



**Women 45 winners Winchester with Midland President Marcia Smedley, At the British Masters Road Relays. Picture: Jeremy Hemming.**

# **MASTERS ATHLETICS**

**SUMMER 2013 NUMBER 104**

**The official magazine of the British Masters Athletic Federation**

**Picture:  
Pete Duhig**





## MASTERS ATHLETICS FIXTURES

<b>2013</b>			
21 <sup>st</sup> JUL	BMAF THROWS PENT	Perivale Park, South Greenford	9.30am
27/28 <sup>th</sup> JUL	BMAF Decathlon/Heptathlon	Oxford	With Men's 10k Track.
31 <sup>st</sup> JUL	NVAC T & Field League	Leigh	
11 <sup>th</sup> AUG	NVAC 10k Road Championship	Bispham, Blackpool	11am.
18 <sup>th</sup> 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 <sup>st</sup> AUG	WMA Mountain Championships	Janské Lázně.CZE	
14/15 <sup>th</sup> SEP	BMAF Track & Field Championships	Alexander Stadium, Birmingham	
29 <sup>th</sup> SEP	NVAC Multi-Terrain	Edgworth	
13 <sup>th</sup> OCT	WMA 100k Championships	Jeju, KOR	
	NVAC 10k Track	Leigh	
16-27 <sup>th</sup> OCT	WMAA Track & Field Championships	Porto Alegre,BRA	
27 <sup>th</sup> OCT	BMAF MARATHON	Newcastle Townmoor Marathon	
16 <sup>th</sup> NOV	BRITISH & IRISH XC	Bute Park, CARDIFF	Presentation at Mercure Holand House Hotel, Cardiff.
23 <sup>rd</sup> NOV	BMAF XC Relays	Derby	Closing date 7 <sup>th</sup> November Entry form in next edition
<b>2014</b>			
25-30 <sup>th</sup> MAR	WMAA Indoor Championships	Budapest, HUN	
4 <sup>th</sup> MAY	BMAF 10K	Gear 10k, Kings Lynn	
6 <sup>th</sup> JUL	BMAF Multi Terrain	Bewl 15	
17 <sup>th</sup> MAY	BMAF Road Relays	Sutton Coldfield	
22-31 <sup>st</sup> AUG	EVAA Track & Field Championships	Izmir, TUR	
19 <sup>th</sup> OCT	BMAF Half Marathon	Salisbury	

# BMAF OVERSEAS EVENTS TRAVEL PACKAGES

## 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 in the Brazilian city of Port Alegre. An ideal opportunity to combine competing at this great championships with a trip to Brazil in advance of both the FIFA World Cup and Rio Olympic Games.

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# MASTERS ATHLETICS

Items for inclusion in the "Autumn Edition" to reach the editor by the 16<sup>th</sup> September 2013.

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### MAY 2013:

£ 125- John Curtin.

£10- John Mattinson, Terry Morris, Diane Smith, Brian Whitehead & Nigel Wray (Donated to BMAF).

OUR THANKS GO TO: NIGEL WRAY for his kind donations.

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## THE PICTURES USED IN THIS ISSUE ARE BY

**JEREMY HEMMING**

[hemming@dircon.co.uk](mailto:hemming@dircon.co.uk)

**TOM PHILLIPS**

[www.tomphillipsphotos.co.uk](http://www.tomphillipsphotos.co.uk)

**Arthur Kimber**

**Pete Duhig**

**Carl Balshaw**



The South American Masters Athletes Yolima Mena Valencia (COL) and José Luis Espiritusanto (BRA) have been found guilty of an anti-doping rule violation after testing positive during the South American Masters Championships Stadia in Arequipa (PER), November 2012. In conformity with the disciplinary decision of March 2013, ASUDAVE has suspended the athletes for a period of one year, from February 23, 2013 until February 22, 2014. The results of November 15, 2012 are consequently also disqualified. The Master athlete Carvajal Juan Guillermo (COL), also found guilty, has been suspended for a period of six months; his suspension ends on August 22, 2013.



## JIM McNAMARA an IRISH LEGEND by Alastair Aitken



**J**im McNamara (74), is well known in Irish Athletics and has been with Donore Harriers for 50 years now. He has been an Olympic athlete, a 'World Class' Master and more recently a very successful coach with his club.

Jim was honoured with a tribute evening 'this is your life.' at the Spa Hotel, Lucan in Ireland on the 18th of May this year.

Looking back through the years Jim has had an impressive record. Even more so, when one realises he has had some hard times over the many years he has been in the sport. He has managed to foster 'Great' relationships' between Masters Athletes in Ireland and the UK.

He ran in 4 International (World) cross country Championships for Ireland.

He was second in the Irish Olympic Marathon Trial in Limerick in 1976 in 2h14.54 behind David Maid (2h:13.06) with Neil Cusack (2h:17.07) third. Jim went on to be the first Irishman in the Montreal Olympics that year in 31st place in 2:24.7.2 **but** one ahead of the outstanding marathon man, Bill Rodgers of the USA who was timed at 2h25:14.8. (*Some years before in 1966 in Budapest fellow Irishman and friend Jim Hogan, from Limerick, won the European Marathon in 2h20:4.6.*)

I can well remember running around the outside of the track on the grass at Brighton with Jim McNamara, after he had won three Gold medals in the European Veterans Championships in 1984 when, he was considered the athlete of the meeting, which was good, if you consider 3000 competed in those games!

He won the M45Final for 1500 (4:08.6); 5000 (15:00.4). The latter was ahead of Taff Davies and Mike Turner. Jim won the 10,000 in 31:22.6 ahead of Aldegalega of Portugal and Ron Gomez of the UK. It was in 1984 that he did a World Age Best of 14:47.8 for 5000, which wiped off the mark of Alain Mimoun 14:56.4. (*Incidentally Mimoun was the winner of the Olympic marathon of 1956 and runner up to Zatopek in the 5 and 10k races in Helsinki in 1952.*)

As a senior Jim cracked 50 minutes for 10 miles on the road with 49:00. He achieved World Masters Championships gold medals as a M40 in the 5000m and as a M50 5000 and 10,000m. One of his best marks was as a 48 year old running 3minutes 59 seconds for the 1500!

**Ann Curley** who has run a 2h53 marathon and 2h55.29, as the seventh Over 40 in the London Marathon in 2013, has been coached by Jim McNamara with the Donore Harriers and also runs in England for the Highgate Harriers. She

was a valuable member of their ATW Metropolitan League team this last season.

She talked about Jim McNamara "**Nobody** I can think of has put so much back in against the odds, he suffered a stroke in 2007 and weeks later he was back in the club giving sessions (against doctors' orders) and hardly able to walk with the dizziness in his head. Somehow he got back to full health and ran in the British & Irish Masters International in Belfast a mere seventh months after that.

Ann continued by saying 'I have also never met anybody who copes with adversity better than Jim. He was widowed at 40 and left with 3 children and still managed to compete at high level. He has since had a great deal of pain in his life losing his nephew and son in law. He also struggled financially all his life in badly paid jobs and training hard around that. He would have gone on many of the Masters trips around the world but could not afford to do so. In any case he doesn't like to be away from his group for long. He likes to keep a very close eye on them all that is why he is loved and respected. Since he retired 8 years ago I think he is busier than ever."

Two of our members have recently or are to enjoy features in well-known periodicals.

Rosemary Chrimes was the subject of a profile published in the Scottish edition of the "Daily Mail", whilst Angela Copson is to be featured in the August edition of "Runners World"

An Executive Meeting of the BMAF Council on the 11<sup>th</sup> May concluded "**The Meeting agreed that the BMAF Executive retains the right to decide the rules for recognition of a British record**". **The Meeting agreed that a letter shall be sent to EVAA threatening that new World Record papers will be sent direct to WMA for ratification if EVAA refuse to follow WMA rules. The Meeting also agreed that this subject should be raised with WMA in Porto Alegre.**

**So should you set a European Record, at other than our National Championships, you should arrange for copies of the finish picture and zero control test certificate to be sent to Bob Minting.**

**The Zero Control Test image will be on the electronic image disc for the meeting.**

**I suggest you seek the help of the Meeting Manager, Track Referee or Chief Photo finish Judge to achieve this requirement.**

**For British and World records Zero Control Tests are not presently required.**

## CHAIRMAN'S REPORT - ARTHUR KIMBER

Following their successes in San Sebastian athletes returned for the final fixture of the indoor season, the



inaugural EAMA Indoor Inter Area Challenge at Lee Valley in April. Six regional clubs took part in very competitive events and Southern Counties Veterans won all three trophies, men's women's and overall, presented, appropriately, by Jean Mullane, widow of Danny, a long standing and hardworking EAMA stalwart. It has been decided to continue this fixture in future years.

May was a key month for non-stadia athletes, with the BMAF road relays held again at the popular Sutton Park venue and the European Veterans Non-Stadia Championships in Upice, Czech Republic. In the Czech Republic a small team of fewer than 30 athletes secured a large haul of 16 individual medals, including 7 gold, and 7 team medals, 4 gold, and M65 Ian Richards broke the world record for 30k.

A long track and field season now faces athletes, with four BMAF championships, Pentathlon, Throws Pentathlon, Decathlon/Heptathlon and the Track and Field championships, and the EAMA outdoor track and field challenge, culminating in the World Masters Championships in Porto Alegre in Brazil in October.

The main international fixtures for 2014 and 2015 have been settled, but at present there are no plans for a European Non-Stadia Championships. This is one of the most important fixtures for road runners and race walkers, which should continue. On to 2016 the plans for Glasgow to host the European Veterans Indoor Championships will, we hope, soon be confirmed.

As I write summer appears to have come. Let's hope it continues through the track season.

## OBITUARY

**Jack Fitzgerald**

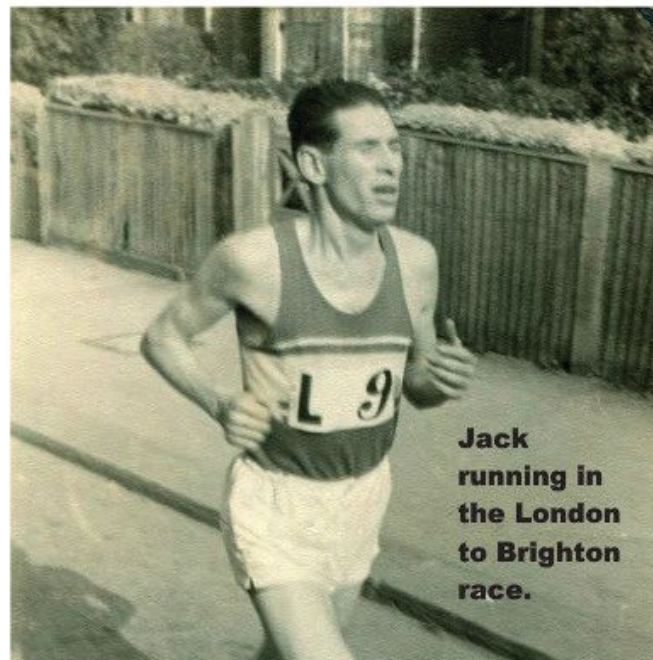
**11 January 1923 – 13 May 2013**

**By Bridget Cushen**

**J**ack was a truly remarkable man. Born in Pimlico, London to Anglo-Irish parents, he went straight into the RAF at a young age at the start of the War. His B24 Liberator covered the Mediterranean and the North Africa area; he was to survive some near misses and a harrowing crash landing when the crew had to run for their life in fear that the plane would explode. It was whilst in the RAF that he took an interest in running. Demobbed, his family had been bombed out and resettled in Peckham where their GP was the international shot putter, Harold Moody, who influenced him to continue running. Jack joined Mitcham AC and remained a member for over 60 years.

Jack epitomised the "Also Ran" but true club athlete – hardworking, dedicated with total loyalty. He ran a leg for his club in the famous London to Brighton road relays and was a winning team member in several events. He loved the camaraderie, the long Sunday morning run through the leafy Surrey lanes, the beer

and socialising afterwards. He ran to and from work as a Warehouse Manager in Croydon and Reigate and completed a 3-4 hour run at weekend, but despite his high mileage he only ever won one Senior individual title – the Surrey County 20 mile – joking that with his "crab-like" running what more could he expect!



**Jack  
running in  
the London  
to Brighton  
race.**

But it is for his contribution to veteran athletics that he will be fondly remembered. I use the word "Veteran" as he was an outspoken opponent of switching to "Masters". With John Hayward and Woodford Green AC he organised one of the first major International Veterans' only meeting at Crystal Palace in 1972 wherein a large group of American, Canadian, Australian and NZ Veterans competed, en route to watch the Munich Olympics. It proved a huge success with all the World's top veterans competing. Jack then took a large group of British Veterans to an ensuing World Veterans Track & Field gathering in Toronto in 1975. He booked the flights, hotels, handled all the entries and managed to arrange a stop-off track meeting in the USA. Without the benefit of IT he obviously spent hours planning and putting a memorable trip together, Jack always stuck at a task until completion. In Toronto the athletes got together at an Open Forum and set up the veterans' equivalent of the IAAF. Jack was asked to Chair a Steering Committee as International Veterans Road Races were scheduled for Coventry in 1976. The veterans clubs in Britain therefore had to form a Governing Body as there was then little interest from the main Athletic body. Jack was one of the South of England delegates to a meeting set up to form the British Veterans Athletic Federation, now Masters; he was elected a Committee member going on to fill various roles for years, including Honorary Secretary for two years, he only eased off when he had to care for his wife, who sadly predeceased him.

Jack wrote extensively about our sport; volunteered at numerous Leagues etc. was Chairman of the SCVAC and Sutton & District AC (formerly Mitcham AC) until quite recently and remained actively involved until well



into his Seventies. He literally spent hours working for the sport including a long stretch on the early issues of this magazine. Jack organised the popular annual Mitcham 25k road race for over 30 years.



He travelled the World with the Veterans, competing on all six Continents. When the European Veterans Track & Field Championships were held in Poznan, Poland, in 2006 he made a point of visiting Park Cytadela graveyard to sign the Visitors Book at the War graves dedicated to the 50 escapees and Allied Forces featured in the film "The Great Escape". It was Jack who also took the first group of runners to the annual Brugge Veterans 25km road races, up to 700 members made the annual pilgrimage to that now defunct event.

He was nominated for an Honour but did not get it. Jack was still running three marathons per year in his Seventies. He switched latterly to race walking, constantly getting the Red Card under the Straight Knee Rule, but he carried on. His last overseas trip was to the European Veterans Indoor in Ancona, Italy in 2009 where he won a bronze medal in the M85-89 Age Category 3km and 5km walks.

He was incredible strong mentally and physically. The roof of his ex-Council flat collapsed in on him at 02.00 a.m. on a wet winter night leaving him staring at the clouds and the shard remains of his furniture; the shock would have killed any Octogenarian but Jack shrugged it off saying "I thought I was back in the Blitz again!" After celebrating his 90th birthday in hospital, he fought off a bout of pneumonia and killer winter infections, nursing staff were amazed at his agility and leg strength.

Jack made friends easily wherever he went and gave generously to the sport but took nothing away. Members travelled up from Devon, Somerset and the Home Counties to his funeral in London.

On behalf of athletes and Officials of all ages everywhere: Thank You, Jack Frederick Fitzgerald, it is committed people like you who leave a real legacy and we are all fitter and healthier due to your foresight and commitment. Rest in Peace.

## SECRETARY'S REPORT BRIDGET CUSHEN

**M**ay I remind all members that the AGM will be held on Saturday 14 September on the eve of the Track & Field Championships in the Alexander Stadium. All members are entitled to attend and vote. Any nominations for Council or Proposals should be sent through your BMAF club to the Hon. Secretary by 14 August.

José Waller has broken many British and World age group track and road records during her extraordinary running career, but I wonder if she can now claim another as the oldest active club President? The 91-year old was elected President of Teinbridge Trotters at their recent AGM.

On a cold windy 9 June sprinter Alan Carter and Dorothy McIennan bravely took on all comers in an open 60m sprint challenge on tarmac by the Olympic Stadium. Local residents were invited by The View Tube where Alex Rotas's Photographic Exhibition was showing. I was amazed to see a few families turn up. Both our Septuagenarians ran brilliantly; Alan's race against guys less than half his age resulted in a photo finish!

Heinz-Arno Koppers was killed when his car hit a tree near Aachen in June and burst into flames. The body of the 2009 World M55 triple jump champion (12.41m) and former German international was only identified by DNA. If you were watching the finish of the Boston Marathon when the bomb exploded, you might have identified the grey-haired red vested man scrambling back on his feet within metres of the finish as Bill Iffring, the 78 year old American finished 3<sup>rd</sup> in the 5 and 10,000m at the last World Championships in Sacramento.



## MASTERS ATHLETICS SUMMER 2013.

**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](mailto:bridgetcushen156@btinternet.com)  
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### BRITISH MASTERS ATHLETIC FEDERATION

**Website:** [www.bmaf.org.uk](http://www.bmaf.org.uk)  
**President:** Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. ([athlete.uk@btopenworld.com](mailto:athlete.uk@btopenworld.com))  
**Life Vice Presidents:** Bridget Cushen, Barbara Dunsford, Jack Fitzgerald, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker and Tom Wood.  
**Chairman:** Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 0JD 01634 389554. Mail-  
[arthur.kimber@talktalk.net](mailto:arthur.kimber@talktalk.net)  
**Vice Chairman Policy & International Affairs:** Kevin Dillon Kevin. Email: [dillon22@yahoo.co.uk](mailto:dillon22@yahoo.co.uk)  
**Hon. Secretary:** Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE. (020 8683 2602)  
Email: [bridgetcushen156@btinternet.com](mailto:bridgetcushen156@btinternet.com)  
**Hon. Treasurer:** Danny Herman, Bow House, 3, Bow Green Road, Bowdon, Altrincham WA14 3LY. Phone 0161 9412154  
**Secretary -Track & Field:** Maurice Doogan, Lower Ground Floor, 501, Kings Road, Chelsea, London SW10 0TU ▶Phone 020 7795 2233  
E-Mail▶ [info@dooganconsulting.com](mailto:info@dooganconsulting.com)  
Walter Hill email-walterhelen@tiscali.co.uk  
**Secretary -Road Running:** John Hall, 201 Ladysmith Road, Enfield, Middlesex, EN1 3AQ; Phone 020 8292 3627 email: [walker@bmaf.org.uk](mailto:walker@bmaf.org.uk)  
**Secretary Race Walking:** Mel James, 2, Baglan Cottages, Coytrahen, Nr Bridgend, South Wales, CF32 0DP ▶Phone 01656 720579 ▶email  
[mel.james@tiscali.co.uk](mailto:mel.james@tiscali.co.uk)  
**Secretary- XC:** Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE Mail-peter@peterduhig.plus.com  
**Overseas Entries Co-ordinator:** Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, Ex10 8RD. Email- [Bob.Minting@btopenworld.com](mailto:Bob.Minting@btopenworld.com)  
**Chairman of Records Committee:** Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. Mail -[IRENENN@aol.com](mailto:IRENENN@aol.com)  
**CHAIR of EAMA:** Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: [webmaster@bmaf.org.uk](mailto:webmaster@bmaf.org.uk)  
**Website Administrator:**

### 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](mailto:mary.waters@uea.ac.uk)  
**Isle of Man:** **General:** Mrs Maureen Kelly, 47, Ballacry Park, Colby, Isle of Man, IM9 4LX; Email: [mokelly@manx.net](mailto:mokelly@manx.net)  
**Midlands MAC:** **Membership)** Mike Gellion, 4, Creggan Moor, Port St. Mary, Isle of Man, IM9 5BB mail: [mikegell@manx.net](mailto:mikegell@manx.net)  
**General & Membership** Tom Morris, -391, Chester Road, Castle Bromwich, Birmingham B36 0JH;  
email: [mmac.sec@blueyonder.co.uk](mailto:mmac.sec@blueyonder.co.uk) [www.midlandmasters.com](http://www.midlandmasters.com)  
**Northern VAC:** **General:** Sally Howarth, 17, Stanton St, Stretford, Manchester, M32 0JS Phone: 07776 187169  
Mail:[sally.howarth@sky.com](mailto:sally.howarth@sky.com)  
**Veterans AA-NE:** **Membership- David Sinnott**, 24, St Asaphs Drive, Ashton under Lyne, OL6 8UB -Phone -0161 3396562  
Email [davidsinnott@bulldoghome.com](mailto:davidsinnott@bulldoghome.com) [www.nvac.co.uk](http://www.nvac.co.uk) ([alex.rowe500@virgin.net](mailto:alex.rowe500@virgin.net))  
**Northern Ireland MAA:** **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  
**Scotland (SVHC):** **Phone:** 0191 4474219 **Email:** [10744grout@talktalk.net](mailto:10744grout@talktalk.net)  
Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) [www.northernirelandvets.co.uk](http://www.northernirelandvets.co.uk)  
**Southern Counties VAC:** **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)  
**South West VAC:** **Secretary** -Chris Reed, 18, Flint Street, Grays, Essex, RM20 3HA Phone: 01708 689877  
Email-[chrs.reed@gmail.com](mailto:chrs.reed@gmail.com) **Membership-Lesley Richardson**, 1, Puttenham Close, South Oxley, WD19 7BJ  
**Veterans AC:** **General:** John Perratt, Gable Cottage, Stanhope Drive, Sidmouth, Devon, EX10 9JE (01395 513611) email:  
[johnperratt@talktalk.net](mailto:johnperratt@talktalk.net) **Membership-** Ken Ballam, 7, Sandford Court, 32, Belle Vue Road, Bournemouth, BH6 3DR  
Tele: 01202 429137 Email-[k.ballam@btinternet.com](mailto:k.ballam@btinternet.com)  
**Welsh Masters:** **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](mailto:P.bell5@sky.com)  
**General:** Rachel Matthews, 90 Van Road, Caerphilly, CF83 1LD Mail-[rachjmatthews@hotmail.co.uk](mailto:rachjmatthews@hotmail.co.uk)  
**Membership-** Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

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**SOUTHERN VETERANS XC  
CHAMPIONSHIPS**  
**Claybury Woodford December 8th**  
**WORDS & QUOTES**  
**ALASTAIR AITKEN.**

**A**ndy Morgan-Lee, the British Masters 2012 M40 Champion, had a lead of 50 metres when he went off course in the middle of the M40-49 race. "I went left instead of right, when I was working hard. It looked the same as it did going further on when you go left through the woods."

However his advantage was increased by a couple of minutes and despite coming through the finish, very well clear, he was disqualified by the referee. "I did feel the British Masters win one of my best races, but I felt I had let my clubmates down today."

Although Thames Hare & Hounds would have had a clear win, as they also had Ben Reynolds and Andy Weir in their team. It is a very excusable mistake by Andy as can happen to clear leaders in cross-country events.

In the race after a mile or so, Lee-Morgan, Reynolds, Jeff Pyrah and Chris Beecham were a quartet well ahead of the rest. After the first big lap it was Lee-Morgan and Reynolds breaking away with Pyrah and Beecham together. Lee-Morgan then pulled away from his clubmate prior to going off course.

The First Six were:-1 Ben Reynolds M45 (Thames Hare & Hounds) 34.16; 2 Jeff Pyrah (Hastings Athletic Club) 34.41; 3 Chris Beecham (Highgate Harriers) 34.55; 4 Paul Bell (Kent AC) 35:28; 5 Keith Miller (David Lloyd Medway Runners) 35.39; 6 Steve Norris (Thames Valley Harriers, the Vets AC Champion) 35.42.

Chris Beecham pointed out "I have won Southern team medals over the years but I was delighted to get my first individual Southern medal", sixty finished.

Teams 1 (Colchester Harriers) 37; 2 Kent AC 42; 3 London Heathside 45.

**BEN REYNOLDS** British Masters M45 Champion in 2012 & 2013 said "I have had a good season 8th and 12th in the Surrey League and won a British Masters title in the spring" Ben works in a City Bank in London in Accounts Systems. Regarding his club Thames Hare & Hounds "I am happy here! Thames Hare & Hounds are very good club"

**JEFF PYRAH** said "my results have gone well this year and I was more motivated as a master when I turned 40 in July.

I won the Ashford 10k a month or so ago in 31.55, which was the fastest I have done for 15 years. The Southern Counties today was my first Masters race and I enjoyed it." The over 50-69 race was well contested with 104 finishers.

Julian Critchlow, who usually is conservative at the start, decided that there was a narrow bit near the start and sharp corners on the course so, he would have to go a bit harder than usual to begin with, in order to see ahead of him.

He quickly found he had a 10 metre lead, which increased throughout most of the race, until Iain Campbell, started to make inroads into his lead in the stretch, when Campbell was trying hard to get away from Viesturs Dude who had been running with him for most of the way up to then.

**JULIAN CRITCHLOW** said "I first came into athletics when I was studying at the teacher training college at London University. I had been a cyclist up to then but I was invited to run in a Cross-Country race and I wore my Dunlop 'Green Flash' plimsolls and won it. I then found out when I went out training, it took only an hour as opposed to 3 hours on the bike, which appealed to me. I tried the triathlon but my swimming was not quite good enough"

He continued "In September this year I was doing a long Sunday run of 2hrs 10mins and was bit tired. I did not notice in the road, some rusted tire rings the same colour as the road, and put both feet in them and fell 'Slap' straight on to the road.

I broke bones in my hand that are still swollen three months after but my knees are now recovered after some time off. I am so glad to be back running again. I am two years into my age group."

He mentioned the most important thing currently for him. "It is my coaching at Watford Harriers. Things are really starting to happen at Watford Harriers. It is all a great success because the runners, of all standards, are staying in the club and the group I am involved with has increased from a dozen to start with to 60 now."

