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In Euro  
Indoors.**

**TORUN ARENA : TOM PHILLIPS**

# **MASTERS ATHLETICS**

**ISSUE NUMBER 109      SPRING 2015.**

**NEWS, VIEWS, REPORTS FROM THE WORLD OF MASTER'S ATHLETICS**

**NGENI OSSAI & MARK FINDLAY 1<sup>ST</sup> AND 2<sup>ND</sup> IN THE 60 METRES PIC: Tom Phillips**





**EUROPEAN  
CHAMPION  
and NEW  
WORLD RECORD  
HOLDER  
DARREN SCOTT**





# MASTERS ATHLETICS

## JOIN THE 300 PLUS CLUB

The lucky prize winners are as follows:

**January:** June Johnson, Claire Cameron, Patsy Forbes, Arthur Good, Mary Holmes, Vera Johnston.

**February:** Frederick Cowan, Patsy Forbes, James Leith, Robert McFall, Victor Murray & Nigel Wray.

**March:** Arthur Kimber, Derek Nutley, Phil Owen, Paggie Taylor, David Towers, Nigel Wray.

**PAGE 4► Fixtures, News.**

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## THE PICTURES IN THIS ISSUE

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### BRIAN OWEN WRITES:

In the last issue I suggested that 108 could be the final paper version of the Magazine, I have produced for the last 12 years.

At the last Executive Meeting of the B.M.A.F. a decision was taken to put this matter to the membership at the Annual General meeting at Alexander Stadium.

To gauge some idea of the thoughts of our members Peter Kennedy, has produced a questionnaire asking for your views on this matter, this is now on the BMAF website.

Basically the questions are do our members want a paper copy of Masters Athletics?

Would they feel that communication could be handled by what is a totally professional Web Site?

If the majority of members wished to retain the paper version would they be prepared to meet the regularly rising cost of publication?

As I have already mentioned my involvement has now entered its twelfth year, and I would like to think the publication has reached a very good standard. However, I feel that my abilities to maintain this level are somewhat challenged, so I am sorry to announce my retirement from this project.

Should the membership wish to continue with a paper version, a new Editor would need to be appointed?

Following negotiations with London and Cardiff, it appears that there will be no bid from a British City in near future.

The fundamental problem being that the Cities are not able to cover any loss made from the hosting of Championships, and the B.M.A.F is not in a position to underwrite any losses.

We appear to have a problem in this Country that the heavy cuts imposed by Central Government, have caused Local Government to adjust the spending it makes to sport. This has meant that Stadiums have been forced to close or have been pushed into the private sector, who need to profit from their operation.

Again the money made available to Sport has been aimed at the podium level Athlete, leaving little to grass root level.

## ANNUAL GENERAL MEETING

I hereby give notice that the AGM of the BMAF will be held on Saturday the 25<sup>th</sup> of July, at 18:30 at Birmingham's Alexander Stadium at the end of the first day of the British Masters Track and Field Championships.

Any proposals or nominations for office, must be forwarded through your Club and should reach the Secretary by the 24<sup>th</sup> of June.

All members are entitled to attend and vote.

At this meeting the future of this Magazine will be decided, should this be the case a new editor will need to be appointed.



## NATIONAL & INTERNATIONAL FIXTURES 2015

26 <sup>TH</sup> APL	MMAC ANNUAL	YHA NATIONAL
	ROAD RELAYS	FOREST
26 <sup>TH</sup> APL	BMAF 20K WALK	DOWNHAM
		MARKET
15/17 <sup>TH</sup>	EUROPEAN	GROSSETO, ITA
MAY	MASTERS NON-	
	STADA	
16 <sup>TH</sup> MAY	CHAMPIONSHIPS	
	NATIONAL	SUTTON PARK
	MASTERS ROAD	
	RELAYS	
7 <sup>TH</sup> JUN	MMAC TRACK &	NUNEATON
	FIELD	
	CHAMPIONSHIPS	
21 <sup>ST</sup> JUN	BMAF 5K	HORWICH
	CHAMPIONSHIPS	
	& WALK	
21 <sup>ST</sup> JUN	BMAF	HORSPATH,
	PENTATHLON &	OXFORD
	ONE HOUR RACE	
5 <sup>TH</sup> JUL	BMAF MULTI	BEWL
	TERRAIN	WATER, SUSSEX
	CHAMPS	
19 <sup>TH</sup>	EAMA OUTDOOR	SOLIHULL
JULY	CHALLENGE	
25/26 <sup>TH</sup>	BMAF MAIN	ALEXANDER
JUL	CHAMPIONSHIPS	STADIUM,
		BIRMINGHAM
		MAGOR, WALES
26 <sup>TH</sup>	BMAF 10K	
JULY	CHAMPIONSHIPS	
4/16 <sup>TH</sup>	WMA WORLD	LYON, FRANCE
AUG	CHAMPIONSHIPS	
19/20 <sup>TH</sup>	BMAF MULTI	ALEXANDER
SEPT	EVENTS	STADIUM,
	CHAMPIONSHIPS	BIRMINGHAM
	10K TRACK	
	& WALK	
	PLUS AUTUMN	
	CLASSIC	
1 <sup>ST</sup> NOV	BMAF MARATHON	NEWCASTLE
	CHAMPIONSHIPS	
14 <sup>TH</sup> NOV	BRITISH & IRISH	SANTRY
	XC	DEMENSE
	INTERNATIONAL	DUBLIN

You will be sorry to hear that Jack Heywood, a one-time Delegate for the Southern VAC, road race organiser and a member of the Organising Committee when we hosted the European T&F Championships in Brighton in 1984, has died.

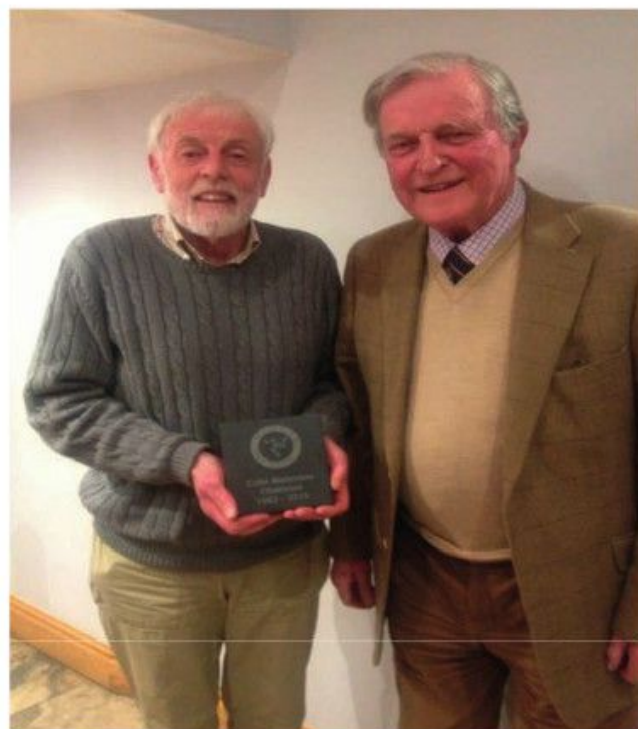
Another passing is Jim Hogan, who has died in Limerick, Ireland. Although this luminous character was never a member, many of our members will remember him.

Ron Franklin is now in a Care Home, Peartree House, 24 Gordon Road, Chingford, E4 6BU following a fire at his home. He was not injured, he followed the correct procedure. **Bridget**



IRENE NICHOLLS has retired from the position held for several years as Chair of the ENGLAND ATHLETICS MASTERS ASSOCIATION, receiving an award from the British Masters Clubs. The presentation made by BMAF Chairman Arthur Kimber.

Harry Matthew was elected as the new Chairman.



The Chairman of the Isle of Man Veteran Athletes' Club Colin Watterson has recently stood down after serving as Chairman of the club for more than 32 years. The attached photo shows Colin (on the left) being presented with an award by Dursley Stott who is in his 24<sup>th</sup> year as President of the Club.



The World Masters Athletics Track & Field Championships are being held in Lyon from 4-16 August and the Organisers are currently recruiting International Officials. You will be offered free accommodation, food and transport from the airport and to and from your hotel. You have until 1 July to put your name forward by accessing [www.world-masters-athletics.org](http://www.world-masters-athletics.org) and completing an application form. Good luck with this tempting offer!

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TOM MORRIS of Midland Masters Athletic Club, has retired from his role of many years as Secretary to the Club. He is moving to Cornwall where he will enjoy a well-deserved retirement.

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**The 2014 National Veteran Women's Track & Field Ranking book is now available.**

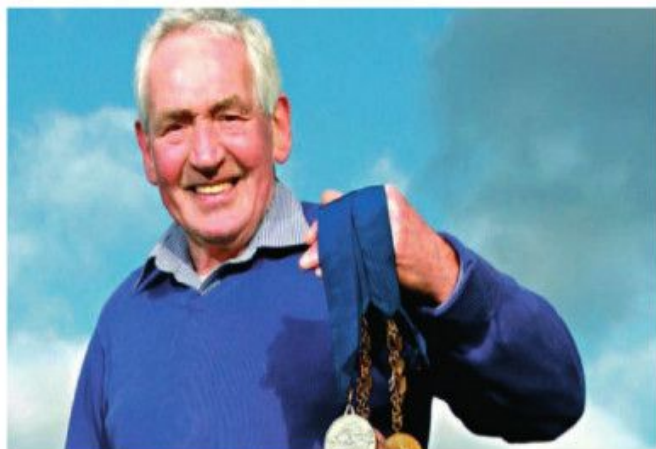
This year there are nearly 8500 performances set by women aged from 35 to 90 years of age.

The book costs £4 (cheques payable to Mrs S Gandee please) together with an A5 self-addressed envelope and a large 2<sup>nd</sup> class stamp.

The book can be obtained from Mrs Sally Gandee at 4 Westfield Road, Hertford, Herts, SG14 3DJ.

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**JIM ALDER M.B.E A  
GREAT RUNNER AND A  
GREAT MOTIVATOR  
by Alastair Aitken**



**JIM ALDER** is not recognised just as, a Commonwealth & European Games Medallist but as a well-loved runner and coach and adviser to many, including Mark Hudspith of Morpeth Harriers, who was third in the Commonwealth

Marathon of 1994 and Neil Black the UKA Performance Director of 2015.

**Nicholas Swinburn**, a 26 year old Morpeth Harrier, who was third in the Senior National cross country Championships of 2015 remarked, after receiving his medal "I am inspired by Jimmy Alder. He is always about. He adds inspiration and humour" I will add to that by saying, I always found him forthright and honest, when I first spoke to him in the 1960's.

**James Noel Carroll** said "Jim Alder had a tough start in life. His Mother died of tuberculosis and his Father was killed on the last day of the World War Two so, he was a foster child".

"When he left Glasgow and came down to live at Morpeth in 1949, he was inspired by seeing the Morpeth to Newcastle road race".

Jim comments "I always liked running as a youngster. Until the age of 15 when he preferred football. I loved football but realised I was just a local footballer like hundreds and thousands of others". He continued "I realised if, I had been introduced to regular training at 12 or 13 I would not have walked away from football"

Regarding his early years as a runner "I always liked running and was quite good but I could not make the County team so, I never ran in the English Schools".

"Suddenly at 16/17, I started to get better and won a couple of races. The biggest improvement was between 16/19"

**HE THEN HAD AMBITION**

"I started to move away and I realised I am going for it". "I wanted to win the Scottish National (*He did that in 1962*), the Morpeth to Newcastle the oldest road race in the UK". "I wanted build my home (*He was a brick layer*) and start my own business". "I had those four ambitions at 18 and achieved the lot but I never dreamt I would win a Gold medal at a 'Big' Games".

It was 1962 that he won the Inter-Counties 20 mile road race in 1h 45:16 (*He did run even faster in 1964, a World record race, in 1hr 40min 58.0sec*).

Jim Alder represented Scotland in the International (*Now World*) Cross Country Championships. It was 10 years later in 1972 he was 20<sup>th</sup> in the International at Cambridge.

In the English National cross country Championship of 1969, at Parliament Hill, won by Mike Tagg, he was 13<sup>th</sup> but ahead of such respected runners as Allan Rushmer, Ron Hill and Bob Holt and so it goes on.

In 1964 he got injured, just before the Olympics in Tokyo, which appeared to dash his chances of being selected but that did not put off the hardy Northerner.

As it is recorded in 2015 "**Peter Mathews & Mel Watman's**" *International Athletics Annual* " **World Best for running 2 hours on the track by JIM ALDER covering 37.994km at Walton on Thames on the 17<sup>th</sup> off October 1964.**

"That was my biggest win in my formative years, the World record at Walton on Thames, I ran in Dunlop sand shoes on an ash track, when the World Record for the marathon was 2:13.45. "You work it out" Said Jim and continued "I am not saying I would have won a medal at Tokyo but I was in the best form of my life, World class form at the right time in the wrong place".



## MEDAL RACES

### British Empire & Commonwealth Games Marathon 11th of August 1966.

The first Three runners , first James Alder (Scotland) 2:22:07.0; 2 William Adcocks (England) 2:22:13.0; 3 Mike Ryan (New Zealand) 2:27:59.0; Jim led for the last 8 miles, before entering the Stadium, then was misdirected so, he had to make up 50 yards, as Bill Adcocks had gone the correct way and had taken the lead. Jim caught Adcocks and overtook him just before the finish. He also obtained a bronze medal previously, on the 6<sup>th</sup> of August in the 6 miles track Championships 1. Naftali Temu ( Kenya) 27:14.6 (*Commonwealth Record*); 2 Ron Clarke (Australia) 27:39.4; 3 Jim Alder (Scotland) 28:15.4 and they were followed in by Ron Hill, Dave Ellis and Fergus Murray.

### European Games Marathon, in the hot weather, finishing in the historic old Olympic Stadium, on the 21<sup>st</sup> of September 1969

1 Ron Hill (GB) 2:16:47.8; 2 Gaston Roelants ( Belgium ) 2:17.22.2; 3 Jim Alder (GB) 2:19.05.8; 4 Jurgen Busch ( East Germany ) 2:19.34.4; 5 Ismail Akcay ( Turkey ) 2:22.16.8; 6 Denes Simon ( Hungary ) 2:22.58.8.

In the race "I went from 9<sup>th</sup> to 2<sup>nd</sup> and took Ronnie at 17 to 18 miles. I thought I am going to win this for my daughter. I had a cable from Kathleen in the camp that she was just born, a fortnight early and it was a breech birth".

Then, with 3 miles to go Ronnie (Hill) came past me like a train. He caught Roelants in the final mile. I was holding off Jurgen Busch for 3<sup>rd</sup> spot!"

### Edinburgh Commonwealth Games marathon 23<sup>rd</sup> of July 1970.

**First six:-** 1 Ron Hill ( England ) 2:09.28; 2 Jim Alder ( Scotland ) 2:12.04; 3 Don Faircloth ( England ) 2:12.09; 4 Jack Foster ( New Zealand ) 2:14.46; 5 John Stephen ( Tanzania ) 2:15.05; 6 Bill Adcocks ( England ) 2:15.10 Some strong words were said before the race, according to Jim, by the Australian, **Derek Clayton**, who had **broken the World record twice** (But dropped out in the race in Edinburgh). He said "Alder is only good when the conditions are bad. The British runners are no good, as they can't handle a fast pace. However, my 10k time was half a minute faster than Clayton's."

**At 5 miles** the times were Drayton 23:31; Clayton 23:31; Ndoo 23:31; Hill 23.31 then Harnek Singh of India 23:57 Stephen 24:07; Alder 24:09; Adcocks 24:09; Faircloth 24:10 and Foster 24.10. "

"I looked at Billy and said 'God what have they done'.

At 8 miles Hill broke Clayton and Jerome Drayton of Canada **At 10 miles** the first 8 were Hill 47:45; Drayton 47:50; Ndoo 47:55; Alder 48:40; Adcocks 48:40; Stephen 48:40; Faircloth 48:45 and Clayton 48:49.

The first four at **15 miles** were Hill 1:12:18, Drayton 1:13:17; Alder and Stephen on 1:13.27. At **20 Miles** it was Hill 1:37:32 and Alder 1:38.51. Then at **25 miles** it was Hill 2:03:10; Alder 2:05:10 and Faircloth 2:05:30.

### JIM COMES IN WITH SOME PHILOSOPHY

"When I was running 120 miles a week I could regularly run a 2 minute half mile when I wanted. UK's distance runners now are not rounded enough. They should do 800's and 1500's. Perhaps we over trained a little bit but now they under train." About running and training Jim said "I would train 4 miles in the morning 8 miles in the afternoon and then do a race at 3.30. A lot of the time it was a means to an end. The only races I eased off for were the 'Big Ones' I only failed at one big day and that was in Mexico 1968."

"If I was doing 120/140 miles a week I would do a 2 minutes 800 after running 13 miles. I knew I had a little speed but not a lot of speed".

**Jim Alder** likes to keep fit, even now at 75. and is always very interested in how his County Northumberland & Durham does. He was particularly pleased this year (2015) when, they won the Senior Men's Inter-Counties cross country Championships team title. That was at Crofton Park, Birmingham (2015).

Jim achieved so many fine performances in his young days, when he was in his prime **but** still went on to run competitively in his **40's**. It was then he came up against a Master who blossomed out as a World Veteran Champion by the name of 'Taff' **Davies** from Wales, who had not previously been in the top flight of internationals but was a true fighter between the age of 40 and 51, winning so many races.

I remember the National Veterans 40-49 cross country race at Arrow Park on the 15<sup>th</sup> of March, 1981 and, I wrote about that in **Athletics Weekly**. In the middle of my report it read "Alder took the initiative at four miles, opening up a good 15 metre lead on Davies. Alder glanced back, and slowly but surely Davies drew him back. Davies spurred ahead with 1½ miles to go". The 40 to 49 results were 1<sup>st</sup> Taff Davies (Aldershot & Farnham AC) 32:47; 2<sup>nd</sup> Jim Alder (Morpeth AC) 33:13 and they were followed by Leo Carrol, Ex-Southgate international who ran for Vale of Aylesbury, Ron Gomez, and Fred Pendlebury a previous winner of the event.



*Here is a really old picture showing the Midland Championships at Villa Park in 1911. I seem to remember this stand was still here in the 1950's*



## CHAIRMAN'S REPORT - ARTHUR KIMBER

2015 so far has been a very busy year for indoor track and field athletes, with four meetings on successive weekends in February and March. In the South of England Championships, which included the BMAF Pentathlon, Eastern Veterans and VAC Championships, 49 year old Sally Reed-Cayton won the W45 400m. In a very fast 61.65, and her target for April when she turns 50 must be Caroline Powell's 61.29 British Indoor record.

The Southern Counties Championships followed a week later and then on March 1<sup>st</sup> the EAMA Indoor Inter Area Challenge, where Viv Bonner broke the British W60 60m. Record with 9.10.

The British Masters Indoor Championships on the 7/8<sup>th</sup> March concluded the domestic indoor season, and 95 year old Charles Eugster set a 200m. World record of 55.48 and a 60m. British record of 15.32,

Sue Yeomans broke the W60 European pole vault record with 2.91 and Guy Bracken set an M50 British record of 4:11.87 for 1500m.

The Manchester Metropolitan University research project on athletes over 60 has now recruited over 300 athletes. If you have registered, but have not yet received your accelerometer or an invitation to go to Manchester, you have not been forgotten, and will be contacted in due course: the researchers have a large number of athletes to test.

It looks unfortunately now that will be no British bid to stage the World Track and Field Championships in 2018 as there has been no further progress from either Cardiff or London.

Looking forward to the spring and summer, the European Non-Stadia Championships take place in Grosseto, Italy on May 15/17<sup>th</sup> and the World Track and Field Championships in Lyon, France in August. A reminder that the closing date for Grosseto has passed, and is June 2<sup>nd</sup> for Lyon.

The IAAF World Championships in Beijing this summer will include two Masters Races, an M50 800m. and a W50 400m. There are high qualifying standards and some British athletes have reached them. At present Sally Reed-Cayton leads the women's list and Rob Andrew the men's. We send our best wishes to them, hoping for their selection. Have a good spring and summer.

## Letters from our Readers

As organiser of the BMAF cross-country championships at Ruthin School I hope that all the competitors and spectators enjoyed their visit to the Vale of Clwyd and would agree that it is a beautiful part of the world.

I am very grateful to all those who have since contacted me to express their appreciation, but this letter is to return my own thanks for the part the athletes themselves played in the success of the day.

The staff at Ruthin School had been extremely helpful and supportive since the outset and the excellent facilities were made available to us free of charge. The food laid on was exceptional, as so many people would testify.

But the runners also created a very favourable impression in various ways. The school staff were amazed that not a single piece of litter was left on the school field after such a big event and the catering manager commented to me the following day on how polite and pleasant everyone had been, helping to create a wonderful atmosphere.

Thank you all, as your conduct on the day will certainly make it easier for us to approach the school again should we be asked to host another event.

**Gareth Hughes**  
(Secretary, Prestatyn Running Club)

Tony Bowman writes to say he read in the "Daily Telegraph" That after studying 1,098 runners, they found that those who ran fastest tended to die earlier than those exercised less vigorously. In fact according to P Schnohr from the "Copenhagen Heart Study" who states that vigorous exercise performed for decades could provoke health risks especially to the cardiovascular systems.

Tony goes on to say that he has partaken in vigorous exercise for all of his life, has had four serious episodes in the last nine years, so he can sympathise with this research.

He has as some of us know competed in Masters Athletics, since the age of 42, winning National and International Titles in the Sprints, Hurdles and Combined Events. He has trained hard for this level of competition. He has, however, had artery problems in the past resulting in a stent and a balloon around his heart and also the removal of 30cm of small bowel due to the non-circulation of blood.

Last November he was admitted to A&E shortness of breath following a tennis match which has resulted in him being diagnosed as having Hyrial Flutter similar to Atrial Fibrillation. He is awaiting a course of Warfarin, followed by treatment to regulate his heart rate.

He would be interested in hearing from Athletes who have had similar problems, especially those who have taken Warfarin. He would like to know how it has affected their participation in Sport.

Tony can be contacted on 01943 877533  
[tonybowhurdler@yahoo.co.uk](mailto:tonybowhurdler@yahoo.co.uk) 25, The Poplars,  
Guiseley, LS20 9PF. He will be 80 in September,  
and he would like to continue running.



