



Picture: Jeremy Hemming

MASTERS ATHLETICS

Winter 2012

Issue 102.

***The official magazine of the British Masters Athletic Federation
For Athletes over 35.***

British & Irish International XC from Belfast.

MASTERS ATHLETICS FIXTURES

| | | | |
|--|--|--------------------------------------|--|
| 2013 | | | |
| 13 th JAN | NVAC Monthly Run | Smithills,Bolton | XC 5&10k start 11am. |
| 19 th JAN | VAC XC Championships | Wimbledon | 2-30pm. |
| 27 th JAN | SVHC Road Relays | Strathclyde Park,Motherwell | 11-00am. |
| 17 th FEB | BMAF 10 Mile | Lytchett Manor, Nr Poole | Enter via the Lytchett Manor Striders web site. |
| 24 th FEB | BMAF Indoor Pentathlon & South of England (unofficial) Indoor Champs | Lee Valley | |
| 3 rd MAR | NVAC XC Championship | Victoria Park,Warrington | 11am Start. |
| 9/10 th MAR | BMAF INDOOR CHAMPIONSHIPS | LONDON LEE VALLEY SPORTS CENTRE | |
| 10 th MAR | BMAF Half Marathon | Lydd | The Banks Sports & Social Club,Dennes Lane,Lydd Romney Marsh Kent,TN29 7HG. 10-00am start. |
| 16 th MAR | BMAF XC | Herrington Country Park, Sunderland. | Page 32 for details. |
| 17 th MAR | NVAC 10m Championship | St Anne's | 11am. |
| 19-24 MAR | EVAA Indoor Championships | San Sebastian, ESP | Outdoor Field events, XC & Road Runs and Walks. |
| 7 th APL | Indoor Inter Area Match | Lee Valley Sports Centre | |
| 10 th APL | NVAC Track & Field League | Cleckheaton | 7pm. |
| 6 th MAY | NVAC Monthly Run | Crossford Bridge,Sale | 11am. |
| 16 th MAY | NVAC Track & Field League | Herringtonthorpe | 7pm. |
| 18 th MAY | BMAF ROAD RELAY | Sutton Park | See page 31 for details. |
| 24-26 th MAY | EVAA Non Stadla | Upice,CZE | |
| 26 th MAY | NVAC T&F Championships | Leigh Sports Village | |
| JUNE | BMAF 5k | | Details will follow when known. |
| 12 th JUN | NVAC Track & Field League | Sportcity ,Manchester | 7pm this date awaits confirmation. |
| 7 th JUL | NVAC Monthly Run | Radcliffe | 10k Paths 11am. |
| 10 th JUL | NVAC Track & Field League | Cleckheaton | 7pm. |
| 23 rd JUN | BMAF Pentathlon | Oxford | With 10k Walks, ands Women's 10k |
| 30 th JUN | BMAF Throws Pentathlon | Allianz Park,Copthall Stadium | TBC |
| 27/28 th JUL | BMAF Decathlon/Heptathlon | Oxford | With Men's 10k Track. |
| 10 th JUL | NVAC Track & Field League | Leigh | |
| 11 th AUG | NVAC 10k Road Championship | Bispham,Blackpool | 11am. |
| 18 th AUG | BMAF 10k | Pollok Country Park, Glasgow | 11.00 am start. The race headquarters, registration etc will be at Cartha Rugby Club, 92 Dumbreck Road, Glasgow G41 4SN.The race will be for Masters only with most of the course on roads within Pollok Country Park. |
| 31 st AUG | WMA Mountain Championships | Janské Lázně.CZE | |
| 14/15 th SEP | BMAF Track & Field Championships | Alexander Stadium, Birmingham | TBC. |
| 29 th SEP | NVAC Multi-Terrain | Edgworth | |
| 13 th OCT | WMA 100k Championships | Jeju, KOR | |
| | NVAC 10k Track | Leigh | |
| 16-27 th OCT | WMAA Track & Field Championships | Porto Alegre,BRA | |
| 27 th OCT | BMAF MARATHON | Newcastle Townmoor Marathon | |
| 2014 | | | |
| 25-30 th MAR | WMAA Indoor Championships | Budapest, HUN | |
| 15-24 th AUG | EVAA Track & Field Championships | Izmir, TUR | |
| 2015 | | | |
| 24 th FEB-1 st MAR | EVAA Indoor Championships | Torun (POL) | |
| 5-16 th AUG (TBC) | WMAA Track & Field Championships | Lyon, FRA | |
| 2016 | | | |
| 26 th OCT-6 th NOV | WMA Track & Field Championships | Perth (AUS) | |
| 2017 | | | |
| AUG | EVAA TRACK & FIELD | Arhus (DEN) | |

Edinburgh Marathon and Half Marathon - 26 May 2013

As the marathon and half marathon places sell out fast, check if you qualify for one of the exclusive entries:

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MASTERS ATHLETICS

Items for inclusion in the "Spring Edition" to reach the editor by the 16th March 2013.

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AUGUST 2012:

£ 125-C.D.Joss;
£10-John Collins, John McNally, Annemarie Richards, Richard Turner, Nigel Wray (Donated to BMAF).

SEPTEMBER 2012;

£ 125-Jenny Denyer.
£10-John Cuyrtin, Ron Hopcroft (Donated to BMAF), Peter Morgan, Anthony Parkinson, Len Parrott.

OCTOBER 2012;

£ 125-Nigel Wray (Donated to BMAF).
£10-Tony Bowman, Ted Cooper, Mel James, Beryl Sampson, Peggy Taylor.

NOVEMBER 2012;

£ 125-Ursula Duckworth.
£10-Ted Cooper, Carole Filer, Ian Jolliffe, Anita Neil, Maureen Singleton.

OUR THANKS GO TO: Nigel Wray & Ron Hopcroft for their kind donation.

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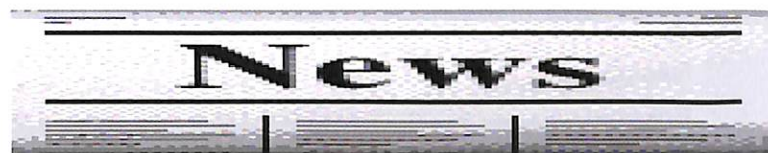
THE PICTURES USED IN THIS ISSUE ARE BY

JEREMY HEMMING

hemming@dircon.co.uk

TOM PHILLIPS

www.tomphillipsphotos.co.uk



We have received the news that Ton Peters Passed away on the 1st October aged 70. He had made a name as a statistician not only within the Dutch Athletic Federation but also within EVAA. In collaboration with others, he has made a major contribution to the production of European rankings for Masters, such as the top 10 ranking all time and European records. As a statistician and Advisor, he performed his work with great accuracy and enthusiasm.



UKA has announced the appointment of renowned sports psychiatrist Dr Steve Peters to the UKA Performance team.

Peters, who has spent the last decade working as an integral member of the successful British Cycling team, is the first significant appointment under the leadership of UKA's Performance Director Neil Black.

Dr Peters will work closely with Black on driving forward the winning culture of the sport, as well as focusing on selected athletes. He will also lead a team of handpicked sports psychologists who will work with all athletes on the World Class Performance Programme.

Commenting on his appointment Dr Peters, well known to all members of BMAF, as a National, European and World Champion over the 100-400 metres range.



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He said he was very excited to be joining the British athletics team and he was looking forward to working with the coaches and athletes on the road to Rio. He added it was a fantastic time to be involved in athletics and Neil Black was a great appointment as Performance Director.

PS: Steve has also been appointed by LIVERPOOL F.C. To work with their playing staff one day per week.

Peter Eriksson will replace Charles van Commenee as UK Athletics head coach.

Eriksson, 59, was the UK Paralympics head coach who helped steer the team to 120 medals at the London Games.

In finishing third in the overall medal table, Britain's medal tally was 17 more than the target which had been set by funding body UK Sport.

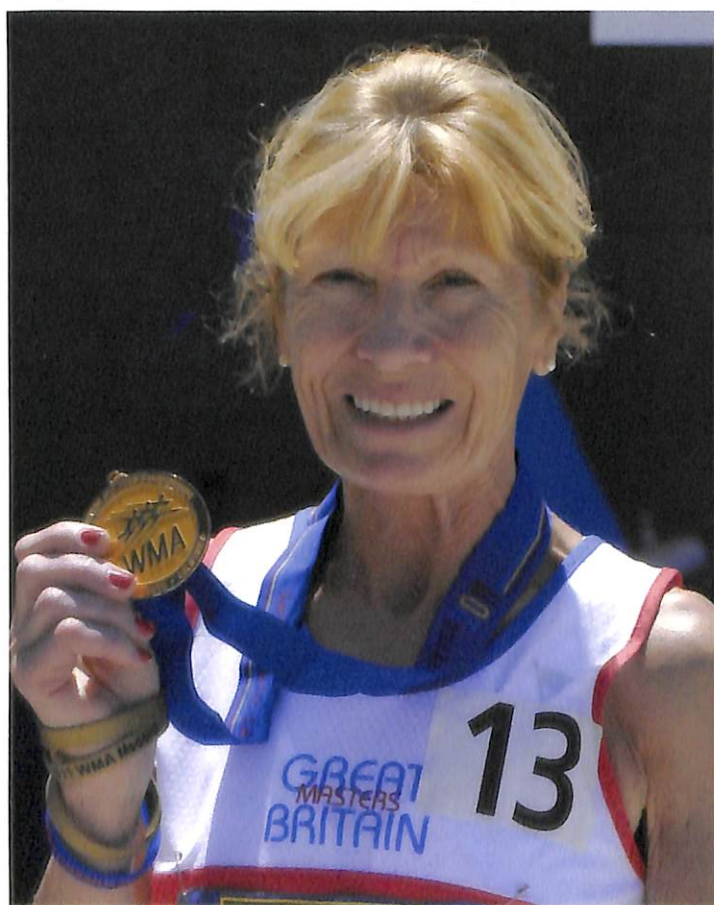
Van Commenee, who was in his role for three years, stands down after Team GB fell two short of his own target of eight athletics medals.

UK Athletics managed six medals at London 2012 with four gold medals and took fourth place in the track and field medals table, their best since 1964.

Eriksson, who was born in Sweden, takes over the role officially when Van Commenee's contract expires in December.

"It is a great privilege to be asked to take on this role," Eriksson said.

"I will continue with the methods and approach that has proved so successful in the Paralympics arena."



ANGELA COPSON was European choice for the World best Masters female award for this year. She set World Records in the W65 age group, at 1500 ,5000 and 10000 metres. In addition to several World Road bests including the Marathon.

The IAAF awards decided by W.M.A went to Bob Lida (USA) and Lyn Ventris. The third year running that the award went to an Australian Woman.

How does England Athletics fund the support needed for athletes, their coaches, officials and club volunteers? In particular the essential activities that go on week-in, week-out, usually far away from the spotlight or media attention.

Well basically they put up their fees. England Athletics has operated a membership scheme of affiliated clubs and registered athletes since its formation in 2006. This has contributed some funding to the upkeep of the sport, such as the provision of insurance, welfare support and other benefits.

During the 2009-13 period Government funding has been reduced and the economic situation has also changed. Therefore the sport needs to have greater self-sufficiency.

Membership Affiliation Price Structure 2013-2017:

| Membership category | 1 st Year | 2 nd Year | 3 rd Year | 4 th Year |
|---------------------------|----------------------|----------------------|----------------------|----------------------|
| Club/Body Affiliation | £50 | £50 | £50 | £50 |
| Senior athlete membership | £20 | £21 | £22 | £23 |
| Off Track membership | £10 | £10 | £10 | £10 |
| Under 17 athlete | £15 | £16 | £17 | £18 |
| Athletic 365 (U11's) | £15 | £16 | £17 | £18 |

This will mean that English Athletes will pay more than Wales who currently pay £15, whilst Scotland pays £18. However their costs may well be under review.

Off track runners membership will be the £10, (I wonder what effect that will have on distance track events).

A new and complex structure of fees will be applied to event promoters. I wonder if England Athletics considered the actual numbers of people who compete in "Track and Field", and if Clubs may join other organisations that provide insurance. They may even set up their own insurance.



Welsh Masters Athletic Association (WMAA) report Rachel Matthews, Honorary Secretary, Welsh Masters Athletics Association

2012 been a very busy and enjoyable year for the WMAA. We are pleased to report that our membership has remained consistently strong. We have also overcome the challenges to our internal organisation, with Rachel Matthews taking on the role of WMAA Secretary and Eirian Arwyn as Women's Cross Country Team Manager.

During the year we have sadly lost two loyal members, Bill Kingsbury and Howard Brown, who supported the association as athletes and officials for many years. On a more positive note, we have had acceptances from Pat Gallagher and Sean Power, who were appointed Honorary Vice Presidents to the WMAA. A highlight of the year has to be the WMAA outdoor Track and Field championship which, as a result of our closer relationship with Welsh Athletics, was incorporated into an unprecedented "Welsh Athletics Diamond Jubilee Championships" at Cardiff International Sports Stadium. All age groups competed over the bank holiday weekend, from under 13 to masters 80 and consequently there were many spectators to cheer everyone on which undoubtedly contributed to a very enjoyable experience for our masters athletes.

Welsh Masters champions were awarded their medals by John Penny, President of Welsh Athletics and there was very positive feedback from our members on both the professional organisation and their reception.

Our track and field league meetings have continued to receive good support and the level of Masters competition has been very encouraging, furthermore a number of non-master athletes have used the meetings to test themselves on an "open" basis. This opportunity to compete at our events may well open the eyes of many "pre-master" athletes as to opportunities in the future as masters athletes.

Meetings were in a number of locations, namely Cardiff, Swansea, Brecon and Newport as opposed to holding them all in Cardiff as in previous years. Overall this was very successful as the number of athletes attending and level of competition was improved.

To conclude the track and field season a thoroughly enjoyable day was had by all who made the trip to Solihull for the Inter-area match, the weather was unbelievably kind and we look forward to competing next year, with the hope that we improve on the fourth position we achieved for the last couple of years!

Our cross country team has now been selected and we look forward to heading over to Belfast on 10 November to compete in the British and Irish XC Champs. On December the 8th our members will be

competing for the Welsh Masters Cross Country title at Buih Wells National Showground as part of the Welsh Inter-regional Cross Country championships. Finally, we are very much looking forward to hosting the 2013 British and Irish Cross Country International.

Our representative, Bernie Jones, has been working hard with the organising team, and the arrangements are in hand for the event to take place on 16 November at Eirias Park in Llandudno, with the banquet at the Welsh Rugby HQ in Colwyn Bay, a fantastic venue by all accounts. We look forward to welcoming the competitors there.

A Day in the life of

.....

The England Athletics Masters Association (EAMA) is the England arm of the BMAF; created in 1992 with the remit to promote Masters Athletics across England. It also took on the job of selecting the England Age Category teams for the annual British & Irish Masters International Cross-Country. EAMA now also organise the very popular Inter-Area Track & Field meeting. Officers, all volunteers, are elected annually at the EAMA AGM in March. Small, friendly, hardworking they are, and one of the Officers is elected Cross-Country Secretary! This year that 'Hot Seat' is occupied by the popular smiling young man from the North East – Harry Matthews.

After a restful few months between December and March, Harry sets about checking arrangements for the International Cross Country in Belfast in November; the Treasurer, David Lesley, had already warned him that the budget was tight and it was unlikely that athletes would be given any financial support. Irene Nicholls, EAMA Chairperson and Arthur Kimber, EAMA T & F Secretary, had secured support from England Athletics. E.A. had agreed to give a grant towards the cost of team vests and to pay half the travel expenses for area/club representatives attending the selection meeting. E.A. also agreed to host the selection meeting at their headquarters in Birmingham in October. Harry had negotiated the supply of the England vests with Start Fitness in Cramlington, Northumberland. They had kindly offered to absorb the cost of printing and embroidery on the vests and helped with the design. Harry had already sat down and spelled out to potential candidates the Selection criteria; listed contact details of each Area/Club's Representative who would be attending the Selection Meeting and posted this on the BMAF web site, circulated the information to all clubs and printed it in the Summer edition of this closely read master's magazine. Of course many of the older regulars in the team were aware of the drill but it is the young 35-year olds, and yes there are many in the older age groups who are

now running better than ever and would love to don a vest for their country, these are the athletes his information needs to reach.

The Area/Club's representatives do their best to promote the opportunity to apply for selection. Checking results and meeting athletes at events, sending out information and application forms. In the meantime, Harry is kept busy with arrangements...booking hotel rooms, negotiating a date for the selection meeting and liaising with the Northern Ireland hosts (NIMAA).

Harry sets off at the crack of dawn in early October with his wife Kim, the Joint Team Manager, to the Selection Meeting being held in a room provided by England Athletics. There will be seated one Representative from each of the 7 England areas/clubs with a very long list of enthusiastic applicants. Problem number one quickly surfaces, how does one get 6 litres into a 1-litre can? Does he hold the most envious seat in Masters Athletics, he asks himself? As the pros and cons of excellent 10km times, fast finish, BMAF Championship results, a heavy muddy, hilly or fast course, is so-and-so suited to that type of terrain, no, he/she is now at the end of their age group, or just moved into a new age category, reverberate around the table as more coffee is consumed and the clock ticks on. The seven area/club selectors are supported by Irene Nicholls who offers Administrative back-up and Harry, wearing his EAMA C.C. Secretary hat, chairs the meeting aiming to get the task completed by 5.00pm..... a long day for the selectors is almost finished.... job done.

All selected runners and reserves are contacted still hopefully injury free and available. Those selected as team members or reserves are requested to confirm availability and give Harry their requirements by the deadline. Hotels checked and confirmed, Saturday banquet/presentation event tickets ordered, Vest and sweatshirt orders processed. The teams are announced, but the ink has hardly dried before his phone rings incessantly or he receives countless e-mails. Why was I not selected, I think my time is superior to Ms/Mr Smith's – it's so unfair? But I have run internationally, I've got the experience? I was really looking forward to it? I'm so disappointed? Within a few days Harry has dealt with several queries from some of those not selected or selected as reserves. He is now wearing two hats, that of EAMA C.C. Secretary with the task of dealing with those queries and that of a joint team manager trying to ensure all the needs of team members are met by the time they arrive in Belfast.

Maybe he does hold the most envious seat in British masters athletics after all, he ponders to himself as he sits with Kim in that palatial room in Belfast surveying the post-race Banquet as athletes from both sides of the Border, Scotland, Wales and England who had earlier tenaciously raced each other to the finish, eat, toasted and dance together until the early hours. But, then again, maybe next year there will not be so many telephone calls!! **Anon.**

Alastair Macfarlane

REPORT FROM SCOTLAND - OCTOBER 2012

The Scottish Veteran Harriers Club Annual General Meeting was held at Coatbridge Outdoor Sports Centre on Sunday 21st October. The major item on the agenda was a proposal from Club Treasurer Mike Clerihew that the name of the club should be the Scottish Masters Athletic Association. This followed a similar proposal from Mike four years ago, when although a majority was in favour of the change; the two thirds majority required was not achieved. This time, after much heated debate, the proposal was heavily defeated.

When it came to the election of office bearers, Mike stood down and Stewart McCrae was elected Treasurer. As he had intimated at the previous year's AGM, long standing Club Secretary Willie Drysdale stood down and Campbell Joss, with well over 20 years' experience as secretary of Bellahouston Harriers, was elected. We also have three new committee members. All other office bearers were re-elected.

On 7th October the BMAF Half Marathon Championship, along with the SVHC Championship, was held in conjunction with the Neil McCover Memorial Half Marathon at Kirkintilloch and we are grateful to Kirkintilloch Olympians for allowing us to be part of their race. The whole event went well in fine weather conditions. We look forward to hosting the BMAF 10K Championship next August at Pollok Country Park, Glasgow, where the race headquarters will be at Cartha Rugby Club.

No progress worth mentioning has been made on the possible Glasgow bid for the European Masters Indoor Championships, however the Glasgow Marketing Bureau have already been in touch to arrange preliminary talks on the British and Irish Masters Cross Country International due to be hosted by the SVHC in 2016!

CHAIRMAN'S REPORT

With the track and field season over the main emphasis since the last issue of Masters Athletics has been on road championships, the half marathon, the 10k. and 10 mile, and

on the British and Irish Masters Cross Country International in Belfast followed by our Cross Country relays. Walter Hill and Mel James have contributed detailed reports on these events.

Irene Nicholls and I recently met Andy Day from England Athletics and discussed funding for the Indoor and Outdoor Inter Area matches and the British and Irish Masters Cross Country International in 2013. We should have a detailed breakdown by the end of this year. **I can, however, confirm that the Indoor Inter Area match will take place, as planned, at Lee Valley on Sunday April 7th.**

Also looking forward to next year, remember that entries for the European Indoor Championships in San Sebastian close on January 11th.

I wish you all a Happy Christmas and New Year and hope that your winter training goes well.

Secretary's Report Astute WMA Official spotted a deceit Bridget Cushen

World Masters Athletics has suspended the Egyptian Long Jumper and Athletic Official, Mohamed Megahed, for 2 years from July 2011-13 and for 2 years from July 2012-14 after he was found guilty of trying to cheat in Sacramento by competing in the M45 long jump; he finished 14th. He then collected the Information Pack for an M50 Egyptian who he knew would not be competing and competed again as an M50 in the triple jump, but was spotted by an Official and disqualified.

Influential Masters Athletes lead from the front

The WMA M50 100m hurdles silver medallist in Lahti, Arto Bryggare, is standing for President of the Finnish Athletics Federation on 24 November. He will have to clear a major hurdle however as he has a strong opponent in Vesa Harmaakorpi, the current Chairman of Lahden Ahkera club in Lahti and a Professor at Lappeenranta University. Bryggare was third in the 110mH at the 1984 Los Angeles Olympics behind Roger Kingdom and Greg Foster. He won a silver medal at the first IAAF World Championships in Helsinki and is now also Vice-Chairman of that City.