About the race at Claybury "I was thinking to myself as I was going round. Always talking about pace judgement, threshold and style and technique. You have got to listen to what you are telling others, otherwise you can't hold any credibility!

I came here with thoughts of getting round, and possibly getting a medal. To win makes me really pleased."

**IAIN CAMPBELL**, ran for Scotland in the World Junior XC Championships.

About his racing he said "It is coming through now." He works as a Policeman "I am working at Barking & Dagenham College. I have only two years and three months to go before retiring from the police force. With the Olympics in the Summer I just trained but did not race."

First 6 M50's 1 Julian Critchlow (Watford Harriers) 35.20; 2 Iain Campbell (Metropolitan Police AA) 35:34; 3 Viesturs Due (Crawley AC) 35.43; 4 Andy Tindall (South London harriers) 36.57; 5 Mark Cursons (Harrow AC) 37:24; 6 Rob Creed (Crawley AC) 37.39;



Teams Crawley 30; Woodford Green & Essex Ladies 31; 3 South London Harriers 33.

The first Over 60 runner in the race and 26th overall in 38:52 was STEWART THORP of Oxford City AC which was the winning 60 age group team

He said "I used to dabble in athletics but only really took it seriously when I joined Oxford City when I was 55. John Exley is the 'Guru' there." He added "I quite enjoy the National events when you are up against the best and whoever turns up."

LUCY ELLIOTT went into the lead in the Southern Veterans 40-49 race after the short lap and going down the hill and won eventually by a wide margin from Julie Briggs and Clare Elms, like Elliott a W45 runner with a 'great' master's record.

First six of 75 finishers 1 Lucy Elliott (Winchester & District AC) 24.56; (W45), 2 Julie Briggs (Arena 80) 25.42; 3 Clare Elms (Dulwich Runners) W45;26:04, 4 Anna Critchlow (West 4 Harriers) 26:39; 5 Vicki Clark (Arena 80) 27.05; 6 Linda Jackson (Woodford Green & Essex Ladies) 27.06. First 3 teams Arena 80- 17; 2 Dulwich Runners 28; 3 London Heathside AC 49.

Remarkably, Lucy Elliott, was a W45' when she was third in the Southern Counties Championship Senior Women's Championships at Brighton early in the year. Lucy bridled against being a veteran competitor till she was into her 40's and she has been British Masters Cross country Champion for two years. She ran for a strong Shaftesbury Barnet athletics team before going to Winchester and running well for them.

She claims three of her best performances as coming 18th in the World Cross Country 1997 and winning the Inter-Counties cross country Championships in 1995 and 1997.

However prior to the Southern Vets at Claybury things were not an easy road as she explains

"I am getting back into it really, after a bit of an 'Iffy' summer with a kidney infection that put me out for a while. I think I probably had the infection all summer and I did not know it but once it got into my kidneys it was serious and I ended up in hospital."

"I have been training quite a few weeks now. I feel I am getting back to where I was last year now."

About her Winchester & District club she said "We are building up hopefully, not quite got the team Shaftesbury had but getting there. In a couple of years we should get a solid team together."

Lucy Elliott appears to enjoy her racing "I am quite happy although, I have had injuries but nothing major. I don't do a lot miles. Consistency is the name of the game and to not overdo things."

Although Mary McCarthy, who was 17th was the first W50 category in 28.21, ahead of her in 15th place was the first W55 runner Fiona Kennedy of Ealing & Southall & Middx AC in 28:02.

**FIONA KENNEDY:- John Flavey, her husband runs for Ealing said to me that Fiona liked to race in open competitions rather than masters races (She**

*was 6th in the Liddiard Cup race on the 24th of November and in the 2nd team home also and 27th of 68 in the North London Cross Country Championships in October).*

I still, I suppose, like to think of myself as a general athlete rather than a master'

She added 'The trouble with master's athletics is sometimes you don't actually have all the best people there.'

However, she also remarked "It is nice to win a medal but it does not always mean you are the best. There was a lady in my age group who was not here and might have beaten me."

Her job is interesting "It gives me flexibility with my training which is good. I organise corporate events and conferences, so it is not a 9 to 5 job. I have got that opportunity to train which is nice"

"I like cross-country racing. In the winter it is a good way of getting in a bit of extra running."

Regarding things like the Liddiard Cup race for women "I always enjoy it but it was a bit wet this year."

"Probably the biggest satisfaction for her was:-"In my early 40's I got inside 37 minutes for 10k and I did that a few times."

Fiona Kennedy first started running at 35 but before that it was aerobic. She was always and active person. "John Flavey got me started. I am really glad he did as before that I never actually enjoyed running. Running gave me an extra dimension to my life I would not have had otherwise, and I have made lots of friends through it."

## **BMAF CROSS COUNTRY CHAMPIONSHIPS**

**Words: Mel James**  
**Pics: Dave Hewitson**

### **"A great day of racing produced at Herrington Country Park."**

**T**his year's championships took us north to Sunderland. Herrington Park is a beautiful country park, transformed from an industrial area, (a former Durham coal mining site) to a venue now used for various sports and even the occasional rock concert.

The North of England had seen lots of snow in the preceding weeks and it had once again been forecasted as a possibility for the area on this weekend.

Fortunately the snow held off, but we were left with an extremely cold wind blowing across this exposed "hour glass shaped" 2k lap course. The BMAF course chosen was much flatter than the course used for the English National



## MASTERS ATHLETICS SUMMER 2013.

Championships (held three weeks previously) and provided great viewing opportunities for spectators.

### 1<sup>st</sup> Race (men 65+ and all Women's categories)

From the gun, two athletes competing within the women's O/35 category showed their race intentions. British and Irish X/C International race winner Clare Martin (Telford) alongside Julie Briscoe (Wakefield) took a small lead, with a large group of mixed categories following.

Completing the first lap, the leading pair had developed a 10 metre lead from O/45 Clare Elms (Dulwich) who was also having a fine run, followed by Helen Fines O/35 (Holmfirth) and a group of mixed categories including male O/65's.



**Julie Briscoe leads Clare Martin and Clare Elms**

Completing the second lap of three, Julie had developed a small lead from Clare, Helen had also gained third place overall from Clare (Elms). Behind this quartet, the quest for the Women's O/50 gold was hotting up with Sue Becconsall (Bingley) being tracked by Monica Williamson (Leamington) and just behind these two athletes, a continuous battle had developed between the male O/65's, with Martin Ford (Cheltenham) and Peter Young (Ryde) locked together for two laps. A little further down the field there was also a close battle for the O/70 crown between Gordon Orme (Carmarthen) and Peter Hall. (Barrow and Furness)



**Clare Elms Won the W45 title.**

At the tape Julie Briscoe held on to her lead to win from Clare Martin by 7 seconds with Helen Fines taking the O/35 Bronze. Clare Elms won the O/45 Gold and Sue Becconsall O/50 held

off Monica Williamson by just 6 seconds for her Gold. Behind these in 9th, 10th and 11th positions an almighty battle for the male O/65 medals ensued, with Roy Treadwell (Oxford) passing the two earlier leaders on the run in, with only 11 seconds separating this trio of medallists. The contest for the male O/70's continued with Gordon Orme taking Gold with just 3 seconds to spare from Peter Hall.

In the team competition, there were wins for Staffs Moreland in the women's O/35 category and Bingley in the O/45 section. Within the male O/ 65 sections, Oxford City was the victorious team.

### 2<sup>nd</sup> Race (Men 35+ to 60+)



**Phil Hinch  
Overall  
Mens  
winner**

Phil Hinch (Tipton) showed his race intentions from the start, leading out the 150 athletes, with six different age categories within the race.

On completion of the first lap, Phil had developed a 20 metre lead from a quartet of 40+ and 45+ athletes consisting of Ben Reynolds, (TH&H) Kerry Wilson (Ron Hill C) Steve Cairns (Tyne Bridge H) and Stuart Doyle. (Vale Royal) a little further back, two O/50's John Convery (Bingley) and Brian Rushworth (Sunderland) were battling it out for their age group medals, chased by the rest of the large field.

At the finish of lap two, Phil Hinch had extended his lead to 30 metres with Kerry Wilson O/40 taking a slight lead from the two O/45's Reynolds and Cairns. In the O/50 category Convery and Rushworth were joined by a third O/50 John Danahay. (Stoke) Prolific O/60 record holder Mike Hager (Tipton) was gradually moving up through the field chasing the O/50 and O/55's in front.



## MASTERS ATHLETICS SUMMER 2013.



**Ben Reynolds**  
**M45 winner**  
**2<sup>nd</sup> overall.**

Approaching the start of the final lap, Phil had maintained his lead over Kerry Wilson and Ben Reynolds, followed by Cairns and Doyle. The trio of O/50's had been caught by Mike Hager, who had now developed a 10 metre lead on them.

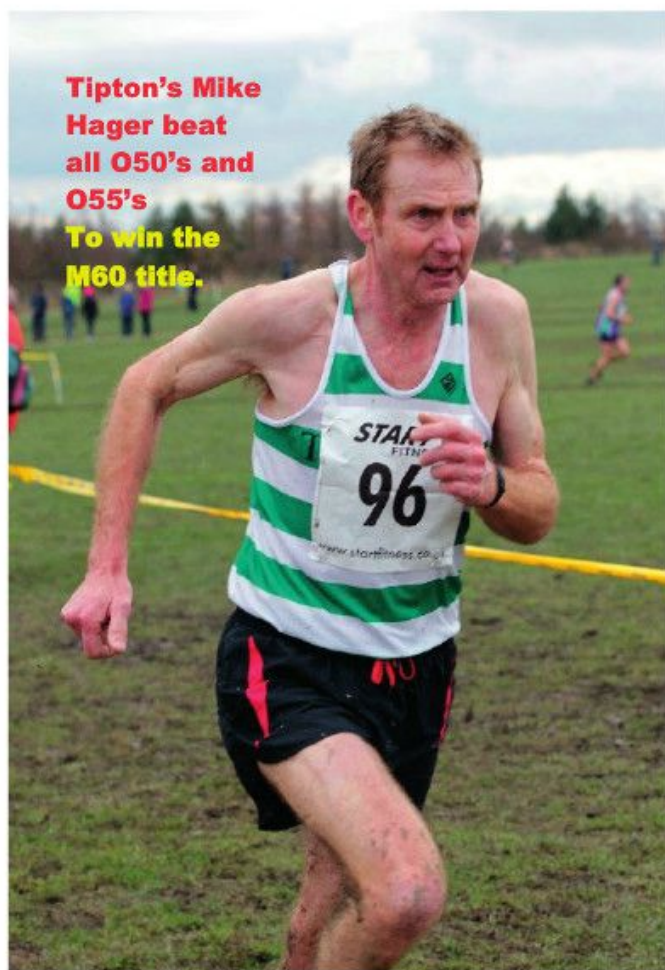
At the finishing tape, Phil Hinch held his lead to finish 25 seconds ahead of a great run from second finisher, Ben Reynolds O/45 with Kerry Wilson o/40, just 3 seconds down; this result gave them all Gold medals within their respective age categories. Doyle and Cairns followed to secure their Silver Medals. Mike Hager obtained his Gold, by showing his younger counterparts in the O/55 and O/50 categories a clean pair of heels. John Convery managed to track Hager and finish just 5 seconds ahead of Brian Rushworth for the O/50 Gold.

The team medal winners were, in the O/35's Bournville Harriers, with Tyne Bridge Harriers taking the O/45 title and Salford Harriers winning the O/55 team honours.

This race culminated in a fine afternoon of racing. The standard of competition within both events was excellent. It was also refreshing to see two comparatively new names within our championship, Julie Briscoe and Phil Hinch, both overall race winners.

Master athletes never cease to amaze me in their endeavours to compete, with athletes travelling from all four regions of the UK. Amazingly one athlete, Pete Young travelled by coach from the Isle of Wight to Sunderland, a round trip totalling 36 hours without sleep. (Taking home a Bronze medal for his running prowess) It was also pleasing to see three O/80 males competing, one of them Arthur Walsham, was a winner

back in the very first BMAF (then Veterans) Cross Country Championships in 1972. (41 years ago)



**Tipton's Mike Hager beat all O50's and O55's To win the M60 title.**

I would like to convey my thanks to the organisers, the VAA-NEE and their team for a superb event, (especially Arthur Potter), plus the City Council of Sunderland and everyone else involved with the event.

For the 2014 Championships next March, we plan to go further north and visit Glasgow.

### BMAF XC CHAMPIONSHIPS 16th MARCH 2103

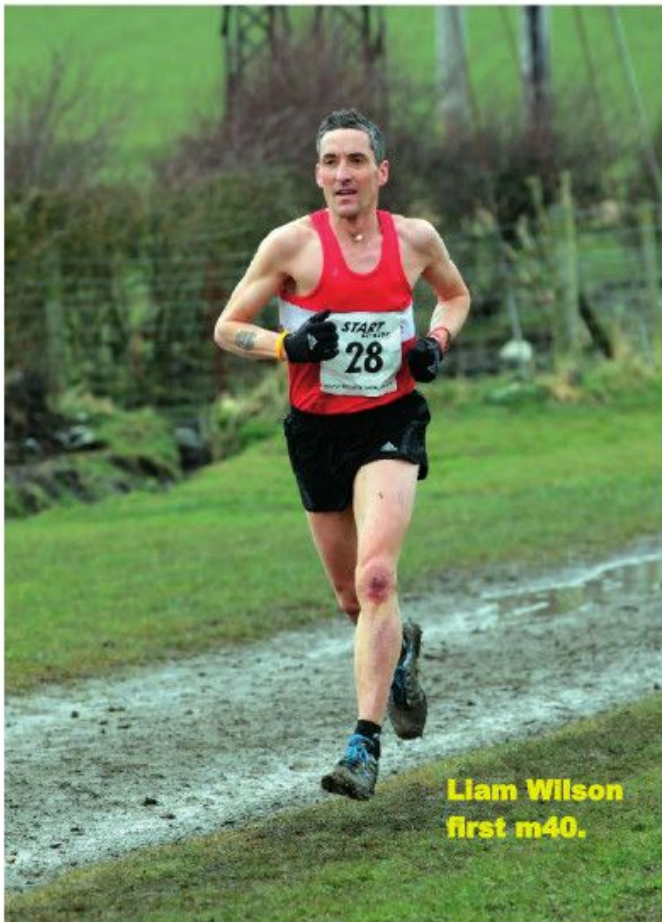
#### Results Male 35-64

1-27:53-HINCH, Philip-Tipton Harriers-M35-1; 2-28:18-REYNOLDS, Ben-Thames Hare & Hounds-M45-1; 3-28:21-WILSON, Kerry Liam-Ron Hill Cambuslang-M40-1; 4-28:30-DOYLE, Stuart-Vale Royal AC-M40-2; 5-28:42-CAIRNS, Steve-Tyne Bridge Harriers-M45-2; 6-28:49-PARKER, Dean-Bournville Harriers-M40-3; 7-29:06-ARCHER, Jonathon-Low Fell RC-M35-2; 8-29:45-LOCKETT, David-Salford Harriers-M45-3; 9-29:52-TWADDLE, Iain-North Shields Polytechnic AC-M40-4; 10-29:58-SMITH, David-Wolverhampton & Bilston AC-M45-4; 11-30:04-WILKINSON, Neil-Morpeth Harriers & AC-M40-5; 12-30:09-MILLER, Keith-David Lloyd Redway Runners-M45-5; 13-31:10-HAGER, Michael-Tipton Harriers-M60-1; 14-31:13-CONVERY, John-Bingley-M50-1; 15-31:17-DASPIER, Wayne-Telford AC-M35-3; 16-31:18-RUSHWORTH, Brian-Sunderland Harriers & AC-M50-2; 17-31:19-BRIGGS, Gareth-Staffs Moorlands-M40-6; 18-32:00-WATERSTON, Paul-Morpeth Harriers & AC-M45-6; 19-32:41-TAYLOR, Anthony-Salford Harriers-M40-7; 20-32:48-GRACE, Mike-Salford Harriers-M35-4; 21-33:00-BATES, Fergus Robert-Morpeth Harriers & AC-M40-8; 22-33:11-DANAHAY, John-City of Stoke-M50-3; 23-33:38-ALEXANDER, David-West Cheshire AC-M40-9; 24-34:00-BILLINGTON, Gyl-Salford Harriers-M35-5; 25-34:11-WATSON, Stephen-Buxton AC-M45-7; 26-34:31-BUTLER, David-Billericay Striders-M60-2; 27-34:44-HARRY, Christopher-Cornwall AC-M50-4; 28-34:55-SMITH-BANNISTER, Scott-Aldershot Farnham & District-M45-8; 29-34:59-GILROY, William-Morpeth Harriers & AC-M50-5; 30-35:22-THOMPSON, Paul-Bournville Harriers-M35-6; 31-35:44-HUDSON, David-Salford Harriers-M35-7; 32-35:55-MACPHERSON, Kenneth-Tyne Bridge Harriers-M45-9; 33-35:58-THOMAS, Gary-Wolds Veterans RC-M40-10; 34-31:00-CHATWIN, Samuel-Bournville Harriers-M35-8; 35-31:01-WILLIAMS, Eric-Salford Harriers-M55-1; 36-31:06-BENNETT, Lee-Elswick Harriers-M40-11; 37-31:07-ROBSON, Colin-Jarrow & Hebburn AC-M40-12; 38-31:08-



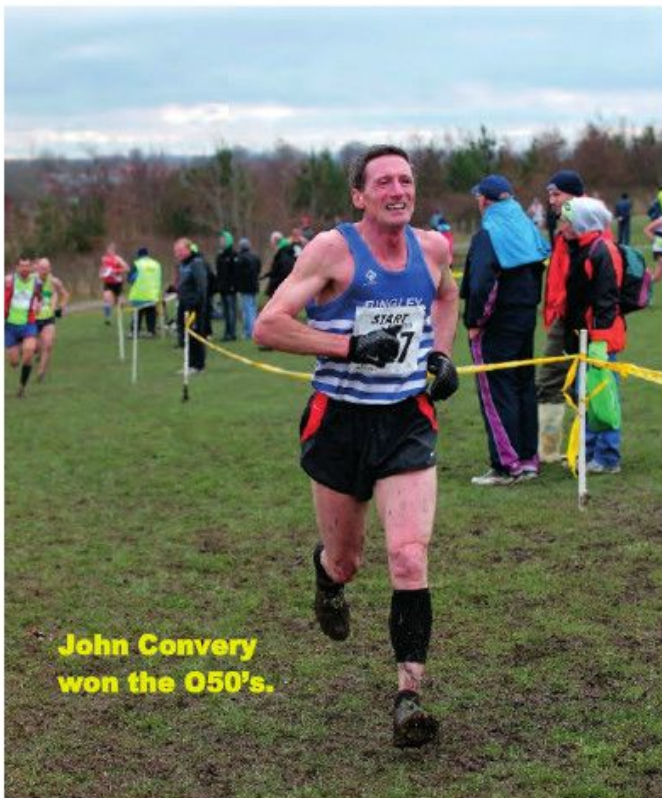
## MASTERS ATHLETICS SUMMER 2013.

MACDONALD, Stewart-Bingley-M45-10; 39-31:13-ANDREW, Rob-Bournville Harriers-M45-11; 40-31:14-WILSON, Gregory-Telford AC-M55-



**Liam Wilson  
first m40.**

2; 41-31:17-FIELD, Tim-Sunderland Harriers & AC-M45-12; 42-31:21-FURNISS, Dean-Hallamshire Harriers-M45-13; 43-31:26-MOIR, David-Tyne Bridge Harriers-M40-13; 44-31:29-SILLITO, Roger-Low Fell RC-M35-9; 45-31:31-CROWTHER, Eric-Salford Harriers-M35-10; 46-31:



**John Convery  
won the Q50's.**

32-BRIDGELAND, Michael-Chelmsford-M55-3; 47-31:33-WRIGHT, Andrew-Tamworth AC-M45-14; 48-31:33-JONES, Iwan-Coventry Godiva-M35-11; 49-31:37-THOMSON, Mick-Morpeth Harriers & AC-M35-12; 50-31:39-CAPPER, Kevin-North Shields Polytechnic AC-M50-6; 51-31:43-

LEYBOURNE, Phil-Salford Harriers-M45-15; 52-31:45-COMBSTOCK, Emerson-Coventry Godiva-M40-14; 53-31:52-HOPE, Robin-Staffs Moorlands-M40-15; 54-32:07-MCGAFF, Tom-Wilmslow-M55-4; 55-32:20-HAND, Rob-Durham City Harriers & AC-M50-7; 56-32:21-NEWMAN, Kevin-Doncaster AC-M55-5; 57-32:34-REDMAN, Paul-Sunderland Harriers & AC-M45-16; 58-32:39-RILEY, Darren-Sparkhill Harriers-M50-8; 59-32:40-OWEN, Stan-Salford Harriers-M60-3; 60-32:44-JOHNSTON, Laurence-North Belfast Harriers-M50-9; 61-32:46-SALKELD, Ian-Jarrow & Hebburn AC-M35-13; 62-32:50-TAIT, Ted-Durham City Harriers & AC-M50-10; 63-32:52-EMMETT, Kevin-South Shields Harriers and AC-M45-17; 64-32:57-BIRKETT, Paul-Salford Harriers-M45-18; 65-33:05-WATMOUGH, Stephen-Warrington AC-M50-11; 66-33:07-BRUNT, Martyn-Coventry Godiva-M40-16; 67-33:09-STAVELEY, Andy-Burnden Road Runners-M50-12; 68-33:10-JONES, Michael-South Shields Harriers and AC-M45-19; 69-33:24-HALL, Mark-Tyne Bridge Harriers-M45-20; 70-33:24-HESKETH, Kevin-Preston Harriers-M55-6; 71-33:27-THOMAS, Keith-Burnden Road Runners-M55-7; 72-33:33-BELL, Stewy-Chester-le-Street & District AC-M45-21; 73-33:34-BOARDMAN, Keith-Salford Harriers-M50-13; 74-33:36-STEPHENS, John-Low Fell RC-M55-8; 75-33:41-PAGE, Mick-Doncaster AC-M55-9; 76-33:52-WOODWARD, Maurice-Jesmond Joggers-M55-10; 77-33:55-MARSHALL, Stephen-Durham City Harriers & AC-M55-11; 78-34:07-JOHNSON, Steven-Houghton & Peterlee AC-M40-17; 79-34:10-NEWBERRY, Jim-North Belfast Harriers-M60-4; 80-34:16-ARCHER, Kevin-Weymouth St Pauls-M55-12; 81-34:19-SEED, Mark-Salford Harriers-M45-22; 82-34:23-SMYTHE, Steve-Dulwich Runners-M50-14; 83-34:25-ROBERTSON, Steven-Elswick Harriers-M35-14; 84-34:26-BELL, Michael-Wallsend Harriers & AC-M45-23; 85-34:27-BLACKETT, Joe-North York Moors AC-M45-24; 86-34:28-DEVLIN, Joseph-Coventry Godiva-M50-15; 87-34:38-QUIBEL, Phil-Salford Harriers-M55-13; 88-34:39-THORP, Stewart-Oxford City AC-M60-5; 89-34:47-MASON, Christopher-South Derbyshire RRAC-M60-6; 90-34:54-JORDAN, Shaun-Bingley-M60-7; 91-35:02-POWELL, Mark-Elswick Harriers-M45-25; 92-35:05-ALLSOPP, Barry-Wallsend Harriers & AC-M55-14; 93-35:07-ALDER, Jim-Morpeth Harriers & AC-M50-16; 94-35:09-TOLLITT, John Henry-Tyne Bridge Harriers-M45-26; 95-35:13-STAINTHORPE, Ian-Rochdale Harriers-M50-17; 96-35:16-ANDERSEN, Howard-Coventry Godiva-M50-18; 97-35:26-ORD, Tom-Victoria Park City of Glasgow-M55-15; 98-35:42-JARDIN, David-Elswick Harriers-M40-18; 99-35:46-CORDELL, Sean-Salford Harriers-M40-19; 100-35:51-MARSHALL, Robert-Gala Harriers-M60-8; 101-35:54-WAITE, Christopher-North Shields Polytechnic AC-M40-20; 102-36:00-BAYNE, Gavin-Morpeth Harriers & AC-M55-16; 103-36:03-DERBYSHIRE, Russ-Salford Harriers-M55-17; 104-36:03-WALKER, Peter-South Shields Harriers and AC-M60-9; 105-36:09-YOUNG, Barry-North Shields Polytechnic AC-M50-19; 106-36:14-PEMBERTON, Gary John-North East Veterans AC-M55-18; 107-36:16-ANDERSON, Geoff-Newbury AC-M60-10; 108-36:24-ROBINSON, Geoffrey-North East Veterans AC-M50-20; 109-36:28-MCGRATH, Sean-Houghton & Peterlee AC-M45-27; 110-36:43-HUTCHINSON, Peter-Wolds Veterans RC-M55-19; 111-36:44-GRICE, Alan-Tipton Harriers-M60-11; 112-36:50-BUNN, Michael John-Jarrow & Hebburn AC-M50-21; 113-36:54-ULLIOTT, Tom-Brighton & Hove-M55-20; 114-36:56-SMITH, Geoff-Gateshead Harriers & AC-M45-28; 115-37:05-DENT, Alan-Blaydon Harrier & AC-M55-21; 116-37:51-DAVIS, Geoff-Elvet Striders-M55-22; 117-37:56-ROBERTS, Alan-Vale of Aylesbury-M45-29; 118-38:02-PETERS, Michael-Coventry Godiva-M50-22; 119-38:16-MOORHOUSE, Mick-Matlock AC-M60-12; 120-38:25-RICHARDSON, Peter-Sunderland Harriers & AC-M60-13; 121-38:47-JENKINS, Archie-Morpeth Harriers & AC-M60-14; 122-39:04-CHRISTIE, Paul-Burnden Road Runners-M55-23; 123-39:21-BANKS, Peter-Coventry Godiva-M60-15; 124-39:30-JOYCE, Mick-Jarrow & Hebburn AC-M55-24; 125-39:49-HUGHES, Michael-Elvet Striders-M45-30; 126-40:8-RUSSELL, Mike-Elswick Harriers-M40-21; 127-41:6-SLEVIN, Martin-Coventry Godiva-M45-31; 128-42:3-PARKER, Stephen-Ilford AC-M55-25; 129-42:7-WARD, William-Wolds Veterans RC-M60-16; 130-45:6-WHITE, Conrad-Elvet Striders-M55-26; 131-41:00-FREEMAN, Kevin-Blyth RC-M55-27; 132-41:02-MURRAY, Ron-Tyne Bridge Harriers-M60-17; 133-41:10-COLLAM, Gary-Wolds Veterans RC-M50-23; 134-41:21-GREENALL, Kevin-Newton Aycliffe AC-M60-18; 135-41:43-READMAN, Alan-Houghton & Peterlee AC-M55-28; 136-41:49-THIRLAWAY, Malcolm-Gateshead Harriers & AC-M55-29; 137-42:56-THOMASON, Gary-Salford Harriers-M55-30; 138-43:10-SARGENT, Rob-Ilford AC-M55-31; 139-43:21-PEARSON, Stephen-Houghton & Peterlee AC-M50-24; 140-43:31-DOIDGE, William-Low Fell RC-M60-19; 141-43:44-CURRY, Stephen-Elswick Harriers-M50-25; 142-46:54-MCCORMICK, Kenny-Claremont RR-M60-20; 143-55:2-ELDERS, Alan-Low Fell RC-M60-21; 144-56:20-MORRIS, David-North Shields Polytechnic AC-M60-22;