## MASTERS ATHLETICS ROAD RACING & CROSS COUNTRY

### BRITISH MASTERS 10 MILE CHAMPIONSHIP, SIDCUP 10 Mile Race, Sunday 8th March 2015

#### RESULTS

**M35:** 1 405 John KETTLE VAC 54.56; 2 402 Matthew PYATT EVAC 55.13; 3 450 Jack CHIVERS SCVAC 65.15; **M40:** 1 458 Michael ALDRIDGE MMAC 53.49; 2 300 Mark VAUGHAN EVAC 56.11; 3 498 Malcolm MUIR EVAC M35-44 56.39; 4 456 Stuart BEANEY VAC 57.46; 5 446 Stephen ELSON SCVAC 58.36; 6 357 Lloyd COLLIER VAC M35-44 61.23; **M45:** 1 406 Graham GODDEN SCVAC 55.54; 2 373 Les BALL NVAC 56.17; 3 455 Matthew BLAND EVAC 59.20; 4 470 Paul HOLLOWAY VAC 59.26; 5 486 Stephen DAVIES VAC 60.42; 6 435 Nicholas MALPELI EVAC 60.42; 7 419 James WALSH EVAC 62.24; 8 463 Mark PITCAIRN-KNOWLES SCVAC 67.09; 9 449 David COULSON VAC 71.14; **M50:** 1 399 Simon WRIGHT NVAC 55.58; 2 440 Simon HART EVAC 57.32; 3 425 Sammy RASHID VAC 58.49; 4 434 Nick MARTIN SWVAC 60.11; 5 441 Mark HALLS SCVAC 61.04; 6 155 Eberhard PRILL VAC 62.06; 7 407 Martin CUNNINGHAM SCVAC 63.35; 8 462 Don LAWLESS VAC 63.41; 9 260 Andrew NOBLE SCVAC 63.58; 10 453 Colin BRETT VAC 64.56; 11 493 Terry KNIGHTLEY SCVAC 67.18; 12 495 Robert FURSEY SCVAC 68.08; 13 38 Terence BARNES SCVAC 68.32; 14 482 Gideon FRANKLIN VAC 68.53; 15 460 Martin HAWKINS SCVAC 70.43; 16 480 Ameet PATEL VAC 82.08; **M55:** 1 430 Kevin NEWMAN NVAC 59.24; 2 418 Kevin WILLIAMS SCVAC 62.39; 3 120 Stephen SMYTHE VAC 63.38; 4 420 Tom ULLIOTT VAC 67.29; 5 192 William HAINING EVAC 69.51; 6 98 Graham LAYLEE VAC 73.25; 7 459 Gerald MEAH EVAC 73.41; 8 401 Steve SMITH SCVAC 73.45; 9 428 Stephen PARKER VAC 78.53; 10 485 Robert PAGE SCVAC 81.44; **M60:** 1 429 Mick PAGE NVAC 63.43; 2 409 Douglas BRISCO SWVAC 63.55; 3 451 Andrew CATTON SCVAC 68.18; 4 431 Alan NEWMAN SCVAC 70.02; 5 432 Andrew MURRAY VAC 71.48; 6 424 Rob SARGENT VAC 80.45; **M65:** 1 452 Philip BUSSEY NVAC 69.14; 2 468 Michael MANN VAC 69.46; **M70:** 1 415 Peter GILES VAC 70.57; 2 414 Terry FONE EVAC 77.03; 3 410 Philip BRENNAN MMAC 81.54; **M75:** 1 497 John TAYLOR VAC 87.27; 2 417 Patrick DOBBS SCVAC 95.46; **M80:** 1 457 Malcolm BALL EVAC 97.09; 2 427 Richard PITCAIRN-KNOWLES VAC 125.05; **Team M35-44:** 1 North Herts Road Runners (Mark Vaughan, Nicholas Malpeli, James Walsh) 179.17; 2 Ilford AC (Malcolm Muir, Paul Holloway, Terry Knightley) 183.23; 3 Dulwich Runners AC (Stephen Davies, Lloyd Collier, Eberhard Prill) 184.11; **Team M45-54:** 1 Doncaster AC (Simon Wright, Kevin Newman, Mick Page) 179.05; 2 Brighton & Hove City AC (Graham Godden, Mark Halls, Tom Ulliott) 184.27; **Team M55-64:** 1 Dulwich Runners AC (Stephen Smythe, Michael Mann, Andrew Murray) 205.12; 2 Ilford AC (Andrew Catton, Stephen Parker, Rob Sargent) 227.56; **W35:** 1 205 Joasia ZAKRZEWSKI SVHC 60.43; **W40:** 1 58 Astrid MCKEOWN SCVAC 65.57; 2 82 Nicola RICHMOND VAC 70.52; **W45:** 1 216 Tina OLDERSHAW SCVAC 63.32; 2 21 Andrea PICKUP VAC 68.39; 3 57 Ola BALME VAC 70.17; 4 261 Caroline CURTIS SCVAC 72.31; 5 404 Camilla MOYLE SCVAC F45-54 74.36; 6 436 Melinda JONES VAC 76.19; **W50:** 1 464 Clare ELMS VAC 62.03; 2 421 Catherine ULLIOTT VAC 68.46; 3 484 Jenny HUGHES SCVAC 73.49; 4 481 Clare WYNGARD VAC 76.03; 5 353 Heather MARTINGELL VAC 80.59; 6 499 Sarah ALLEN SCVAC 83.37; 7 448 Dianne CRISP VAC 83.48; **W55:** 1 212 Claire DONALD VAC 65.23; 2 473 Judith CARDER SCVAC 77.36; 3 474 Janice MOOREKITE SCVAC 80.23; 4 85 Julia GALEA VAC 96.24; **W60:** 1 400 Maggie STATHAM VAC 72.04; 2 467 Yuko GORDON EVAC 74.44; 3 496 Dorothy KESTERTON NVAC 77.56; 4 437 Sue JAMES AC SCVAC 80.07; 5 445 Ursula ELWELL MMAC 98.23; **W65:** 422 Rosalind TABOR VAC 75.25; **W75:** 1 444 Jeannette GILES SCVAC 114.42; **Team F35-44:** Dulwich Runners AC (Andrea Pickup, Ola Balme, Nicola Richmond) 209.48; **Team F45-54:** 1 Dulwich Runners AC (Clare Elms, Rosalind Tabor, Clare Wyngard) 213.31; 2 Brighton & Hove City AC (Catherine Ulliott, Camilla Moyle, Judith Carder) 220.58; 3 Ilford AC (Melinda Jones, Dianne Crisp, Julia Galea) 256.31

For this season's championships we visited Ruthin, a small historical market town in North Wales. The course was a "traditional cross country course", with the athletes having to negotiate farm yard paths, compared to the modern trend of circumnavigating the perimeters of football pitches. Entries for the event were high; with our masters challenging the current analogy that cross country participation is waning in the UK.



Claire  
Martin  
overall  
Women's  
Champion

### Race One. (Approx. 6k) All Women's age groups and Men 65+

On the first small lap, before leading into the two larger laps, a trio of Lucy Elliot, (Winchester & Dist.) Claire Martin (Telford) and Hayley Kuter (Salford) developed a small 3 metre lead over the rest of the field. At the finish of the second larger lap, Claire Martin had obtained a 10 metre lead over Helen Berry (Holmfirth) with Lucy Elliot in close attendance. These 3 had now stretched the field, putting a 100 metre gap between 4<sup>th</sup> placed Eleanor Fowler (Nuneaton) and Kathryn Bailey (Winchester & Dist.)

At the finish line, a fast finishing Helen Berry just could not catch the inform Claire Martin, losing out by just 3 seconds. Both athletes were contesting the o/40 age group medals, with 3<sup>rd</sup> finisher Lucy Elliott also showing her younger rivals how to compete in winning the o/45 Gold Medal. Nuneaton's Eleanor Fowler finished in 4<sup>th</sup> place to take her deserved o/35 Gold Medal followed by a pair of o/45's from Winchester, Kathryn Bailey and

## BMAF CROSS COUNTRY CHAMPIONSHIPS RUTHIN SCHOOL, 14<sup>th</sup> MARCH

Words: Mel James

Pictures: Jeremy Hemming



## MASTERS ATHLETICS ROAD RACING & CROSS COUNTRY

Karen Rushton, ensuring team Gold and a successful day's racing for the Winchester & District Club.



**Caroline Wood**  
**First W50,**  
**23rd overall**

Slightly further down the field, a battle for the o/65 men's title was ensuing. After the first two laps Rotherham's Bob Tintager had developed a 50 metre lead over the next male athlete, Ryde's Peter Young, with the prolific over 70 year old Martin Ford, just another 100 metres behind. On the long run in to the finish, Peter Young made his move to sprint past Bob Tintager to clinch his Gold Medal.

Martin Ford held his position to obtain his o/70 Gold. In the Women's over 50 age group, Caroline Wood (Arena 80) safely earned her Gold medal and East Hull's Beverly Jackson did likewise in the over 55's. Maggie Statham (Holland Sports) received the o/60 Gold and in the 65+ age group

Derby's Angela Copson renewed her rivalry with Ros Tabor to take Gold. There were 6 finishers in the Women's over 70 category, with Dot Fellows from the Cannock club taking Gold. Colwyn Bay's Maureen Singleton actually competed in the very first BMAF Championship and was delighted to still compete and win the o/75 title. Bingley's runners Peter Covey and Fred Gibbs took control of the o/75 men's section, finishing 1<sup>st</sup> and 2<sup>nd</sup> respectively, with Edinburgh's Walter McCaskey making the long trip down to Wales to secure his o/80 Gold Medal. The very first BMAF Cross Country Championship race winner, Arthur Walsham (Salford) also competed in the o/80's and took Bronze in this age group.



**First W65 Angela**  
**Copson, overall 40<sup>th</sup>**

### Race Two (Approx. 8k) Men 35+ to 64.

There was a tremendously high standard of competition within this race. On the first small lap before going out to the country, British Army champion Ady Whitwam from the Morpeth club, developed a 10metre lead from James Scott-Buccleuch (ThamesH&H) and Mark Powell. (Leicester C) On completion of lap two Ady Whitwam had increased his lead to 15 metres over Mark Powell with the o/ 50 Welshman Austin Davies (Brecon) showing his younger counterparts how to compete in third place.

Ady Whitwam held his lead to win his Gold Medal, from England's International Mark Powell and with previous BMAF Cross Country winner, Tipton's Phil Hinch, taking the Bronze Medal. Amazingly Austin Davies finished 4<sup>th</sup> overall to clinch his o/50 Gold Medal, with 5<sup>th</sup> placed Paul Ward (Telford AC) achieving his Gold in the o/45 age group. Last year's o/50 Gold medallist Ben Reynolds (Thames H&H) also had a tremendous run to finish 6<sup>th</sup> and receive his Silver medal.

There was a close battle for the o/40 Gold Medals, between Warrington's Nick Jones and North Shields Poly AC's Iain Twaddle. Nick eventually winning by 11 seconds. On home soil, Welsh Champion, Swansea's Ifan Lloyd was a clear winner in the o/55 age group. Returning from injury the evergreen Mike Hagar (Tipton Harriers) also comfortably accomplished Gold within the o/60 age group.

The whole event went very smoothly. The entry list was higher than expected, reflecting the masters Commitment to cross country competition. The Ruthin School venue was perfect with its picturesque mountain backdrop and excellent facilities (Showers, Hot Food etc.) and the traditional cross country course was well marked and marshalled. The feedback received from the athletes has also been very positive and well received.



## MASTERS ATHLETICS ROAD RACING & CROSS COUNTRY

I would therefore on behalf of our federation, congratulate and convey our thanks to the organising committee at Prestatyn RC, (especially Gareth Hughes) plus all the officials, first aid, marshals and everybody else involved with the smooth running of this event, helping to make it one of our most successful cross country championship events.



First M65  
Peter Young.

### Women & Men 65 Plus (6 km)

1 - 143 22:52 CLAIRE MARTIN TELFORD A.C. 1 W40; 2 - 34 22:55 HELEN BERRY HOLMFIRTH HARRIERS 2 W40; 3 - 76 23:15 LUCY ELLIOTT WINCHESTER & DISTRICT 1 W45; 4 - 122 23:42 ELEANOR FOWLER NUNEATON HARRIERS 1 W35; 5 - 79 23:50 KATHRYN BAILEY WINCHESTER & DISTRICT 2 W45; 6 - 83 23:52 KAREN RUSHTON WINCHESTER & DISTRICT 3 W45; 7 - 165 23:57 CLARE MCKEOWN BORDER HARRIERS 3 W40; 8 - 110 24:05 HAYLEY KUTER SALFORD HARRIERS A.C. 2 W35; 9 - 16 24:14 LUCY HODGSON NEWQUAY & PAR A.C. 4 W40; 10 - 82 24:41 LUCY WALMSLEY BOURTON ROADRUNNERS 5 W40; 11 - 148 24:44 CHRISTINE LATHWELL LUTON A.C. 3 W35; 12 - 43 24:47 AUDREY WILSON WOLVERHAMPTON & 6 W40; 13 - 13 24:52 KERRY MARCHANT STAFFS MOORLANDS A.C. 7 W40; 14 - 139 24:54 JANE WASSELL STROUD A.C. 4 W45; 15 - 22 24:55 ZOE DOYLE BELGRAVE HARRIERS 4 W35; 16 - 17 25:01 CLAIRE SMITH CHARNWOOD A.C. 5 W35; 17 - 101 25:32 ELAINE LESLIE JARROW & HEBBURN A.C. 5 W45; 18 - 153 25:34 CLARE JOLLIFFE BRISTOL & WEST A.C. 6 W45; 19 71 25:39 KATH ASPIN NEW MARSKE HARRIERS 7 W45; 20 - 81 25:44 SARAH KEARNEY WIRRAL A.C. 8 W40; 21 - 118 25:48 DEBBIE MATCHETT BALLYDRAIN HARRIERS 8 W45; 22 - 11 25:55 JENNY FOWLER MEDWAY & MAIDSTONE 6 W35; 23 - 10 25:59 CAROLINE WOOD ARENA 80 A.C. 1 W50; 24 - 152 26:11 SARAH EVERITT BRISTOL & WEST A.C. 9 W45; 25 - 23 26:20 BEVERLEY JACKSON EAST HULL HARRIERS 1 W55; 26 - 20 26:29 LUCY CAMBRIDGE WOLVERHAMPTON 9 W40; 27 - 5 26:39 MELISSA WATSON T.R.O.T. 2 W50; 28 - 95 26:41 NINA SKILTON CANNOCK & STAFFORD 10 W45; 29 - 100 26:43 HEATHER ROBINSON JARROW & HEBBURN A.C. 3 W50; 30 - 60 26:52 EMMA GREEN BINGLEY HARRIERS A.C. 7 W35; 31 - 157 26:58 JACKIE HALFORD WOLVERHAMPTON 4 W50; 32 - 119 27:03 SUSIE TAWNEY LEAMINGTON C & A.C. 2 W55; 33 - 2 27:08 PENILEY BARBER

TIPTON HARRIERS 3 W55; 34 - 98 27:09 RUTH PERIOLI LAGAN VALLEY 4 W55; 35 - 136 27:20 LISA MORLEY WRECSAM TRI 10 W40; 36 - 92 27:22 JANET HINDLEY ROTHERHAM HARRIERS 5 W50; 37 - 68 27:23 MAGGIE STATHAM HOLLAND SPORTS A.C. 1 W60; 38 - 87 27:27 KAREN GUNN NORTH SHIELDS POLY A.C. 6 W50; 39 - 27 27:31 DEBBIE HOPE STAFFS MOORLANDS A.C. 11 W40; 40 - 51 27:36 ANGELA COPSON RUGBY & NORTHAMPTON 1 W65; 41 - 85 27:39 LISA WELLS COVENTRY GODIVA 11 W45; 42 - 93 27:58 ANN-MARIE JONES ALTRINGHAM & DISTRICT 2 W60; 43 - 107 28:01 JACQUELINE CORDINGLEY SALE HARRIERS 5 W55; 44 - 75 28:11 MARIAN HESKETH PRESTON HARRIERS 3 W60; 45 - 140 28:14 GWEN KINLOCH BURNDEN ROAD 6 W55; 46 - 21 28:17 HAYLEY EVANS BUCKLEY RUNNERS 8 W35; 47 - 57 28:19 ROS TABOR DULWICH RUNNERS 2 W65; 48 - 14 28:26 SAMANTHA THOMAS STOCKPORT HARRIERS 12 W40; 49 - 151 28:31 ANNA BLOMFIELD ROCHDALE HARRIERS & 7 W50; 50 - 80 28:34 VICTORIA WHITEHEAD DENBIGH HARRIERS 13 W40; 51 - 167 28:50 WENDY EVERITT BRISTOL & WEST A.C. 12 W45; 52 - 121 28:56 HELEN GRANT CAMBRIDGE & 8 W50; 53 - 64 29:00 SUSAN WEATHERBURN WOLVERHAMPTON 4 W60; 54 - 103 29:05 ELLIE ROBINSON WEST CHESHIRE A.C. 14 W40; 55 - 142 29:06 LESLEY FISHER BURNDEN ROAD 7 W55; 56 - 134 29:15 JULIE SCHOLEY LES CROUPIERS R.C. 8 W55; 57 - 58 29:45 LOU LYNSS BLACK COMBE RUNNERS 3 W65; 58 - 168 29:49 GABBY WARING PRESTATYN R.C. 9 W55; 59 - 104 30:07 MARGARET LUDDEN BUCKLEY RUNNERS 9 W50; 60 - 89 30:11 PAULINE TEAGUE BOURTON ROADRUNNERS 10 W55; 61 - 113 30:20 CELIA DUNCAN WEST SUFFOLK A.C. 5 W60; 62 - 163 30:21 JAYNE PENRHYN-JONES PRESTATYN R.C. 10 W50; 63 - 105 30:38 VICKI THOMPSON JARROW & HEBBURN A.C. 15 W40; 64 - 102 30:47 SHEILA CAREY MIDLAND MASTERS A.C. 4 W65; 65 - 28 30:50 JANE LINDLEY BUCKLEY RUNNERS 13 W45; 66 - 8 30:55 CHRIS BIRCH ABERGEL HARRIERS 5 W65; 67 - 45 30:59 HAZEL BERRETT BUCKLEY RUNNERS 11 W50; 68 - 164 31:00 JO LEWIS PRESTATYN R.C. 16 W40; 69 - 41 31:13 DOT FELLOWS CANNOCK & STAFFORD 1 W70; 70 - 141 31:51 ELAINE ROPER BURNDEN ROAD 11 W55; 71 - 19 31:55 JOANNE HACKETT STAFFS MOORLANDS A.C. 14 W45; 72 - 46 32:20 DIANA BRAVERMAN CAMBRIDGE & 6 W60; 73 - 138 32:45 DENISE JOHNSON BALDON RUNNERS 12 W55; 74 - 146 32:59 LORRAINE DAGLISH LUTON A.C. 13 W55; 75 - 114 33:24 MARGARET DOCKING W55-64 W45-54 WREXHAM A.A.C. 7 W60; 76 - 40 33:59 PAULINE RICH WORTHING STRIDERS 6 W65; 77 - 44 34:47 ANNE DARBY NEWTON ABBOT A.C. 8 W60; 78 - 91 34:57 MENAI BAUGH DENBIGH HARRIERS 14 W55; 79 - 145 35:27 LESLEY BOWCOTT WIMBLEDON 2 W70; 80 - 4 36:19 ANN BATH 26.2RRC 7 W65 81 - 29 37:09 JUNE JOHNSON LEAMINGTON C & A.C. 3 W70; 82 - 48 37:16 LESLEY PYMM BOURNVILLE HARRIERS 9 W60; 83 - 63 37:58 BRENDA JONES BROSYNNI A.C. 4 W70; 84 - 97 38:49 FAYE HOLDEN PENDLE A.C. 9 W35; 85 - 162 39:40 PAULINE THOMAS T.R.O.T. 5 W70; 86 - 36 4:00 BRENDA ROBINSON ROCHDALE HARRIERS & 6 W70; 87 - 62 41:31 MAUREEN SINGLETON COLWYN BAY A.C. 1 W75; 88 - 56 41:37 ROSE WEBB RADLEY A.C. 8 W65;

### Over 65 Men's Race (6k)

1 35 25:27 PETER YOUNG RYDE HARRIERS 1 M65; 2 111 25:31 ROBERT TINTINGER ROTHERHAM HARRIERS 2 M65; 3 128 26:18 MARTIN FORD CHELTENHAM & COUNTY 1 M70; 4 31 26:26 GEOFF ANDERSON NEWBURY A.C. 3 M65; 5 155 26:44 STEVE HERINGTON HEREFORD COURIERS 4 M65; 6 42 27:07 SIMON BRISTER MATLOCK A.C. 5 M65; 7 25 27:24 HAROLD LAMBERT 6 M65; 8 147 27:27 ALAN DAGLISH LUTON A.C. 7 M65; 9 127 27:32 DIC EVANS CARDIFF A.A.C. 8 M65; 10 24 27:33 PETER GILES HERCULES WIMBLEDON 2 M70; 11 38 27:45 ROBERT CHAPMAN TAVISTOCK A.C. 9 M65; 12 70 27:49 WALTER FRASER SALTWELL HARRIERS 10 M65; 13 129 27:56 GORDON ORME CARMARTHEN HARRIERS 3 M70; 14 94 28:34 ANTHONY EDWARDS SPARKHILL RUNNERS 11 M65; 15 72 28:41 PAUL ALLEN HALESOWEN A.C. 12 M65; 16 73 29:04 STUART THOMPSON BINGLEY HARRIERS A.C. 13 M65; 17 30 29:21 ANDREW JOHNSON LEAMINGTON C & A.C. 4 M70; 18 39 29:31 ROLAND BOWNESS SALFORD HARRIERS A.C. 14 M65; 19 131 29:35 MICHAEL DAVIES LES CROUPIERS R.C. 15 M65; 20 84 29:50 PETER COVEY BINGLEY HARRIERS A.C. 1 M75; 21 99 29:59 FRED GIBBS BINGLEY HARRIERS A.C. 2 M75; 22 66 30:10 ARNOLD BRADSHAW MANCHESTER HARRIERS 16 M65; 23 108 30:12 GUY WHITMARSH CROFT AMBREY R.C. 5 M70; 24 49 30:14 TOM DANIELS SALFORD HARRIERS A.C. 17 M65; 25 55 30:17 ALAN SAMUEL TEVIOTDALE HARRIERS 18 M65; 26 378 30:19 PHILIP WALKER WREXHAM A.A.C. 19 M65; 27 74 30:23 PETER ELLERTON BINGLEY HARRIERS A.C. 20 M65; 28 86 30:42 MICHAEL SMITH BINGLEY HARRIERS A.C. 6 M70; 29 283 30:53 GLYN SMITH CAMBRIDGE & COLERIDGE 21 M65; 30 125 30:58 DONALD WILLIAMS ERYRI HARRIERS 7 M70; 31 109 31:09 ARTHUR EGAN WREXHAM A.A.C. 8 M70; 32 37 32:07 DAVID TOMLINSON BOLTON UNITED HARRIERS 3 M75; 33 53 32:22 MAURICE MARCHANT TONBRIDGE A.C. 22 M65; 34 135 32:27 ROBERT LINDSAY WIRRAL A.C. 23 M65; 35 137 32:48 STEVE JAMES SOUTHPORT WATERLOO 4 M75; 36 18 32:49 WALTER McCASKEY EDINBURGH ATHLETIC 1 M80; 37 112 32:52 WILLIAM WARD WOLDS VETERAN R.C. 24 M65; 38 115 33:03 VINCENT MURPHY SALFORD HARRIERS A.C. 9 M70; 39 123 33:18 STEPHEN HATFIELD PRESTATYN R.C. 25 M65; 40 78 33:25 FRANCIS CANNON TEVIOTDALE HARRIERS



## MASTERS ATHLETICS ROAD RACING & CROSS COUNTRY

26 M65; 41 67 34:12 MIKE MILLS TOTTON R.C. 27 M65; 42 117 34:41 DAVID HUGHES PRESTATYN R.C. 5 M75; 43 340 35:18 ROB MACKEY BUCKLEY RUNNERS 28 M65 44 32 35:24 KENNETH BLACK SPECTRUM STRIDERS 10 M70; 45 50 37:29 JAMES PITTILLO TEVIOTDALE HARRIERS 2 M80; 46 47 43:06 TERRY BRAVERMAN CHAVERHILL RUNNING 11 M70; 47 54 46:13 WILLIAM VALENTINE TORBAY A.C. 29 M65; 48 90 51:38 JOHN TIPPING WREXHAM A.A.C. 6 M75; 49 33 52:49 LES GREEN CANNOCK & STAFFORD 7 M75; 50 6 57:31 ARTHUR WALSHAM SALFORD HARRIERS A.C. 3 M80;

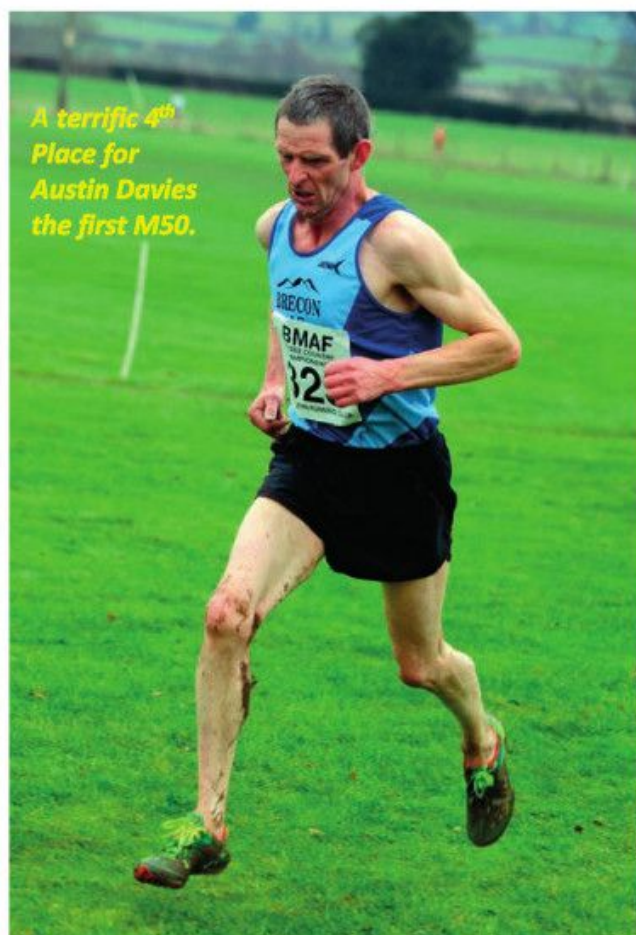
### MEN'S RACE 8K

1 232 28:58 ADY WHITWAM MORPETH HARRIERS A.C. 1 M35; 2 379 29:08 MARK POWELL LEICESTER CORITANIANS A.C. 2 M35; 3 344 29:14 PHILIP HINCH TIPTON HARRIERS 3 M35; 4 323 29:19 AUSTIN DAVIES BRECON A.C. 1 M50; 5 295 29:30 PAUL WARD TELFORD A.C. 1 M45; 6 336 29:52 BEN REYNOLDS THAMES HARE & HOUNDS 2 M50; 7 343 29:55 SULLIVAN SMITH SWANSEA HARRIERS 4 M35; 8 250 3 01 NICK JONES WARRINGTON A.C. 1 M40; 9 271 3 12 IAIN TWADDLE NORTH SHIELDS POLY A.C. 2 M40; 10 371 3 21 MATTHEW SHAW SALFORD HARRIERS A.C. 5 M35; 11 216 3 27 JAMES SCOTT-BUCCLEUCH STOCKPORT HARRIERS 6 M35; 12 341 3 30 ANDY WEIR THAMES HARE & HOUNDS 2 M45; 13 320 3 33 IAN WETHERALL SALE HARRIERS 3 M45; 14 268 3 36 DARREN NEWBOULD HALLAMSHIRE HARRIERS 3 M40; 15 364 3 40 PHILIP GOULD KENILWORTH RUNNERS 7 M35; 16 324 3 44 JON DANCE SALFORD HARRIERS A.C. 4 M40; 17 213 3 47 PAUL BUTCHER MANSFIELD HARRIERS & A.C. 3 M50; 18 312 31:04 DAVID SMITH WOLVERHAMPTON & BILSTON A.C. 4 M45; 19 292 31:08 SIMON WRIGHT DONCASTER A.C. 4 M50; 20 224 31:27 GARETH BRIGGS DARK PEAK FELL RUNNERS 5 M40; 21 208 31:29 KEITH MILLER REDWAY RUNNERS 5 M50; 22 322 31:34 ANDREW HOWEY TUNBRIDGE WELLS HARRIERS 6 M50; 23 306 31:35 IFAN LLOYD SWANSEA HARRIERS 1 M55; 24 276 31:36 IWAN JONES COVENTRY GODIVA HARRIERS 6 M40; 25 370 31:39 IAN HARKNESS THAMES HARE & HOUNDS 5 M45; 26 229 31:40 TOM KENDERDINE HALESOWEN A.C. 7 M40; 27 296 31:46 DAVID ALEXANDER WEST CHESHIRE A.C. 6 M45; 28 235 31:53 PETER KNIGHT MIDLAND MASTERS A.C. 7 M50; 29 309 31:55 JOHN HUNT WIRRAL