After the Olympics he moved into politics and was elected to Parliament for two terms. Another Finnish Parliamentarian and Olympian is the M65 pole vaulter, Antti Kalliomäki, who cleared 3.20m to win the WMA World Indoor title last April. The double Olympic Silver medallist and a strong Masters supporter, Frankie Fredericks, has been re-elected as President of the Namibian Athletics. He is an IAAF Council member and a member of the IOC. Our ace sprinter, Dr Steven Peters, is one of the first people to be recruited by UKA's new Performance Director to help shape the team for the next Olympics. The

widespread newspaper coverage that Steven received all mentioned his Masters athletics exploits. Our sport is indeed fortunate, if not unique, to be able to count such inspirational and committed people amongst its members.

Track and Field Secretary's Report. Maurice Doogan.

After a good 2011/12 where the Track + Field Championships broke even, 2012/13 has proved to be very difficult.

The Olympics caused programming problems with the five summer Championships having to be crammed into a seven week period. This impinged on entries and difficulties in getting officials, which with the recession we had to retain the previous entry fee structure, to encourage athletes to enter, rather than drive them away.

Our move to Derby has been a disaster as costs have risen. Additional expenses included hiring the Sports Hall for the Call Rooms and Warm Up in case of inclement weather, the Derby hotel was expensive and the dinner was below par, and increased travel expenses for officials due to higher fuel costs. Luckily the lunch for the officials at the track was good, to at least balanced out the 'poor' dinner at the hotel and early season serious problems with catering for officials.

Unfinished facilities at Cophthall Stadium for the Throws Pentathlon, which meant we over ran the timetable, so got 'chucked out' early, and downpours at the Decathlon/10K in Oxford caused us to lose the Photo-finish and parts of the results, which meant we had medal presentation difficulties, which have at the time of writing not yet been fully resolved.

For 2013, Northern Athletics have withdrawn their Masters Indoor event due to poor entries from northern athletes, only 59 entered and although well supported by 54 midland and southern athletes the meeting was unviable even with the majority of entry fees for the BMAF Indoor Pentathlon being paid to NA. I did warn you that unless you supported this fixture it would be withdrawn. I also found it amazing that a fixture put on by Northern Athletics, where athletes entered through the NA website and paid fees through that system, with clear instructions that the timetable and other info would be posted on the NA website, that athletes continued to use the Pentathlon Provisional Timetable. They then blamed me for them not knowing what times their events were to be at, and thus some of them being late. Also the excuse that there was heavy snow that day is pathetic, you did not know it was going to snow the night before when the closing date came and went, and you chose not to enter. So other Areas be aware, you have to support the events that are put on for you, as once gone it could be for good. Yes, I hear

what you say about 'but where are the medals', which I deal with in another page in this Edition.

The Indoor Pentathlon has been brought back to Lee Valley, with the South of England Championships..

Accomplished after years of badgering, South of England Athletics are interested on putting on a Masters Indoor Championship, and have offered them one of our dates at Lee Valley, subject to them including the M35 age group in the Championships, and the W35's as they are also excluded from SEAA Cross Country Championships, yet allegedly held under UKA Rules. The winter programme is therefore still under review, which hopefully will have been resolved by the time you read this.

As the Worlds are in October, it was not feasible to have our Decathlon in September or have our Main Championships to early, so I have a provisional date of 14/15th September for the Main Outdoors at Alexander Stadium. This venue, for some unfathomable reason appears not to be to everyone's liking, but the two recent forced forays away from Alexander Stadium have seen a reduction in entries and substantial losses on those fixtures.

The Outdoor Pentathlon and Decathlon/Heptathlon are back at Horspath, Oxford with the Decathlon being at the end of July to ensure those wishing to go to Brazil for the Worlds do not have two decathlon competitions within weeks of each other.

It will also allow Decathletes and Heptathletes to compete in their numerous disciplines during the Main Outdoor championships, as warm up events.

After two major weather problems in the last three years, the 10K's will be evenly split between both of the above weekends, as the shortage of Track Officials and tight timetable have shown that it is impossible to prudently have them all on the same weekend. The Walks and Women's Run will be held within the Pentathlon and the Men's Run will be held within the Sunday section of the Decathlon.

The Throws Pentathlon will continue at the now finished and improved Allianz Park [formerly Copthall Stadium], hopefully in late June or July.

Regarding the future, the continuing Olympic Stadium saga, appears to have scotched the plans to hold our Outdoor Championships in the Stadium in 2015, prior to our sortie to Lyon, but the 'bidding processes is getting more complex by the day.

My proposed meeting with the London Legacy Development Company in January hopefully will provide details of the final decision and how we proceed with the plans for International Masters Championships in the re-constructed Olympic Park and Stadium, which is now a dire need.

This need is worrying, as although an engineer, I am also a bit of a conspiracy theorist - on the basis of, if it quacks, flies and floats, it is a duck - the nose tells me, if there is a smell could we be heading for the toilet.

The evidence of inadequate facilities for our International Championships, the posting and publicising of WMG events on both governing bodies websites, against the decisions of the WMA General Assembly in Riccione together with numerous other machinations, are we heading for a take over by IMGA – are we indeed being manoeuvred to mickey mouseland, as in some situations of late, we appear to already be there.

Watch this space. We may be losing the 'battles' but the 'war' is not lost, so keep the faith.

The Problems of Medal Presentation and Delivery.

Although the following will not negate the grievance that some athletes feel about not receiving the medal they won at the Throws Pentathlon Championship in July and the 10Km Track Championship in August, on the day and since, I would wish to remind them and advise all other athletes of the actual circumstances for this, as some of the rhetoric must be due to ignorance of the facts rather than selective recall which is now more than an isolated play.

Firstly, the initial problems.

The Throws Pentathlon was held at Copthall Stadium, but due to building works on the site, the external Javelin area could not be used. This I only became aware of the change in circumstances at 8.15am on the day, although having inspected the facility ten days earlier when the building works did not impact on the Javelin Area. This meant that the Timetable had to have major adjustments to it on the day, to suit the single javelin runway. The morning session was delayed, which had a knock on effect on the afternoon session. The medals for the morning age groups were presented. Although we did manage to complete the afternoon competitions, mainly due to the athletes understanding the situation and working to a common end, for which I am extremely grateful, however as we had gone over time, the facility was being closed before we could present the medals for those competitions.

The 10K's were held on the second day of the Decathlon weekend, but due to the numbers of entries for both, the Americans were also in town, the Sunday timetabling was a nightmare, where we had to insert an additional 10K race into an already very busy Decathlon/Heptathlon programme. This put a great strain on the track officials and photo-finish team, which were later compounded by a deluge of rain that obliterated the officials lap scoring sheets and later failure of the photo-finish system as the transducer got waterlogged. The medals for the weekend arrived later than anticipated, but that was still no excuse for the 'toys out of the pram' attitude of some of the first race incumbents when told that the medals were not available for immediate presentation. I would however wish to thank the athletes in the race where the lap sheets got destroyed, for their combined efforts with the photo-finish team to get the results for that race from the images on the computer, at least they realised that as there was a problem we had to find

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answers and therefore assisted in getting a resolution, and allowed presentation of medals in those age groups.

To add to our problems, we also had verbal abuse of officials at both of these fixtures and of me at Derby, by an arrogant individual who failed to comply with the instructions about collection of Throws Pentathlon medals, which he failed to follow and 'blew up' when reminded of the same. Reactions of this kind are unacceptable and sanctions will be placed on those found guilty of such offences.

Secondly, the initial procedures to rectify the problem.

For the Throws Pentathlon, athletes were offered the option of collecting their medals from me at Derby, or someone picking them up for them. Most athletes complied with this procedure, but several athletes including Mr Arrogant chose to ignore this and 'collected' their medal from the Outdoor Championship medal desk – which caused me to deal with even more paper work. Several athletes have also forwarded special delivery pre-paid envelopes, which with the mounting problems got delayed. By the time you read this, the matters for forwarding/collection of TP medals should be resolved.

For the 10K's at the current time, I have not even started on the process of the forwarding/delivery of these outstanding medals, but I am about to post a note on the Web Site which proposes various options for medallists, to consider. This, some may feel is still not satisfactory, so before we have further 'toys out of the pram, reactions, I would outline the work load that I undertake on your behalf [some of it, lumbered with]. Other Executive members have similar work loads.

After five National Championships in seven weeks in the period up to and including the Olympics, followed by two weeks on Team Management duties in Germany at the EVAA Championships, I returned home somewhat exhausted, but it was straight back to the day job which funds TM duties, overseas reconnaissance and other Masters stuff.

My priorities, in a précised form, in the limited time I had for it, since the beginning of September, have been ensuring the following:

1. All the official's expenses and hotel, stadium, catering, first aid and all other subsidiary services invoices are settled for all five Championships.
2. Fully detailed Balance Sheets are prepared for all of these Championships for forwarding to the Treasurer to provide detailed accounts for Executive and Council Meetings in September and October.
3. Contact and liaising with various venues and UKA about dates for Championships in 2013.
4. Preparing reports and attending the BMAF Executive and Council Meetings in Birmingham, followed by updating, to comply with political

correctness considerations, before forwarding for publication in MA.

5. Sorting out numerous problems already arising from the hangover effects of the EVAA General Assembly in Germany together with the three international championships in 2013, including booking hotels etc. and arrangements for reconnaissance to San Sebastian to inspect facilities for EVAA Indoors in March.

6. Sorting out returning monies to athletes who for various reasons paid twice, via the On-Line entry system, on entering the five Championships.

7. The investigations and then distribution of medals that due to earlier 'ejection' from Cophall stadium for the Throws Pentathlon and the deluge at the 10K Track, could not be presented on the day.

To date, I have completed items 1, 2 and 4. 3 and 5 are still 'work' in progress, and I have started on 6.

Unfortunately 7 is of the lowest priority, and although I have done some cross checking of these, as yet have not gone back to all of the athletes concerned about the various options available to them, not helped by some Throws Pentathlon medallists at Derby. A further complication has arisen in as much that telephone line problems at home/office meant my telephone line was on the blink for three weeks and although my telephone is back up and running again I cannot get an internet connection at home. As my e-mailer is a desktop PC not a laptop or tablet, and the tablet I bought has failed to arrive with Amazon refusing to deal with the problem as I am not able to deal with them through my domain name address, I am having to do e-mails externally through my ISP. All a touch of Murphy's Law a bit like the works of EVAA and WMA, but that is another story, partly dealt with elsewhere.

To conclude, I did not forget about athletes medals, but after spending a lot of time replying to individuals about the situation, I had to give up, which will have appeared rude, but I have to make a choice when my direct internet connection failed. I would also ask the involved athletes to put this issue in perspective, by considering the following:

A British Masters athlete who needs to take medication to be able to function normally, has had his international activities foreshortened by initially a ban and now by the refusal of our 'masters' at international level to accept the presented evidence by experts in the field, that the amount of recorded medication is not performance enhancing. Whatever avenue we take to get this ruling, which is purely due to the name of the medication, overturned we are stymied by blinkered individuals, who purport to have the best interests of Masters Athletics at heart – but appeared to be looking in a mirror when offering that. This is a travesty, which we continue to try and rectify, which the as yet non-possession of a medal is certainly not.

Track and Field dates for 2013

I have not included these dates in our fixture list as at this point in time details await full confirmation.

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24th February, Lee Valley BMAF Pentathlon & BMAF South of England (Unofficial) Masters Championships

Provisional Dates for other Championships .

9/10th March Lee Valley –BMAF Indoor Championships.

23rd June Oxford-BMAF Outdoor Pentathlon, 10k Walks and 10k Track (Women only).

30th June Allianz Park ,Cophall –BMAF Throws Pentathlon (tbc)

27/28th July, Oxford -BMAF Decathlon/Heptathlon with 10k Track Men.

14/15th September Alexander Stadium, BMAF Track & Field Championships (tbc).

Team Manager's Lament on EVACS2012 in Zittau, Germany.

Bridget has already given a very full report on the Championships, but rather glossed over the difficulties and absurdities experienced by both Team Management and Athletes. Glen Reddington also touched on some of them, but let me give you a fuller list, but it is by no means all of them. To be honest you have to laugh, otherwise you would cry, as we pay for this [not particularly in order of gross to minor]

ORGANISATION

1. Main Stadium did not have permanent floodlighting even though the Decathlon/Heptathlon's were scheduled to run late into the night on both days. Temporary lights were brought in with noisy generators, and the lights at an angle such that the shadow of the athlete's body hid the bar in the High Jump.

2. The transport system was a shambles as it only ran at 'business' times and not to suit athletes early starts, and was never far enough out of town to cover the majority of athletes. Betty and Dot got stranded in Poland when the alleged last bus failed to turn up, but luckily got a lift back in the van that went there to pick some kit up.

3. The Final Timetable was adjusted numerous times, never to the benefit of athletes, more athletes having to start their competitions at 07.00, and all labelled as necessary. Yet on two days when it rained first thing in the morning, the whole programme was put back one hour. All of this very strange as from about Day 4 the arena at the main stadium was not used from late afternoon until 'close of play'.

4. The Registration Office was a one kilometre walk from the main track and Declaration Desks [TIC]. The Team Notice Boards were also there for the first few days and the Team Managers [and Athletes] Computers and eventually a printer, permanently. It took them until Day 4 to get the Team Notice Boards moved to the TIC.

5. Virtually all commands in the Call Room and during most Field Events were in German, to the detriment of 65% of athletes. This problem caused several athletes to be excluded from the competitions for not attending the Call Room, which was a shambles at times; even though there were witnesses to say these athletes were present when they were called.

6. They employed Security guards to ensure non-athletes paid the daily 4 Euro entry fee, which could be got around anyway [refer to Glen R's précis in the last edition], and must have cost more to police than the total of additional entrance fees.

7. Sorry, one almost good point, the caterers were there early and always to after close of play, especially on the two Decathlon days, second night, still got steak sarnies at 00.30. Food then went downhill, or was it because virtually the same every day and little choice. Ok if you are there for a couple of hours, but when there all day, three 07.00 starts and two 23.59+ finishes, so a few treks for different food had to be undertaken.

8. Safety Officers, who are not trained track officials, are continuing to be able to disqualify athletes in races, for more than safety/health reasons.

9. The same Safety Officers, well 'Doctor Death', harassed Les Green during the first lap of the Marathon, threatening to pull him out if he fell behind time. Yet the limits were set at 3h20m at 20K [7h+ for full distance] and 6h30m for full distance – work that out if you can. Les was also stopped after each lap to have his pulse etc. taken, which disrupted his rhythm, the Team Managers were never advised of this, and is this actually with the Rules of Competition – or is it yet another case of make it up as you go along.

10. Warm up areas for hurdlers and other specialist events were very limited – basically unacceptable for an International Championship.

TEAM MANAGERS MEETINGS etc.

11. There was 'infighting' between the outgoing President and other incumbents on the Council and Technical Board of Managers, during the Meetings, all trying to dodge who was to blame for the continuing inadequacies – no flood lights, changes in timetables, lack of buses etc.

12. They got around that by having a go at me, by saying they were unable to read my writing, even when in block capitals, yet they would not let me read out the question as I had copies of the questionnaire sheet, as they said they could not understand my English. That got them out of having to answer most of my questions about the continuing 'cock ups', including why only one EDM device to measure throws from two cages at opposite ends of the main Throws Field, which caused continual problems.

13. The German officials were efficient, and the Chief, Hansie was very proactive when possible future problems were raised and when we raised queries

about procedures on an athlete retiring from the Decathlon and Chris Padmore's disqualification. A few Track Officials got 'shirty' when I raised the policing of athletes at the changeovers for the 4x400, which they stated they clearly understood, but obviously did not, as I had to explain the exact procedure to them several times, before it finally 'clicked'. A bit of banter ensued about disqualifying the British Team, which I said was fine as I had taken photos of all teams not complying with the rules, including Guido Mueller's team, which they clearly understood as they walked away and it all got sorted.

14. As always, there was a lot of talk, promises for this and that, the majority of which never materialise before the event was over and we were then forced to move on to the next problem, which gets the same treatment – pathetic. You wonder why you go through this whole T.M. Meetings rigmarole, for them to try to show they are in control of something, they appear to know very little about.

GENERAL ASSEMBLY [MORE FARCE THAN ABSURD]

15. A day of self congratulation, well the President was finally retiring, two years after his stated limit in the Constitution, but the bets are off that he will still not be pulling the strings; he has been elected as a Life President. Yet we were at a facility that was not fit for purpose and the safety officers still have the authority to disqualify athletes for holding up the timetable.

16. As expected the vote for Technical Manager was 'sown up' before the actual vote, not bad for an ex-Walks Judge, with no apparent experience of organising/running any form of Championship. I will ignore the fact that the other two candidates got 4 minutes each for their address rather than the stated 2 that I stuck to, but they were not stopped.

17. The 'Discussion' about the Question BMAF raised about why Torun was awarded the EVAA Indoors in 2015 so early, with Glasgow's proposed bid being dismissed, was manipulation at its most effective. Only when we read the GA Handbook do we find out that not only did Glasgow get dumped, but Ancona and Steinkjer[Norway] did as well. All on the premise that the new Torun Indoor Arena would be finished in 2012 which one takes means that, as the contract was signed in May, construction is well underway. Yet during Torun's presentation, which was with architects computer generated plans and walk through aspects, it transpires, construction has not yet started. So much for openness, democracy and the alleged furtherment of Veterans Athletics. This process will have been no surprise to those of us who have witnessed the blatant abuse of due diligence, which have continued for as long as I can remember, or to be more correct, ever since I realised what was happening many years ago.

18. The Minutes of the General Assembly have now been received, and those for the areas of contention, bear little resemblance of what was said and by whom. I think we have to put that down to a poor translation,

which is strange as the meeting was conducted in English.

FUTURE MATTERS OR SHOULD I SAY CONCERNS.

Do not hold your breathe on the assumption that things will improve, as within days of election the new Council are talking about removing the Marathon from the Outdoor championship.

The new Technical Manager is also still listed in the Technical Board of Managers as being Indoor Manager and Stadium Manager, the former Council roles they combined in Poznan, but then formed a board of managers which was filled with un-elected individuals. We now have one individual having three titles, but apparent limited knowledge of any of the three roles.

No doubt, on that basis, we will have the same head of the LOC for EVACI 2015, as the one that left the roof open for England's earlier Football International in Poland.

Regarding openness.

EVAA have produced Medal Standards for EVANS 2013 which has been carried out by an Italian who is referred to as being on the Technical Board of Managers, yet he is not listed as such on the EVAA website.

The Outdoor Championships for 2017 have been awarded to Aarhus, Denmark which is not a problem as we have been there before, save for the difficulty of the distance between venues. The main concern is the situation of apparently no other candidates, or was this a repeat of the Torun Experience, where three prospective candidatures are dismissed out of hand, by a Council of five but subservient to one, just six weeks after the Web Site posting of the first and only request for Candidatures.

So much for good Governance and Democracy.

British best performances in Track & Field set during 2012 (source Power of 10 rankings).

100: M65-Gyn Sutton-12.71-Cardiff-2/6/12; W75-Dorothy Fraser-18.07-Derby-21/7/12;
400: M60-Geoff Walcott-56.78-ZITTAU-2012; W60-Caroline Marler-69.00-Derby-22/7/12; W65-Angela Copson-74.31-ZITTAU-2012;
800: M40-Anthony Whiteman-1:48.22-Indianapolis USA-6/6/12; W65-Angela Copson-2:48.1-Leicester-25/7/12; W75-Mary Holmes-3:33.4-Peterborough-9/5/12;
1500: M40-Anthony Whiteman-3:42.02-Stretford-7/7/12; M55-George Thompson-4:21.9-Carlise-19/8/12; W50-Fiona Matheson-4:46.86-Derby-21/7/12; W60-N Hitchmough-5:16.08-Derby -21/7/12; W65-Andrea Copson-5:30.7-Nuneaton-27/6/12;
5000: W65-Angela Copson-20:13.23-Derby-22/7/12
10000: W65-Angela Copson-41:40.27-Oxford-5/8/12
2000SC: W55-Diane Baldwin-8:58.9-Bedford-28/7/12
100H: M50-Neil Tunstall-14.40 ZITTAU-2012

80H: M75-Tony Bowman-14.36-Derby-21/7/12; W55-Jane Horder-13.56-ZITTAU-2012; W60-J Fail-14.23-ZITTAU-2012;

300H: W55-Jane Horder-49.00-Derby-22/7/12;

HJ: M75-Tony Crocker -1.33-Nuneaton-10/6/12; M80-Cliff Taylor-1.09-Oxford-4/8/12; W55-Carole Filer-1.43-Sandy-29/7/12; W75-R Chrimes-1.18-Nuneaton-10/6/12

PV: W40-I Hill-3.90-ZITTAU- 2012

LJ: M65-John Charlton-5.02-Derby-21/7/12; W60-J Fail-4.14-ZITTAU-2012; W90-Mary Wixey-1.15-Tipton-15/4/12;

TJ: M40-Julian Golley-15.19-0.8-Loughborough-20/5/12; W35-Y Aldama-14.65 -0.3-Rome-31/5/12; W50-Janice Pryce-9.92-Derby-22/6/12; W60-Jean Fail-883/0.00-Derby-22/7/12;

SP: M55-Neville Thompson-14.62-Hemel Hempstead-18/6/12; M80-Cliff Taylor-10.34-Battersea-20/8/12; W80-Marie Grant-Stevens-6.41-Battersea-26/8/12;

DT: W55-Neville Thompson-51.54-Hemel Hempstead-18/6/12; W90-Mary Wixey-7.62-Jyvaskyla-2012

JT: M50-Roald Bradstock -76.15-Clermont,USA-2/6/12

WT: M50-Rob Earle-21.12-ZITTAU-2012; M65-Barry Hawkesworth-18.59-ZITTAU- 2012; M75-Hamilton Thomas-14.40-Lewes-27/5/12; M80-Graham Roberts-11.81-Derby-21/7/12

5000W: M60-Ian Richards-24:12.77-Derby-22/7/12

Bournemouth and Poole to host first Marathon Festival

STUNNING sea views, fresh crisp clean air and the very best of Bournemouth and Poole will be on show as the south coast is home to a new international Marathon for the first time.

