



Picture: Jeremy Hemming.

# MASTERS ATHLETICS

SUMMER 2014 NUMBER107. The official Magazine of the British Masters Athletic Federation

Also in this issue: BMAF TRACK & FIELD, EAMA INTER AREA and BMAF ROAD & WALK CHAMPIONSHIPS.



## MASTERS ATHLETICS FIXTURES

<b>2014</b>			
22-31 <sup>st</sup> AUG	EVAA Track & Field Championships	Izmir, TUR	
6 <sup>th</sup> SEPT	WMA Mountain Running Championship	Telfes, Austria	
7 <sup>th</sup> SEPT	BMAF MARATHON	THANET	
20-21 <sup>st</sup> SEPT	BMAF COMBINED EVENTS	Birmingham, Alexander Stadium.	Decathlon, Hepathlon, Throws Pentathlon, 10k Track & 10k Race Walk track Championships
4 <sup>th</sup> OCT	BMAF ROAD MILES	CARDIFF	
5 <sup>th</sup> OCT	SVHC Half Marathon	Kirkintilloch	
19 <sup>th</sup> OCT	BMAF Half Marathon	Salisbury	Provisional date
	SVHC Track 10k	Coatbridge	AGM afterwards!
25 <sup>th</sup> OCT	BMAF XC RELAYS	DERBY	
22 <sup>nd</sup> NOV	BRITISH & IRISH INTERNATIONAL XC	Nottingham	
14 <sup>th</sup> DEC	SVHC Xmas Handicap	Cartha Rugby Club	
<b>2015</b>			
15 <sup>th</sup> FEB	BMAF INDOOR PENTATHLON	Lee Valley	EVAA, SCVAC, VAC Championships
7-8 <sup>th</sup> MAR	BMAF INDOOR CHAMPIONSHIPS	Lee Valley.	
14 <sup>th</sup> MAR	BMAF XC	RUTHIN, NORTH WALES	
23-28 <sup>th</sup> MAR	EVAA INDOOR	TORUN, POL	
5-16 <sup>th</sup> AUG	WMA OUTDOOR STADIA	Lyon, FRA	Date tbc
<b>2016</b>			
26 <sup>th</sup> OCT-6 <sup>th</sup> NOV	WMA OUTDOOR STADIA	Perth, Australia	

## BMAF OVERSEAS EVENTS TRAVEL PACKAGES

### EUROPEAN VETERANS CHAMPS

**IZMIR - TURKEY**

**22-31 August 2014**

The major veterans event of summer 2014 – full event and short break packages will be available – **REGISTER NOW**



### EUROPEAN VETERANS INDOOR CHAMPS

**TORUN - POLAND**

**23 – 28 MARCH 2015**

The major veterans event of winter 2015 – full event and short break packages will be available – **REGISTER NOW**



**TRACK & FIELD TOURS**  
working in partnership with CSE

**The complete Athletics Travel Service**  
“23 Years of Service to our Sport”

TFT / CSE are the exclusive official Travel Agent & Tour Operators of the BMAF

Tel: 01277 354377

Email: [tftours@aol.com](mailto:tftours@aol.com)

All event & tour information available on our web-site  
[www.trackandfield.co.uk](http://www.trackandfield.co.uk)

Track & Field Tours Ltd is bonded with International Passenger Protection Ltd and is a Retail Agent of ATOL Holders

## Please note these additional events at Alexander Stadium on the first day of the Multi-Events Championships on the 20<sup>th</sup> September.

10:50 Autumn Classic Hurdles /110/100/80metres M&W#\*; 11:15 Autumn Classic 100 metres: M&F #; 12:00 Autumn Classic MILES of MILES Graded Races Male and Female#; 13:00 Autumn Classic 200 metres for men and women #; 14:00 Autumn Classic 400 metres for men and Women#; 15:00 Autumn Classic 4x800 metres break a Record races (see attached table) dependent on entries.

# All races would be based on times quoted on entry form and would involve Male and Female competitors quite legal under WMA rules. Simply the fastest time would go in race one, followed by the slower times in races 2-3-4 and so on. Also listed are the splits needed to set new WMA records or British bests at 4x800 metres.

\*Hurdles races could be added to Women's events as Heptathlon can have quite low entries. Times are approximate!

	World Men 4x800	British Men	World Women 4x800	British Women
35	7:55.67 (1:58.7)	No time known	9:25.27 (2:21.2)	No time known
40-49	7:54.17 (1:58.5)	8:07.1 (2:01.7)	9:18.33 (2:19.5)	No time known
50-59	8:39.01 (2:09.7)	9:32.6 (2:23.0)	10:27.04 (2:36.7)	No time known
M60-69	9:33.95 (2:23.3)	No time known	11:22.59 (2:50.5)	No time known
M70-79	11:09.87 (2:47.2)	No time known	14:45.88 (3:41.2)	No time known

DETAILS ARE NOW ON THE BMAF WEBSITE AND YOU CAN ENTER ONLINE.  
AS FAR AS THE RELAY IS CONCERNED CONTACT MAURICE DIRECT BY EMAIL.  
IT WOULD BE GREAT IF WE COULD PRISE SOME OF THE RECORDS AWAY FROM THE USA.



# MASTERS ATHLETICS

Items for inclusion in the "Winter Edition" to reach the editor by the 1<sup>st</sup> December 2014.

## JOIN THE 300 PLUS CLUB

The lucky prize winners are as follows:

**MAY:** Keith Whitaker, Claire Cameron, Douglas Fotheringham, Morgan Kelly, Irene Nicholls & Nigel Wray.

**JUNE :** Nigel Wray, Robert Care, George Phipps, Maggie Statham.

**JULY:** Jackie Gilchrist, David Haines, Brian Holden, Peter Norman, Phil Owen, Jeff Wilson,

**AUGUST:** Victor Murray, John Collins, David Haines, Steve James, Barrie Roberts & Nigel Wray.

Each month the first number drawn receives a cheque for £125, while the 5 runners-up each receive a cheque for £10.

Many thanks to all who have taken part, in particular to **Nigel Wray**, who has returned his winnings to the BMAF and **Alasdair Ross** and **Edwin Oxlade** for their kind donations.

If anyone is interested in purchasing a share, which costs £15 per year, they can contact us on [300plus@bmaf.org.uk](mailto:300plus@bmaf.org.uk). All profits go towards the production of this Magazine.

**PAGE 2► Fixtures.**

**PAGE 3► Letters.**

**PAGE 5► News and Reports**

**PAGE 9► Jo Pavey interviewed  
by Alastair Aitken**

**PAGE 11► Obituaries**

**PAGE 12► Race Walking**

**PAGE 13► Addresses.**

**PAGE 14► Road Racing**

**PAGE 27► Track &Field.**

## 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)

## EDITOR WRITES:

In the last issue I wrote concerning the desirability of having a Major International Championships in Britain. What I did not know was that the Welsh Capital City of Cardiff had already expressed a desire to hold the 2018 World Championships.

Preliminary negotiations had taken part involving Stan Perkins and Winston Thomas of World Masters and members of the BMAF executive, Bridget Cushen covers this in greater detail on page six of this issue.

Jo Pavey has given the Master's cause a wonderful boost following her European 10,000 metres Gold in Zurich, making her the oldest European Champion in the history of the event. Added to her terrific Bronze in the Glasgow Commonwealth Games, it's just about the best message that we can send out confirming that Athletics is simply not just a young persons sport. Alastair Aitken provides us with one of his tremendous interviews on page ten of this issue.

We have some free track time on the 20<sup>th</sup> of September during the Track programme of the BMAF Multi-Events Championships, do have a look at the events listed. The events will be seeded on given best times, Male and Female Athletes running against each other.

Events include a Mile and the rarely run 4x800 metres relay, so if we can get together 4 people within the age group specified. British and perhaps even World records could be set. Please email Maurice direct so teams can be arranged.

I understand that Eric Shirley who I report set two British M85 records on page eight, has had the efforts disallowed on a technical issue.

Perhaps we should make some allowances for older competitors rather than apply the same rigid rules following European and World dictates to British Records.





Dear Brian,  
I have just received my copy of Masters Athletics and while looking at the results in the WMAIC in Budapest, noticed that my result has been missed off. I won the W55 Pole Vault with a jump of 2.50m.

**Result: 1 Teresa Eades 2.50; 2 Rita Hanscom USA 2.40;**

Kinds regards.  
TERESA EADES.

**NB: So you did! Some results were not available on the earlier days. So sorry I missed yours! Editor.**

Hello Brian,  
I have just read the spring issue of the Masters Magazine (my husband gets it). There is a point that I would like to raise.  
The Chairman's Report on page 10 details the records set since the autumn 2013 report. But there is no mention of the two British records set by John Oldfield, my husband. On 22/11/13 he set an M70 2000m steeplechase record and on 29/11/13 an M70 3000m record. Both were accepted by Bob Minting and appear in the records list. The venue was Perth, Western Australia - but surely that doesn't mean he shouldn't get a mention. He did it in the stadium which will be the main venue for the WMA championships in Perth in 2016. I'm not suggesting the omission was your fault - but maybe you could pass on our disappointment to whoever is appropriate.

CHRISTINE OLDFIELD

Sorry about missing these performances, I suggest you try mailing me in future. EDITOR.



Hi Brian,

I wrote to you last September to ask if you may have known anyone that has won a masters Pentathlon or Decathlon post total hip replacement surgery!

You kindly published that letter I sent and I would just like to thank you for doing so once again as I had several ex athletes and still active athletes. Who have had a hip replacements email me with some really useful tips on post hip surgery rehab.

Sadly none of them were Decathletes and most had to give up the real high impact sports but I believe that thanks to you publishing the letter I have rehabbed perfectly from the advice I have received.

It has only been just over seven months since my operation but I am so confident in my rehabilitation that I have got my first comeback British Masters Pentathlon on Sunday 8th June **(Won the M45 Group),**

I will of course take things very carefully and perhaps only have one long jump (as that's the event that could cause most concern) but can't wait to get back out there! And it may not happen on my first Pentathlon back (as I'm currently nursing a stress fracture of my right big toe!

Not that that would ever stop me, but I am determined to be the first person to ever win a Pentathlon or Decathlon after THR surgery, and hopefully encourage other athletes facing major surgery that it's doesn't have to be over for their sporting lives.

I'm not sure if you ever go to any of the British Masters comps but if you ever do and I'm there competing please come over and say hello it would be lovely to say high.

Best regards-  
Lee Parrott.



Dear Masters Athlete,

Thank you for showing an interest in wishing to be considered for selection for the England Cross Country team to compete in the British and Irish Masters Cross Country International to be held at Wollaton Park, Nottingham on Saturday 22<sup>nd</sup> November 2014. Teams will be selected by a committee of selectors representing the various regions of England. Selectors will take into consideration performances from the events listed below.

- \* BMAF Cross Country Championships
- \* BMAF 5k and 10k Road Championships
- \* BMAF Track 5,000m and 10,000m Championships
- \* Relevant European and World Masters Championship events
- \* Relevant local/regional events (e.g. Cross Country/5k and 10k Road)

When completing the form please include **all the relevant races for this year (including local / regional events)**, and in particular, include **your most recent ones** and those with **your best current times for this year**. This will help the selection committee to assess your current form. What you did in the previous years may not be relevant. If selected, you must be prepared to pay your own travel and accommodation expenses, as there is no financial assistance available from EAMA. Your England running vest will be supplied, but you will need all your other running kit (including red shorts if possible) unless otherwise informed. You will be notified about the outcome of your application within a few days of the selection meeting which will be held on 4<sup>th</sup> October.

**It is important that all athletes wishing to be considered for selection are paid up members of their respective Area Masters / Veterans Club or Association. Please ensure you fully complete the official form and return it to your Masters/Veterans Club/Association representative, named below, by the closing date (27/9/14). Late arrivals will not be considered. Please ensure you enclose a reply paid envelope (9 x 6.25 inches) and the CORRECT POSTAGE.**

In the meantime, best of luck with your training and racing.

Harry Matthews.

Club/Association	Reps Name	Reps Address
EVAC	John Herbert	25 Barbers Hill, Werrington, Peterborough PE4 5ED
MMAC	Mick Smedley	12A Bagshaw Street, Crewton, Derby DE24 8TX
VAC	Charlie Dickinson	20 Broadhinton Road, Clapham, London SW4 0LU
NVAC	Alex Rowe	1 Buckingham Road, Lytham St. Annes, Lancashire FY8 4EU
NEMAA	Harry Matthews	91 Orchard Grove, Shield Row, Stanley, Co. Durham DH9 8NL
SWVAC	Zina Marchant	54 Parkfields, Chippenham, Wiltshire, SN15 1NX
ISLE OF MAN	Lesley Christian	1 Chester Mews, The Paddocks, Ballasalla, Isle of Man IM9 2DH
SCVAC	Ann Bath	61 St Mary's Road, Long Ditton, Surbiton, Surrey KT6 5HB

TEAM Managers	Kim & Harry Matthews	91 Orchard Grove, Shield Row, Stanley, Co. Durham DH9 8NL
---------------	----------------------	---

## MUSES FROM AN AGING ATHLETE

I notice that as we age and move up the age groups the Throwers benefit from lighter weights, the Hurdlers from lower heights and shorter distances, but the runners continue with the same old distances. Would it encourage more competitors in the upper age groups if distances were reduced i.e. 100 metres reduced to 75, the 200 to 150, 400 to 300 etc.

Unfortunately I cannot come up with suggestions for the Jumpers apart from a one metre Long Jump board or perhaps a spring board for take-off!

NO NAME GIVEN!

Editor comments:

Rule changes would have to be made at WMA levels, following application by National and Regional Federations.

I think that maybe the 300 metres could replace the 400 metres, it already happens in the Hurdles.

Shorter take-offs are already used for older competitors in the Long and Triple Jumps. Whilst extenders are in use in the Pole Vault.

Spring Boards, you jest I think!



## SECRETARY'S REPORT BRIDGET CUSHEN

**Cardiff Bidding for 2018 World Masters Track & Field Championships.**

**We** were delighted when the City approached us to host the above Championships. A 5-person Inspection Team looked at the International Stadium where the separate Throws Field has Planning Permission and funding for major expansion, when completed it will be ideal for the throwers. Barry also wants to be involved; their 6-lane track with all facilities, including Refreshments, is being upgraded.



5000 rooms in University Halls of Residence will be made available, there are a further 2.000 similar rooms available in the Bay area as well as the numerous hotels, B&B etc.

Accommodation will not be a problem. The bonus however came when the University grabbed the opportunity to apply for a grant to upgrade their track to 6-lanes. They got it, subject to Cardiff winning the Bid!

This opens up the availability of the Indoor arena for training etc. in inclement weather. Two tracks in Cardiff, Barry plus the £50m redevelopment currently taking place in Aberdare; the Station is close to the new track, should entries exceed expectations.

Transport should not be an issue as the Not-for-Profit Community buses based in Swansea, will be drafted in. A 2-carriage shuttle train runs every ten minutes between the City centre and Barry, as a backup. Other Bidding cities in Lyon next August are Barcelona, Gothenburg and Toronto. Start lobbying for the Principality and the Green Valleys.

### Annual General Meeting

The 40<sup>th</sup> AGM was held on Saturday 9 August on the first day of the Track & Field Championships.

The Chairman said he was very pleased to see how well British Athletes did this year, not only in Porto Alegre and Budapest, but domestically. Winston Thomas was re-elected Secretary of WMA and Maurice Doogan is seeking election as Technical Officer for EVAA in Izmir. Vice-Chair, Kevin Dillon a Lawyer, reported on a number of approaches for advice from fellow Officers and direct from our members, adding that he is always happy to help.



**OUR SECRETARY BRIDGET CUSHEN, made an appearance on BBC Breakfast recently representing the values of Masters Athletics. (seen in this picture with presenters Louise Machin and Bill Turnbull)**

The Hon. Secretary eluded to the good working relations with other interested Bodies and the encouraging increase in the young age categories. The retirement of Chris Jager who had built and maintained our original web site, the new web site has been taken on by another equally professional IT man, VAC member Peter Kennedy. We welcome Peter and thank Chris for his dedicated work. It was a vintage year for media exposure as the BMAF is included in the BBC's "Get Inspired" series; there was also an interview on Breakfast TV and a brief Documentary. During the Commonwealth Games an exhibition of Alex Rotas' photos featuring some of our members was displayed at strategic points in Glasgow. Treasurer, Danny Herman, gave a comprehensive breakdown of the figures with Affiliation fees up but Sales Commission suffered a large drop. Net Championships losses were down from £5,340 last year to record a small

profit of £198. Having to write-off the On-Line Entry System however resulted in a loss for the year of over £6k.

Cross-Country Secretary, Mel James, reported on an increase in entries in both the Championships and the Cross-Country Relays, the outstanding performances in all age categories and the continued success of the International Cross-Country.

There was applause also for the absent Road Running Secretary, Walter Hill, as details were outlined the various road races, increased entries, the 2015 calendar and the introduction of Masters Trail Running.

Track & Field man Maurice Doogan reported that apart from the Indoor, overall entries were down. He attributed this to the economic recession; athletes peaking and an increase in entry fees etc. At International level, we were ahead of the USA in Budapest. There was a Vote of Confidence from the floor for Maurice's work.

However the most passionate address was from Ian Richards on the current state and future prospect of Race Walking. Paying tribute to the ongoing help offered by two former Secretaries, Eric Horwill and John Hall, it left him free to concentrate on Research, Policy and other issues. He noted that there are only two entries here in the Under 50 categories and warned that unless some action is taken, this once popular discipline of the sport will not exist within a decade. It is the unintended results of an IAAF "Bent Knee" Rule followed rigidly by the Masters. Winston Thomas reported that WMA are currently discussing this problem.

Masters Athletics costs have returned to black, but three issues per year will remain for the moment. Questions were asked if too much space was devoted to non-stadia competition.

Peter Kennedy was on hand to answer any questions on the new web site, putting the magazine on-line is possible but the majority of our members still prefer a hard copy as they keep them. This is to be reviewed.

Peter Duhig reported on dealing with the overseas entries. Winston Thomas reported that the Early Entry Discount Fee for Lyon has already attracted 1,000 entries.

All outgoing Officers were re-elected for another year. Long serving Hon. Treasurer Danny Herman was unanimously elected a Life Vice President. He admitted that he harboured a secret! As a 7-year old in Cheshire he won his first sprint race and received a sixpenny Savings Stamp as a reward. He should of course have been banned from all Amateur athletics for life!

### World Masters Athletics gold medallist murdered.

April Jace, the lead-off runner in the USA's W35 gold medal winning 4 x 100m squad at the World Masters in Sacramento in 2011, was shot dead in her home in Los Angeles in front of her two young children in May. Her husband, the actor Michael Jace who had apparently filed for bankruptcy, is currently on remand.

## EAMA

**Irene Nicholls and the England Cross-Country Team Managers Harry & Kim Matthews are retiring.**



The imminent retirement of these key Officers opens up a great opportunity for you to get involved with England Athletics Masters Association.

### Team Managers

We need one male and one female Team Manager to help select, liaise with and accompany the teams to the annual British & Irish Masters International Cross-Country. Expenses paid. For more information call Kim or Harry on 01207 230677.

### EAMA Chair

The objectives for which the Association was established are to encourage, promote and organise Masters Athletics in England. Eight BMAF English Clubs are affiliated. England Athletics Masters Association receives some funding from England Athletics.

EAMA organise some of the most popular events, i.e. The Inter-Club Indoor Challenge and the Inter-Area Track & Field, selects the England Teams for the annual British & Irish Masters International Cross-Country and hosts this International event once every 5 years.

As Chairperson you will chair two Committee meetings per year, plus a Selection Meeting.

The current Committee consists of Chair, Vice-Chair, Hon. Secretary, Hon. Treasurer, Cross-Country, Road Running, Race Walking and Track & Field Secretaries.

If leading a remarkably successful Association appeals to your entrepreneurial instinct, then contact Irene on 0121 445 5327.



## IN DEFENCE OF MASTERS ROBIN SYKES

**R**ecent statistics would indicate that participation in Masters' Sport is on the increase.

This is encouraging news not only for the Federation itself and its participants but also, indirectly, for many GPs across the country who will be largely quite unaware of such figures.

Not everyone, however, is enamoured with this situation. There are quite a number of officials and coaches who are openly against any form of Masters' participation. They simply state their opposition and leave it like that. That's fine, none of us needs nor seeks an explanation.

There is nevertheless, a small hard core who seem to have reached a level of almost paranoia in their opposition.

The only acceptable opposition against Masters Competition would be if it detracted officials, in whatever capacity, away from mainstream Athletics, particularly regarding young competitors.

Between Regional / National Championships, the odd League or Graded meeting the average Master will be lucky to compete 3-4 times a YEAR! Hardly detracting officials away from requisite priorities.

Maybe I'm not alone or getting slightly paranoid myself but I feel I've been particularly unlucky with these characters. On sighting at any competition they seem to hone in like Radar. Never enquiring about one's current health, present abode or, perhaps, any encounter of contemporaries from the dim and distant past. It's more of a wide eyed. Red-faced, blood pressure off the clock aggressive approach.

Q "What the hell are you doing here? At YOUR age!"

A "Competing"

Q "Will you NEVER learn?"

A "Learn what?"

Q "Just what are you trying to prove?"

A "Nothing"

Q "Can you never leave your past in the past?"

A "Yes, but this is the present"

Q Do you realise the risk of serious injury at your age.

A "Half the British team are currently crocked"

Q "Admit it, you are just after an easy medal"

A "No medal is easy"

It does not take a genius to work out that, of course, one has greater opportunity of success in Masters' Athletics.

A mainstream Athlete will have a career of say seven years. A Master could have 50. Don't they deserve a medal after that time! The sad fact has also to be accepted that when one reaches the 'upper-age group echelons' it is often a case of no longer outperforming the opposition but simply OUTLIVING them!

No matter what age STANDARDS still have to be met, often at quite stringent levels. Many a Master has been denied a Medal by 5 centimetres in the Long Jump and 2 seconds in the 5000 metres.

A lot of these 'agitated againsters' seem to overlook this. The absurd level to which some will drop was, brought home to me with a real 'classic' when I was unbelievably confronted with lack of dignity or self-respect for running against 'a bunch of old men' in a 60 metres Indoor Championships some years ago (I just couldn't be bothered. Pointing out that I was actually the OLDEST competitor in the race! Still. .... I suppose I should have been flattered that he thought they LOOKED so much older!) Don't know what it is about these guys must be their AGE.

To-day I get the impression (admittedly a personal one) that a lot of the FUN has gone out of the sport particularly at younger level (and this is not the rose-tinted glasses of the halcyon days of yore) On the very, very rare occasions I see a Club or a group of youngsters with their Coaches they all seem to be walking about with toothache. Sport is a serious business, of course, but I don't remember any rules Preventing laughing. Masters' events, for me, always seem to have a pleasant ATMOSPHERE where Athletes AND Officials generally inter-relate congenially on and off the track.

Finally--to the last stride. Irrespective of anyone's views Master athletes train and participate for one reason ...they ENJOY it! Isn't that the basic essential ingredient for ANY sport?



## CHAIRMAN'S REPORT ARTHUR KIMBER MASTERS ATHLETICS AUGUST 2014

**T**he record breaking spree in the winter that I mentioned in my last report continued in the last key fixture. To end the indoor season a large British team of over 300 athletes travelled to the World Indoor Championships in Budapest and were very successful, placing second in the medals table. They set four world records, two European and sixteen British. The world records breakers were Caroline Powell, W55, with a 64.76 400m, Ian Richards, 3000m. Walk in 14:23.84, Stephen Whyte, M50, weight, 22.10, and Irie Hill, W45, pole vault, 3.55. The European records fell to M60 Alasdair Ross, 25.24 for 200m. and M55 John Mayor, Pentathlon, 4066. British records went to James Thie, Carole Filer, Ian Richards, Richard Beardsall, Sue Yeomans, Teresa Eades, Stuart Thurgood, Andrea Jenkins, Claire Cameron, Carole Derrien, Gavin Fordham, Eric Horwill and eighty five year old James Farrar.

The main early summer track and field fixture was the EAMA Inter Area Challenge at Solihull in July. Fierce competition between Midland Masters and Southern Counties resulted in a narrow victory for Southern Counties in the women's match and a somewhat larger margin for a Midland Masters win in the men's match to give Midland Masters the overall title. Two British records were set, by Moira West with a 400m. run of 73.48 and M50 Neil Tunstall in the 100m. hurdles, 14.39, while the SCVAC team of Moira West, Helen Godsell, Linda Ahmet and Viv Bonner broke the British W60 4x100m. record. I am very grateful to England Athletics for their continued financial support for both the indoor and outdoor Inter Area match.

A group from Manchester Metropolitan University is aiming to carry out a research project on athletes over 60. They came to the Inter Area match and the BMAF track and field championships and recruited well, but are still looking for more athletes to take part. If you are interested please contact Jessica Coulson on 0161 247 1207 or 07813296063, and she will give you more details.

Have a good autumn!

## RECORDS galore! Editor writes.

**W**hat a great start to the outdoor season, and we have yet to have our main Domestic and the European Championships in Turkey.

I cannot mention everyone who has achieved individual records, but I will mention those who have exceeded European and World bests.

However, prior to that I must mention Eric Shirley, twice an Olympian in Melbourne and Rome, phoned to say he had set British Records for the M85 400 and 800 metres.

It was very nice to chat to one of the two International Athletes still competing so many years from their early days.

Incidentally this is the 67<sup>th</sup> anniversary year of his first A.A.A Steeplechase title.

The other being Rosemary Chrimes, and it was truly wonderful to see her present the Commonwealth Discus medal to Australian Dani Samuels. She was also featured as one of the previous winners in the Glasgow Programme.

Caroline Powell popped up in a Cheltenham Open Meeting to produce an early July World 400 metre record of 64.64. She told me she always gets faster as she moves up the age group so watch out all W60 sprinters.

Tony Whiteman now 42 years of age, had a glittering International Record winning European Indoor Silver in 1996, a Kuala Lumpur Bronze in the 1998 Commonwealth Games and a fourth finish in Manchester in 2002. Tony ran his fastest 800 metres since 2003, in the BMC Grand Prix at the Trafford track in July, producing the amazing time of 1:48.05 for a World masters Record.

Clare Elms has to be one of the busiest Athletes in the Britain having run in over 60 races this year. She has set two World Records 4:36.79 for 1500 metres at Eton and a 4:58.7 Mile at Dulwich. She also set a European 800 metres Record of 2:18.95 at Birmingham all in a crowded six week period in June / July.

Jo Pavey how she battled to win Commonwealth Bronze in Glasgow! Set a World 5000 metre Record in the Rome Grand Prix with a time of 15:04.87. We then saw her win the European Senior 10,000 metres in Zurich.

Irie Hill the 2002 Commonwealth Games Bronze Medallist has broken the W45 Pole Vault Record twice this year. The first time being at Thum in Switzerland where she cleared 3.60, then at Linz in Austria when 3.61 was achieved. (I love the high tech Swiss display board).



TRACK & FIELD (does not include records set at Birmingham in the BMAF Championships)

100	BRITISH		OUTDOOR	
M75	Walter Hunter	13.79/2.0	Dunfermline	15/6/14
W65	Viv Bonner	14.68	Loughborough	7/5/14
200				
W65	Viv Bonner	30.66 /0.2	Loughborough	9/7/14
400				
M85	Eric Shirley	98.45	Ewell	1/6/14
W60	Caroline Powell	64.64 (WR)	Cheltenham	2/7/14
W65	Moira West	73.48	Solihull	20/7/14
800				
M40	Anthony Whiteman	1:48.05 (WR)	Trafford	12/7/14
M85	Eric Shirley	3:54.37	Ewell	1/6/14
W50	Clare Elms	2:18.95 (ER)	Birmingham	7/6/14



# MASTERS ATHLETICS SUMMER 2014.

<b>1500</b>				
W50	Clare Elms	4:36.79 (WR)	Eton	5/7/14
<b>MILE</b>				
M45	David Cowlinsham	4:26.34	Oxford	19/7/14
M60	Dave Wilcock	4:55.87	Hendon	25/6/14
M70	Victor Shirley	6:03.0	Nottingham	19/6/14
M75	Fred Gibbs	6:30.38	Manchester	16/7/14
W50	Clare Elms	4:58.7 (WR)	Dulwich	11/7/14
W60	Angela Copson	5:48.0	Kettering	12/07/09
W65	Angela Copson	6:17.4	Kettering	13/7/14
<b>3000</b>				
M65	Peter Molloy	10:21.8	Swindon	17/05/14
M70	Martin Ford	10:55.49	Cheltenham	2/7/14
M75	Fred Gibbs	12:26.7	Leigh	11/5/14
W40	Helen Clitheroe	9:03.95 (ER)	Cork	8/7/14
<b>5000</b>				
W40	Jo Pavey	15:04.87 (WR)	Rome	5/6/14
<b>10000</b>				
W40	Jo Pavey	32:11.04	Parliament Hill	10/5/14
<b>2000 SC</b>				
W50	Jane Pidgeon	8:10.93	Derby	8/6/14
W55	Gwyneth Hueter	8:57.3	Milton Keynes	17/5/14
<b>100H</b>				
M50	Neil Tunstall	14.39	Solihull	20/7/14
<b>4X100</b>				
W60	SCVAC	59.78	Solihull	20/7/14
<b>PV</b>				
W45	Irie Hill	3.61 (WR)	Linz,AUT	19/7/14
W60	Sue Yeomans	2.80	Stevenage	5/5/14
<b>LJ</b>				
M75	Anthony Treacher	4.20/1.3	Stockholm	18/5/14
<b>DT</b>				
M75	John Watts	43.26	Leigh	11/5/14
<b>HT</b>				
M75	Jack Kee	40.23	Sandy	26/7/14
<b>JT</b>				
M55	Kevin Murch	54.47	Solihull	20/7/14
W50	Caroline Garrett	37.54	Lee Valley	9/3/14
W65	E Williams	38.07	Poznan	24/7/06
	Liz Sissons	22.41	Ewell	1/6/14
<b>3000W</b>				
W65	Sandra Brown	17:15.1	Bromley	4/06/14
<b>PENTATHLON</b>				
M75	John Ross	3550	Abingdon	8/6/14
W50	Charmaine Johnson	3776	Abingdon	8/6/14

Martin Ford, Fred Gibbs and Angela Copson all set European bests on the Road.