A.C. 7 M45; 30 291 31:58 TONY DUNN CORNWALL A.C. 8 M50; 31 260 31:59 JEFF PREST TRAFFORD 8 M40; 32 313 32:02 KEVIN EMMETT JARROW & HEBBURN A.C. 8 M45; 33 381 32:07 JOHN LLOYD

SALFORD HARRIERS A.C. 8 M35; 34 307 32:14 MICHAEL HAGER TIPTON HARRIERS 1 M60; 35 212 32:24 COLIN BISHOP HELSBY RUNNING CLUB 2 M55; 36 326 32:26 BILLY MCCARTNEY SALFORD HARRIERS A.C. 9 M35; 37 220 32:30 GORDY SMITH BUAEN A.C. 9 M40; 38 360 32:34 DEAN FURNISS HALLAMSHIRE HARRIERS 9 M45; 39 331 32:36 MICHAEL BRIDGELAND CHELMSFORD A.C. 3 M55; 40 274 32:38 DENNIS WALMSLEY BOURTON ROADRUNNERS 9 M50; 41 252 32:50 MARK HULMSTON WIRRAL A.C. 10 M40; 42 287 32:55 ROGER ALSOP SALFORD HARRIERS A.C. 10 M50; 43 367 33:10 CHRIS IRELAND SHEFFIELD R.C. 11 M50; 44 272 33:14 PAUL MERRISON SUNDERLAND HARRIERS & A.C. 4 M55; 45 218 33:16 RICHARD DRAGE TAVISTOCK A.C. 5 M55; 46 279 33:23 TOMMY BRANNON NORTH SHIELDS POLY A.C. 10 M45; 47 349 33:25 DAVID HUDSON NORTHERN VETS 11 M40; 48 238 33:26 RICHARD GRAY BRAT 6 M55; 49 266 33:29 GAVIN DALTON CITY OF HULL A.C. 2 M60; 50 330 33:31 ALEX ROWE WESHAM ROAD RUNNERS & A.C. 7 M55; 51 210 33:40 IAN FRASER EAST CHESHIRE HARRIERS & TAC 12 M50; 52 351 33:42 ANDY STAVELEY BURNDEN ROAD RUNNERS 13 M50; 53 239 33:43 STANLEY OWEN SALFORD HARRIERS A.C. 3 M60; 54 240 33:46 GRAHAM RATCLIFFE WIRRAL A.C. 4 M60; 55 310 33:48 GRAHAM MACNEIL WILMSLOW RUNNING CLUB 14 M50; 56 233 33:52 MARK DOWSON EVAC 10 M35; 57 241 33:57 TOM MCGAFF WILMSLOW RUNNING CLUB 5 M60; 58 347 34:00 BRIAN MCKEE N. IRELAND MASTERS 15 M50; 59 304 34:07 PAUL SIMONS SALFORD HARRIERS A.C. 16 M50; 60 282 34:11 LAURENCE JOHNSTON NORTH BELFAST HARRIERS 8 M55; 61 261 34:15 JOE JOHNSON WIRRAL A.C. 11 M45; 62 352 34:16 STEVE NOLAN BURNDEN ROAD RUNNERS 9 M55; 63 265 34:17 BRYAN LOMAS CONGLETON HARRIERS 12 M45; 64 346 34:35 ANDREW CAMPBELL WRECSAM TRI 12 M40; 65 244 34:38 JOHN COMRIE ROTHERHAM HARRIERS 17 M50; 66 231 34:38 DOUGLAS BRISCO ANDOVER ATHLETIC CLUB 6 M60; 67 333 34:45 ROBERT FOX LONG EATON R.C. 10 M55; 68 226 34:47 STEVE TOOGOOD BUCKLEY RUNNERS 18 M50; 69 342 34:51 JERRY WATSON THAMES HARE & HOUNDS 19 M50; 70 321 35:01 ERIC FOWLER NUNEATON HARRIERS 20 M50; 71 217 35:02 DAVID NORMAN WIRRAL A.C. 21 M50; 72 382 35:05 ARWEL LEWIS ERYRI HARRIERS 11 M55; 73 353 35:10 WILLIAM THOMAS BURNDEN ROAD RUNNERS 12 M55; 74 205 35:13 ALAN HODGSON TYNEBRIDGE HARRIERS 13 M40; 75 267 35:18 PHILLIP QUIBELL SALFORD HARRIERS A.C. 7 M60; 76 369 35:22 JED TURNER SHEFFIELD R.C. 22 M50; 77 270 35:24 JOHN GORE WINCHESTER & DISTRICT A.C. 23 M50; 78 314 35:27 PAUL JEGGO SPRINGFIELD STRIDERS 24 M50; 79 359 35:33 ANDREW CLAGUE WEST CHESHIRE A.C. 13 M45; 80 263 35:36 RAY STAINER TIPTON HARRIERS 13 M55; 81 258 35:38 STEWART THORP OXFORD CITY A.C. 8 M60; 82 286 35:41 DON LAWLESS THURROCK HARRIERS 25 M50; 83 236 35:41 MICHAEL JACKSON EAST HULL HARRIERS AND A.C. 14 M55; 84 302 35:46 STEVEN DOXEY SWINTON R.C. 26 M50; 85 294 35:50 SIMON CALROW WOLVERHAMPTON & BILSTON A.C. 15 M55; 86 334 35:53 DICKY WILKINSON LONG EATON R.C. 16 M55; 87 318 36:01







Nice to see  
Mike  
Hagar back  
in action  
first M60.

ANTHONY DEVOY WIRRAL A.C. 17 M55 ; 88 355 36:13 MARK DAVIES WEST CHESHIRE A.C. 11 M35 ; 89 242 36:19 ANDREW CATTON ILFORD A.C. 9 M60 ; 90 308 36:23 VICTOR BELSHAW DENBIGH HARRIERS 18 M55 ; 91 251 36:25 IAN STAINTHORPE ROCHDALE HARRIERS & A.C. 27 M50 ; 92 209 36:27 DARREN EDWARDS WOLVERHAMPTON & BILSTON A.C. 14 M45 ; 93 374 36:34 PETER MOUNTAIN BRISTOL & WEST A.C. 19 M55 ; 94 316 36:51 JOHN PATIENCE NORTH BELFAST HARRIERS 20 M55 ; 95 328 36:52 JOHN COLLIER WESHAM ROAD RUNNERS & A.C. 10 M60 ; 96 269 36:58 KEVIN HESKETH PRESTON HARRIERS 11 M60 ; 97 281 37:01 DAVID BAUGH DENBIGH HARRIERS 21 M55 ; 98 315 37:06 KARL DINES WILLOWFIELD HARRIERS 28 M50 ; 99 300 37:08 PETER SAVILL SHREWSBURY A.C. 12 M60 ; 100 249 37:15 IAN GOWER COVENTRY GODIVA HARRIERS 29 M50 ; 101 372 37:21 RUSSELL GODWIN COLWYN BAY A.C. 15 M45 ; 102 366 37:34 GARY PODMORE SHEFFIELD R.C. 22 M55 ; 103 243 37:35 BRIAN BEECROFT WIRRAL A.C. 13 M60 ; 104 337 37:43 ALAN MAPLETHORP LONG EATON R.C. 23 M55 ; 105 247 37:50 JOHN HILL HALESOWEN A.C. 14 M60 ; 106 257 37:54 LIONEL SPITTLE WOLVERHAMPTON & BILSTON A.C. 15 M60 ; 107 345 38:01 EVATT CUMMINGS LES CROUPIERS R.C. 16 M45 ; 108 253 38:06 JIM NEWBERRY NORTH BELFAST HARRIERS 16 M60 ; 109 262 38:15 PHILIP BAILEY SOUTHPORT WATERLOO 17 M60 ; 110 201 38:38 ANDREW YATES MIDLAND MASTERS A.C. 30 M50 ; 111 207 38:40 STEPHEN ROBERTS OSWESTRY OLYMPIANS 18 M60 ; 112 362 38:45 ALAN ROBERTS VALE OF AYLESBURY A.C. 31 M50 ; 113 373 38:56 MARTIN CORTVRIEND DENBIGH HARRIERS 19 M60 ; 114 273 39:20 MAURICE COLLINS ST HELENS SUTTON 32 M50 ; 115 290 39:26 GEORGE NIXON PRESTATYN R.C. 20 M60 ; 116 289 39:45 ALAN GRICE TIPTON HARRIERS 21 M60 ; 117 284 39:59 DUNCAN JONES DENBIGH HARRIERS 24 M55 ; 118 214 4 05 MICHAEL MOORHOUSE MATLOCK A.C. 22 M60 ; 119 325 4 14 FRANK DEVLIN JARROW & HEBBURN A.C. 23 M60 ; 120 256 4 25 ANDY MURRAY DULWICH RUNNERS 24 M60 ; 121 357 4 52 RUSS CHEETHAM PRESTATYN R.C. 17 M45 ; 122 317 4 55 IAN McNEILL BIRKENHEAD A.C. 25 M55 ; 123 248 4 57 GERALD MEAH CAMBRIDGE & COLERIDGE A.C. 26 M55 ; 124 303 41:02 GARY THOMASON SALFORD HARRIERS A.C. 27 M55 ; 125 255 41:17 MALCOLM THIRLAWAY GATESHEAD HARRIERS & A.C. 28 M55 ; 126 365 41:25 TIMOTHY RAINEY SALE HARRIERS 33 M50 ; 127 311 41:34 CRISPIN MILLER SALE HARRIERS 14 M40 ; 128 327 41:35 JERRY SMITH SALE HARRIERS 25 M60 ; 129 222 41:43 CHRIS BALDWIN DENBIGH HARRIERS 26 M60 ; 130 280 41:48 NEIL TEAGUE BOURTON ROADRUNNERS 34 M50 ; 131 329 41:50 ALAN GLASGOW WESHAM ROAD RUNNERS & A.C. 27 M60 ; 132 376 42:12 CHARLES ASHLEY WREXHAM A.C. 29 M55 ; 133 339 42:24 FRED JONES DENBIGH HARRIERS 28 M60 ; 134 375 42:42 MIKE O'BRIEN MANCHESTER YMCA HARRIERS 30 M55 ; 135 237 43:06 STEPHEN PARKER ILFORD A.C. 31 M55 ;

136 299 43:20 DES DAVIES PRESTATYN R.C. 32 M55 ; 137 348 43:29 DONALD JOHNSON BILDON RUNNERS 29 M60 ; 138 338 44:24 IAN SNOW TORRINGTON A.A.C. 30 M60 ; 139 223 44:51 STEPHEN CHEAL ILFORD A.C. 35 M50 ; 140 230 47:06 ROB SARGENT ILFORD A.C. 31 M60 ; 141 215 5 09 KENNY McCORMICK CLAREMONT A.C. 32 M60 ; 142 363 53:50 KEVIN DILLON MANCHESTER HARRIERS & A.C. 33 M60 ;

## TEAM RESULTS

**W35-44:** 1 WOLVERHAMPTON & BILSTON (AUDREY WILSON -LUCY CAMBRIDGE -JACKIE HALFORD) 1:18:14; 2 JARROW & HEBBURN (ELAINE LESLIE- HEATHER ROBINSON- VICKI THOMPSON) 1:22:53; 3 STAFFS MOORLANDS (KERRY MARCHANT -DEBBIE HOPE -JOANNE HACKETT) 1:24:18; **W45-54:** 1 WINCHESTER & DISTRICT (LUCY ELLIOTT- KATHRYN BAILEY- KAREN RUSHTON) 1:1 57; 2 BRISTOL & WEST (CLARE JOLLIFFE- SARAH EVERITT- WENDY EVERITT) 1:2 35 ; 3 BUCKLEY RUNNERS (MARGARET LUDDEN- JANE LINDLEY -HAZEL BERRETT) 1:31:56 ; **W55-64:** BURNDEN ROAD RUNNERS (GWEN KINLOCH- LESLEY FISHER- ELAINE ROPER) 1:29:11 ; **M35-44:** SALFORD HARRIERS (MATTHEW SHAW- JON DANCE -JOHN LLOYD) 1:33:12; **M45-54:** 1 THAMES HARE & HOUNDS (BEN REYNOLDS-ANDY WEIR- IAN HARKNESS) 1:32:01 ; 2 SALFORD HARRIERS (ROGER ALSOP-STANLEY OWEN-PAUL SIMONS) 1:4 45 ; 3 WIRRAL (JOHN HUNT- JOE JOHNSON-DAVID NORMAN) 1:41:12 ;

After discovering that the 31st of October is the day of the World Rugby cup final and England might well be in contention for a final Place.

Mel has contacted Mick Smedley, our X/C Relays organiser at Derby, and attempted to go a week earlier on the 24th/25th Oct.

This is a not possible, as the arena at Derby is hosting a Cyclo-cross event.

Could you please therefore put out a request in the Magazine, for a Club to host it on the 24th/25th October, just for this year. I would prefer a Midlands club if possible, as central venues for the relays are more conducive to attendances, but would consider any UK venue.

If you can help please contact Mel James.

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## MASTERS ATHLETICS 2015.

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# BMAF Indoor Pentathlon Championships

Lee Valley, 15th February

Words from Bruce Charles.

**T**he 2015 event drew a very high standard of performance from all the athletes and it was pleasing to see that it was two female athletes whose results stood out.

Sally Hine set not only a new British record of 3674 points to win W65 but also set a new age record in the 60 metres hurdles with 11.72 sec.

In W45 Monique Krefting posted the highest points score of the day with an outstanding 3944 points.

Amanda Wale and Lesley Willis also exceeded 3000 points in winning W40 and W50 respectively.

In the men's competition John Mayor scored a great 3815 points to win M55 from old rival Brian Slaughter (3571 points)

There were also comprehensive wins for Greg Dunson in M50 with 3563 points, Mark Roberts in M45 (3259 points), Lawrence Ramm in M40 (3448 points) and Clint Nicholls in M35 (3007 points)

**M35:** 1 Clint Nicholls EVAC 3007 (9.09-5.60m-9.49m-1.81m-3:11.7); 2 James Danobrega EVAC 2623 (10.18-5.47m-9.17m-1.60m-3:05.5); 3 Neil Cox SWVAC 2301 (9.79-4.89m-8.30m-1.48m-3:19.1); 4 Ashley Pritchard NVAC 2234 (9.41-5.34m-10.57m-1.63m-DNF); **M40:** 1 Laurence Ramm EVAC 3448 (8.86-5.84m-10.59m-1.69m-3:04.9); 2 Ivan Ross OPEN 2655 (10.14-4.79m-8.43m-1.54m-3:05.9); 3 Chris Ness VAC 2294 (11.64-4.40m-7.34m-1.51m-2:58.7); **M45:** 1 Mark Roberts SCVAC 3259 (9.11-5.37m-9.97m-1.54m-3:26.7 5); 2 Andrew Lewis SCVAC 2544 (9.01-6.13m-12.34m-NH-DNF); 3 Geoffrey Butler SCVAC 2309 (11.85-4.40m-7.47m-1.51m-3:27.5); 4 Marc Juffkins SCVAC 2285 (12.18-4.23m-7.55m-1.48m-3:18.2); 5 Matthew Reece OPEN 2270 (11.82-4.14m-7.02m-1.60m-3:31.8); 6 Derek Warr SCVAC 2010 (11.49-4.57m-7.11m-1.33m-3:55.7); **M50:** 1 Greg Dunson MMAC 3563 (9.03-4.95m-11.01m-1.72m-3:41.2); 2 Peter Ley VAC 2884 (10.97-4.52m-10.10m-1.45m-3:23.0); 3 Alan Easey VAC 2619 (10.61-5.03m-7.96m-1.21m-3:34.8); 4 Leroy Gould SCVAC 2594 (10.52-4.47m-6.05m-1.30m-3:16.5); 5 Andy Smerdon OPEN 2404 (12.14-4.30m-7.31m-1.42m-3:24.0); 6 Jim Gillespie EVAC 1843 (11.2-3.12m-8.77m-1.24m-4:19.7); **M55:** 1 John Mayor EVAC 3815 (9.77-5.21m-9.19m-1.60m-3:19.9); 2 Brian Slaughter VAC 3571 (10.09-4.80m-10.18m-1.45m-3:17.2); 3 Clement Leon SCVAC 3047 (11.78-4.47m-7.91m-1.51m-3:18.7); 4 Peadar McGing OVERSEAS 2638 (10.85-3.83m-8.19m-1.39m-3:54.8); **M60:** 1 Adrian Essex SCVAC 2983 (11.41-4.39m-8.42m-1.39m-3:59.4); 2 Duncan Talbot SCVAC 2729 (11.83-3.89m-8.42m-1.45m-4:12.8); 3 Frank Blackwell OPEN 2727 (11.29-3.94m-8.68m-1.27m-4:03.3); 4 Patrick Moran OVERSEAS 2678 (12.55-4.05m-8.83m-1.33m-3:57.3); 5 Stephen Waddington OPEN 1879 (12.42-3.44m-7.06m-1.12m-4:44.4); **M65:** Lawrie Dunn MMAC 3043 (12.36-4.17m-7.71m-1.30m-3:57.8); **M70:** David Haines SCVAC 2905 (13.53-3.35m-8.73m-1.21m-4:01.4); **W35:** 1 Louise Kelly SCVAC 2169 (10.88-1.30m-9.89m-3.91m-3:21.0); 2 Tanya Daniels EVAC 1512 (12.8-1.30m-6.42m-3.34m-3:22.2); **W40:** 1 Amanda Wale WMAA 3066 (10.32-1.39m-8.56m-4.33m-2:48.0); 2 Dawn Jones EVAC 10.70-1.36m-6.66m-4.16m-2:50.0); 3 Claudia Cabbage SCVAC 1907 (13.04-1.30m-8.74m-3.57m-3:38.9); **W45:** Monique Krefting SCVAC 3944 (9.86-1.57m-8.07m-4.49m-2:30.9); **W50:** 1 Lesley Willis MMAC 3166 (11.21-1.21m-7.57m-4.19m-2:54.8); 2 Susan Frisby MMAC 3091 (10.53-1.33m-7.86m-3.84m-3:22.9); 3 Monica Brown EVAC 2884 (11.23-1.30m-7.66m-3.86m-3:26.4); 4 Marise Taylor MMAC 1995 (13.88-1.12m-6.60m-3.31m-3:27.0); **W55:** 1 Mary Barrett ILR 3625 (11.20-1.27m-11.07m-3.78m-3:16.1); 2 Penny Butcher EVAC 2911 (12.53-1.21m-6.12m-3.58m-3:04.8); **W65:** Sally Hine MMAC 3674 (**BRITISH RECORD**) (11.72 (**BRITISH RECORD**) - 1.15m-6.47m-3.52m-3:31.7);



SALLY HINE

By Tom Phillips

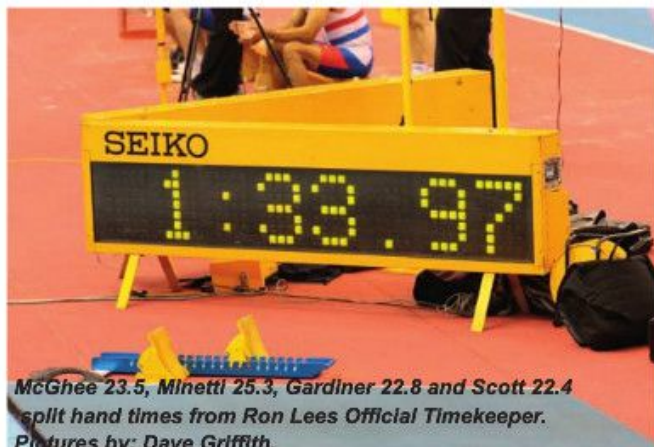




**Will McGhee, Giuseppe Minetti, Michael Gardiner and Darren Scott set a World M45 4x200 record, at Birmingham's Barclaycard NIA, on Sunday the 22<sup>nd</sup> February.**

Picture shows Michael handing over to Darren, he also missed out on the World M45 200 metre record by just 1/100 of a second but set a new European Record of 22.58.

Many British Masters enjoyed the fast track, and helpful officials as did Sue Yeomans who set a European Record of 2.90 in the Pole Vault.



## **FAMA INTER AREA LEE VALEY 1<sup>ST</sup> MARCH**

**Words: Arthur Kimber  
Picture: Tom Phillips**

Eight area clubs competed in the match and for the first time W70 events were included in the programme. Southern Counties dominated both men's and women's matches with a total of 547 points, with Eastern Veterans second on 485 and Midland Masters third on 444.

In the men's match Southern Counties won by a margin of 51 points, secured by a substantial number of wins in both track and field, with Eastern Veterans second and Midland Masters third. In the sprints M35 Josh Wood, M60 Wally Franklyn and M70 Vic Novell won the 60m. races, 7.09, 8.22 and 8.73, while Ray Watkins, M60, ran a fine double to take the 200m. in 26.77 and the 400m. in 59.38. M35 Adam Bellis won the 200m, 23.77 and M50 Bob Lewis the 400m, 58.27. Southern Counties won the 800m. races in all age groups, M35 Craig Sharp in 2:06.97, M50 Jon Tilt in 2:09.77, M60 Dave Wilcock in 2:21.84 and M70 John Batchelor in 2:45.13. Dave Wilcock also took the 1500m. in 4:45.11 and Craig Sharp the 3000m. in 9:44.94. To complete the track victories international star M50 Francisco Reis, dropping down to the 35-49 age group, won the 2k. Walk by over two minutes, clocking 9:00.29 and Chris Hobbs won the M50 race in 9:40.68. Southern Counties also took the M60 and M70 4x200m. Relays.

In the jumps Vic Novell added to his 60m. win by taking the long jump, 4.10, M35 Andy Lewis the M35 competition with 6.07, M35 Keith Newton won the triple jump, 11.58, and M50 John Andrews, dropping down to the 35-49 age category, pole vaulted 3.70 to win. Southern Counties took three of the four shot competitions, M35 Mark Wiseman, 13.73, M50 Allan Leiper, 12.72 and M60 Neil Griffin, 11.56.

Eastern Veterans produced wins on the track with Ricki Huskisson taking the M50 200m. in 25.50, Malcolm Tuff the M50 1500m. in 4:32.56 and the M50 relay, while Ian Reeve, M60, scored a double victory in the field, high jump, 1.40 and long jump, 4.39. All the 60m. sprinters scored valuable points with second places.

Midland Masters M50 Greg Dunson won a fine track and field double in the 60m. Hurdles, 9.13 and high jump, 1.70. Michael Gardiner, M35, won the 400m. in 52.24, David Oxland the M60 3000m. in 10:39.89 and the club took the M35 relay. Richard Jegou won the M70 shot, 10.62.

For fourth placed VAC M35 Alwyn Lombaard won the 60m. Hurdles in 9.41, and the high jump, clearing 1.78, Brian Lewis won the M50 60m. in 7.63 and Ben Reynolds and M70 Peter Giles took the 3000m. races in 9:34.51 and 11:58.17. For South West Veterans Vince Taylor, M35, long jumped 5.10 to win, for Northern Ireland Masters Anthony Glover, M35, ran a winning 4:16.24 1500m, for Northern Veterans M50 Mark Johnson vaulted a winning 4.40 and Julien Gittings won with a triple jump of 11.02. And Mel James took the M70 400m. for Welsh Masters in 79.41.

Alwyn Lombaard was the top point's scorer with 26.



In a more closely contested women's match Southern Veterans won by a smaller margin of 20 points, with Eastern



Veterans second and Midland Masters third. W35 Diana Norman was the outstanding Southern Counties athlete, winning two events, 60m. Hurdles in 9.50 and 800m. in 2:22.60, and adding a 1500m. second place and long jump third. In the sprints W60 Viv Bonner clocked 9.10 in the 60m. to claim a British record and Euphemia Scott took the W50 race, 8.81, while Joan Trimble won the W60 200m. in 31.03. International cross country star W50 Julie Briggs stepped down to the 35-49 age group to win the 3000m. in 10:16.29, and the club won the W60 relay. In the field European record holder W60 Sue Yeomans easily won the 50-59 age group pole vault with 2.80 and the club won three of the four shot competitions, Julie Wilson, M50, 9.67, Vilma Thompson, W60, 9.83 and Liz Sissons, W70, 8.81.

Eastern Veterans W50 Carole Filer stood out with three victories in the field, long jump, 4.63, high jump, 1.35, and triple jump 8.11, while Jemma Eastwood won the W35 pole vault, 3.30 and Stacy McGovern the W35 triple jump, 10.06. On the track W50 Alison Slatcher won the 200m. in 29.23 and Iris Hornsey the W70 800m, 3:55.90.

