



British and Irish International Cross Country
European Masters Athletic Championships
BMAF Marathon Championships
BMAF Multi-Events Championships
BMAF Half Marathon Championships
BMAF Road Miles
BMAF Cross Country Relays
News and Views from the World of Masters Athletics

MASTERS

ATHLETICS

ISSUE NUMBER 108 AUTUMN 2014



**IRIE HILL
is the 2014
EUROPEAN
FEMALE
MASTER
ATHLETE**



MASTERS ATHLETICS

JOIN THE 300 PLUS CLUB

The lucky prize winners are as follows:

SEPTEMBER: Andrew Martin, Rachel Roberts, Peter Rudzinski, David Sutcliffe, Nigel Wray & Mike Wren.

OCTOBER: Alan Clevett, Andrew Johnson, Walter McCaskey, Mike May, Peter Morgan, Miss E Wheeler,

NOVEMBER: Mary Wixey, Irene Nicholls, Morgan Kelly, Arthur Kimber,

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.

PAGE 4► Fixtures, News.

PAGE 5► Chairman and Secretary

PAGE 6► Article Tony Crocker and Bill Davies.

PAGE 9► Road Racing.

PAGE 13► Addresses.

PAGE 14► Track & Field

PAGE 23► Cross Country.

THE PICTURES USED IN THIS ISSUE ARE BY

JEREMY HEMMING

hemming@dircon.co.uk

TOM PHILLIPS

www.tomphillipsphotos.co.uk

BRIAN OWEN WRITES:

Well it looks as if this could be the last paper edition of this magazine, as it is costing the BMAF a great deal of money as it continues to trade at a substantial loss. The reasons being a massive hike in postal changes by the new free market Post Office.

However, this decision has to be confirmed by the BMAF executive in January, should this be the case I would like to take the opportunity of thanking the many contributors for your input.

Particularly , Alastair Aitken , Tony Crocker, Bridget Cushen, Maurice Doogan, Martin Duff, Jeremy Hemming, Walter Hill, Mel James, Arthur Kimber, Phillip Lee, Tom Phillips, Lesley Richardson, Steve Smythe and of course all the people at Hastings Print.

It does look as if the answer could be a web based issue, however, we await whatever decision is made.

It looks as though World Masters have no bidding cities at this point in time, as the closing deadline has been extended until the 20th of December. So we will have to wait to see if the final bidding process might include a British City.

Well some people think a jog down to the paper shop on a Sunday is a long way, but on the 21st of November, three Brits did very well in Doha, Qatar running more than two Marathons.

The World Masters 100k (62.1371 miles), saw Steve Way British M40 Marathon record holder, take third place in the men's race in 6h 57.23m, and if you think that is good the Women did even better.

Joasia Zakrzewski and Jo Meek finished a great British First and Second in the Women's event, 9th and 10th overall in the Race. The times were 7h: 42.02m and 7h: 43.37. However, not a word in the newspapers.

At the awards ceremony following the British & Irish Cross Country at Nottingham Trent University Conference Centre. The presenters had a great time handing out the awards, but they did have the help of an all-time legend (Robin Hood).

NATIONAL & INTERNATIONAL FIXTURES 2015

18 th JAN	MMAC XC CHAMPIONSHIP	WOLVERHAMPTON
15 th FEB	BMAF INDOOR PENTATHLON	LEE VALLEY
1 ST MAR	EAMA INDOOR CHALLENGE	LEE VALLEY
7/8 th MAR	BMAF INDOOR CHAMPIONSHIPS & WINTER THROWS	LEE VALLEY
8 TH MAR	BMAF 10 MILE	SIDCUP, KENT
14 th MAR	BMAF XC CHAMPIONSHIPS	RUTHIN, WALES
23/28 th MAR	EVMA EUROPEAN MASTERS INDOOR CHAMPIONSHIPS	TORUN, POLAND
26 TH APL	MMAC ANNUAL ROAD RELAYS	YHA NATIONAL FOREST
26 TH APL	BMAF 20K WALK	DOWNHAM MARKET
15/17 TH MAY	EUROPEAN MASTERS NON-STADA CHAMPIONSHIPS	GROSSETO, ITA
16 TH MAY	NATIONAL MASTERS ROAD RELAYS	SUTTON PARK
7 TH JUN	MMAC TRACK & FIELD CHAMPIONSHIPS	NUNEATON
21 ST JUN	BMAF 5K CHAMPIONSHIPS & WALK	HORWICH
21 ST JUN	BMAF PENTATHLON & ONE HOUR RACE	HORSPATH, OXFORD
5 TH JUL	BMAF MULTI TERRAIN CHAMPS	BEWL WATER, SUSSEX
19 TH JULY	EAMA OUTDOOR CHALLENGE	SOLIHULL
25/26 TH JUL	BMAF MAIN CHAMPIONSHIPS	ALEXANDER STADIUM, BIRMINGHAM
26 TH JULY	BMAF 10K CHAMPIONSHIPS	MAGOR, WALES
4/16 th AUG	WMA WORLD CHAMPIONSHIPS	LYON, FRANCE
19/20 TH SEPT	BMAF MULTI EVENTS CHAMPIONSHIPS 10K TRACK & WALK PLUS AUTUMN CLASSIC	ALEXANDER STADIUM, BIRMINGHAM
1 ST NOV	BMAF MARATHON CHAMPIONSHIPS	NEWCASTLE

Half Marathon within the Wissey Half at the beginning of September date TBC.

Finally I hope Welsh Athletics will accommodate us in 2015 for the city centre 1 mile road races TBC

Darren Scott is putting together a M45 4x200m relay British squad to attack the World Record, and the date has been set for the 22nd Feb at Birmingham NIA. Which will be during the Midlands open. He would like to invite other age groups to enter a team, Four lanes are available contact scotty.40@hotmail.co.uk

As you are aware Birmingham National Indoor Area is acknowledged to be one of the fastest Indoor Tracks in the World, so should you wish to set a personal or for that matter a Record you could enter one of the open events. All track events are open age and are graded by times so you could well be pulled along to a fast time.

David Wilcock and Caroline Powell have set World Records at such events, so click onto www.midlandathletics.org.uk/ to see what events are available.

Dates are the 7/8th February, Birmingham Games, 14/15th Midland Championships (only available to Athletes with a Midland qualification), and the 22nd February Open Meeting.

I shall be there with Record Forms, and I shall make sure all requirements for Records are met.



On Saturday evening 20th September the Charles Family, Bruce, Jackie, Julia and Julia's husband who was driving, had a very nasty Car accident.

They left the Alexander Stadium after the BMAF Multi Events, halted at Traffic Lights. Julia's Car was rammed by a speeding driver.

As you can see from Julia's photograph they all luckily escaped without serious injury.

**National Masters Road Relay
Championships
16th May 2015, Sutton Park
Tom Morris**

On behalf of the very small organising committee for the above relays, I thought it timely to explain the format changes that have taken place over the last few years.

In 2006 the M35 Team category was introduced but remained an anomaly because of the 5 year span instead of the 10 year span in other team age groups. For 5 years the number of M35 teams gradually increased with an exception of a dip in 2008 but the number of M40 teams decreased whereas the number of M50 & M60 remained fairly constant.

In 2011 it was decided to bring the men's team age groups in line with the women's and remove the aforementioned anomaly. For three years the M35 team numbers increased marginally but there was an overall decrease in the number of teams entered in all age groups. We clearly needed a boost to provide the event with a sustainable future both financially and numbers entered.

Our long standing sponsor, Birmingham City Council, remained loyal but had to increase charges and cut back on some services. We decided therefore that for 2014 we would introduce a rule that allowed Clubs to enter more than one team in each age group and coupled with this after consultation with the race referee / adjudicators and taking on board press comments we reduced the number of stages in the younger men's age groups. This resulted in an increase of 74 teams over the previous year.

This increase resulted in several potential safety issues reported by the race referee / adjudicator as well as timing / recording issues when handling several age groups at the same time.

Therefore we have made a decision that for 2015 we will have an extra race on the timetable.

All women and the M75's will be in Race 1;
M55 and M65's will run together in Race 2
and the younger M35 and M45 will be in Race 3.

To this end we have had to bring the first race forward by 30 minutes to a 10.30 am start.

I hope this dispels the idea that we are changing the format for change sake. A lot of thought and discussion as well as taking suggestions on board occurred before any changes are made.

For 2015 I urge team managers to make full use of the maximum number of names allowed and these are listed in the detail/rules for the event. We are tightening up on last minute changes and late entries. Delays encountered on the day usually stem from trying to accommodate late changes. We are allowing an extra 5 days in 2015 for teams to enter and we will be strictly adhering to the closing date.

CHAIRMAN'S REPORT – ARTHUR KIMBER

The main fixtures in the late summer/early autumn were, on the track, the European Championships in Izmir, Turkey, and the BMAF Combined Events Championships, on the road and country the BMAF marathon and half marathon, the Cardiff city mile races, and the BMAF Cross Country Relays and British and Irish Cross Country International. Full reports on those will be found on later pages.

The championships in Izmir were held towards the end of August in torrid 40 degree heat, with its accompanying threat of heatstroke. A small entry all round, including a British entry of under 200, produced a rather low key atmosphere for much of the time in the massive main stadium. No world or European records were broken by British athletes, but four British records were set, Steve Peters, M60 400m. in 56.72, Teresa Eades, W55, a 9.29 triple jump, Carole Filer, W55, a 4.75 long jump and Caroline Garratt, W50, a 37.87 javelin throw. Again the British team placed second in the medals table behind Germany.

At the BMAF AGM during the championships in Birmingham in August all members of the Executive committee were re-elected unanimously and Danny Herman, treasurer since 1994, was honoured by unanimous election as a BMAF life vice-president. Peter Kennedy was appointed as IT manager.

At the European Veterans general assembly in Izmir Maurice Doogan was a candidate for the post of Technical Director, but despite his long experience and expertise in organising athletics meetings, was, unfortunately for him and the future of European Masters athletics, not elected. The assembly also decided to change the name to European Masters Athletics Association.

The bidding process to stage the World Track and Field Championships in 2018 is still open, with a closing date of December 20th. We have had discussions over the last few months with both Cardiff and London.

A group from Manchester Metropolitan University is carrying out a research project on athletes over 60. They have recruited at the Inter Area match, the BMAF Track and Field Championships and the British and Irish Masters Cross Country International. They have already recruited approaching 300 athletes. If you have volunteered and have not yet heard from them about your visit to Manchester, you should do so soon.

England Athletics is continuing to provide financial support for both the Indoor and Outdoor Inter Area matches in 2015 and for the England team for the British and Irish Masters Cross Country International in Dublin in next autumn.

Don't forget to get your entry in for the European Indoor Championships in Torun. Entries close on January 18th. Have a good winter.

Secretary's Report – Bridget Cushen

World Championships Bid

Contrary to what you may have read in other athletic publications, Cardiff is still, as we go to print, pursuing a bid for the 2018 WMA Track & Field championships. Eugene may now also throw their hat into the ring after their unsuccessful bid for the 2019 IAAF World Championships.

At the conclusion of another vintage (no pun intended) year, the Executive has agreed to make the following awards effective from 2015:

BMAF recognition for World Record Breakers

Members who set a ratified World Age Group Record or a World Best (excluding Relays) may now claim one free entry to one of our next Championships. As all entries are now On-Line, you are required to enter as normal and reclaim your entry fee direct from the BMAF Treasurer. Only performances achieved by BMAF members in any discipline of the sport will be considered.

A BMAF Best Male and Best Female of the Year Award.

Criteria: The Judging Panel to be the BMAF Statistician and the Track & Field, Road Running, Race Walking and Cross-Country Secretaries.

The qualifying period for performances to be considered conforms to EMA/WMA time limit.

All disciplines of Masters Athletics will be eligible.

The Award be presented to the winning Male and Female during the next BMAF Championship in which they have entered.

Irie Hill, MMAC, has won the European Masters Best Female Athlete of the Year Award and I hope all members travelling to the EMA Indoor in Torun will be present to see her receive her well-deserved Award. It is the first time a female pole vaulter has been chosen.

This is the second successive year that a BMAF female has won as Angela Copson won last year; we congratulate two wonderful Ambassadors.

Ian Richards was our Best Male choice after his fantastic Race Walking record spree, but that and the World Award went to Guido Muller of Germany. Former Houghton-le-Spring runner, W70 Lavinia Petrie, Australia, won the WMA Best Female Award.

Francisco do Carmo Oliveira, Brazil, who won the M85 800 / 1500/ 5000m and claimed two World Age Group records at the World Championships last year in Porto Alegre.

A Statistician questioned his age, Oliveira has now been found guilty of falsifying his age by 10 years and had been doing so for some years. He has been stripped of his World titles and banned from competition for life. There were no BMAF members in this age group in Porto Alegre.

Publication of the Official Results had to be delayed, if you ordered a copy it should be dropping through your letter box imminently.

When not risking his life teaching the Undrivables in the ITV Series, Master Driver Peter Torre, VAC, was winning the M70 Lake Tahoe 10k in the USA again.

At the European Veteran Athletic Association General Assembly in Izmir Delegates voted in favour of changing the name to European Masters Athletics.

Has Competitive Sport Been Travelling Down The Wrong Road? Tony Crocker and Bill Davies. Cardiff Metropolitan University School of Sport, November 2014

At the competitive level world-wide across large range of sports there's quite a crisis going on. For several years sport has been heavily influenced by the beliefs that teaching athletes how to relax will lead to higher performances; because too many athletes are affected by not being able to cope with the emotional tension in pressurised competitive situations. As recently as November 2013 Guilherme Pineschi and Andrea Pietro, in the *Journal of Sport Psychology in Action* pointed to the negative effects of self-beliefs when competing. Negative effects such as feelings of tension, apprehension, and nervousness all leading to reduced performances in high level competition. Sometimes this seems to be when an athlete's attention is shifted from the task in hand into trying to control body movements which are already automatic. World-wide "experts" have argued that successfully relaxing can reduce muscle tension, will improve speed of recovery, so that after one demanding event, athletes can successfully compete again in the next one soon afterwards. Relaxing can also improve sleeping and energy storage. Even taking control of our breathing after a demanding event can be advantageous –

i.e. directly taking charge and breathing deeper and slower reduces anxiety levels more rapidly than 'exhausted' breathing. Joan Vickers and Mark Williams, reported on their research findings in the *Journal of Motor Behaviour* in 2007. They were particularly interested in why it is that some athletes perform well in situations of high pressure whilst others "choke" – they can't cope with the pressures of intensive competition, high levels of physiological arousal, and psychological stress.

Choking has been known for many years and was defined in 1984 as "Failure to perform up to an athlete's known ability level." It is a reaction shown in many intensively other highly stressful situations as affecting members of the military, fire-fighters, emergency medical staff and the police. For over 100 years researchers have tried to find out why some people can produce high levels of performance in stressful situations whilst others can't. One aspect of this is that being able to perform at very high levels, even when our bodies are exhausted depends mostly upon our Central Nervous System (i.e. our minds, not the rest of our physical bodies).

As a result of the impact of researches and reports from internationally respected scientists and sporting coaches relaxation became increasingly important in a range of sports. But now it seems "all-change" may have arrived on the scene. For example: Martin Turner ("Smarter Thinking in Sport." The Psychologist Aug 2014), argues that we are all irrational. Particularly in situations that are important to us. "Failure would be terrible, awful. The end of the world". He points to the recent failure of the England football team to score penalty goals, where it has the world's worst shoot-out record at 17% success rate. He says "Of course winning is important to athletes and so having tough opponents makes that difficult. Today winning at all costs is being driven by coaches, parents, and athletes themselves. It leads to a climate where only winning matters. But athletes have to cope with such as competitive pressures, long and short-term injuries, rejection by coaches, unfair treatments by other athletes, other important events in their lives, and actually failing when it really matters. We have to learn how to live with pressure.

Additional change from worshipping relaxation amongst 'experts' has also been shown by people such as Amy Welch and Mark Tschampl in the *Journal of Sport Psychology* in 2012. In particular they focused on American athletes in sports such as weight lifting, tennis, and throwing events in track and field athletics, where explosive power is needed. In all of these sports many athletes yell or grunt in order to increase their production of force. A lot of sports competitors and officials believe that 'kiaping', (grunting), coordinates minds and bodies. Other competitors and officials believe it's done to distract opponents. In tennis this belief has been shown to be true as it causes the receiving player to temporarily switch off for a fraction of a second before starting to work out where the ball is heading. A few years earlier Todd, in 2003, had concluded that newcomers to athletics who were grunters were about 12% better in their throws when they grunted than when they didn't. It didn't work though for highly experienced throwers who didn't normally grunt but who were persuaded to start. For them starting to grunt, when they hadn't previously done so, interfered with their already well developed performance styles.

In addition to the advantages we obtain from our total physical and mental commitment to competitive involvement in our events it is perhaps worth being aware of the general health life that other aspects of our everyday lives can provide. In particular there is much research evidence linked to regular healthy exercise, diet and sensible behaviour in strong sunlight that can help us to still be out there competing once we reach our 100th birthdays.

Professor Julia Verne in *Public Health England* tells us that raising the level of vitamin D in our food by eating such as eggs, avocados, olives, coconuts, coconut oil, almonds,

pecans and Brazil nuts all provide risk free protection. Mild amounts of sunshine are good but using sun-tan protection creams is essential – in men over the age of 60 skin cancers have increased by 12% in recent years. This is worth remembering if coaching youngsters, or still out there on the beach at 35+. Kate Lay reports that eight out of ten heart attacks could be prevented by healthier living, including regular exercising every day for about 40 minutes – whether this is walking, running, cycling and keeping our weight down. Her research was based on 20,271 Swedish men over 11 years. Similar results were also reported with regards to ladies by Professor Agneta Akesson of the Swedish Institute of Environmental Medicine, in September 2014. Further research findings from a study which started in 1979 at the University of Cardiff has been based on following the lives of 2500 young Welsh men. Peter Elwood – the Research Director report that those who exercised regularly, stayed slim, ate plenty of vegetables and drank alcohol in moderation are 60% less likely to have already died from heart attacks, 60% less likely to have dementia, 40% less likely less had any form of cancer and there were 70% fewer cases of diabetes. A group of them, (now in their 70's, 80's and 90's), met government experts on the 31st of October this year (2014) to discuss the benefits of their lifestyles.

Similarly in a study at Cardiff University, lasting 35 years so far, 2500 men in South Wales have been followed since 1979. (Latest report: 31st of October 2014). The ones who are living the longest, healthiest lives, exercise regularly, eat plenty of vegetables, don't smoke, and drink less than two glasses of wine a day. Peter Elwood, the leader of this research project points to the 40% who followed none of these simple behaviours. They hit health problems at a much younger age than those who did. Julia Ward of *The British Heart Foundation* also points out that following the rules "What to do", is undertake regular healthy exercise, plus eating a wide range of vegetables and fruit, significantly reduces the risks of heart attacks and strokes. Professor John Newton, of *Public Health England* points out that being overweight, not exercising, not eating healthy vegetables but having regular drinking and smoking habits greatly increases the likelihood of dying early.

SO, healthy living is sensible; but what about not only being healthily active but also being a competitive master athlete? Performing well and beating the enemy? How often having a chat with friends before competing as a veteran helps us to forget they are our competition enemies? Does it matter if we don't do as well as we hoped/expected? Yes it does. We need to ask ourselves "did we focus on our own total preparation for the competition we are due to start in only one hour's time?" Or, did we meet lots of national or international friends and have a happy chat?

So, the good news for all those thirty-four year old kids bursting with excitement because they will soon be master athletes. According to a new report in the *Lancet*, researches led by Professor Andrew Steptoe of University College London show that you will regain your youthful feelings of well-being by the time you reach your sixties – if you hold on to your involvement in physical health activities – such as sport. You will be less likely to suffer from depression, less likely to suffer from heart problems caused by increased blood pressure/clots, more likely to enjoy the social advantages of sporting relationships and the purpose in life this brings. Additionally, most of us will live longer than the rest of our age group. So make sure you join the 60+ athletes who are already out there brimming with happiness and looking forward to Brian publishing the British and World records for athletes over 90 and 100 that we are aiming to break. There's everything to live for.

Importantly: we need to act upon the knowledge sport has belatedly discovered. We aren't in track and field athletics competitions in order to relax; we are there because we want to

do well. We have got to **Focus** in our training, **Focus** in our warm up preparations before our event starts. **Focus** on producing that best performance we know are capable of, provided our minds and bodies remember the golden rule: **Focus**

MOCK TRIAL at Edgbaston Cricket Ground- Mel James

Representing the Federation, Maurice Doogan and I attended this "mock trial" in February.

There were over 35 different sports represented amongst a few hundred attendees.

Although the whole proceeding was condensed to a morning and afternoon session, a normal claims case of this type would possibly have taken up to 3 days to reach a decision.

The witness and claimant roles were performed by local actors, with the Barristers and QC's qualified within their roles as litigation specialists dealing with the sports injury and negligence section of law. Although it was a fictitious claim case, the proceedings were undertaken as authentically as any legal court claim.

The "claimant" was a student that helped out the village cricket team by grass cutting the outfield for them. His only remuneration for this was some snacks and drinks. He was unfortunately struck on the head by a cricket ball, which had passed through a gap in the training nets. His claim was for missing a year's study plus help from his mother and medications, a total of £13,308.

(During the trial, we were supplied with an electronic voting hand set that could, with our answers to set questions, decide what the majority of attendees predicted as the final outcome of the trial)

The Cricket Club (similarly to many clubs) did not take up the offer of paying the extra cover of employer's liability, but the insurers were confident that the claimant was not employed. The Cricket Club also failed to inform the insurers that a claim was imminent between renewals of the old and new policies. (Every club or organisation is only as proficient as its weakest link)

The batsman that hit the ball through the net, "Slogger", had actually lapsed on his annual membership, but still played for the team, due to his value as a high run scoring batsman. Therefore there were lots of anomalies to consider within the trial.

To begin with, the voting of the "audience/gallery" that the claim against the club's negligence would be proven was 75%. After the first session, which involved questioning the claimant and the bar attendant, the voting percentage of a successful claim dropped to 58%.

The defence QC began the afternoon session by questioning "Slogger" plus the head coach, the club captain and the grounds man. They all agreed that no hole or gap was visible on net examination during or on the original set up of the nets. The club also kept a "Net Assessment Log", with thorough checks 3 times a year and ad hoc inspections before and after each session. As the nets were coloured black and sturdy in construction, it would be easy to notice

any major breaks or tears. During the session the voting for the claim to be proven went back up to 69%.

The Judge then retired for about 30 minutes to arrive at his verdict.

The final vote from us the gallery, went back up to 73% very close to our original 75% vote. We all stood up for the Judges return. He clinically went through the issues, firstly, unfortunately injuries happen whether you are a volunteer or not. The Claimant wasn't an employee and pay wasn't a motivation. Obviously there was a hole in the net, but there was no evidence of negligence. The village club was not a professional club it was run by amateurs and they did have a risk assessment in place, although the club should have given more training to its staff.

He therefore rejected the claim with costs only by policy.

What really convinced the judge, emphasised in his summing up, were the recorded details of the "Net Assessment Log". By keeping this log up to date, this amateur club had taken the correct steps on its safety procedure and therefore helped to reduce its risks within this accident.

Attending this trial, plus the day's proceedings, was a real eye-opener to the fact that clubs should be fully insured and all risks assessed to cover those unexpected accidents. Should any claim or accidents need to be decided in a civil court, the proceedings could be a very traumatic experience for any club secretary or member. A court attendance and the involvement of rigorous questioning from professional Barristers, is a very daunting scenario. Civil cases are decided by a Judges verdict that can easily go either way.

Within the structure of the 35 different sports attending, each had different requirements of insurance cover. Many of the sports attending the trial were seeking further cover and advice from the sports insurers in attendance at the trial. We in athletics are covered by a policy from our governing body, UKA. All our paid up affiliated athletic clubs are covered by the UKA Insurance scheme, which basically covers training, competition and travel to these events. It is only a basic cover and its full wording can be found on the UKA website, it covers a few different roles within its description (officials, athletes clubs etc.). It would be prudent for all club members, to prompt their committees to review this policy to assess whether or not they have adequate cover for their particular club needs. Obviously, the stadium based clubs, due to the amount of activity, (especially during training nights) have a higher risk than the road and harrier type clubs.

The lesson from the trial is to make sure that your club needs are fully covered by adequate insurance and that you adopt and practise a regular risk assessment for your club activities.

Dorothy Tyler, who has died aged 94, was one of Britain's foremost athletes of the 20th century. Tyler, was the only female athlete to win Olympic medals either side of the Second World War.

She was Britain's first individual Olympic medallist in women's athletics, she set a high jump world record that was not ratified for nearly 20 years, and also won gold medals in the Empire (now Commonwealth) Games 12 years apart, she was the first British woman to hold the qualifications to coach male athletes.



