **FASTEST LEGS:** 1: Gordon Lee Leicester 15.13m; 2: Paul Ward Telford 15.19m; 3: Philip Parry Bristol 15.40m;

MEN55-64:

1 Oxford City AC 1h12.00m (Phil Huxley 17.38m, Roy Treadwell 18.03m +2, Stewart Thorp 18.07m +4, Richard Grant 18.12m +5); **2 Salford Harriers & AC 1h12.21m** (R Derbyshire 19.35m, Mike Deegan 16.48m +23, Mike Wakefield 19.26m +2, Eric Williams 16.32m +13); **3 Wesham Road Runners & AC 1h13.05m** (John Bertenshaw 18.50m, Alex Rowe 16.49m +24, John Collier 18.39m +1, Barry Peatfield 18.47m +1); **4 Dulwich Runners AC 1h13.20m** (Nicholas Brown 17.59m, Adrian Greer 17.47m +6, Neville Webb 18.53m +3, Mike Mann 18.41m +0); **5 Preston Harriers 1h14.23m** (Kevin Hesketh 17.38m, Philip Morley 18.27m +4, Stephen Clayton 19.40m +1, Philip Walsh 18.38m +1); **6 Wirral AC 1h14.36m** (Graham Ratcliffe 16.54m, Nigel Pratt 21.25m -31, Brian Beecroft 18.10m +10, Anthony McDevitt 18.07m +4); **7 Sheffield Running Club 1h15.24m** (Nicholas Duggan 18.34m, Malcolm Taylor 19.22m +2, Paul Blakeney 19.24m +5, Sid Cordle 18.04m +5); **8 Rotherham Harriers & AC 1h16.28m** (Robert Tintinger 18.28m, Jeremy Spence 19.19m +2, Kevin Thomas 19.00m +4, Peter Neal 19.41m +0); **9 South London Harriers 1h17.27m** (Paul Williams 19.21m, Ian Kitching 17.58m +16, Nigel Bush 19.58m +1, Francis Upcott 20.10m -2); **10 Barnet & District AC 1h17.35m** (Desmond Michael 18.10m, Johnathan Kilsby 19.27m -3, John Clarke 21.33m -6, David Wilcock 18.25m +5); **11 Wakefield & District HAC 1h18.27m** (David Brailsford 18.58m, Keith Singleton 20.39m -2, Ste Wilkinson 19.16m +10, Richard West 19.34m +2); **12 Stockport Harriers & AC 1h18.33m** (Len Best 18.08m, Gerrard Moss 20.46m -14, David Mellor 20.48m +2, Ste Shaughnessy 18.51m +5); **13 Team Bath AC 1h18.57m** (Tom Hutchison 17.57m, Geoff Davies 19.12m -4, Den Marchant 22.19m -11, David Rose 19.29m +3); **14 Cobra RC 1h19.01m** (David Daniels 18.24m, Neil Hale 20.13m -6, Steve Fletcher 20.26m +3, Adrian Marchant 19.58m -1); **15 Vale Royal AC 1h20.44m** (John Clarke 19.27m, Colin Rathbone 22.16m -1, Tony Archer 18.58m +7, Peter Maher 20.03m +2); **16 Clayton-le-Moors Harriers 1h22.00m** (Steve Green 18.49m, Peter Booth 19.05m +4, Jeff Pickup 20.07m +2, Steve Biscoombe 23.59m -8); **17 Les Croupiers 1h22.31m** (Sandy Johnston 18.50m, Michael Tabor 19.23m +4, Richard Sewell 24.06m -10, Michael Davies 20.12m +5); **18 Staffordshire Moorlands 1h23.22m** (Paul Williams 20.13m, Roy McCauley 23.03m +0, Tony Vernon 23.01m +3, David Neill 17.05m +6); **19 Thames Hare & Hounds 1h24.27m** (Rhodri Davies 20.10m, Rick Turner 18.53m +8, Paul Whitlock 21.39m +0, Alan Gibbons 23.45m -2); **20 Wolverhampton & Bilston 1h25.43m** (Peter Stark 21.33m, Neil Grey 21.02m +5, David Guest 22.59m +3, Dave Rowley 20.09m +2); **21 Wolds Veteran RC 1h26.48m** (Mark Salter 18.58m, William Ward 20.32m -2, John Green 21.48m +1, John Hudson 25.30m -3); **22 Birchfield Harriers 1h30.51m** (Alan Britton 22.58m, Bri Worthington 22.18m +4, Alan Price 23.31m +3, Peter Lawton 22.04m +2); **ALSO Tipton Harriers** (Alan Grice 18.54m, Ray Stanier 18.56m +8,

Jeff Taylor 22.03m -7); **West Bromwich Harriers** (David Jones 19.38m, Neil Munroe 22.51m +0); **FASTEST LEGS:** 1: Eric Williams Salford 16.32m; 2: Mike Deegan Salford 16.48m; 3: Alex Rowe Wesham 16.49m;

MEN 65-74:

1 Oxford City AC 59.23m (Gareth Jones 20.04m, Clive Rutland 20.38m +5, Dave Parsons 18.41m +6); **2 Bingley Harriers & AC 1h01.51m** (David Barber 21.45m, Fred Gibbs 20.25m +14, Les Haynes 19.41m +12); **3 Dudley Kingswinford RC 1h02.25m** (Brian Russell 20.23m, Glenn Taylor 21.06m +4, Malcolm Pillar 20.56m +5); **4 Clayton-le-Moors Harriers 1h02.53m** (Kieran Carr 19.58m, David Scott 21.11m +1, Ted Orrell 21.44m +0); **5 Royal Sutton Coldfield AC 1h03.26m** (Clive Sayer 21.19m, Doug Hyde 20.46m +10, Reg Phipps 21.21m +5); **6 Barnet & District AC 1h03.31m** (Nicholas Bingham 20.14m, John Shirley 21.41m -1, John Owen 21.36m +3); **7 Stockport Harriers & AC 1h05.09m** (Frank Reilly 19.32m, Chris Bryans 25.09m -22, Eric Normansell 20.28m +7); **8 Salford Harriers & AC 1h07.08m** (Sidney Sacks 21.46m, Vincent Murphy 21.15m +11, Robert Towell 24.07m -3); **9 Blackpool, Wyre & Fylde 1h09.50m** (Robert Newman 22.44m, Robert Massey 23.30m +4, John Bradley 23.36m +2); **10 Wolds Veteran RC 1h10.31m** (Dave Edwards 22.03m, Douglas Craggs 23.27m +4, Barry Freer 25.01m -3); **11 Spectrum Striders RC 1h12.41m** (Alan Peers 23.20m, Peter Samuelson 24.00m +1, Kenny Black 25.21m +4); **12 E Cheshire H & Tameside 1h22.04m** (Martin McGann 21.42m, Wade Cooper 25.20m -11, Trevor West 35.02m -3); **ALSO: West Bromwich Harriers** (John Buckley 28.02m, David Edge 28.48m +6); **Bourneville Harriers** (Barrie Roberts 23.33m); **FASTEST LEGS:** 1: Dave Parsons Oxford 18.41m; 2: Frank Reilly Stockp 19.32m; 3: Les Haynes Bingle 19.41m;