**TEAM 35-44:** 1 Bournville; 2 Morpeth; 3 Salford; 4 Low Fell RC; 5 Tipton H; 6 Coventry Godiva; 7 North Shields Poly; 8 Elswick; 9 Jarrow & Hebburn; **45-54:** 1 Tyne Bridge H; 2 Sunderland; 3 Salford; 4 Bingley; 5 Morpeth; 6 Durham City; 7. South Shields; 8. Burnden RR; 9. Coventry Godiva; 10. Wolds Vets; 11. Elvet Striders; 12. Houghton & Peterlee; **55-64:** Salford;

### Female Results and Male over 65

1-22:57-BRISCOE, Julie-Wakefield-W35-1; 2-23:04-MARTIN, Claire-Telford AC-W35-2; 3-23:53-FINES, Helen-Holmfirth Harriers-W35-3; 4-24:06-ELMS, Clare-Dulwich Runners-W45-1; 5-24:49-DARGIE, Alison-



## MASTERS ATHLETICS SUMMER 2013.

Elswick Harriers-W35-4; 6-24:51-BECCONSALL, Sue-Bingley-W50-1; 7-24:57-WILLIAMSON, Monica-Leamington C & AC-W50-2; 8-24:59-LESLIE, Elaine Anne-Jarrow & Hebburn AC-W45-2; **9-25:03-**



**Wendy King  
W40 winner.**

**TREADWELL**, Roy-Oxford City AC-M65-1; 10-25:12-FORD, Martin-Cheltenham Harriers-M65-2; 11-25:14-YOUNG, Peter-Ryde Harriers-M65-3; 12-25:34-MARCHANT, Kerry-Staffs Moorlands-W35-5; 13-25:42-MCCARTHY, Maureen-West Suffolk AC-W50-3; **14-25:49-TINTINGER**, Robert-Rotherham Harriers-M65-4; 15-25:58-WOOD, Caroline-Arena 80-W45-3; 16-26:06-WATCHORN-RICE, Ruth-Staffs Moorlands-W45-4; 17-26:08-LEE, Joanne-Tynedale Harriers & AC-W35-6; 18-26:24-ROBINSON, Heather-Jarrow & Hebburn AC-W50-4; 19-26:31-KING, Wendy-Chelmsford-W40-1; **20-26:34-EXLEY**, John-Oxford City AC-M65-5; 21-26:36-BALDWIN, Jayne-Doncaster AC-W45-5; **22-26:40-CASEY**, Mick-Mablethorpe RC-M65-6; 23-26:45-PHILLIPS, Sue-Darlington Harriers & AC-W50-5; 24-26:52-RICHARDSON, Paula-Coventry Godiva-W35-7; **25-26:54-EVANS**, Dic-Cardiff AAC-M65-7; 26-26:56-HOPE, Debbie-Staffs Moorlands-W40-2; 27-26:57-RAW, Aly-Bingley-W45-6; **28-27:04-MCNALLY**, Mark-Elswick Harriers-M65-8; 29-27:07-ROBERTSON, Leanne-Blackhill Bounders-W35-8; 30-27:09-DAVIES, Susan-Croft Ambrey RC-W45-7; 31-27:09-DENNISON, Andrea-Bingley-W45-8; 32-27:12-ASPIN, Kath-New Marske Harriers AC-W45-9; **33-27:12-SUTHERLAND**, Alex-Inverness Harriers-M65-9; 34-27:15-ULLIOTT, Cathy-Brighton & Hove-W45-10; **35-27:23-ORME**, Gordon-Carmarthen Harriers-M70-1; 36-27:26-HALL, Peter-Barrow & Furness Striders-M70-2; 37-27:29-MATTHEWS, Harry-Elswick Harriers-M65-10; 38-27:32-GIBBS, Dawn-City of York-W55-1; 39-27:36-ALLAN, William-Tadcaster Harriers-M65-11; 40-27:42-SAMPSON, Beryl-Gloucester AC-W55-2; 41-27:46-SMEDLEY, Mick-Derby AC-M65-12; 42-27:48-NEWTON, Geoff-Tadworth AC-M65-13; 43-27:55-MATTHEWS, Allan-Oxford City AC-M65-14; 44-27:57-CARTWRIGHT, Peter-Clydesdale-M70-3; 45-28:02-CURRAN, Stan-Salford Harriers-M65-15; 46-28:06-BEATTIE, David-Crawley-M65-16; 47-28:11-BANNER, Andrea-Elswick Harriers-W40-3; 48-28:13-CHAPMAN, Bob-Tavistock-M65-17; 49-28:14-CHRISTOPHER, Heather-Blyth RC-W40-4; **50-28:24-BITTLESTONE**, William-Sunderland Harriers & AC-M65-18; 51-28:38-TOMES, Elizabeth-Keighley and Craven AC-W55-3; 52-28:46-GRANT, Helen-Cambridge & Coleridge AC-W50-6; 53-28:52-WILSON, Roger-Stratford on Avon AC-M70-4; 54-28:53-SHOTTON, Judith-Sunderland Strollers-W45-11; 55-28:55-MUMFORD, Jayne-Coventry Godiva-W45-12; 56-28:58-BROOKS, Karen-Harborough AC-W50-7; **57-28:59-GIBBS**, Fred-Bingley-M70-5; 58-29:02-KILKENNY, Christine-Cannock & Stafford AC-W60-1; 59-29:03-LORAINE, Maggie-Gateshead Harriers & AC-W55-4; 60-29:13-SHENTON, Fiona-Elvet Striders-W50-8; 61-29:24-GEORGIOV, Jane-Farnham Runners-W60-2; 62-29:32-HEWORTH, Mandy-Clairemont RR-W45-13; 63-29:36-JAMES, Steve-Southport Waterloo-M75-1; 64-29:39-BENTLEY, Paul-Morpeth Harriers & AC-M65-19; 65-29:43-MURPHY, Vinny-Salford Harriers-M65-20; 66-29:51-JOHNSON, Andrew-Leamington

**C & AC-M65-21**; 67-29:54-SCOTT, Stephanie-Tynedale Harriers & AC-W40-5; 68-29:55-WEST, Alyson-Sunderland Strollers-W45-14; 69-30:14-DODDS, Kelly-Heaton Harriers-W35-9; **70-30:21-CHRISTOPHER**, Len-Sunderland Harriers & AC-M65-22; 71-30:22-MILLER, Lesley-Alnwick Harriers-W55-5; **72-30:26-CAMPBELL**, Brian-Clydesdale-M65-23; 73-30:27-MORLEY, Jane-Wolds Veterans RC-W60-3; 74-32:7-COOPER, Susan-Southport Waterloo-W55-6; 75-30:30-BENNETT, Jill-Elswick Harriers-W40-6; **76-30:35-BONE**, Alan-South Shields Harriers and AC-M65-24; 77-30:50-



**Sue Becconsall  
Top W55 & sixth  
overall**

**PRIESTLEY**, Dianne-Kendal AAC-W60-4; **78-30:52-BOWNESS**, Roland-Salford Harriers-M65-25; 79-30:55-BIRCH, Chris-Abergele Harriers-W65-1; 80-31:04-CRISP, Diana-Ilford AC-W50-9; 81-31:08-DROZDOWICZ, Marie Louise-Elswick Harriers-W50-10; 82-31:10-HOPKINSON, Nicola-Ilford AC-W50-11; 83-31:12-DAVIS, Susan-Elvet Striders-W50-12; 84-31:17-SPENCER, David-Barrow & Furness Striders-M75-2; 85-31:18-JONES, Watson-Clydesdale-M70-6; 86-31:27-PYLE, Kenneth-Aurora Harriers-M65-26; 87-31:32-FRIEND, Jenny-Heaton Harriers-W50-13; 88-31:34-MORAN, Dennis-Salford Harriers-M65-27; 89-31:37-GIBSON, Tracey-Wolds Veterans RC-W45-15; 90-31:42-MORRIS, Helen Amanda-Blyth RC-W45-16; 91-32:06-RYDER, Walter-Morpeth Harriers & AC-M75-3; 92-32:14-WHITE, Stephanie-Tynedale Harriers & AC-W50-14; 93-32:23-BARNES, Ian-Darlington Harriers & AC-M75-4; 94-32:27-BROWN, Brian-Durham City Harriers & AC-M65-28; 95-32:32-ANSELL, Andrea-Middlesbrough & Cleveland AC-W40-7; 96-32:35-EDWARDS, David-Wolds Veterans RC-M65-29; 97-32:39-YOUNG, Robert-Clydesdale-M65-30; 98-32:42-THOMPSON, Vikki-Jarrow & Hebburn AC-W40-8; 99-32:50-CAMPBELL, Caroline-Gateshead Harriers & AC-W45-17; 100-32:54-WALKER, Lisa-Tyne Bridge Harriers-W40-9; 101-32:58-SMITHURST, John-Bingley-M75-5; 102-33:02-FOXON, Maurice-Wolds Veterans RC-M70-7; 103-33:12-LEGGETT, Ian-Lothian RC-M70-8; 104-33:13-SACKS, Sid-Salford Harriers-M70-9; 105-33:15-KIRTLEY, Angela-Gateshead Harriers & AC-W50-15; 106-33:16-BAXTER, Val-Birtley AC-W45-18; 107-33:21-CHAMPION, Joy-Sunderland Strollers-W45-19; 108-33:29-MCCASKEY, Walter-Edinburgh AC-M75-6; 109-33:40-YOUNG, Jan-Elvet Striders-W60-5; 110-33:48-BALMER, Robert-South Shields Harriers and AC-M65-31; 111-34:20-HUDSON, John-Wolds Veterans RC-M65-32; 112-34:28-POTTER, Arthur-South Shields Harriers and AC-M65-33; 113-0-MARR, Lynne-Tynedale Harriers & AC-W50-16; 114-34:51-PEERS, Alan-Spectrum Striders-M70-10; 115-35:14-BLACK, Kenneth-Spectrum Striders-M65-34; 116-35:25-STEPHENSON, Mac-South Shields Harriers and AC-M70-11; 117-35:49-WHITE, Patricia-South Shields Harriers and AC-W55-7; 118-36:26-PRUDHAM, Jo-Jarrow & Hebburn AC-M75-7; 119-36:32-JOHNSON, June-Leamington C & AC-W65-2; 120-36:39-BARNES, Jane-Gateshead Harriers & AC-W45-20; 121-36:43-FARROW, Lin-Harborough AC-W55-8; 122-36:57-MCDONALD, Ken-South Shields Harriers and AC-M70-12 123-37:53-LEE, Christine-Elswick Harriers-W70-1; 124-38:29-HOLMES, Mary-Cambridge & Coleridge AC-W75-1; 125-39:09-CHECKLEY, Reginald-Heaton Harriers-M75-8; 126-42:13-WEBB, Rose-Radley AC-W65-3; 127-43:22-HOWARTH, Derek-Leigh H&AC-M80-1; 128-44:48-STRAND, Frank-South Shields Harriers and AC-M70-13; 129-44:49-MATHIESON, Les-Colchester Harriers-M65-35; 130-48:46-APPLEBY, Eric-Heaton Harriers-M80-2; 131-52:07-WALSHAM, Arthur-Salford Harriers-M80-3;

**TEAM W35-45:1** Staffordshire Moorlands; 2. Elswick; 3. Jarrow & Hebburn; 4. Tynedale H;  
**TEAM W45-54: 1** Bingley ; 2 Sunderland Strollers; 3 Elvet Striders; 4 Gateshead H; **M65-74: 1.** Oxford City; 2. Salford H; 3.Clydesdale ; 4. South Shields; 5. Wolds Vets; 6. South Shields; 7. Salford H;



# LONDON MARATHON MASTERS APRIL 21st

**WORDS: MARTIN DUFF of  
ATHLETICS WEEKLY.**

**PICTURES: JEREMY HEMMING**

**W**ith both Darran Bilton and Vicky Perry on six consecutive wins apiece coming into the 2013 race it was, perhaps, unfortunate that Bilton did not take part this year, thus leaving the way clear for Perry to take her seventh age group title in a row.

The Altrincham runner duly did that but it was touch and go throughout due to her perennially dodgy Achilles tendons. However, not only did Perry continue her remarkable record she also beat Sally Musson's British W55 age group record by 32 seconds.

It was, however, a sobering thought that Joan Benoit-Samuelson, the 1984 Olympic champion ran 2:50:29 just six days earlier, in Boston.

Perry led her age group through 5km, in 20:36, but then was overtaken by France's Chantel Langlace and was 23 seconds behind at 10km then, trailed by 89 seconds as she was through the half in 89:41. Thereafter, Perry began to claw back the deficit before gathering herself for a good finish.

It was only in the last 2km that the win was assured and her 3:03:45 was 21 seconds clear. However, Perry was unaware of the close battle that she was having with Langlace and was more concerned with her target time of 3:04 and a new age group best. "I thought: 'if I don't get the record now I am not going to do it again,'" said the 55-year-old.

"It was hard all the way around and the Achilles are not what they were. I've also got bad blisters from half-way but you have just got to run and, with two miles to go, I thought I'd just have to focus. From half-way through I felt horrible but then, coming down the finish, I knew I had to get under 3:04, so I now feel immensely pleased," added Perry."



**Dave Henderson**



**Hayley Haining top women finisher**

The first woman from the mass start was top W40 Hayley Haining who had the company of senior marathon debutant Emily Wicks until just after the half-distance. Half-way came up in 77:54 and she then held on well with a 78:58 second half to clock 2:36:52.



**Phillipa Taylor W45 winner**

W45 favourite Phillipa Taylor was given 2:50:39 more than five minutes clear of Susan McDonald.



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However, the Nene Valley Harrier was behind at 21km but came through at a more even pace after 84:44 a 13.1M split.

Zina Marchant made a winning return to London, after eight years away, to take the W60n class and was always well clear after going through the half-marathon point in 97:35. She then hung on to win in 3:29:33.

The men's age groups were weaker this year as Paul Marchant took the masters prize money with 2:27:29 after a first half split of 72:22. M45 Wayne Lincoln was next master over the line in 2:28:35. Brits failed to win three men's age groups, but Wigan's John Whittington was a good M65 winner in 3:10:22.

**M40:** 1 P Marchant (Roth) 2:27:29; 2 J Balzan (MLT) 2:29:43; 3 R Hope (VP&TH) 2:32:39.

**M45:** 1 W Lincoln (Norw) 2:28:35; 2 S Hall (DSFRS) 2:29:10; 3 M Smith (Bourt) 2:32:55.

**M50:** 1 J Haberkorn (USA) 2:41:19; 2 A Green (Warr) 2:43:28; 3 A Clements (Poole) 2:44:31.

**M55:** 1 S Calderwood (USA) 2:49:29; 2 L Hita (ESP) 2:53:47; 3 S Low (B'water) 2:57:56.

**M60:** 1 G Vilcoq (FRA) 2:59:46; 2 J Bateman (RRC) 3:03:03; 3 G Ruffell (Hart) 3:06:55.

**M65:** 1 J Whittington (Wig) 3:10:22; 2 W Clews (unatt) 3:13:51; 3 M Casey (Wolds) 3:18:39.

**M70:** 1 J Gardner (Pemb) 3:30:26; 2 J Kane (Win) 3:32:06; 3 J Wheatley (Col H) 3:51:51.

**M75:** 1 G Brown (Liv) 4:06:57; 2 J Langman (N'brook) 4:15:52; 3 T Harrison (Read RR) 4:37:35.

**M80:** 1 R Walsh (Wesh) 4:34:52

**W40:** 1 H Haining (Kilb) 2:36:52; 2 D Appleton (Hav M) 2:48:48; 3 S Swinhoe (Lon H) 2:52:02.

**W45:** 1 P Taylor (Nene V) 2:50:39; 2 S McDonald (S Lon) 2:55:15; 3 F Maycock (Bel) 2:55:29.

**W50:** 1 A Paul (Derry) 3:01:43; 2 T Johnson (Dews) 3:06:47; 3 S Harrison (Wok) 3:10:41.

**W55:** 1 V Perry (Alt) 3:03:45 Br Rec; 2 C Langlace (FRA) 3:04:06; 3 L Leggett (Denby D) 3:10:31.

**W60:** 1 Z Marchant (T Bath) 3:29:33; 2 C Taylor (unatt) 3:34:27; 3 C Steward (Dulw R) 3:35:46.

**W65:** 1 S Nicholls (Burn) 3:40:07; 2 S Gibson (Darl) 3:47:53; 3 D Henderson (unatt) 4:05:04.

**W70:** 1 J Jenkins (N For) 4:25:45; 2 A McGhee (Serp) 4:31:36; 3 R Armstrong (Donc) 4:42:08.

**W75:** 1 E Draper (Gard CR) 4:59:11; 2 E Noble (Bex) 6:04:37; 3 S Cannell (unatt) 6:05:16

Individually the runs of Martin Williams, Gordon Lee, Roy Treadwell, Martin Rees and Lucy Elliott were particularly noteworthy but Martin Duff, who has attended most of the relays over the years and who compiles the Relay stats for the BMAF, claims despite some good individual performances, the event appears to be dying with just 122 teams finishing the eight races.

Clearly, the age group change in the men's event from traditional M40s, M50s and M60s hasn't helped but that's unlikely to be changed back. However, it does seem not many clubs can now finish teams of eight and six and the event might benefit from being shortened.

### M35 race

Thames Hare And Hounds set a new M35 record, but despite the benefit of some younger runners, it was four minutes down on Bristol's winning M40 time in 2005. They didn't dominate the first half though.



**Martin Williams  
Fastest  
Male Leg**

Tipton's Martin Williams was taking part in his first master's event and it was an impressive debut. He had been Tipton's fastest short leg in their senior 12-stage relay team of 14:47 and here he ran a similar time with 14:52, which easily stood up as the fastest time of the day.

Mike Hager, who is 27 years older than Williams, ran a fine 16:27 on leg two but was overtaken by Aldershot's Mark Greenwood who timed 15:54. Hallamshire and Les Croupiers were battling for the bronze medals with the former's Tom Jenkins running the fastest leg by some distance with 15:25.

Tad Dicker kept Aldershot ahead with a 16:51 but Thames' Andy Weir moved up from fifth to second with a 16:05 clocking, which was comfortably the best M35 run on the leg.

Tipton moved back up to third, a single second ahead of Hallamshire.

At the halfway stage, Thames moved into the lead through 49 year-old Ben Reynolds and the National M45 Masters champion's 15:37 and gave them a near minute lead over Tipton, for whom Phil Clamp ran 16:28

Aldershot lost ground as Rugby's Michael Aldridge took close on two minutes off them with a 15:11 to move within five seconds of a medal.

Fifth leg times weren't particularly fast and Brian Thursby-Pelham found a 16:12 stretched Thames' lead to almost two minutes from Tipton as Les Croupiers moved into third, 21 seconds back on Tipton. The big move came from Gary Pennington who moved Preston up seven places with the fastest leg of 15:29.

John McFarlane's 15:57 on leg six opened up a few more seconds from Tipton while Les Croupiers Rob Sage ran 16:00 to move within eight seconds of the second place team.

A long way back, defending champions Highgate were quickest through Ben Pochee's 15:18 but their early legs

**BRITISH MASTERS ROAD  
RELAY, SUTTON PARK,  
ROYAL SUTTON  
COLDFIELD, 18<sup>th</sup> MAY  
2013 (3 mile Lap).  
Words: Steve Smythe.  
Pictures: Jeremy Hemming**

**H**onours were shared at a cool and breezy Sutton Park as eight events saw eight different winners. Thames Hare and Hounds and Serpentine were the winners of the respective M35 and W35 races though arguably the most impressive victories were achieved by the squads of Leicester's M45's, Oxford's M65's and Winchester's W45's.

However, while there were plenty of good performances



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were just not fast enough and they were only able to move up to ninth.

They were even faster on leg seven as former4 senior international Ben Noad scorched round in the day's second



**Martin  
Rees  
Helps  
Les  
Croupiers  
to third  
place.**

fastest time of 14:56, but such were the gaps, he could only advance their cause by two places to seventh. Well over a kilometre ahead of Highgate, Matt Jones' excellent solo 15:31 gave Thames a 161 second lead and moving into second was Les Croupiers, through Martin Rees. The M60 world record breaker wasn't needed in their winning M55 team, and his 15:55 would have been a M55 race record by 20 seconds and was 59 seconds faster than Fred Gibbs' official M60 race record, though Hager has also run significantly faster in younger age group races. Moving through strongly for third was Preston, for whom former cycling star Gethin Butler timed 15:28. Simon Wurr had a lonely final leg and his 15:39 ensured they broke the relatively soft M35 best with a time of 2:06:56.

Two and three-quarters minutes later Preston's Robert Affleck's 15:23 gave them the silver medals as they overhauled Les Croupiers.

Salford, Tipton, Highgate and Aldershot completed a good quality top seven but there wasn't the depth you used to get in the old M40 competition and only ten teams finished within ten minutes of the winners.

### M45

LEICESTER have won the only two previous M45 events and they had no trouble making it three out of three with what was a race record, and but was also superior to Oxford's M50 record from 1999 and was arguably the performance of the weekend.

They got a cracking start as Gordon Lee bettered his M45 individual race record with a superb 15:03 on leg one. He

was close to the M35 fastest leg Williams and finished strongly to beat Aldershot's M35 competitor Elliott Robinson and no other M45 was to get within half a minute of his time.

At this stage Andy Wetherill of Redhill (15:40) and Dave Smith of Wolverhampton (15:52) occupied the other medal spots.

On the second leg, Rob Sheen's 16:32 gave them a 78 second lead over Oxford, for whom Julian Richardson's 15:49 moved them just ahead of Tynebridge and Salford while Dulwich's British Masters M50 3000m silver medallist Tony Tuohy with 16:22 moved them closer to the front. On leg three Gareth Deacon's 16:51 maintained Leicester's huge lead but former British Masters champion and senior international Brian Rushworth 15:55 was the quickest on the leg, including M35s as he brought Sunderland into the medals.



**Gareth  
Deacon on leg  
C for  
Leicester**

Dulwich through 2:40 marathoner Charlie Lound moved into third a single second ahead of Salford.

The fourth leg saw Leicester keep their minute plus lead as Danny Keating ran 17:03.

Salford through Paul Simons' 16:43 now occupied second just ahead of Sunderland.

On leg five, Leicester didn't just maintain their lead, they extended it as Tommy Hughes ran 16:35 for the fastest M45 time on the leg.

Salford through Rob Tudor's 16:48 moved them further clear in second. Third place was still in doubt though as Sunderland, Oxford and Tynebridge were within a minute of each other.

On the final leg, Chris Southam's 16:03 extended the advantage to just under two minutes. Salford's Phil Leybourne ran 16:21 and that gave them a minute's



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advantage over Tynebridge's Steve Cairns, who ran 15:27 in coming from far back to pip fellow North-Easterners Sunderland.

### M55

THE M55 race didn't match the quality of winning times of the two younger races but it was a much more exciting event though the event does get lost amongst the M35s and M45s and as the winners finished 39<sup>th</sup>, the Photographer failed to take a single shot of the winning team, Les Croupiers, who won their first ever men's title.

Salford, who were second last year were without the two fastest overall legs of the 2012 race, Eric Williams and Mike Deegan, but still had a good start as Stan Owen led in leg one with 17:37 but by halfway the top six were within around 200 metres of each other and a cracking race was guaranteed.

Cobra were second on 17:40, Les Croupiers third on 17:52 and Dulwich (18:00) narrowly headed Stockport and Oxford (both 18:03).