Dorothy Jennifer Beatrice Tyler, high jumper and coach, born 14 March 1920; died 25 September 2014

Her earliest successes were achieved under her maiden name, Dorothy Odam. She was born in south London and spent all her life in the Croydon area.

When Dorothy won a schools contest, the prize was membership of Mitcham Athletics Club. She taught herself how to do the high jump, and was a good all-rounder who also competed in the javelin, 80m hurdles, and long jump in the Empire Games. One of her regrets was that she had no formal coaching until she was 28, when Arthur Gold, the international high jumper who would later become chairman of the British Olympic Association, took her on.

In 1936 Tyler, then aged 16, was one of 13 British female athletes, in the team for the Berlin Olympics. She met Hitler at a lavish function for female competitors and later recalled him as "a small man in a large uniform".

In the Olympic Stadium Tyler was first to clear 1.60m. Nobody went higher in an exciting contest watched by 80,000. She lost, though, in a jump-off against the Hungarian Ibolya Csák: under today's rules she would have won, having been first to clear the height.

The rules were changed before the next Olympics, in London in 1948, when Tyler again finished second. This time, had the prewar rules still been in place, she would have won gold rather than silver.

She never complained, stating: "The rules are the rules." Two years after the Olympics, Tyler sailed to Sydney with the England team for the Empire Games. On the final day of competition she won the high jump, becoming the athletics team's only female gold medallist.

In 1939 she set a world record of 1.66m, at Brentwood, Essex, though it was not officially recognised until 1957, the year she retired from competition, aged 37. The German who had jumped 1.67m a few months before Tyler's effort, Dora Ratjen, was in fact a man.

In 2001 Tyler was awarded an MBE. In 2012, she was the official starter for the London Marathon.

We are sorry to hear that Bill Guy died in October of this year.

WORLD MASTERS MOUNTAIN CHAMPIONSHIPS. STUBAITAL, BERGLAUF.

W35: 1. 570 Summer Petra AUT 0:44:48 6. 558 Alexander Karen GBR 0:48:45; 10. 572 Wasson Gillian GBR 52:26; **W40:** 1. 577 Brod Jutta GER 0:45:48 21. 591 Melling Zoe IRL 57:36; 23. 589 Johnson Joy IRL 1:00:03 24. 600 Sallier Vanessa IRL 1:00:25; 30. 573 Anderson Robyn GBR 1:07:18; **W45:** 1. 778 Menestrina Simonetta ITA 0:47:38; 3. 628 Ridley Susan GBR 0:49:00; 8. 626 O'Kane Shileen GBR 0:51:32; 13. 780 Whitaker Helene GBR 54:41; 20. 611 Davies Susan GBR 1:00:23; 22. Sandford Anne GBR 1:01:43; **W50:** 1. 785 Kubicka Irmi AUT 0:46:01; 22. Buck Lindsay GBR 1:01:15; 26. Booth Nicola GBR 1:03:22; **W55:** 1. 674 Dohr Karoline AUT 0:50:19; 25. 688 Oliver Jane 05.03.1959 w GBR Deeside Runners 1:11:41; **W60:** 1. 708 Jones Ann-Mari SWE 0:50:48; 15. 701 Burn Christine GBR 1:12:29; 16. Ghaleb Ursula GBR 1:13:41; 18. Schierloh Irene GBR 1:15:06; **W65:** 1. 720 Archer Susan AUS 1:00:49; 6. 730 Paul Gillian GBR 1:17:47; 8. 724 Fleming Sheila GBR 1:09:20; **W70:** 1. 764 Pongratz Helga AUT 1:05:20; 8. 745 Robinson Brenda GBR 1:21:40; **W75:** 1. 750 Marcibálov Mária SVK 1:17:08; **M35:** 1. 5 Blake Eric USA 0:59:31; 3. 33 Ryan Mark IRL 1:03:00; 17. 29 O'Farrell Peter IRL 1:13:19; 22. 11 Fleming Paul IRL 1:18:04; 30. 21 Kelly John IRL 1:24:45; **M45:** 1. 53 de Colo' Daniele ITA 1:02:38; 10. 99 Syme Andrew GBR 1:09:04; 16. 111 Wright Andrew GBR 1:12:08; 25. 81 Pádraig Mac IRL 1:15:17; 34. Fortune Bernard IRL 1:17:45; 49. 50 Burns Paul IRL 1:22:23; 67. Horyna Anthony GBR 1:33:51; **M45:** 1. 177 Stark Robert AUT 1:04:03; 5. 116 Alexander David GBR 1:13:39; 43. Taylor Roger GBR 1:23:22; 54. Shaw Rob GBR 1:27:41; 76. Stringer Graeme 1:43:58; **M50:** 1. 279 Torresani Franco ITA 1:04:49; 2. 266 Roberts Craig GBR 1:06:11; 17. 215 Foley Sean IRL 1:12:29; 58. Whitaker Jonathan GBR 1:27:06; 66. Peacock David GBR 1:33:21; 72. McCann Eugene IRL 1:34:23; 77. Worsley Steven GBR 1:37:08; 81. Roberts Alan GBR 1:40:43; 86. Kenny Triss GBR 1:51:34; **M55:** 1. 304 Dengler Wilhelm GER 0:42:46; 3. McDonald Martin IRL 0:43:58; 19. McGreevy Dominic IRL 0:47:19; 24. Shuttleworth Colin GBR 0:47:51; 25. Normandal Andrew GBR 48:27; 56. Tait Paul GBR 0:56:01; 69. Read David GBR 1:03:18; 74. Oliver David GBR 1:05:50; 77. Bradley Nich GBR 1:06:07; **M60:** 1. 432 Smrcka Miloš CZE 0:44:27; 29. Burn Robert GBR 0:53:50; 46. Bell Peter IRL 0:59:18; 56. Nicholls Peter GBR 1:05:33; 60. McLoughlin Michael GBR 1:06:52; 61. Brown William IRL 1:06:52; 63. Smith Gruffydd GBR 1:10:32; 69. Dillon Kevin GBR 1:30:58; **M65:** 1. Andrich Ivo ITA 45:34; 10. Grant Bernard GBR 51:19; 16. 460 Herrington Steve GBR 54:10; 19. Evans Richard GBR 55:16; 25. Appleby Alan GBR 57:23; 35. Shemilt James GBR 1:00:53; 38. Hetherington Michael GBR 1:02:14; 45. Roberts Philip GBR 1:05:41; **M70:** 1. Reitmeir Helmut GER 50:21; 12. Fleming Gibson GBR 59:22; 25. Buckle Kenneth GBR 1:05:23; 40. Wikeley Alan GBR 1:21:25; 41. Graves Brian GBR 1:22:46; **M75:** 1. Groß Georg GER 56:24; 20. Duffy Peter GBR 1:39:44;

BMAF MARATHON THANET. 7th September Words & Picture: Dave Beattie

Thanet Roadrunners organisation of this event was excellent – at the Race HQ, runners were efficiently identified and issued with race numbers, timing chips, and age group numbers. Marshalls and feed stations were plentiful, and the enthusiastic announcer kept spectators entertained throughout the event. The marathon runners started with the half-distance entrants: the winning half marathon time of 1:19 illustrates the hilly nature of the first half of this coastal course. There is also a testing hill two miles from the finish, climbing from Margate seafront up onto the cliff top path. The runners also faced quite humid conditions, and most times were several minutes slower than the runners' London Marathon results.

BMAF runners dominated the open race: M40 Peter Dimpleby of Birchfield led from the gun and, despite



slowing in the later stages, hung on bravely to win the open race. M50 Keith Dowson of Sevenoaks was third over the finish line. Walter Hill won the open prize for M60, and Barbara Ralph of Chiltern Harriers won the open F60. M45 winner, Mark Havenhand of Kingstone Runners, prevailed by 10 minutes over a close battle for silver won by David Proud of Les Croupiers, from David Ashworth of Leamington. Both runners were beaten by M55 Douglas Brisco of Andover. The best BMAF age graded score was 82.94%, by F65 Anne Docherty of Forres Harriers, who ran 4:19:39. Anne's long journey from Scotland, and her fine run, won a well-deserved gold medal – and only one year before she moves up to another age group.

Understandably, SCVAC members accounted for 50% of the BMAF finishers. No doubt Northern athletes will predominate next year when we return to Newcastle for our championship.

1-702-Peter-Dimpleby-M40-1-Birchfield Harriers-2:55:57.10; 2-Louis-Passfield-M40-2-2:59:07.35; 3-553-Keith-Dowson-M50-1-Sevenoaks AC-2:59:13.10; 4-Connolly-Meagher-M40-3- 3:01:13.65; 5-Ian-Berry-M40-4-Winchester District-3:02:02.85; 6-Lance-Mason-M50-2-Teignbridge Trotters-3:05:23.95; 7-Tony-Crowder-M40-5-Blackheath and Bromley Harriers-3:08:53.65; 8-Mark-Havenhand-M45-Kingstone Runners-3:11:01.05; 10-David-Thompson-M50-3-Billerica Striders-3:17:31.35; 11-Douglas-Brisco-M50-4-Andover and District AC-3:17:00.55; 13-David-Proud-M40-7-Le Croupier RC-3:21:20.15; 14-Dave-Ashworth-M40-8-Leamington C and AC-3:21:52.85; 15-698-Walter-Hill-M60-1-Crawley AC-3:22:30.75; 16-Mike-Murdoch-M40-9-Maidstone Harriers-3:22:33.95; 17-David-Winch-M60-2- 3:22:54.55; 18-Nick-Holmes-M50-5-100 Marathon Club-3:23:40.10; 19-Adam-Cowper-Smith-M50-6-Canterbury Harriers-3:24:22.60; 20-Andrew-Noble-M50-7-Folkstone Running Club-3:25:11.40; 24-Andy-Randall-M40-10-Collingwood AC-3:29:11.65; 25-David-Brett-M50-8-Brighton and Hove City Athletics-3:30:34.15; 28-Keir-Rason-M40-11-Orpington Road Runners-3:35:52.85; 29-John-Kane-M40-12- 3:36:36.50; 30-Save-Suttle-M50-9-Thanet Road Runners AC-3:36:57.50; 31-Mick-Barlow-M40-13-Kent AC-3:36:55.50; 33-Russell-Buchanan-M40-14- 3:38:13.75; 34-John-Krquse-M50-10- 3:39:35.60; 35-Andy-Coster-M50-11-Orpington Road Runners-3:39:30.60; 37-James-Otter-M40-15-Plumstead Runners-3:41:14.90; 39-Craig-Thomas-M50-12- -

MASTERS ATHLETICS ROAD RACING

3:42:36.65; 40-Julie-Stoppani-F45-1-Maidstone Harriers-3:42:51.25; 41-Michael-Philpot-M50-13-Thamet Road Runners AC-3:43:31.05; 42-593-Annette-Shrimpton-F35-1-Orpington Road Runners-3:43:22.60; 44-Sharon-Barnett-F35-2-Maidstone Harriers-3:45:08.40; 46-Rupert-McCleod-M40-16-Orpington Road Runners-3:45:18.10; 47-Simon-Bingham-M40-17-3:45:52.15; 48-Keith-Luxon-M40-18-100 Marathon Club-3:45:39.25; 50-Derek-Harrison-M50-14-Tunbridge Wells Harriers-3:47:12.85; 51-Catherine-Roberts-F45-2-Maidstone Harriers-3:47:12.35; 52-Michael-Wilson-M50-15-East London Runners-3:47:36.80; 53-Mark-Buckley-M40-19-Orpington Road Runners-3:48:17.95; 54-Philip-Bacon-M40-20-3:48:18.10; 55-Andrew-Stalby-M50-16-Collingwood AC-3:49:35.80; 56-Jon-Carson-M40-21-100 Marathon Club-3:49:43.40; 59-Nick-Kyrtis-M60-3-100 Marathon Club-3:50:59.95; 60-716-Barbara-Ralph-F55-1-Chilton Harriers AC-3:52:18.65; 62-Dan-O'Connor-M40-22-3:53:53.35; 63-Neil-Reid-M40-23-3:54:38.85; 64-Mark-Newell-M50-17-Veggies-3:54:20.70; 67-Russell-Marling-M40-24-Maidstone Harriers-3:56:03.55; 68-Patrick-Flaherty-M50-18-3:55:58.70; 69-Save-May-M40-25-3:56:52.65; 70-Sara-Moran-F35-3-Run Eat Sleep Colchester-3:59:40.40; 71-Stephen-Cooney-M40-26-Collingwood AC-4:00:37.25; 73-Peter-Griffiths-M50-19-Bexley AC-4:03:15.30; 74-Andrew-Norton-M40-27-4:03:02.65; 76-Mike-Weaver-M40-28-4:04:45.55; 77-Barbara-Pezzini-F45-3-Maidstone Harriers-4:05:08.35; 79-Brian-Allen-M40-29-Orpington Road Runners-4:05:55.25; 80-James-Betteridge-M40-30-4:07:04.35; 82-Rush-Yadave-M50-20-100 Marathon Club-4:08:46.45; 83-Ian-Hoad-M50-21-Maidstone Harriers-4:09:08.40; 84-Keith-Hilay-M60-4-4:12:30.45; 85-Liane-Foord-F45-4-Maidstone Harriers-4:12:52.95; 86-John-Cooper-M50-22-Canterbury Harriers-4:13:18.35; 87-Adam-Holmes-M50-23-100 Marathon Club-4:13:40.75; 88-Jim-Bayford-M40-31-4:13:13.65; 90-Richard-Woodhams-M40-32-Harvel Hash House Harriers-4:15:21.95; 93-Maria-Pali-F45-5-Vegan Runners UK-4:18:51.65; 94-617-Anne-Docherty-F65-1-Forres Harriers-4:19:39.30; 96-Richard-Fullbrook-M40-33-100 Marathon Club-4:20:02.65; 98-Stephen-Cotterill-M40-34-4:22:48.60; 99-Hideo-Takano-M40-35-Dorking and Mole Valley AC-4:22:27.30; 100-Martin-Wisdom-M50-24-100 Marathon Club-4:22:53.65; 102-Traviss-Wilcox-M40-36-Maidstone Harriers-4:25:47.60; 103-Richard-Jones-M40-37-4:25:19.35; 104-Mark-Henshall-M50-25-4:25:31.95; 105-David-Withers-M50-26-4:25:29.25; 106-713-Philip-Brennan-M70-1-Stratford-upon-Avon AC-4:26:27.55; 109-Andrew-Coveney-M50-27-4:27:15.20; 110-Richard-Boyd-M50-28-4:27:26.20; 112-David-Kenning-M40-38-4:28:09.00; 113-Ellan-Iaquaniello-F35-4-Larkfield AC-4:28:22.55; 115-John-Stokes-M40-39-4:28:51.35; 116-Lee-Edwards-M40-40-Plumstead Runners-4:29:02.30; 117-Martin-Bush-M50-29-100 Marathon Club-4:29:24.90; 118-Stephen-Wakeford-M50-30-4:30:46.05; 119-Nigel-Arthur-M60-5-Egdon Heath Harriers-4:31:25.90; 122-Ann-Bath-F65-2-26.2 Scottish Veterans-4:31:59.05; 124-505-Ian-Scott-M60-6-100 Marathon Club-4:32:24.00; 125-596-Briony-Care-F35-5-4:33:05.05; 126-660-Kevin-Hanney-M50-31-4:34:14.45; 127-Sally-Silver-F35-6-Canterbury Harriers-4:35:40.10; 128-773-Adam-M40-41-4:38:00.65; 129-Gary-Wayman-M40-42-4:39:19.20; 130-Michael-Alsworth-M60-7-100 Marathon Club-4:40:24.15; 131-Martin-Westbrook-M40-43-4:41:37.10; 132-Andrew-Burgess-M40-44-Maidstone Harriers-4:41:42.90; 133-Peter-Godbee-M60-8-Swanley and District AC-4:42:21.85; 135-Sally-Ingledew-F45-6-Teignbridge Trotters-4:43:23.45; 136-Kirstein-Martin-F35-7-Dartford Road Runners-4:43:30.90; 137-Nigel-Webb-M50-32-Orpington Road Runners-4:46:20.60; 138-Mark-Green-M50-33-4:47:06.40; 139-Ian-Yarham-M60-9-4:50:32.00; 140-Stefan-Klincewicz-M40-45-4:51:04.05; 141-David-Clark-M40-46-4:52:32.85; 142-Gina-Little-F65-3-100 Marathon Club-4:53:08.45; 143-Dave-Green-M50-34-100 Marathon Club-4:53:10.50; 144-Anna-Hatton-F35-8-100 Marathon Club-4:53:10.15; 145-Janet-Cobby-F45-7-100 Marathon Club-4:53:12.00; 146-Justin-Griggs-M40-47-4:53:11.35; 147-Richard-Vero-M50-35-Plumstead Runners-4:53:13.60; 148-Richard-Graham-M40-48-Dunstable Road Runners-4:52:35.30; 149-Andrew-Humphreys-M50-36-Orpington Road Runners-4:52:52.45; 151-David-Lewis-M60-10-100 Marathon Club-4:53:16.20; 152-Theresa-Massey-F35-9-4:53:11.90; 153-Merv-Nutburn-M60-11-100 Marathon Club-4:53:17.40; 154-Matt-Murgatroyd-M40-49-100 Marathon Club-4:54:21.90; 157-Russell-Evans-M50-37-Canterbury Harriers-4:55:29.30; 160-Emine-Ismael-F45-8-Road Runners-4:56:59.10; 161-Andrew-Maher-M40-50-St Albans Striders-4:57:09.05; 163-Graham-Willsher-M40-51-Plumstead Runners-4:57:23.60; 164-Karen-Sutherland-F45-9-Veggies-4:57:41.50; 165-Paul-Sahota-M40-52-FERC-4:58:14.95; 167-Darren-Peters-M40-53-5:00:34.80; 168-Karen-Samuel-F45-10-Kent AC-5:01:51.70; 170-Roy-Young-M60-12-Ackworth Road Runners-5:03:38.75; 171-Jane-Gant-F35-10-100 Marathon Club-5:05:01.50; 172-Save-Doggett-M50-38-5:05:11.75; 173-Robert-Carr-M40-54-Sevenoaks AC-5:09:40.50; 174-Samantha-Dickens-F45-11-5:10:05.40; 176-Paul-Smailes-M40-55-5:12:36.30; 177-Matthew-Mitchell-M40-56-5:13:29.00; 178-Louise-Tidbury-F35-11-5:12:54.25; 179-Douglas-MacTaggart-M40-57-100 Marathon Club-5:17:49.80; 180-Lora-Gossens-F35-12-5:19:04.15; 181-Donna-Richards-F45-12-South London Harriers-5:19:24.45; 182-Kirsteen-Newell-F45-13-Veggies-5:22:25.00; 183-John-Gaade-M70-2-SCVAC-5:22:09.30; 184-Andrew-Cranfield-M40-58-5:22:36.70; 185-Keith-

Tanner-M40-59-5:24:14.35; 186-Anthony-Dennis-M50-39-5:27:02.05; 187-Stuart-Smith-M50-40-Littledown Harriers-5:26:41.10; 189-Paul-Cooper-M40-60-5:30:54.60; 190-Lee-Kelly-M40-61-5:31:59.55; 191-Maryanne-Aitken-F45-14-Sevenoaks AC-5:36:53.90; 192-Pete-Morris-M50-41-100 Marathon Club-5:45:08.05; 193-Allison-Tanner-F45-15-Hastings Runners-5:44:38.80; 194-Christopher-Lloyd-M40-62-5:48:05.30; 195-Debbie-Stirling-F45-16-Jelly Legs-5:48:55.55; 196-Gilbert-John-M60-13-100 Marathon Club-5:49:21.05; 197-Vanessa-Brewster-F45-17-100 Marathon Club-5:49:18.55; 198-Vicky-Horne-F35-13-Sandhurst Joggers-5:48:55.15; 199-David-Moles-M60-14-100 Marathon Club-5:57:16.60; 200-Richard-Simpson-M60-15-Fleety Crookham AC-5:58:00.75; 201-Bill-Wright-M60-16-Thamet Road Runners AC-5:57:51.45; 202-Julie-Wing-F55-2-Maidstone Harriers-6:32:13.70

WELSH ATHLETICS MILE ROAD CHAMPIONSHIPS, CARDIFF 4th October

W35: Claire Beatty Les Croup 5:38; 2 Rachel Matthews Car 5:44;
W40: Nicola Gething Parc Bryn Bach 6:05; **W45:** 1 Sarah Everitt Bris &W 5:45; 2 Angela Jones Fairwater 5:58; **W50:** 1 Jane Pidgeon Notts 5:58; 2 Victoria Singleton-Lawley Les Croup 6:40; 3 Yvonne Bullen Les Croup 7:05; 4 Laura Grey Fairwater 7:14; **W55:** Julie Scholey Les Croup 6:53; **W60:** 1 Elizabeth Bowers Croft Amb 6:31; 2 Brenda Avery Cheps 7:23; **W65:** Ros Tabor Dulwich 6:28; **W75:** Anne Martin Wymondham 8:39; **M35:** 1 Anthony Glover West 4:45; 2 Phil Lucker Brist &W 4:55; 3 Doug Nicholls San Dom 4:56; 4 Charles Walsh Port Talbot 5:23; 5 Paul Evans Brec 5:39; **M40:** 1 Gary O'Brien Swin 4:58; 2 Matthew Gurmin Swan 5:01; 3 Alun Jones WMAA 5:04; **M45:** 1 Darren Symes AFD 4:56; 2 Lee Aheme Prac Bryn Bach 5:03; 3 Stephen Goss Brist &W 5:06; 4 Ifan Jones Maldwyn 6:43; **M50:** 1 Anthony Willaims Aberdare 5:16; 2 Kevin Pye Cham 5:29; 3 Richard Bullen Les Croup 5:34; 4 Laurence Worth Pembroke 5:43; 5 Brett Davis Newport 5:47; **M55:** 1 John Thomson SVHC 5:09; 2 Richard Drage Tavistock 5:11; 3 Ian Wright Corn 5:56; **M60:** 1 David Wilcock Barnet 5:13; Elio Lepore 5:36; 3 Paul Gasson SCVAC 5:47; 4 Mick Tabor Les Croup 5:51; 5 David Proffitt Newport 6:09; 6 Andy Murray Dulwich 6:10; **W65:** Peter Molloy SWVAC 5:27; **M70:** 1 Peter Giles Herc Wim 5:53; 2 Keith Paterson San Dom 6:26; 3 Tony Brackstone SCVAC 6:28; 4 Barrie Roberterts Bourneville 6:35; **M75:** 1 Edmond Simpson Overton 7:18; 2 John Taylor Hailsham 7:44; 3 Syd Wheeler Chepstow 7:49;

BMAF Half Marathon Championships 2014 Sunday 19 October 2014. Words: Walter Hill Pictures Jeremy Hemming

I am always looking for new venues for our Championships and when South West VAC recommended the Salisbury Half I accepted without reservation.

I have complete confidence in John Perratt, Ken Ballam and the SWVAC team who promoted and co-ordinated an excellent championships. The race itself was organised by Total Buzz Events who ensured all was in place for a good days racing. The route starting on the north of the City was initially traffic free on tarmac footpaths. This then led to the Old Sarum and the Avon Valley. Undulating at times, the one lap course provided a safe and picturesque challenge with adequate refreshment points.

Athletes returned to the same point of departure with BMAF members dominating proceedings. Of the first 30

MASTERS ATHLETICS ROAD RACING

finishers 23 were BMAF members. The back vest age identifiers were totally effective in ensuring all knew who they were competing against.



Mark Couldwell
first Male

The first 3 home were BMAF members Mark Couldwell in a fine 1:12:54 chased by James Knight M40 in 1:13:40. The ever consistent Nigel Rackham M50 ran a superb 1:16:35 and was ahead of 1st M 45 Nigel Bampton who ran a solid 1:17:50.

First BMAF lady and winner of the race was Ruth Barnes W35 in an excellent 1:23:42. In a very competitive F45 category Karen Rushton ran a fine 1:28:22 chased by Fiona Price in 1:29:08 both ahead of 1st W 40 Jacqueline Rockcliffe in 1:29:57. Lynne Whitaker was 1st W55 in 1:36:12 and just ahead of Kathy Ulliott 1st W 50 in 1:36:41

Douglas Brisco 1st M60 ran a fine 1:26:00 ahead of Howard Anderson 1st M55 in 1:26:43, with Martin Ford 1st M70 producing another outstanding time of 1:30:10 with Peter Young 1st M65 not far behind in 1:30:39. Jane Georghiou ran 1:41:33 to take the W60 honours with Tony Berry being awarded with the 1st M75 in 1:50:52.