MEN 75 plus:

Liverpool Harriers & AC (Gordon Brown 23.40m);



MEN 40-44: 1-Gharib, Jaouad (MAR) 2:07:44 (**WORLD BEST**); 2-Achmuller, Hermann (GBR) 2:27:16; 3-Zietsman, Hendrik S (GBR)-2:27:34; 4-Bidwell, Matthew J (GBR)-2:30:55; 5-Dickinson, Mark (GBR)- 2:31:13; 6-Clapp, Matthew N (GBR)-2:31:19; 7-Weir, Andrew P (GBR) 2:31:51; 8-Wolf, Etienne (SUI) 2:32:50; 9-Buckingham, Alan D (GBR) 2:34:00; 10-Cawley, Joe (GBR) 2:36:21; 11-Groves, Glen (GBR)- 2:36:29; 12-Butler, Gethin J (GBR) 2:36:59; 13-Whitelegg, Richard M (GBR) 2:36:51; 14-Riley, Christopher J (GBR) 2:36:59; 15-Mcgrory, Stephen M (GBR) 2:37:45; 16-Causser, Mike B (GBR) 2:38:33; 17-Potts, Colin I (GBR) 2:39:27; 18-Hayes, Matthew (GBR) 2:39:46; 19-Palmer, David (GBR) 2:39:55; 20-Cairns, Steve M (GBR) 2:39:57;

MEN 45-49: 1-Bilton, Darran E (GBR)-2:34:55; 2-Whiting, Stephen J (GBR) 2:37:38; 3-Downs, Rob H (GBR) 2:37:49; 4-Freeman, David J (GBR) 2:39:32; 5-Holley, Paul S (GBR) 2:39:35; 6-Ball, Adrian P (GBR) 2:40:25; 7-JACKSON, ANTHONY BRYAN (GBR) 2:40:27; 8-Murtagh, Stephen J (GBR) 2:40:58; 9-Noakes, James P (GBR) 2:41:22; 10-Souham, Christopher (GBR) 2:41:48; 11-Kearns, Philippe (CAN) 2:42:06; 12-Neeld, Mark E (GBR) 2:42:27; 13-Hedger, Graham H (GBR) 2:42:45; 14-Oakes, Duncan (GBR) 2:43:41; 15-Dobbs, Simon C (GBR) 2:43:42; 16-Camfield, Bryan L (GBR) 2:43:45; 17-Benson, James (GBR) 2:43:45; 18-Santos, Ricardo (BRA) 2:44:09; 19-Rahm, Didier (FRA) 2:44:31; 20-Rabbetts, Mark A (GBR) 2:44:37;

MEN 50-54: 1-Hughes, Tommy E (GBR) 2:29:55; 2-Crampton, Ian (GBR) 2:33:36; 3-Gierjaltowicz, Patryk (GBR) 2:37:09; 4-Zalokar, Fred J (GBR) 2:37:35; 5-Hatton, Michael (GBR) 2:41:00; 6-Brown, Derek (GBR) 2:41:57; 7-Reilly, Leonard J (GBR) 2:42:56; 8-Kemble, Stephen (GBR) 2:47:10; 9-Stainer, Peter (GBR) 2:47:41; 10-James, Ian F (GBR) 2:47:43; 11-Phelan, Chris (GBR) 2:48:27; 12-O'donnell, Des J (GBR) 2:48:40; 13-Achard, Bruno (FRA) 2:49:20; 14-Foss, John W (GBR) 2:49:26; 15-Finill, Chris T (GBR)- 2:50:32; 16-Symons, Tony (GBR) 2:50:46; 17-Halvey, Martin (GBR) 2:51:34; 18-Clarke, David R (GBR) 2:52:11; 19-Stephens, Graham C (GBR) 2:52:30; 20-Hucks, Julian (GBR)- 2:52:58

MEN 55-59: 1-BURTON, ROBERT J (GBR) 2:44:42; 2-Butler, David A (GBR) 2:50:27; 3-Payne, Garry P (GBR) 2:54:08; 4-Jelley, David G (GBR) 2:55:24; 5-Smythe, Steve (GBR) 2:56:21; 6-Behrens, Jacky (FRA) 2:56:42; 7-Doyle, Geoffrey E (GBR) 2:57:16; 8-Lambden, Murray M (GBR) 2:57:45; 9-Koehler, Martin (AUT) 2:58:15; 10-Bale, Mons (NOR) 2:59:05; 11-Lascelles, Martin C (GBR) 2:59:31; 12-Morrison, Christopher F (GBR) 3:00:30; 13-Marshall, Stephen (GBR) 3:01:50; 14-Price, Carl (GBR) 3:02:36; 15-Franklin, Tim (GBR) 3:02:55; 16-McGeoch, Mick (GBR) 3:03:23; 17-Wilson, Barry (GBR) 3:04:05; 18-Redden, Phil (GBR) 3:05:14; 19-Robinson, David K (GBR) 3:05:15; 20-Warrick, Michael J (GBR)-3:05:23;