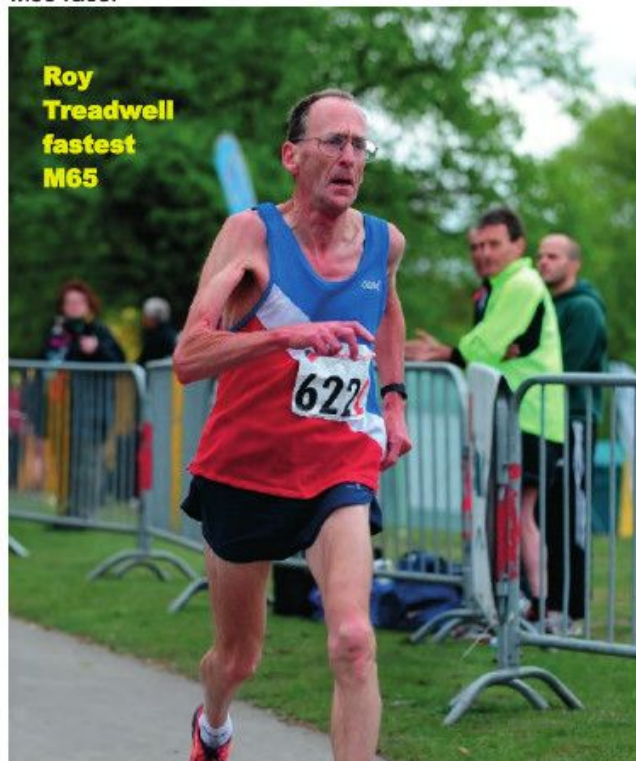
**The Men's Start**

On the second leg, Salford's Phil Quibell extended their leg to 22 seconds as Dulwich's Adrian Greer 18:10 moved up to second with Blackheath and Bromley through Tim Soutar's 17:54 closing up in third as they narrowly headed Oxford and Stockport. Les Croupiers were sixth but only 20 seconds off the medals.

Blackheath and Bromley overtook Salford on leg three with Clifford Keen's 18:33 putting them five seconds ahead. Les Croupiers and Dulwich took off level around 100 metres back on the leading pair with the others led by Wirral, Stockport and Oxford over 200 metres further back Blackheath and Salford crested the first big hill together but they were being closed down and ultimately neither would even medal.

Les Croupiers anchor leg runner was 13:32 5km performer Dave James. Not yet back at full fitness, he struggled at the top of the hill and temporarily dropped to fourth. However, back on the flat, he recovered and showed the class that still sees him in the UK top 15 all-time at 2 miles with his 8:20.28 in a race that saw him beat the likes of Barry Smith, Geoff Smith, Steve Jones and Julian Goater at Crystal Palace just before the Moscow Olympics. He easily went into the lead and his 17:53 gave them an eventual surprisingly easy 55 second victory. Wirral's Kevin Buxton moved through strongly and his 18:03 gave them the silver medals by 13 seconds. Dulwich, who have won the three main women's events, gained their first ever men's medal of any sort, as Steve Smythe held off Salford's, Stan Curran, who ran for England in the 1978 Commonwealth Games marathon and could boast a 2:14:08 PB from 1981.

Telford finished just 13<sup>th</sup> but could boast the two fastest legs through regular BMAF medallist and international Greg Wilson who ran 17:09 and Tony Power, though of course two M60 competitors were significantly faster in the M35 race.



**Roy  
Treadwell  
fastest  
M65**

### M65

OXFORD CITY have dominated the M65 age group this year in a wide range of BMAF competitions and up against the women, it was no surprise they did so again with new to the age group BMAF cross-country champion Roy Treadwell being added to their winning squad of last year and they broke their M65 record with ease.

Dave Parsons and John Exley timed identical 19:31's before Treadwell anchored with the fastest leg of 18:50, which left him just short of Parson's race record of 18:41. Two minutes back, Elswick led off by Mark McNally's 19:08, and then given support from Steve White's 20:44 and England team manager Harry Matthews took second. Trentham, with John Corbett's 19:40 being their fastest, were a clear third.

### W35:

SERPENTINE didn't contest this race in 2012 and they were surprise winners with consistent performances from their four runners.

Arena's Julie Briggs, broke clear early on in leg one with a fast 17:15 and gave the Sussex club a clear lead of almost a minute in her age group from Heanor's Louise Insley with Serpentine in touch in fourth through Victoria Caterer's 18:19. Heanor went in front on leg two from Lisa Palmer's 18:08 though Telford's Kim Fawke, who moved up 28 places was easily the fastest with 17:35. Serpentine dropped to sixth as Teresa Gaillard de Laubenque, who was in Dulwich's winning team in 2010, suffered a stitch.

On the third leg, Winchester's W45s headed the overall women's race but Serpentine moved through to head the W35 race through Jane Fanning's 18:37 as she edged two seconds ahead of Arena's Caroline Wood, who ran 18:55 and was the fastest W35 on the leg.

The Sussex club, who had won the very first Masters women's race back in 1988, never gave up the chase through Caroline Wood but they were without some of their



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best of recent years, and Liz Wynn's 18:25 proved sufficient for Serpentine's victory as Louise Vallier timed 18:40.



**Liz Wynn  
On the Glory  
Leg for  
Serpentine**

Back, in a distant third, were Telford, who failed to take the title for the third year in a row but their anchor runner Claire Martin did make it a hat trick of fastest legs as she came through with 17:09, which was 14 seconds up on her time last year, but she admitted she found it hard, taking off so far behind the leaders.

Even further back though was Long Eaton's Sarah Harris who moved from 14<sup>th</sup> to ninth with a 17:28 for the third fastest leg.

### W45:

Dulwich failed to defend their title due to Clare Elms injury but such was Winchester's dominance, it was unlikely that any team could match the Hampshire-based team, whoever was there as they enjoyed a very easy victory. At the end of leg one, it was former national 10,000m champion Zara Hyde Peters who had opened up a clear lead for Coventry with a 17:45, which put her second in the combined women's race behind the leading W35. Former National Masters champion Viv McConnell was a clear second for Bristol, 38 seconds back while there was a further minute gap back to Jane Gande of Winchester and Jackie Halford of Wolverhampton.

Bristol went in front on the second leg through Claire Joliffe's 19:38 but the gap was down to just eight seconds as Michaela McCallum, who can boast a sub 2:40 marathon, moved Winchester into a close second with an 18:46 clocking as Coventry Godiva dropped to third just under a minute back.

With W45 record breaker Lucy Elliott to come there was never any doubt that Winchester would win, even if she wasn't at her very fittest.

Setting off in eighth in the overall women's event, Elliott soon took the W45 lead and easily ran down the six W35 teams ahead too. Her 17:25 moved her 37 seconds clear of all W35s and gave Winchester a two and half minute

victory of the W45 teams. The winning 55:34 time has only ever been bettered by course record holders Reading Roadrunners.

A long way back, Bristol through Sarah Everitt's 19:06 and Coventry through Jayne Mumford's 20:32 held on for the other medals.



**Lucy Elliott  
Moved up  
Eight places  
To give  
Winchester  
the trophy**

Charnwood through Kate Ramsey moved up to fourth. Ramsey, who holds the all-time Vets women's record of 16:09 from 2005 ran 18:30 to move up 13 places in the overall race while Altrincham's W55 Vicki Perry ran 19:29.

### W55/W65

BINGLEY regained the title they had last won back in 2006 and they led all the way.

The lightly raced Mary Green, who was less than a month into the age group and had only ran a handful of road races in the last five years, was a clear leader on leg one and she timed 20:00 to win the fastest leg award.

However, note W55 London Marathon winner, Vicki Perry ran 19:29 in the W45 event.

Bingley's Sue Cariss, who had been the fastest W45 in 1997, wasn't at peak fitness but her 22:46 and Rebecca Weight's 21:49 ensured they won by 40 seconds.

Cannock and Staffs started more gently but Dot Fellows moved them into medal contention on leg two and they were anchored by Chris Kilkenny, who herself was the fastest W45 back in 2001. She moved through strongly with a 20:43 for the second fastest leg.

Last year, course record holders Dulwich snatched third on the line through Claire Steward and this time the former London marathon age group winner led them off in third place and Stephanie Burchill kept them in contention. On the final leg, European masters indoor 3000m champion Ros Tabor moving through in the final kilometre with the third fastest leg of 20:49.



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**Rebecca Weight Gives Bingley the honours in W55**

Only one team contested the W65 race and Barnet and District became only the second team to finish and their 79:34 was a record and new to the age group Karen Faloon, set a clear record with her individual 22:39.

### Personal comment

I've been attending National Vets/Masters Relays for close on 20 years, and it's always a great event, but is it time for some tweaking to make it better?

The unpopular male age group changes which saw the demise of the long standing M50 and M60 races to be replaced by M55 and M65 categories are probably not going to be changed

However, despite more teams doing the M35s, numbers are still well below when the M40 event was at its peak.

### My suggestions

**1 Equality for men and women. Make the race four legs for M35/W35, three for the rest.**

**2 Allow clubs to have a B team – this would increase teams competing but take the pressure of those clubs who pull out because they can't find eight fit veterans!**

**3 With each race now taking less than 90 minutes, there could be three events and start times at 11am, 12.30 and 2pm.**

**4 To reduce crowding at start and enable runners (and crowds and photographers) to see their opposition more clearly, have older age groups set off a minute (or 5 minutes behind) i.e. race 1 W35 at 11am, W45/W55 at 11.05 on race 2 M55 at 12.30, M65 at 12.35 and on race 3, M35 at 2.00 and M45 at 2.05. With computerised results and a clear numbering system, it should be easy to sort results post-race.**

**W35-44 Team:** 1 Serpentine RC 1h14.36m ( Victoria Carter 18.19m, Teresa Laubenque 19.15m -1, Jane Fanning 18.37m +4, Liz Wynn 18.25m +1); 2 Arena 80 AC 1h14.53m ( Julie Briggs 17.15m, Vicki Clark 20.03m -3, Caroline Wood 18.55m +1, Louise Vallier 18.40m

+1 ); 3 Telford AC 1h15.50m ( Michelle Clarke 21.04m, Kim Fawke 17.35m +28' Julie Kirby 20.02m +2, Claire Martin 17.09m +5 ); 4 Staffs Moorlands AC 1h16.52m ( Ruth W-Rice 18.39m, Kath Lamplough 20.05m -3, Debbie Hope 19.51m +4, Kerry Marchant 18.17m +3 ); 5 Charnwood AC 1h17.36m ( Claire Smith 18.17m, Joanne Spencer 19.13m -1, Elizabeth Hewitt 21.47m -5, Clare McKittrick 18.19m +5 ); 6 Wilmslow Running Club 1h18.17m ( Sharon Johnstone 18.44m, Diane McVey 18.32m +7, Diane Bygrave 20.16m -2, Janine Ellis 20.45m -1 ); 7 Les Croupiers 1h18.30m ( Claire Beatty 18.43m, Nicky McWilliam 19.42m +0, Joanne Tucker 20.45m +0, Helen Jessop 19.20m +2 ); 8 Wigan & District H & AC 1h19.24m ( Julie Platt 19.16m, Tracey Dutton 19.37m +3' Jacqueline Jones 21.09m +1, Jayne Taylor 19.22m +4 ); 9 Long Eaton RC 1h19.42m ( Sharon Orridge 19.03m, Jackie Mather 20.53m -6, Catherine Benson 22.18m -5, Sarah Harris 17.28m +14 ); 10 Wolverhampton & Bilston 1h20.04m ( Debbie Blakeman 19.55m, Marie Beddows 19.43m +9, Caroline Hingley 21.15m -1, Audrey Wilson 19.11m +7 ); 11 Barnsley Athletic Club 1h21.43m ( Kerry Storrar 20.39m, Michaela Sill 20.01m +15, Jenny Wakeman 21.20m +0, Dawn Broom 19.43m +10 ); 12 Royal Sutton Coldfield 1h24.04m ( A Deathridge 18.35m, Kate McBrien 18.28m +5, Suzanne Browne 23.19m -13, Carol Woodfield 23.42m +3 ); 13 Denby Dale Trav 1h26.05m ( Joanne W-Hodgson 21.50m, Joanne Burgess 20.14m +19, Bridget Coomber 23.45m -5, Nichola Sykes 20.16m +22 ); 14 North Shields Polytechnic 1h27.02m ( Helen Morris 21.33m, Natalie Thorburn 21.02m +12, Karen Foster 20.55m +5, Lourdes Bradley 23.32m +14 ); 15 Derby AC 1h27.29m ( Steph Spencer 19.06m, Sarah Holford 20.30m -1, Amanda Hewitt 21.54m -4, Angie Ward 25.59m +4 ); 16 Trafford AC 1h27.41m ( Karen Hill 19.42m, Sally Howarth 21.29m -3, Rachel McDonnell 22.04m -2, Sue Exon 24.26m +11); 17 Wells City Harriers 1h27.47m ( Jill Harrison 19.20m, Katrina Prior 20.54m -2, Claire Thomas 25.47m -19, Cath Goldsmid 21.46m +21 ); 18 Wolds Veteran RC 1h37.53m ( Joanne Brogden 23.28m, Carol Hall 30.08m +2, Anne Mortimer 23.46m +5, Susan Hobbins 20.31m +37 ); **Incomplete Teams:** Bournville Harriers ( Sarah Rock 20.16m, Laura Gale 21.35m +0, Gayle Fatchett 28.38m -18 ); Dulwich Runners AC ( Emily Gelder 20.45m, Ola Balme 20.02m +15, Angie Norris 20.38m +4, ); Centurion RC ( Theresa Woolley 22.37m, Alison Fergusson 24.48m +6 ); Heanor Running Club ( Louise Insley 18.14m, Lisa Palmer 18.08m +2 ); Bristol & West AC ( Clare Stevinson 18.54m ); Coventry Godiva Harriers ( Paula Richardson 19.05m );

**W45-54 Team:** 1 Winchester & District AC 55.34m ( Jane Gandee 19.23m, M McCallum 18.46m +10, Lucy Elliott 17.25m +7); 2 Bristol & West AC 57.07m, (Vivian McConnell 18.23m, Clare Jolliffe 19.38m -1, Sarah Everitt 19.06m +3); 3 Coventry Godiva Harriers 59.23m ( Zara Hyde-Peters 17.45m, Eileen Williams 21.06m -10, Jayne Mumford 20.32m +1); 4 Charnwood AC 1h00.16m (Nicola Thompson 20.35m, Madeleine Lomas 21.11m +8, Kate Ramsey 18.30m +13); 5 Altrincham & District AC 1h01.39m ( Beverley Ganose 20.27m, Carole Harrison 21.43m +1, Vicki Perry 19.29m +11); 6 Les Croupiers 1h02.39m ( Susan Watson 19.46m, Yvonne Bullen 22.45m -8, Jane Coker 20.08m +8); 7 Serpentine RC 1h02.50m (Eliz O'Connor 20.31m, Jacqui Cameron 22.29m -2, Catkin Shelley 19.50m +9); 8 Wolverhampton & Bilston 1h04.42m ( Jackie Halford 19.23m, Sue Weatherburn 21.33m -4, Rozenn Allerton 23.46m -7); 9 Telford AC 1h04.47m (Denise Sanders 20.23m, Juliet Hoad 21.07m +4, Sharon Clayton 23.17m -5); 10 Rotherham Harriers & AC 1h05.56m ( Janet Hindley 20.26m, Nina Hague 24.16m -11, Philippa James 21.14m +6); 11 Wolds Veteran RC 1h06.58m (Tracey Gibson 22.48m, Julie Turrell 22.50m +13, Ann Knolly 21.20m +4); 12 Wilmslow Running Club 1h07.22m (Nicky Mowat 21.46m, Carolyn Hirons 23.13m +4, Sharon Jones 22.23m +1); 13 Derby AC 1h10.25m (Alison Booth 22.10m, Karen Hassall 23.07m +6, Liz Milner 25.08m -2); 14 Vale Royal AC 1h14.30m ( Joanne Edwards 23.05m, Diane Newsham 26.30m +5, Pauline Davies 24.55m +3); 15 Cobra Running & Triathlon 1h17.02m ( Angie Jordan 24.06m, Gill Harper 26.25m +8, Sally Folkes 26.31m +2); **Incomplete Teams:** Bournville Harriers (Jude Glynn 23.20m); North Shields Polytechnic (Karen Gunn 20.32m);

**W55-64 Team:** 1 Bingley Harriers & AC 1h04.35m ( Mary Green 20.00m, Sue Cariss 22.46m -7, Rebecca Weight 21.49m +5); 2 Cannock & Stafford AC 1h05.15m ( Chris Rollason 22.23m, Dot Fellows 22.09m +11, Chris Kilkenny 20.43m +7); 3 Dulwich Runners AC 1h07.48m (Claire Steward 21.30m, Steph Burchill 25.29m -4, Ros Tabor 20.49m +5); 4 Wolds Veteran RC 1h08.24m (Jane Morley 21.30m, A N Other 24.24m -3, Barbara Brown 22.30m +2); 5 Vale Royal AC 1h08.40m ( Sonya Young 21.06m, Carole Williams 25.28m -8, Val Dunn 22.06m +2); 6 Les Croupiers 1h10.56m ( Edwina Turner 24.19m, C Dallimore 23.24m +13, Ann James 23.13m +4 ); 7 Rotherham Harriers & AC 1h14.31m ( Gillian Taylor 22.12m, Wendy Whitaker 25.49m -2, Jennifer Horan 26.30m +0); 8 Cobra Running & Triathlon 1h22.53m (Kristina Newton 22.34m, Francine Orme 29.28m -5, Jane Marchant 30.51m +1 ); **Incomplete Team** Salford Harriers & AC (Denise Wakefield 22.50m);

**W65-74 Team:** Barnet & District AC 1h19.34m ( Karen Faloon 22.39m, Pauline Lygo 28.59m -2, Maureen Shirley 27.56m +1);



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**M65-74 Team:** 1 Oxford City AC 57.52m ( Dave Parsons 19.31m, John Exley 19.31m +6, Roy Treadwell 18.50m +8); 2 **Elswick Harriers 1h00.04m** (Mark McNally 19.08m, Steve White 20.44m -2, Harry Matthews 20.12m +4); 3 **Trentham RC 1h00.44m** (John Corbett 19.40m, John Keeling 20.35m +1, Stan Winterton 20.29m +4); 4 **Bingley Harriers AC 1h02.05m** ( Peter Ellerton 21.22m, Fred Gibbs 20.24m +14, Les Haynes 20.19m +6); 5 **Horwich R M I Harriers 1h02.44m** ( Tony Hesketh 20.09m, Mick Crook 20.50m +4, Pete Bland 21.45m -1); 6 **Stratford Upon Avon AC 1h04.50m** ( Roger Wilson 21.11m, John Turner 22.01m +5, Philip Brennan 21.38m +4); 7 **Clydesdale Harriers 1h05.03m** (Robert Young 21.48m, Brian Campbell 22.37m +8, Pete Cartwright 20.38m +7); 8 **Salford Harriers & AC 1h05.58m** ( Vincent Murphy 21.36m, Roland Bowness 22.08m +7, Sidney Sacks 22.14m +2); 9 **Barnet & District AC 1h06.05m** ( Nicholas Bingham 21.10m, John Shirley 22.23m +2, John Fuller 22.32m -1); 10 **Wolds Veteran RC 1h06.21m** ( Mick Casey 19.45m, Douglas Craggs 23.40m -14, Dave Edwards 22.56m -3); 11 **Centurion RC 1h11.22m** ( Adrian Lloyd 22.45m, Stu Calderbank 24.49m +6, L Satterthwaite 23.48m +2); 12 **Thames Hare & Hounds 1h11.57m** ( Keith Spacie 22.30m, Robin Dickson 24.59m +3, Michael Johnson 24.28m +0); 13 **Blackpool Wyre & Fylde AC 1h14.06m** (Robert Newman 23.36m, Robert Massey 24.37m +9, John Bradley 25.53m +3); 14 **Liverpool Harriers & AC 1h18.58m** (Patrick Henley 24.48m, Frank Davies 26.43m +9, Clive Rigby 27.27m +1); **Incomplete Teams:** Derby AC (Mick Smedley 19.58m); Stockport Harriers & AC (Chris Bryans 26.33m);

### FASTEST LEGS:

**W35-44:** 1 Claire Martin Tel 17.09; 2 Julie Briggs Arena 17.15; 4 Sarah Harris LNG Eat 17.28; 5 Kim Fawke Tel 17.35m; 7 Lisa Palmer Heanor 18.08; 8 Louise Insley Heanor 18.14; 9 Claire Smith Charn & Kerry Marchant Staff M 18.17;  
**W45-54:** 1 Lucy Elliott Winch 17.25; 2 Zara Hyde-Peters Cov 17.45; 3 Vivian McConnell Bris & W 18.23m; 4 Kate Ramsey Charn 18.30m; 5 M McCallum Winch 18.46m; 6 Sarah Everitt Brist 19.06m; 7 Jane Gandee Winch & Jackie Halford W&B 19.23; 9 Vicki Perry Altr 19.29; 10 Clare Jolliffe Brist 19.38;  
**W55-64:** Mary Green Bingl 20.00;  
**W65:** Karen Faloon 22.39m,  
**M65-M74:** 1 Roy Treadwell Oxf 18.50; 2 Mark McNally Elsw 19.08; 3 Dave Parsons Oxf & John Exley Oxf 19.31; 5 John Corbett Trnthm 19.40; 6 Mick Casey Wolds 19.45; 7 Mick Smedley Derby 19.58;

### M35-44 TEAM:

1 **Thames Hare & Hounds 2h06.56** ( Ian Harkness 15.44m, Chris Daniels 16.11m +3, Andy Weir 16.05m +4, Ben Reynolds 15.37m +1, Brian T-Pelham 16.12m +0, John McFarlane 15.57m +0, Matt Jones 15.31m +0, Simon Wurr 15.39m +0); 2 **Preston Harriers 2h09.41m** (David Watson 17.38, Stephen Smith 16.36m +12, Jason Parker 16.38m +8, Steve Hallas 16.27m +7, Gary Pennington 15.29m +7, Jonathan Green 16.02m +0, Gethin Butler 15.28m +4, Robert Affleck 15.23m +1); 3 **Les Croupiers 2h09.58m** ( Graham Breen 15.28m, Stuart Crees 16.21m +0, Nicholas Dukes 16.44m -1, Julian Baker 16.31m +1, Matthew Hurford 16.59m +2, Robert Sage 16.00m +0, Martin Rees 15.55m +1, Phil Cook 16.00m -1); 4 **Salford Harriers & AC 2h11.03m** (Pumilani Bangani 15.48m, Darren Moran 17.21m -7, Billy McCartney 16.55m +4, Anthony Taylor 16.27m +3, Eric Crowther 16.27m +1, James Williams 15.42m +4, Michael Grace 16.01m +0, David Hudson 16.22m +1); 5 **Tipton Harriers 2h11.14m** ( Martin Williams 14.52m, Mike Hagar 16.27m -1, Paul Rogers 16.44m -1, Phil Clamp 16.28m +1, Aaron Keene 17.11m +0, Mike Buntin 16.13m +0, Simon Massey 16.24m -2, Dean Hill 16.55m -1); 6 **Higgate Harriers 2h11.26m** ( Chris Bailey 18.05m, Alex Davidson 18.27m +1, Chris Beecham 16.27m +18, Duncan Burbridge 16.23m +7, Steven Whiting 16.09m +5, Ben Pochee 15.18m +8, Ben Noad 14.56m +4, Peter Downie 15.41m +1); 7 **Aldershot Farnham & Dist 2h11.58m** (Elliot Robinson 15.04m, Mark Greenwood 15.54m +2, Tad Dicker 16.51m +0, George McCourt 17.02m -2, Colin Paton 17.23m -2, Scott SBannister 16.31m -1, Nathan Aspinall 16.22m +0, R Batchelor 16.51m -1); 8 **Rugby & Northampton AC 2h13.14m** ( Hywel Davies 16.06m, Stephen Marks 17.04m -6, John Gercs 16.35m +8, Michael Aldridge 15.11m +6, Dave Rayfield 17.48m -2, Brennan Moen 17.31m -4, Paul Rigby 16.31m +2, Iain Botheroyd 16.28m +0); 9 **Trafford Athletic Club 2h14.55m** ( James Bleakley 15.41m, John Howe 16.47m -2, Richard Byers 17.12m +0, Jeff Prest 16.14m +1, C Fitzpatrick 17.44m -3, Michael Hunt 16.13m +3, Bruce Penhale 18.45m -1, Ian Salisbury 16.19m +0); 10 **Bournville Harriers 2h15.10m** ( Paul Thompson 16.20m, Stuart Pearson 17.28m -7, John McKeon 17.36m +1, Rob Andrew 16.42m +4, Sam Chatwin 16.40m +4, Sean Rose 18.15m -1, Dean Parker 15.58m +6, Orlando Corea 16.11m +1); 11 **Hallamshire Harriers 2h17.00m** ( Scott Wilson 16.10m, Tom Jenkins 15.25m +12, Paul Faulkner 16.29m +0, David Allen 19.02m -9, Darren Newbould 15.51m +5, David Whitehouse 19.43m -8, Carl Egdell 16.13m +6, Dean Furniss 18.07m -1); 12 **Havering Mayesbrook AC 2h17.28m** ( Steve Rand 16.16m, Jason Lendon 16.28m +5, Martin Chester 17.59m -7, Trevor Keys 16.47m +4