Once again a big thank you to SWVAC who ensured all was good before and on the day.

1 1:12:54 COULDWELL, Mark Charnwood AC M40-1; 2 1:13:40 KNIGHT, James Overton Harriers & AC M40-2; 3 1:16:35 RACKHAM, Nigel Metros RC M50-1; 4 1:17:20 HOLMES, Sean Overton Harriers M40-3; 5 1:17:50 BAMPTON, Heath Oxford City AC M45-1; 6 1:18:03 O'BRIEN, Gary Swindon H M40-4; 7 1:18:22 WOODS, Alec Bristol & West AC M50-2; 8 1:18:47 HOLLINSHEAD, Christopher Stafford Harriers M45-2; 9 1:19:46 STEVENS, Simon Winchester & District M45-3; 10 1:21:02 GORE, Andy Cheltenham Harriers M40-5; 11 1:21:41 BRANNIGAN, Paul Todmorden Harriers M50-3; 12 1:22:22 IRELAND,

Chris Sheffield Running Club M50-4; 13 1:23:22 MARTIN, Nick Mile High Club M50-5; 14 1:23:42 BARNES, Ruth Avon Valley Runners W35-1;



Ruth Barnes
1st Women

15 1:23:55 ROSE, Paul Yeovil Town RRC M50-6; 16 1:24:16 MORGAN, Emyr Southampton City AC M40-6; 17 1:26:00 BRISCO, Douglas Andover AC M60-1; 18 1:26:43 ANDERSEN, Howard Coventry Godiva Harriers M55-1; 19 1:26:47 HALLS, Mark Brighton & Hove City AC M50-7; 20 1:27:03 SETTERS, Chris Winchester & District AC M35-1; 21 1:27:58 COSTLEY, Peter Southampton City AC M50-8; 22 1:28:09 FOWLER, Eleanor Nuneaton Harriers W35-2; 23 1:28:22 RUSHTON, Karen Southampton City AC W45-1; 24 1:28:28 LOWRIE, Tim Avon Valley Runners M35-2; 25 1:28:41 GORE, John Winchester & District AC M50-9; 26 1:29:02 PITT, Richard Thames Hare & Hounds M60-2; 27 1:29:08 PRICE, Fiona Avon Valley Runners W45-2; 28 1:29:26 THOMPSON, Claire Victoria Park Glasgow AC W35-3; 29 1:29:57 ROCKLIFFE, Jacqueline Avon Valley Runners W40-1; 30 1:30:09 HUTCHISON, Tom Team Bath M60-3; 31 1:30:10 FORD, Martin Cheltenham M70-1; 32 1:30:35 MURPHY, Michael Les Croupiers M60-4; 33 1:30:39 YOUNG, Peter Ryde Harriers M65-1; 34 1:31:33 KELLY, Samantha Royal Wootton Bassett W45-3; 35 1:32:09 MCKEOWN, Astirid North Herts RR W40-2; 36 1:32:13 HILL, Walter Crawley M60-5; 37 1:32:33 JOHNSON, Jeanette Launston Road Runners W45-4; 38 1:33:44 ULLIOTT, Tom Brighton & Hove City AC M55-2; 39 1:33:51 OLIVER, Steve Winchester & District AC M50-10; 40 1:34:02 JONES, Kevin Les Croupiers M45-4; 41 1:34:34 ANDERSON, Geoff Newbury AC M60-6; 42 1:34:56 JACKSON-HOOKENS, Warren Winchester & District AC M35-3; 43 1:35:12 KENNEDY, Peter Lewes AC M60-7; 44 1:35:38 RUSSELL, Geoff Royston Runners M65-2; 45 1:35:55 ROSE, David Team Bath M65-3; 46 1:36:12 WHITAKER, Lynne Lynne Winchester & District AC W55-1; 47 1:36:26 WARNE, Barry Nene Valley Runners M50-11; 48 1:36:41 ULLIOTT, Kathy Brighton & Hove City AC W50-1; 49 1:37:56 KNOX, Sarah Serpentine Running Club W40-3; 50 1:38:04 GANNAWAY, Paul Winchester & District AC M50-12; 51 1:38:29 GOODWIN, Steve Winchester & District AC M55-3; 52 1:39:27 PILLAR, Malcolm Dudley Kingswinford M65-4; 53 1:39:55 BRACKSTONE, Tony Southern Counties Vets AC M70-2; 54 1:40:46 CURTIS, Joanna

MASTERS ATHLETICS ROAD RACING



Eleanor
Fowler

Winchester & District AC W55-2; 55 1:41:09 KING, David South West Vets M60-8 56 1:41:33 GEORGHIOU, Jane Farnham Runners W60-1; 57 1:42:29 FONE, Terry Eye Community Runners M70-3; 58 1:43:03 SCARROTT, Yvonne Harborough AC W45-5; 59 1:43:20 RADFORD, Joy Winchester & District AC W60-2; 60 1:45:14 HEATH, David Poole Runners M60-9; 61 1:45:45 STEWART-TANNER, Sue Chippenham Harriers W55-3; 62 1:47:18 BYERS, Rachel Winchester & District W45-6; 63 1:47:31 WIGFIELD, Llana Team Bath W45-7; 64 1:49:20 PLUMMER, Dave South West Vets M60-10 65 1:50:45 PROFFITT, David Newport Harriers AC M60-11 66 1:50:52 BERRY, Tony Truro RC M75-1; 67 1:51:19 EASTON, Sally Winchester & District AC W50-2; 68 1:51:51 DUCKER, Jackie Winchester & District W45-8; 69 1:51:57 BRENNAN, Phil Stratford upon Avon AC M70-4; 70 1:56:36 MAXTED, Malcolm Yeovil Town RRC M65-5; 71 1:57:14 OLIVER, Carrie Winchester & District AC W50-3; 72 1:59:53 TERRY, Mike Littledown Harriers M60-12 73 2:06:07 MURPHY, Gillian Les Croupiers W60-3; 74 2:15:18 TURNER, Les Exmouth Harriers M70-5; 75 2:15:31 GAZE, Peter Bournemouth AC M75-2; 76 2:23:17 WHEELER, Syd Chepstow Harriers M75-3; 77 2:24:19 EWELL, Ursula Cobra RC W60-4; 78 2:30:21 GOODWIN, Gill Winchester & District AC W60-5; 79 3:09:32 GREEN, Les Cannock & Staffs AC M75-4;

Planning for 2015

I can now confirm that planning for next year's BMAF Road Race Championship is now complete.

As in the past I have aimed to distribute the events across GB and spread them over the year

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.

The Road Relays will remain in situ as will the 5 K which will be held in Horwich on the 21/06/2015.

The Multi Terrain Championships on 05/07/2015 will return to Bewl Water East Sussex, due to popular demand.

The 10K will be held in South Wales and incorporated into the Magor 10K on the 26/07/2015.



James Knight

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.

The Marathon will once more return to Newcastle on the 1/11/ 2015.

Finally I hope Welsh Athletics will accommodate us in 2015 for the city centre 1 mile road races.

All further updates and entry information will be posted on the web site.

MASTERS ATHLETICS 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
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
President: Paul Dickenson, 26, Hill Avenue, Hazlemere, Bucks, HP15 7JU. (athlete.uk@btopenworld.com)
Life Vice Presidents: Bridget Cushen, Barbara Dunsford, Ron Franklin, George Phipps, Sylvester Stein, Keith Whitaker, Irene Nicholls, Mike Wrenn and Danny Herman.
Chairman: Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 0JD 01634 389554. Mail-
arthur.kimber@talktalk.net
Vice Chairman Policy & International Affairs: Kevin Dillon Kevin. Email: dillon22@yahoo.co.uk
Hon. Secretary: Bridget Cushen, 156, Mitcham Road, West Croydon, CRO 3JE. (020 8683 2602)
Email: bridgetcushen156@btinternet.com
Hon. Treasurer: Danny Herman, Bow House, 3, Bow Green Road, Bowdon, Altrincham WA14 3LY. Phone 0161 9412154
Mobile: 07946318883 Email: dan@thehermans.co.uk
Secretary -Track & Field: Maurice Doogan, Lower Ground Floor, 501, Kings Road, Chelsea, London SW10 0TU ▶Phone 020 7795 2233
E-Mail ▶info@dooganconsulting.com
Secretary -Road Running: Walter Hill email-walterhelen@tiscali.co.uk
Secretary Race Walking: IAN RICHARDSON, 24, Pevensey Road, Worthing, BN11 5NS, Phone: 01903 504463 email:
ianrichards.racewalker@virginmedia.com
Secretary- XC: Mel James, 2, Baglan Cottages, Coytrahen, Nr Bridgend, South Wales, CF32 0DP ▶Phone 01656 720579 ▶email
mel.james@tiscali.co.uk
Overseas Entries Co-ordinator: Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk, PE38 9PE Mail-peter@peterduhig.plus.com
Chairman of Records Committee: Bob Minting "The Rowans" Convent Road, Sidmouth, Devon, EX10 8RD. Email- Bob.Minting@btopenworld.com
CHAIR of EAMA: Irene Nicholls, "Rainbow Cottage", 15, Meadow Lane, Alvechurch, B48 7HL. Mail -IRENENN@aol.com
Website Administrator: Chris Jager, "Topspot", Hudson Road, Malmesbury, Wilts SN16 0BS. (01666 823778) Email: webmaster@bmaf.org.uk

GENERAL & MEMBERSHIP SECRETARIES OF AFFILIATED CLUBS AND ASSOCIATIONS

Eastern VAC: General: Maurice Hemmingway, 5, Rectory Leys, Offord Darcy, PE195SQ. Membership-Courtney Gunn 37, Hillside Road, Upper Stondon, Henlow, SG16 6LP. Phone : 01462850212; Mail : evacmemsec@btinternet.com
Isle of Man: General & Membership : Mrs Maureen Kelly, 47, Ballacry Park, Colby, Isle of Man, IM9 4LX; Email: mokelly@manx.net
Midlands MAC: General & Membership Tom Morris, -391, Chester Road, Castle Bromwich, Birmingham B36 0JH;
email: mmac.sec@blueyonder.co.uk www.midlandmasters.com
Northern VAC: General: Alex Rowe, 1, Buckingham Road, Lytham St. Annes, Lancashire, FY8 4EU Phone: 07811550315
Mail: alex.rowe@talktalk.net Membership : David Sinnott, 24, St Asaphs Drive, Ashton under Lyne, OL6 8UB –
Phone -0161 3396562 email davidsinnott@bulldoghome.com 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
Northern Ireland MAA: Drew Crawford, 1, Wilmont Park, Dunmurry, Belfast BT17 9JW (02890 321731) www.northernirelandvets.co.uk
Scotland (SVHC): General; Campbell Joss, 25, Speirs Road, Bearsden, Glasgow, G61 2LX Phone: 0141 942 0731.
Membership- David Fairweather, 12, Powburn Crescent, Uddingston, Glasgow G71 7SS (phone-01698 810575)
djf@dfairweather.plus.com Website: www.scottishmastersathletics.webnode.com
Southern Counties VAC: Secretary –Chris Reed, 18, Flint Street, Grays, Essex, RM20 3HA Phone: 01708 689877
Email-chrs.reed@gmail.com Membership-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
South West VAC: General: John Perratt, Gable Cottage, Stanhope Drive, Sidmouth, Devon, EX10 9JE (01395 513611) email:
johnperratt@talktalk.net Membership- Ken Ballam, 7, Sandford Court, 32, Belle Vue Road, Bournemouth, BH6 3DR
Tele: 01202 429137 Email-k.ballam@btinternet.com
Veterans AC: General: Dennis Williams, 82, Prince Georges Avenue, London SW20 8BH (020 8543 6112) Membership: Peter Kennedy, 14, Keere Street, Lewes, East Sussex, BN7 1TY email: 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.

EUROPEAN MASTERS, IZMIR, TURKEY, 22/31st AUGUST

22-31 August 2014

Words: Bridget Cushen.

Pictures: Alex Rotas,
Dawn Cheetham.

A fading tan and a Vitamin D boost may be the only reminder of the sweltering daily 30^o-38^oC heat for the 200 strong team, but Izmir proved to be a happy hunting ground for sprinters looking for a fast end of season time as several produced their best time for years in the empty 60,000 seat part-covered cauldron that spectators shunned until the sun dropped below the horizon of the Western stand. Less than 100m away on the second track the middle distance runners whose races were scheduled for the 16.00 afternoon session, struggled to cross the finish line. Equidistance away in the Throws Field the über men and women of Europe struggled to keep their balance in the slippery circle as discus and hammers bounced off the arid ground in keenly contested competition. An Indoor warm-up area was a bonus. Worries about the heat and humidity and the economic recession kept entries to 2027 competitors from 42 countries, the lowest since Malmö in 1986. Turkish Masters are a Commission within their National Body, yet no financial assistance was forthcoming when the Organising Committee failed to find a main sponsor and entries fell well below expectations, severe pruning was necessary. Our Turkish hosts did their best to welcome competitors. All medallists were presented with a beautiful medal, a certificate and a T-Shirt. Ample local Officials and the hoard of friendly young volunteers more than compensated for lack of, or inferior equipment, or the occasional stray dog wandering across the track. The multi eventers were the first to feel the pinch as bottled water was provided for the Officials only, nor were there enough gazebos on the first day. There was a restaurant and some vending machines on site.

Within a few days of arriving many of our team suffered stomach upsets. Gavin Fordham got slight sun stroke but went on to finish 3rd in the M35 decathlon. Mel James also succumbed to the heat. Frustrated 400m hurdlers turned up early on Day 3 for their heats only to find they had been cancelled. British Team Managers said they had not been informed but did again stress at the daily Team Managers meeting that heats should go ahead as scheduled and the semis be cancelled. It is unfair to the athletes and with instant communication now this is something that both Organisers and Team Management has to address. The

resignation of the European Technical Officer a few months earlier, a lack of funding restricted the number of experienced International Officials and this being the first major Masters meet in Turkey with so many Age Categories to cater for, tested the home Officials and there were mistakes. Older age groups in the decathlon had to compete with the aid of make-do floodlights! Nonetheless, our team and the many new members said they enjoyed their competition and the experience.



M35 400: 1st 529 Lawrence Baird, 2nd 631 Delroy Mitchell, 3rd 520 Adam Bellis.

From 35 through to 80-plus BMAF sprinters featured prominently in all finals as a swirling wind continuously changed direction. Doubles were achieved in the M35 through to M55 100/200m sprints. The M35 Romanian Nisu's winning times 10.89/21.79sec, (w-1) were faster than in Zittau two years ago. The sight of BMAF male and female sprinters taking the top three places in some age categories sprints, as can be seen on the complete results www.evas2014izmir.org, reflects our strength and augers well for the future; medals poured in as the Age Groups advanced. Returning from a prolonged injury, Stephen Peters came back on top to take 5 gold medals at the World Championships in Porto Alegre last October. Here, arguably, the World's most prolific Masters sprinter was equally as impressive winning the 100m in 12.01sec faster than a younger age group, the 200m (24.53), and 400m (54.38) and a storming leg in both relays despite being a victim of the stomach bug. Only the newly crowned 2014 WMA Best Male Athlete of the Year, M75 Guido Muller from Germany, successfully attempted the triple.

Liam Collins just missed selection for Britain's Bobsleigh team for Sochi and in a serendipitous moment switched to BMAF, the Gateshead M35 was to cap a memorable year in Izmir. After marrying his Hungarian girlfriend, she used her Hungarian Bride's money to fund his trip "I just can't go home now without a medal," he stressed. After straight 110m/400mH finals, he had bagged two individual gold medals with a further two in exciting relays. What a start to his Masters career and what a year!

Mixed fortunes followed for the other hurdlers. Herne Hill coach Clarence Allen led Don Brown to the top two M50 100m places whilst Tennyson James took the M55 title in 15.01 from Rajamaki of Finland and John Mayor 3rd. Paul Edwards was unlucky to be drawn in the lane next to the Hungarian, Lueers, whose unorthodox style knocked Paul's hurdles over just as he was about to clear it, Paul finished 6th

but was left with a heavily bruised foot. Wolfgang Ritte is still successfully combining his M60 hurdles (15.69) with his unsurpassed pole vaulting record; here he soared over 4.00m to retain his crown. Barry Ferguson rarely comes home without a fistful of medals, now turned 70 running in the sprints, over the hurdles and in the relays he notched up another haul but the performance of the meet must surely go to the indomitable 75-year old German Guido Muller speeding to an 80mH/300mH 14.66/49.93sec double, plus a clean sweep in the sprints.

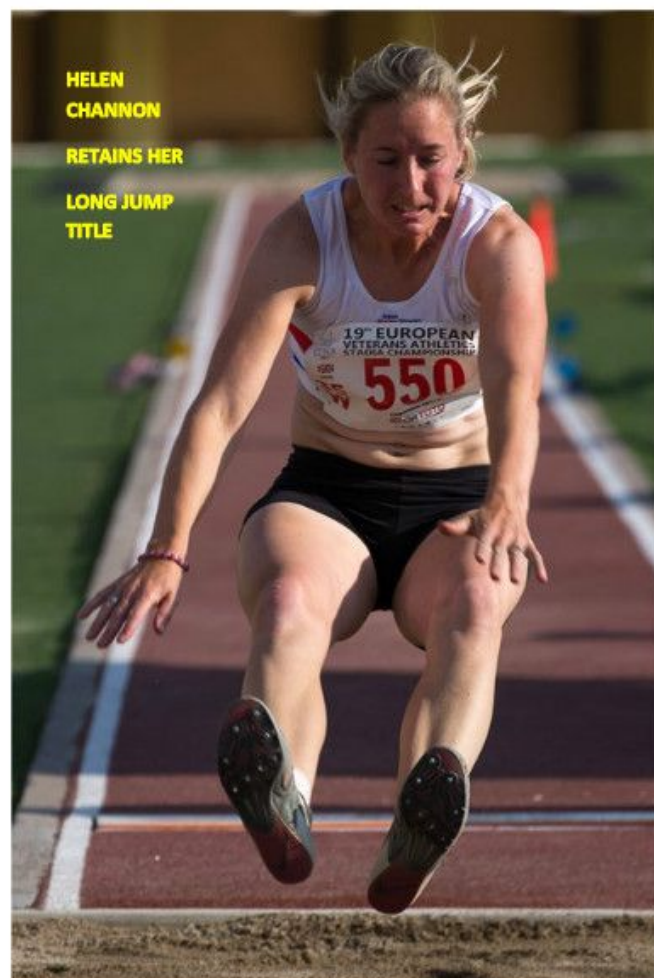
In the other stadium, lap scoring was faultless here with the Electronic system and manual backup allowing maximum numbers in the 10,000m combined age groups, starting with the younger categories in the afternoon session in 36°C. The DNF's were high including the vastly experienced Belgium Omer Van Norten, the defending M50 champion Guy Bracken who had come out just for that race, all saying they felt fine for a few laps but the oppressive heat was too much. It did not appear to bother the predominant Russian and Turkish entries. All the British runners tackled the 5k and 1500m as well, times were predictably slow. Conditions for the women's races in the early morning were much better; here Alison Bourgeois, Angela Copson and Ros Tabor all reached the podium.

Controversy surrounded the disqualification of John Oldfield in the M70 steeplechase for "putting his hands on the barrier!" When Team Management lodged an official complaint pointing to IAAF Rule 169.7 as this qualified UKA Official is only too familiar with; the Safety Judge's explanation was "he was DQ'd for his own safety! His 9.49.98sec finishing time was well inside the Medal Standard and he should have been awarded the bronze medal. The presence of two qualified Doctors as Safety Judges at EVAA Championships has too often been a thorny issue.

Slovenian husband and wife team, Dusan and Stanka Prezelj, both ex-international high jumpers must hold some kind of a family record as their son is also a current international; here Dusan's 1.67m clearance broke the M65 World Record set back in 2000 by the American Phil Fehlen. Stanka cleared 1.27m to take the W60 title. Carole Filer (1.35m) and W40 Ayamba Akim (1.70m) struck gold. It was a pity there were not more entries in the M35, won by Olaf Karlsson of Sweden with a 2.06m jump. Entries were down in the pole vault. Irie Hill retained her title while Theresa Eades and Debbie Singleton made it 1 and 2 in the W55 and Sue Yeomans won the W60 Age category. Victory also came to David Gordon, 3.80m saw him win the M45 group, and Alan Leiper was 3rd in the M50. In the horizontal jumps, the Surrey athlete Helen Channon was another to successfully retain her W35 LJ title clearing 5.35m, only marginally down on her 5.56m in Zittau. Wolfgang Knabe cleared 14.13m in the M55 triple jump to break his own World record set earlier this year, and further than his own M50 13.30m win in Zittau two years ago.

Surprisingly for a European Championships, entries in the women's and younger men's Field Events were very low but the M55-plus all faced the usual strong opposition. A throw of 50.16m in the M35 hammer got Mark Robertson a silver

behind the Cypriot, Mitsides 50.38m while the M40/45 titles need 58.60/57.30m. John Nicholls struck gold this time in the M45 shot 14.27m. A delighted Eleanor Gatrell made a successful W35 debut with a shot and discus double. The Estonian, Eha Rynne, sent the 1kg W50 discus spinning out to a 45.82m World record.



The venue for the road walks was way too far from the stadium, walkers had to make their own way there by train and taxi on one of the hottest days where an unofficial 50°C was registered, but you can't stop a good 'un, World record breaker Ian Richards still managed to walk to a resounding victory. All finishers deserved a medal in such conditions.

Despite a 07.30 start and an overcast sky, the twice out and back Marathon course proved to be a test of survival for the 193 entrants. Shade from the tall buildings gave some respite for the first 5km but as the course veered right taking the runners on to the sea front with the burning sun reflecting off buildings, the heat and rising humidity took its toll. Won by the early leader, 35 year old Hungarian Szabolcs Beda in 2.40.45, a full 10 minutes down on his time in Bratislava earlier this year, he admitted that he found it hard. The second man over the line, M40 Zhaunonak from Belarus, collapsed and third man home, M40 Italian Michele Bruzzone, walked the last few metres. VAC member Paul

Cheetham and Grant Ramsey both flew in especially for the race finishing very creditable 4th and 6th in the M40 category. Grant ran isolated for most of the race. Despite the flat course Paul said it was the toughest marathon he has ever run "my legs just went at 35km, a few came past me, there was nothing I could do." Team Manager Archie Jenkins had to declare the team before rushing off to the airport; he put in solid-as-a-brick M55 Alan Robertson who was to plug on to the bitter end, the surprise packet however was to be 65-year old Billy Willmitt. The Liverpoolian holidaying with his family in nearby Kusadasi, came in for the race and running in with a small group paced himself sensibly to an individual bronze medal. His 3.53.17 time took him past Robertson and would have elevated the M40 team to silver instead of the bronze team award. No BMAF women started in this well organised race in the first major international Championships that Izmir has undertaken.

At the General Assembly, Delegates voted in favour of a change of name from European Veterans AA to European Masters Athletics.