MEN 60-64: 1-Cartwright, David F (GBR)-2:54:36; 2-Kitching, Ian D (GBR)-2:57:10; 3-Whittington, Jeffery T (GBR) 2:59:54; 4-Bateman, Jonathan S (GBR)-3:03:57; 5-Thomas, Richard M (GBR)-3:06:41; 6-Ball, Graham (GBR)-3:07:00; 7-Balfour, Scott (GBR)-3:07:57; 8-Stepote, Colin F (GBR)-3:10:38; 9-Mansi, Andrew J (GBR)-3:14:22; 10-Blackwell, Barry (GBR)-3:14:34; 11-WATTS, ANDREW J (GBR)-3:14:57; 12-Whiston, Arthur (GBR) 3:15:41; 13-MILES, PHILLIP R (GBR)-3:16:05; 14-Robinson, Keith (GBR)-3:16:34; 15-Mason, Christopher J (GBR)-3:16:35; 16-Scruton, Neil (GBR)- 3:16:57; 17-Douglas, Paul (GBR)-3:17:20; 18-Marcato, Bruno (ITA)-3:18:02; 19-Pettifer, David G (GBR)-3:18:34; 20-Griffin, Richard F (GBR)-3:20:01;

MEN 65-69: 1-Gill, Christopher (GBR)-3:06:44; 2-Elsmere, Alan (GBR)-3:10:58; 3-Clews, William (GBR) 3:11:29; 4-FORD, MARTIN C (GBR) 3:12:03; 5-Simon, Roland (FRA) 3:15:05; 6-Fanshawe, John F (GBR) 3:19:14; 7-Lockett, Patrick (GBR) 3:21:29; 8-Scott, Robin H (GBR) 3:23:07; 9-CUMBER, GEOFFREY (GBR) 3:25:23; 10-McDonald, Peter (GBR) 3:26:06; 11-Coleman, Chris (GBR) 3:31:02; 12-D'Incal, Dario (ITA) 3:32:35;

MASTERS ATHLETICS SUMMER 2012.

13-Allen, Ken R (GBR) 3:32:42; 14-Moran, Paschal P (GBR) 3:32:55; 15-Jarvis, Bernard (GBR) 3:32:58; 16-Kane, Jonathan J (GBR) 3:34:09; 17-Justiniano, Pedro (ESP) 3:36:33; 18-Mackey, Brian R (GBR) 3:39:22; 19-SHARP, MAURICE Raymond (GBR) 3:40:20; 20-Innes, William H (GBR) 3:41:29; **MEN 70+:** 1-Bent, Alan (GBR)-3:42:51; 2- Preddey, George (NZL) 3:48:26; 3-Dobbs, Patrick A (GBR) 3:48:46; 4-Barnes, Michael F (GBR) 3:52:56; 5-Turner, David R (GBR) 3:59:31; 6-Riley, John (GBR) 4:05:25; 7-Osgood, Roger (GBR) 4:09:36; 8-Carroll, Mick Alexander (GBR) 4:10:11; 9-Anderson, Robert C (GBR) 4:11:41; 10-NORTHCROFT, DAVID (GBR) 4:14:06; 11-Wright, Andrew W (GBR) 4:15:02; 12-Molesworth, Tony (GBR)-4:15:30; 13-Hamilton, Anthony P (GBR) 4:16:15; 14-Briard, Jean Pierre (FRA) 4:17:42; 15-Folland, Mike (GBR) 4:19:47; 16-Baker, Graeme C (GBR) 4:20:27; 17-Bradley, John T (GBR)-4:22:01; 18-Krull, Erich (NED)-4:24:25; 19-» Winters, John (GBR)-4:26:50; 20- Chamberlain, Brian (GBR)-4:28:22; **WOMEN 40-44:** 1-Stepito, Emma L (GBR) 2:44:17; 2-Gooderham, Emma L (GBR) 2:46:55; 3-Appleton, Deborah J (GBR) 2:49:42; 4-Taylor, Philippa (GBR) 2:51:53; 5-SWINHOE, SARAH J (GBR) 2:52:41; 6-Maycock, Fiona J (GBR) 2:55:57; 7-CUMBER, SARAH LOUISE (GBR) 2:57:12; 8-Hansom, Jane louise (GBR) 2:58:11; 9-KONG, ANGELINA (GBR) 2:58:18; 10-Stearns, Annabelle V (GBR) 2:58:51; 11-HOLLE, HAYLEY (GBR) 2:59:12; 12-CLARKE, MICHELLE mary (GBR) 2:59:28; 13-Pike, Zoe M (GBR)-3:00:44; 14-Briggs, Julie L (GBR) 3:00:48; 15-Morrall, Zelah M (GBR) 3:01:42; 16-Prosser, Clare (GBR) 3:02:36; 17-Entwistle, Tracy A (GBR) 3:03:30; 18-Basquill, Victoria J (GBR) 3:04:30; 19-Murphy, Karen E (GBR) 3:04:41; 20-Carpenter, Angela (GBR) 3:05:31; **WOMEN 45-49:** 1- Ytterstad, Nina Wavik (NOR) 2:53:02; 2- Lascelles, Linda D (GBR) 2:58:51; 3-Parsons, Michelle A (GBR) 2:59:14; 4-Steer, Deborah A (GBR) 3:04:04; 5-Baldwin, Jayne L (GBR)- 3:06:33; 6-Masson, Kim (GBR)- 3:09:44; 7-Davids, Liane M (GBR)- 3:09:44; 8-Carpenter, Sue (GBR)- 3:10:25; 9-Hewitt, Catherine E (GBR)- 3:10:28; 10-Johnson, Jeanette E (GBR)- 3:11:26; 11-Barker, Rosamund A (GBR)- 3:12:00; 12-Synnott-wells, Marie G (GBR)- 3:12:39; 13-Heaton, Christine (GBR)- 3:13:04; 14-Orten, Elise (NOR) 3:13:33; 15-Tuck, Caroline M (GBR) 3:14:35; 16-Noble, Linda (GBR)-3:15:37; 17-Ruesch, Fiona C (GBR) 3:16:23; 18-Ryder, Helen S (GBR) 3:16:31; 19-Senatore, Anna (ITA) 3:16:44; 20-Okuzono, Yukiko (GBR) 3:17:12; **WOMEN 50-54:** 1-Perry, Victoria A (GBR)-2:59:20; 2-Leggett, Lesley (GBR)-3:03:27; 3-OSULLIVAN, ELAINE J (GBR)-3:11:52; 4-KUMLEBEN, SUSAN R (GBR)-3:13:22; 5-Palmer, Janice (GBR)-3:15:50; 6-Crowle, Revis (GBR)-3:16:22; 7-Wheelhouse, Caroline (GBR)-3:17:37; 8-Rubino, Natalia (ITA)-3:18:30; 9-Isley, Stephanie J (GBR)-3:18:35; 10-Heycock, Carol R (GBR)-3:19:01; 11-Thevenet, Ramona E (GBR)-3:19:32; 12-Webb, Jo M (GBR)-3:22:10; 13-Bradbury, Annie (GBR)-3:23:16; 14-HILL, MAUREEN (GBR)-3:24:21; 14-Dubray, Isabelle (FRA)-3:25:57; 15-Jarvis, Jacki L (GBR)-3:26:10; 16-Binns, Janet V (GBR)-3:26:11; 17-Judd, Elizabeth A (GBR)-3:27:51; **WOMEN 55-59:** 1- Green, Sharon J (GBR)-3:25:14; 2-Bremner, Jane (GBR)-3:26:06; 3-Fairlamb, Patricia A (GBR)-3:26:21; 4-Edmondson, Rowena M (GBR)-3:27:54; 5-Christie, Erica M (GBR)-3:28:27; 6-Taylor, Carol A (GBR)-3:29:08; 7-Heydecker, Deirdre (GBR)-3:30:59; 8-Agostini, Elizabeth (TRI)-3:33:03; 9-JAMES, SIAN Honor (GBR)-3:33:31; 10-Clark, Debbie (USA)-3:33:54; 11-White, Pamela L (GBR)-3:34:14; 12-Cooke, Frances (GBR)-3:36:54; 13-Pennini, Maria Stella (ITA)-3:37:07; 14-Collinson, Libby E (GBR)-3:38:03; 15-Crosbie, Margot J (GBR)-3:38:39; 16-Watson, Janet S (GBR)-3:38:52; 17-Fleming, Morna R (GBR)-3:39:03; 18-Sanders-reece, Andrea (GBR)-3:39:45; 19-Davies, Carol-ann (GBR)-3:42:48; 20-Millett, Jacqueline A (GBR)-3:43:53;