Sam Jackson 18.26m -5, Paul Berrett 18.03m -1, Simon Hart 16.38m +7, Matthew Bland 16.51m +2); 13 **Neath Harriers 2h17.57m** ( Lee Sandham 18.38m, Gareth Davey 17.24m +17, Anthony Powell 17.50m +6, Chris Jenkins 17.33m +3, Paul Talbot 17.07m +5, Dean Johnston 16.46m +4, Steve Rees 15.51m +9, Paul Griffiths 16.48m +2, 14 **Barnsley Athletic Club 2h19.34m** ( David Thompson 16.09m, Gavin Felten 16.31m +5, Shaun Dimelow 17.26m -4, Keith Littlewood 17.53m -5, Melvin Wallace 18.04m -2, John Broom 17.32m +2, David Crossley 18.35m +3, David Brooksbank 17.24m +2); 15 **Wells City Harriers 2h19.42m** ( Tom Dukes 16.43m, Tim Hawkins 16.12m +11, Jon Gilling 16.54m +2, Adrian Marriott 15.20m +6, Simon Prior 18.15m -4, Andrew Deamer 17.27m -2, Eddie Richards 18.37m +0, Jon Rowe 20.14m -3); 16 **Birmingham Running ATC 2h19.50m** ( Martin Matthews 16.06m, Rene Vengo 17.32m -10, Robin Biles 16.45m +6, Richard Gray 17.19m +0, Mark Lawlor 16.39m +4, Mark Hirsch 17.23m -2, Richard Thompson 18.29m +2, Rob Ryan 19.37m -3); 17 **Wilmslow Running Club 2h21.23m** (Graham MacNeil 16.56m, Tom McGaff 17.38m -6, Mike Hill 18.13m +3, Peter Speake 15.41m +8, Nick Bishop 18.20m -1, Craig Hunt 18.27m +0, Jeremy Bygrave 17.57m +6, Richard Hirons 18.11m +0); 18 **Swansea Harriers 2h23.41m** (Matthew Gurmin 16.24m, Raul Reismann 17.04m +1, Matt Kinnane 17.16m +1, Calvin Hold 19.54m -8, K Phillipart 19.09m -3, Jos Jones 18.45m +3, Jon Williams 18.03m +8, Eamon Kirk 17.06m +2, 19 **Centurion RC 2h28.30m** (I Satterthwaite 17.08m, Eddie McGrath 17.13m +2, Thomas Healy 18.10m +2, Gavin Davies 18.05m +1, And Carwardine 20.04m -7, Matt Mullins 19.23m +4, Tony Haden 19.14m +9, Wayne Muddiman 19.13m +2); 20 **Wigan & District H & AC 2h29.13m** ( Chris Smullen 17.16m, Mike Harris 18.43m -7, Bozhidar Kasabov 18.55m +0, Gra Millington 20.22m -9, Mark Glynn 17.44m +11, David Collins 18.36m +2, Darren Jackson 18.37m +15, David Waddington 19.00m +2); 21 **Bedford Harriers AC 2h32.02m** ( Gary Finch 18.10m, Paulo Basso 18.04m +7, Gary Butler 18.49m +2, Adam Hills 19.28m -1, Dave Sharman 18.42m +4, Jerry Pullinger 18.35m +0, Tony Barnes 20.36m +15, Neil Lovesey 19.38m +4); 22 **Wolverhampton & Bilston 2h39.36m** (Robert Edwards 18.48m, Paul Thacker 18.04m +9, Chris P-Bradley 20.15m -4, Adam Guy 20.03m -2, Duncan Davies 19.31m +11, Darren Edwards 19.25m +2, Carl Morgan 22.42m +17, Paul Carroll 20.48m +5); 23 **North Shields Polytechnic 2h40.48m** ( Michael Moore 17.30m, Rob Foster 19.55m -17, Trevor Lakenshaw 21.42m -9, Richard Baker 20.53m -2, Harry Norman 20.25m +15, Bruce Robertson 18.27m +2, Geoff House 19.36m +22, Andy Webb 22.20m +3); 24 **Cobra Running & Triathlon 2h42.30m** (Carson Tweedie 17.36m, Mike Tovey 18.07m +2, Glen Hooper 19.56m -12, Paul Sheppard 19.43m -2, Paul Orme 20.24m +7, Andrew Smith 21.43m -3, Alan Davies 22.52m +19, Andy Rowe 22.09m +4); 25 **West Bromwich Harriers 2h53.02m** ( Steve Pitt 18.04m, Jim Greenwood 20.13m -14, Greg Anderson 20.43m +1, Lee Harris 20.35m +1, Dave McCarthy 21.05m +10, Chris Thompson 23.45m +0, Phil Colver 26.37m +22, Andy Moseley 22.00m +4, **Incomplete Teams:** Coventry Godiva Harriers ( Richard Burman 15.42m, Iwan Jones 16.43m +0, Em Combstock 16.26m +1, Aaron Bodycote 17.30m -2, Peter Banks 19.46m -13, Robert Vilette 25.14m -13, Martin Slevin 19.55m +11); 28 **Horwich R M I Harriers** ( Martyn Bell 15.18m, David Jackson 17.00m -3, Paul Muller 17.13m -1, William Martin 18.08m -8, Glynne Lever 17.27m -1, Nick Isherwood 18.27m -1, Peter Ramsdale 21.17m +0); **Royal Sutton Coldfield AC** (Paul Terleski 17.06m, Colin McAuley 18.08m -3, Clive Hackforth 18.35m -1, David Bowen 18.41m +0, Simon Ralph 18.05m +2, Richard Lewis 20.59m -3, Subodh Dave 18.58m +13); **Tynebridge Harriers** (Peter Kennedy 18.00m, Sean Kelly 17.46m +8, David Daniels 17.41m +5, Malcolm Gibson 17.27m +3, Alex Lockwood 18.35m +0, Mathew Tomlinson 17.19m +3, Christopher Meek 18.15m +8); **North Belfast Harriers** (Paul Blaney 16.21m, John Ferrin 16.21m +8, Jim Newberry 18.50m -14, John Patience 18.13m +0, Paul Elliot 18.30m +0); **Dulwich Runners AC** ( Buzz Shephard 16.08m, Ian Lilley 18.22m -18, Andrew Murray 20.18m -7); **Long Eaton Running Club** ( Robert Fox 17.11m, Rod Harris 16.30m +9); **Rotherham Harriers & AC** (Matthew Asbridge 20.24m);

**M45-54 Team:** 1 **Leicester Coritanian AC 1h38.07m** (Gordon Lee 15.03m, Rob Sheen 16.32m -1, Gareth Deacon 16.51m -2, Danny Keating 17.03m -2, Tommy Hughes 16.35m +3, Chris Southam 16.03m +0); 2 **Salford Harriers & AC 1h40.00m** (David Lockett 16.23m, Derek Crewe 16.36m +5, Paul Birkett 17.09m +0, Paul Simons 16.43m +5, Rob Tudor 16.48m -1, Philip Leybourne 16.21m +3); 3 **Tynebridge Harriers 1h41.04m** (Ken MacPherson 16.25m, Keith Smith 16.32m +8, David Appleby 17.59m -7, Mark Hall 17.19m +1, Paul Hilton 17.02m +3, Steve Cairns 15.47m +5); 4 **Sunderland Harriers & AC 1h41.27m** ( Timothy Field 16.35m, Jonathan Dobson 17.17m -3, Brian Rushworth 15.55m +16, Brian Bewick 17.16m -1, Paul Redman 17.22m -2, Paul Morrison 17.02m +0); 5 **Oxford City AC 1h43.36m** (Rob Webster 17.04m, J Richardson 15.49m +17, Andrew Gleeson 17.44m -5, Mark Tankard 17.08m +0, John Atyeo 17.00m +3, Pete Gray 18.51m -5, 6 **Wolverhampton & Bilston 1h44.58m** Dave Smith 15.52m (Steve Cunningham 17.34m -9, Ian Pincher 17.37m -3, Simon Calrow 17.31m +0, Callum Eden 18.41m -1, Nigel Share 17.43m +2); 7 **Redhill Road Runners 1h45.19m** (Alan Smith



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15.40m, Mark Yates 17.54m -16, Stanley Pascoe 18.52m -5, Clive Greyson 18.36m -4, Simon Nash 17.19m +5, Andy Wetherill 16.58m +1); **8 Dulwich Runners AC 1h46.22m** (David Beaver 16.57m, Tony Tuohy 16.22m +9, Charles Lound 16.48m +4, Mike Fullilove 19.52m -11, Duncan Hussey 18.27m -1, Eberhard Prill 17.56m +1); **9 South London Harriers 1h49.33m** (Andrew Collins 18.19m, Mark Cawood 18.53m +2, John Foss 18.08m +4, Andrew Tindall 17.06m +14, David Baker 17.39m +2, Paul Williams 19.28m +3); **10 Neath Harriers 1h50.08m** (Kevin Lewis 19.59m, David Crane 18.09m +11, Chris Fulcher 18.13m +9, Philip Crane 18.18m +6, Jeremy Davies 17.53m +9, Peter Crane 17.36m +6); **11 Derby AC 1h50.22m** (Russell Parkin 16.48m, John Robertson 17.23m -2, Chris Booth 18.56m -4, John Knibb 17.44m +3, Kevin Spare 18.32m +0, Keith Donald 20.59m -3); **12 Altrincham & District AC 1h50.55m** (Nick Burke 17.48m, Richard Pavey 17.51m +7, Graham Harrison 18.58m -1, Phil Nichol 18.31m -1, Mark Hunter 18.49m +2, David Ainsworth 18.58m +3); **13 Sheffield RC 1h51.04m** (Malcolm Taylor 19.13m, Jed Turner 18.46m +5, Gary Podmore 19.55m +2, David Broddle 17.57m +5, Gary Baker 18.13m +9, Chris Ireland 17.00m +9); **14 North Shields Polytechnic 1h51.43m** (John Baty 16.21m, Tommy Blandon 17.29m -6, Dave Hall 18.49m -3, Paul Hughes 20.16m -8, Barry Young 19.43m -1, Trevor Wakenshaw 19.05m +0); **15 Blackheath And Bromley 1h51.43m** (Neil Ayrton 18.56m, Mark Watling 18.33m +7, Roy Smith 17.34m +14, Mark Ellison 19.20m -1, Steven Paiman 18.53m +2, Andy Tucker 18.27m +2); **16 Coventry Godiva Harriers 1h52.30m** (Howard Anderson 18.09m, Michael Peters 19.07m -2, Joseph Devlin 17.57m +9, Nigel Arlidge 18.37m +4, Simon Dunnett 19.38m -2, Ian Gower 19.02m +1); **17 Rotherham Harriers & AC 1h55.09m** (John Comrie 17.20m, Nigel Brookes 18.00m +0, David Nuttall 19.55m -10, Ian Hindley 23.23m -14, Mirreles Peter 18.08m +12, Howard Darwin 18.23m +5); **18 Telford AC 1h55.12m** (Steve Jones 18.18m, John Garmson 17.48m +10, Paul Williams 19.42m -7, Bruce Gregory 20.05m -4, Mike Whitehead 21.37m +6, Peter Plant 17.42m +5); **19 Royal Sutton Coldfield AC 1h56.19m** (Tony Hinchley 17.21m, Simon Corker 17.06m +5, Steve Marklew 17.46m +5, John Fletcher 19.07m -6, Robert Owen 24.54m -13, Paul Jenkins 20.05m +0); **20 Les Croupiers 1h57.20m** (Martin Williams 17.00m, Paul Morris 18.50m -11, Richard Bullen 17.45m +6, David Proud 18.58m -2, Richard Self 18.48m +1, Brian Richardson 25.59m -11); **21 Vale Royal AC 1h59.16m** (David Shepherd 18.22m, Ian Newsham 21.05m -12, Robert Tipping 21.27m +1, Scott Bamber 18.44m +5, Peter Maher 21.05m +10, Tom Annable 18.33m +3); **22 Centurion RC 2h02.22m** (Chris McCann 19.20m, David Pearson 19.35m +1, Paul Bingham 19.03m +8, Andy Rea 20.33m +0, Neil Wilkes 21.07m +9, Andy Matthews 22.44m -1);

**INCOMPLETE TEAMS:**  
**Birmingham RAT** (Martin Ludford 19.17m, Derek Hardy 24.15m -10, David Sansom 22.10m +3, Robert Andrews 19.56m +2); **Bournville Harriers** (Andrew Wheeler 19.49m, Daniel Wilson 18.48m +5, Antony Stewart 21.16m -1, Mark Cooper 23.15m -2); **Tipton Harriers** (Mark Wright 18.26m, Andy Williams 19.32m -1, Bryan Mills 20.51m -2, Richard Brittain 18.03m +4); **Preston Harriers** (Neil McDonald 17.32m, Michael Brennand 19.56m -17);

### M55-64 Team:

**1 Les Croupiers 1h13.09m** (Elio Lepore 17.52m, Paul Coker 18.43m -6, Michael Murphy 18.41m +4, David James 17.53m +7); **2 Wirral AC 1h14.04m** (Pete Weatherhead 19.57m, Graham Ratcliffe 17.45m +14, Anthony Devoy 18.19m +6, Kevin Buxton 18.03m +10); **3 Dulwich Runners AC 1h14.17m** (Nicholas Brown 18.00m, Adrian Greer 18.10m +1, Gary Sullivan 19.06m -3, Steve Smythe 19.01m +5); **4 Salford Harriers & AC 1h14.35m** (Stanley Owen 17.37m, Phil Quibell 18.11m +1, Mike Wakefield 19.04m -1, Stanley Curran 19.43m -5); **5 Blackheath and Bromley 1h14.41m** (C Griffin 18.20m, Tim Soutar 17.54m +9, Cliff Keen 18.33m +8, Andrew Lawes 19.54m -9); **6 Stockport Harriers & AC 1h14.43m** (Len Best 18.03m, Ste Shaughnessy 18.25m -1, Frank Reilly 19.56m -5, Robert Taylor 18.19m +5); **7 Oxford City AC 1h14.56m** (Richard Grant 18.03m, Stewart Thorp 18.15m +1, Dave Wheeler 20.21m -7, Brian Green 18.17m +5); **8 Rotherham Harriers & AC 1h15.52m** (Terry Eastwood 18.30m, Kevin Thomas 19.31m -2, Michael Marsters 19.11m +4, Peter Neal 18.40m +3); **9 Wesham Road Runners & AC 1h16.13m** (John Bertenshaw 19.51m, George Kennedy 19.56m +1, John Collier 18.49m +10, Alex Rowe 17.37m +4); **10 Barnet & District AC 1h18.41m** (John Clarke 21.47m, Peter Ellis 19.35m +6, David Wilcock 18.05m +7, Desmond Michael 19.14m +4); **11 Vale Royal AC 1h19.51m** (Tony Archer 18.55m, John Clarke 20.01m -5, Colin Rathbone 21.53m +1, James Edwards 19.02m +3); **12 Cobra Running & Triathlon 1h19.53m** (David Daniels 17.40m, Steve Fletcher 20.34m -20, Neil Hale 20.42m +1, Chris Pearson 20.57m -3); **13 Telford AC 1h20.18m** (Dave Hopkins 23.43m, Greg Wilson 17.09m +11, Paul Sanderson 22.14m +1, Tony Power 17.12m +3); **14 Tipton Harriers 1h24.13m** (Pat Stanier 18.50m, Alan Grice 20.01m -4, Keith Best 23.30m -3, Jeff Taylor 21.52m +0); **15 Wolds Veteran RC 1h24.20m** (Steven Green 20.16m, Alexander Presly 22.41m -1, William Ward 21.45m +3, Mark Salter 19.38m +2); **16 Bournville Harriers 1h28.41m** (Edwin Hartley 19.20m, Stephen Doswell 22.47m -6, Martin Foster 23.52m -1, Barrie

Roberts 22.42m +2); **17 Liverpool Harriers & AC 1h30.48m** (Tony Green 22.16m, Maurice Butler 24.07m +0, Peter Simpson 21.52m +3, Tom Vallance 22.33m +3); **18 Blackpool Wyre & Fylde AC 1h32.31m** (Jeffery Wright 22.44m, Peter Gibson 23.23m +2, Alan Wilkinson 23.36m +1, David Dyson 22.48m +3); **19 North Shields Polytechnic 1h33.21m** (Ian Richardson 22.49m, Ian Holland 21.34m +4, John Brettell 23.28m +2, Dave Morris 25.30m +0)

**INCOMPLETE TEAMS: Neath Harriers** (Robert Bamsey 21.00m, Howard Carpenter 21.17m +2, David Davies 21.48m +3, **Thames Hare & Hounds** (Rhodri Davies 19.44m); **Midland Masters AC** (John Keegan 21.05);

### FASTEST LEGS:

**M35:** 1 Martin Williams Tipton 14.52m; 2 Ben Noad High 14.56m; 3 Elliot Robinson AFD 15.04m; 4 Michael Aldridge R&N 15.11m; 5 Martyn Bell Horw & Ben Pochee High 15.18; 7 Robert Affleck Prest 15.23m; 8 Tom Jenkins Hallam 15.25m; 9 Graham Breen LeCrou & Gethin Butler Pres 15.28m;

**M45:** 1 Gordon Lee Leic 15.03; 2 Alan Smith Redhill 15.40; 3 J Richardson Oxf 15.49; 4 Dave Smith W&B 15.52; 5 Brian Rushworth Sun 15.55; 6 Chris Southam Leic 16.03; 7 John Baty NSP 16.21; 8 Philip Leybourne Salf 16.21; 9 David Lockett Salf 16.23; 10 Ken MacPherson Tyneb 16.25;

**M55:** 1 Greg Wilson 17.09; 2 Tony Power 17.12; 3 Stanley Owen & Alex Rowe 17.37; 5 David Daniels 17.40; 6 Graham Ratcliffe 17.45; 7 Elio Lepore 17.52; 8 David James 17.53; 9 Tim Soutar 17.54;

## EUROPEAN 100K CHAMPIONSHIPS. BELVES, FRA. 27<sup>TH</sup> APRIL WORDS & PICTURES: Les Barnett.



**A**t 5am Saturday (27th April) Sue Harrison's alarm woke her for an early morning breakfast. Three hours later she was lined up at the start of the 22nd Annual Belves 100km road race. This year's event was different in that it contained not only an Open Race, the French National Championships, but also the European Championships.

Sue lined up with more than 600 other runners, but this was special as Sue was running for Great Britain.

The race started in the old fortified hilltop town of Belves then dropped some 600 feet to the valley of the Dordogne River and then followed roads, and cycle paths for 35km



before climbing 600 feet to the half-way point at 50km at the hilltop town of Sarlat. Dropping down after that the route crossed over the Dordogne to the opposite bank and eventually the athletes were left with a killer mile long climb to finish back in the town of Belves. The route passed through many picturesque small towns and villages and was overlooked by several 'fairy-tale' Chateaux for which the area is famous.

Athletes from 15 European nations, including previous World and European Champions lined up at the start on an unseasonably cold and grey morning. Leamington's Harrison had a pre-race plan which involved a strong but steady pace, as well as a pre-planned food strategy.

This was very necessary as in her only previous 100km race Sue's lack of experience in these areas had taken their toll on her body.

She commented, "The first 20km passed very quickly as I was concentrating on sticking to my plan". Pre-race favourites Marija Vrajic from Croatia, Kajsa Berg from Sweden and Russias Irina Antropova soon moved away from the group Sue was running with and at the 40km mark Vrajic was already 8 minutes ahead of Berg with Antropova another 2 minutes behind with Sue running with a group of three Russians another two minutes back.

The hardest part of the course up to this point began with the long climb up to the half way point at Sarlat followed by the long 5km downhill slope to return to the Valley floor. By now Sue's group had split up and she found herself back in 7th place. Sue said, "I went through a bad patch around half way when my quads started to tighten up down to the long downhill section". At no stage did her mental determination weaken and she stuck to her pre-race plan. It is a widely held belief that in 100km races the real competition only starts when runners have safely got the first 70km behind them.

This proved to be the case as at 75km Sue moved into 6th position overtaking one of the Russian women who was forced to walk. At 85km she realised that the long time early race leader, Vrajic, had also paid the penalty for her strong early pace and Sue overtook her moving up into 5th place. G.B. Team Managers kept Sue informed of what was happening in front of her and was encouraged to hear that it looked like two more of the Russians in front of her were starting to struggle. Sue just concentrated on her own pace and with just 5km to go she passed them to move into 4th position. Sue said, "I could see the third placed girl way up the road. I was told she was still 3 minutes in front of me.

The gap didn't seem to be getting any smaller and I was just concentrating on moving forward and covering the last 4km as fast as I could"

At the 98km marker the gap was down to just 60 seconds. Then 500m later came the start of the 'killer climb' back up to the finish line in Belves. Sue said, "I could see she was struggling and the Russian coaches were screaming encouragement to her. This only served to motivate me further! At the 99km marked I came alongside her and went straight past. I was now in bronze medal position and nothing and no-one was going to take it from me. As I approached the finish line I could hear the announcer saying, "Troisienne place - Sue Harrison - Grande Bretagne". I was elated but both physically and emotionally drained as I crossed the line. I was immediately interviewed for French television and I have no idea what I said!"

Sweden's Kasja Berg took gold in 7hrs 38min 52 sec with Russia's Irina Antropova taking silver in 7.42.52. Sue's bronze medal winning time was 7.48.12, some 40 minutes faster than her only previous 100km race time. All three ladies had smashed the existing course record of 7.52.14 set back in 2000.

Additionally, such was the quality of Sue's time that it moved her straight to 6th on the U.K. 'All-time' 100km ranking lists. Also a W40 British best.

**BMAF 5k  
CHAMPIONSHIP  
Horwich June 16<sup>th</sup>  
2013  
Words: Dave Beattie.  
Pictures: Carl Balshaw.**

**H**orwich Festival of Racing incorporates many running and cycling events, within a unique Carnival atmosphere. We had a new race organiser for 2013, Carl Balshaw, who worked hard to provide British Masters with a good 5k championship. I had a post-race review with Carl, and we are aiming to further improve the race in 2014 (for example, re-introducing accurate kilometre markers).

Following the normal schedule, the race walkers lined up for their championship a few minutes before the runners, and were addressed by Eric Horwill, who led those present to observe a minute of silence in remembrance of Jack Fitzgerald.





## MASTERS ATHLETICS SUMMER 2013.

The town centre, traffic free, 3 lap course has a 200 metre incline at the end of each lap, but it provides fast times, and this year saw some excellent performances by some of our leading Masters athletes.

42 year-old Mark Johnson, from Mansfield, was first across the finish line in a new PB of 15:16, three seconds clear of M35 Chris Greenwood of Kent AC, with M40 Kerry-Liam Wilson of Ron Hill Cambuslang just two seconds behind. I have no photo of this exciting finish, as the photographer was nearly run over by the Lead Car!

Seven athletes bettered 16 minutes, and a further 26 ran under 17 minutes, including M50 Guy Bracken (North Shields Poly) in 16:11, M45 Paul Freary (Belgrave) in 16:18, M55 George Thompson of Border Harriers in 16:32, M50 Lloyd Collins (Wells) in 16:44, and the outstanding M60 Mike Hager of Tipton in a new course record of 16:43. David Oxland (Notts), who beat Hager in a thrilling BMAF Indoor 1500m in March (in a new World Record), was second to Mike on this occasion in 17:12, only 9 seconds shy of his own course record from 2011.

Griff Owens of Prestatyn was first M65 finisher in 18:37, with a long-distance traveller, Peter Young from Ryde Harriers, second in 19:00. Peter Hall of Barrow set a new course record for M70 with 19:51, and had good competition from Les Haynes (Bingley) 20:08, and John Batchelor (Ilford) 20:34. (I witnessed John's finishing speed, as he took 5 seconds out of me with his sprint uphill, though six years my senior!). M75 runners David Spencer and Steve James, from Barrow and Southport respectively, had a close battle, with Spencer prevailing by 9 seconds in 22:16. Midland Master Brian Campbell took the M80 honours in 26:20, comfortably ahead of Arthur Walsham.



**Louise  
Rudd**

First Woman finisher was F35 Louise Rudd (Stockport) in 17:49, with Wirral athlete Sarah Kearney second in 18:17. F45 Elaine Leslie of Jarrow and Hebburn recorded 18:24. F50 Caroline Wood of Arena 80 had journeyed far from Brighton, and was rewarded with a 19:25 clocking. Both performances shaded the leading F40 finisher Beth Massey of Ilkley who recorded 19:36. Lesley Leggett of

Denbydale beat Doncaster athlete Caroline Wheelhouse in a close race, prevailing by 7 seconds in 20:08.

Initially several athletes received the same clocking as Lesley Leggett – with around 5 athletes finishing in a line across the road, a couple missed the finishing funnel, and provisional times for these runners were later adjusted from finish line photos.

Cannock and Staffs runner Christine Kilkenny just took F60 Gold by two seconds from Jan Needham of Rochdale, in 20:54, with Anne Dockery of Eastern Vets enjoying a more comfortable margin over Dot Fellows of Cannock (21:33 to 22:39). Brenda Jones of Welsh Masters took F70 honours, but expressed regret that she faced no rivals in her age group.