100M:



Moria West dual winner in the in Women's 65 Sprints

M35: 5-529-BAIRD Lawrence-11.44; 8-581-FLINT Andrew-11.62; **(QR):** COOPER Glenn-12.72-0.4; **M40 (-1.3):** 2-694-WHITE Ed-11.32-; 3-COLLINS Mark-11.42; 4-TIPPER Jim-11.53; **M45 (0.00):** 2-545-BROWN Donald-11.67; **(QR):** MAY Michael-14.53-1.4 **M55 (0.5):** 1-699-WRIGHT John-12.07-(QR 12.03/1.3); 2-533-BATTISTA Jeff-12.21-; **M60 (0.8)** 1-647-PETERS Stephen-12.01; 5-583-FRANKLYN Walwyn-12.65; 6-532-BARRETT Simon-13.33 (QR 13.31/0.2); 7-BROWNE John-DNF; (12.67 /0.2); **M70 (-0.7):** 2-539-BISSETT Terry-13.87; 6-578-FERGUSON Barry-15.23; **M75 (-0.6):** 6-684-TREACHER Anthony-14.92; **M80 (2.6):** 6-649-PITCAIRN-KNOWLES Richar-19.79- (QR 19.72 /0.4); **W35 (1.0):** 3-644-OWEN Paula-13.03; 4-701-YOUNG Susan-13.20; **W40 (1.2):** 4-676-THOMAS Michelle-13.00; **W45: (QR):** RICHARDSON Lesley-16.09-+0.0; **W50 (-0.1):** 5-573-ELLACOTT Janice-14.69-(14.58 /0.1); **W55 (-0.4):** 1-625-MCCLELLAND Averil-13.93-(13.89 /1.3); 2-579-FILER Carole-14.38 (14.34 / 0.0); 3-686-TRIMBLE Joan-14.40; **W60 (0.5):** 1-591-GODSELL Helen-14.24- 4-562-DASSIE Sue-16.09; 100m **W65 (-2.2):** 1-693-WEST Moira-15.30; **W75 (-0.6):** 8-553-COKER Jeanne-23.33;

200m

M35 (-1.0) 2-529-BAIRD Lawrence-22.71; 3-520-BELLIS Adam-22.97 ; **(QR):** FLINT Andrew-23.78-+0.4; MUGGERIDGE Matthew-23.95-+0.8; **FINAL - M40 (-0.4):** 3-682-TIPPER Jim-23.01-; 4-555-COLLINS Mark-23.14; 7-RUBENIS Richard-25.42 (23.48 / 1.1); **M45 (2.1):** 4-616-MACGEE Will-23.90; **(QR):** GOLDING Leeroy-25.13-+0.3; OSUNSAM Michael Olu-25.20-+0.3; **M50 (0.2):** 2-545-BROWN Donald-24.28 ; **(QR):** MAY Michael-29.80-+0.6; **M55 (-1.3):** 1-699-WRIGHT John-24.31; 2-533-BATTISTA Jeff-24.64 (qr 24.50/-0.4); 4-605-JAMES Tennyson-24.98; **(QR):** SKINNER William-27.09-+0.7; **M60 (-1.1):** 1-647-PETERS Stephen-24.53; 4-583-FRANKLYN Walwyn-25.98; 5-532-BARRETT Simon-26.99 (qr 26.88 /-0.3); 6-546-BROWNE John-27.12 (26.61/-1.3); **(QR):** DOUGLAS Bob-27.71 /-1.3; **M65 (0.6):** 3-527-ANTHONY Paul-27.64; **(QR):** HENDRIE Bruce-30.02+2.6; **M70 (0.0):** 2-539-BISSETT Terry-28.51; 7 604-JAMES Melvyn-32.28; **M80 (0.8):** 8-649-PITCAIRN-

KNOWLES Richard-42.76; **W35 (-0.2)** 5-701-YOUNG Susan-26.81; **W40 (-0.6)** 3-525-ANDERSON Nina-26.08; 5-676-THOMAS Michelle-26.55; **W45: (QR):** FIONA Palmer-29.09-0.3 ; RICHARDSON Lesley-32.94-0.3 ; **W50 (-1.2)** 3-537-BEZANCE Tracy-29.01; **W55 (0.1):** 1-625-MCCLELLAND Averil-28.60 (28.55 /0.9); 5-686-TRIMBLE Joan-30.49 (30.38 / -0.4); **W60 (0.8):** 1-591 GODSELL Helen-29.55; 4-562-DASSIE Sue-34.38; 5-528-ARGENT Fiona-34.62; 6-521-AHMET Linda-35.58; **W65 (-1.6):** 1-693-WEST Moira-31.90; **W70 (1.1):** 5-673-STANLEY Patricia-44.92; **W75 (0.3):** 5-553-COKER Jeanne-50.91;

400m



NINA ANDERSON

WINS THE W40

400 Metres.

M35: 1-529-BAIRD Lawrence-49.94; 2-631-MITCHELL Delroy-50.70; 3-520-BELLIS Adam-50.74; **(QR):** MUGGERIDGE Matthew-54.52; **M40:** 3-662-RUBENIS Richard-52.11; 4-GRAEME Harrison-52.33; **M45:** 3-536-BENEDICKTER Peter-54.11; 4-643-OSUNSAM Michael Olu-54.54; 6-592-GOLDING Leeroy-55.37; **M50:** 3-614-LEWIS Bob-56.13; **M55:** 4-605-JAMES Tennyson-56.61 **(QR):** SKINNER William-1:03.56; **M60:** 1-647-PETERS Stephen-56.72; 5-532-BARRETT Simon-1:00.77; 7-567-DOUGLAS Bob-1:02.89 (qr 1:01.61); 8-FRANKLYN Walwyn-DNF (qr 1:01.54); **(QR):** RUTHERFORD Jack-1:11.27 ; **M65:** 3-527-ANTHONY Paul-1:02.78; 6-HENDRIE Bruce-1:07.15; **M70:** 8-BISSETT Terry-DNF (qr 1:12.29) **(QR):** JAMES Melvyn-1:18.83; **M75:** 2-684-TREACHER Anthony-1:11.59; **M80:** 5-649-PITCAIRN-KNOWLES Richard 1:46.48; **W35:** 4-524-AMOS Elizabeth-58.92; YOUNG Susan-DNF (qr 61.73); MCLOUGHLIN Susie-DNS(qr 61.08); **W40:** 1-525-ANDERSON Nina-57.47; **W45:** 8-580-FIONA Palmer-1:07.39 (qr 65.54); **(QR):** PRITCHETT Bernadine-1:07.31; RICHARDSON Lesley-1:20.51; **W50:** 3-537-BEZANCE Tracy-1:04.56; 4-573-ELLACOTT Janice-1:07.30; **W55:** 2-599-HORDER Jane-1:07.44; **W60:** 1-617-MARLER Caroline-1:10.23; 7-528-ARGENT Fiona-1:21.30; 8-521 AHMET Linda-1:30.64; **W65:** 1-693-WEST Moira-1:14.00; 2-675-TABOR Rosalind-1:14.87; 3-558-COPSON Angela-1:15.02; **W75:** 3-553-COKER Jeanne-2:07.49;

800m

M45: 10-559-CROFT Lance-2:25.88; **M50:** 2-526-ANDREW Rob-2:05.58; **(QR):** KILLILEA Tony-2:16.66; DOXEY Steven-2:27.54; ROBERTS Alan-2:44.92 **M55:** 1-626-MCGHIE Keith-2:11.27; 4-679-THOMSON John-2:15.25; **(QR):** PRIESTLEY David-2:36.85; **M65:** 1-596-HENDRIE Bruce-2:36.63; **M70:** 2-661-ROBERTS Barrie-3:03.06; **W35:** YOUNG Susan-DNF; **W40:** ANDERSON Nina-DNS; **W45:** 4-652-PRITCHETT Bernadine-2:26.03; **W50:** 4-648-PIDGEON Jane-2:39.08; 10-653-RAMAGE Sharyn-2:51.58; 13-618-MARR Lynne-3:16.47; **W60:** 1-617-MARLER Caroline-2:48.05; **W65:** 1-675-TABOR Rosalind-2:49.54-; 2-558-COPSON Angela-2:50.10;

1500m

M40: 6-568-DOUGLAS James-4:20.44; **M50:** 4-526-ANDREW Rob-4:27.27; 8-608-KILLILEA Tony-4:41.10; 12-635-MORTIMER Kenneth-4:53.44; 14-569-DOXEY Steven-4:56.25; **(QR):** ROBERTS Alan-5:42.25; **M55:** 1-679-THOMSON John-4:31.82; 10-PRIESTLEY David-5:16.53; **M60:** 11-607-JENKINS Archie-5:51.36; **M65:** 7-563-DAVIDSON Alan-6:34.15; **M70:** 5-661-ROBERTS Barrie-6:09.16; **W35:** 1-615-LOCKER Joanne-4:35.51-; **W40:** 3-GRAHAM Clare-5:18.63; **W45:** 2-PRITCHETT Bernadine-4:47.21-; **W50:** 2-648-PIDGEON Jane-5:21.55-; 7-653-RAMAGE Sharyn-5:41.51-; 11-618-MARR Lynne-6:45.60-; **W60:** 3-1663-BOURGOIS Alison-5:55.06-; **W65:** 1-558-COPSON Angela-5:44.40; 2-675-TABOR Rosalind-5:46.96-;

5000m

M40: 6-568-DOUGLAS James-16:40.82; **M50:** 17-660-ROBERTS Alan-21:19.69; **M55:** 5-FEECHAN Colin-18:14.81; **M60:** 12-637-MURRAY Andrew-22:01.59; 14-607-JENKINS Archie-22:18.37; **M65:** 9-563-DAVIDSON Alan-23:33.25; **W60:** 1-1663-BOURGEOIS Alison-22:03.72; **W65:** 1-558-COPSON Angela-21:32.51;

10000m

M40: 5-619-MARSHALL Tim-54:12.85; **M50:** 10-660-ROBERTS Alan-47:38.16; BRACKEN Guy-DNF; **M55:** 6-577-FEECHAN Colin-40:36.94; **M60:** 15-637-MURRAY Andrew-47:14.54; **M65:** 6-563-DAVIDSON Alan-51:58.65; **W60:** 1-1663-BOURGEOIS Alison-46:48.81; **W65:** 1-558-COPSON Angela-46:26.76;

3000SC:

M45: 4-645-PALMER Colin-10:56.83;

2000SC:

M70: -642-OLDFIELD John-DQ by safety officer; **W35:** 2-615-LOCKER Joanne-7:17.87-; **W40:** 3-595-GRAHAM Clare-8:31.04-; **W50:** 2-648-PIDGEON Jane-8:14.20-

110H:

M35: 1-4-554-COLLINS Liam-14.69 / 2.3; **M50 (5.5):** 1-523-ALLEN Clarence-14.42; 2-545-BROWN Donald-14.54; **M55(1.6):** 1-605-JAMES Tennyson-15.01; 3-624-MAYOR John-15.20; 6-572-EDWARDS Paul-16.51; **M65 (0.7):** 6-691-WEBB Andrew-19.24;

80H:

M70: 2-578-FERGUSON Barry-14.71 / 1.9; **W50:** 1-552-CLARKE Gaye-13.97/0.3; **W55:** 1-599-HORDER Jane-13.13 (3.8); 2-579-FILER Carole-13.88-; 8-530-BARKER Hazel-44.60-; **W60:** 2-528-ARGENT Fiona-17.57 (2.4)-; **W65:** 2-641-OAKES Patricia-19.71-(2.7) ;

400H:



PETER BENEDICKTER WINS THE M45 400 Hurdles.

M35: 1-554-COLLINS Liam-54.82; **M45:** 1-536-BENEDICKTER Peter-58.77; **M55:** 2-633-MOLES David-1:04.86; 5-670-SLAUGHTER Brian-1:06.38; **W35:** 3-644-OWEN Paula-1:07.15- **W40:** 1-547-BURKE Sarah-1:10.32;

300H:

M60: 4-663-RUTHERFORD Jack-56.68; **M65:** 4-691-WEBB Andrew-52.53; **M70:** 3-578-FERGUSON Barry-55.85; **W50:** 2-537-BEZANCE Tracy-54.32-**W55:** 1-599-HORDER Jane-49.58-; 2-579-FILER Carole-54.65; **W60:** 4-528-ARGENT Fiona-1:04.01-;

HIGH JUMP:

W40: 1-522-AKIM Ayamba-1.70-; **W50:** 2-552-CLARKE Gaye-1.35-**W55:** 1-579-FILER Carole-1.35-; 5-530-BARKER Hazel-1.23-; **W60:** 2-700-YEOMANS Sue-1.27-; **W65:** 4-OAKES Patricia-1.03-;

Pole Vault

M45: 1-593-GORDON David-3.80; **M50:** 3-613-LEIPER Allan-3.50; **M55:** 5-621-MARTIN Wayne-3.00; 6-670-SLAUGHTER Brian-2.80; **M60:** -697 WILLIAMS Allan-NH; **W40:** 2-560-CUBBAGE Claudia-2.40-; **W45:** 1-597-HILL Irie-3.30-; **W55:** 1-570-EADES Teresa-2.50-; 2-668-SINGLETON Debbie-2.10-; **W60:** 1-700-YEOMANS Sue-2.60-

Long Jump

M40: 7-611-LAKE Stephen-5.74; **M50:** 8-589-GITTENS Julien-5.34; 15-622-MAY Michael-3.85; **M55:** 6-687-WADE Trevor-4.93; 7-669-SKINNER William-4.87; **M75:** 2-TREACHER Anthony-4.19; **W35:** 1-550-CHANNON Helen-5.36-/ 0.7; **W45:** 10-658-RICHARDSON Lesley-3.64-/1.0; **W50:** 4-552-CLARKE Gaye-4.48-/ 1.3; **W55:** 1-579-FILER Carole-4.75-/0.1 (**BRITISH RECORD**); 2-625-MCCLELLAND Averil-4.51-/0.2; 4-570-EADES Teresa-4.26-/0.1; **W60:** 2-700-YEOMANS Sue-4.02-/ 0.6; 5-521-AHMET Linda-3.49-/0.1; **W65:** 6-641-OAKES Patricia-3.02w;

Triple Jump

M40: 3-611-LAKE Stephen-11.88; **M45:** 6-638-NEWTON Keith-12.29; **M50:** 5-589-GITTENS Julien-11.86; **M55:** 8-571-EARLE Albert-10.78; 9-669-SKINNER William-10.04; **W45:** 8-658-RICHARDSON Lesley-7.50w;

W55: 2-570-EADES Teresa-9.29 / 0.7 (**BRITISH RECORD**); **W60:** 1-521-AHMET Linda-7.26w; **W65:** 2-641-OAKES Patricia-6.83-/ 0.1

SUE YEOMANS

Medalled in

The Pole Vault
& Long Jump



Shot Put

M45: 1-640-NICHOLLS John-14.27; **M50:** 613-LEIPER Allan-DNS ; **M55:** 5-543-BROADBRIDGE Bob-12.88; 10-634-MORELAND John-11.15; 12-603-JACKSON Peter-9.86; 13-620-MARTIN Cassidy-9.46; 15-669-SKINNER William-8.24; **W35:** 1-587-GATRELL Eleanor-15.17-; **W40:** 1-612-LAWRENCE Sue-10.18; **W45:** 3-658-RICHARDSON Lesley-6.88; **W55:** 9-530-BARKER Hazel-8.84; **W60:** 4-678-THOMPSON Vilma-10.10; 7-562-DASSIE Sue-8.19;

Discus Throw

M35: 4-623-MAYFIELD Peter-36.30; 5-PRITCHARD Ashley-36.18; **M45:** -592-GOLDING Leeroy-NM-; **M55:** 1-543-BROADBRIDGE Bob-44.66; 2-634-MORELAND John-44.58; 12-620-MARTIN Cassidy-29.68; **M60:** 6-565-DIRKIN Guy-43.97; **M70:** 4-541-BOWLES Ian-33.84; **M75:** 2-690-WATTS John-37.76; **W35:** 1-587-GATRELL Eleanor-42.84-; 4-606-JENKINS Andrea-39.25-; **W40:** 3-LAWRENCE Sue-1970-W40-33.73-; **W55:** 3-549-CAMERON Claire-31.53-; 10-668-SINGLETON Debbie-23.48-;

Weight Throw

M35: 1-680-THURGOOD Stuart-16.03; **M55:** 7-543-BROADBRIDGE Bob-15.45; 8-634-MORELAND John-14.43; 11-620-MARTIN Cassidy-11.94-; 13-556-COOLEY Ian-11.58; **M60:** 7-565-DIRKIN Guy-15.18; **W35:** 2-606-JENKINS Andrea-14.76-; **W40:** 4-612-LAWRENCE Sue-11.30-; **W60:** 4-678-THOMPSON Vilma-12.24;

Hammer Throw

M35: 2-659-ROBERSON Mark-50.16; **M40:** 4-672-SPICER Matthew-47.73; **M55:** 5-543-BROADBRIDGE Bob-46.22; 9-634-MORELAND John-40.38; 10-620-MARTIN Cassidy-37.21; 12-556-COOLEY Ian-32.64; **W35:** 2-606-JENKINS Andrea-48.64-; **W40:** 5-612-LAWRENCE Sue-35.93-; **W55:** 10-668-SINGLETON Debbie-23.62-; **W60:** 5-678-THOMPSON Vilma-31.13-;

Javelin Throw

W35: 2-674-STOREY Victoria-32.93-; **W40:** 4-612-LAWRENCE Sue-28.55-; **W50:** 3-586-GARRATT Caroline-37.87(**BRITISH RECORD**);

5000m track Race walk

M50: 10-660-ROBERTS Alan-35:11.31; **M65:** 1-657-RICHARDS Ian-24:44.06; 2-630-MICHELL Roger-28:13.87; 3-540-BOSZKO Peter-

MASTERS ATHLETICS TRACK & FIELD

28:21.68; **M75:** 2-666-SHILLABEER Edmund-33:08.39; **W55:** 6-538-BISHOP Fiona Jane-35:49.32; 7-576-FARROW Linda--36:39.62;

4x100 Relay

M35: 1-(FLINT Andrew - BAIRD Lawrence - COLLINS Liam - MITCHELL Delroy) 43.92; **M40:** 1-(RUBENIS Richard - MACGEE Will - TIPPER Jim - COLLINS Mark-) 43.85; **M45:** 3-(NEWTON Keith - BROWN Donald - OSUNSAM Michael Olu - GOLDING Leeroy-) 47.43; **M55:** 1-(BATTISTA Jeff - JAMES Tennyson - MAYOR John - WRIGHT John-) 47.45; **M60:** 1-(FRANKLYN Walwyn - BROWNE John - BARRETT Simon - PETERS Stephen-) 48.68 (**BRITISH RECORD**); **M65:** 4-(WEBB Andrew - PITCAIRN-KNOWLES Richar - HENDRIE Bruce - ANTHONY Paul-) 1:02.98; **W35:** 6-(RICHARDSON Lesley - FIONA Palmer - WEST Moira - YOUNG Susan-) 57.35; **W45:** 5-(BARKER Hazel - ARGENT Fiona - AHMET Linda - PRITCHETT Bernadine-) DNS; **W50:** 2-(CLARKE Gaye - RAMAGE Sharyn - ELLACOTT Janice - BEZANCE Tracy-) 58.95; **W55:** 1-(TRIMBLE Joan - FILER Carole - HORDER Jane - MCCLELLAND Averil-) 54.95; **W60:** 1-(DASSIE Sue - YEOMANS Sue - MARLER Caroline - GODSELL Helen) 1:00.07;

4x400 Relay

35: 1-(BAIRD Lawrence - COLLINS Liam - BELLIS Adam - MITCHELL Delroy-) 3:22.61 (**BRITISH RECORD**); **M40:** 2-(RUBENIS Richard - MACGEE Will - COLLINS Mark - TIPPER Jim) 3:42.67; **M45:** 3-(OSUNSAM Michael Olu - BROWN Donald - MCKENZIE Eddie - GOLDING Leeroy-) 3:54.18; **M55:** 1-(WRIGHT John - BATTISTA Jeff - MAYOR John - MCGHIE Keith-) 3:52.75; **M60:** 1-(FRANKLYN Walwyn - BARRETT Simon - DOUGLAS Bob - PETERS Stephen-) 4:01.24 (**BRITISH RECORD**); **M65:** (WEBB Andrew - PITCAIRN-KNOWLES Richard - HENDRIE Bruce - ANTHONY Paul) DNS; **W35:** 4-(FIONA Palmer - CLARKE Gaye - PRITCHETT Bernadine - YOUNG Susan) 4:28.95; **W50:** 2-(PIDGEON Jane - RAMAGE Sharyn - ELLACOTT Janice - BEZANCE Tracy) 4:43.67; **W55:** 1-(FILER Carole - MCCLELLAND Averil - TRIMBLE Joan - HORDER Jane-) 4:52.70; **W60:** 1-(GODSELL Helen - AHMET Linda - ARGENT Fiona - MARLER Caroline) 5:18.21; **W65:** 1-(WEST Moira - COPSON Angela - STANLEY Patricia - TABOR Rosalind) 5:52.74- (**BRITISH RECORD**);

Marathon



M40: 4-551-CHEETHAM Paul-2h48:19; 6-654-RAMSAY Grant-2h51:44; (GBR third in Team event 10h 21:12); **M50:** 13-660-ROBERTS Alan-4h41:09; **M65:** 3-698-WILLMITT William-3h53:17-

20 Km Road Walk

M65: 1-657-RICHARDS Ian-1h55:36; 3-630-MICHELL Roger-2h14:02; 6-540-BOSZKO Peter-2h15:36; (GBR won Team event 6h25:14); **M75:** 2-666-SHILLABEER Edmund-2h21:29;

10 Km Road Walk

W55: 5-538-BISHOP Fiona Jane-1h12:56; 6-576-FARROW Linda-1h19:03; -

Decathlon & Heptathlon

M35: 3-582-FORDHAM Gavin-5943 (12.26 (-0.4) / 631-6.11 (-0.7) / 652-11.29 / 588-1.82 / 679-55.01 (-0.4) / 677-16.54 (1.2) / 691-33.14 / 536-4.00 / 634-42.69 / 489-5:39.74 / 366); 7-651-PRITCHARD Ashley-4973 (12.64 (-0.4) / 560-5.45 (1.2) / 506-9.83 / 497-1.67 / 552-1:02.20 (-1.3) / 411-17.20 (1.2) / 621-34.55 / 564-3.10 / 393-41.15 / 466-5:32.19 / 403); 8-639-NICHOLLS Clint-4619 (12.79 (-0.4) / 532-5.54 (0.4) / 525-10.01 / 508-1.70 / 577-1:00.78 (-0.4) / 459-17.30 (1.3) / 611-27.67 / 426-2.60 / 273-34.84 / 374-5:46.77 / 334); **M45:** 5-627-MCKENZIE Eddie-4597- (13.42 (0.2) / 562-4.59 (0.6) / 441-10.14 / 618-1.40 / 419-1:03.59 (0.1) / 499-21.21 (0.9) / 397-30.45 / 597-2.70 / 379-35.49 / 465-6:46.79 / 220); **M50:** 8-590-GLASGOW Derek-4691 (13.17 (0.2) / 681-4.68 (0.7) / 531-8.77 / 502-1.46 / 536-1:01.21 (-0.6) / 657-19.39 (1.0) / 465-NM / 0-2.30 / 314-28.82 / 376-5:30.12 / 629); **M55:** 2-670-SLAUGHTER Brian-6780 (13.38 (0.9) / 721-5.26 (-0.7) / 790-10.01 / 650-1.46 / 619-1:00.49 (-0.3) / 763-17.51 (0.0) / 715-32.19 / 579-3.00 / 603-36.00 / 561-5:17.63 / 779); **W50:** 3-552-CLARKE Gaye-4074- (14.05 (1.4) / 788-1.37 / 818-7.37 / 483-30.59 (0.0) / 764-3.66 (0.3) / 448-17.60 / 347-3:19.39 / 426-); **W55:**

3-530-BARKER Hazel-3524- (16.52 (1.4) / 642-1.28 / 806-8.55 / 642-36.72 (0.0) / 459-3.41 (0.8) / 446-19.79 / 451-4:26.75 / 78);

Throwing Pentathlon

M45: 6-627-MCKENZIE Eddie-2403- (27.36 / 413-9.82 / 594-27.92 / 537-34.70 / 452-7.87 / 407); **M50:** 1-695-WHYTE Stephen-4357- (59.21 / 1015-15.22 / 964-49.66 / 886-35.00 / 485-18.80 / 1007-); **W35:** 2-606-JENKINS Andrea-3366- (44.51 / 903-10.00 / 553-38.70 / 657-26.93 / 450-13.77 / 803-); **W40:** 3-612-LAWRENCE Sue-2812- (35.32 / 745-10.07 / 606-25.41 / 431-26.50 / 484-9.18 / 546-);

MEDAL TABLE:

- 1- GERMANY-120G-91S-82B-293
- 2- GREAT BRITAIN & N. IRELAND-66-53-38-157
- 3- ITALY-42-41-32-115
- 4- FINLAND-36-31-21-88
- 5- RUSSIA-35-53-50-138
- 6- SPAIN-21-23-18-62
- 7- FRANCE-19-15-21-55
- 8- PORTUGAL-18-6-6-30
- 9- DENMARK-16-11-3-30
- 10- AUSTRIA-15-6-5-26

BMAF MULTI-EVENTS & 10000 METRES WALKS / RUNS BIRMINGHAM ALEXANDER STADIUM SEPTEMBER 20/21st. Words: Brian Owen. Pictures: Tom Phillips

Two great days of mixed weather brought the 2014 Track and Field season to a close, and Maurice Doogan's bold move to Alexander Stadium for this event was an unqualified success.

The Saturday covered the first five events in the Decathlon, first four events in the Heptathlon and all five events in the Throws Pentathlon, all were completed within the programmed time. This being due to the extensive additional Throws facilities available at this venue, there was it is true to say plenty of available time on track to promote additional events, which had been planned but unfortunately the support was not there.

We shall try again and hope that entries will be viable in 2015, after all who wants to see an empty Stadium. The Sunday saw the final five events in the Decathlon, final three events in the Heptathlon, and the 10,000 run and Walk.

In the Decathlon John McDermott (M70) of Ireland set a new Irish Record of 6,988 points. Mark Roberts M45 scored a massive 6,586 points to win that age group. John Ross was close to setting a new M70 best, however, a heavy fall in the second day's Hurdles put paid to that, he still finished with a first class score of 6,183 points.