Flo (CAN)-3:57:54; 18-Hill, Christopher J (GBR)-3:58:13; 19-Hemsworth, Marion V (GBR)-3:58:19; 20-Valke, Riitta (SWE)-3:58:23; **WOMEN 65-69:** 1- Copson, Angela (GBR)-3:22:22 (**BRITISH RECORD**); 2- Williamson, Kate (GBR)- 3:41:09; 3-Jones, Tina (GBR)- 3:54:17; 4-Gibson, Shirley R (GBR)-3:55:49; 5-Stewart, Susan A (GBR)- 3:55:54; 6-Smith, Norma F (GBR)- 4:03:57; 7-Nicholls, Susan (GBR)- 4:05:09; 8-Jenkins, Jacqueline L (GBR)- 4:09:52; 9-Morgan, Carole A (GBR)- 4:10:57; 10- Dyke, Carole (GBR)- 4:12:25; 11-Little, Georgina M (GBR)- 04:14:47; 12-Simpson, Liz (GBR)- 4:18:30; 13-Docherty, Anne H (GBR)- 4:19:38; 14-Garner, Susan L (GBR)- 4:25:39; 15- Lynch, Pauline (GBR)- 04:29:46; 16-BROADHEAD, JENNIFER (GBR)- 4:35:06; 17-Hamilton, Sarah G (GBR)- 4:36:52; 18- Spence, Lynne (CAN)- 4:40:19; 19-Savage, Emma (GBR)- 4:45:48; 20-Nicoli, Annie (GBR)- 4:46:34; **WOMEN 70+:** 1- Lambert, Sue Q (GBR)- 4:05:18; 2- Nobles, Margaret (GBR)- 4:33:59; 3- Draper, Eleanor N (GBR)- 4:44:40; 4- Archibold, Joyce (GBR)- 4:46:13; 5- Carroll, Pamela (GBR)- 4:47:32; 6- Pawlyn, Virginia (GBR)- 4:48:04; 7- Duncan, Angela M (GBR)- 4:52:20; 8- Guard, Maureen Patricia (GBR)- 4:56:15; 9- Fairhurst, Dorothy (GBR)- 4:56:54; 10- Thompson, Gillian N (GBR)- 4:57:41; 11- Khan, Patricia M (GBR)- 4:58:35; 12- Smith, Dorothy (GBR)- 5:13:24; 13-Evans, Frank C (GBR)- 5:16:37; 14-Jacobi, Helga (GER)- 5:34:23; 15-Jones, Pauline A (GBR)- 5:40:32; 16- Cummins, Patricia A (GBR)- 5:43:01; 17- Seabrook, Patricia H (GBR)- 5:48:07; 18-Atherton, Maggie J (GBR)- 5:50:06; 19-Furbank, Valerie Anne (GBR)- 5:51:10; 20-Hawken, Valerie Helen (GBR)- 5:54:08;

ROAD RACING BY WALTER HILL.

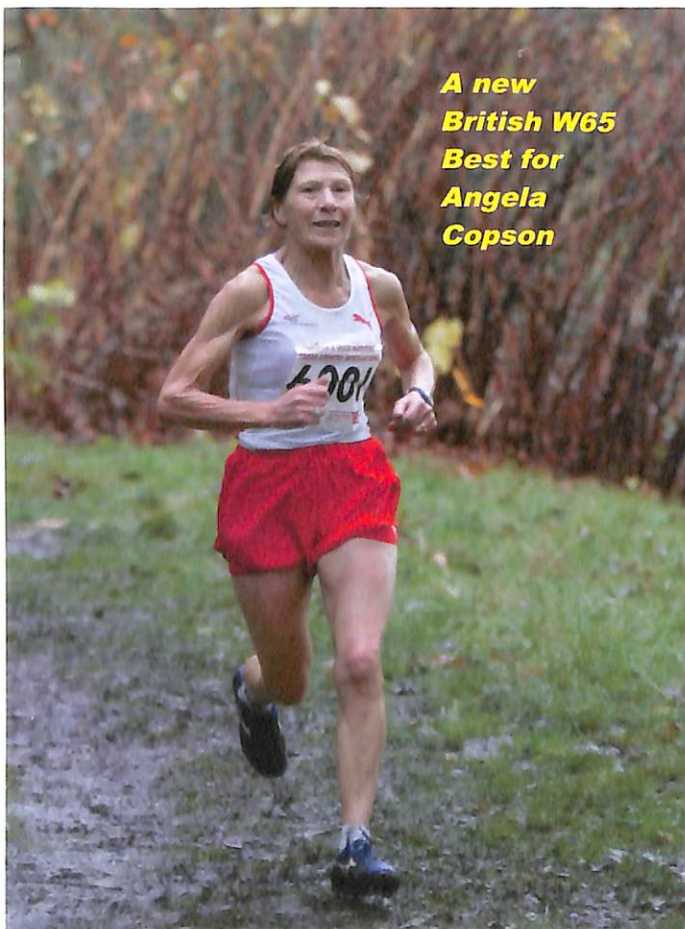
BMAF MARATHON ,TENBY, 10th JUNE.