## ROAD BESTS

<b>5k ROAD</b>				
M70	Martin Ford	19:03 (EB)	Horwich	15/6/14
W40	Helen Clitheroe	16:01	Boston ,USA	19/4/14
W65	Angela Copson	21:01 (EB)	Peterborough	11/5/13 & 4/6/14
<b>5 MILE ROAD</b>				
W40	Helen Clitheroe	26:51	Alsager	2/2/14
<b>10K ROAD</b>				
W65	Angela Copson	42:11	Kings Lynn	4/5/14
W80	Louise Gilchrist	60:33	Partington	9/3/14

	<b>10 MILE ROAD</b>			
M75	Fred Gibbs	71:39 (EB)	Thirsk	23/3/14
	<b>HALF MARATHON</b>			
W65	Angela Copson	94:37	Bath	2/3/14
	<b>MARATHON</b>			
M40	Steve Way	2h15:16	Glasgow	27/7/2014
M60	Ian Bloomfield	2h44:27	Manchester	6/4/14

Here is the official Berlin Marathon 2013 Result for Angela Copson recording 3h17:10, so how is it that the World Record is still credited to Lieselotte Schultz at 3h28:10.

RESULTS MARATHON 2013



Results archive

This list shows the results of the chosen events. By entering search terms, you can narrow down the

1. Choose an event

2. Choose a competition

Downloads  
 2013 41st BMW BERLIN MARATHON  
 Period:  
 10 days previous results

Rank	Place	SB	Best time	Best name	Team	Nation	YOB	Sex	Age	Age group	AC place	Net Time	Check Time	Time	Place	Place	Place
1	1	3:17:10	3:17:10	Angela Copson	England	GBR	1971	F	42	40-44	1	3:17:10	3:17:10	3:17:10	1	1	1



## JO PAVEY Talks to Alastair Aitken

**The event for the second year was organised by 'Classy' middle distance Master Runner, Ben Pochee of Highgate Harriers.**

**The event held on May the 10th at Parliament Hill Fields track, despite the rain and the wind was a successful and lively meeting. The event was taken on this year by British Athletics and the lead from Endurance, Martin Rush, was there to see the event which included the European Trials.**

I think the most impressive result of the night was when mother of two Jo Pavey ran away from an international field of athletes in the closing stages of the race.

**JOANNE PAVEY is 40 and her time of 32:11.04 was an Over 40 British Record. Previous best was by JOYCE SMITH who ran 34:26.4 on the 27th of February 1980.**

**The First Six at parliament Hill on the evening of the 10th of May were:-**1 Jo Pavey (Exeter Harriers) 32:11.04; 2 Sophie Duarte (CA BALMA, France) 32:36.32; 3 Beth Potter (Shaftesbury Barnet) 32:36.3; 4 Fionnuala Britton (Eire) 32:45.69; 5 Iwona Lewandowska (Marshall Milton Keynes AC and Poland) 33:08.95; 6 Rhona Auckland (Banchory-Stonehaven AC) 33:09.58 (18 ran)



**JOANNE PAVEY (2nd on the All Time British Ranking list with 30:53.50) It has been very special coming back to athletics for her.**

**Q: Having baby Emily must have meant a lot to her?**

**A:** "Definitely!

I am really pleased and my husband Gavin is so supportive, as we run together and he looks after the children (Jacob and Emily) when I am training. We spend more family time together, rather than other pressures like working in an office all day.

My little one is only 8 months now. I was still actually breast feeding till five weeks ago.'



**Q: What did the race at Parliament Hill mean for her?**

**A:** "I feel absolutely fortunate to be able to have two little children and be 40 and still out there running on the track. I am really thrilled about it. I am quite surprised really that I have been able to get on the track so soon after.'

**Q: At Parliament Hill Fields you had to make a definite burst to get away from the girl who won the last European cross country Championship Sophie Duarte and the previous European cross country winner for two years Fionnuala Britton was also in the race. Duarte is young but you had the experience, particularly as Jo had been an Olympian four times?**

**A:** "I did not know really how to play the race because, I did not know what toll the wind would take on it. I had in my mind what the qualifying time was (33.00) and I did not want to take any risks not getting the time. So, I had lap times memorised and I very much wanted to stick as closely to those lap times as I could. I was not really sure till I started running it would be possible with the conditions. The crowd support was just so awesome and it helped me. That's motivation!"

**Q: Of all the races she had done in her life, Four Olympics. The first back in 2000. What meant most to her of all those races?**

**A:** "I suppose Olympic-wise my highest Olympic position was 5th in Athens (Over 5000m in 14:57.87). I suppose, in a

way, the good race was when I finished 4th in Osaka (10,000 metres in the World Championships in 32:03.31 just behind Kara Goucher of USA- 32:2.05). It was frustrating as well as I failed by one second or less to get a medal. Then I think getting the European Silver" (now Gold)

**Q: She was second in the Commonwealth in 2006 but the European Silver must have been special?**

**A:** (European 10,000 in Helsinki 2012 1 Dulce Felix (Portugal ) 31:44.75; 2 Jo Pavey (GBR) 31:49.03; 3rd Olga Skrypak (UKR) 31:51.32)- 'I think, actually funnily enough, one of my favourite races was my 5k PB in Brussels, just because I think that is my best PB of all the distances I have done and that meant a lot to me to get under 14:40 (Ivo van Damme Memorial IAAF Golden League 14:39.96 25th of August 2006). That felt really special because I think of all the races I have done that was the best time I have ever run"

**Q: That ranked you second 'All Time' UK Rankings. She was an English Schools under 15 Champion, and has suffered quite a lot of injuries since then but gone on to overcome them all. She has even run 2:28.24 for a Marathon in London 2011. So I realised she did love running so what were her comments about starting in the sport?**

**A:** "I suppose I started running more seriously when I was 14 and I was fortunate enough to win the English Schools. When I was 14 and ran 4:27 for 1500, and I supposed that showed that maybe I could be a runner. I did not have the confidence in a way because I knew what the seniors were doing and I was way off those times. "So you are young and you will get stronger" people said, but I just could not imagine being able to run close to 4 minutes. "How on earth can I do that and I went away and got injured and things like that" My husband and I went backpacking around the World. I had worked for a physiotherapist before that, while we were away we trained in the most inspiring locations and got really fit and when I came back, I made the World Championships in Athens (1997) and that was really the start of my senior career".

**Q: Despite the pleasure you get from Athletics. Having a break recently has probably helped?**

**A:** "I think so. It gives you that motivation. It makes you realise how much you love it". "I find it quite motivating to start from Scratch , quite interesting to go down the track and sprint as hard as you can do, which is the pace for a lap in order to be able to do 25 laps like that". "Then each week you work away at it, (lap by lap) getting quicker and quicker. "It is exciting to see the escalation of progress. You have good sessions and bad sessions. To start from scratch towards being an athlete again was very motivating."

**Q: You are a heroine to some athletes, who were your idols?**

**A:** "Obviously people like Coe, Cram and I remember watching those athletes when I was young also people like Liz McColgan, so gutsy to win the World Championships also Kelly Holmes, as she was so supportive to me when I was in the team. She helped me through those years of my career and I appreciate that a lot."

**Since this interview : Jo has run a World Over 40 Record of 15:04.87 5000m at the Rome Grand Prix in June, and of course a marvellous European Gold in Zurich to add to Commonwealth Bronze in Glasgow.**



# OBITUARIES

## GERRY NORTH

**May the 2nd 1936 /1st of April-2014**

**By Alastair Aitken**

**Gerry North** was a "Great" cross-country runner who ran for England many times.

I met him and interviewed him twice at his home and I always found that he really was a modest and likable person, who was not always given the credit for being a very good coach in his later years, with an outstanding knowledge of the sport.

One must remember also that he was not only the junior 'National' winner in 1957 and the senior 'National' Champion of 1962 but also the 'National and Southern over 50 Veterans cross country Champion, when he was actually 50 and, trained harder than he did in his 40's.

In 1965 he won the Surrey 6 mile Championships in record time of 28:48.2 and went on that year to win the Southern 6 miles at the white City in 28:40.04. He was also was very useful on the road particularly in the road relays.

Back In 1967 he won the Southern (*I remember that as I ran that race for Highgate Harriers at Parliament Hill Fields*). His brother Geoff was a fine track runner (13:44 for 5000m) but although Gerry did not feel he excelled on the track but more on the country. It should be remembered Gerry won the World Games 10,000 in Helsinki in 29:51.1 back in 1963.

His real ability came when running on cross-country courses and he very nearly won the International Cross Country one year. He had fallen over early on **but** was still in the winning England team, as he was several times.

He was 3rd in the National of 1961 behind Basil Heeley and Bruce Tulloch but the following year he turned the tables on Tulloch when he won in the sprint finish, with runners like Mel Batty and Ron Hill behind him too.

Also it is worth considering his victory that year, in the light of the fact that Bruce Tulloh, went on to become European 5000m Champion in Belgrade in 1962!

Gerry said about the National " It was a race on my home ground in Blackpool' and continued ' I thought I had got to win it. It was a race I completely dominated and I had that feeling I was going to win. When anyone tried to overtake me I put in a little burst'

'I had a challenge from John Anderson (3rd). Bruce Tulloh worked his way through. I think he caught the group at six or seven miles. I was still doing all the forcing of the pace until 600 yards to go. Tulloh went past me and he went hell for leather.

'He thought he had got it. I kept a yard behind him then, as I came down the finish then I left him for dead. I was fresh as a daisy and he was on his knees having run himself into the ground. He had just come back from New Zealand and done a four-minute mile. He must have thought, ' I can outspurt Gerry no problem' It was not the speed at the finish- it was the strength I had"

Gerry North, who not only had a brother who ran but a couple of sons who did. One of those was a well-known junior Andy North but Gerry himself, actually started out at

school as a footballer not just a runner. He gradually decided to stick with athletics. In fact he played in the Blackpool FC Youth club team with Jimmy Armfield who went on to play for England.

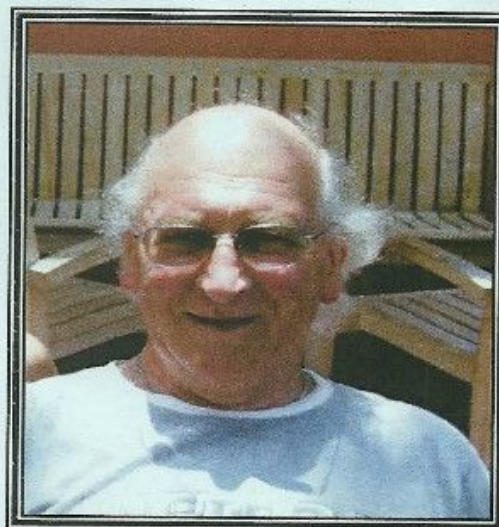
The three athletic clubs Gerry had been associated with were Blackpool & Fylde, Belgrave Harriers and Portsmouth AC. He was President of Belgrave Harriers in 2005 and was an England Road team Manager around that time too.

He had something special to say about his Father "He was very sporting. He did everything for us and went with us to the races. He encouraged Geoff and me right from the start"

One must never forget that special time when Gerry turned 50 he then won the 'Over 50' Southern Veterans and National Veterans cross country Championship. The secret was he never did win a National Veteran title in his 40's because he never took it very seriously and was only on 30 miles a week but before the two Veterans victories he did 50 miles a week to make sure of winning, which he was easily able to do with his talent!

You can talk to anyone who knew Gerry and many 'Great' runners and ordinary club runners would not have a bad word said against him and if you can say that about someone like Gerry then, his days were well spent.

*In Loving Memory of  
John Walker*



*9.6.1938 - 19.6.2014*

*Woodlands Crematorium 1<sup>st</sup> July 2014*

**It is with regret that John Walker sadly passed away on, Thursday, 19th June 2015, after a long illness aged 76 years. John was a founder member of Centurion Running Club formerly Centurion Joggers in the 70's and was a prolific organiser of road races in the area including the first**



*World Veterans 10k & 25k Championships held at the NEC. He was also a prominent coach helping many athletes to achieve their ambitions. No mean performer himself, John always ran until a debilitating virus curtailed his activities.*

*John was involved for many years with MMAC and helped set up the course for the National Masters Open Road Relays held every year at Sutton Park.*

*Our condolences go to his wife, Janet, to his family and many friends in athletics.*

**Editor:** *I worked with John for many years as announcer on some of his ambitious Road Races.*

*An amazing man he slept over at events in order to ensure all was still there in the morning, organised TV and Radio coverage of some of his events, attracting top African runners to his events. He even involved the Armed Forces with a helicopter to film the race from above. I asked the army Radio man how far his radio operated, China said the serviceman.*

*At one National Championships I met a confused Sebastian now Lord Coe walking round saying he was to be interviewed by someone for a local TV Station. When I found John who had returned to the famous bus which was the centre of things at the Sutton Park Relays, I asked John who the interviewer was. He looked at me and said "you, I meant to tell you but it slipped my mind". They say the best interviews are the unrehearsed ones. John I shall miss you!*

A record field of 39 competed in the 5k Race Walk.

The good surface of this three lap, traffic free town centre course, combined with a mild morning with slight drizzle produced splendid performances by the Walkers involved.

The BMAF and EAMA medals were presented following this well organised and well marshalled Walk, at the Town's Leisure Centre shortly after the event had finished.

Double World Champion Colin Turner won the Age related competition and set a course best performance, whilst Andrea Lennon, Penelope Cummings, Fiona Bishop, Mark Williams and Tony Taylor did likewise.

Lancashire Walking Club won both Team Events. Andrew Fraser is to be congratulated for organising Scotland's first ever team in the age related competition, and a striking fact is that the competition included five competitors over 80 years of age.

#### Results:

**W35:** Penelope Cummings AFD 29:07 (CBP); **W40:** Sarah Lightman Leics WC 30:28; **W45:** 1 Julie Bellfield Halesowen 32:04; 2 Lynn Bellfield Halesowen 35:21; 3 Claire Goulden Lincs WC 36:29; **W50:** Hilary Mann Sparkhill 31:57; **W55:** 1 Fiona Bishop Woking 31:25 (CBP); 2 Cath Duhig Royston 31:40; **W70:** Andrea Lennon 37:18 (CBP); **M45:** 1 Mark Williams Tamworth 25:09 (CBP); 2 Andrew Fraser York RWC 28:03; 3 Richard Robb Lincs 36:36; **M50:** 1 Patrick Murphy IRL 25:53; 2 Bill McFadden Portobello 28:27; 3 Mark Byrne Redcar 33:33; **M55:** 1 Simon Pugh NVAC 31:12; 2 Ian Donaldson Lincs 35:39; 3 Philip McCullough Lincs 38:59; **M60:** 1 Greg Smith Lincs WC 28:33; 2 Sean Pender Enfield & H 31:30; **M65:** 1 Tony Taylor Lincs WC 27:17 (CBP); 2 Roger Mitchell Surrey WC 28:14; 3 Sean McMullin IRE 28:20; 4 Peter Boszko Birchfield 28:48; 5 Roy Gunnell Lanc WC 32:17; 6 mStephen Sargent Lincs 34:07; 7 John Crahan Lincs 34:59; 8 John Softley Bellahouston 36:10; **M70:** 1 Colin Turner Nuneaton 27:52; 2 Shaun Lightman Surrey WC 29:37; 3 Glyn Jones Coventry G 31:08; 4 Joe Hardy Lanc WC 32:33; 5 John Grayson York 36:22; **M75:** Norbert Will NIMAC 34:36; **M80:** 1 John Payn Lincs 36:51; 2 Ken Livermore Enfield & H 40:45; 3 Eric Horwill Dudley & S 40:59; **M85:** 1 James Farar NVAC 42:10; 2 Edwin Grocock Sheffield 42:55; **EAMA TEAM EVENT:** 1 ENGLAND 88.03%; 2 IRELAND 76.31%; 3 SCOTLAND 70.18%;

**B.M.A.F. 30KM CHAMPIONSHIPS**  
(MEN/WOMEN) Business Park, Warwick  
University, Coventry. Sunday 13<sup>th</sup> July 2014.

Only 10 men and 1 lady lined up for this race demonstrating the dislike of so many of today's walkers to the longer distances. The fear of being disqualified when you tire as a result of not being able to straighten your leg is taking its toll. No one wants to get to the latter stages of the race only to be removed from the competition as happened to Ian Richards in this championships. Leading from the start and setting out on a world record schedule he quickly built a lead that reached almost 20 minutes when he was DQ'd at 27km still on schedule to beat the record he set in Upice last year by around 3 minutes.

That left the way open for Steve Allen to win the race and the M55 age group from Sean McMullin M65 from Ireland, a regular visitor to BMAF championships. Sean had battled with Chris Berwick M65 and Andrew Fraser M45, down from Scotland, throughout the race, all 3 finishing within one minute.

Maureen Noel F50 finished 5<sup>th</sup> overall, an excellent result.

1 Steve Allen M55 3.12.08; 2 Sean McMullin M65 3.16.36; 3 Chris Berwick M65 3.16.58; 4 Andrew Fraser M45 3.17.36; 5 Peter Boszko M65 3.28.18; 6 Ken Bobbett M70 3.30.32; 7 Parminder Bhatti M55 3.47.36; 8 David Fall M65 3.58.29; 9 Russell Vroobel 4.12.25; BMAF Team Birchfield Maureen Noel F50 3.26.25;

**Rainbow Led**  
Athletics in the North East of England, 1914-18

On a bright winter's afternoon in February 1915, Alcock hosted the first military cross country race in the north east during the First World War. This was an outbreak of amateur professional and military athletes in the north east during the Great War, and a brief history of the development of athletics in the region before and after the conflict. In an area where sport has been a vital component in the cultural identity of the region, although not in the north east, one reason.

John T. Jenkins was a remarkable journey and in normal times would have achieved more status and further success. Alcock Jenkins T. Jenkins became the Silver Agent of the Yorkshire-German Cross Country Association, responsible for organising military athletics and cross country events during World War 1. Jenkins was overall President of an area stretching from Newcastle to South Yorkshire, divided into three sections, the North East, South Yorkshire, North Yorkshire and South Yorkshire. Military Cross Country racing in the north east thrived with regiments in Yorkshire and the Tyne. Jenkins made all the time, organised under the auspices of the North East Counties.

William T. Jenkins OBE, President of the Yorkshire-German Military Cross Country Association

Cross Country Association (YGCCA) further research began to involve the interesting agency of what happened to John T. Jenkins after September 1917. The local press were unwilling to take coverage of the war and the association was unable to give a flower of the period.

**Rainbow Led**  
Athletics in the North East of England  
1914-18  
ARCHIE JENKINS

AVAILABLE FROM AUGUST 1<sup>st</sup>

£6.99 or £9.50 (including post and package)

Contact Archie Jenkins arch452@gmail.com

## RACE WALKING

**BMAF 5k RACE WALKING CHAMPIONSHIP, HORWICH,**  
**15<sup>th</sup> JUNE.**  
**WORDS: Eric Horwill**



## MASTERS ATHLETICS SUMMER 2014.

**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)  
**Production:** Hastings Printing Company, Drury Lane, St. Leonards-on-Sea, East Sussex TN38 9BJ.  
**Subscription Rates:** £20 per annum (four issues) free to members of affiliated clubs.

### 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, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker, Irene Nicholls and Mike Wrenn..  
**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:** IAN RICHARDSON, 24, Pevensey Road, Worthing, BN11 5NS, Phone: 01903 504463 email:  
[ianrichards.racewalker@virginmedia.com](mailto:ianrichards.racewalker@virginmedia.com)  
**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  
**CHAIR of EAMA:** Chris Jager, "Topsot", 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-Courtney Gunn Mail : [evacmemsec@btinternet.com](mailto:evacmemsec@btinternet.com)  
**Isle of Man:** General & Membership : Mrs Maureen Kelly, 47, Ballacry Park, Colby, Isle of Man, IM9 4LX; Email: [mokelly@manx.net](mailto:mokelly@manx.net)  
**Midlands MAC:** 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: Alex Rowe, 1, Buckingham Road, Lytham St. Annes, Lancashire, FY8 4EU Phone: 07811550315  
Mail: [alex.rowe@talktalk.net](mailto:alex.rowe@talktalk.net) 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)  
**North East Masters AA** General ; Archie Jenkins, 8 Meadow Riggs, Alnwick, Northumberland, NE66 1AP phone 07702322815 ;  
Membership- : George Routledge, 5, St. Hildas Avenue, Holy Cross, Wallsend, Tyne & Wear, NE28 7AB  
Phone: 0191 4474219 Email: [10744grout@talktalk.net](mailto:10744grout@talktalk.net)  
**Northern Ireland MAA:** Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) [www.northernirelandvets.co.uk](http://www.northernirelandvets.co.uk)  
**Scotland (SVHC):** General; Campbell Joss, 25, Speirs Road, Bearsden, Glasgow, G61 2LX Phone: 0141 942 0731.  
Membership- David Fairweather, 12, Powburn Crescent, Uddingston, Glasgow G71 7SS (phone-01698 810575)  
[djf@dfairweather.plus.com](mailto:djf@dfairweather.plus.com) Website: [www.scottishmastersathletics.webnode.com](http://www.scottishmastersathletics.webnode.com)  
**Southern Counties VAC:** Secretary –Chris Reed, 18, Flint Street, Grays, Essex, RM20 3HA Phone: 01708 689877  
Email-chrs.reed@gmail.com Membership-Lesley Richardson, 1, Pultenham Close, South Oxley, WD19 7BJ  
New Membership: Vilma Thompson, 18 Albany House, Boyfield Street, SE1 0SB (020 7928 9577)  
Email: [villy18@hotmail.co.uk](mailto:villy18@hotmail.co.uk)  
**South West VAC:** 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  
**Veterans AC:** General: Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) Membership: Peter  
Kennedy, 14, Keere Street, Lewes, East Sussex, BN7 1TY email: [pkennedy@datchet.plus.com](mailto:pkennedy@datchet.plus.com)  
**Welsh Masters:** General: Rachel Matthews, 90 Van Road, Caerphilly, CF83 1LD Mail-rachjmatthews@hotmail.co.uk  
Membership- Sue Hooper, 28, Mill Common, Undy, Caldecot, Monmouthshire, NP26 3JH Phone-01633 881608.

MASTERS ATHLETICS is the official publication of the BRITISH MASTERS ATHLETIC FEDERATION. The editorial policy is not, unless otherwise stated, necessary that of the BMAF.

Unsolicited material would be welcomed, preferably Microsoft Word or Text. Copy submitted by Email, Email attachments are Acceptable in any Microsoft format. If you require the return of your information and photographs, please enclose a "stamped Addressed Envelope".

MASTERS ATHLETICS cannot accept any responsibility for items lost or damaged in transit, and any correspondence published at the Editor's discretion.

This Magazine is posted to the home address of all registered B.M.A.F. members, based on the information supplied by Affiliated Clubs and Associations.

Masters Athletics or its contributors cannot, however, accept any responsibility for injury, loss or damage caused by their advice.

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



# April 13 LONDON MARATHON

Report by Martin Duff of  
Athletics Weekly.  
Pictures: Jeremy  
Hemming.



1st W40 Emma Stepto,  
behind 1st British  
Female Amy  
Whitehead

**B**y far and away the best veteran performance in the race was that of Emma Stepto but she was running in the Elite women's section in an effort to get a Commonwealth Games place in the England team. However a return of 2h:36:05 was just outside the required mark. Had the Cornwall runner been in the mass start it is likely that she would have improved her pb. from its current. 2h:35:02, just two seconds shy of the required time. Stepto had to run the second half of the race by herself.

England Cross-Country International Chris Greenwood pulled back a half-way deficit of nearly three minutes to win in the men's vests' title in 2:27:59. This was after Gareth Lowe ran 71:21 for the half-marathon but Greenwood, back in fifth after 13 miles, ran a negative split to win by just 35 seconds. "I paced myself really well so I feel OK as it all went perfectly, I tried to stay calm and hit my splits. Everyone said 20 miles is half-way but I lasted until 25 and then my last mile was my fastest, so I was fine," said Greenwood.



Chris Greenwood 1st Male 40.

Ben Reynolds took the M50 race from Nigel Rackham by 100 seconds in 2h:33:53, the Thames runner also heading all of the M45's. The four time National Vets cross-country champion was more than two minutes clear at 13.1 miles, but lost a bit in the second half as Rackham ran splits of 77:47 and 77:46. "I have to be happy with that as I wasn't at all confident about going sub-2h: 35 so I'm pleased to squeeze under 2h:34. As usual I slowed 15 seconds per mile in the last six miles but it felt as if I was finishing fast but the times show I wasn't." His splits were 75:29 and 77.24.



Ben Reynolds 1st M50

Nearly thirty years ago Reynolds said he ran 2h: 31:42 for 333rd. This year he was 87th quickest overall, the figures telling their own sad story. David Butler dominated the M60 age group, winning by 18 minutes in 2h: 48:46. He said: "My race went very well. My twin targets were to achieve a pb. Time of 2h: 48 and win the age group. I achieved both so I am very happy. I started slightly too fast but eased back slightly to reach half way as planned and loved the run down through the crowds and narrower roads near in Docklands. I then worked hard to keep the pace going back to Tower Bridge. The next two miles were very hard but I found a second wind to complete the last 2km strongly to achieve my target time."

Treana Johnson not only ran nine minutes quicker this year but also moved up from second in 2013 to take the W50 medal, in 2h:57:49. The Dewsbury runner was 86:27 at the half-distance and going away but despite losing ground in the latter stages held on to win by 51 seconds. Jane Davies took the W65 section in 3h:22:12 and was on schedule to break Angela Copson's British best time of 2:19:05 at 13.1M (98:00) but lost time in the second half.



## MASTERS ATHLETICS ROAD RACING

Davies said: "I am totally pleased but got to mile 16 in two hours and thought I'm not going to be able to carry on at this pace, so I slackened off a bit."

Davies beat all of the W60s, where Caroline Horder won by nearly four minutes in 3h:36:06.

Among the older men, Martin Ford was favourite but saw himself only fourth in the provisional results. However, it looks like the first two were not correct which left Robin Scott ahead of the Cheltenham runner, just four weeks after running ten minutes slower in Barcelona.

### Men

**M40:** 1 C Greenwood (Kent) 2:27:59; 2 G Lowe (Clowne) 2:28:34; 3 L Jones (Dees) 2:29:30; 4 C Dettmar (Head RR) 2:29:58; 5 A Rouse (Ed'burgh) 2:30:20; 6 S Risa (NOR) 2:31:42

**M45:** 1 S Hall (DSFRS) 2:36:20; 2 E La Chevre (FRA) 2:36:27; 3 D Rowlands (Wrex) 2:36:32; 4 G Southern 2:37:04; 5 P Senac (FRA) 2:37:40; 6 R Downs (Wilms) 2:38:36

**M50:** 1 B Reynolds (THH) 2:33:53; 2 N Rackham (Metros) 2:35:33; 3 S Murtagh (Hart) 2:39:22; 4 A Mason (Barn) 2:39:28; 5 G Hogg (R Forever) 2:43:31; 6 T Clayton (N Dev) 2:46:41

**M55:** 1 J Monteiro (POR) 2:41:17; 2 G Payne (G Eliot) 2:47:21; 3 P Muffett (NNBR) 2:48:47; 4 R Burton 2:49:40; 5 M Halvey (Rane/IRE) 2:55:16; 6 M Davis (Newq RR) 2:55:17

**M60:** 1 D Butler (Bill'cay) 2:48:46; 2 M Warwick (Rhayad) 3:05:49; 3 G Ruffell (Hart) 3:06:33; 4 T Hutchison (T Bath) 3:08:13; 5 C Mason (S Dev) 3:08:29; 6 B Merron (Swin H) 3:08:29

**M65:** 1 J Bateman (RRC) 3:13:50; 2 G Ball (Wimb W) 3:14:07; 3 D Rose (T Bath) 3:15:33; 4 J Koenig (GER) 3:20:14; 5 N Scruton (Scar) 3:25:12; 6 G Cumber (Hali) 3:25:54

**M70:** 1 R Scott (Kilb) 3:19:45; 2 M Ford (Chelt) 3:21:50; 3 J Owen (Barn) 3:28:46; 4 J Gardener (Pemb) 3:41:54; 5 J Owen (Barn) 3:28:45; 6 J Gardener (P'broke) 3:41:54 \*

**M75:** 1 D Turner 4:25:04; 2 B Chamberlain (Hart) 4:26:20; 3 J Winters (BW&F) 4:27:57; 4 P Gaze (B'mth) 4:46:18; 5 P Dobbs (Thurr/IRE) 4:47:19; 6 R Griffin (Camb U) 4:48:10

\* Note: first two M70s listed in official results do not seem to be *bona fidae*

### Women

**W40:** 1 E Stepto (Corn) 2:36:05; 2 E Arcicolar (ESP) 2:48:18; 3 S Cumber (Hali) 2:50:36; 4 V Sesto (N For/ARG) 2:51:43; 5 N Green (Ilkley) 2:53:56; 6 E Crowe (Wrex) 2:54:33

**W45:** 1 U Jacobsen (DEN) 2:55:55; 2 M Heslop (Padd W) 2:56:57; 3 S Kelly (R Woott B) 2:58:35; 4 D Mason 2:59:40; 5 V Swingle (Shrop S) 2:59:54; 6 K Rushon (Soton) 3:00:47

**W50:** 1 T Johnson (Dews) 2:57:49; 2 D Steer (St Alb) 2:58:40; 3 J Masterman (Goole V) 3:06:30; 4 A Mair (Newp) 3:10:33; 5 R Bales (B&R) 3:13:30; 6 T Scully (Orion) 3:13:36

**W55:** 1 C Wheelhouse (Donc) 3:13:04; 2 B Wenman (Cant) 3:33:23; 3 J Binns (Datch D) 3:25:07; 4 P Curtis (Hogweed) 3:28:34; 5 L Collinson (Shrop S) 3:29:07; 6 J Curtis (Win) 3:29:53

**W60:** 1 C Horder (B'mth) 3:36:06; 2 P White 3:39:49; 3 J Georgiou (Farn R) 3:49:10; 4 B Ralph (Chilt) 3:49:55; 5 J Barrow-Green (VP&TH) 3:52:20; 6 J Millett (Strag) 3:53:12

**W65:** 1 J Davies (E&E) 3:22:12; 2 S Nicholls (Burn) 3:35:38; 3 P Elena 3:41:35; 4 K Little 3:41:59; 5 J Roberts 3:53:52; 6 S Marzaioli (Hast R) 4:01:21

**W70:** 1 S Hamilton (Harp) 4:21:43; 2 C Dyke (Fitt) 4:23:29; 3 C Spong (G Yar) 4:24:44; 4 R Armstrong (Donc) 4:42:54; 5 A Duncan (Hill) 4:44:24; 6 J Archibold (C'mont) 4:54:55

**W75:** 1 E Draper (Gard CR) 5:16:08; 2 S Cannell 6:33:55; 3 D Green 6:45:14

**W85:** I Barr (Bed H) 6:58:59

**F**or the second year in a row, nine different clubs took the team awards and only M45 winners Leicester Coritanian retained their title, to make it four wins in a row.