In the M60's Ian Reeve scored 5,972 points, just missing the 6,000 points by just eight points. Ian Paget won the M40's with 5,549, Ken Moncrieff won the M55's with 5,508, and Derek Glasgow won the M50's with 5,349, Kristain Lundby was the M65 victor with 5,263 and Ashley Pritchard won the M35 group with 4,954.

The Heptathlon saw a best performance by Danae Herron of Ireland with 4,185 in the W55, whilst Sally Hine scored 4,054 in the W60 event. Amanda Wale was just eleven points shy

of 4,000 in the W40. Melanie Garland W50, Monica Brown and Pat Oakes all scored over 3,000 points in their events. Tayna Daniels won the W35 with 2328.



KEVIN MURCH
not only won the
M55 Throws
Pentathlon, but
also set a M55
Javelin Record
with 55.10.

British Records came in the M65 Throws Pentathlon for Neil Griffin with 4,193 points, and Ian Miller in the M80 event with 4,019 points. Another British Record was achieved by Kevin Murch in the Javelin element of the M55 event, Kevin punctuated his winning points total of 3,541, with a massive 55.10 Javelin effort.

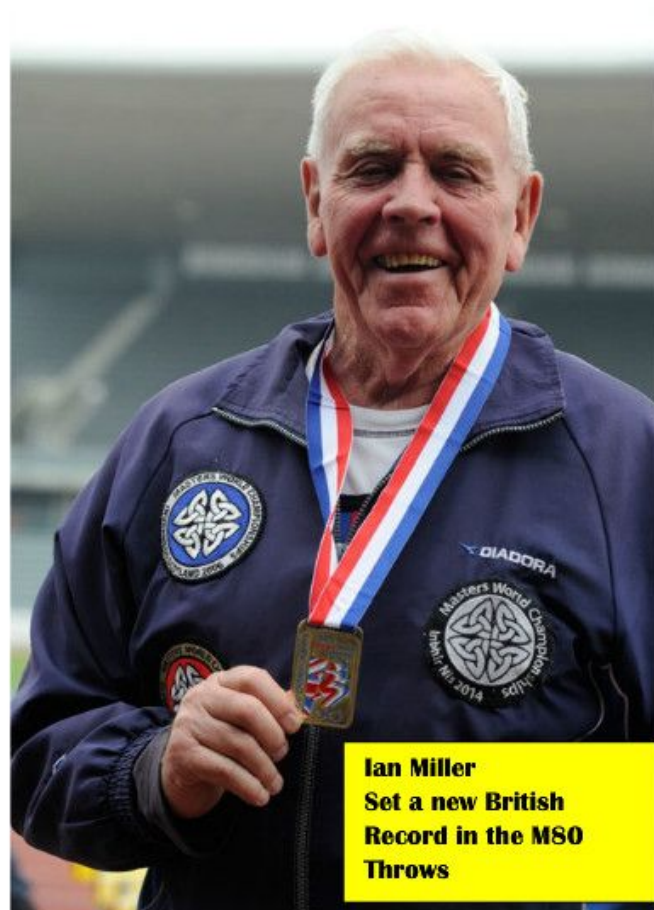
Dave Burrell scored 3,981 points to win the M50 events, Steve Timmins 3,163 in the M35, David Kuester 3,150 in the M70 and John Wild 3,042 to win the M60 event.

John Twiddle scored 2,974 points to win the M45 group and Rick Housley 1,914 to take the M35 group.

Liz Sissons was the highest scorer in the Women's Throws Pentathlon with 3,794 points in the W70's. Debbie Much matched her husband's performance in taking the W55 group with 3,339 points in the W55's. Andrea Jenkins won the W35's with 3313, Julie Wilson accumulated 3012 in the W50, event.

Janet Smith was the victor in the W45's with 3108 pts, whilst Sue Lawrence totalled 2955 pts in the W40's. Barbara Terry scored 2828 in the W65's, Sue Dassie 2533 in the W60's and Barbara Dunsford 1728 points in the W75's.

The 10,000 metres were held on the Sunday. Claire Thompson W35 was the overall Women's winner with 40:15.88, W45 winner Rosemary Terrible ran her close with 40:33.26, third came Steph Spencer W40 in 41:13.78. Gail Duckworth was in good form with a fourth place finish in 41:31.76.



Ian Miller
Set a new British
Record in the M80
Throws

In the M40/45 event Mark Couldwell M40 was fastest with 32:02.89, second was Nick Jones M40 with 32:19.83 and John Scott M45 third with 33:04.98.

In the over 50 group Simon Wright was fastest with 34:29.63, over 55 Andy Wetherill was second with 35:33.37 and over 55 Michael Bridgeland third with 35:51.47.

The over 60 group saw Dave Cox home in 36:51.06, Dave Oxland finish second in 37:56.84 and Chris Mason finished in third with 39:42.38. Martin Ford M70 had a great run to take fourth place with 40:55.18.

In the Walk Steve Allen was the fastest with 56:46.60, and Noel Blatchford W65 the fastest Woman in 1h: 07:07.65.

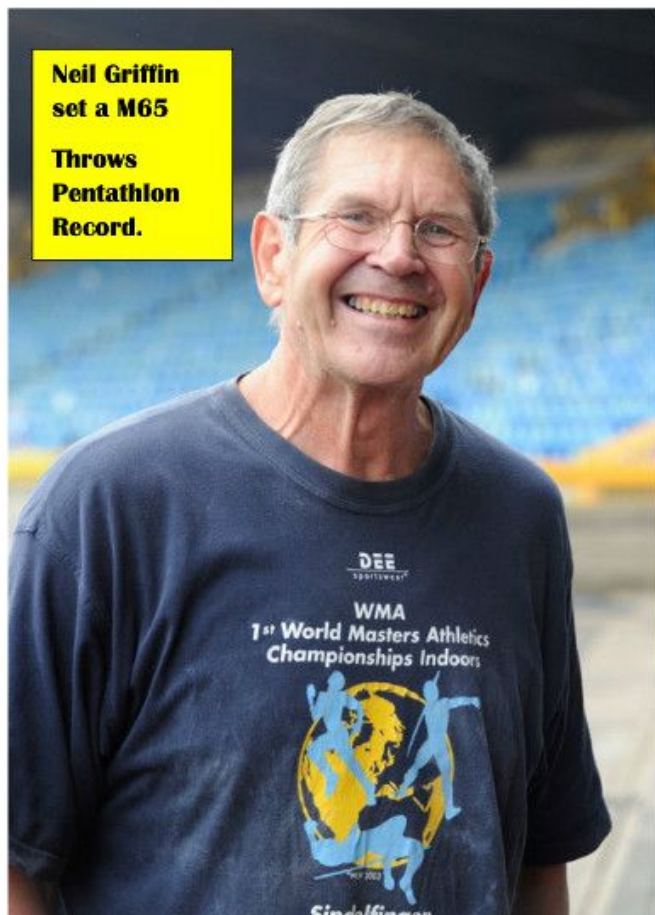
It was nice to see Combined Events Guru Ian Thomas over the weekend. Ian has moved away from compiling the results of our meetings having retired. It was great to hear that he will continue to compile the Combined Events ranking as he has successfully done for many years, following an overwhelming request by the Competitors for him to continue the doing so!

10000:

W35: 1-Thompson, Claire-SVHC-40:15.88; 2-Lathwell, Christine-EVAC-41:43.49; **W40:** Spencer, Steph-MMAC-41:13.78; **W45:** Terrible, Rosemary-SWVAC 40:33.26; **W50:** Dennison, Andrea-NVAC 45:46.48; **W55:** 1-Duckworth, Gail-EVAC-41:31.76; 2-Farmer, Diane-SCVAC-44:54.82; **W60:** 1-Statham, Maggie-VAC-43:48.51; 2-Kilkenny, Christine-MMAC-44:18.33; **W65:** Moody, Margaret-VAC-45:22.24; **W70:** Johnson, June-MMAC-51:25.55; **M35:** 1-Nelson, Stuart-EVAC-33:12.76; 2-Millward, Stephen-MMAC-33:26.02; 3-Prady, Robert-EVAC-36:30.35; **M40:** 1-Couldwell, Mark-MMAC-32:02.89; 2-Jones, Nick NVAC-32:19.83; 3-Thomas, Justin-SWVAC-33:58.89; 4-White, Robert-NVAC-34:27.01; **M45:** 1-Scott, John-SWVAC-33:04.98; 2-Hollinshead, Christopher-MMAC-33:50.73; 3-Tomlinson, Richard-VAC-33:58.05; 4-Beecham,

Neil Griffin
set a M65

Throws
Pentathlon
Record.



Christopher-VAC-34:19.34; 5-Johnston, Ian-VAC-34:31.54; 6-Rashid, Sammy-NVAC-34:59.92;
M50: 1-Wright, Simon-NVAC-34:20.63; 2-Cross, Philip-VAC-38:01.61; 3-Murdoch, Steve-NVAC-38:08.83; 4-Down, Malcolm-EVAC-38:29.48; 5-Egan, Terry-MMAC-41:08.02; **M55:** 1-Wetherill, Andrew-MMAC-35:33.37; 2-Bridgeland, Michael-EVAC-35:51.47; 3-Drage, Richard-SWVAC-36:56.45; 4-Bowker, David-SCVAC-40:46.95; 5-Wright, Ian-WMAA-42:24.20; 6-Kelly, Michael-EVAC-42:31.83; **M60:** 1-Cox, David-36:51.06; 2-Oxland, David-MMAC-37:56.84; 3-Proffitt, David-WMAA-42:39.75; 4-Snow, Ian-SWVAC-44:53.65; **M65:** 1-Mason, Christopher-MMAC-39:42.38; 2-Wright, Paul-SWVAC-41:35.07; 3-Casey, Mick-NVAC-41:37.21; 4-Lloyd, Adrian-MMAC-46:12.18; **M70:** 1-Ford, Martin-MMAC-40:55.74; 2-Orme, Gordon-WMAA-41:37.10; 3-Giles, Peter-VAC-41:55.50; 4-Brackstone, Tony-SCVAC-43:59.15; 5-Horton, John-SWVAC-44:59.18; **M75:** 1-Gibbs, Fred-NVAC-45:01.33; 2-Simpson, Edmond-VAC-51:14.91;

10000W:

W45: 1-Shama, Naomi-SCVAC-1h:14:16.60; 2-Campbell, Sandra-VAC-1h:20:47.71; **W50:** Martin, Angela-SCVAC-1h:13:15.90; **W65:** Blatchford, Noel-SCVAC-1h:07:07.65; **M55:** 1-Allen, Steve-SCVAC-56:46.60; 2-Martin, Malcolm-SCVAC-57:14.72; **M65:** Boszko, Peter-MMAC-59:25.51; **M70:** Bobbett, Ken-WMAA-1h:03:22.96;

DECATHLON:

M35: 1 Pritchard, Ashley NVAC 4954 (12.61/0.0, 5.35m/0.0, 9.11m, 1.60m, 60.49, 17.12/2.0, 34.32m, 3.20m, 40.64m, 5:27.86); 2 Mayfield, Peter SCVAC 4358 (12.54/0.0, 5.37m/0.0, 10.65m, 1.48m, 61.53, 21.60/2.0, 36.43m, 3.20m, 41.00m, 6:25.86); 3 Lay, Graham Open 2132 (14.18/0.0, 4.24m/1.1, 11.58m, NH, 79.32, 38.36/2.0, 26.57m, 1.80m, 36.60m, 8:38.80); **M40:** 1 Paget, Ian SVHC 5549 (12.54/0.0, 6.00m/0.0, 10.97m, 1.64m, 61.34, 18.52/2.0, 32.68m, 3.20m, 37.42m, 5:34.19); 2 Clissold, Darren SWVAC 4660 (13.45/0.0, 5.08m/0.0, 8.35m, 1.67m, 59.81, 21.13/1.4, 24.42m, 3.10m, 26.96m, 5:03.35); 3 Byrne, Kevin IRL 4627 (12.83/0.0, 5.23m/0.0, 7.49m, 1.67m, 60.23, 19.14/2.0, 21.83m, 2.90m, 28.02m, 5:36.04); 4 Robinson, Phil NVAC 4478 (13.70/0.5, 5.25m/0.0, 9.17m, 1.52m, 62.19, 21.17/1.4, 28.49m, 2.70m, 34.71m, 5:25.65); 5 England, Andrew NVAC 4095 (12.78/0.9, 5.12m/0.0, 10.14m, 1.70m, 66.97, 20.22/2.0, 24.00m, 2.50m, 34.51m, DNF); 6 Ness, Anthony Open 3887 (12.78/0.5, 4.88m/0.0, 7.49m, 1.58m, 57.27, 20.57/2.0, 14.61m, 1.90m, ND, 5:14.02); 7 Ness, Chris VAC 3721 (13.83/0.0, 4.64m/0.0, 6.91m, 1.58m, 60.11, 21.14/1.4, 11.30m, 1.40m, 26.09m, 4:51.09); 8 Carter, Shaun NVAC 3156 (14.72/0.5, 4.79m/o.o, 7.87m, 1.58m, 70.33, 22.84/1.4, 24.24m, 2.00m, 30.13m, 6:51.24); 9 Kitchen, Nathan SWVAC 3039 (14.50/0.5, 3.90m/0.4, 8.42m, 1.46m, 65.91, 23.82/1.4, 19.59m, 1.40m, 25.41m, 5:34.48);

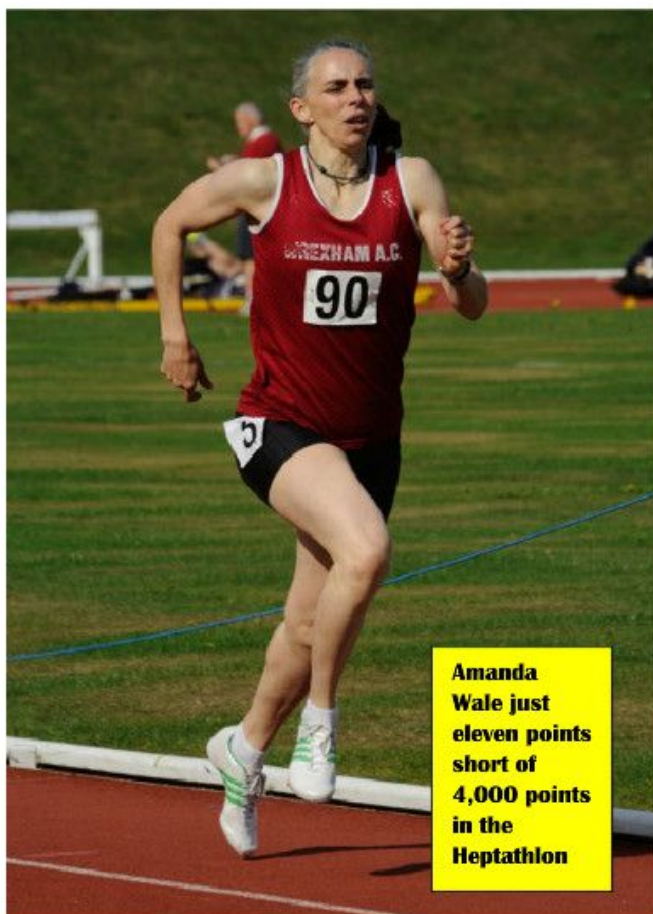
10 Saunders, Ed MMAC 2752 (14.24/0.5, 4.41m/0.4, 6.34m, 1.22m, 73.36, 22.93/1.4, 17.22m, 2.40m, 32.11m, 6:25.91); 11 Ciolli, Gianni SCVAC 2329 (14.31/0.5, 4.12m/0.3, 7.50m, 1.34m, 79.13, 24.00/1.4, 18.58m, 2.10m, 19.28m, 7:03.93); **M45:** 1 Roberts, Mark SCVAC 6586 (12.84/0.4, 5.68m/2.0, 10.49m, 1.63m, 59.00, 16.85/0.6, 31.55m, 3.60m, 43.54m, 5:20.67); 2 Juffkins, Marc Open 4285 (13.78/0.4, 4.59m/0.6, 7.12m, 1.48m, 64.48, 22.70/-0.6, 23.18m, 2.20m, 35.06m, 5:27.51); 3 Timmings, Craig VAC 4121 (13.15/0.4, 5.19m/0.7, 8.01m, 1.57m, 63.00, 21.18/-0.6, 16.24m, NH, 23.29m, 5:49.89); 4 Butler, Geoffrey SCVAC 4096 (14.14/0.4, 4.53m/0.0, 7.92m, 1.57m, 65.95, 21.89/-0.6, 21.80m, 2.20m, 24.84m, 5:39.22); 5 Marotta, Giancarlo ITA 3262 (14.50/0.4, 3.85m/0.0, 7.90m, NH, 74.80, 21.87/0.6, 29.72m, 2.80m, 24.23m, 6:16.20); DNF McKenzie, Eddie NIMA (13.39/0.4, 4.35m/0.0, 10.36m, 1.36m, DNF, DNF, 27.84m, DNS); **M50:** 1 Glasgow, Derek SVHC 5349 (13.08/0.0, 4.73m/0.0, 8.17m, 1.49m, 60.14, 18.99/0.1, 25.94m, 2.70m, 31.73m, 5:31.54); 2 Walker, Nicholas SWVAC 5016 (13.69/0.0, 4.86m/1.1, 10.23m, 1.31m, 70.39, 18.24/0.1, 32.71m, 3.20m, 37.44m, 6:56.19); 3 Smerdon, Andy Open 4649 (13.16/0.0, 4.66m/0.0, 7.32m, 1.40m, 62.65, 19.86/0.1, 22.00m, 2.20m, 30.37m, 5:51.04); 4 Crompton, Mark NVAC 4364 (14.11/0.0, 3.75m/0.0, 9.54m, 1.52m, 71.47, 21.34/0.1, 31.48m, 2.80m, 33.56m, 6:38.76); 5 Easey, Alan VAC 4281 (14.00/0.0, 4.49m/0.0, 7.74m, 1.19m, 70.02, 18.14/0.1, 24.57m, 2.90m, 23.81m, 6:12.35); DNF Powell, Keith WMAA 993 (13.40/0.0, 3.95m/0.0); DNF Ley, Peter VAC 470 (14.43/0.0); DNF Cowell, Ian NEMA (13.46/o.o, 4.85m/0.6, 8.38m, 1.46m, 65.18, 20.67/0.1, 21.80m, DNS); **M55:** 1 Moncrieff, Ken SVHC 5508 (13.57/0.0, 4.67m/0.8, 9.48m, 1.43m, 66.47, 18.42/0.1, 28.45m, 2.50m, 28.41m, 6:12.36); 2 Jordan, Ian SWVAC 3085 (15.75/0.0, 4.24m/0.1, 7.19m, 1.31m, 1:22.51, 22.99/0.1, 22.62m, 1.40m, 21.67m, 7:40.86); **M60:** 1 Reeve, Ian EVAC 5972 (14.12/0.0, 4.46m/0.0, 9.26m, 1.42m, 64.43, 17.80/0.9, 31.30m, 2.20m, 27.87m, 6:02.13); 2 Essex, Adrian SCVAC 5394 (13.53/0.0, 4.19m/0.0, 7.70m, 1.36m, 65.32, 19.41/0.9, 24.14m, 2.00m, 27.85m, 6:05.73); 3 Blackwell, Frank OPEN 4997 (14.53/0.0, 4.12m/0.0, 8.30m, 1.30m, 69.08, 19.26/0.0, 28.26m, 2.10m, 26.71m, 6:44.52); 4 Gibbs, Barry Open 3847 (15.37/0.0, 3.85m/0.0, 8.03m, 1.21m, 78.52, 23.69/0.0, 22.70m, 1.60m, 31.38m, 6:57.86 **M65:** 1 Lundby, Kristian MMAC 5263 (15.27/0.0, 4.15m/0.0, 8.73m, 1.24m, 73.75, 23.97/0.9, 33.83m, 2.10m, 30.62m, 6:59.06); DNF Charlton, John NVAC 3455 (14.15/0.0, 4.72m/-0.3, 9.82m, 1.21m, 68.98); **M70:** 1 Mac Dermott, John IRE 6988 (**IRISH RECORD**) (14.11/0.0, 4.18m/?0.0, 8.91m, 1.21m, 66.86, 14.45/0.5, 26.14m, 2.20m, 28.39m, 6:11.72); 2 Haines, David SCVAC 5129 (16.51/0.0, 3.56m/0.0, 8.46m, 1.21m, 77.40, 20.09/0.5, 23.86m, 2.20m, 23.04m, 6:41.96); 3 Loten, Brian SWVAC 4404 (17.36/0.0, 3.33m/1.0, 7.94m, 1.09m, 1:29.62, 19.08/0.5, 27.58m, 2.10m, 26.22m, 7:52.67); **M75:** Ross, John SVHC 6183 (15.14/0.0, 3.82m/1.0, 8.00m, 1.12m, 72.48, 22.70/0.5, 23.49m, 1.70m, 29.31m, 6:43.81);

HEPTATHLON:



Sally Hine
& Fiona
Argent

W35: 1 Daniels, Tanya EVAC 2328 (21.47/0.0, 1.36m, 6.66m, 30.26/1.4, 3.91m/0.7, 15.00m, 3:24.26); 2 Henry, Maria SCVAC 1094 (22.42/0.0, 1.33m, 7.40m 33.65/1.4, 3.64m/0.0, 19.00m, DNF); **W40:** Wale, Amanda WMAA 3989 (13.47/0.0, 1.33m, 8.50m, 30.02/1.4, 4.26m/1.3, 27.19m, 2:46.34); **W45:** Brown, Monica EVAC 3158 (16.53/0.0, 1.27m, 5.84m, 31.23/1.4, 4.10m/1.0, 17.99m, 3:27.62); **W50:** Garland, Melanie MMAC 3557 (17.56/0.0, 1.33m, 7.53m, 31.59/1.4, 4.08m/1.7, 16.11m, 3:30.88); **W55:** 1 Herron, Danae IRL 4185 (17.24/0.0, 1.21m, 8.10m, 34.03/0.3, 3.80m/0.2, 23.68m, 3:13.13); 2 Butcher, Penny EVAC 3846 (16.52/0.0, 1.24m, 5.91m, 35.94/0.3, 3.77m/0.0, 15.49m, 3:04.78); **W60:** 1 Hine, Sally MMAC 4054 (15.73/0.0, 1.15m, 6.13m, 33.64/0.3, 3.50m/1.0, 11.90m, 3:30.70); 2 Argent, Fiona VAC 3360 (17.83/0.0, 1.06m, 5.92m, 34.80/0.3, 3.01m/0.4, 11.23m, 3:32.73); **W65:** Oakes, Patricia SCVAC 3050 (19.37/0.0, 1.09m, 6.02m, 43.37/0.3, 2.94m/0.0, 14.02m, 4:57.67);



Amanda Wale just eleven points short of 4,000 points in the Heptathlon

THROWS PENTATHLON:

M35: 1 Timmins, Stephen SCVAC 3163 (48.16m, 13.07m, 37.68m, 39.55m, 14.46m); 2 Newton, Gary SCVAC 2822 (32.25m, 12.92m, 37.59m, 44.78m, 12.07m); 3 Thomas, Darren NVAC 2448 (36.97m, 11.16m, 29.40m, 37.78m, 10.81m); 4 Thurgood, Stuart EVAC 2060 (52.18m, 11.80m, 33.84m, 19.10m); **M40:** 1 Housley, Ricky NVAC 1914 (28.17m, 9.48m, 24.61m, 21.06m, 8.47m); **M45:** 1 Twiddle, John NVAC 2974 (37.86m, 11.16m, 33.10m, 27.85m, 11.67m); 2 Brown, Dave NVAC 2746 (27.62m, 10.27m, 31.07m, 38.34m, 10.40m); 3 McKenzie, Eddie NIMA 2448 (29.64m, 9.88m, 27.41m, 32.04m, 8.68m); **M50:** 1 Burrell, David EVAC 3981 (48.80m, 12.73m, 43.57m, 43.44m, 18.59m); 2 Tipping, Anthony VAC 3417 (44.72m, 12.72m, 38.39m, 35.67m, 14.72m); 3 Privett, Chris VAC 3259 (44.14m, 9.39m, 39.04m, 35.49m, 16.07m); **M55:** 1 Murch, Kevin MMAC 3541 (32.83m, 11.04m, 32.92m, 55.10m, **BRITISH RECORD**), 12.92m); 2 Moreland, John MMAC 3483 (39.22m, 11.50m, 45.55m, 24.13m, 14.40m); 3 Cassidy, Martin SCVAC 2625 (35.29m, 9.24m, 29.06m, 21.60m, 11.63m); 4 Burke, Jim EVAC 2244 (26.05m, 8.16m, 26.47m, 22.38m, 10.75m); 5 Martin, Wayne SCVAC 2103 (26.24m, 7.98m, 27.02m, 23.23m, 8.23m); **M60:** 1 Wild, John NEMAA 3042 (36.84m, 9.42m, 35.79m, 30.44m, 13.68m); 2 Scott, Bunt EVAC 2916 (33.22m, 10.01m, 39.68m, 24.30m, 12.82m); 3 Stevens, John SCVAC 2912 (34.53m, 10.94m, 29.26m, 29.67m, 13.00m); 4 Blackwell, John EVAC 2887 (33.14m, 10.02m, 33.72m, 28.36m, 13.11m); 5 Straker, Trevor NEMAA 2554 (25.98m, 10.89m, 30.21m, 27.18m, 10.62m); 6 Needham, Tim EVAC 2373 (28.56m, 7.91m, 34.83m, 18.33m, 11.79m); 7 Small, Mike SWVAC 1815 (37.03m, 10.99m, 27.69m); **M65:** 1 Griffin, Neil SCVAC 4193 (**BRITISH RECORD**) (41.51m, 12.17m, 45.55m, 35.75m, 15.14m); 2 Hawksworth, Barry MMAC 3915 (46.18m, 10.39m, 39.32m, 33.76m, 14.42m); 3 Richards, Anthony VAC 3193 (26.81m, 10.47m, 37.75m, 32.65m, 11.34m); 4 Bourcier-Mayo, Mike SWVAC 3114 (27.88m, 9.70m, 36.35m, 29.28m, 12.47m); 5 Renshaw, Bill MMAC 2862 (28.79m, 9.74m, 35.83m, 21.29m, 11.14m); **M70:** 1 Kuester, David MMAC 3150 (32.08m, 9.55m, 26.91m, 28.39m, 13.14m); 2 Melliush, Christopher SCVAC 2624 (35.11m, 7.54m, 23.90m, 14.44m, 12.72m); **M80:** Miller, Ian EVAC 4019 (**BRITISH RECORD**); (35.44m, 10.88m, 25.41m, 19.55m, 14.44m); **W35:** 1 Jenkins, Andrea EVAC 3313 (46.34m, 9.90m, 38.92m, 22.05m, 13.80m); 2 Thomas, Fiona NVAC 1724 (22.31m, 10.74m, ND, 20.42m, 8.16m); **W40:** Lawrence, Sue SCVAC 2956 (34.10m, 9.75m, 30.41m, 25.61m, 10.71m); **W45:** 1 Smith, Janet SCVAC 3108 (38.33m, 7.64m, 29.73m, 14.84m, 12.76m); 2 O'Sullivan, Priscilla IRL 2977 (35.55m, 7.84m, 26.05m, 18.45m, 11.92m); 3 Bird, Ruth MMAC 2797 (32.70m, 8.25m, 24.30m, 23.10m, 9.42m); 4 Glanton, Maureen IRL 2584 (28.28m, 6.81m, 28.38m, 14.80m, 10.94m); **W50:** 1 Wilson, Julie SCVAC 3012 (37.72m, 9.14m, 27.52m, 19.70m,

10.25m); 2 Llewellyn, Karen WMAA 2704 (30.98m, 9.20m, 23.20m, 17.76m, 9.15m); 3 Dunsford, Wendy EVAC 2357 (29.25m, 8.05m, 21.60m, 11.81m, 8.90m); **W55:** 1 Murch, Deborah MMAC 3339 (32.32m, 9.59m, 23.45m, 22.08m, 10.70m); 2 Wakelam, Julie MMAC 2718 (31.16m, 7.12m, 14.72m, 21.49m, 9.33m); 3 Russell, Brenda EVAC 2409 (28.04m, 6.55m, 19.19m, 10.02m, 9.69m); **W60:** Dassie, Susan SCVAC 2533 (21.36m, 7.31m, 16.07m, 15.03m, 10.21m); **W65:** Terry, Barbara SCVAC 2828 (20.01m, 7.26m, 19.41m, 15.19m, 8.83m); **W70:** Sissons, Elizabeth SCVAC 3794 (22.34m, 8.66m, 17.51m, 20.62m, 10.02m); **W75:** Dunsford, Barbara SCVAC 1728 (13.40m, 4.85m, 9.72m, 6.56m, 5.13m);



Melanie Garland



Ian Reeve



Graham Lay



**Ashley
Pritchard &
Peter Mayfield**

EVAC TRACK & FIELD LEAGUE

First and foremost we need to know if your club is interested in competing in the revised league as soon as possible. We can then plan further for 2015. All it takes is 3 or 4 male &/or female athletes interested in competing to score enough points to be contenders.

If you are a Road Running Club please don't be put off, many road runners over the years have become really enthusiastic about Track & Field, once they have tried it!

The outline format and basic rules of the league are as follow:

- 1) Area divisions with a minimum of 4 teams per division, endeavouring to minimise travelling for clubs. Match costs can be spread between clubs.
- 2) Men's and a women's competition.
- 3) Competition in 3 age bands 35 – 49, 50 – 59 & 60+
- 4) We endeavour to cover all athletic disciplines during the course of the season
- 5) Teams nominal entry fee of £30 a year. All affiliated members of your club, of 35yrs plus, would be eligible to compete on joining EVAC
- 6) Composite teams from more than one club, to form 1 competitive team, will be allowed.
- 7) Each division to have its own co-ordinator to liaise with the League Secretary (to be appointed) to assist with the league organisation and results compilation.

More detailed information is available from myself
peter@peterduhig.plus.com
(or Gaye Clarke gayclarke@hotmail.com) if required.



BRIAN LOTEN

BMAF XC RELAYS 25th October
Words: Mel James.
Pictures: Jeremy Hemming
Venue: DERBY.

Once again a fine day awaited the club teams arriving to contest the 17th BMAF Cross Country Relays. With an overcast morning and despite some heavy overnight rain the superb Derby course looked in perfect condition for the days races.



The first race. Women's age groups, 35+, 45+, 55+ and 65+, with Men 65+.

1st Stage.

The first team home was Charnwood AC's o/35 team, Claire Smith finishing with a 15 metre lead from Staffs Moorland's Kerry Marchant. Dulwich Runners secured their third place by a mere 2 seconds just managing to hold off the fast finishing Bristol & West o/45 team lead by Sarah Everitt. West Suffolk's over 45 team held second spot, with Rotherham's men's over 65 team, led by Mick Masters finishing 2 seconds behind them, to build quite a substantial lead from second place battlers Salford and Oxford City. Bingley Harrier's 55+ and Wymondham AC's 65+ were leading their respective age groups, with Wymondham's Cindy Burgess setting the fastest over 65 stage of the day. (17.37)

2nd Stage.

Some very fine runs on this stage changed the leading order. Bristol & West's over 45's now had a 20 second lead over their younger rivals. Clare Joliffe finishing ahead of new 35+ leaders, Dulwich Runners. Their Ola Balme was closely followed by Sue Atkinson from new 2nd placers, Sheffield RC.



Wolverhampton & Bilston now held 3rd place within the 35+ women's age group. In the battle for second spot in the 45+ women, West Suffolk held just a 2 second lead over Arena 80, but this was over a minute down on the leaders. Rotherham HAC also maintained their healthy o/65 Men's lead.

3rd Stage.

The 35+ Teams showed their prowess on this leg, with Clare Elms bringing Dulwich Runners home for their Gold Medals. Sheffield RC held on to their position for the Silver Medals whilst Heanor RC's Lisa Palmer not only brought them into the Bronze position, but produced the fastest Women's stage of the day. (11.24) Within the 45+ age group, Bristol & West AC safely held on to their lead, to secure their Gold Medals and Arena 80's Julie Briggs, produced the quickest 45+ stage of the day, (11.31) to earn them the Silver medals, with West Suffolk AC receiving the Bronze medals. Rotherham's Bob Tintinger produced the quickest 65+ stage of the day whilst bringing his team home for their Gold's, (12.15) with Oxford City AC and Salford Harriers A in the Silver and Bronze positions. In the W55+ age group, Sue Beconsall ran the quickest stage in that age group (12.54) to bring Bingley HAC safely home for their Gold Medals, with the Silver and Bronzes going to Cannock & Staffs AC and Clayton le Moors Harriers. Wymondham AC made history on the day, as the first over 65 women's team to receive BMAF cross country relay medals.

Race Two. Men's teams 35+ (5 Stages) 45+ (5 Stages) and 55+ (4 Stages)

Stage One.

The leading club on completion of stage one, was Coventry Godiva, thanks to a superb run from Scott Hazel, they had just a 2 second gap over Mansfield H & AC, with Alan Smith keeping them in contention. Charnwood AC's Gary Burnett put them into third position.

MASTERS ATHLETICS CROSS COUNTRY

Salford Harrier's Robert Tudor, not only put their over 45's into first place, but produced the quickest 45+ age group stage of the day. (10.34) Clayton le Moors Harriers and Dulwich Runners were battling for the second and third positions. In the 55+ age group, Oxford City AC produced a 29 second lead from Leamington C&AC, with their Stewart Thorp in fine form. Charnwood AC and Halesowen A&CC were battling it out for the third place.

Stage Two.

On stage two, Coventry Godiva increased their lead over Mansfield Harriers by 21 seconds, with a fine run by Iwan Jones. Staffs Moorland AC was now also in contention, challenging Charnwood for the third place, thanks to their Gareth Briggs.

Salford's over 45's furthered their lead with Phil Leybourne's efforts and Dulwich Runners had also pulled clear of Clayton le Moors, with Tony Tuohy's fine running.

In the 55+ age group, Oxford City AC still had a 35 second lead, but with new second placers Halesowen A&CC pushing Leamington C&AC into third spot. A really quick stage from Salford Harrier's Stan Owen, earned him the fastest 55+ of the day with 11m:48s.



Stage Three.

Mansfield's Mark Johnson stormed into the lead on stage three, also producing the quickest stage of the day with his 10m: 05s, and making up for last year's second fastest disappointment. Coventry Godiva hung on to their now second place, with Halesowen A&CC and Royal Sutton Coldfield battling for the Bronze position, with only one second separating them.

Salford still held their lead in the over 45 age group, but the battle for second spot was intense, as Herne Hill Harrier's Tom Conlon, brought them from fourth to second place. Clayton le Moors had also reclaimed their third place. As with the over 45 age group, the battle for places within the over 55 group was heating up. Oxford City still had just over a minute lead from new second placers, Leamington C&AC, with Charnwood now holding a slender 5 second lead over fast finishing Rotherham AC.

Stage Four. (Final stage for 55+)

Charnwood AC's Mark Couldwell had a storming run to put them into second position, eating into Mansfield's lead, they were now only 15 seconds adrift. There were also two new clubs battling for the third spot, Leicester Coritanians were a mere 3 seconds ahead of Salford Harriers. In the 45+ section Salford Harriers had built up a lead of over 2 minutes from Herne Hill Harriers and Clayton le Moors still held their third position. This was the final stage for the 55+ age group and it was a comfortable win by Oxford City AC with Brian Green bringing them home. Barnet & District AC's David Wilcock brought them from fifth placing to second, to earn them the Silver Medals and Rotherham AC clinched the Bronze medals from unlucky Leamington C &AC, by just 3 seconds.

Stage Five. (Final stage)

Mansfield H &AC held on to their lead from stage four, to receive their Gold medals, but Charnwood AC had reduced it to just 8 seconds in contesting their Silver medal position. Leicester's Mark Powell finished very quickly, the second fastest of the day, to ensure his club of their Bronze medals.

Salford Harriers in the over 45 age group furthered their lead to receive their Gold medals. Herne Hill Harriers and Clayton le Moors AC also held their places to obtain their Silver and Bronze medals.

Although the day was overcast, the weather stayed fine for us. Once again there was some exiting racing on this fine cross country course. On behalf of the BMAF, my utmost thanks are conveyed to Mick Smedley and his Derby AC team for hosting us and the Midland Masters team led by Irene Nicholls for the swift compiling of the results. Thanks also to the officials and helpers on the day.

We hope to return to Derby again next November.

W35: 1 Dulwich Runners AC (Nicola Richmond 12.24, Ola Balme 12.50, Clare Elms 11.39) **36.53**; 2 Sheffield RC (Clare Thompson 12.48, Sue Atkinson 12.29, Deborah Platts Fowler 12.14) **37.31**; 3 Heanor RC (Wendy Rothenbaugh 13.02, Jill Burke 13.14, Lisa Palmer **11.24**) **37.40**; 4 Charnwood AC (Claire Smith 12.04, Elizabeth Hewitt 13.54, Nicola Thompson 13.38) **39.36**; 5 Wolverhampton & Bilston AC (Lucy Cambridge 13.24, Audrey Wilson 12.18, Sue Weatherburn 14.03) **39.45**; 6 Sheffield RC (Helen Pickford 12.49, Deborah Richardson 13.08, Michaela Siu 14.12) **40.09**; 7 Bournville Harriers (Linda Howell 12.54, Sarah Rock 13.42, Suz West 14.23) **40.59**; 8 Long Eaton RC (Lindsay Smith 13.48, Sarah Priestley 14.49, Sharon Orridge 12.23) **41.00**; 9 Staffs Moorlands AC (Kerry Marchant 12.09, Donna Burgess 13.56, Joanne Hackett 15.15) **41.20**; 10 Bournville Harriers (Laura Gale 15.18, Emily Holden 14.23, Emma Hopkins 16.31) **46.12**; 11 East Cheshire H & Tameside AC (Michelle Vaughan 14.12, Andrea Edwards 17.05, Melanie Kay 15.01) **46.18**; 12 Birchfield Harriers (Alison Aberdeen 16.12, Karon Jones 17.27, Mary Ross 16.11) **49.50**; 13 Mansfield H & AC (Amanda Shaw 16.42, Julie Bell 19.08, Eva Williams 14.34) **50.24**; 14 Leamington C & AC (Carol Blower 15.26, Delia Karuana 17.12, Heather Aston 20.03) **52.41**; **W45:** 1 Bristol & West AC (Sarah Everitt 12.26, Clare Jolliffe 12.28, Tracy Allen 13.09) **38.03**; 2 Arena 80 AC (Jenny Hughes 14.21, Caroline Wood 12.44, Julie Briggs **11.31**) **38.36**; 3 West Suffolk AC (Maureen McCarthy 12.41, Celia Duncan 14.22, Christine Anthony 12.44) **39.47**; 4 City of Hull AC (Cheryl Oakshott 13.06, Lucy Khan 14.41, Fiona Robinson 14.00) **41.47**; 5 Dulwich Runners AC (Ros Tabor 14.09, Andrea Pickup 13.12, Clare Wyngard 14.51) **42.12**; 6 Hastings Runners (Riz Maslan 13.04, Helen Brown 15.47, Kim Brown 13.42) **42.33**; 7 East Cheshire H & Tameside AC (Janine Ridgard 13.37, Angela Oldham 14.46, Emma MacQueen 14.35) **42.58**; 8 Clayton le Moors H (Anna Kelly 13.20, Barbara Savage 15.50, Julie Rushton 15.15) **44.25**; 9 Birchfield Harriers (Marion Peak 15.13, Helen Bloomer 15.26, Val Carter 13.53) **44.32**; 10 Bournville Harriers (Jude Glynn 15.31, Linda Goulding 23.59, Lesley Pymm 17.59) **57.29**; **W55:** 1 Bingley H & AC (Mary Green 13.41, Becky Weight 14.14, Sue Beconsall **12.54**) **40.49**; 2 Cannock & Stafford AC (Chris Rollason 15.48, Dot Fellows 14.55, Chris Kilkenny 13.53) **44.36**; 3 Clayton le Moors H (Irene Rocche 14.09, Jean Knightley 15.01, Christine Leathley 19.25) **48.35**; 4 Westbury H (Patricia Gallagher 15.50, Shirley Hume 15.42, Eithne Noonan 17.37) **49.09**; DNF Salford Harriers (Denise Wakefield 16.03); DNF Mansfield H & AC (Denise Winfield 18.38);

MASTERS ATHLETICS CROSS COUNTRY

W65: Wymondham AC (Cindy Burgess 17.37, Anne Martin 18.23, Eva Osborne 19.02) 55.02;



Sue Becconsall

M35: 1 Mansfield H & AC (Alan Smith 10.15, Steve Capewell 11.05, Mark Johnson 10.05, Phil Shaw 11.35, Paul Butcher 10.25) 53.25; 2 Charnwood AC (Gary Burnett 10.19, Michael Kingsbury 11.15, Martin Makin 11.21, Mark Couldwell 10.20, James Douglas 10.18) 53.33; 3 Leicester Coritanians (Gordon Lee 10.32, Rob Sheen 11.17, Andy Robinson 10.51, Gareth Deacon 10.53, Mark Powell 10.08) 53.41; 4 Salford Harriers (John Lloyd 10.48, Phil West 11.14, Dave Hudson 10.49, Glyn Billington 10.45, Rob Hughes 10.38) 54.14; 5 Staffs Moorlands AC (Jason Burgess 10.46, Gareth Briggs 10.47, Craig Jeffrey 11.08, Robin Hope 11.26, James Wood 10.48) 54.55; 6 Royal Sutton Coldfield AC (Simon Corker 11.27, Rob Andrew 10.50, Nick Corker 10.11, Paul Terleski 11.21, Frederic Tremblay 11.20) 55.09; 7 Halesowen A & CC (Tom Kenderdine 10.47, Nick Hazelwood 11.07, Marc Turner 10.33, Alex Morgan 11.59, William Nock 11.06) 55.32; 8 Coventry Godiva H (Scott Hazel 10.12, Iwan Jones 10.47, Jason Brotherhood 11.16, Simon Clarke 12.26, Joseph Mulenga 12.03) 56.44; 9 Derby AC (Richard Wilson 10.59, Adam Fozzard 11.17, Richard Jamieson 11.38, Russell Parkin 11.16, Stuart Dunn 11.39) 56.49; 10 Bourneville Harriers (Paul Thompson 10.28, John McKeon 11.40, Sean Rose 11.35, Stuart Pearson 11.25, Paul Gorman 11.53) 57.01; 11 Tipton Harriers (Philip Clamp 10.55, Simon Cooper 11.26, Paul Rogers 11.15, Andy Henderson 12.17, Stuart Male 11.17) 57.10; 12 Sheffield RC (Trevor Neville 11.02, David Crossley 11.34, Joe Fowler 10.38, Gareth Irvine 11.40, Robin Sen 12.36) 57.30; 13 Hearn RC (Tim Robinson 11.15, Paul Mercer 12.06, Anthony Weatherston 12.01, Gary Mellors 11.47, Paul Winfield 12.52) 60.01; 14 Salford Harriers B (Billy McCartney 10.54, Trevor Rayner 13.38, Sean Cordell 12.58, Paul Birkett 11.37, Graham Chesters 12.40) 61.47; 15 Long Eaton RC (Ian Chant 11.52, Alan Mapletorpe 12.19, Philip Abbott 13.28, Robert Allen 12.15, Mark Boardman 12.07) 62.01; 16 Mansfield H & AC B (Gary Morley 11.47, Jonathan Hardy 13.26, Julian Wood 14.52, Gary Whyborn 12.26, Stephen Davies 14.12) 66.43; 17 Long Eaton RC B (Alasdair MacSporran 14.00, John Hay 13.33, Shaun Burton 13.53, Adrian Keen 14.29, Robert Fox 12.08) 68.03; DNF Birchfield Harriers (Michael Morely 10.45, Stephen McCann 13.21, Peter Dimbleby 11.41, Connolly Meaghre 11.24); DNF Redhill RR (Andy Wetherill 10.56); DNF Bourneville Harriers B (Andy

Hall 12.12, Anthony Stewart 13.11, Kevin Pearce 14.45, Barrie Roberts 14.47); DNF Tipton Harriers B (Chris Somerfield 13.17, Bryan Mills 13.06, Alan Grice 13.56); **M45:** 1 Salford Harriers (Robert Tudor 10.34, Phil Leybourne 10.45, Roger Alsop 10.51, Derek Crewe 11.04, David Lockett 10.38) 53.52; 2 Herne Hill H (Victor Maughan 11.14, Edmund Barrow 11.42, Tom Conlon 10.52, Graeme Moyse 11.37, Mike Boyle 11.10) 56.35; 3 Clayton le Moors H (John Roche 10.58, Mark Aspinall 11.24, Ian Greenwood 11.54, Gary Wilkinson 11.34, Paul Shackleton 11.47) 57.37; 4 Dulwich Runners AC (Charles Lound 11.01, Tony Tuohy 10.57, Chris Lorou 12.40, Steve Davies 11.25, Ebehard Prill 11.59) 58.02; 5 Long Eaton RC (Richard Wilkinson 11.57, Patrick Fitzgerald 12.05, Dave Boot 12.09, Timothy Baggs 11.52, Andy Dickenson 11.11) 59.14; DNF Salford Harriers B (Paul Simons 15.59); **M55:** 1 Oxford City AC (Stewart Thorp 12.04, Richard Grant 12.41, Trevor Dixon 12.11, Brian Green 11.58) 48.54; 2 Barnet & District AC (Desmond Michael 13.26, Peter Ellis 12.21, Yitzhak Ben Aroya 13.05, David Wicock 11.55) 50.47; 3 Rotherham AC (Kevin Thomas 13.46, Terry Eastwood 12.13, Peter Shaw 12.42, Peter Neal 12.31) 51.12; 4 Leamington C & AC (David Potter 12.33, Nick Tawney 12.39, Pete Taylor 12.51, Tony Foster 13.12) 51.15; 5 Charnwood AC (Kevin Lomas 12.44, Mark Whitmore 12.42, Stephen Mellors 13.10, Peter Mensley 12.57) 51.33; 6 Salford Harriers (Vin Murphy 14.57, Stan Owen 11.48, Russell Derbyshire 13.14, Mike Wakefield 13.04) 53.03; 7 Leamington C & AC B (Graham Roberts 14.51, Dave Blower 15.18, Noel Butler 14.10, Mick Aston 16.31) 60.50; DNF Dulwich Runners AC (Andrew Murray 13.27, Steve Smythe 13.02 26.29); DNF: Halesowen A & CC (John Hill 12.46, Andy Nock 12.23, Paul Allen 14.04);



BOB TINTINGER LEFT LEADS THIS GROUP IN THE RELAYS

M65: 1 Rotherham Harriers AC (Mick Marsters 12.43, Malcolm Palfreyman 13.17, Bob Tintinger 12.15) 38.15; 2 Oxford City AC (John Exley 13.28, Roy Treadwell 13.09, Dave Parsons 12.52) 39.29; 3 Salford Harriers (Alan Norman 13.27, Roland Bowness 14.21, Stan Curran 13.29) 41.17; 4 Salford Harriers (Dennis Moran 15.41, Tommy Daniels 15.11, Sidney Sacks 16.01) 46.53; DNF Salford Harriers (Robert Towell 16.51);

British & Irish Masters Cross Country International Nottingham on Saturday 22nd November Words: Mel James Pictures: Jeremy Hemming

With the 27th staging of the British and Irish Masters International Cross Country on home soil, the England team was always going to be a force to be reckoned with regarding the team age group competition and they confirmed this notion on the day. They dominated the event, losing only three of the seventeen age group titles contested. This already huge

MASTERS ATHLETICS CROSS COUNTRY

event, was expanded even further this year with two extra age groups introduced, the over 70 women and over 75 men. It is a large step forward in recognising that our members are still competing past retirement age and is an incentive to continue training and competing at International level, within this great pastime of ours.

**Carmell
Parnell
nine
successive
victories!**



On arrival at Wollaton Park, the course looked in surprisingly good shape for the visiting athletes. The water drainage of the venue is superb to be able to cope and dispense with the amount of torrential rainfall received from the previous day. Although the temperature was quite mild for late November the overcast sky always looked as though there could be more showers on their way. Luckily the athletes survived the day's competition without any rain and were greeted with the occasional glimpse of the sun.

The first race of the day contained all the women's age groups and all the men's age groups over 65 years. This was contested over the 6k distance, comprising of three 2k laps.

Once again Claire Martin although wearing a 40+ age category number was showing the rest of the field her intentions, she lead a large group of mainly England vests through the first and second laps to dominate the field and obtain her fifth successive Gold Medal. This was her first as a 40 year old after winning the last four Internationals in the 35+ category. Helen Berry (40+) finished just 9 seconds adrift of Claire, coming in to the team after originally being named as reserve. Only a second separated her from third placer Louise Rudd, leading the over 35 age group. In fact the first six over the finishing line were wearing English vests, only Northern Ireland's Sharon Barlow (35+) prevented an England 1-2-3 in both the 35 and 40 team sections.

Julie Briggs had a fine run in the 45+ age group, Julie's current form showing after obtaining the quickest stage in the recent BMAF X/C relays at Derby, Nicki Nealon and Philippa Taylor ensured England of another 1-2-3.