Racing a Marathon is a physical commitment which should be planned and prepared for. Racing over this distance frequently can lead to long term damage and perhaps this explains why only 21 entered. Of the 21 entrants 18 finished and all should be congratulated as it was a challenging course with physically demanding ascents and quad sapping descents. The finishing times reflect this challenge and it would be fair to reduce a 3hr finishing time by 10 minutes on a flatter faster course. However, this was a championship race and runners had an opportunity to compete in fine weather on an interesting traffic free one lap course with outstanding views. All refreshments stations provided adequate nutrition and the marshals and locals encouraged all participants. Runners were safe at all times which must be seen as a priority over this distance.

The results below reflect the individual achievements of our members, with Peter Dimpleby being one of six finishers to break 3 hours. Lucy Walmsley was the first female finisher in the open race of approximately 500 runners. Trevor Edgley who will be 65 next year was 1st vet 60 in the open race and once again showed his tenacity in finishing in a very respectable time. Further age category winners were Arwel Lewis M50, Walter Hill M55, David Phillips M65, John Gardener M70, Sydney Wheeler M75, Nicola Gething W40 and Helen Ambrosen W55.

The Welsh Marathon is a unique race and all aspiring Marathon Runners should travel to Tenby to experience the Welsh hospitality, the beautiful Pembrokeshire countryside and compete in a very well organised race.

1 Peter Dimpleby M35 MMAC 2:57:52; 2 Arwel Lewis M50 Eryri 3:06:03; 3 Lucy Walmsley F40 MMAC 3:11:50; 4 Walter Hill M55 Crawley AC 3:20:00; 5 Eamonn Dorling M55 Thorney RC 3:20:24; 6 Trevor Edgley M60 SCVAC 3:20:42; 7 Nick Davies M50 3:24:04; 8 Geoff Davis M60 SWVAC 3:27:12; 9 Nicola Gething F40 Parc Bryn Bach 3:27:39; 10 Peter Watkinson M60 NVAC 3:41:02; 11 Helen Ambrosen F55 Bournemouth AC 3:54:42; 12 Peter Lawton M55 Birchfield Harriers 4:05:53; 13 John Gardener M70 WMAA 4:11:31; 14 Tim Cock M70 Holmfirth Harriers 4:55:42; 15 David Phillips M65 MMAC 5:07:20; 16 Sydney Wheeler M75 Chepstow Harriers 5:55:39; 17-Leslie Green M70 MMAC 6:15:35; 18-George Routledge M60 Heaton Harriers 6:35:15.



**A new
British W65
Best for
Angela
Copson**

WOMEN 60-64 1-Steward, Claire E (GBR)-3:27:11 2-Horder, Caroline M (GBR)-3:31:50 3-Dyson-laune, Shirley A (GBR)-3:33:52 4-Baldwin, Aileen (GBR)-3:41:31 5-Blamire, Carol S (GBR)-3:43:01 6-Furbank, Anne (GBR)-3:44:01 7-Cowley, Carol J (GBR)-3:44:59 8-Pughe, Halcyon M (GBR)-3:45:39 9-Mann, Yvonne M (GBR)-3:46:26 10-Jeffs, Clare W (GBR)-3:46:45 11-Brayshaw, Jenny Jene (GBR)-3:47:30 12-Todd, Kate (GBR)-3:51:15 13-Hume, Shirley H (GBR)-3:52:27 14-Davies, Pauline V (GBR)-3:52:28 15-Kesterton, Dot (GBR)-3:56:54 16-Morris, Margaret (GBR)-3:56:56 17-Currier,

The BMAF 5k Championships at Horwich on Sunday 17th June 2012 Walter Hill & Dave Beattie

Horwich Festival once again hosted the B.M.A.F Championship, and attracted a field of good quality at the sharp end of each age group, totalling 88 male finishers and 37 ladies. The well organised, traffic free race generates a great atmosphere, with a three lap, gently undulating course that is completely closed to traffic. The day includes several cycle races and an open 5k road race for non-BMAF runners. Northern, Midland and Scottish athletes were understandably more numerous than those from Wales, the South and the East, but as a Southern newcomer, I found the journey well worthwhile for the experience this race offers.

As usual the runners started 5 minutes behind the 38 race walkers, and a fast early pace soon stretched out the field. In the M35 Age group, Chris Fell of Rossendale Harriers prevailed in a time of 15:51, an impressive run in slightly gusty conditions. The first 10 finishers beat 16:30, including M40 Stuart Doyle and Martin Bell, M45 Simon Wright, Charles Thompson and Roger Alsop, and M50 Guy Bracken. Other noteworthy postings were M55 Mike Deegan 17:08, M60 David Oxland 17:33, M65 Martin Ford 18:35, M70 Peter Hall 20:11, M75 Walter McCaskey 23:14, and M80 Derek Howarth 31:54.

Men's teams were limited to Bingley Harriers, who took home gold medals in 3 age groups.