### M35 race

Mark Johnson's 15:09 for Mansfield, led on the opening leg, as the number of stages for this youngest age group was reduced from eight to six. It did see concerns about yet another change raised by clubs and, although the entry was higher, the number of finishing teams was still relatively low.

Billy McCartney took Salford to the front on stage two but Altrincham went ahead on the third before Matt Barnes put the matter beyond doubt with the day's fastest lap of 14:41 on leg four. "I've always loved doing the six-stage here and we have run together in the seniors a lot," said Barnes of his team mates.

Les Croupiers were a distant second and included M60 Martin Rees (16:15) in their youngest squad. It was left to Dave Norman, to anchor Altrincham with a 15:29 split.

### M45 race



**Gordon Lee  
Fastest leg  
again in M45.**

In a race reduced to just four stages (why do they keep mucking about with the format?) Leicester won for the fourth year in a row and had Gordon Lee again fastest overall, at 15:24. "It's good for our club, but it's only four legs and a bit of a downer being just four," said Lee.

Leicester were only fifth, after the first leg, as Simon Cotton trailed leader Thame's Ian Harkness. Before moving up, thanks to Chris Southam.

Jon James posted the second best M45 time of 15:38 on stage two, before Paul Simons put Salford ahead.

**NATIONAL MASTERS  
ROAD RELAY  
CHAMPIONSHIPS  
Sutton Park, May 17.**

**Words: Martin Duff of  
Athletics Weekly**

**Pictures: Jeremy Hemming**

<http://imagnetogo.net.gol/?27418>



## MASTERS ATHLETICS ROAD RACING

Gerry O'Neill had no answer however, as Gordon Lee flew past for a 38 second winning margin.

### M55 race

Woodford Green took victory by more than a minute with an evenly balanced team in yet another category where the number of runners was reduced, to just three. "We looked at last year's result and they were averaging 19 minutes so we thought; 'you have to come and do it,'" said David Cox of his team's win.

On the first stage, Jeremy Hogan had given Bristol an early lead with a 16:51 clocking that bettered Cox's 17:00 for the quickest M55 time of the race. "I didn't expect it. It's my first time inside 17 minutes since I turned 50," said Hogan.

### M65/M75 race



The older men's races saw Rotherham Harriers dominating the M65s once they hit the front on the second leg through Bob Tintinger's 18:46. Oxford City's Roy Treadwell's 19:48 led at the end of the opening stage, but Rotherham took victory by nearly two minutes.

Two over-75 teams finished as Exmouth won from Bingley, who's Fred Gibbs was fastest. However the British M75 ten mile record holder was sent away at the start of his leg too early, leading to confusion with his time. It was eventually resolved ten days later (at 21:12) and Gibbs said: "I enjoyed it, another great day but we will be back next year to challenge Exmouth."

### Women

#### W35 race

Claire Martin ran 17:09 last year and, with Lisa Palmer, exactly matched the time, but the team honours went to

Stroud and District. It was Palmer who broke away early up the opening hill to post the time with a big first stage 'win' for Heanor. "I led from the start and just tried to go as there wasn't anybody with me," said Palmer. Salford's Hayley Kuter ran 17:39, to narrowly lead at the end of the penultimate lap but they faded badly at the end. Stroud tried hard through the former Heidi Moulder (now North) but the former Junior National Cross-Country and Inter-Counties champion, on her return to the sport, after five years out, could only muster an 18:20 time and they were 43 seconds off of the lead.

Gwen Kinsey, a former Modern Pentathlon international, who won a Team Gold medal in the World Championships in 1999. Did the business for Stroud and her 18:07 was more than enough, at 41 seconds over the game Heanor. She said: "It's our first entry into the Masters," while their Joanne Fifield added: "injuries have prevented us having a full squad in the relays."

Further back Martin, from a lowly eighth, delivered Telford bronze medals with that 17:09. Charnwood's Tara Krzywicki, who was returning to the sport after a break, was one of her victims' *en-route*.

Martin said: "I could see Tara (Krzywicki) on the line and I've been struggling since London but I gave it everything."

### W45 race

Denby Dale Travellers were yet another new name on a trophy as Bristol and Dulwich Runners followed. Holders Winchester and Arena failed to put in an appearance, despite being entered.

Sarah Everitt, for Bristol, ran 18:30, ahead of Ola Balme's Dulwich at the end of the opening stage, as Denby Dale's Lesley Leggett was nearly a minute off of the lead.

Clare Elms then not only led the W45s, but also the W35 group at the end of the second stage. Her race fastest 17:47 opened a big lead, but they dropped to third as Nichola McNally for Denby and Clare Jolliffe for Bristol moved up to take gold and silver. Elms said: "I passed everyone up the first hill."

Winners Denby were overjoyed at their success and second leg runner Bridget Coomber said: "it's our first proper team win." McNally added: "that felt like hard work."

### W55/W65 race

Jo Thompson, with the fastest lap of the race, gave Team Bath a lead on the first stage and they never looked back. Thompson, who holds the W45 record at 16:51, ran 18:57 and said: "I went really well but I've had a year when I haven't been doing a lot but I'm good at hills and won the Glastonbury Tor race, so I thought I'd try again." Louise Jeffries and Karen Butler rounded things off for Bath as Winchester took second.

Hastings' Sylvia Huggett was quickest of the W65s with 23:55, as only one team finished again.

### W35 Team Results

**1 Stroud & District AC 1h13.44m** ( Jane Wassell 17.54m, Joanne Fifield 19.23m -2, Heidi North 18.20m +3, Gwen Kinsey 18.07m +2);  
**2 Heanor Running Club 1h14.25m** ( Lisa Palmer 17.09m, Jill Burke 19.46m -1, Louise Insley 18.01m +0, W Roethenbaugh 19.29m +0);  
**3 Telford AC A 1h15.15m** ( Amanda Davies 19.03m, Michelle Clarke 18.12m +8, Lucie T-Harris 20.51m -5, Claire Martin 17.09m +7 );  
**4 Charnwood AC A 1h15.20m** ( Joanne Spencer 19.07m, Claire Smith 19.08m +6, Clare McKittrick 18.27m +6, Tara Krzywicki 18.38m +0 );  
**5 Serpentine RC 1h15.34m** ( Liz Wynn 18.38m, Cath Wilding 19.02m +0, Laura Denison 19.26m +3, Jane Fanning 18.28m +0 );



## MASTERS ATHLETICS ROAD RACING

**6 Tynebridge Harriers 1h17.32m** ( Alison Dargie 17.52m, Louise Rodgers 19.29m -4, Lindsay Walsh 20.13m +0, Isobel Knox 19.58m +1 ); **7 Blackheath and Bromley 1h17.39m** ( Jennie Butler 19.28m, C Penlington 18.45m +13, Jane Bradshaw 19.45m +1, Jenny Neal 19.41m +1 ); **8 Salford Harriers & AC 1h18.24m** ( Beverley Simons 18.15m, Rachel Jones 19.00m +1, Hayley Kuter 17.39m +3, Ruth Ollerenshaw 23.30m -7 ); **9 Coventry Godiva Harriers 1h21.00m** ( Sarah Rose 17.51m, Mistianne Feeney 19.13m -1, Jayne Mumford 21.43m -9, Eileen Williams 22.13m +3 ); **10 Charnwood AC B 1h22.27m** ( Jenni Muston 18.56m, Elizabeth Hewitt 21.48m -10, Nicola Thompson 21.51m -6, Kate Ramsey 19.52m +16 ); **11 Wigan & District H & AC 1h22.52m** ( Jayne Taylor 19.28m, Tracey Dutton 22.11m -6, Julie Platt 20.21m +7, Jacqueline Jones 20.52m +11 ); **12 Bournville Harriers A 1h23.39m** ( Linda Howell 19.08m, Sarah Rock 20.35m +1, Suz West 21.51m -3, Laura Gale 22.05m +7 ); **13 Wesham Road Runners & AC 1h24.05m** ( Helen Lawrenson 20.10m, Sue Coulthurst 20.46m +8, Carmel Sullivan 19.43m +6, Lisa Minns 23.26m +2 ); **14 Cannock & Stafford AC 1h24.24m** ( Sally Gray 19.03m, Gillian Russon 22.22m -13, Nina Skilton 20.48m +3, Susan K-Boxley 22.11m +10 ); **15 Clowne Road Runners Club 1h24.56m** ( Louise Lowe 19.20m, Michelle Needham 23.10m -19, Melanie Adams 22.23m +3, Jacqui Robson 20.03m +20 ); **16 Worcester AC 1h25.21m** ( Teresa Cochrane 21.53m, Sandra Lane 20.25m +17, Anne O'Connell 21.55m +2, Karen Matthews 21.08m +17)



**Lisa Palmer  
shared the  
days fastest  
time with  
Claire  
Martin**

**17 Wolverhampton & Bilston A 1h26.47m** ( Marie Beddows 20.38m, Deb Blakeman 21.16m +8, Liz Paton-Lister 25.40m -13, Audrey Wilson 19.13m +27, **18 Telford AC B 1h27.55m** ( Sharon Clayton 23.48m, Rachel Coupe 20.16m +25, Lisa Blagden 22.07m +7, Jane Clarke 21.44m +19 ); **19 Stockport Harriers & AC 1h28.51m** ( Sam Thompson 21.34m, Claire MacNeill 21.38m +4, Vicky Barrett 23.38m +1, Maureen Wilkins 22.01m +20 ) **20 Derby Athletic Club 1h29.00m** ( Steph Spencer 20.17m, Sarah Holford 19.35m +13, Allison Woodhead 23.48m -13, Paula Parkin 25.20m +11 ); **21 Les Croupiers A 1h29.23m** ( Claire Beatty 18.25m, Michelle Amblin 27.09m -43, Kate Russell 23.47m +2, Susan Watson 20.02m +26 ); **22 Middleton Harriers AC 1h32.38m** ( Emma Ball 21.38m, Elaine B-Jordan 23.47m +0, Joanna Adamson 23.30m +2, Amana McCarthy 23.43m +24 ); **23 Mansfield Harriers 1h35.17m** ( Maddie Collinge 24.13m, Carly Johnson 20.44m +26, Sue Bellingham 24.42m -1, Eva Williams 25.38m +25 ); **24 City of Birmingham Str 1h38.00m** ( Maura Quill 24.39m, Anne Russell 25.15m +11, Carol Jagpal 24.17m +6, Raquel Cazorla 23.49m +36 ); **25 Halesowen A & CC 1h38.18m** ( Anna Cosmetti 24.32m, Helen Bustin 24.53m +10, Helen Attwood 25.52m +2, Caroline Lambert 23.01m +38 ); **26 Bournville Harriers B 1h39.36m** ( Emma

Hopkins 23.22m, Lesley Pymm 26.57m -6, Nicola Morris 24.00m +8, Rachel Partridge 25.17m +35 ); **Incomplete: Birchfield Harriers** ( Dawn Batsford 25.03m, Tracy Clarke 25.24m +9, Manisha Patel 27.45m +0) **Sheffield RC** ( Michaela Sill 20.48m ) **Westbury Harrier** ( Elizabeth Pick 19.04m, Anneke Bull 23.06m -19, Zoe Dixon 42.50m -43 ); **Wolverhampton & Bilston B** ( Melanie Hunter 27.19m, Andrea Garlick 24.37m +6); **Fastest Legs:** 1 Lisa Palmer & Claire Martin 17:09; 3 Hayley Kuter 17:39; 4 Sarah Rose 17:51; 5 Alison Dargie 17:52; 6 Jane Wassell 17:54; 7 Louise Insley 18:01; 8 Gwen Kinsey 18:07; 9 Michelle Clarke 18:12; 10 Beverley Simons 18:15;

### W45 Team Results



**Clare Elms  
runs the  
days fastest  
in the W45  
Group**

**1 Denby Dale Travellers 57.27m** ( Lesley Leggett 19.25m, Bridget Coomber 19.02m +9, Nichola McNally 19.00m +5 ); **2 Bristol and West AC 58.16m** ( Sarah Everitt 18.30m, Tracy Allan 20.27m -6, Clare Jolliffe 19.19m +2 ); **3 Dulwich Runners AC 59.04m** ( Ola Balme 18.59m, Clare Elms 17.47m +11, Michelle Lennon 22.18m -12 0); **4 Halesowen A & CC A 1h01.22m** ( Samantha Morton 19.49m, Sally Spencer 19.54m +8, Julie Dale 21.39m +0); **5 Telford AC 1h01.36m** ( Denise Sanders 20.33m, Juliet Hoad 21.35m +4, Julie Kirby 19.28m +13 ); **6 Holmfirth Harriers AC 1h01.40m** ( Helen Pettit 20.39m, Lesley Ewart 20.40m +14, Julia Johnson 20.21m +5 ); **7 Altrincham & District AC 1h03.01m** ( Beverley Ganose 20.30m, Fiona Cosgrove 21.06m +7, Carole Harrison 21.25m +0 ); **8 Serpentine RC 1h03.13m** ( Catkin Shelley 20.19m, Lisa Pettit 21.20m +2, Jane Nodder 21.34m +1 ); **9 Cambridge & Coleridge AC 1h04.29m** ( Nicola McBride 20.13m, Maria Brightwell 22.13m -7, Lynn Roberts 22.03m +3 ); **10 Tonbridge AC 1h06.20m** ( Lucy P-Knowle 20.34m, Estelle Fenton 22.54m -3, Emma Avis 22.52m +3 ); **11 Les Croupiers A 1h06.55m** 9 Julie Scholey 21.37m, Jane Coker 20.46m +11, Yvonne Bullen 24.32m -4 ); **12 Centurion RC 1h07.00m** ( Theresa Woolley 21.35m, Mary Williams 23.07m -1, J Robathan 22.18m +5 ); **13 Hastings Runners 1h07.02m** ( Janice Young 23.49m, Helen Brown 23.12m +15, Riz Maslen 20.01m +13); **14 Birchfield Harriers A 1h07.21m** ( Marion Peak 22.31m, Mary Ross 23.50m +2, Val Carter 21.00m +9 ); **15 Team Bath AC B 1h08.45m** ( Claire Riou 22.52m, Allison Talbot 24.15m +0, Catherine Dale 21.38m +11 ); **16 Royal Sutton Coldfield AC 1h10.58m** ( Kate McBrien 19.14m, Suzanne Browne 24.45m -25, Nikki Singh 26.59m -9 ); **17 Worcester AC 1h11.17m** ( Pamela Murray 21.38m, Gillian Jubb 22.44m +4, Marg Crosswell 26.55m -8 ); **18 Bournville Harriers 1h12.32m** ( C Greenhouse 22.46m, Jude Glynn 23.46m +1, P Williamson 26.00m -2 ); **19 Middleton Harriers AC 1h13.23m** ( Kyrinda H-Moore 23.16m, Cathie Murphy 24.31m +3, Christine Brooks 25.36m +0 ); **20 Westbury Harriers 1h13.26m**



## MASTERS ATHLETICS ROAD RACING

( Sarah Tucker 25.04m, Kay Ridgwell 24.18m +16, Sandra Sforza 24.04m +5 ); **21 Wolverhampton & Bilston 1h17.07m** ( Claire Eveson 23.50m, Lisa Hodgkins 25.25m +8, Jan Brookes 27.52m -4 ); **22 Cobra Running & Triathlon 1h18.14m** ( Teresa Halliday 25.09m, Kerry Phillips 25.58m +9, Sally Folkes 27.07m +2 );

**Incomplete Team:** Blackheath and Bromley ( Rosem Ferguson 21.51m );

**Fastest Legs:** 1 Clare Elms 17:47; 2 Sarah Everitt 18:30; 3 Ola Balme 18:59; 4 Nichola McNally 19:00; 5 Bridget Coomber 19:02; 6 Kate McBrien 19:14;

### W55 Team Results



**Jo Thompson gives Bath an early lead.**

**1 Team Bath AC B 1h02.30m** ( Jo Thompson 18.57m, Louise Jeffries 22.09m -12, Karen Butler 21.24m -2 ); **2 Winchester & District AC 1h03.44m** ( Lynne Whitaker 20.21m, Joy Radford 21.46m +1, Joanna Curtis 21.37m +0 ); **3 Westbury Harriers 1h13.02m** ( Shirley Hume 23.13m, Pat Gallagher 24.11m +2, Eithne Noonan 25.38m +0 ); **4 Vale Royal AC 1h15.40m** ( Valerie Dunn 20.31m, Carole Williams 25.58m -17, Pauline Davies 29.11m -12 ); **5 Les Croupiers A 1h15.43m** ( Ann James 23.36m, Rosem Williams 27.47m -11, C Dallimore 24.20m +9 ); **6 Rotherham Harriers and AC 1h17.52m** ( Gillian Taylor 24.24m, Jennifer Horan 27.55m -7, Wendy Whitaker 25.33m +13 ); **7 Middleton Harriers AC 1h18.15m** ( Christ Eckersley 25.02m, Fiona Bolton 25.52m +7, Shelagh Ackers 27.21m -1 ); **8 Barnet & District AC 1h20.17m** ( Linda Dworowski 23.47m, Pauline Lygo 29.23m -15, R DeLa Bertauche 27.07m +9 ); **9 Blackheath and Bromley 1h20.42m** ( Cathy Messert 27.49m, Anne Cilia 23.55m +10, Maz Turner 28.58m +3 ); **10 Cobra Running & Triathlon 1h24.51m** ( Kristina Newton 24.05m, Francine Orme 28.37m -10, Ursula Elwell 32.09m +6 ); **Incomplete:** Cannock & Stafford AC ( Dorothy Fellows 22.54m ); **City of Birmingham Str** ( Elzbieta Lepa 25.04m ); **Wolds Veteran RC A** ( Jane Morley 21.29m, Susan Green 27.29m -19 ); **Fastest Legs:** 1 Jo Thompson 18:57; 2 Lynne Whitaker 20:21; 3 Valerie Dunn 20:31; 4 Carly Johnson 20:44; 5 Karen Butler 21:24;

### W65 Team Results

**1 Hastings Runners 1h15.25m (Course Record)** ( Cheryl Wood 26.29m, Sarah Marzaioli 25.01m +7, Sylvia Huggett 23.55m +13 ); **Incomplete:** Team Bath Athletics Club ( Janice Rambridge 27.34m ); **Fastest Leg:** Sylvia Huggett 23:55;

### M65 Team Results

**1 Rotherham Harriers and AC 58.04m (Course Record)** ( Terry Hawley 19.54m, Robert Tintinger 18.46m +15, Michael Marsters 19.24m +3 ); **2 Oxford City AC 59.55m** ( Roy Treadwell 18.48m, Allan Matthews 20.53m -6, John Exley 20.14m +1 ); **3 Trentham RC 1h01.06m** ( John Corbett 19.43m, Stan Winterton 20.44m +5, Dennis Frain 20.39m +3 ); **4 Elswick Harriers 1h01.28m** ( Mark McNally 19.27m, Harry Matthews 20.03m +7, Stephen White 21.58m -4 ); **5 Barnet & District AC 1h02.05m** ( Liam O'Hare 20.09m, Nicholas Bingham 21.07m +3, John Owen 20.49m +2, 6 Salford Harriers & AC A 1h03.01m ( Vincent Murphy 21.51m, Stanley Curran 19.12m +28, Roland Bowness 21.58m -5 ); **7 Altrincham & District AC 1h03.26m** ( Ken Burgess 21.02m, Dave Telford 21.52m +3, Jeff Norman 20.32m +9 ); **8 Bingley Harriers**

**& AC 1h05.25m** ( Pete Covey 21.56m, Peter Ellerton 21.39m +11, Mike Smith 21.50m +6 ); **9 Blackpool Wyre & Fylde AC 1h09.44m** ( Derek Wilson 23.38m, Robert Massey 24.22m +6, Reg Smallbone 21.44m +10 ); **10 Salford Harriers & AC B 1h09.52m** ( Dennis Moran 23.13m, Tommy Daniels 22.37m +10, Sidney Sacks 24.02m +0 ); **11 Centurion RC 1h10.37m** ( Adrian Lloyd 23.19m, John Twamley 24.48m +2, James Calderbank 22.30m +9 ); **12 Les Croupiers 1h11.50m** ( Ralph Davey 23.40m, Jeffrey Aston 26.25m -1, John Plain 21.45m +13 ); **13 Vale Royal AC 1h12.00m** ( Andrew Carter 20.27m, Shaun McGrath 29.45m -34, Colin Rathbone 21.48m +13 ); **14 Exmouth Harriers 1h18.10m** ( Leslie Turner 27.39m, Roger Rowe 23.38m +13, Mike Keep 26.53m +5 ); **15 Derby Athletic Club 1h19.19m** ( Michael Smedley 21.36m, B Worthington 30.32m -34, Michael Butterly 27.11m +7 ); **16 Salford Harriers & AC C 1h31.45m** ( Robert Towell 25.48m, Frank Murray 25.42m +7, Arthur Walsham 40.15m -3 ); **17 Birchfield Harriers 1h35.31m** ( Alex D-Elliott 24.34m, Barry Roberts 26.27m +4, John Summerton 44.30m -8 ); **Incomplete:** Team Bath Athletics Club ( David Rose 19.52m, Pat Rogers 21.22m +2 ); **Wolverhampton & Bilston** ( Peter Stark 22.57m, Owen Cooper 23.18m +7 ); **Fastest Legs:** 1 Robert Tintinger 18:46; 2 Roy Treadwell 18:48; 3 Stanley Curran 19:12; 4 Michael Marsters 19:24; 5 Mark McNally 19:27; 6 John Corbett 19:43;

### M75 Team Results

**1 Exmouth RC 1h14.22m** ( Ray Elston 23.40m, John Perratt 25.05m +6, Mick Allen 25.37m -1 ); **2 Bingley Harriers & AC 1h1h28:01** ( Malcolm Roberts 43.09m, John Smithurst 23.40m +5, Fred Gibbs 21:12 ); **Fastest Leg:** 1 Fred Gibbs 21:12; 2 Ray Elston 23:40;

### M35 Team Results

**1 Altrincham & District AC 1h34.48** ( Nick Leigh 15.28, Colin B-Thornton 16.19m +1, Simon Marwood 16.03m +2, Matthew Barnes 14.41m +0, David Alderson 16.48m +0, David Norman 15.29m +0, **2 Les Croupiers A 1h36.04m** ( Stephen Paterson 15.37m, Jerome Edwards 16.23m +1, Martin Rees 16.15m +1, Edward Donovan 16.04m +0, Robert Sage 16.23m +2, Graham Breen 15.22m +0, **3 Salford Harriers A 1h37.37m** ( Matthew Shaw 15.11m, Billy McCartney 16.17m +1, John Dance 16.28m -1, John Loyd 16.19m -1, Pumlani Bangani 16.36m +0, Glyn Billington 16.46m +0 ); **4 Aldershot Farnham A 1h38.34m** ( Nathan Aspinall 16.15m, Tad Dicker 16.29m , Jon Hamblin 16.42m +1, Neil Phillips 15.24m +3, Darren Symes 16.38m +1, R Batchelor 17.06m +1 ); **5 Trafford Athletic Club 1h39.27m** ( Jeff Prest 16.14m, Darren Russell 17.00m -4, John Howe 16.51m +5, Richard Clancy 17.01m +1, Chris Leigh 16.27m +4, Ian Salisbury 15.54m +3 ); **6 Havering Mayesbrook A 1h39.27m** ( Steve Rand 16.20m, Paul Grange 16.26m +6, Jason London 16.28m +4, Ian Anthony 16.37m -2, Simon Hart 16.31m +3, Matthew Bland 17.05m +0 ); **7 Morpeth Harriers & AC 1h42.23m** ( Philip Walker 16.41m, Fergus Bates 16.39m +4, Mick Thomsen 16.39m +7, Paul Waterston 17.10m -1, David Swinburne 17.36m +4, Matthew Forster 17.38m +2 ); **8 Horwich RMI Harriers 1h42.54m** ( Ali Murray 16.20m, Richard Howarth 16.06m +10, Glyn Kay 16.40m +3, Andy Townsend 17.04m -5, Gareth Booth 17.20m +3, Martyn Bell 19.24m -1 ); **9 Neath Harriers 1h43.00m** ( Lee Sandham 18.28m, Gareth Davey 17.23m +18, Chris Jenkins 17.22m +7, Carl Ellis 16.57m +12, Dean Johnston 16.54m +18, Steve Rees 15.56m +3 ); **10 Woodstock Harriers AC 1h43.10m** ( James Bolton 15.29m, Kevin Game 17.21m -7, Roger Bradley 18.28m -9, Rob Linnell 17.57m -5, David Cantwell 17.06m +15, Brian O'Connor 16.49m +1 ); **11 Gateshead Harriers & AC 1h44.30m** ( Kevin Connolly 16.33m, Martin Slater 16.50m +1, Alan Johnson 17.27m +2, Steven Medd 17.17m -1, Paul Attley 17.18m +9, Raymond Robinson 19.05m -1 ); **12 North Derbyshire RC 1h44.45m** ( Tim Clayton 16.52m, Paul Sorrell 17.26m +1, Stu Cunningham 18.36m -8, Russell White 17.48m +3, Ian Monaghan 17.30m +17, Martin Dawson 16.33m +4 ); **13 Bournville Harriers A 1h45.21m** ( Dean Parker 15.50m, John McKeon 17.37m -14, Sean Rose 18.21m -5, Richard Rollins 17.58m -3, Andrew Hall 18.01m +16, Oliver Kirkland 17.34m +0 ); **14 Blackheath and Bromley 1h45.29m** ( Adrian Stocks 19.27m, Ritchie Leccia 16.23m +41, Fintan Parkinson 16.58m +13, Richard Hall 18.15m -1, Gareth Evans 17.06m +21, Steve Cooper 17.20m +1, **15 Birmingham RAT A 1h45.58m** ( Mark Ince 15.24m, Kevin McMillan 17.27m -10, Adam Higgins 18.11m -6, Robin Biles 16.45m +2, Simon White 20.02m +3, Jort Vanmourik 18.09m -1 ); **16 Halesowen A & CC 1h46.19m** ( Tom Kenderdine 16.50m, Marc Turner 16.58m +3, Nic Hazelwood 17.17m +4, James Parker 18.26m -8, Robert Weaver 19.12m +10, Matt Allen 17.36m +2 ); **17 Tynebridge Harriers 1h46.50m** ( Alan Hodgson 17.17m, David Wright 17.17m +6, Malcolm Gibson 18.30m -4, Andrew Smythe 17.29m +8, Edwin Wong 18.25m +12, Paul Hilton 17.52m +2 ); **18 Havering Mayesbrook B 1h47.00m** ( Nigel Tyler 16.07m, Gavin Maley 18.23m -20, Paul Berrett 17.47m -2, Russ Middleton 18.42m -1, Trevor Keys 18.38m +14, Rob Dickenson 17.23m +3 ); **19 Tipton Harriers A 1h48.38m** ( Philip Clamp 16.07m, Dean Hill 16.55m -4, Paul Rogers 16.53m +6, Laur Heathcock 18.14m -9, Ray Stanier 20.10m +3, Chris Somerfield 20.19m -2 ); **20 Coventry**



## MASTERS ATHLETICS ROAD RACING

**Godiva Harriers 1h48.48m** ( Jas Brotherhood 17.04m, Iwan Jones 16.52m +10, Simon Clarke 19.03m -12, Aaron Bodycote 18.28m +0, Joseph Mulenga 18.51m +14, Nigel Aridge 18.30m +3); **21 Bristol and West AC 1h48.54m** ( Daniel Randell 17.02m, Phil Lucker 19.52m +25, Gary Betty 17.36m +9, Colin Traer 19.11m +2, Paul Jefferson 18.03m +22, Andrew Malloy 17.10m +4 ); **22 Birchfield Harriers A 1h48.58m** ( Alex Parker 18.08m, Simon McNamee 17.27m +11, Steven Dyer 19.06m -5, Neil Lloyd 20.02m -1, Peter Dimbleby 17.09m +25, Michael Morley 17.06m +4 ); **23 Salford Harriers B 1h49.36m** ( Michael Grace 17.19m, David Hudson 18.11m -1, Philip West 17.42m +2, Sean Cordell 19.07m +3, Trevor Reynor 18.47m +14, Albert Castile 18.30m +1 ); **24 Mansfield Harriers 1h50.24m** ( Mark Johnson 15.09m, Andrew Wilson 17.15m -6, Chris Allcock 18.23m -10, David Blount 18.13m -7, Timothy Raynor 20.17m +4, John Lowe 21.07m -4); **25 Royal Sutton Coldfield 1h51.00m** ( Russell Simpson 17.21m, Paul Terleski 17.39m +4, Dean England 18.14m -3, Steve Pitt 19.06m +4, David Liddall 17.43m +17, David Bowen 20.57m -3 ); **26 Serpentine RC 1h52.14m** ( Cedric Berthelon 16.27m, Peter Clarke 19.22m -28, Harry McDermott 18.31m -1, Ben Gilmore 19.26m +0, Alex Malzer 18.51m +20, Tom Poynton 19.37m +2 ); **27 Wolverhampton & Bilston 1h52.52m** ( Adam Guy 17.31m, Jason Corns 17.01m +12, Lee Moreton 17.29m +4, Richard Preston 20.28m -12, Paul Tabor 19.40m +14, Chris P-Bradley 20.43m +0); **28 Sheffield RC 1h53.30m** ( David Crossley 18.25m, Alex Robinson 20.17m -15, Joe Fowler 16.56m +24 Nick Doan 21.10m -3, Trevor Neville 18.52m +29, Brian Rose 17.50m +1); **29 Wigan & District H & AC 1h55.58m** ( Mike Harris 18.55m, Darren Jackson 18.06m +22, David Waddington 18.59m +0, Gra Millington 21.03m +0, Barry Abram 19.30m +29, Richard Noone 19.25m +1); **30 Vale Royal AC 1h56.19m** ( David Haines 20.06m, Matthew Sweeting 18.09m +25, Iain Stanton 21.31m -7, Geoff Fawkes 18.18m +22, Tom Annable 20.22m +30, Darren Cottier 17.53m +1 ); **31 Team Bath AC A 1h58.18m** ( Rupert Nandi 20.18m, Glen Morrison 22.06m -2, Tom Martin 18.22m +17, Joel Staley 19.51m +20, Richard Roberts 20.37m +35, Stephen Rose 17.04m +4 ); **32 Dudley Kingswinford RC 1h58.32m** ( Mark Judge 20.17m, Phil Smith 20.27m +4, David Norman 18.50m +17, Richard Jones 19.49m +15, Graham Wildgoose 19.54m +35, Gary Bonner 19.15m +0 ); **33 Clayton Le Moors Harriers 2h00.35m** ( Mike O'Donnell 18.37m, Alex Cran 18.36m +11, Nicholas Roscoe 19.49m -4, David Hogan 21.41m +2, Paul Wale 21.29m +31, Mark Wightman 20.23m +1 ); **34 Trentham RC 2h02.07m** ( Scott Zikmanis 17.41m, Graham Sheridan 21.37m -39, David Wheatley 21.51m -6, Shaun Weston 19.54m +22, Barry Smith 20.53m +35, Lee Jones 20.11m +2 ); **35 Cobra Running & Triathlon 2h04.28m** ( Carson Tweedie 18.10m, Paul Sheppard 19.15m -7, Carl Stephens 22.38m -19, Michael Tovey 18.40m +20, Andrew Rowe 20.40m +31, Alan Davies 25.05m -2 ); **36 Wesham Road Runners & AC 2h07.35m** ( Steve Myerscough 18.14m, Chris Moss 22.00m -34, Philip Leaver 20.54m +2, Alan Taylor 22.32m +13, John Bertenshaw 20.43m +41, Paul Carter 23.12m +2 );