Entries are now open for the running festival which will see thousands of runners from all over the world take to the streets of the coastal resorts on **October 5 and 6, 2013**. Bournemouth Pier which is set in the centre of seven miles of golden sand, framed by the Isle of Wight and the Purbeck Hills, is just one of the route highlights in a series of races predicted to become a vital addition to the UK running calendar. The award winning Boscombe Pier will also feature in the new family friendly festival which as well as a Marathon will also include a Half Marathon, 10K, 5K and two junior races.

Edinburgh Marathon and Half Marathon -26 May 2013

As the marathon and half marathon places sell out fast, check if you qualify for one of the exclusive entries:

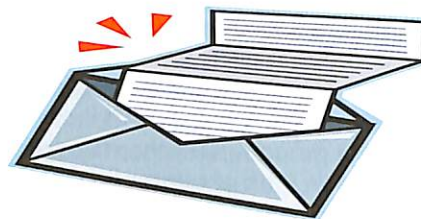
Good 4 Age - Guaranteed entries for full and half, see website

Top Club - 2:40/1:12 Male and 3:00/1:23 female - **FREE ENTRY**

Elite Entry - Sub 2:28/1:07 male and sub 2:48/1:16 female

1st, 2nd, 3rd prizes for VET 35, 40, 45, 50, 55 and 60

Visit www.edinburgh-marathon.com/?topclub for details



LETTERS

"I don't think I'll come again Tone"

Over the last few years friends competing in masters jumps events have become more and more unhappy about some of their experiences in several of the regional, national and international jumping competitions. Officials have usually been friendly, hard working and at the same time showing signs that they have been put under increasing time pressures that have then transferred to the athletes in the events they are looking after. Whilst it's important to remember that without officials we wouldn't have the chances to compete, what are some of these problems?

Roger Garland provided some in the last issue of Masters Athletics, (autumn 2012), about some of the problems that affected the triple jump in the British Champs at Derby this year. From where Roger was watching he probably couldn't see that not only were the tapes too small compared with the official width of the proper take-off board but unlike those athletes who were able to use the one and only board the not so lucky athletes who had to use the tapes for take off were not allowed to put their take-off foot on it for the start of their jump. Perhaps this was because there was no plasticine marking the pit side of the tape, making it more difficult for judges to see if a toe just crossed the line. This meant that athletes able to use the one proper 7 metres take-off board had three advantages over the athletes who had to jump from the tapes on the softer runway. Firstly a firm take off; secondly being able to hear whether their take off foot had hit the board – or missed it! In particular this mostly affected the younger masters who needed boards placed more than seven metres from the sand but also some of the oldest athletes who needed to take off from five metres. Thirdly some of the athletes couldn't actually see the take off tape they were going to head for from where they started their run. Why was this pit used when the triple jump pit at the other end of the same runway, had three take off boards and was ready for use? Being told by the officials: "It's the same for everybody" and "This is where we are doing it!" wasn't accurate, and it neither encouraged, nor served the athletes.

Moving on to look at problems with the high jump.

Roughly 35 years ago I competed in my first British Veterans Championships in London. I was pretty nervous. Gordon, (who is still competing), being a couple of years older than me had competed in the Veteran's Championships before. All age groups were together in one competition and ready to start. But where was Gordon? Ah! Er?? Yes there he was, sitting on the edge of the track with his family eating lunch!!! The bar slowly rose. An hour after the start Gordon strolled over and joined in with a couple of easy, low for him, warm up jumps. Over the next few years high jumps in the British Championships settled down to several competitions covering much smaller ranges of ages and therefore numbers of competitors. Much better for the athletes. Unfortunately in recent years, when timetabling this event, we have gone back in time and in support of the competitors.

Some recent examples.

In the Midland Outdoors Championships this summer a wide age range of high jumping master athletes were competing at the same time. The younger high jumpers spent a very long time sitting on the side of the semi-circle waiting for the bar to rise to a height where they would get started. This seriously

removed their opportunity to check their run ups and carry out a few trial jumps immediately before they started to compete in earnest.

In this summer's British Championships the pole vault pad was immediately next to and behind the high jump pad. Pole Vaulters gathered, moved around, chatted and vaulted in the line of vision, of the high jumpers. For the high jumpers focusing on the task in hand was difficult. There was another unused pole vault facility about seventy metres away, alongside the track. Towards the end of the high jump one of the frustrated high jumpers said, "It isn't about giving athletes the chance to enjoy competing any more." No question – just a straight statement.

In the European Indoors Championships a couple of years ago the high jump pad was very close to the tight bend in the track. At the same time as jumpers were competing so were a large number of track athletes engaged in a long distance walking race. These were soon spread around the whole track. Jumping athletes whose run up to the bar came from the right hand side had to run across the track. Every time they did so they were controlled by a flag waving official who would not let them position themselves – or run up to the bar, unless there was a sizeable gap between the walkers. There were no races happening on the 60 metre sprint lanes in the middle of the arena. If the high jump pad had been moved about ten metres in that direction there would have been no problems for any of the jumpers, whichever side they used for their run up. One fed-up jumper dropped out – he couldn't concentrate and ready himself for his approach run up.

In several of this year's competitions – regional, inter-area and national, there have often been mixed age groups with both sexes competing at the same time. The bar was raised three cms for some age groups and five for others. Athletes couldn't choose which next height they would attempt if it was only two cms higher than the height they had just cleared, even though this is the recognized minimum allowed in international and British rules. In one case, athletes were allowed to initially choose which amount they wished to increase their jumps by, but weren't then allowed to alter that decision as they neared their maximum height if they had chosen 5cms they were stuck with it. Confusion increased as time went by. So did discontentment.

In the Welsh Indoors Championships, covering all age groups including veterans, which was held at the beginning of this year, there was a wonderful feeling of friendliness. Whilst waiting between events I was able to watch some young, teenage girls demonstrating knowledge and skills that some very skilled coaches had instilled into them; I could have stayed there all day just to watch that. But earlier, across the arena the two high jump pads were very close together. The lady competitors used one pad, the men the other, at the same time. Men running up from the right side crossed over with ladies running up from the left side. Regularly athletes were stopped by an official because another athlete was trying to run up to the other pad. There was nothing in the university arena to stop a pad from being moved. They could have been located further apart.

At Lee Valley earlier this year male high jumpers, competing in the British Indoors Championships, were held in the call up corner for a very long time before being taken out to compete. There isn't enough room in that call up area for any warm up speed work, only just enough for some very limited 'on the spot' exercises. When it was almost the start time – according to the programme, athletes were collected and taken to the high jump. Almost simultaneously a gentleman came across and ordered the high jump officials to start on time. All of the athletes gathered around the officials and asked for enough

time to measure their run ups properly and check them out with some early practice jumps before the competition started. This was not allowed. As a result all of the athletes had to start without being properly warmed up, or technically prepared for competition.

In the Midland Veteran's League two years ago the triple jump was scheduled to start shortly after the high jump. Waiting for my first high jump I noticed athletes were trying out their run-ups for the triple jump. I trotted over and discovered that actually the competition had nearly finished. I got one jump in and returned to the high jump. Several other high jumpers were also due to triple jump but didn't because it ended before they were free from high jumping. This year the high jump started about 15 minutes late. I went over to register for the triple jump. That had started spot on time. Only one athlete had reported by then. He jumped and won. I was too late. Including me this time four of the high jumpers didn't compete in the triple jump as they had expected to. Timetable problems? Official rigidity? Both?

So what seem to be the problems behind all this? Well, just looking at the high jump.

Recently there has been a huge increase of insistence on events starting on time and NOT finishing late. Unfortunately there seems to have been an error in using published tables in order to calculate how many minutes per competitor is needed. These timings do not normally make any allowance for pre competition preparations. Putting all ages together in one competition means that a large range of heights are tackled. Younger, high ability jumpers have to wait a long time before they start. As a result what happens is that in many cases experienced high jumpers start their competition jumps at a lower height than they would do if allowed sufficient time to gauge their run up, to take account of variables such as wind direction and sun position, (if outdoors), in order to avoid risking making an early failed jump. This lack of preparation time increases the time taken by the jumpers once the event has started. So to a large extent it removes much of the time advantage that is believed to come from putting all the age groups together in one competition. And, once again these days' officials are clearly under huge pressure to finish by the time the someone has estimated that it should be over.

There are also problems linked to levels of experience, and knowledge. Many of the officials running the jumping events – and let's not forget giving up their own time to do so – are people who have never been high jumpers themselves. This is becoming common as a problem, from league matches through to championships, because of the difficulty in finding people who are both knowledgeable and willing to give up their time for this task. People organising our competitions do not enjoy the Olympic luxury of only choosing from highly qualified volunteers who have the knowledge of the rules and supportive behaviours needed that will ensure that the athletes have both an enjoyable and a fair competition experience. The easy one to sort out is time allocation. And that isn't avoided by saying "We can't sort out the time-table until we've had all the entries in." Give the high jumps a more generous allocation of time and then one group of athletes who have paid good money will be able to go home happy with the way they have been treated.

A totally different problem, but equally frustrating for athletes, is the length of time it takes a huge number of athletes of different ages to compete together in one high jump competition. A high proportion of master athletes compete in more than one event at various national and international championships. Choosing to run or jump in another event that starts an hour and a half after the high jump starts feels safe. But it isn't. In this year alone high jumpers found that the triple jump was already starting, (which means turning up at the reporting area hadn't

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been complied with), and track events that they'd entered were already in progress. Driving many miles in order to enjoy competing in two or three events isn't supported by having paid for them and then found you've missed out because of the huge length of time needed for a single grouping of high jumpers to be there on the high jump circle. Is it because we pay to hire centres by the hour and so timetablers set out to squeeze everything into the smallest amount of time they think they need in order to make it all happen? Is it time we went back to planning our competitions for the benefit of the athletes? I want to hear fellow competitors saying "Gosh I've enjoyed it this year" I don't want to ever again be told, "I don't think I'll come again Tone."

This is a plea for transparency with regards to selection for the Masters XC International event held every year. Each year you are asked to complete a form denoting your best performances, each year it is recommended that you run in the British Masters 5K, 10K, XC and other Masters events but in actual fact there is no set criterion anywhere in sight. When questioned the selectors struggle to justify their team selections and it would appear that it's rather hit and miss as to whether they have bothered to check the Power of 10 website to prove performances – after all as much as we all love Mo Farah if he claimed that he had run a 25 minute 10k but there was no proof of this anywhere – would we really believe him? The selection criteria for the Olympics may not have been what everyone wanted but it was transparent. If there is seen to be nepotism it leaves a sour taste for those left wondering what more they could do or where they went wrong.

It's not hard to put some structure behind the process; request that athletes have to compete in at least one British Masters event, have times that have to be achieved for e.g. 38mins or below for W35 10K and thirdly don't have a selection form, simply print off the Power of 10 for the current year and highlight performances including ranking for those events.

Every athlete is proud to wear their countries vest – if the process preceding you receiving the vest was made clearer then athletes would not become despondent and it will ensure that the best possible teams are picked.

Louise Rudd (BSc Hons)

On behalf of the five competing nations, may I express our sincere thanks to Jim Newbury and his NIMAA organising team for the smooth and successful organisation of the B&I Cross Country International.

The continuing pattern of severe weather, especially during the months of October and November, which Britain and Ireland seems to be experiencing annually, is certainly a strong ongoing test for our international race organisers.

The traumatic decision to change the venue from the original Stormont course to the Queens University playing fields within three weeks of the event was a sensible but very hard organisational decision. N. Ireland had suffered with floods, earlier than other areas of the UK and during an inspection three weeks before the event, parts of the Stormont course were below two foot of water. Taking the gamble of not enduring any further heavy rain on the course was a huge risk and the switching of venues was the safest option for the event.

The new course proved to be a perfectly acceptable replacement, it was described as flat, but in reality it had a couple of undulations which tested even the elitist of runners. Some very close and exciting age group battles ensued, resulting in many sprint finishes for the medals and the post race comments from many of our competing athletes came

up positive. The evening presentation evening also went very well with the athletes dancing and chatting well into the following morning.

Therefore I congratulate the NIMAA for organising such a successful event under those extremely testing circumstances.

Mel James, BMAF Cross Country Secretary

Henry de Silva with the Torch he carried in the Olympic relay. Henry is trying to assemble a team of torch bearers to compete in the BBC Television quiz "EGGHEADS". If you are interested Henry's address is "6, Little Meddow, Andreas, Isle of Man. IM7 4HY Telephone 01624 880863.



WE WILL NOW END THIS TOPIC.

Bridget Cushen had a phone call from Peggy Taylor yesterday, she says: "I really look forward to getting the magazine. I always enjoy reading it but I thought that the last few issues were very interesting indeed. Thank you all."

THE MONTREAL MASTERS MUSCLE STUDY SUPERIOR AGING: LESSONS FROM THE MASTER ATHLETE By Arthur Kimber

THE INVITATION: At the World Masters Indoor Championships in Jyväskylä, Finland, in April, Tanja Taivassalo, a professor from McGill University in Montreal, Canada, was watching races and looking at results, with a view to recruiting athletes for the study, a research project in the Department of Kinesiology and Physical Education. The purpose of the study was to determine what factors permit high physical function in advanced age, over 75, by comparing master athletes to healthy individuals of similar age who are not highly active. Understanding the basis for the superior aging capabilities of master athletes may lead to more effective ways of maintaining physical function in the general population. The aim was to recruit 20 master athletes, (to be compared to 20 non-athletes) who were still competing and had won individual medals or at least placed in the top five in international competition in the previous five

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years. Three British athletes, Tony Bowman, Colin Field and I were invited by Tanja to take part, with the incentive that all expenses, travel, accommodation, meals and comprehensive travel insurance would be paid by the university. We three readily agreed to take part. During the summer the arrangements were finalised. We were asked to complete three questionnaires: the first on medical and exercise history; the second a Canadian health questionnaire given to anyone from age 15 to 69 undergoing exercise testing, although we, over 69, were also asked to complete it; the third was a depression scale form. We were told of the procedures that we would undergo, any risks involved and asked to sign consent forms. The extensive set of tests to be carried out meant that only four athletes per week would be tested, travelling to Montreal at the weekend, being tested from Monday to Friday and returning home the next weekend. Colin and I and two Canadian athletes, Christa Bortignon and Olga Kotelko, aged 93, underwent testing in the middle of October. Tony went in November.

MONTREAL:



Montreal is Canada's second largest city with a population of 3.5 million and is the third largest French speaking city in the world after Paris and Kinshasa. The city was founded in the 17th century and downtown Montreal has developed into a skyscraper area, but much more attractive than in the typical North American city. Colin and I stayed in an upmarket star hotel and in the evenings enjoyed visits to excellent Italian and Mexican restaurants. After the tests ended by the weekend we were able to explore some of the city.

On Saturday we took the very efficient Montreal Metro to the Olympic Stadium, venue for the 1976 Games. Our visit to the stadium was in one way a disappointment. We expected to see the track, but discovered that it had been removed and the stadium is now used for baseball, Canadian football and concerts. The stadium is known as 'The Big O' for three reasons, its name, its circular shape and the fact that it took 30 years after 1976 to pay for it. But our disappointment was overcome by our visit to the stadium's tower, 175 metres high and inclined at 45 degrees, the tallest inclined tower in the world. A funicular takes visitors to the observation deck in two minutes for a superb view over Montreal and the surrounding area, an 80 kilometre panoramic view on a clear day. We were lucky to make the ascent on a warm, clear and sunny day. On Sunday we visited Old Montreal, which contains North America's greatest concentration of 17th, 18th, and 19th century buildings. The area is south of downtown going towards the St. Lawrence River.

THE TESTS

Introduction: The testing was organised and conducted by principal investigators Tanja Taivassalo and Russ Hepple, doctors, a surgeon and postgraduate Masters and Ph.D students.

Muscle and blood samples were analysed by laboratory staff. The study coordinator was Sylvie Moisan. On paper the two tests appearing to be possibly the most unpleasant were the thigh muscle biopsy and the insertion of a catheter through the nose and down into the oesophagus prior to the cycle exercise test. On Monday morning we reported early at 7.30 at the University for the Start of the tests. We were informed that our first task was to walk five minutes up the road to the hospital! An echocardiogram awaited us.

The echocardiogram: This scanning procedure is used to determine the size, shape and functioning of the different chambers and valves of the heart. I knew that I had a leaky heart valve and this was confirmed. I was able to listen to the squelching as the blood was pumped round my heart and to watch on the computer the failure of the valve to close completely. The faulty valve does not any adverse effect on me; most people have a faulty valve and many are unaware of it. Colin discovered that he had the same condition.

The cycle exercise tests: As cycling on a stationary bike can be boring I was asked whether I would like to listen to music. I'd no idea how much choice was available and I asked for Ella Fitzgerald. A large number of her tracks were played for me. An at rest ECG was carried out prior to the start of the test. My throat and nose were then numbed by an anaesthetic spray, which tasted foul! The catheter was then inserted using a 'sip and swallow' technique, where you sip water and swallow it quickly as many times as necessary until the catheter is in position. The purpose of this procedure is to evaluate how the primary muscle of breathing, the diaphragm, responds to exercise in older people. I felt slight discomfort at first, gagging and a sense of added pressure in my throat, but the discomfort soon wore off. Breathing tests at rest were carried out, where you breathe in and out as much as you can and as fast as you can through a mouthpiece, similar to the mouthpiece of a snorkel. Cardiac output, i.e. the amount of blood pumped every minute, was also measured. Once on the cycle the resistance on the pedals was very low at the start and then increased every two minutes, but it was important to keep pedalling at between 60 and 80 revolutions per minute. During the test heart function was monitored through ECG electrodes on the chest and neck, the amount of oxygen and carbon dioxide breathed in and out measured and the oxygen content of the blood through a probe clipped to my index finger recorded. Pulse rate and blood pressure were checked. The aim was to keep pedalling until you reach exhaustion and can no longer maintain the cadence.

I managed something over 18 minutes. After the test recovery rates in pulse and blood pressure were recorded.

I had to go through the test twice, the second time fortunately not on the same day! On the first occasion the mouthpiece was not fully in place and alarming 'information' appeared on the computer screen, which caused the supervising doctor to instruct me to stop after 14 minutes, quite rightly as she was concerned for my wellbeing. But I was fine. The other cycle test involved pedalling for 24 minutes at a constant sub-maximal rate, repeated after a 30 minute break. During this test electrodes were placed on the front of my head to examine the flow of blood to the brain.

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MRI (magnetic resonance imaging) brain and muscle scan

A brain scan to study its anatomy and functioning is a procedure that might have put off anyone with a tendency to claustrophobia. I lay on the MRI table and my head and upper body were positioned into a cylindrical opening of a tunnel and I had to remain there, keeping still, for about 45 minutes. During some of the time it was necessary to keep my eyes open, but at other times it would have been easy to fall asleep. The operator kept in contact with me through an intercom system. For two short periods it was very noisy and everything appeared to be vibrating; the sound reminded me of a nearby pneumatic drill. After a five minute break I was moved back into the tunnel feet first for a 15 minute scan of thigh muscles to measure the size of muscle tissues.



DEXA (Dual energy X-ray absorptiometry). Total body composition and bone mineral density scan
For this test I lay on an open scanner and kept completely still while the machine scanned my body to produce a picture of its inside, bone density information and percentages of fat and muscle. The detailed printout pages enabled me to see the differing proportions of fat and muscle in arms, legs and trunk, as well as a picture of my skeleton.

Muscle strength testing: Using a machine called the Biodex the strength and endurance of calf, thigh and hip muscles was measured. I was asked to perform two kicking exercises, with my feet attached to the device, kicking as hard as possible and then after a rest, for as long as possible repeatedly at very short intervals.

Muscle electromyography:

This test, also on the Biodex, was carried out as I sat with my ankle secured to a support that measured the force and/or speed of muscle contractions. Surface electrodes and wire electrodes inserted into the muscles measured the electrical activity of muscle groups in the lower leg as the calf muscle was contracted.

Some other shorter tests were carried out:

1. Blood samples were taken, collecting 50ml of blood in six phials.
2. The time taken to run up a flight of steps as fast as possible, stepping on each step (two at a time not allowed) and after a short break running down as fast as possible, again stepping on each step (jumping down not

allowed) was recorded. I found it more difficult to keep balanced when running down.

3. Starting from a sitting position in an upright chair and standing up and sitting down as many times as possible in 10 seconds was tested.

4. In the extremely well appointed university gym, our weight lifting abilities, not my strong point, including bench presses, were recorded.

5. A cognitive function test, taking about an hour, investigating functions such as memory, attention and decision making, was carried out followed by a detailed question and answer session about my athletics activity from childhood onwards.

The muscle biopsy:

When I arrived for the biopsy music was playing and I asked whether I could choose my own, Ella Fitzgerald again, (that was not possible) and said that if I could I thought that an appropriate number would be her version of Mack the Knife. The friendly surgeon took that very well. For this last test a spot of the thigh was numbed and a scalpel was used to create an opening for the biopsy needle, a sharp pencil-shaped tube, which penetrated 5cm into the thigh. I felt pressure but no pain. After the removal of the sample the wound was bandaged and I was instructed not to attempt to run for two days and given paracetamol tablets to be taken when the expected pain would start after about four hours. I had to remain in Montreal for the next two days in case any serious after effects developed. There were none, although it was somewhat painful walking up and down stairs for a couple of days. Tanya has commented that preliminary results appear to show that the athletes' muscle samples 'look like lean filet mignon'.