The medal presentations in the Leisure Centre were very well attended, and most individual winners stayed to collect their medal. Team results posed a problem, as the postal entry form required only the BMAF club, not the athlete's first claim club. On the day, the pragmatic decision was to award team medals based on BMAF clubs. This disappointed the few clubs who had entered teams in good faith, so team medals have been retrospectively awarded to the following club teams:

**M35-44 Gold** – Salford Harriers (Mike Grace, Glyn Billington, Eric Crowther)  
**M45-54 Gold** – Salford Harriers (Dave Lockett, Robert Tudor, Roger Alsop)  
**M45-54 Silver** – Ronhill Cambuslang (Dave Thom, Ian Williamson, Colin Feechan)  
**M55-64 Gold** – Salford Harriers (Philip Quibell, Stan Owen, Michael Wakefield)  
**M65-74 Gold** – Bingley Harriers (Les Haynes, Fred Gibbs, John Smithurst)  
**M65-74 Silver** – Clydesdale Harriers (Pete Cartwright, Brian Campbell, Robert Young)  
**M65-74 Bronze** – Salford Harriers (Stan Curran, Sidney Sacks, Denis Moran)  
**F35-44 Gold** – Newcastle Staffs (Michelle Buckle, Wendy Swift, Rachel Tweedie)

I will be pleased to present these medals at any of these BMAF Championships:

Track 10,000m – Horsforth Track, Oxford July 28<sup>th</sup>, Road 10k – Pollock Park, Glasgow August 18<sup>th</sup>, Track and Field Champs, Birmingham September 15<sup>th</sup>/16<sup>th</sup>

If you will not attend any of the above, please contact Walter Hill by email.

I recommend Horwich to those athletes who have not yet tried this race – you will enjoy the experience, and there are plenty of Festival activities to watch besides Masters racing.

**Note: Next year all BMAF Championship entries will close two weeks before race day.**

1-15:16-Mark Johnson-M40-1-Mans; 2-15:19-Christopher Greenwood-M35-1-Kent; 3-15:21-Kerry-Liam Wilson-M40-2-Cambus 4-15:45-Gareth Lowe-M40-3-Clowne; 5-15:50-Nick Leigh-M35-2-Altrincham; 6-15:55-Mark Dalkins-M40-4-Telford; 7-15:58-Lee Jones-M40-5-Deeside AAC; 8-16:01-Dean Richardson-M40-6-C of Stoke; 9-16:02-Russell Maddams-M35-3-Keswick/Border; 10-16:03-Alastair Murray-M35-4-Horwich; 11-16:06-David Smith-M45-1-W & Bilston; 12-16:07-Michael Hunt-M40-7-Trafford; 13-16:07-Gareth Booth-M40-8-Horwich; 14-16:11-Guy Bracken-M50-1-North Shields Poly/VAA North East; 15-16:18-Paul Freary-M45-2-Belgrave; 16-16:19-Dean Parker-M40-9-Bourville Harriers; 17-16:21-Darren Newbould-M40-10-Hallam; 18-16:22-Michael Grace-M40-11-Sal Harriers; 19-16:23-Neil Wilkinson-M40-12-Morpeth/Cambuslang; 20-16:28-Simon Wright-M45-3-



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Doncaster/N Vets; 21-16:29-Glyn Billington-M35-5-Salford 22-16:30-Malcolm Eadie-M40-13-Blackpool, W & F; 23-16:32-George Thompson-M55-1-Border H; 24-16:39-David Hamilton-M45-4-Southport W; 25-16:40-Sam Chatwin-M35-6-Bourneville /Birchfield H; 26-16:41-Eric Crowther-M35-7-Salford; 27-16:43-Mike Hager-M60-1-Tipton/Kettering; 28-16:44-Lloyd Collins-M50-2-Wells C/South West Vets; 29-16:51-Tony Tuohy-M50-3-Dulwich/Veterans; 30-16:53-David Lockett-M45-5-Salford; 31-16:54-Graham MacNeil-M50-4-Wilmslow; 32-16:55-John Baty-M45-6-North Shields Poly; 33-17:00-Robert Tudor-M45-7-Salford; 34-17:02-Dave Thom-M50-5-Cambuslang; 35-17:05-Dean Fumiss-M45-8-Hallam/Northern Vets; 36-17:06-Ian Williamson-M50-6-Cambuslang/Shetland; 37-17:08-Wayne Dashper-M35-8-Telford AC/ R Navy; 38-17:11-Julian Rose-M50-7-Holmfirth; 39-17:12-David Oxland-M60-2-Notts/Midland M; 40-17:13-Russell Parkin-M50-8-Derby/Midland M; 41-17:15-Darren Russell-M35-9-Swinton; 42-17:19-Billy McCartney-M35-10-Salford; 43-17:21-Jonathan Hobbs-M45-9-Lincoln; 44-17:21-Roger Alsop-M45-10-Salford /Edinburgh AC/N Vets; 45-17:24-Robert Fox-M50-11-Long Eaton/Midland Ms; 46-17:26-David Jackson-M40-14-Springwell; 47-17:27-Colin Feechan-M50-12-Cambuslang; 48-17:28-Dave Hollins-M55-2-Staffordshire M; 49-17:29-David Moir-M40-15-Tyne Bridge; 50-17:35-David Watson-M45-11-Preston; 51-17:44-Tim Cahill-M50-13-Abergele; 52-17:45-Alex Rowe-M55-3-Wesham/N Vets; 53-17:47-David Hudson-M35-11-Salford; 54-17:49-



**Stan Owen, Elaine Leslie  
& Candice Heys.**

Louise Rudd-W35-1-Stockport/Lytham St Annes/N Vets; 55-17:50-Kevin Newman-M55-4-Doncaster; 56-17:53-Keith Smith-M50-14-Tyne Bridge; 57-18:02-Paul Sutcliffe-M40-16-Halifax; 58-18:17-Sarah Kearney-W35-2-Wirral; 59-18:21-Stephen Watmough-M50-15-Warrington; 60-18:22-Phil Quibell-M55-5-Salford; 61-18:23-Stan Owen-M60-3-Salford; 62-18:24-Elaine Leslie-W45-1-Jarrow & H; 63-18:26-Candice Heys-W35-3-C-le Moors/Blackburn; 64-18:31-Kevin Hesketh-M55-6-Preston; 65-18:36-Nick O'Sullivan-M45-12-Hallam; 66-18:37-Griff Owens-M65-1-Prestatyn; 67-18:39-Stewart Thorp-M60-4-Oxford City/S Counties Vets; 68-18:48-Jim Newberry-M60-5-North Belfast; 69-18:51-Trevor Rayner-M50-16-Salford; 70-18:54-Paul Jenkins-M35-12-North Belfast; 71-18:58-Mark Iley-M50-17-Ilkley; 72-19:00-Peter Young-M65-2-Ryde/S West Vets; 73-19:04-Chris Mason-M60-6-S Derbyshire; 74-19:05-Ruth Watchorn-Rice-W45-2-Staffordshire M /Fire Service; 75-19:12-Michelle Buckle-W35-4-Newcastle (Staffs); 76-19:15-Neil Muir-M45-13; 77-19:23-Michael Wakefield-M60-7-Salford; 78-19:25-Caroline Wood-W50-1-Arena 80; 79-19:26-Des Michael-M60-8-Barnet/S Counties Vets/Police; 80-19:29-David Spencer-M50-18-Midland M; 81-19:32-Mark Leggett-M50-19-Denby Dale; 82-19:33-Jayne Baldwin-W45-3-Doncaster/Trail Running /E Vets; 83-19:36-Beth Massey-W50-2-Ilkley; 84-19:37-Claire O'Connor-W35-5-Salford; 85-

19:38-Claire Simpson-W35-6-Jarrow & H; 86-19:39-Gwen Kinloch-W50-3-Burden; 87-19:41-Angela Delaney-W45-4-Southport W; 88-19:43-Sue Phillips-W50-4-Darlington H; 89-19:50-Geoffrey Cumber-M65-3-Halifax; 90-19:51-Peter Hall-M70-1-Barrow & F; 91-19:53-Steph Spencer-W40-1-Derby/Midland M; 92-19:54-Katrina Oddy-W45-5-Halifax; 93-20:02-John Conroy-M50-20-Bury/N Vets; 94-20:06-Heather Robinson-W50-5-Jarrow & H; 95-20:08-Lesley Leggett-W55-1-Denby Dale; 96-20:08-Les Haynes-M70-2-Bingley; 97-20:08-Michael Smedley-M65-4-Derby/Midland M; 98-20:08-Caroline Wheelhouse-W55-2-Doncaster; 99-20:09-Wendy Swift-W40-2-Newcastle (Staffs); 100-20:12-Debbie Hope-W40-3-Staffordshire M; 101-20:34-John Batchelor-M70-3-Ilford/Veterans; 102-20:38-Alan Newman-M55-7-Paddock Wood/S Counties Vets; 103-20:39-Dave Beattie-M65-5-Crawley/S Counties Vets; 104-20:41-Deborah Blakeman-W35-7-W & Bilston; 105-20:54-Christine Kilkenny-W60-1-Cannock & Stafford/Midland M; 106-20:56-Janice Needham-W60-2-Rochdale; 107-20:58-William Allan-M65-6-Tadcaster; 108-21:01-Stan Curran-M65-7-Salford; 109-21:03-Fred Gibbs-M70-4-Bingley/N Vets; 110-21:10-Sue Cooper-W55-3-Southport /Northern Vets; 111-21:25-Roger Wilson-M70-5-Stratford-upon-Avon/Midland M; 112-21:29-Michelle Murthy-W45-6-N Vets; 113-21:30-Mel Walker-M70-6-Burden 114-21:33-Anne Dockery-W65-1-E Vets; 115-21:39-Clive Owen-M65-8; 116-21:40-Dot Kesterton-W60-3; 117-21:42-Pete Cartwright-M70-7-Clydesdale/Scot Vets H; 118-21:50-Jane Morley-W60-4-Wolds Vets/N Vets; 119-21:53-Rachel Tweedie-W40-4-Newcastle (Staffs); 120-21:56-Dany Robson-W40-5-C le Moors; 121-22:01-Judith Boardman-W45-7-N Vets; 122-22:06-Brian Campbell-M65-9-Clydesdale/Scot Vets H; 123-22:10-Bobby Young-M65-10-Clydesdale/Scot Vets H; 124-22:16-David Spencer-M75-1-Barrow & Furness/N Vets; 125-22:22-James Lambe-M45-14-Sale; 126-22:23-Hayley Winder-W35-8-Salford; 127-22:25-Sidney Sacks-M70-8-Salford; 128-22:25-Steve James-M75-2-Southport /Northern Vets; 129-22:26-Martin Phillips-M50-21-Darlington H; 130-22:27-Dennis Moran-M65-11-Salford; 131-22:28-Andy Warburton-M50-22-Burden; 132-22:33-Russ Chew-M50-23-Royton/NVets; 133-22:36-Alan Taylor-M40-17; 134-22:39-Dot Fellows-W65-2-Can & Stafford; 135-22:45-Dianne Priestley-W60-5-Kendal; 136-22:50-Roland Bowness-M65-12-Salford H; 137-22:51-Alexander Davidson-Elliott-M70-9-Birchfield H; 138-23:20-Watson Jones-M70-10-Clydesdale; 139-23:31-John Smithurst-M75-3-Bingley; 140-23:36-David Tomlinson-M70-11-N Vets; 141-23:45-Denise Wakefield-W55-4-Salford H; 142-23:48-Sue James-W60-6-Paddock Wood/S Counties Vets; 143-23:53-Walter McCaskey-M75-4-Edinburgh; 144-24:15-Edmond Simpson-M75-5-Overton/Veterans; 145-24:16-Mike Barnes-M70-12-Bolton/N Vets; 146-24:20-Roger Harrison-Jones-M75-6-Prestatyn; 147-24:29-Pauline Rich-W65-3-Worthing Striders/Veterans; 148-26:20-Brian Campbell-M80-1-Midland M; 149-27:29-Brenda Jones-W70-1-Bro Dysynni; 150-29:27-Rose Webb-W65-4-Radley; 151-37:37-James Munn-M75-7-Scot Vets; 152-43:06-Arthur Walsham-M80-2-Salford; N Vets;

## Forthcoming BMAF Road Race Championships for 2013

**10K** : Pollok Country Park Glasgow 18/08/2013  
SVHC.A hard copy of the entry form is on the back page of the spring edition of Master Athletics. Please note that non members of the BMAF have paid an additional £ 3-00 to enter this race and on this occasion they will be entitled to win individual and team medals.

I intend to review this entitlement with the BMAF executive as there is a school of thought that this arrangement reduces the need to be a paid up member of an affiliated Master's Club. This review will not apply to the road relays.

**Marathon:** Newcastle Town Marathon 27/10/2013  
**VAA-NE**



## MASTERS ATHLETICS SUMMER 2013.

Please note: A change of race headquarters. I quote from the race director George Routledge:  
*Due to circumstances out of our control - (the City Council has decided to refurbish the Exhibition Park Café and footpaths) we have changed the Race Headquarters from the Café to a nearby pub!*  
*The Pub is nearer to the Car Park and is only 200 meters from the Start. I am confident this will be a popular change of venue.*

### Planning for 2014

The mapping of BMAF Road Race Championships dates/locations for 2014 is nearly complete and when all confirmed will be posted on the web site:

### Provisional calendar for 2014.

**10 Miles:** To be located in the North of England Veterans AA-NE area. I am aiming for early spring.

**Gear 10K:** Kings Lynn, EVAC Area. 4<sup>th</sup> May.

**Road Relays:** Birmingham. 17<sup>th</sup> May.

**5K:** Horwich. Mid June.

**Half Marathon:** South West VAC area. Salisbury 19<sup>th</sup> October.

**Marathon:** I am hoping to offer members an opportunity to compete in a well established Marathon on an attractive course. Further information will be posted on the web site as soon as it becomes available.

With the increase in the popularity of Multi Terrain running, the BMAF Executive have agreed to support an inaugural BMAF Multi Terrain Championships for 2014. I am delighted to announce that this will be promoted at the very popular Bewl 15 on the 6<sup>th</sup> July. I am confident that this will be a very positive day to remember. It will be the 15<sup>th</sup> year and Wadhurst Runners in Sussex organise a 5 star event. Please book this event in your diary.

### Walter Hill. BMAF Road Race Sec.

## BEST O35 PERFORMANCES 2013

### Source Power of ten rankings

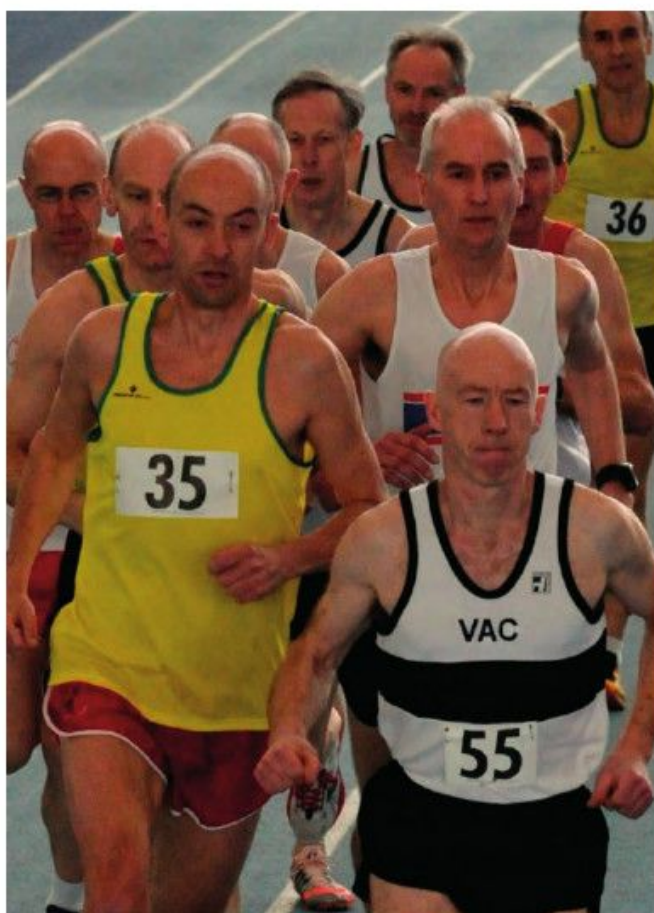
Event	perf	name	venue	date
100	10.17/0.6	Dwain Chambers	Gateshead M35	21/6
200	22.47/1.3	Nengi Ossal	Newham M35	29/5
400	50.35	Lawrence Balrd	Manchester M35	22/6
800	1:49.59	Tony Whiteman	Watford M40	30/6
1500	3:45.21	Tony Whiteman	Loughborough M40	19/5
3000	8:25.64	Matthew Barnes	Manchester M35	8/6
5000	14:21.90	Matthew Barnes	Solihull M35	18/5
10000	30:02.52	Darren Deed	Parliament Hill M35	6/6

3000sc	9:38.2	Chris Greenwood	Horsham M35	18/5
10K Road	30:13	Alan Buckley	Manchester M35	26/5
H Mar	66:40	Steven Way	Bath M35	3/3
Mar	2h24:01	Mark Couldwell	London M35	21/4
110H	16.47 / 0.6	Peter Davey	Ashford M35	25/5
400H	58.68	Neal Edwards	Eton M40	15/6
HJ	1.78	James Quirk	Yeovil M35	25/5
PV	4.50	Mark Johnson	Manchester M45	8/6
LJ	6.46 /1.0	Andy Lewis	Milton Keynes M35	18/5
TJ	15.43 /1.1	Julian Golley	Hendon M40	29/6
SP	18.75l	Scott Rider	Cardiff M35	10/3
DT	52.57	Kevin Brown	Burton M45	26/6
HT	70.48	Mike Floyd	Manchester M35	22/6
JT	59.28	Keith Beard M50	The Hague, NED	2/6
20K Walk	1h37:31	Michael George	Douglas (IOM) M45	2/3
WOMEN				
100	12.31 /-2.3	Ellena Ruddock	Leicester W35	26/5
200	24.96/-1.0	Ellena Ruddock	Loughborough	9/6
400	57.16	Susie McLoughlin	Kingston W35	25/5
800	2:07.90l	Celia Taylor	Bratislava W35	27/1
1500	4:27.43l	Celia Taylor	Cardiff	13/1
3000	8:50.16l	Helen Clitheroe	Birmingham W35	16/2
5000	16:19.66	Andrea Whitcombe	Palo Alto, USA W40	28/4
10000	40:59.6	Nicola Green	Cudworth W40	6/2
2000sc	7:48.03	Jo Locker	Bromley W35	18/5
H Mar	71:46	Helen Clitheroe	New Orleans W35	24/2
Mar	2h36:52	Hayley Haining	London W40	21/4
100H	16.82	Lorna Rogers	Dundee W35	12/5
400H	69.5	Kate Brook	Twickenham W35	18/5
HJ	1.76l	Ayamba Akin	Loughborough W40	2/2
PV	3.00l	Trudy Carter	Cardiff W40	3/2
LJ	5.37	Helen Channon	Ewell W35	8/6
TJ	14.06 / 1.5	Yamilé Aldama	Eugene, USA WORLD RECORD	1/6
SP	14.87l	Eleanor Gatrell	Carshalton W35	17/3
DT	49.65	Sarah Henton	Manchester W40	23/6
HT	50.70	Andrea Jenkins	Luton W35	12/5
JT	32.75	Caroline Garrett	Portsmouth W45	20/4



# ENGLAND ATHLETICS MASTERS INTER-AREA LEE VALLEY, 7<sup>th</sup> APRIL. Words: Arthur Kimber Pictures: Tom Phillips:

**S**ix regional clubs took part in this inaugural fixture and after a very competitive day SCVAC finished ahead in both men's and women's sections and so won the event overall.



**A big field in the the 1500 metres , Andy Cunningham 35 was the winner.**

In the men's competition M70 John Batchelor, SCVAC, won a fine double, 800m. in 2:48.5 and 3000m. in 12:01.7, while in the field, M60 Paul Oakes, also SCVAC, won both high and long jumps, 1.41 and 4.74. For EVAC sprinter Ricky Huskisson, M50, took the 60m. and 200m, 7.68 and 24.9, while M60 David Butler won both 1500m. and 3000m, 4:38.3 and 10:01.9.

Other notable performances came from EVAC's Mark Collins, with a win in the 200m, 23.7, and a second place 60m. in 7.3, just edged out by SCVAC's Joshua Wood, 7.2, and SWVAA's M60 Ray Watkins, who ran a very fast 400m. in 57.8 and took two second places, 60m. in 8.1, given the same time as SCVAC winner Wally Franklyn and 200m. in 25.9. Middle distance M60 World Record holder David Oxland, MMAC, won the 800m. in 2:22.9, took two second places in the

1500m, 4:43.0, and 3000m, 10:20.7 and then two more points for a fifth place in the 60m, not quite his event! to become the highest scorer in the match with 18 points. SCVAC won three of the four medley relays, M35, M50 and M70, with EVAC taking the M60.

In the women's match two sprinters, a middle distance runner and a heptathlete, stood out. Indoor world double gold medallist Ellena Ruddock, W35 from MMAC, won the 60m in 8.0, just edging out SCVAC's Latisha Moulds, who was given the same time, and the 200m. in 25.7, again ahead of Latisha.



**Kirstin King  
double in W50  
sprints.**

W50 Kirstin King for SCVAC took the 60m. in 8.6 and 200m. in 28.7, while W50 Karen Brooks for MMAC won both 800m, 2:35.9, and 1500m, 5:09.7. Diana Norman, SCVAC and W35, won the 400m. in 64.1, the 800m. in 2:24.9 and took second place in the triple jump with 8.93, to amass 17 points, highest in the women's competition. MMAC took two relays, W50 and W60, while VAC won the W35.

The trophies were presented, appropriately, by Jean Mullane, widow of Danny, a long standing and hardworking EAMA stalwart, and after such a successful inaugural meeting, it has been decided to continue this fixture in future years.

## RESULT:

**OVERALL:** 1 SCVAC 413; 2 EVAC 351; 3 VAC 271; 4 MMAC 215; NIMAA 47; SWVAC 39; **MEN:** 1 SCVAC 240; 2 EVAC 200; 3 VAC 150; 4 MMAC 95; 5 SWVAC 39; 6 NIMAA 37; **WOMEN:** 1 SCVAC 173; 2 EVAC 151; 3 VAC 121; 4 MMAC 120; 5 NIMAA 10;

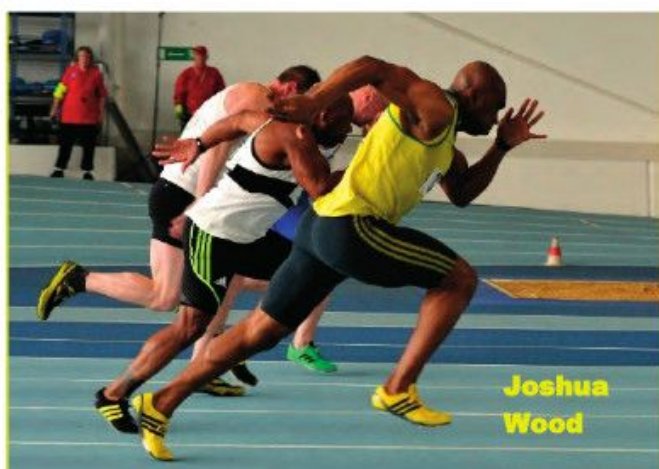
## M35:

**60:** 1 Joshua Wood SC 7.2; 2 Mark Collins EV 7.3; 3 Rohan Samuel VAC 7.5; **200:** 1 Collins 23.7; 2 Adam Bellos SC 23.8; 3 Martin White MM 24.4; **400:** 1 Michael Gardiner MM 51.4; 2 Bellos 51.9; 3 David Elderfield VAC 56.5; **800:** 1 Peter Straiton EV 2:08.9; 2 Jason Steel SC 2:18.4; **1500:** 1 Andrew Rolt SC 4:33.5; 2 Adrian Copp EV 4:40.2; **3000:** 1 Keith Shiels NI 8:59.2; 2 Ian Johnston SC 9:29.7; 3 Copp 9:57.8; **60H:** 1 Joe Appiah SC 8.6; 2 Dave Stephenson EV 13.8; **HJ:** 1 Keith Newton SC 1.55; 2 Simon Eastwood EV 1.50; **PV:** 1 Gavin Showell MM 4.05; 2 John Andrew SC 3.70; 3 Eastwood 3.40; **LJ:** 1 Neil Lincoln SC 5.93; 2 Stuart Channon VAC 5.66; 3 Paul Harrison 4.66; **TJ:** 1 Newton 12.42; 2 Seamus McAteer NI 10.06; 3 Dave Shields VAC 9.65; **SP:** 1 Gintas Degutis EV 15.22; 2 Will Stuart 12.41; 3 Samuel Moylan 8.70; **2kW:** 1



## MASTERS ATHLETICS SPRING 2013

Francisco Reis SC 9:19.5; 2 Peter Hannell VAC 11:47.4; 3 Dave Stephenson EV 12:05.0; **Medley:** 1 SC 4:02.3; 2 VAC 4:20.4; 3 NI 4:23.8;