**Incomplete Teams:** **Aldershot Farnham B** ( Ray Gascoyne 18.27m, Richard Smith 19.09m -3); **Birchfield Harriers B** ( Alan Britton 23.40m, Keith Boxley 20.26m +7, Peter Lawton 22.18m +4, David McCarthy 20.18m +27, Roger Hayward 23.04m +41 ); **Bournville Harriers B** ( Paul Gorman 18.59m, Mike Scotney 19.15m +9 ); **Centurion RC** ( I Satterthwaite 19.26m, Wayne Muddiman 20.14m -3, David Pearson 19.27m +11, Tony Haden 22.24m +7, Andy Carwardine 21.13m +36); **Thames Hare & Hounds** ( John Clark 16.45m, Nick Altmann 15.55m +16, Phillip Tadd 15.23m +6, Simon Wurr 15.49m +1, Andy Howse 17.25m -2); **Tipton Harriers B** ( Alan Grice 21.18m, Bryan Mills 20.14m +7, Keith Best 23.38m -2, John Shaw 24.18m +25, Jeffrey Taylor 22.56m +41); **Wolds Veteran RC** ( Nigel Plaskitt 18.36m);

**Fastest Legs:** 1 Matt Barnes 14:41; 2 Mark Johnson 15:09; 3 Matt Shaw 15:11; 4 Graham Breen 15:22; 5 Phillip Tadd 15:23; 6 Mark Ince & Neil Phillips 15:24; 8 Paul Ward 15:27; 9 Nick Leigh 15:28; 10 James Bolton & David Norman 15:29;

### M45 Team Results

**1 Leicester Coritania AC 1h04.44m** ( Simon Cotton 16.18m, Chris Southam 16.04m +10, Rob Sheen 16.58m -2, Gordon Lee 15.24m +3); **2 Salford Harriers & AC A 1h05.22m** ( David Lockett 16.00m, Robert Tudor 15.59m +6, Paul Simons 17.13m -2, Gerry Oneill 16.10m -1); **3 Thames Hare & Hounds 1h05.34m** ( Ian Harkness 15.52m, Chris Daniels 17.02m -7, David Symons 16.37m +5, Ben Reynolds 16.03m +2); **4 Brighton & Hove AC A 1h06.37m** ( David Benton 16.04m, Adam Tribe 16.52m -5, Mark Halls 17.42m +0, Graham Godden 15.59m +5 ); **5 Oxford City AC 1h07.16m** ( Robert Webster 16.53m, Heath Bampton 16.43m +7, John Atyeo 17.54m -1, Jul Richardson 15.46m +10 ); **6 Wolverhampton & Bilston A 1h07.28m** ( Paul Thacker 16.32m, Dave Smith 16.20m +6, Edward Bolland 17.44m -1, Stephen Ward 16.52m +0); **7 Telford AC 1h07.34m** ( John Sanders 16.43m, John Garmon 17.38m -6, Paul Coupe 17.46m -1, Paul Ward 15.27m +15); **8 Wells City Harriers 1h07.58m** ( Lloyd Collins 15.57m, Jon James 15.38m +7, Stephen Masters 18.38m -12, Andrew Deamer 17.45m -4); **9 Stockport Harriers & AC 1h08.12m** ( Bashir Hussain 16.40m, Tom McNally 17.38m -5, Peter Rogers 17.02m +5, Paul Payne 16.52m +1); **10 Royal Sutton Coldfield B 1h08.49m** ( Simon Corker 17.16m, Rob Andrew 17.09m +9, Colin McAuley 17.28m +3,

Steve Marklew 16.56m +6); **11 Dulwich Runners AC 1h08.51m** ( Charles Lound 17.15m, Tony Tuohy 16.20m +17, Eberhard Prill 17.56m -3, David Beaver 17.20m +2); **12 Neath Harriers A 1h09.06m** ( Paul Talbot 17.20m, Peter Crane 17.26m +6, Royst Whitehouse 17.23m +4, Paul Griffiths 16.57m +8); **13 Salford Harriers & AC B 1h09.16m** ( Steve Pennington 17.07m, Roger Alsop 17.29m +2, Paul Birkett 17.32m +4, Ian Jackson 17.08m +5); **14 Derby Athletic Club 1h10.39m** ( Russell Parkin 16.56m, Stuart Dunn 18.03m -8, John Knibb 17.04m +9, John Robertson 18.36m -2); **15 Highgate Harriers 1h10.48m** ( Michael Ussher 16.49m, Alex Davidson 17.18m +0, Chris Beecham 17.18m +3, Chris Bailey 19.23m -11); **16 Wigan & District H & AC 1h12.23m** ( Mark Glynn 17.03m, Andy Ratcliffe 17.17m +5, David Collins 18.41m -9, Kevin Edwards 19.22m -20; **17 Sheffield RC 1h12.32m** ( Jed Turner 18.32m, Gary Baker 18.34m +10, Chris Ireland 17.03m +16, Ian A-Bame 18.23m +3); **18 Coventry Godiva Harriers 1h12.37m** ( Joseph Devlin 18.05m, Mark Stewart 17.28m +10, Michael Peters 18.38m -2, Howard Andersen 18.26m +3); **19 Les Croupiers A 1h12.44m** ( Martin Williams 17.45m, Richard Bullen 17.54m +4, Richard Self 18.41m -1, David Coles 18.24m +3 ); **20 Morpeth Harriers & AC 1h12.54m** ( Jim Alder 18.39m, Steve Haswell 18.35m +11, Robert Hancox 17.34m +12, Ali MacDonald 18.06m +7); **21 Preston Harriers 1h13.19m** ( Neil McDonald 17.37m, Peter Cowling 18.55m -6, Mark Lee 18.57m +0, David Watson 17.50m +7); **22 Halesowen A & CC 1h13.50m** ( Richard Guest 19.31m, Alex Morgan 17.10m +38, Bill Nock 20.16m -11, Mark Hadley 16.53m +16); **23 Winchester & District AC 1h14.25m** ( Andy Parkinson 18.10m, Mike Davies 18.31m +2, Andy Gannaway 18.53m +1, John Gore 18.51m +4); **24 Clayton Le Moors Harriers 1h15.26m** ( Michael Hogan 18.53m, John Wilcock 19.34m +2, Garry Wilkinson 18.50m +9, Paul Shackleton 18.09m +17); **25 Wolverhampton & Bilston B 1h15.37m** ( Robert Edwards 18.30m, Callum Eden 18.42m +7, Darren Edwards 19.17m +1, Duncan Davies 19.08m +8); **26 Neath Harriers B 1h15.44m** ( Robert Bamsey 20.21m, Kevin Lewis 19.11m +17, Chris Fulcher 18.00m +18, Anthony Powell 18.12m +17); **27 Team Bath AC A 1h16.21m** ( Mark Thomas 20.47m, Andrew Maggs 18.14m +28, Mark MacKintosh 18.42m +6, Barry Awan 18.38m +21); **28 Tonbridge AC A 1h16.24m** ( Richard Owen 18.56m, Andrew Wood 18.39m +14, Mark P-Knowle 19.02m +5, Nick Lee 19.47m +7); **29 Blackheath and Bromley 1h16.33m** ( Tucker Andy 17.49m, Neil Ayrton 21.16m -32, David Beadle 18.15m +13, Steven Paiman 19.13m +13); **30 Southwell Running Club 1h17.07m** ( Martin Harrigan 18.02m, Paul Grogan 18.00m +3, Martin Simpson 21.09m -18, Steve Hargrave 19.56m +8); **31 Altrincham & District AC 1h18.12m** ( John Noblett 18.26m, David Ainsworth 18.38m +5, Alan Williams 21.25m -17, Graham Harrison 19.43m +15); **32 Royal Sutton Coldfield A 1h18.18m** ( Tony Hinchley 18.29m, Subodh Dave 18.58m +2, Paul Jenkins 20.13m -9, Richard Lewis 20.38m +12 ); **33 Trentham RC 1h19.02m** ( Dale Colclough 19.02m, Steven Locker 20.07m +1, Greg Julian 21.22m -5, Terry Wall 18.31m +23 ); **34 Cambridge & Coleridge AC 1h20.00m** ( Simon Brightwell 18.49m, Richard Lyle 21.26m -16, Ian Richardson 20.46m +4, Andrew Shields 18.59m +23 ); **35 Bournville Harriers 1h20.08m** ( Daniel Wilson 18.35m, Terry Doherty 18.12m +15, Antony Stewart 20.52m -17, Barry Roberts 22.29m +5 ); **36 Wolverhampton & Bilston C 1h21.21m** ( Ian Pincher 19.16m, Nigel Share 18.26m +15, Ian Braddock 22.47m -17, Wesley Campion 20.52m +16 ); **37 Centurion RC 1h21.51m** ( Christ McCann 19.40m, Andy Rea 20.53m -3, James Houghton 21.46m +0, Thomas Healy 19.32m +24 ); **38 Birmingham RAT 1h22.02m** ( Peter Brown 21.30m, Nicholas Iiff 21.44m +2, Paul Robertshaw 20.07m +7, Owen Doherty 18.41m +28 ); **39 Middleton Harriers AC 1h22.14m** ( Paul Jibson 20.18m, Paul Jordan 20.32m +4, Anthony Lowe 21.18m +5, Paul Taylor 20.06m +19 ); **40 Tonbridge AC B 1h23.01m** ( Cain Bradley 20.21m, Anthony Cohen 20.55m +4, Steven Brooks 21.00m +6, Charles Whitmore 20.45m +20 ); **41 Les Croupiers B 1h23.15m** ( Evatt Cummings 19.29m, Paul Chapman 21.46m -11, Gerard Crispie 22.01m +0, Kevin Jones 19.59m +24 );

**Incomplete Teams:** **Les Croupiers C** (Terry Caveney 20.34m); **Rotherham Harriers and AC** (John Comrie 17.06m0 ; **Vale Royal AC** ( Simon Bridge 24.42m, Richard Pettitt 24.54m +5);

**Fastest Legs:** 1 Gordon Lee 15:24; 2 Paul Ward 15:27; 3 Jon James 15:38; 4 Jul Richardson 15:46; 5 Ian Harkness 15:52; 6 Lloyd Collins 15:57; 7 Robert Tudor & Graham Godden 15:59; 9 David Lockett 16:00; 10 Ben Reynold 16:03;

### M55 Team Results

**1 Woodford Green 51.50m** ( Richard Holland 17.32m, David Cox 17.00m +12, Tony Pamphilon 17.18m +7 ); **2 Salford Harriers A 53.11m** ( Stanley Owen 17.54m, Eric Williams 17.09m +11, Phillip Quibell 18.08m +1); **3 Bristol and West AC 53.47m** ( Jeremy Hogan 16.51m, Peter Mountain 18.24m -14, David Bedwell 18.32m -2 ); **4 Team Bath AC B 54.44m** ( Dave Gunstone 18.20m, Sean Butler 18.10m +9, David Vaudin 18.14m +1 ); **5 Barnet & District AC A 55.53m** ( Desmond Michael 19.43m, Yitzhak B-Aroya 18.27m +22, David Wilcock 17.43m +18 ); **6 Les Croupiers A 55.57m** ( Brian Richardson 18.44m, Elio Lepore 18.00m +22, Michael Tabor 19.13m -1 ); **7 Oxford City AC 55.57m** ( Stewart Thorp 18.31m, Richard Grant 19.10m +0, Brian Green 18.16m +12 ); **8 Birmingham RAT 56.10m**



## MASTERS ATHLETICS ROAD RACING

( Richard Gray 17.07m , Martin Ludford 18.58m -14, Robert Andrews 20.05m -9 ); **9 Wesham Road Runners & AC 56.31m** ( John Collier 18.40m, Alan Hudson 20.17m -5, Alex Rowe 17.34m +19 ); **10 Sheffield RC 56.37m** ( Mike Quinn 18.13m, Gary Podmore 19.40m -14, Sid Cordle 18.44m +9 ); **11 Dulwich Runners AC 56.58m** ( Stephen Williams 18.57m, Nicholas Brown 18.50m +11, Neville Webb 19.11m +6 ); **12 Preston Harriers 57.33m** ( Alan Appleby 19.33m, Steve Clayton 19.43m +7, Kevin Hesketh 18.17m +14 ); **13 Rotherham Harriers and AC 57.35m** ( Keith Williams 20.01m, Terry Eastwood 18.22m +23, Peter Neal 19.12m +4 ); **14 Les Croupiers B 58.32m** ( Michael Cranwell 20.31m, Paul Coker 18.54m +20, Michael McGeoch 19.07m +10 ); **15 Holmfirth Harriers AC 58.45m** ( Andy Hauser 18.42m, Kevin Yewlett 20.33m -8, John Ewart 19.30m +6 ); **16 Stockport Harriers & AC 59.13m** ( Robert Taylor 18.07m, Ste Shaughnessy 19.21m -12, Gerrard Moss 21.45m -14 ); **17 Thames Hare & Hounds 1h00.10m** ( Richard Pitt 19.24m, Mike Farmery 20.32m -5, Chris Cheeseman 20.14m +7 ); **18 Vale Royal AC 1h00.13m** ( Tony Archer 19.52m, John Clarke 20.31m +0, James Edwards 19.50m +11 ); **19 Cobra Running & Triathlon 1h00.26m** ( David Daniels 18.24m, Neil Hale 21.15m -27, Chris Pearson 20.47m +3 ); **20 Wolverhampton & Bilston 1h01.49m** ( Simon Calrow 16.59m, Rob Challoner 21.46m -48, Gwyn James 23.04m -14 ); **21 Winchester & District AC 1h02.11m** ( Martyn West 19.28m, Steve Goodwin 20.40m -3, Derek Smith 22.03m -3 ); **22 Blackheath And Bromley 1h02.34m** ( Andrew Lawes 19.56m, Chris Pike 21.10m -3, David Carton 21.28m +2 ); **23 Barnet & District AC B 1h02.55m** ( Peter Ellis 19.58m, Melvin Davies 20.21m +3, John Clarke 22.36m -4 ); **24 Halesowen A & CC 1h03.06m** ( John Hill 19.38m, Alistair Grant 22.11m -11, Paul Allen 21.17m +4 ); **25 Salford Harriers B 1h04.00m** ( Gary Thomason 21.58m, Ian Johnson 20.29m +7, Thomas Temple 21.33m +4 ); **26 Neath Harriers B 1h04.53m** ( Martin Mellor 21.32m, Richard Bowen 21.36m +4, David Davies 21.45m +4 ); **27 Middleton Harriers AC 1h08.00m** ( Alan Garvey 22.04m, Steven Granville 23.51m +3, Craig Sutherland 22.05m +5 ); **28 Royal Sutton Coldfield 1h08.46m** ( John Fletcher 20.15m, Paul Kenney 21.47m -4, Robert Owen 26.44m -3 ); **29 Tonbridge AC 1h09.45m** ( Nick Fenton 23.38m, James Maitland 22.09m +5, Maurice Marchant 23.58m +2 ); **Incomplete Teams: Ron Hill Cambuslang** ( Frank Hurley 17.43m, Colin Feechan 17.08m +11 ); **Team Bath AC A** ( Tom Hutchison 18.23m ); **Wolds Veteran RC** ( Steven Green 21.55m ); **Fastest Legs:** 1 Jeremy Hogan 16:51; 2 Simon Calrow 16:59; 3 David Cox 17:00; 4 Richard Gray 17:07; 5 Colin Feechan 17:08; 6 Eric Williams 17:09;

## ROAD RUNNING REPORT WALTER HILL

The 10 K Championships were incorporated into the 10K in Kings Lynn on the 4th of May. Perfect weather added to an A1 event where 95 men and 41 females raced to the line in the town square which had the atmosphere of a city centre race. The course was fast with Michael Aldridge M40 recording 31:18 and Catherine Newman F50 posting a fine 38:36. The full results recorded on the web site highlight the achievements of our members and many of them requested a return in the very near future. Thanks must be recorded to Peter & Cath Duhig and all of the Gear 10K team who promoted a first class Championships.

The short distance series was completed with the 5K in Horwich on June 15th. The 5K this year had a very special buzz as the race was only open to BMAF members. Cool, calm weather led to very fast times. With Peter Molly M65 17:38 and Martin Ford M70 19:03 posting outstanding times. Unfortunately the timing of some finishers has caused concern and I will continue to resolve in the interest of our members.

With 135 finishers John Smith and his team were delighted with the impact a closed race had on the number of BMAF entrants.

Finally on July 6th we promoted the inaugural BMAF Multi-Terrain Championships. This Championship was incorporated into the Bewl Water 15 which I recommended

without reservation. I was not proved wrong and I am sure all 61 finishers had a very enjoyable day out in the Sussex country side. Everybody I spoke to asked where the event will be next year with many asking if we will be returning to Bewl. A vote of confidence I believe. Please record a vote of thanks to Albert Kemp and Wadhurst runners

Next on the agenda is the Marathon on the September 7th located in Margate and incorporated into the Thanet Marathon. Thanks to Peter Kennedy and Dave Beattie we continue to pilot the BMAF on line system for this race.

Finally the season will end with the Half Marathon located in Salisbury on October 7th

### Planning for 2015

I am still in the process of planning for next year's BMAF Road Race Championship venues.

As in the past I will aim to distribute the events across GB and spread them over the year.

The relay and probably the 5 K will remain in situ.

I can confirm that Kent AC will accommodate our 10 Mile Championships on the 8/03/2015 within the Sidcup 10. This is a very fast course and will attract significant interest. A 10K in South Wales in the summer months is a strong possibility.

Peter and Cath Duhig first claim club Ryston Runners have offered to accommodate the Half Marathon within the Wissey Half at the beginning of September.

With a Marathon late September / October, the spread of dates and locations continues.

Finally I hope the executive will support a further multi terrain championships as there is a clear demand for off road running within our membership.

## BMAF - GEAR BMAF-10K- 4th May 04

### W35-39:

1-Ellen-Leggett-37:59-Cambridge & Coleridge AC; 2-Melissa-Neal-38:16-March AC; 3-Melanie-Watts-1:00:04-Ryston Rs; **W40-44:** 1-Louise-Insley-37:12-Heanor RC; 2-Wendy-King-39:05-Chelmsford AC; 3-Sarah-Holford-41:11-Derby AC; 4-Molly-Mckay-41:43-W Norfolk AC; 5-Katrina-Wasteneay-42:00-W Norfolk AC; 6-Lisa Ann-O'keeffe-42:07-NVAC; 7-Carol-Muir-55:28-Ilford AC; 8-Jo-Brooks-58:23-Ryston R; **W45-49:** 1-Yvonne-Scarrott-41:18-Harborough AC; 2-Melinda-Jones-45:02-Ilford AC; 3-Anne-Arran-46:08-Serpentine RC; 4-Karen-Wood-49:18-Ryston R; 5-Wendy-Fisher-50:54-Ryston R; 6-Sue-Smith-1:07:06-Ryston R; **W50-54:** 1-Catherine-Newman-38:36-Exmouth H; 2-Caroline-Wood-39:56-Arena 80 AC; 3-Maureen-Mccarthy-40:36-West Suffolk AC; 4-Jane-Pidgeon-42:20-Notts AC; 5-Susie-Tawney-42:55-Leamington C&AC; 6-Karen-Brooks-43:27-Harborough AC; 7-Nicola-Hopkinson-47:12-Ilford AC; 8-Dianne-Crisp-47:42-Ilford AC; **W55-59:** 1-Lesley-Leggett-40:09-Denby Dale T; 2-Penelope-Barber-40:57-Tipton H; 3-Tracey-Lasan-42:56-Reading RR; 4-Elizabeth-Blakie-54:07-Ryston R; **W60-64:** 1-Marian-Hesketh-43:26-Preston H; 2-Maggie-Statham-44:04-Holland Sports AC; 3-Rosalind-Tabor-44:18-Dulwich R AC; 4-Joy-Radford-46:18-SWVAC; 5-Margaret-Phillips-47:12-Cambridge & C AC; 6-Pat-Brightman-1:13:41-Great Yarmouth & D AC; **W65-69:** 1-Angela-Copson-42:21-Rugby & Northampton AC; 2-Jane-Ashby-51:30-Ryston R; 3-Veronica-Manly-53:34-EVAC; 4-Helen-Sewell-1:04:42-Ryston R; **W75-79:** 1-Pam-Jones-58:11-Ilford AC; 2-Anne-Martin-58:24-Wymondham AC; **M35-39:** 1-Stuart-Nelson-32:54-Wellingborough & D AC; 2-Phillip-Gould-33:13-Kenilworth R; 3-James-Nunn-33:28-Billerica S; 4-Matt-Pyatt-34:04-Huntingdonshire AC; 5-Tony-Murray-34:15-Crook & Dist Sports AC; 6-Geoff-Weller-34:30-Cambridge & Coleridge AC; 7-Robert-Hawse-36:02-NVAC; 8-Kevin-Newell-36:21-Ilford AC; 9-Joseph-Mulenga-39:10-Coventry Godiva; 10-Michael-Horsey-39:50-Ilford AC; **M40-45:** 1-Michael-Aldridge-31:18-Wootton RR; 2-Christopher-Greenwood-31:24-Kent AC; 3-Mark-Johnson-32:12-Mansfield H; 4-Malcolm-Muir-32:33-Ilford AC; 5-Phil-Sanders-33:11-Kent AC; 6-Stuart-Beane-34:14-Kent AC; 7-Gary-Moore-35:03-North Shields Poly; 8-Andrew-Wilson-35:14-Mansfield H; 9-Jon-Kemp-36:54-



## MASTERS ATHLETICS ROAD RACING

Wellingborough & District AC; 10-John-Wilson-37:12-Northbrook AC; 11-Julian-Blackwell-38:35-Wellingborough & D AC; **M45-49**: 1-Andy-Morgan-lee-32:10-Thames H & H; 2-David-Benton-33:03-Brighton & Hove AC; 3-Graham-Godden-33:22-Brighton & Hove AC; 4-Les-Ball-33:26-Lincoln Wellington AC; 5-Malcolm-Tuff-35:01-Ryston R; 6-Matthew-Bland-35:04-Haverling Mayesbrook AC; 7-Adam-Tribe-35:54-Brighton & Hove AC; 8-Tom-McNally-36:30-Stockport H & AC; 9-David-Barber-37:51-Cambridge & C AC; 10-Roger-Holliday-38:57-BRJ R&T; 11-Ian-Gower-40:26-Coventry Godiva; 12-Andy-Harrod-52:08-Ryston R; **M50-54**: 1-Simon-Hart-34:27-Haverling Mayesbrook AC; 2-Colin-Ridley-34:32-Colchester H AC; 3-Mike-Boyle-34:34-Herne Hill H; 4-Tim-Clayton-34:46-North Derbyshire RC; 5-Luke-Armitage-35:08-Kent AC; 6-Derek-Crewe-35:09-Salford H; 7-John-Comrie-35:30-Rotherham H; 8-Neil-Crisp-37:13-Ilford AC; 9-Mark-Leggett-38:22-Denby Dale T; 10-Paul-Berrett-39:30-Haverling Mayesbrook AC; 11-Gary-Mcgahey-41:02-Ely R; 12-Andrew-Dippie-41:15-Telford H; 13-Paul-Woodyard-46:08-City Of Norwich AC; 14-Stephen-Cheal-49:22-Ilford AC; **M55-59**: 1-Andrew-Wetherill-34:32-Redhill RR; 2-Paul-Mingay-34:35-Tiptree RR; 3-Michael-Bridgeland-35:02-Chelmsford AC; 4-Richard-Drage-35:46-Tavistock AC; 5-Kevin-Newman-36:08-Doncaster AC; 6-Nigel-Arnold-36:13-Norfolk Gazelles AC; 7-Paul-Muffett-36:22-N Norfolk Beach R; 8-Richard-Gray-36:48-Birmingham A T Club; 9-Richard-Holland-36:56-Woodford Green AC; 10-Shane-Hunt-37:10-Huntingdonshire AC; 11-Howard-Andersen-38:10-Coventry Godiva; 12-John-Donaldson-40:44-Wellingborough & D AC; 13-Chris-Gunstone-41:38-South Derbyshire RR; 14-Maurice-Hemingway-42:41-St Neots Riverside R; 15-David-Mcalister-42:41-Wallasey AC; 16-Stephen-Parker-43:01-Ilford AC; 17-Michael-Kelly-44:09-Marshall Milton Keynes AC; 18-Rob-Sargent-45:38-Ilford AC; 19-Gerald-Meah-48:13-Cambridge & C AC; **M60-64**: 1-357-David-Butler-34:36-Billerica S; 2-David-Oxland-35:54-Notts AC; 3-Stanley-Owen-36:28-Salford H & AC; 4-Mick-Page-37:11-Doncaster AC; 5-Kevin-Hesketh-38:15-Preston H; 6-Chris-Mason-39:42-S Derbyshire RR; 7-Desmond-Michael-39:54-Barnet & D AC; 8-Dave-Cox-40:54-Woodford Green AC; 9-Stuart-Thompson-41:11-Bingley AC-10-916-Walter-Hill-41:53-Crawley AC; 11-Andrew-Murray-42:45-Dulwich R AC; 12-Richard-Brown-45:13-Harborough AC; 13-Peter-Harris-48:21-Ely R; **M65-69**: 1-Roy-Treadwell-39:04-Oxford City AC; 2-Brian-Harris-41:03-Mansfield H; 3-Peter-Giles-41:37-Hercules Wimbeldon AC; 4-John-Exley-43:43-Oxford City AC; 5-Geoff-Russell-43:48-Royston R; 6-Jim-Hayes-44:21-N Norfolk Beach R; 7-Jeffrey-Reed-53:58-Ryston Runners; **M70-74**: 1-Martin-Ford-38:58-Cheltenham and County; 2-John-Wheatley-44:04-Colchester H; 3-Michael-Smith-44:27-Bingley H; 4-Phil-Brennan-45:17-Stratford Upon Avon AC; 5-Michael-Ennis-55:28-Ryston R; **M75-79**: 1-Fred-Gibbs-43:05-Bingley H; 2-John-Goulding-55:12-Andover AC; **M80-84**: 1-Geoffrey-Oliver-48:56-100KM; 2-Malcolm-Ball-54:53-N Norfolk Beach R;

17:39; 7 Mervyn Ward Warrington 19:04; 8 Michael Bunn Jarrow & H 21:19;



**Martin Ford  
European 5k  
Road Best.**

## The BMAF 5k Horwich June.

**M35-39**: 1 Mark Couldwell Charnwood 15:49; 2 J Scott-Buccleuch Stockport 15:55; 3 Orlando Corea Birchfield 16:06; **M40-44**: 1 Mark Johnson Mansfield 15:24; 2 Michael Aldridge Wooten RR 15:32; 3 Gareth Briggs Staffs Moorlands 16:30; 4 Glyn Kay Horwich 16:34; 5 Steve Hallas Preston 16:57; 6 Alan Hodgson Tynebridge 17:20; 7 Howard Beckett Prestatyn 26:33; **M45-49**: 1 Paul Ward Telford 15:37; 2 John Scott Enfield & H 15:40; 3 Gary Dunn Thirsk & S 15:52; 4 Gerry O'Neill Salford 15:58; 5 Les Ball Lincoln 16:16; 6 David Smith Wolverhampton & B 16:22; 7 David Lockett Salford 16:32; 8 Richard Tomlinson Medway & M 16:35; 9 Gary Moore North Shields 16:52; 10 John Sanders Telford 17:00; 11 Clive Thomson New Marske 17:09; 12 Roger Alsop Salford 17:11; 13 Tommy Brannon North Shields 17:18; 14 Simon Johnson Halifax 17:22; 15 Kevin Emmett Jarrow & H 17:24; 16 Ian Jackson Salford 17:29; 17 David Watson Preston 17:31; 18 Mark Havenhand Kingstone 17:42; 19 Russ Cheetham Prestatyn 21:48; **M50-54**: 1 Guy Bracken North Shields 15:47; 2 Mike Trees Belgrave 16:26; 3 Tony Tuohy Dulwich 16:47; 4 Rob Andrew Royal Sutton 16:50; 5 Tim Clayton North Derbyshire 16:53; 6 Paul Simons Salford 16:55; 7 Paul Brannigan Todmorden 17:02; 8 Rob Sheen Leicester 17:02; 9 Derek Crewe Salford 17:07; 10 Russell Parkin Derby 17:14; 11 John Comrie Rotherham 17:17; 12 Michael Ussher Highgate 17:18; 13 Julian Rose Holmfirth 17:21; 14 Robert Fox Long Eaton 17:26; 15 Geoff Lowry Ryton 17:27; 16 Chris Ireland Sheffield 18:01; 17 Mark Leggett Denby Dale 18:34; 18 Steven Doxey Swinton 18:34; 19 Martin Farran Leeds 18:42; 20 Paul Simpson Jarrow & H 19:02; 21 Trevor Rayner Salford 19:22; 22 David Spencer MMAC 20:21; 23 Terence Barnes Crawley 20:59; **M55-59**: 1 George Thompson Border 16:31; 2 Michael Bridgeland Chelmsford 16:51; 3 Andrew Wetherill Redhill 17:04; 4 Colin Feechan Ron Hill Cambuslang 17:20; 5 Richard Gray Birmingham Running 17:30; 6 Alex Rowe Wesham