THE PHOTOSHOOT

A Montreal Gazette journalist/photographer came to the university to interview and snap us on McGill's indoor track, not just a straight strip but a full 200m. job, and after returning home we received a copy of the article and photograph. Tanja rounded off the week by inviting us to her house for dinner on Saturday evening.

AFTERWORD



I was excited and looking forward very much to the visit to Montreal, but the week exceeded my expectations. The tests were very interesting, some were very hard work, but well worth the effort. For the whole week from when Sylvie picked us up at the airport right through to the excellent dinner and interesting conversation on Saturday evening all the staff including the students were so friendly and helpful. The hotel accommodation was first class and the staff there very pleasant. It was one of the most interesting and enjoyable weeks of my life.

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Editor: Brian Owen, 8, Thorngrove Road, Malvern, Worcestershire, WR14 3BX (Phone- 01684 565721
Email-brian.owen2@btinternet.com)
Advertising: Bridget Cushen, 020 8683 2602; Email: bridgetcushen156@btinternet.com
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BRITISH MASTERS ATHLETIC FEDERATION

Website: www.bmaf.org.uk
President: Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. (athlete.uk@btopenworld.com)
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Overseas Entries Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE Mail-peter@peterduhig.plus.com
Co-ordinator:
Chairman of Records Committee: Bob Minting " The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. email- Bob.Minting@btopenworld.com
CHAIR of EAMA : Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. Mail -IRENENN@aol.com
Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: webmaster@bmaf.org.uk

GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: **Membership-** Mary Waters, East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB. Email-mary.waters@uea.ac.uk
Isle of Man: **General:** Mrs Maureen Kelly, 47, Ballacriy Park, Colby, Isle of Man, IM9 4LX ; Email: mokelly@manx.net
Membership) Mike Gellion, 4, Creggan Mooar, Port St. Mary, Isle of Man, IM9 5BB mail: mikegell@manx.net
Midlands MAC: **General & Membership** Tom Morris, -391, Chester Road, Castle Bromwich, Birmingham B36 0JH;
email: mmac.sec@blueyonder.co.uk www.midlandmasters.com
Northern VAC: **General:** Sally Howarth, 17, Stanton St, Stretford, Manchester, M32 0JS Phone: 07776 187169
Mail: sally.howarth@sky.com
Membership- David Sinnott, 24, St Asaphs Drive, Ashton under Lyne, OL6 8UB -Phone -0161 3396562
email davidsinnott@bulldoghome.com www.nvac.co.uk (alex.rowe500@virgin.net)
Veterans AA-NE: **General ;** Archie Jenkins, 8 Meadow Riggs, Alnwick, Northumberland, NE66 1AP phone 07702322815 ; **Membership-**
Membership: George Routledge, 5, St. Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear, NE28 7AB
Phone: 0191 2871388 **Email:** georout@yahoo.co.uk
Northern Ireland MAA: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) www.northernirelandvets.co.uk
Scotland (SVHC): **General;** Campbell Joss, 25, Speirs Road, Bearsden, Glasgow, G61 2LX **Phone:** 0141 942 0731.
Membership- David Fairweather, 12, Powburn Crescent, Uddingston, Glasgow G71 7SS (phone-01698 810575)
djf@fairweather.plus.com **Website:** www.scottishmastersathletics.webnode.com
Southern Counties VAC: **Secretary -Chris Reed, 18, Flint Street, Grays, Essex, RM20 3HA Phone: 01708 689877**
Email-chrs.reed@gmail.com **Membership-** Vilma Thompson, 18, Albany House,
Boyfield Street, SE1 0SB (020 7928 9577) email : villy18@hotmail.co.uk
South West VAC: **General:** John Perratt, Gable Cottage, Stanhope Drive, Sidmouth, Devon, EX10 9JE (01395 513611) email:
johnperratt@talktalk.net **Membership-** Ken Ballam, 7, Sandford Court, 32, Belle Vue Road, Bournemouth, BH6 3DR
Tele: 01202 429137 Email-k.ballam@btinternet.com
Veterans AC: **General:** Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) **Membership-** Phil Bell,
117, Cairnfield Avenue, London NW2 7JH. P.bell5@sky.com
Welsh Masters : **General:** Rachel Matthews, 90 Van Road, Caerphilly, CF83 1LD Mail-rachjmatthews@hotmail.co.uk
Membership- Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

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CHANGES OF ADDRESS TO THE EDITOR- IN WRITING OR BY EMAIL-NO PHONE CALLS PLEASE !

BMAF 10k Road Championships at Ashford Kent, Oct 14th 2012

*Words: Walter Hill.
Pictures Jeremy Hemming*



The BMAF 10k Road Race Championships was incorporated within the Givaudan Ashford 10k on the 14th of October. The race followed a town centre route along closed roads with a start and finish in the magnificent Julie Rose Athletics Stadium.

The race was held under perfect weather conditions which led to fast times on a slightly undulating course.

With over 120 members entered we had a very healthy field for an open race which also incorporated the SCVAC Championships. The prize presentation was held within a large hall and was a further highlight to the race. Prize presentations are important as it provides an opportunity to publicly celebrate the achievements of our members.

I have to thank Dave Beattie for his assistance before and on the day. He did an excellent job.

We must also thank the race sponsors Givaudan in association with Ashford International Hotel, Ashford AC and specialist race managers Nice Work who promoted a first class event.

M40 1 31:56 Jeff PYRAH HASTINGS ; 2 33:41 Dean PARKER BOURNVILLE; 3 34:42 Damian COLEMAN DEAL TRI ; 4 35:11 Richard TOMLINSON MEDWAY & M ; 5 35:39 John CREANE SOUTH KENT ; 6 37:29 Robin BUTLER ASHFORD ; 7 37:59 Daniel GREEN ASHFORD ; 8 38:17 Neil AIKMAN CROYDON ; 9 38:18 Mark BAKER CANTERBURY ; 10 38:26 Derek GEORGE ISTEAD & I ; 11 38:44 Tony MARDON CANTERBURY ; 12 39:25 Gareth PHILLIPS ; 13 39:31 Gary JACKSON ANCHORIAN R ; 14 40:29 Ben AFFORSELLES THE STRAGGLERS ; 15 40:54 David SALMONS WADHURST R ; 16 41:02 David BRIGHTLING RYE R ; 17 41:21 David WAITE CANTERBURY ; 18 41:28 Alex THOMAS ASHFORD TRI ; 19 41:29 Piotr LAZAREWICZ 20 41:32 Silas SPENCER 21 41:56 David GRIFFIN SERPENTINE ; 22 42:08 Steven WILLIS;

23 42:18 Darren GRAHAM ; 24 42:30 Will FARREZE ASHFORD TRI; 25 42:53 Mark ATTENBOROUGH ASHFORD;

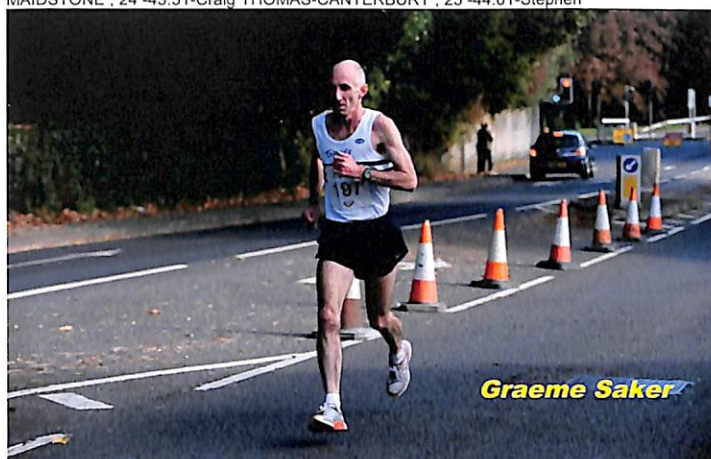
M45 1 -34:36-Andrew WRIGHT-TAMWORTH ; 2 -35:05-David WEEKES-FOLKESTONE ; 3 -35:25-Barry ROYDEN-MEDWAY & M; 4 -35:42-Stephen PHILCOX-ILFORD ; 5 -36:48-James MCNIELL-SOUTH KENT ; 6 -36:57-Neil CRISP-ILFORD ; 7 -37:07-Martin KELK-INVICTA EAST KENT ; 8 -37:53-Tony HYDE-ILFORD ; 9 -37:55-Bob FURSEY-MEDWAY & M; 10 -38:33-Jacob HUSSEY-CANTERBURY; 11 -38:50-Dean PAINTER; 12 -39:10-Adrian MOODY-MEDWAY & M; 13 -



39:52-Paul BARTON-PADDOCK WOOD ; 14 -40:43-John WREN-HASTINGS ; 15 -41:27-Stephen WILSON-PADDOCK WOOD; 16 -41:46-Anthony POOLE; 17 -42:29-Andy WOODS; 18 -42:45-Barry HOGGEN-FOLKESTONE ; 19 -42:49-Philip GOMM; 20 -42:56-Simon BINGHAM; 21 -42:57-Mark SANFORD; 22 -43:06-Martin MILLER; 23 -43:15-Simon HODGES; 24 -43:32-Michael BROWN-DOVER ; 25 -43:33-Peter WATTS-DRAGONS ; **M50**: 1 -34:16-Graeme SAKER-TONBRIDGE ; 2 -34:46-Tony TUOHY-DULWICH ; 3 -35:08-Viesturs DUDE-CRAWLEY ; 4 -35:18-Michael BRIDGELAND-CHELMSFORD ; 5 -36:12-Danny SKEFFINTON-EAST DOWN ; 6 -36:46-Kevin WILLIAMS-ASHFORD ; 7 -37:08-Kevan JAMES-ASHFORD ; 8 -37:40-Robert WHITTAKER-INVICTA ; 9 -38:03-Gerard MCCANN-CAMBRIDGE ; 10 -38:30-Terry KNIGHTLEY-ILFORD ; 11 -39:03-David CHAPMAN-JONES-DEAL TRI ; 12 -39:23-Philip WYARD-CANTERBURY ; 13 -39:25-Yitzhak BEN-AROYA-BARNET ; 14 -40:13-Mark CROSBY-SOUTHERN COUNTIES VETS ; 15 -40:47-Kevin BROWN-DEAL TRI ; 16 -41:26-Colin OXLADE-CROYDON ; 17 -41:32-Martin HAWKINS-CAMBRIDGE ; 18 -42:55-Mark STEPHENSON-ARENA 80 ; 19 -43:00-Amy FRIEND-DEAL TRI ; 20 -43:20-David JONES-NEW ELTHAM ; 21 -43:22-Les

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BEAUTRIDGE-DEAL TRI ; 22 -43:27-Keith WATERS ; 23 -43:32-Peter MCLEAN
MAIDSTONE ; 24 -43:51-Craig THOMAS-CANTERBURY ; 25 -44:01-Stephen



Graeme Saker

HOLLANDS-DEAL TRI ;

M55: 1 -34:48-David BUTLER-BILLERICAY ; 2 -35:48-Gregory W
ILSON-TELFORD ; 3 -37:09-Nigel WATKIN-SOUTHWELL ; 4 -37:56-Neville WEBB-
DULWICH ; 5 -38:57-Colin HANNANT-SEAFORD ; 6 -39:19-Peter RUSSELL-INVICTA ; 7 -
39:51-Patrick BUTLER-ASHFORD ; 8 -40:50-Alan NEWMAN-PADDOCK WOOD ; 9 -
41:26-Keith DONALD-DERBY ; 10 -41:53-Terry HELLINGS-LYTHAM ST ANNES ; 11 -
42:03-Chris SARDO-ASHFORD TRI ; 12 -42:17-Mark WENMAN-CANTERBURY ; 13 -
42:19-Andy MURRAY-DULWICH ; 14 -43:10-Mick JAMES-FOLKESTONE ; 15 -43:55-
Christopher WOOLGAR-FOLKESTONE ; 16 -44:16-Walter HILL-CRAWLEY ; 17 -44:45-
Paul BARRON-ASHFORD ; 18 -44:50-Rob SARGENT-ILFORD ; 19 -46:30-John
NORMAN-ASHFORD ; 20 -46:31-Tony SAVAGE-CANTERBURY ; 21 -47:05-Jon PITT
22 -47:37-Simon IVE ; 23 -47:44-Paul FULLICK-FOLKESTONE ; 24 -48:07-Kevin DILLON-
MANCHESTER ; 25 -48:15-Daniel PORTE ;



**301 David Butler,
465 Damian
Coleman, 466 David
Gonzalez**

M60: 1 -36:59-David OXLAND-NOTTINGHAM ; 2 -37:57-Stewart THORP-OXFORD ; 3 -
38:28-Graham WEBSTER-LYTHAM ST ANNES ; 4 -39:25-Desmond MICHAEL-BARNET ; 5 -
39:55-Michael MANN-DULWICH ; 6 -39:57-Peter HAMILTON-BLACKHEATH ; 7 -41:17-
John EXLEY-OXFORD ; 8 -46:38-Kenn SAFFERY-VETS AC ; 9 -47:04-Nigel
CHESTERS10 -47:18-Dennis MARCHANT-TEAMBATH ; 11 -48:22-Maurice MARCHANT-
TONBRIDGE ; 12 -48:43-Peter GODBEE-SWANLEY ; 13 -48:45-Roger MANDRY-
HASTINGS ; 14 -49:23-John SANDERS ; 15 -49:28-John SQUIRES-DORKING ; 16 -53:04-
Alan BUSSEY ; 17 -53:12-Laurence SHAW ; 18 -53:22-Peter RUSSELL-GRAVESEND ; 19 -
53:52-Simon FOX-ASHFORD TRI ; 20 -54:34-Andrew CLOKE ;

M65: 1 -38:39-Martin FORD-CHELTHAM ; 2 -38:44-Roy TREADWELL-OXFORD ; 3 -
40:27-Peter GILES-HERCULES WIMBLEDON ; 4 -40:35-Ron MCCULLOUGH-IPSWICH ;
5 -41:33-Martyn ROUSE-INVICTA EAST KENT ; 6 -45:40-Russell WILLIAMS-CAMBRIDGE
7 -46:11-Andrew JOHNSON-LEAMINGTON ; 8 -51:07-Alan BURNETT ; 9 -55:06-Edwin
BARTLETT-VETS AC 10 -57:05-Chris Snr STANLEY ;

M70: 1 -41:30-Pete CARTWRIGHT-CLYDESDALE ; 2 -47:22-Glyn JENKINS-THANET ; 3 -
48:44-Graham WILLIAMS-ILFORD ; 4 -50:04-Eddie BROADLEY-INVICTA ; 5 -51:24-David
MOOREKITE-INVICTA ; 6 -52:05-Peter MORGAN-VETS AC ; 7 -54:01-Raymond
MORLEY-ASHFORD ; 8 -54:14-Rob NEWLAND ; 9 -56:05-Terry TREVETT ; 10 -58:49-
Alexander MACCALMAN-KINROSS ;

M75: 1 -49:43-Edmond SIMPSON-OVERTON ; 2 -53:45-Roy WEBB-TONE ZONE ; 3 -
55:23-William FIGGINS-FOLKESTONE ; 4 -56:34-Ronald DENNEY-SEVENOAKS ; 5 -
58:57-Richard PITCAIRN-KNOWLES-SEVENOAKS AC ;

M80: 1 -53:09-Joe CLEVERLY-NEW ELTHAM ; 2 -54:48-William DAVIES-WINCHESTER
W35: 1 -37:33-Astrid MCKEOWN-NORTH HERTFORDSHIRE ; 2 -46:09-Susannah KIRK ;
3 -47:02-Emma DAVIES ; 4 -47:43-Gemma SMITH ; 5 -48:08-Kathryn BRYER ; 6 -48:14-
Nina GIBSON-GIVAUDAN ; 7 -48:31-Debbie SOUTHERN ; 8 -49:41-Sadie FORREST-
ISTEAD & IFIELD ; 9 -49:44-Emma KENWARD-TEAM JAVA ; 10 -50:16-Jody STOKES

11 -51:35-Manuela MCCANN-CAMBRIDGE ; 12 -51:38-Sarah FILMER ; 13 -52:10-Nicola
WOOD ; 14 -52:10-Michelle PRIOR ; 15 -52:28-Sally SILVER-CANTERBURY ; 16 -53:07-
Lisa EDWARDS ; 17 -53:21-Stephanie FOLL-SUTTON ; 18 -53:57-Sarah JONES ; 19 -
53:57-Emma CURRY ; 20 -54:12-Julia KELSALL-CANTERBURY ; 21 -54:30-Emma
TORDOFF-SALTWOOD ; 22 -54:33-Julia COLE ; 23 -54:51-Johanne DICKERSON ; 24 -



Astrid McKeown

55:08-Heidi ROSE ; 25 -55:10-Jo ALLEN ;

W40: 1 -36:04-Julie BRIGGS-ARENA 80 ; 2 -37:30-Jill CLIFF-DEAL TRI ; 3 -42:50-Tina
WREN-HASTINGS ; 4 -43:59-Alice DONATO-SERPENTINE ; 5 -44:03-Melanie CARLEY ;
6 -44:19-Candy HAWKINS-ASHFORD ; 7 -46:31-Lynne CHAMPION-ISTEAD & IFIELD ; 8 -
47:04-Sarah VICK-THE SAXONS ; 9 -47:26-Shirley EXALL-PADDOCK WOOD ; 10 -47:48-
Catherine O'CONNOR-FOLKESTONE ; 11 -47:58-Tracy AMOS-FOLKESTONE ; 12 -
48:24-Julie SILCOCK ; 13 -49:23-Anita WALLACE ; 14 -50:20-Tracy CALNAN ; 15 -51:31-
Kelly CROFTS ; 16 -53:21-Sally RIVERS ; 17 -53:32-Becky PAVEY ; 18 -54:02-Laura
JENNER ; 19 -55:04-Penny CALLOW ; 20 -56:03-Karen KNELL ; 21 -56:25-Sandra
DAVIES-JELLY LEGS ; 22 -56:58-Minnette BROADLEY-DEAL TRI ; 23 -57:09-Lesley
WARREN ; 24 -57:47-Christine COX ; 25 -58:01-Sarah WALE-JELLY LEGS ;

W45: 1 -37:56-Louise VALLIER-ARENA 80 ; 2 -38:25-Tracy



**702-Kevin Newell, 564-Julie Briggs, 637-Michael
Duncan, 930-Andrew Fletcher**

SWINDELL-BENFLEET ; 3 -39:34-Caroline WOOD-ARENA 80 ; 4 -40:18-Gail DAWSON-
BENFLEET ; 5 -41:01-Sharon HAWKINS-MAIDSTONE ; 6 -47:54-Lesley DELEA-
ASHFORD TRI ; 7 -51:00-Jackie DUERS-SOUTHWELL ; 8 -51:14-Dalbir ATWAL ; 9 -
51:42-Eileen HUDSON-PADDOCK WOOD ; 10 -51:43-Louise Sarah POMEROY-DASH-
DEAL TRI ; 11 -52:16-Sally DAWODU-TALABI-ISTEAD & IFIELD HARRIERS ; 12 -52:31-
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RICHARDSON ; 15 -56:10-Rosemary FINCHAM-FOLKESTONE ; 16 -56:22-Hayley
MILLER-BLUEWATER ; 17 -59:04-Sheila DAVISON ; 18 -59:29-Catherine INCLEDON ; 19 -
59:45-Marion NICHOLS-CANTERBURY ; 20 -1:00:32-Terri LEGG ;

W50: 1 -41:43-Julie PALMER-BENFLEET ; 2 -41:52-Lynne WHITAKER-WINCHESTER ; 3 -
43:04-Aly SLOANE-CITY OF SALISBURY ; 4 -43:16-Barbara WENMAN-CANTERBURY ;
5 -43:28-Vicky TALBOT ROSNER-INVICTA ; 6 -44:40-Dianne CRISP-ILFORD ; 7 -44:42-
Jenny HUGHES-ARENA 80 ; 8 -47:18-Sue COOPER-INVICTA ; 9 -48:42-Nicola
HOPKINSON-ILFORD ; 10 -50:15-Donna WHYTE-ASHFORD ; 11 -51:08-Yasmine GILES-
VETS AC ; 12 -51:59-Margaret CONNOLLY-CANTERBURY ; 13 -52:23-Lynne PAGE-
FOLKESTONE ; 14 -54:18-Corinne FINCHAM ; 15 -55:07-Jackie DAVIS ;

W55: 1 -47:20-Barbara OCKENDON-ISTEAD & IFIELD ; 2 -48:29-Jane KING ; 3 -50:24-
Janice MOOREKITE-INVICTA ; 4 -54:30-Christine STOREY ; 5 -1:01:31-Penelope FOX-
ROAD ; 6 -1:04:46-Annie RUMBLE-DRAGONS ;

W60: 1 -43:40-Zina MARCHANT-TEAMBATH ; 2 -43:55-Ros TABOR-DULWICH ; 3 -46:46-
Sue JAMES-PADDOCK WOOD ; 4 -49:56-Sylvia HUGGETT-HASTINGS ; 5 -54:03-Annie
ROSS-PADDOCK WOOD ; 6 -57:16-Wendy DE BOICK-CANTERBURY ;

W65: 1 -45:25-Dot FELLOWS-CANNOCK & STAFFORD ; 2 -50:03-June JOHNSON-
LEAMINGTON ; 3 -51:53-Pauline RICH-WORTHING

W75: 53:34-Pamela JONES-ILFORD

MASTERS ATHLETICS WINTER 2012.