Midland Masters had two double wins on the track, W50 Jane Holder taking the 60m. Hurdles, 10.03 and the 400m., 70.4, and W50 Karen Brooks the 800m. and 1500m, 2:35.84 and 5:09.01. Prolific record breaker Angela Copson won the W60 3000m. in 11:57.26, well clear of VAC's Ros Tabor in second place, but in the 800m. both Angela and Ros clocked 2:51.92 for a rare dead heat. Susie Tawney, W50, also won her 3000m, 11:29.07. The club's race walkers, Carolyn Dyll, W35, and W50 Ann Wheeler, won both 2k. races, 11:34.73 and 12:04.32. In the field W60 Sally Hine jumped to a double win, long 3.59 and high 1.15, and W35 Emma Jayne took the W35 high, 1.32. Carole Parker won the W35 shot, 12.06.

VAC had the very fast 49 year old Sally Reed-Clayton, only a month short of her 50 birthday, winning the W35 400m. in 63.44 and Bernadine Pritchett taking the W35 1500m. in 4:54.68. Caroline Marler won the W60 400m. for Northern Veterans, 70.29. For Welsh Masters Joanne Frost, W35, won the 60m. in 8.09 and the long jump with 5.34, Michelle Thomas the W35 200m. in 27.36 and Iris Holder took the W70 60m. in 10.71 and the long jump with 3.18.

Diana Norman was the top points scorer with 29.

#### SCORES:

**MEN:** 1 SCVAC 305; 2 EVAC 263; 3 MMAC 232.5; 4 VAC 222; 5 NVAC 133; 6 WMAA 104.5; 7 SWVAC 72; 8 WMAA 61; **WOMEN:** 1 SCVAC 242; 2 EVAC 222; 3 MMAC 211.5; 4 WMAA 189; 5 VAC 158.5; 6 NIMAA 43; 7 NVAC 8; **TOTAL:** 1 SCVAC 547; 2 EVAC 485; 3 MMAC 444; 4 VAC 380.5; 5 WMAA 293.5; 6 NVAC 141; 7 NIMAA 104; 8 SWVAC 72; **W35:** 60: 1 Joanne Frost WM 8.09; 2 Helen Channon VAC 8.10; 3 Paula Owen MM 8.28; 200: 1 Michelle Thomas WM 27.36; 2 Owen 27.53; 3 Sarah Burke VAC 28.25; 400: 1 Sally Read-Cayton VAC 63.44; 2 Alison Collins SC 65.50; 3 Pam Murray WM 66.30; 800: 1 Diana Norman SC 2:22.60; 2 Lisa Webb VAC 2:27.77; 3 Stacy McGovern EV 2:28.29; 1500: 1 Bernadine Pritchett VAC 4:54.68; 2 Norman SC 5:00.84; 3 Rachel Matthews WM 5:11.95; 3000: 1 Norman 10:16.29; 2 Jo Locker VAC 10:21.28; 3 Owen 13:28.77; 2000W: 1 Carolyn Dyll MM 11:34.73; 2 Helen Middleton EV 11:49.26; 3 Angela Martin SC 13:44.98; 60H: 1 Norman 9.50; 2 Owen 9.53; 3 Amanda Wale WM 10.54; 4x200: 1 WM 1:55.32; 2 VAC 1:58.14; 3 SC 2:03.66; HJ: 1 Emma Jayne MM 1.32; 2 Tanya Daniel EV 1.32; 3 Wale 1.29; PV: 1 Jemma Eastwood EV 3.30; 2 Alison Murray WM 2.60; 3 Jackie Montgomery SC 2.50; LJ: 1 Frost 5.34; 2 Channon 5.23; 3 Norman 5.16; TJ: 1 McGovern 10.06; 2 Wale 9.24; 3 Jayne 8.45; SP: 1 Carol Parker MM 12.06; 2 Sue Lawrence EV 10.81; 3

Lisa Haywood WM 9.60;

#### W50:

60: 1 Euphemia Scott SC 8.81; 2 Monica Brown 8.92; 3 Lesley Willis 9.04; 200: 1 Alison Slatcher EV 29.23; 2 Scott 29.47; 3 Willis 30.74; 400: 1 Jane Holder MM 70.40; 2 Mary Brown SC 70.47; 3 Chris Feely EV 72.98; 800: 1 Karen Brooks MM 2:35.84; 2 Christine Anthony EV 2:36.96; 3 Caroline Wood SC 2:50.73; 1500: 1 Brooks 5:09.01; 2 Maureen McCarthy EV 5:21.79; 3 Andrea Sanders-Reece VAC 5:56.76; 3000: 1 Susie Tawney MM 11:29.07; 2 Anthony 11:31.44; 3 Wood 11:36.93; 60H: 1 Jane Holder MM 10.03; 2 Carole Filer EV 10.20; 3 Terese Eades SC 11.88; 2000W: 1 Ann Wheeler MM 12:04.32; 2 Cath Duhig EV 12:40.06; 4x200: 1 EV 2:01.71; 2 SC 2:02.17; 3 MM 2:11.02; HJ: 1 Filer 1.35; 2 Mel Garland WM 1.30; 3 Willis 1.00; PV: 1 Sue Yeomans SC 2.80; 2 Debbie Singleton VAC 2.10; 3 Clare St. John Coleman WM 1.80; LJ: 1 Filer 4.63; 2 Mel Garland WM 4.22; 3 Willis 4.19; TJ: 1 Filer 8.11; 2 St. John Coleman 7.95; SP: 1 Julie Wilson SC 9.67; 2 Karen Llewellyn WM 9.31; 6 Wendy Dunsford EV 8.00;

#### W60:

60: 1 Viv Bonner SC 9.10; 2 Emily McMahon EV 9.74; 3 Sally Hine MM 9.90; 200: 1 Joan Trimble SC 31.03; 2 Anne Nelson VAC 34.36; 3 Hine 34.47; 400: 1 Caroline Marler NV 73.29; 2 Moira West SC 75.97; 3 Celia Duncan EV 78.41; 800: 1 Angela Copson MM & Ros Tabor VAC 2:51.92; 3 Duncan 2:54.45; 3000: 1 Copson 11:57.26; 2 Tabor 12:30.17; 3 Duncan 13:04.28; 4x200: 1 SC 2:21.40; 2 VAC 2:38.47; 3 MM 2:50.61; HJ: 1 Hine 1.15; 2 West 1.00; LJ: 1 Hine 3.59; 2 West 3.39; 3 Nelson 2.94; SP: 1 Vilma Thompson SC 9.83; 2 Anne Maguire NI 7.30; 3 Renate Prells WM 7.30;

#### W70:

60: 1 Iris Holder WM 10.71; 2 Mary Axtell SC 10.98; 3 Patricia Hill EC 11.84; 800: 1 Horsley EV 3:55.90; 2 Dorothy Fraser WM 4:47.15; LJ: 1 Holder 3.18; 2 Horsley 2.42; 3 Liz Sissons SC 1.65; SP: 1 Sissons 8.81; 2 Hill 7.54; 3 Fraser 4.26;

#### M35:

60: 1 Josh Wood SC 7.09; 2 Scott Herbert EV 7.31; 3 Andy Flint MM 7.62; 200: 1 Adam Bellis SC 23.77; 2 Scott Herbert EV 24.05; 3 Flint 24.70; 400: 1 Michael Gardiner MM 52.24; 2 Bellis 52.40; 3 Jevgeni Judin SW 53.14; 800: 1 Craig Sharp SC 2:06.97; 2 Chris Westcott EV 2:08.25; 3 Calvin Scoltock MM 2:15.13; 1500: 1 Anthony Glover NI 4:16.24; 2 Adrian Haines SC 4:27.65; 3 Scoltock 4:33.41; 3000: 1 Sharp 9:44.94; 2 Tony Tuohy VAC 9:52.05; 3 David Williams WM 9:59.00; 2000W: 1 Francisco Reis MM 11:37.35; 2 John Constandinou MM 11:37.35; 3 Stephen Kemp EV 12:08.10; 60H: 1 Alwyn Lombaard VAC 9.41; 2 Lee Sutton NV 10.87; 3 Martin Aspley-Davis MM 11.09; 4x200: 1 MM 1:41.92; 2 EV 1:42.94; 3 SC 1:43.15; HJ: 1 Lombaard 1.78; 2 Aspley-Davis 1.56; 3 Sutton 1.47; PV: 1 John Andrews SC 3.70; 2 Dave Gordon WM 3.70; 3 Simon Eastwood EV 3.20; LJ: 1 Andy Lewis SC 6.07; 2 Donovan Davenport MM 5.52; 3 Paul Harrison EV 5.06; TJ: 1 Keith Newton SC 11.58; 2 Davenport 11.54; 3 Harrison 11.08; SP: 1 Mark Wiseman SC 13.73; 2 John Twiddle NV 11.91; 3 Eddie McKenzie NI 9.91;

#### M50:

60: 1 Brian Lewis VAC 7.63; 2 Ricki Huskisson EV 7.76; 3 John Wright NV 7.81; 200: 1 Huskisson 25.50; 2 Wright 25.59; 3 Patrick Crossan NI 25.81; 400: 1 Lewis 58.27; 2 Crossan 58.72; 3 Paul Bevan WM 60.04; 800: 1 Jon Tilt SC 2:09.77; 2 Gary Ironmonger VAC 2:15.86; 3 Brett Davis WM 2:16.40; 1500: 1 Malcolm Tuff EV 4:32.56; 2 Larry Mangleshot SC 4:32.62; 3 Chris Ireland NV 4:40.14; 3000: 1 Ben Reynolds VAC 9:34.51; 2 Colin Ridley EV 9:44.52; 3 Bashir Hussain NV 10:11.92; 2000W: 1 Chris Hobbs SC 9:40.68; 2 Roger Michell MM 10:58.93; 3 Hussain 12:06.47; 60H: 1 Greg Dunson MM 9.13; 2 Allan Leiper SC 9.65; 3 Peter Ley VAC 10.78; 4x200: 1 EV 1:52.73; 2 SC 1:55.42; 3 VAC 1:57.52; HJ: 1 Dunson 1.70; 2 Richard Phelan EV 1.53; 3 Leiper 1.50; PV: 1 Mark Johnson NV 4.40; 2 David Blunt VAC 3.20; 3 Phelan 3.10; LJ: 1 Vince Taylor SW 5.10; 2 Albert Earle MM 4.67; 3 K Palmer EV 4.67; TJ: 1 Julian Gittens NV 11.02; 2 Earle 10.34; 3 Phelan 9.96; SP: 1 Leiper 12.72; 2 Andy Turner WM 12.18; 3 Keith Seddon VAC 9.58;

#### M60:

60: 1 Allan Long VAC 8.22; 2 Paul Willcox EV 9.00; 3 Allan Long VAC 9.00; 200: 1 Ray Watkins SC 26.77; 2 Ian Broadhurst WM 27.95; 3 Ian Reeve EV 29.75; 400: 1 Watkins 59.38; 2 Broadhurst 60.23; 3 Reeve 64.92; 800: 1 Dave Wilcock SC 2:21.84; 2 Kevin Archer SW 2:23.17; 3 David Oxland MM 2:25.18; 1500: 1 Wilcock 4:45.11; 2 Archer 4:45.58; 3 Oxland 5:00.01; 3000: 1 Oxland 10:39.89; 2 John Skelton EV 10:42.83; 3 Stewart Thorp SC 11:08.67; 4x200: 1 SC 1:53.99; 2 EV 2:05.58; 3 VAC



2:13.30; **HJ:** 1 Reeve 1.40; 2 Geoff Kitchener SC 1.25; **LJ:** 1 Ian Reeve EV 4.39; 2 Rashpal Singh MM 4.22; 3 Rob Sibley SC 3.52; **SP:** 1 Neill Griffin SC 11.56; 2 Anthony Richards VAC 10.78; 3 Reeve 8.64;  
**M70:**  
**60:** 1 Vic Novell SC 8.73; 2 Ian Foster EV 8.88; 3 Chuck Isetts VAC 9.31;  
**400:** 1 Mel James WM 79.41; 2 Phil Brennan MM 82.32; 3 Arthur Kimber SC 90.22; **800:** 1 John Batchelor SC 2:45.13; 2 Brennan 3:04.60; 3 John Garber EV 3:07.72; **3000:** 1 Peter Giles VAC 11:58.17; 2 Batchelor 12:11.62; 3 Brennan 13:19.56; **4x200:** 1 SC 2:29.43; 2 EV 2:39.67; **HJ:** 1 Alan Cheers WM & Tony Crocker MM 1.20; 3 Brian Harlick SC 1.00; **LJ:** 1 Novell 4.10; 2 Cheers 3.88; 3 Crocker 3.34;

# BMAF INDOOR TRACK FIELD CHAMPIONSHIPS, LEE VALLEY, 7-8th March 2015 Words: Martin Duff Pictures: Tom Phillips.

W65s Ros Tabor and Angie Copson resumed their rivalry over the middle distances when they again battled in this championships that drew a record 581 individual entries. Some of the 233 British entrants for the European indoor event in Torun Poland missed the championships but Tabor and Copson would resume their rivalry there.

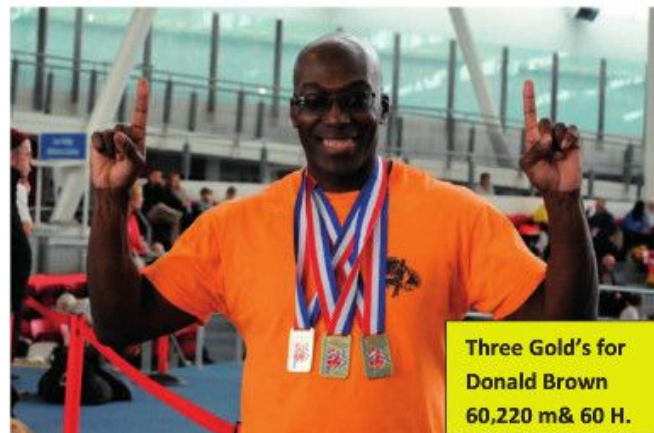
Here it was Tabor who came out on top after they had dead heated in their previous outing, albeit over 800m and the Dulwich Runner was less than a second outside Copson's 1500m world record, at 5:37.62, her quickest for five years and said she found it really easy. This was after a bit of pushing and shoving on the final bend but all was well.

World record holder Copson was back for the 800m on the second day and won with 2:50.76 before later adding the 3000m in 11:50.18, but said: "I was quite frightened," (as the women had to run with younger men). There was a British 1500m record for M50 Guy Bracken, at 4:11.87 a time only few seconds short of the world age group record, while Karen Brooks missed Nancy Hitchmough's W55 1500 British best by a fraction with 5:08.97.

Charles Eugster set the only World record of the meeting with an M95 200m best of 55.48, a performance that saw the Swiss resident elevated to celebrity status in the National media. He also set a British 60m mark of 15.32 for good measure. He said: "I'm absolutely delighted. It proves that you can set yourself challenges and goals at any age and achieve them."

Carole Filer competed in the most events and won four including her staples; the high and long jumps.

Helen Godsell won the W60 60m in 8.85 to narrowly head Joan Trimble and Caroline Powell. "I had a terrible start," said Godsell. Powell added the 200m and 400m. "I have done a lot more strength work in the gym this winter," said Powell, who finalised her Euro preparations.



Three Gold's for  
Donald Brown  
60,220 m& 60 H.

Moir West won the three W65 sprints: the 60m was won in 9.63 before the 200m in 32.31 and 400m in 75.98. "You don't get a lot of competition and only get a couple of chances indoors," said the Winchester runner.

Danny Graham, in his first high jump competition for 13 years, soared over 2.01m for an M35 championship best, despite gashing his thigh with his own spikes. This was the first two metre jump in British Masters competition. "I did 2.22m as a 22-year-old then did nothing for 10-11 years," said the 35-year-old.

Lithuanian Gintaras Varanauskas added the M40 high jump with 1.95m, while the pole vault saw a European W60 record from Sue Yeomans, who was over 2.91m.

W75 Kathleen Stewart won the 400m in 88.46 before returning, to set a British 800m W75 record of 3:36.93 on the Sunday.

The outdoor winter throws meeting saw summer conditions on the first day and there, Steve Whyte added three M50 long throws, including the Hammer in 52.17m, to go with an indoor shot 13.83m victory. His fourth event saw a new British M50 weight record of 21.12m.

However Whyte said: "I've got a meniscus tear in my knee and am waiting for an operation." The walks, over 3000m, had Poland bound M50 Francisco Reis clock 13:35.64, M65 Ian Richards 14:41.27 and M75 Arthur Thomson, 19:27.10, to confirm their usual form.



Vaulting  
fans, all  
Poles  
together





Jason Carty  
wins the  
M45 60  
metres.

#### 60 Metres

**W35:** 1 504 Helen Channon W37 VAC 8.15; 2 514 Paula Owen W36 MMAC 8.26; 3 505 Tanya Daniels W37 EVAC 9.25; **W40:** 1 541 Giare Skervin W42 MMAC 8.06; 2 545 Michelle Thomas W43 WMAA 8.15; 3 540 Rachael Savidis W43 NEMAA 8.41; 4 532 Kathryn Miles W42 SCVAC 8.59; 5 528 Tamzin Gribble W44 SWVAC 8.84; 6 531 Kate Maryon W43 SCVAC 9.10; 7 546 Amanda Wale W44 WMAA 9.21; 8 543 Kirsty Tanner W41 SCVAC 9.39; **W45:** 1 554 Angela Bates W49 VAC 8.61; 2 568 Louise Oliver W45 SCVAC 8.71; 3 565 Kathleen Madigan W45 SVHC 8.81; 4 557 Janet Dickinson W47 SWVAC 9.03; 5 574 Michele Wakefield W49 SCVAC 9.05; 6 575 Rachel Waters W48 VAC 9.10; 7 571 Deborah Ricci W45 MMAC 9.21; 8 572 Lesley Richardson W45 SCVAC 9.61; 9 555 Jacqueline Breslin W46 SCVAC 9.75; **W50:** Heat 1 1 611 Euphemia Scott W51 SCVAC 8.96 Q; 2 616 Lesley Willis W53 MMAC 9.12 Q; 3 584 Mary Brown W52 SCVAC 9.29 q; 4 592 Melanie Garland W52 WMAA 9.42; 5 607 Clare Nelson W50 SCVAC 10.23; Heat 2 1 583 Monica Brown W50 EVAC 8.97 Q; 2 598 Angela Kelly W54 NVAC 9.20 Q; 3 620 Susan Wisdom W53 VAC 9.26 q; 4 585 Gaye Clarke W54 EVAC 9.64; 5 597 Helene Marie Kehoe W50 SCVAC 9.81; Final: 1 583 Monica Brown W50 EVAC 8.85; 2 616 Lesley Willis W53 MMAC 9.10; 3 598 Angela Kelly W54 NVAC 9.14; 4 584 Mary Brown W52 SCVAC 9.27; 5 611 Euphemia Scott W51 SCVAC 16.04; **W55:** 1 629 Carole Filer W59 EVAC 8.92; 2 633 Christine Salvary W58 SCVAC 9.88; **W60:** 1 645 Helen Godsell W61 SCVAC 8.85; 2 655 Joan Trimble W60 VAC 8.89; 3 651 Caroline Powell W61 SWVAC 9.01; 4 652 Joylyn Saunders-Mullins W62 SCVAC 9.13; 5 648 Emily McMahon W64 EVAC 9.82; 6 649 Anne Nelson W63 VAC 10.05; **W65:** 1 670 Moira West W65 SCVAC 9.63; 2 664 Sally Hine W65 MMAC 10.19; **W70:** 1 674 Iris Holder W74 WMAA 10.79; 2 671 Mary Axtell W73 SCVAC 11.08; 3 676 Mollie Mills W74 MMAC 11.31; 4 672 Ann Bolitho W72 SCVAC 12.20; **W75:** 1 681 Dorothy Fraser W77 WMAA 12.12; **M35:** Heat 1 1 12 Marvin Edwards M35 NVAC 7.28 Q; 2 7 Stuart Channon M38 VAC 7.33 Q; 3 1 Jan Barnard M35 EVAC 7.68 q; 4 38 Darren Towart M37 NEMAA 8.09; 5 40 Yoram Wijngaarde M36; SCVAC 8.10; 30 Robert North M39 MMAC DQ; Heat 2 1 31 Esmei Tamunonengiye-Ossai M39 SCVAC 7.13 Q; 2 34 Alan Robertson M37 SVHC 7.41 Q; 3 39 Simon Wells M36 NVAC 7.55 q; 4 41 Michael Wright M35 NEMAA 7.81; 5 42 Amr Ziko M36 EVAC 7.96; Final: 1 31 Esmei Tamunonengiye-Ossai M39 SCVAC 7.11; 2 12 Marvin Edwards M35 NVAC 7.24; 3 7 Stuart Channon M38 VAC 7.24; 4 34 Alan Robertson M37 SVHC 7.49; 5 39 Simon Wells M36 NVAC 7.58; 6 1 Jan Barnard M35 EVAC 7.68; **M40:** Heat 1 1 55 Mark Collins M41 EVAC 7.40 Q; 2 75 Mark Lawrence M44 MMAC 7.51 Q; 3 58 Scott Craddock M40