The first 8 Ladies beat 19 minutes, with Sarah Harris F35 of Long Eaton A.C. winning in 17:15. This performance, though excellent, was more than matched by second placed Fiona Matheson F50 of Falkirk Victoria who recorded 17:34. F40 winner Bev Jenkins ran 18:13, with minor medallists Anne Buckley and Sharon Elder also breaking 19 minutes. Bev Jenkins led Salford Harriers Ladies to team gold medals – the silver team medals going to Newcastle Staffs. Jacqui Thomson of Glasgow took F45 honours in 18:58, Janice Needham of Rochdale won F55 in 20:54, and Ann Ford's 21:17 shaded Jane Morley by 2 seconds in the F60 contest. Christine Birch took F65 in 22:39, and evergreen Pam Jones won F75 in 26:33.

Thanks to the Horwich Festival for an enjoyable day and great competitive running. Thanks also to Martin Duff for presenting the BMAF medals. I commend this race to anyone who has not yet tried it.

1 Chris Fell M35-1 Rossendale Harriers & AC 15:51; 2 Lee Jones M40-1 Deeside AAC 15:59; 3 Simon Wright M45-1 Doncaster Athletic Club 16:00; 4 George Thompson M55-1 Border Harriers & AC 16:01; 5 Charles Thomson M45-2 Ron Hill Cambuslang 16:02; 6 Guy Bracken M50-1 North Shields Poly Club 16:06; 7 Stuart Doyle M40-2 Vale Royal AC 16:07; 8 Martin Bell M40-3 Horwich R M I Harriers 16:08; 9 Darren Rowlands M40-4 Wrexham AC 16:20; 10 Roger Alsop M45-3 Herne Hill Harriers 16:22; 11 Steve Hallas M35-2 Preston Harriers 16:35; 12 Aaron Keene M45-4 Tipton Harriers 16:42; 13 Stephen Bailey M35-3 Bingley Harriers & AC 16:45; 14 Christopher Smale M45-5 Bingley Harriers & AC 16:47; 15 Stewart McDonald M45-6 Bingley Harriers & AC 16:49; 16 Gary Matthews M50-2 East Cheshire Harriers & Tames 16:50; 17 Andy Gibbs M50-3 Vale Royal AC 16:55; 18 Simon Johnson M45-7 Bingley Harriers & AC 16:58; 19 Russell Whittington M40-5 Bellahouston Road Runners 17:00; 20 Mike Deegan M55-2 Salford Harriers & AC 17:08; 21 Dean Furniss M40-6 Hallamshire Harriers Sheffield 17:17; 22 Paul Payne M40-7 Unattached 17:18; 23 Andy Wilton M50-4 Staffs Moorlands 17:21; 24 Alex Rowe M55-3 Wesham Road Runners & AC 17:26; 25 Peter Mallison M40-8 South Cheshire Harriers 17:28; 26 Russell Parkin M45-8 Derby AC 17:30; 27 David Oxland M60-1 Notts AC 17:33; 28 Andy Townsend M45-9 Horwich R M I Harriers 17:39; 29 Martin Farran M50-5 Leeds City Athletic Club 17:48; 30 James Simpson M40-9 South Cheshire Harriers 17:50;

31 Andrew Mayers M40-10 South Cheshire Harriers 17:51; 32 Kevin Newman M55-4 Doncaster Athletic Club 17:52; 33 Tony Martin M60-2 Fife AC 18:02; 34 Graham Marsland M40-11 Stockport Harriers & AC 18:03; 35 Phil Bullock W35-4 Worcester AC 18:04; 36 Robert Fox M50-6 Long Eaton AC 18:06; 37 Trevor Rayner M45-10 Salford Harriers & AC 18:11; 38 Steven Doxey M50-7 Swinton Running Club 18:22; 39 John Chaplin M55-5 Blackburn Harriers & AC 18:24; 40 Peter Pyrah M55-6 Bingley Harriers & AC 18:29; 41 Stewart Thorp M60-3 Oxford City 18:30; 42 Martin Ford M65-1 Cheltenham And County Harriers 18:35; 43 Stephen Robinson M50-8 East Cheshire Harriers & Tames 18:43; 44 Shaun Jordan M55-7 Bingley Harriers & AC 18:45; 45 Mick Page M55-8 Doncaster Athletic Club 18:56; 46 Desmond Michael M60-4 Barnet & District AC 18:58; 47 Gary Blackwell M45-11 Deeside AAC 19:06; 48 Neil Muir M45-12 Unattached 19:20; 49 Peter Young M65-2 Ryde Harriers 19:26; 50 Francis Day M60-5 East Cheshire Harriers & Tames 19:29; 51 Barry Peatfield M60-6 Wesham Road Runners & AC 19:33; 52 Alan Newman M55-9 Paddock Wood AC 19:44; 53 Gerry Bell M60-7 Bingley Harriers & AC 19:46; 54 Ron McCullough M65-3 Ipswich Jaffa 19:50; 55 Geoff Newton M65-4 Tadworth AC 19:52; 56 Paul RossDavies M60-8 Blackheath 19:55; 57 Andrew Dippie M50-9 Telford Harriers 19:55; 58 Keith Donald M55-10 Derby AC 20:00; 59 William Allan M65-5 Tadcaster Harriers 20:06; 60 Peter Hall M70-1 Barrow & Furness Striders AC 20:11; 61 Keith Boardman M50-10 Unattached 20:28; 62 John Batchelor M70-2 Ilford AC 20:32; 63 David Spencer M50-11 Unattached 20:35; 64 David Beattie M60-9 Crawley AC 20:42; 65 Arnold Bradshaw M60-10 Manchester Harriers & AC 21:00; 66 Ray Tran M45-13 Unattached 21:02; 67 Stewart Macdonald M45-14 Southport Waterloo AC 21:08; 68 Mike Cunningham M65-6 Manchester Harriers & AC 21:14; 69 Billy Hargreaves M65-7 Southport Waterloo AC 21:16; 70 Neil Robson M65-8 Bingley Harriers & AC 21:18; 71 George Buckley M70-3 Bingley Harriers & AC 21:41; 72 James Lambe M45-15 Sale Harriers Manchester 21:54; 73 Steve James M70-4 Southport Waterloo AC 22:15; 74 Geoffrey Beattie M55-11 Sale Harriers Manchester 22:26; 75 Les Haynes M65-9 Bingley Harriers & AC 22:38; 76 John Parker M70-5 Horwich R M I Harriers 23:05; 77 David Spencer M70-6 Barrow & Furness Striders AC 23:08; 78 Walter McCaskey M75-1 Edinburgh AC 23:14; 79 Edmond Simpson M75-2 Overton Harriers & AC 23:21; 80 Sidney Sacks M70-7 Salford Harriers & AC 23:29; 81 John Smithurst M70-8 Bingley Harriers & AC 23:31; 82 Alan Peers M70-9 Spectrum Striders 23:43; 83 Barrie Roberts M65-10 Bourneville Harriers 23:50; 84 R Harrison Jones M75-3 Prestatyn AC 24:03; 85 Joe Park M75-4 Cheshire Tally Ho. H & H 25:34; 86 James Rhodes M70-10 Radcliffe AC 27:18; 87 Derek Howarth M80-1 Leigh Harriers & AC 31:54; 88 Arthur Walsham M80-2 Salford Harriers & AC 37:08;