**M60-64**: 1 David Oxland Notts 17:25; 2 Gavin Dalton Hull 18:05; 3 Stanley Owen Salford 18:11; 4 Kevin Hesketh Preston 18:37; 5 Christopher Mason South Derbyshire 18:59; 6 Walter Hill Crawley 20:37; 7 Frank Devlin Jarrow & H 20:54; 8 Peter Duhig Ryton 23:02; **M65-69**: 1 71 Peter Mulloy Swindon 17:48 (**EUROPEAN BEST**); 2 Roy Treadwell Oxford 19:05; 3 Geoff Cumber Halifax 19:57; 4 Eric Ranicar Bolton 20:12; 5 Steve Herington Hereford 20:43; 6 John Exley Oxford 20:45; 7 Tony Hesketh Horwich 21:14; 8 Anthony Edwards Sparkhill 21:33; 9 Peter Ellerton Bingley 21:58; 10 Arnold Bradshaw Manchester 22:26; **M70-74**: 1 Martin Ford Cheltenham 19:03 (**EUROPEAN BEST**); 2 Andrew Johnson Leamington 21:23; 3 Anthony Rea Dragons 22:04; 4 Peter Covey Bingley 22:24; 5 Vincent Murphy Salford 22:42; 6 David Tomlinson NVAC 23:51; **M75+**: 1 Fred Gibbs Bingley 21:20; 2 Ian Barnes Darlington 23:07; 3 John Smithurst Bingley 23:54; 4 Walter McCaskey Edinburgh 24:19; 5 Edmond Simpson Overton 24:25; 6 Walter Ryder Morpeth 25:01; 7 Roger Harrison-Jones Prestatyn 26:18; 8 Spratt Philip George V80-1 NVAC 27:35; 9 David Hughes Prestatyn 27:51; 10 John Dawson Salford 38; 11 Brian Shave V80 2 Herne Hill 30:06; 12 Ray Billington V80-3 Wrexham 31:22; 13 James Munn V80-4 SVHC 38:46;

**TEAM RESULTS**: 1 Salford Harriers & AC 49 (9 Gerry O'Neill, 16 David Lockett, 24 Paul Simons); 2 North Shields Polytechnic Club 62 (5 Guy Bracken, 22 Gary Moore, 35 Tommy Brannon); 3 Preston Harriers 128 (25 Steve Hallas, 47 David Watson, 56 Kevin Hesketh); 4 Jarrow & Hebburn AC 170 (41 Kevin Emmett, 59 Paul Simpson, 70 Frank Devlin); 5 Bingley Harriers & AC 232 (74 Fred Gibbs, 78 Peter Ellerton, 80 Peter Covey); 6 Prestatyn Running Club 258 (77 Russ Cheetham, 90 Roger Harrison-Jones, 91 Howard Beckett); **M45-54**: 1 Salford Harriers & AC 29 (5 Gerry O'Neill, 9 David Lockett, 15 Paul Simons); 2 North Shields Polytechnic Club 40 (3 Guy Bracken, 13 Gary Moore, 24 Tommy Brannon); **M65+** Bingley Harriers & AC 35 (9 Fred Gibbs, 12 Peter Ellerton, 14 Peter Covey);

**W35-39**: 1 Lisa Palmer Heanor 17:06; 2 Claire Martin Telford 17:26; 3 Catherine O'Dwyer Bolton 17:34; 4 Heather Hogg Jarrow & H 17:38; 5 Claire McManus North Shields 18:23; 6 Stephanie Dann North Shields



## MASTERS ATHLETICS ROAD RACING

18:32; **W40-44**: 1 Sally Morley Ilkley 17:57; 2 Fiona Davies Kingstone 18:19; 3 Sarah Cumber Halifax 18:29; 4 Bev Simons Salford 18:48; 5 Kerry Marchant Staffs Moorlands 18:55; 6 Lisa O'Keeffe NVAC 19:45; 7 Steph Spencer Derby 19:54; 8 Clare Constable Liverpool 20:02; **W45-49**: 1 Elaine Leslie Jarrow & H 18:50; 2 Kath Aspin New Marske 19:49; 3 Paula Parkin Derby 24:27; **W50-54**: 1 Maureen McCarthy West Suffolk 19:24; 2 Caroline Wood Arena 80 19:41; 3 Jill Burke Hearnor 19:47; 4 Jane Pidgeon Notts 19:51; 5 Sue Phillips Darlington 19:56; **W55-59**: 1 Beverley Jackson East Hull 19:35; 2 Lesley Leggett Denby Dale 19:58; 3 Mary Green Bingley 20:32; 4 Lynne Whitaker Winchester 20:48; 5 Alison Cumming North Shields 21:18; 6 Becky Weight Bingley 22:10; 7 Diane Farmer Eastbourne 22:12; **W60-64**: 1 Marian Hesketh Preston 21:03; 2 Janice Needham Rochdale 21:44; 3 Jane Georgiou Farnham 22:08; 4 Denise Wakefield Salford 23:32; **W65-69**: 1 Chris Birch Abergale 22:43; 2 Dot Fellows Cannock 23:14; 3 Pauline Rich 24:14; **W70+**: 1 June Johnson Leamington 24:46; 2 Brenda Robinson Rochdale 29:00;

**WOMEN TEAM RESULT: North Shields Polytechnic Club 43**  
(7 Claire McManus , 9 Stephanie Dann , 27 Alison Cumming )



**M35**: 1 RYAN Mark IRL 38:04; 2 KOŃ Piotr RECZNO POL 40:26; 3 Vladimír JIHLAVA CZE 40:34;  
**M40**: 1 ANTONINI Giuseppe ITA 40:23; 2 KRÁL Jindřich CZE 40:58; 3 MIETZSCH Denis GER 41:50;  
**M45**: 1 VACEK Martin DLOUHÁ CZE 41:46; 2 GAWROŃSKI POL 44:27; 3 SOKOŁOWSKI Marek POL 45:38; **M50**: 1 TORRESANI Franco ITA 40:29; 2 SCHERG Jürgen GER 42:56; 3 SWOBODA Marek 43:28; 17 JEGGO Paul GBR 48:13; 35 ROBERTS Alan ENG;

**M55**: 1 PRAGER Franz GER 44:42; 2 SMRČKA Miloš CZE 44:47; 3 KOLÍNEK František CZE 44:53; **M60**: 1 BOROWSKI Krzysztof POL 45:32; 2 PUCHNER Alois AUT 45:56; 3 FERENC Janusz POL 46:19; 34 DILLON Kevin ENG 1:28:04; **M65**: 1 DONADONI Livio ITA 50:27; 2 NEHRING Wolfgang GER 51:27; 3 TEMPÍR František CZE 52:25; **M70**: 1 LESZKOW Petr CZE 55:36; 2 METELKA Josef CZE 56:02; 3 ARIAS DE LA CRUZ Jose antonio ESP 56:11; **M75**: 1 GROSS Georg GER 57:19; 2 KOŚCIAK Edward POL 1:02:35; 3 CHWASTYK Karol POL 1:09:31; **W35**: 1 CELIŃSKA Anna POL 45:05; 2 UNTERBERGER Birgit GER 46:29; 3 HAJKOVA Renata CZE 49:24; **W40**: 1 CARL Monica GER 47:15; 2 MARYLAURE James FRA 49:12; 3 GALUSZKA Halina POL 52:47; **W45**: 1 COLL CONSTANS Maria gracia ESP 47:54; 2 RIDLEY Susan SCO 48:14; 3 KELLER Elke GER 49:40; **W50**: 1 KUBICKA Irm GRÜNBAACH AUT 47:45; 2 KALUSOK Karin GER 1:01:34; 3 STANKIEWICZ Iwona POL ; **W55**: 1 HYNŠTOVÁ Marie CZE 54:51; 2 BERGLER Uschi GER 55:05; 3 HOFFMANN Brigitte GER 55:49; **W60**: 1 PAULU Blanka CZE 51:39; 2 SIKORA Alicja POL 57:00 ; 3 WATERHOUSE Jane SCO 58:53; **W65**: 1 OLMA Irmgard GER 01:04:54; 2 KRAKOWIAK Barbara POL 01:18:13; **W70**: 1 PRYMAKOWSKA Barbara POL 01:10:57;

## BMAF MULTI-TERRAIN, BEWL15, SUSSEX 6th JULY

**W35**: 1:47:29-Cath-Stibbs-Kent AC; **W40**: 1:49:34-Samantha-Alvarez-Hailsham H; 2-1:52:06-Dani-Tarleton-Arena 80 ; **W45**: 1:52:12-Fiona-Gordon-Swindon S; **W50**: 1-01:52:18-Deborah-Steer-St. Albans S; 2-02:01:12-Kim-Howes-SCVAC; 3-02:17:37-Fiona-Jamie-Arena 80; 4-02:50:46-Jane-Greenfield-Bromley Vets; 5-02:52:16-Karen-Samuel-Kent AC; **W55**: 2:14:35-Janice-Moorekite-Larkfield; **W60**: 1-01:57:57-Sally-Musson-Tonbridge; 2-2:21:08-Miriam-Dorrity-Paddock Wood; **W65**: 1-02:16:47-Sarah-Marzaioli-Hastings; 2-02:28:36-Wendy Whelan-A runners; 3-02:41:43-Ann-Bath; 4-03:22:06-Jeanette Lois-Giles-Istead & Ifield; **M35**: 1-01:30:02-Julian-Rendall-Tonbridge; 2-01:34:52-Matthew-Woodman-Stafford; 3-01:35:49-Daniel-Doherty-Higham; 4-01:49:10-Jack-Chivers-Haywards Heath; **M40**: 1-01:31:10-Neil-Smith-Anster; 2-01:46:27-Dan-Pescod-Thames H&Hounds; 3-01:51:30-Paul-Mckay-SCVAC; 4-01:56:06-Gavin James-Newton-Crawley; **M45**: 1-01:31:13-Graham-Godden-Brighton and Hove; 2-01:33:58-Gary-Judges-Hailsham; 3-01:35:26-Adam-Tribe-Brighton and Hove; 4-01:44:21-Don-Lawless-Thurrock; 5-01:53:05-Tony-Hyde-Ilford;



**Graham Godden**  
**M45 Winner**



**Cath Stibbs**  
**W35 winner**

**M50**: 1-01:33:23-Paul-Brannigan-Todmorden; 2-01:33:54-Graeme-Saker-Tonbridge; 3-01:38:15-Tony-Tuohy-Dulwich; 4-01:39:15-Paul-Jeggo-Springfield; 5-01:42:42-Mark-Halls-SCVAC; 6-01:46:19-Dicky-Wilkinson-Long Eaton ; 7-01:51:28-Andrew-Noble-Folkestone; 8-01:53:16-David-Hutchings-Higham; **M55**: 1-01:36:59-Alex-Rowe-Wesham; 2-01:38:53-John-Lowden-Brighton and Hove; **M60**: 1-01:40:02-Dave-Cox-Woodford G with Essex Ladies; 2-01:47:46-Richard-Pitt-Vets AC; 3-01:50:44-Walter-Hill-Crawley; 4-01:54:30-Peter-Fitzpatrick-Herts Phoenix; 5-01:59:29-Stephen-Barnfield-Tunbridge Wells; 6-02:01:03-Peter-Mensley-Charnwood; 7-02:28:18-Peter-Godbee-Swanley; **M65**: 1-01:50:37-Trevor-Edgley-Istead & Ifield; 2-01:50:56-Roy-Treadwell-SCVAC; 3-01:56:34-Save-Herington-Hereford; 4-01:58:30-John-Exley-Oxford ; 5-02:11:09-Paul-Townsend-Vets AC; **M70**: 1-01:56:03-Martin-Ford-Cheltenham; 2-02:01:59-Tony-Brackstone-SCVAC; 3-02:06:59-Peter-Giles-Hercules-Wimbledon; 4-02:18:40-James-Fitzmaurice-Sevenoaks; 5-02:26:01-John-Taylor-SCVAC; 6-02:51:56-David-Brooks-Vets AC; **M75**: 1-02:22:16-Mike-Rosbrook-Hadleigh Hares; 2-02:27:53-Patrick-Dobbs-Thurrock; 3-02:42:18-Peter-Mander-Launceston;



## BMAF PENTATHLON ABINGDON, 8<sup>th</sup> JUNE

**W35:** Maria Henry SCVAC 1307 (100h 22.14 /1.7, hj 1.30, sp 7.74, lj 3.64 / 1.9, 800 dnf); **W40:** Samantha Berry Open 1751 (17.40/ 1.7, 1.30, 5.96, 3.81/ 1.3, 3:18.49 ); **W45:** 1 Janet Dickson SWVAC 2701 (16.31 / 1.7, 1.33, 8.32, 4.07/ 0.4, 3:02.64); 2 Ruth Bird MMAC 1821 ( 19.29/1.7, 1.15, 8.69, 3.41/0.3, 3:25.62); **W50:** Charmaine Johnson **3766 (British Best)** (13.73/3.7, 1.45, 11.72, 4.24/1.3, 3:11.16); **W55:** Penny Butcher EVAC 3172 (16.20/3.7, 1.24, 6.65, 3.91 /1.7, 3:04.17); **M35:** 1 Ben Anderson SCVAC 1936 (lj 5.39/0.0, jt 27.81, 200 25.69 /2.0 dt 22.97 1500 6:06.21); 2 David Ralson Open 1004 (5.44 /0.0, 43.41, 0.00. 0.00. 0.00); **M40:** 1 Matthew Allison NVAC 3027 (5.57 /0.0, 54.50, 25.60 /2.0, 37.08, 5:54.89); 2 Mark Roberts SCVAC 2850 (5.49 /0.0, 43.02, 26.39 /2.0, 33.11, 5:18.29); 3 Nathan Kitchen 1713 (4.13 /0.0, 25.12, 29.82 /2.0, 22.95, 5:37.62); 4 Ed Saunders MMAC 1491 (4.91 / 0.0, 31.39, 31.09 /2.0, 20.50, 6:24.44); **M45:** 1 Lee Parrott Open 2662 (4.86 /0.0, 40.30, 27.95 / 1.6, 30.39, 5:45.310; 2 Gary Palmer VAC 2580 (5.04 /0.0, 22.61, 25.85 /1.6, 22.47, 5:08.44; 3 Marc Jufkins Open 2411 (4.71 /0.0, 34.72, 28.57 /1.6, 21.77, 5:20.37); 4 Geoffrey Butler SCVAC 2319 (5.03 /0.0, 27.26, 28.53 /1.6, 22.59, 5:32.61); 5 Steve Mayfield EVAC 2258 (4.50 /0.0, 25.17, 27.27 /1.6, 18.80, 5:32.61); **M50:** 1 Mark Spivey AUS 2933 (5.05 /1.7, 34.53, 27.08 /2.1, 31.86, 5:28.91); 2 Geoff Powley Open 2910 (4.93 /0.2, 40.50, 27.92 /2.92, 29.82, 5:27.28); 3 Derek Osborne WMAA 2879 (5.06 /1.7, 30.92, 27.45 /2.1, 29.88, 5:14.84); 4 William McKeever USA 2726 (4.57 /1.3, 30.23, 25.26 /2.1, 21.69, 5:20.39); 5 Andy Smerdon Open 2499 (4.43/1.0, 28.67, 26.53 /2.1, 20.57, 5:26.86); 6 John Dickinson SCVAC 1931 (5.08 /1.3, 27.08, 27.76 /2.1, 22.34, dns ); 7 Jim Gillespie EVAC 1336 (3.35 /1.1, 21.52, 32.93 /2.1, 25.21, 7:06.43); **M55:** 1 Brian Slaughter VAC 3336 (5.14 /1.9, 37.07, 27.53 /1.6, 33.56, 5:36.45); 2 Ian Jordan SWVAC 1948 (4.66 /1.3, 23.43, 32.26 /1.6, 24.52, 7:23.95); 3 Peter Morgan Vac 1434 (3.74 /0.2, 24.20, 35.95 /1.6, 19.73, 7:20.61); **M60:** 1 Ian Reeve EVAC 4.91 /0.0, 33.85, 27.95 /3.2, 33.41, 5:57.02); 2 Adrian Essex SCVAC 2824 (4.46 /0.0, 24.53, 27.62 /3.2, 25.50, 6:04.84); **M65:** 1 kristian Lundby MMAC 3198 (4.57 /0.0, 37.22, 31.28 /3.2, 29.98, 6:46.30); 2 David Cowley MMAC 2826 (4.25 /0.0, 28.78, 30.30 /3.2, 27.25, 7:02.66); **M70:** 1 Michael Dugan SWVAC 2835 (3.94 /0.0, 27.15, 30.48 /2.2, 19.36, 7:19.67); 2 Peter Eddy SVHC 2622 (3.35 /0.0, 31.38, 35.40 /2.2, 31.51, 7:47.47); 3 David Haines SCVAC 2509 (3.68 /0.0, 24.93, 34.12 /2.2, 17.31, 6:51.77); 4 Brian Loten SWVAC 2134 (3.38 /0.0, 23.05, 38.18 /2.2, 26.36, 7:52.98); **M75:** John Ross SVHC 3550 (**British Best**) (3.83 /0.0, 30.18, 31.59 /2.2, 23.73, 6:58.40); 2 John Scott SVHC 2836 (3.92 /0.0, 24.86, 33.71 /2.2, 21.45, 8:49.13);

## GB v US Combined Events Challenge- Bruce Charles.

This took place in a hot Neosho, Missouri on the 5<sup>th</sup> and 6<sup>th</sup> July 2014.

As usual the hospitality of our US hosts and the entertainment was outstanding with old friendships being renewed and new ones made.

Unfortunately the GB team this year was depleted by serious illness and injury but nevertheless we went down to the US by only a little over 200 points. The team was further reduced

when John Charlton was injured in the 100 metres and was subsequently only able to do the throws (and a little jumping! ).

Lawrie Dunn produced the best GB performance with a point's total of 5337 in M 65 for 3<sup>rd</sup> place. Brian Harlick in M70 was also unlucky to suffer a fall in the hurdles on day 2 which greatly hampered his subsequent performances but still managed to score 2482 points.

Our two lady Decathletes had a great time set against male competition with Jess Collins scoring 3417 points and Ruth Bird 3614.

The best performance of the competition went to Brian Cushey in M50 with a new American record of 7467 points.

In the Heptathlon Pat Oakes (W65) scored 2982 points to outscore her US rival Mary Trotto.

The US athletes who were here in 2012 were full of praise for the competition and hospitality we provided and were strongly encouraging fellow US athletes to come over for the next Challenge which is in 2016 and planning for that event has already commenced.

Bruce Charles

## EAMA INTER AREA CHALLENGE SOLIHULL 20<sup>TH</sup> JULY Words: Brian Owen. Pictures: Tom Phillips.

**W**ell I thought the "Friendly Games" started on the 23<sup>rd</sup> of July, however, the spirit in this year's Inter Area Challenge scored very highly on the index of enjoyment if such a factor exists for Athletic meetings.

Everything about the Meeting scored "A" plus factors. With good, warm and dry conditions. A track and its facilities in reasonable condition. The competitive nature of the events, plus the good natured Athletes and Officials, so let me tell you what happened.





Firstly four British Records, the day's first going to Neil Tunstall who shaved 1/100<sup>th</sup> of a second from his own Record with 14.39 in the day's second event, the 100 metres Hurdles.

Moir West set the second, finishing second to the younger Caroline Marler. Her time of 73.48 seconds for the W65 400 metres being almost a second faster than Angela Copson's record set in the 2012 European Veterans Championships.



**Moira West, Helen Godsell, Lyn Ahmet & Viv Bonner  
British 4x100m W60 Record.**

It is not usual for a Club Team to set a British Record, but that is precisely what the Southern Counties Veterans Club W60 team did.

The squad of Viv Bonner, Moira West, Lyn Linda Ahmet and Helen Godsell clocked 59.78, faster than the British Team managed in Brisbane in 2001.

Kevin Murch has been throwing Javelin for an awfully long time, and set a British best of 54.47 improving on the record he set in June.

Julie Briscoe from Northern Vets was a runaway victor in the Women's 300 metres winning by almost 36 seconds from Eastern Counties Ellen Leggate. Julie's track appearances being somewhat of a rarity as most of her running is done on

tarmac. Indeed she finished third British Female in the London Marathon in 2h 39.43 just outside the 2h38:00 required for European Selection.

**It's not often we see an Olympian turning out in a domestic Masters meeting.**

**However, that unusual event occurred in the EAMA Challenge at Solihull.**

**The Athlete in question is Sue Richardson who finished second in the Women's 50 Triple Jump, who resumed her athletic career after a 24 year break.**



**The picture shows the then Susan Hearnshaw winning the Bronze Medal in the 1984 Los Angeles Olympic Long Jump, where she finished behind two Romanian Competitors, the distance that day 6.80 metres.**

**Her personal best is 6.83 , which is 5<sup>th</sup> on the UK all time rankings, she is also the only British Women to have broken the Seven Metre mark, with a windy jump at Cwmbran on 27<sup>th</sup> May 1983.**

**She also won the European Indoor title in 1984, prior to the seven wins by Galina Christyakova and Heike Drechsler.**

The day's big winner was Diana Norman (SC) who scored no less than 32 points with her for wins, 80H, 400, HJ and TJ.

There were also 19 further Athletes who had double success they were: Terry Bissett, Karen Brooks, Helen Channon, Angela Copson, Neil Griffin, Iris Holder, Jane Horder, Alyson Hourihan, Luke Humphries, Andrea Jenkins, Caroline Marler, Louise Rudd, Rupal Singh, Neil Tunstall, Steve Whyte, Ray Watkins, Dave Wilcock, Joshua Wood and John Wright.





In all there were 31 Meeting Records, and I am going to list them!

**M35/49:** 4x100: Northern Veterans AC 47.24;

**M50/59:** 800: Rob Andrew equalled his own 2:07.53; 100H: Neil Tunstall 14.39; 4x100: WMAA 51.52. HJ: Steve Linsell 1.70; SP: Steve Whyte 15.54; HT: Steve Whyte 59.22;

**M60/69:** 400: Ray Watkins 57.38; 1500: David Wilcock 4:38.40; 4x100: Southern Counties VAC 52.91;

**M70+:** 200/400: Terry Bissett 29.73 / 66.81; 800: John Batchelor 2:46.04; 4x100: WMAA 66.84;

**W35/49:** 400: Diana Norman 59.25; 800 / 1500: Louise Rudd 2:16.47 / 4:40.37; 4x100: Midland Masters AC 52.97; PV: Jemma Eastwood 3.12; LJ: Helen Channon 5.23; HT: Andrea Jenkins 44.91;

**W50/59:** 4x100: Northern Vets AC 57.24; HJ: Wendy Laing 1.45;

**W60/69:** 200: Helen Godsell 30.61; 400: Caroline Marler 70.60; 4x100: Southern Counties 59.78;

**W70:** 100/LJ: Iris Holder 17.54 / 3.20; SP Liz Sissons 8.16;

As far as the match was concerned Midland Masters won the overall event by 14 points from Southern Counties, with the terrific Welsh third.

The Men's match went to the Midlands, from the Southern Counties, whilst the Southern Counties reversed that result in the Women's match.

TEAM	MEN	WOMEN	OVERALL
MMAC	338.0	269.5	607.5
SCVAC	310.0	283.5	593.5
WMAA	271.0	236.0	507.0
NVAC	217.5	232.0	449.5
EVAC	202.5	223.0	425.5
VAC	170.0	113.0	283.0
SWVAC	56.0	0.0	56.0

#### Men's Results:

##### M35-49:

**100:** 1 Joshua Wood SC 11.38; 2 Stuart Channon VAC 11.60; 3 Andrew Flint SC 11.77; 5 Chris Burgess NV 12.21; 6 James Morgan WM 12.65; **200:** 1 Wood 23.45; 2 Channon 23.61; 3 Parker 23.67; 4 Jim Tipper MM 23.92; 5 Morgan 26.58; 6 Paul Harrison EV 26.70; **400:** 1 Richard Rubenis MM 51.47; 2 Andrew Parker NV 52.43; 3 Peter Davey SC 53.99; 5 Peter Benedickter EV 55.06; 6 Mark White VAC 55.37; 7 Stuart Pearce WM 58.36; **800:** 1 Craig Sharp SC 2:02.29; 2 John Hamblen VAC 2:07.13; 3 Matt Pyatt EV 2:07.44; 4 Anthony Powell WM 2:10.39; 5 Calvin Scoltock MM 2:11.78; 6 Bashir Hussain 2:13.32; **1500:** 1 Luke Humphries EV 4:14.66; 2 Adrian Haynes SC 4:16.32; 3 Phillip Gould MM 4:16.34; 4 Hussain 4:25.42; 5 Matt Gorman 4:28.36; **3000:** 1 Luke Humphries EV 8:51.01; 2 Gordon Lee MM 9:07.56; 3 Paul Barlow NV 9:34.54; 4 Ian Johnston SC 9:37.74; 5 Andy Peet WM 9:48.46; **110H:** 1 Mensah Elliott SC 15.72; 2 Clint Nicholls EV 16.92; 3 Alwyn Lombaard VAC 17.15; 4 Neil Edwards WM 19.24; 5 Martin Aspley-Davis MM 19.87; 6 Lee Sutton NV 20.01; **2000W:** 1 Mark Williams MM 9:47.32; 2 Richard Higson-Blythe NV 24:04.65; **4x100:** 1 NVC 47.24 (**CBP**); 2 VAC 48:08; 3 WM 51.17; 4 MM 51.90; 6 SCVAC 52.24; **HJ:** 1 Lombaard VAC 1.75; 2 Nicholls & Darren Otter NV 1.70; 4 Davey 1.55; 5 Steve Spires WM 1.35; **PV:** 1 Dave Gordon WM 3.52; 2 Derek Hatley MM 3.02; 3 Wayne Martin SC 2.72; 2 Clint Nicolls EV 2.23; **LJ:** 1 Andy Lewis SC 6.34; 2 Donovan Davenport MM 5.60; 3 Channon 5.52; 4 Paul Harrison EV 5.06; 5 Higson-Blythe 4.82; 6 Morgan 4.55; **TJ:** 1 Keith Newton SC 12.27; 2 Davenport 11.84; 3 Lombaard 11.08; 4 Harrison 11.07; 5 Leeroy Golding 10.38; 6 Edwards 9.90; **SP:** 1 John Twiddle NV 11.84; 2 Will Suart MM 11.72; 3 Mayfield 10.15; 4 Keith Boswell WM 9.55; 5 Feely 7.06; **DT:** 1 Peter Roberts WM 38.06; 2 Peter Mayfield 37.11; 3 Darren Thomas NV 30.78; 4 Aspley-Davis 23.40; 5 Steve Feely EV 19.52; **JT:** 1 Mayfield 40.10; 2 Edwards 37.80; 3 Thomas 35.81; 4 Nicholls 33.55; **HT:** 1 John Pearson MM 52.92; 2 Twiddle 39.94; 3 Keith Boswell WM 34.19; 4 Mayfield 27.47; 5 Feely 23.96;

##### M50-59:

**100:** 1 John Wright NV 12.3; 2 Brian Lewis VAC 12.4; 3 Tennyson James EV 13.0; 4 Dominic Browne MM 13.1; 5 Peter Ilo SC 13.2; 6 Keith Powell WM 13.7; **200:** 1 Wright 25.01; 2 Rikki Huskisson EV 25.38; 3 Chris Georgiou MM 26.41; 4 Steve Allen VAC 26.46; 5 Ian Broadhurst WM 27.20; 6 Ilo 27.77; **400:** 1 Neil Tunstall SW 54.12; 2 Sean Price WM 56.32; 3 Richard White MM 56.96; 4 Huskisson 59.16; 5 Ilo 60.42; 6 Dave McAllister NV 73.01; 7 Mike May VAC 79.18; **800:** 1 Rob Andrew MM 2:07.53 (**=CBP**); 2 Kevin McAlinden EV 2:10.12; 3 Andy Gannaway VAC 2:14.81; 4 Chris Ireland NV 2:17.03; 5 Brett Davis WM 2:19.94; 6 Pete Mountain SW 2:27.11; 7 Mark Stephenson SC 2:51.81; **1500:** 1 Russell Parkin MM 4:37.72; 2 Jonathan Metcalf EV 4:53.58; 3 Steve Doxey NV 4:55.69; 4 Tunstall 4:55.84; 5 Mike Robbins WM 4:56.82; 6 Stephenson 5:29.38; 7 Carey Gray VAC 5:37.44; **3000:** 1 Colin Ridley EV 9:49.17; 2 Parkin 9:55.84; 3 Rob Sheen WM 9:58.41; 4 Ireland 10:08.96; 5 Mountain 10:55.61; 6 Stephenson 11:59.35; 7 Gray 12:12.51; **100H:** 1 Tunstall 14.39 (**British M50 Record**); 2 James 15.47; 3 Paul Edwards MM 16.58; 4 Mark Crompton NV 23.05; **2000W:** 1 Chris Hobbs SC 10:02.24; 2 Peter Boszko MM 11:07.28; 3 Stephen Walker WM 13:16.09; **4x100:** 1 WM 51.52 (**CBP**); 2 MM 51.79; 3 VAC 54.97; 4 NV 57.73; 5 SC 60.72; **HJ:** 1 Steve Linsell NV 1.70 (**CBP**); 2 Gary Capon SC 1.60; 3 Phelan 1.50; 4 Paul Askew MM 1.40; 5 Powell 1.35; **PV:** 1