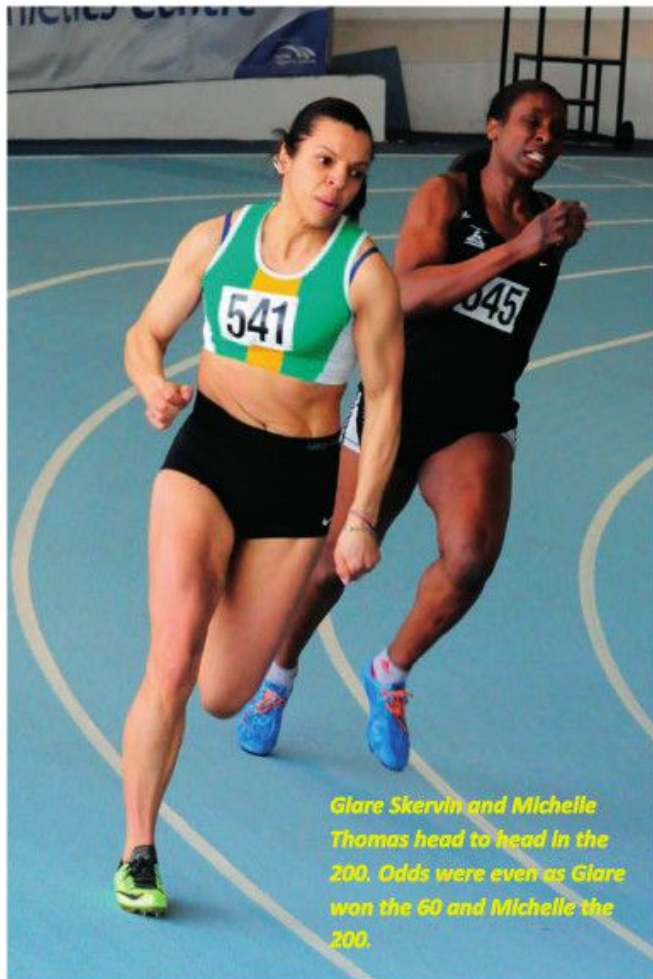
SCVAC 7.57 q; 4 80 Paul North M41 MMAC 8.02; 5 65 Andrew Gordon M40 VAC 8.48; Heat 2: 1 100 Joshua Wood M40 SCVAC 7.17 Q; 2 68 Ciaran Harvey M41 SCVAC 7.45 Q; 3 61 Mark Dunwell M44 MMAC 7.70 q; 4 54 Rojimon Cherian M40 IND 9.43; Final: 1 100 Joshua Wood M40 SCVAC 7.08; 2 55 Mark Collins M41 EVAC 7.34; 3 61 Mark Dunwell M44 MMAC 7.39; 4 75 Mark Lawrence M44 MMAC 7.41; 5 68 Ciaran Harvey M41 SCVAC 7.41; 6 58 Scott Craddock M40 SCVAC 7.54; **M45:** Heat 1: 1 147 Rohan Samuel M49 VAC 7.61 Q; 2 141 Erskine Peters M49 OPEN 7.65 q; 3 149 Michael Smith M45 SCVAC 7.83 q; 4 124 Ian Gouldthorpe M46 NVAC 7.88; 5 143 Ben Radcliffe M45 SCVAC 8.02; 6 156 Daniel Tomlinson M45 SCVAC 8.48; Heat 2: 1 135 William MacGee M46 SCVAC 7.53 Q; 2 150 Julian Smith M45 EVAC 7.66 q; 3 158 Stan Walker M45 SVHC 7.86; 4 133 Barrington King M49 SCVAC 8.37; 5 159 Derek Wam M49 SCVAC 8.71; Heat 3: 1 112 Jason Carty M45 SCVAC 7.46 Q; 2 160 Mark White M49 VAC 7.96; 3 138 John Munroe M46 SCVAC 7.99; 4 104 Michele Beltramo M46 OPEN 8.09; 5 122 Guy Giffin M46 SCVAC 8.11; 6 103 Eli Barnett M49 MMAC 8.53; Final: 1 112 Jason Carty M45 SCVAC 7.32; 2 135 William MacGee M46 SCVAC 7.39; 3 147 Rohan Samuel M49 VAC 7.54; 4 150 Julian Smith M45 EVAC 7.64; 5 141 Erskine Peters M49 OPEN 7.73; 6 149 Michael Smith M45 SCVAC 7.78; **M50:** Heat 1: 1 179 Donald Brown M51 MMAC 7.77 Q; 2 223 John Statham M54 MMAC 7.89 q; 3 211 Roy Nelson M52 SCVAC 8.39; 4 209 Chris Michael M52 VAC 9.27; Heat 2: 1 181 Lincoln Campbell M50 OPEN 7.64 Q; 2 216 Dalton Powell M51 MMAC 7.71 q; 3 218 Glen Reddington M52 SCVAC 8.08; 4 192 Robert Grew M52 SWVAC 8.19; Heat 3: 1 194 Paul Guest M53 SWVAC 8.03 Q; 2 196 Peter Ilo M53 SCVAC 8.07 q; 3 231 Adrian Walley M54 OPEN 8.41; 4 208 Michael May M54 VAC 9.32; Final: 1 179 Donald Brown M51 MMAC 7.62; 2 181 Lincoln Campbell M50 OPEN 7.68; 3 216 Dalton Powell M51 MMAC 7.72; 4 223 John Statham M54 MMAC 7.91; 5 194 Paul Guest M53 SWVAC 8.00; 6 196 Peter Ilo M53 SCVAC 8.06; **M55:** Heat 1: 1 257 Douglas Donald M55 MMAC 7.97 Q; 2 278 Cecil Moven M58 MMAC 8.30 Q; 3 288 Eric Smart M58 NEMAA 8.35 q; 4 285 Ian Scholes M57 OPEN 8.47; 5 270 Clement Leon M59 SCVAC 8.49; 6 290 Joseph Tucker M55 OPEN 9.34; Heat 2: 1 265 Ricky Huskisson M55 EVAC 7.90 Q; 2 249 Kevin Burgess M58 EVAC 7.93 Q; 3 251 Philip Clayton M57 MMAC 8.42 q; 4 252 Les Coe M57 SCVAC 8.60; 5 272 Brian Matthews M58 VAC 8.70; 6 255 Adrian Day M56 VAC 9.14; Final: 1 265 Ricky Huskisson M55 EVAC 7.78; 2 257 Douglas Donald M55 MMAC 7.85; 3 249 Kevin Burgess M58 EVAC 7.87; 4 288 Eric Smart M58 NEMAA 8.35; 5 278 Cecil Moven M58 MMAC 8.39; 6 251 Philip Clayton M57 MMAC 8.45; **M60:** Heat 1: 1 341 Ray Watkins M62 SCVAC 8.20 Q; 2 312 Walwyn Franklyn M62 SCVAC 8.21 Q; 3 310 Adrian Essex M64 SCVAC 8.49 q; 4 308 David Drew M60 MMAC 8.70; Heat 2: 1 329 Alasdair Ross M62 VAC 8.19 Q; 2 320 Christopher Monk M63 MMAC 8.23 Q; 3 325 Tom Phillips M60 SCVAC 8.25 q; 4 313 Tony Gair M61 NEMAA 8.93; 5 328 Patrick Reynolds M64 VAC 10.56; Final: 1 329 Alasdair Ross M62 VAC 8.05; 2 312 Walwyn Franklyn M62 SCVAC 8.16; 3 341 Ray Watkins M62 SCVAC 8.18; 4 325 Tom Phillips M60 SCVAC 8.25; 5 310 Adrian Essex M64 SCVAC 8.51; 6 320 Christopher Monk M63 MMAC 10.80; **M65:** 1 383 Brian Williamson M65 WMAA 8.87; 2 369 Geoffrey Kitchener M65 VAC 8.92; 3 382 Tony Wells M66 EVAC 8.98; 4 384 Peter Wright M66 MMAC 9.21; 5 355 Thomas Clinton M65 IRL 9.29; 6 358 Lawrie Dunn M68 MMAC 9.33; **M70:** 1 399 Ian Foster M71 EVAC 8.85; 2 412 Trevor Madigan M70 SVHC 9.14; 3 407 Charles Isetts M72 VAC 9.23; 4 419 James Smith M70 OPEN 9.39; **M75:** 1 439 John Scott M75 SVHC 9.89; 2 431 Roger Bruck M75 SCVAC 10.13; **M80:** 1 452 John Evans M80 MMAC 10.45; 2 451 George Cheetham M84 MMAC 10.54; **M85:** 1 461 Dalbir Singh Deol M88 VAC 15.28; **M95:** 1 471 Charles Eugster M95 VAC 15.32 (**BRITISH RECORD**)

#### 200 Metres

**W40:** 1 545 Michelle Thomas W43 WMAA 27.05; 2 541 Giare Skervin W42 MMAC 27.06; 3 527 Sharon Greenwood W43 NVAC 27.48; 4 532 Kathryn Miles W42 SCVAC 29.35; 5 546 Amanda Wale W44 WMAA 29.61; **W45:** 1 562 Jacqui Hodgson W46 NEMAA 28.64; 2 565 Kathleen Madigan W45 SVHC 29.66; 3 575 Rachel Waters W48 VAC 29.88; 4 574 Michele Wakefield W49 SCVAC 30.15; 5 551 Yvonne Asgill W49 OPEN 30.93; 6 571 Deborah Ricci W45 MMAC 30.94; 7 572 Lesley Richardson W45 SCVAC 33.10; **W50:** 1 582 Tracy Bezance W50 EVAC 28.72; 2 588 Janice Ellacott W54 SWVAC 29.90; 3 584 Mary Brown W52 SCVAC 30.80; 4 614 Denise Timmis W54 EVAC 31.06; 5 598 Angela Kelly W54 NVAC 31.34; 6 592 Melanie Garland W52 WMAA 32.47; 7 597 Helene Marie Kehoe W50 SCVAC 32.57; 8 607 Clare Nelson W50 SCVAC 34.57; 620 Susan Wisdom W53 VAC DQ; **W55:** 1 629 Carole Filer W59 EVAC 29.89; 2 630 Jane Horder W58 MMAC 30.26; 3 627 Teresa Eades W56 SCVAC 33.00; **W60:** 1 651 Caroline Powell W61 SWVAC 29.62; 2 645 Helen Godsell W61 SCVAC 29.91; 3 655 Joan Trimble W60 VAC 31.01; 4 649 Anne Nelson W63 VAC 34.02; **W65:** 670 Moira West W65 SCVAC 32.31; **W70:** 671 Mary Axtell W73 SCVAC 39.42; **W75:** 1 684 Kathleen Stewart W75 NEMAA 38.69; 2 681 Dorothy Fraser W77 WMAA 42.91; **M35:** Heat 1: 1 9 Liam Collins M36 NEMAA 23.26 Q; 2 27 Matthew Muggeridge M38 SWVAC 24.17; 3 24 Jevgeni Judin M36 SWVAC 24.63; 4 23 Alan James M39 OPEN 25.72; 4 Yoram Wijngaarde M36 SCVAC DQ; Heat 2: 1 3 Adam Bellis M38 SCVAC



23.64 Q; 2 12 Marvin Edwards M35 NVAC 23.88 q; 3 34 Alan Robertson M37 SVHC 24.33; 4 41 Michael Wright M35 NEMAA 24.89; 5 42 Amr Ziko M36 EVAC 27.46;



**Heat 3:** 1 2 Richard Beardsell M36 NVAC 23.13 Q; 2 5 Tom Bolan-Ashworth M35 NVAC 23.93 q; 3 39 Simon Wells M36 NVAC 24.08 q; 4 38 Darren Towart M37 NEMAA 25.61; 5 10 Glenn Cooper M37 VAC 25.74; **Final:** 1 2 Richard Beardsell M36 NVAC 22.76; 2 9 Liam Collins M36 NEMAA 22.81; 3 3 Adam Bellis M38 SCVAC 23.42; 4 5 Tom Bolan-Ashworth M35 NVAC 23.62; 5 12 Marvin Edwards M35 NVAC 23.79; 6 39 Simon Wells M36 NVAC 24.28; **M40:** 1 94 Baba Tindogo M40 SCVAC 23.39; 2 57 Mike Coogan M42 NVAC 23.66; 3 55 Mark Collins M41 EVAC 23.90; 4 68 Ciaran Harvey M41 SCVAC 24.17; 5 60 Peter Davey M41 SCVAC 24.90; 6 93 Stephen Terry-Short M44 MMAC 26.34; **M45:** 1 135 William MacGee M46 SCVAC 23.99; 2 158 Stan Walker M45 SVHC 25.10; 3 150 Julian Smith M45 EVAC 25.17; 4 125 Glenn Gray M46 SCVAC 25.32; 5 160 Mark White M49 VAC 25.38; 6 104 Michele Beltramo M46 OPEN 27.10; 7 103 Eli Barnett M49 MMAC 27.70; **M50:** 1 179 Donald Brown M51 MMAC 25.54; 2 199 David Kemp M51 SCVAC 25.72; 3 218 Glen Reddington M52 SCVAC 25.96; 4 226 Paul Ttereve M52 MMAC 26.38; 5 191 Leroy Gould M50 SCVAC 27.50; 6 208 Michael May M54 VAC 30.52; 7 209 Chris Michael M52 VAC 31.43; **M55:** 1 257 Douglas Donald M55 MMAC 25.48; 2 265 Ricky Huskisson M55 EVAC 25.51; 3 264 Peter Hickey M57 NVAC 26.09; 4 246 Malcolm Bramhall M56 EVAC 27.20; 5 288 Eric Smart M58 NEMAA 27.22; 6 270 Clement Leon M59 SCVAC 27.66; 7 285 Ian Scholes M57 OPEN 27.73; 8 252 Les Coe M57 SCVAC 28.49; 9 255 Adrian Day M56 VAC 28.87; **M60:** 1 341 Ray Watkins M62 SCVAC 26.39; 2 306 Ian Broadhurst M60 WMAA 26.81; 3 325 Tom Phillips M60 SCVAC 27.47; 4 313 Tony Gair M61 NEMAA 30.49; 5 328 Patrick Reynolds M64 VAC 37.59; **M65:** 1 382 Tony Wells M66 EVAC 29.66; 2 369 Geoffrey Kitchener M65 VAC 29.86; 3 366 Bruce Hendrie M66 MMAC 30.17; 4 355 Thomas Clinton M65 OVERSEAS 30.18; 5 383 Brian Williamson M65 WMAA 30.46; 6 381 Andrew Webb M66 NEMAA 31.08; **M70:** 1 419 James Smith M70 OPEN 30.77; 2 412 Trevor Madigan M70 SVHC 31.60; 3 408 Melvyn James M70 WMAA 32.15; 4 407 Charles Isetts M72 VAC 32.58; 5 424 David Whittaker M70 VAC 33.38; **M75:** 1 431 Roger Bruck M75 SCVAC 34.63; 2 432 Geoff Hudson M75 MMAC 36.25; **M80:** 1 452 John Evans M80 MMAC 36.19; 2 451 George Cheetham M84 MMAC 39.19; **M95:** 1 471 Charles Eugster M95 VAC 55.48 (**WORLD RECORD**);



#### 400 Metres

**W35:** 1 501 Elizabeth Amos W37 VAC 59.98; 2 515 Helen Reynolds W37 VAC 60.12; 3 513 Susan McLoughlin W37 VAC 61.21; **W40:** 1 534 Diana Norman W40 SCVAC 60.17; 2 528 Tamzin Gribble W44 SWVAC 67.95; 3 547 Katrina Wasteneay W43 EVAC 68.57; 527 Sharon Greenwood W43 NVAC DQ; **W45:** 1 562 Jacqui Hodgson W46 NEMAA 65.33; 2 563 Dawn Jones W45 EVAC 68.81; **W50:** 1 605 Virginia Mitchell W52 SCVAC 63.75; 2 586 Alison Collins W50 SCVAC 64.64; 3 582 Tracy Bezance W50 EVAC 64.66; 4 588 Janice Ellacott W54 SWVAC 68.35; 5 584 Mary Brown W52 SCVAC 69.85; 6 600 Lindsay Lister W50 EVAC 70.14; 7 616 Lesley Willis W53 MMAC 70.17; 8 597 Helene Marie Kehoe W50 SCVAC 1:20.22; 611 Euphemia Scott W51 SCVAC DNF; **W55:** 1 630 Jane Horder W58 MMAC 70.5; 2 638 Hilary West W57 NVAC 75.3; 3 624 Penny Butcher W56 EVAC 79.1; **W60:** 1 651 Caroline Powell W61 SWVAC 67.88 (65.88 as a guest in earlier race); 2 645 Helen Godsell W61 SCVAC 74.39; 3 646 Sue James W64 SCVAC 1:30.26; **W65:** 1 670 Moira West W65 SCVAC 75.98; 2 668 Rosalind Tabor W65 VAC 1:20.32; **W70:** 675 Iris Horsey W72 EVAC 1:39.40; **W75:** 684 Kathleen Stewart W75 NEMAA 1:28.46 (**ran 1:27.25 for BR in Scottish Champs**); **M35:** 1 2 Richard Beardsell M36 NVAC 50.24; 2 9 Liam Collins M36 NEMAA 50.98; 3 5 Tom Bolan-Ashworth M35 NVAC 51.59; 4 3 Adam Bellis M38 SCVAC 51.64; 5 24 Jevgeni Judin M36 SWVAC 53.26; 6 16 Colin Garrett M35 OPEN 53.52; 7 38 Darren Towart M37 NEMAA 57.91; **M40:** 1 94 Baba Tindogo M40 SCVAC 51.83; 2 57 Mike Coogan M42 NVAC 53.51; 3 60 Peter Davey M41 SCVAC 56.74; 4 99 Jesse Wilson M43 EVAC 58.32; 5 78 Ian Matt M40 SCVAC 58.64; 6 90 Jason Steel M43 SCVAC 58.81; 7 89 David Shortridge M44 SCVAC 58.93; 8 93 Stephen Terry-Short M44 MMAC 59.56; 9 54 Rojimon Cherian M40 IND 66.00; **M45:** 1 107 Dominic Bokor-Ingram M47 VAC 54.66; 2 105 Peter Benedickter M46 EVAC 55.51; 3 139 Michael Osunsami M46 SCVAC 56.07; 4 162 David Woods M46 OPEN 56.16; 5 154 Chris Taplin M47 VAC 56.50; 6 160 Mark White M49 VAC 56.51; 7 132 Craig Johnston M47 OPEN 57.38; 8 103 Eli Barnett M49 MMAC 63.18; 118 Neil Davies M46 WMAA DNF; **M50:** 1 177 Kermitt Benthall M54 SCVAC 55.66; 2 204 Bob Lewis M53 SCVAC 56.32; 3 226 Paul Ttereve M52 MMAC 59.31; 4 211 Roy Nelson M52 SCVAC 61.01; **M55:** 1 246 Malcolm Bramhall M56 EVAC 60.50; 2 270 Clement Leon M59 SCVAC 60.87; 3 274 Jonathan Metcalf M55 EVAC 60.91; 4 290 Joseph Tucker M55 OPEN 69.72; **M60:** 1 329 Alasdair Ross M62 VAC 58.28; 2 341 Ray Watkins M62 SCVAC 58.44;



## MASTERS ATHLETICS TRACK & FIELD

3 306 Ian Broadhurst M60 WMAA 59.50; 4 310 Adrian Essex M64 SCVAC 64.77; 5 328 Patrick Reynolds M64 VAC 1:27.79; **M65:** 1 366 Bruce Hendrie M66 MMAC 66.31; 2 356 Edward Connolly M65 VAC 66.97; 3 358 Lawrie Dunn M68 MMAC 70.46; 4 381 Andrew Webb M66 NEMAA 70.78; 5 372 Michael Mann M66 VAC 72.64; **M70:** 1 420 Richard Somers M70 VAC 74.29; 2 408 Melvyn James M70 WMAA 74.91; 3 419 James Smith M70 OPEN 75.56; 4 424 David Whittaker M70 VAC 77.76; **M75:** 1 436 Rodney Mills M78 NVAC 1:22.85; 2 432 Geoff Hudson M75 MMAC 1:27.48; 3 434 Arthur Kimber M78 SCVAC 1:30.00; **M80:** 456 John Seymour M80 SCVAC 1:32.73;

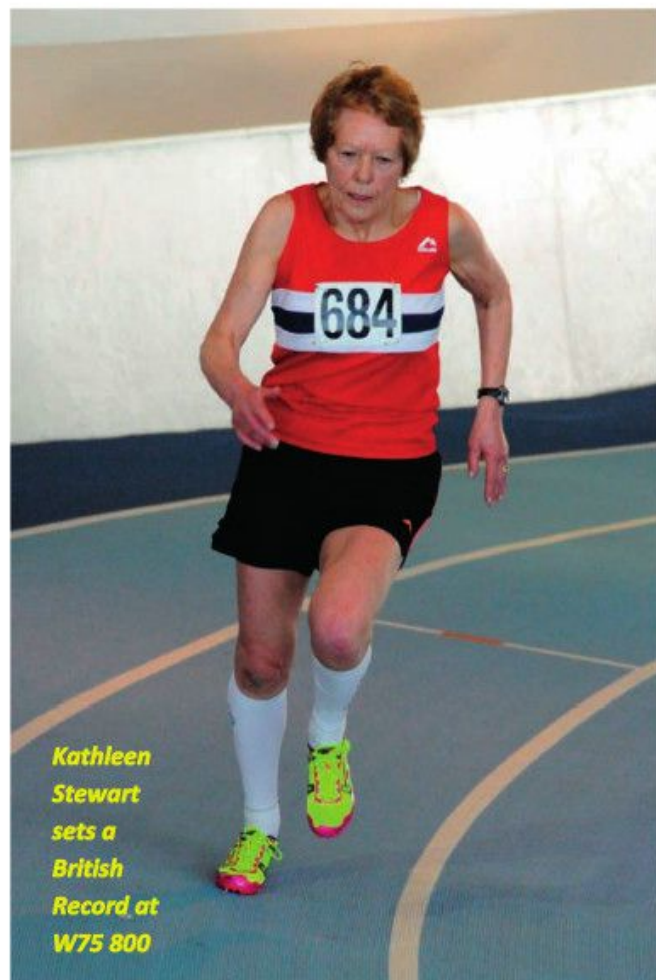
3 323 David Oxland M63 MMAC 2:20.47; 4 335 Ian Snow M64 SWVAC 2:43.97; **M65:** 1 356 Edward Connolly M65 VAC 2:29.24; 2 366 Bruce Hendrie M66 MMAC 2:42.13; 3 370 Stephen Knight M65 VAC 2:44.42; 4 367 David Jones M65 MMAC 2:48.29; **M70:** 1 417 Rod Scholes M70 NVAC 2:44.98; 2 405 John Horton M70 SWVAC 2:48.09; 3 420 Richard Somers M70 VAC 2:59.20; **M75:** 1 442 Barry Swindells M75 MMAC 3:01.03; 2 436 Rodney Mills M78 NVAC 3:11.18; **M80:** 456 John Seymour M80 SCVAC 3:47.55;



**Richard  
White wins  
the M55  
800**

### 800 Metres

**W35:** 1 515 Helen Reynolds W37 VAC 2:23.25; **W40:** 1 534 Diana Norman W40 SCVAC 2:21.42; 2 533 Nicola Neill W43 EVAC 2:28.88; 3 523 Rebecca Barrow W43 VAC 2:34.93; **W45:** 1 570 Bernadine Pritchett W48 VAC 2:25.58; 2 559 Sarah Everitt W48 MMAC 2:26.68; 3 553 Clare Barr W47 SVHC 2:41.85; 4 573 Mary Setyabule W47 OPEN 2:45.60; **W50:** 1 586 Alison Collins W50 SCVAC 2:40.40; 2 599 Joan Lasenby W54 EVAC 2:42.62; 3 589 Christine Feely W52 EVAC 2:52.67 **W55:** 1 623 Karen Brooks W55 MMAC 2:35.46; 2 638 Hilary West W57 NVAC 2:56.44; **W60:** 641 Elizabeth Bowers W62 SVHC 3:06.68; **W65:** 1 662 Angela Copson W67 MMAC 2:50.76; 2 663 Patricia Gallagher W69 WMAA 3:14.23; **W70:** 675 Iris Hornsey W72 EVAC 3:45.21; **W75:** 1 684 Kathleen Stewart W75 NEMAA 3:36.93 (**BRITISH RECORD**); 2 685 Betty Stracey W75 EVAC 4:01.84; **M35:** 1 35 Tim Shiels M39 NIMAA 2:03.53; 2 5 Tom Bolan-Ashworth M35 NVAC 2:04.72; 3 16 Colin Garrett M35 OPEN 2:05.98; 4 25 Dean Kane M35 SVHC 2:09.36; **M40:** 1 95 Mike Toal M43 NVAC 2:03.85; 2 98 Christopher Westcott M42 EVAC 2:06.58; 3 53 Richard Bruce M43 SCVAC 2:07.96; 4 70 Nick Jacobs M43 SCVAC 2:11.31; 5 90 Jason Steel M43 SCVAC 2:17.66; 6 89 David Shortridge M44 SCVAC 2:23.85; **M45:** 1 102 Steven Baldock M45 SCVAC 2:02.31; 2 126 Adrian Haines M47 SCVAC 2:03.76; 3 120 Peter Downhill M46 EVAC 2:06.92; 4 106 David Blackman M48 SCVAC 2:08.04; 5 162 David Woods M46 OPEN 2:08.12; 6 132 Craig Johnston M47 OPEN 2:08.26; 7 145 Tony Roberts M49 EVAC 2:21.33; **M50:** 1 172 Simon Anderson M51 SWVAC 2:12.22; 2 197 Gary Ironmonger M53 VAC 2:13.20; 3 206 Lawrence Mangelshot M51 SCVAC 2:13.32; 4 182 Brett Davis M51 WMAA 2:13.97; 5 193 Jonathan Grix M50 MMAC 2:19.48; **M55:** 1 292 Richard White M55 MMAC 2:17.47; 2 274 Jonathan Metcalf M55 EVAC 2:19.29; 3 277 Peter Mountain M57 SWVAC 2:21.95; 4 271 Michael Lewis M55 MMAC 2:28.80; 5 267 Jenkin Richard M55 SCVAC 2:29.30; **M60:** 1 342 David Wilcock M61 SCVAC 2:18.67; 2 309 Alastair Dunlop M61 SVHC 2:20.19



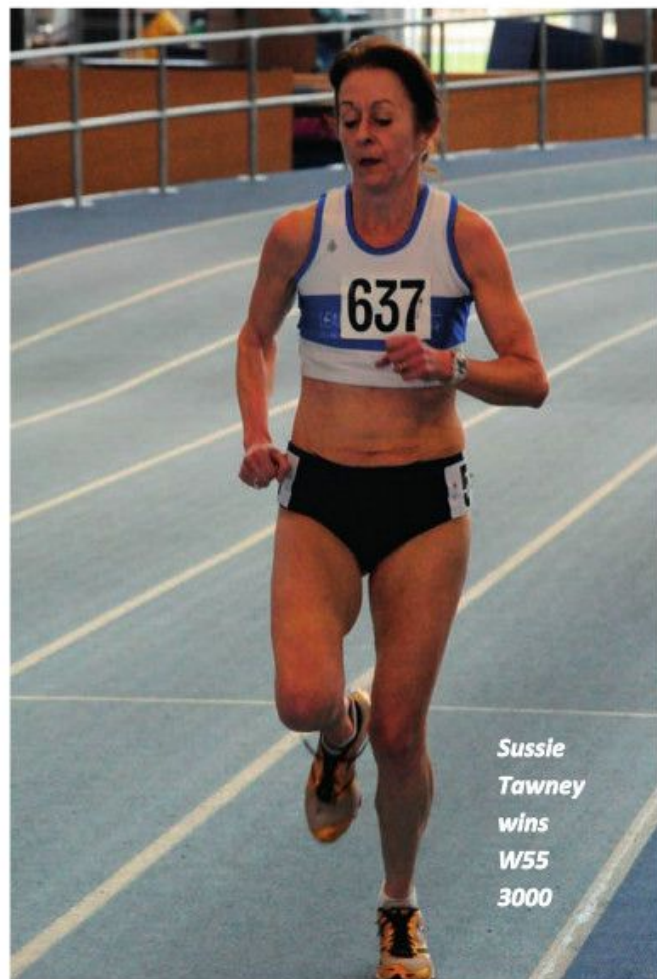
**Kathleen  
Stewart  
sets a  
British  
Record at  
W75 800**