WOMEN:

1 Sarah Harris W35-1 Long Eaton AC 17:15; 2 Fiona Matheson W50-1 Falkirk Victoria AC 17:34; 3 Julie Briscoe W35-2 Wakefield District H & AC 18:11; 4 Bev Jenkins W40-1 Salford Harriers & AC 18:13; 5 Louise Rudd W35-3 Stockport Harriers & AC 18:28; 6 Anne Buckley W40-2 Bingley Harriers & AC 18:52; 7 Sharon Elder W40-3 Aldershot Farnham & Dist 18:56; 8 Jacqui Thomson W45-1 City Of Glasgow AC 18:58; 9 Michelle Buckle W35-4 Newcastle Staffs AC 19:16; 10 Jayne Baldwin W45-2 Doncaster Athletic Club 19:24; 11 Jane Pidgeon W45-3 Notts AC 19:30; 12 Beth Massey W40-4 Barnsley Athletic Club 19:51; 13 Steph Spencer W35-5 Derby AC 20:08; 14 Julia Armstrong W50-2 Brighton & Hove 20:10; 15 Claire O'Connor W35-6 Salford Harriers & AC 20:13; 16 Michelle Kruger W40-5 Notts AC 20:19; 17 Diane Farmer W50-3 Eastbourne Rovers 20:45; 18 Jane Clarke W40-6 Lincoln Wellington AC 20:47; 19 Janice Needham W55-1 Rochdale Harriers & AC 20:54; 20 Wendy Swift W40-7 Newcastle Staffs AC 21:04; 21 Susan Cooper W55-2 Derby AC 21:09; 22 Ann Ford W60-1 Redhill AC 21:17; 23 Jane Morley W60-2 Wolds Veteran RC 21:19; 24 Sue Ogilvie W55-3 Newquay Road Runners 21:22; 25 Jane Waterhouse W55-4 Centralac 21:45; 26 Diane Hooper W50-4 Salford Harriers & AC 21:45; 27 Rachel Tweedie W40-8 Newcastle Staffs AC 21:50; 28 Christine Birch W65-1 Abergele Harriers 22:39; 29 Sue James W60-3 Paddock Wood AC 22:52; 30 Margaret Martin W55-5 Fife AC 23:11; 31 Marion Smith W55-6 Kendal Amateur Athletic Club 23:15; 32 Judith Boardman W45-4 Unattached 23:23; 33 Elaine Roper W50-5 Unattached 23:50; 34 Paula Parkin W45-5 Derby AC 24:45; 35 Carol Thomson W40-9 Ron Hill Cambuslang 25:00; 36 Pauline Smith W60-4 Bingley Harriers & AC 26:05; 37 Pamela Jones W75-1 Ilford AC 26:33; 38 Grace Hough W60-5 Telford Harriers 29:06;

BMAF 5K ROAD WALK CHAMPIONSHIP, HORWICH, SUNDAY 17TH JUNE 2012-

1 Mark Williams Tamworth M45-1 25:15:00; 2 Patrick Murphy Ireland M50-1 26:14:00; 3 Richard Spenceley Yorks RWC M45- 2 26:25:00; 4 Adrian Edwards Lancs WC M50- 2 27:14:00; 5 Tony Taylor Lancs WC M65-1 27:57:00; 6 Andrew Fraser Potobello M45-3 28:02:00; 7 Peter Boszko Birchfield M60-1 28:04:00; 8 Sean McMullin Ireland M65- 2 28:08:00; 9 Tony Malone Lancs WC M60-2 28:12:00; 10 Dave Crompton Lancs WC M45-4 29:08:00; 11 Greg Smith Lancs WC M55-1 29:25:00; 12 Mark Byrne Redcar M50-3 29:34:00; 13 John Constantinou Birchfield M35-1 30:43:00; 14 Glyn Jones Coventry Godiva M65-3 30:55:00; 15 G Edwards Telford M60-3 31:11:00; 16 Sean Pender Ireland M55- 2 31:16:00; 17 Joe Hardy Lancs WC M65-4 31:31:00; 18 Stephen Sargent Lancs WC M65- 5 31:46:00; 19 John Crahan Lancs WC M60-4 32:29:00; 20 James M Ireland Lancs WC M75-1 33:21:00; 21 John Grayson York CIU M65- 6 33:24:00; 22 Mike Horton Dudley & Stourbridge M55-3 34:54:00; 23 Karen Davies Birchfield W50-1 34:57:00; 24 Stuart Edgar Dudley & Stourbridge M40-1 35:36:00; 25 Richard Robb Lancs WC M40- 2 36:01:00; 26 James M Munn Lancs WC M75-2 36:28:00; 27 Norbert Will Northern Ireland M75-3 36:59:00; 28 Andrea

Lennon Lancs WC W70-1 38:26:00; 29 Eric Horwill Dudley & Stourbridge M75-4 38:27:00; 30 Edward Almond Northern Vets M70-1 39:45:00; 31 Edwin Grocock Sheffield M85-1 39:54:00;

FUTURE BMAF ROAD RACE CHAMPIONSHIPS

I fully accept we have three BMAF Road Race Championships in October. In my first year of service I had to accommodate the following:

1. Avoid dates already booked for Masters Events including Internationals and UK events.
2. Avoid the Olympic window. Late July to the start of September if we included the Paralympics.
3. Avoid the first weekend in June.
4. Avoid the 5 K and Relays which had been confirmed.
5. Avoid January and December for obvious reasons.
6. Find and then allocate a Marathon in Wales, a Half in Scotland, a 10 Mile in the East and a 10K in the South.

Logic dictates that I am in the hands of race promoters and local federations.

I searched and negotiated for the best offers and concluded that although the race dates were not perfect they would provide Championship races throughout UK.

No Championship races in Northern Ireland is a situation I aim to address for the future.

To be honest it was a difficult task this year. Running a road race in the heat is difficult and at least we have three events in October which are across UK and allow for better conditions.

I hope you will be prepared to participate in one of these races in October.

I am already planning for 2013 and aim to spr

BMAF Neil McCover Memorial ½ Marathon Champs

(The Race Promoter will confirm entry procedure in the near future).

Race date Sunday 7th October 2012

Starting time 9:00am

Venue Kirkintilloch Leisure Centre, Woodhead Park, Kirkintilloch.

Race limit 1500

Entry fee £17.00

Organiser Robert Rogerson

Phone 0141 548 3037

Website www.kirkintillocholympians.co.uk

BMAF 10 K Championships Ashford 14/10/2012

The BMAF 10k Road Race Championships will be held within the Givaudan Ashford 10k in 2012. The race follows a town centre route along closed roads with a start and finish in the magnificent Julie Rose Athletics Stadium. The course is slightly undulating, but fast. The race is sponsored by Givaudan in association with Ashford International Hotel and is organised by Ashford AC with the assistance of specialist race managers Nice Work. It includes the following features:

- Ashford is easily reached by road and rail
- Parking and Changing facilities close to start/finish
- Start and Finish on the all-weather track in the Stadium
- Roads totally closed to traffic for duration of race
- Accurate distance markers each kilometre
- Showers and refreshments available in stadium

- Results and Medal presentations 90 minutes after finish

For friends and family, the Julie Rose Stadium provides the perfect place to watch the start and finish from a Grandstand seat - plus there will be hot drinks, refreshments and entertainment available. In addition to the main 10K race there are Podplus Fun Runs for the under 10's and under 15's.

BMAF medals will be awarded to men and women as follows:

Individuals - first 3 in each 5 year Age Group, commencing 35 - 39

Teams - 3 to score, in each 10 year Age Group, commencing 35 - 44

Note: Clubs can include an older runner to make up their team of 3, provided this is declared either to the race organiser with entries, or at the registration desk up to one hour before the race starts. For example, 2 runners in the 45 - 54 age group can declare a 60 year old runner to make up their team of 3.

BMAF Entry Procedure

WARNING: To enter the BMAF Championship use Postal Entry Form, visit the race website <http://www.ashford10k.co.uk/index.php> and select the button marked "Printable Entry Form".

This form provides fields for your BMAF affiliated club, and your club membership number.

The various online entry systems, including Runners World and RunBritain, have no fields for entering these details.

Postal Entry is the only safe option.

BMAF Entries close on September 30th. 200 places will be reserved until then.

No BMAF Entries on the day.



Race entry is **now open**. Enter via RunBritain or using the paper form, which can be obtained from the **Tiptree 10 race web site**. (this link opens a race entry form (pdf)).

For online entry, please note the following:

To enter Tiptree 10 race and/or British Masters, select **Tiptree 10 and British Masters Championship** from the drop-down.

Later in the form, if eligible, you may select British Masters.

The price is the same for both.

To enter **Eastern Veterans Championship**, select this from the drop-down and ensure you check the box for this event later in the process. You may at this stage enter the British Masters, if eligible. There is a £1.00 levy for the Eastern Veterans race.

Race day is **28th October 2012 - start 10:30**

Key features:

Road closed for race start and forming up: **Exclusive use of Tiptree Sports Centre**: Additional toilets: **Embroidered towel for every finisher**: Updates and further information on the **Race Web Site**

Walter Hill Road Race Secretary

VETERANS TRAVEL

MAJOR ATHLETIC CHAMPIONSHIPS & VETERANS RUNNING EVENTS

2012 - 2013



Working in partnership with



BMAF long term travel partner Corporate Sporting Events are now working in partnership with long established athletics tours specialist Track & Field Tours to promote travel to Masters / Veterans events as the BMAF's officially appointed tour operator and travel agent.

ALGARVE RUNNING CHALLENGE Portugal

7-11 Nov 2012

With the **Running Challenge Awards** based upon Age Related Performance Tables this unique event has been established since 2006 and includes 4 races over 5 days at the famous High Performance Athletics Centre at Montegordo in the Algarve: venue for the Team GB London 2012 Pre-Olympic Games Camp and has hosted the European Veterans Road Racing Champs.

Events:

- ◆ 5 km cross country
- ◆ 1 mile Track Time Trial
- ◆ 10 Km Beach & Trail Race
- ◆ Guardiana Road Race

The Guardiana Road Race with its 500+ runners crosses the Guardiana river from Spain into Portugal for a unique two country event – ideal for a weekend break

Packages for 8 days / 7 nights from £ 399 for the full Challenge Running Week

Packages for 4 Days / 3 nights from £ 299 for a weekend option



EUROPEAN VETERANS INDOORS

San Sebastian / Spain

19-24 March 2013



The coastal Spanish city of San Sebastian is host to the biennial European Indoor Champs and will be an ideal late winter / early spring trip as a focus not only for the competition but for a vacation to this world renowned touristic and culinary destination. In addition to our Championship Packages there will be add-on arrangements for extended vacations on both a group or an ad hoc individual basis

Please register for our brochure which will be published late summer of 2012



WORLD MASTERS CHAMPIONSHIPS Porto Alegre / Brazil

16-27 October 2013

For the first time ever the World Masters Athletics will be taking place in South America at the coastal city of Port Alegre. An ideal opportunity to combine competing at this great championships with a trip to Brazil in advance of both the FIFA World Cup and Rio Olympic Games. In addition to our Championship Packages there will be add-on arrangements for extended vacations on both a group or an ad hoc individual basis.

Please register for our brochure which will be published in the autumn of 2012



XX World Masters Athletics
championships stadia
2013 | Porto Alegre/RS - Brasil



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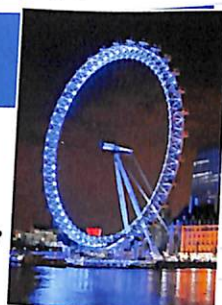
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