59:45-Marion NICHOLS-CANTERBURY ; 20 -1:32-Terri LEGG ; **W50:** 1 -41:43-Julia PALMER-BENFLEET ; 2 -41:52-Lynne WHITAKER-WINCHESTER ; 3 -43:04-Aly SLOANE-CITY OF SALISBURY ; 4 -43:16-Barbara WENMAN-CANTERBURY ; 5 -43:28-Vicky TALBOT ROSNER-INVICTA ; 6 -44:40-Dianne CRISP-ILFORD ; 7 -44:42-Jenny HUGHES-ARENA 80 ; 8 -47:18-Sue COOPER-INVICTA ; 9 -48:42-Nicola HOPKINSON-ILFORD ; 10 -50:15-Donna WHYTE-ASHFORD ; 11 -51:08-Yasmine GILES-VETS AC ; 12 -51:59-Margaret CONNOLLY-CANTERBURY ; 13 -52:23-Lynne PAGE-FOLKESTONE ; 14 -54:18-Corrinne FINCH-- ; 15 -55:07-Jackie DAVIS ; **W55:** 1 -47:20-Barbara OCKENDON-ISTEAD & IFIELD ; 2 -48:29-Jane KING ; 3 -50:24-Janice MOOREKITE-INVICTA ; 4 -54:30-Christine STOREY ; 5 -1:01:31-Penelope FOX-ROAD ; 6 -1:04:46-Annie RUMBLE-Dragons ; **W60:** 1 -43:40-Zina MARCHANT-TEAMBATH ; 2 -43:55-Ros TABOR-DULWICH ; 3 -46:46-Sue JAMES-PADDOCK WOOD ; 4 -49:56-Sylvia HUGGETT-HASTINGS ; 5 -54:03-Annie ROSS-PADDOCK WOOD ; 6 -57:16-Wendy DE BOICK-CANTERBURY ; **W65:** 1 -45:25-Dot FELLOWS-CANNOCK & STAFFORD ; 2 -50:03-June JOHNSON-LEAMINGTON ; 3 -51:53-Pauline RICH-WORTHING ; **W75:** 53:34-Pamela JONES-ILFORD ;

BMAF HALF MARATHON AT KIRKINTILLOCH Oct 7th 2012 Report Walter Hill

The venue which was close to Glasgow ensured that a BMAF Championship Race was held in Scotland. The final entry list indicated that there would be 67 participants, made up of 12 from outside of the SVHC region and the remainder as SVHC members. For interest I have enclosed the breakdown;

35-39 Male =1 Female = 0 ; 40-44 Male =8 Female = 1 ;
46-49 Male =5 Female = 5 ; 50-54 Male =8 Female = 2 ;
55-59 Male =13 Female = 2 ; 60-64 Male =11 Female = 1 ;
65-69 Male =5 Female = 0 ; 70-74 Male =4 Female = 0 ;
75-79 Male =1 Female = 0 ; 80-84 Male =1 Female = 0 ;

On the day of the race we ran with a nip in the air under a blue sky with no wind. We competed over an interesting one lap undulating course. With only 340 participants members had an opportunity to be well aware of whom they were racing against. These factors led to fast times.

The strength of the true club race led by Robert Rogerson and a very loyal team from the Kirkintilloch Olympians.

**An excellent venue with adequate showers and parking
Chip timing.**

A fair price with useful mementos.

**A course which had the support of Strathclyde Police,
helped in ensuring the safety of all runners.**

The prize presentation was a real highlight. Not one medal had to be posted on and it was a delight to witness the happy faces of the winners.

I personally have to thank Alastair Macfarlane President of the SVHC who assisted me throughout the weekend and to Kirkintilloch Olympians who made us all so welcome on the day.

In 2013 SVHC will promote the BMAF 10K Championships in Pollok Country Park Glasgow on the 18th August. This is a race for Masters only and I am recommending entry without reservation.

W40: Shona Aiken-1 31 06 **W45:** 1-Susan Ridley-1 27 49. 2-Ada Stewart-1 31 56. 3-Barbara Knox-1 35 56. 4-Jackie Duers-1 51 48. 5-Pamela Parker-1 53 33. **W50:** Pamela McCrossan-1 28 09 **W55:** Phyllis Hands-1 41 28 **W60:** Ann Bath-2 33 **M35:** Robert Gilroy-1 11 24 **M40:** 1-Grant Wilkie-1 14 33. 2-Russell Whittington-1 17 07. 3-Scott

Martin-1:17:34; 4-Ken Harker-1:19:00; 5-Gerry Craig-1:20:45; 6-Gary Mitchell-1:21:22; 7-Christopher Craig-1:34:04; **M45:** 1-Michael Mcloone-1:16:00; 2-James Breen-1:23:26; 3-Terry Addison-1:33:45; **M50:** 1-Colin Feechan-1:18:28; 2-Robert Rogerson-1:21:33; 3-Gerard Montgomery-1:23:21; 4-John Gilhooly-1:25:04; 5-Tom Ord-1:30:31; 6-Paul Mckendry-1:40:03; 7-Neil Ash-2:01:43; 8-Colin Maclellan-1:45:37; **M55:** 1-Paul Thompson-1:16:29; 2-Nigel Watkin-1:21:09; 3-Andy Law-1:22:00; 4-Steve Baker-1:22:56; 5-Craig Ross-1:25:01; 6-Sandy Eaglesham-1:28:31; 7-Hugh Laverty-1:30:24; 8-Rodger Mceleney-1:32:24; 9-Walter Hill-1:34:02; 10-Alistair Reid-1:45:00; 11-Ken Macewen-1:48:41; **M60:** 1-Andrew McLinden-1:18:54; 2-Frank Hurley-1:20:57; 3-Francis Day-1:26:37; 4-Stuart Waugh-1:28:44; 5-Barnie Gough-1:30:11; 6-Alan Hill-1:36:14; 7-Edward Dickson-1:40:27; 8-Peter Rudzinski-1:40:32; 9-John Softley-1:45:54; 10-Michael Elwell-1:50:06; **M65:** 1-Geoff Newton-1:27:59; 2-Stewart McCrae-1:28:52; 3-Alan Lawson-1:38:04; 4-David Fairweather-1:39:09; **M70:** 1-George Black-1:43:27; 2-Ian Leggett-1:46:00; 3-George Inglis-2:03:48; **M75:** 1-Walter McCaskey-2:28; 2-William Drysdale-2:45:26;

10 MILE BMAF CHAMPIONSHIPS, TIPTREE. 28/10/2012 *Words: Walter Hill Pictures: Jeremy Hemming*

Last year I asked EVAC if they could recommend a suitable venue for our championships. After some searching they suggested the Tiptree 10. Tiptree is close to Colchester and has a small but friendly club who promote a traditional 10 mile road race which caters for the needs of club runners.

On further investigation they offered our members:

Chip timing with back up.

A safe 1 lap rural course which offered athletes an opportunity of posting fast times.

Race headquarters at a sports centre which provided on site parking ,showers and amazing cakes at a very fair prices.

On the day all runners had to collect their numbers and chips and this allowed club officials an opportunity of checking that those who had entered were paid up members of the federation.

On the start line the age identifiers pinned to the back of club vests reflected the strength of these championships and it was obvious numbers are now increasing.

Within an hour many had returned and it was down to the chip company to get the results posted as soon as possible. With an open race which included the EVAC and BMAF Championships I anticipated problems. However, most of these were corrected before the prize presentation which we moved from the sports centre hall to a smaller committee room. This venue provided us with an

opportunity to celebrate the achievements of the day without disturbance.



Steve Murtagh 514, Alex woods 202, Wesley Benton 193, Andrew McNeill 593,

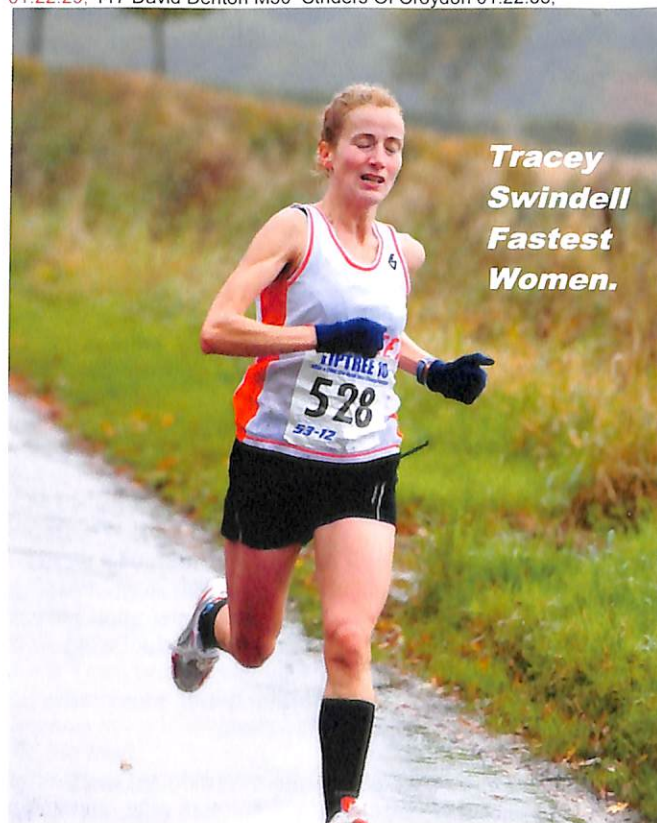
Provisional Results:

1 Adrian Mussett M40/1 Colchester 51:53; 2 Michael Aldridge M35/1 RUGBY & N 54:31; 3 Alec Woods M45/1 Bristol & W 55:45; 4 Steve Murtagh M45/2 Harlow RC 55:54; 5 Wesley Benton M35/2 Colchester 55:57; 6 Andrew McNeill M45/3 Long Eaton 56:08; 7 Malcolm Muir M35/3 Ilford A C 56:19; 8 Paul Dobson M45/4 SPRINGFIELD 57:35; 9 Colin Ridley M50/1 Colchester 58:08; 10 Tony Tuohy M50/2 Dulwich 58:15; 11 David Butler M55/1 Billericay 58:24; 12 Stephen Pettit M45/5 Ely 59:05; 13 Chris Cooke M50/3 Saint Edmund 59:14; 14 Kevin Newell M35/4 Ilford 59:35; 15 Paul Spowage M45/6 Colchester 59:41; 16 Viesturs Dude M50/4 Crawley 59:44; 17 Steve Cooper M40/2 Blackheath & B 59:56; 18 Robert Fox M50/5 Long Eaton 1:00:04; 19 Dave Cox M50/6 Woodford Green 1:00:08; 20 Richard Jordan M55/2 EVAC 01:00:54; 21 Dave Solomon M45/7 Felixstowe 01:01:15; 22 Peter West M45/8 Colchester 01:01:19; 23 Neil Crisp M45/9 Ilford 01:01:27; 24 Nigel Watkin M55/3 Southwell 01:01:40; 25 Leo Cole M45/10 Witham 01:01:54; 26 Pete Riley M40/3 Witham 01:01:52; 27 Paul Jeggo M50/7 SPRINGFIELD 01:01:56; 28 Steve Baker M55/4 Tamar 01:02:04; 29 Larry Mangelshot M45 Ware 01:02:09; 30 Phillip Bullock M35/5 Worcester 01:02:32; 31 Terry Knightley M50/8 Ilford 01:02:32; 32 Sam Jackson M35/6 Havering Mayesbrook 01:03:07; 33 Nicholas Knight M35/7 Thrift Green 01:03:37; 34 Tracy Swindell W45/1 Benfleet 01:04:03; 35 Jon Byford M35/8 SPRINGFIELD 01:04:01; 36 Dicky Wilkinson M50/9 Long Eaton 01:04:07; 37 Richard Bonham M40/4 Castle Point 01:04:24; 38 Adam Hutton M40/5 SPRINGFIELD 01:04:24; 39 John Gould M40/6 Benfleet 01:04:40; 40 Mark Burkett M45 01:04:49; 41 Richard Pitt M55/5 Thames Hare & Hounds 01:05:02; 42 Peter Beatty M55/6 Bishops Stortford 01:05:19; 43 Tim Tomlins M40/7 Benfleet 01:05:45; 44 Richard Flutter M45 Harwich 01:06:06; 45 Desmond Michael M60/1 Barnet 01:06:05; 46 Adam Matthews M35/9 Benfleet 01:06:12; 47 Geoff Newton M65/1 Tadworth 01:06:15; 48 Francis Day M60/2 East Cheshire 01:06:35; 49 Gary Chandler M40/8 SPRINGFIELD 01:06:52; 50 Bradley Brown M35/10 Barking 01:07:01; 51 Ashwin Shah M35 Grange Farm 01:07:17; 52 Geoff Maidment M40/9 Grange Farm 01:07:19; 53 Robin Harper M35 Felixstowe 01:07:25; 54 Fiona Halls W35/1 Saffron 01:07:28; 55 Peter Fitzpatrick M60/3 Herts Phoenix 01:07:28; 56 Andrew Catton M55/7 Ilford 01:07:54; 57 Ron McCullough M65/2 Ipswich Jaffa 01:08:14; 58 Andre Besant M40/10 Harwich 01:08:28; 59 Vanessa Dodds W45/2 Benfleet 01:08:55; 60 Steven Hickey M35 Benfleet 01:08:59; 61 Catherine Stunt W35/2 Benfleet 01:09:11; 62 Colin Rothwell M55/8 Benfleet 01:09:17; 63 John Arthur M50/10 Thurrock s 01:09:20; 64 Julia Palmer W45/3 Benfleet 01:09:39; 65 Dennis Warner M50 Harwich 01:09:55; 66 Paul Bryan M65/3 Colchester 01:09:54; 67 Helen Grant W45/4 Cambridge & Coleridge 01:10:16; 68 Clive Davey M40 Sudbury 01:10:22; 69 Kenny Blyth M60/4 Ware 01:10:26; 70 Pete Cartwright M70/1 Clydesdale s 01:11:03; 71 David Spencer M45 Grange Farm 01:11:44; 72 Angela Copson W65/1 RUGBY & NORTHAMPTON 01:11:54; 73 Terry Fone M65/4 EYE 01:11:55; 74 Aly Sloane W45/5 City of Salisbury 01:12:07; 75 Liam Shiels M35 EVAC 01:12:32; 76 Jason Wintin M35 Grange Farm 01:12:28; 77 Jackie Mather W45/6 Long Eaton RC 01:12:37; 78 Malcolm Savage M65/5 SPRINGFIELD 01:12:40; 79 Nick Beales M55/9 Harwich Runners 01:12:49; 80 Chris Reed M60/5 Pitsea RC 01:12:52; 81 Ian Baines M35 Grange Farm 01:13:15; 82 John Wheatley M70/2 Colchester 01:13:18; 83 Les Taylor M45 Ware 01:14:08; 84 Philip Brennan M70/3 Stratford Upon Avon 01:14:12; 85 Dianne Crisp W45 Ilford 01:14:29; 86 Rachel Jarvis W45 Harwich 01:15:18; 87 Robert Sargent M55/10 Ilford 01:15:32; 88 Richard Paxman M40 SPRINGFIELD 01:15:47; 89 Vicky Cooper W35/3 Barking 01:15:40; 90 John Thomas M65/6 01:15:50; 91 Sarah Vick W40/1 Saxmundham 01:16:23; 92 Melanie Moore W45 Colchester 01:16:53; 93 Donna Hall Fremont W35/4 SPRINGFIELD 01:17:14; 94 Elizabeth Cahill W45 Colchester 01:17:19; 95 Roger Partridge M50 Ware 01:17:50; 96 Rob Warner M45 Harwich 01:17:41; 97 Robert Price M70/4 St Edmund 01:17:59; 98 Kate Thomas W35/5 Hadleigh 01:18:08; 99 Arran Salmon M40 Leigh on Sea 01:18:07; 100 Glyn Jenkins M70/5 Thanet 01:18:39; 101 Anita Mussett W35/6 Colchester 01:19:12; 102 Veronica Manly W60/1 EVAC 01:19:24; 103 Mervyn Beckwith M55 Pitsea 01:19:16; 104 David Morgan M60/6 Billericay 01:19:30; 105 Jo Burtonshaw W35/6



First home Adrian Mussett

Benfleet 01:19:42; 106 Jeff Higgon M60/7 Harwich 01:19:39; 107 Nicola Hopkinson W45 Ilford 01:19:56; 108 Gordon Greenhalgh M40 Benfleet 01:20:23; 109 Wayne Hazell M45 Witham 01:19:52; 110 Michael Elwell M60/8 CCBRA 01:20:13; 111 Michael Poulter M55 Witham 01:20:22; 112 Paul Pickford M35 Barking 01:20:54; 113 Graham Williams M70 Ilford 01:21:47; 114 Paul Hedger M40 Witham 01:21:23; 115 Victoria Curren W35/7 SPRINGFIELD 01:21:55; 116 Carla Holroyd W55/1 Harwich 01:22:29; 117 David Denton M50 Striders Of Croydon 01:22:38;



Tracey Swindell Fastest Women.

MASTERS ATHLETICS WINTER 2012.

118 Diane Wooler W55/2 Colchester 01:23:20; 119 Lisa Rieffel W35/8 Castle Point 01:22:56; 120 Anne Ramsden W55/3 Ware 01:23:43; 121 Claire Bransby W35 Harwich 01:23:55; 122 Anita Grainger W35 Witham 01:24:05; 123 Jackie Duers W45 Southwell 01:24:21; 124 Liz Cudmore W60/2 Colchester 01:25:09; 125 Kimberly Mangleshot W35 Ware 01:25:35; 126 Colin Corby M50 Mid Essex 01:26:46; 127 Billy Green M45 Ilford 01:26:19; 128 David Moxon M60/9 SPRINGFIELD 01:26:20; 129 John McKay M65/7 Great Bentley 01:27:48; 130 Robert Waddingham M55 Ware 01:28:15; 131 David Chapman M50 Sudbury 01:27:45; 132 Richard Goldsmith M50 Castle Point 01:28:14; 133 Pam Jones W75/1 Ilford 01:29:25; 134 Terry Braverman M65/8 Haverhill 01:29:58; 135 Diana Braverman W60/3 Haverhill 01:30:23; 136 Barry Hempstead M70 EVAC 01:30:03; 137 Mike Rosbrook M70 Hadleigh 01:30:25; 138 Louise Papworth W35 Harwich 01:30:33; 139 Keith Passingham M60/10 Pitsea 01:31:09; 140 David E Emerick M60 Witham 01:32:02; 141 Malcolm Ball M75/1 North Norfolk Beach 01:32:20; 142 Albert Miles M75/2 Castle Point 01:32:26; 143 Robert Courtier M55 Barking 01:33:12; 144 Eva Goes W45 Harwich 01:33:14; 145 Jo Higgon W45 Harwich 01:33:46; 146 Beverley Tomlins W35 Benfleet 01:35:15; 147 Nancy Fontaine W45 Thrift Green 01:35:16; 148 Liz Smith W45 FETCH EVERYONE 01:35:26; 149 Fay Emmerson W35 Colchester 01:35:38; 150 Angela Paxon W35 Harwich 01:36:13; 151 Michael Cottrell M65/9 Billericay 01:37:18; 152 Alison Norrington W45 Thrift Green 01:38:07; 153 Phil Hudson M55 Ware 01:39:15; 154 Clare Morrison W35 Witham 01:39:12; 155 John Butcher M80/1 Ware 01:39:42; 156 Margaret Waddingham W65/2 Ware 01:40:37; 157 Catherine Salmon W45 Leigh on Sea 01:41:53; 158 Anthony Molloy M55 Birchfield 01:42:04; 159 Kerry Manning W45 Witham 01:42:17; 160 Michelle Ball W45 Thrift Green 01:43:13; 161 Colin Naman M60 Ware 01:46:15; 162 William Metcalfe M70 Basildon 01:46:58; 163 Susan Bannocks W45 Phoenix 01:57:14; 164 Andrea Molloy W45 Birchfield 02:04:03; 165 Valerie Stringer W75/2 Ware 02:12:32; 166 Kiomars Vajdani W70/1 Lingfield 02:13:34;

BMAF ENTRANTS FROM RACE RESULTS.
AGE GROUPS TAKEN FROM "RUN BRITAIN WEBSITE"

Dates for the BMAF Road Race Championships For 2013

At all three Championships Races in October some of the BMAF costs were either absorbed by the race team or the local federation. This avoids members having to pay an additional levy to enter.

I aim to promote this practice which was initiated by Mel James our previous road race sec and always negotiate the best arrangements for our members.

I hope you will find time to participate in at least one of the events for next year. Please remember that you must enter two weeks before the race date to qualify for the BMAF Championships. Entries are already being accepted for the 10miles and Half Marathon.

10 Miles.

Lytchett Manor Striders near Poole 17/02/2013. SWVAC
Enter via the Lytchett Manor Striders web site.

Half Marathon

Lydd 10/03/2013 SCVAC

Location: The Banks Sports & Social Club, Dennes Lane, Lydd, Romney Marsh Kent, TN29 7HG. 10-00am start. The race is now in its 6th year. Perfect for Spring marathon training and perfect for a fast time if weather permits.

Road Relays

Sutton Park 18/05/2013 MMAC

5K

Horwich June probably the 2nd Weekend NVAC

10K

Pollok Country Park Glasgow 18/08/2013 SVHC

The race will be held on Sunday 18th August with an 11.00 am start. The race headquarters, registration etc will be at Cartha Rugby Club, 92 Dumbreck Road, Glasgow G41 4SN.

The race will be for Masters only with most of the course on roads within Pollok Country Park.

Marathon

Newcastle Town Marathon 27/10/13 VAA-NE

FURTHER INFORMATION WILL BE POSTED ON THE WEB SITE FOR ALL RACES .IF YOU ARE UNABLE TO ACCESS THE WEB SITE PLEASE CONTACT ME BY E-MAIL walterhelen@hotmail.co.uk OR VIA MY LANDLINE 01293862327.

Edinburgh Marathon Festival

Has joined the world's elite road races by becoming the first in Scotland to be officially recognised by the IAAF, the athletics governing body making it a 'must-do' run



1st, 2nd, 3rd prizes for VET 35, 40, 45, 50, 55 and 60

Enter now www.edinburgh-marathon.com

ENGLAND'S MEN GIVEN AN EXAMINATION ON THE CAMPUS

Words: Philip Lee.