### 1500 Metres

**W35:** 1 511 Joanne Locker W38 VAC 4:42.70; 2 517 Georgie Salmon W35 MMAC 4:46.59; 3 519 Sarah Webster W35 IOMVA 4:54.99; 4 512 Debbie Marsden W37 SWVAC 5:20.51; **W40:** 1 539 Louise Rudd W40 NVAC 4:39.35; 2 535 Cara Oliver W41 VAC 5:10.20; 3 537 Nicola Richmond W44 VAC 5:12.03; 4 547 Katrina Wastenev W43 EVAC 5:27.66; **W45:** 1 570 Bernadine Pritchett W48 VAC 4:50.98; 2 576 Lisa Webb W49 VAC 5:03.01; **W50:** 1 608 Jane Pidgeon W51 MMAC 5:24.95; 2 600 Lindsay Lister W50 EVAC 5:37.20; **W55:** 1 623 Karen Brooks W55 MMAC 5:08.97; 2 626 Gail Duckworth W59 EVAC 5:35.35; 3 634 Andrea Sanders-Reece W59 VAC 5:57.16; 4 638 Hilary West W57 NVAC 6:00.34; **W60:** 1 644 Anna Gamier W60 VAC 5:30.58; 2 641 Elizabeth Bowers W62 SVHC 6:07.65; 3 646 Sue James W64 SCVAC 6:50.54; **W65:** 1 668 Rosalind Tabor W65 VAC 5:37.62; 2 662 Angela Copson W67 MMAC 5:39.06; 3 663 Patricia Gallagher W69 WMAA 6:37.61; **W75:** 1 682 Anne Martin W79 EVAC 8:06.02; 2 685 Betty Stracey W75 EVAC 8:23.60; **M35:** 1 14 Simon Fell M38 EVAC 4:24.32; 2 33 Robert Prady M35 EVAC 4:26.77; 3 25 Dean Kane M35 SVHC 4:28.05; 4 26 Phil Luckier M38 SWVAC 4:31.57; **M40:** 1 64 Anthony Glover M40 NIMAA 4:24.32; 2 52 Jim Bennett M41 SCVAC 4:25.05; 3 53 Richard Bruce M43 SCVAC 4:26.95; 4 85 Grant Ramsay M42 SVHC 4:26.97; 5 63 Edward Garrett M43 SCVAC 4:29.33; 6 84 Matthew Preston M42 VAC 4:33.23; 7 70 Nick Jacobs M43 SCVAC 4:34.16; 8 66 Steve Hallas M42 NVAC 4:35.69; **M45:** 1 148 John Scott M48 SWVAC 4:20.92; 2 137 Cathal McLaughlin M47 NIMAA 4:21.49; 3 146 Andrew Rolt M48 SCVAC 4:28.89; 4 163 Stuart Wright M45 SCVAC 4:35.88; 5 136 David Mckeown-Webster M45 SCVAC 5:00.11; **M50:** 1 178 Guy Bracken M53 NEMAA 4:11.87 (**BRITISH RECORD**); 2 172 Simon Anderson M51 SWVAC 4:19.84; 3 229 Tony Tuohy M52 VAC 4:32.16; 4 214 Russell Parkin M52 MMAC 4:37.40; 5 174 Dean Angell M52 SCVAC 4:39.15; 6 200 Tony Killilea M51 VAC 4:44.35; 7 176 Mark Ashby M52 SCVAC 4:56.39; 8 184 Steven Doney M54 NVAC 4:58.85; 227 Malcolm Tuff M50 EVAC DNF; **M55:** 1 289 Stephen Smith M55 NVAC 4:27.01; 2 261 Robert Fox M55 MMAC 4:45.27;



3 284 Alex Rowe M57 NVAC 4:51.70; 4 256 Alan Dolton M58 SCVAC 5:42.07; **M60:** 1 342 David Wilcock M61 SCVAC 4:40.54; 2 303 David Bedwell M61 MMAC 4:40.95; 3 301 Kevin Archer M61 SWVAC 4:41.66  
4 323 David Oxland M63 MMAC 4:43.72; 5 314 Paul Gasson M61 SCVAC 5:05.02; 6 318 Peter Kennedy M63 VAC 5:09.19; 7 317 Ian Johnstone M63 SVHC 5:21.19; 8 322 Alan Newman M61 SCVAC 5:29.24; 9 335 Ian Snow M64 SWVAC 5:36.46; 10 310 Adrian Essex M64 SCVAC 6:16.14; **M65:** 1 372 Michael Mann M66 VAC 5:17.49; 2 362 Peter Hamilton M67 SCVAC 5:53.15; **M70:** 1 401 Peter Giles M70 VAC 5:20.08; 2 392 John Batchelor M74 VAC 5:36.96; 3 405 John Horton M70 SWVAC 5:46.01; 4 394 Philip Brennan M72 MMAC 6:03.27 5 416 Barrie Roberts M72 WMAA 6:33.78; **M75:** 1 442 Barry Swindells M75 MMAC 6:15.82; 2 436 Rodney Mills M78 NVAC 6:21.60; 3 432 Geoff Hudson M75 MMAC 7:35.15;



Sussie  
Tawney  
wins  
W55  
3000

## 3000 METRES

**W35:** 1 511 Joanne Locker W38 VAC 10:22.77; 2 512 Debbie Marsden W37 SWVAC 11:41.96; **W45:** 570 Bernadine Pritchett W48 VAC 10:52.34; **W50:** 1 608 Jane Pidgeon W51 MMAC 11:48.49; 2 599 Joan Lasenby W54 EVAC 12:12.24; **W55:** 1 637 Susie Tawney W55 MMAC 11:26.48; 2 626 Gail Duckworth W59 EVAC 11:42.56; 3 634 Andrea Sanders-Reece W59 VAC 12:40.41; 4 628 Diane Farmer W55 SCVAC 12:49.97; **W60:** 644 Anna Garnier W60 VAC 11:44.59; **W65:** 1 662 Angela Copson W67 MMAC 11:50.18; 2 666 Pauline Rich W69 VAC 13:59.98; **M35:** 21 Robert Hawse M36 NVAC 9:38.16; **M40:** 1 88 Nick Shasha M40 EVAC 8:57.60; 2 83 John Pike M40 EVAC 9:23.24; 3 76 Paul Lester M44 MMAC 10:08.97; **M45:** 1 148 John Scott M48 SWVAC 9:00.84; 2 151 David Smith M47 MMAC 9:20.21; 3 131 Ian Johnston M47 VAC 9:34.22; 4 113 Mark Champion M47 SCVAC 9:59.92; 119 Andrew Del Nevo M47 SCVAC DNF; 153 Darren Symes M46 SCVAC DNF; **M50:** 1 178 Guy Bracken M53 NEMAA 8:58.67; 2 172 Simon Anderson M51 SWVAC 9:27.73; 3 229 Tony Tuohy M52 VAC 9:36.35 4 220 Colin Ridley M53 EVAC 9:53.14; 5 174 Dean Angell M52 SCVAC 10:02.09; 6 224 Gary Thayre M53 SCVAC 10:32.03; 7 184 Steven Doxey M54 NVAC 10:46.83; **M55:** 1 247 Michael Bridgeland M57 EVAC 9:48.97; 2 284 Alex Rowe M57 NVAC 10:09.50; 3 261 Robert Fox M55 MMAC 10:21.14; 4 263 Karl Hick M55 MMAC 11:07.65; 5 279 Colin Oxlade M56 SCVAC 11:16.34; **M60:** 1 303 David Bedwell M61 MMAC 10:19.04; 2 333 John Skelton M63 EVAC 10:36.62; 3 317 Ian Johnstone M63 SVHC 11:11.64; 4 326 David Proffitt M61 WMAA 12:11.69; **M65:** 1 379 Aleksander Swiecki M66 MMAC 11:25.51;

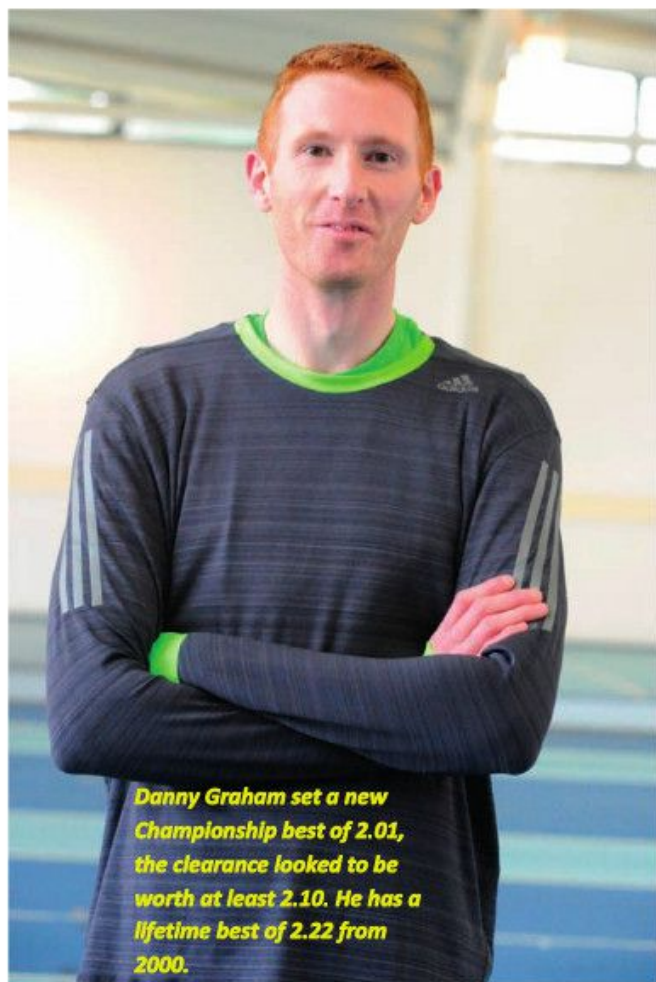
2 367 David Jones M65 MMAC 12:08.19; **M70:** 392 John Batchelor M74 VAC 11:52.82; **M75:** 440 Edmond Simpson M77 VAC 14:48.74;

## 60 HURDLES

**W35:** 1 514 Paula Owen W36 MMAC 10.43; 2 505 Tanya Daniels W37 EVAC 12.35; **W40:** 546 Amanda Wale W44 WMAA 10.54; **W45:** 557 Janet Dickinson W47 SWVAC 10.98; **W50:** 1 590 Susan Frisby W54 MMAC 10.67; 2 585 Gaye Clarke W54 EVAC 10.92; **W55:** 1 630 Jane Horder W58 MMAC 10.15; 2 629 Carole Filer W59 EVAC 10.30; 3 622 Mary Barrett W56 IRL 11.43; 4 621 Hazel Barker W55 NVAC 11.67; **W60:** 648 Emily McMahon W64 EVAC 11.31; **W65:** 1 664 Sally Hine W65 MMAC 11.99; **W70:** 673 Trish Hill W74 EVAC 15.51; **M35:** 1 9 Liam Collins M36 NEMAA 8.32; 2 29 Clint Nicholls M36 EVAC 9.20; 19 Anthony Hartis M38 SCVAC DNF; **M40:** 1 60 Peter Davey M41 SCVAC 8.85; 2 87 Ivan Ross M40 OPEN 9.83; **M45:** 1 101 Ian Allen M48 SWVAC 9.35; 2 159 Derek Warn M49 SCVAC 11.96; **M50:** 1 179 Donald Brown M51 MMAC 8.89; 2 185 Greg Dunson M51 MMAC 8.94; 3 218 Glen Reddington M52 SCVAC 9.04; 4 234 Des Wilkinson M52 EVAC 9.22; 5 191 Leroy Gould M50 SCVAC 10.71; 201 Allan Leiper M54 SCVAC DNF; **M55:** 1 273 John Mayor M56 EVAC 9.30; 2 287 Brian Slaughter M57 VAC 10.05; **M60:** 1 310 Adrian Essex M64 SCVAC 11.18; 2 332 Rashpal Singh M62 MMAC 12.82; **M65:** 1 382 Tony Wells M66 EVAC 10.33; 2 381 Andrew Webb M66 NEMAA 11.21; 3 369 Geoffrey Kitchener M65 VAC 12.48; **M70:** 398 Barry Ferguson M73 VAC DNF;

## 3000 METRES WALK

**W45:** 556 Sandra Campbell W46 VAC 22:25.40; **W50:** 603 Angela Martin W50 SCVAC 20:46.20; **W60:** 643 Catherine Duhig W60 EVAC 18:52.32; **M50:** 219 Francisco Reis M54 SCVAC 13:35.64; **M55:** 1 241 Steve Allen M58 SCVAC 15:26.40; 2 280 Simon Pugh M56 NVAC 18:19.49; **M60:** 319 Malcolm Martin M60 SCVAC 16:01.86; **M65:** 1 376 Ian Richards M66 VAC 14:41.27; 2 361 David Hall M66 VAC 15:49.55; 3 353 Peter Boszko M65 MMAC 16:23.80; 4 373 Roger Michell M67 MMAC 16:34.76; 5 374 Michael O'Connor M65 IRL 17:51.32; **M70:** 1 421 Ron Stewart M73 NEMAA 24:45.95; **M75:** 1 443 Arthur Thomson M78 VAC 19:27.10; 2 445 Norbert Will M79 NIMAA 20:11.86; 3 437 Ronald Powell M78 VAC 20:51.03; 4 441 David Stevens M78 VAC 21:43.60; **M80:** 1 457 David Sutcliffe M82 VAC 23:59.11; 2 453 Ken Livemore M82 VAC 25:06.97;



Danny Graham set a new  
Championship best of 2.01,  
the clearance looked to be  
worth at least 2.10. He has a  
lifetime best of 2.22 from  
2000.



## MASTERS ATHLETICS TRACK & FIELD

### HIGH JUMP

**W35:** 1 503 Maria Chacon W36 ESP 1.45m ; 2 505 Tanya Daniels W37 EVAC 1.30m ; **W40:** 1 531 Kate Maryon W43 SCVAC & 524 Claudia Cabbage W42 SCVAC 1.30m ; **W45:** 568 Louise Oliver W45 SCVAC 1.35m ; **W50:** 1 590 Susan Frisby W54 MMAC 1.33m ; 2 592 Melanie Garland W52 WMAA 1.30m ; 3 585 Gaye Clarke W54 EVAC 1.24m ; **W55:** 1 629 Carole Filer W59 EVAC 1.40m ; 2 622 Mary Barrett W56 IRL 1.30m ; 3 627 Teresa Eades W56 SCVAC 1.24m ; 4 624 Penny Butcher W56 EVAC 1.18m ; **W60:** 1 656 Sue Yeomans W61 SCVAC 1.18m ; 2 648 Emily McMahon W64 EVAC 1.15m ; **W65:** 1 664 Sally Hine W65 MMAC 1.18m ; 2 665 Patricia Oakes W68 SCVAC 1.06m ; **M35:** 1 17 Daniel Graham M35 NVAC 2.01m ; 2 36 Dean Storry M35 MMAC 1.98m ; 3 29 Clint Nicholls M36 EVAC 1.75m ; **M40:** 1 97 Gintaras Varanauskas M42 LIT 1.95m ; 2 59 Donovan Davenport M42 MMAC 1.70m ; 3 62 Andrew England M42 NVAC 1.65m ; 3 82 Darren Otter M41 NVAC 1.65m ; **M45:** 1 129 John Hopper M46 OPEN 1.70m ; 2 144 Matthew Reece M46 OPEN 1.65m ; 2 101 Ian Allen M48 SWVAC 1.65m ; **M50:** 1 205 Steve Linsell M51 NVAC 1.70m ; 2 215 Richard Phelan M53 EVAC 1.50m ; **M55:** 1 273 John Mayor M56 EVAC 1.48m ; 2 287 Brian Slaughter M57 VAC 1.45m ; 3 270 Clement Leon M59 SCVAC 1.40m ; 4 262 Colin Hague M58 SWVAC 1.40m ; **M60:** 1 338 Duncan Talbot M61 SCVAC 1.46m ; 2 302 Paul Askew M60 MMAC 1.44m ; 3 305 David Blunt M61 VAC 1.41m ; **M65:** 1 369 Geoffrey Kitchener M65 VAC 1.32m ; 2 358 Lawrie Dunn M68 MMAC 1.28m ; 3 380 Wdward Wagner M69 NVAC 1.25m ; **M70:** 1 415 Jim O'Shea M72 IRL 1.30m ; 2 412 Trevor Madigan M70 SVHC 1.25m ; 3 406 John Howe M73 WMAA 1.19m ;



Another European  
Record for Sue  
Yeomans W60 PV  
2.91

### POLE VAULT

**W35:** 1 506 Jemma Eastwood W36 EVAC 3.20m ; 2 508 Louise Kelly W39 SCVAC 2.40m ; **W40:** 524 Claudia Cabbage W42 SCVAC 2.40m ; **W45:** 566 Alison Murray W48 WMAA 3.11m ; **W50:** 606 Jacqueline Montgomery W50 SCVAC 2.30m ; **W55:** 627 Teresa Eades W56 SCVAC 2.40m ; **W60:** 1 656 Sue Yeomans W61 SCVAC 2.91m (**EUROPEAN RECORD**) ; 2 642 Susan Dassie W62 SCVAC 1.70m ; **M35:** 32 Ian Parkinson M36 SCVAC 4.20m ; **M40:** 1 56 Greg Conlon M40 VAC 4.20m ; 2 72 Robert Kingman M42 EVAC 4.00m ; **M45:** 1 142 Glyn Price M49 WMAA 4.00m ; 2 140 David Pearson M47 SWVAC 3.80m ; 3 121 Simon Eastwood M49 EVAC 3.40m ; 4 128 Derek Hateley M45 MMAC 2.80m ; 5 159 Derek Warr M49 SCVAC 2.70m ; 155 Craig Timmings M46 VAC NH ; **M50:** 1 173 John Andrews M51 SCVAC 3.90m ; 2 201 Allan Leiper M54 SCVAC 3.50m ; 3 215 Richard Phelan M53 EVAC 3.10m ; 4 187 Alan Easey M51 VAC 3.00m ; **M55:** 1 285 Ian Scholes M57 OPEN 3.02m ; 2 287 Brian Slaughter M57 VAC 2.91m ; **M60:** 1 343 Allan Williams M61

SCVAC 3.40m ; 2 305 David Blunt M61 VAC 3.30m ; **M70:** 1 393 John Bradley M71 MMAC 2.30m ; 2 403 Brian Harlick M72 SCVAC 2.20m ; 406 John Howe M73 WMAA NH ;

### LONG JUMP

**W40:** 1 534 Diana Norman W40 SCVAC 5.09m ; 2 525 Fiona Davidson W42 SVHC 4.89m ; 3 536 Margaret Pope W44 VAC 4.02m ; 4 543 Kirsty Tanner W41 SCVAC 3.98m ; **W45:** 1 557 Janet Dickinson W47 SWVAC 4.54m ; 2 555 Jacqueline Breslin W46 SCVAC 3.60m ; 3 572 Lesley Richardson W45 SCVAC 3.46m ; **W50:** 1 617 Joanne Willoughby W51 MMAC 4.35m ; 2 592 Melanie Garland W52 WMAA 4.18m ; 3 609 Susan Richardson W53 NVAC 4.16m ; 3 614 Denise Timmis W54 EVAC 4.16m ; 5 616 Lesley Willis W53 MMAC 4.09m ; 6 590 Susan Frisby W54 MMAC 4.00m ; **W55:** 1 629 Carole Filer W59 EVAC 4.51m ; 2 627 Teresa Eades W56 SCVAC 3.99m ; 3 624 Penny Butcher W56 EVAC 3.77m ; 4 633 Christine Salvary W58 SCVAC 3.36m ; **W60:** 1 656 Sue Yeomans W61 SCVAC 3.74m ; 2 642 Susan Dassie W62 SCVAC 2.97m **W65:** 1 664 Sally Hine W65 MMAC 3.48m ; 2 665 Patricia Oakes W68 SCVAC 2.92m ; **W70:** 674 Iris Holder W74 WMAA 3.22m ; **M35:** 1 4 Samuel Bobb M39 SCVAC 6.17m ; 2 30 Robert North M39 MMAC 5.82m ; 3 34 Alan Robertson M37 SVHC 5.72m ; 4 29 Clint Nicholls M36 EVAC 5.60m ; 5 7 Stuart Channon M38 VAC 5.60m ; **M40:** 1 75 Mark Lawrence M44 MMAC 6.01m ; 2 77 Neil Lincoln M44 SCVAC 5.95m ; 3 59 Donovan Davenport M42 MMAC 5.62m ; 4 74 Stephen Lake M41 SCVAC 5.10m ; 5 80 Paul North M41 MMAC 4.97m ; 6 51 Stephen Bass M42 EVAC 4.62m ; **M45:** 1 134 Andrew Lewis M46 SCVAC 6.01m ; 2 101 Ian Allen M48 SWVAC 5.99m ; 3 143 Ben Radcliffe M45 SCVAC 5.48m ; 4 124 Ian Gouldthorpe M46 NVAC 5.06m ; 5 159 Derek Warr M49 SCVAC 4.71m ; **M50:** 1 185 Greg Dunson M51 MMAC 5.55m ; 2 194 Paul Guest M53 SWVAC 5.41m ; 3 196 Peter Ilo M53 SCVAC 5.30m ; 4 213 Keith Palmer M50 EVAC 4.93m ; 5 187 Alan Easey M51 VAC 4.91m ; 6 201 Allan Leiper M54 SCVAC 4.50m ; 7 208 Michael May M54 VAC 3.51m ; **M55:** 1 273 John Mayor M56 EVAC 5.19m ; 2 291 Trevor Wade M58 SCVAC 4.92m ; 3 287 Brian Slaughter M57 VAC 4.84m ; 4 270 Clement Leon M59 SCVAC 4.33m ; **M60:** 1 316 Kenneth Jackson M60 SWVAC 4.78m ; 2 311 David Folgate M63 EVAC 4.73m ; 3 305 David Blunt M61 VAC 4.32m ; 4 332 Rashpal Singh M62 MMAC 4.20m ; 5 328 Patrick Reynolds M64 VAC 2.96m ; **M65:** 358 Lawrie Dunn M68 MMAC 4.12m ; **M70:** 1 397 Allan Cheers M70 VAC 4.04m ; 2 412 Trevor Madigan M70 SVHC 4.03m ; 3 415 Jim O'Shea M72 IRL 3.99m ; 4 419 James Smith M70 OPEN 3.81m ; **M80:** 1 458 Gerald Wilkinson M80 VAC 3.51m (**BRITISH RECORD**) ; 2 452 John Evans M80 MMAC 3.28m ;



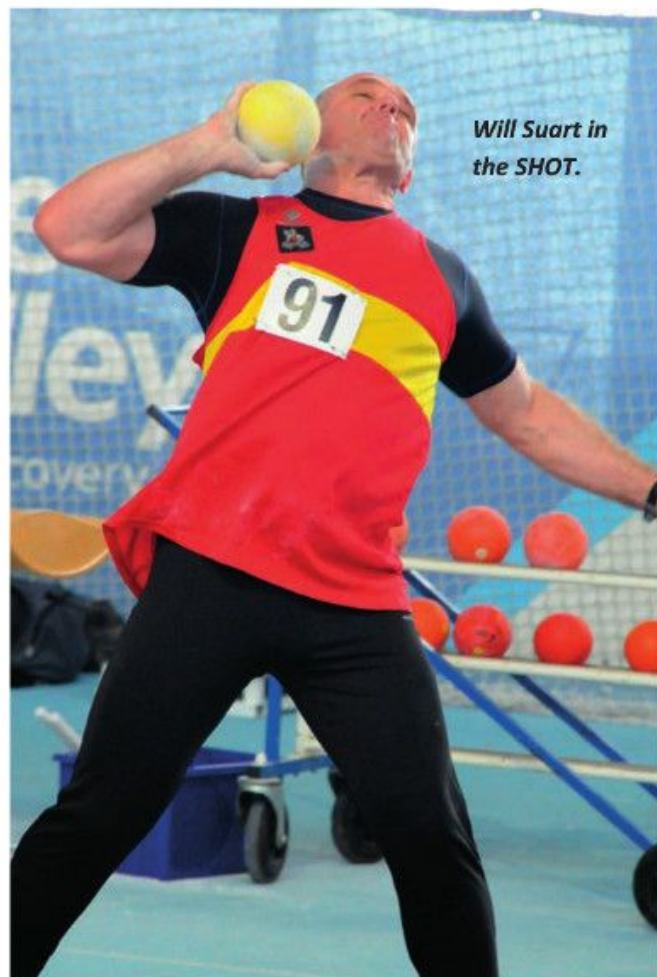
1984 Olympic  
Long Jump  
Bronze medallist  
Sue Richardson,  
competes in the  
Triple Jump.