England's dependable Claire Elms, on her debut as a 50 year old, managed to hold off Scotland's Fiona Matheson by just 5 seconds. This was no mean feat, as Fiona had successfully obtained gold medals in this age group at the last three Internationals. Fiona's second place prevented England from obtaining another clean sweep of 1-2-3 places.



**Claire
Martin
Winner for
the last five
years. The
Race One
winner.**

The amazing Carmel Parnell comfortably won the 55+ section for Ireland. The description "amazing" is apt for Carmel, as she has created history being the first athlete to win any age group over the five consecutive years. Watch out for her next year in the 60+. Lucy Brennen obtained Silver to assist Ireland to their deserved Gold team medals, with Ann Nixon of Wales the individual Bronze making it a Celtic 1-2-3.

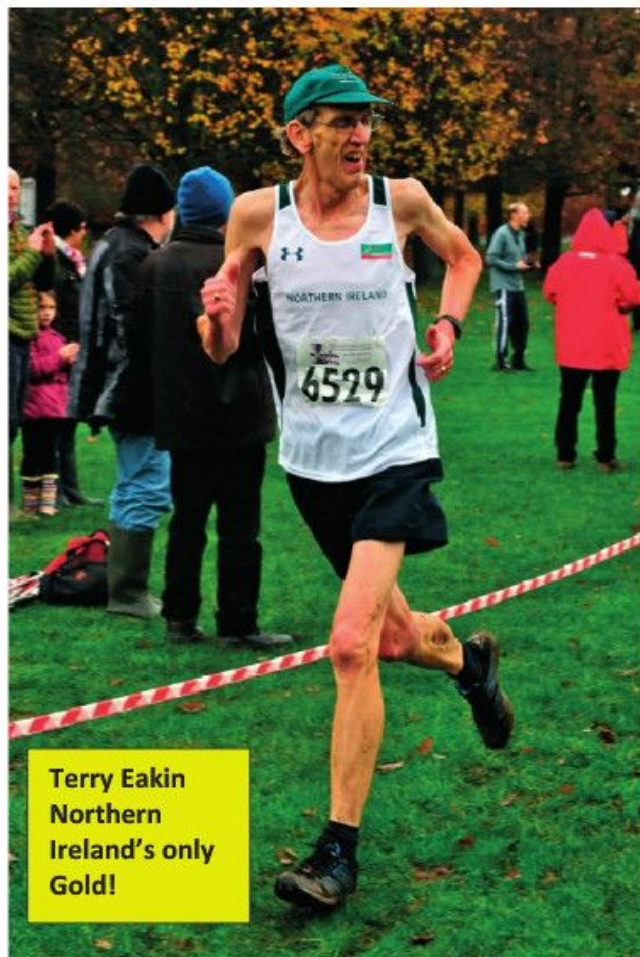
England went back to their dominance within the 60+ section. Marion Heskith held off the challenge of team-mate Maggie Statham, by a mere four seconds, with England obtaining the first four places in the age group.

Angela Copson remarkably obtained her seventh gold medal, this was her third consecutive 65+ title, previously winning the last four as a 60+. Ros Tabor in second place rounded off, probably her finest season, to assist England with another 1-2-3 and the team medals.

MASTERS ATHLETICS CROSS COUNTRY

Although England received the team medals within the 70+ section, Scotland's Betty Gilchrist made history as the first winner in this newly inaugurated section. Brigid Quinn's second place was also Northern Ireland's second individual medal; unfortunately, both their represented countries could not form teams within this age group. England's Lesley Bowcott just missed the silver medal by four seconds.

With the introduction of a 75+ age group, there were now three men's age groups contesting the 6k distance within this combined race.



In the youngest age group, the 65+, Terry Eakin was the toast of Northern Ireland, winning their only Gold medal. It was a great win, as this was the probably the most competitive section of the whole event. The next four athletes, just 8 seconds behind, all received the same finishing times and it was left to the officials to decide that last year's winner, Ireland's Martin McEvilly received the Silver with countryman Pat Collins receiving the Bronze. England's Michael Mann was the unfortunate athlete of the quartet. Ireland deservedly receiving the Gold team medals.

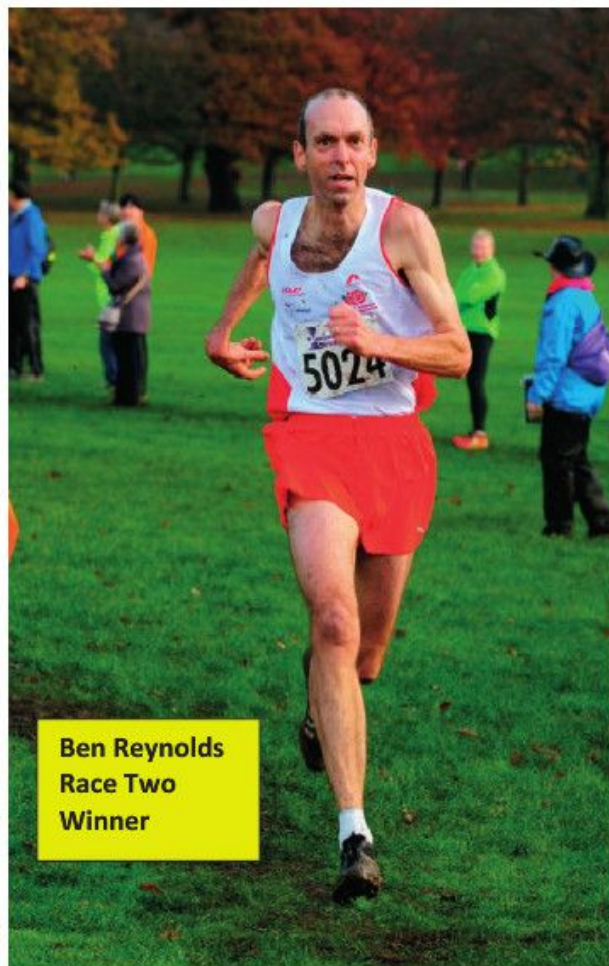
What can you say about England's Martin Ford, this was his third consecutive Gold medal, also winning the 70+ in last year's Cardiff event. He convincingly won his age group, finishing just 2 seconds behind the 65+ quartet. The race for the Silver medals was also very close with Scotland's Robert Young just doing enough to hold off the challenge of fast finishing BMAF X/C winner, Welshman Gordon Orme. With England receiving the Gold team medals.

Fred Gibbs deservedly had the honour of being the first medallist in the new 75+ group, convincingly obtaining his

Gold, with Jim McNamara (Ireland) and Les Nicol (Scotland), second and third respectively. It was a repeat again, with England taking the team medals.

With the extra age groups added to the combined race, (there were 198 finishers), there was inevitably going to be congestion within the finishing funnel. The officials coped with the dilemma and decided to construct a further funnel for the remaining races.

The second race, 4 laps over the 8k distance, was contested by the Men 50+ to 60+ (3 age groups)



At the commencement of lap four Ben Reynolds took his chance and made a decisive move over his England team-mate Guy Bracken, working into a lead of some 15 metres up the hill towards Wollaton Hall with Paul Butcher and Ireland's Mick Byrne in close attendance. Ben Reynolds held on to this lead from the fast finishing Bracken, with only four seconds dividing them at the finish. Paul Butcher also held his third place for an England 1-2-3 with fifth placed scorer, Simon Wright ensuring them of a team Gold.

In the 55+ age group, Rob Atkinson wearing the England vest took Gold for his second successive win in this group, with Ireland's Jim Stafford taking Silver and Welshman Ifan Lloyd the Bronze. With three to score for the team medals, Andrew Wetherill and Richard Drage ensured England of their medals.

The 60+ age group was one of the three age groups that England failed to win. Ireland's Paul Elliott ran a superb race to take his Gold medal, with Frank Hurley of Scotland finishing ahead of his fellow countryman Andy McLinden for their Silver and Bronze medals. Scotland were proud to receive their Gold team medals, for a deserved victory over the "auld enemy"

MASTERS ATHLETICS CROSS COUNTRY

The third race, 4 laps over the 8k distance contested by the Men 35+ to 45+ (3 age groups)



Matt Barnes
Race Three
Winner

On the second lap England's Matt Barnes held a comfortable lead over second and third contenders Mark Ryan (Ireland) and England's Chris Greenwood from the 45+ group. Barnes held his still comfortable lead on the commencement of the final lap with Chris Greenwood now in second position closely followed by Ryan and Scotsman Andy Gilroy. Matt Barnes maintained his lead to win his Gold medal, with Chris Greenwood finishing second to win his Gold medal in the 40+ age group. The fast finishing Scotsman Robert Gilroy was third, gaining his 35+ Silver medal, with Ireland's Mark Ryan receiving the Bronze. The Medal positions were very close with England just edging out Ireland for the 35+ Gold, by just one point.

England's Mark Aldridge and Mark Johnson had a close battle for the 40+ Silver and Bronze Medals, with Aldridge just gaining a two second advantage. Their 1-2-3 put England's 40+ safely into the Medal winning position.

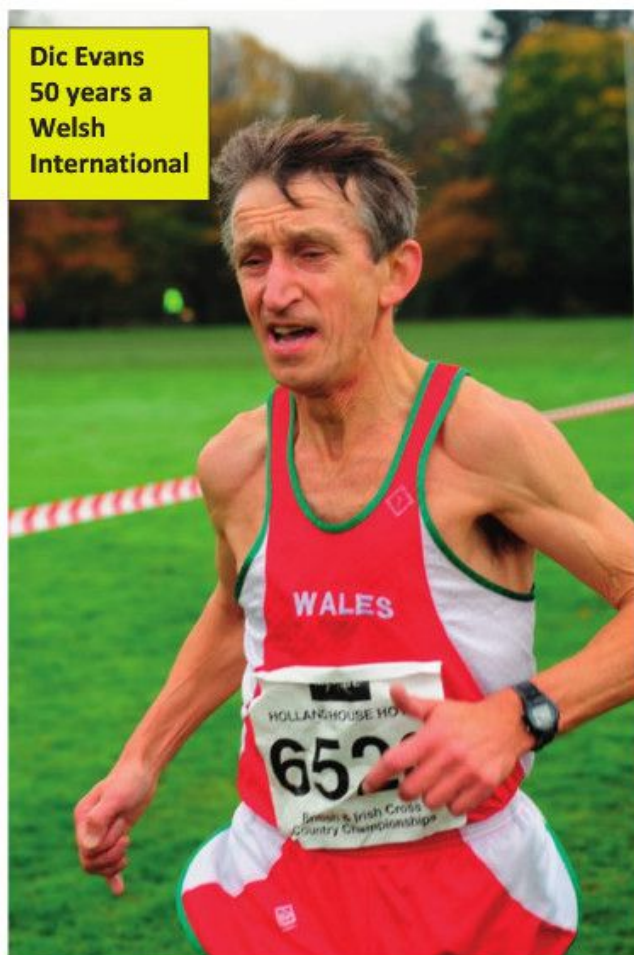
Last year's runaway age group and race winner Tim Hartley repeated his 45+ Gold performances, still managing to finish in 6th place overall. His England teammates, Paul Ward (Silver) and John Scott (Bronze) making it another 1-2-3 for the hosts. David Lockett completed the team scoring for another England Gold.

The final race, the Open, combining the 6k+8k distances, gave the chance for the reserves to compete and compare their times to those of the chosen team members. Men's winner, Mark Powell and Women's winner Eleanor Fowler were amongst the few that did just manage to run quicker times than the selected team members on the day. Proving

that team selection is a very difficult and unenviable role and anything can happen on any given day.

My utmost thanks are conveyed to EAMA, for hosting the event, especially the members of the main committee, Phil Lee, David Lesley, Mick Smedley and Irene Nicholls. It is a huge task for our associations to undertake every five years.

Next year, we will all hopefully meet in Dublin on the 14th November, where we will renew our acquaintances and enjoy the craic.



Dic Evans
50 years a
Welsh
International

Race 1 –

M65: 1 6529 Terry Eakin NIR 23:51; 2 6525 Martin McEvilly ROI 23:59; 3 6526 Pat Collins ROI 23:59; 4 6521 Michael Mann ENG 23:59; 5 6524 Roy Teadwell ENG 24:09; 6 6535 Alex Sutherland SCO 24:23; 7 6540 Sandy Johnstone WAL 24:24; 8 6527 Barry Potts ROI 24:30; 9 6530 Gerry Lynch NIR 24:57; 10 6522 Christopher Mason ENG 25:01; 11 6528 Tom Hunt ROI 25:10; 12 6534 Robert Marshall SCO 25:13; 13 6523 Harry Matthews ENG 25:22; 14 6539 Dic Evans WAL 25:50; 15 6536 Stewart McCrae SCO 26:02; 16 6532 David Seaton NIR 26:11; 17 6538 David Smout WAL 26:29; 18 6537 Paul Allen WAL 26:35; 19 6531 David Nicholson NIR 26:54; 20 6533 Hamish Cameron SCO 38:45; **TEAM:** 1 ROI 13 (2 Martin McEvilly, 3 Pat Collins, 8 Barry Potts 2 ENG 19 (4 Michael Mann, 5 Roy Teadwell, 10 Christopher Mason); 3 N.Ireland 26 (1 Terry Eakin, 9 Gerry Lynch, 16 David Seaton); 4 SCO 33 (6 Alex Sutherland, 12 Robert Marshall, 15 Stewart McCrae); 5 WAL 38 (7 Sandy Johnstone, 14 Dic Evans, 17 David Smout); **M70:** 1 7022 Martin Ford ENG 24:01; 2 7036 Robert Young SCO 25:15; 3 7037 Gordon Orme WAL 25:17; 4 7024 Peter Hall ENG 25:24; 5 7033 Pete Cartwright SCO 25:49; 6 7021 Tony Brackstone ENG 26:13; 7 7023 John Houghton ENG 26:17; 8 7026 Christy McMonagle ROI 26:47; 9 7039 John Gardener WAL 27:35; 10 7025 Terry Mee ROI 27:36; 11 7034 Gibson Fleming SCO 27:37; 12 7038 Peter Moody WAL 27:43; 13 7028 Pat Bonass ROI 27:49; 14 7027 Pat Healy ROI 29:03; 15 7040 Barrie Roberts WAL 29:10; 16 7029 Jim Platt NIR 29:10; 17 7035 Watson Jones SCO 30:00; 18 7030 Michael Gilmore NIR 33:33; **TEAM:** 1 ENG 11 (1 Martin Ford, 4 Peter Hall, 6 Tony Brackstone); 2 SCO 18 (2 Robert Young, 5 Pete Cartwright, 11 Gibson Fleming); 3 WAL 24 (3 Gordon Orme, 9 John Gardener, 12 Peter

MASTERS ATHLETICS CROSS COUNTRY



Moody); 4 ROI 31 (8 Christy McMonagle, 10 Terry Mee, 13 Pat Bonass); **M75:** 1 7523 Fred Gibbs ENG 27:04; 2 7527 Jim McNamara ROI 27:59; 3 7536 Les Nicol SCO 28:21; 4 7522 Tony Berry ENG 28:55; 5 7524 David Spencer ENG 29:54; 6 7534 Walter McCaskey SCO 29:57; 7 7525 Joseph Maguire ROI 30:07; 8 7521 Ian Barnes ENG 30:28; 9 7530 Hugh Young NIR 31:06; 10 7538 Dave Hughes WAL 32:22; 11 7537 Roger Harrison-Jones WAL 32:30; 12 7528 John Fitzsimons ROI 33:11; 13 7535 Bill Murray SCO 33:38; 14 7533 Ian Leggett SCO 34:06; 15 7539 Syd Wheeler WAL 34:39; 16 7540 Mark Tattershall WAL 34:56; 17 7529 Drew Crawford N.Ireland 36:09; 18 7526 Tom Waldron ROI 47:45; **TEAM:** 1 ENG 10 (1 Fred Gibbs, 4 Tony Berry, 5 David Spencer); 2 ROI 21 (2 Jim McNamara, 7 Joseph Maguire, 12 John Fitzsimons); 3 SCO 22 (3 Les Nicol, 6 Walter McCaskey, 13 Bill Murray); 4 WAL 36 (10 Dave Hughes, 11 Roger Harrison Jones, 15 Syd Wheeler); **W35:** 1 3504 Louise Rudd ENG 21:24; 2 3503 Lisa Palmer ENG 21:36; 3 3509 Sharon Barlow NIR 22:02; 4 3506 Paula Grant ROI 22:42; 5 3501 Stephanie Dann ENG 22:55; 6 3512 Marina Campbell NIR 23:05; 7 3517 Claire Beatty WAL 23:07; 8 3502 Clare McManus ENG 23:12; 9 3518 Helen Marshall WAL 23:18; 10 3516 Claire Thompson SCO 23:24; 11 3513 Fiona Dalgleish SCO 23:30; 12 3510 Jennifer Black N.Ireland 23:34; 13 3507 J O'Connell-Urell ROI 23:40; 14 3515 Lindsay McMahon SCO 23:42; 15 3511 Denise Logue N.Ireland 23:49; 16 3514 Claire McArthur SCO 24:04; 17 3519 Lydia Matthews WAL 24:06; 18 3508 Natasha Adams ROI 24:26; **TEAM:** 1 ENG 8 (1 Louise Rudd, 2 Lisa Palmer, 5 Stephanie Dann); 2 N.Ireland 21 (3 Sharon Barlow, 6 Marina Campbell, 12 Jennifer Black); 3 WAL 33 (7 Claire Beatty, 9 Helen Marshall, 17 Lydia Matthews); 4 SCO 35 (10 Claire Thompson, 11 Fiona Dalgleish, 14 Lindsay McMahon); 5 ROI 35 (4 Paula Grant, 13 J O'Connell-Urell, 18 Natasha Adams); **W40:** 1 4003 Claire Martin ENG 21:14; 2 4002 Helen Berry ENG 21:23; 3 4001 Nicola Brookland ENG 21:44; 4 4005 Jackie Carthy ROI 22:09; 5 4006 Sylvia Malone ROI 22:23; 6 4007 Cathy McCourt ROI 22:35; 7 4016 Megan Wright SCO 22:37; 8 4010 Gerri Short N.Ireland 22:50; 9 4018 Emma Crowe WAL 22:54; 10 4004 Sally Morley ENG 22:55; 11 4009 Sonia Knox NIR 22:57; 12 4017 Jo Donnelly WAL 22:58; 13 4015 Gillian Sangster SCO 23:07; 14 4008 Anne Curley ROI 23:16; 15 4013 Lindsey Currie SCO 23:30; 16 4020 Nicola Gething WAL 24:00; 17 4014 Jennifer Forbes SCO 24:07; 18 4012 Geraldine Quigley NIR 24:10; 19 4011 Amanda Perry NIR 24:20; 20 4019 Jane Horler WAL 24:49; **TEAM:** 1 ENG 6 (1 Claire Martin, 2 Helen Berry, 3 Nicola Brookland); 2 ROI 15 (4 Jackie Carthy, 5 Sylvia Malone, 6 Cathy McCourt); 3 SCO 35 (7 Megan Wright, 13 Gillian Sangster, 15 Lindsey Currie); 4 WAL 37 (9 Emma Crowe, 12 Jo Donnelly, 16 Nicola Gething); 5 NIR 37 (8 Gerri Short, 11 Sonia Knox, 18 Geraldine Quigley); **W45:** 1 4501 Julie Briggs ENG 21:51; 2 4503 Nicki Nealon ENG 22:10; 3 4504 Philippa Taylor ENG 22:10; 4 4516 Melissa Wylie SCO 22:33; 5 4502 Elaine Leslie ENG 23:00; 6 4505 Colette Touhy ROI 23:08; 7 4510 Jackie McGinley NIR 23:15; 8 4512 Lisa Finlay NIR 23:17; 9 4518 Helen Davies WAL 23:42; 10 4511 Debbie Matchett NIR 23:52; 11 4520 Clare Phillips WAL 23:58; 12 4514 Mary McCutcheon SCO 24:24; 13 4506 Cathryn Brady ROI 24:37; 14 4508 Maria Dolan ROI 24:43; 15 4509 Lorna Sibbet N.Ireland 24:50; 16 4507 Donna Evans ROI 24:55; 17 4513 Sonia Armitage SCO 25:19; 18 4519 Susan Watson WAL 26:10; 19 4517 Lyndy Eynon WAL 26:32; 20 4515 Barbara Knox SCO 29:45; **TEAM:** 1 ENG 6 (1 Julie Briggs, 2 Nicki Nealon, 3 Philippa Taylor); 2 NIR 25 (7 Jackie McGinley, 8 Lisa Finlay, 10 Debbie Matchett); 3 ROI 33 (6 Colette Touhy, 13 Cathryn Brady, 14 Maria Dolan); 4 SCO 33 (4 Melissa Wylie, 12 Mary McCutcheon, 17 Sonia Armitage); 5 WAL 38 (9 Helen Davies, 11 Clare Phillips, 18 Susan Watson); **W50:** 1 5002 Clare Elms ENG 22:16; 2 5015 Fiona Matheson SCO 22:21; 3 5003 Catherine Newman ENG 22:25; 4 5004 Monica Williamson ENG 23:35; 5 5016 Hilary McGrath SCO 23:45; 6 5001 Maureen McCarthy ENG 23:55; 7 5017 Cath Wheeler WAL 23:56; 8 5009 Helen Stockdale NIR 23:59; 9 5014 Beryl Junnier SCO 24:03; 10 5013 Rhona Anderson SCO 24:23; 11 5010 Ann Terek NIR 24:36; 12 5005 Mary Sweeney ROI 25:36; 13 5018 Emma Collins WAL 25:42; 14 5019 Lisa Cleary WAL 26:23; 15 5020 Susan Davies WAL 26:51; 16 5012 Susanna