## MASTERS ATHLETICS TRACK & FIELD

Allan Leiper SC 3.32; 2 Mark Crompton NV 2.82; 3 Powell 2.72; 4 Richard Phelan 2.72; 6 Dave Cowley MM 2.42; **LJ:** 1 Trevor Wade SC 4.72; 2 James 4.72; 3 Albert Earle 4.71; 4 Julien Gittens NV 4.66; 5 John Davies WM 3.22; 6 May 3.02; **TJ:** 1 Earle 10.71; 2 Gittens 10.68; 3 Capon 10.59; 4 Phelan 9.77; 5 Dave Shields WM 8.67; **SP:** 1 Steve Whyte EV 15.54 (**CBP**); 2 Morris Fox MM 14.55; 3 Andrew Turner WM 11.48; 4 Leiper 11.39; 5 Steve Linsell NV 9.17; **HT:** 1 Whyte 59.22 (**CBP**); 2 Martin Roberts MM 43.16; 3 Turner 38.12; 4 Ian Cooley NV 32.33; 5 Robert Allen VAC 30.86; 6 Leiper 17.83; **JT:** 1 Kevin Murch MM 54.47 (**British M55 Record**); 2 Leiper 36.63; 3 Crompton 30.38; 4 Davies 28.26; 5 Huskisson 2.33;

### M60-69:

**100:** 1 Glyn Sutton WM 13.08; 2 Chris Monk MM 13.23; 3 Tom Phillips SC 13.28; 4 Phil Bell VAC 14.33; 5 A Chapman NV 16.40; **200:** 1 Ray Watkins SC 26.16; 2 Sutton 27.37; 3 Monk 27.97; 4 Bell 29.00; **400:** 1 Watkins 57.38 (**CBP**); 2 Paul Anthony MM 62.59; 3 Peter Kennedy 68.40; 4 Alan Appleby 71.35; 5 Alan Perkins 71.65; 6 John Skelton 71.96; **800:** 1 Dave Wilcock 2:18.73; 2 Dave Oxland MM 2:24.68; 3 Ed Connolly VAC 2:30.30; 4 Graham Webster NV 2:34.32; 5 Skelton 2:39.05; 6 Mike Davies WM 2:50.64; **1500:** 1 Wilcock 4:38.40 (**CBP**); 2 Oxland 4:53.02; 3 Skelton 5:09.80; 4 Kennedy 5:09.96; 5 Paul Allen WM 5:46.94; **3000:** 1 Oxland 10:22.68; 2 Elio Lepore WM 10:43.77; 3 Skelton 10:54.46; 4 Michael Mann VAC 11:20.45; 5 Graham Webster NV 11:21.32; 6 Des Michael SC 11:28.34; **2000W:** 1 Colin Turner MM 11:05.62; 2 Shaun Lightman VAC 11:44.86; 3 John Collins WM 14:58.22; **4x100:** 1 SC 52.91 (**CBP**); 2 MM 57.65; 3 NV 66.18; **HJ:** 1 Rahpal Singh MM 1.30; 2 Chapman 1.00; **LJ:** 1 Singh 4.33; 2 Vic Novell SC 4.02; 3 Lepore 3.52; 4 Tony Richards EV 3.39; 5 Barry Chapman NV 2.82; **SP:** 1 Niel Griffin SC 12.23; 2 Richards 11.10; 3 Gareth Prothero 9.58; 4 Dave Russell MM 9.37; 5 Chapman 6.46; **DT:** 1 Griffin 43.05; 2 Bill Renshaw MM 39.11; 3 Richards 37.27; 4 Prothero 30.46;

### M70+:

**100:** 1 Mike Dugan SW 14.64; 2 Chuck Isetts VAC 15.11; 3 Tony Crocker MM 16.00; 4 John Evans WM 17.06; 5 Allan Sowden SC 17.22; **200:** 1 Terry Bissett SC 29.73 (**CBP**); 2 Dugan SW 30.91; 3 Isetts 31.90; 4 Mel James WM 31.94; 5 David Carney MM 40.18; **400:** 1 Bissett 66.81 (**CBP**); 2 Lawrence Oldfield MM 68.37; 3 James 73.66; 4 Richard Pitcairn-Knowles VAC 100.88; 5 Phil Rees SW 109.88; **800:** 1 John Batchelor SC 2:46.04; 2 Barry Swindells MM 2:52.40; 3 Barrie Roberts WM 3:02.39; 4 Pitcairn Knowles 4:08.65; **3000:** 1 Gordon Orme WM 12:08.16; 2 Phil Brennan MM 12:59.26; **4x100:** 1 WM 66.84; 2 SC 70.29; 3 MM 84.79; **SP:** 1 Brian Harlick 8.32; 2 Cliff Taylor VAC 8.13; 3 Phil Owen MM 7.71; 4 Phil Rees SW 6.82; **HJ:** 1 Alan Cheers WM 1.24; 2 Crocker 1.21; 3 Roger Bruck SC 1.21; **LJ:** 1 Cheers 3.89; 2 Bruck 3.44; 3 Isetts 2.94; 4 Rees 2.47; 4 Lou Satterthwaite MM 2.38;

### W35-49:

**100:** 1 Helen Channon VAC 13.02; 2 Michele Thomas WM 13.14; 3 Paula Owen MM 13.25; 4 Sharon Greenwood NV 13.89; 5 Corrine Nurse EV 14.37; 6 Michele Wakefield SC 14.43; **200:** 1 Ellena Ruddock MM 25.93; 2 Channon 26.45; 3 Thomas 27.08; 4 Greenwood 27.68; 5 Nurse 29.02; 6 Wakefield 29.31; **400:** 1 Diana Norman SC 59.25 (**CBP**); 2 Greenwood 61.71; 3 Lucy Bartlett VAC 63.07; 4 Fiona Palmer MM 63.61; 5 Nurse 64.46; 6 Pam Murray WM 65.14; **800:** 1 Louise Rudd NV 2:16.47 (**CBP**); 2 Norman 2:20.02; 3 Rachel Matthews WM 2:26.56; 4 Claire Smith MM 2:27.79; 5 Rosie Canham EV 2:28.27; 6 Lisa Webb VAC 2:30.16; **1500:** 1 Rudd 4:40.37 (**CBP**); 2 Jo Locker VAC 4:41.82; 3 Smith 4:58.61; 4 Sarah Davies SC 4:59.70; 5 Ellen Leggate EV 5:02.69; 6 Sharon Leech WM 5:16.03; **3000:** 1 Julie Briscoe NV 10:13.65; 2 Leggate 10:49.37; 3 Davies 10:53.45; 4 Sharon Orridge MM 11:09.32; 5 Rebecca Freeman WM 11:51.02; **2000W:** 1 Lalan Squires MM 12:11.12; 2 Angela Martin SC 12:29.60; **80H:** 1 Norman 12.80; 2 Amanda Wale WM 13.91; 3 Monica Brown EV 17.08; 4 F Holden NV 18.12; **4x100:** 1 MM 52.97 (**CBP**); 2 WM 56.14; 3 NV 58.80; 4 SC 68.27; 5 VAC 72.54; **HJ:** 1 Norman 1.55; 2 Nurse 1.35; 3 Wale 1.35; 4 Nicola Long MM 1.20; 5 Faye Holden NV 1.10; **PV:** 1 Jemma Eastwood EV 3.12 (**CBP**); 2 Allison Murray WM 2.82; 3 Sue Yeomans SC 2.72; 4 Debbie Singleton VAC 2.02; 5 Long 1.92; **LJ:** 1 Channon 5.23 (**CBP**); 2 Norman 5.02; 3 Brown 3.95; 5 Helen Godwill NV 3.66; 6 Long 3.50; **TJ:** 1 Norman 10.03; 2 Wale 9.16; 3 Eastwood 8.60; 4 Goodwill 7.92; 5 Long 5.92; **SP:** 1 Carol Parker MM 11.50; 2 Fiona Thomas NV 10.98; 3 Sue Lawrence SC 10.43; 4 Andrea Jenkins EV 9.71; 5 Cath Alford WM 8.41; 6 Singleton 6.79; **DT:** 1 Jenkins 38.78; 2 Parker 37.24; 3 Sarah Hewitt

SC 34.59; 5 Thomas 27.00; 5 Alford 24.74; 6 Singleton 22.94; **HT:** 1 Jenkins 44.91 (**CBP**); 2 Lynette McKeown MM 37.07; 3 Janet Smith SC 36.99; 4 Leanne Taylor WM 35.88; 5 Thomas 23.87; 6 Singleton 21.18; **JT:** 1 Victoria Storey NV 29.52; 2 Karen Addis MM 29.17; 3 Lawrence 28.06; 4 Wale 24.18; 5 Jenkins 23.74;

### W50-59:

**100:** 1 Euphemia Scott SC 14.18; 2 Averill McLelland NV 14.20; 3 Joan Trimble VAC 14.56; 4 Lesley Willis MM 14.75; 5 Mel Garland WM 15.10; 6 Yvonne Holmes EV 15.32; **200:** 1 McLelland 29.35; 2 Scott 29.85; 3 Trimble 30.46; 4 Sue Frisby 31.57; 5 Gaye Clarke EV 32.12; 6 Denise Grist WM 32.56; **400:** 1 Jane Horder MM 68.17; 2 Lyn Talbert SC 70.41; 3 J Hicken 71.26; 4 Chris Feely EV 72.70; 5 Lesley Parsons 73.03; 6 Grist 73.23; **800:** 1 Karen Brooks MM 2:37.05; 2 Caroline Wood SC 2:44.99; 3 Emma Collins WM 2:45.50; 4 Joan Lasenby EV 2:48.49; 5 Hilary West NV 2:51.44; 3 Andrea Sanders-Reece VAC 2:55.40; **1500:**

1 Brooks 5:14.02; 2 Wood 5:30.07; 3 Collins 5:36.26; 4 Lasenby 5:41.23; 5 Sanders-Reece 5:52.70; 6 West 5:59.44; **3000:** 1 Wood 11:31.52; 2 Jane Pidgeon MM 11:43.72; 3 Lasenby 12:26.33; 4 Jane Mulryan NV 12:35.14; 5 Lisa Cleary WM 12:51.47; **80H:** 1 Horder 13.24; 2 Wendy Laing NV 13.97; 3 Clarke 14.16; 4 Imeta Barauskiene SC 14.61; 5 Garland 17.76; **2000W:** 1 Hillary Mann MM 12:17.33; 2 Liz Blake 12:47.90; 3 Rebecca Hambrook WM 15:26.78; **4x100:** 1 NV 57.24 (**CBP**); 2 MM 59.00; 3 EV 59.18; 4 VAC 61.49; 5 WM 61.94; 6 SC 64.11; **HJ:** 1 Laing 1.45 (**CBP**); 2 Barauskiene 1.40; 3 Carole Filer EV 1.40; 4 Frisby 1.35; 5 Garland 1.30; 6 Teresa Eades VAC 1.34; **PV:** 1 Jackie Montgomery SC 2.62; 2 Eades 2.52; **LJ:** 1 Filer 4.68 (**CBP**); 2 Barauskiene 4.58; 3 McLelland 4.53; 4 Garland 4.40; 5 Willis 4.10; **TJ:** 1 Amanda Rowley-Jones SC 9.23; 2 Susan Richardson NV 8.76; 3 Clare st.John-Coleman WM 8.15; 4 Filer 7.77; 5 Julie Wakelam MM 7.75; **SP:** 1 Alyson Hourihan WM 10.62; 2 Laing 10.39; 3 Debbie Murch MM 9.75; 4 Julie Wilson SC 9.19; 5 Clarke 6.56; **HT:** 1 Murch 37.18; 2 Hourihan 34.25; 3 Clarke 31.00; 4 Wilson 30.56; 5 Laing 8.74; **JT:** 1 Hourihan 29.10 (**CBP**); 2 Laing 26.02; 3 Sandra Ingham EV 21.40; 4 Wakelam 20.60;

### W60-69:

**100:** 1 Viv Bonner SC 14.71; 2 Caroline Marler NV 15.81; 3 Sally Hine MM 15.96; 4 Fiona Argent VAC 17.19; 5 Pat Gallagher WM 18.26; 6 Jane Ashley EV 19.89; **200:** 1 Helen Godsell SC 30.61 (**CBP**); 2 Marler 32.27; 3 Hine 34.92; 4 Argent 35.65; 5 Eirian Arwyn WM 42.99; 6 Stephanie Stamp EV 45.85; **400:** 1 Marler 70.60 (**CBP**); 2 Moira West SC 73.48 (**British W65 Record**); 3 Angela Copson MM 77.00; 4 Gallagher 83.78; 5 Julia Hancock EV 100.60; **800:** 1 Copson 2:49.46; 2 Gallagher 3:08.41; 3 Sue James SC 3:13.37; 4 Ann Bath VAC 3:55.75; **3000:** 1 Copson 12:08.10; 2 Marian Hesketh NV 12:40.98; 3 Christine Birch WM 13:29.88; 4 James 14:00.86; 5 Jane Ashby EV 15:29.13; 6 Bath 15:47.69; **4x100:** 1 SC 59.78 (**BRITISH W60 RECORD**); 2 MM 71.67; 3 WM 76.85; **HJ:** 1 Hine & Linda Ahmed SC 1.10; 3 Trish Hill EV 1.05; 4 Arwyn 1.00; 5 Marler 1.00; **LJ:** 1 Ahmet 3.48; 2 Marler 3.37; 3 Hine 3.13; 4 Arwyn 2.54; 5 Stamp 1.88; **SP:** 1 Marler 8.07; 2 Arwyn 6.61; 3 Stamp 6.22; 4 Vivienne Kirkland MM 5.93; 5 Ahmet 5.75; **DT:** 1 Hill 18.73; 2 Marler 15.65; 3 Arwyn 13.45; 4 Kirkland 13.16; 5 Ahmet 8.14;

### W70+:

**100:** 1 Iris Holder WM 17.54; 2 Mary Axtell SC 17.92; 3 Iris Hornsey 20.69; 4 Carol Rafferty MM 29.15; **LJ:** 1 Holder 3.20; 2 Hornsey 2.79; 3 Liz Sissons SC 1.42; **SP:** 1 Sissons 8.16; 2 Rafferty 5.71; 3 Dorothy Fraser WM 5.05; 4 Iris Hornsey EV 4.89;

**BRITISH MASTERS**  
**ATHLETIC FEDERATION T&F**  
**CHAMPIONSHIPS**  
**Alexander Stadium,**  
**Birmingham Aug 9/10th**  
**Words: Martin Duff of**  
**Athletics Weekly.**  
**Pictures: Tom Phillips.**



**H**urricane Bertha did little to dampen the spirits of entrants in their annual T&F championships, as the Saturday was fine and there were just a few showers on the Sunday but some events did seem to migrate needlessly indoors.

This is the outdoor championships, so there should never, really, be any suggestion of holding any events indoors. The indoor champs were at Lee Valley in March.



**Three titles for Steve Peters**

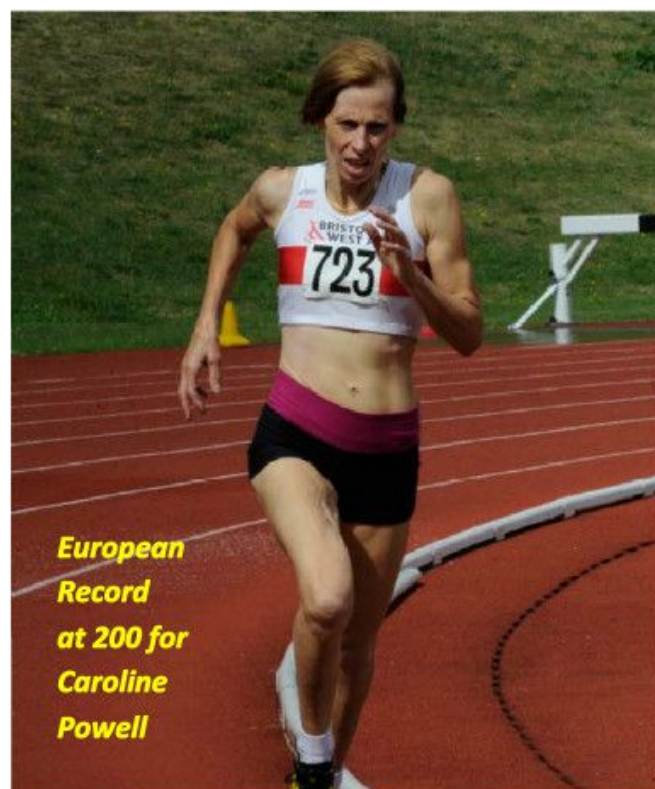
Steve Peters, returned to competition with three over-60 sprint titles 12.38, 24.64 and 57.03 and were pretty good on just four weeks training as he goes off to Izmir for the European Vets.

M45 400m winner Michael Gardiner with 51.01, showed up the runners in the M35 and M40 groups as they were all slower.



**Michael Gardiner**

W60 Caroline Powell took four titles and said: "I had six months with just gym work." She had a narrow victory over Helen Godsell in the 100m, in 14.09 and a more comfortable 65.10 400m on Saturday before returning for the 200m and, a rare, 800m on Sunday. Her 28.82 EUROPEAN RECORD 200m win was followed by 2:43.68 to round off a successful weekend.



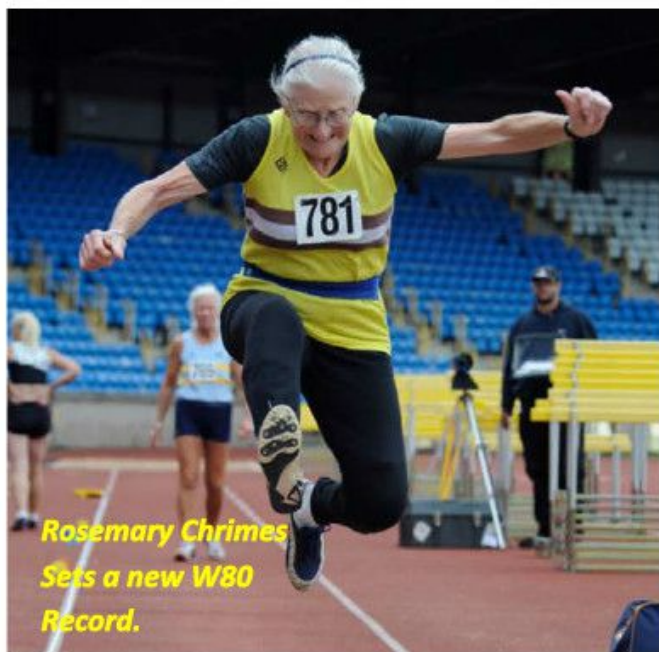
**European Record at 200 for Caroline Powell**



Darren Scott produced an M45 sprint double and said: "my 11.35 was a legal season's best but I'm more of a 200m man." After his 22.66 200m he said that he now plans an attack on some indoor records.

The first day saw three British records in the steeplechase. Jane Pidgeon improved her own W50 2000m mark to 8:09:22, while Gwyneth Heuter set a new W55 standard at 8:56.88. 75 year old Eric Hughes also got into the act with 12:05.09 in the Men's event.

Kevin Murch set a new M55 Javelin record of 52.09m (54.47 at Solihull in the Inter Area). Two more British age group records came from Rosemary Chrimes in the W80 long jump and javelin at 2.34m and 12.40m, both previous marks being held by Mary Wixey.



**Rosemary Chrimes  
Sets a new W80  
Record.**

Chrimes also added four more titles in events at which she already holds the British best, including her specialty discus at 20.79m.

W65 Angie Copson regained her age group 5km road race best earlier in the week and here she narrowly took the 1500m, from Ros Tabor, on the opening day, in 5:40.45. It was all easier in the 5000m on Sunday in 20:19.48. Tabor won the W65 800m in 2:54.85 but said; "I wanted a time but it was so windy."

Fellow Dulwich Runner Clare Elms won the W50 1500m on Saturday, in 4:45.92, but did complain of some breathing problems.

Elsewhere in the throws, Neil Griffin took four M65 titles, including 45.71m in his specialty discus, "I am sure I can get over 50m with this," said the Windsor man after his other wins in weight, shot and hammer.

Carole Filer equalled her own W55 long jump record with 4.72m, as she just headed Averill McClelland, who took both sprints in warm up for the European Vets in Izmir. In the same group, Jane Horder took both hurdles events.

The men's distance races saw a hat-trick of M70 wins for Martin Ford over Peter Giles, A 5:26.91 1500m was followed by 5000m on the second day, with 19:24.59, but he said: "it was hard today as the wind was everywhere." Ford then continued his unbeaten M70 streak with a 2:44.63 800m.

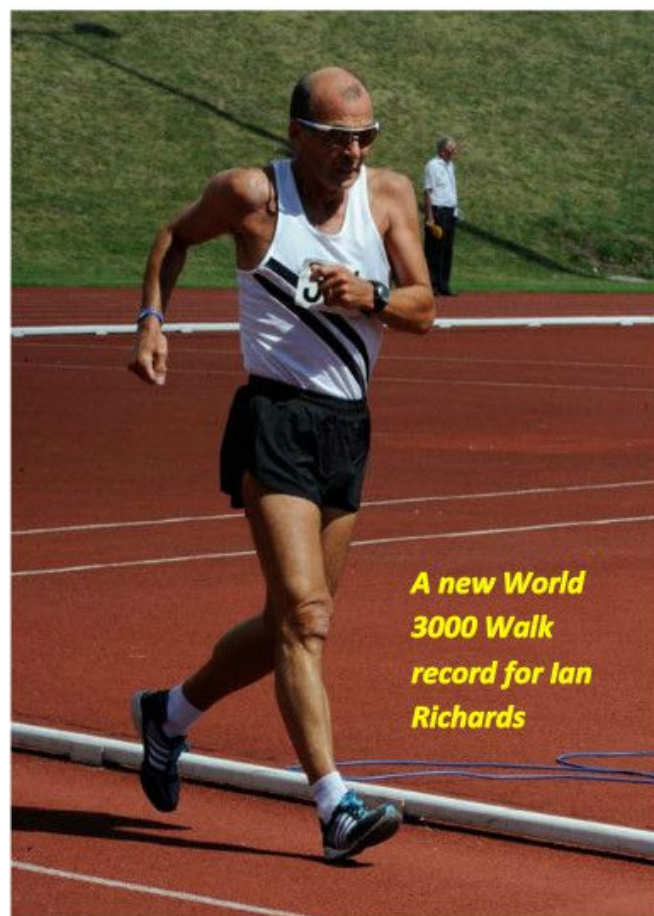
There was a British record in the W75 400 and 800m when Kathleen Stewart added to her own W70 mark with an 800 metre time of 3:33.47, which betteres the existing hand timed 3:33.4. "I was 75 on the 7th and did the 400m yesterday also a new British mark of 1:26.82 but I was so stressed as we got stuck in holiday traffic," said Stewart.



**Records at  
400 and  
800 metres  
for  
Kathleen  
Stewart**

M50 Guy Bracken is one of veteran athletics' late starters and was a good winner of the combined M45/M50 5,000m, in 15:59.56, hanging on early before breaking clear. He now goes to Izmir as one of only a few Brits in the long distance events. "I only started running four years ago and am still improving," he added.

Swiss national Charles Eugster, competed in the M95 sprints, running 25.76 and 58.03.



**A new World  
3000 Walk  
record for Ian  
Richards**

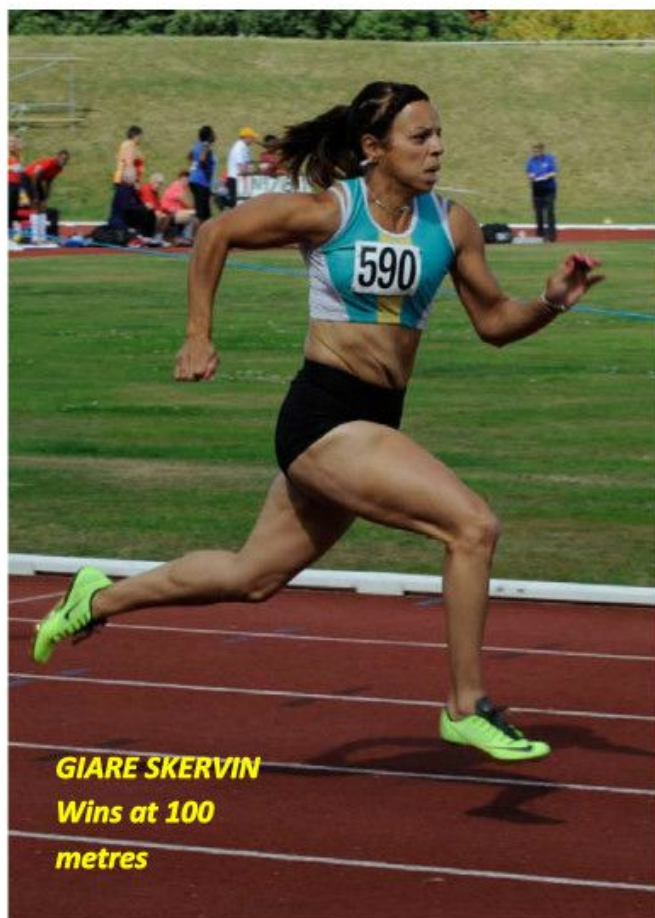


M65 Ian Richards took the 3000m walk distance in 14:17.84 for the weekends only World Record and M75 Arthur Thomson did 17:35.28, while Cath Duhig won the W55 event in 18:46.39. Quickest over 3000m was M50 winner Francisco Reiss with 13:57.59. All except Richards returned on the second day to win the 5000m walk event, with Reis again being fastest overall. Thomson summed up a lot about veteran athletics when he said: "I'm a bit slower every year."

Alan Mellett ran a new British Record of 33.25 in the M80 100 metres, and Dalbir Singh-Deol did likewise in the M85 with a time of 47.34.

Results - Saturday 9<sup>th</sup> August

100:



**GIARE SKERVIN**  
**Wins at 100**  
**metres**

**W35** (-0.1): 1 Susan McLoughlin VAC 12.69; 2 Helen Channon VAC 12.85; 3 Paula Owen MMAC 13.02; 4 Catherine Goulder-Davies MMAC 14.01; **W40** (-1.4): 1 Giare Skervin MMAC 12.94; 2 Michelle Thomas WMAA 13.11; 3 Kathleen Madigan SVHC 13.62; 4 Rachael Savidis NEMAA 13.72; 5 Kathryn Miles SCVAC 13.87; 6 Katy Williams MMAC 14.87; 7 Christine Campbell MMAC 17.20; **W45** (-0.8): 1 Angela Bates VAC 13.54; 2 Jacqui Hodgson NEMAA 13.74; 3 Michele Wakefield SCVAC 14.24; 4 Deborah Ricci 14.90; 5 Ruth Watson SVHC 15.34; 6 Lesley Richardson SCVAC 16.16; **W50** (0.7): 1 Kirstin King SCVAC 13.92; 2 Euphemia Scott SCVAC 14.08; 3 Lesley Willis 14.74; 4 Angela Kelly NVAC 14.88; 5 Judy Johnson MMAC 15.01; 6 Melanie Garland MMAC 15.05; 7 Susan Wisdom VAC 15.09; 8 Susan Richardson NVAC 15.83; **W55**: 1 Averil McClelland NVAC 14.15; 2 Joan Trimble VAC 14.49; 3 Christine Salvary SCVAC 16.08; 4 Diane Farmer EVAC 17.16; **W60** (1.1): 1 Caroline Powell SWVAC 14.09; 2 Helen Godsell SCVAC 14.11; 3 Anne VAC 15.99; 4 Susan Dassie 16.02; 5 Linda Ahmet SCVAC 17.25; **W65** (-0.9): 1 Moira West SCVAC 15.29; 2 Hazel McDonnell AUS 17.55; 3 Gillian Millicheap MMAC 19.10; **W70** (-0.9): Iris Holder IWMAA 17.71; **W75** (-0.9): 1 Dorothy Fraser 19.85; 2 Dorothy McLennan SCVAC-IRL 22.58; 3 Jeanne Coker SCVAC 23.78; **M35**

(0.8): 1 Esmei Tamunonengiye- Ossai SCVAC 11.14; 2 Anthony Browne 11.59; 3 Alan Robertson SVHC 11.68; 4 Philip Ellershaw NVAC 11.69; 5 Stuart Channon VAC 11.74; 6 Robert North MMAC 11.80; 7 Simon Wells NVAC 11.81; 8 Michael Barough SCVAC 11.93; 9 Rick Cordwell NVAC 12.29; 10 Imam Qazi SWVAC 12.42; **M40** (1.4): 1 Joshua Wood SCVAC 11.19; 2 Mark Collins EVAC 11.42; 3 James Tipper MMAC 11.60; 4 Andrew Gordon VAC 11.65; 5 Ciaran Harvey SCVAC 11.87; 6 Roger Sexton NIMAA 11.87; 7 David Olusanya OPEN 12.11; 8 Richard Henry MMAC 12.52; Paul North MMAC 12.71; 10 James Morgan WMAA 12.78; 11 Nick Lauder VAC 12.79; **M45** (0.9): 1 Darren Scott SCVAC 11.35; 2 Antony Leigh MMAC 11.72; 3 Giuseppe Minetti SCVAC 12.08; 4 Andrew Lewis SCVAC 12.11; 5 Julian Smith EVAC 12.14; 6 Stan Walker SVHC 12.25; 7 Mark White VAC 12.47; 8 Ian Gouldthorpe NVAC 12.59; 9 Ian Allen SWVAC 12.61; 10 Daniel Tomlinson SCVAC 12.70; **M50** (1.4): 1 Donald Brown MMAC 11.93; 2 Steve Beak SCVAC 12.09; 3 Pat Logan VAC 12.15; 4 Brian Lewis VAC 12.24; 5 John Statham MMAC 12.68; 6 Paul Tereve MMAC 12.73; 7 Tim Dawson NVAC 12.76; 8 Ty Holden EVAC 13.29; 9 Keith Powell WMAA 13.34; 10 Michael May VAC 14.53; **M55** (1.3/0.3): 1 Jeff Battista EVAC 12.09; 2 John Wright NVAC 12.17; 3 Kevin Burgess EVAC 12.40; 4 Douglas Donald MMAC 12.51; 5 Shane Sheridan IRL 12.68; 6 Tennyson James EVAC 12.91; 7 Robert Shephard VAC 12.94; 8 Dominic Browne MMAC 13.02; 9 Alastair Duncan SCVAC 13.05; 10 William Skinner SVHC 13.41; **M60** 100 (0.6): 1 Steve Peters NVAC 12.38; 2 Alasdair Ross VAC 12.66; 3 Ray Watkins 12.83; 4 Christopher Monk MMAC 13.32; 5 David Whitehead EVAC 13.32; 6 Tom Phillips SCVAC 13.33; 7 Ken Jackson SWVAC 13.79; 8 Patrick Reynolds VAC 17.02; **M65** (2.0): 1 Glyn Sutton WMAA 13.25; 2 Victor Novell SCVAC 13.81; **M70** (-0.4) 1 Terry Bissett SCVAC 13.98; 2 Laurence Oldfield MMAC 14.31; 3 Allan Long VAC 14.56; 4 James Smith 14.79; 5 Charles Isetts VAC 14.94; 6 David Whittaker VAC 15.89; **M75** (0.1): 1 Walter Galloway Hunter SVHC 14.10; 2 Tony Bowman NVAC 15.23; 3 Peter Matthews NVAC 15.30; 4 Roger Bruck SCVAC 15.86; **M80** (0.1): 1 Alan Mellett MMAC 15.96; 2 George Cheetham MMAC 17.25; 3 Richard Pitcairn-Knowles VAC 19.57; **M85** (0.1): Dalbir Singh Deol VAC 21.27; **M95** (0.1): Charles Eugster SUI 25.76;