**Joshua Wood**

### M50:

**60:** 1 Ricky Huskisson EV 7.7; 2 John Staham MM 7.9; 3 Pat Logan SC 7.9; **200:** 1 Huskisson 24.9; 2 Logan 25.1; 3 Statham 26.0; **400:** 1 Kermit Bentham SC 55.3; 2 Terry James EV 58.2; 3 Mal Cowton SW 59.0; **800:** 1 David Wilcock SC 2:18.7; 2 Andy Gannaway VAC 2:18.7; 3 Malcolm Down EV 2:20.7; **1500:** 1 Andy Cunningham SC 4:32.0; 2 Tony Tuohy VAC 4:34.0; 3 Mile Hager MM 4:38.0; **3000:** 1 Tuohy 9:43.6; 2 Mick Bridgeland EV 9:50.5; 3 Andy Kelleher SC 9:54.7; **60H:** 1 Glen Reddington SC 9.1; 2 James 9.3; 3 Peter Ley VAC 10.9; **HJ:** 1 Guy Dixon SW 1.55; 2 John Mayor EV 1.55; 3 Clemont Leon SC 1.50; **PV:** 1 Alan Leiper SC 3.20; 2 John Bradley MM 2.70; 3 Peter Ley VAC 2.50; **LJ:** 1 Mayor 5.15; 2 Steve Langford SC 4.84; 3 Ken Jackson SW 4.73; **TJ:** 1 Langford 9.10; 2 Richard Phelan EV 10.01; 3 Cliff Warren VAC 9.84; **SP:** 1 Mark Middleton MM 12.99; 2 Tony Tipping SC 12.75; 3 Graeme Packman EV 9.85; **2KW:** 1 Steve Allen SC 10:22.7; 2 Shaun Lightman VAC 11:22.2; 3 Keith Richards 11:48.1; **MEDLEY:** 1 SC 4:08.6; 2 EV 4:14.2; 3 VAC 4:14.5;

### M60:

**60:** 1 Wally Franklyn SC 8.1; 2 Ray Watkins SW 8.1; 3 Ian Foster EV 8.4; **200:** 1 Alastair Ross EV 25.8; 2 Watkins 25.9; 3 Franklyn 26.1; **400:** 1 Watkins 57.8; 2 Derek Wardle VAC 64.6; 3 Terry Bissett SC 66.3; **800:** 1 David Oxland MM 2:22.9; 2 Ed Connolly VAC 2:29.8; 3 Alasdair Gibson EV 2:33.3; **1500:** 1 Dave Butler EV 4:38.3; 2 Oxland 4:43.0; 3 Peter Kennedy VAC 4:56.6; **3000:** 1 Butler 10:01.9; 2 Oxland 10:20.7; 3 Michael Man VAC 11:30.1; **HJ:** 1 Paul Oakes SC 1.41; 2 Allan Cheers VAC 1.20; 3 William Bradley EV 1.20; **LJ:** 1 Oakes 4.74; 2 Cheers 3.94; 3 Bradley 3.41; **SP:** 1 Neil Griffin SC 13.10; 2 Tony Richards EV 11.97; 3 David Kuester VAC 9.70; **MEDLEY:** 1 EV 4:32.6; 2 VAC 5:02.4; 3 SC 5:18.3;

### M70:

**60:** 1 Allan long VAC 8.9; 2 Alan Carter EV 9.5; 3 Colin Field SC 9.7; **400:** 1 John Garber EV 76.3; 2 Alan Sowden SC 84.8; 3 Geoff Hudson MM 86.3; **800:** 1 John Batchelor SC 2:48.5; 2 Garber 2:55.5; 3 Barry Swindells MM 3:07.6; **3000:** Batchelor 12:01.7; **HJ:** 1 Roger Bruck SC 1.20; 2 Michael Gilmore NI 1.10; **LJ:** 1 Long 4.08; 2 Bruck 3.38; 3 Ian Miller EV 1.50; **SP:** 1 Miller 9.58; 2 Brian Harlick SC 9.14; 3 Kevin Burnett VAC 6.39; **MEDLEY:** SC 5:29.8;

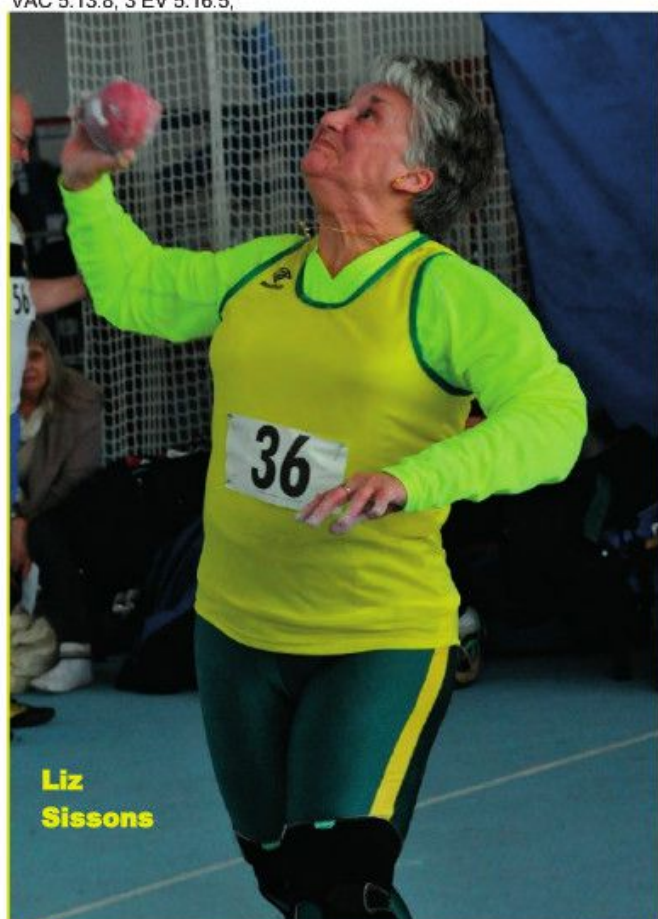
### W35:

**60:** 1 Ellna Ruddock MM 8.0; 2 Latisha Moulds SC 8.0; 3 Helen Channon VAC 8.2; **200:** 1 Ruddock 25.7; 2 Moulds 26.6; 3 Karen Hindle EV 28.5; **400:** 1 Diana Norman 64.1; 2 Lisa Webb VAC 67.3; 3 Rosie Canham EV 68.2; **800:** 1 Norman 2:24.9; 2 Stacy McGivern EV 2:28.3; 3 Cara Oliver VAC 2:32.3; **1500:** 1 Anna Critchlow EV 5:03.5; 2 Lisa Webb VAC 5:03.6; 3 Helen Stockdale NI 5:25.3; **3000:** 1 Jo Locker VAC 10:19.9; 2 Critchlow 11:04.3; 3 Caroline Wood SC 11:20.6; **60H:** 1 Kay Reynolds SC 10.1; 2 McGivern 11.5; 3 Louise Oliver MM 12.3; **HJ:** 1 McGivern 1.50; 2 Imeta Barauskiene SC 1.35; 3 Louise Oliver 1.35; **PV:** 1 Kate Alexander EV 2.80; 2 Louise Kelly SC 2.70; 3 M Newton VAC 2.20; **LJ:** 1 Channon 5.09; 2 Alexander 4.63; 3 Louise Oliver 4.61; **TJ:** 1 Monica Brown EV 9.12; 2 Norman 8.93; 3 Christine Taylor MM 8.51; **SP:** 1 Carol Parker MM 11.72; 2 Sue Lawrence SC 10.1; 3 Tessa Stephenson EV 7.42; **2KW:** 1 Sue Davies SC 12:16.0; 2 Tessa Stephenson EV 15:45.1; **Medley:** 1 VAC 4:34.2; 2 EV 4:43.4; 3 SC 4:46.0;

### W50:

**60:** 1 Kirstin King SC 8.6; 2 Carole Filer EV 9.0; 3 Sue Wisdom VAC 9.1; **200:** 1 King 28.7; 2 Sue Frisby MM 31.1; 3 Gaye Clarke EV 31.3; **400:** 1 Lyn Talbert SC 68.6; 2 Chris Feely EV 72.5; 3 Anna Garnier VAC 77.1; **800:** 1 Karen Brooks MM 2:35.9; 2 Maureen McCarthy EV 2:40.0; 3 A Sanders-Reece VAC 2:50.0; **1500:** 1 Brooks 5:09.7; 2 McCarthy 5:18.7; 3 Sanders-Reece 5:39.7; **3000:** 1 Sanders-Reece 12:27.8; 2 Jenny Hughes SC 12:33.0; **HJ:** 1 Frisby 1.41; 2 Clarke 1.38; 3 Teresa Eades SC 1.11; **PV:** 1 Sue Yeomans SC 2.50; 2 Carole Filer EV 1.80; **LJ:** 1 Filer 4.50; 2 Janice Pryce MM 4.06; 3 M Rowley-Jones 3.98;

**TJ:** 1 Pryce 9.38; 2 Eades 8.47; 3 Filer 8.45; **SP:** 1 Vilma Thompson SC 9.58; 2 Clarke 7.60; 3 Fiona Argent VAC 6.66; **2KW:** 1 Helen Middleton EV 11:25.6; 2 Noel Blatchford SC 12:52.8; **MEDLEY:** 1 MM 5:03.0; 2 VAC 5:13.8; 3 EV 5:16.5;



**Liz Sissons**

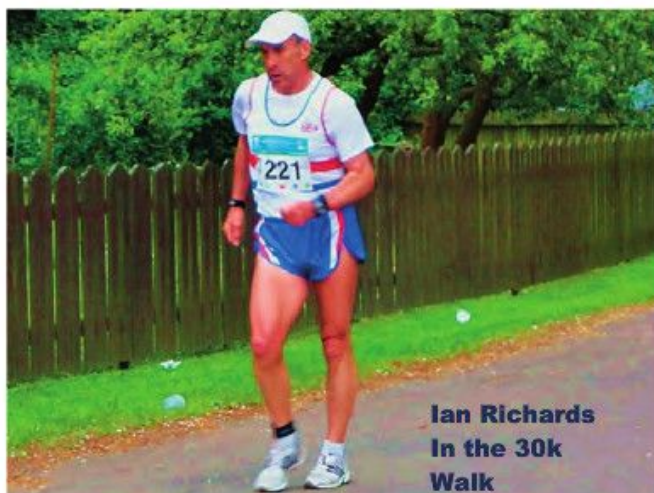
### W60:

**60:** 1 Viv Bonner SC 9.2; 2 Sally Hine MM 9.9; 3 Anne Nelson VAC 10.1; **400:** 1 Caroline Marler SC 71.0; 2 Angela Copson MM 79.8; 3 Julie Hancock EV 1:42.2; **800:** 1 Nancy Hitchmough MM 2:41.1; 2 Marler 2:52.9; 3 Ros Tabor VAC 2:56.1; **3000:** 1 Copson 12:01.1; 2 Sue James SC 13:35.1; 3 Ann Bath VAC 15:55.6; **HJ:** Emily McMahon VAC 1.14; 2 Hine 1.14; 3 Lyn Ahmed SC 1.11; **LJ:** 1 Ahmed 3.26; 2 Nelson 3.12; 3 Hine 3.05; **SP:** 1 Liz Sissons SC 8.97; 2 McMahon 7.12; 3 Jan Lawson EV 7.02; **MEDLEY:** 1 MM 5:20.9; 2 SC 5:32.0; 3 VAC 6:00.8;

**EUROPEAN VETERANS  
NON-STADIA  
CHAMPIONSHIPS – UPICE,  
CZECH REPUBLIC –  
24/26<sup>th</sup> MAY. Words and  
Pictures from Arthur  
Kimber  
A World Record and four  
Gold medals for Ian  
Richards**

A small British team competed in the championships and the outstanding performances came from Ian Richards, newly in the M65 age group, who broke the world record in the 30k. Race walk with a time of 2:47:15, winning by a massive margin of over 30 minutes. Ian also took gold in the 10k. with 52:33, and dropping down to the M60 group joined John Hall and David Kates for two gold team medals, 10k. team total time 2:52:31 and 30k. team total time 9:27:34.



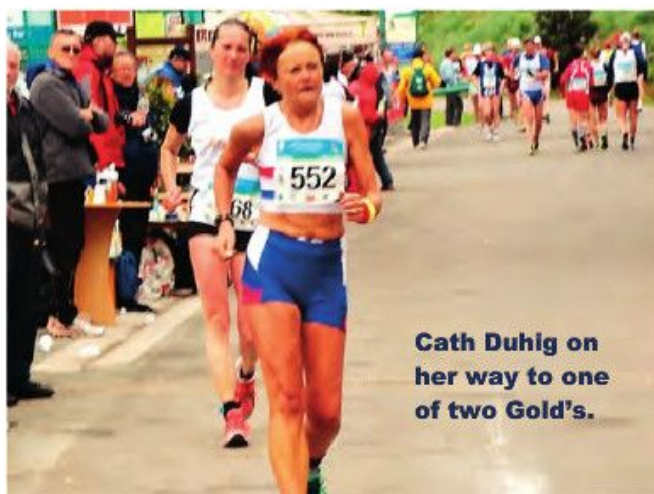


**Ian Richards  
in the 30k  
Walk**

Overall the race walkers were the British success story. W55 Cath Duhig won two golds, 10k. in 1:03:13, and 20k. in 2:10:52, and Maureen Noel, W45, two silvers, 10k. in 1:01:13 and 20k. in 2:04:24. Other male gold medallists were M75 Arthur Thomson, 10k. in 1:00:39 and 30k. in 3:19:02 and M70 Edmund Shillabeer, 3:15:08 in the 30k. Edmund also took fourth place in the 10k, 1:02:56.

M60 John Hall, to add to his team gold medals, won two silvers in the individual races, 54:43 for 10k. and 3:03:08 for 30k, and M50 Francisco Reis also won two silvers, 10k. in 50:25 and 30k in 2:44:34, while M80 Eric Horwill won a silver in the 10k. with 1:18:31. M55 Steve Uttley won a bronze medal, 53:58 in the 10k. and a creditable fourth place in the 30k, 2:59:22. Steve Uttley, with Steve Allen, dropped down to the M50 team to join Francisco for two more gold team medals, 2:39:56 in the 10k. and 8:53:11 in the 30k, and Eric Horwill and Arthur Thomson dropped down to join Edmund Shillabeer to secure fourth place in 3:22:06 in the 10k. team race.

The runners, facing tough competition, had more limited success. In the 10k. the best performances came from Alex Rowe, tenth in the M55 group with a fast 37:37 and Lee Barlow, eighth in the M40 in 35:58. The only medals came in the team race where M75 Arthur Kimber joined Dave Beattie and Alan Davidson to make an M65 team and win bronze medals in 2:27:27. The M50 team of Trevor Rayner, Ken Mortimer and Paul Cackette took fifth place in 2:03:23 and the M55 team of Alex Rowe, Paul Williams and John Collier sixth in a faster 1:58:04.



**Cath Duhig on  
her way to one  
of two Gold's.**

The half marathon runners faced a hard course with the second half tougher than the first. M65 Geoff Newton ran well to win the only individual British medal, a bronze in 1:32:17 and Alex Rowe ran a fast 1:21:32 to take seventh

place in the M55 group. Two teams just missed out on bronze medals, both taking fourth place, the M40s, Trevor Rayner, Alan Roberts and Lee Barlow in 4:21:19 and the faster M55s, Geoff Newton dropping down to join Alex Rowe and John Collier with 4:21:07.

In the cross Country relay, over an undulating course that was more demanding than the usual relatively flat field, two sets of bronze medals were won, by the 3x4k, M50 team of Paul Cackette, Andrew Kirkhope and Trevor Rayner with 56:14 and the 3x2k. M65 team of Alan Davidson, John Heywood and David Beattie in 30:21.

After the races in the relatively remote Upice, many athletes returned to Prague to spend a short break day or two there before flying home.

#### 10K RACE WALK:

**W35:** 1 BIANCA SCHENKER GER 54:20; 2 BRIT SCHRÖTER GER 55:23; 3 WALLNEROVÁ BLANKA SVK 1:03:50; **W40:** 1 NAUMANN MARIT FRA 55:24; 2 BOROVICKOVÁ LENKA CZE 57:24; 3 NICOLE HÖRL GER 57:51; **W45:** 1 NICOLAS MYRIAM BEL 57:29; **2 NOEL MAUREEN GBR 1:01:13;** 3 MÁLKOVÁ ANNA CZE 1:02:58; **W50:** 1 NATALYA TEREYTYEVA RUS 57:07; 2 JANINA LUNIEWSKA POL 1:00:55; 3 ILONA KIRCHESCH GER 1:04:50; **W55:** 1 **DUHIG CATH GBR 1:03:31;** 2 MARTINE MOURGUES FRA 1:04:21; 3 MARITA ECHLE GER 1:07:21; **W60:** 1 DOROTHEA GROLIG AUT 1:03:06; 2 ZURAVLOVA RITA LAT 1:03:47; 3 CLAUDINE ANXIONNAT FRA 1:04:47; **W65:** 1 ANTONINA TYSHKO UKR 1:06:17; 2 URSULA KLING GER 1:11:18; 3 HEIDRUN NEIDEL GER 1:11:29; **W70:** 1 GISELA THEUNISSEN GER 01:11:39; 2 VIKTORIA ZICKERT GER 1:13:09; 3 URSULA HERRENDOERFER GER 1:13:58; **W75:** 1 ELBING HELENE GER 1:21:21; 2 ERNA ANTRITTER GER 1:28:51; **M35:** 1 GRZEGORZ GRINHOLO POL 48:27; 2 ALEXANDER MAIER AUT 58:11; **M40:** 1 STEFFEN BORSCH GER 45:55; 2 JOACHIM MAIER GER 52:35; 3 SIRAGUSA GIANNI ITA 53:13; **M45:** 1 PRIETO ADANERO MIGUEL ANGEL ESP 45:47; 2 STEFFEN MEYER GER 49:59; 3 DICK GNAUCK GER 52:14; **M50:** 1 KLEBAUSKAS ARUNAS LTU 48:43; **2 REIS FRANCISCO GBR 50:25;** 3 NASO ANDREA ITA 51:23; **M55:** 1 MIROSLAW LUNIEWSKI POL 51:47; 2 HELMUT PRIELER GER 52:51; **3 UTTLEY STEVEN GBR 53:58;** 5 ALLEN STEVE GBR 55:33; 15 PENDER SEAN GBR 1:07:22; **M60:** 1 RUZZIER FABIO SLO 52:21; **2 HALL JOHN GBR 54:43;** 3 PAVLO ZHYRKOV UKR 55:40; 15 KATES DAVID GBR 1:05:25; **M65:** **1 RICHARDS IAN GBR 52:23;** 2 FORMENTIN ETTORINO ITA 55:33; 3 VOLKER DYKAS GER 56:39; 5 MCMULLIN JOHN IRL 59:45; **M70:** 1 KÁNSKÝ VLADIMÍR CZE 1:00:49; 2 ALEXANDR SARTAKOV RUS 1:00:53; 3 KARL DEGENER GER 1:01; 4 SHILLABEER EDMUND GBR 1:02:56; **M75:** **1 THOMSON ARTHUR GBR 1:00:39;** 2 MYKOLA PANASEIKO UKR 1:05:16; 3 GERNOT MITTAG GER 1:13:58; **M80:** 1 IVAN PUSHKIN UKR 1:13:19; **2 HORWILL ERIC GBR 1:18:31;** **M85:** 1 GÜNTER CIESIELSKI GER 1:18:57; 2 BALCARÍK ALOIS CZE 1:28:33; **TEAMS:** **W35 GER 2:47:34; W45 LAT 3:21:14; W50:** 1 **RUS 3:10:29;** 2 **GER 3:30:54; W55:** 1 **UKR 3:20:45; 2 AUT 3:27:17; 3 GER 3:30:08; W60:** **LAT 3:50:56; W70 GER 3:38:46; M35-1 POL-2:38:18; 2 AUT-2:48:03; M40-ITA-2:47:45; M45-GER-2:42:14; M50-GBR-2:39:56; M55-1 GER-2:46:01; 2-ITA-3:02:39; M60-1 GBR-2:52:31; 2-2-UKR-2:56:24; 3-GER-3:05:37; M65-1 GER-3:01:58; 2-UKR-3:11:12; 3-LAT-3:17:37 M70-1 GER-3:08:45; 2-CZE-3:18:56; 3-LAT-3:21:44; 4-GBR-3:22:06; M75-GER 3:50:47;**

#### 10K ROAD RACE



**Dave Beattie, Arthur Kimber, Alan Davidson.**

**W35:** 1 MELANIE KLEIN-ARNDT GER 0:37:01; 2 SAVORANA SILVIA ITA 0:38:19; 3 HÁJKOVÁ RENATA CZE 0:39:21; **W40:** 1 SEKYROVÁ IVANA CZE 0:36:35; 2 METELKOVÁ TAĀNA CZE 0:37:50; 3 BIANCA STANIENDA GER 0:39:15; **W45:** 1 VERONIKA ULRICH GER 0:38:05;



2 TANJA NEHME GER 0:40:04; 3 ULRIKE MAYER-TANCIC GER 0:40:15; **W50:** 1 IRMI KUBICKA AUT 0:38:31; 2 IRMGARD LEIBL GER 0:41:05; 3 FRISONI SUSI ITA 0:41:53; **W55:** 1 BRIGITTE HOFFMANN GER 0:39:30; 2 LORENZONI MARIA ITA 0:40:24; 3 PAULŮ BLANKA CZE 0:40:32; **W60:** 1 LIDIA ZENTNER GER 0:41:04; 2 STEFICA GAJIC CHE 0:41:47; 3 SYLVIANE MARGUIN LEVESQUE FRA 0:42:08; **W65:** 1 ELS RAAP NLD 0:46:23; 2 GABRIELE ROST-BRASHOLZ GER 0:53:07; 3 ROCNAKOVA MILOSLAVA CZE 0:53:22; **W70:** 1 RIMMA VASINA RUS 0:47:07; 2 REINTRAUT RATTAY GER 0:56:34; 3 ROSEMARIE MAROLF CHE 1:07:23; **W75:** 1 ELFRIDE HODAPP GER 0:53:05; 2 ELLINGEROVÁ DANA CZE 0:58:35; **TEAM:** **W35:** 1 GER 1:58:41; 2 CZE 2:12:18; **W40:** 1 CZE 1:56:27; 2 GER 2:05:13; **W45:** GER 1:58:24; **W50:** 1 GER 2:10:13; **W55:** 1 GER 2:05:05; 2 CZE 2:16:47; **W60:** 1 CHE 2:13:08; 2 GER 2:29:43; **W65:** 1 GER ELFRIDE HODAPP 2:42:46; 2 CZE 2:49:00; **M35:** 1 STRUYVEN WILLIAM FRA 0:31:47; 2 BLAHA TOMÁŠ CZE 0:32:44; 3 KRÁL JINDŘICH CZE 0:32:45; **M40:** 1 RIBEIRO MICHEL FRA 0:32:27; 2 UWE FRIEDRICH GER 0:32:47; 3 MIETZSCH DENIS GER 0:33:41; 8 BARLOW LEE GBR 0:35:58; **M45:** 1 RYAN GERRY IRL 0:32:03; 2 TRAYNOR MICK IRL 0:32:52; 3 BAART EDO NLD 0:32:56; 6 MARTIN DAMIEN IRL 0:34:21; 17 ROBERTS ALAN GBR 0:42:05; **M50:** 1 MARTIN KÜHNI CHE 0:33:44; 2 MARKUS GERBER CHE 0:34:02; 3 KRATOCHVÍL PAVEL CZE 0:34:56; 14 RAYNER TREVOR GBR 0:38:43; 19 MORTIMER KEN GBR 0:40:06; 27 CACKETTE PAUL GBR 0:44:34; 28 KIRKHOPE ANDREW GBR 0:45:01; **M55:** 1 AXELSSON TORE SWE 0:34:31; 2 OTHMAR HABICHER ITA 0:35:06; 3 OLIVEIRA NARCISO CHE 0:35:16; 10 ROWE ALEX GBR 0:37:37; 20 COLLIER JOHN GBR 0:38:53; **M60:** 1 ALEXEY KRIVONOSOV RUS 0:37:12; 2 KLAUS GOLDAMMER GER 0:37:29; 3 GÜNTER BARTL GER 0:37:44; 6 O'SHEA PATRICK IRL 0:38:33; 16 WILLIAMS PAUL GBR 0:41:34; **M65:** 1 RAPPO DARIO ITA 0:37:29; 2 KAVALLIAUSKAS PETRAS LTU 0:41:15; 3 MÁLEK JAROSLAV CZE 0:42:22; 7 BEATTIE DAVID GBR 0:43:44; 15 DAVIDSON ALAN GBR 0:48:06; **M70:** 1 HERBERT FRÖHLICH GER 0:41:52; 2 BAŠISTA VINCENT SVK 0:42:45; 3 JOACHIM KNORR GER 0:43:01; **M75:** 1 KLEMENS WITTIG GER 0:44:34; 2 FRIEDEL OEMUS GER 0:45:29; 3 GREGORIO LIBERATO SABLONE ITA 0:47:36; 11 KIMBER ARTHUR GBR 0:55:37; **M80:** 1 BUCHAR JAN CZE 0:59:16; 2 MATZNER KAREL CZE 1:01:58; 3 PETTERSSON ARNE SWE 1:07:00; **M85:** 1 SIMKIN SEMION ISR 1:14:24; 2 SOUKUP JIŘÍ CZE 1:24:02; **TEAMS:** **M35:** 1 CZE 1:38:26; 2 RUS 2:14:19; **M40:** 1 GER 1:41:12; 2 AUT 1:50:42; 3 CZE 1:51:03; **M45:** 1 IRL 1:39:16; 2 CZE 1:45:34; 3 GER 1:55:21; **M50:** 1 CHE 1:47:14; 2 CZE 1:49:17; 3 GER 1:53:52; 5 GBR 2:03:23; **M55:** 1 GER 1:49:49; 2 UKR 1:51:49; 3 CHE 1:52:24; 6 GBR 1:58:04; **M60:** 1 GER 1:54:04; 2 CZE 1:59:35; 3 RUS 2:00:31; **M65:** 1 GER 2:16:17; 2 CZE 2:16:48; 3 GBR 2:27:27; **M70:** 1 GER 2:08:13; 2 CHE 2:21:56; 3 RUS 2:39:03; **M75:** 1 GER 2:20:20; 2 RUS 2:42:23; **M80:** CZE 3:25:16;