Allen NIR 26:54; 17 5011 Linda Petticrew NIR 27:01; 18 5006 Angela McEvoy ROI 27:40; 19 5007 Ann Nichol ROI 28:30; **TEAM:** 1 ENG 8 (1 Clare Elms, 3 Catherine Newman, 4 Monica Williamson); 2 SCO 16 (2 Fiona Matheson, 5 Hilary McGrath, 9 Beryl Junnier); 3 WAL 34 (7 Cath Wheeler, 13 Emma Collins, 14 Lisa Cleary); 4 NIR 35 (8 Helen Stockdale, 11 Ann Terek, 16 Susanna Allen); 5 ROI 49 (12 Mary Sweeney, 18 Angela McEvoy, 19 Ann Nichol); **W55:** 1 5505 Carmell Parnell ROI 23:26; 2 5506 Lucy Brennan ROI 23:47; 3 5517 Ann Nixon WAL 23:55; 4 5503 Jill Harrison ENG 24:25; 5 5509 Ruth Magill NIR 24:36; 6 5507 Pauline Moran ROI 24:44; 7 5501 Penelope Barber ENG 24:48; 8 5513 Isobel Burnett SCO 25:12; 9 5502 Gail Duckworth ENG 25:31; 10 5508 Sheelagh Jones ROI 25:55; 11 5516 Phyllis O'Brien SCO 26:02; 12 5504 Lynne Whitaker ENG 26:13; 13 5518 Dawn Kenwright WAL 26:53; 14 5510 Mary Mackin NIR 27:18; 15 5520 Rosemary Wilson WAL 28:00; 16 5519 Julie Scholey WAL 28:04; 17 5515 Jan Fellowes SCO 28:07; 18 5512 Hazel Imison NIR 28:10; 19 5511 Mabel McFall NIR 31:03; **TEAM:** 1 ROI 9 (1 Carmell Parnell, 2 Lucy Brennan, 6 Pauline Moran); 2 ENG 20 (4 Jill Harrison, 7 Penelope Barber, 9 Gail Duckworth); 3 WAL 31 (3 Ann Nixon, 13 Dawn Kenwright, 15 Rosemary Wilson); 4 SCO 36 (8 Isobel Burnett, 11 Phyllis O'Brien, 17 Jan Fellowes); 5 N.Ireland 37 (5 Ruth Magill, 14 Mary Mackin, 18 Hazel Imison); **W60:** 1 6001 Marian Hesketh ENG 25:53; 2 6004 Maggie Statham ENG 25:57; 3 6002 Ann Marie Jones ENG 26:12; 4 6003 Janice Needham ENG 26:40; 5 6016 Jane Waterhouse SCO 26:58; 6 6013 Liz Bowers SCO 27:11; 7 6005 Carmel Mac Dhomhaill ROI 27:49; 8 5008 Bridget McCabe ROI 27:52; 9 6014 Hazel Bradley SCO 28:03; 10 6007 Una Reilly ROI 28:34; 11 6015 Linden Nicholson SCO 29:12; 12 6019 Yvonne Williams WAL 30:20; 13 6018 Margaret Docking WAL 30:44; 14 6017 Margreth Monk WAL 30:49; 15 6008 Josie Power ROI 33:25; 16 6020 Rebecca Hambrook WAL 33:38; 17 6010 Maureen Oliver NIR 35:08; 18 6009 Eileen Stewart NIR 40:17; **TEAM:** 1 ENG 6 (1 Marian Hesketh, 2 Maggie Statham, 3 Ann(Marie Jones); 2 SCO 20 (5 Jane Waterhouse, 6 Liz Bowers, 9 Hazel Bradley); 3 ROI 25 (7 Carmel Mac Dhomhaill, 8 Bridget McCabe, 10 Una Reilly); 4 WAL 39 (12 Yvonne Williams, 13 Margaret Docking, 14 Margreth Monk); **W65:** 1 6501 Angela Copson ENG 25:45; 2 6504 Ros Tabor ENG 26:21; 3 6503 Margaret Moody ENG 26:51; 4 6505 Margaret Glavey ROI 26:55; 5 6502 Lou Lyness ENG 27:38; 6 6517 Chris Birch WAL 28:24; 7 6506 Roisin Lynch ROI 28:55; 8 6508 Phyllis Browne ROI 29:08; 9 6507 Kathleen O'Brien ROI 29:59; 10 6518 Ann James WAL 30:40; 11 6519 Pat Gallagher WAL 30:43; 12 6520 Shelagh Adkins WAL 31:57; 13 6514 Anne Docherty SCO 32:12; 14 6513 Ann Bath SCO 32:53; 15 6515 Sheila Fleming SCO 34:20; **TEAM:** 1 ENG 6 (1 Angela Copson, 2 Ros Tabor, 3 Margaret Moody); 2 ROI 19 (4 Margaret Glavey, 7 Roisin Lynch, 8 Phyllis Browne); 3 WAL 27 (6 Chris Birch, 10 Ann James, 11 Pat Gallagher); 4 SCO 42 (13 Anne Docherty, 14 Ann Bath, 15 Sheila Fleming); **W70:** 1 7013 Betty Gilchrist SCO 30:49; 2 7009 Brigid Quinn NIR 32:26; 3 7001 Lesley Bowcott ENG 32:30; 4 7018 Carol Farrington WAL 32:44; 5 7003 June Johnson ENG 33:31; 6 7006 Ann Woodlock ROI 33:40; 7 7004 Christine Lee ENG 34:24; 8 7002 Mary Holmes ENG 34:29; 9 7019 Pauline Thomas WAL 34:39; 10 7017 Brenda Jones WAL 34:45; 11 7008 Pam Benson ROI 36:25; 12 7007 Maureen Fitzgerald ROI 37:07; 13 7005 Geraldine Walsh ROI 45:15; **TEAM:** 1 ENG 15 (3 Lesley Bowcott, 5 June Johnson, 7 Christine Lee); 2 WAL 23 (4 Carol Farrington, 9 Pauline Thomas, 10 Brenda Jones); 3 ROI 29 (6 Ann Woodlock, 11 Pam Benson, 12 Maureen Fitzgerald)

Race 2

M50: 1 5024 Ben Reynolds ENG 26:30; 2 5021 Guy Bracken ENG 26:34; 3 5022 Paul Butcher ENG 26:45; 4 5027 Mick Byrne ROI 26:58; 5 5026 Simon Wright ENG 27:10; 6 5028 Pat Malone ROI 27:28; 7 5023 Rob Downs ENG 27:42; 8 5041 Stan Mackenzie SCO 27:52; 9 5025 Keith Smith ENG 27:58; 10 5033 Frank Sharkey NIR 28:02; 11 5044 Chris Upson SCO 28:13; 12 5031 Gerard Maloney ROI 28:15; 13 5032 Brian Kelly ROI 28:20; 14 5029 Paul Cowhie ROI 28:32; 15 5039 Peter Buchanan SCO 28:37; 16 5030 Eddie Newman ROI 28:54; 17 5046 Peter Coles WAL 28:57; 18 5047 Rob Sheen WAL 28:58; 19 5034 Brian McKee NIR 29:03; 20 5048 Roy Whitehouse WAL 29:04; 21 5040 Ted Gourley SCO 29:09; 22 5042 Michael McLoone SCO 29:23; 23 5049 Rob Hunt WAL 29:24; 24 5035 Noel Connor NIR 29:26; 25 5050 Richard Jones WAL 29:34; 26 5043 Neil Robbins SCO 29:48; 27 5045 Peter Osborne WAL 30:21; 28 5038 Liam Keenan NIR 30:32; 29 5036 Dermot Connolly NIR 31:40; 30 5037 Karl Dines NIR 31:58; **TEAM:** 1 ENG 11 (1 Ben Reynolds, 2 Guy Bracken, 3 Paul Butcher, 5 Simon Wright); 2 ROI 35 (4 Mick Byrne, 6 Pat Malone, 12 Gerard Maloney, 13 Brian Kelly); 3 SCO 55 (8 Stan Mackenzie, 11 Chris Upson, 15 Peter Buchanan, 21 Ted Gourley); 4 WAL 78 (17 Peter Coles, 18 Rob Sheen, 20 Roy Whitehouse, 23 Rob Hunt); 5 N.Ireland 81 (10 Frank Sharkey, 19 Brian McKee, 24 Noel Connor, 28 Liam Keenan); **M55:** 1 5521 Robert Atkinson ENG 27:17; 2 5526 Jim Stafford ROI 27:47; 3 5537 Ifan Lloyd WAL 28:04; 4 5524 Andrew Wetherill ENG 28:22; 5 5536 Paul Thompson SCO 28:40; 6 5533 Colin Feechan SCO 28:42; 7 5522 Richard Drage ENG 28:44; 8 5527 Martin McDonald ROI 29:02; 9 5523 Paul Morrison ENG 29:08; 10 5525 Eugene Moynihan

MASTERS ATHLETICS CROSS COUNTRY

ROI 29:14; 11 5530 Laurence Johnston NIR 29:15; 12 5534 Willie Jarvie SCO 29:18; 13 5538 Gordon Jones WAL 29:25; 14 5528 John Collins ROI 29:31; 15 5535 Ian Stewart SCO 29:47; 16 5539 Steve Davies WAL 30:02; 17 5531 Norman Mawhinney NIR 30:15; 18 5529 David Clarke NIR 31:12; 19 5532 John Patience NIR 31:16; 20 5540 Kneath Philpart WAL 31:36; **TEAM:** 1 ENG 12 (1 Robert Atkinson 4 Andrew Wetherill 7 Richard Drage); 2 ROI 20 (2 Jim Stafford 8 Martin McDonald 10 Eugene Moynihan); 3 SCO 23 (5 Paul Thompson 6 Colin Feechan 12 Willie Jarvie); 4 WAL 32 (3 Ian Lloyd 13 Gordon Jones 16 Steve Davies); 5 N.Ireland 46 (11 Laurence Johnston 17 Norman Mawhinney 18 David Clarke); **M60:** 1 6025 Paul Elliott ROI 29:10; 2 6034 Frank Hurley SCO 29:21; 3 6035 Andy McLinden SCO 29:40; 4 6021 David Cox ENG 29:41; 5 6024 Gavin Dalton ENG 29:45; 6 6026 Eamon McEvoy ROI 29:50; 7 6023 David Oxland ENG 29:54; 8 6036 Tony Martin SCO 29:56; 9 6022 Stan Owen ENG 30:54; 10 6037 Elio Lepore WAL 31:02; 11 6040 Mike Warwick WAL 31:22; 12 6033 Doug Cowie SCO 31:27; 13 6039 Kevin Hesketh 3 WAL 31:54; 14 6038 Mike Tabor WAL 32:02; 15 6027 John Todd ROI 32:09; 16 6028 Pat O'Shea ROI 32:24; 17 6031 Malcolm McCausland NIR 32:48; 18 6029 Jim Newberry NIR 32:54; 19 6032 Brian Todd NIR 33:52; **TEAM:** 1 SCO 13 (2 Frank Hurley 3 Andy McLinden 8 Tony Martin); 2 ENG 16 (4 David Cox 5 Gavin Dalton 7 David Oxland); 3 ROI 22 (1 Paul Elliott 6 Eamon McEvoy 15 John Todd); 4 WAL 34 (10 Elio Lepore 11 Mike Warwick 13 Kevin Hesketh); 5 N.Ireland 54 (17 Malcolm McCausland 18 Jim Newberry 19 Brian Todd);

Race 3



M35: 1 3521 Matt Barnes ENG 24:55; 2 3539 Robert Gilroy SCO 25:08; 3 3528 Mark Ryan ROI 25:15; 4 3527 Philip Harty ROI 25:23; 5 3546 Ian Mitchell WAL 25:28; 6 3524 Kevin Jeffress ENG 25:39; 7 3531 John Dunne ROI 25:43; 8 3522 Phil Burden ENG 25:44; 9 3544 Martin Williams SCO 25:44; 10 3523 Luke Humphreys ENG 25:45; 11 3548 Phil Matthews WAL 25:49; 12 3529 Roger Barrett ROI 25:59; 13 3530 Barry Harron ROI 26:07; 14 3532 Brian Murphy ROI 26:29; 15 3533 Anthony Glover NIR 26:40; 16 3525 Start Nelson ENG 26:43; 17 3543 Graeme Murdoch SCO 26:45; 18 3526 Martin Whitehouse ENG 26:54; 19 3540 Andrew Harkins SCO 27:11; 20 3541 Gordon Barrie SCO 27:28; 21 3549 Dean Johnstone WAL 27:34; 22 3550 Ray McFlynn WAL 27:41; 23 3537 Gareth Lyons NIR 28:00; 24 3534 Atkinson Barrie J NIR 28:06; 25 3536 Michael Murphy NIR 28:20; 26 3535 Kevin O'Boyle NIR 28:56; 27 3542 Darran Muir SCO 29:23; 28 3545 Eric Campbell WAL 30:23; 29 3538 Paul Woodman NIR 30:39; 30 3547 Graham Jones WAL 30:51; **TEAM:** 1 ENG 25 (1 Matt Barnes 6 Kevin Jeffress 8 Phil Burden 10 Luke Humphreys); 2 ROI 26 (3 Mark Ryan 4 Philip Harty 7 John Dunne 12 Roger Barrett); 3 SCO 47 (2 Robert Gilroy 9 Martin Williams 17 Graeme Murdoch 19 Andrew Harkins); 4 WAL 59 (5 Ian Mitchell 11 Phil Matthews 21 Dean Johnstone 22 Ray McFlynn); 5 N.Ireland 87 (15 Anthony Glover 23 Gareth Lyons 24 Atkinson Barrie J 25 Michael Murphy); **M40:** 1 4023 Chris Greenwood ENG 25:03; 2 4021 Michael Aldridge ENG 25:35; 3 4025 Mark Johnson ENG 25:37; 4 4033 Stephen Duncan N.Ireland 25:42; 5 4022 Mark Couldwell ENG 26:06; 6 4026 Robert Keal ENG 26:19; 7 4045 Mark Jennings WAL 26:29; 8 4028 Niall Lynch ROI 26:34; 9 4031 Damien Lawless ROI 26:39; 10 4027 Peter O'Sullivan ROI 26:41; 11 4047 Huw Evans WAL 26:44; 12 4030 Pat Byrne ROI 26:48; 13 4024 Richard Harris ENG 26:51; 14 4029 Frank Quinlan 4 ROI 26:53; 15 4049 Paul Halford WAL 27:12; 16 4039 Stephen Allan SCO 27:17; 17 4041 Chris Greenhalgh SCO 27:20; 18 4032 Rob Cross ROI 27:20; 19 4040 Steven Campbell SCO 27:44; 20 4046 Sam Ryall WAL 28:13; 21 4042 Greig Glendinning SCO 28:15; 22 4048 Andrew Hodgson WAL 28:25; 23 4043 Cris Walsh SCO 28:33; 24 4044 Russell Whittington SCO 28:46; 25 4035 Richard Agnew NIR 28:52; 26 4050 Martin Green WAL 29:05; 27 4037 Richard Coey NIR 29:46; 28 4038 Thomas Leitch NIR 29:59; **TEAM:** 1 ENG 11 (1 Chris Greenwood 2 Michael Aldridge 3 Mark Johnson 5 Mark Couldwell); 2 ROI 39 (8 Niall Lynch 9 Damien Lawless 10 Peter O'Sullivan 12 Pat Byrne); 3 WAL 53 (7 Mark Jennings 11 Huw Evans 15 Paul Halford 20 Sam Ryall);

4 SCO 73 (16 Stephen Allan 17 Chris Greenhalgh 19 Steven Campbell 21 Greig Glendinning); 5 N.Ireland 84 (4 Stephen Duncan 25 Richard Agnew 27 Richard Coey); 28 Thomas Leitch); **M45:** 1 4523 Tim Hartley ENG 25:27; 2 4526 Paul Ward ENG 25:38; 3 4524 John Scott ENG 26:01; 4 4527 Mick Traynor ROI 26:38; 5 4528 Des Kennedy ROI 26:58; 6 4533 Philip Tweedie NIR 27:02; 7 4546 Stefan Simms WAL 27:03; 8 4545 Lee Aherne WAL 27:06; 9 4548 Darren Rowlands WAL 27:07; 10 4529 Damien Martin ROI 27:10; 11 4535 Stephen McGory NIR 27:30; 12 4530 Frank Hayes ROI 27:32; 13 4534 Cathal McLaughlin NIR 27:33; 14 4525 David Lockett ENG 27:33; 15 4542 Ian Johnston SCO 27:45; 16 4549 Phil Cook WAL 27:50; 17 4541 David Gardiner SCO 27:54; 18 4547 Mike Pfeiffer WAL 27:56; 19 4521 Lee Bennett ENG 27:56; 20 4536 Nigel McKibbin NIR 27:59; 21 4531 Larry Murphy ROI 28:28; 22 4522 Graham Godden ENG 28:30; 23 4540 Alex Chalmers SCO 28:32; 24 4532 Noel Marum ROI 28:36; 25 4544 Scott Martin SCO 28:48; 26 4539 Paul Carroll SCO 28:49; 27 4543 Kenny Macpherson SCO 29:08; 28 4537 Bill Duncan NIR 29:50; 29 4550 Gary Blackwell WAL 29:52; 30 4538 Mark Waller NIR 30:04; **TEAM:** 1 ENG 20 (1 Tim Hartley 2 Paul Ward 3 John Scott 14 David Lockett); 2 ROI 31 (4 Mick Traynor 5 Des Kennedy 10 Damien Martin 12 Frank Hayes); 3 WAL 40 (7 Stefan Simms 8 Lee Aherne 9 Darren Rowlands 16 Phil Cook); 4 N.Ireland 50 (6 Philip Tweedie 11 Stephen McGory 13 Cathal McLaughlin 20 Nigel McKibbin); 5 SCO 80 (15 Ian Johnston 17 David Gardiner 23 Alex Chalmers 25 Scott Martin);

OVERALL TROPHIES;

MEN: 1 ENG 43; 2 ROI 34; 3 SCO 26; 4 WAL 20; 5 NIR 10; **WOMEN:** 1 ENG 39; 2 ROI 24; 3 WAL 21; 4 SCO 19; 5 NIR 12; **COMBINED:** 1 ENG 82; 2 ROI 58; 3 SCO 45; 4 WAL 41; 5 NIR 22;

OPEN 8K:

1 57 Mark Powell Leicester Coritanian 26:03; 2 62 Nick Jones ENG 26:14; 3 37 Steve Millward ENG 26:38; 4 82 Malcolm Muir ENG 26:48; 5 71 Julian Richardson ENG 26:54; 6 81 David Smith ENG 27:16; 7 59 Phil Gould ENG 27:23; 8 89 Les Ball Nvav 27:30; 9 38 Michael Moore Cambridge & Coleridge 27:46; 10 86 Gareth Briggs Staffs Moorlands AC 27:49; 11 68 Colin Didley ENG 28:34; 12 78 Steve Bell Dark Peak Fell Runners Club 28:37; 13 46 Michael Morley Birchfield H 28:45; 14 41 Roger Alsop Salford H 28:51; 15 42 John Comrie Rotherham H 29:06; 16 58 Richard Gray ENG 29:12; 17 49 Michael Bridgeland ENG 29:17; 18 88 Jason Williams Hermitage Harriers 29:30; 19 65 Kev Newman ENG 29:45; 20 61 Andrew Whittingham ENG 29:50; 21 83 Tim Lourie Avon Valley 30:03; 22 44 Eric Fowler Nuneaton H 30:15; 23 84 Simon Nash Redhill RR 30:35; 24 74 Alex Rowe Wesham Road Runners & AC 30:41; 25 77 Paul Allen Wells City Harriers 30:51; 26 45 Don Lawless Thurrock H 30:55; 27 43 Steven Doney Swinton RC 31:09; 28 47 Robin Schols Swac 31:10; 29 70 Martin Breen Rep Of Ireland 31:10; 30 53 Mick Page Doncaster AC 31:12; 31 69 Steve Davies WAL 31:18; 32 76 Phil Donnelly NIR 31:32; 33 63 Stewart Thorp ENG 31:34; 34 50 Peter Mountain Bristol & West AC 32:07; 35 66 Stephen Orr NIR 32:42; 36 60 Steve Smythe Dulwich R & AC 32:47; 37 40 Stewart Underhill Kennilworth RC 32:49; 38 75 Tim Raynor Mansfield Harriers 33:13; 39 48 Steve Bennett Nth Derbyshire RC 33:43; 40 72 Mick McGeoch WAL 33:59; 41 73 Mick Moorhouse Matlock Athletic Club 34:38; 42 39 Paul Winfield Heanor RC 34:52; 43 64 Thomas Leitch NIR 34:59; 44 80 Ashley Garton Derby Ac 35:08; 45 87 Jonathan Hardy Mansfield Harriers 35:27; 46 67 Paul Woodman Orange Grove 36:26; 47 85 Keith Pepper Formula 1 40:46;

OPEN 6K:

1 305 Eleanor Fowler Nuneaton H 22:16; 2 358 Hayley Kuter England 22:28; 3 348 Christine Lathwell Luton AC 23:17; 4 332 Clare Jolliffe Bristol & West AC 23:43; 5 304 Catherine Charlton Notts AC 24:12; 6 360 Hannah Shields N. Ireland 24:28; 7 356 Jayne Baldwin England 24:34; 8 605 Philip Bussey Doncaster AC 24:39; 9 437 Simon Bristler Matlock Athletic Club 24:56; 10 342 Caroline Wheelhouse Doncaster AC 25:02; 11 430 Paul Wright England 25:03; 12 359 Susie Tawney England 25:12; 13 418 Sarah Everitt England 25:29; 14 346 Anna Garner England 25:47; 15 403 John Exley Oxford City 25:52; 16 608 Mike Cunningham Manchester Harriers & AC 26:18; 17 434 Lisa Morley Wales 26:20; 18 625 Peter Greenfield Nuneaton H 26:26; 19 313 Val Carter Birchfield H 26:28; 20 429 Liz Leitch N. Ireland 26:56; 21 347 Sue Weatherburn Wolverhampton & Bilston 27:00; 22 420 Rachael Lyle N. Ireland 27:34; 23 421 Jane Georgiou England 27:40; 24 343 Dorothy Kesterton Nvav 28:04; 25 423 Jane Morley England 28:09; 26 408 Frank Boall N. Ireland 28:26; 27 705 Mike Duggan Rep Of Ireland 28:28; 28 440 Delphine Pearson Nvav 28:44; 29 341 Patricia Goodall Totley AC 28:49; 30 439 Julie Scholey Les Croupiers 29:03; 31 438 Joanne Hackett Staffs Moorlands AC 29:34; 32 340 Lorraine Daglish Luton AC 29:53; 33 603 Jeremy Brayshaw Totley AC 30:18; 34 436 Alison Whitelaw Wales 30:48; 35 708 Edmund Simpson England 31:11; 36 435 Steph Warwick Wales 32:06; 37 707 Steve James England 32:15; 38 349 Claire Johnson Les Croupiers 35:32; 39 350 Brenda Robinson Rochdale Harriers & AC



British Masters Athletic Federation



28th National Masters Open Road Relay Championships
Sutton Park, Sutton Coldfield, Birmingham
(Under UKA Rules – Race Licence Number.....(Pending))

Saturday, 16th May 2015

Entries Close Midnight 22nd April 2015

Absolutely No Late or Telephone Entries Accepted

No amendments/additions after the closing date. All problems in previous years were from late entries amendments/additions. This will be strictly adhered to; you have been warned

Start Time	Championship	No. of Stages	Maximum No. of Names Per Team	Fees
10.30 am	Women W35+	4	1 Team = 12; 2 Teams = 24 etc.	£32.00
10.30 am	Women W45+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
10.30 am	Women W55+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
10.30 am	Women W65+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
10.30 am	Men M75+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
12.15 pm	Men M55+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
12.15 pm	Men M65+	3	1 Team = 9; 2 Teams = 18 etc.	£24.00
2.00 pm	Men M35+	6	1 Team = 18; 2 Teams = 36 etc.	£48.00
2.00 pm	Men M45+	4	1 Team = 12; 2 Teams = 24 etc.	£32.00

Rules

- Entry is open to all 1st Claim Registered Master Athletes of Affiliated Clubs only; whether they belong to a masters only club or not
- Athletes in older age groups may compete in a younger age group championship but **MUST** be entered in that championship and may only run once
- No athlete can run in more than one stage
- Registered Club vests **MUST** be worn
- Race numbers for the appropriate stage **MUST** be worn on the front & back and **MUST** be worn as issued and not cut or folded
- Ages are as on the day of the race
- Teams and running order are to be declared no later than 30 minutes before the start of the first stage i.e. either 10.00 am; 11.45am or 1.30pm as appropriate
- Clubs may enter more than one team in each championship. **Only the first finishing team of each club may receive team medals**
- Only online entries will be accepted from <http://www.race-results.co.uk>
- Competitors entering these championships do so on the understanding they abide by the UKA Rules and compete at their own risk and that organisers are in no way responsible for injury; accident; damage or loss incurred

Travel

Sutton Park is eight miles north of Birmingham. The Post Code for satnav is **B74 2YT**

Road: The Park is best approached via the M6 Junction 7 (Junction 6 will involve local congestion) or from the East along the A453

Rail: A frequent service operates from Birmingham New Street to Sutton Coldfield.

Car & Coach Park: Ample Parking is available within the Park; enter via the **Town Gate**

Changing

Changing facilities are available for a small charge at WYNDLEY LEISURE CENTRE. A marquee is also available and an area is reserved for Team Tents.

Registration

Team Managers to collect declaration sheets and race numbers on the day, see Rule 7.

Race Start

All races start and finish as shown on the Race Route Map by the Registration Desk.

Awards

PLAQUES go to the winning teams. MEDALS go to the first three teams and the three fastest runners in each championship. **In each championship only the first finishing team of each club may receive team medals.**

Results

Will be posted subject to scrutiny at: - <http://www.joelee.co.uk/resindex.html> immediately after the event has finished and on <http://www.bmaf.org.uk> and <http://britishmastersaf.wordpress.com>

Result sheets will also be available for purchase on the day of the event



British Masters Athletics Federation OPEN CROSS COUNTRY CHAMPIONSHIPS

Organised by Welsh Masters AA under UKA & BMAF rules.

Saturday March 14th, 2015 at 12.00

OPEN TO ALL MASTERS

(Men and Women over 35 years of age on race day)

Race Headquarters: Ruthin School, Ruthin, Denbighshire LL15 1EE

Race start: 12 noon Women and M65+ (approx 6Km) 1.00pm M35-64 (approx 8Km).

ENTRY FEES	Members of a Masters/Veterans association	£10
	All other competitors	£13

NB Non-BMAF members require proof of age eg. birth certificate/driving licence/passport photocopy

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

BMAF Team Awards for the 1st 3 teams (3 to count)

W35-44 W45-54 W55-64 W65-74 W75+ M35-44 M45-54 M55-64 M65-74 M75+

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

Late team declaration accepted on day at Race HQ.

Send completed entry form with correct postage on envelope to:-

BMAF Cross Country Championship, 15 West Avenue, Prestatyn, Denbighshire LL19 9EY

Cheques payable to Prestatyn Running Club Closing date 7th March 2015 No entries on day

.....
BMAF 2015 Open Cross Country Championship Entry Form

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

Age on 14th March 2015.....D.O.B.....Age Group.....

Address.....

.....Postcode

Tel No:..... email address.....

First claim UK Athletics Club.....

Masters/Veteran Association (eg.WMAA).....Mem.No.....

Circle age band

Younger team declaration W35-44 W45-54 W55-64 W65+ M35-44 M45-54 M55-64 M65+

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

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