Pictures: Jeremy Hemming

The British and Irish Masters Cross Country International due to have been held at Stormont in November was moved to the Queens University Sports ground as the initial course was waterlogged. Belfast was dry on race day even if the University course wasn't.

The course was around football pitches on two levels joined by a short sharp uphill section. As the laps progressed the course cut up very badly so that some runners preferred to run on the shingle paths that ran alongside some of the pitches.

There was an Olympic Factor to the event as Northern Ireland and the Republic of Ireland both produced some outstanding performances on their home turf.

Once again England successfully defended all three trophies they won in Glasgow in 2011 but not without a few shocks. Successful in all Women's age category teams the Men however were defeated in the M35 and M50 age groups by Republic of Ireland and failed to gain an individual medal in the M35's.

End of race report would probably say " could do better"

There were some outstanding individual performances from Fiona Matheson W50 of Scotland who finished 4th overall, Angela Copson of England who dominated the W65's just as she had done to the W60's, Austin Davies M45 from Wales who finished 4th overall and only 9 seconds behind the race winner and Mike Hager M60 of England who added another gold medal to his already numerous tally.

Race 1 W35-65+ and M65-70+

W35: The race for the overall places, as well as W35 honours was a titanic struggle between previous winner, **Clare Martin ENG, Julie Turley and Barbara Cleary of ROI.** Running as a close knit group, the lead changed hands several times over each lap. On the final lap **Martin** stretched out a lead which enabled her to claim her second successive gold medal with **Turley** just piping **Cleary** for silver.

MASTERS ATHLETICS WINTER 2012.

1/ C. MARTIN Eng 21:21; 2/ J. TULEY Rol 21:34;
3/ B. CLEARY Rol 21:36;



**Clare
Martin**

Teams: 1/ England 12, 2/ Republic of Ireland 13, 3/ Northern Ireland 29, 4/ Scotland 34, 5/ Wales 49;

W40: This was another closely fought age group with the initial leaders being **Carmel Crowley** and **Jackie Carthy** ROI, **Kate Ramsey** and **Emma Rogers** ENG. By lap 2 **Carthy** had moved ahead of the others and on the final lap **Rogers** secured second place from **Crowley**.

1/ J. CARTHY Rol, 22:32; 2/ E. ROGERS Eng, 22:45;
3/ C. CROWLEY Rol, 22:47;

Teams: 1/ England 11; 2/ Republic of Ireland 11; 3/ Wales 32;
4/ Northern Ireland 37; 5/ Scotland 49;

W45: With **Melissa White** of Scotland being unable to defend her two previous wins in this age group the scene was set for a new winner to emerge. The initial leaders were **Sue Ridley** SCOT, **Philippa Taylor** and **Jane Wassell** both from ENG. **Taylor** continued to apply the pressure over each lap and gradually pulled away from the others with **Wassell** winning the race for the second place.

1/ P. TAYLOR Eng, 22:16; 2/ J. WASSELL Eng, 22:40;
3/ S. RIDLEY Scot, 23:12;

Teams: 1/ England 11; 2/ Republic of Ireland 16; 3/ Scotland 22; 4/ Northern Ireland 35; 5/ Wales 48;

W50: Strong running from **Fiona Matheson** SCOT enabled her to draw away from the rest on every lap. Further back, former winner, **Niamh O'Sullivan** ROI was maintaining her silver medal place. **Sue Becconsall** ENG led the rest home.

1/ F. MATHESON Scot 22:03; 2/ N. O'SULLIVAN Rol, 22:41;
3/ S. BECCONSALL Eng, 23:22;

Teams: 1/ England 16; 2/ Republic of Ireland 20; 3/ Scotland 21; 4/ Wales 28; 5/ Northern Ireland 45;

W55: ROI's **Carmel Parnell** was out to see if she could make

it a hat-trick of wins in this age group. She set a fast early pace leaving **Gail Duckworth** and **Caroline Horne** ENG in her wake. However hard she tried **Duckworth** was unable to close the gap although she was much closer at the finish than in previous years.

1/ C. PARNELL Rol 24:04; 2/ G. DUCKWORTH Eng 24:17;
3/ C. HORNE Eng 25:45;

Teams: 1/ England 9; 2/ Republic of Ireland 12; 3/ Scotland 34;
4/ Wales 38;



**Philippa Taylor
Wins W45**

W60: With **Angela Copson** moving up to another age group the time was ripe for a new person to emerge as winner in this group. A spirited performance from **Janice Needham** ENG ensured that hers was the name which went on the winners Roll of Honour.

1/ J. NEEDHAM Eng 25:50; 2/ Z. MARCHANT Eng 26:06;
3/ L. BOWERS Scot 26:25;

Teams: 1/ England 7; 2/ Republic of Ireland 24; 3/ Scotland 26;
4/ Wales 30;

W65: Now that **Angela Copson**, European Masters Athlete of the Year, has moved up into this age group the burning question is who would take the silver medal. True to form **Copson** set a blistering pace at the front and was soon well into the lead.

Behind her **Dot Fellows** ENG, winner for the last two years, was maintaining her form and leading the others in the chase for gold.



Fiona Matheson
W50
Winner for Scotland

Scotland's **Christine Birch** took the bronze medal place.
1/ A. COPSON Eng 25:47; 2/ D. FELLOWS Eng 27:27,
3/ C. BIRCH Scot 28:15;

Teams: 1/ England 11; 2/ Republic of Ireland 18; 3/ Wales 20;

M65: This race was a strongly contested affair between defending champion, **Malcolm Reynard**, twice previous winner **Martin Ford**, **Peter Young** all from England and Scotland's **George Mitchell**. The race finally came to life on the last lap as **Reynard** dropped back with an injury and **Ford** just managed to pip **Young** on the run in to the line.

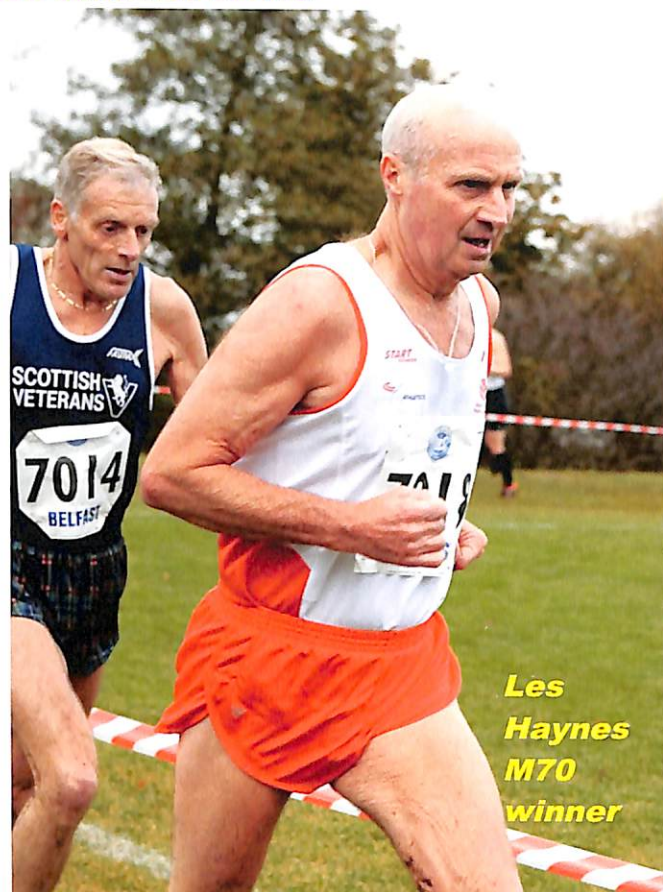
1/ M. FORD Eng 23:59; 2/ P. YOUNG Eng 23:59;
3/ G. MITCHELL Scot 24:43;

Teams: 1/ England 7; 2/ Scotland 24; 3/ Republic of Ireland 31;
4/ Wales 31; 5/ Northern Ireland 42;

M70: This developed into a battle between **Les Haynes** ENG, M65 winner in 2007, **Peter Cartwright** SCOT and **Gordon Orme** WALES. By the finish **Haynes** had added the M70's race to his impressive tally and **Orme** just got ahead for the silver medal.

1/ L. HAYNES Eng 25:11; 2/ G. ORME Wales 25:31;
3/ P. CARTWRIGHT Scot 25:32;

Teams: 1/ England 10, 2/ Wales 20; 3/ Scotland 26;
4/ Northern Ireland 29; 5/ Republic of Ireland 42;



Les Haynes
M70
winner

Race 2 M50 – 64 8K

The race unfolded with several runners contesting the lead including a string of Irish runners, **Deon McNeilly**, **Tommy Hughes**, **Tommy Payne**, **Mick Byrne** and sole Englishman **Graeme Saker**. On lap 2 **McNeilly** continued to make the pace but **Saker** had moved into second place. On the next lap **Saker** had taken the lead which he held to the finishing line while **Payne** and **McNeilly** had opened up a gap on **Byrne** and **Hughes**. On the run to the line **McNeilly** proved to strong.



Graeme Saker
M50
winner

M50:

1/ G. SAKER Eng 27:20; 2/ D McNEILLY NI 27:25; 3/ T. PAYNE ROI 27:32;

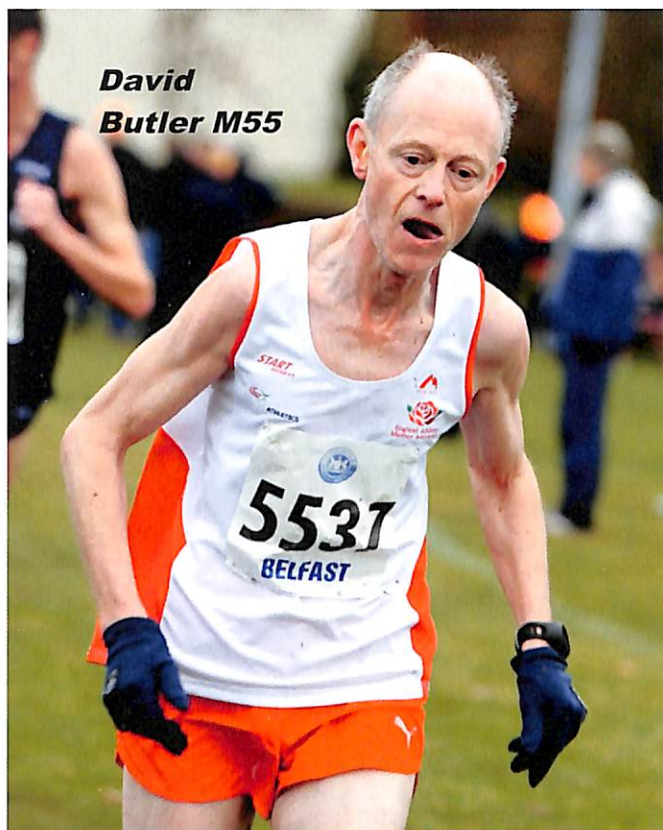
Teams: 1/ Ireland 24; 2/ England 42; 3/ Northern Ireland 46;
4/ Wales 48; 5/ Scotland 60;

M55: An epic struggle involving **Brian Lynch** ROI, **Ian Stewart** SCOT and English runners, **Davis Butler**, **Alex Rowe** and **Gregory Wilson** was the feature of this race as they were locked together over the first two laps. On lap 3 **Stewart** had slipped back as fellow countryman **Brian Gardner** came into the reckoning. By lap 4 **Butler** was forging ahead as **Stewart** found a second wind..

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1/ D. BUTLER Eng 28:12; 2/ I. STEWART Scot 28:31;
3/ G. WILSON Eng 28:34;

Teams: 1/ England 10; 2/ Scotland 16; 3/ Republic of Ireland 23; 4/ Wales 37; 5/ Northern Ireland 50;



**David
Butler M55**

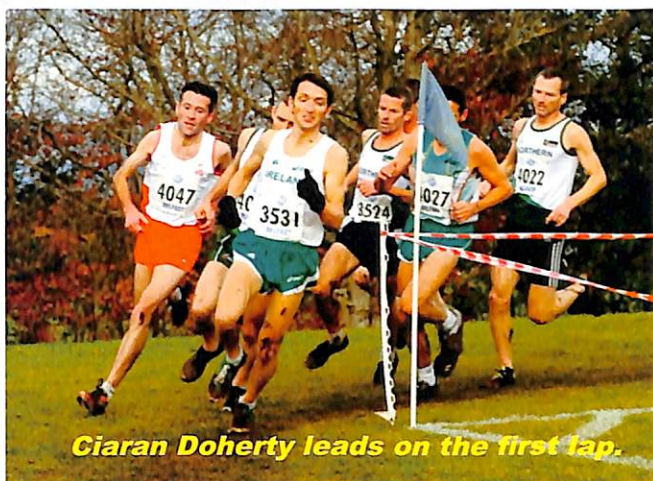
M60: With **Mike Hager** running in this age group it only leaves two medals in contention. Such was **Hager's** dominance that he finished over a minute clear. Behind him a battle between Scotland's **Tony Martin** and **Andy McLinden** and England's **Peter Molloy** and **David Oxland** was being fought out.

1/ M. HAGER Eng 28:47; 2/ A. McLINDEN Scot 29:50;
3/ P. MOLLOY Eng 30:04;

Teams: 1/ England 8; 2/ Republic of Ireland 21; 3/ Scotland 22;
4/ Northern Ireland 37; 5/ Wales 48



**Mike
Hager M60
winner.**



Ciaran Doherty leads on the first lap.

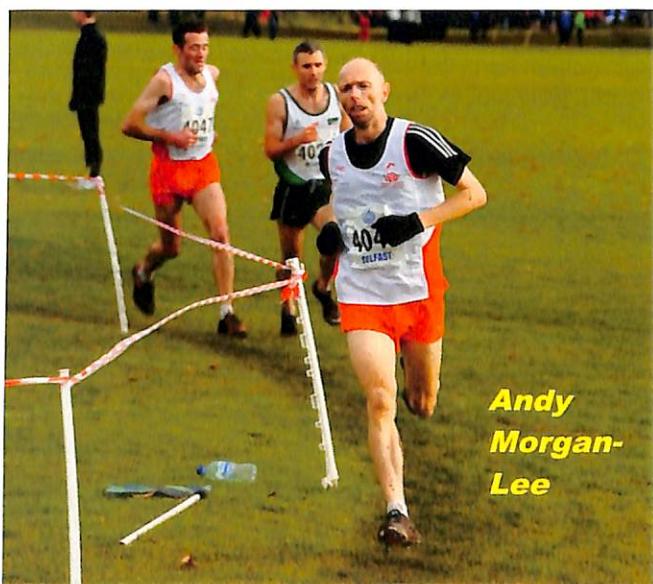
Race 3

M 35 – 49 8K

Once again this race produced a close and exciting contest. As M35's **Ciaran Doherty** ROI and **Declan Reid** NI, M40's **Stephen Duncan** and **David Morwood** of NI, **Peter Matthews** ROI and **Andy Morgan Lee** ENG M45 **Austin Davis** WALES were at the head of the race. By the end of lap4 **Lee** had taken a narrow lead from **Doherty**, **Duncan** and **Davis**.

M35: The early leaders were from Ireland as **Keith Shiels**, NI, **Declan Reid**, NI, **Peter O'Sullivan**, ROI, and **Ciaran Doherty**, ROI set the early pace. They were followed by **Mark Greenwood** Eng and **Nat Lane** Wales. By the end of the last lap **Doherty** had retained his title from **Reid** and **Lane** just piped **Greenwood** and **O'Sullivan** for the final medal.
1/ C. DOHERTY ROI, 26:59; 2/ D. REID NI 27:14; 3/ N. LANE Wales 27:34;

Teams: 1/ Republic of Ireland 21; 2/ England 29; 3/ Northern Ireland 55; 4/ Wales 58; 5/ Scotland 90;



**Andy
Morgan-
Lee**

M40: The early pacesetters were **Peter Matthews** ROI, **David Morwood** NI, **Kerry Liam Wilson** SCOT and **Andy Morgan Lee** ENG. By the third lap **Lee** had taken the lead but **Stephen Duncan** NI had come into the picture. On the final lap **Duncan** had edged past **Morwood** and was closing in on **Lee**.

1/ A. MORGAN LEE Eng 26:55; 2/ S. DUNCAN NI 27:00;
3/ D. NORWOOD NI 27:12;

Teams: 1/ England 29; 2/ Northern Ireland 31; 3/ Republic of Ireland 34;

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4533 Austin Davis at the back of at this stage, but finished strongly to win for Wales.

M45: This race was dominated by **Austin Davis** the winner for Wales in 2009 and 2010. With such a commanding lead it was up to the rest of the field to challenge for the silver and bronze medals. Leading the chase was **Padraig McKinney ROI**, **Charlie Thompson SCOT**, **Steve Cairns NI** and **Simon Wright ENG**. **McKinney** ensured that the silver was his while **Wright** held off **Thompson** for the final medal.

1/ A. DAVIS Wales 27:04; 2/ P. McKINNEY ROI 27:51; 3/ S. WRIGHT Eng 28:05

Teams: 1/ England 24; 2/ Republic of Ireland 29; 3/ Wales 49; 4/ Northern Ireland 68; 5/ Scotland 68;

Northern Ireland Masters Athletic Association deserve our congratulations for the organisation of this event as the replacement course was excellent and to be changed at such short notice was a fantastic piece of organisation. England, especially in the men's section, did not have it all their own way and in the team events were often pushed close. This must give the other countries hope for 2013 when the event, organised by Wales, moves to the northern shores of the Principality.

INTL. WOMEN, M65, M70 (6K):

1 21:21 W35/1 CLARE MARTIN ENG; 2 21:34 W35/2 JULIE TURLEY IRE; 3 21:36 W35/3 BARBARA CLEARY IRE; 4 21:39 W35/4 GLADYS GANIEL N/IRE; 5 22:03 W50/1 FIONA MATHESON SCO; 6 22:05 W35/5 LOUISE RUDD ENG; 7 22:08 W35/6 KIRSTY LONGLEY ENG; 8 22:16 W45/1 PHILIPPA TAYLOR ENG; 9 22:29 W35/7 JOASIA ZAKRZEWSKI SCO; 10 22:32 W40/1 JACKIE CARTHRY IRE; 11 22:38 W35/8 MARIE MCCARTHY IRE; 12 22:39 W35/9 LISA PALMER ENG; 13 22:40 W45/2 JANE WASELL ENG; 14 22:41 W50/2 NIAMH O.SULLIVAN IRE; 15 22:45 W40/2 EMMA ROGERS ENG; 16 22:47 W40/3 CARMEL CROWLEY IRE; 17 23:02 W35/10 JEAN WILSON IRE; 18 23:09 W40 5 KATE RAMSEY ENG; 19 23:12 W45/3 SUE RIDLEY SCO; 20 23:19 W40/6 LUCY WALMSLEY ENG; 21 23:22 W50/3 SUE BECCONSALL ENG; 22 23:29 W50/4 MONICA WILLIAMSON ENG; 23 23:31 W45/4 VERONICA COLLERAN IRE; 24 23:34 W40/7 LOUISE PETERS ENG; 25 23:37 W45/5 HELEN WHITE IRE; 26 23:45 W40/8 COLETTE TOUHY IRE; 27 23:47 W35/11 JULIE BUTLER N/IRE; 28 23:50 W35/12 AVRIL MASON SCO; 29 23:51 W35/13 JOANNE DONNELLY WAL; 30 23:53 W45/6 JACQUI THOMSON SCO; 31 23:54 W45/7 ANGELA O.CONNOR IRE; 32 23:57 W40/9 LUCY DARCY IRE; 33 23:59 M65/1 MARTIN FORD ENG; 34 23:59 M65/2 PETER YOUNG ENG; 35 24:01 W40/10 SHARON LEECH WAL; 36 24:04 W55/1 CARMEL PARNELL IRE; 37 24:08 W40/11 SATU HAIKALA WAL; 38 24:08 W40/12 STEPHANIE HAMBLING N/IRE; 39 24:09 W35/14 LISA FINLAY N/IRE; 40 24:12 W35/15 CLAIRE MCCracken SCO; 41 24:14 W45/8 CAROLINE WOOD ENG; 42 24:17 W55/2 GAIL DUCKWORTH ENG; 43 24:20 W45/9 GERALDINE BRANNAGH IRE; 44 24:21 W40/13 JACKIE MCGINLEY N/IRE; 45 24:33 W45/10 HELEN C STOCKDALE N/IRE; 46 24:36 W50/5 EMMA COLLINS WAL; 47 24:40 W50/6 CATH WHEELER WAL; 48 24:41 W40/14 NICOLA GETHING WAL; 49 24:43 M65/3 GEORGE MITCHELL SCO; 50 24:48 M65/4 MALCOLM

RENYARD ENG; 51 24:51 W40/15 GILLIAN BURNS N/IRE; 52 24:53 M65/5 GEOFF NEWTON ENG; 53 24:54 W50/7 MARY SWEENEY IRE; 54 24:55