#### WOMEN XC 3x2k

**W35:** 1 GER 26:03; 2 CZE 27:03; **W40:** 1 CZE 23:46; 2 GER 28:20; **W45:** 1 GER 24:55; 2 CHE 28:14; 3 CZE 29:09; **W50:** GER 28:28; **W55:** 1 GER 27:38; 2 CZE 29:37; **W60:** CHE 29:11; **W65:** 1 CZE 37:03; 2 CHE 38:26;

#### MEN XC 3x4k

**M35:** 1 CZE 41:58; 2 GER 46:34; 3 CHE 47:44; **M40:** 1 GER 43:19; 2 AUT 45:33; 3 CZE 51:39; **M45:** 1 IRL (MARTIN DAMIEN, TRAYNOR MICK, RYAN GERRY) 43:31; 2 GER 47:20; **M50:** 1 GER 47:22; 2 CZE 47:47; 3 GBR (CACKETTE PAUL, KIRKHOPE ANDREW, RAYNER TREVOR) 56:14; **M55:** 1 GER 47:05; 2 UKR 47:37; 3 CZE 48:05; 5 GBR (COLLIER JOHN, WILLIAMS PAUL, ROWE ALEX) 51:14;

#### MEN XC 3x2K

**M60:** 1 GER 23:44; 2 RUS 24:18; 3 CHE 24:28; **M65:** 1 CZE 27:17; 2 CHE 28:41; 3 CZE 29:20; 4 GBR (DAVIDSON ALAN, HEYWOOD JOHN, BEATTIE DAVID) 30:21; **M70:** 1 GER 27:19; 2 CHE 30:11; 3 RUS 32:44; **M75:** 1 GER 30:51; 2 RUS 34:18;

#### HALF MARATHON

**W35:** 1 SAVORANA SILVIA ITA 1:24:46; 2 HÁJKOVÁ RENATA CZE 1:29:07; 3 DANIELA BACH GER 1:29:22; **W40:** 1 METELKOVÁ TATÁNA CZE 1:22:05; 2 MOHNCKE METTE DNK 1:23:52; 3 BIANCA STANIENDA GER 1:26:49; 7 BARLOW TANYA GBR 1:51:56; **W45:** 1 VERONIKA ULRICH GER 1:22:51; 2 CASTRO SOLEDAD ESP 1:24:22; 3 ULRIKE MAYER-TANCIC GER 1:27:46; **W50:** 1 RAMOS LEON MARISOL ESP 1:26:33; 2 IRMGARD LEIBL GER 1:27:58; 3 JACQUELINE KELLER-WERDER CHE 1:32:37; **W55:** 1 BRIGITTE HOFFMANN GER 1:26:21; 2 CHRISTINE SACHS GER 1:30:40; 3 KRCHÁKOVÁ ALENA CZE 1:32:51; **W60:** 1 STEFICA GAJIC CHE 1:30:27; 2 GALBANI ANNAMARIA ITA 1:33:36; 3 VAQUERO SANCHEZ EMILIA ESP 1:35:01; **W65:** 1 ELS RAAP NLD 1:48:26; 2 GABRIELE ROST-BRASHOLZ GER 1:52:10; 3 THORSELL MAUD SWE 1:56:37; **W70:** 1 RIMMA VASINA RUS 1:45:42; 2 REINTRAUT RATTAY GER 2:04:18; 3 INGE LINDENBAUER AUT 2:27:06; **W75:** 1 ERIKA KELLER CHE 2:07:31; **M35:** 1 OLEKSANDR SHERSTIUK UKR 1:11:54; 2 REMO BARTHEL GER 1:12:00; 3 OLEKSANDR SAMARSKYI UKR 1:12:24; **M40:** 1 RIBEIRO MICHEL FRA 1:11:34; 2 UWE FRIEDRICH GER 1:13:55; 3 ŽÁK JIŘÍ CZE 1:14:12; 7 BARLOW LEE GBR 1:19:27; **M45:** 1 TRAYNOR MICK 1:13:54; 2 OLEG KRAPIVIN RUS 1:14:25; 3 JANČÍK BOŘEK CZE 1:14:58; 4 Damien Martin IRL 1:17:16; 10 ROBERTS ALAN GBR 1:34:12; **M50:** 1 MARTIN KÜHNI CHE 1:13:39; 2 SIEMASZKO

JERZY POL 1:15:15; 3 MARKUS GERBER CHE 1:15:47; 19 RAYNER TREVOR GBR 1:27:39; **M55:** 1 VIKTOR NEDYBALIUK UKR 1:18:11; 2 GERHARD STITZ AUT 1:18:57; 3 MYKOLA DERCACH UKR 1:19:39; 7 ROWE ALEX GBR 1:21:32; 15 COLLIER JOHN GBR 1:27:17; **M60:** 1 MACH FRANTIŠEK 1:22:13; 2 GÜNTER BARTL GER 1:24:03; 3 O SHEA PATRICK IRL 1:26:07; 16 WILLIAMS PAUL GBR 1:34:25; **M65:** 1 WOLFGANG NEHRING GER 1:25:20; 2 KAVALLIAUSKAS PETRAS LTU 1:29:15; 3 NEWTON GEOFF GBR 1:32:17; **M70:** 1 HERBERT FRÖHLICH GER 1:34:50; 2 PETER LESSINGP GER 1:35:22; 3 ÖMER SIRIN GER 1:36:08; 8 BRENNAN PHILIP GBR 1:40:56; **M75:** 1 KLEMENS WITTIG GER 1:38:45; 2 FRIEDEL OEMUS GER 1:43:46; 3 GREGORIO LIBERATO SABLONE ITA 1:44:40; **TEAMS:** **W35:** GER 4:35:48; **W40:** GER 5:02:29; **W45:** 1 GER 4:20:00; 2 ESP 4:27:18; 3 CZE 5:43:28; **W50:** GER 4:44:10; **W55:** 1 GER 4:31:56; 2 CZE 5:43:24; **W60:** 1 CHE 4:53:48; 2 GER 5:52:44; **M35:** 1 UKR 3:40:00; 2 GER 3:50:55; 3 RUS 3:54:15; **M40:** 1 CZE 3:44:31; 2 GER 3:52:14; 3 SVK 4:10:24; 4 GBR 4:21:19; **M45:** 1 CZE 3:53:31; 2 IRL 3:57:17; 3 GER 4:20:14; **M50:** 1 GER 3:54:40; 2 POL 4:04:25; 3 CZE 4:10:22; **M55:** 1 UKR 3:57:41; 2 GER 4:02:27; 3 CZE 4:19:16; 4 GBR 4:21:07; **M60:** GER 4:18:03; 2 CZE 4:19:15; 3 UKR 4:38:21; **M65:** 1 CZE 5:10:01; 2 EST 5:36:21; **M70:** 1 GER 4:46:21; 2 CZE 5:21:02; 3 CHE 5:30:15; **M75:** 1 GER 5:12:51; 2 RUS 6:03:10;

#### 20K WALK

**W35:** 1 BIANCA SCHENKER GER 1:47:31; 2 BRIT SCHRÖTER GER 1:55:47; **W40:** 1 NAUMANN MARIT FRA 1:55:46; 2 BOROVÍČKOVÁ LENKA CZE 2:00:12; 3 NICOLE HÖRL GER 2:02:15; **W45:** 1 NICOLAS MYRIAM BEL 1:58:14; 2 NOEL MAUREEN GBR 2:04:24; 3 MÁLKOVÁ ANNA CZE 2:08:36; **W50:** 1 NATALYA TERYTYEVA RUS 1:59:38; 2 BRIGITTE PATRZALEK GER 2:21:49; 3 SAULITE DACE LAT 2:22:39; **W55:** 1 DUHIG CATH GBR 2:10:52; 2 MARTINE MOURGUES FRA 2:16:05; 3 MARITA ECHLE GER 2:20:07; **W60:** 1 DOROTHEA GROLIG AUT 2:14:08; 2 ZURAVLOVA RITA LAT 2:14:09; 3 ALVAREZ ORDAS AURORA ESP 2:14:13; **W65:** 1 ANTONINA TYSHKO UKR 2:18:28; 2 URSULA KLING GER 2:26:41; 3 HEIDRUN NEIDEL GER 2:27:46; **W70:** 1 GISELA THEUNISSEN GER 2:30:15; 2 VIKTORIA ZICKERT GER 2:31:20; 3 W70 489 LARYSA LEBIDIEVA UKR 2:44:09; **W75:** ERNA ANTRITTER GER 3:03:51; **TEAM:** **W35:** GER 5:45:33; **W40:** 1 CZE 6:26:15; 2 FRA 6:28:29; **W45:** 1 GER 6:55:34; 2 LAT 6:59:29; **W50:** 1 RUS 6:39:41; 2 GER 7:24:44; **W60:** UKR 7:22:24; 2 LAT 7:54:53;

#### 30K WALK

**M35:** 1 GRZEGORZ GRINHOLO POL 2:36:12; 2 THORSTEN FERN GER 2:57:47; 3 CERVELLO DAVID ESP 3:07:43; **M40:** 1 STEFFEN BORSCH GER 2:28:47; 2 SVENSSON CHRISTER SWE 2:42:46; 3 DEGTYARENKO VIACHESLAV RUS 2:47:22; **M45:** 1 PRIETO ADANERO MIGUEL ANGEL ESP 2:25:11; 2 STEFFEN MEYER GER 2:49:22; 3 SMOLA JOSEF CZE 2:53:54; **M50:** 1 UWE SCHRÖTER GER 2:39:57; 2 REIS FRANCISCO GBR 2:44:34; 3 IGLESIAS JULIAN ESP 2:54:43; **M55:** 1 MIROSLAW LUNIEWSKI POL 2:49:52; 2 HELMUT PRIELER GER 2:54:06; 3 WILFRIED GAUBE GER 2:58:47; 4 UTTLEY STEVEN GBR 2:59:22; 6 ALLEN STEVE GBR 3:09:15; 13 PENDER SEAN GBR 3:36:44; **M60:** 1 RUZZIERI FABIO ITA 2:50:49; 2 HALL JOHN GBR 3:03:08; 3 PAVLO ZHYRKOV 3:04:37; 12 KATES DAVID GBR 3:37:11; **M65:** 1 RICHARDS IAN GBR 2:47:15 (WORLD RECORD); 2 MCMULLIN JOHN IRL 3:18:15; 3 ABOLINS HARIJS LAT 3:22:02; **M70:** 1 SHILLABEER EDMUND GBR 3:15:08; 2 WOLF-DIETER GIESE GER 3:30:01; 3 LERME RAITIS LAT 3:32:30; **M75:** 1 THOMSON ARTHUR GBR 3:19:02; 2 MYKOLA PANASEIKO UKR 3:35:34; 3 KRABBENDAM BERNARD NLD 4:12:25; **M80:** IVAN PUSHKIN UKR 3:54:44; **TEAMS:** **M35:** 1 GER 8:33:45; 2 ESP 8:44:11; 3 POL 8:49:14; **M40:** ITA 9:32:01; **M45:** AUT 9:24:01; **M50:** 1 GBR 8:53:11; 2 ITA 9:41:12; **M55:** 1 GER 9:03:22; 2 CZE 10:10:05; **M60:** 1 GBR 9:27:34; 2 UKR 9:55:39; **M65:** 1 LAT 10:45:14; 2 UKR 11:15:16; **M70:** 1 CZE 11:03:44; 2 GER 11:27:35;

**“WHERE ARE WE GOING?”**  
**June 2013 Tony Crocker and Bill Davies**

The benefits of involvement in various forms of exercise, for all ages, has been researched quite substantially in recent years.

Evidence shows not only the obvious effect on general fitness but also, more generally, the positive effects it has on specific parts of the body and the brain. For instance Peta Bee, (2013), recently reported that a Swedish study of 1.2 million boys found that the



fitter boys did better than the unfit ones in intelligence tests. In 2011 Michelle Vos, et al, reviewed current evidence of the links between physical activity/exercise and its impact on the brain throughout the lifespan. In particular they focussed on aerobic and resistance exercise and activities. The evidence was plentiful – exercise helps to maintain brain health into old age. Regular exercise leads to reduced risk of type 2 diabetes, cardiovascular diseases, osteoporosis, colon cancer, breast cancer, mental disorders, and early death. When comparing sedentary people with physically active people the evidence that reduced risk is linked to levels of physical activity is clear. The more active people are, the lower their health risks.

Unfortunately evidence from Western world populations shows that we are growing less active. Less than 50% of children aged 6-11 and only about 8% of adolescents aged 12-19 are physically active for about an hour per day, (in such as school games, tree climbing, swimming, chase-me races, etc), whilst only 5% of adults are physically active for at least 30 minutes per day – and that includes regular activities like gardening, taking the dog for long walks, dancing classes. Canadian researchers at the University of Montreal showed that overweight men – average age 49 – who became involved in intensive training – such as weight lifting, cycling, circuit-training – twice per week showed considerable improvements in their artery health. After only four months their attention span, information processing, short term memory, and flexibility of thinking had all improved. In her article Peta Bee, quoted a University of Edinburgh research study led by James Goodwin, carried out on 638 people, all over the retirement age.

The most physically active people in that group showed the smallest amount of brain shrinkage. Many master athletes and others involved in a range of sporting activities, both competitive and non-competitive, have also reported what they perceive as clear social, health and wellness benefits, which they enjoy. Much of the focus over the last fifty years or so has been on the major improvement in health, and so longer lives, that have been observed in countries like Britain, America and Australia that have been linked to the reduction in smoking. For instance American research led by Towfighi, (2008), provided evidence of a 25% reduction in death rates associated with tobacco smoking in countries where the numbers of smokers were declining. Towfighi and his colleagues were clearly more concerned with reducing damaging behaviours than promoting physical activity. However, other research have shown that far fewer people involved in competitive master's athletics actually smoke. (In the research world this is known as a confounding variable; which comes first – the chicken or the egg?). Around the world master's aged people are involved in a wide range of sporting activities – both competitive and non-competitive. They report what they believe are clear social, health and mental welfare benefits that they enjoy. So, what is some of the evidence to support their beliefs that exercise involvement provides benefits right across the masters' age range?

Paul Williams and his colleagues, (2009), reported the results of their study of 29,532 men and 12,176 women. They were investigating Macular Degeneration. This is a problem affecting the light sensitive retina area of the eyes – it is more common in women than in men. It is also more common in people over the age of 70, and in smokers. The research team found that those who ran regularly every day showed approximately 19% less risk of macular degeneration developing if they regularly jogged/ran between 2 and 4 kilometres per day. Not only were they fitter but this apparently carried the benefit that less of them suffered from macular deterioration in their eyesight.

One problem with all of the evidence re physical activity being linked to better health and life expectancy is that few articles tell us clearly how much activity; and at what intensity levels; do we need to undertake. How intensive should our exercise/training be? And, are the benefits still applicable to older master athletes? Fei Sun and his research colleagues (2013) have recently produced a review of 53 research papers, published since the year 2000,

regarding the physical activity of people over the age of 60. They left out any data based on residents in old people's homes. This sort of behaviour is common in many researches – leave out the evidence that might not, or *doesn't* support your beliefs! In several different studies the percentages who were reported as being physically active ranged from 2.3% (English data), to 82.6% (Chinese data). Definitions of the amount of recommended physical activity varied across the studies, as did the methods used to measure the amounts of activity actually carried out. Many people reported doing more exercise than was actually the case.

The older that people became, so less and less of them continued to be physically active. One thing has become very clear. Over the last fifty years so less and less people who reach the age sixty are still physically active, compared with records from earlier years. Generally FeiSun's research showed that women were less active than men. However, other studies have suggested that women are in fact more physically active if housework is included as an activity. Women were found to be less involved in physical activity in their spare time. Amongst many recommendations a common picture emerges and is reflected in that provided by The American College of Sports Medicine. It recommends that every U.S. adult should carry out 30 minutes or more of moderate-intensity physical activity – preferably every day of the week – or about 150 minutes spread over five days of the week. The authors of the American College Report point to the difficulty caused by variable definitions of what counts as physical activity. Additionally they say the frequent lack of representative samples of older people in many reports made it difficult to come to any conclusions. Despite the evidence of shrinking physical activity linked to the whole population Rylee Dionigi et al (2011), reported that the number of master's involved in a range of sports is growing rapidly. One current example – the next World Sports Championships, due to take place in Torino this coming summer has recently, (May 28<sup>th</sup> 2013), pasted an advertisement on the internet to the effect that it is not too late to enter – with 20,000 entries having already been received.

Another apparent advantage of the effects of regular involvement in sporting activity was reported by Kirk Erickson in 2011. As we grow older parts of our brain shrink. This leads to the risk of dementia, but not only is shrinkage less rapid in physically active adults Erickson's results show that taking up aerobic exercise, even when old, led to a 20% increase in the hippocampus region of the brains of 120 newly active oldies. The brains of the non-active group continued to shrink. It seems it's never too late to get started.

Vincent Gremeaux, in 2012, drew our attention to the fact that many adults return to sport but then drift away again. In many sports we need to develop ways of reducing this. So; where are we – us competitive master track and field athletes? Well world-wide Master's athletics has shown considerably growth during the last 30-40 years. Baker, in 2010 argued that this is partly due to people in western countries living longer, and partly because there are more oldies now following the end of world war two, when huge numbers of 'baby boomers' were born. Amongst these some 52% are sedentary, whilst 30% are obese. So, why is it mostly men who take part in master's athletics? Apparently older ladies in particular see sports participation as risky. And in England fifty or sixty years ago it was common to believe girls were far too fragile to play rough games like soccer, or risky sports like cross-country running. In 1964 Hereson School in Henley on Thames ran the first school's county cross-country championships for girls anywhere in Britain. We've progressed a long way since then.

So why are more people participating in master sports? Explanations as to why an increasing range of master sports have become increasingly attractive include: sports provide fitness, fun, friendship, and competition against similar aged adults. Typically adults work less hours in the week. Pollock showed that over a ten year period middle aged and older regular participants in active sports showed a small loss of aerobic capacity, whilst sedentary people showed a big loss. Similarly Hasberg compared elite older



runners with sedentary people of the same age. The sedentary people had 47% less lung capacity. The elite runners were going down in lung capacity and maximum heart beat levels – but nowhere near as rapidly as their sedentary peers. But what about 'real' lives away from sport? Again those who continue to participate in physical activities have been shown to have had less days off sick from work during their working lives, less cardiovascular diseases, less fat deposits in their bodies, and less emotional/depression problems.

Baker (2010) argues that one of the main reasons that numbers have grown in master's sports is basically due to people who live in the 'western' world now live longer, where populations having increased dramatically. This raises a question: "Why do so many youngsters drop out of sport after leaving school or after a few years of membership in a local club?" Scanlon et al suggested that there are two main reasons, one being - because they *had to take part* during school PE or games lessons was one; another being the reality of coming up against superior, committed, athletes, more often in sports club activities than during school sports lessons. Perhaps today in England we also need to add the reality that has been occurring during the last twenty years or so of school fields being reduced as they are used for a range of building projects. After-school activities became massively reduced when Mrs Thatcher, in her days as Minister of Education, attacked the teaching profession, calling them part-timers. This led to a massive two fingers response and reduction in many after school clubs, training, etc. when the four o'clock school bells rang.

Another reason for less youngsters becoming involved in sport is linked to the rising numbers of youngsters who are obese. But which caused which? Jessica Jones Neilson et al, (June 2013), have just published a report on the rise in hospital admissions for youngsters aged between 5 and 19 years old diagnosed as suffering from obesity. Admissions were more common in girls than in boys. In total four times as many youngsters are now being admitted with this problem than was the case only ten years ago. Apparently many of the parents did not regard their children as being over-fat. And how many will be looking forward to taking up master's level athletics in a few years' time? What can we do to encourage young adults to return to or take up our sport? And if they do, what can we do to keep them coming? Cassandra Phoenix et al (2011) has suggested that one problem is that young adults have a negative picture of growing older. They don't want to. They tend to assume they have little choice over their aging – it happens, whatever! So do we need to make it more evident that it doesn't have to be the number of clock ticks that we need to count – and show what we can do to control that clock a bit? If youngsters see aging as: slowing down; decreased ability to be physically involved in anything; retirement from being a world hero; what have we got that we can sell to them? Skills, whether as an athlete or coach, commitment, enjoyment?

A few weeks ago a local, pleasant, hardworking coach was working with a group of youngsters on Sunday morning. He moved on to showing them how to start in a sprint race. He got them to stand with their feet together on the start line. Being young and supple they all crouched down and then when he shouted "Go" they stood up and set off down the track. Asked why he'd started them like that compared with the normal position of sprinters for the start, *which we then showed him*, he just shrugged and said "Oh they never taught us any of that sort of stuff on our training course." He'd never been in athletics as a youngster. And that leads us to the big question - Is there something we can all do to increase the numbers of knowledgeable adults taking part in athletics as competitors, coaches or managers?

- 1} What proportion of British club coaches are still active athletes?
- 2} What proportion of coaches never were involved in T&F athletics once they had left school?
- 3} What can we do to encourage ex-sporty people to come back and enjoy the many rewards of fitness, social enjoyment and competing that we still enjoy?

- 4} What can we do to encourage ex-athletes who come back into masters athletics *NOT* drop out again?
- 5} Is it time we carried out a thorough review of the training that coaches receive, the reasons people attend such courses, how many of our members drop out after a few years, and why?
- 6} How can we help to increase athletes' involvement, health, social welfare and quality knowledge in our sport? Not only people of our ages who return to our sport, but also youngsters and young adults, so that they never give up athletics?

If you've got any questions, comments or suggestions as to what you think we need to do to take our sport forward please contact us: [tuncyrok@aol.com](mailto:tuncyrok@aol.com) or [gdavies@cardiffmet.ac.uk](mailto:gdavies@cardiffmet.ac.uk)

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## Research methods. Some brief notes, in case these help

There are several problems associated with the many findings reported in the research literature. For example: looking at the sheer size of the sample in the Swedish study, reported by Peta Bee, and the fact that there are hundreds of different IQ tests. Some IQ tests can be given to large groups of people. Others have to be taken by one person at a time. Some have to be administered by a trained psychologist, some by almost anyone. It seems very, very unlikely that only one person tested 1.2 million boys. Did the 'examiners' all use the same tests; test the boys at the same time of day; mark them in the same way? Were the tests administered by school teachers? – There's plenty of evidence that some teachers, wanting their school children to get good scores, in things like IQ and reading tests, give them several practice sessions – on the test the examiner will be using. Surprise – surprise, they do quite a lot better on the big day.

One major problem we regularly hit with researches, such as questionnaires that are sent out to people or published on the internet is that many recipients don't reply. Why not? In most cases we don't know. Perhaps non-repliers don't use computers; or the letter never arrived. Perhaps the recipient was not interested in the topic; or meant to answer but was very busy. Perhaps they didn't like the person who sent the questionnaire. Perhaps they never bother to answer that sort of junk. What we do know is that the people who answer and those who don't are different. But we don't know how different. Are the ones who reply representative of the population they are said to represent? Again, usually we don't know.



# 16th BMAF OPEN CROSS COUNTRY RELAY CHAMPIONSHIPS



Organised by Derby AC. under UKA & BMAF Rules  
At the **Moorways Stadium, Derby. DE24 9HY**  
**Saturday 23rd November 2013**

<b>Age Groups</b>	W35+ (3 stages), W45+ (3 stages), W55+ (3 stages), W65+ (3 stages) M35+ (5 stages), M45+ (5 stages), M55+ (4 stages), M65+ (3 stages) All ages as on the day of race. You may enter & compete in a younger age group if you wish, but may only run for one team. Multiple team entries in any age group welcome - please photocopy the attached entry form.
<b>Clubs</b>	<b>First claim and UKA Registered members only.</b> Club vests must be worn.
<b>Teams</b>	You may enter more than the required number of competitors entitled to compete in each age group team. Each runner may only run one stage. Runners may down age but can only run in one race. <b>Entries from B teams</b> will be accepted. Cost for B team entries are <u>½ original entry fee</u> i.e. M35+ = £10
<b>Start times</b>	<b>12.30pm:</b> W35+, W45+, W55+, W65+, M65+, <b>1.30pm:</b> M35+, M45+, M55+
<b>Course</b>	Each <u>2 lap</u> stage covers a total 3.1k distance.
<b>Declarations</b>	Names & running order to be declared <b>no later</b> than 45 minutes before each race start time. No changes may be made after declarations have been submitted.
<b>Awards</b>	BMAF medals for the first three teams in each age group. Additional medals for the fastest stage in each age group.
<b>Results</b>	Full results listings will be posted on the BMAF website as soon as possible after the event.
<b>Entry fees</b>	<b>£4 per team member.</b> W35+, W45+, W55+, W65+, M65+ = £12 per team. M35+ = £20 per team. M45+ = £20 per team, M55+ = £16 per team. Cheques payable to. <b>Derby AC</b> ( <u>Note only 50% of team costs for any "B" Team entries</u> )
<b>Entry forms</b>	<b><u>Downloadable from the BMAF Website (on the Fixtures Page)</u></b> Please send your Cheque and completed Entry Form to <b>2013 BMAF XC Relays,</b> <b>12a Bagshaw St, Crewton, Derby. DE24 8TX</b> With a stamped self-addressed envelope (for acknowledgement) <b>Closing date for Entries – Friday the 8th November 2013.</b> <b>NO LATE ENTRIES.</b>