### TRIPLE JUMP

**W40:** 1 525 Fiona Davidson W42 SVHC 9.97m ; 2 536 Margaret Pope W44 VAC 8.50m ; 3 543 Kirsty Tanner W41 SCVAC 8.26m ; **W45:** 1 563 Dawn Jones W45 EVAC 9.48m ; 2 555 Jacqueline Breslin W46 SCVAC 7.64m ; 3 572 Lesley Richardson W45 SCVAC 7.51m ; **W50:** 1 617 Joanne Willoughby W51 MMAC 9.19m ; 2 592 Melanie Garland W52 WMAA 8.71m ; 3 609 Susan Richardson W53 NVAC 8.58m ; 4 613 Clare St John-Coleman W54 WMAA 8.09m ; **W55:** 1 627 Teresa Eades W56 SCVAC 8.70m ; 2 633 Christine Salvary W58 SCVAC 7.03m ; **W60:** 1 656 Sue Yeomans W61 SCVAC 7.71m ; 2 642 Susan Dassie W62 SCVAC 6.48m ; 3 650 Linda Oxlade W64 SCVAC 5.12m ; **W65:** 665 Patricia Oakes W68 SCVAC 6.71m ; **W70:** 1 674 Iris Holder W74 WMAA 6.78m ; 2 673 Trish Hill W74 EVAC 6.16m ; **M35:** 1 4 Samuel Bobb M39 SCVAC 13.50m ; 2 17 Daniel Graham M35 NVAC 12.78m ; **M40:** 1 74



Stephen Lake M41 SCVAC 11.83m ; 2 59 Donovan Davenport M42 MMAC 11.74m ; 3 77 Neil Lincoln M44 SCVAC 11.50m ; **M45:** 1 101 Ian Allen M48 SWVAC 11.94m; 2 111 Neil Carrington M46 EVAC 11.28m; 3 124 Ian Gouldthorpe M46 NVAC 11.05m; 4 127 Paul Harrison M48 EVAC 10.89m; 5 140 David Pearson M47 SWVAC 10.62m; 6 155 Craig Timmings M46 VAC 10.30m; **M50:** 1 190 Julien Gittens M53 NVAC 12.02m; 2 232 Clifford Warren M53 VAC 10.55m; 3 194 Paul Guest M53 SWVAC 10.52m; 4 222 David Shields M54 WMAA 9.69m; **M55:** 1 258 Albert Earle M57 MMAC 10.60m; 2 270 Clement Leon M59 SCVAC 10.02m; 3 268 Ian Jordan M58 SWVAC 9.30m; **M60:** 1 311 David Folgate M63 EVAC 9.98m; 2 340 Ian Turner M60 SCVAC 7.87m; **M70:** 397 Allan Cheers M70 VAC 8.84m; **M75:** 1 439 John Scott M75 SVHC 7.40m; **M80:** 452 John Evans M80 MMAC 7.36m;



**Will Suart in the SHOT.**

## SHOT PUT

**W35:** 1 518 Fiona Thomas W36 NVAC 10.77m; 2 508 Louise Kelly W39 SCVAC 9.86m; **W40:** 1 529 Sue Lawrence W44 SCVAC 10.51m; 2 522 Catherine Alford W42 WMAA 9.21m; 3 544 Leanne Taylor W40 WMAA 9.07m; 4 524 Claudia Cubbage W42 SCVAC 8.76m; 5 530 Nicola Long W40 MMAC 5.60m; **W45:** 1 568 Louise Oliver W45 SCVAC 10.46m; 2 572 Lesley Richardson W45 SCVAC 6.41m; **W50:** 1 618 Julie Wilson W52 SCVAC 9.60m; 2 601 Karen Llewellyn W51 WMAA 9.10m; 3 612 Janet Smith W50 SCVAC 9.08m; 4 587 Wendy Dunsford W54 EVAC 7.98m; **W55:** 1 622 Mary Barrett W56 IRL 10.95m; 2 625 Claire Cameron W56 SVHC 9.66m; 3 621 Hazel Barker W55 NVAC 8.96m; 4 632 Brenda Russell W56 EVAC 6.28m ; **W60:** 1 654 Vilma Thompson W63 SCVAC 10.26m ; 2 642 Susan Dassie W62 SCVAC 7.88m ; 3 653 Stephanie Stamp W62 EVAC 6.51m ; **W65:** 1 669 Barbara Terry W69 SCVAC 7.79m ; 2 664 Sally Hine W65 MMAC 6.43m ; **W70:** 677 Elizabeth Sissons W70 SCVAC 8.66m ; **W75:** 1 682 Anne Martin W79 EVAC 7.53m ; 2 681 Dorothy Fraser W77 WMAA 5.58m ; **M35:** 28 Garry Newton M36 SCVAC 13.90m ; **M40:** 1 91 Will Suart M42 MMAC 11.96m 2 69 ricky housley M44 NVAC 9.76m; **M45:** 1 161 Mark Wiseman M46 SCVAC 14.09m ; 2 157 John Twiddle M46 NVAC 12.42m ; 3 110 Simon Butler M47 SCVAC 9.31m ; 4 123 David Glendower M47 WMAA 7.24m ; **M50:** 1 233 Steven Whyte M50 EVAC 13.83m ; 2 225 Anthony Tipping M53 VAC 13.35m ; 3 221 Stuart Ryan M52 NEMAA 13.12m ; 4 201 Allan Leiper M54 SCVAC 13.01m ; 5 230 Andrew Turner M51 WMAA 12.50m ; 6 180 David Burrell M50 OPEN 12.49m ; 7 209 Chris Michael M52 VAC 7.62m ; **M55:** 1 248 Robert Broadbridge M55 SWVAC 12.43m ; 2 269

Peter Knott M56 EVAC 11.72m ; 3 275 John Moreland M56 MMAC 11.58m ; 4 260 John Fenton M58 SCVAC 11.34m ; 5 244 John Birkett M58 NVAC 8.63m ; 6 250 Jim Burke M59 EVAC 8.39m ; **M60:** 1 337 Trevor Straker M62 NEMAA 12.32m ; 2 336 John Stevens M63 SCVAC ; 11.99m ; 3 304 John Blackwell M64 EVAC 10.10m ; 4 330 Tim Saunders-Mullins M61 SCVAC 8.33m ; 5 328 Patrick Reynolds M64 VAC 7.20m ; **M65:** 1 360 Neil Griffin M66 SCVAC 11.96m ; 2 377 Anthony Richards M65 VAC 11.73m ; 3 363 Barry Hawksworth M68 MMAC 11.04m ; 4 375 Bill Renshaw M65 MMAC 10.69m ; 5 365 Mike Hazlewood M69 NVAC 10.55m ; 6 364 Peter Hawney M65 SCVAC 10.08m ; 7 354 Mike Bourcier-Mayo M65 SWVAC 10.07m ; 8 380 Edward Wagner M69 NVAC 8.65m ; **M70:** 1 391 Eric Barker M72 SCVAC 11.62m ; 2 409 Richard Jegou M70 MMAC 10.33m ; 3 418 James Sloan M73 NVAC 10.07m ; 4 410 David Kuester M70 MMAC 9.86m ; 5 400 John Gilbert M71 VAC 9.46m ; 6 423 Richard Turner M73 OPEN 9.10m 7 403 Brian Harlick M72 SCVAC 8.81m; **M75:** 1 435 William Legg M75 SWVAC 9.85m; 2 444 Brian Webb M78 WMAA 7.45m; **M80:** 454 Ian Miller M80 EVAC 10.08m (**BRITISH RECORD**); **M85:** 462 James Farrar M86 NVAC 5.37m;

## OUTDOOR DISCUS

**W35:** 509 Claire Lacey W39 SCVAC 19.06m; **W40:** 529 Sue Lawrence W44 SCVAC 34.66m; **W50:** 1 618 Julie Wilson W52 SCVAC 27.66m; 2 601 Karen Llewellyn W51 WMAA 25.07m; 3 587 Wendy Dunsford W54 EVAC 21.96m; **W55:** 1 625 Claire Cameron W56 SVHC 30.59m; 2 632 Brenda Russell W56 EVAC 19.39m; **W60:** 642 Susan Dassie W62 SCVAC 16.10m; **W70:** 1 677 Elizabeth Sissons W70 SCVAC 20.25m; 2 673 Trish Hill W74 EVAC 18.47m **M45:** 1 161 Mark Wiseman M46 OPEN 47.48m ; 2 109 Richard Buckingham M47 VAC 33.63m ; **M50:** 1 180 David Burrell M50 OPEN 42.69m ; 2 221 Stuart Ryan M52 NEMAA 39.28m ; 3 230 Andrew Turner M51 WMAA 39.17m ; 4 201 Allan Leiper M54 SCVAC 38.57m ; 5 209 Chris Michael M52 VAC 16.84m ; **M55 :** 1 275 John Moreland M56 MMAC 44.24m ; 2 248 Robert Broadbridge M55 SWVAC 42.30m ; **M60 :** 1 331 Bunt Scott M64 EVAC 36.36m ; 2 304 John Blackwell M64 EVAC 33.76m ; 3 321 Timothy Needham M62 EVAC 33.74m ; 4 330 Tim Saunders-Mullins M61 SCVAC 24.24m ; 5 328 Patrick Reynolds M64 VAC 16.68m ; **M65 :** 1 363 Barry Hawksworth M68 MMAC 41.41m ; 2 375 Bill Renshaw M65 MMAC 38.39m ; 3 377 Anthony Richards M65 VAC 36.68m ; 4 365 Mike Hazlewood M69 NVAC 36.42m ; 5 354 Mike Bourcier-Mayo M65 SWVAC 35.20m ; **M70:** 1 418 James Sloan M73 NVAC 32.30m ; 2 409 Richard Jegou M70 MMAC 31.23m ; 3 410 David Kuester M70 MMAC 30.55m ; 4 403 Brian Harlick M72 SCVAC 28.22m ; 5 400 John Gilbert M71 VAC 27.54m ; **M75:** 444 Brian Webb M78 WMAA 17.15m;

## OUTDOOR HAMMER

**W40:** 1 529 Sue Lawrence W44 SCVAC 36.88m; 2 544 Leanne Taylor W40 WMAA 35.31m; 3 522 Catherine Alford W42 WMAA 33.83m; 4 530 Nicola Long W40 MMAC 24.49m; **W45:** 569 Carol Parker W45 MMAC 33.53m; **W50:** 1 602 Marion Loveridge W52 MMAC 39.91m; 2 612 Janet Smith W50 SCVAC 37.88m; 3 618 Julie Wilson W52 SCVAC 34.31m; 4 615 Kim Weir W53 VAC 34.10m; 5 601 Karen Llewellyn W51 WMAA 31.32m; 6 596 Karen Jones W54 SWVAC 28.86m 7 587 Wendy Dunsford W54 EVAC 28.43m; **W55:** 1 632 Brenda Russell W56 EVAC 28.84m; 2 625 Claire Cameron W56 SVHC 26.60m; **W60:** 1 654 Vilma Thompson W63 SCVAC 28.85m; **W65:** 1 669 Barbara Terry W69 SCVAC 22.67m; 2 667 Linda Ridsdale W66 NVAC 22.61m **W70** 1 677 Elizabeth Sissons W70 SCVAC 22.55m; 2 673 Trish Hill W74 EVAC 22.04m; **W75:** 682 Anne Martin W79 EVAC 23.21m; **M40** 69 Ricky Housley M44 NVAC 28.75m ; **M45:** 1 161 Mark Wiseman M46 SCVAC 46.35m ; 2 157 John Twiddle M46 NVAC 38.98m ; 3 123 David Glendower M47 WMAA 23.38m ; **M50 :** 1 233 Steven Whyte M50 EVAC 52.17m ; 2 225 Anthony Tipping M53 VAC 44.36m ; 3 180 David Burrell M50 OPEN 43.86m ; 4 189 Darren Gibson M54 NVAC 41.03m ; **M55 :** 1 248 Robert Broadbridge M55 SWVAC 43.96m; 2 275 John Moreland M56 MMAC 39.55m; 3 242 Michael Bale M58 SCVAC 32.89m; 4 253 Ian Cooley M57 NVAC 31.70m; 5 250 Jim Burke M59 EVAC 28.42m; **M60:** 1 339 Clive Thomson M63 SCVAC 35.38m; 2 330 Tim Saunders-Mullins M61 SCVAC 34.62m; 3 336 John Stevens M63 SCVAC 33.48m 4 315 Clive Howell M61 MMAC 32.80m; 5 304 John Blackwell M64 EVAC 32.18m; 6 321 Timothy Needham M62 EVAC 27.87m **M65:** 1 363 Barry Hawksworth M68 MMAC 45.03m; 2 365 Mike Hazlewood M69 NVAC 36.13m; 3 375 Bill Renshaw M65 MMAC 30.04m; **M70:** 1 391 Eric Barker M72 SCVAC 37.43m; 2 413 Christopher Melliush M70 SCVAC 35.07m; 3 400 John Gilbert M71 VAC 33.08m; 4 410 David Kuester M70 MMAC 32.35m; 5 409 Richard Jegou M70 MMAC 28.51m 6 423 Richard Turner M73 OPEN 25.51m; **M80** 1 454 Ian Miller M80 EVAC 34.07m;

## OUTDOOR JAVELIN

**W35:** 509 Claire Lacey W39 SCVAC 22.76m; **W40:** 1 534 Diana Norman W40 SCVAC 29.58m; 2 529 Sue Lawrence W44 SCVAC 26.01m ; 3 536 Margaret Pope W44 VAC 25.70m ; **W50:** 1 593 Caroline Garratt W51 VAC 39.96m (**BRITISH RECORD**); 2 618 Julie Wilson W52 SCVAC 22.18m ; 3 601 Karen Llewellyn W51 WMAA 18.46m ; **W60:** 652 Joylyn



Saunders-Mullins W62 SCVAC 23.68m; **W70**: 677 Elizabeth Sissons W70 SCVAC 19.76m; **M35**: Darren Towart M37 NEMAA 32.71m; **M45**: 130 David Hunt M47 VAC 33.62m; **M50**: 1 221 Stuart Ryan M52 NEMAA 43.14m; 2 180 David Burrell M50 OPEN 40.71m; 3 210 Samuel Moylan M50 SCVAC 31.07m; **M55**: 1 286 Keith Seldon M57 VAC 35.77m; 2 248 Robert Broadbridge M55 SWVAC 31.55m; **M60**: 1 304 John Blackwell M64 EVAC 28.48m; 2 313 Tony Gair M61 NEMAA 27.34m; **M65**: 365 Mike Hazlewood M69 NVAC 32.94m; **M70**: 1 396 Duncan Chappell M71 OPEN 37.87m; 2 410 David Kuester M70 MMAC 29.59m; 3 400 John Gilbert M71 VAC 25.28m; 4 403 Brian Harlick M72 SCVAC 21.80m; **M75**: 444 Brian Webb M78 WMAA 16.94m;

**OUTDOOR WIEGHT**

**W40**: 1 544 Leanne Taylor W40 WMAA 11.18m; 2 529 Sue Lawrence W44 SCVAC 10.51m; 3 522 Catherine Alford W42 WMAA 9.34m; 4 530 Nicola Long W40 MMAC 5.04m; **W50**: 1 612 Janet Smith W50 SCVAC 13.02m; 2 618 Julie Wilson W52 SCVAC 11.23m; 3 601 Karen Llewellyn W51 WMAA 9.83m; 4 615 Kim Weir W53 VAC 9.82m; 5 596 Karen Jones W54 SWVAC 9.66m; 6 587 Wendy Dunsford W54 EVAC 8.27m; **W55**: 1 625 Claire Cameron W56 SVHC 9.43m; 2 632 Brenda Russell W56 EVAC 9.16m; **W60**: 1 654 Vilma Thompson W63 SCVAC 11.72m; 2 642 Susan Dassie W62 SCVAC 10.11m; **W65**: 669 Barbara Terry W69 SCVAC 9.79m; **W70**: 1 677 Elizabeth Sissons W70 SCVAC 10.30m; 2 673 Trish Hill W74 EVAC 9.05m; **W75**: 682 Anne Martin W79 EVAC 8.37m; **M35**: 37 Stuart Thurgood M38 EVAC 15.71m; **M40**: 1 69 Ricky Housley M44 NVAC 8.20m; **M45**: 1 157 John Twiddle M46 NVAC 9.90m; 2 123 David Glendower M47 WMAA 8.23m; **M50**: 1 233 Steven Whyte M50 EVAC 21.12m (**=BRITISH RECORD**); 2 180 David Burrell M50 OPEN 17.03m; 3 225 Anthony Tipping M53 VAC 14.91m; 4 210 Samuel Moylan M50 SCVAC 10.61m; **M55**: 1 248 Robert Broadbridge M55 SWVAC 15.56m; 2 275 John Moreland M56 MMAC 14.71m; 3 242 Michael Bale M58 SCVAC 12.38m; 4 253 Ian Cooley M57 NVAC 11.20m; 5 250 Jim Burke M59 EVAC 10.74m; **M60**: 1 339 Clive Thomson M63 SCVAC 13.26m; 2 336 John Stevens M63 SCVAC 13.21m; 3 304 John Blackwell M64 EVAC 12.75m; 4 315 Clive Howell M61 MMAC 12.57m; 5 321 Timothy Needham M62 EVAC 11.83m; 6 330 Tim Saunders-Mullins M61 SCVAC 11.63m; **M65**: 1 363 Barry Hawksworth M68 MMAC 16.56m; 2 365 Mike Hazlewood M69 NVAC 12.10m; 3 375 Bill Renshaw M65 MMAC 11.75m; 4 354 Mike Bourcier-Mayo M65 SWVAC 11.73m; **M70**: 1 391 Eric Barker M72 SCVAC 16.28m; 2 410 David Kuester M70 MMAC 14.54m; 3 400 John Gilbert M71 VAC 12.50m; 4 409 Richard Jegou M70 MMAC 10.79m; 5 403 Brian Harlick M72 SCVAC 9.99m; 6 423 Richard Turner M73 OPEN 7.99m; **M75**: 433 Jack Kee M75 EVAC 15.17m; **M80**: 454 Ian Miller M80 EVAC 13.14m;

**My** first impression on arriving in Torun was the convenient siting on the edge of town of what proved to be one of the best Indoor facilities we have so far encountered. Completed last August; adjacent to an 8-lane outdoor track with separate throwing area, a coniferous wood and within walking distance of all hotels, it met all other criteria - food outlets, ample parking and easy access from major roads and had no difficulty accommodating 2,409 competitors from 42 countries who entered a total 4,887 events. Well organised with a hoard of friendly young volunteers, the Polish Masters have raise the organisational bar. The media coverage featured a live TV stream as well as some coverage on the national channels and the Press.

For our 233-strong team ranging in ages 35 through to M95, it was a very, very successful and enjoyable trip, returning home with a haul of 155 medals and several Seasons Best performances. Germany again had the biggest team but the host nation's large entry included 19 Olympians as hosting this event engendered huge interest. But despite the size of the German and Polish teams we managed second place in the medal table. The results are below, and on our website and the complete results can be accessed through

[www.emaitorun2015.com](http://www.emaitorun2015.com)



**EUROPEAN MASTERS  
INDOOR CHAMPIONSHIPS  
23<sup>RD</sup> -28<sup>TH</sup> MARCH,  
TORUŃ, POLAND  
Words: Bridget Cushen  
Pictures: Tom phillips.**



Louise Rudd won the 1500 in a BR time, as well as the 3000 in W35. Whilst (704) Jo Locker won both the 1500 and 3000 in the W40.

On the first day, centre field was a hive of activity with a nail biting women's W35 and W40 high jump competition, men's long jump, 3000m finals and the 400m heats in the first



afternoon. It is encouraging to see 4 and 3 heats respectively in the M/W35 400m as this much maligned age group continues to expand. The first World Record to go however was in the women's shot where the Romania WMA W60 champion Milaela Loughlin bettered her Budapest 13.39m in the 2<sup>nd</sup> round with a 13.70m heave. At the conclusion of the morning's competition, the women's 3000m races were dominated by BMAF members as W35 Joanne Locker knocked over 10sec off her winning time at Picketts Lock, Louise Rudd took the W40 title, Bernadine Pritchett won the W45 by a clear minute, Margret Phillips the W60 in 12.34.44sec. Ros Tabor dominated the W65 race and Betty Stacey took the W70 silver. Seeded races were needed in some of the men's age categories. Guy Bracken set off in the M50 race looking as if he was after Nigel Gates' 2004 8.49.37 World mark but slowed over the last few laps.



**Bernadine Pritchett gained Silvers in the 800 and 1500. She won the 3000 metres.**

The 400m heats were scheduled for the afternoon where the M50 and W50 group necessitated six and three heats respectively. All eyes were on the M35-ies as NVAC's Richard Beardsell clocked 51.16 in his heat and the new Kid on the Block, Poland's Piotr Klimczak, ran 51.47 thus setting up what would be the race of the Championships scheduled for 21.00 the next day as Klimczak has a pending WR time in this year. Outdoors, the M35-54 hammer and M55+ javelin throwers had dry weather with a cold cross wind.

Our eleven Walkers were off to an early start on Day 2 where Francisco Reis had to give way to the remarkably youthful

Peranez of Spain in the M50 3k. Ian Richards achieved the M65 double leading the strong M65 team to the 5km road walk gold.

British men and women dominated the 60m after endless heats and semis. In what other major international championships would one find so many British vests in finals? Non-Europeans were allowed to enter here for the first time, but run in heats only. A questionable decision, European Masters Athletics has now carried out a Survey, we have said no to non-Europeans, and it would appear that the majority of Affiliates also ticked this box. It will be on the Agenda at their next Congress. A Canadian, Christian Lemassif, clocked 7.51 in the 5<sup>th</sup> heat of the M45, the same time as the winner Eduard Gonaus, Austria, however 7.63 was needed to progress beyond the semis in a series where Jason Carty and Mark Dunwell held pole positions throughout culminating in Jason winning in 7.24 from Mark 7.29sec. Our Photographer, Tom Phillips, in top form here got through to the M60 final this time finishing just out of the medals. The Italian Mario Longo sped to a 7.18sec European record only to break the World Record in the final with 7.10sec. Donald Brown clocked 7.47sec in the same heat and 7.50 in the final for a well-deserved bronze.



**GUY BRACKEN Just 3 seconds outside the WR in the 3000 M50.**

As can be seen from the results, the women were incredibly successful with a clean sweep in some age groups. Caroline Powell continues to re-write the W60 records, here setting a European 200m record and dominating the 400m.





Alasdair Ross ran beautifully judged 200/400m. The clash in the M35 final did not materialise as the Pole pulled a hamstring and scratched, Richard Beardsell strode to victory. The M40 title went to Mike Coogan in 52.35. Mike Who? Keeping himself reasonably fit until he hit Four-0 and realised he needed to do something more. At 41 Mike joined East Cheshire Harriers and the NVAC only last summer and training with a group he has made astonishing progress. He was runner-up over 200/400m to Baba Tindogo at the BMAF Indoor in 53.51. "I am overawed by the whole experience here, everyone is so friendly. What I really like about the Masters is the level playing field, the 5-year age groups", he enthused, before going on to get a bronze in the 200m.

It was another World Record for another NVAC star performer, Darren Scott, over 200m and W40 Louise Rudd set a British record over 1500m – must be the Northern air! One member whose series went largely unnoticed in an action packed six days is Carole Filer. No stranger to the rostrum in international championships; the EVAC member medalled in all her events, winning two gold, a silver and a bronze despite being only a few months short of moving into a new age group. A remarkable series against such strong opposition.

Unfortunately there were some casualties in intense finals with a few fallers. Tennyson James was well positioned on the final bend in the M55 400m but appeared to get into a leg tangle and Mike Toal needed five stitches in his leg after the M40 1500m Final. Greg Dunston finished up hobbling around on crutches after a nightmare Achilles tendon snap during his second attempt in the long jump. After his

experience in the World Championships in Sacramento in 2011, he bounced back, and I know you will all wish him a rapid and complete recovery. The W50 long jump was won by the German, Birgit Burzlaff, (4.75m) from Joanne Willoughby (4.60m), a special Trophy was given to the winner in memory of the W50 Polish long jumper Marianna Biskup who sadly died from cancer three weeks before the championships.

World records were broken in the relays one by the British M35 quartet of Ossai, Collins, Bolan-Ashworth and Beardsell with 1:29.24, the W60 did likewise in 2:02.39, the team being Trimble, Nelson, Godsell and Powell. We also got plenty of medals Gold in the M45, M60 and W55. Silver in the M55, W35, W50 and W65. Bronze in the M70.

The 5km cross-country was held over three laps in the adjacent wood, hilly and with a stretch of road, competitors found it quite hard.

We did not have many entries in the Outdoor field events. Both men's and women's Shot competitions were of a very high standard as we have come to expect at European championships. Spectators were glued to the M45 high jump where the Russian straddle jumper, Vitalii Romanovich and Lasmanis of Latvia had a great tussle with both clearing 1.87m, the Russian was unlucky as he just brushed the bar and the Latvian took the title.

In going through the results I noticed that John Mayor set a new British Record of 9.07 in the M55 Hurdles, in the men's Pentathlon.