400



**Bruce Hendrie & Derek**  
**Wardle in the 400**



## MASTERS ATHLETICS TRACK & FIELD

**W35:** Elizabeth Amos VAC 59.76; **W40:** 1 Emma Hollinshead MMAC 66.84; 2 Dawn Jones EVAC 67.02; 3 Sarah Holford MMAC 67.61; 4 Katrina Wastenev EVAC 67.87; **W45:** 1 Jacqui Hodgson NEMAA 62.35; 2 Fiona Palmer MMAC 63.53; 3 Bernadine Pritchett VAC 66.07; 4 Lisa Webb VAC 68.79; **W50:** 1 Tracy Bezance EVAC 66.70; 2 Euphemia Scott SCVAC 68.20; 3 Lesley Willis MMAC 69.46; 4 Julie Hicken NVAC 71.52; **W55:** 1 Edith Caux FRA 68.39; 2 Hilary West NVAC 74.76; 3 Andrea Sanders-Reece VAC 1:20.22; 4 Diane Farmer EVAC 1:27.62; **W60:** 1 Caroline Powell SWVAC 65.10; 2 Caroline Marler NVAC 71.69; 3 Sue James SCVAC 1:29.36; **W65:** 1 Moira West SCVAC 74.90; 2 Rosalind Tabor 76.72; **W70:** 1 Iris Hornsey EVAC 1:39.03; **W75:** 1 Kathleen Stewart NEMAA 1:26.82 (**BRITISH RECORD**); 2 Jeanne Coker SCVAC 2:13.65; **M35:** 1 Adam Bellis SCVAC 51.58; 2 Andrew Parker NVAC 53.14; 3 James Colclough 53.64; 4 Matthew Muggeridge SWVAC 53.72; **M40:** 1 Graeme Harrison SCVAC 51.80; 2 Eddie Betts SCVAC 51.96; 3 Mike Coogan NVAC 53.48; 4 Bernard Ward NVAC 53.72; 5 Peter Davey SCVAC 53.98; 6 Tommy Crombie SVHC 56.45; 7 Martin White MMAC 56.95; **M45:** 1 Michael Gardiner MMAC 51.01; 2 Dominic Bokor-Ingram 54.05; 3 Peter Benedickter EVAC 54.86; 4 Steve Partridge VAC 55.10; 5 David Blackman SCVAC 56.27; 6 Leeroy Golding 56.33; 7 Mark White VAC 56.37; **M50:** 1 Michael Vassiliou VAC 55.39; 2 Jonathan Tilt SCVAC 55.60; 3 Ludwig Ramsey SVHC 56.30; 4 Bob Lewis SCVAC 57.12; 5 Ty Holden EVAC 57.63; 6 Paul Ttereve MMAC 58.42; 7 Clifford Warren VAC 60.60; 8 David Richardson SWVAC 63.67; **M55:** 1 Robert Franklin SCVAC 58.59; 2 Alastair Duncan SCVAC 59.50; 3 Malcolm Bramhall EVAC 60.36; 4 Paul Edwards MMAC 61.21; 5 William Skinner SVHC 62.43; **M60:** 1 Steve Peters NVAC 57.03; 2 Ray Watkins SCVAC 57.60; 3 David Whitehead EVAC 63.02; 4 Peter Kennedy VAC 68.91; 5 Patrick Reynolds VAC 1:26.36; **M65:** 1 Bruce Hendrie MMAC 67.23; 2 Derek Wardle VAC 67.43; 3 Andrew Webb NEMAA 76.99; **M70:** 1 John Mac Dermott IRL 64.80; 2 Laurence Oldfield MMAC 66.45; 3 Terry Bissett SCVAC 67.06; 4 Winston Laing SCVAC 70.83; 5 Melvyn James WMAA 72.90; **M75:** Rodney NVAC 78.32; **M80:** 1 John Seymour SCVAC 1:29.70; 2 Richard Pitcaim-Knowles VAC 1:43.20; 3 John Cullingham VAC 2:05.08;

**1500:**



**Barry Swindells**  
**M75 1500.**

**W35** 1 Joanne Locker VAC 4:42.36; 2 Claire Smith MMAC 4:57.01; 3 Claire Beatty WMAA 5:09.02; 4 Claire Thompson SVHC 5:15.30; **W40:** 1 Karen (Liz) Kipling VAC 4:53.03; 2 Sarah Davies SCVAC 5:04.23; 3

Nicola Richmond VAC 5:05.43; 4 Sarah Holford MMAC 5:06.90; 5 Steph Spencer MMAC 5:20.48; 6 Candy Hawkins SCVAC 6:14.55; **W45:** 1 Bernadine Pritchett VAC 4:50.43; 2 Denise Morley EVAC 4:59.15; 3 Joanne Kent SCVAC 5:05.82; 4 Lisa Webb VAC 5:07.27; 5 Clare Jolliffe MMAC 5:12.19; **W50:** 1 Clare Elms VAC 4:45.92; 2 Hilary McGrath SVHC 5:00.44; 3 Monica Williamson MMAC 5:07.57; 4 Jane Pidgeon MMAC 5:20.42; 5 Caroline Lawless SVHC 6:00.41; **W55:** 1 Karen Brooks MMAC 5:19.97; 2 Andrea Sanders-Reece VAC 5:53.90; 3 Hilary West NVAC 5:57.03; 4 Diane Farmer EVAC 6:08.55; **W60** Sue James SCVAC 6:44.99; **W65:** 1 Angela Copson MMAC 5:40.45; 2 Rosalind Tabor VAC 5:42.70; 3 Patricia Gallagher WMAA 6:32.38; **W70:** 1 June Johnson MMAC 7:07.32; 2 Iris Hornsey EVAC 7:40.53; 3 Betty Stracey EVAC 8:05.21; **W75:** 1 Anne Martin EVAC 8:09.26; **M35:** 1 Les Newell SCVAC 4:07.92; 2 Martin Whitehouse MMAC 4:10.48; 3 Matt Pyatt EVAC 4:16.15; 4 Robert Hawse NVAC 4:24.90; 5 Kevin Newell VAC 4:54.26; **M40:** 1 Nick Shasha EVAC 4:12.93; 2 Jonathan Hamblen VAC 4:16.89; 3 Mike Toal NVAC 4:23.01; 4 Justin Thomas SWVAC 4:29.21; 5 Robert Stewart 4:53.56; **M45:** 1 Les Ball NVAC 4:15.94; 2 Adrian Haines SCVAC 4:18.86; 3 Darren Symes SCVAC 4:21.21; 4 David Smith MMAC 4:27.28; 5 John Knibb MMAC 4:32.17; 6 Mark Havenhand NVAC 4:50.83; **M50:** 1 Simon Anderson SWVAC 4:17.09; 2 Andrew Ridley 4:20.36; 3 Robert Andrew MMAC 4:20.36; 4 Russell Parkin MMAC 4:37.71; 5 Grant Noble 4:40.37; Dean Angell SCVAC 4:42.89; 7 Malcolm Down EVAC 4:47.60; 8 Steven Doxey NVAC 4:57.19; **M55:** 1 Jeremy Hogan SWVAC 4:53.56; 2 Simon Bean 4:59.80; 3 Ian Wright WMAA 5:43.19; 4 Karl Hick MMAC 5:48.68; 5 Colin Oxlade SCVAC 6:04.12; **M60:** 1 David Wilcock SCVAC 4:42.12; 2 David Oxlade MMAC 4:52.53; 3 Ray Aiken SVHC 5:14.39; 4 Alan Newman SCVAC 5:17.51; 5 Ian Snow SWVAC 5:24.34; **M65:** 1 Michael Mann VAC 5:17.86; 2 Mick Casey NVAC 5:26.25; 3 Bob Chapman SWVAC 5:38.37; 4 Neil Davies 5:40.205; 5 Anthony Michael Edwards MMAC 5:47.96; 6 Michael Smedley MMAC 5:51.56; **M70:** 1 Martin Ford MMAC 5:26.91; 2 Peter Giles VAC 5:27.89; 3 John Horton SWVAC 5:42.08; 4 Gordon Orme WMAA 5:46.39; 5 Philip Brennan MMAC 6:05.06; 6 Andrew Johnson MMAC 6:07.56; 7 Barrie Roberts WMAA 6:08.24; **M75:** 1 Barry Swindells MMAC 5:56.61; 2 Rodney Mills NVAC 6:18.88; 3 Eric Hughes WMAA 6:22.53; **M80:** 1 Brian Shave VAC 8:24.60; 2 John Cullingham VAC 10:04.

### 80 HURDLES:

**W50** (-0.7): Gaye Clarke EVAC 13.90; 2 Charmaine Johnson VAC 13.91; **W55** (0.0): 1 Jane Horder MMAC 13.13; 2 Carole Filer EVAC 14.05; 3 Mary Barrett IRL 15.03; 4 Hazel A Barker NVAC 16.68; **W60** (0.0): 1 Sally Hine MMAC 16.11; 2 Fiona Argent VAC 17.86; **W40** (-0.7) Lorna Rogers SVHC 13.21; **M70** (0.7): 1 John Mac Dermott IRL 14.65; 2 Barry Ferguson VAC 15.91;

### 100 HURDLES

**W35** (0.0) Lucy Bartlett VAC 17.97; **M50** (-0.5) 1 Clarence Allen SCVAC 14.57; 2 Donald Brown MMAC 14.67; **M55** (-0.5): 1 Tennyson James EVAC 15.61; 2 John Mayor EVAC 15.64; 3 Paul Edwards MMAC 16.81 **M60** (0.0): 1 Ian Willoughby MMAC 16.69; 2 Rob Sibley SCVAC 18.29; **M65** (0.0) Andrew Webb NEMAA 19.68;

### 110 HURDLES

**M35** (-1.4) 1 Mensah Elliott SCVAC 14.97; 2 Gavin Fordham EVAC 16.68; 3 Neil Cox SWVAC 17.56; 4 Lee Sutton NVAC 20.76; **M40** (-1.4) Peter Davey SCVAC 16.24;

### 300 HURDLES

**W50:** 1 Susan Frisby MMAC 52.31; Tracy Bezance EVAC 53.68; **W55:** 1 Jane Horder MMAC 49.53; 2 Mary Barrett IRL 61.18 ; **W60:** 1 Emily McMahon EVAC 60.40; 2 Fiona Argent VAC 62.30; 3 Sally Hine MMAC 64.70; **M60:** 1 Ian Broadhurst WMAA 46.35; 2 Ian Willoughby MMAC 49.57; 3 Jack Rutherford VAC 56.93; **M65:** 1 Tony Wells EVAC 51.50; 2 Derek Wardle VAC 54.04; 3 Andrew Webb NEMAA 54.22; **M70:** John Mac Dermott IRL 52.60;

### 400 HURDLES

**W35:** 1 Paula Owen MMAC 67.45; 2 Lucy Bartlett VAC 68.62; **W40:** 1 Sarah Burke VAC 70.04; 2 Katrina Wastenev EVAC 76.36; **W45:** Pamela Murray WMAA 73.39; **M35:** Neil Cox SWVAC 65.81; **M40:** 1 Eddie Betts SCVAC 56.67; 2 Peter Davey SCVAC 61.94; 3 Wayne Gadd EVAC 67.38; **M45:** Peter Benedickter EVAC 59.15; **M50:** 1 Jonathan Tilt SCVAC 62.12; 2 Richard White MMAC 64.20; 3 Iain Moody MMAC 71.63; **M55:** 1 David Moles VAC 65.50; 2 Tennyson James EVAC 67.23; 3 John Mayor EVAC 70.55;

### 3000m Race Walk

**W55** Cath Duhig EVAC 18:46.39; **W75:** Jill Langford MMAC 21:47.07; **M45:** 1 Mark Williams MMAC 14:37.31; 2 Andrew Fraser SVHC



# MASTERS ATHLETICS TRACK & FIELD

16:55.56; **M50**: Francisco Reis SCVAC 13:57.59; **M55**: 1 Trevor Jones VAC 15:32.32; 2 Steven Uttley VAC 15:41.04; 3 Steve Allen SCVAC 16:06.76; 4 Ian Donaldson SVHC 21:18.08; **M65**: 1 Ian Richards VAC 14:17.84 (**WORLD RECORD**); 2 Roger Michell MMAC 16:12.05; 3 Peter Boszko MMAC 16:52.38; **M70**: Ken Bobbitt WMAA 17:49.29; **M75**: 1 Arthur Thomson VAC 17:35.28; 2 Norbert Will NIMAA 20:23.41; 3 Ronald Powell VAC 20:53.59; 4 John Collins WMAA 22:13.52; **M80**: 1 Ken Livermore VAC 24:04.37; 2 Eric Horwill MMAC 24:24.50;

## High Jump

**W35**: 1 Meli Chacon ESP 1.45m; 2 Monique Heijns NED 1.35m; **W40**: 1 Ayamba Akim VAC 1.71m; 2 Claudia Cabbage SCVAC 1.37m; **W50**: 1 Imeta Barauskiene SCVAC 1.45m; 2 Gaye Clarke EVAC 1.33m; 3 Melanie Garland MMAC 1.27m; **W55**: 1 Carole Filer EVAC 1.39m; 2 Hazel A Barker NVAC 1.27m; 3 Mary Barrett IRL 1.27m; 4 Lucy Moore-Fox VAC-IRL 1.21m; **W60**: Sue Yeomans SCVAC 1.21m; **W65**: Patricia Oakes SCVAC 1.06m; **W80**: Rosemary Chrimes MMAC 1.06m;

## Pole Vault

**W35**: 1 Patrycja Krawczyk NVAC-POL 2.80m; 2 Louise Kelly SCVAC 2.70m; **W40**: Claudia Cabbage SCVAC 2.50m; **W45**: Irie Hill MMAC 3.40m; **W50**: Jacqueline Montgomery SCVAC 2.60m; **W55**: Teresa Eades SCVAC 2.50m; **W60**: Sue Yeomans SCVAC 2.70m;

## LONG JUMP

**W35**: 1 Helen Channon VAC 5.34m / 1.2; 2 Sarah Gordon 4.82m / +0.0; **W40**: 1 Lorna Rogers SVHC 4.54m / 0.1; 2 Amanda Wale WMAA 4.22m / 0.9; 3 Margaret Pope VAC 4.16m / +0.0; 4 Lesley Richardson 3.45 / 0.0; **W50**: 1 Melanie Garland MMAC 4.40m / 0.7; 2 Gaye Clarke EVAC 4.36m / +0.0; 3 Charmaine Johnson VAC 4.29m / +0.0; 4 Lesley Willis MMAC 4.13m / 0.1; 5 Susan Richardson NVAC 3.99m / +0.0; 6 Clare St John-Coleman WMAA 3.92m / +0.0; 7 Linda Oxlade SCVAC 2.45 / 0.0; **W55**: 1 Carole Filer EVAC 4.72m / 0.0 (**=BRITISH RECORD**); 2 Averil McClelland NVAC 4.54m / +0.0; 3 Teresa Eades SCVAC 4.31m / -0.8; 4 Christine Salvary SCVAC 3.38m / +0.0; 5 Julie Wakelam MMAC 3.71 / 0.0; **W60**: 1 Sue Yeomans SCVAC 3.85m / 0.1; 2 Sally Hine MMAC 3.36m / 0.0; 3 Linda Ahmet SCVAC 3.33m / 0.7; **W65**: 1 Moira West SCVAC 3.92m / 0.0; 2 Patricia Oakes SCVAC 2.79m / 0.0; **W70**: Iris Holder WMAA 3.22m / 0.0; **W75**: 1 Anne Martin EVAC 2.60m / 0.0; 2 Dorothy McLennan SCVAC-IRL 2.21m; **W80**: Rosemary Chrimes MMAC 2.34m / 0.3 (**BRITISH RECORD**); **M35**: 1 Gavin Fordham EVAC 5.95m / 0.0; 2 Robert North MMAC 5.88m / 0.0; 3 Stuart Channon VAC 5.78m / 0.0; 4 Alan Robertson SVHC 5.73m / 0.0; 5 Miguel Stucchi SUI 5.49m / 0.0; 6 Rick Cordwell NVAC 5.38m / 0.0; **M40**: 1 Neil Lincoln SCVAC 6.13m; 2 Stephen Lake SCVAC 5.67m / 0.0; 4 Gareth Davies 5.57m / 0.0; 6 Wayne Gadd EVAC 5.48m / 0.0; **M45**: 1 Andrew Lewis SCVAC 6.31m / NWI; 2 Steve Partridge VAC 6.00m / NWI; 3 Ian Allen SWVAC 5.91m / NWI; 4 Craig Timmings VAC 5.28m / NWI; **M50**: 1 Paul Guest SWVAC 5.58m / NWI; 2 John Barratt NVAC 5.50m / NWI; 3 Alan Easey VAC 5.04m / NWI; 4 Christopher Ashmore MMAC 4.87m / NWI; 5 Clifford Warren VAC 4.77m / NWI; 6 Keith Powell WMAA 4.67m / NWI; 7 Michael May VAC 3.66m / NWI; **M55**: 1 John Mayor EVAC 5.44m / NWI; 2 Ian Tomlinson SCVAC 5.23m / 1.2; 3 William Skinner SVHC 4.83m / 1.4; 4 Trevor Wade SCVAC 4.80m / 1.3; 5 Ian Jordan SWVAC 4.20m / 1.1; **M60**: 1 Ken Jackson SWVAC 4.85m / +0.0; 2 David Whitehead EVAC 4.84m / 0.2; 3 Paul Oakes SCVAC 4.73m / +0.0; 4 David Blunt VAC 4.55m / NWI; 5 Rashpal Singh MMAC 4.39m / -1.2; 6 William Lonsdale SVHC 4.08m / 0.1; 7 Patrick Reynolds VAC 2.85m / -0.2; **M65**: 1 Derek Wardle VAC 4.53m / NWI; 2 Kristian Lundby MMAC 4.29m / +0.0; **M70**: 1 Allan Long VAC 4.14m / NWI; 2 Allan Cheers VAC 4.06m / NWI; 3 David Haines SCVAC 3.44m / NWI; **M75**: 1 John L Scott SVHC 3.79m / NWI; 2 Roger Bruck SCVAC 3.77m / NWI; 3 Gerald Wilkinson VAC 3.70m / NWI; 4 John Evans MMAC 3.34m / NWI; **M80**: 1 Geoffrey Feast VAC 2.29m;

## Shot Put

**W35**: 1 Louise Kelly SCVAC 10.23m; 2 Monique Heijns NED 9.90m; 3 Lynette McKeown MMAC 9.57m; **W40**: 1 Sarah Hewitt SCVAC 9.93; 2 Sue Lawrence SCVAC 9.68m; 3 Leanne Taylor WMAA 9.11m; 4 Claudia Cabbage SCVAC 8.78m; 5 Catherine Alford WMAA 8.58m; 6 Amanda Wale WMAA 8.18m; **W45**: 1 Lisa Heywood WMAA 9.01m; 2 Janet Dickinson SWVAC 8.03m; 3 Lesley Richardson SCVAC 6.42m; **W50**: 1 Charmaine Johnson VAC 11.04m; 2 Ingrid Van Dijk NED 10.70m; 3 Lorna Foster 9.32m; 4 Llewellyn WMAA 9.19m; 5 Wendy Dunsford EVAC 8.06m; **W55**: 1 Mary Barrett IRL 10.85m; 2 Claire Cameron SVHC 9.73m; 3 Deborah Murch MMAC 9.45m; 4 Hazel A Barker NVAC 8.64m; 5 Lucy Moore-Fox VAC-IRL 8.26m; **W60**: 1 Vilma Thompson SCVAC 9.41m; 2 Susan Dassie SCVAC 8.13m; 3 Joylyn Saunders-Mullins SCVAC 8.13m; **W65**: Mo Pearson SWVAC 8.05m; **W70**: 1 Elizabeth Sissons SCVAC 8.23m; 2 Carol Rafferty MMAC 5.35m; **W75**: 1 Dorothy Fraser WMAA 5.79m; 2 Barbara Dunsford SCVAC 5.02m; **W80**: Rosemary Chrimes MMAC 8.34m;

## Discus Throw

**M35**: Mark Quigley 45.97m; **M40**: Rene Rogers SVHC 32.79m; **M45**: 1 Kevin Brown MMAC 42.84m; 2 Perriss Wilkins MMAC 39.32m; 3 Dave Bauer EVAC 38.36m; 4 Leroy Golding NVAC 27.86; **M50**: 1 Chris

Privett VAC 41.14m; 2 David Burrell EVAC 41.01m; 3 Anthony Tipping VAC 39.05m; 4 Andy Turner WMAA 38.82m; 5 Allan Leiper SCVAC 36.44m; 6 Paul Young NEMAA 33.37m; **M55**: 1 John Moreland MMAC 46.10m; 2 Bob Broadbridge SWVAC 44.91m; 3 Jacek Drzewiecki SCVAC 36.69m; 5 Wayne Martin SCVAC 31.51m; 6 Michael Bale SCVAC 27.68m; **M60**: 1 Bunt Scott EVAC 38.47m; 2 John Wild NEMAA 37.45m; 3 Mike Small SWVAC 36.98m; 4 Paul Oakes SCVAC 35.88m; 5 Trevor Straker NEMAA 34.07m; 6 Tim Saunders-Mullins SCVAC 26.80m; 7 Patrick Reynolds VAC 21.98m; **M65**: 1 Neil Griffin SCVAC 45.71m; 2 Mike Hazlewood SWE 39.79m; 3 Anthony Richards VAC 37.78m; 4 Bill Renshaw MMAC 37.76m; 5 Mike Bourcier-Mayo SWVAC 36.09m; 6 Bob Richards EVAC 31.53m; 7 Martin Kelly IRL 31.36m; **M70**: 1 Swaran Singh Dhaliwal MMAC 35.60m; 2 Ian Bowles MMAC 35.23m; 3 Brian Harlick SCVAC 29.89m; 4 David Kuester MMAC 28.52m; 6 John Iddon NVAC 24.49m; 8 Phil Rees WMAA 19.46m; **M75**: 1 Robin Sykes 26.77m; 2 David Walsh WMAA 20.80m; **M80**: Eric Horwill MMAC 15.69m;

## Hammer Throw

**W35**: 1 Andrea Jenkins EVAC 49.26m; 2 Lynette McKeown MMAC 36.80m; 3 Krisztina Black SCVAC 35.97m; **W40**: 1 Leanne Taylor WMAA 37.33m; 2 Sue Lawrence SCVAC 36.77m; 3 Sarah Hewitt SCVAC 32.10m; 4 Catherine Alford WMAA 31.86m; 5 Kathleen Madigan SVHC 28.65m; **W45**: 1 Janet Smith SCVAC 36.65m; 2 Janet Dickinson SWVAC 33.35m; 3 Lorna Barlow MMAC 25.83m; **W50**: 1 Marion Loveridge MMAC 39.27m; 2 Ingrid Van Dijk NED 39.12m; 3 Karen Jones SWVAC 33.94m; 4 Jennifer Cooper MMAC 33.44m; 5 Karen Llewellyn WMAA 32.77m; 6 Kim Weir SCVAC 32.64m; 7 Wendy Dunsford EVAC 29.94m; **W55**: 1 Deborah Murch MMAC 36.15m; 2 Brenda Russell EVAC 30.00m; 3 Renate Prells WMAA 29.91m; 4 Julie Wakelam MMAC 28.86m; 5 Lucy Moore-Fox VAC-IRL 27.82m; 6 Claire Cameron SVHC 26.56m; 7 Deborah Singleton VAC 26.17m; 8 Kim Weaving SCVAC 22.42m; 8 Barbara Terry 21.04m; **W60**: 1 Vilma Thompson SCVAC 28.75m; 2 Susan Dassie SCVAC 21.42m; **W65**: 1 Rosemary Hutton SWVAC 26.93m; 2 Linda Ridsdale NVAC 25.07m; **W70**: Elizabeth Sissons SCVAC 25.72m; **W75**: 1 Carole Derrien SWVAC 27.66m; 2 Barbara Dunsford SCVAC 19.15m; 3 Dorothy Fraser WMAA 15.28m; **W80**: Rosemary Chrimes MMAC 23.87m;

## Javelin Throw

**M35**: Gavin Fordham EVAC 43.38m; **M40**: 1 Simon Bennett SWVAC 59.04m; 2 David Long NVAC 43.35m; **M45**: 1 Peter Day 51.10m; 2 Michael van den Dobbelen SCVAC-NED 49.83m; **M50**: 1 Trevor Ratcliffe 54.33m; 2 David Burrell EVAC 42.64m; 3 Anthony Tipping VAC 38.05m; 4 Chris Privett VAC 35.40m; 5 Paul Young NEMAA 31.69m; **M55**: 1 Kevin Murch MMAC 52.09m; 2 Bob Broadbridge SWVAC 34.29m; 3 Wayne Martin SCVAC 30.92m; **M60**: 1 Frank McCrystal NIMAA 39.41m; 2 Michael Bennett SCVAC 36.73m; 3 Paul Oakes SCVAC 34.78m; 4 Joseph Eastwood SCVAC 33.86m; **M65**: 1 Pat Moore IRL 43.08m; 2 Chris Arnold SCVAC 36.33m; 3 Bob Richards EVAC 35.98m; 4 Mike Hazlewood SWE 35.63m; 5 Anthony Richards VAC 35.26m; 6 Kristian Lundby MMAC 34.36m; 7 Allan Kenny NVAC 33.35m; 8 Peter Daw SWVAC 31.28m; **M70**: 1 David Kuester MMAC 32.42m; 2 Joe Fallon NVAC 29.87m; 3 David Price MMAC 29.65m; 4 David Haines SCVAC 23.75m; **M75**: 1 Brian Webb WMAA 18.81m; 2 David Walsh WMAA 18.15m; **M80**: Clifford Taylor VAC 18.31;

## Weight Throw

**W35**: 1 Andrea Jenkins EVAC 14.62m; 2 Lynette McKeown MMAC 12.11m; 3 Krisztina Black SCVAC 9.67m; **W40**: 1 Leanne Taylor WMAA 11.65m; 3 Sarah Hewitt SCVAC 10.93m; 4 Catherine Alford WMAA 10.22m; **W45**: 1 Janet Smith SCVAC 13.20m; 2 Janet Dickinson SWVAC 9.73m; **W50**: 1 Ingrid Van Dijk NED 14.43m; 2 Karen Llewellyn WMAA 9.74m; 3 Kim Weir SCVAC 9.71m; 4 Kirstin King SCVAC 9.21m; 5 Wendy Dunsford EVAC 9.14m; **W55**: 1 Deborah Murch MMAC 10.52m; 2 Claire Cameron SVHC 10.45m; 3 Renate Prells WMAA 10.03m; 4 Julie Wakelam MMAC 9.67m; 5 Barbara Terry 9.54m; 6 Brenda Russell EVAC 8.71m; 7 Kim Weaving SCVAC 6.41m; **W60**: 1 Vilma Thompson SCVAC 12.33m; 2 Susan Dassie SCVAC 10.02m; 3 Linda Oxlade SCVAC 7.46m; **W65**: Rosemary Hutton SWVAC 9.78m; **W70**: Elizabeth Sissons SCVAC 9.40m; **W75**: 1 Carole Derrien SWVAC 8.90m; 2 Barbara Dunsford SCVAC 6.16m;

## SUNDAY 10<sup>th</sup> August:

### 200:

**W35**(0.0) 1 Susan McLoughlin VAC 26.39; 2 Catherine Goulder-Davies MMAC 29.59; **W40** (0.5): 1 Michelle Thomas WMAA 27.22; 2 Giare Skervin MMAC 27.56; 3 Kathleen Madigan SVHC 28.25; 4 Rachael Savidis NEMAA 28.42; 5 Kathryn Miles SCVAC 29.63; 6 Dawn Jones EVAC 29.93; 7 Amanda Wale WMAA 30.69; 8 Katy Williams MMAC 31.03; 9 Wendy Day EVAC 31.08; **W45** (2.4): 1 Jacqui Hodgson NEMAA 27.55; 2 Fiona Palmer MMAC 27.65; 3 Angela Bates VAC 27.90; 4 Michele Wakefield SCVAC 28.84; 5 Euphemia Scott SCVAC 29.15; 6 Janet Dickinson SWVAC 29.20; 7 Deborah Ricci MMAC 31.00; **W50** (1.0): 1 Tracy Bezance EVAC 29.62; 2 Julie Hicken NVAC 30.58; 3 Denise Timmis EVAC 30.98; 4 Susan Wisdom VAC 31.54; 5 Judy Johnson MMAC 31.55; 6 Susan Frisby MMAC 31.58; **W55** (0.8): 1