**Ireland's
W55
winner
Carmel
Parnell**

W45/11 DEBBIE MATCHETT N/IRE; 55 24:56 W45/12 SUE PHILLIPS ENG; 56 24:58 W40/16 HAZEL DEAN SCO; 57 24:58 W50/8 PAMELA MCCROSSAN SCO; 58 25:02 W40/17 RHONA ANDERSON SCO; 59 25:06 M65/6 DIC EVANS WAL; 60 25:08 M65/7 COLIN YOUNGSON SCO; 61 25:11 M70/1 LES HAYNES ENG; 62 25:11 W45/13 LORRAINE BROWN SCO; 63 25:12 W45/14 ANNE SANDFORD N/IRE; 64 25:12 W35/16 ANGE PERROTT N/IRE; 65 25:17 W40/18 MARIA ZUBIZARRETA WAL; 66 25:18 W35/17 CLAIRE BEATTY WAL; 67 25:19 M65/8 PAT COLLINS IRE; 68 25:20 W50/9 JULIA ARMSTRONG ENG; 69 25:21 W45/15 SUSAN R DAVIES WAL; 70 25:22 W50/10 RUTH MAGILL N/IRE; 71 25:25 W50/11 SHEELAGH JONES IRE; 72 25:25 W50/12 SONIA ARMITAGE SCO; 73 25:31 M70/2 GORDON ORME WAL; 74 25:32 M70/3 PETE CARTWRIGHT SCO; 75 25:35 M65/8 RICHARD BOWEN WAL; 76 25:39 M65/9 DENIS SHANNON IRE; 77 25:39 M65/10 DAVID SEATON N/IRE; 78 25:44 W50/13 ANN SULLIVAN IRE; 79 25:45 W55/3 CAROLINE HORNE ENG; 80 25:46 W50/14 JILL BURKE ENG; 81 25:47 W65/1 ANGELA COPSON ENG; 82 25:48 W45/16 JULIA HARRIS WAL; 83 25:49 W50/15 BERYL JUNNIER SCO; 84 25:50 W60/1 JANICE NEEDHAM ENG; 85 25:51 M65/11 BRIAN SMITH N/IRE; 86 25:54 M65/12 CHRISTY MCMONAGLE IRE; 87 26:01 W45/17 DEBORAH REED WAL; 88 26:03 M65/13 STEWART MCCRAE SCO; 89 26:06 W60/2 ZINA MARCHANT ENG; 90 26:09 W40/19 SHONA AIKEN SCO; 91 26:10 M65/14 HAMISH CAMERON SCO; 92 26:11 W45/18 LISA CLEARY WAL; 93 26:18 W55/4 ALISON CUMMINGS ENG; 94 26:20 W55/5 MARY JENNINGS IRE; 95 26:22 W45/19 SHARYN RAMAGE SCO; 96 26:23 M70/4 FRED GIBBS ENG; 97 26:25 W60/3 LIZ BOWERS SCO; 98 26:27 W55/6 NUALA REILLY IRE; 99 26:28 M65/15 PAUL ALLEN WAL; 100 26:28 M65/16 PAT HEALY IRE; 101 26:29 M70/5 ROGER WILSON ENG; 102 26:30 W60/4 JANE GEORGHIOU ENG; 103 26:31 W35/18 BARBARA KNOX SCO; 104 26:32 M70/6 FRED MURDOCK N/IRE; 105 26:35 W55/7 OAULINE MORAN IRE; 106 26:36 W35/19 JOANNE TUCKER WAL; 107 26:40 M65/17 PETER MOODY WAL; 108 26:50 W50/16 MARY MACKIN N/IRE; 109 26:53 W35/20 NICOLA HAINES JONES WAL; 110 26:54 W40/20 CLARE BARR SCO; 111 26:55 W55/8 LYNE VALENTINE ENG; 112 26:56 M70/7 JIM MCNAMARA IRE; 113 27:05 W55/9 JANE WATERHOUSE SCO; 114 27:07 W40/21 SIAN FINLAY N/IRE; 115 27:17 M70/8 BRIAN GOUGH WAL; 116 27:25 M65/18 NORMAN LELLYETT N/IRE; 117 27:26 W55/10 DAWN KENWRIGHT WAL; 118 27:26 W60/5 MAGS MCCREERY IRE; 119 27:27 W65/2 DOT FELLOWS ENG; 120 27:28 W60/6 JACKY MILES WAL; 121 27:31 W55/11 PHYLLIS HANDS SCO; 122 27:40 W50/17 BRENDA TIEDKE WAL; 123 27:42 W60/7 LOU LYNESS ENG; 124 27:44 M65/19 WILLIE WEIR N/IRE; 125 27:48 W55/12 HAZEL IMESON N/IRE; 126 27:50 W45/20 BRIDGEEN BYRNE N/IRE; 127 27:53 W60/8 HAZEL BRADLEY SCO; 128 28:03 M70/9 GEORGE BLACK SCO; 129 28:10 W50/18 ALI

MASTERS ATHLETICS WINTER 2012.

WHITELAW WAL; 130 28:15 W65/3 CHRISTINE BIRCH WAL; 131 28:20 M70/10 KEN BUCKLE WAL; 132 28:22 M70/11 GARY NICHOLL N/IRE; 133 28:29 W55/13 AN OTHER WAL; 134 28:32 M70/12 JIM PLATT N/IRE; 135 28:41 W50/19 UNA GAVIN N/IRE; 136 28:53 M70/13 WALTER RYDER ENG; 137 28:55 W60/9 ROISIN LYNCH IRE; 138 28:58 M70/14 WATSON JONES SCO; 139 29:01 W60/10 PHYLLIS BROWNE IRE; 140 29:11 W60/11 ANN JAMES WAL; 141 29:40 M70/15 ROGER HARRISON JONES WAL; 142 29:41 W65/4 EVELYN MCNELIS IRE; 143 29:49 M70/16 IAN LEGGETT SCO; 144 30:02 W55/14 JAN FELLOWES SCO; 145 30:04 M70/17 JIM LANGAN IRE; 146 30:10 W65/5 KATHLEEN O'BRIEN IRE; 147 30:25 W65/6 SHELAGH ADKINS WAL; 148 30:30 W55/15 ANN ROWELL WAL; 149 30:34 W60/12 CAROL LYNCH IRE; 150 30:43 W55/16 YVONNE WILLIAMS WAL; 151 30:48 W65/7 BRIDGET QUINN N/IRE; 152 30:50 W60/13 MARGARET MONK WAL; 153 31:01 W65/8 PAULINE RICH ENG; 154 31:08 W55/17 MAUREEN OLIVER N/IRE; 155 31:19 M70/18 MIKE DUGGAN IRE; 156 31:23 W60/14 MARGARET DOCKING WAL; 157 31:29 W65/9 JOAN COYLE IRE; 158 31:55 W65/10 PAM BENSON IRE; 159 32:17 W65/11 BRENDA JONES WAL; 160 33:02 W50/20 MABEL MCFALL N/IRE; 161 33:44 W65/12 CHRISTINE LEE ENG; 162 34:29 M70/19 TERRY O'KEEFE IRE; 163 34:55 W60/15 ANN BATH SCO; 164 35:11 W65/13 CLARE JOHNSON WAL;

INTL. MEN M50 M64 (8K):

1 27:20 M50/1 GRAEME SAKER ENG; 2 27:25 M50/2 DEON MCNEILLY N/IRE; 3 27:32 M50/3 TOMMY PAYNE IRE; 4 27:45 M50/4 MICK BYRNE IRE; 5 27:47 M50/5 NEIL THIN SCO; 6 27:50 M50/6 GUY BRACKEN ENG; 7 27:51 M50/7 TOMMY HUGHES IRE; 8 27:53 M50/8 TED PARTRIDGE WAL; 9 27:55 M50/9 PETER COLES WAL; 10 28:05 M50/10 PATRICK O'GRADY IRE; 11 28:06 M50/11 FRANK SHARKEY N/IRE; 12 28:08 M50/12 IAIN CAMPBELL SCO; 13 28:12 M55/1 DAVID BUTLER ENG; 14 28:14 M50/13 DOMINIC BONNER IRE; 15 28:20 M50/14 CRAIG HUTCHINSON N/IRE; 16 28:21 M50/15 IFAN LLOYD WAL; 17 28:31 M55/2 IAN STEWART SCO; 18 28:34 M55/3 GREGORY WILSON ENG; 19 28:40 M50/16 ROB SHEEN WAL; 20 28:45 M55/4 BRIAN LYNCH IRE; 21 28:47 M60/1 MIKE HAGER ENG; 22 28:49 M55/5 BRIAN GARDNER SCO; 23 28:51 M50/17 ROB HAND ENG; 24 28:53 M50/18 ANDY WILTON ENG; 25 28:55 M55/6 ALEX ROWE ENG; 26 28:56 M50/19 DAMIAN MCGINTY N/IRE; 27 29:04 M55/7 DAVID JAMES WAL; 28 29:19 M55/8 MARTIN McDONALD IRE; 29 29:38 M50/20 JOHN STEVENSON SCO; 30 29:39 M55/9 GERRY GAFFNEY SCO; 31 29:40 M50/21 NOEL CONNOR N/IRE; 32 29:45 M55/10 STEVE ROBINSON ENG; 33 29:50 M60/2 ANDY MCLINDEN SCO; 34 30:01 M50/22 DAVID CLARKE N/IRE; 35 30:03 M55/11 EDDIE WALSH IRE; 36 30:04 M60/3 PETER MOLLOY ENG; 37 30:04 M50/23 COLIN FEECHAN SCO; 38 30:05 M55/12 EAMON MCEVOY IRE; 39 30:23 M55/13 ALASTAIR DUNLOP SCO; 40 30:26 M50/24 WILLIE JARVIE SCO; 41 30:36 M60/4 DAVID OXLAND ENG; 42 30:39 M50/25 ARWEL LONIS WAL; 43 30:40 M60/5 TONY MARTIN SCO; 44 30:41 M50/26 PHIL KENDRICK WAL; 45 30:53 M60/6 MARTIN MCEVILLY IRE; 46 30:58 M60/7 J J MURPHY IRE; 47 31:14 M60/8 JOHN TODD IRE; 48 31:20 M55/14 KEVIN HESKETH WAL; 49 31:26 M60/9 PAT O'SHEA IRE; 50 31:30 M60/10 JIM NEWBERRY N/IRE; 51 31:32 M60/11 JIM WOODCOCK WAL; 52 31:44 M50/27 GERRY MONTGOMERY SCO; 53 32:09 M50/28 COLIN RIDLEY ENG; 54 32:11 M60/12 GRAHAM WEBSTER ENG; 55 32:16 M55/15 RAY CURRAN N/IRE; 56 32:24 M60/13 TERRY EAKIN N/IRE; 57 32:52 M60/14 IRWIN SPEIRS N/IRE; 58 33:10 M55/16 MICK MCGEOCH WAL; 59 33:11 M60/15 ROBERT MARSHALL SCO; 60 33:20 M55/17 GREG MCCLURE N/IRE; 61 33:43 M60/16 GERRY BELL N/IRE; 62 33:46 M60/17 IAN JOHNSTONE SCO; 63 34:40 M55/18 FRANCES BOAL N/IRE; 64 34:48 M60/18 DAI DAVIES WAL; 65 34:57 M60/19 SIMON PARTRIDGE WAL; 66 35:24 M55/19 MICHAEL ROBERTS N/IRE; 67 37:22 M60/20 MIKE DAVIES WAL; 68 37:52 M55/20 CYRIL WALTERS WAL;

INTL. MEN M35 M49 (8K):

1 26:55 M40/1 ANDY MORGAN LEE ENG; 2 26:59 M35/1 CIARAN DOHERTY IRE; 3 27:04 M40/2 STEPHEN DUNCAN N/IRE; 4 27:04 M45/1 AUSTIN DAVIES WAL; 5 27:12 M40/3 DAVID MORWOOD N/IRE; 6 27:14 M35/2 DECLAN REID N/IRE; 7 27:20 M40/4 PETER MATTHEWS IRE; 8 27:29 M40/5 KERRY LIAM WILSON SCO; 9 27:34 M35/3 NAT LANE WAL; 10 27:36 M35/4 MARK GREENWOOD ENG; 11 27:39 M35/5 PETER O'SULLIVAN IRE; 12 27:40 M40/6 MARTYN BELL ENG; 13 27:44 M35/6 JONATHAN ARCHER ENG; 14 27:47 M35/7 PAT BYRNE IRE; 15 27:49 M40/7 FINTAN HYLAND IRE; 16 27:51 M45/2 Pdraig MCKINNEY IRE; 17 27:52 M35/8 PAUL FLEMING IRE; 18 27:56 M35/9 ORLANDO COREA ENG; 19 27:56 M35/10 MICHAEL ALDRIDGE ENG; 20 27:57 M40/8 LEE JONES WAL; 21 28:01 M35/11 PAUL BUCKLEY IRE; 22 28:02 M35/12 JOHN PIKE ENG; 23 28:03 M35/13 STUART NELSON ENG; 24 28:04 M35/14 KEITH SHIELS N/IRE; 25 28:05 M45/3 SIMON WRIGHT ENG; 26 28:06 M45/4 CHARLIE THOMSON SCO; 27 28:07 M40/9 STUART MAJOR ENG; 28 28:09 M40/10 JAMES BROWN N/IRE; 29 28:16 M40/11 DECLAN FAHEY IRE; 30 28:16 M40/12 MARK O'SHEA IRE; 31 28:17 M35/15 ROY FAHEY IRE; 32 28:18 M35/16 PAUL HALFORD WAL; 33 28:20 M40/13 DARREN NEWBOULD ENG; 34 28:23 M40/14 DAVID BYRNE IRE; 35 28:26 M40/15 GARETH BOOTH ENG; 36 28:27 M35/17 DESI DAMIANI WAL; 37 28:28 M40/16 STEPHEN MCGRORY N/IRE; 38 28:29 M40/17 FRANK HAYES IRE; 39 28:30 M45/5 MICK TRAYNOR IRE; 40 28:33 M45/6 JULIAN RICHARDSON ENG; 41 28:34 M45/7 IAN WETHERALL ENG; 42 28:35 M40/18 STEFFAN SIMMS WAL; 43 28:35 M35/18 JOHN MACNAMARA SCO; 44 28:36 M40/19 DONAL GALLAGHER N/IRE; 45 28:37 M40/20 GREG HASTIE SCO; 46 28:38 M45/8 ANDREW ROBINSON ENG; 47 28:39 M45/9 GARY NORGROVE WAL; 48 28:44 M45/10 MARK GLEESON IRE; 49 28:48 M40/21 IAN JOHNSTON SCO;

50 28:48 M35/19 IAN TAGGART N/IRE; 51 28:53 M35/20 CONOR CURRAN N/IRE; 52 28:54 M45/11 JOHN BLAIR SCO; 53 28:55 M40/22 JONNY PARK N/IRE; 54 29:02 M45/12 PAUL COWHIE IRE; 55 29:12 M40/23 KENNY MACPHERSON SCO; 56 29:16 M45/13 CATHAL MCLAUGHLIN N/IRE; 57 29:17 M35/21 GEORGE MCCOURT N/IRE; 58 29:18 M45/14 NOEL MARUM IRE; 59 29:22 M35/22 ANDY PEET WAL; 60 29:25 M45/15 KEITH SMITH ENG; 61 29:28 M45/16 NAT GLENN N/IRE; 62 29:29 M40/24 GRANT WILKIE SCO; 63 29:33 M35/23 STEPHEN ALLAN SCO; 64 29:37 M45/17 PAUL GRIFFITHS WAL; 65 29:39 M45/18 MATT WRAY N/IRE; 66 29:41 M35/24 JOE MCKNIGHT SCO; 67 29:44 M45/19 BRIAN HETHERINGTON ENG; 68 29:45 M45/20 DAVID BARRON IRE; 69 29:47 M45/21 JAMES TURTLE N/IRE; 70 29:49 M45/22 CHRIS FULCHER WAL; 71 29:51 M35/25 RUSSELL WHITTINGTON SCO; 72 29:52 M35/26 PAUL CARROLL SCO; 73 29:53 M35/27 SCOTT MARTIN SCO; 74 29:57 M35/28 CHRISTOPHER BRYAN N/IRE; 75 30:00 M40/25 GREG GLENDINNING SCO; 76 30:06 M40/26 PHIL COOK WAL; 77 30:06 M40/27 SIMON ROBERTS WAL; 78 30:06 M45/23 PAUL TALBOT WAL; 79 30:06 M45/24 BERNARD BRADY N/IRE; 80 30:18 M40/28 STAFFORD REES WAL; 81 30:53 M45/25 MIKE ROBINS WAL; 82 31:25 M45/26 ALAN DERRICK SCO; 83 31:59 M45/27 GARY MITCHELL SCO; 84 32:29 M40/29 GLYN SANSON WAL;

MENS OPEN TO 64 (8K)#

1 MO DAVID MCNEILLY; 2 M50 STEPHEN SMITH; 3 M35 GREG LAVERY; 4 M40 PAUL HILTON; 5 M35 ANDY GUY; 6 M45 SIMON JOHNSON; 7 M55 KEVIN NEWMAN; 8 M45 RICHARD PARKER; 9 M40 DAVID DANIELS; 10 M50 NIGEL GRIER; 11 M40 PADRAIG O'KEEFE; 12 M60 STEWART THORP; 13 M40 JON HARTLEY; 14 M50 DECLAN MCCARTHY; 15 M50 ROBERT WILSON; 16 M50 CHRIS KEELING; 17 M45 ORAN MCBRIDE; 18 M50 DERMOT CONNOLLY; 19 M55 ALAN NEWMAN; 20 M50 BENJAMIN HANDS; 21 M60 CONOR COONEY; 22 M60 MIKE SMITH; 23 M55 ANDY MURRAY; 24 M55 PHILIP O'NEILL; 25 M55 THOMAS MCCORD; 26 MO RUAI MAC DONNACHE;

LADIES, M65, M70 OPEN (6K)#

1 W35 JO COATES; 2 M65 ROY TREADWELL; 3 W35 GILLIAN CARR C 4 W50 MAUREEN MCCARTHY; 5 M65 JOHN EXLEY; 6 W40 SHILEEN O'KANE; 7 W35 ALI ROBINSON; 8 W35 GERALDINE QUIGLEY; 9 M65 HARRY MATTHEWS; 10 W40 HEATHER; 11 W55 ELIZABETH TOMES; 12 W50 MARIE MCCORD; 13 M65 DAVID FAIRWEATHER; 14 W60 ROS TABOR; 15 W45 PAULA MCGILLOWAY; 16 W60 JANE MORLEY; 17 W45 ADA STEWART; 18 W60 SUE JAMES; 19 M70 MICHAEL COUPE; 20 M65 BARRIE ROBERTS; 21 M70 MARK TATTERSALL; 22 W55 JEANNE BRYAN;

#: Times not given, and some ages missing.

TEAM RESULTS

W35: 1 12 ENGLAND; 2 13 IRELAND; 3 29 NORTHERN IRELAND; 4 34 SCOTLAND; 5 49 WALES; **W40:** 1 11 ENGLAND; 2 11 IRELAND; 3 32 WALES; 4 37 NORTHERN IRELAND; 5 49 SCOTLAND; **W45:** 1 11 ENGLAND; 2 16 IRELAND; 3 22 SCOTLAND; 4 35 NORTHERN IRELAND; 5 48 WALES; **W50:** 1 16 ENGLAND; 2 20 IRELAND; 3 21 SCOTLAND; 4 28 WALES; 5 45 NORTHERN IRELAND; **W55:** 1 9 ENGLAND; 2 12 IRELAND; 3 34 SCOTLAND; 4 38 WALES; **W60:** 1 7 ENGLAND; 2 24 IRELAND; 3 26 SCOTLAND; 4 30 WALES; **W65+:** 1 11 ENGLAND; 2 18 IRELAND; 3 20 WALES; **M35:** 1 21 IRELAND; 2 29 ENGLAND; 3 55 NORTHERN IRELAND; 4 58 WALES; 5 90 SCOTLAND; **M40:** 1 29 ENGLAND; 2 31 NORTHERN IRELAND; 3 34 IRELAND; 4 69 SCOTLAND; 5 79 WALES; **M45:** 1 24 ENGLAND; 2 29 IRELAND; 3 49 WALES; 4 68 NORTHERN IRELAND; 5 68 SCOTLAND; **M65:** 1 7 ENGLAND; 2 24 SCOTLAND; 3 31 IRELAND; 4 31 WALES; 5 42 NORTHERN IRELAND; **MEN 70+:** 1 10 ENGLAND 2 20 WALES; 3 26 SCOTLAND; 4 29 NORTHERN IRELAND; 5 42 IRELAND; **M50:** 1 24 IRELAND; 2 42 ENGLAND; 3 46 NORTHERN IRELAND; 4 48 WALES; 5 60 SCOTLAND; **M55:** 1 10 ENGLAND; 2 16 SCOTLAND; 3 23 IRELAND; 4 37 WALES; 5 50 NORTHERN IRELAND; **M60:** 1 8 ENGLAND; 2 21 IRELAND; 3 22 SCOTLAND; 4 37 NORTHERN IRELAND; 5 48 WALES; **COMBINED WOMEN:** 1 35 ENGLAND; 2 28 IRELAND; 3 15 SCOTLAND; 4 14 WALES; 5 11 NORTHERN IRELAND; **COMBINED MEN:** 1 38 ENGLAND; 2 28 IRELAND; 3 19 SCOTLAND; 4 18 NORTHERN IRELAND; 5 17 WALES; **COMBINED OVERALL:** 1 73 ENGLAND; 2 56 IRELAND; 3 34 SCOTLAND; 4 31 WALES; 5 29 NORTHERN IRELAND;

BMAF CROSS COUNTRY RELAY CHAMPIONSHIPS

Moorways Stadium, Derby.

November 17th 2012.

Words: Mel James

**Pictures: Derby Telegraph
& Derby A.C's Tom Phillips**

MASTERS ATHLETICS WINTER 2012.

Previous complications with venues plus date clashes with other championships had put this event into a state of flux. This season, after a 3 year absence and with the generous offer from Derby AC to host the event, we decided to go ahead with the organisation of it. The central location for the event was a big factor in deciding and with the initial response of 70 teams entering; we felt that we had made the right decision. A fine day was forecast for the Derbyshire region and the forecasters were correct with their predictions with the weather remaining dry for the athletes, the later leg runners even had the glare of bright sunshine to cope with, as they contested the 3k +, two lap course.