#### M35:

**60M:** 1 Nengi Ossai 6.97; 2 Mark Findlay 7.00; 7 Marvon Edwards 7.30 (7.17qr); 8 Mensah Elliott 7.38 (7.25qr); (QR) Stuart Channon 7.35; 2 Andrew Flint 7.57; **200M:** 2 Ossai 22.35 (22.34qr); 4 Richard Beardsell 22.65 (22.40qr); (QR) Tom Bodan-Ashworth 23.44, Edwards 23.61; David Brown 24.03; Channon 24.25; Mark Davies 26.57; **400:** 1 Beardsell 49.81; 5 Brown 52.47; (QR) Davies 58.03; **800:** 6 Adrian Boyle IRL 2:02.16; 8 Ronan Keames 2:04.95; **1500:** 7 Niall Sheil IRL 4:21.75; 9 Dean Kane 4:29.82; **3000:** 4 Paul Smith IRL 9:16.82; 8 Kane 9:43.47; **60H:** 1 Liam Collins 8.07; 2 Elliott 8.16; **LJ:** Channon 5.50; **SP:** 4 Garry Newton 13.87; **DT:** 6 Ashley Pritchard 33.34; **4x200:** 1 GBR (Ossai, Collins, Bolan-Ashworth, Beardsell) 1:29.74 (**WORLD RECORD**); **5kRW:** Brian O'Domhnaill IRL 23:33.5; **PENT:** 7 James Danobrega 2726; 11 Ashley Pritchard 1134;

#### M40:

**60M:** 4 Joe Appiah 7.35; 7 Ciaran Harvey 7.44 (7.37qr); (QR) Andrew Godon 7.96; **200:** 3 Mike Coogan 23.70 (23.56qr); (QR) Harvey 24.28; **400:** 1 Coogan 52.35; 3 Neil Edwards 53.31; **800:** 5 Mike Toal 2:00.63; 6 Mark O'Dhea IRL 2:01.18; (QR) Kevin Lynch 2:05.73; Ian Reilly IRL 2:08.96; **1500:** 14 Toal 4:32.38; 18 Sean McDermott IRL 4:37.87; **60H:** 1 Appiah 8.45; **HJ:** 8 Andrew England 1.70; **LJ:** 6 Tomas Griffin IRL 6.02; **TJ:** 4 Stephen Lake 11.89; **4x200:** 6 GBR (Golding, Osunsami, King, Coogan) 1:37.54; **5XC:** 17 Steve Hallas 15:34.9; **PENT:** 3 Lawrence Ramm 3505;

#### M45:

**60M:** 1 Jason Carty 7.24; 2 Mark Dunwell 7.29; 7 David Hayde 7.58; (QR) Stanley Walker 7.67; Michael Smith 7.69; Ian Allen 7.78; Guy Griffin 7.84; Barrington King 8.16; **200M:** 1 Darren Scott 22.52 (**WORLD RECORD**); 2 Michael Gardiner 23.36; (QR) Hayde 24.15; Walker 24.50; Peter Benedickter 25.22; Smith 25.33; Leeroy Golding 25.40; Michael Osunsami 25.46; Lance Croft 28.56; **400:** 1 Gardiner 53.09; 4 Benedickter 54.32; 5 Osunsami 56.68 (55.32 qr) (QR) Golding 56.82; Croft 1:03.32; **800:** 2 Adrian Haines 2:01.03; 5 Ken Archbold IRL 2:04.66; 8 Benedickter 2:11.58 (2:09.87 qr); (QR) Robert Maher IRL 2:12.73; John White IRL 2:13.69; Croft 2:28.76; **1500:** 2 Cathal McLaughlin IRL 4:14.24; 5 Haines 4:22.18; **3000:** 11 Greg Oulton 13:29.94; **60H:** 6 Ian Allen 10.24; **HJ:** Allen 1.70; **PV:** 3 Glyn Price 4.10; 7 Dave Gordon 3.80; 10



## MASTERS ATHLETICS TRACK & FIELD

Derek Warm 2.90; **LJ:** 5 Allen 6.00; **TJ:** 8 Keith Newton 12.50; **SP:** 4 John Nicholls 14.35; **DT:** Golding 18.07; **4x200:** 1 GBR (Walker, Allen, Gardiner, Scott) 1:35.31; **5XC:** 17 Oulton 20:52.3; **PENT:** 9 Geoff Butler 25:17; 11 Derek Warm 2063;

### M50:

**60M:** 3 Donald Brown 7.50 (7.47qr) (QR): Glen Reddington 7.80; David Kemp 8.12; Paul Ttereve 8.20; Michael May 9.20; **200:** 6 Bob Lewis 25.88 (25.07qr); (QR) Kemp 25.42; Ronnie Hunter 26.49; Ttereve 26.63; **400:** 5 Lewis 57.37 (56.67 qr); (QR) Ttereve 58.67; John McCarrick IRL 1:00.18; **800:** 2 Simon Anderson 2:05.48; 8 Michael Traynor IRL 2:23.65 (2:12.72qr); (QR): Michael Comyn IRL 2:21.01; Alan Roberts 2:42.39; **1500:** 1 Anderson 4:14.37; 5 Traynor 4:27.18; 20 Roberts 5:24.12; **3000:** 1 Guy Bracken 8:52.38; 2 Ben Reynolds 9:00.97; 3 Traynor 9:04.98; 4 Anderson 9:13.68; 8 Paul Cowhie IRL 9:52.59; 19 John Conrie 10:30.52; 21 Steven Doxey 10:45.96; 24 Roberts 11:29.72; **60H:** 1 Brown 8.66; 6 Reddington 9.05; (QR): Des Wilkinson 9.10; **HJ:** 4 Steve Linsell 1.73; **PV:** 1 Mark Johnson 4.40; 4 Allan Leiper 3.70; 7 John Andrews 3.40; **LJ:** 12 May 3.20; **SP:** 11 Leiper 12.69; **DT:** 9 Leiper 38.74; **JT:** 5 Michael Tutty IRL 35.16; **3000W:** 2 Francisco Reis 13:38.65; 10 Roberts 18:52.93; **4x200:** 2 GBR (Brown, Hunter, Lewis, Kemp) 1:40.62; **5XC:** 1 Traynor IRL 13:48.7; 14 Conrie 15:51.6; 18 Doxey 16:36.0; 24 Roberts 17:47.2; **TEAM:** 3 GBR 50:14.8; **5kRW:** 2 Reis 23:11.6; 13 Roberts 31:59.7; **TEAM:** 2 GBR 1h20:43.4;

### M55:

**60:** 6 Douglas Donald 7.88 (7.83qr); 7 Shane Sheridan IRL 8.06 (7.93qr); (QR): William Skinner 8.64; **200:** 3 Donald 25.67 (25.36qr); 4 Tennyson James 25.84 (25.45qr); (QR): Kevin Burgess 25.92; Sheridan 25.98; Skinner 28.41; **400:** 2 Anthony Martin IRL 57.94 (57.76qr); 4 James 59.07 (58.13qr); (QR): Skinner 1:02.56; **800:** (QR): Ray Daniel 2:26.95; David Priestly 2:46.25; **1500:** 4 John Thomson 4:34.41; 12 Alex Rowe 4:58.73; 19 Priestly 5:43.05; **3000:** 4 Rowe 10:00.42; 14 Karl Hick 11:19.21; **60H:** 1 John Mayor 9.15; (QR): James 10.54; Joe Davies IRL 11.30; **LJ:** 11 Skinner 4.84; 15 Trevor Wade 4.00; **TJ:** 8 Skinner 9.75; **DT:** 6 Bob Broadbridge 42.66; **WT:** 3 Broadbridge 16.53; **HT:** 3 Broadbridge 45.87; **3000W:** 7 Steve Allen 15:12.92; **4x200:** 2 GBR (Donald, Skinner, Mayor, James) 1:43.67; **5XC:** 5 Rowe 15:36.4; **TEAM:** 4 GBR 54:28.4; **5kRW:** 5 Allen 25:32.1; **PENT:** 2 John Mayor (9.07 British Record in 60H) 3941; 4 Brian Slaughter 3708;

### M60:

**60:** 4 John Browne 8.07 (8.06qr); 5 Tom Phillips 8.10; 8 Walwyn Franklyn 9.44 (8.23qr); **200:** 1 Alasdair Ross 25.24 (=EUROPEAN RECORD); 4 Simon Barrett 27.05 (26.69qr); 5 Phillips 27.09 (26.59qr); (QR): Browne 27.28; Ramsey Sloss 27.77; Bob Douglas 28.00; Franklyn 30.12; **400:** 1 Ross 58.17; 3 Barrett 1:01.27 (1:00.71qr); 5 Franklyn 1:01.44; (QR): Douglas 1:02.58; **800:** 2 David Oxland 2:25.58; 4 Bilal Namari 2:26.44; 6 Stewart Thorp 2:29.82; 8 Graham Webster 2:32.40; (QR): Ian Snow 2:39.30; David Proffitt 2:55.58; Kevin Dillon 3:18.94; **1500:** 3 Oxland 5:02.55; 7 Thorp 5:13.79; 9 Webster 5:15.97; 12 Robert Johnstone 5:21.22; 14 Snow 5:42.27; **3000:** 3 Oxland 10:12.83; 9 Thorp 10:56.61; 13 Webster 11:11.02; 15 Alan Newman 11:16.37; 16 Johnstone 11:17.87; 22 Archie Jenkins 12:57.97; **DT:** 8 Tim Saunders-Mullins 20.40; **WT:** Saunders-Mullins 12.01; **300W:** 3 Malcolm Martin 16:11.12; **4x200:** 1 GBR (Phillips, Sloss, Barrett, Ross) 1:46.69; **5XC:** 9 Thorp 16:47.2; 10 Webster 16:51.8; 11 Newman 16:54.0; 14 Malcolm McCausland IRL 17:39.2; 15 Johnstone 17:39.8; 20 Jenkins 19:36.4; 28 Dillon 24:50.0; **TEAM:** 2 GBR 50:33.0; **5kRW:** 2 Martin 26:35.7; **TEAM:** 3 GBR 1h24:38.3; **HT:** 5 Saunders-Mullins 34.49;

### M65:

**60:** (QR): Brian Williamson 8.83; Tony Wells 8.88; **200:** (QR) Paul Anthony 28.94; Williamson 29.81; Bruce Hendrie 29.95; **400:** 4 Anthony 1:06.39; 6 Hendrie 1:08.29 (1:07.91qr); **800:** 6 Michael Mann 2:36.71; **1500:** 5 Mann 5:13.40; **3000:** 5 Mann 11:29.56; 9 Dave Beattie 12:17.19; **60H:** 2 Wells 10.06; (QR) Andrew Webb 11.28; **3000W:** 1 Ian Richards 14:39.33; 3 John Hall 16:03.93; 4 Peter Boszko 16:24.34; 6 Roger Michell 16:28.17; 17 David Kates 19:17.95; **5XC:** 2 Alan Appleby 17:10.9; **5kRW:** 1 Richards 25:00.1; 2 Hall 26:50.1; 5 Boszko 27:46.4; 7 Michell 28:16.0; 17 Kates 33:02.5; **TEAM:** 1 GBR 58:56.6;

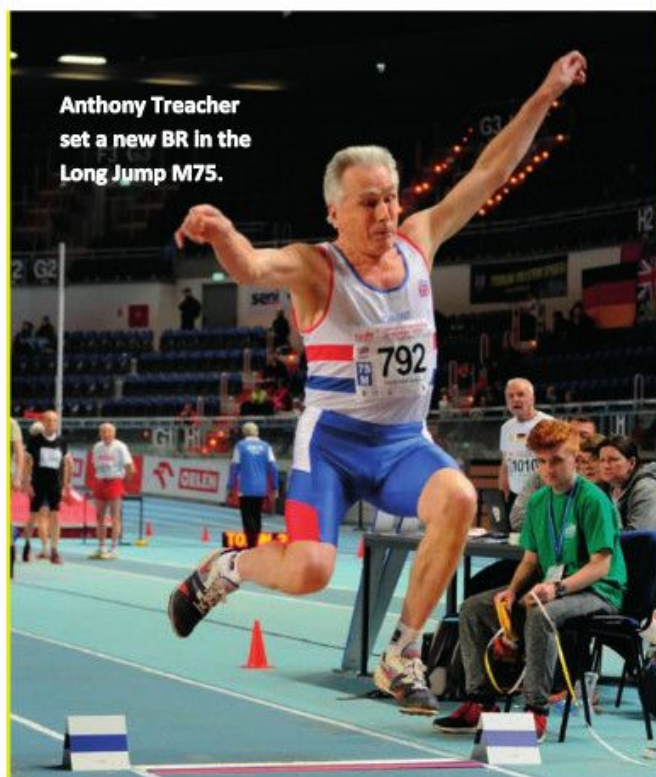
### M70:

**60:** 2 Victor Novell 8.77 (8.76qr); 8 Allan long 9.08 (8.94qr) (QR) Charles Isetts 9.28; Barry Ferguson 10.07; **200:** 2 Novell 29.28 (29.03qr); (QR):

Isetts 32.56; **800:** 8 Phil Brennan 2:58.89 (2:57.28qr); (QR) Barrie Roberts 3:21.89; **1500:** 7 Brennan 6:07.15; 11 Roberts 7:10.37; **3000:** 5 Brennan 12:59.33; 9 Roberts 14:17.67; **60H:** 2 Ferguson 10.39; **PV:** 3 John Howe 2.60; 4 John Bradley 2.60; **4x200:** 3 GBR (Ferguson, Isetts, Treacher, Novell) 2:03.21 (**BRITISH RECORD**); **5XC:** 4 Brennan 19:27.1; 7 Michael Johnson 20:32.5; 9 Roberts 22:50.3; **TEAM:** 1 GBR 1h02:49.9;

### M75:

**60:** 5 Anthony Treacher 9.62(9.07qr); **200:** 2 Treacher 30.46 (30.43qr); **400:** 4 Treacher 1:13.90 (1:10.45 qr); (QR) Arthur Kimber 1:26.82; **800:** 6 Barry Swindells 2:58.59; 9 Kimber 3:28.87; **1500:** 3 Swindells 6:14.55; **LJ:** 2 Treacher 4.12 (**BRITISH RECORD**); **3000W:** 3 Arthur Thomson 18:54.25; 5 Norbert Will 20:14.06; **5kRW:** 2 Thomson 31:13.2; 4 Will 33:41.2;



**Anthony Treacher  
set a new BR in the  
Long Jump M75.**

### M80:

**60:** 4 John Evans 10.46 (10.23qr); **200:** 4 Evans 36.70; **400:** 3 Richard Pitcairn-Knowles 1:51.82; **LJ:** 3 Evans 3.39; **TJ:** 2 Evans 7.43;

### M95:

**60:** 1 Charles Eugster 14.56 (**BRITISH RECORD**); **200:** Eugster 54.77 (**WORLD RECORD**);

### W35:

**60:** 1 Ellana Ruddock 7.98; (QR): Tanya Daniels 9.07; **200:** 1 Ruddock 27.00 (26.97qr); 2 Susan Young 27.05 (26.91qr); 6 Helen Channon 27.17 (26.72qr); (QR) Paula Owen 27.00; **400:** 1 Helen Reynolds 59.89; 2 Young 1:00.19; **800:** 3 Reynolds 2:21.55; **1500:** 1 Joanne Locker 4:48.54; 4 Kathy Wellam 5:05.71; **3000:** 1 Locker 10:12.91; **60H:** 3 Owen 10.50; **HJ:** 10 Daniels 1.30; **PV:** 1 Jemma Eastwood 3.20; **LJ:** 2 Channon 5.32; 9 Daniels 4.09; **SP:** 8 Daniels 6.67; **4x200:** 2 GBR (Young, Owen, Channon, Ruddock) 1:46.34; **5XC:** 2 Wellam 17:22.7; **PENT:** 1 Leanne Buxton 3610; 9 Daniels 1824;

### W40:

**60:** 4 Michelle Thomas 8.10; **200:** 4 Thomas 27.02 (26.85qr); 5 Sharon Greenwood 27.82 (27.16qr); **400:** 2 Greenwood 1:00.35; **1500:** 1 Louise Rudd 4:35.80 (**BRITISH RECORD**); **3000:** 1 Rudd 10:04.11; **HJ:** 2 Ayamba Akim 1.61; **LJ:** 3 Fiona Davidson 4.92; 8 Margaret Pope 4.19; **TJ:** 2 Davidson 10.83; 5 Pope 8.81; **JT:** 4 Pope 27.47; **PENT:** 7 Maria Henry 1713;

### W45:

**60:** (QR): Lesley Richardson 9.73; **200:** (Q): Richardson 32.60; **800:** 2 Bernadine Pritchett 2:24.45; **1500:** 2 Pritchett 4:51.57; **3000:** 1 Pritchett 10:20.58; 4 Susan Ridley 12:24.52; **PV:** 1 Irie Hill 3.40; **LJ:** 11 Richardson



## MASTERS ATHLETICS TRACK & FIELD

3.56; **TJ**: 9 Richardson 7.40; **XC**: 1 Ridley 17:48.1; **PENT**: 4 Geraldine Finegan IRL 3350;



Ellana Ruddock Gold in the 60 & 200. Silver in the Relay

### W50:

**60**: 6 Denise Timmis 9.15 (9.07qr); 8 Melanie Garland 9.48 (9.38qr); (QR): Euphemia Scott 9.66; Clare Nelson 10.13; **200**: 2 Tracy Bezance 28.38; 5 Timmis 31.48 (30.67qr); (QR) Scott 31.40; Garland 32.86; Nelson 34.38; **400**: 2 Bezance 1:03.83; 3 Alison Collins 1:04.02; **800**: 3 Jane Pidgeon 2:41.49; 5 Lynne Marr 3:14.41; **3000**: 5 Pidgeon 11:28.20; **60H**: 3 Gaye Clarke 10.55; **HJ**: 6 Clarke 1.30; 9 Garland 1.25; **LJ**: Joanne Willoughby 4.60; 4 Timmis 4.43; 6 Garland 4.27; 7 Clarke 4.10; **TJ**: 1 Willoughby 9.81; 2 Garland 8.80; **WT**: Kim WEIR 10.19; **3000W**: 5 Angela Martin 19:33.49; **4x200**: 2 GBR (Scott, Garland, Clarke, Timmis) 2:05.83; **XC**: 2 Pidgeon 17:21.2; 12 Marr 22:15.4; **TEAM**: 3 GBR 1h03:28.0; **5kRW**: 6 Martin 34:15.4; **PENT**: 7 Finola Moore IRL 2613;

### W55:

**60**: 2 Carole Filer 8.76; **200**: 2 Filer 29.83; **400**: 1 Jane Horder 1:08.35; **800**: 1 Karen Brooks 2:32.71; **1500**: 1 Brooks 5:21.12; **60H**: 1 Horder 10.15; 2 Filer 10.48; **HJ**: 1 Filer 1.44; 3 Teresa Eades 1.32; **PV**: 1 Eades 2.50; 2 Debbie Singleton 2.20; **LJ**: 2 Filer 4.61; 6 Eades 4.12; **TJ**: Eades 9.36; **SP**: 8 Wendy Dunsford 8.55; 11 Brenda Russell 6.77; **DT**: 5 Dunsford 22.96; 7 Russell 16.11; **WT**: 6 Dunsford 8.99; 7 Russell 8.91; **3000W**: 9 Fiona Bishop 20:28.91; **4x200**: 1 GBR (Filer, Eades, Horder, Saunders-Mullins) 2:02.20; **XC**: 9 Bishop 23:51.4; **5kRW**: 9 Bishop 33:39.4;

### W60:

**60**: 1 Helen Godsell 8.76; 2 Joan Trimble 8.84; 3 Caroline Powell 9.00; 4 Joylyn Saunders-Mullins 9.12; (QR) Anne Nelson 9.78; Lyn Ahmet 10.79; **200**: 1 Powell 28.95 (**European Record**); 2 Godsell 29.70; 3 Trimble 30.87 (30.86qr); (QR): Nelson 33.51; **400**: 1 Powell 1:05.01; **800**: 7 Susan James 3:22.35; **1500**: 4 Margaret Phillips 5:53.53; **3000**: 1 Phillips 12:34.44; **HJ**: 2 Susan Yeomans 1.24; **PV**: 1 Yeomans 2.70; **LJ**: 3 Yeomans 3.80; 7 Ahmet 3.28; **TJ**: 4 Yeomans 7.57; 5 Ahmet 7.08; **JT**: 3 Saunders-Mullins 25.88; **4x200**: 1 GBR (Trimble, Nelson, Godsell, Powell) 2:02.39 (**WORLD RECORD**); **XC**: 1 Anna Garnier 18:17.4; 5 James 22:10.0; **TEAM**: 1 GBR 58:56.6;

### W65:

**400**: 1 Rosalind Tabor 1:14.21 (**BRITISH RECORD**); **800**: 1 Tabor 2:58.58; 6 Pat Gallagher 3:14.31; **1500**: 1 Tabor 5:58.92; 2 Angela Copson 6:00.25; 5 Gallagher 6:37.46; **3000**: 1 Tabor 12:39.58; 5 Gallagher 14:07.56; **HJ**: 5 Pat Oakes 1.06; **LJ**: 7 Oakes 2.93; **TJ**: 3 Oakes 6.58; **4x200**: 2 GBR (Stanley, Gallagher, Fraser, Copson) 2:41.89; **XC**: 1 Copson 18:29.2;

**MEDAL TABLE: 1 GERMANY 101G 82S 70B 253T; 2 Great Britain & NI 59G 55S 41B 155; 3 POLAND 56G 58S 48B 162; 4 SPAIN 30-19-15-64; 5 ITALY 24-23-19-66; 6 FRANCE 23-27-25-75; 21 IRELAND 4-5-5-14;**



Ros Tabor first and BR in the 800, plus a double in the 1500 and 3000. With Pat Gallagher.

### W70:

**60**: 5 Iris Holder 10.97 (10.71qr); **200**: 5 Patricia Stanley 44.22; **400**: 2 Stanley 2:00.40; **LJ**: 1 Holder 3.34 (**=BRITISH RECORD**); **TJ**: 2 Holder 6.73;

### W75:

**60**: 2 Dorothy Fraser 11.74; **200**: 1 Fraser 41.11; **800**: 2 Eva Osborne 3:53.15; 3 Betty Stracey 4:02.77; **1500**: 3 Stracey 8:02.68; **3000**: 2 Stracey 17:33.22; **SP**: 7 Barbara Dunsford 4.70; **DT**: 4 Carole Derrien 19.67; **WT**: 2 Derrien 9.57; **XC**: 1 Osborne

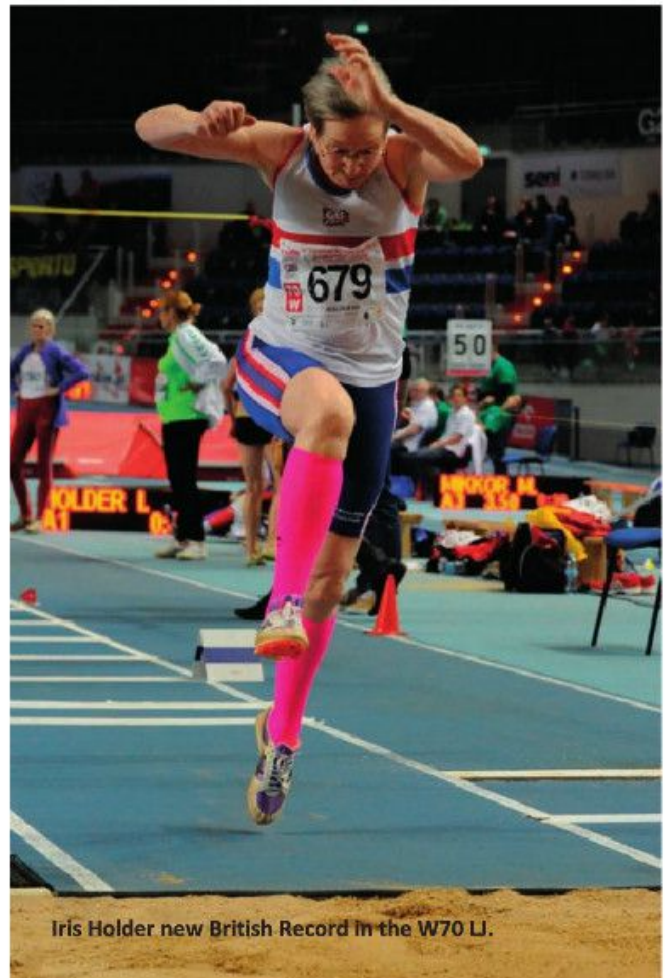


Leanne Buxton a win in the W35 Pentathlon

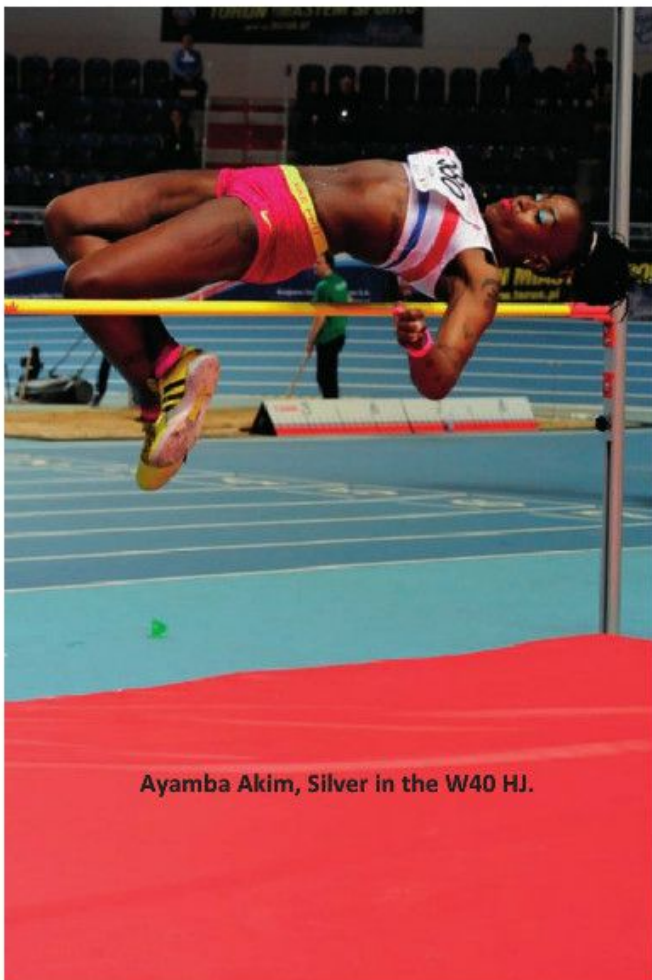




Irie Hill wins another European PV title



Iris Holder new British Record in the W70 LJ.



Ayamba Akim, Silver in the W40 HJ.



Jane Horder Gold at 400,  
60 Hurdles and 4x200  
Relay.





**CHARLES EUGSTER SET A NEW  
BRITISH RECORD IN THE 60  
Metres, and added his SECOND  
WORLD RECORD OF THE INDOOR  
SEASON AT 200 Metres.  
Picture: Tom Phillips from  
Lee Valley**



**IRIE HILL & GUIDO MÜLLER  
ARE EUROPEAN MASTER  
ATHLETES OF 2014. Picture:  
Vesa Lappalainen.**