## MASTERS ATHLETICS TRACK & FIELD

Averil McClelland NVAC 29.22; 2 Edith Caux EVAC-FRA 29.84; 3 Joan Trimble VAC 30.49; 4 Christine Salvary SCVAC 33.63; **W60** (0.0): 1 Caroline Powell SWVAC 28.82 (**EUROPEAN RECORD**); 2 Helen Godsell SCVAC 30.17; 3 Hendricka White SCVAC 33.50; 4 Anne Nelson VAC 33.76; 5 Susan Dassie SCVAC 34.33; 6 Fiona Argent VAC 34.90; **W65** (0.0): 1 Moira West SCVAC 31.58; 2 Hazel McDonnell AUS 37.51; **W70** (0.0): 1 Iris Holder WMAA 1:20.95; **W75** (0.0): 1 Kathleen Stewart NEMAA 38.02; 2 Dorothy Fraser WMAA 43.56; 3 Jeanne Coker SCVAC 51.66; **M35 (-0.3)**: 1 Esmel Tamunonengiyi-Ossai SCVAC 22.55; 2 Adam Bellis SCVAC 23.49; 3 Simon Wells NVAC 23.51; 4 Anthony Browne 23.76; 5 Matthew Muggeridge SWVAC 23.95; 6 Stuart Channon VAC 23.95; 7 Michael Barough SCVAC 24.26; 8 Rick Cordwell NVAC 24.87; 9 Alan James 25.02; **M40 (-1.1)** 1 Joshua Wood SCVAC 23.30; 2 James Tipper MMAC 23.36; 3 Mark Collins EVAC 23.50; 4 Graeme Harrison SCVAC 23.75; 5 Ciaran Harvey SCVAC 24.15; 6 Roger Sexton NIMAA 24.20 (24.06 ht); 7 Peter Davey SCVAC 24.61 (24.45ht); 8 Martin White MMAC 24.99 (24.70ht); **Preliminaries (0.5/1.8)**: David Olusanya 24.99; Tommy Crombie SVHC 25.05; Nick Lauder VAC 26.21; James Morgan WMAA 26.36; **M45** (1.3): Darren Scott SCVAC 22.66; 2 Michael Gardiner MMAC 23.02; 3 Antony Leigh MMAC 23.94; 4 Giuseppe Minetti SCVAC 24.28; 5 Stan Walker SVHC 24.56; 6 Mark White VAC 24.77; 7 Julian Smith EVAC 25.04; 8 Leroy Golding NVAC 25.42; 9 Daniel Tomlinson SCVAC 26.04; **M50** (1.0): 1 Steve Beak SCVAC 24.35; 2 Michael Vassiliou VAC 24.75; 3 Paul Guest SWVAC 25.77; 4 Paul Ttereve MMAC 25.81; 5 Ty Holden EVAC 26.85; 6 Michael May VAC 30.36; **M55** (1.7): 1 John Wright NVAC 24.76; 2 Jeff Battista EVAC 25.04; 3 Kevin Burgess EVAC 25.42; 4 Douglas Donald MMAC 25.44; 5 Alastair Duncan SCVAC 25.78; 6 Dominic Browne MMAC 26.43; 7 William Skinner SVHC 27.50; **M60** (1.3): 1 Steve Peters NVAC 24.64; 2 Ray Watkins SCVAC 25.54; 3 Ian Broadhurst WMAA 26.65; 4 Tom Phillips SCVAC 27.17; **M65 (-0.3)**: 1 Victor Novell SCVAC 28.62; 2 Bruce Hendrie MMAC 30.22; **M70** (0.0): 1 Terry Bissett SCVAC 28.21; 2 Laurence Oldfield MMAC 29.32; 3 James Smith 31.42; 4 Charles Isetts VAC 31.75; 5 Melvyn James WMAA 31.91; 6 David Whittaker VAC 32.40; 7 David Haines SCVAC 34.36; **M75** (0.0): 1 Tony Bowman NVAC 32.33; 2 Roger Bruck SCVAC 33.27; **M80** (0.0): 1 Alan Mellett MMAC 33.25 (**BRITISH RECORD**); 2 George Cheetham MMAC 37.25; 3 Richard Pitcairn-Knowles VAC 42.68; **M85** (0.0): Dalbir Singh Deol VAC 47.34 (**BRITISH RECORD**); **M95** (0.0) Charles Eugster SUI 58.03;

**800:**



**Joanne Locker in the  
800 metres**

**W35**: 1 Joanne Locker VAC 2:22.71; 2 Beatrix Lafreniere 2:23.70; **W40**: 1 Sarah Holford MMAC 2:27.97; 2 Nicola Neill EVAC 2:28.38; 3 Rosie Canham EVAC 2:29.13; 4 Sarah Davies SCVAC 2:30.74; 5 Leanne Robertson NEMAA 2:32.54; 6 Emma Hollinshead MMAC 2:39.07; **W45**: 1

Denise Morley EVAC 2:24.88; 2 Bernadine Pritchett VAC 2:26.86; 3 Sarah Everitt MMAC 2:28.02; 4 Joanne Kent SCVAC 2:39.51; 5 Lynne Nichol NVAC 2:54.59; **W50**: 1 Maureen McCarthy EVAC-USA 2:43.92; 2 Caroline Lawless SVHC 2:59.34; **W55**: 1 Karen Brooks MMAC 2:40.82; 2 Hilary West NVAC 2:54.83; 3 Jane Searle SCVAC 3:13.35; **W60**: 1 Caroline Powell SWVAC 2:43.68; 2 Caroline Marler NVAC 2:53.24; 3 Sue James SCVAC 3:26.35; **W65**: 1 Rosalind Tabor VAC 2:54.85; 2 Patricia Gallagher WMAA 3:13.12; **W70**: 1 Iris Homsey EVAC 3:46.38; 2 Betty Stracey EVAC 4:07.14; **W75**: 1 Kathleen Stewart NEMAA 3:33.47 (**BRITISH RECORD** electronic time should be considered faster than 3:33.4 hand time?); 2 Mary Holmes EVAC 3:48.63; **M35**: 1 Iain Robertson 2:02.31; 2 Andrew Cartwright NVAC 2:06.03; 3 Bobby Walker SCVAC 2:12.56; **M40**: 1 Mike Toal NVAC 2:03.85; 2 Steven Wright SVHC 2:06.78; 3 Angelo John 2:11.44; 4 Christopher Westcott EVAC 2:12.82; 5 Nick Jacobs SCVAC 2:12.99; 6 Mike Coogan NVAC 2:17.11; 7 Robert Stewart 2:21.36; **M45**: 1 Adrian Haines SCVAC 2:04.09; 2 Gary Burnett MMAC 2:04.74; 3 Darren Symes SCVAC 2:05.50; 4 David Blackman SCVAC 2:06.47; 5 Craig Johnston 2:07.69; **M50**: 1 Robert Andrew MMAC 2:14.56; 2 Simon Anderson SWVAC 2:20.29; 3 Ian Wright SCVAC 2:14.97; 4 Kevin Mcalinden EVAC 2:20.51; 5 Andy Gannaway VAC 2:15.08; 6 Norman De Bruin NEMAA 2:20.59; 7 Tony Killilea VAC 2:15.24; 8 Brett Davis WMAA 2:16.90; 9 Grant Noble 2:21.05; 10 Steven Doxey NVAC 2:24.75; **M55**: 1 Robert Andrew MMAC 2:12.68; 2 Kevin Mcalinden EVAC 2:13.72; 3 Ian Wright SCVAC 2:17.41; 4 Norman De Bruin NEMAA 2:18.48; 5 Andy Gannaway VAC 2:22.78; 6 Tony Killilea VAC 2:25.19; 7 Simon Anderson SWVAC 2:28.09; 8 Brett Davis WMAA 2:33.09; **M55**: 1 Paul Bevan WMAA 2:21.31; 2 Nigel Wilson VAC 2:23.66; 3 Peter Mountain SWVAC 2:24.89; 4 John Donaldson EVAC 2:32.95; **M60**: 1 David Wilcock SCVAC 2:16.35; 2 David Oxland MMAC 2:27.73; 3 Edward Connolly VAC 2:35.01; 4 Peter Kennedy VAC 2:36.00; 5 Ray Aiken SVHC 2:41.66; **M65**: 1 Bruce Hendrie MMAC 2:39.28; 2 Rod Scholes NVAC 2:42.44; 3 Neil Davies 2:44.44; 4 Mick Casey NVAC 2:45.99; 5 Anthony Michael Edwards MMAC 2:48.32; **M70**: 1 Martin Ford MMAC 2:44.63; 2 Peter Giles VAC 2:50.68; 3 Barrie Roberts WMAA 2:53.18; 4 Winston Laing SCVAC 2:59.06; 5 Gordon Orme WMAA 2:59.69; **M75**: Barry Swindells MMAC 2:56.96; **M80**: 1 Richard Pitcairn-Knowles VAC 4:00.09; 2 Brian Shave VAC 4:29.03;

**5000:**

**W35**: 1 Lisa Palmer MMAC 17:33.19; 2 Kate Jacobs SWVAC 17:36.33; 2 Jo Coates EVAC 17:56.80; 3 Claire Beatty WMAA 18:48.93; 4 Claire Thompson SVHC 19:21.00; **W40**: 1 Karen (Liz) Kipling VAC 18:01.57; 2 Sally Gray MMAC 18:07.01; 3 Louise Insley MMAC 18:39.90; 4 Steph Spencer MMAC 20:11.26; 5 Candy Hawkins SCVAC 22:30.82; **W45**: 1 Joanne Kent SCVAC 18:37.45; 2 Fiona Price SWVAC 19:16.45; **W50**: 1 Hilary McGrath SVHC 18:39.29; 2 Monica Williamson MMAC 18:41.32; 3 Maureen McCarthy EVAC-USA 19:31.03; 4 Susie Tawney MMAC 20:41.34; **W60**: Maggie Statham VAC 21:09.48; **W65**: 1 Angela Copson MMAC 20:19.48; 2 Margaret Moody VAC 21:58.31; 3 Pauline Rich VAC 24:00.41; **W70**: June Johnson MMAC 24:39.45; **M35**: 1 Luke Humphreys EVAC 15:27.39; 2 Phil Burden SWVAC 15:38.53; 3 Phillip Gould MMAC 16:29.74; 4 Robert Hawse NVAC 17:02.30; 5 Phil Lucker SWVAC 17:14.85; 6 Kevin Newell VAC 17:31.32; 7 Timothy Lowrie SWVAC 17:45.00; 8 Robert Prady 18:15.47; **M40**: 1 Robert Keal MMAC 15:49.12; 2 Phil Sanders SCVAC 16:13.33; 3 Justin Thomas SWVAC 16:19.91; 4 Stuart Beane VAC 16:34.10; 5 Steve Hallas NVAC 16:50.66; **M45**: 1 Mark Symes SCVAC 16:05.13; 2 Les Ball NVAC 16:07.73; 3 Graham Godden SCVAC 16:10.58; 4 David Smith MMAC 16:13.29; 5 Chris Beecham 16:15.70; 6 Ian Johnston SVHC 16:46.36; 7 Christopher Hollinshead MMAC 17:06.35; **M50**: 1 Guy Bracken NEMAA 15:59.96; 2 Simon Anderson SWVAC 16:36.57; 3 Tony Tuohy VAC 17:07.79; 4 Colin Ridley EVAC 17:11.30; 5 Rob Sheen WMAA 17:21.84; **M55**: 1 Michael Bridgeland EVAC 17:34.40; 2 Colin Oxlade SCVAC 20:10.88; 3 Michael Kelly EVAC 20:25.83; **M60**: 1 David Oxland MMAC 18:02.71; 2 John Shapland SWVAC 18:07.66; 3 Graham Webster NVAC 19:26.18; 4 Alan Newman SCVAC 19:43.81; 5 Rob Sargent VAC 23:18.53; **M65**: 1 Michael Mann VAC 19:50.72; 2 Paul Wright SWVAC 20:00.45; 3 Geoffrey Aston MMAC 20:12.94; 4 Mick Casey NVAC 20:17.55; **M70**: 1 Martin Ford MMAC 19:24.59; 2 Peter Giles VAC 20:42.13; 3 Gordon Orme WMAA 20:42.76; 4 Tony Brackstone SCVAC 21:26.64; 5 John Horton SWVAC 21:28.46; 6 Andrew Johnson MMAC 21:40.86; 7 Philip Brennan MMAC 22:47.07; 8 Michael Smith NVAC 23:13.69; **M75**: 1 Fred Gibbs NVAC 21:55.68; 2 Edmond Simpson VAC 24:01.27; 3 Douglas Milsom SCVAC 24:21.94; **M80**: Brian Shave VAC 30:58.47;

**2000SC:**

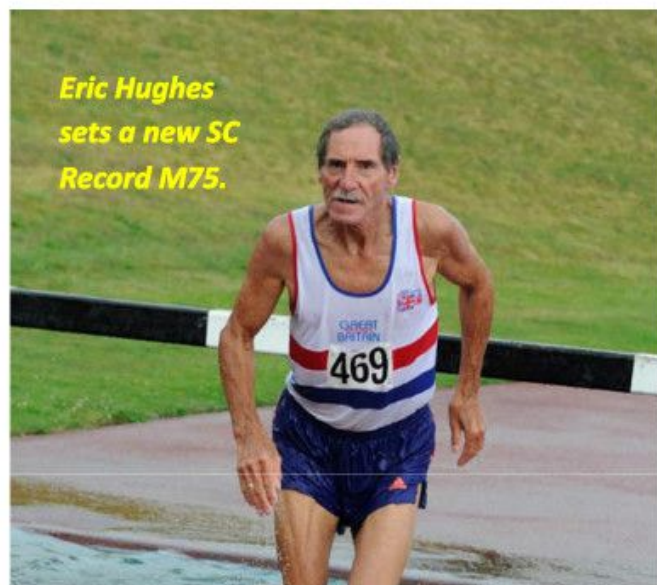
**W35**: 1 Joanne Locker VAC 7:25.95; 2 Claire Thompson SVHC 8:06.04; **W40**: 1 Katrina Wastenev EVAC 8:19.70; 2 Clare Graham SCVAC 8:22.38; **W50**: Jane Pidgeon MMAC 8:09.22 (**BRITISH RECORD**); **W55**: Gwyneth Hueter SCVAC 8:56.88 (**BRITISH RECORD**); **M60**: Ian Snow SWVAC 8:53.77; **M75**: Eric Hughes WMAA 12:05.09 (**BRITISH RECORD**)

**3000SC:**

**M35**: 1 Stephen Millward MMAC 9:56.71; 2 Lee Garland WMAA-GUE 10:39.14; 3 Andy Cohen-Wray EVAC 11:30.64; **M40**: 1 Lee Tolhurst SCVAC 10:34.75; 2 Gordon Smith MMAC 11:12.13; 3 Paul Lester MMAC 11:15.23; **M45**: 1 Daniel Johnson SCVAC 12:10.69; 2 Andrew Fraser



SVHC 13:37.05; **M50:** 1 Chris Ireland NVAC 11:21.30; 2 Paul Shackleton MMAC 11:41.96; 3 Don Lawless VAC 12:28.87;



**Eric Hughes  
sets a new SC  
Record M75.**

## 5000W:

**W55:** 1 Cath Duhig EVAC 32:46.42; 2 Fiona Bishop VAC 35:30.93; **M45:** 1 Mark Williams MMAC 25:06.22; 2 Andrew Fraser SVHC 30:16.68; **M50:** Francisco Reis SCVAC 24:15.34; **M55:** 1 Trevor Jones VAC 26:34.03; 2 Ian Donaldson SVHC 37:06.13; **M65:** 1 Roger Michell MMAC 27:40.05; 2 Peter Boszko MMAC 28:33.40; **M70:** 1 Ken Bobbett WMAA 30:16.14; 2 Ronald Stewart NEMAA 40:53.80; **M75:** 1 Arthur Thomson VAC 30:00.98; 2 Norbert Will NIMAA 34:42.56; 3 Ronald Powell VAC 35:11.12;

## High Jump (indoor)



**Steve Linsell the High  
Jump moved to the  
Performance  
Building To avoid the  
rain!**

**M35:** Miguel Stucchi SUI 1.65m; **M40:** 1 Gintaras Varanauskas LTU 2.00m; 2 Darren Otter NVAC 1.76m; 2 Andrew England NVAC 1.76m; 4 Wayne Gadd EVAC 1.60m; **M45:** 1 Ian Allen SWVAC 1.65m; 2 Craig Timmings VAC 1.45m; **M50:** 1 Steve Linsell NVAC 1.70m 2 Richard Phelan EVAC 1.45m; **M55:** 1 Paul Askew MMAC 1.42m; 2 William

Skinner SVHC 1.40m; 3 Ian Jordan SWVAC 1.35m; **M60:** 1 David Blunt VAC 1.47m; 2 Duncan Talbot SCVAC 1.44m; 3 Stephen Faulkner SWVAC 1.41m; **M65:** Edward Wagner NVAC 1.21m; **M75:** Roger Bruck SCVAC 1.18m;

## Pole Vault (Indoor)

**M35:** 1 Chris Mills SCVAC 4.40m; 2 Greg Conlon VAC 4.20m; 3 Ian Parkinson 4.10m; **M40:** Robert Kingman EVAC 4.00m; **M45:** 1 Glyn Price WMAA 3.70m; 2 Craig Timmings VAC 3.50m; 3 David Pearson SWVAC 3.40m; 4 Derek Hateley MMAC 3.10m; **M50:** 1 John Andrews SCVAC 3.60m; 2 Allan Leiper SCVAC 3.30m; 3 Nicholas Walker SWVAC 3.00m; 4 Keith Powell WMAA 2.90m; 4 Richard Phelan EVAC 2.90m; 5 Alan Easey VAC 2.80m; **M55:** Wayne Martin SCVAC 2.70; **M60:** 1 Allan Williams SCVAC 3.40m; 2 David Blunt VAC 3.20m; **M70:** 1 John Bradley MMAC 2.80m; 2 John Howe WMAA 2.30m; 3 Brian Harlick SCVAC 2.20m;

## Triple Jump (Indoor)

**W40:** 1 Amanda Wale WMAA 9.36m; 2 Claudia Cabbage SCVAC 8.84m; 3 Margaret Pope VAC 8.60m; **W45:** Lesley Richardson SCVAC 6.94m; **W50:** 1 Amanda Rowley-Jones SCVAC 9.25m; 2 Melanie Garland MMAC 8.99m; 3 Susan Richardson NVAC 8.44m; 4 Clare St John-Coleman WMAA 7.93m; **W55:** 1 Teresa Eades SCVAC 8.99m; 2 Lucy Moore-Fox VAC-IRL 8.01m; 3 Julie Wakelam MMAC 7.62m; 4 Christine Salvary SCVAC 6.96m; **W60:** 1 Sue Yeomans SCVAC 7.33m; 2 Linda Ahmet SCVAC 7.24m; 3 Linda Oxlade SCVAC 5.48m; **W65:** Patricia Oakes SCVAC 6.56m; **M35:** 1 Matthew Muggeridge SWVAC 12.43m; 2 Rick Cordwell NVAC 10.50m; **M40:** 1 Stephen Lake SCVAC 12.35m; 2 David Long NVAC 9.91m; **M45:** 1 Ian Gouldthorpe NVAC 11.42m; 2 Paul Harrison EVAC 11.15m; 3 Craig Timmings VAC 10.58m; 4 Richard Phelan EVAC 10.32m; 5 Leeroy Golding NVAC 10.29m; **M50:** 1 John Barratt NVAC 10.77m; 2 Clifford Warren VAC 10.48m; 3 David Shields WMAA 9.38m; **M55:** 1 Steve Wallace SVHC 10.13m; 2 William Skinner SVHC 9.76m; **M60:** 1 David Blunt VAC 9.58m; 2 William Lonsdale SVHC 8.86m; **M65:** Kristian Lundby MMAC 9.20m; **M70:** 1 Allan Cheers VAC 8.73m; 2 David Haines SCVAC 7.21m; **M75:** 1 John Evans MMAC 7.52m; 2 John L. Scott SVHC 7.47m;

## SHOT (Indoor)

**M40:** 1 Will Suart MMAC 11.85m; 2 David Locke MMAC 11.64m; 3 Ricky Housley NVAC 9.67m; 4 Keith Boswell WMAA 9.64m; 5 Wayne Gadd EVAC 8.42m; **M45:** 1 John Twiddle NVAC 11.35m; 2 Dave Bauer EVAC 10.77m; **M50:** 1 Allan Leiper SCVAC 12.39m; 2 David Burrell EVAC 12.19m; 3 Anthony Tipping VAC 12.01m; 4 Andy Turner WMAA 11.43m; 5 Chris Privett VAC 10.19m; **M55:** 1 Bob Broadbridge SWVAC 12.23m; 2 John Moreland MMAC 11.27m; 3 Steve Woolley MMAC 11.23m; 4 Wayne Martin SCVAC 8.53m; **M60:** 1 Mike Small 11.87m; 2 Trevor Straker NEMAA 10.83m; 3 John Stevens SCVAC 10.56m; 4 Bunt Scott EVAC 9.80m; 5 John Wild NEMAA 9.46m; 6 Tim Saunders-Mullins SCVAC 8.51m; **M65:** 1 Neil Griffin SCVAC 12.61m; 2 Anthony Richards VAC 11.29m; 3 Desmond Leach NVAC 10.97m; 4 Mike Hazlewood SWE 10.03m; 4 Mike Bourcier-Mayo SWVAC 9.69m; 5 Martin Kelly IRL 8.53m; 6 Edward Wagner NVAC 8.05m; **M70:** 1 Garry Negus SCVAC 10.99m; 2 John Scott NVAC 10.95m; 3 Eric Barker SCVAC 10.84m; 4 Ian Bowles MMAC 10.20m; 5 David Kuester MMAC 9.83m; 6 Swaran Singh Dhaliwal MMAC 9.37m; 7 John Iddon NVAC 9.09m; **M75:** 1 Bill Legg SWVAC 9.62m; 2 Robin Sykes 8.68m; 3 Jhalman Singh MMAC 7.65m; 4 David Walsh WMAA 7.21m; 5 Brian Webb WMAA 6.77m; **M80:** Clifford Taylor VAC 8.48m;

## DISCUS

**W35:** 1 Andrea Jenkins EVAC 38.84m; 2 Lynette McKeown MMAC 28.10m; **W40:** 1 Sarah Hewitt SCVAC 32.88m; 2 Jacqueline Cherry SCVAC 28.11m; **W45:** 1 Janet Smith SCVAC 25.00m; 2 Janet Dickinson SWVAC 24.05m; **W50:** 1 Ingrid Van Dijk NED 33.95m; 2 Jennifer Cooper MMAC 29.01m; 3 Julie Wilson SCVAC 27.88m; 4 Karen Llewellyn WMAA 24.49m; 5 Wendy Dunsford EVAC 22.79m; 6 Oriana Johnson EVAC 16.59m; **W55:** 1 Claire Cameron SVHC 28.60m; 2 Deborah Singleton VAC 25.39m; 3 Mary Barrett IRL 25.16m; 4 Renate Prells WMAA 18.40m; 5 Julie Wakelam MMAC 17.88m; 6 Barbara Terry 17.67m; 7 Anje van Boeijen- de Lang NED 14.11m; **W65:** Mo Pearson SWVAC 20.37; **W70:** Elizabeth Sissons SCVAC 18.36m; **W75:** Carole Derrien SWVAC 19.37m; **W80:** Rosemary Chrimes MMAC 20.79m;

## Hammer

**M35:** 1 Leon Weaving SCVAC 34.44m; **M40:** 1 Darren Otter NVAC 36.45m 2 Keith Boswell WMAA 35.25m; 3 Rene Rogers SVHC 32.00m; 4 Ricky Housley NVAC 30.46m; **M45:** 1 John Twiddle NVAC 41.51m; 2 Dave Bauer EVAC 35.13m; **M50:** 1 David Burrell EVAC 51.53m; 2 Wesley Clarke VAC 45.44m; 3 Chris Privett VAC 45.31m; 4 Anthony Tipping VAC 42.06m; 5 Darren Gibson NVAC 40.43m; **M55:** 1 Bob Broadbridge SWVAC 48.16m; 2 John Moreland MMAC 40.90m; 3 Steve Woolley MMAC 37.09m; 4 Ian Cooley NVAC 36.89m; 5 Michael Bale SCVAC 30.02m; **M60:** 1 Mike Small SWVAC 37.20m; 2 John Wild NEMAA 36.17m; 3 Clive Howell MMAC 35.67m; 4 John Stevens SCVAC 34.96m; 5 Tim Saunders-Mullins SCVAC 34.93m; 6 Bunt Scott EVAC 32.90m; 7 Trevor Straker NEMAA 28.36m; **M65:** 1 Neil Griffin SCVAC 40.29m; 2 Mike Hazlewood SWE 31.23m; 3 Mike Bourcier-Mayo SWVAC 27.05m; **M70:** 1 Kevin Bradley NZL 40.34m; 2 Eric Barker SCVAC 38.98m; 3 Christopher Melliush SCVAC 38.18m; 4 Garry Negus SCVAC



## MASTERS ATHLETICS TRACK & FIELD

36.28m; 5 David Kuester MMAC 35.03m; 6 Ian Bowles MMAC 32.30m; 7 Brian Harlick SCVAC 25.76m; **M75:** Jack Kee EVAC 40.04m; **M80:** 1 Clifford Taylor VAC 26.90m; 2 Graham Roberts MMAC 24.96m;

### JAVELIN

**W35:** 1 Victoria Storey NVAC 32.91m; **W40:** 1 Margaret Pope VAC 27.64m; 2 Karen Addis MMAC 26.60m; **W45:** 1 Lisa Heywood WMAA 26.86m; 2 Sally Serridge 25.20m; 3 Janet Dickinson SWVAC 21.45m; **W50:** 1 Karen Llewellyn WMAA 18.77m; **W55:** 1 Julie Wakelam MMAC 25.71m; 2 Mary Barrett IRL 23.47m; 3 Hazel A Barker NVAC 20.75m; **W60:** 1 Joylyn Saunders-Mullins SCVAC 25.00m; 2 Linda Oxlade SCVAC 12.74m; **W70:** 1 749 Elizabeth Sissons SCVAC 22.68m; 2 Carol Rafferty MMAC 16.73m; 3 Margaret Coombe SCVAC 14.22m; **W75:** 1 Mary Holmes EVAC 14.72m; **W80:** Rosemary Chimes MMAC 12.40m (**BRITISH RECORD**);

### WEIGHT

**M35:** Leon Weaving SCVAC 8.90m; **M40:** 1 David Locke MMAC 10.14m; 2 Keith Boswell WMAA 10.12m; 3 Ricky Housley NVAC 8.37m; **M45:** 1 John Twiddle NVAC 11.50m; 2 Dave Bauer EVAC 11.34m; 3 Samuel Moylan SCVAC 8.38m; **M50:** 1 David Burrell EVAC 18.13m; 2 Chris Privett VAC 15.57m; 3 Anthony Tipping VAC 14.60m; 4 Andy Turner WMAA 14.24m; **M55:** 1 Bob Broadbridge SWVAC 15.95m; 2 John Moreland MMAC 14.13m; 3 Steve Woolley MMAC 13.45m; 4 Ian Cooley NVAC 12.10m; 5 Michael Bale SCVAC 11.59m; **M60:** 1 Mike Small SWVAC 14.85m; 2 John Wild NEMAA 14.39m; 3 Clive Howell MMAC 13.92m; 4 Bunt Scott EVAC 12.33m; 5 John Stevens SCVAC 12.21m; 6 Tim Saunders-Mullins SCVAC 11.29m; 7 Trevor Straker NEMAA 10.82m; **M65:** 1 Neil Griffin SCVAC 15.15m; 2 Mike Hazlewood SWE 12.94m; 3 Mike Bourcier-Mayo SWVAC 12.48m; 4 Anthony Richards VAC 12.11m; **M70:** 1 Kevin Bradley NZL 17.23m; 2 Garry Negus SCVAC 15.24m; 3 Eric Barker SCVAC 14.87m; 4 David Kuester MMAC 13.97m; 5 Christopher Melliush SCVAC 11.84m; 6 Brian Harlick SCVAC 9.25m; **M75:** Jack Kee EVAC 14.26m; **M80:** Graham Roberts MMAC 11.73m;



**Carole Filer**



**Moira West**



**Martin Ford**



**Steve Millward**



**Jane Horder**



# BRITISH MASTERS MILE ROAD RACE CHAMPIONSHIPS

## + Open Competition

---

This year's British Masters Mile Road Race Championship takes place on **Saturday 4th October** as part of the **Lloyds Bank Cardiff Half Marathon Festival of Running**.

Hosted in front of **Cardiff's City Hall**, the flat course loops around the historic Civic Centre with competition beginning from 12noon with age group mile races taking place alongside the British Masters' mile championship and the annual Lloyds Bank Family Fun Run.

Number pickup will be on the day from registration at City Hall. Only open entries will be taken on the day, British Masters Championship entry needs to be submitted before the closing deadline – **Monday 29th September**.

Applications can be made via the Welsh Athletics website at [www.welsh.athletics-uk.org](http://www.welsh.athletics-uk.org),

Welsh Athletics, Cardiff International Sports Stadium, Leckwith Road, Cardiff, CF11 8AZ



pic: Paul Stillman



*British Masters Athletic Federation*





# 17th BMAF OPEN CROSS COUNTRY RELAY CHAMPIONSHIPS

Organised by Derby AC. under UKA & BMAF Rules



At the **Moorways Stadium, Derby. DE24 9HY**  
**Saturday 25<sup>th</sup> October 2014**

<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. (One form per team)
<b>Clubs</b>	<b>First claim and UKA Registered members only.</b> Club vests must be worn.
<b>Teams</b>	You may enter <u>twice</u> the 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. ( Medals for A Teams only, but prizes for any "B" team scoring in first three home ) Cost for B team entries are <u>½ original entry fee</u> i.e. W35+ = £7.50
<b>Start times</b>	<b>12.15pm:</b> W35+, W45+, W55+, W65+, M65+, <b>1.45pm:</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. (A Teams Only) 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>Team Entry Fees</b>	W35+, W45+, W55+, W65+, M65+ = <b>£15 per team.</b> M35+ = <b>£25 per team.</b> M45+ = <b>£25 per team,</b> M55+ = <b>£20 per team.</b> Cheques payable to. <b>Derby AC</b> ( <u>Note only 50% of team costs for any "B" Team entries</u> )
<b>Entry forms</b>	<u>Downloadable from the BMAF Website (on the Fixtures Page)</u> Please send your Cheque and completed Entry Form to <b>2014 BMAF XC Relays,</b> <b>12a Bagshaw St, Crewton, Derby. DE24 8TX</b> With a stamped self-addressed <u>9" x 6" envelope</u> (for acknowledgement) <b>Closing date for Entries – Friday the 10th October 2014.</b> <b>NO LATE ENTRIES.</b>