WOMEN 35+, 45+, 55+ and MEN 65+. (3 legs)

1st LEG: From the gun, on the small rise, just after the start, Melanie James (Bournville Harriers) took an early lead, with close attention from the strong Charnwood club 35+ A + B team members. Roy Treadwell (Oxford City AC) competing for their o/65 team was also in the mix, on this first lap of the two for each leg runner.

Arriving at the first changeover Kate Ramsey (Charnwood AC) whilst clocking a fine 11m-52s, developed a 15 second lead over Melanie James (Bournville H) with Jenni Muston the Charnwood "B" runner putting this very strong club contingent into 3rd place.

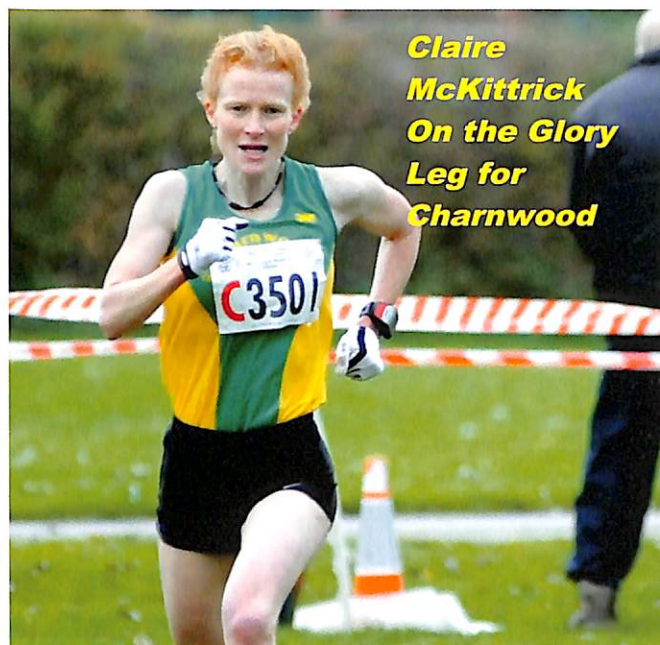
In the W 45+ section, Maureen McCarthy from West Suffolk, finishing in 4th position not only put her club into the leading position, but would eventually find out, that her time of 12m-24s would become the fastest women's o/45 leg of the day.

Roy Treadwell having a storming run putting Oxford City into the leading o/65 team finished in the speedy time of 12m-26s, good enough to earn him the gold medal as fastest o/65 leg of the day.

In the W55 + battle for medals, Wolds Vets AC had taken an early, (almost 2 minute), lead over Cannock and Staffs AC.

2nd LEG On the second leg Charnwood AC's Claire Smith convincingly helped her club to increase their lead by a minute and a half over new second placers Newcastle Staffs AC, with Long Eaton RC's Sharon Orridge bringing her team into 3rd place and producing the fastest time on the 2nd leg. John Exley increased Oxford City's o/65's lead, which put them 2nd place overall and still in the mix

amongst the leading women. Celia Duncan taking over from Maureen McCarthy increased West Suffolk's o/45's lead and in the o/55 section, Dot Fellows (Cannock & Staffs AC) had a great run to trim Wold's AC's leading margin to within a minute.



3rd LEG Claire McKittrick brought Charnwood AC home, unchallenged, for their o/35 Gold medals. A storming run from Sarah Harris not only brought the Long Eaton team Silver medals, but also produced the fastest women's time of the afternoon with 11m-35s. Newcastle (Staffs) AC firmly held on to their Bronze medal position.

West Suffolk comfortably won the Gold medals in the women's o/45 section.

In the women's o/55 race, Cannock & Staffs AC left their best for last with their Chris Kilkenny not only putting them in to Gold medal position, but also winning her own personal Gold as the fastest o/55 leg of the day, with the excellent time of 13m-50s.

Although Oxford City had an almost unbeatable lead, unfortunately, they did not have a third leg runner, leaving a solid Bingley Harriers team to take the o/65 Gold.

MEN 35+, 45+ (5 legs) and 55+ (4 legs)

1st LEG. A resounding first leg run from Mark Johnson not only put Mansfield Harriers into the lead but his 10m-06s would later earn him the honour of fastest lap of the day and his Gold medal.

Salford Harriers in second place were being closely followed by the o/45 battle for first position by Les Ball from Lincoln Wellington and Gareth Deacon (Leicester Coritanions) with only 2 seconds separating them.

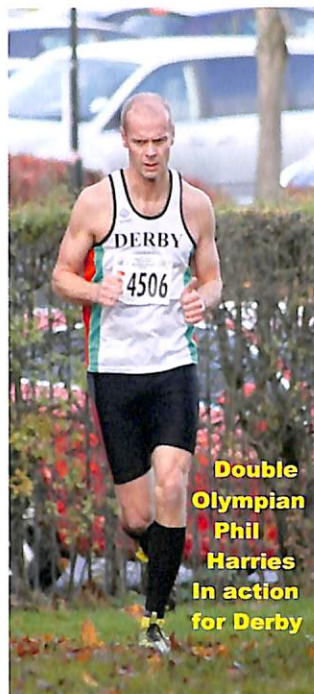
Cobra AC's David Daniels was showing the other o/55 teams a clean pair of heels.

2nd LEG. An amazing run from Leicester Coritanions Gordon Lee in the o/45s, not only put them in the position of overall race leaders, but also earned him the fastest o/45 time of the day. Mansfield Harriers retained their o/35 lead, but were being closely shadowed by Coventry Godiva Harriers. The great Carl Thackery although now over 50 years old, brought Hallamshire Harriers into 3rd place. This was a leg with some quality, as Staffordshire Moorland's David Hollins, not only brought them into the

MASTERS ATHLETICS WINTER 2012.

first o/55+ position, but would later also receive the fastest o/55+ leg of the day medal, beating the awesome Mike Hagar's time, by a second.

3rd LEG Leicester Coritanians o/45s amazingly still led the field as race leaders through their Welsh runner Rob Sheen.



Hallamshire Harriers were now o/35+ section leaders, followed by Salford Harriers and Bournville Harriers.

In the o/55+ section Salford Harriers took over as race leaders, with an excellent run leg from Eric Williams.

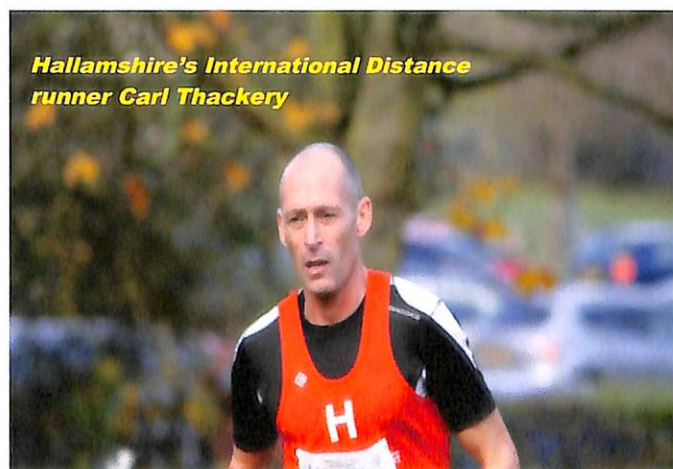
4th LEG Hallamshire Harriers now became overall race leaders with a solid run from Stuart Maycock. Salford Harriers were within 3seconds of them, through a fast finish from Tony Taylor and Leicester Coritanians were still in close attendance, a further 3 seconds behind, although competing in the o/45+ section.

Staffordshire Moorlands AC won the o/55 Gold team medals, helped by the tremendous efforts of last leg runner Dave Neill, with Salford Harriers holding second place.

5th LEG Salford Harriers regained the lead and won their Gold medals due to a very good solid run from James Kovaks. Dean Furniss brought Hallamshire Harriers into Silver medal position and a quick leg from Bournville Harrier's Orlando Correa made sure of their Bronze medals.

I would like to thank everyone involved with the event. We have had some excellent feed back from clubs, post event, which is very encouraging.

None of it would have been possible without the tremendous support from the host club Derby AC, led by the evergreen Mick Smedley, the main organiser of the event. Midland Masters supplied an official back up team and their results team led by EAMA chairperson Irene Nicholls did a superb job. The facilities were excellent and I would like to convey my thanks to Derby City Council for allowing us the use of them.



I hope to use Derby for the 2013 venue and hopefully we can place it back into the fixtures as a must do event.

W35: 1 Charnwood AC A 36.08 (Kate Ramsey 11.52, Claire Smith 12.06, Clare McKittrick 12.10); 2 Long Eaton RC 37.17 (Cath Benson 13.42, Sharon Orridge 12.00, Sarah Harris 11.35); 3 Newcastle (Staffs) AC 37.55 (Michelle Buckle 12.36, Wendy Swift 12.59, Julia Matheson 12.20); 4 Charnwood AC B 39.10 (Jenni Muston 12.21, Liz Hewitt 13.49, Nicki Thompson 13.00); 5 Bournville H 40.25 (Mel James 12.07, Jude Glynn 15.09, Sarah Rock 13.09); 6 Wolds Vets RC 41.36 (Mary Craig 12.50, Ann Knoyle 14.18, Cheryl Baker 14.28); 7 Redhill RR 43.47 (Amanda English 14.42, Beverley Barnes 14.49, Helen Lowe 14.16); 8 Derby AC 43.55 (Stephanie Spencer 13.05, Alison Booth 15.02, Karan Hassall 15.48); 9 Sheffield RC 45.50 (Kirsten MacDonald 13.26, Linda Brobbie 16.56, Sue Atkinson 15.28); **Fastest Leg:** Sarah Harris 11.35;

W45: 1 West Suffolk 38.59 (Maureen McCarthy 12.24, Celia Duncan 13.42, Christine Anthony 12.53); 2 Wolds Vets RC A 48.33 (Ann Mortimer 15.51, Joanne Brogden 15.49, Susan Green 16.53); 3 Wolds Vets RC B 58.46 (Julie Cowdroy 17.19, Sarah Roworth 18.14, Hilary Edwards 23.13); **Fastest Leg:** Maureen McCarthy 12.24, **W55:** 1 Cannock & Staffs AC 44.23 (Chris Rollason 16.27, Dot Fellows 14.06, Chris Kilkenny 13.50); 2 Wolds Vets RC 48.53 (Jane Morley 14.30, Karen Hames 15.10, Carol Hall 19.13); **Fastest Leg:** Chris Kilkenny 13.50; **M35:** 1 Salford H 53.34 (Eric Crowther 10.24, Ian Jackson 11.09, David Hudson 10.49, Tony Taylor 10.39, James Kovacs 10.33); 2 Hallamshire H 53.51 (Scott Wilson 10.40, Carl Thackery 10.51, Darran Newbould 10.42, Stuart Maycock 10.45, Dean Furniss 10.53); 3 Bournville H 54.41 (Rob Andrew 10.42, Sean Rose 11.20, Paul Thompson 10.36, Sam Chatwin 11.20, Orlando Correa 10.43); 4 Neath H 56.08 (Lee Sandham 11.34, Roy Whitehouse 11.21, Paul Talbot 11.15, Paul Griffiths 11.06, Chris Williams 10.52); 5 Staffordshire Moorlands 56.25 (James Wood 10.59, Gareth Briggs 11.06, Robin Hope 11.17, Andy Wilson 11.16, Craig Jeffrey 11.47); 6 Mansfield H 56.49 (Mark Johnson 10.06, Andrew Wilson 11.07, Steve Taylor 11.48, David Blount 11.19, Paul Butcher 12.29); 7 Tipton H 57.14 (Mark Wright 11.10, Paul Rogers 11.16, Dean Hill 11.02, Aaron Keane 11.03, Jason Comes 12.43); 8 Leicester Coritanians 59.01 (Dave Pearce 12.08, Andy Hart 11.28, Derek Guess 11.28, Craig Sabin 12.30, Chris Black 11.27); 9 Coventry Godiva H 59.02 (Richard Burman 10.19, Iwan Jones 10.59, Martin Brunt 11.34, Peter Banks 13.49, Martin Slevin 12.21); 10 Burton AC 60.09 (Gordon Smith 11.19, Marc Wrigley 12.07, Eamon O'Hanlon 13.14, Steve Wilson 11.48, Matt Wagstaff 11.41); 11 Salford H B 63.56 (Sean Cordell 12.23, Dave Townsend 11.46, Graham Chesters 12.23, Trevor Rayner 12.16, Denis Moran 15.08); **Incomplete Teams:** Bournville H (Stuart Pearson 11.21, Ed Hartley 12.41, Kevin Peace 14.18, Barrie Roberts 15.10); Tipton H B (Kevin Freeman 12.41, Jeff Taylor 14.18); **Fastest Legs:** Mark Johnson 10.06;

M45: 1 Leicester Coritanians 53.46 (Gareth Deacon 10.32, Gordon Lee 10.16, Rob Sheen 11.12, Danny Keeting 11.04, Chris Southam 10.42); 2 Salford H 54.21 (Mike Deegan 10.58, Paul Birkett 11.00, Derek Crew 11.08, Roger Alsop 10.44, David Lockett 10.31); 3 Redhill RR 57.03 (Mark Yates 11.47, Simon Nash 11.35, Alan Smith 10.28, Clive Greyson 12.11, Andy Wetherill 11.02); 4 Long Eaton RC 57.19 (Richard Wilkinson 11.43, Andrew Dickenson 11.27, Edward Murden 11.42, Robert Fox 11.24, Andrew McNeill 11.03); 5 Sheffield RC 58.22 (Jed Turner 11.40, David Broddie 11.48, Tim Tett 12.05, Ian Alex Barnes 11.38, Chris Ireland 11.11); 6 Rotherham H & AC 59.28 (John Comrie 11.26, Peter Neal 12.02, David Nuttall 12.32, Peter Mirreys 11.35, Howard Darwin 11.53); 7 Sparkhill H 60.16 (Nick Stringer 11.20, Stuart Underwood 11.42, Daren Riley 12.39, Patrick Finnegan 12.30, Rob Mills 12.05); 8 Coventry Godiva 60.43 (Michael Peters 11.45, Howard Anderson 12.20, Ian Gower 12.36, Joseph Devlin 12.04, Vince Clisham 11.58); 9 Neath H 62.50 (Steve Williams 13.40, Jeremy Davies 11.53, Peter Crane 11.39, Philip Crane 11.55, Steve Evans 13.43); 10 Lincoln Wellington 63.00 (Les Ball 10.30, Neil Coney 11.17, Sean Baxter 14.08, Bill Delaney 13.47, Glen Moore 13.18); 11 Derby AC 63.07 (Russell Parkin 11.18, Kevin Spare 12.13, Christopher Booth 12.38, Ray MacDonald 12.42, Phillip Harries 14.16); **Incomplete Teams:** Mansfield H (Jonny Lowe 11.28, John Harrison 12.02, Jonathan Hardy 12.54, Terry Ashmore 13.12); Redhill RR B (Martyn McHale 12.18, Mark Attenborough 12.24, Mark Thomlison 13.35); Wolds Vets RC (Gary Coulam 13.17, Mark Salter 12.23); **Fastest Leg:** Gordon Lee 10.16, **M55:** 1 Staffordshire Moorlands 46.23 (John Walker 11.41, David Hollins 10.52, Ray Ibbs 12.50, Dave Neil 11.00); 2 Salford H 47.53 (Phil Quibbell 11.54, Stan Owen 11.45, Eric Williams 11.15, Stan Curran 12.59); 3 Oxford City AC 48.15 (Bob Wyatt 12.10, Stewart Thorp 11.40, Richard Grant 12.23, Phil Hudley 12.02); 4 Team Bath 48.54 (Geoff Davis 12.27, Paul King 12.31, Tom Hutchinson 12.21, David Vaudin 11.35); 5 Sheffield RC 48.56 (Nick Duggan 12.10, Mike Quinn 12.16, Paul Blakeney 12.44, Sid Cordle 11.46); 6 Dulwich H 50.13 (Nick Brown 11.59, Neville Webb 12.38, Andrew Murray 12.54, Michael Mann 12.42); 7 Tipton H 51.30 (Mike Hager 10.53, Ray Stanier 12.26, Alan Grice 13.03, Keith Best 15.08); 8 Bingley H 51.39 (Peter Pyrah 12.12, Gerry Bell 13.00, Bryan Parkinson 13.54, Sean Jordan 12.33); 9 Cobra RC 52.14 (David Daniels 11.16, Neil Hale 13.31, Adrian Marchant 13.02, Michael Elwell 14.25); 10 Leamington C & AC 54.55 (Tony Foster 13.13, Peter Taylor 13.01, Graham Roberts 14.46, Alex Montgomery 13.55); **Incomplete Team:** Sparkhill H (Tahir Aktar 13.06); Staffordshire Moorlands (Paul Williams 13.39); **Fastest Leg:** David Hollins 10.52, **M65:** 1 Bingley H 42.12 (John Smithurst 15.21, Fred Gibbs 13.33, Les Haynes 13.18); 2 Salford AC 43.39 (Rowland Bowness 14.32, Vincent Murphy 14.16, Sid Sacks 14.51); 3 Wolds Vets RC 46.27 (John Hudson 15.39, Maurice Foxon 15.35, David Edwards 15.13); 4 Burton AC 47.20 (Graham Dingley 14.05, Phil Tolley 15.54, Tom Farr 17.21); **Incomplete Teams:** Blackheath & Bromley (Christopher Woodcock 15.26), Oxford City (Roy Treadwell 12.26, John Exley 12.44), **Fastest Leg:** Roy Treadwell 12.26.

BMAF OVERSEAS EVENTS TRAVEL PACKAGES

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

Tour Package details can be sent to you or viewed on our web-site



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 Porto 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 on an ad hoc individual basis.

Please register for our brochure and comprehensive tour programme



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Edinburgh Marathon and Half Marathon - 26 May 2013

As the marathon and half marathon places sell out fast, check if you qualify for one of the exclusive entries:

Good 4 Age - Guaranteed entries for full and half, see website

Top Club - 2:40/1:12 Male and 3:00/1:23 female - **FREE ENTRY**

Elite Entry - Sub 2:28/1:07 male and sub 2:48/1:16 female

1st, 2nd, 3rd prizes for VET 35, 40, 45, 50, 55 and 60

Visit www.edinburgh-marathon.com/?topclub for details



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1st, 2nd, 3rd prizes for VET 35, 40, 45, 50, 55 and 60

Visit www.edinburgh-marathon.com/?topclub for details





British Masters Athletic Federation



26th National Masters Open Road Relay Championships



Licence Number 2013-104954

Saturday, 18th May 2013 at Sutton Park, Sutton Coldfield, Birmingham

By kind permission of Birmingham City Council

Open to ALL Affiliated Clubs

Promoted by Midland Masters AC for the British Masters Athletic Federation
Championships will be held over a traffic free three mile course

| CHAMPIONSHIP | STAGES | START TIME |
|--------------|--------|------------|
| Women W35+ | 4 | 11.00 am |
| Women W45+ | 3 | 11.00 am |
| Women W55+ | 3 | 11.00 am |
| Women W65+ | 3 | 11.00 am |
| Men M65+ | 3 | 11.00 am |
| Men M75+ | 3 | 11.00 am |
| Men M35+ | 8 | 1.00 pm |
| Men M45+ | 6 | 1.00 pm |
| Men M55+ | 4 | 1.00 pm |

Medals to first three teams and three fastest individuals in each championship

Entries close midnight on 20th April 2013. Entries for 'B' Teams will not be accepted

Entry Form & other details from:

Tom Morris, 391 Chester Road, Castle Bromwich, BIRMINGHAM B36 0JH (Please include sae size DL).

Download Entry Forms from www.bmaf.org.uk or www.midlandmasters.com or
<http://britishmastersaf.wordpress.com> **Enter online at** <http://www.race-results.co.uk>





British Masters Athletic Federation

BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

(Incorporating VAA-NEE open cross country championships)

Organised by VAA-NEE under UKA and BMAF rules. Permit applied for.



**NORTHUMBRIAN
WATER**



Saturday March 16th 2013 Herrington Country Park Sunderland

OPEN TO ALL MASTERS (MEN AND WOMEN OVER 35 YEARS OF AGE ON RACE DAY)

Race 1 6km approx. Women (all ages) & Men 65+ 12.00

Race 2 8km " Men 35-64 1.00pm

ENTRY FEES Members of a veterans association or club £11

All other competitors * £14

*proof of age required eg. photocopy of birth certificate/driving licence/passport

BMAF Individual Awards to the first 3 in each 5 yr age group

BMAF Team Awards for the 1st 3 teams (3 to count) W35-44 W45-54 W55-64 W65+

M35-44 M45-54 M55-64 M65+

Runners who wish to count for a younger team please declare this on the entry form.

Late team declaration accepted on day at Race HQ. Down aging only within the same race

VAA-NEE Championship open to all veterans who are 1st claim members of a UK affiliated club and qualify for the North East counties by having residence in or have been born within the counties of Durham, Northumberland, Tyne & Wear or Cleveland

Send completed entry form with a large s.a.e. for race numbers and travel information to :-

BMAF XC Championship 5, Mast Lane, Cullercoats, North Shields, NE30 3DF

Cheques payable to 'Veterans A A – NEE' Closing date March 2nd 2013 No entries on day

.....
BMAF 2013 Open Cross Country Championship Entry form

Surname.....First name.....M/F.....

Age on 16th March 2013.....D.O.B.....Age Group.....

Address.....

.....Post code.....email address.....

First claim UK Athletics Club.....UKA Registration No.....

Veteran Association/Club (eg. Welsh Masters).....Mem.No.....

VAA-NEE Championship | _____ | Tick if appropriate.....

Younger team declaration M35-44 M45-54 W35-44 W45-54 W55-64 Circle age band

I wish to be entered for the above championships on 16th March 2013. I agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as consequence of my participation in this event.

Signed.....Date..... Tel No: (day).....(